



CERTIFICATE OF PARTICIPATION

This is to certify that

**Frederik Van Der
Westhuizen**

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

TIME 04:37:57

PACE 06:36/km

**GENDER 216 of
563**

OVERALL 271 of 834

**SENIOR (20-
39) 127 of
291**



08 July 2023, Sat

Date

BoutTime

Signature