

West Norfolk Autumn Open Meet 2009  
Under ASA Laws & ASA Technical Rules of Swimming

EVENT 1 Girls Open 100m IM

09 Yrs/Under Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Claire Snowden	9 Calv Bing	1:35.81	4	Roxanne Uys	9 West Norfolk	1:48.78
2	Bethany Holderness	9 Boston	1:36.50	5	Holly Sauntson	9 Boston	2:00.28
3	Jessica Pettitt	9 Boston	1:42.39	6	Chloe Baldry	9 Boston	2:09.37

10 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Abigail Whiting	10 West Norfolk	1:31.30	3	Lauren Scott	10 West Norfolk	1:48.35
2	Chloe Mallett	10 Boston	1:40.27	4	Kayleigh Venables	10 West Norfolk	2:03.19

11 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Holly Vowles	11 West Norfolk	1:30.40	2	Lucy Marriott	11 West Norfolk	1:47.00

12 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Emily Grapes	12 West Norfolk	1:23.03	7	Jess Cable	12 March	1:33.01
2	Charlotte Riches	12 March	1:25.72	8	Emily Jeffery	12 West Norfolk	1:33.34
3	Amy Cross	12 West Norfolk	1:28.00	9	Jessica Shoesmith	12 Dereham	1:34.64
4	Natasha Berg	12 Boston	1:29.26	10	Megan Coleman	12 Boston	1:37.38
5	Hollie Royce	12 Boston	1:31.06		Megan Sargeant	12 Boston	DQ S-
6	Alys Cadle	12 Boston	1:31.90				

13 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Sophie Green	13 West Norfolk	1:14.88	6	Rachel Bowling	13 West Norfolk	1:23.66
2	Danielle Rayner	13 West Norfolk	1:15.28	7	Beth Brown	13 West Norfolk	1:31.22
3	Susannah Yielding	13 Boston	1:19.68	8	Lucy Newell	13 West Norfolk	1:32.02
4	Toni Keal	13 Boston	1:20.60		Amy Newell	13 West Norfolk	DQ ST-
5	Hannah Blades	13 Diss Otters	1:22.82				

14 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Cara Rose	14 West Norfolk	1:14.70	4	Maya Harris	14 Diss Otters	1:21.67
2	Elly Osborne	14 Diss Otters	1:20.37	5	Jessica Lowe	14 Dereham	1:29.76
3	Paige Royce	14 Boston	1:21.24				

15 Yrs/Over Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Ellie Newell	16 West Norfolk	1:14.47	5	Esther Loveridge	16 Chatteris	1:24.57
2	Ellen Fisher	16 West Norfolk	1:14.74	6	Kayleigh Preston	15 Dereham	1:27.83
3	Katie Sykes	16 West Norfolk	1:14.78	7	Emma Penniston	15 Boston	1:29.55
4	Kathleen Loveridge	19 Chatteris	1:17.85				

EVENT 2 Boys Open 50m Butterfly

09 Yrs/Under Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Joseph Wells	9 West Norfolk	44.51	4	Joe Reed	9 Boston	54.44
2	Sam Macleod	9 Boston	45.18	5	Gwion Joyce	9 Boston	54.64
3	Luke Cable	9 March	51.29				

10 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Ashley Berg	10 Boston	44.59	2	Christopher Jones	10 West Norfolk	45.18

11 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Nathan Wells	11 West Norfolk	38.78	3	Matthew Addis	11 West Norfolk	49.82
2	Michael Keal	11 Boston	39.5	4	Jason Barnes	11 Boston	50.41

12 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Luke Jones	12 Boston	37.54	4	Jordan Ward	12 Boston	40.11
2	Oliver Kenny	12 West Norfolk	38.36	5	Louis Morrish	12 West Norfolk	50.89
3	Connor Spinks	12 Boston	38.77				

13 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Cameron Murray	13 West Norfolk	31.63	5	Joe Doherty	13 West Norfolk	41.77
2	Reuben Reed	13 Boston	34.42	6	Brad Cooke	13 Boston	44.52
3	Jacob Marshall-grint	13 West Norfolk	35.53	7	Samuel Chandler	13 West Norfolk	47.49
4	Adam Lifshack	13 March	36.86				

14 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Luke Oliver	14 Chatteris	32.8	3	Samuel Harris	14 West Norfolk	36.88
2	Matthew Coleman	14 Boston	34.14				

15 Yrs/Over Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Mark Collins	16 West Norfolk	28.91	4	Sam Reed	16 Boston	33.31
2	Alex Murray	16 West Norfolk	29.95	5	Harry Crisp	15 Dereham	34.88
3	Ryan Hargrave	15 Diss Otters	31.28				

EVENT 3 Girls Open 50m Freestyle

09 Yrs/Under Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Bethany Holderness	9 Boston	38.15	5	Holly Sauntson	9 Boston	47.31
2	Claire Snowden	9 Calv Bing	38.51	6	Olivia Jeffery	8 West Norfolk	50.6
3	Roxanne Uys	9 West Norfolk	41.19	7	Amber Preston	9 Dereham	55.84
4	Jessica Pettitt	9 Boston	42.74	8	Emily Brotherton	8 Boston	56.02

10 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Sophie Empson	10 West Norfolk	35.74	4	Meghann White	10 Dereham	50.94
2	Chloe Mallett	10 Boston	38.64		Abigail Whiting	10 West Norfolk	DQ ST-
3	Lauren Scott	10 West Norfolk	40.84				

11 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Holly Vowles	11 West Norfolk	35.85	5	Natalie Warnes	11 West Norfolk	41.64
2	Rebecca Baxter	11 West Norfolk	39.18	6	Georgia Hayes	11 West Norfolk	42.95
3	Elise Sorrell	11 West Norfolk	39.8	7	Lucy Marriott	11 West Norfolk	43.56
4	Hollie Nelson	11 West Norfolk	40.43	8	Joanna Spearing	11 West Norfolk	53.12

12 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Charlotte Riches	12 March	33.34	8	Jessica Shoesmith	12 Dereham	37.82
2	Emily Grapes	12 West Norfolk	34.16	9	Jess Cable	12 March	38.05
3	Natasha Berg	12 Boston	34.42	10	Alys Cadle	12 Boston	38.23
4	Amy Cross	12 West Norfolk	35.16	11	Hollie Royce	12 Boston	38.25
5	Emily Jeffery	12 West Norfolk	35.59	12	Megan Coleman	12 Boston	40.77
6	Megan Sargeant	12 Boston	35.88		Fern Ramsdale	12 West Norfolk	DNC
7	Grace Dellar	12 West Norfolk	36.53				

#### 13 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Keely Empson	13 West Norfolk	28.92	8	Rachel Bowling	13 West Norfolk	33.64
2	Sophie Green	13 West Norfolk	29.37	9	Lucy Newell	13 West Norfolk	34.8
3	Danielle Rayner	13 West Norfolk	31.64	10	Sophie Littler	13 West Norfolk	36.23
4	Hannah Blades	13 Diss Otters	31.78	11	Kirsten Riding	13 West Norfolk	38.46
5	Susannah Yielding	13 Boston	32.59	12	Amy Newell	13 West Norfolk	38.54
6	Beth Brown	13 West Norfolk	33.38	13	Sadie White	13 Dereham	49.11
7	Toni Keal	13 Boston	33.51				

#### 14 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Cara Rose	14 West Norfolk	30.48	4	Maya Harris	14 Diss Otters	32.66
2	Elly Osborne	14 Diss Otters	32.17	5	Jessica Lowe	14 Dereham	35.11
3	Paige Royce	14 Boston	32.18	6	Louisa Staite	14 West Norfolk	35.31

#### 15 Yrs/Over Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Katie Sykes	16 West Norfolk	30.64	4	Kathleen Loveridge	19 Chatteris	31.44
2	Ellie Newell	16 West Norfolk	30.8	5	Esther Loveridge	16 Chatteris	32.79
3	Ellen Fisher	16 West Norfolk	31.13	6	Emma Penniston	15 Boston	35.87

#### EVENT 4 Boys Open 50m Backstroke

##### 09 Yrs/Under Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Joseph Wells	9 West Norfolk	42.46	6	Joe Reed	9 Boston	51.27
2	Sam Macleod	9 Boston	44.66	7	Gwion Joyce	9 Boston	53.66
3	Jordan Claire	9 Boston	49.08	8	Daniel Riches	9 March	54.14
4	Luke Cable	9 March	49.1	9	Edward Proctor	9 Boston	57.96
5	Joseph Hobson	8 Dereham	50.1				

##### 10 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Christopher Jones	10 West Norfolk	45.52	4	Nathan Woodgate	10 West Norfolk	52.17
2	Ashley Berg	10 Boston	46.85	5	Nathan Williams	10 West Norfolk	52.27
3	Cameron Cox	10 West Norfolk	51.56				

##### 11 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Nathan Wells	11 West Norfolk	37.85	5	Jason Barnes	11 Boston	45.95
2	Michael Keal	11 Boston	41.11	6	Adam Panter	11 West Norfolk	49.08
3	Archie Holman	11 West Norfolk	43.3	7	Jake Hall	11 West Norfolk	1:03.81
4	Matthew Addis	11 West Norfolk	43.93				

##### 12 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Luke Jones	12 Boston	37.42	5	Louis Morrish	12 West Norfolk	48.71
2	Oliver Kenny	12 West Norfolk	38.77	6	David Guy	12 Boston	54.06
3	Connor Spinks	12 Boston	38.93		Liam Rushton	12 West Norfolk	DQ SA-
4	Jordan Ward	12 Boston	45.14				

##### 13 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Reuben Reed	13 Boston	35.77	5	Joseph Whiting	13 West Norfolk	40.75
2	Jacob Marshall-grint	13 West Norfolk	36.6	6	Samuel Chandler	13 West Norfolk	42.33
3	Adam Lifshack	13 March	38.09	7	Brad Cooke	13 Boston	43.45
4	Joe Doherty	13 West Norfolk	40.55				

##### 14 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Luke Oliver	14 Chatteris	35.27	3	Samuel Harris	14 West Norfolk	39.46
2	Scott Richmond	14 Boston	37.93				

##### 15 Yrs/Over Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Alex Murray	16 West Norfolk	30.61	5	Sam Reed	16 Boston	35.6
2	Mark Collins	16 West Norfolk	30.91	6	Ryan Hargrave	15 Diss Otters	36.71
3	Kyle Hart	15 West Norfolk	34.46	7	Kevin Osborne	43 Diss Otters	47.98
4	Harry Crisp	15 Dereham	34.81				

#### EVENT 5 Girls Open 25m Freestyle

##### 09 Yrs/Under Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Claire Snowden	9 Calv Bing	17.81	3	Olivia Jeffery	8 West Norfolk	22.48
2	Roxanne Uys	9 West Norfolk	19.23	4	Amber Preston	9 Dereham	24.89

##### 10 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Sophie Empson	10 West Norfolk	16.49	4	Kayleigh Venables	10 West Norfolk	20.44
2	Abigail Whiting	10 West Norfolk	16.97	5	Meghann White	10 Dereham	21.02
3	Lauren Scott	10 West Norfolk	18.75				

##### 11 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Elise Sorrell	11 West Norfolk	17.84	4	Lucy Marriott	11 West Norfolk	20.67
2	Hollie Nelson	11 West Norfolk	18.76		Natalie Warnes	11 West Norfolk	DQ ST-
3	Rebecca Baxter	11 West Norfolk	19.96				

##### 12 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Charlotte Riches	12 March	15.94	5	Grace Dellar	12 West Norfolk	17.13
2	Emily Grapes	12 West Norfolk	15.99	6	Jess Cable	12 March	17.67
3	Emily Jeffery	12 West Norfolk	16.34	7	Fern Ramsdale	12 West Norfolk	18.86
4	Jessica Shoesmith	12 Dereham	17				

##### 13 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Keely Empson	13 West Norfolk	13.66	5	Beth Brown	13 West Norfolk	15.84
2	Sophie Green	13 West Norfolk	14.02	6	Lucy Newell	13 West Norfolk	16.52
3	Danielle Rayner	13 West Norfolk	15.03	7	Sophie Littler	13 West Norfolk	17.12

4 Hannah Blades	13 Diss Otters	15.1	8 Amy Newell	13 West Norfolk	17.68		
14 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Cara Rose	14 West Norfolk	14.59	3	Elly Osborne	14 Diss Otters	15.23
2	Maya Harris	14 Diss Otters	15.02				
15 Yrs/Over Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Katie Sykes	16 West Norfolk	14.65	4	Ellie Newell	16 West Norfolk	15.08
2	Kathleen Loveridge	19 Chatteris	14.78	5	Esther Loveridge	16 Chatteris	15.51
3	Ellen Fisher	16 West Norfolk	14.91				

EVENT 6 Boys Open 25m Freestyle

09 Yrs/Under Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Joseph Wells	9 West Norfolk	17.28	4	Joseph Hobson	8 Dereham	20.98
2	Luke Cable	9 March	18.65	5	Daniel Riches	9 March	21.34
3	Michael Graves	9 West Norfolk	20.5				
10 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Nathan Williams	10 West Norfolk	20.32	2	Cameron Cox	10 West Norfolk	21.07
11 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Nathan Wells	11 West Norfolk	15.47	3	Archie Holman	11 West Norfolk	17.53
2	Matthew Addis	11 West Norfolk	17.02	4	Jake Hall	11 West Norfolk	26.13
12 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Louis Morrish	12 West Norfolk	17.37	2	Liam Rushton	12 West Norfolk	19.22
13 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Cameron Murray	13 West Norfolk	13.19	4	Jacob Marshall-grint	13 West Norfolk	14.79
2	Adam Lifshack	13 March	14.43	5	Samuel Chandler	13 West Norfolk	16.95
3	Joseph Whiting	13 West Norfolk	14.68				
14 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Samuel Harris	14 West Norfolk	14.41				
15 Yrs/Over Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Mark Collins	16 West Norfolk	11.98	4	Ryan Hargrave	15 Diss Otters	13.89
2	Alex Murray	16 West Norfolk	12.7	5	Harry Crisp	15 Dereham	14.36
3	Kyle Hart	15 West Norfolk	13.5	6	Kevin Osborne	43 Diss Otters	14.71

EVENT 7 Boys Open 100m IM

09 Yrs/Under Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Joseph Wells	9 West Norfolk	1:34.81	5	Joe Reed	9 Boston	1:47.63
2	Luke Cable	9 March	1:40.30	6	Daniel Riches	9 March	1:55.50
3	Sam Macleod	9 Boston	1:40.47	7	Gwion Joyce	9 Boston	1:58.65
4	Alex Florance	9 West Norfolk	1:46.99		Jordan Claire	9 Boston	DQ SA-
10 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Christopher Jones	10 West Norfolk	1:35.13	3	Nathan Woodgate	10 West Norfolk	1:54.91
2	Ashley Berg	10 Boston	1:35.45	4	Cameron Cox	10 West Norfolk	2:29.76
11 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Nathan Wells	11 West Norfolk	1:22.67	4	Jason Barnes	11 Boston	1:41.78
2	Michael Keal	11 Boston	1:27.44		Adam Panter	11 West Norfolk	DQ SA-
3	Matthew Addis	11 West Norfolk	1:32.90				
12 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Connor Spinks	12 Boston	1:25.23		Louis Gent	12 Dereham	DNC
2	Oliver Kenny	12 West Norfolk	1:25.87		Luke Jones	12 Boston	DNC
3	Jordan Ward	12 Boston	1:35.05		David Guy	12 Boston	DQ SL-
4	Louis Morrish	12 West Norfolk	1:45.93				
13 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Cameron Murray	13 West Norfolk	1:13.43	5	Matthew Aldous-horne	13 Bishop Stort	1:21.84
2	Reuben Reed	13 Boston	1:14.57	6	Joe Doherty	13 West Norfolk	1:31.10
3	Jacob Marshall-grint	13 West Norfolk	1:15.15	7	Brad Cooke	13 Boston	1:31.41
4	Adam Lifshack	13 March	1:18.71	8	Samuel Chandler	13 West Norfolk	1:34.39
14 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Matthew Coleman	14 Boston	1:16.48		Luke Oliver	14 Chatteris	DQ ST-
2	Samuel Harris	14 West Norfolk	1:24.09				
15 Yrs/Over Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Mark Collins	16 West Norfolk	1:06.95	5	Sam Reed	16 Boston	1:14.35
2	Alex Murray	16 West Norfolk	1:09.25	6	Ryan Hargrave	15 Diss Otters	1:15.11
3	Josh Gray	15 West Norfolk	1:09.84	7	Harry Crisp	15 Dereham	1:19.13
4	Jake Crook	15 West Norfolk	1:11.36				

EVENT 8 Girls Open 50m Butterfly

09 Yrs/Under Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Claire Snowden	9 Calv Bing	44.85	3	Jessica Pettitt	9 Boston	54.73
2	Bethany Holderness	9 Boston	49.81	4	Holly Sauntson	9 Boston	58.75
10 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Lily Pearson	10 West Norfolk	42.46	3	Chloe Mallett	10 Boston	50.04
2	Abigail Whiting	10 West Norfolk	46.71	4	Kayleigh Venables	10 West Norfolk	1:05.02
11 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Holly Vowles	11 West Norfolk	43.08	2	Eleanor Maslin	11 West Norfolk	54.5
12 Yrs Age Group							
Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Emily Grapes	12 West Norfolk	37.18	7	Jessica Shoesmith	12 Dereham	45.45
2	Natasha Berg	12 Boston	38.86	8	Megan Coleman	12 Boston	47.65

3	Charlotte Riches	12	March	40.3
4	Megan Sargeant	12	Boston	42.18
5	Alys Cadle	12	Boston	42.95
6	Hollie Royce	12	Boston	44.84

9	Jess Cable	12	March	48.45
10	Emily Jeffery	12	West Norfolk	49.42
11	Fern Ramsdale	12	West Norfolk	54.38

13 Yrs Age Group

Place	Name	AaD Club	Time
1	Sophie Green	13 West Norfolk	32.29
2	Toni Keal	13 Boston	34.8
3	Danielle Rayner	13 West Norfolk	35.06
4	Susannah Yielding	13 Boston	35.43
5	Keely Empson	13 West Norfolk	35.55
6	Beth Smith	13 West Norfolk	35.97

Place	Name	AaD Club	Time
7	Hannah Blades	13 Diss Otters	37.67
8	Rachel Bowling	13 West Norfolk	39.63
9	Beth Brown	13 West Norfolk	45.28
10	Lucy Newell	13 West Norfolk	47.07
11	Amy Newell	13 West Norfolk	51.43

14 Yrs Age Group

Place	Name	AaD Club	Time
1	Cara Rose	14 West Norfolk	34.98
2	Maya Harris	14 Diss Otters	36.73

Place	Name	AaD Club	Time
3	Jessica Lowe	14 Dereham	42.6
	Paige Royce	14 Boston	DQ ST-

15 Yrs/Over Age Group

Place	Name	AaD Club	Time
1	Katie Sykes	16 West Norfolk	31.97
2	Ellen Fisher	16 West Norfolk	32.29
3	Ellie Newell	16 West Norfolk	34.64
4	Kathleen Loveridge	19 Chatteris	35.29

Place	Name	AaD Club	Time
5	Esther Loveridge	16 Chatteris	39.8
6	Emma Penniston	15 Boston	42.09
7	Kayleigh Preston	15 Dereham	42.36

EVENT 9 Boys Open 50m Freestyle

09 Yrs/Under Age Group

Place	Name	AaD Club	Time
1	Joseph Wells	9 West Norfolk	36.34
2	Sam Macleod	9 Boston	40.79
3	Luke Cable	9 March	42.39
4	Jordan Claire	9 Boston	42.6
5	Joe Reed	9 Boston	43.01

Place	Name	AaD Club	Time
6	Joseph Hobson	8 Dereham	44.51
7	Gwion Joyce	9 Boston	46.36
8	Alex Florance	9 West Norfolk	47.03
9	Daniel Riches	9 March	50.16
10	Edward Proctor	9 Boston	52.3

10 Yrs Age Group

Place	Name	AaD Club	Time
1	Christopher Jones	10 West Norfolk	38.19
2	Ashley Berg	10 Boston	39.29
3	Nathan Woodgate	10 West Norfolk	42.83

Place	Name	AaD Club	Time
4	Nathan Williams	10 West Norfolk	46
5	Cameron Cox	10 West Norfolk	54.45

11 Yrs Age Group

Place	Name	AaD Club	Time
1	Nathan Wells	11 West Norfolk	33.57
2	Michael Keal	11 Boston	35.84
3	Matthew Addis	11 West Norfolk	36.46

Place	Name	AaD Club	Time
4	Jason Barnes	11 Boston	39.3
5	Adam Panter	11 West Norfolk	46.13

12 Yrs Age Group

Place	Name	AaD Club	Time
1	Oliver Kenny	12 West Norfolk	33
2	Connor Spinks	12 Boston	33.78
3	Jordan Ward	12 Boston	37.12
4	Louis Morrish	12 West Norfolk	40.59

Place	Name	AaD Club	Time
5	David Guy	12 Boston	40.83
6	Liam Rushton	12 West Norfolk	44.18
	Luke Jones	12 Boston	DNC

13 Yrs Age Group

Place	Name	AaD Club	Time
1	Cameron Murray	13 West Norfolk	28.49
2	Reuben Reed	13 Boston	29.57
3	Jacob Marshall-grint	13 West Norfolk	31.11
4	Adam Lifshack	13 March	31.17
5	Matthew Aldous-horne	13 Bishop Stort	31.59

Place	Name	AaD Club	Time
6	Joseph Whiting	13 West Norfolk	33.48
7	Brad Cooke	13 Boston	35.17
8	Joe Doherty	13 West Norfolk	35.35
9	Samuel Chandler	13 West Norfolk	38.38

14 Yrs Age Group

Place	Name	AaD Club	Time
1	Luke Oliver	14 Chatteris	30.49
2	Matthew Coleman	14 Boston	31.23

Place	Name	AaD Club	Time
3	Scott Richmond	14 Boston	31.35
4	Samuel Harris	14 West Norfolk	32.12

15 Yrs/Over Age Group

Place	Name	AaD Club	Time
1	Mark Collins	16 West Norfolk	25.29
2	Alex Murray	16 West Norfolk	27.16
3	Jake Crook	15 West Norfolk	27.53
4	Josh Gray	15 West Norfolk	29.18

Place	Name	AaD Club	Time
5	Ryan Hargrave	15 Diss Otters	29.39
6	Kyle Hart	15 West Norfolk	29.44
7	Sam Reed	16 Boston	30.09
8	Harry Crisp	15 Dereham	32.03

EVENT 10 Girls Open 50m Backstroke

09 Yrs/Under Age Group

Place	Name	AaD Club	Time
1	Claire Snowden	9 Calv Bing	43.38
2	Bethany Holderness	9 Boston	44.59
3	Roxanne Uys	9 West Norfolk	48.48
4	Jessica Pettitt	9 Boston	52.28
5	Holly Sauntson	9 Boston	56.08

Place	Name	AaD Club	Time
6	Olivia Jeffery	8 West Norfolk	56.68
7	Emily Brotherton	8 Boston	58.29
8	Chloe Baldry	9 Boston	1:05.91
9	Amber Preston	9 Dereham	1:06.58

10 Yrs Age Group

Place	Name	AaD Club	Time
1	Lily Pearson	10 West Norfolk	40.54
2	Abigail Whiting	10 West Norfolk	41.37
3	Sophie Empson	10 West Norfolk	45.46

Place	Name	AaD Club	Time
4	Chloe Mallett	10 Boston	45.69
5	Meghann White	10 Dereham	51.32

11 Yrs Age Group

Place	Name	AaD Club	Time
1	Elise Sorrell	11 West Norfolk	45.08
2	Eleanor Maslin	11 West Norfolk	45.73
3	Georgia Hayes	11 West Norfolk	46.23
4	Natalie Warnes	11 West Norfolk	47.97

Place	Name	AaD Club	Time
5	Lucy Marriott	11 West Norfolk	48.44
6	Joanna Spearing	11 West Norfolk	50.24
7	Rebecca Baxter	11 West Norfolk	51.93

12 Yrs Age Group

Place	Name	AaD Club	Time
1	Emily Jeffery	12 West Norfolk	39.11
2	Natasha Berg	12 Boston	41.09
3	Charlotte Riches	12 March	41.49
4	Emily Grapes	12 West Norfolk	41.58
5	Amy Cross	12 West Norfolk	42.57
6	Hollie Royce	12 Boston	42.85

Place	Name	AaD Club	Time
7	Alys Cadle	12 Boston	43.03
8	Jessica Shoesmith	12 Dereham	43.09
9	Megan Sargeant	12 Boston	43.98
10	Jess Cable	12 March	45.15
11	Megan Coleman	12 Boston	48.93
12	Fern Ramsdale	12 West Norfolk	50.4

13 Yrs Age Group

Place	Name	AaD Club	Time
1	Sophie Green	13 West Norfolk	33.44
2	Keely Empson	13 West Norfolk	33.84

Place	Name	AaD Club	Time
7	Beth Brown	13 West Norfolk	42.79
8	Sophie Littler	13 West Norfolk	43.17

3 Danielle Rayner	13 West Norfolk	34.71	9 Kirsten Riding	13 West Norfolk	43.3
4 Hannah Blades	13 Diss Otters	35.53	10 Lucy Newell	13 West Norfolk	45.44
5 Toni Keal	13 Boston	37.21	11 Amy Newell	13 West Norfolk	47.88
5 Susannah Yielding	13 Boston	37.21	12 Sadie White	13 Dereham	55.18

14 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Cara Rose	14 West Norfolk	36.01	3	Louisa Staite	14 West Norfolk	42.03
2	Paige Royce	14 Boston	39.41	4	Jessica Lowe	14 Dereham	42.5

15 Yrs/Over Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Ellen Fisher	16 West Norfolk	34	5	Esther Loveridge	16 Chatteris	38.89
2	Ellie Newell	16 West Norfolk	34.94	6	Emma Penniston	15 Boston	41.55
3	Katie Sykes	16 West Norfolk	35.84	7	Kayleigh Preston	15 Dereham	42.29
4	Kathleen Loveridge	19 Chatteris	37.16				

EVENT 11 Boys Open 50m Breaststroke

09 Yrs/Under Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Joseph Wells	9 West Norfolk	52.35	6	Joe Reed	9 Boston	55.48
2	Luke Cable	9 March	54.35	7	Jordan Claire	9 Boston	57.83
3	Alex Florance	9 West Norfolk	54.42	8	Daniel Riches	9 March	1:00.58
4	Joseph Hobson	8 Dereham	55.4	9	Gwion Joyce	9 Boston	1:01.52
4	Sam Macleod	9 Boston	55.4				

10 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Ashley Berg	10 Boston	48.75		Nathan Williams	10 West Norfolk	DQ SA-
2	Christopher Jones	10 West Norfolk	52.57		Nathan Woodgate	10 West Norfolk	DQ SL-
3	Cameron Cox	10 West Norfolk	1:25.16				

11 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Nathan Wells	11 West Norfolk	44.94	3	Michael Keal	11 Boston	51.11
2	Matthew Addis	11 West Norfolk	45.89	4	Jason Barnes	11 Boston	53.7

12 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Connor Spinks	12 Boston	50.3		Louis Gent	12 Dereham	DNC
2	Jordan Ward	12 Boston	54.94		Luke Jones	12 Boston	DNC
3	David Guy	12 Boston	1:05.53				

13 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Adam Lifshack	13 March	39.34	5	Joseph Whiting	13 West Norfolk	44.41
2	Matthew Aldous-horne	13 Bishop Stort	39.98	6	Joe Doherty	13 West Norfolk	49.21
3	Jacob Marshall-grint	13 West Norfolk	40.29	7	Samuel Chandler	13 West Norfolk	50.51
4	Reuben Reed	13 Boston	41.7	8	Brad Cooke	13 Boston	50.72

14 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Matthew Coleman	14 Boston	37.52	3	Luke Oliver	14 Chatteris	42.96
2	Samuel Harris	14 West Norfolk	42.61				

15 Yrs/Over Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Mark Collins	16 West Norfolk	32.9	5	Jake Crook	15 West Norfolk	37.95
2	Josh Gray	15 West Norfolk	35.49	6	Alex Murray	16 West Norfolk	38.02
3	Kyle Hart	15 West Norfolk	36.26	7	Sam Reed	16 Boston	40.48
4	Ryan Hargrave	15 Diss Otters	37.71	8	Harry Crisp	15 Dereham	43.74

EVENT 12 Girls Open 50m Breaststroke

09 Yrs/Under Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Claire Snowden	9 Calv Bing	51.97	5	Holly Sauntson	9 Boston	1:00.18
2	Bethany Holderness	9 Boston	53.89	6	Chloe Baldry	9 Boston	1:06.96
3	Jessica Pettitt	9 Boston	54.44	7	Emily Brotherton	8 Boston	1:07.63
4	Roxanne Uys	9 West Norfolk	56.91	8	Olivia Jeffery	8 West Norfolk	1:11.01

10 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Lily Pearson	10 West Norfolk	47.21	4	Chloe Mallett	10 Boston	56.85
2	Sophie Empson	10 West Norfolk	49.31	5	Meghann White	10 Dereham	1:00.40
3	Abigail Whiting	10 West Norfolk	54.13	6	Kayleigh Venables	10 West Norfolk	1:00.81

11 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Holly Vowles	11 West Norfolk	46.39	6	Joanna Spearing	11 West Norfolk	56.23
2	Hollie Nelson	11 West Norfolk	51.21	7	Lucy Marriott	11 West Norfolk	56.93
3	Elise Sorrell	11 West Norfolk	54.05	8	Georgia Hayes	11 West Norfolk	57.72
4	Rebecca Baxter	11 West Norfolk	55.12		Natalie Warnes	11 West Norfolk	DQ SH-
5	Eleanor Maslin	11 West Norfolk	55.54				

12 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Amy Cross	12 West Norfolk	42.89	6	Grace Dellar	12 West Norfolk	48.54
2	Charlotte Riches	12 March	44.18	7	Hollie Royce	12 Boston	49.74
3	Emily Grapes	12 West Norfolk	44.28	8	Jessica Shoesmith	12 Dereham	51.25
4	Jess Cable	12 March	45.82	9	Alys Cadle	12 Boston	52.04
5	Emily Jeffery	12 West Norfolk	48.36	10	Natasha Berg	12 Boston	52.28

13 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Susannah Yielding	13 Boston	38.66	6	Toni Keal	13 Boston	44.24
2	Rachel Bowling	13 West Norfolk	41.73	7	Amy Newell	13 West Norfolk	44.84
3	Danielle Rayner	13 West Norfolk	41.86	8	Lucy Newell	13 West Norfolk	46.03
4	Sophie Green	13 West Norfolk	42.84	9	Sophie Littler	13 West Norfolk	49.97
5	Beth Smith	13 West Norfolk	43.59		Kirsten Riding	13 West Norfolk	DQ T-

14 Yrs Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Maya Harris	14 Diss Otters	38.11	4	Louisa Staite	14 West Norfolk	45.95
2	Cara Rose	14 West Norfolk	38.27	5	Jessica Lowe	14 Dereham	49.48
3	Paige Royce	14 Boston	45.36				

15 Yrs/Over Age Group

Place	Name	AaD Club	Time	Place	Name	AaD Club	Time
1	Katie Sykes	16 West Norfolk	37.45	4	Esther Loveridge	16 Chatteris	45.93
2	Ellen Fisher	16 West Norfolk	39.82	5	Emma Penniston	15 Boston	48.32

