

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Paul Heffernan

50-54 / 42 of 152

1:27:01 / 1:27:41

M: 534 / Race: 728

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm