



ASA East Region 2007 BAGCAT Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX719 & 720



EVENT 501 Boys 200m Breaststroke

10 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200
1.	Arjun ROBERTSON	10 Epping For't	3:12.47	420	44.45	49.03	50.38	48.61
2.	Augustus VEASEY	10 Chelmsford	3:23.39	347	46.19	51.78	53.52	51.90
3.	Sean VOUTT	10 Dereham	3:25.96	332	47.44	53.41	53.85	51.26
4.	Barton TOWNLEY	10 Runnymede	3:26.47	328	47.98	52.40	53.89	52.20
5.	Alex BROWN	10 Linslade	3:27.01	325	47.01	52.89	54.40	52.71
6.	Alexander FARRANDS	10 St Felix Sch	3:29.92	309	48.46	54.10	55.09	52.27
7.	Daniel Ze CHEN	10 Hitchin	3:31.14	303	46.51	54.13	54.80	55.70
8.	Charles DAVIS	10 Brentwood	3:33.74	289	49.20	54.56	55.17	54.81
9.	Joseph MILEUSNIC	10 Stevenage	3:35.58	280	48.88	55.48	56.14	55.08
10.	Bartu ATAMERT	10 Co Cambridge	3:38.03	267	49.69	55.56	56.87	55.91
11.	Ranishka KUMARAGE	10 Hatfield	3:39.02	263	49.23	56.80	58.12	54.87
12.	James COPPIN	10 Colchester	3:40.47	256	49.39	55.12	59.11	56.85
13.	Robert LIGHTOWLER	10 Co St Albans	3:40.57	256	50.78	58.37	56.16	55.26
14.	Brandon NABARRO	10 Luton	3:41.48	252	50.33	57.15	58.70	55.30
15.	Ethan LAMB	10 Hatfield	3:43.65	242				3:43.65
16.	Christian FROST	10 teamipswich	3:44.20	239	50.79	58.62	56.89	57.90
17.	George STANNARD	10 St Felix Sch	3:44.95	237				3:44.95
18.	Samuel HENSON	10 Co St Albans	3:51.13	213	53.27	58.65	59.87	59.34
19.	Alex MASON	10 Lewsey Centr	3:58.40	186				3:58.40
	Joe BROWN	10 Thurrock	DQ	SL-2L				

11 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200
1.	Caleb HUGHES	11 Mid Beds	3:01.23	519	42.07	46.08	47.47	45.61
2.	Bradley CLARKE	11 Thurrock	3:11.80	430	43.97	49.16	50.55	48.12
3.	Jack CARTER	11 Southend	3:14.45	411	42.47	49.38	51.89	50.71
4.	Jordan PURDY	11 St Felix Sch	3:15.37	405	44.01	49.62	51.27	50.47
5.	Harry SMITH	11 UEA Norwich	3:18.64	382	45.29	51.04	51.64	50.67
6.	Tom LAMBERT	11 Luton	3:20.75	368	45.58	52.47	51.66	51.04
7.	Matthew BRIGHAM	11 Co Peterboro	3:22.59	356	46.12	51.25	53.12	52.10
8.	Dominic OLIVER	11 Lstoft & OB	3:24.18	346	48.09	53.52	52.21	50.36
9.	Owen FRENCH	11 Lstoft & OB	3:25.52	338	47.23	54.35	51.57	52.37
10.	Yaron ASH	11 Hertsmere	3:25.91	336	46.74	52.38	54.40	52.39
11.	Carl JOHNSON	11 St Ives	3:26.30	333	47.66	52.52	54.74	51.38
12.	Thomas GILES	11 Runnymede	3:27.45	327	47.53	54.80	54.09	51.03
13.	Colin WEIGHHELL	11 Flitwick	3:27.67	325	48.69	55.49	52.16	51.33
14.	Rory GEOGHEGAN	11 Runnymede	3:27.83	324	48.78	54.51	54.06	50.48
15.	Ivan BRETT	11 Bishop Stort	3:30.10	311	46.77	53.77	54.98	54.58
16.	Luke DURBAN	11 Halstead	3:33.82	292	49.85	56.05	54.73	53.19
17.	Cameron MURRAY	11 Kings Lynn	3:34.06	291	47.67	54.64	56.33	55.42
18.	Jonathan ANDVIG	11 teamipswich	3:35.87	282	50.09	57.76	56.42	51.60
19.	Christopher MULLENDER	11 Phoenix Bas	3:43.31	246	51.42	57.44	57.11	57.34
	George LAVALLIN	11 Mid Beds	DNC					
	Sonny FORD	11 Thurrock	DQ	SL-				
	Kane FARRELL	11 Mid Beds	DQ	T-1L				

12 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200
1.	Miles GARNER	12 UEA Norwich	2:58.92	493	40.88	45.90	46.31	45.83
2.	Luke TARGET	12 Hatfield	3:01.51	471	41.60	47.55	48.08	44.28
3.	Luke BAILEY	12 St Felix Sch	3:05.31	441	41.63	47.46	48.56	47.66
4.	Senner KOSKOCAN	12 Harlow Pen	3:06.33	433	40.95	47.94	49.09	48.35
5.	Owen SMITH	12 Deben	3:06.65	430	43.97	48.23	49.24	45.21
6.	Cameron BASHIR	12 Sudbury	3:08.11	420	43.51	48.58	48.62	47.40
7.	Elliot COOK	12 teamipswich	3:08.63	416	44.03	48.91	48.57	47.12
8.	Liam KNIGHT	12 Wisbech	3:08.74	415	41.69	49.18	49.57	48.30
9.	Jake ROBINSON	12 Stevenage	3:09.65	408	42.91	48.47	48.76	49.51
10.	Richard JEFFERIES	12 Co Cambridge	3:10.75	401	43.48	48.98	49.04	49.25
11.	Ben KLEINAU	12 Theford	3:10.77	400	41.66	50.27	50.72	48.12
12.	Sidney WOOD	12 Basildon	3:11.34	396	45.25	50.02	49.82	46.25
13.	Adam KEMP	12 West Suffolk	3:12.73	387	43.68	48.12	50.33	50.60
14.	Alex SHREEVE	12 UEA Norwich	3:14.50	375	44.00	51.51	50.74	48.25
15.	Thomas SARAH	12 West Suffolk	3:14.86	373	45.12	50.54	50.06	49.14
16.	Christopher PALMER	12 Colchester	3:15.59	367	43.86	50.08	51.43	50.22
	Ryan TOMKINS	12 teamipswich	DQ	SL-				

13 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200
1.	Dacre CAPSTICK	13 Hatfield	2:50.95	544	38.23	43.72	44.26	44.74
2.	Aaron LYNCH	13 Stowmarket	2:51.82	536	38.30	42.64	45.32	45.56
3.	Charlie HAYES	13 Thurrock	2:52.62	528	39.57	43.92	44.91	44.22
4.	Simon WEIGHHELL	13 Flitwick	2:53.99	516	39.33	45.26	46.37	43.03
5.	Aydin BERKI	13 Luton	2:55.43	503	39.26	44.90	45.49	45.78
6.	Alex BAKER	13 Hitchin	2:57.12	488	38.18	44.67	46.71	47.56



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7.	Luke WALSH	13	Thetford	2:58.51	476	39.51	47.35	47.13	44.52
8.	Thomas STOKES	13	Co Peterboro	2:58.79	474	38.83	45.54	46.98	47.44
9.	Josh PAGE	13	UEA Norwich	2:58.86	474	40.55	46.16	46.86	45.29
10.	Josh PEDDER	13	Co Cambridge	2:59.70	467	38.86	45.02	47.97	47.85
11.	Christopher VICK	13	Kings Lynn	3:00.56	459	42.65	46.77	46.76	44.38
12.	Tom WINDER	13	Flitwick	3:01.94	448	40.13	46.84	47.96	47.01
13.	Lewis FARMER	13	Lstof & OB	3:04.41	429	42.99	48.24	47.22	45.96
14.	Patrick NEARY	13	Runnymede	3:05.30	422	41.92	47.95	48.95	46.48
15.	Ryan JOHNSON	13	Wisbech	3:05.95	418	42.00	48.30	47.93	47.72

14 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200	
1.	Andrew EGAN	14	Hemel Hemp	2:44.01	595	37.12	41.81	42.83	42.25
2.	David GODRIDGE	14	Hemel Hemp	2:44.77	588	36.38	41.99	43.48	42.92
3.	Nathan HENDERSON	14	Lstof & OB	2:46.03	575	38.11	42.68	43.50	41.74
4.	Dean WOODCOCK	14	Chelmsford	2:47.31	562	37.21	41.95	43.41	44.74
5.	Lawrence PALMER	14	Luton	2:47.69	557	37.98	43.59	43.54	42.58
6.	Christian PARKER	14	Southend	2:54.13	498	38.04	44.03	46.22	45.84
7.	Ashley BINNS	14	Co Peterboro	2:54.48	495	38.05	44.91	45.96	45.56
8.	Josh FARRELL	14	Mid Beds	2:56.29	480	39.30	44.76	46.34	45.89
9.	Shaun DEMPSEY	14	Stevenage	2:56.55	476	37.89	43.88	45.76	49.02

EVENT 502 Girls 400m Freestyle(HDW)

10 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200	
					250	300	350	400	
1.	Rebecca HAYES	10	Thurrock	5:12.69	542	36.33	39.17	39.76	39.64
						39.60	39.98	39.91	38.30
2.	Bethany FREEMAN	10	Co Peterboro	5:19.56	509	37.17	40.83	40.25	41.51
						41.31	40.26	39.83	38.40
3.	Melissa COWELL	10	Thurrock	5:19.61	508	36.81	40.34	40.97	41.36
						40.67	41.19	39.99	38.28
4.	Molly NORMAN	10	Co Peterboro	5:19.70	508	34.30	39.85	41.04	41.70
						41.61	41.30	40.66	39.24
5.	Amy GORE	10	Thurrock	5:22.27	496	36.68	39.92	41.38	41.29
						41.48	41.35	41.34	38.83
6.	Georgia MILLS	10	Thurrock	5:22.89	493	36.24	40.15	42.17	41.06
						41.66	41.65	41.20	38.76
7.	Katherine STEPHENS	10	Thurrock	5:24.38	486	36.39	41.35	41.19	41.89
						41.51	41.41	41.41	39.23
8.	Kathryn PEARSE	10	Phoenix Bas	5:32.24	452	37.33	42.82	40.42	42.76
						42.05	43.43	43.38	40.05
9.	Madison TOWNLEY	10	Runnymede	5:32.26	451	36.74	41.28	42.59	42.88
						43.50	42.78	42.96	39.53
10.	Isobel PAGE	10	UEA Norwich	5:33.68	446	37.85	42.99	43.33	43.48
						42.29	42.29	39.97	41.48
11.	Rose MERRITT	10	Thurrock	5:34.02	444	37.18	42.09	42.04	42.46
						42.41	42.82	43.44	41.58
12.	Alice OAKLEY	10	UEA Norwich	5:34.99	440	36.61	42.11	43.73	43.68
						44.41	41.53	43.63	39.29
13.	Alice WARD	10	St Felix Sch	5:35.11	440	36.84	41.48	42.97	43.12
						42.72	43.23	43.10	41.65
13.	Maisie JONES	10	Canvey Isl	5:35.11	440	37.88	42.15	42.82	43.00
						43.76	43.35	42.79	39.36
15.	Eleanor TOMKINS	10	teampswich	5:35.95	436	39.28	43.20	42.48	43.18
						43.24	43.08	42.60	38.89
16.	Sophie WAYMONT	10	Southend	5:41.80	413	37.43	42.87	43.94	43.79
						43.59	43.22	43.24	43.72
17.	Emily McCONNELL	10	Mid Beds	5:42.33	410	37.86	42.77	43.14	43.45
						44.04	43.51	45.16	42.40
18.	Katie WHIFFIN	10	Epping For't	5:47.15	393	36.40	43.89	45.24	45.25
						45.40	45.67	44.41	40.89
19.	Charlotte BALLARD	10	Hatfield	5:47.55	391	39.39	45.08	44.96	44.34
						45.16	44.26	43.49	40.87
20.	Emily BRADBURY	10	Mid Beds	5:48.84	387	38.89	45.41	44.65	44.57
						45.59	44.44	44.61	40.68
21.	Maisie FOX	10	UEA Norwich	5:54.57	366	39.06	44.73	46.26	45.69
						46.01	46.10	44.92	41.80
22.	Eleanor PIRRIE	10	Runnymede	6:03.33	337	38.71	44.69	45.74	46.39
						47.34	47.57	47.98	44.91
23.	Tamsin RANSOME	10	West Suffolk	6:15.89	299	39.49	46.31	48.35	45.03
						3:52.01	49.40	49.45	45.03
	Devon PRIOR	10	Hemel Hemp	DNF					



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11 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200
					250	300	350	400
1.	Charlotte HICKS	11 St Felix Sch	5:03.29	582	34.54	37.83	38.87	38.96
					38.65	38.89	38.55	37.00
2.	Poppy INGLESON	11 UEA Norwich	5:06.84	563	34.86	38.29	38.62	38.78
					39.88	40.63	38.97	36.81
3.	Issy FAULKNER	11 UEA Norwich	5:07.09	562	35.61	38.50	38.68	38.59
					39.10	39.36	39.00	38.25
4.	Ellie TOWNLEY	11 Runnymede	5:07.50	559	34.39	38.97	39.28	39.78
					39.70	39.58	39.34	36.46
5.	Chloe PRICE	11 teamipswich	5:11.38	539	34.97	39.37	40.64	40.15
					40.67	40.83	39.08	35.67
6.	Chantel WHITING	11 St Felix Sch	5:11.43	539	34.42	39.23	39.51	40.03
					40.25	40.18	40.28	37.53
7.	Bethany CATCHPOLE	11 teamipswich	5:13.21	530	35.83	39.35	39.80	40.18
					39.77	40.72	40.09	37.47
8.	Amelia KNOWLES	11 Southend	5:13.56	529	35.60	39.54	40.43	40.43
					40.89	40.88	38.23	37.56
9.	Amy BEARDWELL-LACEY	11 Thurrock	5:14.14	526	35.52	39.31	39.39	40.22
					39.93	40.23	40.24	39.30
10.	Shauna LEE	11 Mid Beds	5:15.07	521	34.41	39.56	41.06	40.27
					41.65	40.32	40.54	37.26
11.	Marcella ARIS	11 UEA Norwich	5:15.51	519	36.23	41.33	40.96	40.97
					40.01	40.36	39.12	36.53
12.	Ellie FAIRFOOT	11 UEA Norwich	5:16.49	514	36.86	40.86	40.68	41.09
					40.11	40.83	38.94	37.12
13.	Bonnie SAWYER	11 Epping For't	5:17.72	508	36.80	40.26	40.84	40.69
					40.87	40.33	39.49	38.44
14.	Sian LOCKETT	11 Hatfield	5:18.04	507	35.59	40.82	40.74	40.86
					40.80	42.00	38.25	38.98
15.	Alexandra PERKINS	11 UEA Norwich	5:24.08	479	36.37	40.57	41.09	41.15
					40.88	41.03	41.85	41.14
16.	Isabelle MARTIN	11 Flitwick	5:26.72	467	36.51	40.94	42.03	42.46
					41.48	42.74	41.05	39.51
17.	Katherine FITZJOHN	11 Co Peterboro	5:27.55	464	36.39	41.79	41.01	41.75
					40.82	42.35	42.35	41.09
18.	Ellen OXBROW	11 teamipswich	5:29.57	455	35.70	41.68	42.21	41.59
					42.92	42.79	41.92	40.76
19.	Katie WILLIS	11 Southend	5:30.92	449	35.26	40.78	42.58	42.80
					42.66	43.17	42.94	40.73
20.	Katriona SAVAGE	11 West Suffolk	5:34.32	435	37.50	42.78	43.26	43.08
					42.40	42.74	42.04	40.52
21.	Shannon WENNINGTON	11 Runnymede	5:34.43	435	38.66	43.21	42.72	41.17
					42.61	42.81	41.97	41.28
22.	Louise CHARLESWORTH	11 Lstoft & OB	5:35.56	430	36.77	41.67	41.99	44.05
					44.23	44.37	42.05	40.43
23.	Charlotte REID	11 Hitchin	5:35.72	429	35.88	41.27	42.66	43.52
					43.10	43.93	43.98	41.38
24.	Evie TAYLOR	11 West Suffolk	5:41.54	406	38.02	42.90	43.69	43.72
					44.56	44.38	43.98	40.29
25.	Chloe-Annabelle WARD	11 Epping For't	5:46.24	389	38.58	43.61	44.97	44.94
					44.74	44.70	43.83	40.87

12 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200
					250	300	350	400
1.	Ellis JACKSON	12 St Felix Sch	4:33.17	772	30.58	33.97	34.69	34.55
					35.26	34.96	35.04	34.12
2.	Charlotte BECK	12 Mid Beds	4:44.49	694	32.01	35.18	35.94	36.83
					36.19	37.13	36.64	34.57
3.	Holly BATEMAN	12 UEA Norwich	4:46.05	684	32.54	35.49	36.11	36.60
					36.71	37.03	36.72	34.85
4.	Heather RODWELL	12 teamipswich	4:50.83	654	33.97	36.92	37.37	37.52
					36.40	36.98	36.65	35.02
5.	Flora HANSON	12 Harpenden	4:52.88	642	32.94	37.20	37.14	37.78
					38.43	37.62	36.66	35.11
6.	Jade BLAGG	12 teamipswich	4:59.97	600	34.82	38.00	38.83	39.05
					38.76	38.96	36.99	34.56
7.	Jessica HARVEY	12 teamipswich	5:00.54	597	35.97	37.89	38.02	38.04
					37.69	38.72	38.20	36.01
8.	Alex TAYLOR	12 West Suffolk	5:00.82	596	34.16	37.75	38.52	38.43
					38.76	38.77	38.06	36.37
9.	Harriette DAVIS	12 Brentwood	5:00.90	595	33.56	37.09	39.01	38.50
					38.75	38.58	38.75	36.66
10.	Joanne LONGLAND	12 Co Peterboro	5:02.98	584	33.79	38.69	38.88	38.76
					39.32	39.54	38.70	35.30



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11.	Evie ADAMS	12	Deben	5:03.35	582	34.24	37.59	39.31	39.13
						39.53	39.47	38.77	35.31
12.	Pascale REEVES	12	St Felix Sch	5:04.71	574	34.90	38.90	39.07	39.36
						38.91	39.17	37.82	36.58
13.	Kiera MOONEY	12	UEA Norwich	5:06.76	563	35.06	38.45	38.85	39.37
						39.25	39.35	38.93	37.50
14.	Kimberley ANASTASIOU	12	UEA Norwich	5:07.84	558	35.85	39.38	39.36	39.12
						39.18	39.01	38.64	37.30
15.	Roxanne MONK	12	Co Peterboro	5:09.03	552	34.13	38.30	39.74	39.69
						39.90	40.12	39.78	37.37
16.	Georgia WIGHTON	12	Chelmsford	5:11.06	541	35.48	38.95	39.61	39.49
						40.04	40.17	39.34	37.98
17.	Lucy GREGORY	12	Leighton Buz	5:12.12	536	35.25	39.50	40.43	40.57
						39.80	39.98	38.93	37.66
18.	Kerry RANGER	12	Cheshunt	5:12.63	533	35.01	39.11	39.90	40.66
						40.56	41.02	39.37	37.00
19.	Lydia SMITH	12	Hatfield	5:12.82	532	33.61	39.50	40.22	40.69
						40.02	40.29	40.14	38.35
20.	Bethan BOTTOMLEY	12	West Suffolk	5:14.94	522	34.17	39.20	40.36	39.99
						41.11	41.10	39.06	39.95
21.	Lauren BARNARD	12	Lstof & OB	5:15.38	520	35.39	39.40	40.50	40.61
						40.23	40.61	39.64	39.00
22.	Rebecca WHITE	12	Co Peterboro	5:17.58	509	35.32	39.57	40.84	40.71
						40.42	41.55	40.40	38.77
23.	Sophie DEMETRIADES	12	teamipswich	5:17.67	509	34.87	40.05	41.25	41.12
						40.85	40.74	40.78	38.01
24.	Grace BAUCKHAM	12	Braintree	5:21.39	491	35.79	40.89	40.83	41.43
						41.11	41.05	40.59	39.70
25.	Grace LEE	12	Bishop Stort	5:21.78	489	35.41	40.21	41.38	42.01
						41.43	41.58	40.67	39.09
26.	Helen MITCHELL	12	Braintree	5:23.96	479	35.28	40.28	41.08	42.05
						41.31	41.97	41.75	40.24
	Jenny THOMPSON	12	St Felix Sch	DNC					

13 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200	
					250	300	350	400	
1.	Anne BOCHMANN	13	UEA Norwich	4:26.60	821	30.33	32.65	34.13	34.02
						34.25	34.22	34.55	32.45
2.	Bethany COGGINS	13	UEA Norwich	4:37.60	741	32.18	34.98	35.29	35.32
						35.26	35.59	35.48	33.50
3.	Laura ADAMS	13	UEA Norwich	4:37.92	738	32.50	35.26	35.34	35.27
						35.19	35.47	35.04	33.85
4.	Charlotte CLARIDGE	13	Hatfield	4:38.69	733	32.03	34.40	34.85	35.62
						35.44	35.66	35.71	34.98
5.	Philippa HARDY	13	Hatfield	4:43.13	703	31.98	35.29	35.84	36.27
						36.40	36.64	35.59	35.12
6.	Jessica RALFS	13	UEA Norwich	4:44.01	697	33.26	35.76	35.78	35.93
						36.55	36.25	35.88	34.60
7.	Alex HARRISON	13	West Suffolk	4:45.95	685	32.58	35.44	36.62	35.99
						37.19	36.57	36.78	34.78
8.	Rebecca WHITE	13	St Felix Sch	4:48.79	667	33.06	36.13	36.70	37.15
						37.35	37.08	36.29	35.03
9.	Kerriann CHIPPERFIELD	13	Thurrock	4:49.23	664	32.06	35.50	36.32	36.76
						37.03	37.44	37.42	36.70
10.	Charlotte BLACKSLEY	13	Luton	4:50.20	658	31.94	34.93	35.89	36.81
						37.20	38.16	37.85	37.42
11.	Eleanor NEWELL	13	Kings Lynn	4:53.14	640	33.61	36.70	36.88	37.96
						38.12	37.49	36.93	35.45
12.	Jennifer REDMOND	13	teamipswich	4:53.78	636	33.34	36.97	37.73	37.52
						37.31	37.32	37.26	36.33
13.	Rachel HOLLINGTON	13	Mid Beds	4:54.85	630	34.25	37.84	38.09	37.78
						36.25	37.22	37.69	35.73
14.	Yasmin BITHREY	13	Mid Beds	4:54.99	629	32.90	36.50	37.55	37.45
						37.65	38.37	37.81	36.76
15.	Lucy HALL	13	Chelmsford	4:55.17	628	33.68	37.58	38.03	37.94
						38.01	37.12	37.03	35.78
16.	Abigail SAYER	13	Thurrock	4:56.75	619	33.42	36.61	36.88	37.68
						37.88	37.99	37.98	38.31
17.	Zoe SMITH	13	Lstof & OB	4:57.00	617	33.34	36.73	37.58	38.16
						37.73	38.23	37.88	37.35
18.	Victoria SPARROW	13	West Suffolk	4:57.12	617	34.09	37.55	38.18	38.27
						37.69	37.65	37.98	35.71
19.	Coral YOUNG	13	teamipswich	4:59.32	604	34.43	37.98	38.57	39.12
						38.06	39.17	37.14	34.85
20.	Holly GANNON	13	Hoddesdon	5:01.81	590	34.08	37.28	38.76	38.92
						38.61	39.05	38.39	36.72



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21.	Lauren OTTAWAY	13	Leighton Buz	5:02.29	588	34.54	38.47	38.15	38.22
						38.63	38.92	38.89	36.47
22.	Katie TAVENER	13	Mid Beds	5:03.55	581	33.84	39.05	39.59	39.11
						38.88	38.82	38.23	36.03
23.	Ellie MASON	13	Mid Beds	5:04.63	575	34.37	39.10	39.24	39.95
						38.24	39.55	37.84	36.34
24.	Chloe DAVIS	13	Runnymede	5:06.11	567	33.74	37.63	38.94	38.80
						39.24	39.96	39.59	38.21
25.	Charlotte WADE	13	Rochford	5:08.40	555	33.38	37.85	39.34	39.96
						39.89	40.52	39.81	37.65
26.	Charlotte TAYLOR	13	West Suffolk	5:08.89	552	33.17	38.44	40.04	40.04
						40.67	41.01	39.71	35.81
27.	Eleanor BEDWELL	13	Epping For't	5:10.66	543	34.47	38.14	39.30	39.43
						40.44	40.08	40.42	38.38
28.	Charlotte HENSON	13	Co St Albans	5:12.63	533	34.24	38.26	39.61	39.92
						40.36	40.18	40.86	39.20

EVENT 503 FINAL OF EVENT 501 Boys 11 Yrs 200m Breaststroke

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200	
1.	Caleb HUGHES	11	Mid Beds	2:59.76	533	41.63	45.87	46.64	45.62
2.	Bradley CLARKE	11	Thurrock	3:10.99	437	43.18	48.77	50.66	48.38
3.	Jack CARTER	11	Southend	3:12.83	423	42.19	49.55	51.02	50.07
4.	Harry SMITH	11	UEA Norwich	3:14.07	414	44.83	51.01	49.57	48.66
5.	Jordan PURDY	11	St Felix Sch	3:15.48	403	43.75	49.58	51.51	50.64
6.	Tom LAMBERT	11	Luton	3:19.96	373	43.77	50.83	53.27	52.09
7.	Dominic OLIVER	11	Lstof & OB	3:20.57	369	46.92	52.71	51.80	49.14
8.	Matthew BRIGHAM	11	Co Peterboro	3:22.34	357	46.59	52.90	50.99	51.86

EVENT 504 FINAL OF EVENT 501 Boys 12 Yrs 200m Breaststroke

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200	
1.	Miles GARNER	12	UEA Norwich	2:55.02	530	40.38	44.53	45.49	44.62
2.	Luke TARGET	12	Hatfield	3:00.48	481	41.47	46.95	46.98	45.08
3.	Senner KOSKOCAN	12	Harlow Pen	3:00.64	479	40.41	46.29	47.98	45.96
4.	Cameron BASHIR	12	Sudbury	3:04.32	449	41.85	46.97	48.23	47.27
5.	Luke BAILEY	12	St Felix Sch	3:04.62	447	41.79	46.28	48.63	47.92
6.	Owen SMITH	12	Deben	3:06.17	435	42.38	48.24	48.15	47.40
7.	Elliot COOK	12	teampswich	3:07.08	428	42.89	48.34	48.29	47.56
8.	Liam KNIGHT	12	Wisbech	3:10.44	402	41.78	48.98	49.89	49.79

EVENT 505 FINAL OF EVENT 501 Boys 13 Yrs 200m Breaststroke

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200	
1.	Aaron LYNCH	13	Stowmarket	2:48.41	570	38.27	43.28	43.90	42.96
2.	Simon WEIGHELL	13	Flitwick	2:48.93	564	38.64	42.99	43.91	43.39
3.	Dacre CAPSTICK	13	Hatfield	2:49.57	557	36.82	42.71	44.99	45.05
4.	Charlie HAYES	13	Thurrock	2:51.55	538	39.20	43.75	44.80	43.80
5.	Aydin BERKI	13	Luton	2:54.91	507	38.61	45.25	45.42	45.63
6.	Alex BAKER	13	Hitchin	2:56.43	494	37.87	45.54	46.25	46.77
7.	Luke WALSH	13	Thelford	2:58.56	476	39.41	46.33	45.94	46.88
8.	Thomas STOKES	13	Co Peterboro	2:59.76	466	39.54	46.01	47.07	47.14

EVENT 506 FINAL OF EVENT 501 Boys 14 Yrs 200m Breaststroke

Place	Name	AaD Club	Time	BAG Pt	50	100	150	200	
1.	Nathan HENDERSON	14	Lstof & OB	2:42.07	616	37.49	41.21	43.38	39.99
2.	Andrew EGAN	14	Hemel Hemp	2:42.11	616	35.43	41.20	42.76	42.72
3.	David GODDRIDGE	14	Hemel Hemp	2:43.17	604	36.62	42.47	43.13	40.95
4.	Dean WOODCOCK	14	Chelmsford	2:44.02	595	36.69	41.48	42.83	43.02
5.	Lawrence PALMER	14	Luton	2:49.46	540	37.74	43.66	43.75	44.31
6.	Ashley BINNS	14	Co Peterboro	2:55.04	489	38.42	44.90	45.76	45.96
7.	Christian PARKER	14	Southend	2:57.25	471	36.92	44.00	48.59	47.74
8.	Josh FARRELL	14	Mid Beds	2:58.50	461	39.79	46.04	47.40	45.27



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EVENT 507 Mixed 1500m Freestyle(HDW)

BOYS 11 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	100	200	300	400	500
					600	700	800	900	1000
					1100	1200	1300	1400	1500
1.	Caleb HUGHES	11 Mid Beds	18:39.43	675	1:12.01	1:14.99	1:14.89	1:16.04	1:16.29
					1:15.39	1:15.70	1:14.37	1:14.02	1:14.73
					1:14.03	1:14.85	1:14.86	1:14.33	1:12.93
2.	Matthew BRIGHAM	11 Co Peterboro	19:06.09	629	1:10.81	1:14.69	1:15.19	1:16.57	1:16.70
					1:16.69	1:16.53	1:17.21	1:17.68	1:17.62
					1:17.66	1:17.22	1:17.74	1:17.24	1:16.54
3.	Bradley CLARKE	11 Thurrock	19:09.75	623	1:13.60	1:17.26	1:17.11	1:16.90	1:16.14
					1:16.20	1:16.15	1:16.35	1:16.97	1:17.82
					1:17.72	1:17.65	1:17.03	1:18.40	1:14.45
4.	Jordan PURDY	11 St Felix Sch	19:12.43	619	1:10.87	1:16.35	1:15.98	1:16.68	1:17.08
					1:17.76	1:17.50	1:17.45	1:18.25	1:18.09
					1:18.41	1:17.60	1:17.85	1:17.72	1:14.84
5.	Matthew WILLIAMS	11 Cheshunt	21:08.75	457	1:16.76	1:24.28	1:24.96	1:25.02	1:26.54
					1:26.89	1:24.56	1:24.37	1:24.98	1:24.47
					1:24.64	1:25.77	1:26.41	1:26.44	1:22.66
6.	Carl JOHNSON	11 St Ives	21:22.12	443	1:21.56	1:25.56	1:27.62	1:27.15	1:26.65
					1:25.49	1:25.59	1:26.22	1:25.58	1:25.10
					1:26.53	1:25.89	1:25.94	1:27.93	1:19.31
7.	Kane FARRELL	11 Mid Beds	21:25.20	439	1:19.45	1:25.12	1:25.59	1:24.60	1:25.51
					1:25.66	1:25.61	1:25.34	1:26.40	1:27.05
					1:26.74	1:29.59	1:29.97	1:27.08	1:21.49
8.	Colin WEIGHELL	11 Flitwick	22:41.70	359	1:23.69	1:28.20	1:28.48	1:28.23	1:29.43
					1:28.73	1:29.51	1:29.25	1:30.70	1:31.78
					1:33.14	1:34.50	1:35.59	1:37.28	1:33.19

BOYS 12 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	100	200	300	400	500
					600	700	800	900	1000
					1100	1200	1300	1400	1500
1.	Luke BAILEY	12 St Felix Sch	17:50.02	626	1:08.86	1:12.76	1:12.06	1:12.09	1:12.02
					1:11.70	1:11.48	1:11.71	1:11.38	1:11.51
					1:12.13	1:11.30	1:11.53	1:10.67	1:08.82
2.	Miles GARNER	12 UEA Norwich	17:56.56	615	1:09.33	1:13.21	1:12.53	1:11.80	1:12.00
					1:11.84	1:12.08	1:11.32	1:12.50	1:12.66
					1:12.24	1:11.84	1:12.32	1:12.32	1:08.57
3.	Daniel SORRELL	12 Chelmsford	18:18.53	581	1:08.20	1:13.83	1:12.91	1:13.18	1:13.10
					1:12.86	1:13.54	1:13.59	1:14.08	1:13.96
					1:14.72	1:14.76	1:15.19	1:14.28	1:10.33
4.	Richard JEFFERIES	12 Co Cambridge	18:20.25	579	1:08.39	1:13.75	1:12.49	1:13.71	1:13.98
					1:14.47	1:15.26	1:14.84	1:15.11	1:14.01
					1:15.38	1:13.57	1:13.66	1:12.09	1:09.54
5.	Lewis HUGHES	12 UEA Norwich	18:35.89	556	1:09.96	1:15.06	1:15.48	1:16.34	1:15.39
					1:14.83	1:14.49	1:14.51	1:14.98	1:13.79
					1:15.16	1:15.21	1:14.77	1:13.92	1:12.00
6.	Senner KOSKOCAN	12 Harlow Pen	19:32.54	480	1:11.82	1:16.72	1:18.45	1:18.61	1:19.44
					1:18.34	1:19.43	1:18.74	1:18.45	1:18.92
					1:19.18	1:19.15	1:20.71	1:18.87	1:15.71
7.	Oliver TAFFS	12 Bishop Stort	19:40.44	470	1:12.30	1:17.55	1:18.21	1:18.37	1:19.68
					1:18.59	1:19.63	1:19.56	1:19.55	1:20.06
					1:19.47	1:19.49	1:20.36	1:19.91	1:17.71
8.	Cameron BASHIR	12 Sudbury	19:59.54	448	1:15.12	1:20.82	1:21.08	1:20.78	1:20.31
					1:20.64	1:21.48	1:20.84	1:20.80	1:20.59
					1:20.84	1:20.07	1:19.45	1:20.12	1:16.60
9.	Craig COLLIER	12 West Suffolk	20:05.26	441	1:13.92	1:17.30	1:18.76	1:19.60	1:20.71



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				1:20.49	1:21.62	1:21.32	1:21.92	1:22.45	
				1:22.50	1:23.01	1:22.99	1:21.78	1:16.89	
10.	Jack SPENCE	12 Walford	20:18.47	426	1:14.46	1:19.74	1:21.32	1:21.28	1:21.85
					1:22.06	1:21.75	1:22.83	1:21.88	1:22.48
					1:22.42	1:22.98	1:22.88	1:22.13	1:18.41
11.	Gavin COURNANE	12 Luton	20:36.13	407	1:15.50	1:20.31	1:22.25	1:23.45	1:23.92
					1:23.48	1:22.06	1:23.85	1:22.83	1:23.89
					1:23.94	1:24.35	1:22.41	1:23.20	1:20.69
12.	Daniel SADLER	12 Swans St N	21:47.40	339	1:17.88	1:24.51	1:26.68	1:27.51	1:28.95
					1:28.37	1:28.78	1:28.26	1:28.20	1:28.60
					1:29.45	1:29.90	1:29.36	1:28.55	1:22.40
13.	Fraser CHIVERS	12 Hitchin	21:48.28	338	1:18.74	1:24.14	1:25.21	1:26.75	1:26.88
					1:28.48	1:29.11	1:29.14	1:27.60	1:27.93
					1:28.18	1:31.34	1:29.33	1:28.66	1:26.79

BOYS 13 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	100	200	300	400	500
					600	700	800	900	1000
					1100	1200	1300	1400	1500
1.	Samuel MUNRO	13 St Felix Sch	17:35.49	649	1:05.63	1:09.38	1:09.96	1:09.90	1:10.35
					1:10.55	1:11.22	1:10.95	1:11.37	1:11.11
					1:11.41	1:11.78	1:11.41	1:10.90	1:09.57
2.	Dacre CAPSTICK	13 Hatfield	17:44.15	635	1:06.81	1:09.20	1:10.18	1:10.97	1:11.30
					1:11.34	1:11.83	1:12.42	1:12.02	1:11.69
					1:11.72	1:11.83	1:12.34	1:12.14	1:08.36
3.	Thomas HALE	13 Brentwood	17:56.15	615	1:06.56	1:10.85	1:11.01	1:12.90	1:12.96
					1:12.88	1:12.10	1:12.27	1:12.91	1:12.36
					1:11.96	1:13.07	1:12.14	1:13.24	1:08.94
4.	Alex RAINE	13 Mid Beds	18:00.60	608	1:09.08	1:11.11	1:10.78	1:11.50	1:11.92
					1:11.26	1:11.34	1:11.99	1:13.23	1:12.89
					1:13.61	1:14.60	1:13.95	1:13.17	1:10.17
5.	Aydin BERKI	13 Luton	18:29.87	564	1:08.48	1:12.89	1:13.26	1:12.72	1:13.34
					1:14.49	1:14.52	1:15.15	1:15.84	1:15.81
					1:15.44	1:14.51	1:14.89	1:15.08	1:13.45
6.	Sean COLLIER	13 West Suffolk	18:44.20	543	1:09.70	1:12.59	1:12.79	1:14.17	1:14.50
					1:15.42	1:16.18	1:16.03	1:16.37	1:16.83
					1:16.76	1:16.42	1:16.59	1:15.66	1:14.19
7.	Toby ANSELL	13 Luton	18:44.84	542	1:07.51	1:12.50	1:13.63	1:14.50	1:15.00
					1:15.19	1:15.27	1:15.11	1:16.24	1:15.16
					1:15.21	1:15.91	1:15.53	1:17.08	1:21.00
8.	John AYRES	13 Hoddesdon	19:04.41	515	1:11.81	1:16.47	1:17.58	1:17.17	1:17.86
					1:17.34	1:16.29	1:16.20	1:16.49	1:17.43
					1:17.24	1:17.07	1:16.40	1:15.82	1:13.24
9.	Daniel RILEY	13 Luton	19:08.40	510	1:10.34	1:14.98	1:15.95	1:16.58	1:17.17
					1:17.88	1:17.79	1:17.97	1:18.37	1:18.07
					1:16.97	1:17.18	1:17.19	1:17.14	1:14.82
10.	Toby WILLSON	13 Flitwick	19:29.39	483	1:12.91	1:17.13	1:17.73	1:18.43	1:18.68
					1:17.95	1:18.31	1:18.08	1:17.16	1:17.63
					1:18.35	1:17.81	1:18.86	1:19.97	1:20.39
11.	Chris MITCHELL	13 Epping For't	19:32.72	479	1:11.52	1:16.35	1:17.73	1:17.97	1:18.26
					1:18.08	1:18.39	1:19.66	1:19.76	1:20.44
					1:20.29	1:21.11	1:19.57	1:18.54	1:15.05
12.	Nick RUDDOCK	13 Lstoft & OB	19:44.47	465	1:13.24	1:19.99	1:19.77	1:20.33	1:19.65
					1:21.75	1:20.19	1:19.38	1:20.74	1:18.04
					1:18.84	1:19.54	1:20.23	1:16.25	1:16.53
13.	Robert STAFFORD	13 Co Peterboro	20:14.33	430	1:11.04	1:16.60	1:18.09	1:18.92	1:19.89
					1:20.64	1:21.38	1:22.10	1:22.76	1:23.25
					1:23.81	1:24.73	1:24.41	1:24.21	1:22.50



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14.	Samuel MILLER	13	Co Peterboro	20:41.74	400	1:12.64	1:20.12	1:20.42	1:23.24	1:23.72
						1:24.25	1:25.50	1:23.94	1:24.79	1:24.67
						1:24.38	1:23.01	1:23.63	1:23.33	1:24.10

BOYS 14 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	100	200	300	400	500
					600	700	800	900	1000
					1100	1200	1300	1400	1500
1.	Jordan BATE	14	UEA Norwich	703	1:04.89	1:08.44	1:08.17	1:08.88	1:08.64
					1:08.91	1:08.89	1:08.69	1:08.81	1:08.91
					1:09.35	1:08.98	1:08.67	1:08.18	1:06.47
2.	Dean WOODCOCK	14	Chelmsford	657	1:06.20	1:09.88	1:10.11	1:09.82	1:10.01
					1:10.01	1:10.49	1:10.78	1:10.84	1:10.62
					1:10.68	1:10.61	1:11.00	1:10.72	1:08.98
3.	Callum CANDY	14	Hatfield	608	1:06.09	1:10.66	1:10.60	1:11.57	1:12.00
					1:12.90	1:12.97	1:12.72	1:12.94	1:13.29
					1:13.12	1:14.03	1:14.51	1:13.29	1:09.68
4.	Adam CARTER	14	Runnymede	606	1:07.57	1:10.72	1:11.49	1:12.10	1:12.03
					1:12.01	1:12.75	1:12.77	1:13.57	1:13.64
					1:13.66	1:12.85	1:12.69	1:13.37	1:10.79
5.	Mark COLLINS	14	Kings Lynn	591	1:09.65	1:14.22	1:14.03	1:13.12	1:12.95
					1:11.92	1:12.09	1:12.46	1:12.14	1:12.49
					1:13.37	1:13.01	1:14.21	1:14.12	1:11.69
6.	Braden WREN	14	Thurrock	587	1:06.63	1:11.76	1:12.98	1:13.43	1:13.98
					1:14.39	1:13.47	1:13.13	1:13.28	1:13.33
					1:12.59	1:13.61	1:13.64	1:14.50	1:13.76
7.	Christopher BROOKS	14	Southend	560	1:06.34	1:12.54	1:11.83	1:14.08	1:13.97
					1:14.34	1:14.51	1:14.62	1:15.58	1:16.49
					1:15.84	1:15.67	1:17.20	1:15.44	1:13.76
8.	Andrew WILKINSON	14	Co Cambridge	543	1:07.25	1:13.46	1:15.08	1:16.13	1:16.87
					1:16.34	1:15.72	1:15.98	1:15.56	1:15.77
					1:16.21	1:15.79	1:15.76	1:16.12	1:12.54
9.	Christian STOKES	14	Mid Beds	539	1:06.17	1:10.99	1:12.92	1:13.23	1:14.02
					1:14.11	1:15.30	1:16.86	1:17.91	1:17.89
					1:18.16	1:17.68	1:17.90	1:18.32	1:15.64
10.	James MITCHELL	14	Thurrock	537	1:10.46	1:14.47	1:14.83	1:14.91	1:15.51
					1:15.47	1:15.88	1:15.46	1:15.56	1:15.94
					1:15.53	1:16.64	1:16.54	1:16.39	1:14.92
11.	Timothy EVANS	14	Southend	533	1:08.53	1:15.34	1:16.00	1:15.86	1:17.85
					1:17.11	1:18.49	1:19.15	1:17.95	1:19.75
					1:14.47	1:15.36	1:14.50	1:12.56	1:08.79
12.	James ATTWATER	14	Deben	528	1:09.57	1:14.22	1:15.36	1:16.36	1:16.39
					1:16.34	1:16.46	1:16.38	1:16.35	1:16.86
					1:17.14	1:17.31	1:16.12	1:16.25	1:13.81
13.	Josh FARRELL	14	Mid Beds	513	1:10.97	1:13.90	1:15.36	1:14.55	1:16.62
					1:15.58	1:16.62	1:17.48	1:16.54	1:17.77
					1:18.78	1:18.72	1:20.09	1:18.18	1:15.02
14.	Carl HALFORD	14	Flitwick	504	1:10.09	1:16.04	1:16.42	1:17.78	1:16.94
					1:17.67	1:17.84	1:18.10	1:17.72	1:16.94
					1:17.26	1:18.05	1:18.02	1:17.66	1:16.30

GIRLS 11 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	100	200	300	400	500
					600	700	800	900	1000
					1100	1200	1300	1400	1500
1.	Charlotte HICKS	11	St Felix Sch	652	1:13.82	1:19.79	1:20.45	1:21.03	1:22.44
					1:18.28	1:19.54	1:19.93	1:21.32	1:21.50
					1:19.90	1:21.37	1:22.51	1:20.79	1:18.47
2.	Sky DRAPER	11	Waford	528	1:17.93	1:24.61	1:25.82	1:26.01	1:25.62
					1:26.52	1:27.33	1:26.98	1:26.95	1:27.44
					1:28.20	1:28.81	1:28.70	1:25.54	1:23.23



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3.	Amelia KNOWLES	11	Southend	21:32.50	524	1:24.94 1:26.54 1:27.48	1:27.15 1:26.88 1:26.87	1:26.81 1:27.16 1:25.18	1:26.86 1:27.57 1:25.26	1:26.69 1:28.33 1:18.78
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4.	Katie WILLIS	11	Southend	22:03.08	488	1:23.28 1:28.96 1:30.61	1:29.19 1:28.19 1:29.17	1:28.32 1:28.85 1:29.42	1:28.57 1:28.85 1:29.02	1:28.96 1:29.48 1:22.21
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GIRLS 12 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	100 600 1100	200 700 1200	300 800 1300	400 900 1400	500 1000 1500	
1.	Heather RODWELL	12	teamipswich	18:59.18	804	1:10.94 1:16.60 1:16.12	1:15.51 1:17.80 1:15.01	1:16.40 1:16.82 1:15.87	1:17.18 1:17.99 1:15.97	1:16.67 1:16.91 1:13.39
2.	Alex TAYLOR	12	West Suffolk	19:24.67	757	1:12.19 1:18.84 1:17.88	1:17.85 1:18.96 1:17.76	1:18.06 1:18.49 1:18.47	1:18.75 1:19.08 1:17.62	1:19.01 1:17.91 1:13.80
3.	Joanne LONGLAND	12	Co Peterboro	19:48.75	714	1:13.91 1:19.79 1:20.54	1:20.51 1:20.23 1:20.01	1:21.19 1:20.27 1:19.33	1:20.13 1:20.35 1:18.62	1:20.26 1:19.16 1:14.45
4.	Charlotte BECK	12	Mid Beds	20:11.73	676	1:10.62 1:21.64 1:23.89	1:17.36 1:21.06 1:24.02	1:18.85 1:19.46 1:24.40	1:20.57 1:19.62 1:24.82	1:20.86 1:21.78 1:22.78
5.	Katie LIGHTOWLER	12	Co St Albans	20:19.77	664	1:13.63 1:20.85 1:22.96	1:19.07 1:20.04 1:24.32	1:20.88 1:22.30 1:24.25	1:21.48 1:22.01 1:22.53	1:21.80 1:22.99 1:20.66
6.	Helen MITCHELL	12	Braintree	20:38.39	634	1:19.66 1:22.42 1:22.91	1:23.38 1:22.12 1:23.37	1:22.61 1:22.30 1:23.76	1:23.68 1:23.41 1:22.86	1:22.74 1:23.46 1:19.71
7.	Karla HUTCHINSON	12	teamipswich	20:56.29	608	1:17.30 1:23.06 1:24.92	1:22.52 1:25.82 1:23.82	1:23.18 1:26.10 1:24.01	1:22.99 1:26.93 1:23.52	1:25.33 1:27.06 1:19.73
8.	Grace BAUCKHAM	12	Braintree	21:07.15	592	1:20.31 1:25.38 1:23.35	1:24.27 1:25.28 1:24.29	1:24.15 1:27.38 1:25.52	1:24.73 1:25.71 1:25.49	1:25.07 1:25.92 1:20.30
9.	Ellen WILLIAMS	12	Wisbech	21:18.58	576	1:17.39 1:24.11 1:26.91	1:25.04 1:24.72 1:28.23	1:23.43 1:26.08 1:29.50	1:24.47 1:25.95 1:29.33	1:23.13 1:27.49 1:22.80
10.	Georgina HALFORD	12	Flitwick	21:29.65	561	1:17.53 1:28.07 1:28.26	1:26.44 1:26.38 1:29.08	1:27.29 1:27.07 1:27.12	1:27.60 1:27.27 1:23.76	1:28.06 1:25.73 1:19.99
11.	Charlotte HARRISON	12	Mid Beds	21:31.20	559	1:15.16 1:26.94 3:01.42	1:22.25 1:27.53 1:28.68	1:23.78 1:28.17 1:26.24	1:25.55 1:28.60	1:26.21 1:29.37 21:31.20

GIRLS 13 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	100 600 1100	200 700 1200	300 800 1300	400 900 1400	500 1000 1500	
1.	Laura ADAMS	13	UEA Norwich	18:00.19	894	1:09.30 1:11.95 1:12.74	1:12.21 1:11.94 1:12.47	1:12.04 1:12.55 1:12.72	1:11.82 1:12.91 1:11.75	1:12.21 1:12.82 1:10.76
2.	Georgina FREEMAN	13	Co Peterboro	19:05.62	765	1:07.40 1:16.96 1:17.87	1:14.33 1:16.90 1:18.36	1:16.03 1:17.32 1:18.01	1:16.59 1:18.09 1:17.67	1:17.15 1:17.94 1:15.00
3.	Danielle SAYER	13	Thurrock	19:06.46	763	1:11.15 1:16.32 1:17.31	1:15.87 1:16.42 1:17.74	1:15.91 1:16.39 1:18.06	1:16.18 1:17.08 1:18.09	1:15.96 1:18.05 1:15.93
4.	Eleanor VEASY	13	St Felix Sch	19:07.43	762	1:12.00 1:16.35 1:16.89	1:16.90 1:16.62 1:16.87	1:17.42 1:17.01 1:16.95	1:17.05 1:17.04 1:16.22	1:17.93 1:17.01 1:15.17



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5.	Lucy HALL	13	Chelmsford	19:30.32	722	1:10.80	1:16.61	1:16.63	1:18.09	1:18.80
						1:19.19	1:18.64	1:19.46	1:19.29	1:19.30
						1:19.85	1:20.28	1:19.78	1:18.03	1:15.57
6.	Charlotte BLACKSLEY	13	Luton	19:34.02	715	1:10.88	1:15.87	1:16.91	1:17.58	1:18.00
						1:17.49	1:17.99	1:19.69	1:18.57	1:19.74
						1:20.77	1:21.36	1:21.61	1:20.50	1:17.06
7.	Abigail SAYER	13	Thurrock	19:44.55	697	1:11.04	1:15.84	1:16.53	1:17.76	1:18.20
						1:19.89	1:19.93	1:20.46	1:20.52	1:22.06
						1:23.41	1:18.37	1:20.40	1:21.41	1:18.73
8.	Chloe DAVIS	13	Runnymede	19:57.06	677	1:14.94	1:22.17	1:21.89	1:18.31	1:19.09
						1:20.04	1:20.15	1:20.47	1:20.42	1:19.34
						1:20.42	1:21.25	1:21.01	1:19.67	1:17.89
9.	Helen BROWN	13	Wisbech	20:00.57	671	1:15.03	1:20.52	1:21.28	1:21.10	1:20.85
						1:21.15	1:20.77	1:20.69	1:20.98	1:20.95
						1:20.49	1:20.90	1:20.78	1:19.91	1:15.17
10.	Mattaya NABARRO	13	Luton	20:36.78	615	1:13.57	1:19.66	1:19.55	1:22.11	1:21.70
						1:21.48	1:22.59	1:24.45	1:25.57	1:25.84
						1:25.22	1:25.31	1:24.49	1:24.32	1:20.92
11.	Hannah PARR	13	Luton	20:49.52	596	1:15.40	1:21.89	1:23.11	1:23.09	1:23.92
						1:23.61	1:23.67	1:23.36	1:25.23	1:24.40
						1:25.29	1:25.42	1:24.82	1:24.62	1:21.69
12.	Leah NEARY	13	Flitwick	20:58.72	583	1:14.97	1:22.71	1:23.02	1:24.66	1:24.67
						1:24.54	1:25.03	1:24.77	1:25.95	1:26.29
						1:26.44	1:25.98	1:24.96		20:58.72