

The Speleo-Olympics Herby Awards You This

CERTIFICATE OF ACHIEVEMENT

In Recognition Of Your Outstanding Performance For

30m Sit Stand

Male • 30–39 Division

1st Place

Result: 3:04.46

Awarded To

RYAN CUMMINGS

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



Sarah Richards — OTR Chair



Sean Phillips — Contest Manager