

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Darlene Parrott-Manning**

45-49 / 6 of 326

1:18:13 / 1:19:49

F: 80 / Race: 369

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm