



# 2014

THIS IS TO CERTIFY THAT

**ALAN DIKE**

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

109km

on

09 MARCH 2014

**TT 40268**

**5 hrs 17 mins 54.9 secs**

Average Speed: 20.57 km/h

Overall Position: 21841 out of 31225

Position Tandem: 521 out of 775

Position in Group GA: 208 out of 588

Position - Male Tdm: 144 out of 185

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

**STEPHEN HAYWARD**

CHAIRMAN | CAPE TOWN CYCLE TOUR TRUST

