

Essex County Amateur Swimming Association Age Group Championships

Event Best Times as at 17 February 2008

Age/Event

9 Years	Name	Club	Time	Year
50m Back	George Epsly	Thurrock	38.96	2008
100m Back				
200m Back	Salaam Motin	Thurrock	2:54.71	2007
50m Breast	Kieron Gore	Thurrock	43.77	2008
100m Breast				
200m Breast	Kieron Gore	Thurrock	3:18.68	2008
50m Fly	Bobbie McCarthy	Thurrock	38.11	2007
100m Fly				
200m Fly	Russell Beck	Rochford	3:15.16	2007
50m Free	Kieron Gore	Thurrock	34.50	2008
100m Free				
200m Free	George Epsly	Thurrock	2:32.84	2008
400m Free				
800m Free				
1500m Free				
100 IM	Kieron Gore	Thurrock	1:22.40	2008
200 IM	Salaam Motin	Thurrock	2:56.67	2007
400 IM				

10 Years	Name	Club	Time	Year
50m Back	Samuel Ward	Thurrock	35.89	2002
100m Back *	Perry Williamson	Epping For't	1:17.97	2004
200m Back	Samuel Ward	Thurrock	2:45.29	2002
50m Breast	Zac Ross	BorRedbridge	41.55	2005
100m Breast *	Scott Denham	Killerwhales	1:27.68	1998
200m Breast	Arjun Robertson	Epping For't	3:14.35	2007
50m Fly	Aidan Robinson	Basildon	34.73	2008
100m Fly *	Braden Wren	Thurrock	1:19.40	2004
200m Fly	Braden Wren	Thurrock	2:49.35	2004
50m Free	Samuel Ward	Thurrock	31.36	2002
100m Free *	Braden Wren	Thurrock	1:07.93	2004
200m Free	Braden Wren	Thurrock	2:23.70	2004
400m Free	Harry Payne	Bo Southend	4:59.97	2005
800m Free				
1500m Free				
100 IM	Senner Koskocan	Harlow Pen	1:19.05	2006
200 IM	Braden Wren	Thurrock	2:47.27	2004
400 IM	Senner Koskocan	Harlow Pen	5:43.84	2006

Girls

Name	Club	Time	Year
Amrita Robertson	Bo Waltham F	38.38	2008
Katarina Blanco	Bo Southend	2:58.89	2007
Amrita Robertson	Bo Waltham F	43.71	2008
Amrita Robertson	Bo Waltham F	3:18.92	2008
Amrita Robertson	Bo Waltham F	37.60	2008
Lillie Bone	BorRedbridge	3:20.49	2007
Amrita Robertson	Bo Waltham F	33.40	2008
Rose Merritt	Thurrock	2:41.87	2007
Amrita Robertson	Bo Waltham F	1:23.66	2008
Katarina Blanco	Bo Southend	3:00.79	2007

Age/Event

9 Years
50m Back
100m Back
200m Back
50m Breast
100m Breast
200m Breast
50m Fly
100m Fly
200m Fly
50m Free
100m Free
200m Free
400m Free
800m Free
1500m Free
100 IM
200 IM
400 IM

Name	Club	Time	Year
Chloe Francis	Basildon	34.71	2004
Chloe Francis	Basildon	1:13.86	2004
Rachel Leong	Redbridge Bo	2:40.00	2002
Kayleigh Sims	Thurrock	40.39	2007
Chloe Francis	Basildon	1:26.10	2004
Amy Gore	Thurrock	3:01.62	2007
Rachel Leong	Redbridge Bo	34.30	2002
Megan Langridge	Thurrock	1:15.51	2004
Megan Langridge	Thurrock	2:45.23	2004
Rachel Leong	Redbridge Bo	30.76	2002
Chloe Francis	Basildon	1:05.91	2004
Rachel Leong	Redbridge Bo	2:23.82	2002
Emma Cassidy	Thurrock	4:58.45	2008
Chloe Francis	Basildon	1:15.54	2004
Rachel Leong	Redbridge Bo	2:42.81	2002
Amy Gore	Thurrock	5:48.12	2007

10 Years
50m Back
100m Back *
200m Back
50m Breast
100m Breast *
200m Breast
50m Fly
100m Fly *
200m Fly
50m Free
100m Free *
200m Free
400m Free
800m Free
1500m Free
100 IM
200 IM
400 IM

Age/Event

Boys

Age/Event	Name	Club	Time	Year
11 Years				
50m Back	Oliver Blackman	Redbridge Bo	34.01	2002
100m Back *	Matthew Dibble	Thurrock	1:14.13	2004
200m Back	Oliver Blackman	Redbridge Bo	2:35.53	2002
50m Breast	Nicholas Jonas	Havering Aq	38.99	2005
100m Breast *	Nicholas Jonas	Havering Aq	1:23.20	2005
200m Breast	Nicholas Jonas	Havering Aq	3:01.27	2005
50m Fly	Chanil Patel	Epping For't	33.67	2006
100m Fly *	Samuel Ward	Thurrock	1:13.05	2003
200m Fly	Christopher Inch	BorRedbridge	2:39.02	2004
50m Free	Christopher Chenery	Canvey Isl	30.25	2002
100m Free *	Samuel Ward	Thurrock	1:03.70	2003
200m Free	Jonathan Sayer	Bo Southend	2:17.54	2002
400m Free	Harry Payne	Bo Southend	4:38.72	2006
800m Free				
1500m Free				
100 IM	Luke Bourne	Rochford	1:14.45	2008
200 IM	Harry Payne	Bo Southend	2:39.36	2006
400 IM	Harry Payne	Bo Southend	5:33.13	2006

12 Years

Age/Event	Name	Club	Time	Year
50m Back	Ben Ashton	Chelmsford	33.14	2007
100m Back	Samuel Ward	Thurrock	1:09.93	2004
200m Back	Roberto Pavoni	Brentwood	2:28.42	2003
50m Breast	Sean Houlihan	Romford Town	35.93	2008
100m Breast	Christopher Watkinson	Braintree	1:19.55	1998
	George Morris	Bo Southend		2004
200m Breast	Tommy Willis	Bo Waltham F	2:59.67	2008
50m Fly	Sean Houlihan	Romford Town	31.77	2008
100m Fly	Samuel Ward	Thurrock	1:08.83	2004
200m Fly	Samuel Ward	Thurrock	2:30.57	2004
50m Free	Ashley Mitchell	Bo Waltham F	27.87	2002
100m Free	Samuel Ward	Thurrock	1:01.27	2004
200m Free	Alexander Witherspoon	Braintree	2:08.89	1997
400m Free	Harry Payne	Bo Southend	4:33.43	2007
800m Free	Bradley Clarke	Thurrock	9:35.70	2008
1500m Free	Harry Payne	Bo Southend	17:43.61	2007
100 IM	Sean Houlihan	Romford Town	1:10.67	2008
200 IM	Samuel Ward	Thurrock	2:32.12	2004
400 IM	Sean Houlihan	Romford Town	5:14.91	2008

Girls

Age/Event	Name	Club	Time	Year
11 Years				
50m Back	Georgia Hunton-Clarke	Thurrock	34.20	2003
100m Back	Rachel Leong	Redbridge Bo	1:11.03	2003
200m Back	Rachel Leong	Redbridge Bo	2:30.16	2003
50m Breast	Omonigbo Momodu	Killerwhales	37.53	2006
100m Breast	Chloe Francis	Chelmsford	1:20.58	2005
200m Breast	Athena Liao	Braintree	2:52.56	2002
50m Fly	Athena Liao	Braintree	32.68	2002
100m Fly	Rachel Leong	Redbridge Bo	1:09.99	2003
200m Fly	Rachel Leong	Redbridge Bo	2:35.18	2003
50m Free	Chloe Francis	Chelmsford	29.61	2005
100m Free	Rachel Leong	Redbridge Bo	1:01.88	2003
200m Free	Rachel Leong	Redbridge Bo	2:13.19	2003
400m Free	Rachel Leong	Redbridge Bo	4:48.62	2003
800m Free	Rachel Leong	BorRedbridge	9:53.11	2003
1500m Free	New event for 2008			
100 IM	Rachel Leong	Redbridge Bo	1:11.30	2003
200 IM	Rachel Leong	Redbridge Bo	2:31.44	2003
400 IM	Chloe Francis	Chelmsford	5:27.82	2005
12 Years				
50m Back	Grace Francis	Basildon	32.25	2002
100m Back	Rachel Leong	BorRedbridge	1:07.26	2004
200m Back	Charlotte Copeland	Romford Town	2:24.84	2004
50m Breast	Athena Liao	Braintree	36.45	2003
100m Breast	Athena Liao	Braintree	1:15.73	2003
200m Breast	Athena Liao	Braintree	2:43.36	2003
50m Fly	Madeleine Leong	Redbridge Bo	31.98	2002
100m Fly	Madeleine Leong	Redbridge Bo	1:08.63	2002
200m Fly	Madeleine Leong	Redbridge Bo	2:27.46	2002
50m Free	Brooke Turner	Havering Dol	28.68	2002
100m Free	Chloe Francis	Basildon	1:00.81	2006
200m Free	Rachel Leong	BorRedbridge	2:09.75	2004
400m Free	Chloe Francis	Basildon	4:43.51	2006
800m Free	Chloe Francis	Basildon	9:38.48	2006
1500m Free	New event for 2008			
100 IM	Chloe Francis	Basildon	1:10.58	2006
200 IM	Rachel Leong	BorRedbridge	2:28.32	2004
400 IM	Rachel Leong	BorRedbridge	5:15.05	2004

* Last swum in 2005

Age/Event**Boys****Girls****Age/Event****13 Years****Name****Club****Time****Year****Name****Club****Time****Year****13 Years**

50m Back Alexander Bunce
Daniel Cooper
100m Back Roberto Pavoni
200m Back Roberto Pavoni
50m Breast Dean Woodcock
100m Breast Roberto Pavoni
200m Breast Roberto Pavoni
50m Fly Tomas Purton
100m Fly Roberto Pavoni
200m Fly Ivan Georgiev
50m Free Eamonn Fahy
100m Free Roberto Pavoni
200m Free Roberto Pavoni
400m Free Roberto Pavoni
800m Free **Harry Payne**
1500m Free Roberto Pavoni
100 IM Roberto Pavoni
200 IM Roberto Pavoni
400 IM Roberto Pavoni

Epping For't
Halstead
Brentwood
Brentwood
Chelmsford
Brentwood
Brentwood
Thurrock
Brentwood
BorRedbridge
Colchester
Brentwood
Brentwood
Brentwood
Bo Southend
Brentwood
Brentwood
Brentwood
Brentwood

31.48 2002
2008
1:03.09 2005
2:12.88 2005
33.95 2006
1:11.03 2005
2:33.73 2005
29.78 2004
1:01.53 2005
2:20.14 2007
26.84 2002
56.62 2005
2:01.24 2005
4:10.95 2005
9:00.63 **2008**
16:49.00 2005
1:03.96 2005
2:13.06 2005
4:38.49 2005

Lauren Cogdale

Rachel Leong
Charlotte Copeland
Athena Liao
Rachel Leong
Athena Liao
Nicola Rees
Rachel Leong
Madeleine Leong
Rachel Leong
Rachel Leong
Stephanie Northwood
Molly Epsly
New event for 2008
Rachel Leong
Athena Liao
Lottie Lucas

Brentwood

Bo Waltham F
Romford Town
Braintree
Bo Waltham F
Braintree
Romford Town
Bo Waltham F
Redbridge Bo
Bo Waltham F
Bo Waltham F
Redbridge Bo
Thurrock

Bo Waltham F
Braintree
Bo Waltham F

31.65 2001

1:06.63 2005
2:23.35 2005
36.21 2004
1:17.08 2005
2:39.47 2004
31.03 2003
1:05.82 2005
2:27.06 2003
28.51 2005
1:00.05 2005
2:09.31 2005
4:30.90 1999
9:28.06 2006

1:08.06 2005
2:28.96 2004
5:11.60 2006

50m Back
100m Back
200m Back
50m Breast
100m Breast
200m Breast
50m Fly
100m Fly
200m Fly
50m Free
100m Free
200m Free
400m Free
800m Free
1500m Free
100 IM
200 IM
400 IM

14 Years**Name****Club****Time****Year****Name****Club****Time****Year****14 Years**

50m Back Jason Ruder
100m Back Jason Ruder
200m Back Jason Ruder
50m Breast David Jacobs
100m Breast David Jacobs
200m Breast Christopher Watkinson
50m Fly Grant Chandler
100m Fly Samuel Ward
200m Fly Samuel Ward
50m Free Ashley Mitchell
100m Free Grant Chandler
200m Free Grant Chandler
400m Free Jayke Arkell
800m Free **Thomas Hale**
1500m Free Owen Coughlan
100 IM Dean Woodcock
200 IM Grant Chandler
400 IM Grant Chandler

Bo Waltham F
Bo Waltham F
Bo Waltham F
Romford Town
Romford Town
Braintree
Romford Town
Thurrock
Thurrock
Bo Waltham F
Romford Town
Romford Town
Bo Waltham F
Brentwood
Bo Southend
Chelmsford
Romford Town
Romford Town

29.21 2002
1:02.26 2002
2:13.02 2002
32.60 2003
1:09.42 2003
2:29.89 2000
28.27 2006
1:00.97 2006
2:12.43 2006
26.00 2004
55.82 2006
2:00.66 2006
4:14.43 2007
8:58.11 **2008**
16:38.60 2005
1:03.74 2007
2:15.23 2006
4:44.66 2006

Susannah Carroll
Claire Garlick
Kelly Andrews
Bonnie Maxwell
Bonnie Maxwell
Danielle Adams
Lauren Cogdale
Rachel Leong
Rachel Leong
Susannah Carroll
Katherine George
Rachel Leong
Nathalie Brown
Kelsey Richards
Georgina Hunt
Rachel Leong
Kelly Andrews
Kelly Andrews

Rochford
Brentwood
Killerwhales
Phoenix Bas
Phoenix Bas
Rochford
Brentwood
Bo Waltham F
Bo Waltham F
Rochford
Harlow Pen
Bo Waltham F
Bo Southend
Romford Town
Thurrock
Bo Waltham F
Killerwhales
Killerwhales

31.20 2003
1:07.00 2004
2:22.06 2002
34.94 2005
1:15.22 2005
2:40.96 1996
30.12 2002
1:05.20 2006
2:23.08 2006
28.12 2003
1:00.00 1994
2:07.45 2006
4:22.92 1997
9:21.45 **2008**
17:42.04 2007
1:08.24 2006
2:24.65 2002
5:05.30 2002

50m Back
100m Back
200m Back
50m Breast
100m Breast
200m Breast
50m Fly
100m Fly
200m Fly
50m Free
100m Free
200m Free
400m Free
800m Free
1500m Free
100 IM
200 IM
400 IM

Age/Event

Boys

15 Years	Name	Club	Time	Year
50m Back	Daniel Stepton	Becontree	28.67	2007
100m Back	Jason Ruder	Bo Waltham F	1:00.05	2003
200m Back	Jason Ruder	Bo Waltham F	2:08.19	2003
50m Breast	David Jacobs	Romford Town	30.69	2004
100m Breast	Christopher Watkinson	Braintree	1:05.68	2002
200m Breast	Christopher Watkinson	Braintree	2:26.80	2002
50m Fly	Sam Ward	Romford Town	27.52	2007
100m Fly	Sam Ward	Romford Town	58.74	2007
200m Fly	Roberto Pavioni	Brentwood	2:09.37	2006
50m Free	Lee Ladlow	Thurrock	24.82	2002
100m Free	Lee Ladlow	Thurrock	54.19	2002
200m Free	Roberto Pavoni	Brentwood	1:56.24	2006
400m Free	Dane McKnight	Bo Waltham F	4:01.90	2004
800m Free	Chris Inch	BorRedbridge	8:43.32	2008
1500m Free	Dane McKnight	Bo Waltham F	16:17.86	2004
100 IM	Roberto Pavoni	Brentwood	1:01.18	2006
200 IM	Roberto Pavoni	Brentwood	2:09.18	2006
400 IM	Roberto Pavoni	Brentwood	4:31.82	2006

16+ Years

16+ Years	Name	Club	Time	Year
50m Back	Daniel Stepton	Romford Town	28.02	2008
100m Back	Jamie Fleet	Bo Waltham F	56.80	1993
200m Back	Ross Hughes	Brentwood	2:04.65	2000
50m Breast	Roberto Pavoni	Brentwood	30.00	2007
100m Breast	Lee Wightwick	Killerwhales	1:03.14	2003
200m Breast	Alex Clapper	Barking	2:20.71	1992
50m Fly	Stuart Notman	Braintree	26.20	2002
100m Fly	Daniel Coombes	Romford Town	56.59	1996
200m Fly	Chris McGuire	Thurrock	2:03.01	2000
50m Free	Stuart Notman	Braintree	24.17	2002
100m Free	Martin Carl	Redbridge Bo	49.94	1993
200m Free	Martin Carl	Redbridge Bo	1:49.48	1993
400m Free	Dane McKnight	Bo Waltham F	3:58.61	2006
800m Free	Dane McKnight	Bo Waltham F	8:09.45	2007
1500m Free	Daniel Fogg	Bo Waltham F	15:37.44	2006
100 IM	Karl Batorski	Harlow Pen	59.17	2006
200 IM	Roberto Pavoni	Brentwood	2:05.03	2007
400 IM	Roberto Pavoni	Brentwood	4:25.14	2007

Girls

Name	Club	Time	Year
Grace Francis	Chelmsford	31.20	2005
Sophie Drake	Canvey Isl	31.20	2008
Georgia Hunton-Clarke	Romford Town	1:05.53	2007
Clare Carter	Braintree	2:14.88	1997
Grace Francis	Chelmsford	35.11	2005
Kaz Melvin	Harlow Pen	1:15.53	2006
Kaz Melvin	Harlow Pen	2:40.00	2006
Rachel Leong	Bo Waltham F	30.04	2007
Lauren Cogdale	Romford Town	1:04.12	2003
Nikki Ladlow	Killerwhales	2:19.74	1998
Sophie Drake	Canvey Isl	27.66	2008
Phoebe Hayes	BorRedbridge	59.22	2007
Kelly Andrews	Killerwhales	2:07.26	2003
Brooke Turner	Thurrock	4:26.50	2005
Kirsty Forbes	Killerwhales	9:12.22	2005
Shannon Harrold	Thurrock	17:31.51	2007
Kelly Andrews	Killerwhales	1:07.51	2003
Lauren Cogdale	Romford Town	2:22.88	2003
Claire Garlick	Brentwood	5:02.55	2005

Age/Event

15 Years	15 Years
50m Back	50m Back
100m Back	100m Back
200m Back	200m Back
50m Breast	50m Breast
100m Breast	100m Breast
200m Breast	200m Breast
50m Fly	50m Fly
100m Fly	100m Fly
200m Fly	200m Fly
50m Free	50m Free
100m Free	100m Free
200m Free	200m Free
400m Free	400m Free
800m Free	800m Free
1500m Free	1500m Free
100 IM	100 IM
200 IM	200 IM
400 IM	400 IM

Girls

Name	Club	Time	Year
Michelle Kiff	Brentwood	30.92	2002
Clare Carter	Braintree	1:04.40	1999
Clare Carter	Braintree	2:16.63	2000
Michelle Kiff	Brentwood	34.09	2002
Jamie King	Bo Waltham F	1:09.03	1996
Michelle Kiff	Brentwood	2:36.04	2002
Elizabeth Bellinger	Colchester	29.56	2002
Dawn Palmer	Killerwhales	1:04.28	1993
Nathalie Brown	Bo Southend	2:17.50	2000
Verity Goodey	Southend	27.49	2008
Kelly Andrews	Killerwhales	58.27	2004
Sarah Hardcastle	Bo Southend	2:01.85	1986
Nathalie Brown	Bo Southend	4:16.08	2001
Nathalie Brown	Bo Southend	8:56.46	2003
Brooke Turner	Bo Waltham F	17:14.32	2007
Lauren Cogdale	Romford Town	1:07.11	2004
Sarah Hardcastle	Bo Southend	2:20.13	1986
Nathalie Brown	Bo Southend	4:56.88	2004

16+ Years

16+ Years	16+ Years
50m Back	50m Back
100m Back	100m Back
200m Back	200m Back
50m Breast	50m Breast
100m Breast	100m Breast
200m Breast	200m Breast
50m Fly	50m Fly
100m Fly	100m Fly
200m Fly	200m Fly
50m Free	50m Free
100m Free	100m Free
200m Free	200m Free
400m Free	400m Free
800m Free	800m Free
1500m Free	1500m Free
100 IM	100 IM
200 IM	200 IM
400 IM	400 IM

Note about Event Best Times/County Records

In preparing the above table of Event Best Times I have endeavoured to ensure accuracy. However, if any swimmers, parents or coaches believe any of the information to be incorrect, I should be grateful if you would contact me and I will investigate any possible errors.

I would mention that the County does not have 'Age Group Records' and stress that the above are Event Best Times for the County Age Group Championships and can only be achieved during these Championships. They may however also be County Short Course Records. County Records can be obtained at any competition provided all conditions have been met.

Event Best Times will be considered automatically, as will County Records achieved at events organized by Essex County ASA. Records achieved elsewhere must be claimed within 40 days of the date of the swim by the swimmer on the prescribed form to Peter Eddy, Records Administrator.

Boys and Girls Records can only be claimed by swimmers who are under 16 as at the date of the swim.

Jan Eddy
January 2008

Telephone: 020 8551 6280 (home) (evenings/weekends only)
Email: jan.eddy@virgin.net