



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 Eleven

Event 421 Womens 200m IM

H 1	L 3	Lucy COIA-BELL	12	Co St Albans	2:46.41
	L 4	Amy PAGET	12	Co Peterboro	2:46.16
	L 5	Ella TURNER	12	Basildon Ph	2:46.40
H 2	L 1	Sophie LANDER	12	Stowmarket	2:45.27
	L 2	Ella HOUSTON	13	Deben	2:42.79
	L 3	Claudia LITTLE	13	Bo Southend	2:42.69
	L 4	Matilda BOGLE	11	teamipswich	2:42.09
	L 5	Ella MCGHIE	13	Co Peterboro	2:42.09
	L 6	Charlotte NORMAN	12	Colchester	2:42.70
	L 7	Anita TIEN	12	Colchester	2:42.80
	L 8	Jessica MAHONEY	12	Co Peterboro	2:46.14
H 3	L 1	Holly LAMB	12	Southend	2:41.80
	L 2	Leah WIGHTMAN	12	West Norfolk	2:40.98
	L 3	Emily COOPER	12	Basildon Ph	2:40.80
	L 4	Astrid HUBBARD	13	West Norfolk	2:40.73
	L 5	Eloise PARTON	13	Co Cambridge	2:40.76
	L 6	Hannah DALEY	13	Co Peterboro	2:40.82
	L 7	May BRADBURN	13	Chelmsford	2:41.40
	L 8	Brooke JENKINS	13	Southend	2:42.00
H 4	L 1	Millie FIELDS	13	Bishop Stort	2:39.63
	L 2	Cerys WILLIAMS	13	West Suffolk	2:39.51
	L 3	Charlotte TREE	13	Colchester	2:39.20
	L 4	Ela NORTON	13	Hatfield	2:39.11
	L 5	Georgina MUNDAY	13	Modernian	2:39.20
	L 6	Ruby DAGLESS	12	Dereham	2:39.40
	L 7	Sophie GRIFFIN	13	Co Peterboro	2:39.59
	L 8	Lucy HUDSON	13	West Suffolk	2:39.70
H 5	L 1	Bruna REBELO	13	Hatfield	2:38.26
	L 2	Lucy MORGAN	13	Colchester	2:38.00
	L 3	Holly GRAVES	13	Co Peterboro	2:37.85
	L 4	Brenna HOWELL	13	Co Peterboro	2:37.70
	L 5	Polly FISH	13	Co Cambridge	2:37.84
	L 6	Tess WESLEY	13	Newmarket	2:37.95
	L 7	Jessica KEOGH	13	Hatfield	2:38.20
	L 8	Charlotte WHITE	12	West Suffolk	2:38.30
H 6	L 1	Madison SMITH	14	Stanway	2:36.50
	L 2	Charlotte HUDSON	14	West Suffolk	2:34.64
	L 3	Katie HAMMOND	14	Co Cambridge	2:31.89
	L 4	Angharad EVANS	14	West Suffolk	2:28.00
	L 5	Matilda MEYRICK	14	Norfolk Vikg	2:30.30
	L 6	Charlotte ABRAMSON	13	UEA Norwich	2:33.40
	L 7	Daisy SANDON	14	Stevenage	2:35.30
	L 8	Niamh KELLY	13	Hatfield	2:37.65
H 7	L 1	Libby MAGILL	14	Hatfield	2:36.37
	L 2	Isabelle SOULSBY	14	Berkhamsted	2:34.47
	L 3	Lucie PECK	14	West Norfolk	2:30.83
	L 4	Sara KALAWSKA	14	Hatfield	2:27.35
	L 5	Ella HALE	14	West Suffolk	2:30.30
	L 6	Jessica WOODWARD	14	Potters Bar	2:32.64
	L 7	Gemma HANSON	14	Hatfield	2:35.25
	L 8	Caitlin LOO	13	Hatfield	2:37.65
H 8	L 1	Iona TRAINER	14	Co Ely	2:36.30
	L 2	Isabelle ROSHER	14	teamipswich	2:33.90
	L 3	Orla KEAVENEY	14	Modernian	2:30.73
	L 4	Sophie FREEMAN	13	Colchester	2:27.20
	L 5	Erin O'MEARA	14	Watford SC	2:30.00
	L 6	Grace KING	14	teamipswich	2:32.25
	L 7	Imogen BLOOMFIELD	14	Co Cambridge	2:34.83
	L 8	Ciara WOOKEY	13	Colchester	2:36.70

Event 422 Mens 100m Backstroke

H 1	L 2	Jack JUGGINS	11	Team Luton	1:18.80
	L 3	Harrison BELL	12	St Felix Sch	1:18.71
	L 4	Mitchell TAMBLIN	12	Norwich Swan	1:18.66
	L 5	Maximillion PYE	12	Epping For't	1:18.68
	L 6	Oliver CARPENTER	12	Co St Albans	1:18.73

H 2	L 1	George GRICE	12	UEA Norwich	1:18.51
	L 2	Ethan ANGEL	11	teamipswich	1:18.40
	L 3	Kieran BIRKETT	12	Co St Albans	1:18.22
	L 4	Daniel DIXON	12	Brentwood	1:18.00
	L 5	Hayden MILLER	12	Braintree	1:18.17
	L 6	Max PATTEN	12	Stanway	1:18.39
	L 7	Harley ALLAN	12	Modernian	1:18.40
	L 8	Joseph KENNY	12	Leiston	1:18.54
H 3	L 1	Nikita CHARYKIN	11	Thurrock	1:17.90
	L 2	Matthew BROWN	12	Stowmarket	1:17.57
	L 3	Robbie CRUICKSHANKS	11	teamipswich	1:17.27
	L 4	Finley COMAN	12	Gt Yarmouth	1:15.98
	L 5	Samuel PYEFINCH	12	Tring	1:16.31
	L 6	Matthew MONIE	12	Co Cambridge	1:17.50
	L 7	Michael CONNICK	12	Deben	1:17.78
	L 8	Billy KNIBB	12	Linslade	1:17.93
H 4	L 1	Aidan CLARKSON	12	DunmowAtlant	1:15.67
	L 2	Samuel SMITH	13	Wisbech	1:14.58
	L 3	Erivan SHILANI	13	Co Peterboro	1:14.29
	L 4	Tyler WATSON	13	Flitwick	1:14.02
	L 5	Samuel RENNIE	13	Braintree	1:14.20
	L 6	Brandon RILEY	13	Lstof & OB	1:14.50
	L 7	Taylor COE	13	Cheshunt	1:14.63
	L 8	Benjamin ASHDOWN	12	Modernian	1:15.80
H 5	L 1	Joab CARR	13	St Felix Sch	1:13.89
	L 2	Joseph MCGILLIVRAY	12	Lstof & OB	1:13.50
	L 3	Olivier VEDRENNE	12	UEA Norwich	1:13.47
	L 4	Luke BARTON	13	Lstof & OB	1:12.93
	L 5	Oskar FARKAS	12	Co Cambridge	1:13.21
	L 6	Tom MALIA	13	Flitwick	1:13.49
	L 7	Jack SKERRY	13	Chelmsford	1:13.60
	L 8	Matthew WEIMANN	13	Co Cambridge	1:13.96
H 6	L 1	Ben KNOWLES	13	Wisbech	1:12.78
	L 2	Akshay PISSAY	13	UEA Norwich	1:12.44
	L 3	Jack HILL	12	Linslade	1:12.19
	L 4	Kai CHENG	13	Colchester	1:12.00
	L 5	William PARSONS	13	Deben	1:12.13
	L 6	Robert ADDIS	13	West Norfolk	1:12.44
	L 7	Jenson HURRELL	12	Thurrock	1:12.50
	L 8	Benjamin GREEN	13	Watford SC	1:12.78
H 7	L 1	Henry DUNCAN	13	Co Cambridge	1:11.73
	L 2	Connor WALKER	13	Co Peterboro	1:11.34
	L 3	Jude HILLS	12	Bo Southend	1:11.00
	L 4	Daniel BLERKOM	14	Southend	1:10.92
	L 5	Oliver ELLISON	14	Dunstable	1:10.95
	L 6	Matteo LO BIUNDO	14	Hitchin	1:11.06
	L 7	Oliver ROGERS	13	Saffron Wald	1:11.37
	L 8	Tyler JACKSON	13	Harlow Pen	1:11.85
H 8	L 1	Matthew MUNNINGS	14	Diss Otters	1:10.88
	L 2	Jack CONROY	14	Thurrock	1:10.45
	L 3	Luke NIJKAMP	14	Berkhamsted	1:10.38
	L 4	Daniel WHITE	14	St Felix Sch	1:10.08
	L 5	Samuel MILLER	14	Bo Southend	1:10.30
	L 6	Michael FREEMAN	14	Chelmsford	1:10.44
	L 7	Fabian BRUDNICKI	13	Co Peterboro	1:10.87
	L 8	Aidan PILCHER	12	teamipswich	1:10.92
H 9	L 1	Marco TONTODONATI	14	Bishop Stort	1:09.69
	L 2	Ethan GELL	13	Linslade	1:09.30
	L 3	Jack RICHARDSON	14	DunmowAtlant	1:08.90
	L 4	Ciaran COOK	14	Co St Albans	1:08.70
	L 5	Joseph BAVEY	12	Newmarket	1:08.77
	L 6	Rhys DAVIDSON	13	Team Luton	1:09.30
	L 7	Joseph PANNENESE	14	Co St Albans	1:09.48
	L 8	Oscar BRICE	13	Co St Albans	1:10.00
H 10	L 1	Cole SHEPARD	14	Basildon Ph	1:08.31
	L 2	Charlie KING	14	Co St Albans	1:07.85
	L 3	Connor GILLINGHAM	14	West Suffolk	1:07.25
	L 4	Finn JEFFERY	14	St Felix Sch	1:04.43
	L 5	Henry NEWELL	14	Newmarket	1:05.66
	L 6	Alexander CATTON	14	Bishop Stort	1:07.65
	L 7	Nathaniel OLAYOMI	14	Watford SC	1:08.00
	L 8	Ben WOODHOUSE	14	Norwich Swan	1:08.64



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 Eleven

H 11	L 1	Thomas BELCHER	14	Modernian	1:08.30	H 8	L 1	Harriet SALISBURY	13	Co Peterboro	1:03.50
	L 2	Ketan RACH	13	Watford SC	1:07.83		L 2	Caitlin LOO	13	Hatfield	1:03.30
	L 3	Ciaran RICHES	14	West Suffolk	1:06.02		L 3	Lucie PECK	14	West Norfolk	1:03.10
	L 4	Walter HACKETT	14	Dunstable	1:04.30		L 4	Lauren YOUNG	14	Hatfield	1:02.80
	L 5	Chester LEEMING	13	St Felix Sch	1:05.61		L 5	Abbie BARNWELL	14	Team Luton	1:02.80
	L 6	Matthew NEWSON	14	Co Peterboro	1:07.38		L 6	Gemma HANSON	14	Hatfield	1:03.20
	L 7	Naythan AUNG	13	Colchester	1:08.00		L 7	Jessica HEESOM	14	Potters Bar	1:03.30
	L 8	Alfie KING	14	Thetford	1:08.60		L 8	Eve WRIGHT	14	Co Peterboro	1:03.50
H 12	L 1	Luke PESTAILLE	14	Hatfield	1:08.20	H 9	L 1	Jessica WOODWARD	14	Potters Bar	1:02.25
	L 2	Samuel COSTIN	14	Basildon Ph	1:07.68		L 2	Grace WALLER	13	Basildon Ph	1:01.90
	L 3	Daniel MURTAGH	14	Hatfield	1:05.70		L 3	Ella HALE	14	West Suffolk	1:01.10
	L 4	Samuel ROSE	14	West Norfolk	1:03.49		L 4	Safia BUTTON	13	teamipswich	59.70
	L 5	Zane BATT	14	Cheshunt	1:05.44		L 5	Annabelle BURGESS	14	teamipswich	1:00.81
	L 6	Harry MCLAGAN	14	Chelmsford	1:07.30		L 6	Katie HAMMOND	14	Co Cambridge	1:01.60
	L 7	Thomas OGDEN	13	Bishop Stort	1:08.00		L 7	Annika BROWN	14	teamipswich	1:02.10
	L 8	Teal'K SMITH	14	Beccles Town	1:08.59		L 8	Charlotte HUDSON	14	West Suffolk	1:02.61
Event 423 Womens 100m Freestyle											
H 1	L 1	Jessica SHAW	12	March	1:08.22	H 10	L 1	Sophie TAYLOR	14	DunmowAtlant	1:02.21
	L 2	Teni OGUNLESI	12	Thurrock	1:08.00		L 2	Rebecca GIROLAMI	14	Colchester	1:01.77
	L 3	Macey POUNTAIN	12	UEA Norwich	1:07.90		L 3	Isabel WAINWRIGHT	14	Modernian	1:00.90
	L 4	Ruby DAGLESS	12	Dereham	1:07.71		L 4	Sophie FREEMAN	13	Colchester	59.20
	L 5	Anastasia WILKINSON	12	Hatfield	1:07.86		L 5	Sacha THOMAS	14	UEA Norwich	1:00.40
	L 6	Helena HALL	12	Deben	1:07.96		L 6	Carys BREALEY	13	Harlow Pen	1:01.55
	L 7	Ruby WHEELER	11	Basildon Ph	1:08.20		L 7	Iona TRAINER	14	Co Ely	1:02.07
	L 8	Megan BUNCLARK	12	Leiston	1:08.30		L 8	Mia YATES	14	Felixstowe	1:02.52
H 2	L 1	Emilia DUNWOODIE	12	Co St Albans	1:07.68	H 11	L 1	Emily WHYTE	14	teamipswich	1:02.13
	L 2	Ruby GREENHALF	12	UEA Norwich	1:07.40		L 2	Emma CRUICKSHANKS	14	teamipswich	1:01.65
	L 3	Erin WILKINSON	12	Southend	1:07.00		L 3	Lily MERRETT	14	Hoddesdon	1:00.82
	L 4	Ella NIJKAMP	12	Berkhamsted	1:06.67		L 4	Angharad EVANS	14	West Suffolk	58.80
	L 5	Michaela TAIWO	12	Thurrock	1:06.70		L 5	Sara KALAWSKA	14	Hatfield	1:00.01
	L 6	Ciara TAYLOR	12	Co Ely	1:07.35		L 6	Libby DUNFORD	14	Hoddesdon	1:01.20
	L 7	Emily COOPER	12	Basildon Ph	1:07.60		L 7	Tilly MAYES	14	Thurrock	1:02.00
	L 8	Gemma NOTTAGE	12	Watford SC	1:07.69		L 8	Bianka MISIKOVA	14	Hatfield	1:02.50
H 3	L 1	Sophie LANDER	12	Stowmarket	1:06.38	Event 424 Mens 50m Freestyle					
	L 2	Valeria GIRON	12	Hatfield	1:06.10	H 1	L 2	Oliver CARPENTER	12	Co St Albans	31.61
	L 3	Astrid HUBBARD	12	West Norfolk	1:05.87		L 3	Henry JONES	12	Modernian	31.52
	L 4	Leah WIGHTMAN	12	West Norfolk	1:05.74		L 4	William HAMM	12	Dunstable	31.40
	L 5	Karys-Rose BUNN	11	teamipswich	1:05.82		L 5	Christopher WILLIAMSON	12	Co Cambridge	31.41
	L 6	Matilda BOGLE	11	teamipswich	1:05.90		L 6	Alexander MASON	12	Potters Bar	31.55
	L 7	Isabel JONES	13	Leighton Buz	1:06.10		L 7	Elliot GLADWELL	12	Hadleigh	31.61
	L 8	Holly LAMB	12	Southend	1:06.50	H 2	L 1	Mason ALLEN	11	Basildon Ph	31.35
H 4	L 1	Ela NORTON	13	Hatfield	1:05.70		L 2	Jacob STEPHEN	12	Brentwood	31.30
	L 2	Daisy WILSON	13	Co Cambridge	1:05.62		L 3	Jack ABRAM	12	UEA Norwich	31.30
	L 3	Gemma PETERS	13	UEA Norwich	1:05.48		L 4	Alasdair WOOLGROVE	12	Co St Albans	31.19
	L 4	Bruna REBELO	13	Hatfield	1:05.24		L 5	Samuel CARTER	12	Bo Southend	31.20
	L 5	Hannah DALEY	13	Co Peterboro	1:05.35		L 6	Finn MEENAN	12	Dunstable	31.30
	L 6	Millie DUDLEY	13	Dunstable	1:05.50		L 7	Tobin SARI	12	West Suffolk	31.31
	L 7	Emma TAPPENDEN	13	Basildon Ph	1:05.70		L 8	Alfie FRANCIS	12	Colchester	31.40
	L 8	Abigail GOTTS	12	Norfolk Vikg	1:05.73	H 3	L 1	Michael CONNICK	12	Deben	31.07
H 5	L 1	Erin LITTLE	12	Chelmsford	1:05.10		L 2	George GRICE	12	UEA Norwich	31.00
	L 2	Polly FISH	13	Co Cambridge	1:05.00		L 3	Joseph KENNY	12	Leiston	31.00
	L 3	May BRADBURN	13	Chelmsford	1:04.90		L 4	James BELL	12	Norwich Swan	30.89
	L 4	Ruby COLLINS	13	Dunstable	1:04.80		L 5	Barnabas CLARKE	11	UEA Norwich	30.95
	L 5	Cerys WILLIAMS	13	West Suffolk	1:04.83		L 6	Billy MEAD	12	Dunstable	31.00
	L 6	Ellie HOLLISS	13	Co St Albans	1:04.90		L 7	James O'CONNOR	12	West Suffolk	31.06
	L 7	Ciara WOOKEY	13	Colchester	1:05.08		L 8	Joshua HEESOM	12	Potters Bar	31.10
	L 8	Anita TIEN	12	Colchester	1:05.20	H 4	L 1	Joseph MCGILLIVRAY	12	Lstof & OB	30.75
H 6	L 1	Nancy NEAVE	13	Braintree	1:04.70		L 2	Mitchell TAMBLIN	12	Norwich Swan	30.70
	L 2	Daisy MOXHAM	12	Co Cambridge	1:04.50		L 3	Edward MERHAN	12	West Suffolk	30.67
	L 3	Kiara KOVACS	13	Co Peterboro	1:04.21		L 4	Jack JUGGINS	11	Team Luton	30.40
	L 4	Millie FIELDS	13	Bishop Stort	1:04.16		L 5	Colin MOGHINA	12	Thurrock	30.60
	L 5	Lucy HUDSON	13	West Suffolk	1:04.20		L 6	Ryan ROBERTS	12	Dunstable	30.70
	L 6	Georgina MUNDAY	13	Modernian	1:04.30		L 7	Jack HILL	12	Linslade	30.70
	L 7	Maddie LEES	13	DunmowAtlant	1:04.60		L 8	Max PATTEN	12	Stansway	30.88
	L 8	Eloise PARTON	13	Co Cambridge	1:04.75	H 5	L 1	Enzo LIM	12	Watford SC	30.26
H 7	L 1	Charlotte ABRAMSON	13	UEA Norwich	1:04.00		L 2	Samuel PYEFINCH	12	Tring	30.06
	L 2	Rachel ANDREWS	13	C Beds SS	1:03.80		L 3	Aidan PILCHER	12	teamipswich	29.80
	L 3	Lucy MORGAN	13	Colchester	1:03.80		L 4	Arvin Joaquin RODRIGUE	13	Watford SC	29.70
	L 4	Hannah O'CONNOR	14	West Suffolk	1:03.52		L 5	Oscar BRICE	13	Co St Albans	29.73
	L 5	Jessica KEOGH	13	Hatfield	1:03.66		L 6	Olivier VEDRENNE	12	UEA Norwich	30.05
	L 6	Francesca LOW	12	Chelmsford	1:03.80		L 7	Marcus MOSCUZZA	12	St Felix Sch	30.19
	L 7	Brenna HOWELL	13	Co Peterboro	1:03.89		L 8	Aidan CLARKSON	12	DunmowAtlant	30.36
	L 8	Imogen BLOCK	13	Lstof & OB	1:04.09						



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 Eleven

H 6	L 1	Thomas HANLEY	13	Chatteris	29.61
	L 2	Joseph BAVEY	12	Newmarket	29.47
	L 3	Benjamin ASHDOWN	12	Modernian	29.40
	L 4	Finley COMAN	12	Gt Yarmouth	29.27
	L 5	Ethan PEIRCE	12	Harlow Pen	29.30
	L 6	Oskar FARKAS	12	Co Cambridge	29.40
	L 7	Kai CHENG	13	Colchester	29.50
	L 8	Owen SEARY	13	Beccles Town	29.67
H 7	L 1	Joe COOPER	13	teamipswich	29.19
	L 2	Benjamin GREEN	13	Watford SC	29.00
	L 3	Akshay PISSAY	13	UEA Norwich	28.80
	L 4	Robert ADDIS	13	West Norfolk	28.66
	L 5	Jude HILLS	12	Bo Southend	28.70
	L 6	Ethan GELL	13	Linslade	28.90
	L 7	Johnny WILDE	13	Putteridge	29.10
	L 8	Joab CARR	13	St Felix Sch	29.21
H 8	L 1	Fabian BRUDNICKI	13	Co Peterboro	28.65
	L 2	Connor WALKER	13	Co Peterboro	28.51
	L 3	Callum STEDMAN	14	Dereham	28.43
	L 4	Joshua HOLLAND	14	Hertford	28.33
	L 5	Edward MCFARLAND	14	C Beds SS	28.40
	L 6	Jack SKERRY	13	Chelmsford	28.50
	L 7	Mide OLAJIDE	13	Thurrock	28.51
	L 8	Brandon RILEY	13	Lstof & OB	28.66
H 9	L 1	Jeremy AITKEN	14	Beccles Town	28.20
	L 2	Harvey LAST	14	Southend	28.16
	L 3	Cole SHEPARD	14	Basildon Ph	28.10
	L 4	Nathaniel OLAYOMI	14	Watford SC	27.90
	L 5	Matthew DEBENHAM	13	teamipswich	28.02
	L 6	Alfie KING	14	Thetford	28.16
	L 7	Xavier KIRCHIN	13	Leighton Buz	28.20
	L 8	Charlie KING	14	Co St Albans	28.28
H 10	L 1	Matteo LO BIUNDO	14	Hitchin	27.90
	L 2	Daniel MARTIN	14	Co St Albans	27.81
	L 3	William PESTELL	14	teamipswich	27.77
	L 4	Michael KLIMASZEWSKI	13	Hatfield	27.71
	L 5	Jack RICHARDSON	14	DunmowAtlant	27.75
	L 6	Matthew NEWSON	14	Co Peterboro	27.80
	L 7	Matthew MUNNINGS	14	Diss Otters	27.82
	L 8	Morgan FOSTER	14	Braintree	27.90
H 11	L 1	Alfie WARNOCK	14	Putteridge	27.70
	L 2	William ROBINS	14	C Beds SS	27.60
	L 3	Ryan DAVIS	13	Epping For't	27.60
	L 4	Harrison RIDER	13	Basildon Ph	27.50
	L 5	Devesh KAPOOR	14	Watford SC	27.56
	L 6	Michael FREEMAN	14	Chelmsford	27.60
	L 7	Owen WEBSTER	14	St Felix Sch	27.68
	L 8	Chester LEEMING	13	St Felix Sch	27.71
H 12	L 1	Damon ELLIOTT	13	DunmowAtlant	27.20
	L 2	Ciaran RICHES	14	West Suffolk	26.91
	L 3	Daniel WHITE	14	St Felix Sch	26.70
	L 4	Sam WILLIAMSON	13	Hatfield	25.90
	L 5	Finn JEFFERY	14	St Felix Sch	26.40
	L 6	Oliver ELLISON	14	Dunstable	26.80
	L 7	Samuel MILLER	14	Bo Southend	27.10
	L 8	Marco TONTODONATI	14	Bishop Stort	27.40
H 13	L 1	Sam TOWNSEND	13	C Beds SS	27.10
	L 2	Daniel MURTAGH	14	Hatfield	26.90
	L 3	Joseph PANNENESE	14	Co St Albans	26.50
	L 4	Louis STEPHEN	14	Brentwood	25.90
	L 5	Samuel ROSE	14	West Norfolk	26.20
	L 6	Connor GILLINGHAM	14	West Suffolk	26.80
	L 7	Walter HACKETT	14	Dunstable	27.00
	L 8	James SPEERS	14	Basildon Ph	27.40
H 14	L 1	Jack TURRELL	14	Basildon Ph	27.10
	L 2	Oliver ROGERS	13	Saffron Wald	26.80
	L 3	Harry MCLAGAN	14	Chelmsford	26.46
	L 4	Henry NEWELL	14	Newmarket	25.87
	L 5	Nathan WOODROW	14	UEA Norwich	26.00
	L 6	Alessandro RIODA	13	Harlow Pen	26.70
	L 7	James CORNER	14	Berkhamsted	27.00
	L 8	Naythan AUNG	13	Colchester	27.30

Event 425 Womens 200m Backstroke

H 1	L 1	Macey POUNTAIN	12	UEA Norwich	2:42.88
	L 2	Anita TIEN	12	Colchester	2:42.03
	L 3	Jessica MAHONEY	12	Co Peterboro	2:41.40
	L 4	Emilia DUNWOODIE	12	Co St Albans	2:40.89
	L 5	Holly ROBINSON	12	Hatfield	2:41.31
	L 6	Emily FALKUS	12	Runnymede	2:41.98
	L 7	Evie BURGESS	12	teamipswich	2:42.34
H 2	L 1	Erin WILKINSON	12	Southend	2:39.51
	L 2	Matilda BOGLE	11	teamipswich	2:38.99
	L 3	Georgina MUNDAY	13	Modernian	2:38.00
	L 4	Ella MCGHIE	13	Co Peterboro	2:37.75
	L 5	Hannah DALEY	13	Co Peterboro	2:37.83
	L 6	Darcy O'BRIEN	13	Southend	2:38.83
	L 7	Ella TURNER	12	Basildon Ph	2:39.00
	L 8	Sophie LANDER	12	Stowmarket	2:40.74
H 3	L 1	Brooke JENKINS	13	Southend	2:37.20
	L 2	Francesca LOW	12	Chelmsford	2:36.50
	L 3	Jessica HEESOM	13	Potters Bar	2:36.27
	L 4	Erin LITTLE	12	Chelmsford	2:36.20
	L 5	Mary O'NEILL	14	Wisbech	2:36.24
	L 6	Isabel HARBER	14	Verulam	2:36.31
	L 7	Emily COOPER	12	Basildon Ph	2:36.90
	L 8	Lillian TAGG	13	Thurrock	2:37.28
H 4	L 1	Rhearna MASON	14	C Beds SS	2:35.68
	L 2	Hannah O'CONNOR	14	West Suffolk	2:35.55
	L 3	Florie GEURTS	14	Co St Albans	2:35.39
	L 4	Phoebe BRENNAN	14	Thurrock	2:35.01
	L 5	Astrid HUBBARD	13	West Norfolk	2:35.10
	L 6	Rebecca GIROLAMI	14	Colchester	2:35.46
	L 7	Leah WIGHTMAN	12	West Norfolk	2:35.68
	L 8	Morgan ALLAN	14	Modernian	2:35.80
H 5	L 1	Ella HOUSTON	13	Deben	2:34.92
	L 2	Rebecca SMITH	14	Norwich Swan	2:34.90
	L 3	Carys BREALEY	13	Harlow Pen	2:34.20
	L 4	Hannah SNELHAM	14	Deben	2:33.70
	L 5	Erin YEOMANSON	14	Deben	2:33.86
	L 6	Grace WALLER	13	Basildon Ph	2:34.85
	L 7	Gemma HANSON	14	Hatfield	2:34.91
	L 8	Karolina KOWALSKA	14	Co Cambridge	2:34.92
H 6	L 1	Madison SMITH	14	Stanway	2:32.78
	L 2	Gemma PETERS	13	UEA Norwich	2:30.80
	L 3	Imogen BLOCK	13	Lstof & OB	2:29.71
	L 4	Sophie FREEMAN	13	Colchester	2:25.00
	L 5	Jemima WAYMAN	14	Deben	2:29.04
	L 6	Brenna HOWELL	13	Co Peterboro	2:30.26
	L 7	Sophie GRIFFIN	13	Co Peterboro	2:32.00
	L 8	Lucy MORGAN	13	Colchester	2:33.32
H 7	L 1	Isabelle SANDFORD	14	Basildon Ph	2:32.73
	L 2	Holly GRAVES	13	Co Peterboro	2:30.37
	L 3	Jessica KEOGH	13	Hatfield	2:29.25
	L 4	Emma CRUICKSHANKS	14	teamipswich	2:22.01
	L 5	Isabelle SOULSBY	14	Berkhamsted	2:27.98
	L 6	Safia BUTTON	13	teamipswich	2:29.92
	L 7	Molly REDGRAVE	13	Colchester	2:31.74
	L 8	Millie TURNER	14	Basildon Ph	2:33.28
H 8	L 1	Grace KING	14	teamipswich	2:32.40
	L 2	Millie FIELDS	13	Bishop Stort	2:30.32
	L 3	Eve WRIGHT	14	Co Peterboro	2:29.13
	L 4	Matilda MEYRICK	14	Norfolk Vikg	2:18.95
	L 5	Emily WHYTE	14	teamipswich	2:27.19
	L 6	Gracie KAY	14	Co Cambridge	2:29.91
	L 7	Charlotte NORMAN	12	Colchester	2:31.25
	L 8	Eleanor WILLIAMS	14	Watford SC	2:33.04



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 Eleven

Event 426 Mens 400m IM

H 1	L 3	Mark MILBURN	12	Colchester	6:01.41
	L 4	Matthew MONIE	12	Co Cambridge	5:55.40
	L 5	Harry SHARPE	12	West Norfolk	6:00.33
H 2	L 2	Enzo LIM	12	Watford SC	5:52.28
	L 3	George WHITEMAN	13	Co Peterboro	5:43.70
	L 4	Denis MORINE	12	Chelmsford	5:43.00
	L 5	Tyler JACKSON	13	Harlow Pen	5:43.30
	L 6	Alexander WILLIAMS	12	Watford SC	5:49.38
	L 7	Christopher WILLIAMSON	12	Co Cambridge	5:54.05
H 3	L 1	Peter SOCZEWKA	12	Hatfield	5:40.33
	L 2	Jimmy TAYLOR	13	Thurrock	5:40.21
	L 3	Tom MALIA	13	Flitwick	5:39.85
	L 4	Taylor COE	13	Cheshunt	5:38.35
	L 5	Tyler WATSON	13	Flitwick	5:39.13
	L 6	Robert ADDIS	13	West Norfolk	5:40.06
	L 7	Jenson HURRELL	12	Thurrock	5:40.21
	L 8	Connor HOUSTON	13	Deben	5:42.38
H 4	L 1	Connor WALKER	13	Co Peterboro	5:34.36
	L 2	Edward MCFARLAND	14	C Beds SS	5:28.90
	L 3	Joshua THURSTON-W	14	Beccles Town	5:27.58
	L 4	Mattias MORSE	14	Hemel Hemp	5:27.33
	L 5	Jude HILLS	12	Bo Southend	5:27.50
	L 6	Samuel BULLINGHAM	14	West Suffolk	5:28.87
	L 7	Ryan DAVIS	13	Epping For't	5:32.00
	L 8	James ROTHWELL	13	Co Peterboro	5:36.57
H 5	L 1	Mide OLAJIDE	13	Thurrock	5:24.63
	L 2	William TOZER	14	West Suffolk	5:22.90
	L 3	Euan DONALD	14	Berkhamsted	5:21.86
	L 4	Henry FERRIES	14	Basildon Ph	5:19.40
	L 5	James SPEERS	14	Basildon Ph	5:20.80
	L 6	Harrison JARVIS	13	Thurrock	5:22.10
	L 7	Luke BARTON	13	Lstof & OB	5:24.20
	L 8	Matthew NEWSON	14	Co Peterboro	5:25.06
H 6	L 1	Freddie LAWS	14	West Norfolk	5:16.68
	L 2	Rhys DAVIDSON	13	Team Luton	5:14.10
	L 3	Michael KLIMASZEWSKI	13	Hatfield	5:12.38
	L 4	Devesh KAPOOR	14	Watford SC	5:10.91
	L 5	Matthew DEBENHAM	13	teamipswich	5:11.16
	L 6	Nathan WOODROW	14	UEA Norwich	5:13.70
	L 7	Callum STEDMAN	14	Dereham	5:16.67
	L 8	Luke PESTAILLE	14	Hatfield	5:18.39
H 7	L 1	Joe COOPER	13	teamipswich	5:06.67
	L 2	Owen WEBSTER	14	St Felix Sch	5:04.58
	L 3	William PESTELL	14	teamipswich	5:04.34
	L 4	Ciaran RICHES	14	West Suffolk	5:02.73
	L 5	Finn JEFFERY	14	St Felix Sch	5:03.48
	L 6	Samuel ROSE	14	West Norfolk	5:04.43
	L 7	Sam WILLIAMSON	13	Hatfield	5:05.30
	L 8	Jack TURRELL	14	Basildon Ph	5:10.00