

CERTIFICATE OF PARTICIPATION

This is to certify that

Sonja Gouws

Has successfully participated & completed the

15km Trail Run Ambrosia Blueberry Dash

held at Ambrosia Citrus Estate, Mdlazi.

TIME 02:04:03

PACE 7.26km/h

OVERALL 20 of 22

GENDER 10 of 10

VETERAN 4 of 4

18 October 2025, Sat

Date



BoutTime

Signature

