

EVENT 231 Men/Women 11 Yrs/Over 100m Free.

MEN 11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Wilfred Warwick	12	Co Cambridge	1:14.13	36.08
2.	Constantine Calliafas	11	Watford SC	1:15.32	37.23
3.	Tristan De Belligny	12	Witham Dolph	1:15.87	36.40
4.	Gabriel Taggart	12	Watford SC	1:16.30	37.21
5.	Ethan Woolsey	11	St Neot Swan	1:16.37	36.92
6.	Ryan Wimpenny	12	Cheshunt	1:16.62	37.73
7.	Ethan Wallis	12	St Felix Sch	1:17.24	36.63
8.	Henry Carter	12	Co Cambridge	1:20.15	37.61
	Elliott Hall	12	Bishop Stort	DNC	

MEN 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	William Harris	13	Watford SC	1:07.44	32.60
2.	Jamie Wilson	13	West Norfolk	1:07.75	32.21
3.	Evan Larthe	13	Basildon Ph	1:08.34	32.76
4.	Oliver Davey	13	Co Ely	1:08.89	34.44
5.	Kabir Patel	13	Potters Bar	1:09.48	33.12
6.	Harrison Waller	13	Southend	1:10.78	33.90
7.	Alexander Mordenti	13	Potters Bar	1:11.14	34.25

MEN 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Sam Ryan	14	Bushey	1:02.53	30.38
2.	Theodore Monk	14	Co Cambridge	1:03.23	30.31
3.	Reece Burns	14	Witham Dolph	1:03.34	29.89
4.	Theo Bari	14	Saffron Wald	1:04.43	29.97
5.	Daniel Williams	14	Hatfield	1:04.47	30.69
6.	Jonathan Regan	14	Modemian	1:04.76	31.10
7.	Ethan Lewis	14	New Hall	1:04.97	31.25
8.	Oscar Chaplin	14	Co St Albans	1:05.90	31.40

MEN 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Rhys Burrell	15	West Norfolk	1:00.62	28.82
2.	George Grimwood	15	Bishop Stort	1:00.74	29.68
3.	Charlie Payne	15	Newmarket	1:01.12	29.17
4.	Jeffrey Gill	15	Watford SC	1:01.17	29.93
5.	Archie Rann	15	Ware	1:01.94	30.28
6.	Charlie McKinnon	15	St Felix Sch	1:02.96	30.20
7.	Nathan Yeaman	15	West Norfolk	1:03.47	29.98
8.	Joshua Needham	15	St Neot Swan	1:03.55	31.80
9.	Joseph McNulty	15	Watford SC	1:03.72	31.12
10.	Danny Foreman	15	Potters Bar	1:05.28	30.63

MEN 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Atikan To	16	Ware	58.69	28.81
2.	Fynley Blake	16	teamipswich	59.33	28.39
3.	Daniel Kendall	16	Co Ely	59.49	28.81
4.	Raven Dodsworth	16	Newmarket	1:00.14	27.74
5.	Sean Diggins	16	Gt Yarmouth	1:00.91	29.80
6.	Cameron Jones	16	Leighton Buz	1:00.96	29.09
7.	Luke Read	16	Basildon Ph	1:01.31	29.08
8.	William Murfitt	16	Biggleswade	1:01.34	29.84
9.	James Renton	16	Potters Bar	1:01.37	29.91
10.	Freddie Gardner	16	Bo Southend	1:01.46	29.64
11.	Austin Harrop	16	Co Cambridge	1:03.93	30.03
	Samuel Tolputt	16	Deben	DNC	

MEN 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Thomas Ball	18	West Norfolk	57.32	27.25
2.	Zak Baldwin	17	Newmarket	58.09	27.45
3.	Christopher Howe	17	Co Cambridge	59.43	28.37
4.	Tobias Sinclair	17	Ware	1:00.18	28.51
5.	Enzo Lim	17	Watford SC	1:00.36	29.64
6.	Jude Gore	19	Linslade	1:01.23	29.21
7.	Nicholas Sinclair	19	Ware	1:01.47	29.55
8.	Jake Hickmott	17	Flitwick	1:01.83	29.24
9.	Harvey Last	19	Southend	1:02.18	29.29
	Harry Richardson	18	Southend	DNC	

WOMEN 11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Zara Avery	12	Linslade	1:14.33	36.36
2.	Belle Ringwood	12	West Norfolk	1:14.57	35.20
3.	Jeslene Sandhu	11	Epping Fort	1:14.71	36.34
4.	Cassandra Pereira	12	Hatfield	1:15.00	35.92
5.	Maya Robu	12	Cheshunt	1:15.23	37.52
6.	Anastasja Wall	12	Dereham	1:15.35	35.95
7.	Lily-May Freeman	12	Gt Yarmouth	1:15.69	36.73
8.	Nathalie Bailey	12	New Hall	1:16.54	37.14
9.	Jessica Pugh	12	Norwich Swan	1:17.71	37.59
10.	Nabiela Van Der Schyff	12	Colchester	1:17.76	37.52
11.	Man Sum So	12	Hitchin	1:17.80	36.99
12.	Olivia Croft	11	Cheshunt	1:18.10	37.06
13.	Samantha Martelino	12	Newmarket	1:18.62	37.92
14.	Maggie Marshall	12	teamipswich	1:18.81	38.64
15.	Starr Nichols	12	Gt Yarmouth	1:19.36	37.82
16.	Neve Melville	12	Felixstowe	1:19.68	39.05

WOMEN 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Megan Clarke	13	Co Ely	1:08.24	33.05
2.	Bethany Rumsby	13	Norwich Swan	1:09.90	33.93
3.	Melike Dagdelen	13	Leighton Buz	1:10.01	34.80
4.	Amelia Wetherell	13	Harlow Pen	1:10.29	34.51
5.	Amy Meyer	13	Biggleswade	1:11.35	34.41
6.	Ella Deaton	13	Newmarket	1:11.39	34.24
7.	Selina Green	13	St Felix Sch	1:11.83	33.75
8.	Libby Whiting	13	Linslade	1:12.00	34.89
9.	Meghan Howarth Owen	13	Chelmsford	1:13.57	35.75

WOMEN 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Sophie Holliss	14	Co St Albans	1:06.76	31.98
2.	Kiera Broad	14	West Suffolk	1:06.84	32.01
3.	Cailin Hehir	14	Watford SC	1:07.36	32.45
4.	Genevieve White	14	Co Cambridge	1:07.44	32.91
5.	Gabrielle Cornish	14	Colchester	1:08.23	32.80
6.	Mia Macklin	14	Braintree	1:08.53	32.87
7.	Isabel Mullings	14	Cheshunt	1:08.56	33.30
8.	Wiktorja Marcinek	14	West Norfolk	1:08.64	32.67
9.	Leah Mason	14	Colchester	1:08.73	33.37
10.	Charlotte Spedding	14	Witham Dolph	1:08.84	33.36
11.	Anna Flowers	14	Leiston	1:09.19	32.98
12.	Bethany Crawley	14	teamipswich	1:09.36	32.87
13.	Aksinia Ivanova	14	Potters Bar	1:09.85	33.63
14.	Sophie Coleman	14	Co St Albans	1:09.96	33.27
	Nwando Ifeacho	14	Modernian	DNC	

WOMEN 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Tabitha Payne	15	Thefford	1:04.85	30.78
2.	Sophie O'Rorke	15	Chelmsford	1:05.41	31.44
3.	Hannah McNicholas	15	Deben	1:05.49	31.05
4.	Rachel Sale	15	Stanway	1:06.70	32.40
5.	Lilia Clarkson	15	St Felix Sch	1:06.85	32.51
6.	Elizabeth Wright	15	West Suffolk	1:06.94	31.82
7.	Sophie Green	15	Hatfield	1:07.25	33.05
8.	Elyn Lauder	15	West Norfolk	1:07.49	32.64
9.	Jersey Holmes	15	Team Waveney	1:07.57	32.40
10.	Emma Bird	15	Putteridge	1:08.12	32.86
11.	Heidi Bruggraber	15	Co Cambridge	1:08.36	33.56
12.	Alice O'Toole	15	Royston	1:08.52	32.88
13.	Sadie Rowe	15	Colchester	1:08.69	33.18
14.	Florence Talbot	15	Newmarket	1:08.79	33.44
15.	Annette Molyneaux	15	Hadleigh	1:08.95	33.34
16.	Megan Summer	15	Dereham	1:09.03	32.18
17.	Kathryn Edwards	15	Braintree	1:09.10	32.97
	Vasilisa Shampanova	15	Co Cambridge	DNC	

WOMEN 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Ellie Burwood	16	St Felix Sch	1:05.08	31.39
2.	Ellie Catchpole	16	Leiston	1:05.48	31.03
3.	Jessica Bright	16	Potters Bar	1:05.53	31.15
4.	Poppy Malcolmson	16	Dereham	1:06.46	32.13
5.	Zoe Quarman	16	Leighton Buz	1:06.57	32.31
6.	Elsie Pooley	16	West Suffolk	1:07.49	32.10
7.	Zoe Land	16	Gt Yarmouth	1:07.80	32.50
8.	Phoebe Thorn	16	Flitwick	1:07.93	32.61
9.	Tia Hill	16	Co Ely	1:07.94	32.07
10.	Misty Eren	16	Harlow Pen	1:08.10	32.75
11.	Jasmine Bale	16	Halstead	1:08.34	33.06
12.	Evie Jamieson	16	Harlow Pen	1:08.96	32.65
13.	Isabel Collins	16	Bo Southend	1:09.00	33.77
14.	Georgia D'Arcy	16	Royston	1:09.08	33.26
15.	Megan Worley	16	Watford SC	1:09.19	32.84
16.	Isabella Dolton	16	Tring	1:10.97	32.91
	Ruby Chapman	16	Norwich Swan	DNC	

WOMEN 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Evie Thompson	17	Hitchin	1:04.45	30.84
2.	Alice Clark	17	West Suffolk	1:05.19	31.32
3.	Eloise Conway	22	Halstead	1:05.86	32.15
4.	Caitlin McNicholas	17	Deben	1:05.93	31.50
5.	Sophie Sparkes	17	Norwich Swan	1:06.02	31.21
6.	Hannah Zyss	17	Basildon Ph	1:06.07	31.94
7.	Julia Swanepoel	17	Epping For't	1:06.23	32.41
8.	Sophie Quinton	18	Deben	1:06.33	32.06
9.	Emily Presland	20	Bushey	1:06.80	32.90
10.	Ellie Eva	18	Hitchin	1:07.95	32.13
11.	Julianna Mercado	18	Norwich Swan	1:08.48	32.47
12.	Jessica Sanford	17	Norwich Swan	1:08.60	31.90
13.	Tamsin Moren	17	Berkhamsted	1:08.82	31.64
	Jessica Presland	19	Bushey	DNC	
	Tess Wesley	18	Newmarket	DNC	

EVENT 232 Men/Women 11 /Over 50m Breaststroke

MEN 11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Daniel Talbot	12	Leighton Buz	43.83
2.	Lucas Northey	12	Leighton Buz	44.28
3.	Henry Carter	12	Co Cambridge	45.33
4.	Lochlan Shaw	12	Flitwick	45.69
5.	Oliver Fuller	12	Co Ely	45.82
6.	Millan Cook	12	Harpenden	45.93
7.	Alexander Pattison	12	West Norfolk	46.75
8.	Oliver Outtram	12	Flitwick	46.98
9.	Wilfred Warwick	12	Co Cambridge	47.71
10.	Theodore Perrin	12	Harlow Pen	47.82
11.	Gabriel Taggart	12	Watford SC	48.01
12.	Ethan Woolsey	11	St Neot Swan	48.08
13.	Tom Kaiser	12	Norwich Swan	48.97
	Philipp Shamparov	12	Co Cambridge	DNC

MEN 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lucas Moxon-Booth	13	Flitwick	40.94
2.	Nonso Nwabueze	13	Bo Southend	41.54
3.	Marton Molnar	13	Co Cambridge	42.02
4.	Will Riley	13	teampiswich	42.59
5.	Jamie Wilson	13	West Norfolk	42.67
6.	Aidan Scott	13	St Felix Sch	42.71
7.	Harrison Waller	13	Southend	42.75
8.	Jacob Hurst	13	Norwich Swan	43.06
9.	William Harris	13	Watford SC	43.46
10.	Luca Bertossa Padin	13	Potters Bar	44.07
11.	Kabir Patel	13	Potters Bar	44.51

MEN 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Daniel Williams	14	Hatfield	39.91
2.	Ryley Turpin	14	Southend	39.95
3.	Max Nicholls	14	Leiston	40.31
4.	George Carter	14	Co Cambridge	41.48

MEN 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Toby Northey	15	Leighton Buz	36.46
2.	Nathan Birchenough	15	St Felix Sch	36.73
3.	Alexander Ball	15	Potters Bar	37.37
4.	Benjamin Watley	15	Witham Dolph	37.53
5.	Joshua Needham	15	St Neot Swan	38.75
6.	F Basantes Campos	15	Co St Albans	39.25
7.	Charlie Payne	15	Newmarket	39.73
8.	Archie Rann	15	Ware	39.82
9.	Oscar Harris	15	Thefford	40.06
10.	Thomas Maher	15	Co St Albans	40.51

MEN 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sean Diggins	16	Gt Yarmouth	35.22
2.	Thomas Deaton	16	Newmarket	35.52
3.	Samuel Tolputt	16	Deben	36.07
4.	Oliver Solomon	16	Tring	36.65
5.	Thomas Liddiard	16	Ware	36.79
6.	Guido Belcher	16	Flitwick	38.07
7.	Raven Dodsworth	16	Newmarket	38.70
8.	William Murfitt	16	Biggleswade	39.06
9.	Thomas Small	16	Norwich Swan	39.13
10.	Corey Hare	16	Colchester	41.08

MEN 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time
1.	William Presland	17	Bushey	33.10
2.	Harold Edwards	17	Braintree	34.52
3.	Sam Loader	18	Clacton SC	34.53
4.	Harvey Last	19	Southend	35.41
5.	Eduardo Camacho	17	Co Cambridge	36.85

WOMEN 11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Bryony Murfitt	12	Biggleswade	44.43
2.	Sophie Thackrah	12	Linslade	44.52
3.	Niamh Bunker	12	Flitwick	44.85
4.	Freya Cox	11	Norwich Swan	45.35
5.	Liliana Czerwinska	12	Potters Bar	45.51
6.	Amelia Garnham	11	teamipswich	45.58
7.	Jasmine Davies	12	Watford SC	45.61
8.	Bethany Hopkins	12	Harpenden	45.67
9.	Mia Nelson	11	Cheshunt	45.77
10.	Mia Edwards	12	Norwich Swan	45.84
11.	Maya Aubrey	12	Bo Southend	46.27
12.	Man Sum So	12	Hitchin	46.46
12.	Annabelle Smith	12	Co Ely	46.46
14.	Samantha Martelino	12	Newmarket	46.47
15.	Gracie Moule	12	March	46.59
16.	Charlotte Belcher	12	Modernian	46.66
17.	Sophie Knevet	12	Colchester	46.75
18.	Libby Nurse	12	Basildon Ph	47.73
19.	Emmie Freeth	12	Cheshunt	48.05
20.	Charlotte Catchpole	12	Leiston	48.26
21.	Niamh Venus-Knight	11	Witham Dolph	48.28
22.	Nathalie Bailey	12	New Hall	48.85
23.	Layla Jones	12	Witham Dolph	49.29

WOMEN 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Libby Whiting	13	Linslade	40.57
2.	Grace Robinson	13	St Felix Sch	41.23
3.	Alice Robinson	13	Co Cambridge	43.13
4.	Ella Deaton	13	Newmarket	43.25
5.	Melike Dagdelen	13	Leighton Buz	43.34
6.	Isla Black	13	Co St Albans	43.71
7.	Summer Evason	13	Watford SC	44.18
8.	Martha Bentley	13	Epping For't	44.23
9.	Meghan Howarth Owen	13	Chelmsford	44.31
10.	Erin Uttridge	13	teamipswich	44.32
11.	Hannah Pye	13	St Ives	44.58
12.	Darcey Cuddon	13	Co Cambridge	44.63
13.	Sophie Williams	13	Royston	45.77
14.	Bethany Rumsby	13	Norwich Swan	45.78
15.	Caelia Randall	13	Watford SC	45.82
	Yasmine Ollerenshaw	13	Flitwick	DNC

WOMEN 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Kiera Broad	14	West Suffolk	39.31
2.	K Sutika-Totlebena	14	West Norfolk	39.50
3.	Holly Ridgeon	14	Leiston	39.96
4.	Adrija Raudonyte	14	Newmarket	40.08
5.	Neve Jones	14	Flitwick	40.42
6.	Isabel Mullings	14	Cheshunt	40.97
7.	Emily Lowe	14	Modernian	41.08
8.	Phoebe De Voogt	14	Leighton Buz	41.14
9.	Sophie Holliss	14	Co St Albans	41.27
10.	Abigail Riches	14	Norwich Swan	41.63
11.	Callin Hehir	14	Watford SC	42.53
12.	Phoebe Ryan	14	Linslade	42.60
13.	Leah Mason	14	Colchester	43.12
14.	Amelie Grime	14	Potters Bar	43.24
15.	Mia Gray	14	Norwich Swan	43.66
16.	Rosie Jackson	14	Leighton Buz	44.09
17.	Bella Vickery	14	Southend	44.21
	Bethany Crawley	14	teamipswich	DNC
	Nwando Ifeacho	14	Modernian	DNC

WOMEN 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Pemberley Hornigold	15	West Norfolk	39.25
2.	Olivia Skittrell	15	West Norfolk	39.78
3.	Darcey Hepworth	15	Flitwick	40.33
4.	Sophie Ball	15	Braintree	40.95
5.	Hannah McNicholas	15	Deben	41.05
6.	Beatrix Baldwin	15	Norwich Swan	41.31
7.	Clara Foster	15	Linslade	41.62
8.	Isabelle Talbot	15	Braintree	41.72
9.	Ava Black	15	Co St Albans	41.87
10.	Heidi Brugggraber	15	Co Cambridge	42.02
11.	Sophie O'Rorke	15	Chelmsford	42.07
12.	Erin Woodrow	15	West Norfolk	42.11
13.	Evie Greenhill	15	Royston	42.14
14.	Eddie Hawtin	15	Tring	42.65
15.	Verity Billingham	15	Tring	43.01
16.	Florence Talbot	15	Newmarket	43.52
17.	Olivia Stubbs	15	Watford SC	43.65
	Vasilisa Shampanova	15	Co Cambridge	DNC

WOMEN 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sophie Doig	16	West Norfolk	38.72
2.	Holly Rigby	16	Gt Yarmouth	39.41
3.	Emily Calmcross	16	Hitchin	39.48
4.	Robyn Hartley	16	Hatfield	39.95
5.	Elsie Pooley	16	West Suffolk	40.42
6.	Marcie Aley	16	Braintree	41.60
7.	Georgia D'Arcy	16	Royston	43.39

WOMEN 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alice Field	17	Ware	37.27
2.	Amber Ridgeon	17	Leiston	38.48
3.	Kya Andreou	18	Harlow Pen	38.69
4.	Sophie Sparkes	17	Norwich Swan	38.90
5.	Emily Cutting	17	West Suffolk	38.99
6.	Tamsin Moren	17	Berkhamsted	39.15
7.	Jasmine Brakenbury	17	Hitchin	39.30
8.	Alice Clark	17	West Suffolk	39.47
9.	Julianna Mercado	18	Norwich Swan	40.01
10.	Hannah Jarrett	18	Norwich Swan	40.07
11.	Sophie Jenkinson	17	Basildon Ph	40.46
11.	Emma Malcolm	17	Theford	40.46
	Tess Wesley	18	Newmarket	DNC

EVENT 233 Men/Women 11 /Over 200m Backstroke

MEN 11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Tyler Stone	12	Co Norwich	2:48.63	38.58	1:23.01	2:06.02
2.	Mawulinam Ito	11	Co Cambridge	3:01.62	44.09	1:30.18	2:18.01
3.	Gabriel Taggart	12	Watford SC	3:12.78	45.48	1:35.83	2:24.99

MEN 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Harry Bird	13	Putteridge	2:50.29	40.91	1:24.42	2:09.88
2.	Luca Bertossa Padin	13	Potters Bar	2:50.74	40.02	1:23.38	2:08.69
3.	Oliver Davey	13	Co Ely	2:54.42	41.24	1:26.66	2:13.72
4.	Alexander Mordenti	13	Potters Bar	2:58.16	42.85	1:27.57	2:15.26
5.	Charlie Stott	13	Co St Albans	2:59.41	42.57	1:28.39	2:16.37

MEN 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Jonathan Regan	14	Modemian	2:41.16	39.27	1:20.44	2:03.27
2.	Spencer Battisson	14	Team Waveney	2:42.41	38.12	1:20.32	2:01.02
3.	F Cleland Ferdin	14	Co Cambridge	2:42.51	39.36	1:20.79	2:02.96
4.	Oscar Sherwani	14	Flitwick	2:42.84	36.50	1:19.76	2:01.02
5.	Evan Aldridge	14	St Felix Sch	2:46.25	39.28	1:21.04	2:05.31

MEN 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Nathan Yeaman	15	West Norfolk	2:33.02	35.40	1:14.96	1:53.43
2.	Toby Evans	15	Leighton Buz	2:33.69	35.58	1:16.16	1:54.50
3.	Danny Foreman	15	Potters Bar	2:38.50	37.28	1:17.18	1:58.84

MEN 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Daniel Kendall	16	Co Ely	2:31.52	35.48	1:15.55	1:54.06
2.	Austin Harrop	16	Co Cambridge	2:35.43	36.61	1:15.97	1:56.95
	Freddie Gardner	16	Bo Southend	DNC			

MEN 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Harrison Holmes	17	Team Waveney	2:28.64	34.11	1:12.18	1:50.40
2.	Eduardo Camacho	17	Co Cambridge	2:36.49	36.54	1:16.84	1:57.69

WOMEN 11/12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	India Harrod-Hill	12	Epping For't	2:55.41	41.46	1:25.71	2:12.08
2.	Belle Ringwood	12	West Norfolk	3:03.42	43.40	-	2:20.58
3.	Layla Jones	12	Witham Dolph	3:07.37	43.86	1:34.02	2:21.70
4.	Isabella Bryan	12	teamipswich	3:12.43	48.40	1:37.81	2:28.22
5.	Maggie Marshall	12	teamipswich	3:13.77	48.70	1:39.61	2:29.70
6.	Elsbeth Butler	12	Norwich Swan	3:14.82	46.01	1:35.79	2:28.88
7.	Jasmine Davies	12	Watford SC	3:16.18	42.84	1:36.09	2:26.08
8.	Libby Nurse	12	Basildon Ph	3:16.44	47.20	1:36.71	2:28.72
9.	Iyla Addison	12	Norwich Swan	3:17.26	46.07	1:38.51	2:28.61
	Nina Allen	11	Newmarket	DNC			
	Francesca Thompson	12	Team Waveney	DNC			

WOMEN 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Amy Meyer	13	Biggleswade	2:48.67	39.79	1:23.13	2:07.97
2.	Selina Green	13	St Felix Sch	2:50.48	38.28	1:23.24	2:06.95
3.	Aimee Burgess	13	teamipswich	2:51.63	40.50	1:25.52	2:10.81
4.	Daisy Stimpson	13	West Norfolk	2:53.77	40.32	1:24.62	2:10.47
5.	Lola Wonfor	13	New Hall	2:53.90	38.46	1:24.12	2:08.76
6.	Nicole Taylor	13	St Felix Sch	2:53.97	38.89	1:25.04	2:09.40
7.	Caelia Randall	13	Watford SC	2:54.09	40.26	1:26.49	2:10.05
8.	Emily Fitzgerald	13	Harlow Pen	2:55.99	41.74	1:27.69	2:11.13
9.	Amy Witton	13	Hatfield	2:57.29	41.28	-	2:14.12
10.	Meghan Howarth Owen	13	Chelmsford	2:57.88	42.16	1:28.28	2:14.68
11.	Ella Deaton	13	Newmarket	3:01.34	40.96	1:27.79	2:13.85

WOMEN 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Summer Boswell	14	Hatfield	2:43.38	37.05	1:21.11	2:01.87
2.	Bethany Crawley	14	teamipswich	2:44.23	39.33	1:21.40	2:03.73
3.	Gabrielle Cornish	14	Colchester	2:46.91	38.03	1:21.85	2:04.35
4.	Lois Johnson	14	Chelmsford	2:48.08	38.40	1:22.49	2:05.57
5.	Anna Flowers	14	Leiston	2:51.67	40.34	1:24.68	2:09.40
6.	Abigail Riches	14	Norwich Swan	2:52.70	42.88	1:24.88	2:10.37

WOMEN 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Isabelle Talbot	15	Braintree	2:43.69	37.67	1:18.42	2:02.35
2.	Rachel Sale	15	Stanway	2:48.18	38.51	1:22.05	2:04.68
3.	Elizabeth Wright	15	West Suffolk	2:49.94	39.58	1:21.32	2:06.58
4.	Skye Nichols	15	Gt Yarmouth	2:49.98	39.75	1:23.12	2:06.85
5.	Morgan Slade	15	Tring	2:51.10	40.66	1:23.65	2:08.26
	Vasilisa Shampanova	15	Co Cambridge	DNC			
	Erin Woodrow	15	West Norfolk	DQ			

WOMEN 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Chloe Staines	16	Chelmsford	2:38.67	37.88	1:17.74	1:59.60
2.	Poppy Malcolmson	16	Dereham	2:43.15	37.83	1:18.71	2:02.47
3.	Tia Hill	16	Co Ely	2:43.90	37.36	1:20.46	2:02.12
4.	Misty Eren	16	Harlow Pen	2:46.64	38.77	1:21.20	2:04.37

WOMEN 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sophie Quinton	18	Deben	2:37.11	36.10	1:14.58	1:54.30
2.	Alice Clark	17	West Suffolk	2:48.16	38.15	1:20.38	2:05.11
3.	Esme Springham	17	Deben	2:49.25	38.91	1:22.73	2:07.88
4.	Olivia Lydon	17	Royston	2:49.29	37.73	1:22.13	2:05.76

EVENT 234 Men/Women 11 Yrs/Over 800m Free.

MEN 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Lucas Deans	13	Chelmsford	11:13.23					
	50m 36.28	100m 1:17.69	150m 1:59.42	200m 2:42.64	250m 3:24.76	300m 4:09.04	350m 4:51.06	400m 5:35.53	
	450m 6:17.45	500m 7:01.70	550m 7:44.25	600m 8:28.19	650m 9:10.58	700m 9:53.37	750m 10:33.76	800m 11:13.23	

MEN 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Charlie McKinnon	15	St Felix Sch	9:40.91					
	50m 32.32	100m 1:08.96	150m 1:45.29	200m 2:22.23	250m 2:58.82	300m 3:36.00	350m 4:12.67	400m 4:49.22	
	450m 5:26.22	500m 6:03.37	550m 6:40.06	600m 7:17.26	650m 7:53.95	700m 8:30.87	750m 9:06.46	800m 9:40.91	

WOMEN 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Georgina Hamilton	14	Co St Albans	10:47.17					
	50m 35.62	100m 1:16.71	150m 1:58.32	200m 2:38.65	250m 3:19.76	300m 4:00.95	350m 4:42.24	400m 5:22.89	
	450m 6:03.63	500m 6:44.87	550m 7:26.08	600m 8:07.00	650m 8:47.74	700m 9:28.84	750m 10:08.77	800m 10:47.17	
2.	Bethany Crawley	14	teamipswich	11:01.00					
	50m 39.27	100m 1:21.31	150m 2:05.48	200m 2:47.26	250m 3:30.20	300m 4:11.53	350m 4:54.28	400m 5:35.86	
	450m 6:18.54	500m 6:59.33	550m 7:41.51	600m 8:22.00	650m 9:04.04	700m 9:44.10	750m 10:24.49	800m 11:01.00	
3.	Jasmine Pereira	14	Hatfield	11:05.93					
	50m 37.15	100m 1:17.93	150m 2:00.56	200m 2:42.89	250m 3:25.66	300m 4:07.74	350m 4:50.66	400m 5:32.86	
	450m 6:15.85	500m 6:57.84	550m 7:40.77	600m 8:23.04	650m 9:05.16	700m 9:46.95	750m 10:28.45	800m 11:05.93	

WOMEN 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Autumn Shine	15	Potters Bar	10:57.57					
	50m 35.35	100m 1:17.28	150m 1:58.02	200m 2:40.83	250m 3:21.70	300m 4:04.67	350m 4:46.01	400m 5:29.02	
	450m 6:09.43	500m 6:52.37	550m 7:33.18	600m 8:16.20	650m 8:56.45	700m 9:39.59	750m 10:18.60	800m 10:57.57	

WOMEN 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Esmie Kidman	16	West Norfolk	9:59.77					
	50m 33.96	100m 1:11.63	150m 1:50.11	200m 2:27.61	250m 3:06.20	300m 3:44.11	350m 4:22.63	400m 5:00.34	
	450m 5:37.89	500m 6:15.44	550m 6:53.00	600m 7:30.83	650m 8:09.05	700m 8:46.64	750m 9:24.25	800m 9:59.77	

WOMEN 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Tamsin Moren	17	Berkhamsted	10:54.54					
	50m 36.91	100m 1:17.05	150m 1:59.49	200m 2:40.36	250m 3:23.33	300m 4:04.50	350m 4:47.58	400m 5:28.85	
	450m 6:10.86	500m 6:51.92	550m 7:33.60	600m 8:14.53	650m 8:56.21	700m 9:36.97	750m 10:17.56	800m 10:54.54	
2.	Olivia Lydon	17	Royston	11:17.32					
	50m 35.98	100m 1:18.54	150m 2:00.20	200m 2:42.58	250m 3:24.29	300m 4:06.84	350m 4:49.15	400m 5:32.30	
	450m 6:15.57	500m 6:59.48	550m 7:43.19	600m 8:28.25	650m 9:09.68	700m 9:55.69	750m 10:37.06	800m 11:17.32	