

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****Event 101 Girls 9 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Wallis, Mia	9	St Felix School SC (Southwold)	1:52.00	1:39.74
2 Welham, Freya	9	Stowmarket Swimming Club-EA	1:42.01	1:39.89
3 Nowell, Molly R	9	Stowmarket Swimming Club-EA	1:41.82	1:40.34
4 Wallis, Iona	9	St Felix School SC (Southwold)	1:57.00	1:40.63

**Event 101 Girls 10 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 O'Sullivan, Ella	10	Norwich Swan Swimming Club-EA	1:31.50	1:22.37
2 Sadler, Evie	10	Borough of Southend Swimming	1:27.82	1:22.48
3 Robertson, Bella	10	Stowmarket Swimming Club-EA	1:35.86	1:26.74
4 Oakley, Lola	10	Norwich Swan Swimming Club-EA	1:27.70	1:27.25
5 Bryant, Olivia M	10	Stowmarket Swimming Club-EA	1:36.68	1:29.92
6 Goodfellow, Eadie	10	Team Waveney Swimming Club-EA	NT	1:32.86
7 Tape, Emily	10	Borough of Southend Swimming	1:35.47	1:34.55
8 Pearce, Ettie R	10	Deben Swimming Club-EA	1:41.76	1:36.03
9 Brown, Daisy	10	Leiston & District Swimming Cl	NT	1:38.95
10 Tydeman, Martha	10	Stowmarket Swimming Club-EA	1:40.22	1:41.95
11 Hunt, Nancy I	10	Stowmarket Swimming Club-EA	1:44.78	1:46.94
12 Veyssier, Agathe	10	Newmarket & District Swimming-E	1:56.25	1:48.69

**Event 101 Girls 11 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Knight, Sophie	11	Hadleigh Swimming Club	1:18.07	1:13.01
2 Drake, Layla	11	Norwich Swan Swimming Club-EA	1:15.20	1:14.18
3 Mason, Isla	11	Stowmarket Swimming Club-EA	1:18.20	1:14.45
4 Smith, Matilda E	11	Team Waveney Swimming Club-EA	1:22.15	1:17.24
5 Williams, Grace	11	Deben Swimming Club-EA	1:19.63	1:17.62
6 Smith, Luna	11	Newmarket & District Swimming-E	1:18.72	1:18.31
7 Barry, Sophie	11	Borough of Southend Swimming	1:27.16	1:20.74
8 Gilbert, Charlotte	11	Norwich Swan Swimming Club-EA	1:27.63	1:21.87
9 McTaggart, Elinor M	11	Deben Swimming Club-EA	1:28.51	1:27.17
10 Gibson, Pip	11	Deben Swimming Club-EA	1:42.96	1:35.05
11 Ginja, Raphaella	11	Team Waveney Swimming Club-EA	1:44.33	1:35.16
12 Dubinskaite, Samanta	11	Leiston & District Swimming Cl	NT	1:38.23

**Event 101 Girls 12 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Murphy, Olivia	12	Deben Swimming Club-EA	1:12.16	1:12.57
2 Curtin, Lola-Rose	12	Team Waveney Swimming Club-EA	1:19.64	1:13.01
3 Hedges, Annaliese K	12	Stowmarket Swimming Club-EA	1:19.75	1:13.81
4 Ratnayake, Senudi	12	Norwich Swan Swimming Club-EA	1:20.23	1:14.12
5 Ratnayake, Anudi	12	Norwich Swan Swimming Club-EA	1:17.90	1:14.23
6 Gibson, Emmi	12	Borough of Southend Swimming	1:15.65	1:16.32
7 Oakley, Mischa	12	Norwich Swan Swimming Club-EA	1:20.81	1:16.90
8 Beckwith-Cole, Amelia	12	Hadleigh Swimming Club	1:22.40	1:18.82
9 Cable, Violet	12	Norwich Swan Swimming Club-EA	1:21.35	1:20.60
10 Beswick, Emilia	12	Newmarket & District Swimming-E	1:24.48	1:21.83

**Event 101 Girls 13 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Collinson, Jess M	13	Deben Swimming Club-EA	1:05.88	1:05.73
2 May, Freya	13	Leiston & District Swimming Cl	1:08.30	1:06.74

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****(Event 101 Girls 13 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
3 Dring, Lilley R	13	Deben Swimming Club-EA	1:07.48	1:07.52
4 Woods, Alexandra	13	St Felix School SC (Southwold)	1:10.81	1:09.00
5 Cronin-Garrod, Martha	13	Borough of Southend Swimming	1:10.11	1:10.32
6 Mbili, Taitiana	13	Borough of Southend Swimming	1:10.30	1:10.51
7 Whiting, Rosie	13	Deben Swimming Club-EA	1:16.35	1:11.82
8 Stacey, Matilda	13	Borough of Southend Swimming	1:15.02	1:15.51
9 Carter, Verity	13	Stowmarket Swimming Club-EA	1:13.60	1:15.69
10 Burgess, Mia M	13	Deben Swimming Club-EA	1:16.31	1:16.92
11 Barry, Lily-Kate	13	Borough of Southend Swimming	1:21.12	1:18.06
12 Crane, Erin D	13	Deben Swimming Club-EA	1:26.80	1:24.25
13 Fell, Freya	13	Stowmarket Swimming Club-EA	1:25.82	1:25.03

**Event 101 Girls 14 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Deaton, Ella	14	Newmarket & District Swimming-E	1:03.77	1:03.80
2 Knight, Chloe	14	Hadleigh Swimming Club	1:05.11	1:04.89
3 Harrison, Amelie	14	Stowmarket Swimming Club-EA	1:06.83	1:06.39
4 Walker, Katie E	14	Deben Swimming Club-EA	1:06.44	1:07.77
5 Travell, Holly A	14	Team Waveney Swimming Club-EA	1:16.00	1:10.16
6 Willis, Fionnuala	14	Hadleigh Swimming Club	1:13.12	1:10.88
7 Haselwood, Erin	14	Stowmarket Swimming Club-EA	1:15.34	1:11.96
8 Newman, Sophia	14	Borough of Southend Swimming	1:17.32	1:12.43
9 Denham, Ella	14	Hadleigh Swimming Club	1:11.52	1:12.83
10 Sidwell, Mya	14	Norwich Swan Swimming Club-EA	1:12.80	1:13.36
11 Hassan, Sherine	14	Borough of Southend Swimming	1:28.80	1:19.97
12 McTaggart, Abbi V	14	Deben Swimming Club-EA	1:30.52	1:20.16
13 Powell, Leah M	14	Deben Swimming Club-EA	1:26.58	1:22.71

**Event 101 Girls 15 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Richardson, May	15	Stowmarket Swimming Club-EA	1:05.25	1:04.85
2 Ellis, Lottie	15	Deben Swimming Club-EA	1:05.54	1:05.75
3 Tait, Iona I	15	Deben Swimming Club-EA	1:07.70	1:06.89
4 Whittaker, Izzy	15	Team Waveney Swimming Club-EA	1:08.57	1:09.00
5 Kindred, Isabella R	15	Deben Swimming Club-EA	1:11.03	1:10.86
6 Ball, Imogen F	15	Team Waveney Swimming Club-EA	1:09.64	1:10.97
7 Gale, Bella R	15	Deben Swimming Club-EA	1:16.77	1:16.20
8 Siuskute, Meda	15	Team Waveney Swimming Club-EA	NT	1:47.71

**Event 101 Girls 16 & Over 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Davies, Connie A	17	Deben Swimming Club-EA	59.39	58.30
2 Hall, Helena	18	Deben Swimming Club-EA	1:01.90	1:02.84
3 Salmon, Francesca	18	Norwich Swan Swimming Club-EA	1:04.81	1:03.99
4 Knight, Emily	16	Hadleigh Swimming Club	1:03.60	1:04.71
5 McNicholas, Hannah L	16	Deben Swimming Club-EA	1:03.72	1:04.97
6 Finbow, Amber J	17	Deben Swimming Club-EA	1:07.50	1:06.10
7 Carter, Annabelle	17	Stowmarket Swimming Club-EA	1:06.96	1:07.51
8 Stebbings, Katie	16	Stowmarket Swimming Club-EA	1:04.50	1:08.64
9 Snowden, Bea P	16	Deben Swimming Club-EA	1:15.05	1:15.44

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****Event 102 Boys 10 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Greening, Tom	10	Norwich Swan Swimming Club-EA	3:54.25	3:40.95
2 Watson, Tobias	10	Borough of Southend Swimming	4:00.00	3:44.66
3 Scrivener, Thomas	10	Leiston & District Swimming Cl	3:50.81	3:45.98
4 Gale, Aiden R	10	Deben Swimming Club-EA	4:17.32	4:12.12
5 Smith, Daniel W	10	Stowmarket Swimming Club-EA	NT	4:58.58

**Event 102 Boys 11 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Watton, Benjamin	11	Norwich Swan Swimming Club-EA	NT	3:37.81
2 Marchant, Alexander	11	Borough of Southend Swimming	3:44.00	3:43.32
3 Supple, Harrison	11	St Felix School SC (Southwold)	3:58.38	3:44.34
--- Allberry, Edward A	11	Stowmarket Swimming Club-EA	NT	DQ

**Event 102 Boys 12 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Battle, Jake	12	Stowmarket Swimming Club-EA	3:01.85	3:00.80
2 Wallis, Ethan	12	St Felix School SC (Southwold)	3:07.19	3:08.42
3 Davies, Diggory J	12	Deben Swimming Club-EA	3:44.83	3:35.76
4 Harrison, Heath	12	Stowmarket Swimming Club-EA	3:44.36	3:37.52
5 Long, Ethan	12	Stowmarket Swimming Club-EA	3:50.90	3:48.40
6 Thornton-Coates, Luke	12	Deben Swimming Club-EA	3:58.77	3:58.61

**Event 102 Boys 13 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Marchant, Sebastian	13	Borough of Southend Swimming	3:49.23	3:37.83
2 Thornton-Coates, James T	13	Deben Swimming Club-EA	4:10.70	3:42.12

**Event 102 Boys 14 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Scott, Aidan	14	St Felix School SC (Southwold)	2:57.16	2:51.81
2 Blagg, Fin	14	Stowmarket Swimming Club-EA	2:56.05	2:54.21
3 Rowland, Alfie	14	Stowmarket Swimming Club-EA	3:15.36	3:04.29

**Event 102 Boys 15 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Ruffles-Francis, Teilo	15	Stowmarket Swimming Club-EA	2:50.09	2:47.46
2 Reynolds, Sebastian	15	Hadleigh Swimming Club	2:57.17	2:54.20

**Event 102 Boys 16 & Over 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Holmes, Harrison	17	Team Waveney Swimming Club-EA	2:41.15	2:34.41
2 Deaton, Thomas	17	Newmarket & District Swimming-E	2:40.62	2:40.21

**Event 103 Girls 9 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Nowell, Molly R	9	Stowmarket Swimming Club-EA	51.11	50.62
2 Wallis, Mia	9	St Felix School SC (Southwold)	50.73	50.77
3 Welham, Freya	9	Stowmarket Swimming Club-EA	51.60	52.31
4 Wallis, Iona	9	St Felix School SC (Southwold)	54.86	53.42

**Event 103 Girls 10 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Knights, Amelia	10	St Felix School SC (Southwold)	44.87	43.05

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****(Event 103 Girls 10 Year Olds 50 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
2 Sadler, Evie	10	Borough of Southend Swimming	45.90	43.11
3 Welsford, Eloise C	10	Deben Swimming Club-EA	43.67	44.14
4 Bryant, Olivia M	10	Stowmarket Swimming Club-EA	47.00	44.46
5 O'Sullivan, Ella	10	Norwich Swan Swimming Club-EA	46.51	45.18
6 Goodfellow, Eadie	10	Team Waveney Swimming Club-EA	47.65	45.86
7 Robertson, Bella	10	Stowmarket Swimming Club-EA	49.62	46.55
8 Brown, Daisy	10	Leiston & District Swimming Cl	50.34	46.98
9 Tape, Emily	10	Borough of Southend Swimming	48.52	47.26
10 Tydeman, Martha	10	Stowmarket Swimming Club-EA	53.81	52.62
11 Hunt, Nancy I	10	Stowmarket Swimming Club-EA	52.91	53.47
12 Pearce, Ettie R	10	Deben Swimming Club-EA	52.15	54.01
13 Veyssier, Agathe	10	Newmarket & District Swimming-E.	59.22	54.64

**Event 103 Girls 11 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Butt, Emilia	11	Deben Swimming Club-EA	39.19	38.87
2 Drake, Layla	11	Norwich Swan Swimming Club-EA	38.90	39.12
3 Snowden, Nellie	11	Deben Swimming Club-EA	41.44	40.50
4 Mason, Isla	11	Stowmarket Swimming Club-EA	42.66	40.94
5 Sadler, Maisy	11	Norwich Swan Swimming Club-EA	43.10	41.07
6 Williams, Grace	11	Deben Swimming Club-EA	44.67	41.28
7 Smith, Luna	11	Newmarket & District Swimming-E.	40.96	41.95
8 Barry, Sophie	11	Borough of Southend Swimming	44.25	42.43
9 Smith, Matilda E	11	Team Waveney Swimming Club-EA	44.82	42.51
10 Ginja, Raphaella	11	Team Waveney Swimming Club-EA	46.60	45.16
11 Gilbert, Charlotte	11	Norwich Swan Swimming Club-EA	45.50	45.40
12 Dubinskaite, Samanta	11	Leiston & District Swimming Cl	NT	47.26
--- Crane, Abbie M	11	Deben Swimming Club-EA	1:00.42	DQ
--- Fisher, Molly-Rose	11	Norwich Swan Swimming Club-EA	NT	DQ
--- Murrell, Emily	11	Norwich Swan Swimming Club-EA	41.22	DQ

**Event 103 Girls 12 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Ratnayake, Anudi	12	Norwich Swan Swimming Club-EA	37.89	37.71
2 Thorn, Isla	12	St Felix School SC (Southwold)	39.63	38.01
3 Murphy, Olivia	12	Deben Swimming Club-EA	39.56	38.92
4 Hedges, Annaliese K	12	Stowmarket Swimming Club-EA	38.71	38.97
5 Curtin, Lola-Rose	12	Team Waveney Swimming Club-EA	41.58	40.09
6 Gibson, Emmi	12	Borough of Southend Swimming	38.61	40.65
7 Cable, Violet	12	Norwich Swan Swimming Club-EA	40.64	41.54
8 Barden, Molly	12	Norwich Swan Swimming Club-EA	44.26	41.82
9 Beswick, Emilia	12	Newmarket & District Swimming-E.	43.09	42.74
10 Ratnayake, Senudi	12	Norwich Swan Swimming Club-EA	40.98	42.95
11 Willis, Freya	12	Leiston & District Swimming Cl	46.29	43.26
12 Harvey, Hermione O	12	Norwich Swan Swimming Club-EA	NT	46.53
13 Ashworth, Millie R	12	Deben Swimming Club-EA	47.42	49.12

**Event 103 Girls 13 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Walker, Lucy A	13	Deben Swimming Club-EA	34.91	34.98
2 Collinson, Jess M	13	Deben Swimming Club-EA	35.20	36.53
3 Whiting, Rosie	13	Deben Swimming Club-EA	37.06	36.61

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****(Event 103 Girls 13 Year Olds 50 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
4 Catchpole, Charlotte	13	Leiston & District Swimming Cl	37.90	37.57
5 Cronin-Garrod, Martha	13	Borough of Southend Swimming	37.67	37.72
6 Stacey, Matilda	13	Borough of Southend Swimming	39.24	39.64
7 Mbili, Taitiana	13	Borough of Southend Swimming	41.58	40.99
8 Barry, Lily-Kate	13	Borough of Southend Swimming	42.56	41.68
9 Burgess, Mia M	13	Deben Swimming Club-EA	40.33	42.66
10 Fell, Freya	13	Stowmarket Swimming Club-EA	44.56	43.67
11 Crane, Erin D	13	Deben Swimming Club-EA	45.93	45.20

**Event 103 Girls 14 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Deaton, Ella	14	Newmarket & District Swimming-E.	34.47	34.05
2 Walker, Katie E	14	Deben Swimming Club-EA	34.60	35.53
3 Sheasby, Liv	14	Newmarket & District Swimming-E.	35.62	35.55
4 Harrison, Amelie	14	Stowmarket Swimming Club-EA	38.02	37.52
5 Newman, Sophia	14	Borough of Southend Swimming	40.02	37.75
6 Ginja, Gaby	14	Team Waveney Swimming Club-EA	40.75	39.30
7 Travell, Holly A	14	Team Waveney Swimming Club-EA	39.92	39.54
8 Sidwell, Mya	14	Norwich Swan Swimming Club-EA	39.26	40.83
9 Denham, Ella	14	Hadleigh Swimming Club	41.47	40.92
10 Hassan, Sherine	14	Borough of Southend Swimming	43.37	42.98
11 Powell, Leah M	14	Deben Swimming Club-EA	47.28	43.96
12 McTaggart, Abbi V	14	Deben Swimming Club-EA	47.67	44.90
--- Haselwood, Erin	14	Stowmarket Swimming Club-EA	39.48	DQ

**Event 103 Girls 15 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Ellis, Grace	15	Newmarket & District Swimming-E.	36.07	34.96
2 Tait, Iona I	15	Deben Swimming Club-EA	35.31	35.37
3 Whittaker, Izzy	15	Team Waveney Swimming Club-EA	35.81	35.60
4 Harrington, Sophie E	15	Deben Swimming Club-EA	35.21	36.44
5 Kindred, Isabella R	15	Deben Swimming Club-EA	37.24	37.84
6 Ball, Imogen F	15	Team Waveney Swimming Club-EA	36.50	38.46
7 Mumford, Amelia	15	Hadleigh Swimming Club	43.40	40.38
8 Gale, Bella R	15	Deben Swimming Club-EA	40.37	41.41

**Event 103 Girls 16 & Over 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Hall, Helena	18	Deben Swimming Club-EA	31.18	32.54
2 Knight, Emily	16	Hadleigh Swimming Club	33.33	33.54
3 McNicholas, Hannah L	16	Deben Swimming Club-EA	34.44	34.70
4 Holmes, Jersey	16	Team Waveney Swimming Club-EA	35.80	35.48
5 Carter, Annabelle	17	Stowmarket Swimming Club-EA	35.76	37.40

**Event 104 Boys 9 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Battle, Max	9	Stowmarket Swimming Club-EA	2:13.65	2:10.40

**Event 104 Boys 10 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Thurlow, Harry T	10	Norwich Swan Swimming Club-EA	1:56.80	1:53.70

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****Event 104 Boys 11 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Bhargava, Ahaan	11	Norwich Swan Swimming Club-EA	NT	2:00.32

**Event 104 Boys 12 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Whiting, Orlando	12	St Felix School SC (Southwold)	1:13.95	1:08.55
2 Battle, Jake	12	Stowmarket Swimming Club-EA	1:12.56	1:12.94

**Event 104 Boys 13 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Hall, Haiden A	13	Deben Swimming Club-EA	1:16.89	1:17.62
2 Allberry, James W	13	Stowmarket Swimming Club-EA	1:33.71	1:27.55
3 Ndlovu, Casey	13	Borough of Southend Swimming	1:44.70	1:40.57

**Event 104 Boys 14 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Glennerster, Toby	14	St Felix School SC (Southwold)	1:20.07	1:17.18

**Event 104 Boys 15 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Turner, Daniel	15	Team Waveney Swimming Club-EA	1:05.35	1:04.31
2 Battisson, Spencer	15	Team Waveney Swimming Club-EA	1:17.75	1:07.33

**Event 104 Boys 16 & Over 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Tolputt, Samuel J	17	Deben Swimming Club-EA	1:06.61	1:06.42

**Event 105 Girls 11 Year Olds 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Sadler, Maisy	11	Norwich Swan Swimming Club-EA	NT	6:33.14

**Event 105 Girls 12 Year Olds 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Gibson, Emmi	12	Borough of Southend Swimming	6:51.28	6:47.02

**Event 105 Girls 14 Year Olds 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Willis, Fionnuala	14	Hadleigh Swimming Club	NT	6:21.31

**Event 105 Girls 15 Year Olds 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Davies, Flo V	15	Deben Swimming Club-EA	5:50.03	5:44.04

**Event 105 Girls 16 & Over 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Stebbings, Katie	16	Stowmarket Swimming Club-EA	5:59.00	6:10.25

**Event 106 Boys 11 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Pond, Max	11	Borough of Southend Swimming	3:32.00	3:18.49
2 Marchant, Alexander	11	Borough of Southend Swimming	3:16.92	3:23.61

**Event 106 Boys 12 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Battle, Jake	12	Stowmarket Swimming Club-EA	2:54.06	2:52.91

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****(Event 106 Boys 12 Year Olds 200 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
2 Cloke, Sebastian	12	Deben Swimming Club-EA	3:10.58	3:12.09
3 Long, Ethan	12	Stowmarket Swimming Club-EA	NT	3:29.05

**Event 106 Boys 13 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Jackson, Cameron	13	Felixstowe Swimming Club	2:42.00	2:42.10
2 Root, Finlay	13	Borough of Southend Swimming	2:54.45	2:51.43

**Event 106 Boys 14 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Garrod, Hayden	14	Team Waveney Swimming Club-EA	2:36.50	2:28.99
2 Rowland, Alfie	14	Stowmarket Swimming Club-EA	2:47.81	2:48.41
3 Veyssier, Alex J	14	Newmarket & District Swimming-E	3:01.30	2:48.70

**Event 106 Boys 15 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Carr, Rufus	15	St Felix School SC (Southwold)	2:22.98	2:21.14
2 Ruffles-Francis, Teilo	15	Stowmarket Swimming Club-EA	2:38.10	2:36.65
3 Stacey, George	15	Borough of Southend Swimming	2:41.57	2:47.41

**Event 106 Boys 16 & Over 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Battisson, Lloyd	18	Team Waveney Swimming Club-EA	2:14.00	2:14.32

**Event 107 Girls 10 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Wicks, Isabelle	10	Norwich Swan Swimming Club-EA	3:43.72	3:42.91
2 Herring, Aurelia	10	Leiston & District Swimming Cl	NT	3:54.38
3 Bryant, Olivia M	10	Stowmarket Swimming Club-EA	NT	3:56.07
4 Robertson, Bella	10	Stowmarket Swimming Club-EA	4:02.23	3:56.38
5 Oakley, Lola	10	Norwich Swan Swimming Club-EA	3:56.02	4:00.44
6 Templer, Daisy	10	Stowmarket Swimming Club-EA	4:09.49	4:09.87

**Event 107 Girls 11 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Snowden, Nellie	11	Deben Swimming Club-EA	3:20.95	3:21.16
2 Mason, Isla	11	Stowmarket Swimming Club-EA	3:31.50	3:31.51
3 Pert, Sophie	11	Norwich Swan Swimming Club-EA	3:32.08	3:31.64
4 Drake, Layla	11	Norwich Swan Swimming Club-EA	3:43.20	3:35.81
5 Smith, Matilda E	11	Team Waveney Swimming Club-EA	NT	3:45.28
6 Smith, Luna	11	Newmarket & District Swimming-E	3:54.43	3:49.78
7 Fisher, Molly-Rose	11	Norwich Swan Swimming Club-EA	NT	4:00.54
8 Gibson, Pip	11	Deben Swimming Club-EA	NT	4:13.16

**Event 107 Girls 12 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Oakley, Mischa	12	Norwich Swan Swimming Club-EA	3:22.52	3:21.08
2 Ratnayake, Senudi	12	Norwich Swan Swimming Club-EA	NT	3:40.42
3 Thompson, Tatiana	12	Leiston & District Swimming Cl	3:46.27	3:44.85
4 Beckwith-Cole, Amelia	12	Hadleigh Swimming Club	4:08.16	3:51.26
5 Barden, Molly	12	Norwich Swan Swimming Club-EA	4:21.50	3:54.09

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****Event 107 Girls 13 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Cronin-Garrod, Martha	13	Borough of Southend Swimming	3:22.88	3:25.89
2 Mbili, Taitiana	13	Borough of Southend Swimming	3:35.88	3:36.05
3 Fell, Freya	13	Stowmarket Swimming Club-EA	4:32.67	4:04.66

**Event 107 Girls 14 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Newman, Sophia	14	Borough of Southend Swimming	3:33.00	3:12.68
2 Hassan, Sherine	14	Borough of Southend Swimming	3:41.78	3:39.04

**Event 107 Girls 15 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Ellis, Lottie	15	Deben Swimming Club-EA	3:28.12	3:10.38
2 Ellis, Grace	15	Newmarket & District Swimming-E	3:38.41	3:13.60
3 Howell, Josie L	15	Deben Swimming Club-EA	3:20.16	3:15.95
4 Mumford, Amelia	15	Hadleigh Swimming Club	NT	3:52.71

**Event 107 Girls 16 & Over 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Snowden, Bea P	16	Deben Swimming Club-EA	3:27.92	3:34.25

**Event 108 Boys 9 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Iancu, Patrick	9	Borough of Southend Swimming	2:00.00	1:34.27
2 Battle, Max	9	Stowmarket Swimming Club-EA	1:42.62	1:43.70

**Event 108 Boys 10 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Giles, Reuben B	10	Stowmarket Swimming Club-EA	1:16.66	1:15.21
2 Thurlow, Harry T	10	Norwich Swan Swimming Club-EA	1:28.60	1:24.10
3 Watson, Tobias	10	Borough of Southend Swimming	1:28.81	1:24.42
4 Greening, Tom	10	Norwich Swan Swimming Club-EA	1:28.26	1:25.21
5 Peacock, Harvey	10	Borough of Southend Swimming	1:44.65	1:25.89
6 Scrivener, Thomas	10	Leiston & District Swimming Cl	1:34.65	1:30.16
7 Gentry, Aiden	10	Team Waveney Swimming Club-EA	1:42.05	1:31.21
8 Parikh, Vian	10	Deben Swimming Club-EA	1:57.94	1:43.80
9 Smith, Daniel W	10	Stowmarket Swimming Club-EA	1:55.38	1:55.11

**Event 108 Boys 11 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Evans, Daniel	11	Deben Swimming Club-EA	1:18.91	1:17.17
2 Watton, Benjamin	11	Norwich Swan Swimming Club-EA	1:24.64	1:18.17
3 Supple, Harrison	11	St Felix School SC (Southwold)	1:17.35	1:18.55
4 Pond, Max	11	Borough of Southend Swimming	1:23.63	1:21.34
5 Marchant, Alexander	11	Borough of Southend Swimming	1:35.00	1:30.41
6 Bhargava, Ahaan	11	Norwich Swan Swimming Club-EA	NT	1:36.16
7 Allberry, Edward A	11	Stowmarket Swimming Club-EA	1:37.05	1:36.62

**Event 108 Boys 12 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Wallis, Ethan	12	St Felix School SC (Southwold)	1:03.83	1:03.15
2 Battle, Jake	12	Stowmarket Swimming Club-EA	1:03.17	1:08.39
3 Harrison, Rex	12	Stowmarket Swimming Club-EA	1:13.54	1:13.33
4 Harrison, Heath	12	Stowmarket Swimming Club-EA	1:13.05	1:15.30



**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****(Event 108 Boys 12 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
5 Thompson, Ted	12	Leiston & District Swimming Cl	1:26.65	1:19.61
6 Cloke, Sebastian	12	Deben Swimming Club-EA	1:16.77	1:21.33
7 Long, Ethan	12	Stowmarket Swimming Club-EA	1:27.20	1:21.70
8 Llewellyn, Tom	12	Deben Swimming Club-EA	NT	1:24.78
9 Thompson, Alfie	12	Leiston & District Swimming Cl	1:26.52	1:25.28
10 Thornton-Coates, Luke	12	Deben Swimming Club-EA	1:24.69	1:29.71

**Event 108 Boys 13 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Hall, Haiden A	13	Deben Swimming Club-EA	1:01.22	1:00.14
2 Root, Finlay	13	Borough of Southend Swimming	1:10.40	1:09.58
3 Allberry, James W	13	Stowmarket Swimming Club-EA	1:17.70	1:15.20
4 Ndlovu, Casey	13	Borough of Southend Swimming	1:18.03	1:17.12
5 Dias, Scott	13	Team Waveney Swimming Club-EA	NT	1:21.42
6 Marchant, Sebastian	13	Borough of Southend Swimming	1:26.17	1:28.48
7 Thornton-Coates, James T	13	Deben Swimming Club-EA	1:25.29	1:28.54

**Event 108 Boys 14 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Every, Ben	14	St Felix School SC (Southwold)	59.73	59.30
2 Garrod, Hayden	14	Team Waveney Swimming Club-EA	1:01.40	59.57
3 Blagg, Fin	14	Stowmarket Swimming Club-EA	1:01.26	1:00.27
4 Scott, Aidan	14	St Felix School SC (Southwold)	1:03.62	1:02.41
5 Glennerster, Toby	14	St Felix School SC (Southwold)	1:05.25	1:04.06
6 Millin, Jed	14	Stowmarket Swimming Club-EA	1:05.66	1:05.34
7 Veyssier, Alex J	14	Newmarket & District Swimming-E	1:07.33	1:05.59
8 Steenkamp, Elliot	14	Newmarket & District Swimming-E	1:08.56	1:06.05
9 Thompson, Angus	14	Leiston & District Swimming Cl	1:08.45	1:06.09
10 Stock, Charles	14	St Felix School SC (Southwold)	1:18.53	1:11.92

**Event 108 Boys 15 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Battisson, Spencer	15	Team Waveney Swimming Club-EA	1:02.50	59.74
2 Strike, Ciaran J	15	Team Waveney Swimming Club-EA	1:02.60	1:01.07
3 Stacey, George	15	Borough of Southend Swimming	1:05.80	1:06.97
4 Bowers, Charlie	15	Norwich Swan Swimming Club-EA	1:15.51	1:13.28

**Event 108 Boys 16 & Over 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Battisson, Lloyd	18	Team Waveney Swimming Club-EA	54.63	55.05
2 Holmes, Harrison	17	Team Waveney Swimming Club-EA	55.07	55.82
3 Osborne, Jack J	16	Deben Swimming Club-EA	57.36	55.92
4 Welsford, Callum	20	Deben Swimming Club-EA	57.34	56.39
5 Pryke, Daniel R	17	Deben Swimming Club-EA	56.78	57.93
6 Spelman, Tom	16	Stowmarket Swimming Club-EA	57.73	58.03
7 Deaton, Thomas	17	Newmarket & District Swimming-E	58.02	59.09
8 Ruffles-Francis, Vaughn	18	Stowmarket Swimming Club-EA	1:01.40	1:01.39
9 Whiting, Cameron J	16	Deben Swimming Club-EA	1:04.57	1:03.68

**Event 109 Girls 10 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Tydeman, Martha	10	Stowmarket Swimming Club-EA	2:12.75	2:05.84
2 Hunt, Nancy I	10	Stowmarket Swimming Club-EA	2:13.51	2:15.59

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****(Event 109 Girls 10 Year Olds 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
--- Pearce, Ettie R	10	Deben Swimming Club-EA	2:08.29	DQ

**Event 109 Girls 11 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Murrell, Emily	11	Norwich Swan Swimming Club-EA	1:25.88	1:22.49
2 Sadler, Maisy	11	Norwich Swan Swimming Club-EA	1:36.49	1:23.46
3 Knight, Sophie	11	Hadleigh Swimming Club	1:30.00	1:32.98
4 Pert, Sophie	11	Norwich Swan Swimming Club-EA	1:33.10	1:33.17

**Event 109 Girls 12 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Ratnayake, Anudi	12	Norwich Swan Swimming Club-EA	1:29.96	1:22.23
2 Oakley, Mischa	12	Norwich Swan Swimming Club-EA	1:27.46	1:24.82
3 Beswick, Emilia	12	Newmarket & District Swimming-E	2:00.21	1:46.48
--- Murphy, Olivia	12	Deben Swimming Club-EA	1:25.15	DQ

**Event 109 Girls 13 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 May, Freya	13	Leiston & District Swimming Cl	1:16.30	1:15.90
2 Crane, Erin D	13	Deben Swimming Club-EA	1:45.20	1:40.74

**Event 109 Girls 14 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Deaton, Ella	14	Newmarket & District Swimming-E	1:19.72	1:17.89
2 Willis, Fionnuala	14	Hadleigh Swimming Club	1:26.77	1:21.52
3 Sidwell, Mya	14	Norwich Swan Swimming Club-EA	1:25.40	1:24.40

**Event 109 Girls 15 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Davies, Flo V	15	Deben Swimming Club-EA	1:16.59	1:16.99
2 Richardson, May	15	Stowmarket Swimming Club-EA	1:18.75	1:17.68

**Event 109 Girls 16 & Over 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Davies, Connie A	17	Deben Swimming Club-EA	1:08.57	1:09.16
2 McNicholas, Hannah L	16	Deben Swimming Club-EA	1:11.15	1:14.51
3 Holmes, Jersey	16	Team Waveney Swimming Club-EA	1:13.71	1:14.78

**Event 110 Boys 9 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Iancu, Patrick	9	Borough of Southend Swimming	49.70	46.25
2 Policarpio, Liam	9	Stowmarket Swimming Club-EA	NT	52.05
3 Wedgwood, Maximus	9	Stowmarket Swimming Club-EA	1:05.49	54.13
4 Battle, Max	9	Stowmarket Swimming Club-EA	55.05	58.50

**Event 110 Boys 10 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
*1 Greening, Tom	10	Norwich Swan Swimming Club-EA	45.50	43.80
*1 Gale, Aiden R	10	Deben Swimming Club-EA	43.85	43.80
3 Thurlow, Harry T	10	Norwich Swan Swimming Club-EA	42.55	44.49
4 Watson, Tobias	10	Borough of Southend Swimming	47.50	45.33
5 Peacock, Harvey	10	Borough of Southend Swimming	48.79	46.84
6 Scrivener, Thomas	10	Leiston & District Swimming Cl	53.42	47.85
7 Smith, Daniel W	10	Stowmarket Swimming Club-EA	53.14	55.86

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****(Event 110 Boys 10 Year Olds 50 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
--- Gentry, Aiden	10	Team Waveney Swimming Club-EA	44.64	DQ

**Event 110 Boys 11 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Pond, Max	11	Borough of Southend Swimming	45.19	44.54
2 Marchant, Alexander	11	Borough of Southend Swimming	42.52	44.56
3 Bennett, William	11	Deben Swimming Club-EA	44.31	44.82
4 Evans, Daniel	11	Deben Swimming Club-EA	43.38	45.16
5 Bhargava, Ahaan	11	Norwich Swan Swimming Club-EA	NT	46.55
6 Allberry, Edward A	11	Stowmarket Swimming Club-EA	50.28	47.95
--- Simmons, Matthew	11	Deben Swimming Club-EA	NT	DQ

**Event 110 Boys 12 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Whiting, Orlando	12	St Felix School SC (Southwold)	31.70	30.40
2 Wallis, Ethan	12	St Felix School SC (Southwold)	33.95	34.15
3 Harrison, Rex	12	Stowmarket Swimming Club-EA	36.63	37.05
4 Battle, Jake	12	Stowmarket Swimming Club-EA	35.53	37.14
5 Cloke, Sebastian	12	Deben Swimming Club-EA	41.23	44.90
6 Thompson, Ted	12	Leiston & District Swimming Cl	46.39	44.94
7 Thompson, Alfie	12	Leiston & District Swimming Cl	46.90	45.25
8 Llewellyn, Tom	12	Deben Swimming Club-EA	46.12	45.49
9 Harrison, Heath	12	Stowmarket Swimming Club-EA	41.39	45.56
10 Long, Ethan	12	Stowmarket Swimming Club-EA	47.19	46.18

**Event 110 Boys 13 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Butt, Oliver	13	Deben Swimming Club-EA	34.35	34.47
2 Root, Finlay	13	Borough of Southend Swimming	36.54	35.67
3 Cottingham, Henry	13	Hadleigh Swimming Club	38.88	37.81
4 Allberry, James W	13	Stowmarket Swimming Club-EA	42.74	42.43
5 Thornton-Coates, James T	13	Deben Swimming Club-EA	48.76	49.45

**Event 110 Boys 14 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Every, Ben	14	St Felix School SC (Southwold)	32.70	31.35
2 Garrod, Hayden	14	Team Waveney Swimming Club-EA	31.73	31.87
3 Rowland, Alfie	14	Stowmarket Swimming Club-EA	35.30	34.20
4 Veyssier, Alex J	14	Newmarket & District Swimming-E.	35.89	35.95
5 Steenkamp, Elliot	14	Newmarket & District Swimming-E.	36.85	36.84
6 Millin, Jed	14	Stowmarket Swimming Club-EA	35.79	36.98
7 Stock, Charles	14	St Felix School SC (Southwold)	40.14	38.44

**Event 110 Boys 15 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Turner, Daniel	15	Team Waveney Swimming Club-EA	30.04	29.71
2 Carr, Rufus	15	St Felix School SC (Southwold)	29.55	29.89
3 Strike, Ciaran J	15	Team Waveney Swimming Club-EA	33.38	33.24
4 Ruffles-Francis, Teilo	15	Stowmarket Swimming Club-EA	33.54	33.47
5 Stacey, George	15	Borough of Southend Swimming	35.93	36.75
6 Bowers, Charlie	15	Norwich Swan Swimming Club-EA	43.50	41.79

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****Event 110 Boys 16 & Over 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Osborne, Jack J	16	Deben Swimming Club-EA	29.73	29.67
2 Howard, Aidan	21	Deben Swimming Club-EA	30.10	30.26
3 Bashford, Riley	17	Deben Swimming Club-EA	27.75	30.31
4 Pryke, Daniel R	17	Deben Swimming Club-EA	30.00	31.15
5 Tolputt, Samuel J	17	Deben Swimming Club-EA	30.80	31.72
6 Deaton, Thomas	17	Newmarket & District Swimming-E	31.71	31.82
7 Spelman, Tom	16	Stowmarket Swimming Club-EA	31.77	32.03
8 Welsford, Callum	20	Deben Swimming Club-EA	30.05	32.47
9 Ruffles-Francis, Vaughn	18	Stowmarket Swimming Club-EA	32.64	34.06
10 Whiting, Cameron J	16	Deben Swimming Club-EA	34.96	35.17

**Event 111 Girls 10 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Wicks, Isabelle	10	Norwich Swan Swimming Club-EA	3:14.50	3:10.85
2 Welsford, Eloise C	10	Deben Swimming Club-EA	3:22.72	3:18.42
3 O'Sullivan, Ella	10	Norwich Swan Swimming Club-EA	NT	3:20.31
4 Knights, Amelia	10	St Felix School SC (Southwold)	3:45.00	3:24.19
5 Sadler, Evie	10	Borough of Southend Swimming	3:35.00	3:24.90

**Event 111 Girls 11 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Drake, Layla	11	Norwich Swan Swimming Club-EA	3:05.00	2:57.35
2 Butt, Emilia	11	Deben Swimming Club-EA	2:58.15	2:59.81
3 Smith, Luna	11	Newmarket & District Swimming-E	3:08.26	3:07.78
4 Barry, Sophie	11	Borough of Southend Swimming	3:22.32	3:14.54
5 Gilbert, Charlotte	11	Norwich Swan Swimming Club-EA	NT	3:19.11

**Event 111 Girls 12 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Hedges, Annaliese K	12	Stowmarket Swimming Club-EA	3:08.16	3:00.75
2 Gibson, Emmi	12	Borough of Southend Swimming	3:06.60	3:12.15

**Event 111 Girls 13 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Woods, Alexandra	13	St Felix School SC (Southwold)	2:49.07	2:42.90
2 Walker, Lucy A	13	Deben Swimming Club-EA	NT	2:47.22
3 Cronin-Garrod, Martha	13	Borough of Southend Swimming	2:48.40	2:49.49
4 Catchpole, Charlotte	13	Leiston & District Swimming Cl	2:54.78	3:00.30
5 Stacey, Matilda	13	Borough of Southend Swimming	2:58.62	3:02.69
6 Barry, Lily-Kate	13	Borough of Southend Swimming	3:16.91	3:09.66

**Event 111 Girls 14 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Walker, Katie E	14	Deben Swimming Club-EA	2:44.38	2:45.74
2 Harrison, Amelie	14	Stowmarket Swimming Club-EA	2:50.51	2:51.39

**Event 112 Boys 10 Year Olds 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Thurlow, Harry T	10	Norwich Swan Swimming Club-EA	NT	7:36.39

**Event 112 Boys 11 Year Olds 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Marchant, Alexander	11	Borough of Southend Swimming	7:24.38	7:29.23

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Saturday PM****Event 112 Boys 12 Year Olds 400 SC Meter IM**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Battle, Jake	12	Stowmarket Swimming Club-EA	5:55.13	5:46.73
2	Davies, Diggory J	12	Deben Swimming Club-EA	6:35.33	6:21.48

**Event 112 Boys 13 Year Olds 400 SC Meter IM**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Hall, Haiden A	13	Deben Swimming Club-EA	NT	5:39.35
2	Butt, Oliver	13	Deben Swimming Club-EA	NT	6:02.35
3	Marchant, Sebastian	13	Borough of Southend Swimming	7:33.86	7:20.30

**Event 112 Boys 14 Year Olds 400 SC Meter IM**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Blagg, Fin	14	Stowmarket Swimming Club-EA	5:30.27	5:32.19
2	Millin, Jed	14	Stowmarket Swimming Club-EA	6:06.76	6:09.53

**Event 112 Boys 15 Year Olds 400 SC Meter IM**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Ruffles-Francis, Teilo	15	Stowmarket Swimming Club-EA	5:31.14	5:23.78