



CERTIFICATE OF PARTICIPATION

This is to certify that

Ralph Adams

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

TIME 04:45:28

PACE 06:46/km

GENDER 235 of 563

OVERALL 307 of 834

60+ 8 of 25

08 July 2023, Sat

Date



BoutTime

Signature

