



CERTIFICATE OF PARTICIPATION

This is to certify that

Lieze Van Heerden

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

TIME 04:04:51

PACE 05:48/km
OVERALL 124 of 834

GENDER 22 of 271
**SENIOR (20- 18 of 134
39)**

08 July 2023, Sat

Date



BoutTime

Signature

