

Official Result Certificate

Certificate reference: SUB-203-173

This is to certify that

Douglas Lant

completed the

2019 - Long Sutton Spring 10K

Long Sutton · Sunday 17th March 2019

OFFICIAL CHIP TIME

00:54:59.3

Gun time	00:55:45.8
Overall position	151st of 356 finishers
Gender position	110th (Male)
Category position	5th (MV60)
Bib number	173

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 10:00, 17/03/2019) at SUB race 203. 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/203/result/459/173>

Enquiries: info@sublimetiming.com

This certificate can be verified against the official results page above (10K, bib 173).