

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Don Forbes** 

55-59 / 103 of 138

1:50:12 / 1:52:59 M: 1184 / Race: 2296

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm