



Long Distance Full Results

Session 2

EVENT 201 Mixed 09 Yrs/Over 400m IM

OPEN/MALE 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	William PENNOCK	11	Grantham	6:55.26	180
	50m 44.02	100m 1:37.44	150m 2:29.70	200m 3:20.75	250m 4:19.66
				300m 5:18.95	350m 6:08.14
				400m 6:55.26	

OPEN/MALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Callum LOYNES	13	Co Lincoln P	5:41.80	324
	50m 35.13	100m 1:18.35	150m 2:00.55	200m 2:41.63	250m 3:31.35
				300m 4:21.76	350m 5:02.56
				400m 5:41.80	

OPEN/MALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Yu Ching (Eugene) CHEU	14	Grantham	5:55.58	287
	50m 35.13	100m 1:19.20	150m 2:03.17	200m 2:47.33	250m 3:38.91
				300m 4:35.00	350m 5:15.24
				400m 5:55.58	
2.	Thomas KINNNEAR	14	Grantham	6:35.48	209
	50m 38.52	100m 1:26.18	150m 2:18.12	200m 3:09.30	250m 4:05.44
				300m 5:01.96	350m 5:49.85
				400m 6:35.48	

OPEN/MALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ben CARLYLE	15	Grantham	4:59.17	483
	50m 30.39	100m 1:07.48	150m 1:43.91	200m 2:20.22	250m 3:07.74
				300m 3:53.56	350m 4:27.37
				400m 4:59.17	
2.	Elliot MCWHIRTER	15	Lincoln TSA	6:38.85	204
	50m 41.09	100m 1:33.09	150m 2:23.93	200m 3:15.08	250m 4:09.63
				300m 5:05.99	350m 5:53.56
				400m 6:38.85	

OPEN/MALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	James DOBNEY	21	Grantham	4:45.44	556
	50m 28.78	100m 1:03.14	150m 1:40.84	200m 2:17.26	250m 2:58.18
				300m 3:39.84	350m 4:13.77
				400m 4:45.44	
2.	Benjamin ROBERTS	16	Grantham	4:54.54	506
	50m 29.30	100m 1:03.97	150m 1:42.40	200m 2:20.13	250m 3:02.86
				300m 3:46.57	350m -
				400m 4:54.54	
3.	Benjamin DERBY	16	Lincoln Vulc	5:02.89	465
	50m 31.37	100m 1:07.99	150m 1:46.60	200m 2:24.44	250m 3:08.31
				300m 3:52.61	350m 4:28.05
				400m 5:02.89	
4.	Daniel DEGNAN	17	Grantham	5:08.72	440
	50m 30.48	100m 1:05.09	150m 1:43.43	200m 2:21.50	250m 3:08.47
				300m 3:55.87	350m 4:32.59
				400m 5:08.72	

FEMALE 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Emmeline GLEAVE	10	Grantham	7:15.14	210
	50m 43.38	100m 1:39.11	150m 2:37.53	200m 3:36.03	250m 4:34.61
				300m 5:34.72	350m 6:24.86
				400m 7:15.14	

FEMALE 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Leila MARANDI	11	Retford	6:12.29	336
	50m 39.16	100m 1:28.93	150m 2:16.80	200m 3:00.53	250m 3:55.14
				300m 4:49.19	350m 5:31.43
				400m 6:12.29	
2.	Hollie-Ann CROOK	11	Grantham	6:42.68	265
	50m 42.10	100m 1:33.36	150m 2:24.60	200m 3:13.93	250m 4:11.67
				300m 5:08.67	350m 5:57.55
				400m 6:42.68	
	Ruby NISBET	11	Newark	DQT 7L	

FEMALE 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Katherine FLETCHER	12	Loughborough	5:47.29	414
	50m 36.83	100m 1:20.98	150m 2:05.62	200m 2:49.88	250m 3:38.85
				300m 4:28.54	350m 5:09.10
				400m 5:47.29	
2.	Robyn STEEL	12	Co Lincoln P	6:02.93	363
	50m 40.17	100m 1:27.47	150m 2:12.71	200m 2:58.00	250m 3:47.14
				300m 4:37.71	350m 5:20.84
				400m 6:02.93	
3.	Madeline SURTEES	12	Grantham	6:55.49	242
	50m 46.22	100m 1:45.38	150m 2:38.56	200m 3:30.92	250m 4:24.62
				300m 5:21.05	350m 6:09.58
				400m 6:55.49	
4.	Lydia EVANS	12	Co Lincoln P	7:11.93	215
	50m 45.75	100m 1:40.16	150m 2:36.09	200m 3:30.10	250m 4:33.45
				300m 5:36.39	350m 6:26.45
				400m 7:11.93	

FEMALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Lottie Ava FLATTERS	13	Deepings	5:59.06	375
	50m 35.98	100m 1:16.89	150m 2:03.12	200m 2:48.84	250m 3:43.57
				300m 4:39.26	350m 5:20.41
				400m 5:59.06	
2.	Lucy ABBOTT	13	Grantham	6:10.97	340
	50m 37.44	100m 1:21.39	150m 2:09.11	200m 2:56.58	250m 3:49.87
				300m 4:44.67	350m 5:30.10
				400m 6:10.97	
	Annabelle JAY	13	Grantham	DNC	
	Olivia CHARITY	13	Grantham	DQ ST	

FEMALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Lucy TONGUE	14	Ripley	5:57.37	380
	50m 37.06	100m 1:21.43	150m 2:06.83	200m 2:52.28	250m 3:44.65
				300m 4:38.24	350m 5:18.90
				400m 5:57.37	

FEMALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Iris FRENCH	15	Lincoln Vulc	6:15.36	328
	50m 37.97	100m 1:26.81	150m 2:15.05	200m 3:01.95	250m 3:59.00
				300m 4:56.18	350m 5:38.34
				400m 6:15.36	
2.	Lexie SHEWAN	15	Grantham	6:15.96	326
	50m 39.02	100m 1:28.69	150m 2:14.98	200m 3:00.93	250m 3:56.46
				300m 4:52.30	350m 5:35.78
				400m 6:15.96	

FEMALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Grace HOWITT	16	Grantham	6:04.99	357
	50m 38.47	100m 1:24.83	150m 2:10.50	200m 2:56.10	250m 3:49.24
				300m 4:42.11	350m 5:25.02
				400m 6:04.99	
2.	Luiza KOZIOL	17	Lincoln TSA	6:23.78	307
	50m 42.96	100m 1:37.07	150m 2:27.71	200m 3:16.77	250m 4:07.25
				300m 4:59.22	350m 5:42.40
				400m 6:23.78	

EVENT 202 Mixed 09 Yrs/Over 400m Freestyle

OPEN/MALE 09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Matias MIGLIORINO	9	Newark	6:38.00	151				
	50m 44.36	100m 1:32.46	150m 2:22.29	200m 3:13.42	250m 4:05.34	300m 4:57.84	350m 5:50.63	400m 6:38.00	
2.	Leo FRANCAZAK	9	Co Lincoln P	8:13.66	79				
	50m 53.54	100m 1:52.94	150m 2:57.19	200m 4:00.67	250m 5:05.46	300m 6:10.93	350m 7:10.17	400m 8:13.66	

OPEN/MALE 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Harrison ABLITT	10	Co Lincoln P	6:12.96	184				
	50m 39.98	100m 1:26.13	150m 2:14.23	200m 3:02.30	250m 3:50.83	300m 4:38.56	350m 5:26.75	400m 6:12.96	
2.	Liam EDMANDES	10	Deepings	6:54.92	133				
	50m 46.33	100m 1:38.84	150m 2:31.87	200m 3:26.37	250m 4:20.78	300m 5:16.93	350m 6:08.71	400m 6:54.92	
3.	Ralph MILNE	10	Grantham	6:57.79	131				
	50m 45.68	100m 1:37.70	150m 2:29.79	200m 3:23.63	250m 4:17.93	300m 5:10.33	350m 6:02.42	400m 6:57.79	
4.	Maksim ROMANOVSKIJ	10	Newark	7:34.65	101				
	50m 45.26	100m 1:35.40	150m 2:30.35	200m 3:28.75	250m 4:31.38	300m 5:34.88	350m 6:37.85	400m 7:34.65	

OPEN/MALE 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	William PENNOCK	11	Grantham	6:32.49	158				
	50m 43.81	100m 1:33.81	150m 2:23.95	200m 3:14.69	250m 4:05.91	300m 4:57.54	350m 5:48.18	400m 6:32.49	

OPEN/MALE 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Jimmin BAO	12	Grantham	5:22.52	285				
	50m 35.35	100m 1:15.54	150m 1:57.02	200m 2:38.47	250m 3:20.09	300m 4:01.48	350m 4:43.24	400m 5:22.52	
2.	Haiden IP	12	Newark	5:48.64	225				
	50m 39.56	100m 1:23.47	150m 2:08.14	200m 2:51.10	250m 3:36.80	300m 4:22.02	350m 5:07.03	400m 5:48.64	
3.	Benjamin GODDARD	12	Grantham	5:49.67	223				
	50m 37.54	100m 1:22.06	150m 2:07.45	200m 2:52.83	250m 3:37.42	300m 4:23.29	350m 5:09.06	400m 5:49.67	
4.	Louis WRIGHT	12	Grantham	5:54.26	215				
	50m 39.34	100m 1:24.43	150m 2:09.69	200m 2:55.84	250m 3:42.50	300m 4:29.50	350m 5:12.18	400m 5:54.26	

OPEN/MALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Isaac FAHEY	13	Newark	5:08.99	324				
	50m 34.45	100m 1:12.68	150m 1:52.45	200m 2:32.19	250m 3:11.75	300m 3:51.95	350m 4:31.78	400m 5:08.99	
2.	Leo BARNETT	13	Grantham	5:21.13	288				
	50m 36.00	100m 1:15.61	150m 1:57.25	200m 2:38.89	250m 3:19.73	300m 4:00.77	350m 4:42.33	400m 5:21.13	

OPEN/MALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Noah SKINNER	14	Deepings	4:58.09	360				
	50m 32.59	100m 1:09.98	150m 1:48.35	200m 2:26.40	250m 3:05.17	300m 3:43.92	350m 4:22.00	400m 4:58.09	
2.	Tristan EKE	14	Co Lincoln P	5:18.95	294				
	50m 36.70	100m 1:16.26	150m 1:57.74	200m 2:39.05	250m 4:01.53	300m 4:42.23	350m -	400m 5:18.95	
3.	Arthur BREARLEY-NEWSOM	14	Grantham	5:23.01	283				
	50m 35.33	100m 1:15.43	150m 1:57.37	200m 2:39.29	250m 3:20.63	300m 4:02.87	350m 4:44.67	400m 5:23.01	
4.	Sebastian MADDISON	14	Co Lincoln P	6:01.73	202				
	50m 37.45	100m 1:21.70	150m 2:09.47	200m 2:58.72	250m 3:46.05	300m 4:31.12	350m 5:18.50	400m 6:01.73	

OPEN/MALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Daniel HEPPESTONE	15	Co Lincoln P	4:24.05	519				
	50m 30.20	100m 1:02.85	150m 1:36.44	200m 2:10.48	250m 2:44.28	300m 3:18.10	350m 3:50.98	400m 4:24.05	

OPEN/MALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Morgan FARRAR	16	Co Lincoln P	4:19.26	548				
	50m 28.26	100m 1:00.35	150m 1:33.61	200m 2:07.22	250m 2:40.49	300m 3:14.41	350m 3:47.73	400m 4:19.26	
2.	Zach HOPKINSON	16	Grantham	4:19.73	545				
	50m 29.11	100m 1:01.28	150m 1:34.71	200m 2:08.30	250m 2:41.63	300m 3:14.94	350m 3:48.37	400m 4:19.73	
3.	Luke DAYBELL	16	Grantham	4:32.75	471				
	50m 29.12	100m 1:02.31	150m 1:37.15	200m 2:12.28	250m 2:48.11	300m 3:23.44	350m 3:58.67	400m 4:32.75	
4.	Luke MARTIN	16	Newark	5:13.63	309				
	50m 34.98	100m 1:14.50	150m 1:54.47	200m 2:35.58	250m 3:15.90	300m 3:56.77	350m 4:36.22	400m 5:13.63	
5.	Jack MARTIN	16	Newark	5:24.77	279				
	50m 34.76	100m 1:14.82	150m 1:56.79	200m 2:38.93	250m 3:20.39	300m 4:02.82	350m 4:44.64	400m 5:24.77	
	Joshua CLARKE	17	Grantham	DNC					

FEMALE 10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Liberty HAGGAR	10	Newark	6:39.53	194				
	50m 43.12	100m 1:33.51	150m 2:25.67	200m 3:16.89	250m 4:09.46	300m 5:02.09	350m 5:53.84	400m 6:39.53	
2.	Florence MCCLURE	10	Lincoln TSA	7:10.24	155				
	50m 46.69	100m 1:38.50	150m 2:30.64	200m 3:25.74	250m 4:23.38	300m 5:20.16	350m 6:17.41	400m 7:10.24	
3.	Annabel HILLSON	10	Grantham	7:12.01	153				
	50m 47.96	100m 1:43.37	150m 2:40.10	200m 3:36.11	250m 4:32.65	300m 5:27.58	350m 6:20.45	400m 7:12.01	

FEMALE 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Isla ROBINSON	11	Co Lincoln P	5:47.37	295				
	50m 38.66	100m 1:23.05	150m 2:07.95	200m 2:52.93	250m 3:37.17	300m 4:22.18	350m 5:07.15	400m 5:47.37	
2.	Ella KHAMA	11	Grantham	5:51.98	283				
	50m 37.37	100m 1:20.67	150m 2:06.61	200m 2:51.56	250m 3:37.03	300m 4:22.66	350m 5:07.33	400m 5:51.98	
3.	Caitlynn EDMANDES	11	Deepings	5:53.31	280				
	50m 40.35	100m 1:25.38	150m 2:10.77	200m 2:56.52	250m 3:41.61	300m 4:26.54	350m 5:10.50	400m 5:53.31	
4.	Eva MADDISON	11	Co Lincoln P	5:56.75	272				
	50m 37.06	100m 1:21.38	150m 2:07.75	200m 2:54.01	250m 3:39.64	300m 4:26.67	350m 5:13.14	400m 5:56.75	
5.	Honey FLOWER	11	Grantham	5:57.25	271				
	50m 41.18	100m 1:25.94	150m 2:12.46	200m 2:58.69	250m 3:44.03	300m 4:29.22	350m 5:14.31	400m 5:57.25	
6.	Ruby NISBET	11	Newark	6:04.02	256				
	50m 41.19	100m 1:27.93	150m 2:15.91	200m 3:02.40	250m 3:49.50	300m 4:35.25	350m 5:21.02	400m 6:04.02	
7.	Hollie-Ann CROOK	11	Grantham	6:11.90	240				



Long Distance Full Results

Session 2

	50m 41.34	100m 1:28.93	150m 2:17.60	200m 3:04.79	250m 3:52.94	300m 4:41.47	350m 5:28.23	400m 6:11.90
8. Elizabeth FAHEY		11 Newark		6:40.37	192			
	50m 42.57	100m 1:33.02	150m 2:24.79	200m 3:17.00	250m 4:08.07	300m 5:00.13	350m 5:50.86	400m 6:40.37
9. Ava MORGAN		11 Co Lincoln P		6:41.47	191			
	50m 43.91	100m 1:34.00	150m 2:25.93	200m 3:18.46	250m 4:10.92	300m 5:02.02	350m 5:52.60	400m 6:41.47
10. Abigail TAYLOR		11 Grantham		6:44.20	187			
	50m 46.10	100m -	150m 2:29.41	200m 3:20.36	250m 4:11.32	300m 5:03.97	350m 5:56.01	400m 6:44.20
11. Esm�� EVANS		11 Grantham		6:54.22	174			
	50m 45.22	100m 1:37.71	150m 2:30.43	200m 3:24.02	250m 4:17.93	300m 5:11.46	350m 6:03.71	400m 6:54.22
12. Evelyn NICHOLLS		11 Grantham		7:16.56	148			
	50m 44.86	100m 1:38.91	150m 2:35.90	200m 3:32.26	250m 4:30.84	300m 5:27.92	350m 6:25.52	400m 7:16.56
13. Norahh MOE-AUNG		11 Grantham		7:51.12	118			
	50m 50.06	100m 1:47.49	150m 2:47.57	200m 3:49.11	250m 4:50.53	300m 5:52.28	350m 6:52.33	400m 7:51.12

FEMALE 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts			
1.	Evie NEWMAN	12	Lincoln Vulc	5:05.24	435			
	50m 33.39	100m 1:11.05	150m 1:49.78	200m 2:28.96	250m 3:08.21	300m 3:47.90	350m 4:27.91	400m 5:05.24
2.	Freya HUGHES	12	Co Lincoln P	5:30.47	342			
	50m 36.38	100m 1:17.92	150m 2:00.39	200m 2:43.54	250m 3:26.85	300m 4:10.06	350m 4:51.88	400m 5:30.47
3.	Florence HARPER	12	Grantham	6:08.24	247			
	50m 41.29	100m 1:27.96	150m 2:15.26	200m 3:04.56	250m 3:51.87	300m 4:39.22	350m 5:24.70	400m 6:08.24
4.	Matilda MCDONNELL	12	Grantham	6:24.38	217			
	50m 42.84	100m 1:30.61	150m 2:19.84	200m 3:08.75	250m 3:57.58	300m 4:46.34	350m 5:35.64	400m 6:24.38
	Katherine FLETCHER	12	Loughborough	DNC				

FEMALE 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts			
1.	Lucy WILLATTS	13	Grantham	4:44.23	538			
	50m 31.62	100m 1:06.31	150m 1:42.48	200m 2:19.15	250m 2:55.52	300m 3:32.52	350m 4:08.42	400m 4:44.23
2.	Freya SHARPE	13	Lincoln Vulc	5:07.34	426			
	50m 34.85	100m 1:13.70	150m 1:53.17	200m 2:32.98	250m 3:12.21	300m 3:52.78	350m 4:31.41	400m 5:07.34
3.	Lucia CHIVERS	13	Newark	5:14.75	396			
	50m 34.02	100m 1:13.07	150m 1:53.43	200m 2:34.34	250m 3:15.00	300m 3:56.41	350m 4:36.54	400m 5:14.75
4.	Florence MONAGHAN	13	Lincoln TSA	5:30.47	342			
	50m 36.10	100m 1:17.00	150m 1:59.10	200m 2:42.24	250m 3:26.12	300m 4:09.09	350m 4:51.10	400m 5:30.47
5.	Annabel SHEPHERD	13	Deepings	5:40.03	314			
	50m 38.69	100m 1:21.27	150m 2:04.87	200m 2:48.28	250m 3:32.45	300m 4:15.85	350m 4:58.95	400m 5:40.03
6.	Ava-Grace GREGORY	13	Grantham	5:49.24	290			
	50m 38.05	100m 1:20.44	150m 2:03.94	200m 2:48.91	250m 3:34.59	300m 4:21.45	350m 5:07.41	400m 5:49.24
7.	Olivia CHARITY	13	Grantham	6:36.35	198			
	50m 43.40	100m 1:32.55	150m 2:22.75	200m 3:13.19	250m 4:04.09	300m 4:56.89	350m 5:47.62	400m 6:36.35

FEMALE 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts			
1.	Ellena HOWITT	14	Grantham	5:02.07	448			
	50m 32.89	100m 1:10.90	150m 1:50.02	200m 2:29.19	250m 3:08.33	300m 3:47.10	350m 4:25.47	400m 5:02.07
	Violet NISBET	14	Newark	DQ ST				

FEMALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts			
1.	Isla GRAY	15	Grantham	4:54.11	486			
	50m 31.94	100m 1:07.53	150m 1:44.70	200m 2:22.55	250m 3:00.73	300m 3:39.16	350m 4:17.63	400m 4:54.11
2.	Jessica - Rose DAVISON	15	Grantham	4:57.19	471			
	50m 32.33	100m 1:08.30	150m 1:45.67	200m 2:23.75	250m 3:02.23	300m 3:41.32	350m 4:20.18	400m 4:57.19
3.	Ruby WHITEHEAD	15	Newark	5:19.77	378			
	50m 35.13	100m 1:14.07	150m 1:54.54	200m 2:35.58	250m 3:17.19	300m 3:58.77	350m 4:40.23	400m 5:19.77
4.	Iris FRENCH	15	Lincoln Vulc	5:25.04	360			
	50m 36.16	100m 1:17.17	150m 1:58.78	200m 2:41.32	250m 3:23.65	300m 4:05.97	350m 4:47.75	400m 5:25.04
5.	Lexie SHEWAN	15	Grantham	5:34.35	331			
	50m 36.22	100m 1:16.60	150m 1:58.58	200m 2:41.25	250m 3:24.43	300m 4:08.65	350m 4:51.96	400m 5:34.35

FEMALE 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts			
1.	Grace TURNER	18	Grantham	4:35.26	593			
	50m 30.25	100m 1:04.38	150m 1:39.39	200m 2:14.83	250m 2:50.24	300m 3:25.65	350m 4:00.83	400m 4:35.26
2.	Grace HOWITT	16	Grantham	5:37.20	322			
	50m 36.49	100m 1:18.26	150m 2:01.75	200m 2:45.51	250m 3:27.85	300m 4:11.63	350m 4:55.07	400m 5:37.20
3.	Charlotte GOSLING	16	Newark	6:02.54	259			
	50m 40.42	100m 1:24.03	150m 2:08.78	200m 2:54.70	250m 3:41.16	300m 4:28.49	350m 5:16.48	400m 6:02.54