

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Ian Waugh

40-44 / 19 of 195

1:06:50 / 1:07:07

M: 59 / Race: 67

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm