

West Suffolk Swimming Club (EA-WSUT)
c/o Lakin Rose Ltd, Cambridge House, Cambridge, Cambridgeshire CB3 0QH

Meet Entry Report

Meet: 2026 CONSC March Long Course Meet 3ER36TBC (Location: UEA Sportspark, UEA Sportspark, Norwich, NFK NR4 7TJ, GBR)
Date: 07/03/2026 - 08/03/2026 (Ageup Date: 08/03/2026)

Adams, James (12)

# 106D Open/Boy 12-12 50 Breast	52.06S
# 205D Open/Boy 12-12 50 Free	36.40S
# 207D Open/Boy 12-12 200 Breast	4:06.86S
# 301D Open/Boy 12-12 100 Breast	1:54.64S
# 305D Open/Boy 12-12 50 Back	44.80S
# 404D Open/Boy 12-12 100 Free	1:24.89S

Beltran, Elias (11)

# 102C Open/Boy 11-11 200 Free	3:54.50S
# 104C Open/Boy 11-11 100 Back	NT
# 106C Open/Boy 11-11 50 Breast	53.86S
# 201C Open/Boy 11-11 200 Medley	NT
# 203C Open/Boy 11-11 100 Fly	NT
# 205C Open/Boy 11-11 50 Free	47.45S
# 207C Open/Boy 11-11 200 Breast	4:20.30S
# 301C Open/Boy 11-11 100 Breast	2:09.56S
# 305C Open/Boy 11-11 50 Back	49.52S
# 307C Open/Boy 11-11 400 Free	8:09.97S
# 402C Open/Boy 11-11 200 Back	NT
# 404C Open/Boy 11-11 100 Free	1:44.27S
# 406C Open/Boy 11-11 50 Fly	1:09.77S

Beltran, Levi (9)

# 102A Open/Boy 9-9 200 Free	NT
# 104A Open/Boy 9-9 100 Back	NT
# 106A Open/Boy 9-9 50 Breast	1:04.24S
# 205A Open/Boy 9-9 50 Free	43.16S
# 301A Open/Boy 9-9 100 Breast	NT
# 305A Open/Boy 9-9 50 Back	56.74S
# 402A Open/Boy 9-9 200 Back	NT
# 404A Open/Boy 9-9 100 Free	1:40.14S
# 406A Open/Boy 9-9 50 Fly	NT

Beltran, Lucas (9)

# 102A Open/Boy 9-9 200 Free	NT
# 104A Open/Boy 9-9 100 Back	NT
# 106A Open/Boy 9-9 50 Breast	1:08.75S
# 205A Open/Boy 9-9 50 Free	47.27S
# 301A Open/Boy 9-9 100 Breast	NT
# 305A Open/Boy 9-9 50 Back	52.79S
# 402A Open/Boy 9-9 200 Back	NT
# 404A Open/Boy 9-9 100 Free	1:50.25S
# 406A Open/Boy 9-9 50 Fly	NT

Brown, Barnaby (10)

# 102B Open/Boy 10-10 200 Free	3:59.50S
# 104B Open/Boy 10-10 100 Back	2:00.81S
# 106B Open/Boy 10-10 50 Breast	57.84S
# 205B Open/Boy 10-10 50 Free	48.81S
# 207B Open/Boy 10-10 200 Breast	4:30.63S
# 301B Open/Boy 10-10 100 Breast	2:06.80S

# 305B Open/Boy 10-10 50 Back	53.09S
# 402B Open/Boy 10-10 200 Back	NT
# 404B Open/Boy 10-10 100 Free	1:47.11S

Brown, Felix (12)

# 102D Open/Boy 12-12 200 Free	2:50.36S
# 104D Open/Boy 12-12 100 Back	1:26.70S
# 201D Open/Boy 12-12 200 Medley	3:01.84S
# 203D Open/Boy 12-12 100 Fly	1:29.95S
# 303D Open/Boy 12-12 200 Fly	3:24.14S
# 305D Open/Boy 12-12 50 Back	39.98S
# 402D Open/Boy 12-12 200 Back	3:06.84S
# 404D Open/Boy 12-12 100 Free	1:18.78S
# 406D Open/Boy 12-12 50 Fly	36.93S

Brown, Jude (12)

# 102D Open/Boy 12-12 200 Free	2:46.37S
# 106D Open/Boy 12-12 50 Breast	41.14S
# 201D Open/Boy 12-12 200 Medley	3:01.25S
# 207D Open/Boy 12-12 200 Breast	3:14.40S
# 301D Open/Boy 12-12 100 Breast	1:30.77S
# 305D Open/Boy 12-12 50 Back	42.21S
# 307D Open/Boy 12-12 400 Free	5:52.88S
# 404D Open/Boy 12-12 100 Free	1:15.61S
# 406D Open/Boy 12-12 50 Fly	41.44S

Ceponyte, Amanda (9)

# 101A Girl 9-9 100 Breast	2:04.95S
# 105A Girl 9-9 50 Back	48.39S
# 204A Girl 9-9 100 Free	1:32.09S
# 206A Girl 9-9 50 Fly	48.78S
# 302A Girl 9-9 200 Free	3:26.24S
# 405A Girl 9-9 50 Free	41.64S

Ceponyte, Vanessa (12)

# 105D Girl 12-12 50 Back	39.09S
# 107D Girl 12-12 400 Free	6:00.39S
# 204D Girl 12-12 100 Free	1:16.76S
# 302D Girl 12-12 200 Free	2:48.21S
# 306D Girl 12-12 50 Breast	50.03S
# 405D Girl 12-12 50 Free	34.05S

Chu Yun Ong, Caitlyn (10)

# 101B Girl 10-10 100 Breast	2:04.17S
# 105B Girl 10-10 50 Back	45.96S
# 204B Girl 10-10 100 Free	1:34.48S
# 206B Girl 10-10 50 Fly	51.35S
# 304B Girl 10-10 100 Back	1:40.12S
# 306B Girl 10-10 50 Breast	55.85S
# 401B Girl 10-10 200 Medley	3:49.11S
# 403B Girl 10-10 100 Fly	1:55.13S
# 405B Girl 10-10 50 Free	38.81S

Clarke, Sarah-Lousie (31)

# 101F Girl 14 & Over 100 Breast	NT
# 204F Girl 14 & Over 100 Free	NT
# 306F Girl 14 & Over 50 Breast	NT
# 405F Girl 14 & Over 50 Free	NT
# 407F Girl 14 & Over 200 Breast	NT

Clement, India (14)

# 101F Girl 14 & Over 100 Breast	1:22.45S
# 103F Girl 14 & Over 200 Fly	2:43.24S
# 105F Girl 14 & Over 50 Back	34.53S
# 107F Girl 14 & Over 400 Free	4:55.58S
# 202F Girl 14 & Over 200 Back	2:38.53S
# 204F Girl 14 & Over 100 Free	1:05.58S
# 206F Girl 14 & Over 50 Fly	33.13S
# 208E Girl 14 & Over 400 Medley	5:33.52S
# 302F Girl 14 & Over 200 Free	2:19.75S
# 304F Girl 14 & Over 100 Back	1:14.50S
# 306F Girl 14 & Over 50 Breast	37.69S
# 401F Girl 14 & Over 200 Medley	2:38.26S
# 403F Girl 14 & Over 100 Fly	1:13.50S
# 405F Girl 14 & Over 50 Free	30.13S
# 407F Girl 14 & Over 200 Breast	2:59.21S

Copping, Brooke (16)

# 103F Girl 14 & Over 200 Fly	3:03.10S
# 105F Girl 14 & Over 50 Back	34.89S
# 107F Girl 14 & Over 400 Free	5:01.17S
# 202F Girl 14 & Over 200 Back	2:42.34S
# 204F Girl 14 & Over 100 Free	1:06.97S
# 208E Girl 14 & Over 400 Medley	5:57.15S

Copping, Mia (13)

# 101E Girl 13-13 100 Breast	1:43.74S
# 103E Girl 13-13 200 Fly	3:08.44S
# 107E Girl 13-13 400 Free	5:29.22S
# 204E Girl 13-13 100 Free	1:11.33S
# 206E Girl 13-13 50 Fly	37.18S
# 208D Girl 13-13 400 Medley	6:16.29S

Creasy, Oliver (13)

# 104E Open/Boy 13-13 100 Back	1:18.79S
# 106E Open/Boy 13-13 50 Breast	42.44S
# 205E Open/Boy 13-13 50 Free	32.16S
# 207E Open/Boy 13-13 200 Breast	3:27.04S

Dalope, Jason (14)

# 102F Open/Boy 14 & Over 200 Free	2:09.00S
# 104F Open/Boy 14 & Over 100 Back	1:11.02S
# 106F Open/Boy 14 & Over 50 Breast	34.40S
# 201F Open/Boy 14 & Over 200 Medley	2:24.64S
# 203F Open/Boy 14 & Over 100 Fly	1:08.04S
# 205F Open/Boy 14 & Over 50 Free	27.21S
# 207F Open/Boy 14 & Over 200 Breast	2:39.39S
# 301F Open/Boy 14 & Over 100 Breast	1:12.79S
# 303F Open/Boy 14 & Over 200 Fly	2:37.58S
# 305F Open/Boy 14 & Over 50 Back	32.63S
# 307F Open/Boy 14 & Over 400 Free	4:40.21S
# 402F Open/Boy 14 & Over 200 Back	2:30.37S
# 404F Open/Boy 14 & Over 100 Free	59.42S
# 406F Open/Boy 14 & Over 50 Fly	29.60S
# 408E Open/Boy 14 & Over 400 Medley	5:19.87S

Ellard, Harry (10)

# 104B Open/Boy 10-10 100 Back	1:40.38S
# 106B Open/Boy 10-10 50 Breast	56.45S
# 205B Open/Boy 10-10 50 Free	41.48S

Ellard, Oliver (12)

# 102D Open/Boy 12-12 200 Free	2:59.81S
# 104D Open/Boy 12-12 100 Back	1:34.45S
# 106D Open/Boy 12-12 50 Breast	49.46S
# 205D Open/Boy 12-12 50 Free	35.12S
# 207D Open/Boy 12-12 200 Breast	NT

Everett, George S (16)

# 106F Open/Boy 14 & Over 50 Breast	33.24S
# 205F Open/Boy 14 & Over 50 Free	26.14S
# 301F Open/Boy 14 & Over 100 Breast	1:12.69S
# 307F Open/Boy 14 & Over 400 Free	4:29.67S
# 406F Open/Boy 14 & Over 50 Fly	28.98S

Everett, James J (15)

# 106F Open/Boy 14 & Over 50 Breast	35.60S
# 201F Open/Boy 14 & Over 200 Medley	2:48.92S
# 207F Open/Boy 14 & Over 200 Breast	2:51.63S

Fisher, Theo (11)

# 102C Open/Boy 11-11 200 Free	2:59.41S
# 106C Open/Boy 11-11 50 Breast	46.19S
# 205C Open/Boy 11-11 50 Free	34.72S
# 207C Open/Boy 11-11 200 Breast	3:38.55S

Goldsmith, Connor (16)

# 404F Open/Boy 14 & Over 100 Free	1:03.32S
# 406F Open/Boy 14 & Over 50 Fly	30.95S

Holden, Beatrice (11)

# 105C Girl 11-11 50 Back	52.18S
# 204C Girl 11-11 100 Free	1:36.09S
# 306C Girl 11-11 50 Breast	1:01.36S
# 405C Girl 11-11 50 Free	42.51S

Holden, Freya (9)

# 204A Girl 9-9 100 Free	2:01.76S
# 306A Girl 9-9 50 Breast	NT
# 405A Girl 9-9 50 Free	55.53S

Horn, Daniel (11)

# 102C Open/Boy 11-11 200 Free	3:42.71S
# 104C Open/Boy 11-11 100 Back	1:53.05S
# 106C Open/Boy 11-11 50 Breast	59.50S
# 402C Open/Boy 11-11 200 Back	4:02.76S
# 404C Open/Boy 11-11 100 Free	1:36.68S
# 406C Open/Boy 11-11 50 Fly	NT

Howden, Elizabeth (17)

# 204F Girl 14 & Over 100 Free	1:08.34S
# 206F Girl 14 & Over 50 Fly	33.08S
# 306F Girl 14 & Over 50 Breast	40.67S
# 405F Girl 14 & Over 50 Free	31.24S

Hughes, Michael (12)

# 102D Open/Boy 12-12 200 Free	NT
# 106D Open/Boy 12-12 50 Breast	46.16S
# 207D Open/Boy 12-12 200 Breast	3:36.57S

# 301D Open/Boy 12-12 100 Breast	1:39.61S
# 406D Open/Boy 12-12 50 Fly	39.64S

Hughes, Rebecca (9)

# 101A Girl 9-9 100 Breast	2:19.59S
# 105A Girl 9-9 50 Back	56.82S
# 204A Girl 9-9 100 Free	1:58.25S
# 302A Girl 9-9 200 Free	4:23.30S
# 304A Girl 9-9 100 Back	1:59.89S
# 405A Girl 9-9 50 Free	51.61S

Hughes-Asamoah, Michael (10)

# 102B Open/Boy 10-10 200 Free	3:27.84S
# 106B Open/Boy 10-10 50 Breast	57.39S
# 205B Open/Boy 10-10 50 Free	39.61S
# 301B Open/Boy 10-10 100 Breast	2:24.43S
# 305B Open/Boy 10-10 50 Back	48.67S
# 404B Open/Boy 10-10 100 Free	1:33.92S

I'Anson, Iris (9)

# 101A Girl 9-9 100 Breast	NT
# 105A Girl 9-9 50 Back	47.53S
# 202A Girl 9-9 200 Back	NT
# 204A Girl 9-9 100 Free	1:32.82S

Ibbotson, Charlie (14)

# 102F Open/Boy 14 & Over 200 Free	2:31.72S
# 106F Open/Boy 14 & Over 50 Breast	35.48S
# 201F Open/Boy 14 & Over 200 Medley	2:46.75S
# 203F Open/Boy 14 & Over 100 Fly	1:16.31S
# 205F Open/Boy 14 & Over 50 Free	29.35S
# 207F Open/Boy 14 & Over 200 Breast	3:04.06S
# 301F Open/Boy 14 & Over 100 Breast	1:19.04S

Jordan, Freddie (12)

# 102D Open/Boy 12-12 200 Free	2:47.84S
# 104D Open/Boy 12-12 100 Back	1:36.65S

Jordan, Stanley (10)

# 102B Open/Boy 10-10 200 Free	3:43.70S
# 104B Open/Boy 10-10 100 Back	NT
# 106B Open/Boy 10-10 50 Breast	NT

Korstanje, Emiel (17)

# 303F Open/Boy 14 & Over 200 Fly	2:23.21S
# 404F Open/Boy 14 & Over 100 Free	57.22S
# 406F Open/Boy 14 & Over 50 Fly	29.12S

Lupsa, Christian (12)

# 301D Open/Boy 12-12 100 Breast	1:59.09S
# 305D Open/Boy 12-12 50 Back	45.80S
# 402D Open/Boy 12-12 200 Back	NT
# 404D Open/Boy 12-12 100 Free	1:28.67S
# 406D Open/Boy 12-12 50 Fly	53.88S

Lupsa, David (15)

# 301F Open/Boy 14 & Over 100 Breast	1:39.02S
# 305F Open/Boy 14 & Over 50 Back	37.67S

# 307F Open/Boy 14 & Over 400 Free	5:45.98S
# 404F Open/Boy 14 & Over 100 Free	1:09.28S
# 408E Open/Boy 14 & Over 400 Medley	NT

Nelder, Evelyn (11)

# 101C Girl 11-11 100 Breast	2:23.48S
# 105C Girl 11-11 50 Back	53.27S
# 206C Girl 11-11 50 Fly	1:02.55S

Nelder, Kaleb J (15)

# 102F Open/Boy 14 & Over 200 Free	2:48.23S
# 104F Open/Boy 14 & Over 100 Back	1:29.57S
# 106F Open/Boy 14 & Over 50 Breast	48.91S
# 201F Open/Boy 14 & Over 200 Medley	3:15.56S
# 205F Open/Boy 14 & Over 50 Free	33.07S

Pendleton, Sadie (9)

# 101A Girl 9-9 100 Breast	2:41.49S
# 105A Girl 9-9 50 Back	58.14S
# 306A Girl 9-9 50 Breast	1:10.67S
# 405A Girl 9-9 50 Free	1:01.85S
# 407A Girl 9-9 200 Breast	NT

Pendleton, Thea (11)

# 101C Girl 11-11 100 Breast	1:39.36S
# 105C Girl 11-11 50 Back	44.11S
# 204C Girl 11-11 100 Free	1:22.51S
# 306C Girl 11-11 50 Breast	46.16S
# 405C Girl 11-11 50 Free	36.27S
# 407C Girl 11-11 200 Breast	3:37.52S

Plumb, Ella (11)

# 101C Girl 11-11 100 Breast	1:44.25S
# 107C Girl 11-11 400 Free	6:12.88S
# 204C Girl 11-11 100 Free	1:15.14S
# 306C Girl 11-11 50 Breast	45.97S
# 401C Girl 11-11 200 Medley	NT
# 407C Girl 11-11 200 Breast	3:38.65S

Prabhakar, Krrish (12)

# 106D Open/Boy 12-12 50 Breast	55.56S
# 203D Open/Boy 12-12 100 Fly	NT
# 205D Open/Boy 12-12 50 Free	37.00S
# 301D Open/Boy 12-12 100 Breast	NT
# 305D Open/Boy 12-12 50 Back	46.87S
# 404D Open/Boy 12-12 100 Free	1:27.43S
# 406D Open/Boy 12-12 50 Fly	44.41S

Rees, George (10)

# 106B Open/Boy 10-10 50 Breast	55.60S
# 201B Open/Boy 10-10 200 Medley	NT
# 205B Open/Boy 10-10 50 Free	39.69S

Rees, Thea (12)

# 101D Girl 12-12 100 Breast	1:43.67S
# 105D Girl 12-12 50 Back	43.94S
# 204D Girl 12-12 100 Free	1:28.35S

Smart, Arthur (23)

# 301F Open/Boy 14 & Over 100 Breast	1:23.00S
# 305F Open/Boy 14 & Over 50 Back	31.88S
# 404F Open/Boy 14 & Over 100 Free	59.28S
# 406F Open/Boy 14 & Over 50 Fly	27.30S

Smith, Molly (14)

# 304F Girl 14 & Over 100 Back	1:27.70S
# 401F Girl 14 & Over 200 Medley	3:05.27S
# 405F Girl 14 & Over 50 Free	33.83S

Smith, Sasha (10)

# 201B Open/Boy 10-10 200 Medley	3:05.32S
# 203B Open/Boy 10-10 100 Fly	1:23.52S
# 207B Open/Boy 10-10 200 Breast	3:38.03S
# 301B Open/Boy 10-10 100 Breast	1:41.82S
# 303B Open/Boy 10-10 200 Fly	3:08.32S
# 307B Open/Boy 10-10 400 Free	6:02.08S

Taylor, Harry (11)

# 104C Open/Boy 11-11 100 Back	1:53.33S
# 106C Open/Boy 11-11 50 Breast	1:02.91S
# 205C Open/Boy 11-11 50 Free	45.98S
# 301C Open/Boy 11-11 100 Breast	2:41.55S
# 305C Open/Boy 11-11 50 Back	50.24S

Taylor, Tilly (12)

# 101D Girl 12-12 100 Breast	1:52.66S
# 105D Girl 12-12 50 Back	43.19S
# 204D Girl 12-12 100 Free	1:27.02S
# 206D Girl 12-12 50 Fly	43.07S
# 304D Girl 12-12 100 Back	1:34.26S
# 306D Girl 12-12 50 Breast	51.12S

Vidal-Greenwood, Harry (14)

# 104F Open/Boy 14 & Over 100 Back	1:09.57S
# 201F Open/Boy 14 & Over 200 Medley	2:31.91S
# 205F Open/Boy 14 & Over 50 Free	NT
# 305F Open/Boy 14 & Over 50 Back	31.83S
# 402F Open/Boy 14 & Over 200 Back	2:29.01S

Wickes, Sebastian (13)

# 106E Open/Boy 13-13 50 Breast	41.30S
# 205E Open/Boy 13-13 50 Free	33.19S
# 207E Open/Boy 13-13 200 Breast	3:14.89S
# 301E Open/Boy 13-13 100 Breast	1:31.46S
# 404E Open/Boy 13-13 100 Free	1:14.13S
# 406E Open/Boy 13-13 50 Fly	39.50S

Widdicks, Albert (13)

# 102E Open/Boy 13-13 200 Free	2:32.17S
# 104E Open/Boy 13-13 100 Back	1:23.78S
# 201E Open/Boy 13-13 200 Medley	2:59.36S
# 203E Open/Boy 13-13 100 Fly	1:21.83S
# 205E Open/Boy 13-13 50 Free	32.92S
# 305E Open/Boy 13-13 50 Back	37.86S
# 307E Open/Boy 13-13 400 Free	5:26.94S
# 402E Open/Boy 13-13 200 Back	2:46.51S
# 404E Open/Boy 13-13 100 Free	1:15.87S

# 406E Open/Boy 13-13 50 Fly	36.76S
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Wilson-Mansfield, Miley (16)

# 105F Girl 14 & Over 50 Back	31.47S
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# 202F Girl 14 & Over 200 Back	2:30.12S
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# 304F Girl 14 & Over 100 Back	1:08.40S
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# 405F Girl 14 & Over 50 Free	28.58S
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	Female	Open/Male	Total
Individual Events	110	198	308
Individual Athletes	20	33	53
Relay Events			0
Relay Teams			0