

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Sheldon Quinton**

50-54 / 6 of 152

1:08:21 / 1:08:25

M: 79 / Race: 90

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm