



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Liz Nienaber**

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

**TIME 05:58:49**

**PACE 08:31/km**

**GENDER 180 of 271**

**OVERALL 554 of 834**

**50+ 38 of 46**

08 July 2023, Sat

Date



*BoutTime*

Signature

