

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****Event 201 Boys 10 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Thurlow, Harry T	10	Norwich Swan Swimming Club-EA	NT	4:10.83

**Event 201 Boys 11 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Marchant, Alexander	11	Borough of Southend Swimming	4:14.58	4:24.99

**Event 201 Boys 12 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Battle, Jake	12	Stowmarket Swimming Club-EA	2:50.16	2:41.07
2 Davies, Diggory J	12	Deben Swimming Club-EA	3:14.58	3:16.18
3 Harrison, Heath	12	Stowmarket Swimming Club-EA	3:11.23	3:17.54

**Event 201 Boys 15 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Battisson, Spencer	15	Team Waveney Swimming Club-EA	2:30.80	2:28.55

**Event 201 Boys 16 & Over 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Everitt, Sam	16	Newmarket & District Swimming-E	2:37.91	2:41.16

**Event 202 Girls 9 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Nowell, Molly R	9	Stowmarket Swimming Club-EA	1:51.16	1:47.79
2 Wallis, Mia	9	St Felix School SC (Southwold)	2:00.00	1:47.81
3 Wallis, Iona	9	St Felix School SC (Southwold)	2:10.00	1:50.19
4 Wells, Florence	9	Borough of Southend Swimming	2:05.00	1:51.25
5 Welham, Freya	9	Stowmarket Swimming Club-EA	1:57.00	1:56.35
6 Brewster, Florence J	9	Stowmarket Swimming Club-EA	1:57.45	1:59.24
--- Reed, Ella-Rose	9	Team Waveney Swimming Club-EA	NT	DQ
--- Claxton, Annabel	9	Norwich Swan Swimming Club-EA	NT	DQ

**Event 202 Girls 10 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Wicks, Isabelle	10	Norwich Swan Swimming Club-EA	1:32.51	1:28.87
2 Welsford, Eloise C	10	Deben Swimming Club-EA	1:34.39	1:34.85
3 Sadler, Evie	10	Borough of Southend Swimming	1:41.00	1:35.29
4 Bryant, Olivia M	10	Stowmarket Swimming Club-EA	1:44.15	1:37.05
5 Douglas, Phoebe	10	Borough of Southend Swimming	1:55.22	1:41.67
6 Tape, Emily	10	Borough of Southend Swimming	1:42.28	1:41.88
7 Cockerton-Pryce, Amelie	10	Newmarket & District Swimming-E	1:52.08	1:41.95
8 Robertson, Bella	10	Stowmarket Swimming Club-EA	1:47.43	1:42.03
9 Tydeman, Martha	10	Stowmarket Swimming Club-EA	1:54.62	1:53.23
10 Pearce, Ettie R	10	Deben Swimming Club-EA	1:59.90	1:54.91
11 Veyssier, Agathe	10	Newmarket & District Swimming-E	NT	2:01.10
--- O'Sullivan, Ella	10	Norwich Swan Swimming Club-EA	1:38.50	DQ

**Event 202 Girls 11 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Knight, Sophie	11	Hadleigh Swimming Club	1:22.93	1:20.30
2 Butt, Emilia	11	Deben Swimming Club-EA	1:25.07	1:25.06
3 Murrell, Emily	11	Norwich Swan Swimming Club-EA	1:27.82	1:26.83
4 Ansell, Abigail	11	Borough of Southend Swimming	1:27.43	1:30.36
5 Sadler, Maisy	11	Norwich Swan Swimming Club-EA	1:31.70	1:30.60

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****(Event 202 Girls 11 Year Olds 100 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
6 Barry, Sophie	11	Borough of Southend Swimming	1:37.26	1:32.13
7 Cook, Freya	11	Leiston & District Swimming Cl	1:34.91	1:33.94
8 Dye, Ruth	11	Norwich Swan Swimming Club-EA	1:36.43	1:40.91
9 Claxton, Olivia	11	Norwich Swan Swimming Club-EA	1:54.00	1:50.36
10 Long, Nancy	11	Stowmarket Swimming Club-EA	NT	2:01.43
11 Crane, Abbie M	11	Deben Swimming Club-EA	NT	2:10.05
--- Gilbert, Charlotte	11	Norwich Swan Swimming Club-EA	1:40.00	DQ

**Event 202 Girls 12 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Armstrong, Emilia	12	Stowmarket Swimming Club-EA	1:19.46	1:17.95
2 Ratnayake, Anudi	12	Norwich Swan Swimming Club-EA	1:27.64	1:22.43
3 Mehra, Ishita	12	Norwich Swan Swimming Club-EA	1:28.00	1:23.41
4 Hopewell-Campion, Casey	12	Newmarket & District Swimming-E	1:26.02	1:23.42
5 Hedges, Annaliese K	12	Stowmarket Swimming Club-EA	1:25.95	1:25.04
6 Curtin, Lola-Rose	12	Team Waveney Swimming Club-EA	NT	1:25.72
7 Colls, Emily	12	St Felix School SC (Southwold)	1:32.27	1:27.41
8 Ratnayake, Senudi	12	Norwich Swan Swimming Club-EA	1:32.74	1:28.10
9 Cable, Violet	12	Norwich Swan Swimming Club-EA	1:31.32	1:28.26

**Event 202 Girls 13 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Woods, Alexandra	13	St Felix School SC (Southwold)	1:17.82	1:16.87
2 Collinson, Jess M	13	Deben Swimming Club-EA	1:17.96	1:17.72
3 Thompson, Frankie D	13	Team Waveney Swimming Club-EA	1:20.10	1:20.52
4 Cronin-Garrod, Martha	13	Borough of Southend Swimming	1:18.33	1:20.88
5 Carter, Verity	13	Stowmarket Swimming Club-EA	1:20.35	1:23.97
6 Catchpole, Charlotte	13	Leiston & District Swimming Cl	1:21.47	1:24.51
7 Stacey, Matilda	13	Borough of Southend Swimming	1:22.14	1:25.31
8 Barry, Lily-Kate	13	Borough of Southend Swimming	1:27.34	1:27.19
9 Lamb, Livia	13	Leiston & District Swimming Cl	NT	1:34.40
10 Johal, Amrita	13	Norwich Swan Swimming Club-EA	NT	1:35.10
11 Fell, Freya	13	Stowmarket Swimming Club-EA	1:39.60	1:36.64

**Event 202 Girls 14 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Knight, Chloe	14	Hadleigh Swimming Club	1:09.87	1:10.57
2 Blatchly-Smith, Darcie	14	St Felix School SC (Southwold)	1:19.72	1:12.34
3 Harrison, Amelie	14	Stowmarket Swimming Club-EA	1:21.23	1:22.45
4 Travell, Holly A	14	Team Waveney Swimming Club-EA	1:35.62	1:25.00
5 Haselwood, Erin	14	Stowmarket Swimming Club-EA	1:29.86	1:26.60
6 Powell, Leah M	14	Deben Swimming Club-EA	NT	1:32.87

**Event 202 Girls 15 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Thompson, Maia A	15	Team Waveney Swimming Club-EA	1:09.84	1:10.67
2 Davies, Flo V	15	Deben Swimming Club-EA	1:13.39	1:11.80
3 Whittaker, Izzy	15	Team Waveney Swimming Club-EA	1:16.95	1:14.83
4 Tait, Iona I	15	Deben Swimming Club-EA	1:15.98	1:15.88
5 Ellis, Lottie	15	Deben Swimming Club-EA	1:17.04	1:17.55
6 Ball, Imogen F	15	Team Waveney Swimming Club-EA	1:17.96	1:19.65
--- Ellis, Grace	15	Newmarket & District Swimming-E	1:16.76	DQ

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****Event 202 Girls 16 & Over 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Davies, Connie A	17	Deben Swimming Club-EA	1:05.15	1:04.93
2 Knight, Emily	16	Hadleigh Swimming Club	1:11.52	1:13.05
3 Carter, Annabelle	17	Stowmarket Swimming Club-EA	1:17.20	1:17.60
4 Hutton, Emily	16	Stowmarket Swimming Club-EA	1:27.54	1:26.49

**Event 203 Boys 9 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Iancu, Patrick	9	Borough of Southend Swimming	58.14	54.08
2 Wedgwood, Maximus	9	Stowmarket Swimming Club-EA	1:15.98	1:06.90
3 Battle, Max	9	Stowmarket Swimming Club-EA	1:16.66	1:13.92
--- Candler, Oliver	9	Norwich Swan Swimming Club-EA	NT	DQ

**Event 203 Boys 10 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Giles, Reuben B	10	Stowmarket Swimming Club-EA	47.28	47.15
2 Lawrence, Marston F	10	Norwich Swan Swimming Club-EA	53.72	51.55
3 Gale, Aiden R	10	Deben Swimming Club-EA	54.20	52.76
4 Edwards, Harry	10	Team Waveney Swimming Club-EA	57.27	52.99
5 Gentry, Aiden	10	Team Waveney Swimming Club-EA	1:00.65	57.79
6 Smith, Daniel W	10	Stowmarket Swimming Club-EA	1:07.89	1:05.92

**Event 203 Boys 11 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Patel, Dhrish	11	Borough of Southend Swimming	46.52	43.74
2 Watton, Benjamin	11	Norwich Swan Swimming Club-EA	57.10	47.88
3 Evans, Daniel	11	Deben Swimming Club-EA	47.79	48.59
4 Supple, Harrison	11	St Felix School SC (Southwold)	49.77	48.93
5 Marchant, Alexander	11	Borough of Southend Swimming	48.33	50.32
6 Bennett, William	11	Deben Swimming Club-EA	50.15	51.27
7 Allberry, Edward A	11	Stowmarket Swimming Club-EA	58.75	58.14

**Event 203 Boys 12 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Whiting, Orlando	12	St Felix School SC (Southwold)	36.71	36.44
2 Battle, Jake	12	Stowmarket Swimming Club-EA	39.34	38.73
*3 Wild, Jake	12	Newmarket & District Swimming-E.	43.98	41.33
*3 Harrison, Rex	12	Stowmarket Swimming Club-EA	42.34	41.33
5 Gittins, Thomas	12	Norwich Swan Swimming Club-EA	48.72	48.95
6 Thornton-Coates, Luke	12	Deben Swimming Club-EA	49.97	50.82
7 Cloke, Sebastian	12	Deben Swimming Club-EA	51.50	52.03
8 Campbell, Elias G	12	Norwich Swan Swimming Club-EA	NT	1:03.63

**Event 203 Boys 13 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Hall, Haiden A	13	Deben Swimming Club-EA	39.49	36.67
2 Edwards, Ethan J	13	Team Waveney Swimming Club-EA	42.69	42.32
3 Allberry, James W	13	Stowmarket Swimming Club-EA	46.97	44.35
4 Peck, Nate M	13	Team Waveney Swimming Club-EA	49.59	45.18
5 Stammers, Nicholas	13	Norwich Swan Swimming Club-EA	48.70	46.23
6 Marchant, Sebastian	13	Borough of Southend Swimming	47.88	47.72
7 Ndlovu, Casey	13	Borough of Southend Swimming	49.77	48.48
8 Thornton-Coates, James T	13	Deben Swimming Club-EA	52.34	48.99

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****(Event 203 Boys 13 Year Olds 50 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
9 Kerry, Rowan J	13	Stowmarket Swimming Club-EA	54.57	54.00

**Event 203 Boys 14 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Every, Ben	14	St Felix School SC (Southwold)	34.78	33.94
2 Blagg, Fin	14	Stowmarket Swimming Club-EA	36.03	35.25
3 Scott, Aidan	14	St Felix School SC (Southwold)	38.13	36.58
4 Patel, Rikhil	14	Borough of Southend Swimming	40.50	38.70
5 Steenkamp, Elliot	14	Newmarket & District Swimming-E.	38.48	38.92
6 Shopland, Kain	14	Deben Swimming Club-EA	45.49	44.40
7 Ilcevic, Artemij	14	Deben Swimming Club-EA	NT	44.48

**Event 203 Boys 15 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Ruffles-Francis, Teilo	15	Stowmarket Swimming Club-EA	35.41	34.68
2 Carr, Rufus	15	St Felix School SC (Southwold)	46.17	36.08
3 Crysell, Matthew	15	Newmarket & District Swimming-E.	41.18	40.02
4 Strike, Ciaran J	15	Team Waveney Swimming Club-EA	41.98	40.20
5 Stacey, George	15	Borough of Southend Swimming	45.01	41.44
6 Bowers, Charlie	15	Norwich Swan Swimming Club-EA	50.49	45.89

**Event 203 Boys 16 & Over 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Holmes, Harrison	17	Team Waveney Swimming Club-EA	30.90	30.94
*2 Welsford, Callum	20	Deben Swimming Club-EA	33.27	33.25
*2 Bashford, Riley	17	Deben Swimming Club-EA	NT	33.25
4 Ruffles-Francis, Vaughn	18	Stowmarket Swimming Club-EA	34.68	34.25
5 Tolputt, Samuel J	17	Deben Swimming Club-EA	33.65	34.68
6 Wilson, Luke	16	Team Waveney Swimming Club-EA	34.04	35.00
7 Wallace, Henry	16	Stowmarket Swimming Club-EA	36.29	35.85
8 Caunter, Harrison W	16	Stowmarket Swimming Club-EA	41.39	41.93

**Event 204 Girls 9 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Reed, Ella-Rose	9	Team Waveney Swimming Club-EA	NT	3:29.47
2 Nowell, Molly R	9	Stowmarket Swimming Club-EA	3:39.35	3:44.24

**Event 204 Girls 10 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Wicks, Isabelle	10	Norwich Swan Swimming Club-EA	3:06.90	2:57.52
2 O'Sullivan, Ella	10	Norwich Swan Swimming Club-EA	3:14.11	3:00.47
3 Oakley, Lola	10	Norwich Swan Swimming Club-EA	3:07.80	3:07.91
4 Sadler, Evie	10	Borough of Southend Swimming	3:07.66	3:08.83
5 Jewers, Zara	10	Stowmarket Swimming Club-EA	3:28.73	3:10.57
6 Douglas, Phoebe	10	Borough of Southend Swimming	3:47.84	3:33.16
7 Hunt, Nancy I	10	Stowmarket Swimming Club-EA	3:49.27	3:47.58

**Event 204 Girls 11 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Freeman, Skye	11	Norwich Swan Swimming Club-EA	2:47.90	2:37.73
2 Mason, Isla	11	Stowmarket Swimming Club-EA	2:50.43	2:43.17
3 Sadler, Maisy	11	Norwich Swan Swimming Club-EA	2:49.45	2:43.29
4 Pert, Sophie	11	Norwich Swan Swimming Club-EA	2:48.93	2:46.14

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****(Event 204 Girls 11 Year Olds 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
5 Turner, Rosie	11	St Felix School SC (Southwold)	3:00.69	2:54.61
6 Gilbert, Charlotte	11	Norwich Swan Swimming Club-EA	NT	3:01.15
7 Root, Florence	11	Borough of Southend Swimming	3:17.80	3:01.33
8 Cook, Freya	11	Leiston & District Swimming Cl	NT	3:01.63
9 Barry, Sophie	11	Borough of Southend Swimming	3:09.00	3:06.08
10 Johal, Priya	11	Norwich Swan Swimming Club-EA	3:41.30	3:35.40
11 Claxton, Olivia	11	Norwich Swan Swimming Club-EA	NT	3:51.35

**Event 204 Girls 12 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Curtin, Lola-Rose	12	Team Waveney Swimming Club-EA	2:44.97	2:35.66
2 Murphy, Olivia	12	Deben Swimming Club-EA	NT	2:39.21
3 Kirk, Betsy	12	Leiston & District Swimming Cl	NT	2:46.74
4 Colls, Emily	12	St Felix School SC (Southwold)	3:10.00	2:55.77
5 Barden, Molly	12	Norwich Swan Swimming Club-EA	NT	3:01.88

**Event 204 Girls 13 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Collinson, Jess M	13	Deben Swimming Club-EA	2:27.77	2:24.68
2 May, Freya	13	Leiston & District Swimming Cl	NT	2:29.31
3 Woods, Alexandra	13	St Felix School SC (Southwold)	2:35.34	2:34.77
4 Dring, Lilley R	13	Deben Swimming Club-EA	2:34.70	2:34.94
5 Cronin-Garrod, Martha	13	Borough of Southend Swimming	2:31.50	2:35.98
6 Mbili, Taitiana	13	Borough of Southend Swimming	2:35.01	2:36.24
7 Stacey, Matilda	13	Borough of Southend Swimming	2:43.70	2:46.74
8 Barry, Lily-Kate	13	Borough of Southend Swimming	2:55.30	2:54.06
9 Johal, Amrita	13	Norwich Swan Swimming Club-EA	3:07.10	3:04.24
10 Fell, Freya	13	Stowmarket Swimming Club-EA	3:44.36	3:19.29

**Event 204 Girls 14 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Blatchly-Smith, Darcie	14	St Felix School SC (Southwold)	2:14.16	2:17.85
2 Taylor, Nicole	14	St Felix School SC (Southwold)	2:20.02	2:23.90
3 Walker, Katie E	14	Deben Swimming Club-EA	2:30.89	2:26.23
4 Turner, Emily	14	St Felix School SC (Southwold)	2:31.75	2:31.35
5 Beevor, Ruby	14	Team Waveney Swimming Club-EA	NT	2:54.09
6 Powell, Leah M	14	Deben Swimming Club-EA	NT	3:01.71

**Event 204 Girls 15 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Richardson, May	15	Stowmarket Swimming Club-EA	2:22.49	2:23.59
2 Francis, Chloe R	15	Team Waveney Swimming Club-EA	2:34.36	2:31.94
3 Gale, Bella R	15	Deben Swimming Club-EA	2:52.85	2:48.05
4 Pond, Ruby	15	Borough of Southend Swimming	2:34.61	2:49.37

**Event 204 Girls 16 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Salmon, Francesca	18	Norwich Swan Swimming Club-EA	2:21.42	2:19.61
2 Kinnett, Evie	16	Newmarket & District Swimming-E	2:30.45	2:25.50
3 Holmes, Jersey	16	Team Waveney Swimming Club-EA	2:24.53	2:25.88
4 Stebbings, Katie	16	Stowmarket Swimming Club-EA	2:17.94	2:31.66
5 Snowden, Bea P	16	Deben Swimming Club-EA	2:43.65	2:43.71

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****Event 205 Boys 10 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Peacock, Harvey	10	Borough of Southend Swimming	2:05.00	1:38.07
2 Gentry, Aiden	10	Team Waveney Swimming Club-EA	1:52.93	1:38.11
--- Edwards, Harry	10	Team Waveney Swimming Club-EA	1:51.91	DQ

**Event 205 Boys 11 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Patel, Dhrish	11	Borough of Southend Swimming	1:24.94	1:25.26
2 Watton, Benjamin	11	Norwich Swan Swimming Club-EA	1:37.42	1:29.88
3 Hammond, Ethan	11	Borough of Southend Swimming	1:35.90	1:34.17
4 Marchant, Alexander	11	Borough of Southend Swimming	1:33.06	1:36.19
5 Pond, Max	11	Borough of Southend Swimming	1:36.69	1:36.34
6 Allberry, Edward A	11	Stowmarket Swimming Club-EA	1:50.96	1:44.99

**Event 205 Boys 12 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Wallis, Ethan	12	St Felix School SC (Southwold)	1:13.06	1:11.38
2 Battle, Jake	12	Stowmarket Swimming Club-EA	1:15.45	1:17.43
3 Harrison, Rex	12	Stowmarket Swimming Club-EA	1:23.21	1:21.01
4 Cloke, Sebastian	12	Deben Swimming Club-EA	1:29.65	1:29.87
--- Gittins, Thomas	12	Norwich Swan Swimming Club-EA	NT	DQ

**Event 205 Boys 13 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Butt, Oliver	13	Deben Swimming Club-EA	1:15.62	1:14.64
2 Edwards, Ethan J	13	Team Waveney Swimming Club-EA	1:20.10	1:17.81
3 Cottingham, Henry	13	Hadleigh Swimming Club	1:22.30	1:20.77
4 Root, Finlay	13	Borough of Southend Swimming	1:23.01	1:21.16
5 Smith-Hilton, Sam	13	Deben Swimming Club-EA	NT	1:22.08
6 Allberry, James W	13	Stowmarket Swimming Club-EA	NT	1:31.10

**Event 205 Boys 14 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Gunner, Jude	14	St Felix School SC (Southwold)	1:09.19	1:06.34
2 Patel, Rikhil	14	Borough of Southend Swimming	1:16.27	1:17.26
3 Glennerster, Toby	14	St Felix School SC (Southwold)	1:21.68	1:17.34
4 Stock, Charles	14	St Felix School SC (Southwold)	1:26.66	1:18.84
5 Shopland, Kain	14	Deben Swimming Club-EA	1:42.12	1:26.78

**Event 205 Boys 15 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Turner, Daniel	15	Team Waveney Swimming Club-EA	1:06.26	1:04.95
2 Battison, Spencer	15	Team Waveney Swimming Club-EA	1:07.07	1:07.15
3 Crysell, Matthew	15	Newmarket & District Swimming-E	1:08.56	1:08.39
4 Ruffles-Francis, Teilo	15	Stowmarket Swimming Club-EA	1:10.93	1:10.28
5 Stacey, George	15	Borough of Southend Swimming	1:17.44	1:17.51

**Event 205 Boys 16 & Over 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Battison, Lloyd	18	Team Waveney Swimming Club-EA	1:00.44	1:01.69
2 Osborne, Jack J	16	Deben Swimming Club-EA	1:03.15	1:02.80
3 Spelman, Tom	16	Stowmarket Swimming Club-EA	1:07.97	1:07.88
4 Caunter, Harrison W	16	Stowmarket Swimming Club-EA	1:16.21	1:18.98

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****Event 206 Girls 9 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Reed, Ella-Rose	9	Team Waveney Swimming Club-EA	NT	1:53.83
2 Nowell, Molly R	9	Stowmarket Swimming Club-EA	2:07.88	2:00.69
3 Brewster, Florence J	9	Stowmarket Swimming Club-EA	2:04.56	2:06.74
4 Claxton, Annabel	9	Norwich Swan Swimming Club-EA	2:15.09	2:09.88
--- Wells, Florence	9	Borough of Southend Swimming	2:33.00	DQ
--- Thompson, Saskia	9	Leiston & District Swimming Cl	NT	DQ
--- Welham, Freya	9	Stowmarket Swimming Club-EA	1:56.55	DQ

**Event 206 Girls 10 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Sadler, Evie	10	Borough of Southend Swimming	1:35.00	1:36.32
2 Knights, Amelia	10	St Felix School SC (Southwold)	1:39.80	1:38.74
3 Robertson, Bella	10	Stowmarket Swimming Club-EA	2:06.11	1:39.60
4 Sheasby, Tilly	10	Newmarket & District Swimming-E.	1:52.52	1:41.25
5 Jewers, Zara	10	Stowmarket Swimming Club-EA	1:47.55	1:41.39
6 Herring, Aurelia	10	Leiston & District Swimming Cl	1:41.42	1:42.76
7 Welsford, Eloise C	10	Deben Swimming Club-EA	1:44.59	1:42.84
8 Bryant, Olivia M	10	Stowmarket Swimming Club-EA	1:49.09	1:43.10
9 Tydeman, Martha	10	Stowmarket Swimming Club-EA	1:53.01	1:50.95
10 Templer, Daisy	10	Stowmarket Swimming Club-EA	1:54.00	1:55.22
11 Hunt, Nancy I	10	Stowmarket Swimming Club-EA	2:00.83	2:02.55
--- Cockerton-Pryce, Amelie	10	Newmarket & District Swimming-E.	1:50.52	DQ
--- Tape, Emily	10	Borough of Southend Swimming	2:00.34	DQ

**Event 206 Girls 11 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Howlett, Isabelle K	11	Norwich Swan Swimming Club-EA	1:24.71	1:21.44
2 Snowden, Nellie	11	Deben Swimming Club-EA	1:27.14	1:26.71
3 Barry, Sophie	11	Borough of Southend Swimming	1:38.64	1:36.14
4 Root, Florence	11	Borough of Southend Swimming	1:39.55	1:38.15
5 Cook, Freya	11	Leiston & District Swimming Cl	1:35.30	1:40.40
6 Gibson, Pip	11	Deben Swimming Club-EA	1:52.99	1:46.23
7 Claxton, Olivia	11	Norwich Swan Swimming Club-EA	1:50.44	1:49.35
8 Fisher, Molly-Rose	11	Norwich Swan Swimming Club-EA	1:55.50	1:52.67
--- Johal, Priya	11	Norwich Swan Swimming Club-EA	2:01.56	DQ

**Event 206 Girls 12 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Armstrong, Emilia	12	Stowmarket Swimming Club-EA	1:19.21	1:21.43
2 Knights, Annabelle	12	St Felix School SC (Southwold)	1:29.14	1:24.52
3 Hedges, Annaliese K	12	Stowmarket Swimming Club-EA	1:26.60	1:24.76
4 Mehra, Ishita	12	Norwich Swan Swimming Club-EA	1:38.15	1:24.92
5 Curtin, Lola-Rose	12	Team Waveney Swimming Club-EA	1:36.82	1:25.39
6 Kirk, Betsy	12	Leiston & District Swimming Cl	1:29.75	1:26.80
7 Ratnayake, Senudi	12	Norwich Swan Swimming Club-EA	1:29.88	1:28.59
8 Cable, Violet	12	Norwich Swan Swimming Club-EA	NT	1:30.39
9 Hopewell-Campion, Casey	12	Newmarket & District Swimming-E.	1:29.59	1:32.36
10 Nicolson, Kate	12	Deben Swimming Club-EA	1:38.74	1:38.42
--- Colls, Emily	12	St Felix School SC (Southwold)	1:36.21	DQ

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****Event 206 Girls 13 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Collinson, Jess M	13	Deben Swimming Club-EA	1:19.25	1:20.93
2 Thompson, Frankie D	13	Team Waveney Swimming Club-EA	1:21.20	1:21.49
3 Catchpole, Charlotte	13	Leiston & District Swimming Cl	1:26.25	1:26.08
4 Carter, Verity	13	Stowmarket Swimming Club-EA	1:26.36	1:27.94
5 Burgess, Mia M	13	Deben Swimming Club-EA	1:29.24	1:28.82
6 Johal, Amrita	13	Norwich Swan Swimming Club-EA	1:36.82	1:36.17
7 Fell, Freya	13	Stowmarket Swimming Club-EA	1:41.28	1:43.41
--- Crane, Erin D	13	Deben Swimming Club-EA	1:34.93	DQ
--- Lamb, Livia	13	Leiston & District Swimming Cl	1:38.16	DQ

**Event 206 Girls 14 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Sheasby, Liv	14	Newmarket & District Swimming-E	1:18.92	1:15.44
2 Taylor, Nicole	14	St Felix School SC (Southwold)	1:17.76	1:18.67
3 Harrison, Amelie	14	Stowmarket Swimming Club-EA	1:18.72	1:19.23
4 Newman, Sophia	14	Borough of Southend Swimming	1:30.27	1:22.27
5 Walker, Katie E	14	Deben Swimming Club-EA	1:21.41	1:22.37
6 Travell, Holly A	14	Team Waveney Swimming Club-EA	1:25.87	1:25.82
7 Haselwood, Erin	14	Stowmarket Swimming Club-EA	1:28.11	1:26.03
8 Ginja, Gaby	14	Team Waveney Swimming Club-EA	1:32.43	1:32.08
9 Beevor, Ruby	14	Team Waveney Swimming Club-EA	1:40.93	1:33.85
10 McTaggart, Abbi V	14	Deben Swimming Club-EA	1:41.60	1:35.30
--- Eley, Imogen	14	Deben Swimming Club-EA	NT	DQ

**Event 206 Girls 15 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Thompson, Maia A	15	Team Waveney Swimming Club-EA	1:15.48	1:13.94
2 Ellis, Grace	15	Newmarket & District Swimming-E	1:16.36	1:16.96
3 Tait, Iona I	15	Deben Swimming Club-EA	1:18.82	1:17.32
4 Whittaker, Izzy	15	Team Waveney Swimming Club-EA	1:22.48	1:20.27
5 Francis, Chloe R	15	Team Waveney Swimming Club-EA	1:22.58	1:20.60
6 Ball, Imogen F	15	Team Waveney Swimming Club-EA	1:19.25	1:23.18
7 Kindred, Isabella R	15	Deben Swimming Club-EA	1:23.88	1:23.66
8 Harrington, Sophie E	15	Deben Swimming Club-EA	1:20.49	1:23.88

**Event 206 Girls 16 & Over 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Davies, Connie A	17	Deben Swimming Club-EA	1:08.25	1:07.01
2 McNicholas, Hannah L	16	Deben Swimming Club-EA	1:15.92	1:14.94
3 Catchpole, Ellie	17	Leiston & District Swimming Cl	1:13.94	1:17.56
4 Denham, Georgia	16	Hadleigh Swimming Club	1:17.41	1:20.05
5 Hutton, Emily	16	Stowmarket Swimming Club-EA	1:25.22	1:25.75
6 Stebbings, Katie	16	Stowmarket Swimming Club-EA	1:17.66	1:26.37
7 Catchpole, Georgia R	17	Stowmarket Swimming Club-EA	1:20.66	1:27.45
8 Emmerson, Taome	20	Leiston & District Swimming Cl	1:23.71	1:27.83
9 Snowden, Bea P	16	Deben Swimming Club-EA	1:24.71	1:28.75

**Event 207 Boys 9 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Battle, Max	9	Stowmarket Swimming Club-EA	4:00.43	3:43.73



**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****Event 207 Boys 10 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Giles, Reuben B	10	Stowmarket Swimming Club-EA	2:54.69	2:49.85
2 Gale, Aiden R	10	Deben Swimming Club-EA	2:50.84	2:55.88
3 Thurlow, Harry T	10	Norwich Swan Swimming Club-EA	3:19.40	3:07.47
4 Peacock, Harvey	10	Borough of Southend Swimming	3:20.00	3:20.37

**Event 207 Boys 11 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Supple, Harrison	11	St Felix School SC (Southwold)	2:53.37	2:51.15
2 Pond, Max	11	Borough of Southend Swimming	3:00.66	2:56.99
3 Hammond, Ethan	11	Borough of Southend Swimming	2:55.10	2:58.95
4 Watton, Benjamin	11	Norwich Swan Swimming Club-EA	3:23.51	3:04.50
5 Allberry, Edward A	11	Stowmarket Swimming Club-EA	3:33.12	3:18.09

**Event 207 Boys 12 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Whiting, Orlando	12	St Felix School SC (Southwold)	2:15.31	2:11.77
2 Wallis, Ethan	12	St Felix School SC (Southwold)	2:18.31	2:15.05
3 Battle, Jake	12	Stowmarket Swimming Club-EA	2:22.20	2:22.96
4 Wild, Jake	12	Newmarket & District Swimming-E	2:28.28	2:27.01
5 Thompson, Ted	12	Leiston & District Swimming Cl	NT	2:54.04
6 Cloke, Sebastian	12	Deben Swimming Club-EA	2:54.06	2:55.66
7 Thompson, Alfie	12	Leiston & District Swimming Cl	NT	3:07.17

**Event 207 Boys 13 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Hall, Haiden A	13	Deben Swimming Club-EA	2:13.43	2:11.79
2 Root, Finlay	13	Borough of Southend Swimming	2:39.10	2:34.88
3 Allberry, James W	13	Stowmarket Swimming Club-EA	2:47.89	2:41.74
4 Stammers, Nicholas	13	Norwich Swan Swimming Club-EA	3:11.32	2:53.19
5 Thornton-Coates, James T	13	Deben Swimming Club-EA	3:20.33	2:56.78
6 Ndlovu, Casey	13	Borough of Southend Swimming	3:00.00	3:08.62

**Event 207 Boys 14 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Gunner, Jude	14	St Felix School SC (Southwold)	2:10.37	2:07.28
2 Scott, Aidan	14	St Felix School SC (Southwold)	2:21.41	2:18.24
3 Glennerster, Toby	14	St Felix School SC (Southwold)	2:21.68	2:23.03
4 Thompson, Angus	14	Leiston & District Swimming Cl	2:28.90	2:25.76
5 Shopland, Kain	14	Deben Swimming Club-EA	NT	2:51.54

**Event 207 Boys 15 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Carr, Rufus	15	St Felix School SC (Southwold)	2:11.39	2:06.89
2 Strike, Ciaran J	15	Team Waveney Swimming Club-EA	2:14.42	2:14.51
3 Stacey, George	15	Borough of Southend Swimming	2:29.95	2:26.29
4 Bowers, Charlie	15	Norwich Swan Swimming Club-EA	2:54.02	2:42.49

**Event 207 Boys 16 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Battison, Lloyd	18	Team Waveney Swimming Club-EA	1:59.85	2:00.56
2 Spelman, Tom	16	Stowmarket Swimming Club-EA	2:07.47	2:07.13
3 Everitt, Sam	16	Newmarket & District Swimming-E	2:20.24	2:21.17
4 Caunter, Harrison W	16	Stowmarket Swimming Club-EA	NT	2:40.53

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****Event 208 Girls 11 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Murrell, Emily	11	Norwich Swan Swimming Club-EA	3:16.26	3:10.27
2 Sadler, Maisy	11	Norwich Swan Swimming Club-EA	NT	3:17.90
3 Freeman, Skye	11	Norwich Swan Swimming Club-EA	3:40.76	3:30.62

**Event 208 Girls 12 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Oakley, Mischa	12	Norwich Swan Swimming Club-EA	3:16.10	3:04.52
--- Ratnayake, Anudi	12	Norwich Swan Swimming Club-EA	3:43.88	DQ

**Event 208 Girls 15 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Richardson, May	15	Stowmarket Swimming Club-EA	2:54.96	3:04.88

**Event 209 Boys 9 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Iancu, Patrick	9	Borough of Southend Swimming	1:57.63	1:47.34
2 Battle, Max	9	Stowmarket Swimming Club-EA	1:59.85	2:01.63
--- Candler, Oliver	9	Norwich Swan Swimming Club-EA	1:57.82	DQ

**Event 209 Boys 10 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Giles, Reuben B	10	Stowmarket Swimming Club-EA	1:30.57	1:28.83
2 Thurlow, Harry T	10	Norwich Swan Swimming Club-EA	1:42.78	1:37.59
3 Gentry, Aiden	10	Team Waveney Swimming Club-EA	1:46.66	1:43.72
4 Lawrence, Marston F	10	Norwich Swan Swimming Club-EA	1:54.89	1:45.96
--- Smith, Daniel W	10	Stowmarket Swimming Club-EA	2:08.16	DQ

**Event 209 Boys 11 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Evans, Daniel	11	Deben Swimming Club-EA	1:32.14	1:32.63
2 Hammond, Ethan	11	Borough of Southend Swimming	1:35.48	1:43.26
3 Allberry, Edward A	11	Stowmarket Swimming Club-EA	1:49.07	1:47.94

**Event 209 Boys 12 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Battle, Jake	12	Stowmarket Swimming Club-EA	1:12.83	1:12.76
2 Wild, Jake	12	Newmarket & District Swimming-E	1:19.59	1:21.94
3 Davies, Diggory J	12	Deben Swimming Club-EA	1:21.17	1:23.47
4 Gittins, Thomas	12	Norwich Swan Swimming Club-EA	NT	1:37.49
5 Cloke, Sebastian	12	Deben Swimming Club-EA	NT	1:40.95
--- Campbell, Elias G	12	Norwich Swan Swimming Club-EA	NT	DQ

**Event 209 Boys 13 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Hall, Haiden A	13	Deben Swimming Club-EA	1:13.81	1:12.62
2 Edwards, Ethan J	13	Team Waveney Swimming Club-EA	1:19.74	1:20.26
3 Allberry, James W	13	Stowmarket Swimming Club-EA	1:29.54	1:28.08
4 Root, Finlay	13	Borough of Southend Swimming	1:26.88	1:28.99
5 Peck, Nate M	13	Team Waveney Swimming Club-EA	1:33.80	1:29.68
6 Smith-Hilton, Sam	13	Deben Swimming Club-EA	NT	1:33.34
7 Marchant, Sebastian	13	Borough of Southend Swimming	1:36.28	1:37.16

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****Event 209 Boys 14 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Blagg, Fin	14	Stowmarket Swimming Club-EA	1:10.36	1:09.89
2 Steenkamp, Elliot	14	Newmarket & District Swimming-E	1:19.89	1:18.32
3 Stock, Charles	14	St Felix School SC (Southwold)	1:27.89	1:22.32

**Event 209 Boys 15 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Turner, Daniel	15	Team Waveney Swimming Club-EA	1:06.84	1:05.99
2 Battison, Spencer	15	Team Waveney Swimming Club-EA	1:10.31	1:09.86
3 Crysell, Matthew	15	Newmarket & District Swimming-E	1:14.71	1:14.89

**Event 209 Boys 16 & Over 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Holmes, Harrison	17	Team Waveney Swimming Club-EA	1:03.70	1:02.80
2 Bashford, Riley	17	Deben Swimming Club-EA	NT	1:05.30
3 Welsford, Callum	20	Deben Swimming Club-EA	1:06.26	1:06.71
4 Tolputt, Samuel J	17	Deben Swimming Club-EA	1:07.72	1:08.43
5 Ruffles-Francis, Vaughn	18	Stowmarket Swimming Club-EA	1:10.11	1:09.11
6 Wilson, Luke	16	Team Waveney Swimming Club-EA	1:09.26	1:09.93
7 Whiting, Cameron J	16	Deben Swimming Club-EA	1:17.54	1:14.60
8 Wallace, Henry	16	Stowmarket Swimming Club-EA	1:14.97	1:15.11
9 Caunter, Harrison W	16	Stowmarket Swimming Club-EA	1:19.44	1:22.72

**Event 210 Girls 9 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Welham, Freya	9	Stowmarket Swimming Club-EA	58.09	57.77
2 Reed, Ella-Rose	9	Team Waveney Swimming Club-EA	1:05.01	59.18
3 Cooney, Gabriella	9	Leiston & District Swimming Cl	NT	1:01.49
4 Brewster, Florence J	9	Stowmarket Swimming Club-EA	1:05.97	1:02.39
5 Thompson, Saskia	9	Leiston & District Swimming Cl	1:09.35	1:05.56
6 Long, Hattie	9	Stowmarket Swimming Club-EA	1:13.81	1:10.55
7 Claxton, Annabel	9	Norwich Swan Swimming Club-EA	1:11.00	1:10.95

**Event 210 Girls 10 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Brightwell, Amy M	10	Norwich Swan Swimming Club-EA	56.40	46.25
2 Wicks, Isabelle	10	Norwich Swan Swimming Club-EA	49.10	49.47
3 Robertson, Bella	10	Stowmarket Swimming Club-EA	52.30	50.81
4 Jewers, Zara	10	Stowmarket Swimming Club-EA	55.99	52.32
5 Oakley, Lola	10	Norwich Swan Swimming Club-EA	52.73	52.71
6 Knights, Amelia	10	St Felix School SC (Southwold)	44.87	53.36
7 Templar, Daisy	10	Stowmarket Swimming Club-EA	53.20	53.38
8 Bryant, Olivia M	10	Stowmarket Swimming Club-EA	54.14	53.95
9 Goodfellow, Eadie	10	Team Waveney Swimming Club-EA	57.56	57.90
10 Sheasby, Tilly	10	Newmarket & District Swimming-E	1:02.63	59.08
11 Veyssier, Agathe	10	Newmarket & District Swimming-E	1:17.03	1:09.90
--- Brown, Daisy	10	Leiston & District Swimming Cl	1:07.13	DQ

**Event 210 Girls 11 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Howlett, Isabelle K	11	Norwich Swan Swimming Club-EA	40.00	39.64
2 Snowden, Nellie	11	Deben Swimming Club-EA	41.90	41.85
3 Ansell, Abigail	11	Borough of Southend Swimming	45.94	45.67

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****(Event 210 Girls 11 Year Olds 50 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
4 Mason, Isla	11	Stowmarket Swimming Club-EA	47.13	46.18
5 Pert, Sophie	11	Norwich Swan Swimming Club-EA	47.61	48.01
6 McTaggart, Elinor M	11	Deben Swimming Club-EA	51.12	48.69
7 Dye, Ruth	11	Norwich Swan Swimming Club-EA	53.51	49.92
8 Sadler, Maisy	11	Norwich Swan Swimming Club-EA	50.65	50.06
9 Turner, Rosie	11	St Felix School SC (Southwold)	57.25	52.41
10 Claxton, Olivia	11	Norwich Swan Swimming Club-EA	54.10	53.11
11 Root, Florence	11	Borough of Southend Swimming	53.00	53.20
12 Gilbert, Charlotte	11	Norwich Swan Swimming Club-EA	1:10.27	53.56
13 Fisher, Molly-Rose	11	Norwich Swan Swimming Club-EA	53.00	53.92
14 Ginja, Raphaella	11	Team Waveney Swimming Club-EA	56.59	54.26
15 Gibson, Pip	11	Deben Swimming Club-EA	54.45	54.55
16 Cook, Freya	11	Leiston & District Swimming Cl	54.64	55.02
17 Johal, Priya	11	Norwich Swan Swimming Club-EA	57.80	58.82
18 Long, Nancy	11	Stowmarket Swimming Club-EA	1:03.65	59.96
19 May, Emily	11	Leiston & District Swimming Cl	NT	1:04.40
--- Crane, Abbie M	11	Deben Swimming Club-EA	1:06.38	DQ

**Event 210 Girls 12 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Mehra, Ishita	12	Norwich Swan Swimming Club-EA	42.90	41.12
2 Armstrong, Emilia	12	Stowmarket Swimming Club-EA	43.08	43.44
3 Murphy, Olivia	12	Deben Swimming Club-EA	45.89	45.75
4 Thompson, Tatiana	12	Leiston & District Swimming Cl	47.84	46.99
5 Morton-Wright, Lottie	12	Deben Swimming Club-EA	47.62	47.15
6 Ratnayake, Senudi	12	Norwich Swan Swimming Club-EA	50.21	47.49
7 Harvey, Hermione O	12	Norwich Swan Swimming Club-EA	NT	47.88
8 Curtin, Lola-Rose	12	Team Waveney Swimming Club-EA	47.00	48.06
9 Ratnayake, Anudi	12	Norwich Swan Swimming Club-EA	48.99	48.72
10 Barden, Molly	12	Norwich Swan Swimming Club-EA	53.91	48.97
11 Hedges, Annaliese K	12	Stowmarket Swimming Club-EA	47.99	49.31
12 Nicolson, Kate	12	Deben Swimming Club-EA	50.13	50.20
13 Cable, Violet	12	Norwich Swan Swimming Club-EA	NT	52.53
--- Willis, Freya	12	Leiston & District Swimming Cl	52.34	DQ
--- Knights, Annabelle	12	St Felix School SC (Southwold)	48.31	DQ
--- Hopewell-Campion, Casey	12	Newmarket & District Swimming-E.	45.24	DQ

**Event 210 Girls 13 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 May, Freya	13	Leiston & District Swimming Cl	41.23	41.55
2 Dring, Lilley R	13	Deben Swimming Club-EA	41.70	43.00
3 Cronin-Garrod, Martha	13	Borough of Southend Swimming	43.71	44.87
*4 Whiting, Rosie	13	Deben Swimming Club-EA	46.44	45.84
*4 Carter, Verity	13	Stowmarket Swimming Club-EA	46.04	45.84
6 Collinson, Jess M	13	Deben Swimming Club-EA	44.92	45.93
7 Burgess, Mia M	13	Deben Swimming Club-EA	44.89	46.79
8 Johal, Amrita	13	Norwich Swan Swimming Club-EA	49.67	48.97
9 Lamb, Livia	13	Leiston & District Swimming Cl	57.73	49.59
10 Stacey, Matilda	13	Borough of Southend Swimming	49.33	49.87
11 Crane, Erin D	13	Deben Swimming Club-EA	50.77	50.70
12 Barry, Lily-Kate	13	Borough of Southend Swimming	51.87	51.35
13 Fell, Freya	13	Stowmarket Swimming Club-EA	52.43	51.45

**Deben November 2023 Meet - 18/11/2023 to 19/11/2023****Results - Session 1 - Sunday AM****Event 210 Girls 14 Year Olds 50 SC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Newman, Sophia	14	Borough of Southend Swimming	44.22	41.19
2	Harrison, Amelie	14	Stowmarket Swimming Club-EA	42.69	44.32
3	Travell, Holly A	14	Team Waveney Swimming Club-EA	45.91	45.13
4	Turner, Emily	14	St Felix School SC (Southwold)	46.49	46.44
5	Haselwood, Erin	14	Stowmarket Swimming Club-EA	47.58	46.53
6	McTaggart, Abbi V	14	Deben Swimming Club-EA	55.66	53.17

**Event 210 Girls 15 Year Olds 50 SC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Thompson, Maia A	15	Team Waveney Swimming Club-EA	40.78	39.64
2	Ellis, Lottie	15	Deben Swimming Club-EA	41.24	39.82
3	Ellis, Grace	15	Newmarket & District Swimming-E.	40.77	39.85
4	Davies, Flo V	15	Deben Swimming Club-EA	39.96	40.52
5	Howell, Josie L	15	Deben Swimming Club-EA	40.86	41.36
6	Ball, Imogen F	15	Team Waveney Swimming Club-EA	41.98	42.94
7	Kindred, Isabella R	15	Deben Swimming Club-EA	45.52	45.43
8	Gale, Bella R	15	Deben Swimming Club-EA	49.53	49.00

**Event 210 Girls 16 & Over 50 SC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Ridgeon, Amber	18	Leiston & District Swimming Cl	35.85	37.74
2	Catchpole, Ellie	17	Leiston & District Swimming Cl	35.96	37.92
3	Salmon, Francesca	18	Norwich Swan Swimming Club-EA	37.61	38.56
4	McNicholas, Hannah L	16	Deben Swimming Club-EA	39.46	39.74
5	Kinnett, Evie	16	Newmarket & District Swimming-E.	42.43	40.40
6	Finbow, Amber J	17	Deben Swimming Club-EA	40.47	40.45
7	Emmerson, Taome	20	Leiston & District Swimming Cl	39.57	41.89
8	Hutton, Emily	16	Stowmarket Swimming Club-EA	43.94	44.35
9	Catchpole, Georgia R	17	Stowmarket Swimming Club-EA	41.81	44.93