

## Full results

**Swim England East Region Open Masters 2019**

Under ASA Laws &amp; ASA Masters Technical Rules

at Newmarket Leisure Centre

## EVENT 1 Mens/Womens Open 800m Freestyle

## MENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Adam Spear		28 Felixstowe	10:45.00

## MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Ian Wallace		49 Brentwood	9:47.93

## MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Peter Dixon		51 Tower Hamlet	9:11.99
	2 Phillip Moulson		53 East Anglian	10:17.83
	3 John O'Rourke		50 Team Luton	11:30.10

## MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Mark Strakosch		58 Berkhamsted	10:39.16
	2 Martin Hawley		55 West Suffolk	11:58.07

## MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
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## Full results

WOMENS 18/24 Yrs Age Group - Full Results Place	1 Peter Rank		67 Co Cambridge	14:51.82
	Peter GRUITT		67 Sevenoaks	DNC
	Name	AaD	Club	Time
	1 Alice Theobald		24 Felixstowe	12:11.54

WOMENS 25/29 Yrs Age Group - Full Results Place				
	Name	AaD	Club	Time
	1 Georgina Quayle		25 Spencer	10:22.32
	2 Gemma Cannon		27 Felixstowe	10:42.66
	3 Natalie Allen		26 East Anglian	11:16.09

WOMENS 30/34 Yrs Age Group - Full Results Place				
	Name	AaD	Club	Time
	1 Sarah-Jane Law		30 Otter	10:11.86
	2 Camille Vrain		31 Otter	10:15.64

WOMENS 35/39 Yrs Age Group - Full Results Place				
	Name	AaD	Club	Time
	1 Katie Holmes		35 Colchester	10:19.53
	2 Kira Neal		35 Romford Town	10:54.06
	3 Kitty Craig		36 Sudbury	11:13.41

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WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	Jo Mitchinson		40 Team Luton	DNC

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1	Sharon Thompson		52 Team Luton	14:36.53

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	Hannah Ueckermann		56 Witham Dolph	DNC

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1	Fiona Brittain		60 West Suffolk	15:36.63

EVENT 2 Mens/Womens Open 200m Medley Team

120+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time
1	Harlow Pen	120+	Harlow Pen	2:22.70

2	Felixstowe	120+	Felixstowe	2:28.46
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160+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time
1	Flitwick	160+	Flitwick	2:07.33

EVENT 3 Womens Open 50m Backstroke

Full results

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Zara Pretious-White		19 Bishop Stort	33.6
	2 Aprille Branton		23 Felixstowe	40.3

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Fay Westwood		27 Co Cambridge	33.97
	2 Gemma Cannon		27 Felixstowe	38.6
	3 Charlotte Stanley		29 Team Anglia	45.11

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Rachael Stevenson		34 Flitwick	33.9
	2 Camille Vrain		31 Otter	36.79

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	Catherine Markwell		38 East Anglian	DNC
	Rachel Donnelly		39 Harlow Pen	DQ T 1L

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Katrina Farrall		49 Basildon Ph	36.11
	2 Hayley Turner		47 Co Ely	38.79
	3 Suzanne Adams		48 Felixstowe	46.91

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Hilary Coulson		52 Hemel Hemp	40.81
	Linden Jack		53 St Neot Swan	DNC

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Janet Williams		57 Newmarket	39.05
	2 Jane Smith		55 Newmarket	45.83
	3 Jayne Colebrook		59 Biggleswade	52.4
	Sue Penman		56 Stowmarket	DNC

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Vivien Willis		66 Rochford	47.34
	2 Elizabeth Reid		69 Impington	52.49

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
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## Full results

EVENT 4 Mens Open 50m Backstroke 18/24 Yrs Age Group - Full Results	1 Patricia Jackson		72 East Anglian	47.73
Place	Name	AaD	Club	Time
	1 Liam Nicholson		20 Chelmsford	30.77
	2 Jake Challenger		18 Co Ely	33.03
	3 Thomas Allen		23 Flitwick	33.14
25/29 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Matthew Masters		25 South Beds	28.94
	2 Sam Bradley		26 Team Luton	39.63
30/34 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	Mark Leamon		32 Co Cambridge	DNC
35/39 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Mike Outtram		37 Flitwick	29.59
	2 Chris Short		37 Brentwood	30.75
	3 Luke Pavey		38 Norw&Thet WP	38.75
	4 Max Oppenheim		38 Co Norwich	39.09
40/44 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Samuel Fox		41 Flitwick	37.54
	Apostolos Fournaris		41 O.e.a-n.a.b	DNC
45/49 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Craig Banning		46 Harlow Pen	33.92
50/54 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Stephen Beal		50 DunmowAtlant	33.23
	2 Michael Bawden		50 Brentwood	37.08
	3 Niall Tiernan		50 Brentwood	37.28
	4 Clive Mitson		50 Stowmarket	38.37
	4 James Adcock		51 Co Norwich	38.37
	6 John O'Rourke		50 Team Luton	44.11
55/59 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Stephen Allen		59 East Leeds	34

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	2 Martyn Fresher		57 Team Anglia		36.62
	3 Steve Coe		56 West Suffolk		41.19
60/64 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Graham Powell		63 Team Luton		34.21
	2 Ian Murray		62 Flitwick		38.68
	David Miller		61 Otter	DNC	
65/69 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Dietrich Coekin		68 Deben		44.86
75/79 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Paul Clarke		77 Beaver Mast		51.13
	2 Derek Gore		79 Chelmsford		53.74
EVENT 5 Womens Open 100m Butterfly					
25/29 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Louise Morca		29 East Anglian	1:17.90	36.38
35/39 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Katie Holmes		35 Colchester	1:16.19	35.72
45/49 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Leslie Broussard		46 Newmarket	1:52.77	48.06
60/64 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	Jean Appleby		63 Sudbury	DNC	
70/74 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Patricia Jackson		72 East Anglian	1:55.06	52.6
EVENT 6 Mens Open 100m Butterfly					
25/29 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Michael Tansini		28 Co Cambridge	1:07.37	30.99
	2 Sam Bradley		26 Team Luton	1:30.99	42.08
45/49 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Dave Pethers		49 Chelmsford	1:16.11	35.34

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## 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Niall Tiernan		50 Brentwood	1:17.36	37.29
	2 Pete Russell		51 Team Anglia	1:17.61	36.23
	Robert Scott		53 Hillingdon	DNC	

## 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 David Wright		58 Team Luton	1:17.86	36.57
	2 Jon Wills		55 Felixstowe	1:26.14	40.17

## 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Dave Pirrie		62 Hemel Hemp	1:21.83	38.98
	David Miller		61 Otter	DNC	

## 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Michael Read		78 Sudbury	2:09.89	59.4

## EVENT 7 Mens/Womens Open 200m Breaststroke

## MENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Daryl Rands		22 Colchester	2:43.90	35.8
	2 Joshua Cooper		20 Runnymede	2:49.36	37.22

## MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Jack Mantle		32 Colchester	2:53.83	39.86

## MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Alistair Shaw		39 Flitwick	2:45.42	38.09

## MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Lee Peterson		45 Braintree	2:33.38	34.89
	2 Robert Milburn		46 Colchester	2:45.98	38.26
	3 Christopher Morgan		47 Otter	2:54.30	39.81
	Jonathon Bell		47 Co Cambridge	DQ ST	

## MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Stephen Allen		59 East Leeds	3:09.34	43.66
	2 Adam Lelean		57 Diss Otters	3:21.99	45.03
	3 Mark Strakosch		58 Berkhamsted	3:26.70	47.83

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Place	Name	AaD	Club	Time	
	4 Jon Wills		55 Felixstowe	3:34.69	51.23
	David Cartledge		59 Modernian	DNC	
	Alastair Gibb		59 Team Luton	DNF	
MENS 60/64 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Chris Orchard		60 Deepings	3:35.64	51.41
MENS 65/69 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Joe Lound-Keast		68 Biggleswade	3:36.50	48.75
MENS 75/79 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Paul Clarke		77 Beaver Mast	4:22.33	1:00.14
WOMENS 30/34 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	Emmeline Vincent		31 East Anglian	DNC	
WOMENS 35/39 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Katie Holmes		35 Colchester	2:58.78	40.86
WOMENS 40/44 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Toni Howard		40 Harlow Pen	3:06.97	41.37
WOMENS 50/54 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Sarah Adcock		52 East Anglian	3:51.16	51.67
WOMENS 55/59 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Michele Romain		56 DunmowAtlant	3:40.30	51.38
	2 Andrea Schede		59 East Anglian	4:09.57	59.07
	Hannah Ueckermann		56 Witham Dolph	DNC	
WOMENS 70/74 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Patricia Jackson		72 East Anglian	4:10.28	59.33
EVENT 8 Womens Open 50m Freestyle					
18/24 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Zara Pretious-White		19 Bishop Stort	30.44	
	2 Aprille Branton		23 Felixstowe	31.37	
	3 Alice Pinney		20 Team Luton	32.26	



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25/29 Yrs Age Group - Full Results Place	4 Alice Theobald		24 Felixstowe	32.57
	Name	AaD	Club	Time
	1 Fay Westwood		27 Co Cambridge	29.73
	2 Parris White		26 Newmarket	32.42
	3 Gemma Cannon		27 Felixstowe	32.74
	4 Louise Morca		29 East Anglian	34.08
	5 Charlotte Stanley		29 Team Anglia	38.3
30/34 Yrs Age Group - Full Results Place				
	Name	AaD	Club	Time
	1 Camille Vrain		31 Otter	30.43
35/39 Yrs Age Group - Full Results Place				
	Name	AaD	Club	Time
	1 Carla King		36 South Beds	27.72
	2 Michelle Neal		39 Team Luton	31.24
	3 Kimberley Harrison		38 Stowmarket	31.27
	4 Jodie Armstrong		37 Team Luton	32.31
	Catherine Markwell		38 East Anglian	DNC
40/44 Yrs Age Group - Full Results Place				
	Name	AaD	Club	Time
	1 Nicola Russell		42 DunmowAtlant	31.95
	2 Kelly Cooke		43 Team Luton	32.14
	3 Siobhan Perrin		42 Harlow Pen	32.97
45/49 Yrs Age Group - Full Results Place				
	Name	AaD	Club	Time
	1 Emma Walker		45 Co Cambridge	29.44
	2 Hayley Turner		47 Co Ely	31.39
	3 Katrina Farrall		49 Basildon Ph	31.98
	4 Suzanne Adams		48 Felixstowe	38.22
	5 Leslie Broussard		46 Newmarket	39.71
	Karen MacKenzie		46 Team Luton	DQ ST
50/54 Yrs Age Group - Full Results Place				
	Name	AaD	Club	Time
	1 Liz Woolner		52 Flitwick	29.61
	2 Jane Pye		52 Co Norwich	34.64
	3 Helena Pretious-White		51 Bishop Stort	38.52
	Sharon Thompson		52 Team Luton	DNC
	Linden Jack		53 St Neot Swan	DNC

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## 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Janet Williams		57 Newmarket	33.2
	2 Jayne Colebrook		59 Biggleswade	44.96
	Sue Penman		56 Stowmarket	DNC

## 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Alyson Fordham		63 Romford Town	31.26
	2 Kim Lynch		60 Stowmarket	35.23

## 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Vivien Willis		66 Rochford	39.99

## EVENT 9 Mens Open 50m Freestyle

## 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Christopher Murphy		23 Flitwick	25.64
	2 Daryl Rands		22 Colchester	26.47
	3 Liam Nicholson		20 Chelmsford	26.85
	4 Joshua Cooper		20 Runnymede	28.21
	5 Thomas Allen		23 Flitwick	28.68
	6 Jake Challenger		18 Co Ely	29.38
	7 Ben Rowe		22 Newmarket	32.63

## 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Matthew Masters		25 South Beds	26.16
	2 Adam Spear		28 Felixstowe	28.08
	3 Lewis Watt		29 Co Cambridge	28.19
	4 William Marsh		25 Otter	29.02
	Sam Parry		29 South Beds	DNC

## 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 David Harrison		33 Stowmarket	25.19
	2 Jamie Sirett		31 Cheshunt	26.75
	3 James Moore		30 Flitwick	28.74
	Mark Leamon		32 Co Cambridge	DNC

## 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Will Appleby		37 East Anglian	24.73

Full results

2 Mike Outtram	37 Flitwick	26.42
3 Chris Short	37 Brentwood	27.14
4 Oliver Bumstead	36 Beccles Town	28.44
5 Thomas Harrison	37 Stowmarket	28.79
6 Alistair Shaw	39 Flitwick	28.91
7 Max Oppenheim	38 Co Norwich	29.41
8 John Irish	39 Newmarket	29.82
9 Luke Pavey	38 Norw&Thet WP	33.13

40/44 Yrs Age Group - Full Results  
Place

Name	AaD	Club	Time
1 Shaun Harrison		40 Stowmarket	25.93
2 Samuel Fox		41 Flitwick	31.32
3 Dan Georgescu		40 Flitwick	34.54
4 Emiliano Mezzarobba		43 Co Cambridge	37.28
Apostolos Fournaris		41 O.e.a-n.a.b	DNC

45/49 Yrs Age Group - Full Results  
Place

Name	AaD	Club	Time
1 Martin Gale		49 West Suffolk	28.24
2 Craig Banning		46 Harlow Pen	28.83
3 Robert Milburn		46 Colchester	29.2
4 Dave Pethers		49 Chelmsford	30.4
5 Richard Livings		49 Sudbury	38.98

50/54 Yrs Age Group - Full Results  
Place

Name	AaD	Club	Time
1 Niall Tiernan		50 Brentwood	28.73
2 Pete Russell		51 Team Anglia	30.34
3 Michael Bawden		50 Brentwood	31.07
4 James Adcock		51 Co Norwich	32.92
5 John O'Rourke		50 Team Luton	33.59
6 Ian Norman		50 Team Luton	38.91
Clive Mitson		50 Stowmarket	DQ ST

55/59 Yrs Age Group - Full Results  
Place

Name	AaD	Club	Time
1 Martyn Fresher		57 Team Anglia	29.93
2 Peter Lynch		57 Stowmarket	30.96
3 Steve Coe		56 West Suffolk	31.35

60/64 Yrs Age Group - Full Results  
Place

Name	AaD	Club	Time
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Full results

	1 Dave Pirrie		62 Hemel Hemp	31.45	
	2 Ian Murray		62 Flitwick	32.72	
65/69 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Dietrich Coekin		68 Deben	35.27	
	2 Joe Lound-Keast		68 Biggleswade	35.3	
	3 Peter Rank		67 Co Cambridge	39.16	
75/79 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Derek Gore		79 Chelmsford	40.75	
	2 Paul Clarke		77 Beaver Mast	46.64	
EVENT 10 Womens Open 200m Freestyle Team					
120+ Yrs Age Group - Full Results					
Place	Name	A.G	Club	Time	
	1 Harlow Pen	120+	Harlow Pen	2:16.28	
					38.99
					31
					33.33
					32.96
160+ Yrs Age Group - Full Results					
Place	Name	A.G	Club	Time	
	1 Team Luton	160+	Team Luton	2:07.21	
					31.85
					38.18
					25.8
					31.38
200+ Yrs Age Group - Full Results					
Place	Name	A.G	Club	Time	
	1 Newmarket	200+	Newmarket	2:27.47	
					36.79
					38.84
					38.07
					33.77
	Impington B	200+	Impington	DNC	

Full results

Impington A 200+ Impington DQ ST

EVENT 11 Mens Open 200m Freestyle Team  
072+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	
1	Flitwick	072+	Flitwick	1:50.20	26.46
					29.39
					26.25
					28.1

160+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	
1	Brentwood	160+	Brentwood	1:56.19	29.21
					30.42
					28.9
					27.66
2	Flitwick	160+	Flitwick	2:07.38	32.98
					30.9
					34.39
					29.11

200+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	
1	Team Luton	200+	Team Luton	2:14.21	31.78
					30.98
					33.58
					37.87

EVENT 12 Mens/Womens Open 400m Freestyle  
MENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	
1	Thomas Allen		23 Flitwick	4:45.49	
	50m 31.61	100m 1:05.48	150m 1:42.22	200m 2:18.36	250m 2:54.65 300m 3:31.99
2	Jake Challenger		18 Co Ely	4:56.56	

Full results

MENS 25/29 Yrs Age Group - Full Results  
Place

50m	32.75	100m	1:08.03	150m	1:45.51	200m	2:23.85	250m	3:02.37	300m	3:41.29
Name		AaD		Club		Time					
1	Michael Tansini			28	Co Cambridge	4:42.50					
50m	31.80	100m	1:06.73	150m	1:42.89	200m	2:19.85	250m	2:56.75	300m	3:32.61
2	Sam Bradley			26	Team Luton	5:32.08					
50m	37.96	100m	1:19.58	150m	2:01.39	200m	2:43.84	250m	3:26.44	300m	4:08.59

MENS 35/39 Yrs Age Group - Full Results  
Place

Name		AaD		Club		Time					
1	Nicolas BARBER			35	Otter	4:28.25					
50m	30.77	100m	1:04.21	150m	1:38.58	200m	2:12.80	250m	2:46.86	300m	3:20.95
2	Chris Short			37	Brentwood	4:59.94					
50m	33.00	100m	1:09.95	150m	1:48.40	200m	2:26.75	250m	3:05.14	300m	3:43.46
3	Alexander Smith			37	Harlow Pen	5:11.68					
50m	34.69	100m	1:13.17	150m	1:52.37	200m	2:32.42	250m	3:12.78	300m	3:53.41
4	John Irish			39	Newmarket	5:32.72					
50m	35.82	100m	1:15.44	150m	1:58.33	200m	2:40.99	250m	3:23.88	300m	4:06.62

MENS 40/44 Yrs Age Group - Full Results  
Place

Name		AaD		Club		Time					
1	Dan Georgescu			40	Flitwick	6:39.78					
50m	41.64	100m	1:27.61	150m	2:17.94	200m	3:09.50	250m	-	300m	4:55.51

MENS 45/49 Yrs Age Group - Full Results  
Place

Name		AaD		Club		Time					
1	Christopher Morgan			47	Otter	4:57.31					
50m	34.01	100m	1:11.16	150m	1:49.21	200m	2:27.65	250m	3:05.37	300m	3:43.13
	Phillip Hewitt			47	Hartlepool	DNC					

MENS 50/54 Yrs Age Group - Full Results  
Place

Name		AaD		Club		Time					
1	Peter Dixon			51	Tower Hamlet	4:30.50					
50m	31.42	100m	1:05.32	150m	1:39.75	200m	2:14.35	250m	2:48.98	300m	3:23.10
2	Niall Tiernan			50	Brentwood	5:10.28					
50m	34.98	100m	1:13.24	150m	1:52.21	200m	2:32.64	250m	3:13.04	300m	3:53.17
3	John O'Rourke			50	Team Luton	5:26.52					
50m	39.01	100m	1:19.88	150m	2:01.80	200m	2:43.31	250m	3:24.32	300m	4:05.36
4	James Adcock			51	Co Norwich	5:37.64					
50m	37.87	100m	1:20.52	150m	2:03.13	200m	2:46.70	250m	3:29.73	300m	4:12.64
5	Ian Norman			50	Team Luton	6:58.16					
50m	-	100m	-	150m	-	200m	-	250m	-	300m	-

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MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1	David Bryant		58 Guildford Ct	4:52.90
	50m 33.20	100m 1:09.41	150m 1:46.15	200m 2:22.84 250m 2:59.43 300m 3:36.78
2	Jon Wills		55 Felixstowe	6:18.30
	50m 42.46	100m 1:30.97	150m 2:20.44	200m 3:10.20 250m 3:56.94 300m 4:44.22
	Steve Coe		56 West Suffolk	DNC

MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1	Graham Powell		63 Team Luton	5:29.90
	50m 37.46	100m 1:18.40	150m 2:00.53	200m 2:42.75 250m 3:25.17 300m 4:06.91

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1	Peter Rank		67 Co Cambridge	7:17.59
	50m -	100m -	150m -	200m - 250m - 300m -

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1	Michael Read		78 Sudbury	6:47.84
	50m -	100m -	150m -	200m - 250m - 300m -

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	Alice Theobald		24 Felixstowe	DNC

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1	Georgina Quayle		25 Spencer	4:59.00
	50m 33.29	100m 1:10.72	150m 1:48.78	200m 2:26.98 250m 3:05.55 300m 3:44.16
2	Parris White		26 Newmarket	5:21.17
	50m 37.38	100m 1:17.69	150m 1:59.01	200m 2:40.86 250m 3:22.66 300m 4:04.04
3	Emma Hollis		27 Harlow Pen	5:58.00
	50m 39.88	100m 1:23.69	150m 2:09.33	200m 2:55.55 250m 3:42.17 300m 4:28.38

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1	Sarah-Jane Law		30 Otter	5:05.86
	50m 36.70	100m 1:15.87	150m 1:54.50	200m 2:33.45 250m 3:12.23 300m 3:50.38
2	Joana SANDRIN GAUER		34 Otter	5:29.89
	50m 35.93	100m 1:15.69	150m 1:56.91	200m 2:38.76 250m 3:21.39 300m 4:04.23
3	Emmeline Vincent		31 East Anglian	6:30.73
	50m -	100m -	150m -	200m - 250m - 300m -

Full results

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Kira Neal		35 Romford Town	5:10.28
	50m 35.75	100m 1:13.97	150m 1:52.69	200m 2:31.94 250m 3:11.38 300m 3:51.06

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Siobhan Perrin		42 Harlow Pen	6:00.40
	50m 40.68	100m 1:24.48	150m 2:09.77	200m 2:55.81 250m 3:40.99 300m 4:27.30

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Kerry Ann Wilkins		48 Thurrock	6:24.83
	50m 41.56	100m 1:28.97	150m 2:18.46	200m 3:08.75 250m 3:58.68 300m 4:48.01

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Jane Smith		55 Newmarket	6:38.31
	50m 43.45	100m 1:31.47	150m 2:21.54	200m 3:13.13 250m 4:03.96 300m 4:56.24

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Alyson Fordham		63 Romford Town	5:18.98
	50m 35.31	100m 1:15.25	150m 1:55.94	200m 2:37.23 250m 3:18.53 300m 3:59.51

EVENT 13 Mens/Womens Open 200m Butterfly

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Ian Wallace		49 Brentwood	2:33.61
	2 Dave Pethers		49 Chelmsford	3:00.17

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Mark Banwell		58 Co Ely	3:38.24

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Michael Read		78 Sudbury	4:53.63

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Sarah-Jane Law		30 Otter	2:49.72

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	Hayley Brown		36 Witham Dolph	DNC

WOMENS 50/54 Yrs Age Group - Full Results



## Full results

Place	Name	AaD	Club	Time
	Josephine Cresswell		51 East Anglian	DNC
EVENT 14 Womens Open 50m Breaststroke				
18/24 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Rebecca Hopper		24 Hemel Hemp	39.47
	2 Aprille Branton		23 Felixstowe	46.05
25/29 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Parris White		26 Newmarket	43.44
	2 Louise Morca		29 East Anglian	43.54
	3 Gemma Cannon		27 Felixstowe	44.78
30/34 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Emmeline Vincent		31 East Anglian	45.42
35/39 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Carla King		36 South Beds	35.09
	2 Katie Holmes		35 Colchester	37.1
40/44 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Toni Howard		40 Harlow Pen	39.83
45/49 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Katrina Farrall		49 Basildon Ph	39.72
	2 Paula Collier		47 Impington	47.16
50/54 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Jane Pye		52 Co Norwich	45.35
	2 Lisa Withers		53 Newmarket	46.88
	3 Helena Pretious-White		51 Bishop Stort	49.05
55/59 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Michele Romain		56 DunmowAtlant	47.91
65/69 Yrs Age Group - Full Results				
Place	Name	AaD	Club	Time
	1 Elizabeth Reid		69 Impington	53.68
70/74 Yrs Age Group - Full Results				

## Full results

Place	Name	AaD	Club	Time
	1 Patricia Jackson		72 East Anglian	55.26

EVENT 15 Mens Open 50m Breaststroke  
18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Ryan Clay		24 West Suffolk	31.66
	2 Daryl Rands		22 Colchester	32.78
	3 Liam Nicholson		20 Chelmsford	32.84
	4 Christopher Murphy		23 Flitwick	34.7
	5 Joshua Cooper		20 Runnymede	35.58
	6 Thomas Allen		23 Flitwick	37.83
	7 Jake Challenger		18 Co Ely	38.23

## 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Aaron Lynch		25 Co Cambridge	31.65
	2 William Marsh		25 Otter	35.25
	3 Adam Spear		28 Felixstowe	37.45
	4 Lewis Watt		29 Co Cambridge	40.17
	5 Sam Bradley		26 Team Luton	48.25

## 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 David Harrison		33 Stowmarket	31.26
	2 Jack Mantle		32 Colchester	35.94
	3 James Moore		30 Flitwick	38.44

## 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Alistair Shaw		39 Flitwick	35.09
	2 Chris Short		37 Brentwood	36.38
	3 Thomas Harrison		37 Stowmarket	36.77
	4 Luke Pavey		38 Norw&Thet WP	42.76
	Max Oppenheim		38 Co Norwich	DNC

## 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Emiliano Mezzarobba		43 Co Cambridge	45.55
	Dan Georgescu		40 Flitwick	DQ ST

## 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Robert Milburn		46 Colchester	35.4

## Full results

	2 Craig Banning		46 Harlow Pen	35.67
	3 Jonathon Bell		47 Co Cambridge	37.86
	4 Richard Livings		49 Sudbury	50.02
50/54 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Marcel Scholten		53 Modernian	34.68
	2 Clive Mitson		50 Stowmarket	40.9
	3 Niall Tiernan		50 Brentwood	40.97
	Andrew Bishop		53 St Ives	DNC
55/59 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Andrea Viola		56 Co Cambridge	38.13
	2 Adam Lelean		57 Diss Otters	39.94
	3 David Wright		58 Team Luton	47.4
	Martyn Fresher		57 Team Anglia	DNF
60/64 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Dave Pirrie		62 Hemel Hemp	36.72
	2 Ian Murray		62 Flitwick	44.32
	3 Chris Orchard		60 Deepings	44.95
	4 Andrew Wright		62 Stowmarket	45.77
65/69 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Joe Lound-Keast		68 Biggleswade	45.64
70/74 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Rog Edwards		73 Harlow Pen	48.04
	2 Franceys Allen		74 Asa Temp 2	57.37
75/79 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Paul Clarke		77 Beaver Mast	51.18
EVENT 16 Womens Open 100m IM 18/24 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Zara Pretious-White		19 Bishop Stort	1:15.23
	2 Aprille Branton		23 Felixstowe	1:26.58
25/29 Yrs Age Group - Full Results Place	Name	AaD	Club	Time

## Full results

	1 Parris White		26 Newmarket	1:23.81
	2 Gemma Cannon		27 Felixstowe	1:26.89
35/39 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Katie Holmes		35 Colchester	1:14.91
	2 Sally Deverill		39 Romford Town	1:17.29
	3 Kimberley Harrison		38 Stowmarket	1:21.65
40/44 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Nicola Russell		42 DunmowAtlant	1:20.46
45/49 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Emma Walker		45 Co Cambridge	1:19.31
	2 Suzanne Adams		48 Felixstowe	1:37.51
	3 Paula Collier		47 Impington	1:39.75
	4 Leslie Broussard		46 Newmarket	1:47.29
50/54 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Helena Pretious-White		51 Bishop Stort	1:38.03
	Sharon Thompson		52 Team Luton	DNC
55/59 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Janet Williams		57 Newmarket	1:31.69
	2 Jayne Colebrook		59 Biggleswade	1:55.17
60/64 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Kim Lynch		60 Stowmarket	1:35.76
	Jean Appleby		63 Sudbury	DNC
65/69 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Vivien Willis		66 Rochford	1:46.77
	2 Elizabeth Reid		69 Impington	2:01.79
70/74 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Patricia Jackson		72 East Anglian	1:47.84
EVENT 17 Mens Open 100m IM 18/24 Yrs Age Group - Full Results Place	Name	AaD	Club	Time

Full results

	1 Ryan Clay		24 West Suffolk	1:05.40
	2 Christopher Murphy		23 Flitwick	1:06.42
	3 Thomas Allen		23 Flitwick	1:11.70
	4 Jake Challenger		18 Co Ely	1:15.84
25/29 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Aaron Lynch		25 Co Cambridge	1:04.59
	2 William Marsh		25 Otter	1:12.35
30/34 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Jack Mantle		32 Colchester	1:12.01
	2 James Moore		30 Flitwick	1:16.11
35/39 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Mike Outtram		37 Flitwick	1:04.95
	Max Oppenheim		38 Co Norwich	DNC
40/44 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Samuel Fox		41 Flitwick	1:21.14
	2 Dan Georgescu		40 Flitwick	1:33.49
45/49 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Lee Peterson		45 Braintree	1:02.08
50/54 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Marcel Scholten		53 Modernian	1:10.02
	2 Niall Tiernan		50 Brentwood	1:19.21
	3 Pete Russell		51 Team Anglia	1:20.56
	4 James Adcock		51 Co Norwich	1:31.02
55/59 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Adam Lelean		57 Diss Otters	1:22.47
	2 Peter Lynch		57 Stowmarket	1:24.69
	3 Jon Wills		55 Felixstowe	1:32.06
60/64 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Dave Pirrie		62 Hemel Hemp	1:22.78
65/69 Yrs Age Group - Full Results				

## Full results

Place	Name	AaD	Club	Time	
	1 Dietrich Coekin		68 Deben	1:39.77	
75/79 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Michael Read		78 Sudbury	1:51.71	
EVENT 18 Mens/Womens Open 200m Backstroke					
MENS 18/24 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Liam Nicholson		20 Chelmsford	2:30.98	33.45
	2 Thomas Allen		23 Flitwick	2:36.89	36.66
MENS 25/29 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Sam Bradley		26 Team Luton	2:59.23	42.61
MENS 35/39 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Chris Short		37 Brentwood	2:38.27	36.59
MENS 45/49 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Craig Banning		46 Harlow Pen	2:49.48	39.51
	Christopher Morgan		47 Otter	DNC	
MENS 50/54 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Marcel Scholten		53 Modernian	2:39.55	38.11
	2 Stephen Beal		50 DunmowAtlant	2:46.28	37.38
	3 John O'Rourke		50 Team Luton	3:20.94	49.99
	Peter Dixon		51 Tower Hamlet	DNC	
MENS 55/59 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 David Wright		58 Team Luton	3:02.77	43.4
MENS 60/64 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Ian Murray		62 Flitwick	3:09.17	43.57
	2 Andrew Wright		62 Stowmarket	3:19.87	46.77
	3 Chris Orchard		60 Deepings	3:36.00	52
MENS 75/79 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Paul Clarke		77 Beaver Mast	3:59.21	57.03
WOMENS 25/29 Yrs Age Group - Full Results					

## Full results

Place	Name	AaD	Club	Time	50
	1 Gemma Cannon		27 Felixstowe	2:51.32	41.36
WOMENS 30/34 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Rachael Stevenson		34 Flitwick	2:41.49	37.42
	2 Camille Vrain		31 Otter	2:43.16	39.57
WOMENS 40/44 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Tara Stroud		40 DunmowAtlant	2:41.34	36.88
WOMENS 45/49 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Suzanne Adams		48 Felixstowe	3:39.61	51.02
WOMENS 50/54 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Hilary Coulson		52 Hemel Hemp	3:14.97	44.63
WOMENS 70/74 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Patricia Jackson		72 East Anglian	3:51.96	53.9
EVENT 19 Womens Open 100m Freestyle					
18/24 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Zara Pretious-White		19 Bishop Stort	1:09.61	33.78
	2 Alice Pinney		20 Team Luton	1:10.71	34.48
	Alice Theobald		24 Felixstowe	DNC	
	Rebecca Hopper		24 Hemel Hemp	DNC	
25/29 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Fay Westwood		27 Co Cambridge	1:04.40	30.61
	2 Parris White		26 Newmarket	1:12.00	34.69
	3 Louise Morca		29 East Anglian	1:14.94	35.92
	4 Cecilia Judmann		27 Co Cambridge	1:15.27	36.59
30/34 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Camille Vrain		31 Otter	1:06.89	32.18
	2 Joana SANDRIN GAUER		34 Otter	1:11.11	34.14
35/39 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Carla King		36 South Beds	1:02.15	29.55

## Full results

	2 Jodie Armstrong		37 Team Luton	1:09.93	34.14
	3 Michelle Neal		39 Team Luton	1:10.24	33.85
	Catherine Markwell		38 East Anglian	DNC	
40/44 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Kelly Cooke		43 Team Luton	1:10.02	33.27
60/64 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Alyson Fordham		63 Romford Town	1:08.27	32.93
	2 Kim Lynch		60 Stowmarket	1:18.48	37.64
EVENT 20 Mens Open 100m Freestyle					
18/24 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Daryl Rands		22 Colchester	57.44	27.12
	2 Christopher Murphy		23 Flitwick	57.83	27.5
	3 Ryan Clay		24 West Suffolk	59.53	28.92
	4 Thomas Allen		23 Flitwick	1:05.50	30.85
	5 Jake Challenger		18 Co Ely	1:06.45	31.2
	6 Ben Rowe		22 Newmarket	1:17.73	36.22
25/29 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Matthew Masters		25 South Beds	55.6	26.56
	2 Lewis Watt		29 Co Cambridge	1:02.54	29.73
	3 William Marsh		25 Otter	1:04.11	30.64
	4 Sam Bradley		26 Team Luton	1:13.96	36.22
	Adam Spear		28 Felixstowe	DNC	
	Sam Parry		29 South Beds	DNC	
30/34 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Jamie Sirett		31 Cheshunt	59.16	28.28
	Mark Leamon		32 Co Cambridge	DNC	
35/39 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Will Appleby		37 East Anglian	58.53	28.28
	2 Nicolas BARBER		35 Otter	59.92	28.66
	3 Oliver Bumstead		36 Beccles Town	1:00.16	28.92
	4 Chris Short		37 Brentwood	1:01.05	28.86
	5 Alistair Shaw		39 Flitwick	1:01.82	30.23



## Full results

	6 John Irish		39 Newmarket	1:08.10	31.99
	7 Luke Pavey		38 Norw&Thet WP	1:15.00	35.05
	Max Oppenheim		38 Co Norwich	DNC	
40/44 Yrs Age Group - Full Results Place	Name	AaD	Club	Time	50
	1 Shaun Harrison		40 Stowmarket	56.78	27.23
	2 Samuel Fox		41 Flitwick	1:09.73	32.93
	3 Dan Georgescu		40 Flitwick	1:20.77	38.41
45/49 Yrs Age Group - Full Results Place	Name	AaD	Club	Time	50
	1 Martin Gale		49 West Suffolk	1:00.61	29.31
	2 Robert Milburn		46 Colchester	1:01.78	29.9
	3 Richard Livings		49 Sudbury	1:26.33	43.29
50/54 Yrs Age Group - Full Results Place	Name	AaD	Club	Time	50
	1 Niall Tiernan		50 Brentwood	1:04.75	31.21
	2 Pete Russell		51 Team Anglia	1:05.72	31.79
	3 Clive Mitson		50 Stowmarket	1:10.77	33.79
	4 Michael Bawden		50 Brentwood	1:11.35	33.4
	5 Ian Norman		50 Team Luton	1:28.65	41.01
55/59 Yrs Age Group - Full Results Place	Name	AaD	Club	Time	50
	1 Mark Strakosch		58 Berkhamsted	1:08.78	33.21
	2 Adam Lelean		57 Diss Otters	1:09.72	33.97
	3 Steve Coe		56 West Suffolk	1:12.95	35.52
	Martyn Fresher		57 Team Anglia	DNC	
60/64 Yrs Age Group - Full Results Place	Name	AaD	Club	Time	50
	1 Chris Orchard		60 Deepings	1:20.73	39.49
65/69 Yrs Age Group - Full Results Place	Name	AaD	Club	Time	50
	1 Joe Lound-Keast		68 Biggleswade	1:18.46	36.73
	2 Dietrich Coekin		68 Deben	1:20.07	39.4
	3 Peter Rank		67 Co Cambridge	1:32.29	44.81
75/79 Yrs Age Group - Full Results Place	Name	AaD	Club	Time	50
	1 Derek Gore		79 Chelmsford	1:32.42	45.25

EVENT 21 Womens Open 200m Medley Team

Full results

120+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	
	1 Harlow Pen	120+	Harlow Pen	2:44.43	
					45.56
					47.25
					37.29
					34.33

200+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	
	1 Newmarket	200+	Newmarket	2:50.87	
					39.61
					46.52
					46.54
					38.2
	2 Impington A	200+	Impington	3:17.72	
					54.64
					48.89
					48.15
					46.04

EVENT 22 Mens Open 200m Medley Team

072+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	
	1 Flitwick	072+	Flitwick	2:05.97	
					29.85
					39.65
					27.39
					29.08

160+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	
	1 Brentwood	160+	Brentwood	2:14.56	
					32.51
					40.35
					31.03
					30.67
	2 Flitwick	160+	Flitwick	2:27.80	
					39.2
					35.45
					41.84

Full results

Place	Name	AaD	Club	Time	
EVENT 23 Mens/Womens Open 200m IM					31.31
MENS 18/24 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Daryl Rands		22 Colchester	2:25.98	30.64
	2 Thomas Allen		23 Flitwick	2:34.59	33.91
	Jake Challenger		18 Co Ely	DQ SL	
MENS 25/29 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Sam Bradley		26 Team Luton	3:08.55	41.66
MENS 35/39 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Nicolas BARBER		35 Otter	2:34.59	33.33
MENS 45/49 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	Christopher Morgan		47 Otter	DNC	
MENS 50/54 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 James Adcock		51 Co Norwich	3:14.46	41.72
	Peter Dixon		51 Tower Hamlet	DNC	
MENS 55/59 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Adam Lelean		57 Diss Otters	3:01.38	41.56
MENS 60/64 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Dave Pirrie		62 Hemel Hemp	3:01.59	38.57
	2 Andrew Wright		62 Stowmarket	3:27.48	51.75
	David Miller		61 Otter	DNC	
MENS 65/69 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	Dietrich Coekin		68 Deben	DQ SL	
MENS 75/79 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Michael Read		78 Sudbury	4:05.37	58.74
WOMENS 18/24 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	Alice Pinney		20 Team Luton	DQ T	
WOMENS 25/29 Yrs Age Group - Full Results					

## Full results

Place	Name	AaD	Club	Time	50
	1 Louise Morca		29 East Anglian	2:58.00	36.45
WOMENS 35/39 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Katie Holmes		35 Colchester	2:44.45	36.57
	2 Sally Deverill		39 Romford Town	2:49.71	37.44
WOMENS 40/44 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Siobhan Perrin		42 Harlow Pen	3:12.79	40.85
WOMENS 70/74 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Patricia Jackson		72 East Anglian	4:01.67	55.89
EVENT 24 Womens Open 50m Butterfly					
18/24 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Zara Pretious-White		19 Bishop Stort	32.92	
	2 Rebecca Hopper		24 Hemel Hemp	33.86	
	3 Alice Pinney		20 Team Luton	36.78	
	Aprille Branton		23 Felixstowe	DNC	
	Alice Theobald		24 Felixstowe	DNC	
25/29 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Louise Morca		29 East Anglian	35.61	
30/34 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Camille Vrain		31 Otter	34.31	
35/39 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Kimberley Harrison		38 Stowmarket	35.96	
	2 Rachel Donnelly		39 Harlow Pen	37.91	
40/44 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Toni Howard		40 Harlow Pen	34.96	
	2 Nicola Russell		42 DunmowAtlant	35.12	
45/49 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	
	1 Emma Walker		45 Co Cambridge	33.16	
	2 Paula Collier		47 Impington	47.42	

Full results

50/54 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	3 Leslie Broussard		46 Newmarket	47.51
	1 Helena Pretious-White		51 Bishop Stort	46.29
	Sharon Thompson		52 Team Luton	DNC
70/74 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Patricia Jackson		72 East Anglian	47.67
EVENT 25 Mens Open 50m Butterfly 18/24 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Thomas Allen		23 Flitwick	33.42
	2 Ben Rowe		22 Newmarket	41.99
25/29 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 William Marsh		25 Otter	31.6
	Sam Parry		29 South Beds	DNC
30/34 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 James Moore		30 Flitwick	32.08
	Jamie Sirett		31 Cheshunt	DNC
	Mark Leamon		32 Co Cambridge	DNC
35/39 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Alexander Smith		37 Harlow Pen	35.34
	Max Oppenheim		38 Co Norwich	DNC
	Will Appleby		37 East Anglian	DNC
40/44 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Shaun Harrison		40 Stowmarket	28.7
	2 Dan Georgescu		40 Flitwick	42.55
	Apostolos Fournaris		41 O.e.a-n.a.b	DNC
45/49 Yrs Age Group - Full Results Place	Name	AaD	Club	Time
	1 Martin Gale		49 West Suffolk	30.57
	2 Dave Pethers		49 Chelmsford	32.91
	3 Craig Banning		46 Harlow Pen	33.35
	Richard Livings		49 Sudbury	DNC

## Full results

## 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Stephen Beal		50 DunmowAtlant	31
	2 Niall Tiernan		50 Brentwood	31.82
	3 Robert Scott		53 Hillingdon	31.91
	4 Pete Russell		51 Team Anglia	33.63
	5 Michael Bawden		50 Brentwood	34.09
	Ian Norman		50 Team Luton	DNC

## 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Mark Banwell		58 Co Ely	35.11
	Steve Coe		56 West Suffolk	DNC

## 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Ian Murray		62 Flitwick	37.39
	David Miller		61 Otter	DNC

## 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	1 Paul Clarke		77 Beaver Mast	56.57

## EVENT 26 Womens Open 100m Breaststroke

## 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	
	1 Parris White		26 Newmarket	1:34.07	45.88
	Cecilia Judmann		27 Co Cambridge	DQ T	

## 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	
	1 Emmeline Vincent		31 East Anglian	1:42.94	47.91

## 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	
	1 Katie Holmes		35 Colchester	1:22.78	39.75

## 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	
	1 Toni Howard		40 Harlow Pen	1:28.35	42.1
	2 Siobhan Perrin		42 Harlow Pen	1:41.19	48.47

## 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	
	1 Emma Walker		45 Co Cambridge	1:30.85	43.53
	2 Paula Collier		47 Impington	1:46.76	50.81

Full results

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Michele Romain		56 DunmowAtlant	1:43.85	50.01

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Elizabeth Reid		69 Impington	2:09.61	58.4

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Patricia Jackson		72 East Anglian	1:58.58	56.83

EVENT 27 Mens Open 100m Breaststroke

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Daryl Rands		22 Colchester	1:12.60	34.56
	2 Liam Nicholson		20 Chelmsford	1:14.89	35.15
	3 Joshua Cooper		20 Runnymede	1:16.36	35.81

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Aaron Lynch		25 Co Cambridge	1:09.68	33.47
	2 William Marsh		25 Otter	1:17.91	36.6

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	Jack Mantle		32 Colchester	DNC	

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Luke Pavey		38 Norw&Thet WP	1:33.91	45.8

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Samuel Fox		41 Flitwick	1:32.76	45.86

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Robert Milburn		46 Colchester	1:16.77	36.23
	Jonathon Bell		47 Co Cambridge	DNC	
	Christopher Morgan		47 Otter	DNC	

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Niall Tiernan		50 Brentwood	1:37.85	45.81

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50

## Full results

	1 Andrea Viola		56 Co Cambridge	1:25.79	40.93
	2 Peter Lynch		57 Stowmarket	1:29.34	42.43
	Martyn Fresher		57 Team Anglia	DNC	
60/64 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Ian Murray		62 Flitwick	1:41.46	48.08
65/69 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Joe Lound-Keast		68 Biggleswade	1:41.42	47.65
70/74 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Rog Edwards		73 Harlow Pen	1:53.31	54.2
	2 Franceys Allen		74 Asa Temp 2	2:11.37	57.6
75/79 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	Paul Clarke		77 Beaver Mast	DQ SA	
EVENT 28 Mens/Womens Open 200m Freestyle					
MENS 18/24 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Thomas Allen		23 Flitwick	2:17.96	31.52
	2 Jake Challenger		18 Co Ely	2:22.02	31.75
MENS 25/29 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Lewis Watt		29 Co Cambridge	2:36.32	36.63
MENS 30/34 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	Mark Leamon		32 Co Cambridge	DNC	
MENS 35/39 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Nicolas BARBER		35 Otter	2:10.25	29.94
	2 Alexander Smith		37 Harlow Pen	2:24.62	32.58
	3 John Irish		39 Newmarket	2:34.74	33.29
	Will Appleby		37 East Anglian	DNC	
MENS 40/44 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Dan Georgescu		40 Flitwick	3:05.02	39.69
MENS 45/49 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50



## Full results

	1 Ian Wallace		49 Brentwood	2:14.26	31.9
	2 Martin Gale		49 West Suffolk	2:15.97	31.05
	Richard Livings		49 Sudbury	DNC	
MENS 50/54 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Pete Russell		51 Team Anglia	2:26.35	33.71
	2 James Adcock		51 Co Norwich	2:41.41	37.16
	Ian Norman		50 Team Luton	DNC	
MENS 55/59 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 David Wright		58 Team Luton	2:30.71	34.83
	2 Adam Lelean		57 Diss Otters	2:34.62	35.27
MENS 65/69 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Joe Lound-Keast		68 Biggleswade	3:00.62	39.87
	2 Peter Rank		67 Co Cambridge	3:26.86	47.52
MENS 75/79 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Michael Read		78 Sudbury	3:15.54	46.94
	2 Derek Gore		79 Chelmsford	3:29.04	48.67
WOMENS 25/29 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Fay Westwood		27 Co Cambridge	2:22.16	31.85
	2 Parris White		26 Newmarket	2:33.74	36.82
	3 Cecilia Judmann		27 Co Cambridge	2:45.99	37.93
WOMENS 30/34 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Joana SANDRIN GAUER		34 Otter	2:37.28	36.28
WOMENS 35/39 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Rachel Donnelly		39 Harlow Pen	2:49.34	38.65
	Kira Neal		35 Romford Town	DNC	
WOMENS 40/44 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Siobhan Perrin		42 Harlow Pen	2:48.24	38.09
WOMENS 50/54 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Jane Pye		52 Co Norwich	3:04.70	40.53

## Full results

## WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Jane Smith		55 Newmarket	3:12.58	42.9

## WOMENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Patricia Jackson		72 East Anglian	3:27.63	48.36

## EVENT 29 Womens Open 100m Backstroke

## 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	Aprille Branton		23 Felixstowe	DNC	
	Alice Theobald		24 Felixstowe	DNC	

## 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Rachael Stevenson		34 Flitwick	1:14.26	35.75

## 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Katie Holmes		35 Colchester	1:20.59	39.15
	Kimberley Harrison		38 Stowmarket	DNC	

## 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Liz Woolner		52 Flitwick	1:16.02	36.92
	2 Hilary Coulson		52 Hemel Hemp	1:29.45	42.6

## 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Jayne Colebrook		59 Biggleswade	1:52.82	56.24

## 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Patricia Jackson		72 East Anglian	1:48.75	52.95

## EVENT 30 Mens Open 100m Backstroke

## 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	1 Liam Nicholson		20 Chelmsford	1:07.19	32.56
	2 Thomas Allen		23 Flitwick	1:12.40	35.61
	3 Jake Challenger		18 Co Ely	1:18.48	38.11

## 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	Matthew Masters		25 South Beds	DNC	

## 35/39 Yrs Age Group - Full Results

Full results

Place	Name	AaD	Club	Time	50
	1 Mike Outtram		37 Flitwick	1:03.74	30.78
	2 Luke Pavey		38 Norw&Thet WP	1:26.17	41.21
45/49 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Craig Banning		46 Harlow Pen	1:15.00	36.72
50/54 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Stephen Beal		50 DunmowAtlant	1:13.54	35.67
	2 Niall Tiernan		50 Brentwood	1:19.54	38.92
	3 Michael Bawden		50 Brentwood	1:24.15	40.17
60/64 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	50
	1 Andrew Wright		62 Stowmarket	1:33.47	45.02
EVENT 31 Mens/Womens Open 200m Free.Team					
160+ Yrs Age Group - Full Results					
Place	Name	A.G	Club	Time	
	1 Flitwick	160+	Flitwick	2:02.33	
					30.91
					30.87
					32.05
					28.5
	2 Harlow Pen	160+	Harlow Pen	2:05.62	
					29.2
					33.38
					33.26
					29.78

Full results

	100	150
1:17.33	2:00.75	
1:19.54	2:03.77	
	100	150
1:23.35	2:09.33	
	100	150
1:19.54	2:02.44	
	100	150
1:12.98	1:53.45	
1:20.28	2:02.98	
1:23.05	2:08.26	
	100	150
1:32.31	2:21.40	
1:35.96	2:29.90	
1:40.63	2:34.27	

Full results

1:46.16	2:41.05	
	100	150
1:46.85	2:41.89	
	100	150
1:43.63	2:41.19	
	100	150
2:06.18	3:14.18	
	100	150
	100	150
1:26.35	2:13.66	
	100	150
1:28.55	2:17.61	
	100	150
1:49.82	2:50.05	
	100	150
1:47.07	2:43.24	
2:02.49	3:07.05	
	100	150
2:04.00	3:07.53	

Full results

350m 4:08.69 400m 4:45.49

Full results

350m 4:19.94 400m 4:56.56

350m 4:08.17 400m 4:42.50

350m 4:50.90 400m 5:32.08

350m 3:55.22 400m 4:28.25

350m 4:21.66 400m 4:59.94

350m 4:33.98 400m 5:11.68

350m 4:50.18 400m 5:32.72

350m - 400m 6:39.78

350m 4:21.01 400m 4:57.31

350m 3:57.25 400m 4:30.50

350m 4:32.28 400m 5:10.28

350m 4:46.82 400m 5:26.52

350m 4:55.86 400m 5:37.64

350m - 400m 6:58.16

Full results

350m 4:15.18 400m 4:52.90

350m 5:30.98 400m 6:18.30

350m 4:48.46 400m 5:29.90

350m - 400m 7:17.59

350m - 400m 6:47.84

350m 4:22.35 400m 4:59.00

350m 4:44.06 400m 5:21.17

350m 5:15.19 400m 5:58.00

350m 4:28.27 400m 5:05.86

350m 4:47.31 400m 5:29.89

350m - 400m 6:30.73



Full results

350m 4:30.95 400m 5:10.28

350m 5:13.69 400m 6:00.40

350m 5:37.09 400m 6:24.83

350m 5:48.42 400m 6:38.31

350m 4:39.93 400m 5:18.98

	100		150
1:13.84		1:53.89	
1:23.09		2:12.90	

	100		150
1:36.18		2:34.70	

	100		150
2:19.53		3:37.93	

	100		150
1:21.64		2:06.80	

	100		150
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Full results

50

100

150

Full results

1:10.98	100	150
1:16.31	1:50.97	
	1:57.00	
1:27.84	100	150
	2:13.68	
1:17.16	100	150
	1:58.62	
1:21.43	100	150
	2:05.67	
1:18.05	100	150
1:18.76	1:58.81	
1:41.34	2:02.14	
	2:32.19	
1:28.99	100	150
	2:15.65	
1:29.42	100	150
1:38.56	2:13.47	
1:45.86	2:30.42	
	2:41.44	
1:56.50	100	150
	-	

Full results

1:24.79	100	150
	2:08.76	

1:18.31	100	150
1:20.31	2:00.01	
	2:01.96	

1:17.02	100	150
	1:59.20	

1:46.37	100	150
	2:43.77	

1:32.49	100	150
	2:22.35	

1:53.54	100	150
	2:53.54	

Full results

	100	150
1:11.28	1:52.21	
1:13.36	1:59.84	

	100	150
1:28.18	2:27.42	

	100	150
1:13.84	1:59.82	

	100	150
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	100	150
1:32.42	2:34.19	

	100	150
1:30.97	2:21.89	

	100	150
1:33.59	2:20.90	
1:44.82	2:40.43	

	100	150
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	100	150
2:04.54	3:17.18	

	100	150
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Full results

1:26.35	100	150
	2:16.09	

1:21.42	100	150
	2:06.35	
1:20.72		
	2:08.17	

1:29.18	100	150
	2:28.10	

1:59.88	100	150
	3:07.11	

Full results

	100	150
1:06.54	1:42.58	
1:07.01	1:44.50	
	100	150
1:16.48	1:55.36	
	100	150
	100	150
1:02.89	1:36.45	
1:09.02	1:46.75	
1:12.39	1:54.24	
	100	150
1:26.16	2:15.98	
	100	150

Full results

1:06.00      1:40.67  
1:05.43      1:40.98

100                      150  
1:09.55      1:48.18  
1:18.96      2:00.43

100                      150  
1:13.34      1:52.39  
1:14.47      1:55.05

100                      150  
1:24.53      2:13.25  
1:40.56      2:34.70

100                      150  
1:36.38      2:27.40  
1:42.85      2:37.51

100                      150  
1:07.29      1:44.06  
1:16.40      1:56.08  
1:20.29      2:04.04

100                      150  
1:16.90      1:58.47

100                      150  
1:21.14      2:04.70

100                      150  
1:20.66      2:06.37

100                      150  
1:27.78      2:17.63



Full results

1:30.99	100	2:22.00	150
1:41.59	100	2:35.50	150