



ASA East Region 2010 Inter-County Swimming Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Crown Pools, Ipswich - Sunday 4 July 2010

(Licensed Meet No.3ERX0387)



RESULTS

EVENT 1 Womens Open 200m IM

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 | 100 | 150 |
|-------|-----------------|-----|--------------|---------|---------|-------|---------|---------|
| 1. | Ellis JACKSON | 15 | Suffolk | 2:17.78 | 797 | 29.69 | 1:04.83 | 1:45.14 |
| 2. | Katie AMBRIDGE | 20 | Herts | 2:22.02 | 728 | 31.18 | 1:08.09 | 1:49.60 |
| 3. | Yasmin BITHREY | 16 | Bedfordshire | 2:22.07 | 727 | 31.37 | 1:07.55 | 1:50.43 |
| 4. | Verity GOODEY | 18 | Essex | 2:28.11 | 642 | 31.15 | 1:07.95 | 1:52.59 |
| 5. | Eleanor NEWALL | 16 | Norfolk | 2:32.86 | 584 | 34.35 | 1:13.01 | 1:57.76 |
| 6. | Cathryn THOMSON | 20 | Cambs | 2:43.21 | 479 | 34.12 | 1:15.62 | 2:05.04 |

EVENT 2 Mens Open 200m IM

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 | 100 | 150 |
|-------|----------------|-----|--------------|---------|---------|-------|---------|---------|
| 1. | Lewis COLEMAN | 18 | Suffolk | 2:03.65 | 766 | 27.31 | 58.79 | 1:34.33 |
| 2. | Sean LEAHY | 20 | Herts | 2:07.95 | 691 | 28.08 | 1:00.58 | 1:37.87 |
| 2. | Liam KNIGHT | 15 | Cambs | 2:07.95 | 691 | 27.40 | 59.32 | 1:37.60 |
| 4. | Caleb HUGHES | 14 | Bedfordshire | 2:13.67 | 606 | 29.50 | 1:03.01 | 1:43.18 |
| 5. | Conor HARROLD | 17 | Essex | 2:13.70 | 606 | - | - | - |
| 6. | Thomas QUINTON | 18 | Norfolk | 2:27.54 | 451 | 29.96 | 1:05.42 | 1:52.05 |

EVENT 3 Womens 11/12 Yrs 200m Medley Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|-----------------------|---------|---------|
| 1. | Essex County ASA | Essex | 2:13.46 | 523 |
| | | Courtney SAUNDERS | 34.01 | |
| | | Philippa DAVENALL | 36.93 | |
| | | Eleanor McCAFFREY | 33.19 | |
| | | Ella STONE | 29.33 | |
| 2. | Hertfordshire ASA | Herts | 2:15.36 | 502 |
| | | Tania DE MALGLAIVE | 35.23 | |
| | | Lily WEST | 36.85 | |
| | | Gemma SWINDELL | 32.95 | |
| | | Georgia MASON | 30.33 | |
| 3. | Suffolk ASA | Suffolk | 2:15.98 | 495 |
| | | Alaina SCIFO | 34.65 | |
| | | Lucy ALLINGTON | 37.39 | |
| | | Molly REEDER | 34.09 | |
| | | Alice SHERWIN | 29.85 | |
| 4. | Norfolk County ASA | Norfolk | 2:20.43 | 449 |
| | | Lauren BURTON | 34.73 | |
| | | Lilyella CRAW-SEAMAN | 39.34 | |
| | | Emily GRAPES | 35.67 | |
| | | Emily BOWYER | 30.69 | |
| 5. | Bedfordshire ASA | Bedfordshire | 2:21.27 | 441 |
| | | Jessica BUTCHER | 36.19 | |
| | | Anna HENDERSON | 41.11 | |
| | | Eleanor WASE | 34.63 | |
| | | Isobel JONES | 29.34 | |
| 6. | Cambridgeshire ASA | Cambs | 2:27.57 | 387 |
| | | Eleanor ROBERTS | 36.07 | |
| | | Catherine LEE | 42.97 | |
| | | Zoe GRIFFITHS | 36.88 | |
| | | Olivia STANDISH-LEIGH | 31.65 | |



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EVENT 4 Mens 11/12 Yrs 200m Medley Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|----------------------|---------|---------|
| 1. | Hertfordshire ASA | Herts | 2:09.49 | 381 |
| | | Tomas STEVENS | 31.66 | |
| | | Ethan FARRELL | | |
| | | Will KEARSEY | 1:11.53 | |
| | | Martyn WALTON | 26.30 | |
| 2. | Bedfordshire ASA | Bedfordshire | 2:13.97 | 344 |
| | | George CATTERALL | 34.96 | |
| | | Nicholas STALLEY | 37.65 | |
| | | Oliver MALBY | 31.34 | |
| | | Ryan COMPTON | 30.02 | |
| 3. | Essex County ASA | Essex | 2:15.92 | 329 |
| | | Billy MAYNARD | 34.72 | |
| | | Cameron SIMPSON | 39.24 | |
| | | George EPSLY | 32.73 | |
| | | Oliver SWALLOW | 29.23 | |
| 4. | Suffolk ASA | Suffolk | 2:16.42 | 326 |
| | | Philip DOWDING YOUNG | 31.89 | |
| | | Ashley TRENT | 39.41 | |
| | | Calvin COE | 35.17 | |
| | | Charlie CHURCH | 29.95 | |
| 5. | Norfolk County ASA | Norfolk | 2:19.11 | 307 |
| | | Jordan STAFF | 29.91 | |
| | | Issac KIRBY | | |
| | | Matthew WEBB | | |
| | | William COOPER | 1:49.20 | |
| 6. | Cambridgeshire ASA | Cambs | 2:20.01 | 301 |
| | | James NEWTON | 35.53 | |
| | | Tom MITCHELL | 42.98 | |
| | | Peter TODD | 33.30 | |
| | | Daniel BROWN | 28.20 | |

EVENT 5 Womens 13/14 Yrs 200m Medley Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|----------------------|---------|---------|
| 1. | Hertfordshire ASA | Herts | 2:06.44 | 615 |
| | | Charlotte REID | 31.07 | |
| | | Christie BAYS | 36.43 | |
| | | Alison BINNS | 31.03 | |
| | | Ashley MORRALL | 27.91 | |
| 2. | Essex County ASA | Essex | 2:06.53 | 614 |
| | | Kathryn PEARSE | 31.62 | |
| | | Emma HALL | 37.40 | |
| | | Amelia KNOWLES | 29.65 | |
| | | Eliza DUFFY | 27.86 | |
| 3. | Suffolk ASA | Suffolk | 2:07.99 | 593 |
| | | Katie RUMSEY | 32.20 | |
| | | Lizzie NICHOLSON-LAI | 37.39 | |
| | | Ellen OXBROW | 30.32 | |
| | | Tara COLEMAN | 28.08 | |
| 4. | Cambridgeshire ASA | Cambs | 2:10.88 | 555 |
| | | Georgia CRAWFORD | 33.00 | |
| | | Annie LITTLE | 35.82 | |
| | | Louise TODD | 34.19 | |
| | | Elizabeth WINTER | 27.87 | |
| 5. | Norfolk County ASA | Norfolk | 2:11.63 | 545 |
| | | Sophie GREEN | 32.43 | |
| | | Katie WHITTING | 33.04 | |
| | | Katie NASH | 38.07 | |
| | | Keely EMPSON | 28.09 | |
| 6. | Bedfordshire ASA | Bedfordshire | 2:15.05 | 505 |
| | | Lucy CHARMAN | 33.91 | |
| | | Fionnuala MAHER | 39.94 | |
| | | Shauna LEE | 32.89 | |
| | | Amber SWALES | 28.31 | |



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RESULTS

EVENT 6 Mens 13/14 Yrs 200m Medley Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|--------------------|---------|---------|
| 1. | Essex County ASA | Essex | 1:57.46 | 510 |
| | | Gareth HAWKINS | 29.55 | |
| | | Luke BOURNE | 33.90 | |
| | | Sonny FORD | 28.54 | |
| | | Jarrold BRADFELD | 25.47 | |
| 2. | Suffolk ASA | Suffolk | 1:58.00 | 503 |
| | | Killian KORTH | 29.27 | |
| | | Owen FRENCH | 33.51 | |
| | | Regan LLOYD | 29.29 | |
| | | Robert ALAND | 25.93 | |
| 3. | Bedfordshire ASA | Bedfordshire | 2:00.59 | 472 |
| | | David ALLEN | 31.48 | |
| | | Thomas LAMBERT | 33.05 | |
| | | Caleb HUGHES | 28.95 | |
| | | Christopher MURPHY | 27.11 | |
| 4. | Norfolk County ASA | Norfolk | 2:01.80 | 458 |
| | | Jack UTTING | 30.19 | |
| | | Cameron MURRAY | 33.55 | |
| | | Daryn PARK | 30.38 | |
| | | Jack THOMSON | 27.68 | |
| 5. | Hertfordshire ASA | Herts | 2:05.71 | 416 |
| | | Josh SHERIFF | 33.51 | |
| | | Luke JONES | 36.89 | |
| | | Julian DIXON | 29.62 | |
| | | Nico CAMPBELL | 25.69 | |
| 6. | Cambridgeshire ASA | Cambs | 2:08.42 | 390 |
| | | Matthew BRIGHAM | 33.13 | |
| | | Thomas RUSSELL | 35.88 | |
| | | Oliver COOK | 31.22 | |
| | | Adam WILLIAMS | 28.19 | |

EVENT 7 Womens 15/16 Yrs 200m Medley Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|---------------------|---------|---------|
| 1. | Hertfordshire ASA | Herts | 2:03.96 | 653 |
| | | Flora HANSON | 31.16 | |
| | | Emily RIDOUT | 35.54 | |
| | | Lucy CHARLES | 29.37 | |
| | | Philippa HARDY | 27.89 | |
| 2. | Essex County ASA | Essex | 2:05.28 | 633 |
| | | Amy MURFITT | 32.56 | |
| | | Evie FISHER | 34.96 | |
| | | Chloe DAVIS | 30.62 | |
| | | Marissa POSNETT | 27.14 | |
| 3. | Suffolk ASA | Suffolk | 2:06.06 | 621 |
| | | Ellis JACKSON | 31.64 | |
| | | Bethan BOTTOMLEY | 37.89 | |
| | | Bryony CAMPBELL | 29.86 | |
| | | Pascale REEVES | 26.67 | |
| 4. | Bedfordshire ASA | Bedfordshire | 2:11.34 | 549 |
| | | Charlotte BLACKSLEY | 32.64 | |
| | | Emma IRVINE | 38.36 | |
| | | Charlotte McCONNELL | 32.60 | |
| | | Yasmin BITHREY | 27.74 | |
| 5. | Cambridgeshire ASA | Cambs | 2:12.25 | 538 |
| | | Gemma SARGENT | 31.54 | |
| | | Rebecca HIME | 38.18 | |
| | | Charlotte BEGG | 32.00 | |
| | | Helen BROWN | 30.53 | |
| 6. | Norfolk County ASA | Norfolk | 2:16.86 | 485 |
| | | Ellen FISHER | 34.44 | |
| | | Maya HARRIS | 38.48 | |
| | | Alex WHITTING | 33.83 | |
| | | Grace HUBBARD | 30.11 | |



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RESULTS

EVENT 8 Mens 15/16 Yrs 200m Medley Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|-----------------------|---------|---------|
| 1. | Suffolk ASA | Suffolk | 1:50.48 | 613 |
| | | Elliott COOK | 28.06 | |
| | | Aaron LYNCH | 31.42 | |
| | | Daniel SMITH | 26.69 | |
| | | Sam MUNRO | 24.31 | |
| 2. | Essex County ASA | Essex | 1:53.74 | 562 |
| | | Alex DELICATA | 28.40 | |
| | | Charlie POND THOMPSON | 32.92 | |
| | | James WINNELL | 27.38 | |
| | | Michael GRACE | 25.04 | |
| 3. | Cambridgeshire ASA | Camb | 1:54.48 | 551 |
| | | Liam KNIGHT | 27.87 | |
| | | Josh PEDDER | 32.28 | |
| | | Ryan SKEELS | 27.99 | |
| | | Nicholas ILSLEY | 26.34 | |
| 4. | Norfolk County ASA | Norfolk | 1:57.91 | 504 |
| | | Alex MURRAY | 30.65 | |
| | | Josh PAGE | 32.70 | |
| | | Joshua GRAY | 28.06 | |
| | | Owen LINFORD | 26.50 | |
| 5. | Bedfordshire ASA | Bedfordshire | 1:58.52 | 497 |
| | | Samuel BRIGGS | 28.28 | |
| | | Alasdair KERR | 32.52 | |
| | | Harvey ROBINSON | 30.73 | |
| | | Louis BELL | 26.99 | |
| 6. | Hertfordshire ASA | Herts | 2:01.42 | 462 |
| | | Daniel McAULIFFE | 30.64 | |
| | | Edward ALLCHORNE | 33.44 | |
| | | Tom WORBEY | 30.63 | |
| | | Nick SPEARS | 26.71 | |

EVENT 9 Womens 17 Yrs/Over 200m Medley Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|---------------------|---------|---------|
| 1. | Suffolk ASA | Suffolk | 2:02.95 | 669 |
| | | Alice TENNANT | 30.95 | |
| | | Fenella FOSKETT | 35.94 | |
| | | Sophie CHAMBERLAIN | 29.08 | |
| | | Rachel ANDVIG | 26.98 | |
| 2. | Hertfordshire ASA | Herts | 2:03.90 | 654 |
| | | Carolyn ASTBURY | 32.22 | |
| | | Emma WARRINGTON | 34.40 | |
| | | Katie AMBRIDGE | 29.38 | |
| | | Victoria BARKER | 27.90 | |
| 3. | Essex County ASA | Essex | 2:07.25 | 604 |
| | | Sophie DRAKE | 30.78 | |
| | | Rachel FRANKLIN | 37.28 | |
| | | Verity GOODEY | 30.17 | |
| | | Amy ROOT | 29.02 | |
| 4. | Norfolk County ASA | Norfolk | 2:13.02 | 529 |
| | | Catherine LIVERMORE | 35.30 | |
| | | Katie SYKES | 36.73 | |
| | | Louise BUSH | 32.08 | |
| | | Catherine MARKWELL | 28.91 | |
| 5. | Bedfordshire ASA | Bedfordshire | 2:14.52 | 511 |
| | | Emma CATTLE | 35.29 | |
| | | Karen KWOK | 36.19 | |
| | | Zoe SMITH | 32.99 | |
| | | Alice MARCHANT | 30.05 | |
| 6. | Cambridgeshire ASA | Camb | 2:22.62 | 429 |
| | | Kathleen LOVERIDGE | 36.11 | |
| | | Cathryn THOMSON | 39.13 | |
| | | Fay WESTWOOD | 35.92 | |
| | | Hannah SARGENT | 31.46 | |



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EVENT 10 Mens 17 Yrs/Over 200m Medley Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|-----------------|---------|---------|
| 1. | Hertfordshire ASA | Herts | 1:49.11 | 637 |
| | | John SARGENT | 26.20 | |
| | | James ALLCHORNE | 29.77 | |
| | | Sean LEAHY | 27.51 | |
| | | Adam INGLEDEW | 25.63 | |
| 2. | Suffolk ASA | Suffolk | 1:52.17 | 586 |
| | | Wade GRIFFITHS | 39.87 | |
| | | David HARRISON | 21.05 | |
| | | Troy LYNCH | 27.84 | |
| | | Matt WINTER | 23.41 | |
| 3. | Essex County ASA | Essex | 1:53.89 | 560 |
| | | Lee PETERSON | 27.94 | |
| | | Jonathan SAYER | 33.06 | |
| | | Conor HARROLD | 27.99 | |
| | | Timothy TRIPP | 24.90 | |
| 4. | Bedfordshire ASA | Bedfordshire | 1:54.78 | 547 |
| | | Douglas KERR | 30.80 | |
| | | Lawrence PALMER | 29.60 | |
| | | Simon LIDDLE | 28.78 | |
| | | Aydin BERKI | 25.60 | |
| 5. | Norfolk County ASA | Norfolk | 1:55.06 | 543 |
| | | Chris SEARLE | 30.51 | |
| | | Mark COLLINS | 31.39 | |
| | | Mark LEAMON | 27.12 | |
| | | Thomas QUINTON | 26.04 | |
| 6. | Cambridgeshire ASA | Cambs | 1:55.38 | 538 |
| | | Gary SMITH | 29.04 | |
| | | Luke WESTWOOD | 30.44 | |
| | | Mark THOMPSON | 28.73 | |
| | | Dale BROWN | 27.17 | |

EVENT 11 Womens 11/12 Yrs 100m Backstroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-------------------|-----|--------------|---------|---------|-------|
| 1. | Courtney SAUNDERS | 12 | Essex | 1:11.27 | 511 | 35.53 |
| 2. | Alaina SCIFO | 12 | Suffolk | 1:13.90 | 458 | 36.42 |
| 3. | Isobel JONES | 12 | Bedfordshire | 1:14.35 | 450 | 35.82 |
| 4. | Lauren BURTON | 12 | Norfolk | 1:14.97 | 439 | 36.80 |
| 5. | Yasmin BRAND | 12 | Herts | 1:16.20 | 418 | 36.81 |
| 6. | Eleanor ROBERTS | 12 | Cambs | 1:20.96 | 348 | 39.06 |

EVENT 12 Mens 11/12 Yrs 100m Backstroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|----------------------|-----|--------------|---------|---------|-------|
| 1. | Martyn WALTON | 12 | Herts | 1:03.24 | 493 | 30.36 |
| 2. | Philip DOWDING YOUNG | 12 | Suffolk | 1:10.24 | 360 | 34.20 |
| 3. | Ryan COMPTON | 12 | Bedfordshire | 1:14.23 | 305 | 36.26 |
| 4. | Salaam MOTIN | 12 | Essex | 1:14.31 | 304 | 36.29 |
| 5. | Jordon STAFF | 12 | Norfolk | 1:14.55 | 301 | 36.22 |
| 6. | James NEWTON | 12 | Cambs | 1:14.89 | 297 | 36.65 |

EVENT 13 Womens 13/14 Yrs 100m Breaststroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|----------------------|-----|--------------|---------|---------|-------|
| 1. | Amber SWALES | 14 | Bedfordshire | 1:19.19 | 546 | 37.70 |
| 2. | Annie LITTLE | 13 | Cambs | 1:19.33 | 543 | 37.55 |
| 3. | Christie BAYS | 13 | Herts | 1:19.81 | 533 | 38.19 |
| 4. | Lizzie NICHOLSON-LAI | 14 | Suffolk | 1:20.40 | 521 | 38.08 |
| 5. | Faye BRUMBY | 14 | Essex | 1:21.97 | 492 | 38.62 |
| 6. | Cara ROSE | 14 | Norfolk | 1:23.90 | 459 | 40.35 |

EVENT 14 Mens 13/14 Yrs 100m Breaststroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|----------------|-----|--------------|---------|---------|-------|
| 1. | Hayden THOMAS | 14 | Essex | 1:12.48 | 501 | 33.41 |
| 2. | Thomas LAMBERT | 14 | Bedfordshire | 1:12.63 | 498 | 35.77 |
| 3. | Owen FRENCH | 14 | Suffolk | 1:13.81 | 474 | 34.69 |
| 4. | Thomas SORRELL | 14 | Norfolk | 1:17.01 | 418 | 36.58 |
| 5. | Thomas RUSSELL | 14 | Cambs | 1:17.97 | 402 | 36.29 |
| 6. | Luke JONES | 14 | Herts | 1:18.69 | 391 | 36.90 |



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RESULTS

EVENT 15 Womens 15/16 Yrs 100m Butterfly

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-----------------|-----|--------------|---------|---------|-------|
| 1. | Lucy CHARLES | 16 | Herts | 1:04.51 | 665 | 30.56 |
| 2. | Byrony CAMPBELL | 16 | Suffolk | 1:04.73 | 659 | 31.04 |
| 3. | Chloe DAVIS | 16 | Essex | 1:06.94 | 596 | 31.41 |
| 4. | Yasmin BITHREY | 16 | Bedfordshire | 1:08.59 | 554 | 32.27 |
| 5. | Charlotte BEGG | 16 | Cambs | 1:10.55 | 509 | 33.25 |
| 6. | Emma SEAMAN | 15 | Norfolk | 1:14.06 | 440 | 33.77 |

EVENT 16 Mens 15/16 Yrs 100m Butterfly

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-----------------|-----|--------------|---------|---------|-------|
| 1. | Ed ALLCHORNE | 16 | Herts | 59.19 | 596 | 27.84 |
| 2. | Daniel SMITH | 16 | Suffolk | 1:00.45 | 559 | 28.21 |
| 3. | James WINNELL | 15 | Essex | 1:02.28 | 512 | 29.23 |
| 4. | Alex MURRAY | 16 | Norfolk | 1:03.08 | 492 | 30.30 |
| 5. | Ryan SKEELS | 16 | Cambs | 1:07.31 | 405 | 31.02 |
| 6. | Harvey ROBINSON | 15 | Bedfordshire | 1:10.10 | 359 | 31.65 |

EVENT 17 Womens 17 Yrs/Over 100m Freestyle

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-----------------|-----|--------------|---------|---------|-------|
| 1. | Rachel ANDVIG | 17 | Suffolk | 58.89 | 696 | 28.85 |
| 2. | Sophie DRAKE | 17 | Essex | 59.55 | 674 | 29.28 |
| 3. | Victoria BARKER | 30 | Herts | 1:01.76 | 604 | 29.34 |
| 4. | Laura INGLESON | 19 | Norfolk | 1:02.49 | 583 | 29.63 |
| 5. | Alice MARCHANT | 17 | Bedfordshire | 1:04.35 | 534 | 31.32 |
| 6. | Cathryn THOMSON | 20 | Cambs | 1:04.61 | 527 | 31.28 |

EVENT 18 Mens 17 Yrs/Over 100m Freestyle

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|----------------|-----|--------------|-------|---------|-------|
| 1. | Adam INGLEDEW | 17 | Herts | 52.92 | 658 | 25.43 |
| 2. | David HARRISON | 30 | Suffolk | 53.60 | 634 | 25.66 |
| 3. | Jonathan SAYER | 20 | Essex | 55.34 | 576 | 27.49 |
| 4. | Thomas QUINTON | 18 | Norfolk | 56.22 | 549 | 26.62 |
| 5. | Aydin BERKI | 17 | Bedfordshire | 56.28 | 547 | 27.03 |
| 6. | Mark THOMSON | 21 | Cambs | 57.13 | 523 | 27.65 |

EVENT 19 Womens 11/12 Yrs 100m Breaststroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-------------------|-----|--------------|---------|---------|-------|
| 1. | Lily WEST | 12 | Herts | 1:21.35 | 503 | 38.97 |
| 2. | Lucy ALLINGTON | 12 | Suffolk | 1:23.76 | 461 | 39.77 |
| 3. | Philippa DAVENALL | 11 | Essex | 1:24.05 | 456 | 38.88 |
| 4. | Serena ARIS | 12 | Norfolk | 1:27.26 | 408 | 42.09 |
| 5. | Isobel JONES | 12 | Bedfordshire | 1:30.59 | 364 | 43.30 |
| 6. | Catherine LEE | 12 | Cambs | 1:34.61 | 320 | 44.19 |

EVENT 20 Mens 11/12 Yrs 100m Breaststroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|------------------|-----|--------------|---------|---------|-------|
| 1. | Issac KIRBY | 12 | Norfolk | 1:18.60 | 393 | 37.97 |
| 2. | Nicholas STALLEY | 12 | Bedfordshire | 1:22.47 | 340 | 38.82 |
| 3. | Ethan FARRELL | 12 | Herts | 1:23.43 | 328 | 39.20 |
| 4. | Ashley TRENT | 12 | Suffolk | 1:25.66 | 303 | 40.79 |
| 5. | Peter TODD | 12 | Cambs | 1:27.71 | 283 | 41.67 |
| 6. | Salaam MOTIN | 12 | Essex | 1:28.54 | 275 | 42.28 |

EVENT 21 Womens 13/14 Yrs 100m Butterfly

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|----------------|-----|--------------|---------|---------|-------|
| 1. | Amelia KNOWLES | 14 | Essex | 1:05.60 | 633 | 31.10 |
| 2. | Ellen OXBROW | 14 | Suffolk | 1:07.77 | 574 | 31.93 |
| 3. | Alison BINNS | 14 | Herts | 1:10.28 | 515 | 32.70 |
| 4. | Sophie GREEN | 14 | Norfolk | 1:12.17 | 475 | 33.31 |
| 5. | Shauna LEE | 14 | Bedfordshire | 1:15.89 | 409 | 34.60 |
| 6. | Louise TODD | 14 | Cambs | 1:21.07 | 335 | 36.79 |



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EVENT 22 Mens 13/14 Yrs 100m Butterfly

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|----------------|-----|--------------|---------|---------|-------|
| 1. | Caleb HUGHES | 14 | Bedfordshire | 1:01.45 | 533 | 29.32 |
| 2. | Sonny FORD | 14 | Essex | 1:02.37 | 509 | 29.49 |
| 3. | Nico CAMPBELL | 13 | Herts | 1:03.10 | 492 | 29.56 |
| 4. | Regan LLOYD | 13 | Suffolk | 1:05.33 | 443 | 30.99 |
| 5. | Camaron MURRAY | 14 | Norfolk | 1:07.87 | 395 | 31.35 |
| 6. | Oliver COOK | 13 | Cambs | 1:10.19 | 357 | 32.38 |

EVENT 23 Womens 15/16 Yrs 100m Freestyle

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-----------------------|-----|--------------|---------|---------|-------|
| 1. | Pascale REEVES | 15 | Suffolk | 58.31 | 717 | 28.27 |
| 2. | Yasmin BITHREY | 16 | Bedfordshire | 58.51 | 710 | 28.90 |
| 3. | Philippa HARDY | 16 | Herts | 1:00.30 | 649 | 28.99 |
| 4. | Kerriann CHIPPERFIELD | 16 | Essex | 1:01.21 | 620 | 29.26 |
| 5. | Charlotte BEGG | 16 | Cambs | 1:02.52 | 582 | 30.29 |
| 6. | Emma SEAMAN | 16 | Norfolk | 1:07.98 | 453 | 32.44 |

EVENT 24 Mens 15/16 Yrs 100m Freestyle

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|---------------|-----|--------------|-------|---------|-------|
| 1. | Samuel BRIGGS | 16 | Bedfordshire | 53.92 | 623 | 26.15 |
| 2. | Aaron LYNCH | 16 | Suffolk | 54.65 | 598 | 26.28 |
| 3. | Michael GRACE | 16 | Essex | 55.51 | 571 | 26.93 |
| 4. | Joshua PAGE | 16 | Norfolk | 57.25 | 520 | 27.37 |
| 5. | Nick SPEARS | 16 | Herts | 58.13 | 497 | 27.80 |
| 6. | Ryan SKEELS | 16 | Cambs | 58.81 | 480 | 27.83 |

EVENT 25 Womens 17 Yrs/Over 100m Backstroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|---------------------|-----|--------------|---------|---------|-------|
| 1. | Alice TENNANT | 17 | Suffolk | 1:05.10 | 670 | 32.12 |
| 2. | Sophie DRAKE | 17 | Essex | 1:05.76 | 650 | 32.66 |
| 3. | Carolyn ASTBURY | 18 | Herts | 1:08.28 | 581 | 33.27 |
| 4. | Emma CATTLE | 22 | Bedfordshire | 1:14.86 | 441 | 36.57 |
| 5. | Catherine LIVERMORE | 18 | Norfolk | 1:15.75 | 425 | 36.92 |
| 6. | Fay WESTWOOD | 17 | Cambs | 1:17.30 | 400 | 36.80 |

EVENT 26 Mens 17 Yrs/Over 100m Backstroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-----------------|-----|--------------|---------|---------|-------|
| 1. | John SARGENT | 24 | Herts | 55.69 | 722 | 26.93 |
| 2. | Thomas ROOTSEY | 20 | Essex | 1:01.20 | 544 | 29.51 |
| 3. | Gary SMITH | 25 | Cambs | 1:02.98 | 499 | 31.05 |
| 4. | Chris SEARLE | 18 | Norfolk | 1:04.75 | 459 | 31.25 |
| 5. | Lawrence PALMER | 17 | Bedfordshire | 1:05.84 | 437 | 32.00 |
| 6. | Wade GRIFFITHS | 17 | Suffolk | 1:06.47 | 424 | 31.95 |

EVENT 27 Womens 11/12 Yrs 100m Butterfly

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|----------------------|-----|--------------|---------|---------|-------|
| 1. | Lily WEST | 12 | Herts | 1:11.54 | 488 | 33.55 |
| 2. | Abigail REYNOLDS | 12 | Essex | 1:13.91 | 442 | 34.36 |
| 3. | Molly REEDER | 12 | Suffolk | 1:16.61 | 397 | 35.37 |
| 4. | Chloe HAZEL | 12 | Norfolk | 1:19.77 | 352 | 37.03 |
| 5. | Lydia STANDISH-LEIGH | 11 | Cambs | 1:20.70 | 340 | 36.63 |
| 6. | Jessica BUTCHER | 12 | Bedfordshire | 1:23.44 | 308 | 38.30 |

EVENT 28 Mens 11/12 Yrs 100m Butterfly

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|----------------|-----|--------------|---------|---------|-------|
| 1. | James DAY | 12 | Essex | 1:10.73 | 349 | 33.45 |
| 2. | Oliver MALTBY | 12 | Bedfordshire | 1:11.37 | 340 | 32.59 |
| 3. | Peter TODD | 12 | Cambs | 1:13.14 | 316 | 34.15 |
| 4. | Will KEARSEY | 12 | Herts | 1:15.02 | 293 | 35.08 |
| 5. | Ashley TRENT | 12 | Suffolk | 1:15.16 | 291 | 35.99 |
| 6. | William COOPER | 11 | Norfolk | 1:19.97 | 242 | 37.33 |



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EVENT 29 Womens 13/14 Yrs 100m Freestyle

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|------------------|-----|--------------|---------|---------|-------|
| 1. | Elizabeth WINTER | 14 | Cambs | 59.23 | 685 | 28.67 |
| 2. | Eliza DUFFY | 13 | Essex | 1:00.64 | 638 | 29.57 |
| 3. | Ellen OXBROW | 14 | Suffolk | 1:00.84 | 632 | 29.89 |
| 4. | Keely EMPSON | 14 | Norfolk | 1:03.31 | 561 | 30.15 |
| 5. | Shauna LEE | 14 | Bedfordshire | 1:04.77 | 523 | 30.31 |
| | Ashley MORRALL | 14 | Herts | DQ ST- | | |

EVENT 30 Mens 13/14 Yrs 100m Freestyle

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-------------------|-----|--------------|---------|---------|-------|
| 1. | Killian KORTH | 14 | Suffolk | 55.61 | 567 | 27.06 |
| 2. | Nico CAMPBELL | 13 | Herts | 56.74 | 534 | 27.60 |
| 3. | Jarrold BRADFIELD | 13 | Essex | 57.54 | 512 | 28.05 |
| 4. | Thomas LAMBERT | 14 | Bedfordshire | 58.18 | 496 | 28.34 |
| 5. | Cameron MURRAY | 14 | Norfolk | 1:00.68 | 437 | 28.68 |
| 6. | Matthew BRIGHAM | 14 | Cambs | 1:04.07 | 371 | 30.74 |

EVENT 31 Womens 15/16 Yrs 100m Backstroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|---------------------|-----|--------------|---------|---------|-------|
| 1. | Flora HANSON | 15 | Herts | 1:04.84 | 678 | 31.87 |
| 2. | Ellis JACKSON | 15 | Suffolk | 1:06.40 | 632 | 32.28 |
| 3. | Chloe DAVIS | 16 | Essex | 1:07.99 | 588 | 33.44 |
| 4. | Gemma SARGENT | 16 | Cambs | 1:09.93 | 541 | 34.27 |
| 5. | Charlotte BLACKSLEY | 16 | Bedfordshire | 1:10.19 | 535 | 34.26 |
| 6. | Ellie NEWALL | 16 | Norfolk | 1:10.33 | 532 | 34.86 |

EVENT 32 Mens 15/16 Yrs 100m Backstroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-----------------------|-----|--------------|---------|---------|-------|
| 1. | Liam KNIGHT | 15 | Cambs | 58.95 | 608 | 28.67 |
| 2. | Sam MUNRO | 16 | Suffolk | 1:00.31 | 568 | 29.22 |
| 3. | Charlie POND THOMPSON | 16 | Essex | 1:01.73 | 530 | 29.82 |
| 4. | Samuel BRIGGS | 16 | Bedfordshire | 1:02.47 | 511 | 29.80 |
| 5. | Alex MURRAY | 16 | Norfolk | 1:04.33 | 468 | 31.51 |
| 6. | Don MCAULIFFE | 16 | Herts | 1:04.70 | 460 | 31.26 |

EVENT 33 Womens 17 /Over 100m Breaststroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-----------------|-----|--------------|---------|---------|-------|
| 1. | Emma WARRINGTON | 17 | Herts | 1:14.62 | 652 | 36.21 |
| 2. | Louise BUSH | 19 | Norfolk | 1:18.94 | 551 | 37.01 |
| 3. | Fenella FOSKETT | 18 | Suffolk | 1:18.98 | 550 | 36.68 |
| 4. | Rachel FRANKLIN | 17 | Essex | 1:21.62 | 498 | 38.63 |
| 5. | Karen KWOK | 18 | Bedfordshire | 1:23.46 | 466 | 38.07 |
| 6. | Fay WESTWOOD | 17 | Cambs | 1:29.45 | 379 | 42.14 |

EVENT 34 Mens 17 Yrs/Over 100m Breaststroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|------------------|-----|--------------|---------|---------|-------|
| 1. | James ALLCHORNE | 21 | Herts | 1:06.38 | 652 | 31.14 |
| 2. | Nathan HENDERSON | 17 | Suffolk | 1:07.16 | 630 | 31.62 |
| 3. | Lawrence PALMER | 17 | Bedfordshire | 1:07.49 | 620 | 31.94 |
| 4. | Luke WESTWOOD | 19 | Cambs | 1:08.07 | 605 | 32.04 |
| 5. | Mark COLLINS | 17 | Norfolk | 1:09.37 | 571 | 32.40 |
| 6. | Lee PETERSON | 36 | Essex | 1:09.39 | 571 | 32.45 |

EVENT 35 Womens 11/12 Yrs 100m Freestyle

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-------------------|-----|--------------|---------|---------|-------|
| 1. | Gemma SWINDELL | 12 | Herts | 1:03.41 | 558 | 30.51 |
| 2. | Courtney SAUNDERS | 12 | Essex | 1:04.14 | 539 | 31.28 |
| 3. | Alice SHERWIN | 12 | Suffolk | 1:04.54 | 529 | 30.74 |
| 4. | Lauren BURTON | 12 | Norfolk | 1:05.20 | 513 | 31.60 |
| 5. | Nicola PASQUIRE | 12 | Bedfordshire | 1:07.18 | 469 | 31.95 |
| 6. | Hannah BRIGHAM | 12 | Cambs | 1:09.88 | 417 | 33.18 |



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EVENT 36 Mens 11/12 Yrs 100m Freestyle

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|----------------------|-----|--------------|---------|---------|-------|
| 1. | Martyn WALTON | 12 | Herts | 59.15 | 472 | 29.13 |
| 2. | James DAY | 12 | Essex | 1:01.12 | 427 | 29.36 |
| 3. | Philip DOWDING YOUNG | 12 | Suffolk | 1:01.36 | 422 | 29.49 |
| 4. | Daniel BROWN | 12 | Camb | 1:02.83 | 393 | 30.33 |
| 5. | Oliver MALTBY | 12 | Bedfordshire | 1:04.03 | 372 | 30.58 |
| 6. | Oliver KENNY | 12 | Norfolk | 1:08.47 | 304 | 32.63 |

EVENT 37 Womens 13/14 Yrs 100m Backstroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|------------------|-----|--------------|---------|---------|-------|
| 1. | Charlotte REID | 14 | Herts | 1:06.62 | 625 | 31.99 |
| 2. | Kathryn PEARSE | 13 | Essex | 1:07.53 | 600 | 33.01 |
| 3. | Keely EMPSON | 14 | Norfolk | 1:07.92 | 590 | 32.94 |
| 4. | Elizabeth WINTER | 14 | Camb | 1:08.24 | 582 | 33.50 |
| 5. | Katie RUMSEY | 13 | Suffolk | 1:09.01 | 563 | 33.98 |
| 6. | Lucy CHARMAN | 14 | Bedfordshire | 1:13.68 | 462 | 35.15 |

EVENT 38 Mens 13/14 Yrs 100m Backstroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|------------------|-----|--------------|---------|---------|-------|
| 1. | Killian KORTH | 14 | Suffolk | 1:00.30 | 568 | 29.65 |
| 2. | Caleb HUGHES | 14 | Bedfordshire | 1:01.60 | 533 | 30.35 |
| 3. | Gareth HAWKINS | 14 | Essex | 1:03.06 | 497 | 29.88 |
| 4. | Jack UTTING | 13 | Norfolk | 1:03.45 | 488 | 30.68 |
| 5. | Matthew BRIGHAM | 14 | Camb | 1:08.72 | 384 | 33.85 |
| 6. | Tim SHUTTLEWORTH | 13 | Herts | 1:09.01 | 379 | 33.23 |

EVENT 39 Womens 15/16 Yrs 100m Breaststroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|------------------|-----|--------------|---------|---------|-------|
| 1. | Evie FISHER | 15 | Essex | 1:17.04 | 593 | 36.63 |
| 2. | Emily RIDOUT | 16 | Herts | 1:17.64 | 579 | 37.16 |
| 3. | Laura JONES | 15 | Norfolk | 1:21.78 | 495 | 38.65 |
| 4. | Bethan BOTTOMLEY | 15 | Suffolk | 1:22.30 | 486 | 39.30 |
| 5. | Emma IRVINE | 16 | Bedfordshire | 1:24.98 | 442 | 39.86 |
| 6. | Helen BROWN | 16 | Camb | 1:25.87 | 428 | 40.71 |

EVENT 40 Mens 15/16 Yrs 100m Breaststroke

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|-----------------------|-----|--------------|---------|---------|-------|
| 1. | Aaron LYNCH | 16 | Suffolk | 1:09.98 | 556 | 33.51 |
| 2. | Josh GRAY | 16 | Norfolk | 1:11.51 | 522 | 34.07 |
| 3. | Alasdair KERR | 16 | Bedfordshire | 1:11.69 | 518 | 34.32 |
| 4. | Josh PEDDER | 16 | Camb | 1:12.43 | 502 | 34.05 |
| 5. | Ed ALLCHRONE | 21 | Herts | 1:14.85 | 455 | 35.27 |
| 6. | Charlie POND THOMPSON | 16 | Essex | 1:14.86 | 455 | 35.48 |

EVENT 41 Womens 17 Yrs/Over 100m Butterfly

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|--------------------|-----|--------------|---------|---------|-------|
| 1. | Katie AMBRIDGE | 20 | Herts | 1:03.57 | 695 | 30.40 |
| 2. | Alice TENNANT | 17 | Suffolk | 1:03.93 | 684 | 30.26 |
| 3. | Verity GOODEY | 18 | Essex | 1:07.59 | 579 | 31.13 |
| 4. | Sarah OSMAN | 25 | Norfolk | 1:12.16 | 475 | 33.23 |
| 5. | Alice MARCHANT | 17 | Bedfordshire | 1:12.69 | 465 | 34.29 |
| 6. | Kathleen LOVERIDGE | 20 | Camb | 1:20.65 | 341 | 35.68 |

EVENT 42 Mens 17 Yrs/Over 100m Butterfly

Full Results

| Place | Name | AaD | Club | Time | FINA Pt | 50 |
|-------|----------------|-----|--------------|---------|---------|-------|
| 1. | Sean LEAHY | 20 | Herts | 59.54 | 585 | 27.77 |
| 2. | Troy LYNCH | 18 | Suffolk | 1:01.19 | 539 | 27.96 |
| 3. | Mark LEAMON | 23 | Norfolk | 1:01.55 | 530 | 28.50 |
| 4. | Jonathan SAYER | 20 | Essex | 1:03.17 | 490 | 30.31 |
| 5. | David CARLINE | 17 | Bedfordshire | 1:04.91 | 452 | 30.28 |
| 6. | Mark THOMPSON | 21 | Camb | 1:06.79 | 415 | 31.27 |



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EVENT 43 Womens 11/12 Yrs 200m Free.Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|-----------------------|---------|---------|
| 1. | Essex County ASA | Essex | 1:59.97 | 545 |
| | | Courtney SAUNDERS | 30.07 | |
| | | Ella STONE | 29.53 | |
| | | Jessica SMOOTHY | 30.52 | |
| | | Kayleigh UMFREILLE | 29.85 | |
| 2. | Hertfordshire ASA | Herts | 2:02.73 | 509 |
| | | Lily WEST | 31.73 | |
| | | Georgia MASON | 30.65 | |
| | | Sophie THOMSON | 31.33 | |
| | | Gemma SWINDELL | 29.02 | |
| 3. | Bedfordshire ASA | Bedfordshire | 2:02.93 | 506 |
| | | Eleanor WASE | 30.42 | |
| | | Nicola PASQUIRE | 31.27 | |
| | | Isobel JONES | 30.60 | |
| | | Anna HENDERSON | 30.64 | |
| 4. | Suffolk ASA | Suffolk | 2:03.36 | 501 |
| | | Lucy ALLINGTON | 30.33 | |
| | | Alice SHERWIN | 30.54 | |
| | | Molly REEDER | 31.94 | |
| | | Alaina SCIFO | 30.55 | |
| 5. | Cambridgeshire ASA | Cambs | 2:08.70 | 441 |
| | | Olivia STANDISH-LEIGH | 31.75 | |
| | | Zoe GRIFFITHS | 32.39 | |
| | | Hannah BRIGHAM | 33.79 | |
| | | Eleanor ROBERTS | 30.77 | |
| | Norfolk County ASA | Norfolk | DQ E- | |
| | | Lilyella CRAW-SEAMAN | | |
| | | Emily BOWYER | | |
| | | Serina ARIS | | |
| | | Lauren BURTON | | |

EVENT 44 Mens 11/12 Yrs 200m Free.Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|-----------------------|---------|---------|
| 1. | Hertfordshire ASA | Herts | 1:55.77 | 409 |
| | | Martyn WALTON | 27.13 | |
| | | Ethan FARRELL | 29.92 | |
| | | Will KEARSEY | 30.37 | |
| | | Tomas STEVENS | 28.35 | |
| 2. | Essex County ASA | Essex | 1:57.51 | 391 |
| | | James DAY | 28.65 | |
| | | George EPSLY | 29.26 | |
| | | Oliver SWALLOW | 29.48 | |
| | | Theo PARK | 30.12 | |
| 3. | Suffolk ASA | Suffolk | 1:59.42 | 373 |
| | | Charlie CHURCH | 30.34 | |
| | | Phillip DOWDING YOUNG | 27.88 | |
| | | Ashley TRENT | 29.94 | |
| | | Charlie FULCHER | 31.26 | |
| 4. | Bedfordshire ASA | Bedfordshire | 2:00.26 | 365 |
| | | Nicholas STALLEY | 30.70 | |
| | | George CATTERALL | 30.16 | |
| | | Ryan COMPTON | 30.79 | |
| | | Oliver MALTBY | 28.61 | |
| 5. | Cambridgeshire ASA | Cambs | 2:01.15 | 357 |
| | | Peter TODD | 29.59 | |
| | | Tom MITCHELL | 31.07 | |
| | | Daniel BROWN | 28.95 | |
| | | James NEWTON | 31.54 | |
| 6. | Norfolk County ASA | Norfolk | 2:04.66 | 328 |
| | | Issac KIRBY | 29.99 | |
| | | Nathan WELLS | 30.62 | |
| | | Oliver KENNY | 31.58 | |
| | | William COOPER | 32.47 | |



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EVENT 45 Womens 13/14 Yrs 200m Free.Team

Full Results

| Place | Name | A.G | Club | Time | FINA Pt |
|-------|--------------------|-----|---------------------|---------|---------|
| 1. | Essex County ASA | | Essex | 1:55.15 | 616 |
| | | | Ellie TRIPP | 28.81 | |
| | | | Katie WILLIS | 29.52 | |
| | | | Amelia KNOWLES | 28.99 | |
| | | | Eliza DUFFY | 27.83 | |
| 2. | Suffolk ASA | | Suffolk | 1:57.08 | 586 |
| | | | Tara COLEMAN | 28.74 | |
| | | | Ellen OXBROW | 28.44 | |
| | | | Lizze NICHOLSON-LAI | 31.21 | |
| | | | Katie RUMSEY | 28.69 | |
| 3. | Bedfordshire ASA | | Bedfordshire | 1:57.14 | 585 |
| | | | Shauna LEE | 30.49 | |
| | | | Katie BARKER | 29.76 | |
| | | | Abigail ADAMS | 28.97 | |
| | | | Amber SWALES | 27.92 | |
| 4. | Cambridgeshire ASA | | Cambs | 1:58.71 | 562 |
| | | | Elizabeth WINTER | 28.70 | |
| | | | Annie LITTLE | 30.39 | |
| | | | Georgia CRAWFORD | 28.01 | |
| | | | Louise TODD | 31.61 | |
| 5. | Norfolk County ASA | | Norfolk | 2:00.33 | 540 |
| | | | Keely EMPSON | 29.40 | |
| | | | Katie NASH | 31.37 | |
| | | | Cara ROSE | 29.84 | |
| | | | Sophie GREEN | 29.72 | |
| | Hertfordshire ASA | | Herts | DQ O- | |
| | | | Ashley MORRALL | 28.98 | |
| | | | Gemma STARKEY | | |
| | | | Hayley WARRINGTON | | |
| | | | Alison BINNS | | |

EVENT 46 Mens 13/14 Yrs 200m Free.Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|--------------|--------------------|---------|
| 1. | Suffolk ASA | Suffolk | 1:45.59 | 539 |
| | | | Owen FRENCH | 26.87 |
| | | | Robert ALAND | 26.67 |
| | | | Killian KORTH | 26.19 |
| | | | Regan LLOYD | 25.86 |
| 2. | Essex County ASA | Essex | 1:45.66 | 538 |
| | | | Luke BOURNE | 26.54 |
| | | | Freddie CASSFORD | 26.27 |
| | | | Luke DURBAN | 26.74 |
| | | | Jarrold BRADFIELD | 26.11 |
| 3. | Hertfordshire ASA | Herts | 1:47.16 | 516 |
| | | | Nico CAMPBELL | 26.17 |
| | | | Luke JONES | 27.40 |
| | | | Julian DIXON | 26.72 |
| | | | Thomas SHERRIFF | 26.87 |
| 4. | Bedfordshire ASA | Bedfordshire | 1:49.45 | 484 |
| | | | Thomas LAMBERT | 27.21 |
| | | | Brandon NABARRO | 29.11 |
| | | | Christopher MURPHY | 27.42 |
| | | | Caleb HUGHES | 25.71 |
| 5. | Norfolk County ASA | Norfolk | 1:50.36 | 472 |
| | | | Jack UTTING | 28.00 |
| | | | Daniel HENDERSON | 27.25 |
| | | | Jack THOMSON | 28.27 |
| | | | Cameron MURRAY | 26.84 |
| 6. | Cambridgeshire ASA | Cambs | 1:56.81 | 398 |
| | | | Matthew BRIGHAM | 28.92 |
| | | | Adam WILLIAMS | 28.71 |
| | | | Oliver COOK | 29.54 |
| | | | Thomas RUSSELL | 29.64 |



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EVENT 47 Womens 15/16 Yrs 200m Free.Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|-----------------------|---------|---------|
| 1. | Hertfordshire ASA | Herts | 1:50.56 | 696 |
| | | Emily RIDOUT | 28.18 | |
| | | Philippa HARDY | 27.77 | |
| | | Lucy CHARLES | 27.12 | |
| | | Flora HANSON | 27.49 | |
| 2. | Suffolk ASA | Suffolk | 1:51.00 | 688 |
| | | Bethan BOTTOMLEY | 28.50 | |
| | | Bryony CAMPBELL | 27.91 | |
| | | Ellis JACKSON | 27.34 | |
| | | Pascale REEVES | 27.25 | |
| 3. | Essex County ASA | Essex | 1:55.79 | 606 |
| | | Chloe DAVIS | 29.65 | |
| | | Marissa POSNETT | 27.90 | |
| | | Amy MURFITT | 29.30 | |
| | | Kerriann CHIPPERFIELD | 28.94 | |
| 4. | Bedfordshire ASA | Bedfordshire | 1:58.40 | 567 |
| | | Katie TAVENER | 29.19 | |
| | | Emma IRVINE | 30.53 | |
| | | Charlotte BLACKSLEY | 30.14 | |
| | | Yasmin BITHREY | 28.54 | |
| 5. | Cambridgeshire ASA | Cambs | 1:59.61 | 550 |
| | | Charlotte BEGG | 29.61 | |
| | | Helen BROWN | 31.15 | |
| | | Rebecca HIME | 30.46 | |
| | | Gemma SARGENT | 28.39 | |
| 6. | Norfolk County ASA | Norfolk | 2:02.47 | 512 |
| | | Alex WHITTING | 30.71 | |
| | | Emma SEAMAN | 31.71 | |
| | | Eleanor NEWALL | 29.68 | |
| | | Grace HUBBARD | 30.37 | |

EVENT 48 Mens 15/16 Yrs 200m Free.Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|-----------------------|---------|---------|
| 1. | Suffolk ASA | Suffolk | 1:39.85 | 637 |
| | | Luke BAILEY | 24.29 | |
| | | Sam MUNRO | 24.66 | |
| | | Ryan TOMKINS | 25.36 | |
| | | Aaron LYNCH | 25.54 | |
| 2. | Essex County ASA | Essex | 1:41.44 | 608 |
| | | Michael GRACE | 25.87 | |
| | | Alex DELICATA | 25.25 | |
| | | Charlie POND THOMPSON | 25.59 | |
| | | Henry MAHER | 24.73 | |
| 3. | Cambridgeshire ASA | Cambs | 1:42.32 | 592 |
| | | Ryan SKEELS | 24.74 | |
| | | Josh PEDDER | 26.25 | |
| | | Liam KNIGHT | 25.14 | |
| | | Nicholas ILSLEY | 26.19 | |
| 4. | Bedfordshire ASA | Bedfordshire | 1:44.22 | 561 |
| | | Isaac KENYON | 26.24 | |
| | | Harvey ROBINSON | 26.68 | |
| | | Louis BELL | 26.89 | |
| | | Samuel BRIGGS | 24.41 | |
| 5. | Norfolk County ASA | Norfolk | 1:45.39 | 542 |
| | | Dominic WATERS | 26.21 | |
| | | Alex MURRAY | 26.98 | |
| | | Joshua PAGE | 25.86 | |
| | | Owen LINFORD | 26.34 | |
| 6. | Hertfordshire ASA | Herts | 1:47.14 | 516 |
| | | Daniel McAULIFFE | 27.65 | |
| | | Ed ALLCHRONE | 25.61 | |
| | | Tom WORBEY | 27.41 | |
| | | Nick SPEARS | 26.47 | |



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EVENT 49 Womens 17 Yrs/Over 200m Free.Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|--------------------|---------|---------|
| 1. | Suffolk ASA | Suffolk | 1:49.62 | 714 |
| | | Alice TENNANT | 27.55 | |
| | | Robyn BALL | 27.74 | |
| | | Sophie CHAMBERLAIN | 27.28 | |
| | | Rachel ANDVIG | 27.05 | |
| 2. | Essex County ASA | Essex | 1:53.85 | 637 |
| | | Verity GOODEY | 28.10 | |
| | | Amy ROOT | 28.95 | |
| | | Nina WISEMAN | 29.05 | |
| | | Sophie DRAKE | 27.75 | |
| 3. | Hertfordshire ASA | Herts | 1:54.35 | 629 |
| | | Katie AMBRIDGE | 28.45 | |
| | | Carolyn ASTBURY | 29.33 | |
| | | Victoria BARKER | 28.45 | |
| | | Georgie SMITH | 28.12 | |
| 4. | Norfolk County ASA | Norfolk | 1:58.93 | 559 |
| | | Catherine MARKWELL | 29.23 | |
| | | Laura INGLESON | 28.64 | |
| | | Katie SYKES | 31.29 | |
| | | Sarah OSMAN | 29.77 | |
| 5. | Cambridgeshire ASA | Cams | 2:00.62 | 536 |
| | | Cathryn THOMSON | 29.87 | |
| | | Hannah SARGENT | 29.80 | |
| | | Fay WESTWOOD | 29.54 | |
| | | Kathleen LOVERIDGE | 31.41 | |
| 6. | Bedfordshire ASA | Bedfordshire | 2:01.04 | 530 |
| | | Alice MARCHANT | 30.68 | |
| | | Zoe SMITH | 31.24 | |
| | | Sarah PEARSE | 30.09 | |
| | | Karen KWOK | 29.03 | |

EVENT 50 Mens 17 Yrs/Over 200m Free.Team

Full Results

| Place | Name | Club | Time | FINA Pt |
|-------|--------------------|-----------------|---------|---------|
| 1. | Suffolk ASA | Suffolk | 1:36.53 | 705 |
| | | Wade GRIFFITHS | 24.69 | |
| | | David HARRISON | 23.92 | |
| | | Troy LYNCH | 24.54 | |
| | | Matt WINTER | 23.38 | |
| 2. | Hertfordshire ASA | Herts | 1:37.49 | 685 |
| | | John SARGENT | 24.54 | |
| | | Levi LUCAS | 23.53 | |
| | | Adam INGLEDEW | 25.07 | |
| | | Sean LEAHY | 24.35 | |
| 3. | Norfolk County ASA | Norfolk | 1:40.83 | 619 |
| | | Chris SEARLE | 25.48 | |
| | | Mark LEAMON | 25.05 | |
| | | Thomas QUINTON | 25.71 | |
| | | Mark COLLINS | 24.59 | |
| 4. | Essex County ASA | Essex | 1:42.34 | 592 |
| | | Lee PETERSON | 26.26 | |
| | | Jonathan SAYER | 25.37 | |
| | | Thomas ROOTSEY | 25.63 | |
| | | Timothy TRIPP | 25.08 | |
| 5. | Bedfordshire ASA | Bedfordshire | 1:42.94 | 582 |
| | | Lawrence PALMER | 26.03 | |
| | | Ryan CURRELL | 26.04 | |
| | | Simon WEIGHHELL | 25.47 | |
| | | Aydin BERKI | 25.40 | |
| 6. | Cambridgeshire ASA | Cams | 1:43.24 | 577 |
| | | Gary SMITH | 26.07 | |
| | | Dale BROWN | 27.36 | |
| | | Mark THOMPSON | 25.51 | |
| | | Luke WESTWOOD | 24.30 | |