

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Shirley Sheppard** 

55-59 / 126 of 155

2:31:37 / 2:34:42 F: 2179 / Race: 3737

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm