

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Adrian Cook

45-49 / 138 of 195

1:46:33 / 1:49:31

M: 1121 / Race: 2079

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm