



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Josh Cooke**

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

**TIME 04:18:47**

**PACE 06:09/km**

**GENDER 149 of 563**

**OVERALL 181 of 834**

**SENIOR (20- 96 of 291 39)**



08 July 2023, Sat

Date

*BoutTime*

Signature

