



ASA East Region 2015 Long Course Championships (Under ASA Laws & ASA Technical Rules) Weekend One (Licensed Meet No. 1ER150672)



Results Session Five

EVENT 221 Womens 400m IM

Regional Records - Junior 4:45.21 Senior 4:45.21

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Hanna JASZKIEWICZ	15	Co Peterboro	5:09.85	732
	50m 32.69	100m 1:09.57	150m 1:48.36	200m 2:28.18	250m -
	32.69	36.88	38.79	39.82	300m -
					350m 4:34.10
					400m 5:09.85
2.	Laura COPPING	15	Hatfield	5:14.68	703
	50m 34.25	100m 1:13.10	150m 1:55.18	200m 2:36.31	250m 3:18.67
	34.25	38.85	42.08	41.13	300m 4:05.02
					350m 4:41.20
					400m 5:14.68
3.	Shannon STOTT	15	Co St Albans	5:16.17	694
	50m 32.93	100m 1:09.76	150m 1:50.16	200m -	250m 3:16.99
	32.93	36.83	40.40	-	300m 4:05.39
					350m 4:40.35
					400m 5:16.17
4.	Chantal SMITH	15	Team Luton	5:21.84	662
	50m 33.81	100m -	150m 1:56.15	200m 2:38.19	250m 3:24.66
	33.81	-	1:22.34	42.04	300m -
					350m 4:48.27
					400m 5:21.84
5.	Katie CROWTHER	15	Co Peterboro	5:29.42	621
	50m 35.63	100m 1:17.50	150m 2:00.95	200m -	250m 3:28.42
	35.63	41.87	43.45	-	300m -
					350m 4:53.29
					400m 5:29.42
6.	Sophie PICKERING	15	teamipswich	5:30.02	596
	50m 35.02	100m 1:15.60	150m 1:58.56	200m 2:40.14	250m 3:29.25
	35.02	40.58	42.96	41.58	300m 4:17.20
					350m 4:54.18
					400m 5:34.22
7.	Jessica FARROW	15	Hatfield	5:36.61	584
	50m 36.56	100m 1:17.50	150m 2:02.23	200m 2:45.92	250m 3:33.29
	36.56	40.94	44.73	43.69	300m 4:22.84
					350m 5:00.87
					400m 5:36.61
8.	Susanna FRASER	15	Co Cambridge	5:41.71	560
	50m 37.63	100m 1:21.27	150m 2:01.51	200m 2:42.28	250m 3:34.62
	37.63	43.64	40.24	40.77	300m 4:25.97
					350m 5:04.10
					400m 5:41.71
	Rachel ROBINSON	15	UEA Norwich	DNC	
	Peyton EWBANK	15	Norwich Swan	DQ 1	
	Georgina CURTIS	15	Mid Beds	DQ 1	

16 Yrs Age Group - Full Results

1.	Katherine BROWN	16	Co Peterboro	5:01.46	786
	50m 31.19	100m 1:07.79	150m 1:46.95	200m 2:25.60	250m 3:10.00
	31.19	36.60	39.16	38.65	300m 3:54.96
					350m 4:28.83
					400m 5:01.46
2.	Leah ROUGHAN	16	Co Peterboro	5:07.83	745
	50m 33.20	100m 1:10.45	150m 1:52.62	200m 2:34.37	250m 3:15.24
	33.20	37.25	42.17	41.75	300m 3:57.39
					350m 4:32.54
					400m 5:07.83
3.	Millie EMMANS	16	Co Cambridge	5:20.05	672
	50m 33.53	100m 1:12.04	150m 1:55.86	200m 2:37.75	250m 3:23.57
	33.53	38.51	43.82	41.89	300m 4:10.05
					350m 4:45.89
					400m 5:20.05
4.	Tegan WOLLASTON	16	Cheshunt	5:30.20	617
	50m 35.29	100m -	150m 1:57.41	200m 2:40.14	250m 3:29.88
	35.29	-	1:22.12	42.73	300m -
					350m 4:55.80
					400m 5:30.20
5.	Jessica WESTLAKE	16	St Felix Sch	5:31.21	611
	50m 34.29	100m 1:14.65	150m 1:57.08	200m 2:39.50	250m 3:27.12
	34.29	40.36	42.43	42.42	300m 4:15.79
					350m 4:52.98
					400m 5:31.21
6.	Amber HUGHES	16	Hatfield	5:31.32	611
	50m 35.47	100m 1:16.44	150m 1:59.21	200m 2:41.29	250m 3:28.63
	35.47	40.97	42.77	42.08	300m 4:17.16
					350m 4:54.97
					400m 5:31.32
7.	Dina DAY	16	Runnymede	5:31.56	610
	50m 34.79	100m 1:15.53	150m 1:58.66	200m -	250m 3:28.69
	34.79	40.74	43.13	-	300m 4:18.08
					350m 4:54.86
					400m 5:31.56
8.	Lily CHARLESWORTH	16	Lstoft & OB	5:35.14	592
	50m 34.95	100m 1:15.38	150m 1:59.42	200m 2:43.93	250m 3:29.58
	34.95	40.43	44.04	44.51	300m 4:18.89
					350m 4:57.64
					400m 5:35.14

17 Yrs/Over Age Group - Full Results

1.	Lily WEST	18	Hatfield	5:00.60	792
	50m 32.19	100m 1:07.05	150m 1:47.62	200m 2:29.28	250m 3:10.74
	32.19	34.86	40.57	41.66	300m 3:52.88
					350m 4:27.09
					400m 5:00.60
2.	Philippa SHUTTLEWORTH	18	Hatfield	5:01.35	787
	50m 32.69	100m -	150m 1:47.72	200m 2:25.29	250m 3:10.10
	32.69	-	1:15.03	37.57	300m 3:55.36
					350m 4:29.70
					400m 5:01.35
3.	Dolly TRIGG	17	teamipswich	5:11.80	720
	50m 33.96	100m 1:13.47	150m 1:52.38	200m 2:30.37	250m 3:16.02
	33.96	39.51	38.91	37.99	300m 4:03.00
					350m 4:37.03
					400m 5:11.80
4.	Aisling RUFF	17	Co Peterboro	5:16.46	693
	50m 34.29	100m 1:12.27	150m 1:51.75	200m 2:30.81	250m 3:17.19
	34.29	37.98	39.48	39.06	300m 4:04.27
					350m 4:40.99
					400m 5:16.46
5.	Bethany PALMER	17	UEA Norwich	5:19.05	678
	50m 33.87	100m 1:14.23	150m 1:53.75	200m 2:33.57	250m 3:21.72
	33.87	40.36	39.52	39.82	300m 4:09.02
					350m 4:44.85
					400m 5:19.05
6.	Jennifer BEEVOR	18	St Felix Sch	5:20.37	670
	50m 34.60	100m 1:12.07	150m 1:54.57	200m 2:36.51	250m 3:22.20
	34.60	37.47	42.50	41.94	300m 4:08.37
					350m 4:44.32
					400m 5:20.37
7.	Emma STUDD	19	teamipswich	5:33.47	600
	50m 34.09	100m 1:14.73	150m 1:58.91	200m 2:42.47	250m 3:29.13
	34.09	40.64	44.18	43.56	300m 4:18.23
					350m 4:55.94
					400m 5:33.47
8.	Juliet MERELIE	17	Harpenden	5:40.63	565
	50m 36.55	100m 1:23.08	150m 2:08.01	200m -	250m 3:38.95
	36.55	46.53	44.93	-	300m 4:26.23
					350m 5:04.27
					400m 5:40.63
9.	Danielle RAYNER	19	St Ives	5:43.32	552
	50m 34.92	100m 1:18.28	150m 2:00.24	200m 2:42.74	250m 3:31.93
	34.92	43.36	41.96	42.50	300m 4:21.47
					350m 5:03.27
					400m 5:43.32
	Yasmin BRAND	18	Berkhamsted	DQ 1	



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EVENT 222 Mens 200m Backstroke

Regional Records - Junior 2:05.96 Senior 1:56.05

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150	
1.	Jamie SCHOLLES	15	Co Peterboro	2:09.82	747	29.86	1:02.51	1:36.53	29.86
32.65	34.02								
2.	Jakob GOODMAN	15	St Felix Sch	2:15.18	672	31.49	1:05.53	1:41.35	31.49
34.04	35.82								
3.	Myles TURNER	15	West Suffolk	2:17.94	635	33.01	1:08.02	1:43.54	33.01
35.01	35.52								
4.	Ben HARRISON	15	Potters Bar	2:18.13	633	32.51	1:07.84	1:43.65	32.51
35.33	35.81								
5.	Nathan HUGHES	15	Hatfield	2:18.38	630	31.32	1:06.37	1:42.45	31.32
35.05	36.08								
6.	Harry CONSTANTINE	15	Hatfield	2:18.58	627	31.44	1:07.28	1:44.04	31.44
35.84	36.76								
7.	Luke TURLEY	15	Hatfield	2:19.68	614	32.41	1:07.95	1:43.98	32.41
35.54	36.03								
8.	Tyler BERRY	15	Basildon Ph	2:20.98	598	32.73	1:08.08	1:44.47	32.73
35.35	36.39								
9.	Harry WHITEMAN	15	Co Peterboro	2:21.76	589	33.13	1:09.19	1:45.90	33.13
36.06	36.71								
10.	Jake THOMAS-MANSFIELD	15	West Suffolk	2:22.03	586	32.68	1:08.02	1:44.88	32.68
35.34	36.86								
11.	Bayley FINBOW	15	teamipswich	2:22.59	579	33.58	1:09.00	1:46.24	33.58
35.42	37.24								
12.	Harry EADE	15	teamipswich	2:25.29	549	34.10	1:12.50	1:49.86	34.10
38.40	37.36								
13.	Thushira KUMARAGE	15	Co St Albans	2:28.09	519	34.22	1:12.15	1:50.91	34.22
37.93	38.76								
14.	Alex WALMSLEY	15	teamipswich	2:28.33	516	33.89	1:12.31	1:50.72	33.89
38.42	38.41								
15.	Max WILSON	15	Modernians	2:28.65	513	33.75	1:10.64	1:49.41	33.75
36.89	38.77								
16.	Dermot O'DOHERTY	15	Basildon Ph	2:28.66	513	34.55	1:12.38	1:51.31	34.55
37.83	38.93								
17.	Harry LONGBOTTOM	15	Deben	2:30.21	497	35.79	1:13.98	1:53.38	35.79
38.19	39.40								
18.	Finn CORBETT	15	Co Peterboro	2:30.33	496	34.52	1:13.41	1:53.67	34.52

16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150	
1.	Oliver FITT	16	St Ives	2:08.51	767	30.08	1:02.40	1:35.68	30.08
32.32	33.28								
2.	Harry FOX	16	Basildon Ph	2:13.82	690	31.41	1:05.00	1:39.18	31.41
33.59	34.18								
3.	Ryan KELLY	16	Chelmsford	2:14.88	676	31.82	1:05.37	1:40.27	31.82
33.55	34.90								
4.	Elliot WYLIE	16	Co St Albans	2:15.49	667	31.71	1:05.89	1:40.97	31.71
34.18	35.08								
5.	Thomas WIGGINS	16	Co Peterboro	2:17.49	641	32.25	1:07.05	1:42.68	32.25
34.80	35.63								
6.	Zack CAMPBELL-MAUGHAN	16	West Norfolk	2:18.27	631	31.07	1:05.75	1:42.00	31.07
34.68	36.25								
7.	Michael LARDNER	16	Co Peterboro	2:19.53	616	31.83	1:07.26	1:43.60	31.83
35.43	36.34								
8.	Bryce O'DEA	16	Runnymede	2:21.16	596	31.22	1:07.14	1:44.75	31.22
35.92	37.61								



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9.	Oliver LANGFORD	16	Modernians	2:21.92	587	33.43	1:09.06	1:45.73	33.43
35.63	36.67								
10.	Callum KEANE	16	Co St Albans	2:22.11	585	32.81	1:08.52	1:45.42	32.81
35.71	36.90								
11.	Cameron MCRAE	16	Co Peterboro	2:22.44	581	31.75	1:08.12	1:45.87	31.75
36.37	37.75								
12.	Louis SPONG	16	DunmowAtlant	2:26.80	532	33.11	1:10.33	1:49.29	33.11
37.22	38.96								
13.	Thomas BOYT	16	Felixstowe	2:29.49	504	35.11	1:13.00	1:52.12	35.11
37.89	39.12								
17 Yrs/Over Age Group - Full Results									
Place	Name	AaD	Club	Time	GB Pts	50	100	150	
1.	Jack UTTING	18	UEA Norwich	2:07.36	785	29.83	1:01.97	1:35.09	29.83
32.14	33.12								
2.	Luke HAZLEHURST	18	Hatfield	2:07.79	778	30.20	1:02.86	1:35.84	30.20
32.66	32.98								
3.	Martyn WALTON	18	Hatfield	2:08.58	766	30.90	1:03.73	1:37.62	30.90
32.83	33.89								
4.	Nathan WELLS	17	West Norfolk	2:09.91	746	30.24	1:02.54	1:36.64	30.24
32.30	34.10								
5.	James NEWTON	17	Co Peterboro	2:10.69	735	30.76	1:04.09	1:37.96	30.76
33.33	33.87								
6.	Charles SELLER	17	teamipswich	2:10.95	731	30.06	1:03.45	1:37.95	30.06
33.39	34.50								
7.	Conor HARROLD	22	Basildon Ph	2:11.59	721	30.00	1:02.40	1:37.13	30.00
32.40	34.73								
8.	Augustus VEASEY	19	Chelmsford	2:12.65	706	29.61	1:02.51	1:37.71	29.61
32.90	35.20								
9.	Jamie FOWLER	18	Team Luton	2:15.60	666	31.77	1:06.38	1:41.56	31.77
34.61	35.18								
10.	Brandon NABARRO	18	Modernians	2:16.28	657	31.39	1:04.74	1:40.15	31.39
33.35	35.41								
11.	Ben RANSOME	17	Hertford	2:18.84	624	32.21	1:07.35	1:43.38	32.21
35.14	36.03								
12.	Joshua GAINES	17	Hemel Hemp	2:20.55	603	32.46	1:07.73	1:44.47	32.46
35.27	36.74								
13.	Peter WEBSTER	17	Modernians	2:21.14	596	30.33	1:05.01	1:42.74	30.33
34.68	37.73								
14.	Ben JAMIESON	18	Mildenhall	2:22.03	586	32.55	1:07.95	1:44.44	32.55
35.40	36.49								



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EVENT 223 Womens 100m Freestyle

Regional Records - Junior 57.49 Senior 56.37

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts	50	
1.	Rebecca SHERWIN	15	teamipswich		58.99	787	28.48	
2.	Eleanor MITCHELL	15	Bishop Stort		59.51	769	28.20	28.48
3.	Rachel WELLINGS	15	Co Peterboro		1:00.25	745	28.65	28.20
4.	Elinah PHILLIP	15	Hatfield		1:00.69	731	28.83	28.65
5.	Katie CONYERS	15	Potters Bar		1:01.93	693	29.49	28.83
6.	Christie WOODS	15	Co Peterboro		1:01.94	693	29.90	29.49
7.	Poppy LEECH	15	Co Peterboro		1:02.03	690	30.33	29.90
8.	Eleanor KING	15	Dunstable		1:02.12	687	30.37	30.33
								30.37
9.	Abigail WEBB	15	Deben		1:02.29	682	30.30	
10.	Meghan MAYBANKS	15	DunmowAtlant		1:02.51	676	29.36	30.30
								29.36
11.	Leyla M.RIZATEPE	15	Hatfield		1:02.58	674	29.92	
12.	Beth EDWARDS	15	West Suffolk		1:02.83	667	29.97	29.92
13.	Abigail GREEN	15	Watford SC		1:02.99	662	30.00	29.97
14.	Elinor DULEY	15	Colchester		1:03.19	656	30.30	30.00
15.	Amber SHINE	15	Hatfield		1:03.27	654	31.01	30.30
16.	Kioni BROOMFIELD	15	Norfolk Vikg		1:03.33	653	30.18	31.01
17.	Chantal SMITH	15	Team Luton		1:03.56	646	30.98	30.18
18.	Megan COOK	15	Bishop Stort		1:04.04	633	30.71	30.98
19.	Katialin DANG	15	Harpenden		1:04.69	615	30.51	30.71
20.	Annalise WRIGHT	15	Linslade		1:05.21	602	31.01	30.51
	Julia LENKIEWICZ	15	Mid Beds		DNC			31.01

16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts	50	
1.	Amy GODSAVE	16	Hoddesdon		58.38	808	28.19	
2.	Abigail WHITING	16	West Norfolk		58.88	791	28.63	28.19
3.	Lucy OXBROW	16	teamipswich		1:00.57	735	29.36	28.63
4.	Bethany SAUNDERS	16	Co Peterboro		1:01.34	711	29.53	29.36
5.	Harriet HANSON	16	Hatfield		1:01.50	706	29.73	29.53
6.	Martha DULEY	16	Colchester		1:01.59	703	29.65	29.73
7.	Amy YOUNG	16	Bishop Stort		1:01.68	701	29.64	29.65
8.	Lana MO	16	West Suffolk		1:02.05	690	29.86	29.64
								29.86
9.	Cara HETHERINGTON	16	teamipswich		1:02.18	686	29.73	29.86
10.	Lauren GRICE	16	Leighton Buz		1:03.45	649	30.57	29.73
								30.57
11.	Millie EMMANS	16	Co Cambridge		1:03.69	642	30.91	30.57
12.	Lauren HALL	16	Co Cambridge		1:03.91	636	30.12	30.91
13.	Olivia PAWSON	16	Cheshunt		1:04.15	630	31.10	30.12
14.	Emily BIGGS	16	Co Cambridge		1:04.26	627	31.02	31.10
15.	Isabelle FRYMANN	16	UEA Norwich		1:04.38	624	30.16	31.02
16.	Carly BAYS	16	Hoddesdon		1:05.57	592	31.22	30.16
17.	Jana SPINNER	16	UEA Norwich		1:08.67	518	31.03	31.22



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31.03

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts	50	
1.	Jessica JACKSON	18	Hatfield		57.73	831	27.77	
2.	Mollie ALLEN	17	Co Peterboro		59.12	782	28.44	27.77
3.	Rianna SMITH	17	Basildon Ph		59.44	772	28.77	28.44
4.	Georgina PRYOR	17	Hoddesdon		59.89	757	28.59	28.77
5.	Molly OLLINGTON	17	West Suffolk		1:00.25	745	28.99	28.59
6.	Abby SMITH	19	Harpenden		1:00.29	744	29.30	28.99
7.	Lauren SIMPKINS	17	Putteridge		1:00.43	739	28.68	29.30
8.	Alaina SCIFO	18	teamipswich		1:00.82	727	29.38	28.68
								29.38
9.	Emma LEES	17	West Suffolk		1:00.85	726	29.19	
10.	Josephine BLADES	18	St Felix Sch		1:00.92	724	29.36	29.19
								29.36
11.	Jessica-Jane APPLGATE	19	UEA Norwich	14	1:01.00	721	28.94	
12.	Chloe CALVER	17	teamipswich		1:01.20	715	29.24	28.94
13.	Alison BINNS	19	Bushey		1:01.35	711	29.43	29.24
14.	Nicola PASQUIRE	17	Modernians		1:01.66	701	29.80	29.43
15.	Tara COLEMAN	19	Leiston		1:01.81	697	28.95	29.80
16.	Ellie FOGG	17	Hatfield		1:01.98	692	30.16	28.95
17.	Keely EMPSON	19	West Norfolk		1:01.99	691	29.18	30.16
18.	Hannah BRIGHAM	18	Co Peterboro		1:02.13	687	29.87	29.18
19.	Lois MOORE	20	Hemel Hemp		1:02.35	681	30.34	29.87
20.	Courtney SANDERS	18	Chelmsford		1:03.03	661	30.04	30.34
21.	Elise SORRELL	17	West Norfolk		1:03.60	645	29.76	30.04
22.	Emily-Rose JELFS	17	Hemel Hemp		1:04.14	630	30.51	29.76
23.	Emma CATTLE	27	Team Luton	10	1:11.02	468	34.05	30.51
24.	Gemma BENNETT	28	DunmowAtlant	14	1:13.72	417	34.11	34.05
								34.11

Combined Result - Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints	50	
1.	Jessica-Jane APPLGATE	19	UEA Norwich	14	1:01.00	1091	28.94	
2.	Gemma BENNETT	28	DunmowAtlant	14	1:13.72	618	34.11	28.94
3.	Emma CATTLE	27	Team Luton	10	1:11.02	614	34.05	34.11
								34.05



ASA East Region 2015 Long Course Championships

(Under ASA Laws & ASA Technical Rules)

Weekend One

(Licensed Meet No. 1ER150672)



EVENT 224 Mens 50m Breaststroke

Regional Records - Junior 31.11 Senior 27.98

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Morgan NEWMAN	15	Potters Bar	31.57	705
2.	Samuel PECK	15	UEA Norwich	32.91	630
3.	Jakob GOODMAN	15	St Felix Sch	33.18	616
4.	David SHIPMAN	15	Potters Bar	33.39	605
5.	Nathan HUGHES	15	Hatfield	33.47	601
6.	Samuel COTTEE	15	teamipswich	33.64	593
7.	James WOODWARD	15	Potters Bar	33.93	578
8.	Oliver PYLE	15	West Suffolk	34.13	569
9.	Patrick KEAVENEY	15	Modernians	34.25	563
10.	Thomas FAULKNER	15	Leighton Buz	34.38	557
11.	Harry NICHOLLS	15	Basildon Ph	34.54	549
12.	Alex FLORANCE	15	West Norfolk	34.60	547
13.	Dominic BOYLAN	15	Diss Otters	34.76	539
14.	James MONCUR-BROWN	15	UEA Norwich	34.82	537
15.	Luke CROFTS	15	Thurrock	34.94	531
16.	Callum HURREN	15	Hatfield	35.30	515
17.	Harvey BANNISTER	15	Bishop Stort	35.42	510
18.	William LOVEMAN	15	Co St Albans	35.49	507
19.	Macaulay HARVEY	15	Thetford	35.84	493
20.	Liam BLATCH	15	Norfolk Vikg	36.12	481
21.	Finn CORBETT	15	Co Peterboro	36.15	480
22.	Thomas GRIEVE	15	Colchester	36.25	476
23.	Callum DAVIS	15	Bishop Stort	36.53	465
24.	Joseph TALBOT	15	Linslade	36.54	464

16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Thomas WIGGINS	16	Co Peterboro	31.49	710
2.	Cameron MANLEY	16	Linslade	31.97	682
3.	Joseph MURRAY	16	Putteridge	31.98	681
4.	Oliver FITT	16	St Ives	32.28	664
5.	Ole MILLS	16	Braintree	32.41	657
6.	Daniel HILL	16	Linslade	33.12	619
7.	Zhi ONG	16	Co St Albans	33.15	618
8.	Daniel HURST	16	Berkhamsted	33.25	612
9.	Samuel PEASE	16	Basildon Ph	33.61	594
10.	Sydney NEWNHAM-STEBBIN	16	Lstof & OB	33.71	589
11.	Finlay RYAN	16	Norwich Swan	33.79	585
12.	Ryan JARVIS	16	Team Luton	33.93	578
13.	Joseph COLLINS	16	Bishop Stort	34.28	562
14.	Ignacio LARGHERO	16	Newmarket	34.79	538
15.	Jack POPE	16	Modernians	34.95	531
16.	Joshua FOWLES	16	Witham Dolph	34.98	530
17.	Dylan NUTT	16	Braintree	35.08	525
18.	Daniel REDSTON	16	Dereham	35.63	501
19.	Nicholas MITCHELL	16	Colchester	35.83	493
20.	Kyle HOLMES	16	Hemel Hemp	36.06	484
21.	Louis SPONG	16	DunmowAtlant	36.34	472
	Liam NICHOLSON	16	Chelmsford	DNC	

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Lawrence PALMER	23	Putteridge	27.65	980
2.	Benjamin PURCELL	18	Hatfield	30.42	777
3.	Brandon NABARRO	18	Modernians	30.44	775
4.	Edward LOVEMAN	21	Co St Albans	30.58	766
5.	Luke WESTWOOD	25	Co Cambridge	30.59	766
6.	Robert LANCASTER	18	teamipswich	30.68	760
7.	Jordan BATSON	19	Putteridge	30.78	754
8.	Christopher SMITH	19	Hoddesdon	30.90	746
9.	Hayden THOMAS	20	Harlow Pen	31.17	729
10.	Isaac KIRBY	17	UEA Norwich	31.73	696
11.	Nicholas STALLEY	18	Modernians	31.95	683
12.	Thomas SARAH	21	Co Cambridge	32.14	672
13.	Jack PICKERING	17	teamipswich	32.26	666
14.	Ben RANSOME	17	Hertford	32.43	656
15.	Harry WAGNER	17	Mildenhall	32.45	655
16.	Joshua GRAY	21	West Norfolk	32.49	653
17.	Jack CHRISTIE	17	Hemel Hemp	32.52	651
18.	Kyle PANTON	20	Harlow Pen	32.59	647
19.	Maximilian STEFANIK	17	Mid Beds	32.70	641
20.	Matthew MCLAUGHLIN	22	DunmowAtlant	32.71	641
21.	Jack HOWLETT	19	Colchester	32.73	640
22.	Thomas FREWIN	18	Hemel Hemp	32.75	639
23.	Graeham DOUGLAS	27	Co Cambridge	32.78	637
24.	Fraser SCOTT	17	Basildon Ph	32.80	636



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25. Jack FILER	17	Berkhamsted	32.83	634
26. Leone CRICK	17	Leighton Buz	32.87	632
27. Peter HENSMAN	18	Co St Albans	32.92	630
28. Thomas SHERRIFF	20	Hemel Hemp	33.04	623
29. Jack MCGARRY	21	Leighton Buz	33.18	616
30. Nathan WELLS	17	West Norfolk	33.24	613
31. Ryan SYKES	19	West Norfolk	33.35	607
32. Edward BRIARS	17	West Suffolk	33.60	595
33. Martin HAILES	41	Beccles Town	33.77	586
34. Martin RUSSELL-ROGERS	17	Hitchin	33.93	578



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EVENT 225 Womens 14/16 Yrs 800m Free.Team

Regional Record - 8:16.15

Full Results

Place	Name	Club	Time	GB Pts							
1.	City of Peterborough A	Co Peterboro	8:42.59	774	Katherine BROWN	29.57 31.83					
						2.06.99	32.77 32.82				
					Bethany SAUNDERS	1.36.98	29.12 33.26				
							34.60				
					Leah ROUGHAN	2.47.79	1.04.88 33.58				
							34.98 34.35				
					Rachel WELLINGS	2.10.83	29.00 33.19				
							34.57 34.07				
					2.	City of Peterborough B	Co Peterboro	8:54.37	731	Christie WOODS	30.48 33.01
											1.38.39
Poppy LEECH	2.49.87	1.05.11 34.38									
		35.51 34.87									
Hanna JASZKIEWICZ	2.12.91	31.37 34.26									
		34.07 33.21									
Maddison SAUNDERS	2.13.20	30.18 34.09									
		34.71 34.22									
3.	Hatfield A	Hatfield	8:57.69	719						Leyla M.RIZATEPE	31.09 34.44
											2.16.57
					Molly FRANCIS	2.11.26	26.30				
							1.11.40 33.56				
					Harriet HANSON	1.39.45	30.62 33.76				
							35.07				
					Amber HUGHES	2.50.41	1.06.54 33.87				
							35.04 34.96				
					4.	Hatfield B	Hatfield	9:33.74	603	Amber SHINE	31.82 34.33
											2.16.89
Laura COPPING	1.43.68	31.62 35.32									
		36.74									
Jessica FARROW	3.07.37	1.09.55 37.78									
		39.07 40.97									
Bailey WILKES	2.25.80	29.88 37.41									
		39.34 39.17									
5.	Cheshunt Swimming Club	Cheshunt	9:37.99	590						Olivia PAWSON	31.54 35.24
											2.19.30
					Megan POPE	1.48.79	33.09 37.44				
							38.26				
					Alara NORTON	3.10.91	1.12.66 39.31				
							39.58 39.36				
					Olivia PAWSON	2.18.99	32.41 35.54				
							36.02 35.02				



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EVENT 226 Womens 17 Yrs/Over 800m Free. Team

Regional Record - 8:16.15

Full Results

Place	Name	Club	Time	GB Pts							
1.	Hatfield A	Hatfield	8:44.35	768	Philippa SHUTTLEWORTH	30.31 32.40					
						33.44 32.60					
					Lily WEST	2.17.19 33.80					
						34.08 38.28					
					Jessica JACKSON	2.04.23 25.06 32.13					
						33.34 33.70					
					Kate MCQUAID	2.14.18 30.12 33.52					
						34.98 35.56					
					2.	City of Peterborough A	Co Peterboro	9:00.07	711	Hannah BRIGHAM	2.16.11 31.17 33.97
											35.96 35.01
Mollie ALLEN	2.15.23 30.99 34.47										
	35.37 34.40										
Aisling RUFF	2.14.19 31.12 34.10										
	34.86 34.11										
Taylor GOODBY	2.14.54 30.63 34.16										
	35.34 34.41										
3.	Hatfield B	Hatfield	9:16.95	654	Madeleine CHURCHMAN	1.45.51 33.32 35.55					
						36.64					
					Lauren BAKER	2.58.40 1.07.92 36.13					
						37.57 36.78					
					Ellie FOGG	2.16.15 31.36 35.18					
						34.87 34.74					
Michelle MITCHELL	2.16.89 31.52 34.92										
	35.55 34.90										