

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

**Helen Ward** 

25-29 / 7 of 269

1:16:24 / 1:16:42

F: 52 / Race: 263

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm