

2026 CONSC March Long Course Meet 3ER260021 - 07/03/2026 to 08/03/2026

Results

Event 101 Girls 9 Year Olds 100 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Petra Cooney	9 LEISTON	1:53.09
2 Bethany Linden-Ball	9 CO NORWICH SC	1:55.84
3 Eden Henery	9 CO NORWICH SC	1:58.17
4 Iris l'Anson	9 WEST SUFFOLK	2:01.18
5 Amanda Ceponyte	9 WEST SUFFOLK	2:01.97
6 Mila Alves	9 CO NORWICH SC	2:03.65
7 Sophie Alderton-Jode	9 CO NORWICH SC	2:04.32
8 Josie Searle	9 CO NORWICH SC	2:05.06
9 Taaliyah Sealey	9 CO NORWICH SC	2:09.17
10 Isla Sudlow	9 CO NORWICH SC	2:10.23
11 Rebecca Hughes	9 WEST SUFFOLK	2:16.14
12 Sadie Pendleton	9 WEST SUFFOLK	2:17.78

Event 101 Girls 10 Year Olds 100 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Freyja Rooke	10 CO NORWICH SC	1:43.00
2 Ayla Morgan	10 CO NORWICH SC	1:45.15
3 Ffion Tyley	10 CO NORWICH SC	1:46.08
4 Caitlyn Chu Yun Ong	10 WEST SUFFOLK	1:52.07
5 Marnie Mitchell	10 CO NORWICH SC	1:55.57
6 Mia Gilbert	10 CO NORWICH SC	1:56.90
7 Freya French	10 CO NORWICH SC	1:58.00
8 Eva Powis	10 CO NORWICH SC	2:02.12
9 Freya Newbury	10 GT YARMOUTH	2:02.81
10 Holly Powis	10 CO NORWICH SC	2:03.13
11 Laila Shindler	10 CO NORWICH SC	2:06.20
12 Elizabeth Norburn	10 CO NORWICH SC	2:10.84
13 Jasmine Jones	10 GT YARMOUTH	2:10.96
14 Freya Brigham	10 CO NORWICH SC	2:22.49

Event 101 Girls 11 Year Olds 100 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Libby Meale	11 CO NORWICH SC	1:38.77
2 Leah Spinks	11 DISS OTTERS	1:40.66
3 Ella Plumb	11 WEST SUFFOLK	1:41.34
4 Ella Dickens	11 WEST NORFOLK	1:41.44
5 Katarina Owen	11 DISS OTTERS	1:42.52
6 Millie Suffling	11 CO NORWICH SC	1:44.03
7 Rosa Maguire	11 CO NORWICH SC	1:44.26
8 Lilyanna Gilbert	11 CO NORWICH SC	1:45.12
9 Lily Woodward	11 CO NORWICH SC	1:45.32
10 Thea Pendleton	11 WEST SUFFOLK	1:45.36
11 Heidi Bell	11 DEBEN	1:45.64
12 Rose Newbrook	11 NN VIKINGS	1:47.21
13 Charlotte Sawford	11 CO NORWICH SC	1:48.95
14 Gabriella Cooney	11 LEISTON	1:53.51
15 Francesca McKerr	11 THETFORD	1:54.01
16 Rachel Nicholls	11 CO NORWICH SC	1:57.00
17 Annabelle Bartlett	11 DEREHAM OTTERS S	2:05.65
18 Evelyn Nelder	11 WEST SUFFOLK	2:12.29

Event 101 Girls 12 Year Olds 100 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Elizabeth Litvinenko	12 WEST NORFOLK	1:27.43
2 Lexi Cole	12 CO NORWICH SC	1:31.32
3 Mabelle Chadderton	12 WEST NORFOLK	1:32.98

4 Alexandra Cerps	12 WEST NORFOLK	1:36.17
5 Ruby Cranfield	12 MARCH MARLINS	1:37.03
6 Evie Harris-Joy	12 GT YARMOUTH	1:37.14
7 Thea Rees	12 WEST SUFFOLK	1:41.86
8 Milly Edridge	12 NN VIKINGS	1:42.24
9 Arhane Gaska	12 CO NORWICH SC	1:45.04
10 Amelia Hudson	12 NN VIKINGS	1:45.80
11 Matilda Holt	12 CO NORWICH SC	1:50.01
12 Isabella Barton	12 THETFORD	1:51.26
13 Lily Ellerker	12 DEREHAM OTTERS S	1:53.67
14 Stefanie Smolczewski	12 NN VIKINGS	2:00.71
15 Tilly Taylor	12 WEST SUFFOLK	2:02.33

Event 101 Girls 13 Year Olds 100 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Mia Jones	13 MARCH MARLINS	1:25.88
2 Emily May	13 LEISTON	1:31.32
3 Elinor McTaggart	13 DEBEN	1:31.47
4 Milana Melinyte	13 WEST NORFOLK	1:33.16
5 Eleni Karakoidas	13 CO NORWICH SC	1:34.31
6 Evie Dixon	13 GT YARMOUTH	1:34.39
7 Olivia Bradley	13 THETFORD	1:34.79
8 Diana Jonynaite	13 THETFORD	1:37.06
9 Evie Mantle	13 CO NORWICH SC	1:37.73
10 Mia Copping	13 WEST SUFFOLK	1:38.60
11 Elsa French	13 CO NORWICH SC	1:41.46
12 Nyree Robertson	13 DEBEN	1:43.45
13 Evie Wade	13 DEREHAM OTTERS S	1:43.92
14 Amber Bunting	13 THETFORD	1:49.95
15 Elsie Moore	13 GT YARMOUTH	1:51.37
16 Erin Sheehy	13 CO NORWICH SC	1:57.56
17 Kayla Palmer	13 GT YARMOUTH	2:01.67
18 Leonor Rocha	13 GT YARMOUTH	2:07.42

Event 101 Girls 14 & Over 100 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Lyla Fello	16 CO NORWICH SC	1:23.07
2 India Clement	14 WEST SUFFOLK	1:24.68
3 Grace Mutton	15 DEBEN	1:26.32
4 Niamh McAuley	15 CO NORWICH SC	1:27.02
5 Lynne Meale	48 CO NORWICH SC	1:28.33
6 Annika Mueller	14 CO NORWICH SC	1:29.55
7 Dayna Arbon	19 CO NORWICH SC	1:29.75
8 Olivia Murphy	14 DEBEN	1:30.22
9 Daisy Munro	14 THETFORD	1:30.30
10 Madison Hicks	14 WEST NORFOLK	1:32.16
11 Isabelle Patterson	15 CO NORWICH SC	1:32.45
12 Niamh O'Donoghue	14 MARCH MARLINS	1:35.25
13 Pola Allison	17 CO NORWICH SC	1:35.28
14 Amber Clark	15 NN VIKINGS	1:36.43
15 Olivia Canham	14 THETFORD	1:37.02
16 Daisy Covell	16 WEST NORFOLK	1:38.56
17 Grace Parker	14 CO NORWICH SC	1:38.59
18 Vanessa Miemietz	47 CO NORWICH SC	1:39.67
19 Liv Brewer	14 DISS OTTERS	1:41.20
20 Nora Koehler	15 CO NORWICH SC	1:41.89
21 Maggi Woodrow	14 GT YARMOUTH	1:42.49
22 Chloe Farrington S15	15 CO NORWICH SC	1:46.80

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Results

(Event 101 Girls 14 & Over 100 LC Meter Breaststroke)

Name	AgeTeam	Finals Time
23 Amelia Ramjohn	14 THETFORD	1:47.24
24 Charlotte Jennings	15 DEREHAM OTTERS S	1:51.30
25 Richenda-Rose Gaze	15 THETFORD	1:54.15

Event 102 Boys 9 Year Olds 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Mason Mitchell	9 CO NORWICH SC	2:55.22
2 James Laws	9 CO NORWICH SC	3:25.31
3 Lucas Beltran	9 WEST SUFFOLK	3:42.58

Event 102 Boys 10 Year Olds 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Leo Linford-Hazell	10 CO NORWICH SC	2:57.12
2 Noah Clarke	10 GT YARMOUTH	3:00.60
3 Bill Dean	10 THETFORD	3:06.15
4 Michael Hughes-Asamoah	10 WEST SUFFOLK	3:07.54
5 Jude Butcher	10 GT YARMOUTH	3:09.90
6 Max Whalen	10 CO NORWICH SC	3:18.81
7 Nathan Bould	10 CO NORWICH SC	3:29.07
8 Stanley Jordan	10 WEST SUFFOLK	3:45.55
9 Barnaby Brown	10 WEST SUFFOLK	4:04.43

Event 102 Boys 11 Year Olds 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Leo Wilkins	11 GT YARMOUTH	2:39.16
2 Theo Fisher	11 WEST SUFFOLK	2:47.49
3 Ammar Alfiky	11 CO NORWICH SC	2:53.59
4 Elijah Willowe	11 DISS OTTERS	2:54.73
5 Finn Callaby	11 NN VIKINGS	3:06.26
6 Noah Carass	11 GT YARMOUTH	3:07.11
7 Daniel Horn	11 WEST SUFFOLK	3:34.00
--- Elias Beltran	11 WEST SUFFOLK	DQ

Event 102 Boys 12 Year Olds 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Bradley Forder	12 CO NORWICH SC	2:30.88
2 Max Fello	12 CO NORWICH SC	2:34.25
3 Joshua Norris	12 WEST NORFOLK	2:38.76
4 Max Battle	12 DEBEN	2:39.80
5 Jude Brown	12 WEST SUFFOLK	2:41.35
6 Freddie Jordan	12 WEST SUFFOLK	2:41.99
7 Jack Tooke	12 THETFORD	2:42.66
8 Finley Lane	12 CO NORWICH SC	2:46.96
9 Felix Brown	12 WEST SUFFOLK	2:52.21
10 Michael Hughes	12 WEST SUFFOLK	2:56.13
11 Isaac Dinwiddie	12 LEISTON	3:00.81
12 James Howard	12 CO NORWICH SC	3:03.41
13 Oliver Ellard	12 WEST SUFFOLK	3:10.75
--- Jesse Knight	12 LEISTON	X2:12.15

Event 102 Boys 13 Year Olds 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Noah Goodson	13 WEST NORFOLK	2:14.98
2 Thomas Mutton	13 DEBEN	2:19.36
3 Cruze Joseph	13 THETFORD	2:20.62
4 James Jones	13 THETFORD	2:24.01
5 Ethan Bailey	13 CO NORWICH SC	2:25.53
6 Aiden Gale	13 LEISTON	2:28.09

7 Freddie Wakefield	13 WEST NORFOLK	2:28.67
8 Charlie Pickering	13 GT YARMOUTH	2:33.38
9 Theo Middlebrook	13 THETFORD	2:37.49
10 Daniel Evans	13 DEBEN	2:37.54
11 Luke Wilson	13 WEST NORFOLK	2:37.56
12 Jake Thorne	13 CO NORWICH SC	2:48.55

Event 102 Boys 14 & Over 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Daniel Grimmer	19 WEST NORFOLK	2:09.29
2 Oliver Norris	16 WEST NORFOLK	2:10.19
3 Jake Maguire	14 CO NORWICH SC	2:15.19
4 Oliver Butt	15 DEBEN	2:15.28
5 George Edridge	16 NN VIKINGS	2:15.58
6 Cameron Jackson	16 DEBEN	2:19.15
7 James Koehler	17 CO NORWICH SC	2:19.19
8 Joshua Taylor	16 DEREHAM OTTERS S	2:23.25
9 David Roczniak	15 WEST NORFOLK	2:24.00
10 Sid Jones	15 CO NORWICH SC	2:24.01
11 Charlie Ibbotson	14 WEST SUFFOLK	2:26.27
12 Razvan Platon	16 CO NORWICH SC	2:26.61
13 William Nutt	14 DEREHAM OTTERS S	2:28.94
14 Harry Palmer	17 DEREHAM OTTERS S	2:30.53
15 Arthur Corke	14 CO NORWICH SC	2:30.87
16 Adam Lemke	14 DISS OTTERS	2:31.81
17 Alister Thompson	15 DEREHAM OTTERS S	2:47.64
18 Kaleb Nelder	15 WEST SUFFOLK	2:52.79

Event 103 Girls 9 Year Olds 200 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Maisie Wade	9 CO NORWICH SC	3:36.74

Event 103 Girls 11 Year Olds 200 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Martha More	11 WEST NORFOLK	3:16.18
2 Isla Thorpe	11 CO NORWICH SC	3:35.90

Event 103 Girls 12 Year Olds 200 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Elizabeth Litvinenko	12 WEST NORFOLK	2:42.28
2 Imogen Laws	12 CO NORWICH SC	2:47.82
3 Ellen Akerstone	12 CO NORWICH SC	3:07.27
4 Ettie Pearce	12 DEBEN	3:18.96
5 Lexie Parker	12 NN VIKINGS	4:04.22
--- Dolcie Underwood	12 DEREHAM OTTERS S	DQ

Event 103 Girls 13 Year Olds 200 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Mia Copping	13 WEST SUFFOLK	3:12.30
2 Holly Hensellek	13 GT YARMOUTH	3:29.00
--- Eleni Karakoidas	13 CO NORWICH SC	DQ

Event 103 Girls 14 & Over 200 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Freya May	15 LEISTON	2:43.30
2 Holly Hannah	14 CO NORWICH SC	3:06.84
3 Brooke Copping	16 WEST SUFFOLK	3:08.06
4 Nia Jones	15 DISS OTTERS	4:02.94

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Event 104 Boys 9 Year Olds 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Mason Mitchell	9 CO NORWICH SC	1:31.60
2 Elliott Allen	9 CO NORWICH SC	1:35.50
3 James Laws	9 CO NORWICH SC	1:44.30
4 Tyler Jenness	9 DEREHAM OTTERS S	1:45.11
5 Lucas Beltran	9 WEST SUFFOLK	1:52.06
6 Henry Roper	9 CO NORWICH SC	1:58.39

Event 104 Boys 10 Year Olds 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Logan Chambers	10 CO NORWICH SC	1:27.11
2 Noah Clarke	10 GT YARMOUTH	1:34.23
3 Harry Ellard	10 WEST SUFFOLK	1:37.63
4 Leo Linford-Hazell	10 CO NORWICH SC	1:38.57
5 Joshua Dinwiddie	10 LEISTON	1:41.76
6 Felix Faustino-Kemp	10 CO NORWICH SC	1:42.00
7 Max Whalen	10 CO NORWICH SC	1:42.18
8 Bill Dean	10 THETFORD	1:42.79
9 Nathan Bould	10 CO NORWICH SC	1:48.16
10 Ronnie Ringwood	10 CO NORWICH SC	1:48.46
11 Stanley Jordan	10 WEST SUFFOLK	1:55.73
12 Barnaby Brown	10 WEST SUFFOLK	2:01.40

Event 104 Boys 11 Year Olds 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Leo Wilkins	11 GT YARMOUTH	1:27.39
2 Ammar Alfiky	11 CO NORWICH SC	1:28.28
3 Harry Hannant	11 DEREHAM OTTERS S	1:35.04
4 Daniel Horn	11 WEST SUFFOLK	1:45.57
5 Elias Beltran	11 WEST SUFFOLK	1:45.84
6 Noah Carass	11 GT YARMOUTH	1:47.50
7 Harry Taylor	11 WEST SUFFOLK	1:49.27

Event 104 Boys 12 Year Olds 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Bradley Forder	12 CO NORWICH SC	1:17.52
2 Stanley Taylor	12 COLCHESTER	1:19.35
3 Max Fello	12 CO NORWICH SC	1:20.25
4 Jack Tooke	12 THETFORD	1:21.09
5 Ekin Banford	12 CO NORWICH SC	1:21.83
6 Bay Smith	12 WEST NORFOLK	1:22.95
7 James Howard	12 CO NORWICH SC	1:28.00
8 Finley Lane	12 CO NORWICH SC	1:28.24
9 Felix Brown	12 WEST SUFFOLK	1:28.31
10 Freddie Jordan	12 WEST SUFFOLK	1:30.41
11 George Holt	12 CO NORWICH SC	1:31.94
12 Dylan Haylock	12 MARCH MARLINS	1:33.36
13 Oliver Ellard	12 WEST SUFFOLK	1:35.08

Event 104 Boys 13 Year Olds 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Thomas Mutton	13 DEBEN	1:10.61
2 Benedict Koehler	13 CO NORWICH SC	1:12.82
3 James Jones	13 THETFORD	1:13.78
4 Oliver Creasy	13 WEST SUFFOLK	1:16.47
5 Aiden Gale	13 LEISTON	1:21.34
6 Daniel Evans	13 DEBEN	1:22.12
7 George Punter	13 GT YARMOUTH	1:22.85

8 Jake Thorne	13 CO NORWICH SC	1:23.82
9 Mason Catling	13 DEREHAM OTTERS S	1:32.84

Event 104 Boys 14 & Over 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Thomas Garnett	18 WEST NORFOLK	1:06.75
2 Joe Hammond	18 CO NORWICH SC	1:08.29
3 Cameron Jackson	16 DEBEN	1:08.46
4 Michael Sayer	15 CO NORWICH SC	1:08.71
5 Harry Vidal-Greenwood	14 WEST SUFFOLK	1:08.73
6 Thomas-Arthur Jagger	17 WEST NORFOLK	1:09.50
7 Oliver Butt	15 DEBEN	1:10.34
8 Harry Rickard S15	15 MARCH MARLINS	1:11.56
9 Harry Clarke	14 WEST NORFOLK	1:11.97
10 Sid Jones	15 CO NORWICH SC	1:12.41
11 Jake Maguire	14 CO NORWICH SC	1:13.05
12 David Rocznik	15 WEST NORFOLK	1:13.38
13 Joshua Taylor	16 DEREHAM OTTERS S	1:13.44
14 Harry Loveland	16 GT YARMOUTH	1:13.65
15 Zackary Goodwin	14 THETFORD	1:13.76
16 James Koehler	17 CO NORWICH SC	1:14.34
17 Charlie Latta Diaz	14 THETFORD	1:16.50
18 Zack Edridge	16 NN VIKINGS	1:16.57
19 Teddy Roberts	15 WEST NORFOLK	1:17.44
20 Adam Lemke	14 DISS OTTERS	1:19.26
21 Arthur Corke	14 CO NORWICH SC	1:24.40
22 Alister Thompson	15 DEREHAM OTTERS S	1:28.12
23 Kaleb Nelder	15 WEST SUFFOLK	1:35.48

Event 105 Girls 9 Year Olds 50 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Petra Cooney	9 LEISTON	43.23
2 Iris l'Anson	9 WEST SUFFOLK	46.01
3 Taaliyah Sealey	9 CO NORWICH SC	48.39
4 Amanda Ceponyte	9 WEST SUFFOLK	48.75
5 Evie Doran	9 GT YARMOUTH	48.92
6 Mila Alves	9 CO NORWICH SC	50.10
7 Gladys Drewry	9 CO NORWICH SC	50.20
8 Isla Sudlow	9 CO NORWICH SC	50.45
9 Eden Henery	9 CO NORWICH SC	50.73
10 Bethany Linden-Ball	9 CO NORWICH SC	51.13
11 Sophie Alderton-Jode	9 CO NORWICH SC	53.04
12 Josie Searle	9 CO NORWICH SC	54.97
13 Sadie Pendleton	9 WEST SUFFOLK	58.21
14 Rebecca Hughes	9 WEST SUFFOLK	1:02.20

Event 105 Girls 10 Year Olds 50 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Freyja Rooke	10 CO NORWICH SC	41.76
2 Marnie Mitchell	10 CO NORWICH SC	41.87
3 Charlotte Malachowski	10 CO NORWICH SC	42.54
4 Lily Isaacson	10 CO NORWICH SC	43.78
5 Caitlyn Chu Yun Ong	10 WEST SUFFOLK	43.90
6 Elizabeth Norburn	10 CO NORWICH SC	43.99
7 Ayla Morgan	10 CO NORWICH SC	44.78
8 Freya Newbury	10 GT YARMOUTH	46.55
9 Freya French	10 CO NORWICH SC	46.90
10 Jasmine Jones	10 GT YARMOUTH	47.34
11 Eva Powis	10 CO NORWICH SC	47.48

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(Event 105 Girls 10 Year Olds 50 LC Meter Backstroke)

Name	AgeTeam	Finals Time
12 Mia Gilbert	10 CO NORWICH SC	50.28
13 Holly Powis	10 CO NORWICH SC	55.04
14 Freya Brigham	10 CO NORWICH SC	56.36
15 Laila Shindler	10 CO NORWICH SC	57.97

Event 105 Girls 11 Year Olds 50 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Martha More	11 WEST NORFOLK	37.80
2 Eden Davies	11 MARCH MARLINS	39.33
3 Leah Spinks	11 DISS OTTERS	39.63
4 Ella Dickens	11 WEST NORFOLK	40.53
5 Libby Meale	11 CO NORWICH SC	42.51
6 Amelie Bartram	11 THETFORD	42.56
*7 Thea Pendleton	11 WEST SUFFOLK	43.08
*7 Isla Thorpe	11 CO NORWICH SC	43.08
9 Gabriella Cooney	11 LEISTON	43.50
10 Lilyanna Gilbert	11 CO NORWICH SC	44.38
11 Heidi Bell	11 DEBEN	44.79
12 Alexandra Bulpitt	11 LEISTON	45.21
13 Millie Suffling	11 CO NORWICH SC	45.23
14 Charlotte Sawford	11 CO NORWICH SC	45.37
15 Elizabeth Spraggons	11 CO NORWICH SC	46.87
16 Rachel Nicholls	11 CO NORWICH SC	46.93
17 Beatrice Holden	11 WEST SUFFOLK	47.51
18 Evelyn Nelder	11 WEST SUFFOLK	52.90
19 Annabelle Bartlett	11 DEREHAM OTTERS S	53.08

Event 105 Girls 12 Year Olds 50 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Eloise Welsford	12 DEBEN	34.87
2 Harriet Wells	12 WEST NORFOLK	35.61
3 Ellen Akerstone	12 CO NORWICH SC	36.80
4 Mabelle Chadderton	12 WEST NORFOLK	37.96
5 Lexi Cole	12 CO NORWICH SC	38.93
6 Amelia Rodgers	12 WEST NORFOLK	39.41
7 Hana Stoner	12 MARCH MARLINS	39.49
8 Vanessa Ceponyte	12 WEST SUFFOLK	40.25
9 Alexandra Cerps	12 WEST NORFOLK	40.26
10 Cara Crisp	12 DEBEN	40.92
11 Evie Harris-Joy	12 GT YARMOUTH	41.68
12 Arhane Gaska	12 CO NORWICH SC	42.59
13 Marnie Palmer	12 DEREHAM OTTERS S	42.86
14 Milly Edridge	12 NN VIKINGS	43.42
15 Liliana Nassyrova	12 CO NORWICH SC	43.51
16 Thea Rees	12 WEST SUFFOLK	43.85
17 Lily Ellerker	12 DEREHAM OTTERS S	44.35
18 Amelia Hudson	12 NN VIKINGS	44.47
19 Tilly Taylor	12 WEST SUFFOLK	44.48
20 Sophie McEachern	12 DEBEN	44.96
21 Matilda Holt	12 CO NORWICH SC	45.17
22 Isabella Barton	12 THETFORD	46.29

Event 105 Girls 13 Year Olds 50 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Evie Dixon	13 GT YARMOUTH	34.32
2 Lois Alderton-Jode	13 CO NORWICH SC	35.91
3 Nellie Chadderton	13 WEST NORFOLK	36.84

4 Leona Scott	13 CO NORWICH SC	36.86
5 Milana Melinyte	13 WEST NORFOLK	37.17
6 Mia Jones	13 MARCH MARLINS	37.32
7 Grace O'Loane	13 CO NORWICH SC	38.03
8 Amber Bunting	13 THETFORD	38.32
9 Olivia Bradley	13 THETFORD	38.65
10 Nyah Scott	13 MARCH MARLINS	39.18
11 Seren Stapley	13 MARCH MARLINS	39.52
12 Nyree Robertson	13 DEBEN	40.08
13 Sophia Whitbourn	13 CO NORWICH SC	40.25
14 Elsa French	13 CO NORWICH SC	42.85
15 Elsie Moore	13 GT YARMOUTH	44.72
16 Holly Hensellek	13 GT YARMOUTH	44.83
17 Kayla Palmer	13 GT YARMOUTH	45.14
18 Erin Sheehy	13 CO NORWICH SC	45.65
19 Lilly Wijesingha	13 CO NORWICH SC	45.74
20 Grace Hunn	13 GT YARMOUTH	48.46
21 Evie Wade	13 DEREHAM OTTERS S	50.35
--- Emilia Butt	13 DEBEN	X34.53

Event 105 Girls 14 & Over 50 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Belle Ringwood	15 WEST NORFOLK	33.26
2 Annika Mueller	14 CO NORWICH SC	33.56
3 Dayna Arbon	19 CO NORWICH SC	33.59
4 Olivia Butlin	14 THETFORD	33.88
5 Summer Endicott	17 CO NORWICH SC	34.60
6 Maelys Jacquet	14 DEBEN	34.65
7 Lyla Flelo	16 CO NORWICH SC	34.84
8 Emma-Louise Lovegrove	16 THETFORD	35.08
9 Grace Cook	17 CO NORWICH SC	35.13
10 India Clement	14 WEST SUFFOLK	35.24
11 Grace Parker	14 CO NORWICH SC	35.75
12 Izzy Sawford	15 CO NORWICH SC	35.88
13 Isabelle Patterson	15 CO NORWICH SC	35.89
14 Layla Callaby	14 NN VIKINGS	35.96
15 Sophie Rochester	15 DISS OTTERS	36.51
16 Brooke Copping	16 WEST SUFFOLK	36.83
17 Maggi Woodrow	14 GT YARMOUTH	36.98
18 Nora Koehler	15 CO NORWICH SC	37.06
19 Niamh O'Donoghue	14 MARCH MARLINS	37.14
20 Daisy Munro	14 THETFORD	37.25
21 Starr Nichols	15 GT YARMOUTH	37.55
22 Chloe Farrington S15	15 CO NORWICH SC	37.90
23 Ella Goodswen	15 CO NORWICH SC	37.92
24 Saskia Poon	18 CO NORWICH SC	38.60
25 Abbi McTaggart	16 DEBEN	38.86
26 Erin Hanna	14 THETFORD	38.88
27 Daisy Covell	16 WEST NORFOLK	39.09
28 Olivia Canham	14 THETFORD	39.92
29 Holly Hannah	14 CO NORWICH SC	41.34
30 Ellen Turner	14 NN VIKINGS	42.48
31 Amelia Ramjohn	14 THETFORD	43.46
32 Amber Clark	15 NN VIKINGS	43.47
33 Leah Powell	17 DEBEN	43.96
34 Charlotte Jennings	15 DEREHAM OTTERS S	50.01

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Event 106 Boys 9 Year Olds 50 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Jacob Minty	9 THETFORD	48.61
2 Mason Mitchell	9 CO NORWICH SC	49.91
3 Elliott Allen	9 CO NORWICH SC	50.40
4 Tyler Jenness	9 DEREHAM OTTERS S	55.34
5 Henry Roper	9 CO NORWICH SC	1:01.63
--- Lucas Beltran	9 WEST SUFFOLK	DQ

Event 106 Boys 10 Year Olds 50 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Logan Chambers	10 CO NORWICH SC	47.75
2 Jude Butcher	10 GT YARMOUTH	49.15
3 Michael Hughes-Asamoah	10 WEST SUFFOLK	51.85
4 Harry Ellard	10 WEST SUFFOLK	52.28
5 Leo Linford-Hazell	10 CO NORWICH SC	53.48
6 Noah Clarke	10 GT YARMOUTH	53.70
7 Sammy Shelton	10 GT YARMOUTH	55.30
8 George Rees	10 WEST SUFFOLK	55.63
9 Ronnie Ringwood	10 CO NORWICH SC	55.78
10 Felix Faustino-Kemp	10 CO NORWICH SC	56.83
11 Barnaby Brown	10 WEST SUFFOLK	58.98
12 Max Whalen	10 CO NORWICH SC	1:00.51
13 Nathan Bould	10 CO NORWICH SC	1:11.00

Event 106 Boys 11 Year Olds 50 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Theo Fisher	11 WEST SUFFOLK	45.83
2 Leo Wilkins	11 GT YARMOUTH	46.66
3 Billy Maguire	11 CO NORWICH SC	47.30
4 Harry Hannant	11 DEREHAM OTTERS S	47.95
5 Finn Callaby	11 NN VIKINGS	48.26
6 Noah Carass	11 GT YARMOUTH	49.64
7 Elias Beltran	11 WEST SUFFOLK	50.52
8 Elijah Willowe	11 DISS OTTERS	51.92
9 Sam Reynolds-Gotts	11 CO NORWICH SC	53.29
10 Daniel Horn	11 WEST SUFFOLK	57.25
11 Harry Taylor	11 WEST SUFFOLK	1:04.30

Event 106 Boys 12 Year Olds 50 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Jesse Knight	12 LEISTON	38.20
2 William Minty	12 THETFORD	40.38
3 Jude Brown	12 WEST SUFFOLK	42.28
4 Joshua Norris	12 WEST NORFOLK	42.56
5 Ekin Banford	12 CO NORWICH SC	43.19
6 Bay Smith	12 WEST NORFOLK	44.85
7 Michael Hughes	12 WEST SUFFOLK	45.19
8 Dylan Haylock	12 MARCH MARLINS	46.11
9 Bradley Forder	12 CO NORWICH SC	46.13
10 Oliver Ellard	12 WEST SUFFOLK	48.82
11 James Adams	12 WEST SUFFOLK	49.03
12 Max Battle	12 DEBEN	50.75
13 George Holt	12 CO NORWICH SC	52.22
14 James Howard	12 CO NORWICH SC	53.84

Event 106 Boys 13 Year Olds 50 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Junru Cai	13 WEST NORFOLK	37.56

2 Freddie Wakefield	13 WEST NORFOLK	40.98
3 Seb Wickes	13 WEST SUFFOLK	41.86
4 Cruze Joseph	13 THETFORD	43.31
5 Ethan Bailey	13 CO NORWICH SC	43.56
6 Oliver Creasy	13 WEST SUFFOLK	44.22
7 Charlie Pickering	13 GT YARMOUTH	44.54
8 Daniel Evans	13 DEBEN	44.82
9 Aiden Gale	13 LEISTON	44.83
10 Luke Wilson	13 WEST NORFOLK	46.89
11 Mason Catling	13 DEREHAM OTTERS S	48.27

Event 106 Boys 14 & Over 50 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Finley Pawle	23 LEISTON	32.90
2 Thomas-Arthur Jagger	17 WEST NORFOLK	33.79
3 Logan Broadhurst	17 DEBEN	34.48
4 George Everett	16 WEST SUFFOLK	34.55
5 Oliver Norris	16 WEST NORFOLK	34.59
6 James Everett	15 WEST SUFFOLK	34.71
7 George Pike	15 CO NORWICH SC	34.77
8 Charlie Ibbotson	14 WEST SUFFOLK	34.81
9 James Koehler	17 CO NORWICH SC	36.04
10 Samuel Liddell	15 WEST NORFOLK	36.20
11 Harry Rickard S15	15 MARCH MARLINS	36.47
12 Samuel Morton	20 NN VIKINGS	36.55
13 George Edridge	16 NN VIKINGS	36.91
14 Andrej Taplin	15 WEST NORFOLK	37.11
15 Harvey Appleton-Barnes	16 DEREHAM OTTERS S	37.37
16 William Nutt	14 DEREHAM OTTERS S	37.54
17 Harry Clarke	14 WEST NORFOLK	37.61
18 Christopher Scott	15 MARCH MARLINS	38.28
19 Arthur Corke	14 CO NORWICH SC	38.42
20 George Letts	14 DEBEN	39.13
21 Michael Sayer	15 CO NORWICH SC	39.62
22 Zack Edridge	16 NN VIKINGS	39.68
23 Harry Palmer	17 DEREHAM OTTERS S	39.92
24 Conner Broadhurst	15 DEBEN	40.91
25 Adam Lemke	14 DISS OTTERS	41.68
26 Harry Loveland	16 GT YARMOUTH	42.13
27 David Rocznik	15 WEST NORFOLK	45.91
28 Kaleb Nelder	15 WEST SUFFOLK	47.23
29 Alister Thompson	15 DEREHAM OTTERS S	48.61
--- Rejus Mazeika	15 WEST NORFOLK	DQ

Event 107 Girls 9 Year Olds 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Maisie Wade	9 CO NORWICH SC	6:10.26

Event 107 Girls 10 Year Olds 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Ffion Tyley	10 CO NORWICH SC	6:12.28
2 Lily Isaacson	10 CO NORWICH SC	6:13.38
3 Freyja Rooke	10 CO NORWICH SC	6:15.35
4 Charlotte Malachowski	10 CO NORWICH SC	6:34.33
5 Elizabeth Norburn	10 CO NORWICH SC	7:19.11

Event 107 Girls 11 Year Olds 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Libby Meale	11 CO NORWICH SC	6:00.88

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Results

(Event 107 Girls 11 Year Olds 400 LC Meter Freestyle)

Name	AgeTeam	Finals Time
2 Rosa Maguire	11 CO NORWICH SC	6:06.91
3 Ella Dickens	11 WEST NORFOLK	6:12.38
4 Ella Plumb	11 WEST SUFFOLK	6:14.35
5 Millie Suffling	11 CO NORWICH SC	6:37.87

Event 107 Girls 12 Year Olds 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Imogen Laws	12 CO NORWICH SC	5:10.90
2 Alexandra Cerps	12 WEST NORFOLK	5:28.50
3 Vanessa Ceponyte	12 WEST SUFFOLK	5:47.66
4 Ettie Pearce	12 DEBEN	5:55.48
5 Amelia Hudson	12 NN VIKINGS	6:05.93
6 Lexie Parker	12 NN VIKINGS	6:08.56
7 Ruby Cranfield	12 MARCH MARLINS	6:23.28

Event 107 Girls 13 Year Olds 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Charley Taylor	13 DEREHAM OTTERS S	5:02.86
2 Emilia Butt	13 DEBEN	5:07.43
3 Nellie Chadderton	13 WEST NORFOLK	5:08.44
4 Lois Alderton-Jode	13 CO NORWICH SC	5:10.50
5 Mia Copping	13 WEST SUFFOLK	5:40.48
6 Sophia Whitbourn	13 CO NORWICH SC	6:03.22
7 Seren Stapley	13 MARCH MARLINS	6:10.07
8 Elsie Moore	13 GT YARMOUTH	6:12.10
--- Leona Scott	13 CO NORWICH SC	DQ

Event 107 Girls 14 & Over 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 India Clement	14 WEST SUFFOLK	4:59.10
2 Grace Cook	17 CO NORWICH SC	5:03.45
3 Madison Hicks	14 WEST NORFOLK	5:03.94
4 Harriet Townend	14 CO NORWICH SC	5:18.30
5 Brooke Copping	16 WEST SUFFOLK	5:23.62
6 Ella Goodswen	15 CO NORWICH SC	5:27.77
7 Layla Callaby	14 NN VIKINGS	5:38.39
8 Emma-Louise Lovegrove	16 THETFORD	5:42.23
9 Liv Brewer	14 DISS OTTERS	5:53.76
10 Ellie Hannant	15 DEREHAM OTTERS S	6:05.82

Event 201 Boys 9 Year Olds 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Mason Mitchell	9 CO NORWICH SC	3:24.78
2 Elliott Allen	9 CO NORWICH SC	3:25.04
3 James Laws	9 CO NORWICH SC	3:47.71
4 Henry Roper	9 CO NORWICH SC	4:18.46

Event 201 Boys 10 Year Olds 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Sasha Smith	10 WEST SUFFOLK	3:03.99
2 Logan Chambers	10 CO NORWICH SC	3:17.28
3 Leo Linford-Hazell	10 CO NORWICH SC	3:32.11
4 Felix Faustino-Kemp	10 CO NORWICH SC	3:39.89
5 George Rees	10 WEST SUFFOLK	3:59.63
6 Nathan Bould	10 CO NORWICH SC	4:07.27
--- Max Whalen	10 CO NORWICH SC	DQ

Event 201 Boys 11 Year Olds 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Leo Wilkins	11 GT YARMOUTH	2:59.39
2 Billy Maguire	11 CO NORWICH SC	3:05.58
3 Elijah Willowe	11 DISS OTTERS	3:28.29
4 Elias Beltran	11 WEST SUFFOLK	3:51.21
5 Rory Fernandez	11 DEREHAM OTTERS S	3:54.58

Event 201 Boys 12 Year Olds 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Joshua Norris	12 WEST NORFOLK	3:02.21
2 Xander Hollier	12 CO NORWICH SC	3:02.37
3 Jude Brown	12 WEST SUFFOLK	3:02.38
4 Stanley Taylor	12 COLCHESTER	3:02.54
5 Max Fello	12 CO NORWICH SC	3:02.70
6 Finley Lane	12 CO NORWICH SC	3:11.25
7 Felix Brown	12 WEST SUFFOLK	3:13.10
8 Jack Tooke	12 THETFORD	3:13.96
9 Max Battle	12 DEBEN	3:14.26
10 Isaac Dinwiddie	12 LEISTON	3:16.93
11 George Holt	12 CO NORWICH SC	3:24.05
12 Dylan Haylock	12 MARCH MARLINS	3:26.43
--- Jesse Knight	12 LEISTON	X2:28.42
--- Bradley Forder	12 CO NORWICH SC	DQ

Event 201 Boys 13 Year Olds 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Thomas Mutton	13 DEBEN	2:38.98
2 James Jones	13 THETFORD	2:46.70
3 Freddie Wakefield	13 WEST NORFOLK	2:48.28
4 Toby Corfield	13 CO NORWICH SC	2:54.91
5 Benedict Koehler	13 CO NORWICH SC	2:56.41
6 Charlie Pickering	13 GT YARMOUTH	2:59.61
7 Daniel Evans	13 DEBEN	3:02.53
8 Jake Thorne	13 CO NORWICH SC	3:22.02

Event 201 Boys 14 & Over 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Oliver Butt	15 DEBEN	2:28.57
2 Jake Maguire	14 CO NORWICH SC	2:32.70
3 Michael Sayer	15 CO NORWICH SC	2:34.87
4 Harry Vidal-Greenwood	14 WEST SUFFOLK	2:35.12
5 Harry Clarke	14 WEST NORFOLK	2:35.55
6 Logan Broadhurst	17 DEBEN	2:36.43
7 Andrej Taplin	15 WEST NORFOLK	2:36.82
8 Thomas Williams	17 WEST SUFFOLK	2:40.94
9 Thomas Garnett	18 WEST NORFOLK	2:40.97
10 Zack Edridge	16 NN VIKINGS	2:41.55
11 Charlie Ibbotson	14 WEST SUFFOLK	2:43.49
12 Cameron Jackson	16 DEBEN	2:44.08
13 James Everett	15 WEST SUFFOLK	2:47.54
14 Charlie Dixon	15 MARCH MARLINS	2:52.28
15 Adam Lemke	14 DISS OTTERS	2:53.79
16 Kaleb Nelder	15 WEST SUFFOLK	3:20.95
--- Thomas Elsdon	15 WEST NORFOLK	DQ

Event 202 Girls 9 Year Olds 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Maisie Wade	9 CO NORWICH SC	3:20.59

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(Event 202 Girls 9 Year Olds 200 LC Meter Backstroke)

Name	AgeTeam	Finals Time
2 Iris l'Anson	9 WEST SUFFOLK	3:22.93
3 Gladys Drewry	9 CO NORWICH SC	3:45.93
4 Eden Henery	9 CO NORWICH SC	3:50.14
5 Isla Sudlow	9 CO NORWICH SC	3:50.63
6 Mila Alves	9 CO NORWICH SC	3:55.15

Event 202 Girls 10 Year Olds 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Charlotte Malachowski	10 CO NORWICH SC	3:10.89
2 Freyja Rooke	10 CO NORWICH SC	3:15.05
3 Ffion Tyley	10 CO NORWICH SC	3:17.22
4 Lily Isaacson	10 CO NORWICH SC	3:24.50
5 Jasmine Jones	10 GT YARMOUTH	3:33.25

Event 202 Girls 11 Year Olds 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Leah Spinks	11 DISS OTTERS	2:58.18
2 Eden Davies	11 MARCH MARLINS	3:08.87
3 Ella Dickens	11 WEST NORFOLK	3:11.83
4 Vivienne Letts	11 DEBEN	3:19.74
5 Francesca McKerr	11 THETFORD	3:20.15
--- Beatrice Holden	11 WEST SUFFOLK	DQ

Event 202 Girls 12 Year Olds 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Eloise Welsford	12 DEBEN	2:48.66
2 Ellen Akerstone	12 CO NORWICH SC	2:52.18
3 Hana Stoner	12 MARCH MARLINS	2:59.01
4 Amelia Rodgers	12 WEST NORFOLK	2:59.78
5 Alexandra Cerps	12 WEST NORFOLK	3:02.88
6 Lexie Parker	12 NN VIKINGS	3:10.23
7 Cara Crisp	12 DEBEN	3:14.98
8 Ruby Cranfield	12 MARCH MARLINS	3:16.69

Event 202 Girls 13 Year Olds 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Emilia Butt	13 DEBEN	2:35.54
2 Evie Dixon	13 GT YARMOUTH	2:44.42
3 Mia Jones	13 MARCH MARLINS	2:52.91
4 Olivia Bradley	13 THETFORD	3:00.93
5 Seren Stapley	13 MARCH MARLINS	3:13.72
6 Kayla Palmer	13 GT YARMOUTH	3:21.48

Event 202 Girls 14 & Over 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Belle Ringwood	15 WEST NORFOLK	2:34.33
2 Maia Thompson	17 TEAM WAVENEY	2:38.76
3 Dayna Arbon	19 CO NORWICH SC	2:40.63
4 Summer Endicott	17 CO NORWICH SC	2:41.04
5 Annika Mueller	14 CO NORWICH SC	2:42.84
6 Grace Parker	14 CO NORWICH SC	2:45.25
7 India Clement	14 WEST SUFFOLK	2:46.47
8 Madison Hicks	14 WEST NORFOLK	2:47.79
9 Sophie Rochester	15 DISS OTTERS	2:50.91
10 Maggi Woodrow	14 GT YARMOUTH	2:51.98
11 Jessica Nichols	14 TEAM WAVENEY	2:52.34
12 Ella Goodswen	15 CO NORWICH SC	2:53.29
13 Matilda Smith	14 TEAM WAVENEY	2:54.32

14 Layla Callaby	14 NN VIKINGS	2:55.29
15 Brooke Copping	16 WEST SUFFOLK	2:56.17
16 Erin Hanna	14 THETFORD	3:00.77
17 Holly Hannah	14 CO NORWICH SC	3:05.10
18 Ellen Turner	14 NN VIKINGS	3:18.16

Event 203 Boys 9 Year Olds 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Elliott Allen	9 CO NORWICH SC	1:34.79

Event 203 Boys 10 Year Olds 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Sasha Smith	10 WEST SUFFOLK	1:25.83
2 Leo Linford-Hazell	10 CO NORWICH SC	1:40.69
3 Bill Dean	10 THETFORD	1:48.65

Event 203 Boys 11 Year Olds 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Leo Wilkins	11 GT YARMOUTH	1:32.91
2 Ammar Alfiky	11 CO NORWICH SC	1:56.03
3 Elias Beltran	11 WEST SUFFOLK	2:03.51

Event 203 Boys 12 Year Olds 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Sonny Dean	12 THETFORD	1:17.98
2 Bay Smith	12 WEST NORFOLK	1:27.93
3 Felix Brown	12 WEST SUFFOLK	1:31.48
4 Xander Hollier	12 CO NORWICH SC	1:33.71
5 Finley Lane	12 CO NORWICH SC	1:34.08
6 Isaac Dinwiddie	12 LEISTON	1:35.07
7 Lewis Scott	12 TEAM WAVENEY	1:35.44

Event 203 Boys 13 Year Olds 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Noah Goodson	13 WEST NORFOLK	1:13.44
2 Theo Middlebrook	13 THETFORD	1:19.32
3 George Punter	13 GT YARMOUTH	1:22.39
4 Benedict Koehler	13 CO NORWICH SC	1:24.42
5 Luke Wilson	13 WEST NORFOLK	1:25.24

Event 203 Boys 14 & Over 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Daniel Grimmer	19 WEST NORFOLK	1:02.95
2 Nathan Yeaman	18 WEST NORFOLK	1:04.10
3 Hayden Garrod	17 TEAM WAVENEY	1:04.11
4 Kye Harrington	17 WEST NORFOLK	1:04.49
5 Rejus Mazeika	15 WEST NORFOLK	1:05.58
6 Jack Riding	14 THETFORD	1:06.17
7 Oliver Butt	15 DEBEN	1:07.74
8 Samuel Liddell	15 WEST NORFOLK	1:08.12
9 Samuel Morton	20 NN VIKINGS	1:08.55
10 George Edridge	16 NN VIKINGS	1:10.79
11 Charlie Latta Diaz	14 THETFORD	1:15.55
12 David Rocznik	15 WEST NORFOLK	1:16.68
13 James Koehler	17 CO NORWICH SC	1:16.90
14 Adam Lemke	14 DISS OTTERS	1:17.60
15 Harry Palmer	17 DEREHAM OTTERS S	1:21.14
16 Ashton Busby	15 WEST NORFOLK	1:21.47
17 Charlie Ibbotson	14 WEST SUFFOLK	1:21.70

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Event 204 Girls 9 Year Olds 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Maisie Wade	9 CO NORWICH SC	1:23.70
2 Iris l'Anson	9 WEST SUFFOLK	1:30.17
3 Amanda Ceponyte	9 WEST SUFFOLK	1:31.87
4 Bethany Linden-Ball	9 CO NORWICH SC	1:38.13
5 Gladys Drewry	9 CO NORWICH SC	1:38.59
6 Eden Henery	9 CO NORWICH SC	1:39.19
7 Isla Sudlow	9 CO NORWICH SC	1:39.95
8 Josie Searle	9 CO NORWICH SC	1:40.30
9 Mila Alves	9 CO NORWICH SC	1:43.79
10 Rebecca Hughes	9 WEST SUFFOLK	2:00.27

Event 204 Girls 10 Year Olds 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Caitlyn Chu Yun Ong	10 WEST SUFFOLK	1:23.42
2 Erin Riding	10 THETFORD	1:23.45
3 Ayla Morgan	10 CO NORWICH SC	1:23.79
*4 Marnie Mitchell	10 CO NORWICH SC	1:27.76
*4 Elizabeth Norburn	10 CO NORWICH SC	1:27.76
6 Freya Newbury	10 GT YARMOUTH	1:31.46
7 Freya French	10 CO NORWICH SC	1:32.49
8 Freya Brigham	10 CO NORWICH SC	1:36.87
9 Jasmine Jones	10 GT YARMOUTH	1:37.19
10 Laila Shindler	10 CO NORWICH SC	1:41.06

Event 204 Girls 11 Year Olds 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Harmony Smith	11 TEAM WAVENEY	1:09.04
2 Martha More	11 WEST NORFOLK	1:11.05
3 Daisy Mortimer-Coles	11 TEAM WAVENEY	1:13.13
4 Leah Spinks	11 DISS OTTERS	1:15.30
5 Ella Plumb	11 WEST SUFFOLK	1:17.75
6 Ella Dickens	11 WEST NORFOLK	1:18.10
7 Katarina Owen	11 DISS OTTERS	1:18.25
8 Eden Davies	11 MARCH MARLINS	1:20.76
9 Heidi Bell	11 DEBEN	1:21.24
10 Libby Meale	11 CO NORWICH SC	1:21.40
11 Lily Woodward	11 CO NORWICH SC	1:21.45
12 Amelie Bartram	11 THETFORD	1:22.63
13 Alexandra Bulpitt	11 LEISTON	1:23.15
14 Vivienne Letts	11 DEBEN	1:23.35
15 Gabriella Cooney	11 LEISTON	1:23.63
16 Luna Ferreira-Balseiro	11 DEREHAM OTTERS S	1:23.88
17 Charlotte Sawford	11 CO NORWICH SC	1:28.00
18 Beatrice Holden	11 WEST SUFFOLK	1:31.66
19 Rose Newbrook	11 NN VIKINGS	1:33.16
20 Elizabeth Spraggons	11 CO NORWICH SC	1:35.80
21 Rachel Nicholls	11 CO NORWICH SC	1:40.76

Event 204 Girls 12 Year Olds 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Dolcie Underwood	12 DEREHAM OTTERS S	1:04.31
2 Elizabeth Litvinenko	12 WEST NORFOLK	1:06.31
3 Imogen Laws	12 CO NORWICH SC	1:07.27
4 Harriet Wells	12 WEST NORFOLK	1:09.50
5 Mabelle Chadderton	12 WEST NORFOLK	1:09.89
6 Alexandra Cerps	12 WEST NORFOLK	1:13.14

7 Milly Edridge	12 NN VIKINGS	1:13.62
8 Lexi Cole	12 CO NORWICH SC	1:14.56
9 Evie Harris-Joy	12 GT YARMOUTH	1:16.45
10 Daisy Winterbottom	12 DISS OTTERS	1:16.96
11 Marnie Palmer	12 DEREHAM OTTERS S	1:16.97
12 Vanessa Ceponyte	12 WEST SUFFOLK	1:17.11
13 Amelia Rodgers	12 WEST NORFOLK	1:17.73
14 Ettie Pearce	12 DEBEN	1:19.04
15 Arhane Gaska	12 CO NORWICH SC	1:21.19
16 Isabella Barton	12 THETFORD	1:21.48
17 Cara Crisp	12 DEBEN	1:22.67
18 Matilda Holt	12 CO NORWICH SC	1:22.98
19 Thea Rees	12 WEST SUFFOLK	1:23.45
20 Tilly Taylor	12 WEST SUFFOLK	1:23.84
21 Stefanie Smolczewski	12 NN VIKINGS	1:28.00
22 Lily Ellerker	12 DEREHAM OTTERS S	1:28.94
23 Sophie McEachern	12 DEBEN	1:35.65
--- Mia Kaiser	12 CO NORWICH SC	DQ

Event 204 Girls 13 Year Olds 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Indie Horton	13 TEAM WAVENEY	1:03.96
2 Charley Taylor	13 DEREHAM OTTERS S	1:06.35
3 Mia King	13 TEAM WAVENEY	1:06.92
4 Evie Dixon	13 GT YARMOUTH	1:07.36
5 Nellie Chadderton	13 WEST NORFOLK	1:08.98
6 Isabelle Wild	13 TEAM WAVENEY	1:09.40
7 Emilia Butt	13 DEBEN	1:10.39
8 Eleni Karakoidas	13 CO NORWICH SC	1:11.23
9 Milana Melinyte	13 WEST NORFOLK	1:11.37
10 Amber Bunting	13 THETFORD	1:13.23
11 Grace O'Loane	13 CO NORWICH SC	1:13.25
12 Evie Mantle	13 CO NORWICH SC	1:13.52
13 Nyah Scott	13 MARCH MARLINS	1:13.90
14 Olivia Bradley	13 THETFORD	1:14.31
15 Mia Copping	13 WEST SUFFOLK	1:14.71
16 Tessa Knights	13 TEAM WAVENEY	1:14.99
17 Seren Stapley	13 MARCH MARLINS	1:17.36
18 Elsa French	13 CO NORWICH SC	1:17.41
19 Mia Jones	13 MARCH MARLINS	1:17.77
20 Nyree Robertson	13 DEBEN	1:19.05
21 Leona Scott	13 CO NORWICH SC	1:19.55
22 Elsie Moore	13 GT YARMOUTH	1:23.97
23 Kayla Palmer	13 GT YARMOUTH	1:25.41
24 Grace Hunn	13 GT YARMOUTH	1:31.39

Event 204 Girls 14 & Over 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Freya May	15 LEISTON	1:02.09
2 Lyla Fello	16 CO NORWICH SC	1:04.37
3 Dayna Arbon	19 CO NORWICH SC	1:04.69
4 Lilley Dring	16 DEBEN	1:04.73
5 Maelys Jacquet	14 DEBEN	1:05.57
6 Maia Thompson	17 TEAM WAVENEY	1:06.29
7 Grace Cook	17 CO NORWICH SC	1:06.96
8 Harriet Townend	14 CO NORWICH SC	1:07.27
9 Belle Ringwood	15 WEST NORFOLK	1:07.29
10 Grace Mutton	15 DEBEN	1:07.78

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(Event 204 Girls 14 & Over 100 LC Meter Freestyle)

Name	AgeTeam	Finals Time
11 Olivia Murphy	14 DEBEN	1:08.02
12 India Clement	14 WEST SUFFOLK	1:08.70
13 Elizabeth Howden	17 WEST SUFFOLK	1:08.78
14 Isabelle Patterson	15 CO NORWICH SC	1:09.05
15 Chloe Farrington S15	15 CO NORWICH SC	1:09.33
16 Frankie Thompson	15 TEAM WAVENEY	1:09.48
17 Madison Hicks	14 WEST NORFOLK	1:09.52
18 Matilda Smith	14 TEAM WAVENEY	1:10.01
19 Starr Nichols	15 GT YARMOUTH	1:10.56
20 Livia Lamb	15 LEISTON	1:11.02
21 Daisy Covell	16 WEST NORFOLK	1:11.08
22 Abbi McTaggart	16 DEBEN	1:11.22
23 Maggi Woodrow	14 GT YARMOUTH	1:11.39
24 Ella Goodswen	15 CO NORWICH SC	1:11.47
25 Lynne Meale	48 CO NORWICH SC	1:11.55
26 Niamh O'Donoghue	14 MARCH MARLINS	1:11.70
27 Grace Williams	14 DEBEN	1:12.33
28 Brooke Copping	16 WEST SUFFOLK	1:12.60
29 Sophie Rochester	15 DISS OTTERS	1:12.78
30 Pola Allison	17 CO NORWICH SC	1:12.89
31 Erin Hanna	14 THETFORD	1:13.05
32 Layla Callaby	14 NN VIKINGS	1:13.26
33 Jessica Nichols	14 TEAM WAVENEY	1:13.76
34 Olivia Canham	14 THETFORD	1:14.27
35 Holly Hannah	14 CO NORWICH SC	1:14.54
36 Nora Koehler	15 CO NORWICH SC	1:14.59
37 Saskia Poon	18 CO NORWICH SC	1:16.02
38 Amelia Ramjohn	14 THETFORD	1:21.17
39 Leah Powell	17 DEBEN	1:24.31
40 Charlotte Jennings	15 DEREHAM OTTERS S	1:26.48

Event 205 Boys 9 Year Olds 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Jacob Minty	9 THETFORD	37.06
2 Mason Mitchell	9 CO NORWICH SC	37.74
3 Elliott Allen	9 CO NORWICH SC	39.22
4 Tyler Jenness	9 DEREHAM OTTERS S	40.36
5 James Laws	9 CO NORWICH SC	40.60
6 Lucas Beltran	9 WEST SUFFOLK	41.61
7 Luca Filote	9 TEAM WAVENEY	46.33
8 Reign Thornton	9 GT YARMOUTH	49.17
9 Henry Roper	9 CO NORWICH SC	50.86

Event 205 Boys 10 Year Olds 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 George Pickering	10 GT YARMOUTH	34.97
2 Noah Clarke	10 GT YARMOUTH	36.71
3 Logan Chambers	10 CO NORWICH SC	37.10
4 Leo Linford-Hazell	10 CO NORWICH SC	37.79
5 Michael Hughes-Asamoah	10 WEST SUFFOLK	37.87
6 Joshua Dinwiddie	10 LEISTON	38.11
7 Felix Faustino-Kemp	10 CO NORWICH SC	38.40
8 George Rees	10 WEST SUFFOLK	39.16
9 Bill Dean	10 THETFORD	40.74
10 Nathan Bould	10 CO NORWICH SC	41.13
11 Harry Ellard	10 WEST SUFFOLK	41.48

12 Max Whalen	10 CO NORWICH SC	42.31
13 Sammy Shelton	10 GT YARMOUTH	43.41
14 Barnaby Brown	10 WEST SUFFOLK	50.70

Event 205 Boys 11 Year Olds 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Fraser Rush	11 DISS OTTERS	32.10
2 Billy Maguire	11 CO NORWICH SC	34.24
3 Theo Fisher	11 WEST SUFFOLK	34.65
4 Harry Hannant	11 DEREHAM OTTERS S	35.54
5 Leo Wilkins	11 GT YARMOUTH	35.88
6 Elijah Willowe	11 DISS OTTERS	36.97
7 Finn Callaby	11 NN VIKINGS	37.37
8 Sam Reynolds-Gotts	11 CO NORWICH SC	37.81
9 Noah Carass	11 GT YARMOUTH	38.44
10 Ammar Alfiky	11 CO NORWICH SC	38.75
11 Elias Beltran	11 WEST SUFFOLK	40.29
12 Rory Fernandez	11 DEREHAM OTTERS S	43.44
13 Harry Taylor	11 WEST SUFFOLK	47.29

Event 205 Boys 12 Year Olds 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Bradley Forder	12 CO NORWICH SC	31.54
2 Jack Tooke	12 THETFORD	31.85
3 Sonny Dean	12 THETFORD	31.96
4 Ekin Banford	12 CO NORWICH SC	32.08
5 Francisco Estanol-Chandler	12 THETFORD	32.63
6 Bay Smith	12 WEST NORFOLK	32.76
7 Max Battle	12 DEBEN	33.58
8 Max Fello	12 CO NORWICH SC	33.78
9 Joshua Norris	12 WEST NORFOLK	33.94
10 Stanley Taylor	12 COLCHESTER	33.98
11 Isaac Dinwiddie	12 LEISTON	34.25
12 James Adams	12 WEST SUFFOLK	34.78
13 Oliver Ellard	12 WEST SUFFOLK	35.09
14 Finley Lane	12 CO NORWICH SC	36.62
15 James Howard	12 CO NORWICH SC	37.26
16 George Holt	12 CO NORWICH SC	37.76
17 Dylan Haylock	12 MARCH MARLINS	39.78

Event 205 Boys 13 Year Olds 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Cruze Joseph	13 THETFORD	28.68
2 Junru Cai	13 WEST NORFOLK	28.90
3 Noah Goodson	13 WEST NORFOLK	29.41
4 Thomas Mutton	13 DEBEN	29.85
5 Ethan Bailey	13 CO NORWICH SC	30.02
6 Harry Edwards	13 TEAM WAVENEY	30.64
7 James Jones	13 THETFORD	30.80
8 Benedict Koehler	13 CO NORWICH SC	30.84
9 Aiden Gale	13 LEISTON	31.30
10 Oliver Creasy	13 WEST SUFFOLK	31.51
11 Daniel Evans	13 DEBEN	31.97
*12 Mason Catling	13 DEREHAM OTTERS S	32.17
*12 Charlie Pickering	13 GT YARMOUTH	32.17
14 Theo Middlebrook	13 THETFORD	32.45
15 Toby Corfield	13 CO NORWICH SC	32.62
16 Seb Wickes	13 WEST SUFFOLK	32.74
17 George Punter	13 GT YARMOUTH	32.94

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(Event 205 Boys 13 Year Olds 50 LC Meter Freestyle)

Name	AgeTeam	Finals Time
18 Jake Thorne	13 CO NORWICH SC	33.13
19 Luke Wilson	13 WEST NORFOLK	34.39

Event 205 Boys 14 & Over 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Ben Every	17 TEAM WAVENEY	24.99
2 Thomas Garnett	18 WEST NORFOLK	25.61
3 Reggie Britcher	16 THETFORD	26.26
4 Joe Hammond	18 CO NORWICH SC	26.48
5 Hayden Garrod	17 TEAM WAVENEY	26.56
6 Nathan Yeaman	18 WEST NORFOLK	26.67
7 Rejus Mazeika	15 WEST NORFOLK	26.96
8 George Everett	16 WEST SUFFOLK	27.22
9 Thomas Williams	17 WEST SUFFOLK	27.64
10 Finley Pawle	23 LEISTON	27.69
11 Joshua Taylor	16 DEREHAM OTTERS S	27.84
12 Oliver Norris	16 WEST NORFOLK	27.92
13 Jake Maguire	14 CO NORWICH SC	28.14
14 Henry Smith	17 CO NORWICH SC	28.19
15 Jack Riding	14 THETFORD	28.26
16 Andrej Taplin	15 WEST NORFOLK	28.27
17 George Edridge	16 NN VIKINGS	28.29
18 Harry Rickard S15	15 MARCH MARLINS	28.42
19 Sid Jones	15 CO NORWICH SC	28.49
20 Harvey Appleton-Barnes	16 DEREHAM OTTERS S	28.52
*21 Cameron Jackson	16 DEBEN	28.53
*21 Harry Vidal-Greenwood	14 WEST SUFFOLK	28.53
23 Zack Edridge	16 NN VIKINGS	28.54
24 Michael Sayer	15 CO NORWICH SC	28.55
25 Razvan Platon	16 CO NORWICH SC	28.75
26 Charlie Ibbotson	14 WEST SUFFOLK	28.79
27 Samuel Liddell	15 WEST NORFOLK	28.91
28 George Pike	15 CO NORWICH SC	29.19
29 Austin Taylor	16 CO NORWICH SC	29.22
30 Christopher Scott	15 MARCH MARLINS	29.25
31 David Rocznik	15 WEST NORFOLK	29.39
32 Harry Loveland	16 GT YARMOUTH	29.50
33 Zackary Goodwin	14 THETFORD	29.62
34 Ashton Busby	15 WEST NORFOLK	29.69
35 Harry Palmer	17 DEREHAM OTTERS S	29.83
36 William Nutt	14 DEREHAM OTTERS S	30.19
37 Thomas Elsdon	15 WEST NORFOLK	30.21
38 George Letts	14 DEBEN	30.27
39 Charlie Dixon	15 MARCH MARLINS	30.57
40 Adam Lemke	14 DISS OTTERS	31.15
41 Teddy Roberts	15 WEST NORFOLK	31.18
42 Arthur Corke	14 CO NORWICH SC	31.28
43 Kaleb Nelder	15 WEST SUFFOLK	32.42
44 Conner Broadhurst	15 DEBEN	33.54
45 William Bartram	14 THETFORD	34.74

Event 206 Girls 9 Year Olds 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Josie Searle	9 CO NORWICH SC	49.74
2 Amanda Ceponyte	9 WEST SUFFOLK	50.22
3 Bethany Linden-Ball	9 CO NORWICH SC	52.09

4 Mila Alves	9 CO NORWICH SC	54.10
5 Isla Sudlow	9 CO NORWICH SC	1:02.62
6 Eden Henery	9 CO NORWICH SC	1:04.22

Event 206 Girls 10 Year Olds 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Elizabeth Norburn	10 CO NORWICH SC	41.46
2 Marnie Mitchell	10 CO NORWICH SC	42.59
3 Charlotte Malachowski	10 CO NORWICH SC	42.64
4 Lily Isaacson	10 CO NORWICH SC	43.55
5 Erin Riding	10 THETFORD	45.33
6 Caitlyn Chu Yun Ong	10 WEST SUFFOLK	48.51
7 Ffion Tyley	10 CO NORWICH SC	49.97
8 Jasmine Jones	10 GT YARMOUTH	50.10
9 Freya French	10 CO NORWICH SC	56.20
10 Freya Brigham	10 CO NORWICH SC	58.36
11 Laila Shindler	10 CO NORWICH SC	1:02.24
--- Freya Newbury	10 GT YARMOUTH	DQ

Event 206 Girls 11 Year Olds 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Martha More	11 WEST NORFOLK	34.95
2 Harmony Smith	11 TEAM WAVENEY	35.55
3 Daisy Mortimer-Coles	11 TEAM WAVENEY	37.34
4 Ella Plumb	11 WEST SUFFOLK	39.87
5 Isla Thorpe	11 CO NORWICH SC	40.04
6 Gabriella Cooney	11 LEISTON	40.83
7 Lily Woodward	11 CO NORWICH SC	43.14
8 Amelie Bartram	11 THETFORD	43.86
9 Ella Dickens	11 WEST NORFOLK	44.29
10 Ama Filote	11 TEAM WAVENEY	44.38
11 Elizabeth Spraggons	11 CO NORWICH SC	45.67
12 Charlotte Sawford	11 CO NORWICH SC	48.18
13 Libby Meale	11 CO NORWICH SC	49.90
14 Heidi Bell	11 DEBEN	51.87
15 Alexandra Bulpitt	11 LEISTON	51.96
16 Rachel Nicholls	11 CO NORWICH SC	52.73
17 Luna Ferreira-Balseiro	11 DEREHAM OTTERS S	57.20
18 Evelyn Nelder	11 WEST SUFFOLK	58.94
19 Annabelle Bartlett	11 DEREHAM OTTERS S	59.64

Event 206 Girls 12 Year Olds 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Elizabeth Litvinenko	12 WEST NORFOLK	33.52
2 Dolcie Underwood	12 DEREHAM OTTERS S	34.21
3 Harriet Wells	12 WEST NORFOLK	34.97
4 Lexi Cole	12 CO NORWICH SC	35.37
5 Eloise Welsford	12 DEBEN	36.31
6 Ellen Akerstone	12 CO NORWICH SC	36.50
7 Mabelle Chadderton	12 WEST NORFOLK	36.94
8 Ettie Pearce	12 DEBEN	38.62
9 Hana Stoner	12 MARCH MARLINS	38.66
10 Amelia Rodgers	12 WEST NORFOLK	38.90
11 Daisy Winterbottom	12 DISS OTTERS	39.46
12 Evie Harris-Joy	12 GT YARMOUTH	41.65
13 Lexie Parker	12 NN VIKINGS	42.14
14 Milly Edridge	12 NN VIKINGS	42.32
15 Matilda Holt	12 CO NORWICH SC	42.64
16 Liliana Nassyrova	12 CO NORWICH SC	42.83

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(Event 206 Girls 12 Year Olds 50 LC Meter Butterfly)

Name	AgeTeam	Finals Time
17 Mia Kaiser	12 CO NORWICH SC	44.47
18 Isabella Barton	12 THETFORD	44.48
19 Cara Crisp	12 DEBEN	45.22
20 Arhane Gaska	12 CO NORWICH SC	45.28
21 Tilly Taylor	12 WEST SUFFOLK	51.01
--- Imogen Laws	12 CO NORWICH SC	X32.56

Event 206 Girls 13 Year Olds 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Eleni Karakoidas	13 CO NORWICH SC	33.73
2 Elinor McTaggart	13 DEBEN	35.09
3 Isabelle Wild	13 TEAM WAVENEY	35.50
4 Leona Scott	13 CO NORWICH SC	35.73
5 Charley Taylor	13 DEREHAM OTTERS S	35.81
6 Mia Copping	13 WEST SUFFOLK	36.62
7 Milana Melinyte	13 WEST NORFOLK	37.02
8 Grace O'Loane	13 CO NORWICH SC	37.74
9 Amber Bunting	13 THETFORD	37.78
10 Nyah Scott	13 MARCH MARLINS	38.14
11 Sophia Whitbourn	13 CO NORWICH SC	40.22
12 Seren Stapley	13 MARCH MARLINS	40.33
13 Evie Dixon	13 GT YARMOUTH	40.35
14 Mia Jones	13 MARCH MARLINS	40.97
15 Elsa French	13 CO NORWICH SC	41.04
16 Nyree Robertson	13 DEBEN	41.64
17 Emily May	13 LEISTON	41.69
18 Diana Jonynaite	13 THETFORD	41.85
19 Tessa Knights	13 TEAM WAVENEY	45.33
20 Elsie Moore	13 GT YARMOUTH	47.17
21 Lilly Wijesingha	13 CO NORWICH SC	47.77
22 Leonor Rocha	13 GT YARMOUTH	51.92
23 Grace Hunn	13 GT YARMOUTH	52.70
--- Indie Horton	13 TEAM WAVENEY	X31.73

Event 206 Girls 14 & Over 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Freya May	15 LEISTON	30.54
2 Maelys Jacquet	14 DEBEN	32.19
3 Annika Mueller	14 CO NORWICH SC	32.24
4 Olivia Murphy	14 DEBEN	32.76
5 Belle Ringwood	15 WEST NORFOLK	32.81
6 Olivia Butlin	14 THETFORD	32.94
7 Harriet Townend	14 CO NORWICH SC	33.12
8 Grace Mutton	15 DEBEN	33.38
9 Elizabeth Howden	17 WEST SUFFOLK	33.55
10 India Clement	14 WEST SUFFOLK	34.27
11 Summer Endicott	17 CO NORWICH SC	34.60
12 Niamh O'Donoghue	14 MARCH MARLINS	34.62
13 Isabelle Patterson	15 CO NORWICH SC	34.92
14 Maggi Woodrow	14 GT YARMOUTH	34.96
15 Sophie Rochester	15 DISS OTTERS	35.28
16 Izzy Sawford	15 CO NORWICH SC	35.75
17 Lilley Dring	16 DEBEN	35.79
18 Matilda Smith	14 TEAM WAVENEY	35.81
19 Grace Cook	17 CO NORWICH SC	35.92
20 Verity Morrison	17 CO NORWICH SC	36.07

21 Grace Williams	14 DEBEN	36.19
22 Livia Lamb	15 LEISTON	36.27
23 Holly Hannah	14 CO NORWICH SC	36.53
24 Chloe Farrington S15	15 CO NORWICH SC	36.74
25 Starr Nichols	15 GT YARMOUTH	36.78
26 Olivia Canham	14 THETFORD	39.81
27 Saskia Poon	18 CO NORWICH SC	40.10
28 Amelia Ramjohn	14 THETFORD	40.75
29 Ellen Turner	14 NN VIKINGS	40.79
30 Amber Clark	15 NN VIKINGS	41.27
31 Charlotte Jennings	15 DEREHAM OTTERS S	43.52
32 Ellie Hannant	15 DEREHAM OTTERS S	44.84

Event 207 Boys 9 Year Olds 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Henry Roper	9 CO NORWICH SC	4:38.29

Event 207 Boys 10 Year Olds 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Sasha Smith	10 WEST SUFFOLK	3:37.82
2 Logan Chambers	10 CO NORWICH SC	3:49.60
3 Jude Butcher	10 GT YARMOUTH	3:50.97
4 Felix Faustino-Kemp	10 CO NORWICH SC	4:09.83
5 Barnaby Brown	10 WEST SUFFOLK	4:21.52

Event 207 Boys 11 Year Olds 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Billy Maguire	11 CO NORWICH SC	3:35.92
2 Theo Fisher	11 WEST SUFFOLK	3:37.17
3 Leo Wilkins	11 GT YARMOUTH	3:43.86
4 Harry Hannant	11 DEREHAM OTTERS S	3:55.48
5 Finn Callaby	11 NN VIKINGS	3:58.06
6 Elias Beltran	11 WEST SUFFOLK	4:23.65
7 Rory Fernandez	11 DEREHAM OTTERS S	4:24.30

Event 207 Boys 12 Year Olds 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Jesse Knight	12 LEISTON	3:00.91
2 Jude Brown	12 WEST SUFFOLK	3:19.68
3 William Minty	12 THETFORD	3:23.43
4 Xander Hollier	12 CO NORWICH SC	3:26.07
5 Joshua Norris	12 WEST NORFOLK	3:26.83
6 Michael Hughes	12 WEST SUFFOLK	3:31.17
7 Lewis Scott	12 TEAM WAVENEY	3:31.80
8 Dylan Haylock	12 MARCH MARLINS	3:36.32
9 George Holt	12 CO NORWICH SC	3:52.36
10 Oliver Ellard	12 WEST SUFFOLK	3:55.88
11 James Howard	12 CO NORWICH SC	3:58.41
12 James Adams	12 WEST SUFFOLK	3:59.51

Event 207 Boys 13 Year Olds 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Freddie Wakefield	13 WEST NORFOLK	3:12.01
2 Ethan Bailey	13 CO NORWICH SC	3:17.01
3 Seb Wickes	13 WEST SUFFOLK	3:20.98
4 Charlie Pickering	13 GT YARMOUTH	3:26.16
5 Oliver Creasy	13 WEST SUFFOLK	3:29.18

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Event 207 Boys 14 & Over 200 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 George Pike	15	CO NORWICH SC	2:42.88
2 Thomas-Arthur Jagger	17	WEST NORFOLK	2:44.91
3 James Everett	15	WEST SUFFOLK	2:49.28
4 Logan Broadhurst	17	DEBEN	2:52.46
5 Samuel Morton	20	NN VIKINGS	2:54.53
6 Harry Clarke	14	WEST NORFOLK	3:00.19
7 Arthur Corke	14	CO NORWICH SC	3:03.07
8 Charlie Ibbotson	14	WEST SUFFOLK	3:03.70
9 James Koehler	17	CO NORWICH SC	3:04.79
10 William Nutt	14	DEREHAM OTTERS S	3:11.30
11 Christopher Scott	15	MARCH MARLINS	3:13.89
12 Razvan Platon	16	CO NORWICH SC	3:19.25
13 Conner Broadhurst	15	DEBEN	3:20.39
14 Charlie Dixon	15	MARCH MARLINS	3:21.92
15 William Bartram	14	THETFORD	3:26.52

Event 208 Girls 10 Year Olds 400 LC Meter IM

Name	Age	Team	Finals Time
1 Charlotte Malachowski	10	CO NORWICH SC	7:09.18
2 Ayla Morgan	10	CO NORWICH SC	7:11.25

Event 208 Girls 11 Year Olds 400 LC Meter IM

Name	Age	Team	Finals Time
1 Martha More	11	WEST NORFOLK	6:07.73
2 Isla Thorpe	11	CO NORWICH SC	6:46.50

Event 208 Girls 12 Year Olds 400 LC Meter IM

Name	Age	Team	Finals Time
1 Imogen Laws	12	CO NORWICH SC	5:58.02
2 Lexie Parker	12	NN VIKINGS	7:07.81

Event 208 Girls 13 Year Olds 400 LC Meter IM

Name	Age	Team	Finals Time
1 Nellie Chadderton	13	WEST NORFOLK	5:50.33
--- Mia Copping	13	WEST SUFFOLK	DQ

Event 208 Girls 14 & Over 400 LC Meter IM

Name	Age	Team	Finals Time
1 India Clement	14	WEST SUFFOLK	5:46.58
2 Brooke Copping	16	WEST SUFFOLK	6:16.07
3 Grace Parker	14	CO NORWICH SC	6:16.90
4 Niamh O'Donoghue	14	MARCH MARLINS	6:18.07
5 Sophie Rochester	15	DISS OTTERS	6:22.24

Event 301 Boys 9 Year Olds 100 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Elliott Allen	9	CO NORWICH SC	1:45.14
2 Mason Mitchell	9	CO NORWICH SC	1:48.75
3 Henry Roper	9	CO NORWICH SC	2:09.21
--- Lucas Beltran	9	WEST SUFFOLK	DQ

Event 301 Boys 10 Year Olds 100 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Laurie Scrivener	10	LEISTON	1:38.73
2 Logan Chambers	10	CO NORWICH SC	1:42.46
3 Sasha Smith	10	WEST SUFFOLK	1:44.78
4 Michael Hughes-Asamoah	10	WEST SUFFOLK	1:53.74
5 Felix Faustino-Kemp	10	CO NORWICH SC	1:57.40

6 Noah Clarke	10	GT YARMOUTH	1:58.75
7 Sammy Shelton	10	GT YARMOUTH	1:58.80
8 Ronnie Ringwood	10	CO NORWICH SC	1:59.38
9 Joshua Dinwiddie	10	LEISTON	2:01.39
10 Barnaby Brown	10	WEST SUFFOLK	2:06.25
11 Max Whalen	10	CO NORWICH SC	2:08.46
12 Nathan Bould	10	CO NORWICH SC	2:16.58
13 Tristan Alzani	10	CO NORWICH SC	2:31.39

Event 301 Boys 11 Year Olds 100 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 George Abram	11	CO NORWICH SC	1:32.87
2 Leo Wilkins	11	GT YARMOUTH	1:40.80
3 Billy Maguire	11	CO NORWICH SC	1:44.34
4 Noah Carass	11	GT YARMOUTH	1:46.82
5 Finn Callaby	11	NN VIKINGS	1:49.29
6 Elias Beltran	11	WEST SUFFOLK	1:58.89
7 Rory Fernandez	11	DEREHAM OTTERS S	2:06.48
8 Harry Taylor	11	WEST SUFFOLK	2:18.15

Event 301 Boys 12 Year Olds 100 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Jesse Knight	12	LEISTON	1:22.86
2 Thomas Scrivener	12	LEISTON	1:28.23
3 Jude Brown	12	WEST SUFFOLK	1:31.22
4 Xander Hollier	12	CO NORWICH SC	1:33.24
5 William Minty	12	THETFORD	1:34.05
6 Joshua Norris	12	WEST NORFOLK	1:34.95
7 Bay Smith	12	WEST NORFOLK	1:35.16
8 Bradley Forder	12	CO NORWICH SC	1:38.74
9 Michael Hughes	12	WEST SUFFOLK	1:38.99
10 Dylan Haylock	12	MARCH MARLINS	1:42.25
11 William Harker	12	LEISTON	1:44.36
12 Jack Tooke	12	THETFORD	1:50.43
13 James Adams	12	WEST SUFFOLK	1:51.00
14 Isaac Dinwiddie	12	LEISTON	1:51.10
15 Christian Lupsa	12	WEST SUFFOLK	1:56.76

Event 301 Boys 13 Year Olds 100 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Junru Cai	13	WEST NORFOLK	1:24.58
2 Freddie Wakefield	13	WEST NORFOLK	1:28.17
3 Seb Wickes	13	WEST SUFFOLK	1:32.20
4 Ethan Bailey	13	CO NORWICH SC	1:35.72
5 Charlie Pickering	13	GT YARMOUTH	1:36.02
6 Daniel Evans	13	DEBEN	1:39.66
--- Benedict Koehler	13	CO NORWICH SC	DQ
--- Oscar Lincoln	13	TEAM WAVENEY	DQ

Event 301 Boys 14 & Over 100 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Ben Every	17	TEAM WAVENEY	1:11.76
2 Thomas-Arthur Jagger	17	WEST NORFOLK	1:14.11
3 Oliver Norris	16	WEST NORFOLK	1:15.93
4 George Pike	15	CO NORWICH SC	1:17.42
5 Charlie Ibbotson	14	WEST SUFFOLK	1:17.52
6 Finley Pawle	23	LEISTON	1:18.06
7 Logan Broadhurst	17	DEBEN	1:18.31
8 Samuel Morton	20	NN VIKINGS	1:19.25

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(Event 301 Boys 14 & Over 100 LC Meter Breaststroke)

Name	AgeTeam	Finals Time
9 Rejus Mazeika	15 WEST NORFOLK	1:19.55
10 James Koehler	17 CO NORWICH SC	1:21.36
11 Arthur Corke	14 CO NORWICH SC	1:22.40
12 George Edridge	16 NN VIKINGS	1:23.42
13 Harry Clarke	14 WEST NORFOLK	1:23.75
14 William Nutt	14 DEREHAM OTTERS S	1:24.34
15 Nathan Yeaman	18 WEST NORFOLK	1:24.50
16 James Tooke	14 DEBEN	1:25.70
17 Harvey Appleton-Barnes	16 DEREHAM OTTERS S	1:25.77
18 Harry Smart	23 WEST SUFFOLK	1:28.46
19 Mason Riley	14 MARCH MARLINS	1:28.71
20 Zack Edridge	16 NN VIKINGS	1:28.84
21 Razvan Platon	16 CO NORWICH SC	1:30.38
22 George Letts	14 DEBEN	1:31.18
23 Conner Broadhurst	15 DEBEN	1:34.56
--- Harry Loveland	16 GT YARMOUTH	DQ

Event 302 Girls 9 Year Olds 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Maisie Wade	9 CO NORWICH SC	2:57.80
2 Amanda Ceponyte	9 WEST SUFFOLK	3:19.94
3 Taaliyah Sealey	9 CO NORWICH SC	3:21.20
4 Isla Sudlow	9 CO NORWICH SC	3:25.36
5 Bethany Linden-Ball	9 CO NORWICH SC	3:27.50
6 Eden Henery	9 CO NORWICH SC	3:30.44
7 Mila Alves	9 CO NORWICH SC	3:41.24
8 Rebecca Hughes	9 WEST SUFFOLK	4:15.86

Event 302 Girls 10 Year Olds 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Freyja Rooke	10 CO NORWICH SC	2:55.10
2 Ffion Tyley	10 CO NORWICH SC	2:56.22
3 Mairead Holmes	10 TEAM WAVENEY	2:56.38
4 Lily Isaacson	10 CO NORWICH SC	3:00.98
5 Emma Willimott	10 NN VIKINGS	3:01.49
6 Ayla Morgan	10 CO NORWICH SC	3:01.66
7 Charlotte Malachowski	10 CO NORWICH SC	3:01.83
8 Jasmine Jones	10 GT YARMOUTH	3:11.03
9 Elizabeth Norburn	10 CO NORWICH SC	3:18.82
10 Freya French	10 CO NORWICH SC	3:19.56
11 Laila Shindler	10 CO NORWICH SC	3:42.41

Event 302 Girls 11 Year Olds 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Martha More	11 WEST NORFOLK	2:33.69
2 Harriet Feaviour	11 MARCH MARLINS	2:45.83
3 Libby Meale	11 CO NORWICH SC	2:47.63
4 Isla Thorpe	11 CO NORWICH SC	2:47.84
5 Matilda Paterson	11 CO NORWICH SC	2:49.20
6 Rosa Maguire	11 CO NORWICH SC	2:54.00
7 Heidi Bell	11 DEBEN	2:56.53
8 Lily Woodward	11 CO NORWICH SC	2:59.78
9 Amelie Cutting	11 NN VIKINGS	3:02.69
10 Millie Suffling	11 CO NORWICH SC	3:04.17
11 Vivienne Letts	11 DEBEN	3:07.35
12 Alexandra Bulpitt	11 LEISTON	3:11.16
13 Elizabeth Spraggons	11 CO NORWICH SC	3:30.62

14 Rachel Nicholls	11 CO NORWICH SC	3:30.72
--- Leah Spinks	11 DISS OTTERS	DQ

Event 302 Girls 12 Year Olds 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Dolcie Underwood	12 DEREHAM OTTERS S	2:22.97
2 Elizabeth Litvinenko	12 WEST NORFOLK	2:26.89
3 Imogen Parnell	12 DEREHAM OTTERS S	2:28.45
4 Mabelle Chadderton	12 WEST NORFOLK	2:29.56
5 Ellen Akerstone	12 CO NORWICH SC	2:36.10
6 Milly Edridge	12 NN VIKINGS	2:42.35
7 Evie Harris-Joy	12 GT YARMOUTH	2:43.59
8 Selby Barnes	12 GT YARMOUTH	2:44.83
9 Vanessa Ceponyte	12 WEST SUFFOLK	2:44.95
10 Ettie Pearce	12 DEBEN	2:47.31
11 Amelia Rodgers	12 WEST NORFOLK	2:50.57
12 Marnie Palmer	12 DEREHAM OTTERS S	2:51.60
13 Lexie Parker	12 NN VIKINGS	2:52.52
14 Isabella Barton	12 THETFORD	2:55.14
15 Ruby Cranfield	12 MARCH MARLINS	2:55.78
16 Mia Kaiser	12 CO NORWICH SC	2:58.08

Event 302 Girls 13 Year Olds 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Emilia Butt	13 DEBEN	2:25.31
2 Charley Taylor	13 DEREHAM OTTERS S	2:25.61
3 Lois Alderton-Jode	13 CO NORWICH SC	2:27.47
4 Nellie Chadderton	13 WEST NORFOLK	2:27.50
5 Evie Dixon	13 GT YARMOUTH	2:27.67
6 Mia King	13 TEAM WAVENEY	2:30.89
7 Amelia Glennon	13 LEISTON	2:39.52
*8 Leona Scott	13 CO NORWICH SC	2:43.74
*8 Amber Bunting	13 THETFORD	2:43.74
10 Frances Hurst	13 WEST NORFOLK	2:45.02
11 Elsa French	13 CO NORWICH SC	2:46.79
12 Elodie Hupton	13 CO NORWICH SC	2:47.84
13 Lilly Wijesingha	13 CO NORWICH SC	3:06.37

Event 302 Girls 14 & Over 200 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Freya May	15 LEISTON	2:15.25
2 Lyla Fello	16 CO NORWICH SC	2:20.02
3 Dayna Arbon	19 CO NORWICH SC	2:21.57
4 Grace Cook	17 CO NORWICH SC	2:22.64
5 Lilley Dring	16 DEBEN	2:23.20
6 Madison Hicks	14 WEST NORFOLK	2:25.41
7 Lola Abram	14 CO NORWICH SC	2:26.16
8 India Clement	14 WEST SUFFOLK	2:26.17
9 Grace Mutton	14 DEBEN	2:26.52
10 Kitty Payne	14 MARCH MARLINS	2:27.68
11 Summer Endicott	17 CO NORWICH SC	2:29.66
12 Emma-Louise Lovegrove	16 THETFORD	2:31.59
13 Hilary Drewry	14 CO NORWICH SC	2:31.69
14 Isabelle Patterson	15 CO NORWICH SC	2:31.71
15 Maelys Jacquet	14 DEBEN	2:31.74
16 Imogen Forrester	16 DEBEN	2:33.17
17 Ella Goodswen	15 CO NORWICH SC	2:35.23
18 Maggi Woodrow	14 GT YARMOUTH	2:35.26
19 Kari-Ella Bailey	15 WEST NORFOLK	2:35.58

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Results

(Event 302 Girls 14 & Over 200 LC Meter Freestyle)

Name	AgeTeam	Finals Time
20 Grace Parker	14 CO NORWICH SC	2:37.06
21 Harriet Townend	14 CO NORWICH SC	2:37.09
22 Sophie Rochester	15 DISS OTTERS	2:37.87
23 Daisy Munro	14 THETFORD	2:39.74
24 Layla Callaby	14 NN VIKINGS	2:40.08
25 Holly Hannah	14 CO NORWICH SC	2:40.70
26 Erin Hanna	14 THETFORD	2:43.21
27 Olivia Canham	14 THETFORD	2:45.31
28 Saskia Poon	18 CO NORWICH SC	2:53.82
--- Pola Allison	17 CO NORWICH SC	DQ

Event 303 Boys 10 Year Olds 200 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Sasha Smith	10 WEST SUFFOLK	3:07.31
2 Leo Linford-Hazell	10 CO NORWICH SC	3:39.14

Event 303 Boys 11 Year Olds 200 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Isaac Scott	11 CO NORWICH SC	3:24.72
2 Ammar Alfiky	11 CO NORWICH SC	4:07.90

Event 303 Boys 12 Year Olds 200 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Sonny Dean	12 THETFORD	3:00.11
2 Felix Brown	12 WEST SUFFOLK	3:24.52
3 Finley Lane	12 CO NORWICH SC	3:29.02
--- Jesse Knight	12 LEISTON	XDQ

Event 303 Boys 13 Year Olds 200 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Toby Corfield	13 CO NORWICH SC	3:04.17
2 Luke Wilson	13 WEST NORFOLK	3:13.71

Event 303 Boys 14 & Over 200 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Kye Harrington	17 WEST NORFOLK	2:29.67
2 Jack Riding	14 THETFORD	2:31.07
3 Emiel Korstanje	17 WEST SUFFOLK	2:37.24
4 Archie McClure	14 MARCH MARLINS	2:45.16
5 Charlie Latta Diaz	14 THETFORD	2:52.17
6 Adam Lemke	14 DISS OTTERS	3:18.77

Event 304 Girls 9 Year Olds 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Maisie Wade	9 CO NORWICH SC	1:39.68
2 Evie Doran	9 GT YARMOUTH	1:41.95
3 Taaliyah Sealey	9 CO NORWICH SC	1:43.75
4 Eden Henery	9 CO NORWICH SC	1:45.21
5 Gladys Drewry	9 CO NORWICH SC	1:47.08
6 Isla Sudlow	9 CO NORWICH SC	1:48.66
7 Mila Alves	9 CO NORWICH SC	1:48.89
8 Josie Searle	9 CO NORWICH SC	1:50.76
9 Rebecca Hughes	9 WEST SUFFOLK	1:56.99

Event 304 Girls 10 Year Olds 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Mairead Holmes	10 TEAM WAVENEY	1:31.72
2 Caitlyn Chu Yun Ong	10 WEST SUFFOLK	1:33.37

3 Charlotte Malachowski	10 CO NORWICH SC	1:33.38
4 Ffion Tyley	10 CO NORWICH SC	1:33.76
5 Lola Treumann	10 GT YARMOUTH	1:34.85
6 Freyja Rooke	10 CO NORWICH SC	1:35.56
7 Lily Isaacson	10 CO NORWICH SC	1:36.28
8 Jasmine Jones	10 GT YARMOUTH	1:39.74
9 Freya Newbury	10 GT YARMOUTH	1:43.00
10 Emma Willimott	10 NN VIKINGS	1:44.64
11 Freya French	10 CO NORWICH SC	1:46.21
12 Freya Brigham	10 CO NORWICH SC	2:01.21
--- Elizabeth Norburn	10 CO NORWICH SC	DQ

Event 304 Girls 11 Year Olds 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Martha More	11 WEST NORFOLK	1:22.59
2 Daisy Mortimer-Coles	11 TEAM WAVENEY	1:24.14
3 Leah Spinks	11 DISS OTTERS	1:24.59
4 Harriet Feaviour	11 MARCH MARLINS	1:25.16
5 Matilda Paterson	11 CO NORWICH SC	1:27.71
6 Isla Thorpe	11 CO NORWICH SC	1:30.68
7 Francesca McKerr	11 THETFORD	1:31.92
8 Amelie Bartram	11 THETFORD	1:33.04
9 Gabriella Cooney	11 LEISTON	1:33.66
10 Amelie Cutting	11 NN VIKINGS	1:34.90
11 Alexandra Bulpitt	11 LEISTON	1:39.00
12 Layla Rose Flory	11 LEISTON	1:43.15
13 Charlotte Sawford	11 CO NORWICH SC	1:44.22
14 Elizabeth Spraggons	11 CO NORWICH SC	1:49.08

Event 304 Girls 12 Year Olds 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Elizabeth Litvinenko	12 WEST NORFOLK	1:15.44
2 Harriet Wells	12 WEST NORFOLK	1:19.89
3 Ellen Akerstone	12 CO NORWICH SC	1:20.41
4 Alexandra Cerps	12 WEST NORFOLK	1:23.73
5 Selby Barnes	12 GT YARMOUTH	1:26.04
6 Amelia Rodgers	12 WEST NORFOLK	1:27.01
7 Ella Treumann	12 GT YARMOUTH	1:27.82
8 Ettie Pearce	12 DEBEN	1:29.61
9 Lexie Parker	12 NN VIKINGS	1:29.87
10 Arhane Gaska	12 CO NORWICH SC	1:30.81
11 Mia Kaiser	12 CO NORWICH SC	1:32.62
12 Tilly Taylor	12 WEST SUFFOLK	1:35.25
13 Matilda Holt	12 CO NORWICH SC	1:38.67
14 Sophie McEachern	12 DEBEN	1:46.17
15 Darcie Lee	12 NN VIKINGS	1:53.77
--- Marnie Palmer	12 DEREHAM OTTERS S	DQ

Event 304 Girls 13 Year Olds 100 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Emilia Butt	13 DEBEN	1:13.48
2 Evie Dixon	13 GT YARMOUTH	1:16.67
3 Lois Alderton-Jode	13 CO NORWICH SC	1:17.04
4 Charley Taylor	13 DEREHAM OTTERS S	1:18.08
5 Nellie Chadderton	13 WEST NORFOLK	1:19.11
6 Evie Mantle	13 CO NORWICH SC	1:22.01
7 Leona Scott	13 CO NORWICH SC	1:23.09
8 Amber Bunting	13 THETFORD	1:24.09
9 Amelia Glennon	13 LEISTON	1:26.28

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(Event 304 Girls 13 Year Olds 100 LC Meter Backstroke)

Name	Age	Team	Finals Time
10 Sophia Whitbourn	13	CO NORWICH SC	1:27.33
11 Nyree Robertson	13	DEBEN	1:28.02
12 Frances Hurst	13	WEST NORFOLK	1:29.58
13 Tessa Knights	13	TEAM WAVENEY	1:30.48
14 Elsa French	13	CO NORWICH SC	1:31.29
15 Elodie Hupton	13	CO NORWICH SC	1:34.79

Event 304 Girls 14 & Over 100 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Annika Mueller	14	CO NORWICH SC	1:12.98
2 Dayna Arbon	19	CO NORWICH SC	1:13.10
3 Emily Colls	14	TEAM WAVENEY	1:14.33
4 Isla Staton	14	MARCH MARLINS	1:14.51
5 Olivia Butlin	14	THETFORD	1:14.68
6 India Clement	14	WEST SUFFOLK	1:15.35
7 Grace Parker	14	CO NORWICH SC	1:15.38
8 Grace Cook	17	CO NORWICH SC	1:15.75
9 Summer Endicott	17	CO NORWICH SC	1:15.88
10 Charlotte Rooke	14	CO NORWICH SC	1:17.83
11 Emily Tatam	22	CO NORWICH SC	1:18.61
12 Chloe Farrington S15	15	CO NORWICH SC	1:18.81
13 Maelys Jacquet	14	DEBEN	1:19.48
14 Maggi Woodrow	14	GT YARMOUTH	1:20.39
15 Sophie Rochester	15	DISS OTTERS	1:21.37
16 Madison Hicks	14	WEST NORFOLK	1:21.42
*17 Ella Goodswen	15	CO NORWICH SC	1:21.91
*17 Layla Callaby	14	NN VIKINGS	1:21.91
19 Starr Nichols	15	GT YARMOUTH	1:22.03
20 Daisy Covell	16	WEST NORFOLK	1:23.78
21 Kitty Payne	14	MARCH MARLINS	1:23.93
22 Nora Koehler	15	CO NORWICH SC	1:24.31
23 Daisy Munro	14	THETFORD	1:25.20
24 Erin Hanna	14	THETFORD	1:25.22
25 Saskia Poon	18	CO NORWICH SC	1:25.65
26 Kari-Ella Bailey	15	WEST NORFOLK	1:26.17
27 Molly Smith	14	WEST SUFFOLK	1:27.34
28 Holly Hannah	14	CO NORWICH SC	1:27.50
29 Olivia Canham	14	THETFORD	1:28.42
30 Daisy Lewis	14	DISS OTTERS	1:30.39
31 Amelia Ramjohn	14	THETFORD	1:30.92
32 Leah Powell	17	DEBEN	1:35.31
33 Amber Clark	15	NN VIKINGS	1:36.84

Event 305 Boys 9 Year Olds 50 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Mason Mitchell	9	CO NORWICH SC	41.43
2 Elliott Allen	9	CO NORWICH SC	43.34
3 James Laws	9	CO NORWICH SC	47.66
4 Tyler Jenness	9	DEREHAM OTTERS S	47.80
5 Lucas Beltran	9	WEST SUFFOLK	50.75
6 Henry Roper	9	CO NORWICH SC	55.60

Event 305 Boys 10 Year Olds 50 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Laurie Scrivener	10	LEISTON	38.94
2 Logan Chambers	10	CO NORWICH SC	40.28
3 Noah Clarke	10	GT YARMOUTH	43.18

4 Michael Hughes-Asamoah	10	WEST SUFFOLK	44.85
5 Joshua Dinwiddie	10	LEISTON	44.89
6 Felix Faustino-Kemp	10	CO NORWICH SC	46.37
7 Max Whalen	10	CO NORWICH SC	46.50
8 Ronnie Ringwood	10	CO NORWICH SC	46.67
9 Nathan Bould	10	CO NORWICH SC	46.68
10 Sammy Shelton	10	GT YARMOUTH	50.33
11 Tristan Alzani	10	CO NORWICH SC	52.25
12 Barnaby Brown	10	WEST SUFFOLK	56.50

Event 305 Boys 11 Year Olds 50 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Leo Wilkins	11	GT YARMOUTH	40.75
2 Isaac Scott	11	CO NORWICH SC	41.65
3 Ammar Alfiky	11	CO NORWICH SC	41.98
4 Noah Carass	11	GT YARMOUTH	43.97
5 Finn Callaby	11	NN VIKINGS	44.30
6 Elias Beltran	11	WEST SUFFOLK	46.79
7 Rory Fernandez	11	DEREHAM OTTERS S	48.39
8 Harry Taylor	11	WEST SUFFOLK	49.49

Event 305 Boys 12 Year Olds 50 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Bradley Forder	12	CO NORWICH SC	34.25
2 Jack Tooke	12	THETFORD	37.04
3 Max Fello	12	CO NORWICH SC	37.12
4 Bay Smith	12	WEST NORFOLK	37.19
5 Francisco Estanol-Chandler	12	THETFORD	37.54
6 Ekin Banford	12	CO NORWICH SC	37.81
7 Alfie McClure	12	MARCH MARLINS	38.04
8 Max Battle	12	DEBEN	39.85
9 William Harker	12	LEISTON	39.98
10 Felix Brown	12	WEST SUFFOLK	40.19
11 Charlie Jones	12	GT YARMOUTH	40.70
12 Isaac Dinwiddie	12	LEISTON	41.38
13 Finley Lane	12	CO NORWICH SC	41.65
14 James Adams	12	WEST SUFFOLK	41.69
15 Thomas Scrivener	12	LEISTON	42.10
16 Jude Brown	12	WEST SUFFOLK	42.42
17 Dylan Haylock	12	MARCH MARLINS	44.30
18 Alex Karliyчук	12	TEAM WAVENEY	44.41
19 Christian Lupsa	12	WEST SUFFOLK	45.61

Event 305 Boys 13 Year Olds 50 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Thomas Mutton	13	DEBEN	32.68
2 Benedict Koehler	13	CO NORWICH SC	33.64
3 Junru Cai	13	WEST NORFOLK	34.16
4 James Jones	13	THETFORD	34.40
5 Theo Middlebrook	13	THETFORD	36.41
6 Ethan Bailey	13	CO NORWICH SC	36.78
7 Freddie Wakefield	13	WEST NORFOLK	36.93
8 Aiden Gale	13	LEISTON	37.61
9 Daniel Evans	13	DEBEN	37.84
10 George Punter	13	GT YARMOUTH	39.04
11 Luke Wilson	13	WEST NORFOLK	41.73
12 Oscar Lincoln	13	TEAM WAVENEY	47.02

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Event 305 Boys 14 & Over 50 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Nathan Yeaman	18	WEST NORFOLK	29.48
2 Joe Hammond	18	CO NORWICH SC	30.18
3 Cameron Jackson	16	DEBEN	31.22
4 Oliver Butt	15	DEBEN	31.56
5 Thomas-Arthur Jagger	17	WEST NORFOLK	31.73
6 George Everett	16	WEST SUFFOLK	31.87
7 Jack Riding	14	THETFORD	31.93
8 Harry Vidal-Greenwood	14	WEST SUFFOLK	32.00
9 Sid Jones	15	CO NORWICH SC	32.17
10 Joshua Taylor	16	DEREHAM OTTERS S	33.13
11 Harry Loveland	16	GT YARMOUTH	33.41
12 Harry Clarke	14	WEST NORFOLK	33.44
13 Archie McClure	14	MARCH MARLINS	33.50
14 Harry Smart	23	WEST SUFFOLK	33.54
15 James Tooke	14	DEBEN	33.84
16 Samuel Liddell	15	WEST NORFOLK	33.88
17 Mason Riley	14	MARCH MARLINS	34.33
18 Zackary Goodwin	14	THETFORD	34.37
19 Charlie Latta Diaz	14	THETFORD	35.49
20 Kirill Ivanenco	14	WEST NORFOLK	35.53
21 Zack Edridge	16	NN VIKINGS	35.87
22 William Nutt	14	DEREHAM OTTERS S	36.74
23 Adam Lemke	14	DISS OTTERS	36.84
24 Harvey Appleton-Barnes	16	DEREHAM OTTERS S	37.02
25 Arthur Corke	14	CO NORWICH SC	37.72

Event 306 Girls 9 Year Olds 50 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Petra Cooney	9	LEISTON	50.31
2 Bethany Linden-Ball	9	CO NORWICH SC	54.66
3 Eden Henery	9	CO NORWICH SC	55.36
4 Josie Searle	9	CO NORWICH SC	57.38
5 Mila Alves	9	CO NORWICH SC	59.94
6 Sadie Pendleton	9	WEST SUFFOLK	1:00.47
7 Taaliyah Sealey	9	CO NORWICH SC	1:01.30
8 Isla Sudlow	9	CO NORWICH SC	1:02.52
9 Gladys Drewry	9	CO NORWICH SC	1:06.23
10 Evie Doran	9	GT YARMOUTH	1:06.97
11 Freya Holden	9	WEST SUFFOLK	1:22.32

Event 306 Girls 10 Year Olds 50 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Freya Rooke	10	CO NORWICH SC	49.06
2 Ayla Morgan	10	CO NORWICH SC	49.80
3 Freya French	10	CO NORWICH SC	52.74
4 Caitlyn Chu Yun Ong	10	WEST SUFFOLK	53.38
5 Freya Newbury	10	GT YARMOUTH	57.73
6 Jasmine Jones	10	GT YARMOUTH	57.98
7 Emma Willimott	10	NN VIKINGS	1:02.47
8 Elizabeth Norburn	10	CO NORWICH SC	1:02.94
9 Lola Treumann	10	GT YARMOUTH	1:03.96
10 Freya Brigham	10	CO NORWICH SC	1:04.29

Event 306 Girls 11 Year Olds 50 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Harmony Smith	11	TEAM WAVENEY	41.34

2 Ella Plumb	11	WEST SUFFOLK	42.93
3 Libby Meale	11	CO NORWICH SC	44.03
*4 Heidi Bell	11	DEBEN	45.48
*4 Martha More	11	WEST NORFOLK	45.48
6 Katarina Owen	11	DISS OTTERS	45.77
*7 Charlotte Sawford	11	CO NORWICH SC	46.76
*7 Millie Suffling	11	CO NORWICH SC	46.76
9 Lily Woodward	11	CO NORWICH SC	47.36
10 Layla Rose Flory	11	LEISTON	48.17
11 Thea Pendleton	11	WEST SUFFOLK	48.48
12 Rosa Maguire	11	CO NORWICH SC	48.68
13 Gabriella Cooney	11	LEISTON	50.78
14 Rachel Nicholls	11	CO NORWICH SC	51.20
15 Amelie Bartram	11	THETFORD	51.47
16 Luna Ferreira-Balseiro	11	DEREHAM OTTERS S	51.70
17 Beatrice Holden	11	WEST SUFFOLK	55.58
18 Amelie Cutting	11	NN VIKINGS	56.12
19 Alexandra Bulpitt	11	LEISTON	57.46
20 Annabelle Bartlett	11	DEREHAM OTTERS S	58.06
--- Rose Newbrook	11	NN VIKINGS	DQ

Event 306 Girls 12 Year Olds 50 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Elizabeth Litvinenko	12	WEST NORFOLK	39.26
2 Lexi Cole	12	CO NORWICH SC	40.68
3 Ruby Cranfield	12	MARCH MARLINS	41.26
4 Imogen Parnell	12	DEREHAM OTTERS S	41.28
5 Mabelle Chadderton	12	WEST NORFOLK	42.00
6 Alexandra Cerps	12	WEST NORFOLK	43.78
7 Dolcie Underwood	12	DEREHAM OTTERS S	44.11
8 Harriet Wells	12	WEST NORFOLK	44.16
9 Evie Harris-Joy	12	GT YARMOUTH	44.66
10 Arhane Gaska	12	CO NORWICH SC	46.26
11 Amelia Rodgers	12	WEST NORFOLK	47.09
12 Matilda Holt	12	CO NORWICH SC	48.78
13 Ella Treumann	12	GT YARMOUTH	48.83
14 Milly Edridge	12	NN VIKINGS	49.02
15 Selby Barnes	12	GT YARMOUTH	49.09
16 Vanessa Ceponyte	12	WEST SUFFOLK	49.20
17 Isabella Barton	12	THETFORD	51.09
18 Stefanie Smolczewski	12	NN VIKINGS	51.29
19 Lexie Parker	12	NN VIKINGS	51.44
20 Liliana Nassyrova	12	CO NORWICH SC	52.05
21 Tilly Taylor	12	WEST SUFFOLK	53.95
22 Darcie Lee	12	NN VIKINGS	1:02.17
--- Sophie McEachern	12	DEBEN	DQ

Event 306 Girls 13 Year Olds 50 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Elinor McTaggart	13	DEBEN	37.35
2 Olivia Bradley	13	THETFORD	41.20
3 Emily May	13	LEISTON	41.92
4 Mia King	13	TEAM WAVENEY	42.15
5 Evie Mantle	13	CO NORWICH SC	43.73
6 Evie Dixon	13	GT YARMOUTH	44.02
7 Diana Jonynaite	13	THETFORD	44.79
8 Nyree Robertson	13	DEBEN	45.39
9 Frances Hurst	13	WEST NORFOLK	46.77

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(Event 306 Girls 13 Year Olds 50 LC Meter Breaststroke)

Name	AgeTeam	Finals Time
10 Elsa French	13 CO NORWICH SC	46.97
11 Evie Wade	13 DEREHAM OTTERS S	47.20
12 Elodie Hupton	13 CO NORWICH SC	49.14
13 Erin Sheehy	13 CO NORWICH SC	52.64
14 Tessa Knights	13 TEAM WAVENEY	53.36
--- Lilly Wijesingha	13 CO NORWICH SC	DQ

Event 306 Girls 14 & Over 50 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Amber Ridgeon	20 LEISTON	37.21
2 Lyla Fello	16 CO NORWICH SC	37.95
3 India Clement	14 WEST SUFFOLK	38.59
4 Grace Mutton	15 DEBEN	38.73
5 Niamh McAuley	15 CO NORWICH SC	38.87
6 Emily Colls	14 TEAM WAVENEY	39.88
7 Lynne Meale	48 CO NORWICH SC	40.16
8 Isla Staton	14 MARCH MARLINS	40.20
9 Annika Mueller	14 CO NORWICH SC	40.54
10 Pola Allison	17 CO NORWICH SC	40.68
11 Elizabeth Howden	17 WEST SUFFOLK	40.93
12 Isabelle Patterson	15 CO NORWICH SC	41.00
13 Lilley Dring	16 DEBEN	41.02
14 Dayna Arbon	19 CO NORWICH SC	41.16
15 Izzy Sawford	15 CO NORWICH SC	41.50
16 Olivia Murphy	14 DEBEN	42.01
17 Daisy Munro	14 THETFORD	42.14
18 Hilary Drewry	14 CO NORWICH SC	42.47
19 Lola Abram	14 CO NORWICH SC	43.37
20 Amber Clark	15 NN VIKINGS	43.80
21 Kitty Payne	14 MARCH MARLINS	43.81
22 Daisy Covell	16 WEST NORFOLK	44.47
23 Olivia Canham	14 THETFORD	44.80
24 Kari-Ella Bailey	15 WEST NORFOLK	44.93
25 Imogen Forrester	16 DEBEN	45.56
*26 Maggi Woodrow	14 GT YARMOUTH	45.85
*26 Nora Koehler	15 CO NORWICH SC	45.85
28 Ellen Turner	14 NN VIKINGS	48.13
29 Starr Nichols	15 GT YARMOUTH	48.36
30 Saskia Poon	18 CO NORWICH SC	48.56
31 Daisy Lewis	14 DISS OTTERS	49.58
32 Richenda-Rose Gaze	15 THETFORD	50.14
33 Amelia Ramjohn	14 THETFORD	50.44
34 Chloe Farrington S15	15 CO NORWICH SC	53.02

Event 307 Boys 9 Year Olds 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 James Laws	9 CO NORWICH SC	7:03.36

Event 307 Boys 10 Year Olds 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Leo Linford-Hazell	10 CO NORWICH SC	5:57.50
2 Sasha Smith	10 WEST SUFFOLK	5:57.94

Event 307 Boys 11 Year Olds 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 George Abram	11 CO NORWICH SC	5:31.07
2 Ammar Alfiky	11 CO NORWICH SC	6:17.13

Event 307 Boys 12 Year Olds 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Bradley Forder	12 CO NORWICH SC	5:18.57
2 Max Fello	12 CO NORWICH SC	5:25.99
3 Ekin Banford	12 CO NORWICH SC	5:34.21
4 Joshua Norris	12 WEST NORFOLK	5:38.24
5 Jude Brown	12 WEST SUFFOLK	5:47.96
6 Francisco Estanol-Chandler	12 THETFORD	5:51.75
7 Finley Lane	12 CO NORWICH SC	5:51.80
8 Xander Hollier	12 CO NORWICH SC	5:52.36

Event 307 Boys 13 Year Olds 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Noah Goodson	13 WEST NORFOLK	4:42.53
2 James Jones	13 THETFORD	5:08.92
3 Aiden Gale	13 LEISTON	5:10.41
4 Freddie Wakefield	13 WEST NORFOLK	5:16.05
5 Charlie Pickering	13 GT YARMOUTH	5:19.60
6 Benedict Koehler	13 CO NORWICH SC	5:37.61
7 Toby Corfield	13 CO NORWICH SC	5:39.78

Event 307 Boys 14 & Over 400 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Kye Harrington	17 WEST NORFOLK	4:37.36
2 Daniel Grimmer	19 WEST NORFOLK	4:37.48
3 George Everett	16 WEST SUFFOLK	4:40.51
4 Oliver Norris	16 WEST NORFOLK	4:43.17
5 Oliver Butt	15 DEBEN	4:48.20
6 George Pike	15 CO NORWICH SC	4:56.47
7 George Edridge	16 NN VIKINGS	4:58.46
8 James Koehler	17 CO NORWICH SC	5:06.65
9 Kirill Ivanenco	14 WEST NORFOLK	5:09.41
10 William Nutt	14 DEREHAM OTTERS S	5:16.55

Event 401 Girls 9 Year Olds 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Maisie Wade	9 CO NORWICH SC	3:18.64
2 Isla Sudlow	9 CO NORWICH SC	3:59.77
3 Mila Alves	9 CO NORWICH SC	4:01.10
4 Taaliyah Sealey	9 CO NORWICH SC	4:04.74
5 Eden Henery	9 CO NORWICH SC	4:08.11

Event 401 Girls 10 Year Olds 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Nancy Wiskin	10 CO NORWICH SC	3:05.80
2 Freyja Rooke	10 CO NORWICH SC	3:16.12
3 Ayla Morgan	10 CO NORWICH SC	3:22.06
4 Caitlyn Chu Yun Ong	10 WEST SUFFOLK	3:28.74
5 Lily Isaacson	10 CO NORWICH SC	3:30.13
6 Niamh Parnell	10 DEREHAM OTTERS S	3:33.73
7 Ffion Tyley	10 CO NORWICH SC	3:33.76
8 Mairead Holmes	10 TEAM WAVENEY	3:36.71
9 Emma Willimott	10 NN VIKINGS	3:37.77
10 Jasmine Jones	10 GT YARMOUTH	3:40.95
11 Elizabeth Norburn	10 CO NORWICH SC	3:42.20
12 Freya Newbury	10 GT YARMOUTH	3:54.30

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Results

Event 401 Girls 11 Year Olds 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Martha More	11 WEST NORFOLK	2:50.03
2 Harmony Smith	11 TEAM WAVENEY	2:56.90
3 Harriet Feaviour	11 MARCH MARLINS	3:03.30
4 Daisy Mortimer-Coles	11 TEAM WAVENEY	3:04.74
5 Isla Thorpe	11 CO NORWICH SC	3:11.40
6 Ella Plumb	11 WEST SUFFOLK	3:11.71
7 Emily Hannah	11 CO NORWICH SC	3:12.30
8 Matilda Paterson	11 CO NORWICH SC	3:13.26
9 Rosa Maguire	11 CO NORWICH SC	3:19.07
10 Lily Woodward	11 CO NORWICH SC	3:20.78
11 Millie Suffling	11 CO NORWICH SC	3:21.79
12 Gabriella Cooney	11 LEISTON	3:22.93
13 Ama Filote	11 TEAM WAVENEY	3:23.30
14 Libby Meale	11 CO NORWICH SC	3:29.21
15 Amelie Cutting	11 NN VIKINGS	3:29.30

Event 401 Girls 12 Year Olds 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Elizabeth Litvinenko	12 WEST NORFOLK	2:46.45
2 Lexi Cole	12 CO NORWICH SC	2:57.12
3 Ellen Akerstone	12 CO NORWICH SC	2:57.60
4 Amelia Rodgers	12 WEST NORFOLK	3:06.04
5 Selby Barnes	12 GT YARMOUTH	3:07.54
6 Daisy Winterbottom	12 DISS OTTERS	3:08.16
7 Ettie Pearce	12 DEBEN	3:22.95
8 Liliana Nassyrova	12 CO NORWICH SC	3:28.26
9 Matilda Holt	12 CO NORWICH SC	3:28.77

Event 401 Girls 13 Year Olds 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Charley Taylor	13 DEREHAM OTTERS S	2:48.05
2 Nellie Chadderton	13 WEST NORFOLK	2:48.87
3 Amelia Glennon	13 LEISTON	2:53.18
4 Amber Bunting	13 THETFORD	3:10.34
5 Sophia Whitbourn	13 CO NORWICH SC	3:11.21
6 Frances Hurst	13 WEST NORFOLK	3:11.66
7 Nyree Robertson	13 DEBEN	3:13.38
--- Holly Hensellek	13 GT YARMOUTH	DQ

Event 401 Girls 14 & Over 200 LC Meter IM

Name	AgeTeam	Finals Time
1 Freya May	15 LEISTON	2:37.99
2 Grace Mutton	15 DEBEN	2:41.17
3 India Clement	14 WEST SUFFOLK	2:42.27
4 Isla Staton	14 MARCH MARLINS	2:44.17
5 Dayna Arbon	19 CO NORWICH SC	2:45.04
6 Madison Hicks	14 WEST NORFOLK	2:50.63
7 Isabelle Patterson	15 CO NORWICH SC	2:51.92
8 Maggi Woodrow	14 GT YARMOUTH	2:54.29
9 Kitty Payne	14 MARCH MARLINS	2:56.08
10 Chloe Farrington S15	15 CO NORWICH SC	2:57.00
11 Amelie Parnell	14 DEREHAM OTTERS S	2:57.49
12 Starr Nichols	15 GT YARMOUTH	3:03.12
13 Amber Clark	15 NN VIKINGS	3:03.22
14 Nora Koehler	15 CO NORWICH SC	3:04.62
15 Liv Brewer	14 DISS OTTERS	3:05.39

16 Holly Hannah	14 CO NORWICH SC	3:06.93
17 Molly Smith	14 WEST SUFFOLK	3:07.02
18 Daisy Covell	16 WEST NORFOLK	3:07.98
19 Daisy Munro	14 THETFORD	3:10.15
20 Ellen Turner	14 NN VIKINGS	3:12.95
21 Pola Allison	17 CO NORWICH SC	3:19.21
22 Daisy Lewis	14 DISS OTTERS	3:26.23

Event 402 Boys 9 Year Olds 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Elliott Allen	9 CO NORWICH SC	3:25.32
2 Lucas Beltran	9 WEST SUFFOLK	4:00.33

Event 402 Boys 10 Year Olds 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Logan Chambers	10 CO NORWICH SC	3:06.73
2 Noah Clarke	10 GT YARMOUTH	3:16.29
3 Max Whalen	10 CO NORWICH SC	3:35.54
4 Felix Faustino-Kemp	10 CO NORWICH SC	3:40.31
5 Barnaby Brown	10 WEST SUFFOLK	4:08.44

Event 402 Boys 11 Year Olds 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Leo Wilkins	11 GT YARMOUTH	2:58.92
2 Ammar Alfiky	11 CO NORWICH SC	3:06.40
3 Noah Carass	11 GT YARMOUTH	3:24.26
4 Elias Beltran	11 WEST SUFFOLK	3:47.21
5 Daniel Horn	11 WEST SUFFOLK	3:49.05
--- Rory Fernandez	11 DEREHAM OTTERS S	DQ

Event 402 Boys 12 Year Olds 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Max Fello	12 CO NORWICH SC	2:47.30
2 Francisco Estanol-Chandler	12 THETFORD	3:02.37
3 Finley Lane	12 CO NORWICH SC	3:03.46
4 Charlie Jones	12 GT YARMOUTH	3:05.28
5 Felix Brown	12 WEST SUFFOLK	3:07.48
6 Dylan Haylock	12 MARCH MARLINS	3:19.49
7 Christian Lupsa	12 WEST SUFFOLK	3:31.17
--- Jesse Knight	12 LEISTON	X2:26.07

Event 402 Boys 13 Year Olds 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Thomas Mutton	13 DEBEN	2:30.01
2 James Jones	13 THETFORD	2:37.70
3 Reuben Seaman	13 CO NORWICH SC	2:38.20
4 Freddie Wakefield	13 WEST NORFOLK	2:47.34
5 Aiden Gale	13 LEISTON	2:49.72

Event 402 Boys 14 & Over 200 LC Meter Backstroke

Name	AgeTeam	Finals Time
1 Oliver Butt	15 DEBEN	2:27.87
2 Harry Vidal-Greenwood	14 WEST SUFFOLK	2:28.57
3 Cameron Jackson	16 DEBEN	2:29.66
4 Thomas-Arthur Jagger	17 WEST NORFOLK	2:38.59
5 Harry Clarke	14 WEST NORFOLK	2:40.48
6 James Tooke	14 DEBEN	2:42.70
7 Charles Stock	16 TEAM WAVENEY	2:45.10
8 Joshua Parker	18 WEST NORFOLK	2:51.09
9 Adam Lemke	14 DISS OTTERS	2:56.18

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Results

(Event 402 Boys 14 & Over 200 LC Meter Backstroke)

Name	AgeTeam	Finals Time
10 Arthur Corke	14 CO NORWICH SC	3:02.63

Event 403 Girls 10 Year Olds 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Nancy Wiskin	10 CO NORWICH SC	1:35.46
2 Marnie Mitchell	10 CO NORWICH SC	1:39.83
3 Emma Willimott	10 NN VIKINGS	1:46.53
4 Ayla Morgan	10 CO NORWICH SC	1:47.01
5 Charlotte Malachowski	10 CO NORWICH SC	1:47.55
6 Elizabeth Norburn	10 CO NORWICH SC	1:50.63
7 Caitlyn Chu Yun Ong	10 WEST SUFFOLK	1:54.60
8 Jasmine Jones	10 GT YARMOUTH	1:55.99

Event 403 Girls 11 Year Olds 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Martha More	11 WEST NORFOLK	1:23.92
2 Harriet Feaviour	11 MARCH MARLINS	1:27.33
3 Emily Hannah	11 CO NORWICH SC	1:37.18
4 Isla Thorpe	11 CO NORWICH SC	1:37.64
5 Amelie Cutting	11 NN VIKINGS	1:45.74
6 Elizabeth Spraggons	11 CO NORWICH SC	1:46.12
7 Amelie Bartram	11 THETFORD	1:49.55

Event 403 Girls 12 Year Olds 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Elizabeth Litvinenko	12 WEST NORFOLK	1:13.32
2 Dolcie Underwood	12 DEREHAM OTTERS S	1:18.63
3 Harriet Wells	12 WEST NORFOLK	1:21.22
4 Ellen Akerstone	12 CO NORWICH SC	1:22.42
5 Amelia Rodgers	12 WEST NORFOLK	1:32.19
6 Mia Kaiser	12 CO NORWICH SC	1:41.18
7 Isabella Barton	12 THETFORD	1:45.74
8 Darcie Lee	12 NN VIKINGS	2:07.41

Event 403 Girls 13 Year Olds 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Emilia Butt	13 DEBEN	1:24.41
2 Amelia Glennon	13 LEISTON	1:27.22
3 Leona Scott	13 CO NORWICH SC	1:35.37
4 Holly Hensellek	13 GT YARMOUTH	1:36.53
5 Sophia Whitbourn	13 CO NORWICH SC	1:38.19

Event 403 Girls 14 & Over 100 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Freya May	15 LEISTON	1:09.30
2 Olivia Murphy	14 DEBEN	1:13.42
3 Annika Mueller	14 CO NORWICH SC	1:15.05
4 Olivia Butlin	14 THETFORD	1:15.35
5 Isla Staton	14 MARCH MARLINS	1:15.52
6 Charlotte Rooke	14 CO NORWICH SC	1:15.90
7 India Clement	14 WEST SUFFOLK	1:16.26
8 Harriet Townend	14 CO NORWICH SC	1:19.64
9 Hilary Drewry	14 CO NORWICH SC	1:19.82
10 Maelys Jacquet	14 DEBEN	1:20.98
11 Kitty Payne	14 MARCH MARLINS	1:21.07
12 Emily Tatam	22 CO NORWICH SC	1:21.97
13 Grace Cook	17 CO NORWICH SC	1:22.54
14 Holly Hannah	14 CO NORWICH SC	1:23.64

15 Madison Hicks	14 WEST NORFOLK	1:24.62
16 Lola Abram	14 CO NORWICH SC	1:25.26
17 Chloe Farrington S15	15 CO NORWICH SC	1:26.04
18 Daisy Lewis	14 DISS OTTERS	1:54.44

Event 404 Boys 9 Year Olds 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Mason Mitchell	9 CO NORWICH SC	1:23.65
2 Elliott Allen	9 CO NORWICH SC	1:28.11
3 Tyler Jenness	9 DEREHAM OTTERS S	1:32.96
4 James Laws	9 CO NORWICH SC	1:33.82
5 Lucas Beltran	9 WEST SUFFOLK	1:42.41
6 Luca Filote	9 TEAM WAVENEY	1:46.32
7 Henry Roper	9 CO NORWICH SC	1:49.90

Event 404 Boys 10 Year Olds 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Laurie Scrivener	10 LEISTON	1:14.75
2 George Pickering	10 GT YARMOUTH	1:19.94
3 Logan Chambers	10 CO NORWICH SC	1:20.64
4 Noah Clarke	10 GT YARMOUTH	1:23.52
5 Michael Hughes-Asamoah	10 WEST SUFFOLK	1:24.03
6 Felix Faustino-Kemp	10 CO NORWICH SC	1:28.63
7 Bill Dean	10 THETFORD	1:31.09
8 Joshua Dinwiddie	10 LEISTON	1:32.40
9 Max Whalen	10 CO NORWICH SC	1:33.94
10 Nathan Bould	10 CO NORWICH SC	1:36.65
11 Ronnie Ringwood	10 CO NORWICH SC	1:41.09
12 Barnaby Brown	10 WEST SUFFOLK	1:53.24
13 Tristan Alzani	10 CO NORWICH SC	1:55.23

Event 404 Boys 11 Year Olds 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 George Abram	11 CO NORWICH SC	1:11.70
2 Leo Wilkins	11 GT YARMOUTH	1:16.05
3 Ammar Alfiky	11 CO NORWICH SC	1:23.97
4 Finn Callaby	11 NN VIKINGS	1:25.81
5 Noah Carass	11 GT YARMOUTH	1:29.06
6 Elias Beltran	11 WEST SUFFOLK	1:36.34
7 Daniel Horn	11 WEST SUFFOLK	1:37.57
8 Rory Fernandez	11 DEREHAM OTTERS S	1:43.36

Event 404 Boys 12 Year Olds 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Sonny Dean	12 THETFORD	1:09.22
2 Bradley Forder	12 CO NORWICH SC	1:09.53
3 Jack Tooke	12 THETFORD	1:10.67
4 Ekin Banford	12 CO NORWICH SC	1:11.82
5 Bay Smith	12 WEST NORFOLK	1:12.03
6 Thomas Scrivener	12 LEISTON	1:12.61
7 Alfie McClure	12 MARCH MARLINS	1:12.75
8 Jude Brown	12 WEST SUFFOLK	1:13.59
9 Max Battle	12 DEBEN	1:14.87
10 Joshua Norris	12 WEST NORFOLK	1:15.43
11 William Harker	12 LEISTON	1:16.10
12 Francisco Estanol-Chandler	12 THETFORD	1:16.18
13 Felix Brown	12 WEST SUFFOLK	1:16.29
14 Alex Karlychuk	12 TEAM WAVENEY	1:17.32
15 Charlie Jones	12 GT YARMOUTH	1:19.17

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(Event 404 Boys 12 Year Olds 100 LC Meter Freestyle)

Name	AgeTeam	Finals Time
16 Isaac Dinwiddie	12 LEISTON	1:21.42
17 Christian Lupsa	12 WEST SUFFOLK	1:25.48
18 James Adams	12 WEST SUFFOLK	1:26.37
--- Jesse Knight	12 LEISTON	X1:00.47

Event 404 Boys 13 Year Olds 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Noah Goodson	13 WEST NORFOLK	1:02.87
2 Cruze Joseph	13 THETFORD	1:03.08
3 Thomas Mutton	13 DEBEN	1:04.16
4 Ethan Bailey	13 CO NORWICH SC	1:06.22
5 Harry Edwards	13 TEAM WAVENEY	1:07.48
6 Aiden Gale	13 LEISTON	1:07.85
7 Benedict Koehler	13 CO NORWICH SC	1:08.43
8 James Jones	13 THETFORD	1:08.46
9 Freddie Wakefield	13 WEST NORFOLK	1:09.85
10 Charlie Pickering	13 GT YARMOUTH	1:09.89
11 Toby Corfield	13 CO NORWICH SC	1:10.95
12 Daniel Evans	13 DEBEN	1:11.21
13 Seb Wickes	13 WEST SUFFOLK	1:12.01
14 George Punter	13 GT YARMOUTH	1:12.76
15 Luke Wilson	13 WEST NORFOLK	1:15.60

Event 404 Boys 14 & Over 100 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Ben Every	17 TEAM WAVENEY	54.31
2 Reggie Britcher	16 THETFORD	57.53
3 Daniel Grimmer	19 WEST NORFOLK	57.67
4 Kye Harrington	17 WEST NORFOLK	58.24
5 Emiel Korstanje	17 WEST SUFFOLK	58.78
6 Joe Hammond	18 CO NORWICH SC	59.17
7 Rejus Mazeika	15 WEST NORFOLK	59.81
8 James Koehler	17 CO NORWICH SC	59.83
9 Oliver Norris	16 WEST NORFOLK	1:00.26
10 Nathan Yeaman	18 WEST NORFOLK	1:00.42
11 George Edridge	16 NN VIKINGS	1:01.03
12 Samuel Liddell	15 WEST NORFOLK	1:02.09
13 Joshua Taylor	16 DEREHAM OTTERS S	1:02.27
14 Harvey Appleton-Barnes	16 DEREHAM OTTERS S	1:02.36
15 Archie McClure	14 MARCH MARLINS	1:02.77
16 Razvan Platon	16 CO NORWICH SC	1:03.43
*17 Connor Goldsmith	16 WEST SUFFOLK	1:04.35
*17 Zack Edridge	16 NN VIKINGS	1:04.35
19 Harry Smart	23 WEST SUFFOLK	1:04.39
20 Zackary Goodwin	14 THETFORD	1:04.77
21 Charles Stock	16 TEAM WAVENEY	1:05.00
22 Kirill Ivanenco	14 WEST NORFOLK	1:05.29
23 William Nutt	14 DEREHAM OTTERS S	1:05.37
24 Austin Taylor	16 CO NORWICH SC	1:05.47
25 Mason Riley	14 MARCH MARLINS	1:05.99
26 Harry Loveland	16 GT YARMOUTH	1:06.27
27 Bayley Harris	17 DEBEN	1:06.71
28 Thomas Elsdon	15 WEST NORFOLK	1:07.33
29 George Letts	14 DEBEN	1:07.58
30 Arthur Corke	14 CO NORWICH SC	1:09.88
31 Adam Lemke	14 DISS OTTERS	1:11.03

32 Joshua Parker 18 WEST NORFOLK 1:12.30

Event 405 Girls 9 Year Olds 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Petra Cooney	9 LEISTON	38.78
2 Amanda Ceponyte	9 WEST SUFFOLK	39.37
3 Taaliyah Sealey	9 CO NORWICH SC	41.10
4 Eden Henery	9 CO NORWICH SC	41.91
5 Gladys Drewry	9 CO NORWICH SC	42.86
6 Bethany Linden-Ball	9 CO NORWICH SC	43.17
7 Mila Alves	9 CO NORWICH SC	43.94
8 Josie Searle	9 CO NORWICH SC	43.98
9 Isla Sudlow	9 CO NORWICH SC	44.13
10 Evie Doran	9 GT YARMOUTH	44.58
11 Sadie Pendleton	9 WEST SUFFOLK	49.63
12 Rebecca Hughes	9 WEST SUFFOLK	49.80
13 Freya Holden	9 WEST SUFFOLK	53.52

Event 405 Girls 10 Year Olds 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Ffion Tyley	10 CO NORWICH SC	35.20
2 Nancy Wiskin	10 CO NORWICH SC	35.38
3 Emma Willimott	10 NN VIKINGS	36.56
4 Mairead Holmes	10 TEAM WAVENEY	36.94
5 Caitlyn Chu Yun Ong	10 WEST SUFFOLK	37.94
6 Lily Isaacson	10 CO NORWICH SC	38.57
7 Elizabeth Norburn	10 CO NORWICH SC	39.00
8 Niamh Parnell	10 DEREHAM OTTERS S	39.51
9 Marnie Mitchell	10 CO NORWICH SC	39.54
10 Charlotte Malachowski	10 CO NORWICH SC	39.79
11 Freya French	10 CO NORWICH SC	40.45
12 Freya Newbury	10 GT YARMOUTH	40.64
13 Jasmine Jones	10 GT YARMOUTH	41.74

Event 405 Girls 11 Year Olds 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Harmony Smith	11 TEAM WAVENEY	31.89
2 Leah Spinks	11 DISS OTTERS	34.09
*3 Libby Meale	11 CO NORWICH SC	34.10
*3 Harriet Feaviour	11 MARCH MARLINS	34.10
*5 Heidi Bell	11 DEBEN	35.06
*5 Katarina Owen	11 DISS OTTERS	35.06
7 Matilda Paterson	11 CO NORWICH SC	35.18
8 Daisy Mortimer-Coles	11 TEAM WAVENEY	35.37
9 Vivienne Letts	11 DEBEN	35.83
*10 Isla Thorpe	11 CO NORWICH SC	35.99
*10 Francesca McKerr	11 THETFORD	35.99
12 Thea Pendleton	11 WEST SUFFOLK	36.42
13 Amelie Bartram	11 THETFORD	36.45
14 Gabriella Cooney	11 LEISTON	36.58
15 Emily Hannah	11 CO NORWICH SC	36.66
16 Ama Filote	11 TEAM WAVENEY	36.98
17 Alexandra Bulpitt	11 LEISTON	37.39
18 Beatrice Holden	11 WEST SUFFOLK	37.41
19 Charlotte Sawford	11 CO NORWICH SC	37.42
*20 Amelie Cutting	11 NN VIKINGS	37.61
*20 Luna Ferreira-Balseiro	11 DEREHAM OTTERS S	37.61
22 Millie Suffling	11 CO NORWICH SC	37.69
23 Lily Woodward	11 CO NORWICH SC	37.85

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(Event 405 Girls 11 Year Olds 50 LC Meter Freestyle)

Name	AgeTeam	Finals Time
24 Layla Rose Flory	11 LEISTON	38.79
25 Rachel Nicholls	11 CO NORWICH SC	38.83
26 Rose Newbrook	11 NN VIKINGS	39.88
27 Annabelle Bartlett	11 DEREHAM OTTERS S	42.13
28 Elizabeth Spraggons	11 CO NORWICH SC	42.47
--- Martha More	11 WEST NORFOLK	X32.60

Event 405 Girls 12 Year Olds 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Imogen Parnell	12 DEREHAM OTTERS S	30.20
2 Dolcie Underwood	12 DEREHAM OTTERS S	30.50
3 Harriet Wells	12 WEST NORFOLK	31.79
4 Lexi Cole	12 CO NORWICH SC	32.83
5 Mabelle Chadderton	12 WEST NORFOLK	33.87
6 Milly Edridge	12 NN VIKINGS	33.95
7 Alexandra Cerps	12 WEST NORFOLK	33.97
8 Ellen Akerstone	12 CO NORWICH SC	34.30
9 Selby Barnes	12 GT YARMOUTH	34.63
10 Vanessa Cepynte	12 WEST SUFFOLK	34.96
11 Marnie Palmer	12 DEREHAM OTTERS S	34.97
12 Liliana Nassyrova	12 CO NORWICH SC	34.98
13 Daisy Winterbottom	12 DISS OTTERS	35.07
14 Ettie Pearce	12 DEBEN	35.31
15 Amelia Rodgers	12 WEST NORFOLK	35.33
16 Evie Harris-Joy	12 GT YARMOUTH	35.37
17 Matilda Holt	12 CO NORWICH SC	35.81
18 Isabella Barton	12 THETFORD	36.41
19 Arhane Gaska	12 CO NORWICH SC	36.44
20 Stefanie Smolczewski	12 NN VIKINGS	37.24
21 Lexie Parker	12 NN VIKINGS	37.49
22 Mia Kaiser	12 CO NORWICH SC	37.63
23 Sophie McEachern	12 DEBEN	41.40
24 Darcie Lee	12 NN VIKINGS	43.00

Event 405 Girls 13 Year Olds 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Evie Dixon	13 GT YARMOUTH	30.27
2 Charley Taylor	13 DEREHAM OTTERS S	30.78
3 Lois Alderton-Jode	13 CO NORWICH SC	31.11
4 Elinor McTaggart	13 DEBEN	32.24
5 Emilia Butt	13 DEBEN	32.34
6 Leona Scott	13 CO NORWICH SC	32.51
7 Evie Mantle	13 CO NORWICH SC	33.15
8 Grace O'Loane	13 CO NORWICH SC	33.34
9 Sophia Whitbourn	13 CO NORWICH SC	34.28
10 Frances Hurst	13 WEST NORFOLK	34.93
11 Elsa French	13 CO NORWICH SC	35.05
12 Tessa Knights	13 TEAM WAVENEY	35.30
13 Holly Hensellek	13 GT YARMOUTH	36.52
14 Evie Wade	13 DEREHAM OTTERS S	38.90

Event 405 Girls 14 & Over 50 LC Meter Freestyle

Name	AgeTeam	Finals Time
1 Lyla Fello	16 CO NORWICH SC	29.36
2 Amber Ridgeon	20 LEISTON	29.72
3 Freya May	15 LEISTON	29.75
4 Dayna Arbon	19 CO NORWICH SC	29.94

5 Maelys Jacquet	14 DEBEN	30.31
6 Grace Mutton	15 DEBEN	30.49
7 Emma-Louise Lovegrove	16 THETFORD	30.54
8 Charlotte Rooke	14 CO NORWICH SC	30.63
9 Annika Mueller	14 CO NORWICH SC	30.73
10 Isabelle Patterson	15 CO NORWICH SC	30.77
11 Olivia Butlin	14 THETFORD	30.91
12 Summer Endicott	17 CO NORWICH SC	30.93
13 Hilary Drewry	14 CO NORWICH SC	30.94
14 Isla Staton	14 MARCH MARLINS	30.99
15 Harriet Townend	14 CO NORWICH SC	31.01
16 Olivia Murphy	14 DEBEN	31.27
17 Elizabeth Howden	17 WEST SUFFOLK	31.47
18 Abbi McTaggart	16 DEBEN	31.51
19 Grace Parker	14 CO NORWICH SC	31.55
20 Grace Cook	17 CO NORWICH SC	31.67
21 Kitty Payne	14 MARCH MARLINS	31.73
22 India Clement	14 WEST SUFFOLK	31.84
23 Maggi Woodrow	14 GT YARMOUTH	31.90
24 Izzy Sawford	15 CO NORWICH SC	31.92
25 Lola Abram	14 CO NORWICH SC	31.97
26 Pola Allison	17 CO NORWICH SC	32.13
27 Starr Nichols	15 GT YARMOUTH	32.34
28 Daisy Munro	14 THETFORD	32.45
29 Lynne Meale	48 CO NORWICH SC	32.46
30 Erin Hanna	14 THETFORD	32.61
31 Emily Tatam	22 CO NORWICH SC	32.70
32 Chloe Farrington S15	15 CO NORWICH SC	32.73
33 Layla Callaby	14 NN VIKINGS	32.78
34 Daisy Covell	16 WEST NORFOLK	33.05
35 Nora Koehler	15 CO NORWICH SC	33.14
36 Kari-Ella Bailey	15 WEST NORFOLK	33.61
37 Molly Smith	14 WEST SUFFOLK	33.68
38 Amber Clark	15 NN VIKINGS	33.87
39 Saskia Poon	18 CO NORWICH SC	33.93
40 Olivia Canham	14 THETFORD	34.28
41 Holly Hannah	14 CO NORWICH SC	34.78
42 Daisy Lewis	14 DISS OTTERS	35.02
43 Ellen Turner	14 NN VIKINGS	35.08
44 Saffron Binson	16 CO NORWICH SC	36.12
45 Leah Powell	17 DEBEN	36.46
46 Amelia Ramjohn	14 THETFORD	36.47
47 Richenda-Rose Gaze	15 THETFORD	40.26
--- Sophie Rochester	15 DISS OTTERS	DQ

Event 406 Boys 9 Year Olds 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Elliott Allen	9 CO NORWICH SC	41.35
2 James Laws	9 CO NORWICH SC	51.19
3 Mason Mitchell	9 CO NORWICH SC	51.68
4 Lucas Beltran	9 WEST SUFFOLK	1:00.41
5 Henry Roper	9 CO NORWICH SC	1:05.37
6 Reign Thornton	9 GT YARMOUTH	1:07.95

Event 406 Boys 10 Year Olds 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Laurie Scrivener	10 LEISTON	37.36
2 Noah Clarke	10 GT YARMOUTH	42.67

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Results

(Event 406 Boys 10 Year Olds 50 LC Meter Butterfly)

Name	AgeTeam	Finals Time
3 George Pickering	10 GT YARMOUTH	44.16
4 Logan Chambers	10 CO NORWICH SC	44.43
5 Felix Faustino-Kemp	10 CO NORWICH SC	47.86
6 Bill Dean	10 THETFORD	49.39
7 Nathan Bould	10 CO NORWICH SC	53.42
8 Sammy Shelton	10 GT YARMOUTH	53.79
9 Max Whalen	10 CO NORWICH SC	54.20
10 Joshua Dinwiddie	10 LEISTON	56.23
11 Tristan Alzani	10 CO NORWICH SC	1:00.94

Event 406 Boys 11 Year Olds 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Isaac Scott	11 CO NORWICH SC	38.28
2 George Abram	11 CO NORWICH SC	41.61
3 Leo Wilkins	11 GT YARMOUTH	42.52
4 Ammar Alfiky	11 CO NORWICH SC	49.70
5 Elias Beltran	11 WEST SUFFOLK	51.65
6 Rory Fernandez	11 DEREHAM OTTERS S	54.92
7 Daniel Horn	11 WEST SUFFOLK	1:03.12

Event 406 Boys 12 Year Olds 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Alfie McClure	12 MARCH MARLINS	33.61
2 Bradley Forder	12 CO NORWICH SC	34.99
3 Sonny Dean	12 THETFORD	35.00
4 Jack Tooke	12 THETFORD	35.89
5 Bay Smith	12 WEST NORFOLK	36.18
6 Ekin Banford	12 CO NORWICH SC	36.85
7 Max Battle	12 DEBEN	37.02
8 Felix Brown	12 WEST SUFFOLK	37.58
9 Michael Hughes	12 WEST SUFFOLK	39.09
10 Jude Brown	12 WEST SUFFOLK	39.26
11 Isaac Dinwiddie	12 LEISTON	39.37
12 Joshua Norris	12 WEST NORFOLK	39.51
13 Max Fello	12 CO NORWICH SC	39.64
14 Thomas Scrivener	12 LEISTON	40.81
15 Charlie Jones	12 GT YARMOUTH	43.32
16 William Harker	12 LEISTON	45.42
17 Christian Lupsa	12 WEST SUFFOLK	50.81
18 Alex Karlyichuk	12 TEAM WAVENEY	57.00

Event 406 Boys 13 Year Olds 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Junru Cai	13 WEST NORFOLK	31.00
2 Noah Goodson	13 WEST NORFOLK	31.62
3 Ethan Bailey	13 CO NORWICH SC	32.68
4 Theo Middlebrook	13 THETFORD	32.90
5 Cruze Joseph	13 THETFORD	33.47
6 Harry Edwards	13 TEAM WAVENEY	34.17
7 George Punter	13 GT YARMOUTH	35.39
8 Freddie Wakefield	13 WEST NORFOLK	36.32
9 Charlie Pickering	13 GT YARMOUTH	37.11
10 Seb Wickes	13 WEST SUFFOLK	37.21
11 Toby Corfield	13 CO NORWICH SC	37.41
12 Luke Wilson	13 WEST NORFOLK	37.61
13 Daniel Evans	13 DEBEN	37.83

Event 406 Boys 14 & Over 50 LC Meter Butterfly

Name	AgeTeam	Finals Time
1 Ben Every	17 TEAM WAVENEY	27.08
2 Harry Smart	23 WEST SUFFOLK	27.84
3 Daniel Grimmer	19 WEST NORFOLK	28.24
4 Rejus Mazeika	15 WEST NORFOLK	28.33
5 Nathan Yeaman	18 WEST NORFOLK	28.38
6 Joe Hammond	18 CO NORWICH SC	28.46
7 Joshua Taylor	16 DEREHAM OTTERS S	29.11
8 Kye Harrington	17 WEST NORFOLK	29.32
9 Logan Broadhurst	17 DEBEN	29.49
10 Reggie Britcher	16 THETFORD	29.87
11 Emiel Korstanje	17 WEST SUFFOLK	29.91
12 Finley Pawle	23 LEISTON	30.22
13 George Edridge	16 NN VIKINGS	30.29
14 Kirill Ivanenco	14 WEST NORFOLK	30.31
15 Archie McClure	14 MARCH MARLINS	30.46
16 Thomas Williams	17 WEST SUFFOLK	30.54
17 Samuel Liddell	15 WEST NORFOLK	30.77
18 George Pike	15 CO NORWICH SC	31.06
19 Charles Stock	16 TEAM WAVENEY	31.34
20 Zack Edridge	16 NN VIKINGS	31.78
21 Connor Goldsmith	16 WEST SUFFOLK	32.00
22 Cameron Jackson	16 DEBEN	32.23
23 Henry Smith	17 CO NORWICH SC	32.87
24 James Tooke	14 DEBEN	33.17
25 Austin Taylor	16 CO NORWICH SC	33.45
26 Charlie Latta Diaz	14 THETFORD	33.57
27 George Letts	14 DEBEN	34.29
28 Harry Loveland	16 GT YARMOUTH	34.75
29 Adam Lemke	14 DISS OTTERS	34.83
30 Zackary Goodwin	14 THETFORD	35.08
31 Mason Riley	14 MARCH MARLINS	35.33
32 William Nutt	14 DEREHAM OTTERS S	38.72

Event 407 Girls 9 Year Olds 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Maisie Wade	9 CO NORWICH SC	3:50.74
2 Petra Cooney	9 LEISTON	4:17.68
3 Eden Henery	9 CO NORWICH SC	4:21.34
4 Sadie Pendleton	9 WEST SUFFOLK	4:47.16

Event 407 Girls 10 Year Olds 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Freyja Rooke	10 CO NORWICH SC	3:38.09
2 Ayla Morgan	10 CO NORWICH SC	3:45.30
3 Nancy Wiskin	10 CO NORWICH SC	3:46.18
4 Ffion Tyley	10 CO NORWICH SC	3:51.83
5 Niamh Parnell	10 DEREHAM OTTERS S	4:00.76
6 Freya French	10 CO NORWICH SC	4:08.38

Event 407 Girls 11 Year Olds 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Katarina Owen	11 DISS OTTERS	3:30.66
2 Libby Meale	11 CO NORWICH SC	3:35.19
3 Rosa Maguire	11 CO NORWICH SC	3:36.70
4 Ella Plumb	11 WEST SUFFOLK	3:39.46
5 Millie Suffling	11 CO NORWICH SC	3:43.60

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Results

(Event 407 Girls 11 Year Olds 200 LC Meter Breaststroke)	2 Harry Clarke	14 WEST NORFOLK	5:27.88
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Name	AgeTeam	Finals Time
6 Lily Woodward	11 CO NORWICH SC	3:46.35
7 Heidi Bell	11 DEBEN	3:47.22
8 Thea Pendleton	11 WEST SUFFOLK	3:48.99
9 Ama Filote	11 TEAM WAVENEY	3:49.24
10 Charlotte Sawford	11 CO NORWICH SC	3:59.04
11 Rachel Nicholls	11 CO NORWICH SC	4:24.44

Event 407 Girls 12 Year Olds 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Mabelle Chadderton	12 WEST NORFOLK	3:08.80
2 Alexandra Cerps	12 WEST NORFOLK	3:23.94
3 Ruby Cranfield	12 MARCH MARLINS	3:25.28
4 Evie Harris-Joy	12 GT YARMOUTH	3:27.97
5 Daisy Winterbottom	12 DISS OTTERS	3:30.70
6 Selby Barnes	12 GT YARMOUTH	3:37.88
7 Arhane Gaska	12 CO NORWICH SC	3:39.13
8 Milly Edridge	12 NN VIKINGS	3:46.31
9 Lexie Parker	12 NN VIKINGS	4:08.87

Event 407 Girls 13 Year Olds 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Emily May	13 LEISTON	3:12.75
2 Evie Dixon	13 GT YARMOUTH	3:23.65
3 Nellie Chadderton	13 WEST NORFOLK	3:24.94
4 Nyree Robertson	13 DEBEN	3:35.38
5 Frances Hurst	13 WEST NORFOLK	3:36.13
6 Elsa French	13 CO NORWICH SC	3:39.31
7 Evie Wade	13 DEREHAM OTTERS S	3:45.46

Event 407 Girls 14 & Over 200 LC Meter Breaststroke

Name	AgeTeam	Finals Time
1 Amber Ridgeon	20 LEISTON	3:02.24
2 India Clement	14 WEST SUFFOLK	3:09.32
3 Niamh McAuley	15 CO NORWICH SC	3:09.70
4 Amelie Parnell	14 DEREHAM OTTERS S	3:18.08
5 Amber Clark	15 NN VIKINGS	3:21.21
6 Daisy Munro	14 THETFORD	3:30.22
7 Liv Brewer	14 DISS OTTERS	3:32.75
8 Grace Parker	14 CO NORWICH SC	3:37.52
9 Olivia Canham	14 THETFORD	3:38.11
10 Amelia Ramjohn	14 THETFORD	3:52.06

Event 408 Boys 11 Year Olds 400 LC Meter IM

Name	AgeTeam	Finals Time
1 Isaac Scott	11 CO NORWICH SC	6:49.22

Event 408 Boys 12 Year Olds 400 LC Meter IM

Name	AgeTeam	Finals Time
1 Max Fello	12 CO NORWICH SC	6:40.00
2 Finley Lane	12 CO NORWICH SC	6:44.07

Event 408 Boys 13 Year Olds 400 LC Meter IM

Name	AgeTeam	Finals Time
1 James Jones	13 THETFORD	6:00.24

Event 408 Boys 14 & Over 400 LC Meter IM

Name	AgeTeam	Finals Time
1 Oliver Butt	15 DEBEN	5:22.52