

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Thomas Sheppard**

-19 / 72 of 76

2:31:37 / 2:34:42 M: 1559 / Race: 3738

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm