

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Tony Caines

55-59 / 21 of 138

1:18:41 / 1:19:29

M: 281 / Race: 358

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm