

# ASA East Region 2017 Open Water Championships Results

County Region

## EVENT 1 Male/Female 3k

### MENS 13/16 Yrs Age Group - Full Results

| Place     | Name                    | AaD       | Club               | Time              | County               | Region      |
|-----------|-------------------------|-----------|--------------------|-------------------|----------------------|-------------|
| 1         | Jamie MCCAFFRAY         | 16        | Modernian          | 0:39:12.90        | Bedfordshire         | EAST        |
| 2         | Matthew ROTHWELL        | 15        | Co Peterboro       | 0:40:55.80        | Cambridgeshire       | EAST        |
| 3         | Harvey SKELLERN         | 15        | Co Cambridge       | 0:40:56.40        | Cambridgeshire       | EAST        |
| 4         | Timothy HUGHES          | 15        | C Beds SS          | 0:41:31.30        | Bedfordshire         | EAST        |
| 5         | Maxim DE WILDT          | 16        | Co Cambridge       | 0:42:03.10        | Cambridgeshire       | EAST        |
| 6         | Daniel THURSTON-WOOLNO  | 16        | Beccles Town       | 0:42:15.70        | Suffolk              | EAST        |
| 7         | Matthew TITMAN          | 16        | Co Cambridge       | 0:44:09.10        | Cambridgeshire       | EAST        |
| 8         | Max BEEVOR              | 16        | Beccles Town       | 0:44:19.70        | Suffolk              | EAST        |
| 9         | Harry GRICE             | 15        | UEA Norwich        | 0:44:28.90        | Norfolk              | EAST        |
| <b>10</b> | <b>Ethan SUTTON</b>     | <b>15</b> | <b>Watford SC</b>  | <b>0:44:40.50</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 11        | James MCFARLAND         | 16        | C Beds SS          | 0:44:44.40        | Bedfordshire         | EAST        |
| 12        | Joseph TRIM             | 15        | Rochford           | 0:44:49.60        | Essex                | EAST        |
| <b>13</b> | <b>James POPE</b>       | <b>14</b> | <b>Watford SC</b>  | <b>0:45:43.30</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 14        | Logan PYLE              | 15        | West Suffolk       | 0:46:55.10        | Suffolk              | EAST        |
| <b>15</b> | <b>Cameron CLARK</b>    | <b>16</b> | <b>Hemel Hemp</b>  | <b>0:46:56.10</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>16</b> | <b>Alex GOULDING</b>    | <b>14</b> | <b>Watford SC</b>  | <b>0:48:36.20</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>17</b> | <b>Harrison BULLOCK</b> | <b>15</b> | <b>Berkhamsted</b> | <b>0:48:38.50</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>18</b> | <b>Callum BULLOCK</b>   | <b>15</b> | <b>Berkhamsted</b> | <b>0:48:57.40</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 19        | Isaac MOON              | 14        | Flitwick           | 0:53:47.20        | Bedfordshire         | EAST        |
| 20        | Aaron PARKER            | 15        | Rochford           | 1:01:48.00        | Essex                | EAST        |

### MENS 17/19 Yrs Age Group - Full Results

| Place | Name        | AaD | Club  | Time       | County         | Region |
|-------|-------------|-----|-------|------------|----------------|--------|
| 1     | Joel JORDAN | 17  | March | 0:50:15.60 | Cambridgeshire | EAST   |

### MENS 20/24 Yrs Age Group - Full Results

| Place    | Name                   | AaD       | Club              | Time              | County               | Region      |
|----------|------------------------|-----------|-------------------|-------------------|----------------------|-------------|
| 1        | Christopher GREENHALGH | 21        | West Suffolk      | 0:39:48.50        | Suffolk              | EAST        |
| <b>2</b> | <b>Jack SPENCE</b>     | <b>23</b> | <b>Hemel Hemp</b> | <b>0:43:15.40</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 3        | Thomas ALLEN           | 21        | Flitwick          | 0:47:07.50        | Bedfordshire         | EAST        |

### MENS 35/39 Yrs Age Group - Full Results

| Place | Name          | AaD | Club         | Time       | County         | Region |
|-------|---------------|-----|--------------|------------|----------------|--------|
| 1     | James GILL    | 35  | Co Cambridge | 0:44:47.00 | Cambridgeshire | EAST   |
| 2     | Alistair SHAW | 37  | Flitwick     | 0:47:04.80 | Bedfordshire   | EAST   |
| 3     | Michael AUGER | 35  | East Anglian | 0:47:26.80 | Norfolk        | EAST   |

### MENS 40/49 Yrs Age Group - Full Results

| Place    | Name                        | AaD       | Club              | Time              | County               | Region      |
|----------|-----------------------------|-----------|-------------------|-------------------|----------------------|-------------|
| 1        | Robert MILBURN              | 44        | Colchester        | 0:45:49.00        | Essex                | EAST        |
| 2        | Damian NAVARRETE            | 49        | Colchester        | 0:50:20.80        | Essex                | EAST        |
| 3        | David BOYCE                 | 48        | East Anglian      | 0:53:36.20        | Norfolk              | EAST        |
| <b>4</b> | <b>Duncan HARTLEY</b>       | <b>49</b> | <b>Hatfield</b>   | <b>0:56:18.50</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>5</b> | <b>Matthew RAFIQ-CRASKE</b> | <b>46</b> | <b>Hemel Hemp</b> | <b>1:00:40.50</b> | <b>Hertfordshire</b> | <b>EAST</b> |

### MENS 50/59 Yrs Age Group - Full Results

| Place | Name          | AaD | Club         | Time       | County       | Region |
|-------|---------------|-----|--------------|------------|--------------|--------|
| 1     | Simon EMM     | 51  | Colchester   | 0:44:19.00 | Essex        | EAST   |
| 2     | David WRIGHT  | 56  | Team Luton   | 0:47:18.10 | Bedfordshire | EAST   |
| 3     | Adam LELEAN   | 55  | Diss Otters  | 0:52:41.50 | Norfolk      | EAST   |
| 4     | Jon GREENE    | 53  | East Anglian | 1:01:00.30 | Norfolk      | EAST   |
| 5     | Nigel HALFORD | 56  | Flitwick     | 1:10:33.00 | Bedfordshire | EAST   |

### MENS 60 Yrs/Over Age Group - Full Results

| Place | Name            | AaD | Club     | Time       | County       | Region |
|-------|-----------------|-----|----------|------------|--------------|--------|
| 1     | Ian MURRAY      | 60  | Flitwick | 0:50:32.60 | Bedfordshire | EAST   |
| 2     | Stuart MCLELLAN | 68  | Sudbury  | 0:51:54.90 | Suffolk      | EAST   |

WOMENS 13/16 Yrs Age Group - Full Results

| Place     | Name                   | AaD       | Club                | Time              |                      |             |
|-----------|------------------------|-----------|---------------------|-------------------|----------------------|-------------|
| 1         | Mackenzie WHYATT       | 15        | Co Peterboro        | 0:41:52.20        | Cambridgeshire       | EAST        |
| 2         | Tia WILSON             | 15        | Modernian           | 0:41:52.70        | Bedfordshire         | EAST        |
| <b>3</b>  | <b>Billie GRANT</b>    | <b>15</b> | <b>Hatfield</b>     | <b>0:42:10.50</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 4         | Megan KEY              | 16        | Basildon Ph         | 0:42:14.30        | Essex                | EAST        |
| 5         | Niamh PERRY            | 15        | West Suffolk        | 0:43:13.80        | Suffolk              | EAST        |
| <b>6</b>  | <b>Natasha BENTLEY</b> | <b>15</b> | <b>Hatfield</b>     | <b>0:43:19.30</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>7</b>  | <b>Alice FENDER</b>    | <b>16</b> | <b>Hemel Hemp</b>   | <b>0:44:09.20</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>8</b>  | <b>Georgia PURKIS</b>  | <b>15</b> | <b>Hemel Hemp</b>   | <b>0:44:13.20</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 9         | Jennifer READ          | 15        | West Norfolk        | 0:44:15.30        | Norfolk              | EAST        |
| 10        | Megan PYE              | 15        | UEA Norwich         | 0:44:40.90        | Norfolk              | EAST        |
| 11        | Alice NEWNHAM-STEBBING | 15        | Lstof & OB          | 0:45:18.40        | Suffolk              | EAST        |
| 12        | Emma SHOOBERT          | 15        | C Beds SS           | 0:46:05.80        | Bedfordshire         | EAST        |
| 13        | Lucy BAILEY            | 15        | Rochford            | 0:46:48.80        | Essex                | EAST        |
| 14        | Imogen COOKE           | 16        | UEA Norwich         | 0:46:53.50        | Norfolk              | EAST        |
| <b>15</b> | <b>Shannon NICHOLS</b> | <b>16</b> | <b>Watford SC</b>   | <b>0:47:38.90</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>16</b> | <b>Bailey WILKES</b>   | <b>16</b> | <b>Hatfield</b>     | <b>0:47:40.40</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 17        | Rachael JOHNSON        | 15        | West Norfolk        | 0:47:54.00        | Norfolk              | EAST        |
| 18        | Amber HEAD             | 15        | Rochford            | 0:48:07.50        | Essex                | EAST        |
| 19        | Ana Victoria ANDERSON  | 15        | Colchester          | 0:49:52.70        | Essex                | EAST        |
| 20        | Naomi BOOTS            | 15        | Lstof & OB          | 0:49:55.60        | Suffolk              | EAST        |
| 21        | Lorena PROWSE GARCIA   | 15        | Co Cambridge        | 0:50:34.10        | Cambridgeshire       | EAST        |
| <b>22</b> | <b>Tori WESTON</b>     | <b>15</b> | <b>Co St Albans</b> | <b>0:50:57.70</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 23        | Amy EDWINS             | 16        | C Beds SS           | 0:51:09.30        | Bedfordshire         | EAST        |
| <b>24</b> | <b>Aoife POWER</b>     | <b>16</b> | <b>Royston</b>      | <b>0:51:12.70</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 25        | Ella FARNSWORTH        | 15        | West Norfolk        | 0:52:14.00        | Norfolk              | EAST        |
| <b>26</b> | <b>Isabel SANSOM</b>   | <b>15</b> | <b>Berkhamsted</b>  | <b>0:54:08.80</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 27        | Rose BECKMANN          | 14        | Co Ely              | 0:54:26.50        | Cambridgeshire       | EAST        |
| 28        | Madeleine KEMP         | 14        | Canvey Isl          | 0:55:57.60        | Essex                | EAST        |
|           | Tilly ANEMA            | 16        | Norwich Swan        | DNF               | Norfolk              | EAST        |

WOMENS 17/19 Yrs Age Group - Full Results

| Place | Name              | AaD | Club         | Time       |                |      |
|-------|-------------------|-----|--------------|------------|----------------|------|
| 1     | Emily DOWDING     | 19  | teamipswich  | 0:42:02.10 | Suffolk        | EAST |
| 2     | Hannah MCELROY    | 17  | Bo Southend  | 0:47:38.20 | Essex          | EAST |
| 3     | Molly COEN        | 17  | Co Cambridge | 0:53:29.10 | Cambridgeshire | EAST |
| 4     | Charlotte NASH    | 19  | Co Ely       | 0:53:42.00 | Cambridgeshire | EAST |
| 5     | Katie TOMPKINS    | 17  | Flitwick     | 0:55:53.90 | Bedfordshire   | EAST |
| 6     | Kayleigh VENABLES | 18  | West Norfolk | 0:56:52.90 | Norfolk        | EAST |
| 7     | Amy PELLING       | 19  | Team Luton   | 0:56:55.10 | Bedfordshire   | EAST |
| 8     | Chloe FORD        | 17  | Flitwick     | 1:05:19.00 | Bedfordshire   | EAST |

WOMENS 25/29 Yrs Age Group - Full Results

| Place | Name            | AaD | Club         | Time       |                |      |
|-------|-----------------|-----|--------------|------------|----------------|------|
| 1     | Robyn LE FRIEC  | 27  | Co Cambridge | 0:42:12.60 | Cambridgeshire | EAST |
| 2     | Sarah HARDIMENT | 28  | Co Ely       | 0:53:55.00 | Cambridgeshire | EAST |

WOMENS 30/34 Yrs Age Group - Full Results

| Place | Name           | AaD | Club         | Time       |                |      |
|-------|----------------|-----|--------------|------------|----------------|------|
| 1     | Kathryn LOVEYS | 30  | Co Cambridge | 0:46:36.40 | Cambridgeshire | EAST |
| 2     | Katie HOLMES   | 33  | Colchester   | 0:47:15.10 | Essex          | EAST |

WOMENS 35/39 Yrs Age Group - Full Results

| Place    | Name                 | AaD       | Club             | Time              |                      |             |
|----------|----------------------|-----------|------------------|-------------------|----------------------|-------------|
| <b>1</b> | <b>Jo MITCHINSON</b> | <b>38</b> | <b>Stevenage</b> | <b>0:42:08.70</b> | <b>Hertfordshire</b> | <b>EAST</b> |

WOMENS 40/49 Yrs Age Group - Full Results

| Place    | Name                   | AaD       | Club            | Time              |                      |             |
|----------|------------------------|-----------|-----------------|-------------------|----------------------|-------------|
| 1        | Josephine CRESSWELL    | 49        | East Anglian    | 0:53:10.90        | Norfolk              | EAST        |
| <b>2</b> | <b>Rebecca HARTLEY</b> | <b>42</b> | <b>Hatfield</b> | <b>0:53:14.30</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 3        | Polly WALTHER          | 41        | Dereham         | 1:05:00.90        | Norfolk              | EAST        |

WOMENS 50/59 Yrs Age Group - Full Results

| Place | Name             | AaD | Club         | Time       |                |      |
|-------|------------------|-----|--------------|------------|----------------|------|
| 1     | Silvia FERDIN    | 52  | Co Cambridge | 0:46:39.20 | Cambridgeshire | EAST |
| 2     | Sharon MCLELLAN  | 59  | Sudbury      | 0:57:29.00 | Suffolk        | EAST |
| C3    | Victoria HINGLEY | 55  | Asa Temp 2   | 1:06:05.00 | TEMP 2         | TEMP |

WOMENS 60 Yrs/Over Age Group - Full Results

| Place | Name             | AaD | Club    | Time       |                |      |
|-------|------------------|-----|---------|------------|----------------|------|
| 1     | Valerie CUMMINGS | 60  | St Ives | 1:01:43.10 | Cambridgeshire | EAST |

## EVENT 2 Male/Female 800m

## BOYS 11/12 Yrs Age Group - Full Results

| Place    | Name                  | AaD       | Club                | Cat | Time              |                      |             |
|----------|-----------------------|-----------|---------------------|-----|-------------------|----------------------|-------------|
| 1        | Harry SHARPE          | 12        | West Norfolk        |     | 0:11:15.73        | Norfolk              | EAST        |
| 2        | Joshua SMITH          | 12        | Co Peterboro        |     | 0:12:00.66        | Cambridgeshire       | EAST        |
| 3        | James COWDREY         | 12        | Bo Southend         |     | 0:13:13.10        | Essex                | EAST        |
| <b>4</b> | <b>Joseph O'HARA</b>  | <b>11</b> | <b>Hatfield</b>     |     | <b>0:13:14.89</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 5        | William DOWNES        | 11        | St Felix Sch        |     | 0:13:25.62        | Suffolk              | EAST        |
| 6        | James BELL            | 12        | Norwich Swan        |     | 0:13:26.48        | Norfolk              | EAST        |
| <b>7</b> | <b>Joseph SUTTON</b>  | <b>12</b> | <b>Watford SC</b>   |     | <b>0:13:37.53</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>8</b> | <b>Thomas GODFREY</b> | <b>11</b> | <b>Co St Albans</b> |     | <b>0:13:48.96</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 9        | James ROWLEY          | 12        | Sudbury             |     | 0:13:59.26        | Suffolk              | EAST        |
| 10       | William ELLARD        | 11        | Beccles Town        |     | 0:14:11.05        | Suffolk              | EAST        |
| 11       | Oliver WOODFORD       | 12        | Canvey Isl          |     | 0:14:17.47        | Essex                | EAST        |
| 12       | Raven DODSWORTH       | 11        | Newmarket           |     | 0:14:18.83        | Suffolk              | EAST        |
| 13       | George AITKEN         | 12        | Beccles Town        |     | 0:17:50.36        | Suffolk              | EAST        |
| 14       | Issac LOOKER          | 12        | Diss Otters         |     | 0:20:02.59        | Norfolk              | EAST        |

## BOYS 13/14 Yrs Age Group - Full Results

| Place | Name             | AaD | Club         | Cat | Time       |         |      |
|-------|------------------|-----|--------------|-----|------------|---------|------|
| 1     | Joe COOPER       | 13  | teamipswich  |     | 0:10:19.63 | Suffolk | EAST |
| 2     | Jeremy AITKEN    | 14  | Beccles Town |     | 0:10:56.82 | Suffolk | EAST |
| 3     | James EDGINGS    | 14  | Thurrock     |     | 0:11:18.24 | Essex   | EAST |
| 4     | Samuel STEPHENS  | 14  | St Felix Sch |     | 0:11:19.64 | Suffolk | EAST |
| 5     | Harley WEST      | 13  | Basildon Ph  |     | 0:11:44.52 | Essex   | EAST |
| 6     | Harry RICHARDSON | 13  | Southend     |     | 0:12:04.80 | Essex   | EAST |
| 7     | Harvey LAST      | 14  | Southend     |     | 0:12:34.14 | Essex   | EAST |

## BOYS 15/16 Yrs Age Group - Full Results

| Place    | Name               | AaD       | Club             | Cat | Time              |                      |             |
|----------|--------------------|-----------|------------------|-----|-------------------|----------------------|-------------|
| 1        | Kieron HARRIS      | 15        | Thurrock         | 15  | 0:11:12.74        | Essex                | EAST        |
| <b>2</b> | <b>Ciaran FAHY</b> | <b>15</b> | <b>Hoddesdon</b> |     | <b>0:13:09.55</b> | <b>Hertfordshire</b> | <b>EAST</b> |

## BOYS 17 Yrs/Over Age Group - Full Results

| Place    | Name                   | AaD       | Club              | Cat | Time              |                      |             |
|----------|------------------------|-----------|-------------------|-----|-------------------|----------------------|-------------|
| 1        | Callum THURSTON-WOOLNO | 17        | Beccles Town      |     | 0:10:53.00        | Suffolk              | EAST        |
| <b>2</b> | <b>Jack CHRISTIE</b>   | <b>19</b> | <b>Hemel Hemp</b> |     | <b>0:11:12.18</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 3        | Samuel AITKEN          | 17        | Beccles Town      |     | 0:11:57.11        | Suffolk              | EAST        |

## BOYS Multi-Disability

| Place | Name          | AaD | Club     | Cat | Time       |       |      |
|-------|---------------|-----|----------|-----|------------|-------|------|
| 1     | Kieron HARRIS | 15  | Thurrock | 15  | 0:11:12.74 | Essex | EAST |

GIRLS 11/12 Yrs Age Group - Full Results

| Place | Name                 | AaD | Club         | Cat | Time       |                |      |
|-------|----------------------|-----|--------------|-----|------------|----------------|------|
| 1     | Francesca SALMON     | 12  | Norwich Swan |     | 0:11:52.31 | Norfolk        | EAST |
| 2     | Francesca BABER      | 11  | Flitwick     |     | 0:11:58.40 | Bedfordshire   | EAST |
| 3     | Emily COOPER         | 12  | Canvey Isl   |     | 0:11:58.88 | Essex          | EAST |
| 4     | Leah BUSHHELL        | 11  | UEA Norwich  |     | 0:12:39.31 | Norfolk        | EAST |
| 5     | Molly TATTERSALL     | 12  | Dereham      |     | 0:12:50.77 | Norfolk        | EAST |
| 6     | Jemima TUFFNELL      | 12  | Co Peterboro |     | 0:12:51.45 | Cambridgeshire | EAST |
| 7     | Bryony EDGINGS       | 12  | Thurrock     |     | 0:13:08.67 | Essex          | EAST |
| 8     | Amber MONTGOMERY     | 11  | Norwich Swan |     | 0:13:35.47 | Norfolk        | EAST |
| 9     | Hannah JORDAN        | 12  | March        |     | 0:13:39.47 | Cambridgeshire | EAST |
| 10    | Lily ASHWELL         | 12  | Norwich Swan |     | 0:13:40.84 | Norfolk        | EAST |
| 11    | Rosetta SCHAUBURG-KE | 12  | March        |     | 0:13:51.04 | Cambridgeshire | EAST |
| 12    | Lily MOORE           | 11  | Flitwick     |     | 0:13:57.44 | Bedfordshire   | EAST |
| 13    | Ruby CHAPMAN         | 11  | Norwich Swan |     | 0:14:29.22 | Norfolk        | EAST |
| 14    | Maddison WINNEY      | 12  | Lstof & OB   |     | 0:14:42.79 | Suffolk        | EAST |
| 15    | Ruby RYALL           | 12  | Flitwick     |     | 0:14:56.01 | Bedfordshire   | EAST |
| 16    | Zara FALLON          | 12  | Team Luton   |     | 0:14:57.85 | Bedfordshire   | EAST |
| 17    | Rosie MUNNINGS       | 11  | Diss Otters  |     | 0:14:58.65 | Norfolk        | EAST |
| 18    | Lillian WALTHER      | 11  | Dereham      |     | 0:15:02.75 | Norfolk        | EAST |
| 19    | Shannon RYALL        | 12  | Flitwick     |     | 0:15:04.45 | Bedfordshire   | EAST |
| 20    | Olivia TUNLEY        | 11  | March        |     | 0:15:06.39 | Cambridgeshire | EAST |
| 21    | Isabel COLLINS       | 11  | Bo Southend  |     | 0:15:09.02 | Essex          | EAST |
| 22    | Clara WATSON-FLOWERS | 11  | St Felix Sch |     | 0:16:34.42 | Suffolk        | EAST |
| 23    | Ellen POINTER        | 12  | Beccles Town |     | 0:16:43.77 | Suffolk        | EAST |
| 24    | Eleanor LENNON       | 12  | Thurrock     |     | 0:16:54.14 | Essex          | EAST |
| 25    | Sophie NORTON        | 11  | Bo Southend  |     | 0:17:35.00 | Essex          | EAST |
| 26    | Ella HANDEL          | 12  | Dereham      |     | 0:23:40.58 | Norfolk        | EAST |
|       | Zoe-Mai GIRLING      | 12  | Beccles Town |     | DNF        | Suffolk        | EAST |
|       | Una ANSONE           | 11  | March        |     | DNF        | Cambridgeshire | EAST |

GIRLS 13/14 Yrs Age Group - Full Results

| Place     | Name                       | AaD       | Club                | Cat | Time              |                      |             |
|-----------|----------------------------|-----------|---------------------|-----|-------------------|----------------------|-------------|
| 1         | Charlotte TREE             | 13        | Colchester          |     | 0:10:43.69        | Essex                | EAST        |
| 2         | Rhearna MASON              | 14        | C Beds SS           |     | 0:11:04.07        | Bedfordshire         | EAST        |
| 3         | Poppy ALLEN                | 14        | Basildon Ph         |     | 0:11:51.77        | Essex                | EAST        |
| 4         | Martha BREWER              | 14        | teamipswich         |     | 0:11:58.62        | Suffolk              | EAST        |
| 5         | Madelyn LATIMER-HICKS      | 13        | Leiston             |     | 0:12:00.77        | Suffolk              | EAST        |
| 6         | Lily BORGOGNONI            | 14        | Co Peterboro        |     | 0:12:01.13        | Cambridgeshire       | EAST        |
| 7         | Lucy HUTCHINSON            | 13        | UEA Norwich         |     | 0:12:23.86        | Norfolk              | EAST        |
| <b>8</b>  | <b>Jessica ROBERTSON</b>   | <b>13</b> | <b>Co St Albans</b> |     | <b>0:12:26.56</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 9         | Lily CHAPMAN               | 14        | Norwich Swan        |     | 0:12:34.22        | Norfolk              | EAST        |
| 10        | Freya BODLE                | 13        | Thurrock            |     | 0:12:35.11        | Essex                | EAST        |
| <b>11</b> | <b>Lara FAHY</b>           | <b>14</b> | <b>Hoddesdon</b>    |     | <b>0:12:37.30</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>12</b> | <b>Olivia MOREY</b>        | <b>13</b> | <b>Cheshunt</b>     |     | <b>0:12:37.92</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>13</b> | <b>Clara LIVINGSTON</b>    | <b>13</b> | <b>Hatfield</b>     |     | <b>0:12:41.04</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 14        | Meda VITGINYTE             | 13        | West Norfolk        |     | 0:12:43.42        | Norfolk              | EAST        |
| 15        | Olivia MOROS               | 13        | Bo Southend         |     | 0:12:58.94        | Essex                | EAST        |
| 16        | Freya REEVE                | 13        | UEA Norwich         |     | 0:14:03.44        | Norfolk              | EAST        |
| 17        | Evie JONES                 | 13        | Norwich Swan        |     | 0:14:10.56        | Norfolk              | EAST        |
| 18        | Rebecca JORDAN             | 13        | March               |     | 0:14:23.66        | Cambridgeshire       | EAST        |
| <b>19</b> | <b>Francesca PAGANUZZI</b> | <b>13</b> | <b>Co St Albans</b> |     | <b>0:14:33.91</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 20        | Millie GEE                 | 13        | Sudbury             |     | 0:15:18.14        | Suffolk              | EAST        |
| 21        | Georgia HINDS-DUTTON       | 14        | Colchester          |     | 0:15:58.79        | Essex                | EAST        |

GIRLS 15/16 Yrs Age Group - Full Results

| Place | Name             | AaD | Club         | Cat | Time       |                |      |
|-------|------------------|-----|--------------|-----|------------|----------------|------|
| 1     | Poppy ALLEN      | 15  | Beccles Town |     | 0:12:37.03 | Suffolk        | EAST |
| 2     | Rhiannon LOUTIT  | 16  | Co Peterboro |     | 0:13:17.83 | Cambridgeshire | EAST |
| 3     | Madison DEWSBERY | 16  | Diss Otters  |     | 0:15:45.55 | Norfolk        | EAST |

GIRLS 17 Yrs/Over Age Group - Full Results

| Place | Name         | AaD Club       | Cat | Time       |              |      |
|-------|--------------|----------------|-----|------------|--------------|------|
| 1     | Kirsty GOOCH | 17 Biggleswade |     | 0:11:52.76 | Bedfordshire | EAST |
| 2     | Jasmyne HEAD | 17 Rochford    |     | 0:13:27.54 | Essex        | EAST |

## EVENT 3 Male/Female 1.5k

## MENS 12/16 Yrs Age Group - Full Results

| Place     | Name                      | AaD       | Club              | Cat | Time              |                           |
|-----------|---------------------------|-----------|-------------------|-----|-------------------|---------------------------|
| 1         | Samuel ROSE               | 14        | West Norfolk      |     | 0:19:55.02        | Norfolk EAST              |
| 2         | Callum STEDMAN            | 14        | Dereham           |     | 0:19:58.83        | Norfolk EAST              |
| 3         | William PESTELL           | 14        | teamipswich       |     | 0:20:28.71        | Suffolk EAST              |
| 4         | Jack TURRELL              | 14        | Basildon Ph       |     | 0:20:32.34        | Essex EAST                |
| <b>5</b>  | <b>Zane BATT</b>          | <b>14</b> | <b>Cheshunt</b>   |     | <b>0:20:41.29</b> | <b>Hertfordshire EAST</b> |
| 6         | Joshua THURSTON-WOOLNC    | 14        | Beccles Town      |     | 0:20:41.53        | Suffolk EAST              |
| 7         | Andrei GARE               | 16        | Southend          |     | 0:20:48.80        | Essex EAST                |
| 8         | Alfie WILLIAMS            | 14        | Canvey Isl        |     | 0:20:54.80        | Essex EAST                |
| 9         | Luke BARTON               | 13        | Lstof & OB        |     | 0:20:55.30        | Suffolk EAST              |
| 10        | Jude HILLS                | 12        | Bo Southend       |     | 0:20:58.62        | Essex EAST                |
| 11        | Harrison JARVIS           | 13        | Thurrock          |     | 0:21:03.98        | Essex EAST                |
| 12        | Samuel BULLINGHAM         | 14        | West Suffolk      |     | 0:21:04.72        | Suffolk EAST              |
| 13        | Tyler WATSON              | 13        | Flitwick          |     | 0:21:24.70        | Bedfordshire EAST         |
| 14        | Harry SAUNDERS            | 15        | Newmarket         |     | 0:21:25.40        | Suffolk EAST              |
| 15        | Ben WOODHOUSE             | 14        | Norwich Swan      |     | 0:21:27.79        | Norfolk EAST              |
| 16        | Isaac BOYCE               | 14        | Norwich Swan      |     | 0:21:31.87        | Norfolk EAST              |
| 17        | Samuel MILLER             | 14        | Bo Southend       |     | 0:21:34.80        | Essex EAST                |
| 18        | Cameron FISHER            | 14        | Co Peterboro      |     | 0:21:40.46        | Cambridgeshire EAST       |
| 19        | George WHITEMAN           | 13        | Co Peterboro      |     | 0:21:40.70        | Cambridgeshire EAST       |
| 20        | Callum SHEPHERD           | 14        | Dunstable         |     | 0:21:41.22        | Bedfordshire EAST         |
| 21        | Aaron LAMBIE              | 14        | Thurrock          |     | 0:21:43.83        | Essex EAST                |
| 22        | Thomas BELCHER            | 14        | Modernian         |     | 0:21:46.47        | Bedfordshire EAST         |
| <b>23</b> | <b>Samuel GAINES</b>      | <b>16</b> | <b>Hemel Hemp</b> |     | <b>0:21:48.21</b> | <b>Hertfordshire EAST</b> |
| <b>24</b> | <b>Jonathan FARROW</b>    | <b>15</b> | <b>Hemel Hemp</b> |     | <b>0:21:58.30</b> | <b>Hertfordshire EAST</b> |
| 25        | James ROTHWELL            | 13        | Co Peterboro      |     | 0:21:58.72        | Cambridgeshire EAST       |
| <b>26</b> | <b>Saric LEWINGTON</b>    | <b>14</b> | <b>Hatfield</b>   |     | <b>0:22:02.09</b> | <b>Hertfordshire EAST</b> |
| 27        | George GRICE              | 12        | UEA Norwich       |     | 0:22:04.64        | Norfolk EAST              |
| 28        | Benjamin ALLEN            | 15        | West Suffolk      |     | 0:22:05.14        | Suffolk EAST              |
| 29        | Harry SWANN               | 13        | Lstof & OB        |     | 0:22:07.98        | Suffolk EAST              |
| 30        | Connor WALKER             | 13        | Co Peterboro      |     | 0:22:08.67        | Cambridgeshire EAST       |
| <b>31</b> | <b>Lewis CLARK</b>        | <b>14</b> | <b>Hemel Hemp</b> |     | <b>0:22:39.53</b> | <b>Hertfordshire EAST</b> |
| 32        | Adam TEMPEST              | 14        | West Suffolk      |     | 0:22:46.59        | Suffolk EAST              |
| 33        | Henry MILLER              | 13        | Norwich Swan      |     | 0:22:51.12        | Norfolk EAST              |
| 34        | Ryan ROBERTS              | 12        | Putteridge        |     | 0:22:52.30        | Bedfordshire EAST         |
| 35        | Matthew RIDDLE            | 12        | Bo Southend       |     | 0:23:12.51        | Essex EAST                |
| 36        | Matthew MONIE             | 12        | Co Cambridge      |     | 0:23:13.14        | Cambridgeshire EAST       |
| 37        | Matt BESSEY               | 13        | Lstof & OB        |     | 0:23:56.20        | Suffolk EAST              |
| 38        | Harry GARNER              | 15        | Lstof & OB        |     | 0:23:59.55        | Suffolk EAST              |
| <b>39</b> | <b>Alex BRUNDLE</b>       | <b>16</b> | <b>Royston</b>    |     | <b>0:24:22.28</b> | <b>Hertfordshire EAST</b> |
| <b>40</b> | <b>Alexander WILLIAMS</b> | <b>12</b> | <b>Watford SC</b> |     | <b>0:25:08.95</b> | <b>Hertfordshire EAST</b> |
| 41        | Matthew VAUGHAN           | 13        | Beccles Town      |     | 0:25:25.39        | Suffolk EAST              |
| 42        | James GREEN               | 14        | Beccles Town      |     | 0:25:29.34        | Suffolk EAST              |
| 43        | Owen BARKER               | 13        | West Suffolk      |     | 0:26:12.88        | Suffolk EAST              |
| 44        | Lennie WRIGHT             | 12        | Canvey Isl        |     | 0:26:44.02        | Essex EAST                |
| 45        | Aaron PARKER              | 15        | Rochford          |     | 0:27:16.14        | Essex EAST                |
| 46        | Jude PEACH                | 12        | Canvey Isl        |     | 0:28:03.27        | Essex EAST                |
| 47        | Callum BLAIR              | 12        | Diss Otters       |     | 0:28:04.90        | Norfolk EAST              |
| 48        | James GARRY               | 15        | Mildenhall        | 9   | 0:45:10.75        | Suffolk EAST              |
|           | Harrison HOLMES           | 12        | Lstof & OB        |     | DNF               | Suffolk EAST              |

## MENS 17/19 Yrs Age Group - Full Results

| Place    | Name               | AaD       | Club              | Cat | Time              |                           |
|----------|--------------------|-----------|-------------------|-----|-------------------|---------------------------|
| 1        | James BOOTS        | 17        | Lstof & OB        |     | 0:21:18.65        | Suffolk EAST              |
| 2        | Alex NEESON        | 18        | Dunstable         |     | 0:21:37.27        | Bedfordshire EAST         |
| 3        | Luke CROFTS        | 17        | Thurrock          |     | 0:22:04.09        | Essex EAST                |
| <b>4</b> | <b>Kyle HOLMES</b> | <b>18</b> | <b>Hemel Hemp</b> |     | <b>0:22:31.87</b> | <b>Hertfordshire EAST</b> |

MENS 25/29 Yrs Age Group - Full Results

| Place | Name          | AaD | Club  | Cat | Time       |                |      |
|-------|---------------|-----|-------|-----|------------|----------------|------|
| 1     | Mark THOMPSON | 28  | March |     | 0:22:23.80 | Cambridgeshire | EAST |

MENS 40/49 Yrs Age Group - Full Results

| Place | Name         | AaD | Club       | Cat | Time       |        |      |
|-------|--------------|-----|------------|-----|------------|--------|------|
| 1     | Andrew BELL  | 44  | Thurrock   |     | 0:23:30.41 | Essex  | EAST |
| C2    | Wayne HUGHES | 49  | Asa Temp 2 |     | 0:31:57.88 | TEMP 2 | TEMP |

MENS 50/59 Yrs Age Group - Full Results

| Place | Name           | AaD | Club         | Cat | Time       |                |      |
|-------|----------------|-----|--------------|-----|------------|----------------|------|
| 1     | Peter ROBINSON | 52  | Co Cambridge |     | 0:26:24.86 | Cambridgeshire | EAST |
| 2     | Simon DOVE     | 58  | Flitwick     |     | 0:31:56.02 | Bedfordshire   | EAST |
| 3     | Robert GARRY   | 53  | Mildenhall   |     | 0:32:33.96 | Suffolk        | EAST |

MENS Multi-Disability

| Place | Name        | AaD | Club       | Cat | Time       |         |      |
|-------|-------------|-----|------------|-----|------------|---------|------|
| 1     | James GARRY | 15  | Mildenhall | 9   | 0:45:10.75 | Suffolk | EAST |

## WOMENS 12/16 Yrs Age Group - Full Results

| Place     | Name                     | AaD       | Club                | Cat | Time              |                      |             |
|-----------|--------------------------|-----------|---------------------|-----|-------------------|----------------------|-------------|
| <b>1</b>  | <b>Lauren YOUNG</b>      | <b>14</b> | <b>Hatfield</b>     |     | <b>0:19:48.59</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 2         | Katie HAMMOND            | 14        | Co Cambridge        |     | 0:20:10.68        | Cambridgeshire       | EAST        |
| 3         | Lucie PECK               | 14        | West Norfolk        |     | 0:20:25.44        | Norfolk              | EAST        |
| 4         | Anna FALLON              | 14        | Team Luton          |     | 0:20:51.37        | Bedfordshire         | EAST        |
| 5         | Millie TURNER            | 14        | Basildon Ph         |     | 0:20:51.57        | Essex                | EAST        |
| 6         | Sacha THOMAS             | 14        | UEA Norwich         |     | 0:20:53.90        | Norfolk              | EAST        |
| <b>7</b>  | <b>Jessica KEOGH</b>     | <b>13</b> | <b>Hatfield</b>     |     | <b>0:20:55.18</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 8         | Claudia LITTLE           | 13        | Bo Southend         |     | 0:21:00.76        | Essex                | EAST        |
| 9         | Imogen BLOCK             | 13        | Lstof & OB          |     | 0:21:19.48        | Suffolk              | EAST        |
| 10        | Ella BRAY                | 14        | Norwich Swan        |     | 0:21:26.80        | Norfolk              | EAST        |
| 11        | Karolina KOWALSKA        | 14        | Co Cambridge        |     | 0:21:30.00        | Cambridgeshire       | EAST        |
| 12        | Holly LAMB               | 12        | Southend            |     | 0:21:37.96        | Essex                | EAST        |
| 13        | Charlotte HARRIS         | 14        | Maldon Shark        |     | 0:21:42.63        | Essex                | EAST        |
| 14        | Grace MADSEN             | 14        | Beccles Town        |     | 0:21:48.84        | Suffolk              | EAST        |
| 15        | Ella TURNER              | 12        | Basildon Ph         |     | 0:21:48.88        | Essex                | EAST        |
| 16        | Rebecca SMITH            | 14        | Norwich Swan        |     | 0:21:49.13        | Norfolk              | EAST        |
| <b>17</b> | <b>Gemma HANSON</b>      | <b>14</b> | <b>Hatfield</b>     |     | <b>0:21:52.77</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 18        | Ellie WALKER             | 13        | UEA Norwich         |     | 0:21:52.78        | Norfolk              | EAST        |
| 19        | Gracie KAY               | 14        | Co Cambridge        |     | 0:21:55.48        | Cambridgeshire       | EAST        |
| 20        | Ruby GREENHALF           | 12        | UEA Norwich         |     | 0:21:58.30        | Norfolk              | EAST        |
| <b>21</b> | <b>Bruna REBELO</b>      | <b>13</b> | <b>Hatfield</b>     |     | <b>0:22:10.01</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 22        | Amber HEAD               | 15        | Rochford            |     | 0:22:23.01        | Essex                | EAST        |
| <b>23</b> | <b>Daisy SANDON</b>      | <b>14</b> | <b>Stevenage</b>    |     | <b>0:22:32.81</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>24</b> | <b>Fleur HINES</b>       | <b>14</b> | <b>Watford SC</b>   |     | <b>0:22:34.13</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>25</b> | <b>Georgia PRITCHARD</b> | <b>12</b> | <b>Hatfield</b>     |     | <b>0:22:42.92</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 26        | Hannah DALEY             | 13        | Co Peterboro        |     | 0:22:44.95        | Cambridgeshire       | EAST        |
| <b>27</b> | <b>Caitlin HARTLEY</b>   | <b>13</b> | <b>Hatfield</b>     |     | <b>0:22:45.39</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 28        | Madison GILMAN           | 14        | Norwich Swan        |     | 0:22:48.49        | Norfolk              | EAST        |
| 29        | Isla WINSLOW             | 12        | UEA Norwich         |     | 0:22:48.99        | Norfolk              | EAST        |
| 30        | Erin WILKINSON           | 12        | Southend            |     | 0:22:53.97        | Essex                | EAST        |
| 31        | Darcy O'BRIEN            | 13        | Southend            |     | 0:22:57.07        | Essex                | EAST        |
| 32        | Brooke JENKINS           | 13        | Southend            |     | 0:23:04.13        | Essex                | EAST        |
| 33        | Eloisa MILLER            | 12        | C Beds SS           |     | 0:23:04.89        | Bedfordshire         | EAST        |
| 34        | Jessica MUNFORD          | 13        | Norwich Swan        |     | 0:23:05.52        | Norfolk              | EAST        |
| 35        | Olivia FOWLER            | 14        | Flitwick            |     | 0:23:33.62        | Bedfordshire         | EAST        |
| 36        | Isabella PORZIO          | 13        | Dunstable           |     | 0:23:42.57        | Bedfordshire         | EAST        |
| 37        | Madeline OWEN            | 15        | Basildon Ph         |     | 0:23:44.41        | Essex                | EAST        |
| 38        | Rachel HARRIS            | 16        | Maldon Shark        |     | 0:23:55.68        | Essex                | EAST        |
| <b>39</b> | <b>Rosie BATT</b>        | <b>13</b> | <b>Cheshunt</b>     |     | <b>0:24:46.15</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| <b>40</b> | <b>Eilidh DUNWOODIE</b>  | <b>13</b> | <b>Co St Albans</b> |     | <b>0:24:47.07</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 41        | Sophie FOWLER            | 12        | Flitwick            |     | 0:24:49.17        | Bedfordshire         | EAST        |
| <b>42</b> | <b>Jessica WARNE</b>     | <b>12</b> | <b>Watford SC</b>   |     | <b>0:24:49.77</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 43        | Alice NELSON             | 13        | UEA Norwich         |     | 0:24:50.49        | Norfolk              | EAST        |
| 44        | Lillia THOMPSON          | 14        | Flitwick            |     | 0:24:57.48        | Bedfordshire         | EAST        |
| <b>45</b> | <b>Freya HILSDEN</b>     | <b>14</b> | <b>Watford SC</b>   |     | <b>0:25:03.46</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 46        | Maisie BELL              | 14        | Bo Southend         |     | 0:25:04.16        | Essex                | EAST        |
| 47        | Jennifer RIDDLE          | 14        | Bo Southend         |     | 0:25:09.14        | Essex                | EAST        |
| 48        | Ruby WATSON              | 15        | Colchester          |     | 0:25:51.18        | Essex                | EAST        |
| 49        | Anna BROWNE              | 12        | UEA Norwich         |     | 0:26:04.31        | Norfolk              | EAST        |
| 50        | Hailey MYERS             | 15        | Mildenhall          |     | 0:26:29.30        | Suffolk              | EAST        |
| 51        | Bryony TOLSON            | 13        | UEA Norwich         |     | 0:26:38.24        | Norfolk              | EAST        |
| 52        | Megan SWANN              | 15        | Lstof & OB          |     | 0:26:43.50        | Suffolk              | EAST        |
| 53        | Katie HITTER             | 12        | Lstof & OB          |     | 0:26:47.15        | Suffolk              | EAST        |
| 54        | Millie PIERCY            | 12        | Canvey Isl          |     | 0:26:59.43        | Essex                | EAST        |
| 55        | Madeleine PHILLIPS       | 13        | Flitwick            |     | 0:26:59.95        | Bedfordshire         | EAST        |
| <b>56</b> | <b>Molly BRUNDLE</b>     | <b>13</b> | <b>Royston</b>      |     | <b>0:27:11.06</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 57        | Zoe JONES                | 12        | Mildenhall          |     | 0:27:15.22        | Suffolk              | EAST        |

|           |                      |           |                  |                   |                      |             |
|-----------|----------------------|-----------|------------------|-------------------|----------------------|-------------|
| 58        | Hollie MYERS         | 13        | Mildenhall       | 0:27:17.06        | Suffolk              | EAST        |
| 59        | Katie HOWLETT        | 15        | Lstof & OB       | 0:27:17.74        | Suffolk              | EAST        |
| 60        | Gabriella KEMP       | 12        | Canvey Isl       | 0:28:09.06        | Essex                | EAST        |
| 61        | Tara DAYNES          | 15        | Norwich Swan     | 0:28:37.92        | Norfolk              | EAST        |
| 62        | Mira BYRNE           | 15        | Southend         | 0:28:44.34        | Essex                | EAST        |
| 63        | Hannah GALLAGHER     | 15        | Southend         | 0:29:51.13        | Essex                | EAST        |
| 64        | Sophie TUNLEY        | 14        | March            | 0:29:53.29        | Cambridgeshire       | EAST        |
| <b>65</b> | <b>Hannah BELLIS</b> | <b>13</b> | <b>Harpenden</b> | <b>0:30:25.27</b> | <b>Hertfordshire</b> | <b>EAST</b> |
|           | Francesca KEY        | 12        | Canvey Isl       | DNF               | Essex                | EAST        |

WOMENS 17/19 Yrs Age Group - Full Results

| Place    | Name                | AaD       | Club              | Cat | Time              |                           |
|----------|---------------------|-----------|-------------------|-----|-------------------|---------------------------|
| 1        | Ellie BUSHELL       | 18        | East Anglian      |     | 0:22:05.78        | Norfolk EAST              |
| <b>2</b> | <b>Chloe PURKIS</b> | <b>18</b> | <b>Hemel Hemp</b> |     | <b>0:23:24.59</b> | <b>Hertfordshire EAST</b> |
| 3        | Abigail LAST        | 19        | Southend          |     | 0:26:44.88        | Essex EAST                |
| 4        | Katie MCGOWEN       | 18        | March             |     | 0:27:12.09        | Cambridgeshire EAST       |
| 5        | Sophie DU RIEU      | 18        | Norwich Swan      |     | 0:30:11.40        | Norfolk EAST              |
| 6        | Jemma GARRY         | 18        | Mildenhall        |     | 0:31:58.42        | Suffolk EAST              |

WOMENS 20/24 Yrs Age Group - Full Results

| Place | Name           | AaD | Club      | Cat | Time       |                     |
|-------|----------------|-----|-----------|-----|------------|---------------------|
| 1     | Julia YEATES   | 21  | Co Ely    |     | 0:24:05.15 | Cambridgeshire EAST |
| 2     | Alice THEOBALD | 22  | Newmarket |     | 0:24:09.80 | Suffolk EAST        |
| 3     | Emily MORRIS   | 21  | March     |     | 0:27:33.00 | Cambridgeshire EAST |

WOMENS 25/29 Yrs Age Group - Full Results

| Place | Name             | AaD | Club         | Cat | Time       |              |
|-------|------------------|-----|--------------|-----|------------|--------------|
| 1     | Emmeline VINCENT | 29  | East Anglian |     | 0:29:20.93 | Norfolk EAST |

WOMENS 35/39 Yrs Age Group - Full Results

| Place    | Name                 | AaD       | Club             | Cat | Time              |                           |
|----------|----------------------|-----------|------------------|-----|-------------------|---------------------------|
| <b>1</b> | <b>Jo MITCHINSON</b> | <b>38</b> | <b>Stevenage</b> |     | <b>0:20:34.09</b> | <b>Hertfordshire EAST</b> |
| 2        | Jessica COLE         | 39        | East Anglian     |     | 0:36:28.01        | Norfolk EAST              |

WOMENS 40/49 Yrs Age Group - Full Results

| Place    | Name                   | AaD       | Club            | Cat | Time              |                           |
|----------|------------------------|-----------|-----------------|-----|-------------------|---------------------------|
| 1        | Marie DOHERTY          | 43        | March           |     | 0:24:18.67        | Cambridgeshire EAST       |
| <b>2</b> | <b>Rebecca HARTLEY</b> | <b>42</b> | <b>Hatfield</b> |     | <b>0:25:54.60</b> | <b>Hertfordshire EAST</b> |
| 3        | Judith THOMPSON        | 45        | Flitwick        |     | 0:29:46.12        | Bedfordshire EAST         |
| 4        | Helen DOLPHIN          | 42        | East Anglian    | 5   | 0:34:10.51        | Norfolk EAST              |

WOMENS 50/59 Yrs Age Group - Full Results

| Place | Name     | AaD | Club         | Cat | Time       |              |
|-------|----------|-----|--------------|-----|------------|--------------|
| 1     | Jane PYE | 50  | East Anglian |     | 0:29:34.67 | Norfolk EAST |

WOMENS 60 Yrs/Over Age Group - Full Results

| Place | Name           | AaD | Club       | Cat | Time       |              |
|-------|----------------|-----|------------|-----|------------|--------------|
| 1     | Jean APPLEBY   | 61  | Sudbury    |     | 0:26:04.95 | Suffolk EAST |
| 2     | Jeannie MORLEY | 61  | Mildenhall |     | 0:35:12.83 | Suffolk EAST |

WOMENS Multi-Disability

| Place | Name          | AaD | Club         | Cat | Time       |              |
|-------|---------------|-----|--------------|-----|------------|--------------|
| 1     | Helen DOLPHIN | 42  | East Anglian | 5   | 0:34:10.51 | Norfolk EAST |

## EVENT 4 Male/Female 5k

## MENS 13/16 Yrs Age Group - Full Results

| Place | Name                 | AaD | Club              | Cat | Time              |                      |             |
|-------|----------------------|-----|-------------------|-----|-------------------|----------------------|-------------|
| 1     | <b>Max JELFS</b>     | 16  | <b>Hatfield</b>   |     | <b>1:00:50.80</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 2     | <b>Harrison LEES</b> | 16  | <b>Watford SC</b> |     | <b>1:09:44.00</b> | <b>Hertfordshire</b> | <b>EAST</b> |
|       | <b>Marcus KEMP</b>   | 16  | <b>Watford SC</b> |     | <b>DNF</b>        | <b>Hertfordshire</b> | <b>EAST</b> |
|       | <b>Conor O'BRIEN</b> | 15  | <b>Watford SC</b> |     | <b>DNF</b>        | <b>Hertfordshire</b> | <b>EAST</b> |

## MENS 17/19 Yrs Age Group - Full Results

| Place | Name                 | AaD | Club              | Cat | Time              |                      |             |
|-------|----------------------|-----|-------------------|-----|-------------------|----------------------|-------------|
| 1     | <b>Nathan HUGHES</b> | 17  | <b>Hatfield</b>   |     | <b>1:00:16.10</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 2     | Jamie SCHOLLES       | 17  | Co Peterboro      |     | 1:00:44.00        | Cambridgeshire       | EAST        |
| 3     | Nathan WELLS         | 19  | West Norfolk      |     | 1:00:58.20        | Norfolk              | EAST        |
| 4     | Harry WHITEMAN       | 17  | Co Peterboro      |     | 1:03:28.50        | Cambridgeshire       | EAST        |
| 5     | Joseph WELLS         | 18  | West Norfolk      |     | 1:07:45.10        | Norfolk              | EAST        |
| 6     | Ross BARNSHAW        | 19  | Beccles Town      |     | 1:08:01.90        | Suffolk              | EAST        |
| 7     | Cavan BECK           | 18  | Rochford          |     | 1:09:12.00        | Essex                | EAST        |
| 8     | Myles TURNER         | 17  | West Suffolk      |     | 1:13:33.10        | Suffolk              | EAST        |
| 9     | <b>Steven BRIGHT</b> | 17  | <b>Watford SC</b> |     | <b>1:14:01.40</b> | <b>Hertfordshire</b> | <b>EAST</b> |
|       | Benjamin ARKLE       | 18  | Co Cambridge      |     | DNF               | Cambridgeshire       | EAST        |

## MENS 20/24 Yrs Age Group - Full Results

| Place | Name                   | AaD | Club              | Cat | Time              |                      |             |
|-------|------------------------|-----|-------------------|-----|-------------------|----------------------|-------------|
| 1     | Christopher GREENHALGH | 21  | West Suffolk      |     | 1:02:54.20        | Suffolk              | EAST        |
| 2     | <b>Louis HINES</b>     | 20  | <b>Watford SC</b> | 14  | <b>1:09:23.90</b> | <b>Hertfordshire</b> | <b>EAST</b> |

## MENS 25/29 Yrs Age Group - Full Results

| Place | Name       | AaD | Club        | Cat | Time       |         |      |
|-------|------------|-----|-------------|-----|------------|---------|------|
| 1     | Jamie RUSH | 29  | Diss Otters |     | 1:28:32.50 | Norfolk | EAST |

## MENS 40/49 Yrs Age Group - Full Results

| Place | Name           | AaD | Club        | Cat | Time       |         |      |
|-------|----------------|-----|-------------|-----|------------|---------|------|
| 1     | Robert HAMMOND | 44  | UEA Norwich |     | 1:21:03.20 | Norfolk | EAST |
| 2     | James ADCOCK   | 49  | UEA Norwich |     | 1:25:16.90 | Norfolk | EAST |

## MENS 50/59 Yrs Age Group - Full Results

| Place | Name               | AaD | Club              | Cat | Time              |                      |             |
|-------|--------------------|-----|-------------------|-----|-------------------|----------------------|-------------|
| 1     | Iain JOHNSTON      | 53  | Newmarket         |     | 1:22:41.90        | Suffolk              | EAST        |
| 2     | Adam LELEAN        | 55  | Diss Otters       |     | 1:24:02.10        | Norfolk              | EAST        |
| 3     | <b>Tony GAINES</b> | 50  | <b>Hemel Hemp</b> |     | <b>1:58:48.70</b> | <b>Hertfordshire</b> | <b>EAST</b> |

## MENS Combined Result - Multi-Disability by British Disability Points

| Place | Name               | AaD | Club              | Cat | Time              |                      |             |
|-------|--------------------|-----|-------------------|-----|-------------------|----------------------|-------------|
| 1     | <b>Louis HINES</b> | 20  | <b>Watford SC</b> | 14  | <b>1:09:23.90</b> | <b>Hertfordshire</b> | <b>EAST</b> |

WOMENS 13/16 Yrs Age Group - Full Results

| Place    | Name                   | AaD       | Club              | Cat | Time              |                      |             |
|----------|------------------------|-----------|-------------------|-----|-------------------|----------------------|-------------|
| 1        | Heather MILLS          | 16        | Norwich Swan      |     | 1:17:35.10        | Norfolk              | EAST        |
| 2        | Charlotte SMITH        | 15        | Felixstowe        |     | 1:20:35.40        | Suffolk              | EAST        |
| 3        | Emma BOOST             | 15        | Flitwick          |     | 1:22:10.00        | Bedfordshire         | EAST        |
| <b>4</b> | <b>Shannon NICHOLS</b> | <b>16</b> | <b>Watford SC</b> |     | <b>1:22:34.40</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 5        | Molly MCGOWEN          | 14        | March             |     | 1:26:37.20        | Cambridgeshire       | EAST        |

WOMENS 17/19 Yrs Age Group - Full Results

| Place     | Name                 | AaD       | Club              | Cat | Time              |                      |             |
|-----------|----------------------|-----------|-------------------|-----|-------------------|----------------------|-------------|
| <b>1</b>  | <b>Amber HUGHES</b>  | <b>18</b> | <b>Hatfield</b>   |     | <b>1:05:17.20</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 2         | Millie EMMANS        | 18        | Co Cambridge      |     | 1:06:29.00        | Cambridgeshire       | EAST        |
| 3         | Emily DOWDING        | 19        | teamipswich       |     | 1:07:00.60        | Suffolk              | EAST        |
| 4         | Nicola PASQUIRE      | 19        | Team Luton        |     | 1:07:46.40        | Bedfordshire         | EAST        |
| 5         | Madeleine CHAMBERS   | 17        | St Felix Sch      |     | 1:10:21.60        | Suffolk              | EAST        |
| 6         | Peyton EWBANK        | 17        | Norwich Swan      |     | 1:10:54.00        | Norfolk              | EAST        |
| 7         | Bethany PALMER       | 19        | UEA Norwich       |     | 1:12:35.50        | Norfolk              | EAST        |
| 8         | Christina WILSON     | 17        | Norwich Swan      |     | 1:14:38.60        | Norfolk              | EAST        |
| 9         | Evie ANEMA           | 17        | Norwich Swan      |     | 1:15:33.70        | Norfolk              | EAST        |
| 10        | Hannah MCELROY       | 17        | Bo Southend       |     | 1:20:39.70        | Essex                | EAST        |
| 11        | Isobel BANNING       | 18        | Witham Dolph      |     | 1:22:43.80        | Essex                | EAST        |
| 12        | Kirstie FEHILY       | 19        | Bo Southend       |     | 1:22:51.10        | Essex                | EAST        |
| <b>13</b> | <b>Victoria POPE</b> | <b>17</b> | <b>Watford SC</b> |     | <b>1:27:17.10</b> | <b>Hertfordshire</b> | <b>EAST</b> |
| 14        | Rhianna PREECE       | 17        | Colchester        |     | 1:28:44.20        | Essex                | EAST        |

WOMENS 20/24 Yrs Age Group - Full Results

| Place    | Name                         | AaD       | Club            | Cat | Time              |                      |             |
|----------|------------------------------|-----------|-----------------|-----|-------------------|----------------------|-------------|
| <b>1</b> | <b>Philippa SHUTTLEWORTH</b> | <b>20</b> | <b>Hatfield</b> |     | <b>1:03:38.50</b> | <b>Hertfordshire</b> | <b>EAST</b> |

WOMENS 25/29 Yrs Age Group - Full Results

| Place | Name             | AaD | Club        | Cat | Time       |         |      |
|-------|------------------|-----|-------------|-----|------------|---------|------|
| 1     | Sophie LIDDAMENT | 25  | UEA Norwich |     | 1:15:32.10 | Norfolk | EAST |