



# CERTIFICATE OF PARTICIPATION

This is to certify that

**James Rowlands**

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

**TIME 04:57:41**

**PACE 07:04/km**

**GENDER 271 of  
563**

**OVERALL 365 of 834**

**SENIOR (20- 154 of  
39) 291**



08 July 2023, Sat

Date

*BoutTime*

Signature

