

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Cynthia Sheppard

40-44 / 312 of 370

2:27:02 / 2:31:20 F: 2126 / Race: 3673

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm