

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Melissa Spurrell

40-44 / 39 of 370

1:26:34 / 1:27:02

F: 186 / Race: 705

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm