

CERTIFICATE OF PARTICIPATION

This is to certify that

Ben Sheard

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 08:15:49

PACE 09:00/km

OVERALL 67 of 248

GENDER 54 of 172

OPEN 30 of 72

30 August 2025, Sat

Date



BoutTime

Signature

