



CERTIFICATE OF PARTICIPATION

This is to certify that

Sume Van Heerden

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

TIME 03:16:10

PACE 04:39/km
OVERALL 12 of 834

GENDER 2 of 271
**SENIOR (20- 2 of 134
39)**

08 July 2023, Sat

Date



BoutTime

Signature

