

EVENT 101 Open/Female 800m Freestyle

1	Chieko Shinomiya	49	Leiston	18:00.00	14	Dale Barker	64	Felixstowe	11:00.00
2	Christine Ayers	73	South Beds	13:46.00	15	Eleanor Burke	35	Hadleigh	11:00.00
3	Claire Palfrey	57	Derby Excel	13:18.60	16	Emma Wheeler	30	teamipswich	11:00.00
4	Sue Starr	48	East Leeds	13:01.95	17	Justin Palfrey	55	Derby Excel	10:45.00
5	Gemma Hamilton	44	Hadleigh	12:45.65	18	Kira Neal	42	Basildon Ph	10:35.25
6	Sarah Buchan	50	Co Norwich	12:29.94	19	Suzanne Noble	64	East Anglian	10:33.96
7	Suzanne Welham	62	St Albans Ma	12:13.17	20	Ian Wallace	56	Brentwood	10:28.14
8	Adam Lelean	64	Diss Otters	11:30.05	21	Greg Jardine	48	Huntingdon	10:26.92
9	Pete Russell	58	Team Anglia	11:30.00	22	Thomas Allen	20	West Suffolk	10:24.83
10	Michael Brett	63	NottmLeander	11:15.00	23	Emily Tatam	23	Co Norwich	10:21.91
11	Harriet Wharton	42	Teddington	11:14.55	24	Peter Gleed	48	South Beds	10:12.87
12	Gavin White	48	Co Cambridge	11:06.18	25	Thomas Allen	30	Flitwick	9:42.22
13	Catherine White	47	Co Cambridge	11:00.25					

EVENT 201 Open/Female 200m Breaststroke

1	Sally Lelean	75	Diss Otters	4:44.02	12	Michael Brett	63	NottmLeander	3:10.00
2	Lauren Cooper	25	East Anglian	4:20.00	13	Richard Goodchild	49	teamipswich	3:01.64
3	Claire Palfrey	57	Derby Excel	4:12.00	14	Thomas Allen	30	Flitwick	3:01.19
4	Claire Bailey	57	Rochford	4:00.00	15	Janet Chan	31	Otter	3:00.00
5	Juliette Heath	48	Leigh Linsl	3:36.18	16	Kathryn Berry	43	Biggleswade	2:59.00
6	Katie Bretman	46	DunmowAtlant	3:32.70	17	Lucy Ryan	53	Team Anglia	2:56.24
7	Ian Wallace	56	Brentwood	3:30.00	18	Maya Harris	31	West Suffolk	2:53.38
8	Heidi Nevin	58	Rochford	3:30.00	19	Andrew Macdonald	32	Stevenage	2:50.00
9	Olivia Smith-Lal	28	DunmowAtlant	3:16.03	20	Ethan Harris	22	Co Norwich	2:38.88
10	Nigel Scrivener	51	Leiston	3:15.23	21	James Carter	39	Newmarket	2:36.24
11	Lucy Pitcher	20	Co Norwich	3:11.78					

EVENT 202 Open 50m Backstroke

1	Dietrich Coekin	75	Deben	48.25	12	Andrew Ibbotson	46	Leigh Linsl	34.08
2	Douglas Wilson	79	Co Cambridge	45.11	13	Thomas Allen	20	West Suffolk	33.89
3	Steve Coe	63	West Suffolk	42.08	14	Alistair Peagram	48	West Suffolk	33.42
4	Andrew Sole	53	Co Ely	39.00	15	Thomas Allen	30	Flitwick	33.39
5	Clive Mitson	57	Stowmarket	38.80	16	James Shanley	30	South Beds	32.76
6	James Barnacle	45	Braintree	37.70	17	Phillip Harrison	33	Felixstowe	32.45
7	Benjamin Harris	48	Leigh Linsl	36.63	18	Simon Buchan	58	Co Norwich	32.31
8	Brice Joly	48	Flitwick	36.00	19	Andrew Squires	54	Team Anglia	31.25
9	Max Paterson	45	Co Norwich	35.56	20	Harry Lawrence	21	Verulam	30.22
10	Stuart Read	46	South Beds	35.00	21	Thomas Davis	31	St Ives	30.00
11	Stephen Allen	66	Co Sheffield	34.49	22	Ashley Buck	46	Newmarket	29.23

EVENT 203 Female 50m Backstroke

1	Sally Lelean	75	Diss Otters	58.83	19	Gemma Cannon	34	Deben	38.45
2	Anastassia Zmarjova	42	Gwich Royals	55.24	20	Amy Steggles	37	Diss Otters	38.41
3	Emma Grant	53	Royston Phnx	54.50	21	P Mousley-Hastings	23	West Suffolk	37.93
4	Anna Dussek	63	Royston Phnx	53.10	22	Lauren Presland	19	St Albans Ma	37.69
5	Cheryl Rose	60	West Norfolk	52.08	23	Katrina Farrall	56	Basildon Ph	36.37
6	Jane McIvor	70	Rochford	50.54	24	Abigail Nicholson	20	West Norfolk	35.58
7	Patricia O'Toole	66	Harwich DP	50.46	25	Helen Lali	48	West Norfolk	35.52
8	Kate McAuliffe	51	Royston Phnx	48.04	26	Catherine Markwell	45	Co Norwich	35.36
9	Ann Hart	62	Rochford	47.23	27	Fay Westwood	34	Co Cambridge	35.35
10	Samantha Cullen	58	Bishop Stort	45.73	28	Olivia Smith-Lal	28	DunmowAtlant	35.35
11	Linden Jack	60	Biggleswade	42.58	29	Lauren Avis	27	South Beds	35.35
12	Sue Starr	48	East Leeds	42.46	30	Elizabeth Woolner	59	Flitwick	35.10
13	Lauren Cooper	25	East Anglian	40.95	31	Francesca King	30	Colchester	35.04
14	Hazel Meredith	53	Hertford	40.27	32	Celly Andrew	25	DunmowAtlant	34.33
15	Janet Chan	31	Otter	40.00	33	Tess Wesley	22	Newmarket	34.00
16	Olivia Curtin	33	Stowmarket	39.26	34	Grace McGill	27	East Anglian	32.93
17	Eileen Luther	68	Rochford	39.07	35	Jessica Shaw	21	March	30.86
18	Emily Rose	27	Diss Otters	38.96					

EVENT 204 Open/Female 200m Butterfly

1	Lucy Gee	26	Co Norwich	3:05.45	4	Ian Wallace	56	Brentwood	2:47.53
2	Joanne Mullins	43	RTW Masters	3:00.00	5	Jack Moss	31	Exe Masters	2:30.00
3	Lauren Falla	40	Gwich Royals	2:55.00					

EVENT 205 Open 100m Individual Medley

1	Jason Taylor	60	Co Norwich	1:44.37	10	Rob Lucas	55	Diss Otters	1:20.00
2	Dietrich Coekin	75	Deben	1:40.77	11	Matt Phoenix-McGlynn	18	Co Norwich	1:19.46
3	Richard Moody	62	Royston Phnx	1:40.00	12	David Chapman	53	Braintree	1:18.00
4	Clive Mitson	57	Stowmarket	1:25.50	13	Ryan Luke	44	Leigh Linsl	1:12.59
5	Nigel Scrivener	51	Leiston	1:24.90	14	James Shanley	30	South Beds	1:12.24
6	Dale Barker	64	Felixstowe	1:23.38	15	Brandon Tennant	32	Team Waveney	1:08.71
7	Justin Chacksfield	54	Kettering	1:23.03	16	Harry Lawrence	21	Verulam	1:06.75
8	Martyn Fresher	64	Team Anglia	1:21.23	17	Rhys Burrell	19	West Norfolk	1:03.95
9	Jack Wolbrom	22	Co St Albans	1:20.01					

EVENT 206 Female 100m Individual Medley

1	Anna Dussek	63	Royston Phnx	1:51.65	16	Olivia Curtin	33	Stowmarket	1:21.33
2	Anastassia Zmarjova	42	Gwich Royals	1:51.64	17	P Mousley-Hastings	23	West Suffolk	1:21.12
3	Jane McIvor	70	Rochford	1:49.35	18	Lauren Presland	19	St Albans Ma	1:20.59
4	Kate McAuliffe	51	Royston Phnx	1:44.79	19	Emily Rose	27	Diss Otters	1:20.13
5	Elsbeth Gutteridge	64	Royston Phnx	1:44.23	20	Lauren Avis	27	South Beds	1:19.38
6	Samantha Cullen	58	Bishop Stort	1:42.27	21	Lucy Ryan	53	Team Anglia	1:17.98
7	Corrina Such	47	Royston Phnx	1:42.14	22	Janet Chan	31	Otter	1:15.00
8	Gemma Hamilton	44	Hadleigh	1:40.27	23	Grace McGill	27	East Anglian	1:14.39
9	Eileen Luther	68	Rochford	1:37.29	24	Tess Wesley	22	Newmarket	1:13.79
10	Amelia Biggs	19	Leiston	1:35.46	25	Abigayle Nicholls	20	Co Norwich	1:13.05
11	Julie Hughes	40	West Suffolk	1:35.00	26	Jessica Hancock	25	Co Cambridge	1:12.33
12	Paula Butcher	43	Co Norwich	1:34.86	27	Amy Pemberton	25	Berkhamsted	1:11.65
13	Louise Morca	36	East Anglian	1:30.00	28	Madelyn Latimer-Hicks	22	Leiston	1:11.08
14	Georgina Free	26	West Suffolk	1:28.26	29	Alexandra Heard	26	Co Norwich	1:08.46
15	Laura Andrews	38	Flitwick	1:23.07	30	Jessica Shaw	21	March	1:08.36

EVENT 207 Men's 50m Freestyle

1	Paul Hewett	41	Royston Phnx	44.50	24	Gary Wraight	49	Basildon Ph	29.00
2	Michael Mann	69	Felixstowe	40.61	25	Peter Hayes	52	Leigh Linsl	29.00
3	Dietrich Coekin	75	Deben	36.90	26	Benjamin Harris	48	Leigh Linsl	28.75
4	Graham King	63	Hadleigh	35.40	27	Andy Bower	56	Clacton SC	28.57
5	Douglas Wilson	79	Co Cambridge	35.01	28	Max Paterson	45	Co Norwich	28.51
6	Daniel Hatcher	51	Royston Phnx	35.00	29	James Barnacle	45	Braintree	27.88
7	Tom Weaver Smith	32	Royston Phnx	35.00	30	Sady Pacheco	36	South Beds	27.73
8	Jason Taylor	60	Co Norwich	34.41	31	Simon Buchan	58	Co Norwich	27.34
9	Mark Strakosch	65	Berkhamsted	32.59	32	Brandon Tennant	32	Team Waveney	27.26
10	Steve Coe	63	West Suffolk	32.14	33	Peter Bystow	36	Huntingdon	27.20
11	Toby Brittain	56	Team Anglia	31.82	34	Harry Lawrence	21	Verulam	27.11
12	Luke Mowatt	47	Co Ely	31.02	35	Thomas Davis	31	St Ives	27.00
13	Gavin White	48	Co Cambridge	30.61	36	Alistair Peagram	48	West Suffolk	26.88
14	Andrew Ibbotson	46	Leigh Linsl	30.26	37	Andrew Squires	54	Team Anglia	26.87
15	Stuart Read	46	South Beds	30.00	38	Jack Moss	31	Exe Masters	26.50
16	John Westlake	59	Kettering	29.97	39	Finley Pawle	24	Leiston	26.20
17	Paul Cheval	55	South Beds	29.92	40	Rhys Burrell	19	West Norfolk	26.11
18	David Chapman	53	Braintree	29.60	41	Greg Brown	34	West Norfolk	26.03
19	Matt Phoenix-McGlynn	18	Co Norwich	29.52	42	David Ebanks	44	Basildon Ph	25.95
20	Brice Joly	48	Flitwick	29.43	43	Tommy Hoven	27	Co Norwich	25.35
21	Thomas Allen	20	West Suffolk	29.37	44	Sean Watson	31	East Anglian	25.32
22	Thomas Allen	30	Flitwick	29.30	45	Jack Hollis	32	teamipswich	25.10
23	Mathew Smith	36	Royston Phnx	29.12	46	Ethan Harris	22	Co Norwich	24.81

EVENT 208 Women's 50m Freestyle

1	Vicki Buck	76	Newmarket	56.75	12	Amelia Biggs	19	Leiston	39.64
2	Joanne Wiltshire	65	Woodham F SC	45.93	13	Marina Baccarini	48	Enfield Sq	38.49
3	Kate McAuliffe	51	Royston Phnx	45.00	14	Samantha Cullen	58	Bishop Stort	38.20
4	Claire Bailey	57	Rochford	44.17	15	Ann Hart	62	Rochford	36.95
5	Patricia O'Toole	66	Harwich DP	43.06	16	Hazel Meredith	53	Hertford	36.49
6	Emma Grant	53	Royston Phnx	42.80	17	Lauren Cooper	25	East Anglian	36.40
7	Sarah Adcock	59	Co Norwich	42.59	18	Nicola Kaiser	52	Co Norwich	35.88
8	Anna Dussek	63	Royston Phnx	42.56	19	Eileen Luther	68	Rochford	35.20
9	Cheryl Rose	60	West Norfolk	42.08	20	Linden Jack	60	Biggleswade	34.72
10	Jane McIvor	70	Rochford	41.70	21	Georgina Free	26	West Suffolk	34.09
11	Elsbeth Gutteridge	64	Royston Phnx	41.30	22	Aine Doggett-Brookes	44	South Beds	33.96

23	Katie Bretman	46	DunmowAtlant	33.96	42	Lauren Burton	28	East Anglian	30.00
24	Charlotte Hatch	21	Woodham F SC	33.71	43	Amy Pemberton	25	Berkhamsted	30.00
25	Amy Steggles	37	Diss Otters	33.63	44	Grace McGill	27	East Anglian	29.93
26	P Mousley-Hastings	23	West Suffolk	33.45	45	Celly Andrew	25	DunmowAtlant	29.88
27	Sue Starr	48	East Leeds	33.39	46	Helen Lali	48	West Norfolk	29.79
28	Francesca King	30	Colchester	33.35	47	Fay Westwood	34	Co Cambridge	29.78
29	Katrina Farrall	56	Basildon Ph	33.23	48	Madelyn Latimer-Hicks	22	Leiston	29.72
30	Lucy Ryan	53	Team Anglia	32.24	49	Ellie Knevet	19	Colchester	29.70
31	Abigail Nicholson	20	West Norfolk	32.15	50	Jessica Hancock	25	Co Cambridge	29.52
32	Eleanor Niel	25	Newmarket	31.64	51	Janet Chan	31	Otter	29.50
33	Lucy Pitcher	20	Co Norwich	31.54	52	Abigayle Nicholls	20	Co Norwich	29.46
34	Lauren Avis	27	South Beds	31.31	53	Maya Harris	31	West Suffolk	29.36
35	Laura Andrews	38	Flitwick	31.25	54	Charlotte Begg	32	Co Cambridge	29.30
36	Tess Wesley	22	Newmarket	30.93	55	Olivia Smith-Lal	28	DunmowAtlant	29.10
37	Emma Smith	29	South Beds	30.83	56	Alexandra Heard	26	Co Norwich	28.65
38	Emily Rose	27	Diss Otters	30.62	57	Hannah Cheval	26	South Beds	27.86
39	Jade Horsfall-Mather	25	West Norfolk	30.50	58	Carla King	43	South Beds	27.84
40	Catherine White	47	Co Cambridge	30.28	59	Jessica Shaw	21	March	26.87
41	Catherine Markwell	45	Co Norwich	30.04					

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

1	Chieko Shinomiya	49	Leiston	9:00.00	17	Heidi Nevin	58	Rochford	5:25.00
2	Joanne Wiltshire	65	Woodham F SC	8:00.90	18	Adam Lelean	64	Diss Otters	5:23.90
3	Patricia O'Toole	66	Harwich DP	7:10.03	19	Lauren Presland	19	St Albans Ma	5:19.46
4	Christine Ayers	73	South Beds	6:46.33	20	Mark Strakosch	65	Berkhamsted	5:18.19
5	Linda Hodge	70	Biggleswade	6:44.03	21	Elizabeth Woolner	59	Flitwick	5:17.00
6	Alice Theobald	31	Newmarket	6:36.25	22	Justin Palfrey	55	Derby Excel	5:12.00
7	Patricia Reynolds	76	Beaver Mast	6:30.44	23	Dale Barker	64	Felixstowe	5:10.90
8	Claire Palfrey	57	Derby Excel	6:30.00	24	Gemma Cannon	34	Deben	5:10.61
9	Sarah Buchan	50	Co Norwich	6:05.32	25	Michael Brett	63	NottmLeander	5:10.00
10	Rob Lucas	55	Diss Otters	6:00.00	26	Thomas Allen	20	West Suffolk	5:03.44
11	Suzanne Welham	62	St Albans Ma	5:57.24	27	Kira Neal	42	Basildon Ph	5:03.14
12	Gemma Hamilton	44	Hadleigh	5:51.67	28	Ian Wallace	56	Brentwood	5:01.31
13	Charlotte Hatch	21	Woodham F SC	5:45.89	29	Greg Jardine	48	Huntingdon	4:58.41
14	Sharon Perry	54	West Suffolk	5:35.00	30	Peter Gleed	48	South Beds	4:52.85
15	Jeanne Petit	56	Leic Peng	5:34.21	31	Liam Sullivan	45	Co Cambridge	4:50.00
16	Gretta Stark	25	West Norfolk	5:30.00	32	Thomas Allen	30	Flitwick	4:49.75

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

1	Anastassia Zmarjova	42	Gwich Royals	4:13.66	11	Janet Chan	31	Otter	2:55.00
2	Mary Pressler	54	Royston Phnx	4:04.17	12	Catherine White	47	Co Cambridge	2:54.55
3	Kate McAuliffe	51	Royston Phnx	3:45.44	13	Gemma Cannon	34	Deben	2:53.00
4	Sue Starr	48	East Leeds	3:26.07	14	Lucy Ryan	53	Team Anglia	2:46.72
5	Ian Wallace	56	Brentwood	3:10.00	15	Gavin White	48	Co Cambridge	2:41.17
6	Louise Morca	36	East Anglian	3:10.00	16	James Shanley	30	South Beds	2:40.00
7	Jack Wolbrom	22	Co St Albans	3:07.03	17	Gretta Stark	25	West Norfolk	2:40.00
8	Lucy Gee	26	Co Norwich	3:05.41	18	Emily Tatam	23	Co Norwich	2:38.45
9	Laura Andrews	38	Flitwick	3:00.00	19	Alexandra Heard	26	Co Norwich	2:38.43
10	Emily Rose	27	Diss Otters	2:55.00	20	Thomas Allen	30	Flitwick	2:30.61

EVENT 302 Men's 100m Freestyle

1	Michael Mann	69	Felixstowe	1:33.00	13	Steve Coe	63	West Suffolk	1:13.06
2	Richard Moody	62	Royston Phnx	1:30.00	14	Toby Brittain	56	Team Anglia	1:11.34
3	David Carter	41	Royston Phnx	1:30.00	15	Luke Mowatt	47	Co Ely	1:10.22
4	Paul Hewett	41	Royston Phnx	1:28.50	16	Matt Phoenix-McGlynn	18	Co Norwich	1:09.50
5	Douglas Wilson	79	Co Cambridge	1:27.05	17	Paul Cheval	55	South Beds	1:07.77
6	Dietrich Coekin	75	Deben	1:23.70	18	John Westlake	59	Kettering	1:07.49
7	Tom Weaver Smith	32	Royston Phnx	1:20.00	19	Jose Tejero Alonso	51	Bishop Stort	1:07.09
8	Alastair Gibb	66	Team Luton	1:19.00	20	David Chapman	53	Braintree	1:06.79
9	Jason Taylor	60	Co Norwich	1:17.83	21	Gary Wraight	49	Basildon Ph	1:06.07
10	David Austin	64	Co Cambridge	1:15.49	22	Gavin White	48	Co Cambridge	1:05.75
11	Daniel Hatcher	51	Royston Phnx	1:15.00	23	Thomas Allen	20	West Suffolk	1:05.49
12	Clive Mitson	57	Stowmarket	1:13.50	24	Stuart Read	46	South Beds	1:05.00

Masters Championships

25	Jason Mellors	47	St Albans Ma	1:04.08	33	Rhys Burrell	19	West Norfolk	1:00.43
26	Benjamin Harris	48	Leigh Linsl	1:04.07	34	Peter Brystow	36	Huntingdon	59.66
27	Sady Pacheco	36	South Beds	1:03.44	35	Andrew Squires	54	Team Anglia	59.60
28	John Irish	46	Newmarket	1:02.54	36	James Carter	39	Newmarket	59.22
29	Ryan Luke	44	Leigh Linsl	1:02.26	37	Greg Brown	34	West Norfolk	58.59
30	Liam Sullivan	45	Co Cambridge	1:02.03	38	Jack Hollis	32	teamipswich	58.20
31	Peter Hayes	52	Leigh Linsl	1:02.00	39	Tommy Hoven	27	Co Norwich	56.26
32	Simon Buchan	58	Co Norwich	1:01.53	40	Sean Watson	31	East Anglian	54.10

EVENT 303 Women's 100m Freestyle

1	Vicki Buck	76	Newmarket	2:08.24	26	Abigail Nicholson	20	West Norfolk	1:12.65
2	Chieko Shinomiya	49	Leiston	2:00.00	27	Celly Andrew	25	DunmowAtlant	1:12.05
3	Mary Pressler	54	Royston Phnx	1:43.00	28	Sally Winter	66	Bishop Stort	1:11.00
4	Joanne Wiltshire	65	Woodham F SC	1:38.75	29	Emma Smith	29	South Beds	1:10.50
5	Patricia O'Toole	66	Harwich DP	1:35.47	30	Jade Horsfall-Mather	25	West Norfolk	1:10.00
6	Claire Bailey	57	Rochford	1:34.87	31	Laura Andrews	38	Flitwick	1:09.91
7	Anna Dussek	63	Royston Phnx	1:34.77	32	Sharon Perry	54	West Suffolk	1:09.49
8	Patricia Reynolds	76	Beaver Mast	1:28.63	33	Ellie Knevet	19	Colchester	1:07.60
9	Corrina Such	47	Royston Phnx	1:25.95	34	Catherine Markwell	45	Co Norwich	1:07.58
10	Elspeth Gutteridge	64	Royston Phnx	1:25.63	35	Emily Rose	27	Diss Otters	1:07.17
11	Ann Hart	62	Rochford	1:24.18	36	Catherine White	47	Co Cambridge	1:07.06
12	Alice Theobald	31	Newmarket	1:23.53	37	Elizabeth Woolner	59	Flitwick	1:06.90
13	Sarah Moore	41	Biggleswade	1:22.27	38	Emily Tatam	23	Co Norwich	1:06.23
14	Nicola Kaiser	52	Co Norwich	1:21.44	39	Kira Neal	42	Basildon Ph	1:06.14
15	Aikaterini Pantazi	34	teamipswich	1:20.03	40	Helen Lali	48	West Norfolk	1:06.01
16	Lauren Cooper	25	East Anglian	1:20.00	41	Lauren Burton	28	East Anglian	1:05.00
17	Suzanne Welham	62	St Albans Ma	1:19.55	42	Abigayle Nicholls	20	Co Norwich	1:04.06
18	Samantha Hammond	46	South Beds	1:18.00	43	Hannah Cheval	26	South Beds	1:03.20
19	Katie Bretman	46	DunmowAtlant	1:17.68	44	Fay Westwood	34	Co Cambridge	1:03.11
20	Juliette Heath	48	Leigh Linsl	1:17.45	45	Amy Pemberton	25	Berkhamsted	1:03.08
21	Linden Jack	60	Biggleswade	1:16.90	46	Olivia Smith-Lal	28	DunmowAtlant	1:02.68
22	Julie Hughes	40	West Suffolk	1:15.63	47	Carla King	43	South Beds	1:02.64
23	Sarah Pointer	39	teamipswich	1:15.02	48	Charlotte Begg	32	Co Cambridge	1:01.93
24	Charlotte Hatch	21	Woodham F SC	1:14.85	49	Madelyn Latimer-Hicks	22	Leiston	1:00.41
25	Aine Doggett-Brookes	44	South Beds	1:14.59	50	Jessica Shaw	21	March	59.83

EVENT 304 Men's 50m Breaststroke

1	Dietrich Coekin	75	Deben	48.38	16	Graham King	63	Hadleigh	37.11
2	Daniel Hatcher	51	Royston Phnx	45.00	17	Brice Joly	48	Flitwick	36.93
3	Graham Thackrah	52	Leigh Linsl	43.92	18	Gary Wraight	49	Basildon Ph	36.83
4	Clive Mitson	57	Stowmarket	42.50	19	Martyn Fresher	64	Team Anglia	36.11
5	Robert Clifford	39	Co Cambridge	42.46	20	Marcel Scholten	60	Bedford SS	35.80
6	Toby Brittain	56	Team Anglia	40.77	21	Harry Lawrence	21	Verulam	34.13
7	Justin Chacksfield	54	Kettering	40.61	22	James Barnacle	45	Braintree	33.86
8	Rob Lucas	55	Diss Otters	40.00	23	Andrew Macdonald	32	Stevenage	33.85
9	Nigel Scrivener	51	Leiston	40.00	24	Martin Potts	32	Co Cambridge	32.61
10	Gary Holmes	56	South Beds	39.92	25	Rhys Burrell	19	West Norfolk	32.19
11	Thomas Allen	30	Flitwick	39.09	26	Finley Pawle	24	Leiston	32.09
12	Richard Goodchild	49	teamipswich	38.16	27	Ethan Harris	22	Co Norwich	31.24
13	Alistair Peagram	48	West Suffolk	38.14	28	David Ebanks	44	Basildon Ph	29.61
14	Jonathon Bell	54	Co Cambridge	38.06					
15	Mathew Smith	36	Royston Phnx	37.52					

EVENT 305 Women's 50m Breaststroke

1	Sally Lelean	75	Diss Otters	1:00.61	13	Sarah Adcock	59	Co Norwich	47.81
2	Emma Grant	53	Royston Phnx	59.40	14	Emily Rose	27	Diss Otters	44.48
3	Anastassia Zmarjova	42	Gwich Royals	57.93	15	Sarah Moore	41	Biggleswade	43.64
4	Claire Bailey	57	Rochford	54.91	16	Lauren Avis	27	South Beds	43.04
5	Patricia O'Toole	66	Harwich DP	54.44	17	Francesca King	30	Colchester	43.00
6	Jane McIvor	70	Rochford	54.18	18	Katie Bretman	46	DunmowAtlant	42.63
7	Cheryl Rose	60	West Norfolk	52.78	19	Laura Andrews	38	Flitwick	41.70
8	Sarah Buchan	50	Co Norwich	52.41	20	Katrina Farrall	56	Basildon Ph	41.33
9	Kate McAuliffe	51	Royston Phnx	52.00	21	Emma Walker	52	Newmarket	41.00
10	Lauren Cooper	25	East Anglian	49.59	22	Lucy Pitcher	20	Co Norwich	40.36
11	Samantha Cullen	58	Bishop Stort	48.20	23	Emma Smith	29	South Beds	40.22
12	Amelia Biggs	19	Leiston	47.83	24	Georgina Free	26	West Suffolk	39.71

Masters Championships

25	Tess Wesley	22	Newmarket
26	Jessica Hancock	25	Co Cambridge
27	Olivia Smith-Lal	28	DunmowAtlant
28	Abigayle Nicholls	20	Co Norwich

38.32	29	Eleanor Niel
37.73	30	Lucy Ryan
37.70	31	Janet Chan
37.67	32	Maya Harris

25	Newmarket	37.08
53	Team Anglia	36.30
31	Otter	35.79
31	West Suffolk	35.33

EVENT 306 Men's 100m Butterfly

1	Ian Wallace	56	Brentwood	1:13.29
2	Paul Cheval	55	South Beds	1:13.16
3	Greg Jardine	48	Huntingdon	1:10.83
4	Sady Pacheco	36	South Beds	1:10.59
5	Tommy Hoven	27	Co Norwich	1:08.53

6	Jack Moss	31	Exe Masters	1:08.00
7	Greg Brown	34	West Norfolk	1:04.93
8	David Ebanks	44	Basildon Ph	1:04.50
9	Jack Hollis	32	teamipswich	1:00.50

EVENT 307 Women's 100m Butterfly

1	Mary Pressler	54	Royston Phnx	2:10.00
2	Sue Starr	48	East Leeds	1:45.76
3	Sharon Perry	54	West Suffolk	1:27.07
4	Olivia Curtin	33	Stowmarket	1:25.01
5	Louise Morca	36	East Anglian	1:25.00

6	Kalina Kisielewska	39	Gwich Royals	1:25.00
7	Abigail Nicholson	20	West Norfolk	1:21.76
8	Kristina Bramley	45	Calv Bing	1:18.03
9	Jeanne Petit	56	Leic Peng	1:16.54
10	Elizabeth Bellinger	48	Bishop Stort	1:09.30

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

1	Sally Lelean	75	Diss Otters	4:13.09
2	Patricia Reynolds	76	Beaver Mast	3:35.86
3	Linden Jack	60	Biggleswade	3:27.74
4	Lauren Cooper	25	East Anglian	3:20.00
5	Gemma Hamilton	44	Hadleigh	3:05.77
6	Ian Wallace	56	Brentwood	3:04.29
7	Celly Andrew	25	DunmowAtlant	2:54.67
8	Catherine White	47	Co Cambridge	2:54.50
9	Lauren Avis	27	South Beds	2:53.67
10	Gemma Cannon	34	Deben	2:51.12
11	Michael Brett	63	NottmLeander	2:50.00

12	Catherine Markwell	45	Co Norwich	2:46.89
13	P Mousley-Hastings	23	West Suffolk	2:46.87
14	Marcel Scholten	60	Bedford SS	2:45.95
15	Stephen Allen	66	Co Sheffield	2:43.92
16	Liam Sullivan	45	Co Cambridge	2:42.00
17	Andrew Ibbotson	46	Leigh Linsl	2:41.01
18	Andrew Squires	54	Team Anglia	2:35.98
19	Phillip Harrison	33	Felixstowe	2:34.41
20	Thomas Allen	30	Flitwick	2:32.44
21	Madelyn Latimer-Hicks	22	Leiston	2:31.25
22	Ashley Buck	46	Newmarket	2:26.15

EVENT 309 Mixed 4x50m Medley Team

1	West Norfolk	072+	West Norfolk	NT
2	Co Norwich	072+	Co Norwich	NT

3	Royston Phnx	160+	Royston Phnx	NT
4	Royston Phnx	160+	Royston Phnx	NT

EVENT 401 Mixed 4x50m Freestyle Team

1	West Norfolk	072+	West Norfolk	NT
2	Co Norwich	072+	Co Norwich	NT

3	Co Norwich	200+	Co Norwich	NT
4	Royston Phnx	200+	Royston Phnx	N

EVENT 402 Men's 50m Butterfly

1	Dietrich Coekin	75	Deben	48.46
2	Jason Taylor	60	Co Norwich	46.79
3	Alastair Gibb	66	Team Luton	41.00
4	Jack Wolbrom	22	Co St Albans	37.58

14	Greg Jardine	48	Huntingdon	31.07
15	Alistair Peagram	48	West Suffolk	31.02

5	Toby Brittain	56	Team Anglia	34.92
6	Matt Phoenix-McGlynn	18	Co Norwich	34.07
7	Rob Lucas	55	Diss Otters	34.00
8	Jose Tejero Alonso	51	Bishop Stort	33.25
9	James Barnacle	45	Braintree	32.57
10	Andy Bower	56	Clacton SC	32.46
11	Ian Wallace	56	Brentwood	32.00
12	Paul Cheval	55	South Beds	31.87
13	Thomas Allen	30	Flitwick	31.18

16	Sady Pacheco	36	South Beds	30.62
17	James Shanley	30	South Beds	29.83
18	Andrew Macdonald	32	Stevenage	29.46
19	Brandon Tennant	32	Team Waveney	29.42
20	Jack Moss	31	Exe Masters	29.23
21	Finley Pawle	24	Leiston	29.07
22	Greg Brown	34	West Norfolk	28.59
23	David Ebanks	44	Basildon Ph	28.48
24	Ethan Harris	22	Co Norwich	28.00
25	Rhys Burrell	19	West Norfolk	27.97
26	Jack Hollis	32	teamipswich	27.10

EVENT 403 Women's 50m Butterfly

1	Chieko Shinomiya	49	Leiston	1:30.00
2	Joanne Wiltshire	65	Woodham F SC	1:06.41
3	Jane McIvor	70	Rochford	58.07
4	Anna Dussek	63	Royston Phnx	54.01
5	Elspeth Gutteridge	64	Royston Phnx	47.32
6	Sue Starr	48	East Leeds	41.57
7	Paula Butcher	43	Co Norwich	41.16
8	Laura Andrews	38	Flitwick	40.00
9	Julie Hughes	40	West Suffolk	38.01

10	Louise Morca	36	East Anglian	38.00
11	Janet Chan	31	Otter	38.00
12	Jade Horsfall-Mather	25	West Norfolk	38.00
13	Lucy Ryan	53	Team Anglia	37.90
14	Georgina Free	26	West Suffolk	37.60
15	Kalina Kisielewska	39	Gwich Royals	37.00
16	Abigail Nicholson	20	West Norfolk	36.31
17	Lucy Gee	26	Co Norwich	35.64
18	Sharon Perry	54	West Suffolk	35.60

Masters Championships

19	Eleanor Niel	25	Newmarket	35.28	26	Joanne Mullins	43	RTW Masters	32.50
20	Tess Wesley	22	Newmarket	35.00	27	Celly Andrew	25	DunmowAtlant	31.65
21	Ellie Knevet	19	Colchester	34.71	28	Elizabeth Bellinger	48	Bishop Stort	31.27
22	Emma Smith	29	South Beds	34.66	29	Madelyn Latimer-Hicks	22	Leiston	31.09
23	Samantha Hammond	46	South Beds	34.09	30	Alexandra Heard	26	Co Norwich	30.20
24	Rachael Johnson	24	West Norfolk	33.67	31	Hannah Cheval	26	South Beds	30.11
25	Helen Lali	48	West Norfolk	32.74	32	Jessica Shaw	21	March	29.11

EVENT 404 Men's 100m Backstroke

1	Ian Wallace	56	Brentwood	1:30.00	9	Liam Sullivan	45	Co Cambridge	1:12.86
2	David Austin	64	Co Cambridge	1:28.00	10	Simon Buchan	58	Co Norwich	1:12.04
3	Justin Chacksfield	54	Kettering	1:24.60	11	Thomas Allen	30	Flitwick	1:11.25
4	Brice Joly	48	Flitwick	1:24.00	12	Harry Lawrence	21	Verulam	1:10.93
5	Benjamin Harris	48	Leigh Linsl	1:18.38	13	James Shanley	30	South Beds	1:10.25
6	Stephen Allen	66	Co Sheffield	1:16.28	14	Phillip Harrison	33	Felixstowe	1:09.32
7	Matt Phoenix-McGlynn	18	Co Norwich	1:16.12	15	Andrew Squires	54	Team Anglia	1:09.21
8	Andrew Ibbotson	46	Leigh Linsl	1:13.45					

EVENT 405 Women's 100m Backstroke

1	Mary Pressler	54	Royston Phnx	2:15.00	11	Juliette Heath	48	Leigh Linsl	1:29.26
2	Vicki Buck	76	Newmarket	2:10.00	12	Gemma Hamilton	44	Hadleigh	1:27.70
3	Kate McAuliffe	51	Royston Phnx	1:50.00	13	Jade Horsfall-Mather	25	West Norfolk	1:25.00
4	Patricia Reynolds	76	Beaver Mast	1:42.52	14	Sarah Pilgrim	40	Team Anglia	1:25.00
5	Hazel Meredith	53	Hertford	1:40.32	15	Sarah Pointer	39	teamipswich	1:23.11
6	Linden Jack	60	Biggleswade	1:39.18	16	Katrina Farrall	56	Basildon Ph	1:21.51
7	Sharon Perry	54	West Suffolk	1:35.00	17	Catherine Markwell	45	Co Norwich	1:18.36
8	Janet Chan	31	Otter	1:30.00	18	Lauren Avis	27	South Beds	1:17.92
9	Lauren Cooper	25	East Anglian	1:30.00	19	Grace McGill	27	East Anglian	1:09.68
10	Rachael Johnson	24	West Norfolk	1:30.00	20	Jessica Shaw	21	March	1:07.

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

1	Mary Pressler	54	Royston Phnx	4:30.00	17	David Chapman	53	Braintree	2:35.00
2	Chieko Shinomiya	49	Leiston	4:30.00	18	Sally Winter	66	Bishop Stort	2:35.00
3	Joanne Wiltshire	65	Woodham F SC	3:39.30	19	Ian Wallace	56	Brentwood	2:30.00
4	Patricia O'Toole	66	Harwich DP	3:21.97	20	Ellie Knevet	19	Colchester	2:28.59
5	Alice Theobald	31	Newmarket	3:05.80	21	Jason Mellors	47	St Albans Ma	2:25.40
6	Paul Hewett	41	Royston Phnx	3:01.40	22	Abigayle Nicholls	20	Co Norwich	2:23.10
7	Nicola Kaiser	52	Co Norwich	3:01.21	23	Kira Neal	42	Basildon Ph	2:21.54
8	Lauren Cooper	25	East Anglian	3:00.00	24	John Irish	46	Newmarket	2:21.06
9	Suzanne Welham	62	St Albans Ma	2:53.37	25	Liam Sullivan	45	Co Cambridge	2:19.57
10	Aine Doggett-Brookes	44	South Beds	2:46.61	26	Alexandra Heard	26	Co Norwich	2:16.73
11	Charlotte Hatch	21	Woodham F SC	2:40.96	27	Thomas Allen	30	Flitwick	2:16.21
12	Robert Clifford	39	Co Cambridge	2:40.50	28	Charlotte Begg	32	Co Cambridge	2:14.87
13	Janet Chan	31	Otter	2:40.00	29	Greg Brown	34	West Norfolk	2:14.73
14	Gary Holmes	56	South Beds	2:40.00	30	Lucy King	23	Hitchin	2:14.12
15	Abigail Nicholson	20	West Norfolk	2:39.52	31	Jack Moss	31	Exe Masters	2:12.65
16	Michael Carse	47	Barnet Copt	2:37.00	32	Tommy Hoven	27	Co Norwich	2:09.76

EVENT 407 Men's 100m Breaststroke

1	David Carter	41	Royston Phnx	1:50.00	11	James Barnacle	45	Braintree	1:18.48
2	Michael Mann	69	Felixstowe	1:48.74	12	Ryan Luke	44	Leigh Linsl	1:18.12
3	Graham Thackrah	52	Leigh Linsl	1:48.41	13	Gary Wraight	49	Basildon Ph	1:18.00
4	Daniel Hatcher	51	Royston Phnx	1:40.00	14	Andrew Macdonald	32	Stevenage	1:14.00
5	Jack Wolbrom	22	Co St Albans	1:37.32	15	Finley Pawle	24	Leiston	1:12.80
6	Ian Wallace	56	Brentwood	1:35.00	16	Martin Potts	32	Co Cambridge	1:12.13
7	Nigel Scrivener	51	Leiston	1:30.00	17	Rhys Burrell	19	West Norfolk	1:10.82
8	Rob Lucas	55	Diss Otters	1:27.00	18	Ethan Harris	22	Co Norwich	1:09.61
9	Jonathon Bell	54	Co Cambridge	1:22.45	19	James Carter	39	Newmarket	1:09.38
10	Richard Goodchild	49	teamipswich	1:21.51	20	David Ebanks	44	Basildon Ph	1:06.54

EVENT 408 Women's 100m Breaststroke

1	Lauren Cooper	25	East Anglian	2:00.00	5	Juliette Heath	48	Leigh Linsl	1:39.11
2	Claire Bailey	57	Rochford	1:54.78	6	Sarah Moore	41	Biggleswade	1:35.76
3	Kate McAuliffe	51	Royston Phnx	1:50.00	7	Lucy Pitcher	20	Co Norwich	1:27.32
4	Emma Walker	52	Newmarket	1:40.00	8	Gretta Stark	25	West Norfolk	1:24.00

9	Kathryn Berry	43	Biggleswade	1:22.00	11	Lucy Ryan
10	Janet Chan	31	Otter	1:20.00	12	Lucy King

53	Team Anglia	1:19.08
23	Hitchin	1:18.95

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

1	Sue Starr	48	East Leeds	7:36.32	5	Ian Wallace	56	Brentwood	6:00.00
2	Pete Russell	58	Team Anglia	7:10.00	6	Claire Lera	43	Rushden	6:00.00
3	Michael Carse	47	Barnet Copt	6:45.00	7	Michael Brett	63	NottmLeander	5:55.00
4	Adam Lelean	64	Diss Otters	6:33.41					