

Half Marathon 5k 2023 (female)	Overall Pos	First Name	Last Name	Race No	Net Time	Category	Categ Pos	Gender	Penalty Time	Club	1k_SPLIT	T1_SPLIT	2k_SPLIT	T2_SPLIT	3k_SPLIT
1	1	Francesca	Haywood	2004	01:24:55	Senior	1	Female			00:16:21	00:00:22	00:16:30	00:00:24	00:16:37
2	3	Betsy	Perry	2008	01:26:58	Senior	2	Female			00:14:59	00:01:27	00:16:55	00:00:27	00:16:51
3	5	Alex	Willoughby	2054	01:29:51	Senior	3	Female			00:17:41	00:00:26	00:17:09	00:00:25	00:17:35
4	6	Katie	Henry	2014	01:31:34	Senior	4	Female			00:17:01	00:01:06	00:17:32	00:00:29	00:18:00
5	7	Laura	Kerrigan	2046	01:31:36	Senior	5	Female		Spencer Swim Team	00:17:24	00:00:26	00:17:46	00:00:33	00:18:16
6	9	Heather	Rees	2006	01:38:18	Vet60+	1	Female			00:17:53	00:00:34	00:18:39	00:01:19	00:18:31
7	10	Emma	Rees	2005	01:38:25	Senior	6	Female			00:18:06	00:00:32	00:18:49	00:01:09	00:18:53
8	11	Sylvia	Kornas	2036	01:39:28	Senior	7	Female		SFT	00:18:49	00:00:40	00:18:59	00:00:49	00:19:26
9	12	Lucy	Hudson	2095	01:43:46	Senior	8	Female			00:20:03	00:00:40	00:20:15	00:00:46	00:20:28
10	13	Madeleine	Drury	2111	01:44:08	Senior	9	Female			00:19:18	00:01:24	00:19:49	00:00:14	00:20:33
11	14	Clare	Davies	2019	01:46:36	Senior	10	Female			00:19:44	00:01:10	00:20:12	00:00:21	00:20:22
12	16	Lillian	Starke	2041	01:48:02	Senior	11	Female			00:19:08	00:00:26	00:20:14	00:00:24	00:21:06
13	17	Rachel	Astall	2018	01:48:21	Senior	12	Female			00:19:31	00:00:22	00:20:34	00:00:47	00:21:21
14	19	Charlotte	Mcgettigan	2025	01:53:17	Senior	13	Female			00:18:27	00:01:13	00:20:40	00:01:20	00:22:11
15	20	Katherine	Bulbeck	2010	01:53:28	Vet60+	2	Female		GreenlightPT	00:20:17	00:01:26	00:21:28	00:00:35	00:22:06
16	21	Hazel	Fulker	2059	01:53:54	Vet50+	1	Female			00:21:17	00:00:27	00:22:20	00:00:28	00:22:23
17	22	Mary	Fleming	2085	01:54:24	Senior	14	Female	+00:00:10		00:21:00	00:00:57	00:21:47	00:00:50	00:22:06
18	23	Joan	Redmond	2053	01:55:18	Senior	15	Female			00:19:41	00:02:06	00:20:15	00:01:17	00:20:07
19	24	Hannah	Groombridge	2097	01:55:38	Senior	16	Female			00:20:38	00:00:42	00:21:56	00:00:46	00:23:21
20	25	Rose	Richardson	2080	01:55:50	Senior	17	Female			00:21:49	00:01:02	00:21:41	00:01:07	00:21:52
21	26	Natalie	Hamilton	2070	01:56:05	Vet50+	2	Female			00:21:52	00:00:27	00:22:26	00:00:28	00:22:29
22	27	Karen	Matthews	2037	01:57:01	Vet40+	1	Female			00:23:31	00:00:27	00:23:20	00:00:33	00:23:57
23	28	Sue	Pyman	2075	01:57:20	Vet50+	3	Female			00:21:32	00:00:28	00:22:24	00:01:09	00:22:36
24	29	Alex	Williams	2028	01:57:36	Vet40+	2	Female		Saxon Crown	00:22:36	00:00:55	00:22:06	00:01:11	00:23:06
25	30	Elodie	Malard	2052	01:58:11	Vet40+	3	Female			00:22:29	00:00:30	00:22:17		
26	32	Denise	Lloyd	2077	01:58:31	Vet50+	4	Female			00:21:45	00:00:41	00:22:20	00:01:02	00:23:19
27	33	Olivia	Mitchell	2045	01:59:20	Senior	18	Female			00:21:33	00:00:48	00:23:08	00:00:38	00:24:20
28	36	Ross	Smith	2048	02:01:52	Senior	19	Female			00:21:53	00:00:48	00:23:24	00:00:49	00:23:49
29	37	William	Emms	2058	02:01:58	Vet40+	4	Female			00:23:31	00:00:35	00:23:26	00:00:52	00:23:41
30	43	Melanie	Nickels	2079	02:09:41	Vet50+	5	Female			00:24:18	00:00:30	00:25:09	00:00:29	00:25:33
31	45	Claire	Gibb	2078	02:11:50	Vet50+	6	Female		Garstang Running Club	00:25:11	00:00:25	00:25:42	00:00:27	00:26:23
32	47	Stephen	Cowley	2072	02:12:55	Vet40+	5	Female			00:24:26	00:01:18	00:25:14	00:00:36	00:25:43
33	49	Daniel	Wormull	2104	02:14:18	Vet40+	6	Female			00:21:55	00:01:54	00:24:49	00:00:39	00:25:22
34	50	Helen	Green	2092	02:14:36	Vet40+	7	Female			00:24:50	00:01:25	00:24:48	00:02:25	00:24:53
35	51	Sacha	Kendall-Woods	2071	02:15:47	Vet50+	7	Female		3 Counties Triathlon Cl	00:24:54	00:01:06	00:25:41	00:01:49	00:26:02
36	53	Sarah	Bancroft	2116	02:17:53	Vet50+	8	Female			00:24:57	00:01:36	00:24:51	00:02:31	00:25:18
37	54	Sejal	Patel	2106	02:18:20	Senior	20	Female			00:25:45	00:00:25	00:25:36	00:01:08	00:26:46
38	55	Margot	Rimbert	2055	02:19:13	Senior	21	Female			00:23:48	00:01:30	00:26:36	00:01:39	00:26:40
39	58	Michelle	Samuel	2086	02:20:05	Vet50+	9	Female			00:26:00	00:00:32	00:26:05	00:01:06	00:27:11
40	60	Sze-Von	Lam	2094	02:21:53	Senior	22	Female			00:24:51	00:02:49	00:26:01	00:02:43	00:25:58
41	61	Nerys	Reeves	2088	02:23:15	Vet40+	8	Female			00:26:21	00:02:15	00:26:49	00:01:05	00:27:15
42	64	Kieran	Khangura	2099	02:25:19	Vet40+	9	Female			00:26:28	00:01:22	00:27:51	00:01:34	00:28:26
43	66	Natalie	Raitt	2112	02:36:56	Senior	23	Female			00:28:10	00:01:22	00:30:23	00:03:54	00:29:29
44	67	Klisha	Gandhi	2113	02:39:49	Senior	24	Female			00:27:35	00:00:45	00:30:13	00:00:58	00:31:22
45	69	Felicity	Cottle	2107	02:43:20	Senior	25	Female			00:27:21	00:02:13	00:27:32	00:06:36	00:29:51
46	71	Joanna	Flack	2120	02:46:05	Vet50+	10	Female		West Suffolk Wheelers	00:28:19	00:01:12	00:30:24	00:02:16	00:31:22
47	74	Anne	Heseltine	2118	02:58:06	Vet60+	3	Female			00:31:26	00:00:39	00:35:08	00:00:49	00:35:23
48	75	Sarah	Phipps	2122	03:13:36	Vet60+	4	Female		RAC	00:32:03	00:01:50	00:34:39	00:03:28	00:36:21
49	76	Annie	Scott	1146	03:48:16	Vet50+	11	Female			00:36:55	00:01:24	00:44:09	00:04:45	00:48:09

Half Marathon 5k 2023 (female)	Overall Pos	FirstName	LastName	T3_SPLI T	4k_SPLIT	T4_SPLI T	5k_SPLIT	Finish_GUN	Finish_SPLIT
1	1	Francesca	Haywood	00:00:23	00:16:53	00:00:22	00:16:55	01:24:55	00:00:07
2	3	Betsy	Perry	00:00:59	00:17:06	00:00:48	00:17:21	01:26:58	00:00:04
3	5	Alex	Willoughby	00:00:48	00:17:46	00:00:22	00:17:36	01:29:51	00:00:03
4	6	Katie	Henry	00:00:33	00:17:48	00:00:32	00:18:24	01:31:34	00:00:08
5	7	Laura	Kerrigan	00:00:33	00:18:17	00:00:36	00:17:41	01:31:36	00:00:07
6	9	Heather	Rees	00:01:26	00:18:26	00:02:28	00:18:53	01:38:18	00:00:09
7	10	Emma	Rees	00:01:08	00:18:44	00:02:08	00:18:48	01:38:25	00:00:07
8	11	Sylvia	Kornas	00:00:38	00:20:07	00:00:42	00:19:10	01:39:28	00:00:09
9	12	Lucy	Hudson	00:00:44	00:20:00	00:00:31	00:20:17	01:43:46	00:00:03
10	13	Madeleine	Drury	00:00:16	00:20:28	00:00:51	00:21:07	01:44:08	00:00:08
11	14	Clare	Davies	00:00:27	00:21:04	00:00:23	00:22:44	01:46:36	00:00:09
12	16	Lillian	Starke	00:00:25	00:22:14	00:00:29	00:23:30	01:48:02	00:00:07
13	17	Rachel	Astall	00:00:53	00:22:03	00:01:11	00:21:31	01:48:21	00:00:07
14	19	Charlotte	Mcgettigan	00:01:48	00:22:39	00:01:10	00:23:44	01:53:17	00:00:04
15	20	Katherine	Bulbeck	00:00:39	00:22:30	00:00:48	00:23:31	01:53:28	00:00:09
16	21	Hazel	Fulker	00:00:22	00:23:04	00:00:20	00:23:01	01:53:54	00:00:10
17	22	Mary	Fleming	00:00:41	00:22:51	00:00:54	00:22:09	01:54:24	00:01:09
18	23	Joan	Redmond	00:06:14	00:21:13	00:03:10	00:21:05	01:55:18	00:00:11
19	24	Hannah	Groombridge	00:00:30	00:23:25	00:00:36	00:23:36	01:55:38	00:00:08
20	25	Rose	Richardson	00:01:47	00:22:06	00:01:37	00:22:40	01:55:50	00:00:09
21	26	Natalie	Hamilton	00:01:03	00:23:11	00:01:23	00:22:37	01:56:05	00:00:09
22	27	Karen	Matthews	00:00:29	00:21:53	00:00:35	00:22:11	01:57:01	00:00:05
23	28	Sue	Pyman	00:01:25	00:22:30	00:01:44	00:23:25	01:57:20	00:00:07
24	29	Alex	Williams	00:01:07	00:23:15	00:01:04	00:22:08	01:57:36	00:00:09
25	30	Elodie	Malard					01:58:11	00:00:09
26	32	Denise	Lloyd	00:01:03	00:23:29	00:01:07	00:23:36	01:58:31	00:00:08
27	33	Olivia	Mitchell	00:01:14	00:23:30	00:00:44	00:22:55	01:59:20	00:00:30
28	36	Ross	Smith	00:00:53	00:24:34	00:01:10	00:24:24	02:01:52	00:00:06
29	37	William	Emms	00:00:52	00:23:46	00:00:41	00:24:30	02:01:58	00:00:05
30	43	Melanie	Nickels	00:00:41	00:25:48	00:01:12	00:25:55	02:09:41	00:00:07
31	45	Claire	Gibb	00:00:29	00:25:51	00:00:35	00:26:39	02:11:50	00:00:06
32	47	Stephen	Cowley	00:00:48	00:26:24	00:00:51	00:27:28	02:12:55	00:00:05
33	49	Daniel	Wormull	00:01:29	00:27:26	00:01:02	00:29:34	02:14:18	00:00:08
34	50	Helen	Green	00:03:10	00:24:56	00:02:05	00:25:17	02:14:36	00:00:48
35	51	Sacha	Kendall-Woods	00:01:11	00:26:27	00:01:38	00:26:48	02:15:47	00:00:12
36	53	Sarah	Bancroft	00:02:43	00:25:52	00:01:23	00:28:34	02:17:53	00:00:07
37	54	Sejal	Patel	00:01:10	00:27:42	00:01:00	00:28:41	02:18:20	00:00:07
38	55	Margot	Rimbert	00:01:39	00:26:41	00:04:09	00:25:59	02:19:13	00:00:30
39	58	Michelle	Samuel	00:01:09	00:28:23	00:00:47	00:28:49	02:20:05	00:00:05
40	60	Sze-Von	Lam	00:02:48	00:26:40	00:03:24	00:26:31	02:21:53	00:00:09
41	61	Nerys	Reeves	00:01:39	00:27:49	00:01:39	00:28:13	02:23:15	00:00:09
42	64	Kieran	Khangura	00:00:44	00:29:17	00:00:49	00:28:41	02:25:19	00:00:09
43	66	Natalie	Raitt	00:01:41	00:28:49	00:03:09	00:29:47	02:36:56	00:00:12
44	67	Klisha	Gandhi	00:00:56	00:33:16	00:00:36	00:34:01	02:39:49	00:00:07
45	69	Felicity	Cottle	00:02:39	00:29:34	00:07:25	00:28:39	02:43:20	00:01:31
46	71	Joanna	Flack	00:02:16	00:32:41	00:05:09	00:32:20	02:46:05	00:00:06
47	74	Anne	Heseltine	00:01:17	00:35:55	00:01:53	00:35:25	02:58:06	00:00:12
48	75	Sarah	Phipps	00:05:22	00:37:33	00:03:29	00:38:39	03:13:36	00:00:13
49	76	Annie	Scott	00:02:10	00:45:33	00:01:51	00:42:59	03:48:16	00:00:23