



CERTIFICATE OF PARTICIPATION

This is to certify that

Jan Hendrik Rust

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

TIME 04:27:02

PACE 06:21/km

GENDER 175 of 563

OVERALL 220 of 834

SENIOR (20- 106 of 39) 291



08 July 2023, Sat

Date

BoutTime

Signature