



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 Four

Event 211 Mens 200m Butterfly

H 1	L 1 Azar AITMARRI	16 Thurrock	2:25.72
	L 2 Benjamin HARVEY	15 Basildon Ph	2:24.34
	L 3 Thomas ALLISON	16 Newmarket	2:23.44
	L 4 Samuel GAINES	16 Hemel Hemp	2:23.25
	L 5 Samuel PERKS	15 Basildon Ph	2:23.30
	L 6 Callum WOLLASTON	16 Cheshunt	2:23.92
	L 7 Angus HARROW	15 Harpenden	2:24.90
	L 8 Matthew ROTHWELL	15 Co Peterboro	2:30.76
H 2	L 1 Elliott DAY	15 teamipswich	2:23.09
	L 2 Andrei GARE	16 Southend	2:22.50
	L 3 Charles WHYTE	16 West Suffolk	2:22.26
	L 4 Samuel BRYAN	16 Basildon Ph	2:20.59
	L 5 Henry PEARCE	15 Co Peterboro	2:21.50
	L 6 John TELENSKY	16 Harpenden	2:22.40
	L 7 Taylor BOWEN	16 West Suffolk	2:23.00
	L 8 Tanin KURSIDIM	15 Co St Albans	2:23.10
H 3	L 1 Luke BRYAN	17 West Norfolk	2:18.65
	L 2 Harrison LEES	16 Watford SC	2:16.08
	L 3 Calvin COE	19 Stowmarket	2:12.20
	L 4 James WOODWARD	17 Potters Bar	2:07.14
	L 5 Jake THOMAS-MANSFIELD	17 St Felix Sch	2:10.49
	L 6 Oliver REEK	15 UEA Norwich	2:13.70
	L 7 Callum DAVIS	17 Bishop Stort	2:17.25
	L 8 Myles TURNER	17 West Suffolk	2:20.25
H 4	L 1 Joseph WELLS	18 West Norfolk	2:17.85
	L 2 Harry FOX	18 Basildon Ph	2:14.45
	L 3 Max JELFS	16 Hatfield	2:11.50
	L 4 Harry WHITEMAN	17 Co Peterboro	2:07.10
	L 5 Luke SUGDEN	18 Hatfield	2:09.20
	L 6 Harry JONES	17 Hitchin	2:13.22
	L 7 Manfred BATTLE	15 Stowmarket	2:17.23
	L 8 Jamie MCCAFFRAY	16 Modernian	2:19.08
H 5	L 1 Collins SALIBOKO	15 St Felix Sch	2:17.50
	L 2 Christopher GREENHALGH	21 West Suffolk	2:13.73
	L 3 Mason HUNNISETT	15 Basildon Ph	2:11.42
	L 4 Nathan HUGHES	17 Hatfield	2:05.24
	L 5 Benjamin GARRATT	17 Hatfield	2:08.21
	L 6 Mason ARNOLD	20 Harlow Pen	2:12.96
	L 7 James MCFARLAND	16 C Beds SS	2:17.04
	L 8 Thomas BOYT	18 Felixstowe	2:18.95

Event 212 Womens 50m Backstroke

H 1	L 3 Isabelle ANDERTON	15 Hemel Hemp	33.37
	L 4 Emily LUSH	15 Cheshunt	33.27
	L 5 Rachael JOHNSON	15 West Norfolk	33.33
	L 6 Gemma BOOTH	15 Newmarket	33.39
H 2	L 1 Hannah SHARP	15 Modernian	33.20
	L 2 Maisie PARKIN	15 Verulam	33.13
	L 3 Freya WRIGHT	15 West Suffolk	33.02
	L 4 India WESTON	15 Norfolk Vikg	32.81
	L 5 Caitlin EVANS	15 Sudbury	33.01
	L 6 Larissa DEAN	15 Harpenden	33.06
	L 7 Emma SHOOBERT	15 C Beds SS	33.20
	L 8 Smriti GOKARN	15 St Felix Sch	33.24
H 3	L 1 Francesca COLLINS	15 Chelmsford	32.71
	L 2 Rebecca WEST	15 Thurrock	32.53
	L 3 Amber HILL	15 Linslade	32.48
	L 4 Amy PEMBERTON	16 Berkhamsted	32.42
	L 5 Freya LINES	15 St Felix Sch	32.43
	L 6 Hannah ADAMS	15 Co Cambridge	32.50
	L 7 Amber JORDAN	15 Colchester	32.56
	L 8 Rebecca STROUD	15 Brentwood	32.75
H 4	L 1 Shona MCKENNA	15 Hemel Hemp	32.32
	L 2 Scarlett MORINE	15 Chelmsford	32.28
	L 3 Georgia HARROD	17 DunmowAtlant	32.20
	L 4 Sonia TUMIOTTO	16 St Felix Sch	32.17
	L 5 Celeste ANDREW	16 Harlow Pen	32.18
	L 6 Morgan COATES	15 West Norfolk	32.21
	L 7 Lara-Grace MOUNT	15 West Norfolk	32.28
	L 8 Nicole CHANDLER	15 teamipswich	32.40

H 5	L 1 Emma LESLIE	16 Co Peterboro	32.06
	L 2 Cathryn THOMSON	27 St Ives	32.02
	L 3 Amy YOUNG	18 Bishop Stort	31.93
	L 4 Annabel HEYWOOD	17 West Suffolk	31.90
	L 5 Abbie MCCARTHY	15 Colchester	31.92
	L 6 Emily JONES	15 Modernian	32.00
	L 7 Emily GREEN	16 Brentwood	32.04
	L 8 Roxanne UYS	18 West Norfolk	32.08
H 6	L 1 Mackenzie WHYATT	15 Co Peterboro	31.85
	L 2 Zara PRETIOUS-WHITE	17 Bishop Stort	31.79
	L 3 Keelin MCKENNA	18 Hemel Hemp	31.69
	L 4 Angel DUNDERDALE	16 UEA Norwich	31.67
	L 5 Rebecca SEWELL	17 Hemel Hemp	31.68
	L 6 Grace LEECH	15 Gt Yarmouth	31.75
	L 7 Faye HERMON	18 Felixstowe	31.79
	L 8 Faith GREEN	17 Co St Albans	31.86
H 7	L 1 Georgia PEASE	15 Basildon Ph	31.66
	L 2 Martine TRAN	17 Thurrock	31.63
	L 3 Francesca CROCKER	17 St Ives	31.59
	L 4 Phoebe HAYDEN	16 teamipswich	31.55
	L 5 Emily DOWDING	19 teamipswich	31.55
	L 6 Grace WYLIE	16 Hatfield	31.60
	L 7 Abbie LOW	15 Chelmsford	31.65
	L 8 Hannah BRECKNELL	17 West Suffolk	31.66
H 8	L 1 Lauren GRICE	18 Leighton Buz	31.50
	L 2 Macy LAWRENCE	15 Basildon Ph	31.40
	L 3 Sammy HUMPHREY	21 Leighton Buz	31.33
	L 4 Megan PYE	15 UEA Norwich	31.26
	L 5 Lauren STOTT	15 Hatfield	31.30
	L 6 Elinor DULEY	17 Colchester	31.37
	L 7 Abigail WHITING	18 West Norfolk	31.47
	L 8 Lauren WATT	16 Newmarket	31.55
H 9	L 1 Lauren SIMPKINS	19 Putteridge	31.03
	L 2 Molly OLLINGTON	19 West Suffolk	30.68
	L 3 Amie PHILPOT	15 teamipswich	30.20
	L 4 Martha DULEY	18 Colchester	29.18
	L 5 Bethany SAUNDERS	18 Co Peterboro	30.00
	L 6 Anna BLAKELEY	15 Co Peterboro	30.54
	L 7 Amelia PEDDLE	17 Epping For't	30.91
	L 8 Claire BURRELL	16 Harpenden	31.20
H 10	L 1 Poppy RICHARDSON	16 Co Peterboro	31.00
	L 2 Mia CARTER	15 Bishop Stort	30.63
	L 3 Olivia NORMAN	15 Colchester	30.20
	L 4 Rebecca SHERWIN	17 teamipswich	29.02
	L 5 Lija RADZIUNAITE	15 Stowmarket	29.36
	L 6 Beatrice BARDER	18 Co St Albans	30.51
	L 7 Josie PRETIOUS-WHITE	16 Bishop Stort	30.90
	L 8 Mia MASPERS	15 teamipswich	31.11
H 11	L 1 Tara COLEMAN	21 Deben	30.98
	L 2 Sophie DRAKE	24 Thurrock	30.60
	L 3 Lauren HALL	18 Co Cambridge	30.07
	L 4 Mollie ALLEN	19 Co Peterboro	27.89
	L 5 Georgina PRYOR	19 Harlow Pen	29.29
	L 6 Maisie EASTER	15 UEA Norwich	30.26
	L 7 Eleanor KING	17 Dunstable	30.78
	L 8 Niamh JAMES	16 Bishop Stort	31.08

Event 213 Mens 50m Freestyle

H 1	L 1 Samuel WHEARTY	15 S9 Colchester	35.30
	L 3 Joshua WELLS	20 S14 Gt Yarmouth	28.50
	L 4 Kieran MCCARTHY	15 Co St Albans	26.90
	L 5 Matthew ANDERSON	15 Deben	27.00
	L 6 Callum HODGSON	17 S14 Basildon Ph	29.36
	L 7 Roan BRENNAN	11 S9 Basildon Ph	36.49
H 2	L 1 Adam HARDY	15 teamipswich	26.83
	L 2 Jude GOULD	15 Hitchin	26.62
	L 3 Samuel PERKS	15 Basildon Ph	26.20
	L 4 Oliver REEK	15 UEA Norwich	26.20
	L 5 Thomas CADENHEAD	15 Co St Albans	26.20
	L 6 Oliver OWEN	15 Hitchin	26.23
	L 7 Yannik WILSON	15 Harpenden	26.72
	L 8 Harry SAUNDERS	15 Newmarket	26.88



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Start Lists Session Four

H 3	L 1 Jack WILLIAMS	15	Basildon Ph	26.02
	L 2 Charles RENNIE	16	Braintree	26.00
	L 3 Michael SHARP	16	Epping For't	26.00
	L 4 Jack TREMAIN	15	Modernian	26.00
	L 5 Harvey SKELLERN	15	Co Cambridge	26.00
	L 6 Joshua BRISTOW	15	Modernian	26.00
	L 7 Jamie COLES	16	Colchester	26.02
	L 8 Jude LIDDIARD	16	Co St Albans	26.06
H 4	L 1 Harrison LEES	16	Watford SC	25.90
	L 2 Lewis MOORE	15	Deben	25.77
	L 3 Manfred BATTLE	15	Stowmarket	25.66
	L 4 James CHENNELS	16	Berkhamsted	25.57
	L 5 Taylor BOWEN	16	West Suffolk	25.63
	L 6 Jacob CLARKE	16	West Suffolk	25.70
	L 7 Collins SALIBOKO	15	St Felix Sch	25.80
	L 8 Ben BLOWERS	15	UEA Norwich	25.90
H 5	L 1 Herbie KINDER	15	Co Peterboro	25.40
	L 2 Michael RIPPER	16	Co St Albans	25.40
	L 3 Joshua SMITH	16	DunmowAtlant	25.24
	L 4 Ashley COOMBS	16	Hemel Hemp	25.20
	L 5 John BOYLE	16	DunmowAtlant	25.20
	L 6 James COOPER	15	Basildon Ph	25.30
	L 7 Sam PERKINS	15	teampswich	25.40
	L 8 Ayotobi LAGUDA	15	Hatfield	25.57
H 6	L 1 Reece NICHOLLS	17	Basildon Ph	25.04
	L 2 Daniel LEIGH	18	Co Peterboro	25.00
	L 3 Daniel LUSH	17	Cheshunt	24.94
	L 4 Daniel CHADA	16	Bishop Stort	24.90
	L 5 Thomas CLARE	16	teampswich	24.93
	L 6 Jonathon ADAM	15	Co Cambridge	25.00
	L 7 Christian NEL	17	Berkhamsted	25.03
	L 8 James COOK	18	Biggleswade	25.04
H 7	L 1 Adam MARTIN	17	Potters Bar	24.80
	L 2 James BLOUNT	17	Potters Bar	24.70
	L 3 Matthew TITMAN	16	Co Cambridge	24.63
	L 4 Liam BARNETT	30	Co Cambridge	24.61
	L 5 Jordan MANN	19	Norwich Swan	24.62
	L 6 Jack WEARS	18	C Beds SS	24.70
	L 7 Sam GAMBLE	18	Hitchin	24.72
	L 8 Alec BURCHELL	19	Hitchin	24.83
H 8	L 1 Myles ROBINSON-YOUNG	15	Co Peterboro	24.60
	L 2 Dalton YALLOP	20	Beccles Town	24.55
	L 3 Jamie SCHOLDS	17	Co Peterboro	24.50
	L 4 Harvey JOLLY	17	Basildon Ph	24.45
	L 5 Samuel COTTEE	17	teampswich	24.48
	L 6 Stuart CLARKE	33	Bishop Stort	24.50
	L 7 Nathan WELLS	19	West Norfolk	24.56
	L 8 Jake MOXHAM	15	Co Cambridge	24.60
H 9	L 1 Mark LEAMON	30	Co Cambridge	24.42
	L 2 Jack CHRISTIE	19	Hemel Hemp	24.27
	L 3 Henry CHOONG	20	Co Cambridge	23.93
	L 4 Harry CONSTANTINE	17	Hatfield	23.30
	L 5 Brandon NABARRO	20	Putteridge	23.70
	L 6 Jordan BATSON	21	Putteridge	24.10
	L 7 Callum CHAPPLE	21	Team Luton	24.38
	L 8 Dominic SCIFO	18	teampswich	24.45
H 10	L 1 Evan THOMAS-MANSFIELD	16	West Suffolk	24.41
	L 2 Finn HARMAN	19	Co Cambridge	24.24
	L 3 Ignacio LARGHERO	18	Newmarket	23.89
	L 4 Ruben DEKKER	24	Co Cambridge	23.04
	L 5 Lee BAKER	22	Harlow Pen	23.49
	L 6 Sonny TRIGG	22	teampswich	24.10
	L 7 James WOODWARD	17	Potters Bar	24.30
	L 8 Erik SULLIVAN	23	Co Cambridge	24.45
H 11	L 1 Harry WEARS	20	Leighton Buz	24.40
	L 2 Jamie MCLAUGHLIN	20	DunmowAtlant	24.10
	L 3 Luke TURLEY	17	Hatfield	23.80
	L 4 Andrew WEATHERITT	26	St Ives	22.86
	L 5 Samuel DALLIMORE	26	Hatfield	23.30
	L 6 Oliver FITT	18	St Ives	24.00
	L 7 Reese HOUSDEN	15	Hatfield	24.29
	L 8 Kevin PICKARD	29	Hatfield	24.44

Event 214 Womens 100m Breaststroke

H 1	L 3 Rebecca GROGAN	15	C Beds SS	1:22.26
	L 4 Livia BROOKES	15	Co Cambridge	1:22.01
	L 5 Shona MCKENNA	15	Hemel Hemp	1:22.22
	L 6 Ella MURPHY	15	Harpenden	1:22.35
H 2	L 1 Chloe-Jeane PARSLEY	16	West Suffolk	1:21.57
	L 2 Maia MCPHERSON	16	Witham Dolph	1:21.23
	L 3 Rebecca WEST	15	Thurrock	1:20.68
	L 4 Sonja LOWDON	15	Hitchin	1:20.46
	L 5 Lauren NELSON	16	Harlow Pen	1:20.60
	L 6 Kristin QUIGLEY	15	Modernian	1:20.94
	L 7 Rebecca MERRILL	16	Norwich Swan	1:21.30
	L 8 Eloise BAILEY	15	Modernian	1:21.94
H 3	L 1 Keelin MCKENNA	18	Hemel Hemp	1:20.31
	L 2 Jana SPINNER	18	UEA Norwich	1:20.03
	L 3 Lucy PARK	21	Watford SC	1:19.96
	L 4 Jessica FARROW	17	Hatfield	1:19.86
	L 5 Megan BUNYARD	17	Linslade	1:19.93
	L 6 Victoria BRAKENBURY	15	Hitchin	1:19.97
	L 7 Rosie MUSPRATT	15	West Norfolk	1:20.22
	L 8 Grace LEECH	15	Gt Yarmouth	1:20.42
H 4	L 1 Nia JORDAN	15	Hatfield	1:19.83
	L 2 Rachael JOHNSON	15	West Norfolk	1:19.73
	L 3 Hannah MCNAUL	17	West Suffolk	1:19.46
	L 4 Katherine DAYNES	15	Halstead	1:19.33
	L 5 Faith GREEN	17	Co St Albans	1:19.41
	L 6 Amber HEAD	15	Rochford	1:19.64
	L 7 Georgia PURKIS	15	Hemel Hemp	1:19.76
	L 8 Annalise WRIGHT	17	Linslade	1:19.83
H 5	L 1 Juliet MERELIE	19	Harpenden	1:18.82
	L 2 Amie COPP	18	Thetford	1:18.76
	L 3 Alice FENDER	16	Hemel Hemp	1:18.20
	L 4 Freya LINES	15	St Felix Sch	1:17.92
	L 5 Megan WICKHAM	17	Bishop Stort	1:18.09
	L 6 Celyn WALMSLEY	16	Team Luton	1:18.30
	L 7 Caitlin MASCALL	17	Harlow Pen	1:18.82
	L 8 Grace MIDDLETON	15	Co Cambridge	1:18.91
H 6	L 1 Nicole CHANDLER	15	teampswich	1:17.81
	L 2 Lucy JESSOP	17	Brentwood	1:17.35
	L 3 Emily SELLEN	18	Watford SC	1:16.89
	L 4 India WESTON	15	Norfolk Viking	1:16.36
	L 5 Katie LINES	16	Lstof & OB	1:16.73
	L 6 Olivia NICOLAI	17	West Suffolk	1:16.98
	L 7 Zara KEEGAN	15	Co Cambridge	1:17.64
	L 8 Caitlin WATSON-DOTCHIN	16	Basildon Ph	1:17.90
H 7	L 1 Alara NORTON	16	Hatfield	1:15.92
	L 2 Vejune PETRAITYTE	15	Basildon Ph	1:14.59
	L 3 Sarah O'BRIEN	21	UEA Norwich	1:13.27
	L 4 Amelia MONAGHAN	15	Co Peterboro	1:11.60
	L 5 Kathryn LOVEYS	30	Co Cambridge	1:12.19
	L 6 Lauren HARRISON	16	Co Peterboro	1:14.50
	L 7 Lauren SCOTT	15	Chelmsford	1:15.73
	L 8 Emily BIGGS	18	Co Cambridge	1:16.29
H 8	L 1 Nadine SMITH	16	Hatfield	1:15.90
	L 2 Natalie COOGANS	20	West Norfolk	1:14.57
	L 3 Laura COPPING	17	Hatfield	1:13.20
	L 4 Keira FROSDICK	15	West Norfolk	1:11.27
	L 5 Lauren WATT	16	Newmarket	1:12.01
	L 6 Abigail HURST	16	Berkhamsted	1:14.30
	L 7 Harriet LEE	26 SB9	C Beds SS	1:15.20
	L 8 Rachel ROBINSON	17	UEA Norwich	1:16.20
H 9	L 1 Aoife MARLEY	15	Witham Dolph	1:15.90
	L 2 Sophie PAYNE	15	Hatfield	1:14.56
	L 3 Molly LEE	16	West Norfolk	1:12.21
	L 4 Rebecca BURTON	19	Co Peterboro	1:09.09
	L 5 Louise BUSH	26	UEA Norwich	1:11.93
	L 6 Roxanne UYS	18	West Norfolk	1:14.08
	L 7 Cira FLETCHER	19	Bishop Stort	1:14.87
	L 8 Honey HARVEY	16	Gt Yarmouth	1:16.20



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Start Lists Session Four

Event 215 Mens 200m Breaststroke

H 1	L 2 Kai BORROMEO	15 Modernian	2:45.74
	L 3 Callum HAROLD	15 Bishop Stort	2:45.00
	L 4 Kieran MCCARTHY	15 Co St Albans	2:44.50
	L 5 Samuel DACK	15 DunmowAtlant	2:44.58
	L 6 Evan TAYLOR	15 St Ives	2:45.31
	L 7 Benjamin HARVEY	15 Basildon Ph	2:45.79
H 2	L 1 Freddie SYMONDS	15 Team Luton	2:43.86
	L 2 Jack WILLIAMS	15 Basildon Ph	2:42.72
	L 3 Jack MANSFIELD	15 Harlow Pen	2:42.20
	L 4 Mal STAFF	15 UEA Norwich	2:40.80
	L 5 William HANDLEY	15 Stowmarket	2:41.46
	L 6 Tommy CHANDLER	15 Gt Yarmouth	2:42.22
	L 7 Dominic MCCARTHY	15 Hoddesdon	2:43.60
	L 8 Yannik WILSON	15 Harpenden	2:43.97
H 3	L 1 Nicholas BOTHA	15 Bishop Stort	2:39.56
	L 2 Mason HUNNISETT	15 Basildon Ph	2:38.79
	L 3 Nicholas MITCHELL	18 Colchester	2:37.26
	L 4 Ayotobi LAGUDA	15 Hatfield	2:36.97
	L 5 Jordan NORTHWOOD	18 Berkhamsted	2:37.06
	L 6 Joseph RICHARDSON	16 Harpenden	2:38.56
	L 7 Matthew WOULDHAM	16 Co Peterboro	2:38.99
	L 8 Samuel GAINES	16 Hemel Hemp	2:40.33
H 4	L 1 Lewis MOORE	15 Deben	2:36.76
	L 2 Bryn COUSER	15 Bishop Stort	2:36.04
	L 3 Liam BRENNAN	15 Basildon Ph	2:35.57
	L 4 Matthew MCCLAUGHLIN	24 DunmowAtlant	2:35.50
	L 5 William RICHARDS	16 Dunstable	2:35.56
	L 6 Jack WEARS	18 C Beds SS	2:35.78
	L 7 Maxim DE WILDT	16 Co Cambridge	2:36.62
	L 8 Lewis BAYLEY	16 Southend	2:36.84
H 5	L 1 Jack RICHES	16 UEA Norwich	2:33.50
	L 2 Calvin COE	19 Stowmarket	2:31.10
	L 3 Cole JAMES	16 Hatfield	2:29.16
	L 4 Thomas WIGGINS	18 Co Peterboro	2:25.02
	L 5 Jack PICKERING	19 teamipswich	2:27.84
	L 6 William LOVEMAN	17 Co St Albans	2:30.03
	L 7 Oliver CASHIN	15 Co Cambridge	2:32.00
	L 8 Matthew GRAY	17 Co Peterboro	2:35.31
H 6	L 1 Spencer PRIOR	18 Colchester	2:33.06
	L 2 Myles TURNER	17 West Suffolk	2:30.96
	L 3 Benjamin ARKLE	18 Co Cambridge	2:29.08
	L 4 Charles RAYNER	16 Hatfield	2:23.09
	L 5 Christopher GREENHALGH	21 West Suffolk	2:26.82
	L 6 Ralph MUNCER	16 Co St Albans	2:29.80
	L 7 Ole MILLS	18 Halstead	2:31.80
	L 8 Ryan KELLY	18 Chelmsford	2:34.77
H 7	L 1 Robin TURNER	17 Bishop Stort	2:32.84
	L 2 Alex FLORANCE	17 West Norfolk	2:30.64
	L 3 Luke BRYAN	17 West Norfolk	2:27.85
	L 4 Lawrence PALMER	25 Putteridge	2:16.57
	L 5 David SHIPMAN	17 Potters Bar	2:26.60
	L 6 Finlay RYAN	18 Norwich Swan	2:29.75
	L 7 Sam PERKINS	15 teamipswich	2:31.13
	L 8 Joshua FOWLES	18 Witham Dolph	2:34.70

Event 216 Womens 100m Butterfly

H 1	L 2 Nia JORDAN	15 Hatfield	1:11.80
	L 3 Ellen NORTHWOOD	16 Berkhamsted	1:11.56
	L 4 Ella TOLLIDAY	15 St Felix Sch	1:11.34
	L 5 Larissa DEAN	15 Harpenden	1:11.51
	L 6 Rachael JOHNSON	15 West Norfolk	1:11.62
	L 7 Kate ANDREW	15 Potters Bar	1:11.84
H 2	L 1 Hannah ADAMS	15 Co Cambridge	1:11.24
	L 2 Lauren NELSON	16 Harlow Pen	1:10.70
	L 3 Alara NORTON	16 Hatfield	1:10.46
	L 4 Tia GARDINER	15 Chelmsford	1:10.40
	L 5 Nellie EASTLAND	15 Bishop Stort	1:10.42
	L 6 Celeste ANDREW	16 Harlow Pen	1:10.50
	L 7 Jessica PENKUL	15 Bishop Stort	1:10.83
	L 8 Ciara GILL-RYAN	15 Newmarket	1:11.29

H 3	L 1 Lija RADZIUNAITE	15 Stowmarket	1:10.10
	L 2 Isabelle MARSHALL	16 Basildon Ph	1:10.00
	L 3 Emily JONES	15 Modernian	1:09.80
	L 4 Olivia SEAL	15 Hatfield	1:09.55
	L 5 Ellie-Mae SMITH	16 teamipswich	1:09.66
	L 6 Sonia TUMIOTTO	16 St Felix Sch	1:09.87
	L 7 Scarlett MORINE	15 Chelmsford	1:10.09
	L 8 Anna DUFFIELD	15 Gt Yarmouth	1:10.36
H 4	L 1 Annabelle KITCHING	15 Chelmsford	1:09.47
	L 2 Zara KEEGAN	15 Co Cambridge	1:09.27
	L 3 Niamh PERRY	15 West Suffolk	1:08.90
	L 4 Niamh ADCKOCK	16 UEA Norwich	1:08.50
	L 5 Ellie WHEELER	15 Basildon Ph	1:08.86
	L 6 Bryony PACK	16 West Norfolk	1:09.17
	L 7 Billie GRANT	15 Hatfield	1:09.36
	L 8 Lauren HARRISON	16 Co Peterboro	1:09.50
H 5	L 1 Jessica PAYNE	19 Leighton Buz	1:08.02
	L 2 Martine TRAN	16 Thurrock	1:07.89
	L 3 Mia MASPERS	15 teamipswich	1:07.72
	L 4 Bethany SAMPHER	18 West Suffolk	1:07.47
	L 5 Georgia PEASE	15 Basildon Ph	1:07.61
	L 6 Lauren THOMAS	15 C Beds SS	1:07.81
	L 7 Millie WARD	15 Brentwood	1:07.90
	L 8 Emily GREEN	16 Brentwood	1:08.47
H 6	L 1 Madeline WRIGHT	15 UEA Norwich	1:07.05
	L 2 Molly OLLINGTON	19 West Suffolk	1:05.62
	L 3 Philippa SHUTTLEWORTH	20 Hatfield	1:04.59
	L 4 Shannon STOTT	17 Hatfield	1:03.00
	L 5 Amy YOUNG	18 Bishop Stort	1:04.28
	L 6 Mia LEECH	15 Co Peterboro	1:05.10
	L 7 Megan PYE	15 UEA Norwich	1:06.20
	L 8 Katy CHAMBERS	15 St Felix Sch	1:07.33
H 7	L 1 Abbie LOW	15 Chelmsford	1:06.70
	L 2 Abigail WHITING	18 West Norfolk	1:05.60
	L 3 Amie PHILPOT	15 teamipswich	1:04.43
	L 4 Rikke NAGELL-KLEVEN	22 UEA Norwich	1:02.94
	L 5 Elinor DULEY	17 Colchester	1:03.70
	L 6 Martha DULEY	18 Colchester	1:05.00
	L 7 Lauren STOTT	15 Hatfield	1:06.00
	L 8 Abbie MCCARTHY	15 Colchester	1:07.30
H 8	L 1 Georgina TALLON	17 Potters Bar	1:06.43
	L 2 Lauren GRICE	18 Leighton Buz	1:05.50
	L 3 Bethany SAUNDERS	18 Co Peterboro	1:04.30
	L 4 Georgina PRYOR	19 Harlow Pen	1:00.54
	L 5 Poppy RICHARDSON	16 Co Peterboro	1:03.41
	L 6 Emily DOWDING	19 teamipswich	1:04.92
	L 7 Olivia NORMAN	15 Colchester	1:05.90
	L 8 Georgina CURTIS	17 C Beds SS	1:07.10

Event 217 Mens Open 400m Freestyle

H 1	L 3 Mark EVENS	21 S14	Hitchin	5:14.98
	L 4 Daniel ENGLISH	15	Hitchin	4:31.38
	L 5 Callum HODGSON	17 S14	Basildon Ph	4:52.73
H 2	L 1 Thomas CADENHEAD	15	Co St Albans	4:30.37
	L 2 Matthew ROTHWELL	15	Co Peterboro	4:27.77
	L 3 Michael RIPPER	16	Co St Albans	4:21.46
	L 4 Manfred BATTLE	15	Stowmarket	4:20.69
	L 5 Charles WHYTE	16	West Suffolk	4:21.06
	L 6 Callum WOLLASTON	16	Cheshunt	4:23.87
	L 7 Ben PARADISE	15	Basildon Ph	4:29.48
H 3	L 1 James CHENNELLS	16	Berkhamsted	4:19.66
	L 2 Jude LIDDIARD	16	Co St Albans	4:18.93
	L 3 Ralph MUNCER	16	Co St Albans	4:17.56
	L 4 Jake MOXHAM	15	Co Cambridge	4:15.01
	L 5 Herbie KINDER	15	Co Peterboro	4:16.40
	L 6 Harrison LEES	16	Watford SC	4:18.34
	L 7 Billy LO	16	Basildon Ph	4:19.37
	L 8 Harvey SKELLERN	15	Co Cambridge	4:20.02
H 4	L 1 Jamie MCCAFFRAY	16	Modernian	4:14.63
	L 2 Luke BRYAN	17	West Norfolk	4:14.20
	L 3 Joshua FOWLES	18	Witham Dolph	4:14.13
	L 4 Henry PEARCE	15	Co Peterboro	4:11.50
	L 5 Alex MASON	21	Team Luton	4:11.90
	L 6 Spencer PRIOR	18	Colchester	4:14.15
	L 7 James COOPER	15	Basildon Ph	4:14.49
	L 8 James BAYLEY	17	Basildon Ph	4:14.90



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 Four

H 5	L 1	Harry WHITEMAN	17	Co Peterboro	4:11.30
	L 2	Reece NICHOLLS	17	Basildon Ph	4:10.60
	L 3	Bradley VEITCH	18	Bishop Stort	4:09.66
	L 4	Erik SULLIVAN	23	Co Cambridge	4:07.74
	L 5	Max WILSON	17	Modernian	4:09.02
	L 6	Myles TURNER	17	West Suffolk	4:09.92
	L 7	Bayley FINBOW	17	teamipswich	4:10.60
	L 8	Jake THOMAS-MANSFIELD	17	St Felix Sch	4:11.42
H 6	L 1	Max JELFS	16	Hatfield	4:06.24
	L 2	Myles ROBINSON-YOUNG	15	Co Peterboro	4:00.50
	L 3	Nathan WELLS	19	West Norfolk	3:54.18
	L 4	Luke TURLEY	17	Hatfield	3:51.70
	L 5	Regan LLOYD	20	teamipswich	3:53.85
	L 6	Jamie SCHOLES	17	Co Peterboro	4:00.29
	L 7	Harry CONSTANTINE	17	Hatfield	4:03.80
	L 8	Luke SUGDEN	18	Hatfield	4:06.29