Sublime TIMING

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Official Result Certificate

Certificate reference: SUB-180-416

This is to certify that

Lynda Howard

completed the

2019 - Sublime Swaffham 10k

Swaffham · Sunday 19th May 2019

OFFICIAL CHIP TIME

00:55:01.9

Gun time	**00:55:12.2**
Overall position	**142nd of 281 finishers**
Gender position	**37th (Female)**
Category position	**4th (FV50)**
Bib number	**416**

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 09:59, 19/05/2019) at SUB race 180. 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/180/result/421/416

Enquiries: info@sublimetiming.com

This certificate can be verified against the official results page above (10K, bib 416).