

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

Ken Ringer

50-54 / 48 of 152

1:30:13 / 1:31:10

M: 644 / Race: 941

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm