



# 2014

THIS IS TO CERTIFY THAT

**STEPHEN ARENDS**

COMPLETED THE  
**Cape Argus Pick n Pay momentum CYCLE TOUR**

109km

on

09 MARCH 2014

**W 22992**

**3 hrs 43 mins 39.5 secs**

Average Speed: 29.24 km/h

Overall Position: 5334 out of 31225

Position Male: 4857 out of 24541

Position in Group W: 52 out of 741

Position - M 40-44: 895 out of 3637

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

**STEPHEN HAYWARD**

CHAIRMAN | CAPE TOWN CYCLE TOUR TRUST

