



Swim England East Region 2018 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 Open 200m Butterfly

H 1	L 1	Ben WOODHOUSE	15	Norwich Swan	2:32.13
	L 2	Samuel STEPHENS	15	St Felix Sch	2:30.20
	L 3	James EDGINGS	15	Thurrock	2:30.04
	L 4	Christopher STEPHENS	15	Basildon Ph	2:28.44
	L 5	Henry FERRIES	15	Basildon Ph	2:29.40
	L 6	Max ASHKEN	15	Deben	2:30.18
	L 7	Harry ARBUTHNOTT	15	Harpenden	2:31.40
H 2	L 1	Euan DONALD	15	Berkhamsted	2:27.18
	L 2	Freddie LAWS	15	West Norfolk	2:25.84
	L 3	Andrei GARE	17	Southend	2:20.00
	L 4	Angus HARROW	16	Harpenden	2:19.63
	L 5	Thomas ALLISON	17	Newmarket	2:19.65
	L 6	Joshua THURSTON-WOOLNO	15	Beccles Town	2:23.81
	L 7	Alfie WILLIAMS	15	Canvey Isl	2:26.50
	L 8	Teal'K SMITH	15	Beccles Town	2:28.37
H 3	L 1	Ciaran RICHES	15	West Suffolk	2:17.67
	L 2	Mason HUNNISETT	16	Basildon Ph	2:13.40
	L 3	Luke BRYAN	18	West Norfolk	2:10.67
	L 4	Nathan HUGHES	18	Hatfield	2:05.40
	L 5	Nathan WOODROW	15	Co Norwich	2:08.20
	L 6	Harry JONES	18	Hitchin	2:12.36
	L 7	James MCFARLAND	17	C Beds SS	2:14.78
	L 8	Charles WHYTE	17	West Suffolk	2:18.65
H 4	L 1	Henry PEARCE	16	Co Peterboro	2:17.00
	L 2	Jamie MCCAFFRAY	17	Modernian	2:12.90
	L 3	Herbie KINDER	16	Co Peterboro	2:08.90
	L 4	Hugo BELLAMY	20	Co Cambridge	2:05.07
	L 5	Matthew WRIGHT	20	Team Luton	2:07.00
	L 6	Calvin COE	20	Stowmarket	2:12.35
	L 7	Chris GREENHALGH	22	West Suffolk	2:14.50
	L 8	Myles TURNER	18	West Suffolk	2:17.97
H 5	L 1	Elliott DAY	16	teamipswich	2:16.60
	L 2	Manfred BATTLE	16	Stowmarket	2:12.77
	L 3	Lewis BINNING	15	Basildon Ph	2:08.50
	L 4	James WOODWARD	18	Hatfield	2:02.80
	L 5	Harry WHITEMAN	18	Co Peterboro	2:05.70
	L 6	Collins SALIBOKO	16	St Felix Sch	2:12.06
	L 7	Joshua BRIDGELAND	15	Hatfield	2:14.20
	L 8	Devesh KAPOOR	15	Watford SC	2:17.90

Event 212 Womens Open 50m Backstroke

H 1	L 3	Iona TRAINER	15	Co Ely	33.08
	L 4	Jessica HEESOM	15	Potters Bar	33.04
	L 5	Rebecca SMITH	15	Norwich Swan	33.06
H 2	L 2	Libby MAGILL	15	Hatfield	32.98
	L 3	Tilly MAYES	15	Thurrock	32.90
	L 4	Isabelle SOULSBY	15	Berkhamsted	32.70
	L 5	Radost MILKOVA	15	Thurrock	32.75
	L 6	Rose WILKINSON	15	DunmowAtlant	32.97
	L 7	Erin YEOMANSON	15	teamipswich	32.98
H 3	L 1	Morgan ALLAN	15	Modernian	32.40
	L 2	Nicole CHANDLER	16	Colchester	32.34
	L 3	Madeleine STARES	15	Watford SC	32.31
	L 4	Rebecca STROUD	16	Brentwood	32.22
	L 5	Hannah O'CONNOR	15	West Suffolk	32.23
	L 6	Ciara GILL-RYAN	16	Newmarket	32.33
	L 7	Francesca COLLINS	16	Chelmsford	32.39
	L 8	Chloe BERKO-BOATENG	15	Hatfield	32.65
H 4	L 1	Ella HALE	15	West Suffolk	32.16
	L 2	Annabel HEYWOOD	18	West Suffolk	32.15
	L 3	Celeste ANDREW	17	Harlow Pen	32.09
	L 4	Ellie-Mae SMITH	17	teamipswich	32.03
	L 5	Rebecca SEWELL	18	Hemel Hemp	32.08
	L 6	Agnes BURNS	17	Harpenden	32.10
	L 7	Georgia HARROD	18	DunmowAtlant	32.16
	L 8	Isabel WAINWRIGHT	15	Modernian	32.20
H 5	L 1	Libby DUNFORD	15	Bor of Brox	32.01
	L 2	Amber HILL	16	Linslade	31.95
	L 3	Sophie QUACH	20	Hatfield	31.90
	L 4	Sonia TUMIOTTO	17	St Felix Sch	31.84
	L 5	Keelin MCKENNA	19	Hemel Hemp	31.87
	L 6	Abbie LOW	16	Chelmsford	31.90
	L 7	Autumn HANDSCOMBE	15	C Beds SS	32.00
	L 8	Melissa ELEY	18	Chelmsford	32.02

H 6	L 1	Scarlett MORINE	16	Chelmsford	31.80
	L 2	Bronte O'DEA	15	Runnymede	31.73
	L 3	Isabel HARBER	15	Verulam	31.70
	L 4	Martine TRAN	17	Thurrock	31.68
	L 5	Gracie KAY	15	Co Cambridge	31.68
	L 6	Gemma BOOTH	16	Newmarket	31.71
	L 7	Sophie TAYLOR	16	Co St Albans	31.74
	L 8	Ella TOLLIDAY	16	St Felix Sch	31.80
H 7	L 1	Emma SHOOBERT	16	C Beds SS	31.60
	L 2	Macy LAWRENCE	16	Basildon Ph	31.50
	L 3	Grace WYLIE	17	Hatfield	31.30
	L 4	Eleanor KING	18	Team Luton	31.23
	L 5	Francesca CROCKER	18	St Ives	31.29
	L 6	Molly OLLINGTON	20	Co Cambridge	31.40
	L 7	Emily LUSH	16	Potters Bar	31.55
	L 8	Larissa DEAN	16	Harpenden	31.60
H 8	L 1	Claire BURRELL	17	Co St Albans	31.11
	L 2	Tara COLEMAN	22	Deben	30.85
	L 3	Megan PYE	16	Co Norwich	30.50
	L 4	Meghan MAYBANKS	18	DunmowAtlant	29.10
	L 5	Amie PHILPOT	16	teamipswich	30.05
	L 6	Eve WRIGHT	15	Co Peterboro	30.67
	L 7	Shannon STOTT	18	Hatfield	31.00
	L 8	Asma PARKER	15	Colchester	31.20
H 9	L 1	Emma LESLIE	17	Co Peterboro	31.10
	L 2	Elinor DULEY	18	Colchester	30.80
	L 3	Josie PRETIOUS-WHITE	17	Bishop Stort	30.41
	L 4	Lija RADZIUNAITE	16	Stowmarket	29.02
	L 5	Mia CARTER	16	Bishop Stort	30.00
	L 6	Amy GODSAVE	19	Hatfield	30.58
	L 7	Emily JONES	16	Modernian	31.00
	L 8	Niamh JAMES	17	Bishop Stort	31.20
H 10	L 1	India WESTON	16	Norfolk Vikg	31.03
	L 2	Amelia PEDDLE	18	Epping For't	30.80
	L 3	Emma CRUICKSHANKS	15	teamipswich	30.30
	L 4	Martha DULEY	19	Colchester	28.75
	L 5	Rachel WELLINGS	18	Co Peterboro	29.47
	L 6	Emily LANE	22	Basildon Ph	30.50
	L 7	Lauren STOTT	26	Hatfield	30.96
	L 8	Lily MERRETT	15	Bor of Brox	31.17

Event 213 Mens Open 50m Freestyle

H 1	L 3	Owen WOODROW	17	S8 Co Norwich	33.61
	L 4	Mark EVENS	22	S14 Hitchin	32.82
	L 5	Roan BRENNAN	12	S9 Basildon Ph	33.10
H 2	L 1	Jaxon SIMMONS	18	S13 Co Peterboro	27.52
	L 2	Bradley BEALES	15	Norwich Swan	26.90
	L 3	Michael FREEMAN	15	Chelmsford	26.90
	L 4	Matthew MUNNINGS	15	Diss Otters	26.80
	L 5	Isaac BOYCE	15	Norwich Swan	26.90
	L 6	Cole SHEPARD	15	Basildon Ph	26.90
	L 7	Charlie KING	15	Co St Albans	26.93
	L 8	Louis HINES	21	S14 Watford SC	27.88
H 3	L 1	Devesh KAPOOR	15	Watford SC	26.75
	L 2	Oliver ELLISON	15	Dunstable	26.70
	L 3	Alex HARNESS	15	Rochford	26.60
	L 4	Alfie KING	15	Thetford	26.60
	L 5	Edward MCFARLAND	15	C Beds SS	26.60
	L 6	Alfie FRANCIS	15	Potters Bar	26.69
	L 7	Brayden DITCHFIELD-WAT	15	Leighton Buz	26.70
	L 8	Joshua BRIDGELAND	15	Hatfield	26.80
H 4	L 1	Alexander CATTON	15	Bishop Stort	26.52
	L 2	Jack RICHARDSON	15	DunmowAtlant	26.40
	L 3	Connor GILLINGHAM	15	West Suffolk	26.40
	L 4	Callum STEDMAN	15	Dereham	26.30
	L 5	Daniel WHITE	15	St Felix Sch	26.37
	L 6	Thomas BELCHER	15	Modernian	26.40
	L 7	Nathaniel OLAYOMI	15	Watford SC	26.47
	L 8	Daniel MARTIN	15	Co St Albans	26.57



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H 5	L 1	James CORNER	15	Berkhamsted	26.30
	L 2	Cameron WOLSTENCROFT	15	Co Cambridge	26.23
	L 3	Walter HACKETT	15	Dunstable	26.00
	L 4	Adam HARDY	16	teamipswich	25.95
	L 5	Daniel CHANDLER	16	Linslade	26.00
	L 6	Alfie WARNOCK	15	Putteridge	26.10
	L 7	Joshua HOLLAND	15	Hertford	26.28
	L 8	William ROBINS	15	C Beds SS	26.30
H 6	L 1	Ciaran RICHES	15	West Suffolk	25.85
	L 2	Finn JEFFERY	15	St Felix Sch	25.73
	L 3	Jude GOULD	16	Hitchin	25.70
	L 4	Morgan FOSTER	15	Braintree	25.60
	L 5	Harvey SKELLERN	16	Co Cambridge	25.60
	L 6	Samuel ROSE	15	West Norfolk	25.70
	L 7	Harry SAUNDERS	16	Newmarket	25.80
	L 8	Yannik WILSON	16	Harpenden	25.87
H 7	L 1	Henry NEWELL	15	Newmarket	25.59
	L 2	Benjamin RAYNER	16	Flitwick	25.50
	L 3	Elliott DAY	16	teamipswich	25.50
	L 4	Matthew ROTHWELL	16	Co Peterboro	25.40
	L 5	Sebastian VANDERMEER	15	Co Cambridge	25.41
	L 6	Lewis BINNING	15	Basildon Ph	25.50
	L 7	Louis STEPHEN	15	Brentwood	25.50
	L 8	Nathan WOODROW	15	Co Norwich	25.60
H 8	L 1	James SPEERS	15	Basildon Ph	25.30
	L 2	Ben BLOWERS	16	Co Norwich	25.20
	L 3	Charles WHYTE	17	West Suffolk	25.00
	L 4	Jamie MCLAUGHLIN	21	DunmowAtlant	25.00
	L 5	Joshua BRISTOW	16	Modernian	25.00
	L 6	Sam PERKINS	16	teamipswich	25.03
	L 7	Collins SALIBOKO	16	St Felix Sch	25.30
	L 8	Samuel MILLER	15	Bo Southend	25.40
H 9	L 1	John BOYLE	17	DunmowAtlant	25.00
	L 2	Nathan SWIFT	17	Putteridge	24.90
	L 3	George ROGERS	18	Saffron Wald	24.90
	L 4	Lucas DYSON-DIAZ	18	Hatfield	24.90
	L 5	Ashley COOMBS	17	Hemel Hemp	24.90
	L 6	Manfred BATTLE	16	Stowmarket	24.90
	L 7	Michael JUDD	20	Dunstable	24.90
	L 8	Thomas GRIEVE	18	Colchester	25.00
H 10	L 1	James COOPER	16	Basildon Ph	24.80
	L 2	Finlay RYAN	19	West Norfolk	24.80
	L 3	Lewis MOORE	16	teamipswich	24.80
	L 4	Myles ROBINSON-YOUNG	16	Co Peterboro	24.70
	L 5	Adam MARTIN	18	Potters Bar	24.78
	L 6	Thomas CADENHEAD	16	Co St Albans	24.80
	L 7	Herbie KINDER	16	Co Peterboro	24.80
	L 8	Alec BURCHELL	20	Co Cambridge	24.89
H 11	L 1	Jordan CATCHPOLE	19	S14 Co Norwich	24.67
	L 2	Dalton YALLOP	21	Beccles Town	24.50
	L 3	Reese HOUSDEN	16	Hatfield	24.00
	L 4	Luke TURLEY	18	Hatfield	23.70
	L 5	Jake MOXHAM	16	Co Cambridge	23.80
	L 6	Jack WEARS	19	Leighton Buz	24.20
	L 7	Oliver KENNY	21	West Norfolk	24.50
	L 8	Nicholas PERKINS	17	Co Norwich	24.70
H 12	L 1	James CHENNELLS	17	Berkhamsted	24.60
	L 2	Matthew TITMAN	17	Co Cambridge	24.31
	L 3	Ayotobi LAGUDA	16	Hatfield	23.90
	L 4	Harry CONSTANTINE	18	Hatfield	23.20
	L 5	Jack CHRISTIE	20	Co St Albans	23.80
	L 6	Harry WEARS	21	Leighton Buz	24.20
	L 7	Joshua FOWLES	19	Witham Dolph	24.50
	L 8	David SHIPMAN	18	Potters Bar	24.70
H 13	L 1	Shimon LOPEZ	17	Co Cambridge	24.54
	L 2	Jonathon ADAM	16	Co Cambridge	24.30
	L 3	Evan THOMAS-MANSFIELD	17	West Suffolk	23.80
	L 4	Ignacio LARGHERO	19	Newmarket	23.20
	L 5	Finn HARMAN	20	Co Cambridge	23.80
	L 6	Michael RIPPER	17	Co St Albans	24.10
	L 7	Joshua SMITH	17	DunmowAtlant	24.50
	L 8	Jude LIDDIARD	17	Co St Albans	24.70

Event 214 Womens Open 100m Breaststroke

H 1	L 1	Mwaba MKWASA	13	SB8 Norwich Swan	1:56.07
	L 2	Holly DICKSON	15	Putteridge	1:22.16
	L 3	Asma PARKER	15	Colchester	1:22.00
	L 4	Emma LEWIS	15	Co Cambridge	1:21.70
	L 5	Gina BREWIS	15	Co Ely	1:21.80
	L 6	Eliza CONNERY	15	Potters Bar	1:22.08
	L 7	Rebecca KNIBB	15	Linslade	1:22.25
H 2	L 1	Eve WRIGHT	15	Co Peterboro	1:21.46
	L 2	Ella MURPHY	16	Harpenden	1:21.15
	L 3	Maia MORGAN	15	Dunstable	1:21.04
	L 4	Almudena VISSER VELEZ	16	Co Cambridge	1:20.78
	L 5	Ciara GILL-RYAN	16	Newmarket	1:20.90
	L 6	Emily WATSON	15	Modernian	1:21.10
	L 7	Chloe LAVIN	15	Co St Albans	1:21.27
	L 8	Harriette SPRIGGS	15	Chelmsford	1:21.47
H 3	L 1	Nia JORDAN	16	Hatfield	1:20.70
	L 2	Jasmine GORE	16	Putteridge	1:20.64
	L 3	Ella DOOTSON	16	Stowmarket	1:20.56
	L 4	Rachael JOHNSON	16	West Norfolk	1:20.40
	L 5	Rosie MUSPRATT	16	West Norfolk	1:20.50
	L 6	Gemma BOOTH	16	Newmarket	1:20.60
	L 7	Mollie WHITE	15	Norfolk Vikg	1:20.67
	L 8	Jessica BOND	15	Hatfield	1:20.74
H 4	L 1	Katherine DAYNES	16	Halstead	1:20.12
	L 2	Isabelle ROSHER	15	teamipswich	1:20.06
	L 3	Livia BROOKES	16	Co Cambridge	1:19.92
	L 4	Beth EDWARDS	18	West Suffolk	1:19.86
	L 5	Jodie ROOT	17	Halstead	1:19.90
	L 6	Smriti GOKARN	16	St Felix Sch	1:19.95
	L 7	Lily BEMMER	15	Deben	1:20.11
	L 8	Elinor OLIVER	18	Leiston	1:20.33
H 5	L 1	Jasmine DEARNLEY	18	St Ives	1:19.83
	L 2	Charlotte HUDSON	15	West Suffolk	1:19.75
	L 3	Sonja LOWDON	16	Hitchin	1:19.63
	L 4	Megan BUNYARD	18	Linslade	1:19.40
	L 5	Amber HEAD	16	Rochford	1:19.48
	L 6	Rebecca MERRILL	17	Norwich Swan	1:19.63
	L 7	Autumn HANDSCOMBE	15	C Beds SS	1:19.78
	L 8	Kira DOYLE	23	Hemel Hemp	1:19.85
H 6	L 1	Niamh PERRY	16	West Suffolk	1:19.26
	L 2	Olivia SMITH-LAL	20	Harlow Pen	1:19.24
	L 3	Olivia NICOLAI	18	West Suffolk	1:19.01
	L 4	Jana SPINNER	19	Co Norwich	1:18.98
	L 5	Ella HALE	15	West Suffolk	1:19.00
	L 6	Jessica FARROW	18	Hatfield	1:19.18
	L 7	Fleur HINES	15	Watford SC	1:19.25
	L 8	Rebecca WEST	16	Thurrock	1:19.30
H 7	L 1	Emily BIGGS	19	Co Cambridge	1:18.50
	L 2	Ellie-Mei SHEPPERSON	15	West Norfolk	1:18.13
	L 3	Chloe OGDEN	17	Bishop Stort	1:17.82
	L 4	Lucy PARK	22	Watford SC	1:17.78
	L 5	Lucy JESSOP	18	Brentwood	1:17.80
	L 6	Georgia PURKIS	16	Hemel Hemp	1:18.03
	L 7	Amie COPP	19	Thetford	1:18.27
	L 8	Nicole CHANDLER	16	Colchester	1:18.93
H 8	L 1	Grace STEDMAN	15	Co St Albans	1:17.71
	L 2	Annalise WRIGHT	18	Linslade	1:17.22
	L 3	Iona TRAINER	15	Co Ely	1:16.91
	L 4	Beth DENNIS	15	Wisbech	1:16.80
	L 5	Katie LINES	17	Lstof & OB	1:16.86
	L 6	Poppy ALLEN	15	Basildon Ph	1:17.00
	L 7	Ellie MATTHEWS	15	Putteridge	1:17.65
	L 8	Nicole EGENES	15	Co St Albans	1:17.74
H 9	L 1	Nadine SMITH	17	Hatfield	1:16.42
	L 2	Chiara ROGERS	15	Team Luton	1:14.97
	L 3	Sarah O'BRIEN	22	Co Norwich	1:13.47
	L 4	Kathryn LOVEYS	31	Co Cambridge	1:12.20
	L 5	Roxanne UYS	19	West Norfolk	1:12.80
	L 6	Aoife MARLEY	16	Witham Dolph	1:14.12
	L 7	Zara KEEGAN	16	Co Cambridge	1:15.89
	L 8	Rebecca GIROLAMI	15	Colchester	1:16.65



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Start Lists Session Four

H 10	L 1	Celyn WALMSLEY	17	Team Luton	1:16.40
	L 2	Erin O'MEARA	15	Watford SC	1:14.72
	L 3	Annabelle BURGESS	15	teamipswich	1:12.95
	L 4	Molly LEE	17	West Norfolk	1:12.10
	L 5	Laura COPPING	18	Hatfield	1:12.49
	L 6	India WESTON	16	Norfolk Vikg	1:14.07
	L 7	Alara NORTON	17	Hatfield	1:15.45
	L 8	Lauren SCOTT	16	Chelmsford	1:16.60

H 11	L 1	Caitlin DAY	17	Basildon Ph	1:15.90
	L 2	Grace KING	15	teamipswich	1:14.18
	L 3	Sophie PAYNE	16	Hatfield	1:12.90
	L 4	Amelia MONAGHAN	16	Co Peterboro	1:11.90
	L 5	Lauren WATT	17	Newmarket	1:12.26
	L 6	Vejune PETRAITYTE	16	Basildon Ph	1:14.00
	L 7	Emily SELLEN	19	Watford SC	1:15.20
	L 8	Imogen BLOOMFIELD	15	Co Cambridge	1:16.56

Event 215 Mens Open 200m Breaststroke

H 1	L 3	Samuel OAKLEY	15	Potters Bar	2:45.69
	L 4	Euan DONALD	15	Berkhamsted	2:43.75
	L 5	Cole SHEPARD	15	Basildon Ph	2:44.37

H 2	L 1	Harvey HALL	15	Deben	2:42.10
	L 2	Freddie SYMONDS	16	Team Luton	2:40.11
	L 3	Sebastian VANDERMEER	15	Co Cambridge	2:38.81
	L 4	Callum STEDMAN	15	Dereham	2:38.00
	L 5	Joseph COLDWELL	16	Hemel Hemp	2:38.55
	L 6	William HANDLEY	16	Stowmarket	2:39.97
	L 7	Tommy CHANDLER	16	Gt Yarmouth	2:40.37
	L 8	Oscar EAGLE	15	Potters Bar	2:42.74

H 3	L 1	Mal STAFF	16	Co Norwich	2:36.90
	L 2	James MONCUR-BROWN	18	Co Norwich	2:36.40
	L 3	Joseph TALBOT	18	Linslade	2:36.01
	L 4	Joseph RICHARDSON	17	Harpenden	2:35.80
	L 5	Lewis BAYLEY	17	Southend	2:35.82
	L 6	James DILLON	15	Basildon Ph	2:36.20
	L 7	Jack MANSFIELD	16	Harlow Pen	2:36.50
	L 8	William ROBINS	15	C Beds SS	2:37.44

H 4	L 1	James MCFARLAND	17	C Beds SS	2:35.46
	L 2	William RICHARDS	17	Dunstable	2:34.68
	L 3	Callum HAROLD	16	Bishop Stort	2:34.57
	L 4	Mattias MORSE	15	Hemel Hemp	2:34.45
	L 5	Maxim DE WILDT	17	Co Cambridge	2:34.49
	L 6	Owen WEBSTER	15	St Felix Sch	2:34.58
	L 7	Matthew WOULDHAM	17	Co Peterboro	2:35.01
	L 8	Kyle HOLMES	19	Hemel Hemp	2:35.52

H 5	L 1	Samuel DACK	16	DunmowAtlant	2:34.09
	L 2	Jack RICHES	17	Co Norwich	2:33.50
	L 3	Bryn COUSER	16	Bishop Stort	2:33.00
	L 4	Ayotobi LAGUDA	16	Hatfield	2:32.65
	L 5	Louis SPONG	19	DunmowAtlant	2:32.95
	L 6	Nicholas MITCHELL	19	Colchester	2:33.30
	L 7	Yannik WILSON	16	Harpenden	2:33.99
	L 8	Henry KING	15	West Suffolk	2:34.33

H 6	L 1	Lewis SHAYLER	15	Watford SC	2:31.00
	L 2	Finlay RYAN	19	West Norfolk	2:29.68
	L 3	Ralph MUNCER	17	Co St Albans	2:26.60
	L 4	Luke BRYAN	18	West Norfolk	2:23.40
	L 5	Thomas WIGGINS	19	Co Peterboro	2:25.30
	L 6	Samuel PECK	18	West Norfolk	2:27.60
	L 7	Finn JEFFERY	15	St Felix Sch	2:30.50
	L 8	Ole MILLS	19	Halstead	2:32.30

H 7	L 1	Samuel BRYAN	17	Basildon Ph	2:30.81
	L 2	Calvin COE	20	Stowmarket	2:28.44
	L 3	William LOVEMAN	18	Co St Albans	2:26.60
	L 4	Lawrence PALMER	26	Putteridge	2:16.80
	L 5	Chris GREENHALGH	22	West Suffolk	2:24.75
	L 6	Benjamin ARKLE	19	Co Cambridge	2:27.36
	L 7	David SHIPMAN	18	Potters Bar	2:30.12
	L 8	Joshua BRISTOW	16	Modernian	2:31.75

H 8	L 1	Nicholas BOTHA	16	Bishop Stort	2:30.79
	L 2	Jack CHRISTIE	20	Co St Albans	2:28.25
	L 3	Myles TURNER	18	West Suffolk	2:26.58
	L 4	Nathan HUGHES	18	Hatfield	2:15.80
	L 5	Charles RAYNER	17	Hatfield	2:24.55
	L 6	Oliver CASHIN	16	Co Cambridge	2:27.20
	L 7	Sam PERKINS	16	teamipswich	2:29.94
	L 8	Freddie LAWS	15	West Norfolk	2:31.70

Event 216 Womens Open 100m Butterfly

H 1	L 1	Gracie KAY	15	Co Cambridge	1:11.91
	L 2	Fleur HINES	15	Watford SC	1:11.71
	L 3	Larissa DEAN	16	Harpenden	1:11.58
	L 4	Rebecca STROUD	16	Brentwood	1:10.95
	L 5	Rachael JOHNSON	16	West Norfolk	1:11.49
	L 6	Hannah O'CONNOR	15	West Suffolk	1:11.67
	L 7	Lauren BROWNE	15	Co Peterboro	1:11.80
	L 8	Mwaba MKWASA	13 S8	Norwich Swan	1:50.93

H 2	L 1	Iona TRAINER	15	Co Ely	1:10.87
	L 2	Morgan ALLAN	15	Modernian	1:10.80
	L 3	Ellie MATTHEWS	15	Putteridge	1:10.41
	L 4	Beth THOMAS	16	C Beds SS	1:10.17
	L 5	Lily GENNER	15	West Suffolk	1:10.27
	L 6	Hannah SHARP	16	Modernian	1:10.80
	L 7	Erin LEE	16	Basildon Ph	1:10.80
	L 8	Amber HILL	16	Linslade	1:10.90

H 3	L 1	Bianka MISIKOVA	15	Hatfield	1:10.10
	L 2	Madeleine STARES	15	Watford SC	1:10.00
	L 3	Rebecca SMITH	15	Norwich Swan	1:09.92
	L 4	Charlotte HUDSON	15	West Suffolk	1:09.68
	L 5	Ella TOLLIDAY	16	St Felix Sch	1:09.78
	L 6	Gracie TROTTER	15	C Beds SS	1:10.00
	L 7	Jessica HEESOM	15	Potters Bar	1:10.09
	L 8	Radost MILKOVA	15	Thurrock	1:10.16

H 4	L 1	Asma PARKER	15	Colchester	1:09.40
	L 2	Almudena VISSER VELEZ	16	Co Cambridge	1:09.20
	L 3	Freya WRIGHT	16	West Suffolk	1:09.10
	L 4	Ciara GILL-RYAN	16	Newmarket	1:08.88
	L 5	Olivia SEAL	16	Hatfield	1:08.90
	L 6	Ella DOOTSON	16	Stowmarket	1:09.15
	L 7	Amber HEAD	16	Rochford	1:09.21
	L 8	Lily BEMMER	15	Deben	1:09.44

H 5	L 1	Annabelle KITCHING	16	Chelmsford	1:08.56
	L 2	India WESTON	16	Norfolk Vikg	1:08.40
	L 3	Grace KING	15	teamipswich	1:07.77
	L 4	Tia GARDINER	16	Chelmsford	1:07.60
	L 5	Lauren THOMAS	16	C Beds SS	1:07.74
	L 6	Chiara ROGERS	15	Team Luton	1:08.04
	L 7	Sacha THOMAS	15	Co Norwich	1:08.50
	L 8	Daisy SANDON	15	Stevenage	1:08.84

H 6	L 1	Lily MERRETT	15	Bor of Brox	1:07.33
	L 2	Katie HAMMOND	15	Co Cambridge	1:07.26
	L 3	Lucie PECK	15	West Norfolk	1:07.18
	L 4	Molly YOUNG	15	Colchester	1:06.90
	L 5	Nellie EASTLAND	16	Bishop Stort	1:07.07
	L 6	Jessica WOODWARD	15	Hatfield	1:07.20
	L 7	Jessica PENKUL	16	Bishop Stort	1:07.33
	L 8	Molly OLLINGTON	20	Co Cambridge	1:07.50

H 7	L 1	Charlotte WALKER	16	Co Norwich	1:06.60
	L 2	Martine TRAN	17	Thurrock	1:06.10
	L 3	Martha DULEY	19	Colchester	1:04.80
	L 4	Mia LEECH	16	Co Peterboro	1:02.60
	L 5	Poppy RICHARDSON	17	Co Peterboro	1:03.90
	L 6	Georgia PEASE	16	Basildon Ph	1:05.80
	L 7	Abbie LOW	16	Chelmsford	1:06.40
	L 8	Zara KEEGAN	16	Co Cambridge	1:06.90

H 8	L 1	Lija RADZIUNAITE	16	Stowmarket	1:06.48
	L 2	Ella HALE	15	West Suffolk	1:05.94
	L 3	Georgina TALLON	18	Potters Bar	1:04.15
	L 4	Amie PHILPOT	16	teamipswich	1:02.40
	L 5	Elinor DULEY	18	Colchester	1:02.70
	L 6	Tilly MAYES	15	Thurrock	1:05.50
	L 7	Libby DUNFORD	15	Bor of Brox	1:06.23
	L 8	Niamh PERRY	16	West Suffolk	1:06.89



Swim England East Region 2018 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 9	L 1	Chloe BERKO-BOATENG	15	Hatfield	1:06.40
	L 2	Megan PYE	16	Co Norwich	1:05.90
	L 3	Lauren STOTT	16	Hatfield	1:04.00
	L 4	Shannon STOTT	18	Hatfield	1:01.20
	L 5	Sara KALAWSKA	15	Hatfield	1:02.70
	L 6	Jess-Jane APPLGATE	22 S14	Co Norwich	1:05.02
	L 7	Bryony PACK	17	West Norfolk	1:06.10
	L 8	Bethany SAMPHER	19	West Suffolk	1:06.80

Event 217 Mens Open 400m Freestyle

H 1	L 1	Mark EVENS	22 S14	Hitchin	5:29.16
	L 2	Louis HINES	21 S14	Watford SC	4:34.09
	L 3	Callum STEDMAN	15	Dereham	4:31.40
	L 4	Thomas BELCHER	15	Modernian	4:30.30
	L 5	Samuel MILLER	15	Bo Southend	4:31.27
	L 6	Edward JEX	15	Co St Albans	4:32.36
	L 7	Roan BRENNAN	12 S9	Basildon Ph	5:21.90
H 2	L 1	Owen VAUGHAN	15	Chelmsford	4:28.79
	L 2	Joshua BRIDGELAND	15	Hatfield	4:27.10
	L 3	Joshua THURSTON-WOOLNO	15	Beccles Town	4:23.70
	L 4	Daniel ENGLISH	16	Hitchin	4:20.37
	L 5	Collins SALIBOKO	16	St Felix Sch	4:22.68
	L 6	Jack TURRELL	15	Basildon Ph	4:24.21
	L 7	Teal'K SMITH	15	Beccles Town	4:28.20
	L 8	Edward MCFARLAND	15	C Beds SS	4:30.20
H 3	L 1	Nicholas BOTHA	16	Bishop Stort	4:20.03
	L 2	Ben BLOWERS	16	Co Norwich	4:17.90
	L 3	Matthew ROTHWELL	16	Co Peterboro	4:16.28
	L 4	Owen WEBSTER	15	St Felix Sch	4:15.34
	L 5	James COOPER	16	Basildon Ph	4:16.10
	L 6	Thomas CADENHEAD	16	Co St Albans	4:17.80
	L 7	Samuel ROSE	15	West Norfolk	4:19.30
	L 8	James SPEERS	15	Basildon Ph	4:20.18
H 4	L 1	James CHENNELLS	17	Berkhamsted	4:14.57
	L 2	Michael RIPPER	17	Co St Albans	4:13.03
	L 3	Jude LIDDIARD	17	Co St Albans	4:12.17
	L 4	Lewis BINNING	15	Basildon Ph	4:10.10
	L 5	Joshua FOWLES	19	Witham Dolph	4:11.52
	L 6	Nathan WOODROW	15	Co Norwich	4:12.90
	L 7	Callum WOLLASTON	17	Bor of Brox	4:14.53
	L 8	Chris GREENHALGH	22	West Suffolk	4:14.87
H 5	L 1	Daniel LEIGH	19	Co Peterboro	4:09.20
	L 2	Jamie MCCAFFRAY	17	Modernian	4:07.90
	L 3	Ralph MUNCER	17	Co St Albans	4:05.93
	L 4	Bayley FINBOW	18	teamipswich	4:05.09
	L 5	Myles TURNER	18	West Suffolk	4:05.40
	L 6	Samuel PECK	18	West Norfolk	4:06.58
	L 7	Henry PEARCE	16	Co Peterboro	4:09.00
	L 8	Jake MOXHAM	16	Co Cambridge	4:09.70
H 6	L 1	Luke SUGDEN	19	Hatfield	4:02.78
	L 2	Matthew WRIGHT	20	Team Luton	4:00.40
	L 3	Harry CONSTANTINE	18	Hatfield	3:58.00
	L 4	Luke TURLEY	18	Hatfield	3:48.30
	L 5	Jamie SCHOLLES	18	Co Peterboro	3:54.50
	L 6	Myles ROBINSON-YOUNG	16	Co Peterboro	3:58.70
	L 7	Max JELFS	17	Hatfield	4:01.55
	L 8	Dimitris KOUSOULIDIS	24	Co Cambridge	4:03.26