



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Frans Vanzyl**

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

**TIME 03:54:47**

**PACE 05:34/km**  
**OVERALL 90 of 834**

**GENDER 73 of 563**  
**SENIOR (20- 49 of 291  
39)**

08 July 2023, Sat

Date



*BoutTime*

Signature

