

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

Lena Ryan

70-74 / 15 of 20

2:35:15 / 2:38:08

F: 2233 / Race: 3802

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm