Sublime TIMING

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Official Result Certificate

Certificate reference: SUB-180-67

This is to certify that

Helen Sewell

RYSTON RUNNERS

completed the

2019 - Sublime Swaffham 10k

Swaffham · Sunday 19th May 2019

OFFICIAL CHIP TIME

01:11:56.3

Gun time	**01:12:32.1**
Overall position	**260th of 281 finishers**
Gender position	**114th (Female)**
Category position	**2nd (FV70)**
Bib number	**67**

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/421/67

Enquiries: info@sublimetiming.com

This certificate can be verified against the official results page above (10K, bib 67).