



East Swimming

2017 Long Course Championships

(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing & to ASA Open Meet Licensing Criteria)



Weekend two - Norwich

27th, 28th, & 29th May 2017
(Licensed Meet No. 1ER170220)

EVENT 411 Womens 200m Butterfly

Regional Record Junior - 2:14.39

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Ruby DAGLESS	12	Dereham	2:40.00	532	34.76	1:13.83	1:56.17
2.	Valeria GIRON	12	Hatfield	2:45.42	482	35.84	1:19.73	2:02.60
3.	Nonhlanhla THOLE	12	St Felix Sch	2:46.63	471	35.00	1:18.25	2:00.50
4.	Emily COOPER	12	Basildon Ph	2:47.77	462	34.38	1:15.91	2:00.77
5.	Charlotte NORMAN	12	Colchester	2:48.72	454	35.81	1:19.28	2:03.52
6.	Lily MACDONALD	12	UEA Norwich	2:49.21	450	35.99	1:19.26	2:03.35
7.	Molly GRIEVE	12	Colchester	2:51.10	434	36.25	1:19.05	2:05.09
8.	Ruby WHEELER	11	Basildon Ph	2:52.17	426	37.26	1:20.67	2:06.44
9.	Holly LAMB	12	Southend	2:52.30	425	36.99	1:21.79	2:07.83
10.	Kiera BLUNDEN	12	Chelmsford	2:55.58	400	37.15	1:23.54	2:11.08
11.	Francesca BABER	11	Flitwick	2:57.24	388	38.37	1:25.00	2:11.56
12.	Isla WINSLOW	12	UEA Norwich	2:59.23	374	37.43	1:23.46	2:13.83
13.	Georgia PRITCHARD	12	Hatfield	3:00.90	363	37.34	1:25.74	2:14.18
14.	Amy PAGET	12	Co Peterboro	3:00.93	363	-	1:26.39	-
15.	Bethan ENDICOTT	12	St Ives	3:05.02	336	36.40	1:25.59	2:17.12
16.	Anita TIEN	12	Colchester	3:06.81	325	37.75	1:23.25	2:14.11
17.	Katie GEORGE	12	UEA Norwich	3:12.89	291	39.20	1:30.00	2:21.27
18.	Isobel GELLER	12	Tring	3:13.03	290	37.52	1:31.35	2:23.03
19.	Helena HALL	12	Deben	3:17.48	268	39.08	1:31.03	-
	Jessica SHAW	12	March	DQ				

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Sophie FREEMAN	13	Colchester	2:24.64	705	31.03	1:07.54	1:46.03
2.	Rachel ANDREWS	13	C Beds SS	2:39.23	540	34.38	1:16.09	1:57.37
3.	Ellie WALKER	13	UEA Norwich	2:47.22	466	36.91	1:18.70	2:01.87
4.	Brenna HOWELL	13	Co Peterboro	2:47.98	460	33.86	1:18.04	2:01.08
5.	Etholle MARKS	13	Newmarket	2:50.32	440	36.01	1:19.76	2:04.90
6.	Ciara WOOKEY	13	Colchester	2:50.77	437	35.92	1:19.21	2:04.19
7.	Bruna REBELO	13	Hatfield	2:53.33	417	37.19	1:21.77	2:06.41
8.	Holly GRAVES	13	Co Peterboro	2:54.87	405	36.26	1:22.30	2:06.47
9.	Maddie LEES	13	DunmowAtlant	2:55.10	403	37.70	1:22.09	2:08.55
10.	Astrid HUBBARD	13	West Norfolk	2:55.49	401	36.25	1:22.50	2:07.13
11.	Cerys WILLIAMS	13	West Suffolk	2:57.96	383	37.41	1:22.58	2:11.29
12.	Chloe COOK	13	Chatteris	3:00.34	366	37.94	1:23.99	2:10.96
13.	Eloise PARTON	13	Co Cambridge	3:01.44	359	38.09	1:23.40	2:11.55
14.	Bethan FUGE	13	Hatfield	3:01.57	358	1:09.04	1:23.47	2:10.23
15.	Maggie FLEET	13	Watford SC	3:02.53	352	35.45	1:23.31	2:14.59
16.	Grace GUNTON	13	UEA Norwich	3:03.09	348	38.67	1:25.16	2:13.19
17.	Victoria HART	13	Linslade	3:03.40	346	37.82	1:24.18	2:14.44
18.	Freya HARWOOD	13	Hitchin	3:04.14	342	37.68	1:25.33	2:14.01
19.	Kiara JESSOP	13	Lstoft & OB	3:06.99	324	39.44	1:24.01	2:14.26
20.	Faith ASHWORTH STOBBS	13	Co Cambridge	3:07.91	319	38.75	1:27.22	2:17.89
21.	Laura SNELHAM	13	Deben	3:08.30	317	37.76	1:27.09	2:18.20
	Brooke JENKINS	13	Southend	DQ				
	May BRADBURN	13	Chelmsford	DQ				

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Rebecca HOWELL	14	Basildon Ph	2:28.59	656	32.11	1:09.33	1:48.68
2.	Sara KALAWSKA	14	Hatfield	2:29.84	641	33.09	1:11.20	1:50.23
3.	Jessica WOODWARD	14	Potters Bar	2:32.93	606	33.41	1:11.27	1:52.00
4.	Orla KEAVENEY	14	Modernian	2:37.45	558	34.86	1:14.36	1:55.99
5.	Lucie PECK	14	West Norfolk	2:37.67	555	33.20	1:12.09	1:53.52
6.	Katie HAMMOND	14	Co Cambridge	2:39.70	535	33.69	1:12.85	1:53.66
7.	Millie BATEMAN	14	UEA Norwich	2:41.13	521	35.11	1:15.95	1:57.68
8.	Grace KING	14	teamipswich	2:41.49	518	35.06	1:16.73	1:58.66
9.	Ella HALE	14	West Suffolk	2:43.13	503	32.27	1:12.40	1:58.09
10.	Lauren BROWNE	14	Co Peterboro	2:44.98	486	35.84	1:17.01	2:01.45
11.	Daisy SANDON	14	Stevenage	2:45.26	483	34.85	1:14.91	1:58.36
12.	Rebecca SMITH	14	Norwich Swan	2:45.63	480	34.11	1:14.78	1:58.82
13.	Lily GENNER	14	West Suffolk	2:46.19	475	35.01	1:16.84	2:01.73
14.	Matilda MEYRICK	14	Norfolk Vikg	2:46.36	474	34.80	1:16.72	2:00.95
15.	Lauren YOUNG	14	Hatfield	2:47.62	463	37.68	1:21.67	2:04.92
16.	Radost MILKOVA	14	Thurrock	2:49.01	451	34.71	1:16.87	2:02.23
17.	Lily BEMMER	14	Deben	2:49.67	446	34.83	1:18.89	2:04.45
18.	Katherine CHEESERIGHT	14	C Beds SS	2:49.96	443	35.70	1:18.92	2:03.08
19.	Chiara ROGERS	14	Team Luton	2:50.04	443	34.31	1:15.12	2:00.03
20.	Chloe BERKO-BOATENG	14	Cheshunt	2:51.62	430	33.46	1:17.54	2:01.90
21.	Jemima WAYMAN	14	Deben	2:55.03	404	37.44	1:22.21	2:09.05
22.	Libby MAGILL	14	Hatfield	2:55.34	402	35.93	1:20.17	2:07.33
23.	Iona TRAINER	14	Co Ely	2:56.38	394	34.30	1:17.49	2:04.99
24.	Grace MADSEN	14	Beccles Town	2:56.86	391	35.65	1:19.72	2:06.31
	Victoria ROGERS	14	Basildon Ph	DQ				



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EVENT 412 Mens 200m Breaststroke

Regional Record Junior - 2:23.24

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Olivier VEDRENNE	12	UEA Norwich	2:54.17	444	40.45	1:25.01	2:10.42
2.	Marcus MOSCUZZA	12	St Felix Sch	2:59.44	404	39.79	1:26.20	2:12.35
3.	Edward MERHAN	12	West Suffolk	3:01.03	393	38.48	1:24.15	2:12.16
4.	Alexander WILLIAMS	12	Watford SC	3:03.01	379	41.90	1:28.28	2:16.69
5.	Tyler TOMBS	12	Chelmsford	3:03.84	373	41.63	1:30.07	2:18.64
6.	Aidan PILCHER	12	teamipswich	3:07.39	350	43.97	1:32.37	2:21.26
7.	Ethan ANGEL	11	teamipswich	3:09.20	339	42.64	1:32.45	2:21.32
8.	Daniel HOLLISS	11	Co St Albans	3:09.22	339	42.54	1:32.79	2:21.20
9.	Mark MILBURN	12	Colchester	3:10.55	331	42.49	1:31.37	2:20.76
10.	Noah CRABB	12	teamipswich	3:11.07	328	43.34	1:34.13	2:23.45
11.	Thomas OWEN	12	West Norfolk	3:11.65	325	43.71	1:33.83	2:23.18
12.	Enzo LIM	12	Watford SC	3:13.30	315	42.13	1:32.32	2:21.69
13.	Eldrick MANELA	12	Stevenage	3:13.37	315	44.55	1:36.31	2:25.20
14.	Finley COMAN	12	Gt Yarmouth	3:13.45	314	42.54	1:32.66	2:23.84
15.	Billy KNIBB	12	Linslade	3:14.41	309	44.11	1:35.16	2:26.67
16.	Daniel AJETUMMOBI	12	Thurrock	3:14.65	308	43.40	1:33.95	2:23.95
17.	Alfie FRANCIS	12	Colchester	3:15.42	303	44.68	1:35.51	2:27.47
18.	James GISBORNE	12	Bishop Stort	3:16.17	299	43.62	1:34.41	2:25.43
19.	James CLAY	12	Stowmarket	3:17.04	295	44.52	1:35.93	2:27.38
20.	Colin MOGHINA	12	Thurrock	3:17.69	291	43.73	1:33.53	2:25.47
21.	Billy MEAD	12	Dunstable	3:18.17	289	43.89	1:35.71	2:26.04
22.	Brayden DOYLE	12	Brentwood	3:19.81	280	45.04	1:36.11	2:27.04
23.	Robbie CRUICKSHANKS	11	teamipswich	3:22.68	266	46.70	1:38.27	2:30.35
24.	Tobin SARI	12	West Suffolk	3:24.77	257	44.92	1:38.28	2:31.82
25.	Joshua SPENCER	12	Co Peterboro	3:25.01	256	48.04	1:40.54	2:33.03
26.	Matthew MONIE	12	Co Cambridge	3:25.82	252	45.43	1:38.97	2:32.66

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Joe COOPER	13	teamipswich	2:44.55	527	38.14	1:21.10	2:03.24
2.	Harrison JARVIS	13	Thurrock	2:45.65	517	36.99	1:19.22	2:02.43
3.	James QUINN	13	St Ives	2:45.80	516	36.36	1:19.83	2:02.35
4.	Matthew DEBENHAM	13	teamipswich	2:50.68	472	38.08	1:23.06	2:06.46
5.	Sam WILLIAMSON	13	Hatfield	2:50.87	471	38.04	1:22.46	2:06.58
6.	Rhys DAVIDSON	13	Team Luton	2:51.00	470	39.32	1:23.56	2:07.71
7.	Owen THOMAS	13	Modernian	2:51.53	465	39.51	1:24.28	2:08.25
8.	Yuto WATANABE	13	Hatfield	2:53.21	452	38.72	1:24.06	2:08.28
9.	Samuel RENNIE	13	Braintree	2:58.20	413	40.12	1:26.23	2:12.46
10.	Mide OLAJIDE	13	Thurrock	2:58.26	413	40.09	1:27.57	2:12.25
11.	George WILLIAMS	13	Harpندن	3:02.64	381	40.26	1:27.47	2:15.44
12.	Ashton NEO	13	Linslade	3:05.92	360	42.59	1:29.86	2:18.13
13.	Johnny WILDE	13	Putteridge	3:06.21	358	42.99	1:32.92	2:22.93
14.	Max ROBERTSON	13	Hatfield	3:07.34	351	41.12	1:30.13	2:19.20
15.	Ketan RACH	13	Watford SC	3:07.49	350	41.12	1:29.29	2:19.04
16.	Harry SWANN	13	Lstof & OB	3:07.62	349	42.10	1:29.97	2:19.55
17.	Taylor COE	13	Cheshunt	3:08.53	343	43.37	1:32.17	2:20.13
18.	James ROTHWELL	13	Co Peterboro	3:09.18	339	41.91	1:31.31	2:20.04
19.	Luke TAYLOR	13	Co Cambridge	3:11.72	324	41.53	1:32.55	2:22.51
20.	Matthew WEIMANN	13	Co Cambridge	3:12.54	319	43.85	1:34.27	2:24.54
21.	Bradley BORLAND	13	Putteridge	3:14.11	311	44.84	1:34.38	2:25.31
	Robert ADDIS	13	West Norfolk	DQ				

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Finn JEFFERY	14	St Felix Sch	2:37.74	596	35.27	1:15.64	1:56.24
2.	Freddie LAWS	14	West Norfolk	2:43.12	541	37.15	1:20.12	2:01.16
3.	James DILLON	14	Basildon Ph	2:44.28	530	36.05	1:18.59	2:01.87
4.	Owen WEBSTER	14	St Felix Sch	2:44.37	529	37.40	1:19.16	2:02.78
5.	Mattias MORSE	14	Hemel Hemp	2:44.95	524	37.16	1:19.21	2:02.32
6.	Samuel BULLINGHAM	14	West Suffolk	2:48.30	493	38.28	1:21.12	2:05.66
7.	Lewis SHAYLER	14	Watford SC	2:48.90	488	39.00	1:22.95	2:07.57
8.	Jack RICHARDSON	14	DunmowAtlant	2:49.71	481	37.29	1:22.97	2:07.07
9.	Henry KING	14	West Suffolk	2:52.12	460	38.32	1:22.45	2:08.52
10.	William ROBINS	14	C Beds SS	2:52.18	460	36.93	1:21.13	2:06.92
11.	Harvey HALL	14	Deben	2:52.30	459	37.67	1:22.19	2:07.85
12.	Callum STEDMAN	14	Dereham	2:52.62	456	37.21	1:21.30	2:06.28
13.	Joshua STEPHENS	14	St Felix Sch	2:52.86	454	39.27	1:24.01	2:09.33
14.	James MARTINEZ	14	West Suffolk	2:56.94	422	39.30	1:26.40	2:13.15
15.	Louis BYRNE	14	Co Cambridge	2:57.57	418	40.28	1:26.25	2:12.16
16.	Alex GALLAGHER	14	Wisbech	2:57.69	417	39.97	1:25.09	2:11.78
17.	Brayden DITCHFIELD-WAT	14	Leighton Buz	2:58.68	409	40.51	1:26.26	2:13.30
18.	Harry ARBUTHNOTT	14	Harpندن	2:59.68	402	41.25	1:27.33	2:13.31
19.	William TOZER	14	West Suffolk	3:00.51	396	40.50	1:26.48	2:14.21
	Euan DONALD	14	Berkhamsted	DQ				
	Jack BROWN	14	Co Peterboro	DQ				



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EVENT 413 Womens 100m Breaststroke

Regional Record Junior - 1:10.13

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Charlotte WHITE	12	West Suffolk	1:21.16	598	38.45
2.	Eloisa MILLER	12	C Beds SS	1:24.87	526	39.12
3.	Beth YOUNG	11	Felixstowe	1:26.57	496	40.04
4.	Holly LAMB	12	Southend	1:26.91	490	41.67
5.	Ruby GREENHALF	12	UEA Norwich	1:27.23	484	41.52
6.	Francesca LOW	12	Chelmsford	1:27.54	479	41.24
7.	Miriam STRATFOLD	11	Newmarket	1:28.37	466	42.71
8.	Anita TIEN	12	Colchester	1:28.83	458	41.10
9.	Sophie JENKINSON	12	Basildon Ph	1:29.60	446	41.77
10.	Anna BROWNE	12	UEA Norwich	1:29.67	445	42.69
11.	Emily COOPER	12	Basildon Ph	1:29.68	445	42.37
12.	Isla WINSLOW	12	UEA Norwich	1:30.30	435	43.29
13.	Abigail GOTTS	12	Norfolk Vikg	1:30.42	434	42.16
14.	Holly ROBINSON	12	Hatfield	1:30.66	430	43.08
15.	Dayna SHEPPERSON	12	Cheshunt	1:30.71	429	41.72
16.	Emilia DUNWOODIE	12	Co St Albans	1:30.75	429	42.27
17.	Lily MACDONALD	12	UEA Norwich	1:30.77	428	43.63
18.	Macy DEXTER	11	Co Cambridge	1:30.95	426	43.06
19.	Ciara TAYLOR	12	Co Ely	1:31.16	423	42.16
20.	Lucy COIA-BELL	12	Co St Albans	1:31.47	418	41.77
21.	Georgia PRITCHARD	12	Hatfield	1:31.51	418	43.79
22.	Madeleine TODD	12	St Ives	1:31.54	417	42.07
23.	Jessica SPAVINS	12	F S Godmanc	1:31.67	415	43.24
24.	Susana OPOKU-GYAMFI	12	Team Luton	1:31.75	414	-
25.	Jessica SHAW	12	March	1:34.05	382	44.02
26.	Jessica MAHONEY	12	Co Peterboro	1:36.07	356	44.88

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Polly FISH	13	Co Cambridge	1:19.40	636	-
2.	Ela NORTON	13	Hatfield	1:20.46	613	37.76
3.	Charlotte ABRAMSON	13	UEA Norwich	1:20.82	605	38.16
4.	Niamh KELLY	13	Hatfield	1:22.31	575	39.18
5.	Alice FASEY	13	Thetford	1:22.87	564	38.89
6.	Ciara WOOKEY	13	Colchester	1:23.05	560	38.27
7.	Jessica MUNFORD	13	Norwich Swan	1:23.07	560	38.20
8.	Charlotte TREE	13	Colchester	1:23.77	546	39.04
9.	Caitlin HARTLEY	13	Hatfield	1:24.43	534	-
10.	Grace GUNTON	13	UEA Norwich	1:24.78	527	40.41
11.	Molly MONK	13	Dereham	1:24.81	527	40.01
12.	Sophie GRIFFIN	13	Co Peterboro	1:24.82	527	39.84
13.	Harriet CLEMENTS	13	Watford SC	1:25.50	514	40.07
14.	Millie FIELDS	13	Bishop Stort	1:25.67	511	-
15.	Lucy HUDSON	13	West Suffolk	1:25.79	509	40.31
16.	Tess WESLEY	13	Newmarket	1:26.00	506	-
17.	Niamh SADLER	13	UEA Norwich	1:27.05	487	41.77
18.	Hannah DALEY	13	Co Peterboro	1:27.32	483	41.46
19.	Caitlin LOO	13	Hatfield	1:28.92	457	41.15
20.	Bruna REBELO	13	Hatfield	1:33.42	391	43.21

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Angharad EVANS	14	West Suffolk	1:12.84	798	34.13
2.	Imogen BLOOMFIELD	14	Co Cambridge	1:19.32	638	37.05
3.	Ellie MATTHEWS	14	Putteridge	1:19.39	636	37.55
4.	Poppy ALLEN	14	Basildon Ph	1:19.63	631	37.69
5.	Annabelle BURGESS	14	teamipswich	1:19.92	624	37.11
6.	Erin O'MEARA	14	Watford SC	1:20.13	620	37.55
7.	Eleanor WILLIAMS	14	Watford SC	1:20.54	611	38.35
8.	Grace KING	14	teamipswich	1:20.87	604	38.54
9.	Grace STEDMAN	14	Co St Albans	1:20.97	602	38.05
10.	Millie CLARK	14	Cheshunt	1:21.45	592	38.95
-11.	Beth DENNIS	14	Wisbech	1:21.57	590	38.30
12.	Sara KALAWSKA	14	Hatfield	1:22.69	567	38.73
13.	Ellie-Mei SHEPPERSON	14	West Norfolk	1:22.70	567	37.86
14.	Rebecca GIROLAMI	14	Colchester	1:23.04	560	38.80
15.	Chiara ROGERS	14	Team Luton	1:23.37	554	39.46
16.	Sophie TAYLOR	14	DunmowAtlant	1:23.69	548	38.61
17.	Mollie WHITE	14	Norfolk Vikg	1:23.71	547	39.57
18.	Gina BREWIS	14	Co Ely	1:23.86	545	39.05
19.	Autumn HANDSCOMBE	14	C Beds SS	1:23.93	543	39.07
20.	Charlotte HUDSON	14	West Suffolk	1:24.18	539	38.76
21.	Isabelle ROSHER	14	teamipswich	1:24.25	537	39.26
22.	Chloe LAVIN	14	Co St Albans	1:24.58	531	38.99
23.	Chloe BERKO-BOATENG	14	Cheshunt	1:25.05	523	40.05



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24. Abbie BARNWELL	14	Team Luton	1:25.21	520	40.00
25. Iona TRAINER	14	Co Ely	1:25.22	519	38.59
26. Emily WATSON	14	Modernian	1:25.58	513	-
27. Maia MORGAN	14	Dunstable	1:26.02	505	38.54
28. Lily BEMMER	14	Deben	1:26.21	502	-
29. Jessica BOND	14	Hatfield	1:26.22	502	-
30. Eve WRIGHT	14	Co Peterboro	1:27.22	485	-
31. Alexandra LAWMAN	14	Watford SC	1:28.14	469	40.72
32. Nicole EGENES	14	Co St Albans	1:29.43	449	41.62
33. Daria TEOBALD	14	Hitchin	1:29.70	445	40.86
34. Gracie Mae MARTIN	14	Thurrock	1:29.94	441	41.71



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(Licensed Meet No. 1ER170220)

EVENT 414 Mens 50m Butterfly

Regional Record Junior - 25.94

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Samuel PYEFINCH	12	Tring	30.80	478
2.	Christopher WILLIAMSON	12	Co Cambridge	31.91	428
3.	Jude HILLS	12	Bo Southend	31.94	427
4.	Joseph BAVEY	12	Newmarket	32.57	401
5.	Jenson HURRELL	12	Thurrock	33.07	382
6.	Edward MERHAN	12	West Suffolk	33.14	379
7.	Alexander WILLIAMS	12	Watford SC	33.27	374
8.	Enzo LIM	12	Watford SC	33.31	373
9.	Olivier VEDRENNE	12	UEA Norwich	33.65	361
10.	Matthew BROWN	12	Stowmarket	33.66	360
11.	Daniel ORD	12	Watford SC	33.82	355
12.	Jacob STEPHEN	12	Brentwood	34.02	348
13.	Samuel CARTER	12	Bo Southend	34.15	343
14.	Joseph KENNY	12	Leiston	34.17	343
15.	Marcus MOSCUZZA	12	St Felix Sch	34.23	341
16.	Barnabas CLARKE	11	UEA Norwich	34.32	338
17.	Jack ABRAM	12	UEA Norwich	34.39	335
18.	Alasdair WOOLGROVE	12	Co St Albans	34.43	334
19.	Denis MORINE	12	Chelmsford	34.80	322
20.	Aidan CLARKSON	12	DunmowAtlant	34.89	319
21.	Matthew MONIE	12	Co Cambridge	35.06	314
22.	Finn COOPER	11	teamipswich	35.22	309
23.	Joshua SPENCER	12	Co Peterboro	35.37	304
24.	Arthur BERNANS	11	Basildon Ph	35.43	302
25.	Alex KNIGHT	12	Harlow Pen	35.44	302
26.	Brayden DOYLE	12	Brentwood	35.60	297
27.	Daniel AJETUMMOBI	12	Thurrock	35.61	297
28.	Daniel DIXON	12	Brentwood	35.68	295
28.	Tobin SARI	12	West Suffolk	35.68	295
30.	Robbie CRUICKSHANKS	11	teamipswich	35.76	293
31.	Michael CONNICK	12	Deben	35.80	292
32.	James CROSSFIELD	12	Deben	35.83	291
33.	Henry JONES	12	Modernian	35.85	290
34.	James ATWELL	12	Harpenden	36.04	285
35.	Jack JUGGINS	11	Team Luton	36.05	284
36.	Nikita CHARYKIN	11	Thurrock	36.07	284
37.	George DEVOOGT	11	Leighton Buz	36.13	282
38.	Billy MEAD	12	Dunstable	36.15	282
39.	Alfie FRANCIS	12	Colchester	36.22	280
40.	Benjamin ASHDOWN	12	Modernian	36.31	277
41.	Ethan ANGEL	11	teamipswich	36.32	277
42.	Colin MOGHINA	12	Thurrock	36.41	275
43.	Fraser JOHNSON	12	Deben	36.74	266
44.	Luke TUNSTALL	12	St Ives	36.83	263
45.	Charles ROYLE	12	Basildon Ph	36.85	263
46.	Joshua HEESOM	12	Potters Bar	37.05	258
47.	Donny MIDWINTER	11	Bo Southend	38.02	234
	Charlie SUMMER	12	Dereham	DQ	

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sam TOWNSEND	13	C Beds SS	29.07	567
2.	Michael KLIMASZEWSKI	13	Hatfield	29.09	566
3.	Alessandro RIODA	13	Harlow Pen	29.12	564
4.	Connor WALKER	13	Co Peterboro	29.70	533
5.	Ethan PEIRCE	13	Harlow Pen	29.78	529
6.	Sam WILLIAMSON	13	Hatfield	29.92	521
7.	Naythan AUNG	13	Colchester	30.18	508
8.	Damon ELLIOTT	13	DunmowAtlant	30.22	506
9.	Matthew DEBENHAM	13	teamipswich	30.48	493
10.	Thomas OGDEN	13	Bishop Stort	30.70	483
11.	Harrison RIDER	13	Basildon Ph	30.83	477
12.	Brandon RILEY	13	Lstof & OB	30.96	470
13.	Jack SKERRY	13	Chelmsford	31.01	468
14.	Akshay PISSAY	13	UEA Norwich	31.16	461
15.	Chester LEEMING	13	St Felix Sch	31.41	450
16.	Robert ADDIS	13	West Norfolk	31.45	448
17.	Mide OLAJIDE	13	Thurrock	31.47	447
18.	Kai CHENG	13	Colchester	31.55	444
19.	Benjamin GREEN	13	Watford SC	31.76	435
20.	Ethan GELL	13	Linslade	31.98	425
21.	Oscar BRICE	13	Co St Albans	32.22	415
22.	Euan HIGGS	13	Chelmsford	32.29	412
23.	Xavier KIRCHIN	13	Leighton Buz	32.76	394
24.	Oliver ROGERS	13	Saffron Wald	32.84	391
25.	Jimmy TAYLOR	13	Thurrock	32.89	389



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26.	Joab CARR	13	St Felix Sch	32.90	388
27.	George WHITEMAN	13	Co Peterboro	33.35	371
28.	Ketan RACH	13	Watford SC	33.44	368
29.	Tyler WATSON	13	Flitwick	33.60	362
29.	James ROTHWELL	13	Co Peterboro	33.60	362
31.	Tyler JACKSON	13	Harlow Pen	33.76	357
32.	Oliver CROWTHER	13	Biggleswade	33.82	355
33.	Nathaniel HOPKINS	13	Verulam	33.86	353
34.	Luke BARTON	13	Lstof & OB	33.90	352
35.	Taylor COE	13	Cheshunt	34.37	336
36.	Luke TAYLOR	13	Co Cambridge	35.98	286

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Nathan WOODROW	14	UEA Norwich	27.76	645
2.	Samuel ROSE	14	West Norfolk	28.27	614
3.	Ciaran RICHES	14	West Suffolk	28.30	612
4.	Joshua HOLLAND	14	Hertford	28.37	608
5.	Daniel MURTAGH	14	Hatfield	28.53	598
6.	Jack TURRELL	14	Basildon Ph	29.06	568
7.	Samuel MILLER	14	Bo Southend	29.15	563
8.	Devesh KAPOOR	14	Watford SC	29.32	553
8.	Louis STEPHEN	14	Brentwood	29.32	553
10.	Matthew MUNNINGS	14	Diss Otters	29.64	536
11.	Finn JEFFERY	14	St Felix Sch	30.09	513
12.	Alfie WARNOCK	14	Putteridge	30.42	496
13.	Samuel BULLINGHAM	14	West Suffolk	30.45	495
13.	Matteo LO BIUNDO	14	Hitchin	30.45	495
13.	Connor GILLINGHAM	14	West Suffolk	30.45	495
16.	Luke PESTAILLE	14	Hatfield	30.49	493
17.	Walter HACKETT	14	Dunstable	30.50	492
18.	Charlie KING	14	Co St Albans	30.58	488
19.	James SPEERS	14	Basildon Ph	30.60	487
20.	Edward MCFARLAND	14	C Beds SS	30.61	487
21.	Henry FERRIES	14	Basildon Ph	30.92	472
22.	Ciaran COOK	14	Co St Albans	31.33	454
23.	Mattias MORSE	14	Hemel Hemp	31.35	453
24.	Callum STEDMAN	14	Dereham	31.58	442
25.	Brayden DITCHFIELD-WAT	14	Leighton Buz	31.66	439
25.	Joshua BRIDGELAND	14	Stevenage	31.66	439
27.	Harvey LAST	14	Southend	31.68	438
28.	Alfie WILLIAMS	14	Canvey Isl	31.74	436
28.	Matthew NEWSON	14	Co Peterboro	31.74	436
30.	Harry ARBUTHNOTT	14	Harpenden	31.79	433
31.	Morgan FOSTER	14	Braintree	31.81	433
32.	Teal'K SMITH	14	Beccles Town	32.11	420
33.	Daniel BLERKOM	14	Southend	32.15	418
34.	Samson MAIN	14	Bo Southend	32.19	417
35.	Lewis SHAYLER	14	Watford SC	32.21	416
36.	James CORNER	14	Berkhamsted	32.23	415
37.	Freddie LAWS	14	West Norfolk	32.40	408
38.	Jack RICHARDSON	14	DunmowAtlant	32.42	407
39.	Cole SHEPARD	14	Basildon Ph	32.73	395
40.	Alexander CATTON	14	Bishop Stort	33.15	379



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EVENT 415 Womens 400m Freestyle

Regional Record Junior - 4:12.51

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Erin LITTLE	12	Chelmsford	4:54.35	615
	50m 33.33	100m 1:09.72	150m 1:47.64	200m 2:26.25	250m 3:05.00
				300m 3:42.84	350m 4:19.78
				400m 4:54.35	
2.	Holly LAMB	12	Southend	4:59.89	584
	50m 33.54	100m 1:11.09	150m 1:49.41	200m 2:28.20	250m 3:07.09
				300m 3:46.52	350m 4:23.92
				400m 4:59.89	
3.	Charlotte NORMAN	12	Colchester	5:01.16	577
	50m 33.46	100m 1:11.85	150m 1:50.38	200m 2:28.92	250m 3:06.82
				300m 3:45.35	350m 4:23.47
				400m 5:01.16	
4.	Valeria GIRON	12	Hatfield	5:02.46	570
	50m 34.71	100m 1:12.77	150m 1:51.29	200m 2:30.56	250m 3:09.26
				300m 3:48.89	350m 4:25.68
				400m 5:02.46	
5.	Matilda BOGLE	11	teamipswich	5:05.18	555
	50m 35.22	100m 1:13.72	150m 1:52.29	200m 2:31.91	250m 3:11.35
				300m 3:50.56	350m 4:29.33
				400m 5:05.18	
6.	Erin WILKINSON	12	Southend	5:06.61	548
	50m 34.01	100m 1:12.25	150m 1:51.18	200m 2:30.40	250m 3:09.98
				300m 3:49.87	350m 4:29.13
				400m 5:06.61	
7.	Karys-Rose BUNN	11	teamipswich	5:06.66	547
	50m 33.93	100m 1:13.08	150m 1:53.31	200m 2:32.62	250m 3:11.81
				300m 3:51.31	350m 4:30.63
				400m 5:06.66	
8.	Anastasia WILKINSON	12	Hatfield	5:06.92	546
	50m 34.07	100m 1:12.84	150m 1:51.35	200m 2:30.98	250m 3:10.57
				300m 3:50.24	350m 4:29.16
				400m 5:06.92	
9.	Ella TURNER	12	Basildon Ph	5:07.65	542
	50m 34.94	100m 1:13.40	150m 1:52.16	200m 2:31.92	250m 3:11.14
				300m 3:50.76	350m 4:31.02
				400m 5:07.65	
10.	Leah WIGHTMAN	12	West Norfolk	5:09.32	534
	50m 33.70	100m 1:11.25	150m 1:49.88	200m 2:29.32	250m 3:09.25
				300m 3:49.63	350m 4:30.53
				400m 5:09.32	
11.	Francesca LOW	12	Chelmsford	5:09.74	532
	50m 34.35	100m 1:13.53	150m 1:53.41	200m 2:33.64	250m 3:13.09
				300m 3:53.21	350m 4:32.82
				400m 5:09.74	
12.	Ruby GREENHALF	12	UEA Norwich	5:18.13	491
	50m 34.45	100m 1:12.90	150m 1:53.19	200m 2:33.34	250m 3:14.36
				300m 3:55.27	350m 4:37.39
				400m 5:18.13	

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sophie FREEMAN	13	Colchester	4:34.74	741
	50m 30.27	100m 1:04.03	150m 1:38.25	200m 2:13.90	250m 2:48.84
				300m 3:24.70	350m 4:00.03
				400m 4:34.74	
2.	Safia BUTTON	13	teamipswich	4:41.07	698
	50m 31.27	100m 1:05.34	150m 1:40.74	200m 2:16.35	250m 2:52.99
				300m 3:29.92	350m 4:06.39
				400m 4:41.07	
3.	Harriet SALISBURY	13	Co Peterboro	4:46.13	665
	50m 32.76	100m 1:08.81	150m 1:46.02	200m 2:22.79	250m 2:58.88
				300m 3:35.49	350m 4:11.32
				400m 4:46.13	
4.	Jessica KEOGH	13	Hatfield	4:50.63	637
	50m 32.53	100m 1:08.69	150m 1:45.10	200m 2:21.66	250m 2:59.36
				300m 3:36.92	350m 4:14.61
				400m 4:50.63	
5.	Eloise PARTON	13	Co Cambridge	4:54.29	615
	50m 32.32	100m 1:08.51	150m 1:45.60	200m 2:23.21	250m 3:00.54
				300m 3:39.06	350m 4:16.89
				400m 4:54.29	
6.	May BRADBURN	13	Chelmsford	4:56.14	605
	50m 33.72	100m 1:11.42	150m 1:50.29	200m 2:28.37	250m 3:06.14
				300m 3:43.29	350m 4:20.74
				400m 4:56.14	
7.	Ella MCGHIE	13	Co Peterboro	4:56.37	603
	50m 32.99	100m 1:09.45	150m 1:47.67	200m 2:25.83	250m 3:04.28
				300m 3:42.63	350m 4:20.23
				400m 4:56.37	
8.	Tess WESLEY	13	Newmarket	4:57.17	599
	50m 33.40	100m 1:09.97	150m 1:48.35	200m 2:26.73	250m 3:04.93
				300m 3:43.21	350m 4:21.33
				400m 4:57.17	
9.	Charlotte TREE	13	Colchester	4:57.35	598
	50m 33.07	100m 1:10.24	150m 1:47.81	200m 2:26.28	250m 3:04.62
				300m 3:42.72	350m 4:21.00
				400m 4:57.35	
10.	Claudia LITTLE	13	Bo Southend	4:57.93	595
	50m 33.39	100m 1:09.92	150m 1:47.09	200m 2:25.07	250m 3:02.99
				300m 3:41.70	350m 4:20.20
				400m 4:57.93	
11.	Imogen BLOCK	13	Lstoft & OB	4:58.47	592
	50m 32.69	100m 1:09.98	150m 1:48.39	200m 2:26.93	250m 3:04.94
				300m 3:43.26	350m 4:21.15
				400m 4:58.47	
12.	Rachel ANDREWS	13	C Beds SS	4:59.38	587
	50m 34.30	100m 1:13.06	150m 1:51.56	200m 2:29.22	250m 3:07.16
				300m 3:46.28	350m 4:22.90
				400m 4:59.38	
13.	Holly GRAVES	13	Co Peterboro	5:01.12	577
	50m 33.57	100m 1:10.65	150m 1:49.89	200m 2:28.43	250m 3:06.98
				300m 3:45.25	350m 4:23.89
				400m 5:01.12	
14.	Lucy HUDSON	13	West Suffolk	5:02.07	572
	50m 32.32	100m 1:09.81	150m 1:47.42	200m 2:26.57	250m 3:05.75
				300m 3:45.34	350m 4:24.54
				400m 5:02.07	
15.	Bruna REBELO	13	Hatfield	5:02.77	568
	50m 34.26	100m 1:12.22	150m 1:50.49	200m 2:28.61	250m 3:06.72
				300m 3:46.07	350m 4:24.77
				400m 5:02.77	
16.	Hannah DALEY	13	Co Peterboro	5:03.28	565
	50m 33.74	100m 1:11.18	150m 1:50.00	200m 2:28.55	250m 3:07.75
				300m 3:46.69	350m 4:26.17
				400m 5:03.28	
17.	Caitlin LOO	13	Hatfield	5:03.64	563
	50m 33.64	100m 1:11.06	150m 1:48.82	200m 2:27.66	250m 3:05.92
				300m 3:45.61	350m 4:24.67
				400m 5:03.64	
18.	Ellie WALKER	13	UEA Norwich	5:04.06	561
	50m 34.46	100m 1:13.07	150m 1:51.65	200m 2:30.23	250m 3:09.13
				300m 3:48.42	350m 4:27.14
				400m 5:04.06	
19.	Ella HOUSTON	13	Deben	5:08.00	540
	50m 33.27	100m 1:10.17	150m 1:49.08	200m 2:28.51	250m 3:08.61
				300m 3:48.83	350m 4:28.99
				400m 5:08.00	
20.	Cerys WILLIAMS	13	West Suffolk	5:10.11	530
	50m 34.30	100m 1:13.30	150m 1:53.56	200m 2:33.59	250m 3:13.75
				300m 3:52.74	350m 4:32.59
				400m 5:10.11	



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts				
1.	Rebecca HOWELL	14	Basildon Ph	4:40.01	705				
	50m 32.72	100m 1:08.53	150m 1:44.32	200m 2:20.13	250m 2:56.01	300m 3:31.98	350m 4:06.80	400m 4:40.01	
2.	Katie HAMMOND	14	Co Cambridge	4:42.00	692				
	50m 31.86	100m 1:06.94	150m 1:42.24	200m 2:18.85	250m 2:54.51	300m 3:31.17	350m 4:06.63	400m 4:42.00	
3.	Lucie PECK	14	West Norfolk	4:46.59	662				
	50m 32.04	100m 1:06.69	150m 1:42.53	200m 2:19.05	250m 2:56.06	300m 3:33.56	350m 4:10.48	400m 4:46.59	
4.	Ella HALE	14	West Suffolk	4:47.41	657				
	50m 32.77	100m 1:08.92	150m 1:45.84	200m 2:22.99	250m 3:00.21	300m 3:37.05	350m 4:13.59	400m 4:47.41	
5.	Lily MERRETT	14	Hoddesdon	4:48.04	653				
	50m 31.42	100m -	150m 1:43.47	200m -	250m 2:58.05	300m -	350m 4:13.07	400m 4:48.04	
6.	Abbie BARNWELL	14	Team Luton	4:49.40	645				
	50m 32.59	100m 1:09.04	150m 1:45.64	200m 2:22.65	250m 2:59.27	300m 3:36.74	350m 4:13.45	400m 4:49.40	
7.	Lauren YOUNG	14	Hatfield	4:50.33	639				
	50m 32.49	100m 1:09.06	150m 1:45.41	200m 2:22.80	250m 2:59.94	300m 3:37.32	350m 4:14.16	400m 4:50.33	
8.	Gemma HANSON	14	Hatfield	4:50.84	636				
	50m 32.33	100m 1:09.17	150m 1:45.76	200m 2:22.85	250m 2:59.54	300m 3:36.79	350m 4:14.11	400m 4:50.84	
9.	Kelsey WILSON	14	Gt Yarmouth	4:53.42	621				
	50m 32.39	100m 1:08.61	150m 1:45.63	200m 2:23.69	250m 3:01.31	300m 3:39.67	350m 4:17.36	400m 4:53.42	
10.	Rhearna MASON	14	C Beds SS	4:53.59	620				
	50m 33.03	100m 1:09.17	150m 1:46.20	200m 2:23.72	250m 3:01.28	300m 3:39.60	350m 4:17.10	400m 4:53.59	
11.	Gracie KAY	14	Co Cambridge	4:55.65	608				
	50m 32.31	100m 1:09.04	150m 1:46.31	200m 2:24.56	250m 3:01.94	300m 3:40.73	350m 4:18.77	400m 4:55.65	
12.	Isabelle ROSHER	14	teamipswich	4:58.33	592				
	50m 33.51	100m 1:10.32	150m 1:48.63	200m 2:27.16	250m 3:05.53	300m 3:44.27	350m 4:22.41	400m 4:58.33	
13.	Phoebe BRENNAN	14	Thurrock	5:00.21	582				
	50m 33.55	100m 1:09.73	150m 1:47.12	200m 2:25.59	250m 3:04.47	300m 3:43.33	350m 4:22.30	400m 5:00.21	
14.	Jessica HEESOM	14	Potters Bar	5:00.56	580				
	50m 32.46	100m 1:09.07	150m 1:46.90	200m 2:24.98	250m 3:03.75	300m 3:43.38	350m 4:22.37	400m 5:00.56	
15.	Millie TURNER	14	Basildon Ph	5:01.10	577				
	50m 35.07	100m 1:13.05	150m 1:51.68	200m 2:29.52	250m 3:07.86	300m 3:45.97	350m 4:23.55	400m 5:01.10	
16.	Jemima WAYMAN	14	Deben	5:01.38	575				
	50m 33.24	100m 1:11.06	150m 1:50.08	200m 2:28.85	250m 3:08.09	300m 3:46.95	350m 4:25.86	400m 5:01.38	
17.	Kitty JARVIS	14	Harlow Pen	5:01.67	574				
	50m 33.23	100m 1:10.84	150m 1:49.82	200m 2:28.92	250m 3:08.06	300m 3:46.66	350m 4:25.62	400m 5:01.67	
18.	Rebecca GIROLAMI	14	Colchester	5:05.70	552				
	50m 33.89	100m 1:12.04	150m 1:51.91	200m 2:31.63	250m 3:11.97	300m 3:51.28	350m 4:29.87	400m 5:05.70	
19.	Gracie Mae MARTIN	14	Thurrock	5:07.45	543				
	50m 34.09	100m 1:11.08	150m 1:49.87	200m 2:29.40	250m 3:08.92	300m 3:48.26	350m 4:28.40	400m 5:07.45	
20.	Libby MAGILL	14	Hatfield	5:12.00	520				
	50m 33.80	100m 1:13.38	150m 1:53.65	200m 2:33.58	250m 3:13.16	300m 3:54.11	350m 4:33.23	400m 5:12.00	
21.	Iona TRAINER	14	Co Ely	5:12.08	520				
	50m 33.20	100m 1:12.06	150m 1:52.50	200m 2:33.14	250m 3:13.67	300m 3:54.75	350m 4:35.21	400m 5:12.08	
22.	Florie GEURTS	14	Co St Albans	5:12.52	518				
	50m 34.39	100m 1:12.49	150m 1:52.49	200m 2:32.21	250m 3:12.86	300m 3:52.61	350m 4:33.20	400m 5:12.52	



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EVENT 421 Womens 200m IM

Regional Record Junior - 2:16.12

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Charlotte NORMAN	12	Colchester	2:42.06	566	36.02	1:16.09	2:04.98
2.	Holly LAMB	12	Southend	2:42.57	561	35.24	1:17.59	2:06.00
3.	Matilda BOGLE	11	teamipswich	2:42.94	557	35.54	1:17.33	2:07.03
4.	Emily COOPER	12	Basildon Ph	2:43.42	552	34.76	1:15.01	2:05.41
5.	Anita TIEN	12	Colchester	2:43.54	551	35.57	1:17.59	2:05.59
6.	Ruby DAGLESS	12	Dereham	2:43.63	550	34.47	1:17.28	2:05.03
7.	Charlotte WHITE	12	West Suffolk	2:43.96	547	36.18	1:20.61	2:06.25
8.	Leah WIGHTMAN	12	West Norfolk	2:48.03	509	35.53	1:16.61	2:08.09
9.	Lucy COIA-BELL	12	Co St Albans	2:49.70	494	36.53	1:22.59	2:11.38
10.	Amy PAGET	12	Co Peterboro	2:49.84	493	38.29	1:23.03	2:13.51
10.	Sophie LANDER	12	Stowmarket	2:49.84	493	37.47	1:21.55	2:12.17
12.	Jessica MAHONEY	12	Co Peterboro	2:52.10	474	37.53	1:20.14	2:12.66
13.	Ella TURNER	12	Basildon Ph	2:54.88	451	39.32	1:23.66	2:16.34

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Sophie FREEMAN	13	Colchester	2:31.36	684	30.74	1:10.11	1:57.88
2.	Brenna HOWELL	13	Co Peterboro	2:37.65	612	32.48	1:13.60	2:01.69
3.	Charlotte ABRAMSON	13	UEA Norwich	2:37.82	610	33.83	1:15.89	2:00.67
4.	Millie FIELDS	13	Bishop Stort	2:37.98	608	35.36	1:16.21	2:01.75
5.	Georgina MUNDAY	13	Modernian	2:39.10	596	34.45	1:16.92	2:03.17
6.	Ella MCGHIE	13	Co Peterboro	2:39.16	596	35.77	1:15.76	2:03.13
7.	Sophie GRIFFIN	13	Co Peterboro	2:39.74	590	33.83	1:13.59	2:01.11
8.	Ciara WOOKEY	13	Colchester	2:39.95	587	34.25	1:17.54	2:02.22
9.	Niamh KELLY	13	Hatfield	2:41.06	576	35.43	1:19.13	2:03.74
10.	Polly FISH	13	Co Cambridge	2:41.56	571	33.19	1:18.05	2:02.87
11.	May BRADBURN	13	Chelmsford	2:41.74	569	33.58	1:16.56	2:07.27
12.	Brooke JENKINS	13	Southend	2:41.91	567	34.79	1:15.99	2:06.15
13.	Charlotte TREE	13	Colchester	2:41.97	567	35.94	1:18.55	2:04.20
14.	Lucy MORGAN	13	Colchester	2:42.02	566	35.83	1:17.26	2:05.91
14.	Holly GRAVES	13	Co Peterboro	2:42.02	566	36.42	1:16.75	2:06.33
16.	Astrid HUBBARD	13	West Norfolk	2:42.35	563	34.74	1:16.53	2:05.33
17.	Jessica KEOGH	13	Hatfield	2:42.87	558	35.32	1:14.10	2:08.10
18.	Tess WESLEY	13	Newmarket	2:43.50	552	38.00	1:20.31	2:06.74
19.	Ela NORTON	13	Hatfield	2:44.53	542	35.40	1:22.13	2:07.46
20.	Lucy HUDSON	13	West Suffolk	2:44.73	540	35.24	1:17.86	2:07.75
21.	Caitlin LOO	13	Hatfield	2:44.92	538	35.71	1:19.64	2:07.85
22.	Bruna REBELO	13	Hatfield	2:45.97	528	35.53	1:18.50	2:07.15
23.	Hannah DALEY	13	Co Peterboro	2:46.46	523	37.64	1:21.02	2:09.07
24.	Eloise PARTON	13	Co Cambridge	2:46.71	521	37.96	1:21.26	2:10.02
25.	Ella HOUSTON	13	Deben	2:47.47	514	35.95	1:17.67	2:08.40
26.	Claudia LITTLE	13	Bo Southend	2:50.48	487	37.00	1:22.30	2:12.42
27.	Cerys WILLIAMS	13	West Suffolk	2:50.66	486	35.66	1:19.78	2:11.03

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Angharad EVANS	14	West Suffolk	2:30.99	689	33.17	1:15.49	1:57.47
2.	Orla KEAVENEY	14	Modernian	2:31.79	679	33.68	1:13.36	1:57.32
3.	Erin O'MEARA	14	Watford SC	2:31.89	678	32.11	1:14.14	1:57.02
4.	Ella HALE	14	West Suffolk	2:33.95	653	32.26	1:14.92	1:59.09
5.	Grace KING	14	teamipswich	2:35.47	636	33.34	1:15.41	1:58.28
6.	Lucie PECK	14	West Norfolk	2:35.67	634	33.39	1:14.50	1:59.93
7.	Jessica WOODWARD	14	Potters Bar	2:35.93	631	32.93	1:15.14	2:00.64
8.	Matilda MEYRICK	14	Norfolk Vikg	2:36.06	629	33.79	1:12.50	2:00.73
9.	Imogen BLOOMFIELD	14	Co Cambridge	2:38.46	603	35.26	1:18.59	2:02.15
10.	Gemma HANSON	14	Hatfield	2:40.65	580	33.73	1:15.52	2:03.02
11.	Isabelle SOULSBY	14	Berkhamsted	2:41.38	573	34.74	1:16.54	2:03.34
12.	Charlotte HUDSON	14	West Suffolk	2:41.58	571	34.03	1:17.10	2:05.76
13.	Iona TRAINER	14	Co Ely	2:41.69	570	34.73	1:17.14	2:04.84
14.	Daisy SANDON	14	Stevenage	2:42.42	562	34.45	1:16.19	2:06.41
15.	Madison SMITH	14	Stanway	2:44.41	543	35.00	1:17.12	2:06.40
16.	Isabelle ROSHER	14	teamipswich	2:44.84	539	36.10	1:20.35	2:06.35
17.	Libby MAGILL	14	Hatfield	2:53.87	459	36.96	1:20.97	2:13.34
	Sara KALAWSKA	14	Hatfield	DNC				
	Katie HAMMOND	14	Co Cambridge	DQ				



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EVENT 422 Mens 100m Backstroke

Regional Record Junior - 58.37

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Jack HILL	12	Linslade	1:12.19	435	35.08
2.	Joseph BAVEY	12	Newmarket	1:12.74	424	36.06
3.	Oskar FARKAS	12	Co Cambridge	1:13.61	409	35.69
4.	Aidan PILCHER	12	teamipswich	1:13.68	407	36.35
5.	Jude HILLS	12	Bo Southend	1:13.80	405	36.16
6.	Jenson HURRELL	12	Thurrock	1:14.49	393	35.80
7.	Samuel PYEFINCH	12	Tring	1:15.40	378	36.65
8.	Nikita CHARYKIN	11	Thurrock	1:16.89	354	37.45
9.	Oliver CARPENTER	12	Co St Albans	1:17.06	352	37.41
10.	Michael CONNICK	12	Deben	1:17.25	349	37.73
11.	Benjamin ASHDOWN	12	Modernian	1:17.54	344	38.52
12.	Joseph MCGILLIVRAY	12	Lstof & OB	1:17.90	339	37.79
13.	Kieran BIRKETT	12	Co St Albans	1:18.00	338	38.16
14.	Daniel DIXON	12	Brentwood	1:18.54	330	38.45
15.	Joseph KENNY	12	Leiston	1:18.60	329	37.68
16.	Mitchell TAMBLIN	12	Norwich Swan	1:18.84	326	37.80
17.	Hayden MILLER	12	Braintree	1:19.04	323	38.56
17.	Aidan CLARKSON	12	DunmowAtlant	1:19.04	323	38.50
19.	Max PATTEN	12	Stanway	1:19.08	322	38.32
20.	Billy KNIBB	12	Linslade	1:19.30	319	38.27
21.	Matthew BROWN	12	Stowmarket	1:19.50	316	38.67
22.	Jack JUGGINS	11	Team Luton	1:19.73	313	38.26
23.	Finley COMAN	12	Gt Yarmouth	1:20.00	310	39.39
24.	Robbie CRUICKSHANKS	11	teamipswich	1:20.08	308	39.26
25.	George GRICE	12	UEA Norwich	1:20.34	305	38.62
26.	Olivier VEDRENNE	12	UEA Norwich	1:20.35	305	38.96
27.	Harrison BELL	12	St Felix Sch	1:20.81	299	38.91
28.	Harley ALLAN	12	Modernian	1:20.95	297	38.98
29.	Maximillion PYE	12	Epping For't	1:21.37	292	39.17
30.	Matthew MONIE	12	Co Cambridge	1:21.40	291	39.24
31.	Ethan ANGEL	11	teamipswich	1:22.96	272	40.42

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Chester LEEEMING	13	St Felix Sch	1:06.19	564	32.48
2.	Naythan AUNG	13	Colchester	1:08.47	511	33.87
3.	Thomas OGDEN	13	Bishop Stort	1:08.65	507	33.61
4.	William PARSONS	13	Deben	1:10.05	477	34.10
5.	Ketan RACH	13	Watford SC	1:10.23	473	33.90
6.	Ethan GELL	13	Linslade	1:10.25	473	34.77
7.	Rhys DAVIDSON	13	Team Luton	1:10.42	469	34.15
8.	Jack SKERRY	13	Chelmsford	1:11.41	450	35.08
9.	Akshay PISSAY	13	UEA Norwich	1:11.53	447	35.03
10.	Kai CHENG	13	Colchester	1:12.32	432	34.90
10.	Fabian BRUDNICKI	13	Co Peterboro	1:12.32	432	34.86
12.	Oscar BRICE	13	Co St Albans	1:12.38	431	35.11
13.	Connor WALKER	13	Co Peterboro	1:13.00	420	35.97
14.	Tom MALIA	13	Flitwick	1:13.47	411	35.54
15.	Ben KNOWLES	13	Wisbech	1:13.73	407	35.95
16.	Brandon RILEY	13	Lstof & OB	1:14.02	401	35.93
17.	Oliver ROGERS	13	Saffron Wald	1:14.52	393	35.85
18.	Benjamin GREEN	13	Watford SC	1:15.01	385	35.94
19.	Henry DUNCAN	13	Co Cambridge	1:15.18	382	36.67
20.	Robert ADDIS	13	West Norfolk	1:15.28	380	35.72
21.	Joab CARR	13	St Felix Sch	1:15.30	380	36.79
22.	Tyler JACKSON	13	Harlow Pen	1:15.84	371	36.40
23.	Samuel SMITH	13	Wisbech	1:16.49	361	36.42
24.	Luke BARTON	13	Lstof & OB	1:16.92	354	37.36
25.	Samuel RENNIE	13	Braintree	1:16.94	354	37.81
26.	Matthew WEIMANN	13	Co Cambridge	1:16.99	353	37.14
27.	Erivan SHILANI	13	Co Peterboro	1:18.09	336	37.23
28.	Tyler WATSON	13	Flitwick	1:18.50	330	37.90
29.	Taylor COE	13	Cheshunt	1:18.71	327	37.74



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Walter HACKETT	14	Dunstable	1:05.70	576	31.94
2.	Samuel ROSE	14	West Norfolk	1:06.65	553	33.12
3.	Daniel MURTAGH	14	Hatfield	1:06.89	547	33.20
4.	Zane BATT	14	Cheshunt	1:07.00	545	32.25
5.	Henry NEWELL	14	Newmarket	1:07.96	522	33.43
6.	Finn JEFFERY	14	St Felix Sch	1:08.22	517	33.28
7.	Alexander CATTON	14	Bishop Stort	1:08.71	506	32.87
8.	Connor GILLINGHAM	14	West Suffolk	1:08.77	504	33.64
9.	Harry MCLAGAN	14	Chelmsford	1:09.30	493	33.29
10.	Alfie KING	14	Thetford	1:09.45	490	33.86
11.	Charlie KING	14	Co St Albans	1:09.47	489	33.93
12.	Luke PESTAILLE	14	Hatfield	1:09.54	488	33.73
13.	Ciaran RICHES	14	West Suffolk	1:09.70	484	33.92
14.	Samuel COSTIN	14	Basildon Ph	1:10.22	474	33.85
15.	Ben WOODHOUSE	14	Norwich Swan	1:10.25	473	33.47
16.	Thomas BELCHER	14	Modernian	1:10.27	473	33.50
17.	Ciaran COOK	14	Co St Albans	1:10.33	471	35.10
18.	Nathaniel OLAYOMI	14	Watford SC	1:10.46	469	34.04
19.	Matthew NEWSON	14	Co Peterboro	1:10.53	467	33.89
20.	Michael FREEMAN	14	Chelmsford	1:10.81	462	34.25
21.	Samuel MILLER	14	Bo Southend	1:10.83	461	33.83
22.	Jack RICHARDSON	14	DunmowAtlant	1:10.85	461	33.87
23.	Jack CONROY	14	Thurrock	1:10.98	458	33.62
24.	Teal'K SMITH	14	Beccles Town	1:11.30	452	34.13
25.	Marco TONTODONATI	14	Bishop Stort	1:11.51	448	34.07
26.	Daniel BLERKOM	14	Southend	1:11.67	445	34.93
27.	Luke NIJKAMP	14	Berkhamsted	1:11.83	442	35.34
28.	Matteo LO BIUNDO	14	Hitchin	1:12.20	435	34.73
29.	Cole SHEPARD	14	Basildon Ph	1:12.23	434	34.52
30.	Oliver ELLISON	14	Dunstable	1:12.94	421	34.50
31.	Daniel WHITE	14	St Felix Sch	1:13.33	414	35.30
32.	Matthew MUNNINGS	14	Diss Otters	1:13.39	413	35.13
33.	Joseph PANNESE	14	Co St Albans	1:16.42	362	36.61



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EVENT 423 Womens 100m Freestyle

Regional Record Junior - 57.15

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Erin LITTLE	12	Chelmsford	1:05.15	603	31.60
2.	Francesca LOW	12	Chelmsford	1:05.99	582	31.41
3.	Matilda BOGLE	11	teamipswich	1:06.35	573	32.63
4.	Daisy MOXHAM	12	Co Cambridge	1:06.37	572	31.72
5.	Ruby DAGLESS	12	Dereham	1:07.01	557	32.37
6.	Karys-Rose BUNN	11	teamipswich	1:07.41	547	33.41
7.	Ciara TAYLOR	12	Co Ely	1:07.42	547	31.28
7.	Ella NIJKAMP	12	Berkhamsted	1:07.42	547	32.58
9.	Valeria GIRON	12	Hatfield	1:07.50	545	32.55
10.	Emilia DUNWOODIE	12	Co St Albans	1:07.63	542	31.99
11.	Macey POUNTAIN	12	UEA Norwich	1:07.73	540	31.96
12.	Abigail GOTTS	12	Norfolk Vikg	1:07.76	539	32.87
13.	Sophie LANDER	12	Stowmarket	1:07.77	539	33.55
14.	Holly LAMB	12	Southend	1:07.83	537	32.83
15.	Anita TIEN	12	Colchester	1:07.95	535	32.60
16.	Erin WILKINSON	12	Southend	1:08.17	530	33.02
17.	Michaela TAIWO	12	Thurrock	1:08.51	522	32.43
18.	Leah WIGHTMAN	12	West Norfolk	1:08.65	519	32.88
19.	Ruby GREENHALF	12	UEA Norwich	1:09.12	508	33.68
20.	Ruby WHEELER	11	Basildon Ph	1:09.52	500	33.22
21.	Anastasia WILKINSON	12	Hatfield	1:09.85	493	33.39
22.	Gemma NOTTAGE	12	Watford SC	1:09.88	492	33.18
23.	Teni OGUNLESI	12	Thurrock	1:10.06	488	32.26
24.	Emily COOPER	12	Basildon Ph	1:10.51	479	33.40
25.	Megan BUNCLARK	12	Leiston	1:10.54	478	34.08
26.	Jessica SHAW	12	March	1:12.12	447	34.08
27.	Helena HALL	12	Deben	1:12.26	444	33.91

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sophie FREEMAN	13	Colchester	1:00.83	727	29.24
2.	Safia BUTTON	13	teamipswich	1:01.18	716	29.81
3.	Carys BREALEY	13	Harlow Pen	1:03.59	645	30.41
4.	Grace WALLER	13	Basildon Ph	1:03.91	636	30.47
5.	Harriet SALISBURY	13	Co Peterboro	1:04.46	621	30.62
6.	Jessica KEOGH	13	Hatfield	1:04.48	621	30.50
7.	Imogen BLOCK	13	Lstof & OB	1:04.68	616	31.69
8.	Ellie HOLLISS	13	Co St Albans	1:04.89	610	30.43
9.	Caitlin LOO	13	Hatfield	1:05.15	603	31.90
10.	Millie FIELDS	13	Bishop Stort	1:05.39	597	31.81
11.	Millie DUDLEY	13	Dunstable	1:05.63	591	31.54
12.	Polly FISH	13	Co Cambridge	1:05.91	584	32.00
13.	Kiara KOVACS	13	Co Peterboro	1:06.04	581	31.45
14.	Lucy MORGAN	13	Colchester	1:06.11	579	31.99
15.	Rachel ANDREWS	13	C Beds SS	1:06.13	578	32.01
16.	Maddie LEES	13	DunmowAtlant	1:06.19	577	31.56
17.	Georgina MUNDAY	13	Modernian	1:06.38	572	31.68
18.	Lucy HUDSON	13	West Suffolk	1:06.40	572	31.93
19.	Eloise PARTON	13	Co Cambridge	1:06.53	568	31.59
20.	Brenna HOWELL	13	Co Peterboro	1:06.74	563	31.72
21.	Charlotte ABRAMSON	13	UEA Norwich	1:06.79	562	32.34
22.	Emma TAPPENDEN	13	Basildon Ph	1:06.91	559	32.23
23.	Ruby COLLINS	13	Dunstable	1:06.99	557	32.21
24.	Hannah DALEY	13	Co Peterboro	1:07.04	556	31.26
25.	Gemma PETERS	13	UEA Norwich	1:07.05	556	32.80
26.	May BRADBURN	13	Chelmsford	1:07.23	552	32.69
27.	Isabel JONES	13	Leighton Buz	1:07.52	545	32.30
28.	Nancy NEAVE	13	Braintree	1:07.67	541	31.51
29.	Ela NORTON	13	Hatfield	1:07.77	539	32.60
30.	Cerys WILLIAMS	13	West Suffolk	1:08.35	526	31.99
31.	Daisy WILSON	13	Co Cambridge	1:08.42	524	32.78
32.	Bruna REBELO	13	Hatfield	1:08.60	520	33.04
33.	Ciara WOOKEY	13	Colchester	1:10.01	489	32.43
	Astrid HUBBARD	13	West Norfolk	DQ		



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Annabelle BURGESS	14	teamipswich	1:01.43	708	30.15
2.	Sacha THOMAS	14	UEA Norwich	1:01.54	705	29.87
3.	Angharad EVANS	14	West Suffolk	1:01.82	696	30.15
4.	Isabel WAINWRIGHT	14	Modernian	1:02.51	676	30.23
5.	Libby DUNFORD	14	Hoddesdon	1:03.47	649	30.68
6.	Ella HALE	14	West Suffolk	1:03.50	648	30.42
7.	Jessica HEESOM	14	Potters Bar	1:03.68	643	30.24
8.	Mia YATES	14	Felixstowe	1:03.80	639	30.94
9.	Jessica WOODWARD	14	Potters Bar	1:03.86	638	31.60
10.	Tilly MAYES	14	Thurrock	1:03.87	638	30.60
11.	Sophie TAYLOR	14	DunmowAtlant	1:03.90	637	31.17
12.	Bianka MISIKOVA	14	Hatfield	1:03.93	636	30.86
13.	Emma CRUICKSHANKS	14	teamipswich	1:03.96	635	30.60
14.	Lily MERRETT	14	Hoddesdon	1:04.37	624	30.91
15.	Charlotte HUDSON	14	West Suffolk	1:04.56	619	31.26
16.	Gemma HANSON	14	Hatfield	1:04.74	614	31.21
17.	Emily WHYTE	14	teamipswich	1:04.78	613	31.34
18.	Eve WRIGHT	14	Co Peterboro	1:04.90	610	31.02
19.	Iona TRAINER	14	Co Ely	1:04.91	610	31.19
20.	Abbie BARNWELL	14	Team Luton	1:05.17	603	31.22
21.	Annika BROWN	14	teamipswich	1:05.25	601	31.18
22.	Lucie PECK	14	West Norfolk	1:05.77	587	32.13
23.	Katie HAMMOND	14	Co Cambridge	1:05.87	585	32.17
24.	Hannah O'CONNOR	14	West Suffolk	1:06.53	568	32.13
25.	Rebecca GIROLAMI	14	Colchester	1:06.71	564	32.07
26.	Lauren YOUNG	14	Hatfield	1:08.02	533	32.70
	Sara KALAWSKA	14	Hatfield	DNC		



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EVENT 424 Mens 50m Freestyle

Regional Record Junior - 24.04

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Oskar FARKAS	12	Co Cambridge	29.62	418
2.	Finley COMAN	12	Gt Yarmouth	29.65	417
3.	Jude HILLS	12	Bo Southend	29.68	415
4.	Samuel PYEFINCH	12	Tring	30.17	394
5.	Enzo LIM	12	Watford SC	30.28	389
6.	Aidan PILCHER	12	teamipswich	30.41	384
7.	Benjamin ASHDOWN	12	Modernian	30.44	383
8.	Marcus MOSCUZZA	12	St Felix Sch	30.45	382
9.	Colin MOGHINA	12	Thurrock	30.53	379
10.	Elliot GLADWELL	12	Hadleigh	30.59	377
11.	Edward MERHAN	12	West Suffolk	30.61	376
12.	Max PATTEN	12	Stanway	30.93	363
13.	Joseph BAVEY	12	Newmarket	30.97	362
14.	Mason ALLEN	11	Basildon Ph	31.01	360
15.	James BELL	12	Norwich Swan	31.02	360
16.	Jack HILL	12	Linslade	31.06	358
17.	Finn MEENAN	12	Dunstable	31.26	351
18.	Ryan ROBERTS	12	Dunstable	31.28	350
19.	Alasdair WOOLGROVE	12	Co St Albans	31.34	348
19.	James O'CONNOR	12	West Suffolk	31.34	348
21.	Mitchell TAMBLIN	12	Norwich Swan	31.39	346
22.	Billy MEAD	12	Dunstable	31.56	339
23.	Olivier VEDRENNE	12	UEA Norwich	31.57	339
24.	Alexander MASON	12	Potters Bar	31.58	339
24.	Jacob STEPHEN	12	Brentwood	31.58	339
26.	Oliver CARPENTER	12	Co St Albans	31.67	335
27.	Joseph KENNY	12	Leiston	31.72	334
28.	Aidan CLARKSON	12	DunmowAtlant	31.77	332
29.	Michael CONNICK	12	Deben	31.85	329
30.	George GRICE	12	UEA Norwich	31.92	327
31.	William HAMM	12	Dunstable	31.96	325
32.	Jack JUGGINS	11	Team Luton	31.98	324
33.	Barnabas CLARKE	11	UEA Norwich	32.00	324
34.	Christopher WILLIAMSON	12	Co Cambridge	32.06	322
35.	Henry JONES	12	Modernian	32.14	319
35.	Alfie FRANCIS	12	Colchester	32.14	319
37.	Joseph MCGILLIVRAY	12	Lstof & OB	32.31	313
38.	Samuel CARTER	12	Bo Southend	32.32	313
39.	Joshua HEESOM	12	Potters Bar	32.46	308
40.	Tobin SARI	12	West Suffolk	32.69	301
41.	Jack ABRAM	12	UEA Norwich	33.17	286

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Alessandro RIODA	13	Harlow Pen	27.36	533
2.	Harrison RIDER	13	Basildon Ph	27.54	522
2.	Sam WILLIAMSON	13	Hatfield	27.54	522
4.	Sam TOWNSEND	13	C Beds SS	27.67	515
5.	Oliver ROGERS	13	Saffron Wald	27.86	505
6.	Michael KLIMASZEWSKI	13	Hatfield	28.04	495
7.	Naythan AUNG	13	Colchester	28.05	495
8.	Damon ELLIOTT	13	DunmowAtlant	28.08	493
9.	Ethan PEIRCE	13	Harlow Pen	28.20	487
10.	Chester LEEMING	13	St Felix Sch	28.23	485
11.	Matthew DEBENHAM	13	teamipswich	28.68	462
12.	Ryan DAVIS	13	Epping For't	28.77	458
13.	Xavier KIRCHIN	13	Leighton Buz	28.87	453
14.	Akshay PISSAY	13	UEA Norwich	29.01	446
15.	Jack SKERRY	13	Chelmsford	29.05	444
16.	Joe COOPER	13	teamipswich	29.20	437
17.	Mide OLAJIDE	13	Thurrock	29.21	437
18.	Robert ADDIS	13	West Norfolk	29.27	434
19.	Connor WALKER	13	Co Peterboro	29.37	429
20.	Ethan GELL	13	Linslade	29.42	427
21.	Brandon RILEY	13	Lstof & OB	29.45	426
22.	Fabian BRUDNICKI	13	Co Peterboro	29.61	418
23.	Kai CHENG	13	Colchester	29.82	409
24.	Benjamin GREEN	13	Watford SC	29.99	402
24.	Joab CARR	13	St Felix Sch	29.99	402
26.	Johnny WILDE	13	Putteridge	30.04	400
27.	Thomas HANLEY	13	Chatteris	30.19	393
28.	Oscar BRICE	13	Co St Albans	30.26	390
29.	Owen SEARY	13	Beccles Town	30.74	371
	Arvin Joaquin RODRIGUE	13	Watford SC	DNC	



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Henry NEWELL	14	Newmarket	26.35	594
2.	Nathan WOODROW	14	UEA Norwich	26.94	557
3.	Samuel ROSE	14	West Norfolk	27.16	544
3.	Louis STEPHEN	14	Brentwood	27.16	544
5.	Samuel MILLER	14	Bo Southend	27.36	533
5.	James CORNER	14	Berkhamsted	27.36	533
7.	Connor GILLINGHAM	14	West Suffolk	27.57	521
8.	James SPEERS	14	Basildon Ph	27.58	520
9.	Harry MCLAGAN	14	Chelmsford	27.59	520
10.	Daniel MURTAGH	14	Hatfield	27.69	514
11.	Ciaran RICHES	14	West Suffolk	27.75	511
12.	Daniel WHITE	14	St Felix Sch	27.86	505
13.	Oliver ELLISON	14	Dunstable	27.97	499
14.	Joshua HOLLAND	14	Hertford	28.01	497
15.	Marco TONTODONATI	14	Bishop Stort	28.03	496
16.	Finn JEFFERY	14	St Felix Sch	28.07	494
17.	Jack TURRELL	14	Basildon Ph	28.09	493
18.	Joseph PANNESE	14	Co St Albans	28.11	491
19.	Matthew MUNNINGS	14	Diss Otters	28.14	490
19.	Owen WEBSTER	14	St Felix Sch	28.14	490
21.	Morgan FOSTER	14	Braintree	28.16	489
22.	William PESTELL	14	teamipswich	28.19	487
23.	Devesh KAPOOR	14	Watford SC	28.21	486
24.	Matthew NEWSON	14	Co Peterboro	28.34	480
25.	William ROBINS	14	C Beds SS	28.36	478
26.	Daniel MARTIN	14	Co St Albans	28.41	476
27.	Michael FREEMAN	14	Chelmsford	28.44	474
28.	Edward MCFARLAND	14	C Beds SS	28.52	470
29.	Jack RICHARDSON	14	DunmowAtlant	28.60	466
30.	Callum STEDMAN	14	Dereham	28.68	462
31.	Jeremy AITKEN	14	Beccles Town	28.69	462
32.	Harvey LAST	14	Southend	28.73	460
33.	Nathaniel OLAYOMI	14	Watford SC	28.74	459
34.	Alfie KING	14	Theford	28.75	459
35.	Alfie WARNOCK	14	Putteridge	28.87	453
36.	Charlie KING	14	Co St Albans	28.89	452
37.	Matteo LO BIUNDO	14	Hitchin	29.08	443
38.	Walter HACKETT	14	Dunstable	29.25	435
39.	Cole SHEPARD	14	Basildon Ph	29.35	430



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EVENT 425 Womens 200m Backstroke

Regional Record Junior - 2:13.81

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Charlotte NORMAN	12	Colchester	2:31.82	636	35.10	1:13.45	1:53.03
2.	Erin LITTLE	12	Chelmsford	2:38.08	568	38.20	1:19.34	1:59.65
3.	Ella TURNER	12	Basildon Ph	2:38.14	567	38.39	1:18.79	1:59.62
4.	Francesca LOW	12	Chelmsford	2:39.84	550	38.47	1:19.28	2:00.67
5.	Emily FALKUS	12	Runnymede	2:40.92	540	37.79	1:18.91	1:59.54
6.	Matilda BOGLE	11	teamipswich	2:42.98	520	38.94	1:20.68	2:03.22
7.	Leah WIGHTMAN	12	West Norfolk	2:43.31	517	37.06	1:19.27	2:02.01
8.	Erin WILKINSON	12	Southend	2:43.64	514	39.16	1:20.84	2:03.33
9.	Emily COOPER	12	Basildon Ph	2:43.98	510	37.32	1:18.86	2:01.58
10.	Holly ROBINSON	12	Hatfield	2:44.15	509	38.85	1:21.07	2:03.59
11.	Anita TIEN	12	Colchester	2:47.61	478	39.17	1:21.95	2:06.10
12.	Evie BURGESS	12	teamipswich	2:47.91	475	38.88	1:22.47	2:06.91
13.	Sophie LANDER	12	Stowmarket	2:48.07	474	40.15	1:23.54	2:08.35
14.	Emilia DUNWOODIE	12	Co St Albans	2:48.52	470	38.96	1:22.17	2:06.36
15.	Macey POUNTAIN	12	UEA Norwich	2:50.20	456	38.96	1:22.62	2:07.56
16.	Jessica MAHONEY	12	Co Peterboro	2:50.86	450	39.16	1:21.92	2:06.63

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Sophie FREEMAN	13	Colchester	2:28.99	670	34.43	1:12.50	1:50.85
2.	Gemma PETERS	13	UEA Norwich	2:30.84	648	35.19	1:13.24	1:52.11
3.	Safia BUTTON	13	teamipswich	2:32.58	628	36.20	1:16.26	1:55.24
4.	Ella MCGHIE	13	Co Peterboro	2:32.70	626	35.91	1:14.81	1:54.66
5.	Holly GRAVES	13	Co Peterboro	2:33.52	617	36.17	1:15.17	1:54.89
6.	Carys BREALEY	13	Harlow Pen	2:33.91	613	36.08	1:15.14	1:55.18
7.	Imogen BLOCK	13	Lstoft & OB	2:34.72	604	34.96	1:13.59	1:54.45
8.	Jessica KEOGH	13	Hatfield	2:35.38	597	35.90	1:15.48	1:56.23
9.	Molly REDGRAVE	13	Colchester	2:35.70	593	36.45	1:15.77	1:55.75
10.	Brooke JENKINS	13	Southend	2:37.23	577	37.78	1:17.96	1:59.06
11.	Astrid HUBBARD	13	West Norfolk	2:37.37	575	37.08	1:17.19	1:57.06
12.	Grace WALLER	13	Basildon Ph	2:37.91	570	35.82	1:16.51	1:57.86
13.	Brenna HOWELL	13	Co Peterboro	2:38.10	568	36.52	1:16.83	1:57.89
14.	Lucy MORGAN	13	Colchester	2:38.12	568	37.30	1:17.89	1:59.14
15.	Millie FIELDS	13	Bishop Stort	2:38.58	563	38.13	1:18.75	1:59.48
16.	Georgina MUNDAY	13	Modernian	2:40.55	543	36.96	1:18.32	2:00.23
17.	Sophie GRIFFIN	13	Co Peterboro	2:41.04	538	37.38	1:18.91	1:59.93
18.	Lillian TAGG	13	Thurrock	2:42.31	526	37.19	1:18.60	2:00.95
19.	Hannah DALEY	13	Co Peterboro	2:43.58	514	37.77	1:19.73	2:01.68
20.	Ella HOUSTON	13	Deben	2:43.71	513	37.85	1:19.19	2:02.10
21.	Darcy O'BRIEN	13	Southend	2:44.63	504	38.62	1:20.83	2:02.52

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Emma CRUICKSHANKS	14	teamipswich	2:26.32	703	34.79	1:11.89	1:50.10
2.	Matilda MEYRICK	14	Norfolk Vikg	2:27.96	683	35.35	1:14.40	1:52.90
3.	Eve WRIGHT	14	Co Peterboro	2:28.74	673	33.26	1:10.89	1:50.38
4.	Gracie KAY	14	Co Cambridge	2:33.71	615	35.11	1:14.37	1:54.32
5.	Emily WHYTE	14	teamipswich	2:33.97	612	36.07	1:15.23	1:54.63
6.	Millie TURNER	14	Basildon Ph	2:35.00	601	36.68	1:15.82	1:55.67
7.	Eleanor WILLIAMS	14	Watford SC	2:36.52	584	36.16	1:15.53	1:56.13
8.	Jemima WAYMAN	14	Deben	2:36.78	582	36.69	1:17.26	1:57.61
9.	Isabelle SOULSBY	14	Berkhamsted	2:37.99	569	35.54	1:15.63	1:56.89
10.	Karolina KOWALSKA	14	Co Cambridge	2:38.48	564	36.84	1:16.96	1:58.49
11.	Hannah O'CONNOR	14	West Suffolk	2:38.58	563	37.13	1:18.10	1:59.93
12.	Grace KING	14	teamipswich	2:38.92	559	38.94	1:19.79	2:00.23
13.	Isabel HARBER	14	Verulam	2:39.26	556	36.65	1:18.52	1:59.95
14.	Erin YEOMANSON	14	Deben	2:39.47	554	36.75	1:17.41	1:58.41
15.	Isabelle SANDFORD	14	Basildon Ph	2:39.98	549	37.02	1:16.86	1:58.97
16.	Morgan ALLAN	14	Modernian	2:40.21	547	36.23	1:17.19	1:59.27
17.	Rhearna MASON	14	C Beds SS	2:41.04	538	37.82	1:18.31	2:00.42
18.	Madison SMITH	14	Stanway	2:41.92	530	36.43	1:17.42	2:00.03
19.	Hannah SNELHAM	14	Deben	2:42.20	527	36.70	1:17.72	2:00.09
20.	Gemma HANSON	14	Hatfield	2:42.88	521	37.52	1:19.32	2:01.28
21.	Florie GEURTS	14	Co St Albans	2:43.67	513	37.78	1:19.22	2:02.15
22.	Phoebe BRENNAN	14	Thurrock	2:44.25	508	36.86	1:18.35	2:01.83
23.	Mary O'NEILL	14	Wisbech	2:44.47	506	38.18	1:20.16	2:02.30
24.	Rebecca SMITH	14	Norwich Swan	2:45.20	499	38.36	1:20.09	2:03.25
25.	Rebecca GIROLAMI	14	Colchester	2:46.16	491	38.65	1:21.23	2:04.13
	Jessica HEESOM	14	Potters Bar	DNC				



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EVENT 426 Mens 400m IM

Regional Record Junior - 4:29.54

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Jude HILLS	12	Bo Southend	5:37.68	441
	50m 34.22	100m 1:16.38	150m 1:59.47	200m 2:42.23	250m 3:31.49
					300m 4:22.99
					350m 5:00.96
					400m 5:37.68
2.	Jenson HURRELL	12	Thurrock	5:46.85	406
	50m 34.98	100m 1:17.99	150m 1:59.43	200m 2:43.09	250m 3:35.24
					300m 4:31.25
					350m 5:10.00
					400m 5:46.85
3.	Peter SOCZEWKA	12	Hatfield	5:47.20	404
	50m 34.07	100m 1:16.51	150m 2:00.91	200m 2:44.74	250m 3:37.52
					300m 4:31.91
					350m 5:10.77
					400m 5:47.20
4.	Enzo LIM	12	Watford SC	5:48.90	398
	50m 35.17	100m 1:17.69	150m 2:04.29	200m 2:51.62	250m 3:40.51
					300m 4:32.99
					350m 5:12.48
					400m 5:48.90
5.	Alexander WILLIAMS	12	Watford SC	5:50.96	390
	50m 38.17	100m 1:24.42	150m 2:10.73	200m 2:56.18	250m 3:43.67
					300m 4:33.21
					350m 5:12.14
					400m 5:50.96
6.	Denis MORINE	12	Chelmsford	5:51.21	390
	50m 36.96	100m 1:20.98	150m 2:06.76	200m 2:51.77	250m 3:43.80
					300m 4:35.49
					350m 5:13.69
					400m 5:51.21
7.	Matthew MONIE	12	Co Cambridge	5:57.30	368
	50m 38.24	100m 1:24.65	150m 2:08.14	200m 2:51.73	250m 3:44.75
					300m 4:40.62
					350m 5:18.38
					400m 5:57.30
8.	Christopher WILLIAMSON	12	Co Cambridge	5:57.46	368
	50m 36.18	100m 2:52.05	150m 2:07.16	200m 4:38.51	250m 3:44.92
					300m -
					350m 5:19.92
					400m 5:57.46
9.	Harry SHARPE	12	West Norfolk	6:08.58	332
	50m 40.96	100m 1:30.79	150m 2:17.86	200m 3:05.75	250m 3:57.40
					300m 4:51.19
					350m 5:30.75
					400m 6:08.58
10.	Mark MILBURN	12	Colchester	6:10.41	326
	50m 43.15	100m 1:35.72	150m 2:20.94	200m 3:08.46	250m 3:56.66
					300m 4:47.69
					350m 5:29.72
					400m 6:10.41

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Rhys DAVIDSON	13	Team Luton	5:11.92	560
	50m 34.23	100m 1:13.19	150m 1:53.28	200m 2:32.56	250m 3:17.98
					300m 4:02.01
					350m 4:38.18
					400m 5:11.92
2.	Joe COOPER	13	teamipswich	5:13.53	552
	50m 34.49	100m 1:14.91	150m 1:58.42	200m 2:38.57	250m 3:22.49
					300m 4:06.26
					350m 4:41.23
					400m 5:13.53
3.	Michael KLIMASZEWSKI	13	Hatfield	5:20.40	518
	50m 31.51	100m 1:07.46	150m 1:49.66	200m 2:29.48	250m 3:17.91
					300m 4:07.11
					350m 4:44.11
					400m 5:20.40
4.	Harrison JARVIS	13	Thurrock	5:22.14	510
	50m 34.35	100m 1:15.95	150m 1:57.53	200m 2:39.76	250m 3:20.54
					300m 4:06.33
					350m 4:44.44
					400m 5:22.14
5.	Luke BARTON	13	Lstoft & OB	5:28.59	480
	50m 34.49	100m 1:15.05	150m 1:57.82	200m 2:40.33	250m 3:26.29
					300m 4:14.39
					350m 4:52.04
					400m 5:28.59
6.	Connor WALKER	13	Co Peterboro	5:30.12	473
	50m 31.45	100m 1:08.78	150m 1:52.07	200m 2:33.69	250m 3:24.76
					300m 4:16.35
					350m 4:54.14
					400m 5:30.12
7.	Matthew DEBENHAM	13	teamipswich	5:31.59	467
	50m 33.83	100m 1:15.36	150m 2:00.37	200m 2:46.03	250m 3:30.17
					300m 4:17.40
					350m 4:54.83
					400m 5:31.59
8.	Sam WILLIAMSON	13	Hatfield	5:32.64	463
	50m 31.54	100m 1:11.72	150m 1:58.64	200m 2:43.79	250m 3:28.27
					300m 4:16.90
					350m 4:54.50
					400m 5:32.64
9.	Ryan DAVIS	13	Epping For't	5:35.04	452
	50m 33.51	100m 1:14.16	150m 1:57.87	200m 2:41.67	250m 3:30.61
					300m 4:21.41
					350m 4:59.18
					400m 5:35.04
10.	Tom MALIA	13	Flitwick	5:36.06	448
	50m 36.03	100m 1:18.53	150m 2:00.36	200m 2:42.04	250m 3:31.68
					300m 4:21.67
					350m 5:00.42
					400m 5:36.06
11.	Tyler WATSON	13	Flitwick	5:36.12	448
	50m 35.98	100m 1:17.99	150m 2:01.21	200m 2:44.72	250m 3:32.90
					300m 4:23.72
					350m 5:01.42
					400m 5:36.12
12.	Mide OLAJIDE	13	Thurrock	5:37.67	441
	50m 34.86	100m 1:16.33	150m 2:00.42	200m 2:43.49	250m 3:31.11
					300m 4:20.21
					350m 4:58.48
					400m 5:37.67
13.	Robert ADDIS	13	West Norfolk	5:41.22	427
	50m 34.81	100m 1:19.17	150m 2:03.62	200m 2:49.86	250m 3:36.72
					300m 4:26.75
					350m 5:03.64
					400m 5:41.22
14.	George WHITEMAN	13	Co Peterboro	5:42.45	422
	50m 36.18	100m 1:19.29	150m 2:03.39	200m 2:47.39	250m 3:39.53
					300m 4:28.85
					350m 5:06.51
					400m 5:42.45
15.	Taylor COE	13	Cheshunt	5:43.09	420
	50m 36.43	100m 1:20.31	150m 2:02.81	200m 2:47.07	250m 3:36.25
					300m 4:25.82
					350m 5:05.16
					400m 5:43.09
16.	Jimmy TAYLOR	13	Thurrock	5:47.65	403
	50m 34.65	100m 1:16.27	150m 2:00.55	200m 2:44.08	250m 3:38.49
					300m 4:32.92
					350m 5:11.42
					400m 5:47.65
17.	James ROTHWELL	13	Co Peterboro	5:52.18	386
	50m 35.27	100m 1:20.33	150m 2:09.53	200m 2:56.68	250m 3:44.23
					300m 4:34.08
					350m 5:13.56
					400m 5:52.18
18.	Tyler JACKSON	13	Harlow Pen	5:58.24	365
	50m 37.67	100m 1:25.44	150m 2:12.18	200m 2:56.68	250m 3:45.82
					300m 4:39.61
					350m 5:19.17
					400m 5:58.24
19.	Connor HOUSTON	13	Deben	6:07.20	336
	50m 37.30	100m 1:22.23	150m 2:09.94	200m 2:58.73	250m 3:51.80
					300m 4:47.14
					350m 5:29.08
					400m 6:07.20



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts				
1.	Nathan WOODROW	14	UEA Norwich	4:58.99	631				
	50m 30.26			200m 2:24.77	250m 3:06.84	300m 3:51.03	350m 4:25.13	400m 4:58.99	
2.	Samuel ROSE	14	West Norfolk	5:08.28	579				
	50m 30.50	100m 1:07.36	150m 1:47.69	200m 2:28.87	250m 3:14.09	300m 3:59.65	350m 4:34.30	400m 5:08.28	
3.	Finn JEFFERY	14	St Felix Sch	5:08.48	578				
	50m 31.66	100m 1:09.82	150m 1:52.33	200m 2:33.92	250m 3:16.84	300m 4:00.46	350m 4:35.87	400m 5:08.48	
4.	Ciaran RICHES	14	West Suffolk	5:08.49	578				
	50m 30.66	100m 1:06.84	150m 1:46.83	200m 2:26.73	250m 3:13.17	300m 4:01.14	350m 4:35.42	400m 5:08.49	
5.	William PESTELL	14	teamipswich	5:12.71	556				
	50m 31.96	100m 1:10.42	150m 1:52.75	200m 2:33.87	250m 3:18.40	300m 4:03.49	350m 4:39.41	400m 5:12.71	
6.	Owen WEBSTER	14	St Felix Sch	5:14.11	549				
	50m 32.29	100m 1:10.17	150m 1:55.77	200m 2:39.74	250m 3:19.07	300m 4:05.14	350m 4:40.34	400m 5:14.11	
7.	Devesh KAPOOR	14	Watford SC	5:15.82	540				
	50m 31.09	100m 1:06.69	150m 1:48.67	200m 2:29.57	250m 3:15.34	300m 4:03.16	350m 4:39.69	400m 5:15.82	
8.	Samuel BULLINGHAM	14	West Suffolk	5:16.44	537				
	50m 31.49	100m 1:09.05	150m 1:52.35	200m 2:35.06	250m 3:18.31	300m 4:04.33	350m 4:41.15	400m 5:16.44	
9.	James SPEERS	14	Basildon Ph	5:18.98	525				
	50m 32.66	100m 1:11.39	150m 1:53.54	200m 2:34.76	250m 3:20.33	300m 4:07.87	350m 4:43.27	400m 5:18.98	
10.	Jack TURRELL	14	Basildon Ph	5:20.11	519				
	50m 31.11	100m 1:10.85	150m 1:52.47	200m 2:33.45	250m 3:19.38	300m 4:06.87	350m 4:45.01	400m 5:20.11	
11.	Callum STEDMAN	14	Dereham	5:21.97	510				
	50m 32.84	100m 1:13.68	150m 1:56.00	200m 2:37.78	250m 3:23.04	300m 4:10.29	350m 4:46.30	400m 5:21.97	
12.	Mattias MORSE	14	Hemel Hemp	5:22.49	508				
	50m 32.78	100m 1:11.43	150m 1:55.39	200m 2:37.68	250m 3:21.93	300m 4:08.31	350m 4:46.66	400m 5:22.49	
13.	William TOZER	14	West Suffolk	5:29.05	478				
	50m 35.81	100m 1:19.15	150m 2:01.45	200m 2:43.39	250m 3:30.04	300m 4:18.40	350m 4:53.43	400m 5:29.05	
14.	Henry FERRIES	14	Basildon Ph	5:29.50	476				
	50m 32.16	100m 1:11.29	150m 1:55.87	200m 2:39.55	250m 3:27.07	300m 4:15.52	350m 4:54.09	400m 5:29.50	
15.	Freddie LAWS	14	West Norfolk	5:30.25	473				
	50m 35.21	100m 1:17.23	150m 1:59.72	200m 2:42.83	250m 3:26.60	300m 4:11.22	350m 4:51.66	400m 5:30.25	
16.	Matthew NEWSON	14	Co Peterboro	5:30.75	471				
	50m 33.39	100m 1:14.70	150m 1:55.58	200m 2:35.44	250m 3:25.65	300m 4:16.98	350m 4:53.49	400m 5:30.75	
17.	Euan DONALD	14	Berkhamsted	5:33.49	459				
	50m 34.13	100m 1:14.33	150m 2:00.61	200m 2:45.15	250m 3:30.63	300m 4:17.66	350m 4:56.93	400m 5:33.49	
18.	Joshua THURSTON-WOOLNO	14	Beccles Town	5:34.60	454				
	50m 34.33	100m 1:16.45	150m 1:58.67	200m 2:41.14	250m 3:30.19	300m 4:20.60	350m 4:57.57	400m 5:34.60	
19.	Luke PESTAILLE	14	Hatfield	5:37.77	441				
	50m 35.17	100m 1:18.65	150m 2:02.47	200m 2:44.44	250m 3:33.52	300m 4:23.95	350m 5:00.88	400m 5:37.77	
	Edward MCFARLAND	14	C Beds SS	DQ					



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EVENT 431 FINAL OF EVENT 411 Womens 11/12 Yrs 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Ruby DAGLESS	12	Dereham	2:36.67	566	34.41	1:14.01	1:54.56
2.	Valeria GIRON	12	Hatfield	2:42.23	511	36.05	1:16.70	2:00.26
3.	Lily MACDONALD	12	UEA Norwich	2:43.66	498	35.63	1:18.76	2:01.48
4.	Ruby WHEELER	11	Basildon Ph	2:44.81	487	36.00	1:19.55	2:02.89
5.	Nonhlanhla THOLE	12	St Felix Sch	2:45.40	482	36.31	1:17.93	-
6.	Charlotte NORMAN	12	Colchester	2:47.22	466	35.25	1:17.74	2:02.63
7.	Molly GRIEVE	12	Colchester	2:48.84	453	37.09	1:20.16	2:05.24
8.	Emily COOPER	12	Basildon Ph	2:54.96	404	35.47	1:19.33	2:05.75

EVENT 432 FINAL OF EVENT 411 Womens 13 Yrs 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Sophie FREEMAN	13	Colchester	2:25.77	691	31.28	1:08.27	1:47.07
2.	Brenna HOWELL	13	Co Peterboro	2:39.09	541	34.08	1:15.51	1:57.26
3.	Rachel ANDREWS	13	C Beds SS	2:39.76	535	34.13	1:16.61	1:56.92
4.	Ellie WALKER	13	UEA Norwich	2:40.27	530	35.91	1:16.18	1:57.83
5.	Ciara WOOKEY	13	Colchester	2:48.76	453	35.49	1:17.93	2:02.69
6.	Holly GRAVES	13	Co Peterboro	2:54.82	406	37.52	1:22.34	2:07.92
7.	Etholle MARKS	13	Newmarket	2:57.88	383	37.30	1:22.13	2:10.66
8.	Bruna REBELO	13	Hatfield	2:59.98	369	37.14	1:21.33	2:08.98

EVENT 433 FINAL OF EVENT 411 Womens 14 Yrs 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Rebecca HOWELL	14	Basildon Ph	2:27.11	674	32.28	1:09.03	1:47.68
2.	Katie HAMMOND	14	Co Cambridge	2:33.91	595	33.60	1:11.95	1:51.83
3.	Jessica WOODWARD	14	Potters Bar	2:34.27	591	33.22	1:11.96	1:52.77
4.	Lucie PECK	14	West Norfolk	2:36.56	567	33.37	1:12.59	1:53.68
5.	Orla KEAVENEY	14	Modernian	2:38.15	551	33.38	1:12.94	1:56.15
6.	Millie BATEMAN	14	UEA Norwich	2:40.52	527	35.62	1:16.04	1:58.13
7.	Grace KING	14	teamipswich	2:48.28	457	34.21	1:14.46	1:59.64

EVENT 434 FINAL OF EVENT 412 Mens 11/12 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Olivier VEDRENNE	12	UEA Norwich	2:48.52	491	38.15	1:20.44	2:04.08
2.	Marcus MOSCUZZA	12	St Felix Sch	2:56.74	424	39.13	1:24.10	2:10.10
3.	Edward MERHAN	12	West Suffolk	2:58.43	411	39.32	1:24.11	2:10.64
4.	Alexander WILLIAMS	12	Watford SC	3:00.14	399	40.56	1:26.67	2:14.40
5.	Tyler TOMBS	12	Chelmsford	3:01.41	390	40.51	1:28.50	2:16.72
6.	Aidan PILCHER	12	teamipswich	3:04.91	366	42.77	1:30.27	2:17.82
7.	Ethan ANGEL	11	teamipswich	3:08.43	344	42.72	1:31.29	2:20.21
8.	Daniel HOLLISS	11	Co St Albans	3:13.36	315	44.14	1:34.37	2:23.64

EVENT 435 FINAL OF EVENT 412 Mens 13 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	James QUINN	13	St Ives	2:41.74	554	36.70	1:18.62	1:55.38
2.	Harrison JARVIS	13	Thurrock	2:42.78	544	37.18	1:18.96	2:01.84
3.	Joe COOPER	13	teamipswich	2:43.59	536	37.61	1:19.37	2:01.53
4.	Sam WILLIAMSON	13	Hatfield	2:44.15	531	37.37	1:20.39	2:02.40
5.	Matthew DEBENHAM	13	teamipswich	2:49.01	487	36.73	1:19.11	2:03.86
6.	Rhys DAVIDSON	13	Team Luton	2:49.63	481	38.03	1:22.26	2:06.79
7.	Yuto WATANABE	13	Hatfield	2:50.73	472	38.56	1:23.73	2:07.06
8.	Owen THOMAS	13	Modernian	2:53.72	447	39.04	1:15.38	2:04.53

EVENT 436 FINAL OF EVENT 412 Mens 14 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Finn JEFFERY	14	St Felix Sch	2:36.39	610	34.96	1:15.19	1:55.30
2.	Freddie LAWS	14	West Norfolk	2:39.65	576	36.17	1:17.04	1:59.20
3.	James DILLON	14	Basildon Ph	2:40.18	570	35.48	1:16.90	1:58.91
4.	Lewis SHAYLER	14	Watford SC	2:44.01	532	37.91	1:19.91	2:02.73
5.	Mattias MORSE	14	Hemel Hemp	2:44.04	532	36.83	1:20.10	2:02.93
6.	Owen WEBSTER	14	St Felix Sch	2:46.91	505	37.65	1:19.72	2:03.32
7.	Samuel BULLINGHAM	14	West Suffolk	2:48.10	495	38.84	1:21.95	2:05.12
8.	Jack RICHARDSON	14	DunmowAtlant	2:48.67	490	38.83	1:22.87	2:07.24



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EVENT 437 FINAL OF EVENT 413 Womens 11/12 Yrs 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Charlotte WHITE	12	West Suffolk	1:20.64	609	37.97
2.	Beth YOUNG	11	Felixstowe	1:25.48	515	39.12
3.	Holly LAMB	12	Southend	1:25.97	506	40.83
4.	Eloisa MILLER	12	C Beds SS	1:26.64	494	39.68
5.	Miriam STRATFOLD	11	Newmarket	1:26.80	492	41.66
6.	Ruby GREENHALF	12	UEA Norwich	1:26.92	490	41.11
7.	Francesca LOW	12	Chelmsford	1:27.93	473	42.05
8.	Anita TIEN	12	Colchester	1:28.28	467	42.16

EVENT 438 FINAL OF EVENT 413 Womens 13 Yrs 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Charlotte ABRAMSON	13	UEA Norwich	1:19.79	627	38.28
2.	Ela NORTON	13	Hatfield	1:19.83	626	37.29
3.	Niamh KELLY	13	Hatfield	1:19.85	626	38.07
4.	Polly FISH	13	Co Cambridge	1:20.01	622	37.05
5.	Ciara WOOKEY	13	Colchester	1:21.77	586	38.77
6.	Alice FASEY	13	Theford	1:23.33	555	39.02
7.	Jessica MUNFORD	13	Norwich Swan	1:23.37	554	38.90
8.	Charlotte TREE	13	Colchester	1:24.99	524	39.90

EVENT 439 FINAL OF EVENT 413 Womens 14 Yrs 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Angharad EVANS	14	West Suffolk	1:13.88	770	34.75
2.	Annabelle BURGESS	14	teamipswich	1:18.65	653	37.37
3.	Erin O'MEARA	14	Watford SC	1:18.83	649	37.17
4.	Ellie MATTHEWS	14	Putteridge	1:19.10	642	37.67
5.	Imogen BLOOMFIELD	14	Co Cambridge	1:19.26	639	37.02
6.	Eleanor WILLIAMS	14	Watford SC	1:19.50	634	37.58
7.	Poppy ALLEN	14	Basildon Ph	1:21.85	584	37.69
8.	Grace KING	14	teamipswich	1:22.27	576	38.60

EVENT 440 FINAL OF EVENT 414 Mens 11/12 Yrs 50m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Samuel PYEFINCH	12	Tring	30.45	495
2.	Jude HILLS	12	Bo Southend	31.73	436
3.	Christopher WILLIAMSON	12	Co Cambridge	31.99	425
4.	Joseph BAVEY	12	Newmarket	32.67	397
5.	Edward MERHAN	12	West Suffolk	33.14	379
6.	Enzo LIM	12	Watford SC	33.21	377
7.	Jenson HURRELL	12	Thurrock	33.95	350
8.	Alexander WILLIAMS	12	Watford SC	35.62	297

EVENT 441 FINAL OF EVENT 414 Mens 13 Yrs 50m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Michael KLIMASZEWSKI	13	Hatfield	28.74	586
2.	Sam TOWNSEND	13	C Beds SS	28.84	580
3.	Alessandro RIODA	13	Harlow Pen	28.93	575
4.	Connor WALKER	13	Co Peterboro	29.53	542
5.	Sam WILLIAMSON	13	Hatfield	29.73	531
6.	Damon ELLIOTT	13	DunmowAtlant	29.87	524
7.	Ethan PEIRCE	13	Harlow Pen	30.29	503
8.	Naythan AUNG	13	Colchester	30.37	499

EVENT 442 FINAL OF EVENT 414 Mens 14 Yrs 50m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Nathan WOODROW	14	UEA Norwich	27.48	663
2.	Samuel ROSE	14	West Norfolk	28.23	616
3.	Joshua HOLLAND	14	Hertford	28.41	605
4.	Ciaran RICHES	14	West Suffolk	28.76	585
5.	Devesh KAPOOR	14	Watford SC	28.88	578
6.	Daniel MURTAGH	14	Hatfield	29.08	566
7.	Jack TURRELL	14	Basildon Ph	29.19	560
8.	Samuel MILLER	14	Bo Southend	29.30	554



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EVENT 443 FINAL OF EVENT 421 Womens 11/12 Yrs 200m IM

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Holly LAMB	12	Southend	2:38.92	598	34.77	1:17.60	2:02.75
2.	Matilda BOGLE	11	teamipswich	2:40.33	583	36.26	1:15.97	2:06.06
3.	Ruby DAGLESS	12	Dereham	2:41.38	573	33.59	1:16.47	2:03.58
4.	Charlotte WHITE	12	West Suffolk	2:42.25	564	36.99	1:20.83	2:04.84
5.	Charlotte NORMAN	12	Colchester	2:42.71	559	35.67	1:15.30	2:05.51
6.	Leah WIGHTMAN	12	West Norfolk	2:46.51	523	35.93	1:16.68	2:07.19
7.	Anita TIEN	12	Colchester	2:46.64	522	35.56	1:18.29	2:08.13
8.	Emily COOPER	12	Basildon Ph	2:50.63	486	35.38	1:18.56	2:10.35

EVENT 444 FINAL OF EVENT 421 Womens 13 Yrs 200m IM

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Sophie FREEMAN	13	Colchester	2:31.38	684	31.34	1:09.97	1:58.15
2.	Millie FIELDS	13	Bishop Stort	2:35.48	636	34.03	1:14.42	1:59.54
3.	Brenna HOWELL	13	Co Peterboro	2:38.28	605	32.33	1:13.16	2:01.57
4.	Ella MCGHIE	13	Co Peterboro	2:39.30	594	35.48	1:15.65	2:02.59
5.	Sophie GRIFFIN	13	Co Peterboro	2:40.16	585	34.96	1:16.95	2:04.54
6.	Charlotte ABRAMSON	13	UEA Norwich	2:40.51	582	35.56	1:15.73	2:03.56
7.	Georgina MUNDAY	13	Modernian	2:41.58	571	35.28	1:16.03	2:05.30
8.	Ciara WOOKEY	13	Colchester	2:45.69	531	35.95	1:20.96	2:06.62

EVENT 445 FINAL OF EVENT 421 Womens 14 Yrs 200m IM

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Ella HALE	14	West Suffolk	2:29.81	703	31.68	1:13.60	1:56.32
2.	Angharad EVANS	14	West Suffolk	2:30.85	690	32.77	1:15.39	1:56.22
3.	Erin O'MEARA	14	Watford SC	2:31.82	679	32.88	1:14.50	1:57.46
4.	Oria KEAVENEY	14	Modernian	2:33.86	654	33.23	1:12.88	1:58.82
5.	Grace KING	14	teamipswich	2:37.36	615	34.11	1:15.32	2:00.86
6.	Lucie PECK	14	West Norfolk	2:37.52	613	33.70	1:14.70	2:02.00
7.	Matilda MEYRICK	14	Norfolk Vikg	2:37.56	613	34.21	1:14.44	2:01.48
8.	Imogen BLOOMFIELD	14	Co Cambridge	2:37.88	609	34.83	1:17.44	2:01.77

EVENT 446 FINAL OF EVENT 422 Mens 11/12 Yrs 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Joseph BAVEY	12	Newmarket	1:09.87	481	33.97
2.	Jack HILL	12	Linslade	1:12.24	434	34.85
3.	Jude HILLS	12	Bo Southend	1:12.86	422	35.88
4.	Aidan PILCHER	12	teamipswich	1:12.99	420	36.52
5.	Oskar FARKAS	12	Co Cambridge	1:13.75	406	35.56
6.	Jenson HURRELL	12	Thurrock	1:14.39	395	36.66
7.	Nikita CHARYKIN	11	Thurrock	1:15.38	378	36.50
8.	Samuel PYEFINCH	12	Tring	1:16.61	359	36.92

EVENT 447 FINAL OF EVENT 422 Mens 13 Yrs 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Chester LEEMING	13	St Felix Sch	1:06.70	552	32.84
2.	Thomas OGDEN	13	Bishop Stort	1:09.02	499	33.67
3.	Naythan AUNG	13	Colchester	1:09.32	492	33.95
4.	Ethan GELL	13	Linslade	1:09.97	479	34.64
5.	Ketan RACH	13	Watford SC	1:10.26	473	34.10
6.	Rhys DAVIDSON	13	Team Luton	1:10.78	462	34.67
7.	William PARSONS	13	Deben	1:10.94	459	34.55
8.	Jack SKERRY	13	Chelmsford	1:12.12	436	34.68

EVENT 448 FINAL OF EVENT 422 Mens 14 Yrs 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Walter HACKETT	14	Dunstable	1:04.92	596	31.51
2.	Daniel MURTAGH	14	Hatfield	1:06.35	560	32.67
3.	Samuel ROSE	14	West Norfolk	1:07.38	536	33.12
4.	Zane BATT	14	Cheshunt	1:07.54	532	32.67
5.	Alexander CATTON	14	Bishop Stort	1:09.51	488	33.45
6.	Connor GILLINGHAM	14	West Suffolk	1:09.59	487	33.63
7.	Finn JEFFERY	14	St Felix Sch	1:09.92	480	33.27
8.	Henry NEWELL	14	Newmarket	1:11.50	448	34.41



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EVENT 449 FINAL OF EVENT 423 Womens 11/12 Yrs 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Erin LITTLE	12	Chelmsford	1:04.57	619	31.32
2.	Daisy MOXHAM	12	Co Cambridge	1:05.00	607	31.20
3.	Francesca LOW	12	Chelmsford	1:06.16	578	31.85
4.	Matilda BOGLE	11	teamipswich	1:06.40	572	32.44
5.	Ciara TAYLOR	12	Co Ely	1:06.43	571	31.06
6.	Karys-Rose BUNN	11	teamipswich	1:07.54	544	32.49
7.	Ruby DAGLESS	12	Dereham	1:08.65	519	32.97
8.	Ella NIJKAMP	12	Berkhamsted	1:09.17	507	33.00

EVENT 450 FINAL OF EVENT 423 Womens 13 Yrs 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sophie FREEMAN	13	Colchester	59.79	760	28.77
2.	Safia BUTTON	13	teamipswich	1:00.37	741	29.04
3.	Carys BREALEY	13	Harlow Pen	1:03.05	660	30.67
4.	Grace WALLER	13	Basildon Ph	1:03.43	650	30.25
5.	Imogen BLOCK	13	Lstof & OB	1:03.90	637	30.47
6.	Jessica KEOGH	13	Hatfield	1:04.51	620	30.54
7.	Harriet SALISBURY	13	Co Peterboro	1:04.65	616	30.58
8.	Ellie HOLLISS	13	Co St Albans	1:04.99	607	30.67

EVENT 451 FINAL OF EVENT 423 Womens 14 Yrs 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Annabelle BURGESS	14	teamipswich	1:01.53	705	29.84
2.	Sacha THOMAS	14	UEA Norwich	1:01.56	704	30.01
3.	Libby DUNFORD	14	Hoddesdon	1:02.39	680	30.81
4.	Angharad EVANS	14	West Suffolk	1:02.46	677	30.38
5.	Ella HALE	14	West Suffolk	1:02.88	665	29.99
6.	Isabel WAINWRIGHT	14	Modernian	1:03.13	658	30.24
7.	Mia YATES	14	Felixstowe	1:03.93	636	30.28
8.	Jessica HEESOM	14	Potters Bar	1:04.52	620	30.61

EVENT 452 FINAL OF EVENT 424 Mens 11/12 Yrs 50m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Finley COMAN	12	Gt Yarmouth	29.10	442
2.	Oskar FARKAS	12	Co Cambridge	29.13	441
3.	Jude HILLS	12	Bo Southend	29.47	425
4.	Samuel PYEFINCH	12	Tring	29.69	415
5.	Aidan PILCHER	12	teamipswich	29.97	403
6.	Benjamin ASHDOWN	12	Modernian	29.99	402
7.	Enzo LIM	12	Watford SC	30.18	394
8.	Marcus MOSCUZZA	12	St Felix Sch	31.14	355

EVENT 453 FINAL OF EVENT 424 Mens 13 Yrs 50m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sam TOWNSEND	13	C Beds SS	27.07	549
2.	Alessandro RIODA	13	Harlow Pen	27.16	544
3.	Sam WILLIAMSON	13	Hatfield	27.26	538
4.	Harrison RIDER	13	Basildon Ph	27.41	530
5.	Michael KLIMASZEWSKI	13	Hatfield	27.76	510
6.	Damon ELLIOTT	13	DunmowAtlant	27.84	506
7.	Oliver ROGERS	13	Saffron Wald	27.85	505
8.	Naythan AUNG	13	Colchester	29.04	445

EVENT 454 FINAL OF EVENT 424 Mens 14 Yrs 50m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Henry NEWELL	14	Newmarket	26.16	606
2.	Nathan WOODROW	14	UEA Norwich	26.89	560
3.	Louis STEPHEN	14	Brentwood	27.03	552
4.	James CORNER	14	Berkhamsted	27.33	534
5.	Samuel ROSE	14	West Norfolk	27.34	534
6.	Samuel MILLER	14	Bo Southend	27.47	526
7.	Connor GILLINGHAM	14	West Suffolk	28.17	488
8.	James SPEERS	14	Basildon Ph	28.77	458



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EVENT 455 FINAL OF EVENT 425 Womens 11/12 Yrs 200m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Charlotte NORMAN	12	Colchester	2:34.29	609	34.47	1:13.56	1:54.27
2.	Erin LITTLE	12	Chelmsford	2:36.12	589	37.30	1:17.28	1:57.23
3.	Ella TURNER	12	Basildon Ph	2:38.48	564	38.17	1:19.07	1:59.73
4.	Leah WIGHTMAN	12	West Norfolk	2:41.51	534	37.04	1:18.70	2:01.37
5.	Francesca LOW	12	Chelmsford	2:42.24	527	38.61	1:20.16	2:01.57
6.	Matilda BOGLE	11	teamipswich	2:43.71	513	39.05	1:20.70	2:03.08
7.	Emily FALKUS	12	Runnymede	2:43.75	513	38.51	1:19.59	2:02.25
8.	Erin WILKINSON	12	Southend	2:44.74	503	37.56	1:19.50	2:03.25

EVENT 456 FINAL OF EVENT 425 Womens 13 Yrs 200m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Sophie FREEMAN	13	Colchester	2:29.24	667	34.97	1:12.72	1:51.67
2.	Ella MCGHIE	13	Co Peterboro	2:30.75	649	35.34	1:13.71	1:53.41
3.	Gemma PETERS	13	UEA Norwich	2:30.97	646	34.70	1:13.07	1:52.45
4.	Carys BREALEY	13	Harlow Pen	2:32.14	633	35.44	1:14.27	1:54.09
5.	Jessica KEOGH	13	Hatfield	2:32.54	628	35.48	1:14.54	1:54.41
6.	Holly GRAVES	13	Co Peterboro	2:32.78	625	36.54	1:16.41	1:55.17
7.	Imogen BLOCK	13	Lstof & OB	2:34.12	610	35.63	1:14.73	1:54.85
8.	Safia BUTTON	13	teamipswich	2:41.78	531	36.96	1:17.89	2:00.42

EVENT 457 FINAL OF EVENT 425 Womens 14 Yrs 200m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Matilda MEYRICK	14	Norfolk Vikg	2:23.95	734	34.19	1:11.02	1:48.45
2.	Emma CRUICKSHANKS	14	teamipswich	2:24.35	729	34.05	1:10.94	1:48.42
3.	Eve WRIGHT	14	Co Peterboro	2:30.71	649	33.84	1:11.83	1:51.47
4.	Gracie KAY	14	Co Cambridge	2:34.43	607	35.13	1:14.24	1:54.66
5.	Emily WHYTE	14	teamipswich	2:36.09	589	35.88	1:15.31	1:56.05
6.	Jemima WAYMAN	14	Deben	2:36.47	585	36.09	1:16.12	1:57.22
7.	Millie TURNER	14	Basildon Ph	2:36.68	583	36.65	1:15.95	1:56.65
8.	Eleanor WILLIAMS	14	Watford SC	2:40.26	546	37.02	1:17.68	1:59.30



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EVENT 511 Mens 200m Butterfly

Regional Record Junior - 2:06.22

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Jude HILLS	12	Bo Southend	2:44.59	357	34.03	1:16.05	2:00.96
2.	Jenson HURRELL	12	Thurrock	2:45.07	353	35.69	1:18.55	2:02.70
3.	Peter SOCZEWKA	12	Hatfield	2:48.47	330	34.86	1:17.78	2:02.76
4.	Daniel ORD	12	Watford SC	2:48.91	327	36.54	1:20.51	2:04.27
5.	Denis MORINE	12	Chelmsford	2:49.86	321	36.36	1:19.84	2:04.55
6.	Enzo LIM	12	Watford SC	2:50.48	317	35.63	1:19.99	2:05.00
7.	Nikita CHARYKIN	11	Thurrock	2:52.50	304	36.88	1:22.16	2:06.85
8.	Christopher WILLIAMSON	12	Co Cambridge	2:52.77	302	39.02	1:23.58	2:09.30
9.	George GRICE	12	UEA Norwich	2:56.12	282	36.68	1:21.37	2:08.96
10.	Charles ROYLE	12	Basildon Ph	2:58.70	268	38.43	1:23.72	2:11.34
11.	Finn COOPER	11	teamipswich	2:59.14	266	37.85	1:24.87	2:12.17
12.	Jack ABRAM	12	UEA Norwich	2:59.63	263	38.19	1:24.38	2:11.87
13.	Matthew MONIE	12	Co Cambridge	3:00.38	259	38.35	1:23.87	2:12.37
14.	Thomas OWEN	12	West Norfolk	3:01.43	254	-	1:25.71	2:14.04
15.	Daniel DIXON	12	Brentwood	3:04.21	240	38.85	1:25.86	2:14.65
16.	Tobin SARI	12	West Suffolk	3:06.20	230	38.51	1:26.86	2:17.14
17.	Max HILL	11	Stevenage	3:08.46	220	40.12	1:29.46	2:20.24
18.	William HAMM	12	Dunstable	3:08.77	219	38.82	1:27.64	2:18.87
19.	Arthur BERNANS	11	Basildon Ph	3:13.24	200	40.13	1:30.85	2:22.78
20.	Brayden DOYLE	12	Brentwood	3:14.99	193	39.40	1:29.52	2:20.63
	Jacob STEPHEN	12	Brentwood	DQ				

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Michael KLIMASZEWSKI	13	Hatfield	2:21.45	570	31.39	1:07.73	1:44.15
2.	Connor WALKER	13	Co Peterboro	2:24.68	534	31.62	1:07.69	1:45.17
3.	Rhys DAVIDSON	13	Team Luton	2:34.37	439	34.41	1:13.89	1:54.17
4.	Ethan PEIRCE	13	Harlow Pen	2:34.73	436	31.20	1:09.08	1:50.03
5.	Mide OLAJIDE	13	Thurrock	2:39.39	396	33.70	1:14.94	1:56.37
6.	Akshay PISSAY	13	UEA Norwich	2:39.65	394	33.50	1:12.58	1:53.75
7.	Luke BARTON	13	Lstof & OB	2:41.65	379	33.42	1:14.46	1:57.42
8.	Euan HIGGS	13	Chelmsford	2:41.79	378	34.10	1:14.67	1:57.79
9.	Jimmy TAYLOR	13	Thurrock	2:41.82	377	35.55	1:17.53	1:59.89
10.	Harrison RIDER	13	Basildon Ph	2:41.91	377	34.77	1:15.01	1:57.71
11.	George WHITEMAN	13	Co Peterboro	2:42.33	374	35.32	1:17.16	2:00.71
12.	Jack PALLANT	13	Lstof & OB	2:51.99	307	34.90	1:19.90	2:05.74
13.	George WILLIAMS	13	Harpندن	2:52.64	303	37.07	1:23.34	2:09.41
14.	Xavier KIRCHIN	13	Leighton Buz	2:52.65	303	33.81	1:15.95	2:03.69
15.	Oliver CROWTHER	13	Biggleswade	2:55.60	285	37.37	1:26.01	2:13.34
16.	Harley WEST	13	Basildon Ph	3:03.90	241	39.76	1:27.12	2:16.21
17.	Taylor COE	13	Cheshunt	3:04.23	240	37.64	1:23.42	2:12.50
18.	Adam HOLMES	13	Flitwick	3:04.35	239	39.31	1:26.22	2:15.84

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Nathan WOODROW	14	UEA Norwich	2:17.75	615	30.47	1:05.89	1:41.62
2.	Devesh KAPOOR	14	Watford SC	2:21.97	564	30.90	1:06.09	1:43.36
3.	Ciaran RICHES	14	West Suffolk	2:25.08	530	30.78	1:07.01	1:45.03
4.	Daniel MURTAGH	14	Hatfield	2:29.33	486	32.35	1:11.13	1:49.98
5.	Jack TURRELL	14	Basildon Ph	2:30.21	478	31.66	1:11.08	1:51.39
6.	Henry FERRIES	14	Basildon Ph	2:36.30	422	32.71	1:12.97	1:56.02
7.	Teal'K SMITH	14	Beccles Town	2:36.50	420	33.23	-	1:54.72
8.	Luke PESTAILLE	14	Hatfield	2:38.16	406	33.71	1:15.25	1:57.23
9.	Joshua THURSTON-WOOLNO	14	Beccles Town	2:38.24	406	35.85	1:17.13	1:57.32
10.	Joshua BRIDGELAND	14	Stevenage	2:38.75	402	35.11	1:17.39	1:58.64
11.	Harry ARBUTHNOTT	14	Harpندن	2:39.98	392	34.11	1:16.37	1:59.22
12.	Euan DONALD	14	Berkhamsted	2:40.82	385	32.75	1:11.40	1:56.63
13.	William TOZER	14	West Suffolk	2:41.11	383	34.14	1:15.43	1:59.15
14.	Ciaran COOK	14	Co St Albans	2:41.66	379	33.64	1:13.56	1:56.74
15.	Ben WOODHOUSE	14	Norwich Swan	2:42.75	370	33.51	1:13.93	1:58.38
16.	Aaron LAMBIE	14	Thurrock	2:43.49	365	35.66	1:17.85	2:00.66
17.	Morgan FOSTER	14	Braintree	2:43.95	361	33.20	1:13.43	1:56.91
18.	Alfie WARNOCK	14	Putteridge	2:44.71	356	33.35	1:13.85	1:58.01
19.	Max ASHKEN	14	Deben	2:44.94	354	34.30	1:13.88	1:56.89
20.	Samuel STEPHENS	14	St Felix Sch	2:46.64	342	34.92	1:17.72	2:02.85
21.	Matthew MUNNINGS	14	Diss Otters	2:46.89	341	33.94	1:13.65	1:58.38
22.	James EDGINGS	14	Thurrock	2:49.50	323	35.27	1:18.59	2:03.45



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EVENT 512 Womens 200m Breaststroke

Regional Record Junior - 2:32.92

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Charlotte WHITE	12	West Suffolk	2:52.94	614	38.93	1:24.54	2:08.89
2.	Holly LAMB	12	Southend	3:06.32	495	42.87	1:30.37	2:19.67
3.	Georgia PRITCHARD	12	Hatfield	3:06.84	490	41.51	1:30.87	2:19.72
4.	Anna BROWNE	12	UEA Norwich	3:07.87	482	42.04	1:31.16	2:19.40
5.	Ruby GREENHALF	12	UEA Norwich	3:09.25	472	41.91	1:31.79	2:19.84
6.	Beth YOUNG	11	Felixstowe	3:10.42	463	41.67	1:31.96	2:20.29
7.	Isla WINSLOW	12	UEA Norwich	3:10.60	462	42.99	1:31.84	2:22.46
8.	Charlotte NORMAN	12	Colchester	3:11.42	455	42.76	1:32.60	2:21.21
9.	Eloisa MILLER	12	C Beds SS	3:11.47	455	41.65	1:30.05	2:20.34
10.	Sophie JENKINSON	12	Basildon Ph	3:11.58	454	42.69	1:32.21	2:21.86
11.	Anita TIEN	12	Colchester	3:14.00	437	42.61	1:32.12	2:23.02
12.	Abigail GOTTS	12	Norfolk Vikg	3:15.47	427	43.72	1:34.23	2:24.63
13.	Lucy COIA-BELL	12	Co St Albans	3:17.18	415	43.74	1:35.29	2:25.87

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Ela NORTON	13	Hatfield	2:53.26	611	38.81	1:23.60	2:08.72
2.	Molly MONK	13	Dereham	2:55.63	588	40.01	1:25.44	2:11.99
3.	Charlotte ABRAMSON	13	UEA Norwich	2:55.82	586	39.52	1:24.62	2:09.94
4.	Ciara WOOKEY	13	Colchester	2:58.56	561	39.17	1:24.62	2:11.56
5.	Niamh KELLY	13	Hatfield	2:59.43	553	40.57	1:26.96	2:13.34
6.	Charlotte TREE	13	Colchester	3:00.11	547	40.36	1:26.17	2:13.02
7.	Polly FISH	13	Co Cambridge	3:00.98	539	39.67	1:26.78	2:13.84
8.	Alice FASEY	13	Theftord	3:01.63	534	39.57	1:27.42	2:14.13
9.	Harriet CLEMENTS	13	Watford SC	3:02.02	530	39.87	1:26.46	2:13.66
10.	Jessica MUNFORD	13	Norwich Swan	3:02.32	528	40.45	1:27.07	2:14.83
11.	Caitlin HARTLEY	13	Hatfield	3:02.78	524	40.65	1:27.59	2:14.95
12.	Grace GUNTON	13	UEA Norwich	3:02.82	523	42.06	1:29.38	2:16.41
13.	Ella MCGHIE	13	Co Peterboro	3:02.88	523	42.89	1:29.31	2:17.04
14.	Taisia TIRON	13	Harlow Pen	3:02.98	522	40.00	1:27.44	2:14.28
15.	Kiara JESSOP	13	Lstoft & OB	3:03.45	518	40.34	1:26.73	2:14.73
16.	Niamh SADLER	13	UEA Norwich	3:03.52	517	43.14	1:29.79	2:18.25
17.	Bruna REBELO	13	Hatfield	3:04.86	506	43.45	1:29.93	2:18.78
18.	Hannah DALEY	13	Co Peterboro	3:05.74	499	41.66	1:28.32	2:16.62
19.	Sophie GRIFFIN	13	Co Peterboro	3:06.47	493	41.94	1:29.60	2:19.12
20.	Cerys WILLIAMS	13	West Suffolk	3:13.58	440	42.26	1:31.93	2:23.90

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Angharad EVANS	14	West Suffolk	2:40.14	755	34.92	1:15.68	1:58.38
2.	Imogen BLOOMFIELD	14	Co Cambridge	2:49.39	650	38.53	1:21.60	2:05.50
3.	Ellie MATTHEWS	14	Putteridge	2:51.63	627	38.37	1:22.47	2:06.46
4.	Erin O'MEARA	14	Watford SC	2:51.85	625	38.53	1:22.34	2:06.78
5.	Millie CLARK	14	Cheshunt	2:53.17	612	39.13	1:23.50	2:08.20
6.	Grace KING	14	teamipswich	2:53.19	611	40.15	1:24.46	2:08.99
7.	Grace STEDMAN	14	Co St Albans	2:54.42	599	38.81	1:23.45	2:08.32
8.	Ella HALE	14	West Suffolk	2:56.62	578	39.25	1:24.55	2:10.66
9.	Chiara ROGERS	14	Team Luton	2:58.75	559	39.27	1:24.24	2:11.02
10.	Isabelle ROSHER	14	teamipswich	2:59.04	556	40.19	1:26.21	2:13.85
11.	Chloe BERKO-BOATENG	14	Cheshunt	2:59.94	548	40.25	1:26.37	2:13.08
12.	Autumn HANDSCOMBE	14	C Beds SS	3:00.58	543	39.88	1:26.21	2:13.08
13.	Ellie-Mei SHEPPERSON	14	West Norfolk	3:01.13	538	39.11	1:24.61	2:12.19
14.	Mollie WHITE	14	Norfolk Vikg	3:01.17	537	40.86	1:27.96	2:16.11
15.	Abbie BARNWELL	14	Team Luton	3:01.53	534	41.18	1:27.63	2:14.60
16.	Catherine ODELL	14	St Felix Sch	3:01.60	534	41.00	1:28.39	2:15.10
17.	Rebecca GIROLAMI	14	Colchester	3:02.75	524	40.32	1:28.07	2:16.57
18.	Katie HAMMOND	14	Co Cambridge	3:02.83	523	41.20	1:28.52	2:15.17
19.	Chloe LAVIN	14	Co St Albans	3:03.90	514	40.35	1:27.28	2:15.91
20.	Charlotte HUDSON	14	West Suffolk	3:04.27	511	41.12	1:29.00	2:16.64
21.	Lily BEMMER	14	Deben	3:05.29	503	43.29	1:30.42	2:18.46
22.	Alexandra LAWMAN	14	Watford SC	3:07.01	489	41.03	1:29.60	2:17.51
23.	Iona TRAINER	14	Co Ely	3:15.42	427	42.06	1:31.69	2:23.34
	Poppy ALLEN	14	Basildon Ph	DQ				



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EVENT 513 Mens 100m Breaststroke

Regional Record Junior - 1:07.00

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Edward MERHAN	12	West Suffolk	1:21.90	422	37.69
2.	Olivier VEDRENNE	12	UEA Norwich	1:22.00	420	38.74
3.	Marcus MOSCUZZA	12	St Felix Sch	1:22.03	420	38.66
4.	Tyler TOMBS	12	Chelmsford	1:24.46	382	40.88
5.	James GISBORNE	12	Bishop Stort	1:26.63	351	40.43
6.	Alexander WILLIAMS	12	Watford SC	1:26.64	351	40.79
7.	Louis WALKER	12	Colchester	1:27.41	341	40.32
7.	Noah CRABB	12	teamipswich	1:27.41	341	41.38
9.	James CLAY	12	Stowmarket	1:27.99	333	41.41
10.	Daniel AJETUMMOBI	12	Thurrock	1:28.04	333	40.10
11.	Eldrick MANELA	12	Stevenage	1:28.20	331	42.03
12.	Daniel MILLER	12	Linslade	1:28.44	328	42.37
13.	Benjamin ASHDOWN	12	Modernian	1:28.52	327	42.36
14.	Billy KNIBB	12	Linslade	1:29.03	320	41.80
15.	Ethan ANGEL	11	teamipswich	1:29.04	320	41.72
16.	Finley COMAN	12	Gt Yarmouth	1:29.09	320	40.78
17.	Colin MOGHINA	12	Thurrock	1:29.83	311	41.65
18.	Daniel HOLLISS	11	Co St Albans	1:29.86	310	42.75
19.	Jacob STEPHEN	12	Brentwood	1:30.28	305	42.98
20.	Billy MEAD	12	Dunstable	1:30.36	304	42.89
21.	Alasdair WOOLGROVE	12	Co St Albans	1:30.38	304	42.61
22.	Thomas OWEN	12	West Norfolk	1:30.52	302	42.92
23.	Alfie FRANCIS	12	Colchester	1:30.66	301	43.72
24.	Finn MEENAN	12	Dunstable	1:31.38	292	42.28
25.	Edward RICHARDSON	12	Harpenden	1:31.42	292	44.31
26.	Enzo LIM	12	Watford SC	1:31.68	289	42.75
27.	Barnabas CLARKE	11	UEA Norwich	1:32.65	278	44.37
28.	Patrick WINNINGTON	12	DunmowAtlant	1:33.27	272	43.87
29.	Mark MILBURN	12	Colchester	1:33.84	266	43.19
30.	Charles TAVERNER	12	Watford SC	1:34.11	263	43.33
31.	James BELL	12	Norwich Swan	1:34.47	259	44.00
32.	Brayden DOYLE	12	Brentwood	1:35.22	252	45.46
33.	Robbie CRUICKSHANKS	11	teamipswich	1:36.17	243	45.77
34.	Albert PAPWORTH	12	Co Peterboro	1:36.56	239	44.32
35.	Matthew MONIE	12	Co Cambridge	1:40.50	205	46.67
36.	Christopher WILLIAMSON	12	Co Cambridge	1:41.45	198	47.88

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	James QUINN	13	St Ives	1:14.57	560	34.40
2.	Sam WILLIAMSON	13	Hatfield	1:15.36	543	35.25
3.	Matthew DEBENHAM	13	teamipswich	1:18.78	476	35.82
4.	Harrison JARVIS	13	Thurrock	1:19.00	472	36.08
5.	Yuto WATANABE	13	Hatfield	1:20.13	452	37.92
6.	Samuel RENNIE	13	Braintree	1:20.31	449	38.68
7.	Owen THOMAS	13	Modernian	1:20.92	438	37.85
8.	Naythan AUNG	13	Colchester	1:21.33	431	37.42
9.	Thomas OGDEN	13	Bishop Stort	1:21.54	428	38.13
10.	Robert ADDIS	13	West Norfolk	1:21.73	425	40.17
11.	Johnny WILDE	13	Putteridge	1:22.89	406	38.49
12.	Harry SWANN	13	Lstof & OB	1:24.75	378	39.89
13.	Benjamin GREEN	13	Watford SC	1:24.99	374	39.67
14.	Ketan RACH	13	Watford SC	1:25.41	368	39.02
15.	Ashton NEO	13	Linslade	1:25.73	364	40.60
16.	George WILLIAMS	13	Harpenden	1:25.95	361	40.02
17.	James ROTHWELL	13	Co Peterboro	1:26.44	354	40.45
18.	Matthew WEIMANN	13	Co Cambridge	1:27.20	344	41.08
19.	Luke TAYLOR	13	Co Cambridge	1:27.49	340	41.28
20.	Thomas HANLEY	13	Chatteris	1:27.51	340	41.35
	Bradley BORLAND	13	Putteridge	DQ		



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Finn JEFFERY	14	St Felix Sch	1:12.79	600	33.48
2.	James DILLON	14	Basildon Ph	1:13.85	576	34.17
3.	Owen WEBSTER	14	St Felix Sch	1:16.28	524	35.69
4.	Mattias MORSE	14	Hemel Hemp	1:16.77	515	36.79
5.	Freddie LAWS	14	West Norfolk	1:16.87	513	36.33
6.	Samuel BULLINGHAM	14	West Suffolk	1:17.23	506	35.83
7.	Harvey HALL	14	Deben	1:17.31	504	35.95
8.	Lewis SHAYLER	14	Watford SC	1:17.32	504	36.55
9.	Jack RICHARDSON	14	DunmowAtlant	1:18.90	474	36.74
10.	Callum STEDMAN	14	Dereham	1:18.93	473	37.80
11.	Henry KING	14	West Suffolk	1:19.13	470	36.96
12.	Walter HACKETT	14	Dunstable	1:20.09	453	36.63
13.	James MARTINEZ	14	West Suffolk	1:20.56	444	37.92
14.	William ROBINS	14	C Beds SS	1:20.58	444	37.62
15.	Joshua STEPHENS	14	St Felix Sch	1:21.03	436	38.96
16.	Euan DONALD	14	Berkhamsted	1:21.46	429	38.09
17.	Jack BROWN	14	Co Peterboro	1:21.48	429	38.37
18.	Louis STEPHEN	14	Brentwood	1:21.69	425	37.53
19.	Marco TONTODONATI	14	Bishop Stort	1:22.11	419	37.88
20.	Joshua HOLLAND	14	Hertford	1:22.47	413	39.00
21.	Seyi BANKOLE	14	Hemel Hemp	1:23.25	401	37.95
22.	Cameron NEWTON	14	Braintree	1:23.77	393	38.42
23.	Louis BYRNE	14	Co Cambridge	1:24.15	387	39.16
24.	Matthew NEWSON	14	Co Peterboro	1:24.50	382	39.20
25.	James SPEERS	14	Basildon Ph	1:24.58	380	38.25
26.	Samuel OAKLEY	14	Potters Bar	1:24.97	375	38.76
	Benjamin CLAYTON-HARRI	14	Hatfield	DNC		



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EVENT 514 Womens 50m Butterfly

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Bethan ENDICOTT	12	St Ives	31.12	628
2.	Ruby DAGLESS	12	Dereham	31.68	597
3.	Matilda BOGLE	11	teamipswich	32.53	554
4.	Valeria GIRON	12	Hatfield	32.60	550
5.	Hannah COLLETT	12	Basildon Ph	32.70	545
6.	Ciara TAYLOR	12	Co Ely	32.85	538
7.	Emily COOPER	12	Basildon Ph	33.22	521
7.	Anita TIEN	12	Colchester	33.22	521
9.	Holly LAMB	12	Southend	33.41	512
10.	Nonhlanhla THOLE	12	St Felix Sch	33.48	509
11.	Sophie LANDER	12	Stowmarket	33.55	505
12.	Isobel GELLER	12	Tring	33.62	502
13.	Megan BUNCLARK	12	Leiston	33.70	499
14.	Daisy MOXHAM	12	Co Cambridge	34.01	485
15.	Lucy COIA-BELL	12	Co St Albans	34.08	482
16.	Ruby WHEELER	11	Basildon Ph	34.10	481
16.	Erin LITTLE	12	Chelmsford	34.10	481
18.	Leah WIGHTMAN	12	West Norfolk	34.15	479
19.	Lily MACDONALD	12	UEA Norwich	34.22	476
20.	Ruby GREENHALF	12	UEA Norwich	34.29	473
21.	Jessica SHAW	12	March	34.37	470
22.	Molly COBBOLD	11	Hoddesdon	34.48	465
23.	Oria KENNY	12	Co Cambridge	34.49	465
24.	Matilda RANSOME	11	Co Cambridge	34.54	463
25.	Helena HALL	12	Deben	34.55	462
26.	Ella NIJKAMP	12	Berkhamsted	34.65	458
27.	Jessica MAHONEY	12	Co Peterboro	34.67	458
28.	Kirsty FUGE	11	Hatfield	34.72	455
29.	Sofia PECCEI	12	Watford SC	34.76	454
30.	Louise DONAGHY	12	Modernian	34.84	451
30.	Charlotte NORMAN	12	Colchester	34.84	451
32.	Kaia PHILLIPS	11	Bishop Stort	34.97	445
33.	Kiera BLUNDEN	12	Chelmsford	35.03	443
34.	Georgia PRITCHARD	12	Hatfield	35.31	432
35.	Holly MORGAN	11	Hoddesdon	35.38	429
36.	Teni OGUNLESI	12	Thurrock	35.43	428
37.	Michaela TAIWO	12	Thurrock	35.53	424
38.	Isabelle KENWORTHY	11	UEA Norwich	35.78	414
39.	Isla WINSLOW	12	UEA Norwich	35.79	414
40.	Amy PAGET	12	Co Peterboro	35.96	408
41.	Katie ROGERS	12	West Suffolk	35.99	407
42.	Beth YOUNG	11	Felixstowe	36.31	395
43.	Eloisa MILLER	12	C Beds SS	36.92	374

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sophie FREEMAN	13	Colchester	29.21	744
2.	Rachel ANDREWS	13	C Beds SS	31.14	626
3.	May BRADBURN	13	Chelmsford	31.21	623
4.	Safia BUTTON	13	teamipswich	31.55	604
5.	Brenna HOWELL	13	Co Peterboro	31.58	602
6.	Polly FISH	13	Co Cambridge	31.61	601
7.	Nancy NEAVE	13	Braintree	32.03	579
8.	Imogen BLOCK	13	Lstoft & OB	32.16	572
9.	Brooke JENKINS	13	Southend	32.48	556
10.	Sophie GRIFFIN	13	Co Peterboro	32.62	549
11.	Erin CROUCH	13	teamipswich	32.81	540
12.	Harriet CLEMENTS	13	Watford SC	32.86	538
13.	Menna WALMSLEY	13	Team Luton	32.97	532
14.	Grace GUNTON	13	UEA Norwich	33.05	528
15.	Ciara WOOKEY	13	Colchester	33.06	528
16.	Astrid HUBBARD	13	West Norfolk	33.13	525
17.	Laura SNELHAM	13	Deben	33.18	522
18.	Charlotte ABRAMSON	13	UEA Norwich	33.21	521
19.	Lucy MORGAN	13	Colchester	33.27	518
20.	Grace WALLER	13	Basildon Ph	33.28	518
21.	Georgina MUNDAY	13	Modernian	33.36	514
22.	Rachel HA	13	Epping For't	33.48	509
23.	Maddie LEES	13	DunmowAtlant	33.50	508
24.	Juliana MERCADO	13	Norwich Swan	33.68	500
25.	Ella SMALLCOMBE	13	Maldon Shark	33.75	497
26.	Isabella CHAPMAN	13	Harpenden	34.10	481
27.	Charlotte FLYNN	13	St Ives	34.16	479
28.	Rhianne CARRICK	13	Dunstable	34.31	472
29.	Bethan FUGE	13	Hatfield	34.47	466
30.	Alanya SHAW	13	Norfolk Vikg	35.00	444
31.	Niamh KELLY	13	Hatfield	35.18	437
32.	Faith ASHWORTH STOBBS	13	Co Cambridge	35.62	420



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sara KALAWSKA	14	Hatfield	30.20	681
2.	Chloe BERKO-BOATENG	14	Cheshunt	30.23	679
3.	Lily MERRETT	14	Hoddesdon	30.24	679
4.	Sacha THOMAS	14	UEA Norwich	30.27	677
5.	Angharad EVANS	14	West Suffolk	30.79	646
6.	Tilly MAYES	14	Thurrock	30.88	641
6.	Libby DUNFORD	14	Hoddesdon	30.88	641
8.	Emma CRUICKSHANKS	14	teamipswich	31.09	629
9.	Ella HALE	14	West Suffolk	31.12	628
10.	Jessica WOODWARD	14	Potters Bar	31.13	627
11.	Rebecca SMITH	14	Norwich Swan	31.50	607
12.	Lily GENNER	14	West Suffolk	31.76	593
13.	Isabel WAINWRIGHT	14	Modemian	31.92	584
14.	Lucie PECK	14	West Norfolk	32.12	574
15.	Daisy SANDON	14	Stevenage	32.19	571
15.	Rebecca HOWELL	14	Basildon Ph	32.19	571
15.	Katie HAMMOND	14	Co Cambridge	32.19	571
18.	Jessica HEESOM	14	Potters Bar	32.21	570
19.	Iona TRAINER	14	Co Ely	32.31	564
20.	Matilda MEYRICK	14	Norfolk Vikg	32.32	564
21.	Niamh HIGGINS	14	Colchester	32.34	563
22.	Victoria ROGERS	14	Basildon Ph	32.42	559
23.	Millie BATEMAN	14	UEA Norwich	32.63	549
24.	Bianka MISIKOVA	14	Hatfield	32.66	547
25.	Isabel MOORE	14	Norwich Swan	32.67	547
26.	Lauren BROWNE	14	Co Peterboro	32.79	541
27.	Chiara ROGERS	14	Team Luton	32.87	537
28.	Annabelle BURGESS	14	teamipswich	33.03	529
29.	Charlotte HUDSON	14	West Suffolk	33.06	528
30.	Gracie TROTTER	14	C Beds SS	33.12	525
31.	Katherine CHEESERIGHT	14	C Beds SS	33.20	521
32.	Gemma HANSON	14	Hatfield	33.25	519
33.	Ellie MATTHEWS	14	Putteridge	33.26	519
34.	Madison SMITH	14	Stanway	33.27	518
35.	Imogen BLOOMFIELD	14	Co Cambridge	33.35	515
36.	Charlotte OPOKU-GYAMFI	14	Team Luton	33.38	513
36.	Eve WRIGHT	14	Co Peterboro	33.38	513
38.	Isabelle SOULSBY	14	Berkhamsted	33.39	513
39.	Kitty JARVIS	14	Harlow Pen	33.40	512
40.	Isabelle SANDFORD	14	Basildon Ph	33.43	511
41.	Autumn HANDSCOMBE	14	C Beds SS	33.55	505
42.	Leanne HEMMINGS	14	Harlow Pen	33.96	487



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EVENT 515 Mens 400m Freestyle

Regional Record Junior - 3:57.59

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts				
1.	Aidan PILCHER	12	teamipswich	4:49.93	498				
	50m 32.87	100m 1:09.15	150m 1:45.82	200m 2:23.87	250m 3:00.82	300m 3:38.79	350m 4:13.65	400m 4:49.93	
2.	Oskar FARKAS	12	Co Cambridge	4:50.50	495				
	50m 32.43	100m 1:08.65	150m 1:45.18	200m 2:22.01	250m 2:59.09	300m 3:37.18	350m 4:14.67	400m 4:50.50	
3.	Jude HILLS	12	Bo Southend	4:50.75	494				
	50m 33.01	100m 1:10.17	150m 1:47.38	200m 2:24.59	250m 3:01.91	300m 3:38.79	350m 4:15.52	400m 4:50.75	
4.	Joseph MCGILLIVRAY	12	Lstoft & OB	5:01.44	442				
	50m 32.71	100m 1:10.59	150m 1:48.94	200m 2:27.86	250m 3:06.87	300m 3:46.04	350m 4:24.58	400m 5:01.44	
5.	Peter SOCZEWKA	12	Hatfield	5:01.65	441				
	50m 34.11	100m 1:12.17	150m 1:50.63	200m 2:29.69	250m 3:08.35	300m 3:47.15	350m 4:26.36	400m 5:01.65	
6.	Finley COMAN	12	Gt Yarmouth	5:03.91	431				
	50m 33.09	100m 1:10.69	150m 1:49.30	200m 2:28.52	250m 3:07.35	300m 3:47.33	350m 4:27.54	400m 5:03.91	
7.	James GISBORNE	12	Bishop Stort	5:04.21	430				
	50m 34.27	100m 1:11.85	150m 1:50.50	200m 2:29.75	250m 3:08.90	300m 3:48.38	350m 4:27.60	400m 5:04.21	
8.	Aidan CLARKSON	12	DunmowAtlant	5:06.90	418				
	50m 33.41	100m 1:10.50	150m 1:49.54	200m 2:29.81	250m 3:09.16	300m 3:50.68	350m 4:29.29	400m 5:06.90	
9.	Denis MORINE	12	Chelmsford	5:08.02	413				
	50m 34.50	100m 1:14.65	150m 1:54.49	200m 2:34.33	250m 3:13.87	300m 3:53.22	350m 4:31.66	400m 5:08.02	
10.	Enzo LIM	12	Watford SC	5:08.95	409				
	50m 34.28	100m 1:12.69	150m 1:52.44	200m 2:32.00	250m 3:11.51	300m 3:51.68	350m 4:31.37	400m 5:08.95	
11.	Harry SHARPE	12	West Norfolk	5:09.59	407				
	50m 34.89	100m 1:14.19	150m 1:53.92	200m 2:33.19	250m 3:13.02	300m 3:52.76	350m 4:32.09	400m 5:09.59	
12.	Jenson HURRELL	12	Thurrock	5:09.75	406				
	50m 34.85	100m 1:13.86	150m 1:53.18	200m 2:32.89	250m 3:13.05	300m 3:52.46	350m 4:32.44	400m 5:09.75	
13.	Ryan ROBERTS	12	Dunstable	5:15.21	384				
	50m 34.27	100m 1:12.75	150m 1:53.52	200m 2:34.33	250m 3:15.72	300m 3:57.42	350m 4:35.96	400m 5:15.21	
14.	Matthew MONIE	12	Co Cambridge	5:19.14	368				
	50m 35.89	100m 1:16.62	150m 1:57.38	200m 2:38.74	250m 3:18.91	300m 4:00.28	350m 4:40.08	400m 5:19.14	
15.	Finn COOPER	11	teamipswich	5:25.04	346				
	50m 36.30	100m 1:17.87	150m 1:58.16	200m 2:40.49	250m 3:21.36	300m 4:03.78	350m 4:44.46	400m 5:25.04	
16.	Hayden MILLER	12	Braintree	5:31.42	324				
	50m 35.56	100m 1:16.97	150m 2:00.56	200m 2:43.35	250m 3:26.59	300m 4:09.41	350m 4:52.28	400m 5:31.42	

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts				
1.	Chester LEEMING	13	St Felix Sch	4:31.81	601				
	50m 30.25	100m 1:03.75	150m 1:38.00	200m 2:12.89	250m 2:47.87	300m 3:23.41	350m 3:58.08	400m 4:31.81	
2.	Joe COOPER	13	teamipswich	4:33.13	593				
	50m 30.85	100m 1:05.01	150m 1:38.95	200m 2:13.88	250m 2:48.37	300m 3:23.93	350m 3:58.85	400m 4:33.13	
3.	Michael KLIMASZEWSKI	13	Hatfield	4:38.33	562				
	50m 31.35	100m 1:06.45	150m 1:42.60	200m 2:18.53	250m 2:54.12	300m 3:30.19	350m 4:05.49	400m 4:38.33	
4.	Ryan DAVIS	13	Epping Fort	4:46.32	517				
	50m 32.03	100m 1:07.40	150m 1:43.38	200m 2:20.10	250m 2:56.54	300m 3:33.49	350m 4:10.38	400m 4:46.32	
5.	Luke BARTON	13	Lstoft & OB	4:46.72	515				
	50m 32.16	100m 1:08.22	150m 1:44.52	200m 2:21.45	250m 2:58.35	300m 3:35.30	350m 4:11.94	400m 4:46.72	
6.	Fabian BRUDNICKI	13	Co Peterboro	4:50.18	497				
	50m 31.70	100m 1:07.59	150m 1:44.89	200m 2:22.35	250m 2:59.95	300m 3:37.04	350m 4:14.87	400m 4:50.18	
7.	Robert ADDIS	13	West Norfolk	4:51.65	490				
	50m 32.39	100m 1:08.34	150m 1:45.33	200m 2:22.56	250m 3:00.37	300m 3:38.20	350m 4:15.73	400m 4:51.65	
8.	Tyler JACKSON	13	Harlow Pen	4:57.32	462				
	50m 32.37	100m 1:08.60	150m 1:46.20	200m 2:24.35	250m 3:02.90	300m 3:41.90	350m 4:20.87	400m 4:57.32	
9.	Tyler WATSON	13	Flitwick	4:57.38	461				
	50m 33.81	100m 1:12.15	150m 1:50.74	200m 2:29.37	250m 3:07.45	300m 3:45.83	350m 4:22.59	400m 4:57.38	
10.	Tom MALIA	13	Flitwick	5:01.76	441				
	50m 33.88	100m 1:11.46	150m 1:49.68	200m 2:28.38	250m 3:07.52	300m 3:46.45	350m 4:24.96	400m 5:01.76	
11.	Jimmy TAYLOR	13	Thurrock	5:02.08	439				
	50m 34.07	100m 1:12.18	150m 1:50.25	200m 2:28.84	250m 3:07.87	300m 3:46.48	350m 4:25.22	400m 5:02.08	
12.	Matt BESSEY	13	Lstoft & OB	5:03.51	433				
	50m 33.47	100m 1:12.28	150m 1:50.65	200m 2:29.59	250m 3:08.38	300m 3:47.37	350m 4:26.35	400m 5:03.51	
13.	Max ROBERTSON	13	Hatfield	5:03.79	432				
	50m 34.84	100m 1:12.62	150m 1:51.56	200m 2:30.93	250m 3:09.82	300m 3:48.90	350m 4:27.40	400m 5:03.79	
14.	Joab CARR	13	St Felix Sch	5:03.85	432				
	50m 32.75	100m 1:09.52	150m 1:48.22	200m 2:26.92	250m 3:06.62	300m 3:46.23	350m 4:26.43	400m 5:03.85	
15.	Guy SEMPLE	13	Co Cambridge	5:06.42	420				
	50m 33.67	100m 1:12.13	150m 1:51.02	200m 2:30.33	250m 3:09.10	300m 3:49.94	350m 4:29.03	400m 5:06.42	
16.	Connor WALKER	13	Co Peterboro	5:07.52	415				
	50m 32.38	100m 1:09.36	150m 1:48.01	200m 2:27.99	250m 3:09.92	300m 3:49.54	350m 4:29.88	400m 5:07.52	
17.	James ROTHWELL	13	Co Peterboro	5:16.14	380				
	50m 34.40	100m 1:14.04	150m 1:53.61	200m 2:35.07	250m 3:15.31	300m 3:56.56	350m 4:36.73	400m 5:16.14	



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts				
1.	Owen WEBSTER	14	St Felix Sch	4:27.57	628				
	50m 29.86	100m 1:03.11	150m 1:37.84	200m 2:12.80	250m 2:47.61	300m 3:22.33	350m 3:55.82	400m 4:27.57	
2.	Samuel ROSE	14	West Norfolk	4:27.63	628				
	50m 29.69	100m 1:03.24	150m 1:37.70	200m 2:12.70	250m 2:47.04	300m 3:21.73	350m 3:55.57	400m 4:27.63	
3.	James SPEERS	14	Basildon Ph	4:37.14	569				
	50m 31.01	100m 1:05.65	150m 1:39.89	200m 2:15.50	250m 2:51.14	300m 3:27.22	350m 4:03.30	400m 4:37.14	
4.	Jack TURRELL	14	Basildon Ph	4:39.17	557				
	50m 30.37	100m 1:06.34	150m 1:42.20	200m 2:18.35	250m 2:54.23	300m 3:30.29	350m 4:06.09	400m 4:39.17	
5.	William PESTELL	14	teamipswich	4:39.24	557				
	50m 31.72	100m 1:07.11	150m 1:42.75	200m 2:18.29	250m 2:54.00	300m 3:30.39	350m 4:05.82	400m 4:39.24	
6.	Joshua THURSTON-WOOLNO	14	Beccles Town	4:39.93	553				
	50m 31.62	100m 1:06.48	150m 1:41.84	200m 2:17.33	250m 2:53.00	300m 3:29.68	350m 4:05.26	400m 4:39.93	
7.	Henry NEWELL	14	Newmarket	4:41.34	545				
	50m 29.85	100m 1:03.35	150m 1:38.36	200m 2:14.21	250m 2:50.94	300m 3:28.06	350m 4:05.59	400m 4:41.34	
8.	Alfie KING	14	Thetford	4:44.75	526				
	50m 31.21	100m 1:07.06	150m 1:43.32	200m 2:20.53	250m 2:57.18	300m 3:34.73	350m 4:11.33	400m 4:44.75	
9.	Samuel BULLINGHAM	14	West Suffolk	4:45.92	520				
	50m 31.49	100m 1:06.60	150m 1:42.89	200m 2:20.37	250m 2:55.95	300m 3:33.84	350m 4:11.80	400m 4:45.92	
10.	Thomas BELCHER	14	Modernian	4:46.00	519				
	50m 31.96	100m 1:07.68	150m 1:44.18	200m 2:20.57	250m 2:57.17	300m 3:34.48	350m 4:10.38	400m 4:46.00	
11.	Samuel MILLER	14	Bo Southend	4:46.10	519				
	50m 31.50	100m 1:07.19	150m 1:43.69	200m 2:20.29	250m 2:57.59	300m 3:34.36	350m 4:11.44	400m 4:46.10	
12.	Teal'K SMITH	14	Beccles Town	4:47.16	513				
	50m 32.08	100m 1:07.85	150m 1:44.42	200m 2:21.70	250m 2:58.57	300m 3:35.49	350m 4:12.07	400m 4:47.16	
13.	Matthew NEWSON	14	Co Peterboro	4:48.40	506				
	50m 30.84	100m 1:06.66	150m 1:43.42	200m 2:21.20	250m 2:58.19	300m 3:35.87	350m 4:12.61	400m 4:48.40	
14.	Edward MCFARLAND	14	C Beds SS	4:48.55	506				
	50m 31.22	100m 1:06.82	150m 1:43.47	200m 2:20.31	250m 2:57.75	300m 3:35.19	350m 4:12.13	400m 4:48.55	
15.	Devesh KAPOOR	14	Watford SC	4:51.18	492				
	50m 31.28	100m 1:06.22	150m 1:43.26	200m 2:21.74	250m 3:00.07	300m 3:38.38	350m 4:15.53	400m 4:51.18	
16.	William TOZER	14	West Suffolk	4:51.34	491				
	50m 32.57	100m 1:09.50	150m 1:46.22	200m 2:23.29	250m 3:00.65	300m 3:37.78	350m 4:15.14	400m 4:51.34	
17.	Jeremy AITKEN	14	Beccles Town	4:51.35	491				
	50m 33.38	100m 1:10.21	150m 1:47.39	200m 2:25.09	250m 3:02.59	300m 3:40.18	350m 4:16.69	400m 4:51.35	
18.	Daniel WHITE	14	St Felix Sch	4:52.28	486				
	50m 30.42	100m 1:05.49	150m 1:42.55	200m 2:19.83	250m 2:57.99	300m 3:36.35	350m 4:15.43	400m 4:52.28	
19.	Edward JEX	14	Co St Albans	4:56.99	463				
	50m 31.58	100m 1:07.54	150m 1:44.86	200m 2:23.20	250m 3:01.35	300m 3:40.17	350m 4:19.43	400m 4:56.99	
20.	Samuel STEPHENS	14	St Felix Sch	4:59.60	451				
	50m 33.30	100m 1:11.18	150m 1:49.45	200m 2:27.40	250m 3:05.95	300m 3:44.20	350m 4:22.45	400m 4:59.60	



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EVENT 521 Mens 200m IM

Regional Record Junior - 2:07.70

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Jude HILLS	12	Bo Southend	2:40.48	427	34.70	1:16.00	2:06.12
2.	Olivier VEDRENNE	12	UEA Norwich	2:42.46	411	36.12	1:20.54	2:04.42
3.	Marcus MOSCUZZA	12	St Felix Sch	2:43.62	401	35.02	1:20.59	2:05.56
4.	Peter SOCZEWKA	12	Hatfield	2:44.67	393	34.81	1:16.84	2:07.84
5.	Enzo LIM	12	Watford SC	2:45.03	390	34.66	1:18.14	2:09.06
6.	Edward MERHAN	12	West Suffolk	2:45.18	389	35.95	1:19.56	2:04.54
7.	Benjamin ASHDOWN	12	Modernian	2:45.46	387	37.94	1:21.67	2:09.48
8.	Charlie SUMMER	12	Dereham	2:45.52	387	34.13	1:16.88	2:08.62
9.	Alexander WILLIAMS	12	Watford SC	2:45.69	385	35.93	1:20.32	2:07.84
10.	Joseph BAVEY	12	Newmarket	2:46.58	379	35.38	1:17.94	2:07.96
11.	Christopher WILLIAMSON	12	Co Cambridge	2:46.71	378	34.63	1:18.15	2:09.28
12.	Denis MORINE	12	Chelmsford	2:46.80	377	36.44	1:19.96	2:10.90
13.	Samuel PYEFINCH	12	Tring	2:47.64	371	33.83	1:18.53	2:11.36
14.	Jacob STEPHEN	12	Brentwood	2:48.66	364	36.00	1:22.18	2:09.83
15.	Alasdair WOOLGROVE	12	Co St Albans	2:49.84	355	35.37	1:19.32	2:10.59
16.	Ethan ANGEL	11	teamipswich	2:50.15	353	37.11	1:21.64	2:10.09
17.	George GRICE	12	UEA Norwich	2:51.49	344	38.73	1:24.12	2:15.13
18.	Colin MOGHINA	12	Thurrock	2:51.83	342	37.09	1:22.78	2:13.05
19.	Michael CONNICK	12	Deben	2:51.84	342	37.40	1:18.77	2:14.19
20.	Patrick WINNINGTON	12	DunmowAtlant	2:52.43	338	36.96	1:20.47	2:12.27
21.	Matthew MONIE	12	Co Cambridge	2:52.49	337	37.10	1:21.60	2:13.54
22.	Aidan CLARKSON	12	DunmowAtlant	2:52.69	336	37.83	1:21.86	2:15.81
23.	Tobin SARI	12	West Suffolk	2:54.61	323	37.92	1:24.36	2:15.08
24.	Thomas OWEN	12	West Norfolk	2:55.46	318	38.87	1:26.06	2:15.34
25.	Jack ABRAM	12	UEA Norwich	2:55.54	318	38.98	1:25.16	2:18.01
26.	Robbie CRUICKSHANKS	11	teamipswich	2:56.29	313	38.45	1:22.43	2:14.81
27.	Joshua SPENCER	12	Co Peterboro	2:57.40	306	37.52	1:23.09	2:15.61

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Chester LEEMING	13	St Felix Sch	2:28.05	545	31.84	1:10.67	1:54.48
2.	Thomas OGDEN	13	Bishop Stort	2:29.55	529	32.00	1:09.93	1:54.11
3.	Sam WILLIAMSON	13	Hatfield	2:30.32	521	31.57	1:13.72	1:56.39
4.	Alessandro RIODA	13	Harlow Pen	2:30.51	520	31.56	1:10.89	1:56.26
5.	Rhys DAVIDSON	13	Team Luton	2:30.59	519	33.21	1:11.60	1:56.32
6.	Akshay PISSAY	13	UEA Norwich	2:35.04	475	33.36	1:13.76	2:00.00
7.	Connor WALKER	13	Co Peterboro	2:35.25	473	30.71	1:10.56	2:00.59
8.	Harrison RIDER	13	Basildon Ph	2:35.29	473	32.66	1:12.67	2:01.46
9.	Robert ADDIS	13	West Norfolk	2:36.50	462	32.45	1:13.66	2:00.56
10.	Ethan GELL	13	Linslade	2:37.47	453	33.11	1:12.09	2:00.22
11.	Naythan AUNG	13	Colchester	2:37.78	450	32.24	1:10.16	1:59.05
12.	Matthew DEBENHAM	13	teamipswich	2:37.81	450	33.38	1:15.05	2:01.10
13.	Harrison JARVIS	13	Thurrock	2:37.93	449	35.22	1:16.79	2:00.92
14.	Mide OLAJIDE	13	Thurrock	2:38.20	447	32.93	1:16.05	2:01.86
15.	Luke BARTON	13	Lstof & OB	2:39.19	438	33.86	1:16.01	2:02.89
16.	Jack SKERRY	13	Chelmsford	2:40.19	429	32.84	1:14.75	2:03.55
17.	Brandon RILEY	13	Lstof & OB	2:40.74	425	32.02	1:12.83	2:02.35
18.	Benjamin GREEN	13	Watford SC	2:41.66	417	34.49	1:16.41	2:03.87
19.	Owen THOMAS	13	Modernian	2:43.40	403	38.04	1:19.62	2:03.94
20.	Henry DUNCAN	13	Co Cambridge	2:44.58	394	35.72	1:17.68	2:07.42
21.	Tyler WATSON	13	Flitwick	2:45.11	390	35.94	1:19.98	2:08.06
22.	Ben KNOWLES	13	Wisbech	2:45.43	387	35.43	1:18.10	2:08.36
23.	Taylor COE	13	Cheshunt	2:45.76	385	35.89	1:19.27	2:07.83
24.	Tyler JACKSON	13	Harlow Pen	2:48.22	367	34.72	1:19.94	2:09.86
25.	George WHITEMAN	13	Co Peterboro	2:53.56	330	36.25	1:22.69	2:15.29
	Oscar BRICE	13	Co St Albans	DNC				

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Nathan WOODROW	14	UEA Norwich	2:20.16	637	29.18	1:06.44	1:46.89
2.	Finn JEFFERY	14	St Felix Sch	2:24.23	588	30.92	1:10.99	1:50.81
3.	Samuel ROSE	14	West Norfolk	2:25.00	579	30.43	1:09.68	1:52.50
4.	Daniel MURTAGH	14	Hatfield	2:27.14	555	30.53	1:07.67	1:52.70
5.	Ciaran RICHES	14	West Suffolk	2:27.42	552	29.79	1:08.25	1:54.81
6.	William PESTELL	14	teamipswich	2:27.43	552	30.97	1:10.65	1:53.86
7.	Callum STEDMAN	14	Dereham	2:30.13	523	32.53	1:12.13	1:56.30
8.	Jack TURRELL	14	Basildon Ph	2:30.25	522	31.66	1:11.94	1:56.62
9.	Samuel BULLINGHAM	14	West Suffolk	2:30.54	519	30.50	1:12.54	1:55.29
10.	Devsh KAPOOR	14	Watford SC	2:31.22	512	31.18	1:11.69	1:56.83
11.	Owen WEBSTER	14	St Felix Sch	2:32.06	504	32.22	1:14.75	1:57.38
12.	Henry NEWELL	14	Newmarket	2:32.10	504	32.58	1:10.62	1:56.37
13.	Mattias MORSE	14	Hemel Hemp	2:32.35	501	31.86	1:13.36	1:57.44
14.	Jack RICHARDSON	14	DunmowAtlant	2:32.43	500	33.40	1:11.89	1:57.49
15.	Freddie LAWS	14	West Norfolk	2:33.07	494	32.98	1:14.64	1:56.74
16.	Teal'K SMITH	14	Beccles Town	2:33.29	492	32.40	1:10.89	1:58.64



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17. Euan DONALD	14 Berkhamsted	2:33.77	487	32.63	1:14.07	1:59.09
18. Luke PESTAILLE	14 Hatfield	2:33.92	486	31.45	1:09.62	1:56.76
19. William ROBINS	14 C Beds SS	2:33.97	485	32.46	1:14.30	1:58.31
20. Henry FERRIES	14 Basildon Ph	2:34.24	483	32.55	1:14.04	1:59.46
21. Matthew NEWSON	14 Co Peterboro	2:36.13	465	31.67	1:11.75	2:00.25
22. Daniel MARTIN	14 Co St Albans	2:36.15	465	31.34	1:11.31	2:00.42
23. Henry KING	14 West Suffolk	2:36.20	465	35.86	1:17.58	1:59.44
24. Edward MCFARLAND	14 C Beds SS	2:36.42	463	32.81	1:16.16	2:03.40
25. James SPEERS	14 Basildon Ph	2:36.79	459	32.42	1:14.45	2:00.92
26. Ciaran COOK	14 Co St Albans	2:36.85	459	33.31	1:12.60	2:01.36
27. Jack CONROY	14 Thurrock	2:37.72	451	32.85	1:12.90	2:01.55
28. Lewis SHAYLER	14 Watford SC	2:37.91	449	33.81	1:18.24	2:02.74
29. Joshua THURSTON-WOOLNO	14 Beccles Town	2:41.45	419	34.76	1:16.68	2:04.73



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EVENT 522 Womens 100m Backstroke

Regional Record Junior - 1:02.75

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Charlotte NORMAN	12	Colchester	1:13.18	580	34.92
2.	Emily COOPER	12	Basildon Ph	1:13.39	575	35.54
3.	Francesca LOW	12	Chelmsford	1:13.48	573	35.55
4.	Sophie LANDER	12	Stowmarket	1:13.52	572	36.53
5.	Leah WIGHTMAN	12	West Norfolk	1:13.89	564	35.44
6.	Ella TURNER	12	Basildon Ph	1:14.07	560	36.77
7.	Erin LITTLE	12	Chelmsford	1:14.56	549	36.28
8.	Matilda BOGLE	11	teamipswich	1:14.79	545	36.98
9.	Emilia DUNWOODIE	12	Co St Albans	1:15.28	534	35.62
10.	Erin WILKINSON	12	Southend	1:16.86	502	36.85
11.	Jessica MAHONEY	12	Co Peterboro	1:18.02	480	37.92
11.	Ciara TAYLOR	12	Co Ely	1:18.02	480	36.73
13.	Evie BURGESS	12	teamipswich	1:18.04	480	38.25
14.	Francesca TYLER	12	Felixstowe	1:18.10	479	38.09
15.	Holly ROBINSON	12	Hatfield	1:18.38	474	38.09
16.	Ruby DAGLESS	12	Dereham	1:18.39	473	37.42
17.	Charlotte WHITE	12	West Suffolk	1:18.40	473	36.85
18.	Macey POUNTAIN	12	UEA Norwich	1:18.53	471	36.66
19.	Kaia PHILLIPS	11	Bishop Stort	1:19.25	458	38.20
20.	Anita TIEN	12	Colchester	1:19.96	445	37.29
21.	Gemma NOTTAGE	12	Watford SC	1:20.11	443	38.03
22.	Maeve POOLEY	12	Newmarket	1:21.21	424	39.56

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sophie FREEMAN	13	Colchester	1:09.12	679	33.39
2.	Imogen BLOCK	13	Lstof & OB	1:09.30	674	33.64
3.	Safia BUTTON	13	teamipswich	1:09.42	671	34.08
4.	Carys BREALEY	13	Harlow Pen	1:10.01	656	33.62
5.	Jessica KEOGH	13	Hatfield	1:10.34	648	33.83
6.	Gemma PETERS	13	UEA Norwich	1:10.46	645	34.29
7.	Grace WALLER	13	Basildon Ph	1:11.73	613	34.57
8.	Ella MCGHIE	13	Co Peterboro	1:12.31	600	35.51
9.	Lucy MORGAN	13	Colchester	1:12.65	592	35.10
10.	Holly GRAVES	13	Co Peterboro	1:12.79	589	35.47
11.	Olivia ALDRED	13	Lstof & OB	1:12.91	586	35.04
12.	Molly REDGRAVE	13	Colchester	1:13.27	578	35.58
13.	Brenna HOWELL	13	Co Peterboro	1:13.62	570	35.39
14.	Brooke JENKINS	13	Southend	1:13.78	566	36.02
15.	Sophie GRIFFIN	13	Co Peterboro	1:13.94	563	35.72
16.	Jessica KEFFORD	13	Dunstable	1:13.96	562	35.29
17.	Astrid HUBBARD	13	West Norfolk	1:14.37	554	35.82
18.	Millie FIELDS	13	Bishop Stort	1:14.72	546	36.54
19.	Harriet CLEMENTS	13	Watford SC	1:14.80	544	36.13
20.	Lillian TAGG	13	Thurrock	1:16.18	516	36.36
21.	Jessica ROBERTSON	13	Co St Albans	1:16.45	510	36.66
22.	Sienna TREGLOHAN	13	Cheshunt	1:16.51	509	36.44
23.	Ella HOUSTON	13	Deben	1:16.52	509	36.51

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Emma CRUICKSHANKS	14	teamipswich	1:07.60	720	32.91
2.	Emily WHYTE	14	teamipswich	1:10.01	656	34.08
3.	Eve WRIGHT	14	Co Peterboro	1:10.65	640	33.81
4.	Matilda MEYRICK	14	Norfolk Vikg	1:10.70	639	33.96
5.	Lily MERRETT	14	Hoddesdon	1:10.91	633	34.25
6.	Hannah O'CONNOR	14	West Suffolk	1:11.27	625	34.88
7.	Isabel HARBER	14	Verulam	1:11.98	608	35.35
8.	Ellie CRONIN	14	Harlow Pen	1:12.28	600	34.61
9.	Gracie KAY	14	Co Cambridge	1:12.38	598	34.68
10.	Morgan ALLAN	14	Modernian	1:12.95	585	34.67
11.	Eleanor WILLIAMS	14	Watford SC	1:13.19	580	35.52
12.	Rhearna MASON	14	C Beds SS	1:13.41	575	35.65
13.	Isabelle SOULSBY	14	Berkhamsted	1:13.73	568	34.68
14.	Jemima WAYMAN	14	Deben	1:14.31	555	35.55
15.	Victoria ROGERS	14	Basildon Ph	1:14.33	554	35.78
16.	Autumn HANDSCOMBE	14	C Beds SS	1:14.51	551	35.46
17.	Millie BATEMAN	14	UEA Norwich	1:15.69	526	36.84
18.	Libby MAGILL	14	Hatfield	1:16.01	519	35.95
19.	Isabelle SANDFORD	14	Basildon Ph	1:16.07	518	36.55
	Libby DUNFORD	14	Hoddesdon	DNC		



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EVENT 523 Mens 100m Freestyle

Regional Record Junior - 51.55

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Oskar FARKAS	12	Co Cambridge	1:05.03	429	31.01
2.	Finley COMAN	12	Gt Yarmouth	1:05.20	425	31.04
3.	Aidan PILCHER	12	teamipswich	1:05.44	420	31.39
4.	Enzo LIM	12	Watford SC	1:06.54	398	31.98
5.	Jude HILLS	12	Bo Southend	1:06.57	398	32.08
6.	Mason ALLEN	11	Basildon Ph	1:07.55	379	32.25
7.	Elliott GLADWELL	12	Hadleigh	1:07.83	374	31.95
8.	Samuel PYEFINCH	12	Tring	1:07.95	372	32.26
9.	Mitchell TAMBLIN	12	Norwich Swan	1:08.08	370	32.38
9.	Michael CONNICK	12	Deben	1:08.08	370	32.90
11.	James GISBORNE	12	Bishop Stort	1:08.41	364	33.04
12.	Benjamin ASHDOWN	12	Modernian	1:08.49	363	33.28
13.	Ryan ROBERTS	12	Dunstable	1:08.53	362	32.32
14.	Max PATTEN	12	Stanway	1:08.55	361	32.82
15.	Colin MOGHINA	12	Thurrock	1:08.65	360	33.10
16.	Edward MERHAN	12	West Suffolk	1:08.81	357	33.35
17.	Joseph MCGILLIVRAY	12	Lstof & OB	1:09.02	353	33.01
18.	Jack HILL	12	Linslade	1:09.17	351	32.78
19.	Denis MORINE	12	Chelmsford	1:09.35	348	33.42
20.	Oscar COLE	11	St Felix Sch	1:09.43	346	33.46
21.	James O'CONNOR	12	West Suffolk	1:09.89	339	34.26
22.	Billy MEAD	12	Dunstable	1:10.17	334	33.69
23.	Nikita CHARYKIN	11	Thurrock	1:10.64	327	34.12
24.	Jack JUGGINS	11	Team Luton	1:10.98	321	33.91
25.	Olivier VEDRENNE	12	UEA Norwich	1:11.01	321	34.36
26.	Jack ABRAM	12	UEA Norwich	1:11.50	313	35.31
27.	Harry SHARPE	12	West Norfolk	1:11.64	311	34.30
28.	Tobin SARI	12	West Suffolk	1:11.69	310	35.09
29.	Alexander WILLIAMS	12	Watford SC	1:11.80	309	34.27
30.	Aidan CLARKSON	12	DunmowAtlant	1:12.42	300	35.28
31.	James ROWLEY	12	Sudbury	1:12.54	298	33.74
32.	Ethan ANGEL	11	teamipswich	1:12.90	293	34.36
33.	Finn COOPER	11	teamipswich	1:13.83	280	35.79

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sam WILLIAMSON	13	Hatfield	59.49	561	28.89
2.	Harrison RIDER	13	Basildon Ph	59.97	548	28.94
3.	Michael KLIMASZEWSKI	13	Hatfield	1:00.33	538	29.33
4.	Alessandro RIODA	13	Harlow Pen	1:00.80	526	29.11
5.	Damon ELLIOTT	13	DunmowAtlant	1:00.86	525	28.97
6.	Sam TOWNSEND	13	C Beds SS	1:00.87	524	29.44
7.	Joe COOPER	13	teamipswich	1:01.07	519	29.59
8.	Ryan DAVIS	13	Epping Fort	1:01.11	518	29.54
9.	Ethan PEIRCE	13	Harlow Pen	1:01.59	506	29.39
10.	Naythan AUNG	13	Colchester	1:01.67	505	29.13
11.	Connor WALKER	13	Co Peterboro	1:01.93	498	29.79
12.	Akshay PISSAY	13	UEA Norwich	1:02.14	493	30.33
13.	Chester LEEMING	13	St Felix Sch	1:02.74	479	29.98
14.	Robert ADDIS	13	West Norfolk	1:03.28	467	30.20
15.	Matthew DEBENHAM	13	teamipswich	1:03.60	459	30.16
16.	Xavier KIRCHIN	13	Leighton Buz	1:04.16	447	30.10
17.	Brandon RILEY	13	Lstof & OB	1:04.23	446	30.32
18.	Jack SKERRY	13	Chelmsford	1:04.29	444	31.13
19.	Joab CARR	13	St Felix Sch	1:05.06	428	31.20
20.	Johnny WILDE	13	Putteridge	1:05.16	426	30.88
21.	Fabian BRUDNICKI	13	Co Peterboro	1:05.28	424	30.52
22.	Mide OLAJIDE	13	Thurrock	1:05.80	413	31.77
23.	Oscar BRICE	13	Co St Albans	1:06.39	401	32.03
24.	Euan HIGGS	13	Chelmsford	1:07.42	382	32.52
25.	Jimmy TAYLOR	13	Thurrock	1:07.55	379	32.29
26.	Tyler WATSON	13	Flitwick	1:07.63	378	32.65
27.	Guy SEMPLE	13	Co Cambridge	1:07.81	375	32.20
28.	Benjamin GREEN	13	Watford SC	1:07.98	372	32.37



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Henry NEWELL	14	Newmarket	58.30	594	27.65
2.	Harry MCLAGAN	14	Chelmsford	58.43	590	28.00
3.	Nathan WOODROW	14	UEA Norwich	58.91	577	28.86
4.	Louis STEPHEN	14	Brentwood	58.99	575	28.00
5.	Daniel MURTAGH	14	Hatfield	59.72	555	28.89
6.	Samuel ROSE	14	West Norfolk	59.94	549	28.91
7.	Ciaran RICHES	14	West Suffolk	1:00.31	539	28.35
8.	Samuel MILLER	14	Bo Southend	1:00.48	534	28.48
9.	James CORNER	14	Berkhamsted	1:00.89	524	29.25
10.	Samuel BULLINGHAM	14	West Suffolk	1:01.22	516	29.70
11.	James SPEERS	14	Basildon Ph	1:01.27	514	28.79
12.	Daniel MARTIN	14	Co St Albans	1:01.33	513	29.38
13.	Marco TONTODONATI	14	Bishop Stort	1:01.66	505	29.22
14.	Owen WEBSTER	14	St Felix Sch	1:01.84	500	29.66
15.	Alfie KING	14	Thetford	1:01.88	499	30.12
16.	Connor GILLINGHAM	14	West Suffolk	1:01.91	499	29.16
17.	Devesh KAPOOR	14	Watford SC	1:01.97	497	29.66
18.	Michael FREEMAN	14	Chelmsford	1:02.01	496	30.01
19.	Callum STEDMAN	14	Dereham	1:02.02	496	29.96
20.	Charlie KING	14	Co St Albans	1:02.09	494	30.23
21.	Matthew NEWSON	14	Co Peterboro	1:02.14	493	29.43
22.	Mattias MORSE	14	Hemel Hemp	1:02.18	492	30.09
23.	William PESTELL	14	teamipswich	1:02.24	491	29.62
24.	Jeremy AITKEN	14	Beccles Town	1:02.26	490	29.56
25.	Oliver ELLISON	14	Dunstable	1:02.27	490	28.98
26.	Daniel WHITE	14	St Felix Sch	1:02.28	490	29.09
27.	Edward MCFARLAND	14	C Beds SS	1:02.59	483	30.20
28.	Nathaniel OLAYOMI	14	Watford SC	1:02.88	476	29.85
29.	William ROBINS	14	C Beds SS	1:03.19	469	29.56
30.	Edward JEX	14	Co St Albans	1:03.21	468	30.40
31.	Daniel BLERKOM	14	Southend	1:03.35	465	30.15
32.	Matteo LO BIUNDO	14	Hitchin	1:03.65	458	29.80
33.	Thomas BELCHER	14	Modernian	1:03.81	455	30.17



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EVENT 524 Womens 50m Freestyle

Regional Record Junior - 26.57

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Teni OGUNLESI	12	Thurrock	29.90	582
2.	Francesca LOW	12	Chelmsford	30.05	573
3.	Sophie LANDER	12	Stowmarket	30.07	572
4.	Ruby DAGLESS	12	Dereham	30.20	565
5.	Daisy MOXHAM	12	Co Cambridge	30.22	564
6.	Erin LITTLE	12	Chelmsford	30.37	556
7.	Abigail GOTTS	12	Norfolk Vikg	30.49	550
8.	Emilia DUNWOODIE	12	Co St Albans	30.50	549
9.	Karys-Rose BUNN	11	teamipswich	30.54	547
10.	Anita TIEN	12	Colchester	30.56	546
11.	Ruby GREENHALF	12	UEA Norwich	30.59	545
11.	Erin WILKINSON	12	Southend	30.59	545
13.	Matilda BOGLE	11	teamipswich	30.68	540
14.	Lily MACDONALD	12	UEA Norwich	30.70	539
15.	Ella NIJKAMP	12	Berkhamsted	30.85	531
16.	Macey POUNTAIN	12	UEA Norwich	30.89	529
17.	Ciara TAYLOR	12	Co Ely	31.05	521
18.	Emily HOLDEN	11	Leighton Buz	31.06	521
19.	Valeria GIRON	12	Hatfield	31.12	518
20.	Bethan ENDICOTT	12	St Ives	31.17	515
21.	Leah WIGHTMAN	12	West Norfolk	31.19	514
22.	Hannah COLLETT	12	Basildon Ph	31.21	513
23.	Megan BUNCLARK	12	Leiston	31.22	513
24.	Lailah TOUSSAINT	12	teamipswich	31.27	510
25.	Charlotte GILL	12	Brentwood	31.32	508
26.	Jessica SHAW	12	March	31.40	504
27.	Ruby WHEELER	11	Basildon Ph	31.41	504
28.	Lily ASHWELL	12	Norwich Swan	31.47	501
29.	Michaela TAIWO	12	Thurrock	31.49	500
30.	Lucy COIA-BELL	12	Co St Albans	31.52	498
31.	Clara WATSON-FLOWERS	11	St Felix Sch	31.53	498
31.	Macy DEXTER	11	Co Cambridge	31.53	498
31.	Emily COOPER	12	Basildon Ph	31.53	498
34.	Holly DRIVER	12	Leiston	31.56	497
35.	Skye BUNYARD	11	Linslade	31.60	495
36.	Louise DONAGHY	12	Modernian	31.61	494
37.	Isla WINSLOW	12	UEA Norwich	31.63	493
37.	Kelis GREEN	12	Basildon Ph	31.63	493
39.	Molly HARVEY	12	Mildenhall	31.67	491
40.	Holly LAMB	12	Southend	31.75	488
41.	Sophie JENKINSON	12	Basildon Ph	31.88	482
42.	Ella TURNER	12	Basildon Ph	31.92	480
43.	Sarah MCGRATH	12	Co St Albans	32.10	472
44.	Lucy YOUNG	12	Modernian	32.20	467
44.	Helena HALL	12	Deben	32.20	467
46.	Maeve POOLEY	12	Newmarket	32.22	466
47.	Kiera BLUNDEN	12	Chelmsford	32.28	464
48.	Isobel GELLER	12	Tring	32.34	461
49.	Eloisa MILLER	12	C Beds SS	32.35	461
50.	Elijah BRITTON	11	St Felix Sch	32.78	442

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sophie FREEMAN	13	Colchester	28.15	687
2.	Safia BUTTON	13	teamipswich	28.67	654
3.	Grace WALLER	13	Basildon Ph	29.25	619
4.	Ellie HOLLISS	13	Co St Albans	29.27	618
5.	Lucy MORGAN	13	Colchester	29.44	608
6.	Carys BREALEY	13	Harlow Pen	29.48	605
7.	Imogen BLOCK	13	Lstoft & OB	29.49	605
8.	Georgina MUNDAY	13	Modernian	29.66	595
8.	Jessica KEOGH	13	Hatfield	29.66	595
10.	Maddie LEES	13	DunmowAtlant	29.68	594
11.	Harriet SALISBURY	13	Co Peterboro	29.84	585
11.	Polly FISH	13	Co Cambridge	29.84	585
13.	Rachel ANDREWS	13	C Beds SS	29.88	583
13.	Nancy NEAVE	13	Braintree	29.88	583
13.	Caitlin LOO	13	Hatfield	29.88	583
16.	Millie FIELDS	13	Bishop Stort	29.91	581
17.	Kiara KOVACS	13	Co Peterboro	29.92	580
18.	Lucy HUDSON	13	West Suffolk	30.05	573
19.	Charlotte ABRAMSON	13	UEA Norwich	30.23	564
20.	Abigail HEWSON	13	Berkhamsted	30.25	563
20.	Erin CROUCH	13	teamipswich	30.25	563
22.	Ruby COLLINS	13	Dunstable	30.26	562
23.	May BRADBURN	13	Chelmsford	30.31	559
24.	Hannah DALEY	13	Co Peterboro	30.34	558
25.	Julianna MERCADO	13	Norwich Swan	30.37	556



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25.	Brenna HOWELL	13	Co Peterboro	30.37	556
27.	Catherine RYAN	13	Hoddesdon	30.39	555
28.	Georgina KNATCHBULL	13	Leighton Buz	30.46	551
28.	Cerys WILLIAMS	13	West Suffolk	30.46	551
30.	Bethan FUGE	13	Hatfield	30.48	550
31.	Jessica MUNFORD	13	Norwich Swan	30.51	549
32.	Brooke JENKINS	13	Southend	30.53	548
33.	Gemma PETERS	13	UEA Norwich	30.58	545
34.	Olivia ALDRED	13	Lstof & OB	30.59	545
35.	Emily HASLAM	13	Norfolk Vikg	30.61	544
35.	Astrid HUBBARD	13	West Norfolk	30.61	544
37.	Georgia SPENCER	13	St Ives	30.62	543
38.	Millie DUDLEY	13	Dunstable	30.64	542
39.	Jessica KEFFORD	13	Dunstable	30.66	541
40.	Tess WESLEY	13	Newmarket	30.72	538
40.	Eleanor ROBERTSON	13	Team Luton	30.72	538
42.	Eilidh DUNWOODIE	13	Co St Albans	30.74	537
43.	Emma TAPPENDEN	13	Basildon Ph	30.84	532
44.	Eloise PARTON	13	Co Cambridge	30.87	530
45.	Elizabeth SCRUTTON	13	Epping For't	30.92	528
46.	Abi LARKMAN	13	Hoddesdon	30.94	527
47.	Ciara WOOKEY	13	Colchester	30.95	526
48.	Daisy WILSON	13	Co Cambridge	30.96	526
49.	Ella MCGHIE	13	Co Peterboro	31.09	519
50.	Bruna REBELO	13	Hatfield	31.10	519
51.	Isabel JONES	13	Leighton Buz	31.21	513
52.	Robyn WARD	13	Rochford	31.23	512
53.	Ela NORTON	13	Hatfield	31.30	509
54.	Abbygaelle CORNILLET	13	Harlow Pen	31.37	506
55.	Evie PRAGER	13	Stowmarket	31.39	505
56.	Lydia DAVIES	13	Southend	31.46	501
56.	Caitlin O'TOOLE	13	Royston	31.46	501
58.	Grace GUNTON	13	UEA Norwich	31.48	500
59.	Sienna TREGLOHAN	13	Cheshunt	31.49	500
60.	Eva LANGMEAD	13	Bo Southend	31.58	496
61.	Charlotte TREE	13	Colchester	32.24	465

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Isabel WAINWRIGHT	14	Modernian	27.99	698
2.	Angharad EVANS	14	West Suffolk	28.04	694
3.	Libby DUNFORD	14	Hoddesdon	28.30	677
4.	Jessica WOODWARD	14	Potters Bar	28.37	673
5.	Annabelle BURGESS	14	teamipswich	28.39	671
6.	Ella HALE	14	West Suffolk	28.46	667
7.	Sacha THOMAS	14	UEA Norwich	28.47	666
8.	Tilly MAYES	14	Thurrock	28.60	658
9.	Emma CRUICKSHANKS	14	teamipswich	28.77	648
10.	Mia YATES	14	Felixstowe	29.05	631
11.	Orla KEAVENEY	14	Modernian	29.20	622
12.	Annika BROWN	14	teamipswich	29.21	621
13.	Iona TRAINER	14	Co Ely	29.23	620
14.	Bianka MISIKOVA	14	Hatfield	29.27	618
15.	Lily MERRETT	14	Hoddesdon	29.43	608
16.	Lily GENNER	14	West Suffolk	29.50	604
17.	Sophie TAYLOR	14	DunmowAtlant	29.68	594
18.	Gemma HANSON	14	Hatfield	29.70	593
19.	Charlotte HUDSON	14	West Suffolk	29.72	592
20.	Jessica HEESOM	14	Potters Bar	29.74	590
21.	Eve WRIGHT	14	Co Peterboro	29.87	583
22.	Emily WHYTE	14	teamipswich	29.93	580
23.	Rebecca GIROLAMI	14	Colchester	29.98	577
24.	Madison SMITH	14	Stanway	30.00	576
25.	Francesca PECCEI	14	Watford SC	30.17	567
26.	Isabelle ROSHER	14	teamipswich	30.18	566
27.	Matilda MEYRICK	14	Norfolk Vikg	30.25	563
28.	Bronte O'DEA	14	Runnymede	30.37	556
29.	Lillia THOMPSON	14	Flitwick	30.39	555
30.	Hannah O'CONNOR	14	West Suffolk	30.87	530

EVENT 524 Womens 50m Freestyle - Swim-Off

Regional Record Junior - 26.57

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Jessica KEOGH	13	Hatfield	28.99	634
2.	Georgina MUNDAY	13	Modernian	29.70	593



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EVENT 525 Mens 200m Backstroke

Regional Record Junior - 2:05.90

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Joseph BAVEY	12	Newmarket	2:32.49	475	36.92	1:15.88	1:55.43
2.	Aidan PILCHER	12	teamipswich	2:35.65	446	37.66	1:18.00	1:57.23
3.	Jude HILLS	12	Bo Southend	2:37.43	430	36.53	1:17.68	1:57.90
4.	Jack HILL	12	Linslade	2:37.87	427	35.97	1:16.57	1:58.14
5.	Jenson HURRELL	12	Thurrock	2:39.01	417	37.02	1:18.86	1:59.35
6.	Michael CONNICK	12	Deben	2:39.55	413	38.23	1:18.78	1:59.96
7.	Nikita CHARYKIN	11	Thurrock	2:41.58	396	38.14	1:19.99	2:01.08
8.	Oskar FARKAS	12	Co Cambridge	2:42.56	388	37.98	1:19.60	2:01.84
9.	Daniel DIXON	12	Brentwood	2:43.23	383	39.12	1:20.98	2:02.62
10.	Joseph MCGILLIVRAY	12	Lstof & OB	2:44.18	376	38.29	1:20.40	2:03.04
11.	Samuel PYEFINCH	12	Tring	2:46.82	357	38.79	1:23.00	2:06.36
12.	Kieran BIRKETT	12	Co St Albans	2:47.23	354	38.93	1:23.02	2:06.34
13.	Matthew MONIE	12	Co Cambridge	2:48.57	344	40.36	1:23.61	2:06.86
14.	Aidan CLARKSON	12	DunmowAtlant	2:50.37	332	40.20	1:24.65	2:08.52
15.	Harrison BELL	12	St Felix Sch	2:51.24	327	40.23	1:23.46	2:07.90
16.	Robbie CRUICKSHANKS	11	teamipswich	2:51.34	326	40.79	1:25.16	2:09.17
17.	Ethan ANGEL	11	teamipswich	2:57.54	288	41.17	1:26.01	2:12.11
18.	Hayden MILLER	12	Braintree	2:58.70	281	41.38	1:27.29	2:14.12

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Chester LEEMING	13	St Felix Sch	2:20.96	598	33.57	1:09.68	1:46.05
2.	Thomas OGDEN	13	Bishop Stort	2:26.20	539	35.00	1:12.27	1:50.48
3.	Ketan RACH	13	Watford SC	2:26.68	534	33.79	1:10.53	1:48.78
4.	Rhys DAVIDSON	13	Team Luton	2:31.54	484	35.45	1:14.76	1:53.64
5.	Ethan GELL	13	Linslade	2:35.25	450	36.07	1:16.17	1:56.70
6.	Naythan AJUNG	13	Colchester	2:35.30	449	35.34	1:14.23	1:55.35
7.	Jack SKERRY	13	Chelmsford	2:35.46	448	36.35	1:16.26	1:55.70
8.	Fabian BRUDNICKI	13	Co Peterboro	2:35.56	447	36.83	1:17.48	1:57.39
9.	Oscar BRICE	13	Co St Albans	2:35.74	445	36.66	1:17.12	1:57.81
10.	Michael KLIMASZEWSKI	13	Hatfield	2:36.08	442	36.41	1:16.27	1:56.75
11.	William PARSONS	13	Deben	2:36.13	442	36.09	1:16.95	1:57.45
12.	Connor WALKER	13	Co Peterboro	2:36.31	440	37.17	1:17.73	1:57.99
13.	Henry DUNCAN	13	Co Cambridge	2:36.41	439	37.16	1:17.90	1:57.92
14.	Ben KNOWLES	13	Wisbech	2:36.81	436	37.61	1:18.23	1:59.18
15.	Tyler WATSON	13	Flitwick	2:40.42	405	38.76	1:19.57	2:01.02
16.	Luke BARTON	13	Lstof & OB	2:40.86	402	37.93	1:18.69	2:00.17
17.	Joab CARR	13	St Felix Sch	2:42.03	393	37.48	1:19.25	2:01.43
18.	Tyler JACKSON	13	Harlow Pen	2:43.06	385	37.42	1:20.24	2:02.80

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Zane BATT	14	Cheshunt	2:23.34	570	32.93	1:09.43	1:46.81
2.	Walter HACKETT	14	Dunstable	2:23.47	569	32.82	1:08.98	1:47.19
3.	Henry NEWELL	14	Newmarket	2:26.27	538	34.78	1:12.09	1:50.53
4.	Samuel COSTIN	14	Basildon Ph	2:26.64	534	34.13	1:11.76	1:49.60
5.	Finn JEFFERY	14	St Felix Sch	2:26.94	531	34.75	1:12.64	1:50.40
6.	Ben WOODHOUSE	14	Norwich Swan	2:26.97	531	34.12	1:11.57	1:50.10
7.	Thomas BELCHER	14	Modernian	2:27.93	520	34.26	1:12.95	1:50.96
8.	Alexander CATTON	14	Bishop Stort	2:28.57	514	35.21	-	1:50.87
9.	Luke PESTAILLE	14	Hatfield	2:28.73	512	34.31	1:12.69	1:51.13
10.	Ciaran COOK	14	Co St Albans	2:29.37	506	35.97	1:14.00	1:53.14
11.	Samuel ROSE	14	West Norfolk	2:29.60	503	34.49	1:12.14	1:51.00
12.	Matthew NEWSON	14	Co Peterboro	2:31.53	484	35.29	1:13.63	1:52.83
13.	Jack CONROY	14	Thurrock	2:32.33	477	35.39	1:15.01	1:54.24
14.	Teal'K SMITH	14	Beccles Town	2:32.60	474	36.48	1:15.49	1:55.01
15.	Daniel BLERKOM	14	Southend	2:32.61	474	35.42	1:15.05	1:54.50
16.	Cole SHEPARD	14	Basildon Ph	2:33.05	470	34.85	1:14.05	1:53.48
17.	Connor GILLINGHAM	14	West Suffolk	2:33.35	467	35.36	1:13.79	1:54.14
18.	Nathaniel OLAYOMI	14	Watford SC	2:34.56	456	35.95	1:14.76	1:55.20
19.	Samuel MILLER	14	Bo Southend	2:34.94	452	36.15	1:15.74	1:55.93
19.	Michael FREEMAN	14	Chelmsford	2:34.94	452	36.01	1:15.89	1:57.17
21.	Jack SCARFF	14	teamipswich	2:35.85	444	36.15	1:15.51	1:55.82
22.	Jack RICHARDSON	14	DunmowAtlant	2:36.76	436	36.23	1:16.50	1:57.16
23.	Daniel WHITE	14	St Felix Sch	2:38.09	425	36.66	1:17.23	1:58.34
24.	Alexander HORNE	14	Co St Albans	2:42.17	391	36.72	1:17.69	1:59.91



East Swimming

2017 Long Course Championships

(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing & to ASA Open Meet Licensing Criteria)



Weekend two - Norwich

27th, 28th, & 29th May 2017
(Licensed Meet No. 1ER170220)

EVENT 526 Womens 400m IM

Regional Record Junior - 4:45.21

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Holly LAMB	12	Southend	5:34.53	595
	50m 35.92	100m 1:18.84	150m 2:03.20	200m 2:46.24	250m 3:33.76
				300m 4:21.57	350m 4:58.54
				400m 5:34.53	
2.	Charlotte NORMAN	12	Colchester	5:38.48	575
	50m 35.51	100m 1:19.80	150m 2:01.03	200m 2:42.11	250m 3:32.50
				300m 4:23.09	350m 5:00.54
				400m 5:38.48	
3.	Ruby DAGLESS	12	Dereham	5:42.66	555
	50m 34.66	100m 1:14.60	150m 1:59.42	200m 2:44.97	250m 3:31.38
				300m 4:22.67	350m 5:03.60
				400m 5:42.66	
4.	Kiera BLUNDEN	12	Chelmsford	5:43.54	551
	50m 35.42	100m 1:18.63	150m 2:01.79	200m 2:44.40	250m 3:35.89
				300m 4:27.03	350m 5:06.30
				400m 5:43.54	
5.	Georgia PRITCHARD	12	Hatfield	5:46.78	536
	50m 36.13	100m 1:19.97	150m 2:07.87	200m 2:53.40	250m 3:39.93
				300m 4:27.91	350m 5:08.52
				400m 5:46.78	
6.	Lily MACDONALD	12	UEA Norwich	5:49.81	523
	50m 36.64	100m 1:22.13	150m 2:05.50	200m 2:49.09	250m 3:39.69
				300m 4:29.61	350m 5:11.01
				400m 5:49.81	
7.	Emily COOPER	12	Basildon Ph	5:55.63	498
	50m 35.70	100m 1:22.46	150m 2:06.17	200m 2:49.95	250m 3:43.97
				300m 4:38.64	350m 5:16.39
				400m 5:55.63	
8.	Ruby WHEELER	11	Basildon Ph	5:57.19	491
	50m 37.30	100m 1:23.06	150m 2:11.34	200m 2:58.05	250m 3:48.80
				300m 4:39.33	350m 5:20.27
				400m 5:57.19	
9.	Ruby GREENHALF	12	UEA Norwich	5:58.47	486
	50m 37.13	100m 1:24.73	150m 2:12.48	200m 2:59.49	250m 3:49.86
				300m 4:40.63	350m 5:20.05
				400m 5:58.47	
10.	Leah WIGHTMAN	12	West Norfolk	5:59.82	480
	50m 36.97	100m -	150m 2:08.43	200m 2:51.14	250m 3:45.74
				300m 4:41.17	350m 5:20.97
				400m 5:59.82	
11.	Amy PAGET	12	Co Peterboro	6:00.25	479
	50m 37.53	100m 1:23.65	150m 2:09.84	200m 2:55.15	250m 3:48.18
				300m 4:40.92	350m 5:20.97
				400m 6:00.25	
12.	Jessica MAHONEY	12	Co Peterboro	6:00.90	476
	50m 37.13	100m 1:23.75	150m 2:08.83	200m 2:54.58	250m 3:46.36
				300m 4:39.81	350m 5:20.17
				400m 6:00.90	
	Anita TIEN	12	Colchester	DQ 9	

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sophie FREEMAN	13	Colchester	5:18.29	682
	50m 32.17	100m 1:10.57	150m 1:50.50	200m 2:30.85	250m 3:19.16
				300m 4:09.57	350m 4:44.09
				400m 5:18.29	
2.	Brenna HOWELL	13	Co Peterboro	5:35.20	591
	50m 33.34	100m 1:16.60	150m 1:57.87	200m 2:39.62	250m 3:28.90
				300m 4:19.51	350m 4:57.66
				400m 5:35.20	
3.	May BRADBURN	13	Chelmsford	5:35.39	590
	50m 33.93	100m 1:14.60	150m 2:00.71	200m 2:43.02	250m 3:32.74
				300m 4:22.71	350m 5:00.10
				400m 5:35.39	
4.	Sophie GRIFFIN	13	Co Peterboro	5:35.46	590
	50m 36.29	100m 1:18.59	150m 2:00.49	200m 2:42.71	250m 3:32.02
				300m 4:21.29	350m 4:59.97
				400m 5:35.46	
5.	Ella MCGHIE	13	Co Peterboro	5:37.66	579
	50m 37.34	100m 1:22.22	150m 2:05.41	200m 2:46.80	250m 3:36.71
				300m 4:23.76	350m 5:01.35
				400m 5:37.66	
6.	Ciara WOOKEY	13	Colchester	5:38.13	577
	50m 34.87	100m 1:17.72	150m 2:04.21	200m 2:47.76	250m 3:34.20
				300m 4:21.65	350m 5:01.46
				400m 5:38.13	
7.	Brooke JENKINS	13	Southend	5:39.49	570
	50m 35.95	100m 1:19.79	150m 2:03.07	200m 2:44.73	250m 3:35.07
				300m 4:26.06	350m 5:04.19
				400m 5:39.49	
8.	Harriet SALISBURY	13	Co Peterboro	5:41.18	562
	50m 36.29	100m 1:19.59	150m 2:02.59	200m 2:44.14	250m 3:35.43
				300m 4:27.85	350m 5:04.58
				400m 5:41.18	
9.	Georgina MUNDAY	13	Modemian	5:42.94	554
	50m 35.94	100m 1:21.07	150m 2:04.09	200m 2:46.44	250m 3:36.81
				300m 4:27.84	350m 5:05.12
				400m 5:42.94	
10.	Charlotte TREE	13	Colchester	5:43.05	553
	50m 37.02	100m 1:21.69	150m 2:06.23	200m 2:49.99	250m 3:38.46
				300m 4:27.37	350m 5:05.71
				400m 5:43.05	
11.	Lucy MORGAN	13	Colchester	5:45.22	543
	50m 37.45	100m 1:22.98	150m 2:05.46	200m 2:48.56	250m 3:38.24
				300m 4:29.00	350m 5:07.82
				400m 5:45.22	
12.	Tess WESLEY	13	Newmarket	5:45.38	543
	50m 38.55	100m 1:25.82	150m 2:09.25	200m 2:53.59	250m 3:41.40
				300m 4:30.98	350m 5:09.14
				400m 5:45.38	
13.	Eloise PARTON	13	Co Cambridge	5:46.04	540
	50m 37.14	100m 1:21.85	150m 2:04.14	200m 2:46.61	250m 3:37.21
				300m 4:28.80	350m 5:07.89
				400m 5:46.04	
14.	Hannah DALEY	13	Co Peterboro	5:49.43	524
	50m 37.81	100m 1:23.63	150m 2:09.21	200m 2:52.66	250m 3:41.21
				300m 4:30.90	350m 5:11.99
				400m 5:49.43	
15.	Ella HOUSTON	13	Deben	5:49.61	523
	50m 36.57	100m 1:20.85	150m 2:03.96	200m 2:47.53	250m 3:40.17
				300m 4:32.79	350m 5:11.94
				400m 5:49.61	
16.	Astrid HUBBARD	13	West Norfolk	5:51.60	515
	50m 35.79	100m 1:20.71	150m 2:04.45	200m 2:46.18	250m 3:39.35
				300m 4:32.43	350m 5:12.19
				400m 5:51.60	
17.	Kiara JESSOP	13	Lstoft & OB	5:54.09	504
	50m 38.07	100m 1:25.33	150m 2:11.92	200m 2:58.86	250m 3:46.55
				300m 4:36.70	350m 5:16.23
				400m 5:54.09	
18.	Etholle MARKS	13	Newmarket	5:54.32	503
	50m 37.43	100m 1:24.34	150m 2:09.27	200m 2:54.37	250m 3:44.60
				300m 4:37.63	350m 5:16.55
				400m 5:54.32	
19.	Cerys WILLIAMS	13	West Suffolk	5:54.48	502
	50m 35.36	100m 1:18.18	150m 2:02.97	200m 2:48.33	250m 3:39.26
				300m 4:33.00	350m 5:15.34
				400m 5:54.48	
20.	Claudia LITTLE	13	Bo Southend	5:55.28	499
	50m 37.65	100m 1:24.91	150m 2:08.73	200m 2:54.59	250m 3:44.31
				300m 4:38.48	350m 5:16.71
				400m 5:55.28	
	Holly GRAVES	13	Co Peterboro	DQ 9	



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts					
1.	Orla KEAVENEY	14	Modernian	5:20.51	669					
	50m 33.32	100m 1:12.51	150m 1:54.25	200m 2:36.52	250m 3:22.94	300m 4:10.23	350m 4:45.20	400m 5:20.51		
2.	Rebecca HOWELL	14	Basildon Ph	5:22.45	658					
	50m 32.56	100m 1:09.85	150m 1:51.42	200m 2:31.09	250m 3:20.00	300m 4:10.75	350m 4:47.54	400m 5:22.45		
3.	Erin O'MEARA	14	Watford SC	5:23.92	650					
	50m 33.36	100m 1:12.68	150m 1:57.23	200m 2:40.13	250m 3:25.54	300m 4:11.05	350m 4:49.15	400m 5:23.92		
4.	Lucie PECK	14	West Norfolk	5:24.22	649					
	50m 32.59	100m 1:12.39	150m 1:53.66	200m 2:36.01	250m 3:22.96	300m 4:12.32	350m 4:49.17	400m 5:24.22		
5.	Ella HALE	14	West Suffolk	5:25.73	640					
	50m 33.40	100m 1:15.89	150m 1:59.29	200m 2:43.48	250m 3:28.09	300m 4:16.35	350m 4:51.54	400m 5:25.73		
6.	Katie HAMMOND	14	Co Cambridge	5:25.87	640					
	50m 33.44	100m 1:12.10	150m 1:55.86	200m 2:38.75	250m 3:27.19	300m 4:16.02	350m 4:51.80	400m 5:25.87		
7.	Grace KING	14	teampswich	5:29.22	622					
	50m 33.96	100m 1:15.13	150m 1:57.62	200m 2:39.23	250m 3:24.99	300m 4:12.32	350m 4:51.90	400m 5:29.22		
8.	Matilda MEYRICK	14	Norfolk Vikg	5:29.41	621					
	50m 35.13	100m 1:18.77	150m 2:00.08	200m 2:38.99	250m 3:28.84	300m 4:15.75	350m 4:54.02	400m 5:29.41		
9.	Jessica WOODWARD	14	Potters Bar	5:29.99	618					
	50m 33.97	100m 1:14.95	150m 1:59.18	200m 2:43.02	250m 3:29.45	300m 4:17.28	350m 4:54.71	400m 5:29.99		
10.	Imogen BLOOMFIELD	14	Co Cambridge	5:34.34	596					
	50m 35.14	100m 1:19.35	150m 2:04.19	200m 2:47.69	250m 3:32.83	300m 4:19.84	350m 4:57.64	400m 5:34.34		
11.	Abbie BARNWELL	14	Team Luton	5:38.29	576					
	50m 35.58	100m 1:17.74	150m 2:04.18	200m 2:49.12	250m 3:36.44	300m 4:25.14	350m 5:02.00	400m 5:38.29		
12.	Daisy SANDON	14	Stevenage	5:40.48	565					
	50m 35.10	100m 1:16.71	150m 2:00.46	200m 2:42.99	250m 3:33.83	300m 4:25.66	350m 5:03.47	400m 5:40.48		
13.	Millie TURNER	14	Basildon Ph	5:40.54	565					
	50m 35.79	100m 1:17.76	150m 1:59.08	200m 2:40.25	250m 3:32.41	300m 4:25.59	350m 5:03.64	400m 5:40.54		
14.	Lauren YOUNG	14	Hatfield	5:40.68	564					
	50m 36.57	100m 1:19.61	150m 2:02.16	200m 2:44.54	250m 3:37.13	300m 4:31.08	350m 5:06.10	400m 5:40.68		
15.	Anna FALLON	14	Team Luton	5:41.27	562					
	50m 36.46	100m 1:20.14	150m 2:03.62	200m 2:47.32	250m 3:36.57	300m 4:26.82	350m 5:05.07	400m 5:41.27		
16.	Rebecca SMITH	14	Norwich Swan	5:44.41	547					
	50m 34.63	100m 1:16.35	150m 1:59.92	200m 2:42.39	250m 3:33.80	300m 4:25.67	350m 5:05.34	400m 5:44.41		
17.	Phoebe BRENNAN	14	Thurrock	5:53.25	508					
	50m 35.90	100m 1:22.06	150m 2:06.84	200m 2:49.67	250m 3:40.89	300m 4:33.31	350m 5:14.05	400m 5:53.25		
18.	Libby MAGILL	14	Hatfield	5:54.06	504					
	50m 35.15	100m 1:18.72	150m 2:02.60	200m 2:45.96	250m 3:40.11	300m 4:33.89	350m 5:14.55	400m 5:54.06		



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EVENT 531 FINAL OF EVENT 511 Mens 11/12 Yrs 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Jude HILLS	12	Bo Southend	2:39.91	392	35.24	1:18.49	1:59.87
2.	Jenson HURRELL	12	Thurrock	2:40.64	387	35.50	1:18.98	2:00.56
3.	Peter SOCZEWKA	12	Hatfield	2:44.50	357	35.02	1:17.98	2:01.56
4.	Denis MORINE	12	Chelmsford	2:47.93	333	35.72	1:18.31	2:02.76
5.	Daniel ORD	12	Watford SC	2:49.26	325	35.43	1:20.07	2:04.50
6.	Christopher WILLIAMSON	12	Co Cambridge	2:49.93	320	35.82	1:18.69	2:02.95
7.	Nikita CHARYKIN	11	Thurrock	2:55.57	286	37.59	1:23.33	2:09.56
8.	Enzo LIM	12	Watford SC	2:55.83	284	36.27	1:20.57	2:05.76

EVENT 532 FINAL OF EVENT 511 Mens 13 Yrs 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Michael KLIMASZEWSKI	13	Hatfield	2:20.06	587	31.02	1:07.20	1:43.07
2.	Connor WALKER	13	Co Peterboro	2:26.30	517	31.76	1:08.42	1:46.21
3.	Rhys DAVIDSON	13	Team Luton	2:31.26	467	33.62	1:12.49	1:51.69
4.	Ethan PEIRCE	13	Harlow Pen	2:33.77	444	33.35	1:12.20	1:51.84
5.	Mide OLAJIDE	13	Thurrock	2:36.17	423	33.37	1:14.08	1:54.38
6.	Akshay PISSAY	13	UEA Norwich	2:39.63	395	34.18	1:14.36	1:56.11
7.	Euan HIGGS	13	Chelmsford	2:41.44	380	34.91	1:15.58	1:58.67
8.	Luke BARTON	13	Lstoft & OB	2:45.95	347	34.88	1:16.19	2:00.51

EVENT 533 FINAL OF EVENT 511 Mens 14 Yrs 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Nathan WOODROW	14	UEA Norwich	2:16.81	627	29.61	1:05.00	1:40.95
2.	Devesh KAPOOR	14	Watford SC	2:20.63	580	30.47	1:05.67	1:42.09
3.	Ciaran RICHES	14	West Suffolk	2:23.74	544	30.59	1:07.38	1:44.37
4.	Jack TURRELL	14	Basildon Ph	2:25.31	527	30.90	1:08.32	1:47.19
5.	Daniel MURTAGH	14	Hatfield	2:26.07	519	31.47	1:08.48	1:46.46
6.	Teal'K SMITH	14	Beccles Town	2:34.10	441	32.56	1:12.24	1:53.73
7.	Henry FERRIES	14	Basildon Ph	2:35.81	426	33.16	1:12.19	1:54.02
8.	Luke PESTAILLE	14	Hatfield	2:40.38	389	33.56	1:14.49	1:58.06

EVENT 534 FINAL OF EVENT 512 Womens 11/12 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Charlotte WHITE	12	West Suffolk	2:50.57	638	38.52	1:23.07	2:06.51
2.	Holly LAMB	12	Southend	3:02.39	527	41.20	1:27.53	2:15.20
3.	Beth YOUNG	11	Felixstowe	3:04.20	512	40.02	1:27.93	2:17.68
4.	Georgia PRITCHARD	12	Hatfield	3:04.32	511	41.72	1:30.22	2:17.51
5.	Ruby GREENHALF	12	UEA Norwich	3:06.40	494	43.46	1:31.78	2:19.27
6.	Isla WINSLOW	12	UEA Norwich	3:07.69	484	42.61	1:30.30	2:19.94
7.	Anna BROWNE	12	UEA Norwich	3:12.93	445	42.37	1:32.14	2:22.31
8.	Charlotte NORMAN	12	Colchester	3:15.08	429	44.46	1:33.85	2:25.42

EVENT 535 FINAL OF EVENT 512 Womens 13 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Ela NORTON	13	Hatfield	2:51.25	631	38.79	1:23.21	2:07.90
2.	Charlotte ABRAMSON	13	UEA Norwich	2:51.83	625	40.60	1:24.81	2:09.10
3.	Molly MONK	13	Dereham	2:56.35	581	39.75	1:25.70	2:11.29
4.	Alice FASEY	13	Thefford	2:57.28	572	39.97	1:25.49	2:12.15
5.	Niamh KELLY	13	Hatfield	2:57.31	572	40.44	1:25.81	2:11.47
6.	Ciara WOOKEY	13	Colchester	2:57.34	572	39.38	1:25.06	2:11.22
7.	Polly FISH	13	Co Cambridge	3:00.96	539	41.02	1:26.97	2:14.41
8.	Charlotte TREE	13	Colchester	3:01.38	536	40.65	1:26.66	2:13.84

EVENT 536 FINAL OF EVENT 512 Womens 14 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Angharad EVANS	14	West Suffolk	2:40.79	747	36.01	1:17.06	1:58.79
2.	Imogen BLOOMFIELD	14	Co Cambridge	2:46.62	680	38.04	1:20.48	2:03.19
3.	Erin O'MEARA	14	Watford SC	2:50.44	639	38.54	1:22.36	2:06.37
4.	Ellie MATTHEWS	14	Putteridge	2:51.95	624	39.17	1:22.37	2:07.07
5.	Grace STEDMAN	14	Co St Albans	2:52.37	620	38.83	1:22.71	2:07.56
6.	Grace KING	14	teamipswich	2:55.02	594	38.60	1:23.57	2:08.99
7.	Millie CLARK	14	Cheshunt	2:55.37	590	39.82	1:24.00	2:09.36
8.	Ella HALE	14	West Suffolk	2:56.86	576	39.65	1:24.98	2:11.23



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EVENT 537 FINAL OF EVENT 513 Mens 11/12 Yrs 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Olivier VEDRENNE	12	UEA Norwich	1:19.91	456	38.73
2.	Edward MERHAN	12	West Suffolk	1:20.41	447	37.86
3.	Marcus MOSCUZZA	12	St Felix Sch	1:20.73	442	38.30
4.	Tyler TOMBS	12	Chelmsford	1:23.15	402	39.77
5.	Noah CRABB	12	teamipswich	1:24.31	384	39.99
6.	Alexander WILLIAMS	12	Watford SC	1:26.88	348	40.89
7.	James GISBORNE	12	Bishop Stort	1:27.60	339	40.97
8.	Louis WALKER	12	Colchester	1:28.56	326	41.13

EVENT 538 FINAL OF EVENT 513 Mens 13 Yrs 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	James QUINN	13	St Ives	1:13.41	586	34.96
2.	Sam WILLIAMSON	13	Hatfield	1:14.00	573	35.42
3.	Matthew DEBENHAM	13	teamipswich	1:15.13	548	35.30
4.	Samuel RENNIE	13	Braintree	1:18.86	475	37.40
5.	Harrison JARVIS	13	Thurrock	1:18.96	473	36.98
6.	Owen THOMAS	13	Modernian	1:20.02	454	37.52
7.	Naythan AUNG	13	Colchester	1:20.94	438	38.17
8.	Yuto WATANABE	13	Hatfield	1:21.01	437	37.21

EVENT 539 FINAL OF EVENT 513 Mens 14 Yrs 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Finn JEFFERY	14	St Felix Sch	1:12.30	612	33.87
2.	James DILLON	14	Basildon Ph	1:13.01	595	33.70
3.	Mattias MORSE	14	Hemel Hemp	1:15.55	539	35.67
4.	Freddie LAWS	14	West Norfolk	1:15.72	536	35.92
5.	Samuel BULLINGHAM	14	West Suffolk	1:16.19	526	35.75
6.	Lewis SHAYLER	14	Watford SC	1:16.53	519	36.02
7.	Harvey HALL	14	Deben	1:16.59	518	35.38
8.	Owen WEBSTER	14	St Felix Sch	1:17.30	504	36.49

EVENT 540 FINAL OF EVENT 514 Womens 11/12 Yrs 50m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Bethan ENDICOTT	12	St Ives	31.22	622	
2.	Ruby DAGLESS	12	Dereham	31.30	618	
3.	Valeria GIRON	12	Hatfield	32.17	572	
4.	Anita TIEN	12	Colchester	32.56	552	
5.	Matilda BOGLE	11	teamipswich	32.60	550	
6.	Ciara TAYLOR	12	Co Ely	33.12	525	
7.	Hannah COLLETT	12	Basildon Ph	33.17	523	
8.	Emily COOPER	12	Basildon Ph	33.52	507	

EVENT 541 FINAL OF EVENT 514 Womens 13 Yrs 50m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sophie FREEMAN	13	Colchester	29.01	757	
2.	Rachel ANDREWS	13	C Beds SS	30.92	639	
3.	Safia BUTTON	13	teamipswich	30.95	637	
4.	May BRADBURN	13	Chelmsford	30.97	636	
5.	Brenna HOWELL	13	Co Peterboro	31.84	589	
6.	Polly FISH	13	Co Cambridge	31.86	588	
7.	Imogen BLOCK	13	Lstoft & OB	32.27	566	
8.	Nancy NEAVE	13	Braintree	32.34	563	

EVENT 542 FINAL OF EVENT 514 Womens 14 Yrs 50m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sara KALAWSKA	14	Hatfield	29.54	722	
2.	Chloe BERKO-BOATENG	14	Cheshunt	29.98	695	
3.	Lily MERRETT	14	Hoddesdon	29.99	694	
4.	Sacha THOMAS	14	UEA Norwich	30.56	660	
5.	Ella HALE	14	West Suffolk	30.58	658	
6.	Angharad EVANS	14	West Suffolk	30.68	653	
7.	Libby DUNFORD	14	Hoddesdon	30.74	649	
8.	Tilly MAYES	14	Thurrock	30.78	647	



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EVENT 543 FINAL OF EVENT 521 Mens 11/12 Yrs 200m IM

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Olivier VEDRENNE	12	UEA Norwich	2:38.01	448	33.77	1:15.73	1:58.84
2.	Jude HILLS	12	Bo Southend	2:40.33	428	34.41	1:14.42	2:04.00
3.	Marcus MOSCUZZA	12	St Felix Sch	2:42.07	414	34.43	1:20.65	2:04.73
4.	Peter SOCZEWKA	12	Hatfield	2:46.21	382	34.58	1:18.83	2:09.51
5.	Charlie SUMMER	12	Dereham	2:47.38	373	34.45	1:19.71	2:09.90
6.	Benjamin ASHDOWN	12	Modernian	2:48.39	365	38.05	1:22.00	2:11.15
7.	Edward MERHAN	12	West Suffolk	2:49.06	361	35.60	1:22.85	2:08.05
8.	Enzo LIM	12	Watford SC	2:52.71	336	35.19	1:20.95	2:14.19

EVENT 544 FINAL OF EVENT 521 Mens 13 Yrs 200m IM

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Chester LEEMING	13	St Felix Sch	2:24.32	587	31.28	1:07.99	1:51.33
2.	Alessandro RIODA	13	Harlow Pen	2:25.54	573	29.67	1:07.42	1:51.57
3.	Rhys DAVIDSON	13	Team Luton	2:27.83	548	32.81	1:10.77	1:55.02
4.	Thomas OGDEN	13	Bishop Stort	2:29.00	535	32.10	1:11.09	1:54.59
5.	Akshay PISSAY	13	UEA Norwich	2:33.44	490	32.46	1:11.97	1:58.42
6.	Robert ADDIS	13	West Norfolk	2:33.53	490	32.32	1:12.96	1:57.95
7.	Sam WILLIAMSON	13	Hatfield	2:34.77	478	31.82	1:14.19	1:57.26
8.	Connor WALKER	13	Co Peterboro	2:37.34	454	31.56	1:10.31	2:01.67

EVENT 545 FINAL OF EVENT 521 Mens 14 Yrs 200m IM

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Nathan WOODROW	14	UEA Norwich	2:20.30	635	29.65	1:07.70	1:48.41
2.	Samuel ROSE	14	West Norfolk	2:24.55	584	30.20	1:08.41	1:51.59
3.	Finn JEFFERY	14	St Felix Sch	2:26.54	562	30.92	1:11.66	1:52.44
4.	Daniel MURTAGH	14	Hatfield	2:26.58	561	30.23	1:07.95	1:53.05
5.	Jack TURRELL	14	Basildon Ph	2:27.05	556	30.28	1:09.68	1:54.20
6.	Callum STEDMAN	14	Dereham	2:28.57	540	32.17	1:11.27	1:54.84
7.	William PESTELL	14	teamipswich	2:29.14	534	31.00	1:11.69	1:54.46
8.	Ciaran RICHES	14	West Suffolk	2:29.87	526	30.33	1:08.94	1:56.64

EVENT 546 FINAL OF EVENT 522 Womens 11/12 Yrs 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Charlotte NORMAN	12	Colchester	1:11.56	618	34.36
2.	Erin LITTLE	12	Chelmsford	1:12.56	594	35.83
3.	Francesca LOW	12	Chelmsford	1:12.84	588	35.77
4.	Sophie LANDER	12	Stowmarket	1:13.46	574	36.16
5.	Emily COOPER	12	Basildon Ph	1:13.91	564	35.51
6.	Ella TURNER	12	Basildon Ph	1:14.03	561	36.96
7.	Leah WIGHTMAN	12	West Norfolk	1:15.11	538	36.23
8.	Matilda BOGLE	11	teamipswich	1:15.48	530	37.14

EVENT 547 FINAL OF EVENT 522 Womens 13 Yrs 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Carys BREALEY	13	Harlow Pen	1:08.36	699	33.10
2.	Sophie FREEMAN	13	Colchester	1:08.47	696	33.24
3.	Imogen BLOCK	13	Lstof & OB	1:08.98	683	33.23
4.	Safia BUTTON	13	teamipswich	1:09.36	673	34.08
5.	Gemma PETERS	13	UEA Norwich	1:09.77	662	34.02
6.	Jessica KEOGH	13	Hatfield	1:11.10	629	34.47
7.	Ella MCGHIE	13	Co Peterboro	1:12.34	599	35.24
8.	Grace WALLER	13	Basildon Ph	1:13.73	568	35.47

EVENT 548 FINAL OF EVENT 522 Womens 14 Yrs 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Emma CRUICKSHANKS	14	teamipswich	1:07.32	728	32.57
2.	Emily WHITE	14	teamipswich	1:09.02	682	33.57
3.	Matilda MEYRICK	14	Norfolk Vikg	1:09.37	672	33.13
4.	Eve WRIGHT	14	Co Peterboro	1:09.96	657	33.46
5.	Lily MERRETT	14	Hoddesdon	1:11.48	619	34.98
6.	Ellie CRONIN	14	Harlow Pen	1:11.58	617	34.82
7.	Hannah O'CONNOR	14	West Suffolk	1:11.62	616	34.64
8.	Isabel HARBUR	14	Verulam	1:11.72	614	35.01



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EVENT 549 FINAL OF EVENT 523 Mens 11/12 Yrs 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Oskar FARKAS	12	Co Cambridge	1:03.17	469	30.38
2.	Finley COMAN	12	Gt Yarmouth	1:04.11	448	30.77
3.	Aidan PILCHER	12	teamipswich	1:04.29	444	30.82
4.	Jude HILLS	12	Bo Southend	1:05.89	411	31.93
5.	Samuel PYEFINCH	12	Tring	1:06.13	406	31.79
6.	Enzo LIM	12	Watford SC	1:06.23	404	31.43
7.	Mason ALLEN	11	Basildon Ph	1:07.25	385	32.01
8.	Elliot GLADWELL	12	Hadleigh	1:08.17	368	32.46

EVENT 550 FINAL OF EVENT 523 Mens 13 Yrs 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Harrison RIDER	13	Basildon Ph	58.73	582	28.24
2.	Sam WILLIAMSON	13	Hatfield	58.81	580	28.93
3.	Sam TOWNSEND	13	C Beds SS	59.86	551	28.82
4.	Ryan DAVIS	13	Epping Fort	1:00.39	537	29.22
5.	Alessandro RIODA	13	Harlow Pen	1:00.68	529	29.25
6.	Michael KLIMASZEWSKI	13	Hatfield	1:00.75	528	28.90
7.	Damon ELLIOTT	13	DunmowAtlant	1:00.78	527	28.62
8.	Ethan PEIRCE	13	Harlow Pen	1:02.44	486	29.42

EVENT 551 FINAL OF EVENT 523 Mens 14 Yrs 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Henry NEWELL	14	Newmarket	57.38	621	27.53
2.	Nathan WOODROW	14	UEA Norwich	58.14	599	28.41
3.	Harry MCLAGAN	14	Chelmsford	58.30	594	28.02
4.	Louis STEPHEN	14	Brentwood	58.98	575	28.23
5.	Samuel MILLER	14	Bo Southend	59.96	548	28.53
6.	Ciaran RICHES	14	West Suffolk	1:00.18	542	28.67
7.	Daniel MURTAGH	14	Hatfield	1:00.70	529	29.25
8.	James CORNER	14	Berkhamsted	1:01.02	521	29.00



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EVENT 552 FINAL OF EVENT 524 Womens 11/12 Yrs 50m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Erin LITTLE	12	Chelmsford	29.78	588
2.	Teni OGUNLESI	12	Thurrock	29.84	585
3.	Sophie LANDER	12	Stowmarket	30.01	576
4.	Francesca LOW	12	Chelmsford	30.02	575
5.	Emilia DUNWOODIE	12	Co St Albans	30.14	568
6.	Daisy MOXHAM	12	Co Cambridge	30.25	563
7.	Ruby DAGLESS	12	Dereham	30.28	561
8.	Abigail GOTTS	12	Norfolk Vikg	30.57	546

EVENT 553 FINAL OF EVENT 524 Womens 13 Yrs 50m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sophie FREEMAN	13	Colchester	27.52	729
2.	Safia BUTTON	13	teamipswich	28.26	680
3.	Carys BREALEY	13	Harlow Pen	28.51	664
4.	Ellie HOLLISS	13	Co St Albans	29.26	618
5.	Grace WALLER	13	Basildon Ph	29.33	614
6.	Lucy MORGAN	13	Colchester	29.41	609
7.	Jessica KEOGH	13	Hatfield	29.50	604
8.	Imogen BLOCK	13	Lstoft & OB	29.79	588

EVENT 554 FINAL OF EVENT 524 Womens 14 Yrs 50m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Isabel WAINWRIGHT	14	Modernian	28.14	688
2.	Angharad EVANS	14	West Suffolk	28.19	684
3.	Ella HALE	14	West Suffolk	28.48	666
4.	Libby DUNFORD	14	Hoddesdon	28.56	661
5.	Annabelle BURGESS	14	teamipswich	28.59	659
6.	Sacha THOMAS	14	UEA Norwich	28.69	653
7.	Jessica WOODWARD	14	Potters Bar	28.75	649
8.	Tilly MAYES	14	Thurrock	28.80	646

EVENT 555 FINAL OF EVENT 525 Mens 11/12 Yrs 200m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Joseph BAVEY	12	Newmarket	2:29.06	509	34.93	1:13.06	1:51.65
2.	Aidan PILCHER	12	teamipswich	2:33.86	462	36.46	1:16.75	1:55.31
3.	Jack HILL	12	Linslade	2:35.94	443	35.60	1:16.42	1:56.66
4.	Jude HILLS	12	Bo Southend	2:36.73	436	37.85	1:18.97	1:59.32
5.	Jenson HURRELL	12	Thurrock	2:37.06	434	37.41	1:18.03	1:59.22
6.	Michael CONNICK	12	Deben	2:39.61	412	37.95	1:18.65	1:59.47
7.	Nikita CHARYKIN	11	Thurrock	2:41.06	400	37.79	1:18.74	2:00.88
8.	Oskar FARKAS	12	Co Cambridge	2:44.13	376	38.26	1:19.59	2:01.65

EVENT 556 FINAL OF EVENT 525 Mens 13 Yrs 200m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Chester LEEMING	13	St Felix Sch	2:21.06	597	33.31	1:08.85	1:45.13
2.	Ketan RACH	13	Watford SC	2:26.55	535	33.59	1:10.65	1:48.81
3.	Thomas OGDEN	13	Bishop Stort	2:28.49	515	34.91	1:12.71	1:50.99
4.	Rhys DAVIDSON	13	Team Luton	2:29.31	506	34.53	1:13.04	1:51.78
5.	Naythan AUNG	13	Colchester	2:32.74	473	34.48	1:12.82	1:53.00
6.	Jack SKERRY	13	Chelmsford	2:33.40	467	35.71	1:15.05	1:55.09
7.	Ethan GELL	13	Linslade	2:34.07	460	35.46	1:14.83	1:55.73
8.	Fabian BRUDNICKI	13	Co Peterboro	2:39.45	413	36.91	1:17.34	1:58.96

EVENT 557 FINAL OF EVENT 525 Mens 14 Yrs 200m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Walter HACKETT	14	Dunstable	2:21.39	593	31.82	1:07.66	1:44.99
2.	Zane BATT	14	Cheshunt	2:22.66	578	32.27	1:08.16	1:45.70
3.	Henry NEWELL	14	Newmarket	2:24.26	560	34.08	1:11.17	1:48.35
4.	Samuel COSTIN	14	Basildon Ph	2:25.97	541	34.09	1:11.74	1:49.19
5.	Ben WOODHOUSE	14	Norwich Swan	2:26.05	540	34.42	1:11.53	1:49.13
6.	Thomas BELCHER	14	Modernian	2:29.46	505	34.10	1:12.22	1:51.28
7.	Alexander CATTON	14	Bishop Stort	2:31.37	486	34.14	1:12.58	1:51.67
8.	Luke PESTAILLE	14	Hatfield	2:33.37	467	35.51	1:14.39	1:54.71



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EVENT 611 Womens 800m Freestyle

Regional Record Junior - 8:48.71

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Erin LITTLE	12	Chelmsford	10:06.00	609
	50m 33.13	100m 1:10.17	150m 1:47.91	200m 2:26.22	250m 3:04.11
	450m 6:57.23	500m 6:18.56	550m 8:15.39	600m 7:36.86	650m 9:30.48
					300m 3:42.77
					350m 4:21.19
					400m 4:59.85
					700m 8:54.15
					750m -
					800m 10:06.00
2.	Charlotte NORMAN	12	Colchester	10:18.44	575
	50m 33.87	100m 1:13.32	150m 1:52.95	200m 2:32.45	250m 3:11.16
	450m 5:46.82	500m 6:25.75	550m 7:04.40	600m 7:43.76	650m 8:22.25
					300m 3:50.52
					350m 4:29.21
					400m 5:08.58
					700m 9:02.21
					750m 9:40.22
					800m 10:18.44
3.	Holly LAMB	12	Southend	10:28.18	550
	50m 33.90	100m 1:12.57	150m 1:52.18	200m 2:31.41	250m 3:11.17
	450m 5:50.66	500m 6:30.31	550m 7:11.00	600m 7:51.49	650m 8:31.71
					300m 3:50.83
					350m 4:30.54
					400m 5:10.32
					700m 9:12.13
					750m 9:51.00
					800m 10:28.18
4.	Ella TURNER	12	Basildon Ph	10:36.95	528
	50m 35.07	100m 1:13.91	150m 1:53.13	200m 2:32.95	250m 3:12.97
	450m 5:55.32	500m 6:36.57	550m 7:17.09	600m 7:58.42	650m 8:40.12
					300m 3:53.26
					350m 4:33.38
					400m 5:14.24
					700m 9:20.90
					750m 10:00.26
					800m 10:36.95
5.	Leah WIGHTMAN	12	West Norfolk	10:44.38	510
	50m 34.08	100m 1:13.12	150m 1:53.47	200m 2:34.02	250m 3:14.46
	450m 5:59.17	500m 6:40.62	550m 7:22.40	600m 8:03.62	650m 8:44.83
					300m 3:55.16
					350m 4:35.66
					400m 5:17.64
					700m 9:25.37
					750m 10:06.25
					800m 10:44.38
6.	Georgia PRITCHARD	12	Hatfield	10:54.58	487
	50m 34.27	100m 1:14.87	150m 1:55.53	200m 2:37.36	250m 3:18.32
	450m 6:06.01	500m 6:48.50	550m 7:29.79	600m 8:12.22	650m 8:52.99
					300m 4:00.01
					350m 4:41.74
					400m 5:24.14
					700m 9:35.19
					750m 10:15.82
					800m 10:54.58
7.	Dayna SHEPPERSON	12	Cheshunt	11:08.52	456
	50m 36.34	100m 1:16.95	150m 1:58.92	200m 2:41.30	250m 3:23.41
	450m 6:13.73	500m 6:55.80	550m 7:38.03	600m 8:20.68	650m 9:03.16
					300m 4:05.46
					350m 4:48.61
					400m 5:31.38
					700m 9:45.70
					750m 10:27.35
					800m 11:08.52

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sophie FREEMAN	13	Colchester	9:32.02	713
	50m 31.16	100m 1:06.08	150m 1:41.67	200m 2:17.92	250m 2:53.80
	450m 5:18.56	500m 5:55.56	550m 6:31.98	600m 7:08.82	650m 7:45.28
					300m 3:30.28
					350m 4:05.94
					400m 4:42.44
					700m 8:21.84
					750m 8:57.26
					800m 9:32.02
2.	Harriet SALISBURY	13	Co Peterboro	9:58.70	630
	50m 33.25	100m 1:10.02	150m 1:47.41	200m 2:24.80	250m 3:02.18
	450m 5:33.79	500m 6:11.89	550m 6:49.73	600m 7:28.11	650m 8:06.29
					300m 3:39.85
					350m 4:17.63
					400m 4:55.64
					700m 8:44.56
					750m 9:22.18
					800m 9:58.70
3.	Charlotte TREE	13	Colchester	10:02.56	619
	50m 33.48	100m 1:09.81	150m 1:47.68	200m 2:25.71	250m 3:04.19
	450m 5:37.26	500m 6:15.42	550m 6:53.66	600m 7:31.76	650m 8:09.80
					300m 3:42.34
					350m 4:20.92
					400m 4:59.16
					700m 8:48.18
					750m 9:26.00
					800m 10:02.56
4.	Claudia LITTLE	13	Bo Southend	10:14.47	586
	50m 33.24	100m 1:09.91	150m 1:47.41	200m 2:25.08	250m 3:02.98
	450m 5:37.66	500m 6:17.21	550m 6:56.49	600m 7:36.40	650m 8:15.90
					300m 3:41.21
					350m 4:19.56
					400m 4:58.93
					700m 8:56.26
					750m 9:35.73
					800m 10:14.47
5.	Tess WESLEY	13	Newmarket	10:16.55	580
	50m 32.74	100m 1:09.46	150m 1:48.10	200m 2:27.31	250m 3:06.58
	450m 5:45.12	500m 6:24.32	550m 7:03.24	600m 7:42.69	650m 8:21.70
					300m 3:46.42
					350m 4:25.74
					400m 5:05.31
					700m 9:00.99
					750m 9:39.74
					800m 10:16.55

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Katie HAMMOND	14	Co Cambridge	9:41.44	682
	50m 32.07	100m 1:07.16	150m 1:43.13	200m 2:20.13	250m 2:56.34
	450m 5:24.55	500m 6:01.63	550m 6:38.14	600m 7:15.61	650m 7:52.40
					300m 3:33.52
					350m 4:10.62
					400m 4:48.43
					700m 8:29.66
					750m 9:05.75
					800m 9:41.44
2.	Rebecca HOWELL	14	Basildon Ph	9:43.54	676
	50m 32.34	100m 1:07.76	150m 1:44.10	200m 2:20.50	250m 2:57.48
	450m 5:24.96	500m 6:02.02	550m 6:38.57	600m 7:15.60	650m 7:52.72
					300m 3:34.17
					350m 4:10.70
					400m 4:48.22
					700m 8:30.35
					750m 9:07.65
					800m 9:43.54
3.	Lucie PECK	14	West Norfolk	9:47.62	663
	50m 32.29	100m 1:07.98	150m 1:44.05	200m 2:20.97	250m 2:57.66
	450m 5:27.65	500m 6:05.70	550m 6:43.03	600m 7:20.92	650m 7:57.92
					300m 3:35.08
					350m 4:12.40
					400m 4:50.20
					700m 8:35.60
					750m 9:12.32
					800m 9:47.62
4.	Lauren YOUNG	14	Hatfield	9:58.66	630
	50m 32.98	100m 1:09.95	150m 1:47.13	200m 2:24.96	250m 3:02.41
	450m 5:34.25	500m 6:13.36	550m 6:51.63	600m 7:29.82	650m 8:07.95
					300m 3:40.25
					350m 4:18.15
					400m 4:56.39
					700m 8:46.41
					750m 9:23.35
					800m 9:58.66



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Weekend two - Norwich

27th, 28th, & 29th May 2017
(Licensed Meet No. 1ER170220)

EVENT 612 Mens 1500m Freestyle

Regional Record Junior - 15:42.85

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Aidan PILCHER	12	teamipswich	19:11.68	495
	50m 33.69	100m 1:11.71	150m 1:50.21	200m 2:28.84	250m 3:07.52
	450m 5:42.48	500m 6:22.03	550m 7:01.03	600m 7:40.54	650m 8:20.56
	850m 10:56.93	900m 11:35.54	950m 12:14.58	1000m 12:54.05	1050m 13:31.96
	1250m 16:06.86	1300m 16:45.19	1350m 17:23.11	1400m 18:00.97	1450m 18:36.51
2.	Jude HILLS	12	Bo Southend	19:13.94	492
	50m 32.58	100m 1:10.63	150m 1:49.07	200m 2:27.44	250m 3:05.54
	450m 5:39.63	500m 6:19.23	550m 6:58.08	600m 7:37.06	650m 8:16.00
	850m 10:52.80	900m 11:32.19	950m 12:11.81	1000m 12:50.53	1050m 13:30.10
	1250m 16:04.56	1300m 16:43.61	1350m 17:21.31	1400m 17:59.80	1450m 18:36.64
3.	Joseph MCGILLIVRAY	12	Lstoft & OB	19:44.46	455
	50m 33.84	100m 1:12.20	150m 1:51.23	200m 2:29.89	250m 3:08.98
	450m 5:47.78	500m 6:27.34	550m 7:07.50	600m 7:47.78	650m 8:28.25
	850m 11:06.22	900m 11:46.40	950m 12:26.36	1000m 13:06.02	1050m 13:46.88
	1250m 16:28.47	1300m 17:08.38	1350m 17:48.97	1400m 18:28.41	1450m 19:07.68
4.	Denis MORINE	12	Chelmsford	20:04.17	432
	50m 35.05	100m 1:16.01	150m 1:56.53	200m 2:37.70	250m 3:17.45
	450m 6:00.04	500m 6:40.35	550m 7:21.23	600m 8:01.55	650m 8:42.34
	850m 11:22.91	900m 12:03.23	950m 12:43.80	1000m 13:23.90	1050m 14:04.10
	1250m 16:46.76	1300m 17:27.34	1350m 18:07.47	1400m 18:47.78	1450m 19:26.40
5.	Harry SHARPE	12	West Norfolk	20:13.18	422
	50m 35.65	100m 1:15.87	150m 1:55.69	200m 2:36.07	250m 3:16.61
	450m 5:59.98	500m 6:41.29	550m 7:22.38	600m 8:03.07	650m 8:44.04
	850m 11:27.91	900m 12:09.87	950m 12:50.70	1000m 13:31.96	1050m 14:12.66
	1250m 16:56.62	1300m 17:37.06	1350m 18:15.99	1400m 18:55.89	1450m 19:35.05
6.	Jenson HURRELL	12	Thurrock	20:18.21	416
	50m 35.54	100m 1:15.29	150m 1:55.88	200m 2:36.15	250m 3:17.02
	450m 5:57.50	500m 6:38.57	550m 7:19.36	600m 8:00.56	650m 8:42.09
	850m 11:26.40	900m 12:07.42	950m 12:48.20	1000m 13:29.13	1050m 14:10.00
	1250m 16:54.69	1300m 17:35.78	1350m 18:16.99	1400m 18:57.93	1450m 19:38.18
7.	Matthew MONIE	12	Co Cambridge	20:28.03	406
	50m 35.96	100m 1:17.25	150m 1:57.52	200m 2:38.38	250m 3:18.81
	450m 6:03.91	500m 6:46.07	550m 7:27.90	600m 8:09.59	650m 8:51.64
	850m 11:38.98	900m 12:20.66	950m 13:02.66	1000m 13:44.85	1050m 14:26.32
	1250m 17:08.98	1300m 17:49.73	1350m 18:30.36	1400m 19:10.92	1450m 19:49.95

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Joe COOPER	13	teamipswich	18:06.62	587
	50m 32.00	100m 1:07.01	150m 1:42.59	200m 2:18.40	250m 2:54.83
	450m 5:20.97	500m 5:57.23	550m 6:33.75	600m 7:10.12	650m 7:46.74
	850m 10:13.70	900m 10:50.13	950m 11:27.16	1000m 12:03.91	1050m 12:40.44
	1250m 15:06.98	1300m 15:43.09	1350m 16:20.11	1400m 16:56.29	1450m 17:32.40
2.	Rhys DAVIDSON	13	Team Luton	18:23.53	562
	50m 31.58	100m 1:07.47	150m 1:43.58	200m 2:20.55	250m 2:57.76
	450m 5:27.40	500m 6:04.81	550m 6:41.60	600m 7:19.32	650m 7:56.44
	850m 10:24.46	900m 11:01.85	950m 11:38.89	1000m 12:16.24	1050m 12:52.67
	1250m 15:21.78	1300m 15:59.11	1350m 16:35.93	1400m 17:12.67	1450m 17:48.71
3.	Chester LEEMING	13	St Felix Sch	18:24.21	561
	50m 31.70	100m 1:06.60	150m 1:42.46	200m 2:18.95	250m 2:55.75
	450m 5:23.43	500m 6:00.49	550m 6:37.36	600m 7:14.71	650m 7:51.65
	850m 10:20.83	900m 10:58.04	950m 11:35.16	1000m 12:12.64	1050m 12:49.81
	1250m 15:19.29	1300m 15:56.39	1350m 16:33.68	1400m 17:10.91	1450m 17:48.13
4.	Luke BARTON	13	Lstoft & OB	18:26.64	557
	50m 32.14	100m 1:07.88	150m 1:45.02	200m 2:22.24	250m 2:59.28
	450m 5:28.46	500m 6:06.00	550m 6:43.13	600m 7:20.38	650m 7:57.38
	850m 10:25.05	900m 11:02.49	950m 11:39.37	1000m 12:17.00	1050m 12:53.84
	1250m 15:22.63	1300m 15:59.63	1350m 16:36.89	1400m 17:14.04	1450m 17:50.72
5.	Robert ADDIS	13	West Norfolk	18:43.77	533
	50m 32.29	100m 1:08.04	150m 1:44.76	200m 2:21.98	250m 2:59.47
	450m 5:29.00	500m 6:06.71	550m 6:43.78	600m 7:21.32	650m 7:59.62
	850m 10:30.46	900m 11:08.50	950m 11:46.64	1000m 12:24.55	1050m 13:02.31
	1250m 15:34.76	1300m 16:13.10	1350m 16:50.92	1400m 17:29.41	1450m 18:06.60
6.	Jimmy TAYLOR	13	Thurrock	20:12.88	422
	50m 34.40	100m 1:13.95	150m 1:53.20	200m 2:32.59	250m 3:12.68
	450m 5:54.41	500m 6:35.09	550m 7:16.25	600m 7:56.26	650m 8:37.18
	850m 11:20.24	900m 12:01.33	950m 12:42.63	1000m 13:23.38	1050m 14:04.41
	1250m 16:48.65	1300m 17:29.72	1350m 18:10.15	1400m 18:51.06	1450m 19:31.98



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts				
1.	Owen WEBSTER	14	St Felix Sch	17:36.83	635				
	50m 31.03	100m 1:05.88	150m 1:40.45	200m 2:16.77	250m 2:51.78	300m 3:27.65	350m 4:02.39	400m 4:37.56	
	450m 5:11.75	500m 5:47.26	550m 6:22.80	600m 6:58.79	650m 7:33.43	700m 8:09.49	750m 8:44.51	800m 9:20.30	
	850m 9:54.84	900m 10:30.71	950m 11:06.27	1000m 11:42.40	1050m 12:17.91	1100m 12:53.90	1150m 13:29.49	1200m 14:05.96	
	1250m 14:41.76	1300m 15:16.95	1350m 15:52.21	1400m 16:28.15	1450m 17:03.04	1500m 17:36.83			
2.	Samuel ROSE	14	West Norfolk	18:03.72	592				
	50m 31.16	100m 1:06.25	150m 1:41.10	200m 2:17.27	250m 2:52.74	300m 3:28.55	350m 4:04.19	400m 4:40.75	
	450m 5:16.72	500m 5:53.83	550m 6:30.21	600m 7:07.20	650m 7:43.30	700m 8:20.88	750m 8:56.98	800m 9:33.95	
	850m 10:10.49	900m 10:47.85	950m 11:23.81	1000m 12:01.08	1050m 12:37.20	1100m 13:14.22	1150m 13:50.35	1200m 14:26.82	
	1250m 15:03.46	1300m 15:40.23	1350m 16:16.30	1400m 16:53.18	1450m 17:28.48	1500m 18:03.72			
3.	Callum STEDMAN	14	Dereham	18:10.59	581				
	50m 31.63	100m 1:07.08	150m 1:42.65	200m 2:19.09	250m 2:55.02	300m 3:32.09	350m 4:08.32	400m 4:45.57	
	450m 5:22.23	500m 5:59.27	550m 6:35.84	600m 7:13.18	650m 7:49.58	700m 8:26.77	750m 9:03.18	800m 9:40.72	
	850m 10:17.21	900m 10:54.44	950m 11:31.03	1000m 12:07.96	1050m 12:44.22	1100m 13:21.16	1150m 13:57.50	1200m 14:34.23	
	1250m 15:10.40	1300m 15:47.58	1350m 16:24.29	1400m 17:00.79	1450m 17:36.47	1500m 18:10.59			
4.	James SPEERS	14	Basildon Ph	18:19.08	568				
	50m 31.17	100m 1:07.10	150m 1:43.86	200m 2:19.50	250m 2:55.60	300m 3:33.13	350m 4:10.64	400m 4:48.57	
	450m 5:25.92	500m 6:03.98	550m 6:42.14	600m 7:20.07	650m 7:57.25	700m 8:34.71	750m 9:11.17	800m 9:48.79	
	850m 10:25.23	900m 11:02.16	950m 11:39.22	1000m 12:16.14	1050m 12:52.22	1100m 13:29.22	1150m 14:06.14	1200m 14:43.45	
	1250m 15:19.82	1300m 15:56.80	1350m 16:33.15	1400m 17:10.05	1450m 17:46.49	1500m 18:19.08			
5.	Teal'K SMITH	14	Beccles Town	18:34.08	546				
	50m 31.68	100m 1:07.71	150m 1:44.33	200m 2:21.30	250m 2:58.45	300m 3:35.51	350m 4:12.99	400m 4:50.49	
	450m 5:27.77	500m 6:05.18	550m 6:42.61	600m 7:20.25	650m 7:57.56	700m 8:34.85	750m 9:12.42	800m 9:49.83	
	850m 10:27.35	900m 11:04.84	950m 11:42.48	1000m 12:20.31	1050m 12:57.56	1100m 13:35.83	1150m 14:13.31	1200m 14:51.03	
	1250m 15:28.47	1300m 16:06.28	1350m 16:43.31	1400m 17:21.18	1450m 17:58.04	1500m 18:34.08			
6.	William TOZER	14	West Suffolk	18:54.85	518				
	50m 32.22	100m 1:08.94	150m 1:45.72	200m 2:23.72	250m 3:00.91	300m 3:38.91	350m 4:16.05	400m 4:52.90	
	450m 5:30.12	500m 6:08.15	550m 6:44.89	600m 7:22.67	650m 8:00.97	700m 8:38.90	750m 9:16.68	800m 9:54.89	
	850m 10:32.35	900m 11:11.65	950m 11:49.68	1000m 12:28.22	1050m 13:06.55	1100m 13:46.12	1150m 14:24.18	1200m 15:03.52	
	1250m 15:42.52	1300m 16:21.75	1350m 17:01.45	1400m 17:39.81	1450m 18:17.34	1500m 18:54.85			
7.	Joshua THURSTON-WOOLNO	14	Beccles Town	19:08.03	500				
	50m 32.05	100m 1:07.71	150m 1:44.12	200m 2:20.86	250m 2:58.58	300m 3:36.29	350m 4:13.83	400m 4:51.92	
	450m 5:30.49	500m 6:09.55	550m 6:47.96	600m 7:26.73	650m 8:06.14	700m 8:45.44	750m 9:24.91	800m 10:04.22	
	850m 10:43.34	900m 11:21.94	950m 12:01.00	1000m 12:39.91	1050m 13:19.02	1100m 13:57.83	1150m 14:36.57	1200m 15:16.04	
	1250m 15:55.16	1300m 16:35.58	1350m 17:14.80	1400m 17:52.97	1450m 18:30.76	1500m 19:08.03			



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EVENT 613 Womens 50m Breaststroke

Regional Record Junior - 32.04

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Charlotte WHITE	12	West Suffolk	38.14	570
2.	Erin LITTLE	12	Chelmsford	38.82	542
3.	Eloisa MILLER	12	C Beds SS	38.84	541
4.	Beth YOUNG	11	Felixstowe	39.44	517
5.	Lucy COIA-BELL	12	Co St Albans	39.90	500
6.	Francesca LOW	12	Chelmsford	40.25	487
7.	Holly LAMB	12	Southend	40.36	483
8.	Hollie ARMSTRONG	12	teampswich	40.46	479
9.	Emily COOPER	12	Basildon Ph	40.52	477
10.	Lily MACDONALD	12	UEA Norwich	40.72	470
11.	Megan BUNCLARK	12	Leiston	40.74	469
12.	Georgia PRITCHARD	12	Hatfield	40.75	469
13.	Ruby DAGLESS	12	Dereham	40.84	466
14.	Miriam STRATFOLD	11	Newmarket	40.90	463
15.	Madeleine TODD	12	St Ives	40.99	460
16.	Abigail GOTTS	12	Norfolk Viking	41.03	459
17.	Ruby GREENHALF	12	UEA Norwich	41.12	456
17.	Macy DEXTER	11	Co Cambridge	41.12	456
19.	Amber DUFF	12	teampswich	41.21	453
19.	Dayna SHEPPERSON	12	Cheshunt	41.21	453
21.	Ciara TAYLOR	12	Co Ely	41.24	452
22.	Anita TIEN	12	Colchester	41.38	447
23.	Susana OPOKU-GYAMFI	12	Team Luton	41.49	443
24.	Jessica WATSON	12	Modernian	41.59	440
25.	Isobel GELLER	12	Tring	41.64	438
26.	Kirsty FUGE	11	Hatfield	41.93	429
27.	Sophie JENKINSON	12	Basildon Ph	42.05	425
28.	Chloe BURNAGE	12	Modernian	42.12	423
29.	Jessica SHAW	12	March	42.21	420
30.	Isla WINSLOW	12	UEA Norwich	42.41	414
31.	Charlotte GILL	12	Brentwood	42.95	397
32.	Molly HARVEY	12	Mildenhall	43.01	395
33.	Bethan ENDICOTT	12	St Ives	43.16	391
34.	Isabelle KENWORTHY	11	UEA Norwich	43.43	383
35.	Teni OGUNLESI	12	Thurrock	43.51	381
36.	Jessica MAHONEY	12	Co Peterboro	43.63	377

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Ciara WOOKEY	13	Colchester	36.91	625
2.	Niamh KELLY	13	Hatfield	37.19	612
3.	Polly FISH	13	Co Cambridge	37.30	607
4.	Charlotte ABRAMSON	13	UEA Norwich	37.47	600
5.	Ela NORTON	13	Hatfield	37.61	593
6.	Jessica MUNFORD	13	Norwich Swan	37.86	582
7.	Alice FASEY	13	Thetford	38.61	550
8.	Sophie GRIFFIN	13	Co Peterboro	38.74	545
9.	Georgina MUNDAY	13	Modernian	38.77	544
10.	Rachel ANDREWS	13	C Beds SS	38.86	540
11.	Robyn WARD	13	Rochford	38.95	537
12.	Grace GUNTON	13	UEA Norwich	39.06	532
13.	Shannon STUBBS	13	UEA Norwich	39.23	525
14.	Caitlin HARTLEY	13	Hatfield	39.29	523
15.	Molly MONK	13	Dereham	39.40	519
16.	Lucy HUDSON	13	West Suffolk	39.67	508
17.	Isabelle CREASEY	13	Epping For't	39.80	503
18.	Kiara JESSOP	13	Lstof & OB	39.83	502
19.	Caitlin LOO	13	Hatfield	39.98	497
20.	Harriet CLEMENTS	13	Watford SC	40.03	495
21.	Isabella CHAPMAN	13	Harpenden	40.09	493
22.	Bruna REBELO	13	Hatfield	40.25	487
23.	Niamh SADLER	13	UEA Norwich	40.28	486
24.	Grace WALLER	13	Basildon Ph	40.35	483
25.	Daisy HERRINGTON	13	DunmowAtlant	40.37	482
26.	Hannah DALEY	13	Co Peterboro	40.79	467
27.	Rhianne CARRICK	13	Dunstable	40.96	461



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Angharad EVANS	14	West Suffolk	32.61	864
2.	Annabelle BURGESS	14	teamipswich	35.14	714
3.	Eleanor WILLIAMS	14	Watford SC	35.79	680
4.	Grace STEDMAN	14	Co St Albans	36.35	652
5.	Ellie MATTHEWS	14	Putteridge	36.54	643
6.	Iona TRAINER	14	Co Ely	36.80	631
7.	Rebecca GIROLAMI	14	Colchester	36.83	629
8.	Erin O'MEARA	14	Watford SC	36.91	625
9.	Poppy ALLEN	14	Basildon Ph	37.06	618
10.	Millie CLARK	14	Cheshunt	37.29	608
11.	Sara KALAWSKA	14	Hatfield	37.42	602
12.	Mollie WHITE	14	Norfolk Vikg	37.50	598
13.	Chiara ROGERS	14	Team Luton	37.77	586
14.	Imogen BLOOMFIELD	14	Co Cambridge	37.87	582
15.	Beth DENNIS	14	Wisbech	37.90	581
16.	Chloe LAVIN	14	Co St Albans	38.06	574
17.	Grace KING	14	teamipswich	38.10	572
18.	Sophie TAYLOR	14	DunmowAtlant	38.17	569
19.	Maia MORGAN	14	Dunstable	38.20	568
20.	Autumn HANDSCOMBE	14	C Beds SS	38.21	567
21.	Ellie-Mei SHEPPERSON	14	West Norfolk	38.22	567
22.	Emily WATSON	14	Modernian	38.38	560
23.	Niamh WAINWRIGHT	14	Chelmsford	38.44	558
24.	Jessica BOND	14	Hatfield	38.50	555
25.	Chloe BERKO-BOATENG	14	Cheshunt	38.65	549
26.	Isabelle ROSHER	14	teamipswich	38.73	546
27.	Ella HALE	14	West Suffolk	38.75	545
28.	Isabelle SOULSBY	14	Berkhamsted	38.90	539
29.	Tilly MAYES	14	Thurrock	39.31	522
30.	Jessica WOODWARD	14	Potters Bar	39.33	521
31.	Harriette SPRIGGS	14	Chelmsford	39.50	515
32.	Morgan ALLAN	14	Modernian	39.56	513
33.	Eliza CONNERY	14	Potters Bar	39.91	499
34.	Matilda MEYRICK	14	Norfolk Vikg	40.37	482
35.	Lily BEMMER	14	Deben	40.63	473
36.	Annie BAYLISS	14	Colchester	40.77	468
37.	Daria TEOBALD	14	Hitchin	40.78	468
38.	Libby CHAMBERS	14	Verulam	41.13	455
	Charlotte HUDSON	14	West Suffolk	DQ	



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EVENT 614 Mens 50m Breaststroke

Regional Record Junior - 31.11

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Edward MERHAN	12	West Suffolk	35.69	499
2.	Marcus MOSCUZZA	12	St Felix Sch	37.46	430
3.	Noah CRABB	12	teamipswich	37.51	428
4.	Olivier VEDRENNE	12	UEA Norwich	38.27	402
5.	Tyler TOMBS	12	Chelmsford	38.81	384
6.	Daniel MILLER	12	Linslade	39.04	376
7.	Alexander WILLIAMS	12	Watford SC	39.33	367
8.	Ethan ANGEL	11	teamipswich	39.54	361
9.	Alfie FRANCIS	12	Colchester	39.63	358
10.	Benjamin ASHDOWN	12	Modernian	39.92	350
11.	Eldrick MANELA	12	Stevenage	39.94	349
12.	James CLAY	12	Stowmarket	40.06	345
12.	Daniel AJETUMMOBI	12	Thurrock	40.06	345
14.	Barnabas CLARKE	11	UEA Norwich	40.22	341
15.	Finn MEENAN	12	Dunstable	40.43	335
16.	Louis WALKER	12	Colchester	40.54	332
17.	James GISBORNE	12	Bishop Stort	40.66	328
18.	Billy MEAD	12	Dunstable	40.68	328
19.	Maximilian DAVIES-HAYW	12	UEA Norwich	40.85	323
20.	Leonardo MALAGOLI	12	Hertford	40.91	322
21.	Daniel HOLLISS	11	Co St Albans	41.06	318
22.	Jacob STEPHEN	12	Brentwood	41.23	313
23.	Thomas OWEN	12	West Norfolk	41.24	313
24.	Enzo LIM	12	Watford SC	41.72	300
25.	Colin MOGHINA	12	Thurrock	41.79	299
26.	Charles TAVERNER	12	Watford SC	41.91	296
27.	Billy KNIBB	12	Linslade	41.96	294
28.	Christopher HOWE	12	Co Cambridge	42.05	292
29.	Brayden DOYLE	12	Brentwood	42.21	288
30.	James BELL	12	Norwich Swan	42.31	286
31.	Patrick WINNINGTON	12	DunmowAtlant	42.36	285
32.	Robert BRZECZEK	12	UEA Norwich	42.37	284
33.	Samuel PYEFINCH	12	Tring	42.56	280
34.	James CROSSFIELD	12	Deben	42.90	272
35.	Jack ABRAM	12	UEA Norwich	43.26	264
36.	Jan WOJTOWICZ	12	Putteridge	43.57	257
37.	Albert PAPWORTH	12	Co Peterboro	43.60	256
38.	Ryan ROBERTS	12	Dunstable	45.27	223

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sam WILLIAMSON	13	Hatfield	33.53	598
2.	James QUINN	13	St Ives	33.99	575
3.	Matthew DEBENHAM	13	teamipswich	34.77	539
4.	Owen THOMAS	13	Modernian	35.52	506
5.	Naythan AUNG	13	Colchester	35.67	500
6.	Harrison JARVIS	13	Thurrock	35.79	495
7.	Samuel RENNIE	13	Braintree	36.50	466
8.	Robert ADDIS	13	West Norfolk	36.85	452
9.	Johnny WILDE	13	Putteridge	36.88	451
10.	Akshay PISSAY	13	UEA Norwich	37.11	443
11.	Yuto WATANABE	13	Hatfield	37.51	428
12.	Ketan RACH	13	Watford SC	37.79	418
13.	Ethan GELL	13	Linslade	37.84	416
14.	Oliver ROGERS	13	Saffron Wald	38.17	405
15.	Jonanthan CHEUNG	13	Rochford	38.25	402
16.	Luke TAYLOR	13	Co Cambridge	38.30	401
17.	Matthew WEIMANN	13	Co Cambridge	38.49	394
18.	Benjamin GREEN	13	Watford SC	38.52	393
19.	Harry SWANN	13	Lstoft & OB	38.57	392
20.	Ashton NEO	13	Linslade	38.68	388
21.	Thomas HANLEY	13	Chatteris	38.96	379
22.	George WILLIAMS	13	Harpenden	39.46	363
23.	Bradley BORLAND	13	Putteridge	39.68	357



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	James DILLON	14	Basildon Ph	33.94	578
2.	Finn JEFFERY	14	St Felix Sch	34.11	570
3.	Harvey HALL	14	Deben	34.28	562
4.	Samuel BULLINGHAM	14	West Suffolk	35.08	525
5.	Louis ARMITAGE	14	Berkhamsted	35.11	524
6.	Freddie LAWS	14	West Norfolk	35.33	514
7.	Joshua HOLLAND	14	Hertford	35.36	513
8.	Lewis SHAYLER	14	Watford SC	35.42	510
9.	James MARTINEZ	14	West Suffolk	35.65	501
10.	Jack RICHARDSON	14	DunmowAtlant	35.67	500
11.	Louis STEPHEN	14	Brentwood	35.69	499
12.	Mattias MORSE	14	Hemel Hemp	35.76	496
12.	William ROBINS	14	C Beds SS	35.76	496
14.	Alfie FRANCIS	14	Potters Bar	35.79	495
15.	Walter HACKETT	14	Dunstable	35.82	493
16.	Henry KING	14	West Suffolk	36.01	486
17.	Seyi BANKOLE	14	Hemel Hemp	36.18	479
18.	Henry NEWELL	14	Newmarket	36.21	478
19.	Cameron NEWTON	14	Braintree	36.37	471
20.	Callum STEDMAN	14	Dereham	36.78	455
21.	Euan DONALD	14	Berkhamsted	36.88	451
22.	Owen WEBSTER	14	St Felix Sch	36.90	451
23.	Matthew NEWSON	14	Co Peterboro	37.27	437
24.	James SPEERS	14	Basildon Ph	37.38	433
25.	Thomas BENTLEY	14	Epping For't	37.86	416
26.	Joshua STEPHENS	14	St Felix Sch	38.04	409
27.	Samson MAIN	14	Bo Southend	38.18	405
28.	Matthew MUNNINGS	14	Diss Otters	38.30	401
29.	Benjamin REFSON	14	Potters Bar	38.45	396
30.	Austin LILLYWHITE	14	Biggleswade	38.80	384
31.	Louis BYRNE	14	Co Cambridge	39.28	369
	Benjamin CLAYTON-HARRI	14	Hatfield	DNC	



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EVENT 621 Womens 100m Butterfly

Regional Record Junior - 1:01.80

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Ruby DAGLESS	12	Dereham	1:10.29	590	32.99
2.	Valeria GIRON	12	Hatfield	1:12.12	548	33.70
3.	Bethan ENDICOTT	12	St Ives	1:14.11	506	33.44
4.	Holly LAMB	12	Southend	1:14.65	495	34.53
5.	Emily COOPER	12	Basildon Ph	1:14.81	492	35.01
6.	Matilda BOGLE	11	teamipswich	1:15.63	476	35.47
7.	Nonhlanhla THOLE	12	St Felix Sch	1:16.61	458	35.12
8.	Lily MACDONALD	12	UEA Norwich	1:16.86	453	36.06
9.	Molly GRIEVE	12	Colchester	1:17.70	438	35.72
10.	Kiera BLUNDEN	12	Chelmsford	1:17.91	434	35.27
11.	Lucy COIA-BELL	12	Co St Albans	1:18.04	432	36.29
12.	Ruby WHEELER	11	Basildon Ph	1:18.50	424	36.29
13.	Jessica SHAW	12	March	1:18.72	420	36.65
14.	Hannah COLLETT	12	Basildon Ph	1:18.87	418	35.82
15.	Megan BUNCLARK	12	Leiston	1:19.43	408	36.32
16.	Charlotte NORMAN	12	Colchester	1:19.45	408	36.00
17.	Molly COBBOLD	11	Hoddesdon	1:20.01	399	35.67
18.	Anita TIEN	12	Colchester	1:20.68	388	35.08
19.	Helena HALL	12	Deben	1:21.00	383	37.40
20.	Francesca BABER	11	Flitwick	1:21.06	382	37.03
21.	Ila NICHOLSON	12	Colchester	1:21.20	380	37.31
22.	Georgia PRITCHARD	12	Hatfield	1:21.71	373	37.38
23.	Michaela TAIWO	12	Thurrock	1:22.04	368	36.42
24.	Jessica MAHONEY	12	Co Peterboro	1:22.52	361	36.74
25.	Beth YOUNG	11	Felixstowe	1:22.75	357	37.08
26.	Hannah BROOKE	12	Harpenden	1:23.01	354	39.09
27.	Ruby GREENHALF	12	UEA Norwich	1:23.74	343	37.28
28.	Ella NIJKAMP	12	Berkhamsted	1:23.78	343	37.19
29.	Phoebe WHITE	12	Harlow Pen	1:25.59	319	37.37

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sophie FREEMAN	13	Colchester	1:05.68	711	30.22
2.	Safia BUTTON	13	teamipswich	1:09.96	598	31.77
3.	Rachel ANDREWS	13	C Beds SS	1:11.35	566	33.20
4.	Polly FISH	13	Co Cambridge	1:12.48	540	32.67
5.	May BRADBURN	13	Chelmsford	1:12.90	531	33.60
6.	Ellie WALKER	13	UEA Norwich	1:13.00	529	34.59
7.	Imogen BLOCK	13	Lstof & OB	1:13.33	522	33.33
8.	Rachel HA	13	Epping Fort	1:13.51	518	34.12
9.	Brenna HOWELL	13	Co Peterboro	1:13.68	515	33.22
10.	Ciara WOOKEY	13	Colchester	1:14.33	502	34.03
11.	Sophie GRIFFIN	13	Co Peterboro	1:14.57	497	34.51
12.	Nancy NEAVE	13	Braintree	1:15.09	486	33.80
13.	Charlotte ABRAMSON	13	UEA Norwich	1:15.43	480	34.36
14.	Maddie LEES	13	DunmowAtlant	1:16.03	468	35.19
15.	Astrid HUBBARD	13	West Norfolk	1:16.22	465	34.37
16.	Ella HOUSTON	13	Deben	1:16.80	454	35.65
17.	Bruna REBELO	13	Hatfield	1:17.25	446	35.37
18.	Caitlin LOO	13	Hatfield	1:17.32	445	34.46
19.	Cerys WILLIAMS	13	West Suffolk	1:17.39	443	34.97
20.	Grace GUNTON	13	UEA Norwich	1:17.68	438	35.78
21.	Lucy MORGAN	13	Colchester	1:18.28	428	35.51
22.	Bethan FUGE	13	Hatfield	1:19.63	405	36.80
23.	Charlotte TREE	13	Colchester	1:20.51	391	36.05
24.	Alanya SHAW	13	Norfolk Vikg	1:21.51	376	35.51



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sara KALAWSKA	14	Hatfield	1:06.46	689	31.46
2.	Lily MERRETT	14	Hoddesdon	1:07.52	660	31.09
3.	Angharad EVANS	14	West Suffolk	1:09.07	620	31.55
4.	Rebecca HOWELL	14	Basildon Ph	1:09.38	612	32.06
5.	Ella HALE	14	West Suffolk	1:09.44	611	31.10
6.	Jessica WOODWARD	14	Potters Bar	1:09.49	610	32.04
7.	Sacha THOMAS	14	UEA Norwich	1:09.67	605	31.65
8.	Chloe BERKO-BOATENG	14	Cheshunt	1:09.74	603	31.88
9.	Katie HAMMOND	14	Co Cambridge	1:10.04	596	32.72
10.	Lucie PECK	14	West Norfolk	1:10.86	577	32.31
11.	Oria KEAVENEY	14	Modernian	1:11.20	569	34.04
12.	Libby DUNFORD	14	Hoddesdon	1:11.33	566	32.49
13.	Matilda MEYRICK	14	Norfolk Vikg	1:11.92	553	33.88
14.	Erin O'MEARA	14	Watford SC	1:12.11	548	32.83
15.	Jessica HEESOM	14	Potters Bar	1:12.23	546	33.23
16.	Gracie KAY	14	Co Cambridge	1:12.57	538	33.76
17.	Daisy SANDON	14	Stevenage	1:12.69	536	33.59
18.	Victoria ROGERS	14	Basildon Ph	1:12.93	531	33.92
18.	Millie BATEMAN	14	UEA Norwich	1:12.93	531	33.97
20.	Rebecca SMITH	14	Norwich Swan	1:13.20	525	33.85
21.	Chiara ROGERS	14	Team Luton	1:13.22	524	33.66
22.	Lauren BROWNE	14	Co Peterboro	1:13.35	522	33.76
23.	Lily GENNER	14	West Suffolk	1:13.62	516	32.65
24.	Tilly MAYES	14	Thurrock	1:13.66	515	33.08
25.	Grace KING	14	teamipswich	1:14.12	506	33.60
26.	Katherine CHEESERIGHT	14	C Beds SS	1:14.26	503	34.47
27.	Lily BEMMER	14	Deben	1:14.55	497	34.52
28.	Niamh HIGGINS	14	Colchester	1:14.73	494	33.74
29.	Millie TURNER	14	Basildon Ph	1:15.69	475	35.06
30.	Libby MAGILL	14	Hatfield	1:15.72	474	34.46
31.	Iona TRAINER	14	Co Ely	1:16.50	460	33.27
32.	Charlotte HUDSON	14	West Suffolk	1:17.77	437	34.90



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EVENT 622 Mens 100m Butterfly

Regional Record Junior - 58.09

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Jude HILLS	12	Bo Southend	1:12.70	377	33.51
2.	Christopher WILLIAMSON	12	Co Cambridge	1:13.11	370	33.13
3.	Peter SOCZEWKA	12	Hatfield	1:13.69	360	33.69
4.	Samuel PYEFINCH	12	Tring	1:14.78	343	32.75
5.	Enzo LIM	12	Watford SC	1:15.15	337	34.53
6.	Alasdair WOOLGROVE	12	Co St Albans	1:15.89	326	35.21
6.	Jenson HURRELL	12	Thurrock	1:15.89	326	34.12
8.	Daniel ORD	12	Watford SC	1:15.95	325	35.40
9.	George GRICE	12	UEA Norwich	1:16.99	310	35.34
10.	Denis MORINE	12	Chelmsford	1:17.37	305	36.44
11.	Charlie SUMMER	12	Dereham	1:17.49	303	35.42
12.	Jack ABRAM	12	UEA Norwich	1:17.86	298	36.76
13.	Joseph BAVEY	12	Newmarket	1:18.05	296	35.46
14.	Jacob STEPHEN	12	Brentwood	1:19.00	283	36.49
15.	Nikita CHARYKIN	11	Thurrock	1:19.28	280	37.11
16.	Olivier VEDRENNE	12	UEA Norwich	1:19.36	279	35.78
17.	Henry JONES	12	Modernian	1:19.87	272	36.04
18.	Alexander WILLIAMS	12	Watford SC	1:19.96	271	36.59
19.	Tobin SARI	12	West Suffolk	1:19.99	271	37.23
20.	Oskar FARKAS	12	Co Cambridge	1:20.80	261	35.51
21.	William HAMM	12	Dunstable	1:21.66	251	37.04
22.	Arthur BERNANS	11	Basildon Ph	1:22.41	243	37.72
23.	Charles ROYLE	12	Basildon Ph	1:22.45	242	37.15
24.	Daniel PARKER	11	Braintree	1:23.16	235	37.67
25.	Kieran BIRKETT	12	Co St Albans	1:23.26	234	37.72
26.	Brayden DOYLE	12	Brentwood	1:23.51	231	38.69
27.	Thomas OWEN	12	West Norfolk	1:23.58	230	38.56
28.	Joseph KENNY	12	Leiston	1:23.94	227	36.74
29.	Barnabas CLARKE	11	UEA Norwich	1:24.30	223	37.82
30.	Finn COOPER	11	teamipswich	1:24.42	222	38.13
31.	Matthew MONIE	12	Co Cambridge	1:24.53	221	38.35
32.	Joshua HEESOM	12	Potters Bar	1:25.55	211	37.46
33.	Max HILL	11	Stevenage	1:27.95	189	39.14
34.	Albert PAPWORTH	12	Co Peterboro	1:30.71	167	39.47
35.	Fraser JOHNSON	12	Deben	1:34.04	144	40.81
	Daniel DIXON	12	Brentwood	DQ		

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Michael KLIMASZEWSKI	13	Hatfield	1:04.05	556	30.09
2.	Alessandro RIODA	13	Harlow Pen	1:04.82	537	29.98
3.	Connor WALKER	13	Co Peterboro	1:05.42	523	29.92
4.	Ethan PEIRCE	13	Harlow Pen	1:07.75	471	30.90
5.	Thomas OGDEN	13	Bishop Stort	1:08.51	455	32.53
6.	Damon ELLIOTT	13	DunmowAtlant	1:08.64	452	31.43
7.	Naythan AUNG	13	Colchester	1:09.00	445	32.75
8.	Brandon RILEY	13	Lstof & OB	1:09.29	439	32.00
9.	Sam TOWNSEND	13	C Beds SS	1:09.58	434	31.22
10.	Mide OLAJIDE	13	Thurrock	1:09.59	433	32.49
11.	Rhys DAVIDSON	13	Team Luton	1:09.96	426	32.55
12.	Akshay PISSAY	13	UEA Norwich	1:10.22	421	32.29
13.	Matthew DEBENHAM	13	teamipswich	1:10.70	412	32.57
14.	Harrison RIDER	13	Basildon Ph	1:10.72	412	32.04
15.	Xavier KIRCHIN	13	Leighton Buz	1:11.76	393	32.75
16.	Jimmy TAYLOR	13	Thurrock	1:12.75	376	33.84
17.	Jack SKERRY	13	Chelmsford	1:12.78	375	32.51
18.	Euan HIGGS	13	Chelmsford	1:13.39	365	33.36
19.	George WHITEMAN	13	Co Peterboro	1:14.27	351	34.37
20.	Kai CHENG	13	Colchester	1:14.30	350	35.32
21.	Benjamin GREEN	13	Watford SC	1:14.45	348	33.72
22.	Luke BARTON	13	Lstof & OB	1:15.05	339	34.60
23.	Joab CARR	13	St Felix Sch	1:15.13	337	33.99
24.	Tyler WATSON	13	Flitwick	1:15.90	326	35.27
25.	George WILLIAMS	13	Harpenden	1:16.50	317	35.43
26.	Jack PALLANT	13	Lstof & OB	1:17.04	310	35.62
27.	Connor HOUSTON	13	Deben	1:18.63	288	36.03
28.	Taylor COE	13	Cheshunt	1:19.00	283	35.54



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Nathan WOODROW	14	UEA Norwich	1:02.94	585	29.08
2.	Samuel ROSE	14	West Norfolk	1:03.98	558	29.79
3.	Ciaran RICHES	14	West Suffolk	1:04.13	554	29.53
4.	Devesh KAPOOR	14	Watford SC	1:04.63	542	30.02
5.	Jack TURRELL	14	Basildon Ph	1:04.67	541	30.10
6.	Daniel MURTAGH	14	Hatfield	1:05.13	530	30.12
7.	Joshua HOLLAND	14	Hertford	1:05.76	515	29.88
8.	Samuel MILLER	14	Bo Southend	1:07.53	476	30.77
9.	Mattias MORSE	14	Hemel Hemp	1:07.70	472	31.44
10.	Samuel BULLINGHAM	14	West Suffolk	1:08.08	464	30.89
11.	Matthew MUNNINGS	14	Diss Otters	1:08.17	462	31.90
12.	William PESTELL	14	teamipswich	1:08.51	455	31.25
13.	Edward MCFARLAND	14	C Beds SS	1:09.08	443	32.04
14.	Henry FERRIES	14	Basildon Ph	1:09.74	430	31.62
15.	James SPEERS	14	Basildon Ph	1:09.86	428	31.89
16.	Teal'K SMITH	14	Beccles Town	1:09.96	426	32.24
17.	Alfie WARNOCK	14	Putteridge	1:10.06	424	31.89
18.	Luke PESTAILLE	14	Hatfield	1:10.19	422	32.37
19.	Harry ARBUTHNOTT	14	Harpenden	1:11.22	403	32.95
19.	Daniel BLERKOM	14	Southend	1:11.22	403	32.47
21.	Joshua BRIDGELAND	14	Stevenage	1:11.24	402	32.51
22.	Ben WOODHOUSE	14	Norwich Swan	1:11.38	400	32.74
23.	Ciaran COOK	14	Co St Albans	1:12.02	388	33.10
24.	Matthew NEWSON	14	Co Peterboro	1:12.24	385	33.16
25.	Freddie LAWS	14	West Norfolk	1:12.27	384	33.47
26.	Max ASHKEN	14	Deben	1:12.51	380	32.92



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EVENT 623 Womens 50m Backstroke

Regional Record Junior - 29.55

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Charlotte NORMAN	12	Colchester	33.90	616
2.	Erin LITTLE	12	Chelmsford	33.99	612
3.	Sophie LANDER	12	Stowmarket	34.00	611
4.	Emilia DUNWOODIE	12	Co St Albans	34.32	595
5.	Francesca LOW	12	Chelmsford	34.47	588
6.	Emily COOPER	12	Basildon Ph	34.77	574
7.	Leah WIGHTMAN	12	West Norfolk	34.84	570
8.	Matilda BOGLE	11	teamipswich	34.91	567
9.	Ella TURNER	12	Basildon Ph	35.34	547
10.	Ruby DAGLESS	12	Dereham	35.52	539
11.	Clara WATSON-FLOWERS	11	St Felix Sch	35.58	537
12.	Macey POUNTAIN	12	UEA Norwich	35.59	536
13.	Holly DRIVER	12	Leiston	35.69	532
14.	Ella NIJKAMP	12	Berkhamsted	35.70	531
15.	Teni OGUNLESI	12	Thurrock	35.90	523
16.	Clara TAYLOR	12	Co Ely	35.91	522
17.	Anita TIEN	12	Colchester	36.06	516
18.	Kaia PHILLIPS	11	Bishop Stort	36.32	505
18.	Charlotte WHITE	12	West Suffolk	36.32	505
20.	Evie BURGESS	12	teamipswich	36.52	497
21.	Lily MACDONALD	12	UEA Norwich	36.56	495
22.	Molly COBBOLD	11	Hoddesdon	36.58	494
23.	Francesca TYLER	12	Felixstowe	36.63	492
24.	Hannah COLLETT	12	Basildon Ph	36.83	484
25.	Jessica MAHONEY	12	Co Peterboro	36.84	484
26.	Gemma NOTTAGE	12	Watford SC	36.98	478
27.	Megan BUNCLARK	12	Leiston	37.17	471
28.	Jessica SHAW	12	March	37.65	453
28.	Bethan ENDICOTT	12	St Ives	37.65	453
30.	Helena HALL	12	Deben	38.22	432

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sophie FREEMAN	13	Colchester	32.59	686
2.	Carys BREALEY	13	Harlow Pen	33.00	664
2.	Safia BUTTON	13	teamipswich	33.00	664
4.	Imogen BLOCK	13	Lstoft & OB	33.05	661
5.	Ella MCGHIE	13	Co Peterboro	33.06	660
6.	Gemma PETERS	13	UEA Norwich	33.21	652
7.	Sophie GRIFFIN	13	Co Peterboro	33.25	650
8.	Grace WALLER	13	Basildon Ph	33.41	642
9.	Jessica KEFFORD	13	Dunstable	33.62	631
10.	Georgina MUNDAY	13	Modernian	33.86	618
11.	Jessica KEOGH	13	Hatfield	33.93	615
12.	Georgina KNATCHBULL	13	Leighton Buz	34.05	609
13.	Harriet CLEMENTS	13	Watford SC	34.13	605
14.	Lucy MORGAN	13	Colchester	34.16	603
15.	Olivia ALDRED	13	Lstoft & OB	34.21	601
16.	Holly GRAVES	13	Co Peterboro	34.28	597
17.	Polly FISH	13	Co Cambridge	34.33	595
18.	Hannah DALEY	13	Co Peterboro	34.73	576
19.	Brenna HOWELL	13	Co Peterboro	34.78	573
20.	Lillian TAGG	13	Thurrock	34.85	570
21.	Isabella CHAPMAN	13	Harpden	34.89	568
22.	Astrid HUBBARD	13	West Norfolk	34.96	565
23.	Abigail HEWSON	13	Berkhamsted	34.97	564
24.	Ellie HOLLISS	13	Co St Albans	35.05	561
25.	Molly REDGRAVE	13	Colchester	35.08	559
26.	Lucy HUDSON	13	West Suffolk	35.16	556
26.	Eilidh DUNWOODIE	13	Co St Albans	35.16	556
28.	Sienna TREGLOHAN	13	Cheshunt	35.21	553
29.	Jessica ROBERTSON	13	Co St Albans	35.26	551
30.	Julianna MERCADO	13	Norwich Swan	35.76	529
31.	Nancy NEAVE	13	Braintree	35.78	528
32.	Millie FIELDS	13	Bishop Stort	35.84	525
33.	Mia CHANDLER	13	teamipswich	38.17	434



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Emma CRUICKSHANKS	14	teamipswich	31.86	729
2.	Emily WHYTE	14	teamipswich	32.22	708
3.	Eve WRIGHT	14	Co Peterboro	32.49	692
3.	Matilda MEYRICK	14	Norfolk Viking	32.49	692
5.	Lily MERRITT	14	Hoddesdon	32.52	690
6.	Isabel WAINWRIGHT	14	Modernian	32.95	666
7.	Libby DUNFORD	14	Hoddesdon	33.23	651
8.	Ellie CRONIN	14	Harlow Pen	33.34	645
9.	Hannah O'CONNOR	14	West Suffolk	33.42	641
10.	Autumn HANDSCOMBE	14	C Beds SS	33.56	634
11.	Gracie KAY	14	Co Cambridge	33.65	629
12.	Isabel HARBER	14	Verulam	33.72	625
13.	Morgan ALLAN	14	Modernian	33.75	624
14.	Bianka MISIKOVA	14	Hatfield	33.80	621
15.	Isabelle SOULSBY	14	Berkhamsted	33.94	614
16.	Bronte O'DEA	14	Runnymede	34.04	609
17.	Victoria ROGERS	14	Basildon Ph	34.12	605
18.	Iona TRAINER	14	Co Ely	34.14	604
19.	Isabelle ROSHER	14	teamipswich	34.27	598
20.	Eleanor WILLIAMS	14	Watford SC	34.35	594
21.	Alexandra LAWMAN	14	Watford SC	34.42	591
22.	Annabelle BURGESS	14	teamipswich	34.43	590
23.	Gemma HANSON	14	Hatfield	34.53	585
24.	Rhearna MASON	14	C Beds SS	34.66	579
25.	Jessica WOODWARD	14	Potters Bar	34.69	578
26.	Libby MAGILL	14	Hatfield	34.77	574
27.	Jessica HEESOM	14	Potters Bar	34.79	573
28.	Millie BATEMAN	14	UEA Norwich	34.89	568
29.	Libby CHAMBERS	14	Verulam	35.06	560
30.	Jemima WAYMAN	14	Deben	35.14	557
31.	Hannah SNELHAM	14	Deben	35.20	554
32.	Sophie HINDLE	14	Stevenage	35.21	553
33.	Rebecca SMITH	14	Norwich Swan	35.43	543
34.	Grace KING	14	teamipswich	35.50	540
	Ellie MATTHEWS	14	Putteridge	DNC	



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EVENT 624 Mens 50m Backstroke

Regional Record Junior - 27.54

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Jude HILLS	12	Bo Southend	33.52	451
2.	Jack HILL	12	Linslade	33.66	445
3.	Samuel PYEFINCH	12	Tring	34.06	429
4.	Joseph BAVEY	12	Newmarket	34.22	423
5.	Edward MERHAN	12	West Suffolk	34.34	418
6.	Oliver CARPENTER	12	Co St Albans	35.00	394
7.	Jenson HURRELL	12	Thurrock	35.21	386
8.	Kieran BIRKETT	12	Co St Albans	35.54	374
9.	Joseph KENNY	12	Leiston	36.06	357
10.	Max PATTEN	12	Stanway	36.32	348
11.	Benjamin ASHDOWN	12	Modernian	36.34	348
12.	Nikita CHARYKIN	11	Thurrock	36.43	345
13.	Mitchell TAMBLLIN	12	Norwich Swan	36.51	342
14.	Michael CONNICK	12	Deben	36.56	341
15.	Jack JUGGINS	11	Team Luton	36.61	339
16.	Barnabas CLARKE	11	UEA Norwich	36.65	338
17.	Aidan CLARKSON	12	DunmowAtlant	36.69	337
18.	Marcus MOSCUZZA	12	St Felix Sch	36.79	333
19.	Harley ALLAN	12	Modernian	36.88	331
20.	Charlie SUMMER	12	Dereham	36.89	330
21.	Joseph MCGILLIVRAY	12	Lstof & OB	36.92	329
22.	Patrick WINNINGTON	12	DunmowAtlant	37.07	325
23.	Olivier VEDRENNE	12	UEA Norwich	37.82	303
24.	Daniel HIMSWORTH	12	Colchester	37.84	303
25.	Albert PAPWORTH	12	Co Peterboro	37.95	300

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Chester LEEMING	13	St Felix Sch	31.67	535
2.	Naythan AUNG	13	Colchester	31.94	522
3.	Oliver ROGERS	13	Saffron Wald	32.17	511
4.	Thomas OGDEN	13	Bishop Stort	32.20	510
5.	Ethan GELL	13	Linslade	32.47	497
6.	Kai CHENG	13	Colchester	32.78	483
7.	William PARSONS	13	Deben	33.22	464
8.	Oscar BRICE	13	Co St Albans	33.43	455
9.	Ketan RACH	13	Watford SC	33.66	445
10.	Connor WALKER	13	Co Peterboro	33.98	432
10.	James QUINN	13	St Ives	33.98	432
12.	Tyler JACKSON	13	Harlow Pen	34.07	429
13.	Fabian BRUDNICKI	13	Co Peterboro	34.29	420
14.	Robbie BRINDLEY	13	West Suffolk	34.35	418
15.	Tom MALIA	13	Flitwick	34.41	416
16.	Ben KNOWLES	13	Wisbech	34.47	413
17.	Jack SKERRY	13	Chelmsford	34.58	409
18.	Brandon RILEY	13	Lstof & OB	34.83	400
19.	Benjamin GREEN	13	Watford SC	34.98	394
20.	Arvin Joaquin RODRIGUE	13	Watford SC	35.28	383
21.	Harrison TRAVERS	13	Epping For't	35.29	383
22.	Henry DUNCAN	13	Co Cambridge	35.37	380
23.	Robert ADDIS	13	West Norfolk	35.41	379



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Walter HACKETT	14	Dunstable	29.86	633
2.	Daniel MURTAGH	14	Hatfield	30.44	600
3.	Connor GILLINGHAM	14	West Suffolk	30.48	598
4.	Charlie KING	14	Co St Albans	30.83	579
5.	Samuel ROSE	14	West Norfolk	31.32	553
6.	Zane BATT	14	Cheshunt	31.62	538
7.	Nathaniel OLAYOMI	14	Watford SC	31.70	534
8.	Alexander CATTON	14	Bishop Stort	31.75	532
9.	Ciaran RICHES	14	West Suffolk	31.87	526
10.	Finn JEFFERY	14	St Felix Sch	32.19	510
11.	Teal'K SMITH	14	Beccles Town	32.38	501
12.	Alfie KING	14	Thetford	32.41	500
13.	Samuel MILLER	14	Bo Southend	32.42	500
13.	Luke PESTAILLE	14	Hatfield	32.42	500
15.	Thomas BELCHER	14	Modernian	32.43	499
16.	Michael FREEMAN	14	Chelmsford	32.57	493
17.	Ben WOODHOUSE	14	Norwich Swan	32.64	490
18.	Harry MCLAGAN	14	Chelmsford	32.68	488
19.	Henry NEWELL	14	Newmarket	32.69	487
20.	Jack RICHARDSON	14	DunmowAtlant	32.73	485
21.	Ciaran COOK	14	Co St Albans	32.74	485
22.	Cole SHEPARD	14	Basildon Ph	32.77	484
23.	Matteo LO BIUNDO	14	Hitchin	32.86	480
24.	Marco TONTODONATI	14	Bishop Stort	32.92	477
25.	Samuel COSTIN	14	Basildon Ph	32.93	477
26.	Matthew MUNNINGS	14	Diss Otters	33.03	472
27.	Henry KING	14	West Suffolk	33.04	472
28.	Matthew NEWSON	14	Co Peterboro	33.15	467
29.	Harry ARBUTHNOTT	14	Harpenden	33.39	457
30.	Thomas BENTLEY	14	Epping For't	33.42	455
31.	Oliver ELLISON	14	Dunstable	33.44	455
32.	Freddie LAWS	14	West Norfolk	33.67	445
33.	Luke NIJKAMP	14	Berkhamsted	33.75	442



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EVENT 625 Womens 200m Freestyle

Regional Record Junior - 2:02.50

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Erin LITTLE	12	Chelmsford	2:20.55	610	32.87	1:09.30	1:45.94
2.	Valeria GIRON	12	Hatfield	2:22.98	581	33.64	1:10.28	1:46.77
3.	Daisy MOXHAM	12	Co Cambridge	2:24.61	562	32.55	1:10.06	1:48.37
4.	Holly LAMB	12	Southend	2:24.74	561	33.86	1:11.21	1:48.64
5.	Francesca LOW	12	Chelmsford	2:25.73	550	33.02	1:09.83	1:48.37
6.	Matilda BOGLE	11	teamipswich	2:26.30	544	33.61	1:11.90	1:49.77
7.	Karys-Rose BUNN	11	teamipswich	2:27.17	534	34.09	1:12.39	1:51.56
8.	Leah WIGHTMAN	12	West Norfolk	2:27.29	533	33.17	1:10.56	1:49.29
9.	Abigail GOTTS	12	Norfolk Vikg	2:27.33	533	33.86	1:11.74	1:49.64
10.	Ella TURNER	12	Basildon Ph	2:27.37	532	34.92	1:13.17	1:51.48
11.	Evelyn DIXON-MINTER	12	teamipswich	2:27.47	531	34.22	1:12.19	1:50.28
12.	Ruby WHEELER	11	Basildon Ph	2:27.69	529	35.14	1:13.72	1:51.86
13.	Anastasia WILKINSON	12	Hatfield	2:28.68	519	33.88	1:11.87	1:50.65
14.	Ruby GREENHALF	12	UEA Norwich	2:30.28	502	34.70	1:13.09	1:52.36
15.	Lucy COIA-BELL	12	Co St Albans	2:31.16	494	34.44	1:14.02	1:54.38
16.	Anita TIEN	12	Colchester	2:31.25	493	34.26	1:13.47	1:53.47
17.	Sophie LANDER	12	Stowmarket	2:31.73	488	35.66	1:14.90	1:54.92
18.	Emily COOPER	12	Basildon Ph	2:31.81	487	34.21	1:12.70	1:53.15
19.	Ciara TAYLOR	12	Co Ely	2:33.38	472	33.89	1:13.39	1:53.58
20.	Gemma NOTTAGE	12	Watford SC	2:34.57	461	35.21	1:14.82	1:55.72
21.	Macey POUNTAIN	12	UEA Norwich	2:35.73	451	35.36	1:16.32	1:56.99
22.	Ella NIJKAMP	12	Berkhamsted	2:37.42	436	35.34	1:14.92	1:57.00

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Sophie FREEMAN	13	Colchester	2:11.89	725	29.81	1:03.46	1:38.12
2.	Safia BUTTON	13	teamipswich	2:15.75	671	31.22	1:05.92	1:41.67
3.	Carys BREALEY	13	Harlow Pen	2:16.87	656	31.32	1:05.87	1:42.37
4.	Harriet SALISBURY	13	Co Peterboro	2:16.95	655	31.37	1:06.35	1:41.93
5.	Millie FIELDS	13	Bishop Stort	2:17.14	653	31.54	1:06.64	1:42.96
6.	Caitlin LOO	13	Hatfield	2:18.79	632	31.85	1:07.32	1:42.38
7.	Jessica KEOGH	13	Hatfield	2:19.76	619	31.07	1:06.96	1:44.01
8.	Imogen BLOCK	13	Lstoff & OB	2:19.77	619	31.85	1:07.51	1:44.66
9.	Eloise PARTON	13	Co Cambridge	2:20.52	610	32.19	1:07.34	1:44.27
10.	May BRADBURN	13	Chelmsford	2:21.37	600	33.05	1:10.15	1:46.40
11.	Grace WALLER	13	Basildon Ph	2:21.85	594	32.84	1:09.60	1:46.72
12.	Lucy HUDSON	13	West Suffolk	2:22.05	592	32.69	1:08.94	1:46.28
13.	Rachel ANDREWS	13	C Beds SS	2:22.26	589	33.18	1:09.97	1:46.67
14.	Kiara KOVACS	13	Co Peterboro	2:22.61	585	32.80	1:09.84	1:46.45
15.	Holly GRAVES	13	Co Peterboro	2:22.65	585	32.78	1:09.99	1:46.64
16.	Hannah DALEY	13	Co Peterboro	2:22.77	583	33.25	1:10.48	1:47.46
17.	Bruna REBELO	13	Hatfield	2:23.52	575	32.80	1:09.07	1:46.39
18.	Brenna HOWELL	13	Co Peterboro	2:23.71	573	32.57	1:09.88	1:47.56
19.	Lucy MORGAN	13	Colchester	2:23.87	571	32.35	1:09.38	1:47.72
20.	Gemma PETERS	13	UEA Norwich	2:24.46	564	33.15	1:10.14	1:47.63
21.	Ella MCGHIE	13	Co Peterboro	2:24.48	564	33.03	1:10.53	1:47.79
22.	Ellie HOLLISS	13	Co St Albans	2:24.53	563	32.53	1:10.26	1:48.52
23.	Niamh KELLY	13	Hatfield	2:24.84	560	33.57	1:11.48	1:48.58
24.	Georgina MUNDAY	13	Modernian	2:25.04	558	32.36	1:09.83	1:48.24
25.	Charlotte TREE	13	Colchester	2:25.42	553	33.15	1:10.35	1:48.01
26.	Ellie WALKER	13	UEA Norwich	2:27.62	530	33.98	1:11.27	1:49.82
27.	Cerys WILLIAMS	13	West Suffolk	2:28.79	518	32.70	1:10.45	1:50.18
28.	Ella HOUSTON	13	Deben	2:29.61	509	33.33	1:11.63	1:50.69
	Evie HUNNISETT	13	Basildon Ph	DQ				



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Annabelle BURGESS	14	teamipswich	2:13.41	703	31.68	1:05.55	1:40.75
2.	Angharad EVANS	14	West Suffolk	2:15.04	680	31.16	1:05.82	1:40.87
3.	Rebecca HOWELL	14	Basildon Ph	2:15.69	672	32.06	1:07.32	1:42.12
4.	Sacha THOMAS	14	UEA Norwich	2:16.68	659	31.59	1:05.66	1:41.55
5.	Orla KEAVENEY	14	Modernian	2:16.82	657	31.83	1:06.61	1:41.95
6.	Katie HAMMOND	14	Co Cambridge	2:17.27	651	32.00	1:06.29	1:41.90
7.	Gemma HANSON	14	Hatfield	2:18.05	641	32.01	1:07.17	1:42.95
8.	Sara KALAWSKA	14	Hatfield	2:18.22	639	33.56	1:09.87	1:43.82
9.	Lucie PECK	14	West Norfolk	2:18.25	638	32.13	1:07.12	1:42.65
10.	Ella HALE	14	West Suffolk	2:18.28	638	31.10	1:07.04	1:43.66
11.	Abbie BARNWELL	14	Team Luton	2:18.41	636	31.96	1:06.47	1:42.25
12.	Bianka MISIKOVA	14	Hatfield	2:18.66	633	31.57	1:07.18	1:44.08
13.	Sophie TAYLOR	14	DunmowAtlant	2:18.97	629	32.05	1:08.17	1:43.99
14.	Matilda MEYRICK	14	Norfolk Vikg	2:19.59	622	32.22	1:07.95	1:44.26
15.	Kelsey WILSON	14	Gt Yarmouth	2:19.88	618	32.08	1:07.53	1:44.47
16.	Jessica HEESOM	14	Potters Bar	2:20.06	616	31.97	1:07.98	1:44.67
17.	Isabelle ROSHER	14	teamipswich	2:20.32	613	33.01	1:09.42	1:45.58
18.	Rhearna MASON	14	C Beds SS	2:20.69	608	31.83	1:07.43	1:44.21
19.	Erin O'MEARA	14	Watford SC	2:21.78	595	33.04	1:09.36	1:45.64
20.	Libby DUNFORD	14	Hoddesdon	2:22.26	589	32.32	1:09.43	1:47.12
21.	Lily MERRETT	14	Hoddesdon	2:22.43	587	31.90	1:09.16	1:46.25
22.	Rebecca GIROLAMI	14	Colchester	2:23.28	578	32.82	1:09.81	1:46.98
23.	Lauren YOUNG	14	Hatfield	2:24.56	563	33.88	1:10.92	1:48.18
24.	Iona TRAINER	14	Co Ely	2:24.78	561	33.09	1:10.49	1:49.53
25.	Jemima WAYMAN	14	Deben	2:25.11	557	33.14	1:11.23	1:49.77
26.	Grace MADSEN	14	Beccles Town	2:25.18	556	32.99	1:09.80	1:47.21
27.	Victoria ROGERS	14	Basildon Ph	2:26.09	546	33.33	1:10.62	1:49.15
28.	Hannah O'CONNOR	14	West Suffolk	2:27.52	531	33.39	1:11.10	1:49.64
	Eve WRIGHT	14	Co Peterboro	DNC				



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EVENT 626 Mens 200m Freestyle

Regional Record Junior - 1:52.79

11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Oskar FARKAS	12	Co Cambridge	2:19.76	467	31.16	1:06.29	1:43.28
2.	Aidan PILCHER	12	teamipswich	2:20.59	459	33.19	1:09.85	1:44.91
3.	Jude HILLS	12	Bo Southend	2:22.21	443	32.57	1:09.54	1:46.03
4.	Finley COMAN	12	Gt Yarmouth	2:24.35	422	32.08	1:10.05	1:48.50
5.	Peter SOCZEWKA	12	Hatfield	2:25.06	416	33.66	1:10.29	1:48.41
6.	Enzo LIM	12	Watford SC	2:25.29	414	32.83	1:10.39	1:48.30
7.	James GISBORNE	12	Bishop Stort	2:26.43	403	33.32	1:11.52	1:49.84
8.	Ryan ROBERTS	12	Dunstable	2:26.61	402	33.44	1:11.13	1:49.61
9.	Joseph MCGILLIVRAY	12	Lstof & OB	2:27.06	398	33.57	1:11.80	1:50.72
10.	Denis MORINE	12	Chelmsford	2:27.12	397	33.19	1:11.62	1:50.46
11.	Mitchell TAMBLIN	12	Norwich Swan	2:27.36	395	33.21	1:11.16	1:50.28
12.	Marcus MOSCUZZA	12	St Felix Sch	2:27.54	394	34.52	1:12.33	1:49.92
13.	Joseph BAVEY	12	Newmarket	2:27.61	393	33.71	1:11.30	1:50.40
14.	Michael CONNICK	12	Deben	2:27.75	392	35.14	1:13.10	1:52.32
15.	George GRICE	12	UEA Norwich	2:28.04	389	33.71	1:13.16	1:51.78
16.	Oscar COLE	11	St Felix Sch	2:28.13	389	35.27	1:13.16	1:51.81
17.	Nikita CHARYKIN	11	Thurrock	2:28.27	388	34.10	1:12.34	1:50.83
18.	Aidan CLARKSON	12	DunmowAtlant	2:28.67	384	33.56	1:11.71	1:50.78
19.	Colin MOGHINA	12	Thurrock	2:28.69	384	32.11	1:10.36	1:50.05
20.	Jack ABRAM	12	UEA Norwich	2:29.53	377	35.47	1:13.64	1:52.71
21.	Harry SHARPE	12	West Norfolk	2:31.51	361	35.65	1:14.37	1:54.27
22.	James O'CONNOR	12	West Suffolk	2:31.54	361	34.97	-	1:54.31
23.	Tobin SARI	12	West Suffolk	2:32.20	355	35.50	1:15.41	1:54.09
24.	Ethan ANGEL	11	teamipswich	2:32.45	354	34.99	1:14.77	1:54.38
25.	Charles ROYLE	12	Basildon Ph	2:33.28	347	35.49	1:16.54	1:55.77
26.	Jack HILL	12	Linslade	2:33.61	345	34.37	1:14.21	1:54.63
27.	Jack JUGGINS	11	Team Luton	2:34.00	342	34.30	1:14.72	1:54.65
28.	Finn COOPER	11	teamipswich	2:35.16	333	35.63	1:15.94	1:56.59
29.	Matthew MONIE	12	Co Cambridge	2:37.41	317	35.12	1:16.14	1:56.93

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Joe COOPER	13	teamipswich	2:10.82	568	30.44	1:04.18	1:37.89
2.	Ryan DAVIS	13	Epping For't	2:12.02	553	29.57	1:02.50	1:36.83
3.	Chester LEEMING	13	St Felix Sch	2:13.02	541	30.71	1:04.84	1:39.29
4.	Michael KLIMASZEWSKI	13	Hatfield	2:13.93	531	30.65	1:04.83	1:39.95
5.	Akshay PISSAY	13	UEA Norwich	2:15.49	513	31.02	1:05.65	1:40.49
6.	Harrison RIDER	13	Basildon Ph	2:16.03	507	30.61	1:04.93	1:41.00
7.	Connor WALKER	13	Co Peterboro	2:18.05	485	30.57	1:06.01	1:42.32
8.	Robert ADDIS	13	West Norfolk	2:18.07	485	31.67	1:06.79	1:43.04
9.	Fabian BRUDNICKI	13	Co Peterboro	2:19.20	473	31.91	1:07.14	1:43.54
10.	Ketan RACH	13	Watford SC	2:19.30	472	30.96	1:05.72	1:42.59
11.	Sam TOWNSEND	13	C Beds SS	2:19.60	469	31.68	1:07.24	1:44.25
12.	Ethan PEIRCE	13	Harlow Pen	2:20.38	461	32.12	1:09.51	1:46.72
13.	Luke BARTON	13	Lstof & OB	2:21.04	454	32.09	1:08.04	1:44.88
14.	Tyler WATSON	13	Flitwick	2:21.16	453	33.48	1:10.17	1:46.95
15.	Mide OLAJIDE	13	Thurrock	2:21.29	452	32.30	1:09.88	1:46.74
16.	Joab CARR	13	St Felix Sch	2:21.68	448	31.74	1:07.80	1:45.96
17.	Xavier KIRCHIN	13	Leighton Buz	2:21.72	447	32.56	1:09.39	1:46.59
18.	Damon ELLIOTT	13	DunmowAtlant	2:21.95	445	30.67	1:07.20	1:45.59
19.	Tom MALIA	13	Flitwick	2:22.65	438	33.02	1:10.11	1:47.05
20.	Brandon RILEY	13	Lstof & OB	2:23.16	433	31.78	1:07.63	1:46.21
21.	Jimmy TAYLOR	13	Thurrock	2:23.31	432	32.93	1:09.84	1:46.70
22.	Naythan AUNG	13	Colchester	2:23.50	430	32.14	1:09.90	1:48.28
23.	Oscar BRICE	13	Co St Albans	2:25.27	414	32.49	1:09.29	1:47.88
24.	Ben KNOWLES	13	Wisbech	2:26.97	399	33.29	1:11.19	1:49.86
25.	Guy SEMPLE	13	Co Cambridge	2:27.00	398	33.71	1:11.44	1:49.81
26.	Taylor COE	13	Cheshunt	2:27.94	390	33.07	1:10.43	1:49.56
27.	George WHITEMAN	13	Co Peterboro	2:29.36	378	33.98	1:11.98	1:50.58



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14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Nathan WOODROW	14	UEA Norwich	2:07.25	615	29.07	1:01.73	1:34.75
2.	Samuel ROSE	14	West Norfolk	2:08.46	598	29.45	1:02.82	1:36.40
3.	Jack TURRELL	14	Basildon Ph	2:09.67	583	30.11	1:03.93	1:37.96
4.	Owen WEBSTER	14	St Felix Sch	2:10.14	577	29.95	1:03.53	1:37.65
5.	Henry NEWELL	14	Newmarket	2:10.45	573	29.76	1:03.54	1:37.51
6.	Harry MCLAGAN	14	Chelmsford	2:10.50	572	29.94	1:03.76	1:38.10
7.	Daniel MURTAGH	14	Hatfield	2:11.66	558	30.03	1:04.09	1:38.35
8.	Louis STEPHEN	14	Brentwood	2:12.77	544	29.25	1:03.47	1:38.48
9.	Callum STEDMAN	14	Dereham	2:13.57	535	30.65	1:05.72	1:39.91
10.	William PESTELL	14	teampswich	2:13.84	532	30.34	1:05.15	1:40.20
11.	Daniel WHITE	14	St Felix Sch	2:14.57	523	29.52	1:03.27	1:38.54
12.	Edward MCFARLAND	14	C Beds SS	2:14.70	522	30.13	1:04.37	1:39.28
13.	James SPEERS	14	Basildon Ph	2:14.77	521	30.04	1:04.46	1:40.14
14.	Daniel MARTIN	14	Co St Albans	2:14.91	519	30.31	1:05.22	1:40.78
15.	Samuel MILLER	14	Bo Southend	2:15.22	516	30.37	1:04.99	1:40.69
16.	Ciaran RICHES	14	West Suffolk	2:15.56	512	30.77	1:05.35	1:41.39
17.	Alfie KING	14	Thetford	2:15.57	512	30.52	1:05.38	1:41.53
18.	Matthew NEWSON	14	Co Peterboro	2:15.61	512	30.71	1:06.59	1:41.20
19.	Jeremy AITKEN	14	Beccles Town	2:15.95	508	31.80	1:07.25	1:42.74
20.	Marco TONTODONATI	14	Bishop Stort	2:15.96	508	31.31	1:06.99	1:42.96
21.	Devesh KAPOOR	14	Watford SC	2:16.40	503	30.45	1:04.56	1:40.09
22.	Cole SHEPARD	14	Basildon Ph	2:16.46	502	30.53	1:05.66	1:40.64
23.	Edward JEX	14	Co St Albans	2:16.57	501	30.77	1:05.14	1:41.05
24.	Samuel COSTIN	14	Basildon Ph	2:17.04	496	31.58	1:07.20	1:42.56
25.	Zane BATT	14	Cheshunt	2:17.58	490	31.13	1:06.84	1:43.19
26.	Teal'K SMITH	14	Beccles Town	2:17.83	487	31.13	1:07.03	1:42.75
27.	Thomas BELCHER	14	Modernian	2:20.77	457	31.01	1:07.22	1:44.25
28.	Alfie WARNOCK	14	Putteridge	2:22.87	436	32.18	1:09.47	1:47.22
29.	Ciaran COOK	14	Co St Albans	2:24.03	425	31.94	1:08.87	1:47.15



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EVENT 631 FINAL OF EVENT 621 Womens 11/12 Yrs 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Ruby DAGLESS	12	Dereham	1:10.64	582	32.73
2.	Valeria GIRON	12	Hatfield	1:10.71	580	33.37
3.	Holly LAMB	12	Southend	1:12.20	546	32.57
4.	Matilda BOGLE	11	teamipswich	1:13.37	521	33.93
5.	Bethan ENDICOTT	12	St Ives	1:13.38	521	32.84
6.	Emily COOPER	12	Basildon Ph	1:14.41	500	34.27
7.	Nonhlanhla THOLE	12	St Felix Sch	1:16.17	466	35.04
8.	Lily MACDONALD	12	UEA Norwich	1:16.42	461	35.70

EVENT 632 FINAL OF EVENT 621 Womens 13 Yrs 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sophie FREEMAN	13	Colchester	1:04.99	731	30.13
2.	Safia BUTTON	13	teamipswich	1:09.52	609	31.51
3.	Rachel ANDREWS	13	C Beds SS	1:11.53	561	33.15
4.	Ellie WALKER	13	UEA Norwich	1:12.77	534	34.16
5.	Rachel HA	13	Epping For't	1:13.38	521	34.16
6.	Imogen BLOCK	13	Lstof & OB	1:13.64	516	34.07
7.	May BRADBURN	13	Chelmsford	1:13.70	514	34.25
	Polly FISH	13	Co Cambridge	DQ		

EVENT 633 FINAL OF EVENT 621 Womens 14 Yrs 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sara KALAWSKA	14	Hatfield	1:05.63	712	31.07
2.	Lily MERRETT	14	Hoddesdon	1:07.97	648	31.76
3.	Chloe BERKO-BOATENG	14	Cheshunt	1:08.80	627	31.96
4.	Jessica WOODWARD	14	Potters Bar	1:09.57	608	32.40
5.	Angharad EVANS	14	West Suffolk	1:10.15	594	31.84
5.	Ella HALE	14	West Suffolk	1:10.15	594	31.84
7.	Lucie PECK	14	West Norfolk	1:10.35	589	32.49
8.	Rebecca HOWELL	14	Basildon Ph	1:11.08	572	32.75

EVENT 634 FINAL OF EVENT 622 Mens 11/12 Yrs 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Jude HILLS	12	Bo Southend	1:10.90	408	33.17
2.	Christopher WILLIAMSON	12	Co Cambridge	1:11.06	406	33.71
3.	Peter SOCZEWSKA	12	Hatfield	1:11.68	394	33.56
4.	Samuel PYEFINCH	12	Tring	1:12.72	376	33.43
5.	Enzo LIM	12	Watford SC	1:15.05	339	34.48
6.	Jenson HURRELL	12	Thurrock	1:16.03	324	35.47
7.	Daniel ORD	12	Watford SC	1:16.63	315	34.99
8.	Alasdair WOOLGROVE	12	Co St Albans	1:17.83	299	35.14

EVENT 635 FINAL OF EVENT 622 Mens 13 Yrs 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Michael KLIMASZEWSKI	13	Hatfield	1:03.23	577	30.05
2.	Connor WALKER	13	Co Peterboro	1:04.13	554	30.38
3.	Alessandro RIODA	13	Harlow Pen	1:05.18	529	30.60
4.	Thomas OGDEN	13	Bishop Stort	1:08.15	462	32.01
5.	Naythan AUNG	13	Colchester	1:08.35	458	32.37
6.	Ethan PEIRCE	13	Harlow Pen	1:08.45	456	31.25
7.	Damon ELLIOTT	13	DunmowAtlant	1:09.31	439	31.69
8.	Brandon RILEY	13	Lstof & OB	1:11.26	402	32.48

EVENT 636 FINAL OF EVENT 622 Mens 14 Yrs 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Nathan WOODROW	14	UEA Norwich	1:01.21	633	28.53
2.	Samuel ROSE	14	West Norfolk	1:04.16	554	30.16
3.	Ciaran RICHES	14	West Suffolk	1:04.34	549	29.93
4.	Jack TURRELL	14	Basildon Ph	1:04.86	537	30.23
5.	Joshua HOLLAND	14	Hertford	1:05.42	523	29.92
6.	Samuel MILLER	14	Bo Southend	1:07.83	469	30.96
7.	Mattias MORSE	14	Hemel Hemp	1:07.96	466	31.37
	Devesh KAPOOR	14	Watford SC	DQ		



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EVENT 637 FINAL OF EVENT 613 Womens 11/12 Yrs 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Beth YOUNG	11	Felixstowe	37.62	593
2.	Charlotte WHITE	12	West Suffolk	38.06	574
3.	Erin LITTLE	12	Chelmsford	38.46	557
4.	Eloisa MILLER	12	C Beds SS	39.33	521
5.	Lucy COIA-BELL	12	Co St Albans	39.43	518
6.	Holly LAMB	12	Southend	39.88	500
7.	Hollie ARMSTRONG	12	teamipswich	40.37	482
8.	Francesca LOW	12	Chelmsford	40.38	482

EVENT 638 FINAL OF EVENT 613 Womens 13 Yrs 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Niamh KELLY	13	Hatfield	36.42	649
2.	Charlotte ABRAMSON	13	UEA Norwich	36.66	637
3.	Ela NORTON	13	Hatfield	36.70	635
4.	Ciara WOOKEY	13	Colchester	36.88	627
5.	Polly FISH	13	Co Cambridge	37.25	610
6.	Jessica MUNFORD	13	Norwich Swan	37.32	606
7.	Alice FASEY	13	Thetford	37.76	587
8.	Sophie GRIFFIN	13	Co Peterboro	39.20	527

EVENT 639 FINAL OF EVENT 613 Womens 14 Yrs 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Angharad EVANS	14	West Suffolk	32.84	849
2.	Annabelle BURGESS	14	teamipswich	35.13	715
3.	Eleanor WILLIAMS	14	Watford SC	35.69	685
4.	Ellie MATTHEWS	14	Putteridge	36.34	653
5.	Erin O'MEARA	14	Watford SC	36.46	647
6.	Iona TRAINER	14	Co Ely	36.64	638
7.	Grace STEDMAN	14	Co St Albans	36.65	638
8.	Rebecca GIROLAMI	14	Colchester	37.07	618

EVENT 640 FINAL OF EVENT 614 Mens 11/12 Yrs 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Edward MERHAN	12	West Suffolk	35.99	486
2.	Noah CRABB	12	teamipswich	36.87	452
3.	Marcus MOSCUZZA	12	St Felix Sch	36.88	451
4.	Olivier VEDRENNE	12	UEA Norwich	36.98	448
5.	Daniel MILLER	12	Linslade	38.51	394
6.	Alexander WILLIAMS	12	Watford SC	38.86	382
7.	Tyler TOMBS	12	Chelmsford	38.92	380
8.	Ethan ANGEL	11	teamipswich	39.05	376

EVENT 641 FINAL OF EVENT 614 Mens 13 Yrs 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	James QUINN	13	St Ives	33.29	610
2.	Sam WILLIAMSON	13	Hatfield	33.45	602
3.	Matthew DEBENHAM	13	teamipswich	33.95	577
4.	Owen THOMAS	13	Modernian	35.12	523
5.	Harrison JARVIS	13	Thurrock	35.54	505
6.	Robert ADDIS	13	West Norfolk	36.29	474
7.	Naythan AUNG	13	Colchester	36.42	469
8.	Samuel RENNIE	13	Braintree	37.02	446

EVENT 642 FINAL OF EVENT 614 Mens 14 Yrs 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	James DILLON	14	Basildon Ph	33.14	618
2.	Finn JEFFERY	14	St Felix Sch	33.26	612
3.	Harvey HALL	14	Deben	34.16	567
4.	Samuel BULLINGHAM	14	West Suffolk	34.54	549
5.	Lewis SHAYLER	14	Watford SC	34.78	538
6.	Louis ARMITAGE	14	Berkhamsted	35.13	523
7.	Freddie LAWS	14	West Norfolk	35.21	519
8.	Joshua HOLLAND	14	Hertford	36.25	476



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EVENT 643 FINAL OF EVENT 625 Womens 11/12 Yrs 200m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Erin LITTLE	12	Chelmsford	2:20.15	615	32.53	1:08.48	1:45.36
2.	Holly LAMB	12	Southend	2:23.30	577	33.36	1:10.57	1:47.84
3.	Valeria GIRON	12	Hatfield	2:24.36	565	33.36	1:10.14	1:48.08
4.	Daisy MOXHAM	12	Co Cambridge	2:24.50	564	32.68	1:09.47	1:48.14
5.	Francesca LOW	12	Chelmsford	2:25.33	554	33.67	1:11.72	1:49.33
6.	Matilda BOGLE	11	teamipswich	2:25.44	553	33.73	1:11.46	1:49.93
7.	Leah WIGHTMAN	12	West Norfolk	2:25.74	550	32.82	1:10.69	1:48.01
8.	Karys-Rose BUNN	11	teamipswich	2:26.69	540	34.25	1:12.80	1:51.10

EVENT 644 FINAL OF EVENT 625 Womens 13 Yrs 200m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Sophie FREEMAN	13	Colchester	2:10.90	739	29.13	1:02.53	1:36.66
2.	Safia BUTTON	13	teamipswich	2:13.97	695	30.58	1:04.69	1:39.40
3.	Carys BREALEY	13	Harlow Pen	2:14.13	693	30.27	1:04.18	1:39.32
4.	Millie FIELDS	13	Bishop Stort	2:18.61	634	30.46	1:05.52	1:42.16
5.	Harriet SALISBURY	13	Co Peterboro	2:18.69	633	31.68	1:06.96	1:42.70
6.	Caitlin LOO	13	Hatfield	2:19.20	626	31.67	1:07.07	1:43.04
7.	Imogen BLOCK	13	Lstof & OB	2:20.35	612	31.65	1:07.44	1:45.06
8.	Jessica KEOGH	13	Hatfield	2:22.30	589	31.51	1:07.35	1:45.86

EVENT 645 FINAL OF EVENT 625 Womens 14 Yrs 200m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Angharad EVANS	14	West Suffolk	2:12.38	718	31.07	1:05.12	1:39.03
2.	Annabelle BURGESS	14	teamipswich	2:13.29	705	31.48	1:05.60	1:39.85
3.	Sacha THOMAS	14	UEA Norwich	2:13.73	698	30.81	1:04.25	1:38.58
4.	Katie HAMMOND	14	Co Cambridge	2:16.54	660	31.71	1:05.59	1:40.70
5.	Gemma HANSON	14	Hatfield	2:16.87	656	31.78	1:06.54	1:42.18
6.	Lucie PECK	14	West Norfolk	2:18.56	634	32.13	1:06.99	1:42.66
7.	Rebecca HOWELL	14	Basildon Ph	2:18.57	634	32.10	1:07.20	1:43.66
8.	Orla KEAVENEY	14	Modernian	2:18.85	631	31.44	1:06.41	1:43.06

EVENT 646 FINAL OF EVENT 626 Mens 11/12 Yrs 200m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Aidan PILCHER	12	teamipswich	2:17.23	494	32.30	1:07.19	1:42.32
2.	Oskar FARKAS	12	Co Cambridge	2:17.31	493	30.56	1:05.18	1:41.70
3.	Jude HILLS	12	Bo Southend	2:24.02	425	33.28	1:10.83	1:47.94
4.	Peter SOCZEWKA	12	Hatfield	2:24.54	421	33.16	1:11.00	1:49.05
5.	Finley COMAN	12	Gt Yarmouth	2:25.09	416	33.18	1:10.80	1:48.97
6.	James GISBORNE	12	Bishop Stort	2:26.04	407	33.52	1:11.49	1:49.83
7.	Ryan ROBERTS	12	Dunstable	2:28.62	385	33.98	1:11.94	1:50.50
	Enzo LIM	12	Watford SC	DQ				

EVENT 647 FINAL OF EVENT 626 Mens 13 Yrs 200m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Joe COOPER	13	teamipswich	2:09.01	591	30.39	1:03.72	1:36.62
2.	Chester LEEMING	13	St Felix Sch	2:10.49	572	30.30	1:04.13	1:37.41
3.	Michael KLIMASZEWSKI	13	Hatfield	2:11.45	560	30.92	1:04.91	1:38.82
4.	Harrison RIDER	13	Basildon Ph	2:13.20	539	29.73	1:03.10	1:38.37
5.	Ryan DAVIS	13	Epping For't	2:13.95	531	30.93	1:04.85	1:39.38
6.	Akshay PISSAY	13	UEA Norwich	2:16.20	505	30.64	1:05.52	1:40.34
7.	Robert ADDIS	13	West Norfolk	2:17.87	487	31.14	1:05.02	1:41.03
8.	Connor WALKER	13	Co Peterboro	2:19.42	471	31.64	1:07.30	1:42.57

EVENT 648 FINAL OF EVENT 626 Mens 14 Yrs 200m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Nathan WOODROW	14	UEA Norwich	2:05.74	635	29.26	1:01.35	1:33.97
2.	Samuel ROSE	14	West Norfolk	2:07.33	613	29.30	1:01.83	1:34.75
3.	Jack TURRELL	14	Basildon Ph	2:08.48	598	29.81	1:03.56	1:37.21
4.	Henry NEWELL	14	Newmarket	2:08.53	598	29.33	1:02.19	1:36.80
5.	Harry MCLAGAN	14	Chelmsford	2:11.00	566	29.83	1:03.06	1:37.34
6.	Owen WEBSTER	14	St Felix Sch	2:11.49	560	29.75	1:03.29	1:37.66
7.	Callum STEDMAN	14	Dereham	2:12.92	543	30.45	1:04.56	1:39.28
8.	Louis STEPHEN	14	Brentwood	2:15.09	517	30.37	1:04.64	1:39.16



East Swimming
2017 Long Course Championships
*(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing
& to ASA Open Meet Licensing Criteria)*



Weekend two - Norwich
27th, 28th, & 29th May 2017
(Licensed Meet No. 1ER170220)

EVENT 649 FINAL OF EVENT 623 Womens 11/12 Yrs 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Charlotte NORMAN	12	Colchester	33.51	636
2.	Sophie LANDER	12	Stowmarket	33.69	627
3.	Emilia DUNWOODIE	12	Co St Albans	33.89	617
4.	Erin LITTLE	12	Chelmsford	34.03	610
5.	Francesca LOW	12	Chelmsford	34.44	590
6.	Emily COOPER	12	Basildon Ph	34.64	580
7.	Leah WIGHTMAN	12	West Norfolk	35.21	553
8.	Ella TURNER	12	Basildon Ph	35.57	537

EVENT 650 FINAL OF EVENT 623 Womens 13 Yrs 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Sophie FREEMAN	13	Colchester	31.66	741
2.	Carys BREALEY	13	Harlow Pen	32.15	712
3.	Safia BUTTON	13	teamipswich	32.41	697
4.	Ella MCGHIE	13	Co Peterboro	32.62	685
5.	Imogen BLOCK	13	Lstof & OB	32.75	677
6.	Gemma PETERS	13	UEA Norwich	33.32	646
7.	Grace WALLER	13	Basildon Ph	33.34	645
8.	Sophie GRIFFIN	13	Co Peterboro	34.22	600

EVENT 651 FINAL OF EVENT 623 Womens 14 Yrs 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Emma CRUICKSHANKS	14	teamipswich	31.67	740
2.	Eve WRIGHT	14	Co Peterboro	32.01	720
3.	Matilda MEYRICK	14	Norfolk Vikg	32.16	711
4.	Emily WHYTE	14	teamipswich	32.17	711
5.	Isabel WAINWRIGHT	14	Modernian	32.57	688
6.	Ellie CRONIN	14	Harlow Pen	33.08	659
7.	Lily MERRETT	14	Hoddesdon	33.19	653
8.	Hannah O'CONNOR	14	West Suffolk	33.45	640

EVENT 652 FINAL OF EVENT 624 Mens 11/12 Yrs 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Jude HILLS	12	Bo Southend	32.59	492
2.	Joseph BAVEY	12	Newmarket	33.65	446
3.	Jack HILL	12	Linslade	33.74	442
4.	Samuel PYEFINCH	12	Tring	34.31	419
5.	Edward MERHAN	12	West Suffolk	34.58	409
6.	Jenson HURRELL	12	Thurrock	35.47	377
7.	Kieran BIRKETT	12	Co St Albans	35.76	367
	Oliver CARPENTER	12	Co St Albans	DQ	

EVENT 653 FINAL OF EVENT 624 Mens 13 Yrs 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Naythan AUNG	13	Colchester	31.56	541
2.	Chester LEEMING	13	St Felix Sch	31.59	539
3.	Ethan GELL	13	Linslade	32.06	516
4.	Oliver ROGERS	13	Saffron Wald	32.16	512
5.	Thomas OGDEN	13	Bishop Stort	32.35	503
6.	Kai CHENG	13	Colchester	32.52	495
7.	William PARSONS	13	Deben	32.84	481
8.	Oscar BRICE	13	Co St Albans	33.29	461

EVENT 654 FINAL OF EVENT 624 Mens 14 Yrs 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Daniel MURTAGH	14	Hatfield	29.72	641
2.	Walter HACKETT	14	Dunstable	29.81	636
3.	Charlie KING	14	Co St Albans	30.94	573
4.	Connor GILLINGHAM	14	West Suffolk	31.03	568
5.	Nathaniel OLAYOMI	14	Watford SC	31.62	538
6.	Alexander CATTON	14	Bishop Stort	31.98	520
7.	Zane BATT	14	Cheshunt	32.05	517
8.	Ciaran RICHES	14	West Suffolk	32.11	514