

East Region - Essex County swim performance					
		Swimmer	Club	Time	Place
1	Womens 17&Over 200m IM	Jessica Ford	Thurrock	2.25.66	2nd
2	Mens 17&Over 200m IM	George Scothern	Brentwood	2.11.28	2nd
3	Womens 11/12 Yrs 400m Medley Team	Alice Hickmott	Braintree	1.13.77	
3		Amy Gore	Thurrock	1.20.85	
3		Jessica Lambert	Epping Forest	1.14.93	
3		Amelia Knowles	Southend	1.03.77	2nd
4	Mens 11/12 Yrs 400m Medley Team	Gareth Hawkins	Thurrock	1.11.19	
4		Jack Carter	Southend	1.20.12	
4		Sonny Ford	Thurrock	1.12.61	
4		Luke Bourne	Rochford	1.05.17	3rd
5	Womens 13/14 Yrs 400m Medley Team	Danielle Sayer	Thurrock	1.11.32	
5		Nicole Gibbs	Brentwood	1.20.92	
5		Annie Groome	Harlow	1.10.56	
5		Amy Byford	Chelmsford	1.04.05	5th
6	Mens 13/14 Yrs 400m Medley Team	Ben Ashton	Chelmsford	1.07.39	
6		Charlie Pond Thompson	Southend	1.16.22	
6		Ryan Daniels	Thurrock	1.06.37	
6		Alex Delicata	Thurrock	57.78	4th
7	Womens 15/16 Yrs 400m Medley Team	Sophie Drake	Canvey	1.06.41	
7		Georgina Hunt	Thurrock	1.20.84	
7		Verity Goodey	Southend	1.04.98	
7		Bronwyn Carter	Colchester		DNF
8	Mens 15/16 Yrs 400m Medley Team	Sean Tomlin	BOSS	1.03.18	
8		Christian Parker	Southend	1.13.45	
8		Thomas Burley	Harlow	1.04.99	
8		Timothy Evans	Southend	59.02	6th
9	Womens 17&Over 400m Medley Team	Kaz Melvin	Harlow	1.10.96	
9		Jessica Ford	Thurrock	1.18.94	
9		Natalie Ward	Runnymede	1.10.48	
9		Ruby Groome	Harlow	1.02.64	3rd
10	Mens 17&Over 400m Medley Team	Thomas Rootsey	Colchester	1.01.45	
10		Jonathan Sayer	BOSS	1.10.82	
10		Sargon Youssefi	Colchester	1.04.15	
10		Ben Preston	Rochford	55.04	4th
11	Womens 11/12 Yrs 100m Backstroke	Alice Hickmott	Braintree	1.12.87	3rd
12	Mens 11/12 Yrs 100m Backstroke	Gareth Hawkins	Thurrock	1.13.00	5th
13	Womens 13/14 Yrs 100m Breaststroke	Nicole Gibbs	Brentwood	1.21.11	4th
14	Mens 13/14 Yrs 100m Breaststroke	Charlie Hayes	Thurrock	1.18.22	5th
15	Womens 15/16 Yrs 100m Butterfly	Verity Goodey	Southend	1.05.07	1st
16	Mens 15/16 Yrs 100m Butterfly	Jason Daniels	Thurrock	1.03.15	4th
17	Womens 17&Over 100m Freestyle	Jessica Ford	Thurrock	1.02.54	4th
18	Mens 17&Over 100m Freestyle	Jonathan Sayer	BOSS	55.35	5th
19	Womens 11/12 Yrs 100m Breaststroke	Amy Gore	Thurrock	1.20.05	2nd
20	Mens 11/12 Yrs 100m Breaststroke	Luke Bourne	Rochford	1.24.73	4th
21	Womens 13/14 Yrs 100m Butterfly	Kerriann Chipperfield	Thurrock	1.10.46	5th
22	Mens 13/14 Yrs 100m Butterfly	Ryan Daniels	Thurrock	1.05.79	2nd
23	Womens 15/16 Yrs 100m Freestyle	Verity Goodey	Southend	1.01.20	2nd
24	Mens 15/16 Yrs 100m Freestyle	Timothy Evans	Southend	57.03	4th
25	Womens 17&Over 100m Backstroke	Natalie Ward	Runnymede	1.10.48	4th
26	Mens 17&Over 100m Backstroke	Thomas Rootsey	Colchester	1.01.47	3rd
27	Womens 11/12 Yrs 100m Butterfly	Amelia Knowles	Southend	1.08.64	1st
28	Mens 11/12 Yrs 100m Butterfly	Sonny Ford	Thurrock	1.13.24	3rd
29	Womens 13/14 Yrs 100m Freestyle	Amy Byford	Chelmsford	1.04.26	6th
30	Mens 13/14 Yrs 100m Freestyle	Alex Delicata	Thurrock	59.18	4th
31	Womens 15/16 Yrs 100m Backstroke	Sophie Drake	Canvey	1.05.86	2nd
32	Mens 15/16 Yrs 100m Backstroke	Sean Tomlin	BOSS	1.03.13	3rd
33	Womens 17&Over 100m Breaststroke	Kaz Melvin	Harlow	1.21.44	4th
34	Mens 17&Over 100m Breaststroke	Jonathan Sayer	BOSS	1.11.46	4th
35	Womens 11/12 Yrs 100m Freestyle	Katherine Stephens	Thurrock	1.08.48	6th

36	Mens 11/12 Yrs 100m Freestyle	Jack Carter	Southend	1.03.05	2nd
37	Womens 13/14 Yrs 100m Backstroke	Danielle Sayer	Thurrock	1.10.18	5th
38	Mens 13/14 Yrs 100m Backstroke	Ben Ashton	Chelmsford	1.08.00	5th
39	Womens 15/16 Yrs 100m Breaststroke	Georgina Hunt	Thurrock	1.20.88	5th
40	Mens 15/16 Yrs 100m Breaststroke	George Morris	BOSS	1.11.28	4th
41	Womens 17&Over 100m Butterfly	Natalie Ward	Runnymede	1.10.98	4th
42	Mens 17&Over 100m Butterfly	George Scothern	Brentwood	59.66	2nd
43	Womens 11/12 Yrs 400m Free.Team	Amelia Knowles	Southend	1.04.66	
43		Amy Gore	Thurrock	1.07.82	
43		Katie Willis	Southend	1.05.31	
43		Katherine Stephens	Thurrock	1.07.58	3rd
44	Mens 11/12 Yrs 400m Free.Team	Jack Carter	Southend	1.03.52	
44		Barton Townley	Runnymede	1.06.71	
44		Luke Bourne	Rochford	1.08.35	
44		Luke Durban	Braintree	1.04.77	3rd
45	Womens 13/14 Yrs 400m Free.Team	Amy Murfitt	Basildon	1.02.64	
45		Kerriann Chipperfield	Thurrock	1.04.42	
45		Chloe Davies	Runnymede	1.01.96	
45		Amy Byford	Chelmsford	1.03.79	5th
46	Mens 13/14 Yrs 400m Free.Team	Alex Delicata	Thurrock	58.66	
46		Daniel Sorrell	Chelmsford	59.47	
46		Harry Payne	BOSS	59.2	
46		Charlie Pond Thompson	Southend	59.1	4th
47	Womens 15/16 Yrs 400m Free.Team	Sophie Drake	Canvey	1.00.47	
47		Charlotte Davies	Runnymede	1.03.16	
47		Verity Goodey	Southend	1.00.03	
47		Georgina Hunt	Thurrock	1.01.79	2nd
48	Mens 15/16 Yrs 400m Free.Team	Jason Daniels	Thurrock	57.78	
48		Alex Francey	Harlow	56.87	
48		George Morris	BOSS	55.95	
48		Sean Tomlin	BOSS	57.55	5th
49	Womens 17&Over 400m Free.Team	Ruby Groome	Harlow	1.02.60	
49		Kaz Melvin	Harlow	1.06.71	
49		Jessica Ford	Thurrock	1.02.96	
49		Natalie Ward	Runnymede	1.05.09	3rd
50	Mens 17&Over 400m Free.Team	Ben Preston	Rochford	55.74	
50		Jonathan Sayer	BOSS	55.5	
50		George Scothern	Brentwood	56.37	
50		Sargon Youssefi	Colchester	56.42	3rd
1st	Suffolk	244			
2nd	Hertfordshire	218			
3rd	Essex	167			
4th	Bedfordshire	145			
5th	Norfolk	142			
6th	Cambridgeshire	132			