



THIS IS TO CERTIFY THAT  
**REGGIE SEEKOEI**

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

**A 1573**

**3 hrs 10 mins 44.9 secs**

- Average Speed: 34.60 km/h
- Overall Position: 2047 out of 28702
- Position Male: 1901 out of 22557
- Position in Group A: 224 out of 261
- Position - M 45-49: 222 out of 3070



*Mark Lancaster*  
 Mark Lancaster  
 CHAIRMAN: Cape Town Cycle Tour Trust

