



2010

This is to certify that

**ANTHONY MANAS**

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

**M 8021**

**4 hrs 15 mins 35.3 secs**

Average Speed:	25.82 km/h
Overall Position:	8051 out of 28035
Position Male:	7180 out of 22143
Position in Group M:	414 out of 535
Position - M 40-44:	1251 out of 3258

Stephen Hayward  
CHAIRMAN, Cape Town Cycle Tour Trust



Claremont



HOSTED BY CAPE TOWN - AFRICA'S GREATEST CITY