

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

Kim Sheppard

45-49 / 137 of 326

1:50:37 / 1:51:13 F: 1024 / Race: 2179

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm