

**Session 1 – Warm Up 0830 – 08.45 (800m Swimmers Only) –**  
**Start 08.50 Est Finish 10.00 WITHDRAWALS REQUIRED BY**  
**18:00 ON THE 20<sup>TH</sup> SEPTEMBER TO**  
**[mastersentries@eastswimming.org](mailto:mastersentries@eastswimming.org)**

**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 |    |                |    |              |          |

**Session 2 – Warm Up 10.05 – 10.35 & Start 10.40 Est**  
**Finish 12.55**

**WITHDRAWALS & TEAM DECLARATIONS REQUIRED  
BY 10:05**

**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 | 8  | Kate McAuliffe  | 51 | Royston Phnx | 48.04 |
| 2 | Anastassia Zmarjova | 42 | Gwich Royals | 55.24 | 9  | Ann Hart        | 62 | Rochford     | 47.23 |
| 3 | Emma Grant          | 53 | Royston Phnx | 54.50 | 10 | Samantha Cullen | 58 | Bishop Stort | 45.73 |
| 4 | Anna Dussek         | 63 | Royston Phnx | 53.10 | 11 | Linden Jack     | 60 | Biggleswade  | 42.58 |
| 5 | Cheryl Rose         | 60 | West Norfolk | 52.08 | 12 | Sue Starr       | 48 | East Leeds   | 42.46 |
| 6 | Jane McIvor         | 70 | Rochford     | 50.54 | 13 | Lauren Cooper   | 25 | East Anglian | 40.95 |
| 7 | Patricia O'Toole    | 66 | Harwich DP   | 50.46 | 14 | Hazel Meredith  | 53 | Hertford     | 40.27 |

**Masters Championships**

|    |                    |    |              |       |    |                    |    |              |       |
|----|--------------------|----|--------------|-------|----|--------------------|----|--------------|-------|
| 15 | Janet Chan         | 31 | Otter        | 40.00 | 26 | Catherine Markwell | 45 | Co Norwich   | 35.36 |
| 16 | Olivia Curtin      | 33 | Stowmarket   | 39.26 | 27 | Fay Westwood       | 34 | Co Cambridge | 35.35 |
| 17 | Eileen Luther      | 68 | Rochford     | 39.07 | 28 | Olivia Smith-Lal   | 28 | DunmowAtlant | 35.35 |
| 18 | Emily Rose         | 27 | Diss Otters  | 38.96 | 29 | Lauren Avis        | 27 | South Beds   | 35.35 |
| 19 | Gemma Cannon       | 34 | Deben        | 38.45 | 30 | Elizabeth Woolner  | 59 | Flitwick     | 35.10 |
| 20 | Amy Steggles       | 37 | Diss Otters  | 38.41 | 31 | Francesca King     | 30 | Colchester   | 35.04 |
| 21 | P Mousley-Hastings | 23 | West Suffolk | 37.93 | 32 | Celly Andrew       | 25 | DunmowAtlant | 34.33 |
| 22 | Lauren Presland    | 19 | St Albans Ma | 37.69 | 33 | Tess Wesley        | 22 | Newmarket    | 34.00 |
| 23 | Katrina Farrall    | 56 | Basildon Ph  | 36.37 | 34 | Grace McGill       | 27 | East Anglian | 32.93 |
| 24 | Abigail Nicholson  | 20 | West Norfolk | 35.58 | 35 | Jessica Shaw       | 21 | March        | 30.86 |
| 25 | Helen Lali         | 48 | West Norfolk | 35.52 |    |                    |    |              |       |

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

|    |              |    |              |       |    |              |    |              |       |
|----|--------------|----|--------------|-------|----|--------------|----|--------------|-------|
| 39 | Finley Pawle | 24 | Leiston      | 26.20 | 43 | Tommy Hoven  | 27 | Co Norwich   | 25.35 |
| 40 | Rhys Burrell | 19 | West Norfolk | 26.11 | 44 | Sean Watson  | 31 | East Anglian | 25.32 |
| 41 | Greg Brown   | 34 | West Norfolk | 26.03 | 45 | Jack Hollis  | 32 | teamipswich  | 25.10 |
| 42 | David Ebanks | 44 | Basildon Ph  | 25.95 | 46 | Ethan Harris | 22 | Co Norwich   | 24.81 |

### EVENT 208 Women's 50m Freestyle

|    |                      |    |              |       |    |                       |    |              |       |
|----|----------------------|----|--------------|-------|----|-----------------------|----|--------------|-------|
| 1  | Vicki Buck           | 76 | Newmarket    | 56.75 | 31 | Abigail Nicholson     | 20 | West Norfolk | 32.15 |
| 2  | Joanne Wiltshire     | 65 | Woodham F SC | 45.93 | 32 | Eleanor Niel          | 25 | Newmarket    | 31.64 |
| 3  | Kate McAuliffe       | 51 | Royston Phnx | 45.00 | 33 | Lucy Pitcher          | 20 | Co Norwich   | 31.54 |
| 4  | Claire Bailey        | 57 | Rochford     | 44.17 | 34 | Lauren Avis           | 27 | South Beds   | 31.31 |
| 5  | Patricia O'Toole     | 66 | Harwich DP   | 43.06 | 35 | Laura Andrews         | 38 | Flitwick     | 31.25 |
| 6  | Emma Grant           | 53 | Royston Phnx | 42.80 | 36 | Tess Wesley           | 22 | Newmarket    | 30.93 |
| 7  | Sarah Adcock         | 59 | Co Norwich   | 42.59 | 37 | Emma Smith            | 29 | South Beds   | 30.83 |
| 8  | Anna Dussek          | 63 | Royston Phnx | 42.56 | 38 | Emily Rose            | 27 | Diss Otters  | 30.62 |
| 9  | Cheryl Rose          | 60 | West Norfolk | 42.08 | 39 | Jade Horsfall-Mather  | 25 | West Norfolk | 30.50 |
| 10 | Jane McIvor          | 70 | Rochford     | 41.70 | 40 | Catherine White       | 47 | Co Cambridge | 30.28 |
| 11 | Elspeth Gutteridge   | 64 | Royston Phnx | 41.30 | 41 | Catherine Markwell    | 45 | Co Norwich   | 30.04 |
| 12 | Amelia Biggs         | 19 | Leiston      | 39.64 | 42 | Lauren Burton         | 28 | East Anglian | 30.00 |
| 13 | Marina Baccarini     | 48 | Enfield Sq   | 38.49 | 43 | Amy Pemberton         | 25 | Berkhamsted  | 30.00 |
| 14 | Samantha Cullen      | 58 | Bishop Stort | 38.20 | 44 | Grace McGill          | 27 | East Anglian | 29.93 |
| 15 | Ann Hart             | 62 | Rochford     | 36.95 | 45 | Celly Andrew          | 25 | DunmowAtlant | 29.88 |
| 16 | Hazel Meredith       | 53 | Hertford     | 36.49 | 46 | Helen Lali            | 48 | West Norfolk | 29.79 |
| 17 | Lauren Cooper        | 25 | East Anglian | 36.40 | 47 | Fay Westwood          | 34 | Co Cambridge | 29.78 |
| 18 | Nicola Kaiser        | 52 | Co Norwich   | 35.88 | 48 | Madelyn Latimer-Hicks | 22 | Leiston      | 29.72 |
| 19 | Eileen Luther        | 68 | Rochford     | 35.20 | 49 | Ellie Knevet          | 19 | Colchester   | 29.70 |
| 20 | Linden Jack          | 60 | Biggleswade  | 34.72 | 50 | Jessica Hancock       | 25 | Co Cambridge | 29.52 |
| 21 | Georgina Free        | 26 | West Suffolk | 34.09 | 51 | Janet Chan            | 31 | Otter        | 29.50 |
| 22 | Aine Doggett-Brookes | 44 | South Beds   | 33.96 | 52 | Abigail Nicholls      | 20 | Co Norwich   | 29.46 |
| 23 | Katie Bretman        | 46 | DunmowAtlant | 33.96 | 53 | Maya Harris           | 31 | West Suffolk | 29.36 |
| 24 | Charlotte Hatch      | 21 | Woodham F SC | 33.71 | 54 | Charlotte Begg        | 32 | Co Cambridge | 29.30 |
| 25 | Amy Steggles         | 37 | Diss Otters  | 33.63 | 55 | Olivia Smith-Lal      | 28 | DunmowAtlant | 29.10 |
| 26 | P Mousley-Hastings   | 23 | West Suffolk | 33.45 | 56 | Alexandra Heard       | 26 | Co Norwich   | 28.65 |
| 27 | Sue Starr            | 48 | East Leeds   | 33.39 | 57 | Hannah Cheval         | 26 | South Beds   | 27.86 |
| 28 | Francesca King       | 30 | Colchester   | 33.35 | 58 | Carla King            | 43 | South Beds   | 27.84 |
| 29 | Katrina Farrall      | 56 | Basildon Ph  | 33.23 | 59 | Jessica Shaw          | 21 | March        | 26.87 |
| 30 | Lucy Ryan            | 53 | Team Anglia  | 32.24 |    |                       |    |              |       |

### 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 |

**Session 3 – Warm Up 13.25 – 13.55 & Start 14.00 Est**  
**Finish 15.45**

**WITHDRAWALS & TEAM DECLARATIONS REQUIRED**  
**BY 13:25**

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

|   |                     |    |              |         |   |                |    |              |         |
|---|---------------------|----|--------------|---------|---|----------------|----|--------------|---------|
| 1 | Anastassia Zmarjova | 42 | Gwich Royals | 4:13.66 | 3 | Kate McAuliffe | 51 | Royston Phnx | 3:45.44 |
| 2 | Mary Pressler       | 54 | Royston Phnx | 4:04.17 | 4 | Sue Starr      | 48 | East Leeds   | 3:26.07 |

**Masters Championships**

|    |                 |    |              |         |    |                 |    |              |         |
|----|-----------------|----|--------------|---------|----|-----------------|----|--------------|---------|
| 5  | Ian Wallace     | 56 | Brentwood    | 3:10.00 | 13 | Gemma Cannon    | 34 | Deben        | 2:53.00 |
| 6  | Louise Morca    | 36 | East Anglian | 3:10.00 |    |                 |    |              |         |
|    |                 |    |              |         | 14 | Lucy Ryan       | 53 | Team Anglia  | 2:46.72 |
| 7  | Jack Wolbrom    | 22 | Co St Albans | 3:07.03 | 15 | Gavin White     | 48 | Co Cambridge | 2:41.17 |
| 8  | Lucy Gee        | 26 | Co Norwich   | 3:05.41 | 16 | James Shanley   | 30 | South Beds   | 2:40.00 |
| 9  | Laura Andrews   | 38 | Flitwick     | 3:00.00 | 17 | Gretta Stark    | 25 | West Norfolk | 2:40.00 |
| 10 | Emily Rose      | 27 | Diss Otters  | 2:55.00 | 18 | Emily Tatam     | 23 | Co Norwich   | 2:38.45 |
| 11 | Janet Chan      | 31 | Otter        | 2:55.00 | 19 | Alexandra Heard | 26 | Co Norwich   | 2:38.43 |
| 12 | Catherine White | 47 | Co Cambridge | 2:54.55 | 20 | Thomas Allen    | 30 | Flitwick     | 2:30.61 |

**EVENT 302 Men's 100m Freestyle**

|    |                      |    |              |         |    |                 |    |              |         |
|----|----------------------|----|--------------|---------|----|-----------------|----|--------------|---------|
| 1  | Michael Mann         | 69 | Felixstowe   | 1:33.00 | 21 | Gary Wraight    | 49 | Basildon Ph  | 1:06.07 |
| 2  | Richard Moody        | 62 | Royston Phnx | 1:30.00 | 22 | Gavin White     | 48 | Co Cambridge | 1:05.75 |
| 3  | David Carter         | 41 | Royston Phnx | 1:30.00 | 23 | Thomas Allen    | 20 | West Suffolk | 1:05.49 |
| 4  | Paul Hewett          | 41 | Royston Phnx | 1:28.50 | 24 | Stuart Read     | 46 | South Beds   | 1:05.00 |
| 5  | Douglas Wilson       | 79 | Co Cambridge | 1:27.05 | 25 | Jason Mellors   | 47 | St Albans Ma | 1:04.08 |
| 6  | Dietrich Coekin      | 75 | Deben        | 1:23.70 | 26 | Benjamin Harris | 48 | Leigh Linsl  | 1:04.07 |
| 7  | Tom Weaver Smith     | 32 | Royston Phnx | 1:20.00 | 27 | Sady Pacheco    | 36 | South Beds   | 1:03.44 |
| 8  | Alastair Gibb        | 66 | Team Luton   | 1:19.00 | 28 | John Irish      | 46 | Newmarket    | 1:02.54 |
| 9  | Jason Taylor         | 60 | Co Norwich   | 1:17.83 | 29 | Ryan Luke       | 44 | Leigh Linsl  | 1:02.26 |
| 10 | David Austin         | 64 | Co Cambridge | 1:15.49 | 30 | Liam Sullivan   | 45 | Co Cambridge | 1:02.03 |
| 11 | Daniel Hatcher       | 51 | Royston Phnx | 1:15.00 | 31 | Peter Hayes     | 52 | Leigh Linsl  | 1:02.00 |
| 12 | Clive Mitson         | 57 | Stowmarket   | 1:13.50 | 32 | Simon Buchan    | 58 | Co Norwich   | 1:01.53 |
| 13 | Steve Coe            | 63 | West Suffolk | 1:13.06 | 33 | Rhys Burrell    | 19 | West Norfolk | 1:00.43 |
| 14 | Toby Brittain        | 56 | Team Anglia  | 1:11.34 | 34 | Peter Brystow   | 36 | Huntingdon   | 59.66   |
| 15 | Luke Mowatt          | 47 | Co Ely       | 1:10.22 | 35 | Andrew Squires  | 54 | Team Anglia  | 59.60   |
| 16 | Matt Phoenix-McGlynn | 18 | Co Norwich   | 1:09.50 | 36 | James Carter    | 39 | Newmarket    | 59.22   |
| 17 | Paul Cheval          | 55 | South Beds   | 1:07.77 | 37 | Greg Brown      | 34 | West Norfolk | 58.59   |
| 18 | John Westlake        | 59 | Kettering    | 1:07.49 | 38 | Jack Hollis     | 32 | teamipswich  | 58.20   |
| 19 | Jose Tejero Alonso   | 51 | Bishop Stort | 1:07.09 | 39 | Tommy Hoven     | 27 | Co Norwich   | 56.26   |
| 20 | David Chapman        | 53 | Braintree    | 1:06.79 | 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 | Elsbeth 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 | 6  | Toby Brittain      | 56 | Team Anglia | 40.77 |
| 2 | Daniel Hatcher  | 51 | Royston Phnx | 45.00 | 7  | Justin Chacksfield | 54 | Kettering   | 40.61 |
| 3 | Graham Thackrah | 52 | Leigh Linsl  | 43.92 | 8  | Rob Lucas          | 55 | Diss Otters | 40.00 |
| 4 | Clive Mitson    | 57 | Stowmarket   | 42.50 | 9  | Nigel Scrivener    | 51 | Leiston     | 40.00 |
| 5 | Robert Clifford | 39 | Co Cambridge | 42.46 | 10 | Gary Holmes        | 56 | South Beds  | 39.92 |

**Masters Championships**

|    |                   |    |              |       |    |                  |    |              |       |
|----|-------------------|----|--------------|-------|----|------------------|----|--------------|-------|
| 11 | Thomas Allen      | 30 | Flitwick     | 39.09 | 21 | Harry Lawrence   | 21 | Verulam      | 34.13 |
| 12 | Richard Goodchild | 49 | teamipswich  | 38.16 | 22 | James Barnacle   | 45 | Braintree    | 33.86 |
| 13 | Alistair Peagram  | 48 | West Suffolk | 38.14 | 23 | Andrew Macdonald | 32 | Stevenage    | 33.85 |
| 14 | Jonathon Bell     | 54 | Co Cambridge | 38.06 | 24 | Martin Potts     | 32 | Co Cambridge | 32.61 |
| 15 | Mathew Smith      | 36 | Royston Phnx | 37.52 |    |                  |    |              |       |
| 16 | Graham King       | 63 | Hadleigh     | 37.11 | 25 | Rhys Burrell     | 19 | West Norfolk | 32.19 |
| 17 | Brice Joly        | 48 | Flitwick     | 36.93 | 26 | Finley Pawle     | 24 | Leiston      | 32.09 |
| 18 | Gary Wraight      | 49 | Basildon Ph  | 36.83 |    |                  |    |              |       |
| 19 | Martyn Fresher    | 64 | Team Anglia  | 36.11 | 27 | Ethan Harris     | 22 | Co Norwich   | 31.24 |
| 20 | Marcel Scholten   | 60 | Bedford SS   | 35.80 | 28 | David Ebanks     | 44 | Basildon Ph  | 29.61 |

**EVENT 305 Women's 50m Breaststroke**

|    |                     |    |              |         |    |                   |    |              |       |
|----|---------------------|----|--------------|---------|----|-------------------|----|--------------|-------|
| 1  | Sally Lelean        | 75 | Diss Otters  | 1:00.61 | 17 | Francesca King    | 30 | Colchester   | 43.00 |
| 2  | Emma Grant          | 53 | Royston Phnx | 59.40   | 18 | Katie Bretman     | 46 | DunmowAtlant | 42.63 |
| 3  | Anastassia Zmarjova | 42 | Gwich Royals | 57.93   | 19 | Laura Andrews     | 38 | Flitwick     | 41.70 |
| 4  | Claire Bailey       | 57 | Rochford     | 54.91   | 20 | Katrina Farrall   | 56 | Basildon Ph  | 41.33 |
| 5  | Patricia O'Toole    | 66 | Harwich DP   | 54.44   | 21 | Emma Walker       | 52 | Newmarket    | 41.00 |
| 6  | Jane McIvor         | 70 | Rochford     | 54.18   | 22 | Lucy Pitcher      | 20 | Co Norwich   | 40.36 |
| 7  | Cheryl Rose         | 60 | West Norfolk | 52.78   | 23 | Emma Smith        | 29 | South Beds   | 40.22 |
| 8  | Sarah Buchan        | 50 | Co Norwich   | 52.41   | 24 | Georgina Free     | 26 | West Suffolk | 39.71 |
| 9  | Kate McAuliffe      | 51 | Royston Phnx | 52.00   | 25 | Tess Wesley       | 22 | Newmarket    | 38.32 |
| 10 | Lauren Cooper       | 25 | East Anglian | 49.59   | 26 | Jessica Hancock   | 25 | Co Cambridge | 37.73 |
| 11 | Samantha Cullen     | 58 | Bishop Stort | 48.20   | 27 | Olivia Smith-Lal  | 28 | DunmowAtlant | 37.70 |
| 12 | Amelia Biggs        | 19 | Leiston      | 47.83   | 28 | Abigayle Nicholls | 20 | Co Norwich   | 37.67 |
| 13 | Sarah Adcock        | 59 | Co Norwich   | 47.81   | 29 | Eleanor Niel      | 25 | Newmarket    | 37.08 |
| 14 | Emily Rose          | 27 | Diss Otters  | 44.48   | 30 | Lucy Ryan         | 53 | Team Anglia  | 36.30 |
| 15 | Sarah Moore         | 41 | Biggleswade  | 43.64   | 31 | Janet Chan        | 31 | Otter        | 35.79 |
| 16 | Lauren Avis         | 27 | South Beds   | 43.04   | 32 | Maya Harris       | 31 | West Suffolk | 35.33 |

**EVENT 306 Men's 100m Butterfly**

|   |              |    |            |         |   |              |    |              |         |
|---|--------------|----|------------|---------|---|--------------|----|--------------|---------|
| 1 | Ian Wallace  | 56 | Brentwood  | 1:13.29 | 6 | Jack Moss    | 31 | Exe Masters  | 1:08.00 |
| 2 | Paul Cheval  | 55 | South Beds | 1:13.16 | 7 | Greg Brown   | 34 | West Norfolk | 1:04.93 |
| 3 | Greg Jardine | 48 | Huntingdon | 1:10.83 | 8 | David Ebanks | 44 | Basildon Ph  | 1:04.50 |
| 4 | Sady Pacheco | 36 | South Beds | 1:10.59 | 9 | Jack Hollis  | 32 | teamipswich  | 1:00.50 |
| 5 | Tommy Hoven  | 27 | Co Norwich | 1:08.53 |   |              |    |              |         |

**EVENT 307 Women's 100m Butterfly**

|   |               |    |              |         |    |                     |    |              |         |
|---|---------------|----|--------------|---------|----|---------------------|----|--------------|---------|
| 1 | Mary Pressler | 54 | Royston Phnx | 2:10.00 | 6  | Kalina Kisielewska  | 39 | Gwich Royals | 1:25.00 |
| 2 | Sue Starr     | 48 | East Leeds   | 1:45.76 | 7  | Abigail Nicholson   | 20 | West Norfolk | 1:21.76 |
| 3 | Sharon Perry  | 54 | West Suffolk | 1:27.07 | 8  | Kristina Bramley    | 45 | Calv Bing    | 1:18.03 |
| 4 | Olivia Curtin | 33 | Stowmarket   | 1:25.01 | 9  | Jeanne Petit        | 56 | Leic Peng    | 1:16.54 |
| 5 | Louise Morca  | 36 | East Anglian | 1:25.00 | 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 | 12 | Catherine Markwell    | 45 | Co Norwich   | 2:46.89 |
| 2  | Patricia Reynolds | 76 | Beaver Mast  | 3:35.86 | 13 | P Mousley-Hastings    | 23 | West Suffolk | 2:46.87 |
| 3  | Linden Jack       | 60 | Biggleswade  | 3:27.74 | 14 | Marcel Scholten       | 60 | Bedford SS   | 2:45.95 |
| 4  | Lauren Cooper     | 25 | East Anglian | 3:20.00 | 15 | Stephen Allen         | 66 | Co Sheffield | 2:43.92 |
| 5  | Gemma Hamilton    | 44 | Hadleigh     | 3:05.77 | 16 | Liam Sullivan         | 45 | Co Cambridge | 2:42.00 |
| 6  | Ian Wallace       | 56 | Brentwood    | 3:04.29 | 17 | Andrew Ibbotson       | 46 | Leigh Linsl  | 2:41.01 |
| 7  | Celly Andrew      | 25 | DunmowAtlant | 2:54.67 | 18 | Andrew Squires        | 54 | Team Anglia  | 2:35.98 |
| 8  | Catherine White   | 47 | Co Cambridge | 2:54.50 | 19 | Phillip Harrison      | 33 | Felixstowe   | 2:34.41 |
| 9  | Lauren Avis       | 27 | South Beds   | 2:53.67 | 20 | Thomas Allen          | 30 | Flitwick     | 2:32.44 |
| 10 | Gemma Cannon      | 34 | Deben        | 2:51.12 | 21 | Madelyn Latimer-Hicks | 22 | Leiston      | 2:31.25 |
| 11 | Michael Brett     | 63 | NottmLeander | 2:50.00 | 22 | Ashley Buck           | 46 | Newmarket    | 2:26.15 |

**EVENT 309 Mixed 4x50m Medley Team**

|   |              |      |              |    |   |              |      |              |    |
|---|--------------|------|--------------|----|---|--------------|------|--------------|----|
| 1 | West Norfolk | 072+ | West Norfolk | NT | 3 | Royston Phnx | 160+ | Royston Phnx | NT |
| 2 | Co Norwich   | 072+ | Co Norwich   | NT | 4 | Royston Phnx | 160+ | Royston Phnx | NT |

**Session 4 – Warm Up 15.55 – 16.25 & Start 16.30Est**  
**Finish 18.10**  
**WITHDRAWALS & TEAM DECLARATIONS REQUIRED**  
**BY 15:55**

**EVENT 401 Mixed 4x50m Freestyle Team**

|   |              |      |              |    |   |              |      |              |    |
|---|--------------|------|--------------|----|---|--------------|------|--------------|----|
| 1 | West Norfolk | 072+ | West Norfolk | NT | 3 | Co Norwich   | 200+ | Co Norwich   | NT |
| 2 | Co Norwich   | 072+ | Co Norwich   | NT | 4 | Royston Phnx | 200+ | Royston Phnx | N  |

**EVENT 402 Men's 50m Butterfly**

|    |                      |    |              |       |    |                  |    |              |       |
|----|----------------------|----|--------------|-------|----|------------------|----|--------------|-------|
| 1  | Dietrich Coekin      | 75 | Deben        | 48.46 | 14 | Greg Jardine     | 48 | Huntingdon   | 31.07 |
| 2  | Jason Taylor         | 60 | Co Norwich   | 46.79 | 15 | Alistair Peagram | 48 | West Suffolk | 31.02 |
| 3  | Alastair Gibb        | 66 | Team Luton   | 41.00 |    |                  |    |              |       |
| 4  | Jack Wolbrom         | 22 | Co St Albans | 37.58 | 16 | Sady Pacheco     | 36 | South Beds   | 30.62 |
|    |                      |    |              |       | 17 | James Shanley    | 30 | South Beds   | 29.83 |
| 5  | Toby Brittain        | 56 | Team Anglia  | 34.92 | 18 | Andrew Macdonald | 32 | Stevenage    | 29.46 |
| 6  | Matt Phoenix-McGlynn | 18 | Co Norwich   | 34.07 | 19 | Brandon Tennant  | 32 | Team Waveney | 29.42 |
| 7  | Rob Lucas            | 55 | Diss Otters  | 34.00 | 20 | Jack Moss        | 31 | Exe Masters  | 29.23 |
| 8  | Jose Tejero Alonso   | 51 | Bishop Stort | 33.25 | 21 | Finley Pawle     | 24 | Leiston      | 29.07 |
| 9  | James Barnacle       | 45 | Braintree    | 32.57 | 22 | Greg Brown       | 34 | West Norfolk | 28.59 |
| 10 | Andy Bower           | 56 | Clacton SC   | 32.46 | 23 | David Ebanks     | 44 | Basildon Ph  | 28.48 |
| 11 | Ian Wallace          | 56 | Brentwood    | 32.00 | 24 | Ethan Harris     | 22 | Co Norwich   | 28.00 |
| 12 | Paul Cheval          | 55 | South Beds   | 31.87 | 25 | Rhys Burrell     | 19 | West Norfolk | 27.97 |
| 13 | Thomas Allen         | 30 | Flitwick     | 31.18 | 26 | Jack Hollis      | 32 | teamipswich  | 27.10 |

**EVENT 403 Women's 50m Butterfly**

|    |                      |    |              |         |    |                       |    |              |       |
|----|----------------------|----|--------------|---------|----|-----------------------|----|--------------|-------|
| 1  | Chieko Shinomiya     | 49 | Leiston      | 1:30.00 | 17 | Lucy Gee              | 26 | Co Norwich   | 35.64 |
| 2  | Joanne Wiltshire     | 65 | Woodham F SC | 1:06.41 | 18 | Sharon Perry          | 54 | West Suffolk | 35.60 |
| 3  | Jane McIvor          | 70 | Rochford     | 58.07   | 19 | Eleanor Niel          | 25 | Newmarket    | 35.28 |
| 4  | Anna Dussek          | 63 | Royston Phnx | 54.01   | 20 | Tess Wesley           | 22 | Newmarket    | 35.00 |
| 5  | Elsbeth Gutteridge   | 64 | Royston Phnx | 47.32   | 21 | Ellie Knevett         | 19 | Colchester   | 34.71 |
| 6  | Sue Starr            | 48 | East Leeds   | 41.57   | 22 | Emma Smith            | 29 | South Beds   | 34.66 |
| 7  | Paula Butcher        | 43 | Co Norwich   | 41.16   | 23 | Samantha Hammond      | 46 | South Beds   | 34.09 |
| 8  | Laura Andrews        | 38 | Flitwick     | 40.00   | 24 | Rachael Johnson       | 24 | West Norfolk | 33.67 |
| 9  | Julie Hughes         | 40 | West Suffolk | 38.01   | 25 | Helen Lali            | 48 | West Norfolk | 32.74 |
| 10 | Louise Morca         | 36 | East Anglian | 38.00   | 26 | Joanne Mullins        | 43 | RTW Masters  | 32.50 |
| 11 | Janet Chan           | 31 | Otter        | 38.00   | 27 | Celly Andrew          | 25 | DunmowAtlant | 31.65 |
| 12 | Jade Horsfall-Mather | 25 | West Norfolk | 38.00   | 28 | Elizabeth Bellinger   | 48 | Bishop Stort | 31.27 |
| 13 | Lucy Ryan            | 53 | Team Anglia  | 37.90   | 29 | Madelyn Latimer-Hicks | 22 | Leiston      | 31.09 |
| 14 | Georgina Free        | 26 | West Suffolk | 37.60   | 30 | Alexandra Heard       | 26 | Co Norwich   | 30.20 |
| 15 | Kalina Kisielewska   | 39 | Gwich Royals | 37.00   | 31 | Hannah Cheval         | 26 | South Beds   | 30.11 |
| 16 | Abigail Nicholson    | 20 | West Norfolk | 36.31   | 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 | 6  | Linden Jack     | 60 | Biggleswade  | 1:39.18 |
| 2 | Vicki Buck        | 76 | Newmarket    | 2:10.00 | 7  | Sharon Perry    | 54 | West Suffolk | 1:35.00 |
| 3 | Kate McAuliffe    | 51 | Royston Phnx | 1:50.00 | 8  | Janet Chan      | 31 | Otter        | 1:30.00 |
| 4 | Patricia Reynolds | 76 | Beaver Mast  | 1:42.52 | 9  | Lauren Cooper   | 25 | East Anglian | 1:30.00 |
| 5 | Hazel Meredith    | 53 | Hertford     | 1:40.32 | 10 | Rachael Johnson | 24 | West Norfolk | 1:30.00 |

**Masters Championships**

|    |                      |    |              |         |    |                    |    |              |         |
|----|----------------------|----|--------------|---------|----|--------------------|----|--------------|---------|
| 11 | Juliette Heath       | 48 | Leigh Linsl  | 1:29.26 | 16 | Katrina Farrall    | 56 | Basildon Ph  | 1:21.51 |
| 12 | Gemma Hamilton       | 44 | Hadleigh     | 1:27.70 | 17 | Catherine Markwell | 45 | Co Norwich   | 1:18.36 |
| 13 | Jade Horsfall-Mather | 25 | West Norfolk | 1:25.00 | 18 | Lauren Avis        | 27 | South Beds   | 1:17.92 |
| 14 | Sarah Pilgrim        | 40 | Team Anglia  | 1:25.00 | 19 | Grace McGill       | 27 | East Anglian | 1:09.68 |
| 15 | Sarah Pointer        | 39 | teamipswich  | 1:23.11 | 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 | 7  | Lucy Pitcher  | 20 | Co Norwich   | 1:27.32 |
| 2 | Claire Bailey  | 57 | Rochford     | 1:54.78 | 8  | Gretta Stark  | 25 | West Norfolk | 1:24.00 |
| 3 | Kate McAuliffe | 51 | Royston Phnx | 1:50.00 | 9  | Kathryn Berry | 43 | Biggleswade  | 1:22.00 |
| 4 | Emma Walker    | 52 | Newmarket    | 1:40.00 | 10 | Janet Chan    | 31 | Otter        | 1:20.00 |
| 5 | Juliette Heath | 48 | Leigh Linsl  | 1:39.11 | 11 | Lucy Ryan     | 53 | Team Anglia  | 1:19.08 |
| 6 | Sarah Moore    | 41 | Biggleswade  | 1:35.76 | 12 | Lucy King     | 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 |   |               |    |              |         |