

East and London Region 4/5 Springboard & Synchronised

National Sport Centre

14 April 2007



Place	Score	Name
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Boy D 1m Springboard

1	190.15	Daniel Goodfellow -- Cambridge Dive Team
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Girls D 1m Springboard

1	190.05	Lucy Cliff -- Cambridge Dive Team
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Boys D 3m Springboard

1	214.15	Daniel Goodfellow -- Cambridge Dive Team
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Girls D 3m Springboard

1	202.50	Lucy Cliff -- Cambridge Dive Team
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Boys C 1m Springboard

1	243.90	Harry Gower -- Luton Kingfishers
2	206.70	jake gardiner -- southend on sea
3	161.80	Ben Sambrook -- Cambridge Dive Team

Girls C 1m Springboard

1	262.80	Jessica McIlroy -- Luton Kingfishers
2	235.20	Sharnia Mockford -- cdt
3	195.10	Ellie Osborne -- Southend Diving

Boys C 3m Springboard

1	313.30	Harry Gower -- Luton Kingfishers
2	247.60	jake gardiner -- southend on sea
3	179.35	Ben Sambrook -- Cambridge Dive Team

Girls C 3m Springboard

1	277.50	Jessica McIlroy -- Luton Kingfishers
2	236.95	Ellie Osborne -- Southend Diving

Boys B 1m Springboard

1	285.45	Matthew Roberts -- Cambridge Dive Team
2	279.75	Aaron Paul -- Cambridge Dive Team
3	240.15	Nathaniel Doza -- Cambridge Dive Team

Girls B 1m Springboard

1	234.65	LAUREN JONES -- Beaumont Diving Academy
2	181.70	Vivien Cliff -- Cambridge Dive Team

Boys B 3m Springboard

1	323.00	Matthew Roberts -- Cambridge Dive Team
2	265.15	Nathaniel Doza -- Cambridge Dive Team

Girls B 3m Springboard

1	214.20	Vivien Cliff -- Cambridge Dive Team
2	211.70	LAUREN JONES -- Beaumont Diving Academy

Place	Score	Name
Boys A 1m Springboard		
1	370.75	DANNY DOWELL -- Beaumont Diving Academy
2	367.50	Ashley Franklin -- Beaumont Diving Academy
3	331.25	Luke Hazelton -- Luton Kingfishers
4	313.10	DAVID JENKINS -- Beaumont Diving Academy
Girls A 1m Springboard		
1	282.85	Lottie Thompson -- Spathend
2	277.30	LYDIA MOORE -- Beaumont Diving Academy
3	258.20	Philippa Ninnnes -- Beaumont Diving Academy
4	245.35	Chelsey Lawson -- Luton Kingfishers
5	211.80	Mary Croft -- Luton Kingfishers
Boys A 3m Springboard		
1	383.60	Luke Hazelton -- Luton Kingfishers
2	358.80	Ashley Franklin -- Beaumont Diving Academy
3	346.55	DAVID JENKINS -- Beaumont Diving Academy
Girls A 3m Springboard		
1	286.95	Lottie Thompson -- Spathend
2	269.90	Chelsey Lawson -- Luton Kingfishers
3	269.25	LYDIA MOORE -- Beaumont Diving Academy
4	237.95	Mary Croft -- Luton Kingfishers
Mens 1m Springboard		
1	231.70	Ashley Franklin -- Beaumont Diving Academy
2	228.95	Matthew Roberts -- Cambridge Dive Team
3	223.70	DANNY DOWELL -- Beaumont Diving Academy
4	206.60	DAVID JENKINS -- Beaumont Diving Academy
5	194.55	Luke Hazelton -- Luton Kingfishers
6	191.70	Harry Gower -- Luton Kingfishers
7	173.65	Aaron Paul -- Cambridge Dive Team
Womens 1m Springboard		
1	171.55	Philippa Ninnnes -- Beaumont Diving Academy
2	170.45	Lottie Thompson -- Spathend
3	158.70	Jessica McIlroy -- Luton Kingfishers
4	151.55	Lucy Cliff -- Cambridge Dive Team
5	147.70	LYDIA MOORE -- Beaumont Diving Academy
6	128.90	Sharnia Mockford -- cdt
7	128.00	Mary Croft -- Luton Kingfishers
8	122.80	Chelsey Lawson -- Luton Kingfishers
9	110.90	Vivien Cliff -- Cambridge Dive Team
Mens 3m Springboard		
1	284.90	Ashley Franklin -- Beaumont Diving Academy
2	240.45	DAVID JENKINS -- Beaumont Diving Academy
3	237.10	Harry Gower -- Luton Kingfishers
4	234.90	Matthew Roberts -- Cambridge Dive Team
5	220.55	Luke Hazelton -- Luton Kingfishers

Place	Score	Name
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Womens 3m Springboard

1	170.95	Lottie Thompson -- Spathend
2	167.10	Lucy Cliff -- Cambridge Dive Team
3	156.15	Chelsey Lawson -- Luton Kingfishers
4	148.15	Jessica McIlroy -- Luton Kingfishers
5	138.55	Mary Croft -- Luton Kingfishers
6	127.70	Vivien Cliff -- Cambridge Dive Team
7	116.15	LYDIA MOORE -- Beaumont Diving Academy

Girls 14/18yrs 1m Syncro

1	137.52	Mary Croft + Chelsey Lawson -- Luton Kingfishers
2	117.12	Kirsty McMahon + Charlotte Nash -- Star Diving Club

Womens 3m Synchro

1	180.60	Mary Croft + Chelsey Lawson -- Luton Kingfishers
2	125.49	Kirsty McMahon + Charlotte Nash -- Star Diving Club