



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Jc Van Tonder**

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

**TIME 04:09:20**

**PACE 05:55/km**  
**OVERALL 142 of 834**

**GENDER 116 of 563**  
**SENIOR (20- 77 of 291  
39)**

08 July 2023, Sat

Date



*BoutTime*

Signature

