

# 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
10	Ethan SUTTON	15	Watford SC	0:44:40.50	Hertfordshire	EAST
11	James MCFARLAND	16	C Beds SS	0:44:44.40	Bedfordshire	EAST
12	Joseph TRIM	15	Rochford	0:44:49.60	Essex	EAST
13	James POPE	14	Watford SC	0:45:43.30	Hertfordshire	EAST
14	Logan PYLE	15	West Suffolk	0:46:55.10	Suffolk	EAST
15	Cameron CLARK	16	Hemel Hemp	0:46:56.10	Hertfordshire	EAST
16	Alex GOULDING	14	Watford SC	0:48:36.20	Hertfordshire	EAST
17	Harrison BULLOCK	15	Berkhamsted	0:48:38.50	Hertfordshire	EAST
18	Callum BULLOCK	15	Berkhamsted	0:48:57.40	Hertfordshire	EAST
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
2	Jack SPENCE	23	Hemel Hemp	0:43:15.40	Hertfordshire	EAST
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
4	Duncan HARTLEY	49	Hatfield	0:56:18.50	Hertfordshire	EAST
5	Matthew RAFIQ-CRASKE	46	Hemel Hemp	1:00:40.50	Hertfordshire	EAST

### 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
3	Billie GRANT	15	Hatfield	0:42:10.50	Hertfordshire	EAST
4	Megan KEY	16	Basildon Ph	0:42:14.30	Essex	EAST
5	Niamh PERRY	15	West Suffolk	0:43:13.80	Suffolk	EAST
6	Natasha BENTLEY	15	Hatfield	0:43:19.30	Hertfordshire	EAST
7	Alice FENDER	16	Hemel Hemp	0:44:09.20	Hertfordshire	EAST
8	Georgia PURKIS	15	Hemel Hemp	0:44:13.20	Hertfordshire	EAST
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	Lstoft & 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
15	Shannon NICHOLS	16	Watford SC	0:47:38.90	Hertfordshire	EAST
16	Bailey WILKES	16	Hatfield	0:47:40.40	Hertfordshire	EAST
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	Lstoft & OB	0:49:55.60	Suffolk	EAST
21	Lorena PROWSE GARCIA	15	Co Cambridge	0:50:34.10	Cambridgeshire	EAST
22	Tori WESTON	15	Co St Albans	0:50:57.70	Hertfordshire	EAST
23	Amy EDWINS	16	C Beds SS	0:51:09.30	Bedfordshire	EAST
24	Aoife POWER	16	Royston	0:51:12.70	Hertfordshire	EAST
25	Ella FARNSWORTH	15	West Norfolk	0:52:14.00	Norfolk	EAST
26	Isabel SANSOM	15	Berkhamsted	0:54:08.80	Hertfordshire	EAST
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		
1	Jo MITCHINSON	38	Stevenage	0:42:08.70	Hertfordshire	EAST

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
2	Rebecca HARTLEY	42	Hatfield	0:53:14.30	Hertfordshire	EAST
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
4	Joseph O'HARA	11	Hatfield		0:13:14.89	Hertfordshire	EAST
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
7	Joseph SUTTON	12	Watford SC		0:13:37.53	Hertfordshire	EAST
8	Thomas GODFREY	11	Co St Albans		0:13:48.96	Hertfordshire	EAST
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
2	Ciaran FAHY	15	Hoddesdon		0:13:09.55	Hertfordshire	EAST

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

Place	Name	AaD	Club	Cat	Time		
1	Callum THURSTON-WOOLNC	17	Beccles Town		0:10:53.00	Suffolk	EAST
2	Jack CHRISTIE	19	Hemel Hemp		0:11:12.18	Hertfordshire	EAST
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 SCHAUENBURG-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	Lstoft & 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
8	Jessica ROBERTSON	13	Co St Albans		0:12:26.56	Hertfordshire	EAST
9	Lily CHAPMAN	14	Norwich Swan		0:12:34.22	Norfolk	EAST
10	Freya BODLE	13	Thurrock		0:12:35.11	Essex	EAST
11	Lara FAHY	14	Hoddesdon		0:12:37.30	Hertfordshire	EAST
12	Olivia MOREY	13	Cheshunt		0:12:37.92	Hertfordshire	EAST
13	Clara LIVINGSTON	13	Hatfield		0:12:41.04	Hertfordshire	EAST
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
19	Francesca PAGANUZZI	13	Co St Albans		0:14:33.91	Hertfordshire	EAST
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
5	Zane BATT	14	Cheshunt		0:20:41.29	Hertfordshire EAST
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
23	Samuel GAINES	16	Hemel Hemp		0:21:48.21	Hertfordshire EAST
24	Jonathan FARROW	15	Hemel Hemp		0:21:58.30	Hertfordshire EAST
25	James ROTHWELL	13	Co Peterboro		0:21:58.72	Cambridgeshire EAST
26	Saric LEWINGTON	14	Hatfield		0:22:02.09	Hertfordshire EAST
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
31	Lewis CLARK	14	Hemel Hemp		0:22:39.53	Hertfordshire EAST
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
39	Alex BRUNDLE	16	Royston		0:24:22.28	Hertfordshire EAST
40	Alexander WILLIAMS	12	Watford SC		0:25:08.95	Hertfordshire EAST
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
4	Kyle HOLMES	18	Hemel Hemp		0:22:31.87	Hertfordshire EAST

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		
1	Lauren YOUNG	14	Hatfield		0:19:48.59	Hertfordshire	EAST
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
7	Jessica KEOGH	13	Hatfield		0:20:55.18	Hertfordshire	EAST
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
17	Gemma HANSON	14	Hatfield		0:21:52.77	Hertfordshire	EAST
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
21	Bruna REBELO	13	Hatfield		0:22:10.01	Hertfordshire	EAST
22	Amber HEAD	15	Rochford		0:22:23.01	Essex	EAST
23	Daisy SANDON	14	Stevenage		0:22:32.81	Hertfordshire	EAST
24	Fleur HINES	14	Watford SC		0:22:34.13	Hertfordshire	EAST
25	Georgia PRITCHARD	12	Hatfield		0:22:42.92	Hertfordshire	EAST
26	Hannah DALEY	13	Co Peterboro		0:22:44.95	Cambridgeshire	EAST
27	Caitlin HARTLEY	13	Hatfield		0:22:45.39	Hertfordshire	EAST
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
39	Rosie BATT	13	Cheshunt		0:24:46.15	Hertfordshire	EAST
40	Eilidh DUNWOODIE	13	Co St Albans		0:24:47.07	Hertfordshire	EAST
41	Sophie FOWLER	12	Flitwick		0:24:49.17	Bedfordshire	EAST
42	Jessica WARNE	12	Watford SC		0:24:49.77	Hertfordshire	EAST
43	Alice NELSON	13	UEA Norwich		0:24:50.49	Norfolk	EAST
44	Lillia THOMPSON	14	Flitwick		0:24:57.48	Bedfordshire	EAST
45	Freya HILSDEN	14	Watford SC		0:25:03.46	Hertfordshire	EAST
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
56	Molly BRUNDLE	13	Royston		0:27:11.06	Hertfordshire	EAST
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
65	Hannah BELLIS	13	Harpenden	0:30:25.27	Hertfordshire	EAST
	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
2	Chloe PURKIS	18	Hemel Hemp		0:23:24.59	Hertfordshire EAST
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	
1	Jo MITCHINSON	38	Stevenage		0:20:34.09	Hertfordshire EAST
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
2	Rebecca HARTLEY	42	Hatfield		0:25:54.60	Hertfordshire EAST
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	Max JELFS	16	Hatfield		1:00:50.80	Hertfordshire EAST
2	Harrison LEES	16	Watford SC		1:09:44.00	Hertfordshire EAST
	Marcus KEMP	16	Watford SC		DNF	Hertfordshire EAST
	Conor O'BRIEN	15	Watford SC		DNF	Hertfordshire EAST

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

Place	Name	AaD	Club	Cat	Time	
1	Nathan HUGHES	17	Hatfield		1:00:16.10	Hertfordshire EAST
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	Steven BRIGHT	17	Watford SC		1:14:01.40	Hertfordshire EAST
	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	Louis HINES	20	Watford SC	14	1:09:23.90	Hertfordshire EAST

## 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	Tony GAINES	50	Hemel Hemp		1:58:48.70	Hertfordshire EAST

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

Place	Name	AaD	Club	Cat	Time	
1	Louis HINES	20	Watford SC	14	1:09:23.90	Hertfordshire EAST

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
4	Shannon NICHOLS	16 Watford SC		1:22:34.40	Hertfordshire	EAST
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		
1	Amber HUGHES	18 Hatfield		1:05:17.20	Hertfordshire	EAST
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
13	Victoria POPE	17 Watford SC		1:27:17.10	Hertfordshire	EAST
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		
1	Philippa SHUTTLEWORTH	20 Hatfield		1:03:38.50	Hertfordshire	EAST

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