



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 Seven

EVENT 311 Womens 800m Freestyle (Declared Winners)

Regional Records Junior- 8:48.71 Senior- 8:44.32

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Chloe LENCE	19/08/01	Modernian	9:20.42	752
	50m 30.73	100m 1:04.40	150m 1:39.03	200m 2:14.41	250m 2:49.70
	450m 5:11.67	500m 5:47.87	550m 6:23.42	600m 6:59.43	650m 7:35.06
				300m 3:25.19	350m 4:00.49
				700m 8:11.22	750m 8:46.21
					800m 9:20.42
2.	Sophie TAYLOR	23/08/01	St Felix Sch	9:35.06	703
	50m 32.72	100m 1:08.88	150m 1:45.85	200m 2:22.47	250m 2:58.69
	450m 5:22.92	500m -	550m 6:35.04	600m -	650m 7:47.77
				300m 3:35.23	350m 4:11.25
				700m 8:23.98	750m 8:59.89
					800m 9:35.06
3.	Tilly ANEMA	09/12/01	Norwich Swan	9:40.29	686
	50m 31.98	100m 1:07.89	150m 1:44.38	200m 2:21.32	250m 2:57.86
	450m 5:24.62	500m -	550m 6:37.83	600m 7:14.69	650m 7:51.35
				300m 3:34.56	350m 4:11.20
				700m -	750m 9:05.00
					800m 9:40.29
4.	Chloe OGDEN	03/06/01	Bishop Stort	9:52.33	649
	50m 33.49	100m 1:09.80	150m 1:46.82	200m 2:23.19	250m 2:59.51
	450m 5:27.79	500m -	550m 6:43.23	600m -	650m 7:58.67
				300m 3:36.82	350m 4:14.13
				700m -	750m 9:15.22
					800m 9:52.33
5.	Lauren HARRISON	05/03/01	Co Peterboro	9:53.69	645
	50m 32.60	100m 1:09.46	150m 1:46.93	200m 2:24.68	250m 3:02.06
	450m 5:32.23	500m 6:09.82	550m 6:47.52	600m 7:25.61	650m 8:02.90
				300m 3:39.29	350m 4:16.80
				700m 8:40.45	750m 9:18.07
					800m 9:53.69
6.	Megan KEY	07/06/01	Canvey Isl	9:57.64	633
	50m 32.80	100m 1:08.80	150m 1:45.13	200m 2:22.13	250m 2:58.89
	450m 5:29.64	500m 6:08.00	550m 6:46.10	600m 7:24.25	650m 8:02.70
				300m 3:36.56	350m 4:14.18
				700m 8:41.54	750m 9:20.46
					800m 9:57.64

16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Chantal SMITH	13/01/00	Team Luton	9:44.39	673
	50m 31.86	100m 1:07.34	150m 1:43.71	200m 2:20.41	250m 2:57.34
	450m 5:26.03	500m -	550m 6:40.63	600m -	650m 7:54.80
				300m 3:34.60	350m 4:11.42
				700m -	750m 9:08.38
					800m 9:44.39
2.	Melissa ELEY	10/10/00	Chelmsford	9:49.77	657
	50m 33.02	100m 1:09.50	150m 1:46.78	200m 2:23.79	250m 3:01.31
	450m 5:30.82	500m 6:08.39	550m 6:45.80	600m 7:23.46	650m 8:01.75
				300m 3:38.25	350m 4:15.19
				700m 8:38.71	750m 9:16.21
					800m 9:49.77
3.	Laura COPPING	26/04/00	Hatfield	9:51.34	652
	50m 33.03	100m 1:08.73	150m 1:45.52	200m 2:22.68	250m 2:59.61
	450m 5:28.40	500m -	550m 6:44.22	600m 7:21.99	650m 7:59.73
				300m 3:36.24	350m 4:13.34
				700m -	750m 9:15.31
					800m 9:51.34
4.	Amber SHINE	10/08/00	Hatfield	9:51.65	651
	50m 33.40	100m 1:09.87	150m 1:47.11	200m 2:24.24	250m 3:01.54
	450m 5:31.46	500m 6:09.23	550m 6:46.65	600m 7:24.16	650m 8:02.16
				300m 3:38.85	350m 4:16.01
				700m 8:39.50	750m 9:16.47
					800m 9:51.65

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Abby SMITH	26/03/96	Harpenden	9:11.75	783
	50m 30.25	100m 1:03.76	150m 1:37.36	200m 2:11.25	250m 2:45.52
	450m 5:04.86	500m 5:39.74	550m 6:15.50	600m 6:51.10	650m 7:25.72
				300m 3:20.44	350m 3:55.64
				700m 8:02.10	750m 8:36.81
					800m 9:11.75
2.	Dolly TRIGG	16/05/98	teampswich	9:17.01	764
	50m 30.85	100m 1:04.83	150m 1:39.12	200m 2:14.94	250m 2:50.11
	450m 5:10.59	500m 5:45.68	550m 6:20.53	600m 6:56.50	650m 7:31.65
				300m 3:25.63	350m 4:00.94
				700m 8:07.60	750m 8:42.50
					800m 9:17.01
3.	Amber HUGHES	15/01/99	Hatfield	9:22.48	745
	50m 31.37	100m 1:05.52	150m 1:40.51	200m 2:15.95	250m 2:51.34
	450m 5:14.05	500m 5:50.14	550m 6:25.87	600m 7:01.64	650m 7:37.29
				300m 3:26.85	350m 4:02.51
				700m 8:12.92	750m 8:48.28
					800m 9:22.48
4.	Aisling RUFF	22/05/98	Co Peterboro	9:29.32	722
	50m 31.92	100m 1:06.49	150m 1:41.87	200m 2:17.43	250m 2:53.09
	450m 5:17.60	500m 5:54.20	550m 6:30.45	600m 7:06.56	650m 7:42.68
				300m 3:28.84	350m 4:05.07
				700m 8:18.80	750m 8:54.60
					800m 9:29.32
5.	Amy YOUNG	30/09/99	Bishop Stort	9:30.76	717
	50m 31.84	100m 1:06.95	150m 1:42.51	200m 2:18.59	250m 2:54.58
	450m 5:18.46	500m 5:54.87	550m 6:30.79	600m 7:07.41	650m 7:43.37
				300m 3:30.90	350m 4:06.80
				700m 8:19.93	750m 8:55.54
					800m 9:30.76
6.	Millie EMMANS	14/11/99	Co Cambridge	9:38.01	693
	50m 31.57	100m 1:06.41	150m 1:41.76	200m 2:18.09	250m 2:54.41
	450m 5:20.97	500m 5:57.76	550m 6:34.55	600m 7:11.53	650m 7:48.31
				300m 3:31.29	350m 4:07.65
				700m 8:25.40	750m 9:02.24
					800m 9:38.01
7.	Tegan WOLLASTON	16/09/99	Cheshunt	9:47.93	662
	50m 32.07	100m 1:06.79	150m 1:42.43	200m 2:18.53	250m 2:55.22
	450m 5:23.93	500m 6:01.71	550m 6:39.50	600m 7:17.36	650m 7:55.42
				300m 3:31.99	350m 4:09.26
				700m 8:33.65	750m 9:11.42
					800m 9:47.93
8.	Emily DOWDING	25/09/98	teampswich	9:49.63	657
	50m 31.90	100m 1:07.31	150m 1:43.80	200m 2:20.56	250m 2:57.27
	450m 5:26.19	500m -	550m 6:41.43	600m -	650m 7:57.36
				300m 3:34.52	350m 4:11.62
				700m -	750m 9:13.44
					800m 9:49.63
9.	Ellie MITCHELL	22/03/99	Runnymede	9:50.03	656
	50m 32.48	100m 1:08.17	150m 1:44.74	200m 2:21.49	250m 2:58.56
	450m 5:28.89	500m 6:06.77	550m 6:44.21	600m 7:21.95	650m 7:59.12
				300m 3:36.23	350m 4:13.75
				700m -	750m 9:13.69
					800m 9:50.03



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 312 Mens 1500m Freestyle (Declared Winners)

Regional Records Junior-15:42.85 Senior-15:07.50

15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Jamie MCCAFFRAY	23/08/01	Modernian	16:46.80	723
	50m 30.33	100m 1:02.66	150m 1:35.29	200m 2:08.18	250m 2:41.48
	450m 4:55.74	500m 5:29.40	550m 6:03.42	600m 6:37.50	650m 7:11.38
	850m 9:27.29	900m 10:01.61	950m 10:35.85	1000m 11:10.13	1050m 11:43.76
	1250m 14:00.34	1300m 14:34.65	1350m 15:08.46	1400m 15:42.50	1450m 16:15.87
2.	Ralph MUNCER	12/03/01	Team Luton	17:31.31	644
	50m 30.05	100m 1:04.02	150m 1:38.17	200m 2:13.62	250m 2:48.14
	450m 5:08.97	500m 5:44.39	550m 6:19.74	600m 6:55.46	650m 7:31.10
	850m 9:53.07	900m 10:28.82	950m 11:03.97	1000m 11:39.83	1050m 12:15.02
	1250m 14:37.33	1300m 15:12.94	1350m 15:48.00	1400m 16:23.35	1450m 16:58.39
3.	Harrison LEES	03/01/01	Watford SC	17:37.13	634
	50m 31.41	100m 1:06.65	150m 1:42.38	200m 2:18.28	250m 2:53.87
	450m 5:17.34	500m 5:53.07	550m 6:28.58	600m 7:03.85	650m 7:39.05
	850m 10:00.96	900m 10:35.84	950m 11:11.77	1000m 11:47.17	1050m 12:22.82
	1250m 14:45.09	1300m 15:20.37	1350m 15:55.52	1400m 16:30.14	1450m 17:04.75
4.	James CHENNELLS	11/10/01	Berkhamsted	18:03.99	591
	50m 29.00	100m 1:02.92	150m 1:38.09	200m 2:13.62	250m 2:48.83
	450m 5:10.95	500m 5:50.47	550m 6:26.52	600m 7:03.27	650m 7:39.84
	850m 10:05.36	900m 10:42.62	950m 11:19.26	1000m 11:56.35	1050m 12:33.27
	1250m 14:39.43	1300m 15:38.21	1350m 15:00.97	1400m 16:52.10	1450m 17:27.78
5.	Callum WOLLASTON	27/09/01	Cheshunt	18:34.80	545
	50m 30.76	100m 1:04.83	150m 1:39.99	200m 2:16.14	250m 2:52.68
	450m 5:23.19	500m 6:00.96	550m 6:37.94	600m 7:16.02	650m 7:53.64
	850m 10:26.32	900m 11:05.16	950m 11:43.49	1000m 12:21.61	1050m 12:59.76
	1250m 15:31.35	1300m 16:08.49	1350m 16:45.10	1400m 17:22.55	1450m 17:58.96

16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Luke TURLEY	24/03/00	Hatfield	16:19.77	776
	50m 29.38	100m 1:02.69	150m 1:36.16	200m 2:10.25	250m 2:44.21
	450m 4:58.87	500m 5:32.23	550m 6:04.38	600m 6:36.44	650m 7:08.42
	850m 9:19.58	900m 9:52.78	950m 10:24.94	1000m 10:57.88	1050m 11:29.97
	1250m 13:41.25	1300m 14:14.28	1350m 14:46.72	1400m 15:19.22	1450m 15:50.94
2.	Bayley FINBOW	05/05/00	teampswich	17:06.78	686
	50m 30.16	100m 1:03.29	150m 1:37.22	200m 2:11.49	250m 2:45.38
	450m 5:02.62	500m 5:36.82	550m 6:11.03	600m 6:45.31	650m 7:19.35
	850m 9:36.19	900m 10:10.93	950m 10:45.60	1000m 11:21.15	1050m 11:54.22
	1250m 14:13.02	1300m 14:47.98	1350m 15:22.78	1400m 15:58.11	1450m 16:32.66
3.	Myles TURNER	12/06/00	West Suffolk	17:07.80	684
	50m 30.45	100m 1:05.33	150m 1:39.70	200m 2:14.66	250m 2:48.31
	450m 5:06.03	500m 5:40.87	550m 6:14.65	600m 6:49.09	650m 7:23.48
	850m 9:42.09	900m 10:16.99	950m 10:51.18	1000m 11:25.89	1050m 11:59.64
	1250m 14:17.20	1300m 14:52.05	1350m 15:25.87	1400m 16:00.84	1450m 16:34.31
4.	Max WILSON	23/05/00	Modernian	17:08.35	684
	50m 30.46	100m 1:03.38	150m 1:36.39	200m 2:10.45	250m 2:43.54
	450m 4:59.83	500m 5:34.05	550m 6:08.46	600m 6:43.09	650m 7:17.71
	850m 9:36.79	900m 10:11.25	950m 10:46.09	1000m 11:20.99	1050m 11:56.16
	1250m 14:15.46	1300m 14:50.45	1350m 15:25.19	1400m 15:59.98	1450m 16:34.59
5.	Harry WHITEMAN	06/07/00	Co Peterboro	17:12.36	676
	50m 30.67	100m 1:05.70	150m 1:40.44	200m 2:15.56	250m 2:49.93
	450m 5:09.90	500m 5:45.45	550m 6:19.82	600m 6:55.48	650m 7:29.97
	850m 9:48.35	900m 10:22.88	950m 10:56.97	1000m 11:31.04	1050m 12:05.11
	1250m 14:22.53	1300m 14:57.16	1350m 15:31.52	1400m 16:06.45	1450m 16:39.62
6.	James BAYLEY	06/04/00	Basildon Ph	17:21.31	661
	50m 29.95	100m 1:03.72	150m 1:38.11	200m 2:12.78	250m 2:47.30
	450m 5:05.70	500m 5:40.77	550m 6:15.85	600m 6:51.16	650m 7:25.93
	850m 9:45.85	900m 10:21.00	950m 10:56.19	1000m 11:31.51	1050m 12:06.39
	1250m 14:27.55	1300m 15:02.99	1350m 15:38.38	1400m 16:13.66	1450m 16:48.39
7.	Samuel PECK	21/07/00	UEA Norwich	17:49.25	614
	50m 30.25	100m 1:04.47	150m 1:39.43	200m 2:14.86	250m 2:50.32
	450m 5:12.92	500m 5:48.61	550m 6:23.99	600m 6:59.84	650m 7:35.92
	850m 10:00.12	900m 10:36.87	950m 11:13.13	1000m 11:49.62	1050m 12:25.16
	1250m 14:16.55	1300m 15:26.97	1350m 14:50.72	1400m 16:38.75	1450m 17:14.33

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Nathan WELLS	23/01/98	West Norfolk	16:19.60	776
	50m 28.70	100m 1:02.26	150m 1:35.79	200m 2:09.28	250m 2:41.96
	450m 4:54.42	500m 5:27.75	550m 6:00.55	600m 6:34.37	650m 7:06.75
	850m 8:29.80	900m 9:51.34	950m 9:18.17	1000m 10:56.74	1050m 10:23.78
	1250m 12:35.09	1300m -	1350m 13:04.52	1400m 15:19.66	1450m 15:50.24
2.	Matthew WRIGHT	10/03/98	Team Luton	16:47.55	722
	50m 29.73	100m 1:03.14	150m 1:37.07	200m 2:11.41	250m 2:45.23
	450m 5:00.20	500m 5:34.09	550m 6:07.74	600m 6:41.75	650m 7:15.49
	850m 9:31.96	900m 10:06.41	950m 10:39.62	1000m 11:13.97	1050m 11:47.18
	1250m 14:03.44	1300m 14:37.16	1350m 15:10.72	1400m 15:44.87	1450m 16:18.25
3.	Fraser SCOTT	01/04/98	Basildon Ph	16:58.53	701
	50m 30.01	100m 1:03.54	150m 1:37.35	200m 2:11.41	250m 2:45.78
	450m 5:02.73	500m 5:37.10	550m 6:11.23	600m 6:45.48	650m 7:19.74
	850m 9:36.64	900m 10:11.22	950m 10:45.49	1000m 11:20.48	1050m 11:54.63
	1250m 14:12.00	1300m 14:45.96	1350m 15:19.62	1400m 15:53.30	1450m 16:26.43



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)

4.	Cavan BECK	24/03/99	Rochford	17:10.13	680				
	50m	30.67	100m 1:04.34	150m 1:38.37	200m 2:12.53	250m 2:46.51	300m 3:20.78	350m 3:54.84	400m 4:29.43
	450m	5:03.82	500m 5:37.93	550m 6:12.30	600m 6:46.98	650m 7:21.67	700m 7:56.24	750m 8:30.97	800m 9:05.29
	850m	9:40.09	900m 10:14.66	950m 10:49.38	1000m 11:24.05	1050m 11:59.00	1100m 12:33.94	1150m 13:08.68	1200m 13:43.68
	1250m	14:18.56	1300m 14:53.60	1350m 15:28.41	1400m 16:03.08	1450m 16:37.61	1500m 17:10.13		
5.	Luke SUGDEN	15/09/99	Hatfield	17:36.28	635				
	50m	31.82	100m 1:06.72	150m 1:42.17	200m 2:17.53	250m 2:53.46	300m 3:29.50	350m 4:05.34	400m 4:40.95
	450m	5:16.95	500m 5:52.69	550m 6:28.46	600m 7:04.44	650m 7:40.17	700m 8:15.70	750m 8:51.01	800m 9:26.45
	850m	10:01.98	900m 10:37.40	950m 11:13.01	1000m 11:48.57	1050m 12:23.87	1100m 12:59.31	1150m 13:34.94	1200m 14:10.28
	1250m	14:45.76	1300m 15:20.81	1350m 15:55.28	1400m 16:29.98	1450m 17:04.56	1500m 17:36.28		
6.	Adam TAPLEY	13/10/94	Co Cambridge	18:11.07	580				
	50m	31.04	100m 1:05.93	150m 1:40.65	200m 2:15.82	250m 2:50.74	300m 3:26.30	350m 4:01.78	400m 4:38.42
	450m	5:14.74	500m 5:51.73	550m 6:28.04	600m 7:05.21	650m 7:41.82	700m 8:19.00	750m 8:56.16	800m 9:33.42
	850m	10:10.74	900m 10:47.73	950m 11:24.37	1000m 12:01.57	1050m 12:38.34	1100m 13:15.76	1150m 13:52.62	1200m 14:29.96
	1250m	15:06.63	1300m 15:43.97	1350m 16:20.52	1400m 16:57.50	1450m 17:34.51	1500m 18:11.07		