

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Chantal Frenette**

25-29 / 14 of 269

1:24:16 / 1:24:49

F: 145 / Race: 594

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm