



CERTIFICATE

OF PARTICIPATION

This is to certify that

Tineke Rademeyer

Has successfully participated & completed the

42km The Spar Knysna Forest Marathon

held at Knysna.

TIME 04:22:44

PACE 06:15/km

OVERALL 199 of 834

GENDER 39 of 271

SENIOR (20- 26 of 134

39)

08 July 2023, Sat

Date

owe from