

10th Licensed Open Meet
 Under ASA Laws & ASA Technical Rules of Swimming
 Session - 5
 at

EVENT 25 Mens Open 400m Freestyle
 12/13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
					250	300	350	400
1	Charlie SMITH	12	Team Ipswich	4:30.05	30.45	33.11	34.25	34.35
					34.56	35.07	34.99	33.27
2	Kilian KORTH	13	Team Ipswich	4:34.55	30.43	34.08	35.05	35.49
					35.15	35.70	34.96	33.69
3	Jordan PURDY	13	St Felix Sch	4:34.67	30.65	33.16	34.48	35.09
					35.08	35.51	35.71	34.99
4	Harry SMITH	13	UEA Norwich	4:41.80	31.98	35.66	36.27	35.48
					35.14	35.76	36.15	35.36
5	George STANNARD	12	St Felix Sch	4:42.30	32.72	35.69	36.26	35.63
					36.26	36.00	35.89	33.85
6	Robert ALAND	12	Team Ipswich	4:53.27	32.65	36.74	37.55	37.74
					38.26	38.06	38.29	33.98
7	Alex SHREEVE	13	UEA Norwich	4:54.00	32.42	36.65	36.79	37.77
					37.72	37.79	37.74	37.12
8	Christopher WHITEHEAD	13	Fareham N'ds	4:54.51	33.21	36.06	37.51	37.70
					37.48	37.70	37.85	37.00
9	Owen FRENCH	12	Lstoff & OB	4:56.08	33.09	36.17	36.90	37.03
					38.09	38.92	38.53	37.35
10	Augustus VEASEY	12	Chelmsford	4:58.29	33.45	36.66	37.88	37.93
					38.49	38.39	38.68	36.81
11	Braddan WESTLAKE	13	Newmarket	5:03.26	33.34	38.24	40.39	37.68
					39.98	39.13	39.11	35.39
12	Harry FULCHER	12	Deben	5:07.84	34.99	37.71	39.00	39.72
					39.81	40.10	38.89	37.62
13	Louis SELLER	12	Deben	5:09.15	35.88	39.06	40.10	40.16
					39.41	39.53	38.93	36.08
14	Jonathon SHEPPARD	13	Fareham N'ds	5:09.49	34.00	38.14	39.79	40.15
					40.04	39.47	39.88	38.02
15	Damian GREEN	12	Colchester	5:09.61	35.59	39.10	40.11	40.32
					40.49	39.19	39.72	35.09
16	John JIANG	13	Sudbury	5:18.23	33.41	38.15	40.46	40.50
					41.33	41.55	42.18	40.65

14/15 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
					250	300	350	400
1	Samuel MUNRO	15	St Felix Sch	4:13.44	28.68	30.97	32.05	32.70

					33.02	32.44	32.11	31.47
2	Jack HOLLIS	15	Team Ipswich	4:17.44	28.60	30.91	31.99	32.77
					33.05	33.48	33.52	33.12
3	Mark COLLINS	15	Kings Lynn	4:21.97	29.05	32.08	32.74	33.32
					33.75	33.71	34.34	32.98
4	Miles GARNER	14	UEA Norwich	4:22.29	29.67	31.83	33.02	33.96
					33.83	33.86	33.82	32.30
5	Lewis FARMER	15	Lstoff & OB	4:22.39	28.91	33.10	33.91	33.49
					33.72	33.71	33.37	32.18
6	Callum MCCOLGAN	15	Lstoff & OB	4:27.68	30.63	33.71	34.26	34.54
					33.59	33.95	34.77	32.23
7	Alex BLANCO	15	Chelmsford	4:28.24	30.75	32.64	33.91	34.39
					34.07	34.91	34.63	32.94
8	Oliver COOPER	15	Lstoff & OB	4:31.84	29.91	33.72	34.45	34.54
					34.42	35.96	35.70	33.14
9	Alex MURRAY	15	Kings Lynn	4:34.30	30.23	32.53	34.69	35.27
					35.49	35.58	36.05	34.46
10	Nick RUDDOCK	14	Lstoff & OB	4:36.42	31.45	34.63	35.40	35.26
					35.06	35.62	35.09	33.91
11	Alistair CLEMENTS	14	Deben	4:36.54	30.43	34.01	34.77	34.97
					35.24	36.08	36.46	34.58
12	Jake CROOK	15	Kings Lynn	4:37.39	29.84	34.15	34.99	35.90
					35.46	36.26	35.73	35.06

16 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100	150	200
					250	300	350	400
1	George MORRIS	17	Bo Southend	4:11.37	29.77	32.56	31.09	31.69
					31.36	31.60	31.76	31.54
2	Sean TOMLIN	16	Bo Southend	4:15.90	30.19	32.73	31.67	32.24
					32.47	32.21	32.38	32.01
3	Dale HART	17	Kings Lynn	4:19.73	29.03	31.85	32.99	33.59
					33.23	33.02	33.29	32.73
4	Adam CARTER	16	Bo Southend	4:26.20	30.46	33.06	33.52	33.73
					34.07	34.11	34.37	32.88
5	Thomas QUINTON	16	UEA Norwich	4:30.84	29.49	33.45	34.19	34.28
					34.15	35.41	35.35	34.52

EVENT 26 Womens Open 200m Freestyle

09 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Danica BRAZIER	9	Chelmsford	2:42.18	37.81	43.30	43.67	37.40
2	Lilyella CRAW-SEAMAN	9	UEA Norwich	2:43.07	37.43	41.30	43.57	40.77
3	Lana MO	9	St Felix Sch	2:52.00	39.00	44.93	44.75	43.32
4	Erin BENNETT	9	Lstoff & OB	2:52.54	39.62	44.81	46.33	41.78
5	Sophie BOWLER	9	St Felix Sch	2:55.77	39.81	46.54	46.20	43.22

	6 Lucy OXBROW	9	Team Ipswich	3:00.52	40.27	46.38	47.02	46.85
	7 Sasha DYKE	9	UEA Norwich	3:02.24	40.10	47.93	48.14	46.07
	8 Lily CHARLESWORTH	9	St Felix Sch	3:03.41	39.76	46.03	49.37	48.25
	9 Shannon LAIRD-DICKENS	9	Bo Southend	3:11.91	43.74	49.55	49.76	48.86
10/11 Yrs Age Group								
Place	Name	AaD	Club	Time	50	100	150	200
	1 Eliza DUFFY	11	Chelmsford	2:17.89	32.21	35.15	36.74	33.79
	2 Katarina BLANCO	11	Chelmsford	2:21.40	33.31	36.12	36.60	35.37
	3 Katie RUMSEY	11	St Felix Sch	2:23.47	33.47	36.79	37.36	35.85
	4 Courtney SANDERS	11	Chelmsford	2:23.51	33.50	36.44	37.56	36.01
	5 Isobel PAGE	11	UEA Norwich	2:24.52	33.77	37.14	38.14	35.47
	6 Cassie EVERILL	11	Lstof & OB	2:24.89	33.11	36.64	37.56	37.58
	7 Flora SHAUL	11	UEA Norwich	2:27.25	33.75	37.51	38.47	37.52
	8 Josie BLADES	11	St Felix Sch	2:27.36	34.39	37.94	38.20	36.83
	9 Georgia KERRIDGE	11	St Felix Sch	2:28.02	34.29	38.32	38.98	36.43
	10 Karis ELLERBY	11	Bo Southend	2:28.14	33.85	38.58	39.90	35.81
	11 Elise BARRETT	11	UEA Norwich	2:30.61	36.33	38.53	38.51	37.24
	12 Tabita TRAXEL	11	SG Ewr Rhein	2:32.16	34.78	38.90	40.05	38.43
	13 Alexa FOSTER-CARTER	11	Bo Southend	2:32.27	35.59	39.34	39.36	37.98
	14 Harri CLARKE	11	UEA Norwich	2:32.99	36.02	39.25	39.51	38.21
	15 Alaina SCIFO	11	Team Ipswich	2:33.15	35.24	39.09	40.55	38.27
	16 Isabel POSTLE	11	Lstof & OB	2:34.04	35.29	38.97	40.47	39.31
	17 Sophie PEACHMENT	11	Team Ipswich	2:35.15	35.69	39.39	41.43	38.64
	18 Lucy SORRELL	11	UEA Norwich	2:37.52	36.33	40.01	41.61	39.57
	19 Maya WESTLAKE	11	Newmarket	2:37.57	36.07	39.00	41.24	41.26
	20 Emily WOODS	10	Chelmsford	2:37.80	35.46	41.52	40.64	40.18
	21 Philippa DAVENALL	10	Colchester	2:37.88	35.47	42.27	42.04	38.10
	22 Sarah BARTHELMANN	11	SG Ewr Rhein	2:37.98	36.15	40.31	41.79	39.73
	23 Jennifer BEEVOR	11	St Felix Sch	2:38.54	37.20	40.38	40.83	40.13
	24 Casey WILLIS	11	St Felix Sch	2:39.04	37.24	41.33	41.79	38.68
	25 Freya MACDONALD	11	UEA Norwich	2:39.29	36.98	41.54	40.94	39.83
	26 Isobelle BERREY	10	Lstof & OB	2:40.18	36.49	40.75	41.71	41.23
	27 Serena ARIS	11	UEA Norwich	2:40.19	36.43	42.24	42.35	39.17
	28 Alice WATSON-FLOWERS	10	Lstof & OB	2:42.97	37.76	41.91	42.59	40.71
	29 Beckie SCAIFE	10	UEA Norwich	2:43.31	37.10	41.65	42.92	41.64
	30 Isobelle READ	10	Lstof & OB	2:43.70	38.12	41.26	42.71	41.61
	31 Hannah JANISCH	11	Kings Lynn	2:43.71	37.41	41.72	44.27	40.31
	32 Lauren HARRINGTON	11	Chelmsford	2:43.86	36.50	41.19	44.00	42.17
	32 Natalie FLINTHAM	11	UEA Norwich	2:43.86	37.36	41.33	43.00	42.17
	34 Hannah BACON	11	St Felix Sch	2:44.37			43.77	38.55
	35 Isabel WILLIAMS	10	Team Ipswich	2:44.50	37.93	41.55	43.16	41.86
	36 Milly THORPE	11	Team Ipswich	2:44.65	37.29	41.81	43.74	41.81
	37 Charlotte MORGAN	11	Colchester	2:44.99	38.65	42.35	43.33	40.66
	38 Alice INSULL	11	Colchester	2:45.24	37.43	42.79	44.01	41.01

39	Sophie CONWAY	10	Team Ipswich	2:45.84	38.85	42.76	43.63	40.60
40	Alice CHEVERTON	11	Lstof & OB	2:46.31	38.24	43.56	43.28	41.23
41	Hannah KING	11	Bo Southend	2:46.51	38.66	42.90	43.54	41.41
42	Gemma FAULKNER	10	UEA Norwich	2:46.88	38.17	42.79	43.55	42.37
43	Ellyn FRIAR	11	Team Ipswich	2:49.36	39.48	43.96	44.74	41.18
44	Katie MALONEY	11	UEA Norwich	2:49.59	39.82	43.91	44.19	41.67
45	Caitlin RUSSELL	11	Deben	2:50.64	38.42	43.48	45.16	43.58
46	Courtney SMITH	10	Team Ipswich	2:50.89	38.90	43.62	45.40	42.97
47	Amy CROSS	11	Kings Lynn	2:51.72	41.75	44.13	43.97	41.87
48	Amelia STANNARD	10	St Felix Sch	2:52.93	39.15	42.84	46.32	44.62
49	Medbh WILLIAMS	10	UEA Norwich	2:53.21	39.84	43.52	45.41	44.44
50	Rachel DENNISON	11	St Felix Sch	2:53.22	39.03	44.26	46.21	43.72
51	Izzy BATEMAN	11	UEA Norwich	2:54.52	40.62	45.98	47.03	40.89
52	Lauren CASE	11	Lstof & OB	2:54.74	36.42	46.30	46.91	45.11
53	Lilly PEARSON	10	Kings Lynn	2:55.30	38.12	45.72	47.08	44.38
54	Anouska NICHOLS	11	UEA Norwich	2:55.75	40.30	45.87	47.11	42.47
55	Brittany HYAM	10	Team Ipswich	2:56.57	40.69	46.38	46.37	43.13
56	Rebecca HARDY	10	Lstof & OB	2:57.49	40.20	46.84	47.50	42.95
57	Samantha HARDY	11	Lstof & OB	2:59.64	40.42	46.49	47.72	45.01
58	Sophie EMPSON	10	Kings Lynn	3:02.92	41.53	48.01	49.89	43.49
	Lucy ALLINGTON	11	Lstof & OB	DQ	ST-			

12/13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Holly BATEMAN	13	UEA Norwich	2:11.49	30.97	33.52	34.29	32.71
2	Poppy INGLESON	13	UEA Norwich	2:11.81	31.23	33.39	34.24	32.95
3	Marcella ARIS	13	UEA Norwich	2:12.49	31.42	33.85	34.39	32.83
4	Ellen OXBROW	13	Team Ipswich	2:14.72	31.56	35.07	35.30	32.79
5	Chantel WHITING	13	St Felix Sch	2:16.18	31.73	34.53	35.69	34.23
6	Evie EDWARDS	13	Fareham N'ds	2:16.48	31.36	34.08	35.55	35.49
7	Gemma BARTLE	13	Team Ipswich	2:16.73	31.05	35.15	36.06	34.47
8	Kimberley ANASTASIOU	13	UEA Norwich	2:19.60	33.21	35.83	35.68	34.88
9	Issy FAULKNER	13	UEA Norwich	2:20.33	32.69	35.92	36.42	35.30
10	Louise CHARLESWORTH	13	St Felix Sch	2:21.04	32.26	36.76	36.98	35.04
11	Evie TAYLOR	12	Team Ipswich	2:21.65	33.71	37.17	36.70	34.07
12	Alana JONES	13	Chelmsford	2:22.63	33.16	36.53	37.54	35.40
13	Ellie FAIRFOOT	13	UEA Norwich	2:22.90	33.26	36.02	37.13	36.49
14	Tasha LIZAK-NAIKAUSKAS	12	St Felix Sch	2:24.96	33.27	37.31	37.94	36.44
15	Alexandra PERKINS	13	UEA Norwich	2:25.00	32.89	36.64	38.49	36.98
16	Alice WARD	12	St Felix Sch	2:25.09	33.80	36.86	37.65	36.78
17	Jasmine SELLER	13	Deben	2:25.25	33.45	37.65	37.82	36.33
18	Paige YOUNG	13	Colchester	2:25.44	33.86	37.01	37.63	36.94
19	Alice OAKLEY	12	UEA Norwich	2:25.78	33.28	36.76	38.50	37.24
20	Casey WHEELER	13	Fareham N'ds	2:25.80	33.19	37.78	38.35	36.48
21	Keely EMPSON	12	Kings Lynn	2:26.21	31.92	37.00	39.12	38.17

22	Emma STUDD	12	Deben	2:26.49	33.92	37.70	39.25	35.62
23	Katie COLLINS	12	Bo Southend	2:26.56	33.99	37.69	38.15	36.73
24	Eleanor MASSEY	12	Chelmsford	2:26.88	34.32	37.93	38.58	36.05
25	Kelly WILLERS	12	Fareham N'ds	2:27.07	34.28	37.69	38.39	36.71
26	Emma LINES	12	Lstoff & OB	2:27.34	34.57	37.62	37.83	37.32
27	Kelsey ELLERBY	12	Bo Southend	2:27.48	33.73	37.79	38.66	37.30
28	Danielle RAYNER	12	Kings Lynn	2:29.72	33.68	38.59	39.71	37.74
29	Alexandra EDGE	13	Bo Southend	2:30.70	35.08	37.85	39.33	38.44
30	Ellie TRIPP	12	Colchester	2:30.95	34.13	38.89	39.78	38.15
31	Cara ROSE	13	Kings Lynn	2:31.75	34.83	39.14	39.96	37.82
32	Jennifer YOUNGS	13	UEA Norwich	2:31.84	35.26	58.37	20.08	38.13
33	Jodie ALLEN	13	UEA Norwich	2:32.02	35.80	38.73	39.39	38.10
34	Sarah PURNELL	13	Colchester	2:32.89	35.53	38.81	39.95	38.60
35	Zoe JOHNSON	13	UEA Norwich	2:33.15	34.74			
36	Charlotte HARTIN	13	Bo Southend	2:33.81	35.20	39.03	40.58	39.00
37	Katie WITTING	12	Aylsham Vikg	2:34.76	35.99	40.04	40.45	38.28
38	Emma JONES	12	Team Ipswich	2:35.13	36.03	40.01	40.51	38.58
39	Marion BRYANT	13	St Felix Sch	2:35.25	34.49	38.66	40.99	41.11
40	Lucy STROWGER	13	Fareham N'ds	2:35.58	36.54	40.39	40.85	37.80
41	Maisie FOX	12	UEA Norwich	2:36.16	37.27	40.36	40.27	38.26
42	Lizzie NICOLSON-LAI	12	St Felix Sch	2:36.39	35.96	39.86	40.54	40.03
43	Rebecca WILSON	12	Deben	2:36.91	36.98	41.28	40.60	38.05
44	Lorna MACLEAN	12	Bo Southend	2:39.41	36.51	40.82	41.80	40.28
45	Brogan SIMPSON	13	Colchester	2:40.28	36.18	40.88	42.01	41.21
46	Evelyn THATCHER	13	Colchester	2:41.55	37.10	41.00	42.27	41.18
47	Daniella LYNCH	12	Team Ipswich	2:41.71	37.73	41.17	42.78	40.03
48	Bethany SWALLOW	13	Team Ipswich	2:42.06	37.36	42.04	42.50	40.16
49	Grace CALVER	13	Lstoff & OB	2:42.29	36.58	42.45	42.92	40.34
50	Beth SMITH	12	Kings Lynn	2:42.59	36.72	42.23	43.27	40.37
51	Bethany BROWN	13	Kings Lynn	2:47.19	37.87	43.12	43.79	42.41

14/15 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Alice TENNANT	15	Team Ipswich	2:06.27	29.32	31.96	33.08	31.91
2	Rachel ANDVIG	15	Team Ipswich	2:06.87	29.40	32.48	32.82	32.17
3	Mimi BARR	14	UEA Norwich	2:13.18	31.18	33.89	34.62	33.49
4	Milena PUTH	15	SG Ewr Rhein	2:13.19	30.64	33.30	34.61	34.64
5	Jessica HARVEY	14	Team Ipswich	2:14.62	31.47	34.56	34.51	34.08
6	Laura ADAMS	15	UEA Norwich	2:14.80	31.60	34.32	34.79	34.09
7	Eleanor NEWELL	15	Kings Lynn	2:16.11	31.77	34.26	35.14	34.94
8	Martha FERNANDEZ-DE-HE	15	SG Ewr Rhein	2:16.93	31.89	34.58	35.35	35.11
9	Evie ADAMS	14	Deben	2:18.95	32.15	35.96	36.60	34.24
10	Evie FISHER	14	Chelmsford	2:19.19	32.81	35.79	35.94	34.65
11	Stefanie KEILEN	15	SG Ewr Rhein	2:20.27	31.56	35.36	36.95	36.40
12	Gabrielle BALLS	14	Kings Lynn	2:21.20	31.81	35.06	36.98	37.35

13	Sarah LARNER	15	Colchester	2:21.24	32.13	35.79	37.20	36.12
14	Abigail MALSTER	15	Hadleigh	2:22.60	31.91	35.48	37.19	38.02
15	Ellen FISHER	15	Kings Lynn	2:24.25	32.82	36.38	37.54	37.51
16	Fiona MANTHORPE	14	Hadleigh	2:25.18	33.52	36.52	37.73	37.41
17	Alex WITTING	14	Aylsham Vikg	2:27.11	33.93	37.42	38.89	36.87
18	Hannah LOTHIAN	15	Fareham N'ds	2:27.90	32.76	37.31	38.99	38.84
19	Grace SANDERSON	14	Colchester	2:27.97	33.40	37.76	39.54	37.27
16 Yrs/Over Age Group								
Place	Name	AaD	Club	Time	50	100	150	200
1	Natascha MUHL	17	SG Ewr Rhein	2:09.84	30.22	32.60	33.19	33.83
2	Fenella FOSKETT	16	Deben	2:11.34	30.55	33.33	34.45	33.01
3	Emily HAWES	17	Lstof & OB	2:12.92	30.55	33.46	34.36	34.55
4	Leanne BARNARD	16	Lstof & OB	2:14.65	31.97	33.83	34.63	34.22
5	Riasa DOUGLAS-COLLOW	17	St Felix Sch	2:17.16	29.94	34.21	36.72	36.29
6	Emily PRIOR	17	Deben	2:17.30	32.23	34.93	35.15	34.99
EVENT 27 Mens Open 200m Breaststroke								
09 Yrs Age Group								
Place	Name	AaD	Club	Time	50	100	150	200
1	Spencer PRIOR	9	Colchester	3:34.62	51.21	55.33	54.54	53.54
2	Casey BARRETT	9	UEA Norwich	3:39.00	51.29	56.68	56.97	54.06
3	Owen FOX	9	UEA Norwich	4:27.00	1:00.56	1:09.67	1:09.25	1:07.52
10/11 Yrs Age Group								
Place	Name	AaD	Club	Time	50	100	150	200
1	Jake TYSON	11	Team Ipswich	3:05.60	43.59	48.04	47.69	46.28
2	Ross DAVY	11	Chelmsford	3:07.03	41.42	49.19	49.62	46.80
3	Jordan STAFF	11	UEA Norwich	3:08.65	43.56	48.40	48.96	47.73
4	Keenan STOKES	10	UEA Norwich	3:17.65	47.29	51.23	50.62	48.51
5	Jozef OCHWAT	11	Team Ipswich	3:17.71	45.23	50.99	51.72	49.77
6	Cameron SIMPSON	10	Colchester	3:20.19	44.28	52.33	52.63	50.95
7	Ashley TRENT	11	Newmarket	3:21.87	46.72	51.96	52.08	51.11
8	Cameron HARRIS	11	Team Ipswich	3:26.51	47.25	52.98	54.17	52.11
9	Oliver WARD	11	Team Ipswich	3:26.70	47.97	54.19	52.87	51.67
10	Charlie CHURCH	11	Lstof & OB	3:29.46	47.96	54.04	54.29	53.17
11	Alexander CARTER	11	Colchester	3:29.61	48.52	53.61	55.00	52.48
12	Stanley COLLINS	10	Lstof & OB	3:30.98	49.10	55.33	54.46	52.09
13	Jack PICKERING	10	Team Ipswich	3:32.09	49.29	54.48	54.22	54.10
14	Thomas ILLIDGE	11	Colchester	3:35.29	50.01	55.86	56.25	53.17
15	Callum MOONEY	10	UEA Norwich	3:37.68	50.37	56.32	57.05	53.94
16	Matthew CALVER	10	Lstof & OB	3:38.02	50.82	57.24	56.20	53.76
17	Jack PICKERING	11	Chelmsford	3:38.72	49.62	55.73	57.04	56.33
18	William STONER	10	UEA Norwich	3:38.84	50.34	56.13	56.56	55.81
19	Jordan MANN	10	UEA Norwich	3:40.23	51.55	57.22	57.12	54.34
20	Benjamin CLARK	11	Team Ipswich	3:40.80	49.64	57.22	57.15	56.79
21	Jack BALDRY	11	Lstof & OB	3:41.52	52.83	57.42	57.91	53.36

22	Nathan WELLS	10	Kings Lynn	3:44.21	51.88	58.21	57.53	56.59
23	Charlie METCALF	10	Bo Southend	3:46.15	53.63	58.83	58.84	54.85
24	Liam COMPTON	10	Team Ipswich	3:50.83	54.41	57.82	59.59	59.01
	Hugo JOHNSON	10	Bo Southend	DNC				

12/13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Harry SMITH	13	UEA Norwich	2:50.16	39.01	43.31	44.45	43.39
2	Thomas SORRELL	13	UEA Norwich	2:58.35	40.38	45.72	47.02	45.23
3	Dominic OLIVER	13	Lstoff & OB	2:58.84	40.91	45.41	46.79	45.73
4	Jonathan ANDVIG	13	Team Ipswich	2:59.45	40.87	45.96	46.47	46.15
5	Augustus VEASEY	12	Chelmsford	3:01.29	41.34	46.62	47.44	45.89
6	George STANNARD	12	St Felix Sch	3:02.95	41.29	48.66	48.06	44.94
7	Jonathon SHEPPARD	13	Fareham N'ds	3:03.43	40.59	47.00	48.15	47.69
8	Adam LAST	13	Deben	3:03.90	41.91	47.84	48.40	45.75
9	Kieran COMPTON	13	Team Ipswich	3:04.32	40.30	46.92	48.72	48.38
10	Jacob MARSHALL-GRINT	13	Kings Lynn	3:07.87	41.87	48.05	48.92	49.03
11	Conor LYNCH	12	Deben	3:12.64	42.43	49.74	50.07	50.40
12	Christian FROST	12	Team Ipswich	3:12.70	43.59	50.38	49.78	48.95
13	Cameron MURRAY	13	Kings Lynn	3:17.52	42.43	49.56	52.09	53.44
14	Damian GREEN	12	Colchester	3:19.27	47.00	50.40	52.21	49.66
15	Hamish MUNRO-SMITH	13	St Felix Sch	3:22.08	45.32	51.65	52.58	52.53

14/15 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Mark COLLINS	15	Kings Lynn	2:39.74	35.54	40.71	42.01	41.48
2	Miles GARNER	14	UEA Norwich	2:39.92	36.64	41.06	41.27	40.95
3	Josh PAGE	15	UEA Norwich	2:44.84	37.20	42.66	43.06	41.92
4	Kyle HART	15	Kings Lynn	2:47.50	36.84	41.99	44.14	44.53
5	Ryan TOMKINS	14	Team Ipswich	2:50.34	39.01	43.99	44.47	42.87

16 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100	150	200
1	Nicholas THOMPSON	17	UEA Norwich	2:26.44	34.03	38.28	36.64	37.49
2	Nathan HENDERSON	16	Lstoff & OB	2:29.36	33.00	37.86	39.05	39.45
3	Jack ASHTON	17	Chelmsford	2:43.72	37.06	41.42	42.83	42.41
4	Ben JOHNSON	16	UEA Norwich	2:44.49	37.00	41.91	43.02	42.56

EVENT 28 Womens Open 50m Backstroke

09 Yrs Age Group

Place	Name	AaD	Club	Time
1	Lilyella CRAW-SEAMAN	9	UEA Norwich	38.90
2	Danica BRAZIER	9	Chelmsford	39.85
3	Lana MO	9	St Felix Sch	42.68
4	Sophie BOWLER	9	St Felix Sch	43.11
5	Sasha DYKE	9	UEA Norwich	44.33
6	Lily CHARLESWORTH	9	St Felix Sch	45.90
7	Cerys RUSSELL	9	Deben	46.62

8	Erin BENNETT	9	Lstof & OB	46.72
9	Shannon LAIRD-DICKENS	9	Bo Southend	49.98

10/11 Yrs Age Group

Place	Name	AaD	Club	Time
1	Katie RUMSEY	11	St Felix Sch	34.44
2	Isobel PAGE	11	UEA Norwich	34.81
3	Eliza DUFFY	11	Chelmsford	35.30
4	Courtney SANDERS	11	Chelmsford	35.64
5	Alaina SCIFO	11	Team Ipswich	36.43
6	Flora SHAUL	11	UEA Norwich	36.94
7	Georgia KERRIDGE	11	St Felix Sch	37.74
8	Karis ELLERBY	11	Bo Southend	38.06
9	Maya WESTLAKE	11	Newmarket	38.09
10	Sophie PEACHMENT	11	Team Ipswich	38.38
11	Alice INSULL	11	Colchester	38.51
12	Emily WOODS	10	Chelmsford	38.85
13	Elise BARRETT	11	UEA Norwich	38.93
14	Freya MACDONALD	11	UEA Norwich	38.98
15	Hannah JANISCH	11	Kings Lynn	39.30
16	Lucy SORRELL	11	UEA Norwich	39.36
17	Natalie FLINTHAM	11	UEA Norwich	39.39
18	Harri CLARKE	11	UEA Norwich	39.65
19	Isobelle READ	10	Lstof & OB	39.68
20	Isabel POSTLE	11	Lstof & OB	39.87
21	Caitlin RUSSELL	11	Deben	39.95
22	Casey WILLIS	11	St Felix Sch	40.35
23	Katie MALONEY	11	UEA Norwich	40.83
24	Hannah KING	11	Bo Southend	40.97
25	Beckie SCAIFE	10	UEA Norwich	41.06
26	Lilly PEARSON	10	Kings Lynn	41.09
26	Gemma FAULKNER	10	UEA Norwich	41.09
28	Megan CHERRY	10	Team Ipswich	41.20
28	Serena ARIS	11	UEA Norwich	41.20
30	Isobelle BERREY	10	Lstof & OB	41.25
31	Courtney SMITH	10	Team Ipswich	41.41
32	Hannah BACON	11	St Felix Sch	41.45
33	Lauren HARRINGTON	11	Chelmsford	41.51
34	Isabel WILLIAMS	10	Team Ipswich	41.56
35	Amelia ELDEN	10	Team Ipswich	41.59
36	Alice WATSON-FLOWERS	10	Lstof & OB	41.72
37	Ellyn FRIAR	11	Team Ipswich	41.78
38	Alexa FOSTER-CARTER	11	Bo Southend	41.83
39	Medbh WILLIAMS	10	UEA Norwich	41.88
40	Sophie EMPSON	10	Kings Lynn	42.00

41	Sophie CONWAY	10	Team Ipswich	42.06
42	Charlotte MORGAN	11	Colchester	42.14
43	Amy CROSS	11	Kings Lynn	42.52
43	Izzy BATEMAN	11	UEA Norwich	42.52
45	Alice CHEVERTON	11	Lstof & OB	42.77
46	Amelia STANNARD	10	St Felix Sch	43.29
47	Caitlin HOUSTON	10	Team Ipswich	43.50
48	Anouska NICHOLS	11	UEA Norwich	43.78
49	Brittany HYAM	10	Team Ipswich	43.94
50	Laura WILLERS	10	Fareham N'ds	44.12
51	Rachel DENNISON	11	St Felix Sch	45.44

12/13 Yrs Age Group

Place	Name	AaD	Club	Time
1	Gemma BARTLE	13	Team Ipswich	32.56
2	Poppy INGLESON	13	UEA Norwich	32.66
3	Evie EDWARDS	13	Fareham N'ds	32.97
4	Keely EMPSON	12	Kings Lynn	33.72
5	Kimberley ANASTASIOU	13	UEA Norwich	33.79
6	Danielle RAYNER	12	Kings Lynn	34.16
7	Alana JONES	13	Chelmsford	34.36
8	Casey WHEELER	13	Fareham N'ds	34.72
9	Bethany CATCHPOLE	13	Team Ipswich	35.28
10	Katherine SALSBURY	13	Fareham N'ds	35.53
11	Sarah PURNELL	13	Colchester	35.60
12	Chantel WHITING	13	St Felix Sch	35.74
13	Bethany LODGE	13	Chelmsford	35.94
14	Eleanor MASSEY	12	Chelmsford	36.42
15	Paige YOUNG	13	Colchester	37.10
16	Zoe JOHNSON	13	UEA Norwich	38.04
17	Marion BRYANT	13	St Felix Sch	38.10
18	Kelly WILLERS	12	Fareham N'ds	38.46
19	Kelsey ELLERBY	12	Bo Southend	38.84
20	Katie COLLINS	12	Bo Southend	39.00
21	Lorna MACLEAN	12	Bo Southend	39.03
22	Bethany SWALLOW	13	Team Ipswich	39.70
23	Shannon OXBROW	12	Team Ipswich	40.62
24	Grace CALVER	13	Lstof & OB	41.52
25	Bethany BROWN	13	Kings Lynn	41.93
	Beth SMITH	12	Kings Lynn	DNC

14/15 Yrs Age Group

Place	Name	AaD	Club	Time
1	Hannah LOTHIAN	15	Fareham N'ds	32.46
2	Nicole COOPER	14	Lstof & OB	33.09
3	Charlotte PETERS	14	Chelmsford	33.17

4	Eleanor NEWELL	15	Kings Lynn	34.35
4	Ellen FISHER	15	Kings Lynn	34.35
6	Jessica HARVEY	14	Team Ipswich	34.43
7	Lucy MACKENZIE	15	Hadleigh	34.55
8	Gemma WASS	14	Chelmsford	34.67
9	Rebecca DUGARD	15	Fareham N'ds	34.92
10	Grace SANDERSON	14	Colchester	35.28
11	Fiona MANTHORPE	14	Hadleigh	35.36
12	Lucy TALLENTIRE	15	Colchester	35.66
13	Evie ADAMS	14	Deben	35.94
14	Alex WITTING	14	Aylsham Vikg	36.86

16 Yrs/Over Age Group

Place	Name	AaD	Club	Time
1	Emily HAWES	17	Lstoff & OB	32.09
2	Laura HEALEY	20	Lstoff & OB	32.11
3	Emily PRIOR	17	Deben	32.68
4	Riasa DOUGLAS-COLLOW	17	St Felix Sch	34.72
5	Louise BUSH	17	UEA Norwich	35.07

EVENT 29 Mens Open 50m Butterfly

09 Yrs Age Group

Place	Name	AaD	Club	Time
1	Arran FRANCIS	9	Colchester	39.44
2	Casey BARRETT	9	UEA Norwich	41.05
3	Dominic SCIFO	9	Team Ipswich	41.87
4	Jack FORD	9	Chelmsford	52.63
	Jordan CATCHPOLE	9	Lstoff & OB	DQ ST-

10/11 Yrs Age Group

Place	Name	AaD	Club	Time
1	Jake TYSON	11	Team Ipswich	32.95
2	Reg LLOYD	11	Team Ipswich	33.64
3	Philip DOWDING-YOUNG	11	Team Ipswich	33.78
4	Jordan MANN	10	UEA Norwich	36.57
5	Erik CESLA	11	SG Ewr Rhein	37.98
6	Ross DAVY	11	Chelmsford	38.02
7	William COOPER	10	UEA Norwich	38.09
8	Joe COOPER	11	UEA Norwich	38.42
9	Matthew CALVER	10	Lstoff & OB	40.09
10	Jozef OCHWAT	11	Team Ipswich	40.18
11	Elliot LEGG	11	Kings Lynn	40.48
12	Jack PICKERING	10	Team Ipswich	41.01
13	Keenan STOKES	10	UEA Norwich	41.23
14	Benjamin CLARK	11	Team Ipswich	41.85
15	Philip DAVIS	10	UEA Norwich	41.86
16	Stanley COLLINS	10	Lstoff & OB	41.99

17	William STONER	10	UEA Norwich	42.18	
18	Charlie METCALF	10	Bo Southend	42.24	
19	Hugo JOHNSON	10	Bo Southend	42.33	
20	Callum MOONEY	10	UEA Norwich	42.77	
21	Jack PICKERING	11	Chelmsford	43.53	
22	Oliver WARD	11	Team Ipswich	44.04	
23	Jack BALDRY	11	Lstof & OB	45.94	
24	Nathan WELLS	10	Kings Lynn	47.32	
25	Liam COMPTON	10	Team Ipswich	48.94	
	Charlie FULCHER	11	Deben	DNC	
	Benjamin NEALE	11	Chelmsford	DQ	ST-

12/13 Yrs Age Group

Place	Name	AaD	Club	Time	
1	Joshua COLEBY	12	Team Ipswich	30.08	
2	Kilian KORTH	13	Team Ipswich	30.49	
3	James HILL	13	Fareham N'ds	31.90	
4	Robert ALAND	12	Team Ipswich	32.54	
5	Cameron MURRAY	13	Kings Lynn	33.04	
6	Alexander VIPOND	13	Colchester	33.12	
7	Adam LAST	13	Deben	33.30	
8	Christopher WHITEHEAD	13	Fareham N'ds	33.68	
9	Daniel HENDERSON	13	Gt Yarmouth	34.15	
10	Thomas SORRELL	13	UEA Norwich	34.24	
11	George STANNARD	12	St Felix Sch	34.81	
12	Braddan WESTLAKE	13	Newmarket	34.97	
13	John JIANG	13	Sudbury	36.35	
14	Dominic OLIVER	13	Lstof & OB	36.86	
15	Kieran COMPTON	13	Team Ipswich	36.92	
16	Jacob MARSHALL-GRINT	13	Kings Lynn	37.27	
17	James EXTON-MARKEY	13	Lstof & OB	37.34	
18	Jonathan ANDVIG	13	Team Ipswich	37.67	
19	Conor LYNCH	12	Deben	39.09	
	Charlie SMITH	12	Team Ipswich	DNC	

14/15 Yrs Age Group

Place	Name	AaD	Club	Time	
1	Daniel SMITH	15	Lstof & OB	28.78	
2	Jonathan LINES	14	Chelmsford	29.02	
3	Robert WHIGHT	15	Team Ipswich	29.63	
4	Ben ROOTS	14	Chelmsford	29.76	
5	George BARTLE	15	Team Ipswich	30.14	
6	Oliver COOPER	15	Lstof & OB	30.16	
7	David LAMBERT	15	Kings Lynn	30.30	
8	Alex MURRAY	15	Kings Lynn	30.42	
9	Jordan JAGO	15	Colchester	31.02	

10	Josh PAGE	15	UEA Norwich	31.39
11	Jake CROOK	15	Kings Lynn	31.41

16 Yrs/Over Age Group

Place	Name	AaD	Club	Time
1	Jamie O'DONNELL	18	Fareham N'ds	26.15
2	Sean TOMLIN	16	Bo Southend	27.72
3	Nathan HENDERSON	16	Lstof & OB	28.82
4	Andrew SHAND	23	Fareham N'ds	29.28
5	Matthew NAUNTON	17	Deben	29.76
6	Dominic TERRY	16	Fareham N'ds	29.87
7	Ben JOHNSON	16	UEA Norwich	30.94
8	Simon COLLIS	19	Fareham N'ds	32.25

EVENT 30 Womens Open 100m Butterfly

12/13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100
1	Holly BATEMAN	13	UEA Norwich	1:08.94	32.53	36.41
2	Ellen OXBROW	13	Team Ipswich	1:09.61	32.67	36.94
3	Poppy INGLESON	13	UEA Norwich	1:10.85	33.02	37.83
4	Evie EDWARDS	13	Fareham N'ds	1:12.66	34.09	38.57
5	Issy FAULKNER	13	UEA Norwich	1:15.11	36.00	39.11
6	Marcella ARIS	13	UEA Norwich	1:15.13	35.49	39.64
7	Vanessa GIMMER	12	SG Ewr Rhein	1:15.19	35.33	39.86
8	Ellie FAIRFOOT	13	UEA Norwich	1:17.18	36.15	41.03
9	Louise CHARLESWORTH	13	St Felix Sch	1:17.92	35.63	42.29
10	Alexandra PERKINS	13	UEA Norwich	1:18.28	36.00	42.28
11	Eleanor MASSEY	12	Chelmsford	1:18.59	36.71	41.88
12	Alice OAKLEY	12	UEA Norwich	1:18.74	37.60	41.14
13	Katherine SALSBURY	13	Fareham N'ds	1:22.33	38.04	44.29
14	Maisie FOX	12	UEA Norwich	1:23.61	38.84	44.77
15	Casey WHEELER	13	Fareham N'ds	1:24.73	38.60	46.13
16	Marion BRYANT	13	St Felix Sch	1:26.03	39.10	46.93
17	Alexandra EDGE	13	Bo Southend	1:26.49	40.39	46.10
18	Jennifer YOUNGS	13	UEA Norwich	1:27.12	40.31	46.81
	Sarah PURNELL	13	Colchester	DNC		

14/15 Yrs Age Group

Place	Name	AaD	Club	Time	50	100
1	Alice TENNANT	15	Team Ipswich	1:05.83	30.66	35.17
2	Laura ADAMS	15	UEA Norwich	1:09.94	32.74	37.20
3	Milena PUTH	15	SG Ewr Rhein	1:11.01	33.39	37.62
4	Sarah LARNER	15	Colchester	1:12.60	34.61	37.99
5	April HYAM	15	Team Ipswich	1:13.64	33.80	39.84
6	Lucy TALLENTIRE	15	Colchester	1:14.35	34.94	39.41
7	Evie ADAMS	14	Deben	1:16.89	34.96	41.93
8	Kiera MOONEY	14	UEA Norwich	1:17.16	36.24	40.92

	9 Gemma WASS	14	Chelmsford	1:17.60	35.92	41.68
	Abigail MALSTER	15	Hadleigh	DNC		
	Hannah LOTHIAN	15	Fareham N'ds	DNC		
16 Yrs/Over Age Group						
Place	Name	AaD	Club	Time	50	100
	1 Fenella FOSKETT	16	Deben	1:09.44	32.18	37.26
	2 Emily PRIOR	17	Deben	1:13.95	34.56	39.39