

CERTIFICATE OF PARTICIPATION

This is to certify that

Alun Darwood

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 11:21:24

PACE 12:22/km

**GENDER 136 of
172**

OVERALL 196 of 248

50 - 59 21 of 32

30 August 2025, Sat

Date



BoutTime

Signature

