

Mildenhall Long Distance & 200m Club Championships

15th September - 22th October 2023

| Swimmer | 200 Fly | 200 Back | 200 Breast | 200 Free | 400 Free | 400 IM | 800 Free | 1500 Free |
|--------------------------|-----------|----------|------------|----------|----------|----------|----------|-----------|
| Adriana Morrison | | | | 4:20.80 | 9:17.51 | | | |
| Belle Bingham | | | 3:45.57 | | | | | |
| Debbie Lee | | | 3:54.17 | | 6:58.00 | | 14:32.66 | |
| Eden Benion | | 3:11.17 | 3:28.34 | 2:45.20 | 5:55.58 | 7:08.84 | 12:08.51 | 23:59.86 |
| Emily Smith | | | | 4:11.39 | 8:52.58 | | | |
| Emma Barrett | | | | 4:19.35 | | | | |
| Esmae Child | | | | 2:29.27 | 5:29.14 | 6:32.73 | | |
| Grace Duncan | | | 4:26.70 | 3:41.68 | | | | |
| Gracie-Mai Lloyd | | 3:40.00 | 3:44.42 | 3:18.82 | | 7:57.81 | | |
| Hailey Campo | | | 3:53.21 | | | | | |
| Jane Smith | | 3:46.60 | 4:25.97 | 3:19.13 | 7:04.84 | | | 27:53.18 |
| Jeannie Morley | | 4:26.66 | | 4:03.95 | 8:19.23 | | | 32:50.51 |
| Katie Richardson | | 3:11.48 | | 2:49.97 | 6:04.04 | | 12:23.60 | |
| Kayla Campo | 3:30.85 | | 3:25.69 | 2:40.47 | | 6:28.34 | 11:30.86 | |
| Parker Wilson | | | | 4:32.16 | | | | |
| Phoebe Mallen | | 2:59.20 | 3:19.97 | 2:33.61 | | | 11:35.31 | 22:34.32 |
| Phoebe Scarfe | | | DQ (7.1) | 3:16.37 | | | | |
| Polly Jackson | | | | 3:57.20 | 7:50.47 | | | |
| Sapphire Desouza-Holwill | | 3:58.20 | 4:14.49 | 3:38.64 | | | | |
| Sophia Andrews | | | | 3:05.72 | 6:48.94 | | | |
| Stella Lee | | | 3:53.29 | | 7:24.75 | | 16:15.82 | 31:12.58 |
| Bay Smith | | 3:38.99 | 4:25.48 | 3:38.08 | | | 16:22.98 | |
| Caden Lee | | | 3:51.59 | | 7:00.57 | | 14:25.77 | 29:24.77 |
| Edward Samuel | DQ (8.2) | 2:51.30 | 3:15.12 | 2:26.81 | 5:25.17 | | | |
| Elliott Lloyd | | | | 3:59.21 | 8:49.37 | | | |
| George Richardson | | 3:31.19 | 4:12.46 | 3:05.66 | 6:40.06 | | 13:39.06 | 27:24.66 |
| James Shipp | | 2:36.96 | 2:46.76 | 2:14.09 | 5:02.11 | 5:39.81 | 10:32.24 | 20:38.94 |
| John Browne | DQ (10.2) | | 4:38.30 | 3:56.84 | 8:23.73 | | 17:05.10 | 32:36.59 |
| Karol Poplawski | | | | 3:48.62 | 8:35.91 | | | |
| Kieron Alderson | 3:17.06 | 3:03.89 | | 2:41.93 | 5:40.41 | 6:50.74 | 11:23.05 | 24:03.25 |
| Lucas Hales | 4:22.98 | 3:42.62 | | 3:30.47 | 7:30.14 | DQ (7.5) | 14:33.11 | |
| Miko Poplawski | | 2:45.98 | 3:07.28 | 2:25.68 | 5:19.62 | 6:12.99 | | 21:53.90 |
| Oli Zawada | | | | | | DQ (8.4) | 13:59.71 | 27:05.72 |
| Rob Garry | 5:23.63 | 3:55.23 | 4:34.28 | 3:16.10 | 7:02.25 | 8:57.44 | 14:38.05 | 29:00.12 |
| Samuel Butcher | | | | 3:37.07 | | | | |
| Shaw Wilson | | | | 3:54.71 | | | | |
| Trystin Scheving | | | | 2:21.07 | | 5:59.78 | 10:52.44 | 21:01.13 |
| Tyler Baxter | 2:45.11 | 2:27.38 | | | | 5:26.57 | | |

Mildenhall Long Distance & 200m Club Championships

15th September - 22th October 2023

Selected Split Times

| Swimmer | 100 Fly ^(ST) | 50 Breast ^(ST) | 100 Breast ^(ST) | 50 Free ^(ST) | 100 Free ^(ST) | 200 Free ^(ST) | 400 Free ^(ST) | 800 Free ^(ST) |
|--------------------------|-------------------------|---------------------------|----------------------------|-------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Adriana Morrison | | | | | 2:03.76 | | | |
| Debbie Lee | | 0:51.84 | 1:50.61 | 0:44.65 | 1:34.71 | 3:21.09 | | |
| Emily Smith | | | | | 2:03.91 | | | |
| Emma Barrett | | | | | 2:03.26 | | | |
| Grace Duncan | | | 2:05.34 | | | | | |
| Gracie-Mai Lloyd | | | 1:47.98 | | | | | |
| Jane Smith | | | | | | | | 14:37.42 |
| Jeannie Morley | | | | | 1:57.04 | | | |
| Kayla Campo | 1:36.24 | | 1:38.68 | | | | 5:37.65 | |
| Parker Wilson | | | | | 2:05.91 | | | |
| Phoebe Scarfe | | | | | 1:37.83 | | | |
| Polly Jackson | | | | 0:52.53 | 1:52.60 | 3:51.97 | | |
| Sapphire Desouza-Holwill | | | 2:03.89 | | | | | |
| Stella Lee | | | 1:52.99 | | | 3:41.27 | 8:06.58 | 16:34.55 |
| Bay Smith | | | 2:09.18 | | | | 8:13.84 | |
| Caden Lee | | | 1:51.05 | | | 3:25.15 | | 15:29.91 |
| Elliott Lloyd | | | | | 1:53.68 | | | |
| George Richardson | | | 2:03.68 | | 1:30.39 | | | 14:37.24 |
| Lucas Hales | 1:59.76 | | | | | | | |
| Oli Zawada | | | | | | 3:14.75 | 6:50.87 | 14:16.45 |
| Samuel Butcher | | | | | 1:42.94 | | | |
| Trystin Scheving | | | | | | | 5:25.72 | |

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

154 PBs (9 3-year bests) achieved in 138 races

37 swimmers competed in the Long Distance & 200m Club Championships, with Rob Garry entering all 8 events, Eden Benion, James Shipp and Kieron Alderson 7 events and George Richardson, John Browne, Lucas Hales & Miko Poplawski 6 events. Rob managed one 3-year best, James & Kieron achieved 7 out of 7 PBs, with Eden achieving 5 out of 7, George & Miko achieved 6 out of 6, Lucas 5 out of 6 and John 2 PBs and a 3-year best.

Every swimmer set at least one new PB (or 3-year best), with most swimmers setting PBs in multiple races and with a number of swimmers competing for the first time, set new PBs with their split times as well.

8 Swimmers gained County Qualifying times, with Trystin Scheving qualifying in 4 events, Kieron Alderson & Sophia Andrews qualifying in 2 events and Belle Bingham, James Shipp, Lucas Hales, Stella Lee & Tyler Baxter qualifying in one event each.

Well done to all those who competed and thanks again for all those that helped.