

CERTIFICATE OF PARTICIPATION

This is to certify that

Janet Shaw

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 09:43:33

PACE 10:36/km

GENDER 33 of 76

OVERALL 138 of 248

40 - 49 10 of 30

30 August 2025, Sat

Date



BoutTime

Signature

