



2014

THIS IS TO CERTIFY THAT

JOHN ZYLSTRA

COMPLETED THE
Cape Argus Pick n Pay momentum CYCLE TOUR

109km

on

09 MARCH 2014

J 8154

3 hrs 36 mins 48.1 secs

Average Speed: 30.17 km/h

Overall Position: 4195 out of 31225

Position Male: 3847 out of 24541

Position in Group J: 376 out of 598

Position - M 50-54: 433 out of 3028

An Official Event of the **Cape Argus Pick n Pay momentum Lifecycle Week**

STEPHEN HAYWARD

CHAIRMAN | CAPE TOWN CYCLE TOUR TRUST

