Sublime TIMING

CHIP TIMING · RACE RESULTS · sublimetiming.com

Official Result Certificate

Certificate reference: SUB-203-351

This is to certify that

Helen West

completed the

2019 - Long Sutton Spring 10K

Long Sutton · Sunday 17th March 2019

OFFICIAL CHIP TIME

01:06:20.3

Gun time	**01:06:51.2**
Overall position	**292nd of 356 finishers**
Gender position	**136th (Female)**
Category position	**31st (FV45)**
Bib number	**351**

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/459/351

Enquiries: info@sublimetiming.com

This certificate can be verified against the official results page above (10K, bib 351).