

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Sheila Meade

45-49 / 18 of 326

1:24:55 / 1:25:17

F: 157 / Race: 618

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm