



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Regan Van Heerden**

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

**TIME 04:43:30**

**PACE 06:45/km**

**GENDER 228 of 563**

**OVERALL 292 of 834**

**SENIOR (20-39) 133 of 291**



08 July 2023, Sat

Date

*BoutTime*

Signature

