Event 1	Cirle O Voor	Olde 100 SC	Meter Freestyle
r.veni i	GHIS 9 YEAR	OHAS TOO SU	Melet Freesivie

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
vent 1 Girls 10 Year Olds 100 S	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
		1.12.02
vent 1 Girls 11 Year Olds 100 S	_	P' l - m'
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 S	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 S	SC Matar Franctyla	
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
i michicholas, isobel M	13 March Marlins Swimming Club	1:21.32
8 Waite Vas		
8 Waite, Yas	_	
9 Haselwood, Erin	13 Stowmarket Swimming Club-EA	1:23.13
9 Haselwood, Erin10 Spinks, Sasha	13 Stowmarket Swimming Club-EA13 Diss Otters SC	1:23.13 1:23.19
9 Haselwood, Erin10 Spinks, Sasha11 Fox, Pheobe	13 Stowmarket Swimming Club-EA13 Diss Otters SC13 Stowmarket Swimming Club-EA	1:23.13 1:23.19 1:28.54
9 Haselwood, Erin10 Spinks, Sasha	13 Stowmarket Swimming Club-EA13 Diss Otters SC	1:23.13 1:23.19

Erront 1	Cirle 14	Voor	Olda 1	ΛΛ	CC Matar	Freestyle
EVENT I	Giris 14	. Year	เมเตร เ	()()	St. Weter	Freestvie

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 M	eter 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
•		1.27.03
Event 2 Boys 9 Year Olds 100 SC N	Aeter Freestyle Age Team	Finals Time
Name 1 McClure, Alfie	9 March Marlins Swimming Club	1:38.86
		1.30.00
Event 2 Boys 10 Year Olds 100 SC		
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 Name	Age Team	Finals Time
	12 Deben Swimming Club-EA	
1 Butt, Oliver		1:14.64
2 Raven, Kieron		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

3:36.09

1 Phillips, Lucy

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Results

(Event 2 Boys 12 Year Olds 100 S Name	Age Team	Finals Time
5 Kerry, Rowan J	12 Stowmarket Swimming Club-EA	1:52.50
Event 2 Boys 13 Year Olds 100 S	C 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
		1.17.42
Event 2 Boys 14 Year Olds 100 S		
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 M	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
-		1.09.92
Event 3 Girls 10 Year Olds 200 S		Pinel-m'
Name	Age Team	Finals Time
Melinyte, Milana	10 Wisbech Swimming Club	DQ
9	or double simultaneous arm pull used to initiate the turn or not 10 Diss Otters SC	DO
Goodswen, Tayla		DQ
	or double simultaneous arm pull used to initiate the turn or not	
Event 3 Girls 11 Year Olds 200 S		
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 S	C Meter Backstroke	
Name	Age Team	Finals Time

12 Felixstowe Swimming Club

Finals Time

1:34.71

1:40.64

Name

1 Butt, Emilia

2 Millen, Caitlin

Age Team

10 Deben Swimming Club-EA

10 Stowmarket Swimming Club-EA

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Event 3 Girls 13 Year Olds : Name	Age Tear		Finals Time
1 James, Lyra		leigh Swimming Club	3:17.15
· -			0127.120
Event 3 Girls 14 Year Olds Name	Age Tear		Finals Time
1 Creasy, Charlotte	•	t Suffolk Swimming Club	2:50.79
Event 3 Girls 15 & Over 20		_	2.50.75
Name	SC Meter Backstroke Age Tear		Finals Time
1 Brown, Becca	•	t Suffolk Swimming Club	2:37.64
2 Barber, Isabelle	_	market Swimming Club-EA	2:43.39
Sepanski, Beatrice		t Suffolk Swimming Club	DQ
		eous arm pull used to initiate the turn or r	•
Event 4 Boys 9 Year Olds 2			
Name	Age Tear		Finals Time
1 Holland, Cody		elix School SC	3:30.77
Event 4 Boys 10 Year Olds	200 SC Meter Rackstro	nke	
Name	Age Tear		Finals Time
1 Bailey, Ethan	J	Otters SC	3:21.30
2 Harrison, Evan	10 Stow	market Swimming Club-EA	3:21.60
Event 4 Boys 11 Year Olds	200 SC Motor Backetre	ako	
Name	Age Tear		Finals Time
1 Harrison, Rex	•	vmarket Swimming Club-EA	3:06.76
2 Lamble, Dylan		market Swimming Club-EA	3:10.02
3 Blagg, Josh	11 Stow	market Swimming Club-EA	3:13.39
4 Hall, Matt	11 Marc	ch Marlins Swimming Club	3:28.39
Event 4 Boys 13 Year Olds	200 SC Meter Backstro	nke	
Name	Age Tear		Finals Time
1 Blagg, Fin	13 Stow	market Swimming Club-EA	2:48.86
2 Hall, Ant	13 Marc	ch Marlins Swimming Club	2:51.18
3 Mason, Jude	13 Stow	market Swimming Club-EA	2:53.58
Event 4 Boys 14 Year Olds	200 SC Meter Backstro	oke	
Name	Age Tear		Finals Time
1 McQuade, Evan	14 Duni	mow Atlantis	2:29.70
2 Staton, Jude	14 Marc	ch Marlins Swimming Club	2:31.03
3 Ruffles-Francis, Teilo		market Swimming Club-EA	2:38.61
4 Goddard, Hugo	14 Colc	hester Swimming Club	2:39.73
Event 4 Boys 15 & Over 20) SC Meter Backstroke		
Name	Age Tear		Finals Time
1 Brown, Matt	17 Stow	market Swimming Club-EA	2:19.43
2 Clay, James	17 Wes	t Suffolk Swimming Club	2:25.61
3 Miller, Robin		eigh Swimming Club	2:49.89
4 Caunter, Harrison W		market Swimming Club-EA	2:51.09
5 Hunt, Nathan	17 Diss	Otters SC	2:53.39

Results

	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
		10	Diss Otters SC	1:47.13
	Tigges, Evie	10	Hadleigh Swimming Club	1:54.40
ent	5 Girls 11 Year Olds 100 So	Meter IM		
	Name		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 simultar	neous or alternating movement of legs or feet - fly	
ent	5 Girls 12 Year Olds 100 So	Meter IM		
	Name		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	8	1:28.09
4	Marshall, Maggie	12	Team Ipswich	1:29.97
5	Fell, Freya	12	Stowmarket Swimming Club-EA	1:47.55
ent	5 Girls 13 Year Olds 100 So	Meter IM		
	Name		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		Hadleigh Swimming Club	DQ
	8.3 Breaststroke kick used			
	Matuszek, Zuzanna		Felixstowe Swimming Club	DQ
			ance with rules for the particular stroke - IM	
	Dring, Lilley R	_	Deben Swimming Club-EA	DQ
	6.5 Not on the back at fini			
ent	5 Girls 14 Year Olds 100 St		Toom	Finals Time
1	Name Creasy, Charlotte		Team West Suffolk Swimming Club	Finals Time 1:18.77

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

 $7.4\ \text{Leg}$ movements not on the same plane - breast

1:11.24

2 Clarke, Joseph

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Results

Event 5	Cirla	15 (P. Otron 1	00 50	Motor	TAT
EVENTS	(+1ric	152	6 LIVAT I	11111 1	WETER	IIVI

N	lame	Age	Team	Finals Time
1 F	Ridgeon, Amber	17	Leiston & District Swimming Cl	1:11.98
2 N	AcNicholas, Caitlin E	17	Deben Swimming Club-EA	1:11.99
3 E	Brown, Becca	15	West Suffolk Swimming Club	1:13.84
4 S	Sepanski, Beatrice	15	West Suffolk Swimming Club	1:17.15
5 E	Barrett, Sophie	20	Stowmarket Swimming Club-EA	1:18.07
6 N	Manton, Eloise	15	West Suffolk Swimming Club	1:19.45
7 E	Borman, Alice	17	Dunmow Atlantis	1:19.71
8 V	Webb, Grace	15	March Marlins Swimming Club	1:20.80
9 (Catchpole, Georgia R	16	Stowmarket Swimming Club-EA	1:22.25
10 F	Forbes Knight, Paige	16	West Suffolk Swimming Club	1:23.51
11 (Carter, Annabelle	16	Stowmarket Swimming Club-EA	1:24.01
12 T	Tuffnell, Jemima	17	City of Peterborough SC	1:25.16
13 H	lutton, Emily	15	Stowmarket Swimming Club-EA	1:25.31
14 E	Emmerson, Taome	19	Leiston & District Swimming Cl	1:25.90
15 S	Snowden, Bea P	15	Deben Swimming Club-EA	1:29.38
16 S	Shaw, Mary	16	Stowmarket Swimming Club-EA	1:42.37
	Boys 9 Year Olds 100 SC	Matar IM		
	Name		Team	Finals Time
	Gale, Aiden R	U	Deben Swimming Club-EA	1:49.61
	AcClure, Alfie		March Marlins Swimming Club	1:58.31
	Baker, George		March Marlins Swimming Club	DQ
	. •		eous or alternating movement of legs or feet - fly	БQ
F	_		nous of afternating movement of legs of feet my	
	Boys 10 Year Olds 100 So		Toom	Finals Time
	Name	J	Team Stoumarket Swimming Club EA	Finals Time
	Croft, Adison T		Stowmarket Swimming Club-EA Hadleigh Swimming Club	1:45.97
(Clifton, Sebastian 8.3 Breaststroke kick use			DQ
			sters competitions) - my	
	Boys 11 Year Olds 100 So		_	
	lame		Team	Finals Time
	Miller, Byron		Hadleigh Swimming Club	1:25.66
	Riley, Mason		March Marlins Swimming Club	1:30.16
	Harrison, Rex		Stowmarket Swimming Club-EA	1:33.25
	AcClure, Archie		March Marlins Swimming Club	1:34.81
5 E	Blagg, Josh		Stowmarket Swimming Club-EA	1:47.50
6 F	Hall, Matt	11	March Marlins Swimming Club	1:50.05
Event 6	Boys 12 Year Olds 100 So	C Meter IM		
	lame		Team	Finals Time
1 E	Butt, Oliver	12	Deben Swimming Club-EA	1:25.60
	ackson, Cameron	12	Felixstowe Swimming Club	1:32.73
	Boys 13 Year Olds 100 So	Mater IM		
	Name		Team	Finals Time
	Hall, Ant		March Marlins Swimming Club	1:28.56
	aan, Ant Baker, Samuel		March Marlins Swimming Club	
	•		March Marinis Swimming Glub	1:36.78
	Boys 14 Year Olds 100 Se			
	Name	J	Team	Finals Time
	Staton, Jude		March Marlins Swimming Club	1:10.75
	Tarles Isaanh	4.4	Stoumarket Swimming Club EA	1.11 21

14 Stowmarket Swimming Club-EA

46.18

46.99

3 Melville, Neve

4 Rowland, Amelia

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Results

(PACHI	t 6 Boys 14 Year Olds 100 SC Name	-	Team	Finals Time
3	Tigges, Luke	U	Hadleigh Swimming Club	1:25.78
	6 Boys 15 & Over 100 SC Met			
Event	Name		Team	Finals Time
1	Chapman, Lewis	_	Stowmarket Swimming Club-EA	1:03.87
	Brown, Matt		Stowmarket Swimming Club-EA	1:04.73
3	Clay, James		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		Stowmarket Swimming Club-EA	1:19.44
				1.17.11
ivent	7 Girls 9 Year Olds 50 SC Met			Pinala Tima
1	Name Dage Olivia		Team City of Combridge SC	Finals Time
	Page, Olivia		City of Cambridge SC Diss Otters SC	54.04
	Bailey, Amelia	-		1:04.60
	Hunt, Nancy I		Stowmarket Swimming Club-EA	1:08.52
4	Tydeman, Martha A		Stowmarket Swimming Club-EA	1:13.61
	Perry, Kenna		Mildenhall and District	DQ
			both hands, or touch not simultaneous or hands no	
Event	7 Girls 10 Year Olds 50 SC Mo			
	Name	_	Team	Finals Time
	Snowden, Nellie		Deben Swimming Club-EA	45.41
	Butt, Emilia		Deben Swimming Club-EA	50.02
3	Mason, Isla		Stowmarket Swimming Club-EA	52.88
4	Millen, Caitlin		Stowmarket Swimming Club-EA	53.95
5	Richards, Hollie		Diss Otters SC	54.30
6	Melinyte, Milana		Wisbech Swimming Club	54.91
7	Tigges, Evie		Hadleigh Swimming Club	55.29
	Desouza-Holwill, Sapphire		Mildenhall and District	DQ
	7.1 After the start or after ea	ach turn sin	gle butterfly kick not performed before the 1st	
Event	7 Girls 11 Year Olds 50 SC Me	eter Breas	ststroke	
	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 sim	ultaneous	or not in the same horizontal plane	
Event	7 Girls 12 Year Olds 50 SC Mo	eter Breas	ststroke	
	Name		Team	Finals Time
1	May, Freya	_	Leiston & District Swimming Cl	41.84
	Catchpole, Charlotte		Leiston & District Swimming Cl	45.33
_	2.5.1.11		7.1.	10.00

12 Felixstowe Swimming Club

12 Stowmarket Swimming Club-EA

DQ

--- Baker, George

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Results

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 I	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
		31.70
Event 7 Girls 14 Year Olds 50 SC I Name	Meter Breaststroke 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
-		43.34
Event 7 Girls 15 & Over 50 SC Me Name	ter Breaststroke Age Team	Finals Time
1 McNicholas, Caitlin E	17 Deben Swimming Club-EA	36.31
	17 Leiston & District Swimming Cl	37.02
2 Ridgeon, Amber	16 Leiston & District Swimming Cl	37.02 37.09
3 Catchpole, Ellie	15 West Suffolk Swimming Club	
4 Sepanski, Beatrice	25 Stowmarket Swimming Club-EA	38.48
5 Wallace, Fran	19 Leiston & District Swimming Cl	39.74
6 Emmerson, Taome		40.31
7 Barrett, Sophie	20 Stowmarket Swimming Club-EA 16 Deben Swimming Club-EA	40.85
8 Finbow, Amber J		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 M		_, ,
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

9 March Marlins Swimming Club

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

44.17

44.46

8 Hunt, Nathan

9 Caunter, Harrison W

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

Results

Erront O	Dorre	10 Voor	Oldo EA	CC Motor	Breaststroke
EVENTX	BOVS	TU Year	· 0108 50	St. Weter	Rreaststroke

Event	8 Boys 10 Year Olds 50 SC Me			
	Name		Team	Finals Time
	Harrison, Evan		Stowmarket Swimming Club-EA	53.32
	Croft, Adison T		Stowmarket Swimming Club-EA	56.16
3	Turnbull, Charlie		West Suffolk Swimming Club	56.24
4	,		Hadleigh Swimming Club	58.66
	Bailey, Ethan 7.4 Leg movements not on tl		Diss Otters SC	DQ
Event	8 Boys 11 Year Olds 50 SC Me			
Dvene	Name		Team	Finals Time
1	Riley, Mason		March Marlins Swimming Club	45.58
	Turna, Noah		Leiston & District Swimming Cl	46.57
	Miller, Byron		Hadleigh Swimming Club	47.71
	Harrison, Heath		Stowmarket Swimming Club-EA	48.34
5			Stowmarket Swimming Club-EA	48.99
6	Thornton-Coates, Luke		Deben Swimming Club-EA	55.18
7	Hall, Matt		March Marlins Swimming Club	56.38
	Cloke, Sebastian		Deben Swimming Club-EA	58.09
Event	8 Boys 12 Year Olds 50 SC Me	ator Rroa	etetroka	
Event	Name		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
	Kerry, Rowan J	12	Stowmarket Swimming Club-EA	1:01.70
Event	8 Boys 13 Year Olds 50 SC Me	eter Brea	ststroke	
	Name		Team	Finals Time
1	Rowland, Alfie		Stowmarket Swimming Club-EA	37.75
2	Blagg, Fin		Stowmarket Swimming Club-EA	38.99
3	Sheeran, Ally		Felixstowe Swimming Club	42.41
4	Baker, Samuel		March Marlins Swimming Club	47.36
	Hall, Ant		March Marlins Swimming Club	DQ
	7.6 Did not touch at turn or f	finish with	both hands, or touch not simultaneous or hands no	
Event	8 Boys 14 Year Olds 50 SC Me			Finale Time
1	Name	_	Team Stoumarket Suimming Club EA	Finals Time
	Clarke, Joseph		Stowmarket Swimming Club-EA	36.44
	Ruffles-Francis, Teilo		Stowmarket Swimming Club-EA	37.31
	Tigges, Luke		Hadleigh Swimming Club	42.97
	Guerin, James		Diss Otters SC	46.11
Event	8 Boys 15 & Over 50 SC Mete			Finals Time
	Name		Team Dunmour Atlantia	
	McLaughlin, Mathew		Dunmow Atlantis	31.41
	Handley, William	20	Stowmarket Swimming Club EA	34.45
3	1 , ,	16	Deben Swimming Club-EA	34.66
4		17	Stowmarket Swimming Club-EA	35.49
5	Young, Owen	15	Felixstowe Swimming Club	36.69
6	· · · · · ·	15	Stowmarket Swimming Club-EA	37.38
7	Wallace, Henry	15	Stowmarket Swimming Club-EA	39.12
/	Hunt Nothen		Dice Ottore SC	4417

17 Diss Otters SC

15 Stowmarket Swimming Club-EA

5 Wallace, Fran

6 Tuffnell, Jemima

3:10.92

3:14.51

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

	Results	
Event 9 Girls 11 Year Olds 200 SC	-	Finals Times
Name	11 Felixstowe Swimming Club	Finals Time 3:33.55
1 Jacquet, Maelys		3:33.33
Event 9 Girls 13 Year Olds 200 SC	-	Pinala Wina
	Age Team	Finals Time
1 Barber, Chess	13 Stowmarket Swimming Club-EA	2:54.87
Event 9 Girls 14 Year Olds 200 So	-	
Name Name		Finals Time
1 Richardson, May	14 Stowmarket Swimming Club-EA	2:55.13
Event 9 Girls 15 & Over 200 SC M	"	
	Age Team	
1 Tuffnell, Jemima	17 City of Peterborough SC	3:15.24
Event 10 Boys 12 Year Olds 200 S		
Name	_	Finals Time
1 Raven, Kieron	12 Mildenhall and District	3:23.05
Event 10 Boys 14 Year Olds 200 S	SC Meter Butterfly	
Name	Age Team	Finals Time
1 McQuade, Evan	14 Dunmow Atlantis	2:33.81
Event 11 Girls 10 Year Olds 200 S	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 S	SC Meter Breaststroke	
Name		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 du	ıring the propulsive part of the kick	
Event 11 Girls 12 Year Olds 200 S	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 S	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 S	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
L Welless Even	25 Staymanket Syrimming Club EA	2 10 02

25 Stowmarket Swimming Club-EA

17 City of Peterborough SC

38.07

38.71

39.71

39.99

2 Mason, Isla

3 Stroud, Olivia

5 Millen, Caitlin

4 Melinyte, Milana

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

	No Frills Open Meet 2022 - 17/12/2022 Results	
(Event 11 Girls 15 & Over 200 SC M	-	E' colomico
Name	Age Team	Finals Time
7 Emmerson, Taome	19 Leiston & District Swimming Cl15 Deben Swimming Club-EA	3:24.62
8 Snowden, Bea P	-	3:28.25
9 Bingham, Poppy	16 Stowmarket Swimming Club-EA	3:28.77
Event 12 Boys 9 Year Olds 200 SC M		
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		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 Me	ter 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 Me Name	ter Freestyle Age Team	Finals Time
1 Tydeman, Martha A	9 Stowmarket Swimming Club-EA	48.09
	9 Diss Otters SC	48.09 48.66
2 Bailey, Amelia3 Hunt, Nancy I	9 Stowmarket Swimming Club-EA	
•		50.96
Event 13 Girls 10 Year Olds 50 SC M		
Name	Age Team	Finals Time
1 Butt, Emilia	10 Deben Swimming Club-EA	37.74

10 Stowmarket Swimming Club-EA

10 Stowmarket Swimming Club-EA

10 Hadleigh Swimming Club

10 Wisbech Swimming Club

Results

(Event 13	Girls 10	Year Olds 5	50 SC Meter	Freestyle)
I PACHE I 2	01113 10	icai vius s	יים שלויו של טל	LICESTATE

	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 t	urn o	r 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
1 1 Start before starting	rcianal	•

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

Event 13	Girls 14 Year	Olds 50 SC M	leter Freestyle
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	Name	_	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
	13 Girls 15 & Over 50 SC Me	tor Franci	n la	
vent	Name		Team	Finals Time
*1	Ridgeon, Amber	_	Leiston & District Swimming Cl	29.58
	Barber, Isabelle		Stowmarket Swimming Club-EA	29.58
3		25		29.77
	McNicholas, Caitlin E	17		29.80
5		43		29.88
	Brown, Becca	15		29.93
7		17	_	30.24
_			Deben Swimming Club-EA	30.88
8 0			Stowmarket Swimming Club-EA	31.05
10	_		Stowmarket Swimming Club-EA	
	Carter, Annabelle			31.49
	Manton, Eloise		West Suffolk Swimming Club	31.66
	Barrett, Sophie		Stowmarket Swimming Club-EA	31.92
	Webb, Grace		March Marlins Swimming Club	32.63
	Hutton, Emily		Stowmarket Swimming Club-EA	33.56
	Tuffnell, Jemima	17	,	34.11
	Emmerson, Taome		Leiston & District Swimming Cl	34.30
17	Bingham, Poppy	16	Stowmarket Swimming Club-EA	34.72
vent	14 Boys 9 Year Olds 50 SC M	eter Free	style	
	Name	_	Team	Finals Time
1	Baker, George		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 o	luring the freestyle portion of the medley	
vent	14 Boys 10 Year Olds 50 SC	Meter Fre	estyle	
	Name	Age	Team	Finals Time
1	Harrison, Evan	10	Stowmarket Swimming Club-EA	38.46
2		10	Stowmarket Swimming Club-EA	40.47
3	Bailey, Ethan	10		41.19
4	au a a a a	10	Hadleigh Swimming Club	43.62
5			Stowmarket Swimming Club-EA	50.01
vent	14 Boys 11 Year Olds 50 SC Name		estyle Team	Finals Time
1		_	March Marlins Swimming Club	
	Riley, Mason		<u> </u>	33.70
2	•	11	8	34.81
3	, ,	11	-	36.45
4	, ,	11	8	38.29
	Harrison, Rex	11	Stowmarket Swimming Club-EA	38.69
5 6			Deben Swimming Club-EA	39.23

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

	(Event 14	Bovs 11 Year	Olds 50 SC	Meter Freestyle)
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LEVEIN	t 14 Boys 11 Year Olds 50 SC N Name		Team	Finals Time
7	Hall, Matt	U	March Marlins Swimming Club	40.01
	Wilcox, Ewan		Felixstowe Swimming Club	40.32
	Thornton-Coates, Luke		Deben Swimming Club-EA	42.54
			•	12.51
Event	14 Boys 12 Year Olds 50 SC M			Pinala mina
	Name		Team Mills III III III III III III III III III	Finals Time
	Raven, Kieron		Mildenhall and District	35.14
	Butt, Oliver		Deben Swimming Club-EA	35.17
	Jackson, Cameron		Felixstowe Swimming Club	35.62
	Tolputt, Oscar G		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 M	eter Fre	estyle	
	Name	_	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 M	eter Fre	estyle	
LVCIIC	Name		Team	Finals Time
1	Clarke, Joseph		Stowmarket Swimming Club-EA	29.10
	Millin, Jed		Stowmarket Swimming Club-EA	31.67
	Guerin, James		Diss Otters SC	32.98
	Tigges, Luke		Hadleigh Swimming Club	33.02
				33.02
Event	14 Boys 15 & Over 50 SC Meto Name		yie Team	Finals Time
1			Stowmarket Swimming Club-EA	
	Chapman, Lewis		West Suffolk Swimming Club	25.60
2	5,,		Dunmow Atlantis	25.83
	McLaughlin, Mathew		Stowmarket Swimming Club-EA	27.00
4	Handley, William		<u> </u>	27.10
	Fisher, Mikey N		Stowmarket Swimming Club-EA	27.52
	Pertwee, Henry		Dunmow Atlantis	28.15
	Ruffles-Francis, Vaughn		Stowmarket Swimming Club-EA	28.48
	Denham, Steve		Hadleigh Swimming Club	28.93
	Barber, Nick		Stowmarket Swimming Club-EA	30.16
	Hunt, Nathan		Diss Otters SC	30.56
11	Young, Owen	15	Felixstowe Swimming Club	31.51
Event	15 Girls 11 Year Olds 100 SC	Meter Bu	itterfly	
	Name	_	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 no	t simultar	neous or alternating movement of legs or feet	
Event	15 Girls 12 Year Olds 100 SC	Meter Bu	itterfly	
	Name		Team	Finals Time
1	May, Freya	U	Leiston & District Swimming Cl	1:21.76
	Marshall, Maggie		Team Ipswich	1:39.56
4	marshan, massic	12		1.07.00

Results

Erront 1E	Cirls 12 Voor	01dc 100 CC	Meter Butterfly
EVENT 15	Garis 13 year	TOTAL TOO SE	Meter Biltterfiv

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 10	0 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 S	C Motor Puttorfly	
Name	"	Finals Time
1 Barrett, Sophie	20 Stowmarket Swimming Club-EA	1:17.42
-	-	1.17.12
Event 16 Boys 10 Year Olds 10 Name	-	Finals Time
Name 1 Croft, Adison T	10 Stowmarket Swimming Club-EA	1:58.45
•		1.50.75
Event 16 Boys 12 Year Olds 10		Pinala Mina
Name	Age Team 12 Mildenhall and District	Finals Time
1 Raven, Kieron		1:28.56
Event 16 Boys 13 Year Olds 10		
Name		Finals Time
1 Blagg, Fin	13 Stowmarket Swimming Club-EA	1:19.17
Event 16 Boys 14 Year Olds 10	0 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 S	C 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
	le or double simultaneous arm pull used to initiate the turn or no	
Event 17 Girls 10 Year Olds 10	0 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, Sapphir		DQ
6.4 Did not touch the w		- 🔾
Goodswen, Tayla	10 Diss Otters SC	DQ
	le or double simultaneous arm null used to initiate the turn or no	

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

Results

Event 17	Girls 11	Year Old	s 100 SC	Meter Ra	ickstroke

	Name	Age Team	Finals Time
1	Staton, Isla	11 March Marlins Swimm	ing Club 1:29.10
2	Hedges, Annaliese K	11 Stowmarket Swimmin	g Club-EA 1:32.68
3	Ryan, Poppy	11 Wisbech Swimming Cl	ub 1:35.57
4	Lewis, Daisy	11 Diss Otters SC	1:40.70
5	Townend, Harriet	11 Stowmarket Swimmin	g Club-EA 1:45.30
6	Brewer, Olivia	11 Diss Otters SC	1:46.94
vent	17 Girls 12 Year Olds 100	C 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 Swimmin	g Club-EA 1:38.54
4	Phillips, Lucy	12 Felixstowe Swimming	Club 1:43.02
5	Fell, Freya	12 Stowmarket Swimmin	g Club-EA 1:51.81
ent	17 Girls 13 Year Olds 100	C Meter Backstroke	
	Name	Age Team	Finals Time
1	Lovegrove, Emma	13 Mildenhall and Distric	t 1:16.27
2	Green, Selina	13 St Felix School SC	1:16.56
3	Harrison, Amelie	13 Stowmarket Swimmin	g Club-EA 1:29.39
4	Carter, Verity	13 Stowmarket Swimmin	g Club-EA 1:30.90
5	James, Lyra	13 Hadleigh Swimming Cl	ub 1:33.11
6	Waite, Yas	13 March Marlins Swimm	ing Club 1:33.44
7	Child, Esmae	13 Mildenhall and Distric	t 1:34.75
8	Fox, Pheobe	13 Stowmarket Swimmin	g Club-EA 1:39.38
9	Fletcher, Abbie	13 Diss Otters SC	1:53.72
Event	17 Girls 14 Year Olds 100	C Meter Backstroke	
	Name	Age Team	Finals Time
1	Thompson, Maia	14 Team Waveney Swim (Club 1:14.25
2	Motts, Nell	14 Hadleigh Swimming Cl	ub 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 o	over the whole distance - DNF	
vent	17 Girls 15 & Over 100 SC	Meter Backstroke	
	Name	Age Team	Finals Time
	Brown, Becca	15 West Suffolk Swimmin	
2	Stroud, Tara	43 Hadleigh Swimming Cl	
3	Carter, Annabelle	16 Stowmarket Swimmin	
4	Webb, Grace	15 March Marlins Swimm	
5	0 ,	16 Stowmarket Swimmin	~
6	Hutton, Emily	15 Stowmarket Swimmin	g Club-EA 1:27.78
Event	18 Boys 10 Year Olds 100	C Meter Backstroke	
	Name	Age Team	Finals Time
	Bailey, Ethan	10 Diss Otters SC	1:38.94
2	Barnard, Joshua J	10 Stowmarket Swimmin	g Club-EA 1:57.45
_		10 Stowmarket Swimmin	_

 $6.4\,\mathrm{More}$ than one single or double simultaneous arm pull used to initiate the turn or not

Results

Event 10	Dove 11	Voor Olde	100 SC Meter	Packetroko
Event 18	BOVS II	Year Olds	TOO SC METER	· Backstroke

Stowmarket Swimming Club

	Name	Age	Team	Finals Time
1	Riley, Mason	11	March Marlins Swimming Club	1:29.87
	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 S	C Meter Ba	ckstroke	
	Name		Team	Finals Time
1	Butt, Oliver		Deben Swimming Club-EA	1:21.60
2	Jackson, Cameron	12	Felixstowe Swimming Club	1:24.09
Event	18 Boys 13 Year Olds 100 S			
	Name		Team	Finals Time
	Blagg, Fin		Stowmarket Swimming Club-EA	1:18.31
2	Rowland, Alfie		Stowmarket Swimming Club-EA	1:19.64
3	<i>5</i> /		City of Cambridge SC	1:20.10
4	//		Stowmarket Swimming Club-EA	1:22.96
5	, ,		Felixstowe Swimming Club	1:25.84
6	Baker, Samuel	13	March Marlins Swimming Club	1:31.70
Event	18 Boys 14 Year Olds 100 S			
	Name	U	Team	Finals Time
	Staton, Jude		March Marlins Swimming Club	1:09.35
	Goddard, Hugo		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			
	Name		Team	Finals Time
	Brown, Matt		Stowmarket Swimming Club-EA	1:07.81
	Pertwee, Henry		Dunmow Atlantis	1:13.00
3	Hunt, Nathan	17	Diss Otters SC	1:23.58
Event	19 Girls 14 Year Olds 400 S			
	Name	U	Team	Finals Time
1	Broad, Kiera	14	West Suffolk Swimming Club	5:42.00
	19 Girls 15 & Over 400 SC	Meter IM		
Event				T1 1 T1
	Name	Age	Team	Finals Time
1	Name Tuffnell, Jemima	Age 17	City of Peterborough SC	6:12.05
1	Name Tuffnell, Jemima Snowden, Bea P	17 15	City of Peterborough SC Deben Swimming Club-EA	
1	Name Tuffnell, Jemima Snowden, Bea P 8.5 Head not on surface do	Age 17 15 uring stroke -	City of Peterborough SC Deben Swimming Club-EA fly	6:12.05 DQ
1	Name Tuffnell, Jemima Snowden, Bea P 8.5 Head not on surface de Borman, Alice	Age 17 15 uring stroke - 17	City of Peterborough SC Deben Swimming Club-EA fly Dunmow Atlantis	6:12.05
1	Name Tuffnell, Jemima Snowden, Bea P 8.5 Head not on surface de Borman, Alice 7.6 Did not touch at turn of	Age 17 15 uring stroke - 17 or finish with	City of Peterborough SC Deben Swimming Club-EA fly Dunmow Atlantis both hands, or touch not simultaneous or hands no	6:12.05 DQ
1 	Name Tuffnell, Jemima Snowden, Bea P 8.5 Head not on surface de Borman, Alice	Age 17 15 uring stroke - 17 or finish with	City of Peterborough SC Deben Swimming Club-EA fly Dunmow Atlantis both hands, or touch not simultaneous or hands no	6:12.05 DQ DQ
1 Event	Name Tuffnell, Jemima Snowden, Bea P 8.5 Head not on surface de Borman, Alice 7.6 Did not touch at turn of	Age 17 15 uring stroke - 17 or finish with C Meter IM Age	City of Peterborough SC Deben Swimming Club-EA fly Dunmow Atlantis both hands, or touch not simultaneous or hands no	6:12.05 DQ
1 Event	Name Tuffnell, Jemima Snowden, Bea P 8.5 Head not on surface de Borman, Alice 7.6 Did not touch at turn of 20 Boys 11 Year Olds 400 S Name Harrison, Heath	Age 17 15 uring stroke - 17 or finish with C Meter IM Age 11	City of Peterborough SC Deben Swimming Club-EA fly Dunmow Atlantis both hands, or touch not simultaneous or hands no Team Stowmarket Swimming Club-EA	6:12.05 DQ DQ Finals Time
1 Event	Name Tuffnell, Jemima Snowden, Bea P 8.5 Head not on surface de Borman, Alice 7.6 Did not touch at turn of 20 Boys 11 Year Olds 400 S	Age 17 15 uring stroke - 17 or finish with C Meter IM Age 11	City of Peterborough SC Deben Swimming Club-EA fly Dunmow Atlantis both hands, or touch not simultaneous or hands no Team Stowmarket Swimming Club-EA	6:12.05 DQ DQ Finals Time
1 Event 1 Event	Name Tuffnell, Jemima Snowden, Bea P 8.5 Head not on surface de Borman, Alice 7.6 Did not touch at turn of 20 Boys 11 Year Olds 400 S Name Harrison, Heath 20 Boys 14 Year Olds 400 S	Age 17 15 uring stroke - 17 or finish with C Meter IM Age 11 C Meter IM Age	City of Peterborough SC Deben Swimming Club-EA fly Dunmow Atlantis both hands, or touch not simultaneous or hands no Team Stowmarket Swimming Club-EA	6:12.05 DQ DQ Finals Time 6:57.50

Event 20	Pove 15	& Over	400 SC Met	or IM
rveni zu	BOVS 15	W UVEL	400 St. Mei	er ivi

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 Me	ter 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 M	eter 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
•	10 Diss Otters SC	

Event 22	Rove 11	Voor Olde	200 SC Mot	er Freestyle
cveni zz	DUVS I I	real Units	ZUU SU WIEL	ei rieesivie

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 Me	eter 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 cov	er the whole distance - DNF	
Event 23 Girls 9 Year Olds 50 SC Me		
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 M	-	
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 M	"	
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 M		
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
	12 Stowmarket Swimming Club-EA	56.45
4 Fell, Freya	12 Stowmarket Swimming Glub-EA	30.43
4 Fell, Freya Event 23 Girls 13 Year Olds 50 SC M	· ·	30.13
<u>-</u>	leter Butterfly Age Team	Finals Time
Event 23 Girls 13 Year Olds 50 SC M	leter Butterfly	

39.61

36.08

1:01.19

Finals Time

1 Raven, Kieron

2 Kerry, Rowan J

Name

1 Page, Alfie

Event 24 Boys 13 Year Olds 50 SC Meter Butterfly

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

	No F	rills Open Meet 2022 - 17/12/2022 to 18	3/12/2022
		Results	
Event 23 Girls 13 Year Olds 50 SC		• •	
Name	U	Team	Finals Time
3 Dring, Lilley R		Deben Swimming Club-EA	40.20
4 Haselwood, Erin		Stowmarket Swimming Club-EA	42.64
5 Fletcher, Abbie	13	Diss Otters SC	55.29
Event 23 Girls 14 Year Olds 50 SC N	Aeter But	terfly	
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		Felixstowe Swimming Club	43.50
Event 23 Girls 15 & Over 50 SC Met	ter Butte	·flv	
Name		Team	Finals Time
1 McNicholas, Hannah L	•	Deben Swimming Club-EA	31.28
2 Brown, Becca	_	West Suffolk Swimming Club	31.84
3 McNicholas, Caitlin E		Deben Swimming Club-EA	32.51
4 Ridgeon, Amber		Leiston & District Swimming Cl	32.56
5 Wallace, Fran	25		33.40
6 Barrett, Sophie	20		33.86
7 Pawle, Madeline		Leiston & District Swimming Cl	33.88
8 Evans, Olivia		Leiston & District Swimming Cl	35.52
9 Catchpole, Georgia R	16		35.88
10 Bingham, Poppy		Stowmarket Swimming Club-EA	39.35
11 Snowden, Bea P		Deben Swimming Club-EA	43.61
Event 24 Boys 9 Year Olds 50 SC M		-	
Name		Team	Finals Time
1 Staton, Noah	_	March Marlins Swimming Club	45.97
2 McClure, Alfie		March Marlins Swimming Club	1:05.46
			1.03.40
Event 24 Boys 10 Year Olds 50 SC N			Pinala Tima
Name	_	Team Stowmarket Swimming Club-EA	Finals Time
1 Croft, Adison T		<u> </u>	48.15
2 Hales, Lucas		Mildenhall and District	52.32
3 Bailey, Ethan		Diss Otters SC Stourmarket Swimming Club EA	54.01
4 Harrison, Evan		Stowmarket Swimming Club-EA	55.20
Event 24 Boys 11 Year Olds 50 SC N		-	
Name		Team	Finals Time
1 Miller, Byron		Hadleigh Swimming Club	38.33
2 McClure, Archie		March Marlins Swimming Club	39.11
3 Lamble, Dylan	11	Stowmarket Swimming Club-EA	43.82
Event 24 Boys 12 Year Olds 50 SC M	leter But	terfly	
Name		Team	Finals Time

12 Mildenhall and District

13 City of Cambridge SC

Age Team

12 Stowmarket Swimming Club-EA

(Evont	t 24 Boys 13 Year Olds 50 SC	Motor Ru	Kesuits ttorfly)	
Стлени	Name		Team	Finals Time
2	Sheeran, Ally	U	Felixstowe Swimming Club	36.69
	24 Boys 14 Year Olds 50 SC			
Event	Name		Team	Finals Time
1	Millin, Jed		Stowmarket Swimming Club-EA	37.50
	Tigges, Luke		Hadleigh Swimming Club	37.69
				37.03
Event	24 Boys 15 & Over 50 SC Me		-	Finals Time
1	Name Channan Lavvia		Team Stowmarket Swimming Club-EA	26.78
	Chapman, Lewis Nutt, Dylan		Dunmow Atlantis	28.00
			Stowmarket Swimming Club-EA	
3	Black, Samuel			29.98
	Fisher, Mikey N		Stowmarket Swimming Club-EA	30.02
5	Handley, William		Stowmarket Swimming Club EA	30.15
6	Ruffles-Francis, Vaughn		Stowmarket Swimming Club-EA Diss Otters SC	31.97
	Hunt, Nathan	-,		36.29
8	Wallace, Henry	15	Stowmarket Swimming Club-EA	36.44
Event	25 Girls 10 Year Olds 200 SC			
	Name	_	Team	Finals Time
	Snowden, Nellie		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		Team	Finals Time
1	Staton, Isla	11	March Marlins Swimming Club	3:09.53
	Fall, Ashleigh		Diss Otters SC	3:51.17
	Jacquet, Maelys	11	Felixstowe Swimming Club	DQ
		ing the prop	oulsive part of the kick - breast	•
Event	25 Girls 12 Year Olds 200 SC	: Meter IM		
2,0110	Name		Team	Finals Time
1	Marshall, Maggie	_	Team Ipswich	3:05.47
	Ferrier, Liz		Diss Otters SC	DQ
	6.4 Not on the back when le			24
Event	25 Girls 13 Year Olds 200 SC	U		
Event	Name		Team	Finals Time
1	Green, Selina		St Felix School SC	2:54.07
				2:34.07
Event	25 Girls 14 Year Olds 200 SC			
	Name	U	Team	Finals Time
	Tait, Iona I		Deben Swimming Club-EA	2:59.14
	Thompson, Maia		Team Waveney Swim Club	DQ
	7.1 Head not breaking the s	urface befor	re hands turn inward at widest point in second strok	
Event	25 Girls 15 & Over 200 SC M	eter 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
	Wright, Emily	16	Stowmarket Swimming Club-EA	3:01.66

Finals Time

1:25.21

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

Results

Event 26	Pove 11	Voor (11de 200	SC Motor	IM
rveni zn	BOVS I I	Yeart	11018 21111	a meler	IIVI

Event 27 Girls 14 Year Olds 100 SC Meter Breaststroke

Age Team

14 West Suffolk Swimming Club

Name

1 Broad, Kiera

	26 Boys 11 Year Olds 200 S			Finals Time
1	Name Harrison, Heath		Team Stowmarket Swimming Club-EA	3:18.74
	McClure, Archie		March Marlins Swimming Club	3:18.74 DQ
			neous or alternating movement of legs or feet - fly	DQ
	_			
Event	26 Boys 14 Year Olds 200 S			Finals Time
1	Name Stoige Vlad	U	Team City of Cambridge SC	2:36.76
	Stoica, Vlad		Stowmarket Swimming Club-EA	
	Ruffles-Francis, Teilo		Colchester Swimming Club	2:40.02
	Goddard, Hugo		Colchester Swimming Club	2:44.98
Event	26 Boys 15 & Over 200 SC			
	Name		Team	Finals Time
	Brown, Matt		Stowmarket Swimming Club-EA	2:21.08
	Tolputt, Samuel J		Deben Swimming Club-EA	2:31.70
3	Hunt, Nathan	17	Diss Otters SC	3:03.91
Event	27 Girls 10 Year Olds 100 S	SC Meter Br	eaststroke	
	Name	U	Team	Finals Time
1	Tigges, Evie		Hadleigh Swimming Club	1:56.14
2	Richards, Hollie		Diss Otters SC	1:56.19
3	Williams, Emily		Stowmarket Swimming Club-EA	2:14.79
	Millen, Caitlin		Stowmarket Swimming Club-EA	DQ
	7.4 Leg movements not sin	multaneous (alternating leg movement)	
Event	27 Girls 11 Year Olds 100 S	C Meter Br	eaststroke	
	Name	Age	Team	Finals Time
1	Name Fall, Ashleigh	Age 11	Team Diss Otters SC	Finals Time 1:55.23
1 2	Name Fall, Ashleigh Brewer, Olivia	11 11	Team Diss Otters SC Diss Otters SC	
1 2 3	Name Fall, Ashleigh Brewer, Olivia Millin, Erin	Age 11 11 11	Team Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA	1:55.23
1 2 3	Name Fall, Ashleigh Brewer, Olivia	Age 11 11 11	Team Diss Otters SC Diss Otters SC	1:55.23 1:56.48
1 2 3 4	Name Fall, Ashleigh Brewer, Olivia Millin, Erin	Age 11 11 11 11	Team Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC	1:55.23 1:56.48 2:00.62
1 2 3 4	Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy	Age 11 11 11 11 5C Meter Br	Team Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC	1:55.23 1:56.48 2:00.62
1 2 3 4 Event	Name Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S	Age 11 11 11 11 SC Meter Br Age	Team Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke	1:55.23 1:56.48 2:00.62 2:06.82
1 2 3 4 Event	Name Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S	Age 11 11 11 11 6C Meter Br Age 12	Team Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time
1 2 3 4 Event	Name Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz	Age 11 11 11 11 6C Meter Br Age 12 12	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44
1 2 3 4 Event 1 2 3	Name Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz	Age 11 11 11 11 6C Meter Br Age 12 12 12	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl Diss Otters SC	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44 1:48.53
1 2 3 4 Event 1 2 3 4	Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz Turnova, Carla	Age 11 11 11 5C Meter Br Age 12 12 12 12	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl Diss Otters SC Leiston & District Swimming Cl	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44 1:48.53 1:48.74
1 2 3 4 Event 1 2 3 4	Name Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz Turnova, Carla Fell, Freya	Age 11 11 11 5C Meter Br Age 12 12 12 12 12	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl Diss Otters SC Leiston & District Swimming Cl Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44 1:48.53 1:48.74 1:58.95
1 2 3 4 Event 1 2 3 4	Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz Turnova, Carla Fell, Freya Williams, Gracie	Age 11 11 11 11 6C Meter Br Age 12 12 12 12 12 12 12 12 17 17 18 18 18 19 19 19 19 19 19 19 19 19 19 19 19 19	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl Diss Otters SC Leiston & District Swimming Cl Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44 1:48.53 1:48.74 1:58.95
1 2 3 4 Event 1 2 3 4	Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz Turnova, Carla Fell, Freya Williams, Gracie 7.5 Feet not turned out du	Age 11 11 11 5C Meter Br Age 12 12 12 12 12 12 17 18 18 19 19 19 10 10 10 11 11 11 11 11 11 11 11 11 11	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl Diss Otters SC Leiston & District Swimming Cl Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44 1:48.53 1:48.74 1:58.95
1 2 3 4 Event 2 3 4	Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz Turnova, Carla Fell, Freya Williams, Gracie 7.5 Feet not turned out du 27 Girls 13 Year Olds 100 S	Age 11 11 11 5C Meter Br Age 12 12 12 12 12 12 12 16C Meter Br Age	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl Diss Otters SC Leiston & District Swimming Cl Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA stowmarket Swimming Club-EA sulsive part of the kick eaststroke	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44 1:48.53 1:48.74 1:58.95 DQ
1 2 3 4 Event 2 3 4	Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz Turnova, Carla Fell, Freya Williams, Gracie 7.5 Feet not turned out du 27 Girls 13 Year Olds 100 S Name	Age	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl Diss Otters SC Leiston & District Swimming Cl Stowmarket Swimming Cl Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA sulsive part of the kick eaststroke Team	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44 1:48.53 1:48.74 1:58.95 DQ
1 2 3 4 Event 2 3 4 Event 1 2	Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz Turnova, Carla Fell, Freya Williams, Gracie 7.5 Feet not turned out du 27 Girls 13 Year Olds 100 S Name Wedlake, Isabelle	Age	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl Diss Otters SC Leiston & District Swimming Cl Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA sulsive part of the kick eaststroke Team Felixstowe Swimming Club	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44 1:48.53 1:48.74 1:58.95 DQ Finals Time 1:38.21
1 2 3 4 Event 1 2 3 4 Event 1 2 3 4	Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz Turnova, Carla Fell, Freya Williams, Gracie 7.5 Feet not turned out du 27 Girls 13 Year Olds 100 S Name Wedlake, Isabelle Harrison, Amelie	Age	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl Diss Otters SC Leiston & District Swimming Cl Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA oulsive part of the kick eaststroke Team Felixstowe Swimming Club-EA	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44 1:48.53 1:48.74 1:58.95 DQ Finals Time 1:38.21 1:39.14
1 2 3 4 Event 1 2 3 4 Event 1 2 3 4	Fall, Ashleigh Brewer, Olivia Millin, Erin Lewis, Daisy 27 Girls 12 Year Olds 100 S Name May, Freya Ferrier, Liz Turnova, Carla Fell, Freya Williams, Gracie 7.5 Feet not turned out du 27 Girls 13 Year Olds 100 S Name Wedlake, Isabelle Harrison, Amelie McNicholas, Isobel M	Age 11 11 11 11 6C Meter Br Age 12 12 12 12 12 12 13 13 13 13	Diss Otters SC Diss Otters SC Stowmarket Swimming Club-EA Diss Otters SC eaststroke Team Leiston & District Swimming Cl Diss Otters SC Leiston & District Swimming Cl Stowmarket Swimming Cl Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA oulsive part of the kick eaststroke Team Felixstowe Swimming Club-EA Deben Swimming Club-EA	1:55.23 1:56.48 2:00.62 2:06.82 Finals Time 1:32.44 1:48.53 1:48.74 1:58.95 DQ Finals Time 1:38.21 1:39.14 1:41.73

	t 27 Girls 14 Year Olds 100 SC Name		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 Me	ter Brea	ststroke	
LVCIIC	Name		Team	Finals Time
1	McNicholas, Caitlin E		Deben Swimming Club-EA	1:19.73
	Ridgeon, Amber		Leiston & District Swimming Cl	1:22.65
	Pawle, Madeline		Leiston & District Swimming Cl	1:24.15
	Denham, Georgia		Hadleigh Swimming Club	1:25.84
	Wallace, Fran		Stowmarket Swimming Club-EA	1:26.08
6	Brown, Becca		West Suffolk Swimming Club	1:26.40
7	Manton, Eloise		West Suffolk Swimming Club	1:31.19
8	Finbow, Amber J		Deben Swimming Club-EA	1:31.78
9	Tuffnell, Jemima		City of Peterborough SC	1:34.50
	Catchpole, Georgia R		Stowmarket Swimming Club-EA	1:34.74
	Wright, Emily		Stowmarket Swimming Club-EA	1:40.24
	Bingham, Poppy		Stowmarket Swimming Club-EA	DQ
	4.4 Start before starting signal			24
Erromt			aststualra	
Event	28 Boys 9 Year Olds 100 SC M Name		Team	Finals Time
	Baker, George	_	March Marlins Swimming Club	2:04.53
	Staton, Noah		March Marlins Swimming Club	2:13.90
				2.13.90
Event	28 Boys 10 Year Olds 100 SC			
	Name	U	Team	Finals Time
	Croft, Adison T		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 Br	eaststroke	
	Name	_	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 Br	eaststroke	
	Name		Team	Finals Time
1	Kerry, Rowan J	12	Stowmarket Swimming Club-EA	2:07.71
	Thornton-Coates, James T		Deben Swimming Club-EA	DQ
	7.4 Leg movements not on th		_	•
Evont	28 Boys 13 Year Olds 100 SC	Motor Br	aaststraka	
LVCIIC	Name		Team	Finals Time
1	Baker, Samuel	_	March Marlins Swimming Club	1:44.31
			_	1.77.31
Event	28 Boys 14 Year Olds 100 SC			
	Name	U	Team	Finals Time
	Clarke, Joseph		Stowmarket Swimming Club-EA	1:20.53
	Ruffles-Francis, Teilo		Stowmarket Swimming Club-EA	1:20.54
3	Stoica, Vlad		City of Cambridge SC	1:21.12
4	Goddard, Hugo	14	Colchester Swimming Club	1:30.65

47.19

7 Fell, Freya

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(Event 28 Boys 14 Year Olds 100 SC Name		reaststrokej Team	Finals Time
5 Tigges, Luke	U	Hadleigh Swimming Club	1:33.29
6 Guerin, James		Diss Otters SC	1:40.37
•			1.10.57
Event 28 Boys 15 & Over 100 SC Me			P' - l- m'
Name Name	U	Team	Finals Time
1 McLaughlin, Mathew		Dunmow Atlantis	1:10.11
2 Clay, James		West Suffolk Swimming Club	1:12.24
3 Handley, William		Stowmarket Swimming Club-EA	1:17.62
4 Young, Owen		Felixstowe Swimming Club	1:21.03
5 Wallace, Henry		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 Me	ter Back	stroke	
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 o	double sim	ultaneous arm pull used to initiate the turn or not	
Event 29 Girls 10 Year Olds 50 SC M	leter Bac	kstroke	
Name		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		Diss Otters SC	45.42
6 Millen, Caitlin	10	Stowmarket Swimming Club-EA	47.16
7 Richards, Hollie		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 M	Ioton Dog	Izatnolzo	
Name		rstroke Team	Finals Time
1 Reed, Freya	U	West Suffolk Swimming Club	40.29
2 Jacquet, Maelys		Felixstowe Swimming Club	40.60
3 Hedges, Annaliese K		Stowmarket Swimming Club-EA	40.80
4 Waterhouse, Beau		Newmarket & District Swimming	41.12
5 Staton, Isla		March Marlins Swimming Club	42.09
6 Brewer, Olivia		Diss Otters SC	48.24
7 Millin, Erin		Stowmarket Swimming Club-EA	48.50
8 Lewis, Daisy		Diss Otters SC	50.65
<u>-</u>			50.05
Event 29 Girls 12 Year Olds 50 SC M			Provide mr.
Name		Team Debug Suring Club EA	Finals Time
1 Walker, Lucy A		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		Stowmarket Swimming Club-EA	44.50
5 Turnova, Carla		Leiston & District Swimming Cl	46.38
6 Phillips, Lucy		Felixstowe Swimming Club Stowmarket Swimming Club FA	46.42
17 Poll Prove	12		

12 Stowmarket Swimming Club-EA

E 20	C:-1- 12	V 014-	FO CC Mate	. Da alasta alas
EVENT 29	Giris 13	Year Ulas	50 St. Mere	r Backstroke

	Name	Age	Team	Finals Time
1	Carter, Verity	13	Stowmarket Swimming Club-EA	41.15
	Haselwood, Erin	13	Stowmarket Swimming Club-EA	41.85
3			Deben Swimming Club-EA	42.24
4	Denham, Ella	13	Hadleigh Swimming Club	42.51
5		13		50.59
Event	29 Girls 14 Year Olds 50 SC	Meter Bac	kstroke	
	Name		Team	Finals Time
1	Creasy, Charlotte	14	West Suffolk Swimming Club	34.73
	Walker, Katie E	14	Deben Swimming Club-EA	35.59
	Fearn, Alice	14	Dunmow Atlantis	35.96
	Tait, Iona I	14	Deben Swimming Club-EA	36.84
	Clancy, Roisin		Hadleigh Swimming Club	37.72
Event	29 Girls 15 & Over 50 SC M	eter Backs	troke	
	Name	Age	Team	Finals Time
1	Ridgeon, Amber	17	Leiston & District Swimming Cl	33.48
	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		16	Stowmarket Swimming Club-EA	35.93
6	Barrett, Sophie	20	Stowmarket Swimming Club-EA	36.38
7		15	West Suffolk Swimming Club	37.31
8		17	Leiston & District Swimming Cl	37.88
9		16	Leiston & District Swimming Cl	38.49
10			Hadleigh Swimming Club	39.47
	Catchpole, Georgia R		Stowmarket Swimming Club-EA	40.02
Event	30 Boys 9 Year Olds 50 SC N	Aeter Back	stroke	
	Name		Team	Finals Time
1	Holland, Cody	9	St Felix School SC	45.81
	McClure, Alfie	9	March Marlins Swimming Club	48.73
	Staton, Noah	9	March Marlins Swimming Club	50.83
	Baker, George	9	March Marlins Swimming Club	52.66
Event	30 Boys 10 Year Olds 50 SC	Meter Bac	kstroke	
	Name	Age	Team	Finals Time
	Harrison, Evan	10	Stowmarket Swimming Club-EA	45.28
1	,			
	Bailey, Ethan	10	Diss Otters SC	45.98
	Bailey, Ethan	10 10	Stowmarket Swimming Club-EA	45.98 50.36
2	Bailey, Ethan			
2 3 4	Bailey, Ethan Croft, Adison T	10 10	Stowmarket Swimming Club-EA	50.36
2 3 4 5	Bailey, Ethan Croft, Adison T Barnard, Joshua J	10 10 10	Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA Mildenhall and District	50.36 53.26
2 3 4 5	Bailey, Ethan Croft, Adison T Barnard, Joshua J Hales, Lucas	10 10 10 Meter Bac Age	Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA Mildenhall and District kstroke Team	50.36 53.26
2 3 4 5 Event	Bailey, Ethan Croft, Adison T Barnard, Joshua J Hales, Lucas 30 Boys 11 Year Olds 50 SC	10 10 10 Meter Bac Age	Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA Mildenhall and District kstroke Team Stowmarket Swimming Club-EA	50.36 53.26 54.79
2 3 4 5 Event	Bailey, Ethan Croft, Adison T Barnard, Joshua J Hales, Lucas 30 Boys 11 Year Olds 50 SC Name Lamble, Dylan	10 10 10 Meter Bac Age	Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA Mildenhall and District kstroke Team	50.36 53.26 54.79 Finals Time
2 3 4 5 Event	Bailey, Ethan Croft, Adison T Barnard, Joshua J Hales, Lucas 30 Boys 11 Year Olds 50 SC Name Lamble, Dylan McClure, Archie	10 10 10 Meter Bac Age 11	Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA Mildenhall and District kstroke Team Stowmarket Swimming Club-EA	50.36 53.26 54.79 Finals Time 41.79
2 3 4 5 Event 1 2 3	Bailey, Ethan Croft, Adison T Barnard, Joshua J Hales, Lucas 30 Boys 11 Year Olds 50 SC Name Lamble, Dylan McClure, Archie	10 10 10 Meter Bac Age 11 11	Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA Mildenhall and District kstroke Team Stowmarket Swimming Club-EA March Marlins Swimming Club	50.36 53.26 54.79 Finals Time 41.79 43.15
2 3 4 5 Event 1 2 3 4	Bailey, Ethan Croft, Adison T Barnard, Joshua J Hales, Lucas 30 Boys 11 Year Olds 50 SC Name Lamble, Dylan McClure, Archie Blagg, Josh	10 10 10 Meter Bac Age 11 11 11	Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA Mildenhall and District kstroke Team Stowmarket Swimming Club-EA March Marlins Swimming Club Stowmarket Swimming Club-EA Felixstowe Swimming Club	50.36 53.26 54.79 Finals Time 41.79 43.15 43.20
2 3 4 5 Event 1 2 3 4	Bailey, Ethan Croft, Adison T Barnard, Joshua J Hales, Lucas 30 Boys 11 Year Olds 50 SC Name Lamble, Dylan McClure, Archie Blagg, Josh Wilcox, Ewan	10 10 10 Meter Bac Age 11 11 11 11	Stowmarket Swimming Club-EA Stowmarket Swimming Club-EA Mildenhall and District kstroke Team Stowmarket Swimming Club-EA March Marlins Swimming Club Stowmarket Swimming Club-EA Felixstowe Swimming Club	50.36 53.26 54.79 Finals Time 41.79 43.15 43.20

5:36.20

1 Wild, Jake

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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 Bac	kstroke	
Name	Age	Team	Finals Time
1 Blagg, Fin	13	Stowmarket Swimming Club-EA	35.65
2 Harvey, Hamish		City of Cambridge SC	36.27
3 Sheeran, Ally		Felixstowe Swimming Club	38.25
4 Baker, Samuel	13	March Marlins Swimming Club	40.27
Event 30 Boys 14 Year Olds 50 SC I	Meter Bac	kstroke	
Name	Age	Team	Finals Time
1 Clarke, Joseph	14	Stowmarket Swimming Club-EA	33.86
2 Ruffles-Francis, Teilo		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 Me	ter Backs	troke	
Name		Team	Finals Time
1 Brown, Matt		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 Fr	eestyle	
Name	Age	Team	Finals Time
1 Hicks, Madison	10	Wisbech Swimming Club	5:38.33
Event 31 Girls 13 Year Olds 400 SC	Meter Fr	eestyle	
Name	Age	Team	Finals Time
1 Spinks, Sasha	13	Diss Otters SC	6:12.84
Event 31 Girls 14 Year Olds 400 SC	Meter Fr	eestyle	
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 M	eter Frees	style	
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 Fre	estyle	
Name		Team	Finals Time
1 Gale, Aiden R	9	Deben Swimming Club-EA	6:45.40
Event 32 Boys 11 Year Olds 400 SC	Meter Fr	eestyle	
Name	Age	Team	Finals Time

11 Newmarket & District Swimming

1 Hunt, Nathan

5:38.63

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Results

(Event 32	Rove 11	Vear Olds	400 SC Meter	Freestyle)
ILVEIIL JA	DOA2 II	icai vius	TOU SC MICKEI	I I CCS LVICI

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
vent 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
vent 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
vent 32 Boys 15 & Over 400 SC Me	eter Freestyle	
Name	Age Team	Finals Time

17 Diss Otters SC