

EVENT 601 Mens Open 400m IM

Place	Name	AaD	Club	Time	FINA Pt
1.	Nathan HUGHES 50m 27.92	100m	18 Hatfield	4:21.74 200m 2:08.05	728
2.	Nathan WELLS 50m 28.01	100m	20 West Norfolk	4:29.30 250m 2:44.40	668
3.	Myles TURNER 50m 29.42	100m	18 Co Cambridge	4:33.94 200m 2:09.53	635
4.	Herbie KINDER 50m 29.20	100m	16 Co Peterboro	4:37.02 250m 2:52.80	614
5.	Luke BRYAN 50m 29.08	100m	18 West Norfolk	4:38.59 200m 2:12.93	604
6.	Jamie MCCAFFRAY 50m 30.07	100m	17 Modernian	4:39.15 250m 2:54.98	600
7.	Harry WHITEMAN 50m 28.23	100m	18 Co Peterboro	4:39.41 200m 2:16.48	598
8.	Michael KLIMASZEWSKI 50m 28.56	100m	14 Hatfield	4:40.03 250m 2:53.63	594
9.	Henry PEARCE 50m 30.38	100m	16 Co Peterboro	4:42.50 200m 2:16.14	579
10.	Ayotobi LAGUDA 50m 29.26	100m	16 Hatfield	4:43.86 250m 2:56.18	571
11.	Joseph WELLS 50m 29.96	100m	19 West Norfolk	4:47.58 200m 2:17.07	549
12.	Joe COOPER 50m 30.59	100m	14 teamipswich	4:48.28 250m 3:01.08	545
13.	Joshua BRIDGELAND 50m 29.83	100m	15 Hatfield	4:49.03 200m 2:12.48	540
14.	Freddie LAWS 50m 30.82	100m	15 West Norfolk	4:50.34 250m 2:56.41	533
15.	Mattias MORSE 50m 30.16	100m	15 Hemel Hemp	4:50.61 200m 2:19.28	532
16.	Joseph RICHARDSON 50m 30.87	100m	17 Co St Albans	4:52.01 250m 3:01.27	524
17.	Lewis BAYLEY 50m 30.85	100m	17 Southend	4:52.26 200m 2:19.28	523
18.	Owen VAUGHAN 50m 31.71	100m	15 Chelmsford	4:57.97 250m 3:02.55	493
19.	Rhys DAVIDSON 50m 32.36	100m	14 Team Luton	4:58.62 200m 2:23.68	490
20.	Teal'K SMITH 50m 31.35	100m	15 Beccles Town	4:58.69 250m 3:02.28	490
21.	Samuel BULLINGHAM 50m 30.84	100m	15 West Suffolk	5:00.73 200m 2:21.79	480
22.	Olivier VEDRENNE 50m 32.10	100m	13 Co Norwich	5:01.63 250m 3:05.94	475
23.	Max BEEVOR 50m 30.64	100m	17 Beccles Town	5:04.90 200m 2:26.47	460
24.	Daniel THURSTON-WOOLNO 50m 31.13	100m	17 Beccles Town	5:05.81 250m 3:09.41	456
25.	William ROBINS 50m 32.30	100m	15 C Beds SS	5:06.19 200m 2:27.99	454
26.	Alfie RANDALL 50m 30.54	100m	16 West Norfolk	5:06.48 250m 3:11.65	453
27.	Joshua THURSTON-WOOLNO 50m 30.65	100m	15 Beccles Town	5:09.44 200m 2:28.70	440
28.	Matthew DEBENHAM 50m 30.68	100m	14 teamipswich	5:10.33 250m 3:13.12	437
29.	Luke PESTAILLE 50m 32.03	100m	15 Hatfield	5:10.43 200m 2:24.11	436
	Mehdi EL MANSAR	100m	14 Bishop Stort	200m 2:29.74	DNC
	Timothy HUGHES		16 C Beds SS		DQ
	Daniel ENGLISH		16 Hitchin		DQ

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EVENT 602 Womens Open 100m Backstroke

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Megan PYE	16	Co Norwich	1:02.93	668	30.48
2.	Martha DULEY	19	Colchester	1:03.29	657	30.69
3.	Lija RADZIUNAITE	16	teamipswich	1:04.29	627	30.74
4.	Emily LANE	22	Basildon Ph	1:04.33	625	31.17
5.	Eve WRIGHT	15	Co Peterboro	1:04.45	622	31.01
6.	Danielle RAYNER	22	March	1:05.10	604	31.59
7.	Asma PARKER	15	Colchester	1:05.41	595	31.46
8.	Lauren STOTT	16	Hatfield	1:05.58	590	32.15
9.	Abbie LOW	16	Chelmsford	1:05.72	587	31.83
10.	Carys BREALEY	14	Harlow Pen	1:05.79	585	32.04
11.	Gracie KAY	15	Co Cambridge	1:05.82	584	32.36
12.	Ella MCGHIE	14	Co Peterboro	1:05.83	584	32.38
13.	Bronte O'DEA	15	Runnymede	1:06.21	574	31.58
14.	Lara-Grace MOUNT	16	West Norfolk	1:06.41	568	32.21
15.	Grace WALLER	14	Basildon Ph	1:06.43	568	32.40
16.	Georgia PEASE	16	Basildon Ph	1:06.72	561	-
17.	Claire BURRELL	17	Co St Albans	1:06.77	559	32.44
18.	Sophie LANDER	13	Deben	1:06.81	558	32.30
19.	Molly OLLINGTON	20	Co Cambridge	1:06.89	556	-
20.	Emily LUSH	16	Potters Bar	1:06.98	554	32.53
21.	Eleanor KING	18	Team Luton	1:07.33	545	32.59
22.	Erin YEOMANSON	15	teamipswich	1:07.34	545	32.75
23.	Safia BUTTON	14	teamipswich	1:07.60	539	32.74
24.	India WESTON	16	Norfolk Vikg	1:07.63	538	33.06
25.	Jessica KEOGH	14	Hatfield	1:07.65	538	32.73
26.	Natalie SANFORD	14	St Felix Sch	1:07.69	537	32.76
27.	Isabel HARBER	15	Verulam	1:07.70	537	32.79
28.	Harriet CLEMENTS	14	Watford SC	1:07.83	533	32.66
29.	Jessica KEFFORD	14	Dunstable	1:07.98	530	32.77
29.	Rebecca WEST	16	Thurrock	1:07.98	530	32.65
29.	Sonia TUMIOTTO	17	St Felix Sch	1:07.98	530	33.45
32.	Emma SHOEBERT	16	C Beds SS	1:08.06	528	33.31
33.	Amber HILL	16	Linslade	1:08.17	526	33.10
34.	Radost MILKOVA	15	Thurrock	1:08.19	525	33.28
35.	Francesca CROCKER	18	St Ives	1:08.20	525	32.73
36.	Hannah O'CONNOR	15	West Suffolk	1:08.27	523	33.32
37.	Almudena VISSER VELEZ	16	Co Cambridge	1:08.28	523	33.29
38.	Matilda BOGLE	12	teamipswich	1:08.37	521	33.62
39.	Lauren SHARP	15	Chelmsford	1:08.38	521	32.85
40.	Emily JONES	16	Modemian	1:08.40	520	33.19
41.	Sophie TAYLOR	16	Co St Albans	1:08.66	514	32.91
42.	Emily WHYTE	15	teamipswich	1:08.77	512	33.07
43.	Emily GREEN	17	Brentwood	1:08.81	511	33.33
43.	Libby DUNFORD	15	Bor of Brox	1:08.81	511	33.42
45.	Lucie PECK	15	West Norfolk	1:08.86	510	33.31
46.	Erin LITTLE	13	Chelmsford	1:08.94	508	33.69
47.	Larissa DEAN	16	Harpenden	1:09.15	503	33.57
48.	Isabel WAINWRIGHT	15	Modemian	1:09.22	502	33.43
49.	Anyia FLETCHER	16	Bishop Stort	1:09.24	502	33.69
50.	Ella TURNER	13	Basildon Ph	1:09.33	500	33.98
51.	Isabella YEABSLEY	12	Hatfield	1:09.39	498	33.31
52.	Francesca LOW	13	Chelmsford	1:09.53	495	33.84
53.	Emilia DUNWOODIE	13	Co St Albans	1:09.59	494	-
54.	Ella TOLLIDAY	16	St Felix Sch	1:09.73	491	-
54.	Morgan ALLAN	15	Modemian	1:09.73	491	-
56.	Annabelle KITCHING	16	Chelmsford	1:09.75	491	33.94
57.	Leah WIGHTMAN	13	West Norfolk	1:09.78	490	33.41
58.	Tia GARDINER	16	Chelmsford	1:09.85	488	34.11
59.	Agnes BURNS	17	Harpenden	1:09.86	488	34.61
60.	Holly GRAVES	14	Co Peterboro	1:09.95	486	33.74
61.	Mia FURSEDONNE	16	Basildon Ph	1:09.97	486	33.85
62.	Isabelle SOULSBY	15	Berkhamsted	1:10.00	485	33.69
63.	Tori WESTON	16	Co St Albans	1:10.04	485	34.11
64.	Lauren GRICE	19	Leighton Buz	1:10.06	484	33.99
65.	Shona MCKENNA	16	Hemel Hemp	1:10.08	484	33.77
66.	Georgina MUNDAY	14	Modemian	1:10.16	482	34.20
67.	Molly PEACOCK	16	West Suffolk	1:10.18	482	33.64
68.	Brooke JENKINS	14	Southend	1:10.23	481	34.17
69.	Libby MAGILL	15	Hatfield	1:10.33	479	33.78
70.	Maeve POOLEY	13	Newmarket	1:10.36	478	34.50
71.	Rheama MASON	15	C Beds SS	1:10.37	478	34.07
72.	Rebecca STROUD	16	Brentwood	1:10.41	477	33.56
73.	Sammy HUMPHREY	22	Leighton Buz	1:10.55	474	-
74.	Ellie MATTHEWS	15	Putteridge	1:10.75	470	-
75.	Rebecca SMITH	15	Norwich Swan	1:10.78	469	34.39
76.	Emma HOWITT	16	Modemian	1:10.82	469	34.57
77.	Molly BRADLEY	17	Tring	1:10.92	467	34.20
78.	Astrid HUBBARD	14	West Norfolk	1:10.98	466	34.77
79.	Georgia HARROD	18	DunmowAtlant	1:11.02	465	33.51
80.	Olivia ALDRED	14	Lstoft & OB	1:11.27	460	33.26
81.	Smriti GOKARN	16	St Felix Sch	1:11.34	458	-

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EVENT 602 Womens Open 100m Backstroke

Place	Name	AaD	Club	Time	FINA Pt	50
82.	Katie ANDREWS	14	Norwich Swan	1:11.55	454	34.40
83.	Lauren GOODYER	18	C Beds SS	1:11.83	449	34.25
84.	Autumn HANDSCOMBE	15	Flitwick	1:11.99	446	34.21
85.	Jessica HEESOM	15	Potters Bar	1:12.61	435	35.32
86.	Rachael JOHNSON	16	West Norfolk	1:12.92	429	-
87.	Lauren THOMAS	16	C Beds SS	1:13.37	421	35.53

EVENT 603 Mens Open 100m Freestyle

Place	Name	AaD	Club	Cat	Time	FINA Pt	50
1.	Harry CONSTANTINE	18	Hatfield		49.26	759	23.41
2.	Regan LLOYD	21	teamipswich		50.95	686	25.00
3.	Reese HOUSDEN	16	Hatfield		51.32	671	24.47
4.	Ignacio LARGHERO	19	Newmarket		51.47	665	24.85
5.	James WOODWARD	18	Hatfield		51.76	654	25.48
6.	Brandon NABARRO	21	Putteridge		51.81	652	25.04
7.	Jake MOXHAM	16	Co Cambridge		52.25	636	25.56
8.	Nathan WELLS	20	West Norfolk		52.57	624	25.63
9.	Joshua FOWLES	19	Witham Dolph		52.66	621	25.37
10.	Matthew TITMAN	17	Co Cambridge		52.99	609	25.64
11.	Myles ROBINSON-YOUNG	16	Co Peterboro		53.14	604	25.91
12.	Luke SUGDEN	19	Hatfield		53.15	604	25.53
13.	Charles WHYTE	17	West Suffolk		53.26	600	25.38
13.	Joshua BRISTOW	16	Modemian		53.26	600	25.29
15.	Ashley COOMBS	17	Hemel Hemp		53.33	598	25.77
16.	Adam MARTIN	18	Potters Bar		53.36	597	25.83
17.	Herbie KINDER	16	Co Peterboro		53.39	596	25.58
18.	Ralph MUNCER	17	Co St Albans		53.43	595	25.92
19.	Michael RIPPER	17	Co St Albans		53.45	594	25.41
20.	Kai ADAMS	22	Halstead		53.51	592	25.69
20.	Ben BLOWERS	16	Co Norwich		53.51	592	25.69
22.	Thomas CLARE	17	teamipswich		53.53	591	25.56
23.	Callum WOLLASTON	17	Bor of Brox		53.61	589	26.25
24.	Mark LEAMON	31	Co Cambridge		53.63	588	25.25
25.	Michael KLIMASZEWSKI	14	Hatfield		53.73	585	25.79
26.	Alex EVENS	19	Hitchin		53.74	584	25.78
27.	Sam PERKINS	16	teamipswich		53.78	583	25.81
28.	James COOPER	16	Basildon Ph		53.84	581	25.89
29.	Jordan CATCHPOLE	19	Co Norwich	14	53.86	580	25.96
30.	Yasir NAIMI	18	Co Peterboro		53.88	580	25.89
31.	Nathan WOODROW	15	Co Norwich		53.89	579	26.27
32.	James SPEERS	15	Basildon Ph		53.90	579	26.44
32.	Lewis MOORE	16	teamipswich		53.90	579	26.06
34.	Thomas CADENHEAD	16	Co St Albans		54.00	576	25.82
35.	Taylor BOWEN	17	West Suffolk		54.03	575	25.90
36.	Manfred BATTLE	16	Co Cambridge		54.06	574	26.01
37.	Dalton YALLOP	21	Lstoft & OB		54.08	573	25.77
38.	Lucas DYSON-DIAZ	18	Hatfield		54.16	571	25.86
39.	Jake LAMMAS	17	West Norfolk		54.29	567	26.01
40.	Harrison LEES	17	Watford SC		54.44	562	26.34
41.	Oliver KENNY	21	West Norfolk		54.63	556	25.85
42.	Jack SANGSTER	17	Modemian		54.64	556	26.58
43.	Joseph WELLS	19	West Norfolk		54.73	553	26.49
44.	Sebastian VANDERMEER	15	Co Cambridge		54.77	552	26.56
45.	Samuel ROSE	15	West Norfolk		54.79	551	26.27
46.	Matthew ROTHWELL	16	Co Peterboro		54.83	550	26.83
47.	Thomas PICKERING	18	Linslade		54.89	548	26.53
48.	Alec BURCHELL	20	Co Cambridge		54.97	546	25.84
49.	Daniel CHADA	17	Bishop Stort		55.03	544	25.63
50.	Lee BAKER	23	Harlow Pen		55.11	542	25.63
51.	Joshua TRAPP	17	Hertford		55.12	541	26.18
52.	Jamie BRACKSTON	17	Hitchin		55.16	540	25.93
53.	Bradley VEITCH	19	Bishop Stort		55.22	539	26.94
54.	Maxim DE WILDT	17	Co Cambridge		55.27	537	26.26
55.	Thomas BOYT	19	Felixstowe		55.29	536	26.82
56.	Sam TOWNSEND	14	C Beds SS		55.33	535	26.60
57.	Samuel MILLER	15	Basildon Ph		55.45	532	26.96
58.	Henry PEARCE	16	Co Peterboro		55.48	531	27.10
59.	Daniel MURTAGH	15	Hatfield		55.53	530	26.53
60.	Ismail RAHIM	16	Berkhamsted		55.61	527	26.86
61.	Callum DAVIS	18	Bishop Stort		55.70	525	26.74
62.	Alessandro RIODA	14	Harlow Pen		55.77	523	27.10
63.	Matthew ANDERSON	16	Deben		55.87	520	26.72
64.	Jamie MCCAFFRAY	17	Modemian		55.94	518	27.27
65.	Nathan SWIFT	17	Putteridge		56.05	515	26.75
66.	Walter HACKETT	15	Dunstable		56.06	515	27.15
67.	Finn JEFFERY	15	St Felix Sch		56.07	514	26.55
68.	Shimon LOPEZ	17	Co Cambridge		56.13	513	26.43
69.	Jack RICHES	17	Co Norwich		56.17	512	27.11
70.	Ben WILKINSON	19	West Suffolk		56.44	504	27.26
71.	Daniel CHENNELLS	15	Berkhamsted		56.45	504	26.79
72.	Louis STEPHEN	15	Brentwood		56.49	503	26.90
73.	William PESTELL	15	teamipswich		56.65	499	27.19
74.	Conor FERGUSON	17	C Beds SS		56.67	498	27.00
74.	Ryan EAGLES	17	Felixstowe		56.67	498	27.50
76.	Rhys DAVIDSON	14	Team Luton		56.73	497	27.02
77.	Jacob ISLE	17	West Norfolk		56.75	496	27.05
78.	Alexander CATTON	15	Bishop Stort		56.82	494	27.55
78.	William PICTON	17	Bishop Stort		56.82	494	26.84
80.	Edward MCFARLAND	15	C Beds SS		56.84	494	27.23
81.	Guy MUNCER	16	Co St Albans		56.86	493	26.92

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Place	Name	AaD	Club	Cat	Time	FINA Pt	50
82.	Oliver KIMBER	16	Co Norwich		56.89	492	27.07
83.	Fraser RYAN	17	West Norfolk		56.90	492	27.09
84.	Ciaran RICHES	15	West Suffolk		56.94	491	27.34
85.	William HANDLEY	16	Stowmarket		56.97	490	27.46
86.	Collins SALIBOKO	16	St Felix Sch		56.99	490	26.49
87.	Matthew WALKER	17	Co Norwich		57.00	490	27.20
88.	Harry SAUNDERS	16	Newmarket		57.02	489	26.86
89.	Charles RENNIE	17	Braintree		57.11	487	27.09
90.	Nicholas BOTHA	16	Bishop Stort		57.18	485	27.86
91.	Lewis CHAPMAN	17	Stowmarket		57.22	484	27.72
92.	JJ WILDE	14	Team Luton		57.29	482	27.54
93.	Joseph BENTLEY	19	Witham Dolph		57.38	480	28.03
94.	Joab CARR	14	St Felix Sch		57.41	479	27.31
95.	Ethan PEIRCE	14	Harlow Pen		57.46	478	27.20
96.	Oliver HARRIS	17	West Norfolk		57.82	469	27.04
97.	Samuel PYEFINCH	13	Tring		57.94	466	27.70
98.	Connor WALKER	14	Co Peterboro		57.96	466	27.11
99.	John TELENSKY	17	Harpenden		58.02	464	27.67
100.	Luke GOODALL	19	Runnymede		58.08	463	28.37
101.	Dylan NUTT	19	DunmowAtlant		58.17	461	27.24
102.	Callum THURSTON-WOOLNO	18	Beccles Town		58.23	459	27.61
103.	Edward CAMPFIELD	16	Harpenden		58.35	456	28.07
104.	Raffaele GRACI	17	Putteridge		59.38	433	27.93
105.	William ROBINS	15	C Beds SS		59.71	426	28.31
106.	Louis HINES	21	Watford SC	14	1:00.13	417	28.98
107.	Roan BRENNAN	12	Basildon Ph	9	1:09.26	273	33.84
108.	Mark EVENS	22	Hitchin	14	1:10.43	259	34.20

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints	50
1.	Jordan CATCHPOLE	19	Co Norwich	14	53.86	904	25.96
2.	Louis HINES	21	Watford SC	14	1:00.13	649	28.98
3.	Roan BRENNAN	12	Basildon Ph	9	1:09.26	442	33.84
4.	Mark EVENS	22	Hitchin	14	1:10.43	404	34.20

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EVENT 604 Womens Open 200m Freestyle

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Mia LEECH	16	Co Peterboro	2:04.74	693	29.49	1:00.88	1:32.72
2.	Charlotte WALKER	16	St Felix Sch	2:04.98	689	29.27	1:00.65	1:33.47
3.	Annabelle BURGESS	15	teamipswich	2:05.30	684	29.91	1:01.83	1:34.11
4.	Abbie LOW	16	Chelmsford	2:05.81	676	29.08	1:00.94	1:34.03
5.	Millie FIELDS	14	Bishop Stort	2:05.91	674	29.18	1:01.08	1:33.54
6.	Mackenzie WHYATT	16	Co Peterboro	2:06.31	668	28.71	1:00.35	1:33.18
7.	Jessica WOODWARD	15	Hatfield	2:06.42	666	29.00	1:01.20	1:33.78
8.	Sacha THOMAS	15	Co Norwich	2:06.70	662	29.29	1:01.49	1:34.41
9.	Billie GRANT	16	Hatfield	2:07.06	656	29.61	1:01.64	1:34.19
10.	Ellie WHEELER	16	Basildon Ph	2:07.40	651	29.70	1:02.14	1:35.10
11.	Tia GARDINER	16	Chelmsford	2:07.44	650	29.98	1:02.38	1:35.24
12.	Emma CRUICKSHANKS	15	teamipswich	2:07.63	647	29.32	1:01.96	1:35.15
13.	Rebecca HOWELL	15	Basildon Ph	2:07.82	644	30.39	1:02.87	1:35.66
14.	Tia WILSON	16	Modemian	2:08.23	638	30.15	1:02.40	1:35.65
15.	Sonia TUMIOTTO	17	St Felix Sch	2:08.28	637	30.00	1:02.40	1:35.62
15.	Poppy RICHARDSON	17	Co Peterboro	2:08.28	637	29.81	1:02.33	1:35.52
17.	Katie HAMMOND	15	Co Cambridge	2:08.78	630	30.46	1:03.03	1:36.23
18.	Rianna SMITH	20	Basildon Ph	2:09.14	625	29.78	1:02.84	1:35.93
19.	Carys BREALEY	14	Harlow Pen	2:09.43	621	30.08	1:03.03	1:36.44
20.	Lily MERRETT	15	Co St Albans	2:09.45	620	30.23	1:03.26	1:37.04
20.	Alice FENDER	17	Hemel Hemp	2:09.45	620	30.06	1:02.82	1:36.41
22.	Erin LITTLE	13	Chelmsford	2:09.52	619	30.02	1:03.17	1:36.56
23.	Sara KALAWSKA	15	Hatfield	2:09.80	615	30.33	1:03.60	1:37.01
24.	Zoe MACDONALD	15	Hitchin	2:10.11	611	29.93	1:02.16	1:36.10
25.	Ruby WHEELER	12	Basildon Ph	2:10.21	609	30.35	1:03.59	1:37.51
26.	Harriet SALISBURY	14	Co Peterboro	2:10.24	609	29.82	1:02.80	1:36.43
27.	Tess WESLEY	14	Newmarket	2:10.34	608	30.11	1:03.49	1:37.53
28.	Sophie QUACH	20	Hatfield	2:10.82	601	29.86	1:02.42	1:36.36
29.	Abbie BARNWELL	15	Team Luton	2:11.03	598	29.86	1:02.31	1:36.99
30.	May BRADBURN	14	Chelmsford	2:11.27	595	30.13	1:03.89	1:38.04
31.	Kiara KOVACS	14	Co Peterboro	2:11.32	594	29.99	1:03.26	1:37.50
32.	Tilly ANEMA	17	Co Norwich	2:12.02	585	30.51	1:04.25	1:38.79
33.	Matilda TURNER	15	Hitchin	2:12.14	583	30.53	1:03.69	1:37.95
34.	Olivia LEE	14	Co Peterboro	2:12.15	583	30.23	1:03.75	1:38.29
35.	Grace WALLER	14	Basildon Ph	2:12.20	582	30.15	1:03.16	1:37.76
35.	Lucie PECK	15	West Norfolk	2:12.20	582	30.84	1:04.17	1:38.43
37.	Ruby GREENHALF	13	Co Norwich	2:12.35	580	30.91	1:04.63	1:39.18
38.	Francesca BABER	12	C Beds SS	2:12.37	580	30.06	1:03.33	1:38.23
39.	Lucy HUDSON	14	West Suffolk	2:12.42	579	30.18	1:03.92	1:38.79
40.	Amelia MONAGHAN	16	Co Peterboro	2:12.68	576	30.74	1:04.56	1:38.95
41.	Holly LAMB	13	Southend	2:12.76	575	31.61	1:05.47	1:39.46
42.	Eloise BAILEY	16	Modemian	2:12.81	574	31.13	1:04.63	1:39.29
43.	Almudena VISSER VELEZ	16	Co Cambridge	2:12.91	573	30.65	1:04.37	1:38.98
44.	Bianka MISIKOVA	15	Hatfield	2:13.09	571	30.65	1:04.90	1:39.93
45.	Ellie HOLLISS	14	Co St Albans	2:13.18	570	30.32	1:03.56	1:38.44
46.	Lauren STOTT	16	Hatfield	2:13.42	567	31.21	1:05.05	1:39.10
47.	Cathryn THOMSON	28	St Ives	2:13.56	565	30.41	1:04.16	1:38.90
48.	Emily LUSH	16	Potters Bar	2:13.66	563	29.98	1:03.06	1:37.91
49.	Sarah CARROLL	16	Bishop Stort	2:14.08	558	31.07	1:04.52	1:38.72
50.	Valeria GIRON	13	Hatfield	2:14.15	557	31.24	1:05.98	1:40.77
51.	Freya HARWOOD	14	Hitchin	2:14.43	554	30.52	1:04.29	1:39.16
52.	Francesca PECCEI	15	Watford SC	2:14.61	552	30.91	1:05.19	1:40.06
53.	Erin WILKINSON	13	Southend	2:15.02	547	31.09	1:05.13	1:40.66
54.	Lauren THOMAS	16	C Beds SS	2:15.34	543	31.09	1:06.03	1:41.05
55.	Imogen BLOCK	14	St Felix Sch	2:15.50	541	29.92	1:03.96	1:40.07
56.	Ella MURPHY	16	Harpden	2:15.69	539	31.10	1:05.91	1:41.14
57.	Annabelle KITCHING	16	Chelmsford	2:15.70	538	31.45	1:06.17	1:40.75
58.	Ella TOLLIDAY	16	St Felix Sch	2:15.76	538	30.97	1:05.94	1:41.26
59.	Gemma HANSON	15	Hatfield	2:15.87	536	31.23	1:05.30	1:40.70
60.	Emma PARKER	14	St Felix Sch	2:16.05	534	30.80	1:04.91	1:40.18
61.	Isabelle ROSHER	15	teamipswich	2:16.27	532	31.42	1:06.25	1:41.69
62.	Alice NEWNHAM-STEBBING	16	Lstoft & OB	2:16.57	528	30.79	1:05.13	1:41.01
63.	Jennifer READ	16	West Norfolk	2:16.96	524	30.73	1:05.28	1:40.97
64.	Sophie TAYLOR	17	St Felix Sch	2:17.05	523	30.28	1:04.94	1:41.37
65.	Emma SHOEBERT	16	C Beds SS	2:17.18	521	31.41	1:06.67	1:42.50
66.	Jessica HEESOM	15	Potters Bar	2:17.38	519	31.62	1:06.50	1:42.20
67.	Lucy KING	15	Hitchin	2:17.51	517	31.84	1:06.48	1:42.01
68.	Rheama MASON	15	C Beds SS	2:17.53	517	31.41	1:05.49	1:41.25
69.	Jessica KEOGH	14	Hatfield	2:17.70	515	31.65	1:07.06	1:42.96
70.	Mia YATES	15	Felixstowe	2:18.34	508	31.73	1:06.86	1:43.31
71.	Molly YOUNG	15	Colchester	2:18.74	504	32.24	1:07.27	1:42.97
72.	Rebecca GIROLAMI	15	Colchester	2:18.75	504	30.82	1:06.19	1:42.48
73.	Holly GRAVES	14	Co Peterboro	2:18.80	503	31.39	1:06.75	1:42.84
74.	Leah WIGHTMAN	13	West Norfolk	2:19.83	492	31.45	1:06.60	1:43.04
75.	Georgia PURKIS	16	Hemel Hemp	2:20.57	484	31.62	1:07.35	1:44.10
	Megan PYE	16	Co Norwich	DNC				

EVENT 605 Mens Open 50m Breaststroke

Place	Name	AaD	Club	Time	FINA Pt
1.	Lawrence PALMER	26	Putteridge	27.35	786
2.	Brandon NABARRO	21	Putteridge	29.63	618
3.	James QUINN	14	St Ives	30.07	592
3.	Thomas WIGGINS	19	Co Peterboro	30.07	592
5.	Matthew COURTIS	23	Co Cambridge	30.18	585
6.	Lee PETERSON	44	Braintree	30.26	581
7.	Luke WESTWOOD	28	Co Cambridge	30.42	571
7.	Finlay RYAN	19	West Norfolk	30.42	571
9.	Benjamin ARKLE	19	Co Cambridge	30.54	565
10.	Thomas GRIEVE	18	Colchester	30.56	564
11.	Charles RENNIE	17	Braintree	30.67	558
12.	Jack WILLIAMS	16	Basildon Ph	30.77	552
13.	Ignacio LARGHERO	19	Newmarket	30.78	552
14.	Matthew MCLAUGHLIN	25	DunmowAtlant	30.82	549
15.	Spencer PRIOR	19	teamipswich	30.85	548
16.	Ralph MUNCER	17	Co St Albans	30.90	545
17.	Charles WHYTE	17	West Suffolk	30.98	541
18.	Marcus KEMP	17	Watford SC	31.00	540
19.	Alex FLORANCE	18	West Norfolk	31.01	539
20.	William LOVEMAN	18	Co St Albans	31.12	534
21.	Oliver CASHIN	16	Co Cambridge	31.16	532
22.	Henry KING	15	West Suffolk	31.17	531
23.	Thomas SARAH	24	Co Cambridge	31.18	531
24.	Lewis SHAYLER	15	Watford SC	31.19	530
25.	Luke BRYAN	18	West Norfolk	31.20	530
26.	Thomas HAMILTON	17	Royston	31.22	529
27.	Oliver KENNY	21	West Norfolk	31.29	525
27.	James DILLON	15	Basildon Ph	31.29	525
29.	Joshua BRISTOW	16	Modemian	31.38	520
30.	Jack RICHES	17	Co Norwich	31.39	520
31.	Leyton BERREY	19	Co Norwich	31.44	518
31.	Maxim DE WILDT	17	Co Cambridge	31.44	518
33.	Mal STAFF	16	Co Norwich	31.56	512
34.	Michael JUDD	20	Dunstable	31.65	507
35.	Harvey HALL	15	Deben	31.75	502
36.	Lewis CHAPMAN	17	Stowmarket	31.86	497
37.	Joseph COLDWELL	16	Hemel Hemp	31.89	496
38.	Jamie COLES	17	Colchester	31.94	494
39.	Freddie LAWS	15	West Norfolk	31.98	492
39.	Samuel SKUSE	17	Beccles Town	31.98	492
39.	Nathan SWIFT	17	Putteridge	31.98	492
42.	Kyle HOLMES	19	Hemel Hemp	32.05	488
43.	Ole MILLS	19	Halstead	32.11	486
44.	Alessandro RIODA	14	Harlow Pen	32.12	485
45.	Samuel JOHNSON	20	Halstead	32.19	482
46.	Jack MANSFIELD	16	Harlow Pen	32.21	481
46.	Finn JEFFERY	15	St Felix Sch	32.21	481
48.	Tommy CHANDLER	16	Gt Yarmouth	32.22	481
49.	Alfie FRANCIS	15	Potters Bar	32.23	480
50.	Thomas BOYT	19	Felixstowe	32.26	479
50.	Matthew HONEYMAN	18	Potters Bar	32.26	479
52.	Callum HAROLD	16	Bishop Stort	32.35	475
53.	Callum STEDMAN	15	Dereham	32.37	474
53.	Tolu ELESIN	16	Potters Bar	32.37	474
55.	Callum DAVIS	18	Bishop Stort	32.42	472
56.	Olivier VEDRENNE	13	Co Norwich	32.48	469
57.	Bryn COUSER	16	Bishop Stort	32.51	468
58.	Neo METZ	18	Hertford	32.52	468
58.	Harrison JARVIS	14	Thurrock	32.52	468
60.	JJ WILDE	14	Team Luton	32.56	466
61.	Dominic MCCARTHY	16	Bor of Brox	32.58	465
62.	Harry SAUNDERS	16	Newmarket	32.60	464
63.	Daniel THURSTON-WOOLNO	17	Beccles Town	32.72	459
64.	Joseph RICHARDSON	17	Co St Albans	32.77	457
65.	Freddie SYMONDS	16	Team Luton	32.84	454
66.	Finlay PAWLE	16	Leiston	32.85	454
67.	Matthew DEBENHAM	14	teamipswich	32.92	451
68.	Conor FERGUSON	17	C Beds SS	32.93	450
69.	Thomas CADENHEAD	16	Co St Albans	32.95	450
70.	Yannik WILSON	16	Co St Albans	32.96	449
71.	Sam MEAD	16	Linslade	32.97	449
72.	Kieran MCCARTHY	16	Co St Albans	32.98	448
73.	James MONCUR-BROWN	18	Co Norwich	33.04	446
74.	Morgan FOSTER	15	Braintree	33.07	445
75.	Oliver HARRIS	17	West Norfolk	33.10	443
76.	Lewis BAYLEY	17	Southend	33.11	443
77.	William HANDLEY	16	Stowmarket	33.32	435
78.	Archie HOLMAN	20	West Norfolk	33.61	424
79.	Louis WALKER	13	Colchester	33.78	417
80.	Louis STEPHEN	15	Brentwood	33.82	416
81.	William ROBINS	15	C Beds SS	34.02	408
82.	Dylan NUTT	19	DunmowAtlant	35.26	367
	Raffaële GRACI	17	Putteridge	DNC	

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EVENT 606 Womens Open 50m Breaststroke

Place	Name	AaD	Club	Cat	Time	FINA Pt
1.	Rebecca BURTON	20	Co Peterboro		32.48	685
2.	Grace KING	15	teampipswich		32.87	661
3.	Molly LEE	17	West Norfolk		33.16	644
4.	Kathryn GILL	31	Co Cambridge		33.22	640
5.	Annabelle BURGESS	15	teampipswich		33.31	635
6.	Vejune PETRAITYTE	16	Basildon Ph		33.35	633
7.	Erin O'MEARA	15	Watford SC		33.38	631
8.	Jana SPINNER	19	Co Norwich		33.48	625
9.	Sarah O'BRIEN	22	West Norfolk		33.70	613
10.	Louise BUSH	27	Co Norwich		33.75	611
11.	Danielle HARTIN	16	Basildon Ph	14	34.20	587
12.	Amelia MONAGHAN	16	Co Peterboro		34.26	584
13.	Emily BIGGS	19	Co Cambridge		34.39	577
14.	Ellie MATTHEWS	15	Putteridge		34.50	572
15.	Jessica MUNFORD	14	Norwich Swan		34.52	571
16.	Iona TRAINER	15	Co Ely		34.54	570
17.	Ela NORTON	14	Hatfield		34.59	567
18.	Molly MONK	14	Dereham		34.68	563
19.	Isabella CHAPMAN	14	Harpenden		34.69	562
20.	Sophie PAYNE	16	Hatfield		34.78	558
21.	Aoife MARLEY	16	Witham Dolph		34.80	557
22.	Rebecca GIROLAMI	15	Colchester		34.83	555
23.	Georgia MAGGS	13	Royston		34.87	554
24.	Caitlin DAY	17	Basildon Ph		35.01	547
24.	India WESTON	16	Norfolk Vikg		35.01	547
26.	Polly FISH	14	Co Cambridge		35.09	543
27.	Ciara GILL-RYAN	16	Newmarket		35.12	542
28.	Lily BEMMER	15	Deben		35.15	540
28.	Natalie SANFORD	14	St Felix Sch		35.15	540
30.	Lauren SCOTT	16	Chelmsford		35.30	534
31.	Lucy PARK	22	Watford SC		35.32	533
32.	Danielle RAYNER	22	March		35.34	532
33.	Charlotte WHITE	13	West Suffolk		35.37	530
34.	Sophie QUACH	20	Hatfield		35.49	525
35.	Ellie-Mei SHEPPERSON	15	West Norfolk		35.51	524
36.	Katherine DAYNES	16	Halstead		35.59	521
37.	Charlotte ABRAMSON	14	Co Norwich		35.63	519
38.	Alara NORTON	17	Hatfield		35.67	517
39.	Grace STEDMAN	15	Co St Albans		35.76	513
40.	Martha DULEY	19	Colchester		35.80	512
41.	Imogen BLOOMFIELD	15	Co Cambridge		35.81	511
42.	Fleur HINES	15	Watford SC		35.83	510
43.	Olivya HOLLEYMAN	18	Harlow Pen		35.92	506
43.	Chiara ROGERS	15	Team Luton		35.92	506
45.	Lauren SHARP	15	Chelmsford		35.93	506
45.	Jasmine WOLSTENHOLME	15	Leiston		35.93	506
47.	Emily JONES	16	Modemian		35.98	504
47.	Ciara WOOKEY	14	Colchester		35.98	504
49.	Grace GUNTON	14	Co Norwich		36.02	502
50.	Nicole CHANDLER	16	Deben		36.05	501
51.	Kirsty FUGE	12	Hatfield		36.13	498
52.	Olivia SMITH-LAL	20	Harlow Pen		36.17	496
53.	Rebecca KNIBB	15	Linslade		36.18	496
54.	Elinor OLIVER	18	Deben		36.22	494
55.	Lucy HUDSON	14	West Suffolk		36.26	492
56.	Katie ANDREWS	14	Norwich Swan		36.33	489
56.	Anastasia WILKINSON	13	Hatfield		36.33	489
58.	Ella MURPHY	16	Harpenden		36.34	489
59.	Celyn WALMSLEY	17	Team Luton		36.38	487
59.	Beth YOUNG	12	Felixstowe		36.38	487
61.	Ella DOOTSON	16	Stowmarket		36.42	486
62.	Charlotte HUDSON	15	West Suffolk		36.43	485
63.	Lucy BUCKINGHAM	12	Putteridge		36.45	485
64.	Kayleigh HOLROYD	15	C Beds SS		36.48	483
65.	Nia JORDAN	16	Hatfield		36.52	482
66.	Maia MORGAN	15	Dunstable		36.53	481
67.	Olivia NEWMAN-BARONIUS	12	Putteridge		36.57	480
68.	Rebecca WEST	16	Thurrock		36.59	479
69.	Niamh WAINWRIGHT	15	Chelmsford		36.60	479
70.	Eve WRIGHT	15	Co Peterboro		36.62	478
71.	Harriet CLEMENTS	14	Watford SC		36.76	472
72.	Kira DOYLE	23	Hemel Hemp		36.79	471
72.	Megan BUNYARD	18	Linslade		36.79	471
74.	Sarah CARROLL	16	Bishop Stort		36.81	471
75.	Olivia LEE	14	Co Peterboro		36.82	470
76.	Harriette SPRIGGS	15	Chelmsford		36.89	467
77.	Mollie WHITE	15	Norfolk Vikg		36.91	467
78.	Georgia PRITCHARD	13	Hatfield		36.94	466
79.	Lauren GRICE	19	Leighton Buz		37.01	463
80.	Abbie DUFFIELD	14	teampipswich		37.08	460
81.	Alice FASEY	14	Thetford		37.10	460

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EVENT 606 Womens Open 50m Breaststroke

Place	Name	AaD	Club	Cat	Time	FINA Pt
82.	Abbie BARNWELL	15	Team Luton		37.11	459
83.	Niamh KELLY	14	Hatfield		37.13	458
84.	Emma PARKER	14	St Felix Sch		37.16	457
85.	Caitlin HARTLEY	14	Hatfield		37.20	456
86.	Tess WESLEY	14	Newmarket		37.27	453
87.	Emily WATSON	15	Modernian		37.35	450
88.	Niamh SADLER	14	Co Norwich		37.36	450
89.	Lucy COIA-BELL	13	Co St Albans		37.39	449
89.	Rachael JOHNSON	16	West Norfolk		37.39	449
91.	Emma KILLIN	17	Tring		37.40	449
92.	Jessica BOND	15	Hatfield		37.44	447
93.	Sammy HUMPHREY	22	Leighton Buz		37.45	447
94.	Mia BROCK	17	Norwich Swan		37.48	446
95.	Emily WHYTE	15	teampipswich		37.49	445
96.	Georgina MUNDAY	14	Modernian		37.55	443
97.	Eden HORWOOD	17	Leighton Buz		37.62	441
98.	Cerys WILLIAMS	14	West Suffolk		37.68	439
99.	Smriti GOKARN	16	St Felix Sch		37.70	438
100.	Temilola AWOLESI	13	Chelmsford		37.73	437
101.	Sophie SPARKES	13	Norwich Swan		37.77	435
102.	Macy DEXTER	12	Co Cambridge		37.97	429
103.	Francesca LOW	13	Chelmsford		38.03	427
104.	Eleni ZORN	12	Modernian		38.20	421
105.	Shona MCKENNA	16	Hemel Hemp		38.21	421
106.	Jasmine GORE	16	Putteridge		38.73	404
107.	Autumn HANDSCOMBE	15	Flitwick		38.83	401

Swim England East Region

Short Course Championships 2018

Results Session Six

Licence ER180889

EVENT 607 Mens Open 200m Backstroke

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Herbie KINDER	16	Co Peterboro	2:04.49	610	28.94	1:00.82	1:32.81
2.	Ryan KELLY	19	Chelmsford	2:06.97	575	30.00	1:02.39	1:35.89
3.	Nathan WELLS	20	West Norfolk	2:07.10	574	28.82	1:01.07	1:34.49
4.	Thomas CLARE	17	teamipswich	2:07.17	573	28.54	1:00.97	1:34.14
5.	Max JELFS	17	Hatfield	2:07.28	571	29.22	1:01.09	1:34.37
6.	Myles TURNER	18	Co Cambridge	2:07.35	570	30.86	1:03.61	1:35.89
7.	Manfred BATTLE	16	Co Cambridge	2:07.42	569	29.43	1:02.05	1:34.55
8.	Matthew GRAY	18	Co Peterboro	2:07.93	562	29.40	1:02.07	1:35.23
9.	Jack SANGSTER	17	Modernian	2:08.37	557	30.23	1:02.81	1:36.08
10.	Jude LIDIARD	17	Co St Albans	2:08.64	553	29.90	1:03.04	1:36.33
11.	Harry WHITEMAN	18	Co Peterboro	2:08.81	551	30.25	1:03.44	1:36.55
12.	Liam BRENNAN	16	Basildon Ph	2:08.98	549	29.61	1:01.88	1:35.61
13.	Walter HACKETT	15	Dunstable	2:09.40	543	29.24	1:02.10	1:36.45
14.	Michael JUDD	20	Dunstable	2:09.53	542	30.00	1:02.70	1:36.33
15.	James COOPER	16	Basildon Ph	2:09.68	540	30.34	1:03.55	1:37.34
16.	Michael RIPPER	17	Co St Albans	2:10.27	533	30.66	1:03.93	1:37.61
17.	Nathan WOODROW	15	Co Norwich	2:11.20	521	31.63	1:05.86	1:39.30
18.	Henry PEARCE	16	Co Peterboro	2:11.62	516	31.53	1:05.74	1:39.67
19.	Thomas OGDEN	14	Bishop Stort	2:12.05	511	30.37	1:04.01	1:38.57
20.	Daniel MURTAGH	15	Hatfield	2:12.73	504	30.68	1:04.22	1:38.67
21.	Thomas BOYT	19	Felixstowe	2:12.99	501	30.98	1:04.29	1:39.44
22.	Thomas BELCHER	15	Modernian	2:13.16	499	30.38	1:03.91	1:38.96
23.	Mehdi EL MANSAR	14	Bishop Stort	2:13.57	494	30.72	1:04.64	1:39.66
24.	Thomas STANBURY	17	Potters Bar	2:14.00	489	30.56	1:04.68	1:39.35
25.	Ben WOODHOUSE	15	Norwich Swan	2:14.01	489	30.55	1:03.97	1:38.90
26.	Samuel COSTIN	15	Basildon Ph	2:14.32	486	31.57	1:05.59	1:40.19
27.	Joel GREEN	18	Hemel Hemp	2:14.37	485	32.50	1:07.96	1:41.75
28.	Alexander CATTON	15	Bishop Stort	2:14.60	483	30.47	1:04.92	1:40.03
29.	Teal'K SMITH	15	Beccles Town	2:14.95	479	30.55	1:05.05	1:40.38
30.	Samuel ROSE	15	West Norfolk	2:15.11	477	31.34	1:05.32	1:39.91
31.	Aidan HOWARD	16	Deben	2:15.15	477	30.64	1:04.24	1:40.04
32.	William PESTELL	15	teamipswich	2:15.76	471	31.51	1:05.83	1:41.62
33.	Callum WOLLASTON	17	Bor of Brox	2:15.97	468	-	1:05.03	-
34.	Matthew ANDERSON	16	Deben	2:16.11	467	30.73	1:05.13	1:41.00
35.	Finn JEFFERY	15	St Felix Sch	2:16.32	465	31.15	1:05.47	1:40.52
36.	Jack SKERRY	14	Chelmsford	2:16.82	460	30.76	1:05.14	1:40.93
37.	Joseph WELLS	19	West Norfolk	2:17.42	454	31.73	1:06.49	1:42.21
38.	Samuel GAINES	17	Hemel Hemp	2:18.13	447	32.35	1:08.01	1:43.56
39.	William PARSONS	14	Deben	2:18.20	446	30.94	1:05.82	1:41.98
39.	Lewis BAYLEY	17	Southend	2:18.20	446	31.07	1:05.71	1:41.73
41.	Matthew HARVEY	14	Basildon Ph	2:18.54	443	32.03	1:06.59	1:42.83
42.	Zane BATT	15	Bor of Brox	2:18.59	442	31.46	1:06.64	1:42.80
43.	Matthew ROTHWELL	16	Co Peterboro	2:18.65	442	32.33	1:07.92	1:43.72
44.	Ethan SUTTON	16	Watford SC	2:18.98	439	32.94	1:08.10	1:44.35
45.	Fabian BRUDNICKI	14	Co Peterboro	2:19.04	438	32.32	1:07.60	1:43.60
46.	Ketan RACH	14	Watford SC	2:19.29	436	31.46	1:06.15	1:42.76
47.	Alexander HORNE	15	Co St Albans	2:19.38	435	31.40	1:06.67	1:43.06
48.	Luke PESTAILLE	15	Hatfield	2:19.69	432	31.66	1:07.36	1:44.31
49.	Owen VAUGHAN	15	Chelmsford	2:20.28	426	32.12	1:07.73	1:44.78
50.	Freddie LAWS	15	West Norfolk	2:20.49	425	33.06	1:09.04	1:45.36
51.	Jake LAMMAS	17	West Norfolk	2:20.99	420	32.26	1:07.25	1:44.03
52.	Jacob ISLE	17	West Norfolk	2:22.24	409	32.49	1:08.44	1:45.67
53.	Samrahn SANDHU	16	Co St Albans	2:22.62	406	32.06	1:07.59	1:45.04
54.	Edward CAMPFIELD	16	Harpenden	2:22.87	404	32.00	1:07.87	1:45.87
55.	Tom MALIA	14	Team Luton	2:23.32	400	32.71	1:08.32	1:45.60
56.	Daniel THURSTON-WOOLNO	17	Beccles Town	2:24.34	391	33.70	1:09.83	1:48.37
57.	Matthew NEWSON	15	Co Peterboro	2:24.54	390	33.45	1:09.93	1:47.15
58.	Tyler JACKSON	14	Harlow Pen	2:25.43	383	32.24	1:08.50	1:47.26
59.	Ciaran COOK	15	Co St Albans	2:25.95	379	32.85	-	1:47.64
	Collins SALIBOKO	16	St Felix Sch	DQ				

Swim England East Region

Short Course Championships 2018

Results Session Six

Licence ER180889

EVENT 608 Womens Open 800m Freestyle Team

Place	Name	Club	Time	FINA Pt
1.	City Of Peterborough A	Co Peterboro	8:26.40	715
	50m 29.79	100m 1:02.16	150m 1:34.57	200m 2:06.54
	450m 4:42.94	500m 5:14.66	550m 5:47.13	600m 6:19.11
				250m 2:35.80
				300m 3:08.12
				350m 3:41.12
				400m 4:14.21
				450m 4:46.27
				500m 5:14.66
				550m 5:47.13
				600m 6:19.11
				650m 6:48.24
				700m 7:20.63
				750m 7:53.74
				800m 8:26.40
2.	Chelmsford City SC	Chelmsford	8:31.14	695
	50m 29.65	100m 1:02.09	150m 1:35.21	200m 2:07.98
	450m 4:46.27	500m 5:19.33	550m 5:53.41	600m 6:26.10
				250m 2:37.19
				300m 3:09.98
				350m 3:43.66
				400m 4:16.70
				450m 4:46.27
				500m 5:19.33
				550m 5:53.41
				600m 6:26.10
				650m 6:54.80
				700m 7:26.31
				750m 7:58.93
				800m 8:31.14
3.	Hatfield SC A	Hatfield	8:34.69	681
	50m 30.05	100m 1:02.56	150m 1:36.17	200m 2:09.96
	450m 4:47.95	500m 5:20.17	550m 5:53.99	600m 6:26.49
				250m 2:39.49
				300m 3:12.12
				350m 3:45.88
				400m 4:19.37
				450m 4:47.95
				500m 5:20.17
				550m 5:53.99
				600m 6:26.49
				650m 6:55.63
				700m 7:27.65
				750m 8:01.20
				800m 8:34.69
4.	Basildon and Phoenix S	Basildon Ph	8:38.60	665
	50m 30.68	100m 1:03.82	150m 1:36.88	200m 2:08.78
	450m 4:47.87	500m 5:20.75	550m 5:54.28	600m 6:27.34
				250m 2:38.48
				300m 3:11.23
				350m 3:44.98
				400m 4:18.11
				450m 4:47.87
				500m 5:20.75
				550m 5:54.28
				600m 6:27.34
				650m 6:57.03
				700m 7:30.11
				750m 8:04.29
				800m 8:38.60
5.	City of Norwich SC	Co Norwich	8:42.60	650
	50m 30.71	100m 1:04.30	150m 1:39.02	200m 2:13.82
	450m 4:53.74	500m 5:26.65	550m 6:00.40	600m 6:33.62
				250m 2:42.43
				300m 3:15.78
				350m 3:50.38
				400m 4:24.25
				450m 4:53.74
				500m 5:26.65
				550m 6:00.40
				600m 6:33.62
				650m 7:03.27
				700m 7:35.98
				750m 8:09.48
				800m 8:42.60
6.	Modernian SC	Modernian	8:53.47	611
	50m 30.46	100m 1:04.90	150m 1:40.64	200m 2:15.50
	450m 4:57.73	500m 5:31.85	550m 6:07.77	600m 6:42.80
				250m 2:45.84
				300m 3:19.35
				350m 3:53.67
				400m 4:27.90
				450m 4:57.73
				500m 5:31.85
				550m 6:07.77
				600m 6:42.80
				650m 7:13.30
				700m 7:46.23
				750m 8:20.30
				800m 8:53.47
7.	Hitchin SC	Hitchin	9:00.77	587
	50m 31.25	100m 1:05.07	150m 1:39.23	200m 2:12.55
	450m 5:02.27	500m 5:36.18	550m 6:11.84	600m 6:47.00
				250m 2:43.99
				300m 3:19.23
				350m 3:55.69
				400m 4:31.75
				450m 5:02.27
				500m 5:36.18
				550m 6:11.84
				600m 6:47.00
				650m 7:17.09
				700m 7:51.27
				750m 8:26.28
				800m 9:00.77