

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Carla Parfrey

35-39 / 54 of 396

1:29:44 / 1:30:42

F: 281 / Race: 906

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm