



ASA East Region 2009 Winter Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

Licensed Meet - No. ERX927



EVENT 301 Womens 100m Freestyle

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Rachel ANDVIG	16	teamipswich		58.78	700	28.53
2.	Sophie DRAKE	16	Canvey Isl		59.14	688	28.63
3.	Bethan BOTTOMLEY	14	West Suffolk		59.16	687	28.65
4.	Sophie CHAMBERLAIN	17	St Felix Sch		59.20	686	28.56
5.	Alice TENNANT	16	teamipswich		59.33	681	28.65
6.	Elizabeth WINTER	14	Co Cambridge		59.60	672	29.27
7.	Philippa HARDY	16	Hatfield		59.61	672	28.71
8.	Yasmin BITHREY	15	Mid Beds		59.84	664	29.14
9.	Rachael GEORGE	19	Hatfield		59.85	663	29.12
10.	Pascale REEVES	14	St Felix Sch		59.93	661	29.25
11.	Alexandra HARRISON	15	St Felix Sch		1:00.68	637	28.87
12.	Heather RODWELL	15	teamipswich		1:00.90	630	29.55
13.	April HYAM	16	teamipswich		1:00.98	627	29.50
13.	Jessica HARVEY	15	teamipswich		1:00.98	627	29.04
15.	Emily RIDOUT	16	Hatfield		1:01.14	622	29.44
16.	Gabrielle BALLS	15	Co Peterboro		1:01.38	615	29.55
17.	Kerriann CHIPPERFIELD	16	Thurrock		1:01.43	614	29.81
18.	Flora HANSON	15	Hatfield		1:01.48	612	29.52
19.	Holly BATEMAN	14	UEA Norwich		1:01.71	605	29.98
20.	Marcella ARIS	14	UEA Norwich		1:01.98	597	30.00
21.	Riasa DOUGLAS-COLLOW	17	St Felix Sch		1:02.12	593	29.52
22.	Marissa POSNETT	14	Epping Fort		1:02.18	592	29.59
23.	Jessica HILL	16	Co Ely		1:02.21	591	29.97
24.	Grace LEE	14	Bishop Stort		1:02.39	586	30.33
25.	Ellen OXBROW	14	teamipswich		1:02.45	584	30.09
26.	Charlotte BEGG	15	Co Cambridge		1:02.58	580	30.41
27.	Zara BAILEY	13	Co Peterboro		1:02.62	579	30.42
28.	Emily COOK	15	Co Peterboro		1:02.65	578	30.30
29.	Ashley MORRALL	13	Hatfield		1:02.89	572	30.42
30.	Sian LOCKETT	13	Hatfield		1:02.97	570	30.32
31.	Gemma BARTLE	13	teamipswich		1:03.05	567	30.93
32.	Amber SWALES	14	Mid Beds		1:03.27	562	30.94
32.	Chloe DAVIS	15	Runnymede		1:03.27	562	30.23
34.	Charlotte REID	14	Hatfield		1:03.31	561	30.76
35.	Zoe OTHIENO	16	Co Cambridge		1:03.36	559	30.68
36.	Lydia SMITH	15	Hatfield		1:03.45	557	30.32
37.	India HAMMOND	13	Hatfield		1:03.51	555	30.60
38.	Isobel PAGE	12	UEA Norwich		1:03.53	555	31.17
39.	Jennifer TITTERINGTON	16	West Suffolk		1:03.54	554	30.88
40.	Abby SMITH	13	Harpenden		1:03.55	554	31.03
41.	Sarah OSMAN	25	UEA Norwich		1:03.66	551	30.53
42.	Emily HAWES	18	Lstof & OB		1:03.69	551	30.49
43.	Eleanor NEWELL	16	West Norfolk		1:03.86	546	30.76
44.	Tamara RICHARDS	16	Huntingdon		1:03.95	544	30.80
45.	Robyn BALL	17	St Felix Sch		1:04.10	540	30.37
46.	Jessica JACKSON	12	Mid Beds		1:04.30	535	30.89
47.	Hayley WARRINGTON	12	Hoddesdon		1:04.54	529	31.43
48.	Alexandra TAYLOR	15	West Suffolk		1:04.70	525	31.36
49.	Evangelina TAYLOR	13	teamipswich		1:05.17	514	31.27
50.	Cathryn THOMSON	19	St Ives		1:05.24	512	31.22
51.	Sophie DEMETRIADES	15	teamipswich		1:05.25	512	30.80
52.	Megan BRETT	13	Berkhamsted		1:05.30	511	31.25
53.	Molly NORMAN	13	Co Peterboro		1:05.42	508	31.30
54.	Charlotte HARRISON	14	Co Peterboro		1:05.52	506	31.24
55.	Zoe STEWART	14	Watford		1:05.60	504	31.69
56.	Stephanie BIRD	21	Lstof & OB	14	1:05.69	502	31.25
57.	Megan TAYLOR	15	Mildenhall		1:05.79	499	31.36
58.	Charlotte DAVIS	17	Runnymede		1:06.08	493	31.81
59.	Georgina FREEMAN	16	Co Peterboro		1:06.13	492	31.60
60.	Charlotte BLACKSLEY	15	Mid Beds		1:06.22	490	31.63
61.	Ellen WILLIAMS	14	Co Peterboro		1:06.36	487	32.04
62.	Gemma SIMPSON	17	Co Peterboro		1:06.92	475	31.55
63.	Chelsea PROUTEN	16	Huntingdon		1:07.15	470	32.33
64.	Lauren HOBBS	14	Luton	13	1:07.67	459	32.11
65.	Christie BAYS	13	Hatfield		1:07.70	458	33.21
66.	Lauren SMITH	16	Epping Fort	9	1:09.43	425	33.33
67.	Holly REES	16	Co Cambridge		1:09.78	419	33.19
68.	Emily HARRIS	12	St Felix Sch	9	1:24.85	233	40.93

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Stephanie BIRD	21	Lstof & OB	14	1:05.69	859	31.25
2.	Lauren SMITH	16	Epping Fort	9	1:09.43	825	33.33
3.	Lauren HOBBS	14	Luton	13	1:07.67	701	32.11
4.	Emily HARRIS	12	St Felix Sch	9	1:24.85	452	40.93



ASA East Region 2009 Winter Championships (25m)

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EVENT 302 Mens 100m Freestyle

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Lewis COLEMAN	17	teamipswich		51.74	705	24.91
2.	Adam INGLEDEW	16	Hatfield		51.83	701	25.11
3.	Aaron LYNCH	15	teamipswich		52.27	683	25.34
4.	Nicholas THOMPSON	17	UEA Norwich		52.99	656	25.62
5.	Samuel MUNRO	16	St Felix Sch		53.06	653	25.71
6.	Charles WALKER	19	Co Peterboro		53.11	651	25.88
7.	Reece BARCLAY	18	Hatfield		53.14	650	25.79
8.	David HARRISON	23	Stowmarket		53.28	645	25.50
9.	Sean LEAHY	19	Hatfield		53.31	644	25.82
10.	Kevin PICKARD	21	Hatfield		53.39	641	25.86
11.	David GODRIDGE	16	Watford		53.47	638	25.77
12.	Samuel BRIGGS	16	Modernians		53.56	635	25.82
13.	James SUTHERLAND	17	Hatfield		53.74	629	25.79
14.	Alexander RUST	19	Hatfield		53.86	625	26.14
15.	Ashley BUCK	29	Sudbury		54.02	619	26.35
16.	David KELLEWAY	16	Bishop Stort		54.14	615	25.99
17.	Jonathan POOK	21	Hatfield		54.17	614	26.24
18.	Troy LYNCH	18	teamipswich		54.19	613	26.24
19.	Andrew WEATHERITT	18	St Ives		54.51	603	26.08
20.	Alexander BAKER	16	Hatfield		54.53	602	26.11
21.	Richard JEFFERIES	14	Co Cambridge		54.69	597	26.43
22.	Ryan TOMKINS	15	teamipswich		55.35	576	26.91
23.	Tim RIVIERE	16	Co Cambridge		55.41	574	26.51
24.	Stuart KIRK	22	Mid Beds		55.64	567	25.92
25.	Alexander DELICATA	15	Thurrock		55.65	566	26.98
26.	Andrew CORLEY	19	Co Cambridge		55.79	562	26.74
27.	Daniel SMITH	16	Lstof & OB		55.91	558	26.76
27.	Andrew WILLS	15	Felixstowe		55.91	558	27.52
29.	Aydin BERKI	16	St Felix Sch		55.96	557	26.91
30.	Jay MUNKLEY	15	Hatfield		56.03	555	26.94
31.	David CARLINE	16	Modernians		56.14	552	26.99
32.	Ricky JONES	15	Watford		56.18	550	27.05
33.	Jack SPENCE	14	Watford		56.21	549	26.84
34.	Adam OAKMAN	19	Co Cambridge		56.25	548	26.95
35.	Callum McCOLGAN	16	Lstof & OB		56.28	547	27.25
36.	Sam PARRY	19	UEA Norwich		56.33	546	26.47
36.	Matthew WOOLDRIDGE	18	UEA Norwich		56.33	546	26.65
38.	Elliot COOK	15	teamipswich		56.36	545	27.68
39.	Jack BARTLETT	14	St Felix Sch		56.39	544	27.41
40.	Caleb HUGHES	13	Mid Beds		56.40	544	27.33
41.	George BARTLE	15	teamipswich		56.44	543	27.23
42.	Joshua COLEBY	13	teamipswich		56.45	543	27.20
43.	Morgan PUGH	16	Harpندن		56.51	541	27.17
44.	Nik SPEARS	16	Watford		56.83	532	27.04
45.	Wade GRIFFITHS	16	teamipswich		56.87	531	27.15
46.	Mark COLLINS	16	West Norfolk		56.90	530	27.81
47.	Thomas QUINTON	17	UEA Norwich		56.91	529	27.18
47.	Jack LONG	18	Co Cambridge		56.91	529	27.43
49.	Alex MURRAY	16	West Norfolk		57.03	526	27.73
50.	Luke WESTWOOD	19	Co Cambridge		57.14	523	27.44
51.	Christian STOKES	16	St Neot Swan		57.19	522	27.36
52.	Sam WATTS	23	UEA Norwich		57.25	520	27.35
53.	Ian DAVIES	29	Flitwick		57.26	520	27.47
54.	Lewis FARMER	15	Lstof & OB		57.35	517	27.82
55.	Chris TITTERINGTON	18	West Suffolk		57.47	514	27.58
56.	Stephen BUCKLEY	32	Co Cambridge		57.57	511	27.52
57.	Andrew WILKINSON	16	Co Cambridge		57.76	506	28.12
58.	Liam OSBORNE	17	Diss Otters		57.78	506	27.72
59.	Ryan CURRELL	20	Dunstable		57.80	505	27.74
60.	Lawrence PALMER	16	Luton		57.81	505	28.16
61.	Simon WEIGHELL	16	Flitwick		57.82	505	28.01
62.	Robert WHIGHT	16	Deben		58.00	500	27.66
63.	Luke WALSH	16	UEA Norwich		58.06	499	27.82
64.	Ryan SKEELS	15	Huntingdon		58.09	498	28.08
65.	Luke TARGET	15	Hatfield		58.20	495	28.20
66.	Jack BURCHELL	15	Hitchin		58.26	494	28.11
67.	Duncan NICOLL	15	Harpندن		58.36	491	27.73
68.	Thomas WINDER	15	Flitwick		58.37	491	28.10
69.	Nicholas ILSLEY	14	Co Peterboro		58.51	487	28.42
70.	Christopher DAVEY	17	Mid Beds		58.79	480	28.35
71.	Ashley BYGRAVES	17	St Neot Swan		58.98	476	28.24
72.	Joshua STEEL	15	Modernians		59.17	471	28.40
73.	Oliver WILBY	18	UEA Norwich		59.26	469	28.63
74.	Nicholas RUDDOCK	15	Lstof & OB		59.83	456	29.27
75.	Thomas STOKES	16	Co Peterboro		1:00.15	448	28.52
76.	Matthew DAVIES	18	UEA Norwich		1:00.28	446	28.21
77.	Jack COPPING	16	Colchester P	10	1:07.83	313	32.61
78.	Thomas HEMPENSTALL	17	Colchester P	14	1:10.06	284	34.13
79.	Mark CHARD	13	Lstof & OB	14	1:10.71	276	34.19
80.	Oliver HEDGLEY	12	teamipswich	8	1:30.04	134	43.20
	Mark THOMPSON	20	Chatteris		DQ E-		



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Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Thomas HEMPENSTALL	18	Colchester P	14	1:10.06	488	34.13
2.	Mark CHARD	13	Lstof & OB	14	1:10.71	475	34.19
3.	Jack COPPING	16	Colchester P	10	1:07.83	470	32.61
4.	Oliver HEDGLEY	12	teamipswich	8	1:30.04	281	43.20

EVENT 303 Womens 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Bryony CAMPBELL	15	St Felix Sch	2:14.51	779	30.52	1:04.76	1:39.64
2.	Katie AMBRIDGE	19	Hatfield	2:16.19	750	30.85	1:05.52	1:40.48
3.	Charlotte HICKS	13	St Felix Sch	2:23.86	636	32.84	1:10.05	1:46.64
4.	Poppy INGLESON	14	UEA Norwich	2:27.89	586	33.79	1:11.06	1:49.44
5.	Molly EPSLY	16	Thurrock	2:28.03	584	34.06	1:11.40	1:49.57
6.	Carolyn ASTBURY	17	Watford	2:28.66	577	33.22	1:10.59	1:49.54
7.	Alice MARCHANT	16	Mid Beds	2:28.78	575	33.46	1:11.03	1:49.89
8.	Laura ADAMS	15	UEA Norwich	2:31.10	549	34.11	1:12.92	1:51.95
9.	Shannon HARROLD	18	Thurrock	2:32.58	533	34.42	1:12.98	1:52.32
10.	Isabel FAULKNER	14	UEA Norwich	2:32.81	531	34.87	1:14.07	1:54.08
11.	Nina WISEMAN	16	Braintree	2:33.68	522	33.55	1:12.68	1:54.25
12.	Louise KING	18	Mid Beds	2:34.06	518	34.06	1:12.87	1:53.23
13.	Eleanor PIRRIE	12	Runnymede	2:34.32	516	34.62	1:14.04	1:54.80
14.	Kerriann CHIPPERFIELD	16	Thurrock	2:36.07	498	33.84	1:13.93	1:55.36
15.	Chloe DAVIS	15	Runnymede	2:36.32	496	33.77	1:13.03	1:55.09
15.	Charlotte DAVIS	17	Runnymede	2:36.32	496	35.01	1:14.09	1:54.73

EVENT 304 Mens 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Thomas HOLLINGSWORTH	21	UEA Norwich	2:09.25	637	28.16	1:00.62	1:34.52
2.	Jason DANIELS	17	Thurrock	2:10.74	615	29.35	1:02.57	1:36.35
3.	Sam MUNKLEY	18	Hatfield	2:11.32	607	29.29	1:02.88	1:36.97
4.	Edward ALLCHORNE	15	Hatfield	2:11.41	606	29.32	1:03.55	1:37.65
5.	Jack HOLLIS	15	teamipswich	2:12.00	598	29.66	1:02.93	1:37.67
6.	Kouji URATA	19	Hatfield	2:12.87	586	30.06	1:03.74	1:38.32
7.	Alexander DELICATA	15	Thurrock	2:14.62	564	29.58	1:03.56	1:38.96
8.	Samuel HEARD	20	UEA Norwich	2:15.01	559	30.47	1:06.43	1:41.89
9.	Conor HARROLD	16	Thurrock	2:15.45	553	30.35	1:04.64	1:39.73
10.	Lewis HUGHES	15	UEA Norwich	2:15.78	549	30.32	1:05.18	1:40.70
11.	Charlie SMITH	13	teamipswich	2:17.04	534	30.92	1:05.55	1:41.12
12.	Justin LANGFORD	19	Hatfield	2:17.50	529	30.13	1:04.62	1:40.91
13.	Andrew CORLEY	19	Co Cambridge	2:17.72	526	30.30	1:04.77	1:40.37
14.	Charlie HAYES	15	Thurrock	2:18.49	518	31.75	1:06.61	1:42.49
15.	Liam KNIGHT	15	Co Peterboro	2:19.06	511	30.42	1:04.85	1:41.99
16.	Miles GARNER	15	UEA Norwich	2:19.17	510	31.12	1:06.32	1:43.09

EVENT 305 Womens 50m Breaststroke

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt
1.	Zoe SMITH	15	Lstof & OB		34.99	628
2.	Emma WARRINGTON	16	Hoddesdon		35.68	593
3.	Charlotte OVENDEN	15	Modernians		36.05	575
4.	Gabrielle BALLS	15	Co Peterboro		36.31	562
5.	Christie BAYS	13	Hatfield		36.34	561
6.	Fionnuala MAHER	14	Mid Beds		36.56	551
7.	Karen KWOK	18	Modernians		36.87	537
7.	Emily RIDOUT	16	Hatfield		36.87	537
9.	Hayley WARRINGTON	12	Hoddesdon		37.16	525
10.	Charlotte REID	14	Hatfield		37.23	522
11.	Lynne MEALE	32	UEA Norwich		37.34	517
12.	Katie SYKES	16	West Norfolk		37.62	506
13.	Alexandra HATT	15	Berkhamsted		37.75	500
14.	Riasa DOUGLAS-COLLOW	17	St Felix Sch		37.97	492
15.	Katie QUINN	17	Hatfield		38.02	490
16.	Amber SWALES	14	Mid Beds		38.31	479
17.	Ella RIDES	12	Sudbury		38.40	475
18.	Zoe SMITH	18	Luton		38.42	475
19.	Kelly MURRAY	18	Sudbury		38.50	472
20.	Tamara RICHARDS	16	Huntingdon		38.90	457
21.	Chelsea PROUTEN	16	Huntingdon		39.40	440
22.	Lauren SMITH	16	Epping For't	8	43.50	327
23.	Emma HOLLIS	17	Epping For't	7	48.03	243

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints
1.	Emma HOLLIS	17	Epping For't	7	48.03	783
2.	Lauren SMITH	16	Epping For't	8	43.50	633



ASA East Region 2009 Winter Championships (25m)

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EVENT 306 Mens 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	James ALLCHORNE	20	Hatfield	29.53	715
2.	David HARRISON	23	Stowmarket	30.10	675
3.	Thomas WILLIAMS	24	Sudbury	30.34	660
4.	Wade GRIFFITHS	16	teamipswich	30.79	631
5.	Andrew WEATHERITT	18	St Ives	30.80	630
6.	Aaron LYNCH	15	teamipswich	30.98	620
7.	Nathan HENDERSON	17	Lstof & OB	31.14	610
8.	Lawrence PALMER	16	Luton	31.20	607
9.	Andrew EGAN	16	Hatfield	31.28	602
10.	Luke WESTWOOD	19	Co Cambridge	31.78	574
11.	Ewan CAMERON	20	Hatfield	32.07	558
12.	Ho-On TO	21	Co Cambridge	32.09	557
13.	Ricky JONES	15	Watford	32.19	552
14.	Mang Wah LAI	16	St Felix Sch	32.32	546
15.	Mark COLLINS	16	West Norfolk	32.75	524
16.	Aydin BERKI	16	St Felix Sch	33.19	504
17.	Luke TARGET	15	Hatfield	33.23	502
18.	Roger MALLETT	21	Mid Beds	33.34	497
19.	Simon WEIGHHELL	16	Flitwick	33.36	496
20.	Josh PEDDER	15	Co Cambridge	33.75	479
20.	Jack LEE	15	Luton	33.75	479
22.	Sebastian WATERS	18	UEA Norwich	33.76	479
23.	Jack NOBLE	15	Hitchin	33.92	472
24.	Thomas WINDER	15	Flitwick	34.34	455
25.	Adam KEMP	15	Newmarket	34.54	447
25.	Thomas STOKES	16	Co Peterboro	34.54	447
27.	Ryan SKEELS	15	Huntingdon	35.41	415
	Alexander DEAL	17	Sudbury	DNC	

EVENT 307 B FINAL OF EVENT 301 Womens 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Rachael GEORGE	19	Hatfield	59.41	678	29.14
2.	Pascale REEVES	14	St Felix Sch	59.73	667	29.21
3.	Heather RODWELL	15	teamipswich	1:01.18	621	29.91
4.	April HYAM	16	teamipswich	1:01.25	619	29.47
5.	Gabrielle BALLS	15	Co Peterboro	1:01.79	603	29.74
6.	Jessica HARVEY	15	teamipswich	1:02.20	591	29.85
7.	Emily RIDOUT	16	Hatfield	1:02.39	586	29.93
8.	Alexandra HARRISON	15	St Felix Sch	1:02.67	578	29.25

EVENT 308 FINAL OF EVENT 301 Womens 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Rachel ANDVIG	16	teamipswich	57.92	732	28.36
2.	Sophie DRAKE	16	Canvey Isl	58.45	712	28.84
3.	Bethan BOTTOMLEY	14	West Suffolk	58.95	694	28.58
4.	Alice TENNANT	16	teamipswich	59.26	683	28.46
5.	Yasmin BITHREY	15	Mid Beds	59.33	681	28.88
6.	Elizabeth WINTER	14	Co Cambridge	59.88	662	29.09
7.	Philippa HARDY	16	Hatfield	1:00.69	636	29.16
8.	Sophie CHAMBERLAIN	17	St Felix Sch	1:01.68	606	29.08

EVENT 309 B FINAL OF EVENT 302 Mens 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Kevin PICKARD	21	Hatfield	53.13	651	25.09
2.	Samuel BRIGGS	16	Modernians	53.66	632	25.79
3.	David GODRIDGE	16	Watford	54.05	618	25.74
4.	Alexander RUST	19	Hatfield	54.53	602	25.50
5.	Jonathan POOK	21	Hatfield	54.56	601	25.92
6.	Troy LYNCH	18	teamipswich	54.78	594	25.61
7.	James SUTHERLAND	17	Hatfield	54.96	588	25.98
	Ashley BUCK	29	Sudbury	DNC		

EVENT 310 FINAL OF EVENT 302 Mens 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Charles WALKER	19	Co Peterboro	50.48	759	24.24
2.	Lewis COLEMAN	17	teamipswich	51.25	725	24.88
3.	Adam INGLEDEW	16	Hatfield	51.91	698	25.34
4.	Sean LEAHY	19	Hatfield	52.01	694	25.15
5.	Aaron LYNCH	15	teamipswich	52.68	668	25.24
6.	Samuel MUNRO	16	St Felix Sch	53.11	651	25.61
7.	Nicholas THOMPSON	17	UEA Norwich	53.56	635	25.69
8.	Reece BARCLAY	18	Hatfield	54.10	616	25.97



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EVENT 311 FINAL OF EVENT 303 Womens 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Katie AMBRIDGE	19	Hatfield	2:12.24	819	30.63	1:04.27	1:38.36
2.	Bryony CAMPBELL	15	St Felix Sch	2:12.36	817	30.20	1:03.32	1:38.06
3.	Charlotte HICKS	13	St Felix Sch	2:22.33	657	32.77	1:08.94	1:45.60
4.	Poppy INGLESON	14	UEA Norwich	2:25.76	612	32.55	1:08.95	1:47.19
5.	Molly EPSLY	16	Thurrock	2:28.38	580	33.55	1:10.94	1:49.40
6.	Alice MARCHANT	16	Mid Beds	2:28.40	580	33.82	1:11.52	1:50.07
7.	Laura ADAMS	15	UEA Norwich	2:28.58	578	33.34	1:11.89	1:51.12
	Shannon HARROLD	18	Thurrock	DNC				

EVENT 312 FINAL OF EVENT 304 Mens 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Thomas HOLLINGSWORTH	21	UEA Norwich	2:04.00	721	27.71	59.01	1:31.21
2.	Kouji URATA	19	Hatfield	2:06.65	677	28.03	1:00.03	1:32.73
3.	Jack HOLLIS	15	teamipswich	2:09.75	629	28.78	1:01.30	1:35.42
4.	Edward ALLCHORNE	15	Hatfield	2:10.34	621	28.58	1:02.53	1:36.31
5.	Jason DANIELS	17	Thurrock	2:12.04	597	29.65	1:02.26	1:37.04
6.	Alexander DELICATA	15	Thurrock	2:13.85	573	29.10	1:02.68	1:38.33
7.	Samuel HEARD	20	UEA Norwich	2:15.23	556	30.07	1:04.82	1:40.24
	Conor HARROLD	16	Thurrock	DNC				

EVENT 313 B FINAL OF EVENT 305 Womens 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Hayley WARRINGTON	12	Hoddesdon	37.35	517
2.	Charlotte REID	14	Hatfield	37.52	510
3.	Ella RIDES	12	Sudbury	38.13	486
4.	Riasa DOUGLAS-COLLOW	17	St Felix Sch	38.27	480
5.	Katie SYKES	16	West Norfolk	38.30	479
6.	Katie QUINN	17	Hatfield	38.40	475
7.	Amber SWALES	14	Mid Beds	38.58	469
8.	Alexandra HATT	15	Berkhamsted	38.59	468

EVENT 314 FINAL OF EVENT 305 Womens 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Zoe SMITH	15	Lstof & OB	34.89	634
2.	Emma WARRINGTON	16	Hoddesdon	35.07	624
3.	Charlotte OVENDEN	15	Modernians	35.79	587
4.	Gabrielle BALLS	15	Co Peterboro	35.98	578
5.	Christie BAYS	13	Hatfield	36.71	544
6.	Karen KWOK	18	Modernians	37.09	528
7.	Emily RIDOUT	16	Hatfield	37.23	522
8.	Fionnuala MAHER	14	Mid Beds	37.66	504

EVENT 315 B FINAL OF EVENT 306 Mens 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Andrew EGAN	16	Hatfield	30.47	651
2.	Ho-On TO	21	Co Cambridge	31.78	574
3.	Luke WESTWOOD	19	Co Cambridge	31.88	569
4.	Ewan CAMERON	20	Hatfield	32.11	556
5.	Mark COLLINS	16	West Norfolk	32.44	540
6.	Ricky JONES	15	Watford	32.50	537
7.	Mang Wah LAI	16	St Felix Sch	32.90	517
8.	Aydin BERKI	16	St Felix Sch	33.35	497

EVENT 316 FINAL OF EVENT 306 Mens 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	James ALLCHORNE	20	Hatfield	29.50	718
2.	David HARRISON	23	Stowmarket	29.80	696
3.	Thomas WILLIAMS	24	Sudbury	30.74	634
4.	Andrew WEATHERITT	18	St Ives	30.81	630
5.	Wade GRIFFITHS	16	teamipswich	30.83	629
6.	Aaron LYNCH	15	teamipswich	30.85	627
7.	Nathan HENDERSON	17	Lstof & OB	30.94	622
8.	Lawrence PALMER	16	Luton	31.28	602



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EVENT 317 Womens 400m Medley Team

Full Results

Place	Name	Club	Time			
1.	St Felix School	St Felix Sch	4:22.33			
		Ellis JACKSON	1.05.36		31.54	33.82
		Alexandra HARRISON	1.14.79		34.82	39.97
		Bryony CAMPBELL	1.01.94		29.08	32.86
		Sophie CHAMBERLAIN	1.00.24		28.31	31.93
2.	Hatfield A	Hatfield	4:29.22			
		Flora HANSON	1.07.75		32.64	35.11
		Christie BAYS	1.16.93		36.23	40.70
		Katie AMBRIDGE	1.02.73		29.42	33.31
		Rachael GEORGE	1.01.81		29.32	32.49
3.	teamipswich	teamipswich	4:30.89			
		Jessica HARVEY	1.11.02		33.77	37.25
		Heather RODWELL	1.15.66		34.86	40.80
		Alice TENNANT	1.06.13		30.71	35.42
		Rachel ANDVIG	58.08		27.88	30.20
4.	UEA Norwich A	UEA Norwich	4:39.79			
		Marcella ARIS	1.08.02		33.28	34.74
		Lynne MEALE	1.21.01		38.27	42.74
		Poppy INGLESON	1.09.31		31.67	37.64
		Holly BATEMAN	1.01.45		29.80	31.65
5.	City of Peterborough	Co Peterboro	4:45.32			
		Charlotte HARRISON	1.11.46		33.90	37.56
		Gabrielle BALLS	1.20.75		37.51	43.24
		Zara BAILEY	1.11.82		33.49	38.33
		Emily COOK	1.01.29		29.26	32.03
6.	UEA Norwich B	UEA Norwich	4:51.50			
		Kimberley ANASTASIOU	1.10.46		34.62	35.84
		Isobel PAGE	1.24.83		40.20	44.63
		Laura ADAMS	1.42.72		33.49	1.09.23
		Isabel FAULKNER	33.49			33.49
7.	West Norfolk	West Norfolk	4:52.03			
		Eleanor NEWELL	1.11.86		34.66	37.20
		Katie SYKES	1.22.07		39.29	42.78
		Sophie GREEN	1.14.74		33.12	41.62
		Keely EMPSON	1.03.36		29.16	34.20



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EVENT 318 Mens 400m Medley Team

Full Results

Place	Name	Club	Time			
1.	Hatfield A	Hatfield	3:52.99			
		James SUTHERLAND	1.00.25	28.54	31.71	
		James ALLCHORNE	1.03.49	29.32	34.17	
		Sam MUNKLEY	57.57	26.48	31.09	
		Adam INGLEDEW	51.68	24.55	27.13	
2.	Hatfield B	Hatfield	3:53.85			
		Alexander BAKER	57.94	28.13	29.81	
		Andrew EGAN	1.05.96	30.86	35.10	
		Jonathan POOK	58.57	26.96	31.61	
		Reece BARCLAY	51.38	23.88	27.50	
3.	Hatfield C	Hatfield	3:59.12			
		Ryan SEARLES	59.10	28.69	30.41	
		Ewan CAMERON	1.09.15	32.21	36.94	
		Kouji URATA	58.55	27.52	31.03	
		Sean LEAHY	52.32	25.08	27.24	
4.	City of Cambridge A	Co Cambridge	3:59.74			
		John SARGENT	56.70	27.20	29.50	
		Dane ROOK	1.07.83	31.40	36.43	
		Ho-On TO	1.00.82	28.80	32.02	
		Andrew CORLEY	54.39	26.27	28.12	
5.	teamipswich A	teamipswich	4:00.61			
		Lewis COLEMAN	57.58	27.99	29.59	
		Aaron LYNCH	1.08.25	31.41	36.84	
		Jack HOLLIS	1.01.13	28.64	32.49	
		Troy LYNCH	53.65	26.16	27.49	
6.	UEA Norwich A	UEA Norwich	4:04.03			
		Thomas HOLLINGSWORTH	59.64	28.80	30.84	
		Nicholas THOMPSON	1.05.95	30.72	35.23	
		Miles GARNER	1.02.29	28.70	33.59	
		Matthew WOOLDRIDGE	56.15	26.72	29.43	
7.	St Felix School	St Felix Sch	4:12.14			
		Samuel MUNRO	1.00.78	29.51	31.27	
		Mang Wah LAI	1.12.34	34.12	38.22	
		Jack BARTLETT	1.04.02	29.38	34.64	
		Aydin BERKI	55.00	25.99	29.01	
8.	City of Peterborough	Co Peterboro	4:13.03			
		Nicholas ILSLEY	1.06.18	31.94	34.24	
		Thomas STOKES	1.14.28	34.04	40.24	
		Liam KNIGHT	1.01.85	28.04	33.81	
		Charles WALKER	50.72	23.83	26.89	
9.	UEA Norwich B	UEA Norwich	4:14.32			
		Matthew DAVIES	1.02.07	29.96	32.11	
		Luke WALSH	1.14.92	34.68	40.24	
		Samuel HEARD	1.01.76	28.69	33.07	
		Lewis HUGHES	55.57	26.71	28.86	
10.	St. Ives	St Ives	4:16.87			
		Michael MACKRELL	1.06.53	31.38	35.15	
		Dale BROWN	1.12.87	34.19	38.68	
		Aaron TINDALL	1.04.86	29.64	35.22	
		Andrew WEATHERITT	52.61	24.78	27.83	
11.	teamipswich B	teamipswich	4:19.09			
		Elliot COOK	1.01.06	29.69	31.37	
		Ryan TOMKINS	1.15.20	35.56	39.64	
		Joshua COLEBY	1.05.31	29.68	35.63	
		George BARTLE	57.52	27.35	30.17	
12.	Flitwick	Flitwick	4:20.93			
		Simon LIDDLE	1.07.18	31.95	35.23	
		Thomas WINDER	1.14.62	34.68	39.94	
		Ian DAVIES	1.03.12	29.13	33.99	
		Simon WEIGHELL	56.01	26.70	29.31	