

# *Finisher Certificate*

## **Randy Spalding**

*Completed the 5K at the 2023 Run For The Shamrock in*

# **30:37.6**



**March 11, 2023**

Overall: 53/222

Bib No: 1

Div Place: 2/3

Division: M65-69

Sex Place: 30/65

Pace: 9:52.0