

# 2009



This is to certify that

**RUSSELL HEGER**

successfully completed  
the Cape Argus Pick n Pay Cycle Tour  
on the 8th of March 2009

**F 4254**

**3 hrs 40 mins 41.4 secs**

Average Speed: 29.91 km/h

Overall Position: 2279 out of 25547

Position Male: 2129 out of 20650

Position in Group F: 179 out of 445

Position - M Elite: 302 out of 2127

MARK LANCASTER  
CHAIRMAN: CAPE TOWN CYCLE TOUR TRUST



Claremont

