

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

## **Douglas Howse**

45-49 / 114 of 195

1:39:51 / 1:42:15

M: 971 / Race: 1635

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm