

Official Result Certificate

Certificate reference: SUB-190-872

This is to certify that

Phil Longwell

Runners Next The Sea

completed the

2025 - Fakenham 5K

Norwich · Sunday 20th April 2025

OFFICIAL CHIP TIME

00:29:28.1

Gun time	00:29:40.6
Overall position	221st of 301 finishers
Gender position	157th (Male)
Category position	15th (MV50)
Bib number	872

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 10:29, 20/04/2025) at SUB race 190. 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/190/result/439/872>

Enquiries: info@sublimetiming.com

This certificate can be verified against the official results page above (5K, bib 872).