



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

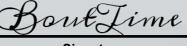
08 July 2023, Sat

Date

GENDER 81 of 271

50+ 10 of 46





Signature