



CERTIFICATE OF PARTICIPATION

This is to certify that

Ian Parsons

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

TIME 04:32:22

PACE 06:28/km

GENDER 196 of 563

OVERALL 249 of 834

40+ 56 of 161

08 July 2023, Sat

Date



BoutTime

Signature

