



CERTIFICATE OF PARTICIPATION

This is to certify that

Ben Adam

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

TIME 04:04:41

PACE 05:48/km

GENDER 102 of 563

OVERALL 123 of 834

50+ 10 of 75

08 July 2023, Sat

Date



BoutTime

Signature

