



East Swimming
2017 Long Course Championships
*(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing
& to ASA Open Meet Licensing Criteria)*



Weekend One - Luton
29th, 30th April, & 1st May 2017
(Licensed Meet No. 1ER170219)

EVENT 131 FINAL OF EVENT 111 Womens 15 Yrs 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Mia LEECH	15	Co Peterboro	2:23.65	718	32.23	1:08.48	1:46.94
2.	Olivia NORMAN	15	Colchester	2:26.05	687	32.21	1:09.22	1:48.39
3.	Annabelle KITCHING	15	Chelmsford	2:27.39	671	32.92	1:09.82	1:49.03
4.	Millie WARD	15	Brentwood	2:27.91	664	32.78	1:10.68	1:50.51
5.	Katy CHAMBERS	15	St Felix Sch	2:29.34	647	32.95	1:10.50	-
6.	Zara KEEGAN	15	Co Cambridge	2:30.73	631	33.06	1:11.65	1:51.22
7.	Lauren THOMAS	15	C Beds SS	2:31.20	625	33.40	1:10.99	-
8.	Abbie MCCARTHY	15	Colchester	2:31.55	621	33.89	1:10.84	1:51.85

EVENT 132 FINAL OF EVENT 111 Womens 16 Yrs 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Poppy RICHARDSON	16	Co Peterboro	2:23.48	721	32.19	1:07.18	1:46.56
2.	Lauren HARRISON	16	Co Peterboro	2:33.54	599	33.57	1:12.09	-
3.	Isabelle MARSHALL	16	Basildon Ph	2:41.28	520	33.83	1:13.69	1:58.64
4.	Ellen NORTHWOOD	16	Berkhamsted	2:43.91	495	35.84	1:16.17	1:59.33
5.	Bethany BYRNE	16	Thurrock	2:46.66	471	36.33	1:17.38	2:03.17
6.	Hannah TAPLIN	16	Deben	2:50.44	439	37.50	1:19.95	2:05.62

EVENT 133 FINAL OF EVENT 111 Womens 17 Yrs/Over 200m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Shannon STOTT	17	Hatfield	2:23.66	718	32.97	1:08.17	1:46.33
2.	Lauren GRICE	18	Leighton Buz	2:25.03	700	32.86	1:09.02	1:48.22
3.	Philippa SHUTTLEWORTH	20	Hatfield	2:26.05	687	32.61	1:09.42	1:49.41
4.	Millie EMMANS	18	Co Cambridge	2:27.68	667	32.03	1:08.75	1:48.14
5.	Danielle RAYNER	21	March	2:28.40	658	33.08	1:08.91	1:48.20
6.	Hannah MCNAUL	17	West Suffolk	2:31.23	625	32.78	1:09.55	1:49.57
7.	Hannah CURRELL	18	Hitchin	2:36.24	570	-	1:11.89	-
8.	Jessica FARROW	17	Hatfield	2:38.46	547	-	1:14.74	-

EVENT 134 FINAL OF EVENT 112 Mens 15 Yrs 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Jonathon ADAM	15	Co Cambridge	28.07	747
2.	Samuel PERKS	15	Basildon Ph	28.08	746
3.	Myles ROBINSON-YOUNG	15	Co Peterboro	28.85	695
4.	James COOPER	15	Basildon Ph	28.99	686
5.	Jack BOWYER	15	West Suffolk	29.60	648
6.	Liam BRENNAN	15	Basildon Ph	29.73	641
7.	Manfred BATTLE	15	Stowmarket	29.77	638
8.	Jack TREMAIN	15	Modernian	29.81	636

EVENT 135 FINAL OF EVENT 112 Mens 16 Yrs 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Thomas CLARE	16	teamipswich	27.83	764
2.	Daniel CHADA	16	Bishop Stort	28.16	741
3.	Joshua SMITH	16	DunmowAtlant	28.58	713
4.	John BOYLE	16	DunmowAtlant	29.22	672
5.	Matthew TITMAN	16	Co Cambridge	29.28	668
6.	Evan THOMAS-MANSFIELD	16	West Suffolk	30.03	623
7.	Jack SANGSTER	16	Modernian	30.12	618
8.	Taylor BOWEN	16	West Suffolk	30.43	601

EVENT 136 FINAL OF EVENT 112 Mens 17 Yrs/Over 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Oliver FITT	18	St Ives	27.24	807
2.	Matthew GRAY	17	Co Peterboro	27.77	768
3.	Harry CONSTANTINE	17	Hatfield	27.86	762
3.	Samuel PEASE	18	Basildon Ph	27.86	762
5.	Ruben DEKKER	24	Co Cambridge	28.04	749
6.	Jamie SCHOLLES	17	Co Peterboro	28.07	747
7.	Nathan WELLS	19	West Norfolk	28.17	740
8.	Conor HARROLD	24	Basildon Ph	28.42	723



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EVENT 137 FINAL OF EVENT 113 Womens 15 Yrs 50m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Mia MASPERS	15	teamipswich	26.77	783
2.	Macy LAWRENCE	15	Basildon Ph	26.83	779
3.	Amie PHILPOT	15	teamipswich	27.35	741
4.	Rebecca WATT	15	DunmowAtlant	27.36	741
5.	Anna BLAKELEY	15	Co Peterboro	27.96	700
6.	Abbie LOW	15	Chelmsford	28.08	692
7.	Mackenzie WHYATT	15	Co Peterboro	28.75	649
8.	Rebecca STROUD	15	Brentwood	28.79	646

EVENT 138 FINAL OF EVENT 113 Womens 16 Yrs 50m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Poppy RICHARDSON	16	Co Peterboro	27.98	698
2.	Chloe LENCE	16	Modernian	28.08	692
3.	Lauren WATT	16	Newmarket	28.16	686
4.	Sonia TUMIOTTO	16	St Felix Sch	28.37	673
5.	Jessica MANSFIELD	16	Huntingdon	28.59	659
6.	Amy PEMBERTON	16	Berkhamsted	28.90	640
7.	Celeste ANDREW	16	Harlow Pen	29.18	623
8.	Niamh ADCOCK	16	UEA Norwich	29.28	617

EVENT 139 FINAL OF EVENT 113 Womens 17 Yrs/Over 50m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Mollie ALLEN	19	Co Peterboro	26.40	811
2.	Martha DULEY	18	Colchester	26.75	785
3.	Meghan MAYBANKS	17	DunmowAtlant	26.77	783
4.	Elinor DULEY	17	Colchester	26.87	776
5.	Bethany SAUNDERS	18	Co Peterboro	27.29	746
6.	Rebecca SHERWIN	17	teamipswich	27.35	741
7.	Lauren SIMPKINS	19	Putteridge	27.51	730
8.	Katrin HEIDER	25	Co Cambridge	27.96	700

EVENT 140 FINAL OF EVENT 114 Mens 15 Yrs 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Sam PERKINS	15	teamipswich	1:10.02	668	33.31
2.	Oliver CASHIN	15	Co Cambridge	1:11.19	639	33.73
3.	Reese HOUSDEN	15	Hatfield	1:11.70	626	34.45
4.	Joshua BRISTOW	15	Modernian	1:12.39	610	34.14
5.	Adam HARDY	15	teamipswich	1:12.72	602	35.35
6.	Lewis MOORE	15	Deben	1:12.86	599	35.28
7.	Bryn COUSER	15	Bishop Stort	1:13.99	573	35.66
8.	Ayotobi LAGUDA	15	Hatfield	1:14.84	555	35.03

EVENT 141 FINAL OF EVENT 114 Mens 16 Yrs 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Charles RAYNER	16	Hatfield	1:07.63	733	32.34
2.	Ralph MUNCER	16	Co St Albans	1:08.96	696	32.44
3.	Cole JAMES	16	Hatfield	1:08.98	696	33.15
4.	Samuel BRYAN	16	Basildon Ph	1:10.38	659	33.48
5.	Jack RICHES	16	UEA Norwich	1:13.92	575	34.46
6.	Charles RENNIE	16	Braintree	1:14.27	567	-
7.	Maxim DE WILDT	16	Co Cambridge	1:14.45	563	34.51
8.	Joseph RICHARDSON	16	Harpندن	1:15.71	536	35.79

EVENT 142 FINAL OF EVENT 114 Mens 17 Yrs/Over 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Lawrence PALMER	25	Putteridge	1:04.61	824	29.19
2.	Nathan HUGHES	17	Hatfield	1:05.40	799	31.35
3.	Brandon NABARRO	20	Putteridge	1:06.56	764	30.90
4.	Cameron MANLEY	18	C Beds SS	1:07.18	746	30.68
5.	Benjamin ARKLE	18	Co Cambridge	1:07.76	729	31.19
6.	Thomas WIGGINS	18	Co Peterboro	1:08.85	699	32.01
7.	David SHIPMAN	17	Potters Bar	1:09.88	672	31.95
8.	Robin TURNER	17	Bishop Stort	1:11.79	624	33.36



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EVENT 143 FINAL OF EVENT 115 Womens 15 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Amelia MONAGHAN	15	Co Peterboro	2:38.94	770	36.34	1:16.26	1:58.69
2.	Sophie PAYNE	15	Hatfield	2:40.38	752	36.90	1:18.02	-
3.	Vejune PETRAITYTE	15	Basildon Ph	2:45.74	690	36.80	1:19.23	2:03.18
4.	Keira FROSDICK	15	West Norfolk	2:46.45	682	36.71	1:18.10	2:02.43
5.	India WESTON	15	Norfolk Viking	2:48.06	664	39.00	1:21.57	2:04.72
6.	Aoife MARLEY	15	Witham Dolph	2:49.60	648	39.07	1:21.58	2:07.46
7.	Lauren SCOTT	15	Chelmsford	2:51.30	630	39.41	1:22.29	2:06.61
8.	Kristin QUIGLEY	15	Modernian	2:54.99	594	39.36	1:24.13	2:09.62

EVENT 144 FINAL OF EVENT 115 Womens 16 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Lauren HARRISON	16	Co Peterboro	2:44.23	707	39.00	1:19.95	2:02.87
2.	Honey HARVEY	16	Gt Yarmouth	2:45.47	693	39.00	1:20.50	2:03.90
3.	Abigail HURST	16	Berkhamsted	2:45.69	690	37.81	1:20.36	-
4.	Alara NORTON	16	Hatfield	2:49.18	652	38.64	1:21.18	2:05.01
5.	Celyn WALMSLEY	16	Team Luton	2:49.53	649	39.11	1:21.61	2:05.69
6.	Katie LINES	16	Lstof & OB	2:55.15	592	39.19	1:24.12	2:09.70
7.	Caitlin WATSON-DOTCHIN	16	Basildon Ph	2:55.89	585	39.44	1:24.25	2:10.64
8.	Rebecca MERRILL	16	Norwich Swan	3:01.89	531	40.93	1:25.52	2:14.07

EVENT 145 FINAL OF EVENT 115 Womens 17 /Over 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Rebecca BURTON	19	Co Peterboro	2:35.24	817	35.33	1:14.23	1:54.76
2.	Louise BUSH	26	UEA Norwich	2:42.48	727	37.72	1:17.93	2:01.29
3.	Natalie COOGANS	20	West Norfolk	2:42.76	724	37.88	1:18.93	2:01.89
4.	Laura COPPING	17	Hatfield	2:48.87	656	38.27	1:20.54	2:05.63
5.	Cira FLETCHER	19	Bishop Stort	2:49.71	647	38.57	1:21.63	2:06.30
6.	Amber HUGHES	18	Hatfield	2:51.34	630	39.17	1:21.38	2:05.64
7.	Hannah MCNAUL	17	West Suffolk	2:55.65	588	39.49	1:22.94	2:09.27
8.	Olivia NICOLAI	17	West Suffolk	2:56.61	579	41.08	1:25.10	2:11.95

EVENT 146 FINAL OF EVENT 116 Mens 15 Yrs 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Collins SALIBOKO	15	St Felix Sch	1:00.10	665	28.40
2.	Jack BOWYER	15	West Suffolk	1:00.39	656	28.93
3.	Mason HUNNISETT	15	Basildon Ph	1:00.51	653	28.65
4.	Oliver REEK	15	UEA Norwich	1:00.66	648	29.42
5.	Manfred BATTLE	15	Stowmarket	1:00.67	648	28.46
6.	Elliott DAY	15	teamipswich	1:02.55	595	30.94
7.	Angus HARROW	15	Harpenden	1:04.04	557	29.24
8.	Samuel PERKS	15	Basildon Ph	1:04.84	537	31.01

EVENT 147 FINAL OF EVENT 116 Mens 16 Yrs 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Matthew TITMAN	16	Co Cambridge	58.74	707	27.45
2.	Charles RAYNER	16	Hatfield	59.35	688	28.92
3.	Taylor BOWEN	16	West Suffolk	1:00.29	659	28.35
4.	Thomas CLARE	16	teamipswich	1:00.47	654	28.42
5.	Harrison LEES	16	Watford SC	1:02.19	605	29.15
6.	James MCFARLAND	16	C Beds SS	1:02.88	587	29.87
7.	James CHENNELLS	16	Berkhamsted	1:03.21	578	29.15
8.	Samuel BRYAN	16	Basildon Ph	1:03.64	567	29.40

EVENT 148 FINAL OF EVENT 116 Mens 17 Yrs/Over 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Nathan HUGHES	17	Hatfield	57.87	735	27.28
2.	James WOODWARD	17	Potters Bar	58.43	717	27.81
3.	Dominic SCIFO	18	teamipswich	58.66	710	27.29
4.	Sonny TRIGG	22	teamipswich	58.71	708	27.03
5.	Conor HARROLD	24	Basildon Ph	58.92	701	27.61
6.	Harry WHITEMAN	17	Co Peterboro	59.32	689	28.15
7.	Liam CURRAN	19	Putteridge	59.47	684	27.00
8.	Oliver NEWTON	18	West Norfolk	59.84	673	-



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EVENT 149 FINAL OF EVENT 121 Womens 15 Yrs 200m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Olivia NORMAN	15	Colchester	2:22.59	753	32.80	1:09.11	1:46.33
2.	Lauren STOTT	15	Hatfield	2:25.21	718	33.67	1:10.46	1:48.03
3.	Ellie WHEELER	15	Basildon Ph	2:25.30	716	34.81	1:12.17	1:49.78
4.	Amelia MONAGHAN	15	Co Peterboro	2:25.46	714	34.43	1:11.66	1:49.88
5.	Abbie LOW	15	Chelmsford	2:25.51	714	33.90	1:10.65	1:48.90
6.	Lara-Grace MOUNT	15	West Norfolk	2:28.20	680	33.91	1:10.71	1:49.39
7.	Lija RADZIUNAITE	15	Stowmarket	2:29.77	661	33.10	1:11.77	1:51.89
8.	Scarlett MORINE	15	Chelmsford	2:31.72	638	33.70	1:11.08	1:51.30

EVENT 150 FINAL OF EVENT 121 Womens 16 Yrs 200m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Niamh JAMES	16	Bishop Stort	2:23.95	734	34.51	1:11.42	1:48.13
2.	Grace WYLIE	16	Hatfield	2:25.46	714	34.44	1:12.51	1:49.74
3.	Emma LESLIE	16	Co Peterboro	2:25.68	711	34.01	1:10.96	1:48.36
4.	Claire BURRELL	16	Harpenden	2:28.35	678	34.80	1:12.51	1:51.30
5.	Tilly ANEMA	16	Norwich Swan	2:28.45	677	35.03	1:12.79	1:51.47
6.	Celyn WALMSLEY	16	Team Luton	2:30.28	654	35.51	1:12.98	1:51.59
7.	Emily GREEN	16	Brentwood	2:32.46	629	35.04	1:13.09	1:53.04
8.	Sophie TAYLOR	16	St Felix Sch	2:33.46	618	-	1:14.44	-

EVENT 151 FINAL OF EVENT 121 Womens 17 Yrs/Over 200m Backstroke

Full Results

Place	Name	AaD	Club	Time	GB Pts	50	100	150
1.	Rachel WELLINGS	17	Co Peterboro	2:17.48	826	31.65	1:05.76	1:41.64
2.	Rebecca SHERWIN	17	teamipswich	2:19.55	795	32.66	1:07.30	1:43.44
3.	Bethany SAUNDERS	18	Co Peterboro	2:23.37	742	32.45	1:07.66	1:45.28
4.	Martha DULEY	18	Colchester	2:24.19	731	32.58	1:08.88	1:46.72
5.	Emily DOWDING	19	teamipswich	2:25.42	715	33.26	1:10.10	1:48.11
6.	Philippa SHUTTLEWORTH	20	Hatfield	2:26.26	704	34.98	1:11.75	1:49.08
7.	Danielle RAYNER	21	March	2:27.37	690	33.65	1:10.79	1:49.60
8.	Amber HUGHES	18	Hatfield	2:36.17	588	36.65	1:16.59	1:56.80

EVENT 152 FINAL OF EVENT 122 Mens 15 Yrs 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Reese HOUSDEN	15	Hatfield	53.82	738	26.41
2.	Myles ROBINSON-YOUNG	15	Co Peterboro	54.02	731	26.74
3.	Jake MOXHAM	15	Co Cambridge	54.17	726	26.40
4.	Sam PERKINS	15	teamipswich	56.29	655	27.38
4.	Jonathon ADAM	15	Co Cambridge	56.29	655	27.28
6.	Ayotobi LAGUDA	15	Hatfield	56.66	643	27.29
7.	Herbie KINDER	15	Co Peterboro	57.12	629	-
8.	Joshua BRISTOW	15	Modernian	57.63	614	27.80

EVENT 153 FINAL OF EVENT 122 Mens 16 Yrs 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Thomas CLARE	16	teamipswich	54.77	705	27.13
2.	Max JELFS	16	Hatfield	54.92	700	26.77
3.	James CHENNELLS	16	Berkhamsted	55.31	687	26.56
4.	Joshua SMITH	16	DunmowAtlant	55.68	674	26.82
5.	Matthew TITMAN	16	Co Cambridge	56.25	656	27.60
6.	Michael RIPPER	16	Co St Albans	56.47	649	26.76
7.	Evan THOMAS-MANSFIELD	16	West Suffolk	56.58	646	27.34
8.	Ashley COOMBS	16	Hemel Hemp	56.61	645	26.85

EVENT 154 FINAL OF EVENT 122 Mens 17 Yrs/Over 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	GB Pts	50
1.	Harry CONSTANTINE	17	Hatfield	51.58	823	25.31
2.	Luke TURLEY	17	Hatfield	51.61	821	25.61
3.	Regan LLOYD	20	teamipswich	53.09	765	25.40
4.	Henry CHOONG	20	Co Cambridge	53.60	746	25.98
5.	Conor HARROLD	24	Basildon Ph	53.69	743	25.82
6.	Oliver FITT	18	St Ives	54.16	726	26.04
7.	Lee BAKER	22	Harlow Pen	54.55	712	25.57
8.	James WOODWARD	17	Potters Bar	55.88	668	27.45



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EVENT 155 FINAL OF EVENT 123 Womens 15 Yrs 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Keira FROSDICK	15	West Norfolk	33.83	788
2.	Vejune PETRAITYTE	15	Basildon Ph	34.87	729
3.	Sophie PAYNE	15	Hatfield	35.44	698
4.	Lauren SCOTT	15	Chelmsford	35.70	685
5.	Amelia MONAGHAN	15	Co Peterboro	35.79	680
6.	Nicole CHANDLER	15	teamipswich	36.08	666
7.	Grace MIDDLETON	15	Co Cambridge	36.45	647
8.	Aoife MARLEY	15	Witham Dolph	37.28	608

EVENT 156 FINAL OF EVENT 123 Womens 16 Yrs 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Abigail HURST	16	Berkhamsted	33.69	797
2.	Molly LEE	16	West Norfolk	34.22	766
3.	Nadine SMITH	16	Hatfield	35.69	685
4.	Alara NORTON	16	Hatfield	36.00	670
5.	Lauren WATT	16	Newmarket	36.36	652
6.	Honey HARVEY	16	Gt Yarmouth	36.46	647
7.	Lauren HARRISON	16	Co Peterboro	36.67	637
8.	Alice FENDER	16	Hemel Hemp	37.27	609

EVENT 157 FINAL OF EVENT 123 Womens 17 Yrs/Over 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	GB Pts
1.	Rebecca BURTON	19	Co Peterboro	32.47	873
2.	Kathryn LOVEYS	30	Co Cambridge	33.24	824
3.	Roxanne UYS	18	West Norfolk	33.51	807
4.	Cira FLETCHER	19	Bishop Stort	34.55	747
5.	Agatha MALIKOVA	22	Co Cambridge	34.89	728
6.	Laura COPPING	17	Hatfield	35.07	718
7.	Louise BUSH	26	UEA Norwich	35.10	717
7.	Rachel ROBINSON	17	UEA Norwich	35.10	717



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EVENT 158 Mens 14/16 Yrs 400m Medley Team

Full Results

Place	Name	Club	Time	GB Pts
1.	Hatfield SC A 50m 31.10	Hatfield	4:06.02	696
	100m 1:03.44	150m 1:36.77	200m 2:12.90	250m 2:40.90
	300m 3:13.37	350m 3:38.47	400m 4:06.02	
2.	City of Cambridge SC 50m 30.31	Co Cambridge	4:06.70	691
	100m 1:01.78	150m 1:35.77	200m 2:14.18	250m 2:41.89
	300m 3:13.54	350m 3:38.57	400m 4:06.70	
3.	Basildon & Phoenix SC 50m 30.40	Basildon Ph	4:09.56	670
	100m 1:03.20	150m -	200m 2:13.45	250m -
	300m 3:14.41	350m 3:40.30	400m 4:09.56	
4.	City of Peterborough A 50m 30.43	Co Peterboro	4:14.35	636
	100m 1:03.83	150m 1:39.26	200m 2:17.91	250m 2:48.03
	300m 3:20.84	350m 3:46.36	400m 4:14.35	
5.	City of St Albans SC 50m 32.24	Co St Albans	4:15.25	629
	100m 1:07.26	150m 1:39.52	200m 2:16.73	250m 2:45.71
	300m 3:19.03	350m 3:45.77	400m 4:15.25	
6.	UEA City of Norwich SC 50m 32.35	UEA Norwich	4:18.65	607
	100m 1:07.09	150m 1:40.22	200m 2:19.58	250m 2:48.90
	300m 3:21.61	350m 3:48.39	400m 4:18.65	
7.	West Suffolk SC 50m 32.33	West Suffolk	4:22.07	585
	100m 1:05.61	150m 1:40.86	200m 2:21.42	250m 2:50.85
	300m 3:23.96	350m 3:52.05	400m 4:22.07	
8.	Hatfield SC B 50m 33.05	Hatfield	4:26.32	558
	100m 1:09.65	150m 1:44.61	200m 2:23.30	250m 2:53.37
	300m 3:28.25	350m 3:55.78	400m 4:26.32	
9.	Hemel Hempstead SC 50m 34.45	Hemel Hemp	4:29.09	542
	100m 1:10.49	150m 1:45.44	200m 2:26.42	250m 2:56.93
	300m 3:31.49	350m 3:58.74	400m 4:29.09	
10.	Watford SC 50m 32.23	Watford SC	4:31.06	530
	100m 1:07.09	150m 1:42.31	200m 2:24.04	250m 2:46.08
	300m 3:28.96	350m 3:48.63	400m 4:31.06	
11.	Harpenden SC A 50m 32.87	Harpenden	4:33.07	519
	100m 1:07.13	150m 1:44.16	200m 2:27.37	250m 2:57.37
	300m 3:32.33	350m 4:00.99	400m 4:33.07	
12.	Potters Bar SC 50m 32.15	Potters Bar	4:34.36	512
	100m 1:07.11	150m 1:42.25	200m 2:23.50	250m -
	300m 3:30.09	350m 3:59.87	400m 4:34.36	
13.	Harpenden SC B 50m 33.75	Harpenden	4:46.07	451
	100m 1:10.27	150m 1:48.48	200m 2:33.47	250m 3:04.14
	300m 3:40.66	350m 4:11.48	400m 4:46.07	
14.	City of Peterborough B 50m 34.75	Co Peterboro	4:51.30	426
	100m 1:13.33	150m 1:53.88	200m 2:38.37	250m -
	300m 3:46.74	350m 4:17.62	400m 4:51.30	

EVENT 159 Mens 17 Yrs/Over 400m Medley Team

Full Results

Place	Name	Club	Time	GB Pts
1.	Hatfield SC A 50m 29.52	Hatfield	3:57.36	764
	100m 1:00.58	150m 1:31.65	200m 2:06.47	250m 2:33.84
	300m 3:05.24	350m 3:30.88	400m 3:57.36	
2.	City of Cambridge SC 50m 28.97	Co Cambridge	3:59.61	746
	100m 59.77	150m 1:30.98	200m 2:07.10	250m 2:33.77
	300m 3:06.87	350m 3:32.08	400m 3:59.61	
3.	City of Peterborough A 50m 28.94	Co Peterboro	4:00.59	738
	100m 59.50	150m 1:31.44	200m 2:08.59	250m 2:37.18
	300m 3:07.72	350m 3:33.19	400m 4:00.59	
4.	Hatfield SC B 50m 30.19	Hatfield	4:10.29	664
	100m 1:01.50	150m 1:36.15	200m 2:15.88	250m 2:43.02
	300m 3:15.54	350m 3:42.60	400m 4:10.29	
5.	Potters Bar SC 50m 31.27	Potters Bar	4:10.86	660
	100m 1:02.72	150m 1:35.63	200m 2:13.41	250m 2:41.61
	300m 3:14.93	350m 3:41.40	400m 4:10.86	
6.	Basildon & Phoenix SC 50m 29.65	Basildon Ph	4:10.88	660
	100m 1:01.88	150m -	200m 2:17.22	250m 2:44.61
	300m 3:16.99	350m 3:41.60	400m 4:10.88	
7.	Central Beds SS 50m 32.38	C Beds SS	4:14.06	638
	100m 1:07.91	150m 1:39.19	200m 2:16.86	250m 2:45.13
	300m 3:18.14	350m 3:45.15	400m 4:14.06	
8.	Hemel Hempstead SC 50m 31.66	Hemel Hemp	4:24.72	568
	100m 1:07.17	150m 1:33.16	200m 2:25.03	250m 2:41.17
	300m 3:28.97	350m 3:45.12	400m 4:24.72	



East Swimming

2017 Long Course Championships

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



Weekend One - Luton

29th, 30th April, & 1st May 2017
(Licensed Meet No. 1ER170219)

EVENT 160 Womens 14/16 Yrs 400m Free.Team

Full Results

Place	Name	Club	Time	GB Pts
1.	City of Peterborough A	Co Peterboro	4:02.07	763
	50m 29.77	100m 1:01.56	150m 1:30.37	200m 2:02.23
			250m 2:30.84	300m 3:02.00
			350m 3:30.79	400m 4:02.07
2.	UEA City of Norwich SC	UEA Norwich	4:05.19	738
	50m 29.34	100m 1:01.33	150m 1:30.69	200m 2:03.19
			250m 2:32.51	300m 3:05.50
			350m 3:34.22	400m 4:05.19
3.	Basildon & Phoenix SC	Basildon Ph	4:05.32	737
	50m 30.33	100m 1:02.18	150m 1:31.86	200m 2:04.15
			250m 2:34.06	300m 3:07.12
			350m 3:34.58	400m 4:05.32
4.	Modernian SC	Modernian	4:10.23	699
	50m 29.94	100m 1:01.31	150m 1:31.38	200m 2:04.14
			250m 2:34.14	300m 3:08.29
			350m 3:38.54	400m 4:10.23
5.	West Suffolk SC	West Suffolk	4:12.54	682
	50m 29.57	100m 1:02.06	150m 1:32.28	200m 2:04.90
			250m 2:34.57	300m 3:07.87
			350m 3:38.06	400m 4:12.54
6.	Dunmow Atlantis SC	DunmowAtlant	4:13.21	678
	50m 29.89	100m 1:02.94	150m 1:33.91	200m 2:07.39
			250m 2:37.65	300m 3:11.38
			350m 3:40.52	400m 4:13.21
7.	Hatfield SC A	Hatfield	4:15.53	661
	50m 30.41	100m 1:03.49	150m 1:33.53	200m 2:06.80
			250m 2:37.56	300m 3:10.46
			350m 3:40.94	400m 4:15.53
8.	City of Peterborough B	Co Peterboro	4:19.62	633
	50m -	100m 1:03.59	150m 1:34.25	200m 2:08.11
			250m 2:39.18	300m 3:13.90
			350m 3:44.78	400m 4:19.62
9.	Hemel Hempstead SC A	Hemel Hemp	4:19.88	631
	50m 30.29	100m 1:03.55	150m 1:35.87	200m 2:12.32
			250m 2:44.93	300m 3:19.33
			350m 3:48.42	400m 4:19.88
10.	Hatfield SC B	Hatfield	4:20.16	629
	50m 31.23	100m 1:04.60	150m 1:36.88	200m 2:11.36
			250m 2:42.55	300m 3:16.58
			350m 3:46.78	400m 4:20.16
11.	Potters Bar SC	Potters Bar	4:22.01	617
	50m 30.37	100m 1:04.40	150m 1:35.91	200m 2:11.06
			250m 2:43.52	300m 3:18.84
			350m 3:48.55	400m 4:22.01
12.	Cheshunt SC	Cheshunt	4:23.82	605
	50m 30.06	100m 1:03.75	150m 1:35.53	200m 2:10.43
			250m 2:42.54	300m 3:18.41
			350m 3:49.53	400m 4:23.82
13.	Harpenden SC	Harpenden	4:28.65	575
	50m 30.89	100m 1:04.82	150m 1:37.83	200m 2:14.58
			250m 2:46.73	300m 3:23.05
			350m 3:54.33	400m 4:28.65
14.	Hemel Hempstead SC B	Hemel Hemp	4:36.96	526
	50m 32.42	100m 1:08.29	150m 1:42.56	200m 2:21.03
			250m 2:52.82	300m 3:27.74
			350m 3:59.69	400m 4:36.96

EVENT 161 Womens 17 Yrs/Over 400m Free.Team

Full Results

Place	Name	Club	Time	GB Pts
1.	City of Peterborough A	Co Peterboro	3:56.55	809
	50m 27.87	100m 58.12	150m 1:26.19	200m 1:56.82
			250m 2:24.65	300m 2:55.43
			350m 3:24.18	400m 3:56.55
2.	City of Cambridge SC	Co Cambridge	4:02.25	761
	50m 29.45	100m 1:00.68	150m 1:29.85	200m 2:02.40
			250m 2:31.15	300m 3:02.38
			350m 3:30.45	400m 4:02.25
3.	Hatfield SC A	Hatfield	4:09.66	704
	50m 31.27	100m 1:05.12	150m 1:34.85	200m 2:06.63
			250m 2:36.20	300m 3:08.38
			350m 3:37.56	400m 4:09.66
4.	Potters Bar SC	Potters Bar	4:15.36	662
	50m 30.21	100m 1:02.91	150m 1:34.35	200m 2:08.52
			250m 2:40.02	300m 3:14.46
			350m 3:43.38	400m 4:15.36
5.	Hemel Hempstead SC A	Hemel Hemp	4:16.26	656
	50m 30.11	100m 1:03.47	150m 1:34.34	200m 2:07.79
			250m 2:38.25	300m 3:13.05
			350m 3:42.58	400m 4:16.26
6.	Basildon & Phoenix SC	Basildon Ph	4:17.69	646
	50m 29.98	100m 1:01.34	150m 1:32.14	200m 2:08.16
			250m 2:39.26	300m 3:15.89
			350m 3:44.77	400m 4:17.69
7.	Hemel Hempstead SC B	Hemel Hemp	4:25.77	593
	50m 30.53	100m 1:02.89	150m 1:35.52	200m 2:11.67
			250m 2:44.60	300m 3:19.71
			350m 3:51.26	400m 4:25.77