

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

## **Dion Lambert**

40-44 / 89 of 195

1:29:39 / 1:30:08

M: 604 / Race: 867

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm