

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Michael Ingram**

-19 / 17 of 76

1:19:11 / 1:19:32

M: 282 / Race: 359

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm