

Mildenhall Long Distance & 200m Club Championships

13th September - 13th October 2024

Swimmer	200 Fly	200 Back	200 Breast	200 Free	400 Free	400 IM	800 Free	1500 Free
Adriana Morrison		4:17.49	4:32.14	3:55.10	7:58.43		16:53.89	32:40.47
Amelia Larkin				4:09.84	8:34.62			
Eden Benion		3:05.13	3:24.05	2:43.55	5:41.83	6:46.89	11:59.55	22:58.71
Ella Baxter				3:31.99				
Elysia Jackson				3:31.42				
Emily Smith		3:51.04	4:17.75	3:28.66	7:28.20		15:13.63	30:38.24
Emma Barrett				3:31.28	7:57.85			
Georgia Bailey				3:57.99	8:29.38			
Gracie-Mai Lloyd	4:00.20	3:27.80	3:33.13		6:54.49	7:13.11	14:21.83	
Jane Smith		3:53.75		3:29.66	7:17.86		14:52.12	28:28.10
Jeannie Morley		4:35.75			8:30.95		16:51.84	32:31.97
Katie Richardson		3:15.09						
Lilly Bird				3:35.56	7:52.13			
Lyla Hill		3:37.16	3:56.04	3:11.92	6:38.25	7:51.77	14:00.25	27:41.11
Phoebe Mallen			3:20.73	2:39.08		6:33.90		23:15.37
Polly Jackson		3:16.11	3:39.83	2:54.65	5:59.54	6:57.80	12:40.26	25:34.50
Poppy Richardson		4:16.06		3:55.39	8:18.15			
Sapphire Desouza-Holwill		3:37.16		3:12.09				
Sophia Andrews			3:55.85	2:55.37		7:41.90		26:19.07
Bobby Hickman				3:32.90	8:08.47			
Charlie Madine				3:57.79				
Elliott Lloyd		3:40.53	4:11.64		7:48.91	8:36.26	15:13.66	
Finley Crichton		3:48.63	5:00.19	3:23.55	7:11.26		15:13.02	
George Richardson		3:00.97	3:32.96	2:45.20	6:00.66		12:35.25	
James Shipp			2:49.62					
John Browne			4:45.47	4:02.50				33:36.25
Karol Poplawski			3:50.24	3:17.22				30:17.05
Kieron Alderson	3:03.29	2:49.19		2:32.78	5:16.11	6:16.98	11:01.71	DQ (10.2)
Michael Morrison				4:15.55	8:52.29			
Miko Poplawski		2:36.06	2:58.62	2:14.53	5:02.84		11:42.76	21:11.86
River Robinson				3:23.04				
Rob Garry	5:53.32	4:02.64	4:34.18	3:17.81	6:55.34	8:51.89	14:40.46	28:24.12
Seb Cash				3:23.43	7:12.52			
Shaw Wilson		3:53.98		3:34.41				
Tyler Baxter	2:37.24	2:22.23		2:12.53	4:47.19	5:22.33	11:27.41	19:37.20
William Onslow				3:51.16	8:15.55			

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Selected Split Times

Swimmer	100 Fly ^(ST)	50 Breast ^(ST)	100 Breast ^(ST)	50 Free ^(ST)	100 Free ^(ST)	400 Free ^(ST)	800 Free ^(ST)	200 Free ^(ST)
Adriana Morrison			2:10.06		1:51.14	8:32.88	17:15.81	3:55.02
Amelia Larkin					1:58.38			4:09.16
Elysia Jackson				0:44.54				
Emily Smith			2:05.07		1:40.12	7:53.73	16:11.82	
Georgia Bailey					1:49.20			
Lilly Bird				0:46.07	1:40.75			
Gracie-Mai Lloyd	1:47.65		1:42.34					3:18.76
Lyla Hill	2:02.64		1:59.15		1:31.83	7:13.76	14:41.87	
Polly Jackson	1:45.49					6:40.23	13:36.51	
Poppy Richardson					1:59.06			
Sophia Andrews		0:53.11	1:53.33				13:54.71	
Bobby Hickman					1:36.19			
Charlie Madine					1:54.18			
Elliott Lloyd	2:03.84		2:04.07					3:45.73
Finley Crichton			2:24.10		1:35.80			
George Richardson		0:48.42	1:44.05					
Karol Poplawski			1:49.71			7:43.32	15:59.66	
Michael Morrison					1:59.08			
River Robinson				0:42.93	1:33.17			
Seb Cash					1:35.36			
William Onslow					1:52.07			

New 3-Year Best (Masters) **0:59.99** First Time **0:59.99** New PB **0:59.99** County QT **0:59.99**

Championship Record **0:59.99** Club Record **0:59.99** 155 PBs (1 3-year bests) achieved in 134 races

36 swimmers competed in this year's long distance and 200m club championships, achieving PBs in nearly every race, and in some case multiple PBs. 4 swimmers set PBs in the 100 Fly at the start of the 400 IM, with 6 swimmers setting PBs for 800m (with 5 also setting PBs for 400m as well) during the 1500m Freestyle. Amelia and Adriana somehow managed to set PBs at the 200m split in the 400m Freestyle, despite setting PBs in the 200m Freestyle the week before. Unfortunately, the masters haven't fared too well this year, with just 1 3-year best so far.

George managed to knock 40 seconds off his 200m Breaststroke time (setting new PBs in 50m & 100m as well), but that has now been surpassed by Finley knocking over 2 minutes 10 seconds off his 200m Free time, unbelievable! Emma then managed to knock over 3 minutes off her 400m Freestyle time, before Finley surpassed that by knocking nearly 4 minutes 20 seconds off his time.

Overall, 1 swimmer, Rob, competed in all 8 events, managing a 3-year best. 5 swimmers competed in 7 events, with Eden, Lyla and Polly setting PBs in all 7 and Kieron & Tyler setting PBs in all but one. 4 swimmers competing in 6 events, with Adriana, Emily, Gracie-Mai & Miko setting PBs in all 6.

6 swimmers have achieved 15 County Qualifying times between them, with Polly leading the way qualifying in 7 events out of 7, followed by Sophia with 3, and Lyla 2. Finley, Miko and Tyler have achieved qualifying times in one event each.