



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)



Start Lists Session One

Event 111 Womens 200m Butterfly

H 1	L 3 Jennifer READ	15 West Norfolk	2:43.25
	L 4 Rachael JOHNSON	15 West Norfolk	2:42.93
	L 5 Anya FLETCHER	15 Bishop Stort	2:43.25
H 2	L 1 Jessica PENKUL	15 Bishop Stort	2:42.87
	L 2 Ellen NORTHWOOD	16 Berkhamsted	2:41.54
	L 3 Hannah TAPLIN	16 Deben	2:39.51
	L 4 Bethany BYRNE	16 Thurrock	2:39.22
	L 5 Georgia PEASE	15 Basildon Ph	2:39.36
	L 6 Isabelle MARSHALL	16 Basildon Ph	2:40.70
	L 7 Rosie MUSPRATT	15 West Norfolk	2:42.85
H 3	L 1 Megan CLAYDON	17 Deben	2:37.57
	L 2 Olivia SEAL	15 Hatfield	2:36.07
	L 3 Peyton EWBANK	17 Norwich Swan	2:36.06
	L 4 Eleanor LLEWELLYN	17 West Suffolk	2:34.89
	L 5 Ceri HEARD	18 Watford SC	2:35.75
	L 6 Alexia NABARRO	18 Putteridge	2:36.06
	L 7 Melissa ELEY	17 Chelmsford	2:37.28
	L 8 Amber HEAD	15 Rochford	2:37.82
H 4	L 1 Jessica FARROW	17 Hatfield	2:33.51
	L 2 Lauren HARRISON	16 Co Peterboro	2:30.75
	L 3 Abbie MCCARTHY	15 Colchester	2:26.33
	L 4 Philippa SHUTTLEWORTH	20 Hatfield	2:18.32
	L 5 Mia LEECH	15 Co Peterboro	2:24.10
	L 6 Zara KEEGAN	15 Co Cambridge	2:29.77
	L 7 Georgina CURTIS	17 C Beds SS	2:32.44
	L 8 Tia GARDINER	15 Chelmsford	2:34.75
H 5	L 1 Tegan WOLLASTON	18 Cheshunt	2:33.31
	L 2 Lauren THOMAS	15 C Beds SS	2:30.60
	L 3 Katy CHAMBERS	15 St Felix Sch	2:25.61
	L 4 Shannon STOTT	17 Hatfield	2:16.65
	L 5 Millie EMMANS	18 Co Cambridge	2:23.62
	L 6 Annabelle KITCHING	15 Chelmsford	2:28.41
	L 7 Madeleine CHAMBERS	17 St Felix Sch	2:32.32
	L 8 Hannah MCNAUL	17 West Suffolk	2:34.06
H 6	L 1 Niamh PERRY	15 West Suffolk	2:32.53
	L 2 Hannah CURRELL	18 Hitchin	2:29.96
	L 3 Olivia NORMAN	15 Colchester	2:24.24
	L 4 Poppy RICHARDSON	16 Co Peterboro	2:16.37
	L 5 Danielle RAYNER	21 March 2:23.40	
	L 6 Millie WARD	15 Brentwood	2:26.70
	L 7 Lauren GRICE	18 Leighton Buz	2:31.60
	L 8 Megan COOK	17 Harlow Pen	2:34.02

Event 112 Mens 50m Backstroke

H 1	L 2 Elliotte LEDGER	15 March 31.28	
	L 3 Matthew ANDERSON	15 Deben	31.02
	L 4 Edward CAMPFIELD	15 Harpenden	30.95
	L 5 Matthew ROTHWELL	15 Co Peterboro	31.02
	L 6 Isaac BACHU	15 Diss Otters	31.21
	L 7 Ben PARADISE	15 Basildon Ph	31.30
H 2	L 1 Tommy CHANDLER	15 Gt Yarmouth	30.64
	L 2 Ismail RAHIM	15 Berkhamsted	30.59
	L 3 Glenn HARRISON	15 Hitchin	30.50
	L 4 Andrei GARE	16 Southend	30.44
	L 5 Jacob CLARKE	16 West Suffolk	30.49
	L 6 Aidan HOWARD	15 Leiston	30.59
	L 7 Collins SALIBOKO	15 St Felix Sch	30.63
	L 8 Thomas CADENHEAD	15 Co St Albans	30.77
H 3	L 1 Matthew TATUM	16 Diss Otters	30.41
	L 2 Thomas STANBURY	16 Potters Bar	30.32
	L 3 Charles RENNIE	16 Braintree	30.13
	L 4 Taylor BOWEN	16 West Suffolk	30.00
	L 5 Matteo TONTODONATI	16 Bishop Stort	30.03
	L 6 Callum WOLLASTON	16 Cheshunt	30.29
	L 7 Lewis MOORE	15 Deben	30.32
	L 8 Samuel WORTLEY	16 West Suffolk	30.41
H 4	L 1 Charles WHYTE	16 West Suffolk	29.79
	L 2 Marcus KEMP	16 Watford SC	29.73
	L 3 Elliott DAY	15 teamipswich	29.69
	L 4 George HART	16 C Beds SS	29.50
	L 5 Jude LIDDIARD	16 Co St Albans	29.57
	L 6 Jack SANGSTER	16 Modernian	29.70
	L 7 James CHENNELLS	16 Berkhamsted	29.76
	L 8 Jamie BRACKSTON	16 Hitchin	29.81

H 5	L 1 Evan THOMAS-MANSFIELD	16 West Suffolk	29.45
	L 2 Oliver KENNY	20 West Norfolk	29.10
	L 3 Michael JUDD	19 Dunstable	29.06
	L 4 Myles ROBINSON-YOUNG	15 Co Peterboro	29.00
	L 5 Lewis BAYLEY	16 Southend	29.01
	L 6 Thomas BOYT	18 Felixstowe	29.07
	L 7 Jack TREMAIN	15 Modernian	29.20
	L 8 Harrison LEES	16 Watford SC	29.47
H 6	L 1 Samuel COTTEE	17 teamipswich	28.94
	L 2 Jack BOWYER	15 West Suffolk	28.91
	L 3 Michael LARDNER	18 St Ives	28.83
	L 4 Lucas DYSON-DIAZ	17 Hatfield	28.78
	L 5 Thomas PICKERING	17 Linslade	28.80
	L 6 Liam BRENNAN	15 Basildon Ph	28.90
	L 7 Harry FOX	18 Basildon Ph	28.92
	L 8 Herbie KINDER	15 Co Peterboro	28.94
H 7	L 1 Tyler BERRY	17 Basildon Ph	28.73
	L 2 John BOYLE	16 DunmowAtlant	28.71
	L 3 Jordan MANN	19 Norwich Swan	28.65
	L 4 Louis SPONG	18 DunmowAtlant	28.50
	L 5 James COOPER	15 Basildon Ph	28.58
	L 6 Manfred BATTLE	15 Stowmarket	28.65
	L 7 Matthew TITMAN	16 Co Cambridge	28.72
	L 8 Jake THOMAS-MANSFIELD	17 St Felix Sch	28.75
H 8	L 1 Ben POGSON	25 West Norfolk	28.26
	L 2 James WOODWARD	17 Potters Bar	27.87
	L 3 Liam CURRAN	19 Putteridge	27.09
	L 4 Charlie POND THOMPSON	24 Hatfield	26.16
	L 5 Jamie SCHOLES	17 Co Peterboro	26.97
	L 6 Cameron MANLEY	18 C Beds SS	27.50
	L 7 Sam GAMBLE	18 Hitchin	28.04
	L 8 Dalton YALLOP	20 Beccles Town	28.45
H 9	L 1 Elliot WYLIE	18 Hatfield	28.23
	L 2 Daniel CHADA	16 Bishop Stort	27.55
	L 3 Samuel PEASE	18 Basildon Ph	27.00
	L 4 Conor HARROLD	24 Basildon Ph	26.12
	L 5 Thomas CLARE	16 teamipswich	26.91
	L 6 Harry CONSTANTINE	17 Hatfield	27.30
	L 7 Joshua SMITH	16 DunmowAtlant	27.94
	L 8 Reece NICHOLLS	17 Basildon Ph	28.35
H 10	L 1 Jonathon ADAM	15 Co Cambridge	28.10
	L 2 Ryan KELLY	18 Chelmsford	27.54
	L 3 Nathan WELLS	19 West Norfolk	26.98
	L 4 Ruben DEKKER	24 Co Cambridge	25.60
	L 5 Oliver FITT	18 St Ives	26.30
	L 6 Matthew GRAY	17 Co Peterboro	27.20
	L 7 Samuel PERKS	15 Basildon Ph	27.90
	L 8 Ignacio LARGHERO	18 Newmarket	28.34

Event 113 Womens 50m Freestyle

H 1	L 1 Millie WARD	15 Brentwood	29.10
	L 2 Memphis FLEMING	15 Runnymede	29.10
	L 3 Abbie MCCARTHY	15 Colchester	29.03
	L 4 Billie GRANT	15 Hatfield	29.00
	L 5 Nicole CHANDLER	15 teamipswich	29.00
	L 6 Ella TOLLIDAY	15 St Felix Sch	29.05
	L 7 Zara KEEGAN	15 Co Cambridge	29.10
	L 8 Fiona HOLMES	15 Watford SC	29.10
H 2	L 1 Freya LINES	15 St Felix Sch	28.98
	L 2 India WESTON	15 Norfolk Vikg	28.72
	L 3 Morgan COATES	15 West Norfolk	28.64
	L 4 Hannah SHARP	15 Modernian	28.50
	L 5 Alice FENDER	16 Hemel Hemp	28.54
	L 6 Phoebe HAYDEN	16 teamipswich	28.65
	L 7 Amelia MONAGHAN	15 Co Peterboro	28.96
	L 8 Madeline WRIGHT	15 UEA Norwich	29.00
H 3	L 1 Lauren THOMAS	15 C Beds SS	28.40
	L 2 Niamh ADCOCK	16 UEA Norwich	28.37
	L 3 Brianna MAZEY	16 Tring	28.37
	L 4 Rebecca STROUD	15 Brentwood	28.30
	L 5 Olivia NORMAN	15 Colchester	28.30
	L 6 Celeste ANDREW	16 Harlow Pen	28.37
	L 7 Martine TRAN	16 Thurrock	28.38
	L 8 Erin LEE	15 Basildon Ph	28.50



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Start Lists Session One

H 4	L 1 Mia CARTER	15 Bishop Stort	28.28	H 4	L 1 Samuel GAINES	16 Hemel Hemp	1:14.13
	L 2 Beatrice BARDER	18 Co St Albans	28.16		L 2 Lewis BAYLEY	16 Southend	1:13.82
	L 3 Megan PYE	15 UEA Norwich	28.14		L 3 Freddie SYMONDS	15 Team Luton	1:13.50
	L 4 Mia FURSEDONNE	15 Basildon Ph	28.09		L 4 Nathan SWIFT	16 Putteridge	1:13.21
	L 5 Emily LUSH	15 Cheshunt	28.12		L 5 Taylor BOWEN	16 West Suffolk	1:13.44
	L 6 Angel DUNDERDALE	16 UEA Norwich	28.15		L 6 Maxim DE WILDT	16 Co Cambridge	1:13.55
	L 7 Chloe MOLONEY	15 DunmowAtlant	28.19		L 7 Tommy CHANDLER	15 Gt Yarmouth	1:14.12
	L 8 Sarah CARROLL	15 Bishop Stort	28.29		L 8 Conor FERGUSON	16 C Beds SS	1:14.25
H 5	L 1 Keira FROSDICK	15 West Norfolk	28.05	H 5	L 1 Joseph RICHARDSON	16 Harpenden	1:12.83
	L 2 Emily JONES	15 Modernian	28.00		L 2 Joshua BRISTOW	15 Modernian	1:12.61
	L 3 Grace LEECH	15 Gt Yarmouth	27.97		L 3 Jack WILLIAMS	15 Basildon Ph	1:12.15
	L 4 Cathryn THOMSON	27 St Ives	27.93		L 4 Oliver CASHIN	15 Co Cambridge	1:11.60
	L 5 Jessica WESTLAKE	18 St Felix Sch	27.96		L 5 Matthew WOULDHAM	16 Co Peterboro	1:11.87
	L 6 Faye HERMON	18 Felixstowe	27.98		L 6 Lewis MOORE	15 Deben	1:12.52
	L 7 Maisie EASTER	15 UEA Norwich	28.00		L 7 Kieran MCCARTHY	15 Co St Albans	1:12.79
	L 8 Leanne CAREY	18 Watford SC	28.06		L 8 Yannik WILSON	15 Harpenden	1:12.97
H 6	L 1 Shona MCKENNA	15 Hemel Hemp	27.90	H 6	L 1 Liam BRENNAN	15 Basildon Ph	1:11.34
	L 2 Lija RADZIUNAITE	15 Stowmarket	27.87		L 2 Charles RENNIE	16 Braintree	1:10.99
	L 3 Agatha MALIKOVA	22 Co Cambridge	27.85		L 3 Sydney NEWNHAM-STEBBIN	18 Lstoft & OB	1:10.87
	L 4 Mackenzie WHYATT	15 Co Peterboro	27.77		L 4 Marcus KEMP	16 Watford SC	1:10.76
	L 5 Lauren WATT	16 Newmarket	27.80		L 5 Ayotobi LAGUDA	15 Hatfield	1:10.81
	L 6 Jessica MANSFIELD	16 Huntingdon	27.86		L 6 Nicholas MITCHELL	18 Colchester	1:10.91
	L 7 Amy PEMBERTON	16 Berkhamsted	27.89		L 7 Bryn COUSER	15 Bishop Stort	1:11.20
	L 8 Georgia HARROD	17 DunmowAtlant	27.92		L 8 William RICHARDS	16 Dunstable	1:11.50
H 7	L 1 Jade BREWER	19 Leiston	27.70	H 7	L 1 Matthew MCLAUGHLIN	24 DunmowAtlant	1:10.67
	L 2 Amy YOUNG	18 Bishop Stort	27.61		L 2 Daniel HURST	12 Berkhamsted	1:10.63
	L 3 Abbie LOW	18 Chelmsford	27.60		L 3 Matthew GRAY	17 Co Peterboro	1:10.48
	L 4 Shannon STOTT	17 Hatfield	27.54		L 4 Kyle PANTON	22 DunmowAtlant	1:10.23
	L 5 Sonia TUMIOTTO	16 St Felix Sch	27.57		L 5 Adam HARDY	15 teamipswich	1:10.41
	L 6 Chloe LENCE	16 Modernian	27.50		L 6 Jack RICHES	16 UEA Norwich	1:10.60
	L 7 Lucy JESSOP	17 Brentwood	27.70		L 7 Joseph COLLINS	18 Bishop Stort	1:10.63
	L 8 Josie PRETIOUS-WHITE	16 Bishop Stort	27.75		L 8 Spencer PRIOR	18 Colchester	1:10.68
H 8	L 1 Poppy RICHARDSON	16 Co Peterboro	27.30	H 8	L 1 Robin TURNER	17 Bishop Stort	1:09.97
	L 2 Rebecca WATT	15 DunmowAtlant	27.10		L 2 Luke BRYAN	17 West Norfolk	1:09.61
	L 3 Katrin HEIDER	25 Co Cambridge	26.92		L 3 Jack FILER	19 Berkhamsted	1:09.41
	L 4 Mia MASPERS	15 teamipswich	26.10		L 4 Ralph MUNCER	16 Co St Albans	1:09.17
	L 5 Elinor DULEY	17 Colchester	26.48		L 5 Reese HOUSDEN	15 Hatfield	1:09.40
	L 6 Rebecca SHERWIN	17 teamipswich	26.96		L 6 Samuel BRYAN	16 Basildon Ph	1:09.43
	L 7 Abigail WHITING	18 West Norfolk	27.20		L 7 Myles TURNER	17 West Suffolk	1:09.70
	L 8 Lauren HALL	18 Co Cambridge	27.54		L 8 Ryan JARVIS	18 Putteridge	1:10.10
H 9	L 1 Katie CONYERS	17 Potters Bar	27.30	H 9	L 1 Christopher SEARLE	25 Dereham	1:08.49
	L 2 Molly LLLINGTON	19 West Suffolk	27.06		L 2 Harry WAGNER	19 Newmarket	1:08.15
	L 3 Anna BLAKELEY	15 Co Peterboro	26.80		L 3 Cameron MANLEY	18 C Beds SS	1:07.20
	L 4 Martha DULEY	18 Colchester	26.00		L 4 Nathan HUGHES	17 Hatfield	1:04.03
	L 5 Meghan MAYBANKS	17 DunmowAtlant	26.26		L 5 Benjamin ARKLE	18 Co Cambridge	1:06.46
	L 6 Lauren SIMPKINS	19 Putteridge	26.95		L 6 Sam PERKINS	15 teamipswich	1:07.91
	L 7 Kioni BROOMFIELD	17 Dereham	27.20		L 7 William LOVEMAN	17 Co St Albans	1:08.43
	L 8 Amelia PEDDLE	17 Epping For't	27.40		L 8 Finlay RYAN	18 Norwich Swan	1:09.06
H 10	L 1 Tara COLEMAN	21 Deben	27.24	H 10	L 1 Ole MILLS	18 Halstead	1:08.48
	L 2 Bethany SAUNDERS	18 Co Peterboro	27.00		L 2 Nathan WELLS	19 West Norfolk	1:08.10
	L 3 Rachel WELLINGS	17 Co Peterboro	26.50		L 3 Jack CHRISTIE	19 Hemel Hemp	1:07.07
	L 4 Mollie ALLEN	19 Co Peterboro	25.80		L 4 Brandon NABARRO	20 Putteridge	1:03.42
	L 5 Macy LAWRENCE	15 Basildon Ph	26.19		L 5 Jordan BATSON	21 Putteridge	1:06.18
	L 6 Amie PHILPOT	15 teamipswich	26.93		L 6 Georgios NIKOLAKOUDIS	20 Co Cambridge	1:07.72
	L 7 Rebecca BURTON	19 Co Peterboro	27.16		L 7 Alex FLORANCE	17 West Norfolk	1:08.20
	L 8 Georgina TALLON	17 Potters Bar	27.37		L 8 Samuel COTTEE	17 teamipswich	1:09.05
Event 114 Mens 100m Breaststroke							
H 1	L 3 Evan TAYLOR	15 St Ives	1:16.30	H 11	L 1 Jack PICKERING	19 teamipswich	1:08.45
	L 4 Jack MANSFIELD	15 Harlow Pen	1:15.97		L 2 Christopher GREENHALGH	21 West Suffolk	1:07.99
	L 5 Henry PEARCE	15 Co Peterboro	1:16.25		L 3 Thomas WIGGINS	18 Co Peterboro	1:06.60
H 2	L 1 Joseph COLDWELL	15 Hemel Hemp	1:15.81		L 4 Lawrence PALMER	25 Putteridge	59.54
	L 2 Kai BORROMEIO	15 Modernian	1:15.70		L 5 David SHIPMAN	17 Potters Bar	1:04.70
	L 3 Tolu ELESIN	15 Potters Bar	1:15.46		L 6 Charles RAYNER	16 Hatfield	1:07.60
	L 4 Benjamin HARVEY	15 Basildon Ph	1:15.24		L 7 Samuel PEASE	18 Basildon Ph	1:08.17
	L 5 Sam MEAD	15 Dunstable	1:15.25		L 8 Cole JAMES	16 Hatfield	1:09.00
	L 6 Dominic MCCARTHY	15 Hoddesdon	1:15.63	Event 115 Womens 200m Breaststroke			
	L 7 Callum HAROLD	15 Bishop Stort	1:15.70	H 1	L 3 Grace MIDDLETON	15 Co Cambridge	2:56.49
	L 8 Silvester HAVRILLAY	15 Harlow Pen	1:15.91		L 4 Livia BROOKES	15 Co Cambridge	2:55.75
H 3	L 1 Oliver HARRIS	16 West Norfolk	1:14.85		L 5 Rachael JOHNSON	15 West Norfolk	2:56.04
	L 2 Mason HUNNISETT	15 Basildon Ph	1:14.70		L 6 Eleanor GALVIN	15 Co St Albans	2:57.34
	L 3 Samuel SKUSE	16 Beccles Town	1:14.64	H 2	L 1 Rebecca GROGAN	15 C Beds SS	2:55.39
	L 4 Raffaele GRACI	16 Putteridge	1:14.30		L 2 Nia JORDAN	15 Hatfield	2:54.68
	L 5 George HART	16 C Beds SS	1:14.31		L 3 Eloise BAILEY	15 Modernian	2:54.45
	L 6 Thomas HAMILTON	16 Royston	1:14.64		L 4 Jessica FARROW	17 Hatfield	2:53.87
	L 7 William HANDLEY	15 Stowmarket	1:14.84		L 5 Kristin QUIGLEY	15 Modernian	2:53.98
	L 8 Mal STAFF	15 UEA Norwich	1:14.89		L 6 Maia MCPHERSON	16 Witham Dolph	2:54.52
					L 7 Victoria BRAKENBURY	15 Hitchin	2:54.91
					L 8 Katherine DAYNES	15 Halstead	2:55.60



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Start Lists Session One

H 3	L 1 Olivia SMITH-LAL	19 Harlow Pen	2:53.19	H 4	L 1 Samuel BRYAN	16 Basildon Ph	1:01.80
	L 2 Annabel HEYWOOD	17 West Suffolk	2:52.78		L 2 Jude LIDDIARD	16 Co St Albans	1:01.17
	L 3 Rebecca WEST	15 Thurrock	2:52.30		L 3 Joseph WELLS	18 West Norfolk	1:00.71
	L 4 Hannah MCNAUL	17 West Suffolk	2:51.89		L 4 Adam MARTIN	17 Potters Bar	1:00.60
	L 5 Lucy PARK	21 Watford SC	2:52.06		L 5 Oliver REEK	15 UEA Norwich	1:00.70
	L 6 Faith GREEN	17 Co St Albans	2:52.62		L 6 Samuel PERKS	15 Basildon Ph	1:01.10
	L 7 Amie COPP	18 Thetford	2:53.03		L 7 Ashley HOLNESS-WRIGHT	21 Watford SC	1:01.21
	L 8 Rebecca MERRILL	16 Norwich Swan	2:53.75		L 8 Ismail RAHIM	15 Berkhamsted	1:01.98
H 4	L 1 Elise CRICK	17 Putteridge	2:51.43	H 5	L 1 Reece NICHOLLS	17 Basildon Ph	1:00.28
	L 2 Elinor DULEY	17 Colchester	2:50.94		L 2 Jack BOWYER	15 West Suffolk	1:00.00
	L 3 Juliet MERELIE	19 Harpenden	2:50.26		L 3 Manfred BATTLE	15 Stowmarket	59.88
	L 4 Emily BIGGS	18 Co Cambridge	2:48.90		L 4 Spencer PRIOR	18 Colchester	59.45
	L 5 Caitlin MASCALL	17 Harlow Pen	2:49.73		L 5 Oliver NEWTON	18 West Norfolk	59.80
	L 6 Freya LINES	15 St Felix Sch	2:50.49		L 6 Oliver KENNY	20 West Norfolk	59.99
	L 7 Sonja LOWDON	15 Hitchin	2:51.18		L 7 Taylor BOWEN	16 West Suffolk	1:00.21
	L 8 Rosie MUSPRATT	15 West Norfolk	2:51.77		L 8 Mason HUNNISETT	15 Basildon Ph	1:00.30
H 5	L 1 Georgia PURKIS	15 Hemel Hemp	2:48.80	H 6	L 1 Luke SUGDEN	18 Hatfield	59.40
	L 2 Megan WICKHAM	17 Bishop Stort	2:48.63		L 2 Harry JONES	17 Hitchin	58.86
	L 3 Amber HEAD	15 Rochford	2:46.82		L 3 Jake THOMAS-MANSFIELD	17 St Felix Sch	58.33
	L 4 Celyn WALMSLEY	16 Team Luton	2:46.37		L 4 Edward CASTRO	29 Harpenden	56.47
	L 5 Alara NORTON	16 Hatfield	2:46.76		L 5 James WOODWARD	17 Potters Bar	57.00
	L 6 Olivia NICOLAI	17 West Suffolk	2:46.86		L 6 Charles RAYNER	16 Hatfield	58.42
	L 7 Lucy JESSOP	17 Brentwood	2:48.70		L 7 Kevin PICKARD	29 Hatfield	59.29
	L 8 Rachel ROBINSON	17 UEA Norwich	2:48.82		L 8 Callum CHAPPLE	21 Team Luton	59.40
H 6	L 1 Katie LINES	16 Lstof & OB	2:45.38	H 7	L 1 Louis SPONG	18 DunmowAtlant	59.39
	L 2 Abigail HURST	16 Berkhamsted	2:44.20		L 2 Daniel LEIGH	18 Co Peterboro	58.80
	L 3 Laura COPPING	17 Hatfield	2:42.00		L 3 Liam BARNETT	30 Co Cambridge	58.04
	L 4 Lauren HARRISON	16 Co Peterboro	2:34.87		L 4 Liam CURRAN	19 Putteridge	56.44
	L 5 Sophie PAYNE	15 Hatfield	2:39.60		L 5 Conor HARROLD	24 Basildon Ph	56.84
	L 6 Keira FROSDICK	15 West Norfolk	2:42.63		L 6 Mason ARNOLD	20 Harlow Pen	58.40
	L 7 Vejune PETRAITYTE	15 Basildon Ph	2:44.60		L 7 Harry WHITEMAN	17 Co Peterboro	59.20
	L 8 Georgina CURTIS	17 C Beds SS	2:46.24		L 8 Collins SALIBOKO	15 St Felix Sch	59.40
H 7	L 1 Emily SELLEN	18 Watford SC	2:45.13	H 8	L 1 Callum DAVIS	17 Bishop Stort	59.34
	L 2 Zara KEEGAN	15 Co Cambridge	2:44.16		L 2 Nathan HUGHES	17 Hatfield	58.64
	L 3 Aoife MARLEY	15 Witham Dolph	2:40.93		L 3 Matthew TITMAN	16 Co Cambridge	57.56
	L 4 Amelia MONAGHAN	15 Co Peterboro	2:33.29		L 4 Karl BATORSKI	29 Harlow Pen	53.28
	L 5 Natalie COOGANS	20 West Norfolk	2:37.98		L 5 Dominic SCIFO	18 teamipswich	56.66
	L 6 Amber HUGHES	18 Hatfield	2:42.63		L 6 Thomas CLARE	16 teamipswich	58.35
	L 7 Caitlin WATSON-DOTCHIN	16 Basildon Ph	2:44.52		L 7 Lucas DYSON-DIAZ	17 Hatfield	58.90
	L 8 Nicole CHANDLER	15 teamipswich	2:46.22		L 8 Christopher MURPHY	21 C Beds SS	59.40
H 8	L 1 India WESTON	15 Norfolk Vikg	2:45.08				
	L 2 Molly LEE	16 West Norfolk	2:43.20				
	L 3 Lauren WATT	16 Newmarket	2:40.50				
	L 4 Rebecca BURTON	19 Co Peterboro	2:30.62				
	L 5 Louise BUSH	26 UEA Norwich	2:37.54				
	L 6 Cira FLETCHER	19 Bishop Stort	2:42.28				
	L 7 Honey HARVEY	16 Gt Yarmouth	2:44.20				
	L 8 Lauren SCOTT	15 Chelmsford	2:46.11				

Event 116 Mens 100m Butterfly

H 1	L 3 Cameron DAY	15 Diss Otters	1:06.32
	L 4 Logan PYLE	15 West Suffolk	1:06.11
	L 5 Ayotobi LAGUDA	15 Hatfield	1:06.22
	L 6 Benjamin HARVEY	15 Basildon Ph	1:06.40
H 2	L 1 Tolu ELESIN	15 Potters Bar	1:05.53
	L 2 Angus HARROW	15 Harpenden	1:04.31
	L 3 Callum WOLLASTON	16 Cheshunt	1:04.12
	L 4 Andrei GARE	16 Southend	1:03.76
	L 5 Samuel GAINES	16 Hemel Hemp	1:03.88
	L 6 Thomas ALLISON	16 Newmarket	1:04.25
	L 7 John TELENSKY	16 Harpenden	1:04.56
	L 8 Adam HARDY	15 teamipswich	1:05.90
H 3	L 1 James CHENNELLS	16 Berkhamsted	1:03.67
	L 2 Elliott DAY	15 teamipswich	1:02.84
	L 3 Harrison LEES	16 Watford SC	1:02.43
	L 4 James COOPER	15 Basildon Ph	1:02.10
	L 5 James MCFARLAND	16 C Beds SS	1:02.10
	L 6 Charles WHYTE	16 West Suffolk	1:02.46
	L 7 Joshua SMITH	16 DunmowAtlant	1:03.20
	L 8 Jake MOXHAM	15 Co Cambridge	1:03.73

Event 117 Womens 400m Freestyle

H 1	L 1 Freya WRIGHT	15 West Suffolk	4:43.08
	L 2 Chloe MOLONEY	15 DunmowAtlant	4:41.77
	L 3 Isabelle MARSHALL	16 Basildon Ph	4:40.11
	L 4 Katy CHAMBERS	15 St Felix Sch	4:39.35
	L 5 Amy PEMBERTON	16 Berkhamsted	4:39.93
	L 6 Sarah CARROLL	15 Bishop Stort	4:40.94
	L 7 Ellie RUNNALLS	15 DunmowAtlant	4:42.12
	L 8 Sophie PAYNE	15 Hatfield	4:43.19
H 2	L 1 Tilly ANEMA	16 Norwich Swan	4:38.88
	L 2 Megan PYE	15 UEA Norwich	4:37.40
	L 3 Annabelle KITCHING	15 Chelmsford	4:36.87
	L 4 Mia CARTER	15 Bishop Stort	4:36.40
	L 5 Sophie TAYLOR	16 St Felix Sch	4:36.66
	L 6 Tia GARDINER	15 Chelmsford	4:37.10
	L 7 Lauren STOTT	15 Hatfield	4:37.47
	L 8 Erin LEE	15 Basildon Ph	4:39.03
H 3	L 1 Tegan WOLLASTON	18 Cheshunt	4:36.20
	L 2 Lauren HARRISON	16 Co Peterboro	4:34.85
	L 3 Mackenzie WHYATT	15 Co Peterboro	4:34.36
	L 4 Abigail WHITING	18 West Norfolk	4:33.21
	L 5 Lauren GRICE	18 Leighton Buz	4:33.78
	L 6 Georgia PURKIS	18 Hemel Hemp	4:34.39
	L 7 Billie GRANT	15 Hatfield	4:35.46
	L 8 Natasha BENTLEY	15 Hatfield	4:36.20
H 4	L 1 Charlotte WALKER	15 UEA Norwich	4:31.33
	L 2 Martha DULEY	18 Colchester	4:30.84
	L 3 Poppy RICHARDSON	16 Co Peterboro	4:30.43
	L 4 Emily DOWDING	19 teamipswich	4:29.80
	L 5 Mia LEECH	15 Co Peterboro	4:30.40
	L 6 Jessica WESTLAKE	18 St Felix Sch	4:30.75
	L 7 Alice FENDER	16 Hemel Hemp	4:31.28
	L 8 Ellie WHEELER	15 Basildon Ph	4:31.90



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)*



Start Lists Session One

H 5	L 1 Abbie LOW	15 Chelmsford	4:28.00
	L 2 Tia WILSON	15 Modernian	4:25.70
	L 3 Chloe LENCE	16 Modernian	4:22.97
	L 4 Millie EMMANS	18 Co Cambridge	4:22.14
	L 5 Rebecca SHERWIN	17 teamipswich	4:22.38
	L 6 Chantal SMITH	17 Team Luton	4:25.40
	L 7 Amber HUGHES	18 Hatfield	4:26.55
	L 8 Sonia TUMIOTTO	16 St Felix Sch	4:29.57