



CERTIFICATE OF PARTICIPATION

This is to certify that

Vera Adams

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

TIME 04:51:32

PACE 06:55/km
OVERALL 337 of 834

GENDER 86 of 271
50+ 12 of 46

08 July 2023, Sat

Date



BoutTime

Signature

