

| Name | YOB | Club | Class | Sub Time | Time swum | Place | points | Records |
|--------------------------------------|-----|--------------|--------------|----------|-----------|--------------|--------|----------------|
| Event 101 Mens Open 200m IM | | | | | | | | |
| Result | | | SM 8 | | | | | |
| Alexander GOODMAN | 91 | Southampton | SM8 | 3:22.68 | 3.17.72 | 1 | 1 | Records |
| Result | | | SM 10 | | | | | |
| Jack COPPING | 92 | Colchester P | SM10 | 03:21.1 | DQ | left foot | | |
| James HOLLIS | 94 | Epping For't | SM10 | 02:53.5 | 2.47.13 | 1 | 1 | |
| Result | | | SM 12 | | | | | |
| Michael REEVE | 92 | Leic Peng | SM12 | 3:14.20 | 3.15.25 | 1 | 1 | |
| Result | | | SM 14 | | | | | |
| Tom HEMPENSTALL | 91 | Colchester P | SM14 | 03:35.0 | DQ | backstroke | | |
| Iain AMBROSE | 63 | Sharks | SM14 | 3:33.23 | 3.43.50 | 1 | 1 | |
| Tom COLE | 89 | Colchester P | SM14 | 03:15.6 | DQ | turn | | |
| Result | | | AB | | | | | |
| Daniel FEW | 91 | Colchester | AB | 2:31.00 | 2.30.91 | 1 | 6 | |
| Karl ROBERTS | 93 | Colchester | AB | 3:01.59 | 2.31.37 | 2 | 5 | |
| Alex JACKSON | 93 | Colchester | AB | 2:56.74 | 2.46.60 | 3 | 4 | |
| Tom VICKERS | 94 | Colchester | AB | 3:11.70 | 2.54.56 | 4 | 3 | |
| Jim VICKERS | 97 | Colchester | AB | 3:20.08 | 3.08.03 | 5 | 2 | |
| Harrison SADLER | 96 | FirstStrokes | AB | 03:19.1 | 3.08.65 | 6 | 1 | |
| Charlie O'CONNOR | 95 | FirstStrokes | AB | 03:18.5 | 3.11.53 | 7 | | |
| Christopher KWOK | 96 | FirstStrokes | AB | 03:16.8 | 3.11.85 | 8 | | |
| Matthew PARSONS | 98 | Colchester | AB | 3:23.04 | 3.16.16 | 9 | | |
| Jack WALMSLEY | 95 | FirstStrokes | AB | 03:24.1 | 3.31.78 | 10 | | |
| Taylor YOUNG | 97 | Colchester | AB | 3:47.16 | DQ | breaststroke | | |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 3:15.18 | DQ | turn | | |
| Spencer PRIOR | 99 | Colchester | AB | 3:34.00 | withdrawn | | | |
| Event 102 Womens Open 200m IM | | | | | | | | |
| Result | | | SM6 | | | | | |
| Jodie FLEMING | 93 | Colchester P | SM6 | 04:58.9 | 4.34.56 | 1 | 1 | R.R |
| Result | | | SM9 | | | | | |
| Emma HOLLIS | 92 | Epping For't | SM9 | 03:41.9 | 3.30.53 | 3 | 1 | |
| Laura BELLARS | 88 | Colchester P | SM9 | 03:20.7 | 3.28.53 | 2 | 2 | |
| Sarah BOWLING | 90 | Colchester P | SM9 | 03:01.6 | 2.56.41 | 1 | 3 | R.R |
| Result | | | SM12 | | | | | |
| Lucy HODGES | 76 | Colchester P | SM12 | 03:06.3 | 3.11.05 | 1 | 1 | ?R.R |
| Result | | | AB | | | | | |
| Charlotte ZEPEDA | 96 | Colchester | AB | 3:58.00 | DQ | butterfly | | |
| Heather RODWELL | 94 | Ipswich SC | AB | 2:32.62 | 2.30.09 | 1 | 6 | |
| Sarah LARNER | 93 | Colchester | AB | 2:43.37 | 2.40.34 | 2 | 5 | |
| Bronwyn CARTER | 92 | Colchester | AB | 2:42.25 | 2.45.26 | 3 | 4 | |
| Paige YOUNG | 95 | Colchester | AB | 2:47.09 | 2.47.07 | 4 | 3 | |
| Louise-jayne WATTS | 94 | Colchester | AB | 2:47.44 | 2.50.44 | 5 | 2 | |
| Katie STRATTON | 92 | Colchester | AB | 2:46.10 | 2.51.46 | 6 | 1 | |
| Katharine INSULL | 95 | Colchester | AB | 2:58.91 | 2.59.17 | 7 | | |
| Emily STOREY | 93 | Colchester | AB | 3:12.00 | 3.02.53 | 8 | | |
| Sarah PURNELL | 95 | Colchester | AB | 3:05.19 | 3.03.34 | 9 | | |
| Katie WALMSLEY | 95 | FirstStrokes | AB | 03:13.3 | 3.13.95 | 10 | | |
| Georgina SUTTLE | 92 | FirstStrokes | AB | 03:33.7 | 3.18.60 | 11 | | |
| Victoria GILLMAN | 96 | Colchester | AB | 3:36.86 | 3.22.25 | 12 | | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 03:32.3 | 3.23.31 | 13 | | |
| Magan BOYDEN | 96 | Colchester | AB | 3:40.19 | 3.24.04 | 14 | | |
| Charlotte MARVEN | 97 | Colchester | AB | 3:52.20 | 3.31.63 | 15 | | |
| Charlotte GRUENDER | 94 | Colchester | AB | 3:38.03 | DQ | backstroke | | |
| Lucy TALLENTIRE | 93 | Colchester | AB | 2:55.45 | withdrawn | | | |
| Katy SPILLER | 90 | Colchester | AB | 2:47.24 | withdrawn | | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|---|-----|--------------|-------------------|----------|-----------|-------|---------|
| <u>Event 103 Mens Open 50m Butterfly</u> | | | | | | | |
| <u>Result</u> | | | <u>S7</u> | | | | |
| Michael JONES | 94 | Christchurch | S7 | 01:03.6 | 1.04.64 | 1 | 1 |
| <u>Result</u> | | | <u>S8</u> | | | | |
| Alexander GOODMAN | 91 | Southampton | S8 | 40.86 | 0.40.43 | 1 | 1 |
| <u>Result</u> | | | <u>S9</u> | | | | |
| Jamie RUSHBROOK | 81 | Sharks | S9 | 43.95 | 0.46.24 | 2 | 1 |
| Darren SWASH | 83 | Colchester P | S9 | 40.00 | 0.38.12 | 1 | 2 |
| <u>Result</u> | | | <u>S10</u> | | | | |
| James HOLLIS | 94 | Epping For't | S10 | 35.37 | 0.34.62 | 1 | 1 |
| <u>Result</u> | | | <u>S14</u> | | | | |
| Joe TAYLOR | 90 | Colchester P | S14 | 49.06 | DQ | touch | |
| Alex BAILEY | 89 | Sharks | S14 | 33.05 | 0.34.67 | 1 | 4 |
| Ben PAGE | 92 | Eastbourne | S14 | 42.01 | 0.35.64 | 2 | 3 |
| Mark HOLMES | 83 | Colchester P | S14 | 43.21 | 0.42.16 | 3 | 2 |
| James ARGENT | 89 | Colchester P | S14 | 41.11 | 0.43.51 | 4 | 1 |
| <u>Result</u> | | | <u>S17</u> | | | | |
| Sam HONOUR | 90 | Deben | S17 | 37.56 | 0.38.69 | 1 | 1 |
| <u>Result</u> | | | <u>S20</u> | | | | |
| Ryan BYGRAVE | 96 | Colchester P | S20 | 56.00 | 0.49.09 | 1 | 1 |
| <u>Result</u> | | | <u>AB</u> | | | | |
| Tom VICKERS | 94 | Colchester | AB | 35.10 | 0.34.72 | 1 | 6 |
| Matthew DAVIS | 93 | Colchester | AB | 37.21 | 0.35.44 | 2 | 5 |
| Alex JACKSON | 93 | Colchester | AB | 35.95 | 0.36.06 | 3 | 4 |
| Connor STEEL | 94 | Harwich DP | AB | 37.89 | 0.37.30 | 4 | 3 |
| Charlie O'CONNOR | 95 | FirstStrokes | AB | 41.95 | 0.40.12 | 5 | 2 |
| Jim VICKERS | 97 | Colchester | AB | 41.66 | 0.41.64 | 6 | 1 |
| Edward CRESSWELL | 95 | Colchester | AB | 43.82 | 0.42.15 | 7 | |
| Christopher KWOK | 96 | FirstStrokes | AB | 42.59 | 0.42.19 | 8 | |
| Matthew PARSONS | 98 | Colchester | AB | 43.62 | 0.42.47 | 9 | |
| Harrison SADLER | 96 | FirstStrokes | AB | 44.73 | 0.44.33 | 10 | |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 45.67 | 0.45.27 | 11 | |
| Jack HOWLETT | 96 | Harwich DP | AB | 56.17 | 0.45.63 | 12 | |
| Jack WALMSLEY | 95 | FirstStrokes | AB | 46.09 | 0.46.48 | 13 | |
| Sabastian LEVER | 96 | FirstStrokes | AB | 01:01.5 | 0.51.75 | 14 | |
| Taylor YOUNG | 97 | Colchester | AB | 51.84 | 0.52.16 | 15 | |
| Cameron COWAN | 98 | Colchester | AB | 1:00.95 | 1.01.36 | 16 | |
| Grant POLKINGHORNE | 95 | Colchester | AB | 54.72 | withdrawn | | |
| Spencer PRIOR | 99 | Colchester | AB | 46.06 | withdrawn | | |
| Joe MACKAY | 92 | Colchester | AB | 30.69 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records | |
|---|-----|--------------|-------------------|----------|-----------|---------------|---------|-------------|
| <u>Event 104 Womens Open 50m Butterfly</u> | | | | | | | | |
| <u>Result</u> | | | <u>S6</u> | | | | | |
| Sophie BROWN | 86 | Colchester P | S6 | 01:20.9 | 1.37.42 | 2 | 1 | |
| Sophie NASH | 90 | Winchester | S6 | 1:10.40 | withdrawn | | | |
| Jodie FLEMING | 93 | Colchester P | S6 | 01:02.6 | 1.04.92 | 1 | 2 | |
| Natalie ann JONES | 84 | Colchester P | S6 | 44.44 | withdrawn | | | |
| <u>Result</u> | | | <u>S7</u> | | | | | |
| Eleanor GRUDGINGS | 92 | Leic Peng | S7 | 54.75 | 0.58.28 | 1 | 1 | |
| <u>Result</u> | | | <u>S8</u> | | | | | |
| Kristina HANN | 85 | Colchester P | S8 | 57.42 | DQ | start | | |
| <u>Result</u> | | | <u>S9</u> | | | | | |
| Emma HOLLIS | 92 | Epping For't | S9 | 47.89 | DQ | drop shoulder | | |
| Laura BELLARS | 88 | Colchester P | S9 | 45.96 | 0.46.85 | 1 | 1 | |
| Emily HARRIS | 97 | Lowestoft | S9 | 1:10.38 | DQ | fly | | |
| <u>Result</u> | | | <u>S12</u> | | | | | |
| Lucy HODGES | 76 | Colchester P | S12 | 01:17.4 | 0.39.55 | 1 | 1 | ?R.R |
| <u>Result</u> | | | <u>S14</u> | | | | | |
| Katherine RUSSELL | 77 | Breckland Sp | S14 | 01:10.2 | 1.10.22 | 2 | 1 | |
| Sarah-louise CASEY | 85 | Sharks | S14 | 45.14 | 0.47.66 | 1 | 2 | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--|-----|--------------|-----------|----------|-----------|-------|---------|
| Event 104 Womens Open 50m Butterfly | | | | | | | |
| Result | | | AB | | | | |
| Abby LYNCH | 96 | Colchester P | AB | 01:09.2 | withdrawn | | |
| Lucy TALLENTIRE | 93 | Colchester | AB | 34.04 | 0.33.74 | 1 | 6 |
| Sarah LARNER | 93 | Colchester | AB | 33.67 | 0.33.78 | 2 | 5 |
| Bronwyn CARTER | 92 | Colchester | AB | 34.26 | 0.34.85 | 3 | 4 |
| April GIBBONS | 93 | Harwich DP | AB | 34.70 | 0.35.15 | 4 | 3 |
| Gemma WASS | 94 | Colchester | AB | 36.27 | 0.35.46 | 5 | 2 |
| Paige YOUNG | 95 | Colchester | AB | 36.42 | 0.36.43 | 6 | 1 |
| Louise-jayne WATTS | 94 | Colchester | AB | 38.32 | 0.37.62 | 7 | |
| Hayley ARTHRELL | 94 | FirstStrokes | AB | 38.58 | 0.38.13 | 8 | |
| Maddi SINCLAIR | 96 | Harwich DP | AB | 42.40 | 0.38.14 | 9 | |
| Lauren SADLER | 96 | Harwich DP | AB | 38.89 | 0.38.54 | 10 | |
| Sarah PURNELL | 95 | Colchester | AB | 37.96 | 0.39.16 | 11 | |
| Danielle HALL | 96 | Colchester | AB | 40.67 | 0.40.05 | 12 | |
| Georgina SUTTLE | 92 | FirstStrokes | AB | 42.95 | 0.41.03 | 13 | |
| Katharine INSULL | 95 | Colchester | AB | 40.10 | 0.41.66 | 14 | |
| Rachel BOWLING | 96 | Colchester P | AB | 42.38 | 0.41.99 | 15 | |
| Natasha KEEBLE | 96 | FirstStrokes | AB | 45.42 | 0.42.41 | 16 | |
| Elle ALDRIDGE | 94 | Harwich DP | AB | 42.12 | 0.42.43 | 17 | |
| Katie WALMSLEY | 95 | FirstStrokes | AB | 42.03 | 0.42.75 | 18 | |
| Penny GUNTER | 86 | Southampton | AB | 42.14 | 0.43.76 | 19 | |
| Melonie CALDER | 96 | Colchester | AB | 52.16 | 0.43.94 | 20 | |
| Magan BOYDEN | 96 | Colchester | AB | 43.90 | 0.44.29 | 21 | |
| Katherine-jayne WATTS | 98 | Colchester | AB | 45.80 | 0.44.50 | 22 | |
| Alice INSULL | 97 | Colchester | AB | 47.14 | 0.44.79 | 23 | |
| Philippa DAVENALL | 98 | Colchester | AB | 1:04.88 | 0.46.91 | 24 | |
| Charlotte MARVEN | 97 | Colchester | AB | 53.48 | 0.48.72 | 25 | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 48.45 | 0.49.36 | 26 | |
| Stacey HAMER | 95 | FirstStrokes | AB | 48.97 | 0.49.44 | 27 | |
| Selina CRESSWELL | 96 | Colchester | AB | 1:04.00 | 0.52.78 | 28 | |
| Laura GARDNER | 97 | Colchester | AB | 56.46 | 0.54.10 | 29 | |
| Charlotte GRUENDER | 94 | Colchester | AB | 54.91 | 0.56.62 | 30 | |
| Maris MUNRO | 96 | FirstStrokes | AB | 56.72 | 0.56.94 | 31 | |
| Katy CIRNE | 96 | Colchester | AB | 51.00 | 0.59.33 | 32 | |
| Charlotte HOLT | 98 | Colchester | AB | 1:08.00 | 1.04.00 | 33 | |
| Eleanor SIPPINGS | 97 | FirstStrokes | AB | 01:03.4 | DQ | start | |
| Charlotte ZEPEDA | 96 | Colchester | AB | 51.71 | DQ | legs | |
| Victoria GILLMAN | 96 | Colchester | AB | 48.77 | DQ | legs | |
| Lauren WILSON | 95 | Colchester | AB | 51.93 | withdrawn | | |
| Katie NOTMAN | 89 | Redhill & R | AB | 50.45 | withdrawn | | |
| Charlotte MORGAN | 97 | Colchester | AB | 49.40 | withdrawn | | |
| Adele POOLE | 94 | FirstStrokes | AB | 46.36 | withdrawn | | |
| Lauren jane RICHARDSON | 95 | Colchester | AB | 46.09 | withdrawn | | |
| Leah HAMBLING | 94 | Harwich DP | AB | 37.55 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--|-----|--------------|-------------|----------|-----------|-------|---------|
| Event 105 Mens Open 100m Breaststroke | | | | | | | |
| Result | | | SB5 | | | | |
| Gareth COTTEE | 89 | Colchester P | SB5 | 02:28.0 | 2.28.90 | 1 | 1 ?R.R |
| Result | | | SB6 | | | | |
| Kristopher COTTEE | 89 | Colchester P | SB6 | 02:34.4 | DQ | | |
| Result | | | SB8 | | | | |
| Ben SUMMERS | 70 | Sharks | SB8 | 2:23.83 | DQ | | |
| Jamie RUSHBROOK | 81 | Sharks | SB8 | 1:58.13 | 2.09.85 | 1 | 1 |
| Result | | | SB9 | | | | |
| Jonathan SIDAWAY | 92 | Burgess Hill | SB9 | 02:11.5 | 2.05.64 | 2 | 1 |
| Devarshi LODHIA | 94 | Leic Peng | SB9 | 2:10.00 | 2.03.60 | 1 | 2 |
| Result | | | SB14 | | | | |
| Adam BAKER | 86 | Sharks | SB14 | 1:28.92 | 1.28.03 | 1 | 6 |
| Ben PAGE | 92 | Eastbourne | SB14 | 1:33.26 | 1.29.34 | 2 | 5 |
| Tom COLE | 89 | Colchester P | SB14 | 01:46.9 | 1.42.37 | 3 | 4 R.R |
| Mark HOLMES | 83 | Colchester P | SB14 | 01:48.4 | 1.43.44 | 4 | 3 |
| Stuart MITCHELL | 91 | Colchester P | SB14 | 01:49.9 | 1.51.63 | 5 | 2 |
| Iain AMBROSE | 63 | Sharks | SB14 | 1:46.14 | 1.54.98 | 6 | 1 |
| Tom HEMPENSTALL | 91 | Colchester P | SB14 | 01:38.9 | DQ | start | |
| Result | | | SB17 | | | | |
| Connor FLETCHER | 92 | Colchester P | SB17 | 01:46.9 | 1.53.94 | 2 | 1 |
| Liam WALKER | 92 | Lowestoft | SB17 | 1:37.33 | 1.36.72 | 1 | 2 |
| Result | | | SB20 | | | | |
| Christopher JENNER | 85 | Colchester P | SB20 | 02:36.0 | 2.49.16 | 2 | 1 |
| Ryan BYGRAVE | 96 | Colchester P | SB20 | 02:09.0 | 1.58.57 | 1 | 2 |
| Result | | | AB | | | | |
| Daniel FEW | 91 | Colchester | AB | 1:21.96 | 1.19.33 | 1 | 6 |
| Alex JACKSON | 93 | Colchester | AB | 1:22.38 | 1.23.70 | 2 | 5 |
| Matthew DAVIS | 93 | Colchester | AB | 1:35.65 | 1.29.79 | 3 | 4 |
| Daniel ENGLAND | 86 | Colchester P | AB | 01:38.3 | 1.31.06 | 4 | 3 |
| Karl ROBERTS | 93 | Colchester | AB | 1:30.29 | 1.31.44 | 5 | 2 |
| Guy HARRISON | 96 | Colchester | AB | 1:52.20 | 1.40.00 | 6 | 1 |
| Harrison SADLER | 96 | FirstStrokes | AB | 01:47.8 | 1.41.82 | 7 | |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 1:45.00 | 1.46.03 | 8 | |
| Charlie O'CONNOR | 95 | FirstStrokes | AB | 01:47.4 | 1.48.22 | 9 | |
| Christopher KWOK | 96 | FirstStrokes | AB | 01:53.4 | 1.49.03 | 10 | |
| Jack WALMSLEY | 95 | FirstStrokes | AB | 01:50.2 | 1.51.94 | 11 | |
| Daryl RONDS | 97 | Harwich DP | AB | 2:00.00 | 1.52.03 | 12 | |
| Ruairi PHELAN | 97 | Colchester | AB | 2:10.40 | 2.09.34 | 13 | |
| James PRATLEY | 96 | Colchester | AB | 2:10.00 | 2.12.27 | 14 | |
| Cameron COWAN | 98 | Colchester | AB | 2:04.00 | withdrawn | 15 | |
| Grant POLKINGHORNE | 95 | Colchester | AB | 1:47.65 | withdrawn | 16 | |
| Joe MACKAY | 92 | Colchester | AB | 1:17.92 | withdrawn | 17 | |
| Sabastian LEVER | 96 | FirstStrokes | AB | 01:02.0 | withdrawn | 18 | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--|-----|--------------|-------------|----------|-----------|-------|---------------|
| Event 106 Womens Open 100m Breaststroke | | | | | | | |
| Result | | | SB6 | | | | |
| Sophie BROWN | 86 | Colchester P | SB6 | 02:45.8 | 2.44.25 | 2 | 1 |
| Natalia SANCHEZ-JINKS | 89 | Colchester P | SB6 | 02:35.8 | 2.35.09 | 1 | 2 R.R |
| Result | | | SB8 | | | | |
| Kristina HANN | 85 | Colchester P | SB8 | 02:06.3 | 1.58.50 | | R.R |
| Result | | | SB12 | | | | |
| Tina RUSHBROOK | 85 | Sharks | SB12 | 3:02.26 | 3.00.00 | 2 | 1 |
| Lucy HODGES | 76 | Colchester P | SB12 | 01:34.3 | 1.34.62 | 1 | 2 ?R.R |
| Result | | | SB13 | | | | |
| Olivia ABBOTT | 96 | Team Ipswich | SB13 | 02:15.0 | DQ | start | |
| Result | | | SB14 | | | | |
| Anita LINTON | 78 | Wombourne | SB14 | 2:02.88 | 2.02.32 | 1 | 5 |
| Sarah PASCHOUD | 91 | Sharks | SB14 | 2:05.11 | 2.04.44 | 2 | 4 |
| Katherine RUSSELL | 77 | Breckland Sp | SB14 | 02:27.2 | 2.27.49 | 3 | 3 |
| Kirsty STEWART | 76 | Bexhill | SB14 | 2:37.21 | 2.32.09 | 4 | 2 |
| Laura MITCHELL | 85 | Sharks | SB14 | 2:50.35 | 2.58.25 | 5 | 1 |
| Result | | | AB | | | | |
| Heather RODWELL | 94 | Ipswich SC | AB | 1:18.86 | 1.18.97 | 1 | 6 |
| Bronwyn CARTER | 92 | Colchester | AB | 1:22.11 | 1.25.03 | 2 | 5 |
| Katie STRATTON | 92 | Colchester | AB | 1:27.53 | 1.29.87 | 3 | 4 |
| Paige YOUNG | 95 | Colchester | AB | 1:32.12 | 1.31.84 | 4 | 3 |
| Maddi SINCLAIR | 96 | Harwich DP | AB | 1:38.00 | 1.35.21 | 5 | 2 |
| Laura WHITE | 94 | Colchester | AB | 1:39.98 | 1.36.44 | 6 | 1 |
| Katharine INSULL | 95 | Colchester | AB | 1:39.39 | 1.37.33 | 7 | |
| Megan DOOLEY | 95 | FirstStrokes | AB | 02:21.5 | 1.40.13 | 8 | |
| Katie WALMSLEY | 95 | FirstStrokes | AB | 01:41.4 | 1.41.16 | 9 | |
| Hayley ARTHRELL | 94 | FirstStrokes | AB | 01:45.8 | 1.41.55 | 10 | |
| Rachel BOWLING | 96 | Colchester P | AB | 01:52.7 | 1.42.20 | 11 | |
| Stacey HAMER | 95 | FirstStrokes | AB | 01:43.0 | 1.45.34 | 12 | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 01:43.7 | 1.45.77 | 13 | |
| Victoria GILLMAN | 96 | Colchester | AB | 2:02.23 | 1.52.22 | 14 | |
| Helena WRIGHT | 97 | Colchester | AB | 2:10.00 | 1.56.40 | 15 | |
| Eleanor SIPPINGS | 97 | FirstStrokes | AB | 01:55.7 | 1.56.55 | 16 | |
| Charlotte ZEPEDA | 96 | Colchester | AB | 2:10.00 | 1.56.75 | 17 | |
| Charlotte GRUENDER | 94 | Colchester | AB | 1:55.05 | 2.00.34 | 18 | |
| Chloe BLACKWELL | 97 | FirstStrokes | AB | 02:10.0 | 2.12.53 | 19 | |
| Suzi carol ROBINSON | 97 | Colchester | AB | 2:30.00 | 2.24.28 | 20 | |
| Alice INSULL | 97 | Colchester | AB | 1:58.00 | DQ | turns | |
| Amy HARRISON | 98 | Colchester | AB | 2:30.10 | withdrawn | | |
| Adele POOLE | 94 | FirstStrokes | AB | 01:38.3 | withdrawn | | |
| Leah HAMBLING | 94 | Harwich DP | AB | 1:32.47 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--|-----|--------------|-------------------|----------|-----------|-------------|---------|
| <u>Event 107 Mens Open 50m Backstroke</u> | | | | | | | |
| <u>Result</u> | | | <u>S4</u> | | | | |
| Dean BROWN | 74 | Colchester P | S4 | 01:29.8 | 1.37.19 | 1 | 1 ?R.R |
| <u>Result</u> | | | <u>S6</u> | | | | |
| Sean MCGEEVER | 95 | Luton | S6 | 1:16.24 | DQ | not on back | |
| Gareth COTTEE | 89 | Colchester P | S6 | 01:06.5 | 1.02.57 | 1 | 1 |
| <u>Result</u> | | | <u>S7</u> | | | | |
| Kristopher COTTEE | 89 | Colchester P | S7 | 01:03.0 | 0.59.47 | | |
| Michael JONES | 94 | Christchurch | S7 | 56.67 | DQ | stroke | |
| <u>Result</u> | | | <u>S8</u> | | | | |
| Ben SUMMERS | 70 | Sharks | S8 | 1:03.09 | 1.03.31 | 1 | 2 |
| Liam COOKE | 95 | Colchester P | S8 | 01:10.5 | 1.09.80 | 2 | 1 ?R.R |
| Jay LYNCH | 95 | Colchester P | S8 | 51.96 | withdrawn | | |
| <u>Result</u> | | | <u>S9</u> | | | | |
| Darren SWASH | 83 | Colchester P | S9 | 44.00 | 0.41.42 | 1 | 2 |
| Jonathan SIDAWAY | 92 | Burgess Hill | S9 | 01:00.0 | 1.01.06 | 2 | 1 |
| <u>Result</u> | | | <u>S10</u> | | | | |
| Jack COPPING | 92 | Colchester P | S10 | 42.20 | 0.37.96 | 1 | 4 |
| James HOLLIS | 94 | Epping For't | S10 | 38.76 | 0.38.09 | 2 | 3 |
| Oliver SHERGOLD | 98 | Colchester P | S10 | 01:21.5 | 1.00.90 | 3 | 2 |
| Devarshi LODHIA | 94 | Leic Peng | S10 | 1:04.44 | 1.02.57 | 4 | 1 |
| <u>Result</u> | | | <u>S14</u> | | | | |
| Ben PAGE | 92 | Eastbourne | S14 | 38.53 | 0.39.84 | 1 | 6 |
| Adam BAKER | 86 | Sharks | S14 | 40.87 | 0.40.17 | 2 | 5 |
| James ARGENT | 89 | Colchester P | S14 | 43.73 | 0.43.01 | 3 | 4 |
| Alex BAILEY | 89 | Sharks | S14 | 40.07 | 0.43.29 | 4 | 3 |
| Tom HEMPENSTALL | 91 | Colchester P | S14 | 41.90 | 0.43.54 | 5 | 2 |
| Joe TAYLOR | 90 | Colchester P | S14 | 57.30 | 0.47.84 | 6 | 1 |
| Stuart MITCHELL | 91 | Colchester P | S14 | 53.20 | 0.53.40 | 7 | |
| <u>Result</u> | | | <u>S17</u> | | | | |
| Sam HONOUR | 90 | Deben | S17 | 37.88 | 0.38.59 | 1 | 2 |
| Connor FLETCHER | 92 | Colchester P | S17 | 46.67 | 0.47.36 | 2 | 1 |
| <u>Result</u> | | | <u>S20</u> | | | | |
| Matthew GARNETT | 90 | Colchester P | S20 | 01:24.8 | 0.53.22 | 1 | 5 |
| Ryan BYGRAVE | 96 | Colchester P | S9 | 47.00 | 0.56.25 | 2 | 4 |
| Chris SPRINKS | 82 | Breckland Sp | S20 | 58.00 | 0.57.74 | 3 | 3 |
| Matthew STONE | 95 | Team Ipswich | S20 | 01:26.7 | 1.08.16 | 4 | 2 |
| Robert MEEKINGS | 93 | Team Ipswich | S20 | 02:45.0 | 2.14.78 | 5 | 1 |
| Oliver HEDGLEY | 96 | Team Ipswich | S20 | 01:15.0 | withdrawn | | |
| Mark BEDDER | 89 | Breckland Sp | S20 | 47.37 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--|-----|--------------|------------------|----------|-----------|--------|---------|
| <u>Event 107 Mens Open 50m Backstroke</u> | | | | | | | |
| <u>Result</u> | | | <u>AB</u> | | | | |
| Karl ROBERTS | 93 | Colchester | AB | 34.78 | 0.34.23 | 1 | 6 |
| Daniel ENGLAND | 86 | Colchester P | AB | 35.97 | 0.37.03 | 2 | 5 |
| Tom VICKERS | 94 | Colchester | AB | 38.56 | 0.38.12 | 3 | 4 |
| Connor STEEL | 94 | Harwich DP | AB | 39.97 | 0.40.45 | 4 | 3 |
| Charlie O'CONNOR | 95 | FirstStrokes | AB | 42.21 | 0.40.50 | 5 | 2 |
| Jim VICKERS | 97 | Colchester | AB | 40.91 | 0.40.60 | 6 | 1 |
| Jack HOWLETT | 96 | Harwich DP | AB | 41.72 | 0.42.00 | 7 | |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 40.91 | 0.42.24 | 8 | |
| Christopher KWOK | 96 | FirstStrokes | AB | 42.05 | 0.43.40 | 9 | |
| Edward CRESSWELL | 95 | Colchester | AB | 45.83 | 0.43.44 | 10 | |
| Joseph MACKINDER | 96 | Colchester | AB | 50.46 | 0.43.87 | 11 | |
| Harrison SADLER | 96 | FirstStrokes | AB | 43.98 | 0.44.17 | 12 | |
| Cameron COWAN | 98 | Colchester | AB | 44.63 | 0.45.26 | 13 | |
| Taylor YOUNG | 97 | Colchester | AB | 44.93 | 0.45.72 | 14 | |
| Jack WALMSLEY | 95 | FirstStrokes | AB | 44.62 | 0.47.51 | 15 | |
| Alexander PETERSON | 97 | FirstStrokes | AB | 54.79 | 0.48.05 | 16 | |
| Samuel WATKINS | 98 | Colchester | AB | 50.01 | 0.48.69 | 17 | |
| Ruairi PHELAN | 97 | Colchester | AB | 50.30 | 0.53.42 | 18 | |
| Shane MONKS | 97 | Colchester | AB | 1:03.29 | 0.53.85 | 19 | |
| James PRATLEY | 96 | Colchester | AB | 55.00 | 0.55.98 | 20 | |
| Samuel MACKINDER | 98 | Colchester | AB | 1:00.00 | 1.00.03 | 21 | |
| Aidan FLETCHER | 97 | Colchester | AB | 1:12.93 | 1.05.03 | 22 | |
| Tom CASSFORD | 98 | Colchester | AB | 1:08.65 | DQ | stroke | |
| Sabastian LEVER | 96 | FirstStrokes | AB | 53.94 | DQ | stroke | |
| Daryl RONDS | 97 | Harwich DP | AB | 46.82 | no time | | |
| Grant POLKINGHORNE | 95 | Colchester | AB | 47.40 | withdrawn | | |
| Spencer PRIOR | 99 | Colchester | AB | 43.09 | withdrawn | | |
| Joe MACKAY | 92 | Colchester | AB | 33.72 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|---|-----|--------------|------------|----------|-----------|----------|---------------|
| Event 108 Womens Open 50m Backstroke | | | | | | | |
| Result | | | | | | | |
| Claire DUFFETT | 86 | Colchester P | S4 | 01:28.8 | 1.30.88 | 1 | 1 |
| Result | | | | | | | |
| Sophie NASH | 90 | Winchester | S6 | 1:12.96 | withdrawn | | |
| Result | | | | | | | |
| Nikita SOMAIYA | 93 | Leic Peng | S7 | 2:24.37 | 2.24.97 | 2 | 1 |
| Natalia SANCHEZ-JINKS | 89 | Colchester P | S7 | 01:25.4 | 1.33.15 | 1 | 2 ?R.R |
| Result | | | | | | | |
| Kristina HANN | 85 | Colchester P | S8 | 58.05 | 0.58.98 | 1 | 1 ?R.R |
| Result | | | | | | | |
| Sarah BOWLING | 90 | Colchester P | S9 | 42.73 | 0.43.31 | 1 | 2 |
| Emily HARRIS | 97 | Lowestoft | S9 | 54.15 | 0.59.00 | 2 | 1 |
| Result | | | | | | | |
| Lauren CHARLSLEY | 95 | Burgess Hill | S10 | 01:23.0 | 1.25.84 | 1 | 1 |
| Result | | | | | | | |
| Tina RUSHBROOK | 85 | Sharks | S12 | 1:25.14 | 1.23.90 | 1 | 1 |
| Result | | | | | | | |
| Olivia ABBOTT | 96 | Team Ipswich | S13 | 01:00.0 | DQ | finish | |
| Result | | | | | | | |
| Kristina TOZER | 93 | Sharks | S14 | 55.81 | 0.50.84 | 1 | 5 |
| Sarah-louise CASEY | 85 | Sharks | S14 | 48.76 | 0.51.38 | 2 | 4 |
| Sarah PASCHOUD | 91 | Sharks | S14 | 1:10.89 | 0.56.56 | 3 | 3 |
| Kirsty STEWART | 76 | Bexhill | S14 | 1:10.53 | 1.10.06 | 4 | 2 |
| Laura MITCHELL | 85 | Sharks | S14 | 1:20.75 | 1.27.42 | 5 | 1 |
| Result | | | | | | | |
| Suzanne BARCLAY | 78 | Breckland Sp | S20 | 01:06.4 | 1.09.90 | 1 | 6 |
| Lorna TWOMLOW | 88 | Leic Peng | S20 | 1:06.11 | 1.10.48 | 2 | 5 |
| Charley-anne WOODWARD | 92 | Team Ipswich | S20 | 01:10.5 | 1.11.16 | 3 | 4 |
| Lydia BROWNE | 78 | Breckland Sp | S20 | 01:12.9 | 1.11.62 | 4 | 3 |
| Kate SHERIDAN | 84 | Sharks | S20 | 1:15.96 | 1.12.21 | 5 | 2 |
| Rachael DAY | 93 | Team Ipswich | S20 | 01:36.0 | 1.26.24 | 6 | 1 |
| Natasha BURROWS | 70 | Breckland Sp | S20 | 01:40.1 | DQ | standing | |
| Claire SAYER | 71 | Breckland Sp | S20 | 01:11.8 | DQ | touch | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|---|---------------|--------------|-----------|----------|-----------|-------|---------|
| Event 108 Womens Open 50m Backstroke | | | | | | | |
| | Result | | AB | | | | |
| Bronwyn CARTER | 92 | Colchester | AB | 34.20 | 0.34.75 | 1 | 6 |
| Sarah LARNER | 93 | Colchester | AB | 35.03 | 0.36.04 | 2 | 5 |
| Louise-jayne WATTS | 94 | Colchester | AB | 35.98 | 0.36.07 | 3 | 4 |
| April GIBBONS | 93 | Harwich DP | AB | 36.20 | 0.36.25 | 4 | 3 |
| Laura WHITE | 94 | Colchester | AB | 36.77 | 0.36.47 | 5 | 2 |
| Paige YOUNG | 95 | Colchester | AB | 36.41 | 0.36.48 | 6 | 1 |
| Lucy TALLENTIRE | 93 | Colchester | AB | 37.31 | 0.36.94 | 7 | |
| Gemma WASS | 94 | Colchester | AB | 37.17 | 0.37.09 | 8 | |
| Sarah PURNELL | 95 | Colchester | AB | 37.42 | 0.37.68 | 9 | |
| Emily STOREY | 93 | Colchester | AB | 38.70 | 0.37.81 | 10 | |
| Hayley ARTHRELL | 94 | FirstStrokes | AB | 38.87 | 0.40.35 | 11 | |
| Maddi SINCLAIR | 96 | Harwich DP | AB | 39.80 | 0.41.39 | 12 | |
| Georgina SUTTLE | 92 | FirstStrokes | AB | 40.80 | 0.41.43 | 13 | |
| Katie WALMSLEY | 95 | FirstStrokes | AB | 41.89 | 0.41.59 | 14 | |
| Lauren SADLER | 96 | Harwich DP | AB | 40.82 | 0.41.70 | 15 | |
| Elle ALDRIDGE | 94 | Harwich DP | AB | 39.90 | 0.42.17 | 16 | |
| Danielle HALL | 96 | Colchester | AB | 43.61 | 0.42.88 | 17 | |
| Alice INSULL | 97 | Colchester | AB | 40.98 | 0.43.77 | 18 | |
| Lucy GIBBONS | 96 | Harwich DP | AB | 44.87 | 0.43.82 | 19 | |
| Charlotte MARVEN | 97 | Colchester | AB | 46.9 | 0.44.03 | 20 | |
| Victoria GILLMAN | 96 | Colchester | AB | 43.54 | 0.44.54 | 21 | |
| Natasha KEEBLE | 96 | FirstStrokes | AB | 45.86 | 0.44.98 | 22 | |
| Katherine-jayne WATTS | 98 | Colchester | AB | 45.87 | 0.45.50 | 23 | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 44.59 | 0.45.69 | 24 | |
| Charlotte MORGAN | 97 | Colchester | AB | 46.42 | 0.46.66 | 25 | |
| Alishia HAMER | 96 | FirstStrokes | AB | 56.55 | 0.47.46 | 26 | |
| Laura GARDNER | 97 | Colchester | AB | 52.92 | 0.47.60 | 27 | |
| Tara NARUP | 97 | Colchester | AB | 52.99 | 0.47.68 | 28 | |
| Philippa DAVENALL | 98 | Colchester | AB | 57.05 | 0.47.84 | 29 | |
| Helena WRIGHT | 97 | Colchester | AB | 47.25 | 0.48.94 | 30 | |
| Charlotte GRUENDER | 94 | Colchester | AB | 49.55 | 0.49.03 | 31 | |
| Simone NARUP | 97 | Colchester | AB | 53.25 | 0.50.70 | 32 | |
| Selina CRESSWELL | 96 | Colchester | AB | 49.78 | 0.51.04 | 33 | |
| Megan DOOLEY | 95 | FirstStrokes | AB | 50.89 | 0.51.05 | 34 | |
| Charlotte HOLT | 98 | Colchester | AB | 52.39 | 0.51.06 | 35 | |
| Kendal frances LEVER | 97 | FirstStrokes | AB | 50.07 | 0.51.37 | 36 | |
| Charlotte ZEPEDA | 96 | Colchester | AB | 51.22 | 0.52.53 | 37 | |
| Eleanor SIPPINGS | 97 | FirstStrokes | AB | 56.68 | 0.52.93 | 38 | |
| Suzi carol ROBINSON | 97 | Colchester | AB | 1:00.00 | 0.54.60 | 39 | |
| Chloe BLACKWELL | 97 | FirstStrokes | AB | 01:20.0 | 1.07.46 | 40 | |
| Abby LYNCH | 96 | Colchester P | AB | 01:05.9 | withdrawn | | |
| Leah HAMBLING | 94 | Harwich DP | AB | 37.02 | withdrawn | | |
| Adele POOLE | 94 | FirstStrokes | AB | 43.55 | withdrawn | | |
| Magan BOYDEN | 96 | Colchester | AB | 44.99 | withdrawn | | |
| Stacey HAMER | 95 | FirstStrokes | AB | 46.54 | withdrawn | | |
| Lauren WILSON | 95 | Colchester | AB | 49.46 | withdrawn | | |
| Laura BROWN | 95 | FirstStrokes | AB | 50.82 | withdrawn | | |
| Katie NOTMAN | 89 | Redhill & R | AB | 51.68 | withdrawn | | |
| Amy HARRISON | 98 | Colchester | AB | 1:03.06 | withdrawn | | |
| Olivia WILSON | 97 | Colchester | AB | 1:04.40 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|---|-----|--------------|-------------------|----------|-----------|-------|---------|
| <u>Event 109 Mens Open 50m Freestyle</u> | | | | | | | |
| <u>Result</u> | | | <u>S4</u> | | | | |
| Dean BROWN | 74 | Colchester P | S4 | 01:30.9 | 1.26.41 | 1 | 1 ?R.R |
| <u>Result</u> | | | <u>S5</u> | | | | |
| Grant TYRER | 70 | Colchester P | S5 | 45.65 | 0.50.08 | 1 | 1 ?R.R |
| <u>Result</u> | | | <u>S6</u> | | | | |
| Sean MCGEEVER | 95 | Luton | S6 | 1:05.39 | 0.56.59 | 2 | 1 |
| Gareth COTTEE | 89 | Colchester P | S6 | 48.12 | 0.51.47 | 1 | 2 ?R.R |
| <u>Result</u> | | | <u>S7</u> | | | | |
| Kristopher COTTEE | 89 | Colchester P | S7 | 46.93 | 0.46.21 | 1 | 1 |
| Michael JONES | 94 | Christchurch | S7 | 43.58 | withdrawn | | |
| <u>Result</u> | | | <u>S8</u> | | | | |
| Alexander GOODMAN | 91 | Southampton | S8 | 36.06 | 0.36.24 | 1 | 3 |
| Ben SUMMERS | 70 | Sharks | S8 | 57.59 | 1.05.00 | 2 | 2 |
| Liam COOKE | 95 | Colchester P | S8 | 01:10.1 | 1.06.45 | 3 | 1 ?R.R |
| Jay LYNCH | 95 | Colchester P | S8 | 52.19 | withdrawn | | |
| <u>Result</u> | | | <u>S9</u> | | | | |
| Jamie RUSHBROOK | 81 | Sharks | S9 | 36.00 | 0.37.67 | 1 | 3 |
| Devarshi LODHIA | 94 | Leic Peng | S9 | 50.54 | 0.47.45 | 2 | 2 |
| Jonathan SIDAWAY | 92 | Burgess Hill | S9 | 53.09 | 0.52.12 | 3 | 1 |
| <u>Result</u> | | | <u>S10</u> | | | | |
| Jack COPPING | 92 | Colchester P | S10 | 36.89 | 0.33.19 | 1 | 3 |
| James HOLLIS | 94 | Epping For't | S10 | 33.65 | 0.33.59 | 2 | 2 |
| Oliver SHERGOLD | 98 | Colchester P | S10 | 01:15.5 | 0.55.10 | 3 | 1 |
| <u>Result</u> | | | <u>S12</u> | | | | |
| Michael REEVE | 92 | Leic Peng | S12 | 35.31 | 0.34.06 | 1 | 1 |
| <u>Result</u> | | | <u>S14</u> | | | | |
| Alex BAILEY | 89 | Sharks | S14 | 29.80 | 0.30.86 | 1 | 6 |
| Ben PAGE | 92 | Eastbourne | S14 | 32.45 | 0.33.13 | 2 | 5 |
| James ARGENT | 89 | Colchester P | S14 | 32.58 | 0.33.68 | 3 | 4 |
| Adam BAKER | 86 | Sharks | S14 | 33.87 | 0.34.59 | 4 | 3 |
| Tom HEMPENSTALL | 91 | Colchester P | S14 | 35.00 | 0.34.64 | 5 | 2 |
| Mark HOLMES | 83 | Colchester P | S14 | 38.06 | 0.35.85 | 6 | 1 R.R |
| Tom COLE | 89 | Colchester P | S14 | 37.03 | 0.36.65 | 7 | |
| Joe TAYLOR | 90 | Colchester P | S14 | 39.27 | 0.37.75 | 8 | |
| Iain AMBROSE | 63 | Sharks | S14 | 39.00 | 0.40.28 | 9 | |
| <u>Result</u> | | | <u>S17</u> | | | | |
| Sam HONOUR | 90 | Deben | S17 | 32.97 | 0.32.64 | 1 | 3 |
| Connor FLETCHER | 92 | Colchester P | S17 | 37.69 | 0.38.91 | 2 | 2 |
| Liam WALKER | 92 | Lowestoft | S17 | 40.92 | 0.39.62 | 3 | 1 |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|---|-----|--------------|-------------------|----------|-----------|-------|---------|
| <u>Event 109 Mens Open 50m Freestyle</u> | | | | | | | |
| <u>Result</u> | | | <u>S20</u> | | | | |
| Ryan BYGRAVE | 96 | Colchester P | S20 | 41.00 | 0.42.29 | 1 | 6 |
| Matthew GARNETT | 90 | Colchester P | S20 | 01:14.0 | 0.51.38 | 2 | 5 |
| Chris SPRINKS | 82 | Breckland Sp | S20 | 50.82 | 0.57.13 | 3 | 4 |
| Christopher JENNER | 85 | Colchester P | S20 | 56.46 | 1.00.40 | 4 | 3 |
| Matthew STONE | 95 | Team Ipswich | S20 | 01:00.0 | 1.01.62 | 5 | 2 |
| Robert MEEKINGS | 93 | Team Ipswich | S20 | 02:45.0 | 2.06.15 | 6 | 1 |
| Oliver HEDGLEY | 96 | Team Ipswich | S20 | 01:01.4 | withdrawn | | |
| Mark BEDDER | 89 | Breckland Sp | S20 | 34.64 | withdrawn | | |
| <u>Result</u> | | | <u>AB</u> | | | | |
| Karl ROBERTS | 93 | Colchester | AB | 29.93 | 0.29.28 | 1 | 6 |
| Daniel ENGLAND | 86 | Colchester P | AB | 30.79 | 0.31.00 | 2 | 5 |
| Matthew DAVIS | 93 | Colchester | AB | 33.03 | 0.32.01 | 3 | 4 |
| Tom VICKERS | 94 | Colchester | AB | 32.89 | 0.32.29 | 4 | 3 |
| Alex JACKSON | 93 | Colchester | AB | 32.52 | 0.32.94 | 5 | 2 |
| Connor STEEL | 94 | Harwich DP | AB | 33.16 | 0.34.13 | 6 | 1 |
| Jack HOWLETT | 96 | Harwich DP | AB | 35.46 | 0.34.40 | 7 | |
| Christopher KWOK | 96 | FirstStrokes | AB | 34.51 | 0.35.28 | 8 | |
| Matthew PARSONS | 98 | Colchester | AB | 37.00 | 0.35.97 | 9 | |
| Jim VICKERS | 97 | Colchester | AB | 36.61 | 0.36.00 | 10 | |
| Harrison SADLER | 96 | FirstStrokes | AB | 37.11 | 0.36.12 | 11 | |
| Edward CRESSWELL | 95 | Colchester | AB | 38.49 | 0.36.19 | 12 | |
| Charlie O'CONNOR | 95 | FirstStrokes | AB | 36.17 | 0.36.20 | 13 | |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 35.61 | 0.36.78 | 14 | |
| Guy HARRISON | 96 | Colchester | AB | 38.94 | 0.37.69 | 15 | |
| Jack WALMSLEY | 95 | FirstStrokes | AB | 37.14 | 0.38.35 | 16 | |
| Joseph MACKINDER | 96 | Colchester | AB | 42.42 | 0.39.85 | 17 | |
| Samuel WATKINS | 98 | Colchester | AB | 39.30 | 0.40.56 | 18 | |
| Daryl RONDS | 97 | Harwich DP | AB | 40.87 | 0.40.63 | 19 | |
| Taylor YOUNG | 97 | Colchester | AB | 39.60 | 0.40.88 | 20 | |
| Cameron COWAN | 98 | Colchester | AB | 42.80 | 0.41.80 | 20 | |
| Alexander PETERSON | 97 | FirstStrokes | AB | 54.20 | 0.43.16 | 22 | |
| Ruairi PHELAN | 97 | Colchester | AB | 45.00 | 0.43.72 | 23 | |
| Samuel MACKINDER | 98 | Colchester | AB | 52.00 | 0.53.40 | 24 | |
| Tom CASSFORD | 98 | Colchester | AB | 1:01.49 | 0.55.38 | 25 | |
| Shane MONKS | 97 | Colchester | AB | 52.09 | 0.56.84 | 26 | |
| Aidan FLETCHER | 97 | Colchester | AB | 1:00.50 | DQ | turn | |
| Joe STOREY | 96 | Colchester | AB | 40.43 | withdrawn | | |
| Grant POLKINGHORNE | 95 | Colchester | AB | 37.70 | withdrawn | | |
| Spencer PRIOR | 99 | Colchester | AB | 37.02 | withdrawn | | |
| Joe MACKAY | 92 | Colchester | AB | 28.12 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | | Records |
|---|-----|--------------|-------------------|----------|-----------|--------------|---|-------------|
| <u>Event 110 Womens Open 50m Freestyle</u> | | | | | | | | |
| <u>Result</u> | | | <u>S4</u> | | | | | |
| Claire DUFFETT | 86 | Colchester P | S4 | 01:30.6 | 1.29.56 | 1 | 1 | R.R |
| <u>Result</u> | | | <u>S6</u> | | | | | |
| Jodie FLEMING | 93 | Colchester P | S6 | 01:03.2 | DQ | start | | |
| Sophie BROWN | 86 | Colchester P | S6 | 51.07 | 0.49.74 | 1 | 1 | R.R |
| Natalie ann JONES | 84 | Colchester P | S6 | 38.22 | withdrawn | | | |
| <u>Result</u> | | | <u>S7</u> | | | | | |
| Eleanor GRUDGINGS | 92 | Leic Peng | S7 | 54.58 | 0.53.21 | 1 | 2 | |
| Natalia SANCHEZ-JINKS | 89 | Colchester P | S7 | 01:01.7 | 1.06.19 | 2 | 1 | ?R.R |
| Nikita SOMAIYA | 93 | Leic Peng | S7 | 1:56.84 | DQ | | | |
| <u>Result</u> | | | <u>S8</u> | | | | | |
| Kristina HANN | 85 | Colchester P | S8 | 54.10 | 0.51.91 | 1 | 1 | |
| <u>Result</u> | | | <u>S9</u> | | | | | |
| Sarah BOWLING | 90 | Colchester P | S9 | 36.14 | 0.35.88 | 1 | 4 | |
| Emma HOLLIS | 92 | Epping For't | S9 | 39.57 | 0.37.78 | 2 | 3 | |
| Laura BELLARS | 88 | Colchester P | S9 | 38.97 | 0.39.44 | 3 | 2 | |
| Emily HARRIS | 97 | Lowestoft | S9 | 50.59 | 0.50.58 | 4 | 1 | |
| <u>Result</u> | | | <u>S10</u> | | | | | |
| Lauren CHARLEY | 95 | Burgess Hill | S10 | 01:02.0 | DQ | start | | |
| <u>Result</u> | | | <u>S12</u> | | | | | |
| Lucy HODGES | 76 | Colchester P | S12 | 35.41 | 0.37.12 | 1 | 2 | ?R.R |
| Tina RUSHBROOK | 85 | Sharks | S12 | 1:18.06 | 1.19.51 | 2 | 1 | |
| <u>Result</u> | | | <u>S13</u> | | | | | |
| Olivia ABBOTT | 96 | Team Ipswich | S13 | 01:00.0 | 1.04.50 | 1 | 1 | |
| <u>Result</u> | | | <u>S14</u> | | | | | |
| Sarah-louise CASEY | 85 | Sharks | S14 | 38.39 | 0.42.35 | 1 | 6 | |
| Sarah PASCHOUD | 91 | Sharks | S14 | 48.78 | 0.45.48 | 2 | 5 | |
| Kristina TOZER | 93 | Sharks | S14 | 46.65 | 0.46.44 | 3 | 4 | |
| Anita LINTON | 78 | Wombourne | S14 | 49.29 | 0.49.31 | 4 | 3 | |
| Kirsty STEWART | 76 | Bexhill | S14 | 54.87 | 0.50.80 | 5 | 2 | |
| Laura MITCHELL | 85 | Sharks | S14 | 1:03.65 | 1.07.25 | 6 | 1 | |
| <u>Result</u> | | | <u>S20</u> | | | | | |
| Lorna TWOMLOW | 88 | Leic Peng | S20 | 54.11 | 0.51.75 | 1 | 6 | |
| Kate SHERIDAN | 84 | Sharks | S20 | 52.72 | 0.56.19 | 2 | 5 | |
| Charley-anne WOODWARD | 92 | Team Ipswich | S20 | 01:01.7 | 1.07.10 | 3 | 4 | |
| Suzanne BARCLAY | 78 | Breckland Sp | S20 | 01:18.2 | 1.10.37 | 4 | 3 | |
| Lydia BROWNE | 78 | Breckland Sp | S20 | 01:08.1 | 1.16.62 | 5 | 2 | |
| Rachael DAY | 93 | Team Ipswich | S20 | 01:34.7 | 1.20.00 | 6 | 1 | |
| Natasha BURROWS | 70 | Breckland Sp | S20 | 01:29.3 | 1.34.21 | 7 | | |
| Claire SAYER | 71 | Breckland Sp | S20 | 01:16.4 | DQ | touch | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--|-----|--------------|-----------|----------|-----------|-------|---------|
| Event 110 Womens Open 50m Freestyle | | | | | | | |
| Result | | | AB | | | | |
| Bronwyn CARTER | 92 | Colchester | AB | 29.37 | 0.29.38 | 1 | 6 |
| Sarah LARNER | 93 | Colchester | AB | 31.13 | 0.31.29 | 2 | 5 |
| Gemma WASS | 94 | Colchester | AB | 32.51 | 0.31.72 | 3 | 4 |
| Emily STOREY | 93 | Colchester | AB | 32.35 | 0.31.91 | 4 | 3 |
| Paige YOUNG | 95 | Colchester | AB | 32.21 | 0.32.18 | 5 | 2 |
| Lucy TALLENTIRE | 93 | Colchester | AB | 32.07 | 0.32.40 | 6 | 1 |
| Laura WHITE | 94 | Colchester | AB | 32.99 | 0.33.02 | 7 | |
| April GIBBONS | 93 | Harwich DP | AB | 32.63 | 0.33.29 | 8 | |
| Louise-jayne WATTS | 94 | Colchester | AB | 34.03 | 0.34.00 | 9 | |
| Sarah PURNELL | 95 | Colchester | AB | 33.09 | 0.34.06 | 10 | |
| Lauren SADLER | 96 | Harwich DP | AB | 33.95 | 0.35.15 | 11 | |
| Hayley ARTHRELL | 94 | FirstStrokes | AB | 33.95 | 0.35.21 | 12 | |
| Maddi SINCLAIR | 96 | Harwich DP | AB | 36.16 | 0.35.25 | 13 | |
| Elle ALDRIDGE | 94 | Harwich DP | AB | 34.76 | 0.35.32 | 14 | |
| Katie WALMSLEY | 95 | FirstStrokes | AB | 35.43 | 0.35.66 | 15 | |
| Georgina SUTTLE | 92 | FirstStrokes | AB | 35.82 | 0.35.69 | 16 | |
| Rachel BOWLING | 96 | Colchester P | AB | 37.96 | 0.36.12 | 1 | |
| Melonie CALDER | 96 | Colchester | AB | 38.83 | 0.37.00 | 17 | |
| Danielle HALL | 96 | Colchester | AB | 37.26 | 0.37.22 | 18 | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 37.98 | 0.37.32 | 19 | |
| Natasha KEEBLE | 96 | FirstStrokes | AB | 41.31 | 0.37.59 | 20 | |
| Charlotte MORGAN | 97 | Colchester | AB | 38.84 | 0.38.82 | 21 | |
| Lucy GIBBONS | 96 | Harwich DP | AB | 39.54 | 0.38.85 | 22 | |
| Victoria GILLMAN | 96 | Colchester | AB | 37.57 | 0.39.06 | 23 | |
| Stacey HAMER | 95 | FirstStrokes | AB | 38.74 | 0.39.32 | 24 | |
| Philippa DAVENALL | 98 | Colchester | AB | 43.10 | 0.39.50 | 25 | |
| Charlotte GRUENDER | 94 | Colchester | AB | 39.22 | 0.39.53 | 26 | |
| Alice INSULL | 97 | Colchester | AB | 37.02 | 0.40.19 | 27 | |
| Katherine-jayne WATTS | 98 | Colchester | AB | 39.57 | 0.40.87 | 28 | |
| Charlotte MARVEN | 97 | Colchester | AB | 43.56 | 0.41.50 | 29 | |
| Megan DOOLEY | 95 | FirstStrokes | AB | 43.87 | 0.42.13 | 30 | |
| Laura GARDNER | 97 | Colchester | AB | 45.28 | 0.42.19 | 31 | |
| Katy CIRNE | 96 | Colchester | AB | 42.63 | 0.42.20 | 32 | |
| Charlotte HOLT | 98 | Colchester | AB | 43.39 | 0.44.39 | 33 | |
| Eleanor SIPPINGS | 97 | FirstStrokes | AB | 42.78 | 0.44.42 | 34 | |
| Tara NARUP | 97 | Colchester | AB | 47.08 | 0.44.50 | 35 | |
| Helena WRIGHT | 97 | Colchester | AB | 42.91 | 0.44.69 | 36 | |
| Simone NARUP | 97 | Colchester | AB | 53.05 | 0.44.81 | 37 | |
| Kendal frances LEVER | 97 | FirstStrokes | AB | 44.27 | 0.44.91 | 38 | |
| Charlotte ZEPEDA | 96 | Colchester | AB | 44.34 | 0.45.50 | 39 | |
| Selina CRESSWELL | 96 | Colchester | AB | 45.90 | 0.45.79 | 40 | |
| Maris MUNRO | 96 | FirstStrokes | AB | 50.92 | 0.47.84 | 41 | |
| Suzi carol ROBINSON | 97 | Colchester | AB | 55.00 | 0.48.46 | 42 | |
| Chloe BLACKWELL | 97 | FirstStrokes | AB | 01:10.0 | 0.54.00 | 43 | |
| Amy HARRISON | 98 | Colchester | AB | 59.08 | withdrawn | | |
| Olivia WILSON | 97 | Colchester | AB | 52.45 | withdrawn | | |
| Abby LYNCH | 96 | Colchester P | AB | 52.29 | withdrawn | | |
| Alishia HAMER | 96 | FirstStrokes | AB | 50.44 | withdrawn | | |
| Katie NOTMAN | 89 | Redhill & R | AB | 47.78 | withdrawn | | |
| Zoe GODFREY | 97 | Harwich DP | AB | 47.11 | withdrawn | | |
| Lauren WILSON | 95 | Colchester | AB | 41.34 | withdrawn | | |
| Laura BROWN | 95 | FirstStrokes | AB | 38.50 | withdrawn | | |
| Magan BOYDEN | 96 | Colchester | AB | 36.91 | withdrawn | | |
| Adele POOLE | 94 | FirstStrokes | AB | 36.64 | withdrawn | | |
| Leah HAMBLING | 94 | Harwich DP | AB | 32.06 | withdrawn | | |

Phoenix Swimmers Please note: Records are the ASA East Region Disability Short Course Records - ALL HAVE GOT TO BE CONFIRME .

| Name | YOB | Club | Class | Sub Time | Time swum | Place | points | Records |
|--|-----|--------------|------------|----------|-----------|-------|--------|---------|
| <u>Event 201 Mens Open 400m Freestyle</u> | | | | | | | | |
| | | | S8 | | | | | |
| Alexander GOODMAN | 91 | Southampton | S8 | 5:50.00 | 5:53.59 | 1 | 1 | |
| | | | S10 | | | | | |
| James HOLLIS | 94 | Epping For't | S10 | 05:11.0 | 5:02.85 | 1 | 2 | |
| Jack COPPING | 92 | Colchester P | S10 | 05:35.9 | 5:43.10 | 2 | 1 | |
| | | | S20 | | | | | |
| Ryan BYGRAVE | 96 | Colchester P | S9 | 08:00.0 | withdrawn | | | |
| | | | AB | | | | | |
| Daniel FEW | 91 | Colchester | AB | 4:35.84 | 4:32.92 | 1 | 6 | |
| Karl ROBERTS | 93 | Colchester | AB | 5:19.89 | 5:02.68 | 2 | 5 | |
| Tom VICKERS | 94 | Colchester | AB | 6:01.02 | 5:31.47 | 3 | 4 | |
| Christopher KWOK | 96 | FirstStrokes | AB | 05:52.4 | 5:54.31 | 4 | 3 | |
| Jim VICKERS | 97 | Colchester | AB | 6:20.09 | 5:54.81 | 5 | 2 | |
| Harrison SADLER | 96 | FirstStrokes | AB | 06:03.8 | 6:01.41 | 6 | 1 | |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 6:15.00 | 6:02.62 | 7 | | |
| Alexander CARTER | 97 | Colchester | AB | 6:45.96 | 6:03.20 | 8 | | |
| Guy HARRISON | 96 | Colchester | AB | 7:45.00 | 6:39.44 | 9 | | |
| Spencer PRIOR | 99 | Colchester | AB | 6:50.56 | withdrawn | | | |
| Jack WALMSLEY | 95 | FirstStrokes | AB | 05:57.3 | withdrawn | | | |
| <u>Event 202 Womens Open 400m Freestyle</u> | | | | | | | | |
| | | | S6 | | | | | |
| Sophie BROWN | 86 | Colchester P | S6 | 07:52.7 | 7:49.69 | 1 | 1 | |
| | | | S8 | | | | | |
| Kristina HANN | 85 | Colchester P | S8 | 09:17.0 | withdrawn | | | |
| | | | S9 | | | | | |
| Emma HOLLIS | 92 | Epping For't | S9 | 06:36.7 | 6:10.42 | 1 | 2 | |
| Laura BELLARS | 88 | Colchester P | S9 | 06:05.8 | 6:11.15 | 2 | 1 | |
| | | | AB | | | | | |
| Heather RODWELL | 94 | Ipswich SC | AB | 4:50.20 | 4:48.63 | 1 | 6 | |
| Sarah LARNER | 93 | Colchester | AB | 5:12.00 | 4:57.84 | 2 | 5 | |
| Paige YOUNG | 95 | Colchester | AB | 5:01.53 | 4:58.18 | 3 | 4 | |
| Louise-jayne WATTS | 94 | Colchester | AB | 5:16.01 | 5:24.53 | 4 | 3 | |
| Katie WALMSLEY | 95 | FirstStrokes | AB | 05:55.7 | 5:57.91 | 5 | 2 | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 06:18.9 | 6:01.75 | 6 | 1 | |
| Georgina SUTTLE | 92 | FirstStrokes | AB | 05:58.0 | 6:12.57 | 7 | | |
| Charlotte MORGAN | 97 | Colchester | AB | 7:25.00 | 6:25.91 | 8 | | |
| Charlotte GRUENDER | 94 | Colchester | AB | 6:44.03 | 6:27.66 | 9 | | |
| Victoria GILLMAN | 96 | Colchester | AB | 7:09.13 | 6:36.50 | 10 | | |
| Charlotte MARVEN | 97 | Colchester | AB | 7:45.00 | 6:56.28 | 11 | | |
| Magan BOYDEN | 96 | Colchester | AB | 7:01.00 | withdrawn | | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | | Records |
|--|-----|--------------|------------|----------|------------------|--------|---|---------|
| Event 203 Mens Open 100m Backstroke | | | | | | | | |
| | | | S4 | | | | | |
| Dean BROWN | 74 | Colchester P | S4 | 03:20.8 | 3.35.40 | 1 | 1 | ?R.R |
| | | | S5 | | | | | |
| Grant TYRER | 70 | Colchester P | S5 | 02:33.1 | 2.42.28 | 1 | 1 | ?R.R |
| | | | S7 | | | | | |
| Kristopher COTTEE | 89 | Colchester P | S7 | 02:13.3 | DQ | turn | | |
| | | | S8 | | | | | |
| Ben SUMMERS | 70 | Sharks | S8 | 1:50.20 | 2.17.61 | 1 | 2 | |
| Jay LYNCH | 95 | Colchester P | S8 | 01:47.0 | withdrawn | | | |
| Liam COOKE | 95 | Colchester P | S8 | 02:33.5 | 2.30.53 | 2 | 1 | |
| | | | S10 | | | | | |
| Jack COPPING | 92 | Colchester P | S10 | 01:23.0 | 1.23.56 | 1 | 2 | |
| Oliver SHERGOLD | 98 | Colchester P | S20 | 03:10.0 | 2.11.44 | 2 | 1 | |
| | | | S17 | | | | | |
| Sam HONOUR | 90 | Deben | S17 | 1:21.24 | 1.27.12 | 1 | 1 | |
| | | | S14 | | | | | |
| Adam BAKER | 86 | Sharks | S14 | 1:30.41 | 1.28.42 | 1 | 3 | |
| James ARGENT | 89 | Colchester P | S14 | 01:32.7 | 1.36.62 | 2 | 2 | |
| Stuart MITCHELL | 91 | Colchester P | S14 | 01:51.8 | 2.18.48 | 3 | 1 | |
| Mark HOLMES | 83 | Colchester P | S14 | 01:33.8 | DQ | turn 1 | | |
| | | | S20 | | | | | |
| Matthew STONE | 95 | Team Ipswich | S20 | 03:20.0 | 2.45.85 | 1 | 1 | |
| Oliver HEDGLEY | 96 | Team Ipswich | S20 | 02:53.3 | withdrawn | | | |
| Mark BEDDER | 89 | Breckland Sp | S20 | 01:45.4 | withdrawn | | | |
| | | | AB | | | | | |
| Jardan JAGO | 93 | Colchester | AB | 1:12.78 | 1.12.69 | 1 | 6 | |
| Karl ROBERTS | 93 | Colchester | AB | 1:14.03 | 1.14.59 | 2 | 5 | |
| Daniel ENGLAND | 86 | Colchester P | AB | 01:29.9 | 1.20.03 | 3 | 4 | |
| Alex JACKSON | 93 | Colchester | AB | 1:20.96 | 1.21.41 | 4 | 3 | |
| Charlie O'CONNOR | 95 | FirstStrokes | AB | 01:31.0 | 1.31.44 | 5 | 2 | |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 1:30.00 | 1.32.76 | 6 | 1 | |
| Matthew PARSONS | 98 | Colchester | AB | 1:36.87 | 1.33.28 | 7 | | |
| Taylor YOUNG | 97 | Colchester | AB | 1:39.84 | 1.34.47 | 8 | | |
| Christopher KWOK | 96 | FirstStrokes | AB | 01:33.9 | 1.35.47 | 9 | | |
| Jack WALMSLEY | 95 | FirstStrokes | AB | 01:36.4 | 1.37.35 | 10 | | |
| Guy HARRISON | 96 | Colchester | AB | 1:42.18 | 1.37.41 | 11 | | |
| Joe STOREY | 96 | Colchester | AB | 1:45.35 | 1.43.54 | 12 | | |
| Ruairi PHELAN | 97 | Colchester | AB | 1:55.30 | dnf | 13 | | |
| Connor STEEL | 94 | Harwich DP | AB | 1:33.36 | DQ | turn 3 | | |
| Alexander PETERSON | 97 | Firststrokes | AB | 1.56.77 | withdrawn | | | |
| Cameron COWAN | 98 | Colchester | AB | 1:41.84 | withdrawn | | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--|-----|--------------|------------|----------|-----------|----------|---------|
| Event 204 Womens Open 100m Backstroke | | | | | | | |
| Result | | | S4 | | | | |
| Claire DUFFETT | 86 | Colchester P | S4 | 03:16.0 | 3.17.67 | 1 | 1 |
| Result | | | S6 | | | | |
| Sophie NASH | 90 | Winchester | S6 | 2:32.74 | withdrawn | | |
| Jodie FLEMING | 93 | Colchester P | S6 | 02:05.1 | 2.03.20 | 1 | 1 R.R |
| Result | | | S13 | | | | |
| Olivia ABBOTT | 96 | Team Ipswich | S13 | 02:15.0 | DQ | stroke | |
| Result | | | S14 | | | | |
| Sarah-louise CASEY | 85 | Sharks | S14 | 1:45.85 | 1.53.97 | 1 | 4 |
| Kristina TOZER | 93 | Sharks | S14 | 2:08.93 | 2.06.39 | 2 | 3 |
| Katherine RUSSELL | 77 | Breckland Sp | S14 | 02:21.5 | 2.17.34 | 3 | 2 |
| Laura MITCHELL | 85 | Sharks | S14 | 2:54.44 | 3.07.59 | 4 | 1 |
| Result | | | S20 | | | | |
| Charley-anne WOODWARD | 92 | Team Ipswich | S20 | 02:45.0 | 2.35.64 | 1 | 3 |
| Kate SHERIDAN | 84 | Sharks | S14 | 2:32.39 | 2.37.91 | 2 | 2 |
| Lydia BROWNE | 78 | Breckland Sp | S20 | 02:27.7 | 2.55.84 | 3 | 1 |
| Natasha BURROWS | 70 | Breckland Sp | S20 | 03:40.3 | dnf | | |
| Rachael DAY | 93 | Team Ipswich | S20 | 03:00.0 | DQ | finish | |
| Suzanne BARCLAY | 78 | Breckland Sp | S20 | 02:45.6 | DQ | legs | |
| Result | | | AB | | | | |
| Sarah LARNER | 93 | Colchester | AB | 1:15.52 | 1.16.48 | 1 | 6 |
| Paige YOUNG | 95 | Colchester | AB | 1:17.13 | 1.16.79 | 2 | 5 |
| Bronwyn CARTER | 92 | Colchester | AB | 1:15.17 | 1.17.01 | 3 | 4 |
| Penny GUNTER | 86 | Southampton | AB | 1:31.84 | 1.17.09 | 4 | 3 |
| Louise-jayne WATTS | 94 | Colchester | AB | 1:14.95 | 1.17.34 | 5 | 2 |
| Gemma WASS | 94 | Colchester | AB | 1:17.58 | 1.19.39 | 6 | 1 |
| Laura WHITE | 94 | Colchester | AB | 1:20.14 | 1.20.88 | 7 | |
| Katie STRATTON | 92 | Colchester | AB | 1:21.27 | 1.22.47 | 8 | |
| Emily STOREY | 93 | Colchester | AB | 1:22.03 | 1.24.06 | 9 | |
| Katharine INSULL | 95 | Colchester | AB | 1:25.03 | 1.25.47 | 10 | |
| Katie WALMSLEY | 95 | FirstStrokes | AB | 01:30.1 | 1.28.42 | 11 | |
| Vicky SKORNIA | 95 | Colchester | AB | 1:34.87 | 1.29.59 | 12 | |
| Georgina SUTTLE | 92 | FirstStrokes | AB | 01:34.1 | 1.31.21 | 13 | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 01:38.2 | 1.35.91 | 14 | |
| Melonie CALDER | 96 | Colchester | AB | 1:50.00 | 1.37.05 | 15 | |
| Victoria GILLMAN | 96 | Colchester | AB | 1:40.40 | 1.39.16 | 16 | |
| Lucy TALLENTIRE | 93 | Colchester | AB | 1:19.43 | 1.39.30 | 17 | |
| Alice INSULL | 97 | Colchester | AB | 1:35.00 | 1.39.69 | 18 | |
| Stacey HAMER | 95 | FirstStrokes | AB | 01:38.2 | 1.40.71 | 19 | |
| Helena WRIGHT | 97 | Colchester | AB | 2:00.00 | 1.42.83 | 20 | |
| Natasha KEEBLE | 96 | FirstStrokes | AB | 01:42.6 | 1.44.66 | 21 | |
| Charlotte ZEPEDA | 96 | Colchester | AB | 1:55.00 | 1.48.86 | 22 | |
| Kendal frances LEVER | 97 | FirstStrokes | AB | 01:46.5 | 1.50.48 | 23 | |
| Suzi carol ROBINSON | 97 | Colchester | AB | 2:20.00 | DQ | standing | |
| Maris MUNRO | 96 | FirstStrokes | AB | 01:56.8 | DQ | kick | |
| Charlotte GRUENDER | 94 | Colchester | AB | 1:45.92 | DQ | finish | |
| Adele POOLE | 94 | FirstStrokes | AB | 01:38.0 | withdrawn | | |
| Katy SPILLER | 90 | Colchester | AB | 1:18.00 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|---|-----|--------------|-------------|----------|-----------|--------|---------|
| <u>Event 205 Mens Open 100m IM</u> | | | | | | | |
| Result | | | SM5 | | | | |
| Grant TYRER | 70 | Colchester P | SM5 | 02:26.6 | 2.33.72 | 1 | 1 ?R.R |
| Result | | | SM7 | | | | |
| Michael JONES | 94 | Christchurch | SM7 | 02:32.9 | 2.04.57 | 1 | 1 |
| Result | | | SM8 | | | | |
| Alexander GOODMAN | 91 | Southampton | SM8 | 1:37.72 | 1.38.29 | 1 | 1 |
| Result | | | SM9 | | | | |
| Jamie RUSHBROOK | 81 | Sharks | SM9 | 1:39.57 | 1.47.41 | 1 | 1 |
| Result | | | SM9 | | | | |
| Alex BAILEY | 89 | Sharks | SM14 | 1:20.10 | 1.21.31 | 1 | 6 |
| Ben PAGE | 92 | Eastbourne | SM14 | 1:27.27 | 1.23.78 | 2 | 5 |
| Tom HEMPENSTALL | 91 | Colchester P | SM14 | 01:32.0 | 1.29.23 | 3 | 4 |
| Tom COLE | 89 | Colchester P | SM14 | 01:28.5 | 1.29.85 | 4 | 3 |
| Mark HOLMES | 83 | Colchester P | SM14 | 01:30.2 | 1.31.47 | 5 | 2 |
| Iain AMBROSE | 63 | Sharks | SM14 | 1:39.92 | 1.39.74 | 6 | 1 |
| Joe TAYLOR | 90 | Colchester P | SM14 | 01:48.6 | DQ | feet | |
| Result | | | SM17 | | | | |
| Sam HONOUR | 90 | Deben | SM17 | 1:26.23 | 1.29.69 | 1 | 2 |
| Connor FLETCHER | 92 | Colchester P | SM17 | 01:39.0 | 1.42.09 | 2 | 1 |
| Result | | | SM20 | | | | |
| Ryan BYGRAVE | 96 | Colchester P | SM9 | 01:52.0 | DQ | arms | |
| Result | | | AB | | | | |
| Jardan JAGO | 93 | Colchester | AB | 01:14.0 | 1.13.00 | 1 | 6 |
| Karl ROBERTS | 93 | Colchester | AB | 1:15.09 | 1.15.79 | 2 | 5 |
| Matthew DAVIS | 93 | Colchester | AB | 1:21.52 | 1.20.29 | 3 | 4 |
| Alex JACKSON | 93 | Colchester | AB | 1:20.61 | 1.21.07 | 4 | 3 |
| Tom VICKERS | 94 | Colchester | AB | 1:22.33 | 1.23.41 | 5 | 2 |
| Daniel ENGLAND | 86 | Colchester P | AB | 01:39.2 | 1.24.32 | 6 | 1 |
| Connor STEEL | 94 | Harwich DP | AB | 1:23.11 | 1.26.15 | 7 | |
| Charlie O'CONNOR | 95 | FirstStrokes | AB | 01:27.4 | 1.29.41 | 8 | |
| Jim VICKERS | 97 | Colchester | AB | 1:30.01 | 1.31.07 | 9 | |
| Harrison SADLER | 96 | FirstStrokes | AB | 01:32.4 | 1.31.09 | 10 | |
| Alexander CARTER | 97 | Colchester | AB | 1:34.42 | 1.31.35 | 11 | |
| Edward CRESSWELL | 95 | Colchester | AB | 1:34.87 | 1.31.79 | 12 | |
| Matthew PARSONS | 98 | Colchester | AB | 1:34.19 | 1.33.61 | 13 | |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 1:31.63 | 1.34.00 | 14 | |
| Jack WALMSLEY | 95 | FirstStrokes | AB | 01:35.3 | 1.39.13 | 15 | |
| Daryl RONDS | 97 | Harwich DP | AB | 1:41.16 | 1.39.74 | 16 | |
| Samuel WATKINS | 98 | Colchester | AB | 2:25.00 | 1.45.56 | 17 | |
| Taylor YOUNG | 97 | Colchester | AB | 1:43.07 | 1.47.53 | 18 | |
| Alexander PETERSON | 97 | FirstStrokes | AB | 02:03.2 | DQ | turn 1 | |
| Cameron COWAN | 98 | Colchester | AB | 1:47.35 | withdrawn | | |
| Grant POLKINGHORNE | 95 | Colchester | AB | 1:42.87 | withdrawn | | |
| Christopher KWOK | 96 | FirstStrokes | AB | 01:29.7 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--------------------------------------|-----|--------------|-------------|----------|-----------|-------|---------|
| Event 206 Womens Open 100m IM | | | | | | | |
| Result | | | SM6 | | | | |
| Sophie BROWN | 86 | Colchester P | SM6 | 02:37.1 | 2.43.23 | 1 | 1 |
| Natalie ann JONES | 84 | Colchester P | SM6 | 01:37.0 | withdrawn | | |
| Result | | | SM8 | | | | |
| Kristina HANN | 85 | Colchester P | SM8 | 02:00.2 | 1.07.60 | 1 | 1 R.R |
| Result | | | SM9 | | | | |
| Laura BELLARS | 88 | Colchester P | SM9 | 01:39.3 | 1.41.21 | 1 | 1 |
| Results | | | SM12 | | | | |
| Lucy HODGES | 76 | Colchester P | SB12 | 01:25.6 | 1.27.53 | 12 | 1 ?R.R |
| Result | | | SM14 | | | | |
| Sarah PASCHOUD | 91 | Sharks | SM14 | 2:01.59 | 1.57.16 | 1 | 2 |
| Katherine RUSSELL | 77 | Breckland Sp | SM14 | 02:23.4 | 2.17.75 | 2 | 1 |
| Result | | | AB | | | | |
| Heather RODWELL | 94 | Ipswich SC | AB | 1:15.67 | 1.13.79 | 1 | 6 |
| Bronwyn CARTER | 92 | Colchester | AB | 1:13.76 | 1.17.02 | 2 | 5 |
| Sarah LARNER | 93 | Colchester | AB | 1:16.88 | 1.18.16 | 3 | 4 |
| Paige YOUNG | 95 | Colchester | AB | 1:20.14 | 1.18.45 | 4 | 3 |
| Lucy TALLENTIRE | 93 | Colchester | AB | 1:20.64 | 1.18.75 | 5 | 2 |
| April GIBBONS | 93 | Harwich DP | AB | 1:20.79 | 1.21.90 | 6 | 1 |
| Gemma WASS | 94 | Colchester | AB | 1:24.38 | 1.23.82 | 7 | |
| Louise-jayne WATTS | 94 | Colchester | AB | 1:18.69 | 1.25.20 | 8 | |
| Lauren SADLER | 96 | Harwich DP | AB | 1:27.91 | 1.25.31 | 9 | |
| Maddi SINCLAIR | 96 | Harwich DP | AB | 1:28.73 | 1.25.47 | 10 | |
| Danielle HALL | 96 | Colchester | AB | 1:32.81 | 1.27.21 | 11 | |
| Hayley ARTHRELL | 94 | FirstStrokes | AB | 01:27.1 | 1.27.57 | 12 | |
| Katharine INSULL | 95 | Colchester | AB | 1:24.19 | 1.28.19 | 13 | |
| Vicky SKORNIA | 95 | Colchester | AB | 1:32.76 | 1.29.32 | 14 | |
| Katie WALMSLEY | 95 | FirstStrokes | AB | 01:28.6 | 1.29.45 | 15 | |
| Elle ALDRIDGE | 94 | Harwich DP | AB | 1:21.40 | 1.30.91 | 16 | |
| Rachel BOWLING | 96 | Colchester P | AB | 01:33.1 | 1.31.63 | 17 | |
| Georgina SUTTLE | 92 | FirstStrokes | AB | 01:32.8 | 1.31.66 | 18 | |
| Melonie CALDER | 96 | Colchester | AB | 1:44.00 | 1.35.09 | 19 | |
| Penny Gunter | 86 | Southampton | AB | 1:32.54 | 1.35.62 | 20 | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 01:36.7 | 1.36.61 | 21 | |
| Katherine-jayne WATTS | 98 | Colchester | AB | 1:44.78 | 1.38.25 | 22 | |
| Stacey HAMER | 95 | FirstStrokes | AB | 01:36.4 | 1.38.65 | 23 | |
| Victoria GILLMAN | 96 | Colchester | AB | 1:37.00 | 1.39.29 | 24 | |
| Alice INSULL | 97 | Colchester | AB | 1:40.00 | 1.40.34 | 25 | |
| Charlotte MORGAN | 97 | Colchester | AB | 1:44.75 | 1.44.00 | 26 | |
| Natasha KEEBLE | 96 | FirstStrokes | AB | 01:42.1 | 1.45.16 | 27 | |
| Charlotte GRUENDER | 94 | Colchester | AB | 1:39.63 | 1.46.41 | 28 | |
| Charlotte ZEPEDA | 96 | Colchester | AB | 1:59.41 | 1.48.43 | 29 | |
| Eleanor SIPPINGS | 97 | FirstStrokes | AB | 01:47.6 | 1.50.07 | 39 | |
| Selina CRESSWELL | 96 | Colchester | AB | 1:54.00 | 1.50.54 | 31 | |
| Charlotte HOLT | 98 | Colchester | AB | 1:54.00 | 1.50.68 | 32 | |
| Laura GARDNER | 97 | Colchester | AB | 2:01.08 | 1.51.59 | 33 | |
| Helena WRIGHT | 97 | Colchester | AB | 1:48.11 | 1.52.79 | 34 | |
| Maris MUNRO | 96 | FirstStrokes | AB | 01:23.3 | 1.56.38 | 35 | |
| Suzi carol ROBINSON | 97 | Colchester | AB | 2:30.00 | 2.10.97 | 36 | |
| Kendal frances LEVER | 97 | FirstStrokes | AB | 01:47.6 | DQ | | |
| Lauren jane RICHARDSON | 95 | Colchester | AB | 1:35.89 | withdrawn | | |
| Magan BOYDEN | 96 | Colchester | AB | 1:35.75 | withdrawn | | |
| Adele POOLE | 94 | FirstStrokes | AB | 01:32.6 | withdrawn | | |
| Leah HAMBLING | 94 | Harwich DP | AB | 1:24.04 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|---|-----|--------------|-------------|----------|-----------|--------|---------|
| Event 207 Mens Open 50m Breaststroke | | | | | | | |
| Results | | | SB5 | | | | |
| Gareth COTTEE | 89 | Colchester P | SB65 | 01:06.3 | 1.05.20 | 1 | 5 ?R.R |
| Result | | | SB6 | | | | |
| Michael JONES | 94 | Christchurch | SB6 | 01:07.7 | 1.11.69 | 1 | 5 |
| Sean MCGEEVER | 95 | Luton | SB6 | 1:22.64 | DQ | touch | |
| Result | | | SB7 | | | | |
| Jay LYNCH | 95 | Colchester P | SB7 | 01:19.7 | withdrawn | | |
| Liam COOKE | 95 | Colchester P | SB7 | 02:36.0 | DQ | start | |
| Result | | | SB9 | | | | |
| Darren SWASH | 83 | Colchester P | SB9 | 45.00 | 0.41.8 | 1 | 3 R.R |
| Devarshi LODHIA | 94 | Leic Peng | SB9 | 58.66 | 0.56.04 | 3 | 2 |
| Jonathan SIDAWAY | 92 | Burgess Hill | SB9 | 55.54 | 0.56.56 | 4 | 1 |
| Oliver SHERGOLD | 98 | Colchester P | SB9 | 01:21.0 | DQ | feet | |
| Result | | | SB14 | | | | |
| Ben PAGE | 92 | Eastbourne | SB14 | 39.52 | 0.39.56 | 1 | 6 |
| Adam BAKER | 86 | Sharks | SB14 | 40.06 | 0.41.78 | 2 | 5 |
| Tom HEMPENSTALL | 91 | Colchester P | SB14 | 46.1 | 0.47.12 | 3 | 4 |
| Mark HOLMES | 83 | Colchester P | SB14 | 48.01 | 0.49.34 | 4 | 3 |
| Iain AMBROSE | 63 | Sharks | SB14 | 45.00 | 0.50.11 | 5 | 2 |
| Stuart MITCHELL | 91 | Colchester P | SB14 | 50.26 | 0.52.34 | 6 | 1 |
| James ARGENT | 89 | Colchester P | SB14 | 48.29 | 0.54.22 | 7 | |
| Result | | | SB17 | | | | |
| Liam WALKER | 92 | Lowestoft | SB17 | 44.59 | 0.45.25 | 1 | 2 |
| Connor FLETCHER | 92 | Colchester P | SB17 | 46.31 | 0.49.61 | 2 | 1 |
| Result | | | SB20 | | | | |
| Ryan BYGRAVE | 96 | Colchester P | SB9 | 58.00 | 0.52.45 | 1 | 1 |
| Matthew GARNETT | 90 | Colchester P | SB20 | 01:39.4 | DQ | stroke | |
| Robert MEEKINGS | 93 | Team Ipswich | SB20 | 02:30.0 | withdrawn | | |
| Oliver HEDGLEY | 96 | Team Ipswich | SB20 | 01:35.0 | withdrawn | | |
| Chris SPRINKS | 82 | Breckland Sp | SB20 | 01:21.4 | DQ | stroke | |
| Christopher JENNER | 85 | Colchester P | SB20 | 01:14.0 | DQ | touch | |
| Result | | | AB | | | | |
| Alex JACKSON | 93 | Colchester | AB | 37.90 | 0.38.44 | 1 | 6 |
| Daniel ENGLAND | 86 | Colchester P | AB | 39.29 | 0.42.95 | 2 | 5 |
| Edward CRESSWELL | 95 | Colchester | AB | 48.00 | 0.46.51 | 3 | 4 |
| Jack HOWLETT | 96 | Harwich DP | AB | 46.48 | 0.46.60 | 4 | 3 |
| Charlie O'CONNOR | 95 | FirstStrokes | AB | 47.77 | 0.47.00 | 5 | 2 |
| Guy HARRISON | 96 | Colchester | AB | 48.76 | 0.47.25 | 6 | 1 |
| Harrison SADLER | 96 | FirstStrokes | AB | 49.05 | 0.47.69 | 7 | |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 48.18 | 0.50.28 | 8 | |
| Matthew PARSONS | 98 | Colchester | AB | 53.91 | 0.50.66 | 9 | |
| Alexander CARTER | 97 | Colchester | AB | 50.02 | 0.51.11 | 10 | |
| Sabastian LEVER | 96 | FirstStrokes | AB | 53.6 | 0.51.91 | 11 | |
| Daryl RONDS | 97 | Harwich DP | AB | 52.00 | 0.51.97 | 12 | |
| Jack WALMSLEY | 95 | FirstStrokes | AB | 50.06 | 0.52.78 | 13 | |
| Ruairi PHELAN | 97 | Colchester | AB | 1:02.00 | 0.58.85 | 14 | |
| Joe STOREY | 96 | Colchester | AB | 58.5 | 0.59.23 | 15 | |
| Samuel WATKINS | 98 | Colchester | AB | 1:01.73 | 0.59.54 | 16 | |
| Tom CASSFORD | 98 | Colchester | AB | 1:10.07 | 1.00.16 | 17 | |
| Taylor YOUNG | 97 | Colchester | AB | 56.02 | 1.01.55 | 18 | |
| Shane MONKS | 97 | Colchester | AB | 1:02.06 | 1.02.48 | 19 | |
| Aidan FLETCHER | 97 | Colchester | AB | 1:07.82 | 1.02.83 | 20 | |
| Alexander PETERSON | 97 | FirstStrokes | AB | 01:10.0 | 1.03.43 | 21 | |
| Cameron COWAN | 98 | Colchester | AB | 56.62 | withdrawn | | |
| Spencer PRIOR | 99 | Colchester | AB | 54.07 | withdrawn | | |
| Christopher KWOK | 96 | FirstStrokes | AB | 50.32 | withdrawn | | |
| Grant POLKINGHORNE | 95 | Colchester | AB | 49.39 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|---|-----|--------------|-------------|----------|-----------|---------------|---------|
| Event 208 Womens Open 50m Breaststroke | | | | | | | |
| Result | | | SB5 | | | | |
| Sophie NASH | 90 | Winchester | SB5 | 1:12.96 | withdrawn | | |
| Result | | | SB6 | | | | |
| Sophie BROWN | 86 | Colchester P | SB6 | 01:28.8 | withdrawn | | |
| Natalia SANCHEZ-JINKS | 89 | Colchester P | SB6 | 01:13.1 | 1.12.62 | 1 | 2 ?R.R |
| Nikita SOMAIYA | 93 | Leic Peng | SB6 | 1:45.88 | 1.55.18 | 2 | 1 |
| Result | | | SB7 | | | | |
| Eleanor GRUDGINGS | 92 | Leic Peng | SB7 | 1:12.57 | 1.07.52 | 1 | 2 |
| Jodie FLEMING | 93 | Colchester P | SB7 | 01:09.7 | 1.11.49 | 2 | 1 |
| Result | | | SB8 | | | | |
| Kristina HANN | 85 | Colchester P | SB8 | 54.37 | 0.55.48 | 1 | 1 |
| Result | | | SB9 | | | | |
| Lauren CHARSELEY | 95 | Burgess Hill | SB9 | 01:24.0 | DQ | legs at start | |
| Sarah BOWLING | 90 | Colchester P | SB9 | 46.54 | 0.46.09 | 1 | 1 R.R |
| Result | | | SB12 | | | | |
| Tina RUSHBROOK | 85 | Sharks | SB12 | 1:22.17 | DQ | feet | |
| Lucy HODGES | 76 | Colchester P | SB12 | 42.42 | 0.43.84 | 1 | 1 ?R.R |
| Result | | | SB13 | | | | |
| Olivia ABBOTT | 96 | Team Ipswich | SB13 | 01:00.0 | 1.16.70 | 1 | 1 |
| Result | | | SB14 | | | | |
| Anita LINTON | 78 | Wombourne | SB14 | 57.51 | 0.57.15 | 1 | 5 |
| Sarah PASCHOUD | 91 | Sharks | SB14 | 57.08 | 0.59.35 | 2 | 4 |
| Kirsty STEWART | 76 | Bexhill | SB14 | 1:08.02 | 1.08.04 | 3 | 3 |
| Katherine RUSSELL | 77 | Breckland Sp | SB14 | 01:11.6 | 1.10.56 | 4 | 2 |
| Laura MITCHELL | 85 | Sharks | SB14 | 1:26.05 | 1.24.37 | 5 | 1 |
| Result | | | SB20 | | | | |
| Lydia BROWNE | 78 | Breckland Sp | SB20 | 01:35.0 | DQ | legs | |
| Lorna TWOMLOW | 88 | Leic Peng | SB20 | 1:26.59 | 1.21.51 | 1 | 1 |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--|-----|--------------|-----------|----------|----------------|---------------|---------|
| <u>Event 208 Womens Open 50m Breaststroke</u> | | | | | | | |
| | | | AB | | | | |
| Bronwyn CARTER | 92 | Colchester | AB | 38.02 | 0.40.40 | 1 | 6 |
| Paige YOUNG | 95 | Colchester | AB | 43.17 | 0.42.69 | 2 | 5 |
| Sarah LARNER | 93 | Colchester | AB | 44.04 | 0.43.90 | 3 | 4 |
| Maddi SINCLAIR | 96 | Harwich DP | AB | 44.36 | 0.44.05 | 4 | 3 |
| Emily STOREY | 93 | Colchester | AB | 43.63 | 0.44.06 | 5 | 2 |
| Vicky SKORNIA | 95 | Colchester | AB | 46.27 | 0.45.77 | 6 | 1 |
| Hayley ARTHRELL | 94 | FirstStrokes | AB | 46.51 | 0.46.58 | 7 | |
| Lauren SADLER | 96 | Harwich DP | AB | 46.54 | 0.46.74 | 8 | |
| Katie WALMSLEY | 95 | FirstStrokes | AB | 46.96 | 0.46.91 | 9 | |
| Rachel BOWLING | 96 | Colchester P | AB | 49.43 | 0.47.30 | 10 | |
| Danielle HALL | 96 | Colchester | AB | 48.41 | 0.47.53 | 11 | |
| Megan DOOLEY | 95 | FirstStrokes | AB | 50.43 | 0.47.97 | 12 | |
| Stacey HAMER | 95 | FirstStrokes | AB | 46.82 | 0.48.87 | 13 | |
| Philippa DAVENALL | 98 | Colchester | AB | 57.74 | 0.49.91 | 14 | |
| Georgina SUTTLE | 92 | FirstStrokes | AB | 50.48 | 0.50.22 | 15 | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 48.55 | 0.50.44 | 16 | |
| Melonie CALDER | 96 | Colchester | AB | 53.36 | 0.51.90 | 17 | |
| Charlotte ZEPEDA | 96 | Colchester | AB | 54.32 | 0.53.32 | 18 | |
| Eleanor SIPPINGS | 97 | FirstStrokes | AB | 52.98 | 0.53.67 | 19 | |
| Victoria GILLMAN | 96 | Colchester | AB | 50.92 | 0.53.96 | 20 | |
| Katy CIRNE | 96 | Colchester | AB | 57.81 | 0.54.56 | 21 | |
| Katherine-jayne WATTS | 98 | Colchester | AB | 55.67 | 0.55.62 | 22 | |
| Charlotte GRUENDER | 94 | Colchester | AB | 53.8 | 0.56.18 | 23 | |
| Alice INSULL | 97 | Colchester | AB | 53.36 | 0.56.44 | 24 | |
| Charlotte HOLT | 98 | Colchester | AB | 1:04.00 | 0.57.39 | 25 | |
| Helena WRIGHT | 97 | Colchester | AB | 54.52 | 0.57.57 | 26 | |
| Kendal frances LEVER | 97 | FirstStrokes | AB | 54.55 | 0.57.96 | 27 | |
| Selina CRESSWELL | 96 | Colchester | AB | 57.74 | 0.58.47 | 28 | |
| Chloe BLACKWELL | 97 | FirstStrokes | AB | 01:02.1 | 1.03.63 | 29 | |
| Laura GARDNER | 97 | Colchester | AB | 1:01.75 | 1.03.86 | 30 | |
| Maris MUNRO | 96 | FirstStrokes | AB | 01:03.8 | 1.04.19 | 31 | |
| Suzi carol ROBINSON | 97 | Colchester | AB | 1:03.00 | 1.05.08 | 32 | |
| Elle ALDRIDGE | 94 | Harwich DP | AB | 52.04 | DQ | legs/shoulder | |
| Penny GUNTER | 86 | Southampton | AB | 1:32.54 | withdrawn | | |
| Olivia WILSON | 97 | Colchester | AB | 1:10.57 | withdrawn | | |
| Katie NOTMAN | 89 | Redhill & R | AB | 1:02.38 | withdrawn | | |
| Amy HARRISON | 98 | Colchester | AB | 1:01.23 | withdrawn | | |
| Simone NARUP | 97 | Colchester | AB | 59.01 | withdrawn | | |
| Tara NARUP | 97 | Colchester | AB | 58.42 | withdrawn | | |
| Zoe GODFREY | 97 | Harwich DP | AB | 57.37 | withdrawn | | |
| Charlotte MARVEN | 97 | Colchester | AB | 54.26 | withdrawn | | |
| Laura BROWN | 95 | FirstStrokes | AB | 53.00 | withdrawn | | |
| Lucy TALLENTIRE | 93 | Colchester | AB | 46.51 | withdrawn | | |
| Adele POOLE | 94 | FirstStrokes | AB | 45.49 | withdrawn | | |
| Leah HAMBLING | 94 | Harwich DP | AB | 43.88 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--|-----|--------------|------------|----------|-----------|-------|---------|
| <u>Event 209 Mens Open 100m Butterfly</u> | | | | | | | |
| Result | | | S10 | | | | |
| James HOLLIS | 94 | Epping Fort | S10 | 01:17.7 | 1.15.03 | 1 | 1 |
| Result | | | S12 | | | | |
| Michael REEVE | 92 | Leic Peng | S12 | 1:36.67 | 1.30.93 | 1 | 1 |
| Result | | | S14 | | | | |
| Alex BAILEY | 89 | Sharks | S14 | 1:14.77 | 1.16.60 | 1 | 3 |
| Tom COLE | 89 | Colchester P | S14 | 01:34.5 | 1.42.10 | 2 | 2 |
| James ARGENT | 89 | Colchester P | S14 | 01:43.2 | 1.46.18 | 3 | 1 |
| Result | | | AB | | | | |
| Tom VICKERS | 94 | Colchester | AB | 1:21.34 | 1.21.82 | 1 | 5 |
| Connor STEEL | 94 | Harwich DP | AB | 1:27.76 | 1.27.75 | 2 | 4 |
| Alex JACKSON | 93 | Colchester | AB | 1:26.42 | 1.28.81 | 3 | 3 |
| Matthew PARSONS | 98 | Colchester | AB | 1:42.71 | 1.38.80 | 4 | 2 |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 1:45.90 | 1.52.36 | 5 | 1 |
| Joe STOREY | 96 | Colchester | AB | 1:50.00 | DQ | arms | |
| Christopher KWOK | 96 | FirstStrokes | AB | 01:59.3 | withdrawn | | |
| <u>Event 210 Womens Open 100m Butterfly</u> | | | | | | | |
| Result | | | S9 | | | | |
| Emma HOLLIS | 92 | Epping Fort | S9 | 01:47.4 | withdrawn | | |
| Sarah BOWLING | 90 | Colchester P | S9 | 01:26.7 | 1.25.03 | 1 | 1 R.R |
| Result | | | S12 | | | | |
| Lucy HODGES | 76 | Colchester P | S12 | 01:30.7 | 1.28.85 | 1 | 1 ?R.R |
| Result | | | S14 | | | | |
| Sarah-louise CASEY | 85 | Sharks | S14 | 1:39.78 | 1.48.01 | 1 | 1 |
| Result | | | AB | | | | |
| Sarah LARNER | 93 | Colchester | AB | 1:14.44 | 1.15.05 | 1 | 6 |
| Heather RODWELL | 94 | Ipswich SC | AB | 1:19.75 | 1.15.51 | 2 | 5 |
| Lucy TALLENTIRE | 93 | Colchester | AB | 1:18.66 | 1.16.02 | 3 | 4 |
| Katie STRATTON | 92 | Colchester | AB | 1:18.23 | 1.18.49 | 4 | 3 |
| April GIBBONS | 93 | Harwich DP | AB | 1:20.52 | 1.22.13 | 5 | 2 |
| Paige YOUNG | 95 | Colchester | AB | 1:21.83 | 1.22.88 | 6 | 1 |
| Danielle HALL | 96 | Colchester | AB | 1:29.47 | 1.30.25 | 7 | |
| Vicky SKORNIA | 95 | Colchester | AB | 1:34.00 | 1.41.26 | 8 | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 01:50.0 | 1.50.61 | 9 | |
| Charlotte ZEPEDA | 96 | Colchester | AB | 2:15.00 | withdrawn | | |
| Katie NOTMAN | 89 | Redhill & R | AB | 2:04.67 | withdrawn | | |
| Magan BOYDEN | 96 | Colchester | AB | 1:35.60 | withdrawn | | |
| Katy SPILLER | 90 | Colchester | AB | 1:26.93 | withdrawn | | |
| Bronwyn CARTER | 92 | Colchester | AB | 1:20.59 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | | Records |
|--|-----|--------------|------------|----------|-----------|-------|---|---------|
| <u>Event 211 Mens Open 100m Freestyle</u> | | | | | | | | |
| Result | | | S4 | | | | | |
| Dean BROWN | 74 | Colchester P | S4 | 03:18.5 | 3.17.72 | 1 | 1 | ?R.R |
| Result | | | S5 | | | | | |
| Grant TYRER | 70 | Colchester P | S5 | 01:55.3 | 1.52.38 | 1 | 1 | ?R.R |
| Result | | | S6 | | | | | |
| Gareth COTTEE | 89 | Colchester P | S6 | 02:02.1 | 1.58.28 | 1 | 2 | ?R.R |
| Sean MCGEEVER | 95 | Luton | S6 | 2:30.68 | 2.13.33 | 2 | 1 | |
| Result | | | S7 | | | | | |
| Michael JONES | 94 | Christchurch | S7 | 01:36.3 | 1.36.62 | 1 | 2 | |
| Kristopher COTTEE | 89 | Colchester P | S7 | 01:46.1 | 1.47.7.8 | 2 | 1 | |
| Result | | | S8 | | | | | |
| Alexander GOODMAN | 91 | Southampton | S8 | 1:18.53 | 1.23.65 | 1 | 3 | |
| Liam COOKE | 95 | Colchester P | S8 | 02:34.5 | 2.26.07 | 2 | 2 | ?R.R |
| Ben SUMMERS | 70 | Sharks | S8 | 2:04.83 | 2.33.17 | 3 | 1 | |
| Jay LYNCH | 95 | Colchester P | S8 | 01:43.6 | withdrawn | | | |
| Result | | | S9 | | | | | |
| Jamie RUSHBROOK | 81 | Sharks | S9 | 1:23.94 | 1.32.57 | 1 | 2 | |
| Jonathan SIDAWAY | 92 | Burgess Hill | S9 | 02:09.0 | 2.04.25 | 3 | 1 | |
| Result | | | S10 | | | | | |
| James HOLLIS | 94 | Epping For't | S10 | 01:11.3 | 1.10.88 | 1 | 3 | |
| Jack COPPING | 92 | Colchester P | S10 | 01:15.5 | 1.11.80 | 2 | 2 | |
| Oliver SHERGOLD | 98 | Colchester P | S10 | 02:35.0 | 2.13.31 | 3 | 1 | |
| Result | | | S12 | | | | | |
| Michael REEVE | 92 | Leic Peng | S12 | 1:19.20 | 1.17.15 | 1 | 1 | |
| Result | | | S14 | | | | | |
| Alex BAILEY | 89 | Sharks | S14 | 1:04.85 | 1.12.63 | 1 | 6 | |
| Ben PAGE | 92 | Eastbourne | S14 | 1:14.18 | 1.15.65 | 2 | 5 | |
| Adam BAKER | 86 | Sharks | S14 | 1:15.58 | 1.18.72 | 3 | 4 | |
| Tom HEMPENSTALL | 91 | Colchester P | S14 | 01:16.0 | 1.20.09 | 4 | 3 | |
| Tom COLE | 89 | Colchester P | S14 | 01:22.0 | 1.24.22 | 5 | 2 | |
| Joe TAYLOR | 90 | Colchester P | S14 | 01:31.5 | 1.33.03 | 6 | 1 | |
| Iain AMBROSE | 63 | Sharks | S14 | 1:28.00 | 1.33.36 | 7 | | |
| Stuart MITCHELL | 91 | Colchester P | S14 | 01:41.0 | 1.44.79 | 8 | | |
| Result | | | S17 | | | | | |
| Sam HONOUR | 90 | Deben | S17 | 1:12.93 | 1.13.27 | 1 | 3 | |
| Connor FLETCHER | 92 | Colchester P | S17 | 01:25.0 | 1.27.03 | 2 | 2 | |
| Liam WALKER | 92 | Lowestoft | S17 | 1:27.26 | 1.30.45 | 3 | 1 | |
| Result | | | S20 | | | | | |
| Ryan BYGRAVE | 96 | Colchester P | S9 | 01:53.0 | 1.35.37 | 1 | 2 | |
| Christopher JENNER | 85 | Colchester P | S20 | 02:02.6 | 2.33.19 | 2 | 1 | |
| Chris SPRINKS | 82 | Breckland Sp | S20 | 01:59.3 | DQ | turn | | |
| Mark BEDDER | 89 | Breckland Sp | S20 | 01:25.4 | withdrawn | | | |
| Oliver HEDGLEY | 96 | Team Ipswich | S20 | 02:35.9 | withdrawn | | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|--|-----|--------------|-----------|----------|-----------|-------|---------|
| <u>Event 211 Mens Open 100m Freestyle</u> | | | | | | | |
| Result | | | AB | | | | |
| Daniel FEW | 91 | Colchester | AB | 1:00.00 | 0.59.22 | 1 | 6 |
| Karl ROBERTS | 93 | Colchester | AB | 1:06.81 | 1.05.78 | 2 | 5 |
| Tom VICKERS | 94 | Colchester | AB | 1:11.03 | 1.10.91 | 3 | 4 |
| Daniel ENGLAND | 86 | Colchester P | AB | 01:14.0 | 1.14.14 | 4 | 3 |
| Connor STEEL | 94 | Harwich DP | AB | 1:23.96 | 1.15.25 | 5 | 2 |
| Alexander CARTER | 97 | Colchester | AB | 1:33.08 | 1.17.91 | 6 | 1 |
| Harrison SADLER | 96 | FirstStrokes | AB | 01:21.0 | 1.19.59 | 7 | |
| Jim VICKERS | 97 | Colchester | AB | 1:24.03 | 1.19.88 | 8 | |
| Charlie O'CONNOR | 95 | FirstStrokes | AB | 01:25.4 | 1.20.00 | 9 | |
| Matthew PARSONS | 98 | Colchester | AB | 1:24.40 | 1.20.28 | 10 | |
| Isaac ALDRIDGE | 96 | Harwich DP | AB | 1:25.00 | 1.25.82 | 11 | |
| Taylor YOUNG | 97 | Colchester | AB | 1:25.00 | 1.30.22 | 12 | |
| Daryl RONDS | 97 | Harwich DP | AB | 1:35.00 | 1.32.72 | 13 | |
| Samuel WATKINS | 98 | Colchester | AB | 1:25.00 | 1.34.75 | 14 | |
| Joe STOREY | 96 | Colchester | AB | 1:40.31 | 1.36.18 | 15 | |
| Ruairi PHELAN | 97 | Colchester | AB | 2:05.30 | 1.47.28 | 16 | |
| Grant POLKINGHORNE | 95 | Colchester | AB | 1:30.13 | withdrawn | | |
| Jack WALMSLEY | 95 | FirstStrokes | AB | 01:22.0 | withdrawn | | |
| Christopher KWOK | 96 | FirstStrokes | AB | 01:17.3 | withdrawn | | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | | Records |
|---|-----|--------------|------------|----------|-----------|-------|---|---------|
| Event 212 Womens Open 100m Freestyle | | | | | | | | |
| Result | | | S4 | | | | | |
| Claire DUFFETT | 86 | Colchester P | S4 | 03:13.9 | 3.12.12 | 1 | 1 | R.R |
| Result | | | S6 | | | | | |
| Sophie NASH | 90 | Winchester | S6 | 2:31.29 | withdrawn | | | |
| Sophie BROWN | 86 | Colchester P | S6 | 01:46.9 | withdrawn | | | |
| Natalie ann JONES | 84 | Colchester P | S6 | 01:21.6 | withdrawn | | | |
| Result | | | S7 | | | | | |
| Eleanor GRUDGINGS | 92 | Leic Peng | S7 | 1:59.83 | 2.04.16 | 1 | 3 | |
| Natalia SANCHEZ-JINKS | 89 | Colchester P | S7 | 02:14.9 | 2.20.34 | 2 | 2 | |
| Nikita SOMAIYA | 93 | Leic Peng | S7 | 3:35.00 | 4.04.87 | 3 | 1 | |
| Result | | | S8 | | | | | |
| Kristina HANN | 85 | Colchester P | S8 | 02:14.2 | 2.01.79 | 1 | 1 | R.R |
| Result | | | S9 | | | | | |
| Emma HOLLIS | 92 | Epping For't | S9 | 01:26.5 | 1.23.44 | 1 | 2 | |
| Laura BELLARS | 88 | Colchester P | S9 | 01:24.0 | 1.25.32 | 2 | 1 | |
| Result | | | S10 | | | | | |
| Lauren CHARLEY | 95 | Burgess Hill | S10 | 02:12.0 | 2.13.59 | 1 | 1 | |
| Result | | | S12 | | | | | |
| Lucy HODGES | 76 | Colchester P | S12 | 01:17.4 | 1.19.72 | 1 | 2 | ?R.R |
| Tina RUSHBROOK | 85 | Sharks | S12 | 2:52.32 | 2.51.59 | 2 | 1 | |
| Result | | | S14 | | | | | |
| Sarah-louise CASEY | 85 | Sharks | S14 | 1:28.60 | 1.33.96 | 1 | 6 | |
| Kristina TOZER | 93 | Sharks | S14 | 1:45.75 | 1.46.34 | 2 | 5 | |
| Anita LINTON | 78 | Wombourne | S14 | 1:51.00 | 1.53.44 | 3 | 4 | |
| Sarah PASCHOUD | 91 | Sharks | S14 | 1:46.24 | 1.57.28 | 4 | 3 | |
| Kirsty STEWART | 76 | Bexhill | S14 | 1:59.58 | 1.57.65 | 5 | 2 | |
| Laura MITCHELL | 85 | Sharks | S14 | 2:22.25 | 2.32.23 | 6 | 1 | |
| Result | | | S20 | | | | | |
| Lorna TWOMLOW | 88 | Leic Peng | S20 | 2:11.22 | 2.01.62 | 1 | 5 | |
| Kate SHERIDAN | 84 | Sharks | S20 | 1:59.50 | 2.05.57 | 2 | 4 | |
| Suzanne BARCLAY | 78 | Breckland Sp | S20 | 02:45.3 | 2.42.63 | 3 | 3 | |
| Rachael DAY | 93 | Team Ipswich | S20 | 03:00.0 | 3.18.12 | 4 | 2 | |
| Natasha BURROWS | 70 | Breckland Sp | S20 | 03:45.5 | 3.42.54 | 5 | 1 | |

| Name | YOB | Club | Class | Sub Time | Time swum | Place | Records |
|---|-----|--------------|-----------|----------|----------------|-------|---------|
| Event 212 Womens Open 100m Freestyle | | | | | | | |
| Result | | | AB | | | | |
| Bronwyn CARTER | 92 | Colchester | AB | 1:04.89 | 1.06.41 | 1 | 6 |
| Sarah LARNER | 93 | Colchester | AB | 1:05.47 | 1.08.44 | 2 | 5 |
| Lucy TALLENTIRE | 93 | Colchester | AB | 1:10.29 | 1.08.96 | 3 | 4 |
| Paige YOUNG | 95 | Colchester | AB | 1:08.36 | 1.09.30 | 4 | 3 |
| Emily STOREY | 93 | Colchester | AB | 1:09.70 | 1.10.40 | 5 | 2 |
| Katie STRATTON | 92 | Colchester | AB | 1:11.73 | 1.11.13 | 6 | 1 |
| Laura WHITE | 94 | Colchester | AB | 1:13.23 | 1.13.22 | 7 | |
| Katharine INSULL | 95 | Colchester | AB | 1:14.55 | 1.16.37 | 8 | |
| Hayley ARTHRELL | 94 | FirstStrokes | AB | 01:15.4 | 1.16.46 | 9 | |
| Katie WALMSLEY | 95 | FirstStrokes | AB | 01:17.2 | 1.17.06 | 10 | |
| Danielle HALL | 96 | Colchester | AB | 1:22.02 | 1.19.44 | 11 | |
| Abigail BLACKWELL | 95 | FirstStrokes | AB | 01:23.1 | 1.22.53 | 12 | |
| Penny GUNTER | 86 | Southampton | AB | 1:18.68 | 1.22.95 | 13 | |
| Georgina SUTTLE | 92 | FirstStrokes | AB | 01:20.3 | 1.24.17 | 14 | |
| Melonie CALDER | 96 | Colchester | AB | 1:40.00 | 1.25.43 | 15 | |
| Charlotte MORGAN | 97 | Colchester | AB | 1:39.28 | 1.25.56 | 16 | |
| Charlotte GRUENDER | 94 | Colchester | AB | 1:26.67 | 1.25.87 | 17 | |
| Victoria GILLMAN | 96 | Colchester | AB | 1:27.27 | 1.28.56 | 18 | |
| Katherine-jayne WATTS | 98 | Colchester | AB | 1:34.69 | 1.29.47 | 19 | |
| Stacey HAMER | 95 | FirstStrokes | AB | 01:29.3 | 1.29.57 | 20 | |
| Natasha KEEBLE | 96 | FirstStrokes | AB | 01:34.0 | 1.29.62 | 21 | |
| Megan DOOLEY | 95 | FirstStrokes | AB | 01:37.5 | 1.34.74 | 22 | |
| Kendal frances LEVER | 97 | FirstStrokes | AB | 01:36.7 | 1.36.53 | 23 | |
| Charlotte ZEPEDA | 96 | Colchester | AB | 1:45.00 | 1.38.69 | 24 | |
| Laura GARDNER | 97 | Colchester | AB | 1:40.00 | 1.40.10 | 25 | |
| Helena WRIGHT | 97 | Colchester | AB | 1:50.00 | 1.41.00 | 26 | |
| Eleanor SIPPINGS | 97 | FirstStrokes | AB | 01:54.5 | 1.42.59 | 27 | |
| Suzi carol ROBINSON | 97 | Colchester | AB | 2:10.00 | 1.59.79 | 28 | |
| Louise-jayne WATTS | 94 | Colchester | AB | 1.12.25 | dnf | | |
| Katie NOTMAN | 89 | Redhill & R | AB | 1:44.31 | withdrawn | | |
| Laura BROWN | 95 | FirstStrokes | AB | 01:26.0 | withdrawn | | |
| Adele POOLE | 94 | FirstStrokes | AB | 01:25.4 | withdrawn | | |
| Magan BOYDEN | 96 | Colchester | AB | 1:21.13 | withdrawn | | |
| Leah HAMBLING | 94 | Harwich DP | AB | 1:14.68 | withdrawn | | |
| Gemma WASS | 94 | Colchester | AB | 1:13.15 | withdrawn | | |
| Abby LYNCH | 96 | Colchester P | AB | 01:11.7 | withdrawn | | |
| Katy SPILLER | 90 | Colchester | AB | 1:10.12 | withdrawn | | |