

Mildenhall Long Distance & 200m Club Championships - 2023

4ER231395 / 4ER231396 / 4ER231397 / 4ER231398 / 4ER231399

Event 101 Girls 13 & Over 200 SC Meter Butterfly

15 September 2023

Champ:	2:40.62	R	2015 Jordanne Sillitoe	Robinson Trophy	
Pos.	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

15 September 2023

Champ:	3:08.91	R	2009 Ben Delgado		M&DSC
Pos.	Name	Age	Team	Seed Time	Finals Time
1	Lucas Hales	11	Mildenhall & District SC	NT	4:22.98

Event 101 Boys 13 & Over 200 SC Meter Butterfly

15 September 2023

Champ:	2:21.92	R	2008 Matthew Jones	Robinson Trophy	
Pos.	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 Girls 13 & Over 400 SC Meter IM

17 September 2023

Champ:	5:46.47	R	2012 Grace Colasante		W Read Trophy
Pos.	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

17 September 2023

Champ: 6:13.77		R	2009 Ben Delgado		M & D S C
Pos.	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 Boys 13 & Over 400 SC Meter IM

17 September 2023

Champ:	5:02.09	R	2007 Adam Jamieson	Steve Molyneux	
Pos.	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					

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Event 103 Girls 12 & Under 200 SC Meter Backstroke

22 September 2023

Champ:	2:37.39	R	2009 Alaina Scifo	M&DSC	
Pos.	Name	Age	Team	Seed Time	Finals Time
1	Sapphire Desouza-Holwill	11	Mildenhall & District SC	NT	3:58.20

Event 103 Girls 13 & Over 200 SC Meter Backstroke

22 September 2023

Champ:	2:34.36	R	2008 Meagan Searle	Marsh Trophy	
Pos.	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	Phoebe Mallen	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

22 September 2023

Champ:	2:52.00	R	2009 Dominic Scifo		M&DSC
Pos.	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 Boys 13 & Over 200 SC Meter Backstroke

22 September 2023

Champ:	2:18.10	R	2014 Ben Jamieson	Leonard Shield	
Pos.	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

29 September 2023

Champ:	3:16.29	R	2011 Jordanne Sillitoe	M&DSC	
Pos.	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					

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Event 104 Girls 13 & Over 200 SC Meter Breaststroke

29 September 2023

Champ: 2:52.10 R 1981 Lisa Hannem G Hannem Shield

Pos.	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

29 September 2023

Champ: 3:19.25 R 2015 Leon Galler M&DSC

Pos.	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 Boys 13 & Over 200 SC Meter Breaststroke

29 September 2023

Champ: 2:40.97 R 2013 Harry Wagner Lions Trophy

Pos.	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	Caden Lee	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

13 October 2023

Champ: 2:33.00 R 2007 Libby Milne M&DSC

Pos.	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

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Event 105 Girls 13 & Over 200 SC Meter Freestyle

13 October 2023

Champ:	2:14.33	R	2022 Miranda Nichols	Sandon Cup	
Pos.	Name	Age	Team	Seed Time	Finals Time
1	Esmae 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

13 October 2023

Champ:	2:32.18	R	2009 Ben Jamieson		M&DSC
Pos.	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 Boys 13 & Over 200 SC Meter Freestyle

13 October 2023

Champ:	2:04.95	R	2008 Adam Jamieson	Jamieson Trophy	
Pos.	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

15 October 2023

Champ:	20:54.84	R	2000 Anica Midthun	Aquarius Trophy	
Pos.	Name	Age	Team	Seed Time	Finals Time
1	Stella Lee	11	Mildenhall & District SC	NT	31:12.58

Event 106 Girls 13 & Over 1500 SC Meter Freestyle

15 October 2023

Champ:	20:05.09	R	1995 Lynne Jones	Logan Trophy	
Pos.	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

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Event 106 Boys 12 & Under 1500 SC Meter Freestyle

15 October 2023

Champ:	21:23.24	R	2009 Ben Jamieson	Aquarius Trophy	
Pos.	Name	Age	Team	Seed Time	Finals Time
1	George Richardson	12	Mildenhall & District SC	NT	27:24.66

Event 106 Boys 13 & Over 1500 SC Meter Freestyle

15 October 2023

Champ:	18:05.28	R	2006 Adam Jamieson			?
Pos.	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

20 October 2023

Champ:	5:25.06	R	2007 Libby Milne		M&DSC
Pos.	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 Girls 13 & Over 400 SC Meter Freestyle

20 October 2023

Champ:	5:03.60	R	1981 Lisa Hannem	Wagner Textile Shield	
Pos.	Name	Age	Team	Seed Time	Finals Time
1	Esmae 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

20 October 2023

Champ:	5:23.39	R	2007 Tom Russell		M&DSC
Pos.	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

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Event 107 Boys 13 & Over 400 SC Meter Freestyle

20 October 2023

Champ:	4:29.64	R	2008 Adam Jamieson	Leonard Trophy	
Pos.	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

22 October 2023

Champ:	11:26.32	R	2007 Libby Milne	Bussens & Parkins	
Pos.	Name	Age	Team	Seed Time	Finals Time
1	Stella Lee	11	Mildenhall & District SC	NT	16:15.82

Event 108 Girls 13 & Over 800 SC Meter Freestyle

22 October 2023

Champ:	9:17.51	R	2006 Adam Jamieson	Morleyhire Cup	
Pos.	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

22 October 2023

Champ:	11:19.98	R	2009 Ben Delgado	M&DSC	
Pos.	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 Boys 13 & Over 800 SC Meter Freestyle

22 October 2023

Champ:	9:17.51	R	2006 Adam Jamieson	Morleyhire Cup	
Pos.	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