



CERTIFICATE

OF PARTICIPATION

This is to certify that

John October

Has successfully participated & completed the

42km The Spar Knysna Forest Marathon

held at Knysna.

TIME 04:51:47

PACE 06:55/km

GENDER 252 of

563

OVERALL 338 of 834

50+ 23 of 75

08 July 2023, Sat

Date

Zout Zime