



CERTIFICATE OF PARTICIPATION

This is to certify that

Nicola Marais

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

TIME 04:46:18

PACE 06:48/km
OVERALL 314 of 834

GENDER 77 of 271
**SENIOR (20- 45 of 134
39)**



08 July 2023, Sat

Date

BoutTime

Signature

