

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

John Cook

40-44 / 51 of 195

1:21:52 / 1:22:20

M: 370 / Race: 476

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm