

CERTIFICATE OF PARTICIPATION

This is to certify that

Glynis Humphrey

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 09:06:01

PACE 09:54/km

GENDER 26 of 76

OVERALL 110 of 248

40 - 49 8 of 30

30 August 2025, Sat

Date



BoutTime

Signature

