Orack and Field Championships allorid Alasters

This is to certify that

DAVID H. R. PAIN AGE CLASS 50-54

Competed in the First Adlarld Championship held in Coronto, Canada in August of 1975 with the following result



800 Metres 1,500 Metres Cross Country

2:33.0 5:12.0 47:52.0 Jeson,