

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Paul Lahey

65-69 / 22 of 85

1:36:24 / 1:39:21

M: 882 / Race: 1441

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm