

CERTIFICATE OF PARTICIPATION

This is to certify that

Gareth Knott

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 09:11:50

PACE 10:01/km

GENDER 90 of 172

OVERALL 117 of 248

40 - 49 37 of 59

30 August 2025, Sat

Date



BoutTime

Signature

