

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Chris Sheppard

45-49 / 96 of 195

1:35:01 / 1:36:01

M: 803 / Race: 1233

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm