

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Trudi Meade**

45-49 / 88 of 326

1:38:21 / 1:42:09

F: 664 / Race: 1631

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm