



# 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 Eleven

### Event 421 Womens 200m IM

H 1	L 3	Kaia PHILLIPS	12	Bishop Stort	2:46.21
	L 4	Romilly MARKS	12	Newmarket	2:45.11
	L 5	Elise DELAPPERALL	12	Thurrock	2:45.80
H 2	L 1	Elijah BRITTON	12	St Felix Sch	2:43.41
	L 2	Evie BURGESS	13	teamipswich	2:42.59
	L 3	Ruby BLAKELEY	11	Co Peterboro	2:42.46
	L 4	Helena HALL	13	Deben	2:42.29
	L 5	Georgia PRITCHARD	13	Hatfield	2:42.31
	L 6	Olivia NEWMAN-BARONIUS	12	Putteridge	2:42.50
	L 7	Charlotte GILL	13	Brentwood	2:42.76
	L 8	Salma TERKEMANI	12	Modernian	2:44.36
H 3	L 1	Jessica WATSON	13	Modernian	2:41.35
	L 2	Kiera BLUNDEN	13	Chelmsford	2:40.57
	L 3	Evelyn DIXON-MINTER	13	teamipswich	2:40.29
	L 4	Amy PAGET	13	Co Peterboro	2:40.13
	L 5	Jessica SHAW	13	Co Peterboro	2:40.20
	L 6	Hollie ARMSTRONG	13	teamipswich	2:40.47
	L 7	Erin WILKINSON	13	Southend	2:40.87
	L 8	Jessica MAHONEY	13	Co Peterboro	2:41.48
H 4	L 1	Ruby GREENHALF	13	Co Norwich	2:39.07
	L 2	Macy DEXTER	12	Co Cambridge	2:38.54
	L 3	Erica CHARTERS	13	West Norfolk	2:37.83
	L 4	Valeria GIRON	13	Hatfield	2:36.19
	L 5	Matilda RANSOME	12	Co Cambridge	2:37.24
	L 6	Anastasia WILKINSON	13	Hatfield	2:38.44
	L 7	Emily COOPER	13	Basildon Ph	2:39.07
	L 8	Ella TURNER	13	Basildon Ph	2:39.30
H 5	L 1	Charlotte TREE	14	Colchester	2:35.06
	L 2	Charlotte NORMAN	13	Colchester	2:33.90
	L 3	Holly GRAVES	14	Co Peterboro	2:32.40
	L 4	Millie FIELDS	14	Bishop Stort	2:28.50
	L 5	Emma PARKER	14	St Felix Sch	2:30.30
	L 6	Ciara WOOKEY	14	Colchester	2:33.11
	L 7	Astrid HUBBARD	14	West Norfolk	2:34.56
	L 8	Sophie LANDER	13	Stowmarket	2:35.30
H 6	L 1	Leah WIGHTMAN	13	West Norfolk	2:34.95
	L 2	Holly LAMB	13	Southend	2:33.80
	L 3	May BRADBURN	14	Chelmsford	2:31.90
	L 4	Ella MCGHIE	14	Co Peterboro	2:27.93
	L 5	Natalie SANFORD	14	St Felix Sch	2:30.19
	L 6	Ruby DAGLESS	13	Dereham	2:33.10
	L 7	Olivia LEE	14	Co Peterboro	2:34.23
	L 8	Cerys WILLIAMS	14	West Suffolk	2:35.13
H 7	L 1	Lucy HUDSON	14	West Suffolk	2:34.78
	L 2	Erin LITTLE	13	Chelmsford	2:33.50
	L 3	Brenna HOWELL	14	Co Peterboro	2:30.86
	L 4	Sophie FREEMAN	14	Colchester	2:23.40
	L 5	Harriet SALISBURY	14	Co Peterboro	2:29.83
	L 6	Charlotte WHITE	13	West Suffolk	2:32.78
	L 7	Ruby WHEELER	12	Basildon Ph	2:34.20
	L 8	Brooke JENKINS	14	Southend	2:35.10

### Event 422 Mens 100m Backstroke

H 1	L 1	Sam PARKER	12	Beccles Town	1:18.74
	L 2	Matthew BAKER	12	West Suffolk	1:18.35
	L 3	Finley GUEST	12	Watford SC	1:18.24
	L 4	Ben MINISTER	12	Thurrock	1:17.94
	L 5	Ryan WALL	11	Royston	1:18.24
	L 6	Ashton REDHEAD	11	teamipswich	1:18.33
	L 7	Luka PAGE	12	West Suffolk	1:18.55
	L 8	Lucas HARTLEY	11	Hatfield	1:18.76
H 2	L 1	Lazar NEMETH	12	St Felix Sch	1:17.87
	L 2	Oscar COLE	12	St Felix Sch	1:17.45
	L 3	Nathaniel MAPLEY	12	Co St Albans	1:17.27
	L 4	Fergus REID	12	Co St Albans	1:16.96
	L 5	William ELLARD	12	St Felix Sch	1:17.10
	L 6	Menuka JAYAKODY	12	Norwich Swan	1:17.30
	L 7	Jake MOORE	12	Potters Bar	1:17.78
	L 8	Jack MACDONALD	12	Putteridge	1:17.90

H 3	L 1	Max PARRY	12	Co Cambridge	1:16.71
	L 2	Safford HEWITT-WHITE	12	Co Peterboro	1:16.21
	L 3	Max HILL	12	Stevenage	1:15.49
	L 4	Lewis MEADOWS	12	Felixstowe	1:15.23
	L 5	Mason ALLEN	12	Basildon Ph	1:15.40
	L 6	Max ARNOLD	12	Harlow Pen	1:15.64
	L 7	Isaac CLARE	12	teamipswich	1:16.30
	L 8	Elliot KEFFORD	12	Dunstable	1:16.87
H 4	L 1	James PARSONS	13	Deben	1:14.68
	L 2	Jack JUGGINS	12	Team Luton	1:14.60
	L 3	Daniel HIMSWORTH	13	Colchester	1:14.35
	L 4	Matthew MONIE	13	Co Cambridge	1:14.13
	L 5	Ethan MARTIN	13	Bo Southend	1:14.14
	L 6	Nathan CLOSE	12	Biggleswade	1:14.50
	L 7	Harvey ISLE	13	West Norfolk	1:14.61
	L 8	Thomas GODFREY	12	Co St Albans	1:15.16
H 5	L 1	Harry SHARPE	13	West Norfolk	1:13.35
	L 2	Michael CONNICK	13	Deben	1:12.48
	L 3	Daniel CLAYTON	12	teamipswich	1:12.33
	L 4	Luke FLYNN	13	Watford SC	1:12.00
	L 5	Jacob STEPHEN	13	Brentwood	1:12.20
	L 6	Joseph MCGILLIVRAY	13	Lstof & OB	1:12.33
	L 7	Billy KNIBB	13	Linslade	1:12.70
	L 8	Max PATTEN	13	Stanway	1:13.93
H 6	L 1	Luke OULDS	13	Basildon Ph	1:11.80
	L 2	Ethan BASKERVILLE	13	Hatfield	1:11.54
	L 3	Robbie CRUICKSHANKS	12	teamipswich	1:11.50
	L 4	Nikita CHARYKIN	12	Thurrock	1:10.93
	L 5	Matthew BROWN	13	Stowmarket	1:11.15
	L 6	Oliver CARPENTER	13	Co St Albans	1:11.50
	L 7	Kieran BIRKETT	13	Co St Albans	1:11.70
	L 8	James ROWLEY	13	Sudbury	1:11.83
H 7	L 1	Samuel RENNIE	14	Braintree	1:10.80
	L 2	Jack HILL	13	Linslade	1:10.60
	L 3	Christopher WILLIAMSON	13	Co Cambridge	1:10.43
	L 4	Joseph BAVEY	13	Newmarket	1:09.90
	L 5	Marin DE VILLARD	13	St Felix Sch	1:10.20
	L 6	Joab CARR	14	St Felix Sch	1:10.48
	L 7	Joseph KENNY	13	Leiston	1:10.74
	L 8	Cameron BEAVIS	14	Newmarket	1:10.88
H 8	L 1	Jacob COWIN	14	March 1:09.58	
	L 2	Samuel SMITH	14	Wisbech	1:09.42
	L 3	Nicholas WOODFORD	14	Co Cambridge	1:09.35
	L 4	Robert ADDIS	14	West Norfolk	1:09.29
	L 5	Louis LANE	13	Basildon Ph	1:09.34
	L 6	Tyler JACKSON	14	Harlow Pen	1:09.40
	L 7	Jenson HURRELL	13	Thurrock	1:09.52
	L 8	Charlie SUMMER	13	Dereham	1:09.70
H 9	L 1	Arvin Joaquin RODRIGUE	14	Watford SC	1:08.97
	L 2	Jude HILLS	13	Bo Southend	1:07.60
	L 3	Thomas SAMUELS	14	Chelmsford	1:06.42
	L 4	Naythan AUNG	14	Colchester	1:03.40
	L 5	Syd ROBERTS	14	Colchester	1:06.15
	L 6	Fabian BRUDNICKI	14	Co Peterboro	1:07.07
	L 7	Aidan PILCHER	13	teamipswich	1:08.33
	L 8	Alexander LOWRY	14	Co Norwich	1:09.20
H 10	L 1	Tom MALIA	14	Team Luton	1:08.72
	L 2	Robbie BRINDLEY	14	West Suffolk	1:07.51
	L 3	Jack SKERRY	14	Chelmsford	1:06.34
	L 4	Thomas OGDEN	14	Bishop Stort	1:03.10
	L 5	Rhys DAVIDSON	14	Team Luton	1:05.10
	L 6	Ethan GELL	14	Linslade	1:06.80
	L 7	Matthew HARVEY	14	Basildon Ph	1:08.28
	L 8	Samuel PYEFINCH	13	Tring 1:09.10	
H 11	L 1	Henry DUNCAN	14	Co Cambridge	1:08.45
	L 2	Akshay PISSAY	14	Co Norwich	1:07.40
	L 3	Edward MERHAN	13	West Suffolk	1:06.31
	L 4	Chester LEEMING	14	St Felix Sch	1:02.90
	L 5	Ketan RACH	14	Watford SC	1:04.45
	L 6	William PARSONS	14	Deben	1:06.43
	L 7	Oscar BRICE	14	Co St Albans	1:07.95
	L 8	Connor WALKER	14	Co Peterboro	1:09.08



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## Start Lists Session Eleven

### Event 423 Womens 100m Freestyle

H 1	L 2	Alexa MANN	12	Basildon Ph	1:08.10
	L 3	Connie DAVIES	12	Deben	1:07.92
	L 4	Ruby BLAKELEY	11	Co Peterboro	1:07.58
	L 5	Molly COBBOLD	12	Bor of Brox	1:07.70
	L 6	Daniella NJAWAYA	12	Team Luton	1:08.00
	L 7	Lyla HOWARD	11	Team Luton	1:08.20
H 2	L 1	Rosalind SAISE	11	teamipswich	1:07.23
	L 2	Elise DELAPPERALL	12	Thurrock	1:06.70
	L 3	Jasmine VERLANDER	12	Thurrock	1:06.10
	L 4	Helena HALL	13	Deben	1:05.95
	L 5	Charlotte GILL	13	Brentwood	1:06.01
	L 6	Elijah BRITTON	12	St Felix Sch	1:06.22
	L 7	Skye BUNYARD	12	Linslade	1:06.90
	L 8	Dana WARD	12	Bo Southend	1:07.30
H 3	L 1	Sophie CLERKIN	12	Braintree	1:05.70
	L 2	Gemma NOTTAGE	13	Watford SC	1:05.70
	L 3	Holly DRIVER	13	St Felix Sch	1:05.58
	L 4	Macy DEXTER	12	Co Cambridge	1:05.45
	L 5	Sophie JENKINSON	13	Basildon Ph	1:05.58
	L 6	Leah WIGHTMAN	13	West Norfolk	1:05.70
	L 7	Laura HULL	13	Bishop Stort	1:05.70
	L 8	Bryony EDGINGS	13	Thurrock	1:05.84
H 4	L 1	Lucy YOUNG	13	Modernian	1:05.40
	L 2	Anita TIEN	13	Clacton SC	1:05.35
	L 3	Clara WATSON-FLOWERS	12	St Felix Sch	1:05.33
	L 4	Jessica SHAW	13	Co Peterboro	1:05.30
	L 5	Louise DONAGHY	13	Modernian	1:05.30
	L 6	Elena BELLO	12	Co Cambridge	1:05.35
	L 7	Holly LAMB	13	Southend	1:05.40
	L 8	Isabella YEABSLEY	12	Hatfield	1:05.40
H 5	L 1	Ella STONE	12	Biggleswade	1:05.20
	L 2	Francesca SALMON	13	Norwich Swan	1:05.10
	L 3	Romilly MARKS	12	Newmarket	1:04.98
	L 4	Abigail GOTTS	13	Norfolk Vikg	1:04.81
	L 5	Emily HOLDEN	12	Leighton Buz	1:04.90
	L 6	Eloise SMART	13	Colchester	1:05.03
	L 7	Teni OGUNLESI	13	Thurrock	1:05.20
	L 8	Francesca BABER	12	Flitwick	1:05.21
H 6	L 1	Evelyn DIXON-MINTER	13	teamipswich	1:04.71
	L 2	Lucy COIA-BELL	13	Co St Albans	1:04.37
	L 3	Francesca LOW	13	Chelmsford	1:04.10
	L 4	Maeve POOLEY	13	Newmarket	1:04.00
	L 5	Kaia PHILLIPS	12	Bishop Stort	1:04.06
	L 6	Anastasia WILKINSON	13	Hatfield	1:04.37
	L 7	Salma TERKEMANI	12	Modernian	1:04.50
	L 8	Bethan ENDICOTT	13	St Ives	1:04.76
H 7	L 1	Darcy COBURN	13	Chelmsford	1:03.70
	L 2	Phoebe WHITE	13	Harlow Pen	1:03.50
	L 3	Imogen BLOCK	14	St Felix Sch	1:03.40
	L 4	Isabelle GODFREY	14	Co St Albans	1:03.20
	L 5	Caitlin O'TOOLE	14	Royston	1:03.30
	L 6	Emily HASLAM	14	Norfolk Vikg	1:03.47
	L 7	Emilia DUNWOODIE	13	Co St Albans	1:03.60
	L 8	Erin WILKINSON	13	Southend	1:03.80
H 8	L 1	Ruby GREENHALF	13	Co Norwich	1:03.20
	L 2	Kiara KOVACS	14	Co Peterboro	1:03.10
	L 3	Georgina MUNDAY	14	Modernian	1:03.00
	L 4	Karys-Rose BUNN	12	teamipswich	1:02.89
	L 5	Cerys WILLIAMS	14	West Suffolk	1:02.93
	L 6	Sophie LANDER	13	Stowmarket	1:03.07
	L 7	Ciara TAYLOR	13	St Ives	1:03.20
	L 8	Michaela TAIWO	13	St Felix Sch	1:03.20
H 9	L 1	Daisy MOXHAM	13	Co Cambridge	1:02.71
	L 2	Lily MACDONALD	13	Co Norwich	1:02.20
	L 3	Ellie HOLLISS	14	Co St Albans	1:01.10
	L 4	Millie FIELDS	14	Bishop Stort	59.90
	L 5	Lucy HUDSON	14	West Suffolk	1:00.70
	L 6	Jessica KEOGH	14	Hatfield	1:01.90
	L 7	Lucy MORGAN	14	Colchester	1:02.40
	L 8	Ruby WHEELER	12	Basildon Ph	1:02.80

H 10	L 1	Ruby DAGLESS	13	Dereham	1:02.60
	L 2	Matilda BOGLE	12	teamipswich	1:02.10
	L 3	May BRADBURN	14	Chelmsford	1:01.00
	L 4	Carys BREALEY	14	Harlow Pen	59.70
	L 5	Emma PARKER	14	St Felix Sch	1:00.20
	L 6	Natalie SANFORD	14	St Felix Sch	1:01.71
	L 7	Olivia LEE	14	Co Peterboro	1:02.40
	L 8	Tess WESLEY	14	Newmarket	1:02.75
H 11	L 1	Rachel ANDREWS	14	C Beds SS	1:02.40
	L 2	Maddie LEES	14	DunmowAtlant	1:02.03
	L 3	Grace WALLER	14	Basildon Ph	1:00.90
	L 4	Sophie FREEMAN	14	Colchester	57.50
	L 5	Erin LITTLE	13	Chelmsford	1:00.09
	L 6	Harriet SALISBURY	14	Co Peterboro	1:01.20
	L 7	Holly GRAVES	14	Co Peterboro	1:02.31
	L 8	Brenna HOWELL	14	Co Peterboro	1:02.73

### Event 424 Mens 50m Freestyle

H 1	L 2	Daniel KENDALL	12	Co Ely	31.33
	L 3	Ethan ANGEL	12	teamipswich	31.28
	L 4	Luka PAGE	12	West Suffolk	31.06
	L 5	Matthew BAKER	12	West Suffolk	31.14
	L 6	Jack MACDONALD	12	Putteridge	31.30
	L 7	Samuel WALSH	12	Witham Dolph	31.34
H 2	L 1	Benjamin RIGLAR	12	Dereham	31.03
	L 2	Alex TWYFORD	12	Bushey	31.01
	L 3	Max PARRY	12	Co Cambridge	30.99
	L 4	Daniel PARKER	12	Braintree	30.90
	L 5	Samuel COMAN	12	Gt Yarmouth	30.99
	L 6	Max ARNOLD	12	Harlow Pen	31.00
	L 7	Max HILL	12	Stevenage	31.02
	L 8	Lewis MEADOWS	12	Felixstowe	31.04
H 3	L 1	Kian QUINLAN	12	Bo Southend	30.90
	L 2	Fergus CHERRINGTON	12	teamipswich	30.89
	L 3	Harvey LARNER	12	Gt Yarmouth	30.80
	L 4	Arthur BERNANS	12	Basildon Ph	30.70
	L 5	Jonathan WEIMANN	12	Co Cambridge	30.80
	L 6	Jake MOORE	12	Potters Bar	30.82
	L 7	Thomas GODFREY	12	Co St Albans	30.90
	L 8	Reece SIMPSON	12	March	30.90
H 4	L 1	Nathan CLOSE	12	Biggleswade	30.40
	L 2	Oscar COLE	12	St Felix Sch	30.33
	L 3	Joel PIETERSEN	11	Hatfield	30.28
	L 4	Elliot KEFFORD	12	Dunstable	29.80
	L 5	Sam PARKER	12	Beccles Town	30.20
	L 6	George DE VOOGT	12	Leighton Buz	30.30
	L 7	Safford HEWITT-WHITE	12	Co Peterboro	30.35
	L 8	Maximilian VEIGA	11	Co Ely	30.60
H 5	L 1	Kyle OSTIL	12	West Norfolk	29.70
	L 2	Billy MEAD	13	Dunstable	29.60
	L 3	Joshua HEESOM	13	Potters Bar	29.50
	L 4	James CROSSFIELD	13	Deben	29.42
	L 5	Elliot GLADWELL	13	Hadleigh	29.49
	L 6	William LAMPRELL	13	Deben	29.53
	L 7	Mason ALLEN	12	Basildon Ph	29.60
	L 8	Jack CACI	12	Epping For't	29.80
H 6	L 1	Enzo LIM	13	Watford SC	29.40
	L 2	Michael DRINKWATER	13	Huntingdon	29.33
	L 3	James BELL	13	Norwich Swan	29.32
	L 4	Spyridon MANTIS	13	Newmarket	29.30
	L 5	Noah CRABB	13	teamipswich	29.30
	L 6	Marin DE VILLARD	13	St Felix Sch	29.33
	L 7	Marcus MOSCUZZA	13	Co Cambridge	29.37
	L 8	Charlie SUMMER	13	Dereham	29.40
H 7	L 1	William ELLARD	12	St Felix Sch	29.30
	L 2	Oliver CARPENTER	13	Co St Albans	29.14
	L 3	Harrison BRISTOW	13	Modernian	29.10
	L 4	Joshua MARTIN	12	Co Peterboro	29.10
	L 5	Henri DYKE	13	Norwich Swan	29.10
	L 6	James ROWLEY	13	Sudbury	29.14
	L 7	Denis MORINE	13	Chelmsford	29.20
	L 8	Luke TUNSTALL	13	St Ives	29.30



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## Start Lists Session Eleven

H 8	L 1	Daniel CLAYTON	12	teamipswich	29.01
	L 2	Max WITHERS	13	Co Cambridge	29.00
	L 3	Alfie FRANCIS	13	Colchester	28.90
	L 4	Luke FLYNN	13	Watford SC	28.90
	L 5	Henry JONES	13	Modernian	28.90
	L 6	Mitchell TAMBLIN	13	Norwich Swan	28.90
	L 7	Ethan MARTIN	13	Bo Southend	29.00
	L 8	Max PATTEN	13	Stanway	29.10
H 9	L 1	Joseph MCGILLIVRAY	13	Lstof & OB	28.69
	L 2	James GISBORNE	13	Bishop Stort	28.60
	L 3	Olivier VEDRENNE	13	Co Norwich	28.60
	L 4	Joseph KENNY	13	Leiston	28.50
	L 5	George GRICE	13	Co Norwich	28.50
	L 6	Louis LANE	13	Basildon Ph	28.60
	L 7	Ethan BASKERVILLE	13	Hatfield	28.62
	L 8	Colin MOGHINA	13	Thurrock	28.90
H 10	L 1	Aidan PILCHER	13	teamipswich	28.39
	L 2	Edward MERHAN	13	West Suffolk	28.20
	L 3	Samuel SMITH	14	Wisbech	27.90
	L 4	Tyler WATSON	14	C Beds SS	27.90
	L 5	Thomas HANLEY	14	March	27.90
	L 6	Jacob STEPHEN	13	Brentwood	28.10
	L 7	James COWDREY	13	Bo Southend	28.30
	L 8	Matthew BROWN	13	Stowmarket	28.43
H 11	L 1	Cameron BEAVIS	14	Newmarket	27.80
	L 2	Ketan RACH	14	Watford SC	27.70
	L 3	Oskar FARKAS	13	Co Cambridge	27.70
	L 4	Ethan LEGSON	14	Modernian	27.70
	L 5	Jude HILLS	13	Bo Southend	27.70
	L 6	Brandon RILEY	14	Lstof & OB	27.70
	L 7	Jacob ZANDBERGEN	14	Gt Yarmouth	27.76
	L 8	Daniel MILLER	13	Linslade	27.80
H 12	L 1	Benjamin ASHDOWN	13	Modernian	27.60
	L 2	Euan HIGGS	14	Chelmsford	27.30
	L 3	Syd ROBERTS	14	Colchester	27.20
	L 4	Benjamin GREEN	14	Watford SC	27.10
	L 5	Joab CARR	14	St Felix Sch	27.20
	L 6	Mide OLAJIDE	14	Thurrock	27.24
	L 7	Max MCAULIFFE	14	Harlow Pen	27.30
	L 8	Thomas SAMUELS	14	Chelmsford	27.60
H 13	L 1	Ethan GELL	14	Linslade	27.00
	L 2	Xavier KIRCHIN	14	C Beds SS	26.80
	L 3	Ethan PEIRCE	14	Harlow Pen	26.10
	L 4	Michael KLIMASZEWSKI	14	Hatfield	25.40
	L 5	Naythan AUNG	14	Colchester	25.70
	L 6	Akshay PISSAY	14	Co Norwich	26.50
	L 7	Fabian BRUDNICKI	14	Co Peterboro	26.84
	L 8	Robert ADDIS	14	West Norfolk	27.10
H 14	L 1	Thomas PAGE	14	West Suffolk	27.00
	L 2	Matthew DEBENHAM	14	teamipswich	26.75
	L 3	Harrison RIDER	14	Basildon Ph	26.00
	L 4	Alessandro RIODA	14	Harlow Pen	25.40
	L 5	Alexander LOWRY	14	Co Norwich	25.70
	L 6	Thomas OGDEN	14	Bishop Stort	26.30
	L 7	Ryan DAVIS	14	Basildon Ph	26.80
	L 8	Samuel PYEFINCH	13	Tring	27.10
H 15	L 1	Finley COMAN	13	Gt Yarmouth	27.00
	L 2	Louis WALKER	13	Colchester	26.60
	L 3	Damon ELLIOTT	14	DunmowAtlant	25.80
	L 4	Sam TOWNSEND	14	C Beds SS	24.50
	L 5	Chester LEEMING	14	St Felix Sch	25.50
	L 6	Jj WILDE	14	Putteridge	26.20
	L 7	Connor WALKER	14	Co Peterboro	26.80
	L 8	Jack SKERRY	14	Chelmsford	27.00

### Event 425 Womens 200m Backstroke

H 1	L 2	Jasmine VERLANDER	12	Thurrock	2:42.30
	L 3	Ella STONE	12	Biggleswade	2:41.40
	L 4	Isabella YEABSLEY	12	Hatfield	2:39.69
	L 5	Connie DAVIES	12	Deben	2:41.17
	L 6	Lily-Ella MAYALL	11	Lstof & OB	2:42.00
H 2	L 1	Francesca TYLER	13	Felixstowe	2:38.59
	L 2	Elise DELAPPERALL	12	Thurrock	2:38.22
	L 3	Lucy YOUNG	13	Modernian	2:38.00
	L 4	Holly LAMB	13	Southend	2:37.80
	L 5	Gemma NOTTAGE	13	Watford SC	2:37.97
	L 6	Evie BURGESS	13	teamipswich	2:38.14
	L 7	Jessica MAHONEY	13	Co Peterboro	2:38.24
	L 8	Amy PAGET	13	Co Peterboro	2:38.74
H 3	L 1	Clara WATSON-FLOWERS	12	St Felix Sch	2:37.43
	L 2	Evelyn DIXON-MINTER	13	teamipswich	2:36.68
	L 3	Jessica SHAW	13	Co Peterboro	2:36.29
	L 4	Amy GREEN	14	Chelmsford	2:36.03
	L 5	Kiara KOVACS	14	Co Peterboro	2:36.09
	L 6	Sophie JENKINSON	13	Basildon Ph	2:36.33
	L 7	Mia WARD	13	Thurrock	2:36.95
	L 8	Francesca LONG	13	Thetford	2:37.61
H 4	L 1	Molly COBBOLD	12	Bor of Brox	2:35.85
	L 2	Lucy HUTCHINSON	14	Co Norwich	2:35.20
	L 3	Jessica KEFFORD	14	Dunstable	2:35.09
	L 4	Leah WIGHTMAN	13	West Norfolk	2:34.67
	L 5	Sophie GRIFFIN	14	Co Peterboro	2:34.90
	L 6	Georgie PARK	14	Epping For't	2:35.17
	L 7	Olivia ALDRED	14	Lstof & OB	2:35.73
	L 8	Astrid HUBBARD	14	West Norfolk	2:35.95
H 5	L 1	Georgina MUNDAY	14	Modernian	2:34.20
	L 2	Isabel KIRBY	14	teamipswich	2:33.98
	L 3	Ella LAUDER	13	Southend	2:33.30
	L 4	Maeve POOLEY	13	Newmarket	2:32.93
	L 5	Eleanor CRAIG	14	Watford SC	2:33.16
	L 6	Jessica ROBERTSON	14	Co St Albans	2:33.67
	L 7	Erin WILKINSON	13	Southend	2:34.09
	L 8	Ella HOUSTON	14	Deben	2:34.34
H 6	L 1	Imogen BLOCK	14	St Felix Sch	2:32.30
	L 2	Erin LITTLE	13	Chelmsford	2:31.00
	L 3	Matilda BOGLE	12	teamipswich	2:28.97
	L 4	Jessica KEOGH	14	Hatfield	2:23.05
	L 5	Holly GRAVES	14	Co Peterboro	2:28.00
	L 6	Francesca LOW	13	Chelmsford	2:30.00
	L 7	Sophie LANDER	13	Stowmarket	2:31.44
	L 8	Ellie HOLLISS	14	Co St Albans	2:32.83
H 7	L 1	Kiera BLUNDEN	13	Chelmsford	2:32.13
	L 2	Grace WALLER	14	Basildon Ph	2:30.50
	L 3	Emily COOPER	13	Basildon Ph	2:28.68
	L 4	Ella MCGHIE	14	Co Peterboro	2:22.16
	L 5	Charlotte NORMAN	13	Colchester	2:26.20
	L 6	Harriet CLEMENTS	14	Watford SC	2:29.54
	L 7	Lucy MORGAN	14	Colchester	2:31.42
	L 8	Charlotte TREE	14	Colchester	2:32.68
H 8	L 1	Emilia DUNWOODIE	13	Co St Albans	2:31.75
	L 2	Brenna HOWELL	14	Co Peterboro	2:30.49
	L 3	Brooke JENKINS	14	Southend	2:28.39
	L 4	Sophie FREEMAN	14	Colchester	2:19.30
	L 5	Ella TURNER	13	Basildon Ph	2:25.90
	L 6	Carys BREALEY	14	Harlow Pen	2:29.00
	L 7	Molly REDGRAVE	14	Colchester	2:31.30
	L 8	Emily FALKUS	13	Runnymede	2:32.46





# 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 Eleven

#### Event 426 Mens 400m IM

H 1	L 3	Charlie PRYKE	12	Colchester	6:02.13
	L 4	Jack JUGGINS	12	Team Luton	5:59.38
	L 5	Ethan HOWARD	11	Potters Bar	6:01.71
H 2	L 2	Joshua MARTIN	12	Co Peterboro	5:57.58
	L 3	Zak TROMAN	11	Colchester	5:56.96
	L 4	Menuka JAYAKODY	12	Norwich Swan	5:55.99
	L 5	Lucas HARTLEY	11	Hatfield	5:56.95
	L 6	Daniel MCGUINNESS	12	Basildon Ph	5:57.20
	L 7	Ben MINISTER	12	Thurrock	5:57.65
H 3	L 1	Daniel HOLLISS	12	Co St Albans	5:53.87
	L 2	Finn COOPER	12	teamipswich	5:45.32
	L 3	Daniel ORD	13	Watford SC	5:43.27
	L 4	Daniel CLAYTON	12	teamipswich	5:41.56
	L 5	Kieran BIRKETT	13	Co St Albans	5:43.00
	L 6	Oliver RANA-BEADLE	13	Co Cambridge	5:45.08
	L 7	Ethan ANGEL	12	teamipswich	5:47.90
	L 8	Lazar NEMETH	12	St Felix Sch	5:54.61
H 4	L 1	Mark MILBURN	13	Colchester	5:40.20
	L 2	Denis MORINE	13	Chelmsford	5:39.02
	L 3	James CLAY	13	Stowmarket	5:38.03
	L 4	Enzo LIM	13	Watford SC	5:34.43
	L 5	George GRICE	13	Co Norwich	5:35.20
	L 6	Matthew MONIE	13	Co Cambridge	5:39.00
	L 7	Harvey ISLE	13	West Norfolk	5:39.29
	L 8	Michael CONNICK	13	Deben	5:41.26
H 5	L 1	Matthew BROWN	13	Stowmarket	5:31.85
	L 2	Harry SHARPE	13	West Norfolk	5:29.76
	L 3	George WHITEMAN	14	Co Peterboro	5:28.66
	L 4	Noah CORNWELL	14	Potters Bar	5:26.00
	L 5	Nikita CHARYKIN	12	Thurrock	5:26.72
	L 6	Thomas OWEN	13	West Norfolk	5:29.05
	L 7	Louis LANE	13	Basildon Ph	5:30.50
	L 8	Henry JONES	13	Modernian	5:32.54
H 6	L 1	James ROTHWELL	14	Co Peterboro	5:24.33
	L 2	Tyler JACKSON	14	Harlow Pen	5:22.70
	L 3	Euan HIGGS	14	Chelmsford	5:21.60
	L 4	Oskar FARKAS	13	Co Cambridge	5:17.44
	L 5	Tom MALIA	14	Team Luton	5:20.60
	L 6	Jacob STEPHEN	13	Brentwood	5:21.91
	L 7	Peter SOCZEWKA	13	Hatfield	5:23.83
	L 8	Jimmy TAYLOR	14	Thurrock	5:25.57
H 7	L 1	Tyler WATSON	14	C Beds SS	5:15.78
	L 2	Luke BARTON	14	Co Norwich	5:12.70
	L 3	Rhys DAVIDSON	14	Team Luton	5:01.00
	L 4	Michael KLIMASZEWSKI	14	Hatfield	4:51.71
	L 5	Joe COOPER	14	teamipswich	4:51.79
	L 6	Olivier VEDRENNE	13	Co Norwich	5:09.00
	L 7	Connor WALKER	14	Co Peterboro	5:12.73
	L 8	Christopher WILLIAMSON	13	Co Cambridge	5:17.01