



# ASA East Region 2009 Winter Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

Licensed Meet - No. ERX927



## EVENT 501 Mens 400m Freestyle

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt				
1.	Sean LEAHY	19	Hatfield		4:01.11	720				
	50m 26.65	100m 56.22	150m 1:27.36		200m 1:59.24	250m 2:31.34	300m 3:02.49	350m 3:32.39	400m 4:01.11	
2.	Reece BARCLAY	18	Hatfield		4:02.77	705				
	50m 27.36	100m 57.34	150m 1:28.60		200m 2:00.04	250m 2:31.47	300m 3:02.43	350m 3:33.28	400m 4:02.77	
3.	Samuel HEARD	20	UEA Norwich		4:02.93	704				
	50m 27.61	100m 58.27	150m 1:29.11		200m 2:00.14	250m 2:31.01	300m 3:01.96	350m 3:32.85	400m 4:02.93	
4.	Ryan TOMKINS	15	teamipswich		4:04.24	693				
	50m 27.82	100m 58.26	150m 1:29.27		200m 2:00.57	250m 2:31.46	300m 3:02.80	350m 3:34.52	400m 4:04.24	
5.	Alexander DELICATA	15	Thurrock		4:05.15	685				
	50m 27.64	100m 57.77	150m 1:28.95		200m 2:00.28	250m 2:31.95	300m 3:03.45	350m 3:34.85	400m 4:05.15	
6.	Aydin BERKI	16	St Felix Sch		4:06.78	672				
	50m 28.44	100m 59.05	150m 1:30.45		200m 2:02.22	250m 2:33.58	300m 3:05.55	350m 3:36.76	400m 4:06.78	
7.	Lewis KING	19	Hatfield		4:07.04	669				
	50m 28.06	100m 58.70	150m 1:29.90		200m 2:01.24	250m 2:32.65	300m 3:04.78	350m 3:35.83	400m 4:07.04	
8.	Lawrence LOWMAN	20	Hatfield		4:07.18	668				
	50m 28.44	100m 59.38	150m 1:31.16		200m 2:03.05	250m 2:34.06	300m 3:05.27	350m 3:36.51	400m 4:07.18	
9.	Richard JEFFERIES	14	Co Cambridge		4:09.30	651				
	50m 28.20	100m 58.82	150m 1:30.08		200m 2:01.73	250m 2:33.18	300m 3:05.63	350m 3:37.88	400m 4:09.30	
10.	Jack HOLLIS	15	teamipswich		4:10.17	645				
	50m 27.63	100m 58.09	150m 1:29.64		200m 2:02.23	250m 2:34.52	300m 3:06.78	350m 3:39.33	400m 4:10.17	
11.	Chris TITTERINGTON	18	West Suffolk		4:13.74	618				
	50m 29.81	100m 1:01.49	150m 1:33.39		200m 2:05.86	250m 2:37.96	300m 3:10.55	350m 3:43.01	400m 4:13.74	
12.	Andrew CORLEY	19	Co Cambridge		4:13.82	617				
	50m 28.41	100m 59.26	150m 1:31.20		200m 2:03.57	250m 2:36.28	300m 3:09.36	350m 3:42.56	400m 4:13.82	
13.	Nicholas THOMPSON	17	UEA Norwich		4:13.84	617				
	50m 27.76	100m 58.79	150m 1:31.86		200m 2:05.40	250m 2:39.59	300m 3:13.23	350m 3:44.32	400m 4:13.84	
14.	Caleb HUGHES	13	Mid Beds		4:13.98	616				
	50m 28.97	100m 1:00.52	150m 1:32.44		200m 2:04.27	250m 2:36.56	300m 3:09.13	350m 3:42.13	400m 4:13.98	
15.	Conor HARROLD	16	Thurrock		4:14.16	615				
	50m 29.16	100m 1:00.66	150m 1:33.38		200m 2:05.82	250m 2:38.53	300m 3:10.88	350m 3:43.14	400m 4:14.16	
16.	Justin LANGFORD	19	Hatfield		4:18.34	585				
	50m 29.07	100m 1:00.94	150m 1:34.20		200m 2:07.73	250m 2:40.26	300m 3:13.20	350m 3:46.32	400m 4:18.34	
17.	Lewis HUGHES	15	UEA Norwich		4:18.88	582				
	50m 29.02	100m 1:00.51	150m 1:33.14		200m 2:06.24	250m 2:39.69	300m 3:13.20	350m 3:46.61	400m 4:18.88	
18.	Charlie SMITH	13	teamipswich		4:19.57	577				
	50m 28.94	100m 1:00.11	150m 1:33.34		200m 2:06.68	250m 2:40.00	300m 3:13.74	350m 3:47.85	400m 4:19.57	
19.	James MITCHELL	16	Thurrock		4:19.97	574				
	50m 30.10	100m 1:02.94	150m 1:35.74		200m 2:08.11	250m 2:40.13	300m 3:13.18	350m 3:46.53	400m 4:19.97	
20.	Danny PROFFITT	15	West Suffolk		4:21.88	562				
	50m 29.15	100m 1:01.90	150m 1:35.49		200m 2:09.42	250m 2:41.71	300m 3:15.66	350m 3:49.53	400m 4:21.88	
21.	Miles GARNER	15	UEA Norwich		4:23.95	549				
	50m 29.76	100m 1:02.76	150m 1:36.52		200m 2:09.82	250m 2:43.45	300m 3:16.90	350m 3:51.01	400m 4:23.95	
22.	Thomas HOLLINGSWORTH	21	UEA Norwich		4:25.40	540				
	50m 30.48	100m 1:03.92	150m 1:37.18		200m 2:10.85	250m 2:44.55	300m 3:18.23	350m 3:52.22	400m 4:25.40	
23.	Sean COLLIER	16	West Suffolk		4:26.68	532				
	50m 29.81	100m 1:02.67	150m 1:35.59		200m 2:09.24	250m 2:43.42	300m 3:17.99	350m 3:52.74	400m 4:26.68	
24.	Lewis FARMER	15	Lstof & OB		4:26.76	532				
	50m 29.28	100m 1:02.03	150m 1:35.83		200m 2:09.76	250m 2:44.40	300m 3:18.24	350m 3:52.98	400m 4:26.76	
25.	Jordan PURDY	14	St Felix Sch		4:28.00	524				
	50m 29.81	100m 1:02.29	150m 1:36.34		200m 2:10.81	250m 2:45.40	300m 3:19.83	350m 3:54.60	400m 4:28.00	
26.	Carl HALFORD	16	Flitwick		4:28.56	521				
	50m 30.42	100m 1:04.29	150m 1:38.55		200m 2:13.38	250m 2:47.79	300m 3:21.93	350m 3:55.88	400m 4:28.56	
27.	Josh FARRELL	16	Hatfield		4:30.47	510				
	50m 30.72	100m 1:05.00	150m 1:39.37		200m 2:14.31	250m 2:48.11	300m 3:22.20	350m 3:56.52	400m 4:30.47	
28.	Nicholas RUDDOCK	15	Lstof & OB		4:30.58	509				
	50m 29.94	100m 1:02.95	150m 1:36.86		200m 2:11.52	250m 2:45.88	300m 3:20.65	350m 3:56.01	400m 4:30.58	
29.	Matthew BRIGHAM	13	Co Peterboro		4:32.15	501				
	50m 31.20	100m 1:05.29	150m 1:39.57		200m 2:13.90	250m 2:48.01	300m 3:22.73	350m 3:57.79	400m 4:32.15	
30.	Thomas STOKES	16	Co Peterboro		4:42.64	447				
	50m 29.92	100m 1:04.99	150m 1:40.54		200m 2:16.33	250m 2:52.26	300m 3:29.37	350m 4:06.71	400m 4:42.64	
31.	Jack COPPING	16	Colchester P	10	4:59.45	376				
	50m 33.13	100m 1:10.83	150m 1:48.82		200m 2:27.03	250m 3:05.76	300m 3:44.41	350m 4:22.06	400m 4:59.45	

### Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints				
1.	Jack COPPING	16	Colchester P	10	4:59.45	523				
	50m 33.13	100m 1:10.83	150m 1:48.82		200m 2:27.03	250m 3:05.76	300m 3:44.41	350m 4:22.06	400m 4:59.45	



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(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

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## ***EVENT 502 Womens 400m Freestyle***

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt				
1.	Bryony CAMPBELL	15	St Felix Sch		4:21.81	754				
	50m 29.90	100m 1:02.29	150m 1:35.29		200m 2:08.35	250m 2:41.64	300m 3:15.20	350m 3:49.01	400m 4:21.81	
2.	Sophie CHAMBERLAIN	17	St Felix Sch		4:22.71	746				
	50m 30.40	100m 1:03.17	150m 1:36.70		200m 2:10.02	250m 2:43.19	300m 3:16.64	350m 3:50.36	400m 4:22.71	
3.	Yasmin BITHREY	15	Mid Beds		4:25.37	724				
	50m 30.13	100m 1:03.18	150m 1:37.23		200m 2:11.43	250m 2:45.40	300m 3:19.54	350m 3:53.42	400m 4:25.37	
4.	Harriet BRETTL	17	Mid Beds		4:26.06	718				
	50m 30.59	100m 1:03.97	150m 1:37.65		200m 2:12.07	250m 2:45.78	300m 3:19.68	350m 3:53.68	400m 4:26.06	
5.	Elizabeth WINTER	14	Co Cambridge		4:26.29	716				
	50m 30.05	100m 1:02.91	150m 1:36.49		200m 2:10.51	250m 2:44.33	300m 3:18.67	350m 3:53.17	400m 4:26.29	
6.	Marcella ARIS	14	UEA Norwich		4:29.03	695				
	50m 30.39	100m 1:03.40	150m 1:37.20		200m 2:12.08	250m 2:46.47	300m 3:20.89	350m 3:55.50	400m 4:29.03	
7.	Isabel FAULKNER	14	UEA Norwich		4:29.91	688				
	50m 32.33	100m 1:07.04	150m 1:41.20		200m 2:15.55	250m 2:49.84	300m 3:23.74	350m 3:57.45	400m 4:29.91	
8.	Alice MARCHANT	16	Mid Beds		4:30.49	683				
	50m 31.61	100m 1:05.21	150m 1:39.74		200m 2:14.46	250m 2:49.02	300m 3:23.38	350m 3:58.20	400m 4:30.49	
9.	Carolyn ASTBURY	17	Watford		4:31.76	674				
	50m 32.01	100m 1:06.05	150m 1:40.45		200m 2:15.00	250m 2:49.15	300m 3:23.77	350m 3:58.16	400m 4:31.76	
10.	Fenella FOSKETT	17	Deben		4:34.07	657				
	50m 32.05	100m 1:06.80	150m 1:42.29		200m 2:17.57	250m 2:52.69	300m 3:27.63	350m 4:01.90	400m 4:34.07	
11.	Charlotte HICKS	13	St Felix Sch		4:35.37	648				
	50m 31.73	100m 1:06.00	150m 1:40.45		200m 2:15.31	250m 2:50.30	300m 3:25.64	350m 4:00.73	400m 4:35.37	
12.	Jennifer TITTERINGTON	16	West Suffolk		4:35.76	645				
	50m 32.50	100m 1:06.64	150m 1:41.32		200m 2:16.39	250m 2:51.38	300m 3:26.51	350m 4:01.75	400m 4:35.76	
12.	Molly EPSLY	16	Thurrock		4:35.76	645				
	50m 32.92	100m 1:06.77	150m 1:41.12		200m 2:16.22	250m 2:51.07	300m 3:26.18	350m 4:01.73	400m 4:35.76	
14.	Grace LEE	14	Bishop Stort		4:36.24	642				
	50m 32.27	100m 1:07.64	150m 1:42.56		200m 2:17.93	250m 2:52.93	300m 3:28.07	350m 4:02.79	400m 4:36.24	
15.	Laura ADAMS	15	UEA Norwich		4:36.41	640				
	50m 32.44	100m 1:07.61	150m 1:42.69		200m 2:17.80	250m 2:52.90	300m 3:28.14	350m 4:02.93	400m 4:36.41	
16.	Shannon HAROLD	18	Thurrock		4:36.47	640				
	50m 32.62	100m 1:06.73	150m 1:41.62		200m 2:16.61	250m 2:51.32	300m 3:26.69	350m 4:02.06	400m 4:36.47	
17.	Zara BAILEY	13	Co Peterboro		4:37.21	635				
	50m 32.10	100m 1:06.07	150m 1:40.85		200m 2:15.94	250m 2:50.99	300m 3:27.28	350m 4:02.73	400m 4:37.21	
18.	Katie TAVENER	15	Mid Beds		4:37.51	633				
	50m 32.15	100m 1:07.02	150m 1:42.48		200m 2:17.69	250m 2:52.95	300m 3:28.02	350m 4:03.44	400m 4:37.51	
19.	Nina WISEMAN	16	Braintree		4:37.94	630				
	50m 31.04	100m 1:05.31	150m 1:40.64		200m 2:16.31	250m 2:51.91	300m 3:27.34	350m 4:02.99	400m 4:37.94	
20.	Poppy INGLESAN	14	UEA Norwich		4:38.27	628				
	50m 31.35	100m 1:06.30	150m 1:41.41		200m 2:16.67	250m 2:52.05	300m 3:27.62	350m 4:03.05	400m 4:38.27	
21.	Ellen WILLIAMS	14	Co Peterboro		4:42.05	603				
	50m 32.84	100m 1:07.59	150m 1:43.37		200m 2:18.94	250m 2:54.66	300m 3:30.88	350m 4:06.92	400m 4:42.05	
22.	Molly NORMAN	13	Co Peterboro		4:43.42	594				
	50m 31.85	100m 1:06.80	150m 1:42.81		200m 2:19.05	250m 2:55.41	300m 3:31.99	350m 4:08.03	400m 4:43.42	
23.	Evangeline TAYLOR	13	teamipswich		4:45.14	583				
	50m 32.62	100m 1:08.64	150m 1:45.55		200m 2:22.13	250m 2:58.18	300m 3:34.27	350m 4:10.42	400m 4:45.14	
24.	Lucy GREGORY	15	Leighton Buz		4:46.59	575				
	50m 32.32	100m 1:08.09	150m 1:44.05		200m 2:20.76	250m 2:57.88	300m 3:34.75	350m 4:11.83	400m 4:46.59	
25.	Holly BATEMAN	14	UEA Norwich		4:48.74	562				
	50m 32.67	100m 1:08.76	150m 1:45.43		200m 2:22.74	250m 2:59.26	300m 3:36.16	350m 4:13.31	400m 4:48.74	
26.	Emma CASSIDY	12	Thurrock		4:54.97	527				
	50m 34.09	100m 1:11.42	150m 1:49.62		200m 2:27.50	250m 3:04.93	300m 3:42.14	350m 4:19.30	400m 4:54.97	
27.	Charlotte HARRISON	14	Co Peterboro		4:55.95	522				
	50m 33.32	100m 1:10.42	150m 1:48.32		200m 2:26.38	250m 3:03.85	300m 3:41.45	350m 4:19.17	400m 4:55.95	
28.	Stephanie BIRD	21	Lstof & OB	14	5:14.37	435				
	50m 32.74	100m 1:10.77	150m 1:49.96		200m 2:30.52	250m 3:11.63	300m 3:52.91	350m 4:33.82	400m 5:14.37	
29.	Hannah WRIGHT	13	West Suffolk	10	5:49.20	318				
	50m 39.60	100m 1:24.03	150m 2:10.05		200m 2:56.01	250m 3:40.19	300m 4:24.70	350m 5:08.63	400m 5:49.20	
30.	Emily HARRIS	12	St Felix Sch	9	6:08.63	270				
	50m 41.13	100m 1:26.63	150m 2:13.15		200m 3:00.87	250m 3:48.50	300m 4:36.13	350m 5:24.14	400m 6:08.63	

### ***Multi-Disability by British Disability Points***

Place	Name	AaD	Club	Cat.	Time	BDPoints				
1.	Stephanie BIRD	21	Lstof & OB	14	5:14.37	739				
	50m 32.74	100m 1:10.77	150m 1:49.96		200m 2:30.52	250m 3:11.63	300m 3:52.91	350m 4:33.82	400m 5:14.37	
2.	Hannah WRIGHT	13	West Suffolk	10	5:49.20	527				
	50m 39.60	100m 1:24.03	150m 2:10.05		200m 2:56.01	250m 3:40.19	300m 4:24.70	350m 5:08.63	400m 5:49.20	
3.	Emily HARRIS	12	St Felix Sch	9	6:08.63	473				
	50m 41.13	100m 1:26.63	150m 2:13.15		200m 3:00.87	250m 3:48.50	300m 4:36.13	350m 5:24.14	400m 6:08.63	



# ASA East Region 2009 Winter Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

Licensed Meet - No. ERX927



## EVENT 503 Mens 100m Backstroke

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Alexander BAKER	16	Hatfield		58.80	613	28.45
2.	Charles WALKER	19	Co Peterboro		59.40	595	28.70
3.	John SARGENT	23	Co Cambridge		59.74	585	29.04
4.	Ryan SEARLES	16	Hatfield		59.77	584	28.99
5.	Samuel MUNRO	16	St Felix Sch		59.86	581	29.18
6.	James SUTHERLAND	17	Hatfield		59.87	581	28.60
7.	Ashley BUCK	29	Sudbury		1:00.03	576	29.29
8.	Liam KNIGHT	15	Co Peterboro		1:00.14	573	29.21
9.	Daniel SMITH	16	Lstof & OB		1:00.24	570	29.51
10.	Lewis COLEMAN	17	teamipswich		1:00.37	566	29.20
11.	David KELLEWAY	16	Bishop Stort		1:00.50	563	29.47
12.	Thomas ROOTSEY	19	Co Cambridge		1:00.75	556	29.26
13.	Elliot COOK	15	teamipswich		1:01.49	536	29.38
14.	Samuel BRIGGS	16	Modernians		1:01.55	534	29.52
15.	Kilian KORTH	14	teamipswich		1:02.16	519	30.24
16.	William BLACKABY	16	Stowmarket		1:02.27	516	30.27
17.	Matthew DAVIES	18	UEA Norwich		1:02.33	515	30.37
18.	Samuel HEARD	20	UEA Norwich		1:02.46	511	30.89
19.	Oliver WILBY	18	UEA Norwich		1:02.96	499	30.57
20.	Alexander DELICATA	15	Thurrock		1:03.18	494	31.03
21.	Jack BARTLETT	14	St Felix Sch		1:03.32	491	30.89
22.	Mark LEAMON	22	UEA Norwich		1:03.76	481	30.16
23.	Caleb HUGHES	13	Mid Beds		1:04.25	470	31.61
24.	Daniel McAULIFFE	15	Hatfield		1:04.41	466	31.26
25.	Tim RIVIERE	16	Co Cambridge		1:04.82	458	31.30
26.	Andrew WEATHERITT	18	St Ives		1:05.35	447	31.16
27.	Matthew WOOLDRIDGE	18	UEA Norwich		1:05.99	434	32.10
28.	William NICHOLLS	17	St Neot Swan		1:07.30	409	31.81
29.	Mark CHARD	13	Lstof & OB	14	1:18.55	257	37.18
30.	Jack COPPING	16	Colchester P	10	1:19.98	244	38.47
31.	Tom COLE	20	West Suffolk	14	1:32.35	158	-
	Reece BARCLAY	18	Hatfield		DNC		

### Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Mark CHARD	13	Lstof & OB	14	1:18.55	534	37.18
2.	Jack COPPING	16	Colchester P	10	1:19.98	439	38.47
3.	Tom COLE	20	West Suffolk	14	1:32.35	329	-

## EVENT 504 Womens 100m Backstroke

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Sophie DRAKE	16	Canvey Isl		1:05.12	670	31.43
2.	Sophie SWEET	16	Co Peterboro		1:05.41	661	31.87
3.	Flora HANSON	15	Hatfield		1:06.07	641	32.33
4.	Bethan BOTTOMLEY	14	West Suffolk		1:06.87	618	32.37
5.	Marcella ARIS	14	UEA Norwich		1:07.71	596	33.33
6.	Hazel PICKFORD	16	Hatfield		1:07.86	592	33.34
7.	Robyn BALL	17	St Felix Sch		1:07.99	588	33.27
8.	Charlotte BLACKSLEY	15	Mid Beds		1:08.09	586	33.33
9.	Georgie SMITH	16	Harpden		1:08.49	576	33.65
10.	Chloe DAVIS	15	Runnymede		1:08.50	575	33.62
11.	Sian LOCKETT	13	Hatfield		1:08.85	567	33.56
12.	Emily BOTTLE	20	Co Cambridge		1:09.26	557	33.70
13.	Grace LEE	14	Bishop Stort		1:09.42	553	33.80
14.	Kimberley ANASTASIOU	14	UEA Norwich		1:09.72	546	34.04
15.	Emily HAWES	18	Lstof & OB		1:09.90	541	33.99
16.	Brogan PLUMMER	15	Hatfield		1:09.94	540	33.98
17.	Charlotte REID	14	Hatfield		1:09.99	539	33.71
18.	Elizabeth WINTER	14	Co Cambridge		1:10.05	538	34.74
19.	Emily PRIOR	18	Deben		1:10.26	533	34.29
20.	Charlotte HARRISON	14	Co Peterboro		1:10.40	530	33.88
21.	India HAMMOND	13	Hatfield		1:10.47	528	33.66
22.	Eleanor NEWELL	16	West Norfolk		1:10.64	525	34.75
22.	Emily COOK	15	Co Peterboro		1:10.64	525	33.99
24.	Whitney BUCKLER	16	Lstof & OB		1:10.67	524	34.00
25.	Sophie GREEN	13	West Norfolk		1:10.68	524	34.27
26.	Bethany FREEMAN	13	Co Peterboro		1:10.98	517	34.25
27.	Alice HEWSON	12	Berkhamsted		1:11.25	511	34.42
28.	Gemma BARTLE	13	teamipswich		1:11.32	510	34.92
29.	Charlotte DELICATA	17	Thurrock		1:13.24	471	35.52
30.	Lauren HOBBS	14	Luton	13	1:13.95	457	35.68
31.	Claire WARNE	16	Flitwick	6	1:40.25	184	50.07
	Georgina FREEMAN	16	Co Peterboro		DNC		
	Kerriann CHIPPERFIELD	16	Thurrock		DNC		
	Philippa HARDY	16	Hatfield		DNC		
	Emily HARRIS	12	St Felix Sch	9	DQ S-3L		

### Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Lauren HOBBS	14	Luton	13	1:13.95	869	35.68
2.	Claire WARNE	16	Flitwick	6	1:40.25	715	50.07
	Emily HARRIS	12	St Felix Sch	9	DQ S-3L		



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## ***EVENT 505 Mens 200m Breaststroke***

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Nicholas THOMPSON	17	UEA Norwich	2:26.55	609	32.27	1:09.15	1:47.36
2.	James ALLCHORNE	20	Hatfield	2:28.47	585	32.24	1:10.10	1:49.85
3.	Andrew EGAN	16	Hatfield	2:28.52	585	33.91	1:12.29	1:50.21
4.	Nathan HENDERSON	17	Lstoft & OB	2:29.26	576	33.38	1:11.93	1:51.61
5.	Lewis COLEMAN	17	teamipswich	2:29.91	569	33.88	1:11.95	1:51.08
6.	Lawrence PALMER	16	Luton	2:31.15	555	34.47	1:12.84	1:52.22
7.	Luke WESTWOOD	19	Co Cambridge	2:33.00	535	33.73	1:12.85	1:52.75
8.	Charlie HAYES	15	Thurrock	2:34.77	517	35.56	1:15.16	1:55.41
9.	Luke WALSH	16	UEA Norwich	2:36.69	498	36.20	1:16.10	1:56.05
10.	Aydin BERKI	16	St Felix Sch	2:41.11	458	36.14	1:16.62	1:59.00
11.	Cameron BASHIR	15	Sudbury	2:41.69	453	36.52	1:17.16	1:59.35
12.	Miles GARNER	15	UEA Norwich	2:46.10	418	38.12	1:20.25	2:03.44
13.	Thomas STOKES	16	Co Peterboro	2:49.06	396	37.57	1:21.09	2:04.48

## ***EVENT 506 Womens 200m Breaststroke***

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Alexandra HARRISON	15	St Felix Sch	2:38.23	676	35.32	1:14.80	1:55.72
2.	Heather RODWELL	15	teamipswich	2:42.29	627	36.93	1:18.06	2:00.55
3.	Bethan BOTTOMLEY	14	West Suffolk	2:44.70	600	37.71	1:19.22	2:02.37
4.	Fenella FOSKETT	17	Deben	2:44.73	599	38.46	1:20.68	2:03.28
5.	Christie BAYS	13	Hatfield	2:45.32	593	37.99	1:20.26	2:03.40
6.	Emma WARRINGTON	16	Hoddesdon	2:47.11	574	37.39	1:19.69	2:03.57
7.	Zara BAILEY	13	Co Peterboro	2:48.87	556	39.10	1:21.83	2:05.17
8.	Charlotte OVENDEN	15	Modernians	2:51.03	535	38.69	1:21.19	2:05.90
9.	Hannah REEDER	14	West Suffolk	2:51.58	530	39.01	1:22.07	2:06.52
10.	Alexandra REVELL	14	Harpenden	2:51.97	527	39.60	1:22.92	2:07.61
11.	Riasa DOUGLAS-COLLOW	17	St Felix Sch	2:52.16	525	39.04	1:21.97	2:06.85
12.	Katie SYKES	16	West Norfolk	2:54.40	505	39.52	1:23.97	2:09.06
13.	Rebecca WILSON	12	Deben	2:55.21	498	40.61	1:25.39	2:10.80
14.	Charlotte DELICATA	17	Thurrock	2:56.82	485	41.16	1:25.61	2:11.24
15.	Katie QUINN	17	Hatfield	2:58.28	473	39.88	1:24.59	2:11.16
16.	Ella DELVES	14	Stowmarket	2:58.42	472	39.52	1:24.44	2:11.57

## ***EVENT 507 B FINAL OF EVENT 503 Mens 100m Backstroke***

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	David KELLEWAY	16	Bishop Stort	1:01.17	544	29.77
2.	Thomas ROOTSEY	19	Co Cambridge	1:01.93	525	29.97
3.	William BLACKABY	16	Stowmarket	1:02.44	512	30.52
4.	Oliver WILBY	18	UEA Norwich	1:02.53	510	30.39
5.	Elliot COOK	15	teamipswich	1:02.73	505	30.22
6.	Kilian KORTH	14	teamipswich	1:03.75	481	31.16
7.	Matthew DAVIES	18	UEA Norwich	1:04.85	457	31.33
8.	Samuel HEARD	20	UEA Norwich	1:09.30	374	32.87

## ***EVENT 508 FINAL OF EVENT 503 Mens 100m Backstroke***

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	John SARGENT	23	Co Cambridge	56.48	692	27.41
2.	Charles WALKER	19	Co Peterboro	56.95	675	27.44
3.	Alexander BAKER	16	Hatfield	57.04	672	27.78
4.	James SUTHERLAND	17	Hatfield	58.73	615	27.94
5.	Ryan SEARLES	16	Hatfield	1:00.40	566	29.26
6.	Samuel MUNRO	16	St Felix Sch	1:00.67	558	29.56
7.	Daniel SMITH	16	Lstoft & OB	1:00.73	556	29.47
8.	Liam KNIGHT	15	Co Peterboro	1:00.98	550	29.48

## ***EVENT 509 B FINAL OF EVENT 504 Womens 100m Backstroke***

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Sian LOCKETT	13	Hatfield	1:08.69	571	33.20
2.	Chloe DAVIS	15	Runnymede	1:08.77	569	33.85
3.	Charlotte REID	14	Hatfield	1:09.11	560	33.51
4.	Kimberley ANASTASIOU	14	UEA Norwich	1:09.54	550	33.81
5.	Georgie SMITH	16	Harpenden	1:09.58	549	34.29
6.	Brogan PLUMMER	15	Hatfield	1:10.09	537	34.40
7.	Grace LEE	14	Bishop Stort	1:10.45	529	34.28
	Emily BOTTLE	20	Co Cambridge	DNC		



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## **EVENT 510 FINAL OF EVENT 504 Womens 100m Backstroke**

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Sophie DRAKE	16	Canvey Isl	1:04.26	697	31.60
2.	Sophie SWEET	16	Co Peterboro	1:05.12	670	32.00
3.	Flora HANSON	15	Hatfield	1:05.87	647	32.31
4.	Bethan BOTTOMLEY	14	West Suffolk	1:06.32	634	32.70
5.	Hazel PICKFORD	16	Hatfield	1:07.22	609	33.29
6.	Marcella ARIS	14	UEA Norwich	1:07.53	600	33.21
7.	Robyn BALL	17	St Felix Sch	1:08.32	580	33.36
8.	Charlotte BLACKSLEY	15	Mid Beds	1:09.59	549	33.17

## **EVENT 511 FINAL OF EVENT 505 Mens 200m Breaststroke**

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Lewis COLEMAN	17	teamipswich	2:19.45	706	31.42	1:07.36	1:43.86
2.	Andrew EGAN	16	Hatfield	2:20.73	687	32.08	1:08.32	1:44.45
3.	Nicholas THOMPSON	17	UEA Norwich	2:21.26	680	32.21	1:08.14	1:44.62
4.	James ALLCHORNE	20	Hatfield	2:28.03	590	32.52	1:09.68	1:48.15
5.	Nathan HENDERSON	17	Lstof & OB	2:28.21	588	32.65	1:10.23	1:49.10
6.	Lawrence PALMER	16	Luton	2:31.94	546	34.04	1:12.15	1:52.32
7.	Luke WESTWOOD	19	Co Cambridge	2:34.09	524	33.16	1:12.61	1:53.11
8.	Charlie HAYES	15	Thurrock	2:35.22	512	35.33	1:14.72	1:55.09

## **EVENT 512 FINAL OF EVENT 506 Womens 200m Breaststroke**

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Alexandra HARRISON	15	St Felix Sch	2:37.69	683	35.48	1:15.57	1:56.22
2.	Zara BAILEY	13	Co Peterboro	2:44.49	602	38.85	1:21.16	2:02.98
3.	Fenella FOSKETT	17	Deben	2:44.70	600	38.18	1:19.68	2:03.42
4.	Christie BAYS	13	Hatfield	2:48.08	564	38.33	1:21.34	2:05.15
5.	Charlotte OVENDEN	15	Modernians	2:52.71	520	40.12	1:23.74	2:07.62
6.	Hannah REEDER	14	West Suffolk	2:53.00	517	39.09	1:22.29	2:07.51
7.	Alexandra REVELL	14	Harpenden	2:54.95	500	39.64	1:24.14	2:10.17
	Emma WARRINGTON	16	Hoddesdon	DNC				

## **EVENT 513 Mens 400m Freestyle Team**

Full Results

Place	Name	Club	Time	50	100	150
1.	Hatfield A	Hatfield	3:30.01			
		Sean LEAHY		52.46	25.32	27.14
		James ALLCHORNE		53.06	25.47	27.59
		Reece BARCLAY		52.37	24.45	27.92
		Adam INGLEDEW		52.12	24.85	27.27
2.	Hatfield B	Hatfield	3:31.05			
		Kevin PICKARD		53.06	25.28	27.78
		James SUTHERLAND		53.12	24.95	28.17
		Alexander BAKER		52.37	24.70	27.67
		Jonathan POOK		52.50	24.42	28.08
3.	City of Cambridge A	Co Cambridge	3:33.05			
		Richard JEFFERIES		53.86	26.04	27.82
		Andrew CORLEY		54.92	26.18	28.74
		John SARGENT		51.66	24.85	26.81
		Lee FORSTER		52.61	25.01	27.60
4.	teamipswich A	teamipswich	3:34.50			
		Aaron LYNCH		52.37	25.14	27.23
		Troy LYNCH		52.90	24.95	27.95
		Jack HOLLIS		55.36	26.26	29.10
		Lewis COLEMAN		53.87	25.58	28.29
5.	UEA Norwich A	UEA Norwich	3:38.99			
		Thomas HOLLINGSWORTH		55.75	26.77	28.98
		Nicholas THOMPSON		52.78	25.18	27.60
		Matthew WOOLDRIDGE		56.28	26.75	29.53
		Samuel HEARD		54.18	25.84	28.34
6.	Hatfield C	Hatfield	3:41.50			
		Ryan SEARLES		55.43	26.44	28.99
		Justin LANGFORD		54.74	26.00	28.74
		Sam MUNKLEY		56.27	26.51	29.76
		Andrew EGAN		55.06	25.78	29.28
7.	teamipswich B	teamipswich	3:42.55			
		Ryan TOMKINS		54.90	26.91	27.99
		Elliot COOK		56.05	27.33	28.72
		George BARTLE		55.72	26.82	28.90
		Joshua COLEBY		55.88	26.48	29.40
8.	UEA Norwich B	UEA Norwich	3:42.59			
		Lewis HUGHES		55.99	27.12	28.87
		Luke WALSH		56.55	26.62	29.93
		Miles GARNER		56.70	27.20	29.50
		Mark LEAMON		53.35	25.05	28.30
9.	City of Cambridge B	Co Cambridge	3:44.19			
		Tim RIVIERE		54.57	26.29	28.28
		Luke WESTWOOD		57.10	26.60	30.50
		Thomas ROOTSEY		56.55	27.07	29.48
		Dane ROOK		55.97	27.03	28.94
10.	St. Ives	St Ives	3:47.31			
		Andrew WEATHERITT		53.90	25.46	28.44
		Michael MACKRELL		57.82	27.50	30.32
		Aaron TINDALL		57.85	27.33	30.52
		Alex BEREZYNSKYJ		57.74	26.88	30.86



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## **EVENT 514 Womens 400m Freestyle Team**

Full Results

Place	Name	A.G	Club	Time	FINA Pt		
1.	teampswich		teampswich	3:53.85			
			Rachel ANDVIG		57.47	27.47	30.00
			Alice TENNANT		58.60	27.94	30.66
			Heather RODWELL		1.01.74	29.48	32.26
			Zoe CRAY		56.04	26.50	29.54
2.	St Felix School		St Felix Sch	3:55.64			
			Bryony CAMPBELL		57.65	27.92	29.73
			Sophie CHAMBERLAIN		58.35	27.87	30.48
			Pascale REEVES		59.08	28.22	30.86
			Alexandra HARRISON		1.00.56	28.50	32.06
3.	City of Peterborough		Co Peterboro	4:04.17			
			Gabrielle BALLS		1.02.23	29.97	32.26
			Emily COOK		1.01.13	29.12	32.01
			Zara BAILEY		1.00.40	28.66	31.74
			Sophie SWEET		1.00.41	28.93	31.48
4.	Hatfield A		Hatfield	4:04.22			
			Emily RIDOUT		1.00.23	29.11	31.12
			Flora HANSON		59.53	28.32	31.21
			Sian LOCKETT		1.02.60	29.98	32.62
			Hazel PICKFORD		1.01.86	29.63	32.23
5.	UEA Norwich A		UEA Norwich	4:06.00			
			Holly BATEMAN		1.01.36	29.89	31.47
			Poppy INGLESON		1.02.23	29.79	32.44
			Isobel PAGE		1.02.90	30.30	32.60
			Marcella ARIS		59.51	28.56	30.95
6.	City of Cambridge		Co Cambridge	4:06.98			
			Bryony ROWSEL		1.02.68	29.98	32.70
			Zoe OTHIENO		1.01.96	30.13	31.83
			Elizabeth WINTER		59.51	28.42	31.09
			Charlotte BEGG		1.02.83	30.15	32.68
7.	UEA Norwich B		UEA Norwich	4:15.83			
			Sara GREENWOOD		1.02.90	29.59	33.31
			Laura ADAMS		1.05.78	31.35	34.43
			Isabel FAULKNER		1.03.26	30.35	32.91
			Kimberley ANASTASIOU		1.03.89	30.80	33.09
8.	West Norfolk		West Norfolk	4:16.76			
			Sophie GREEN		1.03.25	30.36	32.89
			Katie SYKES		1.05.79	31.16	34.63
			Eleanor NEWELL		1.03.11	30.15	32.96
			Keely EMPSON		1.04.61	29.69	34.92