

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

**Paul Gruchy** 

45-49 / 163 of 195

2:00:08 / 2:04:14 M: 1347 / Race: 2907

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm