

ASA East Region Open Water Championships

EVENT 1 Mens/Womens 3000m						County	Region
MENS 13/16 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Cat	Time	County	Region
	1 Harry WHITEMAN		16 Co Peterboro		0:39:48.50	Cambs	EAST
	2 Max JELFS		15 Hatfield		0:39:49.90	Herts	EAST
	3 Myles TURNER		16 West Suffolk		0:39:51.80	Suffolk	EAST
	4 Max WILSON		16 Modernians		0:41:29.00	Beds	EAST
	5 Harrison NEWBURY-KEMP		16 Hemel Hemp		0:46:08.70	Herts	EAST
	6 Christopher COX		16 Hemel Hemp		0:46:09.00	Herts	EAST
	7 Thomas CADENHEAD		14 Co St Albans		0:47:55.40	Herts	EAST
	8 William NEAL		16 Runnymede		0:50:32.10	Essex	EAST
	9 Leo WOUFF		14 UEA Norwich		0:52:08.00	Norfolk	EAST
	10 Marcus KEMP		15 Watford SC		0:58:25.30	Herts	EAST
	11 Conor O'BRIEN		14 Watford SC		0:58:33.30	Herts	EAST
	12 William JOHNSON		15 Diss Otters		0:59:52.20	Norfolk	EAST
MENS 17/19 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Cat	Time	County	Region
	1 Jordan CATCHPOLE		17 UEA Norwich	14	0:45:53.70	Norfolk	EAST
MENS 20/24 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Cat	Time	County	Region
	1 Christopher GREENHALGH		20 Sudbury		0:39:44.80	Suffolk	EAST
	2 Thomas ALLEN		20 Flitwick		0:46:45.60	Beds	EAST
MENS 35/39 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Cat	Time	County	Region
	1 David WEBSTER		38 East Anglian		0:51:19.80	Norfolk	EAST
	2 Luke PAVEY		35 Norw&Thet WP		0:55:41.60	Norfolk	EAST
MENS 40/49 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Cat	Time	County	Region
	1 Duncan HARTLEY		48 Hatfield		0.0374433	Herts	EAST
	2 James TATTERSALL		41 Dereham		0:54:12.20	Norfolk	EAST
	3 Tony GAINES		49 Hemel Hemp		1:06:39.30	Herts	EAST
MENS 50/59 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Cat	Time	County	Region
	1 Phillip MOULSON		50 East Anglian		0:48:12.30	Norfolk	EAST
	2 David WRIGHT		55 Team Luton		0:49:37.70	Beds	EAST
	3 Ian MURRAY		59 Flitwick		0:51:26.00	Beds	EAST
	4 David COX		50 Hemel Hemp		1:06:22.80	Herts	EAST

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

Place	Name	AaD	Club	Cat	Time	County	Region
1	Stuart MCLELLAN		67 Sudbury		0:56:42.30	Suffolk	EAST

**WOMENS 13/16 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	County	Region
1	Tilly ANEMA		15 Norwich Swan		0:44:32.00	Norfolk	EAST
2	Megan KEY		15 Canvey Isl		0:45:04.60	Essex	EAST
3	Madeleine CHAMBERS		16 St Felix Sch		0:45:08.40	Suffolk	EAST
4	Peyton EWBANK		16 Norwich Swan		0:45:12.20	Norfolk	EAST
5	Imogen COOKE		15 UEA Norwich		0:46:24.30	Norfolk	EAST
6	Hannah MCELROY		16 Bo Southend		0:46:46.00	Essex	EAST
7	Evie ANEMA		16 Norwich Swan		0:47:28.40	Norfolk	EAST
8	Alice NEWNHAM-STEBBING		14 Lstof & OB		0:48:03.10	Suffolk	EAST
9	Lucy BAILEY		14 Rochford		0:48:08.90	Essex	EAST
10	Charlotte BAXTER		15 Linslade		0:50:41.80	Beds	EAST
11	Amy PEPPER		16 Asa Temp 2		0:53:41.80	LECA	A
12	Shannon NICHOLS		15 Watford SC		0:54:14.40	Herts	EAST
13	Rhianna PREECE		16 Colchester		0:55:22.10	Essex	EAST
14	Molly COEN		16 Co Cambridge		0:55:58.00	Cambs	EAST
15	Molly MCGOWEN		13 March		0:58:23.10	Cambs	EAST
16	Zara MOKTADIR		14 Co Cambridge		1:05:13.20	Cambs	EAST

**WOMENS 17/19 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	County	Region
1	Katie SHOOBERT		17 Mid Beds		0:46:43.60	Beds	EAST
2	Bethany SAMPHER		17 West Suffolk		0:49:54.60	Suffolk	EAST
3	Georgia BOYD		17 Dereham		0:50:39.30	Norfolk	EAST
4	Kayleigh VENABLES		17 West Norfolk		0:53:50.70	Norfolk	EAST
5	Heather GEERS		17 Co St Albans		0:54:44.50	Herts	EAST
6	Catrina CADENHEAD		18 Co St Albans		0:55:58.80	Herts	EAST
7	Charlotte NASH		18 Co Ely		0:58:25.40	Cambs	EAST

**WOMENS 20/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	County	Region
1	Ellen WILLIAMS		21 Wisbech		0:51:34.20	Cambs	EAST
2	Georgina HALFORD		21 Flitwick		0:55:05.70	Beds	EAST

**WOMENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	County	Region
1	Laura BLOWERS		33 East Anglian		0:54:43.40	Norfolk	EAST

WOMENS 40/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Melanie HOLLAND		42 UEA Norwich		0:50:50.40	Norfolk	EAST
2	Rebecca HARTLEY		41 Hatfield		0:54:31.80	Herts	EAST
3	Josephine CRESSWELL		48 East Anglian		0:55:18.90	Norfolk	EAST
4	Clare WATKINS		49 East Anglian		0:56:12.60	Norfolk	EAST
5	Sarah BUCHAN		40 UEA Norwich		1:03:25.10	Norfolk	EAST

WOMENS 50/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Sharon MCLELLAN		58 Sudbury		0:59:46.30	Suffolk	EAST
2	Valerie CUMMINGS		59 St Ives		1:03:31.70	Cambs	EAST
3	Angela Heide BASIT		51 Asa Temp 2		1:14:23.40	LECA	A

EVENT 2 Mens/Womens 800m Novice

MENS 11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Jude HILLS		11 Bo Southend	0:11:12.50	Essex	EAST
2	Connor WALKER		12 Co Peterboro	0:11:34.00	Cambs	EAST
3	George GRICE		11 UEA Norwich	0:12:13.90	Norfolk	EAST
4	Henry MILLER		12 Norwich Swan	0:12:24.60	Norfolk	EAST
5	Matthew RIDDLE		11 Bo Southend	0:12:47.70	Essex	EAST
6	James ROTHWELL		12 Co Peterboro	0:13:02.30	Cambs	EAST
7	Ryan ROBERTS		11 Dunstable	0:13:11.20	Beds	EAST
8	Joseph MCGILLIVRAY		11 Lstoft & OB	0:13:11.70	Suffolk	EAST
9	Lennie WRIGHT		11 Canvey Isl	0:13:16.20	Essex	EAST
10	Jacob MURRAY		11 Dereham	0:13:47.30	Norfolk	EAST
11	Jude PEACH		11 Canvey Isl	0:13:48.00	Essex	EAST
12	George WHITEMAN		12 Co Peterboro	0:14:19.40	Cambs	EAST
13	Harrison HOLMES		11 Lstoft & OB	0:14:24.70	Suffolk	EAST
14	Matthew VAUGHAN		12 Beccles Town	0:15:17.30	Suffolk	EAST
15	Christian CARTER		12 Beccles Town	0:15:57.80	Suffolk	EAST
16	Callum BLAIR		11 Diss Otters	0:16:06.40	Norfolk	EAST
17	Ethan COWLEY		11 Beccles Town	0:17:41.20	Suffolk	EAST
	Matt BESSEY		12 Lstoft & OB	DNF	Suffolk	EAST

MENS 13/14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Alexander WILLIAMSON		14 Colchester	0:11:10.60	Essex	EAST
2	Thomas BELCHER		13 Modernians	0:11:23.00	Beds	EAST
3	Ismail RAHIM		14 Berkhamsted	0:11:26.30	Herts	EAST
4	Isaac BOYCE		13 Norwich Swan	0:11:44.40	Norfolk	EAST
5	Ciaran COOK		13 Co St Albans	0:11:52.40	Herts	EAST
6	Alfie WILLIAMS		13 Canvey Isl	0:11:56.60	Essex	EAST
7	Finley HARPER		14 Chatteris	0:12:02.50	Cambs	EAST
8	Benjamin ALLEN		14 West Suffolk	0:12:13.00	Suffolk	EAST
9	Teal'K SMITH		13 Beccles Town	0:12:27.90	Suffolk	EAST
10	Adam TEMPEST		13 West Suffolk	0:12:45.10	Suffolk	EAST
11	Ajay FOREMAN-MULLEY		13 Dereham	0:13:33.70	Norfolk	EAST
12	Arthur SMART		14 West Suffolk	0:14:17.10	Suffolk	EAST
13	James GREEN		13 Beccles Town	0:19:28.50	Suffolk	EAST

MENS 15/16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Daniel THURSTON-WOOLNO		15 Beccles Town	0:11:10.20	Suffolk	EAST
2	Samuel GAINES		15 Hemel Hemp	0:11:12.00	Herts	EAST
3	Max BEEVOR		15 Beccles Town	0:11:18.50	Suffolk	EAST
4	James COOK		16 Co St Albans	0:11:43.50	Herts	EAST
5	Oliver WOODCOCK		15 Beccles Town	0:14:02.90	Suffolk	EAST

MENS 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Gary SMITH		31 Chatteris	0:12:56.30	Cambs	EAST
2	Tim MILLETT		32 Beccles Town	0:15:04.10	Suffolk	EAST

WOMENS 11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Hallie WHITE		12 Chatteris	0:11:58.25	Cambs	EAST
2	Ella MCGHIE		12 Co Peterboro	0:12:16.61	Cambs	EAST
3	Jessica MUNFORD		12 Norwich Swan	0:12:22.15	Norfolk	EAST
4	Eilidh DUNWOODIE		12 Team Luton	0:12:48.73	Beds	EAST
5	Kiara KOVACS		12 Chatteris	0:12:50.22	Cambs	EAST
6	Ruby GREENHALF		11 UEA Norwich	0:12:51.12	Norfolk	EAST
7	Jessica MCNAUL		12 West Suffolk	0:12:53.76	Suffolk	EAST
8	Freya BERESFORD		12 Hemel Hemp	0:13:00.12	Herts	EAST
9	Kiera SIMPSON		12 Chatteris	0:13:03.21	Cambs	EAST
10	Julianna MERCADO		12 Lstoft & OB	0:13:09.58	Suffolk	EAST
11	Eloisa MILLER		11 Flitwick	0:13:16.03	Beds	EAST

12	Chloe PARTRIDGE	11	UEA Norwich	0:13:20.04	Norfolk	EAST
13	Jazmyn KURSIDIM	12	Co St Albans	0:13:22.11	Herts	EAST
14	Alice NELSON	12	UEA Norwich	0:13:27.91	Norfolk	EAST
15	Frances MANN	12	Stevenage	0:13:28.53	Herts	EAST
16	Jessica SHAW	11	March	0:13:31.11	Cambs	EAST
17	Isla WINSLOW	11	UEA Norwich	0:13:44.74	Norfolk	EAST
18	Hollie MYERS	12	Mildenhall	0:13:52.63	Suffolk	EAST
19	Bethany THORNTON	12	Bo Southend	0:13:57.10	Essex	EAST
20	Sophie FOWLER	11	Flitwick	0:13:57.73	Beds	EAST
21	Jessica WARNE	11	Watford SC	0:14:00.66	Herts	EAST
22	Katie HITTER	11	Lstof & OB	0:14:05.44	Suffolk	EAST
23	Madeleine PHILLIPS	12	Flitwick	0:14:06.97	Beds	EAST
24	Zoe JONES	11	Mildenhall	0:14:09.25	Suffolk	EAST
25	Leah REYNOLDS	12	UEA Norwich	0:14:12.21	Norfolk	EAST
26	Bryony TOLSON	12	UEA Norwich	0:14:24.69	Norfolk	EAST
27	Maisie HARPER	12	Chatteris	0:14:54.55	Cambs	EAST
28	Millie PIERCY	11	Canvey Isl	0:15:01.24	Essex	EAST
29	Ruby FERRANT	11	Bo Southend	0:15:24.14	Essex	EAST
30	Gabriella KEMP	11	Canvey Isl	0:15:31.10	Essex	EAST
31	Megan DENMAN	11	Chatteris	0:23:24.75	Cambs	EAST
	Francesca KEY	11	Canvey Isl	DNF	Essex	EAST

WOMENS 13/14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Grace MADSEN		13 Beccles Town	0:11:38.70	Suffolk	EAST
2	Ana Victoria ANDERSON		14 Colchester	0:11:47.21	Essex	EAST
3	Gemma HANSON		13 Hatfield	0:11:55.15	Herts	EAST
4	Anna FALLON		13 Team Luton	0:11:57.44	Beds	EAST
5	Charlotte HARRIS		13 Maldon Shark	0:12:35.93	Essex	EAST
6	Hailey MYERS		14 Mildenhall	0:12:41.48	Suffolk	EAST
7	Charlotte JOYCE		13 Mid Beds	0:12:41.78	Beds	EAST
8	Grace COLE		13 Bo Southend	0:13:04.54	Essex	EAST
9	Jasmine WOLSTENHOLME		13 Leiston	0:13:18.23	Suffolk	EAST
10	Maddie WOOD		13 Diss Otters	0:13:34.35	Norfolk	EAST
11	Megan SWANN		14 Lstof & OB	0:14:38.52	Suffolk	EAST
12	Lily BORGOGNONI		13 Co Peterboro	0:14:38.98	Cambs	EAST
13	Jessica CHADWICK		14 Co St Albans	0:14:43.46	Herts	EAST

WOMENS 15/16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Lauren WATT		15 Newmarket	0:11:09.12	Suffolk	EAST
2	Caitlin WATSON-DOTCHIN		15 Basildon Ph	0:11:11.19	Essex	EAST
3	Heather MILLS		15 Norwich Swan	0:11:51.31	Norfolk	EAST
4	Charlotte ALLEN		16 West Suffolk	0:12:24.89	Suffolk	EAST
5	Rhiannon LOUTIT		15 Co Peterboro	0:13:01.04	Cambs	EAST
6	Erika DENMAN		16 Chatteris	0:13:43.56	Cambs	EAST
7	Isabel CRESSWELL		15 Norwich Swan	0:13:52.39	Norfolk	EAST
8	Grace HIGGINS		15 Co Ely	0:14:01.11	Cambs	EAST

WOMENS 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Elise SORRELL		18 West Norfolk	0:11:15.39	Norfolk	EAST
2	Katie MALONEY		19 Norwich Swan	0:11:56.06	Norfolk	EAST

EVENT 3 Mens/Womens 1500m

MENS 12/16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Myles TURNER		16 West Suffolk		0:18:56.60	Suffolk	EAST
2	James BAYLEY		16 Basildon Ph		0:19:16.60	Essex	EAST
3	Maxim DE WILDT		15 Co Cambridge		0:19:46.20	Cambs	EAST
4	Matthew ROTHWELL		14 Co Peterboro		0:19:48.70	Cambs	EAST
5	Timothy HUGHES		14 Hatfield		0:19:54.10	Herts	EAST
6	Thomas ALLISON		15 Newmarket		0:20:01.90	Suffolk	EAST
7	Samuel ROSE		13 West Norfolk		0:20:27.80	Norfolk	EAST
8	James BOOTS		16 Lstoft & OB		0:20:30.00	Suffolk	EAST
9	Harry GRICE		14 UEA Norwich		0:20:42.40	Norfolk	EAST
10	Cameron WOLSTENCROFT		13 Co Cambridge		0:20:50.80	Cambs	EAST
11	Samuel BULLINGHAM		13 West Suffolk		0:21:02.10	Suffolk	EAST
12	Harry SAUNDERS		14 Newmarket		0:21:22.00	Suffolk	EAST
13	Sonny LING		15 Lstoft & OB		0:21:54.20	Suffolk	EAST
14	Oliver SIMPSON		15 Lstoft & OB		0:22:00.10	Suffolk	EAST
15	Brian WONG		14 Basildon Ph		0:22:07.10	Essex	EAST
16	Joshua THURSTON-WOOLNO		13 Beccles Town		0:22:09.20	Suffolk	EAST
17	Callum THURSTON-WOOLNO		16 Beccles Town		0:22:10.70	Suffolk	EAST
18	Nathan COCKCROFT		13 Bo Southend		0:22:13.90	Essex	EAST
19	Cameron CLARK		15 Hemel Hemp		0:22:22.80	Herts	EAST
20	Zane BATT		13 Cheshunt		0:22:23.30	Herts	EAST
21	Harrison BULLOCK		14 Berkhamsted		0:22:30.50	Herts	EAST

22	William TOZER	13	West Suffolk	0:22:32.00	Suffolk	EAST
23	Logan PYLE	14	West Suffolk	0:22:33.30	Suffolk	EAST
24	Harry SWANN	12	Lstof & OB	0:22:33.60	Suffolk	EAST
25	Ben WOODHOUSE	13	Norwich Swan	0:22:42.10	Norfolk	EAST
26	Matthew BENTLEY	16	Hatfield	0:22:55.10	Herts	EAST
27	Harry GARNER	14	Lstof & OB	0:23:05.50	Suffolk	EAST
28	Matthew WOULDHAM	15	Co Peterboro	0:23:09.30	Cambs	EAST
29	Callum BULLOCK	14	Berkhamsted	0:23:14.40	Herts	EAST
30	Lewis CLARK	13	Hemel Hemp	0:23:22.70	Herts	EAST
31	Tyler WATSON	12	Flitwick	0:24:13.60	Beds	EAST
32	James POPE	13	Watford SC	0:24:26.00	Herts	EAST
33	Taylor COE	12	Cheshunt	0:24:27.20	Herts	EAST
34	Samuel MILLER	13	Bo Southend	0:24:34.80	Essex	EAST
35	Philip CUMMINS	15	Flitwick	0:24:45.10	Beds	EAST
36	Jacob HAYHURST	12	Team Luton	0:25:54.20	Beds	EAST
37	Nathaniel COOK	15	March	0:26:01.00	Cambs	EAST
38	Aaron PICKARD	12	Cheshunt	0:26:02.20	Herts	EAST
39	Liam HILL	15	Chatteris	0:34:06.10	Cambs	EAST
40	James GARRY	14	Mildenhall	10 0:50:21.60	Suffolk	EAST

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

Place	Name	AaD	Club	Cat	Time	County	Region
1	Joseph WELLS		17 West Norfolk		0:19:42.00	Norfolk	EAST
2	Nathan BENTLEY		18 Hatfield		0:19:50.54	Herts	EAST
3	Alex NEESON		17 Dunstable		0:19:52.30	Beds	EAST
4	Ross BARNSHAW		18 Beccles Town		0:19:54.28	Suffolk	EAST
5	Samuel EVERY		17 Lstof & OB		0:20:57.80	Suffolk	EAST
6	Daniel TOY		18 Harpenden		0:22:31.19	Herts	EAST

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

Place	Name	AaD	Club	Cat	Time	County	Region
1	Troy DOUGLAS-COLLOW		20 Beccles Town		0:21:55.06	Suffolk	EAST
2	Hayden BROWN		20 Beccles Town		0:28:59.94	Suffolk	EAST

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

Place	Name	AaD	Club	Cat	Time	County	Region
1	Mark THOMPSON		27 Chatteris		0:21:56.40	Cambs	EAST
2	Owen JONES		28 Flitwick		0:23:20.42	Beds	EAST
3	Scott CLEAVER		25 Runnymede	14	0:23:26.03	Essex	EAST

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Stephen BUCKLEY		39 Co Cambridge		0:25:30.86	Cambs	EAST
2	Luke PAVEY		35 Norw&Thet WP		0:25:38.99	Norfolk	EAST

MENS 40/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Andrew BELL		43 Thurrock		0:23:06.09	Essex	EAST
2	Eugene GORMLEY		49 Potters Bar		0:29:31.84	Herts	EAST
3	Sebastian ST JOHN CLAR		46 Diss Otters		0:33:24.55	Norfolk	EAST
4	Clive EVANS		47 Sudbury		0:34:04.49	Suffolk	EAST

MENS 50/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Peter LYNCH		54 Stowmarket		0:25:53.48	Suffolk	EAST
2	Jonathan GREENE		52 East Anglian		0:27:40.78	Norfolk	EAST
3	Simon DOVE		57 Flitwick		0:29:41.17	Beds	EAST
4	Robert GARRY		52 Mildenhall		0:32:08.06	Suffolk	EAST

MENS 60 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Malcolm BARTON		61 Team Luton		0:27:38.37	Beds	EAST
2	Ian BAYS		65 Potters Bar		0:32:50.19	Herts	EAST

MENS Combined Multi-Disability Result

Place	Name	AaD	Club	Cat	Time	County	Region
1	Scott CLEAVER		25 Runnymede	14	0:23:26.03	Essex	EAST
2	James GARRY		14 Mildenhall	10	0:50:21.60	Suffolk	EAST

WOMENS 12/16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Chloe LENCE		15 Modernians		0:19:25.39	Beds	EAST
2	Tia WILSON		14 Modernians		0:19:38.51	Beds	EAST
3	Lauren YOUNG		13 Hatfield		0:19:38.96	Herts	EAST
4	Alice FENDER		15 Hemel Hemp		0:20:17.73	Herts	EAST
5	Natasha BENTLEY		14 Hatfield		0:20:30.07	Herts	EAST
6	Jennifer READ		14 West Norfolk		0:20:31.22	Norfolk	EAST
7	Jade GOODE		13 Co Peterboro		0:20:38.23	Cambs	EAST
8	Mackenzie WHYATT		14 Co Peterboro		0:20:58.97	Cambs	EAST
9	Lucie PECK		13 West Norfolk		0:21:04.65	Norfolk	EAST
10	Emma SHOOBERT		14 Mid Beds		0:21:09.57	Beds	EAST
11	Georgia PURKIS		14 Hemel Hemp		0:21:16.54	Herts	EAST
12	Madeleine CHAMBERS		16 St Felix Sch		0:21:19.18	Suffolk	EAST
13	Erin LEE		14 Basildon Ph		0:21:23.84	Essex	EAST



14 Katy CHAMBERS	14 St Felix Sch	0:21:26.57	Suffolk	EAST
15 Ellie WALKER	12 UEA Norwich	0:21:38.30	Norfolk	EAST
16 Jessica KEOGH	12 Team Luton	0:21:48.29	Beds	EAST
17 Ella BRAY	13 Norwich Swan	0:21:48.83	Norfolk	EAST
18 Amy COLEMAN	15 Co Cambridge	0:21:53.27	Cambs	EAST
19 Olivia MILLER	14 Norwich Swan	0:21:55.01	Norfolk	EAST
20 Lucy BAILEY	14 Rochford	0:22:09.00	Essex	EAST
21 Fleur HINES	13 Watford SC	0:22:09.50	Herts	EAST
22 Gemma BOOTH	14 Newmarket	0:22:12.11	Suffolk	EAST
23 Rachael JOHNSON	14 West Norfolk	0:22:13.46	Norfolk	EAST
24 Hannah O'CONNOR	13 West Suffolk	0:22:16.77	Suffolk	EAST
25 Rebecca SMITH	13 Norwich Swan	0:22:18.40	Norfolk	EAST
26 Amber HEAD	14 Rochford	0:22:20.50	Essex	EAST
27 Caitlin KING	15 Lstoft & OB	0:23:00.82	Suffolk	EAST
28 Phoebe CROSS	13 Leiston	0:23:20.05	Suffolk	EAST
29 Ella FARNSWORTH	14 West Norfolk	0:23:23.58	Norfolk	EAST
30 Ciara GILL-RYAN	14 Newmarket	0:23:26.19	Suffolk	EAST
31 Alice IRELAND	15 West Norfolk	0:23:29.41	Norfolk	EAST
32 Kassie KING	13 Lstoft & OB	0:23:33.36	Suffolk	EAST
33 Naomi BOOTS	14 Lstoft & OB	0:23:33.88	Suffolk	EAST
34 Rachel HARRIS	15 Maldon Shark	0:24:02.41	Essex	EAST
35 Hannah LOKE	15 Norwich Swan	0:24:03.40	Norfolk	EAST
36 Katie TOMPKINS	16 Flitwick	0:24:06.05	Beds	EAST
37 Rose BECKMANN	13 Co Ely	0:24:31.56	Cambs	EAST
38 Kathryn SKAZICK	16 Lstoft & OB	0:24:32.97	Suffolk	EAST
39 Olivia FOWLER	13 Flitwick	0:24:38.80	Beds	EAST
40 Isabel SANSOM	14 Berkhamsted	0:24:43.45	Herts	EAST
41 Lily CALVER	13 UEA Norwich	0:24:44.27	Norfolk	EAST
42 Caitlin HARTLEY	12 Hatfield	0:24:57.57	Herts	EAST
43 Katie HOWLETT	14 Lstoft & OB	0:24:59.55	Suffolk	EAST
44 Rosie BATT	12 Cheshunt	0:25:11.08	Herts	EAST
45 Jennifer RIDDLE	13 Bo Southend	0:25:51.53	Essex	EAST
46 Libby TRAYLING	15 Harpenden	0:26:05.54	Herts	EAST
47 Grace WIBBERLEY	14 Lstoft & OB	0:26:06.66	Suffolk	EAST
48 Tara DAYNES	14 Norwich Swan	0:26:14.93	Norfolk	EAST
49 Gemma WELBOURN	15 Mildenhall	0:26:24.13	Suffolk	EAST
50 Jessica ROBERTSON	12 Co St Albans	0:26:51.60	Herts	EAST
51 Gemma MCGOWEN	15 March	0:26:56.25	Cambs	EAST
52 Lillia THOMPSON	13 Flitwick	0:27:09.77	Beds	EAST

53	Madeleine KEMP	13	Canvey Isl	0:27:12.24	Essex	EAST
54	Tara MILLS	14	Lstof & OB	0:28:07.03	Suffolk	EAST
55	Tyra DU RIEU	12	UEA Norwich	0:28:47.40	Norfolk	EAST
56	Erica MILLS	14	Lstof & OB	0:31:43.80	Suffolk	EAST
57	Francesca PAGANUZZI	12	Co St Albans	0:31:44.62	Herts	EAST
58	Tilly CARTER-KITCHINGM	12	March	0:37:24.91	Cambs	EAST
	Paige FINCHAM	12	Canvey Isl	DNF	Essex	EAST
	Katie HAMMOND	13	Co Cambridge	DNF	Cambs	EAST

WOMENS 17/19 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Chloe PURKIS		17 Hemel Hemp		0:23:02.45	Herts	EAST
2	Sophie DU RIEU		17 Norwich Swan		0:28:11.42	Norfolk	EAST
3	Jemma GARRY		17 Mildenhall		0:32:01.20	Suffolk	EAST

WOMENS 20/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Jennifer TITTERINGTON		23 Co Cambridge		0:20:40.48	Cambs	EAST
2	Julia YEATES		20 Co Ely		0:22:41.43	Cambs	EAST
3	Alice THEOBALD		21 Newmarket		0:24:39.12	Suffolk	EAST

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Sarah HARDIMENT		27 Co Ely		0:24:45.17	Cambs	EAST
2	Emmeline VINCENT		28 East Anglian		0:27:00.68	Norfolk	EAST

WOMENS 40/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Julie SCOTT		43 Co Cambridge		0:23:23.25	Cambs	EAST
2	Rebecca HARTLEY		41 Hatfield		0:24:23.53	Herts	EAST
3	Rachel BULLINGHAM		42 West Suffolk		0:28:02.11	Suffolk	EAST
4	Judith THOMPSON		44 Flitwick		0:29:12.75	Beds	EAST
5	Helen DOLPHIN		41 East Anglian	5	0:32:23.56	Norfolk	EAST

WOMENS 50/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Dina THORNTON		53 Sudbury		0:27:12.90	Suffolk	EAST

WOMENS 60 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	County	Region
1	Jean APPLEBY		60 Sudbury		0:25:45.29	Suffolk	EAST
2	Jeannie MORLEY		60 Mildenhall		0:34:04.87	Suffolk	EAST

WOMENS Combined Multi-Disability Result

Place	Name	AaD	Club	Cat	Time	County	Region
1	Helen DOLPHIN		41 East Anglian		5 0:32:23.56	Norfolk	EAST

EVENT 4 Mens/Womens 5000m

MENS 13/16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Harrison LEES		15 Watford SC	1:11:20.80	Herts	EAST
2	Steven BRIGHT		16 Watford SC	1:12:50.80	Herts	EAST
3	Tanin KURSIDIM		14 Co St Albans	1:14:17.00	Herts	EAST

MENS 17/19 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Nathan WELLS		18 West Norfolk	1:02:17.50	Norfolk	EAST
2	Matthew WRIGHT		18 Team Luton	1:02:17.80	Beds	EAST
3	Alex PROFFITT		18 West Suffolk	1:02:20.90	Suffolk	EAST
4	Cavan BECK		17 Rochford	1:02:43.10	Essex	EAST
5	Joshua GRAVES		19 Co Peterboro	1:02:43.80	Cambs	EAST
6	Louis HINES		19 Watford SC	1:12:45.00	Herts	EAST
7	Tom MCMAHON		17 Modernians	1:16:08.40	Beds	EAST

MENS 20/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Christopher GREENHALGH		20 Sudbury	1:02:15.70	Suffolk	EAST
2	Harry CRISP		22 Norwich Swan	1:07:55.60	Norfolk	EAST
3	Adam TAPLEY		22 Co Cambridge	1:08:50.20	Cambs	EAST

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Ross WISBY		30 March	1:09:01.30	Cambs	EAST

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Dan GEORGESCU		37 Flitwick	1:45:50.90	Beds	EAST

MENS 40/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Robert HAMMOND		43 UEA Norwich	1:23:16.50	Norfolk	EAST

MENS 50/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	County	Region
1	Adam LELEAN		54 Diss Otters	1:19:44.50	Norfolk	EAST
2	Caerueth SHEWELL-COOPE		55 Potters Bar	1:21:10.00	Herts	EAST
3	Iain JOHNSTON		52 Newmarket	1:21:45.90	Suffolk	EAST
4	Nigel HALFORD		55 Flitwick	1:46:16.50	Beds	EAST

**WOMENS 13/16 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	County	Region
1	Christina WILSON		16 Norwich Swan	1:10:03.70	Norfolk	EAST
2	Hannah MCELROY		16 Bo Southend	1:17:41.10	Essex	EAST
3	Charlotte SMITH		14 Felixstowe	1:19:14.90	Suffolk	EAST
4	Victoria POPE		16 Watford SC	1:21:13.20	Herts	EAST
5	Emma BOOST		14 Flitwick	1:31:41.00	Beds	EAST

**WOMENS 17/19 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	County	Region
1	Aisling RUFF		18 Co Peterboro	1:03:40.10	Cambs	EAST
2	Amber HUGHES		17 Hatfield	1:03:51.80	Herts	EAST
3	Nicola PASQUIRE		18 Team Luton	1:04:53.10	Beds	EAST
4	Emily DOWDING		18 teamipswich	1:05:06.50	Suffolk	EAST
5	Sophie ALDEN		18 UEA Norwich	1:05:10.10	Norfolk	EAST
6	Millie EMMANS		17 Co Cambridge	1:06:35.70	Cambs	EAST
7	Tegan WOLLASTON		17 Cheshunt	1:06:58.40	Herts	EAST
8	Bethan MCELROY		18 Bo Southend	1:09:42.00	Essex	EAST
9	Bethany PALMER		18 UEA Norwich	1:10:19.50	Norfolk	EAST
10	Lily CHARLESWORTH		17 Lstoft & OB	1:10:54.20	Suffolk	EAST
11	Natalie WARNES		18 West Norfolk	1:18:23.50	Norfolk	EAST
12	Eleanor LAVELLE		17 Dereham	1:19:41.70	Norfolk	EAST
13	Amy PELLING		18 Team Luton	1:25:04.80	Beds	EAST
14	Katie GORMLEY		18 Potters Bar	1:37:37.60	Herts	EAST

**WOMENS 20/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	County	Region
1	Abby SMITH		20 Harpenden	1:03:45.60	Herts	EAST
2	Sophie LIDDAMENT		24 UEA Norwich	1:17:16.10	Norfolk	EAST
3	Rhianydd JONES		24 Flitwick	1:17:18.50	Beds	EAST
4	Jessica HILL		23 Co Ely	1:18:10.00	Cambs	EAST

**WOMENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	County	Region
1	Heidi GIBBENS		25 Hemel Hemp	1:21:54.90	Herts	EAST

**WOMENS 40/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	County	Region
1	Melanie HOLLAND		42 UEA Norwich	1:19:43.50	Norfolk	EAST
2	Daniella HARRISON		44 Potters Bar	1:21:16.40	Herts	EAST
3	Sarah BUCHAN		40 UEA Norwich	1:38:23.90	Norfolk	EAST