

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Heidi Murphy** 

30-34 / 78 of 331

1:34:15 / 1:38:50

F: 533 / Race: 1400

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm