

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Keith Adams

65-69 / 7 of 85

1:22:46 / 1:23:06

M: 395 / Race: 516

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm