



Congratulations

This is to certify that,

George Frost

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

| | | | | | |
|------|---------|--------|------|-----------|------|
| Time | 2:48:12 | Gender | Male | Age group | MSEN |
|------|---------|--------|------|-----------|------|

C. Hulse

Chris Hulse
Race Director

A. White

Andy White
Race Director

Good Times!