



CERTIFICATE

OF PARTICIPATION

This is to certify that

Charisse Houston

Has successfully participated & completed the

42km The Spar Knysna Forest Marathon

held at Knysna.

TIME 04:40:35

PACE 06:39/km

OVERALL 278 of 834

GENDER 59 of 271

50+ 7 of 46

08 July 2023, Sat

Date



Bout Lime
Signature