

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

## **Lorne Gradwell**

50-54 / 43 of 152

1:28:25 / 1:29:17

M: 579 / Race: 815

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm