

# *Finisher Certificate*

## **Craig Foreman**

*Completed the 5K at the 2023 Blue Heron Half & 5K in*

# **43:06.4**



**April 30, 2023**

Overall: 42/109

Div Place: 6/6

Sex Place: 25/26

Bib No: 422

Division: M70-99

Pace: 13:53.0