

S.No.	Region	Capital	Area (km)	Population (2012)	Population per km
1	Barima-Waini	Mabaruma	20,339	26,941	1.3
2	Pomeroon-Supenaam	Anna Regina	6,195	46,810	7.6
3	Essequibo Islands-West Demerara	Vreed en Hoop	3,755	107,416	28.6
4	Demerara-Mahaica	Triumph	2,232	313,429	140.4
5	Mahaica-Berbice	Fort Wellington	4,190	49,723	11.9
6	East Berbice-Corentyne	New Amsterdam	36,234	109,431	3.0
7	Cuyuni-Mazaruni	Bartica	47,213	20,280	0.4
8	Potaro-Siparuni	Mahdia	20,051	10,190	0.5
9	Upper Takutu-Upper Essequibo	Lethem	57,750	24,212	0.4
10	Upper Demerara-Berbice	Linden	17,040	39,452	2.3

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