

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 1 Girls 9 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Gaydon, Eveline	9	Team Ipswich	3:26.50	3:05.30	
2 Stewart, Ella	9	West Suffolk Swimming Club-EA	3:21.54	3:21.69	
3 Harrison, Amelie	9	Stowmarket Swimming Club	5:42.72	3:57.53	
4 Bruce, Connie	9	Stowmarket Swimming Club	3:54.79	4:02.64	
--- Barber, Francesca	9	Stowmarket Swimming Club	3:38.33	DQ	

4.4 Starting before starting signal

**Event 1 Girls 10 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Emily	10	Deben Swimming Club	2:55.72	2:49.45	
2 Gladwell, Darcy	10	Hadleigh Dolphins	2:58.48	3:00.54	
3 Moore, Isabel	10	West Suffolk Swimming Club-EA	2:51.55	3:02.58	
4 Richardson, May	10	Stowmarket Swimming Club	3:23.11	3:08.62	
5 Hitchcock, Lottie	10	Hadleigh Dolphins	3:16.16	3:11.00	

**Event 1 Girls 11 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Stebbings, Katie	11	Stowmarket Swimming Club	2:36.16	2:36.35	
2 Karlsson, Hannah	11	Colchester Swimming Club	3:11.69	2:47.33	
3 Perry, Eloise	11	West Suffolk Swimming Club-EA	2:58.84	2:51.65	

**Event 1 Girls 12 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Barber, Izzy	12	Stowmarket Swimming Club	2:22.95	2:23.81	
2 Baker, Sophie	12	Colchester Swimming Club	2:40.68	2:41.16	
3 Bishop, Maisie Rose	12	Stowmarket Swimming Club	2:58.16	2:54.30	
4 Shaw, Mary	12	Stowmarket Swimming Club	3:24.75	3:11.02	
5 Bingley, Josephine	12	Stowmarket Swimming Club	3:48.71	3:26.27	

**Event 1 Girls 13 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Clark, Alice	13	West Suffolk Swimming Club-EA	2:24.74	2:25.42	
2 Tyler, Frankie	13	Deben Swimming Club	2:24.73	2:25.79	
3 Hall, Helena	13	Deben Swimming Club	2:24.50	2:25.97	
4 Cutting, Emily	13	West Suffolk Swimming Club-EA	2:29.27	2:26.79	
5 Bunclark, Megan	13	Deben Swimming Club	2:32.09	2:26.87	
6 Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	2:23.13	2:27.59	
7 Bleck, Georgia	13	Colchester Swimming Club	2:28.60	2:31.14	
8 Benedetti, Erica	13	Stowmarket Swimming Club	2:34.56	2:32.01	
9 McNicholas, Caitlin	13	Deben Swimming Club	2:34.19	2:32.35	
10 Abbott, Rowan	13	Hadleigh Dolphins	2:33.97	2:32.51	
11 Wright, Mia	13	Felixstowe Swimming Club	2:34.50	2:33.31	
12 Longbottom, Charlotte	13	Deben Swimming Club	2:33.66	2:36.88	
13 Hitt, Martha	13	Stowmarket Swimming Club	2:39.36	2:38.10	

**Event 1 Girls 14 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Quinton, Sophie	14	Deben Swimming Club	2:47.08	2:30.19	
2 White, Caitlyn	14	Deben Swimming Club	2:29.68	2:32.26	
3 Shaw, Katy	14	Stowmarket Swimming Club	2:36.19	2:35.70	

**Event 1 Girls 15 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Yates, Mia	15	Felixstowe Swimming Club	2:15.44	2:15.52	
2 Taplin, Hannah	17	Deben Swimming Club	2:17.92	2:25.16	
3 Clark, Imogen	15	West Suffolk Swimming Club-EA	2:24.00	2:25.94	
4 Bayliss, Annie	15	Colchester Swimming Club	2:23.91	2:30.96	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 1 Girls 15 & Over 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Barrett, Sophie	16	Stowmarket Swimming Club	2:33.89	2:35.14	
6 Cherry, Bethan	15	Stowmarket Swimming Club	2:38.18	2:35.76	

**Event 2 Boys 10 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Girolami, Massimo	10	Colchester Swimming Club	2:45.07	2:39.74	
2 Abbott, Isaac	10	Hadleigh Dolphins	3:20.73	3:15.72	
3 Bleck, Joshua	10	Colchester Swimming Club	3:09.42	3:20.01	

**Event 2 Boys 11 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Barber, Nicholas	11	Stowmarket Swimming Club	3:07.93	2:55.23	

**Event 2 Boys 12 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Chamberlain, Hayden	12	Colchester Swimming Club	2:45.52	2:42.55	
2 Richardson, Toby	12	West Suffolk Swimming Club-EA	2:55.13	2:50.93	
3 Hines, Charlie	12	Stowmarket Swimming Club	2:59.93	2:55.49	
4 Snow, Oliver	12	Stowmarket Swimming Club	3:03.23	3:03.21	
5 Fountain, Harry	12	Hadleigh Dolphins	3:18.34	3:13.41	
6 Whearty, Curtis	12	Colchester Swimming Club	3:45.00	3:38.92	

**Event 2 Boys 13 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Milburn, Mark	13	Colchester Swimming Club	2:21.45	2:16.07	
2 Connick, Michael	13	Deben Swimming Club	2:16.91	2:18.33	
3 Tozer, Barty	13	West Suffolk Swimming Club-EA	2:24.32	2:18.92	
4 Phillips, Ben	13	West Suffolk Swimming Club-EA	2:26.88	2:22.64	
5 Parsons, James	13	Deben Swimming Club	2:21.24	2:25.70	
6 Williams, Isaac	13	Deben Swimming Club	2:28.45	2:26.31	
7 Wallace, George	13	Colchester Swimming Club	2:49.42	2:27.38	

**Event 2 Boys 14 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Houston, Connor	14	Deben Swimming Club	2:10.79	2:08.37	
2 Hitchcock, Oliver	14	Hadleigh Dolphins	2:33.60	2:29.69	

**Event 2 Boys 15 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Boyt, Thomas	19	Felixstowe Swimming Club	1:59.55	2:00.22	
2 Fletcher, Joe	16	Stowmarket Swimming Club	2:03.84	2:03.68	
3 Harrison, Alex	18	West Suffolk Swimming Club-EA	2:02.79	2:06.46	
4 Hall, Harvey	15	Deben Swimming Club	2:14.59	2:08.37	
5 Chevin, Jack	17	Stowmarket Swimming Club	2:11.03	2:12.35	
6 Kenning, Thomas	16	West Suffolk Swimming Club-EA	2:10.46	2:14.33	
7 Tozer, William	15	West Suffolk Swimming Club-EA	2:17.85	2:15.04	
8 Arora, Aryan	15	Deben Swimming Club	2:14.44	2:18.82	
9 Tempest, Adam	15	West Suffolk Swimming Club-EA	2:19.84	2:23.45	

**Event 3 Girls 9 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Gaydon, Eveline	9	Team Ipswich	52.06	46.27	
2 Uttridge, Erin	9	Felixstowe Swimming Club	1:10.00	49.64	
3 Stewart, Ella	9	West Suffolk Swimming Club-EA	46.98	50.21	
4 Troman, Gabriella	9	Colchester Swimming Club	58.33	51.51	
5 Barber, Francesca	9	Stowmarket Swimming Club	56.29	57.20	
6 Benion, Eden	9	Mildenhall and District	1:10.00	1:04.73	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 3 Girls 9 Year Olds 50 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
--- Bishop, Tilly-May	9	Stowmarket Swimming Club	52.83	DQ	
4.4 Starting before starting signal					

**Event 3 Girls 10 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Tuckwell, Anjali	10	Colchester Swimming Club	41.24	42.11	
2 Broad, Kiera	10	West Suffolk Swimming Club-EA	41.93	42.44	
3 Neumann, Holly	10	Stowmarket Swimming Club	44.73	45.16	
4 Moore, Isabel	10	West Suffolk Swimming Club-EA	42.43	46.76	
5 Davies, Florence	10	Deben Swimming Club	56.86	50.08	
--- Gladwell, Darcy	10	Hadleigh Dolphins	45.62	DQ	
8.1 Body not on breast during swim or when leaving wall after turn (ex when executing turn					
--- Calver, Grace	10	Stowmarket Swimming Club	53.99	DQ	
8.3 Alternating movement of legs or feet					

**Event 3 Girls 11 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Stebbings, Katie	11	Stowmarket Swimming Club	37.80	38.03	
2 Karlsson, Hannah	11	Colchester Swimming Club	44.68	38.83	
3 Hattan, Charlotte	11	Deben Swimming Club	39.51	39.85	
4 Perry, Eloise	11	West Suffolk Swimming Club-EA	42.29	40.15	
5 Brown, Rebecca	11	Stowmarket Swimming Club	39.69	40.22	
6 Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	43.61	43.50	
7 Molyneaux, Annette	11	Hadleigh Dolphins	1:00.58	44.01	
8 Lomasney-Mcintyre, Isobel	11	Team Ipswich	44.81	45.85	
9 Higgins, Roisin	11	Colchester Swimming Club	46.12	46.62	
10 Ali, Maisie	11	Deben Swimming Club	45.18	48.11	
11 Fisher, Kayden	11	Stowmarket Swimming Club	46.47	48.93	
12 Gilbrook, Katy	11	West Suffolk Swimming Club-EA	46.30	49.72	
13 Loft, Serafina	11	Stowmarket Swimming Club	1:20.76	1:05.94	

**Event 3 Girls 12 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Davies, Connie	12	Deben Swimming Club	35.55	34.75	
2 Springham, Matilda	12	Deben Swimming Club	37.93	37.71	
3 Washington, Mae	12	Stowmarket Swimming Club	38.90	37.79	
4 Connick, Lily	12	Deben Swimming Club	40.05	38.45	
5 Goddard, Greta	12	Colchester Swimming Club	38.91	38.72	
6 Tibble, Sophie	12	Deben Swimming Club	40.62	38.75	
7 Neumann, Bethany	12	Stowmarket Swimming Club	39.92	39.28	
8 Crossfield, Imogen	12	Deben Swimming Club	42.83	40.07	
9 Easteal, Isobel	12	Colchester Swimming Club	39.54	40.38	
10 Whyte, Olivia	12	West Suffolk Swimming Club-EA	40.27	40.62	
11 Isaacs, Izabella	12	Felixstowe Swimming Club	45.64	43.61	
12 Baker, Sophie	12	Colchester Swimming Club	42.74	43.76	
13 Bishop, Maisie Rose	12	Stowmarket Swimming Club	45.09	43.96	
14 Bingley, Josephine	12	Stowmarket Swimming Club	49.57	47.72	
15 Stiff, Reece	12	Felixstowe Swimming Club	47.98	49.28	
--- Wright, Emily	12	Stowmarket Swimming Club	43.39	DQ	
4.4 Starting before starting signal					

**Event 3 Girls 13 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Sophie	13	Deben Swimming Club	31.88	32.29	
2 Cutting, Emily	13	West Suffolk Swimming Club-EA	34.25	33.52	
3 Springham, Esme	13	Deben Swimming Club	35.56	33.71	
4 Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	36.53	33.72	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 3 Girls 13 Year Olds 50 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Hitt, Martha	13	Stowmarket Swimming Club	34.34	34.81	
6 Molyneaux, Olivia	13	Hadleigh Dolphins	37.07	35.36	
7 Acheson, Elizabeth	13	Mildenhall and District	33.71	35.89	
8 Crawley, Abigail	13	Felixstowe Swimming Club	37.07	35.91	
9 Leighton, Katimai	13	Felixstowe Swimming Club	44.81	36.36	
10 McCarthy, Holly	13	Colchester Swimming Club	39.69	37.00	
11 Bleck, Georgia	13	Colchester Swimming Club	37.61	38.10	
12 Alvarez, Megan	13	Stowmarket Swimming Club	40.00	38.73	
13 Watts, Meg	13	Felixstowe Swimming Club	36.98	40.42	
--- Longbottom, Charlotte	13	Deben Swimming Club	37.93	DQ	

4.4 Starting before starting signal

**Event 3 Girls 14 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Houston, Ella	14	Deben Swimming Club	34.50	33.70	
2 Galbraith, Catherine	14	Deben Swimming Club	33.88	34.05	
3 O'Malley, Hannah	14	Colchester Swimming Club	36.12	34.41	
4 Valentine, Mazie	14	Felixstowe Swimming Club	36.40	35.93	

**Event 3 Girls 15 & Over 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Dootson, Ella	16	Stowmarket Swimming Club	31.53	31.23	
2 Higgins, Niamh	15	Colchester Swimming Club	31.44	31.33	
3 Rootes, Freya	15	West Suffolk Swimming Club-EA	33.01	33.39	
4 Yates, Mia	15	Felixstowe Swimming Club	33.41	33.56	
5 McKay, Caitlin	15	West Suffolk Swimming Club-EA	33.81	33.86	
6 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	33.14	33.93	
7 Barrett, Sophie	16	Stowmarket Swimming Club	35.76	35.58	
8 Clark, Imogen	15	West Suffolk Swimming Club-EA	34.39	36.62	
9 Felgate, Emma	17	Felixstowe Swimming Club	39.18	40.69	

**Event 4 Boys 9 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Crisell, Dexter	9	Colchester Swimming Club	1:02.00	1:09.40	

**Event 4 Boys 10 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 McCarthy, Jack	10	Colchester Swimming Club	37.01	36.42	
2 Connick, Joshua	10	Deben Swimming Club	46.12	43.73	
3 Cecins, Sandijs	10	Colchester Swimming Club	52.00	47.25	
4 Williams, Thomas	10	West Suffolk Swimming Club-EA	44.55	47.97	
5 Parsons, Edward	10	Deben Swimming Club	57.00	54.51	
6 Whearty, Lyle	10	Colchester Swimming Club	1:06.00	1:00.88	

**Event 4 Boys 11 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Jackson, Alfs	11	Stowmarket Swimming Club	44.76	43.30	
--- Black, Samuel	11	Stowmarket Swimming Club	46.54	DQ	

8.4 At turn or finish, touch not simultaneous or hands not separated

**Event 4 Boys 12 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bashford, Riley	12	Deben Swimming Club	33.53	32.90	
2 Pryke, Daniel	12	Deben Swimming Club	39.71	34.83	
3 Chamberlain, Hayden	12	Colchester Swimming Club	39.17	36.54	
4 Chamberlain, Archie	12	West Suffolk Swimming Club-EA	37.18	37.18	
5 Richardson, Toby	12	West Suffolk Swimming Club-EA	40.90	40.18	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 4 Boys 12 Year Olds 50 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
6 Snow, Oliver	12	Stowmarket Swimming Club	43.60	46.17	
7 Whearty, Curtis	12	Colchester Swimming Club	1:02.00	53.97	

**Event 4 Boys 13 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Clay, James	13	West Suffolk Swimming Club-EA	33.13	31.19	
2 Crossfield, James	13	Deben Swimming Club	33.43	32.42	
3 Bishop, Joshua	13	Stowmarket Swimming Club	33.01	32.92	
4 Wallace, George	13	Colchester Swimming Club	35.86	33.51	
5 Hilton, Thomas	13	Deben Swimming Club	34.37	33.53	
6 Milburn, Mark	13	Colchester Swimming Club	35.73	33.63	
7 Parsons, James	13	Deben Swimming Club	36.18	34.08	
8 Tozer, Barty	13	West Suffolk Swimming Club-EA	34.04	34.18	
9 Gladwell, Elliot	13	Hadleigh Dolphins	35.82	34.58	
10 Phillips, Ben	13	West Suffolk Swimming Club-EA	37.88	37.24	

**Event 4 Boys 14 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Cheng, Kai	14	Colchester Swimming Club	30.30	29.65	
2 Parsons, William	14	Deben Swimming Club	29.90	30.39	
3 Easteal, William	14	Colchester Swimming Club	34.52	31.64	
4 Chapman, Jacob	14	Stowmarket Swimming Club	37.24	35.04	
5 Black, Luke	14	Stowmarket Swimming Club	36.61	36.49	

**Event 4 Boys 15 & Over 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Chapman, Lewis	17	Stowmarket Swimming Club	26.95	27.26	
2 Coe, Calvin	20	Stowmarket Swimming Club	27.84	27.73	
3 Harrison, Alex	18	West Suffolk Swimming Club-EA	28.64	28.69	
4 Edgar, Ashley	16	West Suffolk Swimming Club-EA	29.49	28.99	
5 White, William	18	Hadleigh Dolphins	30.19	29.48	
6 Penman, Ruairidh	22	Stowmarket Swimming Club	30.54	29.96	
7 Morsman, Adam	19	Hadleigh Dolphins	29.59	30.22	
8 Tozer, William	15	West Suffolk Swimming Club-EA	31.85	31.47	
9 Kenning, Thomas	16	West Suffolk Swimming Club-EA	30.90	31.70	
10 Welsford, Callum	15	Deben Swimming Club	31.51	31.79	
11 Parsons, Henry	17	Deben Swimming Club	31.20	31.93	
12 Arora, Aryan	15	Deben Swimming Club	31.97	32.86	
13 Phillips, Charlie	15	Felixstowe Swimming Club	33.33	33.11	
14 Tempest, Adam	15	West Suffolk Swimming Club-EA	32.52	33.15	

**Event 5 Girls 9 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Gaydon, Eveline	9	Team Ipswich	NT	3:37.64	

**Event 5 Girls 10 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Moore, Isabel	10	West Suffolk Swimming Club-EA	3:24.83	3:25.61	
--- Gladwell, Darcy	10	Hadleigh Dolphins	3:22.25	DQ	

6.5 More than one single or double simultaneous arm pull used to initiate turn - back

**Event 5 Girls 11 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Rowe, Sadie	11	Colchester Swimming Club	3:07.53	3:00.90	
2 Brown, Rebecca	11	Stowmarket Swimming Club	3:07.72	3:02.85	
3 Lomasney-Mcintyre, Isobel	11	Team Ipswich	NT	3:03.45	
4 McNicholas, Hannah	11	Deben Swimming Club	3:12.50	3:06.16	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 5 Girls 11 Year Olds 200 SC Meter IM)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Karlsson, Hannah	11	Colchester Swimming Club	3:29.82	3:09.99	
6 Freeman, Francesca	11	West Suffolk Swimming Club-EA	3:19.94	3:11.07	
7 Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	3:28.61	3:26.76	
8 Ali, Maisie	11	Deben Swimming Club	3:36.32	3:33.92	
--- Wright, Elizabeth	11	West Suffolk Swimming Club-EA	3:22.87	DQ	

7.6 Touch not simultaneous and/or hands not separated - breast

**Event 5 Girls 12 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Whyte, Olivia	12	West Suffolk Swimming Club-EA	3:07.01	3:01.53	
2 Baker, Sophie	12	Colchester Swimming Club	3:00.72	3:02.90	
3 Connick, Lily	12	Deben Swimming Club	3:10.81	3:04.07	
4 Washington, Mae	12	Stowmarket Swimming Club	3:09.41	3:07.47	
5 Neumann, Bethany	12	Stowmarket Swimming Club	3:14.13	3:14.44	
6 Wright, Emily	12	Stowmarket Swimming Club	3:16.94	3:15.34	
7 Stiff, Reece	12	Felixstowe Swimming Club	4:00.00	3:45.31	
--- Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	3:46.83	DQ	

7.6 Touch not simultaneous and/or hands not separated - breast

**Event 5 Girls 13 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Sophie	13	Deben Swimming Club	2:35.30	2:34.72	
2 Benedetti, Erica	13	Stowmarket Swimming Club	2:47.75	2:43.94	
3 Bunclark, Megan	13	Deben Swimming Club	2:46.61	2:45.27	
4 McNicholas, Caitlin	13	Deben Swimming Club	2:49.68	2:48.21	
5 Cooper, Emily	13	Stowmarket Swimming Club	2:54.29	2:51.35	
6 Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	2:50.66	2:51.52	
7 Bleck, Georgia	13	Colchester Swimming Club	2:47.52	2:53.05	
8 Hitt, Martha	13	Stowmarket Swimming Club	2:55.65	2:56.57	
9 Watts, Meg	13	Felixstowe Swimming Club	2:59.11	2:58.71	

**Event 5 Girls 14 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Galbraith, Catherine	14	Deben Swimming Club	2:52.75	2:53.78	
2 Chevin, Hannah	14	Stowmarket Swimming Club	2:57.19	2:55.43	

**Event 5 Girls 15 & Over 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Dootson, Ella	16	Stowmarket Swimming Club	2:33.52	2:35.42	
2 Taplin, Hannah	17	Deben Swimming Club	2:36.36	2:42.60	
3 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	2:38.54	2:43.17	
4 Higgins, Niamh	15	Colchester Swimming Club	2:43.45	2:47.79	
5 Barrett, Sophie	16	Stowmarket Swimming Club	2:53.79	2:54.56	
6 Barrett, Louise	16	Stowmarket Swimming Club	2:52.57	2:54.86	
7 Clark, Imogen	15	West Suffolk Swimming Club-EA	2:52.06	2:55.27	
8 Bayliss, Annie	15	Colchester Swimming Club	2:42.21	3:00.01	
9 Branton, Aprille	22	Felixstowe Swimming Club	3:05.78	3:07.12	

**Event 6 Boys 10 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
--- Whearty, Lyle	10	Colchester Swimming Club	3:58.00	DQ	
8.3 Alternating movement of legs or feet - fly					
--- Girolami, Massimo	10	Colchester Swimming Club	3:07.39	DQ	
6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat					

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 6 Boys 11 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Troman, Zak	11	Colchester Swimming Club	2:43.30	2:40.47	
2 Spelman, Thomas	11	Stowmarket Swimming Club	3:06.05	3:01.93	
--- Pryke, Max	11	West Suffolk Swimming Club-EA	3:07.63	DQ	

7.6 Touch not simultaneous and/or hands not separated - breast

**Event 6 Boys 12 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Tolputt, Samuel	12	Deben Swimming Club	3:12.79	2:53.82	
2 Chamberlain, Hayden	12	Colchester Swimming Club	3:01.85	3:02.90	
3 Whearty, Curtis	12	Colchester Swimming Club	3:50.00	4:07.57	

**Event 6 Boys 13 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Clay, James	13	West Suffolk Swimming Club-EA	2:26.29	2:24.89	
2 Tozer, Barty	13	West Suffolk Swimming Club-EA	2:48.22	2:40.00	
3 Bishop, Joshua	13	Stowmarket Swimming Club	2:46.74	2:42.15	
4 Phillips, Ben	13	West Suffolk Swimming Club-EA	2:48.46	2:42.95	
--- Wallace, George	13	Colchester Swimming Club	2:49.89	DQ	

6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat

**Event 6 Boys 15 & Over 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Fletcher, Joe	16	Stowmarket Swimming Club	2:30.34	2:27.57	
2 Tozer, William	15	West Suffolk Swimming Club-EA	2:34.42	2:33.48	
3 Tempest, Adam	15	West Suffolk Swimming Club-EA	2:33.81	2:36.82	

**Event 7 Girls 9 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bishop, Tilly-May	9	Stowmarket Swimming Club	1:57.98	1:56.19	
2 Stewart, Ella	9	West Suffolk Swimming Club-EA	2:06.90	1:59.96	
3 Harrison, Amelie	9	Stowmarket Swimming Club	2:18.32	2:18.87	
4 Benion, Eden	9	Mildenhall and District	2:20.00	2:25.57	
--- Stratton-Thomsett, Isabella	9	Colchester Swimming Club	2:02.00	DQ	

7.5 Executed alternating or downward fly kicks (except after start or turn (as in SW 7.1)

**Event 7 Girls 10 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Emily	10	Deben Swimming Club	1:39.76	1:42.46	
2 Broad, Kiera	10	West Suffolk Swimming Club-EA	1:51.81	1:43.40	
3 Hitchcock, Lottie	10	Hadleigh Dolphins	1:43.69	1:44.13	
4 Moore, Isabel	10	West Suffolk Swimming Club-EA	1:52.67	1:49.31	
5 Richardson, May	10	Stowmarket Swimming Club	1:55.92	1:53.74	
6 Calver, Grace	10	Stowmarket Swimming Club	2:00.92	1:59.06	

**Event 7 Girls 11 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Stebbings, Katie	11	Stowmarket Swimming Club	1:35.35	1:34.45	
2 Milburn, Amy	11	Colchester Swimming Club	1:41.33	1:36.64	
3 Hattan, Charlotte	11	Deben Swimming Club	1:40.45	1:40.46	
4 Karlsson, Hannah	11	Colchester Swimming Club	1:41.18	1:42.32	
5 Freeman, Francesca	11	West Suffolk Swimming Club-EA	NT	1:43.34	
6 Snowden, Beatrice	11	Team Ipswich	1:44.61	1:43.44	
7 Molyneaux, Annette	11	Hadleigh Dolphins	1:55.75	1:45.14	
8 Perry, Eloise	11	West Suffolk Swimming Club-EA	1:51.75	1:46.02	
9 Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	1:47.14	1:47.40	
10 Fisher, Kayden	11	Stowmarket Swimming Club	1:47.01	1:49.23	
11 Higgins, Roisin	11	Colchester Swimming Club	1:53.92	1:54.44	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 7 Girls 11 Year Olds 100 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
12 Gilbrook, Katy	11	West Suffolk Swimming Club-EA	2:02.78	1:55.99	
13 Loft, Serafina	11	Stowmarket Swimming Club	3:00.02	2:22.50	

**Event 7 Girls 12 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Davies, Connie	12	Deben Swimming Club	1:32.03	1:29.12	
2 Baker, Sophie	12	Colchester Swimming Club	1:35.37	1:32.22	
3 Bishop, Maisie Rose	12	Stowmarket Swimming Club	1:38.18	1:35.66	
4 Whyte, Olivia	12	West Suffolk Swimming Club-EA	1:40.98	1:41.62	
5 Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	1:42.62	1:44.55	
6 Quinton, Emma	12	Deben Swimming Club	1:47.78	1:46.48	
7 Stiff, Reece	12	Felixstowe Swimming Club	1:54.12	1:54.38	
8 Bingley, Josephine	12	Stowmarket Swimming Club	1:56.38	1:54.80	
--- Tibble, Sophie	12	Deben Swimming Club	1:39.78	DQ	

4.4 Starting before starting signal

**Event 7 Girls 13 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Sophie	13	Deben Swimming Club	1:20.22	1:21.73	
2 Tyler, Frankie	13	Deben Swimming Club	1:28.60	1:25.49	
3 Cooper, Emily	13	Stowmarket Swimming Club	1:26.92	1:26.65	
4 Acheson, Elizabeth	13	Mildenhall and District	1:30.85	1:28.21	
5 Clark, Alice	13	West Suffolk Swimming Club-EA	1:33.69	1:28.51	
6 King, Alice	13	Stowmarket Swimming Club	1:30.57	1:29.23	
7 Molyneaux, Olivia	13	Hadleigh Dolphins	1:42.50	1:30.99	
8 Bleck, Georgia	13	Colchester Swimming Club	1:32.01	1:32.97	
9 Wright, Mia	13	Felixstowe Swimming Club	1:37.50	1:34.23	
10 Watts, Meg	13	Felixstowe Swimming Club	2:35.87	1:35.95	
11 Van Der Shyff, Nur Ayni	13	Colchester Swimming Club	1:32.57	1:35.98	

**Event 7 Girls 14 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 McNally, Sarah	14	Deben Swimming Club	1:21.88	1:22.78	
2 Galbraith, Catherine	14	Deben Swimming Club	1:29.59	1:27.04	
3 O'Malley, Hannah	14	Colchester Swimming Club	1:35.26	1:32.10	

**Event 7 Girls 15 & Over 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 McKay, Caitlin	15	West Suffolk Swimming Club-EA	1:22.81	1:22.34	
2 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	1:21.57	1:23.99	
3 Barrett, Louise	16	Stowmarket Swimming Club	1:28.87	1:29.25	
4 Bayliss, Annie	15	Colchester Swimming Club	1:23.81	1:29.99	
5 Higgins, Niamh	15	Colchester Swimming Club	1:27.72	1:30.25	
6 Felgate, Emma	17	Felixstowe Swimming Club	1:43.30	1:43.68	
7 Cherry, Bethan	15	Stowmarket Swimming Club	1:46.19	1:46.67	

**Event 8 Boys 9 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Rowland, Alfie	9	Stowmarket Swimming Club	2:03.70	1:56.14	

**Event 8 Boys 10 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 McCarthy, Jack	10	Colchester Swimming Club	1:43.25	1:40.42	
2 Williams, Thomas	10	West Suffolk Swimming Club-EA	1:58.71	1:56.01	
3 Bleck, Joshua	10	Colchester Swimming Club	1:58.59	1:58.14	
4 Whearty, Lyle	10	Colchester Swimming Club	2:02.00	2:18.37	



**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 8 Boys 11 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Troman, Zak	11	Colchester Swimming Club	1:28.95	1:28.18	
2 Hayes, Joshua	11	Hadleigh Dolphins	1:57.26	1:53.67	

**Event 8 Boys 12 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Chamberlain, Hayden	12	Colchester Swimming Club	1:39.40	1:34.17	
2 Richardson, Toby	12	West Suffolk Swimming Club-EA	1:44.24	1:40.40	
3 Hines, Charlie	12	Stowmarket Swimming Club	1:48.25	1:45.43	
4 Whearty, Curtis	12	Colchester Swimming Club	2:00.00	2:05.00	

**Event 8 Boys 13 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Milburn, Mark	13	Colchester Swimming Club	1:21.81	1:17.75	
2 Girolami, Antonio	13	Colchester Swimming Club	1:27.04	1:26.60	
3 Bishop, Joshua	13	Stowmarket Swimming Club	1:24.84	1:26.87	
4 Tozer, Barty	13	West Suffolk Swimming Club-EA	1:28.78	1:30.01	

**Event 8 Boys 14 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Houston, Connor	14	Deben Swimming Club	1:21.96	1:20.11	
2 Easteal, William	14	Colchester Swimming Club	1:28.15	1:30.10	
3 Chapman, Jacob	14	Stowmarket Swimming Club	1:31.52	1:33.69	
--- Hitchcock, Oliver	14	Hadleigh Dolphins	1:28.35	DQ	

7.5 Executed alternating or downward fly kicks (except after start or turn (as in SW 7.1)

**Event 8 Boys 15 & Over 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Boyt, Thomas	19	Felixstowe Swimming Club	1:10.59	1:09.44	
2 Coe, Calvin	20	Stowmarket Swimming Club	1:09.82	1:09.82	
3 Hall, Harvey	15	Deben Swimming Club	1:09.04	1:11.56	
4 Chapman, Lewis	17	Stowmarket Swimming Club	1:12.29	1:12.06	
5 Edgar, Ashley	16	West Suffolk Swimming Club-EA	1:16.22	1:16.32	
6 Penman, Ruairidh	22	Stowmarket Swimming Club	1:15.92	1:16.70	
7 Harrison, Alex	18	West Suffolk Swimming Club-EA	1:18.02	1:17.20	
8 Morsman, Adam	19	Hadleigh Dolphins	1:17.06	1:19.18	
9 Tozer, William	15	West Suffolk Swimming Club-EA	1:21.24	1:19.73	

**Event 9 Girls 9 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Gaydon, Eveline	9	Team Ipswich	48.80	45.11	
2 Uttridge, Erin	9	Felixstowe Swimming Club	50.16	46.48	
3 Stewart, Ella	9	West Suffolk Swimming Club-EA	44.95	47.21	
4 Troman, Gabriella	9	Colchester Swimming Club	49.15	48.49	
5 Barber, Francesca	9	Stowmarket Swimming Club	51.07	51.27	
6 Bishop, Tilly-May	9	Stowmarket Swimming Club	50.40	53.93	
7 Benion, Eden	9	Mildenhall and District	59.31	1:00.43	
--- Bruce, Connie	9	Stowmarket Swimming Club	59.77	DQ	

6.5 More than one single or double simultaneous arm pull used to initiate turn

**Event 9 Girls 10 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Gladwell, Darcy	10	Hadleigh Dolphins	43.84	42.58	
2 Moore, Isabel	10	West Suffolk Swimming Club-EA	43.17	43.69	
3 Richardson, May	10	Stowmarket Swimming Club	46.24	44.43	
4 Broad, Kiera	10	West Suffolk Swimming Club-EA	44.39	45.20	
5 Tuckwell, Anjali	10	Colchester Swimming Club	44.34	45.38	
6 Davies, Florence	10	Deben Swimming Club	46.74	46.54	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 9 Girls 10 Year Olds 50 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
7 Neumann, Holly	10	Stowmarket Swimming Club	47.86	47.58	
8 Hitchcock, Lottie	10	Hadleigh Dolphins	46.58	48.22	
9 Connick, Eva	10	Deben Swimming Club	50.82	48.79	
10 Calver, Grace	10	Stowmarket Swimming Club	48.28	49.22	

**Event 9 Girls 11 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Hattan, Charlotte	11	Deben Swimming Club	38.01	39.33	
2 Milburn, Amy	11	Colchester Swimming Club	43.25	40.27	
3 McNicholas, Hannah	11	Deben Swimming Club	41.10	40.80	
4 Freeman, Francesca	11	West Suffolk Swimming Club-EA	39.81	41.51	
5 Karlsson, Hannah	11	Colchester Swimming Club	42.52	41.88	
6 Brown, Rebecca	11	Stowmarket Swimming Club	41.41	42.21	
7 Molyneaux, Annette	11	Hadleigh Dolphins	48.83	42.25	
8 Wright, Elizabeth	11	West Suffolk Swimming Club-EA	40.15	42.46	
9 Himsforth, Daisy	11	Colchester Swimming Club	44.86	42.90	
10 Snowden, Beatrice	11	Team Ipswich	43.03	46.32	
11 Gilbrook, Katy	11	West Suffolk Swimming Club-EA	44.55	46.48	
12 Higgins, Roisin	11	Colchester Swimming Club	48.03	49.59	
13 Loft, Serafina	11	Stowmarket Swimming Club	1:01.23	55.32	

**Event 9 Girls 12 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Barber, Izzy	12	Stowmarket Swimming Club	33.93	35.25	
2 Springham, Matilda	12	Deben Swimming Club	37.23	37.16	
3 Goddard, Greta	12	Colchester Swimming Club	37.72	37.50	
4 Easteal, Isobel	12	Colchester Swimming Club	40.96	39.10	
5 Clarke, Darcy	12	Stowmarket Swimming Club	40.41	40.00	
6 Whyte, Olivia	12	West Suffolk Swimming Club-EA	38.83	40.08	
7 Neumann, Bethany	12	Stowmarket Swimming Club	40.65	40.28	
8 Baker, Sophie	12	Colchester Swimming Club	39.37	40.48	
9 Crossfield, Imogen	12	Deben Swimming Club	42.18	41.22	
10 Tibble, Sophie	12	Deben Swimming Club	43.16	41.89	
11 Wright, Emily	12	Stowmarket Swimming Club	42.17	42.56	
12 Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	40.81	42.68	
13 Isaacs, Izabella	12	Felixstowe Swimming Club	45.00	43.81	
14 Shaw, Mary	12	Stowmarket Swimming Club	45.68	48.07	
15 Bingley, Josephine	12	Stowmarket Swimming Club	47.99	48.50	
16 Stiff, Reece	12	Felixstowe Swimming Club	46.88	50.19	

**Event 9 Girls 13 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Cutting, Emily	13	West Suffolk Swimming Club-EA	34.20	33.84	
2 Springham, Esme	13	Deben Swimming Club	33.55	34.94	
3 Abbott, Rowan	13	Hadleigh Dolphins	35.49	34.97	
4 Tyler, Frankie	13	Deben Swimming Club	34.61	35.05	
5 Molyneaux, Olivia	13	Hadleigh Dolphins	36.72	36.48	
6 Benedetti, Erica	13	Stowmarket Swimming Club	37.01	37.56	
7 McCarthy, Holly	13	Colchester Swimming Club	38.38	37.69	
8 King, Alice	13	Stowmarket Swimming Club	36.69	38.11	
9 Wright, Mia	13	Felixstowe Swimming Club	38.63	38.43	
10 Acheson, Elizabeth	13	Mildenhall and District	37.17	38.65	
11 Crawley, Abigail	13	Felixstowe Swimming Club	37.59	39.61	
12 Ford, Lily	13	Hadleigh Dolphins	40.15	39.89	
13 Alvarez, Megan	13	Stowmarket Swimming Club	40.15	40.60	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 9 Girls 14 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Quinton, Sophie	14	Deben Swimming Club	33.93	34.72	
2 Houston, Ella	14	Deben Swimming Club	34.60	35.03	
3 Galbraith, Catherine	14	Deben Swimming Club	34.43	35.29	
4 McNally, Sarah	14	Deben Swimming Club	36.93	36.96	
5 Chevin, Hannah	14	Stowmarket Swimming Club	37.05	37.15	
6 Valentine, Mazie	14	Felixstowe Swimming Club	38.79	37.30	
7 O'Malley, Hannah	14	Colchester Swimming Club	38.62	37.82	
8 Shaw, Katy	14	Stowmarket Swimming Club	36.03	38.36	
9 White, Caitlyn	14	Deben Swimming Club	40.56	41.31	

**Event 9 Girls 15 & Over 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 McKay, Caitlin	15	West Suffolk Swimming Club-EA	33.69	34.05	
2 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	33.60	34.82	
3 Yates, Mia	15	Felixstowe Swimming Club	34.90	35.19	
4 Higgins, Niamh	15	Colchester Swimming Club	34.94	36.04	
5 Rootes, Freya	15	West Suffolk Swimming Club-EA	36.38	37.39	
6 Van Der Shyff, Nuha	16	Colchester Swimming Club	37.21	38.05	
7 Clark, Imogen	15	West Suffolk Swimming Club-EA	38.59	38.92	
8 Branton, Aprille	22	Felixstowe Swimming Club	40.67	41.65	
9 Cherry, Bethan	15	Stowmarket Swimming Club	40.19	41.66	

**Event 10 Boys 9 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Crisell, Dexter	9	Colchester Swimming Club	55.00	55.09	

**Event 10 Boys 10 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Connick, Joshua	10	Deben Swimming Club	40.69	40.82	
2 Parsons, Edward	10	Deben Swimming Club	44.32	43.48	
3 Dixon-Minter, William	10	Team Ipswich	49.35	43.60	
4 Cecins, Sandijs	10	Colchester Swimming Club	55.00	45.35	
5 Clarke, Joseph	10	Stowmarket Swimming Club	52.00	45.49	
6 Bleck, Joshua	10	Colchester Swimming Club	43.84	47.11	
7 Williams, Thomas	10	West Suffolk Swimming Club-EA	44.74	47.59	
8 Abbott, Isaac	10	Hadleigh Dolphins	49.27	50.13	
9 Whearty, Lyle	10	Colchester Swimming Club	52.00	55.59	

**Event 10 Boys 11 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Pryke, Max	11	West Suffolk Swimming Club-EA	36.57	38.22	
2 Black, Samuel	11	Stowmarket Swimming Club	42.68	42.27	
3 Spelman, Thomas	11	Stowmarket Swimming Club	42.54	42.48	
4 Barber, Nicholas	11	Stowmarket Swimming Club	43.08	44.75	
5 Hayes, Joshua	11	Hadleigh Dolphins	45.92	45.86	

**Event 10 Boys 12 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bashford, Riley	12	Deben Swimming Club	38.40	35.41	
2 Tolputt, Samuel	12	Deben Swimming Club	35.80	36.07	
3 Pryke, Daniel	12	Deben Swimming Club	38.27	36.43	
4 Chamberlain, Hayden	12	Colchester Swimming Club	40.70	39.12	
5 Richardson, Toby	12	West Suffolk Swimming Club-EA	41.95	42.73	
6 Snow, Oliver	12	Stowmarket Swimming Club	43.67	48.17	
7 Whearty, Curtis	12	Colchester Swimming Club	49.00	53.66	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 10 Boys 13 Year Olds 50 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Parsons, James	13	Deben Swimming Club	33.03	32.62	
2	Wallace, George	13	Colchester Swimming Club	34.81	33.34	
3	Connick, Michael	13	Deben Swimming Club	33.90	33.93	
4	Crossfield, James	13	Deben Swimming Club	34.13	34.33	
5	Tozer, Barty	13	West Suffolk Swimming Club-EA	33.88	34.58	
6	Rosher, Dominic	13	Felixstowe Swimming Club	36.04	35.02	
7	Hilton, Thomas	13	Deben Swimming Club	35.91	35.33	
8	Gladwell, Elliot	13	Hadleigh Dolphins	35.99	35.37	
9	Phillips, Ben	13	West Suffolk Swimming Club-EA	36.80	35.61	
10	Williams, Isaac	13	Deben Swimming Club	36.19	36.37	
11	Girolami, Antonio	13	Colchester Swimming Club	39.58	38.60	

**Event 10 Boys 14 Year Olds 50 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Parsons, William	14	Deben Swimming Club	29.50	30.18	
2	Cheng, Kai	14	Colchester Swimming Club	31.20	31.22	
3	Easteal, William	14	Colchester Swimming Club	34.93	33.61	
4	Black, Luke	14	Stowmarket Swimming Club	38.67	38.77	
5	Chapman, Jacob	14	Stowmarket Swimming Club	40.02	41.63	

**Event 10 Boys 15 & Over 50 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Coe, Calvin	20	Stowmarket Swimming Club	29.04	30.22	
2	Chapman, Lewis	17	Stowmarket Swimming Club	29.65	30.94	
*3	White, William	18	Hadleigh Dolphins	31.02	31.56	
*3	Edgar, Ashley	16	West Suffolk Swimming Club-EA	31.42	31.56	
5	Welsford, Callum	15	Deben Swimming Club	33.77	32.67	
6	Chevin, Jack	17	Stowmarket Swimming Club	33.31	32.86	
7	Phillips, Charlie	15	Felixstowe Swimming Club	32.66	33.54	
8	Tempest, Adam	15	West Suffolk Swimming Club-EA	33.99	34.02	
9	Tozer, William	15	West Suffolk Swimming Club-EA	33.54	35.19	

**Event 11 Girls 9 Year Olds 100 SC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Gaydon, Eveline	9	Team Ipswich	1:42.76	1:28.16	
2	Stewart, Ella	9	West Suffolk Swimming Club-EA	1:37.30	1:32.03	
3	Barber, Francesca	9	Stowmarket Swimming Club	1:46.81	1:35.91	
4	Daynes, Erin	9	Stowmarket Swimming Club	1:46.23	1:37.80	
5	Troman, Gabriella	9	Colchester Swimming Club	1:50.13	1:39.67	
6	Harrison, Amelie	9	Stowmarket Swimming Club	1:53.77	1:45.58	
7	Bruce, Connie	9	Stowmarket Swimming Club	1:52.22	1:45.69	
8	Stratton-Thomsett, Isabella	9	Colchester Swimming Club	1:48.67	1:45.75	
9	Phillips, Charlotte	9	Deben Swimming Club	1:54.69	1:48.93	
10	Carter, Verity	9	Stowmarket Swimming Club	NT	2:11.99	

**Event 11 Girls 10 Year Olds 100 SC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Lander, Emily	10	Deben Swimming Club	1:19.09	1:17.71	
2	Richardson, May	10	Stowmarket Swimming Club	1:30.56	1:20.11	
3	Gladwell, Darcy	10	Hadleigh Dolphins	1:19.71	1:20.63	
4	Broad, Kiera	10	West Suffolk Swimming Club-EA	1:26.06	1:21.28	
5	Moore, Isabel	10	West Suffolk Swimming Club-EA	1:24.24	1:21.58	
6	Motts, Nell	10	Hadleigh Dolphins	1:25.72	1:27.39	
7	Hitchcock, Lottie	10	Hadleigh Dolphins	1:29.79	1:29.39	
8	Neumann, Holly	10	Stowmarket Swimming Club	1:39.68	1:33.81	
9	Fenn, Alice	10	Felixstowe Swimming Club	1:44.51	1:37.76	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 11 Girls 10 Year Olds 100 SC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
10	Holder, Mia	10	Stowmarket Swimming Club	1:42.14	1:39.24	
11	Connick, Eva	10	Deben Swimming Club	NT	1:48.42	

**Event 11 Girls 11 Year Olds 100 SC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Stebbing, Katie	11	Stowmarket Swimming Club	1:13.01	1:11.57	
2	Brown, Rebecca	11	Stowmarket Swimming Club	1:14.83	1:13.07	
3	Karlsson, Hannah	11	Colchester Swimming Club	1:17.65	1:16.78	
4	Skoulding, Madison	11	Stowmarket Swimming Club	1:19.76	1:17.18	
5	Molyneaux, Annette	11	Hadleigh Dolphins	1:27.54	1:18.17	
6	Perry, Eloise	11	West Suffolk Swimming Club-EA	1:21.75	1:18.88	
7	Wright, Elizabeth	11	West Suffolk Swimming Club-EA	1:17.14	1:19.74	
8	Fisher, Kayden	11	Stowmarket Swimming Club	1:22.50	1:21.68	
9	Gilbrook, Katy	11	West Suffolk Swimming Club-EA	1:30.54	1:24.63	
10	Ali, Maisie	11	Deben Swimming Club	1:21.56	1:24.83	
11	Zimmerman, Jennifer	11	Felixstowe Swimming Club	2:00.00	1:34.98	
12	Loft, Serafina	11	Stowmarket Swimming Club	2:00.89	1:53.71	

**Event 11 Girls 12 Year Olds 100 SC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Barber, Izzy	12	Stowmarket Swimming Club	1:04.84	1:04.08	
2	Springham, Matilda	12	Deben Swimming Club	1:12.96	1:10.78	
3	Whyte, Olivia	12	West Suffolk Swimming Club-EA	1:14.60	1:12.28	
4	Easteal, Isobel	12	Colchester Swimming Club	1:16.60	1:14.88	
5	Crossfield, Imogen	12	Deben Swimming Club	1:20.08	1:15.35	
6	Tibble, Sophie	12	Deben Swimming Club	1:17.79	1:15.50	
7	Baker, Sophie	12	Colchester Swimming Club	1:14.69	1:16.32	
8	Clarke, Darcy	12	Stowmarket Swimming Club	1:16.75	1:17.23	
9	Bishop, Maisie Rose	12	Stowmarket Swimming Club	1:20.59	1:17.74	
10	Neumann, Bethany	12	Stowmarket Swimming Club	1:21.27	1:18.53	
11	Veal, Chloe	12	Team Ipswich	1:17.28	1:18.63	
12	Connick, Lily	12	Deben Swimming Club	1:20.03	1:19.59	
13	Isaacs, Izabella	12	Felixstowe Swimming Club	1:29.81	1:21.66	
14	Quinton, Emma	12	Deben Swimming Club	1:32.31	1:24.52	
15	Greenwood, Kaitlyn	12	Felixstowe Swimming Club	1:25.37	1:24.91	
16	Bingham, Poppy	12	Stowmarket Swimming Club	1:28.86	1:26.84	
17	Carter, Annabelle	12	Stowmarket Swimming Club	1:27.42	1:27.18	
18	Shaw, Mary	12	Stowmarket Swimming Club	1:29.35	1:28.88	
19	Bingley, Josephine	12	Stowmarket Swimming Club	1:33.71	1:33.72	

**Event 11 Girls 13 Year Olds 100 SC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	White, Charlotte	13	West Suffolk Swimming Club-EA	1:04.40	1:03.47	
2	Bunclark, Megan	13	Deben Swimming Club	1:07.97	1:06.76	
3	Molyneaux, Olivia	13	Hadleigh Dolphins	1:12.34	1:08.83	
4	Wright, Mia	13	Felixstowe Swimming Club	1:10.50	1:09.06	
5	Longbottom, Charlotte	13	Deben Swimming Club	1:09.04	1:09.96	
6	Seys, Libby	13	West Suffolk Swimming Club-EA	1:11.19	1:10.10	
7	Abbott, Rowan	13	Hadleigh Dolphins	1:09.94	1:11.03	
8	Crawley, Abigail	13	Felixstowe Swimming Club	1:09.00	1:11.47	
9	Benedetti, Erica	13	Stowmarket Swimming Club	1:11.72	1:12.29	
10	Payne, Natasha	13	Deben Swimming Club	1:11.87	1:13.40	
11	Ford, Lily	13	Hadleigh Dolphins	1:19.75	1:15.83	
12	Binternagel, Sophia	13	Hadleigh Dolphins	1:17.68	1:16.73	
13	Alvarez, Megan	13	Stowmarket Swimming Club	1:16.39	1:17.83	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 11 Girls 14 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Redgrave, Molly	14	Colchester Swimming Club	1:04.69	1:05.18	
2 Houston, Ella	14	Deben Swimming Club	1:05.60	1:06.84	
3 Quinton, Sophie	14	Deben Swimming Club	1:06.68	1:06.99	
4 White, Caitlyn	14	Deben Swimming Club	1:09.28	1:08.80	
5 Evans, Nia	14	Hadleigh Dolphins	1:08.87	1:10.03	
6 O'Malley, Hannah	14	Colchester Swimming Club	1:11.32	1:10.84	

**Event 11 Girls 15 & Over 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Yates, Mia	15	Felixstowe Swimming Club	1:01.89	1:02.48	
2 Wayman, Minnie	15	Deben Swimming Club	1:03.04	1:02.69	
3 Dootson, Ella	16	Stowmarket Swimming Club	1:02.60	1:02.88	
4 O'Connor, Hannah	15	West Suffolk Swimming Club-EA	1:03.52	1:04.78	
5 Peacock, Molly	16	West Suffolk Swimming Club-EA	1:05.52	1:06.91	
6 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	1:05.66	1:08.07	
7 Taplin, Hannah	17	Deben Swimming Club	1:04.74	1:08.37	
8 Clark, Imogen	15	West Suffolk Swimming Club-EA	1:07.06	1:08.47	
9 Rootes, Freya	15	West Suffolk Swimming Club-EA	1:09.17	1:10.34	
10 Lait, Annabelle	15	Hadleigh Dolphins	1:09.12	1:10.64	
11 Barrett, Sophie	16	Stowmarket Swimming Club	1:11.12	1:11.13	
12 Van Der Shyff, Nuha	16	Colchester Swimming Club	1:10.90	1:11.25	
13 Cherry, Bethan	15	Stowmarket Swimming Club	1:11.54	1:11.27	
14 King, Emily	15	Stowmarket Swimming Club	1:11.63	1:11.39	
15 Barrett, Louise	16	Stowmarket Swimming Club	1:15.91	1:13.83	
16 Felgate, Emma	17	Felixstowe Swimming Club	1:22.24	1:18.34	
17 Levett, Bethany	15	Stowmarket Swimming Club	1:23.80	1:26.61	

**Event 12 Boys 9 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Scanlan, George	9	Colchester Swimming Club	1:38.75	1:29.79	
2 Pommier, Theo	9	Felixstowe Swimming Club	1:47.28	1:43.52	
3 Crisell, Dexter	9	Colchester Swimming Club	2:05.00	1:43.93	

**Event 12 Boys 10 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Cottrell, Alexander	10	Colchester Swimming Club	1:28.32	1:24.72	
2 Abbott, Isaac	10	Hadleigh Dolphins	1:29.09	1:29.31	

**Event 12 Boys 11 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Troman, Zak	11	Colchester Swimming Club	1:08.95	1:06.86	
2 Spelman, Thomas	11	Stowmarket Swimming Club	1:16.83	1:14.26	
3 Black, Samuel	11	Stowmarket Swimming Club	1:18.26	1:15.67	
4 Barber, Nicholas	11	Stowmarket Swimming Club	1:26.40	1:20.60	

**Event 12 Boys 12 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bashford, Riley	12	Deben Swimming Club	1:11.86	1:06.71	
2 Houghton, Benjamin	12	Hadleigh Dolphins	1:13.80	1:14.06	
3 Chamberlain, Archie	12	West Suffolk Swimming Club-EA	1:16.59	1:15.76	
4 Moss, Malachi	12	Deben Swimming Club	1:30.29	1:18.38	
5 Hines, Charlie	12	Stowmarket Swimming Club	1:24.30	1:23.06	
6 Fountain, Harry	12	Hadleigh Dolphins	1:25.46	1:23.61	
7 Snow, Oliver	12	Stowmarket Swimming Club	1:23.84	1:25.41	
8 Handley, Robert	12	Stowmarket Swimming Club	1:51.19	1:37.91	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 12 Boys 13 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Crossfield, James	13	Deben Swimming Club	1:04.10	1:03.10	
2 Connick, Michael	13	Deben Swimming Club	1:03.37	1:03.22	
3 Milburn, Mark	13	Colchester Swimming Club	1:06.41	1:03.34	
4 Parsons, James	13	Deben Swimming Club	1:05.01	1:04.47	
5 Bishop, Joshua	13	Stowmarket Swimming Club	1:06.81	1:05.15	
6 Williams, Isaac	13	Deben Swimming Club	1:07.01	1:06.35	
7 Phillips, Ben	13	West Suffolk Swimming Club-EA	1:09.40	1:06.49	
8 Hilton, Thomas	13	Deben Swimming Club	1:10.33	1:07.43	
9 O'Connor, James	13	West Suffolk Swimming Club-EA	1:04.27	1:09.25	
10 Girolami, Antonio	13	Colchester Swimming Club	1:10.94	1:09.74	

**Event 12 Boys 14 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Houston, Connor	14	Deben Swimming Club	1:01.96	1:00.64	
2 Corani, Kalaum	14	Colchester Swimming Club	1:02.06	1:01.29	
3 Easteal, William	14	Colchester Swimming Club	1:05.23	1:03.41	
4 Parsons, William	14	Deben Swimming Club	1:00.73	1:03.79	
5 Hitchcock, Oliver	14	Hadleigh Dolphins	1:10.90	1:07.77	
6 Black, Luke	14	Stowmarket Swimming Club	1:08.78	1:07.83	

**Event 12 Boys 15 & Over 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Boyt, Thomas	19	Felixstowe Swimming Club	54.72	54.04	
2 Coe, Calvin	20	Stowmarket Swimming Club	55.32	55.91	
3 Harrison, Alex	18	West Suffolk Swimming Club-EA	55.70	56.37	
4 Chapman, Lewis	17	Stowmarket Swimming Club	57.22	56.92	
5 Davies, Sam	17	Felixstowe Swimming Club	59.62	57.13	
6 Fletcher, Joe	16	Stowmarket Swimming Club	58.47	58.33	
7 White, William	18	Hadleigh Dolphins	1:00.00	59.52	
8 Edgar, Ashley	16	West Suffolk Swimming Club-EA	59.60	59.57	
9 Penman, Ruairidh	22	Stowmarket Swimming Club	58.20	59.77	
10 Welsford, Callum	15	Deben Swimming Club	1:03.06	1:00.97	
11 Morsman, Adam	19	Hadleigh Dolphins	59.73	1:01.00	
12 Chevin, Jack	17	Stowmarket Swimming Club	1:00.48	1:01.14	
13 Allen, Ben	16	West Suffolk Swimming Club-EA	1:00.89	1:01.15	
14 Arora, Aryan	15	Deben Swimming Club	1:01.31	1:01.83	
15 Phillips, Charlie	15	Felixstowe Swimming Club	1:05.88	1:03.03	
16 Guild, Joseph	15	Colchester Swimming Club	1:02.40	1:03.58	
17 Wallace, George	16	Stowmarket Swimming Club	1:03.48	1:03.91	
18 Scott, Cole	15	Colchester Swimming Club	1:06.44	1:06.37	
19 Oakley, Jamie	15	Felixstowe Swimming Club	1:27.30	1:23.47	
20 Garry, James	16	Mildenhall and District	1:54.88	1:52.69	

**Event 13 Girls 9 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Stewart, Ella	9	West Suffolk Swimming Club-EA	3:36.55	3:37.82	

**Event 13 Girls 10 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Moore, Isabel	10	West Suffolk Swimming Club-EA	3:21.32	3:21.82	

**Event 13 Girls 11 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Hattan, Charlotte	11	Deben Swimming Club	2:54.34	2:50.32	
2 Milburn, Amy	11	Colchester Swimming Club	3:23.53	3:04.87	
3 Phillips, Georgie	11	Deben Swimming Club	3:07.59	3:05.29	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 13 Girls 11 Year Olds 200 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
4 Karlsson, Hannah	11	Colchester Swimming Club	3:22.92	3:08.70	
5 Freeman, Francesca	11	West Suffolk Swimming Club-EA	3:07.33	3:10.78	

**Event 13 Girls 12 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Young, Beth	12	Felixstowe Swimming Club	2:38.93	2:37.89	
2 Barber, Izzy	12	Stowmarket Swimming Club	2:40.73	2:40.14	
3 Goddard, Greta	12	Colchester Swimming Club	3:02.09	2:57.33	
4 Whyte, Olivia	12	West Suffolk Swimming Club-EA	2:56.87	2:57.89	
5 Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	3:04.38	3:06.22	
--- Baker, Sophie	12	Colchester Swimming Club	3:04.64	DQ	

6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat

**Event 13 Girls 13 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Sophie	13	Deben Swimming Club	2:31.44	2:30.61	
2 Hall, Helena	13	Deben Swimming Club	2:45.53	2:34.52	
3 Tyler, Frankie	13	Deben Swimming Club	2:38.59	2:41.32	
4 Clark, Alice	13	West Suffolk Swimming Club-EA	2:47.63	2:46.66	
5 King, Alice	13	Stowmarket Swimming Club	2:47.74	2:51.03	

**Event 13 Girls 14 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Houston, Ella	14	Deben Swimming Club	2:34.34	2:33.68	
2 Chevin, Hannah	14	Stowmarket Swimming Club	2:43.79	2:43.47	
3 Shaw, Katy	14	Stowmarket Swimming Club	2:43.80	2:50.50	

**Event 13 Girls 15 & Over 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Wayman, Minnie	15	Deben Swimming Club	2:27.06	2:26.56	
2 Thornton, Eleanor	15	Hadleigh Dolphins	2:42.46	2:41.84	
3 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	2:35.10	2:42.20	

**Event 14 Boys 10 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Connick, Joshua	10	Deben Swimming Club	3:00.09	3:00.04	
2 Girolami, Massimo	10	Colchester Swimming Club	3:09.00	3:13.91	

**Event 14 Boys 11 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Barber, Nicholas	11	Stowmarket Swimming Club	3:23.44	3:24.38	

**Event 14 Boys 12 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Hines, Charlie	12	Stowmarket Swimming Club	3:07.71	3:11.77	
2 Richardson, Toby	12	West Suffolk Swimming Club-EA	3:15.85	3:14.46	
3 Fountain, Harry	12	Hadleigh Dolphins	4:00.00	3:26.55	

**Event 14 Boys 13 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Parsons, James	13	Deben Swimming Club	2:33.11	2:30.08	
2 Phillips, Ben	13	West Suffolk Swimming Club-EA	2:44.74	2:41.31	
3 Bishop, Joshua	13	Stowmarket Swimming Club	2:45.24	2:42.69	
4 Williams, Isaac	13	Deben Swimming Club	2:45.58	2:44.12	
5 O'Connor, James	13	West Suffolk Swimming Club-EA	2:44.53	2:44.22	



**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 14 Boys 14 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Parsons, William	14	Deben Swimming Club	2:21.14	2:20.00	
2 Eastal, William	14	Colchester Swimming Club	2:54.54	2:41.84	

**Event 14 Boys 15 & Over 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Chevin, Jack	17	Stowmarket Swimming Club	2:24.63	2:25.38	
2 Allen, Ben	16	West Suffolk Swimming Club-EA	2:23.00	2:26.28	
3 Hall, Harvey	15	Deben Swimming Club	2:39.00	2:27.36	
4 Harrison, Alex	18	West Suffolk Swimming Club-EA	2:20.89	2:27.99	
5 Chapman, Lewis	17	Stowmarket Swimming Club	2:28.78	2:29.42	
6 Parsons, Henry	17	Deben Swimming Club	2:27.60	2:29.46	
--- Phillips, Charlie	15	Felixstowe Swimming Club	2:31.88	DQ	

6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat

**Event 15 Girls 9 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Gaydon, Eveline	9	Team Ipswich	1:45.53	1:41.49	
*2 Stewart, Ella	9	West Suffolk Swimming Club-EA	1:54.90	1:43.51	
*2 Bishop, Tilly-May	9	Stowmarket Swimming Club	1:45.29	1:43.51	
4 Daynes, Erin	9	Stowmarket Swimming Club	1:55.28	1:57.59	
5 Phillips, Charlotte	9	Deben Swimming Club	NT	1:58.75	
6 Carter, Verity	9	Stowmarket Swimming Club	2:11.94	2:14.28	
--- Harrison, Amelie	9	Stowmarket Swimming Club	2:01.86	DQ	

4.4 Starting before starting signal - misc

--- Barber, Francesca 9 Stowmarket Swimming Club 2:13.35 DQ

8.3 Alternating movement of legs or feet - fly

**Event 15 Girls 10 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Broad, Kiera	10	West Suffolk Swimming Club-EA	1:39.74	1:32.88	
2 Gladwell, Darcy	10	Hadleigh Dolphins	1:33.42	1:33.01	
3 Moore, Isabel	10	West Suffolk Swimming Club-EA	1:35.99	1:33.07	
4 Motts, Nell	10	Hadleigh Dolphins	1:39.95	1:38.16	
5 Richardson, May	10	Stowmarket Swimming Club	NT	1:39.02	
6 Harrington, Sophie	10	Deben Swimming Club	1:42.97	1:39.34	
7 Hitchcock, Lottie	10	Hadleigh Dolphins	1:40.97	1:39.42	
8 Davies, Florence	10	Deben Swimming Club	1:51.26	1:42.26	
9 Neumann, Holly	10	Stowmarket Swimming Club	1:45.31	1:43.50	
10 Calver, Grace	10	Stowmarket Swimming Club	1:42.04	1:44.78	
--- Fenn, Alice	10	Felixstowe Swimming Club	1:52.28	DQ	

6.5 Not on back when leaving the wall - back

--- Holder, Mia 10 Stowmarket Swimming Club 1:51.57 DQ

6.5 Did not touch the wall during the turn - back

**Event 15 Girls 11 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 McNicholas, Hannah	11	Deben Swimming Club	1:27.34	1:24.22	
2 Brown, Rebecca	11	Stowmarket Swimming Club	1:28.23	1:25.86	
3 Hattan, Charlotte	11	Deben Swimming Club	1:26.52	1:27.40	
4 Freeman, Francesca	11	West Suffolk Swimming Club-EA	1:33.28	1:29.68	
5 Skoulding, Madison	11	Stowmarket Swimming Club	1:26.40	1:30.34	
6 Perry, Eloise	11	West Suffolk Swimming Club-EA	1:36.29	1:31.87	
7 Molyneaux, Annette	11	Hadleigh Dolphins	1:49.61	1:32.88	
8 Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	1:37.51	1:33.93	
9 Ali, Maisie	11	Deben Swimming Club	1:38.04	1:36.40	
10 Payne, Emily	11	Deben Swimming Club	1:41.34	1:36.66	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 15 Girls 11 Year Olds 100 SC Meter IM)**

Name	Age	Team	Seed Time	Finals Time	Points
11 Gilbrook, Katy	11	West Suffolk Swimming Club-EA	1:43.21	1:39.05	
12 Loft, Serafina	11	Stowmarket Swimming Club	2:17.12	2:11.15	

**Event 15 Girls 12 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Young, Beth	12	Felixstowe Swimming Club	1:15.20	1:13.98	
2 Davies, Connie	12	Deben Swimming Club	1:22.15	1:17.94	
3 Baker, Sophie	12	Colchester Swimming Club	1:28.60	1:24.49	
4 Whyte, Olivia	12	West Suffolk Swimming Club-EA	1:25.68	1:25.68	
5 Scott, Paige	12	Colchester Swimming Club	1:39.00	1:25.81	
6 Tibble, Sophie	12	Deben Swimming Club	1:57.22	1:26.38	
7 Bishop, Maisie Rose	12	Stowmarket Swimming Club	1:29.71	1:27.58	
8 Clarke, Darcy	12	Stowmarket Swimming Club	1:27.69	1:28.20	
9 Wright, Emily	12	Stowmarket Swimming Club	1:30.56	1:29.41	
10 Neumann, Bethany	12	Stowmarket Swimming Club	1:30.76	1:30.79	
11 Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	1:33.12	1:32.97	
12 Isaacs, Izabella	12	Felixstowe Swimming Club	1:41.76	1:37.95	
13 Greenwood, Kaitlyn	12	Felixstowe Swimming Club	1:40.89	1:40.69	
14 Carter, Annabelle	12	Stowmarket Swimming Club	1:41.60	1:43.83	
15 Shaw, Mary	12	Stowmarket Swimming Club	1:42.11	1:45.44	
--- Bingham, Poppy	12	Stowmarket Swimming Club	1:39.24	DQ	
6.5 Not on back when leaving the wall - back					
--- Bingley, Josephine	12	Stowmarket Swimming Club	1:45.53	DQ	
8.3 Alternating movement of legs or feet - fly					

**Event 15 Girls 13 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Sophie	13	Deben Swimming Club	1:10.62	1:10.65	
2 Bunclark, Megan	13	Deben Swimming Club	1:17.26	1:17.65	
3 Benedetti, Erica	13	Stowmarket Swimming Club	1:18.14	1:17.71	
4 Pyle, Evie	13	West Suffolk Swimming Club-EA	1:18.53	1:18.54	
5 Cooper, Emily	13	Stowmarket Swimming Club	1:20.03	1:18.77	
6 Wright, Mia	13	Felixstowe Swimming Club	1:23.50	1:19.87	
7 Molyneaux, Olivia	13	Hadleigh Dolphins	1:21.68	1:19.95	
8 Abbott, Rowan	13	Hadleigh Dolphins	1:20.13	1:20.35	
9 Seys, Libby	13	West Suffolk Swimming Club-EA	1:21.65	1:20.81	
10 Hitt, Martha	13	Stowmarket Swimming Club	1:19.58	1:21.23	
11 Watts, Meg	13	Felixstowe Swimming Club	1:22.32	1:21.41	
12 Crawley, Abigail	13	Felixstowe Swimming Club	1:21.97	1:22.57	
13 Longbottom, Charlotte	13	Deben Swimming Club	1:23.68	1:23.57	
14 Payne, Natasha	13	Deben Swimming Club	1:26.03	1:25.56	
15 Binternagel, Sophia	13	Hadleigh Dolphins	1:30.06	1:28.77	
16 Alvarez, Megan	13	Stowmarket Swimming Club	1:27.78	1:29.23	
--- Moss, Heather	13	Deben Swimming Club	1:39.01	DQ	
6.6 Not on the back at finish - back					

**Event 15 Girls 14 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Evans, Nia	14	Hadleigh Dolphins	1:19.53	1:21.25	
2 Chevin, Hannah	14	Stowmarket Swimming Club	1:21.53	1:22.94	
3 Shaw, Katy	14	Stowmarket Swimming Club	1:19.54	1:23.99	
4 Merrigan, Elizabeth	14	Deben Swimming Club	1:23.30	1:25.27	

**Event 15 Girls 15 & Over 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 O'Connor, Hannah	15	West Suffolk Swimming Club-EA	1:13.94	1:13.86	
2 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	1:14.60	1:15.20	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 15 Girls 15 & Over 100 SC Meter IM)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Peacock, Molly	16	West Suffolk Swimming Club-EA	1:16.82	1:15.64	
4 Taplin, Hannah	17	Deben Swimming Club	1:13.72	1:16.98	
5 Brown, Alice	16	West Suffolk Swimming Club-EA	1:17.92	1:17.28	
6 Thornton, Eleanor	15	Hadleigh Dolphins	1:19.24	1:18.73	
7 Rootes, Freya	15	West Suffolk Swimming Club-EA	1:17.92	1:19.17	
8 King, Emily	15	Stowmarket Swimming Club	1:19.69	1:20.49	
9 Clark, Imogen	15	West Suffolk Swimming Club-EA	1:19.84	1:20.96	
10 Barrett, Sophie	16	Stowmarket Swimming Club	1:22.27	1:21.28	
11 Barrett, Louise	16	Stowmarket Swimming Club	1:21.61	1:22.56	
12 Lait, Annabelle	15	Hadleigh Dolphins	1:22.32	1:23.32	
13 Felgate, Emma	17	Felixstowe Swimming Club	1:30.14	1:30.77	
14 Levett, Bethany	15	Stowmarket Swimming Club	1:52.35	2:00.47	

**Event 16 Boys 9 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Scanlan, George	9	Colchester Swimming Club	1:40.00	1:45.20	

**Event 16 Boys 10 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Cottrell, Alexander	10	Colchester Swimming Club	1:50.58	1:34.85	
2 Clarke, Joseph	10	Stowmarket Swimming Club	1:44.98	1:40.40	
3 Abbott, Isaac	10	Hadleigh Dolphins	1:44.94	1:42.88	

**Event 16 Boys 11 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Spelman, Thomas	11	Stowmarket Swimming Club	1:27.78	1:26.36	
2 Black, Samuel	11	Stowmarket Swimming Club	1:31.97	1:30.97	
3 Barber, Nicholas	11	Stowmarket Swimming Club	1:46.47	1:38.64	
4 Hayes, Joshua	11	Hadleigh Dolphins	1:44.75	1:42.05	
--- Wallace, Henry	11	Stowmarket Swimming Club	1:39.28	DQ	

8.3 Alternating movement of legs or feet - fly

**Event 16 Boys 12 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bashford, Riley	12	Deben Swimming Club	1:21.09	1:14.26	
2 Chamberlain, Archie	12	West Suffolk Swimming Club-EA	1:32.70	1:27.27	
3 Richardson, Toby	12	West Suffolk Swimming Club-EA	1:33.49	1:27.73	
4 Hines, Charlie	12	Stowmarket Swimming Club	1:35.26	1:34.40	
5 Handley, Robert	12	Stowmarket Swimming Club	1:51.87	1:48.47	

**Event 16 Boys 13 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Parsons, James	13	Deben Swimming Club	1:15.35	1:14.31	
2 Gladwell, Elliot	13	Hadleigh Dolphins	1:20.17	1:16.31	
3 Rosher, Dominic	13	Felixstowe Swimming Club	1:18.52	1:17.15	
4 Hilton, Thomas	13	Deben Swimming Club	1:18.93	1:17.99	
5 Phillips, Ben	13	West Suffolk Swimming Club-EA	1:19.20	1:18.01	
6 O'Connor, James	13	West Suffolk Swimming Club-EA	1:16.86	1:19.51	
7 Thornton, Jonathan	13	Hadleigh Dolphins	1:34.59	1:29.20	

**Event 16 Boys 14 Year Olds 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Corani, Kalaum	14	Colchester Swimming Club	1:14.71	1:08.63	
2 Parsons, William	14	Deben Swimming Club	1:07.61	1:11.93	
3 Black, Luke	14	Stowmarket Swimming Club	1:22.06	1:20.95	
4 Chapman, Jacob	14	Stowmarket Swimming Club	1:24.18	1:21.88	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 16 Boys 15 & Over 100 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Coe, Calvin	20	Stowmarket Swimming Club	1:01.41	1:03.16	
2 Handley, Will	16	Stowmarket Swimming Club	1:03.50	1:04.33	
3 Harrison, Alex	18	West Suffolk Swimming Club-EA	1:03.87	1:05.64	
4 Edgar, Ashley	16	West Suffolk Swimming Club-EA	1:10.01	1:06.97	
5 Fletcher, Joe	16	Stowmarket Swimming Club	1:08.78	1:07.98	
6 Davies, Sam	17	Felixstowe Swimming Club	1:08.42	1:08.24	
7 Penman, Ruairidh	22	Stowmarket Swimming Club	1:07.23	1:10.76	
8 Allen, Ben	16	West Suffolk Swimming Club-EA	1:09.52	1:12.06	
9 Parsons, Henry	17	Deben Swimming Club	1:13.04	1:12.21	
10 Phillips, Charlie	15	Felixstowe Swimming Club	1:13.31	1:12.92	
11 Wallace, George	16	Stowmarket Swimming Club	1:11.97	1:14.12	

**Event 17 Girls 9 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bishop, Tilly-May	9	Stowmarket Swimming Club	52.93	55.51	
2 Stewart, Ella	9	West Suffolk Swimming Club-EA	57.88	57.61	
3 Stratton-Thomsett, Isabella	9	Colchester Swimming Club	59.16	57.66	
4 Troman, Gabriella	9	Colchester Swimming Club	57.12	58.52	
5 Gaydon, Eveline	9	Team Ipswich	1:01.72	58.82	
6 Barber, Francesca	9	Stowmarket Swimming Club	1:00.72	59.66	
7 Phillips, Charlotte	9	Deben Swimming Club	1:01.49	1:00.77	
8 Daynes, Erin	9	Stowmarket Swimming Club	1:03.53	1:02.81	
9 Jamieson, Beth	9	Hadleigh Dolphins	1:03.97	1:03.80	
10 Bruce, Connie	9	Stowmarket Swimming Club	1:09.43	1:04.54	
11 Carter, Verity	9	Stowmarket Swimming Club	1:04.26	1:06.33	

**Event 17 Girls 10 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Emily	10	Deben Swimming Club	48.48	45.04	
2 Hitchcock, Lottie	10	Hadleigh Dolphins	49.38	47.90	
3 Moore, Isabel	10	West Suffolk Swimming Club-EA	48.99	50.13	
4 Broad, Kiera	10	West Suffolk Swimming Club-EA	49.61	50.36	
5 Gladwell, Darcy	10	Hadleigh Dolphins	52.19	50.85	
6 Richardson, May	10	Stowmarket Swimming Club	52.38	51.28	
7 Calver, Grace	10	Stowmarket Swimming Club	51.38	53.72	
8 Harrington, Sophie	10	Deben Swimming Club	57.36	53.99	
9 Davies, Florence	10	Deben Swimming Club	57.24	55.36	
10 Fenn, Alice	10	Felixstowe Swimming Club	1:02.42	56.33	
--- Connick, Eva	10	Deben Swimming Club	1:03.41	DQ	

7.4 Leg movements not simultaneous (alternating leg movement)

**Event 17 Girls 11 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Stebbings, Katie	11	Stowmarket Swimming Club	41.67	41.34	
2 Milburn, Amy	11	Colchester Swimming Club	49.47	44.93	
3 Snowden, Beatrice	11	Team Ipswich	48.04	47.08	
4 Wright, Elizabeth	11	West Suffolk Swimming Club-EA	45.99	47.66	
5 Molyneaux, Annette	11	Hadleigh Dolphins	56.83	48.09	
6 Fisher, Kayden	11	Stowmarket Swimming Club	48.40	48.20	
7 Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	49.68	49.08	
8 Perry, Eloise	11	West Suffolk Swimming Club-EA	49.70	49.39	
9 Skoulding, Madison	11	Stowmarket Swimming Club	47.74	50.07	
10 Payne, Emily	11	Deben Swimming Club	52.84	52.70	
11 Pommier, Georgia	11	Felixstowe Swimming Club	52.47	54.37	
12 Zimmerman, Jennifer	11	Felixstowe Swimming Club	1:10.00	1:01.00	
13 Loft, Serafina	11	Stowmarket Swimming Club	1:13.32	1:09.00	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 17 Girls 11 Year Olds 50 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
--- McNicholas, Hannah	11	Deben Swimming Club	46.41	DQ	
4.4 Starting before starting signal					

**Event 17 Girls 12 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bishop, Maisie Rose	12	Stowmarket Swimming Club	43.10	43.18	
2 Baker, Sophie	12	Colchester Swimming Club	43.96	43.35	
3 Easteal, Isobel	12	Colchester Swimming Club	46.83	43.96	
4 Goddard, Greta	12	Colchester Swimming Club	46.94	44.57	
5 Scott, Paige	12	Colchester Swimming Club	46.79	44.58	
*6 Quinton, Emma	12	Deben Swimming Club	49.04	46.53	
*6 Clarke, Darcy	12	Stowmarket Swimming Club	46.70	46.53	
8 Whyte, Olivia	12	West Suffolk Swimming Club-EA	45.21	46.94	
9 Tibble, Sophie	12	Deben Swimming Club	48.05	47.33	
10 Crossfield, Imogen	12	Deben Swimming Club	49.07	47.40	
11 Pommier, Marina	12	Felixstowe Swimming Club	49.83	48.14	
12 Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	48.65	48.89	
13 Wright, Emily	12	Stowmarket Swimming Club	48.81	49.15	
14 Veal, Chloe	12	Team Ipswich	51.88	50.02	
15 Bingham, Poppy	12	Stowmarket Swimming Club	51.90	50.16	
16 Bingley, Josephine	12	Stowmarket Swimming Club	53.45	52.13	
17 Greenwood, Kaitlyn	12	Felixstowe Swimming Club	49.77	52.81	
18 Carter, Annabelle	12	Stowmarket Swimming Club	56.61	57.77	

**Event 17 Girls 13 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 McNicholas, Caitlin	13	Deben Swimming Club	38.14	38.10	
2 Lander, Sophie	13	Deben Swimming Club	37.63	38.12	
3 Cutting, Emily	13	West Suffolk Swimming Club-EA	38.99	39.18	
4 Tyler, Frankie	13	Deben Swimming Club	39.73	39.23	
5 Cooper, Emily	13	Stowmarket Swimming Club	39.68	39.97	
6 Longbottom, Charlotte	13	Deben Swimming Club	42.21	41.43	
7 Molyneaux, Olivia	13	Hadleigh Dolphins	42.62	42.85	
8 Watts, Meg	13	Felixstowe Swimming Club	43.31	43.19	
9 Van Der Shyff, Nur Ayni	13	Colchester Swimming Club	43.70	43.60	
10 Abbott, Rowan	13	Hadleigh Dolphins	43.38	44.72	
11 Hitt, Martha	13	Stowmarket Swimming Club	45.80	45.16	
12 Ford, Lily	13	Hadleigh Dolphins	49.97	47.48	
13 Binternagel, Sophia	13	Hadleigh Dolphins	50.99	48.34	
14 Crawley, Abigail	13	Felixstowe Swimming Club	45.70	49.58	
15 Moss, Heather	13	Deben Swimming Club	48.00	53.66	

**Event 17 Girls 14 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Quinton, Sophie	14	Deben Swimming Club	40.45	39.57	
2 O'Malley, Hannah	14	Colchester Swimming Club	40.84	40.67	
3 Chevin, Hannah	14	Stowmarket Swimming Club	41.58	42.94	
4 White, Caitlyn	14	Deben Swimming Club	44.72	44.88	
5 Merrigan, Elizabeth	14	Deben Swimming Club	45.72	46.47	

**Event 17 Girls 15 & Over 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	37.18	37.92	
2 Rootes, Freya	15	West Suffolk Swimming Club-EA	40.24	41.10	
3 Lait, Annabelle	15	Hadleigh Dolphins	42.90	42.22	
4 Van Der Shyff, Nuha	16	Colchester Swimming Club	43.49	43.40	
5 Clark, Imogen	15	West Suffolk Swimming Club-EA	42.34	43.86	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 17 Girls 15 & Over 50 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
6 Felgate, Emma	17	Felixstowe Swimming Club	48.04	47.20	
7 Cherry, Bethan	15	Stowmarket Swimming Club	47.22	49.02	

**Event 18 Boys 9 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Pommier, Theo	9	Felixstowe Swimming Club	58.48	58.38	
2 Scanlan, George	9	Colchester Swimming Club	1:00.22	59.06	
3 Crisell, Dexter	9	Colchester Swimming Club	1:00.00	1:04.57	
--- Rowland, Alfie	9	Stowmarket Swimming Club	54.87	DQ	
4.4 Starting before starting signal					

**Event 18 Boys 10 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Girolami, Massimo	10	Colchester Swimming Club	45.30	46.49	
2 Cecins, Sandijs	10	Colchester Swimming Club	55.00	48.49	
3 Cottrell, Alexander	10	Colchester Swimming Club	50.10	49.87	
4 Connick, Joshua	10	Deben Swimming Club	52.93	51.05	
5 Clarke, Joseph	10	Stowmarket Swimming Club	55.21	52.88	
6 Abbott, Isaac	10	Hadleigh Dolphins	54.44	56.86	

**Event 18 Boys 11 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Troman, Zak	11	Colchester Swimming Club	40.34	39.99	
2 Spelman, Thomas	11	Stowmarket Swimming Club	42.58	43.95	
3 Rosher, Benedict	11	Felixstowe Swimming Club	48.10	46.47	
4 Gibbs, Riley	11	Mildenhall and District	47.18	47.51	
5 Barber, Nicholas	11	Stowmarket Swimming Club	52.00	50.75	
6 Wallace, Henry	11	Stowmarket Swimming Club	51.21	53.30	
7 Hayes, Joshua	11	Hadleigh Dolphins	54.95	56.45	

**Event 18 Boys 12 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Tolputt, Samuel	12	Deben Swimming Club	41.66	40.03	
2 Moss, Malachi	12	Deben Swimming Club	45.48	44.64	
3 Richardson, Toby	12	West Suffolk Swimming Club-EA	47.18	46.34	
4 Welsford, Owen	12	Deben Swimming Club	48.45	47.72	
5 Chamberlain, Archie	12	West Suffolk Swimming Club-EA	51.28	48.24	
6 Hines, Charlie	12	Stowmarket Swimming Club	48.22	48.48	
7 Snow, Oliver	12	Stowmarket Swimming Club	48.92	50.66	
--- Handley, Robert	12	Stowmarket Swimming Club	51.13	DQ	
7.6 Did not touch at turn or finish with both hands					

**Event 18 Boys 13 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Milburn, Mark	13	Colchester Swimming Club	38.54	36.93	
2 Crossfield, James	13	Deben Swimming Club	37.71	37.31	
3 Girolami, Antonio	13	Colchester Swimming Club	40.83	39.99	
4 O'Connor, James	13	West Suffolk Swimming Club-EA	42.18	40.76	
5 Gladwell, Elliot	13	Hadleigh Dolphins	42.15	41.64	
6 Connick, Michael	13	Deben Swimming Club	44.43	42.43	
7 Hilton, Thomas	13	Deben Swimming Club	42.19	42.86	

**Event 18 Boys 14 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Corani, Kalaum	14	Colchester Swimming Club	35.76	35.20	
2 Eastal, William	14	Colchester Swimming Club	41.90	39.74	
3 Chapman, Jacob	14	Stowmarket Swimming Club	41.07	40.01	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 18 Boys 14 Year Olds 50 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
4 Hitchcock, Oliver	14	Hadleigh Dolphins	39.41	40.16	
5 Parsons, William	14	Deben Swimming Club	37.81	40.72	
6 Black, Luke	14	Stowmarket Swimming Club	43.14	43.38	

**Event 18 Boys 15 & Over 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Coe, Calvin	20	Stowmarket Swimming Club	31.60	31.59	
2 Boyt, Thomas	19	Felixstowe Swimming Club	32.49	31.67	
3 Chapman, Lewis	17	Stowmarket Swimming Club	31.79	32.37	
4 Hall, Harvey	15	Deben Swimming Club	31.69	32.91	
5 Handley, Will	16	Stowmarket Swimming Club	32.70	33.20	
6 Edgar, Ashley	16	West Suffolk Swimming Club-EA	34.13	33.32	
7 Penman, Ruairidh	22	Stowmarket Swimming Club	33.65	34.35	
8 Morsman, Adam	19	Hadleigh Dolphins	34.98	35.56	
9 Welsford, Callum	15	Deben Swimming Club	35.39	36.20	
10 Arora, Aryan	15	Deben Swimming Club	37.05	37.37	
11 Guild, Joseph	15	Colchester Swimming Club	38.92	37.73	
12 Scott, Cole	15	Colchester Swimming Club	43.79	38.75	
13 Parsons, Henry	17	Deben Swimming Club	39.93	41.07	
14 Oakley, Jamie	15	Felixstowe Swimming Club	51.13	51.62	
15 Garry, James	16	Mildenhall and District	1:24.14	1:24.21	

**Event 19 Girls 9 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bishop, Tilly-May	9	Stowmarket Swimming Club	1:57.90	1:54.05	

**Event 19 Girls 10 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Broad, Kiera	10	West Suffolk Swimming Club-EA	2:00.32	1:49.28	

**Event 19 Girls 11 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Stebbings, Katie	11	Stowmarket Swimming Club	1:28.97	1:30.76	
2 Karlsson, Hannah	11	Colchester Swimming Club	1:51.87	1:37.75	
3 Freeman, Francesca	11	West Suffolk Swimming Club-EA	NT	1:38.21	
4 Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	1:46.71	1:42.36	
--- Phillips, Georgie	11	Deben Swimming Club	1:33.95	DQ	

8.3 Movements of the legs not simultaneous

**Event 19 Girls 12 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Barber, Izzy	12	Stowmarket Swimming Club	1:24.65	1:20.65	
2 Davies, Connie	12	Deben Swimming Club	1:23.53	1:23.54	
3 Springham, Matilda	12	Deben Swimming Club	1:31.46	1:26.17	
4 Connick, Lily	12	Deben Swimming Club	1:34.50	1:32.87	
5 Neumann, Bethany	12	Stowmarket Swimming Club	1:33.01	1:35.77	
6 Wright, Emily	12	Stowmarket Swimming Club	1:39.49	1:37.15	
7 Whyte, Olivia	12	West Suffolk Swimming Club-EA	1:33.23	1:39.43	
8 Isaacs, Izabella	12	Felixstowe Swimming Club	1:48.43	1:46.11	

**Event 19 Girls 13 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bunclark, Megan	13	Deben Swimming Club	1:12.42	1:14.52	
2 Clark, Alice	13	West Suffolk Swimming Club-EA	1:22.87	1:18.02	
3 Hitt, Martha	13	Stowmarket Swimming Club	1:21.73	1:23.07	
4 King, Alice	13	Stowmarket Swimming Club	1:21.82	1:23.12	
5 McNicholas, Caitlin	13	Deben Swimming Club	1:25.27	1:24.75	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 19 Girls 13 Year Olds 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
6 Watts, Meg	13	Felixstowe Swimming Club	1:26.11	1:27.16	
7 Seys, Libby	13	West Suffolk Swimming Club-EA	1:32.13	1:27.99	
8 Alvarez, Megan	13	Stowmarket Swimming Club	1:30.34	1:33.41	

**Event 19 Girls 14 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Redgrave, Molly	14	Colchester Swimming Club	1:11.68	1:16.27	

**Event 19 Girls 15 & Over 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Dootson, Ella	16	Stowmarket Swimming Club	1:09.15	1:10.01	
2 O'Connor, Hannah	15	West Suffolk Swimming Club-EA	1:11.67	1:14.14	
3 King, Emily	15	Stowmarket Swimming Club	1:17.13	1:16.20	
4 Clark, Imogen	15	West Suffolk Swimming Club-EA	1:17.44	1:17.52	
5 Brown, Alice	16	West Suffolk Swimming Club-EA	1:17.44	1:18.44	
6 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	NT	1:20.71	
7 Barrett, Sophie	16	Stowmarket Swimming Club	1:21.45	1:21.88	
8 Levett, Bethany	15	Stowmarket Swimming Club	1:59.18	2:12.47	

**Event 20 Boys 10 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 McCarthy, Jack	10	Colchester Swimming Club	1:25.21	1:21.45	
2 Girolami, Massimo	10	Colchester Swimming Club	1:35.41	1:35.68	

**Event 20 Boys 11 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Jackson, Alfs	11	Stowmarket Swimming Club	1:40.79	1:38.78	
2 Black, Samuel	11	Stowmarket Swimming Club	1:49.72	1:41.36	

**Event 20 Boys 12 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bashford, Riley	12	Deben Swimming Club	1:21.90	1:13.26	
2 Pryke, Daniel	12	Deben Swimming Club	1:56.03	1:22.79	
3 Chamberlain, Archie	12	West Suffolk Swimming Club-EA	1:30.18	1:30.13	
4 Snow, Oliver	12	Stowmarket Swimming Club	1:41.68	1:44.56	

**Event 20 Boys 13 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Clay, James	13	West Suffolk Swimming Club-EA	1:10.77	1:08.13	
2 Connick, Michael	13	Deben Swimming Club	1:15.44	1:13.41	
3 Crossfield, James	13	Deben Swimming Club	1:20.02	1:14.60	
4 Girolami, Antonio	13	Colchester Swimming Club	1:19.83	1:15.73	
5 Rosher, Dominic	13	Felixstowe Swimming Club	1:16.79	1:15.86	
6 Gladwell, Elliot	13	Hadleigh Dolphins	1:20.54	1:23.88	
7 Thornton, Jonathan	13	Hadleigh Dolphins	1:40.00	1:34.33	

**Event 20 Boys 14 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Houston, Connor	14	Deben Swimming Club	1:08.20	1:06.45	
2 Corani, Kalaum	14	Colchester Swimming Club	1:08.44	1:07.72	
3 Parsons, William	14	Deben Swimming Club	1:07.40	1:08.03	
4 Baker-Woods, Xavier	14	Team Ipswich	1:11.10	1:09.15	
5 Black, Luke	14	Stowmarket Swimming Club	1:29.46	1:24.69	

**Event 20 Boys 15 & Over 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Coe, Calvin	20	Stowmarket Swimming Club	1:00.60	1:01.55	
2 Edgar, Ashley	16	West Suffolk Swimming Club-EA	1:07.85	1:04.18	



**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 20 Boys 15 & Over 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Handley, Will	16	Stowmarket Swimming Club	1:06.05	1:06.62	
4 Harrison, Alex	18	West Suffolk Swimming Club-EA	1:04.18	1:07.44	
5 Allen, Ben	16	West Suffolk Swimming Club-EA	1:10.88	1:11.53	
6 Parsons, Henry	17	Deben Swimming Club	NT	1:12.22	
7 Tempest, Adam	15	West Suffolk Swimming Club-EA	1:18.67	1:12.61	
8 Wallace, George	16	Stowmarket Swimming Club	1:16.92	1:15.26	

**Event 21 Girls 9 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bishop, Tilly-May	9	Stowmarket Swimming Club	4:10.49	4:13.49	
2 Stewart, Ella	9	West Suffolk Swimming Club-EA	4:31.63	4:26.83	
3 Harrison, Amelie	9	Stowmarket Swimming Club	4:44.30	4:42.90	
--- Daynes, Erin	9	Stowmarket Swimming Club	4:31.69	DQ	

7.6 Touch not simultaneous and/or hands not separated

**Event 21 Girls 10 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Emily	10	Deben Swimming Club	3:42.31	3:40.05	
2 Hitchcock, Lottie	10	Hadleigh Dolphins	3:51.50	3:45.91	
3 Moore, Isabel	10	West Suffolk Swimming Club-EA	3:44.38	3:46.76	
4 Richardson, May	10	Stowmarket Swimming Club	4:11.08	4:04.82	
5 Calver, Grace	10	Stowmarket Swimming Club	4:07.25	4:15.61	

**Event 21 Girls 11 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Stebbings, Katie	11	Stowmarket Swimming Club	3:17.29	3:19.14	
2 Milburn, Amy	11	Colchester Swimming Club	3:43.91	3:25.72	
3 Fisher, Kayden	11	Stowmarket Swimming Club	3:51.82	3:43.45	
4 Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	3:51.33	3:43.69	

**Event 21 Girls 12 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Davies, Connie	12	Deben Swimming Club	3:23.30	3:13.77	
2 Baker, Sophie	12	Colchester Swimming Club	3:31.36	3:17.28	
3 Whyte, Olivia	12	West Suffolk Swimming Club-EA	3:34.70	3:19.17	
4 Bishop, Maisie Rose	12	Stowmarket Swimming Club	3:28.68	3:26.01	
5 Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	3:33.01	3:33.13	

**Event 21 Girls 13 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Sophie	13	Deben Swimming Club	3:00.43	3:01.36	
2 Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	3:24.30	3:08.22	
3 Cooper, Emily	13	Stowmarket Swimming Club	3:08.52	3:08.96	
4 Tyler, Frankie	13	Deben Swimming Club	3:09.27	3:09.33	
5 Clark, Alice	13	West Suffolk Swimming Club-EA	3:17.39	3:12.32	
6 Pyle, Evie	13	West Suffolk Swimming Club-EA	3:14.17	3:12.89	
7 Seys, Libby	13	West Suffolk Swimming Club-EA	3:12.32	3:19.98	
8 King, Alice	13	Stowmarket Swimming Club	3:13.94	3:21.32	
9 Watts, Meg	13	Felixstowe Swimming Club	3:17.43	3:22.75	

**Event 21 Girls 14 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Chevin, Hannah	14	Stowmarket Swimming Club	3:12.67	3:10.96	

**Event 21 Girls 15 & Over 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Dootson, Ella	16	Stowmarket Swimming Club	2:51.96	2:55.08	
2 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	2:58.17	3:04.07	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 21 Girls 15 & Over 200 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Barrett, Louise	16	Stowmarket Swimming Club	3:07.05	3:08.49	
4 Felgate, Emma	17	Felixstowe Swimming Club	3:37.88	3:41.21	

**Event 22 Boys 9 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Scanlan, George	9	Colchester Swimming Club	4:15.00	4:22.45	

**Event 22 Boys 10 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Cottrell, Alexander	10	Colchester Swimming Club	4:00.00	3:47.41	

**Event 22 Boys 11 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Troman, Zak	11	Colchester Swimming Club	3:11.00	3:01.08	

**Event 22 Boys 12 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Tolputt, Samuel	12	Deben Swimming Club	3:29.21	3:17.83	
2 Richardson, Toby	12	West Suffolk Swimming Club-EA	3:39.26	3:34.34	

**Event 22 Boys 13 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Milburn, Mark	13	Colchester Swimming Club	2:51.50	2:45.26	
2 Bishop, Joshua	13	Stowmarket Swimming Club	3:06.50	2:59.81	
--- Clay, James	13	West Suffolk Swimming Club-EA	2:38.01	X2:39.24	

**Event 22 Boys 14 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Corani, Kalaum	14	Colchester Swimming Club	2:47.79	2:44.89	
2 Hitchcock, Oliver	14	Hadleigh Dolphins	3:11.57	3:15.01	
3 Chapman, Jacob	14	Stowmarket Swimming Club	3:31.00	3:21.54	

**Event 22 Boys 15 & Over 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Boyt, Thomas	19	Felixstowe Swimming Club	2:34.55	2:33.07	
2 Morsman, Adam	19	Hadleigh Dolphins	2:48.19	2:51.94	
3 Tempest, Adam	15	West Suffolk Swimming Club-EA	3:01.36	3:01.19	

**Event 23 Girls 9 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Stewart, Ella	9	West Suffolk Swimming Club-EA	40.42	42.25	
2 Stratton-Thomsett, Isabella	9	Colchester Swimming Club	46.31	44.44	
3 Troman, Gabriella	9	Colchester Swimming Club	50.61	45.13	
4 Bishop, Tilly-May	9	Stowmarket Swimming Club	44.40	45.29	
5 Barber, Francesca	9	Stowmarket Swimming Club	46.23	45.69	
6 Bruce, Connie	9	Stowmarket Swimming Club	47.17	46.43	
7 Daynes, Erin	9	Stowmarket Swimming Club	43.14	47.48	
8 Phillips, Charlotte	9	Deben Swimming Club	40.88	47.67	
9 Jamieson, Beth	9	Hadleigh Dolphins	49.32	49.86	
10 Carter, Verity	9	Stowmarket Swimming Club	51.38	52.29	

**Event 23 Girls 10 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Gladwell, Darcy	10	Hadleigh Dolphins	34.48	34.54	
2 Lander, Emily	10	Deben Swimming Club	35.22	35.71	
3 Moore, Isabel	10	West Suffolk Swimming Club-EA	37.47	36.96	
4 Hitchcock, Lottie	10	Hadleigh Dolphins	40.50	39.49	
5 Harrington, Sophie	10	Deben Swimming Club	40.50	40.68	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 23 Girls 10 Year Olds 50 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
6 Davies, Florence	10	Deben Swimming Club	44.45	41.44	
7 Calver, Grace	10	Stowmarket Swimming Club	42.27	42.91	
8 Holder, Mia	10	Stowmarket Swimming Club	42.07	45.83	

**Event 23 Girls 11 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 McNicholas, Hannah	11	Deben Swimming Club	34.00	32.82	
2 Stebbings, Katie	11	Stowmarket Swimming Club	32.73	32.97	
3 Brown, Rebecca	11	Stowmarket Swimming Club	33.70	33.30	
4 Karlsson, Hannah	11	Colchester Swimming Club	36.34	34.04	
5 Phillips, Georgie	11	Deben Swimming Club	34.58	34.47	
6 Molyneaux, Annette	11	Hadleigh Dolphins	37.77	34.63	
7 Hattan, Charlotte	11	Deben Swimming Club	35.22	34.67	
8 Wright, Elizabeth	11	West Suffolk Swimming Club-EA	36.63	36.20	
9 Snowden, Beatrice	11	Team Ipswich	36.74	37.86	
10 Ali, Maisie	11	Deben Swimming Club	37.31	38.26	
11 Gilbrook, Katy	11	West Suffolk Swimming Club-EA	41.28	38.34	
12 Pommier, Georgia	11	Felixstowe Swimming Club	44.41	41.82	
13 Loft, Serafina	11	Stowmarket Swimming Club	55.11	49.80	

**Event 23 Girls 12 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Barber, Izzy	12	Stowmarket Swimming Club	29.50	30.25	
2 Davies, Connie	12	Deben Swimming Club	31.11	30.62	
3 Goddard, Greta	12	Colchester Swimming Club	34.29	33.25	
4 Tibble, Sophie	12	Deben Swimming Club	35.30	33.28	
5 Crossfield, Imogen	12	Deben Swimming Club	34.95	33.65	
6 Whyte, Olivia	12	West Suffolk Swimming Club-EA	34.35	34.17	
7 Pommier, Marina	12	Felixstowe Swimming Club	35.38	34.24	
8 Clarke, Darcy	12	Stowmarket Swimming Club	34.43	34.52	
9 Baker, Sophie	12	Colchester Swimming Club	34.07	34.91	
10 Veal, Chloe	12	Team Ipswich	35.11	34.95	
11 Easteal, Isobel	12	Colchester Swimming Club	36.34	35.03	
12 Scott, Paige	12	Colchester Swimming Club	38.66	36.24	
13 Bishop, Maisie Rose	12	Stowmarket Swimming Club	36.65	36.99	
14 Isaacs, Izabella	12	Felixstowe Swimming Club	38.97	37.04	
15 Wright, Emily	12	Stowmarket Swimming Club	37.02	37.06	
16 Quinton, Emma	12	Deben Swimming Club	38.58	37.63	
17 Shaw, Mary	12	Stowmarket Swimming Club	39.32	37.94	
18 Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	38.76	38.51	
19 Carter, Annabelle	12	Stowmarket Swimming Club	37.62	39.08	
20 Bingley, Josephine	12	Stowmarket Swimming Club	40.40	41.22	

**Event 23 Girls 13 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Sophie	13	Deben Swimming Club	28.60	29.92	
2 Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	32.47	30.50	
3 McNicholas, Caitlin	13	Deben Swimming Club	30.23	30.60	
4 Bunclark, Megan	13	Deben Swimming Club	30.60	30.81	
5 Molyneaux, Olivia	13	Hadleigh Dolphins	32.49	31.17	
6 Cutting, Emily	13	West Suffolk Swimming Club-EA	30.93	31.44	
7 Wright, Mia	13	Felixstowe Swimming Club	31.18	31.84	
8 Crawley, Abigail	13	Felixstowe Swimming Club	32.11	31.94	
9 Abbott, Rowan	13	Hadleigh Dolphins	32.32	32.04	
10 Payne, Natasha	13	Deben Swimming Club	32.22	32.07	
11 Hitt, Martha	13	Stowmarket Swimming Club	32.02	32.11	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 23 Girls 13 Year Olds 50 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
12 Cooper, Emily	13	Stowmarket Swimming Club	32.05	32.24	
13 Watts, Meg	13	Felixstowe Swimming Club	32.66	32.47	
14 Seys, Libby	13	West Suffolk Swimming Club-EA	32.52	32.77	
15 Barrett, Jessica	13	West Suffolk Swimming Club-EA	32.96	32.85	
16 Leighton, Katimai	13	Felixstowe Swimming Club	33.64	32.93	
17 Benedetti, Erica	13	Stowmarket Swimming Club	32.61	33.11	
18 King, Alice	13	Stowmarket Swimming Club	31.95	33.33	
19 Ford, Lily	13	Hadleigh Dolphins	34.62	33.78	
20 Sergeant, Adela	13	West Suffolk Swimming Club-EA	34.42	33.80	
21 Binternagel, Sophia	13	Hadleigh Dolphins	35.42	34.13	
22 McCarthy, Holly	13	Colchester Swimming Club	35.16	34.15	
23 Alvarez, Megan	13	Stowmarket Swimming Club	33.80	35.12	

**Event 23 Girls 14 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Quinton, Sophie	14	Deben Swimming Club	30.81	30.88	
2 Evans, Nia	14	Hadleigh Dolphins	30.96	30.94	
3 O'Malley, Hannah	14	Colchester Swimming Club	31.72	32.40	
4 Merrigan, Elizabeth	14	Deben Swimming Club	32.24	32.63	
5 White, Caitlyn	14	Deben Swimming Club	32.25	32.69	

**Event 23 Girls 15 & Over 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Wayman, Minnie	15	Deben Swimming Club	29.17	29.50	
2 Dootson, Ella	16	Stowmarket Swimming Club	28.68	29.85	
3 O'Connor, Hannah	15	West Suffolk Swimming Club-EA	29.30	30.20	
4 Brown, Alice	16	West Suffolk Swimming Club-EA	30.28	30.65	
5 Peacock, Molly	16	West Suffolk Swimming Club-EA	29.82	30.75	
6 King, Emily	15	Stowmarket Swimming Club	31.35	31.26	
7 Taplin, Hannah	17	Deben Swimming Club	30.30	31.34	
8 Lait, Annabelle	15	Hadleigh Dolphins	31.55	31.54	
9 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	30.30	31.56	
10 Thornton, Eleanor	15	Hadleigh Dolphins	31.78	31.89	
11 Clark, Imogen	15	West Suffolk Swimming Club-EA	31.32	32.11	
12 Van Der Shyff, Nuha	16	Colchester Swimming Club	32.32	32.67	
13 Barrett, Sophie	16	Stowmarket Swimming Club	32.82	32.85	
14 Cherry, Bethan	15	Stowmarket Swimming Club	32.85	33.52	
15 Felgate, Emma	17	Felixstowe Swimming Club	36.03	36.49	
16 Levett, Bethany	15	Stowmarket Swimming Club	40.21	41.07	

**Event 24 Boys 9 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Scanlan, George	9	Colchester Swimming Club	42.69	41.77	
2 Rowland, Alfie	9	Stowmarket Swimming Club	43.48	42.96	
3 Crisell, Dexter	9	Colchester Swimming Club	50.00	46.01	
4 Pommier, Theo	9	Felixstowe Swimming Club	46.14	46.97	

**Event 24 Boys 10 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Girolami, Massimo	10	Colchester Swimming Club	35.40	34.56	
2 McCarthy, Jack	10	Colchester Swimming Club	36.33	35.03	
3 Connick, Joshua	10	Deben Swimming Club	37.29	35.32	
4 Whitehouse, Elliot	10	Colchester Swimming Club	37.34	36.12	
5 Parsons, Edward	10	Deben Swimming Club	40.55	36.86	
6 Williams, Thomas	10	West Suffolk Swimming Club-EA	38.28	37.26	
7 Cecins, Sandijs	10	Colchester Swimming Club	49.00	37.60	
8 Dixon-Minter, William	10	Team Ipswich	40.40	37.77	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 24 Boys 10 Year Olds 50 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
9 Cottrell, Alexander	10	Colchester Swimming Club	40.50	37.85	
10 Clarke, Joseph	10	Stowmarket Swimming Club	43.91	42.20	

**Event 24 Boys 11 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Black, Samuel	11	Stowmarket Swimming Club	35.04	33.95	
2 Spelman, Thomas	11	Stowmarket Swimming Club	34.73	35.10	
3 Barber, Nicholas	11	Stowmarket Swimming Club	37.77	37.52	
4 Rosher, Benedict	11	Felixstowe Swimming Club	38.93	38.02	
5 Jackson, Alfs	11	Stowmarket Swimming Club	38.51	38.05	
6 Whiting, Cameron	11	Deben Swimming Club	45.91	40.10	
7 Wallace, Henry	11	Stowmarket Swimming Club	38.21	40.65	

**Event 24 Boys 12 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Meadows, Lewis	12	Felixstowe Swimming Club	31.08	28.75	
2 Bashford, Riley	12	Deben Swimming Club	31.03	29.89	
3 Pryke, Daniel	12	Deben Swimming Club	32.37	32.32	
4 Houghton, Benjamin	12	Hadleigh Dolphins	33.38	33.29	
5 Chamberlain, Archie	12	West Suffolk Swimming Club-EA	32.64	33.98	
6 Moss, Malachi	12	Deben Swimming Club	34.85	34.23	
7 Rana-Beadle, Nicholas	12	City of Cambridge SC	36.26	34.83	
8 Richardson, Toby	12	West Suffolk Swimming Club-EA	36.60	35.01	
9 Fountain, Harry	12	Hadleigh Dolphins	36.90	35.67	
10 Welsford, Owen	12	Deben Swimming Club	37.00	38.61	
11 Snow, Oliver	12	Stowmarket Swimming Club	36.71	39.90	
12 Handley, Robert	12	Stowmarket Swimming Club	42.66	42.61	

**Event 24 Boys 13 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Clay, James	13	West Suffolk Swimming Club-EA	29.06	28.81	
2 Gladwell, Elliot	13	Hadleigh Dolphins	29.19	28.92	
3 Crossfield, James	13	Deben Swimming Club	28.90	28.98	
4 Parsons, James	13	Deben Swimming Club	29.69	29.33	
5 Connick, Michael	13	Deben Swimming Club	29.66	29.58	
6 Milburn, Mark	13	Colchester Swimming Club	31.06	29.75	
7 O'Connor, James	13	West Suffolk Swimming Club-EA	29.84	29.92	
8 Hilton, Thomas	13	Deben Swimming Club	30.75	30.64	
9 Phillips, Ben	13	West Suffolk Swimming Club-EA	32.10	30.88	
10 Rosher, Dominic	13	Felixstowe Swimming Club	31.92	31.32	
11 Girolami, Antonio	13	Colchester Swimming Club	33.15	32.86	
12 Thornton, Jonathan	13	Hadleigh Dolphins	35.78	35.17	

**Event 24 Boys 14 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Parsons, William	14	Deben Swimming Club	28.17	28.68	
2 Easteal, William	14	Colchester Swimming Club	30.26	28.76	
3 Corani, Kalaum	14	Colchester Swimming Club	29.62	29.02	
4 Houston, Connor	14	Deben Swimming Club	28.77	29.03	
5 Hitchcock, Oliver	14	Hadleigh Dolphins	30.80	30.52	
6 Black, Luke	14	Stowmarket Swimming Club	31.09	30.97	
7 Chapman, Jacob	14	Stowmarket Swimming Club	31.84	32.50	

**Event 24 Boys 15 & Over 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Coe, Calvin	20	Stowmarket Swimming Club	25.27	25.48	
2 Harrison, Alex	18	West Suffolk Swimming Club-EA	25.00	25.82	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 24 Boys 15 & Over 50 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Chapman, Lewis	17	Stowmarket Swimming Club	25.28	26.37	
4 Penman, Ruairidh	22	Stowmarket Swimming Club	26.55	26.66	
5 Handley, Will	16	Stowmarket Swimming Club	25.88	26.70	
6 Guild, Joseph	15	Colchester Swimming Club	27.33	27.13	
7 White, William	18	Hadleigh Dolphins	27.44	27.18	
8 Edgar, Ashley	16	West Suffolk Swimming Club-EA	27.13	27.21	
9 Morsman, Adam	19	Hadleigh Dolphins	26.98	27.22	
10 Chevin, Jack	17	Stowmarket Swimming Club	28.30	28.18	
11 Wallace, George	16	Stowmarket Swimming Club	28.10	28.42	
12 Arora, Aryan	15	Deben Swimming Club	28.04	28.43	
13 Welsford, Callum	15	Deben Swimming Club	28.36	28.78	
14 Allen, Ben	16	West Suffolk Swimming Club-EA	28.35	28.84	
15 Phillips, Charlie	15	Felixstowe Swimming Club	29.25	28.95	
16 Parsons, Henry	17	Deben Swimming Club	28.52	29.15	
17 Tempest, Adam	15	West Suffolk Swimming Club-EA	29.16	29.30	
18 Scott, Cole	15	Colchester Swimming Club	30.43	29.77	
19 Oakley, Jamie	15	Felixstowe Swimming Club	37.54	36.48	
20 Garry, James	16	Mildenhall and District	49.10	50.29	

**Event 25 Girls 11 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Brown, Rebecca	11	Stowmarket Swimming Club	3:25.65	3:14.77	
2 Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	3:55.00	3:45.80	
3 Fisher, Kayden	11	Stowmarket Swimming Club	4:40.26	4:00.18	

**Event 25 Girls 12 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Davies, Connie	12	Deben Swimming Club	NT	3:09.51	
2 Washington, Mae	12	Stowmarket Swimming Club	3:25.12	3:19.46	
3 Baker, Sophie	12	Colchester Swimming Club	3:38.95	3:41.84	

**Event 25 Girls 13 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	2:59.38	2:58.01	
2 Alvarez, Megan	13	Stowmarket Swimming Club	3:32.83	3:29.50	

**Event 25 Girls 14 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Redgrave, Molly	14	Colchester Swimming Club	3:01.50	2:55.57	
2 Shaw, Katy	14	Stowmarket Swimming Club	3:06.96	3:09.60	

**Event 25 Girls 15 & Over 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 O'Connor, Hannah	15	West Suffolk Swimming Club-EA	2:43.99	2:43.87	
2 King, Emily	15	Stowmarket Swimming Club	2:50.24	2:50.38	
3 Peacock, Molly	16	West Suffolk Swimming Club-EA	2:49.63	2:51.63	
4 Barrett, Sophie	16	Stowmarket Swimming Club	3:03.50	3:04.76	

**Event 26 Boys 12 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Houghton, Benjamin	12	Hadleigh Dolphins	3:42.00	3:27.01	

**Event 26 Boys 13 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Bishop, Joshua	13	Stowmarket Swimming Club	2:59.21	2:41.62	
2 O'Connor, James	13	West Suffolk Swimming Club-EA	3:10.65	2:44.59	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 26 Boys 15 & Over 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Coe, Calvin	20	Stowmarket Swimming Club	2:12.20	2:16.28	
2 Boyt, Thomas	19	Felixstowe Swimming Club	2:18.95	2:20.29	
3 Hall, Harvey	15	Deben Swimming Club	2:49.44	2:33.45	
4 Chapman, Lewis	17	Stowmarket Swimming Club	2:24.38	2:34.94	

**Event 27 Girls 9 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Troman, Gabriella	9	Colchester Swimming Club	1:53.22	1:40.25	
2 Stewart, Ella	9	West Suffolk Swimming Club-EA	1:41.39	1:43.08	
3 Barber, Francesca	9	Stowmarket Swimming Club	1:51.83	1:52.76	
4 Phillips, Charlotte	9	Deben Swimming Club	NT	1:56.57	
5 Carter, Verity	9	Stowmarket Swimming Club	NT	2:03.74	
6 Harrison, Amelie	9	Stowmarket Swimming Club	2:06.58	2:07.22	

**Event 27 Girls 10 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Gladwell, Darcy	10	Hadleigh Dolphins	1:36.59	1:28.41	
2 Moore, Isabel	10	West Suffolk Swimming Club-EA	1:37.64	1:34.48	
3 Davies, Florence	10	Deben Swimming Club	NT	1:36.03	
--- Richardson, May	10	Stowmarket Swimming Club	1:44.01	DQ	

6.5 More than one single or double simultaneous arm pull used to initiate turn

**Event 27 Girls 11 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Hattan, Charlotte	11	Deben Swimming Club	1:22.62	1:23.28	
2 Stebbings, Katie	11	Stowmarket Swimming Club	1:26.03	1:25.25	
3 Phillips, Georgie	11	Deben Swimming Club	1:26.80	1:25.55	
4 Karlsson, Hannah	11	Colchester Swimming Club	1:32.00	1:26.88	
5 Milburn, Amy	11	Colchester Swimming Club	1:27.34	1:27.72	
6 McNicholas, Hannah	11	Deben Swimming Club	1:46.22	1:31.36	
7 Snowden, Beatrice	11	Team Ipswich	1:33.60	1:34.64	
8 Gilbrook, Katy	11	West Suffolk Swimming Club-EA	1:43.99	1:36.70	
9 Loft, Serafina	11	Stowmarket Swimming Club	2:09.11	1:53.42	
--- Wright, Elizabeth	11	West Suffolk Swimming Club-EA	1:27.92	DQ	

6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat

**Event 27 Girls 12 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Barber, Izzy	12	Stowmarket Swimming Club	1:13.46	1:14.34	
2 Goddard, Greta	12	Colchester Swimming Club	1:23.72	1:20.66	
3 Whyte, Olivia	12	West Suffolk Swimming Club-EA	1:25.09	1:26.77	
4 Clarke, Darcy	12	Stowmarket Swimming Club	1:30.57	1:28.30	
5 Baker, Sophie	12	Colchester Swimming Club	1:26.54	1:28.37	
6 Crossfield, Imogen	12	Deben Swimming Club	1:33.48	1:28.64	
7 Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	1:26.71	1:30.04	
8 Veal, Chloe	12	Team Ipswich	1:30.15	1:30.17	
9 Wright, Emily	12	Stowmarket Swimming Club	1:31.36	1:30.67	
10 Isaacs, Izabella	12	Felixstowe Swimming Club	1:47.43	1:37.36	
11 Carter, Annabelle	12	Stowmarket Swimming Club	1:43.42	1:38.12	
12 Quinton, Emma	12	Deben Swimming Club	1:51.42	1:41.11	
13 Bingley, Josephine	12	Stowmarket Swimming Club	1:45.26	1:43.49	

**Event 27 Girls 13 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Sophie	13	Deben Swimming Club	1:07.90	1:08.71	
2 White, Charlotte	13	West Suffolk Swimming Club-EA	1:12.45	1:11.86	

**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****(Event 27 Girls 13 Year Olds 100 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Cutting, Emily	13	West Suffolk Swimming Club-EA	1:14.85	1:14.52	
4 Tyler, Frankie	13	Deben Swimming Club	1:14.64	1:15.28	
5 Abbott, Rowan	13	Hadleigh Dolphins	1:19.81	1:19.22	
6 Clark, Alice	13	West Suffolk Swimming Club-EA	1:17.84	1:19.58	
7 McNicholas, Caitlin	13	Deben Swimming Club	1:28.35	1:19.59	
8 Hitt, Martha	13	Stowmarket Swimming Club	1:19.18	1:20.13	
9 McCarthy, Holly	13	Colchester Swimming Club	1:23.32	1:20.71	
10 Seys, Libby	13	West Suffolk Swimming Club-EA	1:20.86	1:22.15	
11 Van Der Shyff, Nur Ayni	13	Colchester Swimming Club	1:22.53	1:23.77	
12 Sergeant, Adela	13	West Suffolk Swimming Club-EA	1:30.10	1:26.61	
13 Ford, Lily	13	Hadleigh Dolphins	1:30.03	1:27.24	
14 Binternagel, Sophia	13	Hadleigh Dolphins	1:35.46	1:30.22	

**Event 27 Girls 14 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Quinton, Sophie	14	Deben Swimming Club	1:14.92	1:17.49	
2 Evans, Nia	14	Hadleigh Dolphins	1:17.62	1:18.61	
3 Chevin, Hannah	14	Stowmarket Swimming Club	1:18.12	1:20.33	

**Event 27 Girls 15 & Over 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Wayman, Minnie	15	Deben Swimming Club	1:08.58	1:08.14	
2 Taplin, Hannah	17	Deben Swimming Club	1:10.01	1:14.64	
3 Parsley, Chloe-Jeane	17	West Suffolk Swimming Club-EA	1:11.86	1:15.04	
4 Thornton, Eleanor	15	Hadleigh Dolphins	1:16.24	1:16.93	
5 Van Der Shyff, Nuha	16	Colchester Swimming Club	1:19.70	1:24.02	
6 Felgate, Emma	17	Felixstowe Swimming Club	1:33.38	1:34.00	
7 Levett, Bethany	15	Stowmarket Swimming Club	1:38.73	1:42.99	

**Event 28 Boys 10 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Connick, Joshua	10	Deben Swimming Club	1:28.69	1:26.77	
2 McCarthy, Jack	10	Colchester Swimming Club	1:26.16	1:27.32	
3 Whitehouse, Elliot	10	Colchester Swimming Club	1:38.78	1:32.29	
4 Williams, Thomas	10	West Suffolk Swimming Club-EA	1:37.04	1:34.61	
--- Parsons, Edward	10	Deben Swimming Club	1:38.33	DQ	

6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat

**Event 28 Boys 11 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Troman, Zak	11	Colchester Swimming Club	1:19.12	1:18.27	
2 Barber, Nicholas	11	Stowmarket Swimming Club	1:36.29	1:37.13	
3 Rosher, Benedict	11	Felixstowe Swimming Club	1:38.66	1:39.85	
4 Wallace, Henry	11	Stowmarket Swimming Club	1:48.43	1:52.87	

**Event 28 Boys 12 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Tolputt, Samuel	12	Deben Swimming Club	1:19.86	1:19.60	
2 Houghton, Benjamin	12	Hadleigh Dolphins	1:27.00	1:25.51	
3 Richardson, Toby	12	West Suffolk Swimming Club-EA	1:32.48	1:29.90	
4 Snow, Oliver	12	Stowmarket Swimming Club	1:34.91	1:39.85	
5 Fountain, Harry	12	Hadleigh Dolphins	1:43.78	1:40.70	
--- Meadows, Lewis	12	Felixstowe Swimming Club	1:15.23	DQ	

6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat



**No Frills Open Meet 2018 - 15/12/2018 to 16/12/2018****Results****Event 28 Boys 13 Year Olds 100 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Parsons, James	13	Deben Swimming Club	1:13.03	1:08.88	
2	Clay, James	13	West Suffolk Swimming Club-EA	1:21.53	1:09.69	
3	Milburn, Mark	13	Colchester Swimming Club	1:14.97	1:13.91	
4	Phillips, Ben	13	West Suffolk Swimming Club-EA	1:17.19	1:14.04	
5	Bishop, Joshua	13	Stowmarket Swimming Club	1:20.12	1:15.05	
6	Thornton, Jonathan	13	Hadleigh Dolphins	1:35.73	1:31.50	

**Event 28 Boys 14 Year Olds 100 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Baker-Woods, Xavier	14	Team Ipswich	1:11.39	1:08.84	

**Event 28 Boys 15 & Over 100 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	White, William	18	Hadleigh Dolphins	1:08.74	1:06.93	
2	Chapman, Lewis	17	Stowmarket Swimming Club	1:08.65	1:07.67	
3	Handley, Will	16	Stowmarket Swimming Club	1:07.38	1:08.52	
4	Chevin, Jack	17	Stowmarket Swimming Club	1:08.13	1:08.58	
5	Hall, Harvey	15	Deben Swimming Club	1:12.34	1:08.59	
6	Allen, Ben	16	West Suffolk Swimming Club-EA	1:08.80	1:09.01	
7	Phillips, Charlie	15	Felixstowe Swimming Club	1:10.73	1:11.97	
8	Guild, Joseph	15	Colchester Swimming Club	1:15.35	1:14.24	
9	Garry, James	16	Mildenhall and District	2:10.58	2:10.95	