



ASA East Region 2007 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX727



EVENT 301 Womens Open 100m Freestyle

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50
1.	Rachael GEORGE	17 Hatfield	59.86	779	28.99
2.	Anne BOCHMANN	14 UEA Norwich	1:00.16	769	29.58
3.	Harriet BRETTLER	15 Mid Beds	1:01.61	723	30.00
4.	Stephanie CALVER	17 teamipswich	1:01.80	717	30.32
5.	Ellis JACKSON	13 St Felix Sch	1:01.88	714	29.85
6.	Hannah JOHN	16 Kings Lynn	1:01.94	713	30.14
7.	Rebecca READER	15 teamipswich	1:02.00	711	29.87
8.	Hannah MOUNSEY	16 Kings Lynn	1:02.13	707	30.07
9.	Verity GOODEY	15 Southend	1:02.26	703	29.95
10.	Alice TENNANT	14 Deben	1:02.31	701	29.97
11.	Lucy CHARLES	14 Hoddesdon	1:02.50	696	30.18
12.	Alex HUSTON	15 St Felix Sch	1:02.56	694	30.68
13.	Laura INGLESON	16 UEA Norwich	1:02.60	693	30.35
14.	Cara PURVIS	16 Hatfield	1:02.78	688	30.24
15.	Alexandra SEAL	16 teamipswich	1:03.04	680	30.90
16.	Alexandra HARRISON	13 St Felix Sch	1:03.06	679	29.94
17.	Philippa HARDY	14 Hatfield	1:03.09	679	30.65
18.	Yasmin BITHREY	13 Mid Beds	1:03.21	675	30.57
19.	Charlotte CLARIDGE	13 Hatfield	1:03.48	667	30.71
20.	Jasmine CROSS	13 teamipswich	1:03.61	664	30.91
21.	Robyn BALL	15 St Felix Sch	1:03.66	662	30.59
22.	Hazel PICKFORD	14 Hatfield	1:03.91	655	30.91
23.	Petra CHOMICZ	17 Kings Lynn	1:03.96	654	31.15
24.	Claire BARRON	16 UEA Norwich	1:03.99	653	31.34
25.	Rachel ANDVIG	14 teamipswich	1:04.04	652	30.98
26.	Rebecca WARNER	18 Modernians	1:04.05	651	31.34
26.	Fenella FOSKETT	15 Deben	1:04.05	651	31.37
28.	Charlotte BECK	13 Mid Beds	1:04.18	648	31.15
29.	Samantha BERRY	17 teamipswich	1:04.31	644	31.09
30.	Coral YOUNG	14 teamipswich	1:04.35	643	31.48
31.	April HYAM	14 teamipswich	1:04.42	641	31.41
32.	Georgia INGLESON	16 UEA Norwich	1:04.56	637	30.54
33.	Hannah RAINE	17 Mid Beds	1:04.68	634	31.41
34.	Tamara RICHARDS	14 Mid Beds	1:04.84	630	31.21
35.	Sophie POOLE	17 teamipswich	1:04.93	627	30.98
36.	Bethany COGGINS	13 UEA Norwich	1:05.02	625	30.98
37.	Sarah SWINDELL	14 Hatfield	1:05.16	621	30.93
38.	Charley GALLAGHER	14 Southend	1:05.19	620	31.44
39.	Louise KING	16 Mid Beds	1:05.21	620	31.83
40.	Rebecca HENBURY	17 West Suffolk	1:05.23	619	31.55
41.	Eleanor BEDWELL	14 Epping For't	1:05.67	608	31.66
41.	Rachel HOLLINGTON	13 Mid Beds	1:05.67	608	31.64
43.	Holly BATEMAN	12 UEA Norwich	1:05.69	607	32.05
44.	Charlotte BLACKSLEY	13 Mid Beds	1:05.72	606	31.04
45.	Georgina FREEMAN	13 Co Peterboro	1:05.92	601	31.26
46.	Laura ADAMS	13 UEA Norwich	1:05.93	601	32.22
47.	Helen BALDRANCE	18 Mid Beds	1:06.06	598	31.81
48.	Charlotte WADE	13 Rochford	1:06.16	595	31.76
49.	Melissa SEELEY	14 Epping For't	1:06.24	593	31.96
50.	Kerriann CHIPPERFIELD	14 Thurrock	1:06.43	588	31.11
51.	Briony LOWE	15 Lstof & OB	1:07.04	573	31.84
52.	Jennifer REDMOND	14 teamipswich	1:07.92	552	32.93
53.	Sarah BOWLING	17 Kings Lynn	1:17.32	370	

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50
1.	Anne BOCHMANN	14 UEA Norwich	1:00.16	769	29.58
2.	Harriet BRETTLER	15 Mid Beds	1:01.61	723	30.00
3.	Ellis JACKSON	13 St Felix Sch	1:01.88	714	29.85
4.	Rebecca READER	15 teamipswich	1:02.00	711	29.87
5.	Verity GOODEY	15 Southend	1:02.26	703	29.95
6.	Alice TENNANT	14 Deben	1:02.31	701	29.97
7.	Lucy CHARLES	14 Hoddesdon	1:02.50	696	30.18
8.	Alex HUSTON	15 St Felix Sch	1:02.56	694	30.68
9.	Alexandra HARRISON	13 St Felix Sch	1:03.06	679	29.94
10.	Philippa HARDY	14 Hatfield	1:03.09	679	30.65
11.	Yasmin BITHREY	13 Mid Beds	1:03.21	675	30.57
12.	Charlotte CLARIDGE	13 Hatfield	1:03.48	667	30.71
13.	Jasmine CROSS	13 teamipswich	1:03.61	664	30.91
14.	Robyn BALL	15 St Felix Sch	1:03.66	662	30.59
15.	Hazel PICKFORD	14 Hatfield	1:03.91	655	30.91
16.	Rachel ANDVIG	14 teamipswich	1:04.04	652	30.98
17.	Fenella FOSKETT	15 Deben	1:04.05	651	31.37
18.	Charlotte BECK	13 Mid Beds	1:04.18	648	31.15
19.	Coral YOUNG	14 teamipswich	1:04.35	643	31.48
20.	April HYAM	14 teamipswich	1:04.42	641	31.41
21.	Tamara RICHARDS	14 Mid Beds	1:04.84	630	31.21
22.	Bethany COGGINS	13 UEA Norwich	1:05.02	625	30.98
23.	Sarah SWINDELL	14 Hatfield	1:05.16	621	30.93
24.	Charley GALLAGHER	14 Southend	1:05.19	620	31.44
25.	Eleanor BEDWELL	14 Epping For't	1:05.67	608	31.66
25.	Rachel HOLLINGTON	13 Mid Beds	1:05.67	608	31.64



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27.	Holly BATEMAN	12	UEA Norwich	1:05.69	607	32.05
28.	Charlotte BLACKSLEY	13	Mid Beds	1:05.72	606	31.04
29.	Georgina FREEMAN	13	Co Peterboro	1:05.92	601	31.26
30.	Laura ADAMS	13	UEA Norwich	1:05.93	601	32.22
31.	Charlotte WADE	13	Rochford	1:06.16	595	31.76
32.	Melissa SEELEY	14	Epping For't	1:06.24	593	31.96
33.	Kerriann CHIPPERFIELD	14	Thurrock	1:06.43	588	31.11
34.	Briony LOWE	15	Lstof & OB	1:07.04	573	31.84
35.	Jennifer REDMOND	14	teamipswich	1:07.92	552	32.93

EVENT 302 Mens Open 200m Freestyle

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	
1.	Lewis COLEMAN	15	teamipswich	2:01.20	717	28.46	59.89	1:31.33
2.	Andrew BIGLEY	16	teamipswich	2:01.23	717	28.96	1:00.48	1:31.14
3.	Charles WALKER	17	Co Peterboro	2:01.26	716	28.50	59.52	1:31.39
4.	Stuart CLARKE	23	Bishop Stort	2:01.29	716	28.91	1:00.31	1:30.54
5.	Jonathan SAYER	17	Bo Southend	2:02.38	699	29.41	1:01.18	1:32.07
6.	Bret FERGUSON	20	Hatfield	2:03.67	680	29.22	1:00.57	1:32.13
7.	Dale HART	16	Kings Lynn	2:03.69	679	28.07	59.05	1:31.38
8.	Lawrence LOWMAN	18	Lstof & OB	2:04.36	670	29.00	1:00.34	1:32.19
9.	David GODRIDGE	14	Walford	2:04.39	669	28.82	1:00.35	1:33.52
10.	Luke De MOYA	16	Co Peterboro	2:04.56	667	28.06	59.75	1:32.86
11.	Troy LYNCH	16	teamipswich	2:04.84	663	27.62	58.48	1:31.94
12.	Ben DAVIES	16	Deben	2:05.00	660	29.41	1:00.37	1:32.42
13.	Thomas ROOTSEY	17	Colchester	2:05.27	656	28.46	59.79	1:32.68
14.	Thomas SUTTON	14	St Felix Sch	2:05.50	653	29.41	1:01.34	1:33.73
15.	Adam MAXWELL	16	Hatfield	2:06.17	644	29.01	1:01.78	1:34.10
16.	Christopher TAYLOR	17	teamipswich	2:06.96	633	29.30	1:01.07	1:34.21
17.	George MORRIS	16	Bo Southend	2:07.31	628	28.96	1:01.20	1:34.80
18.	Michael WHITE	15	St Felix Sch	2:07.39	627	30.50	1:03.57	1:36.17
19.	Thomas HOLLINGSWORTH	19	UEA Norwich	2:07.48	626	29.24	1:01.52	1:34.73
20.	Aaron LYNCH	13	teamipswich	2:07.73	622	29.14	1:01.57	1:35.22
21.	Michael PUGH	18	Deben	2:07.80	621	29.08	1:02.14	1:35.47
22.	Christian STOKES	14	Mid Beds	2:07.86	620	29.71	1:01.44	1:35.07
23.	Tom GILBERT	17	Chelmsford	2:08.03	618	28.90	1:00.73	1:34.07
24.	Sam HEARD	18	UEA Norwich	2:08.47	612	29.52	1:02.15	1:35.96
25.	Jack HOLLIS	13	teamipswich	2:08.63	610	30.14	1:03.16	1:36.55
25.	Lewis KING	17	Hatfield	2:08.63	610	29.04	1:01.84	1:36.17
27.	Sean TOMLIN	15	Bo Southend	2:08.96	606	28.57	1:01.83	1:36.25
28.	Jordan BATE	15	UEA Norwich	2:09.21	603	29.48	1:02.64	1:36.08
29.	Dacre CAPSTICK	13	Hatfield	2:09.28	602	30.39	1:03.39	1:36.43
30.	David KELLEWAY	14	Bishop Stort	2:09.47	599	29.03	1:02.12	1:35.76
31.	Thomas HALE	14	Brentwood	2:11.67	571	30.06	1:02.53	1:37.37
32.	Christopher BROOKS	15	Southend	2:13.00	555	29.17	1:02.39	1:37.18
33.	Alex LINES	16	Chelmsford	2:13.32	551	28.68	1:01.72	1:37.01
34.	Lewis MATTIN	17	UEA Norwich	2:13.36	551	31.31	1:05.31	1:39.82
35.	Jack ASHTON	16	Chelmsford	2:15.30	528	30.57	1:05.64	1:40.77
	Tim EVANS	15	Southend	DNC				

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	
1.	Lewis COLEMAN	15	teamipswich	2:01.20	717	28.46	59.89	1:31.33
2.	David GODRIDGE	14	Walford	2:04.39	669	28.82	1:00.35	1:33.52
3.	Thomas SUTTON	14	St Felix Sch	2:05.50	653	29.41	1:01.34	1:33.73
4.	Michael WHITE	15	St Felix Sch	2:07.39	627	30.50	1:03.57	1:36.17
5.	Aaron LYNCH	13	teamipswich	2:07.73	622	29.14	1:01.57	1:35.22
6.	Christian STOKES	14	Mid Beds	2:07.86	620	29.71	1:01.44	1:35.07
7.	Jack HOLLIS	13	teamipswich	2:08.63	610	30.14	1:03.16	1:36.55
8.	Sean TOMLIN	15	Bo Southend	2:08.96	606	28.57	1:01.83	1:36.25
9.	Jordan BATE	15	UEA Norwich	2:09.21	603	29.48	1:02.64	1:36.08
10.	Dacre CAPSTICK	13	Hatfield	2:09.28	602	30.39	1:03.39	1:36.43
11.	David KELLEWAY	14	Bishop Stort	2:09.47	599	29.03	1:02.12	1:35.76
12.	Thomas HALE	14	Brentwood	2:11.67	571	30.06	1:02.53	1:37.37
13.	Christopher BROOKS	15	Southend	2:13.00	555	29.17	1:02.39	1:37.18
	Tim EVANS	15	Southend	DNC				

EVENT 303 Womens Open 50m Breaststroke

Open Age Group

Place	Name	AaD Club	Time	GB Pts	
1.	Amy SWALLOW	16	teamipswich	35.56	716
2.	Petra CHOMICZ	17	Kings Lynn	36.11	687
3.	Zoe SMITH	13	Lstof & OB	36.67	659
4.	Louise BUSH	16	UEA Norwich	36.94	646
5.	Alyson MORAN	19	Southend	37.58	616
6.	Rachel ANDVIG	14	teamipswich	37.59	616
7.	Emma WARRINGTON	14	Hoddesdon	37.66	613
8.	Karen KWOK	16	Modernians	37.71	610
9.	Bernice EDGEWORTH	16	Bishop Stort	37.77	608
10.	Harriet LEE	16	Mid Beds	38.29	585
11.	Kaz MELVIN	16	Harlow Pen	38.32	583
12.	Sarah SWINDELL	14	Hatfield	38.55	573
13.	Chelsea PROUTEN	14	Mid Beds	38.62	570



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14. Carmen MALLET	15 Mid Beds	38.64	570
15. Charlotte OVENDEN	13 Modernians	38.74	565
16. Jodie WANT	16 Harlow Pen	39.63	529
17. Emily AUST	17 Mid Beds	39.81	522
18. Sarah BOWLING	17 Kings Lynn	45.89	333

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts
1.	Zoe SMITH	13 Lstoft & OB	36.67	659
2.	Rachel ANDVIG	14 teamipswich	37.59	616
3.	Emma WARRINGTON	14 Hoddesdon	37.66	613
4.	Sarah SWINDELL	14 Hatfield	38.55	573
5.	Chelsea PROUTEN	14 Mid Beds	38.62	570
6.	Carmen MALLET	15 Mid Beds	38.64	570
7.	Charlotte OVENDEN	13 Modernians	38.74	565

EVENT 304 Mens Open 100m Breaststroke

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50
1.	Nathan HENDERSON	15 Lstoft & OB	1:11.69	643	33.45
2.	James ALLCHORNE	18 Hatfield	1:11.98	636	33.93
3.	Bobby CAVE	17 Hatfield	1:12.47	624	34.28
4.	Lewis COLEMAN	15 teamipswich	1:12.60	621	34.14
5.	Andrew EGAN	14 Hatfield	1:12.62	620	34.02
6.	Jonathan QUINN	17 Hatfield	1:12.86	615	33.73
7.	David DOWSETT	21 Mid Beds	1:13.19	607	34.43
8.	George MORRIS	16 Bo Southend	1:14.95	567	34.97
8.	Stephen FISHER	16 Gt Yarmouth	1:14.95	567	34.97
10.	Adam MAXWELL	16 Hatfield	1:15.19	562	35.72
11.	Richard MOLLOY	17 Bishop Stort	1:15.73	551	35.44
12.	Dacre CAPSTICK	13 Hatfield	1:16.20	541	35.97
13.	Martyn BERMINGHAM	18 Hatfield	1:16.31	538	35.56
14.	Robert BALDRANCE	15 Mid Beds	1:17.00	524	36.00
15.	Christian PARKER	14 Southend	1:18.03	504	36.08
16.	Dean WOODCOCK	15 Chelmsford	1:18.16	502	37.08
17.	Aaron LYNCH	13 teamipswich	1:18.71	491	36.69

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50
1.	Nathan HENDERSON	15 Lstoft & OB	1:11.69	643	33.45
2.	Lewis COLEMAN	15 teamipswich	1:12.60	621	34.14
3.	Andrew EGAN	14 Hatfield	1:12.62	620	34.02
4.	Dacre CAPSTICK	13 Hatfield	1:16.20	541	35.97
5.	Robert BALDRANCE	15 Mid Beds	1:17.00	524	36.00
6.	Christian PARKER	14 Southend	1:18.03	504	36.08
7.	Dean WOODCOCK	15 Chelmsford	1:18.16	502	37.08
8.	Aaron LYNCH	13 teamipswich	1:18.71	491	36.69

EVENT 305 Womens Open 400m IM (Timed Final)

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	200	250	300	350
1.	Anne BOCHMANN	14 UEA Norwich	4:56.92	838	32.27	1:08.64	1:47.60	2:23.79	3:06.62	3:49.17	4:24.34
2.	Ellis JACKSON	13 St Felix Sch	4:57.79	832	31.48	1:07.98	1:46.21	2:23.46	3:07.02	3:50.51	4:24.97
3.	Sophie CHAMBERLAIN	15 Lstoft & OB	5:16.32	713	33.16	1:12.51	1:53.87	2:33.88	3:18.78	4:04.47	4:41.18
4.	Bethany COGGINS	13 UEA Norwich	5:18.52	700	33.16	1:10.91	1:53.87	2:34.85	3:20.94	4:07.18	4:43.08
5.	Chloe PELLICAN	15 UEA Norwich	5:22.49	677	33.41	1:12.78	1:55.82	2:35.77	3:21.45	4:07.85	4:46.47
6.	Heather RODWELL	13 teamipswich	5:22.54	677	36.51	1:18.12	1:59.71	2:40.42	3:24.72	4:10.07	4:47.72
7.	Rebecca WHITE	14 St Felix Sch	5:23.17	673	35.34	1:16.24	1:57.95	2:38.66	3:24.97	4:11.93	4:48.61
8.	Laura ADAMS	13 UEA Norwich	5:24.36	666	34.85	1:14.97	1:56.97	2:37.32	3:25.44	4:13.06	4:49.68
9.	Jessica RALFS	14 UEA Norwich	5:24.69	664	34.52	1:13.12	1:56.45	2:37.83	3:26.16	4:12.88	4:50.09
10.	Carolyn ASTBURY	15 Watford	5:25.63	659	34.27	1:13.61	1:55.63	2:36.53	3:23.90	4:12.41	4:49.62
11.	Charlotte HICKS	11 St Felix Sch	5:30.81	631	35.30	1:16.05	1:58.55	2:40.28	3:27.21	4:15.55	4:53.61
12.	Charlotte DELICATA	15 Thurrock	5:31.62	627	35.43	1:17.46	1:59.43	2:40.40	3:27.93	4:15.89	4:54.47
13.	Georgina FREEMAN	13 Co Peterboro	5:46.26	555	36.09	1:20.65	2:05.48	2:48.19	3:39.41	4:29.41	5:08.33
14.	Holly BATEMAN	12 UEA Norwich	5:54.52	518	37.52	1:23.05	2:07.97	2:51.09	3:44.07	4:37.47	5:17.00

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	200	250	300	350
1.	Anne BOCHMANN	14 UEA Norwich	4:56.92	838	32.27	1:08.64	1:47.60	2:23.79	3:06.62	3:49.17	4:24.34
2.	Ellis JACKSON	13 St Felix Sch	4:57.79	832	31.48	1:07.98	1:46.21	2:23.46	3:07.02	3:50.51	4:24.97
3.	Jessica FORD	17 Thurrock	5:14.93	721	34.28	1:14.53	1:55.79	2:35.85	3:20.17	4:05.27	4:40.63
4.	Sophie CHAMBERLAIN	15 Lstoft & OB	5:16.32	713	33.16	1:12.51	1:53.87	2:33.88	3:18.78	4:04.47	4:41.18
5.	Bethany COGGINS	13 UEA Norwich	5:18.52	700	33.16	1:10.91	1:53.87	2:34.85	3:20.94	4:07.18	4:43.08
6.	Chloe PELLICAN	15 UEA Norwich	5:22.49	677	33.41	1:12.78	1:55.82	2:35.77	3:21.45	4:07.85	4:46.47
7.	Heather RODWELL	13 teamipswich	5:22.54	677	36.51	1:18.12	1:59.71	2:40.42	3:24.72	4:10.07	4:47.72
8.	Hannah RAINE	17 Mid Beds	5:22.59	676	33.75	1:13.60	1:55.49	2:37.15	3:22.82	4:09.75	4:47.41
9.	Rebecca WHITE	14 St Felix Sch	5:23.17	673	35.34	1:16.24	1:57.95	2:38.66	3:24.97	4:11.93	4:48.61
10.	Laura ADAMS	13 UEA Norwich	5:24.36	666	34.85	1:14.97	1:56.97	2:37.32	3:25.44	4:13.06	4:49.68
11.	Jessica RALFS	14 UEA Norwich	5:24.69	664	34.52	1:13.12	1:56.45	2:37.83	3:26.16	4:12.88	4:50.09
12.	Carolyn ASTBURY	15 Watford	5:25.63	659	34.27	1:13.61	1:55.63	2:36.53	3:23.90	4:12.41	4:49.62
13.	Charlotte HICKS	11 St Felix Sch	5:30.81	631	35.30	1:16.05	1:58.55	2:40.28	3:27.21	4:15.55	4:53.61
14.	Charlotte DELICATA	15 Thurrock	5:31.62	627	35.43	1:17.46	1:59.43	2:40.40	3:27.93	4:15.89	4:54.47
15.	Georgina FREEMAN	13 Co Peterboro	5:46.26	555	36.09	1:20.65	2:05.48	2:48.19	3:39.41	4:29.41	5:08.33
16.	Holly BATEMAN	12 UEA Norwich	5:54.52	518	37.52	1:23.05	2:07.97	2:51.09	3:44.07	4:37.47	5:17.00
	Claire BARRON	16 UEA Norwich	DNC								



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EVENT 306 Mens Open 100m Butterfly

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50
1.	Mark STEVENS	17 Deben	1:00.66	672	28.60
2.	Jonathan QUINN	17 Hatfield	1:00.93	663	28.46
3.	James SUTHERLAND	15 Hatfield	1:01.52	646	28.31
4.	Lewis COLEMAN	15 teamipswich	1:01.80	638	29.20
5.	Thomas ROOTSEY	17 Colchester	1:02.09	630	29.17
6.	Andrew BIGLEY	16 teamipswich	1:02.15	628	29.50
7.	Thomas HOLLINGSWORTH	19 UEA Norwich	1:02.87	609	29.46
8.	Christopher SMITH	18 Lstoft & OB	1:03.33	596	28.99
9.	Mark LEAMON	20 UEA Norwich	1:03.51	591	29.28
10.	William BLACKABY	14 Stowmarket	1:03.99	579	30.10
11.	Adam INGLEDEW	14 Mid Beds	1:04.50	566	29.68
12.	Adam JAMIESON	17 Mildenhall	1:04.75	560	29.44
13.	Troy LYNCH	16 teamipswich	1:04.87	557	30.24
14.	Lewis KING	17 Hatfield	1:05.29	546	31.02
15.	Andrew WHEELER	21 Modernians	1:06.18	525	30.27
16.	Michael WHITE	15 St Felix Sch	1:06.58	516	31.27
17.	Tristan HAMPSON	19 Modernians	1:06.66	514	30.77
18.	Sam HEARD	18 UEA Norwich	1:06.84	510	31.60
19.	Ellis GINGELL	19 Modernians	1:08.27	478	31.18
	Stuart CLARKE	23 Bishop Stort	DQ	SL-	

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50
1.	James SUTHERLAND	15 Hatfield	1:01.52	646	28.31
2.	Lewis COLEMAN	15 teamipswich	1:01.80	638	29.20
3.	William BLACKABY	14 Stowmarket	1:03.99	579	30.10
4.	Adam INGLEDEW	14 Mid Beds	1:04.50	566	29.68
5.	Michael WHITE	15 St Felix Sch	1:06.58	516	31.27

EVENT 307 Womens Open 100m Backstroke

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50
1.	Ellis JACKSON	13 St Felix Sch	1:09.18	712	33.88
2.	Laura INGLESON	16 UEA Norwich	1:09.45	704	33.85
3.	Lucy CHARLES	14 Hoddesdon	1:09.51	703	33.87
4.	Harriet BRETTL	15 Mid Beds	1:09.66	699	34.30
5.	Natasha BROWN	17 Hatfield	1:09.92	692	33.65
6.	Alex HUSTON	15 St Felix Sch	1:10.38	680	35.25
7.	Christine TOOKE	17 Co Peterboro	1:10.41	679	34.71
8.	Hazel PICKFORD	14 Hatfield	1:10.75	670	34.36
9.	Anne BOCHMANN	14 UEA Norwich	1:11.11	661	34.46
9.	Rebecca READER	15 teamipswich	1:11.11	661	34.49
11.	Charlotte TAYLOR	14 teamipswich	1:11.17	659	35.43
12.	Ruby GROOME	16 Harlow Pen	1:12.12	636	35.03
13.	Cahrlotte BECK	13 Mid Beds	1:12.22	634	34.97
14.	Coral YOUNG	14 teamipswich	1:12.25	633	
15.	Verity GOODEY	15 Southend	1:12.28	632	35.46
16.	Robyn BALL	15 St Felix Sch	1:13.17	611	35.78
17.	Annie GROOME	14 Harlow Pen	1:13.69	599	
18.	Charlotte BLACKSLEY	13 Mid Beds	1:13.78	597	35.28
19.	Charlotte WADE	13 Rochford	1:14.19	588	35.92
20.	Grace WILLIAMS	14 teamipswich	1:17.03	527	36.69
21.	Rachel HOLLINGTON	13 Mid Beds	1:17.19	524	37.41

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50
1.	Ellis JACKSON	13 St Felix Sch	1:09.18	712	33.88
2.	Lucy CHARLES	14 Hoddesdon	1:09.51	703	33.87
3.	Harriet BRETTL	15 Mid Beds	1:09.66	699	34.30
4.	Alex HUSTON	15 St Felix Sch	1:10.38	680	35.25
5.	Hazel PICKFORD	14 Hatfield	1:10.75	670	34.36
6.	Anne BOCHMANN	14 UEA Norwich	1:11.11	661	34.46
6.	Rebecca READER	15 teamipswich	1:11.11	661	34.49
8.	Charlotte TAYLOR	14 teamipswich	1:11.17	659	35.43
9.	Cahrlotte BECK	13 Mid Beds	1:12.22	634	34.97
10.	Coral YOUNG	14 teamipswich	1:12.25	633	
11.	Verity GOODEY	15 Southend	1:12.28	632	35.46
12.	Robyn BALL	15 St Felix Sch	1:13.17	611	35.78
13.	Annie GROOME	14 Harlow Pen	1:13.69	599	
14.	Charlotte BLACKSLEY	13 Mid Beds	1:13.78	597	35.28
15.	Charlotte WADE	13 Rochford	1:14.19	588	35.92
16.	Grace WILLIAMS	14 teamipswich	1:17.03	527	36.69
17.	Rachel HOLLINGTON	13 Mid Beds	1:17.19	524	37.41



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EVENT 308 Mens Open 50m Backstroke

Open Age Group

Place	Name	AaD Club	Time	GB Pts
1.	Richard HARRIS	17 St Felix Sch	28.75	718
2.	John SARGENT	21 Hatfield	29.13	693
3.	James CARLINE	17 Modernians	29.80	652
4.	Charles WALKER	17 Co Peterboro	29.84	650
5.	Victor LAM	17 Colchester	30.02	639
6.	Craig ROSS	15 Bishop Stort	30.60	606
7.	Mark LEAMON	20 UEA Norwich	30.82	594
8.	Stephen FISHER	16 Gt Yarmouth	30.83	593
9.	Sean TOMLIN	15 Bo Southend	30.94	587
10.	David CURTIS	17 St Neots Swa	31.05	581
11.	Adam INGLEDEW	14 Mid Beds	31.06	581
12.	Paul TITTLE	18 Mid Beds	31.22	572
13.	Tom GILBERT	17 Chelmsford	31.38	564
14.	Adam JAMIESON	17 Mildenhall	31.43	562
15.	Luke De MOYA	16 Co Peterboro	31.82	542
16.	David MIDDLETON	15 St Neots Swa	32.33	517
17.	Christopher FOSTER	18 Bishop Stort	36.69	347

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts
1.	Craig ROSS	15 Bishop Stort	30.60	606
2.	Sean TOMLIN	15 Bo Southend	30.94	587
3.	Adam INGLEDEW	14 Mid Beds	31.06	581
4.	David MIDDLETON	15 St Neots Swa	32.33	517

EVENT 309 Womens Open 200m Butterfly

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150
1.	Katie AMBRIDGE	17 Hatfield	2:24.61	720	32.62	1:08.74	1:46.01
2.	Hannah JOHN	16 Kings Lynn	2:27.57	683	33.00	1:09.65	1:48.40
3.	Bethany COGGINS	13 UEA Norwich	2:28.39	672	34.37	1:11.82	1:50.57
4.	Anne BOCHMANN	14 UEA Norwich	2:28.58	670	33.36	1:11.61	1:50.33
5.	Molly EPSLY	14 Thurrock	2:28.94	666	33.66	1:11.60	1:50.72
6.	Abigail SAYER	13 Thurrock	2:29.02	665	33.96	1:11.70	1:50.61
7.	Megan LANGRIDGE	14 Thurrock	2:29.86	655	34.75	1:12.31	1:50.97
8.	Ellis JACKSON	13 St Felix Sch	2:31.99	630	33.39	1:11.71	1:51.51
9.	Catherine HICKS	15 St Felix Sch	2:33.70	610	34.45	1:12.24	1:51.80
10.	Laura ADAMS	13 UEA Norwich	2:34.64	600	34.98	1:15.42	1:54.93
11.	Chloe PELLICAN	15 UEA Norwich	2:35.09	595	34.64	1:14.86	1:56.18
12.	Jessica RALFS	14 UEA Norwich	2:35.55	590	35.46	1:15.35	1:56.54
13.	Charlotte HICKS	11 St Felix Sch	2:42.30	522	36.39	1:18.27	2:00.22

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150
1.	Bethany COGGINS	13 UEA Norwich	2:28.39	672	34.37	1:11.82	1:50.57
2.	Anne BOCHMANN	14 UEA Norwich	2:28.58	670	33.36	1:11.61	1:50.33
3.	Molly EPSLY	14 Thurrock	2:28.94	666	33.66	1:11.60	1:50.72
4.	Abigail SAYER	13 Thurrock	2:29.02	665	33.96	1:11.70	1:50.61
5.	Megan LANGRIDGE	14 Thurrock	2:29.86	655	34.75	1:12.31	1:50.97
6.	Ellis JACKSON	13 St Felix Sch	2:31.99	630	33.39	1:11.71	1:51.51
7.	Catherine HICKS	15 St Felix Sch	2:33.70	610	34.45	1:12.24	1:51.80
8.	Laura ADAMS	13 UEA Norwich	2:34.64	600	34.98	1:15.42	1:54.93
9.	Chloe PELLICAN	15 UEA Norwich	2:35.09	595	34.64	1:14.86	1:56.18
10.	Jessica RALFS	14 UEA Norwich	2:35.55	590	35.46	1:15.35	1:56.54
11.	Charlotte HICKS	11 St Felix Sch	2:42.30	522	36.39	1:18.27	2:00.22

EVENT 310 Mens Open 200m IM

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150
1.	Lewis COLEMAN	15 teamipswich	2:14.86	731	29.43	1:04.57	1:44.07
2.	Bobby CAVE	17 Hatfield	2:17.50	695	29.85	1:04.29	1:44.70
3.	George SCOTHERN	16 Brentwood	2:17.78	691	29.39	1:05.26	1:45.47
4.	James ALLCHORNE	18 Hatfield	2:20.32	658	30.46	1:07.65	1:47.80
5.	Thomas ROOTSEY	17 Colchester	2:20.39	657	30.09	1:05.14	1:48.64
6.	Jonathan QUINN	17 Hatfield	2:20.58	654	29.46	1:05.44	1:45.50
7.	Dale HART	16 Kings Lynn	2:21.46	643	29.82	1:07.43	1:49.69
8.	Martyn BERMINGHAM	18 Hatfield	2:21.64	641	29.54	1:06.39	1:48.10
9.	Charles WALKER	17 Co Peterboro	2:21.65	641	29.46	1:06.37	1:49.22
10.	Richard MOLLOY	17 Bishop Stort	2:21.75	640	30.17	1:05.34	1:47.90
11.	Andrew BIGLEY	16 teamipswich	2:21.92	638	30.36	1:06.67	1:49.32
12.	David GODRIDGE	14 Watford	2:22.07	636	30.45	1:08.64	1:50.79
13.	Thomas FREEMAN	15 Co Peterboro	2:22.67	628	32.00	1:07.69	1:50.34
14.	Jonathan SAYER	17 Bo Southend	2:23.85	614	30.58	1:08.40	1:52.63
15.	Thomas HOLLINGSWORTH	19 UEA Norwich	2:23.94	613	29.10	1:05.63	1:49.81
16.	Dean WOODCOCK	15 Chelmsford	2:24.16	610	31.11	1:09.06	1:51.56
17.	David KELLEWAY	14 Bishop Stort	2:24.72	604	31.26	1:06.90	1:51.69
18.	Michael PUGH	18 Deben	2:24.75	604	30.35	1:09.76	1:51.65



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19.	Lewis KING	17	Hatfield	2:25.59	594	31.30	1:09.62	1:52.71
20.	Ben DAVIES	16	Deben	2:27.47	572	30.92	1:08.21	1:53.95
21.	George MORRIS	16	Bo Southend	2:29.50	550	30.86	1:10.40	1:54.12
15 Yrs/Under Age Group								
Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Lewis COLEMAN	15	teamipswich	2:14.86	731	29.43	1:04.57	1:44.07
2.	David GODDRIDGE	14	Watford	2:22.07	636	30.45	1:08.64	1:50.79
3.	Thomas FREEMAN	15	Co Peterboro	2:22.67	628	32.00	1:07.69	1:50.34
4.	Dean WOODCOCK	15	Chelmsford	2:24.16	610	31.11	1:09.06	1:51.56
5.	David KELLEWAY	14	Bishop Stort	2:24.72	604	31.26	1:06.90	1:51.69

EVENT 311 Womens Open 400m Freestyle (Timed Final)

15 Yrs/Under Age Group												
Place	Name	AaD	Club	Time	GB Pts	50	100	150	200	250	300	350
1.	Anne BOCHMANN	14	UEA Norwich	4:30.69	790	31.36	1:05.00	1:39.43	2:13.76	2:48.70	3:23.73	3:57.94
2.	Harriet BRETTE	15	Mid Beds	4:37.75	740	31.67	1:06.97	1:42.30	2:17.66	2:53.08	3:28.36	4:03.39
3.	Lucy CHARLES	14	Hoddesdon	4:37.81	739	31.93	1:06.58	1:42.06	2:17.42	2:53.44	3:29.24	4:04.43
4.	Charlotte CLARIDGE	13	Hatfield	4:41.14	716	32.14	1:06.82	1:42.10	2:17.72	2:53.54	3:29.53	4:05.73
5.	Ellis JACKSON	13	St Felix Sch	4:41.50	714	31.58	1:06.29	1:41.63	2:17.52	2:53.50	3:29.71	4:05.82
6.	Sophie CHAMBERLAIN	15	Lstof & OB	4:41.94	711	31.60	1:07.30	1:43.61	2:19.46	2:55.01	3:31.33	4:07.49
7.	Georgina HUNT	15	Thurrock	4:42.69	706	32.40	1:07.73	1:43.43	2:19.66	2:55.63	3:31.76	4:07.80
8.	Alice TENNANT	14	Deben	4:46.02	684	31.80	1:07.39	1:43.64	2:20.40	2:57.19	3:34.58	4:10.88
9.	Laura ADAMS	13	UEA Norwich	4:46.90	679	32.73	1:09.24	1:45.81	2:22.45	2:58.74	3:35.21	4:11.18
10.	Yasmin BITHREY	13	Mid Beds	4:47.94	672	32.65	1:09.26	1:46.11	2:23.26	2:59.89	3:37.02	4:13.31
11.	Fenella FOSKETT	15	Deben	4:48.67	668	33.11	1:09.10	1:46.36	2:23.93	3:01.10	3:38.41	4:15.00
12.	Cahrlotte BECK	13	Mid Beds	4:49.00	666	32.68	1:09.08	1:45.93	2:23.41	3:01.03	3:38.58	4:15.18
13.	Danielle SAYER	13	Thurrock	4:49.02	665	33.50	1:10.29	1:47.32	2:24.15	3:00.61	3:37.33	4:13.42
14.	Charlotte BLACKSLEY	13	Mid Beds	4:53.27	639	33.06	1:09.18	1:47.30	2:24.36	3:02.32	3:39.76	4:18.25
15.	Carolyn ASTBURY	15	Watford	4:53.35	639	33.08	1:08.37	1:45.13	2:21.96	2:58.99	3:36.34	4:13.64
16.	Hazel PICKFORD	14	Hatfield	4:54.00	635	33.35	1:09.65	1:46.60	2:23.97	3:00.75	3:37.28	4:13.87
16.	Alice MARCHANT	14	Mid Beds	4:54.00	635	33.70	1:10.33	1:47.74	2:25.55	3:02.98	3:40.74	4:18.11
18.	Eleanor NEWELL	14	Kings Lynn	4:56.39	621	33.22	1:09.35	1:46.76	2:24.50	3:02.65	3:41.13	4:19.69
19.	Jennifer REDMOND	14	teamipswich	4:57.03	617	33.45	1:10.51	1:48.62	2:26.56	3:04.13	3:42.46	4:20.41
20.	Rebecca WHITE	14	St Felix Sch	4:57.33	615	33.36	1:10.52	1:48.17	2:26.11	3:04.01	3:42.50	4:19.97
20.	Rachel ANDVIG	14	teamipswich	4:57.33	615	33.75	1:10.40	1:47.49	2:25.03	3:01.80	3:39.28	4:15.63
22.	Georgina FREEMAN	13	Co Peterboro	4:57.52	614	33.18	1:10.62	1:48.40	2:26.37	3:04.73	3:42.97	4:21.22
23.	Charley GALLAGHER	14	Southend	5:01.02	595	33.66	1:11.10	1:49.46	2:28.51	3:07.12	3:45.73	4:24.43
24.	Gabrielle BRASIER	14	UEA Norwich	5:04.38	576	34.21	1:11.18	1:49.65	2:28.62	3:08.00	3:46.84	4:26.27
25.	Holly BATEMAN	12	UEA Norwich	5:04.62	575	33.91	1:12.03	1:50.67	2:30.05	3:09.40	3:48.25	4:27.26
	Briony LOWE	15	Lstof & OB	DNC								

Open Age Group												
Place	Name	AaD	Club	Time	GB Pts	50	100	150	200	250	300	350
1.	Anne BOCHMANN	14	UEA Norwich	4:30.69	790	31.36	1:05.00	1:39.43	2:13.76	2:48.70	3:23.73	3:57.94
2.	Harriet BRETTE	15	Mid Beds	4:37.75	740	31.67	1:06.97	1:42.30	2:17.66	2:53.08	3:28.36	4:03.39
3.	Lucy CHARLES	14	Hoddesdon	4:37.81	739	31.93	1:06.58	1:42.06	2:17.42	2:53.44	3:29.24	4:04.43
4.	Charlotte CLARIDGE	13	Hatfield	4:41.14	716	32.14	1:06.82	1:42.10	2:17.72	2:53.54	3:29.53	4:05.73
5.	Ellis JACKSON	13	St Felix Sch	4:41.50	714	31.58	1:06.29	1:41.63	2:17.52	2:53.50	3:29.71	4:05.82
6.	Sophie CHAMBERLAIN	15	Lstof & OB	4:41.94	711	31.60	1:07.30	1:43.61	2:19.46	2:55.01	3:31.33	4:07.49
7.	Georgina HUNT	15	Thurrock	4:42.69	706	32.40	1:07.73	1:43.43	2:19.66	2:55.63	3:31.76	4:07.80
8.	Laura INGLES	16	UEA Norwich	4:44.73	693	32.02	1:06.92	1:42.90	2:19.30	2:55.69	3:32.18	4:08.81
9.	Shannon HARROLD	16	Thurrock	4:45.16	690	32.94	1:08.38	1:44.48	2:20.53	2:56.75	3:33.13	4:09.33
10.	Alice TENNANT	14	Deben	4:46.02	684	31.80	1:07.39	1:43.64	2:20.40	2:57.19	3:34.58	4:10.88
11.	Laura ADAMS	13	UEA Norwich	4:46.90	679	32.73	1:09.24	1:45.81	2:22.45	2:58.74	3:35.21	4:11.18
12.	Yasmin BITHREY	13	Mid Beds	4:47.94	672	32.65	1:09.26	1:46.11	2:23.26	2:59.89	3:37.02	4:13.31
13.	Fenella FOSKETT	15	Deben	4:48.67	668	33.11	1:09.10	1:46.36	2:23.93	3:01.10	3:38.41	4:15.00
14.	Cahrlotte BECK	13	Mid Beds	4:49.00	666	32.68	1:09.08	1:45.93	2:23.41	3:01.03	3:38.58	4:15.18
15.	Danielle SAYER	13	Thurrock	4:49.02	665	33.50	1:10.29	1:47.32	2:24.15	3:00.61	3:37.33	4:13.42
16.	Louise KENDALL	17	Harlow Pen	4:52.41	645	32.66	1:08.38	1:45.02	2:22.04	2:59.25	3:37.17	4:15.55
17.	Charlotte BLACKSLEY	13	Mid Beds	4:53.27	639	33.06	1:09.18	1:47.30	2:24.36	3:02.32	3:39.76	4:18.25
18.	Carolyn ASTBURY	15	Watford	4:53.35	639	33.08	1:08.37	1:45.13	2:21.96	2:58.99	3:36.34	4:13.64
19.	Hannah MOUNSEY	16	Kings Lynn	4:53.80	636	31.83	1:07.92	1:45.48	2:24.27	3:02.04	3:39.80	4:17.90
20.	Emma BACKHURST	16	Thurrock	4:53.90	636	34.13	1:11.65	1:49.18	2:26.71	3:03.62	3:41.11	4:18.12
21.	Hazel PICKFORD	14	Hatfield	4:54.00	635	33.35	1:09.65	1:46.60	2:23.97	3:00.75	3:37.28	4:13.87
21.	Alice MARCHANT	14	Mid Beds	4:54.00	635	33.70	1:10.33	1:47.74	2:25.55	3:02.98	3:40.74	4:18.11
23.	Eleanor NEWELL	14	Kings Lynn	4:56.39	621	33.22	1:09.35	1:46.76	2:24.50	3:02.65	3:41.13	4:19.69
24.	Jennifer REDMOND	14	teamipswich	4:57.03	617	33.45	1:10.51	1:48.62	2:26.56	3:04.13	3:42.46	4:20.41
25.	Rebecca WHITE	14	St Felix Sch	4:57.33	615	33.36	1:10.52	1:48.17	2:26.11	3:04.01	3:42.50	4:19.97
25.	Rachel ANDVIG	14	teamipswich	4:57.33	615	33.75	1:10.40	1:47.49	2:25.03	3:01.80	3:39.28	4:15.63
27.	Georgina FREEMAN	13	Co Peterboro	4:57.52	614	33.18	1:10.62	1:48.40	2:26.37	3:04.73	3:42.97	4:21.22
28.	Charley GALLAGHER	14	Southend	5:01.02	595	33.66	1:11.10	1:49.46	2:28.51	3:07.12	3:45.73	4:24.43
29.	Gabrielle BRASIER	14	UEA Norwich	5:04.38	576	34.21	1:11.18	1:49.65	2:28.62	3:08.00	3:46.84	4:26.27
30.	Holly BATEMAN	12	UEA Norwich	5:04.62	575	33.91	1:12.03	1:50.67	2:30.05	3:09.40	3:48.25	4:27.26
31.	Sarah BOWLING	17	Kings Lynn	5:46.16	389	39.87	1:22.40	2:06.71	2:51.26	3:36.39	4:20.43	5:04.28
	Briony LOWE	15	Lstof & OB	DNC								



ASA East Region 2007 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
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EVENT 312 Mens Open 50m Freestyle

Open Age Group

Place	Name	AaD Club	Time	GB Pts
1.	James LAWTON	20 UEA Norwich	24.58	752
2.	Charles WALKER	17 Co Peterboro	25.28	699
3.	Daniel HUNT	19 Chelmsford	25.34	694
4.	Stuart KIRK	19 Modernians	25.45	686
5.	Shaun HARRISON	28 Stowmarket	25.52	681
6.	David GODRIDGE	14 Watford	25.60	676
7.	Christopher SMITH	18 Lstof & OB	25.63	673
8.	David HARRISON	21 Stowmarket	25.67	671
9.	Bret FERGUSON	20 Hatfield	25.82	660
10.	Matthew KING	16 Hatfield	25.95	651
11.	Troy LYNCH	16 teamipswich	25.98	649
11.	Adam INGLEDEW	14 Mid Beds	25.98	649
11.	Martyn BERMINGHAM	18 Hatfield	25.98	649
14.	Luke De MOYA	16 Co Peterboro	26.01	647
15.	Dale HART	16 Kings Lynn	26.02	646
16.	Adam DUSZYNSKI	18 Stowmarket	26.22	633
17.	Adam MAXWELL	16 Hatfield	26.24	632
18.	Stuart CLARKE	23 Bishop Stort	26.25	631
19.	Richard HARRIS	17 St Felix Sch	26.29	628
20.	Chris BRADBURY	15 Mid Beds	26.40	621
21.	Craig ROSS	15 Bishop Stort	26.43	619
22.	James SUTHERLAND	15 Hatfield	26.48	616
23.	Aaron LYNCH	13 teamipswich	26.56	611
24.	Jonathan SAYER	17 Bo Southend	26.67	604
25.	Richard MOLLOY	17 Bishop Stort	26.71	601
26.	Christopher TAYLOR	17 teamipswich	26.89	590
27.	George MORRIS	16 Bo Southend	27.12	576
27.	Ellis GINGELL	19 Modernians	27.12	576
29.	Nathan HENDERSON	15 Lstof & OB	27.22	570
30.	Andrew WHEELER	21 Modernians	27.24	568
30.	George BARTLE	13 teamipswich	27.24	568
32.	Dean WOODCOCK	15 Chelmsford	27.29	565
33.	Matthew NAUNTON	15 Deben	27.30	565
34.	Ryan DEAL	18 Sudbury	27.36	561
35.	Adam JAMIESON	17 Mildenhall	27.39	559
36.	Benjamin MASON	15 Hoddesdon	27.47	555
37.	Mathew JONES	19 Mildenhall	27.61	547
38.	Alex FRANCEY	15 Harlow Pen	27.63	546
39.	David THOMAS	20 UEA Norwich	27.66	544
40.	Thomas SUTTON	14 St Felix Sch	27.67	543
41.	Jason RODD	14 teamipswich	27.76	538
42.	Jack ASHTON	16 Chelmsford	27.85	533
43.	Michael WHITE	15 St Felix Sch	27.86	532
44.	Tristan HAMPSON	19 Modernians	28.10	519
45.	Christopher FOSTER	18 Bishop Stort	30.56	401
	Paul READER	19 UEA Norwich	DNC	

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts
1.	David GODRIDGE	14 Watford	25.60	676
2.	Adam INGLEDEW	14 Mid Beds	25.98	649
3.	Chris BRADBURY	15 Mid Beds	26.40	621
4.	Craig ROSS	15 Bishop Stort	26.43	619
5.	James SUTHERLAND	15 Hatfield	26.48	616
6.	Aaron LYNCH	13 teamipswich	26.56	611
7.	Nathan HENDERSON	15 Lstof & OB	27.22	570
8.	George BARTLE	13 teamipswich	27.24	568
9.	Dean WOODCOCK	15 Chelmsford	27.29	565
10.	Matthew NAUNTON	15 Deben	27.30	565
11.	Benjamin MASON	15 Hoddesdon	27.47	555
12.	Alex FRANCEY	15 Harlow Pen	27.63	546
13.	Thomas SUTTON	14 St Felix Sch	27.67	543
14.	Jason RODD	14 teamipswich	27.76	538
15.	Michael WHITE	15 St Felix Sch	27.86	532

EVENT 313 Womens Open 200m Breaststroke

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150
1.	Alexandra HARRISON	13 St Felix Sch	2:41.14	758	36.36	1:17.63	1:59.92
2.	Anne BOCHMANN	14 UEA Norwich	2:46.77	692	38.77	1:21.85	2:04.73
3.	Petra CHOMICZ	17 Kings Lynn	2:48.76	671	38.22	1:21.13	2:04.40
4.	Claire BARRON	16 UEA Norwich	2:50.53	652	38.64	1:21.98	2:05.90
5.	Amy SWALLOW	16 teamipswich	2:50.55	652	38.71	1:22.42	2:07.06
6.	Heather RODWELL	13 teamipswich	2:51.80	639	39.79	1:23.55	2:08.09
7.	Christine TOOKE	17 Co Peterboro	2:53.86	618	39.93	1:24.57	2:09.78
8.	Chloe PELLICAN	15 UEA Norwich	2:54.00	617	40.50	1:25.14	2:10.38
9.	Bethany COGGINS	13 UEA Norwich	2:54.28	614	40.75	1:25.76	2:10.52
10.	Bernice EDGEWORTH	16 Bishop Stort	2:54.84	608	39.54	1:23.53	2:08.99



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11.	Emma WARRINGTON	14	Hoddesdon	2:55.69	600	41.02	1:25.94	2:12.27
12.	Alyson MORAN	19	Southend	3:03.54	529	40.20	1:26.07	2:14.35
13.	Charlotte DELICATA	15	Thurrock	3:10.29	475	43.30	1:31.26	2:20.75
15 Yrs/Under Age Group								
Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Alexandra HARRISON	13	St Felix Sch	2:41.14	758	36.36	1:17.63	1:59.92
2.	Anne BOCHMANN	14	UEA Norwich	2:46.77	692	38.77	1:21.85	2:04.73
3.	Heather RODWELL	13	teamipswich	2:51.80	639	39.79	1:23.55	2:08.09
4.	Chloe PELLICAN	15	UEA Norwich	2:54.00	617	40.50	1:25.14	2:10.38
5.	Bethany COGGINS	13	UEA Norwich	2:54.28	614	40.75	1:25.76	2:10.52
6.	Emma WARRINGTON	14	Hoddesdon	2:55.69	600	41.02	1:25.94	2:12.27
7.	Charlotte DELICATA	15	Thurrock	3:10.29	475	43.30	1:31.26	2:20.75

EVENT 314 Mens Open 200m Backstroke

Open Age Group								
Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	John SARGENT	21	Hatfield	2:14.74	700	31.60	1:06.04	1:40.48
2.	Jonathan QUINN	17	Hatfield	2:16.26	679	32.09	1:06.54	1:41.53
3.	David KELLEWAY	14	Bishop Stort	2:18.39	651	33.03	1:08.06	1:43.37
4.	Victor LAM	17	Colchester	2:19.46	638	33.22	1:08.94	1:44.28
5.	George SCOTHERN	16	Brentwood	2:20.97	619	33.10	1:08.72	1:45.24
6.	Thomas ROOTSEY	17	Colchester	2:21.90	608	32.59	1:08.53	1:45.65
7.	Sean TOMLIN	15	Bo Southend	2:22.03	606	33.63	1:09.83	1:46.17
8.	Tom GILBERT	17	Chelmsford	2:22.18	604	33.63	1:09.64	1:46.17
9.	James CARLINE	17	Modernians	2:23.79	585	33.29	1:09.98	1:46.83
10.	Paul TITLEY	18	Mid Beds	2:24.36	579	33.28	1:09.24	1:46.64
11.	David THOMAS	20	UEA Norwich	2:34.13	477	35.65	1:14.90	1:55.55
15 Yrs/Under Age Group								
Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	David KELLEWAY	14	Bishop Stort	2:18.39	651	33.03	1:08.06	1:43.37
2.	Sean TOMLIN	15	Bo Southend	2:22.03	606	33.63	1:09.83	1:46.17

EVENT 315 Womens Open 50m Butterfly

Open Age Group					
Place	Name	AaD	Club	Time	GB Pts
1.	Rebecca WARNER	18	Modernians	29.34	761
2.	Zoe CRAY	33	teamipswich	29.59	744
3.	Verity GOODEY	15	Southend	30.01	717
4.	Katie AMBRIDGE	17	Hatfield	30.69	676
5.	Hannah JOHN	16	Kings Lynn	30.73	673
6.	Rachael GEORGE	17	Hatfield	30.88	664
6.	Bethany COGGINS	13	UEA Norwich	30.88	664
8.	Samantha BERRY	17	teamipswich	31.23	644
9.	Charlotte WADE	13	Rochford	31.81	612
10.	Rebecca WETTEN	14	St Felix Sch	31.84	611
11.	Ruby GROOME	16	Harlow Pen	31.96	604
12.	Alexandra SEAL	16	teamipswich	32.15	594
13.	Jessica HUGGETT	16	Bishop Stort	32.16	594
14.	Hannah MOUNSEY	16	Kings Lynn	32.36	583
15.	Catherine MARKWELL	26	UEA Norwich	32.40	581
16.	Fenella FOSKETT	15	Deben	32.63	570
17.	Emily PRIOR	16	Deben	32.69	567
18.	Louise KING	16	Mid Beds	32.70	566
19.	Sophie POOLE	17	teamipswich	32.85	559
20.	Sarah SWINDELL	14	Hatfield	32.96	553
21.	Helen BALDRANCE	18	Mid Beds	32.97	553
22.	Jennifer REDMOND	14	teamipswich	33.34	535
23.	Alyson MORAN	19	Southend	33.86	511
24.	Sarah BOWLING	17	Kings Lynn	39.41	314
	Elizabeth BELLINGER	29	Bishop Stort	DNC	
15 Yrs/Under Age Group					
Place	Name	AaD	Club	Time	GB Pts
1.	Verity GOODEY	15	Southend	30.01	717
2.	Bethany COGGINS	13	UEA Norwich	30.88	664
3.	Charlotte WADE	13	Rochford	31.81	612
4.	Rebecca WETTEN	14	St Felix Sch	31.84	611
5.	Fenella FOSKETT	15	Deben	32.63	570
6.	Sarah SWINDELL	14	Hatfield	32.96	553
7.	Jennifer REDMOND	14	teamipswich	33.34	535



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EVENT 316 Mens/Womens Open 1500m Freestyle (Timed Final)

MENS 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	100	200	300	400	500	600	700
					800	900	1000	1100	1200	1300	1400
1.	Jordan BATE	15 UEA Norwich	17:10.39	693	1:06.02	2:16.56	3:26.07	4:35.46	5:44.68	6:53.23	8:01.69
					9:09.87	10:18.72	11:28.07	12:36.50	13:45.45	14:54.49	16:03.15
2.	Sean TOMLIN	15 Bo Southend	17:25.79	666	1:03.37	2:12.42	3:21.74	4:32.08	5:42.33	6:52.70	8:02.60
					9:12.19	10:22.95	11:33.43	12:43.61	13:54.17	15:04.39	16:15.93
3.	Dacre CAPSTICK	13 Hatfield	17:35.05	650	1:05.93	2:16.16	3:26.75	4:37.97	5:49.07	7:00.02	8:11.01
					9:21.97	10:32.98	11:44.09	12:55.45	14:06.25	15:17.52	16:28.26
4.	Harry PAYNE	13 Bo Southend	17:35.82	648	1:05.73	2:16.19	3:26.52	4:37.55	5:48.54	6:59.55	8:10.79
					9:22.07	10:33.25	11:44.41	12:55.51	14:07.13	15:18.39	16:29.18
5.	Thomas FREEMAN	15 Co Peterboro	17:39.86	642	1:03.94	2:14.09	3:24.51	4:35.45	5:46.38	6:57.74	8:09.61
					9:21.19	10:33.58	11:45.76	12:58.44	14:10.49	15:21.68	16:32.50
6.	Samuel MUNRO	14 St Felix Sch	17:46.53	631	1:05.25	2:16.74	3:28.18	4:39.83	5:51.63	7:02.81	8:14.56
					9:26.47	10:38.73	11:50.18	13:02.53	14:14.37	15:25.87	16:36.93
7.	Miles GARNER	13 UEA Norwich	17:47.68	629	1:08.07	2:20.37	3:31.37	4:42.59	5:54.00	7:05.92	8:17.62
					9:29.77	10:42.09	11:54.69	13:06.58	14:17.75	15:28.43	16:38.89
8.	Christian STOKES	14 Mid Beds	17:50.52	624	1:06.32	2:17.01	3:27.87	4:38.72	5:50.03	7:01.72	8:13.58
					9:25.38	10:37.68	11:50.23	13:02.92	14:15.36	15:27.85	16:39.94
9.	Alex RAINE	14 Mid Beds	18:03.09	604	1:06.74	2:17.50	3:29.03	4:41.77	5:53.24	7:06.81	8:18.70
					9:32.12	10:45.15	11:58.10	13:11.87	14:24.26	15:37.55	16:51.85
10.	Conor HARROLD	14 Thurrock	18:09.03	595	1:08.70	2:20.49	3:32.33	4:45.14	5:57.65	7:10.73	8:23.71
					9:37.32	10:51.53	12:05.26	13:19.06	14:32.30	15:45.29	16:59.63
11.	Robert BALDRANCE	15 Mid Beds	18:11.10	592	1:07.75	2:19.71	3:31.95	4:45.27	5:59.47	7:13.34	8:27.65
					9:41.09	10:55.29	12:09.08	13:21.74	14:35.75	15:49.81	17:02.30
12.	Mark COLLINS	14 Kings Lynn	18:11.23	592	1:09.05	2:21.42	3:34.33	4:48.06	6:01.57	7:14.67	8:27.64
					9:41.35	10:54.13	12:07.37	13:20.34	14:33.56	15:47.04	17:00.18
13.	Luke BAILEY	13 St Felix Sch	19:01.01	520	1:10.38	2:22.93	3:37.06	4:50.89	6:06.60	7:24.77	8:43.47
					10:03.01	11:19.54	12:37.92	13:56.41	15:16.18	16:34.19	17:48.24
	Thomas HALE	14 Brentwood	DNC								

MENS Open Age Group

Place	Name	AaD Club	Time	GB Pts	100	200	300	400	500	600	700
					800	900	1000	1100	1200	1300	1400
1.	Bret FERGUSON	20 Hatfield	16:40.42	749	1:02.70	2:09.39	3:16.35	4:23.21	5:30.43	6:37.55	7:44.70
					8:51.92	9:59.45	11:07.13	12:14.74	13:22.11	14:30.17	15:37.63
2.	Lawrence LOWMAN	18 Lstoft & OB	16:41.23	747	1:02.63	2:09.21	3:15.96	4:22.89	5:30.96	6:38.33	7:45.55
					8:52.83	10:00.55	11:08.06	12:15.53	13:22.63	14:30.07	15:37.51
3.	Jordan BATE	15 UEA Norwich	17:10.39	693	1:06.02	2:16.56	3:26.07	4:35.46	5:44.68	6:53.23	8:01.69
					9:09.87	10:18.72	11:28.07	12:36.50	13:45.45	14:54.49	16:03.15
4.	George MORRIS	16 Bo Southend	17:18.93	677	1:02.25	2:10.30	3:19.63	4:30.36	5:39.73	6:50.71	8:01.36
					9:11.18	10:22.67	11:33.24	12:43.38	13:54.00	15:03.18	16:11.98
5.	Sam HEARD	18 UEA Norwich	17:20.11	675	1:04.46	2:14.20	3:24.09	4:33.60	5:42.78	6:51.95	8:01.96
					9:12.07	10:22.23	11:31.88	12:41.97	13:51.98	15:02.08	16:11.89
6.	Sean TOMLIN	15 Bo Southend	17:25.79	666	1:03.37	2:12.42	3:21.74	4:32.08	5:42.33	6:52.70	8:02.60
					9:12.19	10:22.95	11:33.43	12:43.61	13:54.17	15:04.39	16:15.93
7.	Dacre CAPSTICK	13 Hatfield	17:35.05	650	1:05.93	2:16.16	3:26.75	4:37.97	5:49.07	7:00.02	8:11.01
					9:21.97	10:32.98	11:44.09	12:55.45	14:06.25	15:17.52	16:28.26
8.	Harry PAYNE	13 Bo Southend	17:35.82	648	1:05.73	2:16.19	3:26.52	4:37.55	5:48.54	6:59.55	8:10.79
					9:22.07	10:33.25	11:44.41	12:55.51	14:07.13	15:18.39	16:29.18
9.	Lewis KING	17 Hatfield	17:38.64	644	1:05.46	2:14.55	3:24.34	4:34.41	5:44.83	6:55.23	8:06.65
					9:18.06	10:29.48	11:41.32	12:53.36	14:04.83	15:16.18	16:28.68
10.	Thomas FREEMAN	15 Co Peterboro	17:39.86	642	1:03.94	2:14.09	3:24.51	4:35.45	5:46.38	6:57.74	8:09.61
					9:21.19	10:33.58	11:45.76	12:58.44	14:10.49	15:21.68	16:32.50
11.	Samuel MUNRO	14 St Felix Sch	17:46.53	631	1:05.25	2:16.74	3:28.18	4:39.83	5:51.63	7:02.81	8:14.56
					9:26.47	10:38.73	11:50.18	13:02.53	14:14.37	15:25.87	16:36.93
12.	Miles GARNER	13 UEA Norwich	17:47.68	629	1:08.07	2:20.37	3:31.37	4:42.59	5:54.00	7:05.92	8:17.62
					9:29.77	10:42.09	11:54.69	13:06.58	14:17.75	15:28.43	16:38.89
13.	Christian STOKES	14 Mid Beds	17:50.52	624	1:06.32	2:17.01	3:27.87	4:38.72	5:50.03	7:01.72	8:13.58
					9:25.38	10:37.68	11:50.23	13:02.92	14:15.36	15:27.85	16:39.94
14.	Alex RAINE	14 Mid Beds	18:03.09	604	1:06.74	2:17.50	3:29.03	4:41.77	5:53.24	7:06.81	8:18.70
					9:32.12	10:45.15	11:58.10	13:11.87	14:24.26	15:37.55	16:51.85
15.	Conor HARROLD	14 Thurrock	18:09.03	595	1:08.70	2:20.49	3:32.33	4:45.14	5:57.65	7:10.73	8:23.71
					9:37.32	10:51.53	12:05.26	13:19.06	14:32.30	15:45.29	16:59.63
16.	Robert BALDRANCE	15 Mid Beds	18:11.10	592	1:07.75	2:19.71	3:31.95	4:45.27	5:59.47	7:13.34	8:27.65
					9:41.09	10:55.29	12:09.08	13:21.74	14:35.75	15:49.81	17:02.30
17.	Mark COLLINS	14 Kings Lynn	18:11.23	592	1:09.05	2:21.42	3:34.33	4:48.06	6:01.57	7:14.67	8:27.64
					9:41.35	10:54.13	12:07.37	13:20.34	14:33.56	15:47.04	17:00.18
18.	Lewis MATTIN	17 UEA Norwich	18:22.35	575	1:09.99	2:24.45	3:38.98	4:53.18	6:07.19	7:20.49	8:34.43
					9:48.48	11:02.52	12:16.43	13:29.73	14:43.53	15:56.75	17:09.90
19.	Chris EYNON	18 Sudbury	18:30.32	563	1:06.63	2:17.75	3:30.77	4:45.10	6:00.04	7:14.94	8:28.74
					9:43.51	10:58.24	12:13.63	13:29.92	14:46.58	16:02.45	17:17.74
20.	Robbie MITCHELL	16 Kings Lynn	18:47.28	539	1:09.01	2:21.81	3:34.99	4:49.02	6:03.22	7:18.95	8:35.57
					9:52.52	11:10.82	12:27.09	13:43.66	14:59.70	16:16.15	17:33.50
21.	Luke BAILEY	13 St Felix Sch	19:01.01	520	1:10.38	2:22.93	3:37.06	4:50.89	6:06.60	7:24.77	8:43.47
					10:03.01	11:19.54	12:37.92	13:56.41	15:16.18	16:34.19	17:48.24
	Thomas HALE	14 Brentwood	DNC								
	Jonathan SAYER	17 Bo Southend	DNC								



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WOMENS 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	100 800	200 900	300 1000	400 1100	500 1200	600 1300	700 1400
1.	Anne BOCHMANN	14 UEA Norwich	17:44.32	787	1:08.18	2:19.40	3:31.01	4:42.02	5:53.49	7:04.95	8:15.53
2.	Molly EPSLY	14 Thurrock	18:14.60	732	9:26.31	10:37.69	11:49.49	13:01.45	14:13.09	15:24.79	16:35.39
3.	Laura ADAMS	13 UEA Norwich	18:21.08	721	1:09.04	2:20.72	3:32.81	4:45.26	5:58.17	7:11.40	8:24.96
4.	Danielle SAYER	13 Thurrock	18:34.41	698	9:39.23	10:53.24	12:07.45	13:21.48	14:35.72	15:49.71	17:03.46
5.	Jessica RALFS	14 UEA Norwich	18:52.57	668	1:10.43	2:23.07	3:36.77	4:49.99	6:04.01	7:17.41	8:31.60
6.	Heather RODWELL	13 teamipswich	18:55.08	664	9:45.72	10:59.60	12:13.59	13:27.05	14:41.03	15:54.86	17:09.02
7.	Charlotte HICKS	11 St Felix Sch	18:57.93	660	1:11.03	2:25.97	3:40.73	4:54.94	6:09.66	7:24.36	8:39.07
8.	Alice MARCHANT	14 Mid Beds	19:05.56	648	9:53.98	11:08.86	12:23.50	13:38.07	14:52.93	16:07.23	17:21.54
9.	Jennifer REDMOND	14 teamipswich	19:11.46	639	1:12.95	2:28.52	3:44.15	5:00.89	6:17.25	7:33.37	8:49.68
10.	Joanne LONGLAND	13 Co Peterboro	19:29.70	612	10:05.84	11:21.87	12:37.06	13:53.07	15:09.49	16:25.76	17:39.10
11.	Nina WISEMAN	14 Bishop Stort	19:32.56	607	1:10.87	2:27.24	3:43.51	5:00.34	6:17.28	7:32.96	8:49.46
12.	Chloe HARRIS	15 St Felix Sch	19:33.69	606	10:05.81	11:22.83	12:38.35	13:54.23	15:10.65	16:26.37	17:42.38
13.	April HYAM	14 teamipswich	19:34.95	604	1:11.28	2:26.98	3:43.18	4:59.23	6:15.16	7:31.28	8:47.16
14.	Charley GALLAGHER	14 Southend	19:45.10	589	10:03.82	11:20.77	12:37.56	13:54.28	15:11.98	16:29.39	17:45.16
15.	Eleanor VEASY	13 St Felix Sch	19:47.51	586	1:12.95	2:30.72	3:48.24	5:05.61	6:22.72	7:38.62	8:55.01
16.	Tamara RICHARDS	14 Mid Beds	19:49.05	584	10:11.35	11:27.70	12:43.55	14:00.52	15:17.46	16:34.55	17:50.38
17.	Katie TAVENER	13 Mid Beds	20:14.04	550	1:13.29	2:29.98	3:47.47	5:05.00	6:22.38	7:39.85	8:57.33
18.	Grace WILLIAMS	14 teamipswich	20:23.83	537	10:14.61	11:31.79	12:49.65	14:07.19	15:23.51	16:40.80	17:57.01
	Sophie CHAMBERLAIN	15 Lstof & OB	DNC		1:10.99	2:28.06	3:44.87	5:03.33	6:22.64	7:41.86	9:01.89
					10:21.76	11:40.38	12:59.04	14:18.34	15:36.67	16:56.75	18:15.97
					1:11.57	2:28.36	3:46.11	5:04.89	6:23.76	7:43.27	9:02.64
					10:21.89	11:40.92	13:00.09	14:19.39	15:39.19	16:58.85	18:17.73
					1:13.96	2:32.58	3:49.03	5:06.70	6:24.44	7:42.76	9:02.11
					10:21.83	11:41.53	13:00.21	14:18.85	15:38.37	16:58.45	18:17.67
					1:14.27	2:32.73	3:52.52	5:13.13	6:32.94	7:53.06	9:13.01
					10:32.00	11:51.00	13:09.90	14:27.36	15:45.61	17:03.87	18:20.99
					1:14.86	2:34.48	3:54.15	5:14.11	6:34.32	7:53.62	9:13.18
					10:33.48	11:53.94	13:14.40	14:34.28	15:53.55	17:13.40	18:31.73
					1:13.99	2:32.24	3:51.15	5:09.60	6:28.40	7:47.34	9:07.13
					10:27.62	11:48.36	13:08.31	14:27.44	15:47.46	17:08.33	18:29.16
					1:14.10	2:31.99	3:50.28	5:08.73	6:27.16	7:46.63	9:06.73
					10:26.45	11:47.09	13:06.95	14:28.51	15:50.38	17:11.04	18:32.36
					1:16.34	2:36.88	3:58.33	5:19.39	6:40.98	8:02.16	9:23.56
					10:45.99	12:08.84	13:31.19	14:53.41	16:14.74	17:35.72	18:55.09
					1:16.86	2:39.67	4:01.90	5:24.04	6:46.66	8:07.14	9:28.49
					10:49.90	12:12.35	13:35.55	14:57.68	16:20.18	17:43.11	19:05.57

WOMENS Open Age Group

Place	Name	AaD Club	Time	GB Pts	100 800	200 900	300 1000	400 1100	500 1200	600 1300	700 1400
1.	Anne BOCHMANN	14 UEA Norwich	17:44.32	787	1:08.18	2:19.40	3:31.01	4:42.02	5:53.49	7:04.95	8:15.53
2.	Jessica FORD	17 Thurrock	18:06.09	747	9:26.31	10:37.69	11:49.49	13:01.45	14:13.09	15:24.79	16:35.39
3.	Molly EPSLY	14 Thurrock	18:14.60	732	1:08.25	2:19.62	3:31.30	4:42.70	5:54.47	7:06.40	8:19.31
4.	Laura ADAMS	13 UEA Norwich	18:21.08	721	9:31.96	10:45.78	11:58.55	13:13.25	14:27.62	15:40.95	16:53.96
5.	Danielle SAYER	13 Thurrock	18:34.41	698	1:09.04	2:20.72	3:32.81	4:45.26	5:58.17	7:11.40	8:24.96
6.	Jessica RALFS	14 UEA Norwich	18:52.57	668	9:39.23	10:53.24	12:07.45	13:21.48	14:35.72	15:49.71	17:03.46
7.	Heather RODWELL	13 teamipswich	18:55.08	664	1:10.43	2:23.07	3:36.77	4:49.99	6:04.01	7:17.41	8:31.60
8.	Charlotte HICKS	11 St Felix Sch	18:57.93	660	9:45.72	10:59.60	12:13.59	13:27.05	14:41.03	15:54.86	17:09.02
9.	Emma BACKHURST	16 Thurrock	18:59.20	658	1:11.03	2:25.97	3:40.73	4:54.94	6:09.66	7:24.36	8:39.07
10.	Alice MARCHANT	14 Mid Beds	19:05.56	648	9:53.98	11:08.86	12:23.50	13:38.07	14:52.93	16:07.23	17:21.54
11.	Jennifer REDMOND	14 teamipswich	19:11.46	639	1:12.95	2:28.52	3:44.15	5:00.89	6:17.25	7:33.37	8:49.68
12.	Joanne LONGLAND	13 Co Peterboro	19:29.70	612	10:05.84	11:21.87	12:37.06	13:53.07	15:09.49	16:25.76	17:39.10
13.	Nina WISEMAN	14 Bishop Stort	19:32.56	607	1:10.87	2:27.24	3:43.51	5:00.34	6:17.28	7:32.96	8:49.46
14.	Chloe HARRIS	15 St Felix Sch	19:33.69	606	10:05.81	11:22.83	12:38.35	13:54.23	15:10.65	16:26.37	17:42.38
15.	April HYAM	14 teamipswich	19:34.95	604	1:11.28	2:26.98	3:43.18	4:59.23	6:15.16	7:31.28	8:47.16
16.	Charley GALLAGHER	14 Southend	19:45.10	589	10:03.82	11:20.77	12:37.56	13:54.28	15:11.98	16:29.39	17:45.16
17.	Eleanor VEASY	13 St Felix Sch	19:47.51	586	1:12.95	2:30.72	3:48.24	5:05.61	6:22.72	7:38.62	8:55.01
18.	Tamara RICHARDS	14 Mid Beds	19:49.05	584	10:11.35	11:27.70	12:43.55	14:00.52	15:17.46	16:34.55	17:50.38
19.	Katie TAVENER	13 Mid Beds	20:14.04	550	1:13.29	2:29.98	3:47.47	5:05.00	6:22.38	7:39.85	8:57.33
20.	Grace WILLIAMS	14 teamipswich	20:23.83	537	10:14.61	11:31.79	12:49.65	14:07.19	15:23.51	16:40.80	17:57.01
21.	Abbie WESTON	16 West Suffolk	20:55.30	498	1:10.99	2:28.06	3:44.87	5:03.33	6:22.64	7:41.86	9:01.89
	Sophie CHAMBERLAIN	15 Lstof & OB	DNC		10:21.76	11:40.38	12:59.04	14:18.34	15:36.67	16:56.75	18:15.97
					1:11.57	2:28.36	3:46.11	5:04.89	6:23.76	7:43.27	9:02.64
					10:21.89	11:40.92	13:00.09	14:19.39	15:39.19	16:58.85	18:17.73
					1:13.96	2:32.58	3:49.03	5:06.70	6:24.44	7:42.76	9:02.11
					10:21.83	11:41.53	13:00.21	14:18.85	15:38.37	16:58.45	18:17.67
					1:14.27	2:32.73	3:52.52	5:13.13	6:32.94	7:53.06	9:13.01
					10:32.00	11:51.00	13:09.90	14:27.36	15:45.61	17:03.87	18:20.99
					1:14.86	2:34.48	3:54.15	5:14.11	6:34.32	7:53.62	9:13.18
					10:33.48	11:53.94	13:14.40	14:34.28	15:53.55	17:13.40	18:31.73
					1:13.99	2:32.24	3:51.15	5:09.60	6:28.40	7:47.34	9:07.13
					10:27.62	11:48.36	13:08.31	14:27.44	15:47.46	17:08.33	18:29.16
					1:14.10	2:31.99	3:50.28	5:08.73	6:27.16	7:46.63	9:06.73
					10:26.45	11:47.09	13:06.95	14:28.51	15:50.38	17:11.04	18:32.36
					1:16.34	2:36.88	3:58.33	5:19.39	6:40.98	8:02.16	9:23.56
					10:45.99	12:08.84	13:31.19	14:53.41	16:14.74	17:35.72	18:55.09
					1:16.86	2:39.67	4:01.90	5:24.04	6:46.66	8:07.14	9:28.49
					10:49.90	12:12.35	13:35.55	14:57.68	16:20.18	17:43.11	19:05.57
					1:14.84	2:34.76	3:56.32	5:18.01	6:40.22	8:03.05	9:26.97
					10:51.91	12:16.99	13:43.62	15:10.86	16:37.64	18:05.24	19:31.90