



CERTIFICATE OF PARTICIPATION

This is to certify that

Dirk Lourens

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

TIME 04:12:30

PACE 06:00/km

GENDER 126 of 563

OVERALL 155 of 834

50+ 14 of 75

08 July 2023, Sat

Date



BoutTime

Signature

