



ASA East Region 2009 Winter Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

Licensed Meet - No. ERX927



EVENT 401 Womens 200m IM

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50	100	150
1.	Sophie CHAMBERLAIN	17	St Felix Sch		2:21.64	734	29.76	1:07.38	1:48.28
2.	Alice TENNANT	16	teamipswich		2:24.47	691	30.78	1:06.77	1:50.19
3.	Bethan BOTTOMLEY	14	West Suffolk		2:24.98	684	31.56	1:07.58	1:50.81
4.	Flora HANSON	15	Hatfield		2:25.58	676	33.25	1:08.46	1:51.94
5.	Alexandra HARRISON	15	St Felix Sch		2:26.32	665	30.16	1:07.43	1:50.34
6.	Chloe DAVIS	15	Runnymede		2:27.14	654	31.02	1:06.95	1:52.34
7.	Charlotte HICKS	13	St Felix Sch		2:27.58	648	32.73	1:10.44	1:53.48
8.	Fenella FOSKETT	17	Deben		2:28.81	633	33.49	1:12.49	1:55.84
9.	Carolyn ASTBURY	17	Watford		2:29.33	626	32.95	1:10.41	1:55.28
10.	Zara BAILEY	13	Co Peterboro		2:29.86	619	32.91	1:10.87	1:55.23
11.	Grace LEE	14	Bishop Stort		2:29.91	619	33.33	1:11.12	1:56.62
12.	Poppy INGLES	14	UEA Norwich		2:31.04	605	32.63	1:10.48	1:56.99
13.	Marcella ARIS	14	UEA Norwich		2:31.60	598	33.90	1:11.51	1:57.66
14.	Charlotte OVENDEN	15	Modernians		2:32.12	592	33.51	1:12.01	1:56.96
15.	Isobel PAGE	12	UEA Norwich		2:33.66	575	34.82	1:13.94	2:00.31
16.	Katie TAVENER	15	Mid Beds		2:34.10	570	33.59	1:12.22	1:58.55
17.	Emily PRIOR	18	Deben		2:34.11	569	33.93	1:13.06	1:58.66
18.	Christie BAYS	13	Hatfield		2:34.44	566	34.03	1:15.56	1:58.30
19.	Laura ADAMS	15	UEA Norwich		2:34.65	564	34.27	1:13.38	1:59.70
20.	Shannon HARROLD	18	Thurrock		2:34.72	563	34.49	1:14.78	1:59.78
21.	Kimberley ANASTASIOU	14	UEA Norwich		2:35.31	556	35.01	1:12.52	1:59.28
22.	Charlotte DELICATA	17	Thurrock		2:35.43	555	35.20	1:13.73	1:59.18
23.	Emily RIDOUT	16	Hatfield		2:36.68	542	34.96	1:15.62	2:02.06
24.	Molly NORMAN	13	Co Peterboro		2:36.70	542	34.74	1:14.33	2:00.80
25.	Charlotte REID	14	Hatfield		2:36.72	542	34.52	1:13.97	1:59.28
26.	Eleanor PIRRIE	12	Runnymede		2:37.45	534	33.86	1:14.45	2:01.06
27.	Bethany FREEMAN	13	Co Peterboro		2:38.10	527	35.18	1:13.44	2:01.98
28.	Jessica JACKSON	12	Mid Beds		2:39.26	516	34.18	1:15.08	2:03.89
29.	Zoe SMITH	18	Luton		2:42.06	490	35.71	1:16.97	2:03.81
30.	Sophie THRUSSELL	16	Mid Beds		2:42.23	488	34.62	1:16.41	2:04.08
31.	Lauren HOBBS	14	Luton	13	2:45.63	459	38.13	1:19.45	2:07.82
32.	Lauren SMITH	16	Epping Fort	9	2:53.71	398	39.72	1:23.88	2:14.73
33.	Claire WARNE	16	Flitwick	6	3:50.72	170	53.33	1:45.81	2:58.17
	Hannah WRIGHT	13	West Suffolk		10DQ SL-1L				

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50	100	150
1.	Lauren SMITH	16	Epping Fort	9	2:53.71	755	39.72	1:23.88	2:14.73
2.	Lauren HOBBS	14	Luton	13	2:45.63	715	38.13	1:19.45	2:07.82
3.	Claire WARNE	16	Flitwick	6	3:50.72	638	53.33	1:45.81	2:58.17
	Hannah WRIGHT	13	West Suffolk		10DQ SL-1L				

EVENT 402 Mens 200m IM

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50	100	150
1.	John SARGENT	23	Co Cambridge		2:11.21	641	28.06	59.63	1:38.92
2.	David GODRIDGE	16	Watford		2:11.47	637	27.89	1:02.75	1:40.43
3.	Liam KNIGHT	15	Co Peterboro		2:13.62	607	28.54	1:01.94	1:41.76
4.	Lewis COLEMAN	17	teamipswich		2:14.34	597	27.15	1:01.15	1:40.39
5.	Nicholas THOMPSON	17	UEA Norwich		2:14.99	589	28.52	1:02.46	1:41.26
6.	Thomas HOLLINGSWORTH	21	UEA Norwich		2:15.04	588	27.57	1:01.35	1:41.20
7.	Ricky JONES	15	Watford		2:15.86	578	28.82	1:04.77	1:45.17
8.	Caleb HUGHES	13	Mid Beds		2:16.32	572	30.47	1:04.63	1:44.86
9.	Richard JEFFERIES	14	Co Cambridge		2:16.55	569	29.01	1:04.27	1:45.63
10.	Thomas ROOTSEY	19	Co Cambridge		2:16.95	564	29.46	1:03.93	1:46.16
11.	Conor HARROLD	16	Thurrock		2:17.00	563	29.50	1:03.84	1:44.89
12.	Nathan HENDERSON	17	Lstof & OB		2:18.07	550	29.56	1:05.75	1:45.05
13.	Lawrence PALMER	16	Luton		2:18.35	547	29.95	1:07.10	1:45.74
14.	William BLACKABY	16	Stowmarket		2:19.34	535	28.93	1:03.22	1:47.14
15.	Luke WESTWOOD	19	Co Cambridge		2:19.41	535	30.30	1:07.56	1:46.22
16.	Daniel SMITH	16	Lstof & OB		2:19.46	534	28.69	1:02.72	1:45.95
17.	Aydin BERKI	16	St Felix Sch		2:19.52	533	30.50	1:09.33	1:48.55
18.	Jack SPENCE	14	Watford		2:19.64	532	30.11	1:05.85	1:48.52
19.	Alex MURRAY	16	West Norfolk		2:20.84	518	30.21	1:05.36	1:49.22
20.	Christian STOKES	16	St Neot Swan		2:21.00	517	29.88	1:07.08	1:49.28
21.	Lewis HUGHES	15	UEA Norwich		2:21.23	514	30.62	1:06.34	1:49.70
22.	Luke WALSH	16	UEA Norwich		2:21.26	514	30.13	1:06.50	1:48.95
23.	James MITCHELL	16	Thurrock		2:21.71	509	30.12	1:08.23	1:49.16
24.	Miles GARNER	15	UEA Norwich		2:21.95	506	30.48	1:07.10	1:49.76
25.	Charlie HAYES	15	Thurrock		2:22.16	504	31.73	1:07.86	1:49.12
26.	Matthew DAVIES	18	UEA Norwich		2:24.04	485	30.73	1:05.14	1:48.20
27.	Mark COLLINS	16	West Norfolk		2:24.91	476	29.86	1:07.48	1:49.37
28.	Thomas STOKES	16	Co Peterboro		2:25.28	472	30.88	1:07.96	1:50.24
29.	Alasdair KERR	16	Mid Beds		2:32.30	410	30.18	1:07.28	1:48.93
30.	Jack COPPING	16	Colchester P	10	2:53.09	279	37.58	1:19.56	2:15.97
31.	Thomas HEMPENSTALL	18	Colchester P	14	2:59.85	249	41.27	1:25.97	2:19.87
32.	Tom COLE	20	West Suffolk	14	3:13.50	200	44.04	1:33.83	2:28.74

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50	100	150
1.	Thomas HEMPENSTALL	18	Colchester P	14	2:59.85	475	41.27	1:25.97	2:19.87
2.	Jack COPPING	16	Colchester P	10	2:53.09	466	37.58	1:19.56	2:15.97
3.	Tom COLE	20	West Suffolk	14	3:13.50	381	44.04	1:33.83	2:28.74



ASA East Region 2009 Winter Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

Licensed Meet - No. ERX927



EVENT 403 Womens 50m Backstroke

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt
1.	Sophie DRAKE	16	Canvey Isl		30.12	693
2.	Sophie SWEET	16	Co Peterboro		30.16	690
3.	Lucy CHARLES	16	Hoddesdon		30.96	638
4.	Emily BOTTLE	20	Co Cambridge		31.85	586
5.	Keely EMPSON	13	West Norfolk		32.07	574
6.	Hazel PICKFORD	16	Hatfield		32.11	572
7.	Emily COOK	15	Co Peterboro		32.24	565
8.	Grace LEE	14	Bishop Stort		32.28	563
9.	Robyn BALL	17	St Felix Sch		32.29	562
10.	Brogan PLUMMER	15	Hatfield		32.35	559
11.	Sophie GREEN	13	West Norfolk		32.36	559
12.	Charlotte BLACKSLEY	15	Mid Beds		32.41	556
13.	Georgie SMITH	16	Harpenden		32.45	554
14.	Chloe DAVIS	15	Runnymede		32.47	553
15.	Alice HEWSON	12	Berkhamsted		32.56	548
15.	Whitney BUCKLER	16	Lstof & OB		32.56	548
17.	Laura HEALEY	20	Lstof & OB		32.59	547
18.	Sian LOCKETT	13	Hatfield		32.65	544
19.	Charlotte REID	14	Hatfield		32.66	543
20.	Gemma SARGENT	16	St Ives		32.70	541
21.	Bryony ROWSEL	16	Co Cambridge		32.74	539
22.	Gemma BARTLE	13	teamipswich		32.91	531
23.	Emily RIDOUT	16	Hatfield		32.93	530
24.	Katie RUMSEY	12	St Felix Sch		33.20	517
25.	Emily HAWES	18	Lstof & OB		33.26	514
26.	India HAMMOND	13	Hatfield		33.29	513
27.	Alison BINNS	13	Watford		33.35	510
28.	Evangeline TAYLOR	13	teamipswich		33.37	509
29.	Kimberley ANASTASIOU	14	UEA Norwich		33.39	508
30.	Charlotte HARRISON	14	Co Peterboro		33.45	506
31.	Emily PRIOR	18	Deben		33.48	504
32.	Elizabeth WINTER	14	Co Cambridge		33.67	496
33.	Tamara RICHARDS	16	Huntingdon		33.80	490
34.	Bethany FREEMAN	13	Co Peterboro		33.97	483
35.	Natasha PIKE	14	Leighton Buz		34.11	477
36.	Eleanor NEWELL	16	West Norfolk		34.17	474
37.	Hannah SARGENT	19	St Ives		34.35	467
38.	Lauren HOBBS	14	Luton	13	35.41	426
39.	Lauren SMITH	16	Epping For't	9	38.20	340
	Jodie FLEMING	15	Colchester P	6	DNC	

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints
1.	Lauren HOBBS	14	Luton	13	35.41	879
2.	Lauren SMITH	16	Epping For't	9	38.20	730
	Jodie FLEMING	15	Colchester P	6	DNC	

EVENT 404 Mens 50m Backstroke

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt
1.	John SARGENT	23	Co Cambridge		27.07	628
2.	Charles WALKER	19	Co Peterboro		27.60	592
3.	James SUTHERLAND	17	Hatfield		27.87	575
4.	Alexander BAKER	16	Hatfield		27.90	573
4.	Ashley BUCK	29	Sudbury		27.90	573
6.	Ryan SEARLES	16	Hatfield		28.07	563
7.	Samuel MUNRO	16	St Felix Sch		28.18	557
8.	Elliot COOK	15	teamipswich		28.31	549
9.	Alexander RUST	19	Hatfield		28.39	544
10.	Samuel BRIGGS	16	Modernians		28.56	535
11.	Mark LEAMON	22	UEA Norwich		28.82	520
12.	William BLACKABY	16	Stowmarket		29.04	509
13.	Andrew WEATHERITT	18	St Ives		29.28	496
14.	Morgan PUGH	16	Harpenden		29.41	490
15.	Tim RIVIERE	16	Co Cambridge		29.45	488
16.	Oliver WILBY	18	UEA Norwich		29.50	485
17.	Caleb HUGHES	13	Mid Beds		29.69	476
18.	Callum McCOLGAN	16	Lstof & OB		30.16	454
19.	Michael MACKRELL	18	St Ives		30.25	450
20.	David CARLINE	16	Modernians		30.45	441
21.	Liam OSBORNE	17	Diss Otters		30.64	433
22.	Daniel McAULIFFE	15	Hatfield		30.68	431
23.	Roger MALLETT	21	Mid Beds		30.72	430
24.	William NICHOLLS	17	St Neot Swan		30.75	428
25.	Joseph FREEZER	24	Stowmarket		31.23	409
26.	Mark CHARD	13	Lstof & OB	14	35.86	270
27.	Jack COPPING	16	Colchester P	10	36.71	252
28.	Thomas HEMPENSTALL	18	Colchester P	14	38.65	216

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints
1.	Mark CHARD	13	Lstof & OB	14	35.86	591
2.	Thomas HEMPENSTALL	18	Colchester P	14	38.65	472
3.	Jack COPPING	16	Colchester P	10	36.71	456



ASA East Region 2009 Winter Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

Licensed Meet - No. ERX927



EVENT 405 Womens 100m Butterfly

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Bryony CAMPBELL	15	St Felix Sch		1:03.09	711	29.52
2.	Katie AMBRIDGE	19	Hatfield		1:04.42	668	30.76
3.	Alexandra HARRISON	15	St Felix Sch		1:04.90	654	30.31
4.	Alice TENNANT	16	teamipswich		1:06.14	617	31.15
5.	Chloe DAVIS	15	Runnymede		1:07.46	582	32.91
6.	Holly BATEMAN	14	UEA Norwich		1:08.04	567	32.37
7.	Charlotte HICKS	13	St Felix Sch		1:08.58	554	32.80
8.	Ellen OXBROW	14	teamipswich		1:08.91	546	32.02
9.	Carolyn ASTBURY	17	Watford		1:09.54	531	32.78
10.	Lydia SMITH	15	Hatfield		1:09.72	527	32.62
11.	Zara BAILEY	13	Co Peterboro		1:09.83	525	33.04
12.	Fenella FOSKETT	17	Deben		1:09.95	522	33.45
13.	Eleanor PIRRIE	12	Runnymede		1:10.49	510	33.60
14.	Charlotte DAVIS	17	Runnymede		1:10.88	502	33.35
15.	Charlotte BEGG	15	Co Cambridge		1:11.01	499	33.72
16.	Alice HEWSON	12	Berkhamsted		1:11.10	497	33.06
17.	Charlotte OVENDEN	15	Modernians		1:11.17	496	33.37
18.	Molly EPSLY	16	Thurrock		1:11.38	491	33.68
19.	Louise KING	18	Mid Beds		1:11.64	486	32.81
20.	Emily PRIOR	18	Deben		1:13.33	453	34.16
21.	Abby SMITH	13	Harpenden		1:13.40	452	34.37
22.	Tamara RICHARDS	16	Huntingdon		1:13.70	446	34.00
23.	Megan BRETT	13	Berkhamsted		1:13.96	442	34.00
24.	Sophie THRUSSELL	16	Mid Beds		1:14.29	436	34.67
25.	Gemma SIMPSON	17	Co Peterboro		1:15.52	415	34.15
26.	Stephanie BIRD	21	Lstof & OB	14	1:17.25	388	34.75

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Stephanie BIRD	21	Lstof & OB	14	1:17.25	727	34.75

EVENT 406 Mens 100m Butterfly

Full Results

Place	Name	AaD	Club	Cat.	Time	FINA Pt	50
1.	Jack HOLLIS	15	teamipswich		58.89	605	27.49
2.	James ALLCHORNE	20	Hatfield		58.96	603	27.68
3.	Lewis COLEMAN	17	teamipswich		59.04	600	27.76
4.	Thomas WILLIAMS	24	Sudbury		59.50	587	27.37
5.	Edward ALLCHORNE	15	Hatfield		59.57	585	27.92
6.	Sam MUNKLEY	18	Hatfield		59.63	583	27.55
7.	Alexander RUST	19	Hatfield		59.71	581	27.30
7.	Jonathan POOK	21	Hatfield		59.71	581	27.51
9.	Jason DANIELS	17	Thurrock		59.82	577	28.10
10.	Troy LYNCH	18	teamipswich		1:00.11	569	27.69
11.	Kouji URATA	19	Hatfield		1:00.16	568	28.17
12.	Adam INGLEDEW	16	Hatfield		1:00.28	564	28.06
13.	William BLACKABY	16	Stowmarket		1:00.34	563	27.92
13.	Justin LANGFORD	19	Hatfield		1:00.34	563	28.30
15.	David KELLEWAY	16	Bishop Stort		1:00.53	557	27.81
16.	Kevin PICKARD	21	Hatfield		1:00.59	556	27.87
17.	Ricky JONES	15	Watford		1:00.75	551	28.62
18.	Liam KNIGHT	15	Co Peterboro		1:00.87	548	28.39
19.	David GODDRIDGE	16	Watford		1:01.04	543	28.30
20.	Paul O'DOHERTY	17	Hoddesdon		1:01.39	534	28.48
21.	Daniel SMITH	16	Lstof & OB		1:01.42	533	28.66
22.	Alexander DELICATA	15	Thurrock		1:01.56	530	28.50
23.	Mark LEAMON	22	UEA Norwich		1:01.95	520	28.59
24.	Matthew WOOLDRIDGE	18	UEA Norwich		1:02.44	508	28.79
25.	Andrew CORLEY	19	Co Cambridge		1:02.58	504	29.57
26.	Jack BARTLETT	14	St Felix Sch		1:03.51	482	29.51
27.	Luke WALSH	16	UEA Norwich		1:03.69	478	29.87
28.	Samuel BRIGGS	16	Modernians		1:03.72	478	29.31
29.	Ian DAVIES	29	Flitwick		1:03.79	476	29.90
30.	Joseph FREEZER	24	Stowmarket		1:03.87	474	29.05
30.	Andrew WEATHERITT	18	St Ives		1:03.87	474	28.49
32.	Thomas ROOTSEY	19	Co Cambridge		1:04.30	465	29.48
33.	Sean COLLIER	16	West Suffolk		1:04.59	459	29.81
34.	Aaron TINDALL	22	St Ives		1:04.60	458	29.46
35.	Robert WHIGHT	16	Deben		1:05.04	449	30.16
36.	Jay MUNKLEY	15	Hatfield		1:05.06	449	29.78
37.	Mark THOMPSON	20	Chatteris		1:05.95	431	31.03
38.	David CARLINE	16	Modernians		1:06.02	429	30.33
39.	Caleb HUGHES	13	Mid Beds		1:06.52	420	31.36
40.	Morgan PUGH	16	Harpenden		1:07.95	394	30.65
41.	Tom COLE	20	West Suffolk	14	1:42.06	116	43.67

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	BDPoints	50
1.	Tom COLE	20	West Suffolk	14	1:42.06	228	43.67



ASA East Region 2009 Winter Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

Licensed Meet - No. ERX927



EVENT 407 Mens/Womens 800m Freestyle

MENS - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Sean LEAHY	19	Hatfield	8:20.07	760				
	50m 28.46	100m 59.76	150m 1:31.41	200m 2:02.72	250m 2:34.18	300m 3:05.43	350m 3:37.23	400m 4:08.80	
	450m 4:39.87	500m 5:11.42	550m 5:43.43	600m 6:15.15	650m 6:46.07	700m 7:17.63	750m 7:49.75	800m 8:20.07	
2.	Lawrence LOWMAN	20	Hatfield	8:24.05	742				
	50m 28.91	100m 1:00.29	150m 1:31.82	200m 2:03.53	250m 2:35.13	300m 3:06.86	350m 3:38.84	400m 4:10.66	
	450m 4:42.73	500m 5:14.55	550m 5:46.91	600m 6:18.99	650m 6:50.83	700m 7:22.56	750m 7:54.42	800m 8:24.05	
3.	Samuel HEARD	20	UEA Norwich	8:24.06	742				
	50m 28.40	100m 59.50	150m 1:31.08	200m 2:02.92	250m 2:34.96	300m 3:07.16	350m 3:39.21	400m 4:11.31	
	450m 4:42.82	500m 5:15.14	550m 5:47.45	600m 6:19.68	650m 6:51.84	700m 7:23.69	750m 7:54.71	800m 8:24.06	
4.	Aydin BERKI	16	St Felix Sch	8:27.08	729				
	50m 28.34	100m 59.27	150m 1:30.87	200m 2:02.21	250m 2:34.07	300m 3:05.67	350m 3:37.49	400m 4:09.55	
	450m 4:41.78	500m 5:13.87	550m 5:46.34	600m 6:18.82	650m 6:51.32	700m 7:23.99	750m 7:56.36	800m 8:27.08	
5.	Lewis KING	19	Hatfield	8:32.27	707				
	50m 28.93	100m 1:00.35	150m 1:32.11	200m 2:03.77	250m 2:35.37	300m 3:07.57	350m 3:39.95	400m 4:12.37	
	450m 4:44.29	500m 5:16.90	550m 5:49.67	600m 6:22.36	650m 6:55.29	700m 7:27.99	750m 8:01.08	800m 8:32.27	
6.	Miles GARNER	15	UEA Norwich	8:47.72	646				
	50m 29.58	100m 1:01.85	150m 1:35.10	200m 2:08.27	250m 2:42.01	300m 3:15.44	350m 3:48.89	400m 4:22.10	
	450m 4:54.96	500m 5:28.30	550m 6:01.60	600m 6:35.13	650m 7:08.77	700m 7:41.88	750m 8:15.26	800m 8:47.72	
7.	Chris TITTERINGTON	18	West Suffolk	8:48.52	643				
	50m 30.29	100m 1:03.27	150m 1:36.11	200m 2:09.72	250m 2:43.00	300m 3:16.38	350m 3:49.79	400m 4:22.93	
	450m 4:55.86	500m 5:28.99	550m 6:02.38	600m 6:35.98	650m 7:09.27	700m 7:42.76	750m 8:16.26	800m 8:48.52	
8.	James McGRAIL	15	Hatfield	8:48.99	642				
	50m 30.15	100m 1:02.93	150m 1:35.87	200m 2:08.97	250m 2:42.02	300m 3:15.40	350m 3:48.54	400m 4:22.09	
	450m 4:55.40	500m 5:28.62	550m 6:01.76	600m 6:35.03	650m 7:08.47	700m 7:42.32	750m 8:16.31	800m 8:48.99	
9.	Lewis HUGHES	15	UEA Norwich	8:49.07	641				
	50m 28.78	100m 1:00.67	150m 1:33.73	200m 2:07.01	250m 2:40.70	300m 3:14.36	350m 3:47.90	400m 4:21.53	
	450m 4:54.98	500m 5:28.74	550m 6:02.38	600m 6:36.27	650m 7:09.64	700m 7:42.86	750m 8:16.16	800m 8:49.07	
10.	James MITCHELL	16	Thurrock	8:52.07	631				
	50m 30.60	100m 1:03.49	150m 1:36.50	200m 2:09.94	250m 2:43.05	300m 3:16.61	350m 3:50.05	400m 4:23.36	
	450m 4:56.54	500m 5:30.20	550m 6:04.14	600m 6:37.88	650m 7:11.35	700m 7:45.34	750m 8:18.80	800m 8:52.07	
11.	Lewis FARMER	15	Lstof & OB	9:03.17	593				
	50m 29.79	100m 1:02.50	150m 1:35.81	200m 2:09.33	250m 2:43.01	300m 3:16.84	350m 3:50.55	400m 4:24.91	
	450m 4:59.09	500m 5:34.00	550m 6:09.05	600m 6:43.70	650m 7:18.67	700m 7:54.16	750m 8:28.93	800m 9:03.17	
12.	Jordan PURDY	14	St Felix Sch	9:03.45	592				
	50m 29.48	100m 1:01.71	150m 1:35.14	200m 2:09.27	250m 2:43.60	300m 3:18.09	350m 3:52.70	400m 4:27.22	
	450m 5:01.82	500m 5:36.19	550m 6:10.70	600m 6:45.42	650m 7:20.49	700m 7:55.70	750m 8:31.04	800m 9:03.45	
13.	Danny PROFFITT	15	West Suffolk	9:04.10	590				
	50m 29.46	100m 1:02.47	150m 1:35.90	200m 2:09.83	250m 2:43.58	300m 3:17.99	350m 3:52.82	400m 4:27.29	
	450m 5:02.02	500m 5:35.90	550m 6:10.61	600m 6:45.62	650m 7:20.74	700m 7:56.20	750m 8:31.09	800m 9:04.10	
14.	Charlie HAYES	15	Thurrock	9:05.09	586				
	50m 31.43	100m 1:05.09	150m 1:39.33	200m 2:13.66	250m 2:47.49	300m 3:21.37	350m 3:55.75	400m 4:30.26	
	450m 5:04.66	500m 5:38.94	550m 6:13.79	600m 6:48.11	650m 7:22.83	700m 7:57.10	750m 8:31.42	800m 9:05.09	
15.	Josh FARRELL	16	Hatfield	9:06.96	580				
	50m 29.90	100m 1:02.77	150m 1:36.53	200m 2:10.58	250m 2:44.82	300m 3:19.31	350m 3:54.48	400m 4:29.27	
	450m 5:04.11	500m 5:39.22	550m 6:14.12	600m 6:48.98	650m 7:24.17	700m 7:59.26	750m 8:34.06	800m 9:06.96	
16.	Carl HALFORD	16	Flitwick	9:11.66	566				
	50m 31.49	100m 1:05.71	150m 1:40.37	200m 2:15.27	250m 2:50.04	300m 3:24.81	350m 4:00.00	400m 4:34.93	
	450m 5:09.53	500m 5:44.40	550m 6:19.20	600m 6:53.98	650m 7:28.62	700m 8:03.43	750m 8:38.36	800m 9:11.66	
17.	Sean COLLIER	16	West Suffolk	9:14.63	557				
	50m 30.01	100m 1:03.11	150m 1:37.16	200m 2:11.60	250m 2:46.62	300m 3:21.72	350m 3:56.76	400m 4:31.87	
	450m 5:07.23	500m 5:42.74	550m 6:18.63	600m 6:54.41	650m 7:29.62	700m 8:05.23	750m 8:40.55	800m 9:14.63	
18.	Matthew BRIGHAM	13	Co Peterboro	9:22.92	533				
	50m 31.86	100m 1:06.38	150m 1:41.51	200m 2:16.55	250m 2:52.01	300m 3:27.60	350m 4:03.04	400m 4:38.54	
	450m 5:13.96	500m 5:49.57	550m 6:25.12	600m 7:00.59	650m 7:36.46	700m 8:12.04	750m 8:47.70	800m 9:22.92	
19.	Andrew KIMPTON	17	West Suffolk	9:27.24	520				
	50m 31.93	100m 1:06.44	150m 1:41.83	200m 2:17.61	250m 2:53.35	300m 3:29.30	350m 4:04.91	400m 4:40.33	
	450m 5:16.13	500m 5:52.20	550m 6:28.27	600m 7:04.59	650m 7:40.60	700m 8:16.64	750m 8:52.84	800m 9:27.24	
	Jack SPENCE	14	Watford	DNF					



ASA East Region 2009 Winter Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

Licensed Meet - No. ERX927



WOMENS - Full Results

Place	Name	AaD	Club	Time	FINA Pt	300m	350m	400m
1.	Lucy CHARLES	16	Hoddesdon	8:58.81	749	3:16.81	3:51.06	4:25.61
	50m 29.58	100m 1:01.73	150m 1:34.72	200m 2:08.23	250m 2:42.46	300m 3:16.81	350m 3:51.06	400m 4:25.61
	450m 5:00.15	500m 5:34.79	550m 6:09.25	600m 6:43.74	650m 7:18.01	700m 7:52.27	750m 8:26.79	800m 8:58.81
2.	Harriet BRETTL	17	Mid Beds	8:59.28	747	3:18.20	3:52.17	4:26.71
	50m 30.38	100m 1:03.27	150m 1:36.79	200m 2:10.67	250m 2:44.31	300m 3:18.20	350m 3:52.17	400m 4:26.71
	450m 5:00.95	500m 5:35.40	550m 6:09.84	600m 6:44.36	650m 7:18.89	700m 7:52.83	750m 8:27.42	800m 8:59.28
3.	Yasmin BITHREY	15	Mid Beds	9:05.57	721	3:19.75	3:54.84	4:29.52
	50m 30.26	100m 1:03.46	150m 1:36.93	200m 2:11.08	250m 2:45.28	300m 3:19.75	350m 3:54.84	400m 4:29.52
	450m 5:04.13	500m 5:38.71	550m 6:13.32	600m 6:48.18	650m 7:22.82	700m 7:57.94	750m 8:32.64	800m 9:05.57
4.	Marcella ARIS	14	UEA Norwich	9:13.31	691	3:24.79	3:59.81	4:34.85
	50m 31.32	100m 1:05.74	150m 1:40.30	200m 2:14.65	250m 2:49.51	300m 3:24.79	350m 3:59.81	400m 4:34.85
	450m 5:10.23	500m 5:44.93	550m 6:20.08	600m 6:54.82	650m 7:29.52	700m 8:04.73	750m 8:39.18	800m 9:13.31
5.	Alice MARCHANT	16	Mid Beds	9:13.49	691	3:27.25	4:02.14	4:37.10
	50m 31.65	100m 1:05.63	150m 1:40.79	200m 2:16.23	250m 2:51.73	300m 3:27.25	350m 4:02.14	400m 4:37.10
	450m 5:12.13	500m 5:46.74	550m 6:21.76	600m 6:56.46	650m 7:31.01	700m 8:06.05	750m 8:40.61	800m 9:13.49
6.	Laura ADAMS	15	UEA Norwich	9:25.67	647	3:31.12	4:06.80	4:42.42
	50m 32.85	100m 1:08.79	150m 1:44.53	200m 2:20.01	250m 2:55.65	300m 3:31.12	350m 4:06.80	400m 4:42.42
	450m 5:18.19	500m 5:53.68	550m 6:29.32	600m 7:05.20	650m 7:40.57	700m 8:16.10	750m 8:51.52	800m 9:25.67
7.	Nina WISEMAN	16	Braintree	9:29.20	635	3:30.17	4:05.98	4:42.13
	50m 32.01	100m 1:07.01	150m 1:42.67	200m 2:18.42	250m 2:54.22	300m 3:30.17	350m 4:05.98	400m 4:42.13
	450m 5:18.16	500m 5:54.50	550m 6:30.44	600m 7:06.68	650m 7:42.65	700m 8:18.89	750m 8:54.91	800m 9:29.20
8.	Poppy INGLES	14	UEA Norwich	9:30.08	632	3:31.81	4:07.81	4:43.72
	50m 32.78	100m 1:08.61	150m 1:44.33	200m 2:19.97	250m 2:55.90	300m 3:31.81	350m 4:07.81	400m 4:43.72
	450m 5:19.52	500m 5:55.87	550m 6:32.12	600m 7:07.95	650m 7:44.20	700m 8:20.35	750m 8:56.04	800m 9:30.08
9.	Ellen WILLIAMS	14	Co Peterboro	9:36.65	611	3:30.58	4:07.21	4:43.32
	50m 32.19	100m 1:07.09	150m 1:42.71	200m 2:18.56	250m 2:54.51	300m 3:30.58	350m 4:07.21	400m 4:43.32
	450m 5:19.82	500m 5:56.71	550m 6:33.72	600m 7:10.55	650m 7:47.13	700m 8:24.29	750m 9:01.13	800m 9:36.65
10.	Kimberley ANASTASIOU	14	UEA Norwich	9:37.93	607	3:34.16	4:10.71	4:47.16
	50m 33.76	100m 1:10.07	150m 1:46.04	200m 2:21.80	250m 2:57.82	300m 3:34.16	350m 4:10.71	400m 4:47.16
	450m 5:23.50	500m 5:59.93	550m 6:36.42	600m 7:12.99	650m 7:49.64	700m 8:26.19	750m 9:02.66	800m 9:37.93
11.	Holly BATEMAN	14	UEA Norwich	9:39.74	601	3:33.94	4:10.77	4:47.70
	50m 32.66	100m 1:08.70	150m 1:44.91	200m 2:21.28	250m 2:57.57	300m 3:33.94	350m 4:10.77	400m 4:47.70
	450m 5:24.70	500m 6:02.15	550m 6:39.91	600m 7:17.71	650m 7:54.32	700m 8:30.59	750m 9:05.93	800m 9:39.74
12.	Chloe DAVIS	15	Runnymede	9:46.21	581	3:34.46	4:11.65	4:48.74
	50m 32.34	100m 1:07.53	150m 1:44.09	200m 2:20.65	250m 2:57.64	300m 3:34.46	350m 4:11.65	400m 4:48.74
	450m 5:25.90	500m 6:02.93	550m 6:40.12	600m 7:17.47	650m 7:55.18	700m 8:32.60	750m 9:09.62	800m 9:46.21
13.	Lucy GREGORY	15	Leighton Buz	9:48.83	574	3:38.65	4:16.23	4:53.30
	50m 33.00	100m 1:09.19	150m 1:46.25	200m 2:23.31	250m 3:00.84	300m 3:38.65	350m 4:16.23	400m 4:53.30
	450m 5:30.36	500m 6:07.99	550m 6:45.38	600m 7:22.85	650m 8:00.57	700m 8:37.77	750m 9:14.31	800m 9:48.83
14.	Amy STEWART	15	Watford	9:59.00	545	3:41.52	4:19.30	4:57.33
	50m 33.21	100m 1:10.07	150m 1:47.79	200m 2:25.89	250m 3:03.65	300m 3:41.52	350m 4:19.30	400m 4:57.33
	450m 5:34.61	500m 6:12.03	550m 6:49.94	600m 7:27.81	650m 8:05.82	700m 8:44.25	750m 9:22.45	800m 9:59.00
15.	Isabel FAULKNER	14	UEA Norwich	10:00.79	540	3:41.28	4:18.96	4:56.01
	50m 34.13	100m 1:11.08	150m 1:48.01	200m 2:25.16	250m 3:03.10	300m 3:41.28	350m 4:18.96	400m 4:56.01
	450m 5:33.93	500m 6:12.03	550m 6:50.17	600m 7:28.38	650m 8:06.88	700m 8:44.97	750m 9:23.30	800m 10:00.79

EVENT 408 FINAL OF EVENT 401 Womens 200m IM

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Sophie CHAMBERLAIN	17	St Felix Sch	2:19.31	771	29.71	1:06.56	1:47.11
2.	Alexandra HARRISON	15	St Felix Sch	2:23.10	711	31.18	1:07.89	1:49.13
3.	Alice TENNANT	16	teamipswich	2:24.26	694	30.91	1:08.86	1:50.87
4.	Bethan BOTTOMLEY	14	West Suffolk	2:25.14	682	31.26	1:08.21	1:51.27
5.	Flora HANSON	15	Hatfield	2:25.25	680	33.02	1:08.69	1:52.48
6.	Fenella FOSKETT	17	Deben	2:27.27	653	33.22	1:12.95	1:54.16
7.	Charlotte HICKS	13	St Felix Sch	2:27.95	644	32.83	1:09.95	1:54.04
8.	Chloe DAVIS	15	Runnymede	2:32.84	584	32.52	1:10.46	1:56.95

EVENT 409 FINAL OF EVENT 402 Mens 200m IM

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Lewis COLEMAN	17	teamipswich	2:02.82	782	26.55	58.55	1:33.68
2.	John SARGENT	23	Co Cambridge	2:07.22	703	26.62	57.29	1:35.75
3.	David GODRIDGE	16	Watford	2:08.34	685	27.77	1:01.36	1:39.03
4.	Nicholas THOMPSON	17	UEA Norwich	2:09.05	674	29.04	1:02.46	1:39.34
5.	Thomas HOLLINGSWORTH	21	UEA Norwich	2:11.79	633	26.87	59.84	1:38.72
6.	Liam KNIGHT	15	Co Peterboro	2:12.96	616	28.52	1:01.64	1:41.72
7.	Ricky JONES	15	Watford	2:15.94	577	29.49	1:05.29	1:44.89
8.	Caleb HUGHES	13	Mid Beds	2:16.72	567	31.73	1:05.29	1:45.30

EVENT 410 B FINAL OF EVENT 403 Womens 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Robyn BALL	17	St Felix Sch	32.13	571
2.	Charlotte BLACKSLEY	15	Mid Beds	32.18	568
3.	Alice HEWSON	12	Berkhamsted	32.24	565
4.	Sophie GREEN	13	West Norfolk	32.33	560
5.	Brogan PLUMMER	15	Hatfield	32.49	552
6.	Whitney BUCKLER	16	Lstoft & OB	32.51	551
7.	Georgie SMITH	16	Harpden	32.85	534
8.	Chloe DAVIS	15	Runnymede	32.92	531



ASA East Region 2009 Winter Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

Licensed Meet - No. ERX927



EVENT 411 FINAL OF EVENT 403 Womens 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Sophie DRAKE	16	Canvey Isl	29.99	702
2.	Sophie SWEET	16	Co Peterboro	30.40	674
3.	Lucy CHARLES	16	Hoddesdon	30.95	638
4.	Emily COOK	15	Co Peterboro	32.05	575
5.	Hazel PICKFORD	16	Hatfield	32.08	573
6.	Emily BOTTLE	20	Co Cambridge	32.12	571
7.	Grace LEE	14	Bishop Stort	32.13	571
8.	Keely EMPSON	13	West Norfolk	32.15	570

EVENT 412 B FINAL OF EVENT 404 Mens 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Alexander RUST	19	Hatfield	27.16	622
2.	Samuel BRIGGS	16	Modernians	28.20	555
3.	Mark LEAMON	22	UEA Norwich	28.63	531
4.	Oliver WILBY	18	UEA Norwich	28.99	511
5.	Morgan PUGH	16	Harpenden	29.19	501
6.	Caleb HUGHES	13	Mid Beds	29.48	486
7.	Andrew WEATHERITT	18	St Ives	29.67	477
7.	Tim RIVIERE	16	Co Cambridge	29.67	477

EVENT 413 FINAL OF EVENT 404 Mens 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	James SUTHERLAND	17	Hatfield	25.97	711
2.	Charles WALKER	19	Co Peterboro	26.46	672
3.	John SARGENT	23	Co Cambridge	26.80	647
4.	Alexander BAKER	16	Hatfield	26.98	634
5.	Ashley BUCK	29	Sudbury	27.79	580
6.	Elliott COOK	15	teamipswich	27.96	570
7.	Samuel MUNRO	16	St Felix Sch	28.07	563
8.	Ryan SEARLES	16	Hatfield	28.37	545

EVENT 414 B FINAL OF EVENT 405 Womens 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Fenella FOSKETT	17	Deben	1:08.39	558	32.60
2.	Eleanor PIRRIE	12	Runnymede	1:09.42	534	33.31
3.	Lydia SMITH	15	Hatfield	1:09.47	533	32.15
4.	Zara BAILEY	13	Co Peterboro	1:10.02	520	33.53
5.	Charlotte OVENDEN	15	Modernians	1:10.32	514	32.80
6.	Charlotte DAVIS	17	Runnymede	1:10.91	501	33.43
7.	Alice HEWSON	12	Berkhamsted	1:11.25	494	32.95
8.	Charlotte BEGG	15	Co Cambridge	1:11.60	487	33.38

EVENT 415 FINAL OF EVENT 405 Womens 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Katie AMBRIDGE	19	Hatfield	1:01.38	773	29.83
2.	Bryony CAMPBELL	15	St Felix Sch	1:02.87	719	29.70
3.	Alice TENNANT	16	teamipswich	1:05.21	644	30.89
4.	Alexandra HARRISON	15	St Felix Sch	1:05.46	637	30.24
5.	Ellen OXBROW	14	teamipswich	1:07.01	594	31.84
6.	Charlotte HICKS	13	St Felix Sch	1:09.51	532	32.98
7.	Chloe DAVIS	15	Runnymede	1:10.08	519	32.30
8.	Holly BATEMAN	14	UEA Norwich	1:10.80	503	32.69

EVENT 416 B FINAL OF EVENT 406 Mens 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Adam INGLEDEW	16	Hatfield	58.82	607	27.60
2.	Kouji URATA	19	Hatfield	58.97	603	27.77
3.	Justin LANGFORD	19	Hatfield	1:00.22	566	28.38
4.	Kevin PICKARD	21	Hatfield	1:00.24	565	27.65
5.	William BLACKABY	16	Stowmarket	1:00.46	559	27.90
6.	David KELLEWAY	16	Bishop Stort	1:00.75	551	28.32
7.	Troy LYNCH	18	teamipswich	1:01.01	544	28.37
8.	Ricky JONES	15	Watford	1:03.96	472	29.47

EVENT 417 FINAL OF EVENT 406 Mens 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Lewis COLEMAN	17	teamipswich	55.86	709	26.04
2.	James ALLCHORNE	20	Hatfield	57.16	662	26.82
3.	Edward ALLCHORNE	15	Hatfield	58.50	617	27.65
4.	Jack HOLLIS	15	teamipswich	58.53	616	27.15
5.	Jonathan POOK	21	Hatfield	58.60	614	26.93
6.	Sam MUNKLEY	18	Hatfield	58.65	613	27.16
7.	Thomas WILLIAMS	24	Sudbury	59.84	577	27.55
8.	Jason DANIELS	17	Thurrock	59.99	572	28.17



ASA East Region 2009 Winter Championships (25m)

(Under ASA Laws & ASA Technical Rules)

Saturday 7th & Sunday 8th November

Licensed Meet - No. ERX927



EVENT 418 Mens 800m Freestyle Team

Full Results

Place	Name	Club	Time			
1.	Hatfield A	Hatfield	7:36.53	Ryan SEARLES	1.56.99	26.75 28.89
						30.34 31.01
				Reece BARCLAY	1.53.63	25.29 28.47
						29.47 30.40
				James ALLCHORNE	1.53.51	25.45 28.45
						29.90 29.71
2.	City of Cambridge A	Co Cambridge	7:49.09	Sean LEAHY	1.52.40	25.64 28.83
						29.25 28.68
				John SARGENT	1.53.71	26.55 29.08
						29.46 28.62
				Andrew CORLEY	1.57.89	27.33 29.42
						30.38 30.76
3.	UEA Norwich A	UEA Norwich	7:49.33	Dame ROOK	2.03.38	27.69 30.30
						31.56 33.83
				Lee FORSTER	1.54.11	25.91 28.22
						29.76 30.22
				Nicholas THOMPSON	1.55.70	26.41 29.12
						30.30 29.87
4.	Hatfield B	Hatfield	7:54.70	Samuel HEARD	1.56.53	26.34 29.38
						30.36 30.45
				Thomas HOLLINGSWORTH	1.57.88	26.80 29.25
						30.74 31.09
				Lewis HUGHES	1.59.22	27.80 30.33
						31.33 29.76
5.	St Felix School	St Felix Sch	8:11.16	Adam INGLEDEW	1.55.62	27.09 28.88
						30.07 29.58
				Lawrence LOWMAN	1.59.81	27.49 30.34
						31.30 30.68
				Lewis KING	2.00.41	27.52 30.95
						30.81 31.13
6.	UEA Norwich B	UEA Norwich	8:16.16	Justin LANGFORD	1.58.86	26.30 29.64
						31.45 31.47
				Samuel MUNRO	1.56.22	26.27 29.10
						30.40 30.45
				Jack BARTLETT	2.04.15	28.21 30.99
						32.51 32.44
7.	Hatfield C	Hatfield	8:22.58	Aydin BERKI	2.01.06	27.23 30.52
						31.96 31.35
				Jordan PURDY	2.09.73	28.33 32.36
						34.52 34.52
				Matthew WOOLDRIDGE	2.05.04	28.54 31.59
						32.66 32.25
8.	Hatfield C	Hatfield	8:22.58	Thomas QUINTON	2.04.84	27.45 30.72
						33.26 33.41
				Miles GARNER	2.01.94	27.85 31.59
						31.82 30.68
				Sam WATTS	2.04.34	26.97 31.26
						32.78 33.33
9.	Hatfield C	Hatfield	8:22.58	Edward ALLCHORNE	2.05.33	28.56 31.88
						32.60 32.29
				James McGRAIL	2.04.38	27.89 31.82
						32.78 31.89
				Jay MUNKLEY	2.02.98	27.55 30.55
						32.56 32.32
10.	Hatfield C	Hatfield	8:22.58	Josh FARRELL	2.09.89	28.30 32.86
						34.42 34.31