Session 1 Saturday 19th March at 9:00

EVENT 102 Girl 10 Yrs/Over 200m IM

1. Jessica Wilkinson 12 Thetford 4:51.99 ........

2. Milana Melinyte 10 Wisbech 4:18.13 ........

3. Chloe Green 13 Gt Yarmouth 4:01.22 ........

4. Naima Mohamed 12 Norwich Swan 3:59.69 ........

5. Esmai Smith 11 Wisbech 3:50.98 ........

6. Caitlin Sibley 14 Wisbech 3:48.01 ........

7. Isabelle Howlett 10 Norwich Swan 3:45.00 ........

8. Olivia Butlin 11 Thetford 3:43.78 ........

9. Olivia Wicks 10 Norwich Swan 3:40.19 ........

10. Mwaba Mkwasa 17 Norwich Swan 3:37.16 ........

11. Rebecca Davey 14 Norwich Swan 3:34.55 ........

12. Andrada Birsanu 13 Norwich Swan 3:33.50 ........

13. Sofia Stosic 11 Norwich Swan 3:33.39 ........

14. Madison Hicks 11 Wisbech 3:32.08 ........

15. Madeline Rose 11 Wisbech 3:31.85 ........

16. Danielle Myers 14 Thetford 3:28.40 ........

17. Sophie Nutt 14 Dereham 3:27.31 ........

18. Amelie Parnell 11 Dereham 3:27.28 ........

19. Lily Hills 13 St Felix Sch 3:26.31 ........

20. Layla Warby 14 Wisbech 3:24.84 ........

21. Jessica Pugh 12 Norwich Swan 3:21.19 ........

22. Shannon Taylor 13 Thetford 3:19.55 ........

23. Emily Turner 13 St Felix Sch 3:18.23 ........

24. Amelia Biggs 15 Leiston 3:15.29 ........

25. Iyla Addison 12 Norwich Swan 3:15.17 ........

26. Emma Land 14 Gt Yarmouth 3:15.00 ........

27. Poppy Walthew 14 Dereham 3:13.36 ........

28. Megan Dev-Sherman 14 Norwich Swan 3:11.76 ........

29. Mia Edwards 12 Norwich Swan 3:11.19 ........

30. Isabella Burton 13 Wisbech 3:10.70 ........

31. Anastasja Wall 12 Dereham 3:09.11 ........

32. Elizabeth Whipp 14 Norwich Swan 3:09.00 ........

33. Abigail Condon 15 Wisbech 3:05.61 ........

34. Nicole Taylor 13 St Felix Sch 3:05.11 ........

35. Mia Gray 14 Norwich Swan 3:04.23 ........

36. Freya Tubby 12 Gt Yarmouth 3:00.00 ........

37. Bethany Rumsby 13 Norwich Swan 2:59.67 ........

38. Darcey Bradford 15 Dereham 2:59.53 ........

39. Lilia Burgoyne 13 Gt Yarmouth 2:58.22 ........

40. Layla Dowland 14 Leiston 2:58.10 ........

41. Verity Hamilton 12 Norwich Swan 2:56.59 ........

42. Olivia Greenall 13 Gt Yarmouth 2:56.40 ........

43. Poppy Cator 14 Team Waveney 2:55.66 ........

44. Sienna Gilman 13 Norwich Swan 2:55.40 ........

45. Lily Murrell 13 Norwich Swan 2:54.60 ........

46. Anghelina Bulman 14 Dereham 2:54.06 ........

47. Charlisse Harding 13 Norwich Swan 2:53.67 ........

48. Tabitha Payne 15 Thetford 2:52.56 ........

49. Natalie Taylor 15 St Felix Sch 2:52.22 ........

50. Evie Jones 18 Norwich Swan 2:51.97 ........

51. Grace Mann 16 Team Waveney 2:50.89 ........

52. Charis Neill-Gourlay 15 Thetford 2:50.62 ........

53. Aimee Dickerson 16 Thetford 2:49.10 ........

54. Emily Pitcher 14 Norwich Swan 2:47.94 ........

55. Lillian Walthew 16 Dereham 2:46.06 ........

56. Lilly Howard 17 Norwich Swan 2:45.22 ........

57. Hannah Twells 14 Thetford 2:45.22 ........

58. Molly Tattersall 17 Dereham 2:44.61 ........

59. Kiera Turner 16 Team Waveney 2:44.38 ........

60. Amelia Saunders 14 Leiston 2:43.73 ........

61. Isla Hamilton 14 Norwich Swan 2:42.15 ........

62. Ruby Chapman 16 Norwich Swan 2:41.74 ........

63. Ruby Coyle 20 Norwich Swan 2:40.65 ........

64. Rebecca Merrill 21 Norwich Swan 2:40.53 ........

65. Millie Harris 14 Wisbech 2:40.01 ........

66. Francesca Salmon 17 Norwich Swan 2:37.67 ........

67. Caitlin Richardson 17 Norwich Swan 2:36.64 ........

68. Daisy Mixer 16 Norwich Swan 2:32.66 ........

EVENT 103 Boy 10 Yrs/Over 100m Breaststroke

1. Sebastian Birks 11 Norwich Swan 2:40.87 ........

2. Charlie Pickering 10 Gt Yarmouth 2:26.40 ........

3. Edward Allman 13 Thetford 2:06.32 ........

4. Andrew Malcolm 13 Thetford 2:05.62 ........

5. Adam Houston 12 Norwich Swan 2:04.71 ........

6. Bobby Hutchinson 11 Thetford 2:04.59 ........

7. George Warby 11 Wisbech 2:04.30 ........

8. Jacob Jenkins 12 Norwich Swan 1:58.94 ........

9. Alfie Burrell-Knipe 11 Thetford 1:58.56 ........

10. Noah Turna 11 Leiston 1:58.23 ........

11. Linus Aldridge 13 St Felix Sch 1:57.53 ........

12. William Neill-Gourlay 12 Thetford 1:56.82 ........

13. Joshua Rumsby 11 Norwich Swan 1:55.11 ........

14. James Whittaker 12 Team Waveney 1:52.07 ........

15. Jack Knight 12 Leiston 1:51.23 ........

16. William Nutt 10 Dereham 1:51.12 ........

17. Sam Kaye 15 Dereham 1:47.41 ........

18. Jericho Mercado 12 Norwich Swan 1:47.02 ........

19. Toby Glennerster 13 St Felix Sch 1:44.75 ........

20. Alex Lincoln 15 Team Waveney 1:43.57 ........

21. Orlando Whiting 12 St Felix Sch 1:43.27 ........

22. Samuel Bradford 14 Dereham 1:40.85 ........

23. Liam-Nik Matthews 14 Team Waveney 1:40.13 ........

24. Nathan Ruggles 13 Thetford 1:40.12 ........

25. Aidan Scott 13 St Felix Sch 1:37.60 ........

26. Zach Montgomery 12 Norwich Swan 1:34.48 ........

27. Sean Chaterera 13 Norwich Swan 1:34.31 ........

28. Riley Walker 15 Dereham 1:33.34 ........

29. M Phoenix-McGlynn 14 Norwich Swan 1:32.29 ........

30. Toby Flood 13 Thetford 1:31.50 ........

31. Blake Aldridge 15 St Felix Sch 1:31.23 ........

32. Thomas Ellis 16 Dereham 1:31.10 ........

33. Adam Gendy 16 Wisbech 1:30.99 ........

34. Joshua Jones 13 Wisbech 1:30.00 ........

35. Oscar Harris 15 Thetford 1:27.96 ........

36. Jack Bidle 14 Team Waveney 1:26.71 ........

37. Jack Tattersall 15 Dereham 1:24.47 ........

38. Finlay Arnup 15 Norwich Swan 1:22.08 ........

39. Luke Wilson 15 Team Waveney 1:18.93 ........

40. Harvey Durham 14 Thetford 1:18.76 ........

41. James Bell 17 Norwich Swan 1:17.80 ........

42. Austin Everitt 16 Norwich Swan 1:16.72 ........

43. Henri Dyke 17 Norwich Swan 1:13.13 ........

EVENT 104 Girl 10 Yrs/Over 100m Backstroke

1. Evie Dixon 10 Dereham 2:18.32 ........

2. Eloise Myers 11 Thetford 2:08.31 ........

3. Ruby Jennings 12 Norwich Swan 2:05.84 ........

4. Ishita Mehra 11 Norwich Swan 2:03.77 ........

5. Melody-Violet Saunders 11 Dereham 2:01.95 ........

6. Freya Tubby 12 Gt Yarmouth 2:00.00 ........

7. Jessica Hurren 11 Gt Yarmouth 1:57.46 ........

8. Milana Melinyte 10 Wisbech 1:55.93 ........

9. Freya Willis 11 Leiston 1:50.89 ........

10. Daisy Hills 11 St Felix Sch 1:50.81 ........

11. Poppy Ryan 11 Wisbech 1:48.65 ........

12. Lola-Rose Curtin 11 Team Waveney 1:44.00 ........

13. Annabelle Knights 11 St Felix Sch 1:42.78 ........

14. Holly Love 11 St Felix Sch 1:42.33 ........

15. Emily Murrell 10 Norwich Swan 1:41.93 ........

16. Gracie Mortimer 16 Norwich Swan 1:40.28 ........

17. Lola Mitchinson 11 Thetford 1:40.23 ........

18. Naima Mohamed 12 Norwich Swan 1:40.22 ........

19. Imogen Ramjohn 13 Thetford 1:40.16 ........

20. Tessa McNamara 12 Norwich Swan 1:39.48 ........

21. Skye Freeman 10 Norwich Swan 1:39.27 ........

22. Esmai Smith 11 Wisbech 1:39.06 ........

23. Sofia Stosic 11 Norwich Swan 1:38.88 ........

24. Madison Hicks 11 Wisbech 1:38.82 ........

25. Emma Read 12 Team Waveney 1:38.41 ........

26. Isla Bedford 11 Norwich Swan 1:38.22 ........

27. Bella Lawrence 13 Gt Yarmouth 1:37.99 ........

28. Catherine Mitchell 11 Gt Yarmouth 1:37.91 ........

29. Charlotte Luckett 14 Team Waveney 1:37.77 ........

30. Lily Herring 14 Norwich Swan 1:37.60 ........

31. Andrada Birsanu 13 Norwich Swan 1:36.61 ........

32. Olivia Wicks 10 Norwich Swan 1:34.28 ........

33. Emrys-Samaya Lester 13 Team Waveney 1:33.71 ........

34. Elizabeth Mitchell 13 Gt Yarmouth 1:33.30 ........

35. Danielle Myers 14 Thetford 1:33.30 ........

36. Amelie Parnell 11 Dereham 1:33.29 ........

37. Madeline Rose 11 Wisbech 1:32.75 ........

38. Elspeth Butler 12 Norwich Swan 1:32.10 ........

39. Layla Warby 14 Wisbech 1:30.85 ........

40. Chloe Green 13 Gt Yarmouth 1:30.16 ........

41. Starr Hutchinson 13 Thetford 1:29.74 ........

42. Grace Rayner 13 Wisbech 1:29.67 ........

43. Sophie Nutt 14 Dereham 1:28.55 ........

44. Phoebe Salmon 14 Norwich Swan 1:28.50 ........

45. Starr Nichols 12 Gt Yarmouth 1:28.20 ........

46. Charlotte Catchpole 12 Leiston 1:28.10 ........

47. Anastasja Wall 12 Dereham 1:27.95 ........

48. Iyla Addison 12 Norwich Swan 1:27.50 ........

49. Alexandra Woods 13 St Felix Sch 1:27.47 ........

50. Harriet Pitcher 16 Norwich Swan 1:27.47 ........

51. Ebony Smith 13 Wisbech 1:26.66 ........

52. Francesca Thompson 12 Team Waveney 1:25.99 ........

53. Jessica Pugh 12 Norwich Swan 1:25.50 ........

54. Verity Hamilton 12 Norwich Swan 1:25.12 ........

55. Lily-May Freeman 12 Gt Yarmouth 1:24.82 ........

56. Nicole Taylor 13 St Felix Sch 1:23.29 ........

57. Alysha Clements 16 Dereham 1:23.17 ........

58. Harriet Glennerster 15 Team Waveney 1:22.87 ........

59. Amelie Passam 16 Dereham 1:20.94 ........

60. Emilia Johnson 13 St Felix Sch 1:20.32 ........

61. Holly Rigby 16 Gt Yarmouth 1:20.24 ........

62. Lily Murrell 13 Norwich Swan 1:20.10 ........

63. Caitlin Goldney 16 Team Waveney 1:19.91 ........

64. Darcey Bradford 15 Dereham 1:19.84 ........

65. Lilly Howard 17 Norwich Swan 1:19.15 ........

66. Megan Summer 15 Dereham 1:19.06 ........

67. Isobelle Whittaker 14 Team Waveney 1:19.03 ........

68. Aiste Virzintaite 14 Wisbech 1:18.47 ........

69. Skye Nichols 15 Gt Yarmouth 1:18.25 ........

70. Amber Bryson 17 Leiston 1:18.09 ........

71. Maia Thompson 14 Team Waveney 1:17.95 ........

72. Evie Jones 18 Norwich Swan 1:17.18 ........

73. Poppy Malcolmson 16 Dereham 1:16.77 ........

74. Grace Turner 15 Gt Yarmouth 1:16.76 ........

75. Sienna Gilman 13 Norwich Swan 1:16.54 ........

76. Natalie Taylor 15 St Felix Sch 1:16.40 ........

77. Zoe Land 16 Gt Yarmouth 1:16.26 ........

78. Tabitha Payne 15 Thetford 1:15.99 ........

79. Grace Robinson 13 St Felix Sch 1:15.93 ........

80. Olivia Greenall 13 Gt Yarmouth 1:14.98 ........

81. Amber Ridgeon 17 Leiston 1:14.84 ........

82. Jasmine Coleman 16 Norwich Swan 1:14.61 ........

83. Ruby Coyle 20 Norwich Swan 1:14.28 ........

84. Grace Mann 16 Team Waveney 1:14.14 ........

85. Madison Brock 18 Norwich Swan 1:14.06 ........

86. Milly Ogden 18 Dereham 1:12.92 ........

87. Daisy Mixer 16 Norwich Swan 1:11.11 ........

EVENT 105 Boy 10 Yrs/Over 50m Freestyle

1. Alfie Burrell-Knipe 11 Thetford 51.46 ........

2. Luke Tucker 10 Leiston 49.94 ........

3. Charlie Pickering 10 Gt Yarmouth 48.88 ........

4. George Warby 11 Wisbech 48.53 ........

5. Owen Hornsey 10 Leiston 47.55 ........

6. Fletcher Lain-Smith 13 Norwich Swan 44.83 ........

7. Andrew Malcolm 13 Thetford 44.76 ........

8. Oliver Warren 13 Norwich Swan 44.26 ........

9. Joshua Rumsby 11 Norwich Swan 43.89 ........

10. Noah Turna 11 Leiston 42.26 ........

11. Sebastian Birks 11 Norwich Swan 42.12 ........

12. Harrison Bunning 13 Dereham 41.80 ........

13. Jacob Hurst 13 Norwich Swan 40.97 ........

14. William Nutt 10 Dereham 40.87 ........

15. William Neill-Gourlay 12 Thetford 40.23 ........

16. Jack Knight 12 Leiston 40.10 ........

17. Linus Aldridge 13 St Felix Sch 39.95 ........

18. Ashton Busby 12 Wisbech 39.79 ........

19. Martin Raila 11 Norwich Swan 39.40 ........

20. Edward Allman 13 Thetford 39.12 ........

21. Jericho Mercado 12 Norwich Swan 38.60 ........

22. Bobby Hutchinson 11 Thetford 38.55 ........

23. Ethan Wallis 12 St Felix Sch 38.46 ........

24. Max Measures 14 Thetford 37.70 ........

25. Rhys Watsham 11 St Felix Sch 37.28 ........

26. Jacob Jenkins 12 Norwich Swan 36.97 ........

27. Sam Kaye 15 Dereham 36.39 ........

28. Harvey Appleton-Barnes 13 Dereham 36.22 ........

29. Nathan Ruggles 13 Thetford 36.08 ........

30. Adam Houston 12 Norwich Swan 35.91 ........

31. Archie Harris-Joy 12 Gt Yarmouth 35.04 ........

32. James Whittaker 12 Team Waveney 34.92 ........

33. Jan Beblot 13 Norwich Swan 34.91 ........

34. Joshua Taylor 13 Dereham 34.55 ........

35. Oscar Harris 15 Thetford 34.51 ........

36. Luke Jones 14 Norwich Swan 34.50 ........

37. Christian Payne 13 Thetford 34.20 ........

38. Alfie Wood 13 Thetford 33.98 ........

39. Toby Glennerster 13 St Felix Sch 33.92 ........

40. Aidan Scott 13 St Felix Sch 33.72 ........

41. Samuel Bradford 14 Dereham 33.69 ........

42. Evan Bedford 14 Norwich Swan 33.42 ........

43. M Phoenix-McGlynn 14 Norwich Swan 33.42 ........

44. Sean Chaterera 13 Norwich Swan 33.09 ........

45. Henry Mann 14 Norwich Swan 32.06 ........

46. Zach Montgomery 12 Norwich Swan 31.95 ........

47. Dominic Trowell 14 Thetford 31.88 ........

48. Joshua Jones 13 Wisbech 31.67 ........

49. Aiden Futter 14 Dereham 31.47 ........

50. Orlando Whiting 12 St Felix Sch 31.39 ........

51. Spencer Battisson 14 Team Waveney 30.90 ........

52. Riley Walker 15 Dereham 30.75 ........

53. Blake Aldridge 15 St Felix Sch 30.74 ........

54. Toby Flood 13 Thetford 30.59 ........

55. Matthew Foster 14 Leiston 30.22 ........

56. Charlie Brown 17 Gt Yarmouth 30.17 ........

57. Thomas Walker 15 Team Waveney 30.12 ........

58. Jack Bidle 14 Team Waveney 30.11 ........

59. Evan Aldridge 14 St Felix Sch 29.70 ........

60. Oscar Hunter 13 Norwich Swan 29.30 ........

61. Menuka Jayakody 16 Norwich Swan 29.00 ........

62. Luke Wilson 15 Team Waveney 28.88 ........

63. Austin Everitt 16 Norwich Swan 28.75 ........

64. Daniel Turner 14 Team Waveney 28.74 ........

65. Harvey Durham 14 Thetford 28.61 ........

66. Thomas Ellis 16 Dereham 28.60 ........

67. Sean Diggins 16 Gt Yarmouth 27.87 ........

68. Benedict Measures 17 Thetford 27.69 ........

69. Lewis Andrews 15 Norwich Swan 27.28 ........

70. Ethan Cowley 17 Norwich Swan 27.17 ........

71. Finlay Arnup 15 Norwich Swan 27.10 ........

72. Ben Woodhouse 19 Norwich Swan 26.93 ........

73. Lloyd Battisson 17 Team Waveney 26.67 ........

74. Oliver Postle 27 Team Waveney 26.67 ........

75. James Bell 17 Norwich Swan 26.06 ........

76. Henri Dyke 17 Norwich Swan 25.70 ........

77. Christopher Searle 30 Dereham 25.48 ........

78. William Ellard 16 St Felix Sch 23.55 ........

EVENT 106 Girl 10 Yrs/Over 50m Breaststroke

1. Skye Freeman 10 Norwich Swan 1:14.15 ........

2. Eva Routledge 12 Norwich Swan 1:08.44 ........

3. Evangeline Lake 10 Thetford 1:07.92 ........

4. Holly Love 11 St Felix Sch 1:05.91 ........

5. Eloise Myers 11 Thetford 1:05.52 ........

6. Milana Melinyte 10 Wisbech 1:05.41 ........

7. Erin Crane 12 Leiston 1:03.40 ........

8. Freya Tubby 12 Gt Yarmouth 1:02.54 ........

9. Freya Willis 11 Leiston 1:02.29 ........

10. Isla Bedford 11 Norwich Swan 1:01.01 ........

11. Daisy Hills 11 St Felix Sch 1:00.69 ........

12. Annabelle Knights 11 St Felix Sch 1:00.45 ........

13. Libbi Barrett 11 Thetford 59.85 ........

14. Jessica Hurren 11 Gt Yarmouth 58.64 ........

15. Caitlin Sibley 14 Wisbech 58.16 ........

16. Bella Lawrence 13 Gt Yarmouth 57.87 ........

17. Tessa McNamara 12 Norwich Swan 57.27 ........

18. Emily Murrell 10 Norwich Swan 57.19 ........

19. Emrys-Samaya Lester 13 Team Waveney 57.10 ........

20. Ruby Jennings 12 Norwich Swan 56.10 ........

21. Charlotte Dev-Sherman 10 Norwich Swan 55.49 ........

22. Poppy Ryan 11 Wisbech 55.15 ........

23. Catherine Mitchell 11 Gt Yarmouth 54.56 ........

24. Esa-Rose Condon 11 Wisbech 54.49 ........

25. Lola-Rose Curtin 11 Team Waveney 53.52 ........

26. Starr Nichols 12 Gt Yarmouth 53.29 ........

27. Imogen Ramjohn 13 Thetford 53.25 ........

28. Carla Turnova 12 Leiston 52.99 ........

29. Sofia Stosic 11 Norwich Swan 52.77 ........

30. Austeja Virzintaite 13 Wisbech 52.37 ........

31. Gracie Mortimer 16 Norwich Swan 52.25 ........

32. Elizabeth Mitchell 13 Gt Yarmouth 52.06 ........

33. Ishita Mehra 11 Norwich Swan 51.82 ........

34. Matilda Cator 12 Team Waveney 51.06 ........

35. Emily Turner 13 St Felix Sch 50.94 ........

36. Olivia Finlay 16 Dereham 50.82 ........

37. Shannon Taylor 13 Thetford 50.16 ........

38. Emma Read 12 Team Waveney 50.00 ........

39. Olivia Wicks 10 Norwich Swan 49.79 ........

40. Ebony Smith 13 Wisbech 49.55 ........

41. Isabelle Howlett 10 Norwich Swan 49.50 ........

42. Laura Stefaniak 15 Norwich Swan 49.40 ........

43. Freya Cox 11 Norwich Swan 49.30 ........

44. Amelie Parnell 11 Dereham 48.88 ........

45. Lily Hills 13 St Felix Sch 48.50 ........

46. Charlotte Luckett 14 Team Waveney 48.35 ........

47. Sophie Nutt 14 Dereham 48.30 ........

48. Danielle Myers 14 Thetford 48.28 ........

49. Francesca Thompson 12 Team Waveney 48.22 ........

50. Olivia Hopkins 13 Norwich Swan 48.00 ........

51. Emma Land 14 Gt Yarmouth 47.94 ........

52. Alexandra Woods 13 St Felix Sch 47.75 ........

53. Lilia Burgoyne 13 Gt Yarmouth 47.71 ........

54. Iyla Addison 12 Norwich Swan 47.56 ........

55. Grace Rayner 13 Wisbech 47.52 ........

56. Chloe Green 13 Gt Yarmouth 46.94 ........

57. Grace Turner 15 Gt Yarmouth 46.55 ........

58. Starr Hutchinson 13 Thetford 46.46 ........

59. Erin Finlay 13 Dereham 46.41 ........

60. Mia Edwards 12 Norwich Swan 46.37 ........

61. Kitty Herridge 15 Norwich Swan 45.50 ........

62. Olivia Greenall 13 Gt Yarmouth 45.36 ........

63. Phoebe Salmon 14 Norwich Swan 45.04 ........

64. Lauren Ferguson 16 Leiston 45.04 ........

65. Amelia Biggs 15 Leiston 44.99 ........

66. Rebecca Davey 14 Norwich Swan 44.91 ........

67. Abigail Staff 18 Norwich Swan 44.84 ........

68. Beatrice Green 13 Dereham 44.76 ........

69. Poppy Easlea 14 Norwich Swan 44.47 ........

70. Abigail Condon 15 Wisbech 44.07 ........

71. Megan Dev-Sherman 14 Norwich Swan 44.07 ........

72. Astrid Smither 13 Norwich Swan 43.92 ........

73. Skye Nichols 15 Gt Yarmouth 43.66 ........

74. Caitlin Goldney 16 Team Waveney 43.42 ........

75. Daisy Grantham 17 Norwich Swan 43.34 ........

76. Ruby Coyle 20 Norwich Swan 42.86 ........

77. Maia Thompson 14 Team Waveney 42.84 ........

78. Darcey Bradford 15 Dereham 42.82 ........

79. Aiste Virzintaite 14 Wisbech 42.37 ........

80. Harriet Pitcher 16 Norwich Swan 42.21 ........

81. Taome Emmerson 19 Leiston 41.85 ........

82. Grace Robinson 13 St Felix Sch 41.50 ........

83. Molly Easlea 17 Norwich Swan 41.42 ........

84. Emily Pitcher 14 Norwich Swan 41.37 ........

85. Poppy Cator 14 Team Waveney 41.33 ........

86. Amber Bryson 17 Leiston 41.15 ........

87. Emilia Johnson 13 St Felix Sch 41.01 ........

88. Mia Gray 14 Norwich Swan 40.98 ........

89. Verity Hamilton 12 Norwich Swan 40.96 ........

90. Millie Harris 14 Wisbech 40.83 ........

91. Alysha Clements 16 Dereham 40.29 ........

92. Beatrix Baldwin 15 Norwich Swan 40.18 ........

93. Hannah Twells 14 Thetford 40.08 ........

94. Rebecca Merrill 21 Norwich Swan 39.47 ........

95. Charlotte Smith 15 Norwich Swan 39.45 ........

96. Kiera Turner 16 Team Waveney 39.37 ........

97. Holly Ridgeon 14 Leiston 38.85 ........

98. Ruby Rowland 13 Gt Yarmouth 38.81 ........

99. Ruby Chapman 16 Norwich Swan 38.38 ........

100. Annabel Nichols 14 Leiston 38.30 ........

101. Amber Ridgeon 17 Leiston 38.13 ........

102. Grace Mann 16 Team Waveney 38.00 ........

103. Francesca Salmon 17 Norwich Swan 37.90 ........

104. Holly Rigby 16 Gt Yarmouth 37.90 ........

105. Hannah Jarrett 18 Norwich Swan 37.32 ........

106. Zoe Land 16 Gt Yarmouth 37.21 ........

107. Isla Hamilton 14 Norwich Swan 37.19 ........

108. Ellie Catchpole 16 Leiston 37.07 ........

109. Aimee Dickerson 16 Thetford 36.72 ........

110. Isabella Green 16 Dereham 36.32 ........

111. Jessica Sanford 17 Norwich Swan 36.20 ........

EVENT 107 Boy 10 Yrs/Over 200m Backstroke

1. Charlie Pickering 10 Gt Yarmouth 4:20.00 ........

2. Kieran Walpole 14 Dereham 3:34.87 ........

3. Bartosz Mosionek 12 Norwich Swan 3:34.12 ........

4. Martin Raila 11 Norwich Swan 3:30.38 ........

5. Ethan Wallis 12 St Felix Sch 3:30.00 ........

6. Edward Allman 13 Thetford 3:22.09 ........

7. Adam Houston 12 Norwich Swan 3:18.06 ........

8. Dominic Trowell 14 Thetford 3:17.03 ........

9. Rhys Watsham 11 St Felix Sch 3:13.17 ........

10. Zach Montgomery 12 Norwich Swan 3:06.18 ........

11. Archie Harris-Joy 12 Gt Yarmouth 3:03.04 ........

12. Sean Chaterera 13 Norwich Swan 2:59.61 ........

13. Aiden Futter 14 Dereham 2:50.04 ........

14. Evan Aldridge 14 St Felix Sch 2:42.86 ........

15. Thomas Walker 15 Team Waveney 2:41.40 ........

16. Spencer Battisson 14 Team Waveney 2:40.05 ........

17. Daniel Turner 14 Team Waveney 2:35.48 ........

18. Thomas Ellis 16 Dereham 2:35.33 ........

19. Louis James 16 Norwich Swan 2:27.04 ........

20. Menuka Jayakody 16 Norwich Swan 2:18.92 ........

21. Lloyd Battisson 17 Team Waveney 2:16.92 ........

22. William Ellard 16 St Felix Sch 2:16.44 ........

23. Ben Woodhouse 19 Norwich Swan 2:11.12 ........

EVENT 108 Girl 10 Yrs/Over 200m Butterfly

1. Madison Hicks 11 Wisbech 3:49.95 ........

2. Poppy Cator 14 Team Waveney 3:40.00 ........

3. Mia Gray 14 Norwich Swan 3:30.93 ........

4. Isabella Burton 13 Wisbech 3:29.07 ........

5. Layla Dowland 14 Leiston 3:09.24 ........

6. Alex Tutt 16 Norwich Swan 3:07.53 ........

7. Charis Neill-Gourlay 15 Thetford 3:03.10 ........

8. Amelia Saunders 14 Leiston 3:00.92 ........

9. Bethany Rumsby 13 Norwich Swan 3:00.64 ........

10. Lillian Walthew 16 Dereham 2:54.22 ........

11. Caitlin Richardson 17 Norwich Swan 2:47.97 ........

12. Millie Harris 14 Wisbech 2:46.74 ........

13. Jasmine Coleman 16 Norwich Swan 2:36.72 ........

14. Rebecca Smith 19 Norwich Swan 2:36.33 ........

EVENT 202 Boy 10 Yrs/Over 200m Freestyle

1. Charlie Pickering 10 Gt Yarmouth 4:03.58 ........

2. George Warby 11 Wisbech 3:59.18 ........

3. Joshua Rumsby 11 Norwich Swan 3:38.89 ........

4. Harrison Bunning 13 Dereham 3:38.70 ........

5. Freddie Pugh 14 Norwich Swan 3:36.78 ........

6. Sebastian Birks 11 Norwich Swan 3:28.07 ........

7. Ashton Busby 12 Wisbech 3:27.86 ........

8. Ethan Wallis 12 St Felix Sch 3:20.00 ........

9. Martin Raila 11 Norwich Swan 3:18.40 ........

10. Jericho Mercado 12 Norwich Swan 3:14.15 ........

11. Bobby Hutchinson 11 Thetford 3:09.96 ........

12. Rhys Watsham 11 St Felix Sch 3:08.69 ........

13. Jacob Hurst 13 Norwich Swan 3:08.45 ........

14. Sean Chaterera 13 Norwich Swan 3:04.68 ........

15. Luke Jones 14 Norwich Swan 3:00.26 ........

16. Adam Houston 12 Norwich Swan 2:54.67 ........

17. Joshua Taylor 13 Dereham 2:49.71 ........

18. Evan Bedford 14 Norwich Swan 2:49.33 ........

19. Spencer Battisson 14 Team Waveney 2:48.98 ........

20. Archie Harris-Joy 12 Gt Yarmouth 2:47.05 ........

21. Samuel Bradford 14 Dereham 2:46.82 ........

22. Aidan Scott 13 St Felix Sch 2:43.24 ........

23. Dominic Trowell 14 Thetford 2:42.46 ........

24. Zach Montgomery 12 Norwich Swan 2:40.03 ........

25. Orlando Whiting 12 St Felix Sch 2:39.43 ........

26. Toby Glennerster 13 St Felix Sch 2:39.28 ........

27. M Phoenix-McGlynn 14 Norwich Swan 2:37.31 ........

28. Joshua Jones 13 Wisbech 2:33.72 ........

29. Riley Walker 15 Dereham 2:30.79 ........

30. Aiden Futter 14 Dereham 2:29.41 ........

31. Henry Mann 14 Norwich Swan 2:29.32 ........

32. Thomas Small 16 Norwich Swan 2:27.32 ........

33. Oscar Hunter 13 Norwich Swan 2:25.80 ........

34. Thomas Walker 15 Team Waveney 2:24.51 ........

35. Evan Aldridge 14 St Felix Sch 2:24.18 ........

36. Jack Tattersall 15 Dereham 2:23.25 ........

37. Sean Diggins 16 Gt Yarmouth 2:22.72 ........

38. Lewis Andrews 15 Norwich Swan 2:17.73 ........

39. Finlay Arnup 15 Norwich Swan 2:16.77 ........

40. Benjamin Riglar 16 Dereham 2:11.76 ........

41. Menuka Jayakody 16 Norwich Swan 2:11.45 ........

42. William Ellard 16 St Felix Sch 1:57.32 ........

EVENT 203 Girl 10 Yrs/Over 100m Freestyle

1. Melody-Violet Saunders 11 Dereham 2:02.91 ........

2. Eloise Myers 11 Thetford 1:54.20 ........

3. Milana Melinyte 10 Wisbech 1:50.85 ........

4. Jessica Wilkinson 12 Thetford 1:50.40 ........

5. Rowda Hamisa 12 Norwich Swan 1:50.28 ........

6. Carla Turnova 12 Leiston 1:48.44 ........

7. Freya Willis 11 Leiston 1:43.81 ........

8. Skye Freeman 10 Norwich Swan 1:41.84 ........

9. Imogen Ramjohn 13 Thetford 1:40.85 ........

10. Daisy Hills 11 St Felix Sch 1:39.05 ........

11. Freya Cox 11 Norwich Swan 1:38.77 ........

12. Holly Love 11 St Felix Sch 1:38.23 ........

13. Freya Tubby 12 Gt Yarmouth 1:37.62 ........

14. Poppy Ryan 11 Wisbech 1:36.71 ........

15. Esmai Smith 11 Wisbech 1:35.18 ........

16. Tessa McNamara 12 Norwich Swan 1:34.76 ........

17. Charlotte Dev-Sherman 10 Norwich Swan 1:33.93 ........

18. Emily Murrell 10 Norwich Swan 1:33.25 ........

19. Lola Mitchinson 11 Thetford 1:32.99 ........

20. Matilda Cator 12 Team Waveney 1:32.64 ........

21. Emma Read 12 Team Waveney 1:32.59 ........

22. Bella Lawrence 13 Gt Yarmouth 1:32.42 ........

23. Emrys-Samaya Lester 13 Team Waveney 1:32.20 ........

24. Isla Bedford 11 Norwich Swan 1:31.83 ........

25. Annabelle Knights 11 St Felix Sch 1:31.77 ........

26. Olivia Wicks 10 Norwich Swan 1:31.62 ........

27. Libbi Barrett 11 Thetford 1:31.24 ........

28. Lola-Rose Curtin 11 Team Waveney 1:31.00 ........

29. Madeline Rose 11 Wisbech 1:30.79 ........

30. Naima Mohamed 12 Norwich Swan 1:30.59 ........

31. Olivia Butlin 11 Thetford 1:30.42 ........

32. Sofia Stosic 11 Norwich Swan 1:30.42 ........

33. Caitlin Sibley 14 Wisbech 1:29.49 ........

34. Ellen Beckwith 12 Thetford 1:29.26 ........

35. Amelie Parnell 11 Dereham 1:28.57 ........

36. Esa-Rose Condon 11 Wisbech 1:28.41 ........

37. Olivia Hopkins 13 Norwich Swan 1:28.16 ........

38. Emily Haworth 12 Gt Yarmouth 1:27.73 ........

39. Beatrice Green 13 Dereham 1:26.90 ........

40. Andrada Birsanu 13 Norwich Swan 1:26.74 ........

41. Catherine Mitchell 11 Gt Yarmouth 1:26.01 ........

42. Lily Herring 14 Norwich Swan 1:25.90 ........

43. Elspeth Butler 12 Norwich Swan 1:25.81 ........

44. Shannon Taylor 13 Thetford 1:24.63 ........

45. Charlotte Catchpole 12 Leiston 1:23.60 ........

46. Madison Hicks 11 Wisbech 1:23.17 ........

47. Charlotte Luckett 14 Team Waveney 1:22.48 ........

48. Alexandra Woods 13 St Felix Sch 1:22.37 ........

49. Layla Casey 13 Thetford 1:22.15 ........

50. Iyla Addison 12 Norwich Swan 1:20.72 ........

51. Starr Nichols 12 Gt Yarmouth 1:20.44 ........

52. Olivia Finlay 16 Dereham 1:20.44 ........

53. Laura Stefaniak 15 Norwich Swan 1:20.37 ........

54. Jessica Pugh 12 Norwich Swan 1:19.91 ........

55. Starr Hutchinson 13 Thetford 1:19.84 ........

56. Layla Warby 14 Wisbech 1:19.73 ........

57. Gracie Mortimer 16 Norwich Swan 1:19.26 ........

58. Imogen Small 14 Norwich Swan 1:19.06 ........

59. Rebecca Davey 14 Norwich Swan 1:18.90 ........

60. Bella Smither 15 Norwich Swan 1:18.75 ........

61. Elizabeth Mitchell 13 Gt Yarmouth 1:18.12 ........

62. Ella Ivory 14 Gt Yarmouth 1:17.98 ........

63. Emma Dye 12 Norwich Swan 1:17.35 ........

64. Emily Howlett 13 Norwich Swan 1:17.31 ........

65. Danielle Myers 14 Thetford 1:17.20 ........

66. Ella Aylott 16 Thetford 1:17.07 ........

67. Lily-May Freeman 12 Gt Yarmouth 1:16.79 ........

68. Phoebe Salmon 14 Norwich Swan 1:16.75 ........

69. Ebony Smith 13 Wisbech 1:16.75 ........

70. Elizabeth Whipp 14 Norwich Swan 1:16.63 ........

71. Harriet Glennerster 15 Team Waveney 1:16.41 ........

72. Eleanor Lindsay 15 Norwich Swan 1:16.24 ........

73. Chloe Francis 15 Team Waveney 1:16.06 ........

74. Lauren Smith 13 Team Waveney 1:15.34 ........

75. Emily Turner 13 St Felix Sch 1:15.25 ........

76. Leah Fiddles Kapadia 17 Gt Yarmouth 1:15.08 ........

77. Lily Hills 13 St Felix Sch 1:14.82 ........

78. Emma Land 14 Gt Yarmouth 1:14.70 ........

79. Anastasja Wall 12 Dereham 1:14.70 ........

80. Lauren Ferguson 16 Leiston 1:13.86 ........

81. Isobelle Whittaker 14 Team Waveney 1:13.36 ........

82. Poppy Walthew 14 Dereham 1:12.90 ........

83. Megan Dev-Sherman 14 Norwich Swan 1:12.38 ........

84. Nicole Taylor 13 St Felix Sch 1:11.99 ........

85. Annabel Nichols 14 Leiston 1:11.92 ........

86. Amber Bryson 17 Leiston 1:11.89 ........

87. Mia Gray 14 Norwich Swan 1:11.72 ........

88. Abigail Staff 18 Norwich Swan 1:11.64 ........

89. Charlisse Harding 13 Norwich Swan 1:11.23 ........

90. Imogen Ball 14 Team Waveney 1:11.13 ........

91. Poppy Cator 14 Team Waveney 1:11.05 ........

92. Anghelina Bulman 14 Dereham 1:10.93 ........

93. Grace Turner 15 Gt Yarmouth 1:10.72 ........

94. Grace Mann 16 Team Waveney 1:10.05 ........

95. Charis Neill-Gourlay 15 Thetford 1:10.00 ........

96. Alex Tutt 16 Norwich Swan 1:09.96 ........

97. Phoebe Howard 15 Norwich Swan 1:09.38 ........

98. Sienna Gilman 13 Norwich Swan 1:09.34 ........

99. Lily Murrell 13 Norwich Swan 1:09.10 ........

100. Megan Summer 15 Dereham 1:08.88 ........

101. Lilly Howard 17 Norwich Swan 1:08.55 ........

102. Kiera Turner 16 Team Waveney 1:08.17 ........

103. Emily Pitcher 14 Norwich Swan 1:08.02 ........

104. Anna Flowers 14 Leiston 1:07.92 ........

105. Lillian Walthew 16 Dereham 1:07.66 ........

106. Emilia Johnson 13 St Felix Sch 1:07.50 ........

107. Bethany Rumsby 13 Norwich Swan 1:07.25 ........

108. Poppy Malcolmson 16 Dereham 1:07.20 ........

109. Olivia Greenall 13 Gt Yarmouth 1:07.17 ........

110. Madison Brock 18 Norwich Swan 1:06.56 ........

111. Aimee Dickerson 16 Thetford 1:06.53 ........

112. Zoe Land 16 Gt Yarmouth 1:06.20 ........

113. Isabella Green 16 Dereham 1:06.19 ........

114. Jasmine Coleman 16 Norwich Swan 1:06.14 ........

115. Ellie Catchpole 16 Leiston 1:06.10 ........

116. Isla Hamilton 14 Norwich Swan 1:06.03 ........

117. Amelia Saunders 14 Leiston 1:05.64 ........

118. Jessica Sanford 17 Norwich Swan 1:05.62 ........

119. Amber Ridgeon 17 Leiston 1:05.55 ........

120. Caitlin Richardson 17 Norwich Swan 1:05.43 ........

121. Tabitha Payne 15 Thetford 1:05.13 ........

122. Millie Harris 14 Wisbech 1:04.47 ........

123. Ellie Burwood 16 St Felix Sch 1:03.97 ........

124. Francesca Salmon 17 Norwich Swan 1:03.90 ........

125. Amelie Passam 16 Dereham 1:03.79 ........

126. Daisy Mixer 16 Norwich Swan 1:03.55 ........

127. Sophia Thomas 15 Norwich Swan 1:03.50 ........

128. Natalie Taylor 15 St Felix Sch 1:03.07 ........

129. Rebecca Smith 19 Norwich Swan 1:02.32 ........

EVENT 204 Boy 10 Yrs/Over 100m Butterfly

1. William Neill-Gourlay 12 Thetford 1:59.87 ........

2. Adam Houston 12 Norwich Swan 1:52.81 ........

3. Ashton Busby 12 Wisbech 1:51.55 ........

4. Jack Knight 12 Leiston 1:40.10 ........

5. Jan Beblot 13 Norwich Swan 1:34.87 ........

6. Toby Glennerster 13 St Felix Sch 1:32.69 ........

7. Orlando Whiting 12 St Felix Sch 1:32.30 ........

8. Matthew Foster 14 Leiston 1:29.47 ........

9. Evan Bedford 14 Norwich Swan 1:22.69 ........

10. Ciaran Strike 14 Team Waveney 1:21.08 ........

11. Jack Tattersall 15 Dereham 1:20.23 ........

12. Christian Payne 13 Thetford 1:19.82 ........

13. Oscar Hunter 13 Norwich Swan 1:13.61 ........

14. Thomas Walker 15 Team Waveney 1:13.19 ........

15. Joe Flowers 16 St Felix Sch 1:12.30 ........

16. Finlay Arnup 15 Norwich Swan 1:10.45 ........

17. Daniel Turner 14 Team Waveney 1:09.80 ........

18. Benedict Measures 17 Thetford 1:09.42 ........

19. Lloyd Battisson 17 Team Waveney 1:06.50 ........

20. Menuka Jayakody 16 Norwich Swan 1:04.90 ........

21. Ben Woodhouse 19 Norwich Swan 1:04.00 ........

22. Oliver Postle 27 Team Waveney 1:01.62 ........

23. William Ellard 16 St Felix Sch 58.11 ........

EVENT 205 Girl 10 Yrs/Over 200m Breaststroke

1. Evie Dixon 10 Dereham 6:08.51 ........

2. Emily Murrell 10 Norwich Swan 4:55.88 ........

3. Naima Mohamed 12 Norwich Swan 4:19.93 ........

4. Layla Warby 14 Wisbech 4:18.00 ........

5. Carla Turnova 12 Leiston 4:16.62 ........

6. Olivia Wicks 10 Norwich Swan 4:13.65 ........

7. Ruby Jennings 12 Norwich Swan 4:12.98 ........

8. Charlotte Dev-Sherman 10 Norwich Swan 4:11.17 ........

9. Esa-Rose Condon 11 Wisbech 4:10.39 ........

10. Tessa McNamara 12 Norwich Swan 4:10.00 ........

11. Poppy Ryan 11 Wisbech 4:09.43 ........

12. Madison Hicks 11 Wisbech 4:07.90 ........

13. Chloe Green 13 Gt Yarmouth 4:06.97 ........

14. Grace Rayner 13 Wisbech 4:05.79 ........

15. Mia Edwards 12 Norwich Swan 4:05.00 ........

16. Amelia Dunsire 11 Dereham 4:04.46 ........

17. Madeline Rose 11 Wisbech 4:03.06 ........

18. Freya Cox 11 Norwich Swan 3:54.75 ........

19. Sofia Stosic 11 Norwich Swan 3:54.50 ........

20. Emma Dye 12 Norwich Swan 3:53.00 ........

21. Ellen Beckwith 12 Thetford 3:47.40 ........

22. Layla Casey 13 Thetford 3:46.51 ........

23. Olivia Hopkins 13 Norwich Swan 3:46.12 ........

24. Phoebe Salmon 14 Norwich Swan 3:45.60 ........

25. Amelie Parnell 11 Dereham 3:43.40 ........

26. Imogen Ball 14 Team Waveney 3:43.00 ........

27. Rowda Hamisa 12 Norwich Swan 3:42.88 ........

28. Shannon Taylor 13 Thetford 3:40.47 ........

29. Starr Hutchinson 13 Thetford 3:40.25 ........

30. Skye Nichols 15 Gt Yarmouth 3:40.00 ........

31. Emma Read 12 Team Waveney 3:40.00 ........

32. Emrys-Samaya Lester 13 Team Waveney 3:40.00 ........

33. Verity Hamilton 12 Norwich Swan 3:35.75 ........

34. Emilia Johnson 13 St Felix Sch 3:35.00 ........

35. Danielle Myers 14 Thetford 3:33.79 ........

36. Beatrice Green 13 Dereham 3:30.97 ........

37. Emily Howlett 13 Norwich Swan 3:28.80 ........

38. Caitlin Goldney 16 Team Waveney 3:28.31 ........

39. Ella Aylott 16 Thetford 3:28.01 ........

40. Abigail Condon 15 Wisbech 3:26.66 ........

41. Daisy Grantham 17 Norwich Swan 3:24.15 ........

42. Phoebe Howard 15 Norwich Swan 3:21.13 ........

43. Harriet Pitcher 16 Norwich Swan 3:19.54 ........

44. Mia Gray 14 Norwich Swan 3:15.58 ........

45. Kiera Turner 16 Team Waveney 3:11.91 ........

46. Grace Robinson 13 St Felix Sch 3:11.72 ........

47. Millie Harris 14 Wisbech 3:11.34 ........

48. Aimee Dickerson 16 Thetford 3:09.36 ........

49. Madeline Pawle 16 Leiston 3:06.39 ........

50. Ruby Rowland 13 Gt Yarmouth 3:05.60 ........

51. Molly Tattersall 17 Dereham 3:04.92 ........

52. Jessica Sanford 17 Norwich Swan 3:04.00 ........

53. Zoe Land 16 Gt Yarmouth 3:02.79 ........

54. Beatrix Baldwin 15 Norwich Swan 3:00.45 ........

55. Francesca Salmon 17 Norwich Swan 2:59.70 ........

56. Ruby Chapman 16 Norwich Swan 2:58.87 ........

57. Rebecca Merrill 21 Norwich Swan 2:54.10 ........

EVENT 206 Boy 10 Yrs/Over 50m Backstroke

1. Luke Tucker 10 Leiston 57.57 ........

2. Charlie Pickering 10 Gt Yarmouth 55.25 ........

3. Jacob Hurst 13 Norwich Swan 52.37 ........

4. Owen Hornsey 10 Leiston 51.69 ........

5. Harrison Bunning 13 Dereham 50.66 ........

6. Sebastian Birks 11 Norwich Swan 50.57 ........

7. William Neill-Gourlay 12 Thetford 50.26 ........

8. Bobby Hutchinson 11 Thetford 49.45 ........

9. Noah Turna 11 Leiston 48.64 ........

10. Jericho Mercado 12 Norwich Swan 45.92 ........

11. Martin Raila 11 Norwich Swan 45.59 ........

12. Ashton Busby 12 Wisbech 45.49 ........

13. William Nutt 10 Dereham 45.43 ........

14. Freddie Pugh 14 Norwich Swan 45.28 ........

15. Jack Knight 12 Leiston 43.93 ........

16. Sam Kaye 15 Dereham 43.50 ........

17. Ethan Wallis 12 St Felix Sch 43.26 ........

18. Edward Allman 13 Thetford 41.80 ........

19. Oliver Warren 13 Norwich Swan 41.40 ........

20. James Whittaker 12 Team Waveney 40.45 ........

21. Luke Wilson 15 Team Waveney 40.21 ........

22. Rhys Watsham 11 St Felix Sch 40.13 ........

23. Christian Payne 13 Thetford 39.82 ........

24. Joshua Taylor 13 Dereham 39.76 ........

25. Archie Harris-Joy 12 Gt Yarmouth 39.32 ........

26. Aidan Scott 13 St Felix Sch 38.83 ........

27. Jan Beblot 13 Norwich Swan 38.66 ........

28. Nathan Ruggles 13 Thetford 38.51 ........

29. Evan Bedford 14 Norwich Swan 38.11 ........

30. Adam Houston 12 Norwich Swan 37.96 ........

31. Joshua Jones 13 Wisbech 37.65 ........

32. M Phoenix-McGlynn 14 Norwich Swan 37.62 ........

33. Riley Walker 15 Dereham 37.41 ........

34. Sean Chaterera 13 Norwich Swan 37.31 ........

35. Zach Montgomery 12 Norwich Swan 37.21 ........

36. Aiden Futter 14 Dereham 36.80 ........

37. Ciaran Strike 14 Team Waveney 36.70 ........

38. Toby Flood 13 Thetford 36.51 ........

39. Matthew Foster 14 Leiston 36.40 ........

40. Dominic Trowell 14 Thetford 36.31 ........

41. Thomas Ellis 16 Dereham 35.94 ........

42. Evan Aldridge 14 St Felix Sch 34.65 ........

43. Jack Bidle 14 Team Waveney 34.54 ........

44. Henry Mann 14 Norwich Swan 34.16 ........

45. Oscar Hunter 13 Norwich Swan 33.40 ........

46. James Bell 17 Norwich Swan 32.93 ........

47. Henri Dyke 17 Norwich Swan 32.55 ........

48. Benedict Measures 17 Thetford 32.45 ........

49. Daniel Turner 14 Team Waveney 31.95 ........

50. Benjamin Riglar 16 Dereham 31.87 ........

51. Joe Flowers 16 St Felix Sch 30.59 ........

52. Thomas Small 16 Norwich Swan 30.22 ........

53. Oliver Postle 27 Team Waveney 30.10 ........

54. Lloyd Battisson 17 Team Waveney 29.75 ........

55. Ben Woodhouse 19 Norwich Swan 29.73 ........

56. Christopher Searle 30 Dereham 29.52 ........

57. William Ellard 16 St Felix Sch 28.08 ........

EVENT 207 Girl 10 Yrs/Over 50m Butterfly

1. Evie Dixon 10 Dereham 1:12.14 ........

2. Ruby Jennings 12 Norwich Swan 1:10.95 ........

3. Skye Freeman 10 Norwich Swan 1:04.62 ........

4. Erin Crane 12 Leiston 1:02.22 ........

5. Eloise Myers 11 Thetford 1:00.86 ........

6. Lola-Rose Curtin 11 Team Waveney 59.00 ........

7. Libbi Barrett 11 Thetford 57.52 ........

8. Milana Melinyte 10 Wisbech 56.19 ........

9. Emily Murrell 10 Norwich Swan 55.85 ........

10. Jessica Wilkinson 12 Thetford 55.68 ........

11. Charlotte Dev-Sherman 10 Norwich Swan 54.21 ........

12. Freya Tubby 12 Gt Yarmouth 54.12 ........

13. Amelie Parnell 11 Dereham 53.74 ........

14. Chloe Green 13 Gt Yarmouth 50.52 ........

15. Tessa McNamara 12 Norwich Swan 50.10 ........

16. Madeline Rose 11 Wisbech 49.78 ........

17. Alexandra Woods 13 St Felix Sch 49.61 ........

18. Isla Bedford 11 Norwich Swan 48.14 ........

19. Matilda Cator 12 Team Waveney 47.42 ........

20. Olivia Wicks 10 Norwich Swan 47.05 ........

21. Catherine Mitchell 11 Gt Yarmouth 46.39 ........

22. Esa-Rose Condon 11 Wisbech 46.21 ........

23. Emma Land 14 Gt Yarmouth 46.06 ........

24. Emily Haworth 12 Gt Yarmouth 45.80 ........

25. Shannon Taylor 13 Thetford 45.50 ........

26. Layla Casey 13 Thetford 44.73 ........

27. Sofia Stosic 11 Norwich Swan 44.72 ........

28. Sophie Nutt 14 Dereham 44.37 ........

29. Beatrice Green 13 Dereham 44.25 ........

30. Emily Turner 13 St Felix Sch 44.23 ........

31. Caitlin Sibley 14 Wisbech 43.93 ........

32. Ella Ivory 14 Gt Yarmouth 43.71 ........

33. Esmai Smith 11 Wisbech 43.68 ........

34. Olivia Hopkins 13 Norwich Swan 43.42 ........

35. Austeja Virzintaite 13 Wisbech 43.37 ........

36. Emma Dye 12 Norwich Swan 43.23 ........

37. Taome Emmerson 19 Leiston 43.20 ........

38. Mia Edwards 12 Norwich Swan 43.01 ........

39. Daisy Grantham 17 Norwich Swan 42.88 ........

40. Lily Hills 13 St Felix Sch 42.72 ........

41. Nicole Taylor 13 St Felix Sch 42.44 ........

42. Mwaba Mkwasa 17 Norwich Swan 42.34 ........

43. Olivia Butlin 11 Thetford 41.72 ........

44. Danielle Myers 14 Thetford 41.68 ........

45. Ebony Smith 13 Wisbech 41.51 ........

46. Imogen Small 14 Norwich Swan 41.50 ........

47. Anastasja Wall 12 Dereham 41.29 ........

48. Isabella Burton 13 Wisbech 40.96 ........

49. Grace Turner 15 Gt Yarmouth 40.76 ........

50. Jessica Pugh 12 Norwich Swan 40.41 ........

51. Rebecca Luckett 11 Team Waveney 40.15 ........

52. Elizabeth Whipp 14 Norwich Swan 39.87 ........

53. Bella Smither 15 Norwich Swan 39.71 ........

54. Harriet Glennerster 15 Team Waveney 39.58 ........

55. Chloe Francis 15 Team Waveney 39.46 ........

56. Verity Hamilton 12 Norwich Swan 39.19 ........

57. Grace Mann 16 Team Waveney 38.97 ........

58. Eleanor Lindsay 15 Norwich Swan 38.90 ........

59. Poppy Walthew 14 Dereham 38.80 ........

60. Anghelina Bulman 14 Dereham 38.78 ........

61. Iyla Addison 12 Norwich Swan 38.43 ........

62. Megan Dev-Sherman 14 Norwich Swan 38.42 ........

63. Abigail Staff 18 Norwich Swan 38.31 ........

64. Imogen Ball 14 Team Waveney 37.93 ........

65. Abigail Condon 15 Wisbech 37.88 ........

66. Lauren Smith 13 Team Waveney 37.87 ........

67. Megan Summer 15 Dereham 37.27 ........

68. Lily Murrell 13 Norwich Swan 37.15 ........

69. Leah Fiddles Kapadia 17 Gt Yarmouth 36.60 ........

70. Layla Dowland 14 Leiston 36.25 ........

71. Alysha Clements 16 Dereham 36.24 ........

72. Phoebe Howard 15 Norwich Swan 36.22 ........

73. Anna Flowers 14 Leiston 36.06 ........

74. Alex Tutt 16 Norwich Swan 35.85 ........

75. Poppy Cator 14 Team Waveney 35.72 ........

76. Rebecca Davey 14 Norwich Swan 35.72 ........

77. Francesca Salmon 17 Norwich Swan 35.53 ........

78. Mia Gray 14 Norwich Swan 35.38 ........

79. Bethany Rumsby 13 Norwich Swan 35.25 ........

80. Charis Neill-Gourlay 15 Thetford 35.20 ........

81. Isobelle Whittaker 14 Team Waveney 35.00 ........

82. Sienna Gilman 13 Norwich Swan 34.89 ........

83. Olivia Greenall 13 Gt Yarmouth 34.77 ........

84. Charlisse Harding 13 Norwich Swan 34.72 ........

85. Amber Ridgeon 17 Leiston 34.69 ........

86. Beatrix Baldwin 15 Norwich Swan 34.59 ........

87. Natalie Taylor 15 St Felix Sch 34.53 ........

88. Aiste Virzintaite 14 Wisbech 34.12 ........

89. Emily Pitcher 14 Norwich Swan 34.05 ........

90. Rebecca Heaton 17 Norwich Swan 33.80 ........

91. Lilly Howard 17 Norwich Swan 33.78 ........

92. Ellie Catchpole 16 Leiston 33.77 ........

93. Lilia Burgoyne 13 Gt Yarmouth 33.60 ........

94. Hannah Twells 14 Thetford 33.38 ........

95. Isla Hamilton 14 Norwich Swan 33.10 ........

96. Caitlin Richardson 17 Norwich Swan 33.09 ........

97. Holly Rigby 16 Gt Yarmouth 33.00 ........

98. Hannah Jarrett 18 Norwich Swan 33.00 ........

99. Lillian Walthew 16 Dereham 32.91 ........

100. Grace Robinson 13 St Felix Sch 32.61 ........

101. Sophia Thomas 15 Norwich Swan 32.60 ........

102. Daisy Mixer 16 Norwich Swan 32.52 ........

103. Jasmine Coleman 16 Norwich Swan 32.40 ........

104. Amelia Saunders 14 Leiston 32.20 ........

105. Millie Harris 14 Wisbech 31.66 ........

106. Ellie Burwood 16 St Felix Sch 31.28 ........

107. Amelie Passam 16 Dereham 31.03 ........

108. Rebecca Smith 19 Norwich Swan 30.90 ........

Session 1 Sunday 20th March at 9:00

EVENT 302 Boy 10 Yrs/Over 200m IM

1. Bobby Hutchinson 11 Thetford 4:41.25 ........

2. Liam-Nik Matthews 14 Team Waveney 3:53.51 ........

3. William Neill-Gourlay 12 Thetford 3:38.80 ........

4. Jacob Hurst 13 Norwich Swan 3:26.90 ........

5. Bartosz Mosionek 12 Norwich Swan 3:23.10 ........

6. Jan Beblot 13 Norwich Swan 3:15.69 ........

7. Jack Knight 12 Leiston 3:15.15 ........

8. Toby Glennerster 13 St Felix Sch 3:14.46 ........

9. Toby Flood 13 Thetford 3:11.75 ........

10. Joshua Taylor 13 Dereham 3:11.69 ........

11. Zach Montgomery 12 Norwich Swan 3:11.44 ........

12. Alex Lincoln 15 Team Waveney 3:10.25 ........

13. Aidan Scott 13 St Felix Sch 3:07.82 ........

14. Orlando Whiting 12 St Felix Sch 3:01.43 ........

15. Troy Croxford 16 Wisbech 2:56.82 ........

16. Adam Gendy 16 Wisbech 2:56.34 ........

17. M Phoenix-McGlynn 14 Norwich Swan 2:51.82 ........

18. Riley Walker 15 Dereham 2:48.93 ........

19. Joshua Jones 13 Wisbech 2:46.74 ........

20. Henry Mann 14 Norwich Swan 2:43.75 ........

21. Oscar Hunter 13 Norwich Swan 2:43.07 ........

22. Jack Tattersall 15 Dereham 2:40.94 ........

23. Daniel Turner 14 Team Waveney 2:36.96 ........

24. Henri Dyke 17 Norwich Swan 2:31.09 ........

25. Sean Diggins 16 Gt Yarmouth 2:30.15 ........

26. Lewis Andrews 15 Norwich Swan 2:28.54 ........

27. Menuka Jayakody 16 Norwich Swan 2:27.03 ........

28. Ben Woodhouse 19 Norwich Swan 2:20.74 ........

29. Louis James 16 Norwich Swan 2:19.74 ........

EVENT 303 Girl 10 Yrs/Over 100m Breaststroke

1. Milana Melinyte 10 Wisbech 2:27.79 ........

2. Holly Love 11 St Felix Sch 2:18.91 ........

3. Jessica Hurren 11 Gt Yarmouth 2:16.49 ........

4. Millie Cooper 10 St Felix Sch 2:15.11 ........

5. Daisy Hills 11 St Felix Sch 2:12.77 ........

6. Ruth Dye 10 Norwich Swan 2:11.93 ........

7. Lily Herring 14 Norwich Swan 2:10.65 ........

8. Charlotte Dev-Sherman 10 Norwich Swan 2:10.16 ........

9. Bella Lawrence 13 Gt Yarmouth 2:05.15 ........

10. Caitlin Sibley 14 Wisbech 2:03.32 ........

11. Sophie Wilson 14 Team Waveney 2:01.50 ........

12. Emily Murrell 10 Norwich Swan 2:01.40 ........

13. Catherine Mitchell 11 Gt Yarmouth 2:00.31 ........

14. Freya Tubby 12 Gt Yarmouth 2:00.00 ........

15. Ruby Jennings 12 Norwich Swan 1:58.30 ........

16. Mika-Rae Pike 14 Norwich Swan 1:56.97 ........

17. Carla Turnova 12 Leiston 1:56.42 ........

18. Madison Hicks 11 Wisbech 1:56.29 ........

19. Eadie Church 12 Norwich Swan 1:54.32 ........

20. Emily Turner 13 St Felix Sch 1:53.73 ........

21. Esa-Rose Condon 11 Wisbech 1:52.78 ........

22. Elinor Riglar 14 Dereham 1:52.70 ........

23. Poppy Ryan 11 Wisbech 1:52.69 ........

24. Imogen Ramjohn 13 Thetford 1:52.20 ........

25. Madeline Rose 11 Wisbech 1:52.15 ........

26. Ishita Mehra 11 Norwich Swan 1:51.43 ........

27. Lily Hills 13 St Felix Sch 1:51.38 ........

28. Sofia Stosic 11 Norwich Swan 1:51.00 ........

29. Andrada Birsanu 13 Norwich Swan 1:50.62 ........

30. Nicole Taylor 13 St Felix Sch 1:48.75 ........

31. Lola-Rose Curtin 11 Team Waveney 1:48.00 ........

32. Grace Rayner 13 Wisbech 1:47.53 ........

33. Rowda Hamisa 12 Norwich Swan 1:47.23 ........

34. Freya Cox 11 Norwich Swan 1:45.55 ........

35. Emma Dye 12 Norwich Swan 1:45.52 ........

36. Laura Stefaniak 15 Norwich Swan 1:45.31 ........

37. Sophie Nutt 14 Dereham 1:44.73 ........

38. Olivia Hopkins 13 Norwich Swan 1:44.62 ........

39. Lauren Smith 13 Team Waveney 1:44.09 ........

40. Kitty Herridge 15 Norwich Swan 1:42.15 ........

41. Shannon Taylor 13 Thetford 1:42.12 ........

42. Phoebe Salmon 14 Norwich Swan 1:42.03 ........

43. Mia Edwards 12 Norwich Swan 1:41.66 ........

44. Rebecca Davey 14 Norwich Swan 1:41.63 ........

45. Starr Hutchinson 13 Thetford 1:40.06 ........

46. Skye Nichols 15 Gt Yarmouth 1:39.85 ........

47. Lauren Ferguson 16 Leiston 1:38.92 ........

48. Megan Dev-Sherman 14 Norwich Swan 1:38.05 ........

49. Charlotte Luckett 14 Team Waveney 1:37.18 ........

50. Abigail Condon 15 Wisbech 1:36.89 ........

51. Layla Dowland 14 Leiston 1:36.64 ........

52. Daisy Grantham 17 Norwich Swan 1:36.34 ........

53. Lilia Burgoyne 13 Gt Yarmouth 1:35.64 ........

54. Libby Johnson 16 Norwich Swan 1:35.03 ........

55. Maya Bazarnicka 14 Norwich Swan 1:34.38 ........

56. Evie Jones 18 Norwich Swan 1:33.89 ........

57. Grace Turner 15 Gt Yarmouth 1:33.68 ........

58. Imogen Ball 14 Team Waveney 1:32.91 ........

59. Poppy Easlea 14 Norwich Swan 1:32.54 ........

60. Aiste Virzintaite 14 Wisbech 1:32.49 ........

61. Harriet Pitcher 16 Norwich Swan 1:32.26 ........

62. Miah Bull 14 Thetford 1:31.88 ........

63. Molly Easlea 17 Norwich Swan 1:31.26 ........

64. Amber Bryson 17 Leiston 1:31.16 ........

65. Mia Gray 14 Norwich Swan 1:30.41 ........

66. Charis Neill-Gourlay 15 Thetford 1:30.26 ........

67. Alysha Clements 16 Dereham 1:30.19 ........

68. Rebecca Heaton 17 Norwich Swan 1:29.37 ........

69. Kiera Turner 16 Team Waveney 1:28.55 ........

70. Millie Harris 14 Wisbech 1:26.16 ........

71. Emilia Johnson 13 St Felix Sch 1:25.97 ........

72. Annabel Nichols 14 Leiston 1:25.50 ........

73. Beatrix Baldwin 15 Norwich Swan 1:25.44 ........

74. Ruby Rowland 13 Gt Yarmouth 1:25.19 ........

75. Holly Rigby 16 Gt Yarmouth 1:24.49 ........

76. Zoe Land 16 Gt Yarmouth 1:24.34 ........

77. Ruby Chapman 16 Norwich Swan 1:24.00 ........

78. Aimee Dickerson 16 Thetford 1:24.00 ........

79. Sophie Sparkes 17 Norwich Swan 1:23.93 ........

80. Isabella Green 16 Dereham 1:23.38 ........

81. Rebecca Merrill 21 Norwich Swan 1:22.85 ........

82. Phoebe Howard 15 Norwich Swan 1:22.75 ........

83. Francesca Salmon 17 Norwich Swan 1:22.57 ........

84. Hannah Jarrett 18 Norwich Swan 1:22.06 ........

85. Tabitha Payne 15 Thetford 1:20.91 ........

86. Jessica Sanford 17 Norwich Swan 1:20.44 ........

87. Ellie Burwood 16 St Felix Sch 1:20.10 ........

88. Lucy Ryan 49 Team Anglia 1:19.71 ........

EVENT 304 Boy 10 Yrs/Over 100m Freestyle

1. Charlie Pickering 10 Gt Yarmouth 1:52.15 ........

2. Kristian Mihlyuzov 12 Norwich Swan 1:48.23 ........

3. Kieran Walpole 14 Dereham 1:44.42 ........

4. Edward Allman 13 Thetford 1:43.59 ........

5. Noah Turna 11 Leiston 1:39.47 ........

6. Harrison Bunning 13 Dereham 1:37.56 ........

7. Joshua Rumsby 11 Norwich Swan 1:35.79 ........

8. William Nutt 10 Dereham 1:35.07 ........

9. Andrew Malcolm 13 Thetford 1:34.78 ........

10. Linus Aldridge 13 St Felix Sch 1:34.25 ........

11. Freddie Pugh 14 Norwich Swan 1:32.40 ........

12. William Neill-Gourlay 12 Thetford 1:30.99 ........

13. Martin Raila 11 Norwich Swan 1:30.16 ........

14. Jack Knight 12 Leiston 1:30.04 ........

15. Jericho Mercado 12 Norwich Swan 1:28.78 ........

16. Ethan Wallis 12 St Felix Sch 1:28.28 ........

17. Bobby Hutchinson 11 Thetford 1:28.10 ........

18. Max Measures 14 Thetford 1:26.92 ........

19. Rhys Watsham 11 St Felix Sch 1:25.23 ........

20. Harvey Appleton-Barnes 13 Dereham 1:24.07 ........

21. Sam Kaye 15 Dereham 1:22.70 ........

22. Luke Jones 14 Norwich Swan 1:21.47 ........

23. Oliver Warren 13 Norwich Swan 1:21.28 ........

24. James Whittaker 12 Team Waveney 1:18.52 ........

25. Jan Beblot 13 Norwich Swan 1:18.47 ........

26. Christian Payne 13 Thetford 1:17.59 ........

27. Joshua Taylor 13 Dereham 1:17.39 ........

28. Oscar Harris 15 Thetford 1:17.31 ........

29. Alex Lincoln 15 Team Waveney 1:16.90 ........

30. Samuel Bradford 14 Dereham 1:16.85 ........

31. Archie Harris-Joy 12 Gt Yarmouth 1:16.74 ........

32. Adam Houston 12 Norwich Swan 1:16.07 ........

33. Toby Glennerster 13 St Felix Sch 1:15.39 ........

34. Tom Barber 11 Team Waveney 1:15.00 ........

35. Zach Montgomery 12 Norwich Swan 1:14.79 ........

36. Evan Bedford 14 Norwich Swan 1:12.55 ........

37. Zak Barber 15 Team Waveney 1:12.38 ........

38. Spencer Battisson 14 Team Waveney 1:11.91 ........

39. Liam-Nik Matthews 14 Team Waveney 1:11.16 ........

40. Aiden Futter 14 Dereham 1:11.06 ........

41. Blake Aldridge 15 St Felix Sch 1:10.94 ........

42. Orlando Whiting 12 St Felix Sch 1:10.22 ........

43. Troy Croxford 16 Wisbech 1:09.91 ........

44. Joshua Jones 13 Wisbech 1:09.74 ........

45. M Phoenix-McGlynn 14 Norwich Swan 1:09.18 ........

46. Toby Flood 13 Thetford 1:08.84 ........

47. Riley Walker 15 Dereham 1:08.26 ........

48. Jack Bidle 14 Team Waveney 1:08.18 ........

49. Henry Mann 14 Norwich Swan 1:07.38 ........

50. Luke Wilson 15 Team Waveney 1:06.91 ........

51. Adam Gendy 16 Wisbech 1:06.52 ........

52. Matthew Foster 14 Leiston 1:06.29 ........

53. Thomas Ellis 16 Dereham 1:05.64 ........

54. Evan Aldridge 14 St Felix Sch 1:04.52 ........

55. Austin Everitt 16 Norwich Swan 1:04.47 ........

56. Oscar Hunter 13 Norwich Swan 1:03.78 ........

57. Harvey Durham 14 Thetford 1:03.48 ........

58. Charlie Brown 17 Gt Yarmouth 1:03.22 ........

59. Thomas Small 16 Norwich Swan 1:03.04 ........

60. Ethan Cowley 17 Norwich Swan 1:02.11 ........

61. Daniel Turner 14 Team Waveney 1:01.66 ........

62. Benedict Measures 17 Thetford 1:01.46 ........

63. James Bell 17 Norwich Swan 1:01.19 ........

64. Menuka Jayakody 16 Norwich Swan 59.51 ........

65. Henri Dyke 17 Norwich Swan 59.50 ........

66. Lewis Andrews 15 Norwich Swan 59.25 ........

67. Benjamin Riglar 16 Dereham 58.20 ........

68. Finlay Arnup 15 Norwich Swan 58.19 ........

69. Ben Woodhouse 19 Norwich Swan 58.19 ........

70. Oliver Postle 27 Team Waveney 57.05 ........

EVENT 305 Girl 10 Yrs/Over 50m Freestyle

1. Evie Dixon 10 Dereham 53.96 ........

2. Molly Walpole 12 Dereham 52.99 ........

3. Ruby Jennings 12 Norwich Swan 48.83 ........

4. Eva Routledge 12 Norwich Swan 47.68 ........

5. Holly Love 11 St Felix Sch 47.58 ........

6. Erin Crane 12 Leiston 45.71 ........

7. Jessica Hurren 11 Gt Yarmouth 45.47 ........

8. Lexie Gray 13 Team Waveney 45.00 ........

9. Libbi Barrett 11 Thetford 44.73 ........

10. Sophie Pert 10 Norwich Swan 44.69 ........

11. Poppy Ryan 11 Wisbech 44.68 ........

12. Milana Melinyte 10 Wisbech 44.62 ........

13. Freya Cook 11 Leiston 44.60 ........

14. Imogen Ramjohn 13 Thetford 44.26 ........

15. Freya Tubby 12 Gt Yarmouth 44.06 ........

16. Rowda Hamisa 12 Norwich Swan 43.91 ........

17. Carla Turnova 12 Leiston 43.81 ........

18. Katie Hursey 13 Norwich Swan 43.76 ........

19. Sophie Wilson 14 Team Waveney 42.80 ........

20. Skye Freeman 10 Norwich Swan 42.75 ........

21. Charlotte Dev-Sherman 10 Norwich Swan 42.11 ........

22. Freya Willis 11 Leiston 42.10 ........

23. Emily Murrell 10 Norwich Swan 41.79 ........

24. Isla Bedford 11 Norwich Swan 41.70 ........

25. Lola-Rose Curtin 11 Team Waveney 41.10 ........

26. Naima Mohamed 12 Norwich Swan 41.07 ........

27. Bella Lawrence 13 Gt Yarmouth 40.90 ........

28. Sofia Stosic 11 Norwich Swan 40.61 ........

29. Shannon Taylor 13 Thetford 40.53 ........

30. Lola Mitchinson 11 Thetford 40.43 ........

31. Mwaba Mkwasa 17 Norwich Swan 40.30 ........

32. Daisy Hills 11 St Felix Sch 39.91 ........

33. Esmai Smith 11 Wisbech 39.72 ........

34. Olivia Butlin 11 Thetford 39.52 ........

35. Andrada Birsanu 13 Norwich Swan 39.18 ........

36. Mia Edwards 12 Norwich Swan 39.17 ........

37. Caitlin Sibley 14 Wisbech 39.14 ........

38. Esa-Rose Condon 11 Wisbech 39.06 ........

39. Eadie Church 12 Norwich Swan 39.02 ........

40. Olivia Hopkins 13 Norwich Swan 38.61 ........

41. Catherine Mitchell 11 Gt Yarmouth 38.55 ........

42. Sophie Nutt 14 Dereham 38.28 ........

43. Austeja Virzintaite 13 Wisbech 38.15 ........

44. Rebecca Luckett 11 Team Waveney 37.72 ........

45. Annabelle Knights 11 St Felix Sch 37.57 ........

46. Rebecca Davey 14 Norwich Swan 37.56 ........

47. Elspeth Butler 12 Norwich Swan 37.45 ........

48. Starr Nichols 12 Gt Yarmouth 37.22 ........

49. Imogen Small 14 Norwich Swan 37.04 ........

50. Maya Bazarnicka 14 Norwich Swan 36.97 ........

51. Astrid Smither 13 Norwich Swan 36.93 ........

52. Alexandra Woods 13 St Felix Sch 36.93 ........

53. Isabella Burton 13 Wisbech 36.61 ........

54. Elizabeth Pert 12 Norwich Swan 36.44 ........

55. Beatrice Green 13 Dereham 36.44 ........

56. Jessica Pugh 12 Norwich Swan 36.41 ........

57. Francesca Thompson 12 Team Waveney 36.22 ........

58. Elizabeth Mitchell 13 Gt Yarmouth 36.13 ........

59. Lily-May Freeman 12 Gt Yarmouth 35.77 ........

60. Ella Ivory 14 Gt Yarmouth 35.72 ........

61. Elinor Riglar 14 Dereham 35.64 ........

62. Laura Stefaniak 15 Norwich Swan 35.64 ........

63. Charlotte Luckett 14 Team Waveney 35.62 ........

64. Chloe Green 13 Gt Yarmouth 35.38 ........

65. Elizabeth Whipp 14 Norwich Swan 35.28 ........

66. Mika-Rae Pike 14 Norwich Swan 35.13 ........

67. Gracie Mortimer 16 Norwich Swan 35.08 ........

68. Ebony Smith 13 Wisbech 35.00 ........

69. Sarah Fleet 16 Thetford 34.97 ........

70. Harriet Glennerster 15 Team Waveney 34.73 ........

71. Amelia Mitchell 18 Norwich Swan 34.72 ........

72. Emma Dye 12 Norwich Swan 34.70 ........

73. Bella Smither 15 Norwich Swan 34.53 ........

74. Poppy Easlea 14 Norwich Swan 34.53 ........

75. Phoebe Salmon 14 Norwich Swan 34.51 ........

76. Taome Emmerson 19 Leiston 34.42 ........

77. Beatrix Baldwin 15 Norwich Swan 34.40 ........

78. Chloe Francis 15 Team Waveney 34.26 ........

79. Lauren Ferguson 16 Leiston 34.12 ........

80. Olivia Finlay 16 Dereham 34.05 ........

81. Emma Land 14 Gt Yarmouth 33.81 ........

82. Charlisse Harding 13 Norwich Swan 33.78 ........

83. Megan Dev-Sherman 14 Norwich Swan 33.78 ........

84. Mia Gray 14 Norwich Swan 33.72 ........

85. Amelia Biggs 15 Leiston 33.60 ........

86. Erin Finlay 13 Dereham 33.52 ........

87. Eleanor Lindsay 15 Norwich Swan 33.52 ........

88. Emily Turner 13 St Felix Sch 33.52 ........

89. Anastasja Wall 12 Dereham 33.30 ........

90. Charlotte Catchpole 12 Leiston 33.30 ........

91. Poppy Walthew 14 Dereham 33.30 ........

92. Libby Johnson 16 Norwich Swan 33.07 ........

93. Layla Dowland 14 Leiston 33.02 ........

94. Alex Tutt 16 Norwich Swan 32.75 ........

95. Abigail Staff 18 Norwich Swan 32.66 ........

96. Amber Bryson 17 Leiston 32.59 ........

97. Aiste Virzintaite 14 Wisbech 32.49 ........

98. Lily Hills 13 St Felix Sch 32.46 ........

99. Lilia Burgoyne 13 Gt Yarmouth 32.46 ........

100. Alysha Clements 16 Dereham 32.37 ........

101. Lauren Smith 13 Team Waveney 32.35 ........

102. Miah Bull 14 Thetford 32.31 ........

103. Imogen Ball 14 Team Waveney 32.31 ........

104. Bethany Rumsby 13 Norwich Swan 32.29 ........

105. Lily Murrell 13 Norwich Swan 32.25 ........

106. Charis Neill-Gourlay 15 Thetford 32.17 ........

107. Isobelle Whittaker 14 Team Waveney 32.10 ........

108. Grace Mann 16 Team Waveney 32.07 ........

109. Ella Keable 15 Norwich Swan 31.93 ........

110. Hannah Twells 14 Thetford 31.82 ........

111. Darcey Bradford 15 Dereham 31.70 ........

112. Emily Pitcher 14 Norwich Swan 31.57 ........

113. Megan Summer 15 Dereham 31.49 ........

114. Ella Simmonds 16 Norwich Swan 31.33 ........

115. Amy Colbourne 16 Norwich Swan 31.25 ........

116. Grace Turner 15 Gt Yarmouth 31.14 ........

117. Lucy Ryan 49 Team Anglia 31.06 ........

118. Kiera Turner 16 Team Waveney 30.98 ........

119. Poppy Malcolmson 16 Dereham 30.90 ........

120. Keiana Fowler 16 Dereham 30.90 ........

121. Sienna Gilman 13 Norwich Swan 30.88 ........

122. Olivia Greenall 13 Gt Yarmouth 30.78 ........

123. Holly Rigby 16 Gt Yarmouth 30.60 ........

124. Millie Harris 14 Wisbech 30.47 ........

125. Madison Brock 18 Norwich Swan 30.40 ........

126. Lilia Clarkson 15 St Felix Sch 30.29 ........

127. Jasmine Coleman 16 Norwich Swan 30.21 ........

128. Amelia Saunders 14 Leiston 30.07 ........

129. Emilia Johnson 13 St Felix Sch 29.94 ........

130. Daisy Mixer 16 Norwich Swan 29.86 ........

131. Jessica Sanford 17 Norwich Swan 29.85 ........

132. Caitlin Richardson 17 Norwich Swan 29.75 ........

133. Zoe Land 16 Gt Yarmouth 29.69 ........

134. Tabitha Payne 15 Thetford 29.63 ........

135. Phoebe Howard 15 Norwich Swan 29.50 ........

136. Sophia Thomas 15 Norwich Swan 29.38 ........

137. Amber Ridgeon 17 Leiston 29.36 ........

138. Isabella Green 16 Dereham 29.24 ........

139. Holly Driver 17 St Felix Sch 29.06 ........

140. Ellie Catchpole 16 Leiston 29.03 ........

141. Amelie Passam 16 Dereham 29.00 ........

142. Rebecca Smith 19 Norwich Swan 29.00 ........

143. Sophie Sparkes 17 Norwich Swan 28.74 ........

144. Natalie Taylor 15 St Felix Sch 28.58 ........

145. Ellie Burwood 16 St Felix Sch 28.53 ........

146. Katie Andrews 18 Norwich Swan 28.20 ........

EVENT 306 Boy 10 Yrs/Over 50m Breaststroke

1. Kristian Mihlyuzov 12 Norwich Swan 1:09.64 ........

2. Alfie Burrell-Knipe 11 Thetford 1:02.28 ........

3. Harrison Bunning 13 Dereham 1:02.05 ........

4. William Cooper 12 Dereham 1:01.33 ........

5. Charlie Pickering 10 Gt Yarmouth 1:01.14 ........

6. Martin Raila 11 Norwich Swan 1:00.96 ........

7. Sebastian Birks 11 Norwich Swan 59.81 ........

8. Andrew Malcolm 13 Thetford 56.91 ........

9. Edward Allman 13 Thetford 56.06 ........

10. Freddie Pugh 14 Norwich Swan 54.86 ........

11. Rhys Watsham 11 St Felix Sch 54.27 ........

12. William Nutt 10 Dereham 53.49 ........

13. Jack Knight 12 Leiston 53.48 ........

14. William Neill-Gourlay 12 Thetford 53.19 ........

15. Linus Aldridge 13 St Felix Sch 52.96 ........

16. Ethan Wallis 12 St Felix Sch 52.94 ........

17. Noah Turna 11 Leiston 52.30 ........

18. Joshua Rumsby 11 Norwich Swan 51.78 ........

19. Joshua Taylor 13 Dereham 51.42 ........

20. James Whittaker 12 Team Waveney 50.35 ........

21. Jericho Mercado 12 Norwich Swan 50.12 ........

22. Adam Houston 12 Norwich Swan 49.66 ........

23. Samuel Bradford 14 Dereham 47.96 ........

24. Harvey Appleton-Barnes 13 Dereham 47.86 ........

25. Evan Bedford 14 Norwich Swan 46.88 ........

26. Alfie Wood 13 Thetford 46.64 ........

27. Zak Barber 15 Team Waveney 46.57 ........

28. Orlando Whiting 12 St Felix Sch 46.43 ........

29. Sam Kaye 15 Dereham 46.31 ........

30. Nathan Ruggles 13 Thetford 46.07 ........

31. Aidan Scott 13 St Felix Sch 45.25 ........

32. Troy Croxford 16 Wisbech 45.20 ........

33. Tom Barber 11 Team Waveney 45.00 ........

34. Zach Montgomery 12 Norwich Swan 44.71 ........

35. Aiden Futter 14 Dereham 44.59 ........

36. Jacob Hurst 13 Norwich Swan 44.56 ........

37. Riley Walker 15 Dereham 43.72 ........

38. M Phoenix-McGlynn 14 Norwich Swan 42.06 ........

39. Toby Flood 13 Thetford 41.98 ........

40. Blake Aldridge 15 St Felix Sch 41.82 ........

41. Evan Aldridge 14 St Felix Sch 40.29 ........

42. Jack Bidle 14 Team Waveney 40.24 ........

43. Joshua Jones 13 Wisbech 39.86 ........

44. Thomas Ellis 16 Dereham 39.59 ........

45. Oscar Harris 15 Thetford 38.87 ........

46. Jack Tattersall 15 Dereham 38.49 ........

47. Thomas Small 16 Norwich Swan 37.55 ........

48. James Bell 17 Norwich Swan 36.12 ........

49. Harvey Durham 14 Thetford 35.48 ........

50. Luke Wilson 15 Team Waveney 35.21 ........

51. Finlay Arnup 15 Norwich Swan 35.02 ........

52. Austin Everitt 16 Norwich Swan 34.97 ........

53. Samuel Rush 18 Thetford 33.34 ........

54. Henri Dyke 17 Norwich Swan 32.67 ........

55. Christopher Searle 30 Dereham 31.98 ........

EVENT 307 Girl 10 Yrs/Over 200m Backstroke

1. Lily Herring 14 Norwich Swan 4:03.48 ........

2. Ruth Dye 10 Norwich Swan 3:59.87 ........

3. Milana Melinyte 10 Wisbech 3:52.25 ........

4. Chloe Green 13 Gt Yarmouth 3:44.22 ........

5. Ellen Beckwith 12 Thetford 3:40.20 ........

6. Sarah Fleet 16 Thetford 3:30.19 ........

7. Isla Bedford 11 Norwich Swan 3:29.58 ........

8. Sofia Stosic 11 Norwich Swan 3:27.14 ........

9. Madison Hicks 11 Wisbech 3:26.91 ........

10. Starr Hutchinson 13 Thetford 3:26.12 ........

11. Elspeth Butler 12 Norwich Swan 3:24.47 ........

12. Andrada Birsanu 13 Norwich Swan 3:19.11 ........

13. Elizabeth Mitchell 13 Gt Yarmouth 3:17.61 ........

14. Alexandra Woods 13 St Felix Sch 3:16.55 ........

15. Olivia Wicks 10 Norwich Swan 3:13.63 ........

16. Jessica Pugh 12 Norwich Swan 3:13.47 ........

17. Grace Rayner 13 Wisbech 3:12.52 ........

18. Madeline Rose 11 Wisbech 3:12.13 ........

19. Starr Nichols 12 Gt Yarmouth 3:09.52 ........

20. Ebony Smith 13 Wisbech 3:08.80 ........

21. Francesca Thompson 12 Team Waveney 3:07.39 ........

22. Anastasja Wall 12 Dereham 3:07.06 ........

23. Eva Howlett 13 Team Waveney 3:00.00 ........

24. Astrid Smither 13 Norwich Swan 2:57.86 ........

25. Nicole Taylor 13 St Felix Sch 2:56.78 ........

26. Lily Murrell 13 Norwich Swan 2:53.07 ........

27. Maia Thompson 14 Team Waveney 2:52.81 ........

28. Isobelle Whittaker 14 Team Waveney 2:51.49 ........

29. Charis Neill-Gourlay 15 Thetford 2:51.32 ........

30. Darcey Bradford 15 Dereham 2:50.93 ........

31. Abigail Condon 15 Wisbech 2:50.32 ........

32. Amy Colbourne 16 Norwich Swan 2:49.15 ........

33. Imogen Ball 14 Team Waveney 2:47.77 ........

34. Hannah Twells 14 Thetford 2:47.61 ........

35. Evie Jones 18 Norwich Swan 2:47.33 ........

36. Ruby Coyle 20 Norwich Swan 2:47.12 ........

37. Skye Nichols 15 Gt Yarmouth 2:46.72 ........

38. Olivia Greenall 13 Gt Yarmouth 2:46.16 ........

39. Amber Ridgeon 17 Leiston 2:45.92 ........

40. Poppy Malcolmson 16 Dereham 2:43.38 ........

41. Jasmine Coleman 16 Norwich Swan 2:42.59 ........

42. Ella Keable 15 Norwich Swan 2:40.77 ........

43. Aimee Dickerson 16 Thetford 2:40.54 ........

44. Ruby Chapman 16 Norwich Swan 2:38.38 ........

45. Milly Ogden 18 Dereham 2:37.10 ........

46. Lilia Clarkson 15 St Felix Sch 2:36.37 ........

47. Daisy Mixer 16 Norwich Swan 2:36.27 ........

48. Natalie Taylor 15 St Felix Sch 2:35.78 ........

49. Charlotte Smith 15 Norwich Swan 2:32.40 ........

50. Rebecca Smith 19 Norwich Swan 2:28.86 ........

EVENT 308 Boy 10 Yrs/Over 200m Butterfly

1. Harrison Bunning 13 Dereham 4:31.04 ........

2. Jan Beblot 13 Norwich Swan 3:19.00 ........

3. Evan Bedford 14 Norwich Swan 3:11.75 ........

4. Ciaran Strike 14 Team Waveney 3:08.68 ........

5. Jack Tattersall 15 Dereham 2:56.42 ........

EVENT 402 Girl 10 Yrs/Over 200m Freestyle

1. Melody-Violet Saunders 11 Dereham 3:58.35 ........

2. Milana Melinyte 10 Wisbech 3:51.42 ........

3. Ruth Dye 10 Norwich Swan 3:45.46 ........

4. Skye Freeman 10 Norwich Swan 3:36.81 ........

5. Emily Murrell 10 Norwich Swan 3:31.49 ........

6. Charlotte Dev-Sherman 10 Norwich Swan 3:31.42 ........

7. Daisy Hills 11 St Felix Sch 3:30.10 ........

8. Beatrice Elverson 12 Norwich Swan 3:29.56 ........

9. Freya Tubby 12 Gt Yarmouth 3:20.00 ........

10. Naima Mohamed 12 Norwich Swan 3:18.71 ........

11. Esa-Rose Condon 11 Wisbech 3:18.18 ........

12. Olivia Hopkins 13 Norwich Swan 3:16.15 ........

13. Madeline Rose 11 Wisbech 3:15.46 ........

14. Andrada Birsanu 13 Norwich Swan 3:13.82 ........

15. Catherine Mitchell 11 Gt Yarmouth 3:13.44 ........

16. Sofia Stosic 11 Norwich Swan 3:09.65 ........

17. Isla Bedford 11 Norwich Swan 3:08.25 ........

18. Mia Edwards 12 Norwich Swan 3:08.08 ........

19. Eadie Church 12 Norwich Swan 3:07.37 ........

20. Olivia Wicks 10 Norwich Swan 3:06.91 ........

21. Madison Hicks 11 Wisbech 3:06.20 ........

22. Gracie Mortimer 16 Norwich Swan 3:06.00 ........

23. Starr Hutchinson 13 Thetford 3:05.13 ........

24. Isabelle Brown 13 Dereham 3:03.14 ........

25. Alexandra Woods 13 St Felix Sch 3:01.38 ........

26. Emma Dye 12 Norwich Swan 2:55.26 ........

27. Sarah Fleet 16 Thetford 2:54.95 ........

28. Starr Nichols 12 Gt Yarmouth 2:54.79 ........

29. Elizabeth Mitchell 13 Gt Yarmouth 2:54.45 ........

30. Poppy Easlea 14 Norwich Swan 2:54.01 ........

31. Chloe Green 13 Gt Yarmouth 2:50.00 ........

32. Ebony Smith 13 Wisbech 2:49.13 ........

33. Lily-May Freeman 12 Gt Yarmouth 2:47.62 ........

34. Elizabeth Whipp 14 Norwich Swan 2:47.49 ........

35. Anastasja Wall 12 Dereham 2:47.03 ........

36. Jessica Pugh 12 Norwich Swan 2:46.19 ........

37. Emily Turner 13 St Felix Sch 2:44.44 ........

38. Harriet Glennerster 15 Team Waveney 2:44.31 ........

39. Isabella Burton 13 Wisbech 2:42.92 ........

40. Abigail Condon 15 Wisbech 2:40.80 ........

41. Mia Gray 14 Norwich Swan 2:40.59 ........

42. Charlisse Harding 13 Norwich Swan 2:40.11 ........

43. Isobelle Whittaker 14 Team Waveney 2:39.55 ........

44. Emma Land 14 Gt Yarmouth 2:39.31 ........

45. Megan Dev-Sherman 14 Norwich Swan 2:39.20 ........

46. Phoebe Salmon 14 Norwich Swan 2:38.60 ........

47. Bethany Rumsby 13 Norwich Swan 2:38.35 ........

48. Nicole Taylor 13 St Felix Sch 2:37.60 ........

49. Skye Nichols 15 Gt Yarmouth 2:36.82 ........

50. Lily Murrell 13 Norwich Swan 2:36.40 ........

51. Abigail Staff 18 Norwich Swan 2:35.44 ........

52. Anghelina Bulman 14 Dereham 2:34.52 ........

53. Imogen Ball 14 Team Waveney 2:34.10 ........

54. Emilia Johnson 13 St Felix Sch 2:32.82 ........

55. Charis Neill-Gourlay 15 Thetford 2:31.75 ........

56. Aimee Dickerson 16 Thetford 2:30.87 ........

57. Sienna Gilman 13 Norwich Swan 2:30.57 ........

58. Maia Thompson 14 Team Waveney 2:30.48 ........

59. Anna Flowers 14 Leiston 2:28.10 ........

60. Olivia Greenall 13 Gt Yarmouth 2:27.87 ........

61. Ellie Catchpole 16 Leiston 2:27.84 ........

62. Kiera Turner 16 Team Waveney 2:26.75 ........

63. Amber Ridgeon 17 Leiston 2:26.43 ........

64. Sophia Thomas 15 Norwich Swan 2:26.33 ........

65. Emily Pitcher 14 Norwich Swan 2:25.99 ........

66. Ella Simmonds 16 Norwich Swan 2:25.59 ........

67. Amelia Saunders 14 Leiston 2:25.34 ........

68. Lillian Walthew 16 Dereham 2:24.77 ........

69. Sophie Sparkes 17 Norwich Swan 2:23.50 ........

70. Amy Colbourne 16 Norwich Swan 2:23.37 ........

71. Poppy Malcolmson 16 Dereham 2:22.25 ........

72. Millie Harris 14 Wisbech 2:21.51 ........

73. Madison Brock 18 Norwich Swan 2:21.45 ........

74. Caitlin Richardson 17 Norwich Swan 2:20.86 ........

75. Jasmine Coleman 16 Norwich Swan 2:20.71 ........

76. Daisy Mixer 16 Norwich Swan 2:19.53 ........

77. Rebecca Smith 19 Norwich Swan 2:19.23 ........

78. Francesca Salmon 17 Norwich Swan 2:18.37 ........

79. Katie Andrews 18 Norwich Swan 2:17.82 ........

80. Natalie Taylor 15 St Felix Sch 2:17.50 ........

81. Ruby Chapman 16 Norwich Swan 2:17.35 ........

82. Charlotte Smith 15 Norwich Swan 2:14.71 ........

EVENT 403 Boy 10 Yrs/Over 100m Backstroke

1. Kristian Mihlyuzov 12 Norwich Swan 2:10.32 ........

2. Charlie Pickering 10 Gt Yarmouth 2:07.37 ........

3. William Nutt 10 Dereham 1:51.50 ........

4. William Neill-Gourlay 12 Thetford 1:50.40 ........

5. Noah Turna 11 Leiston 1:49.28 ........

6. William Cooper 12 Dereham 1:48.47 ........

7. Martin Raila 11 Norwich Swan 1:44.48 ........

8. Jericho Mercado 12 Norwich Swan 1:42.39 ........

9. Jacob Hurst 13 Norwich Swan 1:41.55 ........

10. Bartosz Mosionek 12 Norwich Swan 1:34.71 ........

11. Jacob Jenkins 12 Norwich Swan 1:34.03 ........

12. Sam Kaye 15 Dereham 1:31.47 ........

13. Edward Allman 13 Thetford 1:31.14 ........

14. Oliver Warren 13 Norwich Swan 1:28.90 ........

15. Rhys Watsham 11 St Felix Sch 1:28.62 ........

16. Jan Beblot 13 Norwich Swan 1:28.53 ........

17. Ethan Wallis 12 St Felix Sch 1:27.50 ........

18. Archie Harris-Joy 12 Gt Yarmouth 1:27.09 ........

19. Aidan Scott 13 St Felix Sch 1:26.75 ........

20. Zak Barber 15 Team Waveney 1:26.52 ........

21. Zach Montgomery 12 Norwich Swan 1:24.90 ........

22. Nathan Ruggles 13 Thetford 1:24.88 ........

23. Liam-Nik Matthews 14 Team Waveney 1:24.84 ........

24. Joshua Taylor 13 Dereham 1:24.64 ........

25. Adam Houston 12 Norwich Swan 1:23.83 ........

26. Alex Lincoln 15 Team Waveney 1:23.31 ........

27. Ciaran Strike 14 Team Waveney 1:22.72 ........

28. Orlando Whiting 12 St Felix Sch 1:22.38 ........

29. Sean Chaterera 13 Norwich Swan 1:21.09 ........

30. Aiden Futter 14 Dereham 1:20.66 ........

31. Evan Aldridge 14 St Felix Sch 1:15.83 ........

32. Spencer Battisson 14 Team Waveney 1:15.30 ........

33. Oscar Hunter 13 Norwich Swan 1:13.10 ........

34. Thomas Ellis 16 Dereham 1:11.22 ........

35. Benedict Measures 17 Thetford 1:11.07 ........

36. Daniel Turner 14 Team Waveney 1:09.22 ........

37. Joe Flowers 16 St Felix Sch 1:07.18 ........

38. Louis James 16 Norwich Swan 1:07.03 ........

39. Thomas Small 16 Norwich Swan 1:05.22 ........

40. Ben Woodhouse 19 Norwich Swan 1:01.76 ........

EVENT 404 Girl 10 Yrs/Over 100m Butterfly

1. Milana Melinyte 10 Wisbech 2:01.03 ........

2. Isla Bedford 11 Norwich Swan 1:55.37 ........

3. Olivia Wicks 10 Norwich Swan 1:55.15 ........

4. Olivia Butlin 11 Thetford 1:52.67 ........

5. Caitlin Sibley 14 Wisbech 1:46.46 ........

6. Madison Hicks 11 Wisbech 1:45.43 ........

7. Esmai Smith 11 Wisbech 1:44.43 ........

8. Isabella Burton 13 Wisbech 1:37.92 ........

9. Emma Dye 12 Norwich Swan 1:37.18 ........

10. Shannon Taylor 13 Thetford 1:36.52 ........

11. Rebecca Davey 14 Norwich Swan 1:35.91 ........

12. Rebecca Luckett 11 Team Waveney 1:35.55 ........

13. Anastasja Wall 12 Dereham 1:35.08 ........

14. Jessica Pugh 12 Norwich Swan 1:34.25 ........

15. Mwaba Mkwasa 17 Norwich Swan 1:33.97 ........

16. Chloe Francis 15 Team Waveney 1:33.71 ........

17. Elizabeth Whipp 14 Norwich Swan 1:33.59 ........

18. Poppy Walthew 14 Dereham 1:32.23 ........

19. Eva Howlett 13 Team Waveney 1:31.05 ........

20. Mia Gray 14 Norwich Swan 1:29.79 ........

21. Hannah Twells 14 Thetford 1:28.47 ........

22. Lily Murrell 13 Norwich Swan 1:27.23 ........

23. Alex Tutt 16 Norwich Swan 1:21.23 ........

24. Lilia Burgoyne 13 Gt Yarmouth 1:20.58 ........

25. Olivia Greenall 13 Gt Yarmouth 1:20.08 ........

26. Bethany Rumsby 13 Norwich Swan 1:20.06 ........

27. Charlisse Harding 13 Norwich Swan 1:20.06 ........

28. Sophia Thomas 15 Norwich Swan 1:18.53 ........

29. Amelia Saunders 14 Leiston 1:17.26 ........

30. Rebecca Heaton 17 Norwich Swan 1:17.00 ........

31. Evie Jones 18 Norwich Swan 1:15.94 ........

32. Emily Pitcher 14 Norwich Swan 1:15.85 ........

33. Lillian Walthew 16 Dereham 1:15.75 ........

34. Charis Neill-Gourlay 15 Thetford 1:15.21 ........

35. Amelie Passam 16 Dereham 1:14.70 ........

36. Caitlin Richardson 17 Norwich Swan 1:14.40 ........

37. Daisy Mixer 16 Norwich Swan 1:12.23 ........

38. Millie Harris 14 Wisbech 1:11.50 ........

39. Ellie Burwood 16 St Felix Sch 1:11.31 ........

40. Jasmine Coleman 16 Norwich Swan 1:10.90 ........

41. Rebecca Smith 19 Norwich Swan 1:08.16 ........

EVENT 405 Boy 10 Yrs/Over 200m Breaststroke

1. Bobby Hutchinson 11 Thetford 5:03.80 ........

2. Charlie Pickering 10 Gt Yarmouth 5:00.00 ........

3. William Cooper 12 Dereham 4:27.49 ........

4. Noah Turna 11 Leiston 4:20.17 ........

5. Joshua Rumsby 11 Norwich Swan 4:15.39 ........

6. Adam Houston 12 Norwich Swan 4:12.56 ........

7. Tom Barber 11 Team Waveney 4:04.79 ........

8. Harvey Appleton-Barnes 13 Dereham 3:42.79 ........

9. Zach Montgomery 12 Norwich Swan 3:38.66 ........

10. Sam Kaye 15 Dereham 3:37.95 ........

11. Evan Bedford 14 Norwich Swan 3:35.49 ........

12. Jacob Hurst 13 Norwich Swan 3:35.05 ........

13. Aidan Scott 13 St Felix Sch 3:34.97 ........

14. Blake Aldridge 15 St Felix Sch 3:23.67 ........

15. M Phoenix-McGlynn 14 Norwich Swan 3:17.80 ........

16. Toby Flood 13 Thetford 3:16.41 ........

17. Oscar Harris 15 Thetford 3:15.82 ........

18. Sean Chaterera 13 Norwich Swan 3:14.12 ........

19. Joshua Jones 13 Wisbech 3:10.48 ........

20. Jack Tattersall 15 Dereham 3:01.85 ........

21. Harvey Durham 14 Thetford 2:58.11 ........

22. Sean Diggins 16 Gt Yarmouth 2:55.72 ........

23. Henri Dyke 17 Norwich Swan 2:44.94 ........

24. Christopher Searle 30 Dereham 2:40.94 ........

EVENT 406 Girl 10 Yrs/Over 50m Backstroke

1. Sophie Pert 10 Norwich Swan 1:07.09 ........

2. Freya Tubby 12 Gt Yarmouth 1:01.60 ........

3. Evie Dixon 10 Dereham 59.05 ........

4. Erin Crane 12 Leiston 58.25 ........

5. Molly Walpole 12 Dereham 56.71 ........

6. Melody-Violet Saunders 11 Dereham 56.62 ........

7. Carla Turnova 12 Leiston 54.28 ........

8. Millie Cooper 10 St Felix Sch 53.76 ........

9. Ishita Mehra 11 Norwich Swan 53.49 ........

10. Ruth Dye 10 Norwich Swan 53.31 ........

11. Jessica Hurren 11 Gt Yarmouth 52.56 ........

12. Freya Cook 11 Leiston 52.47 ........

13. Milana Melinyte 10 Wisbech 50.90 ........

14. Isabelle Marsh 11 Dereham 50.64 ........

15. Lexie Gray 13 Team Waveney 50.00 ........

16. Daisy Hills 11 St Felix Sch 49.90 ........

17. Holly Love 11 St Felix Sch 49.60 ........

18. Freya Willis 11 Leiston 49.40 ........

19. Esa-Rose Condon 11 Wisbech 48.91 ........

20. Bella Lawrence 13 Gt Yarmouth 48.39 ........

21. Ruby Jennings 12 Norwich Swan 48.33 ........

22. Lola Mitchinson 11 Thetford 48.32 ........

23. Emily Murrell 10 Norwich Swan 47.64 ........

24. Imogen Ramjohn 13 Thetford 47.27 ........

25. Beatrice Elverson 12 Norwich Swan 46.67 ........

26. Isla Bedford 11 Norwich Swan 46.48 ........

27. Lola-Rose Curtin 11 Team Waveney 46.41 ........

28. Rowda Hamisa 12 Norwich Swan 46.21 ........

29. Catherine Mitchell 11 Gt Yarmouth 45.97 ........

30. Annabelle Knights 11 St Felix Sch 45.83 ........

31. Shannon Taylor 13 Thetford 45.74 ........

32. Sofia Stosic 11 Norwich Swan 45.38 ........

33. Olivia Hopkins 13 Norwich Swan 45.26 ........

34. Mia Edwards 12 Norwich Swan 45.09 ........

35. Esmai Smith 11 Wisbech 44.88 ........

36. Phoebe Salmon 14 Norwich Swan 44.84 ........

37. Andrada Birsanu 13 Norwich Swan 44.42 ........

38. Olivia Wicks 10 Norwich Swan 44.28 ........

39. Rebecca Luckett 11 Team Waveney 43.71 ........

40. Elizabeth Mitchell 13 Gt Yarmouth 43.57 ........

41. Amelia Biggs 15 Leiston 43.54 ........

42. Austeja Virzintaite 13 Wisbech 43.50 ........

43. Grace Rayner 13 Wisbech 43.25 ........

44. Gracie Mortimer 16 Norwich Swan 43.07 ........

45. Isabelle Brown 13 Dereham 42.52 ........

46. Elizabeth Whipp 14 Norwich Swan 42.44 ........

47. Layla Dowland 14 Leiston 41.89 ........

48. Emily Turner 13 St Felix Sch 41.85 ........

49. Elspeth Butler 12 Norwich Swan 41.68 ........

50. Starr Hutchinson 13 Thetford 41.59 ........

51. Emma Dye 12 Norwich Swan 41.41 ........

52. Starr Nichols 12 Gt Yarmouth 41.33 ........

53. Anastasja Wall 12 Dereham 41.27 ........

54. Charlotte Luckett 14 Team Waveney 41.18 ........

55. Emma Land 14 Gt Yarmouth 41.16 ........

56. Olivia Finlay 16 Dereham 41.05 ........

57. Lilia Burgoyne 13 Gt Yarmouth 41.00 ........

58. Megan Dev-Sherman 14 Norwich Swan 40.71 ........

59. Alexandra Woods 13 St Felix Sch 40.66 ........

60. Sophie Nutt 14 Dereham 40.51 ........

61. Jessica Pugh 12 Norwich Swan 40.44 ........

62. Lily Hills 13 St Felix Sch 40.28 ........

63. Erin Finlay 13 Dereham 40.27 ........

64. Chloe Green 13 Gt Yarmouth 40.19 ........

65. Abigail Staff 18 Norwich Swan 40.03 ........

66. Chloe Francis 15 Team Waveney 39.97 ........

67. Lily-May Freeman 12 Gt Yarmouth 39.46 ........

68. Harriet Glennerster 15 Team Waveney 39.32 ........

69. Astrid Smither 13 Norwich Swan 39.22 ........

70. Charlotte Catchpole 12 Leiston 39.18 ........

71. Ebony Smith 13 Wisbech 39.06 ........

72. Kiera Turner 16 Team Waveney 39.00 ........

73. Francesca Thompson 12 Team Waveney 38.86 ........

74. Miah Bull 14 Thetford 38.49 ........

75. Lily Murrell 13 Norwich Swan 38.28 ........

76. Harriet Pitcher 16 Norwich Swan 38.27 ........

77. Eva Howlett 13 Team Waveney 38.17 ........

78. Abigail Condon 15 Wisbech 38.02 ........

79. Alysha Clements 16 Dereham 38.01 ........

80. Mia Gray 14 Norwich Swan 37.89 ........

81. Bethany Rumsby 13 Norwich Swan 37.54 ........

82. Isobelle Whittaker 14 Team Waveney 37.46 ........

83. Keiana Fowler 16 Dereham 37.30 ........

84. Maia Thompson 14 Team Waveney 37.13 ........

85. Ella Simmonds 16 Norwich Swan 37.05 ........

86. Nicole Taylor 13 St Felix Sch 36.88 ........

87. Skye Nichols 15 Gt Yarmouth 36.87 ........

88. Aiste Virzintaite 14 Wisbech 36.80 ........

89. Amber Bryson 17 Leiston 36.77 ........

90. Anna Flowers 14 Leiston 36.72 ........

91. Imogen Ball 14 Team Waveney 36.65 ........

92. Evie Jones 18 Norwich Swan 36.65 ........

93. Amy Colbourne 16 Norwich Swan 36.59 ........

94. Megan Summer 15 Dereham 36.50 ........

95. Amelie Passam 16 Dereham 36.37 ........

96. Holly Rigby 16 Gt Yarmouth 36.31 ........

97. Hannah Twells 14 Thetford 36.30 ........

98. Jasmine Coleman 16 Norwich Swan 36.16 ........

99. Sienna Gilman 13 Norwich Swan 35.60 ........

100. Olivia Greenall 13 Gt Yarmouth 35.32 ........

101. Poppy Malcolmson 16 Dereham 34.98 ........

102. Ruby Coyle 20 Norwich Swan 34.97 ........

103. Daisy Mixer 16 Norwich Swan 34.93 ........

104. Grace Mann 16 Team Waveney 34.52 ........

105. Ella Keable 15 Norwich Swan 34.48 ........

106. Emilia Johnson 13 St Felix Sch 34.42 ........

107. Milly Ogden 18 Dereham 34.32 ........

108. Aimee Dickerson 16 Thetford 34.25 ........

109. Ruby Chapman 16 Norwich Swan 34.17 ........

110. Sophie Sparkes 17 Norwich Swan 34.06 ........

111. Zoe Land 16 Gt Yarmouth 33.68 ........

112. Ellie Burwood 16 St Felix Sch 33.65 ........

113. Natalie Taylor 15 St Felix Sch 33.57 ........

114. Grace Turner 15 Gt Yarmouth 33.48 ........

115. Lilia Clarkson 15 St Felix Sch 33.34 ........

116. Amber Ridgeon 17 Leiston 33.23 ........

117. Holly Driver 17 St Felix Sch 32.58 ........

EVENT 407 Boy 10 Yrs/Over 50m Butterfly

1. Charlie Pickering 10 Gt Yarmouth 1:15.50 ........

2. Ethan Wallis 12 St Felix Sch 1:00.54 ........

3. Bobby Hutchinson 11 Thetford 54.61 ........

4. Sebastian Birks 11 Norwich Swan 54.22 ........

5. Harrison Bunning 13 Dereham 53.50 ........

6. William Neill-Gourlay 12 Thetford 52.22 ........

7. Joshua Rumsby 11 Norwich Swan 51.97 ........

8. Jericho Mercado 12 Norwich Swan 50.46 ........

9. Linus Aldridge 13 St Felix Sch 50.36 ........

10. Fletcher Lain-Smith 13 Norwich Swan 49.21 ........

11. Edward Allman 13 Thetford 48.58 ........

12. Jacob Jenkins 12 Norwich Swan 48.53 ........

13. Martin Raila 11 Norwich Swan 46.47 ........

14. Rhys Watsham 11 St Felix Sch 46.33 ........

15. Zak Barber 15 Team Waveney 45.99 ........

16. Jacob Hurst 13 Norwich Swan 45.12 ........

17. Harvey Appleton-Barnes 13 Dereham 44.56 ........

18. Luke Jones 14 Norwich Swan 44.22 ........

19. Tom Barber 11 Team Waveney 44.17 ........

20. Archie Harris-Joy 12 Gt Yarmouth 43.94 ........

21. Adam Houston 12 Norwich Swan 42.15 ........

22. Adam Gendy 16 Wisbech 41.78 ........

23. Sean Chaterera 13 Norwich Swan 41.66 ........

24. Jan Beblot 13 Norwich Swan 41.40 ........

25. Jack Knight 12 Leiston 41.20 ........

26. James Whittaker 12 Team Waveney 41.13 ........

27. Joshua Taylor 13 Dereham 41.07 ........

28. Oliver Warren 13 Norwich Swan 39.74 ........

29. Liam-Nik Matthews 14 Team Waveney 39.14 ........

30. Nathan Ruggles 13 Thetford 38.85 ........

31. Blake Aldridge 15 St Felix Sch 38.67 ........

32. Toby Flood 13 Thetford 38.34 ........

33. Toby Glennerster 13 St Felix Sch 38.14 ........

34. M Phoenix-McGlynn 14 Norwich Swan 38.07 ........

35. Zach Montgomery 12 Norwich Swan 37.44 ........

36. Jack Bidle 14 Team Waveney 37.28 ........

37. Thomas Ellis 16 Dereham 37.13 ........

38. Aiden Futter 14 Dereham 36.90 ........

39. Orlando Whiting 12 St Felix Sch 36.81 ........

40. Christian Payne 13 Thetford 36.61 ........

41. Joshua Jones 13 Wisbech 36.61 ........

42. Ciaran Strike 14 Team Waveney 36.20 ........

43. Evan Bedford 14 Norwich Swan 36.20 ........

44. Matthew Foster 14 Leiston 35.94 ........

45. Jack Tattersall 15 Dereham 34.25 ........

46. Evan Aldridge 14 St Felix Sch 33.92 ........

47. Austin Everitt 16 Norwich Swan 33.39 ........

48. Henry Mann 14 Norwich Swan 33.28 ........

49. Ethan Cowley 17 Norwich Swan 32.15 ........

50. Thomas Small 16 Norwich Swan 31.78 ........

51. Benedict Measures 17 Thetford 31.05 ........

52. Finlay Arnup 15 Norwich Swan 31.00 ........

53. Daniel Turner 14 Team Waveney 30.80 ........

54. James Bell 17 Norwich Swan 30.30 ........

55. Oliver Postle 27 Team Waveney 29.55 ........

56. Lloyd Battisson 17 Team Waveney 29.33 ........

57. Christopher Searle 30 Dereham 29.30 ........

58. Lewis Andrews 15 Norwich Swan 28.97 ........

59. Ben Woodhouse 19 Norwich Swan 28.30 ........

60. Henri Dyke 17 Norwich Swan 28.20 ........

EVENT 501 Boy/Girl 10 Yrs/Over 400m Freestyle

1. Lily Herring 14 Norwich Swan 7:10.55 ........

2. Anastasja Wall 12 Dereham 5:51.28 ........

3. Lily Murrell 13 Norwich Swan 5:31.24 ........

4. Charlisse Harding 13 Norwich Swan 5:30.81 ........

5. Sienna Gilman 13 Norwich Swan 5:30.50 ........

6. Eva Howlett 13 Team Waveney 5:30.00 ........

7. Olivia Greenall 13 Gt Yarmouth 5:20.04 ........

8. Bethany Rumsby 13 Norwich Swan 5:16.23 ........

9. Amelia Saunders 14 Leiston 5:12.86 ........

10. Oscar Hunter 13 Norwich Swan 5:11.80 ........

11. Millie Harris 14 Wisbech 5:10.74 ........

12. Jasmine Coleman 16 Norwich Swan 4:59.14 ........

13. Francesca Salmon 17 Norwich Swan 4:58.23 ........

14. Milly Ogden 18 Dereham 4:56.92 ........

15. Ruby Chapman 16 Norwich Swan 4:54.83 ........

16. Ruby Coyle 20 Norwich Swan 4:48.16 ........