TOTAL RACE TIMING

CHIP TIMING · RACE RESULTS · totalracetiming.co.uk

Official Result Certificate

Certificate reference: TRT-721-78

This is to certify that

Caroline Parnis

Lowestoft Road Runners

completed the

East Coast 10k

Great Yarmouth · Sunday 1st November 2026

OFFICIAL CHIP TIME

00:56:35.3

Gun time	**00:57:41.6**
Overall position	**737th of 1,142 finishers**
Gender position	**189th (Female)**
Category position	**25th (F50-54)**
Bib number	**78**

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 10:00, 01/11/2026) at TRT race 721. 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

5th November 2026

Jon Beverley

Jon Beverley

Signed on behalf of Total Race Timing

Official results: https://totalracetiming.co.uk/raceresults/721/result/1235/78

Enquiries: info@totalracetiming.co.uk

This certificate can be verified against the official results page above (10k, bib 78).