

## Open Water Regional Championships

17<sup>th</sup> July 2016

### Mens/Womens 3000m - Heats (Declared Winners)

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

| Place | Name                  | AaD | Club         | Cat | Time      |
|-------|-----------------------|-----|--------------|-----|-----------|
| 1.    | Harry WHITEMAN        | 16  | Co Peterboro |     | 0:39:48.5 |
| 2.    | Max JELFS             | 15  | Hatfield     |     | 0:39:49.9 |
| 3.    | Myles TURNER          | 16  | West Suffolk |     | 0:39:51.8 |
| 4.    | Max WILSON            | 16  | Modernians   |     | 0:41:29.0 |
| 5.    | Harrison NEWBURY-KEMP | 16  | Hemel Hemp   |     | 0:46:08.7 |
| 6.    | Christopher COX       | 16  | Hemel Hemp   |     | 0:46:09.0 |
| 7.    | Thomas CADENHEAD      | 14  | Co St Albans |     | 0:47:55.4 |
| 8.    | William NEAL          | 16  | Runnymede    |     | 0:50:32.1 |
| 9.    | Leo WOOFF             | 14  | UEA Norwich  |     | 0:52:08.0 |
| 10.   | Marcus KEMP           | 15  | Watford SC   |     | 0:58:25.3 |
| 11.   | Conor O'BRIEN         | 14  | Watford SC   |     | 0:58:33.3 |
| 12.   | William JOHNSON       | 15  | Diss Otters  |     | 0:59:52.2 |

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

| Place | Name             | AaD | Club        | Cat | Time      |
|-------|------------------|-----|-------------|-----|-----------|
| 1.    | Jordan CATCHPOLE | 17  | UEA Norwich | 14  | 0:45:53.7 |

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

| Place | Name                   | AaD | Club     | Cat | Time      |
|-------|------------------------|-----|----------|-----|-----------|
| 1.    | Christopher GREENHALGH | 20  | Sudbury  |     | 0:39:44.8 |
| 2.    | Thomas ALLEN           | 20  | Flitwick |     | 0:46:45.6 |

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

| Place | Name          | AaD | Club         | Cat | Time      |
|-------|---------------|-----|--------------|-----|-----------|
| 1.    | David WEBSTER | 38  | East Anglian |     | 0:51:19.8 |
| 2.    | Luke PAVEY    | 35  | Norw&Thet WP |     | 0:55:41.6 |

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

| Place | Name             | AaD | Club       | Cat | Time      |
|-------|------------------|-----|------------|-----|-----------|
| 1.    | Duncan HARTLEY   | 48  | Hatfield   |     | 0:53:55.1 |
| 2.    | James TATTERSALL | 41  | Dereham    |     | 0:54:12.2 |
| 3.    | Tony GAINES      | 49  | Hemel Hemp |     | 1:06:39.3 |

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

| Place | Name            | AaD | Club         | Cat | Time      |
|-------|-----------------|-----|--------------|-----|-----------|
| 1.    | Phillip MOULSON | 50  | East Anglian |     | 0:48:12.3 |
| 2.    | David WRIGHT    | 55  | Team Luton   |     | 0:49:37.7 |
| 3.    | Ian MURRAY      | 59  | Flitwick     |     | 0:51:26.0 |
| 4.    | David COX       | 50  | Hemel Hemp   |     | 1:06:22.8 |

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

| Place | Name            | AaD | Club    | Cat | Time      |
|-------|-----------------|-----|---------|-----|-----------|
| 1.    | Stuart MCLELLAN | 67  | Sudbury |     | 0:56:42.3 |

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

| Place | Name                   | AaD | Club         | Cat | Time      |
|-------|------------------------|-----|--------------|-----|-----------|
| 1.    | Tilly ANEMA            | 15  | Norwich Swan |     | 0:44:32.0 |
| 2.    | Megan KEY              | 15  | Canvey Isl   |     | 0:45:04.6 |
| 3.    | Madeleine CHAMBERS     | 16  | St Felix Sch |     | 0:45:08.4 |
| 4.    | Peyton EWBANK          | 16  | Norwich Swan |     | 0:45:12.2 |
| 5.    | Imogen COOKE           | 15  | UEA Norwich  |     | 0:46:24.3 |
| 6.    | Hannah MCELROY         | 16  | Bo Southend  |     | 0:46:46.0 |
| 7.    | Evie ANEMA             | 16  | Norwich Swan |     | 0:47:28.4 |
| 8.    | Alice NEWNHAM-STEBBING | 14  | Lstoft & OB  |     | 0:48:03.1 |
| 9.    | Lucy BAILEY            | 14  | Rochford     |     | 0:48:08.9 |
| 10.   | Charlotte BAXTER       | 15  | Linslade     |     | 0:50:41.8 |
| 11.   | Amy PEPPER             | 16  | Asa Temp 2   |     | 0:53:41.8 |
| 12.   | Shannon NICHOLS        | 15  | Watford SC   |     | 0:54:14.4 |
| 13.   | Rhianna PREECE         | 16  | Colchester   |     | 0:55:22.1 |
| 14.   | Molly COEN             | 16  | Co Cambridge |     | 0:55:58.0 |
| 15.   | Molly MCGOWEN          | 13  | March        |     | 0:58:23.1 |
| 16.   | Zara MOKTADIR          | 14  | Co Cambridge |     | 1:05:13.2 |

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

| Place | Name               | AaD | Club         | Cat | Time      |
|-------|--------------------|-----|--------------|-----|-----------|
| 1.    | Katie SHOOBERT     | 17  | Mid Beds     |     | 0:46:43.6 |
| 2.    | Bethany SAMPHER    | 17  | West Suffolk |     | 0:49:54.6 |
| 3.    | Georgia BOYD       | 17  | Dereham      |     | 0:50:39.3 |
| 4.    | Kayleigh VENABLES  | 17  | West Norfolk |     | 0:53:50.7 |
| 5.    | Heather GEERS      | 17  | Co St Albans |     | 0:54:44.5 |
| 6.    | Catriona CADENHEAD | 18  | Co St Albans |     | 0:55:58.8 |
| 7.    | Charlotte NASH     | 18  | Co Ely       |     | 0:58:25.4 |

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

| Place | Name             | AaD | Club     | Cat | Time      |
|-------|------------------|-----|----------|-----|-----------|
| 1.    | Ellen WILLIAMS   | 21  | Wisbech  |     | 0:51:34.2 |
| 2.    | Georgina HALFORD | 21  | Flitwick |     | 0:55:05.7 |

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

| Place | Name          | AaD | Club         | Cat | Time      |
|-------|---------------|-----|--------------|-----|-----------|
| 1.    | Laura BLOWERS | 33  | East Anglian |     | 0:54:43.4 |

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

| Place | Name                | AaD | Club         | Cat | Time      |
|-------|---------------------|-----|--------------|-----|-----------|
| 1.    | Melanie HOLLAND     | 42  | UEA Norwich  |     | 0:50:50.4 |
| 2.    | Rebecca HARTLEY     | 41  | Hatfield     |     | 0:54:31.8 |
| 3.    | Josephine CRESSWELL | 48  | East Anglian |     | 0:55:18.9 |
| 4.    | Clare WATKINS       | 49  | East Anglian |     | 0:56:12.6 |
| 5.    | Sarah BUCHAN        | 40  | UEA Norwich  |     | 1:03:25.1 |

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

| Place | Name               | AaD | Club       | Cat | Time      |
|-------|--------------------|-----|------------|-----|-----------|
| 1.    | Sharon MCLELLAN    | 58  | Sudbury    |     | 0:59:46.3 |
| 2.    | Valerie CUMMINGS   | 59  | St Ives    |     | 1:03:31.7 |
| 3.    | Angela Heide BASIT | 51  | Asa Temp 2 |     | 1:14:23.4 |

## Mens/Womens 800m Novice - Heats (Declared Winners)

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

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

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

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

|     |             |    |              |          |
|-----|-------------|----|--------------|----------|
| 13. | James GREEN | 13 | Beccles Town | 19:28.50 |
|-----|-------------|----|--------------|----------|

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

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

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

| Place | Name        | AaD | Club         | Time     |
|-------|-------------|-----|--------------|----------|
| 1.    | Gary SMITH  | 31  | Chatteris    | 12:56.30 |
| 2.    | Tim MILLETT | 32  | Beccles Town | 15:04.10 |

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

| Place | Name             | AaD | Club         | Time     |
|-------|------------------|-----|--------------|----------|
| 1.    | Hallie WHITE     | 12  | Chatteris    | 11:58.25 |
| 2.    | Ella MCGHIE      | 12  | Co Peterboro | 12:16.61 |
| 3.    | Jessica MUNFORD  | 12  | Norwich Swan | 12:22.15 |
| 4.    | Eilidh DUNWOODIE | 12  | Team Luton   | 12:48.73 |
| 5.    | Kiara KOVACS     | 12  | Chatteris    | 12:50.22 |
| 6.    | Ruby GREENHALF   | 11  | UEA Norwich  | 12:51.12 |
| 7.    | Jessica MCNAUL   | 12  | West Suffolk | 12:53.76 |
| 8.    | Freya BERESFORD  | 12  | Hemel Hemp   | 13:00.12 |
| 9.    | Kiera SIMPSON    | 12  | Chatteris    | 13:03.21 |
| 10.   | Julianna MERCADO | 12  | Lstof & OB   | 13:09.58 |
| 11.   | Eloisa MILLER    | 11  | Flitwick     | 13:16.03 |
| 12.   | Chloe PARTRIDGE  | 11  | UEA Norwich  | 13:20.04 |
| 13.   | Jazmyn KURSIDIM  | 12  | Co St Albans | 13:22.11 |
| 14.   | Alice NELSON     | 12  | UEA Norwich  | 13:27.91 |
| 15.   | Frances MANN     | 12  | Stevenage    | 13:28.53 |
| 16.   | Jessica SHAW     | 11  | March        | 13:31.11 |
| 17.   | Isla WINSLOW     | 11  | UEA Norwich  | 13:44.74 |
| 18.   | Hollie MYERS     | 12  | Mildenhall   | 13:52.63 |
| 19.   | Bethany THORNTON | 12  | Bo Southend  | 13:57.10 |

|     |                    |    |             |          |
|-----|--------------------|----|-------------|----------|
| 20. | Sophie FOWLER      | 11 | Flitwick    | 13:57.73 |
| 21. | Jessica WARNE      | 11 | Watford SC  | 14:00.66 |
| 22. | Katie HITTER       | 11 | Lstof & OB  | 14:05.44 |
| 23. | Madeleine PHILLIPS | 12 | Flitwick    | 14:06.97 |
| 24. | Zoe JONES          | 11 | Mildenhall  | 14:09.25 |
| 25. | Leah REYNOLDS      | 12 | UEA Norwich | 14:12.21 |
| 26. | Bryony TOLSON      | 12 | UEA Norwich | 14:24.69 |
| 27. | Maisie HARPER      | 12 | Chatteris   | 14:54.55 |
| 28. | Millie PIERCY      | 11 | Canvey Isl  | 15:01.24 |
| 29. | Ruby FERRANT       | 11 | Bo Southend | 15:24.14 |
| 30. | Gabriella KEMP     | 11 | Canvey Isl  | 15:31.10 |
| 31. | Megan DENMAN       | 11 | Chatteris   | 23:24.75 |
|     | Francesca KEY      | 11 | Canvey Isl  | DNF      |

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

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

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

| Place | Name                   | AaD | Club         | Time     |
|-------|------------------------|-----|--------------|----------|
| 1.    | Lauren WATT            | 15  | Newmarket    | 11:09.12 |
| 2.    | Caitlin WATSON-DOTCHIN | 15  | Basildon Ph  | 11:11.19 |
| 3.    | Heather MILLS          | 15  | Norwich Swan | 11:51.31 |
| 4.    | Charlotte ALLEN        | 16  | West Suffolk | 12:24.89 |

|    |                  |    |              |          |
|----|------------------|----|--------------|----------|
| 5. | Rhiannon LOUITIT | 15 | Co Peterboro | 13:01.04 |
| 6. | Erika DENMAN     | 16 | Chatteris    | 13:43.56 |
| 7. | Isabel CRESSWELL | 15 | Norwich Swan | 13:52.39 |
| 8. | Grace HIGGINS    | 15 | Co Ely       | 14:01.11 |

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

| Place | Name          | AaD | Club         | Time     |
|-------|---------------|-----|--------------|----------|
| 1.    | Elise SORRELL | 18  | West Norfolk | 11:15.39 |
| 2.    | Katie MALONEY | 19  | Norwich Swan | 11:56.06 |

### Mens/Womens 1500m - Heats (Declared Winners)

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

| Place | Name                   | AaD | Club         | Cat | Time     |
|-------|------------------------|-----|--------------|-----|----------|
| 1.    | Myles TURNER           | 16  | West Suffolk |     | 18:56.60 |
| 2.    | James BAYLEY           | 16  | Basildon Ph  |     | 19:16.60 |
| 3.    | Maxim DE WILDT         | 15  | Co Cambridge |     | 19:46.20 |
| 4.    | Matthew ROTHWELL       | 14  | Co Peterboro |     | 19:48.70 |
| 5.    | Timothy HUGHES         | 14  | Hatfield     |     | 19:54.10 |
| 6.    | Thomas ALLISON         | 15  | Newmarket    |     | 20:01.90 |
| 7.    | Samuel ROSE            | 13  | West Norfolk |     | 20:27.80 |
| 8.    | James BOOTS            | 16  | Lstoft & OB  |     | 20:30.00 |
| 9.    | Harry GRICE            | 14  | UEA Norwich  |     | 20:42.40 |
| 10.   | Cameron WOLSTENCROFT   | 13  | Co Cambridge |     | 20:50.80 |
| 11.   | Samuel BULLINGHAM      | 13  | West Suffolk |     | 21:02.10 |
| 12.   | Harry SAUNDERS         | 14  | Newmarket    |     | 21:22.00 |
| 13.   | Sonny LING             | 15  | Lstoft & OB  |     | 21:54.20 |
| 14.   | Oliver SIMPSON         | 15  | Lstoft & OB  |     | 22:00.10 |
| 15.   | Brian WONG             | 14  | Basildon Ph  |     | 22:07.10 |
| 16.   | Joshua THURSTON-WOOLNO | 13  | Beccles Town |     | 22:09.20 |
| 17.   | Callum THURSTON-WOOLNO | 16  | Beccles Town |     | 22:10.70 |
| 18.   | Nathan COCKCROFT       | 13  | Bo Southend  |     | 22:13.90 |
| 19.   | Cameron CLARK          | 15  | Hemel Hemp   |     | 22:22.80 |
| 20.   | Zane BATT              | 13  | Cheshunt     |     | 22:23.30 |
| 21.   | Harrison BULLOCK       | 14  | Berkhamsted  |     | 22:30.50 |
| 22.   | William TOZER          | 13  | West Suffolk |     | 22:32.00 |

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

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

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

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

| Place | Name                | AaD | Club         | Cat | Time     |
|-------|---------------------|-----|--------------|-----|----------|
| 1.    | Troy DOUGLAS-COLLOW | 20  | Beccles Town |     | 21:55.06 |
| 2.    | Hayden BROWN        | 20  | Beccles Town |     | 28:59.94 |

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

| Place | Name          | AaD | Club      | Cat | Time     |
|-------|---------------|-----|-----------|-----|----------|
| 1.    | Mark THOMPSON | 27  | Chatteris |     | 21:56.40 |



|    |               |    |           |    |          |
|----|---------------|----|-----------|----|----------|
| 2. | Owen JONES    | 28 | Flitwick  |    | 23:20.42 |
| 3. | Scott CLEAVER | 25 | Runnymede | 14 | 23:26.03 |

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

| Place | Name            | AaD | Club         | Cat | Time     |
|-------|-----------------|-----|--------------|-----|----------|
| 1.    | Stephen BUCKLEY | 39  | Co Cambridge |     | 25:30.86 |
| 2.    | Luke PAVEY      | 35  | Norw&Thet WP |     | 25:38.99 |

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

| Place | Name                   | AaD | Club        | Cat | Time     |
|-------|------------------------|-----|-------------|-----|----------|
| 1.    | Andrew BELL            | 43  | Thurrock    |     | 23:06.09 |
| 2.    | Eugene GORMLEY         | 49  | Potters Bar |     | 29:31.84 |
| 3.    | Sebastian ST JOHN CLAR | 46  | Diss Otters |     | 33:24.55 |
| 4.    | Clive EVANS            | 47  | Sudbury     |     | 34:04.49 |

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

| Place | Name            | AaD | Club         | Cat | Time     |
|-------|-----------------|-----|--------------|-----|----------|
| 1.    | Peter LYNCH     | 54  | Stowmarket   |     | 25:53.48 |
| 2.    | Jonathan GREENE | 52  | East Anglian |     | 27:40.78 |
| 3.    | Simon DOVE      | 57  | Flitwick     |     | 29:41.17 |
| 4.    | Robert GARRY    | 52  | Mildenhall   |     | 32:08.06 |

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

| Place | Name           | AaD | Club        | Cat | Time     |
|-------|----------------|-----|-------------|-----|----------|
| 1.    | Malcolm BARTON | 61  | Team Luton  |     | 27:38.37 |
| 2.    | Ian BAYS       | 65  | Potters Bar |     | 32:50.19 |

### MENS Combined Multi-Disability Results

| Place | Name          | AaD | Club       | Cat | Time     |
|-------|---------------|-----|------------|-----|----------|
| 1.    | Scott CLEAVER | 25  | Runnymede  | 14  | 23:26.03 |
| 2.    | James GARRY   | 14  | Mildenhall | 10  | 50:21.60 |

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

| Place | Name | AaD | Club | Cat | Time |
|-------|------|-----|------|-----|------|
|-------|------|-----|------|-----|------|

|     |                    |    |              |  |          |
|-----|--------------------|----|--------------|--|----------|
| 1.  | Chloe LENCE        | 15 | Modernians   |  | 19:25.39 |
| 2.  | Tia WILSON         | 14 | Modernians   |  | 19:38.51 |
| 3.  | Lauren YOUNG       | 13 | Hatfield     |  | 19:38.96 |
| 4.  | Alice FENDER       | 15 | Hemel Hemp   |  | 20:17.73 |
| 5.  | Natasha BENTLEY    | 14 | Hatfield     |  | 20:30.07 |
| 6.  | Jennifer READ      | 14 | West Norfolk |  | 20:31.22 |
| 7.  | Jade GOODE         | 13 | Co Peterboro |  | 20:38.23 |
| 8.  | Mackenzie WHYATT   | 14 | Co Peterboro |  | 20:58.97 |
| 9.  | Lucie PECK         | 13 | West Norfolk |  | 21:04.65 |
| 10. | Emma SHOOBERT      | 14 | Mid Beds     |  | 21:09.57 |
| 11. | Georgia PURKIS     | 14 | Hemel Hemp   |  | 21:16.54 |
| 12. | Madeleine CHAMBERS | 16 | St Felix Sch |  | 21:19.18 |
| 13. | Erin LEE           | 14 | Basildon Ph  |  | 21:23.84 |
| 14. | Katy CHAMBERS      | 14 | St Felix Sch |  | 21:26.57 |
| 15. | Ellie WALKER       | 12 | UEA Norwich  |  | 21:38.30 |
| 16. | Jessica KEOGH      | 12 | Team Luton   |  | 21:48.29 |
| 17. | Ella BRAY          | 13 | Norwich Swan |  | 21:48.83 |
| 18. | Amy COLEMAN        | 15 | Co Cambridge |  | 21:53.27 |
| 19. | Olivia MILLER      | 14 | Norwich Swan |  | 21:55.01 |
| 20. | Lucy BAILEY        | 14 | Rochford     |  | 22:09.00 |
| 21. | Fleur HINES        | 13 | Watford SC   |  | 22:09.50 |
| 22. | Gemma BOOTH        | 14 | Newmarket    |  | 22:12.11 |
| 23. | Rachael JOHNSON    | 14 | West Norfolk |  | 22:13.46 |
| 24. | Hannah O'CONNOR    | 13 | West Suffolk |  | 22:16.77 |
| 25. | Rebecca SMITH      | 13 | Norwich Swan |  | 22:18.40 |
| 26. | Amber HEAD         | 14 | Rochford     |  | 22:20.50 |
| 27. | Caitlin KING       | 15 | Lstoft & OB  |  | 23:00.82 |
| 28. | Phoebe CROSS       | 13 | Leiston      |  | 23:20.05 |
| 29. | Ella FARNSWORTH    | 14 | West Norfolk |  | 23:23.58 |
| 30. | Ciara GILL-RYAN    | 14 | Newmarket    |  | 23:26.19 |
| 31. | Alice IRELAND      | 15 | West Norfolk |  | 23:29.41 |
| 32. | Kassie KING        | 13 | Lstoft & OB  |  | 23:33.36 |
| 33. | Naomi BOOTS        | 14 | Lstoft & OB  |  | 23:33.88 |
| 34. | Rachel HARRIS      | 15 | Maldon Shark |  | 24:02.41 |
| 35. | Hannah LOKE        | 15 | Norwich Swan |  | 24:03.40 |
| 36. | Katie TOMPKINS     | 16 | Flitwick     |  | 24:06.05 |
| 37. | Rose BECKMANN      | 13 | Co Ely       |  | 24:31.56 |

|     |                        |    |              |  |          |
|-----|------------------------|----|--------------|--|----------|
| 38. | Kathryn SKAZICK        | 16 | Lstoft & OB  |  | 24:32.97 |
| 39. | Olivia FOWLER          | 13 | Flitwick     |  | 24:38.80 |
| 40. | Isabel SANSOM          | 14 | Berkhamsted  |  | 24:43.45 |
| 41. | Lily CALVER            | 13 | UEA Norwich  |  | 24:44.27 |
| 42. | Caitlin HARTLEY        | 12 | Hatfield     |  | 24:57.57 |
| 43. | Katie HOWLETT          | 14 | Lstoft & OB  |  | 24:59.55 |
| 44. | Rosie BATT             | 12 | Cheshunt     |  | 25:11.08 |
| 45. | Jennifer RIDDLE        | 13 | Bo Southend  |  | 25:51.53 |
| 46. | Libby TRAYLING         | 15 | Harpenden    |  | 26:05.54 |
| 47. | Grace WIBBERLEY        | 14 | Lstoft & OB  |  | 26:06.66 |
| 48. | Tara DAYNES            | 14 | Norwich Swan |  | 26:14.93 |
| 49. | Gemma WELBOURN         | 15 | Mildenhall   |  | 26:24.13 |
| 50. | Jessica ROBERTSON      | 12 | Co St Albans |  | 26:51.60 |
| 51. | Gemma MCGOWEN          | 15 | March        |  | 26:56.25 |
| 52. | Lillia THOMPSON        | 13 | Flitwick     |  | 27:09.77 |
| 53. | Madeleine KEMP         | 13 | Canvey Isl   |  | 27:12.24 |
| 54. | Tara MILLS             | 14 | Lstoft & OB  |  | 28:07.03 |
| 55. | Tyra DU RIEU           | 12 | UEA Norwich  |  | 28:47.40 |
| 56. | Erica MILLS            | 14 | Lstoft & OB  |  | 31:43.80 |
| 57. | Francesca PAGANUZZI    | 12 | Co St Albans |  | 31:44.62 |
| 58. | Tilly CARTER-KITCHINGM | 12 | March        |  | 37:24.91 |
|     | Paige FINCHAM          | 12 | Canvey Isl   |  | DNF      |
|     | Katie HAMMOND          | 13 | Co Cambridge |  | DNF      |

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

| Place | Name           | AaD | Club         | Cat | Time     |
|-------|----------------|-----|--------------|-----|----------|
| 1.    | Chloe PURKIS   | 17  | Hemel Hemp   |     | 23:02.45 |
| 2.    | Sophie DU RIEU | 17  | Norwich Swan |     | 28:11.42 |
| 3.    | Jemma GARRY    | 17  | Mildenhall   |     | 32:01.20 |

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

| Place | Name                  | AaD | Club         | Cat | Time     |
|-------|-----------------------|-----|--------------|-----|----------|
| 1.    | Jennifer TITTERINGTON | 23  | Co Cambridge |     | 20:40.48 |
| 2.    | Julia YEATES          | 20  | Co Ely       |     | 22:41.43 |
| 3.    | Alice THEOBALD        | 21  | Newmarket    |     | 24:39.12 |

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

| Place | Name             | AaD | Club         | Cat | Time     |
|-------|------------------|-----|--------------|-----|----------|
| 1.    | Sarah HARDIMENT  | 27  | Co Ely       |     | 24:45.17 |
| 2.    | Emmeline VINCENT | 28  | East Anglian |     | 27:00.68 |

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

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

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

| Place | Name          | AaD | Club    | Cat | Time     |
|-------|---------------|-----|---------|-----|----------|
| 1.    | Dina THORNTON | 53  | Sudbury |     | 27:12.90 |

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

| Place | Name           | AaD | Club       | Cat | Time     |
|-------|----------------|-----|------------|-----|----------|
| 1.    | Jean APPLEBY   | 60  | Sudbury    |     | 25:45.29 |
| 2.    | Jeannie MORLEY | 60  | Mildenhall |     | 34:04.87 |

### WOMENS Combined Multi-Disability Result

| Place | Name          | AaD | Club         | Cat | Time     |
|-------|---------------|-----|--------------|-----|----------|
| 1.    | Helen DOLPHIN | 41  | East Anglian | 5   | 32:23.56 |

### Mens/Womens 5000m - Heats (Declared Winners)

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

| Place | Name           | AaD | Club         | Time      |
|-------|----------------|-----|--------------|-----------|
| 1.    | Harrison LEES  | 15  | Watford SC   | 1:11:20.8 |
| 2.    | Steven BRIGHT  | 16  | Watford SC   | 1:12:50.8 |
| 3.    | Tanin KURSIDIM | 14  | Co St Albans | 1:14:17.0 |

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

| Place | Name           | AaD | Club         | Time      |
|-------|----------------|-----|--------------|-----------|
| 1.    | Nathan WELLS   | 18  | West Norfolk | 1:02:17.5 |
| 2.    | Matthew WRIGHT | 18  | Team Luton   | 1:02:17.8 |
| 3.    | Alex PROFFITT  | 18  | West Suffolk | 1:02:20.9 |
| 4.    | Cavan BECK     | 17  | Rochford     | 1:02:43.1 |
| 5.    | Joshua GRAVES  | 19  | Co Peterboro | 1:02:43.8 |
| 6.    | Louis HINES    | 19  | Watford SC   | 1:12:45.0 |
| 7.    | Tom MCMAHON    | 17  | Modernians   | 1:16:08.4 |

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

| Place | Name                   | AaD | Club         | Time      |
|-------|------------------------|-----|--------------|-----------|
| 1.    | Christopher GREENHALGH | 20  | Sudbury      | 1:02:15.7 |
| 2.    | Harry CRISP            | 22  | Norwich Swan | 1:07:55.6 |
| 3.    | Adam TAPLEY            | 22  | Co Cambridge | 1:08:50.2 |

### MENS 30/34 Yrs Age Group - Full Results

| Place | Name       | AaD | Club  | Time      |
|-------|------------|-----|-------|-----------|
| 1.    | Ross WISBY | 30  | March | 1:09:01.3 |

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

| Place | Name          | AaD | Club     | Time      |
|-------|---------------|-----|----------|-----------|
| 1.    | Dan GEORGESCU | 37  | Flitwick | 1:45:50.9 |

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

| Place | Name           | AaD | Club        | Time      |
|-------|----------------|-----|-------------|-----------|
| 1.    | Robert HAMMOND | 43  | UEA Norwich | 1:23:16.5 |

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

| Place | Name                   | AaD | Club        | Time      |
|-------|------------------------|-----|-------------|-----------|
| 1.    | Adam LELEAN            | 54  | Diss Otters | 1:19:44.5 |
| 2.    | Caerueth SHEWELL-COOPE | 55  | Potters Bar | 1:21:10.0 |
| 3.    | Iain JOHNSTON          | 52  | Newmarket   | 1:21:45.9 |
| 4.    | Nigel HALFORD          | 55  | Flitwick    | 1:46:16.5 |

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

| Place | Name             | AaD | Club         | Time      |
|-------|------------------|-----|--------------|-----------|
| 1.    | Christina WILSON | 16  | Norwich Swan | 1:10:03.7 |
| 2.    | Hannah MCELROY   | 16  | Bo Southend  | 1:17:41.1 |
| 3.    | Charlotte SMITH  | 14  | Felixstowe   | 1:19:14.9 |
| 4.    | Victoria POPE    | 16  | Watford SC   | 1:21:13.2 |
| 5.    | Emma BOOST       | 14  | Flitwick     | 1:31:41.0 |

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

| Place | Name              | AaD | Club         | Time      |
|-------|-------------------|-----|--------------|-----------|
| 1.    | Aisling RUFF      | 18  | Co Peterboro | 1:03:40.1 |
| 2.    | Amber HUGHES      | 17  | Hatfield     | 1:03:51.8 |
| 3.    | Nicola PASQUIRE   | 18  | Team Luton   | 1:04:53.1 |
| 4.    | Emily DOWDING     | 18  | teamipswich  | 1:05:06.5 |
| 5.    | Sophie ALDEN      | 18  | UEA Norwich  | 1:05:10.1 |
| 6.    | Millie EMMANS     | 17  | Co Cambridge | 1:06:35.7 |
| 7.    | Tegan WOLLASTON   | 17  | Cheshunt     | 1:06:58.4 |
| 8.    | Bethan MCELROY    | 18  | Bo Southend  | 1:09:42.0 |
| 9.    | Bethany PALMER    | 18  | UEA Norwich  | 1:10:19.5 |
| 10.   | Lily CHARLESWORTH | 17  | Lstoft & OB  | 1:10:54.2 |
| 11.   | Natalie WARNES    | 18  | West Norfolk | 1:18:23.5 |
| 12.   | Eleanor LAVELLE   | 17  | Dereham      | 1:19:41.7 |
| 13.   | Amy PELLING       | 18  | Team Luton   | 1:25:04.8 |
| 14.   | Katie GORMLEY     | 18  | Potters Bar  | 1:37:37.6 |

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

| Place | Name             | AaD | Club        | Time      |
|-------|------------------|-----|-------------|-----------|
| 1.    | Abby SMITH       | 20  | Harpenden   | 1:03:45.6 |
| 2.    | Sophie LIDDAMENT | 24  | UEA Norwich | 1:17:16.1 |
| 3.    | Rhianydd JONES   | 24  | Flitwick    | 1:17:18.5 |
| 4.    | Jessica HILL     | 23  | Co Ely      | 1:18:10.0 |

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

| Place | Name          | AaD | Club       | Time      |
|-------|---------------|-----|------------|-----------|
| 1.    | Heidi GIBBENS | 25  | Hemel Hemp | 1:21:54.9 |

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

| Place | Name              | AaD | Club        | Time      |
|-------|-------------------|-----|-------------|-----------|
| 1.    | Melanie HOLLAND   | 42  | UEA Norwich | 1:19:43.5 |
| 2.    | Daniella HARRISON | 44  | Potters Bar | 1:21:16.4 |
| 3.    | Sarah BUCHAN      | 40  | UEA Norwich | 1:38:23.9 |