

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Fred Paul** 

55-59 / 16 of 138

1:16:57 / 1:17:22

M: 228 / Race: 286

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm