

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

Ryan Gryba

30-34 / 57 of 197

category

1:19:32 / 1:21:12

time chip/time

M: 334 / Race: 427

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm