EVENT BEST TIMES
LONG COURSE

BOYS				10/11 YEARS	GIRLS			
JUDE HILLS	BO SOUTHEND	30.24	2016	50 FREESTYLE	SKYE CARTER	BPSC	30.74	2018
JUDE HILLS	BO SOUTHEND	1.06.16	2016	100 FREESTYLE	DAISY MANNING	BPSC	1.07.86	2019
LOUIS LANE	ROMFORD	2.23.87	2016	200 FREESTYLE	DAISY MANNING	BPSC	2.30.58	2019
LOUIS LANE	ROMFORD	5.00.75	2016	400 FREESTYLE	DAISY MANNING	BPSC	5.15.47	2019
				800 FREESTYLE				
				1500 FREESTYLE				
JUDE HILLS	BO SOUTHEND	34.23	2016	50 BACKSTROKE	DAISY MANNING	BPSC	35.37	2019
J HURRELL	THURROCK	1.16.19	2016	100 BACKSTROKE	DAISY MANNING	BPSC	1.15.66	2019
J HURRELL	THURROCK	2.44.06	2016	200 BACKSTROKE	C NORMAN	COLCHESTER	2.44.55	2016
DAVID NEASCU	BARKING & DAG	39.85	2019	50 BREASTSTROKE	GRACIE PARKER	BPSC	39.78	2019
DAVID NEASCU	BARKING & DAG	1.26.08	2019	100 BREASTSTROKE	NEEHA PILLAL	B WALTHAM F	1.26.35	2017
DAVID NEASCU	BARKING & DAG	3.02.86	2019	200 BREASTSTROKE	MIA LOWE	BPSC	3.15.52	2018
JUDE HILLS	BO SOUTHEND	32.47	2016	50 BUTTERFLY	ANITA TIEN	COLCHESTER	33.26	2016
JUDE HILLS	BO SOUTHEND	1.14.43	2016	100 BUTTERFLY	DAISY MANNING	BPSC	1.16.39	2019
LOUIS LANE	ROMFORD	2.48.91	2016	200 BUTTERFLY	RUBY WHEELER	BPSC	2.54.27	2016
LOUIS LANE	ROMFORD	2.44.07	2016	200 IM	DAISY MANNING	BPSC	2.46.39	2019
				400 IM				
BOYS				**12 YEARS**	**GIRLS**			
DAVID NEACSU	B & D	28.65	2020	50 FREESTYLE	CARYS BREALEY	HARLOW	29	2016
DAVID NEACSU	B & D	1.02.85	2020	100 FREESTYLE	CARYS BREALEY	HARLOW	1.03.33	2016
DAVID NEACSU	B & D	2.14.11	2020	200 FREESTYLE	R WHEELER	BPSC	2.18.95	2018
DAVID NEACSU	B & D	4.44.35	2020	400 FREESTYLE	S FREEMAN	COLCHESTER	4.50.45	2016
DAVID NEACSU	B & D	9.33.27	2020	800 FREESTYLE	L STEPHENS	COLCHESTER	9.33.73	2013
HARRY NICHOLLS	BPSC	18.58.00	2011	1500 FREESTYLE	DAISY MANNING	BPSC	19.23.11	2020
JUDE HILLS	BO SOUTHEND	33.26	2017	50 BACKSTROKE	S FREEMAN	COLCHESTER	33.58	2016
JUDE HILLS	BO SOUTHEND	1.12.08	2017	100 BACKSTROKE	EMILY ELY	WALTHAM F	1.10.98	2016
JUDE HILLS	BO SOUTHEND	2.36.07	2017	200 BACKSTROKE	DAISY MANNING	BPSC	2.33.83	2020
B BRYAN-WAUGH	REDBRIDGE	36.36	2016	50 BREASTSTROKE	MIA LOWE	BPSC	37.26	2019
DAVID NEACSU	B & D	1.21.02	2020	100 BREASTSTROKE	GRACIE PARKER	BPSC	1.20.85	2020
DAVID NEACSU	B & D	2.51.69	2020	200 BREASTSTROKE	GRACIE PARKER	BPSC	3.01.19	2020
B BRYAN-WAUGH	REDBIDGE	29.52	2016	50 BUTTERFLY	S FREEMAN	COLCHESTER	30.56	2016
JOSHUA SHEPHERD	THURROCK	1.08.12	2020	100 BUTTERFLY	R WHEELER	BPSC	1.09.45	2018
JOSHUA SHEPHERD	THURROCK	2.34.40	2020	200 BUTTERFLY	R WHEELER	BPSC	2.35.98	2018
LOUIS LANE	ROMFORD	2.34.04	2017	200 IM	S FREEMAN	COLCHESTER	2.38.63	2016
DAVID NEACSU	B&D	5.19.94	2020	400 IM	S FREEMAN	COLCHESTER	5.29.96	2016
BOYS				**13YEARS**	**GIRLS**			
B BRYAN-WAGH	BO REDBRIDGE	27.27	2017	50 FREESTYLE	EMILY ILEY	B WALTHAM F	27.72	2017
LEWIS BININNG	ROMFORD	1.00.89	2016	100 FREESTYLE	SOPHIE FREEMAN	COLCHESTER	1.00.58	2017
LEWIS BINNING	ROMFORD	2.11.57	2016	200 FREESTYLE	RUBY WHEELER	BPSC	2.11.24	2019
LEWIS BINNING	ROMFORD	4.33.29	2016	400 FREESTYLE	SOPHIE FREEMAN	COLCHESTER	4.33.33	2017
DANIEL MCGUINESS	BPSC	09:49.8	2019	800 FREESTYLE	L STEPHENS	COLCHESTER	9.12.62	2014
B HARRISON	ROMFORD	18.10.00		1500 FREESTYLE	CAIT COTTER	CHELMSFORD	19.05.35	2020
B BRYAN-WAGH	BO REDBRIDGE	31.7	2017	50 BACKSTROKE	EMILY ILEY	B WALTHAM F	30.57	2017
JUDE HILLS	BO SOUTHEND	1.08.73	2018	100 BACKSTROKE	EMILY ILEY	B WALTHAM F	1.05.79	2017
RAHEEL MAHMOOD	ROMFORD	2.30.43	2020	200 BACKSTROKE	SOPHIE FREEMAN	COLCHESTER	2.27.30	2017
MIHNEA TOTU	BO NEWHAM	34.52	2017	50 BREASTSTROKE	RUBY WHEELER	BPSC	35.83	2019
ALFIE FRANCIS	COLCHESTER	1.16.30	2018	100 BREASTSTROKE	MONIKA MURINE	B & D	1.19.55	2020
LEWIS BINNING	ROMFORD	2.46.84	2016	200 BREASTSTROKE	MONIKA MURINE	B & D	2.49.33	2020
B BRYAN-WAGH	BO REDBRIDGE	28.31	2017	50 BUTTERFLY	SOPHIE FREEMAN	COLCHESTER	29.08	2017
LEWIS BINNING	ROMFORD	1.05.33	2016	100 BUTTERFLY	SOPHIE FREEMAN	COLCHESTER	1.05.69	2017
LEWIS BINNING	ROMFORD	2.22.33	2016	200 BUTTERFLY	SOPHIE FREEMAN	COLCHESTER	2.26.16	2017
LEWIS BINNING	ROMFORD	2.27.17	2016	200 IM	SOPHIE FREEMAN	COLCHESTER	2.29.87	2017
LEWIS BINNING	ROMFORD	5.08.30	2016	400 IM	SOPHIE FREEMAN	COLCHESTER	5.17.76	2017

BOYS	14 YEARS	GIRLS

C NEACSU	B&D	25.81	2022	50 FREESTYLE	ERIN LITTLE	CHELMSFORD	26.85	2019
LEWIS BINNING	ROMFORD	57.58	2017	100 FREESTYLE	ERIN LITTLE	CHELMSFORD	58.63	2019
JAMES COOPER	ROMFORD	2.06.11	2016	200 FREESTYLE	RUBY WHEELER	BPSC	2.07.47	2020
LEWIS BINNING	ROMFORD	4.22.98	2017	400 FREESTYLE	SOPHIE FREEMAN	COLCHESTER	4.27.63	2018
JUDE HILLS	THURROCK	09:21.4	2019	800 FREESTYLE	RUBY WHEELER	BPSC	9.16.77	2020
JAMES COOPER	ROMFORD	17.04.60	2016	1500 FREESTYLE	RUBY WHEELER	BPSC	17.43.54	2020
JUDE HILLS	THURROCK	29.68	2019	50 BACKSTROKE	EMILY ILEY	WALTHAM F	30.2	2018
JAMES COOPER	ROMFORD	1.04.46	2016	100 BACKSTROKE	EMILY ILEY	WALTHAM F	1.04.62	2018
NIKITA CHRYKIN	THURROCK	2.18.27	2020	200 BACKSTROKE	EMILY ILEY	WALTHAM F	2.20.01	2018
LEWIS BINNING	ROMFORD	32.7	2017	50 BREASTSTROKE	CHLOE SKELT	BRENTWOOD	34.2	2019
NAYTHAN AUNG	COLCHESTER	1.12.19	2018	100 BREASTSTROKE	OLIVIA COOPER	BPSC	1.18.24	2020
LEWIS BINNING	ROMFORD	2.41.94	2017	200 BREASTSTROKE	K STOMENOVA	BO NEWHAM	2.49.19	2017
ALESSANDRO RIODA	HARLOW	27.45	2018	50 BUTTERFLY	SOPHIE FREEMAN	COLCHESTER	28.32	2018
LEWIS BINNING	ROMFORD	1.02.31	2017	100 BUTTERFLY	SOPHIE FREEMAN	COLCHESTER	1.03.11	2018
LEWIS BINNIN	ROMFORD	2.16.63	2017	200 BUTTERFLY	SOPHIE FREEMAN	COLCHESTER	2.20.70	2018
LEWIS BINNING	ROMFORD	2.21.37	2017	200 IM	RUBY WHEELER	BPSC	2.25.38	2020
LEWIS BINNING	ROMFORD	4.53.91	2017	400 IM	SOPHE FREEMAN	COLCHESTER	5.07.51	2018
BOYS				**15 YEARS**	**GIRLS**			
JACK SKERRY	**CHELMS**	**25.52**	**2019**	50 FREESTYLE	MACY LAWRENCE	BPSC	27.26	2017
DANIEL GENCAS	ROMFORD	56.14	2018	100 FREESTYLE	MACY LAWRENCE	BPSC	1.00.06	2016
DANIEL GENCAS	ROMFORD	2.02.55	2018	200 FREESTYLE	ABBIE LOW	CHELMSFORD	2.09.45	2017
N JAMESON NEAL	BPSC	4.18.97	2019	400 FREESTYLE	ABBIE LOW	CHELMSFORD	4.33.19	2017
N JAMESON NEAL	BPSC	08:53.3	2019	800 FREESTYLE	MAY BRADBURN	CHELMSFORD	09:27.3	2019
T MCLAGAN	CHELMS	17.11.00		1500 FREESTYLE	ELLA TURNER	BPSC	18.08.33	2020
JUDE HILLS	THURROCK	28.88	2020	50 BACKSTROKE	EMILY ILEY	BO WALTHAM FO	30.28	2019
LIAM BRENNAN	BPSC	1.02.31	2017	100 BACKSTROKE	ELLA TURNER	BPSC	1.06.42	2020
JAMES COOPER	BPSC	2.15.77	2017	200 BACKSTROKE	EMILY ILEY	BO WALTHAM FO	2.20.30	2019
TYLER TOMBS	CHELMSFORD	31.71	2020	50 BREASTSTROKE	CHLOE SKELT	CHELMSFORD	33.83	2020
TYLER TOMBS	CHELMSFORD	1.10.18	2020	100 BREASTSTROKE	V PETRAITYTE	BPSC	1.16.87	2017
HARRISON JARVIS	THURROCK	2.34.29	2019	200 BREASTSTROKE	CHLOE SKELT	CHELMSFORD	2.45.43	2020
JACK SKERRY	CHELMS	27.36	2019	50 BUTTERFLY	ISABEL ILEY	BO WALTHAM FO	28.65	2020
NAYTHAN AUNG	COLCHESTER	1.00.19	2020	100 BUTTERFLY	MAY BRADBURN	CHELMSFORD	1.04.16	2019
M HUNNISETT	BPSC	2.16.74	2017	200 BUTTERFLY	REBECCA HOWELL	BPSC	02:24.6	2019
LIAM BRENNAN	BPSC	2.20.61	2017	200 IM	ELLIE WHEELER	BPSC	2.25.44	2017
N HARRISON	ROMFORD	4.57.83	2016	400 IM	ELLIE WHEELER	BPSC	5.06.22	2017

BOYS				**16 YEARS**	**GIRLS**			
ALESSANDRO RIODA	**HARLOW**	**24.66**	**2020**	50 FREESTYLE	R WATT	DUNMOW AT	27.08	2018
DANIEL GENCAS	ROMFORD	52.82	2019	100 FREESTYLE	M DULEY	COLCHESTER	58.21	2016
N JAMESON NEAL	BPSC	1.59.79	2020	200 FREESTYLE	E MILTON	ROMFORD	2.08.75	2018
LEWIS BINNING	BPSC	4.09.62	2019	400 FREESTYLE	ABBIE LOW	CHELMSFORD	4.26.09	2018
LEWIS BINNING	BPSC	08:40.5	2019	800 FREESTYLE	E SHERIDAN	ROMFORD	9.08.45	2012
G FOLEY	ROMFORD	16.41.90		1500 FREESTYLE	MAY BRADBURN	CHELMSFORD	17.52.67	2020
JACK SKERRY	CHELMSFORD	28.25	2020	50 BACKSTROKE	EMILY ILEY	BO WALTHAM FOR	30.63	2020
SAMUEL PEASE	BPSC	59.55	2017	100 BACKSTROKE	EMILY ILEY	BO WALTHAM FOR	1.04.16	2020
JACK SKERRY	CHELMSFORD	2.10.71	2020	200 BACKSTROKE	B FROST	BPSC	2.21.15	2016
JAMES DILLON	BPSC	31.04	2019	50 BREASTSTROKE	HOLLY HAGAN	ROMFORD	34.48	2020
ALESSANDRO RIODA	HARLOW	1.10.86	2020	100BREASTSTROKE	ELLIE GRANT	REDBRIDGE	1.15.45	2017
JAMES DILLON	BPSC	2.34.41	2019	200 BREASTSTROKE	E WHEELER	BPSC	2.46.27	2018
ALESSANDRO RIODA	HARLOW	26.68	2020	50 BUTTERFLY	MAY BRADBURN	CHELMSFORD	28.07	2020
LIAM BRENNAN	BPSC	1.01.13	2018	100 BUTTERFLY	MAY BRADBURN	CHELMSFORD	1.03.88	2020
MASON HUNNISETT	BPSC	2.15.80	2018	200 BUTTERFLY	MAY BRADBURN	CHELMSFORD	2.25.16	2020
ALESSANDRO RIODA	HARLOW	2.18.52	2020	200 IM	E WHEELER	BPSC	2.23.77	2018
LEWIS BINNING	BPSC	4.46.77	2019	400 IM	G MILTON	ROMFORD	5.10.61	2016
BOYS				**17 YEARS**	GIRLS			
DANIEL GENCAS	**ROMFORD**	**24.4**	2020	50 FREESTYLE	REBECCA WATT	DUNMOW	26.7	2019
DANIEL GENCAS	ROMFORD	52.82	2020	100 FREESTYLE	HOLLY TAYLOR	LAC	59.62	2016
DANIEL GENCAS	ROMFORD	1.55.84	2020	200 FREESTYLE	REBECCA HOWELL	BPSC	2.09.44	2020
DANIEL GENCAS	ROMFORD	4.07.69	2020	400 FREESTYLE	ELLIE WHEELER	BPSC	4.30.67	2020

LEWIS BINNING	BPSC	8.39.43	2020	800 FREESTYLE	E FISHER	CHELMSFORD	9.21.32	
RYAN KELLY	CHELMSFORD	17.37.10	2016	1500 FREESTYLE	AMELIA MOULE	ROMFORD	17.51.00	2020
JOSHUA SMITH	DUNMOW AT	28.45	2018	50 BACKSTROKE	MEGHAN MAYBANKS	DUNMOW	30.04	2017
CHARLIE BODEN	BRAINTREE	1.00.34	2018	100 BACKSTROKE	JASMINE ILEY	WALTHAM F	1.07.02	2018
RYAN KELLY	CHELMSFOR	2.12.21	2016	200 BACKSTROKE	ABBIE LOW	CHELMSFORD	2.20.25	2019
TYLER TOMBS	CHELMS	30.55	2022	50 BREASTSTROKE	K STIMENOVA	BO NEWHAM	33.89	2020
LEWIS BINNING	BPSC	1.09.90	2020	100 BREASTSTROKE	K STIMENOVA	BO NEWHAM	1.15.89	2020
SAMUEL BRYAN	BPSC	2.38.94	2018	200 BREASTSTROKE	K STIMENOVA	BO NEWHAM	2.42.75	2020
DANIEL GENCAS	ROMFORD	26.46	2020	50 BUTTERFLY	M BRADBURN	BPSC	28.07	2022
DANIEL GENCAS	ROMFORD	58.07	2020	100 BUTTERFLY	HOLLY HILDREW	ROMFORD	1.05.69	2016
HARRY FOX	BPSC	2.19.78	2016	200 BUTTERFLY	ABBIE LOW	CHELMSFORD	2.25.22	2019
DANIEL GENCAS	ROMFORD	2.12.94	2020	200 IM	AMELIA MOULE	ROMFORD	2.29.04	2020
LEWIS BINNING	BPSC	4.42.82	2020	400 IM	AMELIA MOULE	ROMFORD	5.16.80	2020

BOYS				**18+YEARS**	GIRLS			
L C STEPHENSON	KILLERWHALE	23.3	2016	50 FREESTYLE	AMY GODSAVE	LAC	26.45	2017
DANIEL STEPTON	B & D	52.49	2016	100 FREESTYLE	MARTHA DULEY	COLCHESTER	57.88	2017
CONOR HARROLD	BPSC	1.57.22	2016	200 FREESTYLE	A ROBERTSON	WALTHAM F	2.08.63	2016
JOSHUA FOWLES	WITHAM	4.10.49	2019	400 FREESTYLE	ABBIE LOW	CHELMSFORD	4.24.13	2020
JOSHUA FOWLES	WITHAM	08:42.7	2019	800 FREESTYLE	L MURPHY	K'WHALES	9.38.69	2016
C DENTITH	REDBRIDGE	16.37.2	2016	1500 FREESTYLE	N/T			
DANIEL STEPTON	B& D	26.08	2016	50 BACKSTROKE	MARTHA DULEY	COLCHESTER	30.15	2017
DANIEL STEPTON	B & D	57.46	2016	100 BACKSTROKE	MARTHA DULEY	COLCHESTER	1.04.08	2018
CONOR HARROLD	BPSC	2.07.60	2016	200 BACKSTROKE	LAURA STEPHENS	COLCHESTER	2.17.43	2017
L C STEVENSON	HARLOW	28.78	2017	50 BREASTSTROKE	JESSICA AYLING	ROMFORD	33.23	2020
B STUCKEY	B & D	1.05.90	2016	100 BREASTSTROKE	GRACE GILROY	KILLERWHALES	1.12.96	2017
EDMUND ASHTON	LAC	2.24.09	2017	200 BREASTSTROKE	GRACE GILROY	KILLERWHALES	2.36.28	2017
DANIEL STEPTON	B & D	25.06	2016	50 BUTTERFLY	GEORGINA PRYOR	HARLOW	28.38	2017
K BATORSKI	HARLOW	55.72	2016	100 BUTTERFLY	A ROBERTSON	WALTHAM F	1.03.02	2016
GEORGE EPSLY	BPSC	2.08.93	2016	200 BUTTERFLY	LAURA STEPHENS	COLCHESTER	2.12.96	2017
CONOR HARROLD	BPSC	2.13.25	2016	200 IM	LAURA STEPHENS	COLCHESTER	2.20.34	2017
A VEASEY	CHELMSFORD	4.40.37	2016	400 IM	ABBIE LOW	CHELMSFORD	5.11.63	2020