

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

**Jason MacDonald** 

45-49 / 20 of 195

1:17:36 / 1:17:51

M: 237 / Race: 301

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm