

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Michael Ladha**

35-39 / 16 of 207

1:09:40 / 1:09:45

M: 97 / Race: 113

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm