



THIS IS TO CERTIFY THAT

**TONY MIEK**

COMPLETED THE

**Cape Argus Pick n Pay CYCLE TOUR (110KM)**

ON 13 MARCH 2011

**UU 29430**

**3 hrs 22 mins 10.6 secs**

Average Speed: 32.65 km/h

Overall Position: 3628 out of 28702

Position Male: 3347 out of 22557

Position in Group UU: 1 out of 507

Position - M 45-49: 455 out of 3070



*Mark Lancaster*

Mark Lancaster  
CHAIRMAN: Cape Town Cycle Tour Trust

