

Challenge Gala 2011
at Dereham on 19th June 2011
Session - 1

EVENT 1 Girls Open 50m Freestyle

09 Yrs Age Group

Place	Name	Club	Time
1	Freya Burton	Dereham	38.06
2	Rebecca Curwen	West Norfolk	39.37
3	Chloe Sorrell	West Norfolk	39.50
4	Honey Harvey	Gt Yarmouth	39.89
5	Heather Mills	Little Fish	39.96
6	Emma Gordon	Gt Yarmouth	40.48
7	Imogen Horne-Morris	Norfolk Vikg	41.37
8	Hannah Cooper	Little Fish	42.00
9	Megan Green	Dereham	42.40
10	Sophie Curtis	Norwich Swan	44.88
11	Libby Watson	Little Fish	45.07
12	Eilidh Chapman	Little Fish	45.28
13	Isabel Overton	Hunstanton	45.64
14	Bethany Farrow	Thetford	46.23
15	Rebecca Yeoman	Hunstanton	47.17
16	Holly Bradley	Norwich Swan	47.81
17	Saskia Barnett	Little Fish	47.99
18	Isobel Whiting	West Norfolk	49.37
19	Lauren Armour	Diss Otters	51.54
20	Lauryn Hammond	West Norfolk	51.66
	Aditi Naik	UEA Norwich	DNC

10 Yrs Age Group

Place	Name	Club	Time
1	Katie Halmshaw	Diss Otters	36.54
2	Aimee Palmer	Little Fish	37.49
3	Emily Collins	Dereham	37.76
4	Mollie Smith	Norfolk Vikg	38.26
5	Georgina Free	Thetford	38.67
6	Annabel Heywood	Hunstanton	39.55
7	Ciara Gasson-Hudson	Norwich Swan	39.75
8	Natasha Mansfield-Holl	Gt Yarmouth	39.88
8	Heidi Last	Thetford	39.88
10	Lauren Pittaccio	Little Fish	40.25
11	Maysie Stedman	Dereham	40.56
12	Molly Rockell	Dereham	41.69
13	Clarissa Burwood	Gt Yarmouth	42.83
14	Eryn Freeman	Thetford	43.68
15	Elise Gray	Thetford	43.92
16	Orla Barnett	Little Fish	44.00
17	Lydia Appleton	Dereham	46.26

11 Yrs Age Group

Place	Name	Club	Time
1	Hannah Brecknell	Dereham	33.26
2	Tabitha Cooke	Little Fish	33.98
3	Georgia Boyd	Dereham	34.72
4	Bethany Coombs-Hoar	UEA Norwich	34.81
5	Greta Balfour	Norfolk Vikg	35.54
6	Lauren James	Gt Yarmouth	35.55
7	Eleanor Barnes	Dereham	36.18
8	Megan Woodhouse	Norwich Swan	36.48
9	Philippa Rice	Diss Otters	36.74
10	Sarah Crooks	UEA Norwich	36.90
11	Abbie Farrow	Thetford	36.94
12	Amelia Driver	Gt Yarmouth	37.01
13	Eleanor Lavelle	Dereham	37.10
14	Robyn Woodhouse	Norwich Swan	37.41
15	Tamzin Coombs-Hoar	UEA Norwich	37.88
16	Ellena Hornagold	UEA Norwich	38.05

17	Meghann White	Dereham	38.33
18	Hope Stannage	Norwich Swan	38.46
19	Yasmin Ahmad	West Norfolk	38.47
20	Grace Lee	West Norfolk	38.50
21	Isobel Mary Robbins	Gt Yarmouth	39.22
22	Georgia Leggett	Little Fish	39.49
23	Rebecca Moye	Little Fish	39.54
24	Emily Gilbert	Dereham	40.31
25	Georgiana Bird	Thetford	41.85
26	Jemma Jarvis	West Norfolk	43.67
27	Ellice Green	Diss Otters	45.24
28	Lerato Mokate	West Norfolk	51.14

12 Yrs Age Group

Place	Name	Club	Time
1	Eleanor Maslin	West Norfolk	31.84
2	Lucy Drane	Little Fish	32.30
3	Elise Sorrell	West Norfolk	32.43
4	Isabel Holmes	Dereham	32.46
5	Rebecca Gedge	Little Fish	32.52
6	Megan Mann	Dereham	32.56
7	Isla Rush	Dereham	32.91
8	Emma Halmshaw	Diss Otters	33.26
9	Grace McGill	Thetford	33.44
10	Danielle Page	Gt Yarmouth	33.49
11	Bethany Burwood	Gt Yarmouth	33.82
12	Taylor Hudson	Gt Yarmouth	33.83
13	Lauren Scott	West Norfolk	33.88
14	Kes Clarke	Little Fish	33.97
15	Alexandra Ashley	Thetford	34.22
16	Rebecca Woods	Dereham	34.43
17	Holly Youngs	Little Fish	34.69
18	Morgan Gerrity	Norwich Swan	34.81
19	Abby Cordell	Norwich Swan	34.85
20	Nila Taylor	Diss Otters	35.26
21	Emma Jones	Dereham	35.57
22	Hollie Nelson	West Norfolk	36.71
23	Natalie Warnes	West Norfolk	38.00
24	Ruby Last	Thetford	38.06
25	Jessica Lunn	Norwich Swan	38.07
26	Emma Longlands	Norwich Swan	38.13
27	Sophie Wood	UEA Norwich	38.59
28	Jade Murphy	Norwich Swan	38.99
29	Emma Walton	West Norfolk	39.78
30	Sarah Hanrahan	Little Fish	39.93
31	Alice Robertson	UEA Norwich	40.48
32	Jessica Ansell	Little Fish	41.46
33	Bethany Secker	Dereham	44.33

13 Yrs Age Group

Place	Name	Club	Time
1	Katherine Turton	Gt Yarmouth	31.75
2	Francesca Wallace	Diss Otters	31.86
3	Jaimee Woodhouse	Norwich Swan	31.88
4	Adelaide Loveland	Gt Yarmouth	31.93
5	Paige Lovage	Gt Yarmouth	31.94
6	Jessica Shoemsmith	Dereham	32.19
7	Chloe Kiddell	UEA Norwich	32.28
8	Caitlin Davy	Diss Otters	32.55
9	Bethany Palmer	Little Fish	32.70
10	India Barnett	Little Fish	33.01
11	Annastasia Clark-Masse	Thetford	33.21
12	Chloe Le Roy	Norwich Swan	33.84

13	Megan Curtis	Norwich Swan	34.42
14	Amber Manthorpe	UEA Norwich	35.22
15	Georgina Matthews	Norwich Swan	35.60
16	Gabrielle Higham	Norwich Swan	35.72
17	Chloe Barrett	Little Fish	35.84
18	Francesca Ashley	Thetford	43.58

14 Yrs Age Group

Place	Name	Club	Time
1	Bethany Smith	West Norfolk	31.52
2	Sophie Foster	Norwich Swan	32.03
3	Anna Bales	Dereham	32.25
4	Lydia Holmes	Dereham	32.90
5	Kirsty Barker	Diss Otters	33.16
6	Olivia Hornagold	UEA Norwich	33.82
7	Matilda Ansell	Little Fish	34.00
8	Molly Dyson	Thetford	34.79
9	Sophie Littler	West Norfolk	34.92

10	Emily Hammans	Dereham	35.68
11	Amy Housden	Little Fish	39.18

15 Yrs Age Group

Place	Name	Club	Time
1	Kelly Pywell	Gt Yarmouth	30.98
2	Emma Starling	Norwich Swan	31.97
3	Lily Jones	Norwich Swan	33.18
4	India Loveland	Gt Yarmouth	34.42

16 Yrs/Over Age Group

Place	Name	Club	Time
1	Ziggy Swann	Dereham	30.55
2	Harriet Miller	Diss Otters	31.23
3	Laura Jones	Dereham	31.29
4	Jessica Lowe	Dereham	32.61
5	Natasha Pestka	Gt Yarmouth	32.82
6	Alice Totterdale	Dereham	32.89

EVENT 2 Boys Open 50m Backstroke

09 Yrs Age Group

Place	Name	Club	Time
1	Ethan Turner	Diss Otters	47.65
2	Reece Murdoch	UEA Norwich	49.29
3	Jake Lammas	West Norfolk	53.57
4	Samuel Woods	Dereham	53.75
5	Robbie Le Roy	Norwich Swan	55.28
6	Owen Daly	Little Fish	56.89
7	Aiden Try	Thetford	57.47
8	Samuel Overland	Thetford	58.60
9	Benjamin Trowell	Diss Otters	58.96
10	Benjamin Brooks	Diss Otters	59.64
	Jonathan Chaney Baxter	UEA Norwich	DQ SH-

16	Jack Bond-Preston	Norwich Swan	47.10
17	Jimmie Grant	Norwich Swan	49.01
18	Sam Worsnop	Thetford	51.45
19	Kristian Sumser-Lupson	Norfolk Vikg	52.84

12 Yrs Age Group

Place	Name	Club	Time
1	Archie Holman	West Norfolk	35.78
2	Jonathan James	Dereham	36.12
3	Mark Chaney Baxter	UEA Norwich	38.72
4	Oliver Lessiter	UEA Norwich	39.20
5	Jacob Blades	Diss Otters	39.66
6	Dominic Bayfield	Little Fish	40.79
6	Alexander Goff	Gt Yarmouth	40.79
8	Samuel Neal	Diss Otters	40.95
9	Adam Panter	West Norfolk	41.22
10	Jack Turner	Diss Otters	41.25
11	Kai Chung Law	West Norfolk	41.73
12	James Leney	UEA Norwich	42.07
13	Joseph Dann	Norwich Swan	43.40
14	Conor Dobson	Little Fish	44.19
15	Ciaran Chapman	Little Fish	50.52

10 Yrs Age Group

Place	Name	Club	Time
1	James Hewett	Dereham	40.16
2	Aaron Hudson	Gt Yarmouth	41.66
3	James Moncur-Brown	UEA Norwich	44.29
4	Harvey Sarson	Diss Otters	45.47
5	Joshua Ford	Gt Yarmouth	45.83
6	Alex Florance	West Norfolk	46.08
7	Miles Houghton	Gt Yarmouth	46.57
8	Cy Wiseman	Norwich Swan	50.09
9	Joseph Thorpe	Little Fish	50.22
10	Jack Stevens	Little Fish	50.38
11	Matthew Hanrahan	Little Fish	51.56
12	Joshua Biddlecome	Diss Otters	53.70
13	Harry Weston	Dereham	54.42
	Adam Warnes	West Norfolk	DQ SH-

13 Yrs Age Group

Place	Name	Club	Time
1	Thomas Matthews	Norwich Swan	32.84
2	Declan Scott	Gt Yarmouth	35.47
3	Matthew Addis	West Norfolk	36.05
4	Daniel Brooks	Diss Otters	37.92
5	Philip Davis	Norwich Swan	38.64
6	Gwylim Lloyd	Diss Otters	38.71
7	Jack Mattless	Dereham	39.07
8	Kieran Sparrow	Dereham	42.56
9	Matthew Summers	Norwich Swan	45.40

11 Yrs Age Group

Place	Name	Club	Time
1	Morgan Read	Dereham	38.81
2	Jonah Philpot	UEA Norwich	38.90
3	Finlay Ryan	Dereham	39.54
4	Jake Honey	Gt Yarmouth	39.73
5	Liam Levy-Twomey	Thetford	40.38
6	Simon Linfoord	UEA Norwich	41.69
7	Joseph Thompson	Dereham	41.71
8	Thomas Howarth	Dereham	43.02
9	Jamie Simpson-White	Dereham	43.05
10	Oliver Rose	Dereham	43.38
11	Scott Greenaway	Dereham	43.90
12	Iwan Lloyd	Diss Otters	44.08
13	Mark Greenaway	Dereham	44.63
14	Connor Shoat	Dereham	44.66
15	William Moncur-Brown	UEA Norwich	45.92

14 Yrs Age Group

Place	Name	Club	Time
1	Ben Hoven	Dereham	35.45
2	Joseph Whiting	West Norfolk	36.54
3	Ryan Sykes	West Norfolk	37.33

16 Yrs/Over Age Group

Place	Name	Club	Time
1	Joshua Gray	West Norfolk	31.51
2	Sean Watson	Dereham	32.01
3	Samuel Ruff	Norfolk Vikg	32.51
4	Ryan Hargrave	Diss Otters	33.98
5	Samuel Jamieson	Dereham	34.33
6	Liam Harvey	Diss Otters	35.62

EVENT 3 Girls Open 200m Backstroke

09 Yrs Age Group

Place	Name	Club	Time
1	Freya Burton	Dereham	3:32.58
2	Emma Gordon	Gt Yarmouth	3:40.03
3	Isabel Overton	Hunstanton	3:58.97
	Rebecca Curwen	West Norfolk	DQ SH-

10 Yrs Age Group

Place	Name	Club	Time
1	Lauren Davidson	Norwich Swan	3:12.83
2	Emily Hewett	Dereham	3:15.85
3	Natasha Mansfield-Holl	Gt Yarmouth	3:19.13
4	Katie Halmshaw	Diss Otters	3:24.00
5	Lauren Pittaccio	Little Fish	3:24.53
6	Georgina Free	Thetford	3:26.78
7	Emily Collins	Dereham	3:30.04
8	Aimee Palmer	Little Fish	3:30.07
9	Heidi Last	Thetford	3:39.30
10	Eryn Freeman	Thetford	3:54.29
	Annabel Heywood	Hunstanton	DQ T-

11 Yrs Age Group

Place	Name	Club	Time
1	Hannah Brecknell	Dereham	2:59.37
2	Rachel Robinson	Norwich Swan	2:59.59
3	Georgia Boyd	Dereham	3:02.92
4	Roxanne Uys	West Norfolk	3:03.50
5	Philippa Rice	Diss Otters	3:07.94
6	Bethany Coombs-Hoar	UEA Norwich	3:10.09
7	Elena Sarson	Diss Otters	3:14.55
8	Meghann White	Dereham	3:14.69
9	Amelia Driver	Gt Yarmouth	3:16.23
10	Sarah Crooks	UEA Norwich	3:18.13
11	Eleanor Barnes	Dereham	3:18.88
12	Tabitha Cooke	Little Fish	3:19.20
13	Emily Gilbert	Dereham	3:23.04
14	Kayleigh Venables	West Norfolk	3:23.90
15	Tamzin Coombs-Hoar	UEA Norwich	3:26.39

EVENT 4 Boys Open 200m Breaststroke

09 Yrs Age Group

Place	Name	Club	Time
1	Oscar Almadin	Norwich Swan	4:30.74

10 Yrs Age Group

Place	Name	Club	Time
1	Alex Florance	West Norfolk	3:40.01
2	James Moncur-Brown	UEA Norwich	3:49.38
3	Aaron Hudson	Gt Yarmouth	4:00.74
4	Harvey Sarson	Diss Otters	4:05.49
5	Joseph Thorpe	Little Fish	4:14.85
6	Ryan Manthorpe	UEA Norwich	4:23.23
7	Matthew Hanrahan	Little Fish	4:40.84
	Joshua Ford	Gt Yarmouth	DQ SL-

11 Yrs Age Group

Place	Name	Club	Time
1	Tommy Hoven	Dereham	3:18.76
2	Simon Linfof	UEA Norwich	3:30.46
3	Finlay Ryan	Dereham	3:33.08
4	William Moncur-Brown	UEA Norwich	3:38.20
5	Liam Levy-Twomey	Thetford	3:44.67
6	Mark Greenaway	Dereham	3:44.89
7	Thomas Howarth	Dereham	3:58.07
8	Connor Shoat	Dereham	3:58.50
9	Scott Greenaway	Dereham	3:59.96
10	Iwan Lloyd	Diss Otters	4:02.44
	Jack Bond-Preston	Norwich Swan	DQ SA-

16 Yasmin Ahmad West Norfolk 3:46.92

12 Yrs Age Group

Place	Name	Club	Time
1	Isla Rush	Dereham	2:48.03
2	Grace McGill	Thetford	2:48.93
3	Chloe Cox	Dereham	3:02.09
4	Abby Cordell	Norwich Swan	3:03.07
5	Emma Halmshaw	Diss Otters	3:03.12
6	Nila Taylor	Diss Otters	3:04.95
7	Katie Nesbitt	Gt Yarmouth	3:12.24
8	Ruby Last	Thetford	3:20.76
9	Natalie Warnes	West Norfolk	3:24.36
10	Emma Jones	Dereham	3:25.62
11	Emma Cox	Dereham	3:37.52

13 Yrs Age Group

Place	Name	Club	Time
1	Chloe Kiddell	UEA Norwich	2:46.84
2	Bethany Palmer	Little Fish	2:47.82
3	Jaimee Woodhouse	Norwich Swan	2:49.53
4	Caitlin Davy	Diss Otters	2:52.74
5	Paige Lovage	Gt Yarmouth	2:56.09
6	Rebecca Baxter	West Norfolk	2:56.43
7	Jessica Shoosmith	Dereham	2:58.02
8	Megan Curtis	Norwich Swan	3:07.32
9	India Barnett	Little Fish	3:13.71
10	Chloe Barrett	Little Fish	3:19.93
11	Emily Nesbitt	Gt Yarmouth	3:40.36

14 Yrs Age Group

Place	Name	Club	Time
1	Grace Cordeaux	Little Fish	2:54.76
2	Sophie Littler	West Norfolk	3:02.96
3	Matilda Ansell	Little Fish	3:25.48

15 Yrs Age Group

Place	Name	Club	Time
1	Lily Jones	Norwich Swan	3:00.81

Sam Worsnop Thetford DQ SH-
Jamie Simpson-White Dereham DQ T-

12 Yrs Age Group

Place	Name	Club	Time
1	Luke Collins	Thetford	3:09.06
2	Archie Holman	West Norfolk	3:19.36
3	Ryan Waters	Diss Otters	3:33.72
4	Jonathan James	Dereham	3:35.97
5	Dominic Bayfield	Little Fish	3:37.46
6	Joseph Dann	Norwich Swan	3:37.79
7	Matthew Tait	Dereham	3:39.45
8	Jacob Blades	Diss Otters	3:41.82
9	Jack Turner	Diss Otters	3:48.53
10	Samuel Neal	Diss Otters	3:55.08
11	Adam Panter	West Norfolk	3:55.58
12	Ciaran Chapman	Little Fish	4:19.72
	Daniel Goodenough	West Norfolk	DQ T-

13 Yrs Age Group

Place	Name	Club	Time
1	Louis Gent	Dereham	3:17.36
2	Jack Mattless	Dereham	3:22.20
3	Declan Scott	Gt Yarmouth	3:27.40
4	Philip Davis	Norwich Swan	3:37.64
	Daniel Brooks	Diss Otters	DQ ST-
	Daniel Moye	Little Fish	DQ T-

14 Yrs Age Group

Place	Name	Club	Time
1	Ben Hoven	Dereham	3:00.38
2	Ryan Sykes	West Norfolk	3:03.90
3	Benjamin Whitbourn	Dereham	3:13.32
4	Samuel Chandler	West Norfolk	3:15.70

5	Joseph Whiting	West Norfolk	3:21.04
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16 Yrs/Over Age Group

Place	Name	Club	Time
1	Brandon Tennant	Gt Yarmouth	3:00.79
2	Neal Greenaway	Dereham	3:14.75

EVENT 5 Girls 11 Yrs/Over 100m Breaststroke**11 Yrs Age Group**

Place	Name	Club	Time
1	Lauren James	Gt Yarmouth	1:34.30
2	Abigail Whiting	West Norfolk	1:35.76
3	Roxanne Uys	West Norfolk	1:37.94
4	Amie Copp	Thetford	1:38.44
5	Abbie Farrow	Thetford	1:40.78
6	Sarah Crooks	UEA Norwich	1:43.32
7	Ellena Hornagold	UEA Norwich	1:44.66
8	Georgia Boyd	Dereham	1:46.52
9	Philippa Rice	Diss Otters	1:48.03
10	Emily Gilbert	Dereham	1:48.43
11	Robyn Woodhouse	Norwich Swan	1:48.91
12	Kayleigh Venables	West Norfolk	1:48.96
13	Amelia Driver	Gt Yarmouth	1:49.78
14	Rebecca Moye	Little Fish	1:49.94
15	Eleanor Barnes	Dereham	1:51.58
16	Eleanor Lavelle	Dereham	1:52.41
17	Tabitha Cooke	Little Fish	1:53.08
18	Bethany Coombs-Hoar	UEA Norwich	1:54.67
19	Hope Stannage	Norwich Swan	1:54.68
20	Meghann White	Dereham	1:55.11
21	Tamzin Coombs-Hoar	UEA Norwich	1:56.45
	Megan Woodhouse	Norwich Swan	DQ SH-

14	Emma Longlands	Norwich Swan	1:46.24
15	Morgan Gerrity	Norwich Swan	1:57.46
16	Bethany Secker	Dereham	1:58.33
17	Sarah Hanrahan	Little Fish	2:03.56
18	Jessica Ansell	Little Fish	2:22.18

13 Yrs Age Group

Place	Name	Club	Time
1	Francesca Wallace	Diss Otters	1:29.39
2	Bethany Palmer	Little Fish	1:31.88
3	Katherine Turton	Gt Yarmouth	1:33.45
4	Chloe Le Roy	Norwich Swan	1:33.99
5	Rebecca Baxter	West Norfolk	1:36.48
6	Adelaide Loveland	Gt Yarmouth	1:37.02
7	India Barnett	Little Fish	1:41.04
8	Amber Manthorpe	UEA Norwich	1:43.03
9	Megan Curtis	Norwich Swan	1:43.19
10	Georgina Matthews	Norwich Swan	1:43.96
11	Francesca Ashley	Thetford	1:46.74
12	Chloe Barrett	Little Fish	1:47.11
13	Gabrielle Higham	Norwich Swan	1:52.22

14 Yrs Age Group

Place	Name	Club	Time
1	Hannah Lennox	Dereham	1:32.25
2	Bethany Smith	West Norfolk	1:34.33
3	Emily Hammans	Dereham	1:36.66
4	Grace Cordeaux	Little Fish	1:37.23
5	Hannah Blades	Diss Otters	1:37.31
6	Sophie Littler	West Norfolk	1:42.40
7	Matilda Ansell	Little Fish	1:42.69
8	Amy Housden	Little Fish	1:52.49

15 Yrs Age Group

Place	Name	Club	Time
1	India Loveland	Gt Yarmouth	1:36.77
2	Morgan Copp	Thetford	1:39.62
3	Kirsten Venables	West Norfolk	1:42.72

16 Yrs/Over Age Group

Place	Name	Club	Time
1	Ziggy Swann	Dereham	1:33.66
2	Alice Totterdale	Dereham	1:39.71

EVENT 6 Boys 12 Yrs/Over 100m Butterfly**12 Yrs Age Group**

Place	Name	Club	Time
1	Luke Collins	Thetford	1:23.88
2	Mark Chaney Baxter	UEA Norwich	1:25.95
3	Dominic Bayfield	Little Fish	1:26.57
4	Samuel Neal	Diss Otters	1:43.81

2	Ben Hoven	Dereham	1:21.72
3	Benjamin Whitbourn	Dereham	1:23.02
4	Samuel Chandler	West Norfolk	1:24.92
5	Ryan Sykes	West Norfolk	1:24.95

15 Yrs Age Group

Place	Name	Club	Time
	Connor Webster	Gt Yarmouth	DNF

13 Yrs Age Group

Place	Name	Club	Time
1	Philip Davis	Norwich Swan	1:30.48
2	Matthew Summers	Norwich Swan	1:51.63

16 Yrs/Over Age Group

Place	Name	Club	Time
1	Mark Collins	West Norfolk	1:02.27
2	Joshua Gray	West Norfolk	1:04.92
3	Jed Snell	Dereham	1:07.40
4	Ryan Hargrave	Diss Otters	1:10.48
5	Sean Watson	Dereham	1:10.64

14 Yrs Age Group

Place	Name	Club	Time
1	Chandler Fletcher	Dereham	1:17.35

EVENT 7 Girls 11 Yrs/Over 200m IM

11 Yrs Age Group

Place	Name	Club	Time
1	Rachel Robinson	Norwich Swan	3:03.21
2	Hannah Brecknell	Dereham	3:05.07
3	Georgia Boyd	Dereham	3:08.29
4	Roxanne Uys	West Norfolk	3:08.80
5	Philippa Rice	Diss Otters	3:11.98
6	Tabitha Cooke	Little Fish	3:19.34
7	Greta Balfour	Norfolk Vikg	3:19.46
8	Bethany Coombs-Hoar	UEA Norwich	3:22.99
9	Emily Gilbert	Dereham	3:27.12
10	Eleanor Barnes	Dereham	3:27.66
11	Elena Sarson	Diss Otters	3:27.67
12	Kayleigh Venables	West Norfolk	3:32.18
13	Isobel Mary Robbins	Gt Yarmouth	3:37.22
14	Georgia Leggett	Little Fish	3:39.19
15	Georgiana Bird	Thetford	3:50.27
	Lauren James	Gt Yarmouth	DQ SL-
	Yasmin Ahmad	West Norfolk	DQ T-

12 Yrs Age Group

Place	Name	Club	Time
1	Eleanor Maslin	West Norfolk	2:55.50
2	Isla Rush	Dereham	2:57.88
3	Elise Sorrell	West Norfolk	3:01.01
4	Kes Clarke	Little Fish	3:01.10
5	Grace McGill	Thetford	3:01.40
6	Danielle Page	Gt Yarmouth	3:04.27
7	Chloe Cox	Dereham	3:05.36
8	Emma Halmshaw	Diss Otters	3:08.19
9	Bethany Burwood	Gt Yarmouth	3:09.77
10	Abbie Currington	Dereham	3:11.16
11	Lucy Drane	Little Fish	3:13.39
12	Lauren Scott	West Norfolk	3:13.86
13	Nila Taylor	Diss Otters	3:15.11

14	Alexandra Ashley	Thetford	3:19.08
15	Emma Jones	Dereham	3:20.02
16	Ruby Last	Thetford	3:29.19
17	Natalie Warnes	West Norfolk	3:33.61
	Jessica Lunn	Norwich Swan	DQ T-

13 Yrs Age Group

Place	Name	Club	Time
1	Chloe Kiddell	UEA Norwich	2:51.75
2	Paige Lovage	Gt Yarmouth	2:57.49
3	Caitlin Davy	Diss Otters	2:57.50
4	Bethany Palmer	Little Fish	2:57.83
5	Francesca Wallace	Diss Otters	2:59.13
6	Jessica Shoemith	Dereham	3:04.13
7	India Barnett	Little Fish	3:09.52
8	Megan Curtis	Norwich Swan	3:15.60
	Rebecca Baxter	West Norfolk	DQ SL-

14 Yrs Age Group

Place	Name	Club	Time
1	Anna Bales	Dereham	2:46.22
2	Bethany Smith	West Norfolk	2:51.29
3	Grace Cordeaux	Little Fish	2:52.52
4	Lydia Holmes	Dereham	2:52.69
5	Hannah Blades	Diss Otters	2:55.57
6	Kirsty Barker	Diss Otters	3:02.81
7	Emily Hammans	Dereham	3:15.83
8	Matilda Ansell	Little Fish	3:23.37

15 Yrs Age Group

Place	Name	Club	Time
1	Emma Starling	Norwich Swan	3:08.62

16 Yrs/Over Age Group

Place	Name	Club	Time
1	Natasha Pestka	Gt Yarmouth	2:56.78
2	Alice Totterdale	Dereham	3:00.60
	Ziggy Swann	Dereham	DNC