TOTAL RACE TIMING

CHIP TIMING · RACE RESULTS · totalracetiming.co.uk

Official Result Certificate

Certificate reference: TRT-379-216

This is to certify that

Neil Adams

North Norfolk Beach Runners

completed the

Trowse 10k

Trowse · Sunday 9th April 2023

OFFICIAL CHIP TIME

00:33:23.8

Gun time	**00:33:24.1**
Overall position	**5th of 640 finishers**
Gender position	**5th (Male)**
Category position	**1st (M45-49)**
Bib number	**216**

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, 09/04/2023) at TRT race 379. 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/379/result/592/216

Enquiries: info@totalracetiming.co.uk

This certificate can be verified against the official results page above (10k, bib 216).