

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Michelle Emberley

45-49 / 109 of 326

1:44:19 / 1:46:26

F: 823 / Race: 1880

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm