



CERTIFICATE OF PARTICIPATION

This is to certify that

James Freemantle

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

TIME 03:47:31

PACE 05:24/km
OVERALL 68 of 834

GENDER 55 of 563
**SENIOR (20- 38 of 291
39)**

08 July 2023, Sat

Date



BoutTime

Signature

