

East Anglian Champions 2010

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|-----|-------------------|--------|-----|-----------------|--------|
| W10 | No entries | | M10 | Duncan Cooper | WAOC |
| W12 | Bronwen Mansel | SUFFOC | M12 | William Louth | WAOC |
| W14 | Rhiannon Ware | SOS | M14 | Thomas Birkett | SOS |
| W16 | No entries | | M16 | Will Hooton | SUFFOC |
| W18 | Sophie Louth | WAOC | M18 | Jonny Cronk | WAOC |
| W20 | No entries | | M20 | James Park | SOS |
| W21 | Lenka Anstead | SUFFOC | M21 | Neil Carter | SUFFOC |
| W35 | Anna Falk | WAOC | M35 | Andrew Elliott | SUFFOC |
| W40 | Rachel Pocock | WAOC | M40 | Ronny Falk | WAOC |
| W45 | Frances Cooper | WAOC | M45 | Michael Belshaw | NOR |
| W50 | Janet Cronk | WAOC | M50 | Mike Capper | WAOC |
| W55 | Maria Marshall | WAOC | M55 | Richard Bonnett | SOS |
| W60 | Rosie Shaw | SMOC | M60 | Michael Bickle | WAOC |
| W65 | Geraldine Russell | SOS | M65 | John Ward | NOR |
| W70 | Seonaid Dudley | WAOC | M70 | Chris Morley | WAOC |
| W75 | Barbara George | NOR | M75 | Jack Isbester | SOS |

Joan George Trophy for the best performance by a Junior – Jonny Cronk