



**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**  
**30<sup>th</sup> April, 1<sup>st</sup> and 2<sup>nd</sup> May 2016**  
(Licensed Meet No. 1ER160820)

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**Results Session 4**

***EVENT 211 Mens 200m Butterfly***

Regional Records - Junior 2:06.22 Senior 1:57.29

**15 Yrs Age Group - Full Results**

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	James MCFARLAND	30/01/01	Mid Beds	2:22.86	554	30.90	1:06.91	1:44.61
2.	Jamie MCCAFFRAY	23/08/01	Modernian	2:24.04	541	31.82	1:08.18	1:45.92
3.	Samuel BRYAN	21/05/01	Basildon Ph	2:24.27	539	31.18	1:07.94	1:45.76
4.	Harrison LEES	03/01/01	Watford SC	2:26.18	518	30.48	1:07.63	1:45.94
5.	William STEEL	25/09/01	Co Peterboro	2:26.80	512	30.32	1:06.62	1:45.80
6.	John TELENSKY	27/05/01	Harpenden	2:26.88	511	30.28	1:08.10	1:46.98
7.	Azar AITMARRI	21/01/01	Thurrock	2:28.59	493	31.38	1:09.13	1:47.30
8.	Max JELFS	27/03/01	Hemel Hemp	2:32.26	458	31.23	1:07.73	1:48.82
9.	Taylor BOWEN	19/02/01	West Suffolk	2:33.07	451	31.75	1:10.83	1:51.71
10.	Charles WHYTE	20/07/01	West Suffolk	2:33.18	450	31.22	1:09.03	1:48.95

**16 Yrs Age Group - Full Results**

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Jake THOMAS-MANSFIELD	09/06/00	West Suffolk	2:16.00	637	29.33	1:03.77	1:38.82
2.	Harry WHITEMAN	06/07/00	Co Peterboro	2:16.14	635	30.48	1:05.31	1:40.42
3.	Benjamin GARRATT	11/05/00	Hatfield	2:17.46	618	29.67	1:04.73	1:40.45
4.	James WOODWARD	04/03/00	Potters Bar	2:18.39	607	30.52	1:06.48	1:43.56
5.	Samuel PECK	21/07/00	UEA Norwich	2:19.63	592	30.24	1:06.29	1:42.92
6.	Harry JONES	02/02/00	Hitchin	2:20.11	586	30.08	1:04.62	1:41.13
7.	Callum DAVIS	15/05/00	Bishop Stort	2:20.75	578	30.19	1:06.24	1:42.86
8.	Anthony SMITH	30/09/00	Hatfield	2:28.97	490	29.90	1:07.04	1:47.51
9.	Ryan MOGFORD	05/02/00	Chelmsford	2:34.11	441	32.27	1:11.22	1:51.77
	Angus ROBINS	29/03/00	West Suffolk	DNF				

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

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	George EPSLY	12/06/98	Basildon Ph	2:09.94	720	29.17	1:02.84	1:36.31
2.	Joshua GRAVES	19/09/97	Co Peterboro	2:09.99	719	29.02	1:02.47	1:35.98
3.	Luke SUGDEN	15/09/99	Hatfield	2:15.24	647	29.08	1:03.88	1:38.96
4.	Harry FOX	19/03/99	Basildon Ph	2:17.20	622	30.13	1:04.63	1:40.23
5.	Matthew WRIGHT	10/03/98	Team Luton	2:19.17	597	29.57	1:04.94	1:41.88
6.	Calvin COE	29/05/98	Stowmarket	2:19.57	592	30.16	1:05.53	1:42.43
7.	Bradley VEITCH	24/03/99	Harlow Pen	2:20.41	582	30.46	-	1:43.47
8.	Thomas SHERRIFF	14/08/95	Co St Albans	2:22.14	562	28.64	1:02.80	1:38.91
9.	Mason ARNOLD	22/11/97	Harlow Pen	2:22.27	561	30.49	1:06.74	1:44.13
10.	Oliver KENNY	21/08/97	UEA Norwich	2:22.52	558	30.47	1:06.41	1:45.53
11.	Michael LARDNER	31/10/99	Co Peterboro	2:22.63	557	29.67	1:05.72	1:43.00
12.	Daniel SCHINDLER	16/04/99	Co St Albans	2:22.89	554	30.48	1:06.06	1:43.87
	Michael JUDD	17/07/98	Dunstable	DNF				



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***EVENT 212 Womens 50m Backstroke***

Regional Records - Junior 29.55 Senior 29.47

**15 Yrs Age Group - Full Results**

Place	Name	DoB	Club	Time	GB Pts
1.	Niamh JAMES	28/02/01	Bishop Stort	31.89	727
2.	Chloe LENCE	19/08/01	Modernian	32.02	719
3.	Claire BURRELL	31/03/01	Harpenden	32.14	712
4.	Angel DUNDERDALE	07/08/01	UEA Norwich	32.23	707
5.	Josie PRETIOUS-WHITE	30/10/01	Bishop Stort	32.56	688
6.	Poppy RICHARDSON	27/08/01	Co Peterboro	32.63	684
7.	Maddison SAUNDERS	30/10/01	Co Peterboro	32.65	683
8.	Phoebe HAYDEN	15/02/01	Stowmarket	32.77	676
9.	Grace WYLIE	06/08/01	Team Luton	32.91	669
10.	Martine TRAN	07/08/01	Thurrock	32.98	665
11.	Emma LESLIE	05/04/01	Co Peterboro	33.45	640
12.	Lauren WATT	18/11/01	Newmarket	33.51	636
13.	Alicia SLATER	21/05/01	Potters Bar	33.69	627
14.	Tilly ANEMA	09/12/01	Norwich Swan	33.72	625
15.	Charlotte ASHWIN	09/04/01	Mid Beds	33.75	624
16.	Celeste ANDREW	08/02/01	Harlow Pen	33.87	618
17.	Rebecca KITCHING	14/04/01	Chelmsford	33.90	616
18.	Sonia TUMIOTTO	14/07/01	St Felix Sch	34.01	611
19.	Chloe SORRELL	17/03/01	West Norfolk	34.02	610
20.	Ellie-Mae SMITH	03/10/01	teamipswich	34.20	601
21.	Bailey WILKES	27/09/01	Hatfield	34.31	596
22.	Isabelle MARSHALL	28/11/01	Basildon Ph	34.35	594
23.	Holly JASZKIEWICZ	18/12/01	Co Peterboro	34.49	587
24.	Agnes BURNS	07/11/01	Harpenden	34.65	579
25.	Lauren WILSON	25/07/01	Mid Beds	34.82	571
26.	Molly BRADLEY	27/11/01	Tring	34.83	571
27.	Emily GREEN	31/08/01	Brentwood	35.02	562

**16 Yrs Age Group - Full Results**

Place	Name	DoB	Club	Time	GB Pts
1.	Rebecca SHERWIN	14/06/00	teamipswich	30.02	848
2.	Meghan MAYBANKS	15/12/00	DunmowAtlant	30.82	794
3.	Rachel WELLINGS	20/02/00	Co Peterboro	30.89	789
4.	Brooke FROST	13/08/00	Basildon Ph	31.27	765
5.	Susanna FRASER	09/02/00	Co Cambridge	32.16	711
6.	Amelia PEDDLE	16/05/00	Epping For't	32.21	708
7.	Eleanor KING	16/05/00	Dunstable	32.29	704
8.	Elinor DULEY	19/11/00	Colchester	32.32	702
9.	Isabella DYOS	08/10/00	Basildon Ph	33.06	660
10.	Hannah BRECKNELL	25/02/00	West Suffolk	33.10	658
11.	Catherine BROWN	07/07/00	Norwich Swan	33.16	655
12.	Annabel LEE	27/10/00	teamipswich	33.41	642
13.	Zara PRETIOUS-WHITE	03/01/00	Bishop Stort	33.62	631
14.	Megan COOK	01/03/00	Harlow Pen	33.87	618

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

Place	Name	DoB	Club	Time	GB Pts
1.	Mollie ALLEN	24/10/98	Co Peterboro	29.32	898
2.	Faye NUGENT	16/02/96	Hatfield	30.25	832
3.	Martha DULEY	29/04/99	Colchester	30.46	818
4.	Georgina PRYOR	17/06/98	Harlow Pen	31.37	759
5.	Alaina SCIFO	13/10/97	teamipswich	31.63	743
6.	Lauren HALL	05/01/99	Co Cambridge	31.64	742
7.	Chloe HAZELL	25/03/98	UEA Norwich	31.71	738
8.	Emily LANE	29/07/96	Basildon Ph	31.76	735
9.	Molly OLLINGTON	29/08/98	West Suffolk	31.79	733
10.	Lauren SIMPKINS	22/01/98	Putteridge	31.80	732
11.	Olivia PAWSON	26/11/99	Cheshunt	32.02	719
12.	Georgina LAWSON	28/09/97	Co St Albans	32.22	708
13.	Jordan COLEMAN	26/05/98	Leiston	32.41	697
14.	Lana MO	06/09/99	West Suffolk	32.67	682
15.	Tara COLEMAN	11/04/96	Leiston	32.71	680
16.	Alice SHERWIN	01/10/97	teamipswich	32.83	673
17.	Tia COLBY	28/07/98	Basildon Ph	32.84	672
18.	Roxanne UYS	13/10/99	West Norfolk	32.95	666
19.	Beatrice BARDER	12/08/99	Co St Albans	32.98	665
20.	Danielle RAYNER	15/06/96	Newmarket	33.10	658
21.	Faye HERMON	19/11/99	Felixstowe	33.24	651
22.	Abigail WHITING	14/03/99	West Norfolk	33.32	646
23.	Yael RONEN	23/02/99	Norwich Swan	33.39	643
24.	Keelin MCKENNA	07/09/99	Hemel Hemp	33.43	641
25.	Emma YULE	09/12/98	Dunstable	33.54	635
26.	Cathryn THOMSON	10/05/90	St Ives	33.68	628
27.	Isabel HOLMES	13/12/98	Dereham	33.76	623
28.	Chloe JACOBS	13/06/99	Potters Bar	33.92	615



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### Weekend One - Norwich

#### 30<sup>th</sup> April, 1<sup>st</sup> and 2<sup>nd</sup> May 2016

(Licensed Meet No. 1ER160820)

### **EVENT 213 Mens 50m Freestyle**

Regional Records - Junior 24.04 Senior 21.92

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

Place	Name	DoB	Club	Cat	Time	GB Pts
1.	Matthew TITMAN	21/07/01	Co Cambridge		26.10	610
2.	John TELENSKY	27/05/01	Harpenden		26.64	575
3.	Daniel CHADA	17/05/01	Bishop Stort		26.66	574
4.	Joshua SMITH	08/02/01	DunmowAtlant		26.79	566
5.	John BOYLE	15/01/01	DunmowAtlant		26.93	558
6.	Nicholas PERKINS	08/03/01	UEA Norwich		27.02	552
7.	Joel CLARKE	24/05/01	UEA Norwich		27.03	552
8.	Ashley COOMBS	17/08/01	Hemel Hemp		27.12	547
9.	William PICTON	27/03/01	Bishop Stort		27.16	544
10.	Jacob CLARKE	27/01/01	West Suffolk		27.25	539
11.	Marcus KEMP	03/12/01	Watford SC		27.40	530
12.	Jake LAMMAS	24/12/01	West Norfolk		27.45	528
13.	Kohei WATANABE	19/10/01	Hatfield		27.49	525
14.	Taylor BOWEN	19/02/01	West Suffolk		27.50	525
14.	Harvey NORMAN	25/07/01	Co Peterboro		27.50	525
16.	Matthew WALKER	05/04/01	UEA Norwich		27.56	521
17.	Maxim DE WILDT	28/08/01	Co Cambridge		27.64	517
18.	Lucas DOVE	16/06/01	St Ives		27.73	512
19.	Charles RENNIE	12/04/01	Braintree		27.87	504
19.	Michael SHARP	26/03/01	Epping Fort		27.87	504
	Owen WOODROW	28/05/01	UEA Norwich	8	DQ 3	

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

Place	Name	DoB	Club	Cat	Time	GB Pts
1.	Harry CONSTANTINE	27/12/00	Hatfield		24.84	698
2.	Samuel COTTEE	29/01/00	teamipswich		25.32	663
3.	Luke TURLEY	24/03/00	Hatfield		25.50	650
4.	Harvey JOLLY	29/10/00	Basildon Ph		25.55	647
5.	Jack SPAIN	06/07/00	teamipswich		25.59	644
6.	David SHIPMAN	09/06/00	Potters Bar		25.63	641
7.	Adam MARTIN	16/05/00	Potters Bar		25.75	633
8.	Reece NICHOLLS	13/03/00	Basildon Ph		25.80	630
9.	Christian NEL	25/05/00	Berkhamsted		25.82	628
10.	James WOODWARD	04/03/00	Potters Bar		25.87	625
11.	Harry WESTON	21/03/00	Norwich Swan		25.90	623
12.	Daniel LUSH	16/06/00	Cheshunt		25.91	622
13.	James BLOUNT	09/11/00	Potters Bar		25.93	621
14.	Alex WALMSLEY	16/06/00	teamipswich		26.12	608
15.	Jake THOMAS-MANSFIELD	09/06/00	West Suffolk		26.25	600
16.	Jamie HOYES	20/07/00	Berkhamsted		26.28	598
17.	Benjamin GARRATT	11/05/00	Hatfield		26.39	591
18.	Thomas OWEN	31/01/00	UEA Norwich		26.52	583
18.	Ryan SMITH	05/01/00	UEA Norwich		26.52	583
20.	Lucas DYSON-DIAZ	05/09/00	Hatfield		26.54	582
21.	Harry JONES	02/02/00	Hitchin		26.84	563
22.	Thomas GRIEVE	02/08/00	Colchester		27.05	551
23.	Thomas FAULKNER	01/02/00	Leighton Buz		27.23	540
24.	Jaxon SIMMONS	26/04/00	Co Peterboro	13	28.74	459
25.	Callum HODGSON	07/12/00	Basildon Ph	14	30.17	394
	Tyler BERRY	24/08/00	Basildon Ph		DNC	

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

Place	Name	DoB	Club	Cat	Time	GB Pts
1.	Brandon NABARRO	05/02/97	Putteridge		24.60	716
2.	Peter WEBSTER	12/01/98	Hatfield		24.81	700
3.	Jordan MANN	08/08/98	UEA Norwich		24.89	694
4.	Jordan BATSON	20/02/96	Putteridge		25.02	685
5.	Kevin PICKARD	20/01/88	Hatfield		25.09	679
6.	Lee BAKER	17/05/95	Harlow Pen		25.12	677
6.	Oliver FITT	10/07/99	St Ives		25.12	677
8.	Dominic SCIFO	29/12/99	teamipswich		25.15	675
9.	Matthew MCPHERSON	18/05/98	Hitchin		25.21	671
10.	Regan LLOYD	15/03/97	teamipswich		25.29	665
11.	Liam BARNETT	19/07/87	Co Cambridge		25.34	661
12.	Dalton YALLOP	13/01/97	UEA Norwich		25.37	659
12.	Jack SPENCE	01/12/94	Hemel Hemp		25.37	659
14.	Sonny TRIGG	09/12/95	teamipswich		25.39	658
15.	Ignacio LARGHERO	08/07/99	Newmarket		25.46	653
16.	Hugo JOHNSON	13/08/98	Bo Southend		25.51	650
16.	Jamie MCLAUGHLIN	17/02/97	DunmowAtlant		25.51	650
18.	Alec BURCHELL	18/12/98	Hitchin		25.63	641
19.	Thomas SHERRIFF	14/08/95	Co St Albans		25.77	632



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20.	Harry WEARS	23/07/97	Leighton Buz	25.80	630
21.	Nathan WELLS	23/01/98	West Norfolk	25.82	628
22.	Sam PARRY	17/05/90	Dunstable	25.89	624
23.	Sam GAMBLE	24/05/99	Hitchin	25.92	622
24.	Harry PARKER	30/07/98	Hatfield	25.97	618
25.	Hayden THOMAS	09/11/95	Harlow Pen	26.04	614
26.	Nathan BENTLEY	27/06/98	Hatfield	26.06	612
27.	Reece PARKER	14/03/95	Southend	26.15	606
28.	Mason ARNOLD	22/11/97	Harlow Pen	26.25	600
29.	Jack JACKSON	01/03/96	Bushey	26.41	590
30.	Bradley VEITCH	24/03/99	Harlow Pen	26.47	586
31.	Jordan CATCHPOLE	05/10/99	UEA Norwich	14 26.51	583
32.	Ryan NICHOLLS	16/05/98	Basildon Ph	14 27.80	508
33.	Louis HINES	20/12/97	Watford SC	14 27.97	499
34.	Joshua WELLS	23/10/97	UEA Norwich	14 30.22	392

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

Place	Name	DoB	Club	Cat	Time	BDPoints
1.	Jordan CATCHPOLE	05/10/99	UEA Norwich	14	26.51	868
2.	Ryan NICHOLLS	16/05/98	Basildon Ph	14	27.80	753
3.	Louis HINES	20/12/97	Watford SC	14	27.97	739
4.	Callum HODGSON	07/12/00	Basildon Ph	14	30.17	589
5.	Joshua WELLS	23/10/97	UEA Norwich	14	30.22	586
6.	Jaxon SIMMONS	26/04/00	Co Peterboro	13	28.74	564
	Owen WOODROW	28/05/01	UEA Norwich	8	DQ	



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### Weekend One - Norwich

30<sup>th</sup> April, 1<sup>st</sup> and 2<sup>nd</sup> May 2016

(Licensed Meet No. 1ER160820)

### ***EVENT 214 Womens 100m Breaststroke***

Regional Records - Junior 1:10.65 Senior 1:08.69

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

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Molly LEE	04/08/01	West Norfolk		1:16.95	692	35.81
2.	Lauren HARRISON	05/03/01	Co Peterboro		1:17.97	668	36.82
3.	Abigail HURST	23/01/01	Berkhamsted		1:18.24	662	37.75
4.	Nadine SMITH	28/03/01	Hatfield		1:19.02	644	37.22
5.	Honey HARVEY	30/10/01	UEA Norwich		1:19.12	642	37.17
6.	Lauren WATT	18/11/01	Newmarket		1:19.53	633	37.14
7.	Chloe OGDEN	03/06/01	Bishop Stort		1:19.65	630	37.27
8.	Alara NORTON	29/07/01	Cheshunt		1:20.92	603	37.43
9.	Charlotte ASHWIN	09/04/01	Mid Beds		1:21.56	590	38.61
10.	Katie LINES	06/04/01	Lstoft & OB		1:22.31	575	38.60
11.	Alice FENDER	14/02/01	Hemel Hemp		1:23.20	557	38.57
12.	Caitlin WATSON-DOTCHIN	13/04/01	Basildon Ph		1:23.33	555	39.79
13.	Lauren NELSON	03/07/01	Harlow Pen		1:23.85	545	39.15
14.	Jessica LAITNER	18/04/01	Co St Albans		1:24.05	541	39.39
15.	Celyn WALMSLEY	20/11/01	Team Luton		1:24.69	529	40.05
16.	Rebecca MERRILL	10/06/01	Norwich Swan		1:24.72	529	39.41
17.	Maija MCPHERSON	01/10/01	Witham Dolph		1:25.42	516	39.05
18.	Louise FIDDES	26/03/01	Hatfield	14	1:26.03	505	40.50
19.	Charlotte NASH	12/06/01	Bishop Stort		1:26.89	490	39.43
20.	Holly JASZKIEWICZ	18/12/01	Co Peterboro		1:28.89	457	41.37
21.	Leanne ABREY	27/03/01	Hemel Hemp		1:29.62	446	42.16
	Grace MELLOR	25/11/01	DunmowAtlant		DNC		

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

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Laura COPPING	26/04/00	Hatfield		1:18.17	664	36.59
2.	Rachel ROBINSON	01/02/00	UEA Norwich		1:20.65	609	36.92
3.	Lucy JESSOP	06/04/00	Brentwood		1:20.67	608	37.36
4.	Hannah MCNAUL	04/07/00	West Suffolk		1:21.59	589	38.16
5.	Catherine BROWN	07/07/00	Norwich Swan		1:21.85	584	38.44
6.	Sophie PICKERING	28/06/00	teamipswich		1:22.07	580	39.20
6.	Caitlin MASCALL	22/06/00	Harlow Pen		1:22.07	580	38.07
8.	Megan WICKHAM	10/03/00	Harlow Pen		1:22.60	569	38.62
9.	Abigail GREEN	13/08/00	Watford SC		1:22.67	568	39.19
10.	Beth EDWARDS	27/10/00	West Suffolk		1:22.72	567	39.04
11.	Amelia BARNETSON	12/09/00	Bo Southend		1:23.37	554	39.13
12.	Olivia NICOLAI	01/04/00	West Suffolk		1:24.20	538	39.11
13.	Megan BUNYARD	22/11/00	Linslade		1:24.69	529	38.63
14.	Annalise WRIGHT	25/04/00	Linslade		1:24.79	527	38.71
15.	Elena BACCAS	19/05/00	Verulam		1:25.37	517	39.95
16.	Elinor DULEY	19/11/00	Colchester		1:26.66	494	40.88

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

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Leah ROUGHAN	03/09/99	Co Peterboro		1:12.56	806	33.71
2.	Rebecca BURTON	14/12/98	Co Peterboro		1:13.47	781	33.82
3.	Natalie COOGANS	21/02/97	West Norfolk		1:13.73	774	34.89
4.	Emily BIGGS5	23/09/99	Co Cambridge		1:16.37	706	35.76
5.	Louise BUSH	05/04/91	UEA Norwich		1:17.29	684	35.54
6.	Kate MCQUAID	01/04/98	Hatfield		1:18.28	661	36.78
7.	Lauren BAKER	25/04/95	Hatfield		1:18.90	647	36.46
8.	Lana MO	06/09/99	West Suffolk		1:18.92	647	36.86
9.	Cira FLETCHER	10/12/98	Bishop Stort		1:19.37	636	37.06
10.	Agatha MALIKOVA	11/09/95	Co Cambridge		1:19.47	634	36.90
11.	Grace RAYNER	02/11/98	Hatfield		1:19.91	625	37.07
12.	Kathryn LOVEYS	18/12/87	Co Cambridge		1:20.26	617	36.21
13.	Roxanne UYS	13/10/99	West Norfolk		1:20.46	613	36.94
14.	Sarah O'BRIEN	31/12/96	UEA Norwich		1:20.89	604	36.63
15.	Bethany MOTTRAM	06/02/99	West Suffolk		1:22.45	572	38.35
16.	Sarah BOWEN	04/06/98	Lstoft & OB		1:22.54	570	38.15
17.	Jana SPINNER	11/12/99	UEA Norwich		1:23.06	560	37.56
18.	Jessica PAYNE	01/01/98	Leighton Buz		1:23.20	557	39.11
19.	Catherine HOLMES	12/03/92	Watford SC		1:23.98	542	38.57
20.	Jordan COLEMAN	26/05/98	Leiston		1:24.33	536	39.22
21.	Lauren MARTYR	26/08/98	St Felix Sch		1:24.36	535	38.85
22.	Kirsty VEARS	19/11/98	Harlow Pen		1:24.45	534	39.80
23.	Emily SELLEN	09/10/99	Watford SC		1:24.70	529	38.97
24.	Lucy PARK	17/05/96	Watford SC		1:25.23	519	38.63
25.	Amie COPP	19/04/99	Thetford		1:25.41	516	40.24
26.	Paige WILDING	06/04/98	Hemel Hemp		1:25.56	513	39.73
27.	Cathryn THOMSON	10/05/90	St Ives		1:27.41	481	39.22

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

Place	Name	DoB	Club	Cat	Time	BDPts	50
1.	Louise FIDDES	26/03/01	Hatfield	14	1:26.03	713	40.50



# 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

#### 30<sup>th</sup> April, 1<sup>st</sup> and 2<sup>nd</sup> May 2016

(Licensed Meet No. 1ER160820)

### ***EVENT 215 Mens 200m Breaststroke***

Regional Records - Junior 2:23.24 Senior 2:17.33

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

Place	Name	DoB	Club	Cat	Time	GB Pts	50	100	150
1.	Charles RAYNER	22/05/01	Hatfield		2:30.29	681	33.94	1:12.50	1:51.08
2.	Ralph MUNCER	12/03/01	Team Luton		2:37.49	598	34.79	1:14.92	1:55.89
3.	Cole JAMES	01/10/01	Hatfield		2:38.48	588	36.29	1:16.73	1:57.75
4.	Jack RICHES	09/08/01	UEA Norwich		2:40.55	566	35.79	1:16.55	1:59.23
5.	Harvey NORMAN	25/07/01	Co Peterboro		2:41.44	557	36.66	1:17.59	1:59.73
6.	Billy LO	09/05/01	Basildon Ph		2:44.16	531	36.72	1:19.05	2:02.61
7.	Maxim DE WILDT	28/08/01	Co Cambridge		2:44.48	528	37.52	1:19.00	2:02.11
8.	Matthew WOULDHAM	25/01/01	Co Peterboro		2:45.47	519	36.75	1:19.64	2:02.50
9.	William RICHARDS	31/05/01	Dunstable		2:49.20	485	36.26	1:19.45	2:03.88
10.	Marcus KEMP	03/12/01	Watford SC		2:50.96	470	36.76	1:20.21	2:05.57
11.	Taylor BOWEN	19/02/01	West Suffolk		2:57.78	416	38.81	1:25.91	2:12.99

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

Place	Name	DoB	Club	Cat	Time	GB Pts	50	100	150
1.	Samuel PECK	21/07/00	UEA Norwich		2:34.90	627	35.30	1:15.03	1:52.95
2.	Myles TURNER	12/06/00	West Suffolk		2:36.50	609	35.30	1:15.71	1:56.06
3.	James MONCUR-BROWN	05/08/00	UEA Norwich		2:38.70	585	35.26	1:15.62	1:57.40
4.	William LOVEMAN	03/05/00	Co St Albans		2:42.26	549	36.80	1:18.27	1:59.85
5.	Harry NICHOLLS	13/07/00	Basildon Ph		2:42.97	542	35.72	1:17.00	1:59.03
6.	David SHIPMAN	09/06/00	Potters Bar		2:43.32	539	35.24	1:16.67	1:59.86
7.	Alex FLORANCE	24/03/00	West Norfolk		2:44.91	524	36.23	1:18.18	2:00.83
8.	Luke CROFTS	23/04/00	Thurrock		2:48.46	492	37.17	1:19.80	2:04.36
9.	Joseph TALBOT	31/07/00	Linslade		2:48.71	489	37.30	1:20.44	2:04.38
10.	Jaxon SIMMONS	26/04/00	Co Peterboro	13	2:58.87	408	40.39	1:25.99	2:13.08

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

Place	Name	DoB	Club	Cat	Time	GB Pts	50	100	150
1.	Lawrence PALMER	18/12/92	Putteridge		2:28.59	702	33.89	1:13.29	1:51.95
2.	Justin BOTT	30/06/98	Diss Otters		2:29.27	693	33.04	1:11.53	1:50.43
3.	James NEWTON	07/02/98	Co Peterboro		2:29.72	687	33.84	1:12.36	1:51.12
4.	Fraser SCOTT	01/04/98	Basildon Ph		2:31.04	671	33.36	1:11.33	1:50.74
5.	Thomas SARAH	22/06/94	Co Cambridge		2:31.54	665	34.04	1:13.31	1:51.97
6.	Christopher SMITH	04/05/96	Hoddesdon		2:33.73	640	33.09	1:11.87	1:52.06
7.	Thomas WIGGINS	02/08/99	Co Peterboro		2:34.37	633	33.99	1:13.52	1:54.06
8.	Hayden THOMAS	09/11/95	Harlow Pen		2:36.09	613	33.72	1:13.92	1:55.13
9.	Ryan JARVIS	23/03/99	Putteridge		2:37.11	602	34.72	1:13.86	1:55.17
9.	Jack PICKERING	15/08/98	teampswich		2:37.11	602	35.38	1:15.97	1:56.65
11.	Christopher GREENHALGH	16/01/96	Sudbury		2:38.23	590	33.70	1:14.07	1:55.50
12.	Cameron MCRAE	18/09/99	Co Peterboro		2:38.45	588	35.62	1:15.90	1:57.43
13.	Zhi ONG	30/07/99	Co St Albans		2:38.46	588	34.96	1:15.33	1:56.42
14.	Spencer PRIOR	31/05/99	Colchester		2:39.88	573	35.32	1:16.11	1:56.80
15.	Finlay RYAN	19/04/99	Norwich Swan		2:41.11	561	35.90	1:18.05	1:59.08
16.	Calvin COE	29/05/98	Stowmarket		2:42.18	550	35.68	1:17.58	2:00.39
17.	Louis SPONG	07/11/99	DunmowAtlant		2:42.61	546	36.43	1:17.44	1:59.66
18.	Daniel HURST	14/04/99	Berkhamsted		2:42.72	545	35.36	1:16.95	1:59.61
19.	Martin RUSSELL-ROGERS	04/04/98	Hitchin		2:43.69	535	35.12	1:16.72	2:00.17
20.	James HANCOCK	29/04/98	Mid Beds		2:44.01	532	35.86	1:16.77	2:00.45

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

Place	Name	DoB	Club	Cat	Time	BDPoints	50	100	150
1.	Jaxon SIMMONS	26/04/00	Co Peterboro	13	2:58.87	636	40.39	1:25.99	2:13.08

### ***EVENT 215 Mens 200m Breaststroke - Swim-Off***

Regional Records - Junior 2:23.24 Senior 2:17.33

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

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Jack PICKERING	15/08/98	teampswich	2:35.41	621	35.04	1:15.44	1:54.61
2.	Ryan JARVIS	23/03/99	Putteridge	2:35.78	617	33.99	1:14.31	1:54.81



# 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

#### 30<sup>th</sup> April, 1<sup>st</sup> and 2<sup>nd</sup> May 2016

(Licensed Meet No. 1ER160820)

### **EVENT 216 Womens 100m Butterfly**

Regional Records - Junior 1:01.80 Senior 1:00.89

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

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Bryony UMFREVILLE	03/07/01	Basildon Ph		1:07.87	651	31.95
2.	Poppy RICHARDSON	27/08/01	Co Peterboro		1:08.16	643	31.68
3.	Molly FRANCIS	29/05/01	Hatfield		1:09.06	620	31.70
4.	Imogen COOKE	28/03/01	UEA Norwich		1:10.48	586	31.40
5.	Jessica MANSFIELD	28/01/01	Huntingdon		1:10.92	575	32.44
6.	Martine TRAN	07/08/01	Thurrock		1:10.95	575	32.37
7.	Niamh ADCOCK	22/01/01	UEA Norwich		1:12.37	543	33.03
8.	Holly JASZKIEWICZ	18/12/01	Co Peterboro		1:12.66	536	34.41
9.	Ellen NORTHWOOD	23/03/01	Berkhamsted		1:12.85	532	33.90
10.	Josie PRETIOUS-WHITE	30/10/01	Bishop Stort		1:14.33	502	33.88
11.	Isabelle MARSHALL	28/11/01	Basildon Ph		1:14.45	499	33.89
12.	Lauren WILSON	25/07/01	Mid Beds		1:15.01	488	33.40
13.	Celeste ANDREW	08/02/01	Harlow Pen		1:15.40	480	33.11
14.	Alice IRELAND	19/08/01	West Norfolk		1:18.58	423	34.28
15.	Ellie-Mae SMITH	03/10/01	teamipswich		1:18.66	421	34.21
16.	Alara NORTON	29/07/01	Cheshunt		1:18.84	418	35.44
17.	Louise FIDDES	26/03/01	Hatfield	14	1:20.91	385	36.23

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

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Shannon STOTT	29/08/00	Co St Albans		1:04.72	739	30.22
2.	Rebecca SHERWIN	14/06/00	teamipswich		1:05.25	723	29.99
3.	Elinor DULEY	19/11/00	Colchester		1:06.96	675	31.48
4.	Brooke FROST	13/08/00	Basildon Ph		1:07.02	673	31.45
5.	Georgina CURTIS	04/10/00	Mid Beds		1:09.79	602	32.18
6.	Abigail WEBB	14/09/00	Deben		1:10.50	585	32.75
7.	Amber SHINE	10/08/00	Hatfield		1:10.73	580	33.60
8.	Eleanor LLEWELLYN	09/09/00	West Suffolk		1:10.82	578	32.46
9.	Hannah MCNAUL	04/07/00	West Suffolk		1:10.91	576	32.88
10.	Sophie PICKERING	28/06/00	teamipswich		1:11.31	566	33.50
11.	Christie WOODS	24/10/00	Co Peterboro		1:11.40	564	33.12
12.	Georgina TALLON	11/12/00	Potters Bar		1:11.62	559	32.49
13.	Peyton EWBANK	03/09/00	Norwich Swan		1:11.73	557	32.96
14.	Eleanor KING	16/05/00	Dunstable		1:11.78	556	33.12
15.	Megan COOK	01/03/00	Harlow Pen		1:12.67	536	33.85
16.	Evlín SERVIS	18/10/00	Basildon Ph		1:12.97	530	34.03
17.	Mollie SMITH	13/09/00	UEA Norwich		1:13.12	527	32.61
18.	Olivia HARRISON	02/07/00	Chelmsford		1:13.18	525	33.94
19.	Beth EDWARDS	27/10/00	West Suffolk		1:13.52	518	32.95
20.	Georgia HARROD	14/09/00	Chelmsford		1:13.59	517	32.91
21.	Megan CLAYDON	06/10/00	Deben		1:13.68	515	33.48
22.	Christina WILSON	22/10/00	Norwich Swan		1:13.78	513	33.74
23.	Abigail GREEN	13/08/00	Watford SC		1:14.36	501	33.39
24.	Eloise CONWAY	18/12/00	Halstead		1:14.43	500	34.14
25.	Madeleine CHAMBERS	19/09/00	St Felix Sch		1:15.29	483	35.09

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

Place	Name	DoB	Club	Cat	Time	GB Pts	50
1.	Georgina PRYOR	17/06/98	Harlow Pen		1:04.47	746	29.63
2.	Taylor GOODBY	18/04/98	Co Peterboro		1:05.55	714	31.10
3.	Amy YOUNG	30/09/99	Bishop Stort		1:06.00	702	30.88
4.	Rikke NAGELL-KLEVEN	30/04/95	UEA Norwich		1:06.17	697	30.79
5.	Bethany SAUNDERS	24/09/99	Co Peterboro		1:06.66	683	30.94
6.	Rebecca BURTON	14/12/98	Co Peterboro		1:06.75	681	31.27
7.	Lauren GRICE	21/05/99	Leighton Buz		1:08.10	645	31.68
8.	Bethany SAMPHER	22/09/99	West Suffolk		1:08.18	643	31.36
9.	Katarina BLANCO	13/06/97	Basildon Ph		1:08.30	639	31.64
10.	Martha DULEY	29/04/99	Colchester		1:08.36	638	30.93
11.	Emily DOWDING	25/09/98	teamipswich		1:08.53	634	31.07
12.	Molly OLLINGTON	29/08/98	West Suffolk		1:09.58	607	31.64
13.	Abigail WHITING	14/03/99	West Norfolk		1:09.70	604	32.18
14.	Jessica WESTLAKE	20/01/99	St Felix Sch		1:10.10	595	31.69
15.	Bethany MOTTRAM	06/02/99	West Suffolk		1:11.20	569	32.24
16.	Dina DAY	11/03/99	Runnymede		1:11.78	556	33.31
17.	Kaythi AUNG	06/07/98	Colchester		1:14.84	491	33.00

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

Place	Name	DoB	Club	Cat	Time	BDPoints	50
1.	Louise FIDDES	26/03/01	Hatfield	14	1:20.91	638	36.23



# 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

**30<sup>th</sup> April, 1<sup>st</sup> and 2<sup>nd</sup> May 2016**  
(Licensed Meet No. 1ER160820)

#### **EVENT 217 Mens 400m Freestyle (Declared Winners)**

Regional Records - Junior 3:57.59 Senior 3:50.46

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

Place	Name	DoB	Club	Cat	Time	GB Pts				
1.	Jamie MCCAFFRAY	23/08/01	Modernian		4:20.57	675				
	50m 30.11	100m 1:02.62	150m 1:35.68		200m 2:09.52	250m 2:42.67	300m 3:16.68	350m 3:49.40	400m 4:20.57	
2.	Harvey NORMAN	25/07/01	Co Peterboro		4:27.22	630				
	50m 29.26	100m 1:02.11	150m 1:35.64		200m 2:10.28	250m 2:44.64	300m 3:19.46	350m 3:53.74	400m 4:27.22	
3.	Cole JAMES	01/10/01	Hatfield		4:27.76	627				
	50m 31.35	100m 1:04.57	150m 1:38.13		200m 2:12.03	250m 2:46.37	300m 3:20.27	350m 3:55.00	400m 4:27.76	
4.	Max JELFS	27/03/01	Hemel Hemp		4:29.44	616				
	50m 30.13	100m 1:03.17	150m 1:37.15		200m 2:11.68	250m 2:46.33	300m 3:21.42	350m 3:56.46	400m 4:29.44	
5.	Ralph MUNCER	12/03/01	Team Luton		4:30.16	612				
	50m 30.52	100m 1:04.42	150m 1:38.59		200m 2:13.51	250m 2:48.14	300m 3:23.38	350m 3:57.27	400m 4:30.16	
6.	Harrison LEES	03/01/01	Watford SC		4:30.60	609				
	50m 30.67	100m 1:04.48	150m 1:39.09		200m 2:13.76	250m 2:48.81	300m 3:23.47	350m 3:58.35	400m 4:30.60	
7.	James MCFARLAND	30/01/01	Mid Beds		4:32.14	599				
	50m 30.54	100m 1:04.29	150m 1:38.48		200m 2:13.24	250m 2:47.97	300m 3:23.28	350m 3:57.92	400m 4:32.14	
8.	James CHENNELLS	11/10/01	Berkhamsted		4:32.98	594				
	50m 29.39	100m 1:02.53	150m 1:36.94		200m 2:11.90	250m 2:47.18	300m 3:22.55	350m 3:58.30	400m 4:32.98	
9.	Michael RIPPER	08/09/01	Harpenden		4:40.25	551				
	50m 30.10	100m 1:04.10	150m 1:39.02		200m 2:15.00	250m 2:49.08	300m 3:27.65	350m 4:04.46	400m 4:40.25	

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

Place	Name	DoB	Club	Cat	Time	GB Pts				
1.	Luke TURLEY	24/03/00	Hatfield		4:11.91	739				
	50m 28.60	100m 1:00.23	150m 1:32.64		200m 2:05.01	250m 2:36.53	300m 3:09.31	350m 3:41.18	400m 4:11.91	
2.	Harry CONSTANTINE	27/12/00	Hatfield		4:15.78	710				
	50m 29.20	100m 1:01.93	150m 1:35.56		200m 2:09.12	250m 2:41.69	300m 3:14.94	350m 3:45.79	400m 4:15.78	
3.	Myles TURNER	12/06/00	West Suffolk		4:17.65	696				
	50m 29.91	100m 1:02.01	150m 1:34.94		200m 2:07.78	250m 2:40.90	300m 3:13.77	350m 3:46.27	400m 4:17.65	
4.	Max WILSON	23/05/00	Modernian		4:18.48	690				
	50m 29.91	100m 1:02.43	150m 1:35.13		200m 2:08.85	250m 2:41.67	300m 3:14.91	350m 3:46.84	400m 4:18.48	
5.	Harry WHITEMAN	06/07/00	Co Peterboro		4:25.01	645				
	50m 30.19	100m 1:03.40	150m 1:36.90		200m 2:11.16	250m 2:44.77	300m 3:18.96	350m 3:52.18	400m 4:25.01	
6.	James BAYLEY	06/04/00	Basildon Ph		4:25.37	643				
	50m 29.96	100m 1:03.25	150m 1:36.58		200m 2:11.05	250m 2:44.64	300m 3:19.19	350m 3:52.93	400m 4:25.37	
7.	Jack RYAN	07/07/00	Mid Beds		4:27.78	627				
	50m 29.72	100m 1:03.54	150m 1:36.92		200m 2:11.46	250m 2:45.87	300m 3:20.42	350m 3:54.91	400m 4:27.78	
8.	Bayley FINBOW	05/05/00	teamipswich		4:29.43	616				
	50m 29.59	100m 1:03.04	150m 1:36.98		200m 2:11.38	250m 2:45.41	300m 3:20.23	350m 3:54.79	400m 4:29.43	
9.	James WOODWARD	04/03/00	Potters Bar		4:30.30	611				
	50m 29.20	100m 1:02.44	150m 1:37.33		200m 2:12.35	250m 2:47.39	300m 3:22.62	350m 3:46.47	400m 4:30.30	
10.	Ryan MOGFORD	05/02/00	Chelmsford		4:35.19	581				
	50m 31.01	100m 1:06.35	150m 1:40.28		200m 2:16.24	250m 2:49.91	300m 3:26.43	350m 4:00.43	400m 4:35.19	
11.	Jaxon SIMMONS	26/04/00	Co Peterboro	13	4:37.12	569				
	50m 31.20	100m 1:05.39	150m 1:40.69		200m 2:16.17	250m 2:52.13	300m 3:27.14	350m 4:02.40	400m 4:37.12	

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

Place	Name	DoB	Club	Cat	Time	GB Pts				
1.	Regan LLOYD	15/03/97	teamipswich		4:04.49	798				
	50m 27.61	100m 57.82	150m 1:27.59		200m 1:59.08	250m 2:29.13	300m 3:00.83	350m 3:32.02	400m 4:04.49	
2.	Nathan WELLS	23/01/98	West Norfolk		4:06.62	780				
	50m 28.04	100m 58.76	150m 1:29.42		200m 2:01.41	250m 2:32.09	300m 3:03.85	350m 3:35.13	400m 4:06.62	
3.	George EPSLY	12/06/98	Basildon Ph		4:08.48	765				
	50m 28.47	100m 59.57	150m 1:30.57		200m 2:02.28	250m 2:33.79	300m 3:05.97	350m 3:38.03	400m 4:08.48	
4.	Thomas MCLAGAN	27/04/96	Chelmsford		4:15.40	712				
	50m 29.22	100m 1:01.75	150m 1:34.19		200m 2:07.25	250m 2:39.42	300m 3:12.36	350m 3:44.10	400m 4:15.40	
5.	Nathan BENTLEY	27/06/98	Hatfield		4:15.95	708				
	50m 28.85	100m 1:00.62	150m 1:32.88		200m 2:06.04	250m 2:37.70	300m 3:11.36	350m 3:44.16	400m 4:15.95	
6.	Matthew WRIGHT	10/03/98	Team Luton		4:16.30	706				
	50m 28.59	100m 1:01.65	150m 1:34.94		200m 2:08.95	250m 2:41.97	300m 3:14.67	350m 3:45.91	400m 4:16.30	
7.	Luke SUGDEN	15/09/99	Hatfield		4:20.90	673				
	50m 29.64	100m 1:02.48	150m 1:36.36		200m 2:10.06	250m 2:43.38	300m 3:16.44	350m 3:49.73	400m 4:20.90	
8.	Augustus VEASEY	30/10/96	Chelmsford		4:21.51	669				
	50m 28.17	100m 59.68	150m 1:32.56		200m 2:05.47	250m 2:39.87	300m 3:13.61	350m 3:48.11	400m 4:21.51	
9.	Cameron MCRAE	18/09/99	Co Peterboro		4:21.96	666				
	50m 28.77	100m 1:01.42	150m 1:35.37		200m 2:09.38	250m 2:42.53	300m 3:16.40	350m 3:50.04	400m 4:21.96	
10.	Ryan KELLY	16/02/99	Chelmsford		4:24.07	651				
	50m 29.80	100m 1:02.99	150m 1:36.69		200m 2:10.28	250m 2:44.03	300m 3:18.07	350m 3:52.10	400m 4:24.07	
11.	Jordan CATCHPOLE	05/10/99	UEA Norwich	14	4:39.88	553				
	50m 31.73	100m 1:06.15	150m 1:41.44		200m 2:18.06	250m 2:53.41	300m 3:29.75	350m 4:05.35	400m 4:39.88	
12.	Joshua WELLS	23/10/97	UEA Norwich	14	5:17.49	375				
	50m 33.50	100m 1:12.62	150m 1:53.41		200m 2:34.99	250m 3:17.02	300m 3:58.18	350m 4:39.78	400m 5:17.49	
	Joshua DUGGAN	15/11/96	Hatfield		DNC					

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

Place	Name	DoB	Club	Cat	Time	BDPoints				
1.	Jordan CATCHPOLE	05/10/99	UEA Norwich	14	4:39.88	811				
	50m 31.73	100m 1:06.15	150m 1:41.44		200m 2:18.06	250m 2:53.41	300m 3:29.75	350m 4:05.35	400m 4:39.88	
2.	Jaxon SIMMONS	26/04/00	Co Peterboro	13	4:37.12	640				
	50m 31.20	100m 1:05.39	150m 1:40.69		200m 2:16.17	250m 2:52.13	300m 3:27.14	350m 4:02.40	400m 4:37.12	
3.	Joshua WELLS	23/10/97	UEA Norwich	14	5:17.49	556				
	50m 33.50	100m 1:12.62	150m 1:53.41		200m 2:34.99	250m 3:17.02	300m 3:58.18	350m 4:39.78	400m 5:17.49	