

CERTIFICATE OF PARTICIPATION

This is to certify that

Jann Penfold

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 09:02:53

PACE 09:51/km

GENDER 25 of 76

OVERALL 106 of 248

40 - 49 7 of 30

30 August 2025, Sat

Date



BoutTime

Signature

