

CERTIFICATE OF PARTICIPATION

This is to certify that

Spencer Cowley

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 11:31:45

PACE 12:33/km

**GENDER 141 of
172**

OVERALL 202 of 248

50 - 59 23 of 32

30 August 2025, Sat

Date



BoutTime

Signature

