

CERTIFICATE OF PARTICIPATION

This is to certify that

**Adnaan van
Heerden**

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 08:15:02

PACE 09:00/km

OVERALL 64 of 248

GENDER 52 of 172

40 - 49 21 of 59

30 August 2025, Sat

Date



BoutTime

Signature

