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**