

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Nelson Osmond**

50-54 / 22 of 152

1:17:06 / 1:17:32

M: 232 / Race: 290

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm