

# 2023

THIS IS TO CERTIFY THAT  
**ALAN JOHN LOVEGROVE**  
**3G 37327**  
COMPLETED THEIR  
**15th**

**109KM CAPE TOWN CYCLE TOUR**  
ON SUNDAY, 12 MARCH 2023  
IN A TIME OF

**5 hrs 38 mins 36.5 secs**

Average Speed: 19.31 km/h

Overall Position: 15080 out of 18135

Position Male: 12346 out of 14452

Position in Group 3G: 348 out of 356

Position - M 75-79: 88 out of 124



**KEN STURGEON**

Cape Town Cycle Tour Trust Chairman

