

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Lesley Cowan

40-44 / 78 of 370

1:35:10 / 1:36:18

F: 441 / Race: 1250

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm