

Official Result Certificate

Certificate reference: SUB-217-279

This is to certify that

Teresa Abel

RUNNERS NEXT THE SEA

completed the

2019 - Long Sutton Autumn 10k (Advance Performance)

Long Sutton · Sunday 17th November 2019

OFFICIAL CHIP TIME

01:26:15.5

Gun time	01:26:20.7
Overall position	484th of 496 finishers
Gender position	242nd (Female)
Category position	17th (FV55)
Bib number	279

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 09:46, 17/11/2019) at SUB race 217. 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/217/result/474/279>

Enquiries: info@sublimetiming.com

This certificate can be verified against the official results page above (10K, bib 279).