



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)
(Licensed Meet No. 1ER160820)



Start Lists Session Two

Event 121 Womens 200m Backstroke

H 1	L 1 Phoebe HAYDEN	15 Stowmarket	2:32.60
	L 2 Isabelle MARSHALL	15 Basildon Ph	2:30.76
	L 3 Francesca CROCKER	16 St Ives	2:30.48
	L 4 Martine TRAN	15 Thurrock	2:30.22
	L 5 Lucy HAGGER	16 Chelmsford	2:30.40
	L 6 Megan COOK	16 Harlow Pen	2:30.61
	L 7 Angel DUNDERDALE	15 UEA Norwich	2:32.36
	L 8 Agnes BURNS	15 Harpenden	2:32.86
H 2	L 1 Annabel LEE	16 teamipswich	2:30.10
	L 2 Christina WILSON	16 Norwich Swan	2:29.86
	L 3 Holly JASZKIEWICZ	15 Co Peterboro	2:29.30
	L 4 Bryony UMFREVILLE	15 Basildon Ph	2:28.45
	L 5 Sophie TAYLOR	15 St Felix Sch	2:28.51
	L 6 Kioni BROOMFIELD	16 Dereham	2:29.64
	L 7 Isabella DYOS	16 Basildon Ph	2:29.93
	L 8 Zoe HORNE	16 Co St Albans	2:30.11
H 3	L 1 Amber HUGHES	17 Hatfield	2:28.20
	L 2 Claire BURRELL	15 Harpenden	2:27.07
	L 3 Grace WYLIE	15 Team Luton	2:26.95
	L 4 Isabel HOLMES	18 Dereham	2:26.74
	L 5 Lauren WATT	15 Newmarket	2:26.93
	L 6 Bailey WILKES	15 Hatfield	2:26.95
	L 7 Charlotte ASHWIN	15 Mid Beds	2:27.82
	L 8 Greta BALFOUR	17 Norwich Swan	2:28.33
H 4	L 1 Tilly ANEMA	15 Norwich Swan	2:25.75
	L 2 Susanna FRASER	16 Co Cambridge	2:24.12
	L 3 Alaina SCIFO	19 teamipswich	2:19.85
	L 4 Rachel WELLINGS	16 Co Peterboro	2:15.24
	L 5 Emily LANE	20 Basildon Ph	2:18.44
	L 6 Eleanor KING	16 Dunstable	2:23.26
	L 7 Meghan MAYBANKS	16 DunmowAtlant	2:24.87
	L 8 Emma LESLIE	15 Co Peterboro	2:26.49
H 5	L 1 Danielle RAYNER	20 Newmarket	2:25.39
	L 2 Tia COLBY	18 Basildon Ph	2:23.60
	L 3 Martha DULEY	17 Colchester	2:19.26
	L 4 Bethany SAUNDERS	17 Co Peterboro	2:14.02
	L 5 Dolly TRIGG	18 teamipswich	2:16.95
	L 6 Chloe LENCE	15 Modernians	2:22.32
	L 7 Lauren HALL	17 Co Cambridge	2:24.36
	L 8 Emily GREEN	15 Brentwood	2:26.35
H 6	L 1 Aisling RUFF	18 Co Peterboro	2:25.26
	L 2 Alice SHERWIN	19 teamipswich	2:23.57
	L 3 Taylor GOODBY	18 Co Peterboro	2:18.45
	L 4 Rebecca SHERWIN	16 teamipswich	2:13.27
	L 5 Brooke FROST	16 Basildon Ph	2:16.23
	L 6 Maddison SAUNDERS	15 Co Peterboro	2:21.16
	L 7 Niamh JAMES	15 Bishop Stort	2:24.22
	L 8 Sophie BURNS	16 Watford SC	2:26.34

Event 122 Mens 100m Freestyle

H 1	L 2 Joshua WELLS	19 S14 UEA Norwich	1:06.80
	L 3 Jordan CATCHPOLE	17 S14 UEA Norwich	58.60
	L 4 William PICTON	15 Bishop Stort	58.26
	L 5 James CHENNELLS	15 Berkhamsted	58.30
	L 6 Callum HODGSON	16 S14 Basildon Ph	1:05.65
H 2	L 1 Harrison LEES	15 Watford SC	58.16
	L 2 Marcus KEMP	15 Watford SC	58.07
	L 3 Taylor BOWEN	15 West Suffolk	57.99
	L 4 John BOYLE	15 DunmowAtlant	57.93
	L 5 Louis HINES	19 S14 Watford SC	57.93
	L 6 Nathan SWIFT	15 Putteridge	58.00
	L 7 Joel CLARKE	15 UEA Norwich	58.10
	L 8 Charles RENNIE	15 Braintree	58.24
H 3	L 1 Max JELFS	15 Hemel Hemp	57.75
	L 2 Daniel CHADA	15 Bishop Stort	57.64
	L 3 Stuart EVANS	16 Felixstowe	57.20
	L 4 Harry WHITEMAN	16 Co Peterboro	57.10
	L 5 Ryan MOGFORD	16 Chelmsford	57.15
	L 6 Joshua SMITH	15 DunmowAtlant	57.60
	L 7 Michael RIPPER	15 Harpenden	57.71
	L 8 Ashley COOMBS	15 Hemel Hemp	57.90

H 4	L 1 Myles TURNER	16 West Suffolk	57.00
	L 2 Harry EADE	16 teamipswich	56.88
	L 3 James BAYLEY	16 Basildon Ph	56.50
	L 4 Christian NEL	16 Berkhamsted	56.31
	L 5 Jack RYAN	16 Mid Beds	56.32
	L 6 Ryan NICHOLLS	18 S14 Basildon Ph	56.80
	L 7 Harvey NORMAN	15 Co Peterboro	57.00
	L 8 Thomas OWEN	16 UEA Norwich	57.10
H 5	L 1 James BLOUNT	16 Potters Bar	56.06
	L 2 Alex WALMSLEY	16 teamipswich	55.85
	L 3 Adam MARTIN	16 Potters Bar	55.28
	L 4 Lucas DYSON-DIAZ	16 Hatfield	55.10
	L 5 Benjamin GARRATT	16 Hatfield	55.17
	L 6 Jack SPAIN	16 teamipswich	55.60
	L 7 Ryan SMITH	16 UEA Norwich	55.89
	L 8 Matthew TITMAN	15 Co Cambridge	56.10
H 6	L 1 David SHIPMAN	16 Potters Bar	54.81
	L 2 Daniel LUSH	16 Cheshunt	54.80
	L 3 Joshua FOWLES	17 Witham Dolph	54.70
	L 4 Samuel COTTEE	16 teamipswich	54.68
	L 5 Luke SUGDEN	17 Hatfield	54.69
	L 6 Thomas HOVEN	17 UEA Norwich	54.70
	L 7 Alexander MASON	20 Team Luton	54.80
	L 8 James WOODWARD	16 Potters Bar	54.90
H 7	L 1 Sam GAMBLE	17 Hitchin	54.54
	L 2 George BATHO	19 Leiston	54.53
	L 3 Harry ROBINSON	18 Co Cambridge	54.35
	L 4 Harry PARKER	18 Hatfield	54.20
	L 5 Jake THOMAS-MANSFIELD	16 West Suffolk	54.30
	L 6 Dalton YALLOP	19 UEA Norwich	54.50
	L 7 Alex EVENS	17 Hitchin	54.53
	L 8 Thomas WIGGINS	17 Co Peterboro	54.63
H 8	L 1 Oliver FITT	17 St Ives	54.10
	L 2 Harry WEARS	19 Leighton Buz	54.00
	L 3 Dominic SCIFO	17 teamipswich	53.99
	L 4 Bradley VEITCH	17 Harlow Pen	53.95
	L 5 Hayden THOMAS	21 Harlow Pen	53.96
	L 6 Reece NICHOLLS	16 Basildon Ph	54.00
	L 7 Ignacio LARGHERO	17 Newmarket	54.10
	L 8 Henry CHOONG	19 Co Cambridge	54.17
H 9	L 1 Hugo JOHNSON	18 Bo Southend	53.63
	L 2 Lee BAKER	21 Harlow Pen	53.29
	L 3 Nathan WELLS	18 West Norfolk	52.71
	L 4 Luke TURLEY	16 Hatfield	51.20
	L 5 Jack SPENCE	22 Hemel Hemp	52.04
	L 6 Jordan MANN	18 UEA Norwich	53.20
	L 7 Erik SULLIVAN	22 Co Cambridge	53.42
	L 8 Harvey JOLLY	16 Basildon Ph	53.91
H 10	L 1 Matthew WRIGHT	18 Team Luton	53.60
	L 2 Nathan BENTLEY	18 Hatfield	53.26
	L 3 George EPSLY	18 Basildon Ph	52.52
	L 4 William KEARSEY	19 Hatfield	50.85
	L 5 Peter WEBSTER	18 Hatfield	52.00
	L 6 Stuart CLARKE	32 Bishop Stort	53.11
	L 7 Liam BARNETT	29 Co Cambridge	53.41
	L 8 Alec BURCHELL	18 Hitchin	53.89
H 11	L 1 Mason ARNOLD	19 Harlow Pen	53.47
	L 2 Liam CURRAN	18 Co St Albans	53.22
	L 3 Brandon NABARRO	19 Putteridge	52.50
	L 4 Regan LLOYD	19 teamipswich	50.72
	L 5 Harry CONSTANTINE	16 Hatfield	51.88
	L 6 Mark LEAMON	29 Co Cambridge	52.98
	L 7 Sonny TRIGG	21 teamipswich	53.32
	L 8 Thomas SHERRIFF	21 Co St Albans	53.67



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Event 123 Womens 50m Breaststroke

H 1	L 2 Holly JASKIEWICZ	15	Co Peterboro	38.31
	L 3 Katie MUSGROVE	15	DunmowAtlant	38.20
	L 4 Jodie ROOT	15	Halstead	38.10
	L 5 Emma LESLIE	15	Co Peterboro	38.12
	L 6 Charlotte MATTHEWS	15	Bishop Stort	38.26
H 2	L 1 Maysie STEDMAN	15	Dereham	38.03
	L 2 Lauren GOODYER	16	Mid Beds	38.00
	L 3 Amy PEMBERTON	15	Berkhamsted	37.98
	L 4 Megan BUNYARD	16	Linslade	37.74
	L 5 Leanne ABREY	15	Hemel Hemp	37.81
	L 6 Imogen HORNE-MORRIS	15	UEA Norwich	37.98
	L 7 Maia MCPHERSON	15	Witham Dolph	38.00
	L 8 Louise FIDDES	15	Hatfield	38.05
H 3	L 1 Megan POPE	15	Cheshunt	37.60
	L 2 Katie LINES	15	Lstof & OB	37.45
	L 3 Georgina CURTIS	16	Mid Beds	37.35
	L 4 Charlotte NASH	15	Bishop Stort	37.28
	L 5 Celyn WALMSLEY	15	Team Luton	37.35
	L 6 Lauren NELSON	15	Harlow Pen	37.42
	L 7 Emily GALLAGHER	15	St Ives	37.46
	L 8 Sophie BURNS	16	Watford SC	37.71
H 4	L 1 Elinor DULEY	16	Colchester	37.20
	L 2 Elinor MACDONALD	18	Berkhamsted	37.04
	L 3 Beth EDWARDS	16	West Suffolk	36.99
	L 4 Jessica LAITNER	15	Co St Albans	36.85
	L 5 Elena BACCAS	16	Verulam	36.88
	L 6 Lauren GRICE	17	Leighton Buz	37.00
	L 7 Sophie PICKERING	16	teamipswich	37.07
	L 8 Alice FENDER	15	Hemel Hemp	37.24
H 5	L 1 Olivya HOLLEYMAN	16	Harlow Pen	36.66
	L 2 Megan SAMUELS	15	Chelmsford	36.60
	L 3 Alara NORTON	15	Cheshunt	36.43
	L 4 Annalise WRIGHT	16	Linslade	36.30
	L 5 Lucy MOLLOY	16	Verulam	36.40
	L 6 Cathryn THOMSON	26	St Ives	36.55
	L 7 Caitlin WATSON-DOTCHIN	15	Basildon Ph	36.60
	L 8 Jasmine DEARNLEY	16	St Ives	36.71
H 6	L 1 Chloe OGDEN	15	Bishop Stort	36.08
	L 2 Rianna SMITH	18	Basildon Ph	36.00
	L 3 Charlotte ASHWIN	15	Mid Beds	35.80
	L 4 Honey HARVEY	15	UEA Norwich	35.80
	L 5 Megan WICKHAM	16	Harlow Pen	35.80
	L 6 Lauren HARRISON	15	Co Peterboro	36.00
	L 7 Grace MELLOR	15	DunmowAtlant	36.00
	L 8 Jordan COLEMAN	18	Leiston	36.30
H 7	L 1 Jana SPINNER	17	UEA Norwich	35.72
	L 2 Katie WHIFFIN	20	Epping For't	35.65
	L 3 Lucy JESSOP	16	Brentwood	35.50
	L 4 Amelia BARNETSON	16	Bo Southend	35.40
	L 5 Laura COPPING	16	Hatfield	35.47
	L 6 Abigail GREEN	16	Watford SC	35.59
	L 7 Paige WILDING	18	Hemel Hemp	35.71
	L 8 Caitlin MASCALL	16	Harlow Pen	35.80
H 8	L 1 Catherine BROWN	16	Norwich Swan	35.05
	L 2 Emily BIGGS	17	Co Cambridge	34.73
	L 3 Lana MO	17	West Suffolk	34.37
	L 4 Natalie COOGANS	19	West Norfolk	33.40
	L 5 Louise BUSH	25	UEA Norwich	34.10
	L 6 Rachel ROBINSON	16	UEA Norwich	34.50
	L 7 Nadine SMITH	15	Hatfield	35.00
	L 8 Lauren WATT	15	Newmarket	35.36
H 9	L 1 Abigail HURST	15	Berkhamsted	35.03
	L 2 Kate MCQUAID	18	Hatfield	34.70
	L 3 Sarah O'BRIEN	20	UEA Norwich	34.31
	L 4 Rebecca BURTON	18	Co Peterboro	32.26
	L 5 Cira FLETCHER	18	Bishop Stort	33.90
	L 6 Agatha MALIKOVA	21	Co Cambridge	34.48
	L 7 Roxanne UYS	17	West Norfolk	35.00
	L 8 Jessica PAYNE	18	Leighton Buz	35.32

H 10	L 1 Hannah MCNAUL	16	West Suffolk	35.01
	L 2 Grace RAYNER	18	Hatfield	34.70
	L 3 Molly LEE	15	West Norfolk	34.30
	L 4 Leah ROUGHAN	17	Co Peterboro	32.10
	L 5 Rachel WELLINGS	16	Co Peterboro	33.69
	L 6 Kathryn LOVEYS	29	Co Cambridge	34.48
	L 7 Lauren BAKER	21	Hatfield	34.80
	L 8 Sarah BOWEN	18	Lstof & OB	35.18

Event 124 Mens 400m IM

H 1	L 3 Matteo TONTODONATI	15	Hoddesdon	5:12.51
	L 4 Lewis BAYLEY	15	Southend	5:12.18
	L 5 George HART	15	Mid Beds	5:12.46
H 2	L 1 Jack RICHES	15	UEA Norwich	5:08.53
	L 2 Luke CROFTS	16	Thurrock	5:07.44
	L 3 John TELENSKY	15	Harpden	5:05.73
	L 4 Taylor BOWEN	15	West Suffolk	5:02.65
	L 5 Harrison LEES	15	Watford SC	5:04.20
	L 6 James BAYLEY	16	Basildon Ph	5:06.60
	L 7 Maxim DE WILDT	15	Co Cambridge	5:07.60
	L 8 James CHENNELLS	15	Berkhamsted	5:11.24
H 3	L 1 Cole JAMES	15	Hatfield	4:59.19
	L 2 Max WILSON	16	Modernians	4:54.60
	L 3 Harry WHITEMAN	16	Co Peterboro	4:50.22
	L 4 Myles TURNER	16	West Suffolk	4:46.90
	L 5 Spencer PRIOR	17	Colchester	4:49.48
	L 6 Jamie MCCAFFRAY	15	Modernians	4:54.21
	L 7 James MCFARLAND	15	Mid Beds	4:56.38
	L 8 Harry NICHOLLS	16	Basildon Ph	5:01.30
H 4	L 1 James WOODWARD	16	Potters Bar	4:46.02
	L 2 Harvey NORMAN	15	Co Peterboro	4:45.69
	L 3 Jack PICKERING	18	teamipswich	4:42.67
	L 4 Ryan KELLY	17	Chelmsford	4:41.31
	L 5 Thomas SARAH	22	Co Cambridge	4:42.58
	L 6 Charles RAYNER	15	Hatfield	4:44.87
	L 7 Finlay RYAN	17	Norwich Swan	4:45.84
	L 8 Alexander MASON	20	Team Luton	4:46.70
H 5	L 1 Samuel PECK	16	UEA Norwich	4:38.43
	L 2 Fraser SCOTT	18	Basildon Ph	4:36.25
	L 3 Joshua GRAVES	19	Co Peterboro	4:32.84
	L 4 Nathan WELLS	18	West Norfolk	4:26.91
	L 5 Augustus VEASEY	20	Chelmsford	4:31.89
	L 6 Thomas MCLAGAN	20	Chelmsford	4:35.00
	L 7 Cameron MCRAE	17	Co Peterboro	4:36.80
	L 8 Calvin COE	18	Stowmarket	4:41.02

Event 125 Womens 14/16 Yrs 800m Free.Team

H 1	L 3 Dereham & District SC	Dereham	9:28.00
	L 4 Cheshunt Swimming Club	Cheshunt	9:22.00
	L 5 City Of Peterborough C	Co Peterboro	9:22.11
H 2	L 2 City of St Albans SC	Co St Albans	9:05.00
	L 3 UEA City of Norwich SC	UEA Norwich	8:59.00
	L 4 City Of Peterborough A	Co Peterboro	8:42.61
	L 5 Hatfield A	Hatfield	8:58.10
	L 6 City Of Peterborough B	Co Peterboro	8:59.89
	L 7 Hatfield B	Hatfield	9:14.50

Event 126 Womens 17 Yrs/Over 800m Free.Team

H 1	L 4 City Of Peterborough A	Co Peterboro	8:43.46
	L 5 Dereham & District SC	Dereham	9:18.00