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EVENT BEST TIMES LONG COURSE AS AT 05/01/2025

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
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
HAIYANG SHI	BPSC	39.01	2024	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
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

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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	SUMMER SMITH	ROMFORD	18.31.87	2024
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
JAYDEN CARTER	BPSC	34.48	2024	50 BREASTSTROKE	RUBY WHEELER	BPSC	35.83	2019
ALFIE FRANCIS	COLCHESTER	1.16.30	2018	100 BREASTSTROKE	ELOISE MINTO	CHELMSFORD	1.19.43	2024
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			
ARCHIE TEBBUTT	NEW HALL	25.71	2022	50 FREESTYLE	ERIN LITTLE	CHELMSFORD	26.85	2019
ARCHIE TEBBUTT	NEW HALL	56.14	2024	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
ARCHIE TEBBUTT	NEW HALL	29.29	2024	50 BACKSTROKE	EMILY ILEY	WALTHAM F	30.2	2018
ARCHIE TEBBUTT	NEW HALL	1.03.47	2024	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

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BOYS				15 YEARS	GIRLS			
JOSHUA PARKER	BRAINTREE	**24.76**	**2019**	**50 FREESTYLE**	MACY LAWRENCE	BPSC	27.26	2017
JOSHUA PARKER	BRAINTREE	54,41	2024	**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
JOSHUA PARKER	BRAINTREE	28.76	2024	**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**	JASMINE CARTER	BASILDON	32.08	2024
TYLER TOMBS	CHELMSFORD	1.10.18	2020	**100 BREASTSTROKE**	MARGARITA STOIMENOVA	BO NEWHAM	1.13.53	2024
HARRISON JARVIS	THURROCK	2.34.29	2019	**200 BREASTSTROKE**	JASMINE CARTER	BASILDON	2.38.94	2024
JOSHUA PARKER	BRAINTREE	26.68	2024	**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
JOSHUA SHEPHERD	THURROCK	28.14	2024	**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
SAXON MINTO	CHELMSFORD	30.49	2024	**50 BREASTSTROKE**	GRACIE PARKER	BASILDON	34.06	2024
SAXON MINTO	CHELMSFORD	1.07.08	2024	**100BREASTSTROKE**	ELLIE GRANT	REDBRIDGE	1.15.45	2017
SAXON MINTO	CHELMSFORD	2.27.17	2024	**200 BREASTSTROKE**	GRACIE PARKER	BPSC	2.44.58	2024
JOSHUA SHEPHERD	THURROCK	25.50	2024	**50 BUTTERFLY**	MAY BRADBURN	CHELMSFORD	28.07	2020
JOSHUA SHEPHERD	THURROCK	57.17	2024	**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

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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**	CAIT COTTER	CHELMSFORD	2.08.40	2024
DANIEL GENCAS	ROMFORD	4.07.69	2020	**400 FREESTYLE**	CAIT COTTER	CHELMSFORD	4.28.52	2024
LEWIS BINNING	BPSC	8.39.43	2020	**800 FREESTYLE**	CAIT COTTER	CHELMSFORD	9.01.10	2024
SAMI BENIDIR	BO NEWHAM	17.30.04	2024	**1500 FREESTYLE**	CAIT COTTER	CHELMSFORD	17.20.25	2024
JOSHUA SMITH	DUNMOW AT	28.45	2018	**50 BACKSTROKE**	M 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
CHARLIE ROGERS	ROMFORD	1.08.95	2024	**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
RAHEEL MAHMOOD	ROMFORD	2.10.35	2024	**200 BUTTERFLY**	ABBIE LOW	CHELMSFORD	2.25.22	2019
DANIEL GENCAS	ROMFORD	2.12.94	2020	**200 IM**	CAIT COTTER	CHELMSFORD	2.24.23	2024
LEWIS BINNING	BPSC	4.42.82	2020	**400 IM**	CAIT COTTER	CHELMSFORD	5.01.83	2024
BOYS				**18+YEARS**	GIRLS			
L C STEPHENSON	KILLERWHALE	23.30	2016	**50 FREESTYLE**	AMY GODSAVE	LAC	26.45	2017
MADDOX ROBERTS	WITHAM DOLPH	51.2	2024	**100 FREESTYLE**	MARTHA DULEY	COLCHESTER	57.88	2017
CONOR HARROLD	BPSC	1.57.22	2016	**200 FREESTYLE**	RUBY WHEELER	BPSC	2.08.42	2024
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**	ALEXA MANN	CHELMSFORD	9.25.43	2024
C DENTITH	REDBRIDGE	16.37.2	2016	**1500 FREESTYLE**	ALEXA MANN	CHELMSFORD	18.25.29	2024
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