

Mildenhall Long Distance & 200m Club Championships

19th September - 19th October 2025

Swimmer	200 Fly	200 Back	200 Breast	200 Free	400 Free	400 IM	800 Free	1500 Free
Abi Chaplin			4:13.99	2:55.81				25:53.43
Adriana Morrison			4:10.36	3:38.86				30:02.27
Amelia Larkin		3:54.26	4:09.44	3:44.59				
Bibi Cevoli		4:35.22	4:34.38	4:00.20				34:20.89
Bow Cooper-Smith			4:46.40					
Cosette Jamieson		3:43.11	4:42.83	3:52.26		DQ (8.2)		
Eden Benion			3:29.93	2:42.40		6:42.40		22:58.76
Elysia Jackson			3:47.09	3:06.91				
Emma Barrett		3:43.47	3:46.51	3:03.30		DQ (9.4)		26:57.30
Francesca Onslow		DQ (6.2)	5:05.06	3:47.43				30:08.50
Georgia Bailey			4:16.58	3:39.56				
Gracie-Mai Lloyd	3:56.05	3:16.81	3:26.30	3:08.24		7:03.26		27:16.76
Hayley Moore		DQ (6.4)	4:54.51	3:44.35				
Jane Smith		4:00.49	4:33.80					
Jeannie Morley		4:27.53		4:11.49				33:47.67
Lilly Bird		3:46.17		3:22.07				
Luna Newson			4:22.56					
Lyla Hill	DNF	3:12.54	3:28.88	2:43.52		6:47.42		23:36.11
Natalie Moore		DQ (6.4)	4:33.69	3:35.49				
Phoebe Mallen			3:14.16					
Polly Jackson		3:01.41	3:21.57	2:52.05		DQ (6.4)		23:20.02
Poppy Richardson		3:22.60	4:02.48	3:10.24		7:40.59		28:11.70
Sapphire Desouza-Holwill		3:19.98	3:38.88	2:55.70		7:18.54		
Taryn Brooks								
Bobby Hickman				2:41.83				
Charlie Madine	4:27.02	3:58.55	4:46.02	3:22.34		DNF		
Darryl Castleton		3:37.76	3:36.56	2:57.73				
Elliott Lloyd	DNF	3:24.38	3:59.41	3:11.10		7:47.11		
Ethan Miller				DNF				
Filo Ghezzi	4:18.56	3:47.29	3:35.32	2:59.27		DQ (7.6)		27:32.84
Finley Crichton				2:55.69		8:02.30		25:21.84
George Richardson		2:59.49	3:21.78	2:39.56				
Harrison Sainsbury		3:23.45		3:08.60				26:54.49
Hector Latham				5:14.67				
Henry Cash		3:59.00	4:33.81					
James Shipp			2:49.67					
John Browne				4:09.31				
Karol Poplawski				3:11.16				
Kieron Alderson	3:10.81	2:52.81	3:36.46	2:30.81		6:22.27		21:39.30
Kyle Chaplin				4:32.50				
Michael Morrison	4:53.50	DQ (6.4)		3:48.07		9:09.55		33:09.98
Miko Poplawski			2:56.71	2:19.26				21:38.86
Ralph Madine		DQ (6.5)	4:51.58	DQ (4.4)				
Rob Garry	DNF	3:52.37	4:41.21	3:17.71		9:46.99		29:00.52
Ryker Jackson				3:43.71				
Sam Goldstone				4:30.76				
Seb Cash		3:35.93	3:58.81	2:59.41				
Tyler Baxter								
William Onslow		3:44.64	4:30.48	3:14.94		DNF		26:22.67
William Tyson		DQ (6.4)						

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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)
Abi Chaplin			2:03.11			6:33.08	14:09.94	
Adriana Morrison			1:58.59			7:29.77	15:33.54	
Bibi Cevoli		0:59.76	2:08.69	0:52.66	1:53.11	8:39.30	17:55.48	
Bow Cooper-Smith		1:03.04	2:15.34					
Cosette Jamieson		1:01.92	2:13.98	0:50.22	1:49.58			
Elysia Jackson		0:47.35	1:43.93		1:26.74			
Emma Barrett						6:59.20	14:25.11	
Francesca Onslow		1:10.17	2:27.94		1:49.15	7:45.03	15:51.91	
Gracie-Mai Lloyd						6:50.75	14:17.92	
Hayley Moore		1:04.94	2:21.90	0:49.26	1:47.70			
Luna Newson			2:07.42					
Lyla Hill						6:05.56	12:28.46	
Natalie Moore		1:01.60	2:12.98		1:40.88			
Poppy Richardson			1:58.70			7:10.46	14:51.41	
Bobby Hickman					1:16.15			
Charlie Madine	2:05.32		2:20.48		1:37.28			
Darryl Castleton		0:52.98	1:42.92	0:42.18				
Filo Ghezzi	1:38.02	0:50.38		0:39.46		7:08.49	14:36.10	
Finley Crichton							13:21.99	
Harrison Sainsbury					1:29.67	6:42.34	14:09.94	
Hector Latham				1:06.11	2:28.80			
Henry Cash			2:13.68					
Kieron Alderson			1:41.94					
Kyle Chaplin				0:58.62	2:05.72			
Michael Morrison	2:18.94					8:21.81	17:12.40	
Miko Poplawski							11:31.39	
Ralph Madine		1:05.94	2:20.89					
Ryker Jackson					1:45.80			
Sam Goldstone					2:06.77			
William Onslow			2:11.81		1:35.58	6:59.39	14:07.11	

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** 185 PBs (inc. 1 3-year bests) achieved in 147 races

After 6 races, Gracie-Mai has set PBs in all 6, with Lyla, Poppy and Filo managing 5. Lyla has also achieved 5 County Qualifying times, with Polly achieving 2, Amelia 2 and Poppy, Finley, James & William one each.

There have been lots of excellent swims, including Lyla knocking nearly 30 seconds off her 200 Breast time from last year, but she surpassed that takings over 4 minutes off her 1500 Free time. The 200 Free was saw many swimmers knocking big chunks off their times, with Bobby, Charlie, Harrison and Poppy all taking over 40 seconds off.

Special mention must go to the 3 8 year-olds, Cossette, Francesca and Hector, for even attempting the 200m races - with Cossette also doing the 400 IM and Francesca the 1500 Freestyle!