

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Lisa Keeping

30-34 / 104 of 331

1:43:58 / 1:45:06

F: 773 / Race: 1805

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm