

Mildenhall & District Swimming Club

Long Distance Club Championships -2025
4ER251693 to 4ER251697
Results

Event 101 Girls 12 & Under 200 SC Meter Butterfly – Friday 19 September 2025

Name	Age	Team	Seed Time	Finals Time
--- Lyla Hill 10.2 Did not complete the whole distance	12	Mildenhall & District SC	NT	DNF

Event 101 Women 13 & Over 200 SC Meter Butterfly – Friday 19 September 2025

Name	Age	Team	Seed Time	Finals Time
1 Gracie-Mai Lloyd	15	Mildenhall & District SC	4:00.20	3:56.05

Event 101 Boys 12 & Under 200 SC Meter Butterfly – Friday 19 September 2025

Name	Age	Team	Seed Time	Finals Time
1 Charlie Madine	12	Mildenhall & District SC	NT	4:27.02
2 Michael Morrison	11	Mildenhall & District SC	NT	4:53.50

Event 101 Men 13 & Over 200 SC Meter Butterfly – Friday 19 September 2025

Name	Age	Team	Seed Time	Finals Time
1 Kieron Alderson	15	Mildenhall & District SC	3:03.29	3:10.81
2 Filo Ghezzi	33	Mildenhall & District SC	NT	4:18.56
--- Elliott Lloyd 10.2 Did not complete the whole distance	13	Mildenhall & District SC	NT	DNF
--- Rob Garry 10.2 Did not complete the whole distance	61	Mildenhall & District SC	5:53.32	DNF

Event 102 Girls 12 & Under 400 SC Meter IM – Sunday 21 September 2025

Name	Age	Team	Seed Time	Finals Time
1 Lyla Hill	12	Mildenhall & District SC	7:04.52	6:47.42
2 Poppy Richardson	11	Mildenhall & District SC	NT	7:40.59
--- Cosette Jamieson 8.2 Arms not brought forward simultaneously over the water - fly	8	Mildenhall & District SC	NT	DQ
--- Polly Jackson 6.4 Turn not initiated at completion of the arm pull after leaving position on the back -	12	Mildenhall & District SC	6:41.71	DQ

Event 102 Women 13 & Over 400 SC Meter IM – Sunday 21 September 2025

Name	Age	Team	Seed Time	Finals Time
1 Eden Benion	16	Mildenhall & District SC	6:46.89	6:42.40
2 Gracie-Mai Lloyd	15	Mildenhall & District SC	7:13.11	7:03.26
3 Sapphire Desouza-Holwill	13	Mildenhall & District SC	NT	7:18.54
--- Emma Barrett 9.4 Finish of section not in accordance with rule of the stroke concerned (backstroke)	13	Mildenhall & District SC	NT	DQ

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Event 102 Boys 12 & Under 400 SC Meter IM – Sunday 21 September 2025

Name	Age	Team	Seed Time	Finals Time
1 Finley Crichton	10	Mildenhall & District SC	NT	8:02.30
2 Michael Morrison	11	Mildenhall & District SC	NT	9:09.55
--- William Onslow 10.2 Did not complete the whole distance - misc.	11	Mildenhall & District SC	NT	DNF
--- Charlie Madine 10.2 Did not complete the whole distance - misc.	12	Mildenhall & District SC	NT	DNF

Event 102 Men 13 & Over 400 SC Meter IM – Sunday 21 September 2025

Name	Age	Team	Seed Time	Finals Time
1 Kieron Alderson	15	Mildenhall & District SC	6:16.98	6:22.27
2 Elliott Lloyd	13	Mildenhall & District SC	8:36.26	7:47.11
3 Rob Garry	61	Mildenhall & District SC	8:51.89	9:46.99
--- Filo Ghezzi 7.6 Did not touch at the turn or finish with both hands; separated; simultaneously - breaststroke	33	Mildenhall & District SC	NT	DQ

Event 103 Girls 12 & Under 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Polly Jackson	12	Mildenhall & District SC	3:08.36	3:01.41
2 Lyla Hill	12	Mildenhall & District SC	3:20.67	3:12.54
3 Poppy Richardson	11	Mildenhall & District SC	3:25.35	3:22.60
4 Cosette Jamieson	8	Mildenhall & District SC	NT	3:43.11
5 Amelia Larkin	10	Mildenhall & District SC	NT	3:54.26
--- Francesca Onslow 6.2 Left position on the back except when executing a turn	8	Mildenhall & District SC	NT	DQ
--- Hayley Moore 6.4 Did not start executing the turn immediately after turning onto the breast	10	Mildenhall & District SC	NT	DQ
--- Natalie Moore 6.4 Did not start executing the turn immediately after turning onto the breast	12	Mildenhall & District SC	NT	DQ

Event 103 Women 13 & Over 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Gracie-Mai Lloyd	15	Mildenhall & District SC	3:25.04	3:16.81
2 Sapphire Desouza-Holwill	13	Mildenhall & District SC	3:37.16	3:19.98
3 Emma Barrett	13	Mildenhall & District SC	4:07.51	3:43.47
4 Lilly Bird	13	Mildenhall & District SC	NT	3:46.17
5 Jane Smith	61	Mildenhall & District SC	4:00.00	4:00.49
6 Jeannie Morley	69	Mildenhall & District SC	4:35.75	4:27.53
7 Bibi Cevoli	30	Mildenhall & District SC	NT	4:35.22

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Event 103 Boys 12 & Under 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Seb Cash	12	Mildenhall & District SC	NT	3:35.93
2 William Onslow	11	Mildenhall & District SC	NT	3:44.64
3 Charlie Madine	12	Mildenhall & District SC	NT	3:58.55
4 Henry Cash	10	Mildenhall & District SC	NT	3:59.00
--- Ralph Madine 6.5 Did not finish the race while on the back	9	Mildenhall & District SC	NT	DQ
--- Michael Morrison 6.4 Did not start executing the turn immediately after turning onto the breast	11	Mildenhall & District SC	NT	DQ
--- William Tyson 6.4 Did not touch the wall during the turn	11	Mildenhall & District SC	NT	DQ

Event 103 Men 13 & Over 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Kieron Alderson	15	Mildenhall & District SC	2:49.19	2:52.81
2 George Richardson	14	Mildenhall & District SC	3:00.97	2:59.49
3 Harrison Sainsbury	13	Mildenhall & District SC	NT	3:23.45
4 Elliott Lloyd	13	Mildenhall & District SC	3:40.53	3:24.38
5 Daryll Castleton	47	Mildenhall & District SC	NT	3:37.76
6 Filo Ghezzi	33	Mildenhall & District SC	NT	3:47.29
7 Rob Garry	61	Mildenhall & District SC	4:02.64	3:52.37

Event 104 Girls 12 & Under 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Polly Jackson	12	Mildenhall & District SC	3:20.91	3:21.57
2 Lyla Hill	12	Mildenhall & District SC	3:56.04	3:28.88
3 Elysia Jackson	12	Mildenhall & District SC	NT	3:47.09
4 Poppy Richardson	11	Mildenhall & District SC	NT	4:02.48
5 Amelia Larkin	10	Mildenhall & District SC	NT	4:09.44
6 Georgia Bailey	11	Mildenhall & District SC	NT	4:16.58
7 Luna Newson	11	Mildenhall & District SC	NT	4:22.56
8 Natalie Moore	12	Mildenhall & District SC	NT	4:33.69
9 Cosette Jamieson	8	Mildenhall & District SC	NT	4:42.83
10 Hayley Moore	10	Mildenhall & District SC	NT	4:54.51
11 Francesca Onslow	8	Mildenhall & District SC	NT	5:05.06

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Event 104 Women 13 & Over 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Phoebe Mallen	19	Mildenhall & District SC	3:19.97	3:14.16
2 Gracie-Mai Lloyd	15	Mildenhall & District SC	3:33.13	3:26.30
3 Eden Benion	16	Mildenhall & District SC	3:16.08	3:29.93
4 Sapphire Desouza-Holwill	13	Mildenhall & District SC	4:14.49	3:38.88
5 Emma Barrett	13	Mildenhall & District SC	NT	3:46.51
6 Adriana Morrison	13	Mildenhall & District SC	4:32.14	4:10.36
7 Abi Chaplin	14	Mildenhall & District SC	NT	4:13.99
8 Jane Smith	61	Mildenhall & District SC	4:40.00	4:33.80
9 Bibi Cevoli	30	Mildenhall & District SC	NT	4:34.38
10 Bow Cooper-Smith	13	Mildenhall & District SC	NT	4:46.40

Event 104 Boys 12 & Under 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Seb Cash	12	Mildenhall & District SC	NT	3:58.81
2 William Onslow	11	Mildenhall & District SC	NT	4:30.48
3 Henry Cash	10	Mildenhall & District SC	NT	4:33.81
4 Charlie Madine	12	Mildenhall & District SC	NT	4:46.02
5 Ralph Madine	9	Mildenhall & District SC	NT	4:51.58

Event 104 Men 13 & Over 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 James Shipp	18	Mildenhall & District SC	2:46.76	2:49.67
2 Miko Poplawski	16	Mildenhall & District SC	2:58.62	2:56.71
3 George Richardson	14	Mildenhall & District SC	3:32.96	3:21.78
4 Filo Ghezzi	33	Mildenhall & District SC	NT	3:35.32
5 Kieron Alderson	15	Mildenhall & District SC	NT	3:36.46
6 Darryl Castleton	47	Mildenhall & District SC	NT	3:36.56
7 Elliott Lloyd	13	Mildenhall & District SC	4:03.01	3:59.41
8 Rob Garry	61	Mildenhall & District SC	4:34.18	4:41.21

Mildenhall & District Swimming Club

Long Distance Club Championships -2025**4ER251693 to 4ER251697****Results****Event 105 Girls 12 & Under 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Lyla Hill	12	Mildenhall & District SC	2:58.11	2:43.52
2 Polly Jackson	12	Mildenhall & District SC	2:54.65	2:52.05
3 Elysia Jackson	12	Mildenhall & District SC	NT	3:06.91
4 Poppy Richardson	11	Mildenhall & District SC	3:55.39	3:10.24
5 Natalie Moore	12	Mildenhall & District SC	NT	3:35.49
6 Georgia Bailey	11	Mildenhall & District SC	3:57.99	3:39.56
7 Hayley Moore	10	Mildenhall & District SC	NT	3:44.35
8 Amelia Larkin	10	Mildenhall & District SC	4:09.16	3:44.59
9 Francesca Onslow	8	Mildenhall & District SC	NT	3:47.43
10 Cosette Jamieson	8	Mildenhall & District SC	NT	3:52.26

Event 105 Women 13 & Over 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Eden Benion	16	Mildenhall & District SC	2:43.55	2:42.40
2 Sapphire Desouza-Holwill	13	Mildenhall & District SC	3:04.61	2:55.70
3 Abi Chaplin	14	Mildenhall & District SC	NT	2:55.81
4 Emma Barrett	13	Mildenhall & District SC	3:13.06	3:03.30
5 Gracie-Mai Lloyd	15	Mildenhall & District SC	3:18.76	3:08.24
6 Lilly Bird	13	Mildenhall & District SC	3:35.56	3:22.07
7 Adriana Morrison	13	Mildenhall & District SC	3:55.02	3:38.86
8 Bibi Cevoli	30	Mildenhall & District SC	NT	4:00.20
9 Jeannie Morley	69	Mildenhall & District SC	4:03.95	4:11.49

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Event 105 Boys 12 & Under 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Finley Crichton	10	Mildenhall & District SC	3:01.47	2:55.69
2 Seb Cash	12	Mildenhall & District SC	3:23.43	2:59.41
3 William Onslow	11	Mildenhall & District SC	3:14.02	3:14.94
4 Charlie Madine	12	Mildenhall & District SC	3:57.79	3:22.34
5 Ryker Jackson	10	Mildenhall & District SC	NT	3:43.71
6 Michael Morrison	11	Mildenhall & District SC	4:15.55	3:48.07
7 Sam Goldstone	10	Mildenhall & District SC	NT	4:30.76
8 Kyle Chaplin	10	Mildenhall & District SC	NT	4:32.50
9 Hector Latham	8	Mildenhall & District SC	NT	5:14.67
--- Ralph Madine 4.4 Initiating a start before the signal	9	Mildenhall & District SC	NT	DQ
--- Ethan Miller 10.2 Did not complete the whole distance	9	Mildenhall & District SC	NT	DNF

Event 105 Men 13 & Over 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Miko Poplawski	16	Mildenhall & District SC	2:14.53	2:19.26
2 Kieron Alderson	15	Mildenhall & District SC	2:30.54	2:30.81
3 George Richardson	14	Mildenhall & District SC	2:45.20	2:39.56
4 Bobby Hickman	13	Mildenhall & District SC	3:32.90	2:41.83
5 Darryl Castleton	47	Mildenhall & District SC	NT	2:57.73
6 Filo Ghezzi	33	Mildenhall & District SC	NT	2:59.27
7 Harrison Sainsbury	13	Mildenhall & District SC	3:54.61	3:08.60
8 Elliott Lloyd	13	Mildenhall & District SC	3:54.73	3:11.10
9 Karol Poplawski	13	Mildenhall & District SC	3:17.22	3:11.16
10 Rob Garry	61	Mildenhall & District SC	3:17.81	3:17.71
11 John Browne	67	Mildenhall & District SC	4:02.50	4:09.31

Event 106 Girls 12 & Under 1500 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Polly Jackson	12	Mildenhall & District SC	23:38.19	23:20.02
2 Lyla Hill	12	Mildenhall & District SC	27:41.11	23:36.11
3 Poppy Richardson	11	Mildenhall & District SC	NT	28:11.70
4 Francesca Onslow	8	Mildenhall & District SC	NT	30:08.50

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Long Distance Club Championships -2025**4ER251693 to 4ER251697****Results****Event 106 Women 13 & Over 1500 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Eden Benion	16	Mildenhall & District SC	22:58.71	22:58.76
2	Abi Chaplin	14	Mildenhall & District SC	NT	25:53.43
3	Emma Barrett	13	Mildenhall & District SC	NT	26:57.30
4	Gracie-Mai Lloyd	15	Mildenhall & District SC	NT	27:16.76
5	Adriana Morrison	13	Mildenhall & District SC	32:40.47	30:02.27
6	Jeannie Morley	69	Mildenhall & District SC	32:31.97	33:47.67
7	Bibi Cevoli	30	Mildenhall & District SC	NT	34:20.89

Event 106 Boys 12 & Under 1500 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Finley Crichton	10	Mildenhall & District SC	NT	25:21.84
2	William Onslow	11	Mildenhall & District SC	NT	26:22.67
3	Michael Morrison	11	Mildenhall & District SC	NT	33:09.98

Event 106 Men 13 & Over 1500 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Miko Poplawski	16	Mildenhall & District SC	21:11.86	21:38.86
2	Kieron Alderson	15	Mildenhall & District SC	20:51.16	21:39.30
3	Harrison Sainsbury	13	Mildenhall & District SC	NT	26:54.49
4	Filo Ghezzi	33	Mildenhall & District SC	NT	27:32.84
5	Rob Garry	61	Mildenhall & District SC	28:24.12	29:00.52