



CERTIFICATE OF PARTICIPATION

This is to certify that

Lucas Adams

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

TIME 02:59:28

PACE 04:15/km
OVERALL 5 of 834

GENDER 5 of 563
SENIOR (20- 5 of 291
39)



08 July 2023, Sat

Date

BoutTime

Signature

