

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Don Welsh** 

65-69 / 2 of 85

1:16:41 / 1:16:57

M: 216 / Race: 271

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm