

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Joseph Parrell

40-44 / 84 of 195

1:25:55 / 1:29:12

M: 576 / Race: 809

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm