



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 Five

EVENT 221 Mens 200m Backstroke

Regional Records - Junior 2:05.90 Senior 1:56.05

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts	50	100	150
1.	Daniel CHADA	17/05/01	Bishop Stort		2:20.58	603	32.30	1:07.43	1:44.37
2.	Joshua SMITH	08/02/01	DunmowAtlant		2:21.99	586	31.14	1:07.29	1:44.34
3.	James CHENNELLS	11/10/01	Berkhamsted		2:23.62	567	32.64	1:08.53	1:46.53
4.	Harvey NORMAN	25/07/01	Co Peterboro		2:23.86	565	33.24	1:09.45	1:46.92
5.	Max JELFS	27/03/01	Hemel Hemp		2:23.97	563	33.65	1:10.30	1:46.72
6.	Nicholas PERKINS	08/03/01	UEA Norwich		2:25.38	548	32.77	1:10.53	1:48.20
7.	Michael RIPPER	08/09/01	Harpenden		2:25.54	546	33.22	1:09.66	1:47.63
8.	Matteo TONTODONATI	07/05/01	Hoddesdon		2:26.54	535	32.82	1:10.40	1:48.21
9.	Matthew TITMAN	21/07/01	Co Cambridge		2:26.57	535	33.06	1:11.10	1:49.96
10.	Lewis BAYLEY	09/03/01	Southend		2:26.60	534	32.86	1:09.95	1:48.47
11.	Jack SANGSTER	12/07/01	Modernian		2:26.61	534	33.87	1:11.55	1:49.75
12.	George HART	21/07/01	Mid Beds		2:26.71	533	33.80	1:10.89	1:49.39
13.	Thomas STANBURY	24/09/01	Potters Bar		2:27.08	529	33.22	1:10.54	1:48.75
14.	John BOYLE	15/01/01	DunmowAtlant		2:27.23	528	33.43	1:11.97	1:50.71
15.	Samuel WORTLEY	20/06/01	West Suffolk		2:28.28	517	33.90	1:11.92	1:51.06
16.	Taylor BOWEN	19/02/01	West Suffolk		2:29.23	507	34.26	1:13.11	1:51.54

16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts	50	100	150
1.	Matthew GRAY	25/01/00	Co Peterboro		2:14.28	684	30.91	1:05.31	1:39.60
2.	Reece NICHOLLS	13/03/00	Basildon Ph		2:14.79	677	31.78	1:06.36	1:42.05
3.	Tyler BERRY	24/08/00	Basildon Ph		2:14.96	674	31.84	1:06.09	1:40.72
4.	Harry CONSTANTINE	27/12/00	Hatfield		2:15.55	667	31.94	1:07.08	1:42.29
5.	Luke TURLEY	24/03/00	Hatfield		2:15.84	663	32.47	1:06.94	1:41.59
6.	Myles TURNER	12/06/00	West Suffolk		2:16.99	648	32.22	1:07.58	1:42.48
7.	Harry WHITEMAN	06/07/00	Co Peterboro		2:19.17	620	32.89	1:08.98	1:44.93
8.	Max WILSON	23/05/00	Modernian		2:22.74	577	33.49	1:09.35	1:46.49
9.	Harry EADE	28/08/00	teamipswich		2:23.28	571	32.98	1:09.62	1:46.79
10.	Bayley FINBOW	05/05/00	teamipswich		2:24.86	553	32.61	1:10.30	1:47.14
11.	Jack RYAN	07/07/00	Mid Beds		2:27.36	526	33.31	1:10.63	1:49.39
12.	Alex WALMSLEY	16/06/00	teamipswich		2:30.64	493	33.38	1:11.54	1:51.15

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts	50	100	150
1.	Nathan WELLS	23/01/98	West Norfolk		2:09.83	747	30.34	1:03.22	1:36.46
2.	Oliver FITT	10/07/99	St Ives		2:09.91	746	29.84	1:02.99	1:36.96
3.	James NEWTON	07/02/98	Co Peterboro		2:11.19	727	30.39	1:04.22	1:37.78
4.	Samuel PEASE	02/10/99	Basildon Ph		2:13.56	694	30.59	1:04.89	1:39.31
5.	Michael LARDNER	31/10/99	Co Peterboro		2:13.68	692	30.96	1:04.98	1:39.81
6.	Ryan KELLY	16/02/99	Chelmsford		2:13.69	692	31.25	1:05.34	1:40.57
7.	Harry FOX	19/03/99	Basildon Ph		2:14.58	680	31.52	1:05.65	1:40.60
8.	Elliot WYLIE	16/03/99	Team Luton		2:15.23	671	30.30	1:03.68	1:37.91
9.	Peter WEBSTER	12/01/98	Hatfield		2:15.55	667	31.15	1:05.56	1:40.94
10.	Brandon NABARRO	05/02/97	Putteridge		2:15.62	666	30.89	1:05.22	1:40.06
11.	Cameron MCRAE	18/09/99	Co Peterboro		2:17.11	646	31.41	1:06.69	1:42.32
12.	Joshua GAINES	27/10/98	Hemel Hemp		2:17.97	635	32.31	1:07.22	1:43.63
13.	Leone CRICK	04/02/98	Leighton Buz		2:18.20	632	31.56	1:04.95	1:41.10
14.	Callum KEANE	12/11/99	Co St Albans		2:18.25	632	32.60	1:07.89	1:43.03
15.	Ryan NICHOLLS	16/05/98	Basildon Ph	14	2:23.26	571	32.81	1:08.87	1:46.13
16.	Thomas BOYT	03/12/99	Felixstowe		2:24.14	561	32.90	1:08.92	1:46.55
17.	Oliver LANGFORD	11/03/99	Modernian		2:26.09	540	33.38	1:10.13	1:47.85

Combined Result - Multi-Disability by British Disability Points

Place	Name	DoB	Club	Cat	Time	BDPoints	50	100	150
1.	Ryan NICHOLLS	16/05/98	Basildon Ph	14	2:23.26	973	32.81	1:08.87	1:46.13



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Weekend One - Norwich
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EVENT 222 Womens 100m Freestyle

Regional Records - Junior 57.15 Senior 56.37

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Molly FRANCIS	29/05/01	Hatfield		1:00.43	739	28.64
2.	Chloe LENCE	19/08/01	Modernian		1:01.18	716	30.01
3.	Lauren WATT	18/11/01	Newmarket		1:01.26	713	29.14
4.	Honey HARVEY	30/10/01	UEA Norwich		1:02.04	690	30.16
5.	Poppy RICHARDSON	27/08/01	Co Peterboro		1:02.13	687	30.07
6.	Amy PEMBERTON	22/03/01	Berkhamsted		1:02.68	671	29.92
7.	Holly JASZKIEWICZ	18/12/01	Co Peterboro		1:02.99	662	30.20
8.	Sonia TUMIOTTO	14/07/01	St Felix Sch		1:03.01	662	30.48
9.	Alice FENDER	14/02/01	Hemel Hemp		1:03.07	660	30.88
10.	Jessica MANSFIELD	28/01/01	Huntingdon		1:03.31	653	29.87
11.	Maddison SAUNDERS	30/10/01	Co Peterboro		1:03.41	650	30.55
12.	Tilly ANEMA	09/12/01	Norwich Swan		1:03.44	649	31.18
13.	Caitlin WATSON-DOTCHIN	13/04/01	Basildon Ph		1:04.26	627	31.19

16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Rebecca SHERWIN	14/06/00	teamipswich		58.70	797	27.93
2.	Elinah PHILLIP	03/04/00	Bishop Stort		1:00.68	732	28.37
3.	Meghan MAYBANKS	15/12/00	DunmowAtlant		1:01.05	720	29.06
4.	Elinor DULEY	19/11/00	Colchester		1:01.12	718	29.13
5.	Rachel WELLINGS	20/02/00	Co Peterboro		1:01.48	707	28.97
6.	Katie CONYERS	12/04/00	Potters Bar		1:01.80	697	29.60
7.	Beth EDWARDS	27/10/00	West Suffolk		1:01.89	694	29.64
8.	Amelia PEDDLE	16/05/00	Epping Fort		1:02.16	686	29.85
9.	Christie WOODS	24/10/00	Co Peterboro		1:02.57	674	30.31
10.	Abigail WEBB	14/09/00	Deben		1:02.87	666	30.58
11.	Susanna FRASER	09/02/00	Co Cambridge		1:03.21	656	30.49
12.	Francesca CROCKER	06/05/00	St Ives		1:03.33	653	29.83
13.	Eleanor KING	16/05/00	Dunstable		1:03.39	651	30.20
14.	Poppy LEECH	01/08/00	Co Peterboro		1:03.87	638	30.15
15.	Kioni BROOMFIELD	22/01/00	Dereham		1:03.97	635	31.16
16.	Abigail GREEN	13/08/00	Watford SC		1:04.04	633	30.31
17.	Sophie BURNS	30/01/00	Watford SC		1:04.29	626	30.80

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Mollie ALLEN	24/10/98	Co Peterboro		58.62	799	28.23
2.	Amy GODSAVE	11/09/99	Hoddesdon		59.52	769	28.21
3.	Bethany SAUNDERS	24/09/99	Co Peterboro		59.87	758	28.67
4.	Molly OLLINGTON	29/08/98	West Suffolk		59.97	754	28.94
5.	Abby SMITH	26/03/96	Harpenden		1:00.01	753	28.98
6.	Martha DULEY	29/04/99	Colchester		1:00.06	751	28.82
7.	Rianna SMITH	21/06/98	Basildon Ph		1:00.31	743	29.49
8.	Georgina PRYOR	17/06/98	Harlow Pen		1:00.35	742	28.70
9.	Lauren SIMPKINS	22/01/98	Putteridge		1:00.59	734	28.80
10.	Amy YOUNG	30/09/99	Bishop Stort		1:00.67	732	29.57
11.	Abigail WHITING	14/03/99	West Norfolk		1:00.88	725	28.97
12.	Faye HERMON	19/11/99	Felixstowe		1:00.92	724	29.47
13.	Georgina LAWSON	28/09/97	Co St Albans		1:01.00	721	29.43
14.	Lauren BURTON	17/05/98	Dereham		1:01.27	713	29.58
15.	Alaina SCIFO	13/10/97	teamipswich		1:01.62	702	29.40
16.	Rebecca SCOTT	12/08/98	Hitchin		1:01.65	702	29.53
17.	Dolly TRIGG	16/05/98	teamipswich		1:02.09	688	29.59
18.	Tara COLEMAN	11/04/96	Leiston		1:02.59	674	29.67
19.	Leah ROUGHAN	03/09/99	Co Peterboro		1:02.78	668	30.23
20.	Katarina BLANCO	13/06/97	Basildon Ph		1:03.05	660	29.71
21.	Kaythi AUNG	06/07/98	Colchester		1:05.06	606	30.50



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EVENT 223 Mens 50m Breaststroke

Regional Records - Junior 31.11 Senior 27.45

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Charles RAYNER	22/05/01	Hatfield	32.39	658
2.	Samuel BRYAN	21/05/01	Basildon Ph	32.74	639
3.	Billy LO	09/05/01	Basildon Ph	33.47	601
4.	Raffaele GRACI	19/12/01	Putteridge	33.73	588
5.	Cole JAMES	01/10/01	Hatfield	33.84	583
6.	Jack RICHES	09/08/01	UEA Norwich	34.10	570
7.	Maxim DE WILDT	28/08/01	Co Cambridge	34.42	555
8.	Samuel SKUSE	24/09/01	Beccles Town	34.51	551
8.	Joseph RICHARDSON	03/09/01	Harpenden	34.51	551
10.	Jamie COLES	03/05/01	Colchester	34.57	548
11.	Ralph MUNCER	12/03/01	Team Luton	34.59	547
12.	Nathan SWIFT	28/06/01	Putteridge	34.60	547
13.	Harvey NORMAN	25/07/01	Co Peterboro	34.91	533
14.	William RICHARDS	31/05/01	Dunstable	35.15	522
15.	Fraser RYAN	07/05/01	Norwich Swan	35.26	517
16.	Matthew WOULDHAM	25/01/01	Co Peterboro	35.28	516
17.	John TELENSKY	27/05/01	Harpenden	35.29	516
18.	Marcus KEMP	03/12/01	Watford SC	35.91	490
19.	Taylor BOWEN	19/02/01	West Suffolk	36.28	475
20.	Azar AITMARRI	21/01/01	Thurrock	36.42	469
21.	Ralph DAVIES	16/10/01	Hoddesdon	36.77	456
22.	George SPORLE	10/05/01	Co Ely	37.11	443
23.	Lucas DOVE	16/06/01	St Ives	37.87	415
	Charles RENNIE	12/04/01	Braintree	DQ 3	

16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	David SHIPMAN	09/06/00	Potters Bar	31.67	699
2.	Samuel PECK	21/07/00	UEA Norwich	32.02	679
3.	Oliver PYLE	30/04/00	West Suffolk	32.54	650
4.	Samuel COTTEE	29/01/00	teamipswich	32.56	649
5.	James MONCUR-BROWN	05/08/00	UEA Norwich	33.15	618
6.	James WOODWARD	04/03/00	Potters Bar	33.57	596
7.	Liam BLATCH	22/06/00	Norfolk Vikg	33.75	587
8.	Luke CROFTS	23/04/00	Thurrock	33.78	586
9.	William LOVEMAN	03/05/00	Co St Albans	34.02	574
10.	Harvey BANNISTER	10/12/00	Harlow Pen	34.12	569
11.	Dominic BOYLAN	25/07/00	Diss Otters	34.13	569
12.	Alex FLORANCE	24/03/00	West Norfolk	34.15	568
13.	Callum DAVIS	15/05/00	Bishop Stort	34.26	563
14.	David HENSMAN	17/11/00	Co St Albans	34.32	560
15.	Henry BUTLER	17/05/00	Leiston	34.49	552
16.	Ryan SMITH	05/01/00	UEA Norwich	34.50	551
17.	Joseph TALBOT	31/07/00	Linslade	34.60	547
18.	Daniel LUSH	16/06/00	Cheshunt	34.99	529
19.	Thomas FAULKNER	01/02/00	Leighton Buz	35.00	529
20.	Harry WALKER	12/04/00	Chelmsford	35.04	527
21.	James BLOUNT	09/11/00	Potters Bar	36.34	472
22.	Thomas GRIEVE	02/08/00	Colchester	36.55	464

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Lawrence PALMER	18/12/92	Putteridge	28.12	942
2.	Jordan BATSON	20/02/96	Putteridge	30.38	779
3.	Dominic HOLLOWAY	20/04/96	Co Cambridge	30.95	743
4.	Brandon NABARRO	05/02/97	Putteridge	31.12	732
5.	Hayden THOMAS	09/11/95	Harlow Pen	31.28	723
6.	Christopher SMITH	04/05/96	Hoddesdon	31.30	721
7.	Joseph MURRAY	01/07/99	Putteridge	31.33	720
8.	Edward LOVEMAN	14/06/94	Co St Albans	31.42	714
9.	Cameron MANLEY	09/08/99	Linslade	31.53	708
10.	Harry PARKER	30/07/98	Hatfield	31.56	706
11.	James NEWTON	07/02/98	Co Peterboro	31.70	698
12.	Justin BOTT	30/06/98	Diss Otters	31.97	682
13.	Thomas WIGGINS	02/08/99	Co Peterboro	32.04	678
14.	Fraser SCOTT	01/04/98	Basildon Ph	32.06	677
15.	Nicholas STALLEY	14/10/97	Modernian	32.20	669
16.	Augustus VEASEY	30/10/96	Chelmsford	32.27	665
17.	Ryan SYKES	17/03/96	West Norfolk	32.40	658
18.	Harry WAGNER	01/08/98	Newmarket	32.55	649
19.	Daniel HILL	09/10/99	Linslade	32.59	647
20.	Oliver FITT	10/07/99	St Ives	32.60	647



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21.	Ryan JARVIS	23/03/99	Putteridge	32.66	644
22.	Matthew MCLAUGHLIN	26/11/93	DunmowAtlant	32.75	639
23.	Daniel HURST	14/04/99	Berkhamsted	32.88	632
24.	Zhi ONG	30/07/99	Co St Albans	32.91	630
25.	Christopher GREENHALGH	16/01/96	Sudbury	33.04	623
26.	Joseph COLLINS	01/03/99	Bishop Stort	33.06	622
27.	Kyle PANTON	05/09/95	DunmowAtlant	33.08	621
28.	Leone CRICK	04/02/98	Leighton Buz	33.12	619
29.	Adam COLYER	09/07/97	Potters Bar	33.24	613
30.	Jack PICKERING	15/08/98	teamipswich	33.25	612
31.	Jack POPE	31/12/99	Modernian	33.50	600
32.	Finlay RYAN	19/04/99	Norwich Swan	33.55	597
33.	Martin RUSSELL-ROGERS	04/04/98	Hitchin	33.63	593
34.	Martin HAILES	01/07/74	Beccles Town	33.72	589
35.	Samuel PEASE	02/10/99	Basildon Ph	33.85	582
36.	Jack CHRISTIE	07/09/98	Hemel Hemp	33.99	575
37.	James HANCOCK	29/04/98	Mid Beds	34.01	574
38.	Daniel SCHINDLER	16/04/99	Co St Albans	34.12	569
39.	Alexander MASON	05/08/96	Team Luton	34.27	562
40.	Michael JUDD	17/07/98	Dunstable	34.35	558
41.	Louis SPONG	07/11/99	DunmowAtlant	34.37	557
42.	Archie HOLMAN	21/09/98	West Norfolk	34.42	555
43.	Peter LAWTON	21/01/91	Southend	34.44	554
44.	Mason ARNOLD	22/11/97	Harlow Pen	34.54	549
	Jack FILER	18/02/98	Berkhamsted	DQ 4	

EVENT 223 Mens 50m Breaststroke - Swim-Off

Regional Records - Junior 31.11 Senior 27.45

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Joseph RICHARDSON	03/09/01	Harpenden	34.12	569
2.	Samuel SKUSE	24/09/01	Beccles Town	34.15	568



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Weekend One - Norwich

30th April, 1st and 2nd May 2016
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EVENT 224 Womens 400m IM (Heat Declared)

Regional Records - Junior 4:45.21 Senior 4:45.21

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Lauren HARRISON	05/03/01	Co Peterboro	5:13.04	713
	50m 32.59	100m 1:12.72	150m 1:55.22	200m 2:36.96	250m 3:18.30
2.	Charlotte ASHWIN	09/04/01	Mid Beds	5:17.21	688
	50m 33.14	100m 1:13.10	150m 1:54.07	200m 2:35.18	250m 3:20.13
3.	Holly JASZKIEWICZ	18/12/01	Co Peterboro	5:18.52	681
	50m 33.96	100m 1:13.00	150m 1:51.80	200m 2:31.48	250m 3:19.90
4.	Poppy RICHARDSON	27/08/01	Co Peterboro	5:18.86	679
	50m 32.55	100m 1:11.43	150m 1:52.90	200m 2:34.69	250m 3:21.07
5.	Sophie TAYLOR	23/08/01	St Felix Sch	5:22.20	660
	50m 35.13	100m 1:17.42	150m 1:57.88	200m 2:36.49	250m 3:23.05
6.	Chloe OGDEN	03/06/01	Bishop Stort	5:22.24	660
	50m 35.40	100m 1:16.75	150m 2:00.74	200m 2:42.01	250m 3:24.94
7.	Alice FENDER	14/02/01	Hemel Hemp	5:31.22	611
	50m 34.47	100m 1:16.70	150m 2:00.97	200m 2:44.15	250m 3:31.70
8.	Jessica LAITNER	18/04/01	Co St Albans	5:31.88	608
	50m 34.22	100m 1:15.74	150m 1:58.89	200m 2:41.29	250m 3:26.56
9.	Celyn WALMSLEY	20/11/01	Team Luton	5:33.55	600
	50m 35.83	100m 1:19.74	150m 2:01.62	200m 2:42.97	250m 3:28.17
10.	Rebecca MERRILL	10/06/01	Norwich Swan	5:38.77	574
	50m 36.05	100m 1:18.44	150m 2:02.14	200m 2:44.59	250m 3:32.16
11.	Hannah TAPLIN	16/03/01	Deben	5:40.97	563
	50m 36.05	100m 1:18.81	150m 2:01.98	200m 2:46.28	250m 3:36.11
	Molly FRANCIS	29/05/01	Hatfield	DQ 5	

16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Shannon STOTT	29/08/00	Co St Albans	5:12.40	717
	50m 32.47	100m 1:10.65	150m 1:50.88	200m 2:31.58	250m 3:17.02
2.	Laura COPPING	26/04/00	Hatfield	5:13.36	711
	50m 32.73	100m 1:10.52	150m 1:51.90	200m 2:31.32	250m 3:17.44
3.	Sophie PICKERING	28/06/00	teamipswich	5:21.76	662
	50m 33.89	100m 1:12.68	150m 1:55.38	200m 2:35.75	250m 3:23.06
4.	Georgina CURTIS	04/10/00	Mid Beds	5:22.57	658
	50m 32.87	100m 1:12.03	150m 1:52.81	200m 2:33.64	250m 3:20.41
5.	Chantal SMITH	13/01/00	Team Luton	5:30.57	615
	50m 34.51	100m 1:17.65	150m 2:01.56	200m 2:44.67	250m 3:31.16
6.	Melissa ELEY	10/10/00	Chelmsford	5:35.82	588
	50m 34.22	100m 1:15.39	150m 1:59.16	200m 2:40.97	250m 3:31.19
7.	Elinor DULEY	19/11/00	Colchester	5:35.89	588
	50m 33.92	100m 1:15.31	150m 2:02.06	200m 2:46.64	250m 3:35.13
8.	Beth EDWARDS	27/10/00	West Suffolk	5:37.43	580
	50m 34.60	100m 1:15.38	150m 2:01.44	200m 2:43.52	250m 3:32.47
9.	Peyton EWBank	03/09/00	Norwich Swan	5:37.91	578
	50m 34.33	100m 1:16.45	150m 1:59.98	200m 2:42.37	250m 3:33.23
10.	Victoria POPE	10/04/00	Watford SC	5:52.47	511
	50m 35.38	100m 1:21.29	150m 2:04.94	200m 2:48.76	250m 3:39.42

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Leah ROUGHAN	03/09/99	Co Peterboro	5:05.04	763
	50m 31.52	100m 1:08.67	150m 1:51.35	200m 2:32.80	250m 3:13.72
2.	Aisling RUFF	22/05/98	Co Peterboro	5:10.04	731
	50m 33.17	100m 1:10.65	150m 1:49.57	200m 2:27.52	250m 3:13.22
3.	Dolly TRIGG	16/05/98	teamipswich	5:15.24	700
	50m 33.49	100m 1:14.43	150m 1:54.30	200m 2:32.50	250m 3:17.44
4.	Amber HUGHES	15/01/99	Hatfield	5:17.59	686
	50m 35.81	100m 1:17.82	150m 1:58.27	200m 2:37.44	250m 3:22.89
5.	Millie EMMANS	14/11/99	Co Cambridge	5:19.47	675
	50m 32.66	100m 1:11.29	150m 1:55.63	200m 2:37.96	250m 3:23.04
6.	Jessica WESTLAKE	20/01/99	St Felix Sch	5:21.95	661
	50m 32.63	100m 1:12.69	150m 1:54.39	200m 2:36.45	250m 3:22.88
7.	Lauren GRICE	21/05/99	Leighton Buz	5:24.96	645
	50m 32.33	100m 1:11.80	150m 1:53.78	200m 2:36.35	250m 3:22.59
8.	Danielle RAYNER	15/06/96	Newmarket	5:25.17	643
	50m 34.01	100m 1:13.81	150m 1:54.64	200m 2:35.88	250m 3:22.78
9.	Bethany PALMER	14/01/98	UEA Norwich	5:31.42	610
	50m 33.75	100m 1:12.38	150m 1:55.34	200m 2:36.44	250m 3:25.37
10.	Dina DAY	11/03/99	Runnymede	5:31.95	608
	50m 34.99	100m 1:17.48	150m 2:00.83	200m 2:44.33	250m 3:31.99
11.	Tegan WOLLASTON	16/09/99	Cheshunt	5:36.29	586
	50m 34.73	100m 1:14.84	150m 1:58.72	200m 2:41.55	250m 3:32.40
12.	Gemma TROTT	08/08/99	Mid Beds	5:39.22	571
	50m 34.21	100m 1:15.70	150m 1:57.85	200m 2:39.19	250m 3:30.57
13.	Juliet MERELIE	12/09/98	Harpenden	5:40.99	563
	50m 35.58	100m 1:20.48	150m 2:06.79	200m 2:52.33	250m 3:37.90
	Ellie MITCHELL	22/03/99	Runnymede	DNF	



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 225 Mens 14/16 Yrs 800m Freestyle Team

Regional Record - 7:32.34

Full Results

Place	Name	Club	Time			GB Pts
1.	Hatfield A	Hatfield	8:06.56			724
		Harry CONSTANTINE	2.01.25	27.98	31.43	
				31.77	30.07	
		Reese HOUSDEN	1.59.72	26.73	31.37	
				30.71	30.91	
		Benjamin GARRATT	2.04.46	29.08	32.16	
				31.83	31.39	
		Luke TURLEY	2.01.13	56.42		
				1.33.63	31.08	
2.	Basildon & Phoenix SC	Basildon Ph	8:13.72			696
		Tyler BERRY	2.01.61	28.79	31.81	
				30.84	30.17	
		James BAYLEY	2.04.92	29.13	32.14	
				32.03	31.62	
		Harry NICHOLLS	2.06.56	28.52	32.00	
				32.98	33.06	
		Reece NICHOLLS	2.00.63	27.26	30.45	
				31.44	31.48	
3.	City Of Peterborough A	Co Peterboro	8:26.51			650
		Harry WHITEMAN	2.06.67	29.18	32.49	
				32.97	32.03	
		Harvey NORMAN	2.07.19	28.37	32.13	
				33.47	33.22	
		Myles ROBINSON-YOUNG	2.06.12	28.34	32.07	
				33.29	32.42	
		Herbie KINDER	2.06.53	28.74	32.04	
				33.02	32.73	
4.	Hatfield B	Hatfield	8:28.12			644
		Anthony SMITH	2.09.59	28.64	33.83	
				34.32	32.80	
		Lucas DYSON-DIAZ	2.05.33	24.04	35.72	
				32.48	33.09	
		Charles RAYNER	2.07.43	28.51	32.93	
				42.56	1.23.43	
		Cole JAMES	2.05.77	28.00	31.37	
				33.26	33.14	
5.	Potters Bar SC	Potters Bar	8:50.16			572
		James BLOUNT	2.11.15	29.15	33.40	
				34.65	33.95	
		David SHIPMAN	2.10.60	28.15	33.74	
				34.50	34.21	
		Adam MARTIN	2.08.67	29.49	33.92	
				33.64	31.62	
		James WOODWARD	2.19.74	31.36	36.27	
				37.78	34.33	
6.	City Of Peterborough B	Co Peterboro	8:51.09			569
		Matthew GRAY	2.09.51	29.36	32.99	
				33.91	33.25	
		Jaxon SIMMONS	2.15.19	29.82	34.94	
				35.22	35.21	
		Henry PEARCE	2.11.00	29.63	34.03	
				34.05	33.29	
		Matthew ROTHWELL	2.15.39	30.26	35.30	
				36.06	33.77	
7.	City of St Albans SC	Co St Albans	9:13.70			504
		Dan MILLAR	2.20.70	30.17	35.59	
				37.70	37.24	
		Tanin KURSIDIN	2.17.07	30.36	34.66	
				36.22	35.83	
		Tommy CADENHEAD	2.18.05	30.18	35.62	
				36.75	35.50	
		William LOVEMAN	2.17.88	30.28	34.49	
				36.61	36.50	



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 226 Mens 17 Yrs/Over 800m Free.Team

Regional Record - 7:32.34

Full Results

Place	Name	Club	Time	GB Pts		
1.	Basildon & Phoenix SC	Basildon Ph	7:59.82	750		
		George EPSLY		1.57.90	27.68	30.31
					30.61	29.30
		James DAY		2.04.93	27.37	31.61
					32.15	33.80
		Fraser SCOTT		2.00.12	27.47	31.38
					31.24	30.03
		Conor HARROLD		1.56.87	26.74	30.02
					30.23	29.88
2.	Hatfield A	Hatfield	8:01.49	744		
		Luke SUGDEN		2.01.45	28.40	31.69
					30.83	30.53
		Kevin PICKARD		2.03.22	27.90	32.20
					31.76	31.36
		Nathan BENTLEY		1.58.55	26.89	30.85
					30.12	30.69
		Peter WEBSTER		1.58.27	26.24	29.87
					30.79	31.37
3.	City Of Peterborough A	Co Peterboro	8:13.56	697		
		Daniel LEIGH		2.01.40	27.49	30.77
					30.94	32.20
		Thomas WIGGINS		2.04.36	27.10	31.94
					32.30	33.02
		James NEWTON		2.04.64	27.58	31.67
					32.68	32.71
		Cameron MCRAE		2.03.16	26.89	31.48
					23.29	41.50
4.	City of St Albans SC	Co St Albans	8:29.99	638		
		Thomas SHERRIFF		2.01.40	28.15	31.87
					31.50	29.88
		Zhi ONG		2.13.44	28.96	33.57
						1.10.91
		Daniel SCHINDLER		2.11.11		1.03.19
						1.07.92
		Liam CURRAN		2.04.04		59.90
						1.04.14