

CERTIFICATE OF  
**COMPLETION**

AT RUN FEST CENTRAL COAST 2023

**MALCOLM COWAN**

RACE COMPLETED:

**Run X Nutrition 21.1km Half Marathon**

OFFICIAL TIME:

**02:21:38**

RACE PLACING:

**547**

NET TIME:

**02:19:49**

GENDER:

**M**

GENDER PLACING::

**364**

AGE CATEGORY:

**M60-69**

AGE CATEGORY PLACING:

**20**

**RUNFEST**  
**CENTRAL COAST**  
**SUNDAY 26 NOVEMBER 2023**

SPONSORED BY  
**MINGARA**  
**one**