

SESSION 1 SUNDAY SEPTEMBER 7TH 2025

Warm Up 0830 to 0855 (800M Swimmers only)

Start 0900 – Est Finish Time: 0950

WITHDRAWALS REQUIRED BY 0830

EVENT 101 Open/Female 800m Freestyle

1	BAILEY, Shawn	55/59 British Army	13:05.01	10	PALMER, Dawn	45/49 Hornchurch	11:00.00
2	STARR, Sue	45/49 Leic Peng	13:00.47	11	MITCHINSON, Jo	45/49 Hertford	10:41.64
3	TRELFORD, Phillip	50/54 Co Ely	12:59.67	12	NOBLE, Suzanne	60/64 East Anglian	10:33.96
4	RATE, Lorraine	65/69 Clacton SC	12:53.00	13	WATTS, Sam	35/39 Co Norwich	10:33.96
5	MURRAY, Ian	65/69 Flitwick	12:08.31	14	ALLEN, Thomas	18/24 West Suffolk	10:24.83
6	BRADFORD, Nicole	25/29 Team Anglia	12:00.00	15	LEE, Daniel	25/29 Rochford	10:20.57
7	WHARTON, Harriet	40/44 Teddington	11:42.88	16	OWEN, Barry	60/64 Rochford	10:01.33
8	LONG, Lizzie	45/49 Rochford	11:15.29	17	GILL, James	40/44 Co Cambridge	9:50.00
9	CRESSWELL, Josephine	55/59 East Anglian	11:14.44	18	ALLEN, Thomas	25/29 Flitwick	9:39.93

SESSION 2 SUNDAY SEPTEMBER 7TH 2025

Warm Up 0955 to 1025 – Start 1030 – Est Finish Time: 1155

WITHDRAWALS & TEAM DECLARATIONS REQUIRED BY 0955

EVENT 201 Men's/Women's 200m Breaststroke

1	NEALE, Liz	70/74 South Beds	5:30.00	11	MIEMIETZ, Vanessa	45/49 Co Norwich	3:26.76
2	DAY, Rachel	40/44 Deepings	4:49.59	12	LELEAN, Adam	60/64 Diss Otters	3:19.70
3	LELEAN, Sally	70/74 Diss Otters	4:34.17	13	JOLY, Brice	45/49 Flitwick	3:10.00
4	STARR, Sue	45/49 Leic Peng	4:05.74	14	NIEL, Eleanor	18/24 Newmarket	3:09.33
5	COUPLAND, Deborah	45/49 Co Norwich	4:00.00	15	CARTLEDGE, David	65/69 Team Anglia	3:05.50
6	STRANDERS, Robert	65/69 DunmowAtlant	3:58.09	16	WESTERN, Jaye	30/34 Flitwick	3:01.92
7	WRIGHT, Andrew	65/69 Stowmarket	3:49.56	17	HARRIS, Maya	30/34 West Suffolk	3:00.70
8	CLARKE, Sarah-Louise	30/34 West Suffolk	3:46.83	18	NICHOLLS, Abigail	18/24 Co Norwich	2:58.44
9	PYE, Jane	55/59 Co Norwich	3:46.17	19	WAKEFIELD, William	35/39 West Norfolk	2:52.49
10	STRAKOSCH, Mark	60/64 Berkhamsted	3:34.47	20	BUCK, Ashley	45/49 Team Anglia	2:43.84

EVENT 202 Open 50m Backstroke

1	HARPER, Philip	80/84 Rochford	50.00	13	ALLEN, Thomas	25/29 Flitwick	33.42
2	COEKIN, Dietrich	70/74 Deben	47.70	14	DAVIS, Philip	25/29 Norwich Swan	33.00
3	COE, Steve	60/64 West Suffolk	43.49	15	BUCHAN, Simon	55/59 Co Norwich	32.31
4	WILSON, Douglas	75/79 Co Cambridge	43.44	16	CARTER, James	35/39 Newmarket	32.00
5	HOLMES, Mark	40/44 Colchester P S14	41.06	17	ELLARD, Craig	40/44 West Suffolk	31.56
6	WINTER, Peter	45/49 Newmarket S10	39.81	18	BURRELL, Rhys	18/24 West Norfolk	31.52
7	FRESHER, Martyn	60/64 Team Anglia	37.18	19	SQUIRES, Andrew	50/54 Team Anglia	31.25
8	HUNTER, Christopher	50/54 Team Anglia	35.78	20	ISLE, Harvey	18/24 West Norfolk	31.03
9	LUCAS, Rob	50/54 Diss Otters	35.02	21	MILLER, Samuel	18/24 Rochford	29.10
10	BEVIS, Alex	50/54 Team Anglia	33.99	22	ANDERSON, Matthew	18/24 Deben	28.51
11	PEAGRAM, Alistair	45/49 West Suffolk	33.89	23	CLAPP, Oliver	35/39 Deben	28.25
12	ALLEN, Thomas	18/24 West Suffolk	33.89	24	WELLS, Nathan	25/29 West Norfolk	25.39

EVENT 203 Female 50m Backstroke

1	MCIVOR, Jane	65/69 Rochford	1:05.20	8	DODDS, Tracy	55/59 West Norfolk	45.43
2	COTTER, Margaret	60/64 Flitwick	57.13	9	GRIGGS, Katy	45/49 Clacton SC	45.00
3	LELEAN, Sally	70/74 Diss Otters	56.52	10	BROWN, Heather	30/34 Kettering	43.39
4	BESWICK, Agnieszka	40/44 Newmarket	51.40	11	LUTHER, Eileen	65/69 Rochford	39.15
5	COUPLAND, Deborah	45/49 Co Norwich	50.37	12	PRESLAND, Lauren	18/24 Co St Albans	38.69
6	ROSE, Cheryl	55/59 West Norfolk	50.00	13	STEGGLES, Amy	35/39 Diss Otters	38.41
7	REYNOLDS, Patricia	75/79 Kettering	46.32	14	CANNON, Gemma	30/34 Deben	38.08



15	COLLINS, Libby	18/24 West Norfolk	37.00	22	MARKWELL, Catherine	40/44 Team Anglia	35.87
16	JOHNSON, Rachael	18/24 West Norfolk	37.00	23	SLADE, Morgan	18/24 Tring	35.57
17	RUSH, Shirley Ann	40/44 Diss Otters	36.94	24	ANDREW, Celly	18/24 Harlow Pen	35.53
18	GEBHARD, Gigi	18/24 teamipswich	36.26	25	PALMER, Bethany	25/29 Co Norwich	35.30
19	ROE, Lyndsay	40/44 Kettering	36.25	26	HOLLAND, Melanie	50/54 Team Anglia	35.24
20	NICHOLSON, Abigail	18/24 West Norfolk	36.20	27	STEVENSON, Rachael	40/44 Flitwick	33.54
21	SMITH, Sarah	40/44 Co Ely	35.99				

EVENT 204 Men's/Women's 200m Butterfly

1	TRELFORD, Phillip	50/54 Co Ely	3:37.03	6	GRICE, Lauren	25/29 Co Ely	2:41.21
2	LELEAN, Adam	60/64 Diss Otters	3:33.43	7	ALLEN, Thomas	25/29 Flitwick	2:36.82
3	CARSE, Michael	45/49 Barnet Copt	3:18.00	8	EMM, Simon	55/59 Colchester	2:32.15
4	GEE, Lucy	25/29 Co Norwich	3:09.09	9	EVERITT, Sam	18/24 Newmarket	2:26.09
5	PRESLAND, Lauren	18/24 Co St Albans	3:01.78	10	THOMAS-MANSFIELD, Jake	25/29 West Suffolk	2:07.32

EVENT 205 Open 100m Individual Medley

1	GARRY, Robert	60/64 Mildenhall	1:51.55	20	GILBERT, Glen	45/49 Nene Valley	1:15.00
2	TAYLOR, Jason	55/59 Co Norwich	1:39.40	21	HARRISON, David	35/39 Stowmarket	1:14.72
3	ORCHARD, Chris	65/69 Deepings	1:37.61	22	BRADFORD, Jordan	18/24 Team Anglia	1:13.77
4	HOLMES, Mark	40/44 Colchester P SM14	1:35.84	23	LEE, Daniel	25/29 Rochford	1:13.66
5	COEKIN, Dietrich	70/74 Deben	1:35.71	24	BEVIS, Alex	50/54 Team Anglia	1:12.00
6	ROE, David	40/44 Kettering	1:30.00	25	MONKS, James	18/24 Tring	1:11.09
7	RUSSELL, Pete	55/59 Team Anglia	1:27.00	26	MASON, Howard	35/39 West Norfolk	1:10.81
8	WINTER, Peter	45/49 Newmarket SM10	1:26.41	27	INGLIS, James	18/24 Tring	1:09.77
9	CHANDLER, Barry	65/69 Newmarket	1:24.76	28	FREEZER, Joseph	40/44 Stowmarket	1:09.56
10	BOWER, Andy	55/59 Clacton SC	1:24.50	29	CLAPP, Oliver	35/39 Deben	1:06.99
11	CHACKSFIELD, Justin	50/54 Kettering	1:23.03	30	ISLE, Harvey	18/24 West Norfolk	1:06.80
12	HIGGON-WILLIAMS, Paul	45/49 Harwich DP	1:22.53	31	ADDIS, Robert	18/24 West Norfolk	1:06.59
13	BRADFORD, Simon	55/59 Team Anglia	1:21.88	32	BURRELL, Rhys	18/24 West Norfolk	1:06.53
14	TAYLOR, Iain	50/54 West Norfolk	1:18.93	33	SARAH, Thomas	30/34 West Suffolk	1:05.00
15	CARTLEDGE, David	65/69 Team Anglia	1:17.40	34	HARRIS, Ethan	18/24 Co Norwich	1:04.01
16	IRISH, John	45/49 Newmarket	1:16.94	35	BUCK, Ashley	45/49 Team Anglia	1:03.95
17	PETRAUSKAS, Paulius	25/29 Kenilworth M	1:16.92	36	AGIUS, Andrea	30/34 Newmarket	1:01.86
18	LUCAS, Rob	50/54 Diss Otters	1:16.00	37	WELLS, Nathan	25/29 West Norfolk	56.63
19	HAWKINS, Michael	45/49 Northampton	1:15.56				

EVENT 206 Female 100m Individual Medley

1	MCIVOR, Jane	65/69 Rochford	2:10.70	13	WESTERN, Jaye	30/34 Flitwick	1:21.18
2	HANN, Kristina	40/44 Colchester P SM8	1:54.33	14	STEVENSON, Rachael	40/44 Flitwick	1:20.00
3	ROCKELL, Karen	70/74 Beaver Mast	1:53.70	15	DAVIS, Helen	55/59 Team Anglia	1:19.50
4	BOXALL, Barbara	70/74 Hornchurch	1:43.09	16	RUSH, Shirley Ann	40/44 Diss Otters	1:19.01
5	BROWN, Heather	30/34 Kettering	1:34.58	17	COLLINS, Libby	18/24 West Norfolk	1:19.01
6	DODDS, Tracy	55/59 West Norfolk	1:34.30	18	SLADE, Morgan	18/24 Tring	1:18.48
7	MIEMIETZ, Vanessa	45/49 Co Norwich	1:32.50	19	PITCHER, Lucy	18/24 Co Norwich	1:17.38
8	GRIGGS, Katy	45/49 Clacton SC	1:30.00	20	WESLEY, Tess	18/24 Newmarket	1:16.40
9	ANDREWS, Laura	35/39 St Neot Swan	1:30.00	21	GEBHARD, Gigi	18/24 teamipswich	1:15.57
10	STEGGLES, Amy	35/39 Diss Otters	1:29.23	22	LEE, Molly	18/24 West Norfolk	1:11.00
11	SMITH, Sarah	40/44 Co Ely	1:22.21	23	READING, Victoria	40/44 Northampton	1:08.26
12	NICHOLSON, Abigail	18/24 West Norfolk	1:21.31				

EVENT 207 Open 50m Freestyle

1	MANN, Michael	65/69 Felixstowe	42.07	7	WILSON, Douglas	75/79 Co Cambridge	34.43
2	HARPER, Philip	80/84 Rochford	36.00	8	TAYLOR, Jason	55/59 Co Norwich	34.41
3	BAILEY, Shawn	55/59 British Army	35.27	9	AKERS, Daniel	40/44 Co Norwich	33.97
4	COEKIN, Dietrich	70/74 Deben	35.09	10	RUSSELL, Pete	55/59 Team Anglia	33.00
5	RAE, Peter	70/74 Rochford	34.83	11	HIGGON-WILLIAMS, Paul	45/49 Harwich DP	32.59
6	MURRAY, Ian	65/69 Flitwick	34.68	12	BRITTAI, Toby	55/59 Team Anglia	32.44

13	COE, Steve	60/64 West Suffolk	32.23	37	HANDLEY, William	18/24 Stowmarket	27.50
14	ROE, David	40/44 Kettering	31.52	38	WATTS, Sam	35/39 Co Norwich	27.45
15	WINTER, Peter	45/49 Newmarket S10	31.40	39	BRYSTOW, Peter	35/39 Team Anglia	27.33
16	CHANDLER, Barry	65/69 Newmarket	31.14	40	EVERITT, Sam	18/24 Newmarket	27.27
17	CARSE, Michael	45/49 Barnet Copt	31.00	41	BEVIS, Alex	50/54 Team Anglia	27.25
18	JOLY, Brice	45/49 Flitwick	30.34	42	CROUCH, Ryan	30/34 Deben S10	27.18
19	WILD, Mark	45/49 Team Waveney	30.34	43	BUCHAN, Simon	55/59 Co Norwich	27.17
20	WESTLAKE, John	55/59 Kettering	30.22	44	SQUIRES, Andrew	50/54 Team Anglia	26.98
21	TAYLOR, Iain	50/54 West Norfolk	29.95	45	FISHER, Michael	25/29 Stowmarket	26.89
22	HUNTER, Christopher	50/54 Team Anglia	29.83	46	BROWN, Greg	30/34 West Norfolk	26.81
23	ALLEN, Thomas	18/24 West Suffolk	29.37	47	COLES, Jamie	18/24 Harwich DP	26.80
24	ELLARD, Craig	40/44 West Suffolk	29.23	48	HAILES, Martin	50/54 Team Waveney	26.23
25	FRESHER, Martyn	60/64 Team Anglia	29.13	49	BURRELL, Rhys	18/24 West Norfolk	25.96
26	BRADFORD, Simon	55/59 Team Anglia	29.08	50	PAYNE, Charlie	18/24 Newmarket	25.90
27	DAVIS, Philip	25/29 Norwich Swan	29.00	51	ANDERSON, Matthew	18/24 Deben	25.86
28	IRISH, John	45/49 Newmarket	28.60	52	SAUNDERS, Kai	25/29 Co Norwich	25.81
29	JONES, Chris	55/59 Deepings	28.14	53	MILLER, Samuel	18/24 Rochford	25.72
30	FREEZER, Joseph	40/44 Stowmarket	27.99	54	ADDIS, Robert	18/24 West Norfolk	25.70
31	BARNACLE, James	40/44 Braintree	27.92	55	HOVEN, Tommy	25/29 Co Norwich	25.34
32	MASON, Howard	35/39 West Norfolk	27.86	56	HARRIS, Ethan	18/24 Co Norwich	25.06
33	PEAGRAM, Alistair	45/49 West Suffolk	27.85	57	KENDALL, Daniel	18/24 Co Ely	25.06
34	THROWER, Ben	45/49 Co Norwich	27.68	58	CHAPMAN, Lewis	18/24 Stowmarket	24.52
35	WAKEFIELD, William	35/39 West Norfolk	27.65	59	CLAPP, Oliver	35/39 Deben	24.38
36	INGLIS, James	18/24 Tring	27.64	60	WELLS, Nathan	25/29 West Norfolk	24.23

EVENT 208 Female 50m Freestyle

1	NEALE, Liz	70/74 South Beds	58.00	27	BINGHAM, Poppy	18/24 Stowmarket S15	31.69
2	DAY, Rachel	40/44 Deepings	50.63	28	TURNER, Hayley	50/54 West Norfolk	31.53
3	HANN, Kristina	40/44 Colchester P S8	50.28	29	PITCHER, Lucy	18/24 Co Norwich	31.53
4	ROSE, Cheryl	55/59 West Norfolk	44.85	30	WESLEY, Tess	18/24 Newmarket	31.50
5	ROCKELL, Karen	70/74 Beaver Mast	44.38	31	FORDHAM, Alyson	65/69 Bishop Stort	31.44
6	PEET, Ann	55/59 Impington	41.52	32	CURTIN, Olivia	30/34 Stowmarket	31.44
7	COUPLAND, Deborah	45/49 Co Norwich	40.50	33	NIEL, Eleanor	18/24 Newmarket	31.23
8	GRIGGS, Katy	45/49 Clacton SC	40.00	34	BARRETT, Sophie	18/24 Stowmarket	31.10
9	BESWICK, Agnieszka	40/44 Newmarket	39.64	35	PRESLAND, Lauren	18/24 Co St Albans	31.00
10	REYNOLDS, Patricia	75/79 Kettering	38.86	36	RUSH, Shirley Ann	40/44 Diss Otters	30.51
11	RATE, Lorraine	65/69 Clacton SC	38.00	37	STANLEY, Koren	25/29 Deepings	30.50
12	BUCHAN, Sarah	45/49 Co Norwich	36.69	38	ANDREW, Celly	18/24 Harlow Pen	30.40
13	WATSON, Gillian	45/49 Co Norwich	36.63	39	CLARKE, Kelly	50/54 Tring	30.30
14	HUGHES, Julie	35/39 West Suffolk	36.12	40	MARKWELL, Catherine	40/44 Team Anglia	30.21
15	CLARKE, Sarah-Louise	30/34 West Suffolk	35.58	41	JOHNSON, Eve	18/24 Rochford	30.20
16	JOHNSON, Rachael	18/24 West Norfolk	35.00	42	DAVIS, Helen	55/59 Team Anglia	30.18
17	BOXALL, Barbara	70/74 Hornchurch	34.65	43	GEBHARD, Gigi	18/24 teamipswich	30.08
18	BELLWOOD, Sophie	25/29 Newmarket	34.54	44	NICHOLLS, Abigail	18/24 Co Norwich	30.00
19	GEE, Lucy	25/29 Co Norwich	33.37	45	PALMER, Dawn	45/49 Hornchurch	29.50
20	NICHOLSON, Abigail	18/24 West Norfolk	33.18	46	MARKS, Romilly	18/24 Newmarket	29.43
21	LIEBENBERG, Melanie	45/49 Newmarket	32.96	47	LEE, Molly	18/24 West Norfolk	29.36
22	WHARTON, Harriet	40/44 Teddington	32.78	48	GRICE, Lauren	25/29 Co Ely	29.23
23	HOLLAND, Melanie	50/54 Team Anglia	32.77	49	OLLINGTON, Molly	25/29 Newmarket	28.63
24	COLLINS, Libby	18/24 West Norfolk	31.90	50	READING, Victoria	40/44 Northampton	28.03
25	ANDREWS, Laura	35/39 St Neot Swan	31.85	51	KING, Carla	40/44 South Beds	27.84
26	PILLOW, Isabella	18/24 Co Ely	31.72				

EVENT 209 Men's/Women's 400m Freestyle

1	WRIGHT, Andrew	65/69 Stowmarket	6:59.27	4	RAE, Peter	70/74 Rochford	6:22.54
2	REYNOLDS, Patricia	75/79 Kettering	6:27.27	5	ORCHARD, Chris	65/69 Deepings	6:20.87
3	BAILEY, Shawn	55/59 British Army	6:25.01	6	RATE, Lorraine	65/69 Clacton SC	6:15.00

7	TRELFORD, Phillip	50/54 Co Ely	6:09.38	15	CANNON, Gemma	30/34 Deben	5:10.72
8	RUSSELL, Pete	55/59 Team Anglia	6:00.00	16	ALLEN, Thomas	18/24 West Suffolk	5:04.92
9	KERSLAKE, Ben	45/49 Bishop Stort	5:35.00	17	BEVIS, Alex	50/54 Team Anglia	5:00.00
10	FORDHAM, Alyson	65/69 Bishop Stort	5:30.97	18	BRADFORD, Jordan	18/24 Team Anglia	4:59.17
11	STANLEY, Koren	25/29 Deepings	5:30.00	19	BEGG, Charlotte	30/34 Co Cambridge	4:48.56
12	PALMER, Bethany	25/29 Co Norwich	5:20.50	20	BUMSTEAD, Oliver	40/44 Stowmarket	4:43.62
13	STRAKOSCH, Mark	60/64 Berkhamsted	5:18.15	21	ALLEN, Thomas	25/29 Flitwick	4:42.73
14	MARKWELL, Catherine	40/44 Team Anglia	5:14.05				

SESSION 3 SUNDAY SEPTEMBER 7TH 2025
Warm Up 1155 to 1225 – Start 1230 – Est Finish Time: 1405
WITHDRAWALS REQUIRED BY 1155

EVENT 301 Men's/Women's 200m Individual Medley

1	WATSON, Gillian	45/49 Co Norwich	3:31.58	11	LUCAS, Rob	50/54 Diss Otters	2:55.00
2	STARR, Sue	45/49 Leic Peng	3:30.40	12	HIGGON-WILLIAMS, Paul	45/49 Harwich DP	2:55.00
3	TRELFORD, Phillip	50/54 Co Ely	3:17.56	13	CANNON, Gemma	30/34 Deben	2:53.43
4	RUSSELL, Pete	55/59 Team Anglia	3:15.00	14	BARRETT, Sophie	18/24 Stowmarket	2:47.62
5	STRAKOSCH, Mark	60/64 Berkhamsted	3:04.61	15	ASHWELL, Florence	18/24 Tring	2:45.42
6	LELEAN, Adam	60/64 Diss Otters	3:01.35	16	PALMER, Dawn	45/49 Hornchurch	2:45.36
7	JOHNSON, Rachael	18/24 West Norfolk	3:00.00	17	INGLIS, James	18/24 Tring	2:43.50
8	KERSLAKE, Ben	45/49 Bishop Stort	3:00.00	18	GRICE, Lauren	25/29 Co Ely	2:35.33
9	STEGGLES, Amy	35/39 Diss Otters	2:57.00	19	ALLEN, Thomas	25/29 Flitwick	2:29.67
10	PERRY, Sharon	50/54 West Suffolk	2:55.73	20	BURRELL, Rhys	18/24 West Norfolk	2:27.97

EVENT 302 Open 100m Freestyle

1	MANN, Michael	65/69 Felixstowe	1:41.41	29	THROWER, Ben	45/49 Co Norwich	1:02.11
2	GARRY, Robert	60/64 Mildenhall	1:28.91	30	GILBERT, Glen	45/49 Nene Valley	1:01.90
3	HARPER, Philip	80/84 Rochford	1:26.20	31	HAILES, Martin	50/54 Team Waveney	1:01.50
4	COEKIN, Dietrich	70/74 Deben	1:21.59	32	MONKS, James	18/24 Tring	1:01.48
5	RAE, Peter	70/74 Rochford	1:19.55	33	BUCHAN, Simon	55/59 Co Norwich	1:01.38
6	AUSTIN, David	60/64 Co Cambridge	1:18.00	34	BUMSTEAD, Oliver	40/44 Stowmarket	1:01.34
7	TAYLOR, Jason	55/59 Co Norwich	1:17.83	35	INGLIS, James	18/24 Tring	1:01.02
8	COE, Steve	60/64 West Suffolk	1:16.23	36	MASON, Howard	35/39 West Norfolk	1:00.61
9	MURRAY, Ian	65/69 Flitwick	1:15.00	37	HALE, Oliver	25/29 Stowmarket	1:00.49
10	BRITTAI, Toby	55/59 Team Anglia	1:14.65	38	BEVIS, Alex	50/54 Team Anglia	59.99
11	CARTLEDGE, David	65/69 Team Anglia	1:13.80	39	EVERITT, Sam	18/24 Newmarket	59.87
12	FRESHER, Martyn	60/64 Team Anglia	1:12.79	40	CROUCH, Ryan	30/34 Deben S10	59.73
13	WINTER, Peter	45/49 Newmarket S10	1:12.50	41	BRYSTOW, Peter	35/39 Team Anglia	59.66
14	BAKER, Geoff	65/69 Rochford	1:12.50	42	SQUIRES, Andrew	50/54 Team Anglia	59.47
15	CHANDLER, Barry	65/69 Newmarket	1:11.78	43	BURRELL, Rhys	18/24 West Norfolk	59.41
16	STRAKOSCH, Mark	60/64 Berkhamsted	1:11.53	44	ISLE, Harvey	18/24 West Norfolk	59.17
17	PETRAUSKAS, Paulius	25/29 Kenilworth M	1:09.10	45	BROWN, Greg	30/34 West Norfolk	59.00
18	RUSSELL, Pete	55/59 Team Anglia	1:09.00	46	HARRISON, David	35/39 Stowmarket	58.88
19	WESTLAKE, John	55/59 Kettering	1:08.30	47	SAUNDERS, Kai	25/29 Co Norwich	58.57
20	CARSE, Michael	45/49 Barnet Copt	1:08.00	48	MILLER, Samuel	18/24 Rochford	57.96
21	BOWER, Andy	55/59 Clacton SC	1:07.00	49	BUCK, Ashley	45/49 Team Anglia	57.73
22	PEAGRAM, Alistair	45/49 West Suffolk	1:04.73	50	ADDIS, Robert	18/24 West Norfolk	57.29
23	BARNACLE, James	40/44 Braintree	1:04.26	51	PAYNE, Charlie	18/24 Newmarket	57.00
24	IRISH, John	45/49 Newmarket	1:03.93	52	HOVEN, Tommy	25/29 Co Norwich	56.62
25	SMART, Arthur	18/24 West Suffolk	1:03.77	53	KENDALL, Daniel	18/24 Co Ely	55.25
26	ELLARD, Craig	40/44 West Suffolk	1:02.86	54	CLAPP, Oliver	35/39 Deben	54.08
27	WATTS, Sam	35/39 Co Norwich	1:02.77	55	THOMAS-MANSFIELD, Jake	25/29 West Suffolk	53.61
28	ALLEN, Thomas	25/29 Flitwick	1:02.19				

EVENT 303 Female 100m Freestyle

1	DAY, Rachel	40/44 Deepings	1:58.00	16	PILLOW, Isabella	18/24 Co Ely	1:10.42
2	HANN, Kristina	40/44 Colchester P S8	1:51.00	17	COLLINS, Libby	18/24 West Norfolk	1:10.00
3	RATE, Lorraine	65/69 Clacton SC	1:28.00	18	FORDHAM, Alyson	65/69 Bishop Stort	1:10.00
4	BUCHAN, Sarah	45/49 Co Norwich	1:24.29	19	KERSHAW, Hannah	35/39 Co Ely	1:09.51
5	GRIGGS, Katy	45/49 Clacton SC	1:24.00	20	PRESLAND, Lauren	18/24 Co St Albans	1:08.48
6	PAIN, Stephanie	50/54 East Anglian	1:20.00	21	STANLEY, Koren	25/29 Deepings	1:08.07
7	BOXALL, Barbara	70/74 Hornchurch	1:18.89	22	GEBHARD, Gigi	18/24 teamipswich	1:07.92
8	LIEBENBERG, Melanie	45/49 Newmarket	1:16.22	23	MARKWELL, Catherine	40/44 Team Anglia	1:07.62
9	HICKMAN, Nerine	35/39 Flitwick	1:13.35	24	ROE, Lyndsay	40/44 Kettering	1:06.68
10	WHARTON, Harriet	40/44 Teddington	1:12.53	25	JOHNSON, Eve	18/24 Rochford	1:06.00
11	NICHOLSON, Abigail	18/24 West Norfolk	1:12.50	26	SAMPHER, Bethany	25/29 Newmarket	1:04.63
12	PERRY, Sharon	50/54 West Suffolk	1:11.74	27	NICHOLLS, Abigail	18/24 Co Norwich	1:04.22
13	ANDREWS, Laura	35/39 St Neot Swan	1:11.60	28	OLLINGTON, Molly	25/29 Newmarket	1:03.00
14	CURTIN, Olivia	30/34 Stowmarket	1:11.06	29	MARKS, Romilly	18/24 Newmarket	1:02.62
15	WINTER, Sally	65/69 Bishop Stort	1:10.50	30	BEGG, Charlotte	30/34 Co Cambridge	1:01.82

EVENT 304 Open 50m Breaststroke

1	STRANDERS, Robert	65/69 DunmowAtlant	51.84	18	GIBSON, Ian	45/49 Stevenage	36.00
2	COEKIN, Dietrich	70/74 Deben	48.85	19	FRESHER, Martyn	60/64 Team Anglia	35.27
3	WRIGHT, Andrew	65/69 Stowmarket	48.78	20	CLAPP, Oliver	35/39 Deben	34.78
4	MANN, Michael	65/69 Felixstowe	48.22	21	INGLIS, James	18/24 Tring	34.33
5	ORCHARD, Chris	65/69 Deepings	47.17	22	THROWER, Ben	45/49 Co Norwich	34.30
6	THACKRAH, Graham	50/54 Linslade	45.46	23	WAKEFIELD, William	35/39 West Norfolk	33.63
7	AKERS, Daniel	40/44 Co Norwich	44.49	24	BARNACLE, James	40/44 Braintree	33.56
8	WINTER, Peter	45/49 Newmarket SB9	43.65	25	BUCK, Ashley	45/49 Team Anglia	33.35
9	ROE, David	40/44 Kettering	41.59	26	POTTS, Martin	30/34 Co Cambridge	32.61
10	GILBERT, Glen	45/49 Nene Valley	40.00	27	HARRIS, Ethan	18/24 Co Norwich	32.29
11	WILD, Mark	45/49 Team Waveney	40.00	28	BURRELL, Rhys	18/24 West Norfolk	32.18
12	HIGGON-WILLIAMS, Paul	45/49 Harwich DP	39.84	29	COLES, Jamie	18/24 Harwich DP	31.94
13	ALLEN, Thomas	25/29 Flitwick	39.12	30	CARTER, James	35/39 Newmarket	31.84
14	TAYLOR, Iain	50/54 West Norfolk	38.10	31	SARAH, Thomas	30/34 West Suffolk	30.74
15	JOLY, Brice	45/49 Flitwick	37.84	32	WELLS, Nathan	25/29 West Norfolk	30.59
16	SMART, Arthur	18/24 West Suffolk	37.67	33	CHAPMAN, Lewis	18/24 Stowmarket	30.04
17	EVERITT, Sam	18/24 Newmarket	36.51	34	AGIUS, Andrea	30/34 Newmarket	29.75

EVENT 305 Female 50m Breaststroke

1	MCIVOR, Jane	65/69 Rochford	1:00.36	19	JOHNSON, Rachael	18/24 West Norfolk	42.00
2	LELEAN, Sally	70/74 Diss Otters	59.96	20	CLARKE, Kelly	50/54 Tring	41.87
3	HANN, Kristina	40/44 Colchester P SB8	58.28	21	BINGHAM, Poppy	18/24 Stowmarket SB15	41.13
4	ROSE, Cheryl	55/59 West Norfolk	55.23	22	KERSHAW, Hannah	35/39 Co Ely	40.38
5	BUCHAN, Sarah	45/49 Co Norwich	52.49	23	PITCHER, Lucy	18/24 Co Norwich	40.26
6	PEET, Ann	55/59 Impington	51.86	24	COLLINS, Libby	18/24 West Norfolk	40.04
7	COUPLAND, Deborah	45/49 Co Norwich	50.87	25	WESLEY, Tess	18/24 Newmarket	38.10
8	DODDS, Tracy	55/59 West Norfolk	49.41	26	NICHOLLS, Abigail	18/24 Co Norwich	37.67
9	TURNER, Hayley	50/54 West Norfolk	45.95	27	GEBHARD, Gigi	18/24 teamipswich	37.25
10	BROWN, Heather	30/34 Kettering	45.93	28	NIEL, Eleanor	18/24 Newmarket	37.08
11	MIEMIETZ, Vanessa	45/49 Co Norwich	45.70	29	DAVIS, Helen	55/59 Team Anglia	36.57
12	BELLWOOD, Sophie	25/29 Newmarket	45.52	30	HARRIS, Maya	30/34 West Suffolk	36.32
13	LIEBENBERG, Melanie	45/49 Newmarket	44.59	31	READING, Victoria	40/44 Northampton	36.28
14	ANDREWS, Laura	35/39 St Neot Swan	44.39	32	KING, Carla	40/44 South Beds	35.87
15	HICKMAN, Nerine	35/39 Flitwick	44.16	33	HOLMES, Katie	40/44 Harwich DP	35.06
16	PICKERING, Alison	55/59 Diss Otters	43.91	34	WRIGHT, Elizabeth	18/24 West Suffolk	34.24
17	PYE, Jane	55/59 Co Norwich	43.58	35	LEE, Molly	18/24 West Norfolk	33.44
18	PILLOW, Isabella	18/24 Co Ely	43.14				

EVENT 306 Open 100m Butterfly

1	HUNTER, Christopher	50/54 Team Anglia	1:24.61	12	EVERITT, Sam	18/24 Newmarket	1:05.13
2	CARSE, Michael	45/49 Barnet Copt	1:21.08	13	CLAPP, Oliver	35/39 Deben	1:05.06
3	BANWELL, Mark	60/64 Co Ely	1:19.81	14	AGIUS, Andrea	30/34 Newmarket	1:05.00
4	BAKER, Geoff	65/69 Rochford	1:18.50	15	ISLE, Harvey	18/24 West Norfolk	1:04.69
5	HAWKINS, Michael	45/49 Northampton	1:13.24	16	ADDIS, Robert	18/24 West Norfolk	1:04.50
6	WATTS, Sam	35/39 Co Norwich	1:10.77	17	MILLER, Samuel	18/24 Rochford	1:04.00
7	BROWN, Greg	30/34 West Norfolk	1:07.74	18	SMART, Arthur	18/24 West Suffolk	1:02.75
8	DAVIS, Philip	25/29 Norwich Swan	1:07.44	19	KENDALL, Daniel	18/24 Co Ely	1:01.39
9	FREEZER, Joseph	40/44 Stowmarket	1:07.22	20	WELLS, Nathan	25/29 West Norfolk	58.25
10	BURRELL, Rhys	18/24 West Norfolk	1:06.60	21	THOMAS-MANSFIELD, Jake	25/29 West Suffolk	57.26
11	EMM, Simon	55/59 Colchester	1:06.40				

EVENT 307 Female 100m Butterfly

1	STARR, Sue	45/49 Leic Peng	2:15.00	7	PALMER, Bethany	25/29 Co Norwich	1:20.50
2	HUGHES, Julie	35/39 West Suffolk	1:48.00	8	PRESLAND, Lauren	18/24 Co St Albans	1:20.13
3	PERRY, Sharon	50/54 West Suffolk	1:25.00	9	GEE, Lucy	25/29 Co Norwich	1:19.73
4	NICHOLSON, Abigail	18/24 West Norfolk	1:23.37	10	COLLINS, Libby	18/24 West Norfolk	1:19.20
5	CANNON, Gemma	30/34 Deben	1:22.85	11	MARKS, Romilly	18/24 Newmarket	1:12.86
6	CRESSWELL, Josephine	55/59 East Anglian	1:20.74	12	GRICE, Lauren	25/29 Co Ely	1:07.91

EVENT 308 Men's/Women's 200m Backstroke

1	LELEAN, Sally	70/74 Diss Otters	4:10.02	12	STRAKOSCH, Mark	60/64 Berkhamsted	2:56.46
2	ORCHARD, Chris	65/69 Deepings	3:44.00	13	HOLLAND, Melanie	50/54 Team Anglia	2:52.47
3	WRIGHT, Andrew	65/69 Stowmarket	3:30.64	14	CROUCH, Ryan	30/34 Deben S10	2:51.07
4	TRELFORD, Phillip	50/54 Co Ely	3:26.50	15	ANDREW, Celly	18/24 Harlow Pen	2:50.00
5	HOLMES, Mark	40/44 Colchester P S14	3:24.12	16	CARTLEDGE, David	65/69 Team Anglia	2:49.90
6	CHACKSFIELD, Justin	50/54 Kettering	3:18.55	17	SMITH, Sarah	40/44 Co Ely	2:47.88
7	WESTLAKE, John	55/59 Kettering	3:12.00	18	MARKWELL, Catherine	40/44 Team Anglia	2:44.70
8	LELEAN, Adam	60/64 Diss Otters	3:10.70	19	IBBOTSON, Andrew	45/49 Linslade	2:43.87
9	STEGGLES, Amy	35/39 Diss Otters	3:10.40	20	ALLEN, Thomas	25/29 Flitwick	2:30.81
10	ADCOCK, James	55/59 Co Norwich	3:02.99	21	HALE, Oliver	25/29 Stowmarket	2:28.95
11	LUCAS, Rob	50/54 Diss Otters	3:01.31	22	ISLE, Harvey	18/24 West Norfolk	2:19.52

EVENT 309 Mixed 4x50m Medley Team

1	City of Norwich SC	200+ Co Norwich	2:40.00	8	City Of Ely	072+ Co Ely	2:00.00
2	West Suffolk Swimming Club	160+ West Suffolk	2:30.00	9	Tring Swimming Club	072+ Tring	2:00.00
3	City Of Ely	160+ Co Ely	2:30.00	10	Newmarket & Dist SC	072+ Newmarket	2:00.00
4	Newmarket & Dist SC	160+ Newmarket	2:30.00	11	West Norfolk Swimming Club	072+ West Norfolk	2:00.00
5	Team Anglia Masters	160+ Team Anglia	2:30.00	12	City of Norwich B	072+ Co Norwich	2:00.00
6	West Norfolk Swimming Club	160+ West Norfolk	2:30.00	13	City of Norwich SC A	072+ Co Norwich	2:00.00
7	Newmarket & Dist SC	120+ Newmarket	2:20.00				

SESSION 4 SUNDAY SEPTEMBER 7TH 2025

Warm Up 1405 to 1325 – Start 1440 – Est Finish Time: 1555

WITHDRAWALS & TEAM DECLARATIONS REQUIRED BY 1405

EVENT 401 Mixed 4x50m Freestyle Team

1	Clacton Swimming Club	200+ Clacton SC	2:40.00	8	Newmarket & Dist SC	120+ Newmarket	2:20.00
2	Team Anglia Masters	200+ Team Anglia	2:40.00	9	City Of Ely	072+ Co Ely	2:00.00
3	West Norfolk Swimming Club	200+ West Norfolk	2:40.00	10	Tring Swimming Club	072+ Tring	2:00.00
4	West Suffolk Swimming Club	160+ West Suffolk	2:30.00	11	Newmarket & Dist SC	072+ Newmarket	2:00.00
5	City Of Ely	160+ Co Ely	2:30.00	12	West Norfolk Swimming Club	072+ West Norfolk	2:00.00
6	Newmarket & Dist SC	160+ Newmarket	2:30.00	13	City of Norwich B	072+ Co Norwich	2:00.00
7	City of Norwich SC	160+ Co Norwich	2:30.00	14	City of Norwich SC A	072+ Co Norwich	2:00.00

EVENT 402 Open 50m Butterfly

1	MANN, Michael	65/69 Felixstowe	48.65	21	HAWKINS, Michael	45/49 Northampton	30.38
2	COEKIN, Dietrich	70/74 Deben	45.42	22	CROUCH, Ryan	30/34 Deben S10	30.27
3	BAILEY, Shawn	55/59 British Army	42.86	23	COLES, Jamie	18/24 Harwich DP	30.05
4	TAYLOR, Jason	55/59 Co Norwich	42.55	24	EMM, Simon	55/59 Colchester	29.94
5	COE, Steve	60/64 West Suffolk	39.41	25	FREEZER, Joseph	40/44 Stowmarket	29.73
6	TRELFORD, Phillip	50/54 Co Ely	39.22	26	EVERITT, Sam	18/24 Newmarket	29.72
7	BRITTAİN, Toby	55/59 Team Anglia	38.00	27	ISLE, Harvey	18/24 West Norfolk	29.59
8	RUSSELL, Pete	55/59 Team Anglia	37.70	28	BROWN, Greg	30/34 West Norfolk	29.57
9	HIGGON-WILLIAMS, Paul	45/49 Harwich DP	37.16	29	DAVIS, Philip	25/29 Norwich Swan	29.50
10	HALL, Jon	55/59 Huntingdon	36.16	30	BUCK, Ashley	45/49 Team Anglia	29.50
11	TAYLOR, Iain	50/54 West Norfolk	34.44	31	CARTER, James	35/39 Newmarket	29.17
12	JONES, Chris	55/59 Deepings	34.00	32	PAYNE, Charlie	18/24 Newmarket	29.00
13	FRESHER, Martyn	60/64 Team Anglia	33.95	33	AGIUS, Andrea	30/34 Newmarket	28.70
14	HUNTER, Christopher	50/54 Team Anglia	33.89	34	BURRELL, Rhys	18/24 West Norfolk	28.28
15	CHANDLER, Barry	65/69 Newmarket	33.68	35	MILLER, Samuel	18/24 Rochford	27.65
16	BANWELL, Mark	60/64 Co Ely	33.14	36	ADDIS, Robert	18/24 West Norfolk	27.42
17	PETRAUSKAS, Paulius	25/29 Kenilworth M	33.11	37	ANDERSON, Matthew	18/24 Deben	26.65
18	GIBSON, Ian	45/49 Stevenage	32.50	38	CLAPP, Oliver	35/39 Deben	26.41
19	BAKER, Geoff	65/69 Rochford	32.50	39	WELLS, Nathan	25/29 West Norfolk	26.04
20	ALLEN, Thomas	25/29 Flitwick	31.26	40	CHAPMAN, Lewis	18/24 Stowmarket	25.83

EVENT 403 Female 50m Butterfly

1	MCIVOR, Jane	65/69 Rochford	1:05.91	17	WALKER, Emma	50/54 Newmarket	34.52
2	PEET, Ann	55/59 Impington	59.47	18	NICHOLLS, Abigail	18/24 Co Norwich	34.18
3	HANN, Kristina	40/44 Colchester P S8	59.27	19	KERSHAW, Hannah	35/39 Co Ely	34.11
4	ROCKELL, Karen	70/74 Beaver Mast	51.02	20	CURTIN, Olivia	30/34 Stowmarket	34.01
5	RATE, Lorraine	65/69 Clacton SC	49.00	21	JOHNSON, Eve	18/24 Rochford	34.00
6	GRIGGS, Katy	45/49 Clacton SC	45.00	22	ASHWELL, Florence	18/24 Tring	33.78
7	BESWICK, Agnieszka	40/44 Newmarket	44.41	23	RUSH, Shirley Ann	40/44 Diss Otters	33.61
8	WATSON, Gillian	45/49 Co Norwich	43.75	24	BARRETT, Sophie	18/24 Stowmarket	33.27
9	DODDS, Tracy	55/59 West Norfolk	39.58	25	ANDREW, Celly	18/24 Harlow Pen	32.50
10	HUGHES, Julie	35/39 West Suffolk	39.22	26	DAVIS, Helen	55/59 Team Anglia	32.42
11	STEGGLES, Amy	35/39 Diss Otters	38.78	27	HOLMES, Katie	40/44 Harwich DP	31.79
12	NICHOLSON, Abigail	18/24 West Norfolk	36.57	28	OLLINGTON, Molly	25/29 Newmarket	31.45
13	CLARKE, Kelly	50/54 Tring	36.50	29	MARKS, Romilly	18/24 Newmarket	31.35
14	JOHNSON, Rachael	18/24 West Norfolk	36.00	30	WRIGHT, Elizabeth	18/24 West Suffolk	31.07
15	STANLEY, Koren	25/29 Deepings	35.36	31	GRICE, Lauren	25/29 Co Ely	30.31
16	PRESLAND, Lauren	18/24 Co St Albans	34.57				

EVENT 404 Open 100m Backstroke

1	HARPER, Philip	80/84 Rochford	2:05.00	10	ALLEN, Thomas	25/29 Flitwick	1:11.08
2	GARRY, Robert	60/64 Mildenhall	1:53.00	11	SQUIRES, Andrew	50/54 Team Anglia	1:10.25
3	HOLMES, Mark	40/44 Colchester P S14	1:29.16	12	BURRELL, Rhys	18/24 West Norfolk	1:08.62
4	WESTLAKE, John	55/59 Kettering	1:25.95	13	ELLARD, Craig	40/44 West Suffolk	1:08.44
5	WINTER, Peter	45/49 Newmarket S10	1:24.44	14	ISLE, Harvey	18/24 West Norfolk	1:05.31
6	ADCOCK, James	55/59 Co Norwich	1:23.99	15	MILLER, Samuel	18/24 Rochford	1:03.95
7	LUCAS, Rob	50/54 Diss Otters	1:15.00	16	ANDERSON, Matthew	18/24 Deben	1:01.46
8	BUCHAN, Simon	55/59 Co Norwich	1:12.04	17	WELLS, Nathan	25/29 West Norfolk	55.03
9	CROUCH, Ryan	30/34 Deben S10	1:11.76				

EVENT 405 Female 100m Backstroke

1	COTTER, Margaret	60/64 Flitwick	2:06.28	6	SMITH, Sarah	40/44 Co Ely	1:18.14
2	LELEAN, Sally	70/74 Diss Otters	2:00.17	7	SLADE, Morgan	18/24 Tring	1:14.81
3	PALMER, Bethany	25/29 Co Norwich	1:20.90	8	SAMPHER, Bethany	25/29 Newmarket	1:14.43
4	HOLLAND, Melanie	50/54 Team Anglia	1:18.62	9	GRICE, Lauren	25/29 Co Ely	1:13.36
5	NICHOLSON, Abigail	18/24 West Norfolk	1:18.45				

EVENT 406 Men's/Women's 200m Freestyle

1	RAE, Peter	70/74 Rochford	3:01.61	17	STANLEY, Koren	25/29 Deepings	2:29.24
2	PYE, Jane	55/59 Co Norwich	3:01.07	18	ROE, Lyndsay	40/44 Kettering	2:26.19
3	BROWN, Heather	30/34 Kettering	2:57.18	19	JOHNSON, Eve	18/24 Rochford	2:25.00
4	BOXALL, Barbara	70/74 Hornchurch	2:55.78	20	IRISH, John	45/49 Newmarket	2:23.71
5	BAKER, Geoff	65/69 Rochford	2:50.00	21	LEE, Daniel	25/29 Rochford	2:20.35
6	BELLWOOD, Sophie	25/29 Newmarket	2:50.00	22	ALLEN, Thomas	25/29 Flitwick	2:15.35
7	BAILEY, Shawn	55/59 British Army	2:49.01	23	BEGG, Charlotte	30/34 Co Cambridge	2:14.87
8	MURRAY, Ian	65/69 Flitwick	2:44.00	24	ADDIS, Robert	18/24 West Norfolk	2:14.32
9	HICKMAN, Nerine	35/39 Flitwick	2:41.53	25	EVERITT, Sam	18/24 Newmarket	2:12.65
10	TURNER, Hayley	50/54 West Norfolk	2:41.43	26	MONKS, James	18/24 Tring	2:11.99
11	LELEAN, Adam	60/64 Diss Otters	2:40.14	27	SAUNDERS, Kai	25/29 Co Norwich	2:11.73
12	RUSSELL, Pete	55/59 Team Anglia	2:40.00	28	HOVEN, Tommy	25/29 Co Norwich	2:11.42
13	KERSLAKE, Ben	45/49 Bishop Stort	2:40.00	29	BROWN, Greg	30/34 West Norfolk	2:10.00
14	HUNTER, Christopher	50/54 Team Anglia	2:39.39	30	HODGSON, Iain	35/39 Darlington M	2:09.62
15	FORDHAM, Alyson	65/69 Bishop Stort	2:34.74	31	KENDALL, Daniel	18/24 Co Ely	2:01.76
16	WINTER, Sally	65/69 Bishop Stort	2:33.50				

EVENT 407 Open 100m Breaststroke

1	HOLMES, Mark	40/44 Colchester PSB14	1:51.92	13	FRESHER, Martyn	60/64 Team Anglia	1:19.56
2	STRANDERS, Robert	65/69 DunmowAtlant	1:50.01	14	THROWER, Ben	45/49 Co Norwich	1:17.13
3	THACKRAH, Graham	50/54 Linslade	1:48.41	15	BARNACLE, James	40/44 Braintree	1:16.82
4	MANN, Michael	65/69 Felixstowe	1:48.23	16	WAKEFIELD, William	35/39 West Norfolk	1:16.04
5	HALL, Jon	55/59 Huntingdon	1:34.50	17	BUCK, Ashley	45/49 Team Anglia	1:15.00
6	WINTER, Peter	45/49 Newmarket SB9	1:34.11	18	COLES, Jamie	18/24 Harwich DP	1:14.95
7	ROE, David	40/44 Kettering	1:33.82	19	CARTER, James	35/39 Newmarket	1:13.00
8	HIGGON-WILLIAMS, Paul	45/49 Harwich DP	1:29.92	20	BURRELL, Rhys	18/24 West Norfolk	1:12.20
9	JOLY, Brice	45/49 Flitwick	1:25.74	21	POTTS, Martin	30/34 Co Cambridge	1:12.13
10	TAYLOR, Iain	50/54 West Norfolk	1:24.35	22	HARRIS, Ethan	18/24 Co Norwich	1:10.77
11	LUCAS, Rob	50/54 Diss Otters	1:24.07	23	AGIUS, Andrea	30/34 Newmarket	1:06.12
12	GIBSON, Ian	45/49 Stevenage	1:22.50				

EVENT 408 Female 100m Breaststroke

1	HANN, Kristina	40/44 Colchester P SB8	1:59.23	12	PALMER, Dawn	45/49 Hornchurch	1:27.39
2	COUPLAND, Deborah	45/49 Co Norwich	1:51.19	13	MCKAY, Caitlin	18/24 West Suffolk	1:26.59
3	WATSON, Gillian	45/49 Co Norwich	1:40.01	14	GEBHARD, Gigi	18/24 teamipswich	1:25.09
4	PICKERING, Alison	55/59 Diss Otters	1:39.57	15	NICHOLLS, Abigail	18/24 Co Norwich	1:24.69
5	TURNER, Hayley	50/54 West Norfolk	1:39.28	16	NIEL, Eleanor	18/24 Newmarket	1:23.68
6	HICKMAN, Nerine	35/39 Flitwick	1:36.10	17	DAVIS, Helen	55/59 Team Anglia	1:20.51
7	PAIN, Stephanie	50/54 East Anglian	1:35.46	18	HARRIS, Maya	30/34 West Suffolk	1:20.09
8	PERRY, Sharon	50/54 West Suffolk	1:35.00	19	HOLMES, Katie	40/44 Harwich DP	1:19.09
9	KERSHAW, Hannah	35/39 Co Ely	1:30.57	20	LEE, Molly	18/24 West Norfolk	1:14.07
10	PITCHER, Lucy	18/24 Co Norwich	1:28.77	21	WRIGHT, Elizabeth	18/24 West Suffolk	1:12.94
11	COLLINS, Libby	18/24 West Norfolk	1:28.17				

EVENT 409 Men's/Women's 400m Individual Medley

1	STARR, Sue	45/49 Leic Peng	8:15.00	6	PRESLAND, Lauren	18/24 Co St Albans	6:14.59
2	LUTHER, Eileen	65/69 Rochford	7:50.00	7	HOLMES, Katie	40/44 Harwich DP	5:47.79
3	TRELFORD, Phillip	50/54 Co Ely	7:13.63	8	GRICE, Lauren	25/29 Co Ely	5:29.50
4	PERRY, Sharon	50/54 West Suffolk	6:30.00	9	ALLEN, Thomas	25/29 Flitwick	5:15.82
5	KERSLAKE, Ben	45/49 Bishop Stort	6:25.00	10	AGIUS, Andrea	30/34 Newmarket	5:00.00

