



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	Harpden	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	Harpden	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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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	