

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

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

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

Place	Name	AaD	Club	Cat	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	Lstof & 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	Lstof & 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	Lstof & OB		DNF

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

Place	Name	AaD	Club	Cat	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	Cat	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		0:14:02.90

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

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

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

Place	Name	AaD	Club	Cat	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	Cat	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	Lstoft & 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		0:13:28.53
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	Lstoft & 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

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

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

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

Place	Name	AaD	Club	Cat	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		0:13:34.35
11	Megan SWANN	14	Lstoft & 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	Cat	Time
1	Lauren WATT	15	Newmarket		11:09.1
2	Caitlin WATSON-DOTCHIN	15	Basildon Ph		11:11.2
3	Heather MILLS	15	Norwich Swan		11:51.3
4	Charlotte ALLEN	16	West Suffolk		12:24.9
5	Rhiannon LOUTIT	15	Co Peterboro		13:01.0
6	Erika DENMAN	16	Chatteris		13:43.6
7	Isabel CRESSWELL	15	Norwich Swan		13:52.4
8	Grace HIGGINS	15	Co Ely		14:01.1

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

Place	Name	AaD	Club	Cat	Time
1	Elise SORRELL	18	West Norfolk		11:15.4
2	Katie MALONEY	19	Norwich Swan		11:56.1

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

## 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 WILD	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	Lstof & 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	Lstof & OB		21:54.20
14	Oliver SIMPSON	15	Lstof & 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

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

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

### MENS 17/19 Yrs Age Group - Full Results (Cont.)

Place	Name	AaD	Club	Cat	Time
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		0:25:38.99

### 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

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

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

### 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		0:20:30.07
6	Jennifer READ	14	West Norfolk		0:20:31.22
7	Jade GOODE	13	Co Peterboro		20:38.2
8	Mackenzie WHYATT	14	Co Peterboro		20:59.0
9	Lucie PECK	13	West Norfolk		21:04.7
10	Emma SHOOBERT	14	Mid Beds		21:09.6
11	Georgia PURKIS	14	Hemel Hemp		21:16.5
12	Madeleine CHAMBERS	16	St Felix Sch		21:19.2
13	Erin LEE	14	Basildon Ph		21:23.8
14	Katy CHAMBERS	14	St Felix Sch		21:26.6
15	Ellie WALKER	12	UEA Norwich		21:38.3
16	Jessica KEOGH	12	Team Luton		21:48.3
17	Ella BRAY	13	Norwich Swan		21:48.8
18	Amy COLEMAN	15	Co Cambridge		21:53.3
19	Olivia MILLER	14	Norwich Swan		21:55.0
20	Lucy BAILEY	14	Rochford		22:09.0
21	Fleur HINES	13	Watford SC		22:09.5
22	Gemma BOOTH	14	Newmarket		22:12.1
23	Rachael JOHNSON	14	West Norfolk		22:13.5
24	Hannah O'CONNOR	13	West Suffolk		22:16.8
25	Rebecca SMITH	13	Norwich Swan		22:18.4
26	Amber HEAD	14	Rochford		22:20.5
27	Caitlin KING	15	Lstof & OB		23:00.8
28	Phoebe CROSS	13	Leiston		23:20.1
29	Ella FARNSWORTH	14	West Norfolk		23:23.6
30	Ciara GILL-RYAN	14	Newmarket		23:26.2
31	Alice IRELAND	15	West Norfolk		23:29.4
32	Kassie KING	13	Lstof & OB		23:33.4
33	Naomi BOOTS	14	Lstof & OB		23:33.9
34	Rachel HARRIS	15	Maldon Shark		24:02.4
35	Hannah LOKE	15	Norwich Swan		24:03.4
36	Katie TOMPKINS	16	Flitwick		24:06.0
37	Rose BECKMANN	13	Co Ely		24:31.6
38	Kathryn SKAZICK	16	Lstof & OB		24:33.0
39	Olivia FOWLER	13	Flitwick		24:38.8
40	Isabel SANSOM	14	Berkhamsted		24:43.4
41	Lily CALVER	13	UEA Norwich		24:44.3
42	Caitlin HARTLEY	12	Hatfield		24:57.6
43	Katie HOWLETT	14	Lstof & OB		24:59.5
44	Rosie BATT	12	Cheshunt		25:11.1
45	Jennifer RIDDLE	13	Bo Southend		25:51.5
46	Libby TRAYLING	15	Harpenden		26:05.5

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

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

### WOMENS 12/16 Yrs Age Group - Full Results (Cont.)

Place	Name	AaD	Club	Cat	Time
47	Grace WIBBERLEY	14	Lstof & OB		26:06.7
48	Tara DAYNES	14	Norwich Swan		26:14.9
49	Gemma WELBOURN	15	Mildenhall		26:24.1
50	Jessica ROBERTSON	12	Co St Albans		26:51.6
51	Gemma MCGOWEN	15	March		26:56.2
52	Lillia THOMPSON	13	Flitwick		27:09.8
53	Madeleine KEMP	13	Canvey Isl		27:12.2
54	Tara MILLS	14	Lstof & OB		28:07.0
55	Tyra DU RIEU	12	UEA Norwich		28:47.4
56	Erica MILLS	14	Lstof & OB		31:43.8
57	Francesca PAGANUZZI	12	Co St Albans		31:44.6
58	Tilly CARTER-KITCHINGM	12	March		37:24.9
	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		23:02.5
2	Sophie DU RIEU	17	Norwich Swan		28:11.4
3	Jemma GARRY	17	Mildenhall		32:01.2

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

Place	Name	AaD	Club	Cat	Time
1	Jennifer TITTERINGTON	23	Co Cambridge		20:40.5
2	Julia YEATES	20	Co Ely		22:41.4
3	Alice THEOBALD	21	Newmarket		24:39.1

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

Place	Name	AaD	Club	Cat	Time
1	Sarah HARDIMENT	27	Co Ely		24:45.2
2	Emmeline VINCENT	28	East Anglian		27:00.7

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

Place	Name	AaD	Club	Cat	Time
1	Julie SCOTT	43	Co Cambridge		23:23.2
2	Rebecca HARTLEY	41	Hatfield		24:23.5
3	Rachel BULLINGHAM	42	West Suffolk		28:02.1
4	Judith THOMPSON	44	Flitwick		29:12.8
5	Helen DOLPHIN	41	East Anglian	5	32:23.6

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

Place	Name	AaD	Club	Cat	Time
1	Dina THORNTON	53	Sudbury		27:12.9

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

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

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

Place	Name	AaD	Club	Cat	Time
1	Jean APPLEBY	60	Sudbury		25:45.3
2	Jeannie MORLEY	60	Mildenhall		34:04.9

### WOMENS Combined Multi-Disability Result

Place	Name	AaD	Club	Cat	Time
1	Helen DOLPHIN	41	East Anglian	5	32:23.6



# ASA East Region Open Water 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		39:48.50
2	Max JELFS	15	Hatfield		39:49.90
3	Myles TURNER	16	West Suffolk		39:51.80
4	Max WILSON	16	Modernians		41:29.00
5	Harrison NEWBURY-KEMP	16	Hemel Hemp		46:08.70
6	Christopher COX	16	Hemel Hemp		46:09.00
7	Thomas CADENHEAD	14	Co St Albans		47:55.40
8	William NEAL	16	Runnymede		50:32.10
9	Leo WOOFF	14	UEA Norwich		52:08.00
10	Marcus KEMP	15	Watford SC		58:25.30
11	Conor O'BRIEN	14	Watford SC		58:33.30
12	William JOHNSON	15	Diss Otters		59:52.20

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

Place	Name	AaD	Club	Cat	Time
1	Jordan CATCHPOLE	17	UEA Norwich	14	45:53.70

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

Place	Name	AaD	Club	Cat	Time
1	Christopher GREENHALGH	20	Sudbury		39:44.80
2	Thomas ALLEN	20	Flitwick		46:45.60

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

Place	Name	AaD	Club	Cat	Time
1	David WEBSTER	38	East Anglian		51:19.80
2	Luke PAVEY	35	Norw&Thet WP		55:41.60

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

Place	Name	AaD	Club	Cat	Time
1	Duncan HARTLEY	48	Hatfield		53:55.10
2	James TATTERSALL	41	Dereham		54:12.20
3	Tony GAINES	49	Hemel Hemp		06:39.30

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

Place	Name	AaD	Club	Cat	Time
1	Phillip MOULSON	50	East Anglian		48:12.30
2	David WRIGHT	55	Team Luton		49:37.70
3	Ian MURRAY	59	Flitwick		51:26.00
4	David COX	50	Hemel Hemp		1:06:22.80

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

Place	Name	AaD	Club	Cat	Time
1	Stuart MCLELLAN	67	Sudbury		56:42.30

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

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

Place	Name	AaD	Club	Cat	Time
1	Tilly ANEMA	15	Norwich Swan		44:32.00
2	Megan KEY	15	Canvey Isl		45:04.60
3	Madeleine CHAMBERS	16	St Felix Sch		45:08.40
4	Peyton EWBANK	16	Norwich Swan		45:12.20
5	Imogen COOKE	15	UEA Norwich		46:24.30
6	Hannah MCELROY	16	Bo Southend		46:46.00
7	Evie ANEMA	16	Norwich Swan		47:28.40
8	Alice NEWNHAM-STEBBING	14	Lstof & OB		48:03.10
9	Lucy BAILEY	14	Rochford		48:08.90
10	Charlotte BAXTER	15	Linslade		50:41.80
11	Amy PEPPER	16	Asa Temp 2		53:41.80
12	Shannon NICHOLS	15	Watford SC		54:14.40
13	Rhianna PREECE	16	Colchester		55:22.10
14	Molly COEN	16	Co Cambridge		55:58.00
15	Molly MCGOWEN	13	March		58:23.10
16	Zara MOKTADIR	14	Co Cambridge		1:05:13.20

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

Place	Name	AaD	Club	Cat	Time
1	Katie SHOOBERT	17	Mid Beds		46:43.60
2	Bethany SAMPHER	17	West Suffolk		49:54.60
3	Georgia BOYD	17	Dereham		50:39.30
4	Kayleigh VENABLES	17	West Norfolk		53:50.70
5	Heather GEERS	17	Co St Albans		54:44.50
6	Catriona CADENHEAD	18	Co St Albans		55:58.80
7	Charlotte NASH	18	Co Ely		58:25.40

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

Place	Name	AaD	Club	Cat	Time
1	Ellen WILLIAMS	21	Wisbech		51:34.20
2	Georgina HALFORD	21	Flitwick		55:05.70

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

Place	Name	AaD	Club	Cat	Time
1	Laura BLOWERS	33	East Anglian		54:43.40

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

Place	Name	AaD	Club	Cat	Time
1	Melanie HOLLAND	42	UEA Norwich		50:50.40
2	Rebecca HARTLEY	41	Hatfield		54:31.80
3	Josephine CRESSWELL	48	East Anglian		55:18.90
4	Clare WATKINS	49	East Anglian		56:12.60
5	Sarah BUCHAN	40	UEA Norwich		1:03:25.10

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

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

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

Place	Name	AaD	Club	Cat	Time
1	Sharon MCLELLAN	58	Sudbury		59:46.30
2	Valerie CUMMINGS	59	St Ives		1:03:31.70
3	Angela Heide BASIT	51	Asa Temp 2		1:14:23.40

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

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

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

Place	Name	AaD	Club	Cat	Time
1	Harrison LEES	15	Watford SC		1:11:20.80
2	Steven BRIGHT	16	Watford SC		1:12:50.80
3	Tanin KURSIDIM	14	Co St Albans		1:14:17.00

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

Place	Name	AaD	Club	Cat	Time
1	Nathan WELLS	18	West Norfolk		1:02:17.50
2	Matthew WRIGHT	18	Team Luton		1:02:17.80
3	Alex PROFFITT	18	West Suffolk		1:02:20.90
4	Cavan BECK	17	Rochford		1:02:43.10
5	Joshua GRAVES	19	Co Peterboro		1:02:43.80
6	Louis HINES	19	Watford SC		1:12:45.00
7	Tom MCMAHON	17	Modernians		1:16:08.40

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

Place	Name	AaD	Club	Cat	Time
1	Christopher GREENHALGH	20	Sudbury		1:02:15.70
2	Harry CRISP	22	Norwich Swan		1:07:55.60
3	Adam TAPLEY	22	Co Cambridge		1:08:50.20

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

Place	Name	AaD	Club	Cat	Time
1	Ross WISBY	30	March		1:09:01.30

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

Place	Name	AaD	Club	Cat	Time
1	Dan GEORGESCU	37	Flitwick		1:45:50.90

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

Place	Name	AaD	Club	Cat	Time
1	Robert HAMMOND	43	UEA Norwich		1:23:16.50

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

Place	Name	AaD	Club	Cat	Time
1	Adam LELEAN	54	Diss Otters		1:19:44.50
2	Caerueh SHEWELL-COOPE	55	Potters Bar		1:21:10.00
3	Iain JOHNSTON	52	Newmarket		1:21:45.90
4	Nigel HALFORD	55	Flitwick		1:46:16.50

# ASA East Region Open Water Championships - 17<sup>th</sup> July 2016

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

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

Place	Name	AaD	Club	Cat	Time
1	Christina WILSON	16	Norwich Swan		1:10:03.70
2	Hannah MCELROY	16	Bo Southend		1:17:41.10
3	Charlotte SMITH	14	Felixstowe		1:19:14.90
4	Victoria POPE	16	Watford SC		1:21:13.20
5	Emma BOOST	14	Flitwick		1:31:41.00

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

Place	Name	AaD	Club	Cat	Time
1	Aisling RUFF	18	Co Peterboro		1:03:40.10
2	Amber HUGHES	17	Hatfield		1:03:51.80
3	Nicola PASQUIRE	18	Team Luton		1:04:53.10
4	Emily DOWDING	18	teamipswich		1:05:06.50
5	Sophie ALDEN	18	UEA Norwich		1:05:10.10
6	Millie EMMANS	17	Co Cambridge		1:06:35.70
7	Tegan WOLLASTON	17	Cheshunt		1:06:58.40
8	Bethan MCELROY	18	Bo Southend		1:09:42.00
9	Bethany PALMER	18	UEA Norwich		1:10:19.50
10	Lily CHARLESWORTH	17	Lstoft & OB		1:10:54.20
11	Natalie WARNES	18	West Norfolk		1:18:23.50
12	Eleanor LAVELLE	17	Dereham		1:19:41.70
13	Amy PELLING	18	Team Luton		1:25:04.80
14	Katie GORMLEY	18	Potters Bar		1:37:37.60

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

Place	Name	AaD	Club	Cat	Time
1	Abby SMITH	20	Harpenden		1:03:45.60
2	Sophie LIDDAMENT	24	UEA Norwich		1:17:16.10
3	Rhianydd JONES	24	Flitwick		1:17:18.50
4	Jessica HILL	23	Co Ely		1:18:10.00

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

Place	Name	AaD	Club	Cat	Time
1	Heidi GIBBENS	25	Hemel Hemp		1:21:54.90

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

Place	Name	AaD	Club	Cat	Time
1	Melanie HOLLAND	42	UEA Norwich		1:19:43.50
2	Daniella HARRISON	44	Potters Bar		1:21:16.40
3	Sarah BUCHAN	40	UEA Norwich		1:38:23.90