

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Emily Manning**

30-34 / 90 of 331

1:39:55 / 1:41:00

F: 615 / Race: 1553

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm