

# **Richard Ralston**

**Completed the 5M at the Fleet Foot Relay in**

# **1:29:31.5**

**November 15, 2025**

**Overall: 49/49**

**Bib No: 637**

**Div Place: 4/4**

**Division: M60-64**

**Sex Place: 19/23**

**Pace: 17:55.0**