

# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

#### ***EVENT 131 FINAL OF EVENT 111 Womens 15 Yrs 200m Butterfly***

Place	Name	YoB	Club	Time	FINA Pt	100
1.	Natalie Sanford	(04)	St Felix Sch	2:25.76	583	1:09.05
2.	Harriet Salisbury	(04)	Co Peterboro	2:29.93	536	1:11.25
3.	Rachel Ha	(04)	Epping For't	2:30.44	530	1:11.58
4.	Ciara Wookey	(04)	Colchester	2:30.63	528	1:10.95
5.	Menna Walmsley	(04)	Team Luton	2:34.24	492	1:12.13
6.	Brooke Jenkins	(04)	Southend	2:37.05	466	1:12.59
7.	Cerys Williams	(04)	West Suffolk	2:40.26	439	1:13.28
	Ella Houston	(04)	Deben	DQ		

#### ***EVENT 132 FINAL OF EVENT 111 Womens 16 Yrs 200m Butterfly***

Place	Name	YoB	Club	Time	FINA Pt	100
1.	Sara Kalawska	(03)	Hatfield	2:22.27	627	1:06.93
2.	Rebecca Howell	(03)	Basildon Ph	2:24.25	602	1:08.57
3.	Katie Hammond	(03)	Co Cambridge	2:29.28	543	1:11.42
4.	Lucie Peck	(03)	West Norfolk	2:29.46	541	1:10.64
5.	Orla Keaveney	(03)	Modernian	2:29.82	537	1:12.15
6.	Lily Merrett	(03)	Co St Albans	2:33.13	503	1:10.12
7.	Anna Fallon	(03)	Team Luton	2:35.12	484	1:13.17
8.	Gracie Trotter	(03)	C Beds SS	2:37.27	464	1:13.54

#### ***EVENT 133 FINAL OF EVENT 111 Womens 17 Yrs/Over 200m Butterfly***

Place	Name	YoB	Club	Time	FINA Pt	100
1.	Mia Leech	(02)	Co Peterboro	2:21.64	636	1:06.99
2.	Zara Keegan	(02)	Co Cambridge	2:22.24	628	1:07.81
3.	Tia Gardiner	(02)	Chelmsford	2:26.43	575	1:09.16
4.	Emily Green	(01)	Brentwood	2:29.64	539	1:10.18
5.	Millie Ward	(02)	Brentwood	2:30.27	532	1:12.12
6.	Poppy Richardson	(01)	Co Peterboro	2:31.26	522	1:09.95
7.	Lauren Grice	(99)	Leighton Buz	2:31.70	517	1:10.88
8.	Jessica Penkul	(02)	Bishop Stort	2:33.27	501	1:12.44

# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

---

#### ***EVENT 134 FINAL OF EVENT 112 Mens 15 Yrs 50m Backstroke***

Place	Name	YoB	Club	Time	FINA Pt
1.	Thomas Ogden	(04)	Bishop Stort	27.90	636
2.	Naythan Aung	(04)	Colchester	28.97	568
3.	William Parsons	(04)	Deben	29.06	563
4.	Arvin Joaquin Rodrigue	(04)	Watford SC	29.45	541
5.	Fabian Brudnicki	(04)	Co Peterboro	29.76	524
6.	Syd Roberts	(04)	Colchester	30.16	503
7.	Sam Townsend	(04)	C Beds SS	30.19	502
8.	Tyler Jackson	(04)	Harlow Pen	30.21	501

#### ***EVENT 135 FINAL OF EVENT 112 Mens 16 Yrs 50m Backstroke***

Place	Name	YoB	Club	Time	FINA Pt
1.	Walter Hackett	(03)	Dunstable	27.81	642
2.	Alexander Catton	(03)	Bishop Stort	28.61	590
3.	Daniel Murtagh	(03)	Hatfield	28.68	585
4.	Sebastian Vandermeer	(03)	Co Cambridge	29.30	549
5.	Samuel Miller	(03)	Basildon Ph	29.74	525
6.	Owen Vaughan	(03)	Chelmsford	29.82	521
6.	Finn Jeffery	(03)	St Felix Sch	29.82	521
8.	Teal'K Smith	(03)	Beccles Town	29.88	518

#### ***EVENT 136 FINAL OF EVENT 112 Mens 17 Yrs/Over 50m Backstroke***

Place	Name	YoB	Club	Time	FINA Pt
1.	Nathan Wells	(98)	West Norfolk	27.18	688
2.	Matthew Gray	(00)	Co Peterboro	27.36	674
3.	Joshua Smith	(01)	DunmowAtlant	27.50	664
4.	Thomas Clare	(01)	teamipswich	28.18	617
5.	Herbie Kinder	(02)	Co Peterboro	28.21	615
6.	Jack Bowyer	(02)	West Suffolk	28.37	605
7.	Conor O'Gorman	(98)	Leighton Buz	28.44	600
8.	Manfred Battle	(02)	Co Cambridge	28.73	582

# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

#### ***EVENT 137 FINAL OF EVENT 113 Womens 15 Yrs 50m Freestyle***

Place	Name	YoB	Club	Time	FINA Pt
1.	May Bradburn	(04)	Chelmsford	27.17	661
2.	Millie Fields	(04)	Bishop Stort	27.38	646
3.	Grace Waller	(04)	Basildon Ph	27.63	628
4.	Ellie Holliss	(04)	Co St Albans	28.07	599
5.	Emma Parker	(04)	St Felix Sch	28.26	587
6.	Rosie Brooks	(04)	Brentwood	28.60	566
6.	Kiara Kovacs	(04)	Co Peterboro	28.60	566
8.	Lucy Hudson	(04)	West Suffolk	28.64	564

#### ***EVENT 138 FINAL OF EVENT 113 Womens 16 Yrs 50m Freestyle***

Place	Name	YoB	Club	Time	FINA Pt
1.	Sacha Thomas	(03)	Co Norwich	26.82	687
2.	Isabel Wainwright	(03)	Modernian	27.08	667
3.	Jessica Woodward	(03)	Hatfield	27.09	667
4.	Emma Cruickshanks	(03)	teamipswich	27.69	624
5.	Bianka Misikova	(03)	Hatfield	28.18	592
6.	Annika Brown	(03)	teamipswich	28.19	591
7.	Libby Dunford	(03)	Hoddesdon	28.26	587
8.	Eve Wright	(03)	Co Peterboro	28.54	570

#### ***EVENT 139 FINAL OF EVENT 113 Womens 17 Yrs/Over 50m Freestyle***

Place	Name	YoB	Club	Time	FINA Pt
1.	Rebecca Watt	(02)	DunmowAtlant	26.79	689
2.	Elinor Duley	(00)	Colchester	26.85	685
3.	Jana Spinner	(99)	Co Norwich	26.94	678
4.	Meghan Maybanks	(00)	Bishop Stort	27.01	673
5.	Georgina Tallon	(00)	Potters Bar	27.25	655
6.	Rianna Smith	(98)	Basildon Ph	27.45	641
7.	Lauren Watt	(01)	Newmarket	27.62	629
8.	Mia Maspers	(02)	teamipswich	27.72	622

# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

---

#### ***EVENT 140 FINAL OF EVENT 114 Mens 15 Yrs 100m Breaststroke***

Place	Name	YoB	Club	Time	FINA Pt
1.	James Quinn	(04)	St Ives	1:08.56	577
2.	Rhys Davidson	(04)	Team Luton	1:10.61	528
3.	Harrison Jarvis	(04)	Thurrock	1:11.50	509
4.	Yuto Watanabe	(04)	Hatfield	1:12.87	481
5.	Samuel Rennie	(04)	Braintree	1:13.33	472
6.	J J Wilde	(04)	Team Luton	1:13.47	469
7.	Mehdi El Mansar	(04)	Bishop Stort	1:13.60	466
8.	Thomas Page	(04)	West Suffolk	1:14.57	448

#### ***EVENT 141 FINAL OF EVENT 114 Mens 16 Yrs 100m Breaststroke***

Place	Name	YoB	Club	Time	FINA Pt
1.	Lewis Shayler	(03)	Watford SC	1:07.67	600
2.	Henry King	(03)	West Suffolk	1:09.58	552
3.	James Dillon	(03)	Basildon Ph	1:09.77	548
4.	Finn Jeffery	(03)	St Felix Sch	1:11.14	517
5.	Harvey Hall	(03)	Deben	1:12.17	495
6.	Mattias Morse	(03)	Hemel Hemp	1:12.34	491
7.	Samuel Bullingham	(03)	West Suffolk	1:14.21	455
8.	Owen Vaughan	(03)	Chelmsford	1:14.46	450

#### ***EVENT 142 FINAL OF EVENT 114 Mens 17 Yrs/Over 100m Breaststroke***

Place	Name	YoB	Club	Time	FINA Pt
1.	Lawrence Palmer	(92)	Putteridge	1:02.45	764
2.	Lewis Waters	(99)	Co Cambridge	1:04.89	681
3.	Nathan Hughes	(00)	Hatfield	1:06.09	644
4.	William Loveman	(00)	Co St Albans	1:07.21	613
5.	Benjamin Arkle	(99)	Co Cambridge	1:08.93	568
6.	Bryn Couser	(02)	Bishop Stort	1:09.02	566
7.	Thomas Wiggins	(99)	Co Peterboro	1:09.31	559
8.	Oliver Cashin	(02)	Co Cambridge	1:10.01	542

# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

#### ***EVENT 143 FINAL OF EVENT 115 Womens 15 Yrs 200m Breaststroke***

Place	Name	YoB	Club	Time	FINA Pt	100
1.	Molly Monk	(04)	Dereham	2:39.24	666	1:17.73
2.	Jessica Munford	(04)	Norwich Swan	2:42.96	622	1:18.46
3.	Ela Norton	(04)	Hatfield	2:47.67	571	1:20.43
4.	Isabella Chapman	(04)	Harpenden	2:47.92	568	1:22.09
5.	Natalie Sanford	(04)	St Felix Sch	2:51.22	536	1:21.63
6.	Caitlin Hartley	(04)	Hatfield	2:51.73	531	1:21.88
7.	Alice Fasey	(04)	Thetford	2:52.58	523	1:22.48
8.	Ciara Wookey	(04)	Colchester	2:52.99	520	1:22.51

#### ***EVENT 144 FINAL OF EVENT 115 Womens 16 Yrs 200m Breaststroke***

Place	Name	YoB	Club	Time	FINA Pt	100
1.	Grace King	(03)	teamipswich	2:39.39	664	1:16.53
2.	Erin O'Meara	(03)	Watford SC	2:45.47	594	1:19.38
3.	Ellie-Mei Shepperson	(03)	West Norfolk	2:46.24	585	1:21.14
4.	Imogen Bloomfield	(03)	Co Cambridge	2:48.26	565	1:19.53
5.	Chiara Rogers	(03)	Team Luton	2:48.37	564	1:20.50
6.	Ellie Matthews	(03)	Putteridge	2:49.47	553	1:20.38
7.	Beth Dennis	(03)	Co Peterboro	2:49.84	549	1:20.83
8.	Lily Bemmer	(03)	Deben	2:55.68	496	1:23.79

#### ***EVENT 145 FINAL OF EVENT 115 Womens 17 /Over 200m Breaststroke***

Place	Name	YoB	Club	Time	FINA Pt	100
1.	Amelia Monaghan	(02)	Co Peterboro	2:37.46	689	1:16.95
2.	Sophie Payne	(02)	Hatfield	2:37.87	684	1:17.49
3.	Kathryn Gill	(87)	Co Cambridge	2:40.66	649	1:17.21
4.	Caitlin Day	(01)	Basildon Ph	2:46.82	579	1:20.66
5.	Aoife Marley	(02)	Witham Dolph	2:47.04	577	1:21.65
6.	Lucy Park	(96)	Watford SC	2:47.06	577	1:21.54
7.	Molly Lee	(01)	West Norfolk	2:48.10	566	1:19.34
	India Weston	(02)	Norfolk Vikg	DQ		

# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

---

#### ***EVENT 146 FINAL OF EVENT 116 Mens 15 Yrs 100m Butterfly***

Place	Name	YoB	Club	Time	FINA Pt
1.	Michael Klimaszewski	(04)	Hatfield	57.32	656
2.	Thomas Ogden	(04)	Bishop Stort	1:00.37	562
3.	Alessandro Rioda	(04)	Harlow Pen	1:01.48	532
4.	Connor Walker	(04)	Co Peterboro	1:01.52	531
5.	Sam Townsend	(04)	C Beds SS	1:02.48	506
6.	Damon Elliott	(04)	DunmowAtlant	1:02.50	506
7.	Naythan Aung	(04)	Colchester	1:03.00	494
8.	Jack Skerry	(04)	Chelmsford	1:05.55	439

#### ***EVENT 147 FINAL OF EVENT 116 Mens 16 Yrs 100m Butterfly***

Place	Name	YoB	Club	Time	FINA Pt
1.	Nathan Woodrow	(03)	Co Norwich	58.18	627
2.	Lewis Binning	(03)	Basildon Ph	58.34	622
3.	Devesh Kapoor	(03)	Watford SC	59.48	587
4.	Daniel Murtagh	(03)	Hatfield	59.54	585
5.	Joshua Bridgeland	(03)	Hatfield	59.68	581
6.	Jack Turrell	(03)	Basildon Ph	1:00.45	559
7.	Joshua Holland	(03)	Hertford	1:01.02	544
8.	Samuel Rose	(03)	West Norfolk	1:02.16	514

#### ***EVENT 148 FINAL OF EVENT 116 Mens 17 Yrs/Over 100m Butterfly***

Place	Name	YoB	Club	Time	FINA Pt
1.	James Woodward	(00)	Hatfield	55.99	704
2.	Hugo Bellamy	(98)	Co Cambridge	56.76	676
3.	Harry Jones	(00)	Co Norwich	57.28	657
4.	Theo Cannon	(99)	Co Cambridge	57.69	644
5.	Michael Ripper	(01)	Co St Albans	58.11	630
6.	Harry Whiteman	(00)	Co Peterboro	58.33	623
7.	Manfred Battle	(02)	Co Cambridge	58.73	610
8.	Jack Bowyer	(02)	West Suffolk	58.80	608

# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

#### ***EVENT 149 FINAL OF EVENT 121 Womens 15 Yrs 200m Backstroke***

Place	Name	YoB	Club	Time	FINA Pt	100
1.	Jessica Keogh	(04)	Hatfield	2:24.30	635	1:09.36
2.	Carys Brealey	(04)	Harlow Pen	2:27.62	593	1:11.71
3.	Katie Andrews	(04)	Norwich Swan	2:30.96	555	1:12.77
4.	Georgina Munday	(04)	Modernian	2:31.82	545	1:13.56
5.	Harriet Salisbury	(04)	Co Peterboro	2:32.60	537	1:15.29
6.	Molly Redgrave	(04)	Colchester	2:32.70	536	1:13.11
7.	Amy Green	(04)	Chelmsford	2:33.21	530	-
8.	Olivia Lee	(04)	Co Peterboro	2:34.08	521	1:15.02

#### ***EVENT 150 FINAL OF EVENT 121 Womens 16 Yrs 200m Backstroke***

Place	Name	YoB	Club	Time	FINA Pt	100
1.	Gracie Kay	(03)	Co Cambridge	2:22.05	666	1:09.45
2.	Eve Wright	(03)	Co Peterboro	2:24.41	634	1:09.97
3.	Emma Cruickshanks	(03)	teamipswich	2:24.99	626	1:09.76
4.	Charlotte Harris	(03)	Maldon Shark	2:29.14	575	1:12.49
5.	Erin Yeomanson	(03)	teamipswich	2:29.42	572	1:11.96
6.	Tasneen Aiteouakrim	(03)	Potters Bar	2:31.59	548	1:12.30
7.	Lucie Peck	(03)	West Norfolk	2:32.82	535	1:14.06
8.	Ellie Matthews	(03)	Putteridge	2:33.03	532	1:14.60

#### ***EVENT 151 FINAL OF EVENT 121 Womens 17 Yrs/Over 200m Backstroke***

Place	Name	YoB	Club	Time	FINA Pt	100
1.	Abbie Low	(02)	Chelmsford	2:19.29	706	1:08.73
2.	Danielle Rayner	(96)	Wisbech	2:22.38	661	1:09.68
3.	Megan Pye	(02)	Co Norwich	2:22.65	657	1:09.45
4.	Emily Lane	(96)	Basildon Ph	2:23.88	641	1:10.57
5.	Niamh James	(01)	Bishop Stort	2:24.04	638	1:10.42
6.	Lauren Stott	(02)	Hatfield	2:24.33	635	1:11.01
7.	Olivia Norman	(02)	teamipswich	2:25.81	615	1:10.07
8.	Amelia Monaghan	(02)	Co Peterboro	2:26.24	610	1:11.36

# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

---

#### ***EVENT 152 FINAL OF EVENT 122 Mens 15 Yrs 100m Freestyle***

Place	Name	YoB	Club	Time	FINA Pt
1.	Sam Townsend	(04)	C Beds SS	55.09	617
2.	J J Wilde	(04)	Team Luton	55.90	590
3.	Jack Skerry	(04)	Chelmsford	55.95	589
4.	Fabian Brudnicki	(04)	Co Peterboro	56.21	581
5.	Alessandro Rioda	(04)	Harlow Pen	56.37	576
6.	Joe Cooper	(04)	teamipswich	57.28	549
7.	Damon Elliott	(04)	DunmowAtlant	58.06	527
8.	Rhys Davidson	(04)	Team Luton	58.30	520

#### ***EVENT 153 FINAL OF EVENT 122 Mens 16 Yrs 100m Freestyle***

Place	Name	YoB	Club	Time	FINA Pt
1.	Lewis Binning	(03)	Basildon Ph	54.03	654
2.	Sebastian Vandermeer	(03)	Co Cambridge	54.18	649
3.	Nathan Woodrow	(03)	Co Norwich	55.30	610
4.	James Speers	(03)	Basildon Ph	55.31	610
5.	Samuel Rose	(03)	West Norfolk	55.61	600
6.	Daniel Murtagh	(03)	Hatfield	55.83	593
7.	Samuel Miller	(03)	Basildon Ph	56.34	577
8.	Joseph Grice	(03)	Leighton Buz	56.52	571

#### ***EVENT 154 FINAL OF EVENT 122 Mens 17 Yrs/Over 100m Freestyle***

Place	Name	YoB	Club	Time	FINA Pt
1.	Regan Lloyd	(97)	teamipswich	51.82	741
2.	Reese Housden	(02)	Hatfield	52.20	725
3.	Brandon Nabarro	(97)	Putteridge	52.97	694
4.	Henry Choong	(97)	Co Cambridge	53.11	689
5.	Michael Ripper	(01)	Co St Albans	53.54	672
6.	Finn Harman	(98)	Co Cambridge	53.73	665
7.	Theo Cannon	(99)	Co Cambridge	54.33	643
8.	James Woodward	(00)	Hatfield	55.63	599



# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

#### ***EVENT 155 FINAL OF EVENT 123 Womens 15 Yrs 50m Breaststroke***

Place	Name	YoB	Club	Time	FINA Pt
1.	Isabella Chapman	(04)	Harpenden	34.64	611
2.	Ela Norton	(04)	Hatfield	35.74	556
3.	Natalie Sanford	(04)	St Felix Sch	35.76	555
4.	Molly Monk	(04)	Dereham	35.82	552
5.	Jessica Munford	(04)	Norwich Swan	36.05	542
6.	Polly Fish	(04)	Co Cambridge	36.27	532
7.	Charlotte Abramson	(04)	Co Norwich	36.50	522
8.	Caitlin Hartley	(04)	Hatfield	37.22	492

#### ***EVENT 156 FINAL OF EVENT 123 Womens 16 Yrs 50m Breaststroke***

Place	Name	YoB	Club	Time	FINA Pt
1.	Grace King	(03)	teamipswich	33.74	661
2.	Iona Trainer	(03)	Co Ely	34.63	611
3.	Rebecca Girolami	(03)	Colchester	35.39	573
4.	Erin O'Meara	(03)	Watford SC	35.53	566
5.	Beth Dennis	(03)	Co Peterboro	35.69	558
6.	Grace Stedman	(03)	Co St Albans	35.73	557
7.	Ellie-Mei Shepperson	(03)	West Norfolk	36.18	536
8.	Lauren Sharp	(03)	Chelmsford	36.47	523

#### ***EVENT 157 FINAL OF EVENT 123 Womens 17 Yrs/Over 50m Breaststroke***

Place	Name	YoB	Club	Time	FINA Pt
1.	Vejune Petraityte	(02)	Basildon Ph	33.74	661
1.	Rebecca Burton	(98)	Co Peterboro	33.74	661
3.	Jana Spinner	(99)	Co Norwich	33.86	654
4.	Roxanne Uys	(99)	West Norfolk	33.97	648
5.	Agatha Malikova	(95)	Co Cambridge	34.03	644
6.	Molly Lee	(01)	West Norfolk	34.04	644
7.	Lauren Watt	(01)	Newmarket	34.54	616
8.	Kathryn Gill	(87)	Co Cambridge	34.85	600

# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

#### ***EVENT 158 Mens 14/16 Yrs 400m Medley Team***

Place	Name	Club	Time	FINA Pt	100	200	300
1.	Basildon and Phoenix A	Basildon Ph	4:08.08	583	1:04.94	2:14.93	3:13.49
2.	Hatfield SC	Hatfield	4:09.73	571	1:01.96	2:15.42	3:12.59
3.	Watford SC A	Watford SC	4:12.28	554	1:04.79	2:13.43	3:12.92
4.	Basildon and Phoenix B	Basildon Ph	4:18.61	514	1:05.39	2:20.85	3:22.11
5.	Chelmsford City SC	Chelmsford	4:20.93	501	1:04.65	2:17.45	3:21.05
6.	City Of Peterborough A	Co Peterboro	4:21.99	495	1:06.15	2:22.62	3:23.77
7.	City of St Albans	Co St Albans	4:24.57	480	1:05.27	2:19.43	3:24.89
8.	Harlow Penguin SC	Harlow Pen	4:27.27	466	1:07.53	2:23.28	3:27.66
9.	City of Cambridge SC B	Co Cambridge	4:27.38	465	1:07.68	2:26.31	3:29.58
10.	City of Cambridge SC A	Co Cambridge	4:28.97	457	1:08.58	2:27.50	3:32.93
11.	Hemel Hempstead SC	Hemel Hemp	4:45.28	383	1:13.99	2:25.91	3:40.74
12.	Potters Bar SC	Potters Bar	4:49.05	368	1:14.33	2:33.57	3:48.08
	Watford SC B	Watford SC	DNC				

#### ***EVENT 159 Mens 17 Yrs/Over 400m Medley Team***

Place	Name	Club	Time	FINA Pt	100	200	300
1.	City of Cambridge SC A	Co Cambridge	3:56.86	670	1:01.98	2:06.47	3:03.87
2.	Hatfield SC	Hatfield	3:59.27	650	1:04.41	2:10.12	3:06.99
3.	City Of Peterborough A	Co Peterboro	4:01.70	630	1:00.09	2:09.86	3:08.33
4.	City of St Albans A	Co St Albans	4:02.10	627	1:03.17	2:10.29	3:08.18
5.	City of Cambridge SC B	Co Cambridge	4:02.44	624	1:04.29	2:12.21	3:08.69
6.	City of Norwich SC	Co Norwich	4:02.67	623	1:01.87	2:10.63	3:08.41
7.	City Of Peterborough B	Co Peterboro	4:06.50	594	59.59	2:11.20	3:11.45
8.	City of Cambridge SC C	Co Cambridge	4:09.50	573	1:04.88	2:13.42	3:14.03
9.	Watford SC A	Watford SC	4:14.07	543	1:05.54	2:17.61	3:18.24
10.	Potters Bar SC	Potters Bar	4:17.55	521	-	2:19.40	3:23.12
11.	City of St Albans B	Co St Albans	4:17.64	520	1:07.78	2:15.16	3:19.73
12.	Basildon and Phoenix A	Basildon Ph	4:18.58	515	1:02.16	2:14.16	3:17.92

# Swim England East Region

## Long Course Championships 2019

### Results Session Three

Licence 1ER190178

#### ***EVENT 160 Womens 14/16 Yrs 400m Free.Team***

Place	Name	Club	Time	FINA Pt	100	200	300
1.	Norwich	Co Norwich	4:04.03	637	1:01.30	2:04.84	3:06.13
2.	Chelmsford	Chelmsford	4:05.73	624	1:00.28	2:03.41	3:07.93
3.	Cambridge A	Co Cambridge	4:07.24	613	1:01.45	2:02.96	3:05.20
4.	Hatfield	Hatfield	4:07.67	610	1:03.14	2:05.88	3:05.63
5.	Peterborough A	Co Peterboro	4:07.74	609	1:02.18	2:04.54	3:07.28
6.	Hitchin	Hitchin	4:12.11	578	1:04.60	2:07.63	3:11.42
7.	Modernian	Modernian	4:12.51	575	1:03.54	2:07.40	3:11.62
8.	CBSS	C Beds SS	4:15.04	558	1:03.92	2:07.78	3:11.63
9.	Basildon	Basildon Ph	4:16.00	552	1:02.03	2:08.22	3:13.38
10.	St Albans	Co St Albans	4:17.51	542	1:01.81	2:08.69	3:13.58
11.	Peterborough B	Co Peterboro	4:22.62	511	1:05.73	2:10.35	3:15.03
12.	Peterborough C	Co Peterboro	4:22.66	511	1:06.88	2:11.45	3:19.83
13.	Harpenden	Harpenden	4:24.66	499	1:09.02	2:13.99	3:21.10
14.	Watford A	Watford SC	4:24.76	499	1:04.29	2:10.70	3:18.10
15.	Potters Bar	Potters Bar	4:32.21	459	1:06.08	2:15.28	3:24.74
16.	Hemel Hemp	Hemel Hemp	4:34.21	449	1:08.14	2:20.83	3:28.25

#### ***EVENT 161 Womens 17 Yrs/Over 400m Free.Team***

Place	Name	Club	Time	FINA Pt	100	200	300
1.	Norwich	AG/ Co Norwich	3:56.81	697	1:00.51	2:00.05	2:58.59
2.	Peterborough A	AG/ Co Peterboro	3:58.40	683	58.98	1:59.82	2:58.64
3.	Cambridge	AG/ Co Cambridge	4:03.69	640	1:00.50	2:02.53	3:02.31
4.	Basildon	AG/ Basildon Ph	4:08.24	605	1:02.77	2:03.75	3:07.47
5.	Hatfield	AG/ Hatfield	4:12.15	578	1:02.69	2:04.94	3:08.63
6.	Harpenden	Harpenden	4:14.13	564	1:02.67	2:06.31	3:10.59