TOTAL RACE TIMING

CHIP TIMING · RACE RESULTS · totalracetiming.co.uk

Official Result Certificate

Certificate reference: TRT-379-485

This is to certify that

Craig Upson

Norwich Road Runners

completed the

Trowse 10k

Trowse · Sunday 9th April 2023

OFFICIAL CHIP TIME

00:37:30.5

Gun time	**00:37:31.9**
Overall position	**28th of 640 finishers**
Gender position	**27th (Male)**
Category position	**12th (MS)**
Bib number	**485**

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/592/485

Enquiries: info@totalracetiming.co.uk

This certificate can be verified against the official results page above (10k, bib 485).