



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lauren Symmonds**

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

**TIME 05:10:34**

**PACE 07:22/km**  
**OVERALL 422 of 834**

**GENDER 117 of 271**  
**SENIOR (20- 65 of 134  
39)**



08 July 2023, Sat

Date

*BoutTime*

Signature

