

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Heather Ward**

30-34 / 59 of 331

1:33:52 / 1:35:11

F: 404 / Race: 1179

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm