



# ENFIELD SWIMMING CLUB

## *Long Distance Club Championships - 2009*

Results from LBESA Long Distance Meet in January  
and recent Long Distance Club Champs

### **1 Girls 200m Butterfly**

<b>U/14 Record Holder</b>	Danielle Watts	2.54.77	<b>Holder 2008</b>	no competition
<b>U/14 Record Holder</b>	Joanna Ford	2.53.46	<b>Holder 2008</b>	no competition
<b>16/Over Record Holder</b>	Joanna Ford	2.46.35	<b>Holder 2008</b>	no competition

<b>U/14 Age group</b>		<b>U/16 Age Group</b>		<b>16/Over Age Group</b>	
1 Beth Hassan	3:26.96	no swimmers		no swimmers	
2 Alice Monteforte	3:57.05				
3 Alex Adams-Steblecki	4:09.01				

### **2 Boys 200m Backstroke**

<b>U/14 Record Holder</b>	Luke Smith	2.37.11	<b>Holder 2008</b>	Ryan McCarthy	2:53.41
<b>U/16 Record Holder</b>	Luke Smith	2.30.44	<b>Holder 2008</b>	Dwanne Linque	3:12.83
<b>16/Over Record Holder</b>	Aarron Smart	2.26.85	<b>Holder 2008</b>	Tomasz Trzpil	2:51.87

<b>U/14 Age group</b>		<b>U/16 Age Group</b>		<b>16/Over Age Group</b>	
1 Ryan McCarthy	2:52.31	1 Ben Williams	2:57.30pb	1 Anton Novoselov	2:44.68pb
2 Max Woodward	2:58.42pb	2 Jai Katkoria	3:04.48pb	2 Dwanne Linque	3:01.31pb
3 Ross McCarthy	3:19.94pb			3 Lyden Smith	3:07.12pb
4 Finn Crome-Sweeney	3:36.64pb				
5 Jemil Payet	3:38.15pb				
6 Daniel Timucin Sincer	3:58.67pb				
7 Ryan Whyte	4:19.90pb				
8 Christopher Morgan	4:33.24pb				

### **3 Boys 200m Butterfly**

<b>U/14 Record Holder</b>	Nick Harnett	2.54.05	<b>Holder 2008</b>	Daniel Williams	3:34.90
<b>U/16 Record Holder</b>	Aarron Smart	2.40.08	<b>Holder 2008</b>	no competition	
<b>16/Over Record Holder</b>	Matt Lynch	2.27.77	<b>Holder 2008</b>	no competition	

<b>U/14 Age group</b>		<b>U/16 Age Group</b>		<b>16/Over Age Group</b>	
1 Max Woodward	3:30.44pb	1 James Winfield	3:03.80	no swimmers	
2 Jemil Payet	4:11.13pb	2 Ben Williams	3:10.05		
		3 Harry Jenner	3:12.04		



## 4 **Girls 200m Backstroke**

<b>U/14 Record Holder</b>	Joanna Ford	2.37.89	<b>Holder 2008</b>	Leah Honychurch	3:13.83
<b>U/16 Record Holder</b>	Joanna Ford	2.36.43	<b>Holder 2008</b>	Lauren Willox	2:57.43
<b>16/Over Record Holder</b>	Joanna Ford	2.32.56	<b>Holder 2008</b>	Diana Moscato	3:11.64

### U/14 Age group

1	Beth Hassan	3.07.83pb
2	Ellen Blane	3.08.35
3	Emma Castricone	3.10.73pb
4	Jessie Montague	3.11.85pb
5	Alice Monteforte	3.24.83pb
6	Eleanor Hosford	3:27.67
	Abbie Castricone	3:37.90pb
	Alex Adams-Steblecki	3:40.58pb
	Jessika Netherway	3:47.62pb
	Gabrielle Littler	3:55.30pb
	Jessica Goodman	4:50.77pb

### U/16 Age Group

1	Gabriella Man Noone	3:16.38pb
2	Charlotte Norris	3:31.38pb

### 16/Over Age Group

No Competition

## 5 **Girls 200m Freestyle**

<b>U/14 Record Holder</b>	Joanna Ford	2.26.12	<b>Holder 2008</b>	Leah Honychurch	2.56.33
<b>U/16 Record Holder</b>	Carly Lynch	2.24.60	<b>Holder 2008</b>	Lia Kalotychos	3.16.43
<b>16/Over Record Holder</b>	Joanna Ford	2.20.92	<b>Holder 2008</b>	Georgina Charlton	3.46.82

### U/14 Age group

1	Beth Hassan	2:45.77pb
2	Emma Castricone	2:52.48pb
3	Ellen Blane	2:52.96pb
4	Hannah Merry	2:53.58pb
5	Jessie Montague	2:54.35
6	Alice Monteforte	2:54.78
	Shanea Linque	2 :57.32pb
	Eleanor Hosford	3:04.62
	Sara Khadroui	3:08.07pb
	Jessika Nethaway	3:15.56pb
	Alex Adams-Steblecki	3:15.95pb
	Abbie Castricone	3:17.45pb
	Rianne Benjamin	3:18.57pb
	Annabel Smith	3:29.52pb
	Niamh Mullahy	3:32.45pb
	Zoe Kalotychos	3.38.32
	Lauren Brigati	3:50.05pb
	Jessica Goodman	3:57.10pb

### U/16 Age Group

1	Gabriella Man Noone	2:54.06pb
2	Charlotte Norris	3:14.88pb
3	Rukan Sancak	3:46.77pb

### 16/Over Age Group

no competitor



## 6 **Boys 200m Breaststroke**

<b>U/14</b>	<b>Record Holder</b>	Paul Holloway	3.05.80	<b>Holder 2008</b>	Ryan McCarthy	3.35.27
<b>U/16</b>	<b>Record Holder</b>	Matthew Easton	2.53.84	<b>Holder 2008</b>	Jonathan Hilling	2.58.88
<b>16/Over</b>	<b>Record Holder</b>	Aarron Smart	2.49.76	<b>Holder 2008</b>	Sefket Birdane	3.19.72

### U/14 Age group

1	Ryan McCarthy	3.21.08pb
2	Jemil Payet	3:53.18pb
3	Ross McCarthy	4.03.34pb

### U/16 Age Group

1	James Wallace	3.27.09pb
2	Harry Jenner	3.30.67pb
3	Ben Williams	3:36.52pb
4	Ricardo Sowe	DQ

### 16/Over Age Group

1	Emries Ellis	3.03.98pb
2	Gavin Merry	3.16.21
3	Lyden Smith	3:52.63pb
4	Philip Bowness	4:12.53

## 7 **Boys 200m Freestyle**

<b>U/14</b>	<b>Record Holder</b>	David Hinnigan	2.24.38	<b>Holder 2008</b>	Ryan McCarthy	2.39.08
<b>U/16</b>	<b>Record Holder</b>	Matthew Lynch	2.12.17	<b>Holder 2008</b>	Jonathan Hilling	2.16.82
<b>16/Over</b>	<b>Record Holder</b>	Matthew Lynch	2.06.82	<b>Holder 2008</b>	Valentino Tsiakouris	2.22.40

### U/14 Age group

1	Ryan McCarthy	2:36.77pb
2	Max Woodward	2:42.60
3	Ross McCarthy	2:59.34pb
4	Jemil Payet	3:02.80pb
5	Ryan Whyte	3:45.24pb
6	Fintan Mullahy	4:06.81pb
	Finn Crome-Sweeney	DQ

### U/16 Age Group

1	Harry Jenner	2:31.40pb
2	Ben Williams	2:37.29pb
3	James Wallace	2:39.63pb
4	Ricardo Sowe	2:53.59pb

### 16/Over Age Group

1	Emries Ellis	2:23.45
2	Gavin Merry	2:23.62pb
3	Dwanne Linque	2:39.56pb
4	Lyden Smith	2:46.59pb



## 8 *Girls 200m Breaststroke*

<b>U/14</b>	<b>Record Holder</b>	Carly Lynch	3.09.02	<b>Holder 2008</b>	Shanea Linque	3.41.89
<b>U/16</b>	<b>Record Holder</b>	Saffee Dineen	2.59.94	<b>Holder 2008</b>	Lauren Willox	3.17.79
<b>16/Over</b>	<b>Record Holder</b>	Tamsin Lawrence	3.04.73	<b>Holder 2008</b>	no competition	

### U/14 Age group

1	Sara Khadrouri	3:25.31pb
2	Shanea Linque	3 :29.29
3	Alice Monteforte	3:41.03pb
4	Eleanor Hosford	3:42.31pb
5	Abbie Castricone	3:43.43pb
6	Zoe Kalotychos	4 :04.46pb
	Annabel Smith	4:05.43pb
	Alex Adams-Steblecki	4:11.06pb
	Jessika Nethaway	4 :11.67pb
	Beth Hassan	4.29.72pb
	Lauren Brigati	5:16.85pb
	Emma Castricone	DQ
	Niamh Mullahy	DQ

### U/16 Age Group

1	Gabriella Man-Noone	3.27.53pb
2	Charlotte Norris	3.43.08pb
3	Rukan Sancak	4.28.23pb

### 16/Over Age Group

no swimmers

## 9 *Girls 100m F/s*

<b>U/12</b>	<b>Record Holder</b>	Zara Rippington	1.13.66	<b>Holder 2008</b>	Ellen Blane	1:21.12
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1	Jessie Montague (10)	1:15.36pb
2	Eleanor Hosford (11)	1:24.07
3	Abbie Castricone (11)	1:28.50pb
4	Gabby Mann (11)	1:32.60pb
5	Lauren Brigatti (11)	1:37.92pb
6	Ruby Palmer (11)	1:40.26pb
	Emma Montague (8)	1:43.64pb
	Jessica Goodman (10)	1:46.51pb
	Louise Harvey (10)	1:49.69pb
	Rahissa Oliveira (9)	1:52.44pb
	Amy Huseyin (11)	1:53.39pb
	Erin Hassan (8)	1:53.58pb
	Shelby Beckwith, (10)	1:57.08pb
	Ellie Betts-Cooper (8)	2:06.75pb
	Charlotte Huseyin (10)	2:13.09pb
	Stephanie Wriggleswoth (8)	2:13.84pb
	Sara Frost (11)	2:17.20pb
	Melinda Farahani (11)	2:18.67pb
	Ama Antwi (8)	2:28.02pb



## 10 Boys 100m F/s

<b>U/12</b>	<b>Record Holder</b>	Luke Smith	1.13.28	<b>Holder 2008</b>	Ross McCarthy	1:29.28
1	Ethan Renny (11)		1:16.01 pb			
2	Kwaku Antwi (11)		1:19.39pb			
=2	Ross McCarthy (11)		1:19.39pb			
4	Finn Crome-Sweeney (11)		1:28.10			
5	Luke Harvey-Nguyen (10)		1:31.92pb			
6	Alfie Revell (9)		1:38.60pb			
	Shane Allen (10)		1:39.48pb			
	Christopher Morgan (11)		1:43.07pb			
	Ted Winfield (9)		1:48.64pb			
	Fintan Mullahy (10)		1:52.07pb			
	Euan Renny (10)		1:58.22pb			
	Luke Amatruda (10)		2:00.76pb			
	Hari Hull-Tullah (8)		2:02.16pb			
	Matthew Jennings (10)		2:06.82pb			
	Raul Ganeshalingan (9)		2:21.96pb			
	Toprak Sabaz (11)		2:21.96pb			
	James Hadkisavvas (10)		2:22.30pb			
	Harry Sparks (9)		2:23.54pb			
	Kai Mbeki (9)		2:47.67pb			
	Reece Tailor (10)		3:01.18pb			

## 11 Girls 400m Freestyle

<b>U/12</b>	<b>Record Holder</b>	No Previous Competition		<b>Holder 2008</b>	No Competition
<b>U/14</b>	<b>Record Holder</b>	Carly Lynch	5.10.14	<b>Holder 2008</b>	Leah Honychurch 6:21.70
<b>U/16</b>	<b>Record Holder</b>	Carly Lynch	5.01.13	<b>Holder 2008</b>	Lauren Willox 5:47.47
<b>16/Over</b>	<b>Record Holder</b>	Carly Lynch	4.59.01	<b>Holder 2008</b>	Georgina Charlton 7:36.63

### U/12 Age group

1	Jessie Montague	5:48.20pb
2	Eleanor Hosford	6:10.76
3	Abbie Castricone	6:41.57pb
4	Gabby Mann	7:14.39pb
5	Louise Harvey	9:02.42pb

### U/14 Age group

1	Ellen Blane	5:28.92pb
2	Beth Hassan	5:33.44pb
3	Hannah Merry	5:38.09pb
4	Sara Khadrauoi	5:56.09pb
5	Emma Castricone	6:09.32pb
6	Alexandria Adams-Ste	6:14.36
	Anna Simou	6:19.72pb
	Charlotte Morgan	6:23.26pb
	Rianne Benjamin	6:46.60pb
	Annabel Smith	6:56.92pb
	Niamh Mullahy	6:24.44pb

### U/16 Age Group

1	Gabriella Man-Noone	5:45.80pb
2	Charlotte Norris	6:23.27pb
3	Shannon Allen	8:02.95pb

### 16/Over Age Group

1	Lauren Willox	5:45.80
2	Leanne Harvey	7:52.32pb



## 12 Boys 400m Freestyle

<b>U/12 Record Holder</b>	No Previous Competition	<b>Holder 2008</b>	no competition
<b>U/14 Record Holder</b>	Nick Harnett 4.58.58	<b>Holder 2008</b>	Ryan McCarthy 5:27.81
<b>U/16 Record Holder</b>	Matthew Lynch 4.39.18	<b>Holder 2008</b>	Emries Ellis 5:09.80
<b>16/Over Record Holder</b>	Matthew Lynch 4.32.20	<b>Holder 2008</b>	Tomasz Trzpil 5:27.03

### U/12 Age group

1	Ross McCarthy	6:09.60pb
2	Ethan Renny	6:18.09pb
3	Kwaku Antwi	6:26.63pb
4	Finn Crome-Sweeney	6:42.70pb
5	Luke Harvey Nguyen	7:17.61pb
6	Alfie Revell	7:35.56pb
	Shane Allen	7:36.66pb
	Christopher Morgan	8:06.98pb
	Fintan Mullahy	8:28.20pb

### U/14 Age Group

1	Ryan McCarthy	5:04.98pb
2	Max Woodward	5:29.80pb
3	Nana Antwi	6:42.87pb
4	George Bowhill	7:14.83pb

### U/16 Age Group

1	James Wallace	5:28.48pb
2	Ricardo Sowe	5:49.12pb
3	James Winfield	
4	Scott Harvey	7:46.06pb
	Mert Bas	DQ

### 16/Over Age Group

1	William Rippington	4:41.39pb
2	Gavin Merry	5:03.45pb
3	Lyden Smith	5:57.83
3	Marc Harvey	6:04.04

## 13 Girls 800m F/s

<b>U/12 Record Holder</b>	No Previous Competition	<b>Holder 2008</b>	no competition
<b>U/14 Record Holder</b>	Carly Lynch 10.27.88	<b>Holder 2008</b>	Ellen Blane 13:06.61
<b>U/16 Record Holder</b>	Carly Lynch 10.13.56	<b>Holder 2008</b>	Lauren Willox 11:55.09
<b>16/Over Record Holder</b>	Carly Lynch 10.22.13	<b>Holder 2008</b>	Georgina Charlton 16:08.19

### U/12 Age group

1	Jessie Montague	11:58.70pb
2	Eleanor Hosford	12:45.22pb
3	Abbie Castricone	14 :10.86pb
4	Megan Jermy	15 :15.54pb

### U/14 Age Group

1	Ellen Blane	11:21.43pb
2	Beth Hassan	11:37.38pb
3	Hannah Merry	11 :53.29pb
4	Leah Honychurch	12 :39.18pb
5	Alexandria Adams Steb	12:54.97pb
6	Emma Castricone	13:08.12pb
	Anna Simou	13:08.44pb
	Charlotte Morgan	13:17.03pb

### U/16 Age Group

1	Gabriella Man Noone	11:56.86pb
2	Apostolia Kalotychos	13:47.37pb
3	Shannon Allen	16 :32.82pb

### 16/Over Age Group

1	Lauren Willox	11:37.89pb
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## 14 Boys 1500m F/s

<b>U/12 Record Holder</b>	No Previous Competition	<b>Holder 2008</b>	no competition
<b>U/14 Record Holder</b>	Nicholas Harnett 19.48.35	<b>Holder 2008</b>	Max Woodward 23.22.23p
<b>U/16 Record Holder</b>	Jonathon Hilling 18:15.72	<b>Holder 2008</b>	Jonathon Hilling 18.15.72
<b>16/Over Record Holder</b>	Aarron Smart 18.18.42	<b>Holder 2008</b>	William Rippington 18.31.97

### U/12 Age group

1	Ross McCarthy	25:00.16pb
2	Ethan Renny	27:04.16pb

### U/14 Age Group

1	Ryan McCarthy	20:09.36pb
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### 16/Over Age Group

1	William Rippington	19:02.70
2	Gavin Merry	19:21.23pb
3	Lyden Smith	24:06.72pb

### U/16 Age Group

1	Harry Jenner	20:00.80pb
2	Ben Williams	21:24.42pb