TOTAL RACE TIMING

CHIP TIMING · RACE RESULTS · totalracetiming.co.uk

Official Result Certificate

Certificate reference: TRT-315-743

This is to certify that

Helen Armstrong

Waveney Valley AC

completed the

Trowse 10k

Trowse · Sunday 17th April 2022

OFFICIAL CHIP TIME

01:15:05.0

Gun time	**01:17:21.2**
Overall position	**510th of 523 finishers**
Gender position	**217th (Female)**
Category position	**39th (F40-44)**
Bib number	**743**

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 10k (start 09:00, 17/04/2022) at TRT race 315. 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

8th November 2026

Jon Beverley

Jon Beverley

Signed on behalf of Total Race Timing

Official results: https://totalracetiming.co.uk/raceresults/315/result/471/743

Enquiries: info@totalracetiming.co.uk

This certificate can be verified against the official results page above (10k, bib 743).