

Event 101 Women 13 & Over 200 SC Meter Butterfly – Friday 15th September 2023

Champs: 2:40.62 * 2015 **Jordanne Sillitoe** **Robinson Trophy**
Name **Age** **Team** **Seed Time** **Finals Time**

1 Kayla Campo 15 Mildenhall & District SC NT 3:30.85

Event 101 Boys 12 & Under 200 SC Meter Butterfly – Friday 15th September 2023

Champs: 3:08.91 * 2009 **Ben Delgado** **M&D S C**
Name **Age** **Team** **Seed Time** **Finals Time**

1 Lucas Hales 11 Mildenhall & District SC NT 4:22.98

Event 101 Men 13 & Over 200 SC Meter Butterfly – Friday 15th September 2023

Champs: 2:21.92 * 2008 **Matthew Jones** **Robinson Trophy**
Name **Age** **Team** **Seed Time** **Finals Time**

1 Tyler Baxter 16 Mildenhall & District SC 3:12.88 2:45.11

2 Kieron Alderson 13 Mildenhall & District SC 3:23.05 3:17.06

3 Rob Garry 59 Mildenhall & District SC 4:59.44 5:23.63

--- John Browne 65 Mildenhall & District SC NT DQ
 10.2 Did not complete the whole distance

--- Edward Samuel 15 Mildenhall & District SC NT DQ
 8.2 Arms not brought forward simultaneously over the water

Event 102 Women 13 & Over 400 SC Meter IM – Sunday 17th September 2023

Champs: 5:46.47 * 2012 **Grace Colasante** **W Read Trophy**
Name **Age** **Team** **Seed Time** **Finals Time**

1 Kayla Campo 15 Mildenhall & District SC NT 6:28.34

2 Esmae Child 14 Mildenhall & District SC NT 6:32.73

3 Eden Benion 14 Mildenhall & District SC NT 7:08.84

4 Gracie-Mai Lloyd 13 Mildenhall & District SC NT 7:57.81

Event 102 Boys 12 & Under 400 SC Meter IM – Sunday 17th September 2023

Champs: 6:13.77 * 2009 **Ben Delgado** **M&D S C**
Name **Age** **Team** **Seed Time** **Finals Time**

--- Lucas Hales 11 Mildenhall & District SC NT DQ
 7.5 Feet not turned out during propulsive part of the kick - breast

Event 102 Men 13 & Over 400 SC Meter IM – Sunday 17th September 2023

Champs: 5:02.09 * 2007 **Adam Jamieson** **Steve Molyneux**
Name **Age** **Team** **Seed Time** **Finals Time**

1 Tyler Baxter 16 Mildenhall & District SC 5:36.17 5:26.57

2 James Shipp 16 Mildenhall & District SC 5:58.58 5:39.81

3 Trystin Scheving 14 Mildenhall & District SC NT 5:59.78

4 Miko Poplawski 14 Mildenhall & District SC NT 6:12.99

5 Kieron Alderson 13 Mildenhall & District SC 7:52.49 6:50.74

6 Rob Garry 59 Mildenhall & District SC 8:47.71 8:57.44

--- Oli Zawada 13 Mildenhall & District SC NT DQ
 8.4 Did not touch at the turn or finish with both hands; separated; simultaneously - fly

Event 103 Girls 12 & Under 200 SC Meter Backstroke – Friday 22nd September 2023**Champs: 2:37.39 * 2009****Alaina Scifo****M&D S C**

Name	Age	Team	Seed Time	Finals Time
1 Sapphire Desouza-Holwill	11	Mildenhall & District SC	NT	3:58.20

Event 103 Women 13 & Over 200 SC Meter Backstroke – Friday 22nd September 2023**Champs: 2:34.36 * 2008****Meagan Searle****Marsh Trophy**

Name	Age	Team	Seed Time	Finals Time
1 Phoebe Mallen	17	Mildenhall & District SC	3:07.65	2:59.20
2 Eden Benion	14	Mildenhall & District SC	NT	3:11.17
3 Katie Richardson	39	Mildenhall & District SC	NT	3:11.48
4 Gracie-Mai Lloyd	13	Mildenhall & District SC	NT	3:40.00
5 Jane Smith	59	Mildenhall & District SC	3:48.63	3:46.60
6 Jeannie Morley	67	Mildenhall & District SC	4:16.12	4:26.66

Event 103 Boys 12 & Under 200 SC Meter Backstroke – Friday 22nd September 2023**Champs: 2:52.00 * 2009****Dominic Scifo****M&D S C**

Name	Age	Team	Seed Time	Finals Time
1 George Richardson	12	Mildenhall & District SC	NT	3:31.19
2 Bay Smith	10	Mildenhall & District SC	NT	3:38.99
3 Lucas Hales	11	Mildenhall & District SC	NT	3:42.62

Event 103 Men 13 & Over 200 SC Meter Backstroke – Friday 22nd September 2023**Champs: 2:18.10 * 2014****Ben Jamieson****Leonard Shield**

Name	Age	Team	Seed Time	Finals Time
1 Tyler Baxter	16	Mildenhall & District SC	2:31.97	2:27.38
2 James Shipp	16	Mildenhall & District SC	2:42.92	2:36.96
3 Miko Poplawski	14	Mildenhall & District SC	3:06.99	2:45.98
4 Edward Samuel	15	Mildenhall & District SC	NT	2:51.30
5 Kieron Alderson	13	Mildenhall & District SC	3:28.81	3:03.89
6 Rob Garry	59	Mildenhall & District SC	3:47.25	3:55.23

Event 104 Girls 12 & Under 200 SC Meter Breaststroke – Friday 29th September 2023**Champs: 3:16.19 * 2011****Jordanne Sillitoe****G Hannem Shield**

Name	Age	Team	Seed Time	Finals Time
1 Belle Bingham	11	Mildenhall & District SC	NT	3:45.57
2 Hailey Campo	12	Mildenhall & District SC	4:03.90	3:53.21
3 Stella Lee	11	Mildenhall & District SC	NT	3:53.29
4 Sapphire Desouza-Holwill	11	Mildenhall & District SC	NT	4:14.49
5 Phoebe Scarfe	12	Mildenhall & District SC	NT	DQ

7.1 More than one butterfly kick prior to first breaststroke kick after the start or turn

Event 104 Women 13 & Over 200 SC Meter Breaststroke – Friday 29th September 2023

Champs: 2:52.10 * 1981		Lisa Hannem		Airey Cup	
Name	Age	Team	Seed Time	Finals Time	
1 Phoebe Mallen	17	Mildenhall & District SC	3:21.64	3:19.97	
2 Kayla Campo	15	Mildenhall & District SC	NT	3:25.69	
3 Eden Benion	14	Mildenhall & District SC	3:27.52	3:28.34	
4 Gracie-Mai Lloyd	13	Mildenhall & District SC	NT	3:44.42	
5 Debbie Lee	46	Mildenhall & District SC	NT	3:54.17	
6 Jane Smith	59	Mildenhall & District SC	4:30.00	4:25.97	
7 Grace Duncan	17	Mildenhall & District SC	4:27.61	4:26.70	

Event 104 Boys 12 & Under 200 SC Meter Breaststroke – Friday 29th September 2023

Champs: 3:19.25 * 2015		Leon Galler		M&D S C	
Name	Age	Team	Seed Time	Finals Time	
1 George Richardson	12	Mildenhall & District SC	NT	4:12.46	
2 Bay Smith	10	Mildenhall & District SC	NT	4:25.48	

Event 104 Men 13 & Over 200 SC Meter Breaststroke – Friday 29th September 2023

Champs: 2:40.97 * 2013		Harry Wagner		Lions Trophy	
Name	Age	Team	Seed Time	Finals Time	
1 James Shipp	16	Mildenhall & District SC	3:03.84	2:46.76	
2 Miko Poplawski	14	Mildenhall & District SC	3:43.34	3:07.28	
3 Edward Samuel	15	Mildenhall & District SC	3:39.92	3:15.12	
4 Kieron Alderson	14	Mildenhall & District SC	NT	3:51.59	
5 Rob Garry	59	Mildenhall & District SC	4:31.14	4:34.28	
6 John Browne	65	Mildenhall & District SC	4:36.58	4:38.30	

Event 105 Girls 12 & Under 200 SC Meter Freestyle

Champs: 2:33.29 * 2007		Libby Milne		M&D S C	
Name	Age	Team	Seed Time	Finals Time	
1 Sophia Andrews	10	Mildenhall & District SC	3:23.05	3:05.72	
2 Phoebe Scarfe	12	Mildenhall & District SC	NT	3:16.37	
3 Sapphire Desouza-Holwill	11	Mildenhall & District SC	NT	3:38.64	
4 Polly Jackson	10	Mildenhall & District SC	NT	3:57.20	
5 Emily Smith	11	Mildenhall & District SC	NT	4:11.39	
6 Emma Barrett	11	Mildenhall & District SC	NT	4:19.35	
7 Adriana Morrison	11	Mildenhall & District SC	NT	4:20.80	
8 Parker Wilson	9	Mildenhall & District SC	NT	4:32.16	

Event 105 Women 13 & Over 200 SC Meter Freestyle

Champs: 2:14.33 * 2022

Miranda Nichols

Sandon Cup

Name	Age	Team	Seed Time	Finals Time
1 Esmee Child	14	Mildenhall & District SC	2:28.94	2:29.27
2 Phoebe Mallen	17	Mildenhall & District SC	2:33.92	2:33.61
3 Kayla Campo	15	Mildenhall & District SC	2:38.48	2:40.47
4 Eden Benion	14	Mildenhall & District SC	2:48.01	2:45.20
5 Katie Richardson	39	Mildenhall & District SC	NT	2:49.97
6 Gracie-Mai Lloyd	13	Mildenhall & District SC	NT	3:18.82
7 Jane Smith	59	Mildenhall & District SC	3:28.45	3:19.13
8 Grace Duncan	17	Mildenhall & District SC	3:30.81	3:41.68
9 Jeannie Morley	67	Mildenhall & District SC	3:57.61	4:03.95

Event 105 Boys 12 & Under 200 SC Meter Freestyle

Champs: 2:32.18 * 2009

Ben Jamieson

M&D S C

Name	Age	Team	Seed Time	Finals Time
1 George Richardson	12	Mildenhall & District SC	NT	3:05.66
2 Lucas Hales	11	Mildenhall & District SC	NT	3:30.47
3 Samuel Butcher	11	Mildenhall & District SC	NT	3:37.07
4 Bay Smith	10	Mildenhall & District SC	NT	3:38.08
5 Karol Poplawski	11	Mildenhall & District SC	NT	3:48.62
6 Shaw Wilson	12	Mildenhall & District SC	NT	3:54.71
7 Elliott Lloyd	11	Mildenhall & District SC	NT	3:59.21

Event 105 Men 13 & Over 200 SC Meter Freestyle

Champs: 2:04.95 * 2008

Adam Jamieson

Jamieson Trophy

Name	Age	Team	Seed Time	Finals Time
1 James Shipp	16	Mildenhall & District SC	2:19.79	2:14.09
2 Trystin Scheving	14	Mildenhall & District SC	2:24.94	2:21.07
3 Miko Poplawski	14	Mildenhall & District SC	2:54.38	2:25.68
4 Edward Samuel	15	Mildenhall & District SC	2:40.24	2:26.81
5 Kieron Alderson	13	Mildenhall & District SC	2:46.45	2:41.93
6 Rob Garry	59	Mildenhall & District SC	3:16.83	3:16.10
7 John Browne	65	Mildenhall & District SC	3:58.75	3:56.84

Event 106 Girls 12 & Under 1500 SC Meter Freestyle

Champs: 20:54.84 * 2008

Anica Midthun

Aquarius Trophy

Name	Age	Team	Seed Time	Finals Time
1 Stella Lee	11	Mildenhall & District SC	NT	31:12.58

Event 106 Women 13 & Over 1500 SC Meter Freestyle

Champs: 20:05.09 * 1995

Lynne Jones

Logan Trophy

Name	Age	Team	Seed Time	Finals Time
1 Phoebe Mallen	17	Mildenhall & District SC	22:17.18	22:34.32
2 Eden Benion	14	Mildenhall & District SC	NT	23:59.86
3 Jane Smith	59	Mildenhall & District SC	30:00.00	27:53.18
4 Jeannie Morley	67	Mildenhall & District SC	32:20.13	32:50.51

Event 106 Boys 12 & Under 1500 SC Meter Freestyle

Champs: 21:23.34 * 2009

Ben Jamieson

Aquarius Trophy

Name	Age	Team	Seed Time	Finals Time
1 George Richardson	12	Mildenhall & District SC	NT	27:24.66

Event 106 Men 13 & Over 1500 SC Meter Freestyle

Champs: 18:05.28 * 2006

Adam Jamieson

Dr Harben Cup

Name	Age	Team	Seed Time	Finals Time
1 James Shipp	16	Mildenhall & District SC	21:46.97	20:38.94
2 Trystin Scheving	14	Mildenhall & District SC	NT	21:01.13
3 Miko Poplawski	14	Mildenhall & District SC	NT	21:53.90
4 Kieron Alderson	13	Mildenhall & District SC	25:54.00	24:03.25
5 Oli Zawada	13	Mildenhall & District SC	NT	27:05.72
6 Rob Garry	59	Mildenhall & District SC	28:28.59	29:00.12
7 Caden Lee	14	Mildenhall & District SC	NT	29:24.77
8 John Browne	65	Mildenhall & District SC	32:48.34	32:36.59

Event 107 Girls 12 & Under 400 SC Meter Freestyle

Champ: 5:25.06 R 2007

Libby Milne

M&DSC

Name	Age	Team	Seed Time	Finals Time
1 Sophia Andrews	10	Mildenhall & District SC	NT	6:48.94
2 Stella Lee	11	Mildenhall & District SC	NT	7:24.75
3 Polly Jackson	10	Mildenhall & District SC	NT	7:50.47
4 Emily Smith	11	Mildenhall & District SC	NT	8:52.58
5 Adriana Morrison	11	Mildenhall & District SC	NT	9:17.51

Event 107 Women 13 & Over 400 SC Meter Freestyle

Champ: 5:03.60 R 1981

Lisa Hannem

Wagner Textile S

Name	Age	Team	Seed Time	Finals Time
1 Esmee Child	14	Mildenhall & District SC	5:59.12	5:29.14
2 Eden Benion	14	Mildenhall & District SC	5:53.20	5:55.58
3 Katie Richardson	39	Mildenhall & District SC	NT	6:04.04
4 Debbie Lee	46	Mildenhall & District SC	NT	6:58.00
5 Jane Smith	59	Mildenhall & District SC	7:08.32	7:04.84
6 Jeannie Morley	67	Mildenhall & District SC	8:17.57	8:19.23

Event 107 Boys 12 & Under 400 SC Meter Freestyle

Champ: 5:23.39 R 2007

Tom Russell

M&DSC

Name	Age	Team	Seed Time	Finals Time
1 George Richardson	12	Mildenhall & District SC	NT	6:40.06
2 Lucas Hales	11	Mildenhall & District SC	NT	7:30.14
3 Karol Poplawski	11	Mildenhall & District SC	NT	8:35.91
4 Elliott Lloyd	11	Mildenhall & District SC	NT	8:49.37

Event 107 Men 13 & Over 400 SC Meter Freestyle

Champ: 4:29.64 R 2008

Adam Jamieson

Leonard Trophy

Name	Age	Team	Seed Time	Finals Time
1 James Shipp	16	Mildenhall & District SC	5:05.92	5:02.11
2 Miko Poplawski	14	Mildenhall & District SC	5:59.49	5:19.62
3 Edward Samuel	15	Mildenhall & District SC	6:15.78	5:25.17
4 Kieron Alderson	13	Mildenhall & District SC	5:50.22	5:40.41
5 Caden Lee	14	Mildenhall & District SC	NT	7:00.57
6 Rob Garry	59	Mildenhall & District SC	6:52.77	7:02.25
7 John Browne	65	Mildenhall & District SC	8:21.12	8:23.73

Event 108 Girls 12 & Under 800 SC Meter Freestyle

Champ: 11:26.32 R 2007

Libby Milne

Bussens & Parkin

Name	Age	Team	Seed Time	Finals Time
1 Stella Lee	11	Mildenhall & District SC	NT	16:15.82

Event 108 Women 13 & Over 800 SC Meter Freestyle

Champ: 10:18.39 R 1988

Karen Robinson

Snushall Trophy

Name	Age	Team	Seed Time	Finals Time
1 Kayla Campo	15	Mildenhall & District SC	11:49.00	11:30.86
2 Phoebe Mallen	17	Mildenhall & District SC	11:42.80	11:35.31
3 Eden Benion	14	Mildenhall & District SC	12:43.06	12:08.51
4 Katie Richardson	39	Mildenhall & District SC	NT	12:23.60
5 Debbie Lee	46	Mildenhall & District SC	NT	14:32.66

Event 108 Boys 12 & Under 800 SC Meter Freestyle

Champ: 11:19.98 R 2009

Ben Delgado

M&DSC

Name	Age	Team	Seed Time	Finals Time
1 George Richardson	12	Mildenhall & District SC	NT	13:39.06
2 Lucas Hales	11	Mildenhall & District SC	NT	14:33.11
3 Bay Smith	10	Mildenhall & District SC	NT	16:22.98

Event 108 Men 13 & Over 800 SC Meter Freestyle

Champ: 9:17.51 R 2006

Adam Jamieson

Morleyshire Cup

Name	Age	Team	Seed Time	Finals Time
1 James Shipp	16	Mildenhall & District SC	10:54.05	10:32.24
2 Trystin Scheving	14	Mildenhall & District SC	11:36.63	10:52.44
3 Kieron Alderson	13	Mildenhall & District SC	12:40.20	11:23.05
4 Oli Zawada	13	Mildenhall & District SC	NT	13:59.71
5 Caden Lee	14	Mildenhall & District SC	NT	14:25.77
6 Rob Garry	59	Mildenhall & District SC	14:16.56	14:38.05
7 John Browne	65	Mildenhall & District SC	17:09.02	17:05.10