

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Adam Crase

35-39 / 54 of 207

category

1:20:10 / 1:21:30

time chip/time

M: 345 / Race: 441

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm