Sublime TIMING

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Official Result Certificate

Certificate reference: SUB-217-525

This is to certify that

Emily Foran

SLEAFORD STRIDERS AC

completed the

2019 - Long Sutton Autumn 10k (Advance Performance)

Long Sutton · Sunday 17th November 2019

OFFICIAL CHIP TIME

00:38:45.9

Gun time	**00:38:49.8**
Overall position	**27th of 496 finishers**
Gender position	**2nd (Female)**
Category position	**1st (FV40)**
Bib number	**525**

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/474/525

Enquiries: info@sublimetiming.com

This certificate can be verified against the official results page above (10K, bib 525).