TELY 10

The Telegram

10 Mile Road Race

July 22, 2018

Achievement Certificate

awarded to

Sue Rideout

45-49 / 146 of 326	1:50:36 / 1:52:49	F: 1105 / Race: 2285
category	time chip/time	overall positions

NLAA President: *Rosemary Ryan-Forsey*

Regional President The Telegram : *Lizzie Cramm*