



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



Results Session Four

EVENT 211 Mens 400m Freestyle

Regional Records - Junior 3:57.59 Senior 3:50.46

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts
1.	Nathan HUGHES	15	Hatfield		4:08.73	763
	50m 28.04	100m 58.66	150m 1:29.76	200m 2:01.63	250m 2:33.75	300m 3:05.88
	28.04	30.62	31.10	31.87	32.12	32.13
						350m 3:38.03
						32.15
						400m 4:08.73
						30.70
2.	Jamie SCHOLLES	15	Co Peterboro		4:11.54	741
	50m 28.19	100m 59.53	150m 1:30.97	200m 2:02.72	250m 2:34.91	300m 3:07.41
	28.19	31.34	31.44	31.75	32.19	32.50
						350m 3:40.19
						32.78
						400m 4:11.54
						31.35
3.	Jakob GOODMAN	15	St Felix Sch		4:14.57	719
	50m 29.37	100m 1:01.24	150m 1:34.11	200m 2:06.68	250m 2:39.84	300m 3:12.24
	29.37	31.87	32.87	32.57	33.16	32.40
						350m 3:43.92
						31.68
						400m 4:14.57
						30.65
4.	Luke TURLEY	15	Hatfield		4:15.76	710
	50m 29.19	100m 1:01.48	150m 1:34.16	200m 2:06.80	250m 2:39.22	300m 3:11.86
	29.19	32.29	32.68	32.64	32.42	32.64
						350m 3:44.53
						32.67
						400m 4:15.76
						31.23
5.	James WOODWARD	15	Potters Bar		4:21.58	668
	50m 29.26	100m 1:01.57	150m 1:35.31	200m 2:09.19	250m 2:43.15	300m 3:17.33
	29.26	32.31	33.74	33.88	33.96	34.18
						350m 3:51.02
						33.69
						400m 4:21.58
						30.56
6.	Bayley FINBOW	15	teamipswich		4:25.01	645
	50m 30.26	100m 1:03.05	150m 1:37.25	200m 2:11.37	250m 2:45.50	300m 3:19.45
	30.26	32.79	34.20	34.12	34.13	33.95
						350m 3:52.50
						33.05
						400m 4:25.01
						32.51
7.	Myles TURNER	15	West Suffolk		4:27.35	630
	50m 29.54	100m 1:02.03	150m 1:36.54	200m 2:10.31	250m 2:44.61	300m 3:18.81
	29.54	32.49	34.51	33.77	34.30	34.20
						350m 3:53.18
						34.37
						400m 4:27.35
						34.17
8.	Harry CONSTANTINE	15	Hatfield		4:27.66	628
	50m 29.80	100m 1:02.85	150m 1:36.34	200m 2:10.77	250m 2:45.14	300m 3:19.72
	29.80	33.05	33.49	34.43	34.37	34.58
						350m 3:54.26
						34.54
						400m 4:27.66
						33.40
9.	James BAYLEY	15	Basildon Ph		4:28.95	619
	50m 30.27	100m 1:03.41	150m 1:37.25	200m 2:11.88	250m 2:46.43	300m 3:21.48
	30.27	33.14	33.84	34.63	34.55	35.05
						350m 3:55.88
						34.40
						400m 4:28.95
						33.07
10.	Alex WALMSLEY	15	teamipswich		4:31.02	606
	50m 30.11	100m 1:04.51	150m 1:38.84	200m 2:14.23	250m 2:48.66	300m 3:23.50
	30.11	34.40	34.33	35.39	34.43	34.84
						350m 3:57.75
						34.25
						400m 4:31.02
						33.27
11.	Finn CORBETT	15	Co Peterboro		4:31.15	605
	50m 30.73	100m 1:04.59	150m 1:40.05	200m 2:15.66	250m 2:50.30	300m 3:25.14
	30.73	33.86	35.46	35.61	34.64	34.84
						350m 3:59.58
						34.44
						400m 4:31.15
						31.57
12.	Ben HARRISON	15	Potters Bar		4:32.21	599
	50m 29.87	100m 1:03.30	150m 1:37.69	200m 2:12.93	250m 2:48.11	300m 3:23.93
	29.87	33.43	34.39	35.24	35.18	35.82
						350m 3:59.34
						35.41
						400m 4:32.21
						32.87
13.	Ryan MOGFORD	15	Chelmsford		4:32.60	596
	50m 31.54	100m 1:06.04	150m 1:41.78	200m 2:16.71	250m 2:51.84	300m 3:26.55
	31.54	34.50	35.74	34.93	35.13	34.71
						350m 4:00.31
						33.76
						400m 4:32.60
						32.29
14.	Max WILSON	15	Modernians		4:33.76	589
	50m 30.05	100m 1:03.61	150m 1:37.99	200m 2:13.53	250m 2:48.83	300m 3:24.70
	30.05	33.56	34.38	35.54	35.30	35.87
						350m 3:59.32
						34.62
						400m 4:33.76
						34.44
15.	Daniel LUSH	15	Cheshunt		4:38.26	562
	50m 30.23	100m 1:03.44	150m 1:39.15	200m 2:14.98	250m 2:51.27	300m 3:27.44
	30.23	33.21	35.71	35.83	36.29	36.17
						350m 4:03.96
						36.52
						400m 4:38.26
						34.30
16.	Harry WHITEMAN	15	Co Peterboro		4:38.32	562
	50m 29.62	100m 1:02.69	150m 1:38.17	200m 2:13.52	250m 2:49.86	300m 3:26.29
	29.62	33.07	35.48	35.35	36.34	36.43
						350m 4:02.58
						36.29
						400m 4:38.32
						35.74
17.	Harry LONGBOTTOM	15	Deben		4:38.75	560
	50m 30.95	100m 1:05.34	150m 1:40.41	200m 2:16.37	250m 2:52.06	300m 3:28.79
	30.95	34.39	35.07	35.96	35.69	36.73
						350m 4:04.23
						35.44
						400m 4:38.75
						34.52
18.	Adam MARTIN	15	Hertsmere		4:40.28	551
	50m 30.81	100m 1:04.70	150m 1:40.79	200m 2:17.09	250m 2:53.09	300m 3:29.39
	30.81	33.89	36.09	36.30	36.00	36.30
						350m 4:05.85
						36.46
						400m 4:40.28
						34.43
19.	Jaxon SIMMONS	15	Co Peterboro	13	4:42.09	541
	50m 31.69	100m 1:06.66	150m 1:42.99	200m 2:18.99	250m 2:54.60	300m 3:30.69
	31.69	34.97	36.33	36.00	35.61	36.09
						350m 4:06.63
						35.94
						400m 4:42.09
						35.46
20.	Harry EADE	15	teamipswich		4:43.71	532
	50m 31.85	100m 1:07.58	150m 1:43.45	200m 2:20.09	250m 2:55.55	300m 3:32.52
	31.85	35.73	35.87	36.64	35.46	36.97
						350m 4:08.51
						35.99
						400m 4:43.71
						35.20
21.	Morgan NEWMAN	15	Potters Bar		4:46.88	514
	50m 30.97	100m 1:05.00	150m 1:40.82	200m 2:17.35	250m 2:54.70	300m 3:32.36
	30.97	34.03	35.82	36.53	37.35	37.66
						350m 4:10.24
						37.88
						400m 4:46.88
						36.64

16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts
1.	Daniel LEIGH	16	Co Peterboro		4:13.83	724
	50m 27.95	100m 58.58	150m 1:30.61	200m 2:02.95	250m 2:35.43	300m 3:08.53
	27.95	30.63	32.03	32.34	32.48	33.10
						350m 3:41.85
						33.32
						400m 4:13.83
						31.98
2.	Ole MILLS	16	Braintree		4:23.43	656
	50m 30.01	100m 1:02.73	150m 1:36.29	200m 2:09.84	250m 2:43.17	300m 3:17.12
	30.01	32.72	33.56	33.55	33.33	33.95
						350m 3:51.07
						33.95
						400m 4:23.43
						32.36
3.	Harry FOX	16	Basildon Ph		4:26.24	637
	50m 30.00	100m 1:02.84	150m 1:36.41	200m 2:10.28	250m 2:44.66	300m 3:19.07
	30.00	32.84	33.57	33.87	34.38	34.41
						350m 3:53.35
						34.28
						400m 4:26.24
						32.89



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4.	Alex EVENS	16	Hitchin	4:27.97	626			
	50m 28.88	100m 1:01.35	150m 1:35.44	200m 2:10.17	250m 2:44.95	300m 3:20.07	350m 3:54.76	400m 4:27.97
	28.88	32.47	34.09	34.73	34.78	35.12	34.69	33.21
5.	Joshua FOWLES	16	Witham Dolph	4:30.53	609			
	50m 29.81	100m 1:03.02	150m 1:37.25	200m 2:12.71	250m 2:48.11	300m 3:23.60	350m 3:58.19	400m 4:30.53
	29.81	33.21	34.23	35.46	35.40	35.49	34.59	32.34
6.	Cameron MCRAE	16	Co Peterboro	4:30.89	607			
	50m 29.62	100m 1:03.55	150m 1:38.27	200m 2:13.86	250m 2:49.07	300m 3:24.00	350m 3:58.56	400m 4:30.89
	29.62	33.93	34.72	35.59	35.21	34.93	34.56	32.33
7.	Zack CAMPBELL-MAUGHAN	16	West Norfolk	4:31.52	603			
	50m 29.07	100m 1:02.31	150m 1:36.88	200m 2:11.80	250m 2:46.87	300m 3:22.40	350m 3:57.43	400m 4:31.52
	29.07	33.24	34.57	34.92	35.07	35.53	35.03	34.09
8.	Ryan KELLY	16	Chelmsford	4:31.88	601			
	50m 30.51	100m 1:03.76	150m 1:38.14	200m 2:12.81	250m 2:48.20	300m 3:23.87	350m 3:59.04	400m 4:31.88
	30.51	33.25	34.38	34.67	35.39	35.67	35.17	32.84

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts		
1.	Martyn WALTON	18	Hatfield		4:00.27	833		
	50m 27.49	100m 57.53	150m 1:28.25	200m 1:58.76	250m 2:29.33	300m 2:59.86	350m 3:30.35	400m 4:00.27
	27.49	30.04	30.72	30.51	30.57	30.53	30.49	29.92
2.	Joshua DUGGAN	19	Hatfield		4:06.62	780		
	50m 28.01	100m 58.42	150m 1:29.65	200m 2:01.36	250m 2:33.68	300m 3:05.43	350m 3:37.32	400m 4:06.62
	28.01	30.41	31.23	31.71	32.32	31.75	31.89	29.30
3.	Regan LLOYD	18	teamipswich		4:07.24	775		
	50m 28.10	100m 58.85	150m 1:30.82	200m 2:03.37	250m 2:34.61	300m 3:06.22	350m 3:37.10	400m 4:07.24
	28.10	30.75	31.97	32.55	31.24	31.61	30.88	30.14
4.	Nathan WELLS	17	West Norfolk		4:09.40	758		
	50m 27.35	100m 58.19	150m 1:29.93	200m 2:02.44	250m 2:34.64	300m 3:06.94	350m 3:38.52	400m 4:09.40
	27.35	30.84	31.74	32.51	32.20	32.30	31.58	30.88
5.	Daniel POWELL	18	Co Peterboro		4:10.22	752		
	50m 27.71	100m 58.67	150m 1:30.06	200m 2:02.13	250m 2:34.11	300m 3:06.43	350m 3:38.59	400m 4:10.22
	27.71	30.96	31.39	32.07	31.98	32.32	32.16	31.63
6.	Nathan BENTLEY	17	Hatfield		4:12.71	733		
	50m 29.36	100m 1:00.32	150m 1:32.36	200m 2:04.79	250m 2:36.88	300m 3:09.78	350m 3:42.48	400m 4:12.71
	29.36	30.96	32.04	32.43	32.09	32.90	32.70	30.23
7.	Thomas SHERRIFF	20	Hemel Hemp		4:17.42	698		
	50m 27.91	100m 59.91	150m 1:32.99	200m 2:06.38	250m 2:40.01	300m 3:13.47	350m 3:46.92	400m 4:17.42
	27.91	32.00	33.08	33.39	33.63	33.46	33.45	30.50
8.	Matthew WRIGHT	17	Team Luton		4:18.20	692		
	50m 28.04	100m 59.99	150m 1:32.94	200m 2:06.75	250m 2:40.28	300m 3:13.17	350m 3:46.46	400m 4:18.20
	28.04	31.95	32.95	33.81	33.53	32.89	33.29	31.74
9.	Alex PROFFITT	17	West Suffolk		4:19.56	682		
	50m 28.20	100m 1:00.06	150m 1:33.03	200m 2:06.55	250m 2:39.45	300m 3:13.46	350m 3:46.99	400m 4:19.56
	28.20	31.86	32.97	33.52	32.90	34.01	33.53	32.57
10.	Thomas MCLAGAN	19	Chelmsford		4:20.00	679		
	50m 29.22	100m 1:00.96	150m 1:33.62	200m 2:06.51	250m 2:39.63	300m 3:13.37	350m 3:47.16	400m 4:20.00
	29.22	31.74	32.66	32.89	33.12	33.74	33.79	32.84
11.	James DAY	18	Basildon Ph		4:20.80	674		
	50m 29.16	100m 1:00.65	150m 1:33.20	200m 2:06.32	250m 2:39.78	300m 3:13.60	350m 3:47.78	400m 4:20.80
	29.16	31.49	32.55	33.12	33.46	33.82	34.18	33.02
12.	Logan MOORE	17	St Felix Sch		4:21.58	668		
	50m 30.06	100m 1:02.29	150m 1:34.70	200m 2:07.57	250m 2:41.05	300m 3:15.20	350m 3:49.32	400m 4:21.58
	30.06	32.23	32.41	32.87	33.48	34.15	34.12	32.26
13.	Jake LLOYD	20	Bishop Stort		4:24.12	651		
	50m 28.96	100m 1:01.65	150m 1:34.50	200m 2:08.48	250m 2:41.50	300m 3:16.15	350m 3:50.34	400m 4:24.12
	28.96	32.69	32.85	33.98	33.02	34.65	34.19	33.78
14.	Fraser SCOTT	17	Basildon Ph		4:25.16	644		
	50m 29.60	100m 1:01.95	150m 1:35.10	200m 2:08.50	250m 2:42.44	300m 3:16.59	350m 3:51.12	400m 4:25.16
	29.60	32.35	33.15	33.40	33.94	34.15	34.53	34.04
15.	Ethan FARRELL	18	Hatfield		4:35.31	580		
	50m 30.07	100m 1:03.32	150m 1:37.07	200m 2:11.65	250m 2:47.17	300m 3:23.17	350m 3:59.70	400m 4:35.31
	30.07	33.25	33.75	34.58	35.52	36.00	36.53	35.61
16.	Sam BRADLEY	22	Team Luton	7	5:37.12	306		
	50m 36.81	100m 1:17.61	150m 2:00.04	200m 2:43.35	250m 3:26.62	300m 4:11.12	350m 4:54.88	400m 5:37.12
	36.81	40.80	42.43	43.31	43.27	44.50	43.76	42.24
	Timothy SHUTTLEWORTH	18	Hatfield		DNC			

Combined Result - Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints		
1.	Jaxon SIMMONS	15	Co Peterboro	13	4:42.09	606		
	50m 31.69	100m 1:06.66	150m 1:42.99	200m 2:18.99	250m 2:54.60	300m 3:30.69	350m 4:06.63	400m 4:42.09
	31.69	34.97	36.33	36.00	35.61	36.09	35.94	35.46
2.	Sam BRADLEY	22	Team Luton	7	5:37.12	590		
	50m 36.81	100m 1:17.61	150m 2:00.04	200m 2:43.35	250m 3:26.62	300m 4:11.12	350m 4:54.88	400m 5:37.12
	36.81	40.80	42.43	43.31	43.27	44.50	43.76	42.24



ASA East Region 2015 Long Course Championships

(Under ASA Laws & ASA Technical Rules)

Weekend One

(Licensed Meet No. 1ER150672)



EVENT 212 Womens 50m Backstroke

Regional Records - Junior 29.81 Senior 29.81

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Rebecca SHERWIN	15	teamipswich	30.16	838
2.	Rachel WELLINGS	15	Co Peterboro	31.12	775
3.	Meghan MAYBANKS	15	DunmowAtlant	31.22	768
4.	Eleanor MITCHELL	15	Bishop Stort	31.43	755
5.	Brooke FROST	15	Basildon Ph	31.97	722
6.	Eleanor KING	15	Dunstable	32.29	704
7.	Susanna FRASER	15	Co Cambridge	32.79	675
8.	Hannah BRECKNELL	15	West Suffolk	32.95	666
9.	Catherine BROWN	15	Norwich Swan	32.98	665
10.	Annabel LEE	15	teamipswich	33.10	658
10.	Dora ZHOU	15	Epping For't	33.10	658
12.	Zara PRETIOUS-WHITE	15	Bishop Stort	33.25	650
13.	Evie BANHAM	15	Leiston	33.47	638
14.	Laura COPPING	15	Hatfield	33.78	622
14.	Elinor DULEY	15	Colchester	33.78	622
16.	Poppy LEECH	15	Co Peterboro	33.85	619
17.	Megan COOK	15	Bishop Stort	33.92	615
18.	Isabella DYOS	15	Basildon Ph	34.09	607
19.	Peyton EWBANK	15	Norwich Swan	34.24	599
20.	Annalise WRIGHT	15	Linslade	34.50	587
21.	Caitlin MORIARTY	15	Team Luton	34.58	583
22.	Samantha PERRY	15	Stevenage	34.73	576
23.	Megan MANN	15	UEA Norwich	34.89	568

16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Lauren HALL	16	Co Cambridge	31.27	765
2.	Martha DULEY	16	Colchester	31.38	758
3.	Cara HETHERINGTON	16	teamipswich	31.41	756
4.	Bethany SAUNDERS	16	Co Peterboro	31.72	737
5.	Abigail WHITING	16	West Norfolk	32.15	712
6.	Olivia PAWSON	16	Cheshunt	32.78	676
7.	Hannah BROWN	16	West Norfolk	32.80	675
8.	Beatrice BARDER	16	Co St Albans	33.27	649
9.	Darcey GARDINER	16	Chelmsford	33.74	624
10.	Bethany SAMPHER	16	West Suffolk	34.10	606
	Amy YOUNG	16	Bishop Stort	DNC	

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Mollie ALLEN	17	Co Peterboro	30.29	829
2.	Josephine BLADES	18	St Felix Sch	30.75	799
3.	Faye NUGENT	19	Hatfield	30.85	792
4.	Georgina PRYOR	17	Hoddesdon	31.00	782
5.	Keely EMPSON	19	West Norfolk	31.04	780
6.	Molly OLLINGTON	17	West Suffolk	31.46	753
7.	Lauren SIMPKINS	17	Putteridge	31.76	735
8.	Alaina SCIFO	18	teamipswich	32.02	719
9.	Emily LANE	19	Bo Southend	32.15	712
10.	Chloe HAZELL	17	UEA Norwich	32.39	698
11.	Emma LEES	17	West Suffolk	32.54	689
12.	Jordan COLEMAN	17	Leiston	32.60	686
13.	Lois MOORE	20	Hemel Hemp	32.63	684
14.	Danielle RAYNER	19	St Ives	32.64	684
15.	Georgina LAWSON	18	Co St Albans	32.75	677
16.	Alice SHERWIN	18	teamipswich	32.81	674
17.	Taylor GOODBY	17	Co Peterboro	32.99	664
18.	Aimee ABREY	17	Hemel Hemp	33.02	663
19.	Bethany PALMER	17	UEA Norwich	33.08	659
20.	Tara COLEMAN	19	Leiston	33.11	658
21.	Courtney SANDERS	18	Chelmsford	33.31	647
22.	Michelle MITCHELL	18	Hatfield	33.33	646



ASA East Region 2015 Long Course Championships

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Weekend One

(Licensed Meet No. 1ER150672)



EVENT 213 Mens 200m Butterfly

Regional Records - Junior 2:06.22 Senior 1:57.29

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150	
1.	Ben HARRISON	15	Potters Bar	2:16.03	636	30.14	1:04.98	1:40.17	30.14
34.84	35.19								
2.	James WOODWARD	15	Potters Bar	2:18.41	607	30.92	1:06.65	1:43.71	30.92
35.73	37.06								
3.	Jamie SCHOLLES	15	Co Peterboro	2:20.37	583	29.56	1:04.94	1:42.60	29.56
35.38	37.66								
4.	Nathan HUGHES	15	Hatfield	2:20.70	579	31.91	1:07.46	1:46.15	31.91
35.55	38.69								
5.	Harry WHITEMAN	15	Co Peterboro	2:23.35	549	32.12	1:09.12	1:46.32	32.12
37.00	37.20								
6.	Benjamin GARRATT	15	Hatfield	2:23.74	544	30.64	1:06.97	1:44.62	30.64
36.33	37.65								
7.	Callum DAVIS	15	Bishop Stort	2:25.36	527	29.47	1:06.29	1:44.36	29.47
36.82	38.07								
8.	Harry JONES	15	Hitchin	2:26.13	519	31.35	1:07.94	1:46.56	31.35
36.59	38.62								
9.	Ryan MOGFORD	15	Chelmsford	2:31.56	465	33.37	1:10.29	1:51.07	33.37
36.92	40.78								
10.	Harry LONGBOTTOM	15	Deben	2:36.22	423	33.26	1:13.71	1:56.56	33.26
40.45	42.85								
11.	Luke CROFTS	15	Thurrock	2:38.35	405	32.73	-	1:54.77	32.73-
1:22.04									
	Vincent MELO PEET	15	Basildon Ph	DQ 4					

16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150	
1.	Luke SUGDEN	16	Hatfield	2:21.07	575	31.79	1:06.68	1:44.22	31.79
34.89	37.54								
2.	Michael LARDNER	16	Co Peterboro	2:26.02	520	32.63	1:10.09	1:47.49	32.63
37.46	37.40								
3.	Cavan BECK	16	Bo Southend	2:27.40	506	31.69	1:08.87	1:48.49	31.69
37.18	39.62								
4.	Bradley VEITCH	16	Harlow Pen	2:27.79	502	31.38	1:08.07	1:48.48	31.38
36.69	40.41								
5.	Alex NEESON	16	Dunstable	2:30.38	476	31.62	1:09.51	1:49.08	31.62
37.89	39.57								

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150	
1.	George EPSLY	17	Basildon Ph	2:07.61	755	28.25	1:01.20	1:33.76	28.25
32.95	32.56								
2.	Joshua GRAVES	18	Co Peterboro	2:10.56	711	28.73	1:01.90	1:36.22	28.73
33.17	34.32								
3.	Jack UTTING	18	UEA Norwich	2:10.69	709	29.50	1:02.67	1:36.46	29.50
33.17	33.79								
4.	Alex PROFFITT	17	West Suffolk	2:12.57	683	29.48	1:02.76	1:37.80	29.48
33.28	35.04								
5.	Jake LLOYD	20	Bishop Stort	2:15.88	638	30.01	1:04.15	1:39.13	30.01
34.14	34.98								
6.	Stuart CLARKE	31	Bishop Stort	2:16.55	630	30.95	1:05.71	1:40.01	30.95
34.76	34.30								
7.	Mason ARNOLD	18	Harlow Pen	2:21.42	571	30.03	1:04.74	1:42.75	30.03
34.71	38.01								
8.	Russell BECK	18	Bo Southend	2:23.61	546	30.32	1:05.44	1:43.84	30.32
35.12	38.40								



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9.	Kieran WHIGHT	19	Deben	2:24.72	534	31.14	1:08.92	1:45.86	31.14
37.78	36.94								
10.	Calvin COE	17	Stowmarket	2:25.24	528	31.59	-	1:47.74	31.59-
1:16.15									
11.	Oliver KENNY	18	UEA Norwich	2:25.41	526	30.63	1:07.79	1:46.26	30.63
37.16	38.47								
12.	Michael JUDD	17	Leighton Buz	2:25.93	521	30.49	1:06.60	1:45.37	30.49
36.11	38.77								
	Timothy SHUTTLEWORTH	18	Hatfield	DNC					



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EVENT 214 Womens 100m Breaststroke

Regional Records - Junior 1:11.59 Senior 1:08.69

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts	50	
1.	Rachel ROBINSON	15	UEA Norwich		1:17.32	683	36.09	
2.	Laura COPPING	15	Hatfield		1:18.55	655	37.71	36.09
3.	Hanna JASKIEWICZ	15	Co Peterboro		1:19.13	642	37.20	37.71
4.	Amelia BARNETSON	15	Chelmsford		1:19.87	626	37.14	37.20
5.	Hannah MCNAUL	15	West Suffolk		1:20.19	619	37.71	37.14
6.	Rachel WELLINGS	15	Co Peterboro		1:20.37	615	37.89	37.71
7.	Eleanor CLARKE	15	Chelmsford		1:20.84	605	38.01	37.89
8.	Catherine BROWN	15	Norwich Swan		1:21.40	593	38.14	38.01
9.	Olivia NICOLAI	15	West Suffolk		1:21.93	582	39.03	38.14
10.	Katialin DANG	15	Harpenden		1:21.98	581	38.94	39.03
11.	Leyla M.RIZATEPE	15	Hatfield		1:22.17	578	39.57	38.94
12.	Abigail GREEN	15	Watford SC		1:22.26	576	38.53	39.57
13.	Annalise WRIGHT	15	Linslade		1:22.29	575	37.63	38.53
14.	Caitlin HODDINOTT	15	Harpenden		1:23.34	555	40.16	37.63
15.	Chantal SMITH	15	Team Luton		1:23.66	548	39.62	40.16
16.	Megan WICKHAM	15	Bishop Stort		1:23.71	547	38.40	39.62
17.	Lucy JESSOP	15	Brentwood		1:23.91	544	38.39	38.40
18.	Katie CROWTHER	15	Co Peterboro		1:23.95	543	39.36	38.39
19.	Megan BUNYARD	15	Linslade		1:24.94	525	39.20	39.36
20.	Caitlin MASCALL	15	Harlow Pen		1:26.10	504	39.69	39.20
21.	Elena BACCAS	15	Verulam		1:26.13	503	40.60	39.69
22.	Elinor DULEY	15	Colchester		1:26.17	503	41.42	40.60
23.	Sophie PICKERING	15	teamipswich		1:26.65	494	40.23	41.42
24.	Sophie BURNS	15	Watford SC		1:28.09	470	40.61	40.23
								40.61

16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts	50	
1.	Leah ROUGHAN	16	Co Peterboro		1:13.85	771	34.75	
2.	Lana MO	16	West Suffolk		1:17.66	675	37.22	34.75
3.	Lucy OXBROW	16	teamipswich		1:19.59	632	36.82	37.22
4.	Emily BIGGS	16	Co Cambridge		1:20.11	620	37.23	36.82
5.	Bethany MOTTRAM	16	West Suffolk		1:20.15	619	37.30	37.23
6.	Roxanne UYS	16	West Norfolk		1:24.43	534	37.83	37.30
7.	Jana SPINNER	16	UEA Norwich		1:25.00	523	38.57	37.83
8.	Amie COPP	16	Thetford		1:25.20	520	39.71	38.57
								39.71



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EVENT 214 Womens 100m Breaststroke

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts	50	
1.	Rebecca BURTON	17	Modemians		1:13.52	780	34.36	34.36
2.	Louise BUSH	24	UEA Norwich		1:16.16	712	36.73	36.73
3.	Madeleine CHURCHMAN	19	Hatfield		1:16.88	694	37.67	37.67
4.	Cira FLETCHER	17	Bishop Stort		1:17.47	680	36.28	36.28
5.	Natalie COOGANS	18	West Norfolk		1:17.50	679	36.39	36.39
6.	Kate MCQUAID	17	Hatfield		1:18.18	663	36.95	36.95
7.	Caitlin RUSSELL	18	Deben		1:19.10	642	37.26	37.26
8.	Grace RAYNER	17	Hemel Hemp		1:19.50	634	36.76	36.76
9.	Lauren BAKER	20	Hatfield		1:19.93	624	36.91	36.91
10.	Christie BAYS	19	Hoddesdon		1:20.45	613	38.27	38.27
11.	Sarah BOWEN	17	Lstof & OB		1:20.66	609	38.29	38.29
12.	Ashley RANSOME	20	Hertford		1:20.82	605	37.21	37.21
13.	Sarah O'BRIEN	19	Hertford		1:20.96	602	37.05	37.05
14.	Jordan COLEMAN	17	Leiston		1:22.37	574	39.07	39.07
15.	Paige WILDING	17	Hemel Hemp		1:22.92	563	38.75	38.75
16.	Kirsty VEARS	17	Harlow Pen		1:23.51	551	39.12	39.12
17.	Jessica PAYNE	17	Leighton Buz		1:23.69	548	38.78	38.78
18.	Danielle RAYNER	19	St Ives		1:26.13	503	42.15	42.15
19.	Lucy PARK	19	Watford SC		1:26.30	500	39.77	39.77
20.	Gemma BENNETT	28	DunmowAtlant	14	1:27.66	477	40.15	40.15

Combined Result - Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints	50	
1.	Gemma BENNETT	28	DunmowAtlant	14	1:27.66	674	40.15	40.15



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EVENT 215 Mens 200m Breaststroke

Regional Records - Junior 2:23.24 Senior 2:19.41

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150	
1.	Nathan HUGHES	15	Hatfield	2:29.67	688	35.44	1:12.78	1:52.70	35.44
37.34									
2.	Samuel PECK	15	UEA Norwich	2:33.55	642	34.13	1:13.13	1:53.92	34.13
39.00									
3.	Ben HARRISON	15	Potters Bar	2:38.31	590	36.78	1:16.86	1:59.15	36.78
40.08									
4.	Harry NICHOLLS	15	Basildon Ph	2:39.90	573	36.23	1:16.79	1:58.59	36.23
40.56									
5.	Patrick KEAVENEY	15	Modernians	2:40.78	564	35.80	1:16.78	1:58.55	35.80
40.98									
6.	William LOVEMAN	15	Co St Albans	2:44.66	526	37.35	-	2:01.47	37.35-
1:24.12									
7.	Joseph TALBOT	15	Linslade	2:45.63	517	38.07	1:20.36	2:03.63	38.07
42.29									
8.	Samuel COTTEE	15	teamipswich	2:46.65	508	35.85	1:18.75	2:02.43	35.85
42.90									
9.	Myles TURNER	15	West Suffolk	2:48.46	492	38.10	1:20.12	2:04.23	38.10
42.02									
10.	Alex FLORANCE	15	West Norfolk	2:50.28	476	38.30	1:22.93	2:06.83	38.30
44.63									
11.	Harry LONGBOTTOM	15	Deben	2:50.87	471	39.55	1:23.52	2:07.22	39.55
43.97									
	James MONCUR-BROWN	15	UEA Norwich	DQ 8					

16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150	
1.	Ole MILLS	16	Braintree	2:31.24	669	34.76	1:12.55	1:51.95	34.76
37.79									
2.	Thomas WIGGINS	16	Co Peterboro	2:34.17	635	34.11	1:13.99	1:54.03	34.11
39.88									
3.	Ryan JARVIS	16	Team Luton	2:37.07	603	35.03	1:14.83	1:55.60	35.03
39.80									
4.	Zhi ONG	16	Co St Albans	2:41.06	561	35.73	-	1:59.07	35.73-
1:23.34									
5.	Finlay RYAN	16	Norwich Swan	2:41.64	555	37.56	1:20.60	2:01.52	37.56
43.04									
6.	Samuel PEASE	16	Basildon Ph	2:43.34	539	35.88	1:17.90	2:00.08	35.88
42.02									
7.	Daniel HURST	16	Berkhamsted	2:43.82	534	37.15	1:19.89	2:02.90	37.15
42.74									
8.	Aaron CLARKE	16	Basildon Ph	2:45.34	520	37.58	1:18.96	2:01.86	37.58
41.38									
9.	Alexander THOMPSON	16	Chelmsford	2:48.95	487	39.28	1:21.33	2:05.07	39.28
42.05									
10.	Joseph COLLINS	16	Bishop Stort	2:49.94	479	37.31	1:20.51	2:04.75	37.31
43.20									
11.	Cameron MCRAE	16	Co Peterboro	2:50.39	475	37.09	1:20.72	2:05.76	37.09
43.63									
	Louis SPONG	16	DunmowAtlant	DQ 8					



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17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150	
1.	Robert LANCASTER	18	teamipswich	2:23.92	763	32.39	1:09.15	1:46.86	32.39
36.76	37.71								
2.	Lawrence PALMER	23	Putteridge	2:24.12	760	32.15	1:08.58	1:46.55	32.15
36.43	37.97								
3.	Isaac KIRBY	17	UEA Norwich	2:28.97	697	33.26	1:09.96	1:48.62	33.26
36.70	38.66								
4.	Thomas SARAH	21	Co Cambridge	2:31.09	671	33.26	1:11.68	1:51.47	33.26
38.42	39.79								
5.	Benjamin PURCELL	18	Hatfield	2:31.21	669	33.38	1:12.72	1:52.54	33.38
39.34	39.82								
6.	Brandon NABARRO	18	Modernians	2:32.30	656	34.93	1:14.01	1:54.82	34.93
39.08	40.81								
7.	James NEWTON	17	Co Peterboro	2:32.56	653	33.45	1:12.01	1:51.96	33.45
38.56	39.95								
8.	Jack PICKERING	17	teamipswich	2:34.09	636	34.02	1:13.24	1:52.82	34.02
39.22	39.58								
9.	Fraser SCOTT	17	Basildon Ph	2:34.75	628	34.34	1:13.88	1:54.36	34.34
39.54	40.48								
10.	Christopher SMITH	19	Hoddesdon	2:36.50	609	33.77	-	1:54.08	33.77-
1:20.31									
11.	Hayden THOMAS	20	Harlow Pen	2:37.54	598	34.65	1:14.82	1:56.10	34.65
40.17	41.28								
12.	Thomas FREWIN	18	Hemel Hemp	2:37.76	595	33.96	1:14.03	1:56.21	33.96
40.07	42.18								
13.	Graeham DOUGLAS	27	Co Cambridge	2:38.11	592	35.44	1:14.63	1:55.56	35.44
39.19	40.93								
14.	Thomas SHERRIFF	20	Hemel Hemp	2:42.33	549	34.67	1:16.13	1:59.11	34.67
41.46	42.98								
15.	Ryan SYKES	19	West Norfolk	2:43.90	533	36.97	1:18.23	2:00.67	36.97
41.26	42.44								
16.	Martin RUSSELL-ROGERS	17	Hitchin	2:45.63	517	34.87	1:18.35	1:59.83	34.87
43.48	41.48								
17.	Edward BRIARS	17	West Suffolk	2:46.17	512	35.95	1:18.93	2:01.86	35.95
42.98	42.93								
18.	Ethan FARRELL	18	Hatfield	2:46.93	505	37.05	1:18.91	2:02.73	37.05
41.86	43.82								
19.	Calvin COE	17	Stowmarket	2:47.77	498	37.27	1:20.84	2:04.74	37.27
43.57	43.90								
	Thomas MCLAGAN	19	Chelmsford	DNC					



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EVENT 216 Womens 100m Butterfly

Regional Records - Junior 1:01.80 Senior 1:00.89

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts	50	
1.	Shannon STOTT	15	Co St Albans		1:06.72	681	31.34	
2.	Rebecca SHERWIN	15	teamipswich		1:06.87	677	31.21	31.34
3.	Hanna JASZKIEWICZ	15	Co Peterboro		1:07.10	671	31.27	31.21
4.	Brooke FROST	15	Basildon Ph		1:08.81	626	-	31.27
5.	Elinah PHILLIP	15	Hatfield		1:09.17	617	32.75	-
6.	Elinor DULEY	15	Colchester		1:09.40	612	33.35	32.75
7.	Abigail WEBB	15	Deben		1:09.93	599	32.44	33.35
8.	Amber SHINE	15	Hatfield		1:10.49	585	33.32	32.44
9.	Christie WOODS	15	Co Peterboro		1:10.51	585	33.09	33.32
10.	Mollie SMITH	15	Norfolk Vikg		1:10.57	584	34.51	33.09
11.	Megan COOK	15	Bishop Stort		1:10.58	583	32.72	34.51
12.	Eleanor LLEWELLYN	15	West Suffolk		1:11.01	573	32.57	32.72
13.	Hannah MCNAUL	15	West Suffolk		1:11.27	567	33.57	32.57
14.	Peyton EWBANK	15	Norwich Swan		1:12.21	546	33.88	33.57
15.	Abigail GREEN	15	Watford SC		1:12.28	545	33.19	33.88
16.	Sophie PICKERING	15	teamipswich		1:12.35	543	34.08	33.19
17.	Katie CONYERS	15	Potters Bar		1:12.81	533	33.64	34.08
18.	Christina WILSON	15	Norwich Swan		1:13.96	509	33.77	33.64
19.	Megan MANN	15	UEA Norwich		1:14.74	493	34.49	33.77
20.	Julia LENKIEWICZ	15	Mid Beds		1:14.97	489	33.09	34.49
								33.09

16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts	50	
1.	Katherine BROWN	16	Co Peterboro		1:04.44	747	30.19	
2.	Amy GODSAVE	16	Hoddesdon		1:05.60	713	30.54	30.19
3.	Bethany SAUNDERS	16	Co Peterboro		1:05.65	711	29.97	30.54
4.	Amy YOUNG	16	Bishop Stort		1:07.44	662	30.91	29.97
5.	Lauren GRICE	16	Leighton Buz		1:07.77	653	31.48	30.91
6.	Harriet HANSON	16	Hatfield		1:08.08	645	31.57	31.48
7.	Bethany MOTTRAM	16	West Suffolk		1:08.20	642	31.67	31.57
8.	Leah ROUGHAN	16	Co Peterboro		1:08.81	626	32.54	31.67
9.	Bethany SAMPHER	16	West Suffolk		1:09.66	605	33.19	32.54
10.	Millie EMMANS	16	Co Cambridge		1:10.41	587	32.50	33.19
11.	Dina DAY	16	Runnymede		1:10.49	585	33.24	32.50
12.	Emily BIGGS	16	Co Cambridge		1:11.57	561	32.63	33.24
13.	Lucy OXBROW	16	teamipswich		1:11.62	559	33.18	32.63
14.	Chloe JACOBS	16	Hertsmere		1:11.76	556	32.81	33.18
15.	Carly BAYS	16	Hoddesdon		1:11.87	554	33.24	32.81
16.	Tegan WOLLASTON	16	Cheshunt		1:11.88	554	32.76	33.24
17.	Abigail HART	16	DunmowAtlant		1:12.25	545	33.16	32.76
18.	Jessica WESTLAKE	16	St Felix Sch		1:12.96	530	32.43	33.16
								32.43



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19. Ceri HEARD	16	Watford SC	1:13.09	527	33.47	33.47
20. Hannah CURRELL	16	Flitwick	1:13.20	525	33.28	33.28
21. Lauren WINDSOR	16	Hemel Hemp	1:16.08	467	33.65	33.65

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts	50
1.	Georgina PRYOR	17	Hoddesdon		1:02.93	794	30.27
2.	Lily WEST	18	Hatfield		1:03.79	767	30.21
3.	Philippa SHUTTLEWORTH	18	Hatfield		1:05.27	722	31.08
4.	Michelle MITCHELL	18	Hatfield		1:05.70	710	31.18
5.	Molly OLLINGTON	17	West Suffolk		1:06.97	675	31.59
6.	Josephine BLADES	18	St Felix Sch		1:07.11	671	31.80
7.	Emily DOWDING	17	teamipswich		1:07.31	665	31.15
8.	Abigail GEE	18	Team Luton		1:07.95	649	31.71
9.	Taylor GOODBY	17	Co Peterboro		1:08.10	645	31.63
10.	Jessica-Jane APPLGATE	19	UEA Norwich	14	1:08.32	639	30.98
11.	Rebecca BURTON	17	Modernians		1:08.36	638	31.94
12.	Alison BINNS	19	Bushey		1:08.87	625	31.56
13.	Ellie FOGG	17	Hatfield		1:09.47	610	31.93
14.	Yasmin BRAND	18	Berkhamsted		1:10.42	587	33.04
15.	Emma CATTLE	27	Team Luton	10	1:19.78	403	37.61

Combined Result - Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints	50
1.	Jessica-Jane APPLGATE	19	UEA Norwich	14	1:08.32	1060	30.98
2.	Emma CATTLE	27	Team Luton	10	1:19.78	527	37.61



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EVENT 217 Mens 50m Freestyle

Regional Records - Junior 24.04 Senior 21.92

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts
1.	Harry CONSTANTINE	15	Hatfield		25.60	643
2.	Luke TURLEY	15	Hatfield		25.76	632
3.	Nathan HUGHES	15	Hatfield		25.78	631
4.	Harvey JOLLY	15	Basildon Ph		25.79	630
5.	Jakob GOODMAN	15	St Felix Sch		26.03	614
6.	James WOODWARD	15	Potters Bar		26.13	608
7.	Christian NEL	15	Berkhamsted		26.28	598
8.	Ryan SMITH	15	UEA Norwich		26.32	595
9.	David SHIPMAN	15	Potters Bar		26.35	594
10.	Thomas OWEN	15	Norfolk Vikg		26.44	588
10.	Jack SPAIN	15	Stowmarket		26.44	588
12.	Samuel COTTEE	15	teamipswich		26.51	583
13.	Jake THOMAS-MANSFIELD	15	West Suffolk		26.58	579
14.	Alex WALMSLEY	15	teamipswich		26.63	576
15.	Harry WESTON	15	Norwich Swan		26.64	575
16.	Finn CORBETT	15	Co Peterboro		26.67	574
17.	Adam MARTIN	15	Hertsmere		26.74	569
18.	James BLOUNT	15	Potters Bar		26.84	563
19.	Benjamin GARRATT	15	Hatfield		26.88	561
20.	Max WILSON	15	Modernians		26.94	557
21.	Harry JONES	15	Hitchin		26.95	557
21.	Daniel LUSH	15	Cheshunt		26.95	557
23.	Patrick KEAVENEY	15	Modernians		27.06	550
24.	Vincent MELO PEET	15	Basildon Ph		27.31	536
25.	Jack RYAN	15	Modernians		27.65	516
26.	Ryan MOGFORD	15	Chelmsford		27.66	516
27.	Samuel PECK	15	UEA Norwich		27.75	511
28.	Callum DAVIS	15	Bishop Stort		28.11	491
29.	Callum HODGSON	15	Basildon Ph	14	30.82	367
	Thomas FAULKNER	15	Leighton Buz		DQ 12	

16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts
1.	Oliver FITT	16	St Ives		24.95	690
2.	Sam GAMBLE	16	Hitchin		25.38	659
3.	Dominic SCIFO	16	teamipswich		25.51	650
4.	Daniel LEIGH	16	Co Peterboro		25.59	644
5.	Zack CAMPBELL-MAUGHAN	16	West Norfolk		25.85	626
6.	Alex EVENS	16	Hitchin		26.02	615
7.	Ignacio LARGHERO	16	Newmarket		26.16	606
8.	Thomas HOVEN	16	UEA Norwich		26.29	597
9.	Ben WILKINSON	16	West Suffolk		26.49	585
10.	Alexander HARRISON	16	Stowmarket		26.61	577
11.	James COOK	16	Biggleswade		26.68	573
12.	Bradley VEITCH	16	Harlow Pen		26.72	570
13.	Joshua FOWLES	16	Witham Dolph		26.83	564
14.	Jack WEARS	16	Leighton Buz		26.91	559

17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	GB Pts
1.	Karl BATORSKI	27	Harlow Pen		23.84	777
2.	Jake TYSON	18	teamipswich		23.99	765
3.	Modestas MOCKEVICIUS	18	Bo Southend		24.20	747
4.	Jack HOWLETT	19	Colchester		24.24	744
5.	William KEARSEY	18	Hatfield		24.27	742
6.	Jack PICKFORD	18	Watford SC		24.78	702
7.	Brandon NABARRO	18	Modernians		24.92	692
8.	George EPSLY	17	Basildon Ph		24.93	691
9.	Regan LLOYD	18	teamipswich		24.94	690
10.	Oliver MALTBY	18	Modernians		25.03	684
11.	Thomas SHERRIFF	20	Hemel Hemp		25.19	672
12.	Isaac KIRBY	17	UEA Norwich		25.26	667
13.	Nathan WELLS	17	West Norfolk		25.31	664
14.	Harry WEARS	18	Leighton Buz		25.32	663
15.	Jordan MANN	17	UEA Norwich		25.37	659
15.	Frederick WOODCOCK	19	Hemel Hemp		25.37	659
17.	Robert LANCASTER	18	teamipswich		25.41	657
18.	Lee BAKER	20	Harlow Pen		25.42	656
19.	Matthew SHERRIFF	18	Hemel Hemp		25.48	652
20.	Russell BECK	18	Bo Southend		25.49	651
21.	Joshua DUGGAN	19	Hatfield		25.52	649
22.	Jamie MCLAUGHLIN	18	Harlow Pen		25.71	636
23.	Stuart CLARKE	31	Bishop Stort		25.72	635
24.	Hugo JOHNSON	17	Bo Southend		25.74	634



ASA East Region 2015 Long Course Championships

(Under ASA Laws & ASA Technical Rules)

Weekend One

(Licensed Meet No. 1ER150672)



25. Sonny TRIGG	20	teamipswich	25.76	632
26. Nathan BENTLEY	17	Hatfield	25.86	626
27. Dalton YALLOP	18	UEA Norwich	25.89	624
28. Mason ARNOLD	18	Harlow Pen	25.90	623
29. Jack CHRISTIE	17	Hemel Hemp	25.95	620
29. Harry PARKER	17	Hatfield	25.95	620
31. Jordan BATSON	19	Putteridge	25.96	619
32. Hayden THOMAS	20	Harlow Pen	25.98	618
33. Christopher MURPHY	19	Modemians	26.33	595
34. Matthew WRIGHT	17	Team Luton	26.94	557
35. Joshua WELLS	18	UEA Norwich	14 31.27	350
36. Nathan GREENE	18	Team Luton	9 31.35	347
James NORMAN	24	Modemians	DNC	
Christopher PAGAN	17	Runnymede	9 DQ 13	

Combined Result - Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints
1.	Callum HODGSON	15	Basildon Ph	14	30.82	553
2.	Joshua WELLS	18	UEA Norwich	14	31.27	529
3.	Nathan GREENE	18	Team Luton	9	31.35	515
	Christopher PAGAN	17	Runnymede	9	DQ 13	