

Age	Place achieved at Regionals	Given Name	Family Name	Club	Race
12	1	Zach	Montgomery	Norwich Swan	2km
12	2	Alexander	Gayton	Teamipswich	2km
12	3	Felipe	Irvine	Watford SC	2km
13	1	Jamie	Wilson	West Norfolk SC	2km
13	2	Toby	Lashmar	Basildon & Phoenix SC	2km
13	3	Berkley	Barnicoat	Modernian SC	2km
14	1	Daniel	Williams	Hatfield SC	3km
14	2	Ben	Every	St Felix School SC	3km
14	3	Romanos	Hiotis-Sklaver	Hatfield SC	3km
15	1	Ryan	Wall	City of Cambridge SC	3km
15	2	Patch	Robinson	Teamipswich	3km
15	3	Ben	Howlett	Teamipswich	3km
16	1	Daniel	McGuinness	Basildon & Phoenix SC	5km
16	2	Daniel	Moyses	City of Peterborough SC	5km
16	3	James	Peacock	City of Peterborough SC	5km
17/18	1	Mark	Milburn	Colchester SC	5km
17/18	2	Jack	Pallant	Team Waveney SC	5km
17/18	3	Ryan	Roberts	Putteridge SC	5km
19+	1	Myles	Turner	West Suffolk SC	5km
19+	2	Oliver	Hogan	Borough of Southend SC	5km
19+	3	Lewis	Archer	Halstead SC	5km

Age	Place achieved at Regionals	Given Name	Family Name	Club	Race
12	1	Zoe	Watson	Canvey Island SC	2km
12	2	Amelia	Fenner	Basildon & Phoenix SC	2km
12	3	Lydia	Newell	Brentwood SC	2km
13	1	chloe	Barnard	Basildon & Phoenix SC	2km
13	2	Anabelle	Kett	City of Peterborough	2km
13	3	Eveline	Gaydon	Teamipswich	2km
14	1	Lily	Farr	Flitwick Dolphins SC	3km
14	2	Wiktorja	Marcinek	West Norfolk SC	3km
14	3	Prisha	Tapre	Watford SC	3km
15	1	Lisa	Leinemann	Chelmsford City SC	3km
15	2	Lyla	Howard	Team Luton SC	3km
15	3	Amelie	Crabb	Teamipswich	3km
16	1	Esmie	Kidman	West Norfolk SC	5km
16	2	Meisha	Trend-Evans	Bishop's Stortford SC	5km
16	3	Olivia	Church	Thurrock SC	5km
17/18	1	Ella	Turner	Basildon & Phoenix SC	5km
17/18	2	Madelyn	Latimer-Hicks	St Felix School SC	5km
17/18	3	Ruby	Greenhalf	City of Norwich SC	5km
19+	1	Sacha	Thomas	City of Norwich SC	5km
19+	2	Jo	Mitchinson	Team Luton SC	5km

19+	3	Abbie	Barnwell	Team Luton SC	5km
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