



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Rameez Adams**

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

**TIME 05:21:49**

**PACE 07:39/km**

**GENDER 327 of 563**

**OVERALL 465 of 834**

**SENIOR (20-39) 177 of 291**



08 July 2023, Sat

Date

*BoutTime*

Signature