



# ASA East Region 2007 Long Course Championships

(Under ASA Laws & ASA Technical Rules)  
A Level One Licensed Meet - N<sup>o</sup>. ERX727



## EVENT 101 Mens Open 100m Freestyle

### Open Age Group

Place	Name	AaD Club	Time	GB Pts
1.	Bret FERGUSON	20 Hatfield	55.42	712
2.	Stuart KIRK	19 Modernians	55.72	702
3.	Charles WALKER	17 Co Peterboro	55.73	701
4.	James ALLCHORNE	18 Hatfield	55.94	694
4.	Shaun HARRISON	28 Stowmarket	55.94	694
6.	Stuart CLARKE	23 Bishop Stort	56.02	692
7.	Troy LYNCH	16 teamipswich	56.19	686
8.	David GODRIDGE	14 Watford	56.29	683
9.	Luke De MOYA	16 Co Peterboro	56.37	680
10.	Bobby CAVE	17 Hatfield	56.51	676
11.	James LAWTON	20 UEA Norwich	56.58	673
12.	Martyn BERMINGHAM	18 Hatfield	56.61	672
13.	Adam INGLEDEW	14 Mid Beds	56.70	670
14.	Aaron LYNCH	13 teamipswich	56.77	667
15.	Adam MAXWELL	16 Hatfield	56.87	664
16.	Matthew KING	16 Hatfield	56.88	664
17.	Andrew BIGLEY	16 teamipswich	56.95	662
18.	Dale HART	16 Kings Lynn	57.18	654
19.	Richard HARRIS	17 St Felix Sch	57.20	654
20.	Jonathan SAYER	17 Bo Southend	57.43	647
21.	Thomas SUTTON	14 St Felix Sch	57.52	644
22.	George MORRIS	16 Bo Southend	57.78	636
23.	Christopher SMITH	18 Lstoft & OB	57.80	635
24.	Christopher TAYLOR	17 teamipswich	57.92	632
25.	Thomas ROOTSEY	17 Colchester	57.98	630
26.	James SUTHERLAND	15 Hatfield	58.08	627
27.	Chris BRADBURY	15 Mid Beds	58.33	619
28.	Sam HEARD	18 UEA Norwich	58.34	619
28.	Aaron NAZAR	19 UEA Norwich	58.34	619
30.	James CARLINE	17 Modernians	58.35	619
31.	Michael WHITE	15 St Felix Sch	58.46	616
32.	Tim EVANS	15 Southend	58.51	614
33.	Lewis KING	17 Hatfield	58.56	613
34.	Craig ROSS	15 Bishop Stort	58.70	609
35.	Benjamin MASON	15 Hoddesdon	59.06	598
36.	Jason RODD	14 teamipswich	59.26	593
37.	Oliver CROSBY	16 Colchester	59.52	585
38.	Adam JAMIESON	17 Mildenhall	59.79	578
39.	Sean TOMLIN	15 Bo Southend	59.87	576
40.	Callum CANDY	14 Hatfield	59.92	574
41.	Matthew NAUNTON	15 Deben	1:00.18	567
42.	Andrew WHEELER	21 Modernians	1:00.20	567
43.	Alex LINES	16 Chelmsford	1:00.22	566
44.	Jack ASHTON	16 Chelmsford	1:00.25	565
45.	Alex FRANCEY	15 Harlow Pen	1:00.70	553
46.	David THOMAS	20 UEA Norwich	1:01.35	402
47.	Ellis GINGELL	19 Modernians	1:01.58	530
48.	Christopher FOSTER	18 Bishop Stort	1:07.41	402
	Christian PARKER	14 Southend	DNC	

### 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts
1.	David GODRIDGE	14 Watford	56.29	683
2.	Adam INGLEDEW	14 Mid Beds	56.70	670
3.	Aaron LYNCH	13 teamipswich	56.77	667
4.	Thomas SUTTON	14 St Felix Sch	57.52	644
5.	James SUTHERLAND	15 Hatfield	58.08	627
6.	Chris BRADBURY	15 Mid Beds	58.33	619
7.	Michael WHITE	15 St Felix Sch	58.46	616
8.	Tim EVANS	15 Southend	58.51	614
9.	Craig ROSS	15 Bishop Stort	58.70	609
10.	Benjamin MASON	15 Hoddesdon	59.06	598
11.	Jason RODD	14 teamipswich	59.26	593
12.	Sean TOMLIN	15 Bo Southend	59.87	576
13.	Callum CANDY	14 Hatfield	59.92	574
14.	Matthew NAUNTON	15 Deben	1:00.18	567
15.	Alex FRANCEY	15 Harlow Pen	1:00.70	553
	Christian PARKER	14 Southend	DNC	

## EVENT 102 Womens Open 200m Freestyle

### Open Age Group

Place	Name	AaD Club	Time	GB Pts
1.	Rachael GEORGE	17 Hatfield	2:07.25	822
2.	Anne BOCHMANN	14 UEA Norwich	2:07.41	820
3.	Ellis JACKSON	13 St Felix Sch	2:10.04	778
4.	Laura INGLESON	16 UEA Norwich	2:11.90	750
5.	Lucy CHARLES	14 Hoddesdon	2:12.17	747
6.	Harriet BRETTLER	15 Mid Beds	2:12.27	745
7.	Hannah JOHN	16 Kings Lynn	2:13.04	734
8.	Rebecca READER	15 teamipswich	2:14.58	712



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9.	Petra CHOMICZ	17	Kings Lynn	2:14.68	711
10.	Philippa HARDY	14	Hatfield	2:15.05	705
11.	Alex HUSTON	15	St Felix Sch	2:15.21	703
12.	Stephanie CALVER	17	teamipswich	2:15.27	702
13.	Alice TENNANT	14	Deben	2:15.43	700
14.	Yasmin BITHREY	13	Mid Beds	2:15.66	697
15.	Fenella FOSKETT	15	Deben	2:15.73	696
16.	Whitney BUCKLER	14	St Felix Sch	2:16.15	690
17.	Robyn BALL	15	St Felix Sch	2:16.33	688
18.	Claire BARRON	16	UEA Norwich	2:16.38	687
19.	Cara PURVIS	16	Hatfield	2:16.71	683
20.	Cahrlotte BECK	13	Mid Beds	2:16.95	680
21.	Hannah MOUNSEY	16	Kings Lynn	2:17.00	679
22.	Bethany COGGINS	13	UEA Norwich	2:17.18	677
23.	Georgina HUNT	15	Thurrock	2:17.46	673
24.	Heather RODWELL	13	teamipswich	2:17.62	671
25.	Jessica RALFS	14	UEA Norwich	2:18.28	662
26.	Laura ADAMS	13	UEA Norwich	2:18.69	657
27.	Rebecca WHITE	14	St Felix Sch	2:18.80	655
28.	Holly BATEMAN	12	UEA Norwich	2:18.87	654
29.	Rachel ANDVIG	14	teamipswich	2:18.94	654
30.	Verity GOODEY	15	Southend	2:18.98	653
31.	Briony LOWE	15	Lstof & OB	2:19.08	652
32.	Alexandra SEAL	16	teamipswich	2:20.35	636
33.	Coral YOUNG	14	teamipswich	2:21.22	625
34.	Helen BALDRANCE	18	Mid Beds	2:21.48	622
35.	Shannon HARROLD	16	Thurrock	2:21.51	621
36.	Louise KENDALL	17	Harlow Pen	2:21.52	621
37.	Charlotte BLACKSLEY	13	Mid Beds	2:21.55	621
38.	Sophie POOLE	17	teamipswich	2:21.61	620
39.	Faye BARNARD	17	Hatfield	2:21.83	617
40.	Charley GALLAGHER	14	Southend	2:21.84	617
41.	Emily PRIOR	16	Deben	2:22.13	614
42.	Emily AUST	17	Mid Beds	2:22.36	611
43.	Evie ADAMS	13	Deben	2:23.24	601
44.	Alice MARCHANT	14	Mid Beds	2:23.58	597
45.	Danielle SAYER	13	Thurrock	2:23.82	594
46.	Gabrielle BRASIER	14	UEA Norwich	2:26.72	561

## 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	
1.	Anne BOCHMANN	14	UEA Norwich	2:07.41	820
2.	Ellis JACKSON	13	St Felix Sch	2:10.04	778
3.	Lucy CHARLES	14	Hoddesdon	2:12.17	747
4.	Harriet BRETTLER	15	Mid Beds	2:12.27	745
5.	Rebecca READER	15	teamipswich	2:14.58	712
6.	Philippa HARDY	14	Hatfield	2:15.05	705
7.	Alex HUSTON	15	St Felix Sch	2:15.21	703
8.	Alice TENNANT	14	Deben	2:15.43	700
9.	Yasmin BITHREY	13	Mid Beds	2:15.66	697
10.	Fenella FOSKETT	15	Deben	2:15.73	696
11.	Whitney BUCKLER	14	St Felix Sch	2:16.15	690
12.	Robyn BALL	15	St Felix Sch	2:16.33	688
13.	Cahrlotte BECK	13	Mid Beds	2:16.95	680
14.	Bethany COGGINS	13	UEA Norwich	2:17.18	677
15.	Georgina HUNT	15	Thurrock	2:17.46	673
16.	Heather RODWELL	13	teamipswich	2:17.62	671
17.	Jessica RALFS	14	UEA Norwich	2:18.28	662
18.	Laura ADAMS	13	UEA Norwich	2:18.69	657
19.	Rebecca WHITE	14	St Felix Sch	2:18.80	655
20.	Holly BATEMAN	12	UEA Norwich	2:18.87	654
21.	Rachel ANDVIG	14	teamipswich	2:18.94	654
22.	Verity GOODEY	15	Southend	2:18.98	653
23.	Briony LOWE	15	Lstof & OB	2:19.08	652
24.	Coral YOUNG	14	teamipswich	2:21.22	625
25.	Charlotte BLACKSLEY	13	Mid Beds	2:21.55	621
26.	Charley GALLAGHER	14	Southend	2:21.84	617
27.	Evie ADAMS	13	Deben	2:23.24	601
28.	Alice MARCHANT	14	Mid Beds	2:23.58	597
29.	Danielle SAYER	13	Thurrock	2:23.82	594
30.	Gabrielle BRASIER	14	UEA Norwich	2:26.72	561

## EVENT 103 Mens Open 50m Breaststroke

### Open Age Group

Place	Name	AaD Club	Time	GB Pts	
1.	Alan HESKINS	22	Modernians	31.05	743
2.	James ALLCHORNE	18	Hatfield	31.60	710
3.	David HARRISON	21	Stowmarket	31.61	709
4.	Lewis COLEMAN	15	teamipswich	32.11	680
5.	Shaun HARRISON	28	Stowmarket	32.50	658
6.	Martyn BERMINGHAM	18	Hatfield	32.54	656
7.	David DOWSETT	21	Mid Beds	33.37	612
8.	Nathan HENDERSON	15	Lstof & OB	33.41	610
9.	Adam MAXWELL	16	Hatfield	33.56	602
10.	Andrew EGAN	14	Hatfield	33.71	595
11.	Stephen FISHER	16	Gt Yarmouth	33.96	582
12.	Robert De-KEYZER	18	St Ives	34.06	577
13.	Matthew NAUNTON	15	Deben	34.33	565



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14.	Aaron LYNCH	13	teamipswich	34.69	548
15.	Christian PARKER	14	Southend	34.88	539
16.	James KING	16	Stowmarket	34.95	536
17.	Robert BALDRANCE	15	Mid Beds	35.37	517
18.	Paul READER	19	UEA Norwich	35.78	500
19.	William MEADOWS	15	Deben	36.10	487
<b>15 Yrs/Under Age Group</b>					
Place	Name	AaD	Club	Time	GB Pts
1.	Lewis COLEMAN	15	teamipswich	32.11	680
2.	Nathan HENDERSON	15	Lstof & OB	33.41	610
3.	Andrew EGAN	14	Hatfield	33.71	595
4.	Matthew NAUNTON	15	Deben	34.33	565
5.	Aaron LYNCH	13	teamipswich	34.69	548
6.	Christian PARKER	14	Southend	34.88	539
7.	Robert BALDRANCE	15	Mid Beds	35.37	517
8.	William MEADOWS	15	Deben	36.10	487

## EVENT 104 Womens Open 100m Breaststroke

### Open Age Group

Place	Name	AaD	Club	Time	GB Pts
1.	Alexandra HARRISON	13	St Felix Sch	1:15.69	742
2.	Amy SWALLOW	16	teamipswich	1:16.21	729
3.	Anne BOCHMANN	14	UEA Norwich	1:18.11	683
4.	Petra CHOMICZ	17	Kings Lynn	1:18.17	681
5.	Claire BARRON	16	UEA Norwich	1:18.90	664
6.	Heather RODWELL	13	teamipswich	1:20.27	634
7.	Bernice EDGEWORTH	16	Bishop Stort	1:20.83	622
8.	Zoe SMITH	13	Lstof & OB	1:20.90	620
9.	Kaz MELVIN	16	Harlow Pen	1:21.60	605
10.	Christine TOOKE	17	Co Peterboro	1:22.41	589
11.	Chloe PELLICAN	15	UEA Norwich	1:22.93	578
12.	Alyson MORAN	19	Southend	1:23.69	563
13.	Sarah SWINDELL	14	Hatfield	1:24.94	540
14.	Emma WARRINGTON	14	Hoddesdon	1:25.17	536
15.	Sarah BOWLING	17	Kings Lynn	1:35.52	375

### 15 Yrs/Under Age Group

Place	Name	AaD	Club	Time	GB Pts
1.	Alexandra HARRISON	13	St Felix Sch	1:15.69	742
2.	Anne BOCHMANN	14	UEA Norwich	1:18.11	683
3.	Heather RODWELL	13	teamipswich	1:20.27	634
4.	Zoe SMITH	13	Lstof & OB	1:20.90	620
5.	Chloe PELLICAN	15	UEA Norwich	1:22.93	578
6.	Sarah SWINDELL	14	Hatfield	1:24.94	540
7.	Emma WARRINGTON	14	Hoddesdon	1:25.17	536

## EVENT 105 Mens Open 400m IM (Timed Final)

### 15 Yrs/Under Age Group

Place	Name	AaD	Club	Time	GB Pts
1.	Lewis COLEMAN	15	teamipswich	4:50.92	702
2.	Thomas FREEMAN	15	Co Peterboro	5:01.84	635
3.	Dean WOODCOCK	15	Chelmsford	5:02.76	630
4.	Jordan BATE	15	UEA Norwich	5:04.59	619
5.	David KELLEWAY	14	Bishop Stort	5:06.57	608
6.	Miles GARNER	13	UEA Norwich	5:14.46	566

### Open Age Group

Place	Name	AaD	Club	Time	GB Pts
1.	Jonathan QUINN	17	Hatfield	4:41.87	762
2.	George SCOTHERN	16	Brentwood	4:46.09	733
3.	Lewis COLEMAN	15	teamipswich	4:50.92	702
4.	Thomas HOLLINGSWORTH	19	UEA Norwich	4:56.31	668
5.	Thomas ROOTSEY	17	Colchester	4:59.92	646
6.	Jonathan SAYER	17	Bo Southend	5:00.07	645
7.	Benjamin SLEET	17	Chelmsford	5:01.02	640
8.	Thomas FREEMAN	15	Co Peterboro	5:01.84	635
9.	Dean WOODCOCK	15	Chelmsford	5:02.76	630
10.	Jordan BATE	15	UEA Norwich	5:04.59	619
11.	David KELLEWAY	14	Bishop Stort	5:06.57	608
12.	Lewis KING	17	Hatfield	5:12.82	574
13.	Miles GARNER	13	UEA Norwich	5:14.46	566
14.	George MORRIS	16	Bo Southend	5:19.25	542
15.	Lewis MATTIN	17	UEA Norwich	5:19.41	541
	Oliver CROSBY	16	Colchester	DNF	



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## EVENT 106 Womens Open 100m Butterfly

### Open Age Group

Place	Name	AaD Club	Time	GB Pts
1.	Ellis JACKSON	13 St Felix Sch	1:07.03	687
2.	Rebecca WARNER	18 Modernians	1:07.10	685
3.	Hannah JOHN	16 Kings Lynn	1:07.15	684
4.	Verity GOODEY	15 Southend	1:07.22	682
5.	Anne BOCHMANN	14 UEA Norwich	1:07.36	678
6.	Rachael GEORGE	17 Hatfield	1:08.59	646
7.	Bethany COGGINS	13 UEA Norwich	1:08.60	645
8.	Hannah RAINE	17 Mid Beds	1:09.52	622
9.	Samantha BERRY	17 teamipswich	1:10.75	592
10.	Alice TENNANT	14 Deben	1:10.79	591
11.	Eleanor HAYNES	16 teamipswich	1:10.87	589
12.	Yasmin BITHREY	13 Mid Beds	1:10.89	589
13.	Soraya SASSANI	15 Co Cambridge	1:10.91	588
14.	Louise KING	16 Mid Beds	1:10.96	587
15.	Jessica RALFS	14 UEA Norwich	1:11.37	578
16.	Molly EPSLY	14 Thurrock	1:11.55	573
17.	Faye BARNARD	17 Hatfield	1:11.64	571
18.	Abigail SAYER	13 Thurrock	1:12.09	561
19.	Megan LANGRIDGE	14 Thurrock	1:12.31	556
20.	Laura ADAMS	13 UEA Norwich	1:12.40	554
21.	Catherine HICKS	15 St Felix Sch	1:12.54	551
22.	Jessica HUGGETT	16 Bishop Stort	1:13.00	541
23.	Jennifer REDMOND	14 teamipswich	1:13.39	533
24.	Charlotte BLACKSLEY	13 Mid Beds	1:14.75	505
25.	Lydia DeCARVALHO	15 teamipswich	1:16.75	466
26.	Alyson MORAN	19 Southend	1:20.60	399

### 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts
1.	Ellis JACKSON	13 St Felix Sch	1:07.03	687
2.	Verity GOODEY	15 Southend	1:07.22	682
3.	Anne BOCHMANN	14 UEA Norwich	1:07.36	678
4.	Bethany COGGINS	13 UEA Norwich	1:08.60	645
5.	Alice TENNANT	14 Deben	1:10.79	591
6.	Yasmin BITHREY	13 Mid Beds	1:10.89	589
7.	Soraya SASSANI	15 Co Cambridge	1:10.91	588
8.	Jessica RALFS	14 UEA Norwich	1:11.37	578
9.	Molly EPSLY	14 Thurrock	1:11.55	573
10.	Abigail SAYER	13 Thurrock	1:12.09	561
11.	Megan LANGRIDGE	14 Thurrock	1:12.31	556
12.	Laura ADAMS	13 UEA Norwich	1:12.40	554
13.	Catherine HICKS	15 St Felix Sch	1:12.54	551
14.	Jennifer REDMOND	14 teamipswich	1:13.39	533
15.	Charlotte BLACKSLEY	13 Mid Beds	1:14.75	505
16.	Lydia DeCARVALHO	15 teamipswich	1:16.75	466

## EVENT 107 Mens Open 100m Backstroke

### Open Age Group

Place	Name	AaD Club	Time	GB Pts
1.	John SARGENT	21 Hatfield	1:02.01	708
2.	Lewis COLEMAN	15 teamipswich	1:02.46	694
3.	James SUTHERLAND	15 Hatfield	1:02.81	684
4.	Victor LAM	17 Colchester	1:03.70	658
5.	Richard MOLLOY	17 Bishop Stort	1:03.75	657
6.	Richard HARRIS	17 St Felix Sch	1:04.77	629
7.	James CARLINE	17 Modernians	1:04.86	627
8.	Charles WALKER	17 Co Peterboro	1:05.04	622
9.	Paul TITLEY	18 Mid Beds	1:05.50	610
10.	Thomas ROOTSEY	17 Colchester	1:05.52	609
11.	Craig ROSS	15 Bishop Stort	1:05.66	606
12.	David KELLEWAY	14 Bishop Stort	1:05.69	605
13.	Jonathan QUINN	17 Hatfield	1:05.80	602
14.	Adam INGLEDEW	14 Mid Beds	1:06.78	577
15.	Sean TOMLIN	15 Bo Southend	1:06.90	574
16.	Geoffrey SHORT	20 Bishop Stort	1:06.91	574
17.	Thomas HOLLINGSWORTH	19 UEA Norwich	1:07.40	562
18.	Stephen FISHER	16 Gt Yarmouth	1:07.71	555
19.	David THOMAS	20 UEA Norwich	1:10.57	491
	Christopher FOSTER	18 Bishop Stort	DNC	

### 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts
1.	Lewis COLEMAN	15 teamipswich	1:02.46	694
2.	James SUTHERLAND	15 Hatfield	1:02.81	684
3.	Craig ROSS	15 Bishop Stort	1:05.66	606
4.	David KELLEWAY	14 Bishop Stort	1:05.69	605
5.	Adam INGLEDEW	14 Mid Beds	1:06.78	577
6.	Sean TOMLIN	15 Bo Southend	1:06.90	574



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## EVENT 108 Womens Open 50m Backstroke

Open Age Group				
Place	Name	AaD Club	Time	GB Pts
1.	Zoe CRAY	33 teamipswich	30.81	829
2.	Anne BOCHMANN	14 UEA Norwich	32.73	710
3.	Laura INGLESON	16 UEA Norwich	32.83	704
4.	Alex HUSTON	15 St Felix Sch	33.07	691
5.	Rebecca READER	15 teamipswich	33.08	690
6.	Natasha BROWN	17 Hatfield	33.09	690
7.	Sophie DRAKE	14 Canvey Isl	33.17	685
8.	Hazel PICKFORD	14 Hatfield	33.21	683
9.	Carly OGOGO	15 Lstof & OB	33.66	659
10.	Verity GOODEY	15 Southend	33.68	658
11.	Larissa AYRES	14 Modernians	33.83	650
12.	Kaz MELVIN	16 Harlow Pen	33.88	647
13.	Harriet BRETTL	15 Mid Beds	33.94	644
14.	Rebecca HENBURY	17 West Suffolk	34.14	634
15.	Whitney BUCKLER	14 St Felix Sch	34.25	628
16.	Tamara RICHARDS	14 Mid Beds	34.42	619
17.	Charlotte WADE	13 Rochford	34.68	606
18.	Emily PRIOR	16 Deben	34.70	605
19.	Amy GOILLAU	16 Epping For't	34.75	603
20.	Grace WILLIAMS	14 teamipswich	34.95	593
	Hannah NASH	17 UEA Norwich	DNC	

15 Yrs/Under Age Group				
Place	Name	AaD Club	Time	GB Pts
1.	Anne BOCHMANN	14 UEA Norwich	32.73	710
2.	Alex HUSTON	15 St Felix Sch	33.07	691
3.	Rebecca READER	15 teamipswich	33.08	690
4.	Sophie DRAKE	14 Canvey Isl	33.17	685
5.	Hazel PICKFORD	14 Hatfield	33.21	683
6.	Carly OGOGO	15 Lstof & OB	33.66	659
7.	Verity GOODEY	15 Southend	33.68	658
8.	Larissa AYRES	14 Modernians	33.83	650
9.	Harriet BRETTL	15 Mid Beds	33.94	644
10.	Whitney BUCKLER	14 St Felix Sch	34.25	628
11.	Tamara RICHARDS	14 Mid Beds	34.42	619
12.	Charlotte WADE	13 Rochford	34.68	606
13.	Grace WILLIAMS	14 teamipswich	34.95	593

## EVENT 109 Mens Open 200m Butterfly

Open Age Group				
Place	Name	AaD Club	Time	GB Pts
1.	Kouji URATA	17 Hatfield	2:11.48	721
2.	Thomas HOLLINGSWORTH	19 UEA Norwich	2:17.78	635
3.	Benjamin SLEET	17 Chelmsford	2:18.08	632
4.	Sean TOMLIN	15 Bo Southend	2:19.91	609
5.	Sam MUNKLEY	16 Hertsmere	2:22.58	577
6.	Sam HEARD	18 UEA Norwich	2:23.48	567
7.	Lewis KING	17 Hatfield	2:24.31	558
8.	Jordan BATE	15 UEA Norwich	2:24.63	554
9.	Lewis MATTIN	17 UEA Norwich	2:24.80	552
	Jonathan QUINN	17 Hatfield	DNC	

15 Yrs/Under Age Group				
Place	Name	AaD Club	Time	GB Pts
1.	Sean TOMLIN	15 Bo Southend	2:19.91	609
2.	Jordan BATE	15 UEA Norwich	2:24.63	554

## EVENT 110 Womens Open 200m IM

Open Age Group				
Place	Name	AaD Club	Time	GB Pts
1.	Anne BOCHMANN	14 UEA Norwich	2:24.71	792
2.	Ellis JACKSON	13 St Felix Sch	2:25.25	785
3.	Sophie CHAMBERLAIN	15 Lstof & OB	2:28.98	735
4.	Alexandra HARRISON	13 St Felix Sch	2:29.54	728
5.	Hannah JOHN	16 Kings Lynn	2:29.78	725
6.	Petra CHOMICZ	17 Kings Lynn	2:30.00	722
7.	Jessica FORD	17 Thurrock	2:30.85	711
8.	Hannah RAINE	17 Mid Beds	2:31.05	709
9.	Eleanor HAYNES	16 teamipswich	2:34.42	668
10.	Alice TENNANT	14 Deben	2:34.64	666
11.	Christine TOOKE	17 Co Peterboro	2:35.43	656
12.	Heather RODWELL	13 teamipswich	2:35.64	654
13.	Fenella FOSKETT	15 Deben	2:35.72	653
14.	Georgina HUNT	15 Thurrock	2:35.91	651
15.	Cahrlotte BECK	13 Mid Beds	2:36.76	641
16.	Chloe PELLICAN	15 UEA Norwich	2:37.63	632
17.	Bernice EDGEWORTH	16 Bishop Stort	2:37.83	629
	Zoe SMITH	13 Lstof & OB	2:37.85	629



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19.	Rebecca WHITE	14	St Felix Sch	2:38.09	626
20.	Carolyn ASTBURY	15	Watford	2:38.11	626
21.	Charlotte DELICATA	15	Thurrock	2:39.03	616
22.	Laura ADAMS	13	UEA Norwich	2:40.15	604
23.	Charlotte HICKS	11	St Felix Sch	2:40.17	604
23.	Briony LOWE	15	Lstof & OB	2:40.17	604
25.	Shannon HARROLD	16	Thurrock	2:41.92	586
26.	Emily PRIOR	16	Deben	2:43.80	567
27.	Holly BATEMAN	12	UEA Norwich	2:44.15	563
28.	Lydia DeCARVALHO	15	teamipswich	2:52.21	489
29.	Sarah BOWLING	17	Kings Lynn	2:59.98	427
	Hannah NASH	17	UEA Norwich	DNC	
	Bethany COGGINS	13	UEA Norwich	DQ	ST-

## 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	
1.	Anne BOCHMANN	14	UEA Norwich	2:24.71	792
2.	Ellis JACKSON	13	St Felix Sch	2:25.25	785
3.	Sophie CHAMBERLAIN	15	Lstof & OB	2:28.98	735
4.	Alexandra HARRISON	13	St Felix Sch	2:29.54	728
5.	Alice TENNANT	14	Deben	2:34.64	666
6.	Heather RODWELL	13	teamipswich	2:35.64	654
7.	Fenella FOSKETT	15	Deben	2:35.72	653
8.	Georgina HUNT	15	Thurrock	2:35.91	651
9.	Charlotte BECK	13	Mid Beds	2:36.76	641
10.	Chloe PELLICAN	15	UEA Norwich	2:37.63	632
11.	Zoe SMITH	13	Lstof & OB	2:37.85	629
12.	Rebecca WHITE	14	St Felix Sch	2:38.09	626
13.	Carolyn ASTBURY	15	Watford	2:38.11	626
14.	Charlotte DELICATA	15	Thurrock	2:39.03	616
15.	Laura ADAMS	13	UEA Norwich	2:40.15	604
16.	Charlotte HICKS	11	St Felix Sch	2:40.17	604
16.	Briony LOWE	15	Lstof & OB	2:40.17	604
18.	Holly BATEMAN	12	UEA Norwich	2:44.15	563
19.	Lydia DeCARVALHO	15	teamipswich	2:52.21	489
	Bethany COGGINS	13	UEA Norwich	DQ	ST-

## EVENT 111 Mens Open 400m Freestyle (Timed Final)

### 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	
1.	Thomas SUTTON	14	St Felix Sch	4:23.90	665
2.	Thomas FREEMAN	15	Co Peterboro	4:25.93	652
3.	Harry PAYNE	13	Bo Southend	4:28.56	634
4.	Nicholas THOMPSON	15	UEA Norwich	4:28.65	634
5.	Samuel MUNRO	14	St Felix Sch	4:29.84	626
6.	Dacre CAPSTICK	13	Hatfield	4:29.86	626
7.	Jordan BATE	15	UEA Norwich	4:30.07	625
8.	Christian STOKES	14	Mid Beds	4:30.54	622
9.	Michael WHITE	15	St Felix Sch	4:31.21	617
10.	Callum CANDY	14	Hatfield	4:32.02	612
11.	Jack HOLLIS	13	teamipswich	4:32.81	607
12.	Sean TOMLIN	15	Bo Southend	4:34.22	599
13.	Mark COLLINS	14	Kings Lynn	4:36.94	582
14.	Christopher BROOKS	15	Southend	4:38.39	573
15.	Tim EVANS	15	Southend	4:40.34	562
16.	Robert BALDRANCE	15	Mid Beds	4:43.35	545
17.	Miles GARNER	13	UEA Norwich	4:43.79	542

### Open Age Group

Place	Name	AaD Club	Time	GB Pts	
1.	Bret FERGUSON	20	Hatfield	4:14.92	730
2.	Lawrence LOWMAN	18	Lstof & OB	4:18.03	707
3.	Andrew BIGLEY	16	teamipswich	4:19.84	694
4.	Dale HART	16	Kings Lynn	4:21.58	682
5.	Thomas SUTTON	14	St Felix Sch	4:23.90	665
6.	Jonathan SAYER	17	Bo Southend	4:24.65	660
7.	Thomas FREEMAN	15	Co Peterboro	4:25.93	652
8.	George MORRIS	16	Bo Southend	4:26.46	648
9.	Sam HEARD	18	UEA Norwich	4:27.16	644
10.	Stuart CLARKE	23	Bishop Stort	4:27.20	643
11.	Luke De MOYA	16	Co Peterboro	4:28.40	635
12.	Harry PAYNE	13	Bo Southend	4:28.56	634
13.	Nicholas THOMPSON	15	UEA Norwich	4:28.65	634
14.	Samuel MUNRO	14	St Felix Sch	4:29.84	626
15.	Dacre CAPSTICK	13	Hatfield	4:29.86	626
16.	Jordan BATE	15	UEA Norwich	4:30.07	625
17.	Christian STOKES	14	Mid Beds	4:30.54	622
18.	Michael WHITE	15	St Felix Sch	4:31.21	617
19.	Lewis KING	17	Hatfield	4:31.31	617
20.	Callum CANDY	14	Hatfield	4:32.02	612
21.	Jack HOLLIS	13	teamipswich	4:32.81	607
22.	Sean TOMLIN	15	Bo Southend	4:34.22	599
23.	Christopher TAYLOR	17	teamipswich	4:34.87	595
24.	Mark COLLINS	14	Kings Lynn	4:36.94	582
25.	Benjamin SLEET	17	Chelmsford	4:37.89	576
26.	Christopher BROOKS	15	Southend	4:38.39	573
27.	Tim EVANS	15	Southend	4:40.34	562



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28.	Robert BALDRANCE	15	Mid Beds	4:43.35	545
29.	Miles GARNER	13	UEA Norwich	4:43.79	542
30.	Lewis MATTIN	17	UEA Norwich	4:55.33	482
31.	Christopher FOSTER	18	Bishop Stort	5:29.71	338

## EVENT 112 Womens Open 50m Freestyle

### Open Age Group

Place	Name	AaD	Club	Time	GB Pts
1.	Zoe CRAY	33	teamipswich	27.26	780
2.	Rachael GEORGE	17	Hatfield	28.32	706
3.	Verity GOODEY	15	Southend	28.54	692
4.	Alexandra SEAL	16	teamipswich	28.71	681
5.	Hannah JOHN	16	Kings Lynn	28.76	678
6.	Zoe SMITH	13	Lstoft & OB	28.89	670
7.	Rebecca READER	15	teamipswich	28.93	667
8.	Stephanie CALVER	17	teamipswich	29.12	655
9.	Alice TENNANT	14	Deben	29.15	653
10.	Cara PURVIS	16	Hatfield	29.21	650
10.	Georgia INGLESON	16	UEA Norwich	29.21	650
10.	Rebecca WARNER	18	Modernians	29.21	650
13.	Rachel ANDVIG	14	teamipswich	29.27	646
14.	Jasmine CROSS	13	teamipswich	29.28	646
15.	Hannah MOUNSEY	16	Kings Lynn	29.36	641
15.	Sophie DRAKE	14	Canvey Isl	29.36	641
17.	Laura INGLESON	16	UEA Norwich	29.39	639
18.	Soraya SASSANI	15	Co Cambridge	29.46	635
19.	Alex HUSTON	15	St Felix Sch	29.49	633
20.	April HYAM	14	teamipswich	29.50	632
21.	Philippa HARDY	14	Hatfield	29.62	625
22.	Catherine MARKWELL	26	UEA Norwich	29.63	625
23.	Rebecca WETTEN	14	St Felix Sch	29.67	622
24.	Yasmin BITHREY	13	Mid Beds	29.68	622
24.	Natasha BROWN	17	Hatfield	29.68	622
26.	Fenella FOSKETT	15	Deben	29.73	619
27.	Harriet BRETTL	15	Mid Beds	29.77	617
28.	Larissa AYRES	14	Modernians	29.79	615
29.	Sophie POOLE	17	teamipswich	29.80	615
30.	Tamara RICHARDS	14	Mid Beds	29.86	611
31.	Robyn BALL	15	St Felix Sch	29.96	606
31.	Holly BATEMAN	12	UEA Norwich	29.96	606
33.	Eleanor HAYNES	16	teamipswich	29.97	605
34.	Jennifer CARTER	17	Colchester	30.06	600
35.	Sarah SWINDELL	14	Hatfield	30.08	599
36.	Bronwyn CARTER	15	Colchester	30.12	597
37.	Coral YOUNG	14	teamipswich	30.18	593
38.	Jessica HUGGETT	16	Bishop Stort	30.20	592
39.	Melissa SEELEY	14	Epping For't	30.27	588
40.	Carly OGOGO	15	Lstoft & OB	30.39	582
41.	Rebecca HENBURY	17	West Suffolk	30.43	580
42.	Louise KING	16	Mid Beds	30.44	579
43.	Petra CHOMICZ	17	Kings Lynn	30.49	576
44.	Helen BALDRANCE	18	Mid Beds	30.63	569
45.	Whitney BUCKLER	14	St Felix Sch	30.69	566
46.	Samantha BERRY	17	teamipswich	30.81	559
47.	Jessica HILL	14	Co Ely	30.85	557
48.	Charlotte WADE	13	Rochford	30.86	557
49.	Hollie JOHNSON	16	Stowmarket	30.88	556
49.	Amy GOILLAU	16	Epping For't	30.88	556
51.	Lydia DeCARVALHO	15	teamipswich	31.15	542
52.	Sarah HARDIMENT	18	Co Ely	31.21	539
53.	Emily PRIOR	16	Deben	31.66	517
	Hannah NASH	17	UEA Norwich	DNC	
	Faye BARNARD	17	Hatfield	DNC	

### 15 Yrs/Under Age Group

Place	Name	AaD	Club	Time	GB Pts
1.	Verity GOODEY	15	Southend	28.54	692
2.	Zoe SMITH	13	Lstoft & OB	28.89	670
3.	Rebecca READER	15	teamipswich	28.93	667
4.	Alice TENNANT	14	Deben	29.15	653
5.	Rachel ANDVIG	14	teamipswich	29.27	646
6.	Jasmine CROSS	13	teamipswich	29.28	646
7.	Sophie DRAKE	14	Canvey Isl	29.36	641
8.	Soraya SASSANI	15	Co Cambridge	29.46	635
9.	Alex HUSTON	15	St Felix Sch	29.49	633
10.	April HYAM	14	teamipswich	29.50	632
11.	Philippa HARDY	14	Hatfield	29.62	625
12.	Rebecca WETTEN	14	St Felix Sch	29.67	622
13.	Yasmin BITHREY	13	Mid Beds	29.68	622
14.	Fenella FOSKETT	15	Deben	29.73	619
15.	Harriet BRETTL	15	Mid Beds	29.77	617
16.	Larissa AYRES	14	Modernians	29.79	615
17.	Tamara RICHARDS	14	Mid Beds	29.86	611
18.	Robyn BALL	15	St Felix Sch	29.96	606
18.	Holly BATEMAN	12	UEA Norwich	29.96	606



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20.	Sarah SWINDELL	14	Hatfield	30.08	599
21.	Bronwyn CARTER	15	Colchester	30.12	597
22.	Coral YOUNG	14	teamipswich	30.18	593
23.	Melissa SEELEY	14	Epping For't	30.27	588
24.	Carly OGOGO	15	Lstof & OB	30.39	582
25.	Whitney BUCKLER	14	St Felix Sch	30.69	566
26.	Jessica HILL	14	Co Ely	30.85	557
27.	Charlotte WADE	13	Rochford	30.86	557
28.	Lydia DeCARVALHO	15	teamipswich	31.15	542

## EVENT 113 Mens Open 200m Breaststroke

### Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	
1.	Alan HESKINS	22	Modernians	2:32.64	672	33.54	1:12.43	1:51.89
2.	Lewis COLEMAN	15	teamipswich	2:35.27	642	35.23	1:15.40	1:55.47
3.	James ALLCHORNE	18	Hatfield	2:37.17	621	35.89	1:16.15	1:56.73
4.	George SCOTHERN	16	Brentwood	2:38.25	609	36.16	1:17.39	1:58.60
5.	Bobby CAVE	17	Hatfield	2:38.36	608	37.35	1:19.17	1:58.72
6.	Jonathan QUINN	17	Hatfield	2:39.05	600	35.12	1:16.05	1:58.28
7.	David DOWSETT	21	Mid Beds	2:39.35	597	35.26	1:15.97	1:57.40
8.	Andrew EGAN	14	Hatfield	2:40.64	584	36.30	1:17.21	1:59.22
9.	George MORRIS	16	Bo Southend	2:45.32	537	35.76	1:18.33	2:02.48
10.	Thomas FREEMAN	15	Co Peterboro	2:45.33	537	37.64	1:19.80	2:03.37
11.	Dacre CAPSTICK	13	Hatfield	2:46.00	531	37.19	1:19.54	2:02.72
12.	Nathan HENDERSON	15	Lstof & OB	2:47.20	520	37.52	1:20.58	2:04.99
13.	Dean WOODCOCK	15	Chelmsford	2:49.70	497	38.09	1:21.30	2:05.64
	Nicholas THOMPSON	15	UEA Norwich	DNC				
	James KING	16	Stowmarket	DNC				

### 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	
1.	Lewis COLEMAN	15	teamipswich	2:35.27	642	35.23	1:15.40	1:55.47
2.	Andrew EGAN	14	Hatfield	2:40.64	584	36.30	1:17.21	1:59.22
3.	Thomas FREEMAN	15	Co Peterboro	2:45.33	537	37.64	1:19.80	2:03.37
4.	Dacre CAPSTICK	13	Hatfield	2:46.00	531	37.19	1:19.54	2:02.72
5.	Nathan HENDERSON	15	Lstof & OB	2:47.20	520	37.52	1:20.58	2:04.99
6.	Dean WOODCOCK	15	Chelmsford	2:49.70	497	38.09	1:21.30	2:05.64
	Nicholas THOMPSON	15	UEA Norwich	DNC				

## EVENT 114 Womens Open 200m Backstroke

### Open Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	
1.	Ellis JACKSON	13	St Felix Sch	2:23.56	761	33.87	1:10.14	1:46.82
2.	Laura INGLESON	16	UEA Norwich	2:26.52	722	34.15	1:10.78	1:48.50
3.	Anne BOCHMANN	14	UEA Norwich	2:27.51	709	34.68	1:11.94	1:50.02
4.	Hazel PICKFORD	14	Hatfield	2:28.16	701	34.85	1:12.65	1:50.78
5.	Christine TOOKE	17	Co Peterboro	2:32.62	647	35.70	1:14.55	1:54.26
6.	Megan LANGRIDGE	14	Thurrock	2:32.63	647	36.84	1:15.19	1:54.19
7.	Charlotte DELICATA	15	Thurrock	2:33.24	640	36.85	1:15.44	1:54.96
8.	Alex HUSTON	15	St Felix Sch	2:33.34	639	37.50	1:17.36	1:57.00
9.	Robyn BALL	15	St Felix Sch	2:34.13	630	36.37	1:15.55	1:55.30
10.	Kimberley ANASTASIOU	12	UEA Norwich	2:34.71	623	36.94	1:16.12	1:56.12
11.	Chloe PELLICAN	15	UEA Norwich	2:34.73	623	37.38	1:16.74	1:56.67
12.	Whitney BUCKLER	14	St Felix Sch	2:35.37	616	35.79	1:15.13	1:55.98
13.	Coral YOUNG	14	teamipswich	2:35.84	611	37.32	1:17.01	1:57.96
14.	Charlotte BLACKSLEY	13	Mid Beds	2:35.86	611	36.92	1:15.99	1:56.26
15.	Carolyn ASTBURY	15	Watford	2:35.91	610	36.73	1:15.65	1:56.44
16.	Cahrlotte BECK	13	Mid Beds	2:35.97	609	36.40	1:16.71	1:57.72
17.	Jennifer REDMOND	14	teamipswich	2:36.44	604	37.91	1:18.12	1:57.94
18.	Laura ADAMS	13	UEA Norwich	2:38.97	577	38.06	1:18.46	1:59.13
19.	Abigail SAYER	13	Thurrock	2:39.42	573	38.25	1:19.18	1:59.85

### 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	50	100	150	
1.	Ellis JACKSON	13	St Felix Sch	2:23.56	761	33.87	1:10.14	1:46.82
2.	Anne BOCHMANN	14	UEA Norwich	2:27.51	709	34.68	1:11.94	1:50.02
3.	Hazel PICKFORD	14	Hatfield	2:28.16	701	34.85	1:12.65	1:50.78
4.	Megan LANGRIDGE	14	Thurrock	2:32.63	647	36.84	1:15.19	1:54.19
5.	Charlotte DELICATA	15	Thurrock	2:33.24	640	36.85	1:15.44	1:54.96
6.	Alex HUSTON	15	St Felix Sch	2:33.34	639	37.50	1:17.36	1:57.00
7.	Robyn BALL	15	St Felix Sch	2:34.13	630	36.37	1:15.55	1:55.30
8.	Kimberley ANASTASIOU	12	UEA Norwich	2:34.71	623	36.94	1:16.12	1:56.12
9.	Chloe PELLICAN	15	UEA Norwich	2:34.73	623	37.38	1:16.74	1:56.67
10.	Whitney BUCKLER	14	St Felix Sch	2:35.37	616	35.79	1:15.13	1:55.98
11.	Coral YOUNG	14	teamipswich	2:35.84	611	37.32	1:17.01	1:57.96
12.	Charlotte BLACKSLEY	13	Mid Beds	2:35.86	611	36.92	1:15.99	1:56.26
13.	Carolyn ASTBURY	15	Watford	2:35.91	610	36.73	1:15.65	1:56.44
14.	Cahrlotte BECK	13	Mid Beds	2:35.97	609	36.40	1:16.71	1:57.72
15.	Jennifer REDMOND	14	teamipswich	2:36.44	604	37.91	1:18.12	1:57.94
16.	Laura ADAMS	13	UEA Norwich	2:38.97	577	38.06	1:18.46	1:59.13
17.	Abigail SAYER	13	Thurrock	2:39.42	573	38.25	1:19.18	1:59.85



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## EVENT 115 Mens Open 50m Butterfly

### Open Age Group

Place	Name	AaD Club	Time	GB Pts
1.	Geoffrey SHORT	20 Bishop Stort	26.33	761
2.	James LAWTON	20 UEA Norwich	26.65	737
3.	James SUTHERLAND	15 Hatfield	27.61	671
4.	Charles WALKER	17 Co Peterboro	27.72	664
5.	Aaron NAZAR	19 UEA Norwich	27.94	650
6.	David GODRIDGE	14 Watford	27.95	649
7.	Troy LYNCH	16 teamipswich	28.17	635
8.	Jonathan QUINN	17 Hatfield	28.20	633
9.	Christopher SMITH	18 Lstoft & OB	28.24	631
10.	Kouji URATA	17 Hatfield	28.28	628
11.	David CURTIS	17 St Neots Swa	28.36	624
12.	Adam JAMIESON	17 Mildenhall	28.40	621
13.	Sam MUNKLEY	16 Hertsmere	28.47	617
14.	Adam INGLEDEW	14 Mid Beds	28.60	609
14.	Stuart KIRK	19 Modernians	28.60	609
16.	William BLACKABY	14 Stowmarket	28.66	606
16.	Chris BRADBURY	15 Mid Beds	28.66	606
18.	Benjamin SLEET	17 Chelmsford	28.68	604
19.	Andrew BIGLEY	16 teamipswich	28.71	603
20.	Stuart CLARKE	23 Bishop Stort	28.72	602
21.	Dale HART	16 Kings Lynn	28.86	594
22.	Craig ROSS	15 Bishop Stort	28.98	587
23.	Andrew WHEELER	21 Modernians	29.06	582
24.	Alan HESKINS	22 Modernians	29.15	577
25.	Richard MOLLOY	17 Bishop Stort	29.20	574
26.	Alex FRANCEY	15 Harlow Pen	29.43	562
27.	Ellis GINGELL	19 Modernians	29.63	551
28.	Tristan HAMPSON	19 Modernians	29.98	532
29.	Michael WHITE	15 St Felix Sch	30.03	530
30.	Paul READER	19 UEA Norwich	30.30	516
31.	Mathew JONES	19 Mildenhall	30.57	502
	Oliver CROSBY	16 Colchester	DNC	

### 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts
1.	James SUTHERLAND	15 Hatfield	27.61	671
2.	David GODRIDGE	14 Watford	27.95	649
3.	Adam INGLEDEW	14 Mid Beds	28.60	609
4.	William BLACKABY	14 Stowmarket	28.66	606
4.	Chris BRADBURY	15 Mid Beds	28.66	606
6.	Craig ROSS	15 Bishop Stort	28.98	587
7.	Alex FRANCEY	15 Harlow Pen	29.43	562
8.	Michael WHITE	15 St Felix Sch	30.03	530

## EVENT 116 Mens/Womens Open 800m Freestyle (Timed Finals)

### MENS 15 Yrs/Under Age Group

Place	Name	AaD Club	Time	GB Pts	100	200	300	400	500	600	700
1.	Samuel MUNRO	14 St Felix Sch	9:13.67	658	1:04.97	2:15.22	3:25.11	4:34.90	5:45.09	6:55.25	8:05.40
2.	Dacre CAPSTICK	13 Hatfield	9:14.57	655	1:06.24	2:15.85	3:25.98	4:36.40	5:46.54	6:57.09	8:07.12
3.	Jordan BATE	15 UEA Norwich	9:15.49	652	1:07.76	2:18.83	3:29.44	4:40.27	5:50.45	7:00.70	8:09.72
4.	Harry PAYNE	13 Bo Southend	9:15.93	650	1:07.34	2:17.91	3:29.04	4:39.74	5:49.63	6:59.58	8:09.04
5.	Alex RAINE	14 Mid Beds	9:23.17	627	1:05.96	2:16.58	3:27.07	4:39.26	5:51.10	7:03.42	8:14.45
6.	Sean TOMLIN	15 Bo Southend	9:24.27	624	1:03.71	2:13.36	3:23.97	4:34.99	5:47.02	6:59.35	8:12.66
7.	Christian STOKES	14 Mid Beds	9:25.06	622	1:05.13	2:14.73	3:23.70	4:34.81	5:47.03	7:00.59	8:14.39
8.	Miles GARNER	13 UEA Norwich	9:25.09	622	1:07.99	2:21.02	3:33.14	4:44.42	5:54.92	7:05.18	8:16.35
9.	Mark COLLINS	14 Kings Lynn	9:30.59	605	1:08.17	2:20.54	3:33.10	4:45.27	5:57.00	7:09.16	8:20.45
10.	Robert BALDRANCE	15 Mid Beds	9:34.63	593	1:09.47	2:21.58	3:33.75	4:47.23	5:59.44	7:13.10	8:24.83
11.	Daniel SORRELL	13 Chelmsford	9:34.92	592	1:06.44	2:20.05	3:32.93	4:46.07	5:58.96	7:11.66	8:24.74
12.	Christopher BROOKS	15 Southend	9:37.92	584	1:07.19	2:19.38	3:33.07	4:47.01	6:01.01	7:14.55	8:28.25
13.	Callum McCOLGAN	14 Lstoft & OB	9:38.32	582	1:05.46	2:18.65	3:32.25	4:45.94	5:59.89	7:14.02	8:28.23
14.	Thomas QUINTON	15 UEA Norwich	9:40.12	577	1:08.45	2:21.37	3:34.31	4:48.04	6:01.86	7:15.27	8:28.64
15.	Luke WALSH	14 Thetford	9:43.80	567	1:07.42	2:20.43	3:33.94	4:47.91	6:01.93	7:16.79	8:31.24
16.	Tim EVANS	15 Southend	9:44.86	564	1:08.97	2:21.20	3:36.22	4:52.64	6:07.55	7:23.32	8:36.93
17.	Luke BAILEY	13 St Felix Sch	9:45.43	562	1:07.64	2:19.71	3:32.06	4:44.27	5:56.32	7:12.22	8:29.03
18.	Josh FARRELL	14 Mid Beds	10:11.41	495	1:10.04	2:25.65	3:41.48	4:59.31	6:17.04	7:35.63	8:54.61
	Callum CANDY	14 Hatfield		DNC							
	Nicholas THOMPSON	15 UEA Norwich		DNC							
	Dean WOODCOCK	15 Chelmsford		DNF							

### MENS Open Age Group

Place	Name	AaD Club	Time	GB Pts	100	200	300	400	500	600	700
1.	Bret FERGUSON	20 Hatfield	8:44.08	761	1:05.15	2:12.40	3:19.05	4:25.14	5:29.77	6:35.97	7:41.93
2.	Lawrence LOWMAN	18 Lstoft & OB	8:44.65	758	1:03.03	2:09.45	3:15.92	4:22.50	5:28.80	6:35.26	7:41.76
3.	George MORRIS	16 Bo Southend	8:57.87	711	1:01.81	2:08.08	3:15.64	4:23.57	5:32.59	6:42.13	7:51.41
4.	Jonathan SAYER	17 Bo Southend	9:06.38	682	1:03.62	2:11.04	3:19.85	4:29.33	5:38.58	6:50.16	8:01.42
5.	Sam HEARD	18 UEA Norwich	9:09.81	670	1:07.53	2:16.85	3:25.71	4:35.18	5:44.52	6:54.50	8:03.35
6.	Samuel MUNRO	14 St Felix Sch	9:13.67	658	1:04.97	2:15.22	3:25.11	4:34.90	5:45.09	6:55.25	8:05.40
7.	Lewis KING	17 Hatfield	9:14.15	656	1:05.41	2:14.03	3:24.25	4:34.74	5:44.99	6:55.35	8:06.74
8.	Dacre CAPSTICK	13 Hatfield	9:14.57	655	1:06.24	2:15.85	3:25.98	4:36.40	5:46.54	6:57.09	8:07.12
9.	Jordan BATE	15 UEA Norwich	9:15.49	652	1:07.76	2:18.83	3:29.44	4:40.27	5:50.45	7:00.70	8:09.72



# ASA East Region 2007 Long Course Championships

(Under ASA Laws & ASA Technical Rules)  
A Level One Licensed Meet - N<sup>o</sup>. ERX727



10.	Thomas ROOTSEY	17	Colchester	9:15.75	651	1:06.01	2:16.52	3:26.58	4:36.70	5:47.41	6:58.81	8:09.55
11.	Harry PAYNE	13	Bo Southend	9:15.93	650	1:07.34	2:17.91	3:29.04	4:39.74	5:49.63	6:59.58	8:09.04
12.	Alex RAINE	14	Mid Beds	9:23.17	627	1:05.96	2:16.58	3:27.07	4:39.26	5:51.10	7:03.42	8:14.45
13.	Sean TOMLIN	15	Bo Southend	9:24.27	624	1:03.71	2:13.36	3:23.97	4:34.99	5:47.02	6:59.35	8:12.66
14.	Christian STOKES	14	Mid Beds	9:25.06	622	1:05.13	2:14.73	3:23.70	4:34.81	5:47.03	7:00.59	8:14.39
15.	Miles GARNER	13	UEA Norwich	9:25.09	622	1:07.99	2:21.02	3:33.14	4:44.42	5:54.92	7:05.18	8:16.35
16.	Mark COLLINS	14	Kings Lynn	9:30.59	605	1:08.17	2:20.54	3:33.10	4:45.27	5:57.00	7:09.16	8:20.45
17.	Lewis MATTIN	17	UEA Norwich	9:30.89	604	1:08.91	2:21.58	3:33.91	4:46.16	5:57.65	7:08.67	8:20.24
18.	Christopher TAYLOR	17	teamipswich	9:33.94	595	1:05.95	2:17.19	3:29.95	4:44.14	5:58.65	7:12.24	8:25.12
19.	Robert BALDRANCE	15	Mid Beds	9:34.63	593	1:09.47	2:21.58	3:33.75	4:47.23	5:59.44	7:13.10	8:24.83
20.	Daniel SORRELL	13	Chelmsford	9:34.92	592	1:06.44	2:20.05	3:32.93	4:46.07	5:58.96	7:11.66	8:24.74
21.	Ross GILLON	17	Stevenage	9:37.67	584	1:06.29	2:18.49	3:32.57	4:47.73	6:01.43	7:15.77	8:28.05
22.	Christopher BROOKS	15	Southend	9:37.92	584	1:07.19	2:19.38	3:33.07	4:47.01	6:01.01	7:14.55	8:28.25
23.	Callum McCOLGAN	14	Lstof & OB	9:38.32	582	1:05.46	2:18.65	3:32.25	4:45.94	5:59.89	7:14.02	8:28.23
24.	Thomas QUINTON	15	UEA Norwich	9:40.12	577	1:08.45	2:21.37	3:34.31	4:48.04	6:01.86	7:15.27	8:28.64
25.	Luke WALSH	14	Thetford	9:43.80	567	1:07.42	2:20.43	3:33.94	4:47.91	6:01.93	7:16.79	8:31.24
26.	Tim EVANS	15	Southend	9:44.86	564	1:08.97	2:21.20	3:36.22	4:52.64	6:07.55	7:23.32	8:36.93
27.	Luke BAILEY	13	St Felix Sch	9:45.43	562	1:07.64	2:19.71	3:32.06	4:44.27	5:56.32	7:12.22	8:29.03
28.	Dale BROWN	19	Wisbech	9:47.59	556	1:05.57	2:19.07	3:32.61	4:46.84	6:02.72	7:19.05	8:35.32
29.	Alex LINES	16	Chelmsford	9:50.34	549	1:06.44	2:20.42	3:35.66	4:51.40	6:06.28	7:22.20	8:36.98
30.	Robbie MITCHELL	16	Kings Lynn	9:59.94	524	1:08.25	2:21.02	3:35.34	4:51.79	6:08.99	7:26.00	8:43.57
31.	Josh FARRELL	14	Mid Beds	10:11.41	495	1:10.04	2:25.65	3:41.48	4:59.31	6:17.04	7:35.63	8:54.61
	Callum CANDY	14	Hatfield		DNC							
	Nicholas THOMPSON	15	UEA Norwich		DNC							
	Dean WOODCOCK	15	Chelmsford		DNF							

## WOMENS 15 Yrs/Under Age Group

Place	Name	AaD	Club	Time	GB Pts	100	200	300	400	500	600	700
1.	Ellis JACKSON	13	St Felix Sch	9:11.40	796	1:04.80	2:13.59	3:23.06	4:33.40	5:43.11	6:53.22	8:03.26
2.	Anne BOCHMANN	14	UEA Norwich	9:27.13	741	1:05.93	2:16.00	3:26.57	4:36.52	5:48.65	7:01.67	8:14.54
3.	Sophie CHAMBERLAIN	15	Lstof & OB	9:33.48	719	1:06.38	2:17.73	3:29.03	4:41.44	5:54.37	7:07.83	8:22.32
4.	Laura ADAMS	13	UEA Norwich	9:35.12	714	1:10.06	2:22.47	3:34.68	4:47.28	5:59.33	7:11.92	8:24.17
5.	Molly EPSLY	14	Thurrock	9:36.55	709	1:09.91	2:21.36	3:32.83	4:45.21	5:57.94	7:11.81	8:24.38
6.	Danielle SAYER	13	Thurrock	9:46.23	678	1:11.39	2:26.54	3:40.39	4:54.68	6:08.12	7:21.13	8:34.42
7.	Fenella FOSKETT	15	Deben	9:48.61	671	1:09.05	2:23.28	3:38.27	4:52.85	6:07.62	7:22.68	8:37.20
8.	Alice MARCHANT	14	Mid Beds	9:52.70	659	1:09.93	2:24.55	3:38.96	4:53.83	6:08.56	7:23.11	8:38.68
9.	Jessica RALFS	14	UEA Norwich	9:55.04	652	1:12.64	2:28.32	3:44.28	4:59.27	6:12.89	7:28.52	8:42.66
10.	Rebecca WHITE	14	St Felix Sch	9:55.60	650	1:10.62	2:26.00	3:41.72	4:57.55	6:12.35	7:27.34	8:42.31
11.	Jennifer REDMOND	14	teamipswich	10:06.95	617	1:11.39	2:26.77	3:42.82	4:58.94	6:15.76	7:33.79	8:51.40
12.	Chloe HARRIS	15	St Felix Sch	10:16.98	589	1:13.24	2:31.06	3:48.75	5:07.36	6:24.73	7:43.11	9:01.63
13.	Eleanor NEWELL	14	Kings Lynn	10:17.25	588	1:13.31	2:30.50	3:47.41	5:05.84	6:24.38	7:43.10	9:01.86
14.	Briony LOWE	15	Lstof & OB	10:30.77	553	1:11.79	2:30.98	3:50.75	5:10.91	6:31.30	7:51.48	9:11.33

## WOMENS Open Age Group

Place	Name	AaD	Club	Time	GB Pts	100	200	300	400	500	600	700
1.	Ellis JACKSON	13	St Felix Sch	9:11.40	796	1:04.80	2:13.59	3:23.06	4:33.40	5:43.11	6:53.22	8:03.26
2.	Jessica FORD	17	Thurrock	9:26.06	744	1:08.49	2:19.25	3:30.69	4:42.33	5:53.58	7:04.76	8:16.30
3.	Anne BOCHMANN	14	UEA Norwich	9:27.13	741	1:05.93	2:16.00	3:26.57	4:36.52	5:48.65	7:01.67	8:14.54
4.	Sophie CHAMBERLAIN	15	Lstof & OB	9:33.48	719	1:06.38	2:17.73	3:29.03	4:41.44	5:54.37	7:07.83	8:22.32
5.	Laura ADAMS	13	UEA Norwich	9:35.12	714	1:10.06	2:22.47	3:34.68	4:47.28	5:59.33	7:11.92	8:24.17
6.	Molly EPSLY	14	Thurrock	9:36.55	709	1:09.91	2:21.36	3:32.83	4:45.21	5:57.94	7:11.81	8:24.38
7.	Danielle SAYER	13	Thurrock	9:46.23	678	1:11.39	2:26.54	3:40.39	4:54.68	6:08.12	7:21.13	8:34.42
8.	Fenella FOSKETT	15	Deben	9:48.61	671	1:09.05	2:23.28	3:38.27	4:52.85	6:07.62	7:22.68	8:37.20
9.	Alice MARCHANT	14	Mid Beds	9:52.70	659	1:09.93	2:24.55	3:38.96	4:53.83	6:08.56	7:23.11	8:38.68
10.	Jessica RALFS	14	UEA Norwich	9:55.04	652	1:12.64	2:28.32	3:44.28	4:59.27	6:12.89	7:28.52	8:42.66
11.	Rebecca WHITE	14	St Felix Sch	9:55.60	650	1:10.62	2:26.00	3:41.72	4:57.55	6:12.35	7:27.34	8:42.31
12.	Emma BACKHURST	16	Thurrock	9:59.74	638	1:12.56	2:27.96	3:43.77	4:59.45	6:14.78	7:30.38	8:45.87
13.	Louise KENDALL	17	Harlow Pen	10:04.66	623	1:09.90	2:24.49	3:40.92	4:58.59	6:15.47	7:33.17	8:49.98
14.	Jennifer REDMOND	14	teamipswich	10:06.95	617	1:11.39	2:26.77	3:42.82	4:58.94	6:15.76	7:33.79	8:51.40
15.	Chloe HARRIS	15	St Felix Sch	10:16.98	589	1:13.24	2:31.06	3:48.75	5:07.36	6:24.73	7:43.11	9:01.63
16.	Eleanor NEWELL	14	Kings Lynn	10:17.25	588	1:13.31	2:30.50	3:47.41	5:05.84	6:24.38	7:43.10	9:01.86
17.	Briony LOWE	15	Lstof & OB	10:30.77	553	1:11.79	2:30.98	3:50.75	5:10.91	6:31.30	7:51.48	9:11.33
	Shannon HARROLD	16	Thurrock		DNC							