



CERTIFICATE OF PARTICIPATION

This is to certify that

Sona Uys

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

TIME 04:49:00

PACE 06:51/km
OVERALL 325 of 834

GENDER 81 of 271
50+ 10 of 46

08 July 2023, Sat

Date



BoutTime

Signature

