



CERTIFICATE OF PARTICIPATION

This is to certify that

Michala Vermaak

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

TIME 04:29:45

PACE 06:24/km
OVERALL 233 of 834

GENDER 47 of 271
**SENIOR (20- 31 of 134
39)**

08 July 2023, Sat

Date



BoutTime

Signature