



THIS IS TO CERTIFY THAT  
**ALAN JOHN LOVEGROVE**

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

**PA 32404**

**5 hrs 32 mins 24.6 secs**

- Average Speed: 19.86 km/h
- Overall Position: 23103 out of 28702
- Position Male: 18874 out of 22557
- Position in Group PA: 256 out of 524
- Position - M 60-64: 984 out of 1201



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

