



CERTIFICATE OF PARTICIPATION

This is to certify that

Jack Heath

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

TIME 03:44:06

PACE 05:19/km
OVERALL 56 of 834

GENDER 45 of 563
**SENIOR (20- 33 of 291
39)**

08 July 2023, Sat

Date



BoutTime

Signature

