

EVENT 1 3Km**Wave 1 wearing GREEN hats**

Distance	Wave No.	Name	Surname	Age	Club	Gender	Cat	Region	County	Hat No.
3K	1	Adithya	Bangera	14	Epping For't	O/M		East	SE Essex	1
3K	1	Tom	Barber	14	Team Waveney	O/M		East	SE Suffolk	2
3K	1	Edward	Beard	14	Verulam	O/M		East	SE Hertfordshire	3
3K	1	Lewis	Borgognoni	14	Co Peterboro	O/M		East	SE Cambridgeshire	4
3K	1	Noah	Buchan	14	Co Norwich	O/M		East	SE Norfolk	5
3K	1	Constantine	Calliafas	14	Watford SC	O/M		East	SE Hertfordshire	201
3K	1	Sam	Farhi	14	Hatfield	O/M		East	SE Hertfordshire	6
3K	1	Tennyson	Jordan	14	Hitchin	O/M		East	SE Hertfordshire	7
3K	1	Archie	McClure	14	March	O/M		East	SE Cambridgeshire	8
3K	1	Byron	Miller	14	Colchester	O/M		East	SE Essex	202
3K	1	Fox	O'Hart	14	Bo Southend	O/M		East	SE Essex	9
3K	1	James	O'Toole	14	Co Norwich	O/M		East	SE Norfolk	10
3K	1	Alexander	Pashley	14	Co Ely	O/M		East	SE Cambridgeshire	11
3K	1	Jacob	Schultz	14	Co Cambridge	O/M		East	SE Cambridgeshire	203
3K	1	Luke	Toland	14	Flitwick	O/M		East	SE Bedfordshire	12
3K	1	Jacob	Wild	14	Newmarket	O/M		East	SE Suffolk	13
3K	1	Ethan	Woolsey	14	St Neot Swan	O/M		East	SE Cambridgeshire	14
3K	1	Bodhi	Beckett	15	Hitchin	O/M		East	SE Hertfordshire	204
3K	1	Henry	Carter	15	Co Cambridge	O/M		East	SE Cambridgeshire	15
3K	1	Tristan	De Belligny	15	Witham Dolph	O/M		East	SE Essex	16
3K	1	Leo	Dowden	15	Leighton Buz	O/M		East	SE Bedfordshire	17
3K	1	Santiago	Fletcher	15	Co Cambridge	O/M		East	SE Cambridgeshire	18
3K	1	Conor	Gavin	15	Watford SC	O/M		East	SE Hertfordshire	205
3K	1	Alexander	Gaydon	15	Chelmsford	O/M		East	SE Essex	206
3K	1	Percy	Goldstone	15	Woodham F SC	O/M		East	SE Essex	19

3K	1	George	Heather	15	Co Peterboro	O/M	East	SE Cambridgeshire	20
3K	1	Felipe	Irvine	15	Watford SC	O/M	East	SE Hertfordshire	207
3K	1	Eddie	Martin	15	Halstead	O/M	East	SE Essex	21
3K	1	Oliver	Meier	15	Biggleswade	O/M	East	SE Bedfordshire	22
3K	1	Attila	Mozes	15	Deben	O/M	East	SE Suffolk	23

Wave 2 waering YELLOW hats

3K	2	Megan	Barnicoat	14	Co Peterboro	F	East	SE Cambridgeshire	30
3K	2	Lucia	Day	14	Team Luton	F	East	SE Bedfordshire	31
3K	2	Connie	Flitton	14	Dunstable	F	East	SE Bedfordshire	32
3K	2	Madison	Hicks	14	West Norfolk	F	East	SE Norfolk	33
3K	2	Freya	Hill	14	New Hall	F	East	SE Essex	34
3K	2	Alyssia	Howard	14	Halstead	F	East	SE Essex	35
3K	2	Sara	Kelly	14	Colchester	F	East	SE Essex	209
3K	2	Clara	Leon	14	Putteridge	F	East	SE Bedfordshire	36
3K	2	Anna	Regan	14	Bo Southend	F	East	SE Essex	37
3K	2	Jeslene	Sandhu	14	Epping For't	F	East	SE Essex	38
3K	2	Elena	Simmons	14	Co Cambridge	F	East	SE Cambridgeshire	39
3K	2	Amelie	Stevenson	14	Co Peterboro	F	East	SE Cambridgeshire	40
3K	2	Isla	Thorn	14	Team Waveney	F	East	SE Suffolk	41
3K	2	Bella	Waite	14	Verulam	F	East	SE Hertfordshire	42
3K	2	Ayla	Zolfaghari	14	Epping For't	F	East	SE Essex	43
3K	2	Melissa	Attwell	15	Hertford	F	East	SE Hertfordshire	44
3K	2	Elizabeth	Balaam	15	Bishop Stort	F	East	SE Hertfordshire	45
3K	2	Willow	Bentley-Greaves	15	Hertford	F	East	SE Hertfordshire	46
3K	2	Nicole	Cashin	15	Putteridge	F	East	SE Bedfordshire	47
3K	2	Emma	Cushion	15	Co Peterboro	F	East	SE Cambridgeshire	48
3K	2	Isabel	Forrest	15	New Hall	F	East	SE Essex	49

3K	2	Nicole	Grizenkova	15	Hatfield	F	East	SE Hertfordshire	50
3K	2	Freya	Gyselings	15	Co Peterboro	F	East	SE Cambridgeshire	51
3K	2	Charlotte	Jenkinson	15	Co Peterboro	F	East	SE Cambridgeshire	52
3K	2	Daisy	Jubb	15	Co St Albans	F	East	SE Hertfordshire	53
3K	2	Emogene	Kent-Jackson	15	Halstead	F	East	SE Essex	54
3K	2	Megan	McKay	15	Leighton Buz	F	East	SE Bedfordshire	55
3K	2	Devon	O'Neil	15	Co Peterboro	F	East	SE Cambridgeshire	56
3K	2	Cassandra	Pereira	15	Watford SC	F	East	SE Hertfordshire	210
3K	2	Tara	Shah	15	Hatfield	F	East	SE Hertfordshire	211
3K	2	Matilda	Stacey	15	Bo Southend	F	East	SE Essex	57
3K	2	Isla	Stewart	15	Co Peterboro	F	East	SE Cambridgeshire	58
3K	2	Amber	Tight	15	Flitwick	F	East	SE Bedfordshire	59
3K	2	Anastasja	Wall	15	Dereham	F	East	SE Norfolk	60
3K	2	Zoe	Watson	15	Basildon Ph	F	East	SE Essex	61

Wave 3 wearing WHITE hats

3K	3	Lucas	Day	16	Rochford	O/M	S8	East	SE Essex	65
3K	3	Vladut	Dragomir	16	Thurrock	O/M		East	SE Essex	66
3K	3	Charles	Stock	16	St Felix Sch	O/M		East	SE Suffolk	67
3K	3	Joshua	Coles	17	Co Peterboro	O/M		East	SE Cambridgeshire	68
3K	3	Jacob	Dessoy	17	Runnymede	O/M		East	SE Essex	69
3K	3	Joseph	Finnerty	17	Linslade	O/M		East	SE Bedfordshire	70
3K	3	Matthew	Fraser	17	Putteridge	O/M		East	SE Bedfordshire	71
3K	3	Edward	Murray	17	West Norfolk	O/M		East	SE Norfolk	72
3K	3	Oliver	Street	17	Linslade	O/M		East	SE Bedfordshire	73
3K	3	Myles	Turner	25	West Suffolk	O/M		East	SE Suffolk	74
3K	3	Shane	Coulson	31	Hemel Hemp	O/M		East	SE Hertfordshire	75
3K	3	James	Dawes	40	Flitwick	O/M		East	SE Bedfordshire	76

3K	3	Adam	Young	40	West Suffolk	O/M	East	SE Suffolk	77
3K	3	Jamie	Tape	43	Bo Southend	O/M	East	SE Essex	78
3K	3	Jason	Mellors	46	Co St Albans	O/M	East	SE Hertfordshire	79
3K	3	Peter	Gleed	47	South Beds	O/M	East	SE Bedfordshire	80
3K	3	Paul	Meyler	47	Watford SC	O/M	East	SE Hertfordshire	208
3K	3	Christopher	Beard	49	Verulam	O/M	East	SE Hertfordshire	81
3K	3	Francois	Swanepoel	52	Epping For't	O/M	East	SE Essex	82
3K	3	Matthew	Rafiq-Craske	54	Hemel Hemp	O/M	East	SE Hertfordshire	83
3K	3	Richard	Hadfield	56	Verulam	O/M	East	SE Hertfordshire	84
3K	3	Simon	Buchan	57	Co Norwich	O/M	East	SE Norfolk	85
3K	3	David	Wright	64	Team Luton	O/M	East	SE Bedfordshire	86

Wave 4 wearing PINK hats

3K	4	Daisy	Turp-Daws	16	Halstead	F	East	SE Essex	90
3K	4	Lauren	King	17	Royston	F	East	SE Hertfordshire	91
3K	4	Poppy	Peebles	17	West Norfolk	F	East	SE Norfolk	92
3K	4	Amelia	Saunders	17	Norwich Swan	F	East	SE Norfolk	93
3K	4	Eliza	Swanepoel	17	Epping For't	F	East	SE Essex	94
3K	4	Prisha	Tapre	17	Watford SC	F	East	SE Hertfordshire	95
3K	4	Olivia	Parr	18	Co Cambridge	F	East	SE Cambridgeshire	212
3K	4	Lucy	Buckingham	19	Team Luton	F	East	SE Bedfordshire	96
3K	4	Rosie	Hadfield	19	Verulam	F	East	SE Hertfordshire	97
3K	4	Sophie	Parkins	19	teamipswich	F	East	SE Suffolk	98
3K	4	Phoebe	Thorn	19	Flitwick	F	East	SE Bedfordshire	99
3K	4	Olivia	Lydon	20	Co Cambridge	F	East	SE Cambridgeshire	213
3K	4	Emily	Tatam	22	Basildon Ph	F	East	SE Essex	100
3K	4	Sophie	Hadfield	24	Verulam	F	East	SE Hertfordshire	101
3K	4	Fiona	Westcough	28	Stevenage	F	East	SE Hertfordshire	214

3K	4	Sarah-Louise Clarke		31	British Army	F			215
3K	4	Emily	Summers	44	St Albans Ma	F	East	SE Hertfordshire	102
3K	4	Edwige	Fortier	50	Hemel Hemp	F	East	SE Hertfordshire	103
3K	4	Julie	Scott	52	Co Cambridge	F	East	SE Cambridgeshire	104
3K	4	Tracy	Dodds	55	West Norfolk	F	East	SE Norfolk	105
3K	4	Josephine	Cresswell	57	East Anglian	F	East	SE Norfolk	106
3K	4	Hilary	Coulson	58	Hemel Hemp	F	East	SE Hertfordshire	216
3K	4	Lorraine	Rate	67	Clacton SC	F	East	SE Essex	107