TOTAL RACE TIMING

CHIP TIMING · RACE RESULTS · totalracetiming.co.uk

Official Result Certificate

Certificate reference: TRT-698-21

This is to certify that

Simon Cook

Lowestoft Road Runners

completed the

Worstead 5

Worstead · Friday 24th July 2026

OFFICIAL CHIP TIME

00:29:08.6

Gun time	**00:29:12.2**
Overall position	**29th of 737 finishers**
Gender position	**29th (Male)**
Category position	**3rd (M45-49)**
Bib number	**21**

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 5 miles (start 19:00, 24/07/2026) at TRT race 698. 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

3rd November 2026

Jon Beverley

Jon Beverley

Signed on behalf of Total Race Timing

Official results: https://totalracetiming.co.uk/raceresults/698/result/1179/21

Enquiries: info@totalracetiming.co.uk

This certificate can be verified against the official results page above (5 miles, bib 21).