



ASA East Region
2009 Youth Championships
 (Under ASA Laws, ASA Technical Rules & IPC Swimming Rules)
 A Level One Licensed Meet - N^o. ERX912



EVENT 501 Mens 50m Breaststroke

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Nathan HENDERSON	16	Lstof & OB	31.80	641
2.	Andrew EGAN	16	Hatfield	32.21	617
3.	Aaron LYNCH	15	teamipswich	32.39	607
4.	Ashley BINNS	16	Co Peterboro	33.28	559
5.	Mark COLLINS	16	West Norfolk	33.58	544
6.	Alasdair KERR	15	Mid Beds	33.89	530
7.	Christian PARKER	16	Southend	33.97	526
8.	Alex DEAL	16	Sudbury	34.16	517
9.	Aydin BERKI	16	Mid Beds	34.31	510
10.	Tom WINDER	15	Flitwick	34.38	507
11.	Thomas STOKES	15	Co Peterboro	34.50	502
12.	Simon WEIGHHELL	16	Flitwick	34.65	496
13.	Jack NOBLE	15	Hitchin	35.12	476
13.	Jack LEE	15	Luton	35.12	476
15.	Matthew JAKEMAN	16	Wisbech	35.36	466
16.	Joshua PAGE	15	UEA Norwich	35.43	464
17.	Josh PEDDER	15	Co Cambridge	35.50	461
18.	Robert WHIGHT	16	Deben	35.65	455
19.	Joshua GRAY	15	West Norfolk	35.75	451
20.	Ian WILLIAMS	16	Dunstable	35.78	450
21.	Ryan SKEELS	15	Huntingdon	35.83	448
22.	Owen SMITH	15	Deben	35.86	447
23.	Patrick NEARY	15	Runnymede	36.01	442
24.	Jack McGARRY	15	Leighton Buz	36.14	437
25.	Luke WALSH	15	Thetford	36.18	435
26.	Dominic WATERS	15	UEA Norwich	36.52	423
27.	Dean BRUMBY	16	Rochford	36.92	410
27.	Christopher DAVEY	16	Mid Beds	36.92	410
29.	James ATTWATER	16	Deben	36.93	409
30.	David LAMBERT	16	West Norfolk	37.10	404
31.	Nathan McCABE	16	Rochford	37.14	402

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Bobby CAVE	18	Hatfield	31.21	678
2.	James ALLCHORNE	20	Hatfield	31.96	632
3.	Jonathan QUINN	18	Hatfield	32.04	627
4.	Ben MARSTERS	22	West Norfolk	32.13	622
5.	David DOWSETT	23	Biggleswade	32.68	591
6.	Luke WESTWOOD	18	Co Cambridge	32.77	586
7.	Roger MALLETT	20	Mid Beds	33.04	572
8.	Andrew WEATHERITT	17	St Ives	33.25	561
8.	Stephen FISHER	17	UEA Norwich	33.25	561
10.	George MORRIS	17	Bo Southend	33.53	547
11.	Matt RIDOUT	22	Dunstable	33.77	535
12.	Matthew NAUNTON	17	Deben	33.87	531
13.	Sebastian WATERS	17	UEA Norwich	34.84	487

EVENT 502 Womens 50m Breaststroke

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt
1.	Zoe SMITH	15	Lstof & OB		35.07	668
2.	Alex HARRISON	15	St Felix Sch		36.37	599
3.	Emily RIDOUT	15	Hatfield		37.09	565
4.	Kelly JOHNSON	15	Modernians		37.18	561
5.	Jennifer STOTT	14	Witham Dolph		37.26	557
6.	Charlotte OVENDEN	15	Modernians		37.38	552
7.	Alexandra HATT	14	Berkhamsted		38.05	523
8.	Gaby BALLS	15	West Norfolk		38.28	514
9.	Bethan BOTTOMLEY	14	West Suffolk		38.42	508
10.	Ella DELVES	14	Stowmarket		38.49	505
11.	Grace LEE	14	Bishop Stort		38.52	504
12.	Laura SMITH	14	Luton		38.59	502
13.	Laura JONES	14	Dereham		38.60	501
14.	Lucy MACKENZIE	15	Hadleigh		38.68	498
15.	Laura CONDON	15	Dunstable		38.74	496
16.	Laura CHUMBLEY	14	Huntingdon		38.75	495
17.	Marissa POSNETT	14	Epping For't		38.79	494
18.	Hannah PARR	15	Luton		38.85	492
19.	Alexandra REVELL	14	Harpenden		39.13	481
20.	Evangelina FISHER	14	Chelmsford		39.23	477
20.	Harriet COOK	15	Hertford		39.23	477
22.	Sophie DEMETRIADES	14	teamipswich		39.30	475
22.	Bethany ELMER	14	Deben		39.30	475
24.	Hannah REEDER	14	Newmarket		39.35	473
25.	Lauren BAKER	14	Witham Dolph		39.40	471
26.	Ellen FISHER	15	West Norfolk		39.59	464
27.	Maya HARRIS	14	Diss Otters		39.82	456
28.	Coralie DUPREEZ	15	Co St Albans		39.95	452
29.	Helen DAVEY	14	Mid Beds		39.98	451
30.	Nicole GIBBS	15	Brentwood		40.21	443
31.	Emma IRVINE	14	Leighton Buz		40.46	435
32.	Ashley WAREING	14	Modernians		41.05	417
33.	Hannah PACKMAN	15	Canvey Isl		42.11	386



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34.	Jessica PARK	15	Halstead		42.89	365
35.	Lauren SMITH	15	Epping For't	8	45.57	305
36.	Hannah WRIGHT	13	West Suffolk	9	46.96	278
	Laura SEARLE	14	Bishop Stort		DNC	

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt
1.	Emma WARRINGTON	16	Hoddesdon		35.72	632
2.	Karen KWOK	17	Modernians		36.74	581
3.	Louise BUSH	18	UEA Norwich		36.81	578
4.	Rachel ANDVIG	16	teamipswich		36.98	570
5.	Riasa DOUGLAS-COLLOW	17	St Felix Sch		37.74	536
6.	Bronwyn CARTER	17	Colchester		37.95	527
7.	Rachael FRANKLIN	16	Brentwood		38.80	493
8.	Chelsea PROUTEN	16	Huntingdon		38.85	492
9.	Zoe SMITH	17	Luton		39.06	484
10.	Katie SYKES	16	West Norfolk		39.07	483
11.	Kelly MURRAY	18	Sudbury		39.31	474
11.	Harriet LEE	18	Mid Beds		39.31	474
13.	Tamara RICHARDS	16	Huntingdon		39.32	474
14.	Katie QUINN	17	Hatfield		39.58	465
15.	Sarah BOWLING	18	West Norfolk	9	45.82	300

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints
1.	Lauren SMITH	15	Epping For't	8	45.57	636
2.	Sarah BOWLING	18	West Norfolk	9	45.82	597
3.	Hannah WRIGHT	13	West Suffolk	9	46.96	555

EVENT 503 Mens 200m IM

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50	100	150
1.	David GODRIDGE	16	Watford		2:15.82	643	28.62	1:04.67	1:44.51
2.	Jack HOLLIS	15	teamipswich		2:19.80	589	29.92	1:06.25	1:49.15
3.	Dean WOODCOCK	16	Chelmsford		2:19.82	589	29.73	1:05.48	1:47.23
4.	Ricky JONES	15	Watford		2:20.43	582	29.86	1:06.92	1:48.48
5.	David KELLEWAY	15	Bishop Stort		2:20.82	577	29.23	1:04.34	1:47.43
6.	Aaron LYNCH	15	teamipswich		2:20.85	576	31.00	1:08.94	1:48.31
7.	Charlie HAYES	15	Thurrock		2:22.60	555	31.19	1:07.53	1:49.63
8.	Daniel SMITH	15	Lstof & OB		2:23.24	548	29.70	1:04.75	1:49.70
9.	Nathan HENDERSON	16	Lstof & OB		2:23.78	542	29.73	1:09.70	1:48.87
10.	Alasdair KERR	15	Mid Beds		2:24.26	536	32.05	1:09.77	1:49.19
11.	Charlie POND THOMPSON	15	Southend		2:24.77	531	29.98	1:06.25	1:51.16
12.	Timothy TRIPP	16	Colchester		2:25.49	523	31.11	1:07.11	1:51.83
13.	Nicholas GILROY	16	Brentwood		2:25.62	522	30.61	1:08.19	1:51.54
14.	Thomas STOKES	15	Co Peterboro		2:25.78	520	30.04	1:09.23	1:51.86
15.	Mark COLLINS	16	West Norfolk		2:25.84	519	31.16	1:09.48	1:52.52
16.	Michael GRACE	15	Phoenix Bas		2:27.80	499	31.86	1:08.40	1:54.43
17.	Ashley BINNS	16	Co Peterboro		2:28.55	491	30.77	1:10.67	1:54.79
18.	Christian STOKES	16	Biggleswade		2:28.94	487	31.01	1:08.88	1:54.60
19.	Simon WEIGHHELL	16	Flitwick		2:28.97	487	31.82	1:11.18	1:54.17
20.	Matthew WINNELL	16	Runnymede		2:30.07	477	31.93	1:09.37	1:56.88
21.	Tom WINDER	15	Flitwick		2:30.48	473	31.33	1:11.52	1:54.63
22.	Alex MURRAY	15	West Norfolk		2:30.96	468	31.44	1:07.47	1:55.02
23.	James McGRAIL	15	Hatfield		2:31.54	463	32.21	1:12.57	1:58.79
24.	Daniel RILEY	15	Luton		2:32.88	451	32.13	1:10.42	1:58.65
25.	Sean COLLIER	15	Newmarket		2:32.89	451	30.09	1:09.37	1:59.38
26.	Josh FARRELL	16	Hatfield		2:32.96	450	32.45	1:13.37	1:57.12
27.	David CARLINE	16	Modernians		2:33.84	442	30.63	1:08.40	1:55.47
28.	Christopher DAVEY	16	Mid Beds		2:34.40	438	31.96	1:14.02	1:59.84
29.	Kieran HUGGETT	15	Bishop Stort		2:34.43	437	32.26	1:12.29	2:00.54
30.	David LAMBERT	16	West Norfolk		2:35.28	430	32.38	1:13.18	1:59.26
31.	James ATTWATER	16	Deben		2:38.34	406	34.34	1:16.76	2:01.51
32.	Jack LEE	15	Luton		2:39.49	397	32.97	1:15.80	2:02.68
33.	Thomas OSBORN	16	Hemel Hemp		2:40.53	389	32.81	1:14.59	2:04.11
34.	Jack COPPING	16	Colchester P	10	2:53.39	309	37.49	1:22.58	2:17.13
	Nik SPEARS	15	Watford		DQ SL-3L				

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50	100	150
1.	James ALLCHORNE	20	Hatfield		2:15.70	645	28.75	1:06.64	1:44.74
2.	Lewis COLEMAN	17	teamipswich		2:15.84	643	27.76	1:01.23	1:42.58
3.	Charles WALKER	18	Co Peterboro		2:16.40	635	28.55	1:02.75	1:44.14
4.	Nicholas THOMPSON	17	UEA Norwich		2:16.88	628	30.39	1:05.56	1:45.25
5.	Jonathan QUINN	18	Hatfield		2:16.98	627	29.48	1:05.06	1:43.86
6.	Richard MOLLOY	19	Bishop Stort		2:17.48	620	28.25	1:03.22	1:45.09
7.	Jonathan SAYER	19	Bo Southend		2:17.57	619	29.38	1:06.50	1:46.35
8.	Thomas ROOTSEY	19	Colchester		2:18.11	611	29.59	1:03.38	1:46.45
9.	Ben MARSTERS	22	West Norfolk		2:18.98	600	30.26	1:07.09	1:45.79
10.	Thomas CERNY	17	Co Cambridge		2:20.91	576	28.75	1:05.97	1:48.44
11.	Lewis KING	18	Hatfield		2:21.63	567	30.23	1:07.55	1:49.26
12.	Luke WESTWOOD	18	Co Cambridge		2:22.80	553	30.39	1:08.98	1:49.46
13.	Thomas FREEMAN	17	Co Peterboro		2:23.14	549	30.56	1:06.64	1:48.94
14.	Sean TOMLIN	17	Bo Southend		2:28.11	496	30.04	1:07.70	1:54.15
15.	Tom COLE	20	West Suffolk	14	3:13.01	224	42.59	1:32.86	2:27.77
	Oliver CROSBY	18	Colchester		DNC				

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50	100	150
1.	Jack COPPING	16	Colchester P	10	2:53.39	449	37.49	1:22.58	2:17.13
2.	Tom COLE	20	West Suffolk	14	3:13.01	366	42.59	1:32.86	2:27.77



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EVENT 504 Womens 200m IM

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50	100	150
1.	Ellis JACKSON	14	St Felix Sch		2:22.50	759	31.22	1:06.64	1:48.41
2.	Flora HANSON	14	Halfeld		2:28.95	664	33.89	1:10.01	1:54.97
3.	Bryony CAMPBELL	15	St Felix Sch		2:29.17	661	31.43	1:11.40	1:55.95
4.	Charlotte TAYLOR	15	teamipswich		2:32.35	621	32.89	1:11.73	1:57.19
5.	Chloe DAVIS	15	Runnymede		2:34.63	594	32.37	1:10.70	1:58.85
6.	Bethan BOTTOMLEY	14	West Suffolk		2:34.95	590	33.86	1:13.48	1:58.73
7.	Laura ADAMS	15	UEA Norwich		2:35.60	583	33.81	1:12.87	2:00.22
8.	Georgina FREEMAN	15	Co Peterboro		2:37.68	560	32.78	1:12.40	2:01.55
9.	Hannah PARR	15	Luton		2:38.76	549	34.90	1:18.09	2:02.67
10.	Grace LEE	14	Bishop Stort		2:39.07	545	34.89	1:15.40	2:03.07
11.	Marissa POSNETT	14	Epping For't		2:39.36	542	35.81	1:17.70	2:05.43
12.	Kimberley ANASTASIOU	14	UEA Norwich		2:39.68	539	35.96	1:14.99	2:03.12
13.	Charlotte OVENDEN	15	Modernians		2:40.03	536	33.84	1:13.89	2:01.19
14.	Charlotte HENSON	15	Co St Albans		2:40.35	533	34.93	1:14.17	2:02.68
15.	Ellen WILLIAMS	14	Co Peterboro		2:40.89	527	34.43	1:15.52	2:04.48
16.	Bethany ELMER	14	Deben		2:40.96	526	36.67	1:20.79	2:05.91
17.	Jennifer TITTERINGTON	15	West Suffolk		2:41.80	518	34.68	1:16.73	2:06.90
18.	Evangelina FISHER	14	Chelmsford		2:42.01	516	35.05	1:17.49	2:04.86
19.	Mattaya NABARRO	15	Mid Beds		2:44.14	496	35.95	1:15.24	2:05.64
20.	Kerry RANGER	14	Cheshunt		2:44.30	495	34.97	1:17.66	2:07.14
21.	Harriet COOK	15	Herford		2:44.48	493	36.60	1:17.50	2:05.92
22.	Sophie DEMETRIADES	14	teamipswich		2:44.73	491	35.99	1:19.89	2:07.81
23.	Ellen FISHER	15	West Norfolk		2:45.75	482	36.55	1:17.81	2:07.25
24.	Roxanne MONK	14	Co Peterboro		2:45.91	481	35.64	1:20.18	2:07.30
25.	Hannah BOSTON	15	Luton		2:46.56	475	36.72	1:21.33	2:09.13
26.	Lauren GEDDES	14	Bishop Stort		2:48.56	458	34.55	1:19.31	2:09.87
27.	Jessica PARK	15	Halstead		2:48.77	457	35.67	1:16.76	2:09.17
28.	Heathery TYSOE	14	Watford		2:49.48	451	37.75	1:21.63	2:11.59
29.	Emma IRVINE	14	Leighton Buz		2:53.95	417	36.48	1:21.41	2:10.65
30.	Lauren HOBBS	13	Dunstable	13	2:54.31	415	40.55	1:24.09	2:16.69
31.	Lauren SMITH	15	Epping For't	9	3:05.86	342	43.96	1:30.42	2:24.07
32.	Hannah WRIGHT	13	West Suffolk	10	3:26.57	249	49.18	1:43.65	2:39.90
33.	Jodie FLEMING	15	Colchester P	6	4:46.60	93	1:07.67	2:09.04	3:34.31
	Laura SEARLE	14	Bishop Stort		DNC				

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50	100	150
1.	Alice TENNANT	16	teamipswich		2:24.79	723	30.60	1:07.71	1:50.78
2.	Verity GOODEY	17	Southend		2:30.67	642	30.80	1:08.69	1:53.71
3.	Jessica FORD	18	Thurrock		2:32.14	623	32.48	1:12.60	1:57.24
4.	Fenella FOSKETT	17	Deben		2:32.18	623	32.65	1:13.36	1:58.06
5.	Georgina HUNT	16	Thurrock		2:32.84	615	32.27	1:11.56	1:57.97
6.	Carolyn ASTBURY	16	Watford		2:33.77	604	33.39	1:12.39	1:59.19
7.	Emily PRIOR	17	Deben		2:35.08	589	32.51	1:11.37	1:57.91
8.	Charley GALLAGHER	16	Southend		2:38.46	552	35.18	1:17.05	2:03.72
9.	Tamara RICHARDS	16	Huntingdon		2:38.97	546	34.12	1:14.20	2:01.64
10.	Charlotte DELICATA	17	Thurrock		2:39.32	543	34.72	1:15.57	2:02.64
11.	Emma WARRINGTON	16	Hoddesdon		2:41.83	518	36.50	1:18.64	2:03.40
12.	Zoe SMITH	17	Luton		2:43.64	501	35.82	1:18.84	2:04.94
13.	Rachael FRANKLIN	16	Brentwood		2:43.91	499	36.24	1:18.49	2:05.80
14.	Sophie THRUSSELL	16	Mid Beds		2:44.10	497	34.60	1:17.42	2:07.15
15.	Sarah BOWLING	18	West Norfolk	9	3:01.67	366	40.37	1:28.49	2:19.08
16.	Emma HOLLIS	17	Epping For't	8	3:13.89	301	41.51	1:31.98	2:30.90
17.	Laura BELLARS	21	Co Peterboro	9	3:38.14	212	50.62	1:47.63	2:49.64

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50	100	150
1.	Lauren HOBBS	13	Dunstable	13	2:54.31	614	40.55	1:24.09	2:16.69
2.	Emma HOLLIS	17	Epping For't	8	3:13.89	582	41.51	1:31.98	2:30.90
3.	Sarah BOWLING	18	West Norfolk	9	3:01.67	539	40.37	1:28.49	2:19.08
4.	Lauren SMITH	15	Epping For't	9	3:05.86	503	43.96	1:30.42	2:24.07
5.	Hannah WRIGHT	13	West Suffolk	10	3:26.57	411	49.18	1:43.65	2:39.90
6.	Laura BELLARS	21	Co Peterboro	9	3:38.14	311	50.62	1:47.63	2:49.64
7.	Jodie FLEMING	15	Colchester P	6	4:46.60	306	1:07.67	2:09.04	3:34.31

EVENT 505 Mens 400m 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		4:10.55	702			
	50m 27.52	100m 58.04	150m 1:30.37	200m 2:02.36	250m 2:35.27	300m 3:07.72	350m 3:39.81	400m 4:10.55	
	27.52	30.52	32.33	31.99	32.91	32.45	32.09	30.74	
2.	Jordan BATE	16	Lstof & OB		4:11.57	694			
	50m 28.54	100m 1:00.48	150m 1:32.26	200m 2:04.99	250m 2:36.94	300m 3:09.59	350m 3:41.32	400m 4:11.57	
	28.54	31.94	31.78	32.73	31.95	32.65	31.73	30.25	
3.	Aydin BERKI	16	Mid Beds		4:19.23	634			
	50m 29.39	100m 1:01.61	150m 1:34.65	200m 2:08.48	250m 2:41.46	300m 3:15.18	350m 3:48.52	400m 4:19.23	
	29.39	32.22	33.04	33.83	32.98	33.72	33.34	30.71	
4.	Alex DELICATA	15	Thurrock		4:19.81	630			
	50m 28.59	100m -	150m 1:32.95	200m -	250m 2:39.96	300m 3:13.73	350m 3:47.02	400m 4:19.81	
	28.59	-	1:04.36	-	1:07.01	33.77	33.29	32.79	
5.	Andrew WILKINSON	16	Co Cambridge		4:20.49	625			
	50m 29.02	100m 1:01.77	150m 1:34.90	200m 2:09.08	250m 2:42.34	300m 3:16.62	350m 3:48.94	400m 4:20.49	
	29.02	32.75	33.13	34.18	33.26	34.28	32.32	31.55	



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6.	Thomas HALE	15	Brentwood	4:21.47	618						
	50m 29.71	100m 1:01.95	150m 1:35.11	200m 2:08.84	250m 2:41.69	300m 3:15.87	350m 3:49.11	400m 4:21.47			
	29.71	32.24	33.16	33.73	32.85	34.18	33.24	32.36			
7.	Jack HOLLIS	15	teamipswich	4:25.20	592						
	50m 28.63	100m 1:00.42	150m 1:33.39	200m 2:07.66	250m 2:42.15	300m 3:16.80	350m 3:51.76	400m 4:25.20			
	28.63	31.79	32.97	34.27	34.49	34.65	34.96	33.44			
8.	Callum McCOLGAN	16	Lstof & OB	4:28.56	570						
	50m 30.29	100m 1:03.16	150m 1:37.55	200m 2:11.25	250m 2:46.16	300m 3:20.98	350m 3:56.31	400m 4:28.56			
	30.29	32.87	34.39	33.70	34.91	34.82	35.33	32.25			
9.	Alex RAINE	15	Mid Beds	4:29.55	564						
	50m 30.40	100m 1:03.90	150m 1:38.43	200m 2:13.20	250m 2:47.46	300m 3:22.56	350m 3:56.39	400m 4:29.55			
	30.40	33.50	34.53	34.77	34.26	35.10	33.83	33.16			
10.	Lewis FARMER	15	Lstof & OB	4:30.10	560						
	50m 29.60	100m 1:03.34	150m 1:37.93	200m 2:12.88	250m 2:47.50	300m 3:22.19	350m 3:56.45	400m 4:30.10			
	29.60	33.74	34.59	34.95	34.62	34.69	34.26	33.65			
11.	James MITCHELL	16	Thurrock	4:30.32	559						
	50m 30.36	100m 1:04.09	150m 1:38.38	200m 2:12.86	250m 2:47.53	300m 3:22.29	350m 3:56.77	400m 4:30.32			
	30.36	33.73	34.29	34.48	34.67	34.76	34.48	33.55			
12.	James McGRAIL	15	Hatfield	4:30.84	556						
	50m 29.99	100m 1:04.03	150m 1:38.52	200m 2:13.39	250m 2:48.14	300m 3:23.07	350m 3:57.38	400m 4:30.84			
	29.99	34.04	34.49	34.87	34.75	34.93	34.31	33.46			
13.	Thomas STOKES	15	Co Peterboro	4:34.71	533						
	50m 29.97	100m 1:04.56	150m 1:40.57	200m 2:17.21	250m 2:52.55	300m 3:27.64	350m 4:01.02	400m 4:34.71			
	29.97	34.59	36.01	36.64	35.34	35.09	33.38	33.69			
14.	Carl HALFORD	16	Flitwick	4:36.26	524						
	50m 30.63	100m 1:05.09	150m 1:40.24	200m 2:15.82	250m 2:51.17	300m 3:26.93	350m 4:01.96	400m 4:36.26			
	30.63	34.46	35.15	35.58	35.35	35.76	35.03	34.30			
15.	Christian STOKES	16	Biggleswade	4:37.20	518						
	50m 30.81	100m 1:04.69	150m 1:39.54	200m 2:14.67	250m 2:50.19	300m 3:26.52	350m 4:02.77	400m 4:37.20			
	30.81	33.88	34.85	35.13	35.52	36.33	36.25	34.43			
16.	Jay MUNKLEY	15	Hertsmere	4:37.39	517						
	50m 30.08	100m 1:03.89	150m 1:38.71	200m 2:14.76	250m 2:49.92	300m 3:26.46	350m 4:02.11	400m 4:37.39			
	30.08	33.81	34.82	36.05	35.16	36.54	35.65	35.28			
17.	Josh FARRELL	16	Hatfield	4:37.40	517						
	50m 30.66	100m 1:05.06	150m 1:40.30	200m 2:15.77	250m 2:51.24	300m 3:27.26	350m 4:02.86	400m 4:37.40			
	30.66	34.40	35.24	35.47	35.47	36.02	35.60	34.54			
18.	Christopher MITCHELL	15	Epping Fort	4:37.57	516						
	50m 30.06	100m 1:04.34	150m 1:39.48	200m 2:15.60	250m 2:51.19	300m 3:27.65	350m 4:03.30	400m 4:37.57			
	30.06	34.28	35.14	36.12	35.59	36.46	35.65	34.27			
19.	Daniel McAULIFFE	15	Hatfield	4:38.07	514						
	50m 31.31	100m 1:05.45	150m 1:40.49	200m 2:15.88	250m 2:51.65	300m 3:28.09	350m 4:03.76	400m 4:38.07			
	31.31	34.14	35.04	35.39	35.77	36.44	35.67	34.31			
20.	Christopher COX	16	Hertsmere	4:38.38	512						
	50m 30.67	100m 1:04.10	150m 1:39.52	200m 2:15.25	250m 2:51.24	300m 3:27.37	350m 4:04.19	400m 4:38.38			
	30.67	33.43	35.42	35.73	35.99	36.13	36.82	34.19			
21.	Nicholas RUDDOCK	15	Lstof & OB	4:38.60	511						
	50m 29.79	100m 1:02.80	150m 1:37.47	200m 2:13.92	250m 2:50.43	300m 3:27.15	350m 4:04.04	400m 4:38.60			
	29.79	33.01	34.67	36.45	36.51	36.72	36.89	34.56			
22.	Jake CROOK	15	West Norfolk	4:39.00	508						
	50m 31.28	100m 1:06.21	150m 1:41.84	200m 2:17.90	250m 2:53.95	300m 3:30.17	350m 4:04.93	400m 4:39.00			
	31.28	34.93	35.63	36.06	36.05	36.22	34.76	34.07			
23.	Simon WEIGHELL	16	Flitwick	4:40.91	498						
	50m 31.45	100m 1:05.93	150m 1:41.20	200m 2:17.18	250m 2:53.33	300m 3:30.42	350m 4:05.69	400m 4:40.91			
	31.45	34.48	35.27	35.98	36.15	37.09	35.27	35.22			
24.	Matthew JAKEMAN	16	Wisbech	4:44.31	480						
	50m 31.44	100m 1:06.10	150m 1:41.90	200m 2:18.54	250m 2:55.16	300m 3:32.47	350m 4:09.27	400m 4:44.31			
	31.44	34.66	35.80	36.64	36.62	37.31	36.80	35.04			
25.	Ryan CROUCH	15	teamipswich	4:45.45	475						
	50m 32.42	100m 1:09.18	150m 1:46.12	200m 2:23.10	250m 2:57.18	300m 3:35.61	350m 4:11.70	400m 4:45.45			
	32.42	36.76	36.94	36.98	34.08	38.43	36.09	33.75			
26.	Tom OLIVE	16	Hadleigh	4:45.90	472						
	50m 31.21	100m 1:06.07	150m 1:42.16	200m 2:18.67	250m 2:55.88	300m 3:33.25	350m 4:10.82	400m 4:45.90			
	31.21	34.86	36.09	36.51	37.21	37.37	37.57	35.08			
27.	James HOLLIS	14	Epping Fort	4:46.12	471						
	50m 32.37	100m 1:07.51	150m 1:43.33	200m 2:20.62	250m 2:56.85	300m 3:35.32	350m 4:10.90	400m 4:46.12			
	32.37	35.14	35.82	37.29	36.23	38.47	35.58	35.22			
28.	Ben JOHNSON	16	UEA Norwich	4:47.96	462						
	50m 31.16	100m 1:05.75	150m 1:41.73	200m 2:19.52	250m 2:56.68	300m 3:34.06	350m 4:11.55	400m 4:47.96			
	31.16	34.59	35.98	37.79	37.16	37.38	37.49	36.41			
29.	Alistair CLEMENTS	15	Deben	4:48.21	461						
	50m 30.72	100m 1:05.59	150m 1:41.15	200m 2:18.19	250m 2:55.12	300m 3:33.28	350m 4:10.69	400m 4:48.21			
	30.72	34.87	35.56	37.04	36.93	38.16	37.41	37.52			
30.	Thomas OSBORN	16	Hemel Hemp	4:54.79	431						
	50m 30.07	100m 1:05.05	150m 1:42.52	200m 2:21.20	250m 2:59.84	300m 3:38.89	350m 4:17.14	400m 4:54.79			
	30.07	34.98	37.47	38.68	38.64	39.05	38.25	37.65			
31.	Jack COPPING	16	Colchester P	5:03.90	393						
	50m 33.06	100m 1:09.71	150m 1:49.20	200m 2:28.57	250m 3:08.34	300m 3:47.85	350m 4:25.95	400m 5:03.90			
	33.06	36.65	39.49	39.37	39.77	39.51	38.10	37.95			
32.	Sean McGEEVER	14	Flitwick	6:46.25	165						
	50m 44.48	100m 1:33.57	150m 2:24.84	200m 3:17.32	250m 4:10.06	300m 5:03.05	350m 5:55.10	400m 6:46.25			
	44.48	49.09	51.27	52.48	52.74	52.99	52.05	51.15			

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt					
1.	Sean LEAHY	19	Hatfield		4:10.50	702					
	50m 27.54	100m 57.50	150m 1:28.95	200m 2:01.44	250m 2:33.63	300m 3:06.27	350m 3:39.11	400m 4:10.50			
	27.54	29.96	31.45	32.49	32.19	32.64	32.84	31.39			
2.	Sam HEARD	20	UEA Norwich		4:10.87	699					
	50m 28.61	100m 59.82	150m 1:32.15	200m 2:04.54	250m 2:36.75	300m 3:08.65	350m 3:40.57	400m 4:10.87			
	28.61	31.21	32.33	32.39	32.21	31.90	31.92	30.30			
3.	Lawrence LOWMAN	19	Hatfield		4:11.66	693					



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	50m	28.26	100m	59.82	150m	1:31.83	200m	2:04.06	250m	2:36.20	300m	3:08.50	350m	3:40.52	400m	4:11.66
		28.26		31.56		32.01		32.23		32.14		32.30		32.02		31.14
4.	Sean TOMLIN		17	Bo Southend			4:21.09		620							
	50m	28.75	100m	1:01.71	150m	1:34.86	200m	2:08.73	250m	2:41.63	300m	3:15.04	350m	3:48.95	400m	4:21.09
		28.75		32.96		33.15		33.87		32.90		33.41		33.91		32.14
5.	Lewis KING		18	Hatfield			4:22.41		611							
	50m	28.98	100m	1:01.61	150m	1:34.07	200m	2:08.18	250m	2:40.88	300m	3:15.94	350m	3:49.58	400m	4:22.41
		28.98		32.63		32.46		34.11		32.70		35.06		33.64		32.83
6.	Jonathan SAYER		19	Bo Southend			4:25.08		593							
	50m	28.99	100m	1:01.83	150m	1:34.61	200m	2:09.36	250m	2:43.37	300m	3:18.93	350m	3:52.55	400m	4:25.08
		28.99		32.84		32.78		34.75		34.01		35.56		33.62		32.53
7.	George MORRIS		17	Bo Southend			4:28.45		571							
	50m	29.27	100m	1:01.85	150m	1:35.48	200m	2:09.46	250m	2:45.25	300m	3:21.37	350m	3:56.13	400m	4:28.45
		29.27		32.58		33.63		33.98		35.79		36.12		34.76		32.32
8.	Chris TITTERINGTON		18	West Suffolk			4:29.42		565							
	50m	30.89	100m	-	150m	1:38.09	200m	2:12.75	250m	2:46.74	300m	3:21.41	350m	3:55.64	400m	4:29.42
		30.89		-		1:07.20		34.66		33.99		34.67		34.23		33.78
9.	Thomas QUINTON		17	UEA Norwich			4:34.25		535							
	50m	30.47	100m	1:04.27	150m	1:39.27	200m	2:14.24	250m	2:48.78	300m	3:23.70	350m	3:58.66	400m	4:34.25
		30.47		33.80		35.00		34.97		34.54		34.92		34.96		35.59
10.	Robert BALDRANCE		17	Biggleswade			4:38.60		511							
	50m	31.15	100m	1:06.31	150m	1:42.08	200m	2:18.73	250m	2:54.00	300m	3:30.10	350m	4:05.46	400m	4:38.60
		31.15		35.16		35.77		36.65		35.27		36.10		35.36		33.14

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints										
1.	Ryan CROUCH	15	teamipswich	10	4:45.45	626										
	50m	32.42	100m	1:09.18	150m	1:46.12	200m	2:23.10	250m	2:57.18	300m	3:35.61	350m	4:11.70	400m	4:45.45
		32.42		36.76		36.94		36.98		34.08		38.43		36.09		33.75
2.	James HOLLIS	14	Epping For't	10	4:46.12	622										
	50m	32.37	100m	1:07.51	150m	1:43.33	200m	2:20.62	250m	2:56.85	300m	3:35.32	350m	4:10.90	400m	4:46.12
		32.37		35.14		35.82		37.29		36.23		38.47		35.58		35.22
3.	Jack COPPING	16	Colchester P	10	5:03.90	519										
	50m	33.06	100m	1:09.71	150m	1:49.20	200m	2:28.57	250m	3:08.34	300m	3:47.85	350m	4:25.95	400m	5:03.90
		33.06		36.65		39.49		39.37		39.77		39.51		38.10		37.95
4.	Sean McGEEVER	14	Flitwick	7	6:46.25	373										
	50m	44.48	100m	1:33.57	150m	2:24.84	200m	3:17.32	250m	4:10.06	300m	5:03.05	350m	5:55.10	400m	6:46.25
		44.48		49.09		51.27		52.48		52.74		52.99		52.05		51.15

EVENT 506 Womens 400m Freestyle

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt										
1.	Anne BOCHMANN	15	UEA Norwich		4:26.63	758										
	50m	30.22	100m	1:03.36	150m	1:36.58	200m	2:10.15	250m	2:43.74	300m	3:18.13	350m	3:52.37	400m	4:26.63
		30.22		33.14		33.22		33.57		33.59		34.39		34.24		34.26
2.	Lucy CHARLES	15	Hoddesdon		4:33.34	704										
	50m	30.26	100m	1:03.68	150m	1:38.19	200m	2:13.39	250m	2:48.54	300m	3:24.31	350m	3:59.19	400m	4:33.34
		30.26		33.42		34.51		35.20		35.15		35.77		34.88		34.15
3.	Bryony CAMPBELL	15	St Felix Sch		4:33.54	702										
	50m	31.39	100m	1:05.72	150m	1:40.41	200m	2:15.40	250m	2:50.34	300m	3:25.40	350m	3:59.92	400m	4:33.54
		31.39		34.33		34.69		34.99		34.94		35.06		34.52		33.62
4.	Laura ADAMS	15	UEA Norwich		4:40.21	653										
	50m	31.79	100m	1:06.85	150m	1:42.49	200m	2:18.41	250m	2:53.83	300m	3:29.60	350m	4:05.39	400m	4:40.21
		31.79		35.06		35.64		35.92		35.42		35.77		35.79		34.82
5.	Alexandra TAYLOR	14	West Suffolk		4:41.51	644										
	50m	32.48	100m	1:08.24	150m	1:43.98	200m	2:20.16	250m	2:56.18	300m	3:32.42	350m	4:08.08	400m	4:41.51
		32.48		35.76		35.74		36.18		36.02		36.24		35.66		33.43
6.	Holly BATEMAN	14	UEA Norwich		4:42.45	638										
	50m	31.07	100m	1:05.65	150m	1:41.24	200m	2:17.92	250m	2:53.86	300m	3:30.85	350m	4:07.55	400m	4:42.45
		31.07		34.58		35.59		36.68		35.94		36.99		36.70		34.90
7.	Joanne LONGLAND	14	Co Peterboro		4:44.26	626										
	50m	31.68	100m	1:07.30	150m	1:43.79	200m	2:20.24	250m	2:57.04	300m	3:33.02	350m	4:09.65	400m	4:44.26
		31.68		35.62		36.49		36.45		36.80		35.98		36.63		34.61
8.	Katie TAVENER	15	Mid Beds		4:45.74	616										
	50m	32.03	100m	1:07.31	150m	1:43.42	200m	2:19.87	250m	2:56.64	300m	3:33.45	350m	4:10.12	400m	4:45.74
		32.03		35.28		36.11		36.45		36.77		36.81		36.67		35.62
9.	Karla HUTCHINSON	14	teamipswich		4:48.37	599										
	50m	33.30	100m	1:10.05	150m	1:47.20	200m	2:24.74	250m	3:01.64	300m	3:38.35	350m	4:14.06	400m	4:48.37
		33.30		36.75		37.15		37.54		36.90		36.71		35.71		34.31
10.	Charlotte BLACKSLEY	15	Mid Beds		4:50.37	587										
	50m	32.26	100m	1:06.95	150m	1:43.62	200m	2:21.37	250m	2:59.33	300m	3:37.14	350m	4:14.40	400m	4:50.37
		32.26		34.69		36.67		37.75		37.96		37.81		37.26		35.97
11.	Victoria SPARROW	15	West Suffolk		4:50.47	586										
	50m	32.82	100m	1:09.18	150m	1:46.44	200m	2:24.73	250m	3:01.78	300m	3:39.26	350m	4:14.93	400m	4:50.47
		32.82		36.36		37.26		38.29		37.05		37.48		35.67		35.54
12.	Jennifer TITTERINGTON	15	West Suffolk		4:50.71	585										
	50m	33.09	100m	1:08.59	150m	1:45.83	200m	2:22.58	250m	2:59.88	300m	3:37.20	350m	4:14.37	400m	4:50.71
		33.09		35.50		37.24		36.75		37.30		37.32		37.17		36.34
13.	Jessica HARVEY	14	teamipswich		4:51.80	578										
	50m	33.06	100m	1:10.02	150m	1:46.79	200m	2:24.67	250m	3:01.40	300m	3:38.74	350m	4:15.69	400m	4:51.80
		33.06		36.96		36.77		37.88		36.73		37.34		36.95		36.11
14.	Jessica KARP	14	Mid Beds		4:51.98	577										
	50m	32.86	100m	1:09.76	150m	1:47.08	200m	2:24.20	250m	3:01.87	300m	3:39.99	350m	4:17.52	400m	4:51.98
		32.86		36.90		37.32		37.12		37.67		38.12		37.53		34.46
15.	Ellen WILLIAMS	14	Co Peterboro		4:51											



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16.	Kimberley ANASTASIOU	14	UEA Norwich	4:55.16	559						
	50m 34.31	100m 1:11.61	150m 1:49.28	200m 2:26.83	250m 3:04.05	300m 3:41.67	350m 4:19.09	400m 4:55.16			
	34.31	37.30	37.67	37.55	37.22	37.62	37.42	36.07			
17.	Grace LEE	14	Bishop Stort	4:55.32	558						
	50m 33.62	100m 1:10.55	150m 1:48.53	200m 2:26.67	250m 3:04.28	300m 3:42.10	350m 4:19.47	400m 4:55.32			
	33.62	36.93	37.98	38.14	37.61	37.82	37.37	35.85			
18.	Chloe DAVIS	15	Runnymede	4:55.95	554						
	50m 33.30	100m 1:10.20	150m 1:47.76	200m 2:25.79	250m 3:03.62	300m 3:41.26	350m 4:19.03	400m 4:55.95			
	33.30	36.90	37.56	38.03	37.83	37.64	37.77	36.92			
19.	Amy STEWART	15	Watford	4:56.80	550						
	50m 33.43	100m 1:10.63	150m 1:48.42	200m 2:26.78	250m 3:04.65	300m 3:42.37	350m 4:20.33	400m 4:56.80			
	33.43	37.20	37.79	38.36	37.87	37.72	37.96	36.47			
20.	Eleanor MASON	15	Mid Beds	4:57.05	548						
	50m 33.54	100m 1:10.17	150m 1:48.42	200m 2:25.51	250m -	300m 3:41.84	350m 4:20.19	400m 4:57.05			
	33.54	36.63	38.25	37.09	-	1:16.33	38.35	36.86			
21.	Helen MITCHELL	14	Braintree	4:57.69	545						
	50m 33.92	100m 1:11.91	150m 1:50.32	200m 2:29.59	250m 3:06.30	300m 3:44.16	350m 4:20.99	400m 4:57.69			
	33.92	37.99	38.41	39.27	36.71	37.86	36.83	36.70			
22.	Katie LIGHTOWLER	14	Co St Albans	4:57.75	544						
	50m 34.38	100m 1:12.12	150m 1:51.01	200m 2:29.27	250m 3:07.32	300m 3:44.97	350m 4:22.66	400m 4:57.75			
	34.38	37.74	38.89	38.26	38.05	37.65	37.69	35.09			
23.	Zoe STEWART	14	Watford	4:57.94	543						
	50m 33.72	100m 1:10.69	150m 1:48.66	200m 2:27.29	250m 3:04.64	300m 3:43.11	350m 4:20.92	400m 4:57.94			
	33.72	36.97	37.97	38.63	37.35	38.47	37.81	37.02			
24.	Emily COOK	14	Co Peterboro	4:58.79	539						
	50m 33.06	100m 1:10.09	150m 1:48.38	200m 2:26.64	250m 3:04.87	300m 3:42.89	350m 4:21.25	400m 4:58.79			
	33.06	37.03	38.29	38.26	38.23	38.02	38.36	37.54			
25.	Lucy HALL	15	Braintree	5:02.88	517						
	50m 34.10	100m 1:11.42	150m 1:50.18	200m 2:29.15	250m 3:08.38	300m 3:47.29	350m 4:26.11	400m 5:02.88			
	34.10	37.32	38.76	38.97	39.23	38.91	38.82	36.77			
26.	Hannah PARR	15	Luton	5:03.65	513						
	50m 33.75	100m 1:11.41	150m 1:50.20	200m 2:29.38	250m 3:08.92	300m 3:48.31	350m 4:26.74	400m 5:03.65			
	33.75	37.66	38.79	39.18	39.54	39.39	38.43	36.91			
27.	Hannah BOSTON	15	Luton	5:03.97	512						
	50m 33.86	100m 1:11.66	150m 1:50.44	200m 2:29.56	250m 3:08.71	300m 3:48.44	350m 4:27.04	400m 5:03.97			
	33.86	37.80	38.78	39.12	39.15	39.73	38.60	36.93			
28.	Evie ADAMS	14	Deben	5:04.09	511						
	50m 33.34	100m 1:09.98	150m 1:48.70	200m 2:27.42	250m 3:06.45	300m 3:45.35	350m 4:25.62	400m 5:04.09			
	33.34	36.64	38.72	38.72	39.03	38.90	40.27	38.47			
29.	Lucy GREGORY	14	Leighton Buz	5:04.70	508						
	50m 32.79	100m 1:10.25	150m 1:48.54	200m 2:28.23	250m 3:07.01	300m 3:47.16	350m 4:26.16	400m 5:04.70			
	32.79	37.46	38.29	39.69	38.78	40.15	39.00	38.54			
30.	Sofia AATKAR	14	Flitwick	5:06.41	500						
	50m 32.76	100m 1:10.94	150m 1:49.17	200m 2:28.31	250m 3:07.35	300m 3:47.11	350m 4:26.67	400m 5:06.41			
	32.76	38.18	38.23	39.14	39.04	39.76	39.56	39.74			
31.	Charlotte HARRISON	14	Co Peterboro	5:07.29	495						
	50m 32.95	100m 1:09.44	150m 1:48.00	200m -	250m 3:06.89	300m 3:47.21	350m 4:27.85	400m 5:07.29			
	32.95	36.49	38.56	-	1:18.89	40.32	40.64	39.44			
32.	Heather TYSOE	14	Watford	5:16.69	452						
	50m 35.21	100m 1:13.83	150m 1:53.77	200m 2:33.65	250m 3:14.10	300m 3:55.05	350m -	400m 5:16.69			
	35.21	38.62	39.94	39.88	40.45	40.95	-	1:21.64			
33.	Emily HARRIS	11	Lstof & OB	6:32.52	238						
	50m 42.14	100m 1:30.50	150m 2:20.77	200m 3:11.70	250m 4:01.79	300m 4:52.81	350m 5:43.00	400m 6:32.52			
	42.14	48.36	50.27	50.93	50.09	51.02	50.19	49.52			

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt					
1.	Harriet BRETTE	17	Mid Beds		4:30.85	723					
	50m 30.08	100m 1:03.61	150m 1:37.00	200m 2:11.18	250m 2:45.73	300m 3:21.13	350m 3:56.09	400m 4:30.85			
	30.08	33.53	33.39	34.18	34.55	35.40	34.96	34.76			
2.	Molly EPSLY	16	Thurrock		4:41.85	642					
	50m 32.25	100m 1:07.40	150m 1:42.91	200m 2:18.60	250m 2:54.75	300m 3:31.04	350m 4:07.03	400m 4:41.85			
	32.25	35.15	35.51	35.69	36.15	36.29	35.99	34.82			
3.	Fenella FOSKETT	17	Deben		4:44.53	624					
	50m 32.07	100m 1:07.82	150m 1:43.87	200m 2:20.88	250m 2:57.52	300m 3:34.15	350m 4:10.37	400m 4:44.53			
	32.07	35.75	36.05	37.01	36.64	36.63	36.22	34.16			
4.	Robyn BALL	16	St Felix Sch		4:44.67	623					
	50m 31.18	100m 1:05.60	150m 1:41.11	200m 2:18.03	250m 2:54.95	300m 3:32.11	350m 4:09.44	400m 4:44.67			
	31.18	34.42	35.51	36.92	36.92	37.16	37.33	35.23			
5.	Shannon HARROLD	17	Thurrock		4:44.73	623					
	50m 32.17	100m 1:07.18	150m 1:42.62	200m 2:19.35	250m 2:55.54	300m 3:32.25	350m 4:08.65	400m 4:44.73			
	32.17	35.01	35.44	36.73	36.19	36.71	36.40	36.08			
6.	Leanne BARNARD	16	Lstof & OB		4:45.92	615					
	50m 32.31	100m 1:06.64	150m 1:42.62	200m 2:18.75	250m 2:55.44	300m 3:32.47	350m 4:09.72	400m 4:45.92			
	32.31	34.33	35.98	36.13	36.69	37.03	37.25	36.20			
7.	Alice MARCHANT	16	Mid Beds		4:52.33	575					
	50m 32.22	100m 1:07.86	150m 1:44.78	200m 2:22.60	250m 3:00.31	300m 3:38.17	350m 4:15.75	400m 4:52.33			
	32.22	35.64	36.92	37.82	37.71	37.86	37.58	36.58			
8.	Emily PITTS	17	West Suffolk		4:54.85	561					
	50m 32.82	100m 1:08.69	150m 1:46.32	200m 2:23.71	250m 3:01.60	300m 3:39.40	350m 4:17.72	400m 4:54.85			
	32.82	35.87	37.63	37.39	37.89	37.80	38.32	37.13			
9.	Charley GALLAGHER	16	Southend		4:56.13	553					
	50m -	100m 1:09.29	150m -	200m 2:25.35	250m -	300m 3:41.14	350m -	400m 4:56.13			
	-	1:09.29	-	1:16.06	-	1:15.79	-	1:14.99			
10.	Stephanie BIRD	20	Lstof & OB	14	5:39.43	368					
	50m 34.99	100m 1:16.22	150m 1:58.60	200m 2:42.63	250m 3:26.36	300m 4:11.65	350m 4:56.04	400m 5:39.43			
	34.99	41.23	42.38	44.03	43.73	45.29	44.39	43.39			
11.	Laura BELLARS	21	Co Peterboro	9	6:29.66	243					
	50m 44.06	100m 1:31.92	150m 2:20.89	200m 3:10.83	250m 3:59.72	300m 4:50.18	350m 5:40.14	400m 6:29.66			
	44.06	47.86	48.97	49.94	48.89	50.46	49.96	49.52			

Multi-Disability by British Disability Points



ASA East Region 2009 Youth Championships

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Place	Name	AaD	Club	Cat.	Time	BDPoints				
1.	Stephanie BIRD	20	Lstoft & OB	14	5:39.43	594				
	50m 34.99	100m 1:16.22	150m 1:58.60	200m 2:42.63	250m 3:26.36	300m 4:11.65	350m 4:56.04	400m 5:39.43		
		41.23	42.38	44.03	43.73	45.29	44.39	43.39		
2.	Laura BELLARS	21	Co Peterboro	9	6:29.66	310				
	50m 44.06	100m 1:31.92	150m 2:20.89	200m 3:10.83	250m 3:59.72	300m 4:50.18	350m 5:40.14	400m 6:29.66		
	44.06	47.86	48.97	49.94	48.89	50.46	49.96	49.52		
3.	Emily HARRIS	11	Lstoft & OB	9	6:32.52	304				
	50m 42.14	100m 1:30.50	150m 2:20.77	200m 3:11.70	250m 4:01.79	300m 4:52.81	350m 5:43.00	400m 6:32.52		
	42.14	48.36	50.27	50.93	50.09	51.02	50.19	49.52		

EVENT 507 Mens 100m Butterfly

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	William BLACKABY	16	Stowmarket		1:00.66	595	28.01
2.	David KELLEWAY	15	Bishop Stort		1:01.39	574	28.68
3.	Edward ALLCHORNE	15	Hatfield		1:02.49	545	29.20
4.	Jason DANIELS	16	Thurrock		1:02.71	539	29.55
5.	Samuel BRIGGS	15	Modernians		1:02.90	534	28.45
6.	Jack HOLLIS	15	teamipswich		1:03.40	521	28.88
7.	Luke WALSH	15	Thetford		1:03.60	517	30.07
8.	David CARLINE	16	Modernians		1:04.21	502	29.36
9.	Jack BURCHELL	15	Hitchin		1:05.09	482	30.16
10.	Jack BARON	15	Co St Albans		1:05.13	481	30.34
11.	Charlie POND THOMPSON	15	Southend		1:05.51	473	30.13
12.	Morgan PUGH	16	Harpden		1:05.56	472	29.76
13.	Nicholas GILROY	16	Brentwood		1:05.61	471	30.41
14.	Max PALMER-EVERSON	16	Braintree		1:05.85	465	29.77
15.	Jake GARROD	15	Deben		1:06.41	454	30.31
16.	Kieran HUGGETT	15	Bishop Stort		1:06.54	451	30.55
17.	Ashley BINNS	16	Co Peterboro		1:06.58	450	30.09
18.	Sean COLLIER	15	Newmarket		1:06.59	450	30.42
19.	Jonathan LINES	15	Chelmsford		1:07.42	434	29.96
20.	Alex RAINE	15	Mid Beds		1:07.83	426	31.15
21.	James McGRAIL	15	Hatfield		1:08.87	407	31.78
22.	James HOLLIS	14	Epping For't	10	1:09.20	401	32.29
23.	Timothy EVANS	16	Southend		1:09.38	398	31.61
	Ricky JONES	15	Walford		DNC		

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Lewis COLEMAN	17	teamipswich		59.12	643	27.69
2.	John SARGENT	23	Hatfield		59.25	639	27.18
3.	Bobby CAVE	18	Hatfield		59.76	623	27.98
4.	Sam MUNKLEY	17	Hatfield		59.79	622	27.31
5.	Craig ROSS	17	Bishop Stort		1:00.17	610	27.35
6.	Thomas CERNY	17	Co Cambridge		1:00.54	599	28.20
7.	Andrew BIGLEY	17	teamipswich		1:00.72	594	27.91
8.	Ben DOLLARD	21	Walford		1:00.73	593	27.83
9.	Sargon YOUSSEFI	18	Colchester		1:01.42	574	28.72
10.	Thomas ROOTSEY	19	Colchester		1:01.76	564	29.01
11.	Lewis MATTIN	19	UEA Norwich		1:01.88	561	28.79
12.	Ian DAVIES	28	Flitwick		1:02.38	547	29.10
13.	Mark LEAMON	22	UEA Norwich		1:02.96	532	28.72
14.	Lewis KING	18	Hatfield		1:03.10	529	29.66
15.	Paul O'DOHERTY	17	Hoddesdon		1:04.04	506	28.87
16.	Andrew WEATHERITT	17	St Ives		1:04.75	490	28.72
17.	Joe FREEZER	24	Stowmarket		1:04.96	485	28.30
17.	Sean TOMLIN	17	Bo Southend		1:04.96	485	29.80
19.	Oliver CREASEY	17	Hitchin		1:05.47	474	29.82
20.	Matthew JONES	20	Mildenhall		1:05.85	465	30.37
21.	Adam JAMIESON	18	Mildenhall		1:06.33	455	29.96
22.	Jonathan POOK	20	Hatfield		1:11.94	357	26.71

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	James HOLLIS	14	Epping For't	10	1:09.20	543	32.29

EVENT 508 Womens 100m Butterfly

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Yasmin BITHREY	15	Mid Beds		1:08.63	579	31.85
2.	Pascale REEVES	14	St Felix Sch		1:08.73	577	32.05
3.	Kerriann CHIPPERFIELD	15	Thurrock		1:08.86	573	31.94
4.	Jennifer REDMOND	15	teamipswich		1:09.70	553	33.11
5.	Jessica KARP	14	Mid Beds		1:10.04	545	32.92
6.	Chloe DAVIS	15	Runnymede		1:11.19	519	32.95
7.	Abigail SAYER	15	Thurrock		1:11.33	516	33.34
8.	Lydia SMITH	14	Hatfield		1:11.59	510	32.55
9.	Holly WINFIELD	14	Co St Albans		1:12.05	501	34.37
10.	Kerry RANGER	14	Cheshunt		1:12.74	487	33.68
11.	Katie BELL	14	West Norfolk		1:13.56	470	34.13
12.	Charlotte BEGG	15	Co Cambridge		1:14.66	450	33.53
13.	Lauren GEDDES	14	Bishop Stort		1:14.98	444	34.71
14.	Sarah LARNER	15	Colchester		1:15.01	444	34.81
15.	Rachel HOLLINGTON	15	Mid Beds		1:17.02	410	35.04



ASA East Region 2009 Youth Championships

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16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Verity GOODEY	17	Southend		1:05.45	668	30.40
2.	Sophie CHAMBERLAIN	16	St Felix Sch		1:06.26	644	30.62
3.	Mairi WALKER	19	Lstof & OB		1:07.80	601	32.10
4.	Jessica FORD	18	Thurrock		1:09.63	555	32.94
5.	Louise KING	18	Mid Beds		1:10.43	536	32.21
6.	Charlotte DAVIS	17	Runnymede		1:11.30	517	32.68
7.	Sophie THRUSSELL	16	Mid Beds		1:11.72	508	33.77
8.	Emily PRIOR	17	Deben		1:12.61	489	33.17
9.	Sarah GREENWOOD	22	UEA Norwich		1:14.04	461	33.01
10.	Katie SYKES	16	West Norfolk		1:14.08	461	33.27
11.	Gemma SIMPSON	17	Co Peterboro		1:14.73	449	33.08
12.	Sarah BOWLING	18	West Norfolk	9	1:28.83	267	40.31

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Sarah BOWLING	18	West Norfolk	9	1:28.83	424	40.31

EVENT 509 Mens 200m Backstroke

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Ryan SEARLES	15	Halffield	2:14.92	624	30.25	1:03.66	1:38.44
2.	Daniel SMITH	15	Lstof & OB	2:15.78	612	31.12	1:06.18	1:41.92
3.	Sam MUNRO	15	St Felix Sch	2:18.75	574	31.94	1:07.29	1:43.48
4.	Alex BAKER	15	Halffield	2:20.06	558	31.61	1:07.40	1:43.99
5.	Charlie HAYES	15	Thurrock	2:20.23	556	33.50	1:09.13	1:44.96
6.	David KELLEWAY	15	Bishop Stort	2:21.17	545	33.25	1:09.32	1:45.02
7.	Dean WOODCOCK	16	Chelmsford	2:21.87	537	32.94	1:08.46	1:44.77
8.	Conor HARROLD	16	Thurrock	2:22.66	528	33.05	1:09.07	1:45.90
9.	Matthew WINNELL	16	Runnymede	2:24.55	507	33.21	1:09.41	1:46.90
10.	Daniel McAULIFFE	15	Halffield	2:25.89	493	33.51	1:09.86	1:48.12
11.	Daniel RILEY	15	Luton	2:27.43	478	33.93	1:10.64	1:49.25
	Morgan PUGH	16	Harpenden		DNC			
	Christian STOKES	16	Biggleswade		DNC			
	Brandon SEARLE	16	Mildenhall		DNC			

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	John SARGENT	23	Halffield	2:12.84	654	31.51	1:07.03	1:39.60
2.	Jonathan QUINN	18	Halffield	2:21.85	537	30.69	1:04.13	1:41.07
3.	Thomas ROOTSEY	19	Colchester	2:24.76	505	33.81	1:10.18	1:47.79
4.	Sean TOMLIN	17	Bo Southend	2:27.80	475	35.61	1:11.85	1:50.41
5.	Matt RIDOUT	22	Dunstable	2:29.15	462	32.17	1:08.94	1:48.67

EVENT 510 Womens 200m Backstroke

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Ellis JACKSON	14	St Felix Sch	2:21.78	718	33.35	1:09.33	1:44.97
2.	Anne BOCHMANN	15	UEA Norwich	2:23.51	692	34.31	1:10.40	1:46.70
3.	Flora HANSON	14	Halffield	2:25.25	668	34.04	1:10.95	1:48.47
4.	Danielle SAYER	15	Thurrock	2:28.06	630	34.82	1:12.14	1:49.99
5.	Amy MURFITT	15	Basildon	2:30.27	603	34.57	1:12.61	1:51.44
6.	Victoria SPARROW	15	West Suffolk	2:30.61	599	35.21	1:14.15	1:52.92
7.	Charlotte TAYLOR	15	teamipswich	2:30.83	596	34.99	1:13.74	1:52.56
8.	Charlotte BLACKSLEY	15	Mid Beds	2:32.78	574	36.20	1:14.32	1:54.00
9.	Bethan BOTTOMLEY	14	West Suffolk	2:33.33	568	36.12	1:14.97	1:53.87
10.	Jennifer REDMOND	15	teamipswich	2:34.08	559	36.54	1:16.70	1:55.12
11.	Georgette SMITH	15	Harpenden	2:34.13	559	36.01	1:15.10	1:55.03
12.	Georgina FREEMAN	15	Co Peterboro	2:34.52	555	36.00	1:14.75	1:54.73
13.	Eleanor NEWELL	15	West Norfolk	2:34.61	554	37.20	1:17.03	1:55.58
14.	Alexandra TAYLOR	14	West Suffolk	2:35.83	541	36.80	1:16.84	1:56.52
15.	Amy STEWART	15	Watford	2:36.52	534	-	1:16.08	-
16.	Emily COOK	14	Co Peterboro	2:36.90	530	36.50	1:16.39	1:57.06
17.	Grace LEE	14	Bishop Stort	2:36.91	530	36.39	1:16.11	1:57.28
18.	Chloe DAVIS	15	Runnymede	2:37.78	521	36.25	1:15.54	1:56.61
19.	Joanne LONGLAND	14	Co Peterboro	2:38.01	519	37.67	1:17.64	1:58.03
20.	Brogan PLUMMER	15	Halffield	2:38.69	512	36.81	1:17.26	1:58.52
21.	Sarah LARNER	15	Colchester	2:39.48	504	36.60	1:17.02	1:58.81
22.	Eleanor MASON	15	Mid Beds	2:39.90	500	38.17	1:19.08	2:00.04
23.	Alice CALLANAN	15	Watford	2:40.37	496	37.19	1:17.83	1:59.37
24.	Mattaya NABARRO	15	Mid Beds	2:41.45	486	36.73	1:18.35	2:00.03
25.	Hannah MANNELL	15	West Suffolk	2:41.85	483	37.58	1:18.58	2:00.88
26.	Jessica PARK	15	Halstead	2:42.26	479	37.54	1:18.80	2:00.98
27.	Charlotte HARRISON	14	Co Peterboro	2:42.68	475	36.46	-	2:00.69
28.	Aimee FAHEY	14	Epping For't	2:42.70	475	36.65	1:18.79	2:01.34
29.	Louise-Jayne WATTS	15	Colchester	2:42.87	474	38.59	1:20.87	2:02.49
30.	Alice MILLS	15	Berkhamsted	2:42.98	473	37.07	1:18.37	2:01.26
30.	Rebecca WHITE	14	Co Peterboro	2:42.98	473	38.26	1:19.82	2:01.64
32.	Katie TAVENER	15	Mid Beds	2:43.98	464	36.73	1:18.23	2:01.69
33.	Nicole COOPER	14	Lstof & OB	2:44.69	458	40.53	1:23.39	2:05.33
34.	Lucy GREGORY	14	Leighton Buz	2:45.03	455	38.61	1:21.10	2:03.04
35.	Emma IRVINE	14	Leighton Buz	2:45.18	454	38.63	1:20.63	2:03.02

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Sophie DRAKE	16	Canvey Isl	2:23.62	691	33.74	1:10.12	1:47.18
2.	Laura INGLESON	18	UEA Norwich	2:26.59	650	33.88	1:11.25	1:49.38
3.	Whitney BUCKLER	16	UEA Norwich	2:27.31	640	33.63	1:10.55	1:48.73
4.	Sophie SWEET	16	Co Peterboro	2:29.82	608	34.24	1:12.23	1:51.08



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5.	Robyn BALL	16	St Felix Sch	2:31.59	587	35.30	1:13.26	1:52.50
6.	Carolyn ASTBURY	16	Watford	2:33.34	567	35.52	1:14.38	1:53.82
7.	Charlotte DELICATA	17	Thurrock	2:34.03	560	36.69	1:15.64	1:55.12
8.	Emily PRIOR	17	Deben	2:37.15	527	36.88	1:16.71	1:57.58
9.	Jessica CLARKE	18	Southend	2:40.62	494	38.31	1:18.69	2:00.51
10.	Rachael FRANKLIN	16	Brentwood	2:42.43	477	37.59	1:19.03	2:01.59

EVENT 511 Mens 100m Freestyle

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	David GODRIDGE	16	Watford		53.44	705	25.26
2.	Samuel BRIGGS	15	Modernians		54.47	666	26.27
3.	Aaron LYNCH	15	teamipswich		55.33	635	26.91
4.	Sam MUNRO	15	St Felix Sch		55.47	630	26.83
5.	Adam INGLEDEW	16	Mid Beds		55.60	626	26.88
6.	Ricky JONES	15	Watford		56.04	611	27.54
7.	Jordan BATE	16	Lstof & OB		56.70	590	27.69
8.	Michael GRACE	15	Phoenix Bas		56.91	584	27.25
9.	William BLACKABY	16	Stowmarket		57.31	572	28.08
10.	Andrew WILKINSON	16	Co Cambridge		57.39	569	27.84
11.	Mark COLLINS	16	West Norfolk		57.65	561	26.92
12.	Morgan PUGH	16	Harpenden		57.75	559	27.44
13.	Andrew EGAN	16	Hatfield		57.84	556	27.55
14.	Thomas HALE	15	Brentwood		58.05	550	27.62
15.	Max PALMER-EVERSON	16	Braintree		58.16	547	28.41
16.	David CARLINE	16	Modernians		58.17	547	27.95
17.	Andrew WILLS	15	Felixstowe		58.21	545	27.49
18.	George BARTLE	15	teamipswich		58.49	538	28.08
19.	Alex MURRAY	15	West Norfolk		58.50	537	28.34
20.	Liam OSBORNE	16	Diss Otters		58.51	537	28.23
21.	Jake GARROD	15	Deben		58.54	536	28.23
22.	Jason DANIELS	16	Thurrock		58.70	532	28.49
23.	Callum McCOLGAN	16	Lstof & OB		58.71	532	27.64
24.	Nik SPEARS	15	Watford		58.73	531	27.92
25.	Alistair CLEMENTS	15	Deben		58.78	530	28.54
26.	Alex DELICATA	15	Thurrock		58.87	527	28.55
26.	Timothy EVANS	16	Southend		58.87	527	28.51
28.	Aydin BERKI	16	Mid Beds		58.90	526	27.75
29.	Simon WEIGHHELL	16	Flitwick		58.93	526	28.56
30.	Christopher DAVEY	16	Mid Beds		58.95	525	28.06
31.	Sean COLLIER	15	Newmarket		58.98	524	28.97
32.	Paul MACKIE	16	Hemel Hemp		59.14	520	29.43
33.	Brandon SEARLE	16	Mildenhall		59.15	520	27.71
34.	Luke WALSH	15	Thefford		59.19	519	28.57
35.	Lewis FARMER	15	Lstof & OB		59.22	518	28.83
36.	Duncan NICOLL	15	Harpenden		59.26	517	28.21
37.	Tom OLIVE	16	Hadleigh		59.35	515	28.57
38.	Robert WHIGHT	16	Deben		59.44	512	28.27
39.	Christopher COX	16	Hertsmere		59.52	510	28.70
40.	Nicholas GILROY	16	Brentwood		59.54	510	28.73
41.	Oliver COOPER	16	Lstof & OB		59.55	509	28.40
42.	Nathan McCABE	16	Rochford		59.59	508	28.10
43.	Jonathan LINES	15	Chelmsford		59.64	507	28.66
44.	Timothy TRIPP	16	Colchester		59.69	506	28.59
45.	Joshua PAGE	15	UEA Norwich		59.72	505	28.59
46.	Christopher MITCHELL	15	Epping For't		59.84	502	28.72
47.	Jay MUNKLEY	15	Hertsmere		59.86	502	28.58
48.	Ryan SKEELS	15	Huntingdon		59.93	500	26.44
49.	Tom WINDER	15	Flitwick		1:00.00	498	28.99
50.	Matthew JAKEMAN	16	Wisbech		1:00.07	496	28.58
51.	Christian STOKES	16	Biggleswade		1:00.19	493	28.37
52.	Daniel RILEY	15	Luton		1:00.20	493	28.91
53.	Ryan SEARLES	15	Hatfield		1:00.21	493	28.39
54.	Jake CROOK	15	West Norfolk		1:00.25	492	28.73
55.	Danny BAKER	15	Rochford		1:00.51	486	28.80
56.	William NICHOLLS	16	St Neot Swan		1:00.54	485	29.23
57.	Ashley BINNS	16	Co Peterboro		1:00.64	482	28.53
58.	Nicholas RUDDOCK	15	Lstof & OB		1:00.66	482	29.10
59.	Jack NOBLE	15	Hitchin		1:00.67	482	29.02
60.	Ian WILLIAMS	16	Dunstable		1:00.70	481	29.86
61.	Alex RAINE	15	Mid Beds		1:00.88	477	29.21
62.	Kieran HUGGETT	15	Bishop Stort		1:00.95	475	29.55
63.	Jack BURCHELL	15	Hitchin		1:01.04	473	28.85
63.	Dean BRUMBY	16	Rochford		1:01.04	473	28.84
65.	Jack LEE	15	Luton		1:01.13	471	29.83
66.	David LAMBERT	16	West Norfolk		1:01.24	468	29.41
67.	Thomas OSBORN	16	Hemel Hemp		1:01.58	461	28.99
68.	Andrew MOSS	15	St Ives		1:01.79	456	29.16
69.	James MITCHELL	16	Thurrock		1:01.85	455	29.82
70.	Matthew WINNELL	16	Runnymede		1:01.91	453	30.10
71.	Jordan JAGO	16	Colchester		1:02.36	444	29.23
72.	Ryan CROUCH	15	teamipswich	10	1:02.53	440	29.76
73.	Ben JOHNSON	16	UEA Norwich		1:02.69	437	30.01
74.	Liam JAMIESON	16	Mildenhall		1:03.28	425	29.77
75.	James McGRAIL	15	Hatfield		1:03.42	422	30.00
76.	Alasdair KERR	15	Mid Beds		1:03.74	415	30.30
77.	Jack COPPING	16	Colchester P	10	1:07.80	345	32.13
78.	Sean McGEEVER	14	Flitwick	7	1:31.80	139	43.77

17 Yrs/Over Age Group - Full Results



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Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Charles WALKER	18	Co Peterboro		53.17	716	25.71
2.	Craig ROSS	17	Bishop Stort		53.65	697	25.45
3.	Troy LYNCH	17	teamipswich		55.18	640	26.35
4.	Lewis COLEMAN	17	teamipswich		55.26	638	26.58
5.	Andrew BIGLEY	17	teamipswich		55.52	629	27.18
6.	Andrew WEATHERITT	17	St Ives		55.54	628	26.39
7.	Jonathan POOK	20	Hatfield		55.58	627	27.08
8.	James SUTHERLAND	17	Hatfield		55.59	626	26.49
9.	Luke DE MOYA	17	Co Peterboro		56.22	605	26.95
10.	Matthew HENSON	17	Co St Albans		56.60	593	26.56
11.	Sargon YOUSSEFI	18	Colchester		56.62	593	26.64
12.	Richard FREEDMAN	23	UEA Norwich		56.65	592	27.19
13.	Jonathan SAYER	19	Bo Southend		56.95	582	27.37
13.	Sam HEARD	20	UEA Norwich		56.95	582	27.68
15.	Jamie SIRETT	21	Cheshunt		57.12	577	26.78
16.	George MORRIS	17	Bo Southend		57.16	576	27.16
17.	Lance OWIDE	18	Watford		57.31	572	27.60
18.	Oliver CROSBY	18	Colchester		57.48	566	27.60
19.	Benjamin MASON	17	Hoddesdon		57.88	555	27.53
20.	Ryan CURRELL	20	Dunstable		58.12	548	27.99
21.	Chris SEARLE	17	Dereham		58.35	542	27.86
22.	Luke WESTWOOD	18	Co Cambridge		58.56	536	27.76
23.	Lewis KING	18	Hatfield		58.70	532	27.92
23.	Sean TOMLIN	17	Bo Southend		58.70	532	27.96
25.	Tristan HUGHES	17	Felixstowe		58.99	524	28.08
26.	Sam PARRY	19	Dunstable		59.17	519	27.83
27.	Matthew JONES	20	Mildenhall		59.29	516	28.79
28.	Thomas QUINTON	17	UEA Norwich		59.62	508	28.02
29.	Chris TITTERINGTON	18	West Suffolk		59.73	505	28.84
30.	Lewis RAINBOW	18	Hitchin		59.91	500	28.55
31.	Oliver BUMSTEAD	25	Stowmarket		1:00.00	498	28.86
32.	Tony KEAST	17	Hitchin		1:00.04	497	28.35
33.	Adam JAMIESON	18	Mildenhall		1:00.42	488	-
34.	Joe MOYES	17	Co Cambridge		1:00.96	475	28.33
35.	Tom COLE	20	West Suffolk	14	1:22.18	194	38.21

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Ryan CROUCH	15	teamipswich	10	1:02.53	555	29.76
2.	Jack COPPING	16	Colchester P	10	1:07.80	435	32.13
3.	Tom COLE	20	West Suffolk	14	1:22.18	305	38.21
4.	Sean McGEEVER	14	Flitwick	7	1:31.80	284	43.77

EVENT 512 Womens 100m Freestyle

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Anne BOCHMANN	15	UEA Norwich		1:00.20	700	29.69
2.	Lucy CHARLES	15	Hoddesdon		1:00.32	695	29.13
3.	Philippa HARDY	15	Hatfield		1:00.54	688	29.55
4.	Yasmin BITHREY	15	Mid Beds		1:00.84	678	29.58
5.	Bryony CAMPBELL	15	St Felix Sch		1:01.50	656	30.27
6.	Alex HARRISON	15	St Felix Sch		1:01.79	647	29.64
7.	Flora HANSON	14	Hatfield		1:01.81	646	30.18
8.	Holly BATEMAN	14	UEA Norwich		1:01.83	646	29.76
9.	Ellis JACKSON	14	St Felix Sch		1:01.84	645	29.67
10.	Pascale REEVES	14	St Felix Sch		1:02.40	628	30.27
11.	Joanne LONGLAND	14	Co Peterboro		1:02.66	620	29.98
12.	Georgina FREEMAN	15	Co Peterboro		1:02.71	619	29.99
12.	Marissa POSNETT	14	Epping For't		1:02.71	619	30.34
14.	Emily RIDOUT	15	Hatfield		1:02.88	614	30.51
15.	Gaby BALLS	15	West Norfolk		1:03.44	598	30.41
16.	Bethan BOTTOMLEY	14	West Suffolk		1:03.69	591	30.74
17.	Charlotte OVENDEN	15	Modernians		1:03.88	585	30.25
18.	Jessica KARP	14	Mid Beds		1:04.14	578	30.62
19.	Lydia SMITH	14	Hatfield		1:04.17	578	31.34
20.	Charlotte BLACKSLEY	15	Mid Beds		1:04.25	575	30.70
21.	Zoe OTHEINO	15	Co Cambridge		1:04.27	575	30.82
22.	Jessica HARVEY	14	teamipswich		1:04.29	574	30.56
23.	Laura CONDON	15	Dunstable		1:04.43	571	30.79
24.	Emily COOK	14	Co Peterboro		1:04.50	569	30.89
25.	Kerriann CHIPPERFIELD	15	Thurrock		1:04.73	563	30.68
26.	Amy MURFITT	15	Basildon		1:04.94	557	30.62
27.	Karla HUTCHINSON	14	teamipswich		1:05.11	553	31.73
28.	Eleanor NEWELL	15	West Norfolk		1:05.33	547	-
29.	Bethany ELMER	14	Deben		1:05.38	546	31.12
30.	Abigail MALSTER	15	Hadleigh		1:05.48	544	31.30
31.	Evie ADAMS	14	Deben		1:05.50	543	31.61
32.	Lucy BREEDEN	15	Dunstable		1:05.63	540	31.68
33.	Emma LYTHABY	14	Hertford		1:05.68	539	31.31
34.	Ellen WILLIAMS	14	Co Peterboro		1:05.69	538	31.63
35.	Zoe STEWART	14	Watford		1:05.71	538	31.96
36.	Charlotte BEGG	15	Co Cambridge		1:05.80	536	31.42
37.	Grace LEE	14	Bishop Stort		1:05.89	534	31.39
38.	Chloe BEARD	14	Co St Albans		1:06.04	530	32.19
39.	Hannah PARR	15	Luton		1:06.13	528	31.19
40.	Harriet COOK	15	Hertford		1:06.17	527	31.33
41.	Chloe DAVIS	15	Runnymede		1:06.18	527	31.23
42.	Holly GANNON	15	Hoddesdon		1:06.24	525	31.81



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43.	Evangelina FISHER	14	Chelmsford	1:06.30	524	31.80
44.	Katie LIGHTOWLER	14	Co St Albans	1:06.36	522	32.74
44.	Alexandra TAYLOR	14	West Suffolk	1:06.36	522	31.78
46.	Kerry RANGER	14	Cheshunt	1:06.43	521	32.14
47.	Jennifer TITTERINGTON	15	West Suffolk	1:06.46	520	32.18
48.	Megan TAYLOR	14	Mildenhall	1:06.50	519	31.82
49.	Lucy GREGORY	14	Leighton Buz	1:06.51	519	31.87
50.	Sarah LARNER	15	Colchester	1:06.69	515	32.78
51.	Rebecca PRITCHARD	14	Halfield	1:06.76	513	31.78
52.	Jessica PARK	15	Halstead	1:06.77	513	31.28
53.	Esther HODGES	15	Bishop Stort	1:06.85	511	31.79
53.	Charlotte HARRISON	14	Co Peterboro	1:06.85	511	31.85
55.	Aimee FAHEY	14	Epping For't	1:06.89	510	32.23
56.	Abigail SAYER	15	Thurrock	1:07.05	506	32.49
57.	Sophie DEMETRIADES	14	teamipswich	1:07.08	506	31.06
58.	Keira SULLIVAN	14	Hoddesdon	1:07.12	505	32.71
59.	Grace HUBBARD	15	Gt Yarmouth	1:07.18	503	31.97
60.	Jessica THORNE	15	Ayisham Vikg	1:07.21	503	31.84
61.	Lauren GEDDES	14	Bishop Stort	1:07.22	502	31.96
62.	Gemma WASS	14	Colchester	1:07.29	501	32.05
63.	Valentina HARGRAVE	15	Modernians	1:07.31	500	31.62
64.	Lucy HALL	15	Braintree	1:07.33	500	32.47
65.	Alex EAMES-BAYTON	15	Beccles Town	1:07.36	499	32.07
65.	Katie BELL	14	West Norfolk	1:07.36	499	32.49
67.	Grace SANDERSON	14	Colchester	1:07.38	499	32.23
68.	Emma RIDDICK	14	Hoddesdon	1:07.49	496	32.71
69.	Laura CHUMBLEY	14	Huntingdon	1:07.58	494	32.23
70.	Jodie HARRIS	14	Dunstable	1:07.65	493	32.45
71.	Rachel HOLLINGTON	15	Mid Beds	1:07.68	492	32.16
72.	Ella DELVES	14	Stowmarket	1:07.72	491	32.39
73.	Nicole COOPER	14	Lstof & OB	1:07.79	490	33.52
74.	Georgette SMITH	15	Harpenden	1:07.96	486	32.80
75.	Alex WITTING	14	Ayisham Vikg	1:07.99	486	32.70
76.	Ellen FISHER	15	West Norfolk	1:08.02	485	32.30
77.	Amelia FARMER	14	Stevenage	1:08.14	482	32.65
77.	Charlotte MERRELL	15	Hitchin	1:08.14	482	31.61
79.	Lucy MACKENZIE	15	Hadleigh	1:08.16	482	32.56
79.	Hannah BOSTON	15	Luton	1:08.16	482	32.56
81.	Laura SMITH	14	Luton	1:08.18	482	32.49
82.	Leanne GALVIN	14	Dunstable	1:08.21	481	32.67
83.	Jasmine SELLER	14	Deben	1:08.29	479	32.33
84.	Hannah PACKMAN	15	Canvey Isl	1:09.46	455	32.35
85.	Lauren FLIGHT	15	Witham Dolph	1:09.49	455	32.23
86.	Lauren HOBBS	13	Dunstable	13 1:10.07	444	33.17
87.	Hannah MILNER	14	St Ives	1:10.16	442	32.67
88.	Hannah WRIGHT	13	West Suffolk	10 1:25.17	247	40.79
89.	Emily HARRIS	11	Lstof & OB	9 1:31.49	199	43.55

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Alice TENNANT	16	teamipswich		59.80	714	28.83
2.	Rachel ANDVIG	16	teamipswich		1:01.23	665	29.20
3.	Sophie DRAKE	16	Canvey Isl		1:01.24	664	29.53
4.	Sophie CHAMBERLAIN	16	St Felix Sch		1:01.54	655	29.49
5.	Laura INGLESON	18	UEA Norwich		1:01.91	643	30.05
6.	Harriet BRETTL	17	Mid Beds		1:02.58	623	29.96
7.	Sophie SWEET	16	Co Peterboro		1:03.10	607	30.07
8.	Whitney BUCKLER	16	UEA Norwich		1:03.14	606	30.48
9.	April HYAM	16	teamipswich		1:03.26	603	30.49
10.	Riasa DOUGLAS-COLLOW	17	St Felix Sch		1:03.36	600	30.58
11.	Fenella FOSKETT	17	Deben		1:03.55	595	30.79
12.	Nicola GALLEY	19	Co Ely		1:03.86	586	29.81
13.	Tamara RICHARDS	16	Huntingdon		1:04.08	580	31.17
14.	Robyn BALL	16	St Felix Sch		1:04.34	573	30.68
15.	Stephanie COOKE	19	UEA Norwich		1:04.45	570	31.15
16.	Charley GALLAGHER	16	Southend		1:05.00	556	-
17.	Emily PITTS	17	West Suffolk		1:05.30	548	31.31
18.	Sarah GREENWOOD	22	UEA Norwich		1:05.35	547	31.52
19.	Charlotte DAVIS	17	Runnymede		1:05.65	539	32.02
20.	Amy ROOT	16	Halstead		1:05.78	536	31.89
21.	Samantha MULLENDER	16	Phoenix Bas		1:06.09	529	30.79
22.	Jessica HILL	16	Co Ely		1:06.10	528	31.73
23.	Gemma SIMPSON	17	Co Peterboro		1:06.27	524	31.99
24.	Christina AIKMAN	18	Leighton Buz		1:06.47	520	31.42
25.	Holly REES	16	Co Cambridge		1:06.69	515	31.75
26.	Chelsea PROUTEN	16	Huntingdon		1:06.98	508	32.59
27.	Stephanie BIRD	20	Lstof & OB	14	1:08.65	472	32.84
28.	Verity GOODEY	17	Southend		1:09.43	456	33.60
29.	Laura BELLARS	21	Co Peterboro	9	1:29.16	215	42.83
	Georgina HUNT	16	Thurrock		DNC		

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Stephanie BIRD	20	Lstof & OB	14	1:08.65	766	32.84
2.	Lauren HOBBS	13	Dunstable	13	1:10.07	593	33.17
3.	Hannah WRIGHT	13	West Suffolk	10	1:25.17	378	40.79
4.	Laura BELLARS	21	Co Peterboro	9	1:29.16	322	42.83
5.	Emily HARRIS	11	Lstof & OB	9	1:31.49	298	43.55