

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ian Jones**

Has successfully participated & completed the  
**PUFfer 55km PUFfer Trail Run 2025**

held at Fish Hoek Sports Field.

**TIME 11:44:54**

**PACE 12:48/km**

**GENDER 148 of  
172**

**OVERALL 214 of 248**

**60 - 69 8 of 9**

30 August 2025, Sat

Date



*BoutTime*

Signature

