

# 2023

THIS IS TO CERTIFY THAT  
**TONY MIEK**  
**1D 14041**  
COMPLETED THEIR  
**19th**

**109KM CAPE TOWN CYCLE TOUR**  
ON SUNDAY, 12 MARCH 2023  
IN A TIME OF  
**3 hrs 12 mins 32.5 secs**

Average Speed: 33.97 km/h

Overall Position: 1126 out of 18135

Position Male: 1084 out of 14452

Position in Group 1D: 21 out of 334

Position - M 60-64: 32 out of 1353



**KEN STURGEON**

Cape Town Cycle Tour Trust Chairman

