



**BCSC**  
BERKSHIRE COUNTY  
SPORTS CLUB



**BARNES FITNESS.CO.UK**  
BELIEVE TO ACHIEVE

# SONNING 5K 10K



## Certificate of participation

This certificate is presented to

Paul Makowski

for their active participation in the

St Albans 10K - 9AM START

In a time of

00:35:23

Ellie Gossling

Lorraine Sellwood