



ASA East Region 2008 Winter Short Course Championships

(Under ASA Laws, ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX829



EVENT 501 Mens 400m Freestyle

Place	Name	AaD	Club	Time	GB Pts	50	100	150	200	250	300	350
1.	Richard CHARLESWORTH	20	Hatfield	3:50.35	888	26.84	55.66	1:25.06	1:54.55	2:23.87	2:53.36	3:22.36
2.	Sean LEAHY	18	Hatfield	4:04.56	765	28.10	58.55	1:29.86	2:01.13	2:32.29	3:03.58	3:35.28
3.	Thomas SUTTON	15	St Felix Sch	4:04.97	762	28.07	58.36	1:29.32	2:00.10	2:31.22	3:03.18	3:34.96
4.	Samuel HEARD	19	UEA Norwich	4:05.04	761	28.49	59.19	1:30.26	2:01.47	2:32.89	3:04.40	3:35.60
5.	David GODRIDGE	15	Watford	4:07.12	745	28.59	1:00.16	1:32.70	2:04.88	2:36.12	3:07.64	3:37.50
6.	Laurence LOWMAN	19	Hatfield	4:10.41	719	28.73	1:00.19	1:32.23	2:04.47	2:36.10	3:07.44	3:39.29
7.	Lewis KING	18	Hatfield	4:12.13	707	29.23	1:00.76	1:32.69	2:05.02	2:36.96	3:08.86	3:41.41
8.	Aydin BERKI	15	Mid Beds	4:13.01	700	28.92	1:00.76	1:32.72	2:05.13	2:37.13	3:09.54	3:41.81
9.	Troy LYNCH	17	teamipswich	4:14.02	693	28.47	1:00.36	1:33.24	2:06.15	2:38.78	3:11.64	3:43.96
10.	Samuel MUNRO	15	St Felix Sch	4:14.38	690	28.71	1:00.22	1:32.52	2:05.21	2:38.01	3:10.87	3:42.97
11.	Jack HOLLIS	14	teamipswich	4:17.31	669	28.87	1:00.59	1:32.92	2:05.57	2:38.21	3:11.51	3:44.93
12.	Lewis MATTIN	18	UEA Norwich	4:17.44	668	29.48	1:01.74	1:34.51	2:07.25	2:39.74	3:12.39	3:45.16
13.	Mark COLLINS	15	Kings Lynn	4:18.07	664	29.43	1:01.63	1:34.44	2:07.40	2:40.19	3:12.99	3:45.83
14.	Andrew WILKINSON	15	Co Cambridge	4:20.43	648	29.49	1:02.54	1:36.21	2:10.33	2:43.46	3:17.30	3:49.85
15.	Richard JEFFERIES	13	Co Cambridge	4:20.72	646	30.20	1:03.76	1:37.41	2:11.25	2:43.97	3:16.76	3:49.72
16.	Jordan BATE	16	UEA Norwich	4:21.07	643	29.14	1:01.93	1:35.61	2:09.24	2:42.77	3:16.06	3:49.05
17.	Caleb HUGHES	13	Mid Beds	4:21.60	640	29.87	1:02.32	1:35.58	2:08.87	2:42.28	3:15.78	3:49.25
18.	Lewis FARMER	15	Lstof & OB	4:22.20	636	28.89	1:01.40	1:35.05	2:08.86	2:42.43	3:16.03	3:49.46
19.	Miles GARNER	14	UEA Norwich	4:26.22	609	29.77	1:02.71	1:36.55	2:10.88	2:44.99	3:19.29	3:53.11
20.	Robert BALDRANCE	16	Mid Beds	4:27.95	598	30.22	1:04.22	1:39.57	2:14.72	2:48.49	3:22.15	3:56.46
21.	Robbie MITCHELL	17	Kings Lynn	4:28.34	596	30.26	1:02.73	1:35.64	2:09.13	2:43.22	3:17.80	3:53.17
22.	Lewis HUGHES	14	UEA Norwich	4:29.19	591	30.01	1:03.83	1:37.86	2:12.40	2:47.33	3:22.06	3:56.58
23.	Christian STOKES	15	Biggleswade	4:32.45	571	30.19	1:03.45	1:37.61	2:12.16	2:47.41	3:22.50	3:57.87
24.	Mehmet GUNDOGDU	17	Hatfield	4:33.72	563	30.37	1:03.68	1:38.29	2:13.17	2:48.02	3:23.29	3:59.07
25.	Jack SPENCE	13	Watford	4:34.74	557	29.88	1:03.80	1:38.57	2:13.93	2:49.22	3:24.65	4:00.15
	Callum McCOLGAN	15	Lstof & OB	DNC								

EVENT 502 Womens 400m Freestyle

Full Results

Place	Name	AaD	Club	Cat.	Time	50	100	150	200	250	300	350
1.	Anne BOCHMANN	15	UEA Norwich		4:16.38	30.25	1:02.46	1:34.88	2:07.70	2:40.36	3:12.65	3:45.19
2.	Harriet BRETTLER	16	Mid Beds		4:27.52	32.35	1:05.84	1:40.10	2:14.27	2:47.58	3:21.26	3:54.78
3.	Alice TENNANT	15	Deben		4:29.51	31.16	1:04.94	1:39.00	2:13.61	2:47.81	3:22.15	3:56.22
4.	Pascale REEVES	13	St Felix Sch		4:31.38	31.33	1:04.94	1:39.30	2:13.75	2:48.47	3:23.24	3:57.94
5.	Bryony CAMPBELL	15	St Felix Sch		4:32.72	32.00	1:06.27	1:41.44	2:16.28	2:50.15	3:24.44	3:59.00
6.	Yasmin BITHREY	14	Mid Beds		4:34.65	31.52	1:06.32	1:41.60	2:17.19	2:51.61	3:26.27	4:00.49
7.	Charlotte HICKS	12	St Felix Sch		4:34.90	31.48	1:05.75	1:40.28	2:15.53	2:50.80	3:26.04	4:01.08
8.	Fenella FOSKETT	16	Deben		4:36.01	31.54	1:06.27	1:41.51	2:16.81	2:52.15	3:27.45	4:02.79
9.	Eleanor NEWELL	15	Kings Lynn		4:38.82	32.34	1:06.62	1:41.56	2:16.79	2:51.61	3:27.38	4:03.71
10.	Alice MARCHANT	15	Mid Beds		4:39.15	32.26	1:07.06	1:42.57	2:18.21	2:53.72	3:29.48	4:04.87
11.	Holly BATEMAN	13	UEA Norwich		4:39.30	31.38	1:05.74	1:40.87	2:16.42	2:51.79	3:28.45	4:05.25
12.	Alexandra TAYLOR	14	West Suffolk		4:39.32	32.71	1:07.80	1:43.08	2:18.67	2:54.06	3:29.40	4:05.11
13.	Poppy INGLESON	13	UEA Norwich		4:39.56	31.65	1:06.37	1:41.55	2:16.80	2:52.43	3:28.33	4:04.45
14.	Eleanor MASON	15	Mid Beds		4:40.44	32.45	1:08.40	1:44.29	2:19.99	2:55.20	3:30.81	4:06.09
15.	Marcella ARIS	13	UEA Norwich		4:41.34	32.52	1:07.74	1:43.82	2:19.68	2:55.55	3:31.29	4:07.17
16.	Georgina FREEMAN	15	Co Peterboro		4:45.65	31.73	1:06.54	1:42.31	2:18.36	2:55.03	3:31.79	4:09.32
17.	Jessica HARVEY	14	teamipswich		4:48.25	33.99	1:10.60	1:47.02	2:23.82	2:59.91	3:37.17	4:13.02
18.	Isabel FAULKNER	13	UEA Norwich		4:48.79	33.36	1:09.66	1:46.66	2:23.17	3:00.00	3:37.09	4:13.74
19.	Zoe STEWART	13	Watford		4:51.70	33.20	1:10.94	1:48.73	2:26.11	3:02.58	3:39.48	4:16.35
20.	Bethan BOTTOMLEY	13	West Suffolk		4:54.01	32.58	1:08.45	1:45.98	2:24.02	3:02.11	3:40.34	4:17.52
21.	Chloe WILLIAMS	19	Canvey Isl	14	5:41.91	39.32	1:22.70	2:06.49	2:49.81	3:33.09	4:16.48	5:00.16
22.	Emily HARRIS	11	Lstof & OB	9	6:48.41	46.62				3:21.75	4:13.90	

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50	100	150	200	250	300	350
1.	Chloe WILLIAMS	19	Canvey Isl	14	5:41.91	574	39.32	1:22.70	2:06.49	2:49.81	3:33.09	4:16.48	5:00.16
2.	Emily HARRIS	11	Lstof & OB	9	6:48.41	348	46.62				3:21.75	4:13.90	

EVENT 503 Mens 100m Backstroke

Place	Name	AaD	Club	Time	GB Pts	50
1.	James SUTHERLAND	16	Hatfield	59.15	697	28.19
2.	John SARGENT	22	Hatfield	1:00.32	661	29.83
3.	Alexander BAKER	15	Hatfield	1:00.41	658	29.45
4.	Charles WALKER	18	Co Peterboro	1:00.49	656	29.31
5.	Ryan SEARLES	15	Hatfield	1:02.74	593	30.63
6.	Samuel MUNRO	15	St Felix Sch	1:02.88	589	30.91
7.	Mark SAINT-CLARE	19	Hatfield	1:03.00	586	30.91
7.	Daniel SMITH	15	Lstof & OB	1:03.00	586	30.59
9.	Adam INGLEDEW	15	Mid Beds	1:03.14	582	30.61
10.	Elliot COOK	14	teamipswich	1:03.25	579	30.66
11.	Andrew WHEELER	22	Modernians	1:03.47	573	30.73
12.	Samuel BRIGGS	15	Modernians	1:03.51	572	31.27
13.	Liam KNIGHT	14	Co Peterboro	1:04.03	559	31.75
14.	Tim RIVIERE	15	Co Cambridge	1:04.86	539	31.17
15.	Thomas SUTTON	15	St Felix Sch	1:06.41	502	32.37
16.	Brendon MARSH	16	teamipswich	1:06.58	498	31.67
17.	Caleb HUGHES	13	Mid Beds	1:06.60	498	32.58



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EVENT 504 Womens 100m Backstroke

Full Results

Place	Name	AaD Club	Cat.	Time	50
1.	Rebecca READER	16 teamipswich		1:05.83	32.48
2.	Charlotte TAYLOR	15 teamipswich		1:06.38	32.82
3.	Robyn BALL	16 St Felix Sch		1:07.08	32.64
4.	Laura INGLESON	17 UEA Norwich		1:07.44	33.09
5.	Sophie SWEET	15 Co Peterboro		1:07.56	32.74
6.	Anne BOCHMANN	15 UEA Norwich		1:07.66	34.07
7.	Whitney BUCKLER	15 UEA Norwich		1:08.12	32.99
8.	Zoe CRAY	34 teamipswich		1:08.21	33.58
9.	Hazel PICKFORD	15 Hatfield		1:08.32	33.07
10.	Rose CROSS	13 teamipswich		1:08.72	33.24
11.	Jenny THOMPSON	14 UEA Norwich		1:08.89	33.74
12.	Emily-Jayne HAWES	17 Lstoft & OB		1:09.12	33.75
13.	Emily PRIOR	17 Deben		1:09.33	33.98
14.	Flora HANSON	14 Harpenden		1:09.76	33.74
15.	Gemma BARTLE	12 teamipswich		1:10.09	33.90
16.	Kimberley ANASTASIOU	13 UEA Norwich		1:10.68	34.51
17.	Carolyn ASTBURY	16 Watford		1:10.74	34.34
18.	Holly BATEMAN	13 UEA Norwich		1:10.90	35.26
19.	Jessica KARP	13 Mid Beds		1:11.44	34.58
20.	Eleanor NEWELL	15 Kings Lynn		1:11.48	35.07
21.	Georgina ROUGHSEGE	15 Co Cambridge		1:12.68	34.97
22.	Georgina FREEMAN	15 Co Peterboro		1:13.47	35.19
23.	Charlotte BLACKSLEY	15 Mid Beds		1:13.67	35.37
24.	Jessica COOK	20 UEA Norwich		1:16.89	36.52
25.	Chloe WILLIAMS	19 Canvey Isl	14	1:21.29	39.56
26.	Steph BIRD	20 Lstoft & OB	14	1:23.72	39.22
27.	Emily HARRIS	11 Lstoft & OB	9	1:52.75	
	Amy MURFITT	15 Basildon		DNC	
	Mimi BARR	13 UEA Norwich		DNC	

Multi-Disability by British Disability Points

Place	Name	AaD Club	Cat.	Time	BDPoints	50
1.	Chloe WILLIAMS	19 Canvey Isl	14	1:21.29	590	39.56
2.	Steph BIRD	20 Lstoft & OB	14	1:23.72	540	39.22
3.	Emily HARRIS	11 Lstoft & OB	9	1:52.75	227	

EVENT 505 Mens 200m Breaststroke

Place	Name	AaD Club	Time	GB Pts	50	100	150
1.	Bobby CAVE	18 Hatfield	2:28.44	667	34.25	1:12.85	1:49.03
2.	Nicholas THOMPSON	16 UEA Norwich	2:28.92	661	34.12	1:12.48	1:50.71
3.	Nathan HENDERSON	16 Lstoft & OB	2:30.61	641	33.39	1:11.38	1:51.04
4.	Lewis COLEMAN	16 teamipswich	2:32.34	621	34.88	1:13.76	1:53.31
5.	Tom FREEMAN	16 Co Peterboro	2:33.43	608	34.60	1:13.63	1:53.41
6.	Aaron LYNCH	14 teamipswich	2:33.49	608	35.07	1:13.88	1:54.10
7.	Luke WESTWOOD	18 Co Cambridge	2:34.04	602	34.61	1:13.88	1:53.96
8.	Andrew COATES	16 Co Peterboro	2:34.18	600	35.02	1:14.86	1:54.66
9.	Lawrence PALMER	15 Luton	2:34.46	597	35.20	1:15.04	1:55.23
10.	Aydin BERKI	15 Mid Beds	2:40.37	536	35.63	1:16.46	1:58.32
11.	Caleb HUGHES	13 Mid Beds	2:46.96	475	38.19	1:21.65	2:04.59
12.	Robert BALDRANCE	16 Mid Beds	2:50.30	447	37.07	1:21.05	2:05.99

EVENT 506 Womens 200m Breaststroke

Place	Name	AaD Club	Time	GB Pts	50	100	150
1.	Alex HARRISON	14 St Felix Sch	2:34.07	798	35.07	1:14.27	1:54.32
2.	Ellis JACKSON	14 St Felix Sch	2:36.52	766	36.74	1:15.95	1:56.28
3.	Heather RODWELL	14 teamipswich	2:39.79	726	36.52	1:17.29	1:58.83
4.	Bethan BOTTOMLEY	13 West Suffolk	2:49.02	624	39.27	1:22.62	2:05.72
5.	Claire BARRON	17 UEA Norwich	2:49.16	622	39.00	1:22.03	2:05.56
6.	Louise BUSH	17 UEA Norwich	2:49.96	614	37.61	1:20.81	2:05.70
7.	Zara BAILEY	12 Co Peterboro	2:52.07	593	39.10	1:22.51	2:07.56
8.	Harriet LEE	17 Mid Beds	2:52.57	589	38.89	1:22.34	2:08.46
9.	Charlotte OVENDEN	14 Modernians	2:52.95	585	39.08	1:23.96	2:08.00
10.	Charlotte McCONNELL	15 Mid Beds	2:53.81	577	40.00	1:23.52	2:08.17
11.	Katie TAVENER	14 Mid Beds	2:53.89	576	40.19	1:26.21	2:10.71
12.	Zoe SMITH	17 Luton	2:55.61	560	40.34	1:25.60	2:10.98
13.	Christie BAYS	12 Hatfield	2:56.70	550	40.20	1:26.44	2:12.11

EVENT 507 B FINAL OF EVENT 503 Mens 100m Backstroke

Place	Name	AaD Club	Time	GB Pts	50
1.	Liam KNIGHT	14 Co Peterboro	1:02.60	596	30.62
2.	Tim RIVIERE	15 Co Cambridge	1:02.92	588	30.08
3.	Thomas SUTTON	15 St Felix Sch	1:03.26	579	31.20
4.	Elliot COOK	14 teamipswich	1:03.77	566	31.03
5.	Samuel BRIGGS	15 Modernians	1:04.33	552	31.42
6.	Andrew WHEELER	22 Modernians	1:05.94	513	31.74
7.	Brendon MARSH	16 teamipswich	1:06.58	498	31.95
8.	Caleb HUGHES	13 Mid Beds	1:09.54	436	33.76



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EVENT 508 FINAL OF EVENT 503 Mens 100m Backstroke

Place	Name	AaD Club	Time	GB Pts	50
1.	John SARGENT	22 Hatfield	55.45	823	27.22
2.	Charles WALKER	18 Co Peterboro	57.52	750	27.93
3.	James SUTHERLAND	16 Hatfield	57.76	742	27.26
4.	Alexander BAKER	15 Hatfield	1:00.44	657	29.27
5.	Ryan SEARLES	15 Hatfield	1:01.76	619	30.14
6.	Samuel MUNRO	15 St Felix Sch	1:02.14	609	30.34
7.	Adam INGLEDEW	15 Mid Beds	1:03.81	565	30.51
8.	Daniel SMITH	15 Lstof & OB	1:03.94	561	30.90

EVENT 509 B FINAL OF EVENT 504 Womens 100m Backstroke

Place	Name	AaD Club	Time	GB Pts	50
1.	Hazel PICKFORD	15 Hatfield	1:07.18	703	33.09
2.	Rose CROSS	13 teamipswich	1:08.64	664	34.20
3.	Jenny THOMPSON	14 UEA Norwich	1:08.93	656	33.58
4.	Emily-Jayne HAWES	17 Lstof & OB	1:09.32	646	33.92
5.	Carolyn ASTBURY	16 Watford	1:09.99	629	34.11
6.	Emily PRIOR	17 Deben	1:10.03	628	33.98
7.	Kimberley ANASTASIOU	13 UEA Norwich	1:10.45	618	34.77
8.	Gemma BARTLE	12 teamipswich	1:11.82	585	35.75

EVENT 510 FINAL OF EVENT 504 Womens 100m Backstroke

Place	Name	AaD Club	Time	GB Pts	50
1.	Zoe CRAY	34 teamipswich	1:03.28	820	30.92
2.	Sophie SWEET	15 Co Peterboro	1:04.69	776	31.72
3.	Rebecca READER	16 teamipswich	1:04.78	773	31.98
4.	Anne BOCHMANN	15 UEA Norwich	1:05.72	745	32.99
5.	Charlotte TAYLOR	15 teamipswich	1:06.54	721	32.86
6.	Laura INGLESON	17 UEA Norwich	1:07.07	706	32.72
7.	Robyn BALL	16 St Felix Sch	1:08.13	677	32.88
8.	Whitney BUCKLER	15 UEA Norwich	1:08.98	655	33.15

EVENT 511 FINAL OF EVENT 505 Mens 200m Breaststroke

Place	Name	AaD Club	Time	GB Pts	50	100	150
1.	Lewis COLEMAN	16 teamipswich	2:26.00	697	32.54	1:10.36	1:49.57
2.	Nicholas THOMPSON	16 UEA Norwich	2:26.71	688	33.42	1:10.70	1:49.02
3.	Nathan HENDERSON	16 Lstof & OB	2:30.10	647	33.08	1:10.85	1:50.54
4.	Luke WESTWOOD	18 Co Cambridge	2:32.28	621	33.49	1:12.12	1:52.08
5.	Aaron LYNCH	14 teamipswich	2:34.04	602	34.53	1:12.78	1:53.25
6.	Tom FREEMAN	16 Co Peterboro	2:34.61	596	34.62	1:13.81	1:54.06
7.	Andrew COATES	16 Co Peterboro	2:37.93	561	35.28	1:15.08	1:55.85
	Bobby CAVE	18 Hatfield	DQ	SL-2L	31.18	1:05.90	1:40.68

EVENT 512 FINAL OF EVENT 506 Womens 200m Breaststroke

Place	Name	AaD Club	Time	GB Pts	50	100	150
1.	Alex HARRISON	14 St Felix Sch	2:34.44	793	35.32	1:14.02	1:54.02
2.	Ellis JACKSON	14 St Felix Sch	2:35.91	774	36.75	1:16.33	1:56.16
3.	Heather RODWELL	14 teamipswich	2:39.61	728	36.50	1:16.92	1:58.38
4.	Claire BARRON	17 UEA Norwich	2:41.16	710	36.53	1:17.07	1:59.09
5.	Bethan BOTTOMLEY	13 West Suffolk	2:49.74	617	38.76	1:21.47	2:05.76
6.	Louise BUSH	17 UEA Norwich	2:51.05	603	39.25	1:22.50	2:06.98
7.	Zara BAILEY	12 Co Peterboro	2:51.80	596	39.08	1:22.61	2:07.06
8.	Harriet LEE	17 Mid Beds	2:53.26	582	39.43	1:23.19	2:08.85



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EVENT 513 Mens 400m Freestyle Team

Place	Name	A.G	Club	Time	GB Pts	50	100	150	200	250	300	350
1.	Hatfield A		Hatfield	3:26.67	825	25.03	52.43	1:16.33	1:42.83	2:07.79	2:34.97	2:59.54
	Jonathan QUINN	25.03		27.40	(52.43)							
	John SARGENT	23.90		26.50	(50.40)							
	Richard CHARLESWORTH	24.96		27.18	(52.14)							
	Alex RUST	24.57		27.13	(51.70)							
2.	Hatfield B		Hatfield	3:30.55	787	25.28	53.64	1:18.77	1:46.37	2:10.49	2:38.19	3:02.61
	Matthew KING	25.28		28.36	(53.64)							
	Bobby CAVE	25.13		27.60	(52.73)							
	James SUTHERLAND	24.12		27.70	(51.82)							
	Jonathan POOK	24.42		27.94	(52.36)							
3.	Modernians		Modernians	3:35.22	744	25.22	52.85	1:18.28	1:46.79	2:13.15	2:41.77	3:06.87
	Karl BUCHHOLTZ	25.22		27.63	(52.85)							
	David COURT	25.43		28.51	(53.94)							
	Samuel BRIGGS	26.36		28.62	(54.98)							
	Stuart KIRK	25.10		28.35	(53.45)							
4.	UEA Co Norwich A		UEA Norwich	3:36.88	729	26.18	54.77	1:20.50	1:49.57	2:16.03	2:44.73	3:09.76
	Luke LARGE	26.18		28.59	(54.77)							
	Richard FREEDMAN	25.73		29.07	(54.80)							
	Samuel HEARD	26.46		28.70	(55.16)							
	James LAWTON	25.03		27.12	(52.15)							
5.	teamipswich A		teamipswich	3:36.93	729	26.82	55.07	1:20.46	1:48.87	2:15.02	2:43.49	3:09.37
	Andrew BIGLEY	26.82		28.25	(55.07)							
	Troy LYNCH	25.39		28.41	(53.80)							
	Aaron LYNCH	26.15		28.47	(54.62)							
	Lewis COLEMAN	25.88		27.56	(53.44)							
6.	Hatfield C		Hatfield	3:38.28	717	26.69	55.15	1:21.18	1:50.28	2:16.60	2:45.55	3:10.89
	Sean LEAHY	26.69		28.46	(55.15)							
	Mark SAINT-CLARE	26.03		29.10	(55.13)							
	Alexander BAKER	26.32		28.95	(55.27)							
	James ALLCHORNE	25.34		27.39	(52.73)							
7.	City of Peterborough A		Co Peterboro	3:44.72	663	26.02	56.01	1:23.37	1:53.48	2:22.13	2:52.68	3:17.40
	Luke DeMOYA	26.02		29.99	(56.01)							
	Liam KNIGHT	27.36		30.11	(57.47)							
	Tom FREEMAN	28.65		30.55	(59.20)							
	Charles WALKER	24.72		27.32	(52.04)							
8.	teamipswich B		teamipswich	3:47.44	642	27.69	57.25	1:24.84	1:55.23	2:22.61	2:52.22	3:18.26
	Jack HOLLIS	27.69		29.56	(57.25)							
	Elliot COOK	27.59		30.39	(57.98)							
	George BARTLE	27.38		29.61	(56.99)							
	Philip GALLAGHER	26.04		29.18	(55.22)							
9.	Mid Beds		Mid Beds	3:50.11	622	26.53	56.31	1:24.14	1:54.50	2:20.64	2:50.44	3:18.99
	Chris BRADBURY	26.53		29.78	(56.31)							
	Aydin BERKI	27.83		30.36	(58.19)							
	Adam INGLEDEW	26.14		29.80	(55.94)							
	Caleb HUGHES	28.55		31.12	(59.67)							
10.	UEA Co Norwich B		UEA Norwich	3:52.43	604	28.37	1:00.00	1:28.40	1:58.87	2:26.22	2:54.95	3:22.59
	Jordan BATE	28.37		31.63	(1.00.00)							
	Lewis HUGHES	28.40		30.47	(58.87)							
	Nicholas THOMPSON	27.35		28.73	(56.08)							
	Lewis MATTIN	27.64		29.84	(57.48)							
11.	City of Peterborough B		Co Peterboro	4:01.95	539	28.75	1:00.92	1:28.69	2:00.71	2:29.39	3:02.85	3:31.01
	Ashley BINNS	28.75		32.17	(1.00.92)							
	Tom STOKES	27.77		32.02	(59.79)							
	Callum LAWSON	28.68		33.46	(1.02.14)							
	Andrew COATES	28.16		30.94	(59.10)							



ASA East Region 2008 Winter Short Course Championships

(Under ASA Laws, ASA Technical Rules)
A Level One Licensed Meet - N^o. ERX829



EVENT 514 Womens 400m Freestyle Team

Place	Name	A.G	Club	Time	GB Pts	50	100	150	200	250	300	350
1.	St Felix School		St Felix Sch	3:58.87	786	29.54	1:00.50	1:28.83	1:59.89	2:29.09	3:00.35	3:28.69
	Pascale REEVES	29.54		30.96	(1.00.50)							
	Sophie CHAMBERLAIN	28.33		31.06	(59.39)							
	Bryony CAMPBELL	29.20		31.26	(1.00.46)							
	Ellis JACKSON	28.34		30.18	(58.52)							
2.	teamipswich A		teamipswich	4:00.64	772	29.57	1:00.25	1:29.32	2:01.12	2:30.91	3:02.32	3:30.02
	Rebecca READER	29.57		30.68	(1.00.25)							
	Jasmine CROSS	29.07		31.80	(1.00.87)							
	Heather RODWELL	29.79		31.41	(1.01.20)							
	Rachel ANDVIG	27.70		30.62	(58.32)							
3.	UEA Co Norwich A		UEA Norwich	4:03.16	751	29.66	1:01.73	1:31.20	2:04.26	2:33.53	3:05.01	3:33.32
	Laura INGLESON	29.66		32.07	(1.01.73)							
	Poppy INGLESON	29.47		33.06	(1.02.53)							
	Holly BATEMAN	29.27		31.48	(1.00.75)							
	Anne BOCHMANN	28.31		29.84	(58.15)							
4.	Hatfield A		Hatfield	4:09.05	706	29.68	1:01.49	1:31.25	2:03.92	2:34.54	3:08.15	3:37.23
	Cara PURVIS	29.68		31.81	(1.01.49)							
	Hazel PICKFORD	29.76		32.67	(1.02.43)							
	Lydia SMITH	30.62		33.61	(1.04.23)							
	Natasha BROWN	29.08		31.82	(1.00.90)							
5.	City of Peterborough		Co Peterboro	4:10.43	695	29.95	1:01.41	1:32.11	2:05.70	2:35.83	3:08.72	3:38.28
	Georgina FREEMAN	29.95		31.46	(1.01.41)							
	Sophie SWEET	30.70		33.59	(1.04.29)							
	Emily COOK	30.13		32.89	(1.03.02)							
	Zara BAILEY	29.56		32.15	(1.01.71)							
6.	Mid Beds C		Mid Beds	4:10.99	691	30.54	1:03.38	1:33.10	2:05.61	2:34.79	3:06.74	3:36.92
	Yasmin BITHREY	30.54		32.84	(1.03.38)							
	Harriet BRETTE	29.72		32.51	(1.02.23)							
	Jessica KARP	29.18		31.95	(1.01.13)							
	Charlotte BLACKSLEY	30.18		34.07	(1.04.25)							
6.	UEA Co Norwich B		UEA Norwich	4:10.99	691	29.92	1:01.47	1:32.06	2:05.83	2:35.69	3:08.08	3:38.12
	Claire BARRON	29.92		31.55	(1.01.47)							
	Jenny THOMPSON	30.59		33.77	(1.04.36)							
	Bethany COGGINS	29.86		32.39	(1.02.25)							
	Becky WILLIMSOM	30.04		32.87	(1.02.91)							
8.	teamipswich B		teamipswich	4:11.09	691	30.25	1:02.11	1:31.85	2:04.53	2:34.75	3:07.20	3:38.61
	April HYAM	30.25		31.86	(1.02.11)							
	Ellen OXBROW	29.74		32.68	(1.02.42)							
	Rose CROSS	30.22		32.45	(1.02.67)							
	Gemma BARTLE	31.41		32.48	(1.03.89)							