



2010

This is to certify that

RUSSELL DE JAGER

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

VB 877

3 hrs 6 mins 13.2 secs

Average Speed:	35.44 km/h
Overall Position:	246 out of 28035
Position Male:	229 out of 22143
Position in Group VB:	10 out of 229
Position - M 40-44:	8 out of 3258

Stephen Hayward
CHAIRMAN, Cape Town Cycle Tour Trust



Claremont



HOSTED BY CAPE TOWN - AFRICA'S GREATEST CITY