



East Swimming

2016 Short Course Championships

(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing & to ASA Open Meet Licensing Criteria)

Inspire: Luton Sports Village

(Licensed Meet No. 2ER161979)



EVENT 601 Mens Open 400m IM

Senior Record 4:04.65 Junior Record 4:20.16

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Nathan HUGHES	16	Hatfield	4:25.79	695
	50m 28.73	100m 1:02.04	150m 1:36.77	200m 2:11.41	250m 2:47.55
				300m 3:24.36	350m 3:55.71
				400m 4:25.79	
2.	Nathan WELLS	18	West Norfolk	4:28.70	673
	50m 28.34	100m 1:01.90	150m 1:36.30	200m 2:10.04	250m 2:49.26
				300m 3:28.63	350m 3:59.35
				400m 4:28.70	
3.	Jamie SCHOLLES	16	Co Peterboro	4:32.80	643
	50m 28.30	100m 1:01.74	150m 1:34.80	200m 2:08.09	250m 2:48.20
				300m 3:30.20	350m 4:02.41
				400m 4:32.80	
4.	James WOODWARD	16	Potters Bar	4:42.04	582
	50m 30.08	100m 1:05.95	150m 1:43.87	200m 2:20.44	250m 3:01.04
				300m 3:42.50	350m 4:13.49
				400m 4:42.04	
5.	Jamie MCCAFFRAY	15	Modernians	4:42.09	581
	50m 31.20	100m 1:06.34	150m 1:44.38	200m 2:21.92	250m 3:00.24
				300m 3:40.18	350m 4:12.09
				400m 4:42.09	
6.	Myles TURNER	16	West Suffolk	4:42.20	581
	50m 30.74	100m 1:06.07	150m 1:42.05	200m 2:16.64	250m 2:57.02
				300m 3:37.46	350m 4:11.08
				400m 4:42.20	
7.	Finlay RYAN	17	Norwich Swan	4:42.91	576
	50m 30.08	100m 1:04.87	150m 1:41.91	200m 2:18.95	250m 2:57.92
				300m 3:38.50	350m 4:11.55
				400m 4:42.91	
8.	Harvey NORMAN	15	Co Peterboro	4:44.12	569
	50m 30.53	100m 1:05.70	150m 1:42.74	200m 2:18.30	250m 2:59.50
				300m 3:40.18	350m 4:12.88
				400m 4:44.12	
9.	Max WILSON	16	Modernians	4:45.67	560
	50m 30.60	100m 1:05.77	150m 1:43.17	200m 2:19.22	250m 3:00.38
				300m 3:41.74	350m 4:14.40
				400m 4:45.67	
10.	Alexander MASON	20	Team Luton	4:45.88	559
	50m 30.20	100m 1:05.51	150m 1:43.38	200m 2:20.44	250m 3:00.56
				300m 3:41.98	350m 4:15.07
				400m 4:45.88	
11.	Ryan KELLY	17	Chelmsford	4:47.93	547
	50m 29.71	100m 1:05.08	150m 1:41.41	200m 2:16.27	250m 2:59.06
				300m 3:41.84	350m 4:15.56
				400m 4:47.93	
12.	Matthew GRAY	16	Co Peterboro	4:48.01	546
	50m 30.01	100m 1:06.25	150m 1:42.33	200m 2:17.10	250m 2:59.67
				300m 3:42.08	350m 4:15.82
				400m 4:48.01	
13.	Liam BRENNAN	14	Basildon Ph	4:48.61	543
	50m 30.60	100m 1:06.47	150m 1:44.01	200m 2:19.37	250m 3:00.86
				300m 3:42.62	350m 4:16.57
				400m 4:48.61	
14.	Joseph WELLS	17	West Norfolk	4:48.73	542
	50m 29.76	100m 1:04.72	150m 1:41.94	200m 2:18.15	250m 3:01.11
				300m 3:43.57	350m 4:17.37
				400m 4:48.73	
15.	Oliver KENNY	19	West Norfolk	4:49.32	539
	50m 29.36	100m 1:03.65	150m 1:38.62	200m 2:13.92	250m 2:54.86
				300m 3:37.24	350m 4:13.75
				400m 4:49.32	
16.	Calvin COE	18	Stowmarket	4:49.74	536
	50m 29.63	100m 1:04.85	150m 1:42.39	200m 2:18.98	250m 2:59.87
				300m 3:41.94	350m 4:16.48
				400m 4:49.74	
17.	Harry WHITEMAN	16	Co Peterboro	4:50.70	531
	50m 30.01	100m 1:05.61	150m 1:43.93	200m 2:21.52	250m 3:03.50
				300m 3:46.20	350m 4:18.66
				400m 4:50.70	
18.	Christopher GREENHALGH	20	Sudbury	4:51.64	526
	50m 30.61	100m 1:06.47	150m 1:46.16	200m 2:24.22	250m 3:03.92
				300m 3:44.07	350m 4:18.28
				400m 4:51.64	
19.	Luke BRYAN	16	West Norfolk	4:55.38	506
	50m 30.27	100m 1:06.33	150m 1:46.25	200m 2:25.70	250m 3:07.81
				300m 3:50.41	350m 4:23.79
				400m 4:55.38	
20.	Lewis BAYLEY	15	Southend	4:56.01	503
	50m 31.89	100m 1:09.00	150m 1:46.25	200m 2:22.50	250m 3:05.67
				300m 3:49.09	350m 4:23.30
				400m 4:56.01	
21.	Thomas BOYT	17	Felixstowe	4:56.51	501
	50m 30.47	100m 1:06.71	150m 1:44.59	200m 2:21.30	250m 3:04.71
				300m 3:49.03	350m 4:25.47
				400m 4:56.51	
22.	Harrison LEES	15	Watford SC	4:56.86	499
	50m 30.60	100m 1:06.37	150m 1:45.42	200m 2:22.79	250m 3:07.09
				300m 3:51.93	350m 4:25.39
				400m 4:56.86	
23.	Alex FLORANCE	16	West Norfolk	4:58.57	490
	50m 30.41	100m 1:06.49	150m 1:46.54	200m 2:25.35	250m 3:06.63
				300m 3:48.79	350m 4:23.75
				400m 4:58.57	
24.	Anthony SMITH	16	Hatfield	5:01.90	474
	50m 30.67	100m 1:07.14	150m 1:47.96	200m 2:26.43	250m 3:09.99
				300m 3:55.86	350m 4:30.22
				400m 5:01.90	
25.	Ayotobi LAGUDA	14	Hatfield	5:02.62	471
	50m 33.64	100m 1:10.98	150m 1:50.25	200m 2:27.64	250m 3:10.07
				300m 3:54.16	350m 4:28.88
				400m 5:02.62	
26.	Charles WHYTE	15	West Suffolk	5:03.75	466
	50m 30.03	100m 1:06.55	150m 1:45.82	200m 2:24.43	250m 3:07.69
				300m 3:53.18	350m 4:28.95
				400m 5:03.75	
27.	John TELENSKY	15	Harpenden	5:05.40	458
	50m 30.95	100m 1:07.81	150m 1:46.93	200m 2:26.02	250m 3:12.22
				300m 3:57.69	350m 4:32.80
				400m 5:05.40	
28.	George HART	15	Mid Beds	5:05.71	457
	50m 32.64	100m 1:11.21	150m 1:49.72	200m 2:26.58	250m 3:10.88
				300m 3:55.75	350m 4:31.62
				400m 5:05.71	
29.	Matthew ADDIS	18	West Norfolk	5:10.83	434
	50m 30.33	100m 1:05.91	150m 1:45.44	200m 2:25.26	250m 3:12.13
				300m 3:59.61	350m 4:36.33
				400m 5:10.83	
30.	Benjamin HARVEY	14	Basildon Ph	5:12.88	426
	50m 32.36	100m 1:10.30	150m 1:50.65	200m 2:29.85	250m 3:15.99
				300m 4:02.28	350m 4:38.66
				400m 5:12.88	



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EVENT 602 Womens Open 100m Backstroke

Senior Record 1:01.34 Junior Record 1:01.34

Full Results

Place	Name	AaD	Club	Cat	Time	FINA Pt	50
1.	Mollie ALLEN	18	Co Peterboro		1:01.64	711	29.70
2.	Rachel WELLINGS	16	Co Peterboro		1:02.57	680	30.64
3.	Rebecca SHERWIN	16	teamipswich		1:04.10	632	30.83
4.	Bethany SAUNDERS	17	Co Peterboro		1:04.35	625	30.94
5.	Lauren HALL	17	Co Cambridge		1:04.77	613	31.60
6.	Meghan MAYBANKS	16	DunmowAtlant		1:05.01	606	31.28
7.	Niamh JAMES	15	Bishop Stort		1:05.19	601	31.92
8.	Maisie EASTER	14	UEA Norwich		1:05.60	590	31.57
9.	Lija RADZIUNAITE	14	Stowmarket		1:05.65	588	31.82
10.	Josie PRETIOUS-WHITE	15	Bishop Stort		1:05.67	588	31.45
11.	Georgina PRYOR	18	Harlow Pen		1:05.83	584	31.74
12.	Mia CARTER	14	Bishop Stort		1:06.11	576	31.50
13.	Megan PYE	14	UEA Norwich		1:06.16	575	32.05
14.	Grace WYLIE	15	Hatfield		1:06.30	571	32.50
15.	Lauren STOTT	14	Co St Albans		1:06.46	567	32.40
16.	Emma CRUICKSHANKS	13	teamipswich		1:06.93	555	32.32
17.	Abbie LOW	14	Chelmsford		1:06.96	555	32.32
18.	Eleanor KING	16	Dunstable		1:06.98	554	32.67
19.	Beatrice BARDER	17	Co St Albans		1:07.01	553	32.10
20.	Maddison SAUNDERS	15	Co Peterboro		1:07.07	552	32.53
21.	Amelia PEDDLE	16	Epping For't		1:07.20	549	32.32
22.	Anna BLAKELEY	14	Co Peterboro		1:07.42	543	32.18
23.	Matida MEYRICK	13	Norfolk Vikg		1:07.57	540	33.19
24.	Emily WHYTE	13	teamipswich		1:07.59	539	33.21
25.	Amelia MONAGHAN	14	Co Peterboro		1:07.61	539	32.69
26.	Claire BURRELL	15	Harpenden		1:07.73	536	32.67
27.	Molly OLLINGTON	18	West Suffolk		1:07.85	533	32.36
28.	Sammy HUMPHREY	20	Leighton Buz		1:08.16	526	33.31
29.	Emma LESLIE	15	Co Peterboro		1:08.22	524	33.21
30.	Lara-Grace MOUNT	14	West Norfolk		1:08.31	522	33.39
30.	Angel DUNDERDALE	15	UEA Norwich		1:08.31	522	32.72
32.	Georgia PEASE	14	Basildon Ph		1:08.49	518	32.97
33.	Macy LAWRENCE	14	Basildon Ph		1:08.53	517	32.50
34.	Bailey WILKES	15	Hatfield		1:08.60	516	33.21
35.	Emily GREEN	15	Brentwood		1:08.74	513	33.30
36.	Keelin MCKENNA	17	Hemel Hemp		1:08.75	512	32.75
37.	Dora ZHOU	16	Epping For't		1:08.98	507	32.50
38.	Roxanne UYS	17	West Norfolk		1:09.24	502	33.18
39.	Scarlett MORINE	14	Chelmsford		1:09.33	500	32.99
40.	Greta BALFOUR	17	Norwich Swan		1:09.72	491	34.47
41.	Carys BREALEY	12	Harlow Pen		1:09.76	490	33.70
42.	Zara PRETIOUS-WHITE	16	Bishop Stort		1:09.80	490	32.61
43.	Rebecca SEWELL	16	Hemel Hemp		1:09.82	489	33.43
44.	Faye HERMON	17	Felixstowe		1:09.91	487	33.69
45.	Megan COOK	16	Harlow Pen		1:10.10	483	33.41
46.	Annabelle KITCHING	14	Chelmsford		1:10.20	481	34.13
47.	Bethany PALMER	18	UEA Norwich		1:10.30	479	33.81
48.	Christina WILSON	16	Norwich Swan		1:10.45	476	34.27
49.	Sophie BURNS	16	Watford SC		1:10.53	474	34.71
50.	Leanne CAREY	17	Watford SC		1:10.63	472	34.76
50.	Chloe SORRELL	15	West Norfolk		1:10.63	472	34.08
52.	Jasmine SEAMARKS	16	Co Cambridge		1:10.81	469	34.49
53.	Zoe HORNE	16	Co St Albans		1:10.90	467	34.46
54.	Freya LINES	14	St Felix Sch		1:11.07	464	34.19
55.	Sonia TUMIOTTO	15	St Felix Sch		1:11.08	464	34.85
56.	Fern MORRIN	14	teamipswich		1:11.25	460	33.06
57.	Jade GOODE	13	Co Peterboro		1:11.29	459	34.16
58.	Eloise CONWAY	16	Halstead		1:11.52	455	34.44
59.	Ellie-Mae SMITH	15	teamipswich		1:11.81	450	34.60
60.	Hannah BRECKNELL	16	West Suffolk		1:12.03	445	34.39
61.	Gemma TROTT	17	Mid Beds		1:12.08	444	34.65
62.	Celeste ANDREW	15	Harlow Pen		1:12.34	440	34.43
63.	Danielle HARTIN	14	Basildon Ph	14	1:16.58	371	36.68
64.	Grace HARVEY	18	Hoddesdon	7	1:31.56	217	45.02
	Beth EDWARDS	16	West Suffolk		DQ		

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints	50
1.	Danielle HARTIN	14	Basildon Ph	14	1:16.58	630	36.68
2.	Grace HARVEY	18	Hoddesdon	7	1:31.56	548	45.02



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EVENT 603 Mens Open 100m Freestyle

Senior Record 46.75 Junior Record 50.56

Full Results

Place	Name	AaD	Club	Cat	Time	FINA Pt	50
1.	Regan LLOYD	19	teamipswich		50.92	687	24.49
2.	Luke TURLEY	16	Hatfield		51.40	668	25.09
3.	Harry CONSTANTINE	16	Hatfield		51.46	666	24.66
4.	Conor HARROLD	23	Basildon Ph		51.58	661	24.69
5.	Ignacio LARGHERO	17	Newmarket		52.03	644	25.20
6.	Henry CHOONG	19	Co Cambridge		52.05	643	24.87
7.	Lee BAKER	21	Harlow Pen		52.17	639	25.41
8.	Kevin PICKARD	28	Hatfield		52.72	619	25.57
9.	Mark LEAMON	29	Co Cambridge		52.80	616	25.14
10.	Jack SPENCE	22	Hemel Hemp		53.07	607	25.32
11.	Sonny TRIGG	21	teamipswich		53.12	605	25.78
11.	Daniel LEIGH	17	Co Peterboro		53.12	605	25.56
13.	Erik SULLIVAN	22	Co Cambridge		53.29	599	25.52
14.	Samuel COTTEE	16	teamipswich		53.43	595	25.59
15.	Reese HOUSDEN	14	Hatfield		53.52	592	25.69
16.	Nathan HUGHES	16	Hatfield		53.56	590	25.77
17.	Jake MOXHAM	14	Co Cambridge		53.59	589	25.95
18.	Dominic SCIFO	17	teamipswich		53.61	589	25.94
19.	Harvey JOLLY	16	Basildon Ph		53.62	588	25.29
20.	Jake THOMAS-MANSFIELD	16	St Felix Sch		53.78	583	26.01
21.	Thomas WIGGINS	17	Co Peterboro		53.91	579	25.67
21.	Adam MARTIN	16	Potters Bar		53.91	579	26.13
23.	Nathan WELLS	18	West Norfolk		53.93	578	25.82
24.	Reece NICHOLLS	16	Basildon Ph		53.97	577	25.82
25.	Mihai ANGHEL	20	teamipswich		53.99	576	26.03
26.	Luke SUGDEN	17	Hatfield		54.00	576	26.29
27.	Jack WEARS	17	Mid Beds		54.01	576	25.94
28.	Mason ARNOLD	19	Harlow Pen		54.13	572	25.83
29.	Tyler BERRY	16	Basildon Ph		54.14	571	25.95
30.	Thomas HOVEN	17	UEA Norwich		54.25	568	26.19
31.	Myles ROBINSON-YOUNG	14	Co Peterboro		54.34	565	26.69
32.	James WOODWARD	16	Potters Bar		54.35	565	26.59
33.	David SHIPMAN	16	Potters Bar		54.38	564	26.05
34.	Alex EVENS	17	Hitchin		54.39	564	25.96
35.	Kyle PANTON	21	DunmowAtlant		54.42	563	26.25
36.	Alec BURCHELL	18	Hitchin		54.43	562	25.96
37.	Troy DOUGLAS-COLLOW	20	Beccles Town		54.45	562	25.71
38.	Jack SPAIN	16	teamipswich		54.48	561	26.55
39.	Jamie SCHOLES	16	Co Peterboro		54.64	556	26.01
40.	Thomas CLARE	15	teamipswich		54.73	553	26.11
41.	James DAVIS	23	Basildon Ph		54.78	552	26.39
42.	Daniel LUSH	16	Cheshunt		54.79	551	26.14
43.	Dalton YALLOP	19	Beccles Town		54.80	551	25.50
44.	Bradley VEITCH	17	Bishop Stort		54.84	550	26.53
45.	Alex WALMSLEY	16	teamipswich		54.86	549	26.40
46.	Taylor BOWEN	15	West Suffolk		55.28	537	26.64
46.	Matthew TITMAN	15	Co Cambridge		55.28	537	26.53
48.	Jamie MCLAUGHLIN	19	DunmowAtlant		55.35	535	25.97
49.	Manfred BATTLE	14	Stowmarket		55.36	534	26.59
49.	Joshua FOWLES	17	Witham Dolph		55.36	534	26.59
51.	Ashley COOMBS	15	Hemel Hemp		55.50	530	26.19
52.	Joseph WELLS	17	West Norfolk		55.52	530	26.78
53.	Lucas DYSON-DIAZ	16	Hatfield		55.53	530	26.73
54.	Ayotobi LAGUDA	14	Hatfield		55.58	528	26.80
55.	Jordan NORTHWOOD	17	Berkhamsted		55.59	528	26.42
56.	Max WILSON	16	Modernians		55.64	526	27.12
57.	James CHENNELLS	15	Berkhamsted		55.66	526	26.72
58.	Oliver NEWTON	17	West Norfolk		55.68	525	26.41
59.	Max JELFS	15	Hatfield		55.70	525	26.97
60.	Sam PERKINS	14	teamipswich		55.71	524	26.81
60.	Callum DAVIS	16	Bishop Stort		55.71	524	26.20
62.	Harry EADE	16	teamipswich		55.77	523	27.67
63.	Joshua SMITH	15	DunmowAtlant		55.86	520	26.55
64.	Ryan JARVIS	17	Putteridge		56.03	515	26.96
65.	John BOYLE	15	DunmowAtlant		56.07	514	27.35
66.	Archie HOLMAN	18	West Norfolk		56.13	513	27.02
67.	James BLOUNT	16	Potters Bar		56.23	510	27.00
68.	Harvey SKELLERN	14	Co Cambridge		56.24	510	27.06
69.	Matthew ADDIS	18	West Norfolk		56.28	509	26.50
70.	Ole MILLS	17	Halstead		56.30	508	27.20
71.	Joshua BRISTOW	14	Modernians		56.64	499	26.83
71.	Stuart EVANS	16	Felixstowe		56.64	499	27.50
73.	Christian NEL	16	Berkhamsted		56.65	499	26.43
74.	Michael RIPPER	15	Co St Albans		56.70	497	27.07
74.	James COOPER	14	Basildon Ph		56.70	497	27.07
76.	Elliot WYLIE	17	Hatfield		56.73	497	27.23
77.	Bayley FINBOW	16	teamipswich		56.75	496	27.30
78.	Jude LIDDIARD	15	Co St Albans		56.82	494	27.26
79.	Myles TURNER	16	West Suffolk		56.85	493	27.66
79.	Louis SPONG	17	DunmowAtlant		56.85	493	27.21



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79. Oliver FITT	17	St Ives	56.85	493	25.97
82. Harvey NORMAN	15	Co Peterboro	56.86	493	27.41
83. Harry JONES	16	Hitchin	56.90	492	27.01
83. Jordan CATCHPOLE	17	UEA Norwich	14 56.90	492	27.40
85. Jonathon ADAM	14	Co Cambridge	57.01	489	27.37
86. Benjamin GARRATT	16	Hatfield	57.07	488	27.04
87. Jack RYAN	16	Biggleswade	57.08	488	27.19
88. Elliott DAY	14	teamipswich	57.14	486	27.23
89. Thomas BOYT	17	Felixstowe	57.24	483	27.66
90. Jonathan OWEN	16	Hitchin	57.44	478	26.22
91. Harrison LEES	15	Watford SC	57.54	476	27.85
92. Benjamin SARFIELD	17	Biggleswade	57.58	475	27.59
93. Benjamin ARKLE	17	Co Cambridge	57.68	472	27.78
94. Dylan NUTT	17	DunmowAttant	57.80	470	27.56
95. Joshua BIBBY	19	Witham Dolph	57.85	468	26.76
96. Michael JUDD	18	Dunstable	57.91	467	26.99
97. Ross BARNSHAW	18	Beccles Town	57.95	466	27.27
98. Ben BLOWERS	14	UEA Norwich	58.04	464	27.89
99. Charles CURRAN	18	Sudbury	58.82	445	27.25
100. Henry NEWELL	13	Newmarket	58.85	445	28.19
101. Charles RENNIE	15	Braintree	58.92	443	28.38
102. Nathan SWIFT	15	Putteridge	58.94	443	28.49
103. Louis HINES	19	Watford SC	14 59.02	441	28.04
103. Anthony SMITH	16	Hatfield	59.02	441	28.17
105. Harry WESTON	16	Norwich Swan	59.19	437	27.16
106. Cameron WOLSTENCROFT	13	Co Cambridge	59.31	435	28.63
107. Marcus KEMP	15	Watford SC	59.32	434	28.55
108. Jaxon SIMMONS	16	Co Peterboro	13 59.68	426	28.49
109. John TELENSKY	15	Harpenden	59.96	421	28.37
110. Ben HUNT	17	Harlow Pen	1:01.04	399	29.37
111. Callum HODGSON	16	Basildon Ph	14 1:06.41	309	31.63
112. Mark EVENS	20	Hitchin	14 1:09.57	269	34.19
113. Owen WOODROW	15	UEA Norwich	8 1:18.00	191	37.11
Joseph TAYLOR	16	Bishop Stort	DNC		
Theo PARK	18	Leiston	DQ		

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints	50
1.	Jordan CATCHPOLE	17	UEA Norwich	14	56.90	834	27.40
2.	Louis HINES	19	Watford SC	14	59.02	747	28.04
3.	Jaxon SIMMONS	16	Co Peterboro	13	59.68	720	28.49
4.	Callum HODGSON	16	Basildon Ph	14	1:06.41	524	31.63
5.	Mark EVENS	20	Hitchin	14	1:09.57	456	34.19
6.	Owen WOODROW	15	UEA Norwich	8	1:18.00	394	37.11



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EVENT 604 Womens Open 200m Freestyle

Senior Record 1:58.43 Junior Record 2:00.90

Full Results

Place	Name	AaD	Club	Cat	Time	FINA Pt	50	100	150
1.	Rebecca SHERWIN	16	teamipswich		2:04.72	700	28.88	1:00.48	1:32.68
2.	Katrin HEIDER	24	Co Cambridge		2:05.23	692	29.03	1:00.43	1:32.74
3.	Abigail WHITING	17	West Norfolk		2:05.45	688	29.57	1:01.51	1:33.53
4.	Leah ROUGHAN	17	Co Peterboro		2:06.59	670	29.60	1:01.80	1:34.15
5.	Abbie LOW	14	Chelmsford		2:07.34	658	29.19	1:01.76	1:34.74
6.	Poppy RICHARDSON	15	Co Peterboro		2:07.51	655	29.03	1:00.95	1:33.97
7.	Millie EMMANS	17	Co Cambridge		2:07.70	652	29.35	1:01.40	1:34.87
8.	Bethany SAUNDERS	17	Co Peterboro		2:07.76	651	29.33	1:01.06	1:33.84
9.	Charlotte WALKER	14	UEA Norwich		2:08.23	644	29.19	1:01.34	1:34.92
10.	Jessica-Jane APPLGATE	20	UEA Norwich	14	2:08.41	642	29.69	1:01.99	1:35.28
11.	Shannon STOTT	16	Co St Albans		2:08.79	636	29.89	1:02.29	1:36.56
12.	Holly HILDREW	17	Basildon Ph		2:08.88	635	29.16	1:01.88	1:35.79
13.	Lauren SIMPKINS	18	Putteridge		2:09.27	629	29.75	1:01.79	1:35.09
14.	Amy YOUNG	17	Bishop Stort		2:09.38	627	31.04	1:03.25	1:36.50
15.	Alice FENDER	15	Hemel Hemp		2:09.43	627	29.33	1:01.68	1:35.40
16.	Tia WILSON	14	Modernians		2:09.85	620	30.33	1:02.84	1:36.63
17.	Jessica WESTLAKE	17	St Felix Sch		2:10.34	613	29.91	1:02.96	1:36.96
18.	Lauren WATT	15	Newmarket		2:10.55	611	30.17	1:03.63	1:37.45
19.	Sonia TUMIOTTO	15	St Felix Sch		2:10.61	610	30.29	1:03.59	1:37.62
20.	Molly OLLINGTON	18	West Suffolk		2:10.69	609	29.21	1:01.39	1:35.60
21.	Erin LEE	14	Basildon Ph		2:10.85	606	30.44	1:03.80	1:37.89
22.	Anna BLAKELEY	14	Co Peterboro		2:10.90	606	29.87	1:02.89	1:36.93
23.	Emily DOWDING	18	teamipswich		2:11.19	602	30.09	1:03.21	1:37.32
24.	Amber HUGHES	17	Hatfield		2:11.40	599	31.02	1:04.08	1:37.72
25.	Lauren HARRISON	15	Co Peterboro		2:11.52	597	29.61	1:02.98	1:37.81
26.	Ellie WHEELER	14	Basildon Ph		2:11.90	592	30.90	1:04.49	1:38.61
27.	Mackenzie WHYATT	14	Co Peterboro		2:11.92	592	29.79	1:03.02	1:37.51
28.	Leanne CAREY	17	Watford SC		2:11.98	591	30.77	1:04.39	1:38.41
29.	Megan KEY	15	Basildon Ph		2:11.99	591	30.85	1:04.69	1:38.46
30.	Amelia PEDDLE	16	Epping For't		2:12.03	590	30.19	1:03.88	1:38.44
31.	Tegan WOLLASTON	17	Cheshunt		2:12.05	590	30.70	1:04.18	1:38.35
32.	Mia LEECH	14	Co Peterboro		2:12.38	586	30.35	1:03.81	1:38.15
33.	Annabelle BURGESS	13	teamipswich		2:12.42	585	30.54	1:03.78	1:38.81
34.	Amy PEMBERTON	15	Berkhamsted		2:12.71	581	30.08	1:03.84	1:39.12
35.	Chloe MOLONEY	14	DunmowAtlant		2:12.79	580	30.53	1:04.52	1:39.16
36.	Angharad EVANS	13	West Suffolk		2:12.96	578	30.31	1:04.58	1:39.65
37.	Rebecca STROUD	14	Brentwood		2:13.17	575	30.41	1:04.45	1:39.32
37.	Katie CONYERS	16	Potters Bar		2:13.17	575	29.75	1:03.76	1:38.74
39.	Sophie TAYLOR	15	St Felix Sch		2:13.32	573	31.09	1:04.91	1:39.65
40.	Kioni BROOMFIELD	16	Dereham		2:13.34	573	30.28	1:04.88	1:39.86
41.	Melissa ELEY	16	Chelmsford		2:13.59	570	30.55	1:04.48	1:39.44
42.	Matilda MEYRICK	13	Norfolk Vikg		2:13.74	568	31.62	1:07.08	1:40.86
42.	Bethany PALMER	18	UEA Norwich		2:13.74	568	31.79	1:06.12	1:40.67
44.	Caitlin WATSON-DOTCHIN	15	Basildon Ph		2:13.82	567	30.38	1:04.40	1:39.28
45.	Katie HAMMOND	13	Co Cambridge		2:13.90	566	31.62	1:05.38	1:40.02
46.	Tilly ANEMA	15	Norwich Swan		2:13.94	565	31.11	1:06.21	1:41.15
47.	Natasha BENTLEY	14	Hatfield		2:14.14	563	31.53	1:05.41	1:40.05
48.	Jessica LAITNER	15	Co St Albans		2:14.23	562	30.31	1:04.43	1:39.35
49.	Chantal SMITH	16	Team Luton		2:14.47	559	30.92	1:04.52	1:39.59
50.	Amber SHINE	16	Hatfield		2:14.93	553	31.96	1:06.26	1:41.00
51.	Maddison SAUNDERS	15	Co Peterboro		2:15.10	551	31.01	1:04.95	1:40.12
52.	Beatrice BARDER	17	Co St Albans		2:15.11	551	31.00	1:05.65	1:41.30
53.	Ella HALE	13	West Suffolk		2:15.26	549	31.15	1:05.90	1:41.25
54.	Faye HERMON	17	Felixstowe		2:15.30	548	31.61	1:05.99	1:41.38
55.	Gemma HANSON	13	Hatfield		2:15.34	548	31.50	1:06.23	1:41.25
56.	Imogen COOKE	15	UEA Norwich		2:15.39	547	31.42	1:05.63	1:40.86
57.	Annabel HEYWOOD	16	West Suffolk		2:15.44	547	30.98	1:05.21	1:40.41
58.	Madeleine CHAMBERS	16	St Felix Sch		2:15.55	545	31.77	1:06.61	1:41.26
59.	Emily LAMPON	17	Bishop Stort		2:15.62	545	32.64	1:06.91	1:41.77
60.	Lauren THOMAS	14	Mid Beds		2:15.64	544	30.72	1:05.64	1:41.55
61.	Jade GOODE	13	Co Peterboro		2:15.80	542	30.23	1:04.57	1:40.32
61.	Cathryn THOMSON	26	St Ives		2:15.80	542	30.83	1:05.16	1:40.92
63.	Billie GRANT	14	Hatfield		2:16.18	538	31.55	1:06.15	1:42.36
64.	Emily JONES	14	Modernians		2:16.25	537	30.65	1:05.64	1:41.61
65.	Niamh ADCOCK	15	UEA Norwich		2:16.41	535	31.15	1:06.39	1:42.14
66.	Lauren STOTT	14	Co St Albans		2:16.42	535	31.49	1:06.37	1:41.77
67.	Alice NEWNHAM-STEBBING	14	Lstoft & OB		2:16.53	534	31.05	1:05.84	1:41.65
68.	Faith GREEN	16	Co St Albans		2:16.57	533	31.42	1:06.56	1:41.08
69.	Chloe OGDEN	15	Bishop Stort		2:16.70	532	31.51	1:06.09	1:41.51
70.	Carys BREALEY	12	Harlow Pen		2:16.81	530	31.74	1:06.55	1:42.10
71.	Sarah CARROLL	14	Bishop Stort		2:17.05	528	32.65	1:07.91	1:42.51
72.	Lily MERRETT	13	Hoddesdon		2:17.38	524	30.54	1:05.42	1:42.23
73.	Bailey WILKES	15	Hatfield		2:17.41	523	31.91	1:06.94	1:42.43
74.	Jessica TURLEY	14	Hatfield		2:17.66	521	31.74	1:06.48	1:42.15
75.	Christina WILSON	16	Norwich Swan		2:17.87	518	32.32	1:07.79	1:44.07
76.	Sacha THOMAS	13	UEA Norwich		2:17.89	518	31.84	1:06.36	1:41.94
77.	Lauren YOUNG	13	Hatfield		2:18.17	515	32.27	1:08.18	1:43.92
78.	Georgia PURKIS	14	Hemel Hemp		2:18.45	512	31.78	1:07.22	1:43.07
79.	Eloise CONWAY	16	Halstead		2:18.88	507	32.81	1:08.56	1:45.07
80.	Lucy PARK	20	Watford SC		2:18.91	507	30.89	1:05.81	1:42.26



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81.	Scarlett MORINE	14	Chelmsford		2:19.25	503	31.20	1:06.93	1:43.41
82.	Emma CRUICKSHANKS	13	teamipswich		2:19.73	498	31.32	1:06.82	1:43.69
83.	Sophie BURNS	16	Watford SC		2:20.43	490	31.64	1:07.97	1:44.61
84.	Danielle HARTIN	14	Basildon Ph	14	2:23.30	462	32.77	1:10.45	1:48.46
85.	Megan PYE	14	UEA Norwich		2:26.24	434	33.50	1:10.90	1:49.01

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints	50	100	150
1.	Jessica-Jane APPLGATE	20	UEA Norwich	14	2:08.41	935	29.69	1:01.99	1:35.28
2.	Danielle HARTIN	14	Basildon Ph	14	2:23.30	673	32.77	1:10.45	1:48.46



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EVENT 605 Mens Open 50m Breaststroke

Senior Record 26.79 Junior Record 30.00

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Lawrence PALMER	24	Putteridge	27.69	758
2.	Brandon NABARRO	19	Putteridge	28.95	663
3.	Jordan BATSON	20	Putteridge	29.59	621
4.	Dominic HOLLOWAY	20	Co Cambridge	29.71	613
5.	Cameron MANLEY	17	Linslade	30.09	590
6.	Benjamin ARKLE	17	Co Cambridge	30.76	553
7.	Thomas WIGGINS	17	Co Peterboro	30.91	545
8.	David SHIPMAN	16	Potters Bar	30.96	542
9.	Jack CHRISTIE	18	Hemel Hemp	31.01	539
10.	Harry WAGNER	18	Newmarket	31.13	533
11.	Ignacio LARGHERO	17	Newmarket	31.15	532
12.	Christopher SEARLE	24	Dereham	31.20	530
13.	Ryan SYKES	20	West Norfolk	31.53	513
14.	Daniel HILL	17	Linslade	31.56	512
15.	Alex FLORANCE	16	West Norfolk	31.81	500
16.	Sam GAMBLE	17	Hitchin	31.93	494
17.	Samuel COTTEE	16	teamipswich	31.99	491
18.	Samuel BRYAN	15	Basildon Ph	32.02	490
19.	Matthew MCLAUGHLIN	23	DunmowAtlant	32.06	488
20.	Nathan SWIFT	15	Putteridge	32.08	487
21.	Ole MILLS	17	Halstead	32.11	486
22.	Ryan JARVIS	17	Putteridge	32.15	484
23.	Oliver PYLE	16	West Suffolk	32.29	478
24.	Daniel HURST	17	Berkhamsted	32.30	477
25.	Martin HAILES	42	Beccles Town	32.36	475
25.	Kyle PANTON	21	DunmowAtlant	32.36	475
27.	Peter LAWTON	25	Southend	32.40	473
28.	Finlay RYAN	17	Norwich Swan	32.42	472
29.	Sam PERKINS	14	teamipswich	32.49	469
30.	Sydney NEWNHAM-STEBBIN	17	Lstof & OB	32.55	466
30.	William LOVEMAN	16	Co St Albans	32.55	466
32.	Raffaele GRACI	15	Putteridge	32.57	465
33.	Christopher GREENHALGH	20	Sudbury	32.65	462
34.	Harvey BANNISTER	16	Bishop Stort	32.76	457
35.	Reese HOUSDEN	14	Hatfield	32.77	457
36.	Leone CRICK	18	Leighton Buz	32.79	456
37.	Joshua GAINES	18	Hemel Hemp	32.80	456
37.	Jack MCGARRY	22	Leighton Buz	32.80	456
39.	Ralph MUNCER	15	Team Luton	32.81	455
40.	Michael JUDD	18	Dunstable	33.10	443
41.	Louis SPONG	17	DunmowAtlant	33.15	441
42.	Martin RUSSELL-ROGERS	18	Hitchin	33.17	441
43.	Archie HOLMAN	18	West Norfolk	33.37	433
44.	Samuel SKUSE	15	Beccles Town	33.44	430
45.	Joseph COLLINS	17	Bishop Stort	33.49	428
46.	Bryn COUSER	14	Bishop Stort	33.54	426
47.	Callum DAVIS	16	Bishop Stort	33.58	425
48.	Dylan NUTT	17	DunmowAtlant	34.03	408
Cole JAMES		15	Hatfield	DQ	



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EVENT 606 Womens Open 50m Breaststroke

Senior Record 32.26 Junior Record 32.30

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Rebecca BURTON	18	Co Peterboro	32.40	702
2.	Leah ROUGHAN	17	Co Peterboro	32.96	667
3.	Keira FROSDICK	14	West Norfolk	33.37	642
4.	Molly LEE	15	West Norfolk	33.41	640
5.	Angharad EVANS	13	West Suffolk	33.57	631
6.	Agatha MALIKOVA	21	Co Cambridge	33.78	619
7.	Sarah O'BRIEN	20	UEA Norwich	34.07	604
8.	Roxanne UYS	17	West Norfolk	34.22	596
9.	Amelia MONAGHAN	14	Co Peterboro	34.25	594
9.	Abigail HURST	15	Berkhamsted	34.25	594
9.	Kathryn LOVEYS	29	Co Cambridge	34.25	594
12.	Louise BUSH	25	UEA Norwich	34.26	594
13.	Sophie PAYNE	14	Hatfield	34.46	583
14.	Lauren WATT	15	Newmarket	34.55	579
15.	Cira FLETCHER	18	Bishop Stort	34.58	577
16.	Rachel WELLINGS	16	Co Peterboro	34.87	563
17.	Nadine SMITH	15	Hatfield	34.90	561
18.	Lauren BAKER	21	Hatfield	34.92	560
19.	Sarah BOWEN	18	Lstof & OB	34.95	559
20.	Vejune PETRAITYTE	14	Basildon Ph	35.05	554
21.	Rachel ROBINSON	16	UEA Norwich	35.10	552
22.	Emily BIGGS	17	Co Cambridge	35.15	550
23.	Lauren SCOTT	14	Chelmsford	35.17	549
24.	Sara KALAWSKA	13	Hatfield	35.19	548
25.	Ellie MATTHEWS	13	Putteridge	35.23	546
26.	Annabelle BURGESS	13	teamipswich	35.55	531
26.	Lauren HARRISON	15	Co Peterboro	35.55	531
28.	Grace RAYNER	18	Hatfield	35.60	529
29.	Annalise WRIGHT	16	Linslade	35.73	523
30.	Caitlin MASCALL	16	Harlow Pen	35.74	523
31.	Erin O'MEARA	13	Watford SC	35.93	514
31.	Aoife MARLEY	14	Witham Dolph	35.93	514
33.	Lorena PROWSE GARCIA	14	Co Cambridge	36.08	508
34.	Cathryn THOMSON	26	St Ives	36.30	499
34.	Iona TRAINER	13	Co Ely	36.30	499
36.	Grace STEDMAN	13	Co St Albans	36.38	496
36.	Eleanor WILLIAMS	13	Watford SC	36.38	496
38.	Caitlin WATSON-DOTCHIN	15	Basildon Ph	36.44	493
39.	Megan WICKHAM	16	Bishop Stort	36.45	493
40.	Emily GALLAGHER	15	St Ives	36.54	489
40.	Imogen BLOOMFIELD	13	Co Cambridge	36.54	489
42.	Freya LINES	14	St Felix Sch	36.60	487
43.	Jessica LAITNER	15	Co St Albans	36.62	486
43.	Lucy JESSOP	16	Brentwood	36.62	486
45.	Lucy MOLLOY	16	Verulam	36.66	484
46.	Zara KEEGAN	14	Co Cambridge	36.71	482
47.	Emily SELLEN	17	Watford SC	36.84	477
48.	Polly FISH	12	Co Cambridge	36.92	474
49.	Lauren GRICE	17	Mid Beds	36.94	473
50.	Alara NORTON	15	Hatfield	36.96	473
51.	Olivya HOLLEYMAN	16	Harlow Pen	37.00	471
52.	Sammy HUMPHREY	20	Leighton Buz	37.06	469
53.	Kristin QUIGLEY	14	Linslade	37.15	465
54.	Jessica WOODWARD	13	Potters Bar	37.17	465
55.	Beth EDWARDS	16	West Suffolk	37.20	464
55.	Elena BACCAS	16	Verulam	37.20	464
57.	Emma KILLIN	15	Tring	37.22	463
58.	Katie LINES	15	Lstof & OB	37.23	462
59.	Grace MIDDLETON	14	Co Cambridge	37.24	462
60.	Poppy ALLEN	13	Basildon Ph	37.26	461
61.	Leanne CAREY	17	Watford SC	37.29	460
62.	Jasmine DEARNLEY	16	St Ives	37.30	460
63.	Lucy PARK	20	Watford SC	37.32	459
64.	Grace KING	13	teamipswich	37.38	457
65.	Alice FENDER	15	Hemel Hemp	37.44	455
66.	Faith GREEN	16	Co St Albans	37.47	454
66.	Isabelle ROSHER	13	teamipswich	37.47	454
68.	Olivia SMITH-LAL	18	Harlow Pen	37.50	452
69.	Maia MORGAN	13	Dunstable	37.56	450
70.	Megan BUNYARD	16	Linslade	37.64	447
71.	Charlotte ABRAMSON	12	UEA Norwich	37.66	447
72.	Sophie TAYLOR	13	DunmowAtlant	37.73	444
73.	Megan POPE	15	Cheshunt	37.75	444
74.	Sonja LOWDON	14	Hitchin	37.88	439
75.	Rachael JOHNSON	14	West Norfolk	37.95	437
75.	Rebecca GROGAN	14	Mid Beds	37.95	437
77.	Celyn WALMSLEY	15	Team Luton	38.09	432
78.	Chiara ROGERS	13	Team Luton	38.17	429
79.	Amber HEAD	14	Rochford	38.33	424
80.	Leanne ABREY	15	Hemel Hemp	38.63	414



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80. Faye HERMON	17	Felixstowe	38.63	414
82. Lauren GOODYER	16	Mid Beds	38.64	414
83. Charlotte NASH	15	Bishop Stort	38.81	408
84. Kirsty VEARS	18	Harlow Pen	38.87	406
85. Amy PEMBERTON	15	Berkhamsted	38.91	405



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Inspire: Luton Sports Village

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EVENT 607 Mens Open 200m Backstroke

Senior Record 1:50.73 Junior Record 2:02.89

Full Results

Place	Name	AaD	Club	Cat	Time	FINA Pt	50	100	150
1.	Jamie SCHOLLES	16	Co Peterboro		2:02.00	649	28.46	59.51	1:31.05
2.	Oliver FITT	17	St Ives		2:03.68	622	27.94	58.95	1:31.23
3.	Nathan WELLS	18	West Norfolk		2:06.21	586	29.39	1:01.57	1:34.09
4.	Samuel PEASE	17	Basildon Ph		2:07.17	573	28.88	1:34.11	2:07.17
5.	Brandon NABARRO	19	Putteridge		2:07.57	567	29.65	1:01.66	1:34.41
6.	Nathan HUGHES	16	Hatfield		2:08.57	554	29.68	1:02.68	1:36.28
7.	Jack SPENCE	22	Hemel Hemp		2:08.79	551	29.58	1:02.44	1:35.47
8.	Thomas CLARE	15	teamipswich		2:08.93	549	29.63	1:02.87	1:35.98
9.	Max JELFS	15	Hatfield		2:09.40	543	30.03	1:02.57	1:36.33
10.	Tyler BERRY	16	Basildon Ph		2:10.05	535	29.76	1:02.50	1:36.03
11.	Matthew GRAY	16	Co Peterboro		2:10.32	532	30.10	1:02.93	1:36.58
12.	Myles TURNER	16	West Suffolk		2:10.64	528	31.37	1:04.54	1:38.17
13.	Joshua GAINES	18	Hemel Hemp		2:10.70	527	30.70	1:04.62	1:38.26
14.	Manfred BATTLE	14	Stowmarket		2:10.94	524	30.12	1:03.45	1:37.76
15.	Elliott WYLIE	17	Hatfield		2:11.08	523	30.97	1:04.50	1:38.26
16.	Michael LARDNER	17	St Ives		2:11.27	521	30.40	1:03.65	1:37.94
17.	Reece NICHOLLS	16	Basildon Ph		2:11.59	517	30.75	1:03.74	1:37.78
18.	James COOPER	14	Basildon Ph		2:11.90	513	30.97	1:04.43	1:38.60
19.	Jack SANGSTER	15	Modernians		2:12.88	502	31.65	1:05.34	1:39.70
20.	Liam BRENNAN	14	Basildon Ph		2:12.95	501	30.09	1:03.57	1:38.57
21.	Harry WHITEMAN	16	Co Peterboro		2:14.42	485	31.31	1:05.75	1:40.82
22.	Jonathon ADAM	14	Co Cambridge		2:15.01	478	31.00	1:04.57	1:40.26
23.	Daniel CHADA	15	Bishop Stort		2:15.38	475	30.65	1:04.11	1:39.84
24.	Bayley FINBOW	16	teamipswich		2:15.46	474	31.22	1:04.79	1:40.19
25.	Jordan CATCHPOLE	17	UEA Norwich	14	2:16.47	463	31.83	1:06.81	1:42.65
26.	Charles FYNN	17	Co Cambridge		2:16.64	461	31.05	1:05.07	1:40.98
27.	James CHENNELLS	15	Berkhamsted		2:16.84	459	30.78	1:05.28	1:41.21
28.	Joshua SMITH	15	DunmowAtlant		2:17.02	458	30.36	1:04.78	1:40.68
29.	Thomas BOYT	17	Felixstowe		2:17.08	457	31.93	1:06.83	1:42.63
30.	Joseph WELLS	17	West Norfolk		2:17.46	453	31.75	1:06.94	1:42.24
31.	Harry FOX	17	Basildon Ph		2:17.76	450	31.71	1:05.97	1:41.54
32.	Lewis BAYLEY	15	Southend		2:18.05	447	31.65	1:06.71	1:42.73
33.	Michael RIPPER	15	Co St Albans		2:18.22	446	31.46	1:06.24	1:42.12
34.	Kazimir UZWYSHYN-JONES	17	Co St Albans		2:18.66	442	31.77	1:06.81	1:43.05
35.	John BOYLE	15	DunmowAtlant		2:18.74	441	31.65	1:08.14	1:44.79
36.	Oliver KENNY	19	West Norfolk		2:19.30	436	31.97	1:06.88	1:43.16
37.	Samuel PERKS	14	Basildon Ph		2:19.44	434	31.06	1:06.17	1:42.75
38.	Elliott DAY	14	teamipswich		2:19.72	432	32.38	1:08.17	1:44.00
39.	Tanin KURSIDIM	14	Co St Albans		2:19.75	431	32.13	1:07.28	1:43.60
40.	Matthew ROTHWELL	14	Co Peterboro		2:19.94	430	33.49	1:08.72	1:44.45
41.	Callum WOLLASTON	15	Cheshunt		2:20.52	424	32.55	1:08.37	1:44.71
42.	Ben HUNT	17	Harlow Pen		2:20.76	422	31.94	1:07.17	1:44.05
43.	James BOOTS	16	Lstof & OB		2:20.98	420	32.30	1:08.01	1:44.71
44.	Max WILSON	16	Modernians		2:21.37	417	32.76	1:08.44	1:45.03
45.	Jack TREMAIN	14	Modernians		2:21.56	415	32.02	1:07.75	1:45.38
46.	Jack EMERSON	16	Hitchin		2:21.58	415	32.73	1:08.34	1:45.32
47.	Thomas STANBURY	15	Potters Bar		2:22.20	409	33.02	1:09.18	1:46.10
48.	Matteo TONTODONATI	15	Bishop Stort		2:22.32	408	32.68	1:09.31	1:45.71
49.	Samuel WORTLEY	15	West Suffolk		2:22.44	407	32.31	1:08.42	1:45.62
50.	Jack RYAN	16	Biggleswade		2:24.47	390	32.77	1:08.46	1:46.39
51.	Sonny LING	15	Lstof & OB		2:29.73	351	33.25	1:10.68	1:49.95

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints	50	100	150
1.	Jordan CATCHPOLE	17	UEA Norwich	14	2:16.47	884	31.83	1:06.81	1:42.65



East Swimming
2016 Short Course Championships
(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing & to ASA Open Meet Licensing Criteria)
Inspire: Luton Sports Village
(Licensed Meet No. 2ER161979)



EVENT 608 Womens Open 800m Freestyle Team

Record 8:14.01

Full Results

Place	Name	Club	Time	FINA Pt
1.	City of Peterborough A	Co Peterboro	8:29.53	702
		Bethany SAUNDERS	2.09.75 29.16 34.20 33.95	
		Poppy RICHARDSON	2.08.44 28.78 33.85 33.44	
		Mollie ALLEN	2.04.80 27.74 32.95 33.03	
		Leah ROUGHAN	2.06.54 29.17 32.73 32.90	
2.	UEA City of Norwich A	UEA Norwich	8:34.09	683
		Charlotte WALKER	2.10.13 29.60 34.34 33.68	
		Rikke NAGELL-KLEVEN	2.05.71 29.44 32.28 31.91	
		Megan PYE	2.10.03 30.17 33.88 32.84	
		Jessica-Jane APPLGATE	2.08.22 28.45 33.91 33.76	
3.	City of Peterborough B	Co Peterboro	8:41.75	653
		Mia LEECH	2.10.82 30.03 34.26 33.63	
		Rachel WELLINGS	2.07.19 28.33 32.80 33.83	
		Maddison SAUNDERS	2.11.34 28.74 35.00 34.20	
		Anna BLAKELEY	2.12.40 29.31 35.14 34.69	
4.	Basildon and Phoenix S	Basildon Ph	8:47.60	632
		Dina DAY	2.12.02 30.91 33.59 33.97	
		Caitlin WATSON-DOTCHIN	2.13.49 30.09 34.55 34.76	
		Ellie WHEELER	2.12.79 31.09 34.33 33.12	
		Holly HILDREW	2.09.30 28.81 34.26 33.47	
5.	Hatfield SC - A	Hatfield	8:56.19	602
		Sophie PAYNE	2.14.31 31.93 34.63 33.39	
		Amber HUGHES	2.10.05 30.03 33.50 33.73	
		Sara KALAWSKA	2.14.03 31.85 33.96 33.20	
		Bailey WILKES	2.17.80 31.29 36.10 35.49	
6.	Hatfield SC - B	Hatfield	9:05.39	572
		Natasha BENTLEY	2.14.38 31.78 34.60 34.08	
		Amber SHINE	2.17.61 32.02 35.56 34.92	
		Lauren YOUNG	2.17.87 31.92 35.56 34.57	
		Louise FIDDES	2.15.53 32.00 33.91 33.76	
7.	Hatfield SC - C	Hatfield	9:08.54	562
		Billie GRANT	2.15.75 31.18 35.40 34.78	
		Jessica TURLEY	2.17.80 31.49 35.70 36.36	
		Gemma HANSON	2.16.99 31.37 35.94 34.30	
		Caitlin LOO	2.18.00 30.78 35.74 37.01	
8.	Hemel Hempstead A	Hemel Hemp	9:12.38	550
		Keelin MCKENNA	2.22.71 31.19 37.36 38.68	
		Rebecca SEWELL	2.20.59 30.41 37.71 36.79	
		Georgia PURKIS	2.18.05 30.97 36.22 35.63	
		Alice FENDER	2.11.03 29.53 34.72 33.84	