

Mildenhall Long Distance & 200m Club Championships

16th September - 23rd October 2022

Swimmer	200 Fly	200 Back	200 Breast	200 Free	400 Free	400 IM	800 Free	1500 Free
Eden Benion			3:34.31	2:48.83	5:53.20		12:43.06	
Emma Lovegrove	DNF	2:56.78	3:32.63	2:31.09	5:39.77	6:58.52		DNF
Esmee Child		3:17.54	3:41.98	2:40.80	5:59.12			
Grace Duncan		4:12.20	4:27.61	3:30.81				
Hailey Campo			4:03.90					
Jane Smith		3:55.69		3:35.66	7:08.32			
Jeannie Morley		4:16.12		3:57.61	8:17.57		16:48.61	32:20.13
Kayla Campo		3:08.43					11:49.00	
Miranda Nichols				2:14.33				
Phoebe Mallen					5:33.53		11:42.80	22:23.53
Sarah Rose	3:26.33	2:49.27		2:31.00	5:32.52	6:22.38		
Sophia Andrews		DQ (6.4)		3:23.05	7:01.76			
Wendy Airey	4:18.95					8:16.64		
Ben Peck		2:57.42						
Caden Lee		DQ (6.5)	DQ (7.5)	3:30.44				
Edward Samuel			3:41.31	2:57.83	6:15.78			
Jacob Lucas-Adams	4:12.69	3:31.33	4:07.77	3:05.17	6:47.03	7:40.71	14:10.96	27:30.64
James Peck			3:20.58					
James Shipp	2:55.65	2:42.92	3:03.84	2:19.79	5:05.92	5:58.58	10:54.05	21:46.97
John Browne	DNF		4:36.58	4:06.74	8:23.38			32:48.34
Kade Falk		DQ (6.4)					13:21.05	26:21.49
Kieron Raven	3:47.71	3:28.81		2:57.72	6:13.49	7:52.49	12:40.20	25:54.00
Miko Poplawski		3:06.99	3:43.34	2:54.38	5:59.49		12:38.17	
Miller Perry		3:36.62	4:07.96	3:22.00	6:52.04	DNF	14:49.77	30:24.42
Rob Garry	4:59.44	3:47.25	4:31.14	3:16.83	6:52.77	8:47.71	14:16.56	28:28.59
Trystin Scheving		2:52.86	3:29.83		5:26.42		11:36.63	
Tyler Baxter		2:31.97		2:16.15	5:02.50	5:36.17	10:39.74	20:29.79

Selected Split Times

Swimmer	100 Fly ^(ST)	100 Breast ^(ST)	100 Free ^(ST)	200 Free ^(ST)	400 Free ^(ST)	800 Free ^(ST)	100 Free ^(ST)	200 Free ^(ST)
Grace Duncan		2:07.84	1:42.33					
Hailey Campo		1:58.79						
Kayla Campo					4:20.84			2:51.34
Miranda Nichols			1:02.84					
Sophia Andrews			1:39.31				1:36.07	
Wendy Airey	1:59.90							
Caden Lee			1:40.37					
Edward Samuel		1:42.52						
Jacob Lucas-Adams	2:00.45	2:04.25			7:21.97	14:48.06		
John Browne		2:16.11				17:09.02		
Kade Falk			1:33.51	3:19.67	6:35.10	14:11.82	1:27.88	3:08.72
Kieron Raven	1:44.53		1:24.51		6:37.80	13:42.95		
Miko Poplawski		1:42.77						
Miller Perry		2:03.08			7:56.77	16:06.38		

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

Championship Record **0:59.99** Club Record **0:59.99**

92 PBs (16 3-year bests) achieved in 101 races

27 swimmers took part in 2022 Long Distance & 200m Club Championships, with a number of swimmers competing for the first time - so as well as new personal bests in the longer events, there were a number of personal bests in the intermediate distances as well.

Jacob Lucas-Adams, James Shipp and Rob Garry competed in all 8 events, with Jacob & James setting PBs and Rob setting 3-year bests in all 8. Emma Lovegrove, Keiron Raven & Miller Perry entered 7 out of 8 races, with Keiron setting PBs in all 7 of his races, Miller in 6 and Emma in 4.

Miranda Nichols broke the 40-year old championship and club records in the 200 Freestyle, with her split-time also setting a new 100m Freestyle championship record.