

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Alex Lau** 

55-59 / 102 of 138

1:50:31 / 1:51:45 M: 1166 / Race: 2218

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm