

Official Result Certificate

Certificate reference: SUB-175-245

This is to certify that

Ben Frost

Norwich Road Runners

completed the

2023 - Felbrigg Hall Trails

Aylmerton · Sunday 1st October 2023

OFFICIAL CHIP TIME

00:46:04.3

Gun time	00:46:31.4
Overall position	78th of 85 finishers
Gender position	28th (Male)
Category position	8th (MOPEN)
Bib number	245

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 5K (start 10:01, 01/10/2023) at SUB race 175. 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/175/result/412/245>

Enquiries: info@sublimetiming.com

This certificate can be verified against the official results page above (5K, bib 245).