

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 1 Girls 9 Year Olds 100 SC Meter Freestyle**

	Name	Age	Team	Finals Time
1	Bailey, Amelia	9	Diss Otters SC	1:46.16
2	Tydeman, Martha A	9	Stowmarket Swimming Club-EA	1:50.59

Event 1 Girls 10 Year Olds 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Butt, Emilia	10	Deben Swimming Club-EA	1:22.15
2	Mason, Isla	10	Stowmarket Swimming Club-EA	1:23.97
3	Stroud, Olivia	10	Hadleigh Swimming Club	1:28.65
4	Goodswen, Tayla	10	Diss Otters SC	1:30.47
5	Richards, Hollie	10	Diss Otters SC	1:38.99
6	Tigges, Evie	10	Hadleigh Swimming Club	1:42.82

Event 1 Girls 11 Year Olds 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Reed, Freya	11	West Suffolk Swimming Club	1:16.23
2	Townend, Harriet	11	Stowmarket Swimming Club-EA	1:17.61
3	Staton, Isla	11	March Marlins Swimming Club	1:18.32
4	Welch, Ruby	11	Diss Otters SC	1:18.78
5	Wan, Anabelle	11	Felixstowe Swimming Club	1:20.28
6	Murphy, Olivia	11	Deben Swimming Club-EA	1:20.29
7	Payne, Kitty	11	March Marlins Swimming Club	1:21.92
8	Hedges, Annaliese K	11	Stowmarket Swimming Club-EA	1:25.97
9	Lewis, Daisy	11	Diss Otters SC	1:30.24
10	Brewer, Olivia	11	Diss Otters SC	1:33.65

Event 1 Girls 12 Year Olds 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Thompson, Frankie	12	Team Waveney Swim Club	1:11.47
2	May, Freya	12	Leiston & District Swimming Cl	1:13.07
3	Marshall, Maggie	12	Team Ipswich	1:13.37
4	Walker, Lucy A	12	Deben Swimming Club-EA	1:14.37
5	Catchpole, Charlotte	12	Leiston & District Swimming Cl	1:18.44
6	Melville, Neve	12	Felixstowe Swimming Club	1:20.87
7	Phillips, Lucy	12	Felixstowe Swimming Club	1:23.97
8	Fell, Freya	12	Stowmarket Swimming Club-EA	1:30.01

Event 1 Girls 13 Year Olds 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Child, Esmae	13	Mildenhall and District	1:07.64
2	Barber, Chess	13	Stowmarket Swimming Club-EA	1:07.75
3	Daynes, Erin	13	Stowmarket Swimming Club-EA	1:10.35
4	Harrison, Amelie	13	Stowmarket Swimming Club-EA	1:10.58
5	Dring, Lilley R	13	Deben Swimming Club-EA	1:17.38
6	Carter, Verity	13	Stowmarket Swimming Club-EA	1:17.52
7	McNicholas, Isobel M	13	Deben Swimming Club-EA	1:18.27
8	Waite, Yas	13	March Marlins Swimming Club	1:21.32
9	Haselwood, Erin	13	Stowmarket Swimming Club-EA	1:23.13
10	Spinks, Sasha	13	Diss Otters SC	1:23.19
11	Fox, Pheobe	13	Stowmarket Swimming Club-EA	1:28.54
12	Schindler, Katie	13	Hadleigh Swimming Club	1:28.87
13	Fletcher, Abbie	13	Diss Otters SC	1:29.81

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 1 Girls 14 Year Olds 100 SC Meter Freestyle**

	Name	Age	Team	Finals Time
1	Richardson, May	14	Stowmarket Swimming Club-EA	1:06.94
2	Thompson, Maia	14	Team Waveney Swim Club	1:07.95
3	Motts, Nell	14	Hadleigh Swimming Club	1:09.61
4	Fearn, Alice	14	Dunmow Atlantis	1:09.73
5	Walker, Katie E	14	Deben Swimming Club-EA	1:09.96
6	Tait, Iona I	14	Deben Swimming Club-EA	1:13.18

Event 1 Girls 15 & Over 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Barber, Isabelle	16	Stowmarket Swimming Club-EA	1:03.54
2	Catchpole, Ellie	16	Leiston & District Swimming Cl	1:04.50
3	McNicholas, Caitlin E	17	Deben Swimming Club-EA	1:05.27
4	Stroud, Tara	43	Hadleigh Swimming Club	1:05.53
5	Borman, Alice	17	Dunmow Atlantis	1:06.02
6	Wallace, Fran	25	Stowmarket Swimming Club-EA	1:06.97
7	Sepanski, Beatrice	15	West Suffolk Swimming Club	1:08.43
8	Manton, Eloise	15	West Suffolk Swimming Club	1:08.93
9	Carter, Annabelle	16	Stowmarket Swimming Club-EA	1:09.26
10	Finbow, Amber J	16	Deben Swimming Club-EA	1:09.74
11	Webb, Grace	15	March Marlins Swimming Club	1:11.47
12	Tuffnell, Jemima	17	City of Peterborough SC	1:12.19
13	Forbes Knight, Paige	16	West Suffolk Swimming Club	1:12.81
14	Hutton, Emily	15	Stowmarket Swimming Club-EA	1:15.30
15	Bingham, Poppy	16	Stowmarket Swimming Club-EA	1:16.61
16	Shaw, Mary	16	Stowmarket Swimming Club-EA	1:27.63

Event 2 Boys 9 Year Olds 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	McClure, Alfie	9	March Marlins Swimming Club	1:38.86

Event 2 Boys 10 Year Olds 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Harrison, Evan	10	Stowmarket Swimming Club-EA	1:27.05
2	Bailey, Ethan	10	Diss Otters SC	1:31.69
3	Croft, Adison T	10	Stowmarket Swimming Club-EA	1:33.40

Event 2 Boys 11 Year Olds 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Miller, Byron	11	Hadleigh Swimming Club	1:12.28
2	Riley, Mason	11	March Marlins Swimming Club	1:16.28
3	Harrison, Heath	11	Stowmarket Swimming Club-EA	1:17.08
4	McClure, Archie	11	March Marlins Swimming Club	1:18.61
5	Cloke, Sebastian	11	Deben Swimming Club-EA	1:25.45
6	Hall, Matt	11	March Marlins Swimming Club	1:27.35
7	Thornton-Coates, Luke	11	Deben Swimming Club-EA	1:37.54

Event 2 Boys 12 Year Olds 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Butt, Oliver	12	Deben Swimming Club-EA	1:14.64
2	Raven, Kieron	12	Mildenhall and District	1:16.81
3	Jackson, Cameron	12	Felixstowe Swimming Club	1:17.39
4	Thornton-Coates, James T	12	Deben Swimming Club-EA	1:32.37

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 2 Boys 12 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Finals Time
5 Kerry, Rowan J	12	Stowmarket Swimming Club-EA	1:52.50

Event 2 Boys 13 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Sheeran, Ally	13	Felixstowe Swimming Club	1:06.65
2 Rowland, Alfie	13	Stowmarket Swimming Club-EA	1:08.67
3 Page, Alfie	13	City of Cambridge SC	1:09.20
4 Mason, Jude	13	Stowmarket Swimming Club-EA	1:09.49
5 Scott, Aidan	13	St Felix School SC	1:11.50
6 Hall, Ant	13	March Marlins Swimming Club	1:12.89
7 Baker, Samuel	13	March Marlins Swimming Club	1:19.42

Event 2 Boys 14 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Staton, Jude	14	March Marlins Swimming Club	1:00.90
2 Clarke, Joseph	14	Stowmarket Swimming Club-EA	1:02.51
3 Stoica, Vlad	14	City of Cambridge SC	1:03.70
4 Goddard, Hugo	14	Colchester Swimming Club	1:08.20
5 Tigges, Luke	14	Hadleigh Swimming Club	1:12.07
6 Guerin, James	14	Diss Otters SC	1:13.72

Event 2 Boys 15 & Over 100 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Brown, Matt	17	Stowmarket Swimming Club-EA	54.42
2 Chapman, Lewis	21	Stowmarket Swimming Club-EA	55.29
3 McQuade, Ellis	16	Dunmow Atlantis	55.83
4 Nutt, Dylan	23	Dunmow Atlantis	56.38
5 Pryke, Daniel R	16	Deben Swimming Club-EA	58.02
6 Tolputt, Samuel J	16	Deben Swimming Club-EA	1:00.41
7 Black, Samuel	15	Stowmarket Swimming Club-EA	1:01.38
8 Barber, Nick	15	Stowmarket Swimming Club-EA	1:01.41
9 Pertwee, Henry	16	Dunmow Atlantis	1:03.26
10 Miller, Robin	54	Hadleigh Swimming Club	1:04.79
11 Caunter, Harrison W	15	Stowmarket Swimming Club-EA	1:05.62
12 Hunt, Nathan	17	Diss Otters SC	1:07.21
13 Young, Owen	15	Felixstowe Swimming Club	1:07.42
14 Wallace, Henry	15	Stowmarket Swimming Club-EA	1:09.92

Event 3 Girls 10 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Finals Time
--- Melinyte, Milana	10	Wisbech Swimming Club	DQ
6.4 More than one single or double simultaneous arm pull used to initiate the turn or not			
--- Goodswen, Tayla	10	Diss Otters SC	DQ
6.4 More than one single or double simultaneous arm pull used to initiate the turn or not			

Event 3 Girls 11 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Jacquet, Maelys	11	Felixstowe Swimming Club	3:09.89
2 Hedges, Annaliese K	11	Stowmarket Swimming Club-EA	3:24.36

Event 3 Girls 12 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Phillips, Lucy	12	Felixstowe Swimming Club	3:36.09

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 3 Girls 13 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Finals Time
1 James, Lyra	13	Hadleigh Swimming Club	3:17.15

Event 3 Girls 14 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Creasy, Charlotte	14	West Suffolk Swimming Club	2:50.79

Event 3 Girls 15 & Over 200 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Brown, Becca	15	West Suffolk Swimming Club	2:37.64
2 Barber, Isabelle	16	Stowmarket Swimming Club-EA	2:43.39
--- Sepanski, Beatrice	15	West Suffolk Swimming Club	DQ

6.4 More than one single or double simultaneous arm pull used to initiate the turn or not

Event 4 Boys 9 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Holland, Cody	9	St Felix School SC	3:30.77

Event 4 Boys 10 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Bailey, Ethan	10	Diss Otters SC	3:21.30
2 Harrison, Evan	10	Stowmarket Swimming Club-EA	3:21.60

Event 4 Boys 11 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Harrison, Rex	11	Stowmarket Swimming Club-EA	3:06.76
2 Lamble, Dylan	11	Stowmarket Swimming Club-EA	3:10.02
3 Blagg, Josh	11	Stowmarket Swimming Club-EA	3:13.39
4 Hall, Matt	11	March Marlins Swimming Club	3:28.39

Event 4 Boys 13 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Blagg, Fin	13	Stowmarket Swimming Club-EA	2:48.86
2 Hall, Ant	13	March Marlins Swimming Club	2:51.18
3 Mason, Jude	13	Stowmarket Swimming Club-EA	2:53.58

Event 4 Boys 14 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Finals Time
1 McQuade, Evan	14	Dunmow Atlantis	2:29.70
2 Staton, Jude	14	March Marlins Swimming Club	2:31.03
3 Ruffles-Francis, Teilo	14	Stowmarket Swimming Club-EA	2:38.61
4 Goddard, Hugo	14	Colchester Swimming Club	2:39.73

Event 4 Boys 15 & Over 200 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Brown, Matt	17	Stowmarket Swimming Club-EA	2:19.43
2 Clay, James	17	West Suffolk Swimming Club	2:25.61
3 Miller, Robin	54	Hadleigh Swimming Club	2:49.89
4 Caunter, Harrison W	15	Stowmarket Swimming Club-EA	2:51.09
5 Hunt, Nathan	17	Diss Otters SC	2:53.39

Event 5 Girls 10 Year Olds 100 SC Meter IM

Name	Age	Team	Finals Time
1 Butt, Emilia	10	Deben Swimming Club-EA	1:34.71
2 Millen, Caitlin	10	Stowmarket Swimming Club-EA	1:40.64

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 5 Girls 10 Year Olds 100 SC Meter IM)**

	Name	Age	Team	Finals Time
3	Stroud, Olivia	10	Hadleigh Swimming Club	1:44.25
4	Goodswen, Tayla	10	Diss Otters SC	1:45.72
5	Richards, Hollie	10	Diss Otters SC	1:47.13
6	Tigges, Evie	10	Hadleigh Swimming Club	1:54.40

Event 5 Girls 11 Year Olds 100 SC Meter IM

	Name	Age	Team	Finals Time
1	Reed, Freya	11	West Suffolk Swimming Club	1:28.85
2	Staton, Isla	11	March Marlins Swimming Club	1:29.88
3	Welch, Ruby	11	Diss Otters SC	1:31.66
4	Townend, Harriet	11	Stowmarket Swimming Club-EA	1:35.89
5	Murphy, Olivia	11	Deben Swimming Club-EA	1:37.54
6	Hedges, Annaliese K	11	Stowmarket Swimming Club-EA	1:43.62
7	Lewis, Daisy	11	Diss Otters SC	1:46.84
---	Wan, Anabelle	11	Felixstowe Swimming Club	DQ

8.3 Movements of the legs not simultaneous or alternating movement of legs or feet - fly

Event 5 Girls 12 Year Olds 100 SC Meter IM

	Name	Age	Team	Finals Time
1	May, Freya	12	Leiston & District Swimming Cl	1:20.98
2	Thompson, Frankie	12	Team Waveney Swim Club	1:25.97
3	Walker, Lucy A	12	Deben Swimming Club-EA	1:28.09
4	Marshall, Maggie	12	Team Ipswich	1:29.97
5	Fell, Freya	12	Stowmarket Swimming Club-EA	1:47.55

Event 5 Girls 13 Year Olds 100 SC Meter IM

	Name	Age	Team	Finals Time
1	Child, Esmae	13	Mildenhall and District	1:20.77
2	Lovegrove, Emma	13	Mildenhall and District	1:23.24
3	McNicholas, Isobel M	13	Deben Swimming Club-EA	1:29.92
4	Wedlake, Isabelle	13	Felixstowe Swimming Club	1:31.49
5	Waite, Yas	13	March Marlins Swimming Club	1:32.77
6	Haselwood, Erin	13	Stowmarket Swimming Club-EA	1:34.19
7	Fox, Pheobe	13	Stowmarket Swimming Club-EA	1:41.01
8	Fletcher, Abbie	13	Diss Otters SC	1:46.29
---	Schindler, Katie	13	Hadleigh Swimming Club	DQ

8.3 Breaststroke kick used (legal in Masters Competitions) - fly

--- Matuszek, Zuzanna 13 Felixstowe Swimming Club DQ

9.4 Finish of each stroke not in accordance with rules for the particular stroke - IM

--- Dring, Lilley R 13 Deben Swimming Club-EA DQ

6.5 Not on the back at finish - back

Event 5 Girls 14 Year Olds 100 SC Meter IM

	Name	Age	Team	Finals Time
1	Creasy, Charlotte	14	West Suffolk Swimming Club	1:18.77
2	Nichols, Annabel	14	Leiston & District Swimming Cl	1:19.49
3	Motts, Nell	14	Hadleigh Swimming Club	1:20.01
4	Tait, Iona I	14	Deben Swimming Club-EA	1:22.19
5	Walker, Katie E	14	Deben Swimming Club-EA	1:25.50
---	Garnham-Adams, Abbigail	14	Felixstowe Swimming Club	DQ

7.4 Leg movements not on the same plane - breast

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 5 Girls 15 & Over 100 SC Meter IM**

Name	Age	Team	Finals Time
1 Ridgeon, Amber	17	Leiston & District Swimming Cl	1:11.98
2 McNicholas, Caitlin E	17	Deben Swimming Club-EA	1:11.99
3 Brown, Becca	15	West Suffolk Swimming Club	1:13.84
4 Sepanski, Beatrice	15	West Suffolk Swimming Club	1:17.15
5 Barrett, Sophie	20	Stowmarket Swimming Club-EA	1:18.07
6 Manton, Eloise	15	West Suffolk Swimming Club	1:19.45
7 Borman, Alice	17	Dunmow Atlantis	1:19.71
8 Webb, Grace	15	March Marlins Swimming Club	1:20.80
9 Catchpole, Georgia R	16	Stowmarket Swimming Club-EA	1:22.25
10 Forbes Knight, Paige	16	West Suffolk Swimming Club	1:23.51
11 Carter, Annabelle	16	Stowmarket Swimming Club-EA	1:24.01
12 Tuffnell, Jemima	17	City of Peterborough SC	1:25.16
13 Hutton, Emily	15	Stowmarket Swimming Club-EA	1:25.31
14 Emmerson, Taome	19	Leiston & District Swimming Cl	1:25.90
15 Snowden, Bea P	15	Deben Swimming Club-EA	1:29.38
16 Shaw, Mary	16	Stowmarket Swimming Club-EA	1:42.37

Event 6 Boys 9 Year Olds 100 SC Meter IM

Name	Age	Team	Finals Time
1 Gale, Aiden R	9	Deben Swimming Club-EA	1:49.61
2 McClure, Alfie	9	March Marlins Swimming Club	1:58.31
--- Baker, George	9	March Marlins Swimming Club	DQ

8.3 Movements of the legs not simultaneous or alternating movement of legs or feet - fly

Event 6 Boys 10 Year Olds 100 SC Meter IM

Name	Age	Team	Finals Time
1 Croft, Adison T	10	Stowmarket Swimming Club-EA	1:45.97
--- Clifton, Sebastian	10	Hadleigh Swimming Club	DQ

8.3 Breaststroke kick used (legal in Masters Competitions) - fly

Event 6 Boys 11 Year Olds 100 SC Meter IM

Name	Age	Team	Finals Time
1 Miller, Byron	11	Hadleigh Swimming Club	1:25.66
2 Riley, Mason	11	March Marlins Swimming Club	1:30.16
3 Harrison, Rex	11	Stowmarket Swimming Club-EA	1:33.25
4 McClure, Archie	11	March Marlins Swimming Club	1:34.81
5 Blagg, Josh	11	Stowmarket Swimming Club-EA	1:47.50
6 Hall, Matt	11	March Marlins Swimming Club	1:50.05

Event 6 Boys 12 Year Olds 100 SC Meter IM

Name	Age	Team	Finals Time
1 Butt, Oliver	12	Deben Swimming Club-EA	1:25.60
2 Jackson, Cameron	12	Felixstowe Swimming Club	1:32.73

Event 6 Boys 13 Year Olds 100 SC Meter IM

Name	Age	Team	Finals Time
1 Hall, Ant	13	March Marlins Swimming Club	1:28.56
2 Baker, Samuel	13	March Marlins Swimming Club	1:36.78

Event 6 Boys 14 Year Olds 100 SC Meter IM

Name	Age	Team	Finals Time
1 Staton, Jude	14	March Marlins Swimming Club	1:10.75
2 Clarke, Joseph	14	Stowmarket Swimming Club-EA	1:11.24

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 6 Boys 14 Year Olds 100 SC Meter IM)**

Name	Age	Team	Finals Time
3 Tigges, Luke	14	Hadleigh Swimming Club	1:25.78

Event 6 Boys 15 & Over 100 SC Meter IM

Name	Age	Team	Finals Time
1 Chapman, Lewis	21	Stowmarket Swimming Club-EA	1:03.87
2 Brown, Matt	17	Stowmarket Swimming Club-EA	1:04.73
3 Clay, James	17	West Suffolk Swimming Club	1:06.06
4 Pryke, Daniel R	16	Deben Swimming Club-EA	1:07.60
5 Handley, William	20	Stowmarket Swimming Club-EA	1:08.87
6 Ruffles-Francis, Vaughn	17	Stowmarket Swimming Club-EA	1:10.32
7 Black, Samuel	15	Stowmarket Swimming Club-EA	1:14.09
8 Caunter, Harrison W	15	Stowmarket Swimming Club-EA	1:19.44

Event 7 Girls 9 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Page, Olivia	9	City of Cambridge SC	54.04
2 Bailey, Amelia	9	Diss Otters SC	1:04.60
3 Hunt, Nancy I	9	Stowmarket Swimming Club-EA	1:08.52
4 Tydeman, Martha A	9	Stowmarket Swimming Club-EA	1:13.61
--- Perry, Kenna	9	Mildenhall and District	DQ

7.6 Did not touch at turn or finish with both hands, or touch not simultaneous or hands no

Event 7 Girls 10 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Snowden, Nellie	10	Deben Swimming Club-EA	45.41
2 Butt, Emilia	10	Deben Swimming Club-EA	50.02
3 Mason, Isla	10	Stowmarket Swimming Club-EA	52.88
4 Millen, Caitlin	10	Stowmarket Swimming Club-EA	53.95
5 Richards, Hollie	10	Diss Otters SC	54.30
6 Melinyte, Milana	10	Wisbech Swimming Club	54.91
7 Tigges, Evie	10	Hadleigh Swimming Club	55.29
--- Desouza-Holwill, Sapphire	10	Mildenhall and District	DQ

7.1 After the start or after each turn single butterfly kick not performed before the 1st

Event 7 Girls 11 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Ryan, Poppy	11	Wisbech Swimming Club	46.35
2 Wan, Anabelle	11	Felixstowe Swimming Club	47.50
3 Welch, Ruby	11	Diss Otters SC	49.19
4 Townend, Harriet	11	Stowmarket Swimming Club-EA	51.68
5 Murphy, Olivia	11	Deben Swimming Club-EA	51.99
6 Payne, Kitty	11	March Marlins Swimming Club	52.65
7 Brewer, Olivia	11	Diss Otters SC	52.72
8 Lewis, Daisy	11	Diss Otters SC	57.42
--- Dagg, Katie	11	March Marlins Swimming Club	DQ

7.2 Arm movements not simultaneous or not in the same horizontal plane

Event 7 Girls 12 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 May, Freya	12	Leiston & District Swimming Cl	41.84
2 Catchpole, Charlotte	12	Leiston & District Swimming Cl	45.33
3 Melville, Neve	12	Felixstowe Swimming Club	46.18
4 Rowland, Amelia	12	Stowmarket Swimming Club-EA	46.99

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 7 Girls 12 Year Olds 50 SC Meter Breaststroke)**

	Name	Age	Team	Finals Time
5	Marshall, Maggie	12	Team Ipswich	49.35
6	Turnova, Carla	12	Leiston & District Swimming Cl	50.60
7	Fell, Freya	12	Stowmarket Swimming Club-EA	55.82

Event 7 Girls 13 Year Olds 50 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Wedlake, Isabelle	13	Felixstowe Swimming Club	43.25
2	Child, Esmae	13	Mildenhall and District	44.44
3	Benion, Eden A	13	Mildenhall and District	46.51
4	Green, Selina	13	St Felix School SC	46.59
5	McNicholas, Isobel M	13	Deben Swimming Club-EA	46.62
6	Dring, Lilley R	13	Deben Swimming Club-EA	47.44
7	Carter, Verity	13	Stowmarket Swimming Club-EA	48.05
8	Waite, Yas	13	March Marlins Swimming Club	48.16
9	Spinks, Sasha	13	Diss Otters SC	50.48
10	James, Lyra	13	Hadleigh Swimming Club	50.86
11	Fox, Pheobe	13	Stowmarket Swimming Club-EA	52.37
12	Haselwood, Erin	13	Stowmarket Swimming Club-EA	53.68
13	Fletcher, Abbie	13	Diss Otters SC	53.96
14	Schindler, Katie	13	Hadleigh Swimming Club	54.76

Event 7 Girls 14 Year Olds 50 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Nichols, Annabel	14	Leiston & District Swimming Cl	40.30
2	Thompson, Maia	14	Team Waveney Swim Club	41.20
3	Creasy, Charlotte	14	West Suffolk Swimming Club	43.54

Event 7 Girls 15 & Over 50 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	McNicholas, Caitlin E	17	Deben Swimming Club-EA	36.31
2	Ridgeon, Amber	17	Leiston & District Swimming Cl	37.02
3	Catchpole, Ellie	16	Leiston & District Swimming Cl	37.09
4	Sepanski, Beatrice	15	West Suffolk Swimming Club	38.48
5	Wallace, Fran	25	Stowmarket Swimming Club-EA	39.74
6	Emmerson, Taome	19	Leiston & District Swimming Cl	40.31
7	Barrett, Sophie	20	Stowmarket Swimming Club-EA	40.85
8	Finbow, Amber J	16	Deben Swimming Club-EA	40.99
9	Manton, Eloise	15	West Suffolk Swimming Club	41.36
10	Catchpole, Georgia R	16	Stowmarket Swimming Club-EA	42.69
11	Forbes Knight, Paige	16	West Suffolk Swimming Club	43.32
12	Tuffnell, Jemima	17	City of Peterborough SC	43.40
13	Webb, Grace	15	March Marlins Swimming Club	43.93
14	Hutton, Emily	15	Stowmarket Swimming Club-EA	43.94
15	Bingham, Poppy	16	Stowmarket Swimming Club-EA	45.23

Event 8 Boys 9 Year Olds 50 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Scrivener, Thomas	9	Leiston & District Swimming Cl	53.29
2	Holland, Cody	9	St Felix School SC	58.31
---	Baker, George	9	March Marlins Swimming Club	DQ

7.6 Did not touch at turn or finish with both hands, or touch not simultaneous or hands no

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 8 Boys 10 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Finals Time
1 Harrison, Evan	10	Stowmarket Swimming Club-EA	53.32
2 Croft, Adison T	10	Stowmarket Swimming Club-EA	56.16
3 Turnbull, Charlie	10	West Suffolk Swimming Club	56.24
4 Clifton, Sebastian	10	Hadleigh Swimming Club	58.66
--- Bailey, Ethan	10	Diss Otters SC	DQ

7.4 Leg movements not on the same plane

Event 8 Boys 11 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Riley, Mason	11	March Marlins Swimming Club	45.58
2 Turna, Noah	11	Leiston & District Swimming Cl	46.57
3 Miller, Byron	11	Hadleigh Swimming Club	47.71
4 Harrison, Heath	11	Stowmarket Swimming Club-EA	48.34
5 Lamble, Dylan	11	Stowmarket Swimming Club-EA	48.99
6 Thornton-Coates, Luke	11	Deben Swimming Club-EA	55.18
7 Hall, Matt	11	March Marlins Swimming Club	56.38
8 Cloke, Sebastian	11	Deben Swimming Club-EA	58.09

Event 8 Boys 12 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Butt, Oliver	12	Deben Swimming Club-EA	46.95
2 Thornton-Coates, James T	12	Deben Swimming Club-EA	57.15
3 Kerry, Rowan J	12	Stowmarket Swimming Club-EA	1:01.70

Event 8 Boys 13 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Rowland, Alfie	13	Stowmarket Swimming Club-EA	37.75
2 Blagg, Fin	13	Stowmarket Swimming Club-EA	38.99
3 Sheeran, Ally	13	Felixstowe Swimming Club	42.41
4 Baker, Samuel	13	March Marlins Swimming Club	47.36
--- Hall, Ant	13	March Marlins Swimming Club	DQ

7.6 Did not touch at turn or finish with both hands, or touch not simultaneous or hands no

Event 8 Boys 14 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Clarke, Joseph	14	Stowmarket Swimming Club-EA	36.44
2 Ruffles-Francis, Teilo	14	Stowmarket Swimming Club-EA	37.31
3 Tigges, Luke	14	Hadleigh Swimming Club	42.97
4 Guerin, James	14	Diss Otters SC	46.11

Event 8 Boys 15 & Over 50 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 McLaughlin, Mathew	29	Dunmow Atlantis	31.41
2 Handley, William	20	Stowmarket Swimming Club-EA	34.45
3 Tolputt, Samuel J	16	Deben Swimming Club-EA	34.66
4 Ruffles-Francis, Vaughn	17	Stowmarket Swimming Club-EA	35.49
5 Young, Owen	15	Felixstowe Swimming Club	36.69
6 Barber, Nick	15	Stowmarket Swimming Club-EA	37.38
7 Wallace, Henry	15	Stowmarket Swimming Club-EA	39.12
8 Hunt, Nathan	17	Diss Otters SC	44.17
9 Caunter, Harrison W	15	Stowmarket Swimming Club-EA	44.46

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022

Results

Event 9 Girls 11 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Jacquet, Maelys	11	Felixstowe Swimming Club	3:33.55

Event 9 Girls 13 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Barber, Chess	13	Stowmarket Swimming Club-EA	2:54.87

Event 9 Girls 14 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Richardson, May	14	Stowmarket Swimming Club-EA	2:55.13

Event 9 Girls 15 & Over 200 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Tuffnell, Jemima	17	City of Peterborough SC	3:15.24

Event 10 Boys 12 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Raven, Kieron	12	Mildenhall and District	3:23.05

Event 10 Boys 14 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Finals Time
1 McQuade, Evan	14	Dunmow Atlantis	2:33.81

Event 11 Girls 10 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Snowden, Nellie	10	Deben Swimming Club-EA	3:38.71

Event 11 Girls 11 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Ryan, Poppy	11	Wisbech Swimming Club	3:40.66
--- Jacquet, Maelys	11	Felixstowe Swimming Club	DQ

7.5 Feet not turned out during the propulsive part of the kick

Event 11 Girls 12 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Rowland, Amelia	12	Stowmarket Swimming Club-EA	4:04.33

Event 11 Girls 13 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Benion, Eden A	13	Mildenhall and District	3:47.17
2 Waite, Yas	13	March Marlins Swimming Club	3:52.87
3 Fletcher, Abbie	13	Diss Otters SC	4:32.31

Event 11 Girls 14 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Nichols, Annabel	14	Leiston & District Swimming Cl	3:18.20

Event 11 Girls 15 & Over 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 McNicholas, Caitlin E	17	Deben Swimming Club-EA	2:54.94
2 Ridgeon, Amber	17	Leiston & District Swimming Cl	2:59.85
3 Brown, Becca	15	West Suffolk Swimming Club	3:02.27
4 Catchpole, Ellie	16	Leiston & District Swimming Cl	3:08.20
5 Wallace, Fran	25	Stowmarket Swimming Club-EA	3:10.92
6 Tuffnell, Jemima	17	City of Peterborough SC	3:14.51

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 11 Girls 15 & Over 200 SC Meter Breaststroke)**

Name	Age	Team	Finals Time
7 Emmerson, Taome	19	Leiston & District Swimming Cl	3:24.62
8 Snowden, Bea P	15	Deben Swimming Club-EA	3:28.25
9 Bingham, Poppy	16	Stowmarket Swimming Club-EA	3:28.77

Event 12 Boys 9 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Gale, Aiden R	9	Deben Swimming Club-EA	4:35.42

Event 12 Boys 10 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Harrison, Evan	10	Stowmarket Swimming Club-EA	4:02.02
2 Croft, Adison T	10	Stowmarket Swimming Club-EA	4:07.43

Event 12 Boys 11 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Turna, Noah	11	Leiston & District Swimming Cl	3:37.60
2 Lamble, Dylan	11	Stowmarket Swimming Club-EA	3:38.49
3 Harrison, Heath	11	Stowmarket Swimming Club-EA	3:51.67
4 Thornton-Coates, Luke	11	Deben Swimming Club-EA	4:22.85

Event 12 Boys 12 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Carter, Henry	12	City of Cambridge SC	3:19.33
2 Thornton-Coates, James T	12	Deben Swimming Club-EA	4:10.70

Event 12 Boys 13 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Mason, Jude	13	Stowmarket Swimming Club-EA	3:18.23

Event 12 Boys 14 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Clarke, Joseph	14	Stowmarket Swimming Club-EA	2:53.32
2 Ruffles-Francis, Teilo	14	Stowmarket Swimming Club-EA	2:57.00
3 McQuade, Evan	14	Dunmow Atlantis	2:59.28
4 Goddard, Hugo	14	Colchester Swimming Club	3:14.11

Event 12 Boys 15 & Over 200 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Tolputt, Samuel J	16	Deben Swimming Club-EA	2:47.49
2 Young, Owen	15	Felixstowe Swimming Club	2:52.18

Event 13 Girls 9 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Tydeman, Martha A	9	Stowmarket Swimming Club-EA	48.09
2 Bailey, Amelia	9	Diss Otters SC	48.66
3 Hunt, Nancy I	9	Stowmarket Swimming Club-EA	50.96

Event 13 Girls 10 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Butt, Emilia	10	Deben Swimming Club-EA	37.74
2 Mason, Isla	10	Stowmarket Swimming Club-EA	38.07
3 Stroud, Olivia	10	Hadleigh Swimming Club	38.71
4 Melinyte, Milana	10	Wisbech Swimming Club	39.71
5 Millen, Caitlin	10	Stowmarket Swimming Club-EA	39.99

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 13 Girls 10 Year Olds 50 SC Meter Freestyle)**

Name	Age	Team	Finals Time
6 Goodswen, Tayla	10	Diss Otters SC	40.94
7 Williams, Emily	10	Stowmarket Swimming Club-EA	42.55
8 Richards, Hollie	10	Diss Otters SC	43.97
9 Desouza-Holwill, Sapphire	10	Mildenhall and District	51.92
--- Tigges, Evie	10	Hadleigh Swimming Club	DQ

5.2 Did not touch the wall at the turn or finish

Event 13 Girls 11 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Reed, Freya	11	West Suffolk Swimming Club	34.56
2 Welch, Ruby	11	Diss Otters SC	34.93
3 Payne, Kitty	11	March Marlins Swimming Club	36.18
4 Murphy, Olivia	11	Deben Swimming Club-EA	37.19
5 Wan, Anabelle	11	Felixstowe Swimming Club	37.33
6 Townend, Harriet	11	Stowmarket Swimming Club-EA	37.87
7 Hedges, Annaliese K	11	Stowmarket Swimming Club-EA	38.46
8 Dagg, Katie	11	March Marlins Swimming Club	39.31
9 Lewis, Daisy	11	Diss Otters SC	41.16
10 Brewer, Olivia	11	Diss Otters SC	42.10
11 Fall, Ashleigh	11	Diss Otters SC	42.54

Event 13 Girls 12 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Thompson, Frankie	12	Team Waveney Swim Club	33.16
2 Walker, Lucy A	12	Deben Swimming Club-EA	33.27
3 Catchpole, Charlotte	12	Leiston & District Swimming Cl	33.82
4 Melville, Neve	12	Felixstowe Swimming Club	34.54
5 Williams, Gracie	12	Stowmarket Swimming Club-EA	35.28
6 Phillips, Lucy	12	Felixstowe Swimming Club	35.66
7 Fell, Freya	12	Stowmarket Swimming Club-EA	42.14
--- Marshall, Maggie	12	Team Ipswich	DQ

4.4 Start before starting signal

Event 13 Girls 13 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Child, Esmae	13	Mildenhall and District	30.70
2 Barber, Chess	13	Stowmarket Swimming Club-EA	31.28
3 Harrison, Amelie	13	Stowmarket Swimming Club-EA	31.48
4 Daynes, Erin	13	Stowmarket Swimming Club-EA	33.36
*5 Dring, Lilley R	13	Deben Swimming Club-EA	34.15
*5 Denham, Ella	13	Hadleigh Swimming Club	34.15
7 Carter, Verity	13	Stowmarket Swimming Club-EA	34.18
8 James, Lyra	13	Hadleigh Swimming Club	34.97
9 McNicholas, Isobel M	13	Deben Swimming Club-EA	36.32
10 Wedlake, Isabelle	13	Felixstowe Swimming Club	36.35
11 Haselwood, Erin	13	Stowmarket Swimming Club-EA	36.45
12 Waite, Yas	13	March Marlins Swimming Club	37.13
13 Matuszek, Zuzanna	13	Felixstowe Swimming Club	37.46
14 Benion, Eden A	13	Mildenhall and District	38.33
15 Fletcher, Abbie	13	Diss Otters SC	39.79
16 Schindler, Katie	13	Hadleigh Swimming Club	41.51

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 13 Girls 14 Year Olds 50 SC Meter Freestyle**

	Name	Age	Team	Finals Time
1	Broad, Kiera	14	West Suffolk Swimming Club	30.38
2	Fearn, Alice	14	Dunmow Atlantis	30.48
3	Richardson, May	14	Stowmarket Swimming Club-EA	30.76
4	Thompson, Maia	14	Team Waveney Swim Club	31.34
5	Walker, Katie E	14	Deben Swimming Club-EA	31.50
6	Tait, Iona I	14	Deben Swimming Club-EA	32.07
7	Nichols, Annabel	14	Leiston & District Swimming Cl	32.94
8	Garnham-Adams, Abbigail	14	Felixstowe Swimming Club	38.98

Event 13 Girls 15 & Over 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
*1	Ridgeon, Amber	17	Leiston & District Swimming Cl	29.58
*1	Barber, Isabelle	16	Stowmarket Swimming Club-EA	29.58
3	Wallace, Fran	25	Stowmarket Swimming Club-EA	29.77
4	McNicholas, Caitlin E	17	Deben Swimming Club-EA	29.80
5	Stroud, Tara	43	Hadleigh Swimming Club	29.88
6	Brown, Becca	15	West Suffolk Swimming Club	29.93
7	Borman, Alice	17	Dunmow Atlantis	30.24
8	Finbow, Amber J	16	Deben Swimming Club-EA	30.88
9	England, Lizzie	16	Stowmarket Swimming Club-EA	31.05
10	Carter, Annabelle	16	Stowmarket Swimming Club-EA	31.49
11	Manton, Eloise	15	West Suffolk Swimming Club	31.66
12	Barrett, Sophie	20	Stowmarket Swimming Club-EA	31.92
13	Webb, Grace	15	March Marlins Swimming Club	32.63
14	Hutton, Emily	15	Stowmarket Swimming Club-EA	33.56
15	Tuffnell, Jemima	17	City of Peterborough SC	34.11
16	Emmerson, Taome	19	Leiston & District Swimming Cl	34.30
17	Bingham, Poppy	16	Stowmarket Swimming Club-EA	34.72

Event 14 Boys 9 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Baker, George	9	March Marlins Swimming Club	43.69
2	Scrivener, Thomas	9	Leiston & District Swimming Cl	45.70
---	McClure, Alfie	9	March Marlins Swimming Club	DQ

10.5 Walks during freestyle events or during the freestyle portion of the medley

Event 14 Boys 10 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Harrison, Evan	10	Stowmarket Swimming Club-EA	38.46
2	Croft, Adison T	10	Stowmarket Swimming Club-EA	40.47
3	Bailey, Ethan	10	Diss Otters SC	41.19
4	Clifton, Sebastian	10	Hadleigh Swimming Club	43.62
5	Barnard, Joshua J	10	Stowmarket Swimming Club-EA	50.01

Event 14 Boys 11 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Riley, Mason	11	March Marlins Swimming Club	33.70
2	McClure, Archie	11	March Marlins Swimming Club	34.81
3	Thain, Buddy	11	Team Ipswich	36.45
4	Lamble, Dylan	11	Stowmarket Swimming Club-EA	38.29
5	Harrison, Rex	11	Stowmarket Swimming Club-EA	38.69
6	Cloke, Sebastian	11	Deben Swimming Club-EA	39.23

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 14 Boys 11 Year Olds 50 SC Meter Freestyle)**

	Name	Age	Team	Finals Time
7	Hall, Matt	11	March Marlins Swimming Club	40.01
8	Wilcox, Ewan	11	Felixstowe Swimming Club	40.32
9	Thornton-Coates, Luke	11	Deben Swimming Club-EA	42.54

Event 14 Boys 12 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Raven, Kieron	12	Mildenhall and District	35.14
2	Butt, Oliver	12	Deben Swimming Club-EA	35.17
3	Jackson, Cameron	12	Felixstowe Swimming Club	35.62
4	Tolputt, Oscar G	12	Deben Swimming Club-EA	42.03
5	Thornton-Coates, James T	12	Deben Swimming Club-EA	45.35

Event 14 Boys 13 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Sheeran, Ally	13	Felixstowe Swimming Club	30.22
2	Hall, Ant	13	March Marlins Swimming Club	31.26
3	Harvey, Hamish	13	City of Cambridge SC	31.59
4	Page, Alfie	13	City of Cambridge SC	31.72
5	Veyssier, Alexandre	13	Newmarket & District Swimming	32.18
6	Baker, Samuel	13	March Marlins Swimming Club	35.38

Event 14 Boys 14 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Clarke, Joseph	14	Stowmarket Swimming Club-EA	29.10
2	Millin, Jed	14	Stowmarket Swimming Club-EA	31.67
3	Guerin, James	14	Diss Otters SC	32.98
4	Tigges, Luke	14	Hadleigh Swimming Club	33.02

Event 14 Boys 15 & Over 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Chapman, Lewis	21	Stowmarket Swimming Club-EA	25.60
2	Clay, James	17	West Suffolk Swimming Club	25.83
3	McLaughlin, Mathew	29	Dunmow Atlantis	27.00
4	Handley, William	20	Stowmarket Swimming Club-EA	27.10
5	Fisher, Mikey N	25	Stowmarket Swimming Club-EA	27.52
6	Pertwee, Henry	16	Dunmow Atlantis	28.15
7	Ruffles-Francis, Vaughn	17	Stowmarket Swimming Club-EA	28.48
8	Denham, Steve	46	Hadleigh Swimming Club	28.93
9	Barber, Nick	15	Stowmarket Swimming Club-EA	30.16
10	Hunt, Nathan	17	Diss Otters SC	30.56
11	Young, Owen	15	Felixstowe Swimming Club	31.51

Event 15 Girls 11 Year Olds 100 SC Meter Butterfly

	Name	Age	Team	Finals Time
1	Jacquet, Maelys	11	Felixstowe Swimming Club	1:35.35
---	Staton, Isla	11	March Marlins Swimming Club	DQ

8.3 Movements of the legs not simultaneous or alternating movement of legs or feet

Event 15 Girls 12 Year Olds 100 SC Meter Butterfly

	Name	Age	Team	Finals Time
1	May, Freya	12	Leiston & District Swimming Cl	1:21.76
2	Marshall, Maggie	12	Team Ipswich	1:39.56

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 15 Girls 13 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Finals Time
1 Barber, Chess	13	Stowmarket Swimming Club-EA	1:19.57
2 Child, Esmae	13	Mildenhall and District	1:21.01

Event 15 Girls 14 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Creasy, Charlotte	14	West Suffolk Swimming Club	1:16.71

Event 15 Girls 15 & Over 100 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Barrett, Sophie	20	Stowmarket Swimming Club-EA	1:17.42

Event 16 Boys 10 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Croft, Adison T	10	Stowmarket Swimming Club-EA	1:58.45

Event 16 Boys 12 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Raven, Kieron	12	Mildenhall and District	1:28.56

Event 16 Boys 13 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Blagg, Fin	13	Stowmarket Swimming Club-EA	1:19.17

Event 16 Boys 14 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Staton, Jude	14	March Marlins Swimming Club	1:12.11
2 Stoica, Vlad	14	City of Cambridge SC	1:13.32

Event 16 Boys 15 & Over 100 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Chapman, Lewis	21	Stowmarket Swimming Club-EA	59.16
2 Brown, Matt	17	Stowmarket Swimming Club-EA	1:00.97
3 McQuade, Ellis	16	Dunmow Atlantis	1:01.10
4 Tolputt, Samuel J	16	Deben Swimming Club-EA	1:07.47
5 Black, Samuel	15	Stowmarket Swimming Club-EA	1:10.10

Event 17 Girls 9 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Bailey, Amelia	9	Diss Otters SC	1:53.98
--- Hunt, Nancy I	9	Stowmarket Swimming Club-EA	DQ

6.4 More than one single or double simultaneous arm pull used to initiate the turn or not

Event 17 Girls 10 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Butt, Emilia	10	Deben Swimming Club-EA	1:29.67
2 Mason, Isla	10	Stowmarket Swimming Club-EA	1:35.31
3 Stroud, Olivia	10	Hadleigh Swimming Club	1:39.97
4 Millen, Caitlin	10	Stowmarket Swimming Club-EA	1:44.93
5 Richards, Hollie	10	Diss Otters SC	1:45.68
6 Williams, Emily	10	Stowmarket Swimming Club-EA	2:05.92
--- Desouza-Holwill, Sapphire	10	Mildenhall and District	DQ

6.4 Did not touch the wall during the turn

--- Goodswen, Tayla 10 Diss Otters SC DQ

6.4 More than one single or double simultaneous arm pull used to initiate the turn or not

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 17 Girls 11 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Finals Time
1 Staton, Isla	11	March Marlins Swimming Club	1:29.10
2 Hedges, Annaliese K	11	Stowmarket Swimming Club-EA	1:32.68
3 Ryan, Poppy	11	Wisbech Swimming Club	1:35.57
4 Lewis, Daisy	11	Diss Otters SC	1:40.70
5 Townend, Harriet	11	Stowmarket Swimming Club-EA	1:45.30
6 Brewer, Olivia	11	Diss Otters SC	1:46.94

Event 17 Girls 12 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Walker, Lucy A	12	Deben Swimming Club-EA	1:22.30
2 Thompson, Frankie	12	Team Waveney Swim Club	1:24.41
3 Williams, Gracie	12	Stowmarket Swimming Club-EA	1:38.54
4 Phillips, Lucy	12	Felixstowe Swimming Club	1:43.02
5 Fell, Freya	12	Stowmarket Swimming Club-EA	1:51.81

Event 17 Girls 13 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Lovegrove, Emma	13	Mildenhall and District	1:16.27
2 Green, Selina	13	St Felix School SC	1:16.56
3 Harrison, Amelie	13	Stowmarket Swimming Club-EA	1:29.39
4 Carter, Verity	13	Stowmarket Swimming Club-EA	1:30.90
5 James, Lyra	13	Hadleigh Swimming Club	1:33.11
6 Waite, Yas	13	March Marlins Swimming Club	1:33.44
7 Child, Esmae	13	Mildenhall and District	1:34.75
8 Fox, Pheobe	13	Stowmarket Swimming Club-EA	1:39.38
9 Fletcher, Abbie	13	Diss Otters SC	1:53.72

Event 17 Girls 14 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Thompson, Maia	14	Team Waveney Swim Club	1:14.25
2 Motts, Nell	14	Hadleigh Swimming Club	1:17.93
3 Walker, Katie E	14	Deben Swimming Club-EA	1:18.08
--- Fearn, Alice	14	Dunmow Atlantis	DQ

10.2 A swimmer did not cover the whole distance - DNF

Event 17 Girls 15 & Over 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Brown, Becca	15	West Suffolk Swimming Club	1:17.69
2 Stroud, Tara	43	Hadleigh Swimming Club	1:18.06
3 Carter, Annabelle	16	Stowmarket Swimming Club-EA	1:19.93
4 Webb, Grace	15	March Marlins Swimming Club	1:20.77
5 England, Lizzie	16	Stowmarket Swimming Club-EA	1:26.85
6 Hutton, Emily	15	Stowmarket Swimming Club-EA	1:27.78

Event 18 Boys 10 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Bailey, Ethan	10	Diss Otters SC	1:38.94
2 Barnard, Joshua J	10	Stowmarket Swimming Club-EA	1:57.45
--- Harrison, Evan	10	Stowmarket Swimming Club-EA	DQ

6.4 More than one single or double simultaneous arm pull used to initiate the turn or not

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 18 Boys 11 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Finals Time
1 Riley, Mason	11	March Marlins Swimming Club	1:29.87
2 McClure, Archie	11	March Marlins Swimming Club	1:30.99
3 Lamble, Dylan	11	Stowmarket Swimming Club-EA	1:35.34
4 Cloke, Sebastian	11	Deben Swimming Club-EA	1:41.26

Event 18 Boys 12 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Butt, Oliver	12	Deben Swimming Club-EA	1:21.60
2 Jackson, Cameron	12	Felixstowe Swimming Club	1:24.09

Event 18 Boys 13 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Blagg, Fin	13	Stowmarket Swimming Club-EA	1:18.31
2 Rowland, Alfie	13	Stowmarket Swimming Club-EA	1:19.64
3 Harvey, Hamish	13	City of Cambridge SC	1:20.10
4 Mason, Jude	13	Stowmarket Swimming Club-EA	1:22.96
5 Sheeran, Ally	13	Felixstowe Swimming Club	1:25.84
6 Baker, Samuel	13	March Marlins Swimming Club	1:31.70

Event 18 Boys 14 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Staton, Jude	14	March Marlins Swimming Club	1:09.35
2 Goddard, Hugo	14	Colchester Swimming Club	1:17.52
3 Ruffles-Francis, Teilo	14	Stowmarket Swimming Club-EA	1:18.05

Event 18 Boys 15 & Over 100 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Brown, Matt	17	Stowmarket Swimming Club-EA	1:07.81
2 Pertwee, Henry	16	Dunmow Atlantis	1:13.00
3 Hunt, Nathan	17	Diss Otters SC	1:23.58

Event 19 Girls 14 Year Olds 400 SC Meter IM

Name	Age	Team	Finals Time
1 Broad, Kiera	14	West Suffolk Swimming Club	5:42.00

Event 19 Girls 15 & Over 400 SC Meter IM

Name	Age	Team	Finals Time
1 Tuffnell, Jemima	17	City of Peterborough SC	6:12.05
--- Snowden, Bea P	15	Deben Swimming Club-EA	DQ
8.5 Head not on surface during stroke - fly			
--- Borman, Alice	17	Dunmow Atlantis	DQ
7.6 Did not touch at turn or finish with both hands, or touch not simultaneous or hands no			

Event 20 Boys 11 Year Olds 400 SC Meter IM

Name	Age	Team	Finals Time
1 Harrison, Heath	11	Stowmarket Swimming Club-EA	6:57.50

Event 20 Boys 14 Year Olds 400 SC Meter IM

Name	Age	Team	Finals Time
1 McQuade, Evan	14	Dunmow Atlantis	5:23.38
2 Ruffles-Francis, Teilo	14	Stowmarket Swimming Club-EA	5:52.27

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 20 Boys 15 & Over 400 SC Meter IM**

Name	Age	Team	Finals Time
1 Nutt, Dylan	23	Dunmow Atlantis	5:23.38
2 Barber, Nick	15	Stowmarket Swimming Club-EA	5:36.68

Event 21 Girls 10 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Hicks, Madison	10	Wisbech Swimming Club	2:46.62
2 Goodswen, Tayla	10	Diss Otters SC	3:24.79

Event 21 Girls 11 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Reed, Freya	11	West Suffolk Swimming Club	2:48.04
2 Lewis, Daisy	11	Diss Otters SC	3:19.01
3 Hedges, Annaliese K	11	Stowmarket Swimming Club-EA	3:19.27

Event 21 Girls 12 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Marshall, Maggie	12	Team Ipswich	2:39.64
2 Williams, Gracie	12	Stowmarket Swimming Club-EA	3:00.77
3 Phillips, Lucy	12	Felixstowe Swimming Club	3:08.28

Event 21 Girls 13 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Green, Selina	13	St Felix School SC	2:28.96
2 Harrison, Amelie	13	Stowmarket Swimming Club-EA	2:43.22
3 Denham, Ella	13	Hadleigh Swimming Club	2:47.84
4 Dring, Lilley R	13	Deben Swimming Club-EA	2:57.71
5 Fletcher, Abbie	13	Diss Otters SC	3:33.23

Event 21 Girls 14 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Richardson, May	14	Stowmarket Swimming Club-EA	2:25.00
2 Thompson, Maia	14	Team Waveney Swim Club	2:25.46
3 Fearn, Alice	14	Dunmow Atlantis	2:32.73
4 Tait, Iona I	14	Deben Swimming Club-EA	2:33.68
5 Garnham-Adams, Abbigail	14	Felixstowe Swimming Club	3:09.77

Event 21 Girls 15 & Over 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Barber, Isabelle	16	Stowmarket Swimming Club-EA	2:21.29
2 Catchpole, Ellie	16	Leiston & District Swimming Cl	2:23.22
3 Manton, Eloise	15	West Suffolk Swimming Club	2:31.06
4 Finbow, Amber J	16	Deben Swimming Club-EA	2:33.57
5 Tuffnell, Jemima	17	City of Peterborough SC	2:37.26
6 Wright, Emily	16	Stowmarket Swimming Club-EA	2:38.10

Event 22 Boys 9 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Holland, Cody	9	St Felix School SC	3:26.88

Event 22 Boys 10 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Croft, Adison T	10	Stowmarket Swimming Club-EA	3:20.72
2 Bailey, Ethan	10	Diss Otters SC	3:25.04

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 22 Boys 11 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Finals Time
1 McClure, Archie	11	March Marlins Swimming Club	2:52.81
2 Sloper, Christopher	11	Hadleigh Swimming Club	3:00.21
3 Thornton-Coates, Luke	11	Deben Swimming Club-EA	3:45.92

Event 22 Boys 12 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Thornton-Coates, James T	12	Deben Swimming Club-EA	3:20.33

Event 22 Boys 13 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Sheeran, Ally	13	Felixstowe Swimming Club	2:28.41
2 Mason, Jude	13	Stowmarket Swimming Club-EA	2:31.07
3 Blagg, Fin	13	Stowmarket Swimming Club-EA	2:40.89

Event 22 Boys 14 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Clarke, Joseph	14	Stowmarket Swimming Club-EA	2:20.85
2 Goddard, Hugo	14	Colchester Swimming Club	2:27.62
3 Guerin, James	14	Diss Otters SC	2:43.90

Event 22 Boys 15 & Over 200 SC Meter Freestyle

Name	Age	Team	Finals Time
1 Barber, Nick	15	Stowmarket Swimming Club-EA	2:11.28
2 Hunt, Nathan	17	Diss Otters SC	2:33.16
--- Blagg, Karl J	41	Stowmarket Swimming Club-EA	DQ

10.2 A swimmer did not cover the whole distance - DNF

Event 23 Girls 9 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Hunt, Nancy I	9	Stowmarket Swimming Club-EA	1:03.90

Event 23 Girls 10 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Millen, Caitlin	10	Stowmarket Swimming Club-EA	43.84
2 Richards, Hollie	10	Diss Otters SC	50.89

Event 23 Girls 11 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Reed, Freya	11	West Suffolk Swimming Club	40.16
2 Townend, Harriet	11	Stowmarket Swimming Club-EA	42.25
3 Staton, Isla	11	March Marlins Swimming Club	42.33
4 Lewis, Daisy	11	Diss Otters SC	59.57

Event 23 Girls 12 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 May, Freya	12	Leiston & District Swimming Cl	35.65
2 Melville, Neve	12	Felixstowe Swimming Club	39.76
3 Ferrier, Liz	12	Diss Otters SC	40.88
4 Fell, Freya	12	Stowmarket Swimming Club-EA	56.45

Event 23 Girls 13 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Barber, Chess	13	Stowmarket Swimming Club-EA	34.57
2 Child, Esmae	13	Mildenhall and District	35.49

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 23 Girls 13 Year Olds 50 SC Meter Butterfly)**

Name	Age	Team	Finals Time
3 Dring, Lilley R	13	Deben Swimming Club-EA	40.20
4 Haselwood, Erin	13	Stowmarket Swimming Club-EA	42.64
5 Fletcher, Abbie	13	Diss Otters SC	55.29

Event 23 Girls 14 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Broad, Kiera	14	West Suffolk Swimming Club	32.95
2 Creasy, Charlotte	14	West Suffolk Swimming Club	34.54
3 Richardson, May	14	Stowmarket Swimming Club-EA	34.63
4 Walker, Katie E	14	Deben Swimming Club-EA	35.51
5 Motts, Nell	14	Hadleigh Swimming Club	35.66
6 Clancy, Roisin	14	Hadleigh Swimming Club	36.20
7 Garnham-Adams, Abbigail	14	Felixstowe Swimming Club	43.50

Event 23 Girls 15 & Over 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 McNicholas, Hannah L	15	Deben Swimming Club-EA	31.28
2 Brown, Becca	15	West Suffolk Swimming Club	31.84
3 McNicholas, Caitlin E	17	Deben Swimming Club-EA	32.51
4 Ridgeon, Amber	17	Leiston & District Swimming Cl	32.56
5 Wallace, Fran	25	Stowmarket Swimming Club-EA	33.40
6 Barrett, Sophie	20	Stowmarket Swimming Club-EA	33.86
7 Pawle, Madeline	16	Leiston & District Swimming Cl	33.88
8 Evans, Olivia	17	Leiston & District Swimming Cl	35.52
9 Catchpole, Georgia R	16	Stowmarket Swimming Club-EA	35.88
10 Bingham, Poppy	16	Stowmarket Swimming Club-EA	39.35
11 Snowden, Bea P	15	Deben Swimming Club-EA	43.61

Event 24 Boys 9 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Staton, Noah	9	March Marlins Swimming Club	45.97
2 McClure, Alfie	9	March Marlins Swimming Club	1:05.46

Event 24 Boys 10 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Croft, Adison T	10	Stowmarket Swimming Club-EA	48.15
2 Hales, Lucas	10	Mildenhall and District	52.32
3 Bailey, Ethan	10	Diss Otters SC	54.01
4 Harrison, Evan	10	Stowmarket Swimming Club-EA	55.20

Event 24 Boys 11 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Miller, Byron	11	Hadleigh Swimming Club	38.33
2 McClure, Archie	11	March Marlins Swimming Club	39.11
3 Lamble, Dylan	11	Stowmarket Swimming Club-EA	43.82

Event 24 Boys 12 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Raven, Kieron	12	Mildenhall and District	39.61
2 Kerry, Rowan J	12	Stowmarket Swimming Club-EA	1:01.19

Event 24 Boys 13 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Page, Alfie	13	City of Cambridge SC	36.08

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 24 Boys 13 Year Olds 50 SC Meter Butterfly)**

Name	Age	Team	Finals Time
2 Sheeran, Ally	13	Felixstowe Swimming Club	36.69

Event 24 Boys 14 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Millin, Jed	14	Stowmarket Swimming Club-EA	37.50
2 Tigges, Luke	14	Hadleigh Swimming Club	37.69

Event 24 Boys 15 & Over 50 SC Meter Butterfly

Name	Age	Team	Finals Time
1 Chapman, Lewis	21	Stowmarket Swimming Club-EA	26.78
2 Nutt, Dylan	23	Dunmow Atlantis	28.00
3 Black, Samuel	15	Stowmarket Swimming Club-EA	29.98
4 Fisher, Mikey N	25	Stowmarket Swimming Club-EA	30.02
5 Handley, William	20	Stowmarket Swimming Club-EA	30.15
6 Ruffles-Francis, Vaughn	17	Stowmarket Swimming Club-EA	31.97
7 Hunt, Nathan	17	Diss Otters SC	36.29
8 Wallace, Henry	15	Stowmarket Swimming Club-EA	36.44

Event 25 Girls 10 Year Olds 200 SC Meter IM

Name	Age	Team	Finals Time
1 Snowden, Nellie	10	Deben Swimming Club-EA	3:16.00
2 Mason, Isla	10	Stowmarket Swimming Club-EA	3:21.28

Event 25 Girls 11 Year Olds 200 SC Meter IM

Name	Age	Team	Finals Time
1 Staton, Isla	11	March Marlins Swimming Club	3:09.53
2 Fall, Ashleigh	11	Diss Otters SC	3:51.17
--- Jacquet, Maelys	11	Felixstowe Swimming Club	DQ

7.5 Feet not turned out during the propulsive part of the kick - breast

Event 25 Girls 12 Year Olds 200 SC Meter IM

Name	Age	Team	Finals Time
1 Marshall, Maggie	12	Team Ipswich	3:05.47
--- Ferrier, Liz	12	Diss Otters SC	DQ

6.4 Not on the back when leaving the wall - back

Event 25 Girls 13 Year Olds 200 SC Meter IM

Name	Age	Team	Finals Time
1 Green, Selina	13	St Felix School SC	2:54.07

Event 25 Girls 14 Year Olds 200 SC Meter IM

Name	Age	Team	Finals Time
1 Tait, Iona I	14	Deben Swimming Club-EA	2:59.14
--- Thompson, Maia	14	Team Waveney Swim Club	DQ

7.1 Head not breaking the surface before hands turn inward at widest point in second strok

Event 25 Girls 15 & Over 200 SC Meter IM

Name	Age	Team	Finals Time
1 Brown, Becca	15	West Suffolk Swimming Club	2:38.33
2 Tuffnell, Jemima	17	City of Peterborough SC	3:00.00
3 Wright, Emily	16	Stowmarket Swimming Club-EA	3:01.66
4 Snowden, Bea P	15	Deben Swimming Club-EA	3:14.12

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 26 Boys 11 Year Olds 200 SC Meter IM**

Name	Age	Team	Finals Time
1 Harrison, Heath	11	Stowmarket Swimming Club-EA	3:18.74
--- McClure, Archie	11	March Marlins Swimming Club	DQ

8.3 Movements of the legs not simultaneous or alternating movement of legs or feet - fly

Event 26 Boys 14 Year Olds 200 SC Meter IM

Name	Age	Team	Finals Time
1 Stoica, Vlad	14	City of Cambridge SC	2:36.76
2 Ruffles-Francis, Teilo	14	Stowmarket Swimming Club-EA	2:40.02
3 Goddard, Hugo	14	Colchester Swimming Club	2:44.98

Event 26 Boys 15 & Over 200 SC Meter IM

Name	Age	Team	Finals Time
1 Brown, Matt	17	Stowmarket Swimming Club-EA	2:21.08
2 Tolputt, Samuel J	16	Deben Swimming Club-EA	2:31.70
3 Hunt, Nathan	17	Diss Otters SC	3:03.91

Event 27 Girls 10 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Tigges, Evie	10	Hadleigh Swimming Club	1:56.14
2 Richards, Hollie	10	Diss Otters SC	1:56.19
3 Williams, Emily	10	Stowmarket Swimming Club-EA	2:14.79
--- Millen, Caitlin	10	Stowmarket Swimming Club-EA	DQ

7.4 Leg movements not simultaneous (alternating leg movement)

Event 27 Girls 11 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Fall, Ashleigh	11	Diss Otters SC	1:55.23
2 Brewer, Olivia	11	Diss Otters SC	1:56.48
3 Millin, Erin	11	Stowmarket Swimming Club-EA	2:00.62
4 Lewis, Daisy	11	Diss Otters SC	2:06.82

Event 27 Girls 12 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 May, Freya	12	Leiston & District Swimming Cl	1:32.44
2 Ferrier, Liz	12	Diss Otters SC	1:48.53
3 Turnova, Carla	12	Leiston & District Swimming Cl	1:48.74
4 Fell, Freya	12	Stowmarket Swimming Club-EA	1:58.95
--- Williams, Gracie	12	Stowmarket Swimming Club-EA	DQ

7.5 Feet not turned out during the propulsive part of the kick

Event 27 Girls 13 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Wedlake, Isabelle	13	Felixstowe Swimming Club	1:38.21
2 Harrison, Amelie	13	Stowmarket Swimming Club-EA	1:39.14
3 McNicholas, Isobel M	13	Deben Swimming Club-EA	1:41.73
4 Carter, Verity	13	Stowmarket Swimming Club-EA	1:46.20
5 Fletcher, Abbie	13	Diss Otters SC	2:01.99
--- Spinks, Sasha	13	Diss Otters SC	DQ

7.1 Head not breaking the surface before hands turn inward at widest point in second strok

Event 27 Girls 14 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Broad, Kiera	14	West Suffolk Swimming Club	1:25.21

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 27 Girls 14 Year Olds 100 SC Meter Breaststroke)**

Name	Age	Team	Finals Time
2 Nichols, Annabel	14	Leiston & District Swimming Cl	1:28.43
3 Thompson, Maia	14	Team Waveney Swim Club	1:32.80

Event 27 Girls 15 & Over 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 McNicholas, Caitlin E	17	Deben Swimming Club-EA	1:19.73
2 Ridgeon, Amber	17	Leiston & District Swimming Cl	1:22.65
3 Pawle, Madeline	16	Leiston & District Swimming Cl	1:24.15
4 Denham, Georgia	15	Hadleigh Swimming Club	1:25.84
5 Wallace, Fran	25	Stowmarket Swimming Club-EA	1:26.08
6 Brown, Becca	15	West Suffolk Swimming Club	1:26.40
7 Manton, Eloise	15	West Suffolk Swimming Club	1:31.19
8 Finbow, Amber J	16	Deben Swimming Club-EA	1:31.78
9 Tuffnell, Jemima	17	City of Peterborough SC	1:34.50
10 Catchpole, Georgia R	16	Stowmarket Swimming Club-EA	1:34.74
11 Wright, Emily	16	Stowmarket Swimming Club-EA	1:40.24
--- Bingham, Poppy	16	Stowmarket Swimming Club-EA	DQ

4.4 Start before starting signal

Event 28 Boys 9 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Baker, George	9	March Marlins Swimming Club	2:04.53
2 Staton, Noah	9	March Marlins Swimming Club	2:13.90

Event 28 Boys 10 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Croft, Adison T	10	Stowmarket Swimming Club-EA	1:55.14
2 Harrison, Evan	10	Stowmarket Swimming Club-EA	1:58.66

Event 28 Boys 11 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Turna, Noah	11	Leiston & District Swimming Cl	1:39.35
2 Harrison, Heath	11	Stowmarket Swimming Club-EA	1:43.25
3 Miller, Byron	11	Hadleigh Swimming Club	1:43.67
4 Lamble, Dylan	11	Stowmarket Swimming Club-EA	1:44.12
5 Harrison, Rex	11	Stowmarket Swimming Club-EA	1:47.96
6 Thornton-Coates, Luke	11	Deben Swimming Club-EA	2:00.08

Event 28 Boys 12 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Kerry, Rowan J	12	Stowmarket Swimming Club-EA	2:07.71
--- Thornton-Coates, James T	12	Deben Swimming Club-EA	DQ

7.4 Leg movements not on the same plane

Event 28 Boys 13 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Baker, Samuel	13	March Marlins Swimming Club	1:44.31

Event 28 Boys 14 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 Clarke, Joseph	14	Stowmarket Swimming Club-EA	1:20.53
2 Ruffles-Francis, Teilo	14	Stowmarket Swimming Club-EA	1:20.54
3 Stoica, Vlad	14	City of Cambridge SC	1:21.12
4 Goddard, Hugo	14	Colchester Swimming Club	1:30.65

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 28 Boys 14 Year Olds 100 SC Meter Breaststroke)**

Name	Age	Team	Finals Time
5 Tigges, Luke	14	Hadleigh Swimming Club	1:33.29
6 Guerin, James	14	Diss Otters SC	1:40.37

Event 28 Boys 15 & Over 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
1 McLaughlin, Mathew	29	Dunmow Atlantis	1:10.11
2 Clay, James	17	West Suffolk Swimming Club	1:12.24
3 Handley, William	20	Stowmarket Swimming Club-EA	1:17.62
4 Young, Owen	15	Felixstowe Swimming Club	1:21.03
5 Wallace, Henry	15	Stowmarket Swimming Club-EA	1:26.86
6 Miller, Robin	54	Hadleigh Swimming Club	1:28.09

Event 29 Girls 9 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Hunt, Nancy I	9	Stowmarket Swimming Club-EA	56.83
2 Perry, Kenna	9	Mildenhall and District	1:07.58
--- Bailey, Amelia	9	Diss Otters SC	DQ

6.4 More than one single or double simultaneous arm pull used to initiate the turn or not

Event 29 Girls 10 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Butt, Emilia	10	Deben Swimming Club-EA	40.61
2 Stroud, Olivia	10	Hadleigh Swimming Club	43.86
3 Wedlake, Jocelyn	10	Felixstowe Swimming Club	44.03
4 Mason, Isla	10	Stowmarket Swimming Club-EA	44.43
5 Goodswen, Tayla	10	Diss Otters SC	45.42
6 Millen, Caitlin	10	Stowmarket Swimming Club-EA	47.16
7 Richards, Hollie	10	Diss Otters SC	49.96
8 Desouza-Holwill, Sapphire	10	Mildenhall and District	55.41
9 Williams, Emily	10	Stowmarket Swimming Club-EA	56.92

Event 29 Girls 11 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Reed, Freya	11	West Suffolk Swimming Club	40.29
2 Jacquet, Maelys	11	Felixstowe Swimming Club	40.60
3 Hedges, Annaliese K	11	Stowmarket Swimming Club-EA	40.80
4 Waterhouse, Beau	11	Newmarket & District Swimming	41.12
5 Staton, Isla	11	March Marlins Swimming Club	42.09
6 Brewer, Olivia	11	Diss Otters SC	48.24
7 Millin, Erin	11	Stowmarket Swimming Club-EA	48.50
8 Lewis, Daisy	11	Diss Otters SC	50.65

Event 29 Girls 12 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Walker, Lucy A	12	Deben Swimming Club-EA	36.58
2 Thompson, Frankie	12	Team Waveney Swim Club	37.46
3 Melville, Neve	12	Felixstowe Swimming Club	40.10
4 Williams, Gracie	12	Stowmarket Swimming Club-EA	44.50
5 Turnova, Carla	12	Leiston & District Swimming Cl	46.38
6 Phillips, Lucy	12	Felixstowe Swimming Club	46.42
7 Fell, Freya	12	Stowmarket Swimming Club-EA	47.19

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****Event 29 Girls 13 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Finals Time
1 Carter, Verity	13	Stowmarket Swimming Club-EA	41.15
2 Haselwood, Erin	13	Stowmarket Swimming Club-EA	41.85
3 McNicholas, Isobel M	13	Deben Swimming Club-EA	42.24
4 Denham, Ella	13	Hadleigh Swimming Club	42.51
5 Fletcher, Abbie	13	Diss Otters SC	50.59

Event 29 Girls 14 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Creasy, Charlotte	14	West Suffolk Swimming Club	34.73
2 Walker, Katie E	14	Deben Swimming Club-EA	35.59
3 Fearn, Alice	14	Dunmow Atlantis	35.96
4 Tait, Iona I	14	Deben Swimming Club-EA	36.84
5 Clancy, Roisin	14	Hadleigh Swimming Club	37.72

Event 29 Girls 15 & Over 50 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Ridgeon, Amber	17	Leiston & District Swimming Cl	33.48
2 Barber, Isabelle	16	Stowmarket Swimming Club-EA	33.65
3 McNicholas, Caitlin E	17	Deben Swimming Club-EA	34.66
4 McNicholas, Hannah L	15	Deben Swimming Club-EA	35.55
5 Carter, Annabelle	16	Stowmarket Swimming Club-EA	35.93
6 Barrett, Sophie	20	Stowmarket Swimming Club-EA	36.38
7 Manton, Eloise	15	West Suffolk Swimming Club	37.31
8 Evans, Olivia	17	Leiston & District Swimming Cl	37.88
9 Pawle, Madeline	16	Leiston & District Swimming Cl	38.49
10 Denham, Georgia	15	Hadleigh Swimming Club	39.47
11 Catchpole, Georgia R	16	Stowmarket Swimming Club-EA	40.02

Event 30 Boys 9 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Holland, Cody	9	St Felix School SC	45.81
2 McClure, Alfie	9	March Marlins Swimming Club	48.73
3 Staton, Noah	9	March Marlins Swimming Club	50.83
4 Baker, George	9	March Marlins Swimming Club	52.66

Event 30 Boys 10 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Harrison, Evan	10	Stowmarket Swimming Club-EA	45.28
2 Bailey, Ethan	10	Diss Otters SC	45.98
3 Croft, Adison T	10	Stowmarket Swimming Club-EA	50.36
4 Barnard, Joshua J	10	Stowmarket Swimming Club-EA	53.26
5 Hales, Lucas	10	Mildenhall and District	54.79

Event 30 Boys 11 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Lamble, Dylan	11	Stowmarket Swimming Club-EA	41.79
2 McClure, Archie	11	March Marlins Swimming Club	43.15
3 Blagg, Josh	11	Stowmarket Swimming Club-EA	43.20
4 Wilcox, Ewan	11	Felixstowe Swimming Club	45.33

Event 30 Boys 12 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Finals Time
1 Butt, Oliver	12	Deben Swimming Club-EA	37.43

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 30 Boys 12 Year Olds 50 SC Meter Backstroke)**

	Name	Age	Team	Finals Time
2	Jackson, Cameron	12	Felixstowe Swimming Club	38.29
3	Tolputt, Oscar G	12	Deben Swimming Club-EA	45.97

Event 30 Boys 13 Year Olds 50 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	Blagg, Fin	13	Stowmarket Swimming Club-EA	35.65
2	Harvey, Hamish	13	City of Cambridge SC	36.27
3	Sheeran, Ally	13	Felixstowe Swimming Club	38.25
4	Baker, Samuel	13	March Marlins Swimming Club	40.27

Event 30 Boys 14 Year Olds 50 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	Clarke, Joseph	14	Stowmarket Swimming Club-EA	33.86
2	Ruffles-Francis, Teilo	14	Stowmarket Swimming Club-EA	35.80
3	Millin, Jed	14	Stowmarket Swimming Club-EA	37.81
4	Guerin, James	14	Diss Otters SC	41.39

Event 30 Boys 15 & Over 50 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	Brown, Matt	17	Stowmarket Swimming Club-EA	28.91
2	Chapman, Lewis	21	Stowmarket Swimming Club-EA	28.99
3	Clay, James	17	West Suffolk Swimming Club	29.57
4	Tolputt, Samuel J	16	Deben Swimming Club-EA	31.34
5	Black, Samuel	15	Stowmarket Swimming Club-EA	33.55
6	Ruffles-Francis, Vaughn	17	Stowmarket Swimming Club-EA	33.70
7	Young, Owen	15	Felixstowe Swimming Club	35.06
8	Hunt, Nathan	17	Diss Otters SC	38.03

Event 31 Girls 10 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Hicks, Madison	10	Wisbech Swimming Club	5:38.33

Event 31 Girls 13 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Spinks, Sasha	13	Diss Otters SC	6:12.84

Event 31 Girls 14 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Broad, Kiera	14	West Suffolk Swimming Club	4:59.47
2	Richardson, May	14	Stowmarket Swimming Club-EA	5:04.70

Event 31 Girls 15 & Over 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Tuffnell, Jemima	17	City of Peterborough SC	5:29.28
2	Wright, Emily	16	Stowmarket Swimming Club-EA	5:37.37
3	Bingham, Poppy	16	Stowmarket Swimming Club-EA	5:51.05

Event 32 Boys 9 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Gale, Aiden R	9	Deben Swimming Club-EA	6:45.40

Event 32 Boys 11 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Wild, Jake	11	Newmarket & District Swimming	5:36.20

No Frills Open Meet 2022 - 17/12/2022 to 18/12/2022**Results****(Event 32 Boys 11 Year Olds 400 SC Meter Freestyle)**

	Name	Age	Team	Finals Time
2	Harrison, Rex	11	Stowmarket Swimming Club-EA	5:53.01
3	Harrison, Heath	11	Stowmarket Swimming Club-EA	6:17.84

Event 32 Boys 12 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Raven, Kieron	12	Mildenhall and District	6:06.22
2	Thornton-Coates, James T	12	Deben Swimming Club-EA	6:57.24

Event 32 Boys 13 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Mason, Jude	13	Stowmarket Swimming Club-EA	5:30.70

Event 32 Boys 14 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	McQuade, Evan	14	Dunmow Atlantis	4:33.23
2	Clarke, Joseph	14	Stowmarket Swimming Club-EA	5:00.35

Event 32 Boys 15 & Over 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Hunt, Nathan	17	Diss Otters SC	5:38.63