

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Nadine Emberley

40-44 / 188 of 370

1:53:12 / 1:55:02 F: 1190 / Race: 2402

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm