

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Helen Harris

55-59 / 48 of 155

1:45:28 / 1:48:34

F: 916 / Race: 2019

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm