



# Roll of Honour



## Age Group & Youth

### **NATIONAL ACHIEVEMENTS:**

#### **National Medal Winners:**

##### **2016:**

##### **ASA Summer Nationals**

- Fraser Scott - Age 18 – **Gold medal** 1500 freestyle
- Brooke Frost - Age 15 – Silver medal 100 butterfly  
Reece Nicholls - Age 16 – Silver medal 200 freestyle  
Conor Harrold - Age 23 – Silver medal 50 backstroke
- Brooke Frost - Age 15 – Bronze medal 50 butterfly  
Reece Nicholls - Age 16 – Bronze medal 100 backstroke

##### **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:**

### **2016:**

#### **British Summer Championships:**

James Cooper - Age 14 – 11 events  
Brooke Frost - Age 15 – 3 events  
Mason Hunnisett - Age 13 – 2 events  
Vejune Petraityte - Age 13 – 2 events  
George Epsly - Age 18 – 2 events  
Macy Lawrence - Age 13  
Harvey Jolly - Age 15  
Conor Harrold - Age 23

#### MC events:

Danielle Hartin - Age 14 – 4 events

#### Boys 14 – 16: 4 X 100 medley relay team

- Tyler Berry (15), Harry Nicholls (16), Reece Nicholls (16), Harvey Jolly (15)

#### Boys 14 – 16: 4 X 100 freestyle relay team

- James Bayley (16), Tyler Berry (15), Reece Nicholls (16), Harvey Jolly (15)

#### Boys 14 – 16: 4 X 200 freestyle relay team

- Tyler Berry (15), James Bayley (16), Harry Nicholls (16), Reece Nicholls (16)

#### Mens 17 Yrs/Over: 4 X 100 medley relay team

- Conor Harrold (23), Fraser Scott (18), George Epsly (18), James Davis (23)

#### Mens 17 Yrs/Over: 4 X 100 Freestyle relay team

- George Epsly (18), Fraser Scott (18), James Davis (23), Conor Harrold (23)

#### Mens 17 Yrs/Over 4 X 200 Freestyle relay team

- George Epsly (18), Fraser Scott (18), James Davies (23), Conor Harrold (23)

**ASA Summer Championships:**

Reece Nicholls - Age 16 – 5 events  
Brooke Frost - Age 15 – 3 events  
Tyler Berry - Age 15 – 3 events  
Samuel Bryan - Age 15 – 3 events  
Samuel Pease - Age 16 – 3 events  
Harry Fox - Age 17 – 3 events  
Samuel Perks - Age 13 – 2 events  
Fraser Scott - Age 18 – 2 events  
Conor Harrold - Age 23 – 2 events  
Mason Hunnisett - Age 13  
Macy Lawrence - Age 13  
Ellie Wheeler - Age 13  
Victoria Rogers - Age 13  
Bryony Umfreville - Age 15  
Benjamin Harvey - Age 14  
Harvey Jolly - Age 15  
Billy Lo - Age 15  
Emily Lane - Age 20

MC events:

Callum Hodgson - Age 15 – 4 events

**2015:**

**Winter Championships:**

Brooke Frost - Age 15 – 5 events (Junior)  
Reece Nicholls- Age 15 – 2 events (Junior)  
Harvey Jolly - Age 15 – 2 events (Junior)  
Harry Nicholls- Age 15 – 1 event (Junior)  
George Epsly - Age 17 – 3 events (Open)  
Conor Harrold - Age 22 – 4 events (Open)

Mens 4 X 100 medley relay team:

-Conor Harrold (22), Fraser Scott (17), George Epsly (17), James Day (18)

Mens 4 X 100 freestyle relay team:

- Harvey Jolly (15), James Day (18), James Davis (22), Conor Harrold (22),

Mens 4 X 200 freestyle relay team:

- George Epsly (17), James Day (18), Fraser Scott (17), Conor Harrold (22),

**British Summer Championships:** (new format & age groups)

Brooke Frost - Age 14 – 2 events  
George Epsly - Age 17 – 2 events  
Conor Harrold - Age 22 – 2 events

Harvey Jolly - Age 14  
Harry Fox - Age 16

MC events

Charlotte Hartin: - Age 19 (qualified but didn't swim)

**ASA Summer Championships:**

George Epsly - Age 17 – 5 events  
Harry Nicholls - Age 15 – 3 events  
Mason Hunnisett - Age 12 – 2 events  
Brooke Frost - Age 14 – 2 events  
Bryony Umfreville - Age 14 – 2 events  
Samuel Bryan - Age 14 – 2 events  
Fraser Scott - Age 17 – 2 events  
Rianna Smith - Age 17  
Conor Harrold - Age 22  
Charlie Fox - Age 18 – (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- 2 events  
Brooke Frost  
Harvey Jolly

**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 – 2 events

Lewis Clifford-Stephenson - – 2 events

**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:**

#### **2016:**

Victoria Rogers - Age 12 - 50 backstroke

Mason Hunnisett - Age 14 - 200 metres butterfly

George Epsly - Age 17 - 100 metres butterfly

George Epsly - Age 17 - 200 metres butterfly

#### **Mens 17/over 4 X 200 FC relay:**

George Epsly (17), James Day (18), Fraser Scott (18), Conor Harrold (23)

#### **MD Events**

Callum Hodgson -Age 15- 50 backstroke

Ryan Nicholls -Age 17 - 200 backstroke

#### **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

#### ***Winter Championships - Short Course - Open age group***

George Epsly - Age 17 - 100 metres butterfly

Conor Harrold - Age 22 - 100 metres backstroke

#### **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

*Winter Championships - Short Course – Open age group*  
Conor Harrold - Age 21 – 100 metres backstroke

**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:**

#### **2016:**

Samuel Bryan – 15 years age group

Reece Nicholls – 16 years age group

#### **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:**

#### **2016:** (Long Course)

Reece Nicholls 16 year age group – 10 titles

Isabelle Sandford 13 year age group – 3 titles

Victoria Rogers 13 year age group – 3 titles

Billy Lo 15 year age group – 3 titles

Brooke Frost 16 year age group – 3 titles

Fraser Scott 17+over age group – 3 titles

Conor Harrold 17+over age group – 3 titles

Harrison Rider 12 year age group

Poppy Allen 13 year age group

Rebecca Howell 13 year age group

Vejune Petraityte 14 year age group

Bryony Umfreville 15 year age group

Caitlin Watson-Dotchin 15 year age group

Harvey Jolly 16 year age group

James Bayley 16 year age group

George Epsly 17+over age group

Relays X 3



**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	

Winter Championships:- Open age group

Brooke Frost	Age 15	– 2 titles
Conor Harrold	Age 22	– 4 titles

**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 Winter 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:**

#### **2016:**

##### **East Region Inter-County – 10 July 2016 - Norwich**

Harrison Rider	(11)
James Dillon	(12)
Macy Lawrence	(13)
Samuel Perks	(13)
Mason Hunnisett	(13)
Jack Williams	(14)
Brooke Frost	(15)
Harvey Jolly	(15)
Samuel Bryan	(15)
Reece Nicholls	(16)
Samuel Pease	(16)
Rianna Smith	(18)
George Epsly	(18)
Emily Lane	(19)
Conor Harrold	(23)
Katarina Blanco	(19) (selected but couldn't swim)

#### **2015:**

##### **National Inter-County – 18 October 2015 – Ponds Forge**

Samuel Perks	(12)
Mason Hunnisett	(12)
Harvey Jolly	(14)
Brooke Frost	(15)
Harry Nicholls	(15)
Harry Fox	(16)
George Epsly	(17)

##### **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)