

EVENT 403 Women's 400m Freestyle
Open Age Group - Full Results

Place	Name	YoB	Club	Time		WA Pts				
1.	Leah Crisp	(01)	Bath PC	4:15.16	AF	785				
	50m 30.14	100m 1:02.40	150m 1:35.08	200m 2:07.71	250m 2:39.69	300m 3:11.77	350m 3:43.64	400m 4:15.16		
			32.68	32.63	31.98	32.08	31.87	31.52		
2.	Amelie Blocksidge	(09)	Co Salford	4:15.37	AF	783				
	50m 29.99	100m 1:02.10	150m 1:34.59	200m 2:07.35	250m 2:39.55	300m 3:11.70	350m 3:43.87	400m 4:15.37		
			32.49	32.76	32.20	32.15	32.17	31.50		
3.	Lucy Fox	(06)	Wycombe Dist	4:16.43	AF	773				
	50m 29.64	100m 1:01.86	150m 1:34.58	200m 2:07.01	250m 2:39.85	300m 3:12.48	350m 3:44.97	400m 4:16.43		
			32.72	32.43	32.84	32.63	32.49	31.46		
4.	Holly Hibbott	(99)	Bath PC	4:16.54	AF	772				
	50m 30.13	100m 1:02.81	150m 1:36.12	200m 2:08.37	250m 2:40.68	300m 3:13.34	350m 3:45.13	400m 4:16.54		
			33.31	32.25	32.31	32.66	31.79	31.41		
5.	Michaela Glenister	(02)	UniOfStirl	4:17.28	AF	765				
	50m 29.90	100m 1:02.07	150m 1:34.68	200m 2:07.22	250m 2:39.87	300m 3:12.52	350m 3:45.23	400m 4:17.28		
			32.61	32.54	32.65	32.65	32.71	32.05		
6.	Megan Barnes	(03)	Mt Kelly	4:17.38	AF	764				
	50m 29.32	100m 1:01.20	150m 1:34.14	200m 2:06.96	250m 2:39.68	300m 3:12.20	350m 3:45.37	400m 4:17.38		
			32.94	32.82	32.72	32.52	33.17	32.01		
7.	Fleur Lewis	(03)	Lboro Uni	4:17.51	AF	763				
	50m 30.33	100m 1:02.64	150m 1:35.47	200m 2:08.25	250m 2:40.82	300m 3:13.52	350m 3:46.19	400m 4:17.51		
			32.83	32.78	32.57	32.70	32.67	31.32		
8.	Jemima Hall	(01)	Bath Univ	4:19.52	AF	746				
	50m 29.72	100m 1:01.92	150m 1:34.52	200m 2:07.31	250m 2:40.40	300m 3:13.62	350m 3:47.15	400m 4:19.52		
			32.60	32.79	33.09	33.22	33.53	32.37		
9.	Mia Slevin	(03)	Lboro Uni	4:19.58	BF/AR1	745				
	50m 29.88	100m 1:02.45	150m 1:35.50	200m 2:08.70	250m 2:41.62	300m 3:14.50	350m 3:47.36	400m 4:19.58		
			33.05	33.20	32.92	32.88	32.86	32.22		
10.	Shannon Stott	(00)	Co Sheffield	4:19.63	BF/AR2	745				
	50m 29.46	100m 1:01.72	150m 1:34.28	200m 2:07.25	250m 2:40.01	300m 3:13.40	350m 3:46.73	400m 4:19.63		
			32.56	32.97	32.76	33.39	33.33	32.90		
11.	Phoebe Cooper	(08)	Co Sheffield	4:20.05	BF	741				
	50m 30.09	100m 1:03.35	150m 1:36.88	200m 2:10.93	250m 2:42.87	300m 3:16.25	350m 3:48.38	400m 4:20.05		
			33.53	34.05	31.94	33.38	32.13	31.67		
12.	Ella Dyson	(04)	Wycombe Dist	4:20.52	BF	737				
	50m 30.42	100m 1:02.93	150m 1:35.69	200m 2:08.49	250m 2:41.35	300m 3:14.42	350m 3:47.60	400m 4:20.52		
			32.76	32.80	32.86	33.07	33.18	32.92		
13.	Aimee Monks	(05)	Swansea Uni	4:21.95	BF	725				
	50m 29.24	100m 1:01.92	150m 1:35.71	200m 2:09.55	250m 2:42.77	300m 3:16.09	350m 3:49.60	400m 4:21.95		
			33.79	33.84	33.22	33.32	33.51	32.35		
14.	Hollie Wilson	(08)	Co Leeds	4:22.04	BF	724				
	50m 30.35	100m 1:02.96	150m 1:36.12	200m 2:09.49	250m 2:42.92	300m 3:16.40	350m 3:50.07	400m 4:22.04		
			33.16	33.37	33.43	33.48	33.67	31.97		
15.	Beatrice Varley	(03)	Plymouth Lea	4:22.11	BF	724				
	50m 30.32	100m 1:02.82	150m 1:35.82	200m 2:09.15	250m 2:42.03	300m 3:15.48	350m 3:49.03	400m 4:22.11		
			33.00	33.33	32.88	33.45	33.55	33.08		
16.	Mairi Craig	(04)	Edinburgh Un	4:22.16	BF	723				
	50m 29.94	100m 1:02.52	150m 1:35.27	200m 2:08.31	250m 2:41.52	300m 3:15.40	350m 3:49.08	400m 4:22.16		
			32.75	33.04	33.21	33.88	33.68	33.08		
17.	Molly Baker	(07)	Co Sheffield	4:22.36	JF/BR1	722				
	50m 30.45	100m 1:03.31	150m 1:36.49	200m 2:09.25	250m 2:42.54	300m 3:16.00	350m 3:49.97	400m 4:22.36		
			33.18	32.86	33.29	33.46	33.97	32.39		
18.	Emilia John	(07)	Co Cardiff	4:23.39	JF/BR2	713				
	50m 30.21	100m 1:02.74	150m 1:35.92	200m 2:09.03	250m 2:42.50	300m 3:16.04	350m 3:50.03	400m 4:23.39		
			33.18	33.11	33.47	33.54	33.99	33.36		
19.	Cait Cotter	(07)	Chelmsford	4:23.89	JF	709				
	50m 30.79	100m 1:03.45	150m 1:37.03	200m 2:10.62	250m 2:44.24	300m 3:17.91	350m 3:51.66	400m 4:23.89		
			33.58	33.59	33.62	33.67	33.75	32.23		
20.	Ruby Griffiths	(06)	Mt Kelly	4:24.21	JF	707				
	50m 30.07	100m 1:02.92	150m 1:36.23	200m 2:09.95	250m 2:43.77	300m 3:17.86	350m 3:51.65	400m 4:24.21		
			33.31	33.72	33.82	34.09	33.79	32.56		
21.	Jessica Smelt	(07)	Repton	4:24.44	JF	705				
	50m 30.59	100m 1:03.31	150m 1:36.40	200m 2:09.91	250m 2:43.81	300m 3:18.02	350m 3:51.77	400m 4:24.44		
			33.09	33.51	33.90	34.21	33.75	32.67		
22.	Emily Johnson	(06)	Millfield	4:24.54	JF	704				
	50m 30.02	100m 1:02.75	150m 1:36.66	200m 2:10.34	250m 2:44.28	300m 3:18.56	350m 3:52.13	400m 4:24.54		
			33.91	33.68	33.94	34.28	33.57	32.41		
23.	Maisie Dickinson	(07)	Wycombe Dist	4:24.69	JF	703				
	50m 30.33	100m 1:03.49	150m 1:37.39	200m 2:11.17	250m 2:44.69	300m 3:18.53	350m 3:52.22	400m 4:24.69		
			33.90	33.78	33.52	33.84	33.69	32.47		
24.	Anya Preece	(03)	Derby Excel	4:24.75		702				
	50m 30.46	100m 1:03.35	150m 1:36.95	200m 2:10.96	250m 2:44.61	300m 3:18.42	350m 3:52.22	400m 4:24.75		
			33.60	34.01	33.65	33.81	33.80	32.53		
25.	Phoebe Arbuckle	(08)	Warrender Ba	4:24.83	JF	702				
	50m 29.82	100m 1:02.56	150m 1:36.13	200m 2:09.78	250m 2:43.68	300m 3:17.72	350m 3:51.84	400m 4:24.83		
			33.57	33.65	33.90	34.04	34.12	32.99		

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26. Emily Forwood	(04) Swansea Uni	4:25.21	699
50m 30.27	100m 1:02.34	150m 1:36.07	200m 2:10.36
30.27	32.07	33.73	34.29
27. Erin Little	(05) Mt Kelly	4:25.60	696
50m 29.48	100m 1:02.06	150m 1:35.89	200m 2:10.15
29.48	32.58	33.83	34.26
28. Lucy Parsons	(07) Co Liverpool	4:25.67	JR1 695
50m 30.58	100m 1:03.81	150m 1:37.37	200m 2:11.22
30.58	33.23	33.56	33.85
29. Ava Cook	(08) Co Sheffield	4:26.00	JR2 692
50m 30.21	100m 1:03.06	150m 1:37.08	200m 2:10.90
30.21	32.85	34.02	33.82
30. Abbie Roscoe	(09) Wirral Metro	4:26.47	689
50m 30.58	100m 1:03.35	150m 1:37.14	200m 2:11.44
30.58	32.77	33.79	34.30
31. Hannah Hodgkiss	(06) Repton	4:26.48	689
50m 30.47	100m 1:03.20	150m 1:36.83	200m 2:10.72
30.47	32.73	33.63	33.89
32. Harriet Oxley	(05) Repton	4:26.92	685
50m 30.66	100m 1:03.57	150m 1:37.58	200m 2:11.80
30.66	32.91	34.01	34.22
33. Rebecca Reid	(02) Aberdeen	4:27.83	678
50m 29.78	100m 1:03.08	150m 1:37.36	200m 2:11.56
29.78	33.30	34.28	34.20
34. Darcey Smith	(10) Portsmouth N	4:28.23	675
50m 30.42	100m 1:04.19	150m 1:38.21	200m 2:12.59
30.42	33.77	34.02	34.38
35. Isabelle Jopson	(03) Lboro Uni	4:28.26	675
50m 31.08	100m 1:04.30	150m 1:37.81	200m 2:11.58
31.08	33.22	33.51	33.77
36. Kerry Hennie	(08) Co Liverpool	4:28.46	674
50m 30.18	100m 1:03.81	150m 1:37.65	200m 2:12.00
30.18	33.63	33.84	34.35
37. Tsala Bernholt	(06) Barnet Copt	4:28.52	673
50m 29.84	100m 1:02.45	150m 1:36.16	200m 2:10.64
29.84	32.61	33.71	34.48
38. Scarlett Orchard	(03) Lboro Uni	4:28.76	671
50m 30.48	100m 1:03.01	150m 1:36.65	200m 2:10.22
30.48	32.53	33.64	33.57
39. Alice Forrest	(09) N & D PP SC	4:28.82	671
50m 30.34	100m 1:03.55	150m 1:37.18	200m 2:11.42
30.34	33.21	33.63	34.24
40. Alice Young	(08) Guildford Ct	4:28.87	670
50m 30.06	100m 1:03.47	150m 1:37.47	200m 2:11.64
30.06	33.41	34.00	34.17
41. Phyllida Britton	(97) Ealing	4:29.18	668
50m 31.04	100m 1:04.62	150m 1:38.05	200m 2:12.22
31.04	33.58	33.43	34.17
42. Emma Price	(08) N & D PP SC	4:29.21	668
50m 30.31	100m 1:03.95	150m 1:38.15	200m 2:12.67
30.31	33.64	34.20	34.52
43. Anna Farrow	(05) Bath Univ	4:29.30	667
50m 30.46	100m 1:03.30	150m 1:37.19	200m 2:11.60
30.46	32.84	33.89	34.41
44. Katherine Bailey	(04) UniOfStirl	4:29.31	667
50m 30.67	100m 1:03.61	150m 1:36.86	200m 2:10.74
30.67	32.94	33.25	33.88
45. Annabelle Compton	(08) Wycombe Dist	4:29.45	666
50m 30.32	100m 1:03.37	150m 1:37.87	200m 2:12.47
30.32	33.05	34.50	34.60
46. Jess Widdowson	(06) Co Leeds	4:29.48	666
50m 31.67	100m 1:05.32	150m 1:39.80	200m 2:14.27
31.67	33.65	34.48	34.47
47. Evangeline Stacey	(07) Co Leeds	4:29.61	665
50m 30.03	100m 1:02.88	150m 1:36.83	200m 2:11.42
30.03	32.85	33.95	34.59
48. Millie Patterson	(06) Swansea Uni	4:29.76	664
50m 30.16	100m 1:02.96	150m 1:36.54	200m 2:10.73
30.16	32.80	33.58	34.19
49. Sophie Benn	(07) Mt Kelly	4:29.77	664
50m 29.55	100m 1:02.66	150m 1:36.39	200m 2:10.78
29.55	33.11	33.73	34.39
50. Eve Leleux	(03) Wrekin SC	4:29.99	662
50m 30.97	100m 1:03.84	150m 1:37.94	200m 2:12.94
30.97	32.87	34.10	35.00
51. Elizabeth Warner	(10) Co Leeds	4:30.02	662
50m 30.18	100m 1:03.00	150m 1:37.36	200m 2:11.89
30.18	32.82	34.36	34.53
52. Henrietta D'Amassa	(05) Co Manch Aq	4:30.38	659
50m 30.58	100m 1:03.47	150m 1:37.59	200m 2:11.79
30.58	32.89	34.12	34.20

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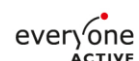
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53.	Livia Kingsland	(05) Nova Cent'n	4:30.63	657				
	50m 31.22	100m 1:04.69	150m 1:39.17	200m 2:13.96	250m 2:48.73	300m 3:23.27	350m 3:57.53	400m 4:30.63
	31.22	33.47	34.48	34.79	34.77	34.54	34.26	33.10
54.	Jessica Arundale	(05) Barnet Copt	4:30.65	657				
	50m 30.91	100m 1:04.21	150m 1:38.42	200m 2:12.99	250m 2:47.65	300m 3:22.30	350m 3:56.95	400m 4:30.65
	30.91	33.30	34.21	34.57	34.66	34.65	34.65	33.70
55.	Elizabeth Land	(09) Newcastle	4:30.67	657				
	50m 31.05	100m 1:05.33	150m 1:40.26	200m 2:15.19	250m 2:48.97	300m 3:22.98	350m 3:57.38	400m 4:30.67
	31.05	34.28	34.93	34.93	33.78	34.01	34.40	33.29
56.	Nicole Ryan	(98) Guildford Ct	4:30.73	657				
	50m 30.63	100m 1:04.05	150m 1:38.63	200m 2:13.07	250m 2:47.22	300m 3:21.91	350m 3:56.76	400m 4:30.73
	30.63	33.42	34.58	34.44	34.15	34.69	34.85	33.97
57.	Libby Freeman	(06) N & D PP SC	4:31.13	654				
	50m 29.47	100m 1:01.79	150m 1:35.48	200m 2:09.76	250m 2:44.93	300m 3:20.39	350m 3:56.52	400m 4:31.13
	29.47	32.32	33.69	34.28	35.17	35.46	36.13	34.61
58.	Pearle Griffiths	(03) SurreyUni SC	4:31.52	651				
	50m 30.31	100m 1:03.32	150m 1:37.44	200m 2:11.87	250m 2:46.47	300m 3:21.91	350m 3:57.12	400m 4:31.52
	30.31	33.01	34.12	34.43	34.60	35.44	35.21	34.40
59.	Jessica Podger	(01) Millfield	4:31.53	651				
	50m 30.45	100m 1:03.26	150m 1:36.82	200m 2:11.40	250m 2:45.52	300m 3:20.96	350m 3:56.49	400m 4:31.53
	30.45	32.81	33.56	34.58	34.12	35.44	35.53	35.04
60.	Eleanor Kay	(06) Bolton Metro	4:31.64	650				
	50m 29.78	100m 1:02.69	150m 1:37.03	200m 2:11.83	250m 2:46.57	300m 3:21.80	350m 3:57.07	400m 4:31.64
	29.78	32.91	34.34	34.80	34.74	35.23	35.27	34.57
61.	Sedona Reed	(07) Co Leeds	4:31.68	650				
	50m 31.57	100m 1:05.32	150m 1:39.77	200m 2:14.36	250m 2:49.38	300m 3:23.53	350m 3:58.38	400m 4:31.68
	31.57	33.75	34.45	34.59	35.02	34.15	34.85	33.30
62.	Katherine Noble	(08) Newcastle	4:31.90	648				
	50m 30.23	100m 1:03.66	150m 1:37.60	200m 2:12.35	250m 2:47.80	300m 3:23.25	350m 3:58.44	400m 4:31.90
	30.23	33.43	33.94	34.75	35.45	35.45	35.19	33.46
63.	Amber Downham	(05) Co Manch Aq	4:32.32	645				
	50m 30.31	100m 1:03.56	150m 1:37.81	200m 2:12.32	250m 2:47.28	300m 3:22.02	350m 3:57.41	400m 4:32.32
	30.31	33.25	34.25	34.51	34.96	34.74	35.39	34.91
64.	Sophie Main	(04) Edinburgh Un	4:32.64	643				
	50m 31.08	100m 1:04.56	150m 1:39.08	200m 2:13.78	250m 2:48.60	300m 3:23.58	350m 3:58.27	400m 4:32.64
	31.08	33.48	34.52	34.70	34.82	34.98	34.69	34.37
65.	Natasha De Pree	(07) Millfield	4:32.90	641				
	50m 31.02	100m 1:04.78	150m 1:39.63	200m 2:14.62	250m 2:49.36	300m 3:25.35	350m 4:00.52	400m 4:32.90
	31.02	33.76	34.85	34.99	34.74	35.99	35.17	32.38
66.	Rosie Richards	(06) Rushmoor Ryl	4:32.91	641				
	50m 30.83	100m 1:05.21	150m 1:39.52	200m 2:14.25	250m 2:48.74	300m 3:23.98	350m 3:59.12	400m 4:32.91
	30.83	34.38	34.31	34.73	34.49	35.24	35.14	33.79
67.	Katie Lee	(08) Co Salford	4:33.52	637				
	50m 30.88	100m 1:04.47	150m 1:38.86	200m 2:13.53	250m 2:48.57	300m 3:23.70	350m 3:58.79	400m 4:33.52
	30.88	33.59	34.39	34.67	35.04	35.13	35.09	34.73
68.	Grace Cummings	(06) Thanet Swim	4:33.75	635				
	50m 30.15	100m 1:03.16	150m 1:37.65	200m 2:12.73	250m 2:48.12	300m 3:23.47	350m 3:59.11	400m 4:33.75
	30.15	33.01	34.49	35.08	35.39	35.35	35.64	34.64
68.	Mollie Fisher	(05) Co Manch Aq	4:33.75	635				
	50m 30.70	100m 1:03.89	150m 1:38.20	200m 2:13.01	250m 2:48.06	300m 3:23.38	350m 3:58.71	400m 4:33.75
	30.70	33.19	34.31	34.81	35.05	35.32	35.33	35.04
70.	Abby Mitchell	(06) Co Leicester	4:33.97	634				
	50m 30.89	100m 1:04.23	150m 1:39.30	200m 2:14.32	250m 2:49.84	300m 3:25.18	350m 4:00.35	400m 4:33.97
	30.89	33.34	35.07	35.02	35.52	35.34	35.17	33.62
71.	Ella Smith	(09) N & D PP SC	4:34.03	633				
	50m 30.79	100m 1:03.68	150m 1:38.38	200m 2:13.20	250m 2:48.37	300m 3:23.96	350m 3:59.48	400m 4:34.03
	30.79	32.89	34.70	34.82	35.17	35.59	35.52	34.55
72.	Lillie Grover	(07) Royal Wolv	4:34.10	633				
	50m 30.18	100m 1:03.13	150m 1:37.29	200m 2:12.17	250m 2:47.38	300m 3:22.81	350m 3:58.59	400m 4:34.10
	30.18	32.95	34.16	34.88	35.21	35.43	35.78	35.51
73.	Isla Roberts	(08) Hackney	4:34.14	632				
	50m 31.15	100m 1:04.63	150m 1:39.28	200m 2:14.08	250m 2:48.94	300m 3:24.41	350m 3:59.93	400m 4:34.14
	31.15	33.48	34.65	34.80	34.86	35.47	35.52	34.21
74.	Emily Maxwell	(07) N & D PP SC	4:34.39	631				
	50m 30.68	100m 1:03.87	150m 1:38.32	200m 2:13.29	250m 2:48.73	300m 3:24.34	350m 3:59.94	400m 4:34.39
	30.68	33.19	34.45	34.97	35.44	35.61	35.60	34.45
75.	Madison Emmet	(07) Repton	4:35.06	626				
	50m 29.80	100m 1:03.15	150m 1:36.79	200m 2:11.60	250m 2:46.55	300m 3:22.60	350m 3:59.20	400m 4:35.06
	29.80	33.35	33.64	34.81	34.95	36.05	36.60	35.86
76.	Georgia Robertson	(05) Co Sheffield	4:35.10	626				
	50m 31.20	100m 1:04.89	150m 1:39.34	200m 2:14.16	250m 2:49.24	300m 3:24.36	350m 4:00.07	400m 4:35.10
	31.20	33.69	34.45	34.82	35.08	35.12	35.71	35.03
77.	Zara Krawiec	(09) East Lothian	4:35.67	622				
	50m 30.87	100m 1:05.10	150m 1:40.36	200m 2:15.86	250m 2:50.72	300m 3:26.10	350m 4:01.73	400m 4:35.67
	30.87	34.23	35.26	35.50	34.86	35.38	35.63	33.94
78.	Liberty Gordon	(04) Rushmoor Ryl	4:36.08	619				
	50m 30.66	100m 1:04.66	150m 1:39.39	200m 2:14.54	250m 2:49.90	300m 3:25.73	350m 4:01.66	400m 4:36.08
	30.66	34.00	34.73	35.15	35.36	35.83	35.93	34.42
79.	Isla Jones	(07) Co Sheffield	4:38.03	606				
	50m 30.72	100m 1:04.26	150m 1:38.74	200m 2:14.29	250m 2:50.27	300m 3:26.45	350m 4:02.93	400m 4:38.03
	30.72	33.54	34.48	35.55	35.98	36.18	36.48	35.10

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Aquatics GB SWIMMING CHAMPIONSHIPS

LONDON AQUATICS CENTRE | 2-7 APRIL 2024

80. Hazel-Anne Carter	(08) Wycombe Dist	4:42.25	579						
50m 31.77	100m 1:06.49	150m 1:41.65	200m 2:17.41	250m 2:53.31	300m 3:29.66	350m 4:06.07	400m 4:42.25		
31.77	34.72	35.16	35.76	35.90	36.35	36.41	36.18		
81. Ella Blocksidge	(06) Co Salford	4:42.38	579						
50m 32.71	100m 1:07.97	150m 1:44.42	200m 2:19.66	250m 2:55.39	300m 3:30.91	350m 4:07.03	400m 4:42.38		
32.71	35.26	36.45	35.24	35.73	35.52	36.12	35.35		
82. Annabel Pilgrim	(06) Guildford Ct	4:48.18	544						
50m 32.50	100m 1:08.02	150m 1:43.92	200m 2:20.55	250m 2:56.84	300m 3:33.88	350m 4:11.34	400m 4:48.18		
32.50	35.52	35.90	36.63	36.29	37.04	37.46	36.84		



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