

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

**Andrew Howell** 

30-34 / 197 of 197

3:07:22 / 3:11:02 M: 1644 / Race: 4144

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm