

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Randy Follett** 

45-49 / 28 of 195

1:20:13 / 1:20:41

M: 318 / Race: 402

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm