

Event 101 Girls 13 & Over 200 SC Meter Butterfly – Friday 16th September 2022**Champs:** 2:40.62 * 2015

Jordanne Sillitoe

Robinson Trophy

	Name	Age	Team	Seed Time	Result	50m	100m	150m
1	Sarah Rose	15	Mildenhall	NT	3:26.33	0:41.28	1:31.98	2:29.23
2	Wendy Airey	52	Mildenhall	4:25.00	4:18.95	0:55.65	1:59.90	3:07.65
---	Emma Lovegrove	13	Mildenhall	3:45.06				
10.2 A swimmer did not cover the whole distance – DNF								

Event 101 Boys 12 & Under 200 SC Meter Butterfly – Friday 16th September 2022**Champs:** 3:08.91 * 2009

Ben Delgado

M&D S C

	Name	Age	Team	Seed Time	Result	50m	100m	150m
1	Kieron Raven	12	Mildenhall	NT	3:47.71	0:47.12	1:44.53	2:46.64
2	Jacob Lucas-Adams	11	Mildenhall	NT	4:12.69	0:54.58	2:00.45	3:09.53

Event 101 Boys 13 & Over 200 SC Meter Butterfly – Friday 16th September 2022**Champs:** 2:21.92 * 2008

Matthew Jones

Robinson Trophy

	Name	Age	Team	Seed Time	Result	50m	100m	150m
1	James Shipp	15	Mildenhall	NT	2:55.65	0:36.49	1:19.79	2:05.67
2	Rob Garry	58	Mildenhall	5:00.00	4:59.44	0:57.84	2:07.92	3:31.47
---	John Browne	64	Mildenhall	NT				
10.2 A swimmer did not cover the whole distance – DNF								

Event 102 Girls 13 & Over 400 SC Meter IM – Sunday 18th September 2022**Champs:** 5:46.47 * 2012

Grace Colasante

W Read Trophy

	Name	Age	Team	Seed Time	Result	50	100	150	200	250	300	350
1	Sarah Rose	15	Mildenhall	NT	6:22.38	0:39.50	1:29.16	2:15.70	3:01.79	3:58.34	4:55.34	5:38.74
2	Emma Lovegrove	13	Mildenhall	NT	6:58.52							
3	Wendy Airey	52	Mildenhall	8:48.00	8:16.64		1:54.70		4:03.69		6:26.02	

Event 102 Boys 12 & Under 400 SC Meter IM – Sunday 18th September 2022**Champs:** 6:13.77 * 2009

Ben Delgado

M&D S C

	Name	Age	Team	Seed Time	Result	50	100	150	200	250	300	350
1	Jacob Lucas-Adams	11	Mildenhall	NT	7:40.71	0:52.92	1:59.86	2:58.33	3:50.51	5:00.00	6:06.15	6:54.71
2	Kieron Raven	12	Mildenhall	NT	7:52.49		1:45.90		3:37.68		6:12.55	
---	Miller Perry	11	Mildenhall	NT								
10.2 A swimmer did not cover the whole distance – DNF												

Event 102 Boys 13 & Over 400 SC Meter IM – Sunday 18th September 2022**Champs:** 5:02.09 * 2007

Adam Jamieson

Steve Molyneux

	Name	Age	Team	Seed Time	Result	50	100	150	200	250	300	350
1	Tyler Baxter	15	Mildenhall	NT	5:36.17		1:16.12		2:41.93		4:19.04	
2	James Shipp	15	Mildenhall	6:52.37	5:58.58		1:19.02		2:50.33		4:32.24	
3	Rob Garry	58	Mildenhall	9:00.00	8:47.71		2:07.51		4:17.62		6:59.67	

Event 103 Girls 12 & Under 200 SC Meter Backstroke – Friday 23rd September 2022**Champs:** 2:37.39 * 2009

Alaina Scifo

M&D S C

	Name	Age	Team	Seed Time	Result
---	Sophia Andrews	9	Mildenhall	NT	DQ
6.4 More than one single or double simultaneous arm pull used to initiate the turn or not					

Event 103 Women 13 & Over 200 SC Meter Backstroke – Friday 23rd September 2022**Champs: 2:34.36 * 2008****Meagan Searle****Marsh Trophy**

	Name	Age	Team	Seed Time	Result
1	Sarah Rose	15	Mildenhall	3:11.81	2:49.27
2	Emma Lovegrove	13	Mildenhall	2:56.61	2:56.78
3	Kayla Campo	14	Mildenhall	NT	3:08.43
4	Esmæ Child	13	Mildenhall	NT	3:17.54
5	Jane Smith	58	Mildenhall	3:47.06	3:55.69
6	Grace Duncan	16	Mildenhall	NT	4:12.20
7	Jeannie Morley	66	Mildenhall	4:14.00	4:16.12

Event 103 Boys 12 & Under 200 SC Meter Backstroke – Friday 23rd September 2022**Champs: 2:52.00 * 2009****Dominic Scifo****M&D S C**

	Name	Age	Team	Seed Time	Result
1	Kieron Raven	12	Mildenhall	NT	3:28.81
2	Jacob Lucas-Adams	11	Mildenhall	3:39.55	3:31.33
3	Miller Perry	11	Mildenhall	NT	3:36.62

Event 103 Men 13 & Over 200 SC Meter Backstroke – Friday 23rd September 2022**Champs: 2:18.10 * 2014****Ben Jamieson****Leonard Shield**

	Name	Age	Team	Seed Time	Result
1	Tyler Baxter	15	Mildenhall	2:37.52	2:31.97
2	James Shipp	15	Mildenhall	2:45.42	2:42.92
3	Trystin Scheving	13	Mildenhall	3:05.58	2:52.86
4	Ben Peck	16	Mildenhall	2:53.95	2:57.42
5	Miko Poplawski	13	Mildenhall	NT	3:06.99
6	Rob Garry	58	Mildenhall	4:10.00	3:47.25
---	Kade Falk	14	Mildenhall	NT	DQ
6.4 More than one single or double simultaneous arm pull used to initiate the turn or not					
---	Caden Lee	13	Mildenhall	NT	DQ
6.5 Not on the back at finish					

Event 104 Girls 12 & Under 200 SC Meter Breaststroke – Friday 30th September 2022**Champs: 3:16.29 * 2011****Jordanne Sillitoe****Airey Cup**

	Name	Age	Team	Seed Time	Result	50m	100m	150m
1	Hailey Campo	11	Mildenhall	4:35.01	4:03.90	0:57.07	1:58.79	3:01.13

Event 104 Women 13 & Over 200 SC Meter Breaststroke – Friday 30th September 2022**Champs: 2:52.10 * 1981****Lisa Hannem****G Hannem Shield**

	Name	Age	Team	Seed Time	Result	50m	100m	150m
1	Emma Lovegrove	13	Mildenhall	3:43.25	3:32.63	0:48.27	1:41.95	2:37.58
2	Eden Benion	13	Mildenhall	3:30.92	3:34.31	0:47.56	1:42.11	2:38.68
3	Esmæ Child	13	Mildenhall	4:01.56	3:41.98	0:50.41	1:46.92	2:43.95
4	Grace Duncan	16	Mildenhall	NT	4:27.61	1:00.00	2:07.84	3:17.35

Event 104 Boys 12 & Under 200 SC Meter Breaststroke – Friday 30th September 2022**Champs: 3:19.25 * 2015****Leon Galler****M&D S C**

	Name	Age	Team	Seed Time	Result	50m	100m	150m
1	Jacob Lucas-Adams	11	Mildenhall	NT	4:07.77	0:57.66	2:04.25	3:09.10
2	Miller Perry	11	Mildenhall	4:33.32	4:07.96	0:57.73	2:03.08	3:07.57

Event 104 Men 13 & Over 200 SC Meter Breaststroke – Friday 30th September 2022

Champs:		2:40.97	*	2013	Harry Wagner		Lions Trophy	
Name	Age	Team	Seed Time	Result	50m	100m	150m	
1 James Shipp	15	Mildenhall	3:06.84	3:03.84	0:40.90	1:27.18	2:14.32	
2 James Peck	18	Mildenhall	3:19.12	3:20.58	0:43.56	1:33.28	2:25.94	
3 Trystin Scheving	13	Mildenhall	3:31.80	3:29.83	0:48.26	1:41.96	2:38.02	
4 Edward Samuel	14	Mildenhall	NT	3:41.31	0:46.40	1:42.52	2:42.53	
5 Miko Poplawski	13	Mildenhall	NT	3:43.34	0:46.79	1:42.77	2:43.17	
6 Rob Garry	58	Mildenhall	4:40.00	4:31.14	0:59.88	2:11.39	3:25.09	
7 John Browne	64	Mildenhall	4:33.87	4:36.58	1:03.66	2:16.11	3:28.83	
--- Caden Lee	13	Mildenhall	NT	DQ				

7.5 Executed alternating or downward butterfly kick (except after start or after turn, as

Event 105 Girls 12 & Under 200 SC Meter Freestyle – Friday 6th October 2022

Champs:		2:33.29	2007	Libby Milne		M&SDC	
Name	Age	Team	Seed Time	Result	50m	100m	150m
1 Sophia Andrews	9	Mildenhall	NT	3:23.05	0:46.31	1:39.31	2:33.22

Event 105 Women 13 & Over 200 SC Meter Freestyle – Friday 6th October 2022

Name	Age	Team	Seed Time	Result	50m	100m	150m
Champs:		2:21.80	1981	Lisa Hannem		Sandon Cup	
1 Miranda Nichols	24	Mildenhall	2:20.99	2:14.33	0:29.26	1:02.84	1:38.54
2 Sarah Rose	15	Mildenhall	2:59.13	2:31.00	0:35.07	1:13.60	1:53.75
3 Emma Lovegrove	13	Mildenhall	2:47.48	2:31.09	0:33.81	1:12.62	1:52.52
4 Esmae Child	13	Mildenhall	2:45.89	2:40.80	0:36.23	1:17.59	2:00.70
5 Eden Benion	13	Mildenhall	2:49.74	2:48.83	0:39.80	1:23.39	2:08.40
6 Grace Duncan	16	Mildenhall	3:25.04	3:30.81	0:47.34	1:42.33	2:40.06
7 Jane Smith	58	Mildenhall	3:21.33	3:35.66	0:46.93	1:40.08	2:38.03
8 Jeannie Morley	66	Mildenhall	4:00.00	3:57.61	0:54.93	1:55.48	2:57.70

Event 105 Boys 12 & Under 200 SC Meter Freestyle – Friday 6th October 2022

Name	Age	Team	Seed Time	Result	50m	100m	150m
Champs:		2:32.18	2009	Ben Jamieson		M&DSC	
1 Kieron Raven	12	Mildenhall	3:25.03	2:57.72	0:38.57	1:24.51	2:11.87
2 Jacob Lucas-Adams	11	Mildenhall	3:06.77	3:05.17	0:41.66	1:31.24	2:19.63
3 Miller Perry	11	Mildenhall	3:49.82	3:22.00	0:47.18	1:41.00	2:34.00

Event 105 Men 13 & Over 200 SC Meter Freestyle – Friday 6th October 2022

Name	Age	Team	Seed Time	Result	50m	100m	150m
Champs:		2:04.95	2008	Adam Jamieson		Jamieson Trophy	
1 Tyler Baxter	15	Mildenhall	2:29.59	2:16.15	0:31.10	1:06.18	1:42.55
2 James Shipp	15	Mildenhall	2:24.75	2:19.79	0:31.05	1:05.97	1:42.86
3 Miko Poplawski	13	Mildenhall	NT	2:54.38	0:37.28	1:21.89	2:10.10
4 Edward Samuel	14	Mildenhall	NT	2:57.83	0:36.83	1:20.74	2:10.35
5 Rob Garry	58	Mildenhall	3:30.00	3:16.83	0:44.23	1:34.46	2:27.69
6 Caden Lee	13	Mildenhall	NT	3:30.44	0:44.75	1:40.37	2:40.06
7 John Browne	64	Mildenhall	3:58.75	4:06.74	0:56.65	2:01.42	3:06.17

Event 106 Women 13 & Over 1500 SC Meter Freestyle – Sunday 9th October 2022

Name	Age	Team	Seed Time	Result	100m	200m	400m	800m
Champs:	20:05.09	1995	Lynne Jones				Logan Trophy	
1 Phoebe Mallen	16	Mildenhall	22:17.18	22:23.53	1:17.89	2:45.14	5:44.81	11:48.23
2 Jeannie Morley	66	Mildenhall	31:30.00	32:20.13	1:58.63	4:07.14	8:23.57	17:02.75
--- Emma Lovegrove	13	Mildenhall	28:13.96	DQ				
10.2 A swimmer did not cover the whole distance - DNF								

Event 106 Boys 12 & Under 1500 SC Meter Freestyle – Sunday 9th October 2022

Name	Age	Team	Seed Time	Result	100m	200m	400m	800m
Champs:	21:23.24	2009	Ben Jamieson				Aquarius Trophy	
1 Kieron Raven	12	Mildenhall	NT	25:54.00	1:29.40	3:10.75	6:37.80	13:42.95
2 Jacob Lucas-Adams	11	Mildenhall	NT	27:30.64	1:37.44	3:31.65	7:21.97	14:48.06
3 Miller Perry	11	Mildenhall	NT	30:24.42	0:52.57	3:54.35	7:56.77	16:06.38

Event 106 Men 13 & Over 1500 SC Meter Freestyle – Sunday 9th October 2022

Name	Age	Team	Seed Time	Result	100m	200m	400m	800m
Champs:	18:05.28	2006	Adam Jamieson					
1 Tyler Baxter	15	Mildenhall	25:14.43	20:29.79	1:11.99	2:30.25		10:52.02
2 James Shipp	15	Mildenhall	NT	21:46.97	1:15.11	2:38.17	5:30.75	11:29.19
3 Kade Falk	14	Mildenhall	NT	26:21.49	1:33.51	3:19.67	6:54.66	14:11.82
4 Rob Garry	58	Mildenhall	28:00.00	28:28.59	1:43.31	3:53.34	7:22.54	15:02.55
5 John Browne	64	Mildenhall	35:00.00	32:48.34	2:01.39	4:07.44	8:23.96	17:09.02

Event 107 Girls 12 & Under 400 SC Meter Freestyle – Friday 21st October 2022

Champs:		5:25.06	*	2007	Libby Milne		M & D S C					
Name	Age	Team	Seed Time	Result	50	100	150	200	250	300	350	
1 Sophia Andrews	9	Mildenhall	NT	7:01.76	0:44.55	1:36.07	2:30.40	3:26.14	4:19.97	5:14.20	6:05.27	

Event 107 Girls 13 & Over 400 SC Meter Freestyle – Friday 21st October 2022

Champs:		5:03.60	*	1981	Lisa Hannem		Wagner Textile Shield						
	Name	Age	Team	Seed Time	Result	50	100	150	200	250	300	350	
1	Sarah Rose	15	Mildenhall	6:29.95	5:32.52	0:36.53	1:18.25	2:01.72	2:45.41	3:29.58	4:11.97	4:53.86	
2	Phoebe Mallen	16	Mildenhall	5:34.72	5:33.53	0:36.35	1:18.22	2:01.62	2:45.04	3:28.54	4:12.16	4:54.27	
3	Emma Lovegrove	13	Mildenhall	5:47.36	5:39.77	0:36.04	1:17.67	2:01.37	2:45.10	3:28.39	4:13.28	4:56.81	
4	Eden Benion	13	Mildenhall	6:17.84	5:53.20	0:38.79	1:22.01	2:06.85	2:52.80	3:38.63	4:24.49	5:10.63	
5	Esmae Child	13	Mildenhall	6:32.29	5:59.12	0:39.19	1:23.98	2:11.31	2:58.04	3:45.85	4:34.04	5:18.38	
6	Jane Smith	58	Mildenhall	7:20.00	7:08.32	0:47.37	1:37.64	2:30.04	3:23.78	4:18.81	5:15.20	6:11.95	
7	Jeannie Morley	66	Mildenhall	8:00.00	8:17.57	0:56.72	1:58.13	3:01.23	4:05.39	5:09.19	6:13.29	7:17.47	

Event 107 Boys 12 & Under 400 SC Meter Freestyle – Friday 21st October 2022

Champs:		5:23.39	*	2007	Tom Russell		M & D S C					
	Name	Age	Team	Seed Time	Result	50	100	150	200	250	300	350
1	Kieron Raven		Mildenhall	NT	6:13.49	0:38.30	1:25.07	2:12.61	3:00.18	3:48.58	4:37.43	5:26.89
2	Jacob Lucas-Adams		Mildenhall	7:41.00	6:47.03	0:44.74	1:37.32	2:23.61	3:26.60	4:18.52	5:11.00	6:01.70
3	Miller Perry		Mildenhall	NT	6:52.04	0:46.34	1:40.19	2:33.03	3:27.58	4:19.82	5:13.58	6:03.74

Event 107 Boys 13 & Over 400 SC Meter Freestyle – Friday 21st October 2022**Champs: 4:29.64 * 2008****Adam Jamieson****Leonard Trophy**

	Name	Age	Team	Seed Time	Result	50	100	150	200	250	300	350
1	Tyler Baxter	15	Mildenhall	5:15.84	5:02.50	0:32.15	1:08.92	1:47.10	2:25.55	3:04.39	3:43.84	4:48.63
2	James Shipp	15	Mildenhall	5:16.19	5:05.92	0:32.27	1:09.03	1:47.47	2:26.28	3:05.38	3:45.73	4:26.23
3	Trystin Scheving	13	Mildenhall	5:43.19	5:26.42	0:36.22	1:16.37	1:57.43	2:40.87	3:23.77	4:06.34	4:48.63
4	Miko Poplawski	13	Mildenhall	NT	5:59.49	0:39.17	1:23.60	2:10.90	2:58.01	3:44.71	5:17.07	5:17.07
5	Edward Samuel	14	Mildenhall	NT	6:15.78	0:37.97	1:23.42	2:10.65	2:58.52	3:47.40	4:37.11	5:27.94
6	Rob Garry	58	Mildenhall	7:30.00	6:52.77	0:43.58	1:33.67	2:25.75	3:18.64	4:12.37	5:07.72	6:02.98
7	John Browne	64	Mildenhall	8:21.12	8:23.38	0:56.01	1:59.42	3:04.54	4:10.90	5:16.56	6:21.70	7:24.22

Event 108 Women 13 & Over 800 SC Meter Freestyle – Sunday 23rd October 2022**Champs: 10:18.39 * 1988****Karen Robinson****Snushall Trophy**

	Name	Age	Team	Seed Time	Result	100	200	300	400	500	600	700
1	Phoebe Mallen	16	Mildenhall	11:43.32	11:42.80	1:19.67	2:48.02	4:17.93	5:48.23	7:18.89	8:49.28	10:18.56
2	Kayla Campo	14	Mildenhall	NT	11:49.00	1:23.15	2:51.34	4:20.84	5:51.45	7:22.24	8:52.24	10:20.59
3	Eden Benion	13	Mildenhall	NT	12:43.06	1:26.44	3:02.34	4:40.99	6:20.79	8:00.63	9:39.72	11:16.82
4	Jeannie Morley	66	Mildenhall	16:30.00	16:48.61	1:58.51	4:04.41	6:12.11	8:20.98	10:28.68	12:36.17	14:45.17

Event 108 Boys 12 & Under 800 SC Meter Freestyle – Sunday 23rd October 2022**Champs: 11:19.98 * 2009****Ben Delgado****M&D S C**

	Name	Age	Team	Seed Time	Result	100	200	300	400	500	600	700
1	Kieron Raven	12	Mildenhall	NT	12:40.20	1:26.46	3:02.68	4:39.62	6:18.26	7:56.75	9:35.29	11:10.92
2	Jacob Lucas-Adams	11	Mildenhall	NT	14:10.96	1:38.54	3:26.79	5:19.11	7:11.55	8:58.62	10:47.99	12:34.29
3	Miller Perry	11	Mildenhall	NT	14:49.77	1:41.72	3:35.60	5:27.87	7:22.86	9:14.03	11:08.05	13:02.20

Event 108 Men 13 & Over 800 SC Meter Freestyle – Sunday 23rd October 2022**Champs: 9:17.51 * 2006****Adam Jamieson****Morleyshire Cup**

	Name	Age	Team	Seed Time	Result	100	200	300	400	500	600	700
1	Tyler Baxter	15	Mildenhall	NT	10:39.74	1:11.20	2:29.63	3:50.74	5:15.46	6:39.22		9:25.17
2	James Shipp	15	Mildenhall	12:53.91	10:54.05	1:12.14	2:32.87	3:55.53	5:20.66	6:48.24	8:12.48	9:34.83
3	Trystin Scheving	13	Mildenhall	NT	11:36.63	1:19.66	2:47.70	4:16.70	5:47.05	7:17.09	8:47.18	10:16.45
4	Miko Poplawski	13	Mildenhall	NT	12:38.17	1:25.61	3:03.38	4:42.03	6:20.81	7:58.92	9:35.32	11:11.43
5	Kade Falk	14	Mildenhall	NT	13:21.05	1:27.88	3:08.72	4:51.37	6:35.10	8:20.03	10:02.88	11:45.69
6	Rob Garry	58	Mildenhall	14:00.00	14:16.56	1:37.96	3:26.15	5:15.51	7:06.94	8:58.53	10:49.28	12:37.65