

CERTIFICATE OF PARTICIPATION

This is to certify that

Ashraf Ismail

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 08:59:13

PACE 09:48/km

OVERALL 99 of 248

GENDER 78 of 172

40 - 49 32 of 59

30 August 2025, Sat

Date



BoutTime

Signature

