

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Bruce Sheppard

65-69 / 10 of 85

1:23:01 / 1:23:38

M: 420 / Race: 545

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm