

CERTIFICATE OF PARTICIPATION

This is to certify that

Ighsaan Manuel

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 07:35:46

PACE 08:16/km

OVERALL 29 of 248

GENDER 23 of 172

OPEN 16 of 72

30 August 2025, Sat

Date



BoutTime

Signature

