



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 Three

Event 131 Womens 15 Yrs 200m Butterfly

Final				
L 1	Ellen NORTHWOOD	15	Berkhamsted	2:48.60
L 2	Lauren WILSON	15	Mid Beds	2:40.90
L 3	Bryony UMFREVILLE	15	Basildon Ph	2:34.55
L 4	Poppy RICHARDSON	15	Co Peterboro	2:24.64
L 5	Holly JASZKIEWICZ	15	Co Peterboro	2:33.81
L 6	Lauren HARRISON	15	Co Peterboro	2:35.22
L 7	Louise FIDDES	15 S14	Hatfield	2:44.01
L 8	Hannah TAPLIN	15	Deben	2:49.49

Event 132 Womens 16 Yrs 200m Butterfly

Final				
L 1	Abigail WEBB	16	Deben	2:44.27
L 2	Eleanor LLEWELLYN	16	West Suffolk	2:41.79
L 3	Madeleine CHAMBERS	16	St Felix Sch	2:36.91
L 4	Shannon STOTT	16	Co St Albans	2:21.60
L 5	Amber SHINE	16	Hatfield	2:34.63
L 6	Hannah MCNAUL	16	West Suffolk	2:41.14
L 7	Georgina CURTIS	16	Mid Beds	2:42.68
L 8	Megan COOK	16	Harlow Pen	2:45.60

Event 133 Womens 17 Yrs/Over 200m Butterfly

Final				
L 1	Alexia NABARRO	17	Putteridge	2:41.19
L 2	Lauren GRICE	17	Leighton Buz	2:38.03
L 3	Millie EMMANS	17	Co Cambridge	2:33.13
L 4	Taylor GOODBY	18	Co Peterboro	2:21.52
L 5	Nicola PASQUIRE	18	Team Luton	2:30.44
L 6	Danielle RAYNER	20	Newmarket	2:34.91
L 7	Tegan WOLLASTON	17	Cheshunt	2:40.58
L 8	Hannah CURRELL	17	Hitchin	2:41.93

Event 134 Mens 15 Yrs 50m Backstroke

Final				
L 1	Joel CLARKE	15	UEA Norwich	30.88
L 2	Nicholas PERKINS	15	UEA Norwich	30.58
L 3	Joshua SMITH	15	DunmowAtlant	29.84
L 4	Daniel CHADA	15	Bishop Stort	29.31
L 5	Matthew TITMAN	15	Co Cambridge	29.82
L 6	John BOYLE	15	DunmowAtlant	30.28
L 7	Matteo TONTODONATI	15	Hoddesdon	30.86
L 8	Lewis BAYLEY	15	Southend	31.03

Event 135 Mens 16 Yrs 50m Backstroke

Final				
L 1	Samuel COTTEE	16	teamipswich	29.97
L 2	Reece NICHOLLS	16	Basildon Ph	29.40
L 3	Ryan SMITH	16	UEA Norwich	29.37
L 4	Harry CONSTANTINE	16	Hatfield	28.35
L 5	Matthew GRAY	16	Co Peterboro	28.53
L 6	James WOODWARD	16	Potters Bar	29.39
L 7	Tyler BERRY	16	Basildon Ph	29.83
L 8	Harry WHITEMAN	16	Co Peterboro	30.31

Event 136 Mens 17 Yrs/Over 50m Backstroke

Final				
L 1	Cameron MCRAE	17	Co Peterboro	28.68
L 2	Jack SPENCE	22	Hemel Hemp	28.56
L 3	Peter WEBSTER	18	Hatfield	28.23
L 4	William KEARSEY	19	Hatfield	26.69
L 5	Oliver FITT	17	St Ives	27.82
L 6	Nathan WELLS	18	West Norfolk	28.27
L 7	Charlie POND THOMPSON	23	Southend	28.65
L 8	Samuel PEASE	17	Basildon Ph	28.69

Event 137 Womens 15 Yrs 50m Freestyle

Final				
L 1	Holly JASZKIEWICZ	15	Co Peterboro	29.09
L 2	Lauren WATT	15	Newmarket	28.96
L 3	Amy PEMBERTON	15	Berkhamsted	28.72
L 4	Molly FRANCIS	15	Hatfield	28.06
L 5	Chloe LENCE	15	Modernians	28.44
L 6	Jessica MANSFIELD	15	Huntingdon	28.95
L 7	Angel DUNDERDALE	15	UEA Norwich	28.96
L 8	Martine TRAN	15	Thurrock	29.10

Event 138 Womens 16 Yrs 50m Freestyle

Final				
L 1	Beth EDWARDS	16	West Suffolk	28.67
L 2	Rachel WELLINGS	16	Co Peterboro	27.96
L 3	Meghan MAYBANKS	16	DunmowAtlant	27.34
L 4	Elinah PHILLIP	16	Bishop Stort	26.90
L 5	Rebecca SHERWIN	16	teamipswich	27.04
L 6	Elinor DULEY	16	Colchester	27.81
L 7	Amelia PEDDLE	16	Epping For't	28.60
L 8	Katie CONYERS	16	Potters Bar	28.75

Event 139 Womens 17 Yrs/Over 50m Freestyle

Final				
L 1	Katarina BLANCO	19	Basildon Ph	28.07
L 2	Abigail WHITING	17	West Norfolk	27.61
L 3	Lauren SIMPKINS	18	Putteridge	27.40
L 4	Mollie ALLEN	18	Co Peterboro	26.66
L 5	Amy GODSAVE	17	Hoddesdon	27.31
L 6	Martha DULEY	17	Colchester	27.59
L 7	Molly OLLINGTON	18	West Suffolk	27.90
L 8	Georgina LAWSON	19	Co St Albans	28.12

Event 140 Mens 15 Yrs 100m Breaststroke

Final				
L 1	Jack RICHES	15	UEA Norwich	1:16.11
L 2	Harvey NORMAN	15	Co Peterboro	1:14.90
L 3	Ralph MUNCER	15	Team Luton	1:12.95
L 4	Charles RAYNER	15	Hatfield	1:09.54
L 5	Cole JAMES	15	Hatfield	1:11.96
L 6	Billy LO	15	Basildon Ph	1:14.31
L 7	Samuel BRYAN	15	Basildon Ph	1:15.86
L 8	Matthew WOULDHAM	15	Co Peterboro	1:16.47

Event 141 Mens 16 Yrs 100m Breaststroke

Final				
L 1	Alex FLORANCE	16	West Norfolk	1:14.90
L 2	Myles TURNER	16	West Suffolk	1:14.63
L 3	William LOVEMAN	16	Co St Albans	1:13.28
L 4	Samuel PECK	16	UEA Norwich	1:09.69
L 5	David SHIPMAN	16	Potters Bar	1:10.32
L 6	Samuel COTTEE	16	teamipswich	1:13.75
L 7	Harry NICHOLLS	16	Basildon Ph	1:14.81
L 8	David HENSMAN	16	Co St Albans	1:15.16

Event 142 Mens 17 Yrs/Over 100m Breaststroke

Final				
L 1	Jordan BATSON	20	Putteridge	1:09.64
L 2	Edward LOVEMAN	22	Co St Albans	1:08.83
L 3	Christopher SMITH	20	Hoddesdon	1:08.43
L 4	Lawrence PALMER	24	Putteridge	1:02.90
L 5	Brandon NABARRO	19	Putteridge	1:08.10
L 6	Justin BOTT	18	Diss Otters	1:08.82
L 7	Hayden THOMAS	21	Harlow Pen	1:09.26
L 8	Dominic HOLLOWAY	20	Co Cambridge	1:09.67

Event 143 Womens 15 Yrs 200m Breaststroke

Final				
L 1	Nadine SMITH	15	Hatfield	2:51.52
L 2	Charlotte ASHWIN	15	Mid Beds	2:50.46
L 3	Molly LEE	15	West Norfolk	2:48.76
L 4	Lauren HARRISON	15	Co Peterboro	2:43.51
L 5	Honey HARVEY	15	UEA Norwich	2:48.34
L 6	Abigail HURST	15	Berkhamsted	2:50.19
L 7	Molly FRANCIS	15	Hatfield	2:51.48
L 8	Katie LINES	15	Lstof & OB	2:51.68

Event 144 Womens 16 Yrs 200m Breaststroke

Final				
L 1	Megan BUNYARD	16	Linslade	3:00.79
L 2	Megan WICKHAM	16	Harlow Pen	2:59.85
L 3	Caitlin MASCALL	16	Harlow Pen	2:57.27
L 4	Laura COPPING	16	Hatfield	2:50.33
L 5	Sophie PICKERING	16	teamipswich	2:56.78
L 6	Amelia BARNETSON	16	Bo Southend	2:58.01
L 7	Abigail GREEN	16	Watford SC	3:00.24
L 8	Elena BACCAS	16	Verulam	3:01.24



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Event 145 Womens 17 /Over 200m Breaststroke

Final			
L 1	Katie WHIFFIN	20 Epping For't	2:51.71
L 2	Grace RAYNER	18 Hatfield	2:50.33
L 3	Emily BIGGS	17 Co Cambridge	2:44.61
L 4	Leah ROUGHAN	17 Co Peterboro	2:34.90
L 5	Natalie COOGANS	19 West Norfolk	2:35.56
L 6	Louise BUSH	25 UEA Norwich	2:49.14
L 7	Kathryn LOVEYS	29 Co Cambridge	2:51.06
L 8	Amber HUGHES	17 Hatfield	2:53.34

Event 146 Mens 15 Yrs 100m Butterfly

Final			
L 1	William STEEL	15 Co Peterboro	1:04.80
L 2	Harvey NORMAN	15 Co Peterboro	1:04.53
L 3	Joel CLARKE	15 UEA Norwich	1:03.69
L 4	Matthew TITMAN	15 Co Cambridge	1:01.32
L 5	Charles RAYNER	15 Hatfield	1:01.91
L 6	Taylor BOWEN	15 West Suffolk	1:04.40
L 7	James MCFARLAND	15 Mid Beds	1:04.64
L 8	Harrison LEES	15 Watford SC	1:04.83

Event 147 Mens 16 Yrs 100m Butterfly

Final			
L 1	Lucas DYSON-DIAZ	16 Hatfield	1:01.89
L 2	Harry JONES	16 Hitchin	1:01.30
L 3	Jake THOMAS-MANSFIELD	16 West Suffolk	1:00.89
L 4	Benjamin GARRATT	16 Hatfield	59.66
L 5	James WOODWARD	16 Potters Bar	1:00.10
L 6	Callum DAVIS	16 Bishop Stort	1:00.94
L 7	Luke TURLEY	16 Hatfield	1:01.54
L 8	Samuel PECK	16 UEA Norwich	1:02.50

Event 148 Mens 17 Yrs/Over 100m Butterfly

Final			
L 1	Peter WEBSTER	18 Hatfield	59.77
L 2	Harry PARKER	18 Hatfield	59.39
L 3	Sonny TRIGG	21 teamipswich	58.98
L 4	Dominic SCIFO	17 teamipswich	57.86
L 5	George EPSLY	18 Basildon Ph	58.11
L 6	Oliver PERRY	17 Hatfield	59.03
L 7	Liam CURRAN	18 Co St Albans	59.64
L 8	Thomas SHERRIFF	21 Co St Albans	1:00.76

Event 149 Womens 15 Yrs 200m Backstroke

Final			
L 1	Chloe LENCE	15 Modernians	2:32.12
L 2	Niamh JAMES	15 Bishop Stort	2:31.00
L 3	Tilly ANEMA	15 Norwich Swan	2:29.34
L 4	Maddison SAUNDERS	15 Co Peterboro	2:24.73
L 5	Claire BURRELL	15 Harpenden	2:27.56
L 6	Grace WYLIE	15 Team Luton	2:29.83
L 7	Holly JASZKIEWICZ	15 Co Peterboro	2:31.97
L 8	Emma LESLIE	15 Co Peterboro	2:34.24

Event 150 Womens 16 Yrs 200m Backstroke

Final			
L 1	Lucy HAGGER	16 Chelmsford	2:33.41
L 2	Annabel LEE	16 teamipswich	2:32.52
L 3	Brooke FROST	16 Basildon Ph	2:23.72
L 4	Rebecca SHERWIN	16 teamipswich	2:16.90
L 5	Rachel WELLINGS	16 Co Peterboro	2:21.37
L 6	Meghan MAYBANKS	16 DunmowAtlant	2:30.95
L 7	Isabella DYOS	16 Basildon Ph	2:32.69
L 8	Eleanor KING	16 Dunstable	2:33.59

Event 151 Womens 17 Yrs/Over 200m Backstroke

Final			
L 1	Taylor GOODBY	18 Co Peterboro	2:26.55
L 2	Martha DULEY	17 Colchester	2:24.79
L 3	Dolly TRIGG	18 teamipswich	2:24.34
L 4	Bethany SAUNDERS	17 Co Peterboro	2:21.57
L 5	Alaina SCIFO	19 teamipswich	2:23.36
L 6	Emily LANE	20 Basildon Ph	2:24.66
L 7	Lauren HALL	17 Co Cambridge	2:25.71
L 8	Alice SHERWIN	19 teamipswich	2:28.02

Event 152 Mens 15 Yrs 100m Freestyle

Final			
L 1	Taylor BOWEN	15 West Suffolk	59.27
L 2	Joel CLARKE	15 UEA Norwich	59.12
L 3	Joshua SMITH	15 DunmowAtlant	58.76
L 4	Matthew TITMAN	15 Co Cambridge	56.57
L 5	Harvey NORMAN	15 Co Peterboro	58.34
L 6	James CHENNELLS	15 Berkhamsted	59.10
L 7	Max JELFS	15 Hemel Hemp	59.14
L 8	William PICTON	15 Bishop Stort	59.60

Event 153 Mens 16 Yrs 100m Freestyle

Final			
L 1	David SHIPMAN	16 Potters Bar	56.43
L 2	Adam MARTIN	16 Potters Bar	56.34
L 3	James WOODWARD	16 Potters Bar	55.90
L 4	Luke TURLEY	16 Hatfield	54.05
L 5	Harry CONSTANTINE	16 Hatfield	54.45
L 6	Samuel COTTEE	16 teamipswich	56.08
L 7	Harvey JOLLY	16 Basildon Ph	56.37
L 8	Jake THOMAS-MANSFIELD	16 West Suffolk	56.44

Event 154 Mens 17 Yrs/Over 100m Freestyle

Final			
L 1	George EPSLY	18 Basildon Ph	54.25
L 2	Brandon NABARRO	19 Putteridge	54.11
L 3	Peter WEBSTER	18 Hatfield	53.82
L 4	William KEARSEY	19 Hatfield	52.51
L 5	Henry CHOONG	19 Co Cambridge	53.62
L 6	Regan LLOYD	19 teamipswich	53.88
L 7	Jordan MANN	18 UEA Norwich	54.14
L 8	Dominic SCIFO	17 teamipswich	54.53

Event 155 Womens 15 Yrs 50m Breaststroke

Final			
L 1	Caitlin WATSON-DOTCHIN	15 Basildon Ph	37.10
L 2	Lauren WATT	15 Newmarket	36.80
L 3	Lauren HARRISON	15 Co Peterboro	35.70
L 4	Molly LEE	15 West Norfolk	35.00
L 5	Abigail HURST	15 Berkhamsted	35.54
L 6	Nadine SMITH	15 Hatfield	35.87
L 7	Charlotte ASHWIN	15 Mid Beds	36.85
L 8	Alara NORTON	15 Cheshunt	37.24

Event 156 Womens 16 Yrs 50m Breaststroke

Final			
L 1	Annalise WRIGHT	16 Linslade	37.11
L 2	Megan WICKHAM	16 Harlow Pen	37.02
L 3	Rachel WELLINGS	16 Co Peterboro	35.79
L 4	Laura COPPING	16 Hatfield	35.03
L 5	Rachel ROBINSON	16 UEA Norwich	35.77
L 6	Catherine BROWN	16 Norwich Swan	37.01
L 7	Caitlin MASCALL	16 Harlow Pen	37.06
L 8	Abigail GREEN	16 Watford SC	37.18

Event 157 Womens 17 Yrs/Over 50m Breaststroke

Final			
L 1	Emily BIGGS	17 Co Cambridge	35.16
L 2	Kathryn LOVEYS	29 Co Cambridge	34.96
L 3	Natalie COOGANS	19 West Norfolk	34.12
L 4	Leah ROUGHAN	17 Co Peterboro	33.41
L 5	Rebecca BURTON	17 Co Peterboro	33.68
L 6	Cira FLETCHER	18 Bishop Stort	34.87
L 7	Agatha MALIKOVA	21 Co Cambridge	35.05
L 8	Lauren BAKER	21 Hatfield	35.21



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<u>Event 158 Mens 14/16 Yrs 400m Medley Team</u>				<u>Event 159 Mens 17 Yrs/Over 400m Medley Team</u>			
H 1	L 3	City of St Albans SC Joel GREEN William LOVEMAN Tanin KURSIDIN Tommy CADENHEAD	Co St Albans 4:34.00	H 1	L 1	City of Cambridge SC Henry CHOONG Dominic HOLLOWAY Calum FERGUSON Erik SULLIVAN	Co Cambridge 4:05.00
	L 4	City of Cambridge SC Johnathon ADAMD Oliver CASHIN Matthew TITMAN Jake MOXHAM	Co Cambridge 4:22.00		L 2	Putteridge Ryan COMPTON Lawrence PALMER Brandon NABARRO Jordan BATSON	Putteridge 4:03.74
	L 5	Harpenden Swimming Clu Michael RIPPER Joseph RICHARDSON Angus HARROLD John TELENSKY	Harpenden 4:28.84		L 3	Hatfield A William KEARSEY Harry PARKER Peter WEBSTER Nathan BENTLEY	Hatfield 3:58.80
	L 6	City Of Peterborough B Herbie KINDER Matthew WOULDHAM William STEEL Henry PEARCE	Co Peterboro 4:36.50		L 4	Basildon & Phoenix SC Conor HARROLD Fraser SCOTT George EPSLY James DAY	Basildon Ph 3:57.00
H 2	L 1	City Of Peterborough A Matthew GRAY Harvey NORMAN Harry WHITEMAN Myles ROBINSON-YOUNG	Co Peterboro 4:14.48		L 5	City Of Peterborough A James NEWTON Thomas WIGGINS Joshua GRAVES Daniel LEIGH	Co Peterboro 3:58.34
	L 2	Hatfield B Matthew BENTLEY Cole JAMES Lucas DYSON-DIAZ Reese HOUSDEN	Hatfield 4:13.30		L 6	Harlow Penguin SC Lee BAKER Hayden THOMAS Mason ARNOLD Bradley VEITCH	Harlow Pen 4:02.00
	L 3	Basildon & Phoenix SC Tyler BERRY Billy LO Reece NICHOLLS Harvey JOLLY	Basildon Ph 4:10.00		L 7	City of St Albans SC Callum KEANE Zhi ONG Liam CURRAN Thomas SHERRIFF	Co St Albans 4:04.00
	L 4	UEA City of Norwich SC Ryan SMITH Samuel PECK Joel CLARKE Thomas OWEN	UEA Norwich 3:49.00				
	L 5	Hatfield A Harry CONSTANTINE Charles RAYNER Benjamin GARRATT Luke TURLEY	Hatfield 4:05.60				
	L 6	Potters Bar SC James WOODWARD David SHIPMAN Adam MARTIN James BLOUNT	Potters Bar 4:10.78				
	L 7	West Suffolk Swimming Myles TURNER Taylor BOWEN Angus ROBINS Jake THOMAS-MANSFIELD	West Suffolk 4:14.35				
	L 8	Bishops Stortford SC Daniel CHADA Callum DAVIS William PICTON Joseph TAYLOR	Bishop Stort 4:14.92				



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<u>Event 160 Womens 14/16 Yrs 400m Free.Team</u>				<u>Event 161 Womens 17 Yrs/Over 400m Free.Team</u>			
H 1	L 3	Cheshunt Swimming Club Emily LUSH Alara NORTON Megan POPE Emily SOUTH	Cheshunt 4:24.00	H 1	L 2	Bishops Stortford SC Amy YOUNG Emily LAMPON Olivia SMITH-LAL Cira FLETCHER	Bishop Stort 4:06.06
L 4	Dereham & District SC Kioni BROOMFIELD Ellie FOSTER Megan GREEN Maysie STEDMAN	Dereham 4:20.00	L 3	Hatfield A Lauren BAKER Grace RAYNER Kate MCQUAID Amber HUGHES	Hatfield 4:05.20		
L 5	Hatfield B Bailey WILKES Nadine SMITH Natasha BENTLEY Sophie PAYNE	Hatfield 4:20.30	L 4	City Of Peterborough A Mollie ALLEN Bethany SAUNDERS Leah ROUGHAN Rebecca BURTON	Co Peterboro 4:01.27		
L 6	Newmarket & Dist SC Charlie DAVID Safiyya AXON-COATES Ciara GILL-RYAN Lauren WATT	Newmarket 4:30.15	L 5	City of Cambridge SC Agatha MALIKOVA Lauren HALL Millie EMMANS Emily BIGGS	Co Cambridge 4:05.00		
H 2	L 1	City of St Albans SC Shannon STOTT Jessica LAITNER Lauren STOTT Tori WESTON	Co St Albans 4:16.00	L 6	UEA City of Norwich SC Rikke NAGELL-KLEVEN Chloe HAZELL Jana SPINNER Bethany PALMER	UEA Norwich 4:06.00	
L 2	City Of Peterborough B Christie WOODS Holly JASZKIEWICZ Maddison SAUNDERS Amelia MONAGHAN	Co Peterboro 4:11.08	L 3	Bishops Stortford SC Mia CARTER Sarah CARROLL Josie PRETIOUS-WHITE Elinah PHILLIP	Bishop Stort 4:07.34		
L 4	City Of Peterborough A Rachel WELLINGS Poppy RICHARDSON Anna BLAKELY Poppy LEECH	Co Peterboro 4:02.60	L 4	City Of Peterborough A Rachel WELLINGS Poppy RICHARDSON Anna BLAKELY Poppy LEECH	Co Peterboro 4:02.60		
L 5	UEA City of Norwich SC Kiera FROSDICK Honey HARVEY Masie EASTER Charlotte WALKER	UEA Norwich 4:06.00	L 6	Basildon & Phoenix SC Macy LAWRENCE Caitlin WATSON-DOTCHIN Erin LEE Brooke FROST	Basildon Ph 4:10.00		
L 7	Hatfield A Laura COPPING Amber SHINE Molly FRANCIS Jess THURLEY	Hatfield 4:15.10	L 8	City Of Peterborough C Jade GOODE Kenzie WHYATT Mia LEECH Emma LESLIE	Co Peterboro 4:18.75		