

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

David Emberley

45-49 / 19 of 195

1:17:31 / 1:17:51

M: 236 / Race: 300

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm