

My name is Richard Frost

Anne and I have been married for over 30 years we have 2 adult children and 2 grand kids.

I am self-employed (Earth works & bulk transport)

I have had a lifelong interest in cars (modifying and restoring). Raced production saloons and stockcars for Rotorua speedway. We then moved to Whangarei over 20 years ago. I have been an active member of Whangarei Rod & custom club for ten years currently a committee member. Looking forward to a new challenge.

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