TOTAL RACE TIMING

CHIP TIMING · RACE RESULTS · totalracetiming.co.uk

Official Result Certificate

Certificate reference: TRT-398-178

This is to certify that

Simon Lonsdale

–

completed the

Dereham 5k

Dereham · Sunday 20th August 2023

OFFICIAL CHIP TIME

00:31:52.9

Gun time	**00:32:19.8**
Overall position	**384th of 423 finishers**
Gender position	**247th (Male)**
Category position	**25th (M55-59)**
Bib number	**178**

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 09:00, 20/08/2023) at TRT race 398. 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

7th November 2026

Jon Beverley

Jon Beverley

Signed on behalf of Total Race Timing

Official results: https://totalracetiming.co.uk/raceresults/398/result/617/178

Enquiries: info@totalracetiming.co.uk

This certificate can be verified against the official results page above (5k, bib 178).