



CERTIFICATE OF PARTICIPATION

This is to certify that

Lynette Forword

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

TIME 04:22:38

PACE 06:15/km
OVERALL 196 of 834

GENDER 37 of 271
40+ 7 of 86

08 July 2023, Sat

Date



BoutTime

Signature

