



# East Swimming 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 Ten

### Event 411 Womens 200m Butterfly

H 1	L 3 Holly MORGAN	12 Bor of Brox	3:05.61
	L 4 Gracie BRINKLEY	11 Sudbury	3:03.55
	L 5 Elise DELAPPERALL	12 Thurrock	3:04.70
	L 6 Grace GREENHALF	11 Co Norwich	3:05.94
H 2	L 1 Eve PARKE	13 Co Norwich	3:02.60
	L 2 Isobel GELLER	13 Tring	3:00.08
	L 3 Isla WINSLOW	13 Co Norwich	2:56.70
	L 4 Sophie CONROY	11 Thurrock	2:56.50
	L 5 Sophie LEDGER	13 Hatfield	2:56.67
	L 6 Lorne BALFOUR	13 Norwich Swan	2:59.84
	L 7 Evie PYLE	13 West Suffolk	3:00.55
	L 8 Cait COTTER	11 Chelmsford	3:03.18
H 3	L 1 Romilly MARKS	12 Newmarket	2:55.00
	L 2 Hannah BROOKE	13 Harpenden	2:54.52
	L 3 Katie ROGERS	13 West Suffolk	2:53.02
	L 4 Amy PAGET	13 Co Peterboro	2:51.31
	L 5 Erica CHARTERS	13 West Norfolk	2:51.97
	L 6 Sophie FOWLER	13 C Beds SS	2:54.12
	L 7 Olivia CHURCH	12 Basildon Ph	2:55.00
	L 8 Jessica COLEMAN	13 Stevenage	2:56.30
H 4	L 1 Francesca LONG	13 Thetford	2:49.16
	L 2 Bryony EDGINGS	13 Thurrock	2:48.70
	L 3 Laura SNELHAM	14 Deben	2:48.28
	L 4 Kiera BLUNDEN	13 Chelmsford	2:47.10
	L 5 Marni SILLITOE	14 West Suffolk	2:47.73
	L 6 Maddie LEES	14 DunmowAtlant	2:48.67
	L 7 Victoria HART	14 Linslade	2:48.90
	L 8 Chloe COOK	14 March	2:49.23
H 5	L 1 Molly GRIEVE	13 Colchester	2:46.60
	L 2 Etholle MARKS	14 Newmarket	2:44.47
	L 3 Helena HALL	13 Deben	2:43.46
	L 4 Bethan FUGE	14 Hatfield	2:42.83
	L 5 Lucy COIA-BELL	13 Co St Albans	2:42.90
	L 6 Holly LAMB	13 Southend	2:44.20
	L 7 Molly COBBOLD	12 Bor of Brox	2:45.19
	L 8 Maggie FLEET	14 Watford SC	2:46.61
H 6	L 1 Brooke JENKINS	14 Southend	2:41.31
	L 2 May BRADBURN	14 Chelmsford	2:37.09
	L 3 Natalie SANFORD	14 St Felix Sch	2:36.45
	L 4 Ruby DAGLESS	13 Dereham	2:28.60
	L 5 Cerys WILLIAMS	14 West Suffolk	2:34.33
	L 6 Matilda RANSOME	12 Co Cambridge	2:36.96
	L 7 Charlotte NORMAN	13 Colchester	2:40.40
	L 8 Ella HOUSTON	14 Deben	2:42.73
H 7	L 1 Francesca BABER	12 Flitwick	2:41.11
	L 2 Jessica SHAW	13 Co Peterboro	2:37.06
	L 3 Menna WALMSLEY	14 Team Luton	2:35.80
	L 4 Valeria GIRON	13 Hatfield	2:26.30
	L 5 Ruby WHEELER	12 Basildon Ph	2:33.90
	L 6 Ciara WOOKEY	14 Colchester	2:36.80
	L 7 Bethan ENDICOTT	13 St Ives	2:38.30
	L 8 Elizabeth WILKINSON	14 Chelmsford	2:42.38
H 8	L 1 Nonhlanhla THOLE	13 St Felix Sch	2:41.10
	L 2 Harriet SALISBURY	14 Co Peterboro	2:37.06
	L 3 Brenna HOWELL	14 Co Peterboro	2:35.59
	L 4 Sophie FREEMAN	14 Colchester	2:15.60
	L 5 Rachel HA	14 Epping For't	2:33.40
	L 6 Rachel ANDREWS	14 C Beds SS	2:36.47
	L 7 Freya HARWOOD	14 Hitchin	2:37.69
	L 8 Astrid HUBBARD	14 West Norfolk	2:42.32

### Event 412 Mens 200m Breaststroke

H 1	L 2 Stirling DEMPSEY	11 Co Cambridge	3:14.98
	L 3 Keiran GRIFFIN	12 Co Peterboro	3:12.96
	L 4 Lucas HARTLEY	11 Hatfield	3:10.80
	L 5 Edward ORMSBY	11 Royston	3:12.60
	L 6 Ben MINISTER	12 Thurrock	3:14.85

H 2	L 1 Lazar NEMETH	12 St Felix Sch	3:08.49
	L 2 Zak TROMAN	11 Colchester	3:08.20
	L 3 Reece SIMPSON	12 March	3:07.41
	L 4 Henry JONES	13 Modernian	3:07.29
	L 5 Billy KNIBB	13 Linslade	3:07.30
	L 6 Edward RICHARDSON	13 Harpenden	3:07.59
	L 7 Antonio GIROLAMI	13 Colchester	3:08.32
	L 8 Charlie PRYKE	12 Colchester	3:09.30
H 3	L 1 Frankie SHEPHERD	13 Basildon Ph	3:07.20
	L 2 Oliver RANA-BEADLE	13 Co Cambridge	3:06.91
	L 3 Ben STRINGER	13 Harlow Pen	3:06.67
	L 4 Isaac CLARE	12 teamipswich	3:06.63
	L 5 Ethan ANGEL	12 teamipswich	3:06.67
	L 6 Eduardo CAMACHO	13 Co Cambridge	3:06.86
	L 7 Jack SAUNDERS	13 Newmarket	3:07.14
	L 8 Oliver SMITHEE	13 Wisbech	3:07.27
H 4	L 1 Joshua MARTIN	12 Co Peterboro	3:06.06
	L 2 Colin MOGHINA	13 Thurrock	3:04.20
	L 3 Harry SHARPE	13 West Norfolk	3:03.65
	L 4 Tobin SARI	13 West Suffolk	3:03.23
	L 5 Christopher HOWE	13 Co Cambridge	3:03.35
	L 6 Henri DYKE	13 Norwich Swan	3:03.85
	L 7 Luke FLYNN	13 Watford SC	3:05.05
	L 8 Charles TAVERNER	13 Watford SC	3:06.10
H 5	L 1 Eldrick MANELA	13 Stevenage	3:01.39
	L 2 Mark MILBURN	13 Colchester	2:58.70
	L 3 Noah CRABB	13 teamipswich	2:58.01
	L 4 Thomas HANLEY	14 March	2:56.94
	L 5 Max ROBERTSON	14 Hatfield	2:57.00
	L 6 Louis WALKER	13 Colchester	2:58.10
	L 7 Enzo LIM	13 Watford SC	3:00.42
	L 8 George GRICE	13 Co Norwich	3:02.80
H 6	L 1 Ashton NEO	14 Linslade	2:56.58
	L 2 Benjamin ASHDOWN	13 Modernian	2:55.90
	L 3 Noah CORNWELL	14 Potters Bar	2:55.00
	L 4 Taylor COE	14 Bor of Brox	2:54.77
	L 5 George WHITEMAN	14 Co Peterboro	2:54.84
	L 6 Cub MADDISON	12 Hatfield	2:55.80
	L 7 Nathaniel HOPKINS	14 Verulam	2:56.36
	L 8 Daniel HOLLISS	12 Co St Albans	2:56.90
H 7	L 1 Luke TAYLOR	14 Co Cambridge	2:53.73
	L 2 Jacob STEPHEN	13 Brentwood	2:49.80
	L 3 Samuel RENNIE	14 Braintree	2:45.50
	L 4 Harrison JARVIS	14 Thurrock	2:36.92
	L 5 Rhys DAVIDSON	14 Team Luton	2:40.79
	L 6 James CLAY	13 Stowmarket	2:47.09
	L 7 James GISBORNE	13 Bishop Stort	2:52.30
	L 8 Tyler TOMBS	13 Chelmsford	2:54.49
H 8	L 1 James ROTHWELL	14 Co Peterboro	2:53.49
	L 2 Owen THOMAS	14 Modernian	2:49.47
	L 3 Edward MERHAN	13 West Suffolk	2:45.29
	L 4 Joe COOPER	14 teamipswich	2:34.99
	L 5 Yuto WATANABE	14 Hatfield	2:39.71
	L 6 Marcus MOSCUZZA	13 Co Cambridge	2:46.90
	L 7 Tyler WATSON	14 C Beds SS	2:52.21
	L 8 Adam HAZLEWOOD	14 Bishop Stort	2:54.39
H 9	L 1 George WILLIAMS	14 Harpenden	2:52.94
	L 2 Thomas OWEN	13 West Norfolk	2:49.40
	L 3 Alfie FRANCIS	13 Colchester	2:41.60
	L 4 James QUINN	14 St Ives	2:34.40
	L 5 Olivier VEDRENNE	13 Co Norwich	2:37.00
	L 6 Robert ADDIS	14 West Norfolk	2:46.40
	L 7 Jj WILDE	14 Putteridge	2:51.66
	L 8 Matthew VAUGHAN	14 Beccles Town	2:54.00

### Event 413 Womens 100m Breaststroke

H 1	L 3 Skye BUNYARD	12 Linslade	1:28.85
	L 4 Katy LANE	12 Co St Albans	1:28.40
	L 5 Grace CAWLEY	12 Hemel Hemp	1:28.51
	L 6 Grace GREENHALF	11 Co Norwich	1:28.90



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H 2	L 1	Sophie CLERKIN	12 Braintree	1:28.10	H 2	L 1	Henry DEAN	12 Bo Southend	35.03
	L 2	Isabelle KENWORTHY	12 Co Norwich	1:27.80		L 2	Joshua MARTIN	12 Co Peterboro	34.72
	L 3	Elijah BRITTON	12 St Felix Sch	1:26.78		L 3	Nathan CLOSE	12 Biggleswade	34.50
	L 4	Eleni ZORN	12 Modernian	1:26.00		L 4	Reece SIMPSON	12 March	34.45
	L 5	Aimee DICKERSON	12 Thetford	1:26.55		L 5	Oscar COLE	12 St Felix Sch	34.48
	L 6	Ruby BLAKELEY	11 Co Peterboro	1:27.08		L 6	Jake MOORE	12 Potters Bar	34.50
	L 7	Misty EREN	12 Harlow Pen	1:27.85		L 7	Koby CORNWELL	11 Potters Bar	34.78
	L 8	Madeline PAWLE	12 Leiston	1:28.26		L 8	Ethan HOWARD	11 Potters Bar	35.05
H 3	L 1	Kirsty FUGE	12 Hatfield	1:24.20	H 3	L 1	Max HILL	12 Stevenage	34.39
	L 2	Erica CHARTERS	13 West Norfolk	1:24.12		L 2	Jason HO	12 Hatfield	34.34
	L 3	Robyn ZANETTI	14 Watford SC	1:23.82		L 3	Zak TROMAN	11 Colchester	34.30
	L 4	Megan GRAY-CULLUM	13 teamipswich	1:23.75		L 4	Daniel MCGUINNESS	12 Basildon Ph	34.20
	L 5	Marni SILLITOE	14 West Suffolk	1:23.79		L 5	Menuka JAYAKODY	12 Norwich Swan	34.20
	L 6	Lucy BUCKINGHAM	12 Putteridge	1:24.10		L 6	Max PARRY	12 Co Cambridge	34.32
	L 7	Hollie ARMSTRONG	13 teamipswich	1:24.15		L 7	Matthew BAKER	12 West Suffolk	34.37
	L 8	Olivia NEWMAN-BARONIUS	12 Putteridge	1:25.40		L 8	George DE VOOGT	12 Leighton Buz	34.41
H 4	L 1	Georgina STOKES	14 Newmarket	1:23.59	H 4	L 1	Daniel KENDALL	12 Co Ely	34.12
	L 2	Astrid HUBBARD	14 West Norfolk	1:23.53		L 2	Robbie CRUICKSHANKS	12 teamipswich	33.80
	L 3	Robyn QUINCE	14 Runnymede	1:23.39		L 3	Daniel MILLER	13 Linslade	32.80
	L 4	Katie ANDREWS	14 Norwich Swan	1:23.30		L 4	Kyle OSTIL	12 West Norfolk	32.74
	L 5	Tamsin MOREN	13 Berkhamsted	1:23.38		L 5	George GRICE	13 Co Norwich	32.80
	L 6	Chloe COOK	14 March 1:23.48			L 6	Jack CACI	12 Epping For't	33.30
	L 7	Jessica SPAVINS	13 F S Godmanc	1:23.55		L 7	Fergus CHERRINGTON	12 teamipswich	33.80
	L 8	Miriam STRATFOLD	12 Newmarket	1:23.68		L 8	Elliot KEFFORD	12 Dunstable	34.20
H 5	L 1	Francesca LOW	13 Chelmsford	1:23.03	H 5	L 1	Joshua HEESOM	13 Potters Bar	32.70
	L 2	Lucy COIA-BELL	13 Co St Albans	1:22.95		L 2	James ROWLEY	13 Sudbury	32.51
	L 3	Kiera BEAVER	14 Watford SC	1:22.67		L 3	Arthur BERNANS	12 Basildon Ph	32.50
	L 4	Jessica MAHONEY	13 Co Peterboro	1:22.57		L 4	Luke OULDS	13 Basildon Ph	32.20
	L 5	Jessica WATSON	13 Modernian	1:22.62		L 5	Daniel ORD	13 Watford SC	32.24
	L 6	Isabella PORZIO	14 Dunstable	1:22.69		L 6	Jack JUGGINS	12 Team Luton	32.50
	L 7	Alexa MILES-STEVENS	13 Thurrock	1:23.00		L 7	Enzo LIM	13 Watford SC	32.69
	L 8	Sophie LANDER	13 Stowmarket	1:23.24		L 8	Alexander MASON	13 Potters Bar	32.70
H 6	L 1	Georgia PRITCHARD	13 Hatfield	1:22.08	H 6	L 1	Daniel CLAYTON	12 teamipswich	32.10
	L 2	Macy DEXTER	12 Co Cambridge	1:21.93		L 2	Finley COMAN	13 Gt Yarmouth	32.00
	L 3	Dayna SHEPPERSON	13 Potters Bar	1:21.89		L 3	Jenson HURRELL	13 Thurrock	31.80
	L 4	Faith ASHWORTH STOBBS	14 Co Cambridge	1:21.64		L 4	James COWDREY	13 Bo Southend	31.60
	L 5	Sarah MCNALLY	14 teamipswich	1:21.88		L 5	Louis WALKER	13 Colchester	31.70
	L 6	Charlotte TREE	14 Colchester	1:21.90		L 6	William ELLARD	12 St Felix Sch	32.00
	L 7	Eloisa MILLER	13 C Beds SS	1:21.97		L 7	Benjamin ASHDOWN	13 Modernian	32.00
	L 8	Megan BALE	14 Dereham	1:22.48		L 8	Joseph BAVEY	13 Newmarket	32.11
H 7	L 1	Millie HERBERT	14 Hemel Hemp	1:20.71	H 7	L 1	Charlie SUMMER	13 Dereham	31.30
	L 2	Jessica MUNFORD	14 Norwich Swan	1:19.67		L 2	Luke TAYLOR	14 Co Cambridge	31.30
	L 3	Alice FASEY	14 Thetford	1:19.20		L 3	Joseph KENNY	13 Leiston	31.30
	L 4	Molly MONK	14 Dereham	1:17.10		L 4	Oliver CROWTHER	14 C Beds SS	31.20
	L 5	Olivia LEE	14 Co Peterboro	1:18.10		L 5	Samuel SMITH	14 Wisbech	31.20
	L 6	Caitlin HARTLEY	14 Hatfield	1:19.64		L 6	Daniel BACHU	14 Diss Otters	31.30
	L 7	Natalie SANFORD	14 St Felix Sch	1:20.14		L 7	Tyler WATSON	14 C Beds SS	31.30
	L 8	Kiara JESSOP	14 St Felix Sch	1:21.33		L 8	Oliver CARPENTER	13 Co St Albans	31.50
H 8	L 1	Niamh SADLER	14 Co Norwich	1:20.30	H 8	L 1	Noland MILLER	14 Newmarket	31.20
	L 2	Beth YOUNG	12 Felixstowe	1:19.67		L 2	Jack SAVAGE	14 Potters Bar	31.10
	L 3	Grace GUNTON	14 Co Norwich	1:19.10		L 3	Joab CARR	14 St Felix Sch	31.03
	L 4	Charlotte WHITE	13 West Suffolk	1:16.20		L 4	Louis LANE	13 Basildon Ph	31.00
	L 5	Emma PARKER	14 St Felix Sch	1:17.71		L 5	Kalaum CORANI	14 Colchester	31.02
	L 6	Lucy HUDSON	14 West Suffolk	1:19.51		L 6	Marcus MOSCUZZA	13 Co Cambridge	31.10
	L 7	Niamh KELLY	14 Hatfield	1:19.91		L 7	James ROTHWELL	14 Co Peterboro	31.15
	L 8	Harriet CLEMENTS	14 Watford SC	1:21.01		L 8	Daniel MONK	14 Harlow Pen	31.20
H 9	L 1	Tess WESLEY	14 Newmarket	1:20.23	H 9	L 1	Olivier VEDRENNE	13 Co Norwich	30.80
	L 2	Sophie GRIFFIN	14 Co Peterboro	1:19.65		L 2	Nicholas WOODFORD	14 Co Cambridge	30.63
	L 3	Ciara WOOKEY	14 Colchester	1:18.86		L 3	Tyler JACKSON	14 Harlow Pen	30.50
	L 4	Ela NORTON	14 Hatfield	1:15.88		L 4	Matthew BROWN	13 Stowmarket	30.46
	L 5	Charlotte ABRAMSON	14 Co Norwich	1:17.33		L 5	Oscar BRICE	14 Co St Albans	30.50
	L 6	Polly FISH	14 Co Cambridge	1:19.40		L 6	Brandon RILEY	14 Lstoft & OB	30.53
	L 7	Ella MCGHIE	14 Co Peterboro	1:19.89		L 7	Noah CORNWELL	14 Potters Bar	30.70
	L 8	Abbie DUFFIELD	14 teamipswich	1:20.80		L 8	Christopher WILLIAMSON	13 Co Cambridge	30.89
<b>Event 414 Mens 50m Butterfly</b>					H 10	L 1	Jacob STEPHEN	13 Brentwood	30.20
H 1	L 3	Joel PIETERSEN	11 Hatfield	35.27		L 2	Daniel LEGON	14 Basildon Ph	30.10
	L 4	Sam PARKER	12 Beccles Town	35.10		L 3	Max MCAULIFFE	14 Harlow Pen	29.90
	L 5	William FAWCETT	11 Watford SC	35.20		L 4	Akshay PISSAY	14 Co Norwich	29.90
						L 5	Jude HILLS	13 Bo Southend	29.90
						L 6	Xavier KIRCHIN	14 C Beds SS	30.10
						L 7	Edward MERHAN	13 West Suffolk	30.20
						L 8	William PARSONS	14 Deben	30.25



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### Start Lists Session Ten

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H 11	L 1	Thomas PAGE	14	West Suffolk	29.50
	L 2	Syd ROBERTS	14	Colchester	29.00
	L 3	Connor WALKER	14	Co Peterboro	28.50
	L 4	Michael KLIMASZEWSKI	14	Hatfield	27.10
	L 5	Harrison RIDER	14	Basildon Ph	28.10
	L 6	Matthew DEBENHAM	14	teamipswich	28.70
	L 7	Robert ADDIS	14	West Norfolk	29.30
	L 8	Ethan GELL	14	Linslade	29.70
H 12	L 1	Ryan DAVIS	14	Basildon Ph	29.50
	L 2	Benjamin GREEN	14	Watford SC	29.00
	L 3	Robbie BRINDLEY	14	West Suffolk	28.30
	L 4	Alessandro RIODA	14	Harlow Pen	26.80
	L 5	Damon ELLIOTT	14	DunmowAtlant	28.00
	L 6	Ethan PEIRCE	14	Harlow Pen	28.60
	L 7	Jack SKERRY	14	Chelmsford	29.30
	L 8	Alfie FRANCIS	13	Colchester	29.60
H 13	L 1	Chester LEEMING	14	St Felix Sch	29.38
	L 2	Mide OLAJIDE	14	Thurrock	28.80
	L 3	Thomas OGDEN	14	Bishop Stort	28.20
	L 4	Sam TOWNSEND	14	C Beds SS	26.20
	L 5	Naythan AUNG	14	Colchester	27.90
	L 6	Alexander LOWRY	14	Co Norwich	28.50
	L 7	Euan HIGGS	14	Chelmsford	29.30
	L 8	Samuel PYEFINCH	13	Tring	29.50

#### Event 415 Womens 400m Freestyle

H 1	L 3	Matilda RANSOME	12	Co Cambridge	5:00.92
	L 4	Francesca BABER	12	Flitwick	4:55.95
	L 5	Isabella YEABSLEY	12	Hatfield	4:59.41
	L 6	Jasmine VERLANDER	12	Thurrock	5:02.73
H 2	L 1	Anastasia WILKINSON	13	Hatfield	4:53.67
	L 2	Karys-Rose BUNN	12	teamipswich	4:52.00
	L 3	Francesca SALMON	13	Norwich Swan	4:51.42
	L 4	Ella TURNER	13	Basildon Ph	4:51.20
	L 5	Lucy MORGAN	14	Colchester	4:51.35
	L 6	Daisy MOXHAM	13	Co Cambridge	4:51.98
	L 7	Erin WILKINSON	13	Southend	4:53.50
	L 8	Romilly MARKS	12	Newmarket	4:55.49
H 3	L 1	Elizabeth WILKINSON	14	Chelmsford	4:50.60
	L 2	Evie HUNNISETT	14	Basildon Ph	4:50.00
	L 3	Georgina MUNDAY	14	Modernian	4:49.20
	L 4	Holly LAMB	13	Southend	4:48.10
	L 5	Alice FASEY	14	Thetford	4:48.36
	L 6	Rachel HA	14	Epping For't	4:49.57
	L 7	Ellie HOLLISS	14	Co St Albans	4:50.51
	L 8	Emma TAPPENDEN	14	Basildon Ph	4:50.88
H 4	L 1	Ruby GREENHALF	13	Co Norwich	4:45.30
	L 2	Kiara KOVACS	14	Co Peterboro	4:45.18
	L 3	Maeve POOLEY	13	Newmarket	4:43.57
	L 4	Ruby WHEELER	12	Basildon Ph	4:42.00
	L 5	Charlotte TREE	14	Colchester	4:43.30
	L 6	Tess WESLEY	14	Newmarket	4:44.67
	L 7	Matilda BOGLE	12	teamipswich	4:45.19
	L 8	Charlotte NORMAN	13	Colchester	4:47.60
H 5	L 1	Millie FIELDS	14	Bishop Stort	4:40.40
	L 2	Olivia LEE	14	Co Peterboro	4:36.95
	L 3	May BRADBURN	14	Chelmsford	4:34.20
	L 4	Sophie FREEMAN	14	Colchester	4:22.30
	L 5	Harriet SALISBURY	14	Co Peterboro	4:32.80
	L 6	Emma PARKER	14	St Felix Sch	4:36.90
	L 7	Erin LITTLE	13	Chelmsford	4:38.70
	L 8	Carys BREALEY	14	Harlow Pen	4:41.60