

## WSSC Long Distance Open Meet - 25/11/2018

## Results

## Event 1 Girls 12 Year Olds 1500 SC Meter Freestyle

| Name             | Age              | Team                | Seed Time        | Finals Time | Points |
|------------------|------------------|---------------------|------------------|-------------|--------|
| 1 Davies, Connie | 12               | Deben Swimming Club | 11:24.59         | 20:38.38    |        |
| 36.32            | 1:16.40 (40.08)  | 1:58.33 (41.93)     | 2:40.18 (41.85)  |             |        |
| 3:22.26 (42.08)  | 4:03.09 (40.83)  | 4:44.40 (41.31)     | 5:25.85 (41.45)  |             |        |
| 6:07.64 (41.79)  | 6:49.71 (42.07)  | 7:31.80 (42.09)     | 8:13.97 (42.17)  |             |        |
| 8:55.28 (41.31)  | 9:36.65 (41.37)  | 10:18.08 (41.43)    | 10:59.23 (41.15) |             |        |
| 11:40.65 (41.42) | 12:22.88 (42.23) | 13:05.32 (42.44)    | 13:47.39 (42.07) |             |        |
| 14:29.44 (42.05) | 15:11.01 (41.57) | 15:52.71 (41.70)    | 16:35.38 (42.67) |             |        |
| 17:16.93 (41.55) | 17:58.44 (41.51) | 18:40.06 (41.62)    | 19:20.62 (40.56) |             |        |
| 20:00.31 (39.69) | 20:38.38 (38.07) |                     |                  |             |        |

## Event 1 Girls 13 Year Olds 1500 SC Meter Freestyle

| Name                 | Age              | Team                     | Seed Time        | Finals Time | Points |
|----------------------|------------------|--------------------------|------------------|-------------|--------|
| 1 Benedetti, Erica L | 13               | Stowmarket Swimming Club | 21:50.00         | 21:57.60    |        |
| 39.45                | 1:22.58 (43.13)  | 2:06.64 (44.06)          | 2:50.39 (43.75)  |             |        |
| 3:34.02 (43.63)      | 4:17.93 (43.91)  | 5:01.65 (43.72)          | 5:45.40 (43.75)  |             |        |
| 6:28.91 (43.51)      | 7:12.80 (43.89)  | 7:56.30 (43.50)          | 8:40.19 (43.89)  |             |        |
| 9:24.25 (44.06)      | 10:07.95 (43.70) | 10:52.15 (44.20)         | 11:36.21 (44.06) |             |        |
| 12:20.61 (44.40)     | 13:04.65 (44.04) | 13:48.13 (43.48)         | 14:32.96 (44.83) |             |        |
| 15:18.06 (45.10)     | 16:03.46 (45.40) | 16:48.42 (44.96)         | 17:32.94 (44.52) |             |        |
| 18:17.71 (44.77)     | 19:02.34 (44.63) | 19:46.85 (44.51)         | 20:31.66 (44.81) |             |        |
| 21:15.65 (43.99)     | 21:57.60 (41.95) |                          |                  |             |        |
| 2 Alvarez, Megan     | 13               | Stowmarket Swimming Club | 25:10.00         | 23:22.33    |        |
| 40.12                | 1:24.40 (44.28)  | 2:09.90 (45.50)          | 2:55.35 (45.45)  |             |        |
| 3:40.98 (45.63)      | 4:27.11 (46.13)  | 5:13.79 (46.68)          | 6:00.02 (46.23)  |             |        |
| 6:46.76 (46.74)      | 7:33.54 (46.78)  | 8:21.12 (47.58)          | 9:08.43 (47.31)  |             |        |
| 9:55.02 (46.59)      | 10:42.32 (47.30) | 11:29.46 (47.14)         | 12:16.65 (47.19) |             |        |
| 13:04.03 (47.38)     | 13:51.56 (47.53) | 14:38.57 (47.01)         | 15:25.61 (47.04) |             |        |
| 16:13.67 (48.06)     | 17:01.47 (47.80) | 17:49.42 (47.95)         | 18:37.36 (47.94) |             |        |
| 19:25.21 (47.85)     | 20:13.64 (48.43) | 21:02.05 (48.41)         | 21:49.60 (47.55) |             |        |
| 22:36.72 (47.12)     | 23:22.33 (45.61) |                          |                  |             |        |

## Event 1 Girls 14 Year Olds 1500 SC Meter Freestyle

| Name             | Age              | Team                          | Seed Time        | Finals Time | Points |
|------------------|------------------|-------------------------------|------------------|-------------|--------|
| 1 Newman, Freya  | 14               | Newmarket & District Swimming | 20:20.56         | 20:41.07    |        |
| 35.36            | 1:15.28 (39.92)  | 1:55.71 (40.43)               | 2:36.82 (41.11)  |             |        |
| 3:18.39 (41.57)  | 3:59.93 (41.54)  | 4:42.09 (42.16)               | 5:24.31 (42.22)  |             |        |
| 6:06.32 (42.01)  | 6:48.27 (41.95)  | 7:29.38 (41.11)               | 8:11.37 (41.99)  |             |        |
| 8:54.10 (42.73)  | 9:36.36 (42.26)  | 10:18.12 (41.76)              | 11:00.60 (42.48) |             |        |
| 11:42.32 (41.72) | 12:24.43 (42.11) | 13:05.54 (41.11)              | 13:46.70 (41.16) |             |        |
| 14:28.20 (41.50) | 15:10.19 (41.99) | 15:52.58 (42.39)              | 16:34.58 (42.00) |             |        |
| 17:16.79 (42.21) | 17:58.92 (42.13) | 18:40.74 (41.82)              | 19:22.13 (41.39) |             |        |
| 20:03.02 (40.89) | 20:41.07 (38.05) |                               |                  |             |        |

## Event 1 Girls 15 &amp; Over 1500 SC Meter Freestyle

| Name             | Age              | Team                          | Seed Time        | Finals Time | Points |
|------------------|------------------|-------------------------------|------------------|-------------|--------|
| 1 Wright, Freya  | 16               | West Suffolk Swimming Club-EA | 9:34.10          | 18:12.66    |        |
| 32.33            | 1:08.77 (36.44)  | 1:45.90 (37.13)               | 2:22.50 (36.60)  |             |        |
| 2:58.85 (36.35)  | 3:35.70 (36.85)  | 4:11.70 (36.00)               | 4:47.36 (35.66)  |             |        |
| 5:23.83 (36.47)  | 5:59.92 (36.09)  | 6:35.84 (35.92)               | 7:12.25 (36.41)  |             |        |
| 7:48.62 (36.37)  | 8:25.47 (36.85)  | 9:02.07 (36.60)               | 9:38.85 (36.78)  |             |        |
| 10:15.56 (36.71) | 10:52.17 (36.61) | 11:28.66 (36.49)              | 12:05.55 (36.89) |             |        |
| 12:42.16 (36.61) | 13:19.13 (36.97) | 13:56.20 (37.07)              | 14:33.49 (37.29) |             |        |
| 15:10.84 (37.35) | 15:47.59 (36.75) | 16:25.09 (37.50)              | 17:01.87 (36.78) |             |        |
| 17:38.32 (36.45) | 18:12.66 (34.34) |                               |                  |             |        |

**WSSC Long Distance Open Meet - 25/11/2018****Results****(Event 1 Girls 15 & Over 1500 SC Meter Freestyle)**

| <u>Name</u>         | <u>Age</u>       | <u>Team</u>                   | <u>Seed Time</u> | <u>Finals Time</u> | <u>Points</u> |
|---------------------|------------------|-------------------------------|------------------|--------------------|---------------|
| 2 O'Connor, Hannah  | 15               | West Suffolk Swimming Club-EA | 9:54.13          | 19:01.22           |               |
| 33.54               | 1:10.39 (36.85)  | 1:47.96 (37.57)               | 2:25.88 (37.92)  |                    |               |
| 3:04.02 (38.14)     | 3:42.22 (38.20)  | 4:20.53 (38.31)               | 4:59.07 (38.54)  |                    |               |
| 5:37.56 (38.49)     | 6:16.06 (38.50)  | 6:54.79 (38.73)               | 7:33.69 (38.90)  |                    |               |
| 8:12.42 (38.73)     | 8:51.17 (38.75)  | 9:29.50 (38.33)               | 10:07.97 (38.47) |                    |               |
| 10:46.91 (38.94)    | 11:25.74 (38.83) | 12:04.63 (38.89)              | 12:43.50 (38.87) |                    |               |
| 13:22.56 (39.06)    | 14:01.25 (38.69) | 14:39.58 (38.33)              | 15:17.60 (38.02) |                    |               |
| 15:55.16 (37.56)    | 16:32.68 (37.52) | 17:09.82 (37.14)              | 17:47.18 (37.36) |                    |               |
| 18:25.17 (37.99)    | 19:01.22 (36.05) |                               |                  |                    |               |
| 3 Hudson, Charlotte | 15               | West Suffolk Swimming Club-EA | 10:07.71         | 19:10.13           |               |
| 34.88               | 1:12.47 (37.59)  | 1:50.70 (38.23)               | 2:28.58 (37.88)  |                    |               |
| 3:07.15 (38.57)     | 3:45.47 (38.32)  | 4:23.48 (38.01)               | 5:01.94 (38.46)  |                    |               |
| 5:40.15 (38.21)     | 6:18.28 (38.13)  | 6:56.26 (37.98)               | 7:34.54 (38.28)  |                    |               |
| 8:12.87 (38.33)     | 8:50.79 (37.92)  | 9:28.63 (37.84)               | 10:06.80 (38.17) |                    |               |
| 10:45.65 (38.85)    | 11:24.08 (38.43) | 12:02.75 (38.67)              | 12:41.59 (38.84) |                    |               |
| 13:20.88 (39.29)    | 13:59.99 (39.11) | 14:38.88 (38.89)              | 15:17.90 (39.02) |                    |               |
| 15:57.49 (39.59)    | 16:36.97 (39.48) | 17:15.92 (38.95)              | 17:55.62 (39.70) |                    |               |
| 18:34.33 (38.71)    | 19:10.13 (35.80) |                               |                  |                    |               |
| 4 Small, Millie     | 17               | West Suffolk Swimming Club-EA | 10:12.41         | 19:27.21           |               |
| 34.12               | 1:11.77 (37.65)  | 1:49.89 (38.12)               | 2:28.01 (38.12)  |                    |               |
| 3:06.51 (38.50)     | 3:45.21 (38.70)  | 4:23.57 (38.36)               | 5:02.07 (38.50)  |                    |               |
| 5:41.03 (38.96)     | 6:19.39 (38.36)  | 6:58.08 (38.69)               | 7:36.80 (38.72)  |                    |               |
| 8:15.62 (38.82)     | 8:55.33 (39.71)  | 9:34.48 (39.15)               | 10:13.62 (39.14) |                    |               |
| 10:53.00 (39.38)    | 11:32.88 (39.88) | 12:12.34 (39.46)              | 12:51.80 (39.46) |                    |               |
| 13:31.43 (39.63)    | 14:10.48 (39.05) | 14:50.46 (39.98)              | 15:30.57 (40.11) |                    |               |
| 16:10.53 (39.96)    | 16:50.72 (40.19) | 17:30.28 (39.56)              | 18:10.60 (40.32) |                    |               |
| 18:50.06 (39.46)    | 19:27.21 (37.15) |                               |                  |                    |               |

**Event 2 Boys 13 Year Olds 1500 SC Meter Freestyle**

| <u>Name</u>        | <u>Age</u>       | <u>Team</u>                   | <u>Seed Time</u> | <u>Finals Time</u> | <u>Points</u> |
|--------------------|------------------|-------------------------------|------------------|--------------------|---------------|
| 1 Brown, Matthew D | 13               | Stowmarket Swimming Club      | 21:00.39         | 18:29.50           |               |
| 33.40              | 1:10.94 (37.54)  | 1:49.20 (38.26)               | 2:27.49 (38.29)  |                    |               |
| 3:05.65 (38.16)    | 3:43.93 (38.28)  | 4:22.07 (38.14)               | 5:00.04 (37.97)  |                    |               |
| 5:37.72 (37.68)    | 6:15.42 (37.70)  | 6:52.77 (37.35)               | 7:30.47 (37.70)  |                    |               |
| 8:07.85 (37.38)    | 8:45.67 (37.82)  | 9:23.72 (38.05)               | 10:01.39 (37.67) |                    |               |
| 10:38.99 (37.60)   | 11:17.01 (38.02) | 11:53.68 (36.67)              | 12:30.89 (37.21) |                    |               |
| 13:08.70 (37.81)   | 13:45.85 (37.15) | 14:22.98 (37.13)              | 14:59.48 (36.50) |                    |               |
| 15:36.00 (36.52)   | 16:11.89 (35.89) | 16:47.03 (35.14)              | 17:21.87 (34.84) |                    |               |
| 17:56.01 (34.14)   | 18:29.50 (33.49) |                               |                  |                    |               |
| 2 O'Connor, James  | 13               | West Suffolk Swimming Club-EA | 21:26.60         | 19:50.54           |               |
| 34.06              | 1:12.49 (38.43)  | 1:51.69 (39.20)               | 2:31.64 (39.95)  |                    |               |
| 3:10.94 (39.30)    | 3:50.91 (39.97)  | 4:30.57 (39.66)               | 5:10.44 (39.87)  |                    |               |
| 5:51.54 (41.10)    | 6:31.51 (39.97)  | 7:11.13 (39.62)               | 7:51.82 (40.69)  |                    |               |
| 8:32.57 (40.75)    | 9:12.59 (40.02)  | 9:52.71 (40.12)               | 10:33.22 (40.51) |                    |               |
| 11:13.51 (40.29)   | 11:53.78 (40.27) | 12:33.54 (39.76)              | 13:13.62 (40.08) |                    |               |
| 13:53.73 (40.11)   | 14:33.56 (39.83) | 15:13.59 (40.03)              | 15:54.52 (40.93) |                    |               |
| 16:35.46 (40.94)   | 17:15.76 (40.30) | 17:56.42 (40.66)              | 18:36.28 (39.86) |                    |               |
| 19:15.80 (39.52)   | 19:50.54 (34.74) |                               |                  |                    |               |

**WSSC Long Distance Open Meet - 25/11/2018****Results****(Event 2 Boys 13 Year Olds 1500 SC Meter Freestyle)**

| <b>Name</b>      | <b>Age</b>       | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|------------------|------------------|-------------------------------|------------------|--------------------|---------------|
| 3 Bishop, Joshua | 13               | Stowmarket Swimming Club      | 21:31.15         | 19:55.81           |               |
| 34.22            | 1:12.50 (38.28)  | 1:51.61 (39.11)               | 2:31.23 (39.62)  |                    |               |
| 3:10.54 (39.31)  | 3:50.96 (40.42)  | 4:31.09 (40.13)               | 5:11.43 (40.34)  |                    |               |
| 5:51.57 (40.14)  | 6:31.35 (39.78)  | 7:10.87 (39.52)               | 7:51.89 (41.02)  |                    |               |
| 8:32.23 (40.34)  | 9:12.22 (39.99)  | 9:52.58 (40.36)               | 10:32.45 (39.87) |                    |               |
| 11:13.17 (40.72) | 11:53.55 (40.38) | 12:33.47 (39.92)              | 13:14.34 (40.87) |                    |               |
| 13:55.22 (40.88) | 14:36.07 (40.85) | 15:17.06 (40.99)              | 15:57.83 (40.77) |                    |               |
| 16:37.29 (39.46) | 17:18.35 (41.06) | 17:58.33 (39.98)              | 18:39.45 (41.12) |                    |               |
| 19:19.38 (39.93) | 19:55.81 (36.43) |                               |                  |                    |               |
| 4 Philips, Ben   | 13               | West Suffolk Swimming Club-EA | 20:42.56         | 20:33.79           |               |
| 34.38            | 1:12.18 (37.80)  | 1:51.60 (39.42)               | 2:31.62 (40.02)  |                    |               |
| 3:12.74 (41.12)  | 3:53.51 (40.77)  | 4:33.75 (40.24)               | 5:14.80 (41.05)  |                    |               |
| 5:56.08 (41.28)  | 6:37.28 (41.20)  | 7:18.73 (41.45)               | 8:00.17 (41.44)  |                    |               |
| 8:42.66 (42.49)  | 9:25.33 (42.67)  | 10:07.31 (41.98)              | 10:48.84 (41.53) |                    |               |
| 11:30.92 (42.08) | 12:12.52 (41.60) | 12:55.64 (43.12)              | 13:38.04 (42.40) |                    |               |
| 14:20.52 (42.48) | 15:02.44 (41.92) | 15:45.27 (42.83)              | 16:27.30 (42.03) |                    |               |
| 17:10.22 (42.92) | 17:52.04 (41.82) | 18:33.48 (41.44)              | 19:14.81 (41.33) |                    |               |
| 19:55.17 (40.36) | 20:33.79 (38.62) |                               |                  |                    |               |

**Event 2 Boys 14 Year Olds 1500 SC Meter Freestyle**

| <b>Name</b>        | <b>Age</b>       | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|--------------------|------------------|-------------------------------|------------------|--------------------|---------------|
| 1 Brindley, Robbie | 14               | West Suffolk Swimming Club-EA | 20:50.08         | 18:26.30           |               |
| 29.97              | 1:04.99 (35.02)  | 1:42.25 (37.26)               | 2:19.46 (37.21)  |                    |               |
| 2:56.75 (37.29)    | 3:34.55 (37.80)  | 4:11.64 (37.09)               | 4:49.08 (37.44)  |                    |               |
| 5:26.57 (37.49)    | 6:03.67 (37.10)  | 6:41.51 (37.84)               | 7:18.59 (37.08)  |                    |               |
| 7:56.32 (37.73)    | 8:33.71 (37.39)  | 9:11.17 (37.46)               | 9:48.24 (37.07)  |                    |               |
| 10:25.60 (37.36)   | 11:03.47 (37.87) | 11:41.36 (37.89)              | 12:18.51 (37.15) |                    |               |
| 12:56.12 (37.61)   | 13:33.85 (37.73) | 14:11.88 (38.03)              | 14:49.70 (37.82) |                    |               |
| 15:27.30 (37.60)   | 16:04.72 (37.42) | 16:41.42 (36.70)              | 17:18.87 (37.45) |                    |               |
| 18:26.30 (1:07.43) | 18:26.30 ( )     |                               |                  |                    |               |
| 2 Vaughan, Matthew | 14               | Beccles Town Swimming Club    | 21:57.00         | 18:52.47           |               |
| 31.95              | 1:06.92 (34.97)  | 1:42.89 (35.97)               | 2:19.44 (36.55)  |                    |               |
| 2:56.57 (37.13)    | 3:33.55 (36.98)  | 4:11.25 (37.70)               | 4:48.52 (37.27)  |                    |               |
| 5:25.91 (37.39)    | 6:03.67 (37.76)  | 6:41.73 (38.06)               | 7:19.33 (37.60)  |                    |               |
| 7:57.00 (37.67)    | 8:35.00 (38.00)  | 9:13.55 (38.55)               | 9:52.13 (38.58)  |                    |               |
| 10:30.34 (38.21)   | 11:08.61 (38.27) | 11:47.34 (38.73)              | 12:26.49 (39.15) |                    |               |
| 13:05.56 (39.07)   | 13:44.97 (39.41) | 14:24.27 (39.30)              | 15:01.22 (36.95) |                    |               |
| 15:39.66 (38.44)   | 16:17.68 (38.02) | 16:56.49 (38.81)              | 17:35.60 (39.11) |                    |               |
| 18:14.95 (39.35)   | 18:52.47 (37.52) |                               |                  |                    |               |

**Event 2 Boys 15 & Over 1500 SC Meter Freestyle**

| <b>Name</b>      | <b>Age</b>       | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|------------------|------------------|-------------------------------|------------------|--------------------|---------------|
| 1 Turner, Myles  | 18               | West Suffolk Swimming Club-EA | 16:19.60         | 16:45.62           |               |
| 30.60            | 1:03.85 (33.25)  | 1:37.53 (33.68)               | 2:11.47 (33.94)  |                    |               |
| 2:45.03 (33.56)  | 3:18.30 (33.27)  | 3:51.68 (33.38)               | 4:24.66 (32.98)  |                    |               |
| 4:58.09 (33.43)  | 5:31.59 (33.50)  | 6:05.18 (33.59)               | 6:38.75 (33.57)  |                    |               |
| 7:12.49 (33.74)  | 7:45.98 (33.49)  | 8:19.59 (33.61)               | 8:52.96 (33.37)  |                    |               |
| 9:26.35 (33.39)  | 10:00.21 (33.86) | 10:34.26 (34.05)              | 11:08.36 (34.10) |                    |               |
| 11:42.67 (34.31) | 12:16.59 (33.92) | 12:50.56 (33.97)              | 13:24.62 (34.06) |                    |               |
| 13:58.41 (33.79) | 14:32.37 (33.96) | 15:06.32 (33.95)              | 15:40.20 (33.88) |                    |               |
| 16:13.71 (33.51) | 16:45.62 (31.91) |                               |                  |                    |               |

## WSSC Long Distance Open Meet - 25/11/2018

## Results

## (Event 2 Boys 15 &amp; Over 1500 SC Meter Freestyle)

| Name              | Age              | Team                          | Seed Time        | Finals Time | Points |
|-------------------|------------------|-------------------------------|------------------|-------------|--------|
| 2 Fletcher, Joe N | 16               | Stowmarket Swimming Club      | 18:04.60         | 17:15.69    |        |
| 29.81             | 1:03.13 (33.32)  | 1:37.45 (34.32)               | 2:12.04 (34.59)  |             |        |
| 2:46.31 (34.27)   | 3:20.63 (34.32)  | 3:55.14 (34.51)               | 4:29.53 (34.39)  |             |        |
| 5:04.15 (34.62)   | 5:38.63 (34.48)  | 6:13.22 (34.59)               | 6:47.79 (34.57)  |             |        |
| 7:22.59 (34.80)   | 7:57.72 (35.13)  | 8:32.48 (34.76)               | 9:07.18 (34.70)  |             |        |
| 9:41.98 (34.80)   | 10:16.61 (34.63) | 10:51.81 (35.20)              | 11:26.50 (34.69) |             |        |
| 12:01.65 (35.15)  | 12:36.70 (35.05) | 13:12.06 (35.36)              | 13:47.10 (35.04) |             |        |
| 14:22.27 (35.17)  | 14:57.36 (35.09) | 15:32.67 (35.31)              | 16:07.79 (35.12) |             |        |
| 16:42.52 (34.73)  | 17:15.69 (33.17) |                               |                  |             |        |
| 3 Saunders, Harry | 16               | Newmarket & District Swimming | 17:50.58         | 17:57.25    |        |
| 29.60             | 1:03.34 (33.74)  | 1:38.30 (34.96)               | 2:12.97 (34.67)  |             |        |
| 2:48.40 (35.43)   | 3:24.16 (35.76)  | 4:00.70 (36.54)               | 4:37.23 (36.53)  |             |        |
| 5:13.72 (36.49)   | 5:50.70 (36.98)  | 6:27.52 (36.82)               | 7:04.20 (36.68)  |             |        |
| 7:40.68 (36.48)   | 8:17.60 (36.92)  | 8:53.21 (35.61)               | 9:28.43 (35.22)  |             |        |
| 10:05.94 (37.51)  | 10:42.65 (36.71) | 11:19.54 (36.89)              | 11:56.83 (37.29) |             |        |
| 12:33.06 (36.23)  | 13:09.83 (36.77) | 13:46.15 (36.32)              | 14:22.63 (36.48) |             |        |
| 14:59.17 (36.54)  | 15:35.03 (35.86) | 16:11.75 (36.72)              | 16:47.91 (36.16) |             |        |
| 17:23.37 (35.46)  | 17:57.25 (33.88) |                               |                  |             |        |
| 4 Allen, Ben      | 16               | West Suffolk Swimming Club-EA | 18:15.31         | 18:11.54    |        |
| 31.00             | 1:05.80 (34.80)  | 1:41.61 (35.81)               | 2:17.43 (35.82)  |             |        |
| 2:53.67 (36.24)   | 3:29.78 (36.11)  | 4:06.18 (36.40)               | 4:42.46 (36.28)  |             |        |
| 5:18.73 (36.27)   | 5:55.19 (36.46)  | 6:31.89 (36.70)               | 7:08.24 (36.35)  |             |        |
| 7:44.91 (36.67)   | 8:22.07 (37.16)  | 8:59.04 (36.97)               | 9:35.70 (36.66)  |             |        |
| 10:12.56 (36.86)  | 10:49.97 (37.41) | 11:27.07 (37.10)              | 12:04.30 (37.23) |             |        |
| 12:41.25 (36.95)  | 13:18.94 (37.69) | 13:56.03 (37.09)              | 14:32.68 (36.65) |             |        |
| 15:09.69 (37.01)  | 15:46.25 (36.56) | 16:22.79 (36.54)              | 16:59.29 (36.50) |             |        |
| 17:35.97 (36.68)  | 18:11.54 (35.57) |                               |                  |             |        |
| 5 Hall, Harvey    | 15               | Deben Swimming Club           | 19:04.06         | 18:13.38    |        |
| 30.96             | 1:04.87 (33.91)  | 1:39.93 (35.06)               | 2:15.80 (35.87)  |             |        |
| 2:51.37 (35.57)   | 3:26.80 (35.43)  | 4:03.15 (36.35)               | 4:39.51 (36.36)  |             |        |
| 5:16.43 (36.92)   | 5:52.56 (36.13)  | 6:29.53 (36.97)               | 7:06.57 (37.04)  |             |        |
| 7:43.53 (36.96)   | 8:20.56 (37.03)  | 8:57.58 (37.02)               | 9:35.20 (37.62)  |             |        |
| 10:12.53 (37.33)  | 10:49.90 (37.37) | 11:26.87 (36.97)              | 12:04.05 (37.18) |             |        |
| 12:41.70 (37.65)  | 13:19.01 (37.31) | 13:55.95 (36.94)              | 14:33.66 (37.71) |             |        |
| 15:11.27 (37.61)  | 15:48.75 (37.48) | 16:26.14 (37.39)              | 17:03.05 (36.91) |             |        |
| 17:39.32 (36.27)  | 18:13.38 (34.06) |                               |                  |             |        |
| 6 Beevor, Max     | 17               | Beccles Town Swimming Club    | 18:37.00         | 18:17.38    |        |
| 31.19             | 1:05.67 (34.48)  | 1:41.10 (35.43)               | 2:17.41 (36.31)  |             |        |
| 2:53.32 (35.91)   | 3:29.63 (36.31)  | 4:06.08 (36.45)               | 4:42.03 (35.95)  |             |        |
| 5:18.65 (36.62)   | 5:55.17 (36.52)  | 6:31.26 (36.09)               | 7:07.42 (36.16)  |             |        |
| 7:44.23 (36.81)   | 8:21.17 (36.94)  | 8:58.16 (36.99)               | 9:35.46 (37.30)  |             |        |
| 10:12.63 (37.17)  | 10:50.23 (37.60) | 11:27.24 (37.01)              | 12:04.95 (37.71) |             |        |
| 12:42.31 (37.36)  | 13:18.86 (36.55) | 13:56.15 (37.29)              | 14:33.48 (37.33) |             |        |
| 15:10.39 (36.91)  | 15:47.80 (37.41) | 16:25.68 (37.88)              | 17:03.84 (38.16) |             |        |
| 17:40.92 (37.08)  | 18:17.38 (36.46) |                               |                  |             |        |
| 7 Day, Sam        | 15               | Beccles Town Swimming Club    | 20:57.65         | 18:39.90    |        |
| 31.42             | 1:06.94 (35.52)  | 1:42.97 (36.03)               | 2:19.06 (36.09)  |             |        |
| 2:55.96 (36.90)   | 3:32.72 (36.76)  | 4:10.26 (37.54)               | 4:47.27 (37.01)  |             |        |
| 5:24.77 (37.50)   | 6:02.60 (37.83)  | 6:40.24 (37.64)               | 7:17.41 (37.17)  |             |        |
| 7:54.53 (37.12)   | 8:32.21 (37.68)  | 9:10.29 (38.08)               | 9:48.23 (37.94)  |             |        |
| 10:26.00 (37.77)  | 11:03.42 (37.42) | 11:41.59 (38.17)              | 12:20.11 (38.52) |             |        |
| 12:57.69 (37.58)  | 13:35.99 (38.30) | 14:14.26 (38.27)              | 14:52.76 (38.50) |             |        |
| 15:31.24 (38.48)  | 16:09.97 (38.73) | 16:47.58 (37.61)              | 17:25.25 (37.67) |             |        |
| 18:04.33 (39.08)  | 18:39.90 (35.57) |                               |                  |             |        |

**WSSC Long Distance Open Meet - 25/11/2018****Results****(Event 2 Boys 15 & Over 1500 SC Meter Freestyle)**

| <b>Name</b>                   | <b>Age</b>       | <b>Team</b>                | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-------------------------------|------------------|----------------------------|------------------|--------------------|---------------|
| 8 Aitken, Jeremy              | 15               | Beccles Town Swimming Club | 18:40.74         | 18:40.25           |               |
| 31.54                         | 1:06.57 (35.03)  | 1:41.96 (35.39)            | 2:18.08 (36.12)  |                    |               |
| 2:54.44 (36.36)               | 3:31.16 (36.72)  | 4:07.53 (36.37)            | 4:44.70 (37.17)  |                    |               |
| 5:21.90 (37.20)               | 5:59.44 (37.54)  | 6:37.05 (37.61)            | 7:15.16 (38.11)  |                    |               |
| 7:52.40 (37.24)               | 8:30.47 (38.07)  | 9:08.67 (38.20)            | 9:47.18 (38.51)  |                    |               |
| 10:25.34 (38.16)              | 11:03.64 (38.30) | 11:42.45 (38.81)           | 12:20.39 (37.94) |                    |               |
| 12:58.95 (38.56)              | 13:37.31 (38.36) | 14:15.87 (38.56)           | 14:54.28 (38.41) |                    |               |
| 15:32.41 (38.13)              | 16:10.06 (37.65) | 16:48.40 (38.34)           | 17:26.22 (37.82) |                    |               |
| 18:03.64 (37.42)              | 18:40.25 (36.61) |                            |                  |                    |               |
| 9 Chapman, Lewis S            | 17               | Stowmarket Swimming Club   | 18:47.20         | 18:41.79           |               |
| 31.44                         | 1:07.58 (36.14)  | 1:44.54 (36.96)            | 2:22.01 (37.47)  |                    |               |
| 2:59.32 (37.31)               | 3:37.52 (38.20)  | 4:15.05 (37.53)            | 4:52.97 (37.92)  |                    |               |
| 5:30.67 (37.70)               | 6:08.28 (37.61)  | 6:45.90 (37.62)            | 7:24.05 (38.15)  |                    |               |
| 8:02.07 (38.02)               | 8:40.44 (38.37)  | 9:18.93 (38.49)            | 9:57.17 (38.24)  |                    |               |
| 10:35.53 (38.36)              | 11:14.28 (38.75) | 11:52.86 (38.58)           | 12:31.49 (38.63) |                    |               |
| 13:09.69 (38.20)              | 13:47.30 (37.61) | 14:24.94 (37.64)           | 15:02.73 (37.79) |                    |               |
| 15:39.71 (36.98)              | 16:16.87 (37.16) | 16:53.73 (36.86)           | 17:30.66 (36.93) |                    |               |
| 18:07.62 (36.96)              | 18:41.79 (34.17) |                            |                  |                    |               |
| 10 Thurston-Woolnough, Daniel | 17               | Beccles Town Swimming Club | 18:05.87         | 18:42.20           |               |
| 29.76                         | 1:03.27 (33.51)  | 1:38.39 (35.12)            | 2:13.82 (35.43)  |                    |               |
| 2:50.07 (36.25)               | 3:27.12 (37.05)  | 4:04.76 (37.64)            | 4:42.60 (37.84)  |                    |               |
| 5:21.10 (38.50)               | 5:59.88 (38.78)  | 6:38.09 (38.21)            | 7:16.39 (38.30)  |                    |               |
| 7:54.60 (38.21)               | 8:33.32 (38.72)  | 9:12.57 (39.25)            | 9:48.53 (35.96)  |                    |               |
| 10:27.08 (38.55)              | 11:06.26 (39.18) | 11:45.24 (38.98)           | 12:24.18 (38.94) |                    |               |
| 13:02.94 (38.76)              | 13:42.11 (39.17) | 14:20.85 (38.74)           | 14:59.25 (38.40) |                    |               |
| 15:36.60 (37.35)              | 16:15.11 (38.51) | 16:53.83 (38.72)           | 17:30.34 (36.51) |                    |               |
| 18:07.06 (36.72)              | 18:42.20 (35.14) |                            |                  |                    |               |
| 11 Chevin, Jack               | 17               | Stowmarket Swimming Club   | 19:16.53         | 18:47.48           |               |
| 31.13                         | 1:07.12 (35.99)  | 1:44.08 (36.96)            | 2:21.41 (37.33)  |                    |               |
| 2:58.91 (37.50)               | 3:36.79 (37.88)  | 4:14.43 (37.64)            | 4:52.28 (37.85)  |                    |               |
| 5:30.23 (37.95)               | 6:08.14 (37.91)  | 6:45.89 (37.75)            | 7:23.64 (37.75)  |                    |               |
| 8:02.04 (38.40)               | 8:40.43 (38.39)  | 9:18.82 (38.39)            | 9:57.05 (38.23)  |                    |               |
| 10:35.04 (37.99)              | 11:13.79 (38.75) | 11:51.98 (38.19)           | 12:30.31 (38.33) |                    |               |
| 13:08.33 (38.02)              | 13:46.14 (37.81) | 14:24.43 (38.29)           | 15:03.04 (38.61) |                    |               |
| 15:41.23 (38.19)              | 16:19.04 (37.81) | 16:57.38 (38.34)           | 17:35.29 (37.91) |                    |               |
| 18:11.97 (36.68)              | 18:47.48 (35.51) |                            |                  |                    |               |

**Event 3 Girls 11 Year Olds 800 SC Meter Freestyle**

| <b>Name</b>          | <b>Age</b>       | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|----------------------|------------------|-------------------------------|------------------|--------------------|---------------|
| 1 Stebbings, Katie R | 11               | Stowmarket Swimming Club      | 12:00.00         | 11:10.87           |               |
| 36.95                | 1:19.31 (42.36)  | 2:02.02 (42.71)               | 2:44.55 (42.53)  |                    |               |
| 3:27.38 (42.83)      | 4:10.63 (43.25)  | 4:52.76 (42.13)               | 5:34.37 (41.61)  |                    |               |
| 6:17.57 (43.20)      | 6:59.55 (41.98)  | 7:42.46 (42.91)               | 8:24.67 (42.21)  |                    |               |
| 9:07.42 (42.75)      | 9:49.95 (42.53)  | 10:32.50 (42.55)              | 11:10.87 (38.37) |                    |               |
| 2 Bullingham, Grace  | 11               | West Suffolk Swimming Club-EA | 12:38.00         | 11:20.60           |               |
| 36.16                | 1:18.68 (42.52)  | 2:02.50 (43.82)               | 2:45.24 (42.74)  |                    |               |
| 3:28.42 (43.18)      | 4:11.72 (43.30)  | 4:53.92 (42.20)               | 5:37.53 (43.61)  |                    |               |
| 6:21.05 (43.52)      | 7:04.04 (42.99)  | 7:48.20 (44.16)               | 8:31.34 (43.14)  |                    |               |
| 9:15.74 (44.40)      | 9:58.90 (43.16)  | 10:42.95 (44.05)              | 11:20.60 (37.65) |                    |               |
| 3 Brown, Rebecca     | 11               | Stowmarket Swimming Club      | 12:50.00         | 11:27.20           |               |
| 40.08                | 1:23.24 (43.16)  | 2:07.03 (43.79)               | 2:50.21 (43.18)  |                    |               |
| 3:32.93 (42.72)      | 4:15.87 (42.94)  | 4:59.42 (43.55)               | 5:42.23 (42.81)  |                    |               |
| 6:26.20 (43.97)      | 7:09.55 (43.35)  | 7:53.72 (44.17)               | 8:37.56 (43.84)  |                    |               |
| 9:20.99 (43.43)      | 10:04.36 (43.37) | 10:47.18 (42.82)              | 11:27.20 (40.02) |                    |               |

**WSSC Long Distance Open Meet - 25/11/2018****Results****(Event 3 Girls 11 Year Olds 800 SC Meter Freestyle)**

| Name                    | Age              | Team                          | Seed Time        | Finals Time | Points |
|-------------------------|------------------|-------------------------------|------------------|-------------|--------|
| 4 Hattan, Charlotte     | 11               | Deben Swimming Club           | 12:22.50         | 11:27.64    |        |
| 38.17                   | 1:21.11 (42.94)  | 2:04.42 (43.31)               | 2:48.15 (43.73)  |             |        |
| 3:30.79 (42.64)         | 4:13.78 (42.99)  | 4:57.39 (43.61)               | 5:41.03 (43.64)  |             |        |
| 6:23.97 (42.94)         | 7:07.76 (43.79)  | 7:50.83 (43.07)               | 8:34.12 (43.29)  |             |        |
| 9:17.31 (43.19)         | 10:00.77 (43.46) | 10:44.50 (43.73)              | 11:27.64 (43.14) |             |        |
| 5 Barker, Megan         | 11               | West Suffolk Swimming Club-EA | 12:08.11         | 11:34.06    |        |
| 37.22                   | 1:19.02 (41.80)  | 2:01.66 (42.64)               | 2:44.37 (42.71)  |             |        |
| 3:27.55 (43.18)         | 4:10.81 (43.26)  | 4:54.55 (43.74)               | 5:38.55 (44.00)  |             |        |
| 6:23.53 (44.98)         | 7:08.22 (44.69)  | 7:52.99 (44.77)               | 8:37.75 (44.76)  |             |        |
| 9:23.08 (45.33)         | 10:07.97 (44.89) | 10:52.35 (44.38)              | 11:34.06 (41.71) |             |        |
| 6 Harpur-Davies, Phoebe | 11               | West Suffolk Swimming Club-EA | 12:38.00         | 11:59.42    |        |
| 38.58                   | 1:22.23 (43.65)  | 2:06.78 (44.55)               | 2:51.50 (44.72)  |             |        |
| 3:35.38 (43.88)         | 4:20.90 (45.52)  | 5:05.70 (44.80)               | 5:51.61 (45.91)  |             |        |
| 6:37.57 (45.96)         | 7:24.50 (46.93)  | 8:10.71 (46.21)               | 8:57.03 (46.32)  |             |        |
| 9:43.24 (46.21)         | 10:29.54 (46.30) | 11:15.04 (45.50)              | 11:59.42 (44.38) |             |        |

**Event 3 Girls 12 Year Olds 800 SC Meter Freestyle**

| Name             | Age             | Team                          | Seed Time        | Finals Time | Points |
|------------------|-----------------|-------------------------------|------------------|-------------|--------|
| 1 Marks, Romilly | 12              | Newmarket & District Swimming | 10:13.10         | 10:26.54    |        |
| 34.99            | 1:13.62 (38.63) | 1:53.61 (39.99)               | 2:33.78 (40.17)  |             |        |
| 3:13.58 (39.80)  | 3:53.62 (40.04) | 4:33.34 (39.72)               | 5:13.13 (39.79)  |             |        |
| 5:53.73 (40.60)  | 6:33.94 (40.21) | 7:13.18 (39.24)               | 7:53.49 (40.31)  |             |        |
| 8:33.05 (39.56)  | 9:12.27 (39.22) | 9:50.16 (37.89)               | 10:26.54 (36.38) |             |        |
| 2 Barber, Izzy J | 12              | Stowmarket Swimming Club      | 11:20.00         | 10:38.52    |        |
| 37.47            | 1:17.53 (40.06) | 1:58.47 (40.94)               | 2:39.91 (41.44)  |             |        |
| 3:20.76 (40.85)  | 4:01.39 (40.63) | 4:41.88 (40.49)               | 5:22.62 (40.74)  |             |        |
| 6:02.94 (40.32)  | 6:44.00 (41.06) | 7:24.64 (40.64)               | 8:05.62 (40.98)  |             |        |
| 8:45.56 (39.94)  | 9:25.50 (39.94) | 10:04.48 (38.98)              | 10:38.52 (34.04) |             |        |
| 3 Mann, Grace    | 12              | Beccles Town Swimming Club    | 12:00.00         | 11:13.96    |        |
| 37.78            | 1:19.90 (42.12) | 2:03.18 (43.28)               | 2:46.12 (42.94)  |             |        |
| 3:29.37 (43.25)  | 4:11.80 (42.43) | 4:55.47 (43.67)               | 5:37.06 (41.59)  |             |        |
| 6:19.63 (42.57)  | 7:02.36 (42.73) | 7:45.27 (42.91)               | 8:28.16 (42.89)  |             |        |
| 9:10.83 (42.67)  | 9:53.64 (42.81) | 10:35.16 (41.52)              | 11:13.96 (38.80) |             |        |

**Event 3 Girls 13 Year Olds 800 SC Meter Freestyle**

| Name               | Age             | Team                          | Seed Time        | Finals Time | Points |
|--------------------|-----------------|-------------------------------|------------------|-------------|--------|
| 1 White, Charlotte | 13              | West Suffolk Swimming Club-EA | 10:05.62         | 9:56.88     |        |
| 32.55              | 1:08.52 (35.97) | 1:45.49 (36.97)               | 2:22.98 (37.49)  |             |        |
| 3:00.66 (37.68)    | 3:38.70 (38.04) | 4:16.18 (37.48)               | 4:54.18 (38.00)  |             |        |
| 5:32.02 (37.84)    | 6:10.23 (38.21) | 6:48.22 (37.99)               | 7:26.37 (38.15)  |             |        |
| 8:04.27 (37.90)    | 8:42.16 (37.89) | 9:20.00 (37.84)               | 9:56.88 (36.88)  |             |        |
| 2 Hall, Helena     | 13              | Deben Swimming Club           | 10:41.45         | 10:09.78    |        |
| 34.19              | 1:11.66 (37.47) | 1:50.28 (38.62)               | 2:29.36 (39.08)  |             |        |
| 3:08.12 (38.76)    | 3:46.40 (38.28) | 4:25.39 (38.99)               | 5:03.84 (38.45)  |             |        |
| 5:42.00 (38.16)    | 6:20.97 (38.97) | 6:59.56 (38.59)               | 7:38.42 (38.86)  |             |        |
| 8:16.67 (38.25)    | 8:55.92 (39.25) | 9:34.37 (38.45)               | 10:09.78 (35.41) |             |        |
| 3 Lander, Sophie   | 13              | Deben Swimming Club           | 10:36.43         | 10:11.77    |        |
| 33.96              | 1:11.82 (37.86) | 1:50.43 (38.61)               | 2:29.85 (39.42)  |             |        |
| 3:08.21 (38.36)    | 3:47.12 (38.91) | 4:25.78 (38.66)               | 5:04.80 (39.02)  |             |        |
| 5:43.83 (39.03)    | 6:22.88 (39.05) | 7:01.90 (39.02)               | 7:40.99 (39.09)  |             |        |
| 8:19.45 (38.46)    | 8:58.28 (38.83) | 9:36.67 (38.39)               | 10:11.77 (35.10) |             |        |

**WSSC Long Distance Open Meet - 25/11/2018****Results****(Event 3 Girls 13 Year Olds 800 SC Meter Freestyle)**

| <u>Name</u>      | <u>Age</u>       | <u>Team</u>                   | <u>Seed Time</u> | <u>Finals Time</u> | <u>Points</u> |
|------------------|------------------|-------------------------------|------------------|--------------------|---------------|
| 4 Clark, Alice   | 13               | West Suffolk Swimming Club-EA | 11:42.13         | 10:38.56           |               |
| 35.56            | 1:14.66 (39.10)  | 1:54.93 (40.27)               | 2:35.70 (40.77)  |                    |               |
| 3:16.31 (40.61)  | 3:56.95 (40.64)  | 4:37.84 (40.89)               | 5:18.49 (40.65)  |                    |               |
| 5:59.15 (40.66)  | 6:39.70 (40.55)  | 7:20.50 (40.80)               | 8:00.94 (40.44)  |                    |               |
| 8:41.81 (40.87)  | 9:22.03 (40.22)  | 10:01.77 (39.74)              | 10:38.56 (36.79) |                    |               |
| 5 Cutting, Emily | 13               | West Suffolk Swimming Club-EA | 11:43.72         | 11:06.96           |               |
| 36.32            | 1:16.78 (40.46)  | 1:57.63 (40.85)               | 2:39.18 (41.55)  |                    |               |
| 3:20.92 (41.74)  | 4:02.57 (41.65)  | 4:44.25 (41.68)               | 5:26.49 (42.24)  |                    |               |
| 6:09.61 (43.12)  | 6:53.46 (43.85)  | 7:36.97 (43.51)               | 8:19.70 (42.73)  |                    |               |
| 9:02.65 (42.95)  | 9:45.14 (42.49)  | 10:27.25 (42.11)              | 11:06.96 (39.71) |                    |               |
| 6 King, Alice L  | 13               | Stowmarket Swimming Club      | 11:52.00         | 11:39.71           |               |
| 37.44            | 1:18.26 (40.82)  | 2:00.71 (42.45)               | 2:43.71 (43.00)  |                    |               |
| 3:27.24 (43.53)  | 4:11.13 (43.89)  | 4:56.06 (44.93)               | 5:40.43 (44.37)  |                    |               |
| 6:25.45 (45.02)  | 7:10.56 (45.11)  | 7:55.65 (45.09)               | 8:41.17 (45.52)  |                    |               |
| 9:25.75 (44.58)  | 10:10.78 (45.03) | 10:55.37 (44.59)              | 11:39.71 (44.34) |                    |               |
| 7 Alvarez, Megan | 13               | Stowmarket Swimming Club      | 12:36.00         | 12:07.34           |               |
| 39.59            | 1:23.43 (43.84)  | 2:08.68 (45.25)               | 2:53.97 (45.29)  |                    |               |
| 3:39.18 (45.21)  | 4:25.14 (45.96)  | 5:11.10 (45.96)               | 5:57.67 (46.57)  |                    |               |
| 6:45.01 (47.34)  | 7:30.86 (45.85)  | 8:17.16 (46.30)               | 9:03.90 (46.74)  |                    |               |
| 9:50.26 (46.36)  | 10:36.81 (46.55) | 11:23.71 (46.90)              | 12:07.34 (43.63) |                    |               |

**Event 3 Girls 14 Year Olds 800 SC Meter Freestyle**

| <u>Name</u>       | <u>Age</u>       | <u>Team</u>                   | <u>Seed Time</u> | <u>Finals Time</u> | <u>Points</u> |
|-------------------|------------------|-------------------------------|------------------|--------------------|---------------|
| 1 Hudson, Lucy    | 14               | West Suffolk Swimming Club-EA | 9:58.00          | 9:43.82            |               |
| 31.04             | 1:06.11 (35.07)  | 1:42.07 (35.96)               | 2:18.31 (36.24)  |                    |               |
| 2:54.75 (36.44)   | 3:31.25 (36.50)  | 4:07.64 (36.39)               | 4:45.07 (37.43)  |                    |               |
| 5:22.46 (37.39)   | 6:00.37 (37.91)  | 6:38.49 (38.12)               | 7:16.03 (37.54)  |                    |               |
| 7:53.46 (37.43)   | 8:31.23 (37.77)  | 9:08.93 (37.70)               | 9:43.82 (34.89)  |                    |               |
| 2 Williams, Cerys | 14               | West Suffolk Swimming Club-EA | 9:57.70          | 10:08.62           |               |
| 32.42             | 1:08.37 (35.95)  | 1:45.57 (37.20)               | 2:23.04 (37.47)  |                    |               |
| 3:01.14 (38.10)   | 3:39.33 (38.19)  | 4:17.28 (37.95)               | 4:55.59 (38.31)  |                    |               |
| 5:34.72 (39.13)   | 6:14.34 (39.62)  | 6:54.47 (40.13)               | 7:33.86 (39.39)  |                    |               |
| 8:13.53 (39.67)   | 8:52.79 (39.26)  | 9:31.71 (38.92)               | 10:08.62 (36.91) |                    |               |
| 3 Sillitoe, Marni | 14               | West Suffolk Swimming Club-EA | 10:22.80         | 10:25.71           |               |
| 34.22             | 1:11.93 (37.71)  | 1:49.37 (37.44)               | 2:29.11 (39.74)  |                    |               |
| 3:07.37 (38.26)   | 3:45.51 (38.14)  | 4:27.54 (42.03)               | 5:08.07 (40.53)  |                    |               |
| 5:48.03 (39.96)   | 6:29.02 (40.99)  | 7:09.37 (40.35)               | 7:49.55 (40.18)  |                    |               |
| 8:29.88 (40.33)   | 9:10.29 (40.41)  | 9:50.48 (40.19)               | 10:25.71 (35.23) |                    |               |
| 4 Shaw, Katy E    | 14               | Stowmarket Swimming Club      | 11:07.37         | 11:18.47           |               |
| 36.48             | 1:17.11 (40.63)  | 1:58.65 (41.54)               | 2:40.18 (41.53)  |                    |               |
| 3:22.12 (41.94)   | 4:04.66 (42.54)  | 4:49.11 (44.45)               | 5:32.29 (43.18)  |                    |               |
| 6:16.03 (43.74)   | 6:59.27 (43.24)  | 7:42.01 (42.74)               | 8:26.04 (44.03)  |                    |               |
| 9:10.09 (44.05)   | 9:54.03 (43.94)  | 10:36.92 (42.89)              | 11:18.47 (41.55) |                    |               |
| 5 Chevin, Hannah  | 14               | Stowmarket Swimming Club      | 11:32.56         | 11:27.73           |               |
| 37.48             | 1:18.32 (40.84)  | 2:00.70 (42.38)               | 2:43.77 (43.07)  |                    |               |
| 3:27.26 (43.49)   | 4:11.04 (43.78)  | 4:54.63 (43.59)               | 5:38.76 (44.13)  |                    |               |
| 6:22.54 (43.78)   | 7:06.51 (43.97)  | 7:50.99 (44.48)               | 8:35.35 (44.36)  |                    |               |
| 9:19.57 (44.22)   | 10:02.79 (43.22) | 10:45.86 (43.07)              | 11:27.73 (41.87) |                    |               |

**WSSC Long Distance Open Meet - 25/11/2018****Results****Event 3 Girls 15 & Over 800 SC Meter Freestyle**

| <b>Name</b>         | <b>Age</b>      | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|---------------------|-----------------|-------------------------------|------------------|--------------------|---------------|
| 1 Hale, Ella        | 15              | West Suffolk Swimming Club-EA | 9:30.00          | 9:23.96            |               |
| 30.50               | 1:04.71 (34.21) | 1:39.92 (35.21)               | 2:15.26 (35.34)  |                    |               |
| 2:50.63 (35.37)     | 3:25.95 (35.32) | 4:01.61 (35.66)               | 4:37.17 (35.56)  |                    |               |
| 5:12.93 (35.76)     | 5:49.10 (36.17) | 6:24.99 (35.89)               | 7:00.98 (35.99)  |                    |               |
| 7:37.01 (36.03)     | 8:13.33 (36.32) | 8:49.46 (36.13)               | 9:23.96 (34.50)  |                    |               |
| 2 Wright, Freya     | 16              | West Suffolk Swimming Club-EA | 9:34.10          | 9:51.69            |               |
| 31.22               | 1:06.03 (34.81) | 1:42.04 (36.01)               | 2:18.92 (36.88)  |                    |               |
| 2:55.84 (36.92)     | 3:33.16 (37.32) | 4:10.78 (37.62)               | 4:48.61 (37.83)  |                    |               |
| 5:26.16 (37.55)     | 6:04.88 (38.72) | 6:42.85 (37.97)               | 7:20.92 (38.07)  |                    |               |
| 7:59.03 (38.11)     | 8:37.63 (38.60) | 9:15.39 (37.76)               | 9:51.69 (36.30)  |                    |               |
| 3 O'Connor, Hannah  | 15              | West Suffolk Swimming Club-EA | 9:54.13          | 9:52.89            |               |
| 32.41               | 1:08.35 (35.94) | 1:45.26 (36.91)               | 2:22.81 (37.55)  |                    |               |
| 2:59.97 (37.16)     | 3:37.57 (37.60) | 4:15.25 (37.68)               | 4:53.23 (37.98)  |                    |               |
| 5:31.02 (37.79)     | 6:09.19 (38.17) | 6:46.78 (37.59)               | 7:24.67 (37.89)  |                    |               |
| 8:02.14 (37.47)     | 8:40.13 (37.99) | 9:17.63 (37.50)               | 9:52.89 (35.26)  |                    |               |
| 4 Hudson, Charlotte | 15              | West Suffolk Swimming Club-EA | 10:07.71         | 9:53.54            |               |
| 32.70               | 1:09.25 (36.55) | 1:46.44 (37.19)               | 2:23.78 (37.34)  |                    |               |
| 3:01.33 (37.55)     | 3:38.80 (37.47) | 4:16.38 (37.58)               | 4:53.87 (37.49)  |                    |               |
| 5:31.63 (37.76)     | 6:09.64 (38.01) | 6:47.63 (37.99)               | 7:25.51 (37.88)  |                    |               |
| 8:03.44 (37.93)     | 8:41.20 (37.76) | 9:19.02 (37.82)               | 9:53.54 (34.52)  |                    |               |
| 5 Small, Millie     | 17              | West Suffolk Swimming Club-EA | 10:12.41         | 10:01.91           |               |
| 33.29               | 1:10.56 (37.27) | 1:47.80 (37.24)               | 2:25.46 (37.66)  |                    |               |
| 3:03.59 (38.13)     | 3:41.91 (38.32) | 4:20.03 (38.12)               | 4:58.36 (38.33)  |                    |               |
| 5:37.11 (38.75)     | 6:15.96 (38.85) | 6:53.75 (37.79)               | 7:31.80 (38.05)  |                    |               |
| 8:09.89 (38.09)     | 8:48.02 (38.13) | 9:26.12 (38.10)               | 10:01.91 (35.79) |                    |               |
| 6 Bemmer, Lily      | 15              | Deben Swimming Club           | 10:15.08         | 10:06.62           |               |
| 34.27               | 1:11.57 (37.30) | 1:50.06 (38.49)               | 2:27.55 (37.49)  |                    |               |
| 3:05.76 (38.21)     | 3:43.76 (38.00) | 4:22.20 (38.44)               | 5:00.35 (38.15)  |                    |               |
| 5:39.02 (38.67)     | 6:17.49 (38.47) | 6:55.79 (38.30)               | 7:34.67 (38.88)  |                    |               |
| 8:12.77 (38.10)     | 8:51.34 (38.57) | 9:30.15 (38.81)               | 10:06.62 (36.47) |                    |               |
| 7 Robbins, Holly    | 16              | West Suffolk Swimming Club-EA | 10:30.86         | 10:14.70           |               |
| 33.50               | 1:11.12 (37.62) | 1:49.38 (38.26)               | 2:28.66 (39.28)  |                    |               |
| 3:06.95 (38.29)     | 3:46.00 (39.05) | 4:25.05 (39.05)               | 5:03.97 (38.92)  |                    |               |
| 5:42.83 (38.86)     | 6:22.18 (39.35) | 7:01.79 (39.61)               | 7:40.84 (39.05)  |                    |               |
| 8:19.85 (39.01)     | 8:59.14 (39.29) | 9:37.90 (38.76)               | 10:14.70 (36.80) |                    |               |
| 8 McKay, Caitlin    | 15              | West Suffolk Swimming Club-EA | 10:30.00         | 10:22.75           |               |
| 33.65               | 1:11.09 (37.44) | 1:50.08 (38.99)               | 2:29.73 (39.65)  |                    |               |
| 3:08.48 (38.75)     | 3:48.38 (39.90) | 4:28.59 (40.21)               | 5:08.80 (40.21)  |                    |               |
| 5:48.09 (39.29)     | 6:28.14 (40.05) | 7:06.97 (38.83)               | 7:47.03 (40.06)  |                    |               |
| 8:26.61 (39.58)     | 9:06.66 (40.05) | 9:45.75 (39.09)               | 10:22.75 (37.00) |                    |               |
| 9 Madsen, Grace     | 15              | Cambridge SC                  | 10:10.00         | 10:25.31           |               |
| 32.82               | 1:09.33 (36.51) | 1:46.73 (37.40)               | 2:25.05 (38.32)  |                    |               |
| 3:04.33 (39.28)     | 3:44.11 (39.78) | 4:24.32 (40.21)               | 5:04.69 (40.37)  |                    |               |
| 5:45.38 (40.69)     | 6:25.43 (40.05) | 7:05.91 (40.48)               | 7:46.03 (40.12)  |                    |               |
| 8:26.70 (40.67)     | 9:06.73 (40.03) | 9:46.30 (39.57)               | 10:25.31 (39.01) |                    |               |
| 10 Dootson, Ella C  | 16              | Stowmarket Swimming Club      | 10:17.83         | 10:30.41           |               |
| 34.00               | 1:11.42 (37.42) | 1:49.92 (38.50)               | 2:28.95 (39.03)  |                    |               |
| 3:08.43 (39.48)     | 3:48.30 (39.87) | 4:28.78 (40.48)               | 5:08.68 (39.90)  |                    |               |
| 5:48.79 (40.11)     | 6:29.46 (40.67) | 7:10.39 (40.93)               | 7:50.86 (40.47)  |                    |               |
| 8:31.99 (41.13)     | 9:12.47 (40.48) | 9:52.01 (39.54)               | 10:30.41 (38.40) |                    |               |



**WSSC Long Distance Open Meet - 25/11/2018****Results****(Event 3 Girls 15 & Over 800 SC Meter Freestyle)**

| Name             | Age              | Team                          | Seed Time        | Finals Time | Points |
|------------------|------------------|-------------------------------|------------------|-------------|--------|
| 11 Brown, Alice  | 16               | West Suffolk Swimming Club-EA | 11:03.52         | 10:51.31    |        |
| 34.25            | 1:12.15 (37.90)  | 1:51.24 (39.09)               | 2:30.93 (39.69)  |             |        |
| 3:11.55 (40.62)  | 3:53.20 (41.65)  | 4:35.75 (42.55)               | 5:18.28 (42.53)  |             |        |
| 6:00.63 (42.35)  | 6:42.61 (41.98)  | 7:25.20 (42.59)               | 8:07.39 (42.19)  |             |        |
| 8:49.93 (42.54)  | 9:31.50 (41.57)  | 10:13.28 (41.78)              | 10:51.31 (38.03) |             |        |
| 12 Penman, Sue   | 55               | Stowmarket Swimming Club      | 14:38.56         | 14:42.34    |        |
| 46.30            | 1:38.23 (51.93)  | 2:32.35 (54.12)               | 3:27.03 (54.68)  |             |        |
| 4:22.33 (55.30)  | 5:18.59 (56.26)  | 6:15.36 (56.77)               | 7:11.36 (56.00)  |             |        |
| 8:07.14 (55.78)  | 9:03.49 (56.35)  | 10:00.80 (57.31)              | 10:58.23 (57.43) |             |        |
| 11:56.24 (58.01) | 12:53.35 (57.11) | 13:50.02 (56.67)              | 14:42.34 (52.32) |             |        |

**Event 4 Boys 12 Year Olds 800 SC Meter Freestyle**

| Name            | Age              | Team                          | Seed Time        | Finals Time | Points |
|-----------------|------------------|-------------------------------|------------------|-------------|--------|
| 1 Page, Luka    | 12               | West Suffolk Swimming Club-EA | 5:31.68          | 11:29.62    |        |
| 37.24           | 1:19.82 (42.58)  | 2:03.86 (44.04)               | 2:48.38 (44.52)  |             |        |
| 3:33.49 (45.11) | 4:17.65 (44.16)  | 5:03.16 (45.51)               | 5:48.14 (44.98)  |             |        |
| 6:32.86 (44.72) | 7:16.97 (44.11)  | 8:01.95 (44.98)               | 8:47.12 (45.17)  |             |        |
| 9:31.02 (43.90) | 10:14.07 (43.05) | 10:53.32 (39.25)              | 11:29.62 (36.30) |             |        |

**Event 4 Boys 13 Year Olds 800 SC Meter Freestyle**

| Name                | Age             | Team                          | Seed Time        | Finals Time | Points |
|---------------------|-----------------|-------------------------------|------------------|-------------|--------|
| 1 Brown, Matthew D  | 13              | Stowmarket Swimming Club      | 10:10.00         | 9:52.38     |        |
| 32.37               | 1:10.04 (37.67) | 1:48.13 (38.09)               | 2:25.96 (37.83)  |             |        |
| 3:03.97 (38.01)     | 3:41.67 (37.70) | 4:19.14 (37.47)               | 4:57.46 (38.32)  |             |        |
| 5:35.93 (38.47)     | 6:12.71 (36.78) | 6:49.84 (37.13)               | 7:26.95 (37.11)  |             |        |
| 8:04.32 (37.37)     | 8:40.85 (36.53) | 9:16.88 (36.03)               | 9:52.38 (35.50)  |             |        |
| 2 Sari, Tobin       | 13              | West Suffolk Swimming Club-EA | 10:12.78         | 10:18.65    |        |
| 32.79               | 1:09.72 (36.93) | 1:48.01 (38.29)               | 2:26.67 (38.66)  |             |        |
| 3:05.57 (38.90)     | 3:45.05 (39.48) | 4:24.73 (39.68)               | 5:04.14 (39.41)  |             |        |
| 5:43.66 (39.52)     | 6:23.23 (39.57) | 7:02.76 (39.53)               | 7:42.68 (39.92)  |             |        |
| 8:22.32 (39.64)     | 9:01.68 (39.36) | 9:41.17 (39.49)               | 10:18.65 (37.48) |             |        |
| --- O'Connor, James | 13              | West Suffolk Swimming Club-EA | 5:05.66          | NS          |        |

**Event 4 Boys 14 Year Olds 800 SC Meter Freestyle**

| Name               | Age             | Team                          | Seed Time       | Finals Time | Points |
|--------------------|-----------------|-------------------------------|-----------------|-------------|--------|
| 1 Page, Tom        | 14              | West Suffolk Swimming Club-EA | 9:46.60         | 9:29.71     |        |
| 30.44              | 1:05.05 (34.61) | 1:40.82 (35.77)               | 2:16.81 (35.99) |             |        |
| 2:53.14 (36.33)    | 3:29.25 (36.11) | 4:05.86 (36.61)               | 4:42.40 (36.54) |             |        |
| 5:19.35 (36.95)    | 5:55.69 (36.34) | 6:32.06 (36.37)               | 7:08.65 (36.59) |             |        |
| 7:45.13 (36.48)    | 8:21.83 (36.70) | 8:57.21 (35.38)               | 9:29.71 (32.50) |             |        |
| 2 Vaughan, Matthew | 14              | Beccles Town Swimming Club    | 10:50.00        | 9:43.63     |        |
| 33.36              | 1:09.56 (36.20) | 1:46.32 (36.76)               | 2:23.44 (37.12) |             |        |
| 3:01.01 (37.57)    | 3:38.57 (37.56) | 4:16.12 (37.55)               | 4:53.26 (37.14) |             |        |
| 5:30.89 (37.63)    | 6:08.33 (37.44) | 6:45.88 (37.55)               | 7:21.88 (36.00) |             |        |
| 7:58.98 (37.10)    | 8:35.45 (36.47) | 9:10.74 (35.29)               | 9:43.63 (32.89) |             |        |

**Event 4 Boys 15 & Over 800 SC Meter Freestyle**

| Name            | Age             | Team                          | Seed Time       | Finals Time | Points |
|-----------------|-----------------|-------------------------------|-----------------|-------------|--------|
| 1 Turner, Myles | 18              | West Suffolk Swimming Club-EA | 8:29.00         | 8:40.73     |        |
| 28.77           | 1:00.77 (32.00) | 1:33.87 (33.10)               | 2:06.66 (32.79) |             |        |
| 2:39.15 (32.49) | 3:11.97 (32.82) | 3:44.92 (32.95)               | 4:18.02 (33.10) |             |        |
| 4:50.47 (32.45) | 5:23.47 (33.00) | 5:56.64 (33.17)               | 6:29.96 (33.32) |             |        |
| 7:03.02 (33.06) | 7:36.23 (33.21) | 8:09.05 (32.82)               | 8:40.73 (31.68) |             |        |

## WSSC Long Distance Open Meet - 25/11/2018

## Results

## (Event 4 Boys 15 &amp; Over 800 SC Meter Freestyle)

| Name                         | Age             | Team                          | Seed Time        | Finals Time | Points |
|------------------------------|-----------------|-------------------------------|------------------|-------------|--------|
| 2 Fletcher, Joe N            | 16              | Stowmarket Swimming Club      | 9:52.14          | 9:03.96     |        |
| 29.54                        | 1:02.09 (32.55) | 1:35.78 (33.69)               | 2:09.98 (34.20)  |             |        |
| 2:44.56 (34.58)              | 3:19.59 (35.03) | 3:54.28 (34.69)               | 4:29.22 (34.94)  |             |        |
| 5:04.41 (35.19)              | 5:39.18 (34.77) | 6:14.58 (35.40)               | 6:49.51 (34.93)  |             |        |
| 7:23.86 (34.35)              | 7:58.13 (34.27) | 8:31.79 (33.66)               | 9:03.96 (32.17)  |             |        |
| 3 Smith, Teal'k              | 15              | Beccles Town Swimming Club    | 9:45.00          | 9:06.39     |        |
| 29.57                        | 1:02.24 (32.67) | 1:35.49 (33.25)               | 2:09.77 (34.28)  |             |        |
| 2:44.17 (34.40)              | 3:18.54 (34.37) | 3:52.99 (34.45)               | 4:27.70 (34.71)  |             |        |
| 5:02.45 (34.75)              | 5:37.25 (34.80) | 6:12.45 (35.20)               | 6:47.74 (35.29)  |             |        |
| 7:23.18 (35.44)              | 7:58.40 (35.22) | 8:33.63 (35.23)               | 9:06.39 (32.76)  |             |        |
| 4 Thurston-Woolnough, Josh   | 15              | Beccles Town Swimming Club    | 10:00.00         | 9:15.13     |        |
| 30.47                        | 1:04.05 (33.58) | 1:38.26 (34.21)               | 2:12.44 (34.18)  |             |        |
| 2:47.03 (34.59)              | 3:21.68 (34.65) | 3:57.02 (35.34)               | 4:32.15 (35.13)  |             |        |
| 5:07.35 (35.20)              | 5:42.62 (35.27) | 6:18.22 (35.60)               | 6:53.61 (35.39)  |             |        |
| 7:29.01 (35.40)              | 8:04.67 (35.66) | 8:40.16 (35.49)               | 9:15.13 (34.97)  |             |        |
| 5 Allen, Ben                 | 16              | West Suffolk Swimming Club-EA | 4:33.79          | 9:29.51     |        |
| 30.24                        | 1:04.66 (34.42) | 1:40.84 (36.18)               | 2:17.03 (36.19)  |             |        |
| 2:53.61 (36.58)              | 3:30.19 (36.58) | 4:06.68 (36.49)               | 4:42.99 (36.31)  |             |        |
| 5:19.34 (36.35)              | 5:55.92 (36.58) | 6:32.41 (36.49)               | 7:08.81 (36.40)  |             |        |
| 7:44.67 (35.86)              | 8:20.07 (35.40) | 8:55.54 (35.47)               | 9:29.51 (33.97)  |             |        |
| 6 Riches, Ciaran             | 15              | West Suffolk Swimming Club-EA | 9:45.00          | 9:33.01     |        |
| 30.31                        | 1:04.81 (34.50) | 1:40.39 (35.58)               | 2:16.67 (36.28)  |             |        |
| 2:53.34 (36.67)              | 3:29.73 (36.39) | 4:06.01 (36.28)               | 4:42.83 (36.82)  |             |        |
| 5:19.39 (36.56)              | 5:56.10 (36.71) | 6:32.66 (36.56)               | 7:09.11 (36.45)  |             |        |
| 7:45.90 (36.79)              | 8:21.75 (35.85) | 8:57.81 (36.06)               | 9:33.01 (35.20)  |             |        |
| 7 Thurston-Woolnough, Daniel | 17              | Beccles Town Swimming Club    | 10:00.00         | 9:37.05     |        |
| 30.45                        | 1:04.01 (33.56) | 1:38.68 (34.67)               | 2:13.85 (35.17)  |             |        |
| 2:49.38 (35.53)              | 3:26.30 (36.92) | 4:03.25 (36.95)               | 4:40.58 (37.33)  |             |        |
| 5:17.80 (37.22)              | 5:55.15 (37.35) | 6:32.78 (37.63)               | 7:10.75 (37.97)  |             |        |
| 7:48.78 (38.03)              | 8:27.38 (38.60) | 9:03.07 (35.69)               | 9:37.05 (33.98)  |             |        |
| 8 Aitken, Jeremy             | 15              | Beccles Town Swimming Club    | 9:50.00          | 9:46.27     |        |
| 31.05                        | 1:06.42 (35.37) | 1:42.54 (36.12)               | 2:18.79 (36.25)  |             |        |
| 2:55.48 (36.69)              | 3:33.20 (37.72) | 4:10.29 (37.09)               | 4:48.00 (37.71)  |             |        |
| 5:25.73 (37.73)              | 6:03.25 (37.52) | 6:41.33 (38.08)               | 7:19.24 (37.91)  |             |        |
| 7:57.30 (38.06)              | 8:34.28 (36.98) | 9:10.62 (36.34)               | 9:46.27 (35.65)  |             |        |
| 9 Beevor, Max                | 17              | Beccles Town Swimming Club    | 10:30.00         | 9:47.80     |        |
| 31.11                        | 1:05.94 (34.83) | 1:42.09 (36.15)               | 2:19.09 (37.00)  |             |        |
| 2:56.12 (37.03)              | 3:33.02 (36.90) | 4:10.05 (37.03)               | 4:47.52 (37.47)  |             |        |
| 5:24.42 (36.90)              | 6:02.43 (38.01) | 6:40.25 (37.82)               | 7:17.85 (37.60)  |             |        |
| 7:55.87 (38.02)              | 8:33.75 (37.88) | 9:11.28 (37.53)               | 9:47.80 (36.52)  |             |        |
| 10 Mann, Oliver              | 15              | Beccles Town Swimming Club    | 11:00.00         | 10:06.23    |        |
| 33.68                        | 1:10.75 (37.07) | 1:48.67 (37.92)               | 2:26.65 (37.98)  |             |        |
| 3:04.54 (37.89)              | 3:43.26 (38.72) | 4:22.50 (39.24)               | 5:01.03 (38.53)  |             |        |
| 5:39.04 (38.01)              | 6:16.85 (37.81) | 6:54.74 (37.89)               | 7:32.96 (38.22)  |             |        |
| 8:11.18 (38.22)              | 8:50.44 (39.26) | 9:28.64 (38.20)               | 10:06.23 (37.59) |             |        |