

CERTIFICATE OF PARTICIPATION

This is to certify that

Renate Spies

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 10:22:42

PACE 11:18/km

GENDER 49 of 76

OVERALL 168 of 248

40 - 49 19 of 30

30 August 2025, Sat

Date



BoutTime

Signature

