

CERTIFICATE OF PARTICIPATION

This is to certify that

Ame Cowley

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 11:31:44

PACE 12:33/km

OVERALL 201 of 248

GENDER 61 of 76

40 - 49 23 of 30

30 August 2025, Sat

Date



BoutTime

Signature

