TOTAL RACE TIMING

CHIP TIMING · RACE RESULTS · totalracetiming.co.uk

Official Result Certificate

Certificate reference: TRT-103-115

This is to certify that

Ruth Gainsford

Coltishall Jaguars RC

completed the

EPIC North Walsham 5k

North Walsham Memorial Park, NR28 9AY. · Friday 28th June 2019

OFFICIAL CHIP TIME

00:23:57.6

Gun time	**00:24:09.6**
Overall position	**107th of 345 finishers**
Gender position	**14th (Female)**
Category position	**1st (F50-54)**
Bib number	**115**

This is an official result recorded by **Total Race Timing**, the event's chip timing provider. The times and positions above are taken from the official published results for the 5k (start 19:30, 28/06/2019) at TRT race 103. 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

4th November 2026

Jon Beverley

Jon Beverley

Signed on behalf of Total Race Timing

Official results: https://totalracetiming.co.uk/raceresults/103/result/127/115

Enquiries: info@totalracetiming.co.uk

This certificate can be verified against the official results page above (5k, bib 115).