

CERTIFICATE OF PARTICIPATION

This is to certify that

Sheldon Mackridge

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 11:47:24

PACE 12:51/km

**GENDER 149 of
172**

OVERALL 215 of 248

OPEN 64 of 72

30 August 2025, Sat

Date



BoutTime

Signature

