

Thetford Dolphins Amateur Swimming Club

(Affiliated to Norfolk & East Region ASA)

Christine Clark Cup at Waterworld, Thetford

Date of gala 28/04/2012



| Lane | Place | Team | Points Total | Boys | Girls |
|------|-------|---------------|--------------|------|-------|
| 1 | 1 | Dereham | 173 | 103 | 70 |
| 2 | 2 | Diss | 165 | 90 | 75 |
| 4 | 3 | Thetford | 164 | 88 | 76 |
| 3 | 4 | N N Vikings | 124 | 62 | 62 |
| 5 | 5 | Gt Yarmouth-B | 115 | 37 | 78 |
| 6 | 6 | N Swan-B | 94 | 43 | 51 |

Event 1 Boys 9/10yrs 4x25m Medley Relay

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|---------|-------|-----|
| 1 | Relay Team | Dereham | 1:17.01 | 1 | 6 |
| 2 | Relay Team | Diss | 1:27.03 | 2 | 5 |
| 3 | Relay Team | N N Vikings | 1:35.19 | 4 | 3 |
| 4 | Relay Team | Thetford | 1:33.99 | 3 | 4 |
| 5 | Relay Team | Gt Yarmouth-B | 1:44.90 | 5 | 2 |
| 6 | Relay Team | N Swan-B | DQ | | 0 |

Event 2 Girls 9/10yrs 4x25m Medley Relay

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|---------|-------|-----|
| 1 | Relay Team | Dereham | 1:32.29 | 5 | 2 |
| 2 | Relay Team | Diss | 1:26.05 | 3 | 4 |
| 3 | Relay Team | N N Vikings | 1:29.98 | 4 | 3 |
| 4 | Relay Team | Thetford | 1:23.92 | 1 | 6 |
| 5 | Relay Team | Gt Yarmouth-B | 1:24.91 | 2 | 5 |
| 6 | Relay Team | N Swan-B | 1:37.75 | 6 | 1 |

Event 3 Boys 11/12yrs 4x25m Medley Relay

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|---------|-------|-----|
| 1 | Relay Team | Dereham | 1:12.66 | 1 | 6 |
| 2 | Relay Team | Diss | 1:13.30 | 2 | 5 |
| 3 | Relay Team | N N Vikings | 1:19.94 | 4 | 3 |
| 4 | Relay Team | Thetford | 1:14.76 | 3 | 4 |
| 5 | Relay Team | Gt Yarmouth-B | | | 0 |
| 6 | Relay Team | N Swan-B | 1:23.22 | 5 | 2 |

Event 4 Girls 11/12yrs 4x25m Medley Relay

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|---------|-------|-----|
| 1 | Relay Team | Dereham | DQ | | 0 |
| 2 | Relay Team | Diss | 1:14.17 | 2 | 5 |
| 3 | Relay Team | N N Vikings | 1:20.22 | 5 | 2 |
| 4 | Relay Team | Thetford | 1:13.72 | 1 | 6 |
| 5 | Relay Team | Gt Yarmouth-B | 1:14.82 | 3 | 4 |
| 6 | Relay Team | N Swan-B | 1:18.45 | 4 | 3 |

Event 5 Boys 9yrs 25m Freestyle

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-----------|---------------|---------|-------|-----|
| 1 | S Rose | Dereham | 0:16.17 | 1 | 6 |
| 2 | T Johnson | Diss | 0:17.66 | 2 | 5 |
| 3 | B Monsey | N N Vikings | 0:22.07 | 4 | 3 |
| 4 | C Trowell | Thetford | 0:19.62 | 3 | 4 |
| 5 | M Brown | Gt Yarmouth-B | 0:25.44 | 6 | 1 |
| 6 | D Toth | N Swan-B | 0:24.20 | 5 | 2 |

Event 6 Girls 9yrs 25m Freestyle

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------------|---------------|---------|-------|-----|
| 1 | L Bushby | Dereham | 0:23.39 | 5 | 2 |
| 2 | C Miller | Diss | 0:23.43 | 6 | 1 |
| 3 | L Harris | N N Vikings | 0:22.50 | 4 | 3 |
| 4 | J Norkett | Thetford | 0:18.00 | 1 | 6 |
| 5 | A Pearce | Gt Yarmouth-B | 0:19.68 | 2 | 5 |
| 6 | S Platford-Prior | N Swan-B | 0:21.65 | 3 | 4 |

Event 7 Boys 10yrs 50m Breaststroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-----------|---------------|---------|-------|-----|
| 1 | S Owen | Dereham | 0:50.10 | 1 | 6 |
| 2 | C Day | Diss | 0:52.61 | 2 | 5 |
| 3 | H Barwick | N N Vikings | 0:55.61 | 3 | 4 |
| 4 | W Pettit | Thetford | 0:56.72 | 4 | 3 |
| 5 | K Jones | Gt Yarmouth-B | DQ | | 0 |
| 6 | O Warnes | N Swan-B | 1:01.99 | 5 | 2 |

Event 8 Girls 10yrs 50m Breaststroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-----------|---------------|---------|-------|-----|
| 1 | T Harvey | Dereham | 0:50.81 | 2 | 5 |
| 2 | O Miller | Diss | 0:53.03 | 5 | 2 |
| 3 | H bird | N N Vikings | 0:45.20 | 1 | 6 |
| 4 | M Rolph | Thetford | 0:52.03 | 4 | 3 |
| 5 | M Burwood | Gt Yarmouth-B | 0:51.61 | 3 | 4 |
| 6 | B King | N Swan-B | 0:54.69 | 6 | 1 |

Event 9 Boys 11yrs 50m Backstroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|----------------|---------------|---------|-------|-----|
| 1 | F Ryan | Dereham | 0:34.36 | 1 | 6 |
| 2 | J Clarke | Diss | 0:37.00 | 2 | 5 |
| 3 | T Curtis | N N Vikings | 0:37.66 | 3 | 4 |
| 4 | T Collins | Thetford | 0:42.62 | 4 | 3 |
| 5 | B Medler | Gt Yarmouth-B | 1:02.57 | 6 | 1 |
| 6 | J Bond-Preston | N Swan-B | 0:55.20 | 5 | 2 |

Event 10 Girls 11yrs 50m Backstroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-------------|---------------|-------|-------|-----|
| 1 | J Jordan | Dereham | 45.01 | 6 | 1 |
| 2 | C Dickinson | Diss | 39.89 | 1 | 6 |
| 3 | K Brooker | N N Vikings | 43.14 | 3 | 4 |
| 4 | E Armes | Thetford | 43.15 | 4 | 3 |
| 5 | J Martin | Gt Yarmouth-B | 40.51 | 2 | 5 |
| 6 | E Gerrity | N Swan-B | 43.19 | 5 | 2 |

Event 11 Boys 12yrs 50m Butterfly

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | C Fenn | Dereham | 36.13 | 1 | 6 |
| 2 | D Boylan | Diss | 43.00 | 3 | 4 |
| 3 | L Cooper | N N Vikings | 50.39 | 4 | 3 |
| 4 | M Harvey | Thetford | 41.50 | 2 | 5 |
| 5 | M Houghton | Gt Yarmouth-B | | | 0 |

Event 12 Girls 12yrs 50m Butterfly

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | E Collins | Dereham | 37.86 | 2 | 5 |
| 2 | K Halmshaw | Diss | 37.94 | 3 | 4 |
| 3 | M Smith | N N Vikings | 36.05 | 1 | 6 |
| 4 | G Free | Thetford | 39.24 | 4 | 3 |
| 5 | K Buller | Gt Yarmouth-B | 43.07 | 6 | 1 |

6 J Cogman

N Swan-B

DQ

0

6 D Taghaddos

N Swan-B

40.04

5

2

Event 13 Boys 9yrs 25m Breaststroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-------------|---------------|-------|-------|-----|
| 1 | C Stedman | Dereham | 23.45 | 1 | 6 |
| 2 | B Greathead | Diss | 31.46 | 6 | 1 |
| 3 | B Life | N N Vikings | 30.36 | 5 | 2 |
| 4 | R Clarke | Thetford | 24.86 | 2 | 5 |
| 5 | H miller | Gt Yarmouth-B | 28.61 | 3 | 4 |
| 6 | J Holloway | N Swan-B | 28.90 | 4 | 3 |

Event 14 Girls 9yrs 25m Breaststroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | MBemrose | Dereham | 29.16 | 3 | 4 |
| 2 | C Miller | Diss | DQ | | 0 |
| 3 | P Muirhead | N N Vikings | 32.05 | 4 | 3 |
| 4 | J Norkett | Thetford | 24.61 | 1 | 6 |
| 5 | M Hollis | Gt Yarmouth-B | 25.33 | 2 | 5 |
| 6 | NON SCORER | N Swan-B | DQ | | 0 |

Event 15 Boys 10yrs 50m Backstroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-------------|---------------|-------|-------|-----|
| 1 | J Partridge | Dereham | DQ | | 0 |
| 2 | M Ashken | Diss | 47.75 | 3 | 4 |
| 3 | A Molloy | N N Vikings | 43.01 | 1 | 6 |
| 4 | A King | Thetford | 43.65 | 2 | 5 |
| 5 | K jones | Gt Yarmouth-B | 56.94 | 5 | 2 |
| 6 | T Gourlay | N Swan-B | 51.76 | 4 | 3 |

Event 16 Girls 10yrs 50m Backstroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | M Coates | Dereham | 42.96 | 1 | 6 |
| 2 | E Jefferis | Diss | 43.53 | 2 | 5 |
| 3 | I Davison | N N Vikings | DQ | | 0 |
| 4 | K Mold | Thetford | 46.72 | 4 | 3 |
| 5 | H Haylett | Gt Yarmouth-B | 44.26 | 3 | 4 |
| 6 | P Mixer | N Swan-B | 51.23 | 5 | 2 |

Event 17 Boys 11yrs 50m Butterfly

| Lane | Swimmer | Club | Time | Place | Pts |
|------|---------------------|---------------|---------|-------|-----|
| 1 | F Ryan | Dereham | 34.97 | 1 | 6 |
| 2 | J Clarke | Diss | 35.29 | 2 | 5 |
| 3 | L Babbs | N N Vikings | 53.67 | 4 | 3 |
| 4 | T Collins | Thetford | 46.41 | 3 | 4 |
| 5 | C Killick-Catchpole | Gt Yarmouth-B | 1.04.92 | 5 | 2 |
| 6 | J Bond-Preston | N Swan-B | DQ | | 0 |

Event 18 Girls 11yrs 50m Butterfly

| Lane | Swimmer | Club | Time | Place | Pts |
|------|----------------|---------------|-------|-------|-----|
| 1 | D Mattless | Dereham | 38.79 | 2 | 5 |
| 2 | F Martindale | Diss | 51.20 | 6 | 1 |
| 3 | I Horne-Morris | N N Vikings | 42.94 | 4 | 3 |
| 4 | E Armes | Thetford | 46.76 | 5 | 2 |
| 5 | H Harvey | Gt Yarmouth-B | 35.57 | 1 | 6 |
| 6 | E Davidson | N Swan-B | 42.83 | 3 | 4 |

Event 19 Boys 12yrs 50m Freestyle

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | A Crebbin | Dereham | 40.86 | 6 | 1 |
| 2 | L Kershaw | Diss | 39.22 | 5 | 2 |
| 3 | L Blatch | N N Vikings | 36.99 | 4 | 3 |
| 4 | A Darton | Thetford | 33.86 | 1 | 6 |
| 5 | A Hudson | Gt Yarmouth-B | 34.60 | 2 | 5 |
| 6 | G Saunders | N Swan-B | 35.12 | 3 | 4 |

Event 20 Girls 12yrs 50m Freestyle

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | M stedman | Dereham | 34.45 | 4 | 3 |
| 2 | K Halmshaw | Diss | 33.95 | 2 | 5 |
| 3 | M Smith | N N Vikings | 32.20 | 1 | 6 |
| 4 | G Free | Thetford | 34.56 | 5 | 2 |
| 5 | L Hartley | Gt Yarmouth-B | 44.08 | 6 | 1 |
| 6 | E Anema | N Swan-B | 34.00 | 3 | 4 |

Event 21 Boys 9/10yrs 4x25m Freestyle Relay

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|---------|-------|-----|
| 1 | Relay Team | Dereham | 1.09.81 | 1 | 6 |
| 2 | Relay Team | Diss | 1.17.48 | 3 | 4 |
| 3 | Relay Team | N N Vikings | 1.22.02 | 4 | 3 |
| 4 | Relay Team | Thetford | 1.16.21 | 2 | 5 |
| 5 | Relay Team | Gt Yarmouth-B | 1.37.07 | 6 | 1 |
| 6 | Relay Team | N Swan-B | 1.24.99 | 5 | 2 |

Event 22 Girls 9/10yrs 4x25m Freestyle Relay

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|---------|-------|-----|
| 1 | Relay Team | Dereham | 1.21.84 | 5 | 2 |
| 2 | Relay Team | Diss | 1.19.42 | 3 | 4 |
| 3 | Relay Team | N N Vikings | 1.20.77 | 4 | 3 |
| 4 | Relay Team | Thetford | 1.15.51 | 1 | 6 |
| 5 | Relay Team | Gt Yarmouth-B | 1.17.52 | 2 | 5 |
| 6 | Relay Team | N Swan-B | 1.27.35 | 6 | 1 |

Event 23 Boys 11/12yrs 4x25m Freestyle Relay

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|---------|-------|-----|
| 1 | Relay Team | Dereham | 1.05.35 | 1 | 6 |
| 2 | Relay Team | Diss | 1.06.83 | 3 | 4 |
| 3 | Relay Team | N N Vikings | 1.08.31 | 4 | 3 |
| 4 | Relay Team | Thetford | 1.06.19 | 2 | 5 |
| 5 | Relay Team | Gt Yarmouth-B | | | 0 |
| 6 | Relay Team | N Swan-B | 1.13.98 | 5 | 2 |

Event 24 Girls 11/12yrs 4x25m Freestyle Relay

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|---------|-------|-----|
| 1 | Relay Team | Dereham | 1.07.03 | 2 | 5 |
| 2 | Relay Team | Diss | 1.09.05 | 6 | 1 |
| 3 | Relay Team | N N Vikings | 1.09.04 | 5 | 2 |
| 4 | Relay Team | Thetford | 1.07.07 | 3 | 4 |
| 5 | Relay Team | Gt Yarmouth-B | 1.08.85 | 4 | 3 |
| 6 | Relay Team | N Swan-B | 1.06.51 | 1 | 6 |

Event 25 Boys 9yrs 25m Backstroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-------------|---------------|-------|-------|-----|
| 1 | C Stedman | Dereham | 23.75 | 1 | 6 |
| 2 | B Greathead | Diss | 31.31 | 6 | 1 |
| 3 | B Life | N N Vikings | 27.12 | 3 | 4 |
| 4 | R Clarke | Thetford | 26.50 | 2 | 5 |
| 5 | M Brown | Gt Yarmouth-B | 28.58 | 5 | 2 |
| 6 | D Toth | N Swan-B | 27.16 | 4 | 3 |

Event 26 Girls 9yrs 25m Backstroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | L Bushby | Dereham | 28.12 | 6 | 1 |
| 2 | A Palmer | Diss | 21.78 | 1 | 6 |
| 3 | L Harris | N N Vikings | 26.73 | 4 | 3 |
| 4 | I Free | Thetford | 22.99 | 2 | 5 |
| 5 | A Pearce | Gt Yarmouth-B | 23.81 | 3 | 4 |
| 6 | A Mitchell | N Swan-B | 28.12 | 5 | 2 |

Event 27 Boys 10yrs 50m Butterfly

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-------------|---------------|-------|-------|-----|
| 1 | J Partridge | Dereham | 46.32 | 2 | 5 |
| 2 | C Day | Diss | 41.60 | 1 | 6 |
| 3 | A Molloy | N N Vikings | 51.51 | 3 | 4 |
| 4 | A King | Thetford | 55.27 | 4 | 3 |
| 5 | No swimmer | Gt Yarmouth-B | | | 0 |
| 6 | T Gourlay | N Swan-B | DQ | | 0 |

Event 28 Girls 10yrs 50m Butterfly

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-----------|---------------|-------|-------|-----|
| 1 | T Harvey | Dereham | 42.75 | 1 | 6 |
| 2 | O Miller | Diss | 47.68 | 3 | 4 |
| 3 | V Lloyd | N N Vikings | 48.73 | 4 | 3 |
| 4 | K Mold | Thetford | 54.95 | 5 | 2 |
| 5 | M Burwood | Gt Yarmouth-B | 46.07 | 2 | 5 |
| 6 | B king | N Swan-B | 58.62 | 6 | 1 |

Event 29 Boys 11yrs 50m Freestyle

| Lane | Swimmer | Club | Time | Place | Pts |
|------|----------|---------------|-------|-------|-----|
| 1 | S James | Dereham | 37.03 | 3 | 4 |
| 2 | M Tatum | Diss | 36.68 | 2 | 5 |
| 3 | T Curtis | N N Vikings | 34.39 | 1 | 6 |
| 4 | B Foster | Thetford | 42.50 | 4 | 3 |
| 5 | B Medler | Gt Yarmouth-B | 46.45 | 6 | 1 |
| 6 | M Edean | N Swan-B | 43.36 | 5 | 2 |

Event 30 Girls 11yrs 50m Freestyle

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-------------|---------------|-------|-------|-----|
| 1 | J Jordan | Dereham | 40.61 | 6 | 1 |
| 2 | C Dickinson | Diss | 36.01 | 1 | 6 |
| 3 | K Brooker | N N Vikings | 37.13 | 3 | 4 |
| 4 | G Dickenson | Thetford | 37.25 | 4 | 3 |
| 5 | J Martin | Gt Yarmouth-B | 36.80 | 2 | 5 |
| 6 | E Davidson | N Swan-B | 37.37 | 5 | 2 |

Event 31 Boys 12yrs 50m Breaststroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | A Crebbin | Dereham | 52.87 | 6 | 1 |
| 2 | D Boylan | Diss | 42.57 | 1 | 6 |
| 3 | L Blatch | N N Vikings | 49.64 | 5 | 2 |
| 4 | M Harvey | Thetford | 42.59 | 2 | 5 |
| 5 | A Hudson | Gt Yarmouth-B | 49.44 | 4 | 3 |
| 6 | G Saunders | N Swan-B | 47.48 | 3 | 4 |

Event 32 Girls 12yrs 50m Breaststroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-----------|---------------|---------|-------|-----|
| 1 | M stedman | Dereham | 44.53 | 2 | 5 |
| 2 | S Brown | Diss | 42.98 | 1 | 6 |
| 3 | J Harris | N N Vikings | 1.11.27 | 6 | 1 |
| 4 | C Cronk | Thetford | 48.16 | 4 | 3 |
| 5 | L Hartley | Gt Yarmouth-B | 51.50 | 5 | 2 |
| 6 | E Anema | N Swan-B | 47.08 | 3 | 4 |

Event 33 Boys 9yrs 25m Butterfly

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | S Rose | Dereham | 19.06 | 1 | 6 |
| 2 | t johnson | Diss | 20.44 | 2 | 5 |
| 3 | B Monsey | N N Vikings | DQ | | 0 |
| 4 | C Trowell | Thetford | 25.70 | 4 | 3 |
| 5 | H miller | Gt Yarmouth-B | 23.90 | 3 | 4 |
| 6 | J Holloway | N Swan-B | 26.78 | 5 | 2 |

Event 34 Girls 9yrs 25m Butterfly

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------------|---------------|-------|-------|-----|
| 1 | M Bemrose | Dereham | 33.63 | 4 | 3 |
| 2 | A Palmer | Diss | 23.71 | 1 | 6 |
| 3 | K McLeod | N N Vikings | DQ | | 0 |
| 4 | I Free | Thetford | 25.98 | 2 | 5 |
| 5 | M Hollis | Gt Yarmouth-B | DQ | | 0 |
| 6 | S Platford-Prior | N Swan-B | 26.24 | 3 | 4 |

Event 35 Boys 10yrs 50m Freestyle

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | S Owen | Dereham | 40.27 | 2 | 5 |
| 2 | M Ashken | Diss | 38.24 | 1 | 6 |
| 3 | H Barwick | N N Vikings | 40.64 | 4 | 0 |
| 4 | D Clark | Thetford | 40.34 | 3 | 4 |
| 5 | J Richards | Gt Yarmouth-B | 56.11 | 6 | 0 |
| 6 | J Church | N Swan-B | 47.90 | 5 | 2 |

Event 36 Girls 10yrs 50m Freestyle

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | M Coates | Dereham | 38.46 | 4 | 3 |
| 2 | E Jefferis | Diss | 38.34 | 3 | 4 |
| 3 | V Lloyd | N N Vikings | 37.55 | 2 | 5 |
| 4 | M Rolph | Thetford | 45.15 | 6 | 1 |
| 5 | H Haylett | Gt Yarmouth-B | 37.35 | 1 | 6 |
| 6 | P Mixer | N Swan-B | 44.83 | 5 | 2 |

Event 37 Boys 11yrs 50m Breaststroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|---------------------|---------------|---------|-------|-----|
| 1 | S James | Dereham | 47.90 | 1 | 6 |
| 2 | M Tatum | Diss | 52.49 | 2 | 5 |
| 3 | L Babbs | N N Vikings | 54.64 | 4 | 3 |
| 4 | B Foster | Thetford | 55.77 | 5 | 2 |
| 5 | C Killick-Catchpole | Gt Yarmouth-B | 1.17.93 | 6 | 1 |
| 6 | M Edean | N Swan-B | 54.48 | 3 | 4 |

Event 38 Girls 11yrs 50m Breaststroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|----------------|---------------|-------|-------|-----|
| 1 | D Mattless | Dereham | 43.21 | 2 | 5 |
| 2 | F Martindale | Diss | 50.83 | 5 | 2 |
| 3 | I Horne-Morris | N N Vikings | 46.42 | 3 | 4 |
| 4 | G Dickenson | Thetford | 47.22 | 4 | 3 |
| 5 | H Harvey | Gt Yarmouth-B | 43.08 | 1 | 6 |
| 6 | E Gerrity | N Swan-B | 52.29 | 6 | 1 |

Event 39 Boys 12yrs 50m Backstroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|-------|-------|-----|
| 1 | C Fenn | Dereham | 41.17 | 3 | 4 |
| 2 | L Kershaw | Diss | 47.15 | 6 | 1 |
| 3 | L Cooper | N N Vikings | 41.86 | 4 | 3 |
| 4 | J Clark | Thetford | 40.01 | 1 | 6 |
| 5 | M Houghton | Gt Yarmouth-B | 40.57 | 2 | 5 |
| 6 | J Cogman | N Swan-B | 45.47 | 5 | 2 |

Event 40 Girls 12yrs 50m Backstroke

| Lane | Swimmer | Club | Time | Place | Pts |
|------|-----------|---------------|-------|-------|-----|
| 1 | E collins | Dereham | 38.00 | 1 | 6 |
| 2 | S Brown | Diss | 43.66 | 4 | 3 |
| 3 | J Harris | N N Vikings | 53.21 | 6 | 1 |
| 4 | H Last | Thetford | 39.51 | 3 | 4 |
| 5 | K buller | Gt Yarmouth-B | 44.30 | 5 | 2 |
| 6 | C Wilson | N Swan-B | 38.88 | 2 | 5 |

Event 41 B/G All Ages 8X25m Freestyle Relay

| Lane | Swimmer | Club | Time | Place | Pts |
|------|------------|---------------|---------|-------|-----|
| 1 | Relay Team | Dereham | 4.24.18 | 2 | 5 |
| 2 | Relay Team | Diss | 4.23.08 | 1 | 6 |
| 3 | Relay Team | N N Vikings | DQ | | 0 |
| 4 | Relay Team | Thetford | 4.24.58 | 3 | 4 |
| 5 | Relay Team | Gt Yarmouth-B | 4.39.86 | 4 | 3 |
| 6 | Relay Team | N Swan-B | 4.41.52 | 5 | 2 |

Event 42

| Lane | Swimmer | Club | Time | Place | Pts |
|------|---------|---------------|------|-------|-----|
| 1 | | Dereham | | | 0 |
| 2 | | Diss | | | 0 |
| 3 | | N N Vikings | | | 0 |
| 4 | | Thetford | | | 0 |
| 5 | | Gt Yarmouth-B | | | 0 |
| 6 | | N Swan-B | | | 0 |