

SUFFOLK COUNTY A.A. HALF MARATHON CHAMPIONSHIPS
19TH MARCH 2023

Womens Open

1	Emily MOYES	Stowmarket Striders RC	01:17:45
2	Georgia HUMPHREYS	Ipswich Jaffa RC	01:31:56
3	Juliet GARNHAM	Stowmarket Striders RC	01:37:32
4	Anna KEEBLE	Ipswich Jaffa RC	01:40:06
5	Louise CRACKNELL	Felixstowe RRC	01:40:09
6	Annie RICHARDSON	Saint Edmund Pacers	01:41:45
7	Holly TAYLOR	Felixstowe RRC	01:43:24
8	Maria RIERA TURRO	Felixstowe RRC	01:47:00
9	Michelle HEWITT	Framlingham Flyers	01:50:26
10	Melissa STICKLAND	Unattached	01:54:34
11	Kayleigh TURPIN	Felixstowe RRC	01:54:37
12	Catherine HEALY	Ipswich Jaffa RC	01:57:03
13	Michaela AMES	Ipswich Jaffa RC	01:57:22
14	Lydia SIMMONS	Saint Edmund Pacers	01:57:49
15	Alice MEADOWS	Felixstowe RRC	02:01:09
16	Claire WALDEN	BLC on the Run	02:21:34

Womens V40

1	Amy PLUMBLY	Ipswich Harriers	01:38:51
2	Rachel BODSWORTH	Hadleigh Hares AC	01:49:59
3	Anneli OSTLER	Felixstowe RRC	02:21:04

Womens V45

1	Juliet GARNHAM	Stowmarket Striders RC	01:37:32
2	Sam LINASSI	Felixstowe RRC	01:39:27
3	Sally BRYSON	Unattached	01:41:12
4	Natalie HAY	Saint Edmund Pacers	01:44:44
5	Rebecca LANGFORD	Lowestoft Road Runners	01:46:37
6	Sarah MAIDMENT	Framlingham Flyers	01:49:37
7	Amanda DUNN	Hadleigh Hares AC	01:56:43
8	Sally-Ann BOWEN	Sudbury Joggers	02:00:21

Womens V50

1	Debbie CATLING	Felixstowe RRC	01:45:45
2	Kay OXFORD	Hadleigh Hares AC	01:49:05
3	Tracy PELLING	Haverhill Running Club	01:52:45
4	Veronica EGAN	TRISudbury	02:12:40

Womens V55

1	Gillian LEATHERS	Saint Edmund Pacers	01:39:08	RECORD
2	Sandy THOROGOOD	Unattached	01:39:22	
3	Val JENNINGS	Ipswich Jaffa RC	01:39:36	
4	Nathalie HOOPER	Hadleigh Hares AC	01:53:09	
5	Sharon WARLAND	Stowmarket Striders RC	01:59:04	
6	Ruth COWLIN	Sudbury Joggers	02:00:20	
7	Jacqueline ALLPORT	Felixstowe RRC	02:31:30	

Womens V60

1	Belinda GODBOLD	Hadleigh Hares AC	01:54:02
2	Angela HAAG	Unattached	01:56:59
3	Arabella LEWENDON	Felixstowe RRC	02:09:11
4	Jenny CHURCH	Felixstowe RRC	02:10:25
5	Jo WHELAN	Felixstowe RRC	02:15:37
6	Pearl FAY	Newmarket Joggers	02:36:15

Womens V65

1	Hazel GARRITY	Bungay Black Dog RC	01:54:47	RECORD
2	Sue HARGADON	Woodbridge Shufflers RC	02:36:06	

Womens V70+

1	Maureen WRIGHT	Ipswich Jaffa RC	02:26:07
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Mens Open

1	Kieran CLEMENTS	Shaftesbury Barnet Harriers	01:05:21	RECORD
2	Scott WILLIAMS	Stowmarket Striders RC	01:12:02	
3	Tony GAVIN	Felixstowe RRC	01:13:57	
4	Haydn WADE	Felixstowe RRC	01:19:04	
5	Geraint WHITE	Ipswich Jaffa RC	01:20:37	
6	Oliver SCHOFIELD	Saint Edmund Pacers	01:22:53	
7	Gary TAYLOR	Felixstowe RRC	01:24:17	
8	John REED	Stowmarket Striders RC	01:26:30	
9	Andrew FARN	Unattached	01:27:00	
10	Oliver BINGHAM	Stowmarket Striders RC	01:28:52	
11	Richard CREASEY	Unattached	01:32:22	
12	James HAYWARD	Ipswich Jaffa RC	01:35:37	
13	Daniel SUMMERSGILL	Ipswich Jaffa RC	01:39:25	
14	Chris BELL	Unattached	01:41:34	
15	Samuel ROZIER	Unattached	01:44:50	
16	Neil DENNIS	Stowmarket Striders RC	01:45:07	
17	Dave HAMER	Felixstowe RRC	01:47:08	
18	Stuart HUNT	Hadleigh Hares AC	01:57:56	
19	Ryan MCNEILL	Hadleigh Hares AC	01:58:24	

Mens V40

1	Tony GAVIN	Felixstowe RRC	01:13:57
2	Mark HAYWARD	Newmarket Joggers	01:13:59
3	James SMITH	Newmarket Joggers	01:17:38
4	Aidan COUGHLAN	Felixstowe RRC	01:21:57
5	James WRIGHT	TRISudbury	01:22:38
6	Ashley SMY	Ipswich Jaffa RC	01:25:13
7	Tom AYKROYD	Felixstowe RRC	01:38:59
8	Steven LANE	Ipswich Jaffa RC	01:42:07
9	Peter WOODS	Felixstowe RRC	01:49:05
10	James ELLIS	Stowmarket Striders RC	02:04:03
11	Christopher BING	Ipswich Jaffa RC	02:05:51

Mens V45

1	Jim LAST	Framlingham Flyers	01:16:46
2	John SCAIFE	Colchester Harriers AC	01:18:37
3	Tim LARKE	Stowmarket Striders RC	01:25:00
4	Robin HARPER	Felixstowe RRC	01:29:27
5	Marcus CATLIN	Ipswich Jaffa RC	01:29:59
6	Christopher BOYT	Felixstowe RRC	01:31:13
7	Benjamin JACOBS	Felixstowe RRC	01:37:49
8	Joel BAMSEY	Hadleigh Hares AC	01:49:05
9	Matthew BRAMWELL	Haverhill Running Club	01:55:55

Mens V50

1	Piotr BULACZ	Sudbury Joggers	01:23:51
2	Adam HOWLETT	Unattached	01:24:42
3	Steve BROOKE	Felixstowe RRC	01:29:33
4	Kerry BUCKLEY	Felixstowe RRC	01:36:23
5	David CHURCH	Felixstowe RRC	01:46:46
6	Tom STEPHENS	Felixstowe RRC	01:53:42
7	Glen MURES	Felixstowe RRC	02:07:51

Mens V55

1	Mark ALLEN	Ipswich Jaffa RC	01:19:46	RECORD
2	Dave SOLOMON	Felixstowe RRC	01:26:52	
3	Dave COPLAND	Ipswich Triathlon Club	01:29:44	
4	Adrian PEAKE	Ipswich Jaffa RC	01:33:26	
5	Warren BIRCH	Rushmere Community Runners	01:37:28	
6	Kevin BIRD	Saint Edmund Pacers	01:39:13	
7	Henry ANDREWS	Saint Edmund Pacers	01:39:44	
8	Stephen HATTEN	Saint Edmund Pacers	01:43:28	
9	Peter WARLAND	Stowmarket Striders RC	01:45:03	
10	Ian GOODERHAM	Saint Edmund Pacers	01:45:14	
11	Tim PARNELL	Ipswich Jaffa RC	01:46:16	
12	Terry SPURGEON	Ipswich Jaffa RC	01:51:27	
13	Richard ALLPORT	Felixstowe RRC	02:00:07	

Mens V60

1	Clive THOMAS	BLC on the Run	01:27:24
2	Yusuf FIRAT	Haverhill Running Club	01:53:42
3	Steve HUNT	Hadleigh Hares AC	01:54:26
4	Peter LAMBILLION-JAMESON	Unattached	01:58:59
5	Davd SEYMOUR	Felixstowe RRC	02:00:05

Mens V65

1	Neville CLARKE	Newmarket Joggers	01:40:49
2	Stephen PRETTY	Saint Edmund Pacers	01:54:06
3	Mik CARR	Bungay Black Dog RC	02:00:37
4	Frank WATSON	Stowmarket Striders RC	02:07:26
5	Ian SILLETT	Felixstowe RRC	02:16:52