



CERTIFICATE OF PARTICIPATION

This is to certify that

Arnold Lawrence

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

TIME 04:37:38

PACE 06:36/km

GENDER 215 of 563

OVERALL 270 of 834

50+ 19 of 75

08 July 2023, Sat

Date



BoutTime

Signature

