

# Dereham

## Aiden FUTTER

Event 2	Mens Open 200m Breaststroke	4:36.95	Session 01
Event 4	Mens Open 50m Backstroke	49.77	Session 01
Event 8	Mens Open 200m Freestyle	3:51.44	Session 02
Event 14	Mens Open 100m IM	1:49.46	Session 02
Event 17	Mens Open 50m Freestyle	43.35	Session 03
Event 19	Mens Open 100m Breaststroke	2:14.91	Session 03

## Alina EVERITT

Event 3	Womens Open 50m Freestyle	44.52	Session 01
Event 13	Womens Open 100m Freestyle	1:43.46	Session 02

## Alysha CLEMENTS

Event 3	Womens Open 50m Freestyle	42.60	Session 01
Event 5	Womens Open 100m Breaststroke	1:53.22	Session 01
Event 13	Womens Open 100m Freestyle	1:35.56	Session 02
Event 16	Womens Open 200m Breaststroke	3:58.73	Session 03
Event 24	Womens Open 50m Butterfly	56.82	Session 04
Event 28	Womens Open 100m IM	1:49.37	Session 04

## Anghelina BULMAN

Event 3	Womens Open 50m Freestyle	43.15	Session 01
Event 5	Womens Open 100m Breaststroke	2:02.14	Session 01
Event 11	Womens Open 50m Breaststroke	58.66	Session 02
Event 16	Womens Open 200m Breaststroke	4:22.26	Session 03
Event 20	Womens Open 100m Butterfly	2:02.53	Session 03
Event 28	Womens Open 100m IM	1:49.07	Session 04

## Angus WESTON

Event 15	Mens Open 200m Backstroke	3:12.55	Session 03
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## Bethany COSTELLO

Event 3	Womens Open 50m Freestyle	42.86	Session 01
Event 5	Womens Open 100m Breaststroke	1:56.48	Session 01
Event 16	Womens Open 200m Breaststroke	4:14.37	Session 03
Event 24	Womens Open 50m Butterfly	1:08.62	Session 04
Event 26	Womens Open 100m Backstroke	1:43.44	Session 04
Event 28	Womens Open 100m IM	1:45.11	Session 04

## Connie EASTER

Event 11	Womens Open 50m Breaststroke	58.99	Session 02
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## Darcey BRADFORD

Event 26	Womens Open 100m Backstroke	1:41.55	Session 04
Event 28	Womens Open 100m IM	1:40.78	Session 04

## Edie TOPPING

Event 3	Womens Open 50m Freestyle	37.23	Session 01
Event 5	Womens Open 100m Breaststroke	1:51.13	Session 01
Event 11	Womens Open 50m Breaststroke	49.17	Session 02
Event 13	Womens Open 100m Freestyle	1:28.74	Session 02
Event 18	Womens Open 50m Backstroke	44.13	Session 03
Event 24	Womens Open 50m Butterfly	48.76	Session 04
Event 26	Womens Open 100m Backstroke	1:38.05	Session 04
Event 28	Womens Open 100m IM	1:41.39	Session 04

## Ella HANDEL

Event 3	Womens Open 50m Freestyle	38.54	Session 01
Event 5	Womens Open 100m Breaststroke	1:47.55	Session 01
Event 13	Womens Open 100m Freestyle	1:34.00	Session 02
Event 16	Womens Open 200m Breaststroke	4:04.31	Session 03
Event 22	Womens Open 200m Freestyle	3:17.31	Session 04

#### **Harry STARK**

Event 10	Mens Open 50m Butterfly	58.65	Session 02
Event 14	Mens Open 100m IM	1:47.24	Session 02

#### **Isabel BALE**

Event 3	Womens Open 50m Freestyle	51.53	Session 01
Event 11	Womens Open 50m Breaststroke	1:09.04	Session 02

#### **Jack TATTERSALL**

Event 8	Mens Open 200m Freestyle	3:28.73	Session 02
Event 12	Mens Open 100m Backstroke	1:45.62	Session 02
Event 14	Mens Open 100m IM	1:47.53	Session 02
Event 17	Mens Open 50m Freestyle	43.26	Session 03
Event 19	Mens Open 100m Breaststroke	2:01.32	Session 03
Event 25	Mens Open 50m Breaststroke	56.47	Session 04

#### **Jasmim DE GOUVEIA**

Event 3	Womens Open 50m Freestyle	39.75	Session 01
Event 11	Womens Open 50m Breaststroke	52.66	Session 02
Event 13	Womens Open 100m Freestyle	1:19.72	Session 02
Event 18	Womens Open 50m Backstroke	45.40	Session 03
Event 28	Womens Open 100m IM	1:38.86	Session 04

#### **Jess MILLS**

Event 3	Womens Open 50m Freestyle	39.30	Session 01
Event 5	Womens Open 100m Breaststroke	1:54.27	Session 01
Event 11	Womens Open 50m Breaststroke	50.54	Session 02
Event 13	Womens Open 100m Freestyle	1:27.41	Session 02
Event 18	Womens Open 50m Backstroke	46.84	Session 03
Event 22	Womens Open 200m Freestyle	3:17.08	Session 04
Event 24	Womens Open 50m Butterfly	49.38	Session 04
Event 28	Womens Open 100m IM	1:42.24	Session 04

#### **Keiana FOWLER**

Event 5	Womens Open 100m Breaststroke	1:53.27	Session 01
Event 11	Womens Open 50m Breaststroke	53.23	Session 02
Event 16	Womens Open 200m Breaststroke	4:15.59	Session 03
Event 20	Womens Open 100m Butterfly	1:54.16	Session 03
Event 22	Womens Open 200m Freestyle	3:08.48	Session 04
Event 26	Womens Open 100m Backstroke	1:37.59	Session 04
Event 28	Womens Open 100m IM	1:36.28	Session 04

#### **Lillian WALTHER**

Event 5	Womens Open 100m Breaststroke	1:54.46	Session 01
Event 16	Womens Open 200m Breaststroke	4:01.41	Session 03
Event 20	Womens Open 100m Butterfly	1:50.34	Session 03
Event 22	Womens Open 200m Freestyle	2:57.98	Session 04
Event 28	Womens Open 100m IM	1:39.92	Session 04

#### **Lucy PITCHER**

Event 3	Womens Open 50m Freestyle	40.52	Session 01
Event 5	Womens Open 100m Breaststroke	1:57.18	Session 01

Event 11	Womens Open 50m Breaststroke	54.77	Session 02
Event 13	Womens Open 100m Freestyle	1:30.04	Session 02
Event 16	Womens Open 200m Breaststroke	4:10.88	Session 03
Event 18	Womens Open 50m Backstroke	47.49	Session 03
Event 22	Womens Open 200m Freestyle	3:12.78	Session 04
Event 26	Womens Open 100m Backstroke	1:43.57	Session 04
Event 28	Womens Open 100m IM	1:43.39	Session 04

**Olivia CHARLTON**

Event 11	Womens Open 50m Breaststroke	57.99	Session 02
Event 18	Womens Open 50m Backstroke	50.53	Session 03
Event 22	Womens Open 200m Freestyle	3:43.69	Session 04

**Poppy MALCOLMSON**

Event 11	Womens Open 50m Breaststroke	55.76	Session 02
Event 13	Womens Open 100m Freestyle	1:28.79	Session 02
Event 22	Womens Open 200m Freestyle	3:34.77	Session 04
Event 24	Womens Open 50m Butterfly	54.72	Session 04
Event 26	Womens Open 100m Backstroke	1:36.64	Session 04
Event 28	Womens Open 100m IM	1:45.60	Session 04

**Poppy WALTHER**

Event 3	Womens Open 50m Freestyle	50.71	Session 01
Event 13	Womens Open 100m Freestyle	1:58.12	Session 02
Event 18	Womens Open 50m Backstroke	58.28	Session 03
Event 20	Womens Open 100m Butterfly	2:25.74	Session 03
Event 24	Womens Open 50m Butterfly	1:08.90	Session 04
Event 26	Womens Open 100m Backstroke	2:16.59	Session 04
Event 28	Womens Open 100m IM	2:30.08	Session 04

**Riley WALKER**

Event 8	Mens Open 200m Freestyle	3:31.21	Session 02
Event 14	Mens Open 100m IM	1:49.73	Session 02
Event 19	Mens Open 100m Breaststroke	2:09.51	Session 03
Event 25	Mens Open 50m Breaststroke	57.98	Session 04

**Sienna LONG**

Event 3	Womens Open 50m Freestyle	43.47	Session 01
Event 11	Womens Open 50m Breaststroke	1:03.41	Session 02
Event 13	Womens Open 100m Freestyle	1:42.89	Session 02
Event 18	Womens Open 50m Backstroke	52.36	Session 03

**Sophie NUTT**

Event 3	Womens Open 50m Freestyle	51.04	Session 01
Event 5	Womens Open 100m Breaststroke	2:18.47	Session 01
Event 11	Womens Open 50m Breaststroke	1:02.57	Session 02
Event 13	Womens Open 100m Freestyle	1:52.94	Session 02
Event 28	Womens Open 100m IM	2:01.55	Session 04

**Thomas ELLIS**

Event 2	Mens Open 200m Breaststroke	4:18.69	Session 01
Event 4	Mens Open 50m Backstroke	46.00	Session 01
Event 8	Mens Open 200m Freestyle	3:20.76	Session 02
Event 10	Mens Open 50m Butterfly	52.04	Session 02
Event 12	Mens Open 100m Backstroke	1:44.39	Session 02
Event 14	Mens Open 100m IM	1:37.52	Session 02
Event 15	Mens Open 200m Backstroke	3:40.95	Session 03

Event 19	Mens Open 100m Breaststroke	2:01.55	Session 03
Event 21	Mens Open 200m IM	3:47.02	Session 03
Event 25	Mens Open 50m Breaststroke	53.59	Session 04
Event 27	Mens Open 100m Freestyle	1:28.92	Session 04

## Diss Otters

### Alexandra JACKSON

Event 3	Womens Open 50m Freestyle	45.17	Session 01
Event 5	Womens Open 100m Breaststroke	2:03.83	Session 01
Event 7	Womens Open 200m IM	3:58.21	Session 01
Event 22	Womens Open 200m Freestyle	4:15.33	Session 04
Event 26	Womens Open 100m Backstroke	1:42.92	Session 04
Event 28	Womens Open 100m IM	1:54.24	Session 04

### Amber DEWSBERY

Event 1	Womens Open 200m Backstroke	3:27.59	Session 01
Event 3	Womens Open 50m Freestyle	39.57	Session 01

### Ciaran STRIKE

Event 8	Mens Open 200m Freestyle	3:25.21	Session 02
Event 10	Mens Open 50m Butterfly	59.30	Session 02
Event 12	Mens Open 100m Backstroke	1:48.52	Session 02
Event 14	Mens Open 100m IM	1:55.75	Session 02

### Darcie MARTIN

Event 22	Womens Open 200m Freestyle	3:26.67	Session 04
Event 24	Womens Open 50m Butterfly	50.95	Session 04
Event 26	Womens Open 100m Backstroke	1:51.43	Session 04
Event 28	Womens Open 100m IM	1:52.10	Session 04

### Finlay NEVE

Event 25	Mens Open 50m Breaststroke	50.87	Session 04
Event 27	Mens Open 100m Freestyle	1:41.81	Session 04

### Forbes IRVINE

Event 17	Mens Open 50m Freestyle	53.05	Session 03
Event 19	Mens Open 100m Breaststroke	2:00.36	Session 03
Event 21	Mens Open 200m IM	4:29.02	Session 03
Event 25	Mens Open 50m Breaststroke	1:00.15	Session 04
Event 27	Mens Open 100m Freestyle	1:59.40	Session 04

### Freya BUTTON

Event 3	Womens Open 50m Freestyle	52.51	Session 01
Event 11	Womens Open 50m Breaststroke	1:04.33	Session 02
Event 18	Womens Open 50m Backstroke	53.96	Session 03

### Harry BUTTON

Event 2	Mens Open 200m Breaststroke	3:41.42	Session 01
Event 8	Mens Open 200m Freestyle	2:47.03	Session 02
Event 10	Mens Open 50m Butterfly	41.64	Session 02
Event 14	Mens Open 100m IM	1:29.17	Session 02
Event 17	Mens Open 50m Freestyle	33.60	Session 03

### Harvey GATES

Event 4	Mens Open 50m Backstroke	49.50	Session 01
Event 8	Mens Open 200m Freestyle	3:25.07	Session 02
Event 10	Mens Open 50m Butterfly	57.67	Session 02
Event 14	Mens Open 100m IM	1:47.69	Session 02

### Kara O'DELL

Event 1	Womens Open 200m Backstroke	3:08.69	Session 01
Event 5	Womens Open 100m Breaststroke	1:41.28	Session 01
Event 7	Womens Open 200m IM	3:07.52	Session 01

Event 11	Womens Open 50m Breaststroke	47.09	Session 02
Event 13	Womens Open 100m Freestyle	1:16.72	Session 02
Event 22	Womens Open 200m Freestyle	2:50.93	Session 04
Event 26	Womens Open 100m Backstroke	1:27.91	Session 04

**Katie HALMSHAW**

Event 5	Womens Open 100m Breaststroke	1:27.98	Session 01
Event 24	Womens Open 50m Butterfly	35.60	Session 04
Event 28	Womens Open 100m IM	1:17.76	Session 04

**Lily ELLIS**

Event 1	Womens Open 200m Backstroke	4:03.28	Session 01
Event 3	Womens Open 50m Freestyle	42.40	Session 01
Event 5	Womens Open 100m Breaststroke	1:57.15	Session 01
Event 7	Womens Open 200m IM	4:06.16	Session 01
Event 22	Womens Open 200m Freestyle	3:26.00	Session 04
Event 24	Womens Open 50m Butterfly	51.86	Session 04
Event 26	Womens Open 100m Backstroke	1:44.15	Session 04
Event 28	Womens Open 100m IM	2:42.19	Session 04

**Nathan HUNT**

Event 12	Mens Open 100m Backstroke	1:44.20	Session 02
Event 14	Mens Open 100m IM	1:41.14	Session 02
Event 17	Mens Open 50m Freestyle	40.25	Session 03
Event 19	Mens Open 100m Breaststroke	1:55.76	Session 03
Event 25	Mens Open 50m Breaststroke	52.06	Session 04
Event 27	Mens Open 100m Freestyle	1:26.94	Session 04

**Olivia CHAPMAN**

Event 9	Womens Open 200m Butterfly	3:50.33	Session 02
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**Oslo CHAPMAN**

Event 8	Mens Open 200m Freestyle	4:11.17	Session 02
Event 10	Mens Open 50m Butterfly	57.98	Session 02
Event 12	Mens Open 100m Backstroke	1:56.21	Session 02
Event 14	Mens Open 100m IM	1:57.51	Session 02

**Reuben MEREDITH**

Event 17	Mens Open 50m Freestyle	32.83	Session 03
Event 19	Mens Open 100m Breaststroke	1:32.83	Session 03

**Rowen SHEARER**

Event 15	Mens Open 200m Backstroke	3:16.52	Session 03
Event 17	Mens Open 50m Freestyle	44.67	Session 03
Event 21	Mens Open 200m IM	3:40.47	Session 03

**Shannon EVANS**

Event 3	Womens Open 50m Freestyle	31.62	Session 01
Event 7	Womens Open 200m IM	2:57.53	Session 01
Event 11	Womens Open 50m Breaststroke	41.65	Session 02
Event 13	Womens Open 100m Freestyle	1:08.92	Session 02
Event 18	Womens Open 50m Backstroke	37.03	Session 03
Event 22	Womens Open 200m Freestyle	2:33.85	Session 04
Event 24	Womens Open 50m Butterfly	36.87	Session 04

**Thea IRVINE**

Event 26	Womens Open 100m Backstroke	1:27.42	Session 04
Event 28	Womens Open 100m IM	1:25.09	Session 04

**Toby TOWNSEND**

Event 8	Mens Open 200m Freestyle	4:14.04	Session 02
Event 10	Mens Open 50m Butterfly	59.15	Session 02
Event 14	Mens Open 100m IM	2:11.30	Session 02
Event 17	Mens Open 50m Freestyle	54.81	Session 03
Event 19	Mens Open 100m Breaststroke	2:16.68	Session 03
Event 25	Mens Open 50m Breaststroke	1:06.85	Session 04
Event 27	Mens Open 100m Freestyle	1:51.91	Session 04

# Gt Yarmouth

## Abbey SECKER

Event 3	Womens Open 50m Freestyle	34.20	Session 01
Event 5	Womens Open 100m Breaststroke	1:41.60	Session 01
Event 11	Womens Open 50m Breaststroke	48.40	Session 02
Event 13	Womens Open 100m Freestyle	1:16.30	Session 02

## Alyssa GREENALL

Event 1	Womens Open 200m Backstroke	4:02.30	Session 01
Event 5	Womens Open 100m Breaststroke	1:41.60	Session 01
Event 13	Womens Open 100m Freestyle	1:23.90	Session 02
Event 16	Womens Open 200m Breaststroke	4:01.80	Session 03
Event 20	Womens Open 100m Butterfly	1:38.15	Session 03
Event 22	Womens Open 200m Freestyle	3:20.80	Session 04
Event 26	Womens Open 100m Backstroke	1:35.00	Session 04
Event 28	Womens Open 100m IM	1:31.40	Session 04

## Amelia DIBBLE

Event 9	Womens Open 200m Butterfly	4:02.10	Session 02
Event 11	Womens Open 50m Breaststroke	59.00	Session 02

## Binnie-Rose TYLER

Event 3	Womens Open 50m Freestyle	50.70	Session 01
Event 11	Womens Open 50m Breaststroke	1:05.00	Session 02
Event 13	Womens Open 100m Freestyle	1:48.30	Session 02
Event 18	Womens Open 50m Backstroke	51.90	Session 03
Event 26	Womens Open 100m Backstroke	1:47.30	Session 04
Event 28	Womens Open 100m IM	2:04.00	Session 04

## Brad SECKER

Event 4	Mens Open 50m Backstroke	45.80	Session 01
Event 6	Mens Open 100m Butterfly	1:55.50	Session 01
Event 8	Mens Open 200m Freestyle	3:00.10	Session 02
Event 14	Mens Open 100m IM	1:34.10	Session 02

## Chloe HAWORTH

Event 7	Womens Open 200m IM	3:13.80	Session 01
Event 11	Womens Open 50m Breaststroke	50.10	Session 02
Event 13	Womens Open 100m Freestyle	1:21.00	Session 02
Event 18	Womens Open 50m Backstroke	43.80	Session 03
Event 26	Womens Open 100m Backstroke	1:29.80	Session 04
Event 28	Womens Open 100m IM	1:31.40	Session 04

## Diogo WISEMAN

Event 15	Mens Open 200m Backstroke	3:30.00	Session 03
Event 17	Mens Open 50m Freestyle	38.80	Session 03
Event 19	Mens Open 100m Breaststroke	1:50.40	Session 03
Event 21	Mens Open 200m IM	3:30.00	Session 03

## Emma LAND

Event 3	Womens Open 50m Freestyle	48.50	Session 01
Event 5	Womens Open 100m Breaststroke	2:14.00	Session 01
Event 11	Womens Open 50m Breaststroke	1:01.20	Session 02
Event 13	Womens Open 100m Freestyle	1:50.60	Session 02
Event 18	Womens Open 50m Backstroke	52.00	Session 03
Event 24	Womens Open 50m Butterfly	1:04.20	Session 04



Event 26	Womens Open 100m Backstroke	1:52.10	Session 04
Event 28	Womens Open 100m IM	1:56.90	Session 04
<b>Ethan BLAKE</b>			
Event 4	Mens Open 50m Backstroke	48.00	Session 01
Event 8	Mens Open 200m Freestyle	3:16.90	Session 02
Event 12	Mens Open 100m Backstroke	1:47.30	Session 02
Event 17	Mens Open 50m Freestyle	42.50	Session 03
Event 27	Mens Open 100m Freestyle	1:28.10	Session 04
<b>Francesca BROWN</b>			
Event 3	Womens Open 50m Freestyle	35.50	Session 01
Event 5	Womens Open 100m Breaststroke	1:55.50	Session 01
Event 7	Womens Open 200m IM	3:19.10	Session 01
Event 22	Womens Open 200m Freestyle	2:45.00	Session 04
Event 24	Womens Open 50m Butterfly	44.80	Session 04
Event 26	Womens Open 100m Backstroke	1:25.70	Session 04
Event 28	Womens Open 100m IM	1:32.00	Session 04
<b>Holly BEER</b>			
Event 3	Womens Open 50m Freestyle	45.70	Session 01
Event 11	Womens Open 50m Breaststroke	1:05.00	Session 02
Event 13	Womens Open 100m Freestyle	1:42.60	Session 02
<b>Jack TATE</b>			
Event 8	Mens Open 200m Freestyle	2:58.50	Session 02
Event 14	Mens Open 100m IM	1:36.60	Session 02
<b>Melissa DUFFIELD</b>			
Event 16	Womens Open 200m Breaststroke	3:25.30	Session 03
Event 26	Womens Open 100m Backstroke	1:21.50	Session 04
Event 28	Womens Open 100m IM	1:26.90	Session 04
<b>Nathan PITMAN</b>			
Event 2	Mens Open 200m Breaststroke	3:55.90	Session 01
Event 4	Mens Open 50m Backstroke	40.80	Session 01
Event 6	Mens Open 100m Butterfly	1:40.50	Session 01
Event 8	Mens Open 200m Freestyle	2:44.50	Session 02
Event 10	Mens Open 50m Butterfly	43.60	Session 02
Event 14	Mens Open 100m IM	1:35.50	Session 02
Event 15	Mens Open 200m Backstroke	3:03.90	Session 03
Event 17	Mens Open 50m Freestyle	34.90	Session 03
Event 19	Mens Open 100m Breaststroke	1:50.20	Session 03
Event 21	Mens Open 200m IM	3:20.20	Session 03
Event 25	Mens Open 50m Breaststroke	49.60	Session 04
Event 27	Mens Open 100m Freestyle	1:17.50	Session 04
<b>Oliver GRIMMER</b>			
Event 4	Mens Open 50m Backstroke	42.70	Session 01
Event 6	Mens Open 100m Butterfly	1:36.80	Session 01
Event 10	Mens Open 50m Butterfly	42.30	Session 02
Event 12	Mens Open 100m Backstroke	1:29.70	Session 02
Event 15	Mens Open 200m Backstroke	3:03.50	Session 03
Event 17	Mens Open 50m Freestyle	36.70	Session 03
Event 27	Mens Open 100m Freestyle	1:18.70	Session 04
<b>Rhys JARVIS</b>			
Event 8	Mens Open 200m Freestyle	2:53.50	Session 02

Event 12	Mens Open 100m Backstroke	1:40.50	Session 02
Event 14	Mens Open 100m IM	1:38.90	Session 02
Event 17	Mens Open 50m Freestyle	35.90	Session 03
Event 25	Mens Open 50m Breaststroke	51.90	Session 04
Event 27	Mens Open 100m Freestyle	1:20.10	Session 04

**Ruby COPPING**

Event 5	Womens Open 100m Breaststroke	2:03.80	Session 01
Event 11	Womens Open 50m Breaststroke	1:01.70	Session 02
Event 20	Womens Open 100m Butterfly	2:14.80	Session 03
Event 22	Womens Open 200m Freestyle	3:28.70	Session 04
Event 28	Womens Open 100m IM	1:44.60	Session 04

**Skye NICHOLS**

Event 5	Womens Open 100m Breaststroke	2:03.50	Session 01
Event 11	Womens Open 50m Breaststroke	58.70	Session 02
Event 16	Womens Open 200m Breaststroke	4:21.00	Session 03
Event 20	Womens Open 100m Butterfly	2:08.00	Session 03
Event 28	Womens Open 100m IM	1:45.70	Session 04

**Zara BUCKINGHAM**

Event 11	Womens Open 50m Breaststroke	54.30	Session 02
Event 13	Womens Open 100m Freestyle	1:26.50	Session 02
Event 22	Womens Open 200m Freestyle	3:11.40	Session 04
Event 26	Womens Open 100m Backstroke	1:46.10	Session 04
Event 28	Womens Open 100m IM	1:40.60	Session 04

**Zoe LAND**

Event 5	Womens Open 100m Breaststroke	1:54.30	Session 01
Event 7	Womens Open 200m IM	3:32.40	Session 01
Event 13	Womens Open 100m Freestyle	1:36.10	Session 02
Event 16	Womens Open 200m Breaststroke	4:05.90	Session 03
Event 20	Womens Open 100m Butterfly	1:55.60	Session 03
Event 28	Womens Open 100m IM	1:42.00	Session 04

# H Stingrays

## **Beth GARRARD**

Event 3	Womens Open 50m Freestyle	48.66	Session 01
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## **Charlie WILLIAMSON**

Event 11	Womens Open 50m Breaststroke	44.45	Session 02
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Event 13	Womens Open 100m Freestyle	1:19.04	Session 02
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## **Erin CASTLETON-WHITE**

Event 11	Womens Open 50m Breaststroke	56.83	Session 02
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Event 13	Womens Open 100m Freestyle	1:53.42	Session 02
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## **Niamh MCDONALD**

Event 11	Womens Open 50m Breaststroke	50.99	Session 02
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Event 13	Womens Open 100m Freestyle	1:22.75	Session 02
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## **Portia BLOOMFIELD**

Event 3	Womens Open 50m Freestyle	48.29	Session 01
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Event 11	Womens Open 50m Breaststroke	53.68	Session 02
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# Hunstanton

## Charlie PROUT

Event 25	Mens Open 50m Breaststroke	1:21.60	Session 04
Event 27	Mens Open 100m Freestyle	2:27.47	Session 04

## Edward MURRAY

Event 17	Mens Open 50m Freestyle	1:10.43	Session 03
Event 19	Mens Open 100m Breaststroke	2:28.00	Session 03

## Elizabeth ENGLAND

Event 1	Womens Open 200m Backstroke	3:39.92	Session 01
Event 3	Womens Open 50m Freestyle	38.01	Session 01
Event 5	Womens Open 100m Breaststroke	1:52.97	Session 01
Event 7	Womens Open 200m IM	3:32.62	Session 01
Event 11	Womens Open 50m Breaststroke	48.76	Session 02
Event 13	Womens Open 100m Freestyle	1:28.68	Session 02
Event 16	Womens Open 200m Breaststroke	3:45.67	Session 03
Event 18	Womens Open 50m Backstroke	46.48	Session 03
Event 20	Womens Open 100m Butterfly	1:49.89	Session 03
Event 22	Womens Open 200m Freestyle	3:09.21	Session 04
Event 24	Womens Open 50m Butterfly	48.32	Session 04
Event 26	Womens Open 100m Backstroke	1:41.58	Session 04
Event 28	Womens Open 100m IM	1:37.87	Session 04

## Henry SMITH

Event 8	Mens Open 200m Freestyle	3:02.08	Session 02
Event 10	Mens Open 50m Butterfly	45.72	Session 02
Event 12	Mens Open 100m Backstroke	1:41.83	Session 02
Event 14	Mens Open 100m IM	1:36.54	Session 02

## Isabella ASHBY-KING

Event 1	Womens Open 200m Backstroke	3:27.08	Session 01
Event 3	Womens Open 50m Freestyle	39.86	Session 01
Event 5	Womens Open 100m Breaststroke	1:50.57	Session 01
Event 7	Womens Open 200m IM	3:36.77	Session 01
Event 11	Womens Open 50m Breaststroke	52.23	Session 02
Event 13	Womens Open 100m Freestyle	1:34.58	Session 02
Event 16	Womens Open 200m Breaststroke	3:59.57	Session 03
Event 18	Womens Open 50m Backstroke	46.82	Session 03
Event 20	Womens Open 100m Butterfly	2:01.00	Session 03
Event 22	Womens Open 200m Freestyle	3:22.26	Session 04
Event 24	Womens Open 50m Butterfly	51.78	Session 04
Event 26	Womens Open 100m Backstroke	1:37.39	Session 04
Event 28	Womens Open 100m IM	1:42.58	Session 04

## Jack MATKIN

Event 8	Mens Open 200m Freestyle	4:48.00	Session 02
Event 10	Mens Open 50m Butterfly	1:40.00	Session 02
Event 12	Mens Open 100m Backstroke	2:22.00	Session 02
Event 14	Mens Open 100m IM	1:27.62	Session 02

## Oliver SHAW

Event 2	Mens Open 200m Breaststroke	3:54.83	Session 01
Event 4	Mens Open 50m Backstroke	40.70	Session 01
Event 6	Mens Open 100m Butterfly	1:46.98	Session 01

Event 8	Mens Open 200m Freestyle	2:49.65	Session 02
Event 10	Mens Open 50m Butterfly	45.83	Session 02
Event 12	Mens Open 100m Backstroke	1:28.84	Session 02
Event 14	Mens Open 100m IM	1:35.89	Session 02
Event 15	Mens Open 200m Backstroke	3:13.04	Session 03
Event 17	Mens Open 50m Freestyle	35.82	Session 03
Event 19	Mens Open 100m Breaststroke	1:48.94	Session 03
Event 21	Mens Open 200m IM	3:30.55	Session 03
Event 23	Mens Open 200m Butterfly	3:52.01	Session 04
Event 25	Mens Open 50m Breaststroke	49.42	Session 04
Event 27	Mens Open 100m Freestyle	1:20.17	Session 04

**Olivia MATKIN**

Event 11	Womens Open 50m Breaststroke	1:25.12	Session 02
Event 13	Womens Open 100m Freestyle	2:08.00	Session 02

**Rebecca FLEMING**

Event 3	Womens Open 50m Freestyle	33.96	Session 01
Event 5	Womens Open 100m Breaststroke	1:31.03	Session 01
Event 7	Womens Open 200m IM	2:58.41	Session 01
Event 11	Womens Open 50m Breaststroke	41.86	Session 02
Event 13	Womens Open 100m Freestyle	1:15.06	Session 02

**Robin SMITH**

Event 15	Mens Open 200m Backstroke	4:09.02	Session 03
Event 17	Mens Open 50m Freestyle	42.97	Session 03
Event 19	Mens Open 100m Breaststroke	2:15.30	Session 03
Event 21	Mens Open 200m IM	3:52.76	Session 03

**Sidney SMITH**

Event 8	Mens Open 200m Freestyle	3:30.96	Session 02
Event 10	Mens Open 50m Butterfly	52.39	Session 02
Event 12	Mens Open 100m Backstroke	1:53.78	Session 02
Event 14	Mens Open 100m IM	1:53.20	Session 02

# Norfolk Vkg

## Angus WHITE

Event 8	Mens Open 200m Freestyle	2:47.00	Session 02
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## Ella HAUGHAN-ZELOS

Event 3	Womens Open 50m Freestyle	43.81	Session 01
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Event 18	Womens Open 50m Backstroke	50.03	Session 03
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Event 28	Womens Open 100m IM	1:48.16	Session 04
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## Hannah MUIRHEAD

Event 3	Womens Open 50m Freestyle	49.04	Session 01
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Event 5	Womens Open 100m Breaststroke	2:14.62	Session 01
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Event 11	Womens Open 50m Breaststroke	1:00.87	Session 02
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Event 13	Womens Open 100m Freestyle	1:53.88	Session 02
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Event 18	Womens Open 50m Backstroke	54.77	Session 03
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Event 24	Womens Open 50m Butterfly	1:02.50	Session 04
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Event 28	Womens Open 100m IM	2:01.96	Session 04
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## Harry BARWICK

Event 4	Mens Open 50m Backstroke	35.72	Session 01
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Event 12	Mens Open 100m Backstroke	1:13.88	Session 02
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Event 14	Mens Open 100m IM	1:21.92	Session 02
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Event 15	Mens Open 200m Backstroke	2:40.30	Session 03
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Event 17	Mens Open 50m Freestyle	30.40	Session 03
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Event 19	Mens Open 100m Breaststroke	1:29.19	Session 03
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Event 25	Mens Open 50m Breaststroke	40.29	Session 04
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Event 27	Mens Open 100m Freestyle	1:06.21	Session 04
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## Katy COLEMAN

Event 1	Womens Open 200m Backstroke	3:10.00	Session 01
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Event 7	Womens Open 200m IM	3:11.95	Session 01
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Event 9	Womens Open 200m Butterfly	3:40.23	Session 02
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Event 13	Womens Open 100m Freestyle	1:13.89	Session 02
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Event 22	Womens Open 200m Freestyle	2:40.00	Session 04
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Event 26	Womens Open 100m Backstroke	1:28.05	Session 04
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Event 28	Womens Open 100m IM	1:25.67	Session 04
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## Luke BABBS

Event 19	Mens Open 100m Breaststroke	1:26.45	Session 03
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Event 21	Mens Open 200m IM	2:58.25	Session 03
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## Madeleine WICKS

Event 3	Womens Open 50m Freestyle	48.69	Session 01
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Event 11	Womens Open 50m Breaststroke	59.06	Session 02
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Event 13	Womens Open 100m Freestyle	1:55.00	Session 02
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## Phoebe MUIRHEAD

Event 3	Womens Open 50m Freestyle	33.39	Session 01
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Event 5	Womens Open 100m Breaststroke	1:35.32	Session 01
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Event 13	Womens Open 100m Freestyle	1:15.74	Session 02
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Event 16	Womens Open 200m Breaststroke	3:28.38	Session 03
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Event 18	Womens Open 50m Backstroke	40.49	Session 03
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Event 24	Womens Open 50m Butterfly	39.24	Session 04
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Event 26	Womens Open 100m Backstroke	1:29.84	Session 04
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Event 28	Womens Open 100m IM	1:28.01	Session 04
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## Raphaëlle HORNE-MORRIS

Event 3	Womens Open 50m Freestyle	42.65	Session 01
Event 28	Womens Open 100m IM	2:02.91	Session 04
<b>Reuben XUEREB</b>			
Event 4	Mens Open 50m Backstroke	52.25	Session 01
Event 19	Mens Open 100m Breaststroke	2:15.35	Session 03
<b>Robyn BITHELL</b>			
Event 3	Womens Open 50m Freestyle	56.00	Session 01
<b>Romilly HAMMOND</b>			
Event 5	Womens Open 100m Breaststroke	2:04.67	Session 01
Event 11	Womens Open 50m Breaststroke	56.45	Session 02
Event 16	Womens Open 200m Breaststroke	4:41.06	Session 03
<b>Ruby TRACEY</b>			
Event 26	Womens Open 100m Backstroke	1:26.26	Session 04
Event 28	Womens Open 100m IM	1:25.68	Session 04

# Norwich Swan

## Abigail RICHES

Event 3	Womens Open 50m Freestyle	42.98	Session 01
Event 11	Womens Open 50m Breaststroke	1:02.57	Session 02
Event 13	Womens Open 100m Freestyle	1:52.32	Session 02
Event 18	Womens Open 50m Backstroke	50.92	Session 03
Event 22	Womens Open 200m Freestyle	3:36.78	Session 04
Event 24	Womens Open 50m Butterfly	59.94	Session 04
Event 26	Womens Open 100m Backstroke	1:52.04	Session 04

## Abigail STAFF

Event 3	Womens Open 50m Freestyle	35.73	Session 01
Event 5	Womens Open 100m Breaststroke	1:43.72	Session 01
Event 11	Womens Open 50m Breaststroke	46.76	Session 02
Event 13	Womens Open 100m Freestyle	1:23.50	Session 02
Event 16	Womens Open 200m Breaststroke	3:41.42	Session 03
Event 18	Womens Open 50m Backstroke	43.75	Session 03
Event 22	Womens Open 200m Freestyle	2:53.07	Session 04
Event 24	Womens Open 50m Butterfly	45.42	Session 04
Event 28	Womens Open 100m IM	1:33.52	Session 04

## Alicia WOOD-MEDINA

Event 3	Womens Open 50m Freestyle	48.00	Session 01
Event 11	Womens Open 50m Breaststroke	1:03.00	Session 02

## Amber MONTGOMERY

Event 5	Womens Open 100m Breaststroke	1:55.41	Session 01
Event 16	Womens Open 200m Breaststroke	4:08.75	Session 03

## Amelia GREENE

Event 16	Womens Open 200m Breaststroke	3:58.88	Session 03
Event 18	Womens Open 50m Backstroke	49.63	Session 03
Event 22	Womens Open 200m Freestyle	3:02.64	Session 04
Event 28	Womens Open 100m IM	1:38.90	Session 04

## Amira MOHAMED

Event 3	Womens Open 50m Freestyle	40.49	Session 01
Event 11	Womens Open 50m Breaststroke	57.82	Session 02
Event 18	Womens Open 50m Backstroke	50.49	Session 03
Event 28	Womens Open 100m IM	1:49.69	Session 04

## Anya POUNDALL

Event 3	Womens Open 50m Freestyle	34.87	Session 01
Event 5	Womens Open 100m Breaststroke	1:51.10	Session 01
Event 24	Womens Open 50m Butterfly	45.63	Session 04
Event 28	Womens Open 100m IM	1:40.72	Session 04

## Austin EVERITT

Event 4	Mens Open 50m Backstroke	1:01.49	Session 01
Event 10	Mens Open 50m Butterfly	1:03.54	Session 02

## Bearix BALDWIN

Event 18	Womens Open 50m Backstroke	1:01.00	Session 03
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## Caitlin ALBROW

Event 3	Womens Open 50m Freestyle	32.74	Session 01
Event 11	Womens Open 50m Breaststroke	43.60	Session 02
Event 22	Womens Open 200m Freestyle	2:34.90	Session 04



**Connie DEBNAM**

Event 3	Womens Open 50m Freestyle	43.67	Session 01
Event 5	Womens Open 100m Breaststroke	2:10.50	Session 01

**Corey PETTIFER**

Event 2	Mens Open 200m Breaststroke	5:30.64	Session 01
Event 4	Mens Open 50m Backstroke	1:05.70	Session 01
Event 8	Mens Open 200m Freestyle	4:22.53	Session 02
Event 10	Mens Open 50m Butterfly	59.74	Session 02

**Daisy CHAPMAN**

Event 3	Womens Open 50m Freestyle	50.86	Session 01
Event 5	Womens Open 100m Breaststroke	2:23.80	Session 01
Event 11	Womens Open 50m Breaststroke	1:06.14	Session 02
Event 13	Womens Open 100m Freestyle	1:39.15	Session 02

**Daisy GRANTHAM**

Event 3	Womens Open 50m Freestyle	40.96	Session 01
Event 16	Womens Open 200m Breaststroke	4:09.14	Session 03
Event 22	Womens Open 200m Freestyle	3:31.23	Session 04
Event 28	Womens Open 100m IM	1:53.08	Session 04

**Dylan CRAWLEY**

Event 6	Mens Open 100m Butterfly	1:54.40	Session 01
Event 8	Mens Open 200m Freestyle	3:28.28	Session 02
Event 10	Mens Open 50m Butterfly	50.55	Session 02
Event 14	Mens Open 100m IM	1:49.78	Session 02
Event 25	Mens Open 50m Breaststroke	58.61	Session 04
Event 27	Mens Open 100m Freestyle	1:32.57	Session 04

**Ella KEABLE**

Event 1	Womens Open 200m Backstroke	3:53.72	Session 01
Event 3	Womens Open 50m Freestyle	42.63	Session 01

**Ella SIMMONDS**

Event 11	Womens Open 50m Breaststroke	59.04	Session 02
Event 13	Womens Open 100m Freestyle	1:28.42	Session 02
Event 22	Womens Open 200m Freestyle	3:10.19	Session 04
Event 26	Womens Open 100m Backstroke	1:37.47	Session 04
Event 28	Womens Open 100m IM	1:44.33	Session 04

**Emily NEWTON**

Event 3	Womens Open 50m Freestyle	41.02	Session 01
Event 7	Womens Open 200m IM	3:53.70	Session 01
Event 11	Womens Open 50m Breaststroke	56.11	Session 02
Event 13	Womens Open 100m Freestyle	1:32.84	Session 02
Event 18	Womens Open 50m Backstroke	47.34	Session 03
Event 20	Womens Open 100m Butterfly	2:19.37	Session 03
Event 22	Womens Open 200m Freestyle	3:29.97	Session 04
Event 26	Womens Open 100m Backstroke	1:57.23	Session 04

**Evan BEDFORD**

Event 2	Mens Open 200m Breaststroke	5:42.26	Session 01
Event 4	Mens Open 50m Backstroke	56.88	Session 01
Event 8	Mens Open 200m Freestyle	3:54.00	Session 02
Event 14	Mens Open 100m IM	2:11.57	Session 02
Event 15	Mens Open 200m Backstroke	4:29.33	Session 03
Event 17	Mens Open 50m Freestyle	45.22	Session 03

Event 25	Mens Open 50m Breaststroke	1:10.04	Session 04
<b>Evie JONES</b>			
Event 1	Womens Open 200m Backstroke	3:02.96	Session 01
Event 5	Womens Open 100m Breaststroke	1:47.67	Session 01
Event 11	Womens Open 50m Breaststroke	45.61	Session 02
Event 13	Womens Open 100m Freestyle	1:19.26	Session 02
Event 16	Womens Open 200m Breaststroke	3:38.77	Session 03
Event 20	Womens Open 100m Butterfly	1:34.02	Session 03
Event 22	Womens Open 200m Freestyle	2:41.04	Session 04
Event 26	Womens Open 100m Backstroke	1:23.14	Session 04
<b>Evie KNIGHTS</b>			
Event 16	Womens Open 200m Breaststroke	4:55.48	Session 03
Event 18	Womens Open 50m Backstroke	55.51	Session 03
Event 22	Womens Open 200m Freestyle	4:02.36	Session 04
Event 24	Womens Open 50m Butterfly	1:07.08	Session 04
Event 28	Womens Open 100m IM	2:06.71	Session 04
<b>Finlay REEDS</b>			
Event 15	Mens Open 200m Backstroke	3:04.57	Session 03
Event 17	Mens Open 50m Freestyle	36.27	Session 03
Event 19	Mens Open 100m Breaststroke	1:51.17	Session 03
Event 25	Mens Open 50m Breaststroke	50.53	Session 04
Event 27	Mens Open 100m Freestyle	1:24.77	Session 04
<b>Franklin CROCOMBE</b>			
Event 2	Mens Open 200m Breaststroke	4:19.48	Session 01
Event 4	Mens Open 50m Backstroke	44.12	Session 01
Event 8	Mens Open 200m Freestyle	2:44.15	Session 02
Event 10	Mens Open 50m Butterfly	42.01	Session 02
Event 14	Mens Open 100m IM	1:40.75	Session 02
Event 17	Mens Open 50m Freestyle	33.78	Session 03
Event 19	Mens Open 100m Breaststroke	2:00.91	Session 03
Event 25	Mens Open 50m Breaststroke	50.30	Session 04
Event 27	Mens Open 100m Freestyle	1:14.62	Session 04
<b>Freya EKE-CUNIS</b>			
Event 16	Womens Open 200m Breaststroke	3:51.64	Session 03
Event 18	Womens Open 50m Backstroke	42.94	Session 03
Event 24	Womens Open 50m Butterfly	45.39	Session 04
Event 26	Womens Open 100m Backstroke	1:33.50	Session 04
Event 28	Womens Open 100m IM	1:36.10	Session 04
<b>Freya SIMMONDS</b>			
Event 1	Womens Open 200m Backstroke	4:02.24	Session 01
Event 3	Womens Open 50m Freestyle	44.24	Session 01
Event 11	Womens Open 50m Breaststroke	1:04.51	Session 02
Event 18	Womens Open 50m Backstroke	51.52	Session 03
Event 26	Womens Open 100m Backstroke	1:56.76	Session 04
Event 28	Womens Open 100m IM	2:06.64	Session 04
<b>Grace MCLEAN</b>			
Event 3	Womens Open 50m Freestyle	38.91	Session 01
Event 5	Womens Open 100m Breaststroke	1:54.25	Session 01
Event 7	Womens Open 200m IM	3:25.73	Session 01
Event 18	Womens Open 50m Backstroke	43.24	Session 03

Event 26	Womens Open 100m Backstroke	1:39.04	Session 04
Event 28	Womens Open 100m IM	1:42.48	Session 04
<b>Harriet PITCHER</b>			
Event 1	Womens Open 200m Backstroke	4:37.57	Session 01
Event 3	Womens Open 50m Freestyle	47.52	Session 01
Event 11	Womens Open 50m Breaststroke	1:01.18	Session 02
Event 16	Womens Open 200m Breaststroke	5:16.20	Session 03
Event 18	Womens Open 50m Backstroke	52.37	Session 03
<b>Heather MILLS</b>			
Event 9	Womens Open 200m Butterfly	2:52.07	Session 02
Event 22	Womens Open 200m Freestyle	2:29.92	Session 04
Event 24	Womens Open 50m Butterfly	34.87	Session 04
<b>Henri DYKE</b>			
Event 6	Mens Open 100m Butterfly	1:41.25	Session 01
<b>Isla HAMILTON</b>			
Event 1	Womens Open 200m Backstroke	4:05.29	Session 01
Event 3	Womens Open 50m Freestyle	47.00	Session 01
Event 5	Womens Open 100m Breaststroke	2:09.52	Session 01
Event 11	Womens Open 50m Breaststroke	1:02.55	Session 02
Event 16	Womens Open 200m Breaststroke	5:10.76	Session 03
Event 18	Womens Open 50m Backstroke	55.09	Session 03
Event 22	Womens Open 200m Freestyle	3:30.51	Session 04
Event 26	Womens Open 100m Backstroke	1:55.23	Session 04
Event 28	Womens Open 100m IM	1:59.88	Session 04
<b>Isla JOHNSON</b>			
Event 3	Womens Open 50m Freestyle	47.31	Session 01
Event 5	Womens Open 100m Breaststroke	2:13.05	Session 01
Event 11	Womens Open 50m Breaststroke	1:01.20	Session 02
Event 13	Womens Open 100m Freestyle	1:51.76	Session 02
<b>Jack HALSTEAD</b>			
Event 2	Mens Open 200m Breaststroke	3:51.01	Session 01
Event 4	Mens Open 50m Backstroke	42.14	Session 01
Event 12	Mens Open 100m Backstroke	1:41.64	Session 02
Event 17	Mens Open 50m Freestyle	33.85	Session 03
Event 19	Mens Open 100m Breaststroke	1:48.37	Session 03
Event 25	Mens Open 50m Breaststroke	49.42	Session 04
Event 27	Mens Open 100m Freestyle	1:18.44	Session 04
<b>James BELL</b>			
Event 6	Mens Open 100m Butterfly	1:41.05	Session 01
<b>James CLARKE</b>			
Event 2	Mens Open 200m Breaststroke	4:34.51	Session 01
Event 4	Mens Open 50m Backstroke	55.31	Session 01
Event 8	Mens Open 200m Freestyle	3:58.59	Session 02
Event 12	Mens Open 100m Backstroke	1:58.89	Session 02
Event 14	Mens Open 100m IM	2:03.34	Session 02
Event 15	Mens Open 200m Backstroke	4:13.03	Session 03
Event 17	Mens Open 50m Freestyle	44.98	Session 03
Event 19	Mens Open 100m Breaststroke	2:17.46	Session 03
Event 25	Mens Open 50m Breaststroke	58.96	Session 04
Event 27	Mens Open 100m Freestyle	1:48.08	Session 04

**James MOORE**

Event 8	Mens Open 200m Freestyle	3:35.69	Session 02
Event 14	Mens Open 100m IM	1:43.68	Session 02

**Jessica HOPKINS**

Event 3	Womens Open 50m Freestyle	38.63	Session 01
Event 5	Womens Open 100m Breaststroke	2:02.11	Session 01
Event 11	Womens Open 50m Breaststroke	54.68	Session 02
Event 13	Womens Open 100m Freestyle	1:31.91	Session 02
Event 18	Womens Open 50m Backstroke	46.19	Session 03
Event 22	Womens Open 200m Freestyle	3:37.32	Session 04
Event 24	Womens Open 50m Butterfly	47.56	Session 04
Event 28	Womens Open 100m IM	1:47.76	Session 04

**Jessica SANFORD**

Event 5	Womens Open 100m Breaststroke	1:59.63	Session 01
Event 7	Womens Open 200m IM	3:24.57	Session 01
Event 11	Womens Open 50m Breaststroke	53.03	Session 02
Event 13	Womens Open 100m Freestyle	1:22.50	Session 02
Event 16	Womens Open 200m Breaststroke	4:11.65	Session 03
Event 18	Womens Open 50m Backstroke	44.76	Session 03
Event 20	Womens Open 100m Butterfly	1:45.94	Session 03
Event 22	Womens Open 200m Freestyle	3:07.32	Session 04
Event 24	Womens Open 50m Butterfly	46.01	Session 04
Event 26	Womens Open 100m Backstroke	1:39.45	Session 04
Event 28	Womens Open 100m IM	1:44.64	Session 04

**Jocelyn FILTNESS**

Event 16	Womens Open 200m Breaststroke	6:07.33	Session 03
Event 18	Womens Open 50m Backstroke	1:10.45	Session 03
Event 22	Womens Open 200m Freestyle	4:24.58	Session 04
Event 24	Womens Open 50m Butterfly	1:10.86	Session 04
Event 28	Womens Open 100m IM	2:29.21	Session 04

**Juneau REEDS**

Event 17	Mens Open 50m Freestyle	42.59	Session 03
Event 19	Mens Open 100m Breaststroke	2:00.78	Session 03
Event 25	Mens Open 50m Breaststroke	50.29	Session 04

**Katie ANDREWS**

Event 16	Womens Open 200m Breaststroke	3:18.55	Session 03
Event 20	Womens Open 100m Butterfly	1:37.24	Session 03
Event 26	Womens Open 100m Backstroke	1:21.72	Session 04
Event 28	Womens Open 100m IM	1:18.57	Session 04

**Kyla LANGAN**

Event 1	Womens Open 200m Backstroke	4:58.67	Session 01
Event 3	Womens Open 50m Freestyle	47.06	Session 01
Event 11	Womens Open 50m Breaststroke	1:01.64	Session 02
Event 16	Womens Open 200m Breaststroke	4:57.12	Session 03
Event 18	Womens Open 50m Backstroke	58.73	Session 03
Event 22	Womens Open 200m Freestyle	4:28.44	Session 04
Event 24	Womens Open 50m Butterfly	1:00.24	Session 04

**Lauren COOPER**

Event 1	Womens Open 200m Backstroke	2:40.47	Session 01
Event 7	Womens Open 200m IM	2:51.40	Session 01

Event 13	Womens Open 100m Freestyle	1:08.29	Session 02
Event 20	Womens Open 100m Butterfly	1:22.46	Session 03
Event 24	Womens Open 50m Butterfly	33.30	Session 04
Event 28	Womens Open 100m IM	1:18.84	Session 04

**Lucy MOSCROP**

Event 3	Womens Open 50m Freestyle	40.32	Session 01
Event 5	Womens Open 100m Breaststroke	2:00.90	Session 01
Event 11	Womens Open 50m Breaststroke	51.40	Session 02
Event 13	Womens Open 100m Freestyle	1:34.98	Session 02

**Matthew PHOENIX-MCGLYN**

Event 2	Mens Open 200m Breaststroke	4:54.55	Session 01
Event 4	Mens Open 50m Backstroke	56.68	Session 01
Event 10	Mens Open 50m Butterfly	1:02.51	Session 02
Event 14	Mens Open 100m IM	2:05.58	Session 02
Event 17	Mens Open 50m Freestyle	47.74	Session 03
Event 19	Mens Open 100m Breaststroke	2:20.97	Session 03
Event 25	Mens Open 50m Breaststroke	1:02.66	Session 04
Event 27	Mens Open 100m Freestyle	1:51.19	Session 04

**Max MONTGOMERY**

Event 2	Mens Open 200m Breaststroke	3:32.99	Session 01
Event 4	Mens Open 50m Backstroke	42.31	Session 01
Event 6	Mens Open 100m Butterfly	1:43.63	Session 01
Event 10	Mens Open 50m Butterfly	42.80	Session 02
Event 12	Mens Open 100m Backstroke	1:32.38	Session 02
Event 17	Mens Open 50m Freestyle	35.41	Session 03
Event 19	Mens Open 100m Breaststroke	1:40.74	Session 03
Event 21	Mens Open 200m IM	3:19.08	Session 03
Event 25	Mens Open 50m Breaststroke	45.22	Session 04
Event 27	Mens Open 100m Freestyle	1:21.75	Session 04

**Meena BULLUCK**

Event 3	Womens Open 50m Freestyle	1:02.63	Session 01
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**Michelle COOPER**

Event 3	Womens Open 50m Freestyle	59.00	Session 01
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**Miller CROCOMBE**

Event 2	Mens Open 200m Breaststroke	5:04.90	Session 01
Event 4	Mens Open 50m Backstroke	57.39	Session 01
Event 8	Mens Open 200m Freestyle	3:29.96	Session 02
Event 14	Mens Open 100m IM	2:01.29	Session 02
Event 21	Mens Open 200m IM	5:07.24	Session 03
Event 25	Mens Open 50m Breaststroke	1:03.73	Session 04
Event 27	Mens Open 100m Freestyle	1:40.37	Session 04

**Milly MIZEN**

Event 3	Womens Open 50m Freestyle	44.20	Session 01
Event 24	Womens Open 50m Butterfly	57.86	Session 04

**Mollie ALBROW**

Event 3	Womens Open 50m Freestyle	38.77	Session 01
Event 13	Womens Open 100m Freestyle	1:31.10	Session 02
Event 16	Womens Open 200m Breaststroke	4:08.23	Session 03
Event 22	Womens Open 200m Freestyle	3:14.33	Session 04

**Molly EASLEA**

Event 3	Womens Open 50m Freestyle	50.45	Session 01
Event 11	Womens Open 50m Breaststroke	1:01.31	Session 02
Event 16	Womens Open 200m Breaststroke	4:46.78	Session 03

**Mwaba MKWASA**

Event 5	Womens Open 100m Breaststroke	2:13.11	Session 01
Event 13	Womens Open 100m Freestyle	1:52.66	Session 02
Event 18	Womens Open 50m Backstroke	58.20	Session 03
Event 20	Womens Open 100m Butterfly	2:11.67	Session 03
Event 24	Womens Open 50m Butterfly	48.95	Session 04

**Oliver ARNUP**

Event 4	Mens Open 50m Backstroke	43.11	Session 01
Event 10	Mens Open 50m Butterfly	41.04	Session 02
Event 12	Mens Open 100m Backstroke	1:30.99	Session 02
Event 14	Mens Open 100m IM	1:32.53	Session 02
Event 17	Mens Open 50m Freestyle	35.02	Session 03
Event 21	Mens Open 200m IM	3:44.02	Session 03

**Oliver DWIGHT**

Event 17	Mens Open 50m Freestyle	48.00	Session 03
Event 25	Mens Open 50m Breaststroke	1:13.98	Session 04

**Phoebe SALMON**

Event 11	Womens Open 50m Breaststroke	1:01.18	Session 02
Event 13	Womens Open 100m Freestyle	1:42.85	Session 02
Event 16	Womens Open 200m Breaststroke	4:43.36	Session 03
Event 18	Womens Open 50m Backstroke	55.52	Session 03
Event 22	Womens Open 200m Freestyle	3:30.74	Session 04
Event 28	Womens Open 100m IM	1:54.41	Session 04

**Rebecca HEATON**

Event 1	Womens Open 200m Backstroke	3:24.54	Session 01
Event 5	Womens Open 100m Breaststroke	1:46.75	Session 01
Event 11	Womens Open 50m Breaststroke	49.04	Session 02
Event 13	Womens Open 100m Freestyle	1:17.21	Session 02
Event 26	Womens Open 100m Backstroke	1:26.71	Session 04
Event 28	Womens Open 100m IM	1:29.25	Session 04

**Rebekah BUTLER**

Event 24	Womens Open 50m Butterfly	40.19	Session 04
Event 26	Womens Open 100m Backstroke	1:24.96	Session 04
Event 28	Womens Open 100m IM	1:28.66	Session 04

**Rory SMITH**

Event 4	Mens Open 50m Backstroke	59.92	Session 01
Event 10	Mens Open 50m Butterfly	59.42	Session 02
Event 17	Mens Open 50m Freestyle	46.08	Session 03
Event 19	Mens Open 100m Breaststroke	2:20.19	Session 03
Event 25	Mens Open 50m Breaststroke	1:06.57	Session 04
Event 27	Mens Open 100m Freestyle	1:49.53	Session 04

**Sophie HARRIS**

Event 3	Womens Open 50m Freestyle	45.33	Session 01
Event 7	Womens Open 200m IM	4:22.56	Session 01
Event 11	Womens Open 50m Breaststroke	1:03.96	Session 02
Event 13	Womens Open 100m Freestyle	1:45.13	Session 02

**Tegan HIGHAM**

Event 18	Womens Open 50m Backstroke	55.98	Session 03
Event 22	Womens Open 200m Freestyle	3:23.88	Session 04
Event 24	Womens Open 50m Butterfly	53.75	Session 04
Event 28	Womens Open 100m IM	1:56.32	Session 04
<b>Theo ROBERTS</b>			
Event 17	Mens Open 50m Freestyle	56.86	Session 03
Event 25	Mens Open 50m Breaststroke	1:21.09	Session 04
<b>Thomas CAHIR</b>			
Event 25	Mens Open 50m Breaststroke	56.44	Session 04
Event 27	Mens Open 100m Freestyle	1:50.44	Session 04
<b>Tobias HIGHAM</b>			
Event 17	Mens Open 50m Freestyle	47.61	Session 03
Event 25	Mens Open 50m Breaststroke	59.39	Session 04
Event 27	Mens Open 100m Freestyle	1:43.35	Session 04

# Thetford

## Aaron SANDERS

Event 10	Mens Open 50m Butterfly	51.13	Session 02
Event 27	Mens Open 100m Freestyle	1:31.57	Session 04

## Amalee NEILL-GOURLAY

Event 16	Womens Open 200m Breaststroke	3:30.66	Session 03
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## Amelia DUGAN

Event 3	Womens Open 50m Freestyle	44.76	Session 01
Event 5	Womens Open 100m Breaststroke	2:09.80	Session 01
Event 11	Womens Open 50m Breaststroke	59.11	Session 02
Event 13	Womens Open 100m Freestyle	1:42.90	Session 02
Event 18	Womens Open 50m Backstroke	52.66	Session 03
Event 22	Womens Open 200m Freestyle	3:34.87	Session 04
Event 24	Womens Open 50m Butterfly	59.91	Session 04
Event 28	Womens Open 100m IM	1:52.87	Session 04

## Ashleigh RIDDING

Event 18	Womens Open 50m Backstroke	52.57	Session 03
Event 20	Womens Open 100m Butterfly	1:43.63	Session 03
Event 22	Womens Open 200m Freestyle	2:57.20	Session 04
Event 24	Womens Open 50m Butterfly	50.64	Session 04
Event 28	Womens Open 100m IM	1:52.87	Session 04

## Benedict MEASURES

Event 8	Mens Open 200m Freestyle	2:54.20	Session 02
Event 10	Mens Open 50m Butterfly	50.04	Session 02
Event 12	Mens Open 100m Backstroke	1:37.29	Session 02
Event 14	Mens Open 100m IM	1:43.69	Session 02
Event 15	Mens Open 200m Backstroke	3:27.90	Session 03

## Bethany WILSON

Event 7	Womens Open 200m IM	3:32.17	Session 01
Event 16	Womens Open 200m Breaststroke	3:50.08	Session 03
Event 20	Womens Open 100m Butterfly	1:44.20	Session 03
Event 22	Womens Open 200m Freestyle	3:08.61	Session 04
Event 28	Womens Open 100m IM	1:34.08	Session 04

## Billie-Jordan BUTLER

Event 28	Womens Open 100m IM	1:41.00	Session 04
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## Caitlin CAMERON

Event 5	Womens Open 100m Breaststroke	1:46.61	Session 01
Event 13	Womens Open 100m Freestyle	1:25.66	Session 02
Event 20	Womens Open 100m Butterfly	1:38.17	Session 03
Event 26	Womens Open 100m Backstroke	1:33.69	Session 04
Event 28	Womens Open 100m IM	1:35.82	Session 04

## Charis NEILL-GOURLAY

Event 9	Womens Open 200m Butterfly	4:23.07	Session 02
Event 20	Womens Open 100m Butterfly	2:01.10	Session 03

## Chloe HARVEY

Event 3	Womens Open 50m Freestyle	44.43	Session 01
Event 18	Womens Open 50m Backstroke	53.88	Session 03
Event 24	Womens Open 50m Butterfly	52.77	Session 04

## Ciara LEWIS



Event 1	Womens Open 200m Backstroke	3:38.05	Session 01
Event 5	Womens Open 100m Breaststroke	2:05.89	Session 01
Event 7	Womens Open 200m IM	3:41.36	Session 01
Event 11	Womens Open 50m Breaststroke	55.42	Session 02
Event 13	Womens Open 100m Freestyle	1:32.20	Session 02
Event 20	Womens Open 100m Butterfly	1:56.10	Session 03
Event 22	Womens Open 200m Freestyle	3:11.87	Session 04
Event 26	Womens Open 100m Backstroke	1:39.35	Session 04
Event 28	Womens Open 100m IM	1:41.58	Session 04

#### **Dominic TROWELL**

Event 4	Mens Open 50m Backstroke	50.42	Session 01
Event 17	Mens Open 50m Freestyle	42.89	Session 03
Event 25	Mens Open 50m Breaststroke	1:03.08	Session 04

#### **Ella DARTON**

Event 13	Womens Open 100m Freestyle	1:29.04	Session 02
Event 18	Womens Open 50m Backstroke	46.60	Session 03
Event 22	Womens Open 200m Freestyle	3:15.87	Session 04
Event 28	Womens Open 100m IM	1:36.61	Session 04

#### **Emily CHANDLER**

Event 11	Womens Open 50m Breaststroke	54.00	Session 02
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#### **Emily DUFFY**

Event 1	Womens Open 200m Backstroke	2:49.15	Session 01
Event 7	Womens Open 200m IM	2:51.32	Session 01
Event 26	Womens Open 100m Backstroke	1:17.07	Session 04
Event 28	Womens Open 100m IM	1:18.71	Session 04

#### **Emma MALCOLM**

Event 5	Womens Open 100m Breaststroke	1:39.10	Session 01
Event 7	Womens Open 200m IM	3:08.36	Session 01
Event 13	Womens Open 100m Freestyle	1:18.11	Session 02
Event 16	Womens Open 200m Breaststroke	3:38.28	Session 03
Event 22	Womens Open 200m Freestyle	2:49.99	Session 04
Event 26	Womens Open 100m Backstroke	1:26.40	Session 04
Event 28	Womens Open 100m IM	1:28.90	Session 04

#### **Ethan HARRIS**

Event 8	Mens Open 200m Freestyle	3:26.29	Session 02
Event 14	Mens Open 100m IM	1:39.68	Session 02
Event 17	Mens Open 50m Freestyle	38.21	Session 03
Event 19	Mens Open 100m Breaststroke	1:49.72	Session 03
Event 25	Mens Open 50m Breaststroke	49.87	Session 04

#### **Filipe MARINHO**

Event 2	Mens Open 200m Breaststroke	3:50.63	Session 01
Event 4	Mens Open 50m Backstroke	44.01	Session 01
Event 6	Mens Open 100m Butterfly	1:45.49	Session 01
Event 8	Mens Open 200m Freestyle	3:00.65	Session 02
Event 10	Mens Open 50m Butterfly	45.51	Session 02
Event 12	Mens Open 100m Backstroke	1:34.77	Session 02
Event 14	Mens Open 100m IM	1:33.57	Session 02
Event 15	Mens Open 200m Backstroke	3:45.99	Session 03
Event 17	Mens Open 50m Freestyle	36.62	Session 03
Event 19	Mens Open 100m Breaststroke	1:48.41	Session 03

Event 21	Mens Open 200m IM	3:20.99	Session 03
Event 23	Mens Open 200m Butterfly	3:56.10	Session 04
Event 27	Mens Open 100m Freestyle	1:20.17	Session 04

**Francesca LONG**

Event 28	Womens Open 100m IM	1:21.77	Session 04
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**Hannah HEAVENER**

Event 3	Womens Open 50m Freestyle	55.68	Session 01
Event 5	Womens Open 100m Breaststroke	2:16.36	Session 01
Event 11	Womens Open 50m Breaststroke	1:06.37	Session 02
Event 13	Womens Open 100m Freestyle	2:02.11	Session 02
Event 18	Womens Open 50m Backstroke	1:05.11	Session 03
Event 24	Womens Open 50m Butterfly	1:14.31	Session 04
Event 26	Womens Open 100m Backstroke	2:20.78	Session 04

**Harvey DURHAM**

Event 8	Mens Open 200m Freestyle	3:27.38	Session 02
Event 14	Mens Open 100m IM	2:08.62	Session 02
Event 19	Mens Open 100m Breaststroke	2:05.08	Session 03
Event 25	Mens Open 50m Breaststroke	54.49	Session 04

**James FOOT**

Event 2	Mens Open 200m Breaststroke	3:42.95	Session 01
Event 8	Mens Open 200m Freestyle	3:22.42	Session 02
Event 10	Mens Open 50m Butterfly	51.22	Session 02
Event 14	Mens Open 100m IM	1:38.09	Session 02
Event 15	Mens Open 200m Backstroke	3:20.78	Session 03
Event 17	Mens Open 50m Freestyle	38.39	Session 03
Event 21	Mens Open 200m IM	3:48.55	Session 03
Event 27	Mens Open 100m Freestyle	1:30.90	Session 04

**Jasmine EWING**

Event 3	Womens Open 50m Freestyle	55.10	Session 01
Event 16	Womens Open 200m Breaststroke	4:10.15	Session 03

**Joshua BARRETT**

Event 4	Mens Open 50m Backstroke	44.76	Session 01
Event 8	Mens Open 200m Freestyle	3:28.34	Session 02
Event 12	Mens Open 100m Backstroke	1:43.95	Session 02
Event 15	Mens Open 200m Backstroke	3:44.01	Session 03
Event 17	Mens Open 50m Freestyle	39.06	Session 03
Event 27	Mens Open 100m Freestyle	1:31.41	Session 04

**Kayleigh BROWN**

Event 3	Womens Open 50m Freestyle	37.32	Session 01
Event 5	Womens Open 100m Breaststroke	1:46.66	Session 01
Event 7	Womens Open 200m IM	3:36.80	Session 01
Event 11	Womens Open 50m Breaststroke	51.35	Session 02
Event 13	Womens Open 100m Freestyle	1:24.01	Session 02
Event 16	Womens Open 200m Breaststroke	3:36.30	Session 03
Event 18	Womens Open 50m Backstroke	47.55	Session 03
Event 28	Womens Open 100m IM	1:43.68	Session 04

**Keira CRONIN**

Event 3	Womens Open 50m Freestyle	40.21	Session 01
Event 18	Womens Open 50m Backstroke	1:03.10	Session 03

**Lavanaya MEHRA**

Event 3	Womens Open 50m Freestyle	43.34	Session 01
Event 11	Womens Open 50m Breaststroke	1:02.29	Session 02
Event 13	Womens Open 100m Freestyle	1:36.17	Session 02
Event 24	Womens Open 50m Butterfly	1:08.72	Session 04
Event 28	Womens Open 100m IM	1:58.20	Session 04

**Lucas MEASURES**

Event 8	Mens Open 200m Freestyle	2:44.29	Session 02
Event 10	Mens Open 50m Butterfly	39.61	Session 02
Event 14	Mens Open 100m IM	1:20.54	Session 02

**Mariesha BLACKWELL-FLO**

Event 5	Womens Open 100m Breaststroke	1:39.01	Session 01
Event 13	Womens Open 100m Freestyle	1:20.21	Session 02
Event 18	Womens Open 50m Backstroke	41.51	Session 03
Event 24	Womens Open 50m Butterfly	42.17	Session 04
Event 28	Womens Open 100m IM	1:27.77	Session 04

**Maximilian JADCZAK**

Event 17	Mens Open 50m Freestyle	38.13	Session 03
Event 25	Mens Open 50m Breaststroke	54.07	Session 04

**Miah BULL**

Event 3	Womens Open 50m Freestyle	43.01	Session 01
Event 11	Womens Open 50m Breaststroke	1:02.83	Session 02
Event 18	Womens Open 50m Backstroke	55.50	Session 03
Event 24	Womens Open 50m Butterfly	58.99	Session 04

**Oran CAMPBELL**

Event 3	Womens Open 50m Freestyle	42.77	Session 01
Event 5	Womens Open 100m Breaststroke	2:02.03	Session 01
Event 11	Womens Open 50m Breaststroke	55.96	Session 02
Event 16	Womens Open 200m Breaststroke	4:23.56	Session 03
Event 24	Womens Open 50m Butterfly	51.88	Session 04

**Oscar HARRIS**

Event 8	Mens Open 200m Freestyle	4:04.63	Session 02
Event 14	Mens Open 100m IM	1:56.82	Session 02
Event 17	Mens Open 50m Freestyle	44.24	Session 03
Event 25	Mens Open 50m Breaststroke	59.21	Session 04

**Roan COOPER**

Event 12	Mens Open 100m Backstroke	1:41.70	Session 02
Event 14	Mens Open 100m IM	1:41.55	Session 02
Event 19	Mens Open 100m Breaststroke	1:53.50	Session 03
Event 25	Mens Open 50m Breaststroke	50.37	Session 04

**Samuel FLEET**

Event 4	Mens Open 50m Backstroke	49.82	Session 01
Event 17	Mens Open 50m Freestyle	42.65	Session 03
Event 19	Mens Open 100m Breaststroke	1:59.42	Session 03
Event 25	Mens Open 50m Breaststroke	58.33	Session 04
Event 27	Mens Open 100m Freestyle	1:39.50	Session 04

**Samuel RUSH**

Event 4	Mens Open 50m Backstroke	50.64	Session 01
Event 17	Mens Open 50m Freestyle	38.20	Session 03
Event 19	Mens Open 100m Breaststroke	1:51.69	Session 03
Event 25	Mens Open 50m Breaststroke	49.51	Session 04

**Tabitha PAYNE**

Event 11	Womens Open 50m Breaststroke	57.44	Session 02
Event 18	Womens Open 50m Backstroke	49.44	Session 03
Event 26	Womens Open 100m Backstroke	1:49.72	Session 04

# UEA Norwich

## Abigail LINE

Event 5	Womens Open 100m Breaststroke	2:00.00	Session 01
Event 7	Womens Open 200m IM	3:42.90	Session 01
Event 11	Womens Open 50m Breaststroke	55.31	Session 02
Event 13	Womens Open 100m Freestyle	1:29.38	Session 02

## Amelia NESBITT

Event 1	Womens Open 200m Backstroke	3:07.26	Session 01
Event 5	Womens Open 100m Breaststroke	1:51.73	Session 01
Event 7	Womens Open 200m IM	3:14.41	Session 01
Event 11	Womens Open 50m Breaststroke	50.60	Session 02
Event 13	Womens Open 100m Freestyle	1:18.23	Session 02
Event 20	Womens Open 100m Butterfly	1:50.40	Session 03
Event 22	Womens Open 200m Freestyle	2:50.26	Session 04
Event 24	Womens Open 50m Butterfly	49.70	Session 04
Event 26	Womens Open 100m Backstroke	1:27.29	Session 04
Event 28	Womens Open 100m IM	1:31.58	Session 04

## Anna TREUTLER

Event 1	Womens Open 200m Backstroke	3:10.44	Session 01
Event 3	Womens Open 50m Freestyle	37.26	Session 01

## Eliza COLLINS

Event 9	Womens Open 200m Butterfly	3:46.01	Session 02
Event 11	Womens Open 50m Breaststroke	58.66	Session 02
Event 13	Womens Open 100m Freestyle	1:33.81	Session 02

## Ellie NORMAN

Event 3	Womens Open 50m Freestyle	47.65	Session 01
Event 5	Womens Open 100m Breaststroke	2:24.01	Session 01

## Ellie SMITH

Event 1	Womens Open 200m Backstroke	3:52.67	Session 01
Event 3	Womens Open 50m Freestyle	42.69	Session 01
Event 5	Womens Open 100m Breaststroke	2:04.98	Session 01
Event 22	Womens Open 200m Freestyle	3:48.47	Session 04
Event 26	Womens Open 100m Backstroke	1:46.21	Session 04
Event 28	Womens Open 100m IM	1:49.02	Session 04

## Emily WATSON

Event 5	Womens Open 100m Breaststroke	1:46.60	Session 01
Event 11	Womens Open 50m Breaststroke	48.71	Session 02
Event 13	Womens Open 100m Freestyle	1:31.50	Session 02
Event 16	Womens Open 200m Breaststroke	3:53.26	Session 03
Event 18	Womens Open 50m Backstroke	47.37	Session 03
Event 22	Womens Open 200m Freestyle	3:19.83	Session 04
Event 24	Womens Open 50m Butterfly	56.39	Session 04
Event 28	Womens Open 100m IM	1:40.08	Session 04

## Evie HILL

Event 11	Womens Open 50m Breaststroke	57.06	Session 02
Event 13	Womens Open 100m Freestyle	1:41.76	Session 02
Event 18	Womens Open 50m Backstroke	49.39	Session 03
Event 22	Womens Open 200m Freestyle	3:30.23	Session 04
Event 28	Womens Open 100m IM	1:48.91	Session 04

**Hannah SHELDRAKE**

Event 1	Womens Open 200m Backstroke	4:57.00	Session 01
Event 3	Womens Open 50m Freestyle	1:01.31	Session 01

**Holly KENT**

Event 24	Womens Open 50m Butterfly	46.97	Session 04
Event 26	Womens Open 100m Backstroke	1:40.64	Session 04
Event 28	Womens Open 100m IM	1:39.69	Session 04

**Isabella WOOD**

Event 5	Womens Open 100m Breaststroke	1:42.32	Session 01
Event 11	Womens Open 50m Breaststroke	48.08	Session 02
Event 13	Womens Open 100m Freestyle	1:25.68	Session 02
Event 24	Womens Open 50m Butterfly	51.04	Session 04
Event 26	Womens Open 100m Backstroke	1:32.83	Session 04
Event 28	Womens Open 100m IM	1:35.09	Session 04

**Jack MCINTOSH**

Event 2	Mens Open 200m Breaststroke	3:57.04	Session 01
Event 4	Mens Open 50m Backstroke	44.96	Session 01

**Jazmin TOLMAN WRIGHT**

Event 24	Womens Open 50m Butterfly	59.16	Session 04
Event 28	Womens Open 100m IM	2:02.53	Session 04

**Macy WILDER**

Event 11	Womens Open 50m Breaststroke	55.40	Session 02
Event 13	Womens Open 100m Freestyle	1:21.98	Session 02
Event 26	Womens Open 100m Backstroke	1:33.48	Session 04
Event 28	Womens Open 100m IM	1:40.02	Session 04

**Rebecca BURROWS**

Event 3	Womens Open 50m Freestyle	50.00	Session 01
Event 5	Womens Open 100m Breaststroke	2:23.01	Session 01
Event 7	Womens Open 200m IM	4:32.64	Session 01
Event 11	Womens Open 50m Breaststroke	1:06.59	Session 02
Event 13	Womens Open 100m Freestyle	1:56.00	Session 02
Event 22	Womens Open 200m Freestyle	3:59.22	Session 04
Event 24	Womens Open 50m Butterfly	1:07.54	Session 04
Event 26	Womens Open 100m Backstroke	2:03.89	Session 04
Event 28	Womens Open 100m IM	2:10.77	Session 04

**Sophie-Mae ROUTLEDGE**

Event 16	Womens Open 200m Breaststroke	3:11.61	Session 03
Event 20	Womens Open 100m Butterfly	1:29.12	Session 03
Event 22	Womens Open 200m Freestyle	2:45.09	Session 04
Event 24	Womens Open 50m Butterfly	36.25	Session 04
Event 28	Womens Open 100m IM	1:25.01	Session 04

**Summer GEITNER**

Event 3	Womens Open 50m Freestyle	51.05	Session 01
Event 5	Womens Open 100m Breaststroke	2:05.66	Session 01
Event 11	Womens Open 50m Breaststroke	59.34	Session 02
Event 13	Womens Open 100m Freestyle	1:49.92	Session 02
Event 16	Womens Open 200m Breaststroke	4:30.00	Session 03
Event 18	Womens Open 50m Backstroke	56.13	Session 03
Event 22	Womens Open 200m Freestyle	3:59.00	Session 04
Event 24	Womens Open 50m Butterfly	1:05.00	Session 04

Event 28	Womens Open 100m IM	2:02.73	Session 04
<b>William SIDNEY-ROBERTS</b>			
Event 2	Mens Open 200m Breaststroke	3:30.92	Session 01
Event 6	Mens Open 100m Butterfly	1:27.67	Session 01
Event 12	Mens Open 100m Backstroke	1:21.91	Session 02
Event 15	Mens Open 200m Backstroke	3:23.59	Session 03
Event 19	Mens Open 100m Breaststroke	1:35.15	Session 03
Event 25	Mens Open 50m Breaststroke	41.43	Session 04

# West Norfolk

## Alexander BRYAN

Event 8	Mens Open 200m Freestyle	2:47.82	Session 02
Event 10	Mens Open 50m Butterfly	42.60	Session 02
Event 14	Mens Open 100m IM	1:32.45	Session 02

## Allen LEGARTE

Event 4	Mens Open 50m Backstroke	49.20	Session 01
Event 17	Mens Open 50m Freestyle	35.90	Session 03
Event 25	Mens Open 50m Breaststroke	53.00	Session 04

## Archie MATTHEWS

Event 19	Mens Open 100m Breaststroke	2:33.12	Session 03
Event 25	Mens Open 50m Breaststroke	1:10.65	Session 04

## Benjamin TENNANT

Event 2	Mens Open 200m Breaststroke	4:34.17	Session 01
Event 4	Mens Open 50m Backstroke	55.35	Session 01
Event 10	Mens Open 50m Butterfly	1:04.71	Session 02
Event 12	Mens Open 100m Backstroke	2:00.00	Session 02
Event 14	Mens Open 100m IM	2:13.02	Session 02

## Bethan JONES

Event 5	Womens Open 100m Breaststroke	1:54.46	Session 01
Event 7	Womens Open 200m IM	4:18.00	Session 01
Event 11	Womens Open 50m Breaststroke	53.79	Session 02
Event 13	Womens Open 100m Freestyle	1:47.73	Session 02
Event 16	Womens Open 200m Breaststroke	3:59.67	Session 03
Event 18	Womens Open 50m Backstroke	52.67	Session 03

## Campbell PICK

Event 2	Mens Open 200m Breaststroke	3:36.00	Session 01
Event 4	Mens Open 50m Backstroke	39.80	Session 01
Event 6	Mens Open 100m Butterfly	1:35.00	Session 01
Event 10	Mens Open 50m Butterfly	39.93	Session 02
Event 12	Mens Open 100m Backstroke	1:28.00	Session 02
Event 14	Mens Open 100m IM	1:27.00	Session 02

## Chloe BELLAMY

Event 9	Womens Open 200m Butterfly	4:13.40	Session 02
Event 11	Womens Open 50m Breaststroke	56.91	Session 02
Event 26	Womens Open 100m Backstroke	1:46.02	Session 04
Event 28	Womens Open 100m IM	1:43.85	Session 04

## Chloe LIDDELL

Event 13	Womens Open 100m Freestyle	1:26.35	Session 02
Event 16	Womens Open 200m Breaststroke	4:18.32	Session 03
Event 22	Womens Open 200m Freestyle	3:04.66	Session 04
Event 26	Womens Open 100m Backstroke	1:39.14	Session 04
Event 28	Womens Open 100m IM	1:35.34	Session 04

## Dalia KHALIL

Event 3	Womens Open 50m Freestyle	51.80	Session 01
Event 18	Womens Open 50m Backstroke	58.94	Session 03

## Dani SNELL

Event 16	Womens Open 200m Breaststroke	4:40.43	Session 03
Event 18	Womens Open 50m Backstroke	53.50	Session 03



Event 22	Womens Open 200m Freestyle	3:50.45	Session 04
Event 24	Womens Open 50m Butterfly	1:00.36	Session 04
Event 28	Womens Open 100m IM	1:54.45	Session 04

**Daniel GRIMMER**

Event 2	Mens Open 200m Breaststroke	3:53.48	Session 01
Event 8	Mens Open 200m Freestyle	2:52.74	Session 02
Event 14	Mens Open 100m IM	1:36.07	Session 02

**Elise CLAYTON**

Event 22	Womens Open 200m Freestyle	2:45.87	Session 04
Event 24	Womens Open 50m Butterfly	41.19	Session 04
Event 26	Womens Open 100m Backstroke	1:26.34	Session 04
Event 28	Womens Open 100m IM	1:35.71	Session 04

**Eliza STEELE**

Event 1	Womens Open 200m Backstroke	4:35.14	Session 01
Event 3	Womens Open 50m Freestyle	52.26	Session 01
Event 5	Womens Open 100m Breaststroke	2:22.00	Session 01
Event 16	Womens Open 200m Breaststroke	5:03.46	Session 03
Event 18	Womens Open 50m Backstroke	55.52	Session 03
Event 22	Womens Open 200m Freestyle	4:17.20	Session 04
Event 24	Womens Open 50m Butterfly	1:11.60	Session 04
Event 28	Womens Open 100m IM	2:06.21	Session 04

**Elyn LAUDER**

Event 3	Womens Open 50m Freestyle	47.85	Session 01
Event 18	Womens Open 50m Backstroke	53.94	Session 03
Event 24	Womens Open 50m Butterfly	58.23	Session 04

**Erin WOODROW**

Event 1	Womens Open 200m Backstroke	4:20.27	Session 01
Event 5	Womens Open 100m Breaststroke	2:20.25	Session 01
Event 7	Womens Open 200m IM	4:35.20	Session 01
Event 13	Womens Open 100m Freestyle	2:05.10	Session 02
Event 16	Womens Open 200m Breaststroke	5:11.45	Session 03
Event 22	Womens Open 200m Freestyle	4:24.27	Session 04
Event 26	Womens Open 100m Backstroke	1:55.80	Session 04
Event 28	Womens Open 100m IM	1:57.60	Session 04

**Esmee KING**

Event 1	Womens Open 200m Backstroke	4:35.52	Session 01
Event 3	Womens Open 50m Freestyle	48.01	Session 01
Event 11	Womens Open 50m Breaststroke	1:08.23	Session 02
Event 28	Womens Open 100m IM	2:05.72	Session 04

**George EVANS**

Event 2	Mens Open 200m Breaststroke	4:32.10	Session 01
Event 4	Mens Open 50m Backstroke	59.25	Session 01
Event 8	Mens Open 200m Freestyle	3:47.99	Session 02
Event 12	Mens Open 100m Backstroke	2:05.27	Session 02
Event 14	Mens Open 100m IM	2:13.30	Session 02
Event 15	Mens Open 200m Backstroke	4:24.02	Session 03
Event 17	Mens Open 50m Freestyle	46.74	Session 03
Event 19	Mens Open 100m Breaststroke	2:11.65	Session 03
Event 25	Mens Open 50m Breaststroke	1:02.83	Session 04
Event 27	Mens Open 100m Freestyle	1:48.87	Session 04

**Harry JOHNSON**

Event 15	Mens Open 200m Backstroke	4:14.29	Session 03
Event 17	Mens Open 50m Freestyle	39.22	Session 03
Event 19	Mens Open 100m Breaststroke	1:55.00	Session 03
Event 21	Mens Open 200m IM	3:43.81	Session 03
Event 25	Mens Open 50m Breaststroke	55.65	Session 04
Event 27	Mens Open 100m Freestyle	1:30.58	Session 04

**Harry THOMPSON**

Event 8	Mens Open 200m Freestyle	2:20.84	Session 02
Event 10	Mens Open 50m Butterfly	31.76	Session 02
Event 12	Mens Open 100m Backstroke	1:13.46	Session 02

**Joshua PARKER**

Event 14	Mens Open 100m IM	1:47.00	Session 02
Event 25	Mens Open 50m Breaststroke	53.13	Session 04

**Kludia LABUZ**

Event 3	Womens Open 50m Freestyle	31.80	Session 01
Event 5	Womens Open 100m Breaststroke	1:28.93	Session 01

**Kristina SUTIKA-TOTLEB**

Event 3	Womens Open 50m Freestyle	43.60	Session 01
Event 5	Womens Open 100m Breaststroke	2:10.05	Session 01
Event 7	Womens Open 200m IM	4:03.60	Session 01
Event 18	Womens Open 50m Backstroke	50.08	Session 03
Event 22	Womens Open 200m Freestyle	3:39.52	Session 04
Event 28	Womens Open 100m IM	1:46.64	Session 04

**Laima GRIGUTYTE**

Event 3	Womens Open 50m Freestyle	50.00	Session 01
Event 11	Womens Open 50m Breaststroke	56.10	Session 02
Event 16	Womens Open 200m Breaststroke	4:30.10	Session 03
Event 18	Womens Open 50m Backstroke	53.83	Session 03

**Lara HINDMARSH**

Event 3	Womens Open 50m Freestyle	44.93	Session 01
Event 7	Womens Open 200m IM	4:24.40	Session 01
Event 18	Womens Open 50m Backstroke	50.29	Session 03
Event 24	Womens Open 50m Butterfly	1:00.25	Session 04

**Lauren GRIMES**

Event 3	Womens Open 50m Freestyle	46.59	Session 01
Event 11	Womens Open 50m Breaststroke	1:01.57	Session 02
Event 13	Womens Open 100m Freestyle	1:43.12	Session 02
Event 18	Womens Open 50m Backstroke	1:01.40	Session 03
Event 28	Womens Open 100m IM	2:08.10	Session 04

**Libby COLLINS**

Event 16	Womens Open 200m Breaststroke	4:17.08	Session 03
Event 18	Womens Open 50m Backstroke	48.92	Session 03
Event 20	Womens Open 100m Butterfly	2:16.29	Session 03
Event 22	Womens Open 200m Freestyle	3:20.63	Session 04
Event 24	Womens Open 50m Butterfly	58.68	Session 04
Event 26	Womens Open 100m Backstroke	1:44.36	Session 04
Event 28	Womens Open 100m IM	1:50.51	Session 04

**Liza WILSON**

Event 1	Womens Open 200m Backstroke	4:40.40	Session 01
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Event 3	Womens Open 50m Freestyle	54.34	Session 01
Event 5	Womens Open 100m Breaststroke	2:15.30	Session 01
Event 22	Womens Open 200m Freestyle	4:31.43	Session 04
Event 24	Womens Open 50m Butterfly	1:08.07	Session 04
Event 26	Womens Open 100m Backstroke	2:12.10	Session 04
Event 28	Womens Open 100m IM	2:14.50	Session 04

#### **Lola OXBY**

Event 3	Womens Open 50m Freestyle	50.37	Session 01
Event 11	Womens Open 50m Breaststroke	1:04.88	Session 02
Event 16	Womens Open 200m Breaststroke	4:47.62	Session 03
Event 18	Womens Open 50m Backstroke	56.70	Session 03
Event 22	Womens Open 200m Freestyle	3:58.31	Session 04
Event 28	Womens Open 100m IM	2:02.70	Session 04

#### **Madeline FLAXMAN**

Event 1	Womens Open 200m Backstroke	4:24.43	Session 01
Event 3	Womens Open 50m Freestyle	45.75	Session 01
Event 5	Womens Open 100m Breaststroke	2:19.79	Session 01
Event 7	Womens Open 200m IM	4:09.66	Session 01
Event 11	Womens Open 50m Breaststroke	59.48	Session 02
Event 13	Womens Open 100m Freestyle	1:42.88	Session 02
Event 16	Womens Open 200m Breaststroke	4:51.23	Session 03
Event 18	Womens Open 50m Backstroke	51.92	Session 03
Event 20	Womens Open 100m Butterfly	2:11.20	Session 03
Event 24	Womens Open 50m Butterfly	59.92	Session 04
Event 26	Womens Open 100m Backstroke	1:51.19	Session 04
Event 28	Womens Open 100m IM	1:59.77	Session 04

#### **Maria-Clara OLIVEIRA-G**

Event 3	Womens Open 50m Freestyle	55.58	Session 01
Event 11	Womens Open 50m Breaststroke	1:07.08	Session 02
Event 18	Womens Open 50m Backstroke	1:05.01	Session 03

#### **Matthew COLEMAN**

Event 4	Mens Open 50m Backstroke	48.48	Session 01
Event 6	Mens Open 100m Butterfly	2:12.50	Session 01
Event 10	Mens Open 50m Butterfly	56.50	Session 02
Event 12	Mens Open 100m Backstroke	2:01.30	Session 02
Event 14	Mens Open 100m IM	1:54.46	Session 02
Event 17	Mens Open 50m Freestyle	39.95	Session 03
Event 21	Mens Open 200m IM	4:09.16	Session 03
Event 25	Mens Open 50m Breaststroke	1:03.78	Session 04
Event 27	Mens Open 100m Freestyle	1:36.69	Session 04

#### **Matthew RATSEY**

Event 2	Mens Open 200m Breaststroke	5:03.45	Session 01
Event 4	Mens Open 50m Backstroke	1:01.57	Session 01
Event 8	Mens Open 200m Freestyle	4:28.10	Session 02
Event 14	Mens Open 100m IM	2:10.80	Session 02
Event 17	Mens Open 50m Freestyle	57.70	Session 03

#### **Megan JONES**

Event 3	Womens Open 50m Freestyle	59.72	Session 01
Event 5	Womens Open 100m Breaststroke	2:20.80	Session 01
Event 11	Womens Open 50m Breaststroke	1:08.26	Session 02

Event 18	Womens Open 50m Backstroke	1:02.98	Session 03
<b>Mia RAYNER</b>			
Event 5	Womens Open 100m Breaststroke	2:18.26	Session 01
Event 13	Womens Open 100m Freestyle	2:32.51	Session 02
Event 16	Womens Open 200m Breaststroke	4:41.09	Session 03
<b>Morgan EDWARDS</b>			
Event 4	Mens Open 50m Backstroke	58.82	Session 01
Event 8	Mens Open 200m Freestyle	4:26.27	Session 02
Event 17	Mens Open 50m Freestyle	53.06	Session 03
Event 25	Mens Open 50m Breaststroke	1:17.47	Session 04
<b>Nathan YEAMAN</b>			
Event 8	Mens Open 200m Freestyle	3:28.58	Session 02
Event 10	Mens Open 50m Butterfly	1:06.45	Session 02
Event 12	Mens Open 100m Backstroke	1:50.05	Session 02
Event 14	Mens Open 100m IM	2:05.77	Session 02
Event 17	Mens Open 50m Freestyle	43.82	Session 03
Event 19	Mens Open 100m Breaststroke	2:05.50	Session 03
Event 21	Mens Open 200m IM	4:05.67	Session 03
Event 25	Mens Open 50m Breaststroke	57.01	Session 04
Event 27	Mens Open 100m Freestyle	1:44.30	Session 04
<b>Nedas TKACENKO</b>			
Event 4	Mens Open 50m Backstroke	46.71	Session 01
Event 8	Mens Open 200m Freestyle	3:34.77	Session 02
Event 10	Mens Open 50m Butterfly	50.72	Session 02
Event 12	Mens Open 100m Backstroke	1:40.40	Session 02
Event 14	Mens Open 100m IM	1:40.40	Session 02
Event 17	Mens Open 50m Freestyle	38.68	Session 03
Event 19	Mens Open 100m Breaststroke	1:55.55	Session 03
Event 25	Mens Open 50m Breaststroke	51.76	Session 04
Event 27	Mens Open 100m Freestyle	1:28.94	Session 04
<b>Oliver BALL</b>			
Event 4	Mens Open 50m Backstroke	1:00.79	Session 01
Event 8	Mens Open 200m Freestyle	4:42.37	Session 02
Event 10	Mens Open 50m Butterfly	1:10.18	Session 02
Event 17	Mens Open 50m Freestyle	54.74	Session 03
Event 25	Mens Open 50m Breaststroke	1:17.05	Session 04
<b>Rebecca READ</b>			
Event 1	Womens Open 200m Backstroke	3:09.33	Session 01
Event 3	Womens Open 50m Freestyle	34.56	Session 01
Event 7	Womens Open 200m IM	3:09.03	Session 01
Event 9	Womens Open 200m Butterfly	3:18.19	Session 02
Event 13	Womens Open 100m Freestyle	1:15.05	Session 02
Event 22	Womens Open 200m Freestyle	2:42.44	Session 04
Event 26	Womens Open 100m Backstroke	1:28.79	Session 04
Event 28	Womens Open 100m IM	1:28.54	Session 04
<b>Rhianna CLAYTON</b>			
Event 22	Womens Open 200m Freestyle	3:58.20	Session 04
Event 26	Womens Open 100m Backstroke	2:02.43	Session 04
Event 28	Womens Open 100m IM	1:56.75	Session 04
<b>Rhys BURRELL</b>			

Event 6	Mens Open 100m Butterfly	2:00.44	Session 01
Event 14	Mens Open 100m IM	1:39.53	Session 02
Event 23	Mens Open 200m Butterfly	4:21.83	Session 04

#### **Rhys STURGE**

Event 4	Mens Open 50m Backstroke	57.61	Session 01
Event 8	Mens Open 200m Freestyle	4:29.63	Session 02
Event 10	Mens Open 50m Butterfly	1:09.35	Session 02
Event 15	Mens Open 200m Backstroke	4:02.65	Session 03
Event 17	Mens Open 50m Freestyle	53.22	Session 03
Event 25	Mens Open 50m Breaststroke	1:16.10	Session 04

#### **Rosie MUSPRATT**

Event 1	Womens Open 200m Backstroke	2:45.51	Session 01
Event 22	Womens Open 200m Freestyle	2:23.18	Session 04
Event 24	Womens Open 50m Butterfly	32.90	Session 04
Event 26	Womens Open 100m Backstroke	1:16.99	Session 04

#### **Teagan BRITTEN**

Event 4	Mens Open 50m Backstroke	49.69	Session 01
Event 8	Mens Open 200m Freestyle	4:13.28	Session 02
Event 10	Mens Open 50m Butterfly	50.96	Session 02
Event 14	Mens Open 100m IM	1:46.25	Session 02
Event 17	Mens Open 50m Freestyle	43.90	Session 03
Event 19	Mens Open 100m Breaststroke	2:07.89	Session 03
Event 21	Mens Open 200m IM	3:40.00	Session 03
Event 25	Mens Open 50m Breaststroke	1:05.21	Session 04
Event 27	Mens Open 100m Freestyle	1:40.05	Session 04

#### **Thomas JAMES**

Event 4	Mens Open 50m Backstroke	53.93	Session 01
Event 8	Mens Open 200m Freestyle	3:53.98	Session 02
Event 14	Mens Open 100m IM	2:00.08	Session 02
Event 15	Mens Open 200m Backstroke	4:02.76	Session 03
Event 17	Mens Open 50m Freestyle	50.11	Session 03
Event 21	Mens Open 200m IM	4:19.52	Session 03
Event 25	Mens Open 50m Breaststroke	1:13.08	Session 04

#### **Veronika PORTNOVA**

Event 3	Womens Open 50m Freestyle	44.93	Session 01
Event 7	Womens Open 200m IM	4:25.07	Session 01
Event 11	Womens Open 50m Breaststroke	59.65	Session 02
Event 18	Womens Open 50m Backstroke	56.37	Session 03
Event 22	Womens Open 200m Freestyle	3:52.39	Session 04

#### **William HINDMARSH**

Event 8	Mens Open 200m Freestyle	3:28.25	Session 02
Event 17	Mens Open 50m Freestyle	44.05	Session 03
Event 25	Mens Open 50m Breaststroke	1:02.38	Session 04
Event 27	Mens Open 100m Freestyle	1:44.71	Session 04