

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

John Seymour

55-59 / 124 of 138

2:09:05 / 2:14:12 M: 1446 / Race: 3259

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm