

WSSC Long Distance Meet 2019 3ER191828 - 16/06/2019**Results****Event 1 Girls 11 Year Olds 1500 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Broad, Kiera	11	West Suffolk Swimming Club	NT	22:42.37	20
39.01	1:21.98 (42.97)	2:05.89 (43.91)	2:49.87 (43.98)		
3:34.23 (44.36)	4:18.53 (44.30)	5:03.24 (44.71)	5:48.77 (45.53)		
6:33.56 (44.79)	7:19.51 (45.95)	8:06.02 (46.51)	8:52.67 (46.65)		
9:38.93 (46.26)	10:25.37 (46.44)	11:11.19 (45.82)	11:58.10 (46.91)		
12:45.34 (47.24)	13:31.77 (46.43)	14:18.31 (46.54)	15:05.18 (46.87)		
15:51.87 (46.69)	16:37.88 (46.01)	17:23.88 (46.00)	18:11.21 (47.33)		
18:57.90 (46.69)	19:44.85 (46.95)	20:30.32 (45.47)	21:14.56 (44.24)		
21:59.48 (44.92)	22:42.37 (42.89)				
2 Marcinek, Wiktoria	11	West Norfolk Swimming Club	25:05.20	22:51.44	17
41.22	1:25.90 (44.68)	2:10.77 (44.87)	2:55.98 (45.21)		
3:41.11 (45.13)	4:26.92 (45.81)	5:12.83 (45.91)	5:58.78 (45.95)		
6:44.86 (46.08)	7:31.32 (46.46)	8:16.40 (45.08)	9:03.59 (47.19)		
9:50.06 (46.47)	10:36.93 (46.87)	11:23.92 (46.99)	12:10.23 (46.31)		
12:57.54 (47.31)	13:45.51 (47.97)	14:32.05 (46.54)	15:19.56 (47.51)		
16:04.22 (44.66)	16:50.32 (46.10)	17:37.32 (47.00)	18:23.44 (46.12)		
19:09.96 (46.52)	19:55.08 (45.12)	20:40.75 (45.67)	21:25.91 (45.16)		
22:09.85 (43.94)	22:51.44 (41.59)				

Event 1 Girls 12 Year Olds 1500 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Bruggraber, Heidi	12	City of Cambridge	NT	21:11.45	20
37.27	1:18.21 (40.94)	2:00.14 (41.93)	2:42.64 (42.50)		
3:24.78 (42.14)	4:07.08 (42.30)	4:49.79 (42.71)	5:32.00 (42.21)		
6:14.35 (42.35)	6:56.62 (42.27)	7:38.31 (41.69)	8:20.59 (42.28)		
9:02.32 (41.73)	9:44.78 (42.46)	10:27.05 (42.27)	11:10.50 (43.45)		
11:53.12 (42.62)	12:36.23 (43.11)	13:19.39 (43.16)	14:02.44 (43.05)		
14:44.89 (42.45)	15:28.50 (43.61)	16:11.99 (43.49)	16:55.27 (43.28)		
17:39.29 (44.02)	18:22.88 (43.59)	19:05.43 (42.55)	19:49.31 (43.88)		
20:32.02 (42.71)	21:11.45 (39.43)				
2 Stebbings, Katie	12	Stowmarket Swimming Club	21:20.10	21:18.17	17
36.41	1:17.37 (40.96)	1:59.34 (41.97)	2:41.98 (42.64)		
3:24.76 (42.78)	4:07.60 (42.84)	4:50.65 (43.05)	5:33.22 (42.57)		
6:16.62 (43.40)	7:00.15 (43.53)	7:43.15 (43.00)	8:25.49 (42.34)		
9:08.55 (43.06)	9:51.31 (42.76)	10:33.85 (42.54)	11:16.59 (42.74)		
11:59.51 (42.92)	12:43.06 (43.55)	13:25.81 (42.75)	14:09.21 (43.40)		
14:51.51 (42.30)	15:34.55 (43.04)	16:17.64 (43.09)	17:01.04 (43.40)		
17:44.14 (43.10)	18:26.86 (42.72)	19:10.25 (43.39)	19:53.06 (42.81)		
20:36.14 (43.08)	21:18.17 (42.03)				
3 Skittrell, Olivia	12	West Norfolk Swimming Club	22:10.50	21:39.09	16
38.38	1:20.51 (42.13)	2:03.11 (42.60)	2:46.29 (43.18)		
3:28.88 (42.59)	4:11.63 (42.75)	4:54.24 (42.61)	5:37.12 (42.88)		
6:20.92 (43.80)	7:04.03 (43.11)	7:47.72 (43.69)	8:31.87 (44.15)		
9:15.93 (44.06)	9:59.76 (43.83)	10:43.94 (44.18)	11:27.56 (43.62)		
12:10.81 (43.25)	12:54.34 (43.53)	13:38.64 (44.30)	14:22.38 (43.74)		
15:06.95 (44.57)	15:50.96 (44.01)	16:35.76 (44.80)	17:18.66 (42.90)		
18:02.79 (44.13)	18:46.78 (43.99)	19:31.11 (44.33)	20:14.72 (43.61)		
20:57.70 (42.98)	21:39.09 (41.39)				

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Name	Age	Team	Seed Time	Finals Time	Points
4 Hattan, Charlotte	12	Deben Swimming Club	21:30.70	21:48.59	15
37.75	1:19.99 (42.24)	2:03.24 (43.25)	2:46.74 (43.50)		
3:29.75 (43.01)	4:13.13 (43.38)	4:56.54 (43.41)	5:40.04 (43.50)		
6:23.72 (43.68)	7:07.09 (43.37)	7:50.88 (43.79)	8:35.27 (44.39)		
9:19.19 (43.92)	10:03.11 (43.92)	10:47.69 (44.58)	11:31.19 (43.50)		
12:15.36 (44.17)	12:59.28 (43.92)	13:43.85 (44.57)	14:28.02 (44.17)		
15:12.53 (44.51)	15:56.57 (44.04)	16:40.90 (44.33)	17:24.54 (43.64)		
18:08.74 (44.20)	18:53.37 (44.63)	19:37.45 (44.08)	20:22.30 (44.85)		
21:06.75 (44.45)	21:48.59 (41.84)				
5 Pillow, Bella	12	City of Ely Swimming Club	25:30.52	25:15.17	14
42.52	1:29.24 (46.72)	2:18.24 (49.00)	3:07.60 (49.36)		
3:57.53 (49.93)	4:47.61 (50.08)	5:38.53 (50.92)	6:28.88 (50.35)		
7:19.59 (50.71)	8:11.75 (52.16)	9:02.03 (50.28)	9:52.43 (50.40)		
10:42.45 (50.02)	11:33.74 (51.29)	12:24.59 (50.85)	13:16.69 (52.10)		
14:09.48 (52.79)	15:02.11 (52.63)	15:53.86 (51.75)	16:47.00 (53.14)		
17:39.22 (52.22)	18:30.86 (51.64)	19:23.52 (52.66)	20:17.35 (53.83)		
21:10.13 (52.78)	22:03.31 (53.18)	22:54.15 (50.84)	23:43.57 (49.42)		
24:31.69 (48.12)	25:15.17 (43.48)				

Event 1 Girls 13 Year Olds 1500 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Kidman, Esmie	13	West Norfolk Swimming Club	21:50.20	20:08.82	20
36.00	1:15.34 (39.34)	1:55.74 (40.40)	2:36.11 (40.37)		
3:16.38 (40.27)	3:57.36 (40.98)	4:37.87 (40.51)	5:18.93 (41.06)		
5:59.56 (40.63)	6:40.47 (40.91)	7:20.49 (40.02)	8:01.41 (40.92)		
8:42.68 (41.27)	9:23.89 (41.21)	10:04.20 (40.31)	10:45.33 (41.13)		
11:26.15 (40.82)	12:07.19 (41.04)	12:48.25 (41.06)	13:28.81 (40.56)		
14:09.84 (41.03)	14:51.40 (41.56)	15:31.97 (40.57)	16:12.66 (40.69)		
16:52.95 (40.29)	17:33.27 (40.32)	18:12.73 (39.46)	18:52.50 (39.77)		
19:31.82 (39.32)	20:08.82 (37.00)				
2 Doig, Sophie	13	West Norfolk Swimming Club	25:50.10	24:10.40	17
41.88	1:27.53 (45.65)	2:14.70 (47.17)	3:01.85 (47.15)		
3:51.01 (49.16)	4:38.76 (47.75)	5:26.89 (48.13)	6:15.77 (48.88)		
7:04.94 (49.17)	7:53.12 (48.18)	8:40.92 (47.80)	9:29.99 (49.07)		
10:18.59 (48.60)	11:07.85 (49.26)	11:56.93 (49.08)	12:45.66 (48.73)		
13:35.05 (49.39)	14:24.79 (49.74)	15:15.27 (50.48)	16:03.42 (48.15)		
16:51.08 (47.66)	17:40.88 (49.80)	18:31.39 (50.51)	19:21.82 (50.43)		
20:12.12 (50.30)	21:01.08 (48.96)	21:50.90 (49.82)	22:38.30 (47.40)		
23:26.86 (48.56)	24:10.40 (43.54)				

Event 1 Girls 14 Year Olds 1500 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Wightman, Leah	14	West Norfolk Swimming Club	19:43.30	18:45.20	20
32.41	1:07.50 (35.09)	1:43.80 (36.30)	2:20.39 (36.59)		
2:57.21 (36.82)	3:34.98 (37.77)	4:12.57 (37.59)	4:50.42 (37.85)		
5:27.96 (37.54)	6:06.14 (38.18)	6:44.04 (37.90)	7:21.91 (37.87)		
7:59.92 (38.01)	8:37.46 (37.54)	9:15.49 (38.03)	9:53.60 (38.11)		
10:31.48 (37.88)	11:10.11 (38.63)	11:48.33 (38.22)	12:26.69 (38.36)		
13:05.02 (38.33)	13:43.00 (37.98)	14:21.46 (38.46)	14:59.05 (37.59)		
15:36.99 (37.94)	16:15.42 (38.43)	16:53.19 (37.77)	17:31.36 (38.17)		
18:08.63 (37.27)	18:45.20 (36.57)				

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Name	Age	Team	Seed Time	Finals Time	Points
2 Lander, Sophie	14	Deben Swimming Club	20:37.90	19:35.11	17
34.33	1:11.73 (37.40)	1:50.36 (38.63)	2:29.41 (39.05)		
3:08.63 (39.22)	3:48.16 (39.53)	4:27.96 (39.80)	5:07.36 (39.40)		
5:46.26 (38.90)	6:25.54 (39.28)	7:05.03 (39.49)	7:44.45 (39.42)		
8:23.62 (39.17)	9:03.04 (39.42)	9:42.34 (39.30)	10:22.31 (39.97)		
11:02.32 (40.01)	11:41.87 (39.55)	12:20.93 (39.06)	13:00.59 (39.66)		
13:40.20 (39.61)	14:20.04 (39.84)	15:00.17 (40.13)	15:40.09 (39.92)		
16:19.81 (39.72)	16:59.72 (39.91)	17:39.28 (39.56)	18:19.11 (39.83)		
18:57.89 (38.78)	19:35.11 (37.22)				
3 Cutting, Emily	14	West Suffolk Swimming Club	21:28.38	19:58.51	16
34.78	1:13.46 (38.68)	1:52.59 (39.13)	2:32.53 (39.94)		
3:12.35 (39.82)	3:52.27 (39.92)	4:31.98 (39.71)	5:12.29 (40.31)		
5:52.73 (40.44)	6:32.95 (40.22)	7:12.86 (39.91)	7:53.66 (40.80)		
8:33.54 (39.88)	9:13.65 (40.11)	9:54.56 (40.91)	10:35.24 (40.68)		
11:15.87 (40.63)	11:56.55 (40.68)	12:36.87 (40.32)	13:17.84 (40.97)		
13:58.74 (40.90)	14:39.22 (40.48)	15:19.64 (40.42)	16:00.48 (40.84)		
16:41.06 (40.58)	17:21.13 (40.07)	18:01.90 (40.77)	18:41.67 (39.77)		
19:21.11 (39.44)	19:58.51 (37.40)				
4 Clark, Alice	14	West Suffolk Swimming Club	NT	20:02.97	15
34.66	1:12.60 (37.94)	1:51.45 (38.85)	2:30.97 (39.52)		
3:10.83 (39.86)	3:50.94 (40.11)	4:30.90 (39.96)	5:11.30 (40.40)		
5:51.98 (40.68)	6:31.82 (39.84)	7:12.15 (40.33)	7:52.99 (40.84)		
8:33.19 (40.20)	9:13.68 (40.49)	9:54.17 (40.49)	10:34.76 (40.59)		
11:15.66 (40.90)	11:56.81 (41.15)	12:38.08 (41.27)	13:19.12 (41.04)		
14:00.30 (41.18)	14:41.60 (41.30)	15:22.77 (41.17)	16:04.61 (41.84)		
16:45.75 (41.14)	17:26.27 (40.52)	18:06.65 (40.38)	18:46.91 (40.26)		
19:26.52 (39.61)	20:02.97 (36.45)				
5 Alvarez, Megan	14	Stowmarket Swimming Club	23:22.33	23:04.40	14
41.05	1:25.50 (44.45)	2:10.35 (44.85)	2:56.00 (45.65)		
3:42.00 (46.00)	4:27.74 (45.74)	5:13.93 (46.19)	5:59.93 (46.00)		
6:46.46 (46.53)	7:32.72 (46.26)	8:19.70 (46.98)	9:07.22 (47.52)		
9:53.87 (46.65)	10:40.02 (46.15)	11:26.81 (46.79)	12:13.08 (46.27)		
12:59.95 (46.87)	13:46.67 (46.72)	14:33.59 (46.92)	15:20.19 (46.60)		
16:06.96 (46.77)	16:53.37 (46.41)	17:40.24 (46.87)	18:26.94 (46.70)		
19:13.72 (46.78)	20:01.44 (47.72)	20:47.98 (46.54)	21:34.88 (46.90)		
22:20.14 (45.26)	23:04.40 (44.26)				

Event 1 Girls 15-99 1500 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Shaw, Katy	15	Stowmarket Swimming Club	NT	21:57.43	20
36.81	1:16.55 (39.74)	1:57.67 (41.12)	2:39.58 (41.91)		
3:20.92 (41.34)	4:02.93 (42.01)	4:44.81 (41.88)	5:28.05 (43.24)		
6:12.26 (44.21)	6:57.75 (45.49)	7:43.14 (45.39)	8:27.50 (44.36)		
9:12.62 (45.12)	9:56.86 (44.24)	10:42.03 (45.17)	11:27.32 (45.29)		
12:13.09 (45.77)	12:57.58 (44.49)	13:42.12 (44.54)	14:27.21 (45.09)		
15:12.30 (45.09)	15:57.07 (44.77)	16:41.61 (44.54)	17:26.21 (44.60)		
18:12.16 (45.95)	18:57.26 (45.10)	19:42.66 (45.40)	20:28.34 (45.68)		
21:13.40 (45.06)	21:57.43 (44.03)				

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Name	Age	Team	Seed Time	Finals Time	Points
2 Adcock, Lucy	15	Beccles Town Swimming Club	NT	22:21.22	17
36.65	1:17.17 (40.52)	1:59.60 (42.43)	2:42.40 (42.80)		
3:25.65 (43.25)	4:09.26 (43.61)	4:54.41 (45.15)	5:39.96 (45.55)		
6:25.49 (45.53)	7:10.97 (45.48)	7:56.81 (45.84)	8:42.46 (45.65)		
9:27.53 (45.07)	10:13.14 (45.61)	10:58.29 (45.15)	11:43.90 (45.61)		
12:29.46 (45.56)	13:14.95 (45.49)	14:00.92 (45.97)	14:45.43 (44.51)		
15:30.48 (45.05)	16:16.56 (46.08)	17:02.98 (46.42)	17:48.86 (45.88)		
18:35.60 (46.74)	19:21.95 (46.35)	20:08.42 (46.47)	20:53.71 (45.29)		
21:38.15 (44.44)	22:21.22 (43.07)				
3 Turner, Hayley	47	City of Ely Swimming Club	23:01.32	23:27.14	16
39.15	1:22.86 (43.71)	2:08.07 (45.21)	2:53.82 (45.75)		
3:40.51 (46.69)	4:27.97 (47.46)	5:15.61 (47.64)	6:03.04 (47.43)		
6:50.18 (47.14)	7:37.53 (47.35)	8:25.10 (47.57)	9:12.82 (47.72)		
10:00.42 (47.60)	10:47.78 (47.36)	11:35.03 (47.25)	12:22.54 (47.51)		
13:09.54 (47.00)	13:56.61 (47.07)	14:44.23 (47.62)	15:31.79 (47.56)		
16:19.73 (47.94)	17:07.73 (48.00)	17:55.40 (47.67)	18:42.50 (47.10)		
19:29.86 (47.36)	20:17.50 (47.64)	21:05.77 (48.27)	21:53.35 (47.58)		
22:40.68 (47.33)	23:27.14 (46.46)				

Event 2 Boys 11 Year Olds 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Cleland Ferdin, Francesco	11	City of Cambridge	13:20.00	12:38.96	20
41.00	1:27.17 (46.17)	2:14.58 (47.41)	3:01.77 (47.19)		
3:49.76 (47.99)	4:39.26 (49.50)	5:27.36 (48.10)	6:14.88 (47.52)		
7:02.47 (47.59)	7:50.64 (48.17)	8:38.36 (47.72)	9:26.98 (48.62)		
10:15.28 (48.30)	11:04.88 (49.60)	11:54.71 (49.83)	12:38.96 (44.25)		
2 Sturge, Rhys	11	West Norfolk Swimming Club	13:35.10	13:03.70	17
43.94	1:32.60 (48.66)	2:22.51 (49.91)	3:10.83 (48.32)		
4:01.34 (50.51)	4:50.29 (48.95)	5:40.62 (50.33)	6:31.08 (50.46)		
7:20.45 (49.37)	8:11.59 (51.14)	9:01.78 (50.19)	9:50.86 (49.08)		
10:39.59 (48.73)	11:29.79 (50.20)	12:19.36 (49.57)	13:03.70 (44.34)		
3 Blackwell, Samuel	11	West Suffolk Swimming Club	NT	13:16.39	16
41.42	1:29.83 (48.41)	2:19.89 (50.06)	3:09.62 (49.73)		
4:01.13 (51.51)	4:52.56 (51.43)	5:42.25 (49.69)	6:33.53 (51.28)		
7:24.34 (50.81)	8:16.00 (51.66)	9:06.48 (50.48)	9:58.98 (52.50)		
10:48.87 (49.89)	11:39.71 (50.84)	12:28.89 (49.18)	13:16.39 (47.50)		

Event 2 Boys 12 Year Olds 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Williamson, James	12	City of Cambridge	11:30.14	11:00.26	20
36.68	1:16.98 (40.30)	1:59.03 (42.05)	2:41.06 (42.03)		
3:22.27 (41.21)	4:04.28 (42.01)	4:45.73 (41.45)	5:27.50 (41.77)		
6:09.27 (41.77)	6:51.52 (42.25)	7:33.87 (42.35)	8:16.11 (42.24)		
8:57.93 (41.82)	9:39.81 (41.88)	10:21.94 (42.13)	11:00.26 (38.32)		
2 Yeaman, Nathan	12	West Norfolk Swimming Club	11:50.80	11:36.91	17
35.95	1:18.25 (42.30)	2:01.86 (43.61)	2:45.52 (43.66)		
3:29.84 (44.32)	4:13.66 (43.82)	4:58.13 (44.47)	5:43.13 (45.00)		
6:27.16 (44.03)	7:12.70 (45.54)	7:57.42 (44.72)	8:42.95 (45.53)		
9:26.82 (43.87)	10:11.47 (44.65)	10:55.48 (44.01)	11:36.91 (41.43)		
3 Malton, Harry	12	West Norfolk Swimming Club	12:00.37	11:44.17	16
40.07	1:23.00 (42.93)	2:06.67 (43.67)	2:50.66 (43.99)		
3:34.93 (44.27)	4:19.55 (44.62)	5:04.12 (44.57)	5:49.25 (45.13)		
6:34.28 (45.03)	7:19.53 (45.25)	8:04.13 (44.60)	8:48.82 (44.69)		
9:33.97 (45.15)	10:18.79 (44.82)	11:02.57 (43.78)	11:44.17 (41.60)		

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Results

(Event 2 Boys 12 Year Olds 800 SC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time	Points
4 Parker, Joshua	12	West Norfolk Swimming Club	12:59.60	12:43.40	15
40.63	1:26.03 (45.40)	2:12.50 (46.47)	3:00.68 (48.18)		
3:48.78 (48.10)	4:37.40 (48.62)	5:26.50 (49.10)	6:14.68 (48.18)		
7:03.55 (48.87)	7:52.90 (49.35)	8:41.68 (48.78)	9:31.01 (49.33)		
10:19.81 (48.80)	11:08.26 (48.45)	11:56.68 (48.42)	12:43.40 (46.72)		

Event 2 Boys 13 Year Olds 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Baker, Matthew	13	West Suffolk Swimming Club	NT	9:15.33	20
30.19	1:04.28 (34.09)	1:38.89 (34.61)	2:14.04 (35.15)		
2:49.63 (35.59)	3:25.05 (35.42)	4:00.42 (35.37)	4:35.78 (35.36)		
5:11.54 (35.76)	5:47.21 (35.67)	6:22.54 (35.33)	6:57.56 (35.02)		
7:32.54 (34.98)	8:07.36 (34.82)	8:41.88 (34.52)	9:15.33 (33.45)		
2 Bashford, Riley	13	Deben Swimming Club	NT	10:53.27	17
33.59	1:11.85 (38.26)	1:51.77 (39.92)	2:31.37 (39.60)		
3:12.42 (41.05)	3:54.23 (41.81)	4:36.14 (41.91)	5:18.25 (42.11)		
6:00.29 (42.04)	6:42.93 (42.64)	7:24.41 (41.48)	8:07.47 (43.06)		
8:51.15 (43.68)	9:33.48 (42.33)	10:14.84 (41.36)	10:53.27 (38.43)		
3 Tolputt, Samuel	13	Deben Swimming Club	NT	11:25.00	16
35.56	1:16.32 (40.76)	1:58.67 (42.35)	2:41.56 (42.89)		
3:25.83 (44.27)	4:10.02 (44.19)	4:53.47 (43.45)	5:37.27 (43.80)		
6:22.18 (44.91)	7:06.57 (44.39)	7:51.46 (44.89)	8:36.20 (44.74)		
9:19.97 (43.77)	10:03.65 (43.68)	10:46.52 (42.87)	11:25.00 (38.48)		
4 Sturman, Louis	13	West Suffolk Swimming Club	NT	12:38.40	15
39.52	1:24.20 (44.68)	2:11.48 (47.28)	2:58.39 (46.91)		
3:46.63 (48.24)	4:34.72 (48.09)	5:22.78 (48.06)	6:11.83 (49.05)		
7:00.59 (48.76)	7:49.89 (49.30)	8:39.07 (49.18)	9:28.19 (49.12)		
10:16.86 (48.67)	11:06.68 (49.82)	11:53.78 (47.10)	12:38.40 (44.62)		

Event 2 Boys 14 Year Olds 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Rahimzadeh, Sammy	14	Bramcote SC	NT	9:34.67	20
30.88	1:05.28 (34.40)	1:40.69 (35.41)	2:16.15 (35.46)		
2:51.59 (35.44)	3:27.85 (36.26)	4:03.80 (35.95)	4:40.17 (36.37)		
5:16.12 (35.95)	5:52.84 (36.72)	6:29.78 (36.94)	7:07.08 (37.30)		
7:44.86 (37.78)	8:22.33 (37.47)	8:59.85 (37.52)	9:34.67 (34.82)		
2 Clay, James	14	West Suffolk Swimming Club	NT	9:42.82	17
32.11	1:08.03 (35.92)	1:45.03 (37.00)	2:22.34 (37.31)		
2:59.50 (37.16)	3:37.39 (37.89)	4:14.39 (37.00)	4:51.61 (37.22)		
5:29.07 (37.46)	6:05.86 (36.79)	6:42.40 (36.54)	7:19.54 (37.14)		
7:55.47 (35.93)	8:32.52 (37.05)	9:08.48 (35.96)	9:42.82 (34.34)		
3 Sari, Tobin	14	West Suffolk Swimming Club	10:12.78	10:06.65	16
31.59	1:07.14 (35.55)	1:43.97 (36.83)	2:21.42 (37.45)		
2:59.92 (38.50)	3:38.92 (39.00)	4:17.88 (38.96)	4:56.80 (38.92)		
5:36.53 (39.73)	6:16.05 (39.52)	6:54.93 (38.88)	7:33.48 (38.55)		
8:11.96 (38.48)	8:50.77 (38.81)	9:28.71 (37.94)	10:06.65 (37.94)		
4 Banwell, Robert	14	City of Ely Swimming Club	10:13.31	10:09.61	15
33.03	1:09.52 (36.49)	1:47.49 (37.97)	2:25.92 (38.43)		
3:05.10 (39.18)	3:44.14 (39.04)	4:23.13 (38.99)	5:02.18 (39.05)		
5:41.94 (39.76)	6:21.45 (39.51)	7:00.36 (38.91)	7:40.03 (39.67)		
8:18.51 (38.48)	8:57.77 (39.26)	9:35.77 (38.00)	10:09.61 (33.84)		

WSSC Long Distance Meet 2019 3ER191828 - 16/06/2019**Results****(Event 2 Boys 14 Year Olds 800 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Phillips, Ben	14	West Suffolk Swimming Club	NT	10:32.97	14
			32.61	1:09.44 (36.83)	1:47.91 (38.47)
			3:06.70 (39.96)	3:46.58 (39.88)	4:26.56 (39.98)
			5:47.78 (40.77)	6:28.65 (40.87)	7:09.52 (40.87)
			8:31.47 (40.88)	9:12.59 (41.12)	9:53.66 (41.07)
					10:32.97 (39.31)
6 Barnes, Josh	14	West Suffolk Swimming Club	NT	11:05.05	13
			33.51	1:12.00 (38.49)	1:52.20 (40.20)
			3:15.72 (42.03)	3:57.43 (41.71)	4:39.83 (42.40)
			6:05.83 (43.28)	6:49.40 (43.57)	7:32.60 (43.20)
			8:58.83 (43.40)	9:42.54 (43.71)	10:25.94 (43.40)
					11:05.05 (39.11)

Event 2 Boys 15-99 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Whyte, Charlie	18	West Suffolk Swimming Club	9:20.13	8:43.78	20
			28.64	1:00.80 (32.16)	1:33.25 (32.45)
			2:39.40 (33.25)	3:12.97 (33.57)	3:46.45 (33.48)
			4:53.08 (33.24)	5:26.80 (33.72)	6:00.62 (33.82)
			7:07.30 (32.85)	7:40.44 (33.14)	8:13.07 (32.63)
					8:43.78 (30.71)
2 Smith, Teal'k	16	Beccles Town Swimming Club	9:06.39	9:11.18	17
			31.16	1:05.08 (33.92)	1:39.36 (34.28)
			2:48.69 (34.74)	3:23.55 (34.86)	3:58.57 (35.02)
			5:08.51 (34.94)	5:43.25 (34.74)	6:18.03 (34.78)
			7:27.10 (34.29)	8:02.24 (35.14)	8:37.01 (34.77)
					9:11.18 (34.17)
3 Fletcher, Joe	17	Stowmarket Swimming Club	9:03.96	9:17.15	16
			29.27	1:01.98 (32.71)	1:35.77 (33.79)
			2:44.61 (34.72)	3:19.50 (34.89)	3:54.96 (35.46)
			5:06.25 (35.54)	5:42.15 (35.90)	6:18.20 (36.05)
			7:30.21 (36.33)	8:06.38 (36.17)	8:42.55 (36.17)
					9:17.15 (34.60)
4 Lammas, Jake	18	West Norfolk Swimming Club	9:40.10	9:24.68	15
			29.73	1:03.24 (33.51)	1:37.84 (34.60)
			2:47.61 (35.10)	3:23.17 (35.56)	3:59.39 (36.22)
			5:11.06 (35.34)	5:47.48 (36.42)	6:24.41 (36.93)
			7:37.90 (36.81)	8:14.45 (36.55)	8:50.53 (36.08)
					9:24.68 (34.15)
5 Addis, Robert	15	West Norfolk Swimming Club	9:24.30	9:26.59	14
			30.87	1:05.69 (34.82)	1:40.78 (35.09)
			2:50.70 (34.59)	3:25.82 (35.12)	4:01.52 (35.70)
			5:13.17 (36.08)	5:49.23 (36.06)	6:25.50 (36.27)
			7:38.62 (36.64)	8:15.10 (36.48)	8:51.36 (36.26)
					9:26.59 (35.23)
6 Clay, Ryan	24	West Suffolk Swimming Club	9:32.00	9:36.14	13
			29.66	1:03.59 (33.93)	1:38.81 (35.22)
			2:50.47 (35.96)	3:26.85 (36.38)	4:03.38 (36.53)
			5:17.41 (37.28)	5:54.40 (36.99)	6:31.85 (37.45)
			7:47.07 (37.60)	8:24.36 (37.29)	9:01.38 (37.02)
					9:36.14 (34.76)
7 Anderson, Matthew	17	Deben Swimming Club	10:17.16	9:37.57	12
			30.66	1:04.20 (33.54)	1:38.77 (34.57)
			2:49.36 (35.35)	3:24.77 (35.41)	4:00.60 (35.83)
			5:15.19 (37.89)	5:52.07 (36.88)	6:29.63 (37.56)
			7:45.93 (38.16)	8:24.29 (38.36)	9:01.55 (37.26)
					9:37.57 (36.02)
8 Vaughan, Matthew	15	Beccles Town Swimming Club	9:43.63	9:38.04	11
			32.20	1:07.99 (35.79)	1:44.26 (36.27)
			2:56.70 (36.15)	3:33.27 (36.57)	4:09.74 (36.47)
			5:23.68 (37.22)	6:00.88 (37.20)	6:38.08 (37.20)
			7:52.21 (36.51)	8:28.64 (36.43)	9:05.28 (36.64)
					9:38.04 (32.76)

WSSC Long Distance Meet 2019 3ER191828 - 16/06/2019**Results****(Event 2 Boys 15-99 800 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
9 Allen, Ben	17	West Suffolk Swimming Club	9:29.51	9:46.10	9
30.53	1:06.09 (35.56)	1:42.86 (36.77)	2:20.25 (37.39)		
2:57.62 (37.37)	3:35.23 (37.61)	4:13.13 (37.90)	4:50.66 (37.53)		
5:27.75 (37.09)	6:05.00 (37.25)	6:41.94 (36.94)	7:19.35 (37.41)		
7:56.11 (36.76)	8:33.48 (37.37)	9:10.26 (36.78)	9:46.10 (35.84)		
10 Chapman, Lewis	18	Stowmarket Swimming Club	9:30.91	9:50.89	7
31.72	1:07.40 (35.68)	1:44.47 (37.07)	2:21.85 (37.38)		
2:59.02 (37.17)	3:36.67 (37.65)	4:14.82 (38.15)	4:52.49 (37.67)		
5:30.00 (37.51)	6:07.87 (37.87)	6:45.36 (37.49)	7:23.48 (38.12)		
8:01.19 (37.71)	8:38.56 (37.37)	9:15.46 (36.90)	9:50.89 (35.43)		
11 Challenger, Jake	18	City of Ely Swimming Club	10:25.00	10:37.52	6
32.05	1:08.41 (36.36)	1:46.06 (37.65)	2:25.19 (39.13)		
3:04.84 (39.65)	3:45.40 (40.56)	4:26.35 (40.95)	5:08.51 (42.16)		
5:50.63 (42.12)	6:32.91 (42.28)	7:14.68 (41.77)	7:56.47 (41.79)		
8:38.57 (42.10)	9:19.69 (41.12)	10:00.65 (40.96)	10:37.52 (36.87)		
12 Chapman, Jacob	15	Stowmarket Swimming Club	NT	13:25.29	5
36.69	1:20.95 (44.26)	2:11.15 (50.20)	3:01.90 (50.75)		
3:54.51 (52.61)	4:47.78 (53.27)	5:40.71 (52.93)	6:34.87 (54.16)		
7:27.87 (53.00)	8:20.69 (52.82)	9:12.81 (52.12)	10:06.44 (53.63)		
10:58.93 (52.49)	11:51.47 (52.54)	12:43.07 (51.60)	13:25.29 (42.22)		

Event 3 Girls 11 Year Olds 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Tyler, Natalie	11	Deben Swimming Club	NT	10:57.59	20
37.97	1:19.11 (41.14)	2:00.29 (41.18)	2:42.67 (42.38)		
3:24.46 (41.79)	4:06.49 (42.03)	4:48.30 (41.81)	5:30.62 (42.32)		
6:12.49 (41.87)	6:53.56 (41.07)	7:35.15 (41.59)	8:16.86 (41.71)		
8:58.11 (41.25)	9:39.29 (41.18)	10:19.71 (40.42)	10:57.59 (37.88)		
2 Marcinek, Wiktoria	11	West Norfolk Swimming Club	11:55.10	11:40.69	17
39.31	1:21.38 (42.07)	2:04.45 (43.07)	2:48.10 (43.65)		
3:32.12 (44.02)	4:16.89 (44.77)	5:01.50 (44.61)	5:46.63 (45.13)		
6:31.29 (44.66)	7:15.98 (44.69)	8:01.06 (45.08)	8:45.45 (44.39)		
9:30.36 (44.91)	10:14.99 (44.63)	10:58.87 (43.88)	11:40.69 (41.82)		
3 Parker, Gracie	11	Basildon & Phoenix	NT	12:02.15	16
39.60	1:24.05 (44.45)	2:09.42 (45.37)	2:55.44 (46.02)		
3:41.81 (46.37)	4:27.68 (45.87)	5:14.45 (46.77)	6:01.12 (46.67)		
6:47.05 (45.93)	7:34.15 (47.10)	8:19.44 (45.29)	9:05.96 (46.52)		
9:50.60 (44.64)	10:35.24 (44.64)	11:19.84 (44.60)	12:02.15 (42.31)		
4 Moore, Isabel	11	West Suffolk Swimming Club	12:26.70	12:17.42	15
41.07	1:26.01 (44.94)	2:11.44 (45.43)	2:58.72 (47.28)		
3:46.39 (47.67)	4:34.01 (47.62)	5:20.73 (46.72)	6:07.20 (46.47)		
6:54.58 (47.38)	7:40.91 (46.33)	8:28.87 (47.96)	9:16.15 (47.28)		
10:02.66 (46.51)	10:50.25 (47.59)	11:36.04 (45.79)	12:17.42 (41.38)		

Event 3 Girls 12 Year Olds 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Stebbings, Katie	12	Stowmarket Swimming Club	11:10.87	10:53.18	20
36.91	1:18.17 (41.26)	1:59.39 (41.22)	2:41.52 (42.13)		
3:23.41 (41.89)	4:04.96 (41.55)	4:47.19 (42.23)	5:29.94 (42.75)		
6:11.77 (41.83)	6:53.85 (42.08)	7:35.56 (41.71)	8:15.46 (39.90)		
8:56.07 (40.61)	9:35.82 (39.75)	10:15.77 (39.95)	10:53.18 (37.41)		

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Results

(Event 3 Girls 12 Year Olds 800 SC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time	Points
2 Brown, Rebecca	12	Stowmarket Swimming Club	11:27.20	10:53.54	17
37.64	1:18.57 (40.93)	2:00.50 (41.93)	2:41.30 (40.80)		
3:22.63 (41.33)	4:03.20 (40.57)	4:43.52 (40.32)	5:25.24 (41.72)		
6:06.87 (41.63)	6:48.22 (41.35)	7:29.80 (41.58)	8:10.92 (41.12)		
8:52.67 (41.75)	9:34.42 (41.75)	10:14.71 (40.29)	10:53.54 (38.83)		
3 Bruggraber, Heidi	12	City of Cambridge	11:08.19	10:56.22	16
36.91	1:18.42 (41.51)	1:59.90 (41.48)	2:41.11 (41.21)		
3:22.26 (41.15)	4:03.65 (41.39)	4:44.83 (41.18)	5:26.55 (41.72)		
6:07.94 (41.39)	6:50.18 (42.24)	7:32.05 (41.87)	8:13.94 (41.89)		
8:54.68 (40.74)	9:36.45 (41.77)	10:17.97 (41.52)	10:56.22 (38.25)		
4 Skittrell, Olivia	12	West Norfolk Swimming Club	11:05.30	11:03.16	15
36.51	1:17.60 (41.09)	1:58.73 (41.13)	2:40.60 (41.87)		
3:22.01 (41.41)	4:03.46 (41.45)	4:45.37 (41.91)	5:26.78 (41.41)		
6:08.90 (42.12)	6:51.64 (42.74)	7:34.27 (42.63)	8:16.23 (41.96)		
8:58.96 (42.73)	9:41.66 (42.70)	10:22.94 (41.28)	11:03.16 (40.22)		
5 Barker, Megan	12	West Suffolk Swimming Club	11:34.06	11:17.99	14
36.90	1:18.47 (41.57)	2:01.48 (43.01)	2:44.86 (43.38)		
3:28.29 (43.43)	4:11.75 (43.46)	4:55.31 (43.56)	5:39.08 (43.77)		
6:22.27 (43.19)	7:05.71 (43.44)	7:49.34 (43.63)	8:32.59 (43.25)		
9:15.52 (42.93)	9:57.67 (42.15)	10:39.43 (41.76)	11:17.99 (38.56)		
6 Baker-Woods, Xanthe	12	Deben Swimming Club	NT	11:23.78	13
38.74	1:21.81 (43.07)	2:05.43 (43.62)	2:49.51 (44.08)		
3:33.99 (44.48)	4:18.73 (44.74)	5:02.05 (43.32)	5:44.67 (42.62)		
6:27.80 (43.13)	7:11.31 (43.51)	7:53.68 (42.37)	8:36.14 (42.46)		
9:18.60 (42.46)	10:00.86 (42.26)	10:43.80 (42.94)	11:23.78 (39.98)		
7 Hattan, Charlotte	12	Deben Swimming Club	11:21.30	11:30.87	12
37.88	1:20.07 (42.19)	2:03.73 (43.66)	2:47.66 (43.93)		
3:31.86 (44.20)	4:16.32 (44.46)	5:00.45 (44.13)	5:43.96 (43.51)		
6:27.13 (43.17)	7:10.99 (43.86)	7:54.49 (43.50)	8:38.26 (43.77)		
9:22.12 (43.86)	10:05.53 (43.41)	10:49.06 (43.53)	11:30.87 (41.81)		
8 Harpur-Davies, Phoebe	12	West Suffolk Swimming Club	11:59.42	11:47.07	11
37.06	1:19.06 (42.00)	2:03.69 (44.63)	2:48.48 (44.79)		
3:33.65 (45.17)	4:19.79 (46.14)	5:05.58 (45.79)	5:50.14 (44.56)		
6:35.91 (45.77)	7:21.14 (45.23)	8:06.44 (45.30)	8:51.11 (44.67)		
9:35.66 (44.55)	10:19.84 (44.18)	11:03.80 (43.96)	11:47.07 (43.27)		
9 Wright, Elizabeth	12	West Suffolk Swimming Club	13:06.61	12:01.43	9
38.97	1:22.49 (43.52)	2:07.61 (45.12)	2:53.18 (45.57)		
3:37.45 (44.27)	4:22.39 (44.94)	5:07.82 (45.43)	5:53.84 (46.02)		
6:39.01 (45.17)	7:26.05 (47.04)	8:12.25 (46.20)	8:58.31 (46.06)		
9:45.20 (46.89)	10:31.97 (46.77)	11:17.73 (45.76)	12:01.43 (43.70)		
10 Bishop, Maerhyn Lily	12	Stowmarket Swimming Club	NT	12:37.01	7
41.43	1:28.18 (46.75)	2:15.45 (47.27)	3:03.77 (48.32)		
3:51.90 (48.13)	4:40.53 (48.63)	5:29.46 (48.93)	6:19.00 (49.54)		
7:06.33 (47.33)	7:54.87 (48.54)	8:43.08 (48.21)	9:31.02 (47.94)		
10:20.45 (49.43)	11:07.92 (47.47)	11:54.48 (46.56)	12:37.01 (42.53)		
11 Phillips, Georgie	12	Deben Swimming Club	13:40.39	12:38.15	6
41.89	1:28.76 (46.87)	2:17.42 (48.66)	3:06.44 (49.02)		
3:56.23 (49.79)	4:45.53 (49.30)	5:34.26 (48.73)	6:23.59 (49.33)		
7:12.31 (48.72)	8:01.04 (48.73)	8:48.93 (47.89)	9:36.18 (47.25)		
10:22.95 (46.77)	11:09.20 (46.25)	11:54.93 (45.73)	12:38.15 (43.22)		
--- Sturge, Jamie	12	West Norfolk Swimming Club	13:21.43	NS	

WSSC Long Distance Meet 2019 3ER191828 - 16/06/2019**Results****Event 3 Girls 13 Year Olds 800 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Barber, Izzy	13	Stowmarket Swimming Club	10:38.52	10:10.94	20
33.76	1:11.01 (37.25)	1:49.10 (38.09)	2:27.84 (38.74)		
3:04.72 (36.88)	3:42.91 (38.19)	4:21.69 (38.78)	4:59.18 (37.49)		
5:38.93 (39.75)	6:19.03 (40.10)	6:57.60 (38.57)	7:36.99 (39.39)		
8:15.43 (38.44)	8:54.78 (39.35)	9:32.70 (37.92)	10:10.94 (38.24)		
2 Pooley, Elsie	13	West Suffolk Swimming Club	10:28.60	10:16.06	17
34.02	1:12.34 (38.32)	1:50.99 (38.65)	2:29.31 (38.32)		
3:08.04 (38.73)	3:46.71 (38.67)	4:25.24 (38.53)	5:04.56 (39.32)		
5:44.12 (39.56)	6:23.79 (39.67)	7:02.79 (39.00)	7:42.15 (39.36)		
8:21.49 (39.34)	9:00.86 (39.37)	9:39.83 (38.97)	10:16.06 (36.23)		
3 Davies, Connie	13	Deben Swimming Club	11:24.59	10:19.67	16
35.74	1:14.79 (39.05)	1:54.18 (39.39)	2:33.70 (39.52)		
3:13.38 (39.68)	3:52.14 (38.76)	4:31.80 (39.66)	5:11.87 (40.07)		
5:50.20 (38.33)	6:29.46 (39.26)	7:08.33 (38.87)	7:47.60 (39.27)		
8:26.83 (39.23)	9:05.93 (39.10)	9:44.12 (38.19)	10:19.67 (35.55)		
4 Kidman, Esmie	13	West Norfolk Swimming Club	12:12.92	10:27.52	15
35.55	1:14.56 (39.01)	1:55.05 (40.49)	2:35.00 (39.95)		
3:14.35 (39.35)	3:54.23 (39.88)	4:34.49 (40.26)	5:14.10 (39.61)		
5:53.50 (39.40)	6:33.32 (39.82)	7:12.59 (39.27)	7:52.51 (39.92)		
8:32.15 (39.64)	9:11.06 (38.91)	9:50.26 (39.20)	10:27.52 (37.26)		
5 Alexander-High, Laura	13	Team Ipswich	11:03.91	10:46.05	14
36.39	1:14.88 (38.49)	1:55.13 (40.25)	2:35.86 (40.73)		
3:16.24 (40.38)	3:56.25 (40.01)	4:36.52 (40.27)	5:17.49 (40.97)		
5:58.01 (40.52)	6:38.52 (40.51)	7:19.66 (41.14)	8:01.78 (42.12)		
8:43.19 (41.41)	9:24.81 (41.62)	10:06.50 (41.69)	10:46.05 (39.55)		
6 Smith, Sydney	13	City of Cambridge	11:11.04	11:22.03	13
36.16	1:17.58 (41.42)	2:00.61 (43.03)	2:43.20 (42.59)		
3:26.07 (42.87)	4:09.00 (42.93)	4:52.33 (43.33)	5:36.25 (43.92)		
6:19.84 (43.59)	7:03.37 (43.53)	7:46.67 (43.30)	8:30.00 (43.33)		
9:13.86 (43.86)	9:57.28 (43.42)	10:39.82 (42.54)	11:22.03 (42.21)		
7 Bello, Elena	13	City of Cambridge	NT	11:32.64	12
37.45	1:19.45 (42.00)	2:01.45 (42.00)	2:45.05 (43.60)		
3:29.21 (44.16)	4:13.39 (44.18)	4:58.42 (45.03)	5:43.62 (45.20)		
6:28.42 (44.80)	7:13.82 (45.40)	7:58.70 (44.88)	8:43.84 (45.14)		
9:28.34 (44.50)	10:11.94 (43.60)	10:56.51 (44.57)	11:32.64 (36.13)		
8 Jones, Bethan	13	West Norfolk Swimming Club	12:07.45	12:04.67	11
42.30	1:26.25 (43.95)	2:11.35 (45.10)	2:57.07 (45.72)		
3:42.51 (45.44)	4:28.17 (45.66)	5:14.31 (46.14)	6:00.61 (46.30)		
6:47.02 (46.41)	7:33.38 (46.36)	8:19.41 (46.03)	9:04.75 (45.34)		
9:50.86 (46.11)	10:36.84 (45.98)	11:21.94 (45.10)	12:04.67 (42.73)		
9 Tibble, Sophie	13	Deben Swimming Club	NT	12:11.00	9
36.80	1:18.01 (41.21)	2:01.38 (43.37)	2:46.64 (45.26)		
3:32.34 (45.70)	4:16.85 (44.51)	5:02.59 (45.74)	5:48.63 (46.04)		
6:32.76 (44.13)	7:19.99 (47.23)	8:07.02 (47.03)	8:53.96 (46.94)		
9:41.52 (47.56)	10:32.03 (50.51)	11:34.16 (1:02.13)	12:11.00 (36.84)		
10 Bishop, Maisie Rose	13	Stowmarket Swimming Club	NT	12:16.66	7
41.09	1:24.97 (43.88)	2:10.43 (45.46)	2:56.21 (45.78)		
3:42.52 (46.31)	4:29.19 (46.67)	5:15.18 (45.99)	6:02.04 (46.86)		
6:49.16 (47.12)	7:36.50 (47.34)	8:24.05 (47.55)	9:12.19 (48.14)		
9:59.43 (47.24)	10:46.80 (47.37)	11:33.99 (47.19)	12:16.66 (42.67)		

WSSC Long Distance Meet 2019 3ER191828 - 16/06/2019**Results****(Event 3 Girls 13 Year Olds 800 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
11 Washington, Mae	13	Stowmarket Swimming Club	NT	12:37.10	6
40.27	1:26.12 (45.85)	2:12.99 (46.87)	3:00.46 (47.47)		
3:48.18 (47.72)	4:35.97 (47.79)	5:24.58 (48.61)	6:13.25 (48.67)		
7:02.22 (48.97)	7:52.14 (49.92)	8:40.37 (48.23)	9:28.72 (48.35)		
10:17.23 (48.51)	11:05.06 (47.83)	11:52.04 (46.98)	12:37.10 (45.06)		

Event 3 Girls 14 Year Olds 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Pooley, Maeve	14	West Suffolk Swimming Club	9:30.10	9:37.77	20
31.57	1:06.55 (34.98)	1:42.49 (35.94)	2:18.29 (35.80)		
2:54.53 (36.24)	3:30.88 (36.35)	4:07.49 (36.61)	4:44.04 (36.55)		
5:20.84 (36.80)	5:58.01 (37.17)	6:35.31 (37.30)	7:12.56 (37.25)		
7:49.93 (37.37)	8:27.02 (37.09)	9:03.70 (36.68)	9:37.77 (34.07)		
2 Wightman, Leah	14	West Norfolk Swimming Club	10:08.94	9:46.01	17
32.55	1:08.03 (35.48)	1:44.78 (36.75)	2:21.40 (36.62)		
2:58.01 (36.61)	3:34.85 (36.84)	4:12.42 (37.57)	4:50.32 (37.90)		
5:27.57 (37.25)	6:04.93 (37.36)	6:41.97 (37.04)	7:19.77 (37.80)		
7:56.80 (37.03)	8:33.73 (36.93)	9:10.62 (36.89)	9:46.01 (35.39)		
3 Lander, Sophie	14	Deben Swimming Club	10:11.77	10:04.71	16
33.75	1:10.99 (37.24)	1:49.77 (38.78)	2:28.78 (39.01)		
3:07.38 (38.60)	3:45.87 (38.49)	4:24.47 (38.60)	5:02.54 (38.07)		
5:40.61 (38.07)	6:18.72 (38.11)	6:56.96 (38.24)	7:34.87 (37.91)		
8:13.11 (38.24)	8:51.80 (38.69)	9:29.41 (37.61)	10:04.71 (35.30)		
4 Clark, Alice	14	West Suffolk Swimming Club	10:38.56	10:14.78	15
34.39	1:11.92 (37.53)	1:50.79 (38.87)	2:29.81 (39.02)		
3:08.64 (38.83)	3:47.81 (39.17)	4:26.91 (39.10)	5:06.13 (39.22)		
5:44.99 (38.86)	6:23.48 (38.49)	7:02.56 (39.08)	7:41.36 (38.80)		
8:20.55 (39.19)	8:59.59 (39.04)	9:38.16 (38.57)	10:14.78 (36.62)		
5 Hall, Helena	14	Deben Swimming Club	10:41.45	10:16.02	14
33.95	1:10.26 (36.31)	1:47.36 (37.10)	2:25.32 (37.96)		
3:03.33 (38.01)	3:41.54 (38.21)	4:20.71 (39.17)	4:59.57 (38.86)		
5:39.45 (39.88)	6:19.44 (39.99)	6:59.53 (40.09)	7:39.43 (39.90)		
8:19.61 (40.18)	8:59.63 (40.02)	9:39.76 (40.13)	10:16.02 (36.26)		
6 Tyler, Frankie	14	Deben Swimming Club	10:27.85	10:23.48	13
34.20	1:11.98 (37.78)	1:51.14 (39.16)	2:30.22 (39.08)		
3:09.21 (38.99)	3:48.57 (39.36)	4:28.18 (39.61)	5:07.73 (39.55)		
5:47.18 (39.45)	6:26.86 (39.68)	7:07.03 (40.17)	7:46.90 (39.87)		
8:26.76 (39.86)	9:07.16 (40.40)	9:45.45 (38.29)	10:23.48 (38.03)		
7 Cutting, Emily	14	West Suffolk Swimming Club	11:06.96	10:30.26	12
34.36	1:12.97 (38.61)	1:52.11 (39.14)	2:31.94 (39.83)		
3:11.93 (39.99)	3:51.85 (39.92)	4:31.99 (40.14)	5:11.99 (40.00)		
5:52.38 (40.39)	6:32.64 (40.26)	7:12.86 (40.22)	7:53.46 (40.60)		
8:33.73 (40.27)	9:13.98 (40.25)	9:53.30 (39.32)	10:30.26 (36.96)		
8 Benedetti, Erica	14	Stowmarket Swimming Club	12:03.25	11:02.41	11
34.80	1:14.84 (40.04)	1:55.96 (41.12)	2:37.71 (41.75)		
3:19.72 (42.01)	4:01.49 (41.77)	4:43.84 (42.35)	5:25.09 (41.25)		
6:06.68 (41.59)	6:49.46 (42.78)	7:32.16 (42.70)	8:15.46 (43.30)		
8:57.91 (42.45)	9:40.56 (42.65)	10:22.82 (42.26)	11:02.41 (39.59)		
9 Seys, Libby	14	West Suffolk Swimming Club	NT	11:42.87	9
37.64	1:19.85 (42.21)	2:03.68 (43.83)	2:48.50 (44.82)		
3:33.52 (45.02)	4:18.58 (45.06)	5:02.91 (44.33)	5:47.80 (44.89)		
6:33.09 (45.29)	7:18.57 (45.48)	8:03.90 (45.33)	8:49.42 (45.52)		
9:34.92 (45.50)	10:20.14 (45.22)	11:04.30 (44.16)	11:42.87 (38.57)		

WSSC Long Distance Meet 2019 3ER191828 - 16/06/2019**Results****(Event 3 Girls 14 Year Olds 800 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
10 Alvarez, Megan	14	Stowmarket Swimming Club	12:07.34	12:02.93	7
39.93	1:24.89 (44.96)	2:10.28 (45.39)	2:55.42 (45.14)		
3:41.43 (46.01)	4:27.32 (45.89)	5:13.80 (46.48)	6:00.10 (46.30)		
6:46.40 (46.30)	7:32.46 (46.06)	8:18.46 (46.00)	9:04.68 (46.22)		
9:51.25 (46.57)	10:37.55 (46.30)	11:22.58 (45.03)	12:02.93 (40.35)		

Event 3 Girls 15-99 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Williams, Cerys	15	West Suffolk Swimming Club	9:57.70	10:01.72	20
32.10	1:07.50 (35.40)	1:44.73 (37.23)	2:22.41 (37.68)		
3:00.61 (38.20)	3:39.14 (38.53)	4:18.12 (38.98)	4:56.58 (38.46)		
5:35.18 (38.60)	6:13.59 (38.41)	6:52.87 (39.28)	7:31.56 (38.69)		
8:10.38 (38.82)	8:48.47 (38.09)	9:26.24 (37.77)	10:01.72 (35.48)		
2 Houston, Ella	15	Deben Swimming Club	10:00.23	10:06.51	17
32.80	1:08.98 (36.18)	1:46.57 (37.59)	2:24.59 (38.02)		
3:03.02 (38.43)	3:41.97 (38.95)	4:20.50 (38.53)	4:59.62 (39.12)		
5:38.08 (38.46)	6:16.80 (38.72)	6:55.06 (38.26)	7:33.96 (38.90)		
8:13.08 (39.12)	8:52.19 (39.11)	9:30.53 (38.34)	10:06.51 (35.98)		
3 Hutchinson, Lucy	15	West Suffolk Swimming Club	10:30.57	10:29.12	16
33.23	1:10.01 (36.78)	1:47.94 (37.93)	2:26.58 (38.64)		
3:05.76 (39.18)	3:44.44 (38.68)	4:24.00 (39.56)	5:04.13 (40.13)		
5:44.72 (40.59)	6:25.15 (40.43)	7:05.95 (40.80)	7:47.14 (41.19)		
8:28.36 (41.22)	9:09.15 (40.79)	9:49.76 (40.61)	10:29.12 (39.36)		
4 White, Caitlyn	15	Deben Swimming Club	11:07.90	11:13.69	15
39.01	1:21.35 (42.34)	2:04.11 (42.76)	2:47.40 (43.29)		
3:30.13 (42.73)	4:12.17 (42.04)	4:54.94 (42.77)	5:37.57 (42.63)		
6:20.31 (42.74)	7:02.39 (42.08)	7:45.06 (42.67)	8:27.73 (42.67)		
9:10.84 (43.11)	9:53.76 (42.92)	10:35.65 (41.89)	11:13.69 (38.04)		
5 Adcock, Lucy	15	Beccles Town Swimming Club	11:13.26	11:21.92	14
36.75	1:17.70 (40.95)	2:00.12 (42.42)	2:43.07 (42.95)		
3:26.05 (42.98)	4:09.94 (43.89)	4:53.83 (43.89)	5:37.32 (43.49)		
6:21.62 (44.30)	7:05.47 (43.85)	7:48.95 (43.48)	8:33.56 (44.61)		
9:17.42 (43.86)	10:01.35 (43.93)	10:44.36 (43.01)	11:21.92 (37.56)		
6 Clark, Imogen	16	West Suffolk Swimming Club	12:56.32	11:27.38	13
36.55	1:17.82 (41.27)	1:59.61 (41.79)	2:41.71 (42.10)		
3:24.20 (42.49)	4:07.09 (42.89)	4:49.73 (42.64)	5:33.15 (43.42)		
6:16.13 (42.98)	7:00.00 (43.87)	7:44.65 (44.65)	8:29.65 (45.00)		
9:15.22 (45.57)	10:00.40 (45.18)	10:46.60 (46.20)	11:27.38 (40.78)		
7 Chapman, Freya	16	Stowmarket Swimming Club	NT	13:46.51	12
43.44	1:31.60 (48.16)	2:20.94 (49.34)	3:11.17 (50.23)		
4:02.57 (51.40)	4:53.93 (51.36)	5:45.21 (51.28)	6:37.25 (52.04)		
7:31.13 (53.88)	8:23.32 (52.19)	9:16.43 (53.11)	10:09.95 (53.52)		
11:04.98 (55.03)	11:59.06 (54.08)	12:53.73 (54.67)	13:46.51 (52.78)		

Event 4 Boys 11 Year Olds 1500 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Bruton, Kaelan	11	Merton Swordfish SC	NT	24:30.69	
42.82	1:30.02 (47.20)	2:18.03 (48.01)	3:06.19 (48.16)		
3:54.41 (48.22)	4:42.45 (48.04)	5:31.48 (49.03)	6:19.20 (47.72)		
7:08.67 (49.47)	7:56.36 (47.69)	8:45.88 (49.52)	9:35.39 (49.51)		
10:24.38 (48.99)	11:15.64 (51.26)	12:05.63 (49.99)	12:56.27 (50.64)		
13:46.78 (50.51)	14:39.12 (52.34)	15:31.39 (52.27)	16:23.49 (52.10)		
17:14.30 (50.81)	18:06.34 (52.04)	18:57.60 (51.26)	19:49.88 (52.28)		
20:41.45 (51.57)	21:32.17 (50.72)	22:19.20 (47.03)	23:06.57 (47.37)		
23:51.40 (44.83)	24:30.69 (39.29)				

WSSC Long Distance Meet 2019 3ER191828 - 16/06/2019**Results****Event 4 Boys 12 Year Olds 1500 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Malton, Harry	12	West Norfolk Swimming Club	24:20.41	22:37.43	
40.87	1:25.50 (44.63)	2:10.26 (44.76)	2:54.78 (44.52)		
3:39.27 (44.49)	4:24.99 (45.72)	5:10.71 (45.72)	5:56.16 (45.45)		
6:41.40 (45.24)	7:27.29 (45.89)	8:12.64 (45.35)	8:58.65 (46.01)		
9:43.99 (45.34)	10:30.12 (46.13)	11:15.62 (45.50)	12:01.17 (45.55)		
12:47.54 (46.37)	13:33.60 (46.06)	14:19.99 (46.39)	15:06.11 (46.12)		
15:52.57 (46.46)	16:39.19 (46.62)	17:25.23 (46.04)	18:11.41 (46.18)		
18:56.25 (44.84)	19:41.61 (45.36)	20:26.98 (45.37)	21:12.17 (45.19)		
21:56.86 (44.69)	22:37.43 (40.57)				

Event 4 Boys 13 Year Olds 1500 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Kendall, Daniel	13	City of Ely Swimming Club	19:37.16	19:21.49	
33.73	1:09.66 (35.93)	1:47.09 (37.43)	2:25.38 (38.29)		
3:04.10 (38.72)	3:42.26 (38.16)	4:21.57 (39.31)	5:00.55 (38.98)		
5:39.78 (39.23)	6:19.22 (39.44)	6:58.10 (38.88)	7:37.56 (39.46)		
8:16.50 (38.94)	8:56.02 (39.52)	9:34.57 (38.55)	10:13.85 (39.28)		
10:52.73 (38.88)	11:32.02 (39.29)	12:12.00 (39.98)	12:51.11 (39.11)		
13:31.08 (39.97)	14:10.09 (39.01)	14:49.50 (39.41)	15:27.97 (38.47)		
16:06.74 (38.77)	16:46.10 (39.36)	17:25.14 (39.04)	18:05.16 (40.02)		
18:44.78 (39.62)	19:21.49 (36.71)				

Event 4 Boys 14 Year Olds 1500 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Brown, Matthew	14	Stowmarket Swimming Club	18:29.50	17:42.60	
31.23	1:06.81 (35.58)	1:43.12 (36.31)	2:19.72 (36.60)		
2:56.21 (36.49)	3:32.48 (36.27)	4:09.43 (36.95)	4:45.99 (36.56)		
5:22.47 (36.48)	5:58.49 (36.02)	6:34.68 (36.19)	7:10.59 (35.91)		
7:45.94 (35.35)	8:21.57 (35.63)	8:57.90 (36.33)	9:32.98 (35.08)		
10:08.72 (35.74)	10:44.44 (35.72)	11:20.04 (35.60)	11:55.14 (35.10)		
12:30.36 (35.22)	13:05.43 (35.07)	13:40.54 (35.11)	14:15.39 (34.85)		
14:50.16 (34.77)	15:24.91 (34.75)	16:00.11 (35.20)	16:35.04 (34.93)		
17:09.54 (34.50)	17:42.60 (33.06)				
2 Phillips, Ben	14	West Suffolk Swimming Club	20:33.79	20:06.15	
34.14	1:12.28 (38.14)	1:51.08 (38.80)	2:30.35 (39.27)		
3:10.19 (39.84)	3:50.61 (40.42)	4:31.23 (40.62)	5:11.87 (40.64)		
5:52.51 (40.64)	6:33.39 (40.88)	7:14.81 (41.42)	7:56.42 (41.61)		
8:37.75 (41.33)	9:19.65 (41.90)	10:01.24 (41.59)	10:41.98 (40.74)		
11:22.36 (40.38)	12:02.84 (40.48)	12:43.86 (41.02)	13:24.09 (40.23)		
14:05.70 (41.61)	14:46.43 (40.73)	15:26.81 (40.38)	16:07.78 (40.97)		
16:49.25 (41.47)	17:29.55 (40.30)	18:09.34 (39.79)	18:49.37 (40.03)		
19:28.85 (39.48)	20:06.15 (37.30)				
3 Barnes, Josh	14	West Suffolk Swimming Club	NT	21:09.24	
34.05	1:13.57 (39.52)	1:54.56 (40.99)	2:35.93 (41.37)		
3:17.92 (41.99)	3:59.92 (42.00)	4:41.69 (41.77)	5:23.99 (42.30)		
6:06.48 (42.49)	6:49.94 (43.46)	7:32.44 (42.50)	8:14.96 (42.52)		
8:57.33 (42.37)	9:40.35 (43.02)	10:23.48 (43.13)	11:05.85 (42.37)		
11:49.14 (43.29)	12:31.63 (42.49)	13:14.21 (42.58)	13:58.54 (44.33)		
14:42.61 (44.07)	15:26.27 (43.66)	16:09.90 (43.63)	16:53.62 (43.72)		
17:37.39 (43.77)	18:21.49 (44.10)	19:04.56 (43.07)	19:47.19 (42.63)		
20:30.08 (42.89)	21:09.24 (39.16)				

WSSC Long Distance Meet 2019 3ER191828 - 16/06/2019**Results****(Event 4 Boys 14 Year Olds 1500 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
4 Hilton, Thomas	14	Deben Swimming Club	24:20.31	21:11.87	
35.55	1:15.33 (39.78)	1:56.88 (41.55)	2:39.74 (42.86)		
3:22.77 (43.03)	4:06.02 (43.25)	4:49.67 (43.65)	5:33.45 (43.78)		
6:16.92 (43.47)	6:59.74 (42.82)	7:43.15 (43.41)	8:24.53 (41.38)		
9:07.69 (43.16)	9:51.15 (43.46)	10:35.28 (44.13)	11:19.36 (44.08)		
12:02.56 (43.20)	12:45.73 (43.17)	13:28.60 (42.87)	14:12.54 (43.94)		
14:55.67 (43.13)	15:37.25 (41.58)	16:20.51 (43.26)	17:03.68 (43.17)		
17:46.93 (43.25)	18:28.02 (41.09)	19:10.20 (42.18)	19:52.80 (42.60)		
20:33.76 (40.96)	21:11.87 (38.11)				

Event 4 Boys 15-99 1500 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Smith, Teal'k	16	Beccles Town Swimming Club	17:10.41	17:33.33	
30.03	1:03.12 (33.09)	1:36.77 (33.65)	2:11.20 (34.43)		
2:45.91 (34.71)	3:20.82 (34.91)	3:55.94 (35.12)	4:31.59 (35.65)		
5:06.71 (35.12)	5:42.19 (35.48)	6:17.33 (35.14)	6:52.48 (35.15)		
7:28.00 (35.52)	8:03.80 (35.80)	8:39.69 (35.89)	9:15.20 (35.51)		
9:51.09 (35.89)	10:26.54 (35.45)	11:01.94 (35.40)	11:37.53 (35.59)		
12:12.77 (35.24)	12:48.43 (35.66)	13:24.53 (36.10)	14:00.39 (35.86)		
14:35.94 (35.55)	15:11.83 (35.89)	15:47.66 (35.83)	16:23.71 (36.05)		
16:59.20 (35.49)	17:33.33 (34.13)				
2 Fletcher, Joe	17	Stowmarket Swimming Club	17:15.69	17:56.61	
30.93	1:05.01 (34.08)	1:40.11 (35.10)	2:15.27 (35.16)		
2:50.84 (35.57)	3:26.85 (36.01)	4:03.20 (36.35)	4:38.55 (35.35)		
5:14.71 (36.16)	5:49.79 (35.08)	6:25.51 (35.72)	7:01.55 (36.04)		
7:37.78 (36.23)	8:13.49 (35.71)	8:49.25 (35.76)	9:25.14 (35.89)		
10:00.88 (35.74)	10:36.64 (35.76)	11:13.38 (36.74)	11:50.13 (36.75)		
12:26.55 (36.42)	13:02.57 (36.02)	13:39.53 (36.96)	14:16.70 (37.17)		
14:53.82 (37.12)	15:31.32 (37.50)	16:08.21 (36.89)	16:45.05 (36.84)		
17:22.15 (37.10)	17:56.61 (34.46)				
3 Lammas, Jake	18	West Norfolk Swimming Club	17:47.99	18:06.22	
31.10	1:05.16 (34.06)	1:40.06 (34.90)	2:15.39 (35.33)		
2:51.14 (35.75)	3:26.77 (35.63)	4:02.71 (35.94)	4:38.52 (35.81)		
5:14.17 (35.65)	5:49.85 (35.68)	6:24.96 (35.11)	7:00.65 (35.69)		
7:37.40 (36.75)	8:14.17 (36.77)	8:50.66 (36.49)	9:27.43 (36.77)		
10:04.83 (37.40)	10:41.68 (36.85)	11:18.84 (37.16)	11:56.21 (37.37)		
12:33.50 (37.29)	13:11.16 (37.66)	13:48.34 (37.18)	14:25.82 (37.48)		
15:03.52 (37.70)	15:40.71 (37.19)	16:17.60 (36.89)	16:54.27 (36.67)		
17:30.79 (36.52)	18:06.22 (35.43)				
4 Houston, Connor	15	Deben Swimming Club	18:17.60	18:20.07	
31.99	1:06.55 (34.56)	1:41.72 (35.17)	2:16.89 (35.17)		
2:52.84 (35.95)	3:29.33 (36.49)	4:05.40 (36.07)	4:43.89 (38.49)		
5:22.66 (38.77)	6:00.01 (37.35)	6:38.17 (38.16)	7:17.16 (38.99)		
7:56.63 (39.47)	8:34.37 (37.74)	9:10.00 (35.63)	9:47.04 (37.04)		
10:25.12 (38.08)	11:04.02 (38.90)	11:43.48 (39.46)	12:23.23 (39.75)		
12:59.11 (35.88)	13:35.41 (36.30)	14:12.23 (36.82)	14:49.05 (36.82)		
15:24.45 (35.40)	16:00.07 (35.62)	16:35.51 (35.44)	17:11.56 (36.05)		
17:46.32 (34.76)	18:20.07 (33.75)				

WSSC Long Distance Meet 2019 3ER191828 - 16/06/2019**Results****(Event 4 Boys 15-99 1500 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Vaughan, Matthew	15	Beccles Town Swimming Club	18:52.47	18:26.27	
32.93	1:09.37 (36.44)	1:45.78 (36.41)	2:22.45 (36.67)		
2:59.03 (36.58)	3:35.93 (36.90)	4:13.11 (37.18)	4:50.79 (37.68)		
5:28.77 (37.98)	6:06.74 (37.97)	6:44.67 (37.93)	7:22.13 (37.46)		
7:59.83 (37.70)	8:37.84 (38.01)	9:15.62 (37.78)	9:53.06 (37.44)		
10:30.92 (37.86)	11:08.78 (37.86)	11:46.53 (37.75)	12:23.67 (37.14)		
13:00.13 (36.46)	13:37.16 (37.03)	14:13.45 (36.29)	14:49.95 (36.50)		
15:26.64 (36.69)	16:02.94 (36.30)	16:39.61 (36.67)	17:16.46 (36.85)		
17:52.07 (35.61)	18:26.27 (34.20)				
6 Ashken, Max	16	Deben Swimming Club	19:38.00	19:10.61	
33.21	1:11.32 (38.11)	1:49.63 (38.31)	2:28.12 (38.49)		
3:07.73 (39.61)	3:46.37 (38.64)	4:25.37 (39.00)	5:04.23 (38.86)		
5:42.28 (38.05)	6:20.56 (38.28)	6:59.16 (38.60)	7:37.87 (38.71)		
8:17.03 (39.16)	8:56.21 (39.18)	9:34.39 (38.18)	10:12.73 (38.34)		
10:51.24 (38.51)	11:29.99 (38.75)	12:08.79 (38.80)	12:47.63 (38.84)		
13:26.07 (38.44)	14:05.27 (39.20)	14:44.21 (38.94)	15:23.20 (38.99)		
16:02.52 (39.32)	16:39.89 (37.37)	17:17.98 (38.09)	17:55.91 (37.93)		
18:33.73 (37.82)	19:10.61 (36.88)				
7 Turner, Thomas	16	Deben Swimming Club	22:31.40	20:33.98	
35.04	1:14.99 (39.95)	1:55.61 (40.62)	2:36.84 (41.23)		
3:18.14 (41.30)	3:59.69 (41.55)	4:41.48 (41.79)	5:23.15 (41.67)		
6:05.88 (42.73)	6:46.57 (40.69)	7:29.02 (42.45)	8:11.12 (42.10)		
8:52.64 (41.52)	9:34.36 (41.72)	10:14.97 (40.61)	10:57.74 (42.77)		
11:38.85 (41.11)	12:20.77 (41.92)	13:01.36 (40.59)	13:43.73 (42.37)		
14:25.00 (41.27)	15:06.78 (41.78)	15:48.88 (42.10)	16:31.10 (42.22)		
17:12.97 (41.87)	17:53.84 (40.87)	18:34.36 (40.52)	19:14.19 (39.83)		
19:55.36 (41.17)	20:33.98 (38.62)				
--- Anderson, Matthew	17	Deben Swimming Club	17:53.30	NS	