

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Dermot Holwell**

60-64 / 6 of 125

1:17:16 / 1:17:28

M: 230 / Race: 288

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm