

# *Finisher Certificate*

## **Ronald Welford**

*Completed the 1 Mile at the 2023 Bridgeway Recovery Run in*

# **9:37.7**



**September 30, 2023**

Overall: 7/251

Bib No: 636

Div Place: 1/3

Division: M50-54

Sex Place: 5/37

Pace: 9:38.0