

## Performance Awards

achieved Autumn 2016

Platinum	Stroke	time	Date	Gold	Stroke	time	Date
James Belshaw	1500 Free	23:07.46	25/09/2016	Tom Phillips	1500 Free	24:59.76	25/09/2016
James Belshaw	400 Free	5:43.67	01/10/2016	Michael Long	200 Free	3:00.95	01/10/2016
James Belshaw	100 Free	1:16.06	02/10/2016	Darcey Laurence	400 Free	6:04.88	01/10/2016
Chloe Adam	100 Free	1:16.17	02/10/2016	Evie Belt	400 Free	6:05.03	01/10/2016
Kerenza Piotrowicz	400 Free	5:25.03	16/10/2016	Callum Jolly	50 Back	41.29	01/10/2016
Chantelle Buttle	400 Free	5:43.85	16/10/2016	Ellie Doe	50 Back	40.80	01/10/2016
Ben Hallam	1500 Free	20:08.18	16/10/2016	Hollie Durant	50 Back	41.18	01/10/2016
Kate Phesse	200 Free	2:44.22	17/10/2016	Amelia Durant	50 Back	42.89	01/10/2016
Ellie Doe	200 Free	2:48.63	17/10/2016	Hollie Durant	100 Back	1:31.44	01/10/2016
Kate Phesse	200 IM	3:07.34	17/10/2016	Amelia Durant	100 Breast	1:42.64	01/10/2016
Daniel Lyford	400 IM	5:35.50	17/10/2016	Callum Jolly	100 IM	1:33.09	01/10/2016
Mace Dickinson	200 Back	3:00.38	05/11/2016	Hollie Durant	200 Free	2:51.47	02/10/2016
Mace Dickinson	100 Free	1:11.47	05/11/2016	Amelia Durant	200 Free	2:53.18	02/10/2016
Georgia Hawkins	800 Free	11:23.44	27/11/2016	Evie Belt	200 Free	2:57.79	02/10/2016
Georgia Hawkins	200 Back	2:59.53	28/11/2016	Darcey Laurence	200 Back	3:11.46	02/10/2016
Kerris Phillips	200 Back	3:01.87	28/11/2016	Amelia Durant	200 Breast	3:31.92	02/10/2016
Hollie Durant	200 Back	3:03.64	28/11/2016	Callum Jolly	200 IM	3:16.85	02/10/2016
Ben Hallam	200 Fly	2:43.75	28/11/2016	Abigail Jose	200 IM	3:13.57	02/10/2016
				Chloe Adam	50 Free	33.56	02/10/2016
				Evie Belt	50 Free	37.12	02/10/2016
				Callum Jolly	100 Free	1:21.61	02/10/2016
				Chloe Adam	100 Free	1:16.17	02/10/2016
				Hollie Durant	100 Free	1:20.66	02/10/2016
				Darcey Laurence	100 Free	1:21.40	02/10/2016
				Ellie Doe	400 Free	5:58.94	16/10/2016
				Abigail Jose	400 Free	6:00.11	16/10/2016
				Hollie Durant	400 Free	6:09.31	16/10/2016
				Sophie Clifton-Griffith	400 Free	6:20.23	16/10/2016
				Isabel Scrivener	400 Free	6:21.56	16/10/2016
				Callum Jolly	1500 Free	24:03.38	16/10/2016
				Sophie Clifton-Griffith	200 Free	2:59.73	17/10/2016
				Piran Phillips	200 Back	3:08.72	17/10/2016
				Callum Jolly	200 Back	3:12.12	17/10/2016
				Mace Dickinson	200 Breast	3:32.34	17/10/2016
				Piran Phillips	200 Breast	3:40.81	17/10/2016
				Darcey Laurence	200 IM	3:20.47	17/10/2016
				Sophie Clifton-Griffith	200 IM	3:21.53	17/10/2016
				Hollie Durant	200 IM	3:22.97	17/10/2016
				James Belshaw	400 IM	6:52.91	17/10/2016
				Callum Jolly	400 IM	7:01.94	17/10/2016
				Tom Phillips	200 Free	2:59.25	06/11/2016
				Hollie Durant	200 Back	3:12.74	05/11/2016
				Ellis Rusden	200 IM	3:24.03	06/11/2016
				Ellis Rusden	100 Free	1:22.36	05/11/2016
				Chloe Adam	100 Back	1:27.61	06/11/2016
				Chloe Adam	50 Fly	41.08	05/11/2016
				Chloe Adam	100 IM	1:31.24	05/11/2016
				Darcey Laurence	50 Fly	40.30	13/11/2016
				Kerris Phillips	100 IM	1:29.24	20/11/2016
				Callum Jolly	400 Free	6:04.34	27/11/2016
				Tom Phillips	400 Free	6:19.85	27/11/2016
				Ellie Doe	800 Free	12:21.22	27/11/2016
				Hollie Durant	800 Free	12:32.16	27/11/2016
				Chloe Adam	800 Free	12:35.39	27/11/2016
				Darcey Laurence	800 Free	12:37.14	27/11/2016
				Ellis Rusden	200 Free	3:00.34	28/11/2016
				Ellie Doe	200 Back	3:05.55	28/11/2016
				Chloe Adam	200 Back	3:10.74	28/11/2016
				Eve Williams	200 Back	3:16.31	28/11/2016
				Abigail Jose	200 Breast	3:37.63	28/11/2016
				Abigail Jose	400 IM	6:49.36	28/11/2016
				Evie Belt	400 IM	6:52.56	28/11/2016
				Hollie Durant	400 IM	6:53.89	28/11/2016

## Performance Awards

achieved Autumn 2016

Silver	Stroke	time	Date	Bronze	Stroke	time	Date
Isabel Scrivener	800 Free	13:22.10	25/09/2016	Ben Laidler	200 IM	4:04.66	21/09/2016
Michael Long	400 Free	6:30.34	01/10/2016	Charlie Parker	200 IM	4:08.30	21/09/2016
Abé King	50 Back	46.98	01/10/2016	Grace Turnock	200 IM	3:59.06	21/09/2016
Maisy Hawkins	100 Breast	1:50.39	01/10/2016	Ellen Stokes	200 IM	4:12.65	21/09/2016
Maisy Hawkins	200 Breast	3:57.01	02/10/2016	Joseph Clifton-Griffith	400 IM	9:03.62	21/09/2016
Maisy Hawkins	200 IM	3:38.05	02/10/2016	George Ward	1500 Free	31:10.01	25/09/2016
Michael Long	50 Free	38.65	02/10/2016	Tom Ryder	50 Back	52.10	01/10/2016
Michael Long	100 Free	1:26.81	02/10/2016	Ellen Stokes	100 Breast	2:05.75	01/10/2016
Evie Belt	100 Free	1:26.14	02/10/2016	Michael Long	200 Breast	4:10.62	02/10/2016
Hayden Phillips	50 Free	39.76	08/10/2016	Alexandra Parry	50 Back	54.07	09/10/2016
Elliot Black	100 Free	1:25.28	08/10/2016	Kai Handford	50 Free	46.89	09/10/2016
Callum Jolly	100 Fly	1:34.74	08/10/2016	Molly Moore	400 Free	7:50.56	16/10/2016
Tom Phillips	50 Free	40.47	09/10/2016	Alice Farnell	400 Free	7:55.23	16/10/2016
Henry Pickering	50 Free	39.65	09/10/2016	Ben Laidler	1500 Free	29:49.62	16/10/2016
May Keeble	400 Free	6:45.00	16/10/2016	Isabel Pheffe	200 Free	3:22.72	17/10/2016
Maisy Hawkins	400 Free	6:45.51	16/10/2016	Holly Jenkin	200 Free	3:28.93	17/10/2016
Grace Turnock	400 Free	6:59.81	16/10/2016	Rachel Jenkin	200 Free	3:35.84	17/10/2016
Isabel Scrivener	200 Free	3:04.43	17/10/2016	Kate Staples	200 Free	3:38.50	17/10/2016
Tom Phillips	200 Back	3:34.25	17/10/2016	Kerenza Dunstan	200 Free	3:42.90	17/10/2016
Henry Pickering	200 Back	3:34.37	17/10/2016	Michael Long	200 Back	3:44.25	17/10/2016
Tom Phillips	200 Breast	4:01.89	17/10/2016	Kai Handford	200 Back	3:53.85	17/10/2016
Amelia Durrant	200 IM	3:29.31	17/10/2016	Jowan Kerry	200 Breast	4:20.72	17/10/2016
Isabel Scrivener	200 IM	3:35.31	17/10/2016	Lewis Ibbetson	200 Breast	4:38.47	17/10/2016
Tom Phillips	400 IM	7:43.00	17/10/2016	May Keeble	200 IM	3:49.10	17/10/2016
Tom Phillips	50 Back	46.69	23/10/2016	Isabel Pheffe	200 IM	3:53.44	17/10/2016
Henry Pickering	200 Breast	4:02.14	05/11/2016	Luke Mitchell	50 Free	42.71	23/10/2016
Tom Phillips	200 IM	3:28.20	06/11/2016	Thomas Belt	50 Free	43.41	23/10/2016
Tom Phillips	100 Free	1:24.43	05/11/2016	Keiran Metters	50 Free	43.53	23/10/2016
May Keeble	100 Free	1:25.49	05/11/2016	Jake Rogers	50 Free	44.81	23/10/2016
Maisy Hawkins	50 Back	45.22	06/11/2016	Dominic Peacey	50 Free	44.98	23/10/2016
Ellie MacMeikan	100 Back	1:39.12	06/11/2016	Thomas Ryder	50 Free	46.19	23/10/2016
Ellis Rusden	50 Breast	49.21	05/11/2016	Zena Jackson	50 Free	44.69	23/10/2016
Chloe Adam	50 Breast	50.86	05/11/2016	Evie Thompson	50 Free	45.66	23/10/2016
Tom Phillips	50 Fly	44.34	05/11/2016	Alexandra Parry	50 Free	46.53	23/10/2016
Ellis Rusden	50 Fly	44.83	05/11/2016	Tabitha Delbridge	50 Free	46.81	23/10/2016
Ellis Rusden	100 IM	1:37.14	05/11/2016	Dominic Peacey	50 Back	51.72	23/10/2016
Tom Phillips	100 IM	1:37.88	05/11/2016	Ethan Wilton	50 Back	52.15	23/10/2016
Amelia Durrant	100 IM	1:34.75	05/11/2016	Thomas Belt	50 Back	53.93	23/10/2016
Charlotte Lyford	100 IM	1:42.67	05/11/2016	Thomas Belt	50 Breast	59.99	23/10/2016
Ben Laidler	50 Free	39.43	13/11/2016	Jake Rogers	50 Breast	1:00.19	23/10/2016
George Ward	50 Back	46.40	13/11/2016	Grace Turnock	50 Breast	59.19	23/10/2016
Charlotte Lyford	50 Back	47.39	13/11/2016	Lizzy Power	50 Breast	59.63	23/10/2016
Finley Lander	50 Breast	51.20	13/11/2016	Kerenza Dunstan	50 Breast	59.87	23/10/2016
Maisy Hawkins	50 Breast	52.09	13/11/2016	Thomas Belt	100 IM	1:55.96	23/10/2016
Grace Turnock	50 Back	46.50	20/11/2016	Senara Rodda	100 Free	1:38.60	05/11/2016
Tom Phillips	50 Breast	51.59	20/11/2016	Kai Handford	100 Back	1:45.89	06/11/2016
Piran Jones	400 Free	7:00.05	27/11/2016	Grace Turnock	100 Back	1:52.45	06/11/2016
Maisy Hawkins	800 Free	13:30.45	27/11/2016	Senara Rodda	100 Breast	2:00.57	06/11/2016
Abé King	800 Free	13:55.75	27/11/2016	Maisy Hawkins	50 Fly	48.41	05/11/2016
Jowan Kerry	200 Free	3:17.59	28/11/2016	Kai Handford	100 IM	1:56.47	05/11/2016
Maisy Hawkins	200 Back	3:28.36	28/11/2016	Barney Gilbert	50 Breast	59.66	13/11/2016
Ellie MacMeikan	200 Back	3:35.40	28/11/2016	George Ward	200 Free	3:41.93	20/11/2016
Ellie MacMeikan	200 Breast	4:00.47	28/11/2016	James Jeffrey	200 Free	3:45.53	20/11/2016
				Jowan Kerry	50 Breast	58.43	20/11/2016
				George Ward	50 Breast	1:00.24	20/11/2016
				Margaret Wiltshire	50 Breast	59.03	20/11/2016
				Kerenza Dunstan	100 IM	1:55.22	20/11/2016
				Jowan Kerry	400 Free	7:09.51	27/11/2016
				Henry Pickering	400 Free	7:19.52	27/11/2016
				George Ward	400 Free	7:37.85	27/11/2016
				Charlie Parker	400 Free	7:39.50	27/11/2016
				Margaret Wiltshire	800 Free	16:13.21	27/11/2016
				Henry Pickering	200 Free	3:28.65	28/11/2016
				Lewis Ibbetson	200 Free	3:41.03	28/11/2016
				Kate Staples	200 Back	3:55.94	28/11/2016
				Kerenza Dunstan	200 Breast	4:21.37	28/11/2016
				Alice Farnell	200 Breast	4:24.61	28/11/2016
				Margaret Wiltshire	200 Breast	4:30.21	28/11/2016
				Tilly Moore	200 Breast	4:32.07	28/11/2016
				Jowan Handford	200 IM	3:57.02	28/11/2016