

THIS IS TO CERTIFY THAT

**LEN WATKINS**

COMPLETED THE  
**CAPE TOWN CYCLE TOUR**  
**109KM**  
ON 11 MARCH 2018

**2C 22185**

**3 hrs 38 mins 44.3 secs**

Average Speed: 29.90 km/h

Overall Position: 5611 out of 26392

Position Male: 5091 out of 20819

Position in Group 2C: 369 out of 475

Position - M 75-79: 8 out of 124

**2018**