

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

**Michael Jong** 

65-69 / 1 of 85

1:11:20 / 1:11:31

M: 121 / Race: 143

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm