

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Michael Welsh

30-34 / 43 of 197

1:17:51 / 1:18:20

M: 249 / Race: 314

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm