



**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 Seven**

**Event 311 Womens 800m Freestyle**

H 1	L 3 Melissa ELEY	16 Chelmsford	9:36.20
	L 4 Lauren HARRISON	15 Co Peterboro	9:34.82
	L 5 Amber SHINE	16 Hatfield	9:34.91
H 2	L 1 Laura COPPING	16 Hatfield	9:31.03
	L 2 Tilly ANEMA	15 Norwich Swan	9:23.10
	L 3 Emily DOWDING	18 teamipswich	9:19.47
	L 4 Chantal SMITH	16 Team Luton	9:13.35
	L 5 Ellie MITCHELL	17 Runnymede	9:18.63
	L 6 Sophie TAYLOR	15 St Felix Sch	9:22.50
	L 7 Chloe OGDEN	15 Bishop Stort	9:25.23
	L 8 Megan KEY	15 Canvey Isl	9:31.79
H 3	L 1 Aisling RUFF	18 Co Peterboro	9:10.40
	L 2 Amber HUGHES	17 Hatfield	9:09.81
	L 3 Chloe LENCE	15 Modernians	9:01.32
	L 4 Abby SMITH	20 Harpenden	8:52.56
	L 5 Dolly TRIGG	18 teamipswich	8:55.82
	L 6 Amy YOUNG	17 Bishop Stort	9:05.56
	L 7 Millie EMMANS	17 Co Cambridge	9:10.33
	L 8 Tegan WOLLASTON	17 Cheshunt	9:10.68

**Event 312 Mens 1500m Freestyle**

H 1	L 3 Ralph MUNCER	15 Team Luton	17:53.10
	L 4 James CHENNELLS	15 Berkhamsted	17:31.33
	L 5 Callum WOLLASTON	15 Cheshunt	17:39.57
H 2	L 1 Harrison LEES	15 Watford SC	17:19.35
	L 2 Cavan BECK	17 Rochford	16:52.80
	L 3 Luke SUGDEN	17 Hatfield	16:47.93
	L 4 Myles TURNER	16 West Suffolk	16:39.77
	L 5 Adam TAPLEY	22 Co Cambridge	16:45.16
	L 6 Harry WHITEMAN	16 Co Peterboro	16:51.10
	L 7 James BAYLEY	16 Basildon Ph	16:58.79
H 3	L 1 Samuel PECK	16 UEA Norwich	16:35.30
	L 2 Fraser SCOTT	18 Basildon Ph	16:30.20
	L 3 Bayley FINBOW	16 teamipswich	16:15.61
	L 4 Nathan WELLS	18 West Norfolk	15:40.05
	L 5 Luke TURLEY	16 Hatfield	15:42.45
	L 6 Matthew WRIGHT	18 Team Luton	16:20.04
	L 7 Jamie MCCAFFRAY	15 Modernians	16:34.30
	L 8 Max WILSON	16 Modernians	16:37.47