

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Craig Bembridge

40-44 / 131 of 195

1:40:18 / 1:42:58

M: 985 / Race: 1673

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm