



## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Ian Parsons

Has successfully participated & completed the

42.2km Marathon Timbercity Red Hill Marathon

held at Fish Hoek Sports Field.

**TIME** 03:48:07

**PACE** 11.05km/h

**OVERALL** 137 of 1008

25 January 2025, Sat

- January 2020, 0

**GENDER** 125 of

708

**40+** 51 of 286



Signature



