

SUFFOLK COUNTY A.A. Half Marathon Champions

Mens Open

17th April 2016

1	Andrew Rooke	Ipswich Jaffa	1.14.24
2	Lee Cook	Waveney Valley	1.15.33
3	Adam Howlett	Framlingham Flyers	1.21.44
4	Craig Fiddaman	Ipswich Jaffa	1.23.45
5	Timothy Earl	Waveney Valley	1.27.19
6	Chris Hall	Bungay Black Dog RC	1.29.31
7	Sam Powell	Unattached	1.30.26
8	Edward Harvey	Bungay Black Dog RC	1.30.46
9	Tom Bruce	Ipswich Tri Club	1.32.12
10	Dave Beighton	St.Edmund Pacers	1.33.17
11	James Wright	Unattached	1.34.34
12	Stewart White	St.Edmund Pacers	1.36.32
13	James Maycock	Bungay Black Dog RC	1.36.36
14	Alex Hobbs	Stowmarket Striders	1.39.47
15	Lukasz Supernak	St.Edmund Pacers	1.43.43
16	Owen Lewis	Unattached	1.43.46
17	Aaron Blowers	Unattached	1.43.47
18	Benjamin Askew	Unattached	1.44.50
19	Esther Lury	Ipswich Jaffa	1.46.38
20	Karl Coan	Unattached	1.48.12
21	Jamie Payne	Framlingham Flyers	1.55.26
22	Karl Mitchell	Unattached	1.55.34
23	Brett Deakin	Felixstowe RR	1.57.06
24	Jonny Rankin	Unattached	1.57.06
25	Keelan Smith	Saxmundham SR&F	1.59.02
26	Tim Hoare	Unattached	2.01.26
27	Steve Thorndyke	Unattached	2.07.58
28	Daniel Hardy	Unattached	2.23.17
29	Daniel Southgate	Unattached	2.27.11
30	Matthew Cavey	Unattached	2.27.13
31	Dariusz Jastzrebski	Unattached	2.33.45

Mens V40 Section

1	Lloyd Scriven	Waveney Valley	1.32.21
2	Richard Leeder	Stowmarket Striders	1.34.06
3	Peter Bird	St.Edmund Pacers	1.34.21
4	Mark White	Haverhill RC	1.35.24
5	Mark Smith	Waveney Valley	1.42.31
6	Roy Fulcher	Unattached	1.43.23
7	Martin Culpeck	Unattached	1.43.33
8	Mark Goodwin	Felixstowe RR	1.45.59
9	Simon Goldsmith	Unattached	1.50.41
10	Simon Sparkes	Bungay Black Dog RC	1.51.21
11	James Utting	Unattached	1.55.14
12	Alasrair Browning	Unattached	1.55.29
13	Simon Gibbs	Unattached	1.58.24
14	Mark Johnson	Unattached	2.00.30
15	Joseph Baron	Unattached	2.21.38

Mens V45 Section

1	Darren Sheppard	Framlingham Flyers	1.25.10
2	William Aldred	Framlingham Flyers	1.29.34
3	Daniel Gardiner	Bungay Black Dog RC	1.29.59
4	Warren Birch	Ipswich Jaffa	1.31.10
5	Todd Strehlow	Framlingham Flyers	1.34.30
6	Sam Brooke	Felixstowe RR	1.41.56
7	Darrel Roberts	Unattached	1.42.08
8	Jamie Randall	Haverhill RC	1.42.38
9	Neil Mustoe	Haverhill RC	1.44.48
10	David Joyce	Unattached	1.50.04
11	Matthew Peters	Unattached	1.51.05
12	Andrew Godbold	Unattached	1.53.37
13	Andy Bailey	Bungay Black Dog RC	2.04.03
14	Andrew Wisher	Unattached	2.26.34

Mens V50 Section

1 Karim Ouaddane	Waveney Valley	1.25.45
2 Martin Lawrence	Haverhill RC	1.26.40
3 Yusuf Firat	Haverhill RC	1.34.49
4 Michael Banner	Haverhill RC	1.42.29
5 David Gilbert	Bungay Black Dog RC	1.52.32
6 Stephen Oldman	Bungay Black Dog RC	2.03.41
7 John Hilaire	Unattached	1.37.33
8 Yusuf Firat	Haverhill RC	1.38.34
9 Richard Eastall	Unattached	1.42.28

Mens V55 Section

1 Stephen Perry	Unattached	1.57.08
2 Mon Lee	Ipswich Jaffa	2.00.07
3 Mark Kingston	Unattached	2.01.37
4 Mark Allen	Woodbridge Shufflers	2.06.46

Mens V60 Section

1 Bill Kingaby	Waveney Valley	1.39.32
2 Ker MacRosson	Ipswich Jaffa	1.48.15
3 Mik Carr	Unattached	1.50.20

Mens V65 Section

1 Richard Fellingham	Stowmarket Striders	1.52.35
2 David Coley	Ipswich Jaffa	2.18.12

Mens V70 + Section

1 Robin Farrar	Bungay Black Dog RC	2.08.54
----------------	---------------------	---------

Womens Open

1 Emma Mortimer	Ipswich Jaffa	1.31.11
2 Sam Jacks	Waveney Valley	1.38.06
3 Megan Burt	Unattached	1.43.56
4 Charlotte Acheson	Haverhill RC	1.44.39
5 Sasha Chilvers	Framlingham Flyers	1.45.45
6 Erika Downs	Felixstowe RR	1.45.58
7 Hayley Coles	Unattached	2.03.32
8 Natalie Jones	Unattached	2.04.19
9 Hannah Hill	Unattached	2.08.54
10 Stephanie Whyte	Bungay Black Dog RC	2.10.27
11 Joanna Andrews	Unattached	2.13.49
12 Nicola Bowles	Unattached	2.14.12
13 Anna Sheriff	Unattached	2.23.19
14 Emma Li	Unattached	2.24.42
15 Sian Manthorpe	Unattached	2.27.26
16 Lydia Earle-Mitchell	Unattached	2.30.57
17 Catherine Dynan	Unattached	2.32.50
18 Agnieszka Olszewska	Unattached	2.33.44
19 Imogen Keiley	Unattached	2.36.11
20 Rhea Chapman	Unattached	2.54.34

Womens V40 Section

1 Hannah Wood	Ipswich Jaffa	1.46.39
2 Sally Bryson	Unattached	1.52.39
3 Amanda Dunn	Hadleigh Hares	1.58.21
4 Julie Rickards	Unattached	2.09.05
5 Tammy Coombes	Unattached	2.27.33
6 Silvana Birchenough	Unattached	2.31.06

Womens V45 Section

1 Elisabeth Blackmore	Unattached	1.55.39
2 Mandy Godbold	Ipswich Harriers	1.57.34
3 Louise Ramsay	Unattached	2.04.15
4 She Hodgson	Unattached	2.14.23
5 Sharon Firman	Lowestoft RR	2.21.22
6 Annie Phillips	Unattached	2.30.26

Womens V50 Section

1 Julie Groom	Framlingham Flyers	2.07.31
2 Jackie Eagle	Unattached	2.31.45

Womens V55 Section

1 Carol Maycock	Bungay Black Dog RC	2.04.20
-----------------	---------------------	---------

Womens V60 Section

1 Julie Haselwood	Ipswich Jaffa	2.10.18
-------------------	---------------	---------