



THIS IS TO CERTIFY THAT

NICO DE WAAL

COMPLETED THE

Cape Argus Pick n Pay CYCLE TOUR (110KM)
ON 13 MARCH 2011

VA 519

2 hrs 58 mins 43.8 secs

Average Speed: 36.93 km/h

Overall Position: 852 out of 28702

Position Male: 796 out of 22557

Position in Group VA: 170 out of 223

Position - M 35-39: 155 out of 2994



Mark Lancaster

Mark Lancaster
CHAIRMAN: Cape Town Cycle Tour Trust

