

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Helen Van der Horst**

Has successfully participated & completed the

**PUFfer 55km PUFfer Trail Run 2025**

held at Fish Hoek Sports Field.

**TIME 10:59:31**

**PACE 11:58/km**

**GENDER 56 of 76**

**OVERALL 185 of 248**

**OPEN 29 of 33**

30 August 2025, Sat

Date



*BoutTime*

Signature

