

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Laura Howell

30-34 / 221 of 331

1:58:34 / 2:03:42

F: 1539 / Race: 2877

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm