



East Swimming
2016 Long Course Championships
*(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing
& to ASA Open Meet Licensing Criteria)*



Weekend One - Norwich
30th April, 1st and 2nd May 2016
(Licensed Meet No. 1ER160820)

Results Session Two

EVENT 121 Womens 200m Backstroke

Regional Records - Junior 2:13.81 Senior 2:12.83

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Maddison SAUNDERS	30/10/01	Co Peterboro	2:24.73	724	33.33	1:10.04	1:47.22
2.	Claire BURRELL	31/03/01	Harpenden	2:27.56	688	34.03	1:11.80	1:50.41
3.	Tilly ANEMA	09/12/01	Norwich Swan	2:29.34	666	35.05	1:12.67	1:52.05
4.	Grace WYLIE	06/08/01	Team Luton	2:29.83	660	34.18	1:11.73	1:49.82
5.	Niamh JAMES	28/02/01	Bishop Stort	2:31.00	646	35.67	1:14.58	1:53.77
6.	Holly JASZKIEWICZ	18/12/01	Co Peterboro	2:31.97	635	35.22	1:13.82	1:53.42
7.	Chloe LENCE	19/08/01	Modernian	2:32.12	633	35.28	1:14.25	1:53.11
8.	Lauren WATT	18/11/01	Newmarket	2:33.46	618	35.32	1:13.97	1:53.03
9.	Charlotte ASHWIN	09/04/01	Mid Beds	2:33.50	617	36.14	1:15.65	1:55.87
10.	Emma LESLIE	05/04/01	Co Peterboro	2:34.24	609	35.67	1:14.64	1:54.68
11.	Sophie TAYLOR	23/08/01	St Felix Sch	2:34.72	604	35.81	1:15.36	1:54.97
12.	Bailey WILKES	27/09/01	Hatfield	2:35.53	595	35.76	1:15.57	1:55.89
13.	Angel DUNDERDALE	07/08/01	UEA Norwich	2:36.01	590	35.23	1:14.58	1:55.86
14.	Emily GREEN	31/08/01	Brentwood	2:36.88	581	35.69	1:14.67	1:55.98
15.	Isabelle MARSHALL	28/11/01	Basildon Ph	2:37.01	579	36.38	1:16.54	1:57.72
16.	Martine TRAN	07/08/01	Thurrock	2:38.80	561	35.41	1:15.59	1:56.92
17.	Bryony UMFREVILLE	03/07/01	Basildon Ph	2:40.33	545	37.05	1:18.67	1:58.95
18.	Phoebe HAYDEN	15/02/01	Stowmarket	2:41.33	536	37.21	1:18.91	2:00.78
19.	Agnes BURNS	07/11/01	Harpenden	2:41.94	530	37.49	1:19.05	2:01.53

16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Rebecca SHERWIN	14/06/00	teamipswich	2:16.90	834	31.78	1:06.15	1:41.58
2.	Rachel WELLINGS	20/02/00	Co Peterboro	2:21.37	769	32.43	1:08.19	1:44.20
3.	Brooke FROST	13/08/00	Basildon Ph	2:23.72	737	32.81	1:08.69	1:45.65
4.	Meghan MAYBANKS	15/12/00	DunmowAtlant	2:30.95	647	33.47	1:12.77	1:52.89
5.	Annabel LEE	27/10/00	teamipswich	2:32.52	628	35.95	1:14.41	1:54.54
6.	Isabella DYOS	08/10/00	Basildon Ph	2:32.69	626	35.64	1:14.34	1:54.31
7.	Lucy HAGGER	12/09/00	Chelmsford	2:33.41	618	36.41	1:15.66	1:54.63
8.	Eleanor KING	16/05/00	Dunstable	2:33.59	616	33.15	1:12.12	1:52.50
9.	Susanna FRASER	09/02/00	Co Cambridge	2:34.56	606	34.30	1:12.72	1:53.44
10.	Sophie BURNS	30/01/00	Watford SC	2:34.69	604	35.90	1:15.00	1:55.60
11.	Francesca CROCKER	06/05/00	St Ives	2:34.88	602	35.28	1:14.58	1:55.93
12.	Christina WILSON	22/10/00	Norwich Swan	2:35.69	593	36.06	1:16.05	1:57.21
13.	Zoe HORNE	08/02/00	Co St Albans	2:36.70	582	37.64	1:17.81	1:57.62
14.	Megan COOK	01/03/00	Harlow Pen	2:37.15	578	34.91	1:14.74	1:55.72
15.	Kioni BROOMFIELD	22/01/00	Dereham	2:39.21	557	36.87	1:17.55	1:58.49

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Bethany SAUNDERS	24/09/99	Co Peterboro	2:21.57	767	32.86	1:08.84	1:44.91
2.	Alaina SCIFO	13/10/97	teamipswich	2:23.36	742	32.93	1:09.02	1:45.87
3.	Dolly TRIGG	16/05/98	teamipswich	2:24.34	729	33.87	1:10.81	1:47.55
4.	Emily LANE	29/07/96	Basildon Ph	2:24.66	725	32.63	1:08.58	1:45.79
5.	Martha DULEY	29/04/99	Colchester	2:24.79	723	32.69	1:09.58	1:47.91
6.	Lauren HALL	05/01/99	Co Cambridge	2:25.71	711	33.95	1:11.00	1:48.48
7.	Taylor GOODBY	18/04/98	Co Peterboro	2:26.55	700	34.73	1:12.35	1:49.86
8.	Alice SHERWIN	01/10/97	teamipswich	2:28.02	682	35.29	1:12.84	1:50.32
9.	Aisling RUFF	22/05/98	Co Peterboro	2:28.32	678	35.74	1:13.07	1:51.02
10.	Danielle RAYNER	15/06/96	Newmarket	2:28.73	673	34.77	1:13.07	1:51.76
11.	Tia COLBY	28/07/98	Basildon Ph	2:30.09	657	34.03	1:11.78	1:50.45
12.	Amber HUGHES	15/01/99	Hatfield	2:30.76	649	35.27	1:13.59	1:53.28
13.	Greta BALFOUR	20/10/99	Norwich Swan	2:35.58	594	36.35	1:15.88	1:56.56
14.	Isabel HOLMES	13/12/98	Dereham	2:39.58	553	35.73	1:16.89	1:58.34



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Weekend One - Norwich
30th April, 1st and 2nd May 2016
(Licensed Meet No. 1ER160820)

EVENT 122 Mens 100m Freestyle

Regional Records - Junior 51.55 Senior 48.48

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Matthew TITMAN	21/07/01	Co Cambridge		56.57	646	27.26
2.	Harvey NORMAN	25/07/01	Co Peterboro		58.34	593	28.00
3.	Joshua SMITH	08/02/01	DunmowAtlant		58.76	581	28.30
4.	James CHENNELLS	11/10/01	Berkhamsted		59.10	571	28.19
5.	Joel CLARKE	24/05/01	UEA Norwich		59.12	571	28.29
6.	Max JELFS	27/03/01	Hemel Hemp		59.14	570	28.86
7.	Taylor BOWEN	19/02/01	West Suffolk		59.27	567	28.67
8.	William PICTON	27/03/01	Bishop Stort		59.60	558	28.26
9.	Ashley COOMBS	17/08/01	Hemel Hemp		59.61	558	28.45
10.	John BOYLE	15/01/01	DunmowAtlant		59.68	556	28.55
11.	Harrison LEES	03/01/01	Watford SC		59.94	549	29.06
12.	Michael RIPPER	08/09/01	Harpenden		1:00.36	538	28.64
13.	Charles RENNIE	12/04/01	Braintree		1:00.79	527	28.94
14.	Marcus KEMP	03/12/01	Watford SC		1:01.32	513	29.54
15.	Daniel CHADA	17/05/01	Bishop Stort		1:01.61	506	29.03
16.	Nathan SWIFT	28/06/01	Putteridge		1:01.87	500	29.29

16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Luke TURLEY	24/03/00	Hatfield		54.05	730	26.10
2.	Harry CONSTANTINE	27/12/00	Hatfield		54.45	716	26.56
3.	James WOODWARD	04/03/00	Potters Bar		55.90	667	27.66
4.	Samuel COTTEE	29/01/00	teamipswich		56.08	661	27.27
5.	Adam MARTIN	16/05/00	Potters Bar		56.34	653	27.65
6.	Harvey JOLLY	29/10/00	Basildon Ph		56.37	652	26.24
7.	David SHIPMAN	09/06/00	Potters Bar		56.43	650	26.94
8.	Jake THOMAS-MANSFIE	09/06/00	West Suffolk		56.44	650	27.36
9.	Reece NICHOLLS	13/03/00	Basildon Ph		56.56	646	26.98
10.	Daniel LUSH	16/06/00	Cheshunt		56.72	641	27.03
11.	Jack SPAIN	06/07/00	teamipswich		56.97	634	27.69
12.	Benjamin GARRATT	11/05/00	Hatfield		57.14	628	28.05
13.	Thomas OWEN	31/01/00	UEA Norwich		57.46	619	27.46
14.	Alex WALMSLEY	16/06/00	teamipswich		57.60	615	28.05
15.	Lucas DYSON-DIAZ	05/09/00	Hatfield		57.79	609	28.07
16.	Myles TURNER	12/06/00	West Suffolk		57.94	604	28.42
17.	James BLOUNT	09/11/00	Potters Bar		57.97	604	28.32
18.	Stuart EVANS	06/07/00	Felixstowe		57.99	603	28.10
19.	Jack RYAN	07/07/00	Mid Beds		58.06	601	27.68
20.	Ryan SMITH	05/01/00	UEA Norwich		58.38	592	27.76
21.	James BAYLEY	06/04/00	Basildon Ph		58.75	581	28.21
22.	Harry EADE	28/08/00	teamipswich		58.76	581	28.58
23.	Ryan MOGFORD	05/02/00	Chelmsford		59.71	555	28.79
24.	Harry WHITEMAN	06/07/00	Co Peterboro		59.93	549	28.93
25.	Christian NEL	25/05/00	Berkhamsted		1:00.28	540	27.92
26.	Callum HODGSON	07/12/00	Basildon Ph	14	1:05.80	413	30.20

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	William KEARSEY	20/10/97	Hatfield		52.51	786	25.18
2.	Henry CHOONG	22/04/97	Co Cambridge		53.62	745	25.87
3.	Peter WEBSTER	12/01/98	Hatfield		53.82	738	25.78
4.	Regan LLOYD	15/03/97	teamipswich		53.88	736	26.13
5.	Brandon NABARRO	05/02/97	Putteridge		54.11	728	26.57
6.	Jordan MANN	08/08/98	UEA Norwich		54.14	727	26.08
7.	George EPSLY	12/06/98	Basildon Ph		54.25	723	25.93
8.	Dominic SCIFO	29/12/99	teamipswich		54.53	713	26.12
9.	Oliver FITT	10/07/99	St Ives		54.56	712	26.73
10.	Erik SULLIVAN	03/11/94	Co Cambridge		54.66	709	25.90
11.	Nathan WELLS	23/01/98	West Norfolk		54.68	708	26.63
12.	Sonny TRIGG	09/12/95	teamipswich		55.04	696	26.62
13.	Lee BAKER	17/05/95	Harlow Pen		55.13	693	26.01
14.	Alec BURCHELL	18/12/98	Hitchin		55.54	679	26.20
15.	Thomas HOVEN	11/05/99	UEA Norwich		55.60	677	26.37
16.	Thomas SHERRIFF	14/08/95	Co St Albans		55.67	675	26.40
17.	Nathan BENTLEY	27/06/98	Hatfield		55.76	672	26.96
18.	Luke SUGDEN	15/09/99	Hatfield		55.87	668	27.16
19.	Jack SPENCE	01/12/94	Hemel Hemp		55.98	665	25.88
20.	Dalton YALLOP	13/01/97	UEA Norwich		56.00	664	26.79
21.	Ignacio LARGHERO	08/07/99	Newmarket		56.15	659	26.81
22.	Harry ROBINSON	02/05/98	Co Cambridge		56.26	656	26.22
23.	Liam CURRAN	25/10/98	Co St Albans		56.27	655	26.38



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24.	Matthew WRIGHT	10/03/98	Team Luton	56.28	655	27.81
25.	Bradley VEITCH	24/03/99	Harlow Pen	56.35	653	27.23
26.	Hugo JOHNSON	13/08/98	Bo Southend	56.38	652	27.57
27.	Liam BARNETT	19/07/87	Co Cambridge	56.57	646	26.84
28.	George BATHO	05/11/97	Leiston	56.66	643	26.34
29.	Joshua FOWLES	02/05/99	Witham Dolph	56.68	643	27.39
30.	Sam GAMBLE	24/05/99	Hitchin	56.76	640	26.15
31.	Hayden THOMAS	09/11/95	Harlow Pen	56.80	639	27.22
32.	Harry PARKER	30/07/98	Hatfield	57.08	630	27.54
33.	Alex EVENS	09/01/99	Hitchin	57.21	626	27.22
34.	Mason ARNOLD	22/11/97	Harlow Pen	57.23	626	27.97
35.	Thomas WIGGINS	02/08/99	Co Peterboro	57.30	624	27.16
36.	Harry WEARS	23/07/97	Leighton Buz	57.47	618	27.32
37.	Mark LEAMON	13/03/87	Co Cambridge	57.51	617	27.05
38.	Alexander MASON	05/08/96	Team Luton	57.59	615	27.56
39.	Jordan CATCHPOLE	05/10/99	UEA Norwich	14 58.37	592	27.93
40.	Louis HINES	20/12/97	Watford SC	14 59.29	566	28.29
41.	Ryan NICHOLLS	16/05/98	Basildon Ph	14 1:00.90	524	28.67
42.	Joshua WELLS	23/10/97	UEA Norwich	14 1:06.16	406	30.98
	Stuart CLARKE	17/04/84	Bishop Stort	DNC		

Combined Result - Multi-Disability by British Disability Points

Place	Name	DoB	Club	Cat	Time	BDPoints	50
1.	Jordan CATCHPOLE	05/10/99	UEA Norwich	14	58.37	852	27.93
2.	Louis HINES	20/12/97	Watford SC	14	59.29	813	28.29
3.	Ryan NICHOLLS	16/05/98	Basildon Ph	14	1:00.90	750	28.67
4.	Callum HODGSON	07/12/00	Basildon Ph	14	1:05.80	595	30.20
5.	Joshua WELLS	23/10/97	UEA Norwich	14	1:06.16	585	30.98



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EVENT 123 Womens 50m Breaststroke

Regional Records - Junior 33.03 Senior 32.10

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts
1.	Molly LEE	04/08/01	West Norfolk		35.00	722
2.	Abigail HURST	23/01/01	Berkhamsted		35.54	693
3.	Lauren HARRISON	05/03/01	Co Peterboro		35.70	685
4.	Nadine SMITH	28/03/01	Hatfield		35.87	676
5.	Lauren WATT	18/11/01	Newmarket		36.80	631
6.	Charlotte ASHWIN	09/04/01	Mid Beds		36.85	628
7.	Honey HARVEY	30/10/01	UEA Norwich		36.95	624
8.	Caitlin WATSON-DOTCHIN	13/04/01	Basildon Ph		37.10	617
9.	Alara NORTON	29/07/01	Cheshunt		37.24	610
10.	Jessica LAITNER	18/04/01	Co St Albans		37.42	602
11.	Chloe OGDEN	03/06/01	Bishop Stort		37.45	601
12.	Emily GALLAGHER	06/03/01	St Ives		37.50	598
13.	Alice FENDER	14/02/01	Hemel Hemp		37.88	581
14.	Amy PEMBERTON	22/03/01	Berkhamsted		38.04	575
15.	Charlotte NASH	12/06/01	Bishop Stort		38.08	573
16.	Megan SAMUELS	26/12/01	Chelmsford		38.28	564
17.	Louise FIDDES	26/03/01	Hatfield	14	38.37	560
18.	Grace MELLOR	25/11/01	DunmowAtlant		38.58	552
19.	Katie LINES	06/04/01	Lstoft & OB		38.78	543
20.	Lauren NELSON	03/07/01	Harlow Pen		38.79	543
21.	Emma LESLIE	05/04/01	Co Peterboro		38.80	543
22.	Jodie ROOT	03/10/01	Halstead		38.98	535
23.	Maia MCPHERSON	01/10/01	Witham Dolph		39.13	529
24.	Celyn WALMSLEY	20/11/01	Team Luton		39.14	529
25.	Leanne ABREY	27/03/01	Hemel Hemp		39.79	504
26.	Charlotte MATTHEWS	29/10/01	Bishop Stort		39.95	498
27.	Megan POPE	25/06/01	Cheshunt		40.06	494
28.	Imogen HORNE-MORRIS	14/05/01	UEA Norwich		40.30	485
29.	Maysie STEDMAN	01/03/01	Dereham		40.95	462
30.	Holly JASZKIEWICZ	18/12/01	Co Peterboro		42.02	426
	Katie MUSGROVE	08/09/01	DunmowAtlant		DQ 4	

16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts
1.	Laura COPPING	26/04/00	Hatfield		35.03	720
2.	Rachel ROBINSON	01/02/00	UEA Norwich		35.77	681
3.	Rachel WELLINGS	20/02/00	Co Peterboro		35.79	680
4.	Catherine BROWN	07/07/00	Norwich Swan		37.01	621
5.	Megan WICKHAM	10/03/00	Harlow Pen		37.02	620
6.	Caitlin MASCALL	22/06/00	Harlow Pen		37.06	618
7.	Annalise WRIGHT	25/04/00	Linslade		37.11	616
8.	Abigail GREEN	13/08/00	Watford SC		37.18	613
9.	Lucy MOLLOY	15/04/00	Verulam		37.28	608
10.	Lucy JESSOP	06/04/00	Brentwood		37.38	604
11.	Jasmine DEARNLEY	26/02/00	St Ives		37.56	596
12.	Beth EDWARDS	27/10/00	West Suffolk		37.70	589
13.	Hannah MCNAUL	04/07/00	West Suffolk		37.94	579
14.	Sophie PICKERING	28/06/00	teamipswich		37.98	577
15.	Amelia BARNETSON	12/09/00	Bo Southend		38.07	573
16.	Megan BUNYARD	22/11/00	Linslade		38.08	573
17.	Georgina CURTIS	04/10/00	Mid Beds		38.40	559
18.	Elena BACCAS	19/05/00	Verulam		38.44	558
19.	Olivya HOLLEYMAN	11/10/00	Harlow Pen		38.50	555
20.	Lauren GOODYER	09/08/00	Mid Beds		39.03	533
21.	Sophie BURNS	30/01/00	Watford SC		39.24	525
22.	Elinor DULEY	19/11/00	Colchester		39.92	499

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts
1.	Leah ROUGHAN	03/09/99	Co Peterboro		33.41	814
2.	Rebecca BURTON	14/12/98	Co Peterboro		33.68	797
3.	Natalie COOGANS	21/02/97	West Norfolk		34.12	771
4.	Cira FLETCHER	10/12/98	Bishop Stort		34.87	729
5.	Kathryn LOVEYS	18/12/87	Co Cambridge		34.96	724
6.	Agatha MALIKOVA	11/09/95	Co Cambridge		35.05	719
7.	Emily BIGGS	23/09/99	Co Cambridge		35.16	713
8.	Lauren BAKER	25/04/95	Hatfield		35.21	711
9.	Roxanne UYS	13/10/99	West Norfolk		35.53	694
10.	Lana MO	06/09/99	West Suffolk		35.64	688
11.	Louise BUSH	05/04/91	UEA Norwich		35.72	684
12.	Sarah O'BRIEN	31/12/96	UEA Norwich		35.88	676



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13.	Sarah BOWEN	04/06/98	Lstof & OB	35.98	671
14.	Grace RAYNER	02/11/98	Hatfield	36.44	648
15.	Kate MCQUAID	01/04/98	Hatfield	36.45	647
16.	Jana SPINNER	11/12/99	UEA Norwich	36.94	624
17.	Katie WHIFFIN	27/09/96	Epping For't	36.98	622
18.	Rianna SMITH	21/06/98	Basildon Ph	37.02	620
19.	Paige WILDING	06/04/98	Hemel Hemp	37.18	613
20.	Jessica PAYNE	01/01/98	Leighton Buz	37.35	605
21.	Cathryn THOMSON	10/05/90	St Ives	37.73	588
22.	Jordan COLEMAN	26/05/98	Leiston	37.77	586
23.	Lauren GRICE	21/05/99	Leighton Buz	38.33	562
24.	Elinor MACDONALD	22/08/98	Berkhamsted	39.14	529

Combined Result - Multi-Disability by British Disability Points

Place	Name	DoB	Club	Cat	Time	BDPoints
1.	Louise FIDDES	26/03/01	Hatfield	14	38.37	883



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Weekend One - Norwich

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EVENT 124 Mens 400m IM (Declared Winners)

Regional Records - Junior 4:29.54 Senior 4:13.75

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Charles RAYNER	22/05/01	Hatfield	4:51.94	674
	50m 28.92	100m 1:03.54	150m 1:41.32	200m 2:20.40	250m 3:00.06
2.	Harvey NORMAN	25/07/01	Co Peterboro	4:52.60	670
	50m 30.33	100m 1:06.55	150m 1:44.59	200m 2:21.61	250m 3:04.97
3.	Jamie MCCAFFRAY	23/08/01	Modernian	4:57.73	639
	50m 31.96	100m 1:08.69	150m 1:48.30	200m 2:27.72	250m 3:08.97
4.	Cole JAMES	01/10/01	Hatfield	5:03.76	604
	50m 31.85	100m 1:08.59	150m 1:49.95	200m 2:30.43	250m 3:11.53
5.	James MCFARLAND	30/01/01	Mid Beds	5:06.80	587
	50m 31.18	100m 1:07.95	150m 1:49.13	200m 2:29.20	250m 3:13.47
6.	Maxim DE WILDT	28/08/01	Co Cambridge	5:11.39	563
	50m 32.32	100m 1:12.15	150m 1:53.59	200m 2:34.59	250m 3:17.38
7.	Harrison LEES	03/01/01	Watford SC	5:12.18	559
	50m 30.65	100m 1:08.83	150m 1:51.35	200m 2:31.57	250m 3:17.73
8.	Lewis BAYLEY	09/03/01	Southend	5:12.52	557
	50m 32.41	100m 1:09.70	150m 1:49.98	200m 2:28.13	250m 3:14.98
9.	Taylor BOWEN	19/02/01	West Suffolk	5:13.71	551
	50m 30.95	100m 1:08.69	150m 1:49.53	200m 2:29.09	250m 3:15.05
10.	George HART	21/07/01	Mid Beds	5:13.72	551
	50m 32.44	100m 1:11.05	150m 1:52.03	200m 2:33.05	250m 3:16.82
11.	James CHENNELLS	11/10/01	Berkhamsted	5:14.65	546
	50m 32.20	100m 1:11.68	150m 1:49.82	200m 2:28.92	250m 3:16.23
12.	John TELENSKY	27/05/01	Harpenden	5:19.47	522
	50m 30.73	100m 1:08.17	150m 1:50.15	200m 2:32.09	250m 3:18.99
13.	Matteo TONTODONATI	07/05/01	Hoddesdon	5:26.04	492
	50m 33.23	100m 1:11.44	150m 1:53.49	200m 2:34.57	250m 3:23.02
	Jack RICHES	09/08/01	UEA Norwich	DNC	

16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Myles TURNER	12/06/00	West Suffolk	4:49.03	692
	50m 31.29	100m 1:08.29	150m 1:45.29	200m 2:21.73	250m 3:02.06
2.	Samuel PECK	21/07/00	UEA Norwich	4:50.49	683
	50m 29.41	100m 1:04.41	150m 1:43.04	200m 2:21.49	250m 3:02.12
3.	James WOODWARD	04/03/00	Potters Bar	4:51.86	674
	50m 30.40	100m 1:06.17	150m 1:44.88	200m 2:22.43	250m 3:06.48
4.	Harry WHITEMAN	06/07/00	Co Peterboro	4:56.83	644
	50m 30.23	100m 1:05.70	150m 1:42.97	200m 2:19.45	250m 3:03.45
5.	Max WILSON	23/05/00	Modernian	4:58.12	636
	50m 31.44	100m 1:07.50	150m 1:46.40	200m 2:24.85	250m 3:08.20
6.	Harry NICHOLLS	13/07/00	Basildon Ph	5:03.52	605
	50m 31.80	100m 1:07.49	150m 1:47.80	200m 2:26.97	250m 3:10.43
7.	Luke CROFTS	23/04/00	Thurrock	5:15.66	541
	50m 31.10	100m 1:08.49	150m 1:49.46	200m 2:29.18	250m 3:15.62
8.	James BAYLEY	06/04/00	Basildon Ph	5:23.64	503
	50m 32.29	100m 1:12.64	150m 1:55.78	200m 2:38.00	250m 3:20.92

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Nathan WELLS	23/01/98	West Norfolk	4:42.30	737
	50m 29.79	100m 1:03.80	150m 1:39.27	200m 2:14.23	250m 2:55.20
2.	Thomas MCLAGAN	27/04/96	Chelmsford	4:44.48	722
	50m 28.98	100m 1:03.73	150m 1:40.19	200m 2:16.85	250m 2:58.42
3.	Augustus VEASEY	30/10/96	Chelmsford	4:44.77	720
	50m 28.88	100m 1:02.81	150m 1:39.82	200m 2:16.76	250m 2:57.82
4.	Fraser SCOTT	01/04/98	Basildon Ph	4:47.85	700
	50m 29.86	100m 1:04.77	150m 1:43.30	200m 2:21.26	250m 3:01.29
5.	Joshua GRAVES	19/09/97	Co Peterboro	4:48.33	697
	50m 28.81	100m 1:02.83	150m 1:40.48	200m 2:18.75	250m 2:59.58
6.	Cameron MCRAE	18/09/99	Co Peterboro	4:49.22	691
	50m 29.54	100m 1:05.11	150m 1:42.13	200m 2:18.51	250m 3:00.79
7.	Thomas SARAH	22/06/94	Co Cambridge	4:50.13	685
	50m 29.63	100m 1:04.99	150m 1:42.73	200m 2:21.94	250m 3:02.19
8.	Jack PICKERING	15/08/98	teamipswich	4:52.60	670
	50m 30.71	100m 1:06.42	150m 1:45.30	200m 2:22.97	250m 3:04.09
9.	Ryan KELLY	16/02/99	Chelmsford	4:52.66	669
	50m 30.27	100m 1:05.75	150m 1:42.41	200m 2:18.54	250m 3:01.48
10.	Finlay RYAN	19/04/99	Norwich Swan	4:59.15	630
	50m 30.48	100m 1:06.93	150m 1:45.63	200m 2:24.46	250m 3:05.00
11.	Calvin COE	29/05/98	Stowmarket	4:59.35	629
	50m 30.13	100m 1:05.42	150m 1:45.34	200m 2:23.10	250m 3:06.35
12.	Spencer PRIOR	31/05/99	Colchester	5:01.79	615
	50m 29.71	100m 1:04.85	150m 1:44.16	200m 2:23.84	250m 3:06.37
13.	Alexander MASON	05/08/96	Team Luton	5:02.61	611
	50m 30.31	100m 1:06.08	150m 1:47.02	200m 2:26.35	250m 3:08.39



East Swimming

2016 Long Course Championships

(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing & to ASA Open Meet Licensing Criteria)



Weekend One - Norwich

30th April, 1st and 2nd May 2016
(Licensed Meet No. 1ER160820)

EVENT 125 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	8:49.17	750	Poppy RICHARDSON	2.13.10	30.92	33.68					
								34.35	34.15				
					Holly JASZKIEWICZ	2.12.41	29.83	33.99					
								34.47	34.12				
					Rachel WELLINGS	2.10.85	28.93	33.35					
								33.94	34.63				
					Christie WOODS	2.12.81	30.07	33.87					
								34.64	34.23				
					2.	UEA City of Norwich SC	UEA Norwich	8:50.13	746	Megan PYE	2.13.02	30.80	34.51
													35.33
Honey HARVEY	2.12.87	30.07	33.93										
			34.79	34.08									
Masie EASTER	2.15.89	30.25	33.60										
			35.68	36.36									
3.	Hatfield A	Hatfield	9:04.48	696	Charlotte WALKER	2.08.35	29.32	32.80					
								33.62	32.61				
					Amber SHINE	2.17.66	31.72	35.70					
								35.15	35.09				
					Laura COPPING	2.13.58	30.66	34.20					
								34.33	34.39				
4.	City Of Peterborough B	Co Peterboro	9:05.47	692	Bailey WILKES	2.23.75	31.66	36.39					
								37.51	38.19				
					Molly FRANCIS	2.09.49	29.17	32.46					
								34.06	33.80				
					Co Peterboro	Poppy LEECH	2.19.85	31.54	35.47				
								36.57	36.27				
5.	City of St Albans SC	Co St Albans	9:16.97	654	Anna BLAKELY	2.19.51	31.13	36.31					
								36.58	35.49				
					Maddison SAUNDERS	2.14.75	29.88	35.28					
								34.92	34.67				
					Mia LEECH	2.11.36	30.13	33.17					
								33.93	34.13				
6.	Hatfield B	Hatfield	9:27.89	620	Shannon STOTT	2.10.98	30.33	33.76					
								34.21	32.68				
					Faith GREEN	2.23.63	32.37	35.47					
								38.24	37.55				
					Jessica LAITNER	2.22.17	24.69	43.66					
								36.81	37.01				
7.	Cheshunt Swimming Club	Cheshunt	9:43.27	575	Lauren STOTT	2.20.19	15.54	50.98					
								37.13	36.54				
					Natasha BENTLEY	2.17.43	31.86	35.07					
								35.81	34.69				
					Sophie PAYNE	2.21.56	32.51	37.19					
								36.37	35.49				
8.	Dereham & District SC	Dereham	9:57.83	536	Louise FIDDES	2.29.48	33.54	39.00					
								39.08	37.86				
					Jess THURLEY	2.19.42	31.36	35.36					
								36.35	36.35				
					Cheshunt	Emily SOUTH	2.22.81	31.65	35.99				
								36.75	38.42				
9.	City of Peterborough C	Co Peterboro	DQ 7		Alara NORTON	2.27.27	32.86	37.47					
								38.82	38.12				
					Megan POPE	2.27.01	33.29	36.72					
								38.49	38.51				
					Emily LUSH	2.26.18	32.03	38.36					
								38.31	37.48				
10.	Dereham & District SC	Dereham	9:57.83	536	Kionni BROOMFIELD	2.17.70	30.96	35.38					
								35.84	35.52				
					Ellie FOSTER	1.52.20	33.34	37.77					
								41.09					
					Daisy MATTLESS	3.19.32	1.14.92	40.51					
								42.72	41.17				
11.	Dereham & District SC	Dereham	9:57.83	536	Maysie STEDMAN	2.28.61	32.47	38.00					
								39.30	38.84				
					City of Peterborough C	Co Peterboro	DQ 7						



East Swimming
2016 Long Course Championships
*(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing
& to ASA Open Meet Licensing Criteria)*



Weekend One - Norwich
30th April, 1st and 2nd May 2016
(Licensed Meet No. 1ER160820)

EVENT 126 Womens 17 Yrs/Over 800m Free.Team

Regional Record - 8:16.15
Full Results

Place	Name	Club	Time	GB Pts		
1.	City Of Peterborough A	Co Peterboro	8:48.25	753		
		Leah ROUGHAN		2.12.93	29.93	33.34
					34.60	35.06
		Bethany SAUNDERS		2.11.99	29.04	34.13
					34.71	34.11
		Mollie ALLEN		2.08.19	28.16	32.88
					33.43	33.72
		Aising RUFF		2.15.14	30.96	34.74
					34.71	34.73
2.	Dereham & District SC	Dereham	9:41.44	580		
		Isabel HOLMES		2.27.65	32.92	37.23
					39.43	38.07
		Eleanor LAVELLE		2.26.36	32.78	37.41
					38.30	37.87
		Georgia BOYD		2.26.61	32.10	37.37
					38.73	38.41
		Lauren BURTON		2.20.82	30.61	36.23
					36.79	37.19