

EVENT 4 5K**WOMANS 13/14 Yrs Age Group - Full Results**

Place	Time	Name	Age	Club	Region	County
1	01:29:57.273	Keira Martin	14	Canvey Island	East	Essex

WOMANS 15 Yrs Age Group - Full Results**WOMANS 16 Yrs Age Group - Full Results**

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:11:43.897	Esmie Kidman	16	West Norfolk	East	Norfolk
2	01:12:57.370	Meisha Trend-Evans	16	Bishops Stortford	East	Hertfordsh
3	01:14:13.683	Olivia Church	16	Thurrock	East	Essex
4	01:14:23.160	Anna-Lucia Fenner	16	Basildon Ph	East	Essex
5	01:21:04.800	Phoebe Thorn	16	Flitwick Dolphins	East	Bedfordsh
6	01:25:42.040	Paige Walker	16	Flitwick Dolphins	East	Bedfordsh
7	01:29:57.000	Grace Mason	16	Bishop's Stortford	East	Hertfordsh

WOMANS 17/18 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:10:46.293	Ella Turner	17	Basildon Ph	East	Essex
2	01:11:31.657	Madelyn Latimer-Hicks	18	St Felix Sch	East	Suffolk
3	01:13:04.020	Ruby Greenhalf	17	Co Norwich	East	Norfolk
4	01:13:35.870	Charlotte Tree	18	Colchester	East	Essex
5	01:14:39.027	Emily Haslam	18	Co Norwich	East	Norfolk
6	01:17:21.503	Katy Coleman	18	North Norfolk Vikings	East	Norfolk
7	01:18:59.000	Jemima Tuffnell	17	Co Peterborough	East	Cambridg
8	01:24:15.433	Olivia Lydon	17	Royston	East	Hertfordsh
9	01:36:40.423	Felicity Carnell	17	Berkhamsted	East	Hertfordsh
10	01:39:05.557	Bethan Wall	17	Royston	East	Hertfordsh

WOMANS 19 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:07:01.147	Sacha Thomas	19	Co Norwich	East	Norfolk
2	01:12:36.657	Abbie Barnwell	19	Team Luton	East	Bedfordsh
3	01:14:37.387	Charlotte Harris	19	Maldon Sharks	East	Essex
4	01:19:04.663	Eleanor Mason	19	Co Cambridge	East	Cambridg

WOMANS 20/24 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:17:26.687	Evie Anema	22	Co Cambridge	East	Cambridg
2	01:23:04.610	Bethan McElroy	24	Bo Southend	East	Essex
3	01:40:38.087	Hannah McElroy	22	Bo Southend	East	Essex

WOMANS 25/29 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:15:22.243	Georgina Quayle	28	Co Cambridge	East	Cambridg
2	01:20:13.397	Emma Wheeler	26	Deben	East	SSuffolk

3 01:33:26.660 Rosa Chrystie-Lowe 26 Co Norwich East Norfolk

WOMANS 30/34 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:20:47.007	Gemma Cannon	30	Felixstowe Waves	East	Suffolk
2	01:23:21.273	Sarah Osborne	32			

WOMANS 35/39 Yrs Age Group - Full Results

WOMANS 40/49 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:11:39.137	Jo Mitchinson	43	Team Luton	East	Bedfordsh
2	01:51:18.187	Jacqui White	49	TRISudbury	East	Suffolk

WOMANS 50/59 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:36:48.247	Kerry Ann Wilkins	51	Thurrock	East	Essex

WOMANS 60+ Yrs Age Group - Full Results

MENS 13/14 Yrs Age Group - Full Results

MENS 15 Yrs Age Group - Full Results

MENS 16 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:05:36.603	Daniel McGuinness	16	Basildon Ph	East	Essex
2	01:06:19.130	Daniel Moses	16	Co Peterborough	East	Cambridg
3	01:08:07.140	James Peacock	16	Co Peterborough	East	Cambridg
4	01:08:35.977	Thomas Ford	16	Basildon Ph	East	Essex
5	01:09:47.343	Ben Minister	16	Thurrock	East	Essex
6	01:13:39.773	Daniel Kendall	16	Co Ely	East	Cambridg
7	01:14:47.337	Daniel Grimmer	16	West Norfolk	East	Norfolk
8	01:19:09.000	Nedas Tkacenko	16	West Norfolk	East	Norfolk

MENS 17/18 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:05:08.013	Mark Milburn	17	Colchester	East	Essex
2	01:06:17.657	Jack Pallant	18	Team Waveney	East	Suffolk
3	01:09:43.267	Ryan Roberts	17	Putteridge	East	Bedfordsh
4	01:10:40.230	Matthew Riddle	17	Thurrock	East	Essex
5	01:14:59.470	Charles Boldock	18	Halstead	East	Essex

MENS 19 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:08:48.163	Oliver Hogan	19	Bo Southend	East	Essex

MENS 20/24 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:04:58.987	Myles Turner	22	West Suffolk	East	Suffolk
2	01:14:58.363	Ben Allen	20	West Suffolk	East	Suffolk

MENS 25/29 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:09:23.247	Lewis Archer	25	Halstead	East	Essex
2	01:19:03.997	Thomas Allen	26	Flitwick Dolphins	East	Bedfordsh
3	01:55:50.313	Michael Chun Chi Tsan	29			

MENS 30/34 Yrs Age Group - Full Results

MENS 35/39 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:11:48.700	Adam Young	37	West Suffolk	East	Suffolk
2	01:13:27.253	Chris Barlow	39	Newmarket	East	Suffolk
3	01:22:29.587	Matthew Ridout	35	Dunstable	East	Bedfordsh
4	01:42:36.000	Dan Hagen	38	Bo Southend	East	Essex

MENS 40/49 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:23:23.560	Rob Milburn	49	Chelmsford City	East	Essex
2	01:24:07.377	Simon Lashmar	48	Basildon Ph	East	Essex
3	01:33:21.000	Stephen Smith	43	Co Cambridge	East	Cambridg
4	01:44:13.827	Rafal Marcinek	45	West Norfolk	East	Norfolk

MENS 50/59 Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:30:28.827	Jeremy Clipstone	56			
2	01:38:39.180	Colin Brown	57			

MENS 60+ Yrs Age Group - Full Results

Place	Time	Name	Age as at 31st	Club	Region	County
1	01:58:13.697	Andrew Wright	65	Stowmarket	East	Suffolk

hire

hire
hire
hire

eshire
hire
hire
hire

hire

eshire

eshire

eshire

ire

eshire
eshire

eshire

ire

ire

ire

eshire