

Tely 10 Mile Road Race • 4<sup>th</sup> Sunday in July • July 28, 2019



**The Telegram**

This is to certify that

**HEIDI ADAMS**

Completed the

**92<sup>nd</sup> TELY 10 MILE ROAD RACE**

In Position

**1437**

Rosemary Ryan-Forsey  
NLAA President

With a time of

**1:34:47**

Leo Gosse  
The Telegram

**Paradise - Mount Pearl - St. John's, Newfoundland and Labrador**