



Roll of Honour



Age Group & Youth

NATIONAL ACHIEVEMENTS:

National Medal Winners:

2015: (new format & age groups)

ASA Summer Nationals

Brooke Frost - Age 14 – **Gold medal** 100 backstroke

George Epsly - Age 17 – **Gold medal** 100 butterfly

George Epsly - Age 17 – Silver medal 400 freestyle

George Epsly - Age 17 – Bronze medal 200 freestyle

Fraser Scott - Age 17 – Bronze medal 200 breaststroke

Mens 17 Yrs/Over 4 X 200 m Freestyle relay team – **Gold medal**

– George Epsly (17), James Day (17), Fraser Scott (17), Conor Harrold (22)

MC events:

Danielle Hartin - Age 13 – **Gold medal** 200 freestyle

Danielle Hartin - Age 13 – Bronze medal 100 breaststroke

Danielle Hartin - Age 13 – Bronze medal 200 individual medley

2014:

Brooke Frost - Age 13 – 200 backstroke – Silver medal :
- **Gold medal** English National Champion

Brooke Frost - Age 13 – Bronze medal 100 backstroke

2013:

Brooke Frost - Age 12 – Silver medal 200 backstroke

Brooke Frost - Age 12 – Bronze medal 100 backstroke

National Qualifiers:

2015: (new format & age groups)

British Summer Nationals:

Brooke Frost - Age 14 - 50 & 200 backstroke
Harvey Jolly - Age 14 - 50 freestyle
Harry Fox - Age 16 - 200 backstroke
George Epsly - Age 17 - 50 & 200 butterfly
Conor Harrold - Age 22 - 50 & 200 backstroke

MC events

Charlotte Hartin - Age 19 – 100 breaststroke (qualified but didn't swim)

ASA Summer Nationals:

Mason Hunnisett - Age 12 – 100 & 200 butterfly
Brooke Frost - Age 14- 100 backstroke, 100 butterfly
Bryony Umfreville - Age 14 - 100 & 200 butterfly
Samuel Bryan - Age 14– 50 butterfly, 50 breaststroke
Harry Nicholls - Age 15– 200 breaststroke, 200 & 400 individual medley
Rianna Smith - Age 17– 100 freestyle
George Epsly - Age 17 – 50, 100 , 200 & 400 freestyle, 100 butterfly,
Fraser Scott - Age 17 – 200 breaststroke, 400 individual medley
Conor Harrold - Age 22 – 100 backstroke
Charlie Fox - Age 18 – 100 backstroke (qualified but didn't swim)

Boys 14 – 16 4 X 100 freestyle relay team:

-Harvey Jolly (14), Vincent Melo Peet (15), Harry Nicholls (15), Harry Fox (16)

Boys 14 – 16 4 X 200 freestyle relay team:

-Vincent Melo Peet (15), Tyler Berry (14), Harry Nicholls (15), Harry Fox (16)

Boys 14 – 16 4 X 100 medley relay team:

-14 Harry Fox (16), Samuel Pease (15), Samuel Bryan (14), Harvey Jolly (14)

Mens 17 Yrs/Over 4 X 100 Freestyle relay team

– George Epsly (17), James Davis (22), James Day (17), Conor Harrold (22)

Mens 17 Yrs/Over 4 X 200 Freestyle relay team

– George Epsly (17), James Day (17), Fraser Scott (17), Conor Harrold (22)

MC events:

Danielle Hartin – -Age 13 -100 backstroke, 100 breaststroke, 200 freestyle ,200IM

Callum Hodgson - Age 14 -100 backstroke, 200 freestyle

Charlotte Hartin - Age 19 – 200 individual medley (qualified but didn't swim)

British Championships - April 2015:

George Epsly- 100 & 200 butterfly

Brooke Frost- 200 backstroke

Harvey Jolly - 50 freestyle

2014:

Summer Nationals:

Brooke Frost - Age 13 – (4 events- qualified for 7)
Lewis Clifford-Stephenson – Age 20 – (4 events- qualified for 6)
Conor Harrold - Age 21 – (3 events)
Sonny Ford - Age 18 – (2 events)
Harvey Jolly - Age 13
Charlie Fox - Age 17
Georgia Mills - Age 17 (qualified but couldn't swim)

Boys 4X 100m relay team:

(Harry Nicholls(13), Vincent Melo Peet (13), Tyler Berry(13), Harvey Jolly(13))

British Championships - April 2014:

Conor Harrold - 100 & 200 backstroke
Lewis Clifford-Stephenson - 50 freestyle & 50 Breaststroke

2013:

Summer Nationals:

Brooke Frost - Age 12 – (5 events- qualified for 7)
Conor Harrold - Age 20 – (3 events)
Harvey Jolly - Age 12
Ruby Wilson - Age 14
Sonny Ford - Age 17

REGIONAL ACHIEVEMENTS:

East Region Top Boy/Girl:

2014:

Mason Hunnisett - Age 11
Brooke Frost - Age 13

2012:

Brooke Frost - Age 11 –Runner-up

East Region Champions:

2015:

Henry Ferries - Age 12 – 200 metres butterfly
Mason Hunnisett - Age 13 – 200 metres butterfly
George Epsly - Age 16 – 200 metres butterfly

Callum Hodgson - Age 14 – Multi Disability 200 metres freestyle

2014:

Mason Hunnisett - Age 11 – 100 metres butterfly
Mason Hunnisett - Age 11 – 200 metres butterfly
Brooke Frost - Age 13 – 200 metres individual medley
Brooke Frost - Age 13 – 200 metres backstroke
Lewis Clifford-Stephenson - Age 20 – 50 metres freestyle
Lewis Clifford-Stephenson - Age 20 – 100 metres breaststroke

Conor Harrold - Age 21 – 100 metres backstroke (Winter Championships)

2013:

Mason Hunnisett - Age 10 – 200 metres butterfly

2012:

Brooke Frost - Age 11 – 100 metres butterfly
Brooke Frost - Age 11 – 400 metres individual medley

COUNTY ACHIEVEMENTS:

Essex Top Boy/Girl:

2015: ('age at' date-changed to 31 Dec)

Conor Harrold – 17+over age group

2014:

Brooke Frost – Age 13

Brooke Frost – Top overall BAGCAT swimmer 9-14 years

2013:

Brooke Frost – Age 12

2012:

Brooke Frost – Age 11

Harvey Brown – Age 14

Essex County Champions:

2015: ('age at' date-changed to 31 Dec)

Harry Nicholls 15 year age group – 8 titles

Brooke Frost 15 year age group – 6 titles (1 Essex Best Time)

Conor Harrold 17+over age group – 5 titles (2 Essex Best Times)

Isabelle Sandford 12 year age group – 3 titles

Harvey Jolly 15 year age group – 2 titles

George Epsly 17+over age group – 2 titles

Bryony Umfreville 14 year age group – 2 titles

Mason Hunnisett 13 year age group

Samuel Bryan 14 year age group

James Bayley 15 year age group

Harry Fox 16 year age group

2014:

Brooke Frost Age 13 – 7 titles (2 Essex Best Times)

Harvey Jolly Age 13 – 4 titles

Aidan Robinson Age 16 – 3 titles

James Day Age 16 – 3 titles

Conor Harrold Age 21 – 2 titles (1 Essex Best Time)

Harry Nicholls Age 13 – 2 titles

Mason Hunnisett Age 11

Ruby Wilson Age 15

Junior/ Senior Championships:

George Epsly Age 16 – 3 Junior titles (16 & under)

Brooke Frost Age 14 – 1 Junior title (16 & under)

Harry Fox Age 15 – 1 Junior title (16 & under)

Conor Harrold Age 21 – 2 Senior titles (17 & over)

2013:

Brooke Frost Age 12 – 9 titles (2 Essex Best Times)
Harvey Brown Age 15 – 7 titles (2 Essex Best Times)
Harvey Jolly Age 12 – 4 titles (1 Essex Best Time)
Ellie Pirrie Age 15 – 3 titles
Harry Nicholls Age 12 – 2 titles (1 Essex Best Time)
Tyler Berry Age 12

2012:

Brooke Frost Age 11 – 6 titles
Aidan Robinson Age 14 – 5 titles
Harvey Brown Age 14 – 4 titles
Harvey Jolly Age 11 – 2 titles

2011:

Brooke Frost Age 10 – 2 titles
Harvey Brown Age 13 – 2 titles
Maisie West Age 14

REPRESENTATIVE HONOURS:

Represented Essex County:

2015:

East Region Inter-County – 5 July 2015 - Borehamwood

Mason Hunnisett (12)
Brooke Frost (14)
Bryony Umfreville (14)
Harvey Jolly (14)
Harry Nicholls (14)
Samuel Bryan (14)
Rianna Smith (17)
Molly Jerome (17)
George Epsly (17)
Conor Harrold (22)

Junior Inter-County – 8 February 2015 - Luton

Victoria Rogers (11)
Mason Hunnisett (12)
Bryony Umfreville (13)
Samuel Bryan (13)

2014:

National Inter-County – 19 October 2014 – Ponds Forge

Harvey Jolly (13)
Samuel Bryan (13)
Brooke Frost (14)
Harry Fox (15)
George Epsly (16)
Georgia Mills (17)
Rianna Smith (16) (selected but injured)

East Region Inter-County – 6 July 2014 - Basildon

Brooke Frost (13)
Harvey Jolly (13)
Harry Nicholls (13)
Rianna Smith (16)
James Day (16)
Georgia Mills (17)
Conor Harrold (21)
Lewis Clifford Stephenson (20) (selected but couldn't swim)

Junior Inter-County – 1 February 2014 – Biggleswade

Brooke Frost (13)
Harvey Jolly (13)

Harry Nicholls (13)

2013:

National Inter-County – 20 October 2013 – Ponds Forge

Harvey Jolly (12)

Brooke Frost (13)

Georgia Mills (16)

Harvey Brown (16)

East Region Inter-County – 7 July 2013 - Luton

Brooke Frost (12)

Harvey Jolly (12)

Tyler Berry (12)

Ruby Wilson (14)

Georgia Mills (16)

Conor Harrold (20)

Harry Nicholls (12) (selected but injured)

Harvey Brown (16) (selected but injured)

2012:

National Inter-County – 21 October 2012 – Ponds Forge

Georgia Mills (15)

Aidan Robinson (15)

Harvey Brown (15) (selected but injured)

2011:

National Inter-County – 16 October 2011 – Ponds Forge

Josh Inwood (15)

East Region Inter-County – 17 July 2011

Michael Grace (17)

2010:

National Inter-County – 17 October 2010 – Ponds Forge

Aidan Robinson (13)