

10th Licensed Open Meet
 Under ASA Laws & ASA Technical Rules of Swimming
 Session - 4
 at
 EVENT 19 Womens Open 400m IM
 12/13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
					250	300	350	400
1	Holly BATEMAN	13	UEA Norwich	5:16.56	33.96	38.34	40.04	39.36
					47.87	47.70	36.17	33.12
2	Poppy INGLESON	13	UEA Norwich	5:18.52	33.00	38.23	39.25	39.00
					49.29	48.85	36.19	34.71
3	Kimberley ANASTASIOU	13	UEA Norwich	5:23.30	35.86	41.25	38.60	37.97
					48.21	48.08	37.37	35.96
4	Marcella ARIS	13	UEA Norwich	5:24.52	35.89	40.73	38.44	38.98
					49.03	48.03	37.56	35.86
5	Evie TAYLOR	12	Team Ipswich	5:28.56	34.23	39.99	42.43	41.13
					47.95	48.61	38.31	35.91
6	Issy FAULKNER	13	UEA Norwich	5:29.37	35.81	39.61	43.10	41.43
					48.04	48.27	37.09	36.02
7	Vanessa GIMMER	12	SG Ewr Rhein	5:31.14	36.12	41.96	42.11	40.52
					48.16	47.66	37.42	37.19
8	Alice OAKLEY	12	UEA Norwich	5:39.25	36.83	42.61	41.57	40.73
					49.34	49.98	39.73	38.46
9	Emma LINES	12	Lstoff & OB	5:42.17	37.50	43.26	41.61	40.64
					49.66	49.88	40.85	38.77
10	Alexandra PERKINS	13	UEA Norwich	5:42.82	36.77	44.04	41.79	41.15
					50.38	51.13	40.05	37.51
11	Karla HUTCHINSON	13	Team Ipswich	5:44.68	35.85	43.31	43.67	42.85
					51.26	50.50	40.13	37.11
12	Kelly WILLERS	12	Fareham N'ds	5:51.20	38.57	46.08	45.32	43.58
					49.64	49.96	39.96	38.09
13	Kayleigh SIMS	12	Bo Southend	5:53.40	39.46	45.89	44.27	44.96
					46.73	47.46	42.67	41.96
14	Maisie FOX	12	UEA Norwich	6:00.98	38.78	46.86	45.95	44.15
					51.16	52.45	41.61	40.02
15	Kelsey ELLERBY	12	Bo Southend	6:01.89	40.69	46.34	45.51	45.01
					52.93	53.48	39.73	38.20
16	Alexandra EDGE	13	Bo Southend	6:05.87	40.71	48.23	46.92	44.92
					51.88	52.54	40.81	39.86
17	Lorna MACLEAN	12	Bo Southend	6:14.08	44.27	50.75	44.02	45.65

					51.34	53.15	42.81	42.09
14/15 Yrs Age Group								
Place	Name	AaD	Club	Time	50	100	150	200
					250	300	350	400
1	Alice TENNANT	15	Team Ipswich	4:58.94	32.13	36.66	37.82	37.29
					42.64	43.27	35.16	33.97
2	Laura ADAMS	15	UEA Norwich	5:16.52	33.04	38.27	39.54	39.25
					48.17	47.61	35.82	34.82
3	Charlotte TAYLOR	15	Team Ipswich	5:20.73	32.98	39.53	40.77	39.58
					46.43	48.16	37.45	35.83
4	Mimi BARR	14	UEA Norwich	5:21.85	34.44	40.59	39.96	39.25
					47.50	47.58	37.08	35.45
5	Sarah LARNER	15	Colchester	5:39.86	35.62	41.31	42.64	40.40
					50.65	51.92	39.56	37.76
16 Yrs/Over Age Group								
Place	Name	AaD	Club	Time	50	100	150	200
					250	300	350	400
1	Fenella FOSKETT	16	Deben	5:15.25	33.87	38.63	40.74	39.63
					44.60	45.76	37.83	34.19
2	Leanne BARNARD	16	Lstof & OB	5:35.31	35.38	42.16	43.46	43.29
					46.58	50.60	37.11	36.73
EVENT 20 Mens Open 200m IM								
09 Yrs Age Group								
Place	Name	AaD	Club	Time	50	100	150	200
1	Spencer PRIOR	9	Colchester	2:57.40	39.08	45.68	54.87	37.77
2	Arran FRANCIS	9	Colchester	3:07.08	42.03	46.45	59.61	38.99
3	Dominic SCIFO	9	Team Ipswich	3:11.10	43.54	49.22	59.58	38.76
4	Casey BARRETT	9	UEA Norwich	3:11.25	42.81	48.50	58.64	41.30
5	Jack FORD	9	Chelmsford	3:28.19	45.56	51.75	1:05.49	45.39
	Owen FOX	9	UEA Norwich	DQ				
10/11 Yrs Age Group								
Place	Name	AaD	Club	Time	50	100	150	200
1	Philip DOWDING-YOUNG	11	Team Ipswich	2:37.72	35.20	40.35	47.97	34.20
2	Jake TYSON	11	Team Ipswich	2:39.03	34.45	41.41	49.41	33.76
3	Erik CESLA	11	SG Ewr Rhein	2:48.33	39.23	43.12	48.96	37.02
4	Jim VICKERS	11	Colchester	2:49.09	38.80	40.77	52.41	37.11
5	Jozef OCHWAT	11	Team Ipswich	2:50.71	40.62	42.79	50.59	36.71
6	Ross DAVY	11	Chelmsford	2:51.26	39.34	46.01	48.93	36.98
7	Ashley TRENT	11	Newmarket	2:55.03	39.23	44.67	52.60	38.53
8	Alexander CARTER	11	Colchester	2:55.04	37.47	46.41	52.95	38.21
9	Charlie CHURCH	11	Lstof & OB	2:55.09	39.58	43.81	53.37	38.33

10	Cameron SIMPSON	10	Colchester	2:55.94		38.75	45.98	52.58	38.63
11	Jordan STAFF	11	UEA Norwich	2:55.98		40.67	44.57	50.77	39.97
12	Benjamin NEALE	11	Chelmsford	2:57.81		38.40	44.75	56.79	37.87
13	Jordan MANN	10	UEA Norwich	2:58.72		39.20	45.33	56.77	37.42
14	William COOPER	10	UEA Norwich	2:58.79		38.66	44.95	55.40	39.78
15	Joe COOPER	11	UEA Norwich	2:59.29		39.59	44.18	56.17	39.35
16	Cameron HARRIS	11	Team Ipswich	2:59.36		42.60	46.05	51.16	39.55
17	Keenan STOKES	10	UEA Norwich	3:01.00		41.62	48.78	51.94	38.66
18	Oliver WARD	11	Team Ipswich	3:01.08		45.11	44.73	52.47	38.77
19	Matthew CALVER	10	Lstof & OB	3:02.59		43.50	45.48	55.44	38.17
20	Jack WHALE	11	Lstof & OB	3:05.72		41.65	44.81	57.44	41.82
21	Jack PICKERING	10	Team Ipswich	3:06.81		41.66	47.15	55.89	42.11
22	Stanley COLLINS	10	Lstof & OB	3:08.09		43.07	47.71	55.86	41.45
23	Benjamin CLARK	11	Team Ipswich	3:08.94		44.14	47.83	56.11	40.86
24	Thomas ILLIDGE	11	Colchester	3:10.62		43.39	48.00	55.82	43.41
25	Nathan WELLS	10	Kings Lynn	3:11.01		44.38	48.89	58.64	39.10
26	Reece KING	11	Lstof & OB	3:11.18		41.98	46.80	1:01.96	40.44
27	Jack BALDRY	11	Lstof & OB	3:11.23		43.44	48.12	56.11	43.56
28	Jack PICKERING	11	Chelmsford	3:11.90		43.83	46.26	58.96	42.85
29	Charlie METCALF	10	Bo Southend	3:17.58		46.56	49.92	59.87	41.23
30	Charlie FULCHER	11	Deben	3:17.67		44.59	50.88	58.88	43.32
31	Samuel EMM	11	Colchester	3:22.61		47.95	47.83	1:00.32	46.51
32	Hugo JOHNSON	10	Bo Southend	3:28.81		45.21	48.23	1:12.85	42.52
	Callum MOONEY	10	UEA Norwich	DQ	SL-1L				
	Reg LLOYD	11	Team Ipswich	DQ	SL-5L				

12/13 Yrs Age Group

Place	Name	AaD	Club	Time		50	100	150	200
1	Kilian KORTH	13	Team Ipswich	2:30.74		31.44	36.12	49.95	33.23
2	Harry SMITH	13	UEA Norwich	2:31.82		33.97	38.96	45.08	33.81
3	Alex SHREEVE	13	UEA Norwich	2:32.24		32.82	38.83	46.43	34.16
4	Charlie SMITH	12	Team Ipswich	2:32.74		32.33	37.84	48.85	33.72
5	Jordan PURDY	13	St Felix Sch	2:35.22		34.85	39.32	46.83	34.22
6	Alexander VIPOND	13	Colchester	2:35.68		34.42	38.91	47.36	34.99
7	Luke HOUSE	13	UEA Norwich	2:36.90		34.17	40.68	46.33	35.72
8	Owen FRENCH	12	Lstof & OB	2:38.36		34.39	39.96	46.24	37.77
9	George STANNARD	12	St Felix Sch	2:38.80		36.80	40.16	46.42	35.42
10	Jonathon SHEPPARD	13	Fareham N'ds	2:41.39		35.44	40.76	48.51	36.68
11	Thomas SORRELL	13	UEA Norwich	2:41.79		37.07	41.87	45.42	37.43
12	James HILL	13	Fareham N'ds	2:42.22		32.87	41.84	50.38	37.13
13	Louis SELLER	12	Deben	2:43.66		36.98	41.17	49.64	35.87
14	Dominic OLIVER	13	Lstof & OB	2:43.83		37.48	42.96	46.68	36.71

15	Jack NOKES	12	Deben	2:44.33	38.23	39.66	49.55	36.89
16	Christopher WHITEHEAD	13	Fareham N'ds	2:44.65	34.98	40.94	52.35	36.38
17	Nick CATTON	13	St Felix Sch	2:45.24	35.75	40.91	51.13	37.45
18	Augustus VEASEY	12	Chelmsford	2:45.82	38.14	42.87	49.22	35.59
19	Jack CHAPMAN	12	UEA Norwich	2:48.07	34.05	40.07	55.84	38.11
20	Kieran COMPTON	13	Team Ipswich	2:48.41	37.71	46.87	46.28	37.55
21	Damian GREEN	12	Colchester	2:51.81	40.42	42.97	51.46	36.96
22	Jacob MARSHALL-GRINT	13	Kings Lynn	2:52.72	39.06	42.96	51.62	39.08
	Harry FULCHER	12	Deben	DQ				

SL-5L

14/15 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Jack HOLLIS	15	Team Ipswich	2:17.25	29.82	35.42	40.85	31.16
2	Samuel MUNRO	15	St Felix Sch	2:19.37	31.20	35.52	41.36	31.29
3	Daniel SMITH	15	Lstof & OB	2:20.96	29.96	33.76	45.24	32.00
4	Miles GARNER	14	UEA Norwich	2:21.35	30.48	36.11	42.68	32.08
5	Mark COLLINS	15	Kings Lynn	2:21.64	30.69	36.89	41.74	32.32
6	Matthew MEW	15	Fareham N'ds	2:23.98	31.11	35.17	44.13	33.57
7	Lewis FARMER	15	Lstof & OB	2:25.00	31.53	38.11	43.40	31.96
8	Josh PAGE	15	UEA Norwich	2:26.03	32.21	36.83	43.69	33.30
9	Ryan TOMKINS	14	Team Ipswich	2:26.34	32.68	37.26	43.17	33.23
10	David LAMBERT	15	Kings Lynn	2:27.12	31.93	38.48	43.21	33.50
11	George FLINTHAM	14	UEA Norwich	2:28.13	32.42	37.45	44.41	33.85
12	Nick RUDDOCK	14	Lstof & OB	2:30.13	33.03	37.72	46.13	33.25
13	Alex BLANCO	15	Chelmsford	2:30.82	32.34	36.75	48.99	32.74
14	Tom VICKERS	14	Colchester	2:32.50	32.23	37.99	47.67	34.61
15	Joe HATTON	14	UEA Norwich	2:34.71	33.05	39.06	48.69	33.91
16	Anton AUTY	14	Deben	2:37.58	33.53	39.53	47.82	36.70
17	Karl ROBERTS	15	Colchester	2:37.81	34.49	38.48	48.62	36.22
18	Harry MANNING	15	Fareham N'ds	2:38.31	34.57	37.76	49.13	36.85
19	Mitchell SMITH	15	Fareham N'ds	2:38.61	33.90	39.84	47.58	37.29

16 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Jamie O'DONNELL	18	Fareham N'ds	2:11.06	27.14	32.30	38.94	32.68
2	Nicholas THOMPSON	17	UEA Norwich	2:15.24	30.49	35.08	38.51	31.16
3	Dale HART	17	Kings Lynn	2:17.20	29.54	35.35	41.23	31.08
4	George MORRIS	17	Bo Southend	2:21.66	29.95	37.09	42.30	32.32
5	Timothy TRIPP	16	Colchester	2:25.04	31.27	36.30	43.63	33.84
6	Dominic TERRY	16	Fareham N'ds	2:28.93	30.83	38.43	44.86	34.81
7	Thomas QUINTON	16	UEA Norwich	2:32.63	32.12	37.03	47.23	36.25

EVENT 21 Womens Open 50m Freestyle

09 Yrs Age Group

Place	Name	AaD	Club	Time
1	Danica BRAZIER	9	Chelmsford	33.69
2	Lilyella CRAW-SEAMAN	9	UEA Norwich	34.42
3	Lana MO	9	St Felix Sch	35.48
4	Sophie BOWLER	9	St Felix Sch	35.73
5	Lucy OXBROW	9	Team Ipswich	37.14
6	Sasha DYKE	9	UEA Norwich	37.24
7	Lily CHARLESWORTH	9	St Felix Sch	37.92
8	Cerys RUSSELL	9	Deben	39.46
9	Shannon LAIRD-DICKENS	9	Bo Southend	41.12
10	Georgina FULCHER	9	Deben	43.67

10/11 Yrs Age Group

Place	Name	AaD	Club	Time
1	Eliza DUFFY	11	Chelmsford	29.80
2	Katie RUMSEY	11	St Felix Sch	30.02
3	Josie BLADES	11	St Felix Sch	30.56
4	Courtney SANDERS	11	Chelmsford	30.57
5	Isobel PAGE	11	UEA Norwich	31.18
6	Flora SHAUL	11	UEA Norwich	31.33
7	Georgia KERRIDGE	11	St Felix Sch	31.63
8	Maya WESTLAKE	11	Newmarket	32.04
9	Eleanor MCCAFFREY	10	Chelmsford	32.07
10	Sophie PEACHMENT	11	Team Ipswich	32.28
11	Karis ELLERBY	11	Bo Southend	32.54
12	Alaina SCIFO	11	Team Ipswich	32.75
13	Tabita TRAXEL	11	SG Ewr Rhein	32.98
14	Hannah JANISCH	11	Kings Lynn	33.09
15	Elise BARRETT	11	UEA Norwich	33.15
16	Serena ARIS	11	UEA Norwich	33.25
17	Harri CLARKE	11	UEA Norwich	33.73
18	Hannah KING	11	Bo Southend	33.77
19	Freya MACDONALD	11	UEA Norwich	33.81
20	Casey WILLIS	11	St Felix Sch	33.96
21	Lilly PEARSON	10	Kings Lynn	34.05
21	Caitlin RUSSELL	11	Deben	34.05
23	Lucy SORRELL	11	UEA Norwich	34.09
24	Ellie STAMP	10	Chelmsford	34.17
25	Mollie MILSOM	10	Sudbury	34.19
26	Sarah BARTHELMANN	11	SG Ewr Rhein	34.23
27	Alexa FOSTER-CARTER	11	Bo Southend	34.30
28	Lauren HARRINGTON	11	Chelmsford	34.52

29	Isabel WILLIAMS	10	Team Ipswich	34.63	
30	Natalie FLINTHAM	11	UEA Norwich	34.80	
31	Izzy BATEMAN	11	UEA Norwich	35.00	
32	Isobelle READ	10	Lstof & OB	35.09	
33	Sophie CONWAY	10	Team Ipswich	35.13	
34	Rachel DENNISON	11	St Felix Sch	35.61	
35	Beckie SCAIFE	10	UEA Norwich	35.70	
36	Hannah BACON	11	St Felix Sch	35.71	
37	Amelia ELDEN	10	Team Ipswich	36.05	
38	Amy CROSS	11	Kings Lynn	36.09	
39	Katie MALONEY	11	UEA Norwich	36.18	
40	Sophie EMPSON	10	Kings Lynn	36.26	
41	Ellyn FRIAR	11	Team Ipswich	36.42	
41	Courtney SMITH	10	Team Ipswich	36.42	
43	Brittany HYAM	10	Team Ipswich	36.51	
44	Medbh WILLIAMS	10	UEA Norwich	36.62	
45	Anouska NICHOLS	11	UEA Norwich	36.75	
46	Megan CHERRY	10	Team Ipswich	36.82	
47	Gemma FAULKNER	10	UEA Norwich	37.04	
48	Rebecca HARDY	10	Lstof & OB	37.10	
49	Amelia STANNARD	10	St Felix Sch	37.13	
50	Samantha HARDY	11	Lstof & OB	38.38	
51	Laura WILLERS	10	Fareham N'ds	38.44	
52	Caitlin HOUSTON	10	Team Ipswich	38.50	
	Helena WRIGHT	11	Colchester	DQ	ST-

12/13 Yrs Age Group

Place	Name	AaD	Club	Time
1	Ellen OXBROW	13	Team Ipswich	28.55
2	Holly BATEMAN	13	UEA Norwich	28.58
3	Poppy INGLESON	13	UEA Norwich	28.82
4	Evie EDWARDS	13	Fareham N'ds	28.91
5	Gemma BARTLE	13	Team Ipswich	29.23
6	Keely EMPSON	12	Kings Lynn	29.33
7	Bethany CATCHPOLE	13	Team Ipswich	29.71
8	Chantel WHITING	13	St Felix Sch	29.81
9	Casey WHEELER	13	Fareham N'ds	29.83
10	Louise CHARLESWORTH	13	St Felix Sch	30.14
11	Katherine SALSBURY	13	Fareham N'ds	30.22
12	Jasmine SELLER	13	Deben	30.55
13	Eleanor MASSEY	12	Chelmsford	30.56
14	Cara ROSE	13	Kings Lynn	30.61

15	Alexandra PERKINS	13	UEA Norwich	30.67
16	Lucy STROWGER	13	Fareham N'ds	31.23
16	Ellie FAIRFOOT	13	UEA Norwich	31.23
18	Ellie TRIPP	12	Colchester	31.49
19	Alice OAKLEY	12	UEA Norwich	31.57
20	Paige YOUNG	13	Colchester	31.93
21	Issy FAULKNER	13	UEA Norwich	31.95
22	Sarah PURNELL	13	Colchester	31.98
23	Beth SMITH	12	Kings Lynn	32.13
24	Katie COLLINS	12	Bo Southend	32.23
25	Kelly WILLERS	12	Fareham N'ds	32.29
26	Kelsey ELLERBY	12	Bo Southend	32.32
27	Danielle RAYNER	12	Kings Lynn	32.44
28	Jennifer YOUNGS	13	UEA Norwich	32.45
29	Emma JONES	12	Team Ipswich	32.59
30	Katie WITTING	12	Aylsham Vikg	32.92
31	Rebecca WILSON	12	Deben	33.03
32	Zoe JOHNSON	13	UEA Norwich	33.14
33	Joanne ILLIDGE	13	Colchester	33.27
34	Charlotte HARTIN	13	Bo Southend	33.33
35	Marion BRYANT	13	St Felix Sch	33.47
36	Alexandra EDGE	13	Bo Southend	33.60
37	Bethany BROWN	13	Kings Lynn	33.71
38	Bethany LODGE	13	Chelmsford	33.79
39	Jodie ALLEN	13	UEA Norwich	34.08
40	Catherine TWEEN	12	Deben	34.12
41	Grace CALVER	13	Lstof & OB	34.27
42	Brogan SIMPSON	13	Colchester	34.31
43	Lorna MACLEAN	12	Bo Southend	34.56
44	Shannon OXBROW	12	Team Ipswich	34.72
	Ella RIDES	12	Sudbury	DNC

14/15 Yrs Age Group

Place	Name	AaD	Club	Time
1	Rachel ANDVIG	15	Team Ipswich	26.98
2	Alice TENNANT	15	Team Ipswich	27.34
3	Jessica HARVEY	14	Team Ipswich	28.48
4	Zoe SMITH	14	Lstof & OB	28.55
5	April HYAM	15	Team Ipswich	28.99
6	Stefanie KEILEN	15	SG Ewr Rhein	29.26
7	Martha FERNANDEZ-DE-HE	15	SG Ewr Rhein	29.41
8	Amy BYFORD	14	Chelmsford	29.53

9	Sophie DEMETRIADES	14	Team Ipswich	29.73
10	Abigail MALSTER	15	Hadleigh	29.97
11	Nicole COOPER	14	Lstof & OB	30.12
12	Charlotte PETERS	14	Chelmsford	30.20
13	Lucy MACKENZIE	15	Hadleigh	30.32
14	Katie SYKES	15	Kings Lynn	30.49
15	Ellen FISHER	15	Kings Lynn	30.62
16	Rebecca DUGARD	15	Fareham N'ds	30.67
17	Grace SANDERSON	14	Colchester	30.72
18	Megan BUCK	14	Sudbury	30.81
19	April WILLIAMS	15	Fareham N'ds	31.34
20	Alex WITTING	14	Aylsham Vikg	31.36
21	Kiera MOONEY	14	UEA Norwich	31.45
22	Megan LLOYD	14	Team Ipswich	34.36
	Fiona MANTHORPE	14	Hadleigh	DNC

16 Yrs/Over Age Group

Place	Name	AaD	Club	Time
1	Natascha MUHL	17	SG Ewr Rhein	28.23
2	Emily HAWES	17	Lstof & OB	28.34
3	Riasa DOUGLAS-COLLOW	17	St Felix Sch	28.83
4	Fenella FOSKETT	16	Deben	28.98
5	Bronwyn CARTER	16	Colchester	29.27
6	Laura HEALEY	20	Lstof & OB	30.08
7	Leanne BARNARD	16	Lstof & OB	30.37
8	Louise BUSH	17	UEA Norwich	31.20

EVENT 22 Mens Open 100m Freestyle

12/13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100
1	Joshua COLEBY	12	Team Ipswich	1:00.10	28.78	31.32
2	Kilian KORTH	13	Team Ipswich	1:00.19	28.61	31.58
3	Adam LAST	13	Deben	1:01.92	29.95	31.97
4	Charlie SMITH	12	Team Ipswich	1:02.61	30.00	32.61
5	Harry SMITH	13	UEA Norwich	1:02.89	31.08	31.81
6	Robert ALAND	12	Team Ipswich	1:03.23	29.56	33.67
7	Jordan PURDY	13	St Felix Sch	1:03.38	30.83	32.55
8	Cameron MURRAY	13	Kings Lynn	1:03.89	30.10	33.79
9	James HILL	13	Fareham N'ds	1:04.10	30.37	33.73
10	George STANNARD	12	St Felix Sch	1:04.24	31.24	33.00
11	Jonathan ANDVIG	13	Team Ipswich	1:04.35	31.00	33.35
12	Luke HOUSE	13	UEA Norwich	1:04.45	31.12	33.33
13	Alex SHREEVE	13	UEA Norwich	1:04.51	30.82	33.69

14	Jack NOKES	12	Deben	1:05.96	31.68	34.28
15	Jonathon SHEPPARD	13	Fareham N'ds	1:06.17	31.64	34.53
16	Steffan OSMAN-WIGGAN	12	Team Ipswich	1:06.42	31.62	34.80
17	Braddan WESTLAKE	13	Newmarket	1:06.47	31.92	34.55
18	Louis SELLER	12	Deben	1:06.58	32.68	33.90
18	Christopher WHITEHEAD	13	Fareham N'ds	1:06.58	32.09	34.49
20	John JIANG	13	Sudbury	1:07.43	32.01	35.42
21	Thomas SORRELL	13	UEA Norwich	1:07.53	32.75	34.78
22	Dominic OLIVER	13	Lstof & OB	1:07.71	33.24	34.47
23	Nick CATTON	13	St Felix Sch	1:07.78	33.54	34.24
24	Jack CHAPMAN	12	UEA Norwich	1:07.97	32.35	35.62
25	Harry FULCHER	12	Deben	1:08.27	32.91	35.36
26	Augustus VEASEY	12	Chelmsford	1:08.65	33.18	35.47
27	Connor WALSH	13	Thetford	1:10.14	33.34	36.80
28	Harvey HOWE	12	Kings Lynn	1:10.70	34.13	36.57
29	Hamish MUNRO-SMITH	13	St Felix Sch	1:12.09	34.44	37.65
30	James EXTON-MARKEY	13	Lstof & OB	1:12.11	34.37	37.74
31	Christian FROST	12	Team Ipswich	1:12.12	34.56	37.56
32	Conor LYNCH	12	Deben	1:12.94	34.73	38.21
	Jacob MARSHALL-GRINT	13	Kings Lynn	DNC		

14/15 Yrs Age Group

Place	Name	AaD	Club	Time	50	100
1	George BARTLE	15	Team Ipswich	56.17	27.34	28.83
2	Oliver COOPER	15	Lstof & OB	56.25	26.93	29.32
3	Mark COLLINS	15	Kings Lynn	56.74	26.87	29.87
4	Samuel MUNRO	15	St Felix Sch	57.03	27.62	29.41
5	Jack HOLLIS	15	Team Ipswich	57.20	27.80	29.40
6	Alex MURRAY	15	Kings Lynn	57.54	27.19	30.35
7	Matthew MEW	15	Fareham N'ds	57.75	27.54	30.21
8	Jonathan LINES	14	Chelmsford	57.87	27.69	30.18
9	Elliot COOK	14	Team Ipswich	58.12	28.21	29.91
10	Callum MCCOLGAN	15	Lstof & OB	58.42	27.65	30.77
11	Alistair CLEMENTS	14	Deben	58.46	28.79	29.67
12	Lewis FARMER	15	Lstof & OB	58.57	28.52	30.05
13	Ryan TOMKINS	14	Team Ipswich	59.04	28.82	30.22
14	Jake CROOK	15	Kings Lynn	59.06	28.36	30.70
15	Robert WHIGHT	15	Team Ipswich	59.07	28.10	30.97
16	Josh PAGE	15	UEA Norwich	59.26	28.68	30.58
17	Ben ROOTS	14	Chelmsford	59.33	28.50	30.83
18	Miles GARNER	14	UEA Norwich	59.52	29.06	30.46
19	David LAMBERT	15	Kings Lynn	59.67	28.96	30.71

20	Alex BLANCO	15	Chelmsford	1:00.88	29.70	31.18
21	Nick RUDDOCK	14	Lstof & OB	1:00.91	29.74	31.17
22	George FLINTHAM	14	UEA Norwich	1:01.06	29.45	31.61
23	Jordan JAGO	15	Colchester	1:01.28	29.14	32.14
24	Ben ASHTON	14	Chelmsford	1:01.56	29.58	31.98
25	Ryan CROUCH	14	Team Ipswich	1:01.95	28.60	33.35
26	Joe HATTON	14	UEA Norwich	1:02.24	29.90	32.34
27	Harry MANNING	15	Fareham N'ds	1:02.27	29.71	32.56
28	Anton AUTY	14	Deben	1:02.31	30.22	32.09
29	Tom VICKERS	14	Colchester	1:03.22	29.96	33.26
30	Karl ROBERTS	15	Colchester	1:03.74	30.79	32.95
31	Mitchell SMITH	15	Fareham N'ds	1:05.33	30.87	34.46
	Luke WALSH	15	Thetford	DNC		

16 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100
1	Jamie O'DONNELL	18	Fareham N'ds	52.93	25.18	27.75
2	Nicholas THOMPSON	17	UEA Norwich	55.27	26.98	28.29
3	Sean TOMLIN	16	Bo Southend	55.70	26.75	28.95
4	Dale HART	17	Kings Lynn	55.73	25.90	29.83
5	Stewart JEPSON	17	Fareham N'ds	56.13	26.65	29.48
6	Nathan HENDERSON	16	Lstof & OB	56.34	26.89	29.45
7	Andrew SHAND	23	Fareham N'ds	56.79	27.43	29.36
8	Jack ASHTON	17	Chelmsford	57.73	27.96	29.77
9	Tom OLIVE	16	Hadleigh	57.78	28.07	29.71
10	Thomas QUINTON	16	UEA Norwich	57.81	27.64	30.17
11	Matthew NAUNTON	17	Deben	59.06	27.64	31.42
12	Simon COLLIS	19	Fareham N'ds	59.58	27.83	31.75
13	Timothy TRIPP	16	Colchester	59.79	28.61	31.18
14	Ben JOHNSON	16	UEA Norwich	59.87	28.93	30.94
15	Dominic TERRY	16	Fareham N'ds	1:00.39	28.82	31.57

EVENT 23 Womens Open 100m Breaststroke

12/13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100
1	Marcella ARIS	13	UEA Norwich	1:23.10	39.56	43.54
2	Hannah REEDER	13	Newmarket	1:24.05	39.55	44.50
3	Kayleigh SIMS	12	Bo Southend	1:24.58	40.54	44.04
4	Lucy STROWGER	13	Fareham N'ds	1:24.71	40.67	44.04
5	Jodie ALLEN	13	UEA Norwich	1:26.10	41.60	44.50
6	Evie EDWARDS	13	Fareham N'ds	1:26.22	40.55	45.67
7	Rebecca WILSON	12	Deben	1:26.69	42.39	44.30
8	Gemma BARTLE	13	Team Ipswich	1:27.06	42.26	44.80

9	Ellie TRIPP	12	Colchester	1:27.38	41.83	45.55
10	Lizzie NICOLSON-LAI	12	St Felix Sch	1:27.55	41.78	45.77
11	Charlotte HARTIN	13	Bo Southend	1:27.88	42.28	45.60
12	Ella RIDES	12	Sudbury	1:28.35	41.89	46.46
13	Evelyn THATCHER	13	Colchester	1:28.65	42.29	46.36
14	Tasha LIZAK-NAIKAUSKAS	12	St Felix Sch	1:28.90	41.78	47.12
15	Evie TAYLOR	12	Team Ipswich	1:30.27	43.34	46.93
16	Kelly WILLERS	12	Fareham N'ds	1:30.53	43.34	47.19
17	Ellie FAIRFOOT	13	UEA Norwich	1:30.97	42.81	48.16
18	Alice OAKLEY	12	UEA Norwich	1:31.82	43.70	48.12
19	Katie WITTING	12	Aylsham Vikg	1:33.78	45.01	48.77
20	Jennifer YOUNGS	13	UEA Norwich	1:35.05	45.48	49.57
21	Bethany LODGE	13	Chelmsford	1:35.27	44.92	50.35
22	Beth SMITH	12	Kings Lynn	1:35.32	44.68	50.64
23	Bethany SWALLOW	13	Team Ipswich	1:36.33	45.15	51.18
24	Shannon OXBROW	12	Team Ipswich	1:37.10	45.68	51.42
25	Katie COLLINS	12	Bo Southend	1:37.35	46.16	51.19
26	Lorna MACLEAN	12	Bo Southend	1:38.17	46.76	51.41
	Paige YOUNG	13	Colchester	DQ	SL-	
	Cara ROSE	13	Kings Lynn	DQ	ST-	

14/15 Yrs Age Group

Place	Name	AaD	Club	Time	50	100
1	Zoe SMITH	14	Lstof & OB	1:19.22	37.09	42.13
2	Rachel ANDVIG	15	Team Ipswich	1:21.11	38.20	42.91
3	Mimi BARR	14	UEA Norwich	1:21.67	38.47	43.20
4	Katie SYKES	15	Kings Lynn	1:22.03	39.08	42.95
5	Evie FISHER	14	Chelmsford	1:22.04	39.04	43.00
6	Kiera MOONEY	14	UEA Norwich	1:25.25	40.47	44.78
7	Sophie DEMETRIADES	14	Team Ipswich	1:26.40	40.69	45.71
8	April WILLIAMS	15	Fareham N'ds	1:30.78	42.46	48.32

16 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100
1	Fenella FOSKETT	16	Deben	1:18.67	37.39	41.28
2	Louise BUSH	17	UEA Norwich	1:19.61	36.95	42.66
3	Bronwyn CARTER	16	Colchester	1:23.46	40.28	43.18
4	Emily HAWES	17	Lstof & OB	1:23.90	39.54	44.36

EVENT 24 Mens Open 200m Backstroke

09 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Spencer PRIOR	9	Colchester	2:55.66	42.00	45.33	44.83	43.50
2	Robert DOIG	9	Team Ipswich	2:58.33	42.78	47.44	45.42	42.69

3	Arran FRANCIS	9	Colchester	3:01.46	42.56	46.53	47.79	44.58
4	Dominic SCIFO	9	Team Ipswich	3:02.88	43.81	47.68	47.76	43.63
5	Casey BARRETT	9	UEA Norwich	3:04.07	43.85	46.98	48.10	45.14
6	Owen FOX	9	UEA Norwich	3:14.50	46.32	50.48	50.27	47.43
7	Jordan CATCHPOLE	9	Lstof & OB	3:22.35	47.50	51.37	52.87	50.61
8	Joseph WELLS	9	Kings Lynn	3:22.70	47.53	53.56	53.66	47.95
9	Jack FORD	9	Chelmsford	3:25.61	51.45	53.58		

10/11 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Philip DOWDING-YOUNG	11	Team Ipswich	2:34.22	36.90	39.89	39.88	37.55
2	Jake TYSON	11	Team Ipswich	2:38.11	38.25	40.93	40.81	38.12
3	Jim VICKERS	11	Colchester	2:40.35	36.78	40.86	42.56	40.15
4	Jozef OCHWAT	11	Team Ipswich	2:44.94	38.98	42.43	42.78	40.75
5	Joshua ALLDAY	11	Team Ipswich	2:45.64	39.37	42.45	42.85	40.97
6	Jordan STAFF	11	UEA Norwich	2:45.69	39.12	43.16	43.16	40.25
7	Benjamin NEALE	11	Chelmsford	2:47.37	40.28	43.84	43.42	39.83
8	Joe COOPER	11	UEA Norwich	2:48.27	38.82	42.97	43.79	42.69
9	Reg LLOYD	11	Team Ipswich	2:48.65	41.02	44.93	44.25	38.45
10	Charlie CHURCH	11	Lstof & OB	2:49.75	41.41	44.02	43.36	40.96
11	Matthew CALVER	10	Lstof & OB	2:50.02	40.43	44.12	44.31	41.16
12	William COOPER	10	UEA Norwich	2:50.86	40.90	42.89	43.91	43.16
13	Ashley TRENT	11	Newmarket	2:51.74	41.32	44.49	44.29	41.64
14	Jack WHALE	11	Lstof & OB	2:52.52	41.11	44.49	44.53	42.39
15	Oliver WARD	11	Team Ipswich	2:54.91	42.60	44.90	45.27	42.14
16	Jordan MANN	10	UEA Norwich	2:57.66	42.38	45.91	45.59	43.78
17	Alexander CARTER	11	Colchester	2:59.63	43.51	46.82	46.73	42.57
18	Benjamin CLARK	11	Team Ipswich	3:01.45	43.86	46.82	46.65	44.12
19	Nathan WELLS	10	Kings Lynn	3:01.53	43.61	47.15	47.78	42.99
20	Stanley COLLINS	10	Lstof & OB	3:02.25	43.47	47.48	47.02	44.28
21	Jack PICKERING	10	Team Ipswich	3:02.59	43.68	47.59	47.62	43.70
22	Keenan STOKES	10	UEA Norwich	3:04.12	44.82	47.59	47.76	43.95
23	Reece KING	11	Lstof & OB	3:04.20	44.37	48.22	47.85	43.76
24	Callum MOONEY	10	UEA Norwich	3:05.29	43.75	46.89	49.15	45.50
25	Jack PICKERING	11	Chelmsford	3:05.88	43.43	48.52	47.77	46.16
26	Elliot LEGG	11	Kings Lynn	3:06.22	42.66	48.48	49.80	45.28
27	Jack BALDRY	11	Lstof & OB	3:06.26	44.27	47.93	48.80	45.26
28	Thomas ILLIDGE	11	Colchester	3:06.35	42.70	48.78	48.87	46.00
29	Charlie FULCHER	11	Deben	3:07.05	45.09	48.54	48.62	44.80
30	Hugo JOHNSON	10	Bo Southend	3:11.68	45.30	51.29	49.41	45.68
31	Samuel EMM	11	Colchester	3:12.50	45.09	49.53	50.04	47.84
32	Philip DAVIS	10	UEA Norwich	3:12.93	43.27	49.08	50.96	49.62

	33 Charlie METCALF	10	Bo Southend	3:18.25		47.03	51.44	52.04	47.74
	Cameron HARRIS	11	Team Ipswich	DQ	T-2L				
12/13 Yrs Age Group									
Place	Name	AaD	Club	Time		50	100	150	200
	1 Kilian KORTH	13	Team Ipswich	2:26.18		34.96	37.74	37.28	36.20
	2 Alex SHREEVE	13	UEA Norwich	2:27.17		34.35	37.62	38.09	37.11
	3 Joshua COLEBY	12	Team Ipswich	2:28.62		34.69	37.61	38.55	37.77
	4 Harry SMITH	13	UEA Norwich	2:33.57		37.00	38.94	39.73	37.90
	5 Alexander VIPOND	13	Colchester	2:35.03		36.78	40.03	40.16	38.06
	6 Jack NOKES	12	Deben	2:35.84		36.64	40.11	40.15	38.94
	7 George STANNARD	12	St Felix Sch	2:37.90		38.45	40.37	40.30	38.78
	8 Owen FRENCH	12	Lstoff & OB	2:38.31		37.13	40.14	41.16	39.88
	9 Jonathon SHEPPARD	13	Fareham N'ds	2:39.80		37.24	40.25	41.97	40.34
	10 Jack CHAPMAN	12	UEA Norwich	2:40.07		36.96	40.53	41.64	40.94
	11 Harvey HOWE	12	Kings Lynn	2:42.26		38.56	42.21	42.03	39.46
	12 Steffan OSMAN-WIGGAN	12	Team Ipswich	2:42.77		37.88	41.61	42.88	40.40
	13 Thomas SORRELL	13	UEA Norwich	2:43.47		40.06	41.98	41.81	39.62
	14 Augustus VEASEY	12	Chelmsford	2:44.39		38.80	42.48	42.55	40.56
	15 Cameron MURRAY	13	Kings Lynn	2:47.02		39.18	42.35	43.29	42.20
	16 Christian FROST	12	Team Ipswich	2:49.18		40.11	44.08	43.50	41.49
	17 Jake STAFF	13	UEA Norwich	2:49.71		40.35	44.06	44.06	41.24
	18 Damian GREEN	12	Colchester	2:50.47		40.74	43.32	44.71	41.70
	19 Hamish MUNRO-SMITH	13	St Felix Sch	2:51.89		40.93	43.73	44.16	43.07
	John JIANG	13	Sudbury	DNC					
	Christopher WHITEHEAD	13	Fareham N'ds	DNC					
	Charlie SMITH	12	Team Ipswich	DNC					
14/15 Yrs Age Group									
Place	Name	AaD	Club	Time		50	100	150	200
	1 Daniel SMITH	15	Lstoff & OB	2:12.31		30.63	32.88	34.98	33.82
	2 Elliot COOK	14	Team Ipswich	2:18.35		32.02	35.07	36.31	34.95
	3 Miles GARNER	14	UEA Norwich	2:18.56		32.77	35.19	35.76	34.84
	4 Samuel MUNRO	15	St Felix Sch	2:20.04		31.93	35.25	36.69	36.17
	5 Oliver COOPER	15	Lstoff & OB	2:21.35		32.96	35.72	36.69	35.98
	6 Alex MURRAY	15	Kings Lynn	2:23.05		32.77	36.11	38.41	35.76
	7 Alex BLANCO	15	Chelmsford	2:23.42		35.16	36.91	36.94	34.41
	8 George FLINTHAM	14	UEA Norwich	2:27.01		34.98	37.36	37.93	36.74
	9 Ben ASHTON	14	Chelmsford	2:27.30		35.12	37.88	38.24	36.06
	10 Harry MANNING	15	Fareham N'ds	2:28.23		35.20	37.67	37.83	37.53
	11 Alistair CLEMENTS	14	Deben	2:28.82		35.03	37.94	38.76	37.09
	12 Tom VICKERS	14	Colchester	2:28.93		33.33	38.63	40.04	36.93
	13 Joe HATTON	14	UEA Norwich	2:36.87		36.34	39.50	40.92	40.11

Mitchell SMITH	15	Fareham N'ds	DNC
Matthew MEW	15	Fareham N'ds	DNC
Karl ROBERTS	15	Colchester	DNC

16 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Sean TOMLIN	16	Bo Southend	2:12.71	31.24	33.99	34.76	32.72
2	Dale HART	17	Kings Lynn	2:19.10	31.86	34.66	36.12	36.46
3	Timothy TRIPP	16	Colchester	2:24.83	33.59	36.61	37.44	37.19
4	Stewart JEPSON	17	Fareham N'ds	2:25.42	34.42	36.89	37.72	36.39