

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

## **Adam Caines**

20-24 / 46 of 96

1:31:58 / 1:32:48

M: 699 / Race: 1054

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm