

2009



This is to certify that

KAREL LA COCK

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

L 6782

4 hrs 12 mins 59.5 secs

Average Speed: 26.09 km/h

Overall Position: 6079 out of 25547

Position Male: 5540 out of 20650

Position in Group L: 381 out of 504

Position - M 40-44: 985 out of 3085

MARK LANCASTER
CHAIRMAN: CAPE TOWN CYCLE TOUR TRUST



Claremont

