

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Paul Heneghan**

55-59 / 52 of 138

1:29:37 / 1:29:50

M: 594 / Race: 845

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm