

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Michael Spurrell**

40-44 / 38 of 195

1:17:48 / 1:18:17

M: 248 / Race: 312

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm