



CERTIFICATE OF PARTICIPATION

This is to certify that

Tamlyn Milligan

Has successfully participated & completed the
42km The Spar Knysna Forest Marathon
held at Knysna.

TIME 04:22:39

PACE 06:15/km
OVERALL 197 of 834

GENDER 38 of 271
40+ 8 of 86

08 July 2023, Sat

Date



BoutTime

Signature

