

# *Finisher Certificate*

## **John Ford**

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

# **50:32.9**



**March 11, 2023**

Overall: 119/222

Bib No: 1875

Div Place: 4/6

Division: M50-54

Sex Place: 50/65

Pace: 16:17.0