

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****Event 101 Girls 9 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Crabb, Amelie	9	Team Ipswich Swimming	3:03.63	2:59.24	
2 Stebbings, Katie	9	Stowmarket Swimming Club	3:04.36	3:01.77	
3 Duffield, Ellen	9	Team Ipswich Swimming	3:05.62	3:04.68	
4 Fisher, Kayden	9	Stowmarket Swimming Club	3:40.47	3:31.26	
5 Wright, Elizabeth	9	West Suffolk Swim Club	NT	3:50.21	
6 Sari, Erin	9	West Suffolk Swim Club	4:26.91	4:11.27	

Event 101 Girls 10 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Gedge, Megan	10	Team Ipswich Swimming	2:50.58	2:46.19	
2 Martinez, Princess	10	West Suffolk Swim Club	3:11.19	3:06.10	
3 Neumann, Bethany	10	Stowmarket Swimming Club	3:31.81	3:33.26	
4 Clarke, Darcy	10	Stowmarket Swimming Club	3:34.61	3:39.54	
5 Bishop, Maisie Rose	10	Stowmarket Swimming Club	3:55.40	4:03.31	

Event 101 Girls 11 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Crouch, Erin	11	Team Ipswich Swimming	2:39.03	2:35.34	
2 Pyle, Evie	11	West Suffolk Swim Club	2:45.78	2:45.88	
3 Clark, Alice	11	West Suffolk Swim Club	3:02.59	2:54.33	
4 Driver, Holly	11	Leiston	2:55.88	2:55.95	
5 Abbott, Rowan	11	Hadleigh Swimming Club	2:56.90	2:59.38	
6 Crawley, Abigail	11	Felixstowe Swimming Club	2:48.04	3:08.46	
7 Cooper, Emily	11	Stowmarket Swimming Club	3:27.71	3:24.43	
--- Tyler, Francesca	11	Felixstowe Swimming Club	2:49.20	DNF	

10.2 A swimmer did not cover the whole distance – DNF

Event 101 Girls 12 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Williams, Cerys	12	West Suffolk Swim Club	2:32.78	2:27.98	
2 Latimer-Hicks, Madelyn	12	Leiston	2:34.44	2:34.32	
3 White, Caitlyn	12	Felixstowe Swimming Club	2:45.25	2:38.20	
4 Duffield, Abbie	12	Team Ipswich Swimming	2:50.17	2:40.73	
5 Shaw, Katy	12	Stowmarket Swimming Club	2:37.43	2:41.61	
6 Branton, Poppy M	12	Deben Swimming Club	2:46.13	2:45.97	
7 Evans, Nia	12	Hadleigh Swimming Club	3:08.50	2:59.80	
8 Ray, Kitty	12	West Suffolk Swim Club	NT	3:06.66	

Event 101 Girls 13 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Yates, Mia	13	Felixstowe Swimming Club	2:20.08	2:20.54	
2 Cross, Phoebe	13	Leiston	2:26.32	2:25.90	
3 Attwater, Daisy	13	Deben Swimming Club	2:29.07	2:30.29	
4 McKay, Caitlin	13	West Suffolk Swim Club	2:33.63	2:36.27	
5 Hutton, Rachel	13	Stowmarket Swimming Club	3:12.10	3:14.01	

Event 101 Girls 14 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Carroll, Sarah	14	Bishop's Stortford	2:17.05	2:13.93	
2 Eastland, Nellie	14	Bishop's Stortford	2:23.16	2:22.02	
3 Fletcher, Anya	14	Bishop's Stortford	2:28.09	2:23.39	
4 Smith, Charlotte	14	Felixstowe Swimming Club	2:38.08	2:31.19	
5 Brown, Alice	14	West Suffolk Swim Club	2:34.04	2:32.23	
6 Branton, Rose E	14	Deben Swimming Club	2:35.10	2:32.95	
7 Barrett, Sophie	14	Stowmarket Swimming Club	2:43.78	2:45.40	

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****Event 101 Girls 15 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Young, Amy	17	Bishop's Stortford	2:09.38	2:11.50	
2 Heywood, Annabel	16	West Suffolk Swim Club	2:15.44	2:18.70	
3 Webb, Abbie	16	Deben Swimming Club	2:14.83	2:19.64	
4 Claydon, Megan	16	Deben Swimming Club	2:16.86	2:19.74	
5 Taplin, Hannah	15	Deben Swimming Club	2:17.92	2:20.41	
6 Lampon, Emily	17	Bishop's Stortford	2:15.02	2:22.40	
7 Evans, Shannon	15	Stowmarket Swimming Club	2:37.58	2:44.93	

Event 102 Boys 9 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Redhead, Ashton	9	Team Ipswich Swimming	3:16.29	2:57.51	
2 Clare, Isaac	9	Team Ipswich Swimming	3:01.38	3:01.13	
3 Jackson, Alfs E	9	Stowmarket Swimming Club	NT	4:00.71	
--- Black, Samuel	9	Stowmarket Swimming Club	4:23.16	DNF	

10.2 A swimmer did not cover the whole distance – DNF

Event 102 Boys 10 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Meadows, Lewis	10	Felixstowe Swimming Club	2:56.60	3:05.35	
2 Bradshaw, Ben	10	Team Ipswich Swimming	3:03.07	3:07.31	
3 Blake, Fynley	10	Team Ipswich Swimming	3:10.03	3:07.38	
4 Hines, Charlie	10	Stowmarket Swimming Club	3:46.98	3:38.39	

Event 102 Boys 11 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Sari, Tobin	11	West Suffolk Swim Club	2:40.39	2:30.44	
2 Gladwell, Elliot	11	Hadleigh Swimming Club	2:39.71	2:36.48	
3 Parsons, James	11	Deben Swimming Club	2:53.78	2:47.05	
4 Gilmour, Iain	11	Team Ipswich Swimming	2:56.62	2:50.37	
5 Williams, Isaac	11	Felixstowe Swimming Club	3:13.27	2:54.77	
--- Brown, Matthew	11	Stowmarket Swimming Club	2:50.12	DNF	

10.2 A swimmer did not cover the whole distance – DNF

Event 102 Boys 12 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Ogden, Thomas	12	Bishop's Stortford	2:22.55	2:15.87	
2 Lundy-Munoz, Xabier	12	Team Ipswich Swimming	2:42.84	2:43.22	
3 Black, Luke	12	Stowmarket Swimming Club	3:26.52	3:20.66	

Event 102 Boys 13 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Tontodonati, Marco	13	Bishop's Stortford	2:18.97	2:14.44	
2 Tempest, Adam	13	West Suffolk Swim Club	2:32.11	2:27.83	
3 Hall, Harvey	13	Deben Swimming Club	2:39.10	2:27.87	

Event 102 Boys 14 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Fletcher, Joe	14	Stowmarket Swimming Club	2:27.25	2:22.74	

Event 102 Boys 15 & Over 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Veitch, Bradley	17	Bishop's Stortford	1:58.40	1:59.51	
2 Davis, Callum	16	Bishop's Stortford	2:05.91	2:04.71	
3 Doig, Robert	17	Deben Swimming Club	2:05.35	2:05.23	
4 Evans, Stuart	16	Felixstowe Swimming Club	2:08.32	2:07.10	
5 Taylor, Joseph	16	Bishop's Stortford	2:07.71	2:10.14	
6 Tontodonati, Matteo	15	Bishop's Stortford	2:07.92	2:10.33	

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****(Event 102 Boys 15 & Over 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
7 Chapman, Lewis S	15	Stowmarket Swimming Club	2:18.84	2:19.70	
8 Parsons, Henry	15	Deben Swimming Club	2:46.24	2:30.89	

Event 103 Girls 9 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Hattan, Charlotte	9	Deben Swimming Club	46.73	45.19	
2 Murphy, Madison	9	Team Ipswich Swimming	1:09.50	57.70	
3 Fisher, Kayden	9	Stowmarket Swimming Club	56.90	58.21	

Event 103 Girls 10 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Davies, Connie	10	Deben Swimming Club	45.35	41.60	
2 Whyte, Olivia	10	West Suffolk Swim Club	50.59	43.63	
3 Lundy-Munoz, Ane	10	Team Ipswich Swimming	48.77	44.68	
4 Martinez, Princess	10	West Suffolk Swim Club	45.74	44.92	
5 Clarke, Darcy	10	Stowmarket Swimming Club	53.45	49.53	
6 Wiggins, Jessica	10	Hadleigh Swimming Club	56.72	50.57	
7 Flack, Eloise	10	Stowmarket Swimming Club	55.43	56.13	
8 Craig, Freya	10	Team Ipswich Swimming	54.79	57.70	

Event 103 Girls 11 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Sophie	11	Stowmarket Swimming Club	36.14	36.24	
2 Duff, Amber	11	Team Ipswich Swimming	43.01	40.08	
3 Pyle, Evie	11	West Suffolk Swim Club	41.67	40.67	
4 Clark, Alice	11	West Suffolk Swim Club	42.48	40.77	
5 Benedetti, Erica	11	Stowmarket Swimming Club	43.21	41.52	
6 Watts, Megan	11	Felixstowe Swimming Club	43.74	42.49	
7 Shrimpton, Emily	11	Team Ipswich Swimming	45.59	42.69	
8 Driver, Holly	11	Leiston	44.79	43.20	
9 Jackson, Eloise	11	Stowmarket Swimming Club	50.78	44.36	
10 Leighton, Katimai	11	Felixstowe Swimming Club	45.67	49.01	
11 Crawley, Abigail	11	Felixstowe Swimming Club	47.28	49.67	
12 Abbott, Rowan	11	Hadleigh Swimming Club	47.48	50.01	
13 Yates, Eve	11	Felixstowe Swimming Club	51.09	51.55	
14 Cooper, Emily	11	Stowmarket Swimming Club	56.47	55.54	

Event 103 Girls 12 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Venediger, Niamh	12	Deben Swimming Club	35.49	34.87	
2 Snelham, Laura	12	Deben Swimming Club	35.61	35.17	
3 Williams, Cerys	12	West Suffolk Swim Club	37.25	36.26	
4 Sillitoe, Marni	12	West Suffolk Swim Club	43.28	36.54	
5 Latimer-Hicks, Madelyn	12	Leiston	38.32	38.75	
6 Keeble, Jessica	12	Felixstowe Swimming Club	41.56	40.47	
7 Ray, Kitty	12	West Suffolk Swim Club	49.92	42.73	
8 Branton, Poppy M	12	Deben Swimming Club	40.31	42.92	
9 Hussey, Olivia	12	Hadleigh Swimming Club	44.45	43.72	
10 Hines, Daisy	12	Stowmarket Swimming Club	54.43	51.84	
--- Muir, Christabel	12	Stowmarket Swimming Club	58.40	DQ	

8.3 Movements of the legs not simultaneous

Event 103 Girls 13 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Bemmer, Lily	13	Deben Swimming Club	32.99	32.82	
2 Snelham, Hannah	13	Deben Swimming Club	34.55	33.85	
3 Mason, Eleanor	13	Bishop's Stortford	35.29	34.62	

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****(Event 103 Girls 13 Year Olds 50 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
4 McKay, Caitlin	13	West Suffolk Swim Club	36.51	36.76	
5 Clark, Imogen	13	West Suffolk Swim Club	37.87	37.68	
6 Cherry, Bethan	13	Stowmarket Swimming Club	40.42	42.37	

Event 103 Girls 14 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Brown, Alice	14	West Suffolk Swim Club	36.41	36.09	

Event 103 Girls 15 & Over 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Young, Amy	17	Bishop's Stortford	29.52	30.03	
2 Pretious-White, Josie	15	Bishop's Stortford	30.34	30.24	
3 Pretious-White, Zara	16	Bishop's Stortford	31.93	31.67	
4 Claydon, Megan	16	Deben Swimming Club	31.14	32.01	
*5 Small, Millie	15	West Suffolk Swim Club	33.45	33.64	
*5 Smith, Katie	16	Leiston	33.13	33.64	
7 Parsley, Chloe-Jeane	15	West Suffolk Swim Club	33.53	33.83	
8 Nicolai, Olivia	16	West Suffolk Swim Club	32.94	34.99	
9 Ryan, Clara	16	West Suffolk Swim Club	34.84	35.14	
10 Felgate, Emma	15	Felixstowe Swimming Club	41.77	41.30	

Event 104 Boys 9 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Jackson, Alfs E	9	Stowmarket Swimming Club	59.49	1:02.90	
--- Robinson, Patch	9	Team Ipswich Swimming	1:09.16	DQ	

8.3 Movements of the legs not simultaneous

Event 104 Boys 10 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Hines, Charlie	10	Stowmarket Swimming Club	55.13	1:02.86	
--- Meadows, Lewis	10	Felixstowe Swimming Club	1:04.14	DQ	

4.4 Starting before starting signal

Event 104 Boys 11 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Johnson, Fraser J	11	Deben Swimming Club	36.83	36.05	
2 Kenny, Joseph	11	Leiston	37.55	36.64	
3 Sari, Tobin	11	West Suffolk Swim Club	36.52	38.60	
4 Crabb, Noah	11	Team Ipswich Swimming	40.74	40.01	
5 Rosher, Dominic	11	Team Ipswich Swimming	58.78	42.78	
6 Hilton, Thomas	11	Deben Swimming Club	43.08	43.35	
7 Bishop, Joshua	11	Stowmarket Swimming Club	46.53	43.90	
8 Gladwell, Elliot	11	Hadleigh Swimming Club	45.40	44.10	
9 Ruffles-Francis, Vaughn	11	Stowmarket Swimming Club	52.62	51.32	

Event 104 Boys 12 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Chapman, Jacob I	12	Stowmarket Swimming Club	41.30	40.23	

Event 104 Boys 13 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Anderson, Matthew	13	Deben Swimming Club	31.66	30.24	
2 Willmott, Matthew	13	West Suffolk Swim Club	35.49	35.83	
3 Martinez, James	13	West Suffolk Swim Club	37.75	36.17	
4 Tempest, Adam	13	West Suffolk Swim Club	35.82	36.73	
5 Brigginsshaw, Archie	13	Deben Swimming Club	38.41	37.92	
6 Phillips, Charlie	13	Felixstowe Swimming Club	39.34	39.97	
7 Spink, Cameron	13	Leiston	44.37	43.90	

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****Event 104 Boys 14 Year Olds 50 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Bowyer, Jack	14	West Suffolk Swim Club	26.60	27.78	
2	Clarke, Luca	14	West Suffolk Swim Club	31.73	31.15	
3	Smart, Harry	14	West Suffolk Swim Club	32.04	31.86	
4	Fletcher, Joe	14	Stowmarket Swimming Club	36.74	36.59	

Event 104 Boys 15 & Over 50 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Davis, Callum	16	Bishop's Stortford	27.06	27.42	
2	Boyt, Thomas	17	Felixstowe Swimming Club	28.01	27.77	
3	Pyle, Oliver	16	West Suffolk Swim Club	27.89	27.82	
4	Whight, Kieran	20	Deben Swimming Club	27.51	28.06	
5	Whyte, Charles	15	West Suffolk Swim Club	30.56	28.78	
6	Tontodonati, Matteo	15	Bishop's Stortford	29.55	30.52	
7	Coe, Aidan	16	Stowmarket Swimming Club	31.07	30.92	
8	Taylor, Joseph	16	Bishop's Stortford	30.44	31.11	
9	Dineshkumar, Vijay	15	West Suffolk Swim Club	32.36	32.55	
10	Chevin, Jack	15	Stowmarket Swimming Club	34.00	33.94	

Event 105 Girls 10 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Gedge, Megan	10	Team Ipswich Swimming	3:14.90	3:14.53	
2	Alexander-High, Laura	10	Team Ipswich Swimming	4:10.30	4:10.64	

Event 105 Girls 11 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Hall, Helena	11	Deben Swimming Club	3:12.33	3:00.18	
2	Gray-Cullum, Megan	11	Team Ipswich Swimming	3:12.67	3:08.72	
3	Harvey, Kayleigh	11	Team Ipswich Swimming	3:20.74	3:10.57	
---	Jackson, Eloise	11	Stowmarket Swimming Club	3:37.71	DQ	

6.5 More than one single or double simultaneous arm pull used to initiate turn - back

Event 105 Girls 12 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Houston, Ella R	12	Deben Swimming Club	2:49.31	2:47.65	
2	Williams, Cerys	12	West Suffolk Swim Club	2:57.74	2:51.36	
3	Shaw, Katy	12	Stowmarket Swimming Club	3:02.50	3:09.44	
4	White, Caitlyn	12	Felixstowe Swimming Club	3:15.98	3:13.11	
5	Hines, Daisy	12	Stowmarket Swimming Club	3:35.77	3:43.03	

Event 105 Girls 13 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Mason, Eleanor	13	Bishop's Stortford	2:46.41	2:45.61	
2	McKay, Caitlin	13	West Suffolk Swim Club	2:54.42	2:51.15	
---	Attwater, Daisy	13	Deben Swimming Club	2:55.68	DQ	

9.3 Finish of each stroke not in accordance with rules for the particular stroke - IM

Event 105 Girls 14 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Fletcher, Anya	14	Bishop's Stortford	2:46.30	2:43.97	
2	Barrett, Louise	14	Stowmarket Swimming Club	3:02.33	3:03.40	
3	Barrett, Sophie	14	Stowmarket Swimming Club	3:03.05	3:07.60	

Event 105 Girls 15 & Over 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Pretious-White, Zara	16	Bishop's Stortford	2:36.11	2:36.72	
2	Nicolai, Olivia	16	West Suffolk Swim Club	2:40.78	2:42.74	
3	Small, Millie	15	West Suffolk Swim Club	2:46.59	2:44.85	

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****(Event 105 Girls 15 & Over 200 SC Meter IM)**

Name	Age	Team	Seed Time	Finals Time	Points
4 Evans, Shannon	15	Stowmarket Swimming Club	3:07.84	3:07.39	
5 Felgate, Emma	15	Felixstowe Swimming Club	3:20.38	3:15.83	

Event 106 Boys 9 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
--- Redhead, Ashton	9	Team Ipswich Swimming	3:40.00	DQ	
9.3 Finish of each stroke not in accordance with rules for the particular stroke - IM					

Event 106 Boys 10 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Hines, Charlie	10	Stowmarket Swimming Club	4:02.96	4:13.92	

Event 106 Boys 11 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Sari, Tobin	11	West Suffolk Swim Club	2:55.36	3:04.52	
--- Ruffles-Francis, Vaughn	11	Stowmarket Swimming Club	3:33.24	DQ	
8.3 Movements of the legs not simultaneous - fly					

Event 106 Boys 12 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Ogden, Thomas	12	Bishop's Stortford	2:35.16	2:32.64	
2 Houston, Connor L	12	Deben Swimming Club	2:56.39	2:50.54	
3 Lundy-Munoz, Xabier	12	Team Ipswich Swimming	3:07.76	3:11.54	

Event 106 Boys 13 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 King, Henry	13	West Suffolk Swim Club	2:40.22	2:36.52	
2 Anderson, Matthew	13	Deben Swimming Club	2:36.44	2:36.78	
3 Hall, Harvey	13	Deben Swimming Club	2:50.53	2:43.71	
4 Tempest, Adam	13	West Suffolk Swim Club	2:52.80	2:50.62	

Event 106 Boys 14 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Bowyer, Jack	14	West Suffolk Swim Club	2:28.46	2:18.94	
2 Smart, Harry	14	West Suffolk Swim Club	NT	2:55.06	

Event 106 Boys 15 & Over 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Whyte, Charles	15	West Suffolk Swim Club	2:21.12	2:19.01	
2 Evans, Stuart	16	Felixstowe Swimming Club	2:28.00	2:28.75	

Event 107 Girls 9 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Crabb, Amelie	9	Team Ipswich Swimming	2:00.00	1:45.54	
2 Hattan, Charlotte	9	Deben Swimming Club	1:55.00	1:52.34	
3 Hutton, Emily	9	Stowmarket Swimming Club	1:59.70	1:58.24	
4 Fisher, Kayden	9	Stowmarket Swimming Club	2:02.95	1:59.39	
5 Wright, Elizabeth	9	West Suffolk Swim Club	NT	2:04.12	
6 Murphy, Madison	9	Team Ipswich Swimming	2:18.77	2:12.17	
7 Sari, Erin	9	West Suffolk Swim Club	NT	2:16.64	
8 Snowden, Beatrice	9	Team Ipswich Swimming	2:07.70	2:21.60	

Event 107 Girls 10 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Davies, Connie	10	Deben Swimming Club	1:44.45	1:40.24	
2 Martinez, Princess	10	West Suffolk Swim Club	1:49.08	1:46.47	
3 Lundy-Munoz, Ane	10	Team Ipswich Swimming	1:51.70	1:47.90	
4 Wiggins, Jessica	10	Hadleigh Swimming Club	2:02.71	1:49.29	

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****(Event 107 Girls 10 Year Olds 100 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Whyte, Olivia	10	West Suffolk Swim Club	1:52.09	1:50.70	
6 Catchpole, Ellie	10	Leiston	1:51.05	1:51.80	
7 Whinney, Megan	10	Team Ipswich Swimming	1:57.00	1:58.36	
8 Alexander-High, Laura	10	Team Ipswich Swimming	2:03.77	1:59.60	
9 Jordan-Pearce, Ruby	10	Stowmarket Swimming Club	1:59.66	2:02.32	
10 Flack, Eloise	10	Stowmarket Swimming Club	1:59.41	2:04.51	
11 Armstrong, Belle	10	Team Ipswich Swimming	2:09.15	2:08.77	
12 Bishop, Maisie Rose	10	Stowmarket Swimming Club	2:15.31	2:13.08	
--- Veal, Chloe	10	Team Ipswich Swimming	2:09.69	DQ	
7.4 Head not breaking surface during each stroke cycle (except after start or turn)					
--- Craig, Freya	10	Team Ipswich Swimming	2:10.64	DQ	
7.6 Touch not simultaneous and/or hands not separated					

Event 107 Girls 11 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 King, Alice	11	Stowmarket Swimming Club	1:42.98	1:38.68	
2 Pyle, Evie	11	West Suffolk Swim Club	1:42.96	1:40.33	
3 Bennett, Sarah	11	Felixstowe Swimming Club	1:46.09	1:43.99	
4 Harvey, Kayleigh	11	Team Ipswich Swimming	1:43.94	1:44.29	
5 Cooper, Emily	11	Stowmarket Swimming Club	1:47.35	1:45.90	
6 Clark, Alice	11	West Suffolk Swim Club	1:46.97	1:46.83	
7 Driver, Holly	11	Leiston	1:47.18	1:49.82	
--- McNicholas, Caitlin	11	Deben Swimming Club	1:48.15	DQ	
7.5 Executed alternating or downward fly kicks (except after start or turn (as in SW 7.1)					
--- Tyler, Francesca	11	Felixstowe Swimming Club	1:44.21	DNF	
10.2 A swimmer did not cover the whole distance – DNF					

Event 107 Girls 12 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Snelham, Laura	12	Deben Swimming Club	1:33.46	1:30.05	
2 McNally, Sarah	12	Team Ipswich Swimming	1:31.35	1:30.52	
3 Duffield, Abbie	12	Team Ipswich Swimming	1:38.45	1:31.50	
4 Williams, Cerys	12	West Suffolk Swim Club	1:32.93	1:33.94	
5 Sillitoe, Marni	12	West Suffolk Swim Club	1:45.57	1:35.60	
6 Hines, Daisy	12	Stowmarket Swimming Club	1:51.00	1:52.12	
7 Muir, Christabel	12	Stowmarket Swimming Club	1:57.12	1:53.02	

Event 107 Girls 13 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Bemmer, Lily	13	Deben Swimming Club	1:28.74	1:24.82	
2 Cross, Phoebe	13	Leiston	1:29.03	1:27.75	
3 Yates, Mia	13	Felixstowe Swimming Club	1:30.57	1:29.68	
4 McKay, Caitlin	13	West Suffolk Swim Club	1:30.94	1:30.56	
5 Hutton, Rachel	13	Stowmarket Swimming Club	1:49.60	1:49.00	

Event 107 Girls 14 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Dootson, Ella	14	Stowmarket Swimming Club	1:25.49	1:25.93	
2 Smith, Charlotte	14	Felixstowe Swimming Club	1:31.97	1:31.11	
3 Brown, Alice	14	West Suffolk Swim Club	1:33.70	1:32.16	
4 Barrett, Louise	14	Stowmarket Swimming Club	1:32.42	1:36.24	

Event 107 Girls 15 & Over 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Wickham, Megan	16	Bishop's Stortford	1:16.97	1:20.46	
2 Nicolai, Olivia	16	West Suffolk Swim Club	1:18.63	1:20.49	
3 Parsley, Chloe-Jeane	15	West Suffolk Swim Club	1:23.52	1:21.57	

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****(Event 107 Girls 15 & Over 100 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
4 Heywood, Annabel	16	West Suffolk Swim Club	1:22.40	1:23.20	
5 Oliver, Elinor	16	Leiston	1:24.25	1:23.84	
6 Small, Millie	15	West Suffolk Swim Club	1:31.61	1:29.42	
7 Evans, Shannon	15	Stowmarket Swimming Club	1:38.27	1:38.26	
8 Felgate, Emma	15	Felixstowe Swimming Club	1:46.40	1:47.10	

Event 108 Boys 9 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Rosher, Benedict	9	Team Ipswich Swimming	2:05.30	1:59.71	
2 Jackson, Alfs E	9	Stowmarket Swimming Club	2:19.82	2:23.85	
--- Clare, Isaac	9	Team Ipswich Swimming	1:51.40	DQ	
7.4 Head not breaking surface during each stroke cycle (except after start or turn)					
--- Black, Samuel	9	Stowmarket Swimming Club	2:26.00	DQ	
7.4 Leg movements not simultaneous (alternating leg movement)					

Event 108 Boys 10 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Bradshaw, Ben	10	Team Ipswich Swimming	1:57.88	1:52.12	
2 Smith, Albie	10	Team Ipswich Swimming	1:55.00	1:54.87	

Event 108 Boys 11 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Crabb, Noah	11	Team Ipswich Swimming	1:33.18	1:30.63	
2 Sari, Tobin	11	West Suffolk Swim Club	1:36.52	1:36.48	
3 Gilmour, Iain	11	Team Ipswich Swimming	1:45.56	1:38.14	
4 Parsons, James	11	Deben Swimming Club	1:47.39	1:42.66	
5 Johnson, Fraser J	11	Deben Swimming Club	1:46.95	1:47.78	
6 Ruffles-Francis, Vaughn	11	Stowmarket Swimming Club	1:49.16	1:48.33	

Event 108 Boys 12 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Chapman, Jacob I	12	Stowmarket Swimming Club	1:42.12	1:51.22	
2 Black, Luke	12	Stowmarket Swimming Club	2:01.08	2:00.30	

Event 108 Boys 13 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Tontodonati, Marco	13	Bishop's Stortford	1:19.65	1:20.10	
2 King, Henry	13	West Suffolk Swim Club	1:25.15	1:23.19	
3 Briggingshaw, Archie	13	Deben Swimming Club	1:31.75	1:32.83	

Event 108 Boys 14 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Handley, Will	14	Stowmarket Swimming Club	1:14.07	1:16.00	
2 Clarke, Luca	14	West Suffolk Swim Club	1:20.79	1:21.33	
3 Fletcher, Joe	14	Stowmarket Swimming Club	1:37.15	1:30.43	

Event 108 Boys 15 & Over 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Boyt, Thomas	17	Felixstowe Swimming Club	1:14.23	1:13.21	
2 Davis, Callum	16	Bishop's Stortford	1:11.70	1:14.24	
3 Pyle, Oliver	16	West Suffolk Swim Club	1:13.81	1:14.51	
4 Whyte, Charles	15	West Suffolk Swim Club	1:20.95	1:15.79	
5 Dineshkumar, Vijay	15	West Suffolk Swim Club	1:26.64	1:29.01	

Event 109 Girls 9 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Crabb, Amelie	9	Team Ipswich Swimming	42.97	44.01	
2 Stebbings, Katie	9	Stowmarket Swimming Club	45.98	45.70	

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****(Event 109 Girls 9 Year Olds 50 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Hattan, Charlotte	9	Deben Swimming Club	45.05	45.73	
4 Saise, Rosalind	9	Team Ipswich Swimming	56.34	50.29	
5 Fisher, Kayden	9	Stowmarket Swimming Club	49.41	50.53	
6 Murphy, Madison	9	Team Ipswich Swimming	52.34	53.42	
7 Wright, Elizabeth	9	West Suffolk Swim Club	51.65	54.64	
8 Hutton, Emily	9	Stowmarket Swimming Club	56.57	57.47	
9 Snowden, Beatrice	9	Team Ipswich Swimming	1:10.50	1:03.25	
10 Sari, Erin	9	West Suffolk Swim Club	1:05.87	1:08.40	

Event 109 Girls 10 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Whyte, Olivia	10	West Suffolk Swim Club	45.08	42.70	
2 Lundy-Munoz, Ane	10	Team Ipswich Swimming	44.22	43.26	
3 Gedge, Megan	10	Team Ipswich Swimming	42.04	43.77	
4 Martinez, Princess	10	West Suffolk Swim Club	45.21	45.74	
5 Wiggins, Jessica	10	Hadleigh Swimming Club	49.07	46.38	
6 Jordan-Pearce, Ruby	10	Stowmarket Swimming Club	47.52	48.64	
7 Veal, Chloe	10	Team Ipswich Swimming	49.01	50.03	
8 Armstrong, Belle	10	Team Ipswich Swimming	55.52	50.49	
9 Flack, Eloise	10	Stowmarket Swimming Club	49.28	50.56	
10 Alexander-High, Laura	10	Team Ipswich Swimming	55.05	50.99	
--- Clarke, Darcy	10	Stowmarket Swimming Club	48.62	DQ	
6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat					
--- Whinney, Megan	10	Team Ipswich Swimming	56.18	DQ	
6.5 More than one single or double simultaneous arm pull used to initiate turn					

Event 109 Girls 11 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Lander, Sophie	11	Stowmarket Swimming Club	36.06	36.22	
2 Ridgeon, Amber	11	Leiston	40.99	39.91	
3 Crouch, Erin	11	Team Ipswich Swimming	39.97	40.11	
4 Benedetti, Erica	11	Stowmarket Swimming Club	42.99	40.39	
5 King, Alice	11	Stowmarket Swimming Club	41.18	41.20	
6 Shrimpton, Emily	11	Team Ipswich Swimming	41.11	41.39	
7 Gray-Cullum, Megan	11	Team Ipswich Swimming	42.86	41.62	
8 Clark, Alice	11	West Suffolk Swim Club	43.14	42.85	
9 Harvey, Kayleigh	11	Team Ipswich Swimming	42.04	43.14	
10 Crawley, Abigail	11	Felixstowe Swimming Club	44.65	43.19	
11 McNicholas, Caitlin	11	Deben Swimming Club	43.26	43.25	
12 Abbott, Rowan	11	Hadleigh Swimming Club	44.03	43.70	
13 Leighton, Katimai	11	Felixstowe Swimming Club	42.55	43.83	
14 Sergent, Adela	11	West Suffolk Swim Club	47.94	44.36	
15 Cooper, Emily	11	Stowmarket Swimming Club	45.75	46.69	
16 Yates, Eve	11	Felixstowe Swimming Club	45.33	48.27	

Event 109 Girls 12 Year Olds 50 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Houston, Ella R	12	Deben Swimming Club	35.90	35.85	
2 Venediger, Niamh	12	Deben Swimming Club	37.86	37.32	
3 Williams, Cerys	12	West Suffolk Swim Club	38.23	38.01	
4 Shaw, Katy	12	Stowmarket Swimming Club	37.76	38.70	
5 Latimer-Hicks, Madelyn	12	Leiston	37.30	38.82	
6 Keeble, Jessica	12	Felixstowe Swimming Club	39.23	39.07	
7 Chevin, Hannah	12	Stowmarket Swimming Club	39.78	39.53	
8 McNally, Sarah	12	Team Ipswich Swimming	40.62	39.99	
9 Sillitoe, Marni	12	West Suffolk Swim Club	44.45	40.61	

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****(Event 109 Girls 12 Year Olds 50 SC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
10	Evans, Nia	12	Hadleigh Swimming Club	41.02	40.84	
11	Branton, Poppy M	12	Deben Swimming Club	43.55	42.88	
12	Ray, Kitty	12	West Suffolk Swim Club	46.89	44.19	
---	Muir, Christabel	12	Stowmarket Swimming Club	45.34	DQ	
	6.5 More than one single or double simultaneous arm pull used to initiate turn					
---	Duffield, Abbie	12	Team Ipswich Swimming	39.31	DQ	
	6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat					

Event 109 Girls 13 Year Olds 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Snelham, Hannah	13	Deben Swimming Club	33.80	34.58	
2	Mason, Eleanor	13	Bishop's Stortford	35.90	35.54	
3	Yates, Mia	13	Felixstowe Swimming Club	37.07	37.01	
4	McKay, Caitlin	13	West Suffolk Swim Club	36.61	37.04	
5	Ungless, Isabelle	13	West Suffolk Swim Club	38.81	37.45	
6	Bird, Madeline	13	Leiston	37.39	38.26	
7	Cherry, Bethan	13	Stowmarket Swimming Club	39.75	41.91	
8	Clark, Imogen	13	West Suffolk Swim Club	41.58	42.50	
9	Hutton, Rachel	13	Stowmarket Swimming Club	47.42	48.04	

Event 109 Girls 14 Year Olds 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Carroll, Sarah	14	Bishop's Stortford	34.29	34.06	
2	Fletcher, Anya	14	Bishop's Stortford	35.41	34.12	
3	Eastland, Nellie	14	Bishop's Stortford	34.44	35.09	
4	Dootson, Ella	14	Stowmarket Swimming Club	36.94	36.50	
5	Branton, Rose E	14	Deben Swimming Club	36.01	37.49	
6	Smith, Charlotte	14	Felixstowe Swimming Club	35.05	38.31	
---	Brown, Alice	14	West Suffolk Swim Club	38.80	DQ	
	6.5 Single or double simultaneous arm pull used to initiate turn or not performed immediat					

Event 109 Girls 15 & Over 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Pretious-White, Josie	15	Bishop's Stortford	30.34	31.20	
2	Young, Amy	17	Bishop's Stortford	31.30	31.93	
3	Pretious-White, Zara	16	Bishop's Stortford	31.79	33.02	
4	Taplin, Hannah	15	Deben Swimming Club	33.63	33.35	
5	Claydon, Megan	16	Deben Swimming Club	32.75	33.38	
6	Lampon, Emily	17	Bishop's Stortford	33.10	33.83	
7	Ryen, Clara	16	West Suffolk Swim Club	34.50	35.01	
8	Small, Millie	15	West Suffolk Swim Club	35.93	35.08	
9	Parsley, Chloe-Jeane	15	West Suffolk Swim Club	33.39	35.22	
10	Nicolai, Olivia	16	West Suffolk Swim Club	37.55	37.82	
11	Felgate, Emma	15	Felixstowe Swimming Club	42.27	43.49	

Event 110 Boys 9 Year Olds 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Clare, Isaac	9	Team Ipswich Swimming	43.40	39.97	
2	Redhead, Ashton	9	Team Ipswich Swimming	40.88	41.46	
3	Flack, Liam	9	Stowmarket Swimming Club	48.90	48.63	
4	Rosher, Benedict	9	Team Ipswich Swimming	54.60	54.01	
5	Spelman, Thomas	9	Stowmarket Swimming Club	NT	56.08	
6	Black, Samuel	9	Stowmarket Swimming Club	1:03.00	1:04.10	
---	Jackson, Alfs E	9	Stowmarket Swimming Club	55.85	DQ	
	6.5 More than one single or double simultaneous arm pull used to initiate turn					
---	Robinson, Patch	9	Team Ipswich Swimming	56.03	DQ	
	4.4 Starting before starting signal					

No Frills Open Meet December 2016 - 17/12/2016 to 18/12/2016**Results - Sat 17/12/2016****Event 110 Boys 10 Year Olds 50 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Bradshaw, Ben	10	Team Ipswich Swimming	42.63	41.79	
2	Meadows, Lewis	10	Felixstowe Swimming Club	43.46	42.62	
3	Smith, Albie	10	Team Ipswich Swimming	47.48	49.81	
4	Houghton, Ben	10	Hadleigh Swimming Club	NT	52.46	

Event 110 Boys 11 Year Olds 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Kenny, Joseph	11	Leiston	37.60	38.77	
2	Brown, Matthew	11	Stowmarket Swimming Club	39.37	38.98	
3	Williams, Isaac	11	Felixstowe Swimming Club	41.29	39.90	
4	Parsons, James	11	Deben Swimming Club	40.25	40.15	
5	Sari, Tobin	11	West Suffolk Swim Club	39.93	41.60	
6	Hilton, Thomas	11	Deben Swimming Club	41.61	42.02	
7	Phillips, Ben	11	West Suffolk Swim Club	41.63	42.63	
8	Rosher, Dominic	11	Team Ipswich Swimming	43.76	42.90	
9	Johnson, Fraser J	11	Deben Swimming Club	41.74	42.93	
10	Bishop, Joshua	11	Stowmarket Swimming Club	45.01	43.63	
11	Ruffles-Francis, Vaughn	11	Stowmarket Swimming Club	44.27	44.41	

Event 110 Boys 12 Year Olds 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lundy-Munoz, Xabier	12	Team Ipswich Swimming	40.84	40.17	
2	Chapman, Jacob I	12	Stowmarket Swimming Club	45.32	48.39	
3	Black, Luke	12	Stowmarket Swimming Club	48.69	48.97	

Event 110 Boys 13 Year Olds 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Anderson, Matthew	13	Deben Swimming Club	32.49	32.02	
2	Tontodonati, Marco	13	Bishop's Stortford	33.14	33.75	
3	Willmott, Matthew	13	West Suffolk Swim Club	35.83	35.10	
4	King, Henry	13	West Suffolk Swim Club	35.21	35.86	
5	Hall, Harvey	13	Deben Swimming Club	37.12	36.95	
6	Phillips, Charlie	13	Felixstowe Swimming Club	37.87	37.33	
7	Brigginshaw, Archie	13	Deben Swimming Club	39.44	39.09	
8	Spink, Cameron	13	Leiston	43.05	41.86	

Event 110 Boys 14 Year Olds 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Handley, Will	14	Stowmarket Swimming Club	32.39	32.37	
2	Clarke, Luca	14	West Suffolk Swim Club	34.57	34.42	
3	Fletcher, Joe	14	Stowmarket Swimming Club	36.17	36.24	
4	Smart, Harry	14	West Suffolk Swim Club	36.60	37.55	

Event 110 Boys 15 & Over 50 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Boyt, Thomas	17	Felixstowe Swimming Club	29.22	29.75	
2	Whyte, Charles	15	West Suffolk Swim Club	31.61	30.47	
3	Tontodonati, Matteo	15	Bishop's Stortford	30.03	30.91	
4	Taylor, Joseph	16	Bishop's Stortford	32.03	31.42	
5	Evans, Stuart	16	Felixstowe Swimming Club	31.97	31.53	
6	Coe, Aidan	16	Stowmarket Swimming Club	32.46	33.01	
7	Chapman, Lewis S	15	Stowmarket Swimming Club	33.33	33.88	
8	Chevin, Jack	15	Stowmarket Swimming Club	34.28	34.93	
9	Parsons, Henry	15	Deben Swimming Club	39.32	36.58	