



ASA East Region 2009 Youth Championships

(Under ASA Laws, ASA Technical Rules & IPC Swimming Rules)
A Level One Licensed Meet - N^o. ERX912



EVENT 301 Womens 400m IM

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	250m	300m	350m	400m
1.	Ellis JACKSON	14	St Felix Sch		4:54.56	796				
	50m 31.66	100m 1:07.17	150m 1:44.44	200m 2:21.59	250m 3:02.59	300m 3:45.61	350m 4:20.36	400m 4:54.56		
	31.66	35.51	37.27	37.15	41.00	43.02	34.75	34.20		
2.	Alex HARRISON	15	St Felix Sch		5:00.95	746				
	50m 32.73	100m 1:09.46	150m 1:49.21	200m 2:28.01	250m 3:09.77	300m 3:52.66	350m 4:26.85	400m 5:00.95		
	32.73	36.73	39.75	38.80	41.76	42.89	34.19	34.10		
3.	Flora HANSON	14	Hatfield		5:10.83	677				
	50m 33.95	100m 1:13.90	150m 1:51.51	200m 2:29.06	250m 3:14.71	300m 4:01.21	350m 4:37.45	400m 5:10.83		
	33.95	39.95	37.61	37.55	45.65	46.50	36.24	33.38		
4.	Laura ADAMS	15	UEA Norwich		5:21.10	614				
	50m 33.55	100m 1:12.56	150m 1:52.76	200m 2:32.78	250m 3:20.51	300m 4:09.36	350m 4:45.81	400m 5:21.10		
	33.55	39.01	40.20	40.02	47.73	48.85	36.45	35.29		
5.	Chloe DAVIS	15	Runnymede		5:22.84	605				
	50m 31.98	100m 1:09.54	150m 1:49.59	200m 2:29.20	250m 3:17.03	300m 4:07.58	350m 4:45.40	400m 5:22.84		
	31.98	37.56	40.05	39.61	47.83	50.55	37.82	37.44		
6.	Holly BATEMAN	14	UEA Norwich		5:23.60	600				
	50m 33.65	100m 1:13.83	150m 1:55.08	200m 2:35.48	250m 3:23.96	300m 4:11.94	350m 4:49.18	400m 5:23.60		
	33.65	40.18	41.25	40.40	48.48	47.98	37.24	34.42		
7.	Danielle SAYER	15	Thurrock		5:23.74	600				
	50m 33.91	100m 1:12.87	150m 1:52.66	200m 2:31.49	250m 3:21.41	300m 4:11.03	350m 4:47.74	400m 5:23.74		
	33.91	38.96	39.79	38.83	49.92	49.62	36.71	36.00		
8.	Charlotte TAYLOR	15	teamipswich		5:23.99	598				
	50m 34.47	100m 1:12.66	150m 1:55.01	200m 2:34.83	250m 3:21.82	300m 4:07.80	350m 4:47.48	400m 5:23.99		
	34.47	38.19	42.35	39.82	46.99	45.98	39.68	36.51		
9.	Joanne LONGLAND	14	Co Peterboro		5:27.96	577				
	50m 33.70	100m 1:12.13	150m 1:54.19	200m 2:29.20	250m 3:26.43	300m 4:17.94	350m 4:52.99	400m 5:27.96		
	33.70	38.43	42.06	40.98	51.26	51.51	35.05	34.97		
10.	Amy STEWART	15	Watford		5:29.04	571				
	50m 34.52	100m 1:14.47	150m 1:56.17	200m 2:37.59	250m 3:26.01	300m 4:14.54	350m 4:53.29	400m 5:29.04		
	34.52	39.95	41.70	41.42	48.42	48.53	38.75	35.75		
11.	Kimberley ANASTASIOU	14	UEA Norwich		5:29.41	569				
	50m 35.67	100m 1:18.80	150m 1:57.54	200m 2:35.96	250m 3:25.81	300m 4:15.38	350m 4:53.78	400m 5:29.41		
	35.67	43.13	38.74	38.42	49.85	49.57	38.40	35.63		
12.	Grace LEE	14	Bishop Stort		5:32.74	552				
	50m 35.79	100m 1:19.95	150m 2:00.43	200m 2:40.96	250m 3:29.74	300m 4:18.32	350m 4:56.27	400m 5:32.74		
	35.79	44.16	40.48	40.53	48.78	48.58	37.95	36.47		
13.	Hannah PARR	15	Luton		5:37.53	529				
	50m 35.12	100m 1:17.57	150m 2:01.82	200m 2:46.26	250m 3:31.50	300m 4:19.43	350m 4:58.63	400m 5:37.53		
	35.12	42.45	44.25	44.44	45.24	47.93	39.20	38.90		
14.	Jennifer TITTERINGTON	15	West Suffolk		5:38.03	527				
	50m 34.82	100m 1:15.34	150m 1:58.85	200m 2:41.27	250m 3:32.07	300m 4:25.45	350m 5:02.01	400m 5:38.03		
	34.82	40.52	43.51	42.42	50.80	53.38	36.56	36.02		
15.	Evangelina FISHER	14	Chelmsford		5:42.85	505				
	50m 35.76	100m 1:20.46	150m 2:05.26	200m 2:49.21	250m 3:37.47	300m 4:26.94	350m 5:05.44	400m 5:42.85		
	35.76	44.70	44.80	43.95	48.26	49.47	38.50	37.41		
16.	Marissa POSNETT	14	Epping Fort		5:44.09	499				
	50m 37.40	100m 1:20.34	150m -	200m 2:50.49	250m -	300m 4:29.19	350m -	400m 5:44.09		
	37.40	42.94	-	1:30.15	-	1:38.70	-	1:14.90		
17.	Helen MITCHELL	14	Braintree		5:49.97	475				
	50m 36.21	100m 1:20.53	150m 2:07.45	200m -	250m 3:41.63	300m 4:31.99	350m 5:11.14	400m 5:49.97		
	36.21	44.32	46.92	-	1:34.18	50.36	39.15	38.83		
18.	Lauren GEDDES	14	Bishop Stort		5:51.28	469				
	50m 34.85	100m 1:16.33	150m 2:01.44	200m 2:47.18	250m 3:38.02	300m 4:31.38	350m 5:12.35	400m 5:51.28		
	34.85	41.48	45.11	45.74	50.84	53.36	40.97	38.93		
19.	Harriet COOK	15	Hertford		5:51.29	469				
	50m 37.02	100m 1:22.30	150m 2:05.07	200m 2:48.09	250m 3:38.74	300m 4:31.06	350m 5:12.76	400m 5:51.29		
	37.02	45.28	42.77	43.02	50.65	52.32	41.70	38.53		
20.	Heather TYSOE	14	Watford		6:01.89	429				
	50m 37.71	100m 1:23.94	150m 2:11.13	200m 2:57.85	250m 3:48.24	300m 4:40.55	350m 5:21.55	400m 6:01.89		
	37.71	46.23	47.19	46.72	50.39	52.31	41.00	40.34		

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	250m	300m	350m	400m
1.	Alice TENNANT	16	teamipswich		5:03.23	730				
	50m 30.59	100m 1:06.24	150m 1:45.54	200m 2:24.60	250m 3:09.40	300m 3:53.87	350m 4:28.68	400m 5:03.23		
	30.59	35.65	39.30	39.06	44.80	44.47	34.81	34.55		
2.	Sophie CHAMBERLAIN	16	St Felix Sch		5:11.65	672				
	50m 31.33	100m 1:08.79	150m 1:49.18	200m 2:29.13	250m 3:12.83	300m 4:00.12	350m 4:36.13	400m 5:11.65		
	31.33	37.46	40.39	39.95	43.70	47.29	36.01	35.52		
3.	Carolyn ASTBURY	16	Watford		5:14.71	653				
	50m 33.14	100m 1:10.94	150m 1:51.06	200m 2:30.93	250m 3:17.51	300m 4:04.85	350m 4:40.20	400m 5:14.71		
	33.14	37.80	40.12	39.87	46.58	47.34	35.35	34.51		
4.	Jessica FORD	18	Thurrock		5:15.03	651				
	50m 34.08	100m 1:13.46	150m 1:54.58	200m 2:34.45	250m 3:19.98	300m 4:04.54	350m 4:40.58	400m 5:15.03		
	34.08	39.38	41.12	39.87	45.53	44.56	36.04	34.45		
5.	Georgina HUNT	16	Thurrock		5:19.47	624				
	50m 32.43	100m 1:09.74	150m 1:50.72	200m 2:31.16	250m 3:19.20	300m 4:06.46	350m 4:43.82	400m 5:19.47		
	32.43	37.31	40.98	40.44	48.04	47.26	37.36	35.65		
6.	Charlotte DELICATA	17	Thurrock		5:34.33	544				
	50m 35.23	100m 1:16.89	150m 1:59.13	200m 2:40.81	250m 3:29.17	300m 4:17.79	350m 4:56.59	400m 5:34.33		
	35.23	41.66	42.24	41.68	48.36	48.62	38.80	37.74		
7.	Sophie THRUSSELL	16	Mid Beds		5:38.49	525				
	50m 34.80	100m 1:14.58	150m 1:58.84	200m 2:41.87	250m 3:30.15	300m 4:20.12	350m 4:59.77	400m 5:38.49		
	34.80	39.78	44.26	43.03	48.28	49.97	39.65	38.72		
8.	Rachael FRANKLIN	16	Brentwood		5:43.18	503				
	50m 36.31	100m 1:22.07	150m 2:04.70	200m 2:47.78	250m 3:33.89	300m 4:24.13	350m 5:04.46	400m 5:43.18		
	36.31	45.76	42.63	43.08	46.11	50.24	40.33	38.72		
9.	Emma WARRINGTON	16	Hoddesdon		5:45.97	491				
	50m 3:36.65	100m 1:19.87	150m -	200m 2:50.26	250m -	300m 4:25.19	350m 5:06.16	400m 5:45.97		
	3:36.65	43.22	-	1:30.39	-	1:34.93	40.97	39.81		
10.	Emma HOLLIS	17	Epping Fort		8 6:46.94	302				
	50m 40.95	100m 1:30.60	150m 2:21.59	200m 3:12.17	250m 4:12.16	300m 5:14.53	350m 6:02.23	400m 6:46.94		
	40.95	49.65	50.99	50.58	59.99	1:02.37	47.70	44.71		

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	250m	300m	350m	400m
1.	Emma HOLLIS	17	Epping Fort		8 6:46.94 BDR	670				
	50m 40.95	100m 1:30.60	150m 2:21.59	200m 3:12.17	250m 4:12.16	300m 5:14.53	350m 6:02.23	400m 6:46.94		
	40.95	49.65	50.99	50.58	59.99	1:02.37	47.70	44.71		



ASA East Region 2009 Youth Championships

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EVENT 302 Mens 400m IM

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	300m	350m	400m
1.	Jordan BATE	16	Lstoft & OB		4:44.58	672			
	50m 29.08	100m 1:02.45	150m 1:40.49	200m 2:16.96	250m 2:59.02	300m 3:41.25	350m 4:13.41	400m 4:44.58	
	29.08	33.37	38.04	36.47	42.06	42.23	32.16	31.17	
2.	Dean WOODCOCK	16	Chelmsford		4:49.58	638			
	50m 29.89	100m 1:04.40	150m 1:42.12	200m 2:18.98	250m 3:01.70	300m 3:44.15	350m 4:17.29	400m 4:49.58	
	29.89	34.51	37.72	36.86	42.72	42.45	33.14	32.29	
3.	Charlie HAYES	15	Thurrock		4:53.23	614			
	50m 31.37	100m 1:06.18	150m 1:43.76	200m 2:20.91	250m 3:03.44	300m 3:45.31	350m 4:19.98	400m 4:53.23	
	31.37	34.81	37.58	37.15	42.53	41.87	34.67	33.25	
4.	Jack HOLLIS	15	teamipswich		4:56.96	592			
	50m 30.22	100m 1:04.84	150m 1:41.91	200m 2:19.08	250m 3:02.48	300m 3:49.03	350m 4:23.52	400m 4:56.96	
	30.22	34.62	37.07	37.17	43.40	46.55	34.49	33.44	
5.	Conor HARROLD	16	Thurrock		5:04.94	546			
	50m 30.61	100m 1:06.43	150m 1:44.58	200m 2:22.20	250m 3:07.31	300m 3:54.71	350m 4:30.25	400m 5:04.94	
	30.61	35.82	38.15	37.62	45.11	47.40	35.54	34.69	
6.	Nicholas GILROY	16	Brentwood		5:08.57	527			
	50m 31.64	100m 1:08.02	150m 1:48.43	200m 2:28.30	250m 3:12.70	300m 3:58.37	350m 4:34.51	400m 5:08.57	
	31.64	36.38	40.41	39.87	44.40	45.67	36.14	34.06	
7.	Ashley BINNS	16	Co Peterboro		5:08.86	526			
	50m 30.63	100m 1:06.90	150m 1:48.54	200m 2:28.98	250m 3:12.67	300m 3:57.36	350m 4:34.96	400m 5:08.86	
	30.63	36.27	41.64	40.44	43.69	44.69	37.60	33.90	
8.	James McGRAIL	15	Hatfield		5:09.13	524			
	50m 32.40	100m 1:09.02	150m 1:50.61	200m 2:30.00	250m 3:16.64	300m 4:03.35	350m 4:37.38	400m 5:09.13	
	32.40	36.62	41.59	39.39	46.64	46.71	34.03	31.75	
9.	Matthew WINNELL	16	Runnymede		5:09.99	520			
	50m 32.17	100m 1:09.32	150m 1:47.96	200m 2:25.49	250m 3:12.71	300m 4:00.26	350m 4:35.01	400m 5:09.99	
	32.17	37.15	38.64	37.53	47.22	47.55	34.75	34.98	
10.	Josh FARRELL	16	Hatfield		5:16.56	488			
	50m 33.38	100m 1:14.15	150m 1:54.44	200m 2:35.41	250m 3:19.92	300m 4:06.12	350m 4:41.18	400m 5:16.56	
	33.38	40.77	40.29	40.97	44.51	46.20	35.06	35.38	
11.	Thomas STOKES	15	Co Peterboro		5:20.53	470			
	50m 32.38	100m 1:12.47	150m 1:53.73	200m 2:34.00	250m 3:20.82	300m 4:05.49	350m 4:43.72	400m 5:20.53	
	32.38	40.09	41.26	40.27	46.82	44.67	38.23	36.81	
12.	Carl HALFORD	16	Flitwick		5:23.10	459			
	50m 34.27	100m 1:14.86	150m 1:55.77	200m 2:35.86	250m 3:23.22	300m 4:10.89	350m 4:47.84	400m 5:23.10	
	34.27	40.59	40.91	40.09	47.36	47.67	36.95	35.26	
13.	Daniel RILEY	15	Luton		5:26.54	445			
	50m 33.30	100m 1:14.40	150m 1:54.80	200m 2:34.99	250m 3:23.41	300m 4:13.74	350m 4:50.34	400m 5:26.54	
	33.30	41.10	40.40	40.19	48.42	50.33	36.60	36.20	
14.	James HOLLIS	14	Epping For't	10	5:35.39	411			
	50m 33.02	100m 1:11.05	150m 1:52.99	200m 2:34.54	250m 3:26.55	300m 4:21.15	350m 4:58.82	400m 5:35.39	
	33.02	38.03	41.94	41.55	52.01	54.60	37.67	36.57	
15.	Brandon SEARLE	16	Mildenhall		5:41.22	390			
	50m 31.63	100m 1:10.45	150m 1:51.13	200m 2:32.47	250m 3:24.48	300m 4:17.29	350m 5:00.06	400m 5:41.22	
	31.63	38.82	40.68	41.34	52.01	52.81	42.77	41.16	

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	300m	350m	400m
1.	Sean LEAHY	19	Hatfield		4:37.54	725			
	50m 29.26	100m 1:03.23	150m 1:40.07	200m 2:16.51	250m 2:55.56	300m 3:35.62	350m 4:07.75	400m 4:37.54	
	29.26	33.97	36.84	36.44	39.05	40.06	32.13	29.79	
2.	Lewis COLEMAN	17	teamipswich		4:37.95	721			
	50m 28.94	100m 1:03.18	150m 1:39.62	200m 2:16.22	250m 2:55.46	300m 3:35.64	350m 4:08.22	400m 4:37.95	
	28.94	34.24	36.44	36.60	39.24	40.18	32.58	29.73	
3.	Jonathan SAYER	19	Bo Southend		4:52.56	619			
	50m 30.28	100m 1:04.73	150m 1:43.82	200m 2:22.24	250m 3:04.37	300m 3:47.55	350m 4:22.03	400m 4:52.56	
	30.28	34.45	39.09	38.42	42.13	43.18	34.48	30.53	
4.	Sean TOMLIN	17	Bo Southend		4:52.88	617			
	50m 29.55	100m 1:03.95	150m 1:40.10	200m 2:15.98	250m 3:01.01	300m 3:47.03	350m 4:20.92	400m 4:52.88	
	29.55	34.40	36.15	35.88	45.03	46.02	33.89	31.96	
5.	Thomas FREEMAN	17	Co Peterboro		4:55.16	602			
	50m 31.06	100m 1:07.32	150m 1:44.86	200m 2:22.67	250m 3:05.57	300m 3:48.12	350m 4:22.50	400m 4:55.16	
	31.06	36.26	37.54	37.81	42.90	42.55	34.38	32.66	
6.	Thomas ROOTSEY	19	Colchester		4:56.78	593			
	50m 30.92	100m 1:07.40	150m 1:43.61	200m 2:21.06	250m 3:04.83	300m 3:49.63	350m 4:24.08	400m 4:56.78	
	30.92	36.48	36.21	37.45	43.77	44.80	34.45	32.70	
	Nicholas THOMPSON	17	UEA Norwich		DQ T-1L				

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	300m	350m	400m
1.	James HOLLIS	14	Epping For't	10	5:35.39	689			
	50m 33.02	100m 1:11.05	150m 1:52.99	200m 2:34.54	250m 3:26.55	300m 4:21.15	350m 4:58.82	400m 5:35.39	
	33.02	38.03	41.94	41.55	52.01	54.60	37.67	36.57	



ASA East Region
2009 Youth Championships
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EVENT 303 Womens 50m Backstroke

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt
1.	Charlotte TAYLOR	15	teampswich		32.01	669
2.	Lucy CHARLES	15	Hoddesdon		32.68	629
3.	Emily COOK	14	Co Peterboro		33.31	594
4.	Gemma SARGENT	15	St Ives		33.35	592
5.	Amy MURFITT	15	Basildon		33.51	583
6.	Georgette SMITH	15	Harpenden		33.91	563
7.	Emily RIDOUT	15	Hatfield		34.04	557
8.	Nicole COOPER	14	Lstof & OB		34.07	555
9.	Charlotte HENSON	15	Co St Albans		34.14	552
10.	Jade ABERNETHY	15	Hertford		34.25	546
11.	Grace LEE	14	Bishop Stort		34.38	540
12.	Kelly JOHNSON	15	Modernians		34.39	540
13.	Chloe DAVIS	15	Runnymede		34.43	538
14.	Laura WHITE	14	FirstStrokes		34.53	533
15.	Ellen FISHER	15	West Norfolk		34.61	530
16.	Brogan PLUMMER	15	Hatfield		34.65	528
16.	Charlotte OVENDEN	15	Modernians		34.65	528
18.	Victoria SPARROW	15	West Suffolk		34.69	526
19.	Charlotte HARRISON	14	Co Peterboro		34.82	520
20.	Sarah LARNER	15	Colchester		34.89	517
21.	Lucy STOKES	14	Deben		34.96	514
22.	Ellie SMITH	14	Runnymede		34.99	512
23.	Charlotte MERRELL	15	Hitchin		35.04	510
24.	Aimee FAHEY	14	Epping For't		35.06	509
25.	Rachel HOLLINGTON	15	Mid Beds		35.14	506
26.	Jessica HARVEY	14	teampswich		35.20	503
27.	Jessica PARK	15	Halstead		35.21	503
28.	Esther HODGES	15	Bishop Stort		35.25	501
29.	Grace SANDERSON	14	Colchester		35.27	500
30.	Eleanor NEWELL	15	West Norfolk		35.32	498
31.	Harriet COOK	15	Hertford		35.46	492
32.	Mattaya NABARRO	15	Mid Beds		35.47	492
33.	Alice CALLANAN	15	Watford		35.52	490
34.	Amelia FARMER	14	Stevenage		35.56	488
35.	Chloe SOLOMOU	14	St Ives		35.60	487
36.	Chloe BEARD	14	Co St Albans		35.79	479
37.	Megan TAYLOR	14	Mildenhall		35.81	478
38.	Annoushka RAMDEEN	14	Mildenhall		35.92	474
39.	Alex EAMES-BAYTON	15	Beccles Town		36.02	470
40.	Hannah MANNELL	15	West Suffolk		36.10	467
41.	Gemma WASS	14	Colchester		36.26	460
42.	Lucy GREGORY	14	Leighton Buz		36.31	459
43.	Alice MILLS	15	Berkhamsted		36.34	457
44.	Grace HUBBARD	15	Gt Yarmouth		36.42	454
45.	Lucy MACKENZIE	15	Hadleigh		36.64	446
46.	Charlotte JARVIS	14	Biggleswade		36.80	440
47.	Lauren HOBBS	13	Dunstable	13	36.91	437
48.	Keira SULLIVAN	14	Hoddesdon		37.20	426
49.	Lauren FLIGHT	15	Witham Dolph		37.91	403
50.	Lauren SMITH	15	Epping For't	9	39.78	349

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt
1.	Sophie DRAKE	16	Canvey Isl		31.24	720
2.	Sophie SWEET	16	Co Peterboro		31.91	676
3.	Laura INGLES	18	UEA Norwich		32.61	633
4.	Emily HAWES	18	Lstof & OB		33.35	592
5.	Emily PRIOR	17	Deben		33.46	586
6.	Robyn BALL	16	St Felix Sch		33.51	583
7.	Laura HEALEY	20	Lstof & OB		33.66	576
8.	Katy HANSON	17	Bishop Stort		33.74	572
9.	Hannah SARGENT	18	St Ives		34.62	529
10.	Tamara RICHARDS	16	Huntingdon		34.75	523
11.	Whitney BUCKLER	16	UEA Norwich		35.04	510
12.	Jane BRUMBY	18	Rochford		35.65	485
13.	Stephanie BIRD	20	Lstof & OB	14	37.20	426
14.	Chloe WILLIAMS	20	Canvey Isl	14	38.97	371
15.	Jo-Jo CRANFIELD	16	Rochford	9	42.47	287
16.	Sarah BOWLING	18	West Norfolk	9	44.73	245

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints
1.	Lauren HOBBS	13	Dunstable	13	36.91	764
2.	Stephanie BIRD	20	Lstof & OB	14	37.20	671
3.	Lauren SMITH	15	Epping For't	9	39.78	621
4.	Chloe WILLIAMS	20	Canvey Isl	14	38.97	583
5.	Jo-Jo CRANFIELD	16	Rochford	9	42.47	510
6.	Sarah BOWLING	18	West Norfolk	9	44.73	437



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EVENT 304 Mens 50m Backstroke

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt
1.	Alex BAKER	15	Hatfield		28.99	631
2.	Daniel SMITH	15	Lstof & OB		29.51	598
3.	Samuel BRIGGS	15	Modernians		29.69	587
4.	Sam MUNRO	15	St Felix Sch		29.85	578
5.	Ryan SEARLES	15	Hatfield		30.16	560
6.	William BLACKABY	16	Stowmarket		30.21	557
7.	Morgan PUGH	16	Harpenden		30.55	539
8.	Timothy TRIPP	16	Colchester		30.56	538
9.	Jake GARROD	15	Deben		31.03	514
10.	Michael GRACE	15	Phoenix Bas		31.08	512
10.	Charlie POND THOMPSON	15	Southend		31.08	512
12.	William NICHOLLS	16	St Neot Swan		31.22	505
13.	Ryan SKEELS	15	Huntingdon		31.64	485
14.	Callum McCOLGAN	16	Lstof & OB		31.65	485
15.	Thomas HALE	15	Brentwood		31.67	484
16.	Daniel COOPER	15	Halstead		31.86	475
17.	David CARLINE	16	Modernians		31.94	472
18.	Dean WOODCOCK	16	Chelmsford		31.95	471
19.	Matthew WINNELL	16	Runnymede		32.06	466
20.	Joshua PAGE	15	UEA Norwich		32.12	464
21.	Brandon SEARLE	16	Mildenhall		32.21	460
22.	Daniel RILEY	15	Luton		32.22	459
23.	Nik SPEARS	15	Watford		32.24	458
23.	Alex MURRAY	15	West Norfolk		32.24	458
25.	Sean COLLIER	15	Newmarket		32.28	457
26.	Jack BARON	15	Co St Albans		32.33	455
27.	Andrew WILLS	15	Felixstowe		32.36	453
28.	Liam OSBORNE	16	Diss Otters		32.42	451
29.	Christian STOKES	16	Biggleswade		32.48	448
30.	Tom WINDER	15	Flitwick		32.62	443
31.	Tom OLIVE	16	Hadleigh		32.63	442
32.	Daniel CLUCAS	16	Thetford		32.76	437
33.	James BRIARS	16	West Suffolk		32.91	431
34.	Alistair CLEMENTS	15	Deben		33.04	426
35.	Jack COPPING	16	Colchester P	10	36.87	307

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt
1.	Charles WALKER	18	Co Peterboro		28.43	669
2.	John SARGENT	23	Hatfield		28.64	654
3.	James SUTHERLAND	17	Hatfield		28.88	638
4.	Richard MOLLOY	19	Bishop Stort		28.90	637
5.	Ashley BUCK	29	Sudbury		29.04	627
6.	Thomas ROOTSEY	19	Colchester		29.41	604
7.	Craig ROSS	17	Bishop Stort		30.21	557
8.	Luke DE MOYA	17	Co Peterboro		30.52	540
9.	Paul TITLEY	20	Mid Beds		30.74	529
10.	Oliver GEORGE	17	Sudbury		30.87	522
11.	Ben MARSTERS	22	West Norfolk		30.98	517
12.	Roger MALLET	20	Mid Beds		31.09	511
13.	Stephen FISHER	17	UEA Norwich		31.14	509
14.	Matthew NAUNTON	17	Deben		31.73	481
15.	Sebastian WATERS	17	UEA Norwich		31.78	479

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints
1.	Jack COPPING	16	Colchester P	10	36.87	492

EVENT 305 Womens 200m Freestyle

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50	100	150
1.	Anne BOCHMANN	15	UEA Norwich		2:06.83	760	30.15	1:02.48	1:34.93
2.	Yasmin BITHREY	15	Mid Beds		2:09.02	722	30.38	1:03.08	1:36.01
3.	Ellis JACKSON	14	St Felix Sch		2:11.46	682	30.34	1:03.54	1:37.27
4.	Bryony CAMPBELL	15	St Felix Sch		2:11.51	681	30.55	1:03.88	1:37.61
5.	Pascale REEVES	14	St Felix Sch		2:12.50	666	30.85	1:03.75	1:38.17
6.	Philippa HARDY	15	Hatfield		2:12.76	662	30.55	1:04.39	1:38.61
7.	Lucy CHARLES	15	Hoddesdon		2:12.83	661	30.47	1:03.89	1:38.79
8.	Flora HANSON	14	Hatfield		2:13.13	657	31.50	1:05.35	1:40.73
9.	Joanne LONGLAND	14	Co Peterboro		2:14.09	643	31.20	1:05.08	1:39.74
10.	Holly BATEMAN	14	UEA Norwich		2:14.34	639	31.05	1:05.48	1:40.49
11.	Jessica KARP	14	Mid Beds		2:14.70	634	30.84	1:05.05	1:39.92
12.	Kerriann CHIPPERFIELD	15	Thurrock		2:14.78	633	31.85	1:06.33	1:41.27
13.	Georgina FREEMAN	15	Co Peterboro		2:14.86	632	31.01	1:05.42	1:40.37
14.	Bethan BOTTOMLEY	14	West Suffolk		2:15.37	625	31.78	1:06.56	1:41.32
15.	Charlotte BLACKSLEY	15	Mid Beds		2:16.34	612	31.52	1:05.25	1:40.69
16.	Karla HUTCHINSON	14	teamipswich		2:16.43	610	32.04	1:06.75	1:41.59
17.	Jessica HARVEY	14	teamipswich		2:16.79	606	31.91	1:06.85	1:42.53
18.	Gaby BALLS	15	West Norfolk		2:18.99	577	32.45	1:07.19	1:43.30
19.	Bethany COGGINS	15	UEA Norwich		2:19.27	574	31.91	1:07.76	1:43.75
20.	Katie LIGHTOWLER	14	Co St Albans		2:20.17	563	33.69	1:09.71	1:45.58
21.	Alexandra TAYLOR	14	West Suffolk		2:20.30	561	31.82	1:07.15	1:43.57
22.	Katie TAVENER	15	Mid Beds		2:20.58	558	31.47	1:06.27	1:42.86
23.	Ellen WILLIAMS	14	Co Peterboro		2:20.61	558	32.68	1:08.79	1:44.27
24.	Charlotte BEGG	15	Co Cambridge		2:21.37	549	32.22	1:07.73	1:44.81
25.	Evie ADAMS	14	Deben		2:21.55	547	32.45	1:08.35	1:45.59



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26.	Laura CONDON	15	Dunstable	2:21.77	544	31.81	1:07.56	1:45.03
27.	Chloe DAVIS	15	Runnymede	2:21.93	542	31.92	1:07.79	1:45.00
28.	Lucy GREGORY	14	Leighton Buz	2:22.19	539	32.65	1:09.42	1:46.30
29.	Grace LEE	14	Bishop Stort	2:22.58	535	33.38	1:09.88	1:46.93
30.	Evangelina FISHER	14	Chelmsford	2:22.60	535	33.27	1:09.54	1:47.16
31.	Roxanne MONK	14	Co Peterboro	2:22.63	534	31.71	1:07.99	1:45.48
32.	Lucy HALL	15	Braintree	2:22.99	530	32.93	1:09.16	1:46.22
33.	Rebecca PRITCHARD	14	Hatfield	2:23.08	529	32.77	1:08.76	1:46.19
34.	Zoe STEWART	14	Watford	2:23.37	526	33.36	1:10.11	1:47.18
35.	Hannah BOSTON	15	Luton	2:23.76	522	33.04	1:08.88	1:46.62
36.	Kimberley ANASTASIOU	14	UEA Norwich	2:23.81	521	34.19	1:11.61	1:48.37
37.	Charlotte HARRISON	14	Co Peterboro	2:23.83	521	32.38	1:09.04	1:46.59
38.	Emily COOK	14	Co Peterboro	2:23.91	520	33.12	1:09.12	1:46.88
39.	Abigail MALSTER	15	Hadleigh	2:24.31	516	32.98	1:09.54	1:47.67
40.	Eleanor MASON	15	Mid Beds	2:24.34	515	32.64	1:09.25	1:46.94
41.	Eleanor NEWELL	15	West Norfolk	2:24.48	514	34.17	-	1:47.94
42.	Helen BROWN	15	Chatteris	2:24.69	512	33.41	1:09.80	1:47.28
43.	Chloe BEARD	14	Co St Albans	2:24.75	511	33.71	1:10.52	1:48.47
43.	Jessica PARK	15	Halstead	2:24.75	511	32.99	1:09.46	1:47.33
45.	Helen MITCHELL	14	Braintree	2:25.52	503	32.61	1:09.15	1:47.58
46.	Hannah PARR	15	Luton	2:25.59	502	32.65	1:09.94	1:48.50
47.	Harriet COOK	15	Hertford	2:25.92	499	32.88	1:10.51	1:48.71
48.	Hannah MANNELL	15	West Suffolk	2:26.13	497	34.09	1:11.10	1:49.44
49.	Emma LYTHABY	14	Hertford	2:26.41	494	33.21	1:09.39	1:48.81
50.	Jessica THORNE	15	Aylsham Vikg	2:26.43	494	32.75	1:09.53	1:48.73
51.	Bethany ELMER	14	Deben	2:26.49	493	34.72	1:12.84	1:51.42
52.	Keira SULLIVAN	14	Hoddesdon	2:27.40	484	33.44	1:11.29	1:49.52
53.	Grace HUBBARD	15	Gt Yarmouth	2:27.61	482	33.09	1:10.27	1:50.47
54.	Mattaya NABARRO	15	Mid Beds	2:28.16	477	34.22	1:12.48	1:51.14
55.	Laura SMITH	14	Luton	2:28.32	475	34.51	1:12.67	1:52.04
56.	Leanne GALVIN	14	Dunstable	2:29.45	464	33.52	1:10.50	1:49.80
57.	Lauren GEDDES	14	Bishop Stort	2:29.89	460	34.16	1:12.71	1:51.45
58.	Heather TYSOE	14	Watford	2:30.27	457	34.31	1:11.13	1:50.52
59.	Charlotte MERRELL	15	Hitchin	2:39.86	379	32.73	1:10.77	1:54.72

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50	100	150
1.	Alice TENNANT	16	teamipswich		2:08.74	726	29.58	1:02.44	1:35.78
2.	Harriet BRETTL	17	Mid Beds		2:08.81	725	30.50	1:03.17	1:36.20
3.	Georgina HUNT	16	Thurrock		2:12.85	661	31.09	1:04.48	1:38.92
4.	Sophie CHAMBERLAIN	16	St Felix Sch		2:13.34	654	30.53	1:04.22	1:38.84
5.	Whitney BUCKLER	16	UEA Norwich		2:13.91	646	30.73	1:05.24	1:39.44
6.	Robyn BALL	16	St Felix Sch		2:14.73	634	31.43	1:05.44	1:40.61
7.	Jessica FORD	18	Thurrock		2:14.87	632	31.82	1:06.77	1:41.16
8.	Rachel ANDVIG	16	teamipswich		2:15.03	630	30.90	1:05.92	1:40.53
9.	Fenella FOSKETT	17	Deben		2:15.51	623	31.27	1:05.38	1:41.62
10.	Laura INGLES	18	UEA Norwich		2:16.13	614	31.16	1:05.12	1:40.75
11.	April HYAM	16	teamipswich		2:17.25	600	31.95	1:06.97	1:42.25
12.	Riasa DOUGLAS-COLLOW	17	St Felix Sch		2:17.71	594	31.25	1:05.96	1:41.32
13.	Shannon HAROLD	17	Thurrock		2:18.06	589	32.08	1:06.76	1:42.69
14.	Alice MARCHANT	16	Mid Beds		2:18.85	579	32.33	1:07.45	1:43.33
15.	Sophie SWEET	16	Co Peterboro		2:18.92	578	31.26	1:05.88	1:41.85
16.	Emily HAWES	18	Lstof & OB		2:19.27	574	31.72	1:06.50	1:42.67
17.	Emily PRIOR	17	Deben		2:20.62	557	33.14	1:08.90	1:45.02
18.	Stephanie COOKE	19	UEA Norwich		2:21.63	546	31.57	1:07.34	1:44.68
19.	Briony LOWE	17	Lstof & OB		2:21.78	544	32.12	1:07.55	1:44.03
20.	Chloe WILLIAMS	20	Canvey Isl	14	2:45.00	345	36.14	1:18.80	2:02.93

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50	100	150
1.	Chloe WILLIAMS	20	Canvey Isl	14	2:45.00	542	36.14	1:18.80	2:02.93

EVENT 306 Mens 200m Freestyle

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50	100	150
1.	Sam MUNRO	15	St Felix Sch		1:58.65	694	27.42	57.29	1:28.14
2.	David GODDRIDGE	16	Watford		2:00.46	664	27.43	58.86	1:29.50
3.	Jordan BATE	16	Lstof & OB		2:01.59	645	28.03	59.20	1:30.91
4.	David KELLEWAY	15	Bishop Stort		2:01.98	639	27.75	58.48	1:29.96
5.	Jack HOLLIS	15	teamipswich		2:02.23	635	28.59	59.72	1:31.24
6.	Ryan SEARLES	15	Hatfield		2:02.85	626	28.27	59.62	1:31.64
7.	Adam INGLEDEW	16	Mid Beds		2:03.34	618	28.80	59.70	1:30.80
8.	Andrew WILKINSON	16	Co Cambridge		2:03.66	613	28.07	59.44	1:31.51
9.	Michael GRACE	15	Phoenix Bas		2:04.05	608	28.07	58.84	1:30.79
10.	Aydin BERKI	16	Mid Beds		2:04.47	602	28.13	59.08	1:31.96
11.	Samuel BRIGGS	15	Modernians		2:04.88	596	27.97	59.60	1:32.65
12.	Alex DELICATA	15	Thurrock		2:04.93	595	28.49	2:04.78	1:32.79
13.	Daniel SMITH	15	Lstof & OB		2:05.46	587	28.16	59.53	1:32.62
14.	Mark COLLINS	16	West Norfolk		2:05.55	586	28.08	59.76	1:32.52
15.	Alex MURRAY	15	West Norfolk		2:06.11	578	28.93	-	1:34.03
16.	Ricky JONES	15	Watford		2:07.00	566	28.32	-	1:33.29
17.	Lewis FARMER	15	Lstof & OB		2:07.06	565	29.18	1:01.77	1:34.59
18.	Jason DANIELS	16	Thurrock		2:07.19	564	29.10	1:01.64	1:34.88
19.	Thomas HALE	15	Brentwood		2:07.25	563	28.39	1:00.31	1:33.99
20.	Callum McCOLGAN	16	Lstof & OB		2:07.67	557	28.34	1:00.49	1:35.03
21.	Nicholas GILROY	16	Brentwood		2:08.76	543	29.42	1:02.41	1:35.73
22.	Christian STOKES	16	Biggleswade		2:09.38	536	29.56	1:02.41	1:35.87
23.	Sean COLLIER	15	Newmarket		2:09.39	535	29.81	1:03.77	1:36.88
24.	Luke WALSH	15	Theftord		2:09.56	533	30.18	1:03.35	1:37.04
25.	Christopher COX	16	Hertsmere		2:10.13	526	29.99	1:03.15	1:36.76
26.	Nik SPEARS	15	Watford		2:10.17	526	29.95	1:03.25	1:37.32
27.	Timothy TRIPP	16	Colchester		2:10.19	526	29.47	1:02.60	1:36.64
28.	Christopher MITCHELL	15	Epping Fort		2:10.37	523	29.49	1:03.15	1:37.84



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29.	Andrew WILLS	15	Felixstowe	2:10.49	522	28.90	1:01.56	1:36.36
30.	James McGRAIL	15	Hatfield	2:10.51	522	30.14	1:03.79	1:37.98
31.	Timothy EVANS	16	Southend	2:10.60	521	29.40	1:02.82	1:37.19
32.	Nicholas RUDDOCK	15	Lstof & OB	2:10.70	520	29.57	1:03.15	1:36.85
33.	George BARTLE	15	teamipswich	2:10.85	518	28.78	1:02.00	1:36.77
34.	Jake CROOK	15	West Norfolk	2:11.08	515	30.61	1:04.82	1:37.87
35.	Kieran HUGGETT	15	Bishop Stort	2:11.13	514	29.97	1:03.34	1:37.36
36.	James MITCHELL	16	Thurrock	2:11.49	510	30.24	1:03.63	1:38.05
37.	Jay MUNKLEY	15	Hertsmere	2:11.74	507	28.82	1:01.92	1:36.94
38.	Danny BAKER	15	Rochford	2:12.13	503	30.24	1:04.00	1:38.95
39.	Tom WINDER	15	Flitwick	2:12.34	500	29.81	1:03.31	1:38.17
40.	Tom OLIVE	16	Hadleigh	2:12.57	498	30.17	1:04.01	1:38.36
41.	Jake GARROD	15	Deben	2:12.92	494	30.81	1:05.31	1:40.24
42.	Carl HALFORD	16	Flitwick	2:13.03	493	30.37	1:04.26	1:39.05
43.	Jack BURCHELL	15	Hitchin	2:13.13	492	30.11	1:04.51	1:39.64
44.	Matthew JAKEMAN	16	Wisbech	2:13.36	489	30.08	1:03.87	1:39.02
45.	Adam CARTER	16	Bo Southend	2:13.50	488	29.81	1:03.30	1:37.83
46.	Daniel McAULIFFE	15	Hatfield	2:13.54	487	30.07	1:03.53	1:38.95
47.	Alistair CLEMENTS	15	Deben	2:13.62	486	30.90	1:05.39	1:40.74
48.	Christopher DAVEY	16	Mid Beds	2:13.68	486	29.47	1:04.63	1:40.12
49.	Ian WILLIAMS	16	Dunstable	2:14.19	480	31.17	1:06.08	1:39.48
50.	Brandon SEARLE	16	Mildenhall	2:14.64	475	30.00	1:03.47	1:38.45
51.	Ben JOHNSON	16	UEA Norwich	2:14.73	474	30.62	1:04.83	1:39.88
52.	Jack NOBLE	15	Hitchin	2:14.81	473	29.33	1:03.80	1:40.85
53.	Josh FARRELL	16	Hatfield	2:15.13	470	30.81	1:05.05	1:40.76
54.	Daniel RILEY	15	Luton	2:15.16	470	29.64	1:03.41	1:39.81
55.	Duncan NICOLL	15	Harpenden	2:15.22	469	29.84	1:04.43	1:40.39
56.	Steven PEDDLE	16	Epping For't	2:15.57	466	29.73	1:04.17	1:40.88
56.	Liam OSBORNE	16	Diss Otters	2:15.57	466	30.55	1:05.26	1:41.62
58.	Paul MACKIE	16	Hemel Hemp	2:15.65	465	30.86	1:05.92	1:42.09
59.	Thomas OSBORN	16	Hemel Hemp	2:19.56	427	30.20	1:05.73	1:43.31
60.	Jack COPPING	16	Colchester P	2:24.95	381	32.61	1:10.09	1:48.44
	Morgan PUGH	16	Harpenden	DQ ST-				

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50	100	150
1.	Andrew BIGLEY	17	teamipswich		1:58.97	689	27.91	58.52	1:29.18
2.	Charles WALKER	18	Co Peterboro		1:59.63	678	27.71	58.95	1:29.47
3.	Sean LEAHY	19	Hatfield		2:00.12	669	27.42	58.16	1:29.67
4.	Troy LYNCH	17	teamipswich		2:00.70	660	27.62	58.12	1:30.35
5.	Lewis COLEMAN	17	teamipswich		2:00.71	659	28.25	59.26	1:30.18
6.	Sam HEARD	20	UEA Norwich		2:00.91	656	28.63	59.74	1:30.62
7.	Jonathan SAYER	19	Bo Southend		2:01.68	644	28.34	59.59	1:31.13
8.	Thomas CERNY	17	Co Cambridge		2:02.51	631	27.90	59.51	1:31.04
9.	Lawrence LOWMAN	19	Hatfield		2:02.59	630	28.53	59.81	1:31.58
10.	Lewis KING	18	Hatfield		2:03.34	618	28.37	1:00.12	1:31.57
11.	Sean TOMLIN	17	Bo Southend		2:04.34	603	27.92	59.97	1:32.46
12.	George MORRIS	17	Bo Southend		2:04.44	602	28.28	1:00.18	1:32.70
13.	Luke DE MOYA	17	Co Peterboro		2:04.49	601	27.73	59.10	1:32.21
14.	Chris TITTERINGTON	18	West Suffolk		2:05.53	586	29.55	1:01.68	1:33.68
15.	Thomas QUINTON	17	UEA Norwich		2:07.13	565	29.20	1:01.63	1:34.53
16.	Matt RIDOUT	22	Dunstable		2:07.58	559	28.96	1:00.67	1:33.81
17.	Oliver CROSBY	18	Colchester		2:07.82	555	28.67	1:01.94	1:34.60
18.	Benjamin MASON	17	Hoddesdon		2:08.54	546	28.28	1:00.36	1:34.07
19.	Matthew HENSON	17	Co St Albans		2:08.57	546	28.11	1:00.30	1:34.98
20.	Dale HART	17	West Norfolk		2:08.58	546	27.97	59.79	1:33.13
21.	Tristan HUGHES	17	Felixstowe		2:10.87	518	28.41	1:00.86	1:35.40

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50	100	150
1.	Jack COPPING	16	Colchester P	10	2:24.95	527	32.61	1:10.09	1:48.44

EVENT 307 Womens 100m Breaststroke

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Alex HARRISON	15	St Felix Sch		1:15.07	691	35.76
2.	Zoe SMITH	15	Lstof & OB		1:17.82	620	36.84
3.	Jennifer STOTT	14	Witham Dolph		1:20.45	561	37.43
4.	Laura SEARLE	14	Bishop Stort		1:21.04	549	38.00
5.	Charlotte OVENDEN	15	Modernians		1:21.75	535	37.29
6.	Bethan BOTTOMLEY	14	West Suffolk		1:22.40	523	39.34
7.	Alexandra REVELL	14	Harpenden		1:22.46	521	38.92
8.	Bethany ELMER	14	Deben		1:23.55	501	40.07
9.	Hannah PARR	15	Luton		1:23.98	494	39.76
10.	Kelly JOHNSON	15	Modernians		1:24.46	485	39.06
11.	Alexandra HATT	14	Berkhamsted		1:24.54	484	38.96
12.	Evangelina FISHER	14	Chelmsford		1:24.65	482	39.39
13.	Lauren BAKER	14	Witham Dolph		1:24.66	482	39.52
14.	Nicole GIBBS	15	Brentwood		1:25.49	468	40.10
15.	Laura CHUMBLEY	14	Huntingdon		1:25.53	467	40.18
16.	Gaby BALLS	15	West Norfolk		1:25.75	464	39.76
17.	Ellen FISHER	15	West Norfolk		1:27.84	431	40.41
18.	Lauren HOBBS	13	Dunstable	13	1:35.14	339	45.09
19.	Lauren SMITH	15	Epping For't	8	1:39.17	300	45.57
20.	Hannah WRIGHT	13	West Suffolk	9	1:43.22	266	48.47

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Fenella FOSKETT	17	Deben		1:18.38	607	37.16
2.	Emma WARRINGTON	16	Hoddesdon		1:19.03	592	36.66
3.	Louise BUSH	18	UEA Norwich		1:20.83	554	37.99
4.	Bernice EDGEWORTH	17	Bishop Stort		1:22.13	528	38.90
5.	Harriet LEE	18	Mid Beds		1:24.60	483	40.23
6.	Zoe SMITH	17	Luton		1:24.69	481	40.22
7.	Katie SYKES	16	West Norfolk		1:25.11	474	39.31



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8.	Tamara RICHARDS	16	Huntingdon	1:26.23	456	40.81
9.	Sarah BOWLING	18	West Norfolk	9 1:37.24	318	46.07
10.	Stephanie BIRD	20	Lstof & OB	14 1:37.84	312	45.52
11.	Jo-Jo CRANFIELD	16	Rochford	8 1:39.93	293	47.15
12.	Emma HOLLIS	17	Epping For't	7 1:47.23	237	50.69

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Emma HOLLIS	17	Epping For't	7	1:47.23	623	50.69
2.	Stephanie BIRD	20	Lstof & OB	14	1:37.84	579	45.52
3.	Lauren SMITH	15	Epping For't	8	1:39.17	536	45.57
4.	Lauren HOBBS	13	Dunstable	13	1:35.14	533	45.09
5.	Jo-Jo CRANFIELD	16	Rochford	8	1:39.93	524	47.15
6.	Sarah BOWLING	18	West Norfolk	9	1:37.24	495	46.07
7.	Hannah WRIGHT	13	West Suffolk	9	1:43.22	414	48.47

EVENT 308 Mens 100m Breaststroke

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Nathan HENDERSON	16	Lstof & OB		1:10.68	600	33.10
2.	Andrew EGAN	16	Hatfield		1:12.30	560	34.27
3.	Ashley BINNS	16	Co Peterboro		1:12.78	549	33.98
4.	Alasdair KERR	15	Mid Beds		1:13.46	534	34.79
4.	Aaron LYNCH	15	teampswich		1:13.46	534	34.43
6.	Mark COLLINS	16	West Norfolk		1:14.51	512	34.92
7.	Alex DEAL	16	Sudbury		1:16.41	475	35.57
8.	Joshua GRAY	15	West Norfolk		1:16.57	472	35.33
9.	Aydin BERKI	16	Mid Beds		1:17.04	463	35.45
10.	Tom WINDER	15	Flitwick		1:17.31	458	36.31
11.	Christian PARKER	16	Southend		1:17.34	458	34.55
12.	Thomas STOKES	15	Co Peterboro		1:17.84	449	36.04
13.	Dean BRUMBY	16	Rochford		1:18.88	431	36.80
14.	Jack LEE	15	Luton		1:19.13	427	36.58
15.	Joshua PAGE	15	UEA Norwich		1:19.31	424	36.83
16.	Ricky JONES	15	Watford		1:20.17	411	35.84
17.	David KELLEWAY	15	Bishop Stort		1:25.37	340	38.85

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	James ALLCHORNE	20	Hatfield		1:08.47	660	31.65
2.	Bobby CAVE	18	Hatfield		1:08.78	651	32.94
3.	Ben MARSTERS	22	West Norfolk		1:09.46	632	32.16
4.	Jonathan QUINN	18	Hatfield		1:10.16	613	32.53
5.	Lewis COLEMAN	17	teampswich		1:10.30	609	33.06
6.	Nicholas THOMPSON	17	UEA Norwich		1:10.74	598	33.23
7.	Luke WESTWOOD	18	Co Cambridge		1:12.11	565	33.46
8.	David DOWSETT	23	Biggleswade		1:12.18	563	32.79
9.	Roger MALLET	20	Mid Beds		1:13.90	525	33.67
10.	Stephen FISHER	17	UEA Norwich		1:14.00	522	34.95
11.	George MORRIS	17	Bo Southend		1:14.13	520	34.27
12.	Sargon YOUSSEFI	18	Colchester		1:14.50	512	35.26
13.	Tom COLE	20	West Suffolk	14	1:41.81	201	47.09

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Tom COLE	20	West Suffolk	14	1:41.81	278	47.09

EVENT 309 Womens 200m Butterfly

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Anne BOCHMANN	15	UEA Norwich	2:20.65	713	32.26	1:08.48	1:44.87
2.	Bryony CAMPBELL	15	St Felix Sch	2:20.98	708	31.32	1:07.41	1:44.10
3.	Kerriann CHIPPERFIELD	15	Thurrock	2:28.21	609	34.09	1:11.58	1:51.36
4.	Abigail SAYER	15	Thurrock	2:28.52	605	33.53	1:11.25	1:50.30
5.	Laura ADAMS	15	UEA Norwich	2:30.36	583	33.64	1:12.05	1:50.83
6.	Joanne LONGLAND	14	Co Peterboro	2:37.89	504	34.46	1:14.76	1:56.74
7.	Chloe DAVIS	15	Runnymede	2:39.99	484	34.26	1:13.83	1:56.60
8.	Kerry RANGER	14	Cheshunt	2:40.91	476	33.28	1:13.26	1:56.54
9.	Holly WINFIELD	14	Co St Albans	2:42.22	465	35.27	1:15.98	1:58.91
10.	Sarah LARNER	15	Colchester	2:48.52	414	35.05	1:16.62	2:02.16
	Bethany COGGINS	15	UEA Norwich	DQ T-3L		33.50	1:12.92	1:52.74

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Verity GOODEY	17	Southend	2:29.13	598	31.90	1:08.98	1:48.45
2.	Carolyn ASTBURY	16	Watford	2:29.57	593	33.49	1:11.70	1:50.38
3.	Mairi WALKER	19	Lstof & OB	2:30.33	584	33.43	1:12.02	1:50.63
4.	Molly EPSLY	16	Thurrock	2:33.09	553	34.05	1:12.50	1:53.12
5.	Louise KING	18	Mid Beds	2:33.87	544	33.72	1:12.10	1:52.68
6.	Alice MARCHANT	16	Mid Beds	2:35.09	532	34.92	1:14.10	1:54.32
7.	Charlotte DAVIS	17	Runnymede	2:37.99	503	34.36	1:13.56	1:55.70
8.	Sophie THRUSSELL	16	Mid Beds	2:40.25	482	35.25	1:15.62	1:57.86



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EVENT 310 Mens 200m Butterfly

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Jordan BATE	16	Lstof & OB	2:12.26	637	30.11	1:03.03	1:37.98
2.	Jack HOLLIS	15	teamipswich	2:15.94	587	30.29	1:04.78	1:40.10
3.	Charlie HAYES	15	Thurrock	2:18.23	558	31.37	1:06.25	1:42.05
4.	Jason DANIELS	16	Thurrock	2:18.68	552	30.92	1:05.93	1:41.53
5.	Dean WOODCOCK	16	Chelmsford	2:19.42	544	30.32	1:05.87	1:42.38
6.	Edward ALLCHORNE	15	Hatfield	2:19.52	543	30.18	1:05.80	1:42.09
7.	Charlie POND THOMPSON	15	Southend	2:24.59	487	30.97	1:07.00	1:45.17
8.	Kieran HUGGETT	15	Bishop Stort	2:27.09	463	31.91	1:09.44	1:47.99
9.	Nicholas GILROY	16	Brentwood	2:27.10	463	31.52	1:09.24	1:48.10
10.	David CARLINE	16	Modernians	2:27.31	461	31.40	1:08.04	1:46.61
11.	Alex RAINE	15	Mid Beds	2:29.63	440	31.42	1:09.27	1:49.42
	Ashley BINNS	16	Co Peterboro	DQ SL-2L		31.25	1:09.14	1:48.51

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Lewis KING	18	Hatfield	2:17.97	561	30.97	1:05.74	1:41.42
2.	Kouji URATA	19	Hatfield	2:18.22	558	31.97	1:09.14	1:46.16
3.	Sam MUNKLEY	17	Hatfield	2:21.61	519	30.64	1:06.80	1:44.74
4.	Sean TOMLIN	17	Bo Southend	2:21.77	517	31.40	1:08.25	1:45.61
5.	Lewis MATTIN	19	UEA Norwich	2:22.44	510	29.97	1:04.93	1:42.67
6.	Jonathan QUINN	18	Hatfield	2:25.04	483	31.53	1:08.92	1:46.26

EVENT 311 Mens/Womens 800m Freestyle

MENS 16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150	200	250	300m	350m	400m
1.	Jordan BATE	16	Lstof & OB	8:45.33	696								
	50m 29.34	100m 1:02.17	150m 1:35.05	200m 2:08.99	250m 2:42.28	300m 3:16.12	350m 3:49.08	400m 4:22.78					
	29.34	32.83	32.88	33.94	33.29	33.84	32.96	33.70					
	450m 4:55.89	500m 5:29.81	550m 6:02.28	600m 6:36.28	650m 7:08.61	700m 7:41.64	750m 8:13.92	800m 8:45.33					
	33.11	33.92	32.47	34.00	32.33	33.03	32.28	31.41					
2.	Aydin BERKI	16	Mid Beds	8:47.29	689								
	50m 30.25	100m 1:02.81	150m 1:35.20	200m 2:08.43	250m 2:41.09	300m 3:14.49	350m 3:47.57	400m 4:21.43					
	30.25	32.56	32.39	33.23	32.66	33.40	33.08	33.86					
	450m 4:54.60	500m 5:28.42	550m 6:01.45	600m 6:35.37	650m 7:08.31	700m 7:42.48	750m 8:15.37	800m 8:47.29					
	33.17	33.82	33.03	33.92	32.94	34.17	32.89	31.92					
3.	Alex DELICATA	15	Thurrock	8:53.11	666								
	50m 29.23	100m 1:02.18	150m 1:35.13	200m 2:08.46	250m 2:41.65	300m 3:15.15	350m 3:48.66	400m 4:22.47					
	29.23	32.95	32.95	33.33	33.19	33.50	33.51	33.81					
	450m 4:56.58	500m 5:30.37	550m 6:04.38	600m 6:38.78	650m 7:12.43	700m 7:46.49	750m 8:20.40	800m 8:53.11					
	34.11	33.79	34.01	34.40	33.65	34.06	33.91	32.71					
4.	Thomas HALE	15	Brentwood	8:57.45	650								
	50m 31.05	100m 1:04.24	150m 1:38.21	200m 2:11.82	250m 2:45.70	300m 3:19.60	350m 3:53.72	400m 4:27.31					
	31.05	33.19	33.97	33.61	33.88	33.90	34.12	33.59					
	450m 5:01.45	500m 5:35.58	550m 6:10.18	600m 6:44.60	650m 7:18.48	700m 7:52.34	750m 8:26.09	800m 8:57.45					
	34.14	34.13	34.60	34.42	33.88	33.86	33.75	31.36					
5.	Andrew WILKINSON	16	Co Cambridge	9:03.60	628								
	50m 30.52	100m 1:04.18	150m 1:38.79	200m 2:13.32	250m 2:47.91	300m 3:22.65	350m 3:57.70	400m 4:32.70					
	30.52	33.66	34.61	34.53	34.59	34.74	35.05	35.00					
	450m 5:07.31	500m 5:41.50	550m 6:15.75	600m 6:50.13	650m 7:23.88	700m 7:57.83	750m 8:31.12	800m 9:03.60					
	34.61	34.19	34.25	34.38	33.75	33.95	33.29	32.48					
6.	Alex RAINE	15	Mid Beds	9:09.57	608								
	50m 30.96	100m 1:04.96	150m 1:39.39	200m 2:14.14	250m 2:48.72	300m 3:23.33	350m 3:57.47	400m 4:32.26					
	30.96	34.00	34.43	34.75	34.58	34.61	34.14	34.79					
	450m 5:07.71	500m 5:42.56	550m 6:17.37	600m 6:52.13	650m 7:26.60	700m 8:01.63	750m 8:35.78	800m 9:09.57					
	35.45	34.85	34.81	34.76	34.47	35.03	34.15	33.79					
7.	James MITCHELL	16	Thurrock	9:11.50	602								
	50m 31.04	100m 1:05.41	150m 1:39.56	200m 2:14.13	250m 2:48.76	300m 3:23.74	350m 3:58.42	400m 4:33.19					
	31.04	34.37	34.15	34.57	34.63	34.98	34.68	34.77					
	450m 5:07.87	500m 5:42.84	550m 6:17.79	600m 6:53.11	650m 7:28.08	700m 8:03.16	750m 8:37.33	800m 9:11.50					
	34.68	34.97	34.95	35.32	34.97	35.08	34.17	34.17					
8.	James McGRAIL	15	Hatfield	9:19.36	577								
	50m 31.14	100m 1:05.56	150m 1:40.88	200m 2:16.41	250m 2:51.98	300m 3:27.70	350m 4:03.11	400m 4:38.76					
	31.14	34.42	35.32	35.53	35.57	35.72	35.41	35.65					
	450m 5:14.35	500m 5:50.26	550m 6:26.08	600m 7:01.51	650m 7:36.44	700m 8:11.26	750m 8:46.00	800m 9:19.36					
	35.59	35.91	35.82	35.43	34.93	34.82	34.74	33.36					
9.	Callum McCOLGAN	16	Lstof & OB	9:19.64	576								
	50m 30.03	100m 1:02.98	150m 1:36.89	200m 2:11.28	250m 2:46.07	300m 3:21.08	350m 3:56.43	400m 4:31.83					
	30.03	32.95	33.91	34.39	34.79	35.01	35.35	35.40					
	450m 5:07.37	500m 5:43.30	550m 6:21.42	600m 6:58.81	650m 7:35.16	700m 8:11.25	750m 8:47.63	800m 9:19.64					
	35.54	35.93	38.12	37.39	36.35	36.09	36.38	32.01					
10.	Conor HARROLD	16	Thurrock	9:25.81	557								
	50m 30.78	100m 1:04.49	150m 1:38.98	200m 2:13.65	250m 2:48.92	300m 3:23.80	350m 3:59.43	400m 4:35.40					
	30.78	33.71	34.49	34.67	35.27	34.88	35.63	35.97					
	450m 5:11.79	500m 5:47.94	550m 6:24.65	600m 7:01.00	650m 7:37.51	700m 8:13.91	750m 8:50.21	800m 9:25.81					
	36.39	36.15	36.71	36.35	36.51	36.40	36.30	35.60					
11.	Adam CARTER	16	Bo Southend	9:28.10	551								
	50m 32.19	100m 1:08.01	150m 1:43.57	200m 2:19.20	250m 2:54.97	300m 3:30.91	350m 4:06.33	400m 4:42.38					
	32.19	35.82	35.56	35.63	35.77	35.94	35.42	36.05					
	450m 5:18.51	500m 5:54.07	550m 6:29.92	600m 7:05.90	650m 7:41.82	700m 8:17.98	750m 8:53.86	800m 9:28.10					
	36.13	35.56	35.85	35.98	35.92	36.16	35.88	34.24					
12.	Carl HALFORD	16	Flitwick	9:28.90	548								
	50m 31.60	100m 1:06.74	150m 1:42.55	200m 2:18.75	250m 2:54.78	300m 3:30.78	350m 4:06.64	400m 4:42.99					
	31.60	35.14	35.81	36.20	36.03	36.00	35.86	36.35					
	450m 5:19.06	500m 5:55.15	550m 6:31.21	600m 7:07.38	650m 7:43.28	700m 8:19.37	750m 8:54.91	800m 9:28.90					
	36.07	36.09	36.06	36.17	35.90	36.09	35.54	33.99					
13.	Nicholas RUDDOCK	15	Lstof & OB	9:30.78	543								



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	50m	31.65	100m	1:06.03	150m	1:42.20	200m	2:18.38	250m	2:54.76	300m	3:30.79	350m	4:07.23	400m	4:43.28
		31.65		34.38		36.17		36.18		36.38		36.03		36.44		36.05
	450m	5:19.63	500m	5:55.93	550m	6:32.32	600m	7:08.72	650m	7:44.16	700m	8:20.53	750m	8:56.36	800m	9:30.78
		36.35		36.30		36.39		36.40		35.44		36.37		35.83		34.42
14.	Lewis FARMER		15	Lstoft & OB		9:31.51		541								
	50m	30.57	100m	1:05.11	150m	1:40.03	200m	2:15.01	250m	2:50.32	300m	3:25.68	350m	4:00.38	400m	4:35.54
		30.57		34.54		34.92		34.98		35.31		35.36		34.70		35.16
	450m	5:11.09	500m	5:47.18	550m	6:23.05	600m	7:00.10	650m	7:37.41	700m	8:15.23	750m	8:53.00	800m	9:31.51
		35.55		36.09		35.87		37.05		37.31		37.82		37.77		38.51
15.	Daniel McAULIFFE		15	Hatfield		9:33.72		535								
	50m	32.63	100m	1:08.07	150m	1:43.45	200m	2:19.54	250m	2:55.95	300m	3:32.04	350m	4:08.12	400m	4:44.82
		32.63		35.44		35.38		36.09		36.41		36.09		36.08		36.70
	450m	5:20.80	500m	5:57.36	550m	6:33.80	600m	7:10.58	650m	7:47.17	700m	8:23.39	750m	8:59.49	800m	9:33.72
		35.98		36.56		36.44		36.78		36.59		36.22		36.10		34.23
16.	Christopher MITCHELL		15	Epping Fort		9:34.70		532								
	50m	30.25	100m	1:05.01	150m	1:41.24	200m	2:17.10	250m	2:53.44	300m	3:30.10	350m	4:06.79	400m	4:43.50
		30.25		34.76		36.23		35.86		36.34		36.66		36.69		36.71
	450m	5:20.08	500m	5:56.98	550m	6:33.83	600m	7:10.98	650m	7:48.20	700m	8:25.37	750m	9:01.37	800m	9:34.70
		36.58		36.90		36.85		37.15		37.22		37.17		36.00		33.33
17.	Matthew WINNELL		16	Runnymede		9:34.90		531								
	50m	31.30	100m	1:06.54	150m	1:42.21	200m	2:18.75	250m	2:54.88	300m	3:31.33	350m	4:07.50	400m	4:43.84
		31.30		35.24		35.67		36.54		36.13		36.45		36.17		36.34
	450m	5:19.82	500m	5:56.73	550m	6:33.46	600m	7:10.92	650m	7:47.42	700m	8:24.63	750m	9:00.85	800m	9:34.90
		35.98		36.91		36.73		37.46		36.50		37.21		36.22		34.05
18.	Jake CROOK		15	West Norfolk		9:43.35		509								
	50m	33.12	100m	1:10.50	150m	1:48.42	200m	2:25.81	250m	3:02.68	300m	3:39.32	350m	4:16.53	400m	4:53.04
		33.12		37.38		37.92		37.39		36.87		36.64		37.21		36.51
	450m	5:29.54	500m	6:06.53	550m	6:43.28	600m	7:20.21	650m	7:56.62	700m	8:33.22	750m	9:08.80	800m	9:43.35
		36.50		36.99		36.75		36.93		36.41		36.60		35.58		34.55
19.	Matthew JAKEMAN		16	Wisbech		9:50.62		490								
	50m	32.86	100m	1:08.88	150m	1:45.59	200m	2:22.78	250m	2:59.55	300m	3:36.79	350m	4:14.20	400m	4:51.76
		32.86		36.02		36.71		37.19		36.77		37.24		37.41		37.56
	450m	5:29.94	500m	6:08.19	550m	6:46.07	600m	7:24.05	650m	8:01.45	700m	8:38.68	750m	9:15.19	800m	9:50.62
		38.18		38.25		37.88		37.98		37.40		37.23		36.51		35.43
20.	Thomas OSBORN		16	Hemel Hemp		10:17.52		429								
	50m	32.99	100m	1:10.30	150m	1:48.91	200m	2:28.19	250m	3:06.91	300m	3:46.84	350m	4:25.89	400m	5:05.96
		32.99		37.31		38.61		39.28		38.72		39.93		39.05		40.07
	450m	5:45.45	500m	6:25.47	550m	7:04.54	600m	7:45.31	650m	8:24.89	700m	9:04.46	750m	9:42.57	800m	10:17.52
		39.49		40.02		39.57		40.77		39.58		39.57		38.11		34.95

MENS 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt												
1.	Lawrence LOWMAN	19	Hatfield	8:33.81	744												
	50m	29.06	100m	1:01.11	150m	1:33.03	200m	2:05.47	250m	2:37.40	300m	3:10.20	350m	3:42.35	400m	4:15.37	
		29.06		32.05		31.92		32.44		31.93		32.80		32.15		33.02	
	450m	4:47.33	500m	5:20.19	550m	5:52.47	600m	6:25.21	650m	6:57.20	700m	7:30.02	750m	8:01.88	800m	8:33.81	
		31.96		32.86		32.28		32.74		31.99		32.82		31.86		31.93	
2.	Sam HEARD	20	UEA Norwich	8:40.94	714												
	50m	29.64	100m	1:02.30	150m	1:34.25	200m	2:06.49	250m	2:38.74	300m	3:11.51	350m	3:44.21	400m	4:17.61	
		29.64		32.66		31.95		32.24		32.25		32.77		32.70		33.40	
	450m	4:50.69	500m	5:23.85	550m	5:57.08	600m	6:29.87	650m	7:02.73	700m	7:35.81	750m	8:08.41	800m	8:40.94	
		33.08		33.16		33.23		32.79		32.86		33.08		32.60		32.53	
3.	Lewis KING	18	Hatfield	8:44.72	699												
	50m	29.93	100m	1:02.06	150m	1:34.50	200m	2:06.95	250m	2:39.85	300m	3:12.39	350m	3:45.92	400m	4:18.56	
		29.93		32.13		32.44		32.45		32.90		32.54		33.53		32.64	
	450m	4:51.98	500m	5:24.93	550m	5:58.90	600m	6:32.68	650m	7:07.11	700m	7:40.57	750m	8:14.46	800m	8:44.72	
		33.42		32.95		33.97		33.78		34.43		33.46		33.89		30.26	
4.	Jonathan SAYER	19	Bo Southend	8:47.86	686												
	50m	29.73	100m	1:02.60	150m	1:35.69	200m	2:09.18	250m	2:42.63	300m	3:15.37	350m	3:48.82	400m	4:22.61	
		29.73		32.87		33.09		33.49		33.45		32.74		33.45		33.79	
	450m	4:55.81	500m	5:29.72	550m	6:03.09	600m	6:37.12	650m	7:11.11	700m	7:45.24	750m	8:17.37	800m	8:47.86	
		33.20		33.91		33.37		34.03		33.99		34.13		32.13		30.49	
5.	Sean TOMLIN	17	Bo Southend	8:52.95	667												
	50m	29.68	100m	1:02.60	150m	1:35.53	200m	2:08.86	250m	2:41.65	300m	3:15.29	350m	3:48.80	400m	4:23.70	
		29.68		32.92		32.93		33.33		32.79		33.64		33.51		34.90	
	450m	4:56.71	500m	5:30.19	550m	6:03.78	600m	6:38.67	650m	7:12.23	700m	7:45.83	750m	8:20.35	800m	8:52.95	
		33.01		33.48		33.59		34.89		33.56		33.60		34.52		32.60	
6.	Thomas FREEMAN	17	Co Peterboro	9:07.91	614												
	50m	30.46	100m	1:03.97	150m	1:37.74	200m	2:12.38	250m	2:47.00	300m	3:21.93	350m	3:56.48	400m	4:32.17	
		30.46		33.51		33.77		34.64		34.62		34.62		34.55		35.69	
	450m	5:06.95	500m	5:42.29	550m	6:17.03	600m	6:52.39	650m	7:27.26	700m	8:02.11	750m	8:35.47	800m	9:07.91	
		34.78		35.34		34.74		35.36		34.87		34.85		33.36		32.44	
7.	Chris TITTERINGTON	18	West Suffolk	9:10.32	606												
	50m	31.22	100m	1:05.69	150m	1:40.18	200m	2:15.59	250m	2:50.40	300m	3:25.58	350m	3:59.93	400m	4:34.99	
		31.22		34.47		34.49		35.41		34.81		35.18		34.35		35.06	
	450m	5:09.11	500m	5:44.36	550m	6:19.06	600m	6:54.13	650m	7:28.35	700m	8:03.09	750m	8:37.23	800m	9:10.32	
		34.12		35.25		34.70		35.07		34.22		34.74		34.14		33.09	
8.	George MORRIS	17	Bo Southend	9:19.87	575												
	50m	30.11	100m	1:04.59	150m	1:38.58	200m	2:13.18	250m	2:48.58	300m	3:25.09	350m	4:00.18	400m	4:35.57	
		30.11		34.48		33.99		34.60		35.40		36.51		35.09		35.39	
	450m	5:10.83	500m	5:47.23	550m	6:22.09	600m	6:58.24	650m	7:32.75	700m	8:08.77	750m	8:44.24	800m	9:19.87	
		35.26		36.40		34.86		36.15		34.51		36.02		35.47		35.63	
9.	Andrew KIMPTON	17	West Suffolk	9:28.01	551												
	50m	32.32	100m	1:07.72	150m	1:42.86	200m	2:18.64	250m	2:54.22	300m	3:30.30	350m	4:05.94	400m	4:42.26	
		32.32		35.40		35.14		35.78		35.58		36.08		35.64		36.32	
	450m	5:18.07	500m	5:54.13	550m	6:29.69	600m	7:05.63	650m	7:41.53	700m	8:18.09	750m	8:53.39	800m	9:28.01	
		35.81															



ASA East Region 2009 Youth Championships

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10.	Robert BALDRANCE	17	Biggleswade	9:42.54	511						
	50m 30.21	100m 1:04.67	150m 1:40.19	200m 2:17.67	250m 2:53.92	300m 3:31.27	350m 4:07.98	400m 4:46.09			
	30.21	34.46	35.52	37.48	36.25	37.35	36.71	38.11			
	450m 5:23.86	500m 6:01.90	550m 6:38.52	600m 7:16.04	650m 7:53.43	700m 8:30.64	750m 9:06.95	800m 9:42.54			
	37.77	38.04	36.62	37.52	37.39	37.21	36.31	35.59			

WOMENS 15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt						
1.	Yasmin BITHREY	15	Mid Beds	9:20.06	707						
	50m 31.82	100m 1:07.00	150m 1:42.51	200m 2:18.05	250m 2:52.53	300m 3:27.44	350m 4:02.45	400m 4:37.95			
	31.82	35.18	35.51	35.54	34.48	34.91	35.01	35.50			
	450m 5:12.73	500m 5:48.39	550m 6:23.98	600m 6:59.55	650m 7:34.99	700m 8:11.10	750m 8:45.54	800m 9:20.06			
	34.78	35.66	35.59	35.57	35.44	36.11	34.44	34.52			
2.	Lucy CHARLES	15	Hoddesdon	9:28.87	674						
	50m 30.95	100m 1:05.77	150m 1:41.08	200m 2:16.93	250m 2:52.69	300m 3:29.06	350m 4:05.32	400m 4:42.00			
	30.95	34.82	35.31	35.85	35.76	36.37	36.26	36.68			
	450m 5:18.36	500m 5:55.16	550m 6:31.56	600m 7:07.91	650m 7:43.89	700m 8:19.93	750m 8:55.03	800m 9:28.87			
	36.36	36.80	36.40	36.35	35.98	36.04	35.10	33.84			
3.	Anne BOCHMANN	15	UEA Norwich	9:29.69	671						
	50m 31.52	100m 1:04.87	150m 1:40.53	200m 2:15.97	250m 2:51.83	300m -	350m 4:03.69	400m 4:40.03			
	31.52	33.35	35.66	35.44	35.86	-	1:11.86	36.34			
	450m 5:16.24	500m 5:51.94	550m 6:28.50	600m 7:05.49	650m 7:42.26	700m 8:18.23	750m 8:54.86	800m 9:29.69			
	36.21	35.70	36.56	36.99	36.77	35.97	36.63	34.83			
4.	Jennifer TITTERINGTON	15	West Suffolk	9:42.76	627						
	50m 33.55	100m 1:09.17	150m 1:45.65	200m 2:22.20	250m 2:59.31	300m 3:35.93	350m 4:13.24	400m 4:49.96			
	33.55	35.62	36.48	36.55	37.11	36.62	37.31	36.72			
	450m 5:27.55	500m 6:04.11	550m 6:41.36	600m 7:17.86	650m 7:55.25	700m 8:31.71	750m 9:08.47	800m 9:42.76			
	37.59	36.56	37.25	36.50	37.39	36.46	36.76	34.29			
5.	Danielle SAYER	15	Thurrock	9:43.27	625						
	50m 32.82	100m 1:08.97	150m 1:45.43	200m 2:22.13	250m 2:58.44	300m 3:35.17	350m 4:11.59	400m 4:48.75			
	32.82	36.15	36.46	36.70	36.31	36.73	36.42	37.16			
	450m 5:25.45	500m 6:02.80	550m 6:39.69	600m 7:16.98	650m 7:53.71	700m 8:31.50	750m 9:07.80	800m 9:43.27			
	36.70	37.35	36.89	37.29	36.73	37.79	36.30	35.47			
6.	Alexandra TAYLOR	14	West Suffolk	9:46.12	616						
	50m 33.07	100m 1:09.03	150m 1:45.17	200m 2:21.61	250m 2:58.39	300m 3:35.23	350m 4:12.36	400m 4:49.36			
	33.07	35.96	36.14	36.44	36.78	36.84	37.13	37.00			
	450m 5:26.63	500m 6:03.50	550m 6:40.39	600m 7:17.50	650m 7:55.01	700m 8:32.56	750m 9:09.50	800m 9:46.12			
	37.27	36.87	36.89	37.11	37.51	37.55	36.94	36.62			
7.	Amy MURFITT	15	Basildon	9:51.27	600						
	50m 33.02	100m 1:08.85	150m 1:45.41	200m 2:22.50	250m 2:59.80	300m 3:37.14	350m 4:14.93	400m 4:52.21			
	33.02	35.83	36.56	37.09	37.30	37.34	37.79	37.28			
	450m 5:29.84	500m 6:07.73	550m 6:45.70	600m 7:23.60	650m 8:01.39	700m 8:39.08	750m 9:16.35	800m 9:51.27			
	37.63	37.89	37.97	37.90	37.79	37.69	37.27	34.92			
8.	Charlotte BLACKSLEY	15	Mid Beds	9:55.68	587						
	50m 33.31	100m 1:09.49	150m 1:46.14	200m 2:23.25	250m 3:00.22	300m 3:37.90	350m 4:14.91	400m 4:53.17			
	33.31	36.18	36.65	37.11	36.97	37.68	37.01	38.26			
	450m 5:31.05	500m 6:09.84	550m 6:46.53	600m 7:25.44	650m 8:02.88	700m 8:41.08	750m 9:18.94	800m 9:55.68			
	37.88	38.79	36.69	38.91	37.44	38.20	37.86	36.74			
9.	Ellen WILLIAMS	14	Co Peterboro	10:00.66	573						
	50m 33.55	100m 1:10.65	150m 1:48.02	200m 2:25.88	250m 3:03.46	300m 3:41.61	350m 4:19.55	400m 4:57.90			
	33.55	37.10	37.37	37.86	37.58	38.15	37.94	38.35			
	450m 5:36.08	500m 6:14.35	550m 6:51.96	600m 7:30.15	650m 8:07.85	700m 8:46.28	750m 9:23.58	800m 10:00.66			
	38.18	38.27	37.61	38.19	37.70	38.43	37.30	37.08			
10.	Karla HUTCHINSON	14	teamipswich	10:01.45	570						
	50m 33.87	100m 1:10.42	150m 1:47.73	200m 2:25.55	250m 3:03.62	300m 3:41.67	350m 4:20.61	400m 4:59.06			
	33.87	36.55	37.31	37.82	38.07	38.05	38.94	38.45			
	450m 5:37.99	500m 6:16.03	550m 6:54.69	600m 7:33.10	650m 8:11.47	700m 8:49.63	750m 9:28.34	800m 10:01.45			
	38.93	38.04	38.66	38.41	38.37	38.16	38.71	33.11			
11.	Amy STEWART	15	Walford	10:03.98	563						
	50m 34.01	100m -	150m 1:50.12	200m -	250m 3:06.72	300m -	350m 4:23.02	400m 5:01.14			
	34.01	-	1:16.11	-	1:16.60	-	1:16.30	38.12			
	450m 5:39.24	500m 10:03.81	550m 6:55.46	600m -	650m 8:11.67	700m -	750m 9:27.66	800m 10:03.98			
	38.10	4:24.57	51.65	-	1:16.21	-	1:15.99	36.32			
12.	Eleanor MASON	15	Mid Beds	10:07.05	555						
	50m 33.84	100m 1:11.66	150m 1:51.10	200m 2:29.54	250m 3:07.92	300m 3:45.10	350m 4:23.18	400m -			
	33.84	37.82	39.44	38.44	38.38	37.18	38.08	-			
	450m 5:39.89	500m -	550m 6:57.20	600m -	650m 8:14.08	700m -	750m 9:30.41	800m 10:07.05			
	1:16.71	-	1:17.31	-	1:16.88	-	1:16.33	36.64			
13.	Katie LIGHTOWLER	14	Co St Albans	10:14.91	534						
	50m 37.47	100m 1:16.34	150m 1:55.40	200m 2:34.25	250m 3:13.49	300m 3:52.69	350m 4:31.83	400m 5:10.74			
	37.47	38.87	39.06	38.85	39.24	39.20	39.14	38.91			
	450m 5:48.73	500m 6:26.98	550m 7:05.31	600m 7:44.43	650m 8:23.55	700m 9:01.50	750m 9:39.34	800m 10:14.91			
	37.99	38.25	38.33	39.12	39.12	37.95	37.84	35.57			
14.	Jessica WHYTE	14	Co Peterboro	10:16.51	530						
	50m 35.28	100m 1:13.78	150m 1:52.82	200m 2:31.40	250m 3:10.29	300m 3:48.97	350m 4:28.45	400m 5:07.08			
	35.28	38.50	39.04	38.58	38.89	38.68	39.48	38.63			
	450m 5:46.74	500m 6:25.90	550m 7:04.95	600m 7:44.61	650m 8:23.04	700m 9:01.86	750m 9:40.09	800m 10:16.51			
	39.66	39.16	39.05	39.66	38.43	38.82	38.23	36.42			
15.	Sofia AATKAR	14	Flitwick	10:17.91	526						
	50m 33.58	100m 1:11.33	150m 1:49.28	200m 2:27.76	250m 3:06.04	300m 3:45.40	350m 4:24.44	400m 5:03.93			
	33.58	37.75	37.95	38.48	38.28	39.36	39.04	39.49			
	450m 5:43.03	500m 6:22.45	550m 7:01.71	600m 7:41.45	650m 8:20.96	700m 9:00.23	750m 9:39.17	800m 10:17.91			
	39.10	39.42	39.26	39.74	39.51	39.27	38.94	38.74			
16.	Emily COOK	14	Co Peterboro	10:20.82	519						
	50m 33.61	100m 1:11.40	150m 1:49.69	200m 2:28.81	250m 3:07.31	300m 3:46.45	350m 4:25.83	400m 5:05.46			
	33.61	37.79	38.29	39.12	38.50	39.14	39.38	39.63			
	450m 5:44.87	500m 6:24.77	550m 7:04.44	600m 7:44.09	650m 8:24.01	700m 9:04.11	750m 9:43.46	800m 10:20.82			
	39.41	39.90	39.67	39.65	39.92	40.10	39.35	37.36			



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17.	Hannah BOSTON	15	Luton	10:24.64	509					
	50m 34.53	100m 1:13.20	150m 1:51.68	200m 2:31.31	250m 3:10.12	300m 3:49.74	350m 4:29.78	400m 5:10.24		
	34.53	38.67	38.48	39.63	38.81	39.62	40.04	40.46		
	450m 5:50.23	500m 6:30.19	550m 7:09.91	600m 7:49.66	650m 8:29.21	700m 9:08.81	750m 9:46.90	800m 10:24.64		
	39.99	39.96	39.72	39.75	39.55	39.60	38.09	37.74		
18.	Kerry RANGER	14	Cheshunt	10:28.72	499					
	50m 34.61	100m 1:12.27	150m 1:51.99	200m 2:31.28	250m 3:11.47	300m 3:51.26	350m 4:31.32	400m 5:12.03		
	34.61	37.66	39.72	39.29	40.19	39.79	40.06	40.71		
	450m 5:52.00	500m 6:31.02	550m 7:11.36	600m 7:51.36	650m 8:31.24	700m 9:12.46	750m 9:49.68	800m 10:28.72		
	39.97	39.02	40.34	40.00	39.88	41.22	37.22	39.04		
19.	Zoe STEWART	14	Watford	10:32.68	490					
	50m 35.23	100m 1:14.28	150m 1:53.41	200m 2:33.40	250m 3:13.33	300m 3:53.64	350m 4:33.97	400m 5:14.82		
	35.23	39.05	39.13	39.99	39.93	40.31	40.33	40.85		
	450m 5:54.64	500m 6:34.36	550m 7:14.46	600m 7:54.57	650m 8:34.62	700m 9:15.59	750m 9:54.77	800m 10:32.68		
	39.82	39.72	40.10	40.11	40.05	40.97	39.18	37.91		
20.	Aimee FAHEY	14	Epping For't	10:35.96	483					
	50m 34.01	100m 1:12.22	150m 1:51.27	200m 2:31.03	250m 3:10.93	300m 3:51.29	350m 4:31.36	400m 5:12.48		
	34.01	38.21	39.05	39.76	39.90	40.36	40.07	41.12		
	450m 5:52.88	500m 6:34.12	550m 7:14.82	600m 7:55.80	650m 8:36.29	700m 9:17.81	750m 9:57.27	800m 10:35.96		
	40.40	41.24	40.70	40.98	40.49	41.52	39.46	38.69		
21.	Chloe BEARD	14	Co St Albans	10:40.68	472					
	50m 35.73	100m 1:14.14	150m 1:54.34	200m 2:34.72	250m 3:15.16	300m 3:55.45	350m 4:36.25	400m 5:16.46		
	35.73	38.41	40.20	40.38	40.44	40.29	40.80	40.21		
	450m 5:57.29	500m 6:37.87	550m 7:19.21	600m 8:00.06	650m 8:41.86	700m -	750m 10:02.74	800m 10:40.68		
	40.83	40.58	41.34	40.85	41.80	-	1:20.88	37.94		

WOMENS 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt					
1.	Harriet BRETTE	17	Mid Beds	9:11.12	741					
	50m 30.84	100m 1:05.48	150m 1:40.37	200m 2:15.83	250m 2:50.61	300m 3:25.89	350m 4:00.26	400m 4:35.10		
	30.84	34.64	34.89	35.46	34.78	35.28	34.37	34.84		
	450m 5:09.53	500m 5:44.75	550m 6:19.46	600m 6:54.51	650m 7:29.12	700m 8:03.85	750m 8:38.01	800m 9:11.12		
	34.43	35.22	34.71	35.05	34.61	34.73	34.16	33.11		
2.	Shannon HARROLD	17	Thurrock	9:32.43	662					
	50m 32.47	100m 1:07.37	150m 1:42.67	200m 2:18.20	250m 2:53.56	300m 3:29.26	350m 4:05.39	400m 4:41.53		
	32.47	34.90	35.30	35.53	35.36	35.70	36.13	36.14		
	450m 5:17.69	500m 5:54.38	550m 6:30.85	600m 7:07.53	650m 7:43.78	700m 8:20.91	750m 8:56.56	800m 9:32.43		
	36.16	36.69	36.47	36.68	36.25	37.13	35.65	35.87		
3.	Fenella FOSKETT	17	Deben	9:32.79	660					
	50m 32.51	100m 1:08.43	150m 1:44.34	200m 2:20.79	250m 2:56.64	300m 3:33.04	350m 4:08.83	400m 4:45.28		
	32.51	35.92	35.91	36.45	35.85	36.40	35.79	36.45		
	450m 5:20.89	500m 5:57.44	550m 6:33.44	600m 7:10.31	650m 7:46.42	700m 8:23.04	750m 8:58.41	800m 9:32.79		
	35.61	36.55	36.00	36.87	36.11	36.62	35.37	34.38		
4.	Alice MARCHANT	16	Mid Beds	9:38.71	640					
	50m 32.94	100m 1:08.19	150m 1:45.15	200m 2:21.86	250m 2:58.33	300m 3:34.70	350m 4:11.61	400m 4:48.11		
	32.94	35.25	36.96	36.71	36.47	36.37	36.91	36.50		
	450m 5:25.00	500m 6:01.65	550m 6:38.44	600m 7:15.16	650m 7:51.90	700m 8:28.32	750m 9:04.43	800m 9:38.71		
	36.89	36.65	36.79	36.72	36.74	36.42	36.11	34.28		
5.	Molly EPSLY	16	Thurrock	9:42.53	628					
	50m 32.85	100m 1:08.13	150m 1:43.64	200m 2:19.85	250m 2:55.72	300m 3:32.45	350m 4:08.72	400m 4:45.80		
	32.85	35.28	35.51	36.21	35.87	36.73	36.27	37.08		
	450m 5:22.85	500m 6:00.40	550m 6:37.40	600m 7:14.72	650m 7:51.43	700m 8:29.13	750m 9:05.83	800m 9:42.53		
	37.05	37.55	37.00	37.32	36.71	37.70	36.70	36.70		
6.	Charley GALLAGHER	16	Southend	10:02.81	567					
	50m 33.27	100m 1:11.24	150m 1:49.29	200m 2:27.96	250m 3:05.67	300m 3:44.53	350m 4:22.58	400m 5:01.15		
	33.27	37.97	38.05	38.67	37.71	38.86	38.05	38.57		
	450m 5:39.03	500m 6:17.67	550m 6:55.61	600m 7:34.07	650m 8:12.15	700m 8:50.09	750m 9:27.09	800m 10:02.81		
	37.88	38.64	37.94	38.46	38.08	37.94	37.00	35.72		
7.	Leanne BARNARD	16	Lstoft & OB	10:09.46	548					
	50m 32.92	100m 1:08.47	150m 1:45.50	200m 2:22.46	250m 3:00.54	300m 3:39.89	350m 4:20.20	400m 5:00.28		
	32.92	35.55	37.03	36.96	38.08	39.35	40.31	40.08		
	450m 5:38.61	500m 6:16.80	550m 6:55.21	600m 7:34.36	650m 8:12.76	700m 8:51.82	750m 9:30.64	800m 10:09.46		
	38.33	38.19	38.41	39.15	38.40	39.06	38.82	38.82		
8.	Katie QUINN	17	Hatfield	10:36.09	482					
	50m 33.51	100m 1:11.53	150m 1:50.18	200m 2:29.68	250m 3:09.69	300m 3:50.91	350m 4:31.50	400m 5:13.14		
	33.51	38.02	38.65	39.50	40.01	41.22	40.59	41.64		
	450m 5:53.62	500m 6:34.98	550m 7:14.95	600m 7:57.09	650m 8:38.22	700m 9:19.26	750m 9:58.97	800m 10:36.09		
	40.48	41.36	39.97	42.14	41.13	41.04	39.71	37.12		