

## 2019 Swim England East Region Open Water Championship Results

					County	Region
<b>EVENT 1 3k Freestyle</b>						
MENS 13 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time		
1.	Daniel KENDALL	13	Co Ely	0:42:45.6	Cambridgeshire	East
2.	William DOWNES	13	St Felix Sch	0:50:22.1	Suffolk	East
MENS 14 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time		
1.	Oskar FARKAS	14	Co Cambridge	0:37:29.6	Cambridgeshire	East
2.	George GRICE	14	Co Norwich	0:37:34.3	Norfolk	East
3.	Harry SHARPE	14	West Norfolk	0:37:38.6	Norfolk	East
4.	Matthew RIDDLE	14	Thurrock	0:37:40.4	Essex	East
5.	Denis MORINE	14	Basildon Ph	0:37:43.9	Essex	East
6.	Matthew MONIE	14	Co Cambridge	0:38:27.1	Cambridgeshire	East
7.	Ryan ROBERTS	14	Putteridge	0:39:13.7	Bedfordshire	East
8.	Jenson HURRELL	14	Thurrock	0:39:29.2	Essex	East
9.	Joshua SMITH	14	Co Peterboro	0:39:38.0	Cambridgeshire	East
10.	Jack ABRAM	14	Co Norwich	0:40:13.5	Norfolk	East
11.	Joseph SUTTON	14	Watford SC	0:41:11.4	Hertfordshire	East
12.	Charles ROYLE	14	Bo Southend	0:42:12.1	Essex	East
13.	Jack BARNARD	14	Potters Bar	0:43:09.1	Hertfordshire	East
14.	Callum BLAIR	14	Diss Otters	0:47:53.7	Norfolk	East
MENS 15 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time		
1.	George WHITEMAN	15	Co Peterboro	0:35:40.2	Cambridgeshire	East
2.	Harley WEST	15	Basildon Ph	0:36:52.7	Essex	East
3.	Ahaan SAINI	15	Hatfield	0:37:23.1	Hertfordshire	East
4.	Max ROBERTSON	15	Hatfield	0:37:27.8	Hertfordshire	East
5.	Luke BARTON	15	Co Norwich	0:37:40.8	Norfolk	East
6.	Matthew VAUGHAN	15	Beccles Town	0:38:18.1	Suffolk	East
7.	Connor WALKER	15	Co Peterboro	0:39:07.1	Cambridgeshire	East
8.	Robert ADDIS	15	West Norfolk	0:39:52.1	Norfolk	East
9.	James ROTHWELL	15	Co Peterboro	0:39:55.7	Cambridgeshire	East
10.	Benjamin WILLIAMSON	15	Leighton Buz	0:43:37.9	Bedfordshire	East
MENS 16 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time		
1.	Samuel STEPHENS	16	St Felix Sch	0:39:59.8	Suffolk	East
2.	Lewis CLARK	16	Watford SC	0:40:05.7	Hertfordshire	East
3.	Isaac MOON	16	Flitwick	0:42:38.2	Bedfordshire	East
4.	Billy BARBER	16	Potters Bar	0:46:32.6	Hertfordshire	East
MENS 17/19 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time		
1.	Samuel MERCER	17	Biggleswade	0:42:37.9	Bedfordshire	East
2.	Cameron CLARK	18	Bushey	0:43:44.9	Hertfordshire	East
3.	Connor WILKEN	17	Colchester	0:45:54.0	Essex	East
MENS 30/34 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time		
1.	Sam WATTS	33	East Anglian	0:42:11.5	Norfolk	East
MENS 35/39 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time		
1.	Alistair SHAW	39	Flitwick	0:41:19.4	Bedfordshire	East
2.	Andrew SYRETT	36	Colchester	0:46:26.7	Essex	East

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

Place	Name	AaD	Club	Time		
1.	Robert MILBURN	46	Colchester	0:39:54.8	Essex	East
2.	Robert HAMMOND	46	Co Norwich	0:42:14.2	Norfolk	East
3.	Mark CLAXTON	48	Norfolk Vikg	0:44:50.5	Norfolk	East

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

Place	Name	AaD	Club	Time		
1.	Simon BUCHAN	51	Norfolk Vikg	0:41:20.4	Norfolk	East
2.	Phillip MOULSON	53	East Anglian	0:42:11.0	Norfolk	East
3.	David WRIGHT	58	Team Luton	0:42:30.6	Bedfordshire	East
4.	Caerveth SHEWELL-COOPE	58	Potters Bar	0:43:08.0	Hertfordshire	East
5.	David BOYCE	50	East Anglian	0:49:10.3	Norfolk	East
6.	Duncan HARTLEY	51	Hatfield	0:50:15.2	Hertfordshire	East
7.	Paul BELLO	57	Co Cambridge	1:04:00.8	Cambridgshire	East

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

Place	Name	AaD	Club	Time		
1.	Terry THORNE	69	East Anglian	0:49:49.1	Norfolk	East
2.	Stuart MCLELLAN	70	Sudbury	0:51:46.7	Suffolk	East
3.	Nicholas HUNT	63	Chelmsford	0:53:58.8	Essex	East
4.	Michael READ	78	Sudbury	1:00:25.0	Suffolk	East

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

Place	Name	AaD	Club	Time		
1.	Niamh O'MEARA	13	Watford SC	0:43:09.7	Hertfordshire	East
2.	Holly PARKS	13	Bo Southend	0:43:52.9	Essex	East
3.	Keely WHITE	13	Potters Bar	0:44:36.2	Hertfordshire	East
4.	Maisie HUMPHREY	13	Dunstable	0:47:27.5	Bedfordshire	East
5.	Dayna ARBON	13	Co Norwich	0:47:58.5	Norfolk	East
6.	Sophie NORTON	13	Bo Southend	0:48:24.2	Essex	East

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

Place	Name	AaD	Club	Time		
1.	Ruby GREENHALF	14	Co Norwich	0:37:12.9	Norfolk	East
2.	Holly LAMB	14	Southend	0:37:35.7	Essex	East
3.	Antonia JUBB	14	Hatfield	0:39:18.9	Hertfordshire	East
4.	Francesca SALMON	14	Norwich Swan	0:41:07.7	Norfolk	East
5.	Jemima TUFFNELL	14	Co Peterboro	0:42:48.4	Cambridgshire	East
6.	Olivia KAVANAGH	14	Potters Bar	0:42:54.4	Hertfordshire	East
7.	Sophie FOWLER	14	C Beds SS	0:42:54.9	Bedfordshire	East
8.	Thea IRVINE	14	Diss Otters	0:43:58.4	Norfolk	East
9.	Rosetta SCHAUENBURG-KE	14	March	0:47:54.5	Cambridgshire	East
10.	Megan ALVAREZ	14	Stowmarket	0:48:27.7	Suffolk	East
11.	Maddison WINNEY	14	Lstof & OB	0:49:42.4	Suffolk	East
12.	Ffion WICKE	14	Bushey	0:51:03.2	Hertfordshire	East

### WOMENS 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Harriet SALISBURY	15	Co Peterboro	0:37:01.2	Cambridgshire	East
2.	Madelyn LATIMER-HICKS	15	St Felix Sch	0:37:53.2	Suffolk	East
3.	Charlotte TREE	15	Colchester	0:38:32.4	Essex	East
4.	Niamh SADLER	15	Co Norwich	0:38:47.8	Norfolk	East
5.	Isabella PORZIO	15	Putteridge	0:39:34.9	Bedfordshire	East
6.	Madison BROCK	15	Norwich Swan	0:39:47.7	Norfolk	East
7.	Ellie WALKER	15	Norwich Swan	0:41:02.5	Norfolk	East
8.	Emma TAPPENDEN	15	Basildon Ph	0:41:43.6	Essex	East
9.	Georgina KNATCHBULL	15	C Beds SS	0:42:17.5	Bedfordshire	East
10.	Caitlin HARTLEY	15	Hatfield	0:43:06.5	Hertfordshire	East
11.	Maggie FLEET	15	Watford SC	0:43:37.2	Hertfordshire	East
12.	Caitlin O'TOOLE	15	Royston	0:43:49.5	Hertfordshire	East
13.	Katy COLEMAN	15	Norfolk Vikg	0:45:02.4	Norfolk	East
14.	Bruna REBELO	15	Hatfield	0:45:41.6	Hertfordshire	East
15.	Clara LIVINGSTON	15	Hatfield	0:45:43.9	Hertfordshire	East
16.	Meda VITGINYTE	15	West Norfolk	0:45:51.9	Norfolk	East
17.	Melissa DUFFIELD	15	Gt Yarmouth	0:45:53.7	Norfolk	East
18.	Annabella VASSALLO-TOD	15	Dunstable	0:45:54.2	Bedfordshire	East
19.	Bethany HARWOOD	15	Dunstable	0:45:55.7	Bedfordshire	East
20.	Amy SHAW	15	Dunstable	0:45:56.8	Bedfordshire	East
21.	Francesca BROWN	15	Gt Yarmouth	0:46:24.3	Norfolk	East
22.	Molly BRUNDLE	15	Royston	0:46:32.8	Hertfordshire	East
23.	Kiera SIMPSON	15	March	0:47:40.1	Cambridgshire	East
24.	Olivia MOROS	15	Bo Southend	0:47:43.5	Essex	East
25.	Eloise HARPER	15	Dunstable	0:48:00.9	Bedfordshire	East

### WOMENS 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Charlotte HARRIS	16	Maldon Shark	0:41:07.5	Essex	East
2.	Hannah O'CONNOR	16	West Suffolk	0:41:53.7	Suffolk	East
3.	Emily TATAM	16	Basildon Ph	0:42:16.7	Essex	East
4.	Jessica HEESOM	16	Potters Bar	0:42:37.5	Hertfordshire	East
5.	Lily BORGOGNONI	16	Co Peterboro	0:45:07.6	Cambridgshire	East
6.	Jennifer RIDDLE	16	Thurrock	0:45:36.5	Essex	East
7.	Olivia FOWLER	16	Flitwick	0:51:51.7	Bedfordshire	East

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

Place	Name	AaD	Club	Time		
1.	Ciara TAPPENDEN	18	Basildon Ph	0:41:09.2	Essex	East
2.	Hannah MCELROY	19	Bo Southend	0:45:46.5	Essex	East
3.	Emma WILSON	17	Bushey	0:45:55.1	Hertfordshire	East
4.	Rachel HARRIS	18	Maldon Shark	0:46:01.0	Essex	East
5.	Emily PRESLAND	17	Bushey	0:47:56.9	Hertfordshire	East

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

Place	Name	AaD	Club	Time		
1.	Bethan MCELROY	21	Bo Southend	0:38:59.6	Essex	East
2.	Charlotte NASH	21	Co Ely	0:49:15.5	Cambridgshire	East

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

Place	Name	AaD	Club	Time		
1.	Sarah HARDIMENT	30	Co Ely	0:46:17.3	Cambridgshire	East

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

Place	Name	AaD	Club	Time		
1.	Katie HOLMES	35	Colchester	0:43:23.7	Essex	East

WOMENS 40/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Jo MITCHINSON	40	Stevenage	0:39:20.9	Hertfordshire	East
2.	Julie SCOTT	46	Co Cambridge	0:45:45.4	Cambridgshire	East
3.	Rebecca HARTLEY	44	Hatfield	0:49:50.0	Hertfordshire	East
4.	Sarah BUCHAN	43	Norfolk Vikg	0:57:38.1	Norfolk	East
5.	Polly WALTHER	43	Dereham	0:59:19.7	Norfolk	East

WOMENS 50/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Josephine CRESSWELL	51	East Anglian	0:45:42.1	Norfolk	East

**EVENT 2 Novice 1k Freestyle****BOYS 11/12 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time		
1.	Patch ROBINSON	12	teamipswich	13:21.69	Suffolk	East
2.	Isaac FARRUGIA	12	Basildon Ph	14:02.51	Essex	East
3.	Noah MANN	12	Newmarket	14:16.57	Suffolk	East
4.	Ben EVERY	11	Gt Yarmouth	14:37.91	Norfolk	East
5.	Edward ORMSBY	12	Royston	14:40.94	Hertfordshire	East
6.	Benjamin TAGGART	12	Watford SC	14:42.67	Hertfordshire	East
7.	Remi-Maysen KEANE	11	Bo Southend	14:46.69	Essex	East
8.	Jeffrey GILL	12	Watford SC	14:57.35	Hertfordshire	East
9.	Robert FENNER	11	Basildon Ph	15:17.66	Essex	East
10.	Alex HARROP	11	St Felix Sch	15:27.07	Suffolk	East
11.	Dylan ROBINS	12	Chelmsford	15:28.17	Essex	East
12.	Rhys BURRELL	12	West Norfolk	15:28.62	Norfolk	East
13.	Oliver DOWNES	11	St Felix Sch	15:39.92	Suffolk	East
14.	Daniel WILLIAMS	11	Cheshunt	15:45.55	Hertfordshire	East
15.	Jack OSBORNE	12	Sudbury	15:51.50	Suffolk	East
16.	Jack SHARPE	12	West Norfolk	15:59.80	Norfolk	East
17.	Luke CUMBRIDGE	12	March	16:01.26	Cambridgshire	East
18.	Jonas MECKAUSKAS	12	March	16:16.58	Cambridgshire	East
19.	Jonathan SWARBRICK	12	Royston	16:32.02	Hertfordshire	East
20.	Finley BLACKMAN	12	Biggleswade	16:44.26	Bedfordshire	East
21.	Sam SAFAVI	12	Cheshunt	16:59.92	Hertfordshire	East
22.	Nicholas GRIFFITH	11	Co Norwich	17:14.44	Norfolk	East
23.	Riley WALKER	12	Dereham	17:34.17	Norfolk	East
24.	Jack TATTERSALL	12	Dereham	17:57.03	Norfolk	East
25.	Oscar SHERWANI	11	Flitwick	18:00.29	Bedfordshire	East
26.	Nikita RUSU	12	Watford SC	18:00.69	Hertfordshire	East
27.	Jude STATON	11	March	18:14.72	Cambridgshire	East
28.	Barnaby O'DONNELL	11	Bushey	20:04.29	Hertfordshire	East

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

Place	Name	AaD	Club	Time		
1.	Thomas FORD	13	Basildon Ph	13:03.27	Essex	East
2.	Ben MINISTER	13	Thurrock	13:15.14	Essex	East
3.	Aidan WOOD	13	Thurrock	13:49.10	Essex	East
4.	Tobin SARI	14	West Suffolk	14:10.38	Suffolk	East
5.	Dylan MORRIS	13	Watford SC	14:11.75	Hertfordshire	East
6.	Archie SCOTT	14	Co Cambridge	14:46.47	Cambridgshire	East
7.	George WALLIS-SMITH	14	Dunstable	14:53.14	Bedfordshire	East
8.	William MURFITT	13	Biggleswade	14:55.07	Bedfordshire	East
9.	Joseph MCGONIGLE	13	Newmarket	15:35.19	Suffolk	East
10.	Brandon WINSLOW	13	Bo Southend	16:15.64	Essex	East
11.	Harry BRUNTON	14	Cheshunt	17:32.81	Hertfordshire	East
12.	Jack MOSSOP	14	Co Cambridge	17:57.13	Cambridgshire	East
13.	Cade KIRKPATRICK	14	Co Ely	19:10.46	Cambridgshire	East

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

Place	Name	AaD	Club	Time		
1.	Austin LILLYWHITE	16	Biggleswade	12:47.33	Bedfordshire	East
2.	Thomas FANTINI	16	Dunstable	14:11.38	Bedfordshire	East
3.	Jack DRAGE	15	West Norfolk	15:55.11	Norfolk	East
4.	Alex SMITH	16	Cheshunt	16:40.02	Hertfordshire	East

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

Place	Name	AaD	Club	Time		
1.	Wayne HAMILTON	50	Royston	20:38.11	Hertfordshire	East
2.	Matthew BRUNDLE	53	Royston	20:39.11	Hertfordshire	East
3.	Justin ZATOUROFF	54	Royston	20:39.37	Hertfordshire	East
4.	Peter CROSSLEY	45	Royston	23:32.64	Hertfordshire	East

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

Place	Name	AaD	Club	Time		
1.	Seren PAGE	12	teamipswich	13:15.20	Suffolk	East
2.	Eloise BRUCE	12	Thurrock	14:52.52	Essex	East
3.	Aurelia JANUS	11	Bo Southend	15:04.30	Essex	East
4.	Jersey HOLMES	12	Lstof & OB	15:10.64	Suffolk	East
5.	Arriane LEA	12	Bo Southend	15:16.83	Essex	East
6.	Sophie BALL	12	Braintree	15:19.68	Essex	East
7.	Rae WHEATLEY	11	Bo Southend	15:24.40	Essex	East
8.	Harriet GLENNERSTER	12	Lstof & OB	15:24.76	Suffolk	East
9.	Billie-Jordan BUTLER	11	Dereham	15:25.09	Norfolk	East
10.	Florence TALBOT	12	Newmarket	15:27.66	Suffolk	East
11.	Rosa HAMMOND	12	Co Norwich	15:29.87	Norfolk	East
12.	Isabella PILLOW	12	Co Ely	15:35.31	Cambridgshire	East
13.	Kathryn EDWARDS	12	Braintree	15:44.13	Essex	East
14.	Katerina DI MARIA	11	Co Norwich	15:45.48	Norfolk	East
15.	Autumn SHINE	12	Harlow Pen	15:46.34	Essex	East
16.	Ciara WALSHE	12	Co Cambridge	16:04.77	Cambridgshire	East
17.	Aoife DUDLEY	11	Rochford	16:09.29	Essex	East
18.	Darcey MCMULLINS	11	Cheshunt	16:09.49	Hertfordshire	East
19.	Sophie NICHOLLS	11	Co Norwich	16:13.65	Norfolk	East
20.	Isabel MOORE	11	West Suffolk	16:29.87	Suffolk	East
21.	Hattie CARTER-KITCHING	11	March	16:39.09	Cambridgshire	East
22.	Alice O'TOOLE	12	Royston	16:49.32	Hertfordshire	East
23.	Ilaria SHAW	12	Co Cambridge	16:50.02	Cambridgshire	East
24.	Gracie BRINKLEY	12	Sudbury	16:54.08	Suffolk	East
25.	Fearne PEACH	11	Canvey Isl	17:21.72	Essex	East
26.	Ruby BRUNDLE	11	Royston	17:30.54	Hertfordshire	East
27.	Skye NICHOLS	12	Gt Yarmouth	18:16.02	Norfolk	East
28.	Celeste LAMACRAFT	12	Co Cambridge	20:05.07	Cambridgshire	East
29.	Aoife LENIHAN	11	Mildenhall	20:42.20	Suffolk	East

GIRLS 13/14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Erica CHARTERS	14	West Norfolk	13:26.44	Norfolk	East
2.	Mia WARD	14	Thurrock	13:35.29	Essex	East
3.	Alexa MANN	13	Basildon Ph	13:41.49	Essex	East
4.	Hannah ZYSS	14	Basildon Ph	13:48.46	Essex	East
5.	Jessica SANFORD	14	Norwich Swan	13:53.20	Norfolk	East
6.	Jessica BLOOMFIELD	13	Co Cambridge	14:24.11	Cambridgshire	East
7.	Amelie HAWKSLEY	13	Co Ely	14:37.63	Cambridgshire	East
8.	Sophie PARKINS	13	Southend	14:40.89	Essex	East
9.	Isabel BYGRAVE	13	Biggleswade	14:44.88	Bedfordshire	East
10.	Amelie DOCKERTY	13	West Norfolk	15:11.85	Norfolk	East
11.	Josephine TUBBY	13	Co Norwich	15:46.68	Norfolk	East
12.	Evie CROSSLEY	13	Royston	15:47.27	Hertfordshire	East
13.	Rachel COWELL	14	Co Cambridge	15:57.78	Cambridgshire	East
14.	Mali JONGMAN-RIOS	14	Co Cambridge	16:00.87	Cambridgshire	East
15.	Ella DUNHAM	13	Co Ely	16:01.91	Cambridgshire	East
16.	Anouk ZECCHINI	13	Co Cambridge	16:02.13	Cambridgshire	East
17.	Saule MAJASKIS	13	March	16:16.13	Cambridgshire	East
18.	Ryhanna CUMMINS	13	Flitwick	16:17.10	Bedfordshire	East
19.	Arabelle HUI	14	Watford SC	16:40.39	Hertfordshire	East
20.	Ashlee WILLET	13	Cheshunt	16:44.78	Hertfordshire	East
21.	Charlotte WILLIAMSON	13	Leighton Buz	16:56.94	Bedfordshire	East
22.	Ella GILBERTSON	13	Co Norwich	18:16.24	Norfolk	East
23.	Leah BOOST	13	Flitwick	19:22.87	Bedfordshire	East

GIRLS 15/16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Kayleigh HOLROYD	16	C Beds SS	12:52.23	Bedfordshire	East
2.	Katherine CHEESERIGHT	16	Biggleswade	13:52.17	Bedfordshire	East
3.	Lauren DONNELLY	15	Team Luton	14:15.18	Bedfordshire	East
4.	Lauren HOOKER	15	Team Luton	14:41.36	Bedfordshire	East
5.	Francesca ZATOUROFF	15	Royston	15:53.72	Hertfordshire	East
6.	Annie SAFFORD	15	Biggleswade	15:56.83	Bedfordshire	East
7.	Katherine SWARBRICK	15	Royston	16:08.07	Hertfordshire	East
8.	Alice JACK	15	St Neot Swan	16:08.91	Cambridgshire	East
9.	Anna CROSSLEY	16	Royston	17:00.57	Hertfordshire	East
10.	Charlie SELLARS	15	Leighton Buz	18:58.16	Bedfordshire	East

GIRLS 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Ella ZATOUROFF	17	Royston	14:36.44	Hertfordshire	East
2.	Jane TAYLOR	39	East Anglian	17:13.98	Norfolk	East
3.	Hanna DABBOUR	36	East Anglian	18:37.01	Norfolk	East

**EVENT 3 2k Freestyle****MENS 12 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time		
1	William FAWCETT	12	Watford SC		27:02.45	Hertfordshire	East
2	Ben HOWLETT	12	teamipswich		27:06.78	Suffolk	East
3	Ryan WALL	12	Royston		27:43.65	Hertfordshire	East
4	Lucas HARTLEY	12	Hatfield		28:37.84	Hertfordshire	East
5	Harrison SHAW	12	Flitwick		32:51.60	Bedfordshire	East
6	Joe VESZTROCY	12	Flitwick		33:02.22	Bedfordshire	East
7	Leo MOORE	12	Co Cambridge		34:09.03	Cambridgshire	East
8	Benjamin GORDON	12	Co Cambridge		34:25.74	Cambridgshire	East
9	Joshua PARKER	12	West Norfolk		34:50.34	Norfolk	East

**MENS 13 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time		
1	Daniel MCGUINNESS	13	Basildon Ph		26:14.34	Essex	East
2	Kian QUINLAN	13	Bo Southend		26:31.85	Essex	East
3	Safford HEWITT-WHITE	13	Co Peterboro		26:40.83	Cambridgshire	East
4	Ramsey EBDON	13	Canvey Isl		27:07.04	Essex	East
5	Thomas DEATON	13	Newmarket		27:48.43	Suffolk	East
6	William BUCKLEY	13	Watford SC		28:26.17	Hertfordshire	East
7	Joshua MARTIN	13	Co Peterboro		28:34.37	Cambridgshire	East
8	Austin HARROP	13	Co Cambridge		28:56.14	Cambridgshire	East
9	Henry DEAN	13	Thurrock		29:33.65	Essex	East
10	Jack TATE	13	Gt Yarmouth		29:37.44	Norfolk	East
11	Raven DODSWORTH	13	Newmarket		30:16.37	Suffolk	East
12	Ryan HOWE	13	Co Cambridge		30:54.49	Cambridgshire	East
13	William DOWNES	13	St Felix Sch		33:27.03	Suffolk	East
14	Guido BELCHER	13	Flitwick		36:14.29	Bedfordshire	East

**MENS 14 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time		
1	Leonard TURNER	14	Biggleswade		26:07.43	Bedfordshire	East
2	Henry NEWBURY-KEMP	14	Watford SC		27:56.56	Hertfordshire	East
3	Charles TAVERNER	14	Watford SC		28:20.55	Hertfordshire	East
4	Lennie WRIGHT	14	Canvey Isl		29:35.63	Essex	East
5	Thomas DEAN	14	Bo Southend		29:38.23	Essex	East
6	Matthew PACK	14	Braintree		35:27.05	Essex	East

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

Place	Name	AaD	Club	Cat	Time		
1	Edward MCFARLAND	16	C Beds SS		26:06.45	Bedfordshire	East
2	Jacob COWIN	15	March		27:39.14	Cambridgshire	East
3	Ben ROBERTS	16	Putteridge		27:57.05	Bedfordshire	East
4	Samuel RENNIE	15	Braintree		28:13.75	Essex	East
5	Thomas CARNACHAN	16	Co Cambridge		31:28.09	Cambridgshire	East

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

Place	Name	AaD	Club	Cat	Time		
1	Charles RENNIE	18	Braintree		28:15.87	Essex	East
2	James GARRY	17	Mildenhall	9	48:58.12	Suffolk	East

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

Place	Name	AaD	Club	Cat	Time		
1	Thomas ALLEN	23	Flitwick		26:09.73	Bedfordshire	East

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

Place	Name	AaD	Club	Cat	Time		
1	Jake GORDON	37	Co Cambridge		29:36.93	Cambridgshire	East
2	Andrew SYRETT	36	Colchester		29:56.77	Essex	East



MENS 40/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Stephen BUCKLEY	42	Co Cambridge		30:55.81	Cambridgshire	East
2	David MINISTER	40	Thurrock		36:51.05	Essex	East
3	Austen LAMACRAFT	43	Co Cambridge		39:23.81	Cambridgshire	East
4	Terry HURRELL	45	Thurrock		41:03.63	Essex	East
5	Simon MURRAY	48	Dunstable		41:54.15	Bedfordshire	East
6	Russell EDGINGS	46	Hornchurch		42:29.48	Essex	London

MENS 50/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Peter LYNCH	57	Stowmarket		31:20.85	Suffolk	East
2	Jonathan GREENE	55	East Anglian		33:19.64	Norfolk	East
3	Robert GARRY	55	Mildenhall		39:02.62	Suffolk	East
4	Nigel HALFORD	58	Flitwick		39:23.08	Bedfordshire	East

MENS 60 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Simon DOVE	60	Flitwick		40:20.13	Bedfordshire	East

MENS Para Result

Place	Name	AaD	Club	Cat	Time		
1	James GARRY	17	Mildenhall	9	48:58.12	Suffolk	East

WOMENS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Lisa LEINEMANN	12	Chelmsford		26:13.23	Essex	East
2	Amelie CRABB	12	teamipswich		26:30.18	Suffolk	East
3	Grace GREENHALF	12	Co Norwich		26:51.06	Norfolk	East
4	Mabel GIGG	12	Co Norwich		27:26.61	Norfolk	East
5	Olivia SKITTRELL	12	West Norfolk		27:44.39	Norfolk	East
6	Lyla HOWARD	12	Team Luton		27:46.57	Bedfordshire	East
7	Skye CARTER	12	Basildon Ph		27:50.72	Essex	East
8	Sophia THOMAS	12	Co Norwich		27:55.21	Norfolk	East
9	Amelia DIBBLE	12	Gt Yarmouth		28:07.03	Norfolk	East
10	Maisie WILLIAMS	12	Canvey Isl		28:58.43	Essex	East
11	Heidi BRUGGRABER	12	Co Cambridge		29:02.59	Cambridgshire	East
12	Megan BARKER	12	West Suffolk		29:07.10	Suffolk	East
13	Amara ADDISON	12	Norwich Swan		29:28.08	Norfolk	East
14	Amy MILBURN	12	Colchester		32:30.85	Essex	East

WOMENS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Francesca BABER	13	C Beds SS		25:44.74	Bedfordshire	East
2	Esmie KIDMAN	13	West Norfolk		26:01.36	Norfolk	East
3	Macy DEXTER	13	Co Cambridge		27:20.64	Cambridgeshire	East
4	Heather MANN	13	Stevenage		27:42.36	Hertfordshire	East
5	Olivia CHURCH	13	Basildon Ph		27:46.09	Essex	East
6	Anna-Lucia FENNER	13	Basildon Ph		27:58.31	Essex	East
7	Kiera TURNER	13	Lstof & OB		28:08.50	Suffolk	East
8	Phoebe THORN	13	Flitwick		28:49.24	Bedfordshire	East
9	Charlotte WILLIAMS	13	Cheshunt		29:00.23	Hertfordshire	East
10	Abigayle NICHOLLS	13	Co Norwich		29:27.88	Norfolk	East
11	Isabel COLLINS	13	Bo Southend		29:34.77	Essex	East
12	Sydney SMITH	13	Co Cambridge		29:37.73	Cambridgeshire	East
13	Grace MASON	13	Bishop Stort		30:09.52	Hertfordshire	East
14	Amber MONTGOMERY	13	Norwich Swan		31:39.13	Norfolk	East
15	Sophie DOIG	13	West Norfolk		33:22.68	Norfolk	East
16	Robyn HARTLEY	13	Hatfield		33:32.81	Hertfordshire	East
17	Paige WALKER	13	Flitwick		33:34.54	Bedfordshire	East
18	Jodie-Lie COOPER	13	Mildenhall		33:54.79	Suffolk	East
	Natalie CLAXTON	13	Norfolk Vikg	DNF		Norfolk	East

WOMENS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Bryony EDGINGS	14	Thurrock		25:57.46	Essex	East
2	Elizabeth CRUDGINGTON	14	Southend		27:50.93	Essex	East
3	Sophia ROUGHSEGE	14	West Suffolk		28:34.07	Suffolk	East
4	Rosie HENN	14	Braintree		28:44.52	Essex	East
5	Ella LAUDER	14	Southend		28:53.07	Essex	East
6	Caitlin CARNACHAN	14	Co Cambridge		28:56.55	Cambridgeshire	East
7	Eloisa MILLER	14	C Beds SS		29:02.97	Bedfordshire	East
8	Olivia LYDON	14	Royston		29:14.74	Hertfordshire	East
9	Zara FALLON	14	Team Luton		29:34.87	Bedfordshire	East
10	Shannon RYALL	14	Flitwick		29:45.41	Bedfordshire	East
11	Isabel SHORT	14	Hoddesdon		30:21.44	Hertfordshire	East
12	Emilia TALBOT	14	Newmarket		31:06.70	Suffolk	East
13	Janie HAMPTON	14	Rochford		33:35.24	Essex	East
14	Bethan WALL	14	Royston		35:34.43	Hertfordshire	East

WOMENS 15/16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Madelyn LATIMER-HICKS	15	St Felix Sch		26:02.09	Suffolk	East
2	Rhearna MASON	16	C Beds SS		26:42.24	Bedfordshire	East
3	Rebecca SMITH	16	Norwich Swan		27:12.68	Norfolk	East
4	Maggie WYPER	16	Hoddesdon		27:27.24	Hertfordshire	East
5	Milly OGDEN	15	Dereham		27:32.18	Norfolk	East
6	Frances MANN	15	Stevenage		28:45.39	Hertfordshire	East
7	Martha BREWER	16	teamipswich		30:04.53	Suffolk	East
8	Abigail STAFF	15	Norwich Swan		30:25.03	Norfolk	East
9	Alice NELSON	15	Co Norwich		30:38.42	Norfolk	East
10	Freya HILSDEN	16	Bushey		32:35.16	Hertfordshire	East
11	Eleni BRINKLEY	16	Sudbury		32:39.44	Suffolk	East
12	Millie GEE	15	Sudbury		32:45.48	Suffolk	East
13	Rachel ALBONE	15	Royston		34:43.66	Hertfordshire	East
14	Alice PAGE	15	West Norfolk		37:51.04	Norfolk	East
15	Georgia HINDS-DUTTON	16	Colchester		39:45.05	Essex	East

WOMENS 17/19 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Heather MILLS	18	Norwich Swan		27:57.11	Norfolk	East
2	Kirsty GOOCH	19	Biggleswade		28:18.16	Bedfordshire	East
3	Ruby WATSON	17	Colchester		37:07.30	Essex	East

WOMENS 20/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Olivia LILLYWHITE	23	Biggleswade		28:11.79	Bedfordshire	East
2	Kimberley STOKES	23	St Neot Swan		30:53.80	Cambridgeshire	East
3	Kayleigh VENABLES	20	West Norfolk		32:54.59	Norfolk	East
4	Jemma GARRY	20	Mildenhall		40:13.19	Suffolk	East

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Emmeline VINCENT	31	East Anglian		35:25.02	Norfolk	East

WOMENS 40/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Jo MITCHINSON	40	Stevenage		26:01.69	Hertfordshire	East
2	Daniella HARRISON	47	Potters Bar		28:20.19	Hertfordshire	East
3	Rebecca HARTLEY	44	Hatfield		33:13.28	Hertfordshire	East
4	Alice BARNES	48	Royston		33:14.56	Hertfordshire	East
5	Caroline GRIFFIN	46	Potters Bar		35:02.19	Hertfordshire	East

WOMENS 60 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat	Time		
1	Jeannie MORLEY	63	Mildenhall		42:47.32	Suffolk	East

**EVENT 4 5k Freestyle****MENS 13/14 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time		
1.	Mark MILBURN	14	Colchester	1:16:27.9	Essex	East
2.	Charles ROYLE	14	Bo Southend	1:18:31.4	Essex	East

**MENS 15 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time		
1.	Jacob LAWRENCE	15	Co Cambridge	1:16:54.5	Cambridgeshire	East
2.	Adam HOLMES	15	Flitwick	1:20:39.6	Bedfordshire	East

**MENS 16 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time		
1.	Samuel ROSE	16	West Norfolk	1:08:04.5	Norfolk	East
2.	Joshua THURSTON-WOOLNO	16	Beccles Town	1:08:49.3	Suffolk	East
3.	Callum STEDMAN	16	West Norfolk	1:09:30.1	Norfolk	East
4.	Saric LEWINGTON	16	Hatfield	1:11:15.4	Hertfordshire	East
5.	Matthew NEWSON	16	Co Peterboro	1:12:20.2	Cambridgeshire	East
6.	Alfie WILLIAMS	16	Canvey Isl	1:13:34.3	Essex	East

**MENS 17/18 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time		
1.	Henry PEARCE	17	Co Peterboro	1:01:23.8	Cambridgeshire	East
2.	Jamie MCCAFFRAY	18	Modernian	1:02:04.7	Bedfordshire	East
3.	Matthew ROTHWELL	17	Co Peterboro	1:06:16.6	Cambridgeshire	East
4.	Joe FLETCHER	17	Stowmarket	1:10:21.1	Suffolk	East
5.	Harry SAUNDERS	17	Newmarket	1:10:53.5	Suffolk	East
6.	Jake LAMMAS	18	West Norfolk	1:10:56.4	Norfolk	East
7.	Ethan SUTTON	17	Watford SC	1:11:43.4	Hertfordshire	East
8.	Daniel THURSTON-WOOLNO	18	Beccles Town	1:13:48.0	Suffolk	East
9.	James IRVINE	17	Watford SC	1:18:49.0	Hertfordshire	East
10.	Cameron CLARK	18	Bushey	1:25:28.0	Hertfordshire	East

**MENS 19 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time		
1.	Ben HARRISON	19	Potters Bar	1:02:54.8	Hertfordshire	East
2.	Myles TURNER	19	West Suffolk	1:04:43.7	Suffolk	East
3.	Joel JORDAN	19	March	1:29:31.8	Cambridgeshire	East

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

Place	Name	AaD	Club	Time		
1.	Christopher GREENHALGH	23	West Suffolk	1:05:05.4	Suffolk	East
2.	Samuel EVERY	20	Gt Yarmouth	1:11:02.5	Norfolk	East

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

Place	Name	AaD	Club	Time		
1.	Owen BIRD	27	Putteridge	1:13:39.8	Bedfordshire	East
2.	Douglas ANDREW	27	East Anglian	1:19:13.2	Norfolk	East
3.	Oliver CARRINGTON	25	Watford SC	1:22:17.2	Hertfordshire	East

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

Place	Name	AaD	Club	Time		
1.	Robert MILBURN	46	Colchester	1:16:26.1	Essex	East
2.	James TATTERSALL	44	Dereham	1:30:32.3	Norfolk	East

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

Place	Name	AaD	Club	Time		
1.	Iain JOHNSTON	55	Newmarket	1:23:23.8	Suffolk	East
2.	Adam LELEAN	57	Diss Otters	1:24:12.5	Norfolk	East
3.	James ADCOCK	51	Co Norwich	1:25:41.1	Norfolk	East
4.	Mark TUCKER	57	SE Temp 2	1:29:56.2	N/A	N/A

MENS 60 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Ian MURRAY	62	Flitwick	1:31:41.6	Bedfordshire	East
2.	Nicholas HUNT	63	Chelmsford	1:36:48.2	Essex	East
3.	Michael READ	78	Sudbury	1:54:22.7	Suffolk	East

WOMENS 13/14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Jessica WARNE	14	Watford SC	1:18:11.1	Hertfordshire	East
2.	Molly TATTERSALL	14	Dereham	1:18:59.8	Norfolk	East
3.	Ruby FERRANT	14	Bo Southend	1:19:50.5	Essex	East
4.	Hannah JORDAN	14	March	1:31:04.9	Cambridgshire	East
5.	Destiny CARNELL	14	Watford SC	1:31:20.1	Hertfordshire	East
6.	Rutendo MUSKETT	14	Bo Southend	1:36:14.1	Essex	East

WOMENS 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Abbie BARNWELL	16	Team Luton	1:08:38.4	Bedfordshire	East
2.	Lauren YOUNG	16	Flitwick	1:10:28.7	Bedfordshire	East
3.	Lucie PECK	16	West Norfolk	1:11:40.9	Norfolk	East
4.	Ella BRAY	16	Norwich Swan	1:12:17.7	Norfolk	East
5.	Eleanor MASON	16	Bishop Stort	1:14:30.4	Hertfordshire	East
6.	Lara FAHY	16	Hoddesdon	1:15:34.2	Hertfordshire	East
7.	Caitlin HINE	16	Watford SC	1:20:51.4	Hertfordshire	East
8.	Molly MCGOWEN	16	March	1:25:49.7	Cambridgshire	East
9.	Charlotte JOYCE	16	Flitwick	1:28:36.4	Bedfordshire	East
10.	Ciara MASON	16	March	1:30:06.4	Cambridgshire	East

WOMENS 17/18 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Tia WILSON	17	Modernian	1:08:32.9	Bedfordshire	East
2.	Billie GRANT	17	Hatfield	1:09:02.4	Hertfordshire	East
3.	Tilly ANEMA	18	Co Norwich	1:11:29.4	Norfolk	East
4.	Joseph READ	17	West Norfolk	1:14:21.7	Norfolk	East
5.	Emma BOOST	17	Flitwick	1:14:35.8	Bedfordshire	East
6.	Alice NEWNHAM-STEBBING	17	Lstof & OB	1:17:34.7	Suffolk	East
7.	Naomi BOOTS	17	Lstof & OB	1:18:56.5	Suffolk	East
8.	Holly ROBBINS	17	West Suffolk	1:23:30.5	Suffolk	East

WOMENS 19 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Chantal SMITH	19	Team Luton	1:10:24.0	Bedfordshire	East

WOMENS 20/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Daisy HILL	20	Co Norwich	1:06:32.5	Norfolk	East
2.	Bethan MCELROY	21	Bo Southend	1:19:59.5	Essex	East

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Jessica HILL	26	Co Ely	1:29:04.9	Cambridgshire	East

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Christy CURTIS	39	Mildenhall	1:27:27.7	Suffolk	East

WOMENS 40/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Sarah HEMPENSTALL	41	Elmbridge	1:16:10.4	SRYQ	S

WOMENS 50/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Silvia FERDIN	54	Co Cambridge	1:14:28.7	Cambridgshire	East
2.	Annie WILSON	57	SE Temp 2	1:22:56.7	N/A	N/A