



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Elmar Human**

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

**TIME 05:00:12**

**PACE 07:07/km**

**GENDER 280 of 563**

**OVERALL 380 of 834**

**SENIOR (20- 158 of 39) 291**



08 July 2023, Sat

Date

*BoutTime*

Signature