



THIS IS TO CERTIFY THAT  
**ANTHONY MANAS**

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

**Q 8917**

**4 hrs 34 mins 15.5 secs**

- Average Speed: 24.07 km/h
- Overall Position: 15636 out of 28702
- Position Male: 13353 out of 22557
- Position in Group Q: 490 out of 505
- Position - M 45-49: 1956 out of 3070



*Mark Lancaster*

Mark Lancaster  
 CHAIRMAN: Cape Town Cycle Tour Trust

