

Female Points Final

10 & 11 Years				100 back	Final	206
1	A Garnham	teamipswich	1708	100 free	Heats	205
	50 free	Final	387	50 breast	Final	195
	100 free	Heats	354	12 Ella Plumb		West Suffolk 1021
	200 free	Heats	335	50 breast	Heats	216
	400 free	Heats	321	50 free	Heats	211
	50 back	Final	311	100 breast	Heats	205
2	Aine Coackley	teamipswich	1664	200 breast	Heats	203
	200 free	Heats	360	100 IM	Heats	186
	400 free	Heats	354	13 D Mortimer-Coles		Team Waveney 875
	100 free	Heats	331	100 free	Heats	260
	50 free	Final	319	50 free	Heats	236
	200 back	Heats	300	100 IM	Heats	195
3	Harmony Smith	Team Waveney	1435	50 fly	Final	184
	50 free	Heats	313	14 Ella Rose Reed		Team Waveney 842
	100 free	Heats	311	50 free	Heats	238
	200 free	Heats	290	100 free	Heats	214
	100 IM	Heats	270	100 IM	Heats	208
	50 back	Heats	251	50 breast	Heats	182
4	Molly Nowell	Stowmarket	1249	15 Gracie Locke		Stowmarket 790
	400 free	Heats	264	100 IM	Heats	172
	200 free	Heats	259	200 IM	Heats	163
	50 free	Heats	257	400 free	Heats	162
	100 free	Final	237	100 free	Heats	150
	200 back	Heats	232	50 fly	Final	143
5	Ivy Vinter	teamipswich	1228	16 G Cooney		Leiston 691
	100 back	Final	264	100 free	Heats	153
	50 free	Heats	256	200 IM	Heats	148
	100 free	Final	246	50 free	Heats	145
	50 back	Heats	232	100 IM	Heats	145
	100 IM	Heats	230	50 fly	Heats	100
6	Willow Alderton	teamipswich	1109	17 O Shemmings		Deben 677
	50 free	Final	262	50 free	Heats	240
	100 free	Heats	235	100 free	Heats	230
	100 IM	Heats	214	50 back	Heats	207
	50 back	Heats	202	18 Alexis Ramsey		teamipswich 653
	100 back	Heats	196	50 free	Heats	201
7	S Goodchild	teamipswich	1093	100 breast	Heats	160
	200 breast	Heats	244	50 breast	Heats	153
	50 back	Final	221	100 IM	Heats	139
	400 free	Heats	216	19 Saskia Thompson		Leiston 608
	50 free	Heats	208	50 free	Heats	181
	100 IM	Heats	204	100 IM	Heats	164
8	Grace Watson	teamipswich	1089	100 breast	Heats	160
	50 free	Heats	259	50 fly	Heats	103
	100 back	Heats	221	20 Yiwei Lu		Newmarket 606
	100 free	Heats	213	50 free	Heats	190
	50 back	Final	200	100 free	Heats	175
	100 IM	Heats	196	100 IM	Heats	149
9	Thea Rees	West Suffolk	1055	50 fly	Heats	92
	50 breast	Final	240	21 P Richardson		Mildenhall 531
	100 breast	Final	214	50 back	Heats	160
	200 breast	Heats	214	50 free	Heats	145
	50 free	Heats	205	100 IM	Heats	134
	100 IM	Heats	182	50 fly	Heats	92
9	S Alexander	teamipswich	1055	22 Elsa Herring		Leiston 528
	50 free	Heats	224	100 breast	Heats	181
	400 free	Heats	218	50 breast	Heats	175
	100 IM	Heats	211	50 free	Heats	172
	200 free	Heats	210	23 Serena Forrest		Stowmarket 523
	100 free	Heats	192	50 free	Heats	152
11	Esme Waterhouse	Newmarket	1051	100 free	Heats	142
	50 free	Heats	238	100 IM	Heats	127
	200 free	Heats	207	50 fly	Heats	102

24	M Westcott	Stowmarket	504	400 IM	Heats	315	
	100 free	Heats	178	200 IM	Heats	307	
	50 free	Heats	171	4	Phoebe Phillpot	teamipswich	1593
	100 breast	Heats	155	400 free	Heats	329	
25	Lauren Moody	teamipswich	453	200 free	Heats	327	
	50 free	Heats	176	100 free	Heats	326	
	100 free	Heats	158	800 free	Heats	312	
	50 fly	Heats	119	50 free	Heats	299	
26	Thea Pendleton	West Suffolk	405	5	Poppy Porter	teamipswich	1578
	100 breast	Final	209	50 free	Final	327	
	200 breast	Heats	196	100 free	Final	324	
27	L Templeman-Bowes	West Suffolk	371	400 free	Heats	322	
	50 free	Heats	219	200 free	Heats	314	
	100 IM	Heats	152	200 back	Heats	291	
28	Audrey Convey	Stowmarket	366	6	Tilly Sheasby	Newmarket	1507
	50 free	Heats	190	50 free	Heats	327	
	100 free	Heats	176	200 IM	Heats	299	
29	Tilly Bromley	Team Waveney	362	100 free	Heats	298	
	50 free	Heats	195	100 IM	Heats	296	
	50 breast	Heats	167	400 IM	Heats	287	
30	F Anderson	Felixstowe	341	7	Eloise Welsford	Deben	1480
	100 IM	Heats	177	100 back	Heats	317	
	50 fly	Heats	164	50 free	Heats	311	
31	Vivienne Letts	Deben	336	200 back	Heats	286	
	100 back	Heats	179	50 back	Final	285	
	100 IM	Heats	157	100 free	Heats	281	
32	Abigail Wilmot	teamipswich	322	8	Zara Jewers	Stowmarket	1477
	100 breast	Heats	166	50 free	Final	318	
	50 free	Heats	156	200 free	Heats	302	
33	Amalie Chuter	West Suffolk	297	100 free	Heats	297	
	50 free	Heats	175	100 IM	Heats	281	
	50 fly	Heats	122	200 IM	Heats	279	
34	Sophia Pert	Deben	259	9	Sophia Andrews	Mildenhall	1428
	50 free	Final	259	100 free	Heats	318	
35	Ivy Harrison	Deben	196	50 free	Final	311	
	50 free	Heats	196	200 free	Heats	273	
36	L Rose Flory	Leiston	177	400 free	Heats	267	
	50 free	Heats	177	800 free	Heats	259	
37	Isabelle Vella	West Suffolk	166	10	L Raine Turner	Team Waveney	1415
	100 back	Heats	166	100 free	Final	300	
38	Olivia Teare	teamipswich	165	200 free	Heats	296	
	50 free	Heats	165	50 free	Heats	290	
39	Niamh Raines	Team Waveney	163	100 IM	Heats	281	
	50 free	Heats	163	100 back	Heats	248	
40	I Karki Chettri	Hadleigh	158	10	Daisy Templer	Stowmarket	1415
	50 free	Heats	158	200 breast	Heats	329	
41	E Vasiljeva	Deben	157	100 breast	Heats	324	
	100 breast	Heats	157	100 IM	Heats	269	
				200 free	Heats	254	
				400 free	Heats	239	
12 Years							
1	Olivia Bryant	Stowmarket	1829	12	Nova Weller	Newmarket	1406
	50 free	Final	384	50 free	Final	315	
	100 free	Final	378	100 free	Heats	281	
	400 free	Heats	367	50 breast	Heats	273	
	200 free	Heats	356	50 fly	Final	271	
	50 breast	Final	344	100 IM	Heats	266	
2	Jessie Barber	Newmarket	1695	13	Polly Jackson	Mildenhall	1395
	200 free	Heats	366	200 breast	Heats	300	
	100 free	Final	349	100 IM	Heats	277	
	50 free	Final	347	800 free	Heats	276	
	100 back	Final	319	100 breast	Heats	275	
	400 free	Heats	314	400 IM	Heats	267	
3	Bella Robertson	Stowmarket	1610	14	Amelia Knights	Team Waveney	1392
	200 breast	Heats	351	50 free	Heats	301	
	100 breast	Final	320	200 free	Heats	290	
	50 breast	Final	317	100 free	Heats	287	

	800 free	Heats	260		
	100 IM	Heats	254		
15	Grace Mann	teamipswich	1378		
	200 back	Heats	320		
	100 back	Final	312		
	50 back	Final	285		
	100 IM	Heats	259		
	100 breast	Heats	202		
16	Ettie Pearce	Deben	1299		
	100 free	Heats	287		
	200 free	Heats	283		
	400 free	Heats	273		
	800 free	Heats	232		
	200 back	Heats	224		
17	Leah Rhodes	Felixstowe	1010		
	100 free	Heats	303		
	50 free	Heats	261		
	50 breast	Heats	225		
	100 breast	Heats	221		
18	Isabella Banwo	St Felix Sch	940		
	50 breast	Heats	262		
	100 free	Heats	246		
	50 fly	Heats	222		
	200 breast	Heats	210		
19	Lyla Hill	Mildenhall	880		
	100 IM	Heats	231		
	400 IM	Heats	226		
	400 free	Heats	215		
	800 free	Heats	208		
20	Nancy Hunt	Stowmarket	466		
	400 free	Heats	241		
	800 free	Heats	225		
21	V Ceponyte	West Suffolk	420		
	400 free	Heats	229		
	100 breast	Heats	191		
22	Martha Tydeman	Stowmarket	411		
	200 back	Heats	225		
	400 IM	Heats	186		
23	Ethel Norton	West Suffolk	236		
	400 free	Heats	236		
24	F Brewster	Stowmarket	214		
	200 breast	Heats	214		
25	Ruby Broadwater	teamipswich	208		
	800 free	Heats	208		

13 Years

1	Violet Freezer	teamipswich	2247		
	200 free	Heats	477		
	400 free	Heats	468		
	100 free	Final	437		
	800 free	Heats	433		
	1500 free	Heats	432		
2	Indie Horton	Team Waveney	2092		
	50 free	Final	431		
	100 free	Final	430		
	200 free	Heats	415		
	50 fly	Final	409		
	50 back	Final	407		
3	India Clement	West Suffolk	2089		
	200 free	Heats	440		
	100 free	Heats	424		
	50 free	Heats	409		
	200 IM	Heats	409		
	50 breast	Final	407		
4	Isla Mason	Stowmarket	1974		
	200 free	Heats	409		

	50 free	Heats	397		
	400 free	Heats	394		
	1500 free	Heats	388		
	800 free	Heats	386		
5	Emilia Butt	Deben	1961		
	200 free	Heats	420		
	100 back	Heats	396		
	200 back	Heats	393		
	50 back	Heats	380		
	100 free	Heats	372		
6	Sophie Knight	Hadleigh	1951		
	50 back	Final	418		
	100 back	Final	389		
	50 fly	Final	384		
	100 free	Heats	381		
	50 free	Heats	379		
7	Mia King	Team Waveney	1943		
	50 free	Heats	411		
	100 free	Heats	392		
	200 free	Heats	390		
	400 free	Heats	384		
	400 IM	Heats	366		
8	Lottie Harte	Newmarket	1896		
	50 free	Final	411		
	50 breast	Final	407		
	100 free	Heats	373		
	200 free	Heats	360		
	400 free	Heats	345		
9	Luna Smith	Newmarket	1883		
	50 free	Final	406		
	100 free	Final	391		
	200 free	Heats	365		
	200 back	Heats	362		
	100 IM	Heats	359		
10	Amber Daynes	Stowmarket	1849		
	50 free	Final	429		
	100 free	Heats	418		
	200 free	Heats	353		
	100 IM	Heats	330		
	200 IM	Heats	319		
11	Matilda Smith	Team Waveney	1840		
	400 free	Heats	389		
	1500 free	Heats	375		
	200 free	Heats	371		
	800 free	Heats	365		
	200 back	Heats	340		
12	Olivia Stroud	Hadleigh	1818		
	100 free	Final	385		
	50 free	Heats	380		
	200 free	Heats	371		
	400 IM	Heats	342		
	200 back	Heats	340		
13	Anna Johnys	teamipswich	1699		
	50 free	Heats	368		
	50 breast	Final	355		
	100 breast	Heats	334		
	100 back	Heats	323		
	200 breast	Heats	319		
14	Nellie Snowden	Deben	1675		
	100 IM	Heats	354		
	50 breast	Final	346		
	400 free	Heats	338		
	200 IM	Heats	326		
	50 fly	Final	311		
15	E Goodfellow	Team Waveney	1669		
	100 back	Final	351		

14	Erin Stewart	West Suffolk	639
	400 free	Heats	338
	800 free	Heats	301
15	Anabelle Wan	Deben	601
	50 fly	Heats	317
	100 fly	Heats	284
16	T Thompson	Leiston	338
	200 breast	Heats	338
17	Isla Roberts	teamipswich	311
	50 back	Heats	311

15 Years

1	Erin Barber	Newmarket	3196
	100 free	Final	648
	100 back	Heats	645
	200 free	Heats	641
	200 back	Heats	632
	50 back	Final	630
2	Nicole Peddely	teamipswich	2640
	100 breast	Final	565
	50 breast	Final	539
	100 IM	Heats	517
	200 free	Heats	510
	50 free	Final	509
3	Lily Steel	teamipswich	2581
	200 free	Heats	519
	400 free	Heats	517
	200 back	Heats	517
	100 free	Final	514
	100 back	Final	514
4	Freya May	Leiston	2529
	100 free	Final	524
	200 free	Heats	511
	50 free	Heats	503
	50 fly	Heats	503
	100 IM	Heats	488
5	Grace Mutton	Deben	2414
	200 free	Heats	502
	200 breast	Heats	491
	100 breast	Final	476
	50 free	Heats	474
	800 free	Heats	471
6	Maggie Marshall	teamipswich	2213
	200 free	Heats	469
	50 free	Final	455
	400 free	Heats	451
	1500 free	Heats	425
	800 free	Heats	413
7	Lucy Walker	Deben	2081
	50 free	Heats	460
	50 back	Final	425
	100 back	Final	415
	50 fly	Final	411
	200 back	Heats	370
8	F Thompson	Team Waveney	2073
	100 free	Final	450
	50 free	Heats	420
	400 free	Heats	414
	100 back	Final	398
	50 back	Heats	391
9	S Martelino	Newmarket	2056
	50 breast	Final	438
	50 free	Heats	415
	100 IM	Heats	408
	50 fly	Final	400
	100 breast	Final	395

10	G Cawley	teamipswich	2041
	100 IM	Heats	430
	50 fly	Final	418
	200 IM	Heats	412
	100 back	Final	395
	100 fly	Heats	386
11	Brooke Copping	West Suffolk	1920
	400 free	Heats	417
	400 IM	Heats	381
	200 IM	Heats	379
	100 IM	Heats	376
	50 back	Heats	367
12	Isabella Bryan	teamipswich	1521
	50 back	Heats	414
	100 back	Heats	389
	200 back	Heats	373
	800 free	Heats	345
13	C Catchpole	Leiston	1167
	50 free	Final	442
	50 back	Heats	370
	50 breast	Final	355
14	Polly Ruddell	teamipswich	1117
	200 back	Heats	395
	100 back	Heats	380
	50 back	Heats	342
15	L Freeman	Team Waveney	1068
	200 back	Heats	391
	100 back	Heats	342
	1500 free	Heats	335
16	Guste Raudonyte	Newmarket	349
	50 breast	Heats	349

16 Years

1	G Troman	teamipswich	2889
	400 free	Heats	604
	200 free	Heats	585
	800 free	Heats	572
	1500 free	Heats	564
	200 back	Heats	564
2	Erin Uttridge	teamipswich	2837
	200 free	Heats	595
	400 free	Heats	593
	800 free	Heats	558
	100 free	Heats	553
	200 IM	Heats	538
3	Ella Deaton	Newmarket	2643
	200 free	Heats	575
	400 free	Heats	547
	100 free	Heats	528
	800 free	Heats	503
	50 free	Heats	490
4	Amelia Lewis	teamipswich	2636
	400 free	Heats	545
	100 free	Heats	543
	50 free	Heats	542
	200 free	Heats	537
	100 back	Final	469
5	M Wilson-Mansfield	Newmarket	2454
	100 free	Final	534
	50 back	Final	516
	100 back	Final	516
	100 IM	Heats	452
	50 free	Heats	436
6	Chloe Knight	Hadleigh	2350
	50 back	Final	492
	100 back	Final	486

	50 fly	Final	464		
	100 free	Final	462		
	50 free	Final	446		
7	Amelie Harrison		Stowmarket	2191	
	50 free	Heats	462		
	100 free	Final	457		
	50 fly	Final	433		
	800 free	Heats	421		
	200 IM	Heats	418		
8	Ella Stewart		West Suffolk	1926	
	400 free	Heats	421		
	200 IM	Heats	400		
	100 IM	Heats	381		
	800 free	Heats	368		
	200 back	Heats	356		
9	Jemima Lashmar		teamipswich	1712	
	50 free	Heats	454		
	100 IM	Heats	434		
	100 fly	Heats	431		
	50 back	Final	393		
10	J Collinson		Deben	1401	
	100 free	Final	492		
	50 free	Final	472		
	50 fly	Final	437		
11	Lilley Dring		Deben	865	
	50 free	Heats	523		
	50 breast	Final	342		
12	Orla Thompson		teamipswich	721	
	50 back	Heats	367		
	100 back	Heats	354		
13	I Forrester		Deben	715	
	800 free	Heats	363		
	1500 free	Heats	352		

17 Years & over

1	Sophie Dowding		teamipswich	3187	
	400 free	Heats	666		
	200 free	Heats	656		
	1500 free	Heats	633		
	800 free	Heats	629		
	400 IM	Heats	603		
2	Ellen Duffield		teamipswich	2920	
	50 breast	Heats	634		
	100 free	Final	628		
	100 breast	Heats	584		
	100 IM	Heats	572		
	50 fly	Heats	502		
3	Isabel Thomas		Newmarket	2908	
	200 free	Heats	607		
	100 free	Final	605		
	50 free	Heats	581		
	400 free	Heats	559		
	800 free	Heats	556		
4	Chloe Armstrong		teamipswich	2891	
	50 fly	Final	615		
	100 back	Final	603		
	50 back	Final	583		
	100 free	Heats	547		
	50 free	Heats	543		
5	E Wright		West Suffolk	2828	
	100 breast	Heats	624		
	200 breast	Heats	576		
	50 breast	Heats	568		
	50 free	Heats	530		
	100 IM	Heats	530		

6	Amelie Crabb		teamipswich	2796	
	200 free	Heats	595		
	100 free	Heats	579		
	400 free	Heats	574		
	50 free	Heats	545		
	1500 free	Heats	503		
7	A Raudonyte		Newmarket	2795	
	100 back	Final	614		
	50 back	Final	574		
	200 back	Heats	548		
	100 IM	Heats	533		
	50 breast	Final	526		
8	Darcy Gladwell		teamipswich	2713	
	200 free	Heats	589		
	400 free	Heats	580		
	100 free	Final	558		
	800 free	Heats	530		
	100 back	Heats	456		
9	Bethany Crawley		teamipswich	2513	
	400 free	Heats	532		
	400 IM	Heats	525		
	200 breast	Heats	493		
	200 IM	Heats	486		
	100 breast	Final	477		
10	Zoe Land		Team Waveney	2427	
	100 IM	Heats	508		
	50 breast	Final	489		
	200 breast	Heats	477		
	50 back	Final	477		
	100 breast	Heats	476		
11	Kiera Broad		West Suffolk	2269	
	400 free	Heats	475		
	200 breast	Heats	474		
	100 IM	Heats	465		
	50 breast	Heats	436		
	100 breast	Heats	419		
12	Amber Ridgeon		Leiston	1701	
	50 breast	Heats	443		
	100 breast	Final	426		
	200 breast	Heats	418		
	50 back	Final	414		
13	Ellie Catchpole		Leiston	1379	
	50 free	Final	488		
	50 breast	Final	458		
	100 breast	Heats	433		
14	Olivia Sheasby		Newmarket	1345	
	400 free	Heats	478		
	800 free	Heats	455		
	1500 free	Heats	412		
15	Grace Ellis		Newmarket	1277	
	50 fly	Final	463		
	800 free	Heats	413		
	50 breast	Heats	401		
16	E Dixon-Minter		Deben	1116	
	50 free	Heats	564		
	100 free	Heats	552		
17	L Radziunaite		Stowmarket	1103	
	50 back	Heats	581		
	100 back	Final	522		
18	Helena Hall		Deben	1036	
	50 free	Final	543		
	50 back	Final	493		
19	Florence Davies		Deben	894	
	100 back	Final	477		
	400 IM	Heats	417		

20	F Wallace	Stowmarket	853	
	<i>100 breast</i>	<i>Heats</i>	<i>427</i>	
	<i>50 breast</i>	<i>Heats</i>	<i>426</i>	
21	Rebecca Brown	Stowmarket	819	
	<i>50 fly</i>	<i>Heats</i>	<i>443</i>	
	<i>200 breast</i>	<i>Heats</i>	<i>376</i>	
22	Isabel Moore	West Suffolk	507	
	<i>400 free</i>	<i>Heats</i>	<i>507</i>	
23	H McNicholas	Deben	481	
	<i>50 fly</i>	<i>Final</i>	<i>481</i>	
24	Maia Thompson	Team Waveney	448	
	<i>800 free</i>	<i>Heats</i>	<i>448</i>	
25	Gigi Gebhard	teamipswich	441	
	<i>50 breast</i>	<i>Heats</i>	<i>441</i>	
25	B Sepanski	West Suffolk	441	
	<i>50 breast</i>	<i>Heats</i>	<i>441</i>	
27	Molly Peacock	West Suffolk	426	
	<i>200 back</i>	<i>Heats</i>	<i>426</i>	
28	Georgia Denham	Hadleigh	385	
	<i>50 breast</i>	<i>Heats</i>	<i>385</i>	
29	Evie Kinnett	Newmarket	346	
	<i>1500 free</i>	<i>Heats</i>	<i>346</i>	
30	May Richardson	Stowmarket	336	
	<i>1500 free</i>	<i>Heats</i>	<i>336</i>	