

Sprint into Spring Open Meet - 23/03/2019**Results****Event 1 Girls 9-10 100 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Tyler, Natalie	10	Deben Swimming Club	1:09.77	1:08.94	
2	Young, Isabelle	10	Clacton Swimming Club	1:11.70	1:13.98	
3	Lander, Emily	10	Deben Swimming Club	1:16.32	1:18.23	
4	Venables, Elodie J	10	West Suffolk Swimming Club-EA	NT	1:25.81	
5	Morgan, Louise	10	Stowmarket Swimming Club	1:34.11	1:28.03	
6	Holder, Mia	10	Stowmarket Swimming Club	1:39.24	1:29.58	
7	Daynes, Erin	9	Stowmarket Swimming Club	1:37.80	1:31.73	
8	Low, Megan	10	West Suffolk Swimming Club-EA	1:35.46	1:32.18	
9	Barber, Francesca	9	Stowmarket Swimming Club	1:35.91	1:33.51	
*10	Carter, Eloise	9	Deben Swimming Club	1:38.91	1:38.84	
*10	Law, Caitlin	10	West Suffolk Swimming Club-EA	NT	1:38.84	
12	Bruce, Connie	9	Stowmarket Swimming Club	1:45.69	1:39.76	
13	Collinson, Jessica	9	Deben Swimming Club	NT	1:45.95	
14	Doggett, Erica	10	Stowmarket Swimming Club	1:59.56	1:48.89	
15	Kendall, Elena	10	Stowmarket Swimming Club	1:54.47	1:49.15	
16	Calvert, Millie	10	Deben Swimming Club	NT	1:54.22	
17	Schofield, Issy	10	Stowmarket Swimming Club	NT	1:57.17	
18	Brett, Abigail	10	Stowmarket Swimming Club	2:02.49	1:58.77	

Event 1 Girls 11-12 100 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Ansone, Una	12	March Marlins Swimming Club	1:09.15	1:09.22	
2	Doherty, Erin	12	Wisbech Swimming Club	1:10.78	1:10.28	
3	McNicholas, Hannah	12	Deben Swimming Club	1:14.84	1:11.10	
4	Baker-Woods, Xanthe I	11	Deben Swimming Club	1:11.47	1:11.78	
5	Brown, Rebecca	11	Stowmarket Swimming Club	1:12.80	1:11.94	
6	Stebbings, Katie R	12	Stowmarket Swimming Club	1:10.07	1:12.76	
7	Hanley, Thea	12	March Marlins Swimming Club	1:17.37	1:14.70	
8	Freeman, Francesca	11	West Suffolk Swimming Club-EA	1:19.22	1:14.85	
9	Moore, Charlotte	12	West Suffolk Swimming Club-EA	1:16.35	1:15.84	
10	Clarke, Darcy	12	Stowmarket Swimming Club	1:16.75	1:16.18	
11	Bishop, Maisie Rose	12	Stowmarket Swimming Club	1:17.74	1:17.74	
12	Roe, Charlotte-Ella	11	West Suffolk Swimming Club-EA	1:22.78	1:19.76	
13	Wood, Maisy	11	Clacton Swimming Club	1:18.94	1:19.82	
14	Fisher, Kayden	11	Stowmarket Swimming Club	1:21.68	1:21.79	
15	Glancy, Aimee	11	West Suffolk Swimming Club-EA	1:25.08	1:22.80	
16	Hendriks, Louwna	11	West Suffolk Swimming Club-EA	NT	1:23.19	
17	Skoulding, Madison R	12	Stowmarket Swimming Club	1:17.18	1:24.67	
18	Shaw, Mary	12	Stowmarket Swimming Club	1:28.88	1:24.77	
19	Bingham, Poppy	12	Stowmarket Swimming Club	1:26.84	1:24.87	
20	Brett, Ella	12	Mildenhall and District	1:34.17	1:26.35	
21	Acheson, Emma	11	Mildenhall and District	1:50.48	1:27.89	
22	Drewery, Faye	11	West Suffolk Swimming Club-EA	1:38.41	1:28.45	
23	Watson, Freya M	11	West Suffolk Swimming Club-EA	1:36.00	1:31.42	
24	Bingley, Josephine	12	Stowmarket Swimming Club	1:33.71	1:32.18	

Event 1 Girls 13-14 100 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Clark, Alice	13	West Suffolk Swimming Club-EA	1:06.32	1:05.06	
2	Sillitoe, Marni	14	West Suffolk Swimming Club-EA	1:05.89	1:05.30	
3	Bunclark, Megan	13	Deben Swimming Club	1:05.19	1:06.01	
4	Baxter, Grace	13	West Suffolk Swimming Club-EA	1:05.29	1:06.06	
5	Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	1:06.24	1:07.78	
6	Davies, Connie	13	Deben Swimming Club	1:07.63	1:07.99	
7	Acheson, Elizabeth	14	Mildenhall and District	1:09.51	1:08.57	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 1 Girls 13-14 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
8 Ledger, Sophie	13	Hatfield SC	1:06.41	1:08.75	
9 Benedetti, Erica L	13	Stowmarket Swimming Club	1:11.72	1:08.93	
10 Shaw, Katy E	14	Stowmarket Swimming Club	1:08.52	1:10.95	
11 Hitt, Martha	14	Stowmarket Swimming Club	1:12.03	1:11.35	
12 Barrett, Jess	14	West Suffolk Swimming Club-EA	1:14.25	1:13.16	
13 Alvarez, Megan	13	Stowmarket Swimming Club	1:16.39	1:16.05	
14 Moss, Heather	13	Deben Swimming Club	1:20.85	1:16.72	
15 England, Lizzie	13	Stowmarket Swimming Club	1:30.96	1:22.49	

Event 1 Girls 15 & Over 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Dootson, Ella C	16	Stowmarket Swimming Club	1:02.60	1:02.70	
2 Ungless, Isabelle	15	West Suffolk Swimming Club-EA	1:10.04	1:08.12	
3 Clark, Imogen	15	West Suffolk Swimming Club-EA	1:06.88	1:08.15	
4 Rootes, Freya	15	West Suffolk Swimming Club-EA	1:09.17	1:09.84	
5 Barrett, Sophie	17	Stowmarket Swimming Club	1:11.12	1:10.18	
6 Cherry, Bethan	15	Stowmarket Swimming Club	1:11.27	1:12.18	
7 Barrett, Louise	17	Stowmarket Swimming Club	1:13.83	1:12.65	

Event 2 Boys 9-10 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Wilson, Jamie	10	Wisbech Swimming Club	1:18.45	1:18.69	
2 Kolodzinski, Tymoteusz	10	West Suffolk Swimming Club-EA	1:25.40	1:23.78	
3 Young, Toran	10	Mildenhall and District	1:34.19	1:27.26	
4 Ruffles-Francis, Teilo	10	Stowmarket Swimming Club	1:35.58	1:27.53	
5 Mason, Jude	10	Stowmarket Swimming Club	1:48.15	1:32.50	
6 Millin, Jed	10	Stowmarket Swimming Club	1:51.53	1:37.23	
7 Blagg, Finlay	9	Stowmarket Swimming Club	NT	1:41.26	
8 Chamberlain, Samuel R	9	West Suffolk Swimming Club-EA	NT	1:42.08	
9 Hemsworth, Fabian	10	West Suffolk Swimming Club-EA	1:59.94	1:45.43	
10 Wallace, Daniel	9	Stowmarket Swimming Club	NT	1:49.96	
11 Pooley, Oscar	9	Stowmarket Swimming Club	NT	1:53.86	
--- Rowland, Alfie	9	Stowmarket Swimming Club	1:40.03	DQ	

4.4 Starting before starting signal

Event 2 Boys 11-12 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Chamberlain, Archie P	12	West Suffolk Swimming Club-EA	1:15.44	1:10.96	
2 Spelman, Thomas W	11	Stowmarket Swimming Club	1:14.26	1:15.63	
3 Hines, Charlie J	12	Stowmarket Swimming Club	1:23.06	1:15.88	
4 Moss, Malachi	12	Deben Swimming Club	1:16.60	1:15.90	
5 Black, Samuel	12	Stowmarket Swimming Club	1:15.67	1:17.50	
6 Jackson, Alfs E	11	Stowmarket Swimming Club	1:27.57	1:20.78	
7 Barber, Nicholas	11	Stowmarket Swimming Club	1:20.60	1:21.17	
8 Wheeler, Harry	11	West Suffolk Swimming Club-EA	1:31.56	1:30.83	
9 Clarke, Joseph	11	Stowmarket Swimming Club	NT	1:31.34	
10 Hammond, Isaac	11	Stowmarket Swimming Club	2:01.45	1:36.36	
11 Whiteman, Rhylee	12	Mildenhall and District	1:48.06	1:37.69	
12 Etherington, Jonathan	11	Stowmarket Swimming Club	NT	1:38.04	

Event 2 Boys 13-14 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Brown, Matthew D	14	Stowmarket Swimming Club	58.48	58.61	
2 Orth, Sebastian	14	West Suffolk Swimming Club-EA	1:02.78	1:02.41	
3 Bishop, Joshua	13	Stowmarket Swimming Club	1:05.15	1:03.78	
4 Doggett, Oliver	14	Stowmarket Swimming Club	1:09.71	1:08.99	
5 Wing, James	14	Stowmarket Swimming Club	1:16.34	1:09.62	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 2 Boys 13-14 100 SC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	Points
6	Ruffles-Francis, Vaughn	13	Stowmarket Swimming Club	1:15.85	1:13.17	
7	Young, Gabe C	13	Mildenhall and District	1:14.69	1:13.51	
8	Wilson, Alex	13	Wisbech Swimming Club	1:21.26	1:15.38	

Event 2 Boys 15 & Over 100 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Chapman, Lewis S	17	Stowmarket Swimming Club	56.92	57.47	
2	Fletcher, Joe N	17	Stowmarket Swimming Club	58.33	58.40	
3	Hanley, Tom	15	March Marlins Swimming Club	58.79	58.82	
4	Ruggles, Luke	15	March Marlins Swimming Club	59.08	58.89	
5	Wallace, George	16	Stowmarket Swimming Club	1:03.48	1:04.63	
6	Black, Luke	15	Stowmarket Swimming Club	1:07.83	1:08.32	
7	Garry, James A	17	Mildenhall and District	1:52.69	1:53.91	

Event 3 Girls 9-10 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Young, Isabelle	10	Clacton Swimming Club	37.60	39.25	
2	Richardson, May	10	Stowmarket Swimming Club	44.43	41.57	
3	Morgan, Louise	10	Stowmarket Swimming Club	52.23	44.13	
4	Venables, Elodie J	10	West Suffolk Swimming Club-EA	45.64	44.28	
5	Calver, Grace	10	Stowmarket Swimming Club	48.28	45.67	
6	Neumann, Holly	10	Stowmarket Swimming Club	47.58	46.02	
7	Low, Megan	10	West Suffolk Swimming Club-EA	48.55	49.29	
8	Doggett, Erica	10	Stowmarket Swimming Club	52.47	51.21	
9	Carter, Eloise	9	Deben Swimming Club	48.25	51.23	
10	Law, Caitlin	10	West Suffolk Swimming Club-EA	59.46	51.51	
11	Carter, Verity	9	Stowmarket Swimming Club	53.89	52.65	
12	Linney, Isabelle	10	Stowmarket Swimming Club	55.52	53.19	
13	Benion, Eden A	9	Mildenhall and District	55.90	55.17	
14	Taylor, Danielle	9	Stowmarket Swimming Club	1:11.47	55.23	
15	Brett, Abigail	10	Stowmarket Swimming Club	59.81	56.56	
16	Kendall, Elena	10	Stowmarket Swimming Club	1:02.16	56.95	
17	Fox, Pheobe	9	Stowmarket Swimming Club	1:04.74	1:01.43	
18	Snow, Philippa	10	Stowmarket Swimming Club	NT	1:05.86	
---	Harrison, Amelie	9	Stowmarket Swimming Club	59.28	DQ	
	6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat					
---	Dockerill, Chloe L	10	West Suffolk Swimming Club-EA	49.89	DQ	
	6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat					
---	Barber, Francesca	9	Stowmarket Swimming Club	51.07	DQ	
	6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat					

Event 3 Girls 11-12 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Barber, Izzy J	12	Stowmarket Swimming Club	33.46	33.84	
2	Ansone, Una	12	March Marlins Swimming Club	33.96	34.54	
3	Hattan, Charlotte	12	Deben Swimming Club	36.43	36.55	
4	Doherty, Erin	12	Wisbech Swimming Club	37.04	36.83	
5	Neumann, Bethany	12	Stowmarket Swimming Club	40.28	39.27	
6	Wright, Emily	12	Stowmarket Swimming Club	42.17	40.17	
7	Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	40.81	41.89	
8	Clarke, Darcy	12	Stowmarket Swimming Club	40.00	41.93	
9	Moore, Charlotte	12	West Suffolk Swimming Club-EA	41.41	42.04	
10	Hanley, Thea	12	March Marlins Swimming Club	41.57	42.66	
11	Roe, Charlotte-Ella	11	West Suffolk Swimming Club-EA	45.30	43.10	
12	Skoulding, Madison R	12	Stowmarket Swimming Club	41.16	43.16	
13	Bingley, Josephine	12	Stowmarket Swimming Club	47.99	43.21	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 3 Girls 11-12 50 SC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
14	Glancy, Aimee	11	West Suffolk Swimming Club-EA	48.31	43.89	
15	Manton, Eloise	11	West Suffolk Swimming Club-EA	46.46	44.48	
16	Davies, Florence V	11	Deben Swimming Club	46.56	44.52	
17	Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	48.64	44.83	
18	Drewery, Faye	11	West Suffolk Swimming Club-EA	48.92	45.19	
19	Hendriks, Louwna	11	West Suffolk Swimming Club-EA	NT	46.26	
20	Watson, Freya M	11	West Suffolk Swimming Club-EA	51.83	50.07	
---	Wood, Maisy	11	Clacton Swimming Club	43.40	DQ	

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

Event 3 Girls 13-14 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Tyler, Frankie	14	Deben Swimming Club	33.84	33.50	
2	Galbraith, Catherine	14	Deben Swimming Club	34.43	34.85	
3	Sillitoe, Marni	14	West Suffolk Swimming Club-EA	34.49	35.21	
4	Clark, Alice	13	West Suffolk Swimming Club-EA	35.73	35.29	
5	Baxter, Grace	13	West Suffolk Swimming Club-EA	35.37	35.48	
6	Lawrence, Mia	14	Clacton Swimming Club	35.48	35.65	
7	Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	35.29	36.17	
8	Benedetti, Erica L	13	Stowmarket Swimming Club	37.01	36.61	
9	England, Lizzie	13	Stowmarket Swimming Club	42.79	41.52	
10	Carter, Annabelle	13	Stowmarket Swimming Club	43.99	44.42	

Event 3 Girls 15 & Over 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Hearne, Millie E	15	Clacton Swimming Club	32.84	33.09	
2	Ungless, Isabelle	15	West Suffolk Swimming Club-EA	35.96	36.57	
3	Hastings, Phoebe	15	West Suffolk Swimming Club-EA	37.69	37.45	
4	Rootes, Freya	15	West Suffolk Swimming Club-EA	36.38	37.98	
5	Cherry, Bethan	15	Stowmarket Swimming Club	40.19	41.18	

Event 4 Boys 9-10 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Wilson, Jamie	10	Wisbech Swimming Club	41.27	41.91	
2	Kolodzinski, Tymoteusz	10	West Suffolk Swimming Club-EA	43.23	44.46	
3	Hall, Haiden	9	Deben Swimming Club	47.34	46.10	
4	Mason, Jude	10	Stowmarket Swimming Club	1:03.37	49.31	
5	Blagg, Finlay	9	Stowmarket Swimming Club	58.28	50.67	
6	Jinga, Stefan	10	Mildenhall and District	55.36	50.94	
7	Millin, Jed	10	Stowmarket Swimming Club	55.92	51.38	
8	Pooley, Oscar	9	Stowmarket Swimming Club	1:01.56	56.40	
9	Wallace, Daniel	9	Stowmarket Swimming Club	1:00.82	57.05	
10	Hemsworth, Fabian	10	West Suffolk Swimming Club-EA	54.81	58.77	

Event 4 Boys 11-12 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Tolputt, Samuel	12	Deben Swimming Club	35.49	34.54	
2	Chamberlain, Archie P	12	West Suffolk Swimming Club-EA	42.06	41.30	
3	Black, Samuel	12	Stowmarket Swimming Club	42.27	41.80	
4	Snow, Oliver	12	Stowmarket Swimming Club	43.67	42.77	
5	Barber, Nicholas	11	Stowmarket Swimming Club	43.08	42.91	
6	Tapscott, Joe	12	Stowmarket Swimming Club	51.73	45.61	
7	Whiteman, Rhylee	12	Mildenhall and District	49.93	46.94	
8	Wallace, Henry	11	Stowmarket Swimming Club	46.88	47.09	
9	Gibbs, Riley L	11	Mildenhall and District	49.76	47.32	
10	Wheeler, Harry	11	West Suffolk Swimming Club-EA	46.89	49.08	

Sprint into Spring Open Meet - 23/03/2019**Results****Event 4 Boys 13-14 50 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Pryke, Daniel R	13	Deben Swimming Club	35.64	35.55	
2	Wing, James	14	Stowmarket Swimming Club	38.95	38.00	
3	Doggett, Oliver	14	Stowmarket Swimming Club	37.67	38.85	
4	Chapman, Jacob I	14	Stowmarket Swimming Club	40.02	40.06	
5	Ruffles-Francis, Vaughn	13	Stowmarket Swimming Club	40.20	40.07	
6	Wilson, Alex	13	Wisbech Swimming Club	43.17	41.75	

Event 4 Boys 15 & Over 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Chapman, Lewis S	17	Stowmarket Swimming Club	29.65	30.78	
2	Ruggles, Luke	15	March Marlins Swimming Club	30.98	31.07	
3	Fletcher, Joe N	17	Stowmarket Swimming Club	31.77	32.10	
4	Hanley, Tom	15	March Marlins Swimming Club	34.94	36.39	
5	Black, Luke	15	Stowmarket Swimming Club	38.67	39.31	
6	Garry, James A	17	Mildenhall and District	58.07	58.62	

Event 5 Girls 9-10 100 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lander, Emily	10	Deben Swimming Club	1:37.05	1:39.56	
2	Richardson, May	10	Stowmarket Swimming Club	1:53.74	1:44.64	
3	Calver, Grace	10	Stowmarket Swimming Club	1:59.06	1:51.32	
4	Turner, Emily	9	Clacton Swimming Club	1:51.08	1:51.45	
5	Low, Megan	10	West Suffolk Swimming Club-EA	1:55.23	1:56.68	
6	Bishop, Tilly May	10	Stowmarket Swimming Club	1:56.19	1:58.08	
7	Calvert, Millie	10	Deben Swimming Club	2:12.67	2:01.53	
8	Schofield, Issy	10	Stowmarket Swimming Club	NT	2:09.54	
9	Harrison, Amelie	9	Stowmarket Swimming Club	2:18.32	2:10.28	
10	Doggett, Erica	10	Stowmarket Swimming Club	2:26.09	2:11.26	
11	Carter, Eloise	9	Deben Swimming Club	NT	2:13.54	
12	Kendall, Elena	10	Stowmarket Swimming Club	NT	2:20.85	

Event 5 Girls 11-12 100 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Baker-Woods, Xanthe I	11	Deben Swimming Club	1:26.29	1:28.80	
2	Stebbings, Katie R	12	Stowmarket Swimming Club	1:31.85	1:29.56	
3	Turner, Grace	11	Clacton Swimming Club	1:32.29	1:32.82	
4	Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	1:42.62	1:41.29	
5	Acheson, Emma	11	Mildenhall and District	1:59.16	1:41.74	
6	Hutton, Emily	12	Stowmarket Swimming Club	1:44.90	1:41.94	
7	Moore, Charlotte	12	West Suffolk Swimming Club-EA	1:39.03	1:42.63	
8	Wood, Maisy	11	Clacton Swimming Club	1:38.91	1:42.95	
9	Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	1:47.14	1:43.06	
10	Fisher, Kayden	11	Stowmarket Swimming Club	1:47.01	1:45.99	
11	Bingham, Poppy	12	Stowmarket Swimming Club	1:52.09	1:51.34	
12	Manton, Eloise	11	West Suffolk Swimming Club-EA	1:48.59	1:52.17	
13	Bingley, Josephine	12	Stowmarket Swimming Club	1:54.80	1:55.75	
14	Hendriks, Louwna	11	West Suffolk Swimming Club-EA	NT	1:56.98	
15	Watson, Freya M	11	West Suffolk Swimming Club-EA	1:58.09	1:57.13	
16	Drewery, Faye	11	West Suffolk Swimming Club-EA	2:05.30	1:57.57	
17	Roe, Charlotte-Ella	11	West Suffolk Swimming Club-EA	1:55.24	1:57.61	
18	Shaw, Mary	12	Stowmarket Swimming Club	2:00.27	1:57.64	
---	Bishop, Maisie Rose	12	Stowmarket Swimming Club	1:35.66	DQ	
	4.4 Starting before starting signal					
---	Davies, Florence V	11	Deben Swimming Club	NT	DQ	
	7.6 Did not touch at turn or finish with both hands					

Sprint into Spring Open Meet - 23/03/2019**Results****Event 5 Girls 13-14 100 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Cook, Chloe	14	March Marlins Swimming Club	1:23.34	1:21.00	
2	McNicholas, Caitlin	13	Deben Swimming Club	1:25.01	1:23.66	
3	Gotch, Imogen	13	West Suffolk Swimming Club-EA	1:23.90	1:24.33	
4	Acheson, Elizabeth	14	Mildenhall and District	1:28.21	1:25.64	
5	Galbraith, Catherine	14	Deben Swimming Club	1:26.49	1:26.23	
6	Cooper, Emily	13	Stowmarket Swimming Club	1:26.65	1:26.57	
7	Tyler, Frankie	14	Deben Swimming Club	1:25.49	1:26.91	
8	Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	1:29.02	1:32.16	
9	England, Lizzie	13	Stowmarket Swimming Club	1:53.25	1:46.20	
10	Cook, Anna	13	Deben Swimming Club	1:53.79	1:46.31	

Event 5 Girls 15 & Over 100 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Dootson, Ella C	16	Stowmarket Swimming Club	1:20.56	1:21.17	
2	Hearne, Millie E	15	Clacton Swimming Club	1:24.43	1:26.56	
3	Barrett, Louise	17	Stowmarket Swimming Club	1:28.87	1:29.30	

Event 6 Boys 9-10 100 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Ruffles-Francis, Teilo	10	Stowmarket Swimming Club	1:42.14	1:45.96	
2	Young, Toran	10	Mildenhall and District	1:48.97	1:46.56	
3	Wilson, Jamie	10	Wisbech Swimming Club	1:49.91	1:50.37	
4	Hall, Haiden	9	Deben Swimming Club	1:59.20	1:57.97	
5	Kolodzinski, Tymoteusz	10	West Suffolk Swimming Club-EA	1:53.43	1:58.16	
6	Hemsworth, Fabian	10	West Suffolk Swimming Club-EA	2:19.04	2:12.94	
---	Stebbing, Thomas	9	Stowmarket Swimming Club	NT	DQ	
7.4 Leg movements not simultaneous (alternating leg movement)						

Event 6 Boys 11-12 100 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Spelman, Thomas W	11	Stowmarket Swimming Club	1:29.33	1:30.53	
2	Hines, Charlie J	12	Stowmarket Swimming Club	1:45.43	1:39.93	
3	Gibbs, Riley L	11	Mildenhall and District	1:49.17	1:44.19	
4	Barber, Nicholas	11	Stowmarket Swimming Club	1:51.88	1:46.36	
5	Snow, Oliver	12	Stowmarket Swimming Club	1:47.91	1:46.86	
6	Clarke, Joseph	11	Stowmarket Swimming Club	NT	1:48.28	
7	Wallace, Henry	11	Stowmarket Swimming Club	1:52.02	1:51.91	
8	Wheeler, Harry	11	West Suffolk Swimming Club-EA	2:01.76	2:03.03	
---	Etherington, Jonathan	11	Stowmarket Swimming Club	NT	DQ	
7.2 Body not on breast during swim or when leaving wall after a turn (ex when executing a						
---	Caunter, Harrison W	11	West Suffolk Swimming Club-EA	NT	DQ	
4.4 Starting before starting signal						

Event 6 Boys 13-14 100 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Rayner, Harry	13	March Marlins Swimming Club	1:22.95	1:22.96	
2	Bishop, Joshua	13	Stowmarket Swimming Club	1:24.84	1:23.78	
3	Young, Gabe C	13	Mildenhall and District	1:27.65	1:27.63	
4	Chapman, Jacob I	14	Stowmarket Swimming Club	1:31.52	1:29.81	
5	Doggett, Oliver	14	Stowmarket Swimming Club	1:29.92	1:29.85	
6	Ruffles-Francis, Vaughn	13	Stowmarket Swimming Club	1:35.43	1:35.26	
7	Wilson, Alex	13	Wisbech Swimming Club	1:38.60	1:37.36	

Event 6 Boys 15 & Over 100 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Handley, Will	17	Stowmarket Swimming Club	1:11.26	1:12.76	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 6 Boys 15 & Over 100 SC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
2	Ruggles, Luke	15	March Marlins Swimming Club	1:14.70	1:13.92	
3	Chapman, Lewis S	17	Stowmarket Swimming Club	1:12.06	1:15.25	
4	Hanley, Tom	15	March Marlins Swimming Club	1:18.09	1:16.78	
5	Fletcher, Joe N	17	Stowmarket Swimming Club	1:20.51	1:21.73	

Event 7 Girls 9-10 50 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Tyler, Natalie	10	Deben Swimming Club	36.77	37.41	
2	Calver, Grace	10	Stowmarket Swimming Club	53.99	48.10	
3	Colgan, Hannah	10	Stowmarket Swimming Club	1:08.52	48.61	
4	Morgan, Louise	10	Stowmarket Swimming Club	51.28	48.68	
5	Dockerill, Chloe L	10	West Suffolk Swimming Club-EA	50.41	49.00	
6	Neumann, Holly	10	Stowmarket Swimming Club	44.73	49.13	
7	Barber, Francesca	9	Stowmarket Swimming Club	56.29	52.20	
8	Bishop, Tilly May	10	Stowmarket Swimming Club	52.83	52.48	
9	Daynes, Erin	9	Stowmarket Swimming Club	58.00	53.49	
10	Turner, Emily	9	Clacton Swimming Club	59.93	54.88	
11	Collinson, Jessica	9	Deben Swimming Club	NT	54.95	
---	Benion, Eden A	9	Mildenhall and District	1:04.73	DQ	
	8.3 Movements of the legs not simultaneous					
---	Haselwood, Erin	9	Stowmarket Swimming Club	NT	DQ	
	8.2 Arms not brought forward simultaneously					
---	Bruce, Connie	9	Stowmarket Swimming Club	NT	DQ	
	8.3 Alternating movement of legs or feet					
---	Holder, Mia	10	Stowmarket Swimming Club	56.04	DQ	
	4.4 Starting before starting signal					

Event 7 Girls 11-12 50 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Barber, Izzy J	12	Stowmarket Swimming Club	34.54	34.35	
2	McNicholas, Hannah	12	Deben Swimming Club	36.61	35.07	
3	Doherty, Erin	12	Wisbech Swimming Club	36.03	35.39	
4	Ansone, Una	12	March Marlins Swimming Club	35.89	37.10	
5	Brown, Rebecca	11	Stowmarket Swimming Club	37.85	37.73	
6	Stebbings, Katie R	12	Stowmarket Swimming Club	37.29	37.98	
7	Turner, Grace	11	Clacton Swimming Club	40.30	39.52	
8	Wright, Emily	12	Stowmarket Swimming Club	43.39	39.97	
9	Hanley, Thea	12	March Marlins Swimming Club	41.13	40.16	
10	Neumann, Bethany	12	Stowmarket Swimming Club	39.28	40.22	
11	Wood, Maisy	11	Clacton Swimming Club	40.85	41.59	
12	Moore, Charlotte	12	West Suffolk Swimming Club-EA	39.83	43.30	
13	Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	43.50	45.43	
14	Bingham, Poppy	12	Stowmarket Swimming Club	48.02	45.97	
15	Hutton, Emily	12	Stowmarket Swimming Club	46.53	46.98	
16	Acheson, Emma	11	Mildenhall and District	56.80	48.45	
17	Watson, Freya M	11	West Suffolk Swimming Club-EA	50.23	49.09	
18	Manton, Eloise	11	West Suffolk Swimming Club-EA	48.92	51.40	
---	Bingley, Josephine	12	Stowmarket Swimming Club	47.72	DQ	
	8.3 Alternating movement of legs or feet					

Event 7 Girls 13-14 50 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Sillitoe, Marni	14	West Suffolk Swimming Club-EA	33.09	32.65	
2	Bunclark, Megan	13	Deben Swimming Club	32.79	33.05	
3	Clark, Alice	13	West Suffolk Swimming Club-EA	34.06	33.15	
4	Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	33.72	34.59	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 7 Girls 13-14 50 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Hitt, Martha	14	Stowmarket Swimming Club	34.34	34.65	
6 Galbraith, Catherine	14	Deben Swimming Club	33.88	34.72	
7 Shaw, Katy E	14	Stowmarket Swimming Club	34.35	34.74	
8 McNicholas, Caitlin	13	Deben Swimming Club	34.30	34.81	
9 Lawrence, Mia	14	Clacton Swimming Club	33.91	34.90	
10 Baxter, Grace	13	West Suffolk Swimming Club-EA	34.29	35.61	
11 King, Alice L	13	Stowmarket Swimming Club	35.16	35.66	
12 Acheson, Elizabeth	14	Mildenhall and District	33.71	35.86	
13 Benedetti, Erica L	13	Stowmarket Swimming Club	35.30	36.23	
14 Ledger, Sophie	13	Hatfield SC	34.52	36.41	
15 Alvarez, Megan	13	Stowmarket Swimming Club	38.73	37.22	
16 Barrett, Jess	14	West Suffolk Swimming Club-EA	38.17	37.67	

Event 7 Girls 15 & Over 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Ewbank, Peyton	18	Norwich Swan SC	30.91	31.47	
2 Dootson, Ella C	16	Stowmarket Swimming Club	31.23	31.93	
3 Rootes, Freya	15	West Suffolk Swimming Club-EA	33.01	33.34	
4 King, Emily J	15	Stowmarket Swimming Club	33.54	33.36	
5 Hearne, Millie E	15	Clacton Swimming Club	31.10	34.06	
6 Clark, Imogen	15	West Suffolk Swimming Club-EA	34.18	34.08	
7 Barrett, Sophie	17	Stowmarket Swimming Club	35.58	34.61	
8 Hastings, Phoebe	15	West Suffolk Swimming Club-EA	38.36	37.76	
9 Ungless, Isabelle	15	West Suffolk Swimming Club-EA	37.18	38.97	

Event 8 Boys 9-10 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Wilson, Jamie	10	Wisbech Swimming Club	37.40	37.34	
2 Kolodzinski, Tymoteusz	10	West Suffolk Swimming Club-EA	49.31	49.09	
3 Ruffles-Francis, Teilo	10	Stowmarket Swimming Club	52.05	50.24	
4 Millin, Jed	10	Stowmarket Swimming Club	1:08.42	53.38	
5 Wallace, Daniel	9	Stowmarket Swimming Club	1:02.46	55.94	
--- Mason, Jude	10	Stowmarket Swimming Club	1:11.69	DQ	
8.2 Arms not brought forward simultaneously					
--- Hall, Haiden	9	Deben Swimming Club	48.52	DQ	
8.3 Movements of the legs not simultaneous					

Event 8 Boys 11-12 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Tolputt, Samuel	12	Deben Swimming Club	34.05	34.05	
2 Chamberlain, Archie P	12	West Suffolk Swimming Club-EA	35.52	35.51	
3 Moss, Malachi	12	Deben Swimming Club	38.96	38.84	
4 Spelman, Thomas W	11	Stowmarket Swimming Club	39.36	41.47	
5 Jackson, Alfs E	11	Stowmarket Swimming Club	43.30	43.61	
6 Black, Samuel	12	Stowmarket Swimming Club	46.54	44.03	
7 Barber, Nicholas	11	Stowmarket Swimming Club	52.50	50.87	
8 Wallace, Henry	11	Stowmarket Swimming Club	50.09	51.32	
9 Clarke, Joseph	11	Stowmarket Swimming Club	NT	53.49	
10 Etherington, Jonathan	11	Stowmarket Swimming Club	NT	57.81	
--- Caunter, Harrison W	11	West Suffolk Swimming Club-EA	NT	DQ	
8.2 Arms not brought forward simultaneously					

Event 8 Boys 13-14 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Brown, Matthew D	14	Stowmarket Swimming Club	28.99	29.03	
2 Orth, Sebastian	14	West Suffolk Swimming Club-EA	35.00	30.89	
3 Bishop, Joshua	13	Stowmarket Swimming Club	32.92	32.56	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 8 Boys 13-14 50 SC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time	Points
4	Pryke, Daniel R	13	Deben Swimming Club	33.14	33.86	
5	Wing, James	14	Stowmarket Swimming Club	37.40	36.24	
6	Chapman, Jacob I	14	Stowmarket Swimming Club	35.04	36.54	
7	Doggett, Oliver	14	Stowmarket Swimming Club	37.33	36.96	
8	Wilson, Alex	13	Wisbech Swimming Club	40.94	41.84	

Event 8 Boys 15 & Over 50 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Hanley, Tom	15	March Marlins Swimming Club	30.91	30.58	
2	Fletcher, Joe N	17	Stowmarket Swimming Club	31.24	31.36	
3	Wallace, George	16	Stowmarket Swimming Club	31.49	31.44	
4	Lawrence, Jacob	15	City of Cambridge	32.17	32.81	
5	Black, Luke	15	Stowmarket Swimming Club	36.49	37.04	
6	Garry, James A	17	Mildenhall and District	1:25.37	1:21.26	

Event 9 Girls 9-10 100 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lander, Emily	10	Deben Swimming Club	1:30.38	1:29.61	
2	Richardson, May	10	Stowmarket Swimming Club	1:39.02	1:30.50	
3	Venables, Elodie J	10	West Suffolk Swimming Club-EA	1:40.16	1:35.65	
4	Calver, Grace	10	Stowmarket Swimming Club	1:42.04	1:41.56	
5	Holder, Mia	10	Stowmarket Swimming Club	1:51.57	1:44.11	
6	Daynes, Erin	9	Stowmarket Swimming Club	1:55.28	1:46.89	
7	Neumann, Holly	10	Stowmarket Swimming Club	1:43.50	1:49.60	
8	Dockerill, Chloe L	10	West Suffolk Swimming Club-EA	1:53.07	1:51.90	
9	Harrison, Amelie	9	Stowmarket Swimming Club	2:01.86	1:55.96	
10	Fox, Pheobe	9	Stowmarket Swimming Club	2:42.33	2:34.65	
---	Collinson, Jessica	9	Deben Swimming Club	NT	DQ	
9.3 Finish of each stroke not in accordance with rules for the particular stroke - IM						
---	Carter, Verity	9	Stowmarket Swimming Club	2:11.94	DQ	
8.2 Arms not brought forward over the water - fly						
---	Snow, Philippa	10	Stowmarket Swimming Club	NT	DQ	
8.2 Arms not brought forward over the water - fly						

Event 9 Girls 11-12 100 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Hattan, Charlotte	12	Deben Swimming Club	1:21.89	1:23.31	
2	Baker-Woods, Xanthe I	11	Deben Swimming Club	1:21.91	1:24.18	
3	Bishop, Maisie Rose	12	Stowmarket Swimming Club	1:27.58	1:25.36	
4	Freeman, Francesca	11	West Suffolk Swimming Club-EA	1:28.95	1:26.25	
5	Wright, Emily	12	Stowmarket Swimming Club	1:29.41	1:26.35	
6	Clarke, Darcy	12	Stowmarket Swimming Club	1:27.69	1:28.82	
7	Hanley, Thea	12	March Marlins Swimming Club	1:30.09	1:29.09	
8	Neumann, Bethany	12	Stowmarket Swimming Club	1:30.76	1:30.26	
9	Moore, Charlotte	12	West Suffolk Swimming Club-EA	1:27.75	1:31.28	
10	Skoulding, Madison R	12	Stowmarket Swimming Club	1:26.40	1:31.93	
11	Bingley, Josephine	12	Stowmarket Swimming Club	1:45.53	1:35.31	
12	Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	1:32.97	1:35.38	
13	Wood, Maisy	11	Clacton Swimming Club	1:32.22	1:36.41	
14	Roe, Charlotte-Ella	11	West Suffolk Swimming Club-EA	1:38.34	1:37.04	
15	Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	1:33.93	1:37.41	
16	Manton, Eloise	11	West Suffolk Swimming Club-EA	1:37.49	1:39.79	
17	Acheson, Emma	11	Mildenhall and District	1:54.99	1:40.40	
18	Brett, Ella	12	Mildenhall and District	1:41.99	1:43.86	
19	Shaw, Mary	12	Stowmarket Swimming Club	1:42.11	1:45.32	
20	Watson, Freya M	11	West Suffolk Swimming Club-EA	1:50.59	1:46.97	

Sprint into Spring Open Meet - 23/03/2019**Results****Event 9 Girls 13-14 100 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Sillitoe, Marni	14	West Suffolk Swimming Club-EA	1:14.47	1:12.93	
2	Davies, Connie	13	Deben Swimming Club	1:17.94	1:18.07	
3	Bunclark, Megan	13	Deben Swimming Club	1:17.65	1:18.39	
4	Cooper, Emily	13	Stowmarket Swimming Club	1:18.77	1:18.45	
5	Galbraith, Catherine	14	Deben Swimming Club	1:17.09	1:18.91	
6	Acheson, Elizabeth	14	Mildenhall and District	1:18.94	1:19.68	
7	Shaw, Katy E	14	Stowmarket Swimming Club	1:19.54	1:20.32	
8	King, Alice L	13	Stowmarket Swimming Club	1:16.68	1:20.74	
9	Hitt, Martha	14	Stowmarket Swimming Club	1:19.58	1:21.08	
10	Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	1:18.82	1:21.43	
11	England, Lizzie	13	Stowmarket Swimming Club	1:39.18	1:35.72	
12	Carter, Annabelle	13	Stowmarket Swimming Club	1:41.60	1:40.00	
13	Cook, Anna	13	Deben Swimming Club	NT	1:45.46	
---	Moss, Heather	13	Deben Swimming Club	1:38.37	DQ	

9.3 Finish of each stroke not in accordance with rules for the particular stroke - IM

Event 9 Girls 15 & Over 100 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Dootson, Ella C	16	Stowmarket Swimming Club	1:11.08	1:11.36	
2	Rootes, Freya	15	West Suffolk Swimming Club-EA	1:17.92	1:17.81	
3	King, Emily J	15	Stowmarket Swimming Club	1:19.69	1:18.44	
4	Clark, Imogen	15	West Suffolk Swimming Club-EA	1:19.84	1:19.31	
5	Barrett, Sophie	17	Stowmarket Swimming Club	1:21.28	1:20.52	
6	Barrett, Louise	17	Stowmarket Swimming Club	1:21.61	1:21.63	
7	Hastings, Phoebe	15	West Suffolk Swimming Club-EA	1:23.87	1:22.68	

Event 10 Boys 9-10 100 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Wilson, Jamie	10	Wisbech Swimming Club	1:26.09	1:28.33	
2	Kolodzinski, Tymoteusz	10	West Suffolk Swimming Club-EA	1:42.83	1:37.11	
3	Young, Toran	10	Mildenhall and District	1:44.19	1:37.79	
4	Ruffles-Francis, Teilo	10	Stowmarket Swimming Club	1:43.48	1:41.93	
5	Hall, Haiden	9	Deben Swimming Club	1:42.20	1:44.29	
6	Millin, Jed	10	Stowmarket Swimming Club	2:04.36	1:51.55	
7	Hemsworth, Fabian	10	West Suffolk Swimming Club-EA	2:21.75	1:54.65	
8	Wallace, Daniel	9	Stowmarket Swimming Club	2:13.82	2:00.66	
---	Mason, Jude	10	Stowmarket Swimming Club	NT	DQ	

8.3 Movements of the legs not simultaneous - fly

Event 10 Boys 11-12 100 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Chamberlain, Archie P	12	West Suffolk Swimming Club-EA	1:27.27	1:22.04	
2	Spelman, Thomas W	11	Stowmarket Swimming Club	1:23.35	1:22.38	
3	Moss, Malachi	12	Deben Swimming Club	1:28.95	1:23.85	
4	Hines, Charlie J	12	Stowmarket Swimming Club	1:34.40	1:27.44	
5	Black, Samuel	12	Stowmarket Swimming Club	1:30.97	1:29.67	
6	Welsford, Owen	12	Deben Swimming Club	1:33.30	1:33.92	
7	Barber, Nicholas	11	Stowmarket Swimming Club	1:38.64	1:34.07	
8	Gibbs, Riley L	11	Mildenhall and District	1:39.06	1:34.33	
9	Jackson, Alfs E	11	Stowmarket Swimming Club	1:37.91	1:34.53	
10	Clarke, Joseph	11	Stowmarket Swimming Club	1:40.40	1:39.73	
11	Handley, Robert	12	Stowmarket Swimming Club	1:48.47	1:49.17	

Event 10 Boys 13-14 100 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Orth, Sebastian	14	West Suffolk Swimming Club-EA	1:25.00	1:13.87	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 10 Boys 13-14 100 SC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time	Points
2	Bishop, Joshua	13	Stowmarket Swimming Club	1:14.62	1:14.44	
3	Loader, Sam	14	Clacton Swimming Club	1:19.81	1:14.51	
4	Doggett, Oliver	14	Stowmarket Swimming Club	1:22.64	1:19.56	
5	Young, Gabe C	13	Mildenhall and District	1:22.12	1:20.21	
6	Wilson, Alex	13	Wisbech Swimming Club	1:30.28	1:24.24	
7	Chapman, Jacob I	14	Stowmarket Swimming Club	1:21.88	1:29.04	

Event 10 Boys 15 & Over 100 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Fletcher, Joe N	17	Stowmarket Swimming Club	1:07.98	1:07.32	
2	Wallace, George	16	Stowmarket Swimming Club	1:11.97	1:12.67	
3	Black, Luke	15	Stowmarket Swimming Club	1:20.95	1:22.15	
4	Garry, James A	17	Mildenhall and District	2:31.04	2:27.94	

Event 11 Girls 9-10 100 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Young, Isabelle	10	Clacton Swimming Club	1:21.20	1:23.95	
2	Richardson, May	10	Stowmarket Swimming Club	1:44.01	1:32.50	
3	Neumann, Holly	10	Stowmarket Swimming Club	2:07.75	1:46.56	
4	Barber, Francesca	9	Stowmarket Swimming Club	1:51.83	1:48.70	
5	Carter, Eloise	9	Deben Swimming Club	2:12.13	1:49.15	
6	Low, Megan	10	West Suffolk Swimming Club-EA	1:44.95	1:49.37	
7	Doggett, Erica	10	Stowmarket Swimming Club	1:50.00	1:54.29	
8	Linney, Isabelle	10	Stowmarket Swimming Club	2:00.81	2:00.43	
9	Kendall, Elena	10	Stowmarket Swimming Club	NT	2:02.74	
10	Snow, Philippa	10	Stowmarket Swimming Club	NT	2:07.77	
---	Brett, Abigail	10	Stowmarket Swimming Club	NT	DQ	

6.6 Not on the back at finish

Event 11 Girls 11-12 100 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Barber, Izzy J	12	Stowmarket Swimming Club	1:12.51	1:13.02	
2	Ansone, Una	12	March Marlins Swimming Club	1:13.75	1:15.77	
3	Hattan, Charlotte	12	Deben Swimming Club	1:17.96	1:18.64	
4	Doherty, Erin	12	Wisbech Swimming Club	1:23.97	1:18.83	
5	Freeman, Francesca	11	West Suffolk Swimming Club-EA	1:27.28	1:26.38	
6	Wright, Elizabeth	11	West Suffolk Swimming Club-EA	1:27.92	1:26.92	
7	Clarke, Darcy	12	Stowmarket Swimming Club	1:28.30	1:28.24	
8	Bishop, Maisie Rose	12	Stowmarket Swimming Club	1:32.89	1:29.00	
9	Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	1:26.71	1:29.85	
10	Fisher, Kayden	11	Stowmarket Swimming Club	1:30.70	1:32.42	
11	Moore, Charlotte	12	West Suffolk Swimming Club-EA	1:29.57	1:32.72	
12	Manton, Eloise	11	West Suffolk Swimming Club-EA	1:39.76	1:36.50	
13	Davies, Florence V	11	Deben Swimming Club	1:36.03	1:36.81	
14	Roe, Charlotte-Ella	11	West Suffolk Swimming Club-EA	1:41.00	1:38.65	
15	Drewery, Faye	11	West Suffolk Swimming Club-EA	1:46.52	1:39.31	
16	Watson, Freya M	11	West Suffolk Swimming Club-EA	NT	1:53.61	

Event 11 Girls 13-14 100 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Sillitoe, Marni	14	West Suffolk Swimming Club-EA	1:12.57	1:13.78	
2	Davies, Connie	13	Deben Swimming Club	1:13.98	1:13.86	
3	Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	NT	1:15.96	
4	Benedetti, Erica L	13	Stowmarket Swimming Club	1:20.49	1:16.92	
5	Baxter, Grace	13	West Suffolk Swimming Club-EA	1:14.12	1:17.33	
6	Hitt, Martha	14	Stowmarket Swimming Club	1:19.18	1:19.40	
7	Cooper, Emily	13	Stowmarket Swimming Club	1:23.38	1:19.78	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 11 Girls 13-14 100 SC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
8	Sergeant, Adela	13	West Suffolk Swimming Club-EA	1:25.57	1:25.32	
9	Acheson, Elizabeth	14	Mildenhall and District	1:26.24	1:25.56	
10	England, Lizzie	13	Stowmarket Swimming Club	1:34.26	1:33.02	
---	Carter, Annabelle	13	Stowmarket Swimming Club	1:38.12	DQ	

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

Event 11 Girls 15 & Over 100 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Hearne, Millie E	15	Clacton Swimming Club	1:10.46	1:12.24	
2	Ungless, Isabelle	15	West Suffolk Swimming Club-EA	1:20.47	1:20.05	
3	Hastings, Phoebe	15	West Suffolk Swimming Club-EA	1:20.66	1:20.81	

Event 12 Boys 9-10 100 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Wilson, Jamie	10	Wisbech Swimming Club	1:25.39	1:27.40	
2	Kolodzinski, Tymoteusz	10	West Suffolk Swimming Club-EA	1:36.96	1:35.32	
3	Hemsworth, Fabian	10	West Suffolk Swimming Club-EA	2:00.35	2:03.85	
---	Young, Toran	10	Mildenhall and District	1:46.69	DQ	

6.3 Left position on the back (other than to initiate a turn)

Event 12 Boys 11-12 100 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Tolputt, Samuel	12	Deben Swimming Club	1:18.16	1:16.85	
2	Black, Samuel	12	Stowmarket Swimming Club	1:33.63	1:32.07	
3	Jackson, Alfs E	11	Stowmarket Swimming Club	1:38.60	1:33.48	
4	Snow, Oliver	12	Stowmarket Swimming Club	1:34.91	1:34.36	
5	Barber, Nicholas	11	Stowmarket Swimming Club	1:36.29	1:38.40	
6	Wheeler, Harry	11	West Suffolk Swimming Club-EA	1:41.50	1:40.45	
7	Whiteman, Rhylee	12	Mildenhall and District	1:52.62	1:42.55	
---	Shipp, James	11	Mildenhall and District	1:50.00	DQ	

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

Event 12 Boys 13-14 100 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Brown, Matthew D	14	Stowmarket Swimming Club	1:06.18	1:10.51	
2	Doggett, Oliver	14	Stowmarket Swimming Club	1:23.08	1:21.79	
3	Ruffles-Francis, Vaughn	13	Stowmarket Swimming Club	1:26.51	1:25.32	
4	Wilson, Alex	13	Wisbech Swimming Club	1:34.06	1:29.01	

Event 12 Boys 15 & Over 100 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Ruggles, Luke	15	March Marlins Swimming Club	1:05.84	1:05.80	
2	Fletcher, Joe N	17	Stowmarket Swimming Club	1:09.38	1:08.43	

Event 13 Girls 9-10 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Young, Isabelle	10	Clacton Swimming Club	31.60	33.39	
2	Tyler, Natalie	10	Deben Swimming Club	31.63	33.54	
3	Lander, Emily	10	Deben Swimming Club	33.63	35.30	
4	Morgan, Louise	10	Stowmarket Swimming Club	40.60	36.16	
5	Holder, Mia	10	Stowmarket Swimming Club	42.07	38.86	
6	Venables, Elodie J	10	West Suffolk Swimming Club-EA	40.32	39.06	
7	Turner, Emily	9	Clacton Swimming Club	41.09	39.43	
8	Calver, Grace	10	Stowmarket Swimming Club	42.27	40.27	
9	Daynes, Erin	9	Stowmarket Swimming Club	43.14	40.58	
10	Neumann, Holly	10	Stowmarket Swimming Club	40.86	41.77	
11	Carter, Eloise	9	Deben Swimming Club	42.49	42.28	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 13 Girls 9-10 50 SC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	Points
12	Low, Megan	10	West Suffolk Swimming Club-EA	42.57	42.71	
*13	Schofield, Issy	10	Stowmarket Swimming Club	NT	44.02	
*13	Colgan, Hannah	10	Stowmarket Swimming Club	50.55	44.02	
15	Barber, Francesca	9	Stowmarket Swimming Club	45.69	44.16	
16	Bishop, Tilly May	10	Stowmarket Swimming Club	44.46	44.55	
17	Washington, Emily	10	Stowmarket Swimming Club	53.01	45.61	
18	Law, Caitlin	10	West Suffolk Swimming Club-EA	50.84	45.82	
19	Dockerill, Chloe L	10	West Suffolk Swimming Club-EA	45.05	46.25	
20	Harrison, Amelie	9	Stowmarket Swimming Club	47.15	46.90	
21	Carter, Verity	9	Stowmarket Swimming Club	51.38	48.28	
22	Doggett, Erica	10	Stowmarket Swimming Club	48.53	49.09	
23	Kendall, Elena	10	Stowmarket Swimming Club	52.45	49.24	
24	Benion, Eden A	9	Mildenhall and District	53.03	51.68	
25	Taylor, Danielle	9	Stowmarket Swimming Club	1:15.93	53.87	
26	Brett, Abigail	10	Stowmarket Swimming Club	57.71	54.89	
27	Linney, Isabelle	10	Stowmarket Swimming Club	55.18	54.94	
28	Haselwood, Erin	9	Stowmarket Swimming Club	NT	55.87	
29	Fox, Pheobe	9	Stowmarket Swimming Club	1:02.58	57.20	
30	Bruce, Connie	9	Stowmarket Swimming Club	46.43	1:00.07	
31	Snow, Philippa	10	Stowmarket Swimming Club	NT	1:00.85	

Event 13 Girls 11-12 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Barber, Izzy J	12	Stowmarket Swimming Club	29.50	30.03	
2	Doherty, Erin	12	Wisbech Swimming Club	31.25	31.55	
*3	Ansone, Una	12	March Marlins Swimming Club	31.66	31.93	
*3	McNicholas, Hannah	12	Deben Swimming Club	32.82	31.93	
*5	Stebbings, Katie R	12	Stowmarket Swimming Club	32.07	33.03	
*5	Baker-Woods, Xanthe I	11	Deben Swimming Club	33.11	33.03	
7	Brown, Rebecca	11	Stowmarket Swimming Club	33.30	33.29	
8	Washington, Mae	12	Stowmarket Swimming Club	34.72	33.99	
9	Hanley, Thea	12	March Marlins Swimming Club	33.68	34.16	
10	Freeman, Francesca	11	West Suffolk Swimming Club-EA	36.01	34.77	
11	Clarke, Darcy	12	Stowmarket Swimming Club	34.43	34.85	
12	Wright, Elizabeth	11	West Suffolk Swimming Club-EA	35.82	35.04	
13	Wood, Maisy	11	Clacton Swimming Club	34.39	35.12	
14	Moore, Charlotte	12	West Suffolk Swimming Club-EA	34.36	35.17	
15	Turner, Grace	11	Clacton Swimming Club	35.16	35.51	
16	Wright, Emily	12	Stowmarket Swimming Club	37.02	35.66	
17	Roe, Charlotte-Ella	11	West Suffolk Swimming Club-EA	40.12	35.77	
18	Bishop, Maisie Rose	12	Stowmarket Swimming Club	36.30	36.48	
19	Bingham, Poppy	12	Stowmarket Swimming Club	38.50	36.89	
20	Shaw, Mary	12	Stowmarket Swimming Club	37.94	37.03	
21	Hendriks, Louwna	11	West Suffolk Swimming Club-EA	NT	38.52	
22	Hutton, Emily	12	Stowmarket Swimming Club	38.03	38.79	
23	Manton, Eloise	11	West Suffolk Swimming Club-EA	39.47	38.96	
24	Bingley, Josephine	12	Stowmarket Swimming Club	40.40	39.10	
25	Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	38.51	39.46	
26	Drewery, Faye	11	West Suffolk Swimming Club-EA	43.34	39.84	
27	Acheson, Emma	11	Mildenhall and District	42.92	40.46	
28	Davies, Florence V	11	Deben Swimming Club	41.44	41.05	
29	Watson, Freya M	11	West Suffolk Swimming Club-EA	45.16	42.17	
30	Wells, Ezmay	11	Stowmarket Swimming Club	NT	42.53	
31	Morris, Hannah	11	Stowmarket Swimming Club	NT	45.61	
32	Bellchambers, Charley	11	Stowmarket Swimming Club	52.44	48.28	

Sprint into Spring Open Meet - 23/03/2019**Results****Event 13 Girls 13-14 50 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Clark, Alice	13	West Suffolk Swimming Club-EA	30.47	29.52	
2	McNicholas, Caitlin	13	Deben Swimming Club	30.23	29.78	
3	Bunclark, Megan	13	Deben Swimming Club	30.29	30.15	
4	Tyler, Frankie	14	Deben Swimming Club	30.93	30.29	
5	Baxter, Grace	13	West Suffolk Swimming Club-EA	30.36	30.44	
6	Davies, Connie	13	Deben Swimming Club	30.62	30.67	
7	Sillitoe, Marni	14	West Suffolk Swimming Club-EA	29.65	31.07	
8	Shaw, Katy E	14	Stowmarket Swimming Club	30.68	31.54	
9	Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	30.50	31.89	
10	Hitt, Martha	14	Stowmarket Swimming Club	32.02	32.46	
11	Galbraith, Catherine	14	Deben Swimming Club	30.44	32.55	
12	Lawrence, Mia	14	Clacton Swimming Club	31.69	32.60	
13	Barrett, Jess	14	West Suffolk Swimming Club-EA	32.85	33.00	
14	King, Alice L	13	Stowmarket Swimming Club	31.95	33.22	
15	Sergeant, Adela	13	West Suffolk Swimming Club-EA	33.80	34.09	
16	Moss, Heather	13	Deben Swimming Club	35.54	34.29	
17	Alvarez, Megan	13	Stowmarket Swimming Club	33.80	34.66	
18	England, Lizzie	13	Stowmarket Swimming Club	38.01	37.01	
19	Carter, Annabelle	13	Stowmarket Swimming Club	37.62	37.49	
20	Cook, Anna	13	Deben Swimming Club	47.20	42.62	

Event 13 Girls 15 & Over 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Dootson, Ella C	16	Stowmarket Swimming Club	28.68	29.63	
2	Hearne, Millie E	15	Clacton Swimming Club	29.07	30.96	
3	Clark, Imogen	15	West Suffolk Swimming Club-EA	31.32	31.63	
4	Rootes, Freya	15	West Suffolk Swimming Club-EA	31.03	31.66	
5	King, Emily J	15	Stowmarket Swimming Club	31.26	31.79	
6	Ungless, Isabelle	15	West Suffolk Swimming Club-EA	31.68	31.84	
7	Barrett, Sophie	17	Stowmarket Swimming Club	32.82	32.82	
8	Hastings, Phoebe	15	West Suffolk Swimming Club-EA	32.69	32.85	
9	Cherry, Bethan	15	Stowmarket Swimming Club	32.85	33.59	

Event 14 Boys 9-10 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Wilson, Jamie	10	Wisbech Swimming Club	35.69	35.94	
2	Kolodzinski, Tymoteusz	10	West Suffolk Swimming Club-EA	37.40	38.36	
3	Hall, Haiden	9	Deben Swimming Club	40.74	38.57	
4	Ruffles-Francis, Teilo	10	Stowmarket Swimming Club	42.25	40.51	
5	Rowland, Alfie	9	Stowmarket Swimming Club	42.96	40.78	
6	Wright, Charlie	10	Deben Swimming Club	41.94	40.89	
7	Mason, Jude	10	Stowmarket Swimming Club	48.47	41.13	
8	Millin, Jed	10	Stowmarket Swimming Club	49.37	41.60	
9	Jinga, Stefan	10	Mildenhall and District	48.00	42.20	
10	Chamberlain, Samuel R	9	West Suffolk Swimming Club-EA	48.47	42.73	
11	Blagg, Finlay	9	Stowmarket Swimming Club	48.53	42.94	
12	Wallace, Daniel	9	Stowmarket Swimming Club	47.94	48.58	
13	Pooley, Oscar	9	Stowmarket Swimming Club	55.36	50.22	
14	Hemsworth, Fabian	10	West Suffolk Swimming Club-EA	48.88	50.65	

Event 14 Boys 11-12 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Black, Samuel	12	Stowmarket Swimming Club	33.17	33.13	
2	Spelman, Thomas W	11	Stowmarket Swimming Club	33.81	33.23	
3	Chamberlain, Archie P	12	West Suffolk Swimming Club-EA	32.64	33.49	
4	Moss, Malachi	12	Deben Swimming Club	34.07	33.61	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 14 Boys 11-12 50 SC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	Points
5	Wallace, Henry	11	Stowmarket Swimming Club	38.21	36.79	
6	Welsford, Owen	12	Deben Swimming Club	37.00	37.17	
7	Barber, Nicholas	11	Stowmarket Swimming Club	37.52	37.19	
8	Shipp, James	11	Mildenhall and District	38.11	37.35	
9	Tapscott, Joe	12	Stowmarket Swimming Club	41.35	38.12	
10	Gibbs, Riley L	11	Mildenhall and District	38.76	39.00	
11	Clarke, Joseph	11	Stowmarket Swimming Club	42.20	41.92	
12	Handley, Robert	12	Stowmarket Swimming Club	42.61	42.46	
13	Wheeler, Harry	11	West Suffolk Swimming Club-EA	42.72	42.47	
14	Whiteman, Rhylee	12	Mildenhall and District	45.60	43.64	

Event 14 Boys 13-14 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Orth, Sebastian	14	West Suffolk Swimming Club-EA	28.60	28.67	
2	Doggett, Oliver	14	Stowmarket Swimming Club	30.95	31.80	
3	Chapman, Jacob I	14	Stowmarket Swimming Club	31.84	33.25	
4	Ruffles-Francis, Vaughn	13	Stowmarket Swimming Club	32.97	33.97	
5	Wilson, Alex	13	Wisbech Swimming Club	35.63	35.44	

Event 14 Boys 15 & Over 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Chapman, Lewis S	17	Stowmarket Swimming Club	25.28	26.29	
2	Handley, Will	17	Stowmarket Swimming Club	25.88	26.62	
3	Hanley, Tom	15	March Marlins Swimming Club	27.19	26.68	
4	Ruggles, Luke	15	March Marlins Swimming Club	27.02	27.15	
5	Fletcher, Joe N	17	Stowmarket Swimming Club	27.41	27.77	
6	Wallace, George	16	Stowmarket Swimming Club	28.10	29.19	
7	Black, Luke	15	Stowmarket Swimming Club	30.53	31.57	
8	Garry, James A	17	Mildenhall and District	48.22	48.79	

Event 15 Girls 9-10 100 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Tyler, Natalie	10	Deben Swimming Club	1:21.59	1:25.49	
2	Bishop, Tilly May	10	Stowmarket Swimming Club	1:54.05	1:56.73	
3	Morgan, Louise	10	Stowmarket Swimming Club	2:08.62	1:56.76	

Event 15 Girls 11-12 100 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Stebbings, Katie R	12	Stowmarket Swimming Club	1:21.93	1:24.27	
2	Brown, Rebecca	11	Stowmarket Swimming Club	1:24.57	1:24.34	
3	McNicholas, Hannah	12	Deben Swimming Club	1:35.67	1:26.05	
4	Washington, Mae	12	Stowmarket Swimming Club	1:29.52	1:26.40	
5	Freeman, Francesca	11	West Suffolk Swimming Club-EA	1:38.21	1:26.45	
6	Wright, Emily	12	Stowmarket Swimming Club	1:37.15	1:29.48	
7	Hattan, Charlotte	12	Deben Swimming Club	1:32.66	1:30.53	
8	Wood, Maisy	11	Clacton Swimming Club	1:34.59	1:35.01	
9	Wright, Elizabeth	11	West Suffolk Swimming Club-EA	NT	1:38.29	
10	Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	1:42.36	1:44.63	

Event 15 Girls 13-14 100 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Sillitoe, Marni	14	West Suffolk Swimming Club-EA	1:12.68	1:11.94	
2	Shaw, Katy E	14	Stowmarket Swimming Club	1:20.25	1:19.28	
3	Benedetti, Erica L	13	Stowmarket Swimming Club	1:21.70	1:19.66	
4	Clark, Alice	13	West Suffolk Swimming Club-EA	1:18.02	1:19.74	
5	Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	1:16.32	1:20.26	
6	Lawrence, Mia	14	Clacton Swimming Club	1:19.59	1:20.88	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 15 Girls 13-14 100 SC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time	Points
7	Hitt, Martha	14	Stowmarket Swimming Club	1:21.73	1:22.01	
8	Alvarez, Megan	13	Stowmarket Swimming Club	1:30.34	1:31.21	

Event 15 Girls 15 & Over 100 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Dootson, Ella C	16	Stowmarket Swimming Club	1:09.15	1:10.12	
2	King, Emily J	15	Stowmarket Swimming Club	1:16.20	1:18.43	
3	Clark, Imogen	15	West Suffolk Swimming Club-EA	1:17.44	1:19.25	
4	Barrett, Sophie	17	Stowmarket Swimming Club	1:21.45	1:19.83	

Event 16 Boys 9-10 100 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Wilson, Jamie	10	Wisbech Swimming Club	1:22.68	1:22.08	
2	Kolodzinski, Tymoteusz	10	West Suffolk Swimming Club-EA	1:56.48	1:50.05	
---	Young, Toran	10	Mildenhall and District	2:02.24	DQ	

8.3 Movements of the legs not simultaneous

Event 16 Boys 11-12 100 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Chamberlain, Archie P	12	West Suffolk Swimming Club-EA	1:28.76	1:21.94	
2	Snow, Oliver	12	Stowmarket Swimming Club	1:41.68	1:43.97	

Event 16 Boys 13-14 100 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Brown, Matthew D	14	Stowmarket Swimming Club	1:05.18	1:04.43	
2	Bishop, Joshua	13	Stowmarket Swimming Club	1:14.24	1:11.97	
3	Wilson, Alex	13	Wisbech Swimming Club	1:36.18	1:30.24	

Event 16 Boys 15 & Over 100 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Black, Luke	15	Stowmarket Swimming Club	1:24.69	1:23.69	

Event 17 Girls 9-10 50 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lander, Emily	10	Deben Swimming Club	44.19	45.92	
2	Calver, Grace	10	Stowmarket Swimming Club	49.80	49.81	
3	Turner, Emily	9	Clacton Swimming Club	50.80	50.25	
4	Venables, Elodie J	10	West Suffolk Swimming Club-EA	54.92	51.32	
5	Low, Megan	10	West Suffolk Swimming Club-EA	55.25	54.15	
6	Morgan, Louise	10	Stowmarket Swimming Club	57.54	54.63	
7	Schofield, Issy	10	Stowmarket Swimming Club	NT	55.60	
8	Colgan, Hannah	10	Stowmarket Swimming Club	1:14.46	57.76	
9	Daynes, Erin	9	Stowmarket Swimming Club	1:02.81	59.00	
10	Barber, Francesca	9	Stowmarket Swimming Club	59.66	59.67	
11	Benion, Eden A	9	Mildenhall and District	1:05.10	59.81	
12	Doggett, Erica	10	Stowmarket Swimming Club	1:03.51	1:00.88	
13	Harrison, Amelie	9	Stowmarket Swimming Club	1:05.05	1:01.53	
14	Carter, Verity	9	Stowmarket Swimming Club	1:04.26	1:02.71	
15	Dockerill, Chloe L	10	West Suffolk Swimming Club-EA	1:00.20	1:02.78	
16	Bruce, Connie	9	Stowmarket Swimming Club	1:04.54	1:03.55	
17	Kendall, Elena	10	Stowmarket Swimming Club	1:11.27	1:04.32	
18	Washington, Emily	10	Stowmarket Swimming Club	1:13.57	1:07.56	
19	Fox, Pheobe	9	Stowmarket Swimming Club	1:18.49	1:16.79	
20	Snow, Philippa	10	Stowmarket Swimming Club	NT	1:18.48	
---	Linney, Isabelle	10	Stowmarket Swimming Club	1:13.94	DQ	

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

Sprint into Spring Open Meet - 23/03/2019**Results****Event 17 Girls 11-12 50 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Baker-Woods, Xanthe I	11	Deben Swimming Club	39.31	40.37	
2	Barber, Izzy J	12	Stowmarket Swimming Club	43.88	42.11	
3	Stebbings, Katie R	12	Stowmarket Swimming Club	41.34	42.16	
4	Turner, Grace	11	Clacton Swimming Club	41.62	43.01	
5	Bishop, Maisie Rose	12	Stowmarket Swimming Club	43.10	43.42	
6	Moore, Charlotte	12	West Suffolk Swimming Club-EA	44.20	45.77	
7	Acheson, Emma	11	Mildenhall and District	52.55	45.95	
8	Wright, Elizabeth	11	West Suffolk Swimming Club-EA	45.99	46.30	
9	Hutton, Emily	12	Stowmarket Swimming Club	47.16	46.39	
10	Washington, Mae	12	Stowmarket Swimming Club	46.50	46.43	
11	Wood, Maisy	11	Clacton Swimming Club	46.07	46.81	
12	Clarke, Darcy	12	Stowmarket Swimming Club	46.53	47.79	
13	Brown, Rebecca	11	Stowmarket Swimming Club	50.86	48.37	
14	Hanley, Thea	12	March Marlins Swimming Club	49.88	48.45	
15	Wright, Emily	12	Stowmarket Swimming Club	48.81	48.65	
16	Bishop, Maerhyn Lily	11	Stowmarket Swimming Club	49.08	48.73	
17	Bingham, Poppy	12	Stowmarket Swimming Club	50.16	49.16	
18	Fisher, Kayden	11	Stowmarket Swimming Club	48.20	49.18	
19	Jordan-Pearce, Ruby	12	Stowmarket Swimming Club	48.65	49.19	
20	Bingley, Josephine	12	Stowmarket Swimming Club	52.13	52.03	
21	Manton, Eloise	11	West Suffolk Swimming Club-EA	49.48	52.79	
22	Roe, Charlotte-Ella	11	West Suffolk Swimming Club-EA	55.07	53.30	
23	Watson, Freya M	11	West Suffolk Swimming Club-EA	53.63	53.40	
24	Wells, Ezmay	11	Stowmarket Swimming Club	NT	54.06	
25	Drewery, Faye	11	West Suffolk Swimming Club-EA	58.14	54.31	
26	Shaw, Mary	12	Stowmarket Swimming Club	55.73	55.19	
27	Bellchambers, Charley	11	Stowmarket Swimming Club	1:08.96	1:01.93	
28	Morris, Hannah	11	Stowmarket Swimming Club	NT	1:05.67	
---	Hendriks, Louwna	11	West Suffolk Swimming Club-EA	NT	DQ	

4.4 Starting before starting signal

Event 17 Girls 13-14 50 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Cook, Chloe	14	March Marlins Swimming Club	38.12	37.79	
2	McNicholas, Caitlin	13	Deben Swimming Club	37.83	37.96	
3	Galbraith, Catherine	14	Deben Swimming Club	38.69	38.16	
4	Acheson, Elizabeth	14	Mildenhall and District	40.08	39.35	
5	Benedetti, Erica L	13	Stowmarket Swimming Club	38.75	39.55	
6	Cooper, Emily	13	Stowmarket Swimming Club	39.50	39.58	
7	Tyler, Frankie	14	Deben Swimming Club	38.98	39.88	
8	Clark, Alice	13	West Suffolk Swimming Club-EA	41.76	40.35	
9	Roughsedge, Sophia	13	West Suffolk Swimming Club-EA	41.94	42.64	
10	King, Alice L	13	Stowmarket Swimming Club	40.18	42.71	
11	Barrett, Jess	14	West Suffolk Swimming Club-EA	45.92	43.88	
12	Sergeant, Adela	13	West Suffolk Swimming Club-EA	46.53	46.98	
13	Moss, Heather	13	Deben Swimming Club	48.00	48.88	
14	England, Lizzie	13	Stowmarket Swimming Club	51.03	50.10	
15	Cook, Anna	13	Deben Swimming Club	52.50	52.32	
16	Stevens, Gloria June	13	West Suffolk Swimming Club-EA	NT	52.40	
---	Sillitoe, Marni	14	West Suffolk Swimming Club-EA	38.02	DQ	

4.4 Starting before starting signal

Event 17 Girls 15 & Over 50 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Dootson, Ella C	16	Stowmarket Swimming Club	36.42	37.99	

Sprint into Spring Open Meet - 23/03/2019**Results****(Event 17 Girls 15 & Over 50 SC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
2	Hearne, Millie E	15	Clacton Swimming Club	39.30	40.19	
3	Rootes, Freya	15	West Suffolk Swimming Club-EA	39.73	40.86	
4	Barrett, Louise	17	Stowmarket Swimming Club	41.42	41.53	
5	Hastings, Phoebe	15	West Suffolk Swimming Club-EA	44.98	45.45	
6	Cherry, Bethan	15	Stowmarket Swimming Club	47.22	47.46	

Event 18 Boys 9-10 50 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Ruffles-Francis, Teilo	10	Stowmarket Swimming Club	49.77	49.23	
2	Wilson, Jamie	10	Wisbech Swimming Club	50.60	51.13	
3	Rowland, Alfie	9	Stowmarket Swimming Club	53.27	52.93	
4	Hall, Haiden	9	Deben Swimming Club	52.02	53.69	
5	Kolodzinski, Tymoteusz	10	West Suffolk Swimming Club-EA	52.42	53.83	
6	Wright, Charlie	10	Deben Swimming Club	51.54	54.95	
7	Mason, Jude	10	Stowmarket Swimming Club	1:02.62	56.40	
8	Millin, Jed	10	Stowmarket Swimming Club	1:04.67	59.87	
9	Blagg, Finlay	9	Stowmarket Swimming Club	1:04.63	1:00.65	
10	Hemsworth, Fabian	10	West Suffolk Swimming Club-EA	1:02.36	1:01.68	
11	Chamberlain, Samuel R	9	West Suffolk Swimming Club-EA	1:07.93	1:03.48	
12	Stebbing, Thomas	9	Stowmarket Swimming Club	1:06.06	1:03.51	

Event 18 Boys 11-12 50 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Tolputt, Samuel	12	Deben Swimming Club	39.71	39.94	
2	Spelman, Thomas W	11	Stowmarket Swimming Club	42.01	43.63	
3	Moss, Malachi	12	Deben Swimming Club	43.79	44.97	
4	Chamberlain, Archie P	12	West Suffolk Swimming Club-EA	48.24	45.08	
5	Hines, Charlie J	12	Stowmarket Swimming Club	48.22	45.18	
6	Welsford, Owen	12	Deben Swimming Club	47.65	48.14	
7	Gibbs, Riley L	11	Mildenhall and District	47.18	48.91	
8	Shipp, James	11	Mildenhall and District	53.46	49.04	
9	Wallace, Henry	11	Stowmarket Swimming Club	51.21	49.29	
10	Barber, Nicholas	11	Stowmarket Swimming Club	50.75	49.83	
11	Handley, Robert	12	Stowmarket Swimming Club	51.13	54.94	
12	Wheeler, Harry	11	West Suffolk Swimming Club-EA	57.83	56.48	

Event 18 Boys 13-14 50 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Loader, Sam	14	Clacton Swimming Club	36.50	35.47	
2	Rayner, Harry	13	March Marlins Swimming Club	37.05	37.66	
3	Bishop, Joshua	13	Stowmarket Swimming Club	39.25	38.15	
4	Brown, Matthew D	14	Stowmarket Swimming Club	38.25	38.44	
5	Chapman, Jacob I	14	Stowmarket Swimming Club	40.01	40.17	
6	Young, Gabe C	13	Mildenhall and District	40.04	40.54	
7	Doggett, Oliver	14	Stowmarket Swimming Club	41.83	41.29	
8	Ruffles-Francis, Vaughn	13	Stowmarket Swimming Club	43.80	43.62	
9	Wilson, Alex	13	Wisbech Swimming Club	46.49	45.36	

Event 18 Boys 15 & Over 50 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Chapman, Lewis S	17	Stowmarket Swimming Club	31.79	32.85	
2	Handley, Will	17	Stowmarket Swimming Club	32.70	33.21	
3	Ruggles, Luke	15	March Marlins Swimming Club	34.50	34.27	
4	Fletcher, Joe N	17	Stowmarket Swimming Club	36.15	37.81	
5	Garry, James A	17	Mildenhall and District	1:24.14	1:23.13	