



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Gabs Simphiwe  
Mtshala**

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

**TIME 05:53:31**

**PACE 08:24/km**

**GENDER 372 of  
563**

**OVERALL 549 of 834**

**50+ 47 of 75**

08 July 2023, Sat

Date



*BoutTime*

Signature

