



**East Swimming**  
**2017 Long Course Championships**  
*(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing  
& to ASA Open Meet Licensing Criteria)*



**Weekend One - Luton**  
**29<sup>th</sup>, 30<sup>th</sup> April, & 1<sup>st</sup> May 2017**  
(Licensed Meet No. 1ER170219)

***EVENT 221 Mens 200m Backstroke***

Regional Records - Junior 2:05.90 Senior 1:56.05

**15 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	James COOPER	15	Basildon Ph	2:13.86	689	31.14	1:05.16	1:39.92
2.	Jonathon ADAM	15	Co Cambridge	2:14.31	683	-	1:05.18	1:39.26
3.	Manfred BATTLE	15	Stowmarket	2:15.59	666	31.36	1:05.85	1:41.62
4.	Liam BRENNAN	15	Basildon Ph	2:16.56	653	31.60	1:06.01	1:41.90
5.	Herbie KINDER	15	Co Peterboro	2:17.59	640	31.76	1:07.06	1:43.14
6.	Samuel PERKS	15	Basildon Ph	2:17.75	638	32.10	1:08.49	1:44.90
7.	Jack TREMAIN	15	Modernian	2:19.28	619	-	1:08.61	-
8.	Myles ROBINSON-YOUNG	15	Co Peterboro	2:23.38	570	32.53	1:08.76	1:46.48
9.	Henry PEARCE	15	Co Peterboro	2:23.79	565	34.58	1:10.72	1:47.82
10.	Matthew ROTHWELL	15	Co Peterboro	2:23.88	564	34.01	1:11.22	1:48.26
11.	Tanin KURSIDIM	15	Co St Albans	2:23.90	564	-	1:09.69	-
12.	Edward CAMPFIELD	15	Harpenden	2:24.41	558	32.99	1:09.73	1:47.99
13.	Aidan HOWARD	15	Leiston	2:25.02	552	34.36	1:11.27	1:49.12
14.	Elliott DAY	15	teamipswich	2:25.22	549	34.50	1:11.46	1:49.09
15.	Tom WARD	15	Chelmsford	2:25.66	545	33.70	1:10.96	1:29.58
16.	Benjamin HARVEY	15	Basildon Ph	2:26.26	538	34.78	1:11.78	1:50.13
17.	Ben BLOWERS	15	UEA Norwich	2:26.91	531	33.43	1:10.77	1:49.30
18.	Nicholas BOTHA	15	Bishop Stort	2:27.00	530	-	1:12.58	-
19.	Ayotobi LAGUDA	15	Hatfield	2:27.26	527	34.74	-	1:50.36
20.	Matthew ANDERSON	15	Deben	2:29.80	501	34.90	1:13.04	1:52.91
21.	Collins SALIBOKO	15	St Felix Sch	2:31.07	489	34.79	1:12.14	1:50.76
22.	Kieron HARRIS	15	Thurrock	2:34.12	460	34.90	1:13.79	1:54.75

**16 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Thomas CLARE	16	teamipswich	2:10.76	734	30.83	1:05.00	1:38.18
2.	Max JELFS	16	Hatfield	2:13.50	694	31.29	1:05.16	1:39.58
3.	Jack SANGSTER	16	Modernian	2:16.29	657	31.33	1:05.78	1:40.96
4.	Samuel WORTLEY	16	West Suffolk	2:20.06	609	33.01	1:08.69	1:44.87
5.	Lewis BAYLEY	16	Southend	2:20.11	608	32.97	1:08.33	1:44.72
6.	Daniel CHADA	16	Bishop Stort	2:20.31	606	-	1:06.93	1:13.98
7.	James CHENNELLS	16	Berkhamsted	2:21.04	597	32.36	1:07.93	1:45.09
8.	Charles WHYTE	16	West Suffolk	2:22.24	583	32.87	1:10.00	1:46.55
9.	Michael RIPPER	16	Co St Albans	2:22.25	583	32.41	1:08.40	1:45.44
10.	George HART	16	C Beds SS	2:22.86	576	33.13	1:08.90	1:46.33
11.	Thomas STANBURY	16	Potters Bar	2:24.80	554	32.62	1:09.39	1:47.48
12.	Matteo TONTODONATI	16	Bishop Stort	2:25.18	550	32.90	1:09.14	1:46.96
13.	John BOYLE	16	DunmowAtlant	2:27.38	526	33.02	1:10.25	1:48.82

**17 Yrs/Over Age Group - Full Results**

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Jamie SCHOLDS	17	Co Peterboro	2:08.63	765	30.68	1:03.78	1:36.98
2.	Nathan WELLS	19	West Norfolk	2:09.38	754	30.27	1:02.69	1:36.56
3.	Ryan KELLY	18	Chelmsford	2:10.48	738	30.99	1:04.49	1:38.34
4.	Elliott WYLIE	18	Hatfield	2:12.16	713	31.38	1:05.01	1:38.80
5.	Myles TURNER	17	West Suffolk	2:12.99	702	31.91	1:05.52	1:39.65
6.	Oliver FITT	18	St Ives	2:13.11	700	28.57	1:01.27	1:38.61
7.	Harry WHITEMAN	17	Co Peterboro	2:14.35	683	-	1:06.64	-
8.	Samuel PEASE	18	Basildon Ph	2:14.75	677	31.37	1:06.54	1:41.28
9.	Tyler BERRY	17	Basildon Ph	2:16.02	660	31.39	1:05.88	1:40.93
10.	Ruben DEKKER	24	Co Cambridge	2:16.16	658	31.14	1:04.49	1:39.90
11.	Matthew GRAY	17	Co Peterboro	2:16.51	654	31.50	1:06.79	1:42.49
12.	Ben POGSON	25	West Norfolk	2:17.46	642	-	1:06.30	-
13.	Harry FOX	18	Basildon Ph	2:17.55	640	-	1:07.24	-
14.	Joshua GAINES	19	Hemel Hemp	2:17.89	636	32.15	1:07.43	1:43.35
15.	Cavan BECK	18	Rochford	2:19.34	618	32.40	1:07.33	1:44.05
16.	Joseph WELLS	18	West Norfolk	2:19.80	612	32.24	1:07.52	1:43.90
17.	Reece NICHOLLS	17	Basildon Ph	2:21.40	593	32.12	1:07.04	1:43.76
18.	Lucas DYSON-DIAZ	17	Hatfield	2:22.31	582	32.46	1:08.18	1:45.48
19.	Oliver KENNY	20	West Norfolk	2:22.66	578	32.45	1:08.12	1:45.40
20.	Thomas BOYT	18	Felixstowe	2:24.03	563	33.78	1:09.74	1:45.93
21.	Bayley FINBOW	17	teamipswich	2:28.53	514	32.46	1:08.58	1:48.38
22.	Kazimir UZWYSHYN-JONES	18	Co St Albans	2:30.81	491	34.44	1:11.62	1:51.96



# East Swimming

## 2017 Long Course Championships

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### Weekend One - Luton

29<sup>th</sup>, 30<sup>th</sup> April, & 1<sup>st</sup> May 2017  
(Licensed Meet No. 1ER170219)

### **EVENT 222 Womens 100m Freestyle**

Regional Records - Junior 57.15 Senior 55.09

#### **15 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	GB Pts	50
1.	Macy LAWRENCE	15	Basildon Ph		59.36	774	28.38
2.	Rebecca WATT	15	DunmowAtlant		1:00.05	752	28.80
3.	Abbie LOW	15	Chelmsford		1:00.22	746	29.39
4.	Mia MASPERS	15	teamipswich		1:00.83	727	29.63
5.	Sarah CARROLL	15	Bishop Stort		1:00.84	726	29.78
5.	Charlotte WALKER	15	UEA Norwich		1:00.84	726	-
7.	Mackenzie WHYATT	15	Co Peterboro		1:00.88	725	29.61
8.	Mia CARTER	15	Bishop Stort		1:01.11	718	29.47
9.	Tia WILSON	15	Modernian		1:01.41	709	-
10.	Anna BLAKELEY	15	Co Peterboro		1:01.79	697	29.10
11.	Lija RADZIUNAITE	15	Stowmarket		1:02.09	688	30.09
12.	Chloe MOLONEY	15	DunmowAtlant		1:02.14	687	29.42
13.	Erin LEE	15	Basildon Ph		1:02.22	685	30.37
14.	Emily JONES	15	Modernian		1:02.26	683	30.13
15.	Rebecca STROUD	15	Brentwood		1:02.46	677	29.55
16.	Tia GARDINER	15	Chelmsford		1:02.53	675	30.25
17.	Megan PYE	15	UEA Norwich		1:02.58	674	29.82
18.	Niamh PERRY	15	West Suffolk		1:02.71	670	30.74
19.	Billie GRANT	15	Hatfield		1:02.95	663	30.79
20.	Shona MCKENNA	15	Hemel Hemp		1:02.98	662	29.84
21.	Lauren THOMAS	15	C Beds SS		1:03.22	656	30.42
22.	Emily LUSH	15	Cheshunt		1:03.27	654	-
23.	Nicole CHANDLER	15	teamipswich		1:03.80	639	30.88
24.	Olivia NORMAN	15	Colchester		1:03.85	638	30.49
25.	Lauren STOTT	15	Hatfield		1:03.87	638	30.99
26.	Sophie PAYNE	15	Hatfield		1:04.00	634	-
27.	Millie WARD	15	Brentwood		1:04.03	633	30.79

#### **16 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	GB Pts	50
1.	Poppy RICHARDSON	16	Co Peterboro		1:00.36	742	-
2.	Sonia TUMIOTTO	16	St Felix Sch		1:00.93	724	30.36
3.	Lauren WATT	16	Newmarket		1:01.37	710	29.39
4.	Alice FENDER	16	Hemel Hemp		1:01.56	704	-
5.	Amy PEMBERTON	16	Berkhamsted		1:01.97	692	30.05
6.	Caitlin WATSON-DOTCHIN	16	Basildon Ph		1:03.38	651	31.08
7.	Josie PRETIOUS-WHITE	16	Bishop Stort		1:03.61	645	29.79
8.	Niamh ADCOCK	16	UEA Norwich		1:03.78	640	31.34

#### **17 Yrs/Over Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	GB Pts	50
1.	Martha DULEY	18	Colchester		58.00	821	28.13
2.	Mollie ALLEN	19	Co Peterboro		58.25	812	28.40
3.	Rebecca SHERWIN	17	teamipswich		58.87	791	28.62
4.	Meghan MAYBANKS	17	DunmowAtlant		59.18	780	27.92
5.	Amy YOUNG	18	Bishop Stort		59.57	767	29.24
6.	Molly OLLINGTON	19	West Suffolk		59.61	766	29.06
7.	Bethany SAUNDERS	18	Co Peterboro		59.66	764	28.96
8.	Rikke NAGELL-KLEVEN	22	UEA Norwich		1:00.01	753	29.35
8.	Lauren SIMPKINS	19	Putteridge		1:00.01	753	28.57
10.	Elinor DULEY	17	Colchester		1:00.09	750	29.00
11.	Katrin HEIDER	25	Co Cambridge		1:00.37	741	28.99
12.	Abigail WHITING	18	West Norfolk		1:00.89	725	29.44
13.	Rachel WELLINGS	17	Co Peterboro		1:00.99	722	28.79
14.	Tara COLEMAN	21	Deben		1:01.18	716	-
15.	Jessica WESTLAKE	18	St Felix Sch		1:01.25	714	29.55
16.	Lauren HALL	18	Co Cambridge		1:01.28	713	29.53
17.	Katie CONYERS	17	Potters Bar		1:01.43	708	29.45
18.	Amber SWALES	22	Biggleswade		1:01.53	705	29.92
19.	Shannon STOTT	17	Hatfield		1:01.54	705	-
20.	Rebecca BURTON	19	Co Peterboro		1:01.68	701	29.39
21.	Cathryn THOMSON	27	St Ives		1:01.88	695	29.63
22.	Kioni BROOMFIELD	17	Dereham		1:02.16	686	29.69
23.	Amelia PEDDLE	17	Epping For't		1:02.27	683	29.61
24.	Lauren GRICE	18	Leighton Buz		1:02.49	677	30.02
25.	Leanne CAREY	18	Watford SC		1:02.74	669	29.48
26.	Faye HERMON	18	Felixstowe		1:03.72	642	30.92
27.	Beatrice BARDER	18	Co St Albans		1:04.92	609	30.60

#### **Combined Result - Multi-Disability by British Disability Points**

Place	Name	AaD	Club	Cat	Time	BDPoints	50
1.	Bethany LEVETT	14	Stowmarket	9	1:28.88	324	43.59



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**29<sup>th</sup>, 30<sup>th</sup> April, & 1<sup>st</sup> May 2017**  
(Licensed Meet No. 1ER170219)

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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	AaD	Club	Cat	Time	GB Pts
1.	Reese HOUSDEN	15	Hatfield		31.62	702
2.	Joshua BRISTOW	15	Modernian		31.75	695
3.	Jack WILLIAMS	15	Basildon Ph		31.76	694
4.	Sam PERKINS	15	teamipswich		32.53	651
5.	Adam HARDY	15	teamipswich		32.84	634
6.	Kieran MCCARTHY	15	Co St Albans		33.45	602
7.	Lewis MOORE	15	Deben		33.54	598
8.	Oliver CASHIN	15	Co Cambridge		33.71	589
9.	Mal STAFF	15	UEA Norwich		33.74	588
10.	Bryn COUSER	15	Bishop Stort		33.90	580
11.	Tommy CHANDLER	15	Gt Yarmouth		34.05	573
12.	Yannik WILSON	15	Harpenden		34.15	568
13.	Freddie SYMONDS	15	Team Luton		34.16	567
14.	Joseph COLDWELL	15	Hemel Hemp		34.26	563
15.	William HANDLEY	15	Stowmarket		34.53	550
16.	Liam BRENNAN	15	Basildon Ph		34.58	548
17.	Callum HAROLD	15	Bishop Stort		34.91	533
17.	Kai BORROMEO	15	Modernian		34.91	533
19.	Tolu ELESIN	15	Potters Bar		35.08	525
20.	Jack MANSFIELD	15	Harlow Pen		35.17	521
21.	Finley PAWLE	15	Leiston		35.18	521
22.	Cameron DAY	15	Diss Otters		35.24	518
23.	Ashley EDGAR	15	West Suffolk		35.32	515
24.	Dominic MCCARTHY	15	Hoddesdon		35.50	507
25.	Manfred BATTLE	15	Stowmarket		35.61	502
26.	Sam MEAD	15	Dunstable		35.66	500
27.	Evan TAYLOR	15	St Ives		35.75	496
28.	Henry PEARCE	15	Co Peterboro		35.81	494
29.	Luca CLARKE	15	West Suffolk		35.85	492
30.	Myles ROBINSON-YOUNG	15	Co Peterboro		35.88	491
31.	Jonathan SCOTT	15	Chelmsford		36.00	486
32.	Ben PARADISE	15	Basildon Ph		36.42	469

**16 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	GB Pts
1.	Charles RAYNER	16	Hatfield		31.52	708
2.	Ralph MUNCER	16	Co St Albans		32.23	667
2.	Cole JAMES	16	Hatfield		32.23	667
4.	Samuel BRYAN	16	Basildon Ph		32.25	666
5.	Charles RENNIE	16	Braintree		32.53	651
6.	Nathan SWIFT	16	Putteridge		32.75	639
7.	Raffaele GRACI	16	Putteridge		32.80	636
8.	Maxim DE WILDT	16	Co Cambridge		32.94	629
9.	Samuel SKUSE	16	Beccles Town		33.24	613
10.	Jamie COLES	16	Colchester		33.31	609
11.	Billy LO	16	Basildon Ph		33.43	603
12.	Conor FERGUSON	16	C Beds SS		33.45	602
13.	William RICHARDS	16	Dunstable		33.50	600
14.	Joseph RICHARDSON	16	Harpenden		33.56	597
15.	Jack RICHES	16	UEA Norwich		33.61	594
16.	Oliver HARRIS	16	West Norfolk		33.95	577
17.	Taylor BOWEN	16	West Suffolk		34.25	563
18.	Marcus KEMP	16	Watford SC		34.42	555
19.	Daniel THURSTON-WOOLNO	16	Beccles Town		34.43	555
20.	Samuel GAINES	16	Hemel Hemp		34.74	540
21.	Louis DUTCH	16	Stanway		34.83	536
22.	Ralph DAVIES	16	Harlow Pen		34.84	536
22.	Thomas HAMILTON	16	Royston		34.84	536
24.	Lewis BAYLEY	16	Southend		35.04	527
25.	Matthew WOULDHAM	16	Co Peterboro		35.36	513
26.	George HART	16	C Beds SS		35.42	510
27.	Fraser RYAN	16	Norwich Swan		35.82	493
28.	Azar AITMARRI	16	Thurrock		36.36	472



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**17 Yrs/Over Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	GB Pts
1.	Lawrence PALMER	25	Putteridge		28.20	936
2.	Brandon NABARRO	20	Putteridge		29.88	813
3.	Cameron MANLEY	18	C Beds SS		30.33	783
4.	Benjamin ARKLE	18	Co Cambridge		30.56	768
5.	Thomas WIGGINS	18	Co Peterboro		30.63	763
6.	Hayden THOMAS	22	Harlow Pen		30.76	755
7.	Jordan BATSON	21	Putteridge		30.89	747
8.	Jack CHRISTIE	19	Hemel Hemp		30.95	743
9.	David SHIPMAN	17	Potters Bar		31.18	729
10.	Ole MILLS	18	Halstead		31.35	718
11.	Samuel COTTEE	17	teamipswich		31.65	701
12.	Robin TURNER	17	Bishop Stort		31.79	692
13.	Christopher SEARLE	25	Dereham		31.86	688
13.	Samuel JOHNSON	19	Halstead		31.86	688
15.	Finlay RYAN	18	Norwich Swan		31.91	685
16.	Oliver PYLE	17	West Suffolk		31.95	683
17.	Alex FLORANCE	17	West Norfolk		31.97	682
18.	William LOVEMAN	17	Co St Albans		32.08	676
18.	Harry WAGNER	19	Newmarket		32.08	676
20.	Samuel PEASE	18	Basildon Ph		32.17	671
21.	Jack FILER	19	Berkhamsted		32.18	670
22.	Kyle PANTON	22	DunmowAtlant		32.35	661
23.	David HENSMAN	17	Co St Albans		32.42	657
24.	Zhi ONG	18	Co St Albans		32.47	654
25.	Jed SNELL	22	Dereham		32.55	649
26.	Christopher GREENHALGH	21	West Suffolk		32.71	641
27.	Daniel HURST	18	Berkhamsted		32.85	633
28.	Jack POPE	18	Modernian		32.98	626
29.	Martin RUSSELL-ROGERS	19	Hitchin		33.00	625
30.	Matthew MCLAUGHLIN	24	DunmowAtlant		33.01	625
31.	Oliver KENNY	20	West Norfolk		33.21	614
32.	Joseph COLLINS	18	Bishop Stort		33.22	614
33.	Luke BRYAN	17	West Norfolk		33.27	611
33.	Ryan SYKES	21	West Norfolk		33.27	611
35.	Liam NICHOLSON	18	Chelmsford		33.32	609
36.	Nicholas MITCHELL	18	Colchester		33.48	601
37.	Michael JUDD	19	Dunstable		33.71	589
38.	Henry BUTLER	17	Leiston		33.73	588
39.	Sydney NEWNHAM-STEBBIN	18	Lstof & OB		33.80	585
40.	Joshua FOWLES	18	Witham Dolph		33.97	576
41.	Joshua GAINES	19	Hemel Hemp		34.03	574
42.	Luke CROFTS	17	Thurrock		34.06	572
43.	Jack MCGARRY	23	Leighton Buz		34.16	567
44.	Harry WESTON	17	Norwich Swan		34.99	529
	Ryan JARVIS	18	Putteridge		DNC	



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### Weekend One - Luton

29<sup>th</sup>, 30<sup>th</sup> April, & 1<sup>st</sup> May 2017  
(Licensed Meet No. 1ER170219)

### **EVENT 224 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.	Elle WHEELER	15	Basildon Ph	5:00.11	795				
	50m 32.73	100m 1:10.12	150m 1:49.26	200m 2:26.93	250m 3:09.23	300m 3:51.26	350m 4:26.60	400m 5:00.11	
2.	Amelia MONAGHAN	15	Co Peterboro	5:05.91	757				
	50m 32.58	100m 1:10.24	150m 1:49.40	200m 2:28.00	250m 3:09.22	300m 3:50.77	350m 4:29.38	400m 5:05.91	
3.	Mia LEECH	15	Co Peterboro	5:07.64	746				
	50m 31.70	100m 1:08.06	150m 1:47.83	200m 2:26.00	250m 3:11.30	300m 3:58.05	350m 4:33.56	400m 5:07.64	
4.	Olivia NORMAN	15	Colchester	5:13.49	710				
	50m 32.32	100m 1:10.23	150m 1:49.20	200m 2:27.74	250m 3:15.44	300m 4:02.49	350m 4:39.37	400m 5:13.49	
5.	Tia WILSON	15	Modernian	5:19.35	676				
	50m 33.62	100m 1:11.58	150m 1:52.19	200m 2:31.85	250m 3:18.42	300m 4:07.33	350m 4:43.81	400m 5:19.35	
6.	Zara KEEGAN	15	Co Cambridge	5:20.82	668				
	50m 33.72	100m 1:12.62	150m 1:57.46	200m 2:40.23	250m 3:24.35	300m 4:09.78	350m 4:47.41	400m 5:20.82	
7.	Niamh PERRY	15	West Suffolk	5:21.34	665				
	50m 34.48	100m 1:12.07	150m 1:54.54	200m 2:36.10	250m 3:24.39	300m 4:10.65	350m 4:46.67	400m 5:21.34	
8.	Annabelle KITCHING	15	Chelmsford	5:21.53	664				
	50m 33.97	100m 1:11.41	150m 1:51.43	200m 2:31.30	250m 3:20.51	300m 4:08.35	350m 4:45.49	400m 5:21.53	
9.	Rebecca WEST	15	Thurrock	5:28.08	628				
	50m -	100m 1:14.10	150m 1:54.71	200m 2:34.56	250m 3:23.80	300m 4:11.48	350m 4:50.63	400m 5:28.08	
10.	Tia GARDINER	15	Chelmsford	5:30.60	615				
	50m 34.61	100m 1:14.82	150m 1:56.65	200m 2:37.21	250m 3:27.56	300m 4:17.65	350m 4:54.78	400m 5:30.60	
11.	Eloise BAILEY	15	Modernian	5:30.87	613				
	50m -	100m 1:19.62	150m 2:02.52	200m 2:44.96	250m 3:30.95	300m 4:16.11	350m 4:53.98	400m 5:30.87	
12.	Amber HEAD	15	Rochford	5:31.30	611				
	50m 33.86	100m 1:13.65	150m 1:57.40	200m 2:39.76	250m 3:25.77	300m 4:12.62	350m 4:52.81	400m 5:31.30	
13.	Ellie RUNNALLS	15	DunmowAtlant	5:33.91	598				
	50m 35.34	100m 1:16.57	150m 2:00.11	200m 2:42.00	250m 3:31.43	300m 4:19.37	350m 4:57.43	400m 5:33.91	
14.	Rachael JOHNSON	15	West Norfolk	5:35.10	592				
	50m 35.07	100m 1:18.16	150m 2:00.90	200m 2:42.40	250m 3:31.54	300m 4:19.25	350m 4:58.43	400m 5:35.10	
15.	Almudena VISSER VELEZ	15	Co Cambridge	5:35.73	589				
	50m 35.99	100m 1:17.63	150m 2:00.20	200m 2:40.07	250m 3:30.51	300m 4:20.61	350m 4:59.58	400m 5:35.73	
16.	Olivia SEAL	15	Hatfield	5:35.98	587				
	50m 36.10	100m 1:14.67	150m 2:00.49	200m 2:44.32	250m 3:34.46	300m 4:21.50	350m 4:59.89	400m 5:35.98	
17.	Lauren THOMAS	15	C Beds SS	5:37.24	581				
	50m 34.38	100m 1:15.82	150m 1:59.32	200m 2:41.20	250m 3:31.96	300m 4:23.17	350m 5:00.90	400m 5:37.24	
18.	Aoife MARLEY	15	Witham Dolph	5:43.53	551				
	50m 35.84	100m 1:17.72	150m -	200m 2:49.74	250m 3:34.76	300m 4:21.12	350m 5:03.34	400m 5:43.53	
19.	Jennifer READ	15	West Norfolk	5:52.56	511				
	50m 35.28	100m 1:19.41	150m 2:05.82	200m 2:49.74	250m 3:42.24	300m 4:35.03	350m 5:14.24	400m 5:52.56	

#### **16 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	GB Pts				
1.	Sophie TAYLOR	16	St Felix Sch	5:13.46	710				
	50m -	100m 1:12.06	150m 1:51.31	200m 2:29.50	250m -	300m 4:03.28	350m 4:39.68	400m 5:13.46	
2.	Celyn WALMSLEY	16	Team Luton	5:14.70	703				
	50m 34.08	100m 1:13.86	150m 1:53.27	200m 2:32.38	250m 3:18.10	300m 4:02.42	350m 4:39.30	400m 5:14.70	
3.	Lauren HARRISON	16	Co Peterboro	5:14.86	702				
	50m 33.16	100m 1:11.74	150m 1:54.38	200m 2:35.77	250m 3:18.28	300m 4:01.70	350m 4:39.45	400m 5:14.86	
4.	Tilly ANEMA	16	Norwich Swan	5:32.71	604				
	50m 35.39	100m 1:16.35	150m 1:58.01	200m 2:37.26	250m 3:28.57	300m 4:16.74	350m 4:56.00	400m 5:32.71	
5.	Rebecca MERRILL	16	Norwich Swan	5:41.43	561				
	50m 35.35	100m 1:18.63	150m 2:04.02	200m 2:48.49	250m -	300m 4:23.85	350m 5:03.64	400m 5:41.43	
6.	Caitlin WATSON-DOTCHIN	16	Basildon Ph	5:46.67	537				
	50m 37.78	100m 1:22.32	150m 2:09.19	200m 2:53.68	250m 3:40.41	300m 4:28.09	350m 5:08.21	400m 5:46.67	
7.	Hannah TAPLIN	16	Deben	5:49.21	525				
	50m 37.23	100m 1:19.41	150m 2:02.78	200m 2:46.51	250m 3:38.44	300m 4:28.69	350m 5:09.29	400m 5:49.21	

#### **17 Yrs/Over Age Group - Full Results**

Place	Name	AaD	Club	Time	GB Pts				
1.	Philippa SHUTTLEWORTH	20	Hatfield	5:10.44	729				
	50m 33.00	100m 1:08.48	150m 1:48.29	200m 2:27.04	250m 3:13.69	300m 4:00.80	350m 4:36.98	400m 5:10.44	
2.	Laura COPPING	17	Hatfield	5:10.47	728				
	50m -	100m 1:08.69	150m 1:49.98	200m 2:29.93	250m -	300m 3:59.06	350m 4:36.60	400m 5:10.47	
3.	Millie EMMANS	18	Co Cambridge	5:14.58	704				
	50m 32.16	100m 1:09.44	150m 1:53.79	200m 2:35.95	250m 3:20.26	300m 4:05.59	350m 4:41.15	400m 5:14.58	
4.	Chantal SMITH	17	Team Luton	5:18.37	681				
	50m 33.89	100m 1:10.26	150m 1:53.83	200m 2:36.04	250m 3:21.69	300m 4:07.50	350m 4:43.90	400m 5:18.37	
5.	Danielle RAYNER	21	March	5:19.20	677				
	50m 22.02	100m 1:11.06	150m 1:50.65	200m 2:30.10	250m 3:17.20	300m 4:05.34	350m 4:42.16	400m 5:19.20	
6.	Lauren GRICE	18	Leighton Buz	5:23.88	651				
	50m 33.34	100m 1:10.61	150m 1:51.99	200m 2:33.62	250m 3:23.27	300m 4:10.41	350m 4:47.56	400m 5:23.88	
7.	Bethany PALMER	19	UEA Norwich	5:34.74	594				
	50m 34.94	100m 1:13.66	150m 1:57.45	200m 2:39.48	250m -	300m 4:18.41	350m 4:57.56	400m 5:34.74	
8.	Melissa ELEY	17	Chelmsford	5:36.83	583				



**East Swimming**  
**2017 Long Course Championships**  
*(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing  
& to ASA Open Meet Licensing Criteria)*



**Weekend One - Luton**  
**29<sup>th</sup>, 30<sup>th</sup> April, & 1<sup>st</sup> May 2017**  
(Licensed Meet No. 1ER170219)

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	50m 34.26	100m 1:15.09	150m 1:59.00	200m 2:41.56	250m 3:32.83	300m 4:22.61	350m 5:00.33	400m 5:36.83
9. Peyton EWBANK		17 Norwich Swan		5:38.35	576			
	50m 33.57	100m 1:13.01	150m 1:55.82	200m 2:37.46	250m -	300m 4:23.01	350m 5:01.24	400m 5:38.35
10. Juliet MERELIE		19 Harpenden		5:39.38	571			
	50m 36.53	100m 1:21.95	150m 2:07.13	200m 2:50.98	250m 3:38.22	300m 4:23.90	350m 5:03.23	400m 5:39.38
11. Megan CLAYDON		17 Deben		5:40.81	564			
	50m 33.88	100m 1:15.87	150m 1:59.97	200m 2:43.01	250m 3:33.13	300m 4:24.31	350m 5:03.85	400m 5:40.81
12. Lauren GOODYER		17 C Beds SS		5:41.06	563			
	50m -	100m 1:16.25	150m 1:59.20	200m 2:42.55	250m 3:31.88	300m 4:21.89	350m 5:01.12	400m 5:41.06
13. Gemma TROTT		18 C Beds SS		5:46.17	539			
	50m 34.72	100m 1:17.78	150m 2:00.82	200m 2:43.27	250m 3:35.06	300m 4:27.19	350m 5:07.24	400m 5:46.17
14. Emily SELLEN		18 Watford SC		5:46.59	537			
	50m 37.15	100m 1:22.64	150m 2:11.29	200m 2:56.56	250m 3:42.10	300m 4:27.91	350m 5:08.81	400m 5:46.59
Amber HUGHES		18 Hatfield		DNC				



# East Swimming

## 2017 Long Course Championships

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



### Weekend One - Luton

29<sup>th</sup>, 30<sup>th</sup> April, & 1<sup>st</sup> May 2017  
(Licensed Meet No. 1ER170219)

#### ***EVENT 225 Mens 14/16 Yrs 800m Freestyle Team***

Regional Record - 7:32.34

Full Results

Place	Name	Club	Time	GB Pts
1.	City of Cambridge SC	Co Cambridge	8:03.24	737
	50m 28.12	100m 59.20	150m 1:31.24	200m 2:03.04
	450m 4:31.42	500m 5:02.41	550m 5:33.98	600m 6:05.55
2.	City of Peterborough A	Co Peterboro	8:07.16	721
	50m 27.32	100m 57.38	150m 1:27.12	200m 1:56.78
	450m 4:25.35	500m 4:56.58	550m 5:28.70	600m 6:00.66
3.	City of St Albans SC	Co St Albans	8:18.66	678
	50m 28.25	100m 59.29	150m 1:31.71	200m 2:03.85
	450m 4:36.09	500m 5:09.18	550m 5:43.73	600m 6:16.66
4.	Modernian SC	Modernian	8:26.23	651
	50m 28.83	100m 1:00.19	150m 1:32.20	200m 2:03.65
	450m 4:43.22	500m 5:14.86	550m 5:48.06	600m 6:20.51
5.	Basildon & Phoenix SC	Basildon Ph	8:28.44	643
	50m 29.51	100m 1:01.14	150m 1:34.29	200m 2:06.68
	450m 4:45.39	500m 5:16.26	550m 5:48.76	600m 6:20.51
6.	Hatfield SC B	Hatfield	8:56.82	552
	50m 30.06	100m 1:04.28	150m 1:40.63	200m 2:16.02
	450m 4:58.95	500m 5:33.82	550m 6:10.14	600m 6:44.16
7.	Hemel Hempstead SC	Hemel Hemp	8:59.65	543
	50m 30.10	100m 1:05.15	150m 1:41.67	200m 2:18.25
	450m 5:03.76	500m 5:36.87	550m 6:13.46	600m 6:49.12
8.	Harpenden SC A	Harpenden	9:16.49	496
	50m 29.24	100m 1:02.99	150m 1:38.78	200m 2:11.95
	450m 5:03.56	500m 5:39.37	550m 6:16.63	600m 6:53.53
	Hatfield SC A	Hatfield	DQ	

#### ***EVENT 226 Mens 17 Yrs/Over 800m Free Team***

Regional Record - 7:32.34

Full Results

Place	Name	Club	Time	GB Pts
1.	Hatfield SC A	Hatfield	7:45.24	812
	50m 27.53	100m 57.50	150m 1:29.05	200m 1:59.88
	450m 4:21.33	500m 4:51.52	550m 5:22.02	600m 5:51.39
2.	Basildon & Phoenix SC	Basildon Ph	8:00.70	747
	50m 27.81	100m 57.96	150m 1:29.27	200m 2:00.72
	450m 4:31.64	500m 5:01.93	550m 5:33.53	600m 6:05.11
3.	City of Peterborough A	Co Peterboro	8:00.83	746
	50m 27.24	100m 56.87	150m 1:27.86	200m 1:58.27
	450m -	500m 4:55.56	550m 5:27.77	600m 5:58.61
4.	City of Cambridge SC	Co Cambridge	8:07.93	718
	50m 27.46	100m 57.37	150m 1:29.05	200m 2:00.74
	450m 4:30.05	500m 5:01.07	550m 5:31.84	600m 6:02.35
5.	Bishops Stortford SC	Bishop Stort	8:09.05	714
	50m 27.92	100m 58.77	150m 1:32.20	200m 2:04.84
	450m 4:33.10	500m 5:03.80	550m 5:36.01	600m 6:08.24
6.	Hatfield SC B	Hatfield	8:24.23	658
	50m 29.25	100m 1:00.34	150m 1:33.12	200m 2:06.23
	450m 4:40.06	500m 5:12.93	550m 5:47.72	600m 6:20.63