

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Colin Dignum** 

50-54 / 13 of 152

1:14:45 / 1:15:01

M: 171 / Race: 212

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm