

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Sarah Upwards

35-39 / 320 of 396

2:12:58 / 2:16:23

F: 1855 / Race: 3319

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm