

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

Len Knox

60-64 / 115 of 125

2:29:18 / 2:33:20 M: 1557 / Race: 3716

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm