Sublime TIMING

CHIP TIMING · RACE RESULTS · sublimetiming.com

Official Result Certificate

Certificate reference: SUB-169-116

This is to certify that

Paul Frid

completed the

2020 - Long Sutton Spring 10k & Half Marathon

Long Sutton · Sunday 15th March 2020

OFFICIAL CHIP TIME

00:56:32.1

Gun time	**00:56:43.9**
Overall position	**61st of 148 finishers**
Gender position	**49th (Male)**
Category position	**7th (MV50)**
Bib number	**116**

This is an official result recorded by **Sublime Timing**, the event's chip timing provider. The times and positions above are taken from the official published results for the 10K (start 09:57, 15/03/2020) at SUB race 169. Chip time is measured from crossing the start mat to crossing the finish line; gun time is measured from the start signal.

DATE OF ISSUE

1st November 2026

Martin Jennings

Martin Jennings

Signed on behalf of Sublime Timing

Official results: https://entries.sublimetiming.com/raceresults/169/result/404/116

Enquiries: info@sublimetiming.com

This certificate can be verified against the official results page above (10K, bib 116).