Sublime TIMING

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Official Result Certificate

Certificate reference: SUB-217-534

This is to certify that

Helen West

completed the

2019 - Long Sutton Autumn 10k (Advance Performance)

Long Sutton · Sunday 17th November 2019

OFFICIAL CHIP TIME

01:04:13.4

Gun time	**01:05:23.7**
Overall position	**400th of 496 finishers**
Gender position	**170th (Female)**
Category position	**40th (FV45)**
Bib number	**534**

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/474/534

Enquiries: info@sublimetiming.com

This certificate can be verified against the official results page above (10K, bib 534).