

The Telegram

10 Mile Road Race July 22, 2018

Achievement Certificate

awarded to

Lana Courtney

50-54 / 30 of 248

1:30:49 / 1:31:48

F: 323 / Race: 985

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm