

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

**Adelle Ruby** 

30-34 / 288 of 331

2:16:26 / 2:20:10 F: 1938 / Race: 3428

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm