

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Rod Hale** 

45-49 / 115 of 195

1:38:51 / 1:42:40

M: 979 / Race: 1657

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm