

The Speleo-Olympics Herby Awards You This

CERTIFICATE OF ACHIEVEMENT

In Recognition Of Your Outstanding Performance For

30m Sit Stand

Female • 40–49 Division

1st Place

Result: 2:31.32

Awarded To

ALEXA SIMMONS

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



Sarah Richards — OTR Chair



Sean Phillips — Contest Manager