

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

John Cowan

45-49 / 160 of 195

2:00:31 / 2:01:38 M: 1312 / Race: 2779

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm