

# Essex County Amateur Swimming Association Age Group Championships

## Event Best Times as at 28th March 2010

### Age/Event

### Boys

### Girls

### Age/Event

#### 9 Years

| Name          | Club       | Time    | Year |
|---------------|------------|---------|------|
| George Epsly  | Thurrock   | 38.96   | 2008 |
| George Epsly  | Thurrock   | 2:51.26 | 2008 |
| Kieran Gore   | Thurrock   | 43.77   | 2008 |
| Kieran Gore   | Thurrock   | 3:18.68 | 2008 |
| Spencer Prior | Colchester | 37.87   | 2009 |
| George Epsly  | Thurrock   | 2:56.81 | 2008 |
| Spencer Prior | Colchester | 33.87   | 2009 |
| George Epsly  | Thurrock   | 2:32.84 | 2008 |
| Kieran Gore   | Thurrock   | 1:22.40 | 2008 |
| Kieran Gore   | Thurrock   | 2:53.45 | 2008 |

#### Name

| Club         | Time    | Year |
|--------------|---------|------|
| Bo Waltham F | 38.38   | 2008 |
| Thurrock     | 2:54.36 | 2009 |
| Bo Waltham F | 43.71   | 2008 |
| Bo Waltham F | 3:18.92 | 2008 |
| Bo Waltham F | 37.60   | 2008 |
| Thurrock     | 3:12.03 | 2009 |
| Bo Waltham F | 33.40   | 2008 |
| Bo Waltham F | 2:36.16 | 2010 |
| Bo Waltham F | 1:23.66 | 2008 |
| Bo Waltham F | 2:57.02 | 2008 |

#### 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      |

#### 10 Years

| Name             | Club         | Time    | Year |
|------------------|--------------|---------|------|
| Arran Francis    | Colchester   | 35.54   | 2010 |
| Perry Williamson | Epping For't | 1:17.97 | 2004 |
| George Epsly     | Thurrock     | 2:43.34 | 2009 |
| Kieran Gore      | Thurrock     | 40.61   | 2009 |
| Scott Denham     | Killerwhales | 1:27.68 | 1998 |
| Kieran Gore      | Romford Town | 3:09.18 | 2009 |
| George Epsly     | Thurrock     | 34.65   | 2009 |
| Braden Wren      | Thurrock     | 1:19.40 | 2004 |
| George Epsly     | Thurrock     | 2:46.27 | 2009 |
| Arran Francis    | Colchester   | 31.07   | 2010 |
| Braden Wren      | Thurrock     | 1:07.93 | 2004 |
| George Epsly     | Thurrock     | 2:21.74 | 2009 |
| George Epsly     | Thurrock     | 4:59.86 | 2009 |
| Jack Ayling      | Havering Aq  | 1:18.73 | 2009 |
| Kieran Gore      | Romford Town | 2:45.40 | 2009 |
| Senner Koskocan  | Harlow Pen   | 5:43.84 | 2006 |

#### Name

| Club         | Time    | Year |
|--------------|---------|------|
| Basildon     | 34.71   | 2004 |
| Basildon     | 1:13.86 | 2004 |
| Thurrock     | 2:39.37 | 2008 |
| Thurrock     | 40.39   | 2007 |
| Basildon     | 1:26.10 | 2004 |
| Thurrock     | 3:01.62 | 2007 |
| Redbridge Bo | 34.30   | 2002 |
| Thurrock     | 1:15.51 | 2004 |
| Thurrock     | 2:45.23 | 2004 |
| Redbridge Bo | 30.76   | 2002 |
| Basildon     | 1:05.91 | 2004 |
| Redbridge Bo | 2:23.82 | 2002 |
| Thurrock     | 4:58.45 | 2008 |
| Basildon     | 1:15.54 | 2004 |
| Redbridge Bo | 2:42.81 | 2002 |
| Thurrock     | 5:46.87 | 2008 |

#### 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****Girls****Age/Event**

| <b>11 Years</b> | Name            | Club         | Time    | Year |
|-----------------|-----------------|--------------|---------|------|
| 50m Back        | Oliver Blackman | Redbridge Bo | 34.01   | 2002 |
| 100m Back *     | Matthew Dibble  | Thurrock     | 1:14.13 | 2004 |
| 200m Back       | Cavan Beck      | Rochford     | 2:33.97 | 2010 |
| 50m Breast      | Cameron Simpson | Colchester   | 38.79   | 2010 |
| 100m Breast *   | Nicholas Jonas  | Havering Aq  | 1:23.20 | 2005 |
| 200m Breast     | Tommy Willis    | Bo Waltham F | 2:59.67 | 2008 |
| 50m Fly         | Aidan Robinson  | Basildon     | 32.63   | 2009 |
| 100m Fly *      | Samuel Ward     | Thurrock     | 1:13.05 | 2003 |
| 200m Fly        | George Epsly    | Thurrock     | 2:35.05 | 2010 |
| 50m Free        | Charles Metcalf | Bo Southend  | 29.84   | 2002 |
| 100m Free *     | Samuel Ward     | Thurrock     | 1:03.70 | 2003 |
| 200m Free       | George Epsly    | Thurrock     | 2:17.02 | 2010 |
| 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          | Arjun Robertson | Bo Waltham F | 2:39.33 | 2008 |
| 400 IM          | George Epsly    | Thurrock     | 5:28.24 | 2010 |

| Name                  | Club         | Time     | Year | 11 Years    |
|-----------------------|--------------|----------|------|-------------|
| Georgia Hunton-Clarke | Thurrock     | 34.20    | 2003 | 50m Back    |
| Rachel Leong          | Redbridge Bo | 1:11.03  | 2003 | 100m Back   |
| Eliza Duffy           | Chelmsford   | 2:29.48  | 2009 | 200m Back   |
| Omonigho Momodu       | Killerwhales | 37.53    | 2006 | 50m Breast  |
| Chloe Francis         | Chelmsford   | 1:20.58  | 2005 | 100m Breast |
| Athena Liao           | Braintree    | 2:52.56  | 2002 | 200m Breast |
| Amrita Robertson      | Bo Waltham F | 32.53    | 2010 | 50m Fly     |
| Eleanor Pirrie        | Runnymede    | 1:09.74  | 2009 | 100m Fly    |
| Eleanor Pirrie        | Runnymede    | 2:34.94  | 2009 | 200m Fly    |
| Chloe Francis         | Chelmsford   | 29.61    | 2005 | 50m Free    |
| Rachel Leong          | Redbridge Bo | 1:01.88  | 2003 | 100m Free   |
| Rachel Leong          | Redbridge Bo | 2:13.19  | 2003 | 200m Free   |
| Eliza Duffy           | Chelmsford   | 4:47.74  | 2009 | 400m Free   |
| Emma Cassidy          | Thurrock     | 9:49.92  | 2009 | 800m Free   |
| Emma Cassidy          | Thurrock     | 18:49.80 | 2009 | 1500m Free  |
| Rachel Leong          | Redbridge Bo | 1:11.30  | 2003 | 100 IM      |
| Rachel Leong          | Redbridge Bo | 2:31.44  | 2003 | 200 IM      |
| Chloe Francis         | Chelmsford   | 5:27.82  | 2005 | 400 IM      |

| <b>12 Years</b> | Name                  | Club         | Time     | Year |
|-----------------|-----------------------|--------------|----------|------|
| 50m Back        | Ben Ashton            | Chelmsford   | 33.14    | 2007 |
| 100m Back       | Sean Houlihan         | Romford Town | 1:08.01  | 2008 |
| 200m Back       | Roberto Pavoni        | Brentwood    | 2:28.42  | 2003 |
| 50m Breast      | Sean Houlihan         | Romford Town | 35.93    | 2008 |
| 100m Breast     | Sean Houlihan         | Romford Town | 1:15.91  | 2008 |
| 200m Breast     | Sean Houlihan         | Romford Town | 2:46.38  | 2008 |
| 50m Fly         | Aidan Robinson        | Basildon     | 31.30    | 2010 |
| 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       | Jarrod Bradfield      | Clacton on S | 59.43    | 2009 |
| 200m Free       | Alexander Witherspoon | Braintree    | 2:08.89  | 1997 |
| 400m Free       | Luke Durban           | Braintree    | 4:31.52  | 2009 |
| 800m Free       | Luke Durban           | Braintree    | 9:26.35  | 2009 |
| 1500m Free      | Harry Payne           | Bo Southend  | 17:43.61 | 2007 |
| 100 IM          | Luke Bourne           | Rochford     | 1:07.99  | 2009 |
| 200 IM          | Sean Houlihan         | Romford Town | 2:28.82  | 2008 |
| 400 IM          | Sean Houlihan         | Romford Town | 5:14.91  | 2008 |

| Name                | Club         | Time     | Year | 12 Years    |
|---------------------|--------------|----------|------|-------------|
| Grace Francis       | Basildon     | 32.25    | 2002 | 50m Back    |
| Rachel Leong        | BorRedbridge | 1:07.26  | 2004 | 100m Back   |
| Charlotte Copeland  | Romford Town | 2:24.84  | 2004 | 200m Back   |
| Athena Liao         | Braintree    | 36.45    | 2003 | 50m Breast  |
| Athena Liao         | Braintree    | 1:15.73  | 2003 | 100m Breast |
| Athena Liao         | Braintree    | 2:43.36  | 2003 | 200m Breast |
| Eliza Duffy         | Chelmsford   | 30.91    | 2010 | 50m Fly     |
| Eleanor Pirrie      | Runnymede    | 1:07.25  | 2010 | 100m Fly    |
| Eleanor Pirrie      | Runnymede    | 2:25.93  | 2010 | 200m Fly    |
| Brooke Turner       | Havering Dol | 28.68    | 2002 | 50m Free    |
| Eliza Duffy         | Chelmsford   | 1:00.69  | 2010 | 100m Free   |
| Rachel Leong        | BorRedbridge | 2:09.75  | 2004 | 200m Free   |
| Katarina Blanco     | Bo Southend  | 4:39.90  | 2010 | 400m Free   |
| Katarina Blanco     | Bo Southend  | 9:38.25  | 2010 | 800m Free   |
| Kayleigh Umfreville | Thurrock     | 18:05.64 | 2010 | 1500m Free  |
| Chloe Francis       | Basildon     | 1:10.58  | 2006 | 100 IM      |
| Rachel Leong        | BorRedbridge | 2:28.32  | 2004 | 200 IM      |
| Kayleigh Umfreville | Thurrock     | 5:12.76  | 2010 | 400 IM      |

\* Last swum in 2005

**Age/Event****Boys****Girls****Age/Event**

| <b>13 Years</b> | <b>Name</b>      | <b>Club</b>  | <b>Time</b> | <b>Year</b> |
|-----------------|------------------|--------------|-------------|-------------|
| 50m Back        | Sean Houlihan    | Romford Town | 30.65       | 2009        |
| 100m Back       | Roberto Pavoni   | Brentwood    | 1:03.09     | 2005        |
| 200m Back       | Roberto Pavoni   | Brentwood    | 2:12.88     | 2005        |
| 50m Breast      | Luke Bourne      | Rochford     | 32.77       | 2010        |
| 100m Breast     | Roberto Pavoni   | Brentwood    | 1:11.03     | 2005        |
| 200m Breast     | Roberto Pavoni   | Brentwood    | 2:33.73     | 2005        |
| 50m Fly         | Sean Houlihan    | Romford Town | 29.35       | 2009        |
| 100m Fly        | Roberto Pavoni   | Brentwood    | 1:01.53     | 2005        |
| 200m Fly        | Ivan Georgiev    | BorRedbridge | 2:20.14     | 2007        |
| 50m Free        | Jarrod Bradfield | Clacton      | 26.36       | 2010        |
| 100m Free       | Roberto Pavoni   | Brentwood    | 56.62       | 2005        |
| 200m Free       | Roberto Pavoni   | Brentwood    | 2:01.24     | 2005        |
| 400m Free       | Roberto Pavoni   | Brentwood    | 4:10.95     | 2005        |
| 800m Free       | Harry Payne      | Bo Southend  | 9:00.63     | 2008        |
| 1500m Free      | Roberto Pavoni   | Brentwood    | 16:49.00    | 2005        |
| 100 IM          | Roberto Pavoni   | Brentwood    | 1:03.96     | 2005        |
| 200 IM          | Roberto Pavoni   | Brentwood    | 2:13.06     | 2005        |
| 400 IM          | Roberto Pavoni   | Brentwood    | 4:38.49     | 2005        |

| <b>Name</b>         | <b>Club</b>  | <b>Time</b> | <b>Year</b> | <b>13 Years</b> |
|---------------------|--------------|-------------|-------------|-----------------|
| Lauren Cogdale      | Brentwood    | 31.65       | 2001        | 50m Back        |
| Rachel Leong        | Bo Waltham F | 1:06.63     | 2005        | 100m Back       |
| Stephanie Malcolm   | Bo Waltham F | 2:20.64     | 2009        | 200m Back       |
| Athena Liao         | Braintree    | 36.21       | 2004        | 50m Breast      |
| Rachel Leong        | Bo Waltham F | 1:17.08     | 2005        | 100m Breast     |
| Athena Liao         | Braintree    | 2:39.47     | 2004        | 200m Breast     |
| Elena Sheridan      | Romford Town | 30.79       | 2009        | 50m Fly         |
| Elena Sheridan      | Romford Town | 1:05.46     | 2009        | 100m Fly        |
| Elena Sheridan      | Romford Town | 2:21.87     | 2009        | 200m Fly        |
| Rachel Leong        | Bo Waltham F | 28.51       | 2005        | 50m Free        |
| Rachel Leong        | Bo Waltham F | 1:00.05     | 2005        | 100m Free       |
| Rachel Leong        | Bo Waltham F | 2:09.31     | 2005        | 200m Free       |
| Stephanie Northwood | Redbridge Bo | 4:30.90     | 1999        | 400m Free       |
| Molly Epsly         | Thurrock     | 9:28.06     | 2006        | 800m Free       |
| Rebecca Hayes       | Thurrock     | 18:01.79    | 2010        | 1500m Free      |
| Rachel Leong        | Bo Waltham F | 1:08.06     | 2005        | 100 IM          |
| Elena Sheridan      | Romford Town | 2:25.84     | 2009        | 200 IM          |
| Elena Sheridan      | Romford Town | 5:01.90     | 2009        | 400 IM          |

| <b>14 Years</b> | <b>Name</b>           | <b>Club</b>  | <b>Time</b> | <b>Year</b> |
|-----------------|-----------------------|--------------|-------------|-------------|
| 50m Back        | Jason Ruder           | Bo Waltham F | 29.21       | 2002        |
| 100m Back       | Jason Ruder           | Bo Waltham F | 1:02.26     | 2002        |
| 200m Back       | Jason Ruder           | Bo Waltham F | 2:13.02     | 2002        |
| 50m Breast      | David Jacobs          | Romford Town | 32.60       | 2003        |
| 100m Breast     | David Jacobs          | Romford Town | 1:09.42     | 2003        |
| 200m Breast     | Christopher Watkinson | Braintree    | 2:29.89     | 2000        |
| 50m Fly         | Grant Chandler        | Romford Town | 28.27       | 2006        |
| 100m Fly        | Samuel Ward           | Thurrock     | 1:00.97     | 2006        |
| 200m Fly        | Samuel Ward           | Thurrock     | 2:12.43     | 2006        |
| 50m Free        | Ashley Mitchell       | Bo Waltham F | 26.00       | 2004        |
| 100m Free       | Harry Payne           | Bo Southend  | 55.27       | 2009        |
| 200m Free       | Harry Payne           | Bo Southend  | 1:59.58     | 2009        |
| 400m Free       | Harry Payne           | Bo Southend  | 4:10.35     | 2009        |
| 800m Free       | Daniel Sorrell        | Chelmsford   | 8:37.55     | 2009        |
| 1500m Free      | Daniel Sorrell        | Chelmsford   | 16:23.92    | 2009        |
| 100 IM          | Sean Houlihan         | Romford Town | 1:02.97     | 2010        |
| 200 IM          | Grant Chandler        | Romford Town | 2:15.23     | 2006        |
| 400 IM          | Grant Chandler        | Romford Town | 4:44.66     | 2006        |

| <b>Name</b>       | <b>Club</b>  | <b>Time</b> | <b>Year</b> | <b>14 Years</b> |
|-------------------|--------------|-------------|-------------|-----------------|
| Susannah Carroll  | Rochford     | 31.20       | 2003        | 50m Back        |
| Stephanie Malcolm | Bo Waltham F | 1:05.82     | 2010        | 100m Back       |
| Stephanie Malcolm | Bo Waltham F | 2:20.53     | 2010        | 200m Back       |
| Bonnie Maxwell    | Phoenix Bas  | 34.94       | 2005        | 50m Breast      |
| Elena Sheridan    | Romford Town | 1:14.93     | 2010        | 100m Breast     |
| Elena Sheridan    | Romford Town | 2:39.35     | 2010        | 200m Breast     |
| Elena Sheridan    | Romford Town | 29.30       | 2010        | 50m Fly         |
| Elena Sheridan    | Romford Town | 1:03.51     | 2010        | 100m Fly        |
| Rachel Leong      | Bo Waltham F | 2:23.08     | 2006        | 200m Fly        |
| Stephanie Malcolm | Bo Waltham F | 28.00       | 2010        | 50m Free        |
| Katherine George  | Harlow Pen   | 1:00.00     | 1994        | 100m Free       |
| Rachel Leong      | Bo Waltham F | 2:07.45     | 2006        | 200m Free       |
| Nathalie Brown    | Bo Southend  | 4:22.92     | 1997        | 400m Free       |
| Poppy Hill        | Bo Waltham F | 9:06.09     | 2010        | 800m Free       |
| Poppy Hill        | Bo Waltham F | 17:20.64    | 2010        | 1500m Free      |
| Elena Sheridan    | Romford Town | 1:08.01     | 2010        | 100 IM          |
| Elena Sheridan    | Romford Town | 2:24.42     | 2010        | 200 IM          |
| Kelly Andrews     | Killerwhales | 5:05.30     | 2002        | 400 IM          |

**Age/Event****Boys****Girls****Age/Event**

| <b>15 Years</b> | <b>Name</b>           | <b>Club</b>  | <b>Time</b> | <b>Year</b> |
|-----------------|-----------------------|--------------|-------------|-------------|
| 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       | Daniel Sorrell        | Chelmsford   | 8:32.71     | 2010        |
| 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        |

| <b>Name</b>           | <b>Club</b>  | <b>Time</b> | <b>Year</b> | <b>15 Years</b> |
|-----------------------|--------------|-------------|-------------|-----------------|
| Grace Francis         | Chelmsford   | 31.20       | 2005        | 50m Back        |
| Sophie Drake          | Canvey Isl   | 31.20       | 2008        |                 |
| Georgia Hunton-Clarke | Romford Town | 1:05.53     | 2007        | 100m Back       |
| Clare Carter          | Braintree    | 2:14.88     | 1997        | 200m Back       |
| Grace Francis         | Chelmsford   | 35.11       | 2005        | 50m Breast      |
| Kaz Melvin            | Harlow Pen   | 1:15.53     | 2006        | 100m Breast     |
| Kaz Melvin            | Harlow Pen   | 2:40.00     | 2006        | 200m Breast     |
| Rachel Leong          | Bo Waltham F | 30.04       | 2007        | 50m Fly         |
| Lauren Cogdale        | Romford Town | 1:04.12     | 2003        | 100m Fly        |
| Nikki Ladlow          | Killerwhales | 2:19.74     | 1998        | 200m Fly        |
| Sophie Drake          | Canvey Isl   | 27.66       | 2008        | 50m Free        |
| Phoebe Hayes          | BorRedbridge | 59.22       | 2007        | 100m Free       |
| Kelly Andrews         | Killerwhales | 2:07.26     | 2003        | 200m Free       |
| Brooke Turner         | Thurrock     | 4:26.50     | 2005        | 400m Free       |
| Kirsty Forbes         | Killerwhales | 9:12.22     | 2005        | 800m Free       |
| Molly Epsly           | Thurrock     | 17:30.58    | 2008        | 1500m Free      |
| Kelly Andrews         | Killerwhales | 1:07.51     | 2003        | 100 IM          |
| Lauren Cogdale        | Romford Town | 2:22.88     | 2003        | 200 IM          |
| Claire Garlick        | Brentwood    | 5:02.55     | 2005        | 400 IM          |

| <b>16 Years</b> | <b>Name</b>           | <b>Club</b>  | <b>Time</b> | <b>Year</b> |
|-----------------|-----------------------|--------------|-------------|-------------|
| 50m Back        | Daniel Stepton        | Romford Town | 28.02       | 2008        |
| 100m Back       | Ross Hughes           | Brentwood    | 59.80       | 2000        |
| 200m Back       | Ross Hughes           | Brentwood    | 2:04.65     | 2000        |
| 50m Breast      | Roberto Pavoni        | Brentwood    | 30.00       | 2007        |
| 100m Breast     | Roberto Pavoni        | Brentwood    | 1:04.60     | 2007        |
| 200m Breast     | Christopher Watkinson | Braintree    | 2:24.60     | 2003        |
| 50m Fly         | Bradley Neal          | Romford Town | 26.77       | 2002        |
| 100m Fly        | Roberto Pavoni        | Brentwood    | 58.41       | 2007        |
| 200m Fly        | Christopher Inch      | BorRedbridge | 2:07.89     | 2009        |
| 50m Free        | Daniel Stepton        | Romford Town | 24.74       | 2008        |
| 100m Free       | Dane McKnight         | Bo Waltham F | 53.44       | 2005        |
| 200m Free       | Dane McKnight         | Bo Waltham F | 1:53.26     | 2005        |
| 400m Free       | Dane McKnight         | Bo Waltham F | 3:58.69     | 2005        |
| 800m Free       | Roberto Pavoni        | Brentwood    | 8:16.76     | 2007        |
| 1500m Free      | Daniel Fogg           | Bo Waltham F | 15:49.71    | 2004        |
| 100 IM          | Karl Batorski         | Harlow Pen   | 59.93       | 2004        |
| 200 IM          | Roberto Pavoni        | Brentwood    | 2:05.03     | 2007        |
| 400 IM          | Roberto Pavoni        | Brentwood    | 4:25.14     | 2007        |

| <b>Name</b>           | <b>Club</b>  | <b>Time</b> | <b>Year</b> | <b>16 Years</b> |
|-----------------------|--------------|-------------|-------------|-----------------|
| Sophie Drake          | Canvey Isl   | 30.52       | 2009        | 50m Back        |
| Sophie Drake          | Canvey Isl   | 1:02.16     | 2009        | 100m Back       |
| Kirsty Forbes         | Killerwhales | 2:18.26     | 2006        | 200m Back       |
| Lauren Cogdale        | Romford Town | 34.70       | 2004        | 50m Breast      |
| Lauren Cogdale        | Romford Town | 1:14.43     | 2004        | 100m Breast     |
| Nathalie Brown        | Bo Southend  | 2:40.37     | 1999        | 200m Breast     |
| Verity Goodey         | Southend     | 30.05       | 2008        | 50m Fly         |
| Verity Goodey         | Southend     | 1:04.24     | 2008        | 100m Fly        |
| Charlotte Watkins     | Killerwhales | 2:21.80     | 2004        | 200m Fly        |
| Sophie Drake          | Canvey Isl   | 26.63       | 2009        | 50m Free        |
| Sophie Drake          | Canvey Isl   | 58.11       | 2009        | 100m Free       |
| Phoebe Hayes          | BorRedbridge | 2:05.28     | 2008        | 200m Free       |
| Nathalie Brown        | Bo Southend  | 4:20.16     | 1999        | 400m Free       |
| Kelly Andrews         | Killerwhales | 9:05.39     | 2004        | 800m Free       |
| Kerriann Chipperfield | Thurrock     | 17:24.11    | 2010        | 1500m Free      |
| Lauren Cogdale        | Romford Town | 1:07.11     | 2004        | 100 IM          |
| Nathalie Brown        | Bo Southend  | 2:22.71     | 1999        | 200 IM          |
| Louise Gowens         | Bo Southend  | 4:59.04     | 1998        | 400 IM          |

**Age/Event****Boys**

| <b>17+ Years #</b> | <b>Name</b>      | <b>Club</b>  | <b>Time</b> | <b>Year</b> |
|--------------------|------------------|--------------|-------------|-------------|
| 50m Back           | Daniel Stepton   | Romford Town | 27.44       | 2009        |
| 100m Back          | Jamie Fleet      | Bo Waltham F | 56.80       | 1993        |
| 200m Back          | Daniel Stepton   | Romford Town | 2:05.50     | 2009        |
| 50m Breast         | Matthew Smith    | Hornchurch   | 29.47       | 2009        |
| 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           | Allen Lindenburg | Bo Waltham F | 24.11       | 2010        |
| 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             | Daniel Coombes   | Romford Town | 2:08.62     | 1995        |
| 400 IM             | Edward Clement   | Killerwhales | 4:28.30     | 1997        |

**Girls****Age/Event**

| <b>Name</b>      | <b>Club</b>  | <b>Time</b> | <b>Year</b> | <b>17+ Years #</b> |
|------------------|--------------|-------------|-------------|--------------------|
| Verity Goody     | Bo Southend  | 30.47       | 2010        | 50m Back           |
| Sophie Drake     | Canvey Isl   | 1:03.34     | 2010        | 100m Back          |
| Clare Carter     | Braintree    | 2:16.63     | 2000        | 200m Back          |
| Michelle Kiff    | Brentwood    | 34.09       | 2002        | 50m Breast         |
| Jamie King       | Bo Waltham F | 1:09.03     | 1996        | 100m Breast        |
| Michelle Kiff    | Brentwood    | 2:36.04     | 2002        | 200m Breast        |
| Verity Goody     | Bo Southend  | 29.48       | 2010        | 50m Fly            |
| Dawn Palmer      | Killerwhales | 1:04.28     | 1993        | 100m Fly           |
| Nathalie Brown   | Bo Southend  | 2:17.50     | 2000        | 200m Fly           |
| Verity Goodey    | Southend     | 27.48       | 2009        | 50m Free           |
| Dawn Palmer      | Killerwhales | 58.45       | 1994        | 100m Free          |
| Sarah Hardcastle | Bo Southend  | 2:01.85     | 1986        | 200m Free          |
| Nathalie Brown   | Bo Southend  | 4:16.08     | 2001        | 400m Free          |
| Nathalie Brown   | Bo Southend  | 8:52.58     | 2004        | 800m Free          |
| Phoebe Hayes     | BorRedbridge | 17:13.26    | 2009        | 1500m Free         |
| Verity Goody     | Bo Southend  | 1:06.14     | 2010        | 100 IM             |
| Sarah Hardcastle | Bo Southend  | 2:20.13     | 1986        | 200 IM             |
| Nathalie Brown   | Bo Southend  | 4:56.88     | 2004        | 400 IM             |

# Combined 16+ Age Group swum from 2003 to 2008 inclusive

**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 Lynda Walton, Records Administrator.

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

**Lyndsey Motin**  
**Essex Swimming Events Manager**

**motin@btinternet.com**