

The Speleo-Olympics Herby Awards You This

CERTIFICATE OF ACHIEVEMENT

In Recognition Of Your Outstanding Performance For

30m Sit Stand

Female • 20–29 Division

3rd Place

Result: 9:43.53

Awarded To

LAUREN KEYES

At The 75th Old Timers Diamond Reunion — September 2026, West Virginia



Sarah Richards — OTR Chair



Sean Phillips — Contest Manager