

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Kingsley Gifford

30-34 / 24 of 197

1:12:57 / 1:13:03

M: 144 / Race: 176

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm