



*Congratulations*

This is to certify that,

**Adam Bonnar**

Has successfully achieved a **fast for age**  
time on Sunday 2nd October 2016.

|      |         |        |      |           |      |
|------|---------|--------|------|-----------|------|
| Time | 2:59:25 | Gender | Male | Age group | MSEN |
|------|---------|--------|------|-----------|------|

*C. Hulse*

Chris Hulse  
Race Director

*A. White*

Andy White  
Race Director

*Good Times!*