

Boys/Girls Open 400m IM - Heats (Declared Winners)

BOYS 10 Yrs Age Group - Full Results

| Place | Name | DoB | Club | Time | | | | | FINA Pt |
|-------|--------------|----------|--------------|---------|------|------|------|------|---------|
| 1. | Marcus Mahew | 03/06/07 | Beccles Town | 7:27.46 | | | | | 145 |
| | 50m | 100m | 150m | 200m | 250m | 300m | 350m | 400m | 7:27.46 |

BOYS 11 Yrs Age Group - Full Results

| Place | Name | DoB | Club | Time | | | | | FINA Pt |
|-------|----------------|----------|--------------|---------|------|------|------|------|---------|
| 1. | William Ellard | 04/04/06 | Beccles Town | 6:46.12 | | | | | 194 |
| | 50m | 100m | 150m | 200m | 250m | 300m | 350m | 400m | 6:46.12 |

BOYS 12/13 Yrs Age Group - Full Results

| Place | Name | DoB | Club | Time | | | | | FINA Pt |
|-------|------------------------|----------|--------------|---------|---------|---------|---------|------|---------|
| 1. | Matthew Vaughan | 23/03/04 | Beccles Town | 5:54.35 | | | | | 293 |
| | 50m | 100m | 150m | 200m | 250m | 300m | 350m | 400m | 5:54.35 |
| | | 1:30.07 | 2:14.50 | 2:57.74 | 3:47.69 | 4:38.86 | 5:18.32 | | |
| 2. | Bailey Crisp | 13/09/05 | Beccles Town | 6:50.76 | | | | | 188 |
| | 50m | 100m | 150m | 200m | 250m | 300m | 350m | 400m | 6:50.76 |
| | | 1:34.16 | 2:28.15 | 3:19.67 | 4:19.22 | 5:18.64 | 6:04.63 | | |
| 3. | Oliver Thurston-Woolno | 01/04/04 | Beccles Town | 7:04.59 | | | | | 170 |

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|----|---------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | 50m 47.44 | 100m 1:44.76 | 150m 2:36.24 | 200m 3:25.93 | 250m 4:27.90 | 300m 5:28.98 | 350m 6:18.06 | 400m 7:04.59 |
| 4. | George Aitken | 09/11/05 | Beccles Town | | 7:26.16 | | | 147 |
| | 50m 55.97 | 100m 1:58.40 | 150m 2:51.67 | 200m 3:45.96 | 250m 4:48.80 | 300m 5:53.37 | 350m 6:40.39 | 400m 7:26.16 |
| | Ethan Cowley | 25/04/05 | Beccles Town | | DNC | | | |

BOYS 14/15 Yrs Age Group - Full Results

| Place | Name | DoB | Club | Time | | | | | FINA Pt |
|-------|----------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---------|
| 1. | Teal'K Smith | 29/11/03 | Beccles Town | | 5:08.82 | | | | 443 |
| | 50m 32.77 | 100m 1:10.69 | 150m 1:49.27 | 200m 2:27.36 | 250m 3:12.75 | 300m 3:58.47 | 350m 4:34.71 | 400m 5:08.82 | |
| 2. | Joshua Thurston- Woolno | 22/02/03 | Beccles Town | | 5:15.95 | | | | 414 |
| | 50m 32.62 | 100m 1:11.34 | 150m 1:51.15 | 200m 2:31.06 | 250m 3:18.37 | 300m 4:05.68 | 350m 4:41.52 | 400m 5:15.95 | |
| 3. | Jeremy Aitken | 21/02/03 | Beccles Town | | 5:29.54 | | | | 364 |
| | 50m 35.17 | 100m 1:16.17 | 150m 1:58.75 | 200m 2:40.59 | 250m 3:29.16 | 300m 4:17.53 | 350m 4:54.73 | 400m 5:29.54 | |
| 4. | Samuel Day | 22/10/03 | Beccles Town | | 5:43.22 | | | | 323 |

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|----|---------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | 50m 34.92 | 100m 1:18.03 | 150m 2:01.97 | 200m 2:44.28 | 250m 3:34.36 | 300m 4:25.36 | 350m 5:05.10 | 400m 5:43.22 |
| 5. | James Green | 24/07/03 | Beccles Town | | 5:54.84 | | | 292 |
| | 50m 40.13 | 100m 1:28.60 | 150m 2:10.96 | 200m 2:53.38 | 250m 3:48.08 | 300m 4:42.21 | 350m 5:19.15 | 400m 5:54.84 |
| 6. | Oliver Mann | 05/11/03 | Beccles Town | | 5:59.17 | | | 281 |
| | 50m 40.26 | 100m 1:28.75 | 150m 2:13.60 | 200m 2:57.29 | 250m 3:48.64 | 300m 4:39.74 | 350m 5:19.78 | 400m 5:59.17 |
| 7. | Brandon Crisp | 05/06/02 | Beccles Town | | 6:06.54 | | | 265 |
| | 50m 35.75 | 100m 1:24.04 | 150m 2:12.81 | 200m 3:01.04 | 250m 3:54.78 | 300m 4:50.32 | 350m 5:32.63 | 400m 6:06.54 |

BOYS Open Age Group - Full Results

| Place | Name | DoB | Club | Time | | | | FINA Pt |
|-------|----------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1. | Callum Thurston- Woolno | 21/04/00 | Beccles Town | | 5:07.05 | | | 451 |
| | 50m 30.23 | 100m 1:07.41 | 150m 1:48.95 | 200m 2:28.57 | 250m 3:12.18 | 300m 3:57.05 | 350m 4:33.14 | 400m 5:07.05 |
| 2. | Teal'K Smith | 29/11/03 | Beccles Town | | 5:08.82 | | | 443 |
| | 50m 32.77 | 100m 1:10.69 | 150m 1:49.27 | 200m 2:27.36 | 250m 3:12.75 | 300m 3:58.47 | 350m 4:34.71 | 400m 5:08.82 |

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|----|----------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 3. | Daniel Thurston- Woolno | 14/11/01 | Beccles Town | | 5:09.77 | | | 439 |
| | 50m 32.30 | 100m 1:09.98 | 150m 1:50.13 | 200m 2:29.22 | 250m 3:14.52 | 300m 4:00.83 | 350m 4:35.70 | 400m 5:09.77 |
| 4. | Ross Barnshaw | 11/10/98 | Beccles Town | | 5:11.10 | | | 433 |
| | 50m 30.49 | 100m 1:09.76 | 150m 1:50.73 | 200m 2:30.86 | 250m 3:17.06 | 300m 4:04.65 | 350m 4:38.10 | 400m 5:11.10 |
| 5. | Joshua Thurston- Woolno | 22/02/03 | Beccles Town | | 5:15.95 | | | 414 |
| | 50m 32.62 | 100m 1:11.34 | 150m 1:51.15 | 200m 2:31.06 | 250m 3:18.37 | 300m 4:05.68 | 350m 4:41.52 | 400m 5:15.95 |
| 6. | Oliver Woodcock | 07/05/01 | Beccles Town | | 5:23.90 | | | 384 |
| | 50m 32.56 | 100m 1:10.30 | 150m 1:51.65 | 200m 2:32.48 | 250m 3:19.94 | 300m 4:08.33 | 350m 4:46.48 | 400m 5:23.90 |
| 7. | Max Beevor | 19/06/01 | Beccles Town | | 5:26.60 | | | 374 |
| | 50m 32.96 | 100m 1:14.68 | 150m 1:55.45 | 200m 2:36.22 | 250m 3:23.03 | 300m 4:11.16 | 350m 4:48.78 | 400m 5:26.60 |
| 8. | Jeremy Aitken | 21/02/03 | Beccles Town | | 5:29.54 | | | 364 |
| | 50m 35.17 | 100m 1:16.17 | 150m 1:58.75 | 200m 2:40.59 | 250m 3:29.16 | 300m 4:17.53 | 350m 4:54.73 | 400m 5:29.54 |
| 9. | Samuel Skuse | 24/09/01 | Beccles Town | | 5:38.43 | | | 336 |

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|-----|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | 50m 37.61 | 100m 1:22.13 | 150m 2:06.26 | 200m 2:50.08 | 250m 3:35.08 | 300m 4:21.03 | 350m 5:01.43 | 400m 5:38.43 |
| 10. | Dalton Yallop | 13/01/97 | Beccles Town | | 5:40.77 | | | 330 |
| | 50m 29.06 | 100m 1:03.88 | 150m 1:46.29 | 200m 2:27.62 | 250m 3:21.21 | 300m 4:16.46 | 350m 4:59.08 | 400m 5:40.77 |
| 11. | Samuel Day | 22/10/03 | Beccles Town | | 5:43.22 | | | 323 |
| | 50m 34.92 | 100m 1:18.03 | 150m 2:01.97 | 200m 2:44.28 | 250m 3:34.36 | 300m 4:25.36 | 350m 5:05.10 | 400m 5:43.22 |
| 12. | Samuel Aitken | 16/03/00 | Beccles Town | | 5:53.79 | | | 294 |
| | 50m 35.72 | 100m 1:21.43 | 150m 2:06.25 | 200m 2:50.39 | 250m 3:40.76 | 300m 4:33.59 | 350m 5:14.45 | 400m 5:53.79 |
| 13. | Matthew Vaughan | 23/03/04 | Beccles Town | | 5:54.35 | | | 293 |
| | 50m 41.60 | 100m 1:30.07 | 150m 2:14.50 | 200m 2:57.74 | 250m 3:47.69 | 300m 4:38.86 | 350m 5:18.32 | 400m 5:54.35 |
| 14. | James Green | 24/07/03 | Beccles Town | | 5:54.84 | | | 292 |
| | 50m 40.13 | 100m 1:28.60 | 150m 2:10.96 | 200m 2:53.38 | 250m 3:48.08 | 300m 4:42.21 | 350m 5:19.15 | 400m 5:54.84 |
| 15. | Oliver Mann | 05/11/03 | Beccles Town | | 5:59.17 | | | 281 |
| | 50m 40.26 | 100m 1:28.75 | 150m 2:13.60 | 200m 2:57.29 | 250m 3:48.64 | 300m 4:39.74 | 350m 5:19.78 | 400m 5:59.17 |

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|-----|----------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 16. | Brandon Crisp | 05/06/02 | Beccles Town | | 6:06.54 | | | 265 |
| | 50m 35.75 | 100m 1:24.04 | 150m 2:12.81 | 200m 3:01.04 | 250m 3:54.78 | 300m 4:50.32 | 350m 5:32.63 | 400m 6:06.54 |
| 17. | William Ellard | 04/04/06 | Beccles Town | | 6:46.12 | | | 194 |
| | 50m 46.16 | 100m 1:42.08 | 150m 2:32.08 | 200m 3:21.06 | 250m 4:20.49 | 300m 5:20.16 | 350m 6:04.53 | 400m 6:46.12 |
| 18. | Bailey Crisp | 13/09/05 | Beccles Town | | 6:50.76 | | | 188 |
| | 50m 40.02 | 100m 1:34.16 | 150m 2:28.15 | 200m 3:19.67 | 250m 4:19.22 | 300m 5:18.64 | 350m 6:04.63 | 400m 6:50.76 |
| 19. | Oliver Thurston- Woolno | 01/04/04 | Beccles Town | | 7:04.59 | | | 170 |
| | 50m 47.44 | 100m 1:44.76 | 150m 2:36.24 | 200m 3:25.93 | 250m 4:27.90 | 300m 5:28.98 | 350m 6:18.06 | 400m 7:04.59 |
| 20. | George Aitken | 09/11/05 | Beccles Town | | 7:26.16 | | | 147 |
| | 50m 55.97 | 100m 1:58.40 | 150m 2:51.67 | 200m 3:45.96 | 250m 4:48.80 | 300m 5:53.37 | 350m 6:40.39 | 400m 7:26.16 |
| 21. | Marcus Mahew | 03/06/07 | Beccles Town | | 7:27.46 | | | 145 |
| | 50m 54.07 | 100m 1:56.74 | 150m 2:50.71 | 200m 3:43.39 | 250m 4:48.24 | 300m 5:51.66 | 350m 6:42.06 | 400m 7:27.46 |
| | Ethan Cowley | 25/04/05 | Beccles Town | | DNC | | | |

GIRLS 10 Yrs Age Group - Full Results

| Place | Name | DoB | Club | Time | FINA Pt | | | |
|-------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1. | Freya Madsen | 02/02/07 | Beccles Town | 8:07.91 | 150 | | | |
| | 50m 56.99 | 100m 2:02.91 | 150m 3:04.06 | 200m 4:06.24 | 250m 5:16.33 | 300m 6:23.87 | 350m 7:16.50 | 400m 8:07.91 |

GIRLS 11 Yrs Age Group - Full Results

| Place | Name | DoB | Club | Time | FINA Pt | | | |
|-------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1. | Grace Mann | 14/03/06 | Beccles Town | 6:33.34 | 287 | | | |
| | 50m 43.80 | 100m 1:37.74 | 150m 2:25.28 | 200m 3:11.12 | 250m 4:09.06 | 300m 5:06.19 | 350m 5:50.42 | 400m 6:33.34 |
| 2. | Maisie Copling | 05/02/06 | Beccles Town | 7:22.03 | 202 | | | |
| | 50m 51.34 | 100m 1:49.58 | 150m 2:46.80 | 200m 3:43.87 | 250m 4:42.10 | 300m 5:40.43 | 350m 6:31.84 | 400m 7:22.03 |
| 3. | Amelia Aukland | 07/09/06 | Beccles Town | 7:44.47 | 174 | | | |
| | 50m 54.58 | 100m 2:02.02 | 150m 2:58.23 | 200m 3:55.66 | 250m 4:57.45 | 300m 5:59.50 | 350m 6:53.19 | 400m 7:44.47 |
| 4. | Lucy Hailes | 14/10/06 | Beccles Town | 8:49.33 | 117 | | | |
| | 50m 1:03.30 | 100m 2:18.06 | 150m 3:20.73 | 200m 4:22.42 | 250m 5:32.40 | 300m 6:43.57 | 350m 7:47.26 | 400m 8:49.33 |
| 5. | Gracie Mortimer | 24/09/06 | Beccles Town | 8:50.29 | 117 | | | |
| | 50m 1:06.19 | 100m 2:33.24 | 150m 3:34.69 | 200m 4:37.86 | 250m 5:50.64 | 300m 6:58.95 | 350m 7:54.45 | 400m 8:50.29 |

GIRLS 12/13 Yrs Age Group - Full Results

| Place | Name | DoB | Club | Time | FINA Pt | | | |
|-------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1. | Lily Ellard | 06/08/04 | Beccles Town | 6:07.40 | 352 | | | |
| | 50m 39.65 | 100m 1:29.01 | 150m 2:14.52 | 200m 2:58.56 | 250m 3:52.40 | 300m 4:45.74 | 350m 5:28.02 | 400m 6:07.40 |

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|----|-----------------|--------------|--------------|--------------|---|
| 2. | Lucy Adcock | 19/08/04 | Beccles Town | 6:17.20 | 325 |
| | 50m 42.48 | 100m 1:34.57 | 150m 2:19.25 | 200m 3:05.78 | 250m 3:58.80 300m 4:53.32 350m 5:35.86 400m 6:17.20 |
| 3. | Jessica Day | 19/06/05 | Beccles Town | 6:36.52 | 280 |
| | 50m 43.07 | 100m 1:37.94 | 150m 2:25.23 | 200m 3:13.73 | 250m 4:12.52 300m 5:11.94 350m 5:55.66 400m 6:36.52 |
| 4. | Ellen Pointer | 21/05/05 | Beccles Town | 7:57.86 | 160 |
| | 50m 59.98 | 100m 2:12.43 | 150m 3:09.11 | 200m 4:07.36 | 250m 5:10.88 300m 6:15.46 350m 7:07.64 400m 7:57.86 |
| 5. | Zoe-Mai Girling | 28/04/05 | Beccles Town | 8:45.75 | 120 |
| | 50m 1:07.06 | 100m 2:30.13 | 150m 3:31.25 | 200m 4:35.59 | 250m 5:40.90 300m 6:50.96 350m 7:47.60 400m 8:45.75 |

GIRLS 14/15 Yrs Age Group - Full Results

| Place | Name | DoB | Club | Time | FINA Pt |
|-------|-------------------|--------------|--------------|--------------|---|
| 1. | Grace Madsen | 30/01/03 | Beccles Town | 5:38.92 | 448 |
| | 50m 34.94 | 100m 1:16.60 | 150m 2:00.11 | 200m 2:42.92 | 250m 3:33.79 300m 4:24.86 350m 5:02.25 400m 5:38.92 |
| 2. | Alexandra Sampson | 17/05/03 | Beccles Town | 5:59.30 | 376 |
| | 50m 36.86 | 100m 1:21.30 | 150m 2:07.22 | 200m 2:53.00 | 250m 3:44.28 300m 4:37.72 350m 5:18.75 400m 5:59.30 |
| 3. | Emily Waller | 18/06/02 | Beccles Town | 5:59.65 | 375 |
| | 50m 37.54 | 100m 1:25.73 | 150m 2:10.82 | 200m 2:55.31 | 250m 3:46.91 300m 4:40.48 350m 5:22.05 400m 5:59.65 |

GIRLS Open Age Group - Full Results

| Place | Name | DoB | Club | Time | | | | | FINA Pt |
|-------|----------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---------|
| 1. | Grace Madsen | 30/01/03 | Beccles Town | 5:38.92 | | | | | 448 |
| | 50m 34.94 | 100m 1:16.60 | 150m 2:00.11 | 200m 2:42.92 | 250m 3:33.79 | 300m 4:24.86 | 350m 5:02.25 | 400m 5:38.92 | |
| 2. | Alexandra Sampson | 17/05/03 | Beccles Town | 5:59.30 | | | | | 376 |
| | 50m 36.86 | 100m 1:21.30 | 150m 2:07.22 | 200m 2:53.00 | 250m 3:44.28 | 300m 4:37.72 | 350m 5:18.75 | 400m 5:59.30 | |
| 3. | Emily Waller | 18/06/02 | Beccles Town | 5:59.65 | | | | | 375 |
| | 50m 37.54 | 100m 1:25.73 | 150m 2:10.82 | 200m 2:55.31 | 250m 3:46.91 | 300m 4:40.48 | 350m 5:22.05 | 400m 5:59.65 | |
| 4. | Lily Ellard | 06/08/04 | Beccles Town | 6:07.40 | | | | | 352 |
| | 50m 39.65 | 100m 1:29.01 | 150m 2:14.52 | 200m 2:58.56 | 250m 3:52.40 | 300m 4:45.74 | 350m 5:28.02 | 400m 6:07.40 | |
| 5. | Lucy Adcock | 19/08/04 | Beccles Town | 6:17.20 | | | | | 325 |
| | 50m 42.48 | 100m 1:34.57 | 150m 2:19.25 | 200m 3:05.78 | 250m 3:58.80 | 300m 4:53.32 | 350m 5:35.86 | 400m 6:17.20 | |
| 6. | Grace Mann | 14/03/06 | Beccles Town | 6:33.34 | | | | | 287 |
| | 50m 43.80 | 100m 1:37.74 | 150m 2:25.28 | 200m 3:11.12 | 250m 4:09.06 | 300m 5:06.19 | 350m 5:50.42 | 400m 6:33.34 | |
| 7. | Jessica Day | 19/06/05 | Beccles | 6:36.52 | | | | | 280 |

| | | | | | | | | |
|-----|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | | Town | | | | | |
| | 50m 43.07 | 100m 1:37.94 | 150m 2:25.23 | 200m 3:13.73 | 250m 4:12.52 | 300m 5:11.94 | 350m 5:55.66 | 400m 6:36.52 |
| 8. | Maisie Copling | 05/02/06 | Beccles Town | | 7:22.03 | | | 202 |
| | 50m 51.34 | 100m 1:49.58 | 150m 2:46.80 | 200m 3:43.87 | 250m 4:42.10 | 300m 5:40.43 | 350m 6:31.84 | 400m 7:22.03 |
| 9. | Amelia Aukland | 07/09/06 | Beccles Town | | 7:44.47 | | | 174 |
| | 50m 54.58 | 100m 2:02.02 | 150m 2:58.23 | 200m 3:55.66 | 250m 4:57.45 | 300m 5:59.50 | 350m 6:53.19 | 400m 7:44.47 |
| 10. | Ellen Pointer | 21/05/05 | Beccles Town | | 7:57.86 | | | 160 |
| | 50m 59.98 | 100m 2:12.43 | 150m 3:09.11 | 200m 4:07.36 | 250m 5:10.88 | 300m 6:15.46 | 350m 7:07.64 | 400m 7:57.86 |
| 11. | Freya Madsen | 02/02/07 | Beccles Town | | 8:07.91 | | | 150 |
| | 50m 56.99 | 100m 2:02.91 | 150m 3:04.06 | 200m 4:06.24 | 250m 5:16.33 | 300m 6:23.87 | 350m 7:16.50 | 400m 8:07.91 |
| 12. | Zoe-Mai Girling | 28/04/05 | Beccles Town | | 8:45.75 | | | 120 |
| | 50m 1:07.06 | 100m 2:30.13 | 150m 3:31.25 | 200m 4:35.59 | 250m 5:40.90 | 300m 6:50.96 | 350m 7:47.60 | 400m 8:45.75 |
| 13. | Lucy Hailes | 14/10/06 | Beccles Town | | 8:49.33 | | | 117 |
| | 50m 1:03.30 | 100m | 150m 3:20.73 | 200m | 250m | 300m | 350m | 400m |

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|-----|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | | 2:18.06 | | 4:22.42 | 5:32.40 | 6:43.57 | 7:47.26 | 8:49.33 |
| 14. | Gracie Mortimer | 24/09/06 | Beccles Town | | 8:50.29 | | | 117 |
| | 50m 1:06.19 | 100m 2:33.24 | 150m 3:34.69 | 200m 4:37.86 | 250m 5:50.64 | 300m 6:58.95 | 350m 7:54.45 | 400m 8:50.29 |