

Event 135: 400m Freestyle, Female, All Ages, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
Results Band A, Nine Years							
1	Katie LINES (LOBT)	(01)	[83]	(06:29.99)	05:37.66	13.4	336 (336) + 3.6%Reg QT
	Lap 1 00:38.63(38.63)	Lap 2 01:20.78(42.15)	Lap 3 02:04.30(43.52)	Lap 4 02:47.77(43.47)			
	Lap 5 03:31.07(43.30)	Lap 6 04:14.46(43.39)	Lap 7 04:58.05(43.59)	End 05:37.66(39.61)			
2	Chloe-Jean PARSLEY (NWMT)	(01)	[82]	(06:28.48)	05:56.09	8.3	287 (287)
	Lap 1 00:38.78(38.78)	Lap 2 01:23.78(45.00)	Lap 3 02:09.20(45.42)	Lap 4 02:55.14(45.94)			
	Lap 5 03:42.77(47.63)	Lap 6 04:28.03(45.26)	Lap 7 05:13.04(45.01)	End 05:56.09(43.05)			
3	Rebecca MERRILL (DEBT)	(01)	[87]	(06:58.10)	06:27.64	7.2	222 (222)
	Lap 1 00:43.09(43.09)	Lap 2 01:31.99(48.90)	Lap 3 02:22.81(50.82)	Lap 4 03:12.59(49.78)			
	Lap 5 04:02.63(50.04)	Lap 6 04:54.16(51.53)	Lap 7 05:43.06(48.90)	End 06:27.64(44.58)			
4	Bethany SKOULDING (STOT)	(02)	[85]	(06:44.03)	06:36.55	1.8	207 (207)
	Lap 1 00:44.06(44.06)	Lap 2 01:33.94(49.88)	Lap 3 02:25.48(51.54)	Lap 4 03:17.02(51.54)			
	Lap 5 04:07.58(50.56)	Lap 6 04:59.76(52.18)	Lap 7 05:50.38(50.62)	End 06:36.55(46.17)			
5	Amy DAVIES (STOT)	(01)	[86]	(06:56.21)	06:36.76	4.6	207 (207)
	Lap 1 00:44.96(44.96)	Lap 2 01:35.52(50.56)	Lap 3 02:25.65(50.13)	Lap 4 03:17.11(51.46)			
	Lap 5 04:08.77(51.66)	Lap 6 05:00.08(51.31)	Lap 7 05:51.21(51.13)	End 06:36.76(45.55)			
Results Band B, Ten Years							
1	Rebecca SHERWIN (IPST)	(00)	[70]	(05:38.28)	05:07.53	9.0	445 (445) +12.2%Reg QT
	Lap 1 00:34.73(34.73)	Lap 2 01:13.36(38.63)	Lap 3 01:52.43(39.07)	Lap 4 02:32.01(39.58)			
	Lap 5 03:11.96(39.95)	Lap 6 03:52.24(40.28)	Lap 7 04:32.32(40.08)	End 05:07.53(35.21)			
2	Imogen ROSS-SMITH (IPST)	(00)	[53]	(05:27.00)	05:08.80	5.5	440 (440) + 3.3%Reg QT
	Lap 1 00:35.47(35.47)	Lap 2 01:14.00(38.53)	Lap 3 01:53.64(39.64)	Lap 4 02:34.59(40.95)			
	Lap 5 03:13.92(39.33)	Lap 6 03:53.59(39.67)	Lap 7 04:32.71(39.12)	End 05:08.80(36.09)			
3	Eliza ROSS-SMITH (IPST)	(00)	[64]	(05:33.75)	05:14.41	5.7	417 (417) + 1.5%Reg QT
	Lap 1 00:35.42(35.42)	Lap 2 01:14.95(39.53)	Lap 3 01:56.04(41.09)	Lap 4 02:36.83(40.79)			
	Lap 5 03:17.59(40.76)	Lap 6 03:57.59(40.00)	Lap 7 04:37.43(39.84)	End 05:14.41(36.98)			
4	Nancy DOUBLEDEE (IPST)	(00)	[76]	(05:58.17)	05:26.36	8.8	372 (372) + 6.8%Reg QT
	Lap 1 00:36.46(36.46)	Lap 2 01:17.68(41.22)	Lap 3 02:00.61(42.93)	Lap 4 02:43.85(43.24)			
	Lap 5 03:25.37(41.52)	Lap 6 04:06.38(41.01)	Lap 7 04:46.79(40.41)	End 05:26.36(39.57)			
5	Jasmine WILSON (LOBT)	(00)	[75]	(05:46.61)	05:34.30	3.5	347 (347) + 4.5%Reg QT
	Lap 1 00:35.45(35.45)	Lap 2 01:16.58(41.13)	Lap 3 01:58.81(42.23)	Lap 4 02:42.54(43.73)			
	Lap 5 03:26.15(43.61)	Lap 6 04:09.59(43.44)	Lap 7 04:52.98(43.39)	End 05:34.30(41.32)			
6	Sophie CASE (LOBT)	(00)	[78]	(06:14.60)	05:46.19	7.5	312 (312)
	Lap 1 00:38.30(38.30)	Lap 2 01:21.47(43.17)	Lap 3 02:05.33(43.86)	Lap 4 02:50.04(44.71)			
	Lap 5 03:34.91(44.87)	Lap 6 04:19.78(44.87)	Lap 7 05:03.91(44.13)	End 05:46.19(42.28)			
7	Maddie CHAMBERS (SFST)	(00)	[81]	(06:27.90)	05:48.99	10.0	305 (305) + 0.3%Reg QT
	Lap 1 00:39.12(39.12)	Lap 2 01:23.44(44.32)	Lap 3 02:07.18(43.74)	Lap 4 02:52.22(45.04)			
	Lap 5 03:36.57(44.35)	Lap 6 04:21.52(44.95)	Lap 7 05:04.31(42.79)	End 05:48.99(44.68)			
8	Melissa ABBOTT (IPST)	(01)	[84]	(06:31.93)	05:58.36	8.5	281 (281)
	Lap 1 00:41.19(41.19)	Lap 2 01:26.81(45.62)	Lap 5 03:54.84(148.03)	Lap 6 04:29.71(34.87)			
	Lap 7 05:15.02(45.31)	End 05:58.36(43.34)					
9	Sophie PICKERING (IPST)	(00)	[79]	(06:16.21)	06:00.90	4.0	275 (275)
	Lap 1 00:41.00(41.00)	Lap 2 01:27.24(46.24)	Lap 3 02:13.96(46.72)	Lap 4 03:00.29(46.33)			
	Lap 5 03:46.34(46.05)	Lap 6 04:32.45(46.11)	Lap 7 05:18.39(45.94)	End 06:00.90(42.51)			
10	Sophie BELLWOOD (NWMT)	(00)	[80]	(06:17.81)	06:14.83	0.7	246 (246)
	Lap 1 00:41.19(41.19)	Lap 2 01:28.00(46.81)	Lap 3 02:16.75(48.75)	Lap 4 03:05.22(48.47)			
	Lap 5 03:54.27(49.05)	Lap 6 04:42.92(48.65)	Lap 7 05:30.19(47.27)	End 06:14.83(44.64)			
	Courtney KING (IPST)	(00)	[77]	(06:02.18)	DSQ		10.2
	Lap 1 00:38.32(38.32)	Lap 2 01:19.61(41.29)					
Results Band C, Eleven Years							
1	Lucy OXBROW (IPST)	(99)	[47]	(05:16.92)	04:58.81	5.7	485 (485) + 6.4%Reg QT
	Lap 1 00:33.74(33.74)	Lap 2 01:11.18(37.44)	Lap 3 01:48.99(37.81)	Lap 4 02:26.96(37.97)			
	Lap 5 03:05.11(38.15)	Lap 6 03:43.74(38.63)	Lap 7 04:21.92(38.18)	End 04:58.81(36.89)			
2	Georgina FULCHER (DEBT)	(99)	[52]	(05:23.64)	05:11.25	3.8	429 (429) + 2.5%Reg QT
	Lap 1 00:34.69(34.69)	Lap 2 01:13.36(38.67)	Lap 3 01:53.31(39.95)	Lap 4 02:33.44(40.13)			
	Lap 5 03:13.54(40.10)	Lap 6 03:53.60(40.06)	Lap 7 04:33.20(39.60)	End 05:11.25(38.05)			
3	Arna TOLLIDAY (SFST)	(99)	[55]	(05:27.62)	05:11.35	4.9	429 (429) + 2.5%Reg QT

Lap 1	00:34.80(34.80)	Lap 2	01:13.93(39.13)	Lap 3	01:54.14(40.21)	Lap 4	02:34.97(40.83)
Lap 5	03:15.65(40.68)	Lap 6	03:55.60(39.95)	Lap 7	04:34.23(38.63)	End	05:11.35(37.12)
4 Sophie BOWLER (SFST)		(99) [67]	(05:35.70)	05:12.16	7.0	426 (426)	
Lap 1	00:32.91(32.91)	Lap 2	01:10.55(37.64)	Lap 3	01:51.80(41.25)	Lap 4	02:33.41(41.61)
Lap 5	03:14.98(41.57)	Lap 6	03:55.48(40.50)	Lap 7	04:35.40(39.92)	End	05:12.16(36.76)
5 Alicia DEMETRIADES (IPST)		(99) [54]	(05:27.56)	05:12.82	4.5	423 (423)	
Lap 1	00:35.66(35.66)	Lap 2	01:15.32(39.66)	Lap 3	01:55.77(40.45)	Lap 4	02:35.39(39.62)
Lap 5	03:15.76(40.37)	Lap 6	03:56.02(40.26)	Lap 7	04:35.56(39.54)	End	05:12.82(37.26)
6 Hannah ILLMAN (IPST)		(99) [56]	(05:28.53)	05:14.04	4.4	418 (418)	
Lap 1	00:36.22(36.22)	Lap 2	01:15.66(39.44)	Lap 3	01:56.02(40.36)	Lap 4	02:36.25(40.23)
Lap 5	03:16.44(40.19)	Lap 6	03:56.71(40.27)	Lap 7	04:36.31(39.60)	End	05:14.04(37.73)
7 Chloe LONG (STOT)		(99) [72]	(05:40.72)	05:16.65	7.0	408 (408)	
Lap 1	00:35.81(35.81)	Lap 2	01:15.09(39.28)	Lap 3	01:56.00(40.91)	Lap 4	02:36.73(40.73)
Lap 5	03:17.72(40.99)	Lap 6	03:57.96(40.24)	Lap 7	04:37.88(39.92)	End	05:16.65(38.77)
8 Hannah SPARROW (WSUT)		(99) [74]	(05:45.90)	05:17.62	8.1	404 (404)	
Lap 1	00:34.82(34.82)	Lap 2	01:13.41(38.59)	Lap 3	01:53.74(40.33)	Lap 4	02:35.02(41.28)
Lap 5	03:16.40(41.38)	Lap 6	03:57.68(41.28)	Lap 7	04:38.74(41.06)	End	05:17.62(38.88)
9 Casey-Jo MAGGS (WSUT)		(99) [69]	(05:37.35)	05:34.86	0.7	345 (345)	
Lap 1	00:36.46(36.46)	Lap 2	01:17.72(41.26)	Lap 3	02:00.83(43.11)	Lap 4	02:44.13(43.30)
Lap 5	03:27.92(43.79)	Lap 6	04:11.09(43.17)	Lap 7	04:54.00(42.91)	End	05:34.86(40.86)
10 Olivia SHERRED (SUDT)		(99) [68]	(05:36.91)	05:36.60	0.0	339 (339)	
Lap 1	00:38.01(38.01)	Lap 2	01:19.22(41.21)	Lap 3	02:01.26(42.04)	Lap 4	02:43.74(42.48)
Lap 5	03:26.44(42.70)	Lap 6	04:09.39(42.95)	Lap 7	04:53.19(43.80)	End	05:36.60(43.41)
11 Jordanne SILLITOE (MADT)		(99) [71]	(05:39.53)	05:50.81	-3.3	300 (300)	
Lap 1	00:37.00(37.00)	Lap 2	01:18.44(41.44)	Lap 3	02:03.68(45.24)	Lap 4	02:49.39(45.71)
Lap 5	03:35.12(45.73)	Lap 6	04:21.83(46.71)	Lap 7	05:08.27(46.44)	End	05:50.81(42.54)
Lana MO (SUDT)		(99) [42]	(05:14.36)	DNS			
Rebecca MILLER (IPST)		(99) [73]	(05:42.63)	DSQ	4.4		
Lap 1	00:36.71(36.71)	Lap 2	01:17.40(40.69)	Lap 3	01:59.27(41.87)	Lap 4	02:41.61(42.34)
Lap 5	03:24.11(42.50)	Lap 6	04:06.22(42.11)	Lap 7	04:48.59(42.37)	End	00:00.00(-288.59)

Results Band D, Twelve Years

1 Emily DOWDING (IPST)		(98) [19]	(04:54.10)	04:45.90	2.7	554 (554)	+ 6.3%Reg QT
Lap 1	00:31.82(31.82)	Lap 2	01:06.90(35.08)	Lap 3	01:42.95(36.05)	Lap 4	02:19.22(36.27)
Lap 5	02:55.60(36.38)	Lap 6	03:32.04(36.44)	Lap 7	04:08.79(36.75)	End	04:45.90(37.11)
2 Isobelle BERREY (LOBT)		(98) [28]	(05:03.83)	04:55.34	2.7	503 (503)	+ 0.7%Reg QT
Lap 1	00:33.71(33.71)	Lap 2	01:10.04(36.33)	Lap 3	01:47.05(37.01)	Lap 4	02:24.27(37.22)
Lap 5	03:01.60(37.33)	Lap 6	03:39.21(37.61)	Lap 7	04:18.06(38.85)	End	04:55.34(37.28)
3 Cara HETHERINGTON (IPST)		(99) [49]	(05:18.09)	04:55.97	6.9	500 (500)	+ 3.0%Reg QT
Lap 1	00:33.92(33.92)	Lap 2	01:11.07(37.15)	Lap 3	01:48.91(37.84)	Lap 4	02:27.06(38.15)
Lap 5	03:04.58(37.52)	Lap 6	03:43.07(38.49)	Lap 7	04:20.50(37.43)	End	04:55.97(35.47)
4 Sophie CONWAY (IPST)		(98) [27]	(05:03.45)	04:58.79	1.5	486 (486)	+ 2.1%Reg QT
Lap 1	00:33.81(33.81)	Lap 2	01:10.72(36.91)	Lap 3	01:48.41(37.69)	Lap 4	02:26.44(38.03)
Lap 5	03:04.74(38.30)	Lap 6	03:43.27(38.53)	Lap 7	04:21.68(38.41)	End	04:58.79(37.11)
5 Amelia STANNARD (SFST)		(98) [57]	(05:29.08)	05:00.04	8.8	479 (479)	
Lap 1	00:33.29(33.29)	Lap 2	01:10.04(36.75)	Lap 3	01:47.67(37.63)	Lap 4	02:26.43(38.76)
Lap 5	03:04.75(38.32)	Lap 6	03:43.48(38.73)	Lap 7	04:22.45(38.97)	End	05:00.04(37.59)
6 Alice WATSON-FLOWERS (LOBT)		(98) [43]	(05:14.46)	05:11.89	0.8	427 (427)	
Lap 1	00:34.03(34.03)	Lap 2	01:12.05(38.02)	Lap 3	01:51.72(39.67)	Lap 4	02:31.68(39.96)
Lap 5	03:10.83(39.15)	Lap 6	03:51.92(41.09)	Lap 7	04:32.60(40.68)	End	05:11.89(39.29)
7 Ellena SKOULDING (STOT)		(98) [45]	(05:16.27)	05:12.78	1.1	423 (423)	
Lap 1	00:34.94(34.94)	Lap 2	01:14.38(39.44)	Lap 3	01:54.87(40.49)	Lap 4	02:34.91(40.04)
Lap 5	03:15.04(40.13)	Lap 6	03:55.40(40.36)	Lap 7	04:35.51(40.11)	End	05:12.78(37.27)
8 Courtney SMITH (IPST)		(98) [51]	(05:21.18)	05:14.96	1.9	414 (414)	
Lap 1	00:36.11(36.11)	Lap 2	01:15.68(39.57)	Lap 3	01:55.05(39.37)	Lap 4	02:35.17(40.12)
Lap 5	03:15.53(40.36)	Lap 6	03:56.42(40.89)	Lap 7	04:36.94(40.52)	End	05:14.96(38.02)
9 Beth WISEMAN (WSUT)		(98) [62]	(05:31.28)	05:16.25	4.5	409 (409)	
Lap 1	00:35.74(35.74)	Lap 2	01:15.42(39.68)	Lap 3	01:56.48(41.06)	Lap 4	02:36.90(40.42)
Lap 5	03:17.73(40.83)	Lap 6	03:58.32(40.59)	Lap 7	04:38.11(39.79)	End	05:16.25(38.14)
10 Grace EVANS (NWMT)		(98) [50]	(05:20.98)	05:16.40	1.4	409 (409)	
Lap 1	00:35.45(35.45)	Lap 2	01:14.86(39.41)	Lap 3	01:55.73(40.87)	Lap 4	02:36.43(40.70)

Lap 5	03:16.56(40.13)	Lap 6	03:57.17(40.61)	Lap 7	04:37.44(40.27)	End	05:16.40(38.96)
11 Amy BOWEN (LOBT)		(98) [63]	(05:32.69)	05:20.11	3.7	395 (395)	
Lap 1	00:37.20(37.20)	Lap 2	01:17.94(40.74)	Lap 3	01:58.72(40.78)	Lap 4	02:39.44(40.72)
Lap 5	03:20.19(40.75)	Lap 6	04:00.94(40.75)	Lap 7	04:40.80(39.86)	End	05:20.11(39.31)
12 Megan CHERRY (IPST)		(98) [48]	(05:17.29)	05:20.25	-0.9	394 (394)	
Lap 1	00:35.02(35.02)	Lap 2	01:14.42(39.40)	Lap 3	01:55.09(40.67)	Lap 4	02:36.48(41.39)
Lap 5	03:17.74(41.26)	Lap 6	03:59.03(41.29)	Lap 7	04:39.96(40.93)	End	05:20.25(40.29)
13 Nadia WRIGHT (LOBT)		(98) [60]	(05:30.02)	05:20.28	2.9	394 (394)	
Lap 1	00:35.34(35.34)	Lap 2	01:14.98(39.64)	Lap 3	01:55.63(40.65)	Lap 4	02:36.46(40.83)
Lap 5	03:17.55(41.09)	Lap 6	03:58.53(40.98)	Lap 7	04:39.49(40.96)	End	05:20.28(40.79)
14 Gemma RIDES (SUPT)		(98) [44]	(05:16.07)	05:23.41	-2.3	383 (383)	
Lap 1	00:35.40(35.40)	Lap 2	01:15.85(40.45)	Lap 3	01:57.17(41.32)	Lap 4	02:38.91(41.74)
Lap 5	03:21.46(42.55)	Lap 6	04:03.36(41.90)	Lap 7	04:44.32(40.96)	End	05:23.41(39.09)
15 Eleanor WRIGHT (WSUT)		(98) [66]	(05:35.09)	05:26.35	2.6	373 (373)	
Lap 1	00:37.07(37.07)	Lap 2	01:17.54(40.47)	Lap 3	01:58.26(40.72)	Lap 4	02:40.08(41.82)
Lap 5	03:22.10(42.02)	Lap 6	04:04.24(42.14)	Lap 7	04:45.68(41.44)	End	05:26.35(40.67)
16 Francesca SOUTER (DEBT)		(98) [59]	(05:29.97)	05:28.06	0.5	367 (367)	
Lap 1	00:37.51(37.51)	Lap 2	01:17.88(40.37)	Lap 3	01:59.49(41.61)	Lap 4	02:41.59(42.10)
Lap 5	03:23.76(42.17)	Lap 6	04:05.85(42.09)	Lap 7	04:48.71(42.86)	End	05:28.06(39.35)
17 Sarah BOWEN (LOBT)		(98) [61]	(05:30.31)	05:33.09	-0.8	350 (350)	
Lap 1	00:36.11(36.11)	Lap 2	01:17.39(41.28)	Lap 3	01:59.27(41.88)	Lap 4	02:40.74(41.47)
Lap 5	03:22.46(41.72)	Lap 6	04:05.93(43.47)	Lap 7	04:49.61(43.68)	End	05:33.09(43.48)
Results Band E, Thirteen Years							
1 Josephine BLADES (SFST)		(97) [14]	(04:51.16)	04:38.00	4.5	603 (603)	+ 6.5%Reg QT
Lap 1	00:31.04(31.04)	Lap 2	01:04.99(33.95)	Lap 3	01:39.86(34.87)	Lap 4	02:15.03(35.17)
Lap 5	02:50.97(35.94)	Lap 6	03:26.83(35.86)	Lap 7	04:03.24(36.41)	End	04:38.00(34.76)
2 Alaina SCIFO (IPST)		(97) [21]	(04:54.55)	04:43.13	3.8	571 (571)	+ 4.8%Reg QT
Lap 1	00:31.33(31.33)	Lap 2	01:05.28(33.95)	Lap 3	01:39.84(34.56)	Lap 4	02:15.07(35.23)
Lap 5	02:50.90(35.83)	Lap 6	03:28.20(37.30)	Lap 7	04:06.04(37.84)	End	04:43.13(37.09)
3 Alice SHERWIN (IPST)		(97) [16]	(04:53.48)	04:46.60	2.3	550 (550)	+ 3.6%Reg QT
Lap 1	00:31.37(31.37)	Lap 2	01:05.94(34.57)	Lap 3	01:41.98(36.04)	Lap 4	02:18.49(36.51)
Lap 5	02:55.72(37.23)	Lap 6	03:33.26(37.54)	Lap 7	04:10.92(37.66)	End	04:46.60(35.68)
4 Jennifer BEEVOR (SFST)		(97) [18]	(04:53.71)	04:46.64	2.4	550 (550)	
Lap 1	00:32.64(32.64)	Lap 2	01:07.85(35.21)	Lap 3	01:43.94(36.09)	Lap 4	02:20.35(36.41)
Lap 5	02:56.81(36.46)	Lap 6	03:33.48(36.67)	Lap 7	04:10.26(36.78)	End	04:46.64(36.38)
5 Molly REEDER (WSUT)		(97) [13]	(04:49.58)	04:53.00	-1.1	515 (515)	+ 1.5%Reg QT
Lap 1	00:33.20(33.20)	Lap 2	01:08.98(35.78)	Lap 3	01:45.38(36.40)	Lap 4	02:22.12(36.74)
Lap 5	02:59.70(37.58)	Lap 6	03:37.35(37.65)	Lap 7	04:15.43(38.08)	End	04:53.00(37.57)
6 Milly THORPE (IPST)		(98) [41]	(05:14.28)	04:59.50	4.7	482 (482)	
Lap 1	00:34.43(34.43)	Lap 2	01:11.58(37.15)	Lap 3	01:50.07(38.49)	Lap 4	02:27.93(37.86)
Lap 5	03:06.00(38.07)	Lap 6	03:44.98(38.98)	Lap 7	04:23.56(38.58)	End	04:59.50(35.94)
7 Nina BIRCHAM (BECT)		(97) [30]	(05:06.08)	04:59.60	2.1	482 (482)	
Lap 1	00:32.17(32.17)	Lap 2	01:08.00(35.83)	Lap 3	01:45.87(37.87)	Lap 4	02:24.26(38.39)
Lap 5	03:03.62(39.36)	Lap 6	03:43.42(39.80)	Lap 7	04:22.95(39.53)	End	04:59.60(36.65)
8 Casey WILLIS (SFST)		(97) [46]	(05:16.59)	05:01.95	4.6	470 (470)	
Lap 1	00:32.38(32.38)	Lap 2	01:08.72(36.34)	Lap 3	01:46.47(37.75)	Lap 4	02:24.97(38.50)
Lap 5	03:04.15(39.18)	Lap 6	03:43.50(39.35)	Lap 7	04:23.46(39.96)	End	05:01.95(38.49)
9 Sophie PEACHMENT (IPST)		(97) [32]	(05:07.00)	05:04.89	0.6	457 (457)	
Lap 1	00:34.30(34.30)	Lap 2	01:12.30(38.00)	Lap 3	01:51.52(39.22)	Lap 4	02:30.88(39.36)
Lap 5	03:09.39(38.51)	Lap 6	03:48.84(39.45)	Lap 7	04:28.52(39.68)	End	05:04.89(36.37)
10 Isobelle READ (LOBT)		(98) [39]	(05:12.30)	05:10.21	0.6	434 (434)	
Lap 1	00:34.81(34.81)	Lap 2	01:12.66(37.85)	Lap 3	01:51.30(38.64)	Lap 4	02:30.73(39.43)
Lap 5	03:10.30(39.57)	Lap 6	03:50.52(40.22)	Lap 7	04:31.35(40.83)	End	05:10.21(38.86)
11 Lauren CASE (LOBT)		(97) [33]	(05:09.34)	05:10.39	-0.3	433 (433)	
Lap 1	00:35.27(35.27)	Lap 2	01:13.41(38.14)	Lap 3	01:52.60(39.19)	Lap 4	02:32.04(39.44)
Lap 5	03:11.60(39.56)	Lap 6	03:51.43(39.83)	Lap 7	04:31.61(40.18)	End	05:10.39(38.78)
12 Khembe GIBBONS (WSUT)		(97) [36]	(05:10.70)	05:17.03	-2.0	406 (406)	
Lap 1	00:34.36(34.36)	Lap 2	01:13.39(39.03)	Lap 3	01:53.76(40.37)	Lap 4	02:34.41(40.65)
Lap 5	03:15.16(40.75)	Lap 6	03:56.08(40.92)	Lap 7	04:36.76(40.68)	End	05:17.03(40.27)
13 Abigail HILL (DEBT)		(97) [31]	(05:06.15)	05:20.94	-4.8	392 (392)	

Lap 1	00:34.59(34.59)	Lap 2	01:13.37(38.78)	Lap 3	01:52.95(39.58)	Lap 4	02:33.37(40.42)
Lap 5	03:14.34(40.97)	Lap 6	03:56.06(41.72)	Lap 7	04:38.72(42.66)	End	05:20.94(42.22)

Results Band F/G, 14/15 Years

1 Marcella ARIS (SFST)	(95) [1]	(04:16.24)	04:21.49	-2.0	725	+ 8.7%Reg QT	
Lap 1	00:30.10(30.10)	Lap 2	01:02.50(32.40)	Lap 3	01:35.44(32.94)	Lap 4	02:08.72(33.28)
Lap 5	02:41.78(33.06)	Lap 6	03:15.30(33.52)	Lap 7	03:48.61(33.31)	End	04:21.49(32.88)
2 Charlotte HICKS (SFST)	(96) [6]	(04:34.20)	04:27.80	2.3	675	+ 6.5%Reg QT	
Lap 1	00:30.48(30.48)	Lap 2	01:03.48(33.00)	Lap 3	01:37.18(33.70)	Lap 4	02:11.60(34.42)
Lap 5	02:45.67(34.07)	Lap 6	03:20.21(34.54)	Lap 7	03:54.57(34.36)	End	04:27.80(33.23)
3 Bethan BOTTOMLEY (WSUT)	(95) [8]	(04:36.24)	04:28.09	2.9	672	+ 6.2%Reg QT	
Lap 1	00:30.25(30.25)	Lap 2	01:03.33(33.08)	Lap 3	01:37.36(34.03)	Lap 4	02:11.72(34.36)
Lap 5	02:45.51(33.79)	Lap 6	03:20.04(34.53)	Lap 7	03:54.70(34.66)	End	04:28.09(33.39)
4 Katie RUMSEY (SFST)	(97) [5]	(04:31.28)	04:32.98	-0.6	637	+ 4.7%Reg QT	
Lap 1	00:30.71(30.71)	Lap 2	01:04.11(33.40)	Lap 3	01:38.46(34.35)	Lap 4	02:12.94(34.48)
Lap 5	02:47.73(34.79)	Lap 6	03:23.01(35.28)	Lap 7	03:58.37(35.36)	End	04:32.98(34.61)
5 Tasha LIZAK-NAIKAUSKAS (SFST)	(96) [11]	(04:43.47)	04:39.15	1.5	596	+ 2.6%Reg QT	
Lap 1	00:31.13(31.13)	Lap 2	01:05.47(34.34)	Lap 3	01:40.68(35.21)	Lap 4	02:16.76(36.08)
Lap 5	02:52.84(36.08)	Lap 6	03:28.75(35.91)	Lap 7	04:04.35(35.60)	End	04:39.15(34.80)
6 Eleanor TOMKINS (IPST)	(96) [10]	(04:42.60)	04:41.17	0.5	583	+ 1.9%Reg QT	
Lap 1	00:31.97(31.97)	Lap 2	01:06.87(34.90)	Lap 3	01:42.77(35.90)	Lap 4	02:18.69(35.92)
Lap 5	02:54.97(36.28)	Lap 6	03:30.84(35.87)	Lap 7	04:06.69(35.85)	End	04:41.17(34.48)
7 Cassie EVERILL (LOBT)	(97) [25]	(04:57.25)	04:44.37	4.3	563	+ 0.8%Reg QT	
Lap 1	00:31.78(31.78)	Lap 2	01:06.40(34.62)	Lap 3	01:42.21(35.81)	Lap 4	02:18.47(36.26)
Lap 5	02:54.69(36.22)	Lap 6	03:31.39(36.70)	Lap 7	04:08.10(36.71)	End	04:44.37(36.27)
8 Emma STUDD (DEBT)	(96) [12]	(04:48.96)	04:50.56	-0.5	528		
Lap 1	00:31.73(31.73)	Lap 2	01:07.24(35.51)	Lap 3	01:44.52(37.28)	Lap 4	02:21.89(37.37)
Lap 5	02:59.11(37.22)	Lap 6	03:37.25(38.14)	Lap 7	04:15.00(37.75)	End	04:50.56(35.56)
9 Rebecca WILSON (IPST)	(97) [15]	(04:53.45)	04:51.26	0.7	524		
Lap 1	00:32.73(32.73)	Lap 2	01:08.59(35.86)	Lap 3	01:45.07(36.48)	Lap 4	02:22.48(37.41)
Lap 5	02:59.70(37.22)	Lap 6	03:37.70(38.00)	Lap 7	04:15.12(37.42)	End	04:51.26(36.14)
10 Chloe WILSON (LOBT)	(96) [20]	(04:54.14)	04:52.22	0.6	519		
Lap 1	00:33.18(33.18)	Lap 2	01:09.29(36.11)	Lap 3	01:46.05(36.76)	Lap 4	02:23.24(37.19)
Lap 5	02:59.97(36.73)	Lap 6	03:37.44(37.47)	Lap 7	04:14.98(37.54)	End	04:52.22(37.24)
11 Bethany ELMER (DEBT)	(95) [24]	(04:55.81)	04:53.35	0.8	513		
Lap 1	00:32.27(32.27)	Lap 2	01:07.11(34.84)	Lap 3	01:43.81(36.70)	Lap 4	02:21.89(38.08)
Lap 5	02:59.84(37.95)	Lap 6	03:37.67(37.83)	Lap 7	04:16.13(38.46)	End	04:53.35(37.22)
12 Chloe VAIL (WSUT)	(96) [40]	(05:12.78)	04:58.05	4.7	489		
Lap 1	00:34.43(34.43)	Lap 2	01:13.10(38.67)	Lap 3	01:52.59(39.49)	Lap 4	02:31.56(38.97)
Lap 5	03:10.57(39.01)	Lap 6	03:49.00(38.43)	Lap 7	04:25.20(36.20)	End	04:58.05(32.85)
13 Abby VINE (NWMT)	(95) [22]	(04:55.12)	05:02.66	-2.5	467		
Lap 1	00:33.15(33.15)	Lap 2	01:10.82(37.67)	Lap 3	01:49.62(38.80)	Lap 4	02:28.69(39.07)
Lap 5	03:08.32(39.63)	Lap 6	03:47.25(38.93)	Lap 7	04:26.26(39.01)	End	05:02.66(36.40)
14 Ella RIDES (SUDT)	(96) [38]	(05:11.64)	05:04.10	2.4	461		
Lap 1	00:33.80(33.80)	Lap 2	01:12.40(38.60)	Lap 3	01:51.32(38.92)	Lap 4	02:30.44(39.12)
Lap 5	03:09.64(39.20)	Lap 6	03:48.96(39.32)	Lap 7	04:27.68(38.72)	End	05:04.10(36.42)
15 Sarah VERSEY (FLXT)	(95) [29]	(05:05.42)	05:06.69	-0.4	449		
Lap 1	00:33.63(33.63)	Lap 2	01:10.75(37.12)	Lap 3	01:48.95(38.20)	Lap 4	02:27.76(38.81)
Lap 5	03:06.98(39.22)	Lap 6	03:46.78(39.80)	Lap 7	04:26.85(40.07)	End	05:06.69(39.84)
16 Jasmine SELLER (DEBT)	(95) [34]	(05:10.33)	05:09.84	0.1	435		
Lap 1	00:33.04(33.04)	Lap 2	01:10.24(37.20)	Lap 3	01:49.09(38.85)	Lap 4	02:28.72(39.63)
Lap 5	03:08.79(40.07)	Lap 6	03:49.19(40.40)	Lap 7	04:30.14(40.95)	End	05:09.84(39.70)
17 Dannille RAYNER (NWMT)	(96) [23]	(04:55.42)	05:11.47	-5.4	429		
Lap 1	00:33.50(33.50)	Lap 2	01:12.18(38.68)	Lap 3	01:52.54(40.36)	Lap 4	02:32.82(40.28)
Lap 5	03:13.10(40.28)	Lap 6	03:53.20(40.10)	Lap 7	04:32.93(39.73)	End	05:11.47(38.54)
18 Emma JONES (IPST)	(96) [35]	(05:10.54)	05:16.28	-1.8	409		
Lap 1	00:34.84(34.84)	Lap 2	01:14.42(39.58)	Lap 3	01:53.77(39.35)	Lap 4	02:34.47(40.70)
Lap 5	03:15.73(41.26)	Lap 6	03:56.36(40.63)	Lap 7	04:36.99(40.63)	End	05:16.28(39.29)

Results Band H/I/J, 16 and over

1 Bryony CAMPBELL (SFST)	(93) [4]	(04:26.71)	04:17.06	3.6	763	+10.1%Reg QT
Lap 1 00:29.77(29.77)	Lap 2 01:02.13(32.36)	Lap 3 01:34.76(32.63)	Lap 4 02:07.50(32.74)			
Lap 5 02:39.95(32.45)	Lap 6 03:12.43(32.48)	Lap 7 03:44.93(32.50)	End 04:17.06(32.13)			
2 Pascale REEVES (SFST)	(95) [3]	(04:25.66)	04:23.52	0.8	708	+ 7.8%Reg QT
Lap 1 00:29.39(29.39)	Lap 2 01:02.12(32.73)	Lap 3 01:35.34(33.22)	Lap 4 02:08.65(33.31)			
Lap 5 02:42.15(33.50)	Lap 6 03:15.93(33.78)	Lap 7 03:49.80(33.87)	End 04:23.52(33.72)			
3 Robyn BALL (SFST)	(92) [7]	(04:34.40)	04:31.28	1.1	649	+ 5.1%Reg QT
Lap 1 00:30.14(30.14)	Lap 2 01:02.81(32.67)	Lap 3 01:36.73(33.92)	Lap 4 02:11.49(34.76)			
Lap 5 02:46.43(34.94)	Lap 6 03:21.64(35.21)	Lap 7 03:57.17(35.53)	End 04:31.28(34.11)			
4 Jennifer TITTERINGTON (WSUT)	(93) [9]	(04:37.72)	04:31.29	2.3	649	+ 5.1%Reg QT
Lap 1 00:31.30(31.30)	Lap 2 01:05.13(33.83)	Lap 3 01:39.34(34.21)	Lap 4 02:13.80(34.46)			
Lap 5 02:48.27(34.47)	Lap 6 03:23.08(34.81)	Lap 7 03:57.82(34.74)	End 04:31.29(33.47)			
5 Jenny SEAMAN (BECT)	(95) [17]	(04:53.63)	04:52.06	0.5	520	
Lap 1 00:33.35(33.35)	Lap 2 01:09.29(35.94)	Lap 3 01:46.23(36.94)	Lap 4 02:23.16(36.93)			
Lap 5 03:00.61(37.45)	Lap 6 03:38.50(37.89)	Lap 7 04:16.09(37.59)	End 04:52.06(35.97)			

Event 136: 400m Freestyle, Male, All Ages, HDW, 20/03/2011

Place Name YOB Comp. No Entered at Time set Change% GB/BAG pts

Results Band A, Nine Years

1 James DOIG (IPST)	(01) [68]	(06:26.72)	06:10.32	4.2	189 (189)	
Lap 1 00:41.67(41.67)	Lap 2 01:28.72(47.05)	Lap 3 02:16.83(48.11)	Lap 4 03:05.90(49.07)			
Lap 5 03:52.75(46.85)	Lap 6 04:42.26(49.51)	Lap 7 05:27.97(45.71)	End 06:10.32(42.35)			

Results Band B, Ten Years

1 Myles TURNER (WSUT)	(00) [56]	(05:20.01)	05:15.68	1.3	306 (306)	+ 0.5%Reg QT
Lap 1 00:34.19(34.19)	Lap 2 01:13.05(38.86)	Lap 3 01:53.78(40.73)	Lap 4 02:34.63(40.85)			
Lap 5 03:15.77(41.14)	Lap 6 03:56.47(40.70)	Lap 7 04:37.26(40.79)	End 05:15.68(38.42)			Correct
2 Alex WALMSLEY (IPST)	(00) [61]	(05:34.54)	05:21.46	3.9	289 (289)	+ 6.9%Reg QT
Lap 1 00:37.00(37.00)	Lap 2 01:17.16(40.16)	Lap 3 01:58.59(41.43)	Lap 4 02:39.38(40.79)			
Lap 5 03:20.12(40.74)	Lap 6 04:01.58(41.46)	Lap 7 04:42.28(40.70)	End 05:21.46(39.18)			
3 Oliver TRENT (WSUT)	(00) [65]	(05:57.45)	05:26.72	8.5	276 (276)	
Lap 1 00:38.00(38.00)	Lap 2 01:19.44(41.44)	Lap 3 02:01.17(41.73)	Lap 4 02:43.24(42.07)			
Lap 5 03:25.62(42.38)	Lap 6 04:07.13(41.51)	Lap 7 04:48.59(41.46)	End 05:26.72(38.13)			
4 Hayden CATCHPOLE (IPST)	(00) [63]	(05:47.53)	05:28.04	5.6	272 (272)	+ 5.0%Reg QT
Lap 1 00:38.48(38.48)	Lap 2 01:20.08(41.60)	Lap 3 02:02.32(42.24)	Lap 4 02:44.21(41.89)			
Lap 5 03:26.27(42.06)	Lap 6 04:08.39(42.12)	Lap 7 04:50.44(42.05)	End 05:28.04(37.60)			
5 Bayley FINBOW (IPST)	(00) [66]	(05:57.97)	05:41.90	4.4	241 (241)	
Lap 1 00:38.42(38.42)	Lap 2 01:21.98(43.56)	Lap 3 02:06.38(44.40)	Lap 4 02:50.59(44.21)			
Lap 5 03:34.11(43.52)	Lap 6 04:15.28(41.17)	Lap 7 05:01.39(46.11)	End 05:41.90(40.51)			
6 James BOOTS (LOBT)	(00) [67]	(06:12.45)	05:53.62	5.0	217 (217)	
Lap 1 00:41.64(41.64)	Lap 2 01:26.19(44.55)	Lap 3 02:12.06(45.87)	Lap 4 02:57.51(45.45)			
Lap 5 03:42.55(45.04)	Lap 6 04:27.27(44.72)	Lap 7 05:12.58(45.31)	End 05:53.62(41.04)			

Results Band C, Eleven Years

1 Dominic SCIFO (IPST)	(99) [53]	(05:15.27)	05:08.64	2.1	327 (327)	+ 2.7%Reg QT
Lap 1 00:34.34(34.34)	Lap 2 01:13.85(39.51)	Lap 3 01:54.25(40.40)	Lap 4 02:33.33(39.08)			
Lap 5 03:12.96(39.63)	Lap 6 03:53.09(40.13)	Lap 7 04:32.56(39.47)	End 05:08.64(36.08)			
2 Kai SAUNDERS (LOBT)	(99) [59]	(05:23.26)	05:14.90	2.5	308 (308)	+ 0.8%Reg QT
Lap 1 00:35.68(35.68)	Lap 2 01:15.60(39.92)	Lap 3 01:55.78(40.18)	Lap 4 02:35.36(39.58)			
Lap 5 03:15.53(40.17)	Lap 6 03:55.36(39.83)	Lap 7 04:35.55(40.19)	End 05:14.90(39.35)			
3 Leyton BERREY (LOBT)	(99) [60]	(05:30.55)	05:22.02	2.5	288 (288)	
Lap 1 00:36.18(36.18)	Lap 2 01:15.95(39.77)	Lap 3 01:56.62(40.67)	Lap 4 02:37.65(41.03)			
Lap 5 03:19.17(41.52)	Lap 6 04:00.83(41.66)	Lap 7 04:42.38(41.55)	End 05:22.02(39.64)			
4 Sam EVERY (SFST)	(99) [62]	(05:37.75)	05:26.03	3.4	277 (277)	
Lap 1 00:36.92(36.92)	Lap 2 01:17.77(40.85)	Lap 3 01:59.72(41.95)	Lap 4 02:42.25(42.53)			
Lap 5 03:23.68(41.43)	Lap 6 04:05.69(42.01)	Lap 7 04:47.02(41.33)	End 05:26.03(39.01)			Correct
Bradley WATTS (IPST)	(99) [55]	(05:18.72)	DNS			

Results Band D, Twelve Years

1 Jack ANDREW (IPST)	(98) [40]	(04:57.12)	04:45.41	3.9	414 (414)	+ 4.8%Reg QT	
Lap 1	00:32.89(32.89)	Lap 2	01:08.26(35.37)	Lap 3	01:44.31(36.05)	Lap 4	02:20.74(36.43)
Lap 5	02:57.38(36.64)	Lap 6	03:34.11(36.73)	Lap 7	04:10.70(36.59)	End	04:45.41(34.71)
2 Stanley COLLINS (SFST)	(98) [43]	(04:59.20)	04:48.86	3.4	399 (399)	+ 3.6%Reg QT	
Lap 1	00:31.73(31.73)	Lap 2	01:07.84(36.11)	Lap 3	01:44.69(36.85)	Lap 4	02:21.67(36.98)
Lap 5	02:58.72(37.05)	Lap 6	03:36.00(37.28)	Lap 7	04:13.19(37.19)	End	04:48.86(35.67)
3 Jack PICKERING (IPST)	(98) [44]	(05:01.10)	04:55.54	1.8	373 (373)	+ 1.4%Reg QT	
Lap 1	00:34.51(34.51)	Lap 2	01:11.76(37.25)	Lap 3	01:49.71(37.95)	Lap 4	02:27.82(38.11)
Lap 5	03:05.64(37.82)	Lap 6	03:43.08(37.44)	Lap 7	04:20.35(37.27)	End	04:55.54(35.19)
4 Daniel ORCUTT (WSUT)	(98) [54]	(05:18.64)	05:03.84	4.6	343 (343)		
Lap 1	00:34.84(34.84)	Lap 2	01:12.84(38.00)	Lap 3	01:51.24(38.40)	Lap 4	02:30.44(39.20)
Lap 5	03:09.08(38.64)	Lap 6	03:47.97(38.89)	Lap 7	04:26.76(38.79)	End	05:03.84(37.08)
5 Nicholas LAMBARTH (SFST)	(98) [58]	(05:22.08)	05:08.83	4.1	327 (327)		
Lap 1	00:33.62(33.62)	Lap 2	01:11.80(38.18)	Lap 3	01:50.96(39.16)	Lap 4	02:31.25(40.29)
Lap 5	03:11.41(40.16)	Lap 6	03:51.75(40.34)	Lap 7	04:31.45(39.70)	End	05:08.83(37.38)
6 Calvin COE (STOT)	(98) [49]	(05:08.06)	05:11.67	-1.1	318 (318)		
Lap 1	00:35.86(35.86)	Lap 2	01:14.74(38.88)	Lap 3	01:53.84(39.10)	Lap 4	02:33.89(40.05)
Lap 5	03:13.28(39.39)	Lap 6	03:53.08(39.80)	Lap 7	04:33.28(40.20)	End	05:11.67(38.39)
7 Logan MOORE (SFST)	(98) [57]	(05:20.46)	05:13.62	2.1	312 (312)		
Lap 1	00:35.07(35.07)	Lap 2	01:14.54(39.47)	Lap 3	01:54.23(39.69)	Lap 4	02:34.44(40.21)
Lap 5	03:14.41(39.97)	Lap 6	03:54.54(40.13)	Lap 7	04:34.15(39.61)	End	05:13.62(39.47)

Results Band E, Thirteen Years

1 Jake TYSON (IPST)	(97) [15]	(04:24.36)	04:17.28	2.6	565 (565)	+10.0%Reg QT	
Lap 1	00:29.33(29.33)	Lap 2	01:01.31(31.98)	Lap 3	01:34.07(32.76)	Lap 4	02:06.72(32.65)
Lap 5	02:39.31(32.59)	Lap 6	03:12.38(33.07)	Lap 7	03:45.39(33.01)	End	04:17.28(31.89)
2 Jozef OCHWAT (IPST)	(97) [24]	(04:38.03)	04:37.13	0.3	452 (452)	+ 3.1%Reg QT	
Lap 1	00:30.54(30.54)	Lap 2	01:04.45(33.91)	Lap 3	01:39.94(35.49)	Lap 4	02:16.16(36.22)
Lap 5	02:51.69(35.53)	Lap 6	03:27.33(35.64)	Lap 7	04:02.42(35.09)	End	04:37.13(34.71)
3 Ashley TRENT (WSUT)	(97) [27]	(04:40.19)	04:37.86	0.8	449 (449)	+ 2.8%Reg QT	
Lap 1	00:31.09(31.09)	Lap 2	01:05.34(34.25)	Lap 3	01:40.68(35.34)	Lap 4	02:16.28(35.60)
Lap 5	02:52.16(35.88)	Lap 6	03:27.87(35.71)	Lap 7	04:03.49(35.62)	End	04:37.86(34.37)
4 Lewis RICKARDS (DEBT)	(97) [42]	(04:58.25)	04:44.98	4.4	416 (416)		
Lap 1	00:33.00(33.00)	Lap 2	01:08.11(35.11)	Lap 3	01:43.65(35.54)	Lap 4	02:19.52(35.87)
Lap 5	02:55.71(36.19)	Lap 6	03:32.64(36.93)	Lap 7	04:09.38(36.74)	End	04:44.98(35.60)
5 Liam KERRY (STOT)	(97) [45]	(05:01.37)	04:46.40	4.9	410 (410)		
Lap 1	00:32.95(32.95)	Lap 2	01:08.94(35.99)	Lap 3	01:45.01(36.07)	Lap 4	02:21.56(36.55)
Lap 5	02:58.50(36.94)	Lap 6	03:35.48(36.98)	Lap 7	04:12.37(36.89)	End	04:46.40(34.03)
6 Charlie FULCHER (DEBT)	(97) [34]	(04:55.41)	04:47.29	2.7	406 (406)		
Lap 1	00:32.72(32.72)	Lap 2	01:08.90(36.18)	Lap 3	01:45.87(36.97)	Lap 4	02:23.18(37.31)
Lap 5	02:58.09(34.91)	Lap 6	03:34.08(35.99)	Lap 7	04:10.80(36.72)	End	04:47.29(36.49)
7 Todd LAST (DEBT)	(97) [38]	(04:56.41)	04:48.45	2.6	401 (401)		
Lap 1	00:31.18(31.18)	Lap 2	01:06.34(35.16)	Lap 3	01:42.93(36.59)	Lap 4	02:19.91(36.98)
Lap 5	02:57.05(37.14)	Lap 6	03:34.97(37.92)	Lap 7	04:12.51(37.54)	End	04:48.45(35.94)
8 Nicholas ELMER (DEBT)	(97) [48]	(05:07.09)	04:49.37	5.7	397 (397)		
Lap 1	00:32.52(32.52)	Lap 2	01:08.83(36.31)	Lap 3	01:46.12(37.29)	Lap 4	02:23.54(37.42)
Lap 5	03:00.18(36.64)	Lap 6	03:37.15(36.97)	Lap 7	04:14.11(36.96)	End	04:49.37(35.26)
9 Thomas BUCKLE (WSUT)	(97) [37]	(04:56.19)	04:50.16	2.0	394 (394)		
Lap 1	00:32.79(32.79)	Lap 2	01:08.75(35.96)	Lap 3	01:46.11(37.36)	Lap 4	02:22.86(36.75)
Lap 5	03:00.24(37.38)	Lap 6	03:37.47(37.23)	Lap 7	04:14.68(37.21)	End	04:50.16(35.48)
10 Robert LANCASTER (STOT)	(97) [35]	(04:55.41)	04:50.38	1.7	393 (393)		
Lap 1	00:32.55(32.55)	Lap 2	01:08.39(35.84)	Lap 3	01:45.63(37.24)	Lap 4	02:22.80(37.17)
Lap 5	02:59.88(37.08)	Lap 6	03:37.34(37.46)	Lap 7	04:14.94(37.60)	End	04:50.38(35.44)
11 Tom EVERY (SFST)	(97) [47]	(05:06.97)	04:52.08	4.8	386 (386)		
Lap 1	00:32.27(32.27)	Lap 2	01:08.17(35.90)	Lap 3	01:45.33(37.16)	Lap 4	02:22.89(37.56)
Lap 5	03:00.06(37.17)	Lap 6	03:37.65(37.59)	Lap 7	04:15.30(37.65)	End	04:52.08(36.78)
12 Sam ALLEN (DEBT)	(97) [46]	(05:05.82)	05:05.69	0.0	337 (337)		
Lap 1	00:33.94(33.94)	Lap 2	01:11.10(37.16)	Lap 3	01:49.49(38.39)	Lap 4	02:28.25(38.76)
Lap 5	03:07.47(39.22)	Lap 6	03:47.01(39.54)	Lap 7	04:26.93(39.92)	End	05:05.69(38.76)

Results Band F, Fourteen Years

1 Regan LLOYD (IPST)	(97) [10]	(04:17.96)	04:12.52	2.1	598 (598)	+ 8.8%Reg QT
Lap 1 00:28.52(28.52)	Lap 2 01:00.14(31.62)	Lap 3 01:31.86(31.72)	Lap 4 02:04.07(32.21)			
Lap 5 02:36.43(32.36)	Lap 6 03:08.82(32.39)	Lap 7 03:41.40(32.58)	End 04:12.52(31.12)			
2 George STANNARD (SFST)	(96) [11]	(04:17.99)	04:14.31	1.4	585 (585)	+ 8.2%Reg QT
Lap 1 00:28.69(28.69)	Lap 2 01:00.18(31.49)	Lap 3 01:32.31(32.13)	Lap 4 02:04.53(32.22)			
Lap 5 02:37.41(32.88)	Lap 6 03:09.78(32.37)	Lap 7 03:42.38(32.60)	End 04:14.31(31.93)			
3 Louis SELLER (DEBT)	(96) [19]	(04:30.59)	04:21.64	3.3	537 (537)	+ 5.5%Reg QT
Lap 1 00:29.48(29.48)	Lap 2 01:01.55(32.07)	Lap 3 01:34.40(32.85)	Lap 4 02:07.79(33.39)			
Lap 5 02:41.19(33.40)	Lap 6 03:14.90(33.71)	Lap 7 03:48.91(34.01)	End 04:21.64(32.73)			
4 Kieran WHIGHT (DEBT)	(96) [25]	(04:38.36)	04:32.40	2.1	476 (476)	+ 1.6%Reg QT
Lap 1 00:31.03(31.03)	Lap 2 01:05.28(34.25)	Lap 3 01:40.43(35.15)	Lap 4 02:16.13(35.70)			
Lap 5 02:49.85(33.72)	Lap 6 03:24.49(34.64)	Lap 7 03:59.25(34.76)	End 04:32.40(33.15)			
5 Toby UPSON (STOT)	(96) [21]	(04:31.12)	04:34.74	-1.3	464 (464)	
Lap 1 00:30.04(30.04)	Lap 2 01:03.52(33.48)	Lap 3 01:38.31(34.79)	Lap 4 02:13.62(35.31)			
Lap 5 02:49.46(35.84)	Lap 6 03:25.49(36.03)	Lap 7 04:01.22(35.73)	End 04:34.74(33.52)			
6 Ruairidh PENMAN (STOT)	(96) [33]	(04:52.78)	04:39.87	4.4	439 (439)	
Lap 1 00:30.55(30.55)	Lap 2 01:04.62(34.07)	Lap 3 01:40.12(35.50)	Lap 4 02:16.13(36.01)			
Lap 5 02:51.98(35.85)	Lap 6 03:28.08(36.10)	Lap 7 04:04.50(36.42)	End 04:39.87(35.37)			
7 Troy DOUGLAS - COLLOW (SFST)	(96) [36]	(04:55.76)	04:47.72	2.7	404 (404)	
Lap 1 00:31.94(31.94)	Lap 2 01:07.38(35.44)	Lap 3 01:43.52(36.14)	Lap 4 02:20.45(36.93)			
Lap 5 02:57.52(37.07)	Lap 6 03:35.03(37.51)	Lap 7 04:11.99(36.96)	End 04:47.72(35.73)			
8 Daniel FINEGAN (FLXT)	(97) [41]	(04:57.32)	04:49.90	2.4	395 (395)	
Lap 1 00:31.94(31.94)	Lap 2 01:08.34(36.40)	Lap 3 01:45.20(36.86)	Lap 4 02:22.80(37.60)			
Lap 5 02:59.81(37.01)	Lap 6 03:37.26(37.45)	Lap 7 04:14.80(37.54)	End 04:49.90(35.10)			
9 Alexander FARRANDS (SFST)	(96) [32]	(04:51.46)	04:50.06	0.4	394 (394)	
Lap 1 00:31.82(31.82)	Lap 2 01:07.01(35.19)	Lap 3 01:43.72(36.71)	Lap 4 02:21.26(37.54)			
Lap 5 02:58.21(36.95)	Lap 6 03:34.95(36.74)	Lap 7 04:13.05(38.10)	End 04:50.06(37.01)			
10 Conor LYNCH (DEBT)	(96) [39]	(04:56.84)	04:50.09	2.2	394 (394)	
Lap 1 00:31.27(31.27)	Lap 2 01:06.07(34.80)	Lap 3 01:42.70(36.63)	Lap 4 02:19.74(37.04)			
Lap 5 02:57.15(37.41)	Lap 6 03:35.07(37.92)	Lap 7 04:13.58(38.51)	End 04:50.09(36.51)			

Results Band G/H, 15/16 Years

1 Ryan TOMKINS (IPST)	(94) [1]	(04:00.88)	03:56.53	1.8	727	+10.7%Reg QT
Lap 1 00:27.19(27.19)	Lap 2 00:56.64(29.45)	Lap 3 01:26.41(29.77)	Lap 4 01:56.59(30.18)			
Lap 5 02:26.59(30.00)	Lap 6 02:56.73(30.14)	Lap 7 03:26.84(30.11)	End 03:56.53(29.69)			
2 Danny PROFFITT (WSUT)	(94) [3]	(04:08.42)	04:02.91	2.2	672	+ 8.3%Reg QT
Lap 1 00:27.60(27.60)	Lap 2 00:57.69(30.09)	Lap 3 01:28.22(30.53)	Lap 4 01:58.93(30.71)			
Lap 5 02:29.63(30.70)	Lap 6 03:00.89(31.26)	Lap 7 03:32.02(31.13)	End 04:02.91(30.89)			
3 Jordan PURDY (SFST)	(95) [6]	(04:14.59)	04:11.26	1.3	607	+ 5.2%Reg QT
Lap 1 00:28.07(28.07)	Lap 2 00:58.62(30.55)	Lap 3 01:30.03(31.41)	Lap 4 02:02.15(32.12)			
Lap 5 02:34.25(32.10)	Lap 6 03:06.66(32.41)	Lap 7 03:39.00(32.34)	End 04:11.26(32.26)			
4 Kilian KORTH (IPST)	(95) [5]	(04:12.73)	04:12.01	0.2	601	+ 4.9%Reg QT
Lap 1 00:28.71(28.71)	Lap 2 00:59.82(31.11)	Lap 3 01:31.73(31.91)	Lap 4 02:04.39(32.66)			
Lap 5 02:35.95(31.56)	Lap 6 03:08.02(32.07)	Lap 7 03:40.23(32.21)	End 04:12.01(31.78)			
5 Robert COOPER (WSUT)	(95) [7]	(04:14.60)	04:13.84	0.2	588	+ 4.2%Reg QT
Lap 1 00:28.62(28.62)	Lap 2 00:59.76(31.14)	Lap 3 01:31.38(31.62)	Lap 4 02:03.73(32.35)			
Lap 5 02:36.35(32.62)	Lap 6 03:08.72(32.37)	Lap 7 03:41.84(33.12)	End 04:13.84(32.00)			
6 Charlie SMITH (IPST)	(96) [8]	(04:14.81)	04:17.33	-0.9	565	+ 2.9%Reg QT
Lap 1 00:28.61(28.61)	Lap 2 00:59.44(30.83)	Lap 3 01:31.54(32.10)	Lap 4 02:04.26(32.72)			
Lap 5 02:37.55(33.29)	Lap 6 03:10.84(33.29)	Lap 7 03:44.25(33.41)	End 04:17.33(33.08)			
7 Robert ALAND (IPST)	(96) [14]	(04:21.04)	04:17.62	1.3	563	+ 2.8%Reg QT
Lap 1 00:28.86(28.86)	Lap 2 01:00.84(31.98)	Lap 3 01:33.48(32.64)	Lap 4 02:06.39(32.91)			
Lap 5 02:39.23(32.84)	Lap 6 03:12.48(33.25)	Lap 7 03:45.37(32.89)	End 04:17.62(32.25)			
8 Thomas SARAH (WSUT)	(94) [30]	(04:41.32)	04:28.59	4.5	497	
Lap 1 00:31.16(31.16)	Lap 2 01:04.63(33.47)	Lap 3 01:38.74(34.11)	Lap 4 02:13.19(34.45)			
Lap 5 02:47.38(34.19)	Lap 6 03:21.40(34.02)	Lap 7 03:55.38(33.98)	End 04:28.59(33.21)			
9 John JIANG (SUDT)	(95) [31]	(04:42.85)	04:36.92	2.0	453	
Lap 1 00:28.75(28.75)	Lap 2 01:01.07(32.32)	Lap 3 01:36.04(34.97)	Lap 4 02:11.63(35.59)			
Lap 5 02:48.01(36.38)	Lap 6 03:24.35(36.34)	Lap 7 04:01.16(36.81)	End 04:36.92(35.76)			
10 Harry FULCHER (DEBT)	(96) [29]	(04:41.14)	04:37.60	1.2	450	

Lap 1	00:31.38(31.38)	Lap 2	01:05.61(34.23)	Lap 3	01:40.54(34.93)	Lap 4	02:16.23(35.69)
Lap 5	02:52.27(36.04)	Lap 6	03:28.35(36.08)	Lap 7	04:03.98(35.63)	End	04:37.60(33.62)
11 Patrick BRIARS (WSUT)		(96) [28]	(04:40.22)	04:44.12	-1.3	419	
Lap 1	00:30.64(30.64)	Lap 2	01:04.37(33.73)	Lap 3	01:39.41(35.04)	Lap 4	02:14.87(35.46)
Lap 5	02:51.06(36.19)	Lap 6	03:28.05(36.99)	Lap 7	04:06.34(38.29)	End	04:44.12(37.78)
12 Christopher GREENHALGH (SUDT)		(96) [26]	(04:38.38)	04:47.32	-3.2	406	
Lap 1	00:29.96(29.96)	Lap 2	01:04.32(34.36)	Lap 3	01:40.20(35.88)	Lap 4	02:16.76(36.56)
Lap 5	02:53.95(37.19)	Lap 6	03:32.11(38.16)	Lap 7	04:11.03(38.92)	End	04:47.32(36.29)
13 William FOSKETT (DEBT)		(94) [23]	(04:37.90)	04:47.93	-3.6	403	
Lap 1	00:31.49(31.49)	Lap 2	01:07.33(35.84)	Lap 3	01:43.93(36.60)	Lap 4	02:20.82(36.89)
Lap 5	02:57.76(36.94)	Lap 6	03:35.14(37.38)	Lap 7	04:12.55(37.41)	End	04:47.93(35.38)

Results Band I/J, 17 and over

1 Jack HOLLIS (IPST)		(94) [4]	(04:09.18)	04:09.49	-0.1	620	+ 4.9%Reg QT
Lap 1	00:27.89(27.89)	Lap 2	00:58.42(30.53)	Lap 3	01:29.76(31.34)	Lap 4	02:01.73(31.97)
Lap 5	02:33.76(32.03)	Lap 6	03:05.89(32.13)	Lap 7	03:37.93(32.04)	End	04:09.49(31.56)
2 Tristan HUGHES (FLXT)		(92) [12]	(04:18.06)	04:19.59	-0.5	550	+ 1.1%Reg QT
Lap 1	00:28.73(28.73)	Lap 2	01:00.09(31.36)	Lap 3	01:32.60(32.51)	Lap 4	02:05.22(32.62)
Lap 5	02:37.77(32.55)	Lap 6	03:11.14(33.37)	Lap 7	03:45.11(33.97)	End	04:19.59(34.48)
3 Andrew KIMPTON (WSUT)		(92) [17]	(04:26.58)	04:24.53	0.7	520	
Lap 1	00:30.90(30.90)	Lap 2	01:04.09(33.19)	Lap 3	01:37.07(32.98)	Lap 4	02:10.32(33.25)
Lap 5	02:43.42(33.10)	Lap 6	03:17.43(34.01)	Lap 7	03:51.52(34.09)	End	04:24.53(33.01)
4 Ryan CROUCH (IPST)		(94) [20]	(04:30.68)	04:32.65	-0.7	475	
Lap 1	00:30.40(30.40)	Lap 2	01:04.42(34.02)	Lap 3	01:39.03(34.61)	Lap 4	02:13.90(34.87)
Lap 5	02:48.60(34.70)	Lap 6	03:23.50(34.90)	Lap 7	03:58.58(35.08)	End	04:32.65(34.07)

Event 137: 4x50m Freestyle Relay, Female, 15/16 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts	
1	St Felix 'A' (SFST)		[1]	(02:00.00)	01:51.91	6.7		
	Lap 1	00:28.05(28.05)	Lap 2	00:56.56(28.51)	Lap 3	01:25.55(28.99)	End	01:51.91(26.36)
2	teamlpswich 'A' (IPST)		[2]	(02:00.00)	01:53.89	5.0		
	Lap 1	00:27.45(27.45)	Lap 2	00:56.15(28.70)	Lap 3	01:24.37(28.22)	End	01:53.89(29.52)
3	Deben 'A' (DEBT)		[5]	(02:01.14)	02:00.69	0.3		
	Lap 1	00:30.09(30.09)	Lap 2	01:00.31(30.22)	Lap 3	01:31.40(31.09)	End	02:00.69(29.29)
4	Beccles Town (BECT)		[8]	(02:12.50)	02:03.02	7.1		
	Lap 1	00:31.23(31.23)	Lap 2	01:00.45(29.22)	Lap 3	01:32.66(32.21)	End	02:03.02(30.36)
5	Felixstowe (FLXT)		[7]	(02:05.00)	02:04.26	0.5		
	Lap 1	00:31.11(31.11)	Lap 2	01:00.78(29.67)	Lap 3	01:32.29(31.51)	End	02:04.26(31.97)
6	Saxons A (SAXT)		[6]	(02:01.17)	02:04.65	-2.8		
	Lap 1	00:30.51(30.51)	Lap 2	01:03.94(33.43)	Lap 3	01:34.54(30.60)	End	02:04.65(30.11)
7	Stowmarket 'A' (STOT)		[4]	(02:01.00)	02:05.47	-3.6		
	Lap 1	00:31.38(31.38)	Lap 2	01:03.09(31.71)	Lap 3	01:34.99(31.90)	End	02:05.47(30.48)

Event 138: 4x50m Medley Relay, Male, 15/16 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts	
1	teamlpswich 'A' (IPST)		[1]	(01:53.00)	01:51.34	1.4		
	Lap 1	00:28.66(28.66)	Lap 2	00:59.00(30.34)	Lap 3	01:25.85(26.85)	End	01:51.34(25.49)
2	West Suffolk (WSUT)		[4]	(02:02.00)	01:56.78	4.2		
	Lap 1	00:28.75(28.75)	Lap 2	01:02.37(33.62)	Lap 3	01:31.10(28.73)	End	01:56.78(25.68)
3	teamlpswich 'B' (IPST)		[3]	(02:01.00)	01:57.77	2.6		
	Lap 1	00:27.93(27.93)	Lap 2	01:03.53(35.60)	Lap 3	01:32.50(28.97)	End	01:57.77(25.27)
4	St Felix 'A' (SFST)		[2]	(01:59.00)	01:58.92	0.0		
	Lap 1	00:29.49(29.49)	Lap 2	01:05.87(36.38)	Lap 3	01:34.90(29.03)	End	01:58.92(24.02)
5	Deben 'A' (DEBT)		[5]	(02:06.79)	02:05.06	1.3		
	Lap 1	00:32.47(32.47)	Lap 2	01:06.86(34.39)	Lap 3	01:37.35(30.49)	End	02:05.06(27.71)
6	Saxons A (SAXT)		[6]	(02:10.08)	02:08.90	0.9		
	Lap 1	00:32.19(32.19)	Lap 2	01:08.97(36.78)	Lap 3	01:41.28(32.31)	End	02:08.90(27.62)
7	Leiston (LDST)		[7]	(02:15.00)	02:10.19	3.5		
	Lap 1	00:34.95(34.95)	Lap 2	01:12.41(37.46)	Lap 3	01:42.28(29.87)	End	02:10.19(27.91)

Event 139: 4x50m Freestyle Relay, Female, 13/14 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	St Felix 'A' (SFST)		[2]	(02:00.00)	01:54.44	4.6	
	Lap 1 00:28.41(28.41)		Lap 2 00:56.72(28.31)		Lap 3 01:26.95(30.23)		End 01:54.44(27.49)
2	teamlpswich 'A' (IPST)		[3]	(02:00.00)	01:55.98	3.3	
	Lap 1 00:29.22(29.22)		Lap 2 00:58.41(29.19)		Lap 3 01:27.44(29.03)		End 01:55.98(28.54)
3	teamlpswich 'B' (IPST)		[5]	(02:03.00)	01:59.10	3.1	
	Lap 1 00:29.51(29.51)		Lap 2 00:59.27(29.76)		Lap 3 01:29.35(30.08)		End 01:59.10(29.75)
4	LOBSC 'A' (LOBT)		[1]	(01:58.00)	02:00.38	-2.0	
	Lap 1 00:29.84(29.84)		Lap 2 01:01.65(31.81)		Lap 3 01:31.21(29.56)		End 02:00.38(29.17)
5	Deben 'A' (DEBT)		[6]	(02:03.75)	02:01.65	1.6	
	Lap 1 00:30.07(30.07)		Lap 2 01:00.65(30.58)		Lap 3 01:31.70(31.05)		End 02:01.65(29.95)
6	West Suffolk (WSUT)		[7]	(02:04.00)	02:03.24	0.6	
	Lap 1 00:29.15(29.15)		Lap 2 01:00.75(31.60)		Lap 3 01:31.38(30.63)		End 02:03.24(31.86)
7	Sudbury 'A' (SUDT)		[9]	(02:07.19)	02:03.35	3.0	
	Lap 1 00:31.00(31.00)		Lap 2 01:01.58(30.58)		Lap 3 01:32.92(31.34)		End 02:03.35(30.43)
8	Saxons A (SAXT)		[4]	(02:02.81)	02:04.09	-1.0	
	Lap 1 00:31.40(31.40)		Lap 2 01:03.07(31.67)		Lap 3 01:34.35(31.28)		End 02:04.09(29.74)
9	Hadleigh (HADT)		[10]	(02:08.72)	02:07.40	1.0	
	Lap 1 00:31.45(31.45)		Lap 2 01:05.29(33.84)		Lap 3 01:37.08(31.79)		End 02:07.40(30.32)
10	Felixstowe (FLXT)		[11]	(02:10.00)	02:07.52	1.9	
	Lap 1 00:30.92(30.92)		Lap 2 01:02.76(31.84)		Lap 3 01:35.30(32.54)		End 02:07.52(32.22)
11	Leiston (LDST)		[8]	(02:05.00)	02:07.60	-2.0	
	Lap 1 00:28.78(28.78)		Lap 2 01:03.17(34.39)		Lap 3 01:35.64(32.47)		End 02:07.60(31.96)
12	Deben 'B' (DEBT)		[13]	(02:12.47)	02:09.80	2.0	
	Lap 2 01:06.11(66.11)		Lap 3 01:37.51(31.40)		End 02:09.80(32.29)		
13	Stowmarket 'A' (STOT)		[12]	(02:10.00)	02:10.68	-0.5	
	Lap 1 00:33.88(33.88)		Lap 2 01:07.53(33.65)		Lap 3 01:39.76(32.23)		End 02:10.68(30.92)
14	Beccles Town Green (BECT)		[15]	(02:15.50)	02:12.04	2.5	
	Lap 2 01:06.34(66.34)		Lap 3 01:40.03(33.69)		End 02:12.04(32.01)		
15	Saxons B (SAXT)		[14]	(02:12.90)	02:13.72	-0.6	
	Lap 1 00:33.21(33.21)		Lap 2 01:09.53(36.32)		Lap 3 01:43.33(33.80)		End 02:13.72(30.39)
16	Beccles Town White (BECT)		[16]	(02:18.00)	02:24.26	-4.5	
	Lap 1 00:32.60(32.60)		Lap 2 01:10.01(37.41)		Lap 3 01:49.41(39.40)		End 02:24.26(34.85)

Event 140: 4x50m Medley Relay, Male, 13/14 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	teamlpswich 'A' (IPST)		[1]	(02:05.00)	02:02.23	2.2	
	Lap 1 00:32.78(32.78)		Lap 2 01:06.34(33.56)		Lap 3 01:34.04(27.70)		End 02:02.23(28.19)
2	Deben 'A' (DEBT)		[4]	(02:09.79)	02:03.15	5.1	
	Lap 1 00:29.15(29.15)		Lap 2 01:04.45(35.30)		Lap 3 01:34.85(30.40)		End 02:03.15(28.30)
3	Stowmarket 'A' (STOT)		[3]	(02:08.00)	02:05.39	2.0	
	Lap 1 00:32.62(32.62)		Lap 2 01:08.08(35.46)		Lap 3 01:37.61(29.53)		End 02:05.39(27.78)
4	St Felix 'A' (SFST)		[2]	(02:06.00)	02:09.04	-2.4	
	Lap 1 00:34.60(34.60)		Lap 2 01:10.63(36.03)		Lap 3 01:40.69(30.06)		End 02:09.04(28.35)
5	Felixstowe (FLXT)		[7]	(02:20.00)	02:12.50	5.3	
	Lap 1 00:33.00(33.00)		Lap 2 01:10.25(37.25)		Lap 3 01:44.54(34.29)		End 02:12.50(27.96)
6	West Suffolk (WSUT)		[5]	(02:16.00)	02:15.54	0.3	
	Lap 1 00:33.74(33.74)		Lap 2 01:11.95(38.21)		Lap 3 01:46.02(34.07)		End 02:15.54(29.52)
7	Deben 'B' (DEBT)		[8]	(02:22.14)	02:17.14	3.5	
	Lap 1 00:36.41(36.41)		Lap 2 01:14.17(37.76)		Lap 3 01:47.67(33.50)		End 02:17.14(29.47)
8	Sudbury 'A' (SUDT)		[11]	(02:39.30)	02:22.36	10.6	
	Lap 1 00:40.32(40.32)		Lap 2 01:19.10(38.78)		Lap 3 01:51.57(32.47)		End 02:22.36(30.79) Correct
9	Hadleigh (HADT)		[9]	(02:27.50)	02:23.99	2.3	
	Lap 1 00:37.06(37.06)		Lap 2 01:19.57(42.51)		Lap 3 01:51.50(31.93)		End 02:23.99(32.49)
10	Saxons A (SAXT)		[6]	(02:17.93)	02:24.46	-4.7	
	Lap 1 00:35.41(35.41)		Lap 2 01:18.50(43.09)		Lap 3 01:50.24(31.74)		End 02:24.46(34.22)
11	Beccles Town (BECT)		[10]	(02:36.00)	02:30.28	3.6	
	Lap 1 00:38.18(38.18)		Lap 2 01:21.91(43.73)		Lap 3 01:56.14(34.23)		End 02:30.28(34.14)

Event 141: 4x50m Freestyle Relay, Female, 11/12 years, HDW, 20/03/2011 - Revision 1

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	teamIpswich 'A' (IPST)	[1]		(02:06.00)	02:00.77	4.1	
	Lap 1 00:29.68(29.68)	Lap 2 00:59.96(30.28)		Lap 3 01:30.64(30.68)			End 02:00.77(30.13)
2	St Felix 'A' (SFST)	[3]		(02:10.00)	02:04.56	4.1	
	Lap 1 00:30.45(30.45)	Lap 2 01:01.69(31.24)		Lap 3 01:34.42(32.73)			End 02:04.56(30.14)
3	LOBSC 'A' (LOBT)	[2]		(02:09.17)	02:05.80	2.6	
	Lap 1 00:31.37(31.37)	Lap 2 01:03.40(32.03)		Lap 3 01:34.75(31.35)			End 02:05.80(31.05)
4	teamIpswich 'B' (IPST)	[4]		(02:12.00)	02:05.99	4.5	
	Lap 0 01:55.32(115.32) Correct	Lap 0 01:55.36(0.04) Correct		Lap 0 01:55.44(0.08) Correct			Lap 0 01:55.53(0.09) Correct
	Lap 0 01:55.61(0.08) Correct	Lap 0 01:55.63(0.02) Correct		Lap 0 01:55.65(0.02) Correct			Lap 0 01:55.66(0.01) Correct
	Lap 0 01:56.18(0.52) Correct	Lap 1 00:30.88(-85.30)		Lap 2 01:02.72(31.84)			Lap 3 01:34.79(32.07)
	End 02:05.99(31.20)	End 02:05.99(10.67)					
5	West Suffolk (WSUT)	[5]		(02:12.00)	02:06.62	4.0	
	Lap 1 00:31.77(31.77)	Lap 3 01:34.80(63.03)		End 02:06.62(31.82) Correct			
6	Stowmarket 'A' (STOT)	[6]		(02:14.00)	02:12.11	1.4	
	Lap 1 00:34.55(34.55)	Lap 2 01:09.28(34.73)		Lap 3 01:41.66(32.38)			End 02:12.11(30.45)
7	Felixstowe (FLXT)	[14]		(02:25.00)	02:13.46	7.9	
	Lap 1 00:32.26(32.26)	Lap 2 01:06.70(34.44)		Lap 3 01:40.30(33.60)			End 02:13.46(33.16) Correct
8	Saxons A (SAXT)	[10]		(02:15.62)	02:14.13	1.0	
	Lap 1 00:34.60(34.60)	Lap 2 01:08.84(34.24)		Lap 3 01:43.16(34.32)			End 02:14.13(30.97)
9	Beccles Town Green (BECT)	[15]		(02:26.00)	02:14.44	7.9	
	Lap 1 00:35.22(35.22)	Lap 2 01:09.29(34.07)		Lap 3 01:42.83(33.54)			End 02:14.44(31.61)
10	Leiston (LDST)	[9]		(02:15.00)	02:14.71	0.2	
	Lap 1 00:30.08(30.08)	Lap 2 01:04.48(34.40)		Lap 3 01:38.97(34.49)			End 02:14.71(35.74)
11	Deben 'A' (DEBT)	[11]		(02:16.48)	02:14.80	1.2	
	Lap 1 00:32.98(32.98)	Lap 2 01:08.09(35.11)		Lap 3 01:43.76(35.67)			End 02:14.80(31.04)
12	LOBSC 'B' (LOBT)	[7]		(02:14.06)	02:15.62	-1.1	
	Lap 1 00:33.52(33.52)	Lap 2 01:09.14(35.62)		Lap 3 01:43.22(34.08)			End 02:15.62(32.40)
13	Sudbury 'A' (SUDT)	[8]		(02:14.72)	02:16.82	-1.5	
	Lap 1 00:34.06(34.06)	Lap 2 01:10.22(36.16)		Lap 3 01:44.32(34.10)			End 02:16.82(32.50)
14	Beccles Town White (BECT)	[13]		(02:22.00)	02:21.82	0.1	
	Lap 1 00:37.40(37.40)	Lap 2 01:13.81(36.41)		Lap 3 01:49.24(35.43)			End 02:21.82(32.58)
15	Saxons B (SAXT)	[16]		(02:26.76)	02:28.52	-1.1	
	Lap 1 00:39.35(39.35)	Lap 2 01:19.68(40.33)		Lap 3 01:54.96(35.28)			End 02:28.52(33.56)
16	Hadleigh (HADT)	[17]		(02:30.46)	02:29.49	0.6	
	Lap 1 00:34.27(34.27)	Lap 2 01:15.79(41.52)		Lap 3 01:53.53(37.74)			End 02:29.49(35.96)

Event 142: 4x50m Medley Relay, Male, 11/12 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	teamIpswich 'A' (IPST)	[1]		(02:22.00)	02:15.91	4.2	
	Lap 1 00:32.18(32.18)	Lap 2 01:12.33(40.15)		Lap 3 01:45.93(33.60)			End 02:15.91(29.98)
2	St Felix 'A' (SFST)	[3]		(02:30.00)	02:22.15	5.2	
	Lap 1 00:35.80(35.80)	Lap 2 01:14.35(38.55)		Lap 3 01:51.30(36.95)			End 02:22.15(30.85)
3	teamIpswich 'B' (IPST)	[4]		(02:30.00)	02:27.30	1.8	
	Lap 1 00:37.13(37.13)	Lap 2 01:19.03(41.90)		Lap 3 01:56.93(37.90)			End 02:27.30(30.37)
4	West Suffolk (WSUT)	[2]		(02:28.00)	02:29.68	-1.1	
	Lap 1 00:38.07(38.07)	Lap 2 01:21.47(43.40)		Lap 3 01:54.43(32.96)			End 02:29.68(35.25)
5	Saxons A (SAXT)	[7]		(02:37.44)	02:32.91	2.8	
	Lap 1 00:40.26(40.26)	Lap 2 01:19.66(39.40)		Lap 3 01:58.71(39.05)			End 02:32.91(34.20)
6	Deben 'A' (DEBT)	[9]		(02:45.06)	02:34.60	6.3	
	Lap 1 00:35.70(35.70)	Lap 2 01:23.58(47.88)		Lap 3 02:02.24(38.66)			End 02:34.60(32.36)
7	Stowmarket 'A' (STOT)	[6]		(02:36.00)	02:35.93	0.0	
	Lap 1 00:40.77(40.77)	Lap 2 01:22.04(41.27)		Lap 3 02:00.15(38.11)			End 02:35.93(35.78)
8	Sudbury 'B' (SUDT)	[5]		(02:30.69)	02:39.24	-5.6	
	Lap 1 00:39.25(39.25)	Lap 2 01:30.31(51.06)		Lap 3 02:01.74(31.43)			End 02:39.24(37.50)
9	Leiston (LDST)	[8]		(02:45.00)	02:45.45	-0.2	
	Lap 1 00:41.33(41.33)	Lap 2 01:31.63(50.30)		End 02:45.45(73.82)			
10	Hadleigh (HADT)	[11]		(03:01.45)	02:58.53	1.6	

Lap 2 01:34.80(94.80) Lap 3 02:21.65(46.85) End 02:58.53(36.88)

Event 143: 4x50m Freestyle Relay, Female, 9/10 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	teamIpswich 'A' (IPST)		[2]	(02:12.00)	02:10.80	0.9	
	Lap 1 00:31.84(31.84)		Lap 2 01:04.47(32.63)		Lap 3 01:37.11(32.64)		End 02:10.80(33.69)
2	LOBSC 'A' (LOBT)		[1]	(02:11.21)	02:18.03	-5.1	
	Lap 1 00:33.69(33.69)		Lap 2 01:09.87(36.18)		Lap 3 01:44.40(34.53)		End 02:18.03(33.63)
3	teamIpswich 'B' (IPST)		[3]	(02:28.00)	02:24.72	2.2	
	Lap 1 00:34.49(34.49)		Lap 2 01:10.89(36.40)		Lap 3 01:48.53(37.64)		End 02:24.72(36.19)
4	West Suffolk (WSUT)		[7]	(02:44.00)	02:31.11	7.8	
	Lap 1 00:37.85(37.85)		Lap 2 01:15.52(37.67)		Lap 3 01:53.24(37.72)		End 02:31.11(37.87)
5	Stowmarket 'A' (STOT)		[5]	(02:39.00)	02:31.53	4.6	
	Lap 1 00:38.39(38.39)		Lap 2 01:15.80(37.41)		Lap 3 01:55.39(39.59)		End 02:31.53(36.14)
6	Deben 'A' (DEBT)		[6]	(02:42.41)	02:35.18	4.4	
	Lap 1 00:34.92(34.92)		Lap 2 01:13.21(38.29)		Lap 3 01:57.65(44.44)		End 02:35.18(37.53)
7	Saxons A (SAXT)		[4]	(02:30.41)	02:39.27	-5.8	
	Lap 1 00:37.79(37.79)		Lap 2 01:18.47(40.68)		Lap 3 02:01.80(43.33)		End 02:39.27(37.47)
8	Beccles Town (BECT)		[9]	(03:10.00)	02:59.24	5.6	
	Lap 2 01:30.37(90.37)		End 02:59.24(88.87)				
9	Stowmarket 'B' (STOT)		[8]	(02:53.00)	03:11.54	-10.7	
	Lap 0 01:34.05(94.05) Correct		Lap 0 01:42.77(8.72) Correct		Lap 1 01:00.79(-41.98)		Lap 2 01:34.05(33.26)
	Lap 2 01:42.77(8.72)		Lap 2 01:48.42(5.65)		Lap 3 02:31.97(43.55)		End 03:11.54(39.57)

Event 144: 4x50m Medley Relay, Male, 9/10 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	teamIpswich 'A' (IPST)		[1]	(02:49.00)	02:43.07	3.5	
	Lap 1 00:40.27(40.27)		Lap 2 01:26.02(45.75)		Lap 3 02:09.08(43.06)		End 02:43.07(33.99)
2	West Suffolk (WSUT)		[5]	(03:00.00)	02:49.03	6.0	
	Lap 1 00:43.34(43.34)		Lap 2 01:27.86(44.52)		Lap 3 02:10.33(42.47)		End 02:49.03(38.70) Correct
3	Deben 'A' (DEBT)		[2]	(02:55.41)	02:50.58	2.7	
	Lap 1 00:45.40(45.40)		Lap 2 01:31.30(45.90)		Lap 3 02:15.64(44.34)		End 02:50.58(34.94)
4	Stowmarket 'A' (STOT)		[6]	(03:03.00)	02:51.11	6.4	
	Lap 1 00:45.70(45.70)		Lap 2 01:32.77(47.07)		Lap 3 02:15.08(42.31)		End 02:51.11(36.03)
5	teamIpswich 'B' (IPST)		[7]	(03:10.00)	02:52.50	9.2	
	Lap 1 00:41.25(41.25)		Lap 2 01:30.60(49.35)		Lap 3 02:16.90(46.30)		End 02:52.50(35.60)
6	Sudbury 'A' (SUDT)		[3]	(02:59.44)	02:57.10	1.3	
	Lap 1 00:47.76(47.76)		Lap 2 01:35.30(47.54)		Lap 3 02:15.85(40.55)		End 02:57.10(41.25)
7	St Felix 'A' (SFST)		[4]	(03:00.00)	03:01.21	-0.6	
	Lap 1 00:44.15(44.15)		Lap 2 01:40.48(56.33)		Lap 3 02:23.09(42.61)		End 03:01.21(38.12)
8	Stowmarket 'B' (STOT)		[8]	(03:17.00)	03:08.52	4.3	
	Lap 1 00:48.24(48.24)		Lap 2 01:38.38(50.14)		Lap 3 02:17.82(39.44)		End 03:08.52(50.70)
9	Beccles Town (BECT)		[9]	(03:22.00)	03:35.79	-6.8	
	Lap 1 00:51.03(51.03)		Lap 3 02:46.77(115.74)		End 03:35.79(49.02)		

Event 145: 4x50m Freestyle Relay, Female, Open, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	teamIpswich 'A' (IPST)		[1]	(01:50.00)	01:46.94	2.7	
	Lap 1 00:26.56(26.56)		Lap 2 00:53.20(26.64)		Lap 3 01:19.67(26.47)		End 01:46.94(27.27)
2	St Felix 'A' (SFST)		[2]	(01:55.00)	01:49.53	4.7	
	Lap 1 00:27.37(27.37)		Lap 2 00:54.94(27.57)		Lap 3 01:23.09(28.15)		End 01:49.53(26.44)
3	West Suffolk (WSUT)		[7]	(02:00.00)	01:52.20	6.5	
	Lap 1 00:27.52(27.52)		Lap 2 00:54.91(27.39)		Lap 3 01:23.60(28.69)		End 01:52.20(28.60)
4	St Felix 'B' (SFST)		[5]	(02:00.00)	01:55.45	3.7	
	Lap 1 00:28.32(28.32)		Lap 2 00:57.69(29.37)		Lap 3 01:26.81(29.12)		End 01:55.45(28.64)
5	teamIpswich 'B' (IPST)		[6]	(02:00.00)	01:56.98	2.5	
	Lap 1 00:29.07(29.07)		Lap 2 00:58.13(29.06)		Lap 3 01:27.43(29.30)		End 01:56.98(29.55)
6	Deben 'A' (DEBT)		[4]	(01:59.92)	01:57.77	1.7	
	Lap 1 00:29.70(29.70)		Lap 2 00:59.61(29.91)		Lap 3 01:29.57(29.96)		End 01:57.77(28.20)

7 Stowmarket 'A' (STOT)	[3]	(01:59.00)	02:01.78	-2.3	
Lap 1 00:29.92(29.92)	Lap 2 01:00.19(30.27)	Lap 3 01:30.98(30.79)	End 02:01.78(30.80)		
8 Hadleigh (HADT)	[8]	(02:03.25)	02:02.00	1.0	
Lap 1 00:30.81(30.81)	Lap 2 01:03.45(32.64)	Lap 3 01:32.95(29.50)	End 02:02.00(29.05)		
9 Beccles Town (BECT)	[12]	(02:12.00)	02:04.25	5.8	
Lap 1 00:31.45(31.45)	Lap 2 01:02.84(31.39)	Lap 3 01:33.53(30.69)	End 02:04.25(30.72)		
10 Sudbury 'A' (SU DT)	[9]	(02:04.55)	02:04.52	0.0	
Lap 1 00:31.16(31.16)	Lap 2 01:02.75(31.59)	Lap 3 01:33.41(30.66)	End 02:04.52(31.11)		
11 Felixstowe (FLXT)	[10]	(01:45.00)	02:08.17	-22.0	
Lap 1 00:31.26(31.26)	Lap 2 01:04.72(33.46)	Lap 3 01:37.41(32.69)	End 02:08.17(30.76)		
12 Saxons A (SAXT)	[11]	(02:08.61)	02:14.63	-4.6	
Lap 1 00:32.49(32.49)	Lap 3 01:41.19(68.70)	End 02:14.63(33.44)			

Event 146: 4x50m Medley Relay, Male, Open, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	Stowmarket 'A' (STOT)	[4]	(01:50.00)	01:48.75	1.1		
	Lap 1 00:27.77(27.77)	Lap 2 00:57.26(29.49)	Lap 3 01:24.72(27.46)	End 01:48.75(24.03)			
2	team Ipswich 'A' (IPST)	[3]	(01:50.00)	01:49.91	0.0		
	Lap 1 00:28.52(28.52)	Lap 2 00:58.76(30.24)	Lap 3 01:25.86(27.10)	End 01:49.91(24.05)			
3	Deben 'A' (DEBT)	[5]	(01:53.85)	01:51.06	2.4		
	Lap 1 00:28.73(28.73)	Lap 2 00:59.44(30.71)	Lap 3 01:26.13(26.69)	End 01:51.06(24.93)			
4	St Felix 'A' (SFST)	[2]	(01:50.00)	01:52.50	-2.2		
	Lap 1 00:27.93(27.93)	Lap 2 01:00.75(32.82)	Lap 3 01:28.63(27.88)	End 01:52.50(23.87)			
5	team Ipswich 'B' (IPST)	[6]	(01:57.00)	01:55.09	1.6		
	Lap 1 00:29.02(29.02)	Lap 2 01:02.70(33.68)	Lap 3 01:30.58(27.88)	End 01:55.09(24.51)			
6	West Suffolk (WSUT)	[7]	(02:00.00)	01:56.40	3.0		
	Lap 1 00:28.25(28.25)	Lap 2 01:02.22(33.97)	Lap 3 01:30.05(27.83)	End 01:56.40(26.35)			
7	Felixstowe (FLXT)	[1]	(02:20.00)	01:59.48	14.6		
	Lap 1 00:29.23(29.23)	Lap 2 01:01.22(31.99)	Lap 3 01:33.44(32.22)	End 01:59.48(26.04)			
8	Sudbury 'A' (SU DT)	[8]	(02:00.96)	02:01.72	-0.6		
	Lap 1 00:32.37(32.37)	Lap 2 01:07.30(34.93)	Lap 3 01:35.20(27.90)	End 02:01.72(26.52)			
9	Beccles Town (BECT)	[10]	(02:14.40)	02:10.35	3.0		
	Lap 1 00:31.16(31.16)	Lap 2 01:10.89(39.73)	Lap 3 01:41.66(30.77)	End 02:10.35(28.69)			

Event 147: 4x50m Freestyle Relay, Male, 15/16 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	team Ipswich 'A' (IPST)	[1]	(01:44.00)	01:40.67	3.2		
	Lap 1 00:24.16(24.16)	Lap 2 00:48.96(24.80)	Lap 3 01:14.88(25.92)	End 01:40.67(25.79)			
2	team Ipswich 'B' (IPST)	[3]	(01:49.00)	01:44.41	4.2		
	Lap 1 00:25.91(25.91)	Lap 2 00:52.58(26.67)	Lap 3 01:17.60(25.02)	End 01:44.41(26.81)			
3	St Felix 'A' (SFST)	[6]	(01:55.00)	01:44.74	8.9		
	Lap 1 00:26.41(26.41)	Lap 2 00:52.61(26.20)	Lap 3 01:20.90(28.29)	End 01:44.74(23.84)			
4	West Suffolk (WSUT)	[4]	(01:50.00)	01:45.51	4.0		
	Lap 1 00:27.38(27.38)	Lap 2 00:54.62(27.24)	Lap 3 01:20.74(26.12)	End 01:45.51(24.77)			
5	Deben 'A' (DEBT)	[5]	(01:51.44)	01:49.86	1.4		
	Lap 1 00:27.28(27.28)	Lap 2 00:55.20(27.92)	Lap 3 01:22.06(26.86)	End 01:49.86(27.80)			
6	Leiston (LDST)	[7]	(01:55.00)	01:52.19	2.4		
	Lap 1 00:26.84(26.84)	Lap 2 00:55.45(28.61)	Lap 3 01:24.47(29.02)	End 01:52.19(27.72)			
7	Saxons A (SAXT)	[2]	(01:44.02)	01:53.88	-9.4		
	Lap 1 00:28.61(28.61)	Lap 2 00:57.67(29.06)	Lap 3 01:26.11(28.44)	End 01:53.88(27.77)			

Event 148: 4x50m Medley Relay, Female, 15/16 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	St Felix 'A' (SFST)	[1]		(02:10.00)	02:09.06	0.7	
	Lap 1 00:31.78(31.78)	Lap 2 01:10.40(38.62)	Lap 3 01:42.47(32.07)				End 02:09.06(26.59)
2	teamIpswich 'A' (IPST)	[2]		(02:12.00)	02:09.23	2.0	
	Lap 1 00:32.95(32.95)	Lap 2 01:11.36(38.41)	Lap 3 01:41.86(30.50)				End 02:09.23(27.37)
3	Deben 'A' (DEBT)	[5]		(02:16.98)	02:14.94	1.4	
	Lap 1 00:32.82(32.82)	Lap 2 01:09.85(37.03)	Lap 3 01:43.58(33.73)				End 02:14.94(31.36)
4	Saxons A (SAXT)	[3]		(02:15.96)	02:20.99	-3.6	
	Lap 1 00:34.44(34.44)	Lap 2 01:13.87(39.43)	Lap 3 01:50.53(36.66)				End 02:20.99(30.46)
5	Stowmarket 'A' (STOT)	[7]		(02:22.00)	02:22.63	-0.4	
	Lap 1 00:35.95(35.95)	Lap 2 01:15.39(39.44)	Lap 3 01:50.67(35.28)				End 02:22.63(31.96)
6	Beccles Town (BECT)	[8]		(02:29.00)	02:25.85	2.1	
	Lap 1 00:37.53(37.53)	Lap 2 01:18.83(41.30)	End 02:25.85(67.02)				
7	Felixstowe (FLXT)	[6]		(02:20.00)	02:27.73	-5.5	
	Lap 1 00:36.58(36.58)	Lap 2 01:21.21(44.63)	Lap 3 01:56.53(35.32)				End 02:27.73(31.20)

Event 149: 4x50m Freestyle Relay, Male, 13/14 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	teamIpswich 'A' (IPST)	[2]		(01:50.00)	01:48.01	1.8	
	Lap 1 00:25.74(25.74)	Lap 2 00:50.71(24.97)	Lap 3 01:18.92(28.21)				End 01:48.01(29.09)
2	Deben 'A' (DEBT)	[3]		(01:56.51)	01:50.82	4.8	
	Lap 1 00:28.35(28.35)	Lap 2 00:57.09(28.74)	Lap 3 01:24.90(27.81)				End 01:50.82(25.92)
3	Stowmarket 'A' (STOT)	[1]		(01:47.00)	01:50.88	-3.6	
	Lap 1 00:26.60(26.60)	Lap 2 00:55.77(29.17)	Lap 3 01:23.69(27.92)				End 01:50.88(27.19)
4	St Felix 'A' (SFST)	[5]		(02:00.00)	01:52.81	5.9	
	Lap 1 00:26.38(26.38)	Lap 2 00:54.88(28.50)	Lap 3 01:24.80(29.92)				End 01:52.81(28.01)
5	Felixstowe (FLXT)	[8]		(02:05.00)	01:56.23	7.0	
	Lap 1 00:28.25(28.25)	Lap 2 00:56.13(27.88)	Lap 3 01:26.07(29.94)				End 01:56.23(30.16)
6	West Suffolk (WSUT)	[6]		(02:00.00)	01:57.51	2.0	
	Lap 1 00:29.55(29.55)	Lap 2 00:57.42(27.87)	Lap 3 01:26.94(29.52)				End 01:57.51(30.57)
7	Deben 'B' (DEBT)	[7]		(02:02.61)	01:58.51	3.3	
	Lap 1 00:29.46(29.46)	Lap 2 00:59.02(29.56)	Lap 3 01:30.39(31.37)				End 01:58.51(28.12)
8	Sudbury 'A' (SUDT)	[9]		(02:12.22)	02:02.37	7.4	
	Lap 1 00:31.54(31.54)	Lap 2 00:59.07(27.53)	Lap 3 01:32.17(33.10)				End 02:02.37(30.20)
9	Saxons A (SAXT)	[4]		(01:59.54)	02:03.35	-3.1	
	Lap 1 00:29.57(29.57)	Lap 2 01:04.11(34.54)	Lap 3 01:34.70(30.59)				End 02:03.35(28.65)
10	Hadleigh (HADT)	[10]		(02:13.81)	02:18.53	-3.5	
	Lap 1 00:32.77(32.77)	Lap 2 01:14.76(41.99)	Lap 3 01:48.54(33.78)				End 02:18.53(29.99)
11	Beccles Town (BECT)	[11]		(02:21.00)	02:18.61	1.6	
	Lap 2 01:12.63(72.63)	Lap 3 01:43.38(30.75)	End 02:18.61(35.23)				Correct

Event 150: 4x50m Medley Relay, Female, 13/14 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	St Felix 'A' (SFST)	[2]		(02:15.00)	02:09.28	4.2	
	Lap 1 00:31.69(31.69)	Lap 2 01:09.58(37.89)	Lap 3 01:40.62(31.04)				End 02:09.28(28.66)
2	teamIpswich 'A' (IPST)	[1]		(02:14.00)	02:10.47	2.6	
	Lap 1 00:33.03(33.03)	Lap 2 01:09.53(36.50)	Lap 3 01:41.41(31.88)				End 02:10.47(29.06)
3	Sudbury 'A' (SUDT)	[3]		(02:17.29)	02:15.42	1.3	
	Lap 1 00:34.26(34.26)	Lap 2 01:10.84(36.58)	Lap 3 01:45.20(34.36)				End 02:15.42(30.22)
4	teamIpswich 'B' (IPST)	[7]		(02:20.00)	02:15.54	3.1	
	Lap 1 00:33.14(33.14)	Lap 2 01:12.98(39.84)	Lap 3 01:45.36(32.38)				End 02:15.54(30.18)
5	LOBSC 'A' (LOBT)	[6]		(02:19.00)	02:16.81	1.5	
	Lap 1 00:33.16(33.16)	Lap 2 01:11.37(38.21)	Lap 3 01:46.58(35.21)				End 02:16.81(30.23)
6	Deben 'A' (DEBT)	[5]		(02:18.58)	02:17.61	0.7	
	Lap 1 00:33.88(33.88)	Lap 2 01:12.25(38.37)	Lap 3 01:48.07(35.82)				End 02:17.61(29.54)
7	West Suffolk (WSUT)	[13]		(02:30.00)	02:21.85	5.4	
	Lap 1 00:36.01(36.01)	Lap 2 01:18.59(42.58)	Lap 3 01:50.98(32.39)				End 02:21.85(30.87)

8 Saxons A (SAXT)	[4]	(02:17.73)	02:22.89	-3.7	
Lap 1 00:34.94(34.94)	Lap 2 01:16.26(41.32)	Lap 3 01:52.37(36.11)	End 02:22.89(30.52)		
9 Deben 'B' (DEBT)	[8]	(02:24.41)	02:27.54	-2.1	
Lap 1 00:35.63(35.63)	Lap 2 01:16.38(40.75)	Lap 3 01:52.97(36.59)	End 02:27.54(34.57)		
10 Stowmarket 'A' (STOT)	[12]	(02:30.00)	02:27.71	1.5	
Lap 1 00:38.55(38.55)	Lap 2 01:20.91(42.36)	Lap 3 01:56.59(35.68)	End 02:27.71(31.12)		
11 Leiston (LDST)	[9]	(02:25.00)	02:28.71	-2.5	
Lap 1 00:34.03(34.03)	Lap 2 01:16.65(42.62)	Lap 3 01:56.18(39.53)	End 02:28.71(32.53)		
12 Hadleigh (HADT)	[10]	(02:29.26)	02:28.78	0.3	
Lap 1 00:35.07(35.07)	Lap 2 01:20.03(44.96)	Lap 3 01:57.68(37.65)	End 02:28.78(31.10)		
13 Felixstowe (FLXT)	[11]	(02:30.00)	02:32.10	-1.4	
Lap 1 00:39.79(39.79)	Lap 2 01:23.44(43.65)	Lap 3 01:59.91(36.47)	End 02:32.10(32.19)		
14 Beccles Town Green (BECT)	[16]	(02:35.00)	02:36.78	-1.1	
Lap 1 00:39.22(39.22)	Lap 2 01:27.38(48.16)	Lap 3 02:02.37(34.99)	End 02:36.78(34.41)		
15 Saxons B (SAXT)	[14]	(02:31.44)	02:40.02	-5.6	
Lap 1 00:40.42(40.42)	Lap 2 01:26.45(46.03)	Lap 3 02:04.49(38.04)	End 02:40.02(35.53)		
16 Beccles Town White (BECT)	[15]	(02:34.00)	02:47.88	-9.0	
Lap 1 00:48.12(48.12)	Lap 2 01:35.30(47.18)	Lap 3 02:14.39(39.09)	End 02:47.88(33.49)		

Event 151: 4x50m Freestyle Relay, Male, 11/12 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	team Ipswich 'A' (IPST)	[2]	(02:08.00)	02:00.19	6.1		
	Lap 1 00:28.80(28.80)	Lap 2 00:59.64(30.84)	Lap 3 01:30.13(30.49)	End 02:00.19(30.06)			
2	St Felix 'A' (SFST)	[1]	(02:08.00)	02:01.65	4.9		
	Lap 1 00:29.21(29.21)	Lap 2 01:01.22(32.01)	Lap 3 01:32.39(31.17)	End 02:01.65(29.26)			
3	team Ipswich 'B' (IPST)	[4]	(02:14.00)	02:09.05	3.6		
	Lap 1 00:30.97(30.97)	Lap 2 01:02.81(31.84)	Lap 3 01:36.01(33.20)	End 02:09.05(33.04)			
4	West Suffolk (WSUT)	[3]	(02:12.00)	02:13.33	-1.0		
	Lap 1 00:31.02(31.02)	Lap 2 01:03.87(32.85)	Lap 3 01:39.77(35.90)	End 02:13.33(33.56)			
5	Sudbury 'A' (SUDT)	[8]	(02:22.59)	02:15.47	4.9		
	Lap 1 00:37.98(37.98)	Lap 2 01:12.01(34.03)	Lap 3 01:41.88(29.87)	End 02:15.47(33.59)			
6	Stowmarket 'A' (STOT)	[5]	(02:15.00)	02:16.26	-0.9		
	Lap 1 00:36.37(36.37)	Lap 2 01:08.36(31.99)	End 02:16.26(67.90)				
7	Deben 'A' (DEBT)	[9]	(02:24.68)	02:17.23	5.1		
	Lap 1 00:33.67(33.67)	Lap 2 01:09.61(35.94)	Lap 3 01:46.30(36.69)	End 02:17.23(30.93)			
8	Saxons A (SAXT)	[6]	(02:16.09)	02:17.77	-1.2		
	Lap 1 00:35.68(35.68)	Lap 2 01:13.51(37.83)	Lap 3 01:45.71(32.20)	End 02:17.77(32.06)			
9	Leiston (LDST)	[7]	(02:20.00)	02:25.53	-3.9		
	Lap 1 00:35.10(35.10)	Lap 2 01:13.99(38.89)	Lap 3 01:53.43(39.44)	End 02:25.53(32.10)			
10	Hadleigh (HADT)	[10]	(02:32.85)	02:32.54	0.2		
	Lap 1 00:36.07(36.07)	Lap 3 01:54.79(78.72)	End 02:32.54(37.75)				

Event 152: 4x50m Medley Relay, Female, 11/12 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	team Ipswich 'A' (IPST)	[1]	(02:22.00)	02:16.49	3.8		
	Lap 1 00:33.16(33.16)	Lap 2 01:13.29(40.13)	Lap 3 01:46.16(32.87)	End 02:16.49(30.33)			
2	LOBSC 'A' (LOBT)	[2]	(02:25.34)	02:20.55	3.2		
	Lap 1 00:36.26(36.26)	Lap 2 01:13.65(37.39)	Lap 3 01:49.12(35.47)	End 02:20.55(31.43)			
3	team Ipswich 'B' (IPST)	[3]	(02:32.00)	02:24.50	4.9		
	Lap 1 00:36.39(36.39)	Lap 2 01:17.41(41.02)	Lap 3 01:53.40(35.99)	End 02:24.50(31.10)			
4	St Felix 'A' (SFST)	[10]	(02:40.00)	02:25.33	9.1		
	Lap 1 00:39.57(39.57)	Lap 2 01:20.20(40.63)	Lap 3 01:54.20(34.00)	End 02:25.33(31.13)			
5	West Suffolk (WSUT)	[8]	(02:36.00)	02:27.34	5.5		
	Lap 1 00:36.99(36.99)	Lap 2 01:17.80(40.81)	Lap 3 01:54.75(36.95)	End 02:27.34(32.59)			
6	Beccles Town Green (BECT)	[11]	(02:40.00)	02:30.43	5.9		
	Lap 1 00:38.58(38.58)	Lap 2 01:21.51(42.93)	Lap 3 01:56.38(34.87)	End 02:30.43(34.05)			
7	Saxons A (SAXT)	[4]	(02:32.51)	02:31.56	0.6		
	Lap 1 00:38.53(38.53)	Lap 2 01:25.38(46.85)	Lap 3 02:00.55(35.17)	End 02:31.56(31.01)			
8	Stowmarket 'A' (STOT)	[6]	(02:35.00)	02:31.58	2.2		
	Lap 1 00:33.90(33.90)	Lap 2 01:19.57(45.67)	Lap 3 01:57.06(37.49)	End 02:31.58(34.52)			

9 LOBSC 'B' (LOBT)	[5]	(02:33.47)	02:32.98	0.3	
Lap 2 01:22.93(82.93)	Lap 3 01:58.47(35.54)	End 02:32.98(34.51)			
10 Deben 'A' (DEBT)	[13]	(02:40.97)	02:34.54	3.9	
Lap 1 00:40.64(40.64)	Lap 2 01:23.86(43.22)	Lap 3 02:01.38(37.52)	End 02:34.54(33.16)		
11 Sudbury 'A' (SU DT)	[7]	(02:35.61)	02:38.59	-1.9	
Lap 1 00:39.22(39.22)	Lap 2 01:22.88(43.66)	Lap 3 02:05.32(42.44)	End 02:38.59(33.27)		
12 Leiston (LDST)	[12]	(02:40.00)	02:39.14	0.5	
Lap 1 00:40.48(40.48)	Lap 2 01:19.96(39.48)	Lap 3 02:01.02(41.06)	End 02:39.14(38.12)		
13 Felixstowe (FLXT)	[15]	(02:45.00)	02:41.14	2.3	
Lap 1 00:41.40(41.40)	Lap 2 01:24.65(43.25)	Lap 3 02:05.92(41.27)	End 02:41.14(35.22)		
14 Beccles Town White (BECT)	[9]	(02:39.00)	02:50.74	-7.3	
Lap 1 00:44.06(44.06)	Lap 2 01:32.01(47.95)	Lap 3 02:12.57(40.56)	End 02:50.74(38.17)		
15 Saxons B (SAXT)	[14]	(02:42.23)	02:51.89	-5.9	
Lap 1 00:41.17(41.17)	Lap 2 01:24.03(42.86)	Lap 3 02:14.72(50.69)	End 02:51.89(37.17)		
16 Hadleigh (HADT)	[16]	(02:54.81)	02:56.13	-0.7	
Lap 1 00:46.08(46.08)	Lap 2 01:40.06(53.98)	End 02:56.13(76.07)			

Event 153: 4x50m Freestyle Relay, Male, 9/10 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	team Ipswich 'A' (IPST)	[1]	(02:20.00)	02:17.31	1.9		
	Lap 1 00:32.88(32.88)	Lap 2 01:05.57(32.69)	Lap 3 01:40.69(35.12)	End 02:17.31(36.62)			
2	West Suffolk (WSUT)	[2]	(02:30.00)	02:21.88	5.4		
	Lap 1 00:33.32(33.32)	Lap 2 01:05.63(32.31)	Lap 3 01:43.06(37.43)	End 02:21.88(38.82)			
3	Stowmarket 'A' (STOT)	[4]	(02:34.00)	02:27.34	4.3		
	Lap 1 00:38.90(38.90)	Lap 2 01:15.88(36.98)	Lap 3 01:52.34(36.46)	End 02:27.34(35.00)			
4	team Ipswich 'B' (IPST)	[3]	(02:34.00)	02:28.50	3.5		
	Lap 1 00:37.67(37.67)	Lap 2 01:14.48(36.81)	Lap 3 01:51.29(36.81)	End 02:28.50(37.21)			
5	Deben 'A' (DEBT)	[6]	(02:40.76)	02:28.62	7.5		
	Lap 1 00:36.93(36.93)	Lap 2 01:15.32(38.39)	Lap 3 01:53.77(38.45)	End 02:28.62(34.85)			
6	St Felix 'A' (SFST)	[7]	(02:45.00)	02:35.84	5.5		
	Lap 1 00:41.70(41.70)	Lap 2 01:17.09(35.39)	Lap 3 01:56.09(39.00)	End 02:35.84(39.75)			
7	Sudbury 'A' (SU DT)	[5]	(02:34.04)	02:39.00	-3.2		
	Lap 1 00:36.55(36.55)	Lap 2 01:18.05(41.50)	Lap 3 01:55.28(37.23)	End 02:39.00(43.72)			
8	Stowmarket 'B' (STOT)	[9]	(02:55.00)	02:52.76	1.2		
	Lap 1 00:43.97(43.97)	Lap 2 01:24.32(40.35)	Lap 3 02:12.84(48.52)	End 02:52.76(39.92)			
9	Beccles Town (BECT)	[10]	(03:15.00)	03:06.75	4.2		
	Lap 2 01:38.84(98.84)	Lap 3 02:27.41(48.57)	End 03:06.75(39.34)	Correct			

Event 154: 4x50m Medley Relay, Female, 9/10 years, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	team Ipswich 'A' (IPST)	[1]	(02:34.00)	02:36.75	-1.7		
	Lap 1 00:37.83(37.83)	Lap 2 01:24.26(46.43)	Lap 3 02:03.02(38.76)	End 02:36.75(33.73)			
2	LOBSC 'A' (LOBT)	[2]	(02:37.16)	02:42.80	-3.5		
	Lap 1 00:41.29(41.29)	Lap 2 01:29.22(47.93)	Lap 3 02:08.69(39.47)	End 02:42.80(34.11)			
3	team Ipswich 'B' (IPST)	[4]	(02:54.00)	02:49.90	2.3		
	Lap 1 00:41.46(41.46)	Lap 2 01:30.92(49.46)	Lap 3 02:15.11(44.19)	End 02:49.90(34.79)			
4	Deben 'A' (DEBT)	[5]	(02:57.58)	02:53.81	2.1		
	Lap 1 00:46.25(46.25)	Lap 2 01:35.74(49.49)	Lap 3 02:16.14(40.40)	End 02:53.81(37.67)	Correct		
5	West Suffolk (WSUT)	[3]	(02:48.00)	02:54.85	-4.0		
	Lap 1 00:44.20(44.20)	Lap 2 01:30.92(46.72)	Lap 3 02:15.66(44.74)	End 02:54.85(39.19)			
6	Saxons A (SAXT)	[7]	(03:05.30)	03:12.66	-3.9		
	Lap 2 01:42.42(102.42)	Lap 3 02:31.64(49.22)	End 03:12.66(41.02)				
7	Beccles Town (BECT)	[8]	(03:20.00)	03:15.61	2.1		
	Lap 1 00:50.18(50.18)	Lap 2 01:48.11(57.93)	Lap 3 02:33.71(45.60)	End 03:15.61(41.90)			

Event 155: 4x50m Freestyle Relay, Male, Open, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	teamIpswich 'A' (IPST)		[2]	(01:40.00)	01:37.66	2.3	
	Lap 1 00:24.35(24.35)	Lap 2 00:49.13(24.78)		Lap 3 01:13.77(24.64)			End 01:37.66(23.89)
2	Stowmarket 'A' (STOT)		[1]	(01:38.00)	01:38.33	-0.3	
	Lap 1 00:24.92(24.92)	Lap 2 00:48.66(23.74)		Lap 3 01:14.34(25.68)			End 01:38.33(23.99)
3	Deben 'A' (DEBT)		[3]	(01:42.48)	01:39.57	2.8	
	Lap 1 00:25.60(25.60)	Lap 2 00:50.29(24.69)		Lap 3 01:14.21(23.92)			End 01:39.57(25.36)
4	St Felix 'A' (SFST)		[6]	(01:50.00)	01:40.52	8.6	
	Lap 1 00:24.19(24.19)	Lap 2 00:50.42(26.23)		Lap 3 01:16.79(26.37)			End 01:40.52(23.73)
5	teamIpswich 'B' (IPST)		[4]	(01:44.00)	01:41.88	2.0	
	Lap 1 00:25.09(25.09)	Lap 2 00:50.25(25.16)		Lap 3 01:16.32(26.07)			End 01:41.88(25.56)
6	Felixstowe (FLXT)		[9]	(02:00.00)	01:43.88	13.4	
	Lap 1 00:27.62(27.62)	Lap 2 00:52.43(24.81)		Lap 3 01:18.65(26.22)			End 01:43.88(25.23)
7	West Suffolk (WSUT)		[5]	(01:46.00)	01:44.58	1.3	
	Lap 1 00:27.26(27.26)	Lap 2 00:53.85(26.59)		Lap 3 01:19.68(25.83)			End 01:44.58(24.90)
8	Sudbury 'A' (SUDT)		[8]	(01:53.83)	01:45.79	7.0	
	Lap 1 00:28.38(28.38)	Lap 2 00:53.31(24.93)		Lap 3 01:19.60(26.29)			End 01:45.79(26.19)
9	Beccles Town (BECT)		[10]	(02:09.00)	01:54.96	10.8	
	Lap 1 00:30.78(30.78)	Lap 2 00:59.24(28.46)		Lap 3 01:26.02(26.78)			End 01:54.96(28.94)

Event 156: 4x50m Medley Relay, Female, Open, HDW, 20/03/2011

Place	Name	YOB	Comp. No	Entered at	Time set	Change%	GB/BAG pts
1	teamIpswich 'A' (IPST)		[1]	(02:05.00)	02:02.26	2.1	
	Lap 1 00:30.14(30.14)	Lap 2 01:05.15(35.01)		Lap 3 01:34.77(29.62)			End 02:02.26(27.49)
2	St Felix 'A' (SFST)		[2]	(02:06.00)	02:04.74	1.0	
	Lap 1 00:31.13(31.13)	Lap 2 01:09.36(38.23)		Lap 3 01:38.11(28.75)			End 02:04.74(26.63)
3	West Suffolk (WSUT)		[6]	(02:14.00)	02:06.14	5.8	
	Lap 1 00:31.20(31.20)	Lap 2 01:08.95(37.75)		Lap 3 01:37.33(28.38)			End 02:06.14(28.81)
4	St Felix 'B' (SFST)		[3]	(02:10.00)	02:10.23	-0.1	
	Lap 1 00:31.80(31.80)	Lap 2 01:11.00(39.20)		Lap 3 01:42.53(31.53)			End 02:10.23(27.70)
5	teamIpswich 'B' (IPST)		[4]	(02:10.00)	02:11.45	-1.1	
	Lap 1 00:32.52(32.52)	Lap 2 01:09.49(36.97)		Lap 3 01:42.55(33.06)			End 02:11.45(28.90)
6	Deben 'A' (DEBT)		[5]	(02:11.41)	02:12.46	-0.7	
	Lap 1 00:33.15(33.15)	Lap 2 01:10.14(36.99)		Lap 3 01:43.86(33.72)			End 02:12.46(28.60)
7	Sudbury 'A' (SUDT)		[7]	(02:15.02)	02:13.55	1.0	
	Lap 1 00:33.70(33.70)	Lap 2 01:10.39(36.69)		Lap 3 01:43.31(32.92)			End 02:13.55(30.24)
8	Stowmarket 'A' (STOT)		[9]	(02:18.00)	02:17.54	0.3	
	Lap 1 00:34.92(34.92)	Lap 2 01:14.42(39.50)		Lap 3 01:46.93(32.51)			End 02:17.54(30.61)
9	Hadleigh (HADT)		[8]	(02:17.21)	02:18.21	-0.7	
	Lap 1 00:33.97(33.97)	Lap 2 01:14.91(40.94)		Lap 3 01:47.69(32.78)			End 02:18.21(30.52)
10	Beccles Town (BECT)		[12]	(02:28.00)	02:22.36	3.8	
	Lap 1 00:36.95(36.95)	Lap 2 01:17.75(40.80)		Lap 3 01:51.54(33.79)			End 02:22.36(30.82)
11	Felixstowe (FLXT)		[10]	(02:20.00)	02:28.44	-6.0	
	Lap 1 00:38.85(38.85)	Lap 2 01:19.92(41.07)		Lap 3 01:54.60(34.68)			End 02:28.44(33.84)
12	Saxons A (SAXT)		[11]	(02:24.39)	02:35.26	-7.5	
	Lap 1 00:39.14(39.14)	Lap 2 01:25.65(46.51)		End 02:35.26(69.61)			