

CERTIFICATE OF COMPLETION

AT RUN FEST CENTRAL COAST 2025

NAME: MICHAEL FROST

RACE COMPLETED: Chop 'n Chill 5km

OFFICIAL TIME: 00:33:32 RACE PLACING: 88

GENDER: M GENDER PLACING: 50

AGE CATEGORY: M40-49 AGE CATEGORY PLACING: 7

RUNFEST
CENTRAL COAST
SUNDAY 23 NOVEMBER 2025

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