

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

**Ryan Furlong** 

30-34 / 79 of 197

1:26:00 / 1:26:34

M: 499 / Race: 676

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm