

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

David Welshman

45-49 / 26 of 195

1:18:57 / 1:19:21

M: 277 / Race: 351

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm