



*Congratulations*

This is to certify that,

**Adele Roche**

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

|      |         |        |        |           |      |
|------|---------|--------|--------|-----------|------|
| Time | 3:45:39 | Gender | Female | Age group | FV55 |
|------|---------|--------|--------|-----------|------|

*C. Hulse*

Chris Hulse  
Race Director

*A. White*

Andy White  
Race Director

*Good Times!*