

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## Ian MacDonald

50-54 / 29 of 152

1:20:28 / 1:21:16

M: 336 / Race: 430

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm