

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Robert Pond

30-34 / 18 of 197

1:10:47 / 1:10:53

M: 109 / Race: 129

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm