

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Colin Howse

60-64 / 37 of 125

1:32:34 / 1:32:47

M: 698 / Race: 1053

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm