



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



EVENT 101 Men's Open 100m Freestyle

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100
1.	Chris WALKER-HEBBORN	16 West Suffolk	54.19		26.36	27.83
2.	Brett FERGUSON	19 Hatfield	54.85		26.92	27.93
3.	Ray BUCKTON	19 Luton	55.43		27.52	27.91
4.	Jonathan QUINN	16 Hatfield	55.53		26.88	28.65
5.	Alexander LODGE	16 Hatfield	55.79		26.79	29.00
6.	John SARGENT	20 Hatfield	55.85		26.97	28.88
7.	James ALLCHORNE	17 Hatfield	55.93		26.75	29.18
8.	James LAWTON	19 UEA Norwich	55.95		27.22	28.73
9.	Bobby CAVE	16 Hatfield	55.99		27.40	28.59
10.	Andrew CURTIN	17 Hatfield	56.00		27.45	28.55
11.	Charles W WALKER	16 Co Peterboro	56.12		26.89	29.23
12.	David PRICE	17 Epping For't	56.27		27.55	28.72
13.	Shaun HARRISON	27 Stowmarket	56.28		26.64	29.64
14.	Luke LARGE	17 Kings Lynn	56.40		26.98	29.42
15.	Adam INGLEDEW	13 Mid Beds	56.53		27.53	29.00
16.	Christopher CHENERY	16 Chelmsford	56.62		27.17	29.45
17.	James LOCKYER	15 Hatfield	56.81		27.54	29.27
18.	Richard POWELL	25 Co Cambridge	56.99		27.46	29.53
19.	Lewis COLEMAN	14 teamipswich	57.19		27.61	29.58
20.	Christopher SMITH	18 Lowestoft &	57.23		27.19	30.04
21.	Adam DUSZYNSKI	17 Stowmarket	57.30		27.16	30.14
22.	Troy LYNCH	15 teamipswich	57.51		27.61	29.90
22.	William BOOSEY	17 teamipswich	57.51		27.83	29.68
24.	Benjamin MATTHEWS	16 teamipswich	57.87		27.83	30.04
25.	Sargon YOUSSEFI	16 Colchester	57.88		27.98	29.90
26.	Lucas IRVING	16 Hatfield	57.89		28.22	29.67
27.	Mark D STEVENS	16 Deben	57.93		28.34	29.59
28.	Andrew BIGLEY	15 teamipswich	57.97		28.46	29.51
28.	Thomas ROOTSEY	16 Colchester	57.97		28.04	29.93
30.	James CARLINE	16 Modernians	58.00		28.03	29.97
31.	Sam SPAUL	16 UEA Norwich	58.01		28.23	29.78
32.	Richard HARRIS	16 St Felix Sch	58.02		27.78	30.24
32.	Sean DOWNEY	18 Luton	58.02		28.93	29.09
34.	Aaron GALVANI	15 Hatfield	58.09		28.07	30.02
35.	James SUTHERLAND	14 Hatfield	58.15		27.85	30.30
36.	Gavin EDWARDS	19 Kings Lynn	58.23		28.42	29.81
37.	Adam MAXWELL	15 Hatfield	58.28		28.14	30.14
38.	Tom GILBERT	16 Chelmsford	58.30		28.38	29.92
39.	Samuel HEARD	17 UEA Norwich	58.35		28.22	30.13
40.	Stuart KIRK	18 Modernians	58.40		26.97	31.43
41.	Steve BROOKS	16 Huntingdon	58.44		27.86	30.58
42.	Luke J DE MOYA	15 Co Peterboro	58.48		27.76	30.72
43.	Aaron LYNCH	12 Stowmarket	58.55		28.51	30.04
44.	Chris TAYLOR	16 teamipswich	58.58		28.47	30.11
45.	Karl JACKSON	17 Kings Lynn	58.69		28.56	30.13
46.	Matthew KING	15 Hatfield	59.14		28.23	30.91
46.	Adam JAMIESON	16 Mildenhall	59.14		28.11	31.03
48.	Tommy BOCHMANN	17 UEA Norwich	59.19		28.24	30.95
49.	George SCOTHERN	16 Brentwood	59.20		28.49	30.71
49.	Ian EDMANS	17 Harlow Pen	59.20		28.30	30.90
51.	James RUMBELOW	17 Co Cambridge	59.21		28.55	30.66
52.	Jack WEATHERITT	18 St Ives	59.61		28.48	31.13
53.	Douglas GORDON	16 West Suffolk	59.62		28.24	31.38
54.	Thomas BURLEY	15 Harlow Pen	59.74		29.11	30.63
55.	Ryan PURCELL	16 Epping For't	59.77		28.34	31.43
55.	Harry DOUGLAS	15 Co Cambridge	59.77		28.24	31.53
57.	Ryan CURRELL	17 Dunstable	1:00.28		28.19	32.09
58.	David LAMBERT	13 UEA Norwich	1:00.79		29.02	31.77
59.	Douglas KERR	18 Mid Beds	1:00.96		29.71	31.25

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100
1.	Adam INGLEDEW	13 Mid Beds	56.53		27.53	29.00
2.	James LOCKYER	15 Hatfield	56.81		27.54	29.27
3.	Lewis COLEMAN	14 teamipswich	57.19		27.61	29.58
4.	Troy LYNCH	15 teamipswich	57.51		27.61	29.90
5.	Andrew BIGLEY	15 teamipswich	57.97		28.46	29.51
6.	Aaron GALVANI	15 Hatfield	58.09		28.07	30.02
7.	James SUTHERLAND	14 Hatfield	58.15		27.85	30.30
8.	Adam MAXWELL	15 Hatfield	58.28		28.14	30.14
9.	Luke J DE MOYA	15 Co Peterboro	58.48		27.76	30.72



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



10.	Aaron LYNCH	12	Stowmarket	58.55	28.51	30.04
11.	Matthew KING	15	Hatfield	59.14	28.23	30.91
12.	Thomas BURLEY	15	Harlow Pen	59.74	29.11	30.63
13.	Harry DOUGLAS	15	Co Cambridge	59.77	28.24	31.53
14.	David LAMBERT	13	UEA Norwich	1:00.79	29.02	31.77

EVENT 102 Women's Open 200m Freestyle

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	200
1.	Ceri UNWIN	15 Hatfield	2:09.84		30.70	33.52	33.96	31.66
2.	Dawn JASON	19 West Suffolk	2:11.77		30.86	33.47	34.00	33.44
3.	Harriet BRETTL	14 Mid Beds	2:12.75		30.37	34.24	34.49	33.65
4.	Anne BOCHMANN	13 UEA Norwich	2:12.81		31.72	33.71	34.25	33.13
5.	Hannah JOHN	15 Kings Lynn	2:12.95		31.26	34.02	34.54	33.13
6.	Cara PURVIS	15 Hatfield	2:13.62		31.97	34.19	34.23	33.23
7.	Sophie M CHAMBERLAIN	14 Lowestoft &	2:13.99		30.77	33.99	35.03	34.20
8.	Rebecca WETTEN	13 St Felix Sch	2:14.49		31.67	34.52	34.69	33.61
9.	Krissie TAYLOR	17 Co Cambridge	2:14.50		31.69	34.28	34.75	33.78
10.	Rebecca HARRIS	17 St Felix Sch	2:14.69		31.50	34.29	34.80	34.10
11.	Laura INGLES	15 UEA Norwich	2:14.94		31.61	34.12	35.17	34.04
12.	Natalie SMITH	17 Hatfield	2:14.96		31.61	34.18	35.00	34.17
13.	Ellis JACKSON	12 St Felix Sch	2:15.27		31.87	33.96	34.99	34.45
14.	Louise KENDALL	16 Harlow Pen	2:15.62		31.75	34.66	35.01	34.20
15.	Sophie POOLE	16 teamipswich	2:15.72		32.20	35.22	34.55	33.75
16.	Christine A TOOKE	16 Co Peterboro	2:16.08		31.47	34.35	35.34	34.92
17.	Rebecca READER	14 teamipswich	2:16.99		30.90	35.59	36.17	34.33
18.	Catrina I WALKER	17 Lowestoft &	2:17.34		31.98	35.05	35.43	34.88
19.	Charlotte CLARIDGE	12 Hatfield	2:17.42		31.87	34.60	35.61	35.34
20.	Georgina HUNT	14 Thurrock Swi	2:17.46		32.26	34.94	35.35	34.91
21.	Eleanor A HAYNES	15 teamipswich	2:17.80		32.13	35.91	35.38	34.38
22.	Louise KING	15 Mid Beds	2:17.92		32.84	35.08	35.01	34.99
23.	Stephanie CALVER	16 teamipswich	2:17.99		31.60	35.73	36.96	33.70
24.	Molly EPSLY	13 Thurrock Swi	2:18.00		32.89	35.10	35.30	34.71
25.	Helen BALDRANCE	17 Mid Beds	2:18.78		31.25	34.95	36.38	36.20
26.	Laura ADAMS	12 UEA Norwich	2:19.11		32.63	35.23	36.17	35.08
27.	Hannah RAINE	16 Mid Beds	2:19.38		32.21	34.85	36.35	35.97
28.	Sarah SWINDELL	13 Hatfield	2:19.71		31.87	35.21	36.52	36.11
29.	Hannah MOUNSEY	15 Kings Lynn	2:19.84		31.17	35.45	36.38	36.84
30.	Sarah OVERINGTON	17 Chelmsford	2:19.88		31.74	35.07	37.01	36.06
31.	Samantha BERRY	16 teamipswich	2:20.05		33.03	36.10	36.69	34.23
32.	Briony LOWE	14 Lowestoft &	2:20.12		31.98	34.57	36.72	36.85
33.	Emma GAME	21 Cambridge Un	2:20.16		31.45	35.40	36.71	36.60
34.	Bethany COGGINS	12 UEA Norwich	2:20.33		31.97	35.74	36.58	36.04
35.	Shannon HARROLD	15 Thurrock Swi	2:20.37		33.61	35.87	35.95	34.94
36.	Laura Fae WEST	16 Hitchin	2:20.75		31.63	35.33	36.97	36.82
37.	Charlotte LAMB	14 Thurrock Swi	2:21.11		33.31	35.53	36.97	35.30
38.	Georgia INGLES	15 UEA Norwich	2:21.54		32.14	36.02	36.99	36.39
39.	Emily PRIOR	15 Deben	2:22.14		32.81	35.56	37.04	36.73
40.	Kerriann CHIPPERFIELD	13 Thurrock Swi	2:22.80		33.71	36.69	37.19	35.21
41.	Helen STRUTHERS	13 Co Cambridge	2:23.26		32.89	36.38	37.93	36.06
42.	Jessica FORD	16 Thurrock Swi	2:23.33		33.55	36.00	36.91	36.87
43.	Laura PATTERN	14 Wisbech	2:23.42		32.22	36.76	38.34	36.10
44.	Katie ALLEN	14 Modernians	2:23.52		33.38	36.53	37.66	35.95
45.	Rebecca BOWDEN	16 Hemel Hemp	2:25.73		33.48	36.48	38.50	37.27
46.	Louise COX	17 Hemel Hemp	2:26.22		34.48	37.33	38.02	36.39
47.	Bernice C EDGEWORTH	15 Bishop Stort	2:26.27		32.98	36.88	38.17	38.24
48.	Stephanie ROBERTS	18 Modernians	2:27.30		33.86	36.62	38.22	38.60

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	200
1.	Ceri UNWIN	15 Hatfield	2:09.84		30.70	33.52	33.96	31.66
2.	Harriet BRETTL	14 Mid Beds	2:12.75		30.37	34.24	34.49	33.65
3.	Anne BOCHMANN	13 UEA Norwich	2:12.81		31.72	33.71	34.25	33.13
4.	Hannah JOHN	15 Kings Lynn	2:12.95		31.26	34.02	34.54	33.13
5.	Cara PURVIS	15 Hatfield	2:13.62		31.97	34.19	34.23	33.23
6.	Sophie M CHAMBERLAIN	14 Lowestoft &	2:13.99		30.77	33.99	35.03	34.20
7.	Rebecca WETTEN	13 St Felix Sch	2:14.49		31.67	34.52	34.69	33.61
8.	Laura INGLES	15 UEA Norwich	2:14.94		31.61	34.12	35.17	34.04
9.	Ellis JACKSON	12 St Felix Sch	2:15.27		31.87	33.96	34.99	34.45
10.	Rebecca READER	14 teamipswich	2:16.99		30.90	35.59	36.17	34.33
11.	Charlotte CLARIDGE	12 Hatfield	2:17.42		31.87	34.60	35.61	35.34
12.	Georgina HUNT	14 Thurrock Swi	2:17.46		32.26	34.94	35.35	34.91
13.	Eleanor A HAYNES	15 teamipswich	2:17.80		32.13	35.91	35.38	34.38
14.	Louise KING	15 Mid Beds	2:17.92		32.84	35.08	35.01	34.99
15.	Molly EPSLY	13 Thurrock Swi	2:18.00		32.89	35.10	35.30	34.71



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



16.	Laura ADAMS	12	UEA Norwich	2:19.11	32.63	35.23	36.17	35.08
17.	Sarah SWINDELL	13	Hatfield	2:19.71	31.87	35.21	36.52	36.11
18.	Hannah MOUNSEY	15	Kings Lynn	2:19.84	31.17	35.45	36.38	36.84
19.	Briony LOWE	14	Lowestoft &	2:20.12	31.98	34.57	36.72	36.85
20.	Bethany COGGINS	12	UEA Norwich	2:20.33	31.97	35.74	36.58	36.04
21.	Shannon HARROLD	15	Thurrock Swi	2:20.37	33.61	35.87	35.95	34.94
22.	Charlotte LAMB	14	Thurrock Swi	2:21.11	33.31	35.53	36.97	35.30
23.	Georgia INGLESON	15	UEA Norwich	2:21.54	32.14	36.02	36.99	36.39
24.	Emily PRIOR	15	Deben	2:22.14	32.81	35.56	37.04	36.73
25.	Kerriann CHIPPERFIELD	13	Thurrock Swi	2:22.80	33.71	36.69	37.19	35.21
26.	Helen STRUTHERS	13	Co Cambridge	2:23.26	32.89	36.38	37.93	36.06
27.	Laura PATTERN	14	Wisbech	2:23.42	32.22	36.76	38.34	36.10
28.	Katie ALLEN	14	Modernians	2:23.52	33.38	36.53	37.66	35.95
29.	Bernice C EDGEWORTH	15	Bishop Stort	2:26.27	32.98	36.88	38.17	38.24

EVENT 103 Men's Open 50m Breaststroke

Open Age Group

Place	Name	AaD Club	Time
1.	Alan HESKINS	21 Modernians	31.61
2.	David HARRISON	20 Stowmarket	31.67
3.	Jonathan QUINN	16 Hatfield	32.04
4.	Andrea VIOLA	43 Co Cambridge	33.60
5.	Bradley NEAL	21 Hatfield	33.73
6.	David DOWSETT	20 Mid Beds	34.05
7.	James KING	15 Stowmarket	34.21
8.	Chris EYNON	17 Sudbury	34.28
9.	Adam MAXWELL	15 Hatfield	34.35
10.	Stephen FISHER	15 Gt Yarmouth	34.62
11.	Matthew LANDER	17 Hitchin	34.80
12.	Dean WOODCOCK	14 Chelmsford	35.16
13.	Sargon YOUSSEFI	16 Colchester	35.73
14.	James LOCKYER	15 Hatfield	35.91
15.	Karl JACKSON	17 Kings Lynn	36.02

15 Yrs/Under Age Group

Place	Name	AaD Club	Time
1.	James KING	15 Stowmarket	34.21
2.	Adam MAXWELL	15 Hatfield	34.35
3.	Stephen FISHER	15 Gt Yarmouth	34.62
4.	Dean WOODCOCK	14 Chelmsford	35.16
5.	James LOCKYER	15 Hatfield	35.91

EVENT 104 Women's Open 100m Breaststroke

Open Age Group - Multi-Disability by British Disability Points

Place	Name	AaD Club	Cat.	Time	BDPoints	50	100
1.	Lauren STEADMAN	13 Huntingdon	9	1:50.39	338	51.19	59.20

Open Age Group - Full Results

Place	Name	AaD Club	Cat.	Time	50	100
1.	Petra CHOMICZ	16 Kings Lynn		1:17.33	37.22	40.11
2.	Claire BARRON	15 UEA Norwich		1:17.61	36.24	41.37
3.	Amy SWALLOW	15 teamipswich		1:18.39	37.43	40.96
4.	Kaz MELVIN	15 Harlow Pen		1:20.08	38.28	41.80
5.	Jodie WANT	15 Harlow Pen		1:22.34	38.84	43.50
6.	Pippa TAPPIN	18 Hitchin		1:23.09	38.90	44.19
7.	Chloe PELLICAN	14 UEA Norwich		1:23.27	39.78	43.49
8.	Bernice C EDGEWORTH	15 Bishop Stort		1:23.34	39.08	44.26
9.	Meg CRANE	16 UEA Norwich		1:23.81	39.97	43.84
10.	Nicola CHARLESWORTH	24 West Suffolk		1:24.07	39.59	44.48
11.	Micha DAHER	14 Mid Beds		1:25.00	39.77	45.23
12.	Rebecca BOWDEN	16 Hemel Hemp		1:25.37	40.35	45.02
13.	Nicola SALMON	18 Hemel Hemp		1:26.62	40.94	45.68
14.	Lauren STEADMAN	13 Huntingdon	9	1:50.39	51.19	59.20
	Sarah SWINDELL	13 Hatfield		DNC		
	Sophie M CHAMBERLAIN	14 Lowestoft &		DNC		

15 Yrs/Under Age Group - Full Results

Place	Name	AaD Club	Cat.	Time	50	100
1.	Claire BARRON	15 UEA Norwich		1:17.61	36.24	41.37
2.	Amy SWALLOW	15 teamipswich		1:18.39	37.43	40.96
3.	Kaz MELVIN	15 Harlow Pen		1:20.08	38.28	41.80
4.	Jodie WANT	15 Harlow Pen		1:22.34	38.84	43.50
5.	Chloe PELLICAN	14 UEA Norwich		1:23.27	39.78	43.49
6.	Bernice C EDGEWORTH	15 Bishop Stort		1:23.34	39.08	44.26



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



7.	Micha DAHER	14	Mid Beds		1:25.00	39.77	45.23
8.	Lauren STEADMAN	13	Huntingdon	9	1:50.39	51.19	59.20
	Sarah SWINDELL	13	Hatfield		DNC		
	Sophie M CHAMBERLAIN	14	Lowestoft &		DNC		

EVENT 105 Men's Open 400m IM (HDW)

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	200
					250	300	350	400
1.	Roberto PAVONI	15 Brentwood	4:39.64		29.19	34.10	36.77	34.89
					39.17	41.01	32.80	31.71
2.	Dean WOODCOCK	14 Chelmsford	5:02.97		32.96	37.85	39.65	38.59
					42.16	43.00	35.30	33.46
3.	Nicholas THOMPSON	14 UEA Norwich	5:04.90		33.64	38.43	39.82	39.15
					41.65	43.03	35.56	33.62
4.	Tom A FREEMAN	14 Co Peterboro	5:05.14		33.62	39.64	38.37	38.03
					44.50	43.75	34.60	32.63
5.	Sean BROWN	14 Hatfield	5:07.83		31.50	36.18	40.17	38.95
					44.33	45.80	36.16	34.74

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	200
					250	300	350	400
1.	Roberto PAVONI	15 Brentwood	4:39.64		29.19	34.10	36.77	34.89
					39.17	41.01	32.80	31.71
2.	Benjamin SLEET	16 Chelmsford	4:55.08		30.28	35.21	37.49	37.59
					43.63	44.74	33.38	32.76
3.	Tommy BOCHMANN	17 UEA Norwich	4:58.89		32.22	36.94	37.42	35.93
					42.88	43.02	35.90	34.58
4.	Lewis MATTIN	16 UEA Norwich	5:02.68		31.76	35.79	41.48	39.34
					42.88	44.13	34.28	33.02
5.	Dean WOODCOCK	14 Chelmsford	5:02.97		32.96	37.85	39.65	38.59
					42.16	43.00	35.30	33.46
6.	Jazza CLENAGHAN	17 Chelmsford	5:03.40		30.88	36.99	37.23	37.17
					45.62	46.41	34.66	34.44
7.	Thomas ROOTSEY	16 Colchester	5:03.65		31.93	37.69	39.55	39.59
					44.22	45.34	34.22	31.11
8.	Lewis KING	16 Hatfield	5:04.04		30.94	36.16	40.29	39.99
					43.97	44.70	35.22	32.77
9.	Nicholas THOMPSON	14 UEA Norwich	5:04.90		33.64	38.43	39.82	39.15
					41.65	43.03	35.56	33.62
10.	Tom A FREEMAN	14 Co Peterboro	5:05.14		33.62	39.64	38.37	38.03
					44.50	43.75	34.60	32.63
11.	Matthew ANTUNES	17 Luton	5:07.04		31.37	36.29	40.18	39.65
					44.84	44.72	36.10	33.89
12.	Michael VAN BERGEN	20 Epping For't	5:07.56		32.48	37.57	39.89	38.80
					43.45	44.57	35.36	35.44
13.	Sean BROWN	14 Hatfield	5:07.83		31.50	36.18	40.17	38.95
					44.33	45.80	36.16	34.74

EVENT 106 Women's Open 100m Butterfly

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100
1.	Katie AMBRIDGE	16 Hatfield	1:05.44		31.07	34.37
2.	Rebecca WARNER	17 Modernians	1:07.65		30.94	36.71
3.	Rebecca WETTEN	13 St Felix Sch	1:08.73		32.56	36.17
4.	Hannah JOHN	15 Kings Lynn	1:09.07		32.52	36.55
5.	Sophie M CHAMBERLAIN	14 Lowestoft &	1:09.75		32.22	37.53
6.	Krissie TAYLOR	17 Co Cambridge	1:09.77		32.73	37.04
7.	Louise KING	15 Mid Beds	1:10.04		32.95	37.09
8.	Bethany COGGINS	12 UEA Norwich	1:10.07		32.79	37.28
9.	Hayley DAVIS	22 Mid Beds	1:10.12		32.74	37.38
10.	Emma ANDERSON	30 Co Cambridge	1:10.88		33.01	37.87
11.	Samantha BERRY	16 teamipswich	1:10.93		33.24	37.69
12.	Catherine HICKS	14 St Felix Sch	1:10.98		33.74	37.24
13.	Hannah OAKLEY-REID	15 Hatfield	1:12.48		34.32	38.16
14.	Anne BOCHMANN	13 UEA Norwich	1:13.09		34.84	38.25
15.	Catriona I WALKER	17 Lowestoft &	1:13.54		34.39	39.15
16.	Megan LANGRIDGE	13 Thurrock Swi	1:13.84		34.62	39.22
17.	Hannah RAINE	16 Mid Beds	1:13.97		34.42	39.55
18.	Louise KENDALL	16 Harlow Pen	1:14.39		34.66	39.73
19.	Chloe PELLICAN	14 UEA Norwich	1:14.44		34.81	39.63



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



20.	Kirsty EDWARDS	17	Luton	1:14.78	34.16	40.62
	Susan MORRIS	25	Mid Beds	DNC		00.00

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100
1.	Rebecca WETTEN	13	St Felix Sch	1:08.73	32.56	36.17
2.	Hannah JOHN	15	Kings Lynn	1:09.07	32.52	36.55
3.	Sophie M CHAMBERLAIN	14	Lowestoft &	1:09.75	32.22	37.53
4.	Louise KING	15	Mid Beds	1:10.04	32.95	37.09
5.	Bethany COGGINS	12	UEA Norwich	1:10.07	32.79	37.28
6.	Catherine HICKS	14	St Felix Sch	1:10.98	33.74	37.24
7.	Hannah OAKLEY-REID	15	Hatfield	1:12.48	34.32	38.16
8.	Anne BOCHMANN	13	UEA Norwich	1:13.09	34.84	38.25
9.	Megan LANGRIDGE	13	Thurrock Swi	1:13.84	34.62	39.22
10.	Chloe PELLICAN	14	UEA Norwich	1:14.44	34.81	39.63

EVENT 107 Men's Open 100m Backstroke

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100
1.	Chris WALKER-HEBBORN	16	West Suffolk	59.10	29.58	29.52
2.	John SARGENT	20	Hatfield	1:02.11	30.45	31.66
3.	James CARLINE	16	Modernians	1:03.08	30.69	32.39
4.	Paul TITLEY	17	Mid Beds	1:04.41	31.78	32.63
5.	Charles W WALKER	16	Co Peterboro	1:04.60	31.85	32.75
6.	Tom GILBERT	16	Chelmsford	1:05.65	32.56	33.09
7.	Lewis COLEMAN	14	teamipswich	1:05.79	32.08	33.71
8.	David WHEELER	22	Modernians	1:06.06	31.70	34.36
9.	Tommy BOCHMANN	17	UEA Norwich	1:06.26	31.88	34.38
10.	Richard HARRIS	16	St Felix Sch	1:06.46	33.00	33.46
11.	Douglas KERR	18	Mid Beds	1:06.53	32.38	34.15
12.	Jazza CLENAGHAN	17	Chelmsford	1:06.69	32.83	33.86
13.	Adam INGLEDEW	13	Mid Beds	1:06.84	32.62	34.22
14.	Benjamin MATTHEWS	16	teamipswich	1:07.03	32.98	34.05
15.	James SUTHERLAND	14	Hatfield	1:07.22	32.26	34.96
16.	George SCOTHERN	16	Brentwood	1:07.51	32.82	34.69
17.	Andrew CURTIN	17	Hatfield	1:07.57	32.92	34.65
18.	Thomas ROOTSEY	16	Colchester	1:07.78	33.22	34.56
19.	Stuart KIRK	18	Modernians	1:08.55	34.11	34.44
20.	Richard POWELL	25	Co Cambridge	1:08.67	33.21	35.46
21.	Stephen FISHER	15	Gt Yarmouth	1:09.64	33.24	36.40
22.	Jack WEATHERITT	18	St Ives	1:09.68	33.01	36.67
	Louis GEORGE	15	Harlow Pen	DNC		00.00

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100
1.	Lewis COLEMAN	14	teamipswich	1:05.79	32.08	33.71
2.	Adam INGLEDEW	13	Mid Beds	1:06.84	32.62	34.22
3.	James SUTHERLAND	14	Hatfield	1:07.22	32.26	34.96
4.	Stephen FISHER	15	Gt Yarmouth	1:09.64	33.24	36.40
	Louis GEORGE	15	Harlow Pen	DNC		00.00

EVENT 108 Women's Open 50m Backstroke

Open Age Group - Multi-Disability by British Disability Points

Place	Name	AaD Club	Cat.	Time	BDPoints
1.	Lauren STEADMAN	13	Huntingdon	40.37	594

Open Age Group - Full Results

Place	Name	AaD Club	Cat.	Time
1.	Laura M HEALEY	17	Lowestoft &	32.59
2.	Laura INGLESON	15	UEA Norwich	32.77
3.	Rebecca READER	14	teamipswich	33.08
4.	Alex HUSTON	14	St Felix Sch	33.24
5.	Larrisa AYRES	13	Modernians	33.33
6.	Rachael MACKIE	20	Modernians	33.45
7.	Natasha BROWN	16	Hatfield	33.48
8.	Amy GOILLAU	15	Epping For't	34.18
9.	Grace WILLIAMS	13	teamipswich	34.43
10.	Charlotte AYRES	16	Modernians	34.51
11.	Hazel PICKFORD	13	Hatfield	34.69
12.	Beth LOWE	16	Lowestoft &	34.70
12.	Catherine DOBSON	25	Co Cambridge	34.70
14.	Coral YOUNG	13	teamipswich	35.25
15.	Sophie WILSON	16	Lowestoft &	35.70
16.	Kirsty EDWARDS	17	Luton	35.97



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



17. Jodie WANT	15 Harlow Pen	37.33
18. Lauren STEADMAN	13 Huntingdon 9	40.37

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time
1.	Laura INGLESON	15	UEA Norwich		32.77
2.	Rebecca READER	14	teamipswich		33.08
3.	Alex HUSTON	14	St Felix Sch		33.24
4.	Larrisa AYRES	13	Modernians		33.33
5.	Amy GOILLAU	15	Epping For't		34.18
6.	Grace WILLIAMS	13	teamipswich		34.43
7.	Hazel PICKFORD	13	Hatfield		34.69
8.	Coral YOUNG	13	teamipswich		35.25
9.	Jodie WANT	15	Harlow Pen		37.33
10.	Lauren STEADMAN	13	Huntingdon	9	40.37

EVENT 109 Men's Open 200m Butterfly

Open Age Group

Place	Name	AaD	Club	Time	GB Pts	50	100	150	200
1.	Matthew EDWARDS	20	Kings Lynn	2:10.30		29.26	33.65	33.64	33.75
2.	Roberto PAVONI	15	Brentwood	2:14.92		29.53	34.31	35.67	35.41
3.	Mark D STEVENS	16	Deben	2:23.19		31.01	35.89	37.45	38.84
4.	Lewis KING	16	Hatfield	2:23.47		31.20	36.45	37.68	38.14
5.	Sean DOWNEY	18	Luton	2:23.50		31.18	36.10	37.32	38.90
6.	Benjamin SLEET	16	Chelmsford	2:23.73		31.40	36.77	37.72	37.84
7.	Sean BROWN	14	Hatfield	2:24.45		32.04	36.38	39.01	37.02
8.	Sam MUNKLEY	15	Hertsmere	2:29.59		31.10	37.24	40.09	41.16
9.	David WHEELER	22	Modernians	2:37.16		30.43	38.19	43.23	45.31
	Kouji URATA	16	Hatfield	DQ	SL-				

15 Yrs/Under Age Group

Place	Name	AaD	Club	Time	GB Pts	50	100	150	200
1.	Roberto PAVONI	15	Brentwood	2:14.92		29.53	34.31	35.67	35.41
2.	Sean BROWN	14	Hatfield	2:24.45		32.04	36.38	39.01	37.02
3.	Sam MUNKLEY	15	Hertsmere	2:29.59		31.10	37.24	40.09	41.16

EVENT 110 Women's Open 200m IM

Open Age Group - Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50	100	150	200
1.	Lauren STEADMAN	13	Huntingdon	9	3:17.70	437	43.52	49.11	1:00.59	44.48

Open Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time	50	100	150	200
1.	Katie AMBRIDGE	16	Hatfield		2:26.31	31.71	38.18	43.65	32.77
2.	Petra CHOMICZ	16	Kings Lynn		2:26.72	33.02	39.45	39.55	34.70
3.	Anne BOCHMANN	13	UEA Norwich		2:28.89	33.68	37.82	43.18	34.21
4.	Ellis JACKSON	12	St Felix Sch		2:30.22	33.37	38.79	44.28	33.78
5.	Sophie M CHAMBERLAIN	14	Lowestoft &		2:31.52	32.58	40.30	44.58	34.06
5.	Dawn JASON	19	West Suffolk		2:31.52	33.58	39.29	45.19	33.46
7.	Kaz MELVIN	15	Harlow Pen		2:31.79	34.36	39.02	43.61	34.80
8.	Christine A TOOKE	16	Co Peterboro		2:34.22	35.08	39.43	45.12	34.59
9.	Krissie TAYLOR	17	Co Cambridge		2:34.37	32.95	40.99	46.20	34.23
10.	Eleanor A HAYNES	15	teamipswich		2:34.92	33.15	41.61	44.77	35.39
11.	Hannah JOHN	15	Kings Lynn		2:35.18	32.35	42.37	44.63	35.83
12.	Bethany COGGINS	12	UEA Norwich		2:35.38	33.08	41.56	45.59	35.15
13.	Nicola CHARLESWORTH	24	West Suffolk		2:36.43	33.26	41.37	44.52	37.28
14.	Claire BARRON	15	UEA Norwich		2:36.89	34.64	43.20	42.72	36.33
15.	Fenella FOSKETT	14	Deben		2:37.40	33.87	41.07	47.70	34.76
16.	Hayley DAVIS	22	Mid Beds		2:37.74	33.21	40.44	46.33	37.76
17.	Laura ADAMS	12	UEA Norwich		2:38.92	34.69	41.21	46.79	36.23
18.	Laura Fae WEST	16	Hitchin		2:39.06	33.71	41.73	48.18	35.44
19.	Hannah RAINE	16	Mid Beds		2:39.17	35.07	41.62	46.42	36.06
20.	Georgina HUNT	14	Thurrock Swi		2:40.08	34.93	42.70	46.29	36.16
21.	Sasha J GILBERT	17	Bishop Stort		2:40.16	35.79	41.26	45.36	37.75
22.	Chloe PELLICAN	14	UEA Norwich		2:41.34	34.72	43.63	45.56	37.43
23.	Rebecca READER	14	teamipswich		2:41.45	35.28	39.06	51.03	36.08
23.	Jodie WANT	15	Harlow Pen		2:41.45	35.21	43.38	45.28	37.58
25.	Hannah MOUNSEY	15	Kings Lynn		2:41.57	34.72	41.20	49.87	35.78
26.	Jessica FORD	16	Thurrock Swi		2:46.65	36.81	43.65	48.12	38.07
27.	Bernice C EDGEWORTH	15	Bishop Stort		2:47.15	39.45	44.15	45.44	38.11
28.	Kirsty EDWARDS	17	Luton		2:50.42	34.36	44.91	50.85	40.30
29.	Lauren STEADMAN	13	Huntingdon	9	3:17.70	43.52	49.11	1:00.59	44.48
	Emily AUST	16	Mid Beds		DNC				
	Sarah SWINDELL	13	Hatfield		DNC				



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



15 Yrs/Under Age Group - Full Results

Place	Name	AaD Club	Cat.	Time	50	100	150	200
1.	Anne BOCHMANN	13 UEA Norwich		2:28.89	33.68	37.82	43.18	34.21
2.	Ellis JACKSON	12 St Felix Sch		2:30.22	33.37	38.79	44.28	33.78
3.	Sophie M CHAMBERLAIN	14 Lowestoft &		2:31.52	32.58	40.30	44.58	34.06
4.	Kaz MELVIN	15 Harlow Pen		2:31.79	34.36	39.02	43.61	34.80
5.	Eleanor A HAYNES	15 teamipswich		2:34.92	33.15	41.61	44.77	35.39
6.	Hannah JOHN	15 Kings Lynn		2:35.18	32.35	42.37	44.63	35.83
7.	Bethany COGGINS	12 UEA Norwich		2:35.38	33.08	41.56	45.59	35.15
8.	Claire BARRON	15 UEA Norwich		2:36.89	34.64	43.20	42.72	36.33
9.	Fenella FOSKETT	14 Deben		2:37.40	33.87	41.07	47.70	34.76
10.	Laura ADAMS	12 UEA Norwich		2:38.92	34.69	41.21	46.79	36.23
11.	Georgina HUNT	14 Thurrock Swi		2:40.08	34.93	42.70	46.29	36.16
12.	Chloe PELLICAN	14 UEA Norwich		2:41.34	34.72	43.63	45.56	37.43
13.	Rebecca READER	14 teamipswich		2:41.45	35.28	39.06	51.03	36.08
13.	Jodie WANT	15 Harlow Pen		2:41.45	35.21	43.38	45.28	37.58
15.	Hannah MOUNSEY	15 Kings Lynn		2:41.57	34.72	41.20	49.87	35.78
16.	Bernice C EDGEWORTH	15 Bishop Stort		2:47.15	39.45	44.15	45.44	38.11
17.	Lauren STEADMAN	13 Huntingdon	9	3:17.70	43.52	49.11	1:00.59	44.48
	Sarah SWINDELL	13 Hatfield		DNC				

EVENT 111 Men's Open 400m Freestyle (HDW)

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50 250	100 300	150 350	200 400
1.	Aaron GALVANI	15 Hatfield	4:23.10		29.74	32.99	33.62	33.60
					33.54	33.58	33.53	32.50
2.	Luke J DE MOYA	15 Co Peterboro	4:26.46		30.10	34.30	34.25	34.51
					34.17	33.92	33.50	31.71
3.	Nicholas THOMPSON	14 UEA Norwich	4:27.74		30.71	33.70	34.04	34.91
					33.73	34.19	33.51	32.95
4.	Tom A FREEMAN	14 Co Peterboro	4:30.19		30.80	33.89	34.53	34.62
					34.55	34.43	34.60	32.77
5.	James LOCKYER	15 Hatfield	4:35.41		30.60	34.66	35.76	35.46
					36.46	34.82	34.66	32.99
6.	Callum CANDY	13 Hatfield	4:36.63		31.76	35.09	35.33	35.19
					34.94	35.41	35.20	33.71
	Sean BROWN	14 Hatfield	DNC					

Open Age Group

Place	Name	AaD Club	Time	GB Pts	50 250	100 300	150 350	200 400
1.	Jonathan QUINN	16 Hatfield	4:03.80		28.54	30.76	30.75	31.20
					30.57	30.58	30.45	30.95
2.	Brett FERGUSON	19 Hatfield	4:06.28		28.97	31.00	30.48	31.43
					30.55	31.17	31.39	31.29
3.	Chris WALKER-HEBBORN	16 West Suffolk	4:12.34		28.98	31.68	32.47	33.08
					32.31	32.93	31.46	29.43
4.	Matthew EDWARDS	20 Kings Lynn	4:15.08		29.54	31.80	32.28	33.12
					32.33	32.61	32.05	31.35
5.	Samuel HEARD	17 UEA Norwich	4:16.07		30.27	32.76	33.25	32.78
					31.98	32.10	32.01	30.92
6.	Christopher CHENERY	16 Chelmsford	4:17.29		29.05	31.98	32.63	32.94
					32.93	33.19	32.48	32.09
7.	Lawrence LOWMAN	17 Lowestoft &	4:18.89		29.56	31.56	32.59	32.60
					33.70	32.93	33.43	32.52
8.	Sam SPAUL	16 UEA Norwich	4:20.76		30.31	33.30	33.14	33.23
					33.11	33.35	32.18	32.14
9.	Lucas IRVING	16 Hatfield	4:22.29		29.65	32.43	33.59	33.98
					33.71	34.10	33.25	31.58
10.	Benjamin SLEET	16 Chelmsford	4:22.74		29.99	33.21	33.58	33.50
					33.22	33.55	33.21	32.48
11.	Aaron GALVANI	15 Hatfield	4:23.10		29.74	32.99	33.62	33.60
					33.54	33.58	33.53	32.50
12.	Luke J DE MOYA	15 Co Peterboro	4:26.46		30.10	34.30	34.25	34.51
					34.17	33.92	33.50	31.71
13.	Lewis MATTIN	16 UEA Norwich	4:27.32		31.40	34.37	33.94	34.64
					33.21	34.04	33.41	32.31
14.	George SCOTHERN	16 Brentwood	4:27.67		30.10	32.75	33.57	35.55
					34.91	35.23	33.73	31.83
15.	Nicholas THOMPSON	14 UEA Norwich	4:27.74		30.71	33.70	34.04	34.91
					33.73	34.19	33.51	32.95
16.	Thomas ROOTSEY	16 Colchester	4:29.25		30.02	33.79	34.18	34.24
					34.17	35.59	34.70	32.56



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



17.	Luke LARGE	17	Kings Lynn	4:30.12	28.97	32.94	33.76	34.36
					34.45	34.75	35.18	35.71
18.	Tom A FREEMAN	14	Co Peterboro	4:30.19	30.80	33.89	34.53	34.62
					34.55	34.43	34.60	32.77
19.	Douglas GORDON	16	West Suffolk	4:30.52	30.52	33.87	34.80	34.75
					34.66	35.19	34.36	32.37
20.	Richard HARRIS	16	St Felix Sch	4:30.73	29.75	34.44	35.03	35.66
					34.73	34.90	33.89	32.33
21.	Lewis KING	16	Hatfield	4:31.25	30.79	33.94	34.54	35.16
					34.76	35.18	33.92	32.96
22.	Tommy BOCHMANN	17	UEA Norwich	4:31.92	32.03	34.19	34.84	35.05
					34.99	34.13	34.47	32.22
23.	James RUMBELOW	17	Co Cambridge	4:32.23	30.77	33.31	34.87	35.15
					34.62	35.40	34.79	33.32
24.	Andrew CURTIN	17	Hatfield	4:33.78	29.90	33.37	33.93	34.89
					34.90	35.68	35.59	35.52
25.	James LOCKYER	15	Hatfield	4:35.41	30.60	34.66	35.76	35.46
					36.46	34.82	34.66	32.99
26.	Adam BYFORD	17	Braintree	4:36.37	30.09	33.38	34.67	35.52
					34.93	36.41	35.68	35.69
27.	Callum CANDY	13	Hatfield	4:36.63	31.76	35.09	35.33	35.19
					34.94	35.41	35.20	33.71
28.	Chris TAYLOR	16	teamipswich	4:39.50	31.46	35.61	36.49	36.75
					36.11	36.01	35.90	31.17
29.	Dale BROWN	18	Wisbech	4:39.97	29.88	34.28	35.92	35.90
					36.14	36.76	36.62	34.47
30.	Jazza CLENAGHAN	17	Chelmsford	4:40.32	31.58	35.17	36.17	38.02
					35.99	35.72	34.17	33.50
	Sean BROWN	14	Hatfield	DNC				

EVENT 112 Women's Open 50m Freestyle

Open Age Group - Multi-Disability by British Disability Points

Place	Name	AaD Club	Cat.	Time	BDPoints	
1.	Lauren STEADMAN	13	Huntingdon	9	34.87	596

Open Age Group - Full Results

Place	Name	AaD Club	Cat.	Time
1.	Emma GAME	21	Cambridge Un	28.68
2.	Alex SEAL	15	teamipswich	28.86
3.	Hannah JOHN	15	Kings Lynn	28.95
4.	Rebecca READER	14	teamipswich	29.17
5.	Alex HUSTON	14	St Felix Sch	29.20
6.	Rebecca WARNER	17	Modernians	29.29
7.	Natasha BROWN	16	Hatfield	29.33
7.	Eleanor A HAYNES	15	teamipswich	29.33
9.	Catherine MARKWELL	25	UEA Norwich	29.35
10.	Georgia INGLES	15	UEA Norwich	29.38
11.	Alice TENNANT	13	Deben	29.39
12.	Sophie M CHAMBERLAIN	14	Lowestoft &	29.42
12.	Sophie POOLE	16	teamipswich	29.42
14.	Stephanie CALVER	16	teamipswich	29.58
15.	Soraya SASSANI	14	Co Cambridge	29.66
16.	Rebecca WETTEN	13	St Felix Sch	29.68
17.	Fenella FOSKETT	14	Deben	29.69
18.	Emma ANDERSON	30	Co Cambridge	29.72
19.	Sarah SWINDELL	13	Hatfield	29.82
20.	Helen POWLEY	17	teamipswich	29.84
21.	Amy GOILLAU	15	Epping For't	29.97
22.	Hannah NASH	16	UEA Norwich	30.00
23.	Hannah MOUNSEY	15	Kings Lynn	30.04
24.	Katie ALLEN	14	Modernians	30.05
25.	Sarah OVERINGTON	17	Chelmsford	30.06
26.	Danielle LEE	14	Mid Beds	30.09
27.	Micha DAHER	14	Mid Beds	30.10
28.	Kirsty EDWARDS	17	Luton	30.11
29.	Rebecca HENBURY	16	West Suffolk	30.13
30.	Harriet THORPE	15	Co Cambridge	30.15
31.	Charlotte LENNOX	17	Hatfield	30.17
32.	Helen BALDRANCE	17	Mid Beds	30.21
33.	Laura Fae WEST	16	Hitchin	30.22
34.	Beth LOWE	16	Lowestoft &	30.29
34.	Petra CHOMICZ	16	Kings Lynn	30.29
34.	Samantha BERRY	16	teamipswich	30.29
37.	Charlotte CLARIDGE	12	Hatfield	30.37
38.	Louise KING	15	Mid Beds	30.41



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



39.	Nicola MACKIE	18	Modernians	30.53
40.	Helen STRUTHERS	13	Co Cambridge	30.66
41.	Becky WILKINSON	13	UEA Norwich	30.88
42.	Bethany COGGINS	12	UEA Norwich	30.89
43.	Nicola SALMON	18	Hemel Hemp	30.90
44.	Hannah OAKLEY-REID	15	Hatfield	30.91
45.	Rebecca BOWDEN	16	Hemel Hemp	31.46
46.	Catherine DOBSON	25	Co Cambridge	31.54
47.	Bernice C EDGEWORTH	15	Bishop Stort	31.69
48.	Lauren STEADMAN	13	Huntingdon	34.87
	Emily AUST	16	Mid Beds	DNC

15 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Cat.	Time
1.	Alex SEAL	15	teamipswich		28.86
2.	Hannah JOHN	15	Kings Lynn		28.95
3.	Rebecca READER	14	teamipswich		29.17
4.	Alex HUSTON	14	St Felix Sch		29.20
5.	Eleanor A HAYNES	15	teamipswich		29.33
6.	Georgia INGLESON	15	UEA Norwich		29.38
7.	Alice TENNANT	13	Deben		29.39
8.	Sophie M CHAMBERLAIN	14	Lowestoft &		29.42
9.	Soraya SASSANI	14	Co Cambridge		29.66
10.	Rebecca WETTEN	13	St Felix Sch		29.68
11.	Fenella FOSKETT	14	Deben		29.69
12.	Sarah SWINDELL	13	Hatfield		29.82
13.	Amy GOILLAU	15	Epping For't		29.97
14.	Hannah MOUNSEY	15	Kings Lynn		30.04
15.	Katie ALLEN	14	Modernians		30.05
16.	Danielle LEE	14	Mid Beds		30.09
17.	Micha DAHER	14	Mid Beds		30.10
18.	Harriet THORPE	15	Co Cambridge		30.15
19.	Charlotte CLARIDGE	12	Hatfield		30.37
20.	Louise KING	15	Mid Beds		30.41
21.	Helen STRUTHERS	13	Co Cambridge		30.66
22.	Becky WILKINSON	13	UEA Norwich		30.88
23.	Bethany COGGINS	12	UEA Norwich		30.89
24.	Hannah OAKLEY-REID	15	Hatfield		30.91
25.	Bernice C EDGEWORTH	15	Bishop Stort		31.69
26.	Lauren STEADMAN	13	Huntingdon	9	34.87

EVENT 113 Men's Open 200m Breaststroke

Open Age Group

Place	Name	AaD	Club	Time	GB Pts	50	100	150	200
1.	Bobby CAVE	16	Hatfield	2:34.41		36.95	40.79	38.99	37.68
2.	Lewis COLEMAN	14	teamipswich	2:34.88		35.13	39.15	39.98	40.62
3.	Jonathan QUINN	16	Hatfield	2:35.26		34.26	38.99	40.54	41.47
4.	James ALLCHORNE	17	Hatfield	2:38.69		37.62	41.47	39.85	39.75
5.	Chris WALKER-HEBBORN	16	West Suffolk	2:38.77		37.19	40.59	40.69	40.30
6.	David DOWSETT	20	Mid Beds	2:40.53		36.44	41.10	41.44	41.55
7.	Nicholas THOMPSON	14	UEA Norwich	2:41.62		37.13	41.34	42.05	41.10
8.	Dean WOODCOCK	14	Chelmsford	2:41.67		36.51	41.48	41.59	42.09
9.	Dale BROWN	18	Wisbech	2:48.32		36.39	42.96	44.19	44.78
10.	Stephen FISHER	15	Gt Yarmouth	2:55.32		37.17	43.07	45.75	49.33

15 Yrs/Under Age Group

Place	Name	AaD	Club	Time	GB Pts	50	100	150	200
1.	Lewis COLEMAN	14	teamipswich	2:34.88		35.13	39.15	39.98	40.62
2.	Nicholas THOMPSON	14	UEA Norwich	2:41.62		37.13	41.34	42.05	41.10
3.	Dean WOODCOCK	14	Chelmsford	2:41.67		36.51	41.48	41.59	42.09
4.	Stephen FISHER	15	Gt Yarmouth	2:55.32		37.17	43.07	45.75	49.33

EVENT 114 Women's Open 200m Backstroke

Open Age Group

Place	Name	AaD	Club	Time	GB Pts	50	100	150	200
1.	Laura INGLESON	15	UEA Norwich	2:26.25		35.00	37.49	37.67	36.09
2.	Anne BOCHMANN	13	UEA Norwich	2:27.12		36.11	37.33	37.53	36.15
3.	Ellis JACKSON	12	St Felix Sch	2:28.98		35.93	37.43	38.25	37.37
4.	Kaz MELVIN	15	Harlow Pen	2:29.16		35.77	37.86	38.84	36.69
5.	Christine A TOOKE	16	Co Peterboro	2:30.92		36.17	38.05	38.94	37.76
6.	Rebecca READER	14	teamipswich	2:33.66		36.75	39.68	39.91	37.32
7.	Harriet BRETTL	14	Mid Beds	2:34.08		36.01	38.63	39.81	39.63
8.	Petra CHOMICZ	16	Kings Lynn	2:36.22		37.08	39.84	39.64	39.66



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



9.	Hannah NASH	16	UEA Norwich	2:36.34	36.64	39.21	40.39	40.10
10.	Chloe PELLICAN	14	UEA Norwich	2:38.01	37.96	40.47	40.56	39.02
11.	Bethany COGGINS	12	UEA Norwich	2:40.57	38.22	40.94	41.16	40.25
12.	Sasha J GILBERT	17	Bishop Stort	2:42.72	38.51	40.92	41.58	41.71
13.	Eleanor A HAYNES	15	teamipswich	2:43.68	39.29	41.50	42.03	40.86

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	200
1.	Laura INGLESON	15	UEA Norwich	2:26.25	35.00	37.49	37.67	36.09
2.	Anne BOCHMANN	13	UEA Norwich	2:27.12	36.11	37.33	37.53	36.15
3.	Ellis JACKSON	12	St Felix Sch	2:28.98	35.93	37.43	38.25	37.37
4.	Kaz MELVIN	15	Harlow Pen	2:29.16	35.77	37.86	38.84	36.69
5.	Rebecca READER	14	teamipswich	2:33.66	36.75	39.68	39.91	37.32
6.	Harriet BRETTL	14	Mid Beds	2:34.08	36.01	38.63	39.81	39.63
7.	Chloe PELLICAN	14	UEA Norwich	2:38.01	37.96	40.47	40.56	39.02
8.	Bethany COGGINS	12	UEA Norwich	2:40.57	38.22	40.94	41.16	40.25
9.	Eleanor A HAYNES	15	teamipswich	2:43.68	39.29	41.50	42.03	40.86

EVENT 115 Men's Open 50m Butterfly

Open Age Group

Place	Name	AaD Club	Time	
1.	Geoffrey J SHORT	19	Bishop Stort	26.58
2.	Chris WALKER-HEBBORN	16	West Suffolk	27.53
3.	Christopher SMITH	18	Lowestoft &	27.54
4.	Bradley NEAL	21	Hatfield	27.66
5.	Alexander LODGE	16	Hatfield	27.97
6.	David WHEELER	22	Modernians	28.05
7.	John SARGENT	20	Hatfield	28.08
8.	Mark D STEVENS	16	Deben	28.15
9.	Kouji URATA	16	Hatfield	28.25
10.	Steve BROOKS	16	Huntingdon	28.32
11.	Sargon YOUSSEFI	16	Colchester	28.35
12.	William BOOSEY	17	teamipswich	28.64
13.	Harry DOUGLAS	15	Co Cambridge	28.70
14.	David CURTIS	16	Swans St N	28.75
15.	James SUTHERLAND	14	Hatfield	28.89
16.	James CARLINE	16	Modernians	28.90
17.	David PRICE	17	Epping For't	29.02
17.	Benjamin MATTHEWS	16	teamipswich	29.02
19.	Thomas ROOTSEY	16	Colchester	29.07
20.	Adam JAMIESON	16	Mildenhall	29.13
21.	Luke LARGE	17	Kings Lynn	29.32
22.	Sean DOWNEY	18	Luton	29.46
23.	Sam MUNKLEY	15	Hertsmere	29.47
24.	Adam BYFORD	17	Braintree	29.51
25.	James LOCKYER	15	Hatfield	29.57
26.	Aaron GALVANI	15	Hatfield	29.61
27.	Troy LYNCH	15	teamipswich	29.70
28.	Thomas BURLEY	15	Harlow Pen	29.72
29.	Douglas KERR	18	Mid Beds	29.95
30.	Ryan PURCELL	16	Epping For't	30.13
31.	Tristan HAMPSON	18	Modernians	30.14

15 Yrs/Under Age Group

Place	Name	AaD Club	Time	
1.	Harry DOUGLAS	15	Co Cambridge	28.70
2.	James SUTHERLAND	14	Hatfield	28.89
3.	Sam MUNKLEY	15	Hertsmere	29.47
4.	James LOCKYER	15	Hatfield	29.57
5.	Aaron GALVANI	15	Hatfield	29.61
6.	Troy LYNCH	15	teamipswich	29.70
7.	Thomas BURLEY	15	Harlow Pen	29.72



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



EVENT 116 Mens/Womens Open 800m Freestyle

MENS 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	100 500	200 600	300 700	400 800
1.	Aaron GALVANI	15 Hatfield	9:04.66	687	1:04.87 1:08.52	1:09.07 1:08.96	1:08.92 1:08.72	1:08.77 1:06.83
2.	Jordan BATE	14 UEA Norwich	9:18.97	641	1:07.46 1:09.24	1:11.97 1:10.33	1:11.08 1:10.09	1:10.40 1:08.40
3.	Callum CANDY	13 Hatfield	9:33.66	596	1:08.52 1:12.56	1:12.97 1:12.61	1:13.32 1:12.19	1:13.27 1:08.22
4.	Robbie MITCHELL	15 Kings Lynn	9:39.79	578	1:08.67 1:14.00	1:13.28 1:13.55	1:12.84 1:12.90	1:13.44 1:11.11
5.	Christian STOKES	13 Mid Beds	9:42.36	571	1:09.15 1:13.78	1:13.44 1:14.56	1:12.62 1:13.97	1:13.08 1:11.76
6.	Alex RAINE	13 Mid Beds	9:42.66	570	1:09.07 1:14.32	1:14.04 1:13.22	1:13.30 1:13.63	1:13.99 1:11.09
7.	Conor HARROLD	13 Thurrock Swi	9:42.75	570	1:08.55 1:14.23	1:12.63 1:14.58	1:13.28 1:13.95	1:13.95 1:11.58
8.	Sean COLLIER	13 West Suffolk	9:54.76	537	1:08.24 1:15.85	1:14.87 1:16.14	1:14.88 1:15.75	1:15.77 1:13.26
9.	Braden WREN	13 Thurrock Swi	9:56.87	532	1:08.80 1:16.65	1:13.51 1:16.65	1:14.96 1:16.00	1:16.33 1:13.97
10.	Sam MUNKLEY	15 Hertsmere	9:58.87	526	1:09.20 1:16.52	1:14.40 1:16.33	1:15.86 1:16.32	1:16.39 1:13.85

MENS Open Age Group

Place	Name	AaD Club	Time	GB Pts	100 500	200 600	300 700	400 800
1.	Brett FERGUSON	19 Hatfield	8:35.65	793	1:02.71 1:02.37	1:06.37 1:04.32	1:06.05 1:04.16	1:05.82 1:03.85
2.	Matthew EDWARDS	20 Kings Lynn	8:39.33	778	1:02.63 1:04.40	1:06.47 1:04.97	1:05.91 1:05.29	1:05.23 1:04.43
3.	Samuel HEARD	17 UEA Norwich	8:43.05	764	1:04.47 1:05.71	1:06.33 1:05.25	1:06.33 1:04.91	1:06.49 1:03.56
4.	Lawrence LOWMAN	17 Lowestoft &	8:46.61	751	1:03.06 1:06.37	1:06.58 1:06.23	1:06.52 1:06.41	1:06.43 1:05.01
5.	Christopher CHENERY	16 Chelmsford	8:55.32	720	1:02.84 1:08.23	1:06.62 1:08.69	1:07.43 1:07.61	1:07.74 1:06.16
6.	Aaron GALVANI	15 Hatfield	9:04.66	687	1:04.87 1:08.52	1:09.07 1:08.96	1:08.92 1:08.72	1:08.77 1:06.83
7.	Lewis MATTIN	16 UEA Norwich	9:05.42	685	1:06.10 1:07.21	1:09.92 1:08.58	1:08.42 1:08.70	1:09.12 1:07.37
8.	Lewis KING	16 Hatfield	9:12.10	663	1:06.09 1:09.53	1:09.29 1:10.72	1:09.45 1:10.55	1:09.43 1:07.04
9.	Sam SPAUL	16 UEA Norwich	9:13.65	658	1:06.73 1:09.63	1:10.04 1:10.01	1:09.78 1:09.81	1:09.82 1:07.83
10.	Jordan BATE	14 UEA Norwich	9:18.97	641	1:07.46 1:09.24	1:11.97 1:10.33	1:11.08 1:10.09	1:10.40 1:08.40
11.	Alistair KIRK	17 Modernians	9:23.61	626	1:05.44 1:11.51	1:11.03 1:11.43	1:11.95 1:11.20	1:12.74 1:08.31
12.	Douglas GORDON	16 West Suffolk	9:26.91	616	1:06.42 1:11.43	1:10.10 1:13.27	1:10.34 1:11.88	1:11.27 1:12.20
13.	Chris EYNON	17 Sudbury	9:31.84	601	1:05.47 1:13.02	1:11.16 1:13.84	1:12.25 1:13.53	1:12.27 1:10.30
14.	Callum CANDY	13 Hatfield	9:33.66	596	1:08.52 1:12.56	1:12.97 1:12.61	1:13.32 1:12.19	1:13.27 1:08.22
15.	Robbie MITCHELL	15 Kings Lynn	9:39.79	578	1:08.67 1:14.00	1:13.28 1:13.55	1:12.84 1:12.90	1:13.44 1:11.11
16.	Dale BROWN	18 Wisbech	9:40.05	577	1:07.62 1:13.51	1:13.03 1:13.32	1:12.98 1:13.51	1:13.98 1:12.10
17.	Christian STOKES	13 Mid Beds	9:42.36	571	1:09.15 1:13.78	1:13.44 1:14.56	1:12.62 1:13.97	1:13.08 1:11.76
18.	Alex RAINE	13 Mid Beds	9:42.66	570	1:09.07 1:14.32	1:14.04 1:13.22	1:13.30 1:13.63	1:13.99 1:11.09
19.	Conor HARROLD	13 Thurrock Swi	9:42.75	570	1:08.55 1:14.23	1:12.63 1:14.58	1:13.28 1:13.95	1:13.95 1:11.58
20.	Sean COLLIER	13 West Suffolk	9:54.76	537	1:08.24 1:15.85	1:14.87 1:16.14	1:14.88 1:15.75	1:15.77 1:13.26
21.	Braden WREN	13 Thurrock Swi	9:56.87	532	1:08.80 1:16.65	1:13.51 1:16.65	1:14.96 1:16.00	1:16.33 1:13.97
22.	Sam MUNKLEY	15 Hertsmere	9:58.87	526	1:09.20 1:16.52	1:14.40 1:16.33	1:15.86 1:16.32	1:16.39 1:13.85
23.	Lewis RAINBOW	16 Hitchin	10:07.98	503	1:08.50 1:17.19	1:15.43 1:18.40	1:16.59 1:18.19	1:17.14 1:16.54



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



24.	Oliver DREW	18	Stowmarket	10:13.67	489	1:11.62 1:16.32	1:16.74 1:17.08	1:18.61 1:17.57	1:20.01 1:15.72
-----	-------------	----	------------	----------	-----	--------------------	--------------------	--------------------	--------------------

WOMENS 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	100 500	200 600	300 700	400 800	
1.	Ellis JACKSON	12	St Felix Sch	9:34.52	716	1:09.07 1:12.81	1:13.00 1:11.93	1:13.59 1:11.75	1:13.39 1:08.98
2.	Laura ADAMS	12	UEA Norwich	9:36.05	711	1:10.39 1:11.15	1:13.96 1:11.84	1:12.61 1:12.47	1:12.87 1:10.76
3.	Anne BOCHMANN	13	UEA Norwich	9:36.53	709	1:07.99 1:13.75	1:10.72 1:14.52	1:11.35 1:14.99	1:12.33 1:10.88
4.	Laura INGLESON	15	UEA Norwich	9:37.10	707	1:10.44 1:12.67	1:14.52 1:12.13	1:14.08 1:11.35	1:14.27 1:07.64
5.	Shannon HARROLD	15	Thurrock Swi	9:37.77	705	1:09.95 1:12.69	1:13.06 1:13.03	1:12.90 1:12.70	1:13.17 1:10.27
6.	Molly EPSLY	13	Thurrock Swi	9:41.41	694	1:10.38 1:13.64	1:13.02 1:13.43	1:13.55 1:13.27	1:12.71 1:11.41
7.	Georgina HUNT	14	Thurrock Swi	9:43.01	689	1:08.81 1:13.85	1:12.31 1:14.24	1:13.07 1:14.58	1:13.63 1:12.52
8.	Charlotte CLARIDGE	12	Hatfield	9:43.40	687	1:10.38 1:13.82	1:13.08 1:13.80	1:13.52 1:13.67	1:14.23 1:10.90
9.	Catherine HICKS	14	St Felix Sch	9:47.55	674	1:09.53 1:13.81	1:14.17 1:14.23	1:13.74 1:14.57	1:14.06 1:13.44
10.	Sophie M CHAMBERLAIN	14	Lowestoft &	9:48.08	673	1:09.45 1:13.91	1:13.43 1:14.26	1:13.78 1:14.61	1:13.79 1:14.85
11.	Fenella FOSKETT	14	Deben	9:52.23	660	1:10.62 1:15.55	1:14.51 1:15.22	1:15.10 1:15.00	1:15.24 1:10.99
12.	Briony LOWE	14	Lowestoft &	9:55.55	650	1:09.42 1:16.39	1:14.53 1:15.68	1:14.75 1:15.67	1:15.37 1:13.74
13.	Charlotte LAMB	14	Thurrock Swi	10:02.29	630	1:10.10 1:15.95	1:14.24 1:17.26	1:15.19 1:18.13	1:16.29 1:15.13
14.	Emma BACKHURST	15	Thurrock Swi	10:17.34	588	1:12.88 1:18.42	1:17.72 1:18.69	1:18.10 1:18.46	1:17.49 1:15.58
15.	Megan LANGRIDGE	13	Thurrock Swi	10:20.10	581	1:12.92 1:18.48	1:17.26 1:18.61	1:18.70 1:18.56	1:18.78 1:16.79
16.	Hannah MOUNSEY	15	Kings Lynn	10:20.49	580	1:10.99 1:19.34	1:17.00 1:19.96	1:18.14 1:21.73	1:17.99 1:15.34
17.	Gabrielle BRASIER	13	UEA Norwich	10:24.16	570	1:11.54 1:19.77	1:16.97 1:19.54	1:18.10 1:20.62	1:18.48 1:19.14
18.	Kerriann CHIPPERFIELD	13	Thurrock Swi	10:25.91	565	1:11.82 1:19.74	1:18.39 1:20.05	1:17.61 1:19.96	1:19.43 1:18.91
	Rebecca WETTEN	13	St Felix Sch	DNC					
	Ceri UNWIN	15	Hatfield	DNF					

WOMENS Open Age Group

Place	Name	AaD Club	Time	GB Pts	100 500	200 600	300 700	400 800	
1.	Louise KENDALL	16	Harlow Pen	9:33.83	718	1:08.15 1:12.19	1:13.32 1:12.70	1:13.52 1:12.17	1:13.24 1:08.54
2.	Ellis JACKSON	12	St Felix Sch	9:34.52	716	1:09.07 1:12.81	1:13.00 1:11.93	1:13.59 1:11.75	1:13.39 1:08.98
3.	Laura ADAMS	12	UEA Norwich	9:36.05	711	1:10.39 1:11.15	1:13.96 1:11.84	1:12.61 1:12.47	1:12.87 1:10.76
4.	Anne BOCHMANN	13	UEA Norwich	9:36.53	709	1:07.99 1:13.75	1:10.72 1:14.52	1:11.35 1:14.99	1:12.33 1:10.88
5.	Laura INGLESON	15	UEA Norwich	9:37.10	707	1:10.44 1:12.67	1:14.52 1:12.13	1:14.08 1:11.35	1:14.27 1:07.64
6.	Shannon HARROLD	15	Thurrock Swi	9:37.77	705	1:09.95 1:12.69	1:13.06 1:13.03	1:12.90 1:12.70	1:13.17 1:10.27
7.	Molly EPSLY	13	Thurrock Swi	9:41.41	694	1:10.38 1:13.64	1:13.02 1:13.43	1:13.55 1:13.27	1:12.71 1:11.41
8.	Rebecca HARRIS	17	St Felix Sch	9:41.59	693	1:09.14 1:13.70	1:14.46 1:13.55	1:13.02 1:12.93	1:13.03 1:11.76
9.	Jessica FORD	16	Thurrock Swi	9:42.58	690	1:09.47 1:13.34	1:13.24 1:14.13	1:13.50 1:13.43	1:13.44 1:12.03
10.	Georgina HUNT	14	Thurrock Swi	9:43.01	689	1:08.81 1:13.85	1:12.31 1:14.24	1:13.07 1:14.58	1:13.63 1:12.52
11.	Charlotte CLARIDGE	12	Hatfield	9:43.40	687	1:10.38 1:13.82	1:13.08 1:13.80	1:13.52 1:13.67	1:14.23 1:10.90
12.	Catherine HICKS	14	St Felix Sch	9:47.55	674	1:09.53 1:13.81	1:14.17 1:14.23	1:13.74 1:14.57	1:14.06 1:13.44
13.	Sophie M CHAMBERLAIN	14	Lowestoft &	9:48.08	673	1:09.45 1:13.91	1:13.43 1:14.26	1:13.78 1:14.61	1:13.79 1:14.85
14.	Fenella FOSKETT	14	Deben	9:52.23	660	1:10.62 1:15.55	1:14.51 1:15.22	1:15.10 1:15.00	1:15.24 1:10.99
15.	Briony LOWE	14	Lowestoft &	9:55.55	650	1:09.42 1:16.39	1:14.53 1:15.68	1:14.75 1:15.67	1:15.37 1:13.74
16.	Catriona I WALKER	17	Lowestoft &	9:59.60	638	1:11.65	1:15.43	1:16.44	1:16.05



ASA East Region 2006 Long Course Championships

(Under ASA Laws & ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX628



17.	Charlotte LAMB	14	Thurrock Swi	10:02.29	630	1:15.58	1:16.44	1:15.09	1:12.92
						1:10.10	1:14.24	1:15.19	1:16.29
						1:15.95	1:17.26	1:18.13	1:15.13
18.	Faye BARNARD	16	Hatfield	10:09.78	609	1:08.79	1:15.55	1:15.93	1:17.30
						1:18.05	1:18.68	1:18.29	1:17.19
19.	Emma BACKHURST	15	Thurrock Swi	10:17.34	588	1:12.88	1:17.72	1:18.10	1:17.49
						1:18.42	1:18.69	1:18.46	1:15.58
20.	Megan LANGRIDGE	13	Thurrock Swi	10:20.10	581	1:12.92	1:17.26	1:18.70	1:18.78
						1:18.48	1:18.61	1:18.56	1:16.79
21.	Hannah MOUNSEY	15	Kings Lynn	10:20.49	580	1:10.99	1:17.00	1:18.14	1:17.99
						1:19.34	1:19.96	1:21.73	1:15.34
22.	Gabrielle BRASIER	13	UEA Norwich	10:24.16	570	1:11.54	1:16.97	1:18.10	1:18.48
						1:19.77	1:19.54	1:20.62	1:19.14
23.	Kerriann CHIPPERFIELD	13	Thurrock Swi	10:25.91	565	1:11.82	1:18.39	1:17.61	1:19.43
						1:19.74	1:20.05	1:19.96	1:18.91
24.	Stephanie ROBERTS	18	Modernians	10:40.49	529	1:12.76	1:18.87	1:20.34	1:22.08
						1:20.81	1:22.40	1:22.41	1:20.82
	Rebecca WETTEN	13	St Felix Sch	DNC					
	Ceri UNWIN	15	Hatfield	DNF					