

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

Karen Meulenkamp

55-59 / 50 of 155

1:47:24 / 1:49:11

F: 940 / Race: 2053

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm