

CERTIFICATE OF PARTICIPATION

This is to certify that

Tracy Forbes

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 10:16:35

PACE 11:12/km

GENDER 45 of 76

OVERALL 164 of 248

50 - 59 3 of 11

30 August 2025, Sat

Date



BoutTime

Signature

