

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

Lisa Ryan

35-39 / 182 of 396

1:47:48 / 1:50:18

F: 991 / Race: 2131

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm