

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Mark Howell**

30-34 / 116 of 197

category

1:35:05 / 1:35:56

time chip/time

M: 802 / Race: 1229

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm