



CERTIFICATE OF PARTICIPATION

This is to certify that

Fahiem Frizlar

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

TIME 05:35:00

PACE 07:57/km

GENDER 359 of 563

OVERALL 533 of 834

40+ 108 of 161



08 July 2023, Sat

Date

BoutTime

Signature