

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Megan Cowan** 

30-34 / 180 of 331

1:54:26 / 1:56:28 F: 1260 / Race: 2485

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm