

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Roy Lush** 

45-49 / 180 of 195

2:21:19 / 2:24:34 M: 1519 / Race: 3538

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm