



2014

THIS IS TO CERTIFY THAT

SELWYN SHANDEL

COMPLETED THE
Cape Argus Pick n Pay momentum CYCLE TOUR

109km

on

09 MARCH 2014

E 4132

3 hrs 48 mins 37.7 secs

Average Speed: 28.61 km/h

Overall Position: 6187 out of 31225

Position Male: 5609 out of 24541

Position in Group T: 262 out of 732

Position - M 50-54: 685 out of 3028

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

STEPHEN HAYWARD

CHAIRMAN | CAPE TOWN CYCLE TOUR TRUST

