



## London Winter Championships 2016

### ESS Lifetime Best Performances

Samuel Pereira	200 Individual Medley	2.12.76
Joe Overton	200 Individual Medley	2.27.63
Jordan Shim	200 Individual Medley	2.16.56
Josh Kirlew	200 Individual Medley	2.09.88
Emma Montague	50 Freestyle	27.86
Emily Haines	50 Freestyle	27.60
Chloe Howe	50 Freestyle	28.51
Grace Lennon	50 Freestyle	28.59
Ellisia Baxter	50 Freestyle	28.61
Lucinda Andrews	50 Freestyle	29.15
Natasha Tan	50 Freestyle	29.47
Natasha Welch	50 Freestyle	29.47
Mia Hawkes	50 Freestyle	26.59
George Bullock	100 Breaststroke	1.15.10
Emma Montague	100 Butterfly	1.08.26
Chloe Howe	100 Butterfly	1.08.57
Maya Kirlew	100 Butterfly	1.09.00
Natasha Tan	100 Butterfly	1.11.32
Ellisia Baxter	100 Butterfly	1.11.89
Oskar Soulas	100 Backstroke	1.02.20
Joe Zlotnick	100 Backstroke	58.27
Megan Molloy	400 Freestyle	4.26.12
Emilia Zlotnick	400 Freestyle	4.38.49
Grace Lennon	400 Freestyle	4.38.77
Samuel Pereira	200 Freestyle	1.55.35
Josh Kirlew	200 Freestyle	1.57.86
Ted Winfield	50 Butterfly	28.82
Joe Zlotnick	50 Butterfly	25.30
Ellisia Baxter	50 Breaststroke	35.87
Samuel Pereira	100 Freestyle	54.36
Josh Kirlew	100 Freestyle	54.62
Joe Zlotnick	100 Freestyle	51.83
Emily Haines	200 Butterfly	2.21.67
Joe Overton	50 Backstroke	31.07
Harry Cox	50 Backstroke	31.72
Emily Haines	100 Individual Medley	1.09.42
Joe Overton	400 Individual Medley	5.09.65
Josh Kirlew	400 Individual Medley	4.41.68
Jordan Shim	400 Individual Medley	4.55.73
Maya Kirlew	200 Individual Medley	2.32.38
Natasha Tan	200 Individual Medley	2.37.59
Megan Molloy	200 Individual Medley	2.20.71
Josh Kirlew	50 Freestyle	25.35
Ellisia Baxter	100 Breaststroke	1.20.08
Ted Winfield	100 Butterfly	1.05.14
Joe Zlotnick	100 Butterfly	55.66



Josh Kirlew	100 Butterfly	56.75
Maya Kirlew	100 Backstroke	1.08.52
Lucinda Andrews	100 Backstroke	1.12.01
Natasha Tan	100 Backstroke	1.14.25
Samuel Pereira	400 Freestyle	4.11.02
Josh Kirlew	200 Breaststroke	2.32.24
Megan Molloy	200 Freestyle	2.06.19
Emily Haines	200 Freestyle	2.08.62
Grace Lennon	200 Freestyle	2.13.36
Chloe Howe	200 Freestyle	2.15.48
Ellisia Baxter	200 Freestyle	2.15.54
Oskar Soulas	200 Backstroke	2.15.19
Joe Overton	200 Backstroke	2.17.77
Samuel Pereira	200 Backstroke	2.08.45
Emily Haines	50 Butterfly	29.48
Emma Montague	50 Butterfly	30.74
Chloe Howe	50 Butterfly	30.76
Ellisia Baxter	50 Butterfly	31.53
Natasha Tan	50 Butterfly	31.86
Mia Hawkes	50 Butterfly	29.76
Jordan Shim	50 Breaststroke	32.80
Emily Haines	100 Freestyle	58.96
Emma Montague	100 Freestyle	1.00.22
Maya Kirlew	100 Freestyle	1.01.44
Chloe Howe	100 Freestyle	1.02.00
Ellisia Baxter	100 Freestyle	1.02.15
Mia Hawkes	100 Freestyle	57.27
Lena Soulas	100 Freestyle	57.47
Josh Kirlew	200 Butterfly	2.10.45
Maya Kirlew	50 Backstroke	31.29
Jamie Parsons	100 Individual Medley	1.08.21
Harry Cox	100 Individual Medley	1.08.35
Joe Overton	100 Individual Medley	1.10.01
Samuel Pereira	100 Individual Medley	1.02.06
Megan Molloy	400 Individual Medley	4.59.36