

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Chris Cavanagh

40-44 / 34 of 195

1:15:40 / 1:15:46

M: 189 / Race: 235

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm