



CERTIFICATE

OF PARTICIPATION

This is to certify that

Susan Caras

Has successfully participated & completed the

42km The Spar Knysna Forest Marathon

held at Knysna.

TIME 03:44:29

PACE 05:19/km

OVERALL 59 of 834

GENDER 12 of 271

40+ 1 of 86

08 July 2023, Sat

Date



Bout Time
Signature