

November Open 2014 - 01/11/2014 to 02/11/2014**Results - Session 1****Event 101 Girls 9 & Under 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Jopson, Emilia	9	Romford Town Swimming Club	2:59.07	2:51.41
2 Chandler, Mia	9	Team Ipswich Swimming-ZZ	3:04.51	2:56.41
3 Cooper, Emily	9	Romford Town Swimming Club	3:21.19	2:59.68
4 Guynan, Ruby	9	Romford Town Swimming Club	4:20.00	3:00.10
5 Van Deynse, Tineke	9	Flanders Iner Regio Swim Team	3:32.20	3:22.15
6 Whyte, Imogen	9	St Felix School	4:26.00	3:23.84
7 White, Gemma	9	West Norfolk Swimming Club	3:51.06	3:30.22
8 Grieve, Molly	9	Colchester Swimming Club	4:20.00	3:49.68
9 Replogle, Summer-Rayne	9	West Norfolk Swimming Club	4:02.39	3:54.22

Event 101 Girls 10 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Button, Safia	10	Team Ipswich Swimming-ZZ	2:49.55	2:34.02
2 Freeman, Sophie	10	Colchester Swimming Club	2:39.78	2:34.95
3 Brown, Annika	10	Team Ipswich Swimming-ZZ	2:55.65	2:40.27
4 King, Grace	10	Team Ipswich Swimming-ZZ	2:54.98	2:40.92
5 Whyte, Emily	10	Team Ipswich Swimming-ZZ	2:54.95	2:41.03
6 Whyte, Elodie	10	St Felix School	3:05.59	2:53.00
7 Clegg, Zoe	10	First Strokes	2:54.20	2:53.40
8 Tolliday, Afton	10	St Felix School	3:04.95	2:54.87
9 Morgan, Lucy	10	First Strokes	3:13.19	2:59.21
10 Saunders, Lucy	10	First Strokes	3:10.60	3:01.64
11 Holder, Freya	10	St Felix School	3:03.08	3:04.96
12 Moore, Antonia	10	Chelmsford Swimming Club	3:29.39	3:08.19
13 English, Megan	10	Colchester Swimming Club	3:22.34	3:23.04
14 Jeffery, Isabel	10	West Norfolk Swimming Club	3:35.18	3:24.22

Event 101 Girls 11 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Chambers, Katy	11	St Felix School	2:28.12	2:26.44
2 Sneddon, Eloise	11	Colchester Swimming Club	2:34.30	2:28.30
3 Burgess, Annabelle	11	Team Ipswich Swimming-ZZ	2:43.55	2:30.97
4 Cruickshanks, Emma	11	Team Ipswich Swimming-ZZ	2:37.31	2:31.09
5 Moule, Amelia	11	Romford Town Swimming Club	2:36.32	2:32.92
6 Guynan, Lily	11	Romford Town Swimming Club	2:36.57	2:34.77
7 Jopson, Isabelle	11	Romford Town Swimming Club	2:36.82	2:35.36
8 Risby, Charlotte	11	Team Ipswich Swimming-ZZ	2:41.53	2:37.64
9 Gimbird, Jayne	11	Romford Town Swimming Club	2:45.85	2:38.76
10 Odell, Catherine	11	St Felix School	2:42.04	2:41.40
11 Jarvis, Kitty	11	Harlow Penguins SC	2:48.20	2:42.00
12 Smith, Madison	11	First Strokes	2:47.84	2:42.33
13 Teirlinck, Emelie	11	Flanders Iner Regio Swim Team	2:40.88	2:45.48
14 Roberts, Lauren	11	Team Ipswich Swimming-ZZ	2:52.91	2:49.21
15 Durban, Eleanor	11	First Strokes	3:06.77	2:49.26
16 Armstrong, Maisy	11	Team Ipswich Swimming-ZZ	3:07.26	2:53.01
17 Cherry, Bethan	11	Team Ipswich Swimming-ZZ	3:15.00	2:56.50
18 Thornton, Ellie	11	Team Ipswich Swimming-ZZ	3:00.00	2:57.11
19 Himsworth, Lauren	11	First Strokes	3:06.63	2:59.79
20 Spillebeen, Tine	11	Flanders Iner Regio Swim Team	3:07.24	3:02.79

Event 101 Girls 12-13 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Ayling, Jessica	13	Romford Town Swimming Club	2:14.27	2:16.38
2 Kitching, Rebecca	13	Chelmsford Swimming Club	2:15.03	2:17.09
3 Milton, Emily	12	Romford Town Swimming Club	2:19.94	2:18.20
4 Samuels, Megan	12	Chelmsford Swimming Club	2:36.32	2:19.53

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Name	Age	Team	Seed Time	Finals Time
5 Kitching, Annabelle	12	Chelmsford Swimming Club	2:21.17	2:20.32
6 Maspers, Mia	12	Team Ipswich Swimming-ZZ	2:42.71	2:20.66
7 De Velder, Jollen	13	Flanders Iner Regio Swim Team	2:28.63	2:22.30
8 Taylor, Sophie	13	St Felix School	2:23.35	2:22.73
9 Duley, Elinor	13	Colchester Swimming Club	2:30.84	2:24.66
10 Chandler, Nicole	12	Team Ipswich Swimming-ZZ	2:28.66	2:26.26
11 Read, Jenny	12	West Norfolk Swimming Club	2:32.60	2:28.32
12 Kerr, Toni	12	Team Ipswich Swimming-ZZ	2:32.08	2:28.42
13 Sorrell, Chloe	13	West Norfolk Swimming Club	2:24.99	2:28.66
14 De Noble, Chloe	13	Flanders Iner Regio Swim Team	2:29.65	2:28.70
15 Smith, Ellie-Mae	13	Team Ipswich Swimming-ZZ	2:33.70	2:29.13
16 Pourbaix, Kitana	13	Flanders Iner Regio Swim Team	2:31.82	2:29.31
17 Harrod, Morgan	12	Chelmsford Swimming Club	2:30.54	2:29.59
18 Beardsell, Jessica	13	Romford Town Swimming Club	2:35.24	2:30.28
19 Kilsby, Ella-Louise	12	Romford Town Swimming Club	2:43.02	2:30.41
20 Marren, Georgia	12	Romford Town Swimming Club	2:29.60	2:30.43
21 Morine, Scarlett	12	Chelmsford Swimming Club	2:28.23	2:30.67
22 Shouksmith, Maia	13	Team Ipswich Swimming-ZZ	2:33.20	2:30.96
23 Smith, Charlotte	12	Team Ipswich Swimming-ZZ	2:42.28	2:32.12
24 Scott, Lauren	12	Chelmsford Swimming Club	2:35.91	2:32.22
25 Hristova, Kristiyana	12	Team Ipswich Swimming-ZZ	2:41.03	2:32.98
26 Ireland, Alice	13	West Norfolk Swimming Club	2:40.09	2:33.25
27 Bulleid, Katie	13	Chelmsford Swimming Club	2:48.13	2:33.54
28 Pethers, Abigail	12	Chelmsford Swimming Club	2:40.14	2:33.74
29 Mathys, Jana	12	Flanders Iner Regio Swim Team	2:37.10	2:34.09
30 Ford, Lucy	12	Team Ipswich Swimming-ZZ	2:44.17	2:35.95
31 White, Katie	12	Colchester Swimming Club	2:38.91	2:36.96
32 Johnson, Rachael	12	West Norfolk Swimming Club	2:49.69	2:39.22
33 Rai, Anshma	12	Colchester Swimming Club	2:57.21	2:40.21
34 Jordan, Amber	12	Colchester Swimming Club	3:06.00	2:45.22
35 Bowyer, Imogen	12	Team Ipswich Swimming-ZZ	2:51.21	2:45.63
36 Bunn, Ella-Louise	12	Team Ipswich Swimming-ZZ	2:53.64	2:47.21
37 Muspratt, Rosie	12	West Norfolk Swimming Club	2:51.18	2:47.41
38 Bond, Flora	13	Team Ipswich Swimming-ZZ	2:50.86	2:49.88
39 Sharpe, Molly	12	West Norfolk Swimming Club	2:51.32	2:50.11

Event 101 Girls 14-15 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Milton, Georgia	14	Romford Town Swimming Club	2:07.64	2:10.25
2 Corney, Erin	15	Romford Town Swimming Club	2:11.69	2:11.68
3 Westlake, Jessica	15	St Felix School	2:12.88	2:12.28
4 Whiting, Abigail	15	West Norfolk Swimming Club	2:09.37	2:13.67
5 Witton, Megan	15	Romford Town Swimming Club	2:17.51	2:15.34
6 Harrod, Georgia	14	Chelmsford Swimming Club	2:18.42	2:17.91
7 Cribb, Rebecca	14	Romford Town Swimming Club	2:15.21	2:18.38
8 Miller, Rebecca	15	Team Ipswich Swimming-ZZ	2:16.70	2:18.72
9 Buysse, Camille	14	Flanders Iner Regio Swim Team	2:24.89	2:18.80
10 Chambers, Maddie	14	St Felix School	2:19.38	2:20.43
11 De Pue, Ine	15	Flanders Iner Regio Swim Team	2:20.25	2:20.44
12 Gardiner, Darcey	14	Chelmsford Swimming Club	2:23.27	2:20.96
13 Lee, Annabel	14	Team Ipswich Swimming-ZZ	2:17.24	2:21.26
14 Heard, Amelia	15	St Felix School	2:21.29	2:21.68
15 Eley, Melissa	14	Chelmsford Swimming Club	2:26.66	2:21.84
16 Pickering, Sophie	14	Team Ipswich Swimming-ZZ	2:23.12	2:21.87
17 Fulcher, Georgina	14	Team Ipswich Swimming-ZZ	2:22.73	2:21.91
18 Steenackers, Sarah	15	Flanders Iner Regio Swim Team	2:17.99	2:22.30

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Name	Age	Team	Seed Time	Finals Time
19 Van Den Bossche, Luca	15	Flanders Iner Regio Swim Team	2:18.54	2:22.31
20 Ochwat, Megan	15	Team Ipswich Swimming-ZZ	2:22.07	2:23.16
21 Ward, Kayleigh	14	Chelmsford Swimming Club	2:25.51	2:25.29
22 De Noble, Naomi	15	Flanders Iner Regio Swim Team	2:23.49	2:25.31
23 Bulleid, Jessica	15	Chelmsford Swimming Club	2:27.45	2:26.48
24 Gimbird, Charlotte	14	Romford Town Swimming Club	2:29.54	2:29.26
25 King, Courtney	14	Team Ipswich Swimming-ZZ	2:25.25	2:31.34
26 Bywater Haylett, Cassie	14	West Norfolk Swimming Club	2:25.31	2:31.39
27 Venables, Kayleigh	15	West Norfolk Swimming Club	2:32.85	2:37.45
--- Sherwin, Rebecca	14	Team Ipswich Swimming-ZZ	2:05.20	X2:04.06
--- Oxbrow, Lucy	14	Team Ipswich Swimming-ZZ	2:03.76	X2:05.93

Event 101 Girls 16 & Over 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Trigg, Dolly	16	Team Ipswich Swimming-ZZ	2:08.46	2:08.51
2 Blades, Josephine	17	St Felix School	2:09.16	2:08.95
3 Dowding, Emily	16	Team Ipswich Swimming-ZZ	2:08.78	2:09.92
4 Calver, Chloe	16	Team Ipswich Swimming-ZZ	2:12.61	2:12.20
5 Beevor, Jennifer	17	St Felix School	2:12.79	2:15.05
6 Sorrell, Elise	16	West Norfolk Swimming Club	2:14.28	2:16.76
7 Warnes, Natalie	16	West Norfolk Swimming Club	2:19.01	2:20.19
8 Droesbeke, Lindsay	16	Flanders Iner Regio Swim Team	2:25.98	2:27.25
9 Van Renterghem, Marilyn	16	Flanders Iner Regio Swim Team	2:26.25	2:27.30
10 Vonck, Jolien	16	Flanders Iner Regio Swim Team	2:29.13	2:30.25
--- Scifo, Alaina	17	Team Ipswich Swimming-ZZ	2:07.18	X2:09.18

Event 102 Boys 9 & Under 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Patten, Max	9	First Strokes	3:21.42	3:07.71
2 Morine, Denis	9	Chelmsford Swimming Club	4:38.00	3:10.71
3 Sharpe, Harry	9	West Norfolk Swimming Club	3:24.22	3:12.78
4 Eastal, William	9	First Strokes	3:21.42	3:13.49
5 Arrowsmith, Ethan	9	Romford Town Swimming Club	3:25.00	3:15.57
6 Herman, Aidan	9	Flanders Iner Regio Swim Team	3:41.10	3:18.58
7 Crabb, Noah	9	Team Ipswich Swimming-ZZ	4:40.00	3:27.97
8 McCarthy, Connor	9	Romford Town Swimming Club	3:45.00	3:29.72
9 Overton, Henry	9	West Norfolk Swimming Club	3:56.75	3:30.11

Event 102 Boys 10 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Fletton, Owen	10	Team Ipswich Swimming-ZZ	2:34.56	2:27.06
2 Addis, Robert	10	West Norfolk Swimming Club	2:39.07	2:37.04
3 Leeming, Chester	10	St Felix School	2:58.06	2:40.08
4 Carr, Joab	10	St Felix School	2:49.90	2:42.47
5 Juggins, Luke	10	Romford Town Swimming Club	3:06.61	2:49.94
6 Cooper, Joe	10	Team Ipswich Swimming-ZZ	3:12.56	2:50.85
7 Samuels, Thomas	10	Chelmsford Swimming Club	2:50.93	2:52.79
8 Hillaert, Tibo	10	Flanders Iner Regio Swim Team	3:24.31	3:07.86
9 Giles, George	10	Romford Town Swimming Club	3:55.00	3:08.36
10 Taylor, Luke	10	City Of Cambridge	3:27.30	3:15.89
11 Jordan, Ross	10	Colchester Swimming Club	3:29.94	3:18.65
12 Baker-Woods, Xavier	10	Team Ipswich Swimming-ZZ	3:40.00	3:30.11
13 Bentley, Samuel	10	Colchester Swimming Club	3:15.00	3:42.80

Event 102 Boys 11 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	2:23.30	2:17.12

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Name	Age	Team	Seed Time	Finals Time
2 Webster, Owen	11	St Felix School	2:31.83	2:25.00
3 De Winne, Emile	11	Flanders Iner Regio Swim Team	2:35.66	2:34.17
4 Banga, Nathan	11	Romford Town Swimming Club	2:59.05	2:37.53
5 Stephens, Samuel	11	St Felix School	3:01.51	2:47.98
6 Stephens, Joshua	11	St Felix School	3:02.85	2:51.13
7 Ledwidge, Luke	11	Colchester Swimming Club	2:59.61	2:57.15
8 Annis, Gabriel	11	Colchester Swimming Club	3:08.67	2:58.54
9 Scarff, Jack	11	Team Ipswich Swimming-ZZ	3:14.53	3:00.38
10 Degge, Jamie	11	Chelmsford Swimming Club	2:59.43	3:04.83
11 Shaw, Oliver	11	West Norfolk Swimming Club	3:10.06	3:05.27

Event 102 Boys 12-13 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Cooper, James	12	Romford Town Swimming Club	2:12.47	2:11.50
2 D'Hollander, Jens	13	Flanders Iner Regio Swim Team	2:17.07	2:15.31
3 Vekemans, Aaron	13	Flanders Iner Regio Swim Team	2:18.19	2:15.97
4 Bosman, Robbe	13	Flanders Iner Regio Swim Team	2:19.82	2:17.24
5 Brennan, Liam	12	Romford Town Swimming Club	2:25.11	2:17.48
6 Volckaert, Mirec	13	Flanders Iner Regio Swim Team	2:30.67	2:19.06
7 Groves, Joe	13	Romford Town Swimming Club	2:28.92	2:21.79
8 Kitson, Joseph	13	Team Ipswich Swimming-ZZ	2:25.13	2:22.72
9 Perkins, Sam	12	Team Ipswich Swimming-ZZ	2:26.89	2:22.81
10 Lammas, Jake	12	West Norfolk Swimming Club	2:25.74	2:23.60
11 Coles, Jamie	13	Colchester Swimming Club	2:22.16	2:24.02
12 Fosker, Harry	13	Team Ipswich Swimming-ZZ	2:29.58	2:26.51
13 Ward, Tom	12	Chelmsford Swimming Club	2:31.33	2:26.97
14 Bowyer, Jack	12	Colchester Swimming Club	2:28.43	2:27.04
15 Tinnion, Alexander	13	Colchester Swimming Club	2:30.43	2:27.17
16 Yeung, Kirin	13	Colchester Swimming Club	2:34.69	2:28.22
17 Drury, Ben	12	Romford Town Swimming Club	2:32.13	2:31.06
18 Sturgeon, Ewan	12	Chelmsford Swimming Club	2:32.10	2:32.68
19 Teirlinck, Jarne	13	Flanders Iner Regio Swim Team	2:35.20	2:34.99
20 Saliboko, Collins	12	St Felix School	2:39.17	2:35.33
21 Courtney, Jude	12	Team Ipswich Swimming-ZZ	2:37.74	2:35.64
22 Ghekiere, Fabrice	13	Flanders Iner Regio Swim Team	2:47.01	2:41.38
23 Cardozo, Matthew	12	Chelmsford Swimming Club	2:49.83	2:42.86
24 Arrowsmith, Lawrie	12	Romford Town Swimming Club	2:46.52	2:42.91
--- Clare, Thomas	13	Team Ipswich Swimming-ZZ	2:06.80	X2:06.29

Event 102 Boys 14-15 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Scifo, Dominic	14	Team Ipswich Swimming-ZZ	2:05.32	1:59.72
2 Veitch, Bradley H	15	Harlow Penguins SC	2:02.34	2:02.44
3 Moore, Logan	15	St Felix School	2:03.13	2:02.78
4 Cottee, Sam	14	Team Ipswich Swimming-ZZ	2:08.18	2:05.10
5 Kelly, Ryan	15	Chelmsford Swimming Club	2:06.11	2:06.93
6 Finbow, Bayley	14	Team Ipswich Swimming-ZZ	2:12.39	2:07.36
7 Eade, Harry	14	Team Ipswich Swimming-ZZ	2:09.13	2:07.57
8 Walmsley, Alex	14	Team Ipswich Swimming-ZZ	2:09.90	2:08.62
9 Drury, Alex	15	Romford Town Swimming Club	2:07.50	2:08.66
10 Chalk, Laurence	15	Colchester Swimming Club	2:07.14	2:09.78
11 Coleman, Zachary	15	Romford Town Swimming Club	2:09.00	2:10.23
12 Davis, Ben	15	Romford Town Swimming Club	2:07.28	2:10.34
13 Tondat, Kevin	14	Flanders Iner Regio Swim Team	2:22.38	2:13.60
14 Wells, Joseph	14	West Norfolk Swimming Club	2:12.62	2:13.94
*15 Juggins, Matt	14	Romford Town Swimming Club	2:21.53	2:14.97

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Name	Age	Team	Seed Time	Finals Time
*15 Weston, Daniel	14	Romford Town Swimming Club	2:27.14	2:14.97
17 Thompson, Harry	14	West Norfolk Swimming Club	2:18.15	2:15.00
18 Grieve, Thomas	14	Colchester Swimming Club	2:19.99	2:16.54
19 Kusnir, Filip	14	Harlow Penguins SC	2:20.33	2:16.74
20 Smith, Jacob	14	Romford Town Swimming Club	2:21.23	2:17.86
21 Bryan, Luke	14	West Norfolk Swimming Club	2:25.75	2:20.90
22 Ford, Daniel	14	Team Ipswich Swimming-ZZ	2:23.99	2:27.96

Event 102 Boys 16 & Over 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Wells, Nathan	16	West Norfolk Swimming Club	1:58.64	1:57.03
2 Davis, James	21	Romford Town Swimming Club	1:59.60	2:02.21
3 Beardsell, Tommy	16	Romford Town Swimming Club	2:03.29	2:02.50
4 Pickering, Jack	16	Team Ipswich Swimming-ZZ	2:04.85	2:03.27
5 Arnold, Mason	16	Harlow Penguins SC	2:01.85	2:03.39
6 Sykes, Ryan	18	West Norfolk Swimming Club	2:03.38	2:04.79
7 Addis, Matthew	16	West Norfolk Swimming Club	2:03.63	2:04.83
8 Ayling, Jack	16	Romford Town Swimming Club	2:10.08	2:07.00
9 Ward, Oliver	17	Team Ipswich Swimming-ZZ	2:10.00	2:09.71
10 Slipaitis, Deividas	16	Romford Town Swimming Club	2:06.07	2:09.78
11 Coles, Oliver	16	Romford Town Swimming Club	2:16.21	2:10.72
12 Manning, William	16	Romford Town Swimming Club	2:10.97	2:11.50
13 Legg, Elliot	17	West Norfolk Swimming Club	2:13.15	2:12.45
14 Chadwick, Matthew	20	Rtw Monson	2:15.83	2:25.40
15 Chadwick, Jonathan	17	Rtw Monson	2:22.30	2:27.84
--- Lloyd, Reg	17	Team Ipswich Swimming-ZZ	1:54.10	X1:56.51
--- Tyson, Jake	17	Team Ipswich Swimming-ZZ	1:55.37	X2:00.95

Event 103 Girls 9 & Under 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Low, Francesca	9	Chelmsford Swimming Club	53.98	50.37
2 Jopson, Emilia	9	Romford Town Swimming Club	49.89	50.72
3 Guynan, Ruby	9	Romford Town Swimming Club	54.00	51.34
4 Swyngedouw, Emma	9	Flanders Iner Regio Swim Team	57.10	55.21
5 De Velder, Maya	9	Flanders Iner Regio Swim Team	53.02	56.93
6 Grieve, Molly	9	Colchester Swimming Club	58.90	57.13
7 Burgess, Evie	9	Team Ipswich Swimming-ZZ	57.17	57.38
8 Brooke, Emily	9	Team Ipswich Swimming-ZZ	59.34	58.97
*9 Armstrong, Hollie	9	Team Ipswich Swimming-ZZ	1:04.20	1:00.92
*9 Harvey, Kayleigh	9	Team Ipswich Swimming-ZZ	1:03.38	1:00.92
11 Chalmers, Ruby	9	Colchester Swimming Club	1:03.62	1:01.14
12 Replogle, Summer-Rayne	9	West Norfolk Swimming Club	1:08.66	1:01.26
13 Dixton-Minter, Evelyn	9	Team Ipswich Swimming-ZZ	1:04.20	1:01.43
14 Banga, Jasmine	9	Romford Town Swimming Club	1:01.24	1:02.98
15 Robinson, Eliza	8	Colchester Swimming Club	1:07.21	1:08.21
--- White, Gemma	9	West Norfolk Swimming Club	57.73	DQ

Event 103 Girls 10 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Brown, Annika	10	Team Ipswich Swimming-ZZ	46.96	46.11
2 Whyte, Emily	10	Team Ipswich Swimming-ZZ	49.85	46.32
3 King, Grace	10	Team Ipswich Swimming-ZZ	46.31	46.70
4 Freeman, Sophie	10	Colchester Swimming Club	45.73	48.04
5 Clegg, Zoe	10	First Strokes	49.59	48.09
6 Hagan, Holly	10	Romford Town Swimming Club	54.04	49.67
7 Richards, Charley	10	Chelmsford Swimming Club	50.53	49.91

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Name	Age	Team	Seed Time	Finals Time
8 Tree, Charlotte	10	Colchester Swimming Club	50.37	50.57
9 Ruyskensveld, Lonneke	10	Flanders Iner Regio Swim Team	50.49	50.66
10 Murphy, Claudia	10	Chelmsford Swimming Club	50.09	51.02
11 Morgan, Lucy	10	First Strokes	53.11	51.45
12 Tolliday, Afton	10	St Felix School	51.57	51.70
13 Whyte, Elodie	10	St Felix School	53.90	51.71
14 Button, Safia	10	Team Ipswich Swimming-ZZ	50.27	51.78
15 Jeffery, Isabel	10	West Norfolk Swimming Club	45.27	53.14
16 Sturgeon, Jessie	10	Chelmsford Swimming Club	57.51	54.52
17 Moore, Antonia	10	Chelmsford Swimming Club	52.04	54.55
18 Robinson, Mary	10	Colchester Swimming Club	56.65	55.18
19 English, Megan	10	Colchester Swimming Club	53.19	55.73
20 Holder, Freya	10	St Felix School	57.98	58.26
21 Duffield, Abbie	10	Team Ipswich Swimming-ZZ	1:03.02	1:00.00
--- Lamb, Rebekah	10	Team Ipswich Swimming-ZZ	1:04.45	DQ

Event 103 Girls 11 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Guynan, Lily	11	Romford Town Swimming Club	41.73	43.25
2 Pleasants, Georgia	11	St Felix School	43.81	44.26
3 Teirlinck, Emelie	11	Flanders Iner Regio Swim Team	49.24	44.31
4 Armstrong, Maisy	11	Team Ipswich Swimming-ZZ	45.04	44.52
5 Sneddon, Eloise	11	Colchester Swimming Club	47.15	45.32
6 Watson, Ruby	11	Colchester Swimming Club	47.35	46.13
7 Fisher, Holly	11	Team Ipswich Swimming-ZZ	44.42	46.27
8 Jopson, Isabelle	11	Romford Town Swimming Club	46.10	47.13
9 Porter, Morgan	11	Team Ipswich Swimming-ZZ	47.93	47.24
10 Withey, Georgia	11	Team Ipswich Swimming-ZZ	48.77	47.71
11 Risby, Charlotte	11	Team Ipswich Swimming-ZZ	52.85	47.81
12 Brooke, Daisy	11	Team Ipswich Swimming-ZZ	50.01	48.41
13 Thornton, Ellie	11	Team Ipswich Swimming-ZZ	52.26	49.51
14 Roberts, Lauren	11	Team Ipswich Swimming-ZZ	50.30	50.17
15 White, Molly	11	Colchester Swimming Club	51.13	51.53
16 Brewer, Martha	11	Team Ipswich Swimming-ZZ	56.68	53.06
17 Himsforth, Lauren	11	First Strokes	52.79	55.09
18 White, Lucy	11	West Norfolk Swimming Club	52.30	58.09

Event 103 Girls 12-13 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Lines, Freya	12	St Felix School	38.99	37.61
2 Pourbaix, Kitana	13	Flanders Iner Regio Swim Team	39.73	37.97
3 Samuels, Megan	12	Chelmsford Swimming Club	38.16	38.67
4 De Noble, Chloe	13	Flanders Iner Regio Swim Team	38.64	38.79
5 Pannecoucke, Caily	13	Flanders Iner Regio Swim Team	38.54	39.18
6 Shouksmith, Maia	13	Team Ipswich Swimming-ZZ	38.11	39.29
7 Kerr, Toni	12	Team Ipswich Swimming-ZZ	41.11	39.81
8 Scott, Lauren	12	Chelmsford Swimming Club	39.86	40.95
9 Chandler, Nicole	12	Team Ipswich Swimming-ZZ	40.26	41.01
10 Smith, Ellie-Mae	13	Team Ipswich Swimming-ZZ	NT	41.55
11 Maspers, Mia	12	Team Ipswich Swimming-ZZ	42.29	41.95
12 Slipaityte, Agne	12	Romford Town Swimming Club	44.97	42.70
13 Buckingham, Holly	12	Chelmsford Swimming Club	42.86	43.00
14 Beardsell, Jessica	13	Romford Town Swimming Club	42.33	43.08
15 White, Katie	12	Colchester Swimming Club	44.97	43.42
16 McCarthy, Abbie	12	Colchester Swimming Club	45.40	43.91
17 Bond, Flora	13	Team Ipswich Swimming-ZZ	43.85	44.08

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(Event 103 Girls 12-13 50 SC Meter Breaststroke)

Name	Age	Team	Seed Time	Finals Time
18 Low, Abbie	12	Chelmsford Swimming Club	45.35	44.23
19 Overton, Isabel	12	West Norfolk Swimming Club	44.09	44.28
20 Ireland, Alice	13	West Norfolk Swimming Club	44.03	44.58
21 Smith, Charlotte	12	Team Ipswich Swimming-ZZ	44.42	45.07
22 Johnson, Rachael	12	West Norfolk Swimming Club	45.15	45.32
23 Duley, Amelia	12	Colchester Swimming Club	46.89	45.72
24 Bunn, Ella-Louise	12	Team Ipswich Swimming-ZZ	46.97	45.76
25 Muspratt, Rosie	12	West Norfolk Swimming Club	47.19	46.39
26 Read, Jenny	12	West Norfolk Swimming Club	46.31	46.53
27 Rai, Anshma	12	Colchester Swimming Club	47.05	46.54
28 Bulleid, Katie	13	Chelmsford Swimming Club	46.29	47.15
29 Bowyer, Imogen	12	Team Ipswich Swimming-ZZ	47.85	48.00

Event 103 Girls 14-15 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Oxbrow, Lucy	14	Team Ipswich Swimming-ZZ	35.92	35.75
2 Uys, Roxanne	15	West Norfolk Swimming Club	36.41	36.33
3 Pickering, Sophie	14	Team Ipswich Swimming-ZZ	38.94	37.57
4 Binning, Hannah	15	Romford Town Swimming Club	39.16	39.28
5 Notte, Delphine	14	Flanders Iner Regio Swim Team	42.86	40.70
6 De Velder, Margo	15	Flanders Iner Regio Swim Team	40.27	40.77
7 Hagger, Lucy	14	Chelmsford Swimming Club	42.77	41.72
8 Bulleid, Jessica	15	Chelmsford Swimming Club	40.22	41.89
9 Cribb, Rebecca	14	Romford Town Swimming Club	42.90	42.85
10 Bywater Haylett, Cassie	14	West Norfolk Swimming Club	43.15	42.99
11 Eley, Melissa	14	Chelmsford Swimming Club	43.24	43.16

Event 103 Girls 16 & Over 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Hybrecht, Silke	16	Flanders Iner Regio Swim Team	35.81	35.57
2 Trigg, Dolly	16	Team Ipswich Swimming-ZZ	36.95	37.26

Event 104 Boys 9 & Under 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Crabb, Noah	9	Team Ipswich Swimming-ZZ	50.80	49.59
2 Stringer, Ben	9	Harlow Penguins SC	52.47	52.67
3 Corani, Kalaum	9	Colchester Swimming Club	55.16	53.52
4 Herman, Aidan	9	Flanders Iner Regio Swim Team	56.52	53.70
5 Patten, Max	9	First Strokes	56.43	53.81
6 Arrowsmith, Ethan	9	Romford Town Swimming Club	57.31	55.19
7 Easteal, William	9	First Strokes	55.67	56.54
8 Overton, Henry	9	West Norfolk Swimming Club	1:00.21	57.41
9 Sharpe, Harry	9	West Norfolk Swimming Club	56.63	57.51
10 McCarthy, Connor	9	Romford Town Swimming Club	1:00.54	1:00.31
11 Jackaman, Samuel	9	Colchester Swimming Club	1:01.19	1:00.47
12 Himsforth, Daniel	9	Colchester Swimming Club	1:07.66	1:04.12

Event 104 Boys 10 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Addis, Robert	10	West Norfolk Swimming Club	44.50	45.20
2 Pestell, William	10	Colchester Swimming Club	45.28	45.54
3 Samuels, Thomas	10	Chelmsford Swimming Club	47.71	46.59
4 Leeming, Chester	10	St Felix School	50.84	48.65
5 Taylor, Luke	10	City Of Cambridge	48.65	48.91
6 Philpot, Ethan	10	Team Ipswich Swimming-ZZ	51.95	49.13
7 Cooper, Joe	10	Team Ipswich Swimming-ZZ	51.46	52.22
8 Jordan, Ross	10	Colchester Swimming Club	52.82	52.77

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Name	Age	Team	Seed Time	Finals Time
9 Lemnell, Samuel	10	Colchester Swimming Club	52.13	53.75
10 Baker-Woods, Xavier	10	Team Ipswich Swimming-ZZ	57.51	54.36
11 Courtney, Felix	10	Team Ipswich Swimming-ZZ	58.34	55.42
12 Giles, George	10	Romford Town Swimming Club	56.82	55.56
13 Lundy-Munoz, Xabier	10	Team Ipswich Swimming-ZZ	58.12	58.33
--- Bentley, Samuel	10	Colchester Swimming Club	58.50	DQ

Event 104 Boys 11 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	39.99	38.85
2 Webster, Owen	11	St Felix School	46.69	43.32
3 Stephens, Joshua	11	St Felix School	46.18	44.90
4 Banga, Nathan	11	Romford Town Swimming Club	43.69	45.05
5 Ledwidge, Luke	11	Colchester Swimming Club	50.45	50.03
6 Annis, Gabriel	11	Colchester Swimming Club	51.46	51.21
7 Stephens, Samuel	11	St Felix School	51.91	51.69
8 Fernandes, Aiden	11	Romford Town Swimming Club	52.56	52.47
9 Eguakhide, Joshua	11	Romford Town Swimming Club	57.27	53.00
--- Toon, Samuel	11	Colchester Swimming Club	54.35	DQ
--- Hardy, Ben	11	Colchester Swimming Club	56.04	DQ

Event 104 Boys 12-13 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Coles, Jamie	13	Colchester Swimming Club	37.28	37.13
2 Groves, Joe	13	Romford Town Swimming Club	39.25	38.16
3 Kitson, Joseph	13	Team Ipswich Swimming-ZZ	39.80	40.37
4 Day, Elliott	12	Team Ipswich Swimming-ZZ	43.90	41.60
5 Yeung, Kirin	13	Colchester Swimming Club	44.11	41.83
6 Lammas, Jake	12	West Norfolk Swimming Club	43.23	42.99
7 Stringer, Owen	12	Harlow Penguins SC	43.37	43.60
8 Neyrynck, Tibo	13	Flanders Iner Regio Swim Team	46.54	44.68
9 Buckingham, Adam	13	Colchester Swimming Club	46.03	45.98
10 English, Myles	12	Colchester Swimming Club	45.84	47.29
11 Courtney, Jude	12	Team Ipswich Swimming-ZZ	48.36	48.47

Event 104 Boys 14-15 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Cottee, Sam	14	Team Ipswich Swimming-ZZ	34.33	34.31
2 Nicholson, Liam	14	Chelmsford Swimming Club	35.25	35.18
3 Drury, Alex	15	Romford Town Swimming Club	34.41	35.54
4 Hayes, Rupert	15	St Felix School	35.72	35.97
5 Mitchell, Nicholas	14	Colchester Swimming Club	37.16	36.72
6 Coleman, Zachary	15	Romford Town Swimming Club	34.92	36.92
7 Wells, Joseph	14	West Norfolk Swimming Club	39.94	38.85
8 Kusnir, Filip	14	Harlow Penguins SC	41.19	39.86

Event 104 Boys 16 & Over 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Lancaster, Robert	17	Team Ipswich Swimming-ZZ	30.97	31.58
2 Sykes, Ryan	18	West Norfolk Swimming Club	32.23	33.12
3 Wells, Nathan	16	West Norfolk Swimming Club	33.12	33.94
4 Tyson, Jake	17	Team Ipswich Swimming-ZZ	32.41	33.98
5 Buckingham, James	16	Colchester Swimming Club	35.18	35.68
6 Addis, Matthew	16	West Norfolk Swimming Club	35.63	35.76
7 Crouch, Ryan	20	Team Ipswich Swimming-ZZ	37.91	37.98

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Event 105 Girls 10 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Freeman, Sophie	10	Colchester Swimming Club	1:26.48	1:21.71
2 King, Grace	10	Team Ipswich Swimming-ZZ	1:23.31	1:22.36
3 Brown, Annika	10	Team Ipswich Swimming-ZZ	1:25.04	1:23.53
4 Tree, Charlotte	10	Colchester Swimming Club	1:36.71	1:29.42
5 Clegg, Zoe	10	First Strokes	1:29.77	1:31.78
6 Morgan, Lucy	10	First Strokes	1:35.00	1:32.28
7 Saunders, Lucy	10	First Strokes	1:38.00	1:33.17
8 Hagan, Holly	10	Romford Town Swimming Club	1:41.55	1:39.00
9 Kirby, Isabelle	10	Team Ipswich Swimming-ZZ	1:39.87	1:41.19
10 Murphy, Claudia	10	Chelmsford Swimming Club	1:41.50	1:45.97

Event 105 Girls 11 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Parker, Asma	11	Colchester Swimming Club	1:21.32	1:14.29
2 Cruickshanks, Emma	11	Team Ipswich Swimming-ZZ	1:17.66	1:15.67
3 Collins, Francesca	11	Chelmsford Swimming Club	1:16.07	1:15.79
4 Sneddon, Eloise	11	Colchester Swimming Club	1:24.93	1:19.27
5 Moule, Amelia	11	Romford Town Swimming Club	1:20.42	1:19.72
6 Burgess, Annabelle	11	Team Ipswich Swimming-ZZ	1:22.38	1:19.97
7 Gimbird, Jayne	11	Romford Town Swimming Club	1:27.68	1:22.44
8 Pleasants, Georgia	11	St Felix School	1:19.85	1:24.31
9 Smith, Madison	11	First Strokes	1:26.81	1:24.41
10 Guynan, Lily	11	Romford Town Swimming Club	1:24.30	1:26.93
11 Durban, Eleanor	11	First Strokes	1:28.13	1:28.11
12 Jarvis, Kitty	11	Harlow Penguins SC	1:28.68	1:28.15
13 Van Vaerenberg, Merel	11	Flanders Iner Regio Swim Team	1:31.11	1:29.03
14 Van Den Noortgaete, Iona	11	Flanders Iner Regio Swim Team	1:29.74	1:30.06
15 Brewer, Martha	11	Team Ipswich Swimming-ZZ	1:31.65	1:33.72
16 Cherry, Bethan	11	Team Ipswich Swimming-ZZ	1:31.27	1:34.21
17 Thornton, Ellie	11	Team Ipswich Swimming-ZZ	1:32.22	1:34.33
18 Spillebeen, Tine	11	Flanders Iner Regio Swim Team	1:35.45	1:34.43
19 White, Lucy	11	West Norfolk Swimming Club	1:30.10	1:45.05

Event 105 Girls 12-13 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Samuels, Megan	12	Chelmsford Swimming Club	1:14.68	1:13.33
2 Sorrell, Chloe	13	West Norfolk Swimming Club	1:15.19	1:13.43
3 Kitching, Annabelle	12	Chelmsford Swimming Club	1:16.31	1:13.56
4 Maspers, Mia	12	Team Ipswich Swimming-ZZ	1:15.76	1:15.42
5 Taylor, Sophie	13	St Felix School	1:15.35	1:16.12
6 Milton, Emily	12	Romford Town Swimming Club	1:16.98	1:16.25
7 Ayling, Jessica	13	Romford Town Swimming Club	1:17.75	1:16.28
*8 Kitching, Rebecca	13	Chelmsford Swimming Club	1:13.60	1:17.03
*8 Beardsell, Jessica	13	Romford Town Swimming Club	1:16.25	1:17.03
10 Pannecoucke, Caily	13	Flanders Iner Regio Swim Team	1:16.97	1:17.06
11 Tolliday, Ella	12	St Felix School	1:15.42	1:17.39
12 Vyncke, Laura	13	Flanders Iner Regio Swim Team	1:15.97	1:17.40
13 Smith, Ellie-Mae	13	Team Ipswich Swimming-ZZ	1:15.80	1:17.94
14 Lines, Freya	12	St Felix School	1:19.68	1:18.81
15 Kerr, Toni	12	Team Ipswich Swimming-ZZ	1:18.61	1:18.99
16 Marren, Georgia	12	Romford Town Swimming Club	1:20.48	1:19.01
17 Chandler, Nicole	12	Team Ipswich Swimming-ZZ	1:15.67	1:19.16
*18 Jordan, Amber	12	Colchester Swimming Club	1:24.35	1:19.88
*18 Harrod, Morgan	12	Chelmsford Swimming Club	1:16.74	1:19.88
20 Kilsby, Ella-Louise	12	Romford Town Swimming Club	1:24.98	1:20.15

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Name	Age	Team	Seed Time	Finals Time
21 Slipaityte, Agne	12	Romford Town Swimming Club	1:22.00	1:20.23
22 Shouksmith, Maia	13	Team Ipswich Swimming-ZZ	1:18.47	1:20.85
23 McCarthy, Abbie	12	Colchester Swimming Club	1:28.88	1:21.28
24 Read, Jenny	12	West Norfolk Swimming Club	1:21.39	1:21.93
25 Overton, Isabel	12	West Norfolk Swimming Club	1:19.75	1:22.32
26 Ireland, Alice	13	West Norfolk Swimming Club	1:22.22	1:22.70
27 Mathys, Jana	12	Flanders Iner Regio Swim Team	1:26.34	1:23.88
28 Johnson, Rachael	12	West Norfolk Swimming Club	1:29.31	1:26.02
29 Pethers, Abigail	12	Chelmsford Swimming Club	1:24.64	1:27.77
30 Rai, Anshma	12	Colchester Swimming Club	1:33.89	1:29.81
31 Muspratt, Rosie	12	West Norfolk Swimming Club	1:30.67	1:30.03
32 Buckingham, Holly	12	Chelmsford Swimming Club	1:30.15	1:30.33
--- Philpot, Amie	12	Team Ipswich Swimming-ZZ	1:07.33	X1:07.11
--- Bulleid, Katie	13	Chelmsford Swimming Club	1:19.99	DQ

Event 105 Girls 14-15 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Binning, Hannah	15	Romford Town Swimming Club	1:07.28	1:08.99
2 Whiting, Abigail	15	West Norfolk Swimming Club	1:06.21	1:09.22
3 Lee, Annabel	14	Team Ipswich Swimming-ZZ	1:10.30	1:09.63
4 Milton, Georgia	14	Romford Town Swimming Club	1:09.08	1:09.80
5 Gardiner, Darcey	14	Chelmsford Swimming Club	1:10.02	1:11.75
6 Uys, Roxanne	15	West Norfolk Swimming Club	1:15.19	1:12.42
7 Miller, Rebecca	15	Team Ipswich Swimming-ZZ	1:14.86	1:13.39
8 Ochwat, Megan	15	Team Ipswich Swimming-ZZ	1:10.42	1:13.40
9 Harrod, Georgia	14	Chelmsford Swimming Club	1:11.14	1:13.60
10 Notte, Delphine	14	Flanders Iner Regio Swim Team	1:13.12	1:13.93
11 Hagger, Lucy	14	Chelmsford Swimming Club	1:11.95	1:14.16
12 Heard, Amelia	15	St Felix School	1:14.07	1:15.18
13 Fulcher, Georgina	14	Team Ipswich Swimming-ZZ	1:13.23	1:15.45
14 De Pue, Ine	15	Flanders Iner Regio Swim Team	1:14.51	1:15.63
15 Lievens, Kiara	14	Flanders Iner Regio Swim Team	1:19.63	1:15.93
16 Ward, Kayleigh	14	Chelmsford Swimming Club	1:15.54	1:18.68
17 Bulleid, Jessica	15	Chelmsford Swimming Club	1:20.46	1:18.76
18 Eeckhout, Camille	15	Flanders Iner Regio Swim Team	1:17.40	1:21.78
--- Hetherington, Cara	15	Team Ipswich Swimming-ZZ	1:05.57	X1:05.84

Event 105 Girls 16 & Over 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Sherwin, Alice	17	Team Ipswich Swimming-ZZ	1:08.04	1:09.58
2 Droesbeke, Lindsay	16	Flanders Iner Regio Swim Team	1:11.82	1:11.22
3 Hybrecht, Silke	16	Flanders Iner Regio Swim Team	1:10.36	1:11.29
4 Sorrell, Elise	16	West Norfolk Swimming Club	1:12.97	1:12.19
5 Warnes, Natalie	16	West Norfolk Swimming Club	1:12.45	1:13.83
6 Van Renterghem, Marilyn	16	Flanders Iner Regio Swim Team	1:14.35	1:14.51
--- Scifo, Alaina	17	Team Ipswich Swimming-ZZ	1:03.74	X1:04.93

Event 106 Boys 10 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Fletton, Owen	10	Team Ipswich Swimming-ZZ	1:17.50	1:15.44
2 Pestell, William	10	Colchester Swimming Club	1:24.47	1:22.91
3 Addis, Robert	10	West Norfolk Swimming Club	1:28.89	1:24.72
4 Samuels, Thomas	10	Chelmsford Swimming Club	1:30.47	1:25.84
5 Juggins, Luke	10	Romford Town Swimming Club	1:34.00	1:28.24
6 Carr, Joab	10	St Felix School	1:31.09	1:30.85
7 Giles, George	10	Romford Town Swimming Club	1:50.00	1:37.58

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Name	Age	Team	Seed Time	Finals Time
8 Hillaert, Tibo	10	Flanders Iner Regio Swim Team	1:45.52	1:37.69
9 Lemnell, Samuel	10	Colchester Swimming Club	1:45.51	1:45.63

Event 106 Boys 11 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Hardy, Ben	11	Colchester Swimming Club	1:30.00	1:24.03
2 De Winne, Emile	11	Flanders Iner Regio Swim Team	1:25.82	1:24.34
3 Banga, Nathan	11	Romford Town Swimming Club	1:28.41	1:27.37
4 Ledwidge, Luke	11	Colchester Swimming Club	1:37.60	1:33.89
5 Scarff, Jack	11	Team Ipswich Swimming-ZZ	1:14.13	1:35.27
6 Shaw, Oliver	11	West Norfolk Swimming Club	1:32.94	1:37.68
7 Fernandes, Aiden	11	Romford Town Swimming Club	1:43.00	1:38.07
8 Toon, Samuel	11	Colchester Swimming Club	1:45.78	1:43.21
--- Degge, Jamie	11	Chelmsford Swimming Club	1:38.86	DQ

Event 106 Boys 12-13 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Herman, Cian	13	Flanders Iner Regio Swim Team	1:09.44	1:09.44
2 Brennan, Liam	12	Romford Town Swimming Club	1:18.39	1:11.36
3 Tinnion, Alexander	13	Colchester Swimming Club	1:15.67	1:11.59
4 Bosman, Robbe	13	Flanders Iner Regio Swim Team	1:13.23	1:11.93
5 Volckaert, Mirec	13	Flanders Iner Regio Swim Team	1:15.78	1:12.18
6 Vekemans, Aaron	13	Flanders Iner Regio Swim Team	1:13.45	1:13.70
7 Day, Elliott	12	Team Ipswich Swimming-ZZ	1:15.03	1:13.96
8 Coles, Jamie	13	Colchester Swimming Club	1:16.97	1:14.57
9 Groves, Joe	13	Romford Town Swimming Club	1:15.51	1:15.73
10 Perkins, Sam	12	Team Ipswich Swimming-ZZ	1:15.84	1:16.14
11 Ward, Tom	12	Chelmsford Swimming Club	1:20.44	1:17.95
12 Teirlinck, Jarne	13	Flanders Iner Regio Swim Team	1:20.72	1:18.69
13 Lammas, Jake	12	West Norfolk Swimming Club	1:21.57	1:18.91
14 Yeung, Kirin	13	Colchester Swimming Club	1:19.62	1:19.54
15 Drury, Ben	12	Romford Town Swimming Club	1:21.28	1:22.83
16 Evans, George	13	Team Ipswich Swimming-ZZ	1:21.19	1:22.98
17 Sturgeon, Ewan	12	Chelmsford Swimming Club	1:28.89	1:24.17
18 Arrowsmith, Lawrie	12	Romford Town Swimming Club	1:24.99	1:26.36
19 English, Myles	12	Colchester Swimming Club	1:28.90	1:26.82
20 Courtney, Jude	12	Team Ipswich Swimming-ZZ	1:26.45	1:26.96
--- Ghekiere, Fabrice	13	Flanders Iner Regio Swim Team	1:33.98	DQ
--- Cardozo, Matthew	12	Chelmsford Swimming Club	1:23.90	DQ

Event 106 Boys 14-15 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Kelly, Ryan	15	Chelmsford Swimming Club	1:03.93	1:04.13
2 Moore, Logan	15	St Felix School	1:04.83	1:04.19
3 Scifo, Dominic	14	Team Ipswich Swimming-ZZ	1:05.39	1:04.70
4 Eade, Harry	14	Team Ipswich Swimming-ZZ	1:05.20	1:04.78
5 Cottee, Sam	14	Team Ipswich Swimming-ZZ	1:06.14	1:06.91
6 Coleman, Zachary	15	Romford Town Swimming Club	1:06.32	1:07.31
7 Walmsley, Alex	14	Team Ipswich Swimming-ZZ	1:07.58	1:08.14
8 Apers, Jorik	15	Flanders Iner Regio Swim Team	1:08.00	1:08.47
9 Finbow, Bayley	14	Team Ipswich Swimming-ZZ	1:11.29	1:09.06
10 Wells, Joseph	14	West Norfolk Swimming Club	1:09.17	1:09.08
11 Smith, Jacob	14	Romford Town Swimming Club	1:10.55	1:10.06
12 Nicholson, Liam	14	Chelmsford Swimming Club	1:10.94	1:10.62
13 Weston, Thomas	15	Romford Town Swimming Club	1:10.60	1:11.42
14 Syssauw, Michiel	14	Flanders Iner Regio Swim Team	1:10.73	1:11.67

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Name	Age	Team	Seed Time	Finals Time
15 Thompson, Harry	14	West Norfolk Swimming Club	1:13.59	1:13.03
16 Drury, Alex	15	Romford Town Swimming Club	1:14.62	1:13.51
17 Kusnir, Filip	14	Harlow Penguins SC	1:16.38	1:14.24
18 Ford, Daniel	14	Team Ipswich Swimming-ZZ	1:13.48	1:14.27

Event 106 Boys 16 & Over 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Wells, Nathan	16	West Norfolk Swimming Club	59.08	1:00.83
2 Baker, Lee	19	Harlow Penguins SC	1:00.75	1:01.64
3 Burm, Sietse	16	Flanders Iner Regio Swim Team	1:04.97	1:05.16
4 Pickering, Jack	16	Team Ipswich Swimming-ZZ	1:05.58	1:05.81
5 Beardsell, Tommy	16	Romford Town Swimming Club	1:07.64	1:05.88
6 Legg, Elliot	17	West Norfolk Swimming Club	1:05.61	1:07.04
7 Manning, William	16	Romford Town Swimming Club	1:07.21	1:07.73
8 Slipaitis, Deividas	16	Romford Town Swimming Club	1:06.32	1:07.79
9 Addis, Matthew	16	West Norfolk Swimming Club	1:09.03	1:10.45
--- Tyson, Jake	17	Team Ipswich Swimming-ZZ	56.13	X1:00.27

Event 107 Girls 9 & Under 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Cooper, Emily	9	Romford Town Swimming Club	3:51.62	3:28.43

Event 107 Girls 10 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Freeman, Sophie	10	Colchester Swimming Club	3:13.35	3:20.69

Event 107 Girls 11 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Chambers, Katy	11	St Felix School	2:57.55	2:50.42
2 Parker, Asma	11	Colchester Swimming Club	3:18.46	2:59.28
3 Jopson, Isabelle	11	Romford Town Swimming Club	3:03.04	3:04.51
4 Gimbird, Jayne	11	Romford Town Swimming Club	3:23.73	3:16.64
5 Porter, Morgan	11	Team Ipswich Swimming-ZZ	3:40.00	3:23.00

Event 107 Girls 12-13 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Duley, Elinor	13	Colchester Swimming Club	3:01.93	2:49.76
2 Milton, Emily	12	Romford Town Swimming Club	2:49.16	2:51.75
3 Slipaityte, Agne	12	Romford Town Swimming Club	2:55.20	2:53.20
4 Smith, Charlotte	12	Team Ipswich Swimming-ZZ	3:03.29	2:58.07
5 Low, Abbie	12	Chelmsford Swimming Club	3:03.00	3:00.81
6 Marren, Georgia	12	Romford Town Swimming Club	2:55.97	3:04.99
7 Ireland, Alice	13	West Norfolk Swimming Club	3:09.18	3:09.85
8 Read, Jenny	12	West Norfolk Swimming Club	3:03.17	3:10.90
9 Muspratt, Rosie	12	West Norfolk Swimming Club	3:17.31	3:16.84

Event 107 Girls 14-15 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Corney, Erin	15	Romford Town Swimming Club	2:22.79	2:26.00
2 Sherwin, Rebecca	14	Team Ipswich Swimming-ZZ	2:25.92	2:28.39
3 Milton, Georgia	14	Romford Town Swimming Club	2:33.47	2:29.72
4 Cribb, Rebecca	14	Romford Town Swimming Club	2:28.58	2:32.86
5 Witton, Megan	15	Romford Town Swimming Club	2:45.20	2:35.29
6 Pickering, Sophie	14	Team Ipswich Swimming-ZZ	2:38.03	2:35.67
7 Chambers, Maddie	14	St Felix School	2:43.77	2:38.55
8 Steenackers, Sarah	15	Flanders Iner Regio Swim Team	2:49.65	2:53.42

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Event 107 Girls 16 & Over 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Dowding, Emily	16	Team Ipswich Swimming-ZZ	2:26.58	2:28.02
2 Beevor, Jennifer	17	St Felix School	2:45.61	2:29.48
3 Trigg, Dolly	16	Team Ipswich Swimming-ZZ	2:31.71	2:34.04
4 Rae, Alex	16	Chelmsford Swimming Club	2:54.00	2:55.63
--- Blades, Josephine	17	St Felix School	2:35.92	X2:22.62

Event 108 Boys 10 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Pestell, William	10	Colchester Swimming Club	3:23.00	3:23.89
2 Addis, Robert	10	West Norfolk Swimming Club	3:49.46	3:59.39

Event 108 Boys 11 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	2:43.78	2:39.80
2 Jeffery, Finn	11	St Felix School	3:28.82	3:06.54

Event 108 Boys 12-13 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Clare, Thomas	13	Team Ipswich Swimming-ZZ	2:36.60	2:25.17
2 Cooper, James	12	Romford Town Swimming Club	2:36.84	2:29.80
3 Bowyer, Jack	12	Colchester Swimming Club	2:38.79	2:37.75
4 Brennan, Liam	12	Romford Town Swimming Club	2:39.79	2:45.25
5 Lammas, Jake	12	West Norfolk Swimming Club	3:27.32	3:14.06

Event 108 Boys 14-15 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Weston, Daniel	14	Romford Town Swimming Club	2:37.94	2:30.10
2 Heuninck, Stijn	14	Flanders Iner Regio Swim Team	2:34.05	2:31.17
3 Wells, Joseph	14	West Norfolk Swimming Club	2:41.01	2:42.34
4 Bryan, Luke	14	West Norfolk Swimming Club	2:47.09	2:44.89

Event 108 Boys 16 & Over 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Wells, Nathan	16	West Norfolk Swimming Club	2:16.60	2:17.94
2 Beardsell, Tommy	16	Romford Town Swimming Club	2:20.08	2:28.80
3 Coles, Oliver	16	Romford Town Swimming Club	2:32.82	2:35.15
--- Tyson, Jake	17	Team Ipswich Swimming-ZZ	2:04.07	X2:13.59
--- Lloyd, Reg	17	Team Ipswich Swimming-ZZ	2:09.67	X2:13.60
--- Arnold, Mason	16	Harlow Penguins SC	2:18.78	DQ

Event 109 Girls 9 & Under 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Chandler, Mia	9	Team Ipswich Swimming-ZZ	36.32	37.04
2 Guynan, Ruby	9	Romford Town Swimming Club	43.00	39.81
3 Van Deynse, Tineke	9	Flanders Iner Regio Swim Team	44.82	40.15
4 Swyngedouw, Emma	9	Flanders Iner Regio Swim Team	47.04	40.94
5 Low, Francesca	9	Chelmsford Swimming Club	43.41	41.77
6 Whyte, Imogen	9	St Felix School	46.30	41.94
7 De Velder, Maya	9	Flanders Iner Regio Swim Team	42.38	42.72
8 White, Gemma	9	West Norfolk Swimming Club	46.69	43.02
9 Burgess, Evie	9	Team Ipswich Swimming-ZZ	53.90	43.42
10 Harvey, Kayleigh	9	Team Ipswich Swimming-ZZ	46.68	44.85
11 Dixon-Minter, Evelyn	9	Team Ipswich Swimming-ZZ	45.77	45.16
12 Robinson, Eliza	8	Colchester Swimming Club	53.60	46.99
13 Chalmers, Ruby	9	Colchester Swimming Club	49.17	47.66
14 Grieve, Molly	9	Colchester Swimming Club	48.00	47.77
15 Armstrong, Hollie	9	Team Ipswich Swimming-ZZ	49.60	49.16

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(Event 109 Girls 9 & Under 50 SC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
16 Replogle, Summer-Rayne	9	West Norfolk Swimming Club	49.72	49.51
17 Banga, Jasmine	9	Romford Town Swimming Club	48.63	51.57

Event 109 Girls 10 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Brown, Annika	10	Team Ipswich Swimming-ZZ	32.95	32.75
2 Button, Safia	10	Team Ipswich Swimming-ZZ	NT	32.83
3 Freeman, Sophie	10	Colchester Swimming Club	33.89	33.78
4 Clegg, Zoe	10	First Strokes	35.12	34.93
5 Morgan, Lucy	10	First Strokes	36.60	36.68
6 Cracknell, Summer	10	Harlow Penguins SC	39.45	37.57
7 Tolliday, Afton	10	St Felix School	37.98	37.89
8 Saunders, Lucy	10	First Strokes	38.71	37.97
9 Ruyskensveld, Lonneke	10	Flanders Iner Regio Swim Team	45.49	37.99
10 Hagan, Holly	10	Romford Town Swimming Club	40.82	38.77
11 Whyte, Elodie	10	St Felix School	39.16	39.36
12 Holder, Freya	10	St Felix School	38.02	39.65
13 Murphy, Claudia	10	Chelmsford Swimming Club	41.95	39.90
14 Moore, Antonia	10	Chelmsford Swimming Club	39.64	40.34
15 Robinson, Mary	10	Colchester Swimming Club	42.61	40.44
16 Sturgeon, Jessie	10	Chelmsford Swimming Club	42.92	40.99
17 Jeffery, Isabel	10	West Norfolk Swimming Club	42.37	41.19
18 Kirby, Isabelle	10	Team Ipswich Swimming-ZZ	43.69	41.85
19 Lamb, Rebekah	10	Team Ipswich Swimming-ZZ	43.94	42.40
20 Duffield, Abbie	10	Team Ipswich Swimming-ZZ	44.62	45.49
--- English, Megan	10	Colchester Swimming Club	40.67	DQ

Event 109 Girls 11 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Burgess, Annabelle	11	Team Ipswich Swimming-ZZ	32.81	31.41
2 Sneddon, Eloise	11	Colchester Swimming Club	33.11	32.02
3 Collins, Francesca	11	Chelmsford Swimming Club	32.55	32.54
4 Risby, Charlotte	11	Team Ipswich Swimming-ZZ	33.24	32.85
5 Guynan, Lily	11	Romford Town Swimming Club	32.90	33.16
6 Cruickshanks, Emma	11	Team Ipswich Swimming-ZZ	34.30	33.52
7 Pleasants, Georgia	11	St Felix School	32.93	33.56
8 Fisher, Holly	11	Team Ipswich Swimming-ZZ	34.79	34.01
9 Odell, Catherine	11	St Felix School	34.25	35.28
10 Roberts, Lauren	11	Team Ipswich Swimming-ZZ	35.86	36.39
11 Armstrong, Maisy	11	Team Ipswich Swimming-ZZ	36.47	36.40
12 Cherry, Bethan	11	Team Ipswich Swimming-ZZ	38.28	36.79
*13 White, Molly	11	Colchester Swimming Club	38.32	36.91
*13 Spillebeen, Tine	11	Flanders Iner Regio Swim Team	40.10	36.91
15 Thornton, Ellie	11	Team Ipswich Swimming-ZZ	37.06	36.94
16 Withey, Georgia	11	Team Ipswich Swimming-ZZ	37.65	37.68
17 Watson, Ruby	11	Colchester Swimming Club	37.75	37.88
18 Brooke, Daisy	11	Team Ipswich Swimming-ZZ	40.61	38.23
19 Brewer, Martha	11	Team Ipswich Swimming-ZZ	40.42	39.17
20 Himsworth, Lauren	11	First Strokes	38.72	40.06
21 White, Lucy	11	West Norfolk Swimming Club	41.08	42.07

Event 109 Girls 12-13 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Maspers, Mia	12	Team Ipswich Swimming-ZZ	29.33	28.53
2 Pannecoucke, Caily	13	Flanders Iner Regio Swim Team	30.47	29.31
3 De Velder, Jollen	13	Flanders Iner Regio Swim Team	31.76	30.13

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Name	Age	Team	Seed Time	Finals Time
4 Milton, Emily	12	Romford Town Swimming Club	30.70	30.62
5 Chandler, Nicole	12	Team Ipswich Swimming-ZZ	31.44	30.94
6 Sorrell, Chloe	13	West Norfolk Swimming Club	31.31	31.36
7 Vyncke, Laura	13	Flanders Iner Regio Swim Team	31.93	31.38
8 Tolliday, Ella	12	St Felix School	32.62	31.64
9 Pourbaix, Kitana	13	Flanders Iner Regio Swim Team	32.57	31.65
10 De Noble, Chloe	13	Flanders Iner Regio Swim Team	32.82	31.89
11 Lines, Freya	12	St Felix School	32.61	32.15
12 Kerr, Toni	12	Team Ipswich Swimming-ZZ	31.73	32.24
13 Read, Jenny	12	West Norfolk Swimming Club	32.58	32.34
14 Morine, Scarlett	12	Chelmsford Swimming Club	31.77	32.39
15 Low, Abbie	12	Chelmsford Swimming Club	31.68	32.51
16 Smith, Ellie-Mae	13	Team Ipswich Swimming-ZZ	33.79	32.83
17 Ireland, Alice	13	West Norfolk Swimming Club	34.07	33.07
18 Donovan, Maria	12	St Felix School	32.01	33.30
19 McCarthy, Abbie	12	Colchester Swimming Club	36.26	33.35
20 Shouksmith, Maia	13	Team Ipswich Swimming-ZZ	32.47	33.39
21 White, Katie	12	Colchester Swimming Club	33.25	33.52
22 Scott, Lauren	12	Chelmsford Swimming Club	33.39	33.59
23 Bunn, Ella-Louise	12	Team Ipswich Swimming-ZZ	35.61	34.19
24 Smith, Charlotte	12	Team Ipswich Swimming-ZZ	32.80	34.25
25 Johnson, Rachael	12	West Norfolk Swimming Club	37.00	34.67
26 Bulleid, Katie	13	Chelmsford Swimming Club	33.74	34.75
27 Marren, Georgia	12	Romford Town Swimming Club	33.91	34.80
28 Ford, Lucy	12	Team Ipswich Swimming-ZZ	35.70	34.82
29 Jordan, Amber	12	Colchester Swimming Club	36.26	34.91
30 Rai, Anshma	12	Colchester Swimming Club	36.12	34.92
31 Bowyer, Imogen	12	Team Ipswich Swimming-ZZ	35.88	35.06
32 Overton, Isabel	12	West Norfolk Swimming Club	36.20	35.52
33 Bond, Flora	13	Team Ipswich Swimming-ZZ	35.93	35.54
34 Duley, Amelia	12	Colchester Swimming Club	36.96	36.79
--- Philpot, Amie	12	Team Ipswich Swimming-ZZ	28.51	X27.47

Event 109 Girls 14-15 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Whiting, Abigail	15	West Norfolk Swimming Club	27.67	28.18
2 Binning, Hannah	15	Romford Town Swimming Club	28.30	28.55
3 Westlake, Jessica	15	St Felix School	28.34	28.70
4 Buysse, Camille	14	Flanders Iner Regio Swim Team	30.04	28.93
5 Miller, Rebecca	15	Team Ipswich Swimming-ZZ	29.57	29.23
6 Corney, Erin	15	Romford Town Swimming Club	29.33	29.93
7 De Velder, Margo	15	Flanders Iner Regio Swim Team	29.87	30.03
8 Lee, Annabel	14	Team Ipswich Swimming-ZZ	29.43	30.06
9 Uys, Roxanne	15	West Norfolk Swimming Club	30.95	30.19
10 Fulcher, Georgina	14	Team Ipswich Swimming-ZZ	30.68	30.30
11 Eley, Melissa	14	Chelmsford Swimming Club	30.09	30.51
12 De Pue, Ine	15	Flanders Iner Regio Swim Team	30.85	30.53
13 Heard, Amelia	15	St Felix School	30.77	30.70
14 Van Den Bossche, Luca	15	Flanders Iner Regio Swim Team	30.46	31.15
15 Lievens, Kiara	14	Flanders Iner Regio Swim Team	32.16	31.40
16 King, Courtney	14	Team Ipswich Swimming-ZZ	30.55	31.44
17 Bulleid, Jessica	15	Chelmsford Swimming Club	30.81	31.75
18 Ochwat, Megan	15	Team Ipswich Swimming-ZZ	30.77	31.79
19 Ward, Kayleigh	14	Chelmsford Swimming Club	30.91	31.83
20 De Noble, Naomi	15	Flanders Iner Regio Swim Team	30.72	31.97
21 Bywater Haylett, Cassie	14	West Norfolk Swimming Club	30.79	32.48

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(Event 109 Girls 14-15 50 SC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
22 Gimbird, Charlotte	14	Romford Town Swimming Club	33.36	34.40
--- Oxbrow, Lucy	14	Team Ipswich Swimming-ZZ	27.33	X28.04
--- Hetherington, Cara	15	Team Ipswich Swimming-ZZ	27.71	X28.60

Event 109 Girls 16 & Over 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Trigg, Dolly	16	Team Ipswich Swimming-ZZ	28.13	28.26
2 Sorrell, Elise	16	West Norfolk Swimming Club	28.55	28.43
3 Sherwin, Alice	17	Team Ipswich Swimming-ZZ	28.47	29.84
4 Hybrecht, Silke	16	Flanders Iner Regio Swim Team	29.84	29.98
5 Warnes, Natalie	16	West Norfolk Swimming Club	29.85	30.12
6 Vonck, Jolien	16	Flanders Iner Regio Swim Team	30.50	31.73
7 Rae, Alex	16	Chelmsford Swimming Club	31.50	32.96
--- Scifo, Alaina	17	Team Ipswich Swimming-ZZ	27.74	X28.02
--- Calver, Chloe	16	Team Ipswich Swimming-ZZ	27.29	X28.83
--- Van Renterghem, Marilyn	16	Flanders Iner Regio Swim Team	31.63	DQ

Event 110 Boys 9 & Under 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Stringer, Ben	9	Harlow Penguins SC	37.58	36.83
2 Morine, Denis	9	Chelmsford Swimming Club	40.26	38.82
3 Patten, Max	9	First Strokes	42.06	38.83
4 Easteal, William	9	First Strokes	41.73	39.66
5 Crabb, Noah	9	Team Ipswich Swimming-ZZ	41.14	40.50
6 Arrowsmith, Ethan	9	Romford Town Swimming Club	41.88	40.75
7 Herman, Aidan	9	Flanders Iner Regio Swim Team	47.41	40.92
8 Sharpe, Harry	9	West Norfolk Swimming Club	41.37	42.53
9 Corani, Kalaum	9	Colchester Swimming Club	49.27	44.70
10 McCarthy, Connor	9	Romford Town Swimming Club	44.61	45.96
11 Himsworth, Daniel	9	Colchester Swimming Club	47.19	46.23
12 Rosher, Dominic	9	Team Ipswich Swimming-ZZ	48.92	47.69
--- Overton, Henry	9	West Norfolk Swimming Club	45.29	DQ

Event 110 Boys 10 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Fletton, Owen	10	Team Ipswich Swimming-ZZ	32.74	32.06
2 Leeming, Chester	10	St Felix School	36.25	33.14
3 Addis, Robert	10	West Norfolk Swimming Club	33.49	34.69
4 Philpot, Ethan	10	Team Ipswich Swimming-ZZ	37.03	35.24
5 Carr, Joab	10	St Felix School	34.78	35.41
6 Courtney, Felix	10	Team Ipswich Swimming-ZZ	39.58	35.87
7 Cooper, Joe	10	Team Ipswich Swimming-ZZ	38.44	37.90
8 Hillaert, Tibo	10	Flanders Iner Regio Swim Team	42.35	38.87
9 Taylor, Luke	10	City Of Cambridge	39.08	39.13
10 Cheng, Kai	10	Colchester Swimming Club	39.54	39.58
11 Jordan, Ross	10	Colchester Swimming Club	39.79	39.72
12 Giles, George	10	Romford Town Swimming Club	41.50	39.80
13 Baker-Woods, Xavier	10	Team Ipswich Swimming-ZZ	42.00	41.58
14 Lemnell, Samuel	10	Colchester Swimming Club	43.05	41.71
15 Bentley, Samuel	10	Colchester Swimming Club	43.41	43.20
16 Lundy-Munoz, Xabier	10	Team Ipswich Swimming-ZZ	46.04	44.88
17 Bryan, Alexander	10	West Norfolk Swimming Club	48.44	48.16

Event 110 Boys 11 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	32.10	31.14
2 Jeffery, Finn	11	St Felix School	33.91	31.80

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Name	Age	Team	Seed Time	Finals Time
3 Webster, Owen	11	St Felix School	32.93	32.73
4 Hardy, Ben	11	Colchester Swimming Club	36.69	34.11
5 Ledwidge, Luke	11	Colchester Swimming Club	35.89	35.45
6 Eguakhide, Joshua	11	Romford Town Swimming Club	36.32	35.46
7 Annis, Gabriel	11	Colchester Swimming Club	39.14	36.36
8 Stephens, Joshua	11	St Felix School	36.30	36.62
9 Stephens, Samuel	11	St Felix School	37.79	36.66
10 Shaw, Oliver	11	West Norfolk Swimming Club	39.16	39.80
11 Fernandes, Aiden	11	Romford Town Swimming Club	38.16	39.84
12 Toon, Samuel	11	Colchester Swimming Club	44.95	41.21
13 Degge, Jamie	11	Chelmsford Swimming Club	39.03	41.35

Event 110 Boys 12-13 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Herman, Cian	13	Flanders Iner Regio Swim Team	27.97	27.80
2 Bosman, Robbe	13	Flanders Iner Regio Swim Team	29.78	29.11
3 Coles, Jamie	13	Colchester Swimming Club	30.52	29.21
4 Vekemans, Aaron	13	Flanders Iner Regio Swim Team	29.62	29.33
5 Kitson, Joseph	13	Team Ipswich Swimming-ZZ	29.08	29.42
6 Perkins, Sam	12	Team Ipswich Swimming-ZZ	29.48	29.63
7 Tinnion, Alexander	13	Colchester Swimming Club	31.39	29.79
8 Fosker, Harry	13	Team Ipswich Swimming-ZZ	30.77	29.90
9 Day, Elliott	12	Team Ipswich Swimming-ZZ	30.52	30.00
10 D'Hollander, Jens	13	Flanders Iner Regio Swim Team	30.61	30.09
11 Bowyer, Jack	12	Colchester Swimming Club	31.43	30.38
12 Yeung, Kirin	13	Colchester Swimming Club	31.65	30.59
13 Lammas, Jake	12	West Norfolk Swimming Club	31.56	31.26
14 Saliboko, Collins	12	St Felix School	32.34	31.36
15 Groves, Joe	13	Romford Town Swimming Club	31.02	31.45
16 Ward, Tom	12	Chelmsford Swimming Club	32.20	32.45
17 Neyrynck, Tibo	13	Flanders Iner Regio Swim Team	34.78	32.52
18 Stringer, Owen	12	Harlow Penguins SC	32.39	33.05
19 Sturgeon, Ewan	12	Chelmsford Swimming Club	34.44	33.38
20 Courtney, Jude	12	Team Ipswich Swimming-ZZ	32.94	33.45
21 Arrowsmith, Lawrie	12	Romford Town Swimming Club	34.57	34.47
22 Buckingham, Adam	13	Colchester Swimming Club	32.89	34.63
23 Evans, George	13	Team Ipswich Swimming-ZZ	34.15	34.90
24 English, Myles	12	Colchester Swimming Club	36.48	35.78
25 Cardozo, Matthew	12	Chelmsford Swimming Club	35.26	35.91

Event 110 Boys 14-15 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Scifo, Dominic	14	Team Ipswich Swimming-ZZ	25.84	26.00
2 Chalk, Laurence	15	Colchester Swimming Club	25.84	26.21
3 Coleman, Zachary	15	Romford Town Swimming Club	26.72	26.31
4 Veitch, Bradley H	15	Harlow Penguins SC	26.05	26.59
5 Walmsley, Alex	14	Team Ipswich Swimming-ZZ	27.29	27.13
6 Eade, Harry	14	Team Ipswich Swimming-ZZ	27.11	27.28
*7 Thompson, Harry	14	West Norfolk Swimming Club	27.66	27.80
*7 Apers, Jorik	15	Flanders Iner Regio Swim Team	27.84	27.80
9 Heuninck, Stijn	14	Flanders Iner Regio Swim Team	28.57	28.29
10 Grieve, Thomas	14	Colchester Swimming Club	29.11	28.38
11 Wells, Joseph	14	West Norfolk Swimming Club	28.40	28.50
12 Kusnir, Filip	14	Harlow Penguins SC	29.05	28.67
13 Hayes, Rupert	15	St Felix School	27.75	28.71
14 Finbow, Bayley	14	Team Ipswich Swimming-ZZ	29.31	28.89

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	Name	Age	Team	Seed Time	Finals Time
15	Tondat, Kevin	14	Flanders Iner Regio Swim Team	30.03	28.90
16	Syssauw, Michiel	14	Flanders Iner Regio Swim Team	30.35	29.51
17	Weston, Thomas	15	Romford Town Swimming Club	28.86	29.66
18	Mitchell, Nicholas	14	Colchester Swimming Club	30.40	30.16
19	Nicholson, Liam	14	Chelmsford Swimming Club	30.24	30.46
20	Bryan, Luke	14	West Norfolk Swimming Club	31.22	31.76

Event 110 Boys 16 & Over 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Baker, Lee	19	Harlow Penguins SC	24.76	24.79
2	Ward, Oliver	17	Team Ipswich Swimming-ZZ	26.00	25.66
3	Ayling, Jack	16	Romford Town Swimming Club	27.77	25.91
4	Lancaster, Robert	17	Team Ipswich Swimming-ZZ	25.07	25.93
5	Legg, Elliot	17	West Norfolk Swimming Club	25.82	26.05
6	Davis, James	21	Romford Town Swimming Club	25.90	26.11
7	Wells, Nathan	16	West Norfolk Swimming Club	25.61	26.12
8	Burm, Sietse	16	Flanders Iner Regio Swim Team	26.35	26.70
9	Pickering, Jack	16	Team Ipswich Swimming-ZZ	26.81	26.74
10	Buckingham, James	16	Colchester Swimming Club	26.83	26.97
11	Addis, Matthew	16	West Norfolk Swimming Club	26.58	27.24
12	Crouch, Ryan	20	Team Ipswich Swimming-ZZ	27.84	27.65
13	Slipaitis, Deividas	16	Romford Town Swimming Club	27.47	27.80
14	Chadwick, Jonathan	17	Rtw Monson	29.97	29.65
15	Chadwick, Matthew	20	Rtw Monson	28.41	30.10
---	Sykes, Ryan	18	West Norfolk Swimming Club	26.10	X27.07

November Open 2014 - 01/11/2014 to 02/11/2014**Results - Session 2****Event 201 Boys 9 & Under 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Lane, Louis	9	Romford Town Swimming Club	3:20.00	3:00.22
2 McCarthy, Connor	9	Romford Town Swimming Club	4:15.00	3:49.91
3 Overton, Henry	9	West Norfolk Swimming Club	4:05.20	4:05.81
--- Corani, Kalaum	9	Colchester Swimming Club	4:23.00	DQ

Event 201 Boys 10 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Leeming, Chester	10	St Felix School	3:35.01	3:09.35
2 Juggins, Luke	10	Romford Town Swimming Club	3:18.15	3:16.90
3 Cooper, Joe	10	Team Ipswich Swimming-ZZ	3:21.68	3:20.52
4 Cheng, Kai	10	Colchester Swimming Club	3:43.75	3:38.73
5 Giles, George	10	Romford Town Swimming Club	NT	3:41.97

Event 201 Boys 11 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	2:42.04	2:38.77
2 Jeffery, Finn	11	St Felix School	2:55.83	2:47.50
3 Havrillay, Silvester	11	Harlow Penguins SC	2:49.26	2:51.46
4 Webster, Owen	11	St Felix School	2:59.64	2:52.17
5 De Winne, Emile	11	Flanders Iner Regio Swim Team	2:56.68	2:56.47
6 Stephens, Joshua	11	St Felix School	3:24.00	3:08.98
7 Annis, Gabriel	11	Colchester Swimming Club	3:26.24	3:22.82
8 Shaw, Oliver	11	West Norfolk Swimming Club	3:38.13	3:46.74

Event 201 Boys 12-13 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Clare, Thomas	13	Team Ipswich Swimming-ZZ	2:34.60	2:27.89
2 Cooper, James	12	Romford Town Swimming Club	2:32.81	2:28.83
3 Brennan, Liam	12	Romford Town Swimming Club	2:38.10	2:36.85
4 Volckaert, Mirec	13	Flanders Iner Regio Swim Team	2:44.11	2:37.30
5 Bosman, Robbe	13	Flanders Iner Regio Swim Team	2:37.75	2:38.02
6 Coles, Jamie	13	Colchester Swimming Club	2:40.86	2:39.68
7 Perkins, Sam	12	Team Ipswich Swimming-ZZ	2:53.10	2:40.41
*8 Day, Elliott	12	Team Ipswich Swimming-ZZ	2:50.25	2:42.21
*8 Yeung, Kirin	13	Colchester Swimming Club	2:48.46	2:42.21
10 Lammas, Jake	12	West Norfolk Swimming Club	2:53.73	2:46.87
11 Teirlinck, Jarne	13	Flanders Iner Regio Swim Team	2:52.35	2:47.48
12 Isle, Jacob	13	West Norfolk Swimming Club	2:50.91	2:57.29
13 Ghekiere, Fabrice	13	Flanders Iner Regio Swim Team	3:24.14	2:59.97
14 Saliboko, Collins	12	St Felix School	3:20.42	3:01.20
15 Courtney, Jude	12	Team Ipswich Swimming-ZZ	3:06.80	3:09.87

Event 201 Boys 14-15 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Seifo, Dominic	14	Team Ipswich Swimming-ZZ	2:18.06	2:17.74
2 Eade, Harry	14	Team Ipswich Swimming-ZZ	2:25.12	2:23.57
3 Coleman, Zachary	15	Romford Town Swimming Club	2:26.14	2:26.23
4 Thompson, Alex	15	Chelmsford Swimming Club	2:31.69	2:28.85
5 Walmsley, Alex	14	Team Ipswich Swimming-ZZ	2:28.14	2:28.92
6 Tondat, Kevin	14	Flanders Iner Regio Swim Team	2:37.22	2:30.95
7 Wells, Joseph	14	West Norfolk Swimming Club	2:34.70	2:30.96
8 Juggins, Matt	14	Romford Town Swimming Club	2:39.89	2:33.98
9 Davis, Ben	15	Romford Town Swimming Club	2:33.02	2:34.13
10 Weston, Daniel	14	Romford Town Swimming Club	2:33.66	2:34.79
11 Smith, Jacob	14	Romford Town Swimming Club	2:37.62	2:36.24
12 Hayes, Rupert	15	St Felix School	2:35.29	2:38.03

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(Event 201 Boys 14-15 200 SC Meter IM)

Name	Age	Team	Seed Time	Finals Time
13 Syssauw, Michiel	14	Flanders Iner Regio Swim Team	2:42.92	2:39.12
14 Bryan, Luke	14	West Norfolk Swimming Club	2:47.28	2:43.23
15 Ford, Daniel	14	Team Ipswich Swimming-ZZ	2:44.30	2:43.57
16 O'Gorman, Jack	15	First Strokes	2:53.38	2:50.75

Event 201 Boys 16 & Over 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Lancaster, Robert	17	Team Ipswich Swimming-ZZ	2:13.72	2:12.76
2 Wells, Nathan	16	West Norfolk Swimming Club	2:13.70	2:13.58
3 Beardsell, Tommy	16	Romford Town Swimming Club	2:20.39	2:18.75
4 Pickering, Jack	16	Team Ipswich Swimming-ZZ	2:21.45	2:19.13
5 Sykes, Ryan	18	West Norfolk Swimming Club	2:19.93	2:23.69
6 Slipaitis, Deividas	16	Romford Town Swimming Club	2:25.61	2:26.39
7 Coles, Oliver	16	Romford Town Swimming Club	2:36.50	2:30.88
8 Manning, William	16	Romford Town Swimming Club	2:25.74	2:32.48
9 Hall, Jake	16	West Norfolk Swimming Club	2:41.15	2:38.62
--- Tyson, Jake	17	Team Ipswich Swimming-ZZ	2:05.02	X2:12.40

Event 202 Girls 9 & Under 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Jopson, Emilia	9	Romford Town Swimming Club	3:21.05	3:11.81
2 Cooper, Emily	9	Romford Town Swimming Club	3:25.28	3:15.38
3 Chandler, Mia	9	Team Ipswich Swimming-ZZ	3:20.75	3:27.58
4 Van Deynse, Tineke	9	Flanders Iner Regio Swim Team	4:14.00	3:34.87
5 Wopling, Lauren	9	First Strokes	3:38.27	3:47.75
6 White, Gemma	9	West Norfolk Swimming Club	4:15.00	3:51.60

Event 202 Girls 10 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Freeman, Sophie	10	Colchester Swimming Club	2:59.56	3:00.00
2 Wookey, Ciara	10	Colchester Swimming Club	3:04.52	3:05.24
3 Brown, Annika	10	Team Ipswich Swimming-ZZ	3:12.72	3:09.86
4 Magrath, Anneliese	10	Chelmsford Swimming Club	3:12.71	3:11.20
5 Witton, Olivia	10	Romford Town Swimming Club	3:50.97	3:22.85
6 Jolly, Freya	10	First Strokes	3:45.16	3:38.57
7 English, Megan	10	Colchester Swimming Club	3:57.13	3:52.38
8 Robinson, Mary	10	Colchester Swimming Club	4:12.00	3:57.35
--- Holder, Freya	10	St Felix School	3:36.10	DQ
--- Diack, Rachel	10	West Norfolk Swimming Club	4:15.10	DQ
--- Murphy, Claudia	10	Chelmsford Swimming Club	4:04.50	DQ

Event 202 Girls 11 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Moule, Amelia	11	Romford Town Swimming Club	2:52.95	2:47.81
2 Sneddon, Eloise	11	Colchester Swimming Club	3:02.55	2:51.23
3 Cruickshanks, Emma	11	Team Ipswich Swimming-ZZ	3:04.07	2:54.98
4 Porter, Morgan	11	Team Ipswich Swimming-ZZ	3:01.92	2:58.88
5 Pleasants, Georgia	11	St Felix School	3:00.85	3:04.99
6 Teirlinck, Emelie	11	Flanders Iner Regio Swim Team	3:07.28	3:05.19
7 Smith, Madison	11	First Strokes	3:06.19	3:05.36
8 Taylor, Katelin	11	West Norfolk Swimming Club	3:22.10	3:08.31
9 Odell, Catherine	11	St Felix School	3:18.82	3:08.86
10 Van Den Noortgaete, Iona	11	Flanders Iner Regio Swim Team	3:07.21	3:09.09
11 Van Vaerenberg, Merel	11	Flanders Iner Regio Swim Team	3:22.60	3:11.34
12 Durban, Eleanor	11	First Strokes	3:19.36	3:12.95
13 Roberts, Lauren	11	Team Ipswich Swimming-ZZ	3:15.46	3:17.68
14 Thornton, Ellie	11	Team Ipswich Swimming-ZZ	3:30.00	3:18.04

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(Event 202 Girls 11 Year Olds 200 SC Meter IM)

Name	Age	Team	Seed Time	Finals Time
15 White, Molly	11	Colchester Swimming Club	3:26.23	3:21.78
16 Spillebeen, Tine	11	Flanders Iner Regio Swim Team	3:41.86	3:25.87
17 White, Lucy	11	West Norfolk Swimming Club	3:43.00	3:48.44
18 Bates, Katy	11	Colchester Swimming Club	3:42.00	3:50.02
--- Hinds-Dutton, Georgie	11	Colchester Swimming Club	3:43.07	DQ

Event 202 Girls 12-13 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Kitching, Annabelle	12	Chelmsford Swimming Club	2:40.03	2:37.49
2 Milton, Emily	12	Romford Town Swimming Club	2:43.11	2:40.84
3 Kitching, Rebecca	13	Chelmsford Swimming Club	2:34.91	2:41.63
4 Taylor, Sophie	13	St Felix School	2:46.55	2:42.42
5 Vyncke, Laura	13	Flanders Iner Regio Swim Team	2:45.78	2:45.35
6 Lines, Freya	12	St Felix School	2:53.72	2:46.26
7 Slipaityte, Agne	12	Romford Town Swimming Club	2:46.70	2:48.25
8 De Noble, Chloe	13	Flanders Iner Regio Swim Team	2:49.12	2:49.19
9 Beardsell, Jessica	13	Romford Town Swimming Club	2:50.16	2:49.61
10 Pourbaix, Kitana	13	Flanders Iner Regio Swim Team	2:50.22	2:50.23
11 Kilsby, Ella-Louise	12	Romford Town Swimming Club	3:02.07	2:51.46
12 McCarthy, Abbie	12	Colchester Swimming Club	3:08.50	2:53.09
13 Smith, Ellie-Mae	13	Team Ipswich Swimming-ZZ	2:52.20	2:54.31
14 Read, Jenny	12	West Norfolk Swimming Club	2:56.69	2:54.88
15 Mathys, Jana	12	Flanders Iner Regio Swim Team	2:59.07	2:54.91
16 Hristova, Kristiyana	12	Team Ipswich Swimming-ZZ	2:57.03	2:55.48
17 Pethers, Abigail	12	Chelmsford Swimming Club	3:08.84	2:55.57
18 White, Katie	12	Colchester Swimming Club	2:58.75	2:55.87
19 Overton, Isabel	12	West Norfolk Swimming Club	2:56.59	2:56.66
20 Harrod, Morgan	12	Chelmsford Swimming Club	3:00.38	2:56.72
21 Marren, Georgia	12	Romford Town Swimming Club	3:01.61	2:57.16
22 Coleman, Amy	13	City Of Cambridge	3:07.36	3:00.02
23 Ireland, Alice	13	West Norfolk Swimming Club	3:02.32	3:00.75
24 Johnson, Rachael	12	West Norfolk Swimming Club	3:16.76	3:02.67
25 Cribb, Natalie	12	Romford Town Swimming Club	3:12.65	3:04.28
26 Donovan, Maria	12	St Felix School	3:02.76	3:07.08
27 Bowyer, Imogen	12	Team Ipswich Swimming-ZZ	3:08.70	3:09.62
28 Bunn, Ella-Louise	12	Team Ipswich Swimming-ZZ	3:18.29	3:16.66

Event 202 Girls 14-15 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Milton, Georgia	14	Romford Town Swimming Club	2:28.51	2:27.57
2 Hetherington, Cara	15	Team Ipswich Swimming-ZZ	2:28.62	2:29.02
3 Witton, Megan	15	Romford Town Swimming Club	2:33.28	2:30.67
4 Whiting, Abigail	15	West Norfolk Swimming Club	2:30.36	2:33.89
5 Pickering, Sophie	14	Team Ipswich Swimming-ZZ	2:38.98	2:34.33
6 Cribb, Rebecca	14	Romford Town Swimming Club	2:30.73	2:35.97
7 Uys, Roxanne	15	West Norfolk Swimming Club	2:40.17	2:37.79
8 Buysse, Camille	14	Flanders Iner Regio Swim Team	2:42.66	2:38.40
9 Harrod, Georgia	14	Chelmsford Swimming Club	2:37.80	2:39.30
10 Gardiner, Darcey	14	Chelmsford Swimming Club	2:47.71	2:43.03
11 Lee, Annabel	14	Team Ipswich Swimming-ZZ	2:42.59	2:43.48
12 Heard, Amelia	15	St Felix School	2:39.80	2:43.77
13 De Noble, Naomi	15	Flanders Iner Regio Swim Team	2:48.19	2:49.71
14 Jarvis, Jemma	15	West Norfolk Swimming Club	2:51.87	2:59.55
15 Bywater Haylett, Cassie	14	West Norfolk Swimming Club	2:58.30	3:00.22
16 Venables, Kayleigh	15	West Norfolk Swimming Club	3:00.21	3:02.68
--- Sherwin, Rebecca	14	Team Ipswich Swimming-ZZ	2:20.73	X2:24.35

November Open 2014 - 01/11/2014 to 02/11/2014**Results - Session 2****Event 202 Girls 16 & Over 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Dowding, Emily	16	Team Ipswich Swimming-ZZ	2:28.42	2:30.83
2 Coogans, Natalie	17	West Norfolk Swimming Club	2:33.07	2:32.78
3 Hybrecht, Silke	16	Flanders Iner Regio Swim Team	2:35.28	2:36.18
4 Van Renterghem, Marilyn	16	Flanders Iner Regio Swim Team	2:44.71	2:42.92
5 Warnes, Natalie	16	West Norfolk Swimming Club	2:48.12	2:47.46
6 Dreesbeke, Lindsay	16	Flanders Iner Regio Swim Team	2:54.70	2:47.75
7 Vonck, Jolien	16	Flanders Iner Regio Swim Team	2:50.50	2:48.58
8 Foley, Sarah	16	Romford Town Swimming Club	2:48.92	2:50.09

Event 203 Boys 9 & Under 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Lane, Louis	9	Romford Town Swimming Club	40.90	37.79
2 Eastal, William	9	First Strokes	46.41	47.21
3 McCarthy, Connor	9	Romford Town Swimming Club	51.76	50.42
4 Corani, Kalaum	9	Colchester Swimming Club	58.00	52.30
5 Stringer, Ben	9	Harlow Penguins SC	53.62	53.48
6 Crabb, Noah	9	Team Ipswich Swimming-ZZ	1:04.00	58.47
7 Sharpe, Harry	9	West Norfolk Swimming Club	1:00.65	59.39

Event 203 Boys 10 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Fletton, Owen	10	Team Ipswich Swimming-ZZ	36.52	34.59
2 Leeming, Chester	10	St Felix School	46.25	39.69
3 Hillaert, Tibo	10	Flanders Iner Regio Swim Team	45.90	44.06
4 Juggins, Luke	10	Romford Town Swimming Club	50.32	46.40
5 Cheng, Kai	10	Colchester Swimming Club	48.14	48.15
6 Cooper, Joe	10	Team Ipswich Swimming-ZZ	51.85	48.59
7 Baker-Woods, Xavier	10	Team Ipswich Swimming-ZZ	54.15	54.70
8 Lundy-Munoz, Xabier	10	Team Ipswich Swimming-ZZ	55.30	57.80
9 Courtney, Felix	10	Team Ipswich Swimming-ZZ	55.30	1:02.29
--- Philpot, Ethan	10	Team Ipswich Swimming-ZZ	46.62	DQ

Event 203 Boys 11 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Banga, Nathan	11	Romford Town Swimming Club	41.56	40.60
2 Stephens, Samuel	11	St Felix School	44.18	40.64
3 Wopling, Thomas	11	First Strokes	43.47	42.57
4 Eguakhide, Joshua	11	Romford Town Swimming Club	49.45	43.39
5 Fernandes, Aiden	11	Romford Town Swimming Club	47.01	47.53
--- Annis, Gabriel	11	Colchester Swimming Club	44.81	DQ

Event 203 Boys 12-13 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Saliboko, Collins	12	St Felix School	35.50	32.72
2 Coles, Jamie	13	Colchester Swimming Club	33.35	32.82
3 Day, Elliott	12	Team Ipswich Swimming-ZZ	34.95	33.69
4 Yeung, Kirin	13	Colchester Swimming Club	34.84	34.02
5 Kitson, Joseph	13	Team Ipswich Swimming-ZZ	36.11	34.46
6 Hardy, Adam	12	Team Ipswich Swimming-ZZ	35.00	36.24
7 Stringer, Owen	12	Harlow Penguins SC	36.12	36.51
8 Tinnion, Alexander	13	Colchester Swimming Club	37.66	36.63
9 Lamma, Jake	12	West Norfolk Swimming Club	38.30	36.80
10 Isle, Jacob	13	West Norfolk Swimming Club	38.04	36.95
11 Williamson, Alexander	12	Colchester Swimming Club	39.37	37.48
12 English, Myles	12	Colchester Swimming Club	40.43	38.88
13 Sturgeon, Ewan	12	Chelmsford Swimming Club	41.36	39.24

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(Event 203 Boys 12-13 50 SC Meter Butterfly)

Name	Age	Team	Seed Time	Finals Time
14 Horn, Samuel	12	Colchester Swimming Club	41.09	40.94
15 Evans, George	13	Team Ipswich Swimming-ZZ	38.25	41.27
16 Courtney, Jude	12	Team Ipswich Swimming-ZZ	42.71	41.73
17 Neyrynck, Tibo	13	Flanders Iner Regio Swim Team	41.13	42.37
18 Cardozo, Matthew	12	Chelmsford Swimming Club	41.28	42.47

Event 203 Boys 14-15 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Chalk, Laurence	15	Colchester Swimming Club	27.78	28.43
2 Coleman, Zachary	15	Romford Town Swimming Club	30.17	29.36
3 Eade, Harry	14	Team Ipswich Swimming-ZZ	28.85	29.76
4 Heuinck, Stijn	14	Flanders Iner Regio Swim Team	31.50	30.28
5 Tondat, Kevin	14	Flanders Iner Regio Swim Team	31.70	31.66
*6 Wells, Joseph	14	West Norfolk Swimming Club	32.56	32.07
*6 Grieve, Thomas	14	Colchester Swimming Club	32.40	32.07
8 Weston, Daniel	14	Romford Town Swimming Club	32.75	32.74
9 Hankin-Appleby, Lochlainn	15	First Strokes	32.72	32.89
10 Finbow, Bayley	14	Team Ipswich Swimming-ZZ	33.81	33.12
11 Thompson, Alex	15	Chelmsford Swimming Club	32.18	33.43
12 Juggins, Matt	14	Romford Town Swimming Club	34.63	33.89
13 Mitchell, Nicholas	14	Colchester Swimming Club	34.53	34.48
14 O'Gorman, Jack	15	First Strokes	33.91	34.86
--- Scifo, Dominic	14	Team Ipswich Swimming-ZZ	27.00	X27.58

Event 203 Boys 16 & Over 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Cook, Elliot	20	Team Ipswich Swimming-ZZ	26.81	26.87
2 Legg, Elliot	17	West Norfolk Swimming Club	27.65	27.74
3 Wells, Nathan	16	West Norfolk Swimming Club	27.89	28.08
4 Ayling, Jack	16	Romford Town Swimming Club	31.11	29.37
5 Crouch, Ryan	20	Team Ipswich Swimming-ZZ	31.73	31.41
6 Coles, Oliver	16	Romford Town Swimming Club	30.67	32.17
7 Chadwick, Matthew	20	Rtw Monson	30.20	32.18
8 Hall, Jake	16	West Norfolk Swimming Club	32.19	32.22
9 Chadwick, Jonathan	17	Rtw Monson	33.50	34.52

Event 204 Girls 9 & Under 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Jopson, Emilia	9	Romford Town Swimming Club	42.57	42.72
2 Wopling, Lauren	9	First Strokes	45.75	51.87
3 Harvey, Kayleigh	9	Team Ipswich Swimming-ZZ	56.23	52.97
4 Chalmers, Ruby	9	Colchester Swimming Club	55.92	53.75
5 White, Gemma	9	West Norfolk Swimming Club	53.78	53.88
6 Grieve, Molly	9	Colchester Swimming Club	58.00	54.01
7 Banga, Jasmine	9	Romford Town Swimming Club	59.90	56.02
--- Robinson, Eliza	8	Colchester Swimming Club	58.90	DQ

Event 204 Girls 10 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Freeman, Sophie	10	Colchester Swimming Club	36.42	36.91
2 Wookey, Ciara	10	Colchester Swimming Club	39.35	40.97
3 Morgan, Lucy	10	First Strokes	44.27	41.79
4 Tolliday, Afton	10	St Felix School	42.48	43.05
5 Brown, Annika	10	Team Ipswich Swimming-ZZ	48.15	44.10
6 Richards, Charley	10	Chelmsford Swimming Club	44.56	44.27
7 Magrath, Anneliese	10	Chelmsford Swimming Club	41.10	44.33
8 Sturgeon, Jessie	10	Chelmsford Swimming Club	48.69	46.85

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Name	Age	Team	Seed Time	Finals Time
9 Tree, Charlotte	10	Colchester Swimming Club	46.63	47.75
10 Horn, Olivia	10	Colchester Swimming Club	46.28	47.80
11 Whyte, Elodie	10	St Felix School	48.13	48.24
12 Holder, Freya	10	St Felix School	50.23	51.81
13 Kirby, Isabelle	10	Team Ipswich Swimming-ZZ	50.09	53.71
14 Jolly, Freya	10	First Strokes	49.26	54.05

Event 204 Girls 11 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Collins, Francesca	11	Chelmsford Swimming Club	36.13	35.19
2 Chambers, Katy	11	St Felix School	37.12	35.86
3 Jopson, Isabelle	11	Romford Town Swimming Club	37.16	36.27
4 Sneddon, Eloise	11	Colchester Swimming Club	37.49	36.59
5 Rosher, Isabelle	11	Team Ipswich Swimming-ZZ	38.10	37.24
6 Gimbird, Jayne	11	Romford Town Swimming Club	39.98	38.93
7 Risby, Charlotte	11	Team Ipswich Swimming-ZZ	40.85	40.52
8 Taylor, Katelin	11	West Norfolk Swimming Club	45.28	40.93
9 Fisher, Holly	11	Team Ipswich Swimming-ZZ	42.49	41.33
10 Armstrong, Maisy	11	Team Ipswich Swimming-ZZ	44.88	42.86
11 Thornton, Ellie	11	Team Ipswich Swimming-ZZ	44.05	43.94
12 Roberts, Lauren	11	Team Ipswich Swimming-ZZ	41.81	44.74
13 Withey, Georgia	11	Team Ipswich Swimming-ZZ	45.81	46.55
14 Brooke, Daisy	11	Team Ipswich Swimming-ZZ	52.93	46.89
15 Brewer, Martha	11	Team Ipswich Swimming-ZZ	52.70	49.94
16 White, Lucy	11	West Norfolk Swimming Club	45.50	53.84
17 Bates, Katy	11	Colchester Swimming Club	44.70	56.99
--- Hinds-Dutton, Georgie	11	Colchester Swimming Club	45.26	DQ

Event 204 Girls 12-13 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Maspers, Mia	12	Team Ipswich Swimming-ZZ	33.84	32.24
2 De Velder, Jollen	13	Flanders Iner Regio Swim Team	34.23	32.63
3 Ayling, Jessica	13	Romford Town Swimming Club	33.58	34.20
4 Smith, Ellie-Mae	13	Team Ipswich Swimming-ZZ	34.95	35.00
5 Smith, Charlotte	12	Team Ipswich Swimming-ZZ	37.01	35.53
6 White, Katie	12	Colchester Swimming Club	35.80	35.77
7 Read, Jenny	12	West Norfolk Swimming Club	34.82	35.78
8 Pannecoucke, Caily	13	Flanders Iner Regio Swim Team	36.68	35.90
9 Marren, Georgia	12	Romford Town Swimming Club	34.66	36.12
10 Ireland, Alice	13	West Norfolk Swimming Club	37.30	36.24
11 Tolliday, Ella	12	St Felix School	35.80	36.40
12 Sharp, Emily	13	First Strokes	37.44	36.61
13 Coleman, Amy	13	City Of Cambridge	38.86	37.53
14 Harrod, Morgan	12	Chelmsford Swimming Club	36.94	37.74
15 White, Morgan	13	Chelmsford Swimming Club	40.23	38.73
16 Ford, Lucy	12	Team Ipswich Swimming-ZZ	39.33	39.39
17 Donovan, Maria	12	St Felix School	38.52	39.79
18 Bulleid, Katie	13	Chelmsford Swimming Club	39.28	40.35
19 Diack, Anjeli	12	West Norfolk Swimming Club	41.30	41.36
20 Bowyer, Imogen	12	Team Ipswich Swimming-ZZ	56.05	42.42
--- Philpot, Amie	12	Team Ipswich Swimming-ZZ	30.81	X29.98

Event 204 Girls 14-15 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Binning, Hannah	15	Romford Town Swimming Club	30.53	31.49
2 Whiting, Abigail	15	West Norfolk Swimming Club	31.38	32.31

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Name	Age	Team	Seed Time	Finals Time
3 Westlake, Jessica	15	St Felix School	32.28	32.43
4 Miller, Rebecca	15	Team Ipswich Swimming-ZZ	32.91	32.72
5 Buysse, Camille	14	Flanders Iner Regio Swim Team	34.35	32.91
6 Pickering, Sophie	14	Team Ipswich Swimming-ZZ	33.25	33.55
7 Uys, Roxanne	15	West Norfolk Swimming Club	34.92	33.64
8 Ochwat, Megan	15	Team Ipswich Swimming-ZZ	33.14	33.66
9 Steenackers, Sarah	15	Flanders Iner Regio Swim Team	33.57	34.24
10 Heard, Amelia	15	St Felix School	34.57	34.29
11 Lievens, Kiara	14	Flanders Iner Regio Swim Team	35.05	34.34
12 Chambers, Maddie	14	St Felix School	35.51	34.36
13 Bulleid, Jessica	15	Chelmsford Swimming Club	35.32	36.88
14 Lodge, Brittany	14	Colchester Swimming Club	35.80	37.10

Event 204 Girls 16 & Over 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Blades, Josephine	17	St Felix School	29.07	28.98
2 Dowding, Emily	16	Team Ipswich Swimming-ZZ	29.79	30.18
3 Trigg, Dolly	16	Team Ipswich Swimming-ZZ	30.34	31.02
4 Sherwin, Alice	17	Team Ipswich Swimming-ZZ	31.43	32.44
5 Wood, Natalie	17	Chelmsford Swimming Club	32.37	33.15
6 Warnes, Natalie	16	West Norfolk Swimming Club	35.25	34.75
7 Foley, Sarah	16	Romford Town Swimming Club	34.37	34.99
--- Scifo, Alaina	17	Team Ipswich Swimming-ZZ	30.71	X31.26

Event 205 Boys 9 & Under 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Lane, Louis	9	Romford Town Swimming Club	5:35.00	5:48.33

Event 205 Boys 11 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	4:58.30	4:49.38
2 Webster, Owen	11	St Felix School	5:19.89	5:02.66
3 Havrillay, Silvester	11	Harlow Penguins SC	4:58.82	5:11.12
4 Banga, Nathan	11	Romford Town Swimming Club	NT	5:43.69
5 Wopling, Thomas	11	First Strokes	5:28.13	5:53.95

Event 205 Boys 12-13 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Clare, Thomas	13	Team Ipswich Swimming-ZZ	4:25.04	4:27.13
2 Herman, Cian	13	Flanders Iner Regio Swim Team	4:38.69	4:34.73
3 D'Hollander, Jens	13	Flanders Iner Regio Swim Team	4:52.77	4:46.08
4 Brown, Alfie	12	Chelmsford Swimming Club	4:59.97	5:20.42

Event 205 Boys 14-15 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Moore, Logan	15	St Felix School	4:19.44	4:17.66
2 Finbow, Bayley	14	Team Ipswich Swimming-ZZ	4:34.61	4:27.77
3 Walmsley, Alex	14	Team Ipswich Swimming-ZZ	4:33.07	4:33.97
4 Wells, Joseph	14	West Norfolk Swimming Club	4:40.11	4:43.08
5 Weston, Thomas	15	Romford Town Swimming Club	4:43.01	4:52.29
6 Grieve, Thomas	14	Colchester Swimming Club	4:50.00	4:53.13

Event 205 Boys 16 & Over 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Wells, Nathan	16	West Norfolk Swimming Club	4:10.89	4:12.24
2 Davis, James	21	Romford Town Swimming Club	4:12.20	4:16.60
3 Beardsell, Tommy	16	Romford Town Swimming Club	4:18.40	4:16.63

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(Event 205 Boys 16 & Over 400 SC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
4 Pickering, Jack	16	Team Ipswich Swimming-ZZ	4:23.79	4:20.78
5 Ayling, Jack	16	Romford Town Swimming Club	4:38.12	4:35.44
6 Manning, William	16	Romford Town Swimming Club	4:33.20	4:40.24
7 Hall, Jake	16	West Norfolk Swimming Club	4:49.43	4:43.63
8 Chadwick, Matthew	20	Rtw Monson	4:48.93	5:10.10

Event 206 Girls 10 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Freeman, Sophie	10	Colchester Swimming Club	5:28.09	5:26.20
2 Brealey, Carys	10	Harlow Penguins SC	5:48.00	5:27.05
3 Button, Safia	10	Team Ipswich Swimming-ZZ	5:57.78	5:29.53
4 Whyte, Emily	10	Team Ipswich Swimming-ZZ	5:55.00	5:47.22
5 Wookey, Ciara	10	Colchester Swimming Club	5:57.00	5:50.41

Event 206 Girls 11 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Chambers, Katy	11	St Felix School	5:10.01	5:08.61
2 Burgess, Annabelle	11	Team Ipswich Swimming-ZZ	5:25.88	5:22.36
3 Risby, Charlotte	11	Team Ipswich Swimming-ZZ	5:38.69	5:29.44
4 Gimbird, Jayne	11	Romford Town Swimming Club	5:41.81	5:30.92

Event 206 Girls 12-13 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Ayling, Jessica	13	Romford Town Swimming Club	4:41.23	4:50.06
2 Milton, Emily	12	Romford Town Swimming Club	4:54.80	4:54.75
3 Slipaityte, Agne	12	Romford Town Swimming Club	5:10.90	5:06.10
4 Read, Jenny	12	West Norfolk Swimming Club	5:21.95	5:10.48
5 Chandler, Nicole	12	Team Ipswich Swimming-ZZ	5:16.69	5:14.60
6 Marren, Georgia	12	Romford Town Swimming Club	5:15.85	5:20.03
7 Hristova, Kristiyana	12	Team Ipswich Swimming-ZZ	5:27.55	5:22.93
8 Scott, Lauren	12	Chelmsford Swimming Club	5:20.56	5:28.65
--- Maspers, Mia	12	Team Ipswich Swimming-ZZ	5:23.82	DQ

Event 206 Girls 14-15 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Westlake, Jessica	15	St Felix School	4:36.01	4:37.38
2 Chambers, Maddie	14	St Felix School	4:49.18	4:47.29
3 Witton, Megan	15	Romford Town Swimming Club	4:50.30	4:49.75
4 Harrod, Georgia	14	Chelmsford Swimming Club	4:55.21	4:54.19
5 Miller, Rebecca	15	Team Ipswich Swimming-ZZ	4:53.91	4:56.25
6 De Pue, Ine	15	Flanders Iner Regio Swim Team	4:54.90	4:56.41
7 Van Den Bossche, Luca	15	Flanders Iner Regio Swim Team	4:55.35	4:58.69
8 King, Courtney	14	Team Ipswich Swimming-ZZ	5:03.14	5:20.12

Event 206 Girls 16 & Over 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Trigg, Dolly	16	Team Ipswich Swimming-ZZ	4:28.91	4:25.86
2 Blades, Josephine	17	St Felix School	4:28.12	4:31.42
3 Beevor, Jennifer	17	St Felix School	4:34.17	4:37.12
4 Wood, Natalie	17	Chelmsford Swimming Club	4:34.69	4:43.16

Event 207 Boys 10 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Philpot, Ethan	10	Team Ipswich Swimming-ZZ	1:50.57	1:44.75
2 Juggins, Luke	10	Romford Town Swimming Club	1:42.20	1:46.59
3 Giles, George	10	Romford Town Swimming Club	2:15.00	1:52.57
4 Hillaert, Tibo	10	Flanders Iner Regio Swim Team	1:56.81	1:55.21

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Name	Age	Team	Seed Time	Finals Time
5 Courtney, Felix	10	Team Ipswich Swimming-ZZ	2:10.00	2:03.67

Event 207 Boys 11 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	1:24.70	1:25.17
2 De Winne, Emile	11	Flanders Iner Regio Swim Team	1:28.95	1:30.62
3 Havrillay, Silvester	11	Harlow Penguins SC	1:31.66	1:30.86
4 Stephens, Joshua	11	St Felix School	1:40.68	1:40.18
5 Fernandes, Aiden	11	Romford Town Swimming Club	1:56.05	1:57.51
6 Eguakhide, Joshua	11	Romford Town Swimming Club	1:54.92	1:57.87

Event 207 Boys 12-13 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Coles, Jamie	13	Colchester Swimming Club	1:21.06	1:22.51
2 Vekemans, Aaron	13	Flanders Iner Regio Swim Team	1:23.44	1:24.30
3 Brennan, Liam	12	Romford Town Swimming Club	1:23.90	1:24.35
4 Volckaert, Mirec	13	Flanders Iner Regio Swim Team	1:25.30	1:25.12
5 Kitson, Joseph	13	Team Ipswich Swimming-ZZ	1:29.28	1:26.15
6 Cooper, James	12	Romford Town Swimming Club	1:27.59	1:26.66
7 Perkins, Sam	12	Team Ipswich Swimming-ZZ	1:26.45	1:28.29
8 Hardy, Adam	12	Team Ipswich Swimming-ZZ	1:31.44	1:29.71
9 Yeung, Kirin	13	Colchester Swimming Club	1:33.43	1:31.44
10 Ghekiere, Fabrice	13	Flanders Iner Regio Swim Team	1:35.97	1:32.69
11 Lammas, Jake	12	West Norfolk Swimming Club	1:36.17	1:33.12
12 Stringer, Owen	12	Harlow Penguins SC	1:32.93	1:34.47
13 Brown, Alfie	12	Chelmsford Swimming Club	1:33.45	1:35.17
14 Isle, Jacob	13	West Norfolk Swimming Club	1:34.12	1:36.85
15 English, Myles	12	Colchester Swimming Club	1:40.65	1:37.19
16 Courtney, Jude	12	Team Ipswich Swimming-ZZ	1:42.13	1:43.49

Event 207 Boys 14-15 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Cottee, Sam	14	Team Ipswich Swimming-ZZ	1:16.05	1:12.64
2 Scifo, Dominic	14	Team Ipswich Swimming-ZZ	1:11.70	1:12.78
3 Nicholson, Liam	14	Chelmsford Swimming Club	1:16.07	1:18.01
4 Mitchell, Nicholas	14	Colchester Swimming Club	1:21.15	1:18.88
5 Hayes, Rupert	15	St Felix School	1:18.73	1:19.04
6 Juggins, Matt	14	Romford Town Swimming Club	1:20.75	1:21.24
7 Coleman, Zachary	15	Romford Town Swimming Club	1:18.81	1:21.47
8 Heuninck, Stijn	14	Flanders Iner Regio Swim Team	1:22.81	1:21.86
9 Thompson, Alex	15	Chelmsford Swimming Club	1:19.09	1:22.52
10 Syssauw, Michiel	14	Flanders Iner Regio Swim Team	1:25.39	1:23.22
11 Wells, Joseph	14	West Norfolk Swimming Club	1:25.10	1:23.96
12 Smith, Jacob	14	Romford Town Swimming Club	1:23.45	1:24.16
13 Davis, Ben	15	Romford Town Swimming Club	1:19.83	1:24.85
14 O'Gorman, Jack	15	First Strokes	1:29.00	1:35.55

Event 207 Boys 16 & Over 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Lancaster, Robert	17	Team Ipswich Swimming-ZZ	1:07.57	1:07.08
2 Sykes, Ryan	18	West Norfolk Swimming Club	1:10.49	1:12.42
3 Wells, Nathan	16	West Norfolk Swimming Club	1:12.12	1:12.57
4 Tyson, Jake	17	Team Ipswich Swimming-ZZ	1:09.25	1:13.31
5 Beardsell, Tommy	16	Romford Town Swimming Club	1:21.72	1:17.32
6 Manning, William	16	Romford Town Swimming Club	1:21.14	1:24.63

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Event 208 Girls 10 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Wookey, Ciara	10	Colchester Swimming Club	1:38.10	1:36.67
2 King, Grace	10	Team Ipswich Swimming-ZZ	1:41.77	1:38.98
3 Whyte, Emily	10	Team Ipswich Swimming-ZZ	1:48.50	1:44.48
4 Freeman, Sophie	10	Colchester Swimming Club	1:45.93	1:44.76
5 Witton, Olivia	10	Romford Town Swimming Club	1:49.19	1:48.47
6 Tree, Charlotte	10	Colchester Swimming Club	1:52.49	1:48.71
7 Whyte, Elodie	10	St Felix School	1:52.60	1:49.55
8 Murphy, Claudia	10	Chelmsford Swimming Club	1:54.37	1:51.62
9 Richards, Charley	10	Chelmsford Swimming Club	1:53.35	1:54.27
10 Moore, Antonia	10	Chelmsford Swimming Club	1:50.00	1:55.16
11 Horn, Olivia	10	Colchester Swimming Club	2:20.11	1:55.38
12 Ruyskensveld, Lonneke	10	Flanders Iner Regio Swim Team	1:49.84	1:56.94
13 Sturgeon, Jessie	10	Chelmsford Swimming Club	1:56.00	2:00.27
14 Diack, Rachel	10	West Norfolk Swimming Club	1:46.40	2:01.63

Event 208 Girls 11 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Moule, Amelia	11	Romford Town Swimming Club	1:29.19	1:27.35
2 Teirlinck, Emelie	11	Flanders Iner Regio Swim Team	1:34.48	1:35.74
3 Armstrong, Maisy	11	Team Ipswich Swimming-ZZ	1:40.89	1:37.12
4 Jopson, Isabelle	11	Romford Town Swimming Club	1:36.01	1:39.24
5 Van Den Noortgaete, Iona	11	Flanders Iner Regio Swim Team	1:36.75	1:40.56
6 Taylor, Katelin	11	West Norfolk Swimming Club	14:06.64	1:40.96
7 Fisher, Holly	11	Team Ipswich Swimming-ZZ	1:40.49	1:42.71
8 Brooke, Daisy	11	Team Ipswich Swimming-ZZ	1:45.85	1:44.45
9 Van Vaerenberg, Merel	11	Flanders Iner Regio Swim Team	1:45.50	1:44.72
10 Withey, Georgia	11	Team Ipswich Swimming-ZZ	1:48.00	1:45.44
11 Spriggs, Harriette	11	Chelmsford Swimming Club	1:46.58	1:46.69
12 Spillebeen, Tine	11	Flanders Iner Regio Swim Team	1:45.10	1:52.50
13 Hinds-Dutton, Georgie	11	Colchester Swimming Club	1:47.18	1:59.36
14 Bates, Katy	11	Colchester Swimming Club	1:47.68	2:02.75
15 White, Lucy	11	West Norfolk Swimming Club	1:47.35	2:07.10
--- Thornton, Ellie	11	Team Ipswich Swimming-ZZ	1:47.04	DQ

Event 208 Girls 12-13 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Pourbaix, Kitana	13	Flanders Iner Regio Swim Team	1:24.59	1:23.96
2 Lines, Freya	12	St Felix School	1:26.70	1:24.62
3 Shouksmith, Maia	13	Team Ipswich Swimming-ZZ	1:24.26	1:25.22
*4 De Noble, Chloe	13	Flanders Iner Regio Swim Team	1:22.49	1:25.60
*4 Kerr, Toni	12	Team Ipswich Swimming-ZZ	1:29.33	1:25.60
6 Pannecoucke, Caily	13	Flanders Iner Regio Swim Team	1:23.06	1:25.61
7 Scott, Lauren	12	Chelmsford Swimming Club	1:24.56	1:27.58
8 Milton, Emily	12	Romford Town Swimming Club	1:26.71	1:27.66
9 De Velder, Jollen	13	Flanders Iner Regio Swim Team	1:34.02	1:28.54
10 Nelson, Lauren	13	Harlow Penguins SC	1:30.05	1:29.32
11 Vyncke, Laura	13	Flanders Iner Regio Swim Team	1:29.64	1:30.01
12 Hristova, Kristiyana	12	Team Ipswich Swimming-ZZ	1:30.08	1:31.29
13 Mathys, Jana	12	Flanders Iner Regio Swim Team	1:29.50	1:31.43
14 Buckingham, Holly	12	Chelmsford Swimming Club	1:33.15	1:33.65
15 Beardsell, Jessica	13	Romford Town Swimming Club	1:30.35	1:33.85
16 Bond, Flora	13	Team Ipswich Swimming-ZZ	1:37.71	1:35.47
17 Overton, Isabel	12	West Norfolk Swimming Club	1:33.50	1:36.05
18 Bulleid, Katie	13	Chelmsford Swimming Club	1:39.11	1:36.32
19 McCarthy, Abbie	12	Colchester Swimming Club	1:41.56	1:36.56

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Name	Age	Team	Seed Time	Finals Time
20 Johnson, Rachael	12	West Norfolk Swimming Club	1:40.76	1:38.51
21 Ireland, Alice	13	West Norfolk Swimming Club	1:39.82	1:39.42
22 Rai, Anshma	12	Colchester Swimming Club	1:40.10	1:40.54
23 Read, Jenny	12	West Norfolk Swimming Club	1:39.74	1:41.11
24 Bunn, Ella-Louise	12	Team Ipswich Swimming-ZZ	1:43.60	1:42.29
25 Bowyer, Imogen	12	Team Ipswich Swimming-ZZ	1:42.66	1:43.03

Event 208 Girls 14-15 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Oxbrow, Lucy	14	Team Ipswich Swimming-ZZ	1:16.26	1:17.27
2 Uys, Roxanne	15	West Norfolk Swimming Club	1:20.96	1:19.97
3 Pickering, Sophie	14	Team Ipswich Swimming-ZZ	1:24.11	1:23.05
4 Milton, Georgia	14	Romford Town Swimming Club	1:20.70	1:23.13
5 Vears, Kirsty	15	Harlow Penguins SC	1:18.79	1:23.53
6 Binning, Hannah	15	Romford Town Swimming Club	1:23.53	1:25.30
7 Steenackers, Sarah	15	Flanders Iner Regio Swim Team	1:21.21	1:26.22
8 Lodge, Brittany	14	Colchester Swimming Club	1:25.42	1:26.50
9 Bulleid, Jessica	15	Chelmsford Swimming Club	1:26.28	1:28.01
10 Holleyman, Olivya	14	Harlow Penguins SC	1:26.38	1:28.88
11 Notte, Delphine	14	Flanders Iner Regio Swim Team	1:30.53	1:29.05
12 Cribb, Rebecca	14	Romford Town Swimming Club	1:27.48	1:30.30
13 Lievens, Kiara	14	Flanders Iner Regio Swim Team	1:32.00	1:30.71
14 Bywater Haylett, Cassie	14	West Norfolk Swimming Club	1:33.10	1:34.42
15 Venables, Kayleigh	15	West Norfolk Swimming Club	1:33.46	1:43.44

Event 208 Girls 16 & Over 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Hybrecht, Silke	16	Flanders Iner Regio Swim Team	1:16.66	1:17.72
2 Coogans, Natalie	17	West Norfolk Swimming Club	1:16.59	1:18.63
3 Vonck, Jolien	16	Flanders Iner Regio Swim Team	1:25.39	1:23.77

Event 209 Boys 9 & Under 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
--- Lane, Louis	9	Romford Town Swimming Club	3:17.50	DQ
--- Corani, Kalaum	9	Colchester Swimming Club	4:00.00	DQ
--- McCarthy, Connor	9	Romford Town Swimming Club	4:25.00	DQ
--- Overton, Henry	9	West Norfolk Swimming Club	4:18.66	DQ
--- Sharpe, Harry	9	West Norfolk Swimming Club	3:54.18	DQ

Event 209 Boys 10 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Fletton, Owen	10	Team Ipswich Swimming-ZZ	2:45.80	2:36.85
2 Carr, Joab	10	St Felix School	3:06.06	3:08.28
3 Cooper, Joe	10	Team Ipswich Swimming-ZZ	3:33.20	3:14.37
4 Giles, George	10	Romford Town Swimming Club	4:35.00	3:24.50
--- Bryan, Alexander	10	West Norfolk Swimming Club	4:14.75	DQ

Event 209 Boys 11 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	2:47.02	2:46.94
2 Jeffery, Finn	11	St Felix School	2:45.21	2:47.06
3 Wopling, Thomas	11	First Strokes	3:29.05	3:06.70
4 Stephens, Samuel	11	St Felix School	3:20.39	3:07.47
5 Scarff, Jack	11	Team Ipswich Swimming-ZZ	3:49.00	3:16.11
6 Shaw, Oliver	11	West Norfolk Swimming Club	3:18.35	3:23.61

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Event 209 Boys 12-13 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Clare, Thomas	13	Team Ipswich Swimming-ZZ	2:14.40	2:12.80
2 Brennan, Liam	12	Romford Town Swimming Club	2:35.28	2:33.23
3 Day, Elliott	12	Team Ipswich Swimming-ZZ	2:37.96	2:37.09
4 Bosman, Robbe	13	Flanders Iner Regio Swim Team	2:37.89	2:37.16
5 Tinnion, Alexander	13	Colchester Swimming Club	2:52.43	2:38.62
6 Lammas, Jake	12	West Norfolk Swimming Club	2:45.47	2:40.31
7 Perkins, Sam	12	Team Ipswich Swimming-ZZ	2:46.81	2:41.64
8 Cardozo, Matthew	12	Chelmsford Swimming Club	3:20.89	2:50.46
9 Sturgeon, Ewan	12	Chelmsford Swimming Club	2:59.53	2:54.17
10 Evans, George	13	Team Ipswich Swimming-ZZ	2:52.43	2:56.65
11 English, Myles	12	Colchester Swimming Club	3:00.35	2:59.29
12 Horn, Samuel	12	Colchester Swimming Club	3:37.18	2:59.97
--- Teirlinck, Jarne	13	Flanders Iner Regio Swim Team	3:00.61	DQ

Event 209 Boys 14-15 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Kelly, Ryan	15	Chelmsford Swimming Club	2:14.37	2:13.67
2 Moore, Logan	15	St Felix School	2:17.98	2:18.98
3 Eade, Harry	14	Team Ipswich Swimming-ZZ	2:19.35	2:20.99
4 Finbow, Bayley	14	Team Ipswich Swimming-ZZ	2:38.82	2:24.79
5 Walmsley, Alex	14	Team Ipswich Swimming-ZZ	2:25.76	2:26.11
6 Coleman, Zachary	15	Romford Town Swimming Club	2:24.59	2:26.20
7 Wells, Joseph	14	West Norfolk Swimming Club	2:27.14	2:28.29
8 Nicholson, Liam	14	Chelmsford Swimming Club	2:26.94	2:29.33
9 Weston, Thomas	15	Romford Town Swimming Club	2:24.47	2:29.87
*10 Thompson, Alex	15	Chelmsford Swimming Club	2:42.31	2:38.48
*10 Ford, Daniel	14	Team Ipswich Swimming-ZZ	2:40.10	2:38.48
12 Bryan, Luke	14	West Norfolk Swimming Club	2:49.38	2:45.11

Event 209 Boys 16 & Over 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Lancaster, Robert	17	Team Ipswich Swimming-ZZ	2:13.34	2:15.70
2 Pickering, Jack	16	Team Ipswich Swimming-ZZ	2:19.35	2:18.21
3 Burm, Sietse	16	Flanders Iner Regio Swim Team	2:18.59	2:20.19
4 Slipaitis, Deividas	16	Romford Town Swimming Club	2:21.14	2:22.71
5 Legg, Elliot	17	West Norfolk Swimming Club	2:25.74	2:24.32
6 Hall, Jake	16	West Norfolk Swimming Club	2:34.53	2:34.82

Event 210 Girls 9 & Under 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Chandler, Mia	9	Team Ipswich Swimming-ZZ	3:17.74	3:13.96
2 Van Deynse, Tineke	9	Flanders Iner Regio Swim Team	3:41.25	3:27.48
--- Swyngedouw, Emma	9	Flanders Iner Regio Swim Team	4:10.20	DQ
--- Cooper, Emily	9	Romford Town Swimming Club	3:17.72	DQ
--- Whyte, Imogen	9	St Felix School	4:12.73	DQ

Event 210 Girls 10 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Brealey, Carys	10	Harlow Penguins SC	3:00.47	2:53.19
2 Brown, Annika	10	Team Ipswich Swimming-ZZ	3:08.20	2:53.64
3 King, Grace	10	Team Ipswich Swimming-ZZ	NT	2:54.69
4 Morgan, Lucy	10	First Strokes	3:50.87	3:10.41
5 Tolliday, Afton	10	St Felix School	3:16.38	3:13.40
6 Holder, Freya	10	St Felix School	3:16.86	3:15.28
7 Duffield, Abbie	10	Team Ipswich Swimming-ZZ	4:40.00	4:03.65
--- English, Megan	10	Colchester Swimming Club	3:47.39	DQ

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Name	Age	Team	Seed Time	Finals Time
--- Robinson, Mary	10	Colchester Swimming Club	3:36.08	DQ
--- Cracknell, Summer	10	Harlow Penguins SC	3:50.00	DQ
--- Jolly, Freya	10	First Strokes	3:56.26	DQ

Event 210 Girls 11 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Collins, Francesca	11	Chelmsford Swimming Club	2:46.33	2:38.19
2 Cruickshanks, Emma	11	Team Ipswich Swimming-ZZ	2:49.27	2:40.10
3 Rosher, Isabelle	11	Team Ipswich Swimming-ZZ	2:54.59	2:48.71
4 Porter, Morgan	11	Team Ipswich Swimming-ZZ	2:56.18	2:50.70
5 Sneddon, Eloise	11	Colchester Swimming Club	2:59.56	2:50.99
6 Pleasants, Georgia	11	St Felix School	2:52.32	2:52.68
7 Gimbird, Jayne	11	Romford Town Swimming Club	3:00.70	2:54.38
8 Smith, Madison	11	First Strokes	3:06.98	2:55.02
9 Risby, Charlotte	11	Team Ipswich Swimming-ZZ	3:03.21	2:56.53
10 Roberts, Lauren	11	Team Ipswich Swimming-ZZ	3:02.21	3:02.50
11 Durban, Eleanor	11	First Strokes	3:16.00	3:04.60
12 Jarvis, Kitty	11	Harlow Penguins SC	3:05.88	3:04.90
13 Odell, Catherine	11	St Felix School	3:07.62	3:06.29
14 Cherry, Bethan	11	Team Ipswich Swimming-ZZ	3:20.00	3:07.67
15 Thornton, Ellie	11	Team Ipswich Swimming-ZZ	3:15.00	3:16.47
16 Brewer, Martha	11	Team Ipswich Swimming-ZZ	3:20.00	3:16.82
17 Hinds-Dutton, Georgie	11	Colchester Swimming Club	3:05.01	3:39.06
18 Bates, Katy	11	Colchester Swimming Club	3:05.00	3:40.33

Event 210 Girls 12-13 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Kitching, Annabelle	12	Chelmsford Swimming Club	2:39.94	2:33.81
2 Taylor, Sophie	13	St Felix School	2:39.03	2:36.59
3 Sorrell, Chloe	13	West Norfolk Swimming Club	2:41.93	2:38.62
4 Tolliday, Ella	12	St Felix School	2:38.56	2:40.95
5 Smith, Ellie-Mae	13	Team Ipswich Swimming-ZZ	2:45.13	2:41.16
6 Kerr, Toni	12	Team Ipswich Swimming-ZZ	2:47.62	2:44.85
7 Harrod, Morgan	12	Chelmsford Swimming Club	2:53.68	2:46.35
8 Bulleid, Katie	13	Chelmsford Swimming Club	3:07.00	2:46.75
9 Chandler, Nicole	12	Team Ipswich Swimming-ZZ	2:51.80	2:47.16
10 Maybury, Mia	13	Chelmsford Swimming Club	3:07.00	2:47.74
11 Beardsell, Jessica	13	Romford Town Swimming Club	2:49.54	2:47.99
12 Marren, Georgia	12	Romford Town Swimming Club	2:49.21	2:48.47
13 Kilsby, Ella-Louise	12	Romford Town Swimming Club	2:57.66	2:48.89
14 Slipaityte, Agne	12	Romford Town Swimming Club	2:52.08	2:50.51
15 Shouksmith, Maia	13	Team Ipswich Swimming-ZZ	2:50.00	2:50.96
16 Overton, Isabel	12	West Norfolk Swimming Club	2:52.47	2:51.85
17 Ford, Lucy	12	Team Ipswich Swimming-ZZ	2:57.34	2:54.20
18 Coleman, Amy	13	City Of Cambridge	2:57.54	2:55.42
19 Ireland, Alice	13	West Norfolk Swimming Club	2:59.84	2:57.24
20 Read, Jenny	12	West Norfolk Swimming Club	2:58.27	2:57.48
21 Johnson, Rachael	12	West Norfolk Swimming Club	3:03.48	2:58.47
22 White, Morgan	13	Chelmsford Swimming Club	3:07.00	3:00.51
23 Diack, Anjeli	12	West Norfolk Swimming Club	3:15.50	3:08.10
--- Philpot, Amie	12	Team Ipswich Swimming-ZZ	2:28.41	X2:28.92

Event 210 Girls 14-15 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Milton, Georgia	14	Romford Town Swimming Club	2:24.86	2:24.35
2 Hetherington, Cara	15	Team Ipswich Swimming-ZZ	2:22.30	2:26.64

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	Name	Age	Team	Seed Time	Finals Time
3	Gardiner, Darcey	14	Chelmsford Swimming Club	2:29.27	2:28.53
4	Lee, Annabel	14	Team Ipswich Swimming-ZZ	2:31.82	2:30.98
5	Whiting, Abigail	15	West Norfolk Swimming Club	2:23.98	2:32.73
6	Ochwat, Megan	15	Team Ipswich Swimming-ZZ	2:35.65	2:33.21
7	Buysse, Camille	14	Flanders Iner Regio Swim Team	2:43.31	2:35.97
8	Harrod, Georgia	14	Chelmsford Swimming Club	2:34.78	2:36.14
9	Heard, Amelia	15	St Felix School	2:39.77	2:37.09
10	De Pue, Ine	15	Flanders Iner Regio Swim Team	2:43.53	2:38.20
11	Miller, Rebecca	15	Team Ipswich Swimming-ZZ	2:46.82	2:39.12
12	De Noble, Naomi	15	Flanders Iner Regio Swim Team	2:44.55	2:46.38
13	Eeckhout, Camille	15	Flanders Iner Regio Swim Team	2:46.02	2:48.89
14	Jarvis, Jemma	15	West Norfolk Swimming Club	2:48.20	2:50.77
15	Bywater Haylett, Cassie	14	West Norfolk Swimming Club	2:54.04	3:05.22
---	Sherwin, Rebecca	14	Team Ipswich Swimming-ZZ	2:12.65	X2:14.84

Event 210 Girls 16 & Over 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Trigg, Dolly	16	Team Ipswich Swimming-ZZ	2:21.64	2:20.15
2	Sherwin, Alice	17	Team Ipswich Swimming-ZZ	2:26.06	2:28.57
3	Beevor, Jennifer	17	St Felix School	2:43.13	2:33.87
4	Sorrell, Elise	16	West Norfolk Swimming Club	2:35.45	2:34.13
5	Droesbeke, Lindsay	16	Flanders Iner Regio Swim Team	2:39.06	2:36.99
6	Van Renterghem, Marilyn	16	Flanders Iner Regio Swim Team	2:37.22	2:38.80
7	Foley, Sarah	16	Romford Town Swimming Club	2:44.07	2:46.13
---	Scifo, Alaina	17	Team Ipswich Swimming-ZZ	2:18.98	X2:22.06

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Event 301 Boys 10 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Fletton, Owen	10	Team Ipswich Swimming-ZZ	1:10.70	1:07.71
2 Pestell, William	10	Colchester Swimming Club	1:20.50	1:12.83
3 Carr, Joab	10	St Felix School	1:19.43	1:15.12
4 Leeming, Chester	10	St Felix School	1:22.03	1:15.30
5 Samuels, Thomas	10	Chelmsford Swimming Club	1:24.49	1:19.05
6 Philpot, Ethan	10	Team Ipswich Swimming-ZZ	1:24.89	1:19.31
7 Juggins, Luke	10	Romford Town Swimming Club	1:22.00	1:21.68
8 Hillaert, Tibo	10	Flanders Iner Regio Swim Team	1:28.95	1:28.72
9 Giles, George	10	Romford Town Swimming Club	1:35.00	1:29.93
10 Cheng, Kai	10	Colchester Swimming Club	1:32.42	1:30.40

Event 301 Boys 11 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Jeffery, Finn	11	St Felix School	1:11.63	1:07.83
2 Webster, Owen	11	St Felix School	1:12.91	1:09.67
3 Banga, Nathan	11	Romford Town Swimming Club	1:19.54	1:14.50
4 Hardy, Ben	11	Colchester Swimming Club	1:19.06	1:16.11
5 Wopling, Thomas	11	First Strokes	1:24.44	1:19.57
6 Stephens, Joshua	11	St Felix School	1:20.72	1:19.80
7 Stephens, Samuel	11	St Felix School	1:21.63	1:20.19
8 Eguakhide, Joshua	11	Romford Town Swimming Club	1:33.04	1:23.38
9 Shaw, Oliver	11	West Norfolk Swimming Club	1:28.19	1:29.94
10 Fernandes, Aiden	11	Romford Town Swimming Club	1:32.12	1:30.79

Event 301 Boys 12-13 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Bosman, Robbe	13	Flanders Iner Regio Swim Team	1:02.86	1:03.11
2 Kitson, Joseph	13	Team Ipswich Swimming-ZZ	1:05.02	1:05.46
3 Tinnion, Alexander	13	Colchester Swimming Club	1:09.40	1:05.69
4 Perkins, Sam	12	Team Ipswich Swimming-ZZ	1:06.82	1:05.80
5 Coles, Jamie	13	Colchester Swimming Club	1:05.51	1:05.90
6 Brennan, Liam	12	Romford Town Swimming Club	1:07.10	1:06.26
7 Day, Elliott	12	Team Ipswich Swimming-ZZ	1:07.40	1:06.52
8 Yeung, Kirin	13	Colchester Swimming Club	1:11.53	1:07.19
9 Isle, Jacob	13	West Norfolk Swimming Club	1:09.00	1:07.47
10 Teirlinck, Jarne	13	Flanders Iner Regio Swim Team	1:08.32	1:07.58
11 Lammas, Jake	12	West Norfolk Swimming Club	1:09.69	1:07.61
12 Brown, Alfie	12	Chelmsford Swimming Club	1:08.48	1:08.56
13 Saliboko, Collins	12	St Felix School	1:10.23	1:08.62
14 Williamson, Alexander	12	Colchester Swimming Club	1:15.57	1:09.23
15 Hardy, Adam	12	Team Ipswich Swimming-ZZ	1:09.03	1:10.45
16 Sturgeon, Ewan	12	Chelmsford Swimming Club	1:14.82	1:11.27
17 Courtney, Jude	12	Team Ipswich Swimming-ZZ	1:13.56	1:12.42
18 Neyrynck, Tibo	13	Flanders Iner Regio Swim Team	1:13.28	1:13.76
19 Buckingham, Adam	13	Colchester Swimming Club	1:14.04	1:14.74
20 Ghekiere, Fabrice	13	Flanders Iner Regio Swim Team	1:18.31	1:15.31
21 Bridgeland, Zachariah	12	Chelmsford Swimming Club	1:14.05	1:15.39
22 English, Myles	12	Colchester Swimming Club	1:17.64	1:16.47
23 Cardozo, Matthew	12	Chelmsford Swimming Club	1:15.41	1:16.53
24 Evans, George	13	Team Ipswich Swimming-ZZ	1:16.67	1:17.04
25 Horn, Samuel	12	Colchester Swimming Club	1:22.59	1:19.04
--- Bowyer, Jack	12	Colchester Swimming Club	1:08.34	DQ

Event 301 Boys 14-15 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Scifo, Dominic	14	Team Ipswich Swimming-ZZ	55.58	55.68

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Name	Age	Team	Seed Time	Finals Time
2 Moore, Logan	15	St Felix School	57.81	56.27
3 Veitch, Bradley H	15	Harlow Penguins SC	56.56	56.48
4 Chalk, Laurence	15	Colchester Swimming Club	57.04	57.71
5 Eade, Harry	14	Team Ipswich Swimming-ZZ	58.75	58.16
6 Coleman, Zachary	15	Romford Town Swimming Club	58.87	58.70
7 Walmsley, Alex	14	Team Ipswich Swimming-ZZ	59.59	59.00
8 Apers, Jorik	15	Flanders Iner Regio Swim Team	58.14	59.90
9 Davis, Ben	15	Romford Town Swimming Club	59.64	1:00.14
10 Finbow, Bayley	14	Team Ipswich Swimming-ZZ	1:02.43	1:00.33
11 Thompson, Harry	14	West Norfolk Swimming Club	1:01.51	1:01.18
12 Wells, Joseph	14	West Norfolk Swimming Club	1:02.04	1:02.24
13 Weston, Thomas	15	Romford Town Swimming Club	1:02.61	1:02.47
14 Grieve, Thomas	14	Colchester Swimming Club	1:03.93	1:02.79
15 Juggins, Matt	14	Romford Town Swimming Club	1:08.14	1:02.81
16 Tondat, Kevin	14	Flanders Iner Regio Swim Team	1:03.32	1:02.89
17 Smith, Jacob	14	Romford Town Swimming Club	1:03.10	1:03.35
18 Syssauw, Michiel	14	Flanders Iner Regio Swim Team	1:04.37	1:03.67
19 Weston, Daniel	14	Romford Town Swimming Club	1:05.02	1:05.48
20 O'Gorman, Jack	15	First Strokes	1:08.26	1:05.75
21 Bryan, Luke	14	West Norfolk Swimming Club	1:09.30	1:06.10
22 Ford, Daniel	14	Team Ipswich Swimming-ZZ	1:07.13	1:06.15
23 Hankin-Appleby, Lochlainn	15	First Strokes	1:08.91	1:07.28

Event 301 Boys 16 & Over 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Baker, Lee	19	Harlow Penguins SC	54.21	54.53
2 Seller, Charlie	16	Team Ipswich Swimming-ZZ	54.58	55.16
3 Wells, Nathan	16	West Norfolk Swimming Club	54.76	55.32
4 Davis, James	21	Romford Town Swimming Club	56.00	55.58
5 Arnold, Mason	16	Harlow Penguins SC	55.26	55.66
6 Lancaster, Robert	17	Team Ipswich Swimming-ZZ	55.76	56.06
*7 Ward, Oliver	17	Team Ipswich Swimming-ZZ	1:00.00	57.22
*7 Beardsell, Tommy	16	Romford Town Swimming Club	56.30	57.22
9 Burn, Sietse	16	Flanders Iner Regio Swim Team	56.44	57.43
10 Ayling, Jack	16	Romford Town Swimming Club	1:00.56	57.67
11 Sykes, Ryan	18	West Norfolk Swimming Club	56.65	58.33
12 Legg, Elliot	17	West Norfolk Swimming Club	57.71	58.86
13 Crouch, Ryan	20	Team Ipswich Swimming-ZZ	1:00.01	59.40
14 Coles, Oliver	16	Romford Town Swimming Club	1:01.19	59.63
15 Buckingham, James	16	Colchester Swimming Club	1:00.97	1:00.46
16 Slipaitis, Deividas	16	Romford Town Swimming Club	59.42	1:00.52
17 Manning, William	16	Romford Town Swimming Club	59.80	1:01.77
18 Chadwick, Jonathan	17	Rtw Monson	1:01.92	1:05.80
19 Chadwick, Matthew	20	Rtw Monson	1:01.03	1:07.07

Event 302 Girls 10 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Brealey, Carys	10	Harlow Penguins SC	1:10.59	1:09.26
2 Brown, Annika	10	Team Ipswich Swimming-ZZ	1:16.61	1:14.39
3 Freeman, Sophie	10	Colchester Swimming Club	1:15.45	1:14.48
4 Whyte, Emily	10	Team Ipswich Swimming-ZZ	1:18.61	1:15.43
5 Wookey, Ciara	10	Colchester Swimming Club	1:26.06	1:17.46
6 Tree, Charlotte	10	Colchester Swimming Club	1:29.98	1:19.38
7 Magrath, Anneliese	10	Chelmsford Swimming Club	1:28.83	1:20.46
8 Tolliday, Afton	10	St Felix School	1:22.06	1:23.97
9 Hagan, Holly	10	Romford Town Swimming Club	1:30.40	1:25.77

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(Event 302 Girls 10 Year Olds 100 SC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
10 Ruyskensveld, Lonneke	10	Flanders Iner Regio Swim Team	1:33.10	1:28.89
11 Holder, Freya	10	St Felix School	1:22.40	1:29.11
12 Horn, Olivia	10	Colchester Swimming Club	1:35.52	1:29.55
13 Kirby, Isabelle	10	Team Ipswich Swimming-ZZ	1:37.00	1:33.19
14 Diack, Rachel	10	West Norfolk Swimming Club	1:25.20	1:36.59
15 English, Megan	10	Colchester Swimming Club	1:33.27	1:36.84
16 Lamb, Rebekah	10	Team Ipswich Swimming-ZZ	1:37.00	1:37.29

Event 302 Girls 11 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Burgess, Annabelle	11	Team Ipswich Swimming-ZZ	1:10.25	1:08.64
2 Moule, Amelia	11	Romford Town Swimming Club	1:12.62	1:10.21
3 Sneddon, Eloise	11	Colchester Swimming Club	1:11.82	1:10.29
4 Collins, Francesca	11	Chelmsford Swimming Club	1:13.81	1:10.91
5 Chambers, Katy	11	St Felix School	1:10.84	1:11.09
6 Cruickshanks, Emma	11	Team Ipswich Swimming-ZZ	1:14.97	1:13.19
7 Smith, Madison	11	First Strokes	1:16.29	1:13.44
8 Pleasants, Georgia	11	St Felix School	1:12.57	1:13.73
9 Fisher, Holly	11	Team Ipswich Swimming-ZZ	1:15.02	1:15.67
10 Gimbird, Jayne	11	Romford Town Swimming Club	1:17.78	1:15.88
11 Odell, Catherine	11	St Felix School	1:17.91	1:16.19
12 Jarvis, Kitty	11	Harlow Penguins SC	1:19.90	1:16.74
13 Teirlinck, Emelie	11	Flanders Iner Regio Swim Team	1:14.09	1:17.95
14 Taylor, Katelin	11	West Norfolk Swimming Club	1:20.68	1:18.54
15 Armstrong, Maisy	11	Team Ipswich Swimming-ZZ	1:22.26	1:20.37
16 Withey, Georgia	11	Team Ipswich Swimming-ZZ	1:26.33	1:22.68
17 Roberts, Lauren	11	Team Ipswich Swimming-ZZ	1:18.58	1:22.82
18 Thornton, Ellie	11	Team Ipswich Swimming-ZZ	1:22.02	1:23.33
19 Cherry, Bethan	11	Team Ipswich Swimming-ZZ	1:27.00	1:23.84
20 Spillebeen, Tine	11	Flanders Iner Regio Swim Team	1:25.53	1:23.87
21 White, Lucy	11	West Norfolk Swimming Club	1:26.40	1:33.65
22 Hinds-Dutton, Georgie	11	Colchester Swimming Club	1:26.00	1:35.86
23 Bates, Katy	11	Colchester Swimming Club	1:26.00	1:37.32

Event 302 Girls 12-13 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Maspers, Mia	12	Team Ipswich Swimming-ZZ	1:03.61	1:01.50
2 Samuels, Megan	12	Chelmsford Swimming Club	1:06.18	1:04.70
3 Ayling, Jessica	13	Romford Town Swimming Club	1:02.60	1:04.85
4 Milton, Emily	12	Romford Town Swimming Club	1:05.31	1:05.35
5 Kitching, Rebecca	13	Chelmsford Swimming Club	1:03.72	1:06.17
6 Vyncke, Laura	13	Flanders Iner Regio Swim Team	1:07.84	1:06.64
7 Sorrell, Chloe	13	West Norfolk Swimming Club	1:07.56	1:06.96
8 Kitching, Annabelle	12	Chelmsford Swimming Club	1:05.77	1:07.04
9 De Noble, Chloe	13	Flanders Iner Regio Swim Team	1:09.88	1:08.63
10 Pourbaix, Kitana	13	Flanders Iner Regio Swim Team	1:09.91	1:08.68
11 Harrod, Morgan	12	Chelmsford Swimming Club	1:08.50	1:09.25
12 Morine, Scarlett	12	Chelmsford Swimming Club	1:10.59	1:09.43
13 Kerr, Toni	12	Team Ipswich Swimming-ZZ	1:10.67	1:09.91
14 Smith, Ellie-Mae	13	Team Ipswich Swimming-ZZ	1:11.81	1:10.09
15 Nelson, Lauren	13	Harlow Penguins SC	1:14.94	1:10.34
*16 Tolliday, Ella	12	St Felix School	1:09.77	1:10.74
*16 Spriggs, Charlie	13	Chelmsford Swimming Club	1:09.72	1:10.74
18 Slipaityte, Agne	12	Romford Town Swimming Club	1:10.44	1:11.08
19 Scott, Lauren	12	Chelmsford Swimming Club	1:11.05	1:11.11
20 Shouksmith, Maia	13	Team Ipswich Swimming-ZZ	1:10.99	1:11.51

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(Event 302 Girls 12-13 100 SC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
21 Maybury, Mia	13	Chelmsford Swimming Club	1:11.09	1:11.73
22 Sharp, Emily	13	First Strokes	1:09.84	1:12.09
23 Ireland, Alice	13	West Norfolk Swimming Club	1:13.78	1:12.71
24 Read, Jenny	12	West Norfolk Swimming Club	1:12.03	1:12.74
25 Hristova, Kristiyana	12	Team Ipswich Swimming-ZZ	1:12.05	1:12.81
26 White, Katie	12	Colchester Swimming Club	1:13.79	1:12.84
27 Marren, Georgia	12	Romford Town Swimming Club	1:10.50	1:12.88
28 Beardsell, Jessica	13	Romford Town Swimming Club	1:11.06	1:13.17
29 Mathys, Jana	12	Flanders Iner Regio Swim Team	1:13.87	1:13.25
30 Bulleid, Katie	13	Chelmsford Swimming Club	1:14.59	1:13.77
31 Cribb, Natalie	12	Romford Town Swimming Club	1:15.52	1:14.21
32 Donovan, Maria	12	St Felix School	1:15.01	1:14.30
33 White, Morgan	13	Chelmsford Swimming Club	1:16.13	1:14.71
34 Ford, Lucy	12	Team Ipswich Swimming-ZZ	1:15.42	1:16.78
35 Rai, Anshma	12	Colchester Swimming Club	1:23.45	1:18.68
36 Bond, Flora	13	Team Ipswich Swimming-ZZ	1:17.97	1:19.04
37 Bowyer, Imogen	12	Team Ipswich Swimming-ZZ	1:18.44	1:19.13
--- Philpot, Amie	12	Team Ipswich Swimming-ZZ	1:00.96	X1:00.53

Event 302 Girls 14-15 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Hetherington, Cara	15	Team Ipswich Swimming-ZZ	1:00.55	1:00.05
2 Whiting, Abigail	15	West Norfolk Swimming Club	59.26	1:01.20
3 Milton, Georgia	14	Romford Town Swimming Club	1:00.41	1:01.21
4 Westlake, Jessica	15	St Felix School	1:01.03	1:02.04
5 Binning, Hannah	15	Romford Town Swimming Club	1:00.03	1:02.22
6 Buisse, Camille	14	Flanders Iner Regio Swim Team	1:05.73	1:02.85
7 Miller, Rebecca	15	Team Ipswich Swimming-ZZ	1:03.47	1:03.37
8 Harrod, Georgia	14	Chelmsford Swimming Club	1:02.80	1:04.01
9 De Velder, Margo	15	Flanders Iner Regio Swim Team	1:03.16	1:05.11
10 Cribb, Rebecca	14	Romford Town Swimming Club	1:04.57	1:05.15
11 Fulcher, Georgina	14	Team Ipswich Swimming-ZZ	1:05.96	1:05.30
12 De Pue, Ine	15	Flanders Iner Regio Swim Team	1:04.92	1:05.75
13 Heard, Amelia	15	St Felix School	1:05.33	1:06.06
14 Chambers, Maddie	14	St Felix School	1:06.19	1:07.25
15 Ochwat, Megan	15	Team Ipswich Swimming-ZZ	1:06.45	1:07.27
16 Lievens, Kiara	14	Flanders Iner Regio Swim Team	1:08.06	1:07.55
17 Steenackers, Sarah	15	Flanders Iner Regio Swim Team	1:05.10	1:07.60
18 De Noble, Naomi	15	Flanders Iner Regio Swim Team	1:07.46	1:07.66
19 Lodge, Brittany	14	Colchester Swimming Club	1:09.19	1:07.91
20 Bulleid, Jessica	15	Chelmsford Swimming Club	1:06.53	1:07.97
21 Vears, Kirsty	15	Harlow Penguins SC	1:04.48	1:08.71
22 Holleyman, Olivya	14	Harlow Penguins SC	1:10.00	1:09.16
23 King, Courtney	14	Team Ipswich Swimming-ZZ	1:05.45	1:10.65
24 Gimbird, Charlotte	14	Romford Town Swimming Club	1:12.36	1:12.26
25 Bywater Haylett, Cassie	14	West Norfolk Swimming Club	1:09.50	1:12.30
26 Jarvis, Jemma	15	West Norfolk Swimming Club	1:10.75	1:13.20
27 Eeckhout, Camille	15	Flanders Iner Regio Swim Team	1:12.19	1:15.09
28 Venables, Kayleigh	15	West Norfolk Swimming Club	1:10.35	1:15.56
--- Oxbrow, Lucy	14	Team Ipswich Swimming-ZZ	57.63	X59.45

Event 302 Girls 16 & Over 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Sorrell, Elise	16	West Norfolk Swimming Club	1:02.69	1:03.64
2 Sherwin, Alice	17	Team Ipswich Swimming-ZZ	1:01.55	1:05.19
3 Warnes, Natalie	16	West Norfolk Swimming Club	1:05.75	1:05.89

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(Event 302 Girls 16 & Over 100 SC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
4 Coogans, Natalie	17	West Norfolk Swimming Club	1:04.85	1:06.19
5 Dreesbeke, Lindsay	16	Flanders Iner Regio Swim Team	1:05.71	1:06.29
6 Van Renterghem, Marilyn	16	Flanders Iner Regio Swim Team	1:07.93	1:07.62
--- Blades, Josephine	17	St Felix School	58.11	X59.45
--- Calver, Chloe	16	Team Ipswich Swimming-ZZ	59.50	X1:00.74
--- Scifo, Alaina	17	Team Ipswich Swimming-ZZ	59.35	X1:01.28
--- Dowding, Emily	16	Team Ipswich Swimming-ZZ	59.62	X1:01.43

Event 303 Boys 11 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	5:32.30	5:24.20

Event 303 Boys 12-13 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Clare, Thomas	13	Team Ipswich Swimming-ZZ	5:39.18	5:10.11
2 Herman, Cian	13	Flanders Iner Regio Swim Team	5:14.61	5:16.83
3 Brennan, Liam	12	Romford Town Swimming Club	5:29.20	5:23.51
4 Vekemans, Aaron	13	Flanders Iner Regio Swim Team	5:55.15	5:32.52
5 Lammas, Jake	12	West Norfolk Swimming Club	5:58.00	6:02.94

Event 303 Boys 14-15 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Kelly, Ryan	15	Chelmsford Swimming Club	4:52.71	4:56.73
2 Heuninck, Stijn	14	Flanders Iner Regio Swim Team	5:35.50	5:10.40
3 Wells, Joseph	14	West Norfolk Swimming Club	5:23.70	5:22.42
4 Weston, Daniel	14	Romford Town Swimming Club	5:39.27	5:31.09
--- Cottee, Sam	14	Team Ipswich Swimming-ZZ	5:07.62	DQ

Event 303 Boys 16 & Over 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Davis, James	21	Romford Town Swimming Club	4:59.50	4:49.07
2 Beardsell, Tommy	16	Romford Town Swimming Club	4:54.29	4:51.73
3 Pickering, Jack	16	Team Ipswich Swimming-ZZ	4:58.48	4:52.15

Event 304 Girls 12-13 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Milton, Emily	12	Romford Town Swimming Club	5:39.15	5:30.88
2 Kitching, Annabelle	12	Chelmsford Swimming Club	5:28.52	5:31.03
3 De Velder, Jollen	13	Flanders Iner Regio Swim Team	5:50.00	5:40.22
4 Taylor, Sophie	13	St Felix School	5:43.33	5:46.81
5 Smith, Charlotte	12	Team Ipswich Swimming-ZZ	6:10.81	5:53.68
6 Read, Jenny	12	West Norfolk Swimming Club	6:06.94	5:59.34

Event 304 Girls 14-15 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Pickering, Sophie	14	Team Ipswich Swimming-ZZ	5:31.72	5:23.92

Event 304 Girls 16 & Over 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Beavor, Jennifer	17	St Felix School	5:11.45	5:15.69

Event 305 Boys 9 & Under 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Lane, Louis	9	Romford Town Swimming Club	41.90	40.05
2 Morine, Denis	9	Chelmsford Swimming Club	48.42	43.30
3 Stringer, Ben	9	Harlow Penguins SC	49.95	45.30
4 Crabb, Noah	9	Team Ipswich Swimming-ZZ	48.70	46.76
5 Corani, Kalaum	9	Colchester Swimming Club	51.18	49.99

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(Event 305 Boys 9 & Under 50 SC Meter Backstroke)

Name	Age	Team	Seed Time	Finals Time
6 Sharpe, Harry	9	West Norfolk Swimming Club	51.76	50.84
7 Herman, Aidan	9	Flanders Iner Regio Swim Team	1:01.76	50.87
8 Jackaman, Samuel	9	Colchester Swimming Club	53.05	51.10
9 Overton, Henry	9	West Norfolk Swimming Club	58.25	53.44
--- Rosher, Dominic	9	Team Ipswich Swimming-ZZ	58.80	DQ
--- McCarthy, Connor	9	Romford Town Swimming Club	54.26	DQ

Event 305 Boys 10 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Carr, Joab	10	St Felix School	41.91	41.92
2 Juggins, Luke	10	Romford Town Swimming Club	43.47	42.24
3 Cooper, Joe	10	Team Ipswich Swimming-ZZ	45.49	43.26
4 Leeming, Chester	10	St Felix School	43.56	43.70
5 Giles, George	10	Romford Town Swimming Club	48.00	45.01
6 Cheng, Kai	10	Colchester Swimming Club	45.77	45.70
7 Courtney, Felix	10	Team Ipswich Swimming-ZZ	46.10	46.23
8 Lundy-Munoz, Xabier	10	Team Ipswich Swimming-ZZ	50.67	49.95
9 Bryan, Alexander	10	West Norfolk Swimming Club	53.63	50.82
--- Baker-Woods, Xavier	10	Team Ipswich Swimming-ZZ	47.77	DQ

Event 305 Boys 11 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	38.47	37.90
2 Hardy, Ben	11	Colchester Swimming Club	42.39	39.35
3 Wopling, Thomas	11	First Strokes	40.60	40.68
4 Stephens, Samuel	11	St Felix School	44.96	41.92
5 Price, Ben	11	Chelmsford Swimming Club	44.11	42.29
6 Fernandes, Aiden	11	Romford Town Swimming Club	47.70	45.17
7 Eguakhide, Joshua	11	Romford Town Swimming Club	46.08	45.90
8 Shaw, Oliver	11	West Norfolk Swimming Club	43.81	46.26

Event 305 Boys 12-13 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Volckaert, Mirec	13	Flanders Iner Regio Swim Team	35.13	33.75
2 Tinnion, Alexander	13	Colchester Swimming Club	34.82	33.96
3 Coles, Jamie	13	Colchester Swimming Club	34.70	34.47
*4 Perkins, Sam	12	Team Ipswich Swimming-ZZ	35.51	35.16
*4 Day, Elliott	12	Team Ipswich Swimming-ZZ	35.40	35.16
6 Yeung, Kirin	13	Colchester Swimming Club	38.83	35.90
*7 Hardy, Adam	12	Team Ipswich Swimming-ZZ	35.54	36.39
*7 Williamson, Alexander	12	Colchester Swimming Club	38.08	36.39
9 Kitson, Joseph	13	Team Ipswich Swimming-ZZ	36.07	36.87
10 Lammas, Jake	12	West Norfolk Swimming Club	37.53	37.28
11 Isle, Jacob	13	West Norfolk Swimming Club	38.73	38.44
12 Evans, George	13	Team Ipswich Swimming-ZZ	38.05	38.94
13 Buckingham, Adam	13	Colchester Swimming Club	38.14	39.29
14 Sturgeon, Ewan	12	Chelmsford Swimming Club	40.15	39.33
15 Bridgeland, Zachariah	12	Chelmsford Swimming Club	39.89	40.00
16 Cardozo, Matthew	12	Chelmsford Swimming Club	40.77	40.35
17 Courtney, Jude	12	Team Ipswich Swimming-ZZ	40.04	40.63
18 English, Myles	12	Colchester Swimming Club	41.41	40.69
19 Horn, Samuel	12	Colchester Swimming Club	41.44	40.92

Event 305 Boys 14-15 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
*1 Eade, Harry	14	Team Ipswich Swimming-ZZ	30.26	30.31
*1 Coleman, Zachary	15	Romford Town Swimming Club	30.68	30.31

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(Event 305 Boys 14-15 50 SC Meter Backstroke)

Name	Age	Team	Seed Time	Finals Time
3 Walmsley, Alex	14	Team Ipswich Swimming-ZZ	31.47	31.21
4 Chalk, Laurence	15	Colchester Swimming Club	31.50	31.63
5 Apers, Jorik	15	Flanders Iner Regio Swim Team	32.03	31.65
6 Wells, Joseph	14	West Norfolk Swimming Club	32.53	32.50
7 Finbow, Bayley	14	Team Ipswich Swimming-ZZ	33.30	32.58
8 Syssauw, Michiel	14	Flanders Iner Regio Swim Team	33.53	32.65
9 Thompson, Harry	14	West Norfolk Swimming Club	33.46	33.28
10 Nicholson, Liam	14	Chelmsford Swimming Club	33.47	34.03
11 Thompson, Alex	15	Chelmsford Swimming Club	32.85	34.17
12 Ford, Daniel	14	Team Ipswich Swimming-ZZ	33.56	34.80
13 Mitchell, Nicholas	14	Colchester Swimming Club	35.66	35.39
14 O'Gorman, Jack	15	First Strokes	36.94	36.39
15 Juggins, Matt	14	Romford Town Swimming Club	36.36	36.41

Event 305 Boys 16 & Over 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Cook, Elliot	20	Team Ipswich Swimming-ZZ	27.03	28.13
2 Wells, Nathan	16	West Norfolk Swimming Club	28.24	28.41
3 Baker, Lee	19	Harlow Penguins SC	28.78	28.66
4 Seller, Charlie	16	Team Ipswich Swimming-ZZ	28.46	29.01
5 Legg, Elliot	17	West Norfolk Swimming Club	29.02	29.91
6 Burm, Sietse	16	Flanders Iner Regio Swim Team	30.90	30.28
7 Ward, Oliver	17	Team Ipswich Swimming-ZZ	34.00	30.58
8 Sykes, Ryan	18	West Norfolk Swimming Club	30.86	31.89
9 Slipaitis, Deividas	16	Romford Town Swimming Club	31.74	32.11
10 Buckingham, James	16	Colchester Swimming Club	33.17	32.53
11 Crouch, Ryan	20	Team Ipswich Swimming-ZZ	33.49	33.08
12 Coles, Oliver	16	Romford Town Swimming Club	33.88	33.56
13 Hall, Jake	16	West Norfolk Swimming Club	33.01	33.65

Event 306 Girls 9 & Under 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Chandler, Mia	9	Team Ipswich Swimming-ZZ	42.63	41.81
2 De Velder, Maya	9	Flanders Iner Regio Swim Team	49.11	44.57
3 Wopling, Lauren	9	First Strokes	46.73	47.97
4 White, Gemma	9	West Norfolk Swimming Club	54.06	48.88
5 Whyte, Imogen	9	St Felix School	57.27	49.03
6 Dixon-Minter, Evelyn	9	Team Ipswich Swimming-ZZ	53.27	50.33
7 Swyngedouw, Emma	9	Flanders Iner Regio Swim Team	50.50	51.39
8 Harvey, Kayleigh	9	Team Ipswich Swimming-ZZ	51.47	52.98
9 Armstrong, Hollie	9	Team Ipswich Swimming-ZZ	59.84	53.83
10 Grieve, Molly	9	Colchester Swimming Club	56.00	56.00
11 Robinson, Eliza	8	Colchester Swimming Club	1:01.00	1:04.45
--- Chalmers, Ruby	9	Colchester Swimming Club	56.90	DQ

Event 306 Girls 10 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Brown, Annika	10	Team Ipswich Swimming-ZZ	40.75	39.23
2 Magrath, Anneliese	10	Chelmsford Swimming Club	41.91	42.57
3 Holder, Freya	10	St Felix School	43.34	44.05
4 Hagan, Holly	10	Romford Town Swimming Club	48.56	45.58
5 Cracknell, Summer	10	Harlow Penguins SC	44.76	45.80
6 Robinson, Mary	10	Colchester Swimming Club	48.14	46.69
7 Kirby, Isabelle	10	Team Ipswich Swimming-ZZ	47.38	47.31
8 Murphy, Claudia	10	Chelmsford Swimming Club	49.35	47.64
9 Horn, Olivia	10	Colchester Swimming Club	47.43	47.98

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	Name	Age	Team	Seed Time	Finals Time
10	English, Megan	10	Colchester Swimming Club	47.15	49.08
11	Lamb, Rebekah	10	Team Ipswich Swimming-ZZ	50.53	49.13
12	Duffield, Abbie	10	Team Ipswich Swimming-ZZ	53.01	49.96
13	Sturgeon, Jessie	10	Chelmsford Swimming Club	51.00	50.87

Event 306 Girls 11 Year Olds 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Collins, Francesca	11	Chelmsford Swimming Club	35.40	35.58
2	Rosher, Isabelle	11	Team Ipswich Swimming-ZZ	38.54	36.63
3	Cruickshanks, Emma	11	Team Ipswich Swimming-ZZ	37.23	37.05
4	Sneddon, Eloise	11	Colchester Swimming Club	37.62	37.32
5	Pleasants, Georgia	11	St Felix School	37.40	37.84
6	Burgess, Annabelle	11	Team Ipswich Swimming-ZZ	38.50	37.93
7	Porter, Morgan	11	Team Ipswich Swimming-ZZ	38.34	39.99
8	Roberts, Lauren	11	Team Ipswich Swimming-ZZ	40.01	40.30
9	Fisher, Holly	11	Team Ipswich Swimming-ZZ	41.48	41.21
10	Durban, Eleanor	11	First Strokes	41.31	41.40
11	Brewer, Martha	11	Team Ipswich Swimming-ZZ	43.76	41.49
12	White, Molly	11	Colchester Swimming Club	43.30	42.23
13	Odell, Catherine	11	St Felix School	43.74	43.23
14	Taylor, Katelin	11	West Norfolk Swimming Club	44.83	43.62
15	Thornton, Ellie	11	Team Ipswich Swimming-ZZ	44.45	43.73
16	Brooke, Daisy	11	Team Ipswich Swimming-ZZ	46.23	43.83
17	Cherry, Bethan	11	Team Ipswich Swimming-ZZ	44.98	44.53
18	Hinds-Dutton, Georgie	11	Colchester Swimming Club	45.80	47.59
19	White, Lucy	11	West Norfolk Swimming Club	46.59	50.08
20	Bates, Katy	11	Colchester Swimming Club	47.32	50.99

Event 306 Girls 12-13 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Sorrell, Chloe	13	West Norfolk Swimming Club	34.39	34.27
2	Chandler, Nicole	12	Team Ipswich Swimming-ZZ	35.74	34.83
3	Smith, Ellie-Mae	13	Team Ipswich Swimming-ZZ	35.77	35.38
4	Maspers, Mia	12	Team Ipswich Swimming-ZZ	36.86	35.81
5	Ayling, Jessica	13	Romford Town Swimming Club	37.90	36.34
6	Lines, Freya	12	St Felix School	36.85	36.56
7	Sharp, Emily	13	First Strokes	37.28	36.87
8	Harrod, Morgan	12	Chelmsford Swimming Club	36.10	37.00
9	Kerr, Toni	12	Team Ipswich Swimming-ZZ	38.10	37.35
10	White, Katie	12	Colchester Swimming Club	37.24	37.65
11	Smith, Charlotte	12	Team Ipswich Swimming-ZZ	38.74	37.70
12	Beardsell, Jessica	13	Romford Town Swimming Club	36.57	37.81
13	Read, Jenny	12	West Norfolk Swimming Club	37.37	38.30
14	Marren, Georgia	12	Romford Town Swimming Club	37.58	38.43
15	Bulleid, Katie	13	Chelmsford Swimming Club	40.67	38.72
16	Overton, Isabel	12	West Norfolk Swimming Club	38.47	38.73
17	Slipaityte, Agne	12	Romford Town Swimming Club	39.17	39.44
18	Donovan, Maria	12	St Felix School	40.29	40.37
19	Bunn, Ella-Louise	12	Team Ipswich Swimming-ZZ	42.41	40.43
20	Ford, Lucy	12	Team Ipswich Swimming-ZZ	40.06	40.85
21	Cribb, Natalie	12	Romford Town Swimming Club	40.69	40.86
22	White, Morgan	13	Chelmsford Swimming Club	40.86	41.39
23	Rai, Anshma	12	Colchester Swimming Club	43.04	41.97
24	Bowyer, Imogen	12	Team Ipswich Swimming-ZZ	43.20	42.16
25	Bond, Flora	13	Team Ipswich Swimming-ZZ	40.49	42.47

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Event 306 Girls 14-15 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Binning, Hannah	15	Romford Town Swimming Club	31.86	32.66
2 Whiting, Abigail	15	West Norfolk Swimming Club	31.50	32.67
3 Ochwat, Megan	15	Team Ipswich Swimming-ZZ	33.41	33.36
4 Harrod, Georgia	14	Chelmsford Swimming Club	33.25	34.19
5 Notte, Delphine	14	Flanders Iner Regio Swim Team	34.16	34.23
6 Miller, Rebecca	15	Team Ipswich Swimming-ZZ	34.87	34.44
7 Lievens, Kiara	14	Flanders Iner Regio Swim Team	38.13	34.77
8 Fulcher, Georgina	14	Team Ipswich Swimming-ZZ	34.07	34.81
9 De Noble, Naomi	15	Flanders Iner Regio Swim Team	35.89	36.39
*10 Uys, Roxanne	15	West Norfolk Swimming Club	33.65	36.56
*10 De Pue, Ine	15	Flanders Iner Regio Swim Team	36.28	36.56
12 Jarvis, Jemma	15	West Norfolk Swimming Club	36.65	37.54
13 Eeckhout, Camille	15	Flanders Iner Regio Swim Team	36.89	37.68
14 Bulleid, Jessica	15	Chelmsford Swimming Club	38.89	38.09
15 Gimbird, Charlotte	14	Romford Town Swimming Club	40.03	40.48
--- Sherwin, Rebecca	14	Team Ipswich Swimming-ZZ	29.30	X29.98
--- Hetherington, Cara	15	Team Ipswich Swimming-ZZ	31.16	X31.57

Event 306 Girls 16 & Over 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Droesbeke, Lindsay	16	Flanders Iner Regio Swim Team	33.71	32.87
2 Hybrecht, Silke	16	Flanders Iner Regio Swim Team	34.05	33.34
3 Sorrell, Elise	16	West Norfolk Swimming Club	33.74	33.65
4 Sherwin, Alice	17	Team Ipswich Swimming-ZZ	32.65	33.66
5 Coates, Lucy	16	Colchester Swimming Club	34.63	35.49
6 Coogans, Natalie	17	West Norfolk Swimming Club	34.53	35.56
7 Van Renterghem, Marilyn	16	Flanders Iner Regio Swim Team	36.67	35.99
8 Foley, Sarah	16	Romford Town Swimming Club	36.88	37.20

Event 307 Boys 9 & Under 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Lane, Louis	9	Romford Town Swimming Club	3:17.50	3:31.87
2 Crabb, Noah	9	Team Ipswich Swimming-ZZ	NT	3:51.82
3 Stringer, Ben	9	Harlow Penguins SC	4:12.75	3:54.27
4 Sharpe, Harry	9	West Norfolk Swimming Club	4:26.97	4:17.60
5 Corani, Kalaum	9	Colchester Swimming Club	4:17.00	4:17.68
6 McCarthy, Connor	9	Romford Town Swimming Club	4:45.00	4:21.40
7 Overton, Henry	9	West Norfolk Swimming Club	4:35.67	4:46.98

Event 307 Boys 10 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Pestell, William	10	Colchester Swimming Club	3:32.82	3:16.92
2 Juggins, Luke	10	Romford Town Swimming Club	3:54.63	3:50.63
3 Cooper, Joe	10	Team Ipswich Swimming-ZZ	3:57.77	3:51.30
4 Giles, George	10	Romford Town Swimming Club	5:00.00	3:53.17
5 Courtney, Felix	10	Team Ipswich Swimming-ZZ	NT	4:21.59
--- Hillaert, Tibo	10	Flanders Iner Regio Swim Team	4:30.15	DQ

Event 307 Boys 11 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Binning, Lewis	11	Romford Town Swimming Club	2:56.01	2:58.32
2 De Winne, Emile	11	Flanders Iner Regio Swim Team	3:18.82	3:16.08
3 Webster, Owen	11	St Felix School	3:28.39	3:16.79
4 Stephens, Joshua	11	St Felix School	3:35.07	3:29.74
5 Wopling, Thomas	11	First Strokes	3:55.05	3:37.35
6 Price, Ben	11	Chelmsford Swimming Club	3:48.80	3:41.94

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Name	Age	Team	Seed Time	Finals Time
7 Scarff, Jack	11	Team Ipswich Swimming-ZZ	4:16.28	3:57.22
8 Fernandes, Aiden	11	Romford Town Swimming Club	4:15.00	4:12.25
9 Shaw, Oliver	11	West Norfolk Swimming Club	4:06.72	4:25.84

Event 307 Boys 12-13 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 D'Hollander, Jens	13	Flanders Iner Regio Swim Team	3:27.24	2:50.97
2 Coles, Jamie	13	Colchester Swimming Club	2:58.76	3:01.59
3 Cooper, James	12	Romford Town Swimming Club	3:34.24	3:04.42
4 Perkins, Sam	12	Team Ipswich Swimming-ZZ	3:20.09	3:11.47
5 Ghekiere, Fabrice	13	Flanders Iner Regio Swim Team	3:25.26	3:18.37
6 Teirlinck, Jarne	13	Flanders Iner Regio Swim Team	3:08.14	3:18.73
7 Lammas, Jake	12	West Norfolk Swimming Club	3:22.87	3:23.75
8 English, Myles	12	Colchester Swimming Club	3:27.35	3:26.06
9 Courtney, Jude	12	Team Ipswich Swimming-ZZ	3:35.00	3:37.75
10 Horn, Samuel	12	Colchester Swimming Club	3:50.00	3:40.55

Event 307 Boys 14-15 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Cottee, Sam	14	Team Ipswich Swimming-ZZ	2:40.66	2:44.04
2 Thompson, Alex	15	Chelmsford Swimming Club	2:42.87	2:50.70
3 Nicholson, Liam	14	Chelmsford Swimming Club	2:45.79	2:52.03
4 Juggins, Matt	14	Romford Town Swimming Club	2:59.01	2:52.66
5 Mitchell, Nicholas	14	Colchester Swimming Club	3:00.28	2:58.05
6 Smith, Jacob	14	Romford Town Swimming Club	3:03.65	3:00.75
7 Wells, Joseph	14	West Norfolk Swimming Club	2:57.79	3:02.08
8 Bryan, Luke	14	West Norfolk Swimming Club	3:13.12	3:09.04

Event 307 Boys 16 & Over 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Lancaster, Robert	17	Team Ipswich Swimming-ZZ	2:27.93	2:26.77
2 Pickering, Jack	16	Team Ipswich Swimming-ZZ	2:42.46	2:36.45
3 Sykes, Ryan	18	West Norfolk Swimming Club	2:34.53	2:38.41
4 Wells, Nathan	16	West Norfolk Swimming Club	2:34.61	2:38.67
5 Crouch, Ryan	20	Team Ipswich Swimming-ZZ	2:54.07	2:52.52

Event 308 Girls 9 & Under 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Van Deynse, Tineke	9	Flanders Iner Regio Swim Team	4:10.54	4:03.98
2 Chandler, Mia	9	Team Ipswich Swimming-ZZ	4:09.33	4:13.30
3 Wopling, Lauren	9	First Strokes	4:31.88	4:22.47
4 White, Gemma	9	West Norfolk Swimming Club	4:23.00	4:23.96
5 Replogle, Summer-Rayne	9	West Norfolk Swimming Club	5:02.60	4:36.44

Event 308 Girls 10 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Wookey, Ciara	10	Colchester Swimming Club	3:21.10	3:20.13
2 Brealey, Carys	10	Harlow Penguins SC	3:26.10	3:22.54
3 King, Grace	10	Team Ipswich Swimming-ZZ	3:43.48	3:30.89
4 Brown, Annika	10	Team Ipswich Swimming-ZZ	3:50.47	3:36.33
5 Whyte, Emily	10	Team Ipswich Swimming-ZZ	3:47.21	3:38.23
6 Whyte, Elodie	10	St Felix School	3:53.49	3:46.16
7 Tolliday, Afton	10	St Felix School	3:52.38	3:53.54
8 Witton, Olivia	10	Romford Town Swimming Club	4:00.00	3:53.89
9 Horn, Olivia	10	Colchester Swimming Club	3:50.21	3:54.63
10 Richards, Charley	10	Chelmsford Swimming Club	3:58.37	3:56.31
11 Murphy, Claudia	10	Chelmsford Swimming Club	3:48.67	3:56.95

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Name	Age	Team	Seed Time	Finals Time
12 Moore, Antonia	10	Chelmsford Swimming Club	4:07.21	4:01.62
13 Robinson, Mary	10	Colchester Swimming Club	4:32.35	4:15.15
14 Duffield, Abbie	10	Team Ipswich Swimming-ZZ	5:05.00	4:40.03

Event 308 Girls 11 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Moule, Amelia	11	Romford Town Swimming Club	3:10.83	3:11.30
2 Rosher, Isabelle	11	Team Ipswich Swimming-ZZ	3:20.22	3:13.91
3 Burgess, Annabelle	11	Team Ipswich Swimming-ZZ	3:29.08	3:19.76
4 Teirlinck, Emelie	11	Flanders Iner Regio Swim Team	3:13.97	3:24.61
5 Collins, Francesca	11	Chelmsford Swimming Club	3:22.94	3:28.02
6 Taylor, Katelin	11	West Norfolk Swimming Club	3:46.12	3:30.76
7 Armstrong, Maisy	11	Team Ipswich Swimming-ZZ	3:44.31	3:31.29
8 Van Den Noortgaete, Iona	11	Flanders Iner Regio Swim Team	3:49.10	3:36.15
9 Spriggs, Harriette	11	Chelmsford Swimming Club	3:58.47	3:36.48
10 Jarvis, Kitty	11	Harlow Penguins SC	3:42.25	3:37.16
11 Withey, Georgia	11	Team Ipswich Swimming-ZZ	3:50.00	3:38.80
12 Brooke, Daisy	11	Team Ipswich Swimming-ZZ	3:59.99	3:40.43
13 White, Molly	11	Colchester Swimming Club	3:49.40	3:46.68
14 Roberts, Lauren	11	Team Ipswich Swimming-ZZ	3:46.56	3:50.94
15 Thornton, Ellie	11	Team Ipswich Swimming-ZZ	3:50.00	3:58.25
16 Spillebeen, Tine	11	Flanders Iner Regio Swim Team	3:59.45	4:01.23
17 Hinds-Dutton, Georgie	11	Colchester Swimming Club	3:59.03	4:12.99
18 White, Lucy	11	West Norfolk Swimming Club	4:01.30	4:22.26

Event 308 Girls 12-13 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 De Noble, Chloe	13	Flanders Iner Regio Swim Team	3:00.06	3:00.17
2 Pannecoucke, Caily	13	Flanders Iner Regio Swim Team	2:57.67	3:00.68
3 Shouksmith, Maia	13	Team Ipswich Swimming-ZZ	3:04.93	3:01.40
4 Lines, Freya	12	St Felix School	3:08.34	3:02.13
5 Scott, Lauren	12	Chelmsford Swimming Club	2:59.57	3:03.96
6 Chandler, Nicole	12	Team Ipswich Swimming-ZZ	3:15.19	3:09.74
7 Hristova, Kristiyana	12	Team Ipswich Swimming-ZZ	3:15.06	3:10.28
8 Pourbaix, Kitana	13	Flanders Iner Regio Swim Team	3:09.42	3:10.35
9 Milton, Emily	12	Romford Town Swimming Club	3:01.24	3:12.08
10 Nelson, Lauren	13	Harlow Penguins SC	3:21.11	3:13.56
11 Buckingham, Holly	12	Chelmsford Swimming Club	3:25.65	3:14.09
12 Smith, Ellie-Mae	13	Team Ipswich Swimming-ZZ	3:20.98	3:15.52
13 Overton, Isabel	12	West Norfolk Swimming Club	3:18.49	3:20.38
14 Beardsell, Jessica	13	Romford Town Swimming Club	3:18.54	3:21.98
15 Harrod, Morgan	12	Chelmsford Swimming Club	3:25.73	3:27.84
16 Bond, Flora	13	Team Ipswich Swimming-ZZ	3:26.15	3:28.90
17 Read, Jenny	12	West Norfolk Swimming Club	3:27.00	3:28.92
18 Sharpe, Molly	12	West Norfolk Swimming Club	3:42.29	3:34.06
19 Bunn, Ella-Louise	12	Team Ipswich Swimming-ZZ	3:42.50	3:38.56
20 Bowyer, Imogen	12	Team Ipswich Swimming-ZZ	3:50.00	3:39.19

Event 308 Girls 14-15 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Uys, Roxanne	15	West Norfolk Swimming Club	3:00.35	2:54.26
2 Oxbrow, Lucy	14	Team Ipswich Swimming-ZZ	2:46.56	2:54.45
3 Witton, Megan	15	Romford Town Swimming Club	2:52.22	2:54.52
4 Milton, Georgia	14	Romford Town Swimming Club	2:53.37	2:55.31
5 Vears, Kirsty	15	Harlow Penguins SC	2:57.21	2:56.34
6 Steenackers, Sarah	15	Flanders Iner Regio Swim Team	2:55.45	2:59.60

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Results - Session 3

(Event 308 Girls 14-15 200 SC Meter Breaststroke)

Name	Age	Team	Seed Time	Finals Time
7 Pickering, Sophie	14	Team Ipswich Swimming-ZZ	2:59.91	3:01.83
8 Holleyman, Olivya	14	Harlow Penguins SC	3:01.60	3:06.81
9 Lodge, Brittany	14	Colchester Swimming Club	3:08.28	3:08.28
10 Cribb, Rebecca	14	Romford Town Swimming Club	3:12.12	3:10.96
11 King, Courtney	14	Team Ipswich Swimming-ZZ	3:09.14	3:16.57

Event 308 Girls 16 & Over 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Trigg, Dolly	16	Team Ipswich Swimming-ZZ	2:49.54	2:46.73
2 Hybrecht, Silke	16	Flanders Iner Regio Swim Team	2:45.26	2:49.78
3 Vonck, Jolien	16	Flanders Iner Regio Swim Team	3:00.54	3:01.07

Event 309 Boys 10 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Fletton, Owen	10	Team Ipswich Swimming-ZZ	1:22.41	1:19.86
2 Pestell, William	10	Colchester Swimming Club	1:35.00	1:30.02

Event 309 Boys 11 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Jeffery, Finn	11	St Felix School	1:15.71	1:21.38
2 Eguakhide, Joshua	11	Romford Town Swimming Club	1:39.46	1:49.27

Event 309 Boys 12-13 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Bowyer, Jack	12	Colchester Swimming Club	1:08.10	1:09.30
2 Herman, Cian	13	Flanders Iner Regio Swim Team	1:12.91	1:11.03
3 Volckaert, Mirec	13	Flanders Iner Regio Swim Team	1:20.43	1:14.41
4 Brennan, Liam	12	Romford Town Swimming Club	1:13.60	1:15.78
5 Bosman, Robbe	13	Flanders Iner Regio Swim Team	1:12.79	1:16.24
6 Day, Elliott	12	Team Ipswich Swimming-ZZ	1:19.49	1:16.69
7 Saliboko, Collins	12	St Felix School	1:14.98	1:17.29
8 Yeung, Kirin	13	Colchester Swimming Club	1:18.36	1:17.75
9 Isle, Jacob	13	West Norfolk Swimming Club	1:22.76	1:23.13
10 Hardy, Adam	12	Team Ipswich Swimming-ZZ	1:23.78	1:23.60
11 Lammas, Jake	12	West Norfolk Swimming Club	1:30.75	1:31.27
--- Clare, Thomas	13	Team Ipswich Swimming-ZZ	1:03.50	X1:07.19

Event 309 Boys 14-15 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Veitch, Bradley H	15	Harlow Penguins SC	1:04.00	1:03.61
2 Eade, Harry	14	Team Ipswich Swimming-ZZ	1:05.31	1:05.04
3 Heuinck, Stijn	14	Flanders Iner Regio Swim Team	1:09.05	1:07.97
4 Moore, Logan	15	St Felix School	1:08.98	1:08.71
5 Weston, Daniel	14	Romford Town Swimming Club	1:12.15	1:11.08
6 Walmsley, Alex	14	Team Ipswich Swimming-ZZ	1:14.67	1:12.31
7 Thompson, Harry	14	West Norfolk Swimming Club	1:13.71	1:12.34
8 Tondat, Kevin	14	Flanders Iner Regio Swim Team	1:11.16	1:12.42
9 Wells, Joseph	14	West Norfolk Swimming Club	1:14.58	1:14.77
10 O'Gorman, Jack	15	First Strokes	1:17.93	1:16.74
11 Bryan, Luke	14	West Norfolk Swimming Club	1:18.17	1:17.07
--- Chalk, Laurence	15	Colchester Swimming Club	1:03.14	DQ

Event 309 Boys 16 & Over 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Cook, Elliot	20	Team Ipswich Swimming-ZZ	59.38	1:00.11
2 Arnold, Mason	16	Harlow Penguins SC	1:00.54	1:00.48
3 Seller, Charlie	16	Team Ipswich Swimming-ZZ	1:00.12	1:01.45

November Open 2014 - 01/11/2014 to 02/11/2014**Results - Session 3****(Event 309 Boys 16 & Over 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
4 Beardsell, Tommy	16	Romford Town Swimming Club	1:02.94	1:03.33
5 Wells, Nathan	16	West Norfolk Swimming Club	1:01.60	1:03.62
6 Lancaster, Robert	17	Team Ipswich Swimming-ZZ	1:01.40	1:03.91
7 Burm, Sietse	16	Flanders Iner Regio Swim Team	1:07.31	1:08.07
8 Coles, Oliver	16	Romford Town Swimming Club	1:07.28	1:08.64
9 Hall, Jake	16	West Norfolk Swimming Club	1:12.01	1:12.49

Event 310 Girls 10 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Freeman, Sophie	10	Colchester Swimming Club	1:26.34	1:28.36
2 Wookey, Ciara	10	Colchester Swimming Club	1:28.00	1:28.46
3 King, Grace	10	Team Ipswich Swimming-ZZ	1:35.28	1:35.01
4 Sturgeon, Jessie	10	Chelmsford Swimming Club	1:46.00	1:57.22

Event 310 Girls 11 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Chambers, Katy	11	St Felix School	1:20.17	1:19.81
2 Sneddon, Eloise	11	Colchester Swimming Club	1:32.03	1:19.97
3 Porter, Morgan	11	Team Ipswich Swimming-ZZ	1:27.58	1:29.92
4 Bates, Katy	11	Colchester Swimming Club	1:37.90	2:06.23

Event 310 Girls 12-13 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 De Velder, Jollen	13	Flanders Iner Regio Swim Team	1:14.80	1:12.99
2 Vyncke, Laura	13	Flanders Iner Regio Swim Team	1:19.16	1:18.50
3 Morine, Scarlett	12	Chelmsford Swimming Club	1:18.45	1:19.15
4 Tolliday, Ella	12	St Felix School	1:21.82	1:20.72
5 Smith, Charlotte	12	Team Ipswich Swimming-ZZ	1:22.34	1:21.42
6 Milton, Emily	12	Romford Town Swimming Club	1:17.14	1:21.61
7 Maspers, Mia	12	Team Ipswich Swimming-ZZ	1:19.27	1:22.46
8 Marren, Georgia	12	Romford Town Swimming Club	1:18.19	1:22.71
9 Hristova, Kristiyana	12	Team Ipswich Swimming-ZZ	1:27.40	1:26.51
10 Read, Jenny	12	West Norfolk Swimming Club	1:21.02	1:26.75
11 Ford, Lucy	12	Team Ipswich Swimming-ZZ	1:31.20	1:27.64
12 Mathys, Jana	12	Flanders Iner Regio Swim Team	1:27.91	1:30.69
--- Philpot, Amie	12	Team Ipswich Swimming-ZZ	1:08.12	X1:06.71

Event 310 Girls 14-15 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Westlake, Jessica	15	St Felix School	1:12.80	1:11.02
2 Milton, Georgia	14	Romford Town Swimming Club	1:10.15	1:11.47
3 Witton, Megan	15	Romford Town Swimming Club	1:12.12	1:14.39
4 Whiting, Abigail	15	West Norfolk Swimming Club	1:10.01	1:14.89
5 Miller, Rebecca	15	Team Ipswich Swimming-ZZ	1:14.27	1:15.00
6 Buysse, Camille	14	Flanders Iner Regio Swim Team	1:18.31	1:15.64
7 Heard, Amelia	15	St Felix School	1:15.35	1:15.89
8 Uys, Roxanne	15	West Norfolk Swimming Club	1:17.37	1:15.91
9 Chambers, Maddie	14	St Felix School	1:16.87	1:16.62
10 Venables, Kayleigh	15	West Norfolk Swimming Club	1:22.43	1:31.02
--- Van Den Bossche, Luca	15	Flanders Iner Regio Swim Team	1:16.90	DQ

Event 310 Girls 16 & Over 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Blades, Josephine	17	St Felix School	1:05.37	1:03.79
2 Trigg, Dolly	16	Team Ipswich Swimming-ZZ	1:07.16	1:08.15
3 Beevor, Jennifer	17	St Felix School	1:10.30	1:12.20
4 Sherwin, Alice	17	Team Ipswich Swimming-ZZ	1:09.83	1:13.68

November Open 2014 - 01/11/2014 to 02/11/2014**Results - Session 3****(Event 310 Girls 16 & Over 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
5 Dreesbeke, Lindsay	16	Flanders Iner Regio Swim Team	1:18.00	1:23.48
--- Dowding, Emily	16	Team Ipswich Swimming-ZZ	1:05.87	X1:06.93