

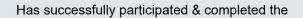


CERTIFICATE

OF PARTICIPATION

This is to certify that

Regan Van Heerden



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- 133 of

39) 291

08 July 2023, Sat



Date

Signature