

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



**The Telegram**

**This is to certify that**

**LINDSEY EFFORD**

**Completed the**

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

**In Position**

**1896**

**Rosemary Ryan-Forsey  
NLAA President**

**With a time of**

**1:43:06**

**Leo Gosse  
The Telegram**

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