

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Paul Blackwood

40-44 / 146 of 195

category

1:47:36 / 1:49:39 M: 1125 / Race: 2088

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm