

CERTIFICATE OF PARTICIPATION

This is to certify that

Richard Stronach

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 09:01:55

PACE 09:51/km

GENDER 81 of 172

OVERALL 105 of 248

50 - 59 6 of 32

30 August 2025, Sat

Date



BoutTime

Signature

