



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lizel Oldewage**

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

**TIME 03:35:39**

**PACE 05:07/km**  
**OVERALL 30 of 834**

**GENDER 5 of 271**  
**SENIOR (20- 5 of 134**  
**39)**



08 July 2023, Sat

Date

*BoutTime*

Signature

