

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Amanda Frost**

35-39 / 181 of 396

1:47:47 / 1:50:09

F: 983 / Race: 2119

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm