

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

**Helen Day** 

70-74 / 1 of 20

1:54:15 / 1:55:31

F: 1219 / Race: 2436

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm