

CERTIFICATE OF PARTICIPATION

This is to certify that

Ian Macleod

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 09:05:41

PACE 09:54/km

GENDER 84 of 172

OVERALL 109 of 248

40 - 49 34 of 59

30 August 2025, Sat

Date



BoutTime

Signature

