

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

**Christopher Howse** 

25-29 / 43 of 142

1:20:36 / 1:20:55

M: 328 / Race: 416

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm