

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

Keisha Sheppard

30-34 / 314 of 331

2:30:53 / 2:35:41

F: 2191 / Race: 3751

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm