



2010

This is to certify that

JOHN ZYLSTRA

successfully completed
The Cape Argus Pick n Pay Cycle Tour
on the 14th of March 2010

PD 33134

5 hrs 43 mins 59.9 secs

Average Speed:	19.19 km/h
Overall Position:	20833 out of 28035
Position Male:	17281 out of 22143
Position in Group PD:	160 out of 393
Position - M 45-49:	2474 out of 3058

Stephen Hayward
CHAIRMAN, Cape Town Cycle Tour Trust



Claremont



HOSTED BY CAPE TOWN - AFRICA'S GREATEST CITY