

<b>10/11 Years</b>			<b>Best 5 Events</b>						
1	Nina Allen	Newmarket	1360		50 breast	Final	00:44.85	258	
	50 free	Final	00:33.71	314	10	50 fly	Final	00:40.28	221
	100 free	Heat	01:17.43	273		Emilia Armstrong	Stowmarket	979	
	50 breast	Final	00:44.37	266		50 free	Heat	00:38.26	215
	100 IM	Heat	01:28.75	258		100 IM	Heat	01:36.70	199
	100 back	Final	01:27.14	249		50 fly	Final	00:42.31	191
2	Izzy Gebhard	teamipswich	1302		11	200 free	Heat	03:12.84	187
	200 free	Heat	02:47.94	284		100 back	Heat	01:35.94	187
	50 free	Final	00:35.28	274		Sophie Knight	Hadleigh	964	
	100 free	Heat	01:18.02	267		50 back	Final	00:42.08	225
	200 breast	Heat	03:36.14	241		100 back	Heat	01:35.33	190
	100 IM	Heat	01:31.33	236		50 fly	Final	00:42.82	184
3	Iolanthe Alty	teamipswich	1242		12	50 free	Heat	00:40.35	183
	200 free	Heat	02:50.00	274		100 IM	Heat	01:39.54	182
	50 free	Final	00:35.65	266		Olivia Swallow	teamipswich	962	
	100 free	Heat	01:18.50	262		100 free	Heat	01:25.85	200
	100 back	Final	01:30.88	220		200 free	Heat	03:09.91	196
	100 IM	Heat	01:33.60	220		50 free	Heat	00:39.50	195
4	India Clement	West Suffolk	1238		13	200 back	Heat	03:26.21	191
	100 free	Heat	01:19.06	256		50 back	Heat	00:45.33	180
	50 free	Final	00:36.28	252		Isla Mason	Stowmarket	837	
	200 free	Heat	02:56.50	244		200 back	Heat	03:29.76	182
	400 free	Heat	06:14.43	243		100 back	Heat	01:37.02	181
	100 IM	Heat	01:30.47	243		50 back	Heat	00:45.67	176
5	Poppy Moore	West Suffolk	1213		14	200 breast	Heat	04:06.22	163
	50 free	Final	00:35.34	273		100 breast	Heat	02:01.38	135
	200 free	Heat	02:55.91	247		Rebecca Lockett	Team Waveney	808	
	100 free	Heat	01:20.32	244		50 free	Heat	00:37.72	224
	400 free	Heat	06:17.20	238		100 IM	Heat	01:35.23	208
	100 back	Heat	01:32.13	211		50 back	Heat	00:44.51	190
6	Maelys Jacquet	Felixstowe	1184		15	100 fly	Heat	01:35.55	186
	50 free	Final	00:35.32	273		Violet Freezer	teamipswich	792	
	50 back	Final	00:41.11	241		200 free	Heat	03:12.17	189
	100 IM	Heat	01:31.39	236		50 free	Heat	00:41.15	173
	100 back	Final	01:30.09	226		50 back	Heat	00:47.56	155
	50 fly	Final	00:41.09	208		100 breast	Heat	01:57.77	148
7	Isla Coackley	teamipswich	1147		16	50 breast	Heat	00:56.68	127
	100 IM	Heat	01:31.68	234		Beau Waterhouse	Newmarket	691	
	50 back	Heat	00:41.76	230		50 free	Final	00:35.76	263
	100 back	Heat	01:29.68	229		50 back	Final	00:42.30	221
	100 free	Heat	01:22.18	228	17	100 free	Heat	01:24.94	207
	200 back	Heat	03:15.26	226		Lola-Rose Curtin	Team Waveney	650	
8	Casey Hopewell-Campion	Newmarket	1094		18	50 back	Heat	00:46.41	167
	50 back	Final	00:41.16	240		100 IM	Heat	01:42.79	166
	50 free	Heat	00:37.28	232		100 IM	Heat	01:42.79	166
	100 free	Final	01:23.26	219		50 breast	Heat	00:53.52	151
	50 breast	Heat	00:48.52	203		Anabelle Wan	Felixstowe	647	
	100 back	Heat	01:33.83	200		50 free	Final	00:35.92	260
9	Amelia Garnham	teamipswich	1058		19	50 back	Heat	00:43.73	200
	100 free	Heat	01:15.24	297		50 breast	Heat	00:49.90	187
	200 free	Heat	02:48.30	282		Gracie Reed	Team Waveney	612	
						50 free	Heat	00:40.92	175
						100 breast	Heat	01:57.16	150

	50 breast	Heat	00:53.98	148	40	Holly Love	St Felix Sch	137	
	50 back	Heat	00:49.31	139		50 back	Heat	00:49.60	137
20	Daisy Hills	St Felix Sch	453		41	Evie Pearsons-Farrow	teamipswich	124	
	50 free	Heat	00:39.91	189		50 breast	Heat	00:57.25	124
	50 back	Heat	00:49.90	135	42	Annie Jarvis	teamipswich	112	
	50 breast	Heat	00:56.43	129		50 breast	Heat	00:59.23	112
21	Caitlin Millen	Stowmarket	416		43	Sana MUSAAD QURASH	teamipswich	109	
	200 free	Heat	03:31.33	142		50 breast	Heat	00:59.63	109
	50 back	Heat	00:49.25	140	44	Millie Cooper	St Felix Sch	98	
	100 breast	Heat	02:01.77	134		50 breast	Heat	01:01.77	98
22	Annabelle Knights	St Felix Sch	401						
	50 free	Heat	00:37.57	227		<b>12 Years</b>		<b>Best 5 Events</b>	
	50 back	Heat	00:45.83	174	1	Erin Barber	Newmarket	2177	
23	Abigail McWattie	West Suffolk	322			50 free	Final	00:30.11	441
	100 back	Heat	01:40.53	162		50 back	Final	00:33.74	436
	50 back	Heat	00:47.07	160		100 back	Final	01:12.43	435
24	Freya Willis	Leiston	287			400 free	Heat	05:08.96	434
	50 back	Heat	00:46.29	169		200 free	Heat	02:26.18	431
	50 free	Heat	00:46.62	118	2	Lily Steel	teamipswich	1993	
25	Elisabeth Kirk	Leiston	275			100 free	Final	01:07.85	406
	50 free	Heat	00:43.72	144		50 back	Final	00:34.61	404
	50 fly	Heat	00:47.99	131		50 free	Final	00:31.08	401
26	Harriet Townend	Stowmarket	271			200 free	Heat	02:30.67	393
	50 back	Heat	00:48.74	144		400 free	Heat	05:20.32	389
	50 breast	Heat	00:56.76	127	3	Grace Mutton	teamipswich	1775	
27	Emilia Beswick	Newmarket	222			400 free	Heat	05:27.99	362
	50 back	Heat	00:51.60	122		50 free	Final	00:32.26	359
	50 breast	Heat	01:01.50	100		100 breast	Final	01:28.01	355
28	Erin Millin	Stowmarket	217			200 breast	Heat	03:10.64	351
	50 back	Heat	00:53.03	112		200 free	Heat	02:36.85	348
	50 breast	Heat	01:00.41	105	4	Nicole Peddely	teamipswich	1636	
29	Imogen McVittie	Hadleigh	187			50 free	Final	00:32.26	359
	50 back	Heat	00:44.70	187		50 breast	Final	00:41.17	333
30	Tess Berry	Felixstowe	174			50 back	Final	00:37.20	325
	50 free	Heat	00:41.05	174		100 free	Final	01:13.20	323
31	Nellie Snowden	teamipswich	172			100 IM	Heat	01:24.77	296
	50 breast	Heat	00:51.32	172	5	Anniston Coleman	Newmarket	1523	
31	Lottie Snell	teamipswich	172			50 free	Final	00:33.12	331
	100 back	Heat	01:38.68	172		50 back	Heat	00:37.53	317
33	Bluebell Gallant	Leiston	170			200 back	Heat	02:55.26	312
	50 fly	Heat	00:43.99	170		100 IM	Heat	01:24.94	294
34	Erin Stewart	West Suffolk	165			200 IM	Heat	03:08.62	269
	100 IM	Heat	01:42.93	165	6	Emily Sinclair	West Suffolk	1489	
34	Rosie Perry	West Suffolk	165			50 free	Final	00:33.56	318
	50 breast	Heat	00:52.00	165		50 back	Final	00:38.06	304
36	Poppy Hines	Stowmarket	148			200 free	Heat	02:44.50	302
	50 back	Heat	00:48.35	148		100 IM	Heat	01:25.35	290
36	Layla Murray	Mildenhall	148			200 IM	Heat	03:07.24	275
	50 back	Heat	00:48.29	148	7	Isabella Bryan	teamipswich	1363	
36	Amber Daynes	Stowmarket	148			50 back	Heat	00:38.90	285
	50 back	Heat	00:48.31	148		100 free	Final	01:16.91	278
39	Emily Colls	St Felix Sch	139			100 back	Final	01:24.68	272
	50 back	Heat	00:49.36	139		50 free	Heat	00:35.64	266

8	200 free	Heat	02:52.40	262		50 back Heat	00:39.61	269
	Samantha Martelino	Newmarket	1346			50 free Heat	00:35.67	265
	100 free	Final	01:15.46	295		100 breast	Heat 01:41.15	234
	50 back Heat	00:39.18	278		18	Erin Wright	teamipswich	756
	100 IM Heat	01:28.20	263			50 free Heat	00:35.84	261
	50 free Heat	00:35.84	261			200 breast	Heat 03:30.70	260
	100 back	Heat 01:27.16	249			100 IM Heat	01:31.46	235
9	Francesca Thompson	Team Waveney	1340		19	Felicity Morris	Leiston	666
	50 back Heat	00:38.86	285			50 breast	Heat 00:46.41	233
	400 free	Heat 06:00.98	272			100 breast	Final 01:41.73	230
	200 free	Heat 02:51.19	268			200 breast	Heat 03:48.82	203
	100 back	Final 01:25.99	260		20	Lily Munday	teamipswich	509
	200 back	Heat 03:07.39	255			100 back	Heat 01:26.19	258
10	Charlotte Catchpole	Leiston	1323			200 free	Heat 02:54.95	251
	50 free Final	00:33.30	326		21	Neve Melville	Felixstowe	504
	50 back Heat	00:39.18	278			100 free	Heat 01:15.90	290
	100 back	Final 01:25.55	264			50 fly Heat	00:40.75	214
	200 breast	Heat 03:39.81	229		22	Lola Pugh	teamipswich	458
	50 breast	Heat 00:46.87	226			50 back Heat	00:40.97	243
11	Brooke Copping	West Suffolk	1298			50 free Heat	00:38.26	215
	50 back Heat	00:39.02	282		23	Freya May	Leiston	408
	100 back	Heat 01:26.44	256			50 free Heat	00:37.51	228
	200 back	Heat 03:07.37	255			50 breast	Heat 00:50.57	180
	50 free Heat	00:36.19	254		24	Rebecca Kelly	teamipswich	355
	100 IM Heat	01:29.50	251			50 back Heat	00:44.34	192
12	Emelia Roe	West Suffolk	1181			100 back	Heat 01:40.40	163
	50 free Heat	00:36.05	257		25	Liberty Morris	Leiston	250
	200 free	Heat 02:55.39	249			200 breast	Heat 03:33.51	250
	200 IM Heat	03:17.42	235		26	Ellie Payne	Newmarket	246
	200 breast	Heat 03:38.54	233			50 free Heat	00:36.59	246
	50 breast	Heat 00:48.28	207		27	Erin Lawrence	teamipswich	212
13	Maggie Marshall	teamipswich	1161			50 breast	Heat 00:47.85	212
	50 free Final	00:34.85	284		28	Olivia Deitz	Hadleigh	187
	200 free	Heat 03:00.01	230			50 free Heat	00:40.06	187
	100 back	Heat 01:29.59	229		29	Lucy Phillips	Felixstowe	177
	50 back Heat	00:42.04	225			50 free Heat	00:40.82	177
	50 breast	Heat 00:49.37	193		30	Matilda Cator	Team Waveney	173
14	Eve Sinclair	Deben	986			50 breast	Heat 00:51.21	173
	50 free Heat	00:35.82	262					
	100 breast	Final 01:39.33	247			<b>13 Years</b>		<b>Best 5 Events</b>
	100 breast	Final 01:39.33	247		1	Clementine Lovell	teamipswich	2549
	200 breast	Heat 03:39.42	230			200 IM Heat	02:31.19	523
15	Polly Ruddell	teamipswich	875			100 breast	Heat 01:17.81	514
	50 free Heat	00:35.68	265			200 breast	Heat 02:48.89	505
	50 back Heat	00:40.49	252			100 back	Final 01:08.96	504
	100 breast	Heat 01:50.10	181			200 back	Heat 02:29.51	503
	50 breast	Heat 00:50.84	177		2	Grace Robinson	St Felix Sch	2373
16	Sophie Murton	teamipswich	832			400 free	Heat 04:55.57	495
	50 free Heat	00:36.24	253			200 free	Heat 02:19.71	493
	50 back Heat	00:43.81	199			100 free	Final 01:04.39	475
	100 breast	Heat 01:47.23	196			800 free	Heat 10:23.28	470
	50 breast	Heat 00:50.20	184			200 IM Heat	02:40.18	440
17	Guste Raudonyte	Newmarket	768		3	Chloe Knight	Hadleigh	2350

	100 back	Final	01:08.90	505	12	Francesca Barber	Stowmarket	1829	
	50 back Heat		00:32.43	491		200 free	Heat	02:30.24	397
	200 back	Heat	02:33.85	462		100 free	Heat	01:09.07	385
	100 IM Heat		01:13.72	450		400 free	Heat	05:28.08	362
4	100 free	Heat	01:05.92	442		50 fly Final		00:34.74	345
	Rose Romanus	teamipswich		2222		50 free Heat		00:32.84	340
	200 free	Heat	02:22.01	470	13	Selina Green	St Felix Sch		1770
	100 free	Final	01:04.67	469		100 free	Heat	01:10.04	369
	50 free Final		00:30.03	445		400 free	Heat	05:28.70	360
	200 IM Heat		02:42.72	420		50 free Heat		00:32.51	350
	100 IM Heat		01:15.53	418		200 back	Heat	02:48.75	350
5	Eveline Gaydon	teamipswich		2136		200 free	Heat	02:37.92	341
	200 free	Heat	02:24.99	441	14	Nicole Taylor	St Felix Sch		1723
	400 free	Heat	05:08.03	437		100 free	Heat	01:09.99	370
	100 free	Heat	01:07.00	421		50 free Heat		00:32.11	364
	800 free	Heat	10:47.12	420		200 free	Heat	02:37.63	343
	1500 free	Heat	20:31.63	417		50 back Heat		00:36.88	334
6	Jemima Lashmar	teamipswich		2097		100 back	Heat	01:20.90	312
	200 free	Heat	02:25.92	433	15	Eva Howlett	Team Waveney		1722
	400 free	Heat	05:09.67	431		50 free Heat		00:31.49	386
	100 free	Heat	01:06.93	423		100 free	Heat	01:10.22	366
	100 back	Final	01:14.03	407		200 free	Heat	02:38.66	337
	200 back	Heat	02:41.02	403		100 IM Heat		01:22.78	318
7	Emilia Johnson	St Felix Sch		2083		100 back	Heat	01:20.67	315
	50 free Final		00:29.94	449	16	Erin Daynes	Stowmarket		1614
	100 free	Final	01:05.89	443		400 free	Heat	05:32.55	348
	50 back Heat		00:34.42	411		200 free	Heat	02:38.42	338
	50 breast	Final	00:38.81	398		100 free	Heat	01:13.64	317
	200 free	Heat	02:32.13	382		50 free Heat		00:34.00	306
8	Aimee Burgess	teamipswich		1985		400 IM Heat		06:24.39	305
	50 free Final		00:30.73	415	17	Charlotte Kelly	teamipswich		1607
	100 free	Heat	01:07.92	404		50 free Heat		00:32.31	357
	400 free	Heat	05:16.92	402		200 free	Heat	02:36.32	352
	200 free	Heat	02:31.55	386		100 IM Heat		01:23.88	305
	100 back	Heat	01:15.87	378		200 breast	Heat	03:19.99	304
9	Ella Deaton	Newmarket		1932		200 back	Heat	02:59.85	289
	200 free	Heat	02:29.52	402	18	Emma Lovegrove	Mildenhall		1517
	400 free	Heat	05:18.38	396		50 back Heat		00:37.20	325
	100 free	Heat	01:08.72	390		100 back	Heat	01:21.23	308
	200 IM Heat		02:48.90	375		50 free Heat		00:34.00	306
	100 IM Heat		01:18.72	369		200 back	Heat	02:57.28	301
10	Amelia Lewis	teamipswich		1931		200 free	Heat	02:49.36	277
	50 free Heat		00:30.31	432	19	Miley Wilson-Mansfield	Newmarket		1514
	100 free	Heat	01:07.12	419		50 free Final		00:30.88	409
	200 free	Heat	02:32.76	377		50 back Final		00:35.29	381
	50 back Heat		00:36.03	358		200 back	Heat	02:44.39	378
	100 back	Final	01:18.26	345		100 IM Heat		01:20.42	346
11	Sophie Roberts	teamipswich		1857	20	Ella Stewart	West Suffolk		1498
	50 back Heat		00:34.27	416		100 free	Heat	01:12.98	326
	50 free Heat		00:31.34	391		200 IM Heat		03:01.99	300
	100 IM Heat		01:18.46	373		50 back Heat		00:38.28	299
	200 back	Heat	02:48.08	354		200 back	Heat	02:58.85	294
	200 IM Heat		02:57.52	323		800 free	Heat	12:21.89	279

21	Erin Uttridge	teamipswich	1449			50 free Heat	00:36.11	256	
	50 free Heat	00:31.52	384		35	Ruby Pearsons-Farrow	teamipswich	252	
	50 back Heat	00:35.40	378			50 free Heat	00:36.26	252	
	100 IM Heat	01:18.58	371		36	Molly Jiggins	Newmarket	240	
	100 breast	Final	01:31.48	316		50 free Heat	00:36.85	240	
22	Lily Hills	St Felix Sch	1349		37	Lyra James	Hadleigh	204	
	50 free Heat	00:32.46	352			100 back	Heat	01:33.18	204
	200 free	Heat	02:50.06	273					
	50 back Heat	00:40.73	248			<b>14 Years</b>			<b>Best 5 Events</b>
	800 free	Heat	12:58.88	241	1	Darcy Gladwell	teamipswich	2603	
	100 back	Heat	01:28.84	235		100 free	Final	01:01.33	550
23	Lauren Smith	Team Waveney	1334			200 free	Heat	02:15.91	536
	50 free Heat	00:33.66	316			50 free Heat	00:28.41	525	
	50 back Heat	00:39.50	272			400 free	Heat	04:52.37	512
	100 IM Heat	01:28.15	263			100 back	Final	01:10.07	480
	50 fly Heat	00:38.91	245		2	Adrija Raudonyte	Newmarket	2401	
	200 IM Heat	03:16.48	238			100 back	Final	01:09.27	497
24	Emily Turner	St Felix Sch	1271			50 back Final	00:32.62	483	
	50 free Heat	00:33.52	320			100 free	Heat	01:04.40	475
	200 free	Heat	02:42.23	315		200 back	Heat	02:32.36	475
	200 IM Heat	03:18.23	232			50 free Final	00:29.47	471	
	50 back Heat	00:42.37	220		3	Amelia Saunders	Leiston	2378	
	50 breast	Heat	00:50.17	184		200 free	Heat	02:19.44	496
25	Fionnuala Willis	Hadleigh	788			400 free	Heat	04:57.91	484
	50 free Heat	00:33.05	333			100 free	Final	01:04.18	479
	50 back Heat	00:41.57	233			50 free Final	00:29.52	468	
	100 fly Heat	01:30.09	222			400 IM Heat	05:37.60	451	
26	Amelie Harrison	Stowmarket	759		4	Bethany Crawley	teamipswich	2268	
	50 free Heat	00:35.10	278			200 free	Heat	02:21.51	475
	200 free	Heat	02:53.89	256		100 free	Final	01:05.31	455
	50 breast	Heat	00:46.92	225		400 IM Heat	05:37.98	449	
27	Ellie Norton	Felixstowe	748			400 free	Heat	05:05.70	448
	50 free Heat	00:33.92	308			200 IM Heat	02:39.99	441	
	200 free	Heat	02:50.80	270	5	Evie Armstrong	teamipswich	2259	
	50 breast	Heat	00:51.51	170		50 breast	Final	00:36.76	468
28	Eden Benion	Mildenhall	692			50 free Final	00:29.85	453	
	50 free Heat	00:35.42	271			100 breast	Final	01:21.41	449
	100 breast	Heat	01:44.31	213		100 free	Heat	01:05.68	447
	50 breast	Heat	00:48.18	208		200 free	Heat	02:24.87	442
29	Isla Dugdale	Newmarket	663		6	Kiera Broad	West Suffolk	2207	
	50 back Heat	00:36.74	338			200 free	Heat	02:20.04	490
	50 free Heat	00:33.33	325			800 free	Heat	10:36.42	442
30	Ella Denham	Hadleigh	515			50 free Final	00:30.47	426	
	50 free Heat	00:35.03	280			200 IM Heat	02:41.91	426	
	50 back Heat	00:41.47	235			400 IM Heat	05:44.69	423	
31	Isobel McNicholas	Deben	457		7	Isabel Thomas	Newmarket	2146	
	50 free Heat	00:36.05	257			50 free Final	00:28.60	515	
	50 breast	Heat	00:48.81	200		50 back Heat	00:33.79	434	
32	Esmee Child	Mildenhall	312			400 free	Heat	05:10.57	427
	50 free Heat	00:33.79	312			200 back	Heat	02:40.03	410
33	Isabelle Wedlake	Felixstowe	267			1500 free	Heat	21:33.16	360
	50 breast	Heat	00:44.35	267	8	Isabel Moore	West Suffolk	2068	
34	Isabella Brinded	Leiston	256			200 free	Heat	02:25.52	437

	400 free	Heat	05:08.26	436		200 free	Heat	02:36.16	353
	800 free	Heat	10:43.02	428		100 back	Heat	01:19.10	334
	1500 free	Heat	20:48.15	401		50 breast	Heat	00:42.00	314
	200 back	Heat	02:46.26	366		50 fly	Heat	00:36.10	308
9	May Richardson	Stowmarket	2016			200 breast	Heat	03:21.09	299
	50 free	Final	00:30.40	429	18	Layla Dowland	Leiston	1455	
	200 free	Heat	02:26.66	426		50 free	Heat	00:33.02	334
	400 free	Heat	05:16.64	403		200 IM	Heat	02:58.10	320
	400 IM	Heat	05:57.09	381		100 breast	Heat	01:36.64	268
	200 IM	Heat	02:48.57	377		100 fly	Heat	01:24.65	268
10	Florence Davies	Deben	1940			50 breast	Heat	00:44.43	265
	200 back	Heat	02:40.77	404	19	Holly Ridgeon	Leiston	1409	
	50 back	Heat	00:34.68	402		50 breast	Final	00:39.24	385
	100 back	Heat	01:14.71	396		100 breast	Heat	01:27.69	359
	50 free	Heat	00:31.29	393		200 breast	Heat	03:11.70	345
	50 breast	Heat	00:40.69	345		50 back	Heat	00:37.41	320
11	Anna Flowers	Leiston	1906		20	Sophie Harrington	Deben	1366	
	50 free	Heat	00:30.89	409		200 back	Heat	02:47.80	356
	200 free	Heat	02:29.99	399		50 fly	Final	00:34.58	350
	400 free	Heat	05:25.33	371		100 back	Heat	01:18.82	337
	50 back	Heat	00:35.78	366		50 back	Heat	00:37.28	323
	200 back	Heat	02:46.95	361	21	Lily Brandt	Newmarket	1216	
12	Annabel Nichols	Leiston	1810			50 free	Heat	00:30.85	410
	50 breast	Final	00:38.67	402		50 back	Final	00:34.61	404
	100 breast	Heat	01:26.28	377		100 back	Final	01:14.33	402
	50 free	Heat	00:32.26	359		22	Nell Motts	Hadleigh	1135
	200 breast	Heat	03:11.91	344		50 free	Heat	00:31.14	399
	200 IM	Heat	02:56.60	328		50 back	Final	00:35.65	370
13	Iona Tait	Deben	1796			100 back	Final	01:16.69	366
	50 free	Heat	00:31.49	386	23	Lottie Hitchcock	teamipswich	766	
	50 fly	Final	00:34.02	368		100 breast	Final	01:25.70	385
	200 back	Heat	02:46.20	366		50 breast	Final	00:39.38	381
	200 IM	Heat	02:53.94	343		24	Isabelle Mallen	Newmarket	707
	50 back	Heat	00:36.90	333		50 free	Heat	00:32.12	363
14	Maia Thompson	Team Waveney	1790			100 back	Heat	01:18.30	344
	200 free	Heat	02:30.48	395	25	Charlotte Creasy	West Suffolk	692	
	400 free	Heat	05:22.67	381		50 free	Heat	00:32.05	366
	100 back	Heat	01:17.95	349		50 back	Heat	00:37.17	326
	800 free	Heat	11:35.82	338	26	Sophie Fitsall	Newmarket	584	
	50 back	Heat	00:37.13	327		50 back	Heat	00:36.86	335
15	Imogen Ball	Team Waveney	1720			100 fly	Final	01:26.69	249
	50 free	Heat	00:32.31	357	27	Grace Ellis	Newmarket	367	
	200 free	Heat	02:35.67	356		50 free	Heat	00:32.00	367
	50 back	Heat	00:36.65	340	28	Olivia Sheasby	Newmarket	335	
	200 back	Heat	02:50.60	338		50 free	Heat	00:32.99	335
	200 IM	Heat	02:56.43	329	29	Katie Walker	Deben	314	
16	Isabelle Whittaker	Team Waveney	1671			50 back	Heat	00:37.64	314
	50 free	Heat	00:32.28	358	30	Charlotte Lockett	Team Waveney	264	
	200 back	Heat	02:51.49	333		100 breast	Heat	01:37.18	264
	200 free	Heat	02:39.55	331					
	100 back	Heat	01:19.28	331		<b>15 Years</b>			<b>Best 5 Events</b>
	50 back	Heat	00:37.47	318	1	Sophie Dowding	teamipswich	2841	
17	Poppy Cator	Team Waveney	1608			200 free	Heat	02:11.51	592

	800 free	Heat	09:43.82	572		50 free Final	00:29.07	490
	400 free	Heat	04:42.08	570		50 fly Heat	00:31.46	465
	100 free	Final	01:00.90	561		100 free	Heat 01:05.12	459
	1500 free	Heat	18:46.02	546		200 free	Heat 02:23.95	451
2	Charlotte Sanford	St Felix Sch	2699			100 IM Heat	01:16.01	410
	100 breast	Heat	01:15.89	554	11	Lilia Clarkson	St Felix Sch	2237
	200 breast	Heat	02:44.98	542		100 back	Heat 01:10.55	470
	200 IM Heat	02:29.69	539			50 back Final	00:33.35	452
	400 free	Heat	04:48.34	533		400 free	Heat 05:06.86	442
	50 breast	Final	00:35.26	531		200 back	Heat 02:36.37	440
3	Amelie Crabb	teamipswich	2611			50 free Heat	00:30.29	433
	200 free	Heat	02:15.11	546	12	Emily Knight	Hadleigh	2235
	100 free	Final	01:01.60	542		50 free Heat	00:29.68	461
	100 back	Final	01:08.40	516		200 free	Heat 02:22.96	460
	400 free	Heat	04:51.89	514		100 back	Final 01:11.81	446
	50 free Final	00:29.01	493			50 back Final	00:33.56	443
4	Ellen Duffield	teamipswich	2608			200 back	Heat 02:38.11	425
	50 breast	Final	00:34.80	552	13	Katie Stebbings	Stowmarket	2213
	100 breast	Final	01:16.65	538		400 free	Heat 04:58.91	479
	50 free Final	00:28.42	525			200 free	Heat 02:21.35	476
	100 free	Heat	01:03.33	499		50 free Heat	00:30.39	429
	200 IM Heat	02:34.15	494			800 free	Heat 10:47.56	419
5	Natalie Taylor	St Felix Sch	2596			1500 free	Heat 20:38.95	410
	100 free	Final	01:01.19	553	14	Gigi Gebhard	teamipswich	2204
	200 free	Heat	02:15.86	537		100 breast	Heat 01:21.38	449
	400 free	Heat	04:47.78	537		200 free	Heat 02:24.34	447
	50 free Final	00:28.58	516			100 IM Heat	01:14.22	441
	800 free	Heat	10:30.89	453		50 breast	Final 00:37.61	437
6	Chloe Armstrong	teamipswich	2497			50 free Heat	00:30.37	430
	50 back Final	00:31.79	522		15	Florence Talbot	Newmarket	2142
	50 fly Final	00:30.47	512			400 free	Heat 05:05.26	449
	50 free Final	00:28.89	499			200 free	Heat 02:24.84	443
	100 back	Final	01:09.66	489		800 free	Heat 10:43.38	427
	200 free	Heat	02:21.50	475		50 free Heat	00:30.73	415
7	Elizabeth Wright	West Suffolk	2345			1500 free	Heat 20:40.93	408
	100 IM Heat	01:12.00	483		16	Eloise Perry	West Suffolk	2107
	200 IM Heat	02:36.15	475			200 IM Heat	02:40.95	434
	100 breast	Final	01:19.99	473		100 fly Final	01:12.27	431
	50 free Heat	00:29.47	471			100 IM Heat	01:15.33	422
	100 fly Heat	01:11.59	443			50 fly Final	00:32.70	414
8	Rebecca Brown	Stowmarket	2319			50 free Heat	00:30.95	406
	400 free	Heat	04:57.41	486	17	Jersey Holmes	Team Waveney	2097
	200 free	Heat	02:22.70	463		200 free	Heat 02:24.53	446
	800 free	Heat	10:27.18	461		50 free Heat	00:30.41	428
	50 free Heat	00:29.78	456			50 fly Final	00:32.64	416
	400 IM Heat	05:36.99	453			100 fly Final	01:13.71	406
9	Sophie Pennington	teamipswich	2312			800 free	Heat 10:57.03	401
	100 free	Final	01:03.11	504	18	Megan Barker	West Suffolk	2078
	200 free	Heat	02:18.74	504		50 back Final	00:33.71	437
	50 free Final	00:29.12	488			200 free	Heat 02:26.63	427
	200 back	Heat	02:40.14	409		100 IM Heat	01:15.31	422
	50 back Final	00:34.54	407			400 free	Heat 05:15.90	406
10	Hannah McNicholas	Deben	2275			50 fly Heat	00:33.48	386

19	Francesca Freeman	West Suffolk	1957						
	200 back	Heat	02:39.78	412					
	100 back	Final	01:13.77	411	1	<b>16 Years</b>	<b>Best 5 Events</b>		
	50 back	Final	00:34.69	401		Beth Young	teamipswich	3222	
	100 fly	Heat	01:16.14	368		100 breast	Final	01:10.35	696
	50 fly	Heat	00:34.09	365		50 breast	Final	00:32.73	664
20	Georgia Denham	Hadleigh	1595			200 breast	Heat	02:34.49	660
	50 breast	Final	00:38.28	415		100 IM	Heat	01:06.59	611
	100 breast	Final	01:23.86	411	2	200 free	Heat	02:11.56	591
	50 free	Heat	00:31.44	387		Matilda Bogle	teamipswich	3189	
	200 breast	Heat	03:05.41	382		200 back	Heat	02:16.96	654
21	Phoebe Harpur-Davies	West Suffolk	1543			400 free	Heat	04:29.68	652
	50 free	Heat	00:30.24	435		400 IM	Heat	05:02.15	629
	100 fly	Heat	01:14.48	394		100 free	Heat	00:58.67	628
	200 IM	Heat	02:49.55	371	3	100 back	Heat	01:04.15	626
	200 fly	Heat	02:50.81	343		Karys-Rose Bunn	teamipswich	3114	
22	Gracie Brinkley	West Suffolk	1511			200 free	Heat	02:05.78	676
	400 IM	Heat	05:53.39	393		400 free	Heat	04:28.71	659
	100 fly	Final	01:14.72	390		100 free	Heat	00:58.70	627
	200 fly	Heat	02:46.82	368		50 free	Heat	00:27.19	599
	800 free	Heat	11:21.20	360	4	100 back	Heat	01:06.84	553
23	Beatrice Sepanski	West Suffolk	1470			Connie Davies	Deben	2779	
	50 breast	Final	00:38.76	400		200 free	Heat	02:12.41	580
	50 back	Heat	00:35.71	368		100 free	Heat	01:00.80	564
	100 back	Heat	01:17.73	352		50 free	Final	00:27.95	552
	100 breast	Final	01:28.44	350		400 free	Heat	04:46.85	542
24	Emma Arnold	Hadleigh	1380		5	100 back	Final	01:07.34	541
	50 breast	Heat	00:39.71	372		Romilly Marks	Newmarket	2675	
	50 free	Heat	00:32.35	356		400 free	Heat	04:40.01	583
	100 breast	Heat	01:29.20	341		100 free	Heat	01:02.01	532
	200 breast	Heat	03:18.45	311		800 free	Heat	09:59.15	529
25	Eloise Manton	West Suffolk	1312			200 free	Heat	02:17.33	519
	200 breast	Heat	03:12.81	339	6	400 IM	Heat	05:23.52	512
	800 free	Heat	11:41.93	329		Isabelle Barber	Stowmarket	2588	
	100 breast	Heat	01:30.80	323		200 free	Heat	02:14.23	556
	50 breast	Heat	00:41.71	321		400 free	Heat	04:47.09	540
26	Annette Molyneaux	Hadleigh	1193			100 free	Heat	01:02.10	529
	50 free	Heat	00:30.25	435		800 free	Heat	10:15.66	488
	200 free	Heat	02:29.50	403	7	50 free	Heat	00:29.37	475
	50 back	Heat	00:36.13	355		Ellie Burwood	St Felix Sch	2522	
27	Katy Gilbrook	West Suffolk	1120			50 free	Heat	00:28.53	519
	50 free	Heat	00:31.47	386		100 IM	Heat	01:10.29	519
	50 back	Heat	00:35.45	376		100 free	Final	01:03.28	500
	200 IM	Heat	02:51.56	358		50 breast	Final	00:36.14	493
28	Georgie Langford	Leiston	666		8	200 free	Heat	02:19.97	491
	50 free	Heat	00:32.14	363		Laura Alexander-High	teamipswich	2520	
	50 breast	Heat	00:42.52	303		100 breast	Final	01:17.30	525
29	Katie Bavey	Newmarket	441			50 breast	Final	00:35.51	520
	50 free	Heat	00:30.12	441		400 free	Heat	04:53.09	508
30	Evie Kinnett	Newmarket	416			200 IM	Heat	02:34.93	486
	50 free	Heat	00:30.71	416	9	200 breast	Heat	02:51.69	481
31	Harriet Glennerster	Team Waveney	251			Elijah Britton	St Felix Sch	2453	
	200 fly	Heat	03:09.43	251		400 free	Heat	04:48.38	533
						100 free	Heat	01:03.04	506



	200 free	Heat	02:19.82	492	2	Charlotte White	West Suffolk	3088	
	50 breast	Heat	00:36.76	468		100 fly	Final	01:03.63	632
	800 free	Heat	10:30.32	454		100 IM	Heat	01:05.91	630
10	Elsie Pooley	West Suffolk	2323			200 IM	Heat	02:22.17	629
	400 free	Heat	04:55.87	494		100 breast	Heat	01:13.96	599
	200 free	Heat	02:19.91	491		200 fly	Heat	02:21.97	598
	50 back	Heat	00:33.35	452	3	Madelyn Latimer-Hicks	St Felix Sch		2985
	50 free	Heat	00:29.96	448		400 free	Heat	04:30.19	648
	200 back	Heat	02:36.55	438		200 free	Heat	02:10.82	601
11	Kiera Turner	Team Waveney	2070			800 free	Heat	09:38.21	589
	400 free	Heat	05:02.31	463		100 free	Final	01:00.41	575
	200 free	Heat	02:26.75	426		400 IM	Heat	05:11.83	572
	50 free	Heat	00:30.98	405	4	Cerys Williams	West Suffolk	2776	
	200 IM	Heat	02:46.36	393		200 free	Heat	02:13.40	567
	800 free	Heat	11:07.32	383		100 free	Final	01:00.89	562
12	Ellie Catchpole	Leiston	1762			100 fly	Final	01:06.30	558
	50 free	Final	00:29.03	492		100 IM	Heat	01:09.00	549
	50 breast	Final	00:37.08	456	4	Abigail Crawley	teamipswich	2776	
	100 breast	Heat	01:23.56	415		100 free	Final	00:59.91	590
	200 breast	Heat	03:02.78	399		200 free	Heat	02:12.92	573
13	Madeline Pawle	Leiston	1734			50 free	Final	00:27.63	571
	100 breast	Final	01:21.41	449		100 back	Heat	01:07.56	536
	50 breast	Final	00:37.39	445		50 back	Final	00:32.11	506
	200 breast	Heat	02:57.52	435	6	Rosie Brooks	St Felix Sch	2740	
	50 free	Heat	00:30.99	405		200 free	Heat	02:11.94	586
14	Beatrice Gibbs	Newmarket	1542			100 free	Heat	01:00.49	573
	50 free	Heat	00:30.07	443		50 free	Heat	00:28.06	545
	200 IM	Heat	02:47.20	387		400 free	Heat	04:46.36	545
	50 back	Heat	00:35.60	371		50 fly	Heat	00:30.90	491
	100 fly	Heat	01:18.15	341	7	Holly Driver	St Felix Sch	2687	
15	Grace Mann	Team Waveney	1206			400 free	Heat	04:38.38	593
	50 back	Heat	00:34.52	407		200 free	Heat	02:13.78	562
	200 back	Heat	02:41.41	400		100 free	Final	01:02.07	530
	100 back	Heat	01:14.50	399		800 free	Heat	10:07.71	507
16	Phoebe Mallen	Newmarket	726			200 back	Heat	02:30.33	495
	50 free	Heat	00:30.94	407	8	Helena Hall	Deben	2661	
	50 breast	Heat	00:41.77	319		50 fly	Final	00:29.86	544
17	Emma Quinton	Deben	428			50 free	Final	00:28.25	534
	50 free	Heat	00:30.42	428		100 free	Final	01:01.90	534
18	Maya Osborne	Hadleigh	422			200 free	Heat	02:16.38	530
	50 free	Heat	00:30.57	422		100 fly	Heat	01:07.95	519
19	Darcy Clarke	Stowmarket	385		9	Freya Harwood	St Felix Sch	2535	
	50 free	Heat	00:31.50	385		100 free	Final	01:01.07	557
20	Chloe Veal	teamipswich	321			100 fly	Final	01:08.69	502
	100 fly	Heat	01:19.72	321		200 IM	Heat	02:33.54	499
						50 free	Heat	00:28.95	496
						100 IM	Heat	01:12.10	481
	<b>17 Years &amp; Over</b>			<b>Best 5 Events</b>	10	Caitlin McNicholas	Deben	2447	
1	Natalie Sanford	St Felix Sch	3099			50 breast	Heat	00:35.96	500
	200 IM	Heat	02:21.52	638		100 breast	Heat	01:18.61	499
	200 free	Heat	02:08.52	634		50 free	Heat	00:29.06	491
	200 breast	Heat	02:38.27	614		100 IM	Heat	01:12.11	481
	50 fly	Heat	00:28.75	609					
	100 IM	Heat	01:06.82	604					

11	200 breast Heat	02:52.30	476		100 IM Heat	01:14.35	439
	Esme Springham	Deben	2443		200 IM Heat	02:42.70	420
	50 free Heat	00:28.37	528	20	Ella Houston	Deben	2232
	50 back Final	00:31.88	517		200 free Heat	02:19.79	492
	50 fly Final	00:30.73	499		100 back Heat	01:11.76	447
	100 back Final	01:09.48	493		50 free Heat	00:30.08	442
	50 breast Heat	00:38.55	406		50 back Heat	00:33.63	441
12	Lily Bemmer	Deben	2420		100 fly Heat	01:13.47	410
	50 breast Final	00:36.22	490	21	Imogen Gotch	West Suffolk	2100
	50 fly Heat	00:30.91	490		50 free Heat	00:29.52	468
	100 breast Final	01:19.22	487		200 IM Heat	02:42.12	424
	200 breast Heat	02:51.78	480		50 breast Heat	00:38.29	414
	200 IM Heat	02:36.38	473		100 breast Final	01:24.58	400
13	Emily Cutting	West Suffolk	2389		200 breast Heat	03:03.42	394
	50 back Heat	00:32.41	492	22	Amber Ridgeon	Leiston	2069
	200 back Heat	02:31.37	485		50 free Heat	00:29.91	450
	400 IM Heat	05:31.50	476		50 breast Final	00:37.75	433
	100 back Heat	01:10.38	474		50 back Heat	00:34.47	409
	100 IM Heat	01:13.09	462		200 breast Heat	03:04.13	390
14	Lorne Balfour	St Felix Sch	2365		100 breast Heat	01:25.53	387
	50 free Heat	00:29.13	487	23	Molly Peacock	West Suffolk	1938
	50 back Heat	00:32.53	487		50 back Heat	00:33.60	442
	100 back Final	01:09.79	486		100 back Heat	01:12.72	430
	200 back Heat	02:33.48	465		200 back Heat	02:39.24	416
	50 fly Heat	00:32.03	440		100 fly Heat	01:17.13	354
15	Lucy Hutchinson	West Suffolk	2308		200 fly Heat	02:59.38	296
	50 free Heat	00:29.03	492	24	Alice Clark	West Suffolk	1671
	50 back Heat	00:32.46	490		50 breast Heat	00:38.02	423
	100 free Heat	01:05.17	458		50 fly Heat	00:32.49	422
	100 IM Heat	01:13.68	451		200 breast Heat	03:00.44	414
	100 breast Heat	01:23.42	417		800 free Heat	10:51.25	412
16	Georgina Stokes	Newmarket	2257	25	Tanya Alexander	Team Waveney	1365
	50 free Heat	00:29.56	466		50 fly Final	00:30.89	491
	200 breast Heat	02:54.94	455		50 free Heat	00:29.22	483
	100 breast Heat	01:21.18	453		200 fly Heat	02:43.54	391
	100 IM Heat	01:14.04	444	26	Tess Wesley	Newmarket	1355
	200 IM Heat	02:40.30	439		200 IM Heat	02:35.79	478
17	Sophie Quinton	Deben	2256		50 back Heat	00:33.54	444
	100 back Final	01:09.11	501		100 breast Heat	01:22.38	433
	50 free Heat	00:29.27	480	27	Erica Benedetti	Stowmarket	1162
	200 back Heat	02:35.29	449		200 breast Heat	03:01.33	408
	50 back Heat	00:33.72	437		100 breast Heat	01:25.90	382
	50 breast Heat	00:39.10	389		50 breast Heat	00:39.70	372
18	Nonhlanhla Thole	St Felix Sch	2246	28	Sophie Owen	Leiston	395
	50 fly Heat	00:31.10	481		50 free Heat	00:31.24	395
	50 free Heat	00:29.79	456	29	Rowan Abbott	Hadleigh	393
	50 back Heat	00:33.42	449		50 back Heat	00:34.94	393
	100 back Heat	01:12.22	439	30	Martha Hitt	Stowmarket	327
	100 fly Heat	01:12.86	421		50 free Heat	00:33.28	327
19	Laura Snelham	St Felix Sch	2236	31	Sophie Barrett	Stowmarket	320
	200 free Heat	02:22.27	467		200 fly Heat	02:54.86	320
	100 free Heat	01:05.02	461				
	50 free Heat	00:29.94	449				