



ASA East Region Open Masters Championships 2017



(Under ASA Laws & ASA Masters Technical Rules)
At Newmarket Leisure Centre, Exning Road, Newmarket CB8 0EA
Sunday October 1st 2017

EVENT 1 Mixed Open 400m Freestyle

MENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Andrew KIMPTON	25	West Suffolk	4:33.74					
	50m 30.70	100m 1:04.02	150m 1:38.78	200m 2:14.31	250m 2:49.30	300m 3:24.45	350m 3:59.54	400m 4:33.74	
2.	Joshua STRATFORD	26	Rochford	4:54.21					
	50m 33.06	100m 1:09.24	150m 1:46.43	200m 2:23.86	250m 3:01.97	300m 3:39.84	350m 4:17.55	400m 4:54.21	
	Rory KEMP	27	South Beds	DQ					

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Sam WATTS	31	East Anglian	4:43.61					
	50m 32.64	100m 1:08.32	150m 1:45.25	200m 2:21.01	250m 2:56.57	300m 3:33.15	350m 4:09.51	400m 4:43.61	

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Ashley BUCK	37	Team Anglia	4:27.41					
	50m 30.32	100m 1:03.97	150m 1:38.09	200m 2:12.61	250m 2:46.63	300m 3:20.36	350m 3:54.09	400m 4:27.41	

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Alex BEVIS	42	Team Anglia	4:37.26					
	50m 31.71	100m 1:06.87	150m 1:42.02	200m 2:17.56	250m 2:52.83	300m 3:28.22	350m 4:03.60	400m 4:37.26	
2.	David DAPORTA-MENDEZ	40	Out To Swim	4:42.31					
	50m 33.15	100m 1:08.41	150m 1:44.14	200m 2:19.74	250m 2:56.08	300m 3:32.36	350m 4:08.62	400m 4:42.31	
3.	Alan WALLACE	41	Co Cambridge	5:06.58					
	50m 34.47	100m 1:11.97	150m 1:50.23	200m 2:29.35	250m 3:08.49	300m 3:48.11	350m 4:28.03	400m 5:06.58	
4.	Murray BAKER	41	TriSudbury	6:30.00					
	50m 40.42	100m 1:26.00	150m 2:14.89	200m 3:04.01	250m 3:55.94	300m 4:47.51	350m 5:38.08	400m 6:30.00	

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Niall TIERNAN	48	Brentwood	4:58.81					
	50m 32.74	100m 1:09.31	150m 1:47.05	200m 2:25.08	250m 3:03.94	300m 3:42.54	350m 4:21.03	400m 4:58.81	
2.	Karl SHARMAN	48	Deben	5:09.31					
	50m 34.75	100m 1:13.21	150m 1:52.37	200m 2:32.07	250m 3:12.32	300m 3:52.43	350m 4:32.06	400m 5:09.31	
3.	Derek BISSETT	48	Maxwell	5:09.69					
	50m 33.93	100m 1:12.24	150m 1:51.95	200m 2:31.77	250m 3:12.24	300m 3:52.46	350m 4:32.03	400m 5:09.69	
4.	Stewart FINN	47	Rochford	5:16.37					
	50m 34.53	100m 1:13.05	150m 1:53.08	200m 2:34.14	250m 3:15.30	300m 3:56.71	350m 4:37.26	400m 5:16.37	
5.	Nick WHITE	46	Chelmsford	5:19.56					
	50m 34.99	100m 1:13.90	150m 1:54.39	200m 2:35.21	250m 3:16.43	300m 3:58.07	350m 4:39.49	400m 5:19.56	
6.	John O'ROURKE	48	Team Luton	5:36.07					
	50m 38.90	100m 1:19.99	150m 2:01.71	200m 2:44.68	250m 3:27.35	300m 4:10.65	350m 4:53.41	400m 5:36.07	
7.	Steven WESTALL	46	Asa Temp 2	5:54.19					
	50m 41.01	100m 1:25.24	150m 2:11.54	200m 2:57.66	250m 3:43.34	300m 4:28.65	350m 5:13.16	400m 5:54.19	

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Simon EMM	51	Colchester	4:44.23					
	50m 31.74	100m 1:06.57	150m 1:42.42	200m 2:18.73	250m 2:55.45	300m 3:31.95	350m 4:08.62	400m 4:44.23	
2.	Walker BRIERLEY	54	Deben	5:27.68					
	50m 36.89	100m 1:16.58	150m 1:57.92	200m 2:39.94	250m 3:22.05	300m 4:04.25	350m 4:46.09	400m 5:27.68	
3.	Gordon WOOD	50	South Beds	5:42.42					
	50m 37.74	100m 1:19.76	150m 2:03.49	200m 2:47.45	250m 3:30.81	300m 4:13.97	350m 4:57.62	400m 5:42.42	

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	David BRYANT	56	Guildford Ct	4:50.80					
	50m 33.90	100m 1:11.27	150m 1:48.66	200m 2:26.02	250m 3:02.59	300m 3:38.90	350m 4:14.88	400m 4:50.80	
2.	Mark STRAKOSCH	56	Berkhamsted	5:03.52					
	50m 34.42	100m 1:11.81	150m 1:49.95	200m 2:28.85	250m 3:07.84	300m 3:46.95	350m 4:25.74	400m 5:03.52	
3.	Dale BARKER	55	Team Anglia	5:07.15					
	50m 35.45	100m 1:13.33	150m 1:51.99	200m 2:31.12	250m 3:10.23	300m 3:49.47	350m 4:28.87	400m 5:07.15	
4.	Peter LYNCH	55	Stowmarket	5:17.44					
	50m 34.67	100m 1:13.59	150m 1:53.72	200m 2:34.68	250m 3:15.14	300m 3:56.40	350m 4:37.11	400m 5:17.44	
5.	Thomas ENRIGHT	58	Romford Town	5:43.40					
	50m 38.26	100m 1:19.98	150m 2:03.24	200m 2:46.64	250m 3:30.56	300m 4:15.52	350m 5:00.10	400m 5:43.40	
	Simon MERRETT	57	Deben	DQ					

MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Ian MURRAY	60	Flitwick	5:24.30					
	50m 36.35	100m 1:15.56	150m 1:56.09	200m 2:37.00	250m 3:19.24	300m 4:01.42	350m 4:44.15	400m 5:24.30	
2.	Peter ILES	64	South Beds	5:52.09					
	50m 38.57	100m 1:21.57	150m 2:06.06	200m 2:50.96	250m 3:36.57	300m 4:22.09	350m 5:07.47	400m 5:52.09	
3.	Andrew WRIGHT	60	Stowmarket	5:59.23					
	50m 40.71	100m 1:26.39	150m 2:12.20	200m 2:58.56	250m 3:43.77	300m 4:29.41	350m 5:14.80	400m 5:59.23	
4.	Nick MINNS	64	East Anglian	6:06.26					
	50m 40.79	100m 1:25.37	150m 2:11.87	200m 2:59.25	250m 3:46.56	300m 4:34.06	350m 5:20.00	400m 6:06.26	

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Joe LOUND-KEAST	66	Biggleswade	6:16.52					
	50m 40.24	100m 1:25.06	150m 2:12.76	200m 3:03.00	250m 3:52.67	300m 4:42.32	350m 5:31.62	400m 6:16.52	
2.	Peter RANK	65	Co Cambridge	7:08.65					
	50m 47.88	100m 1:41.01	150m 2:36.76	200m 3:33.30	250m 4:30.00	300m 5:25.70	350m 6:18.66	400m 7:08.65	
3.	Len PHOENIX	68	Stowmarket	8:24.76					
	50m 57.60	100m 1:59.06	150m 3:03.76	200m 4:08.39	250m 5:13.18	300m 6:18.76	350m 7:24.32	400m 8:24.76	



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MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Paul CLARKE	75	Beaver Mast	8:19.29					
	50m 53.63	100m 1:56.87	150m 3:02.60	200m 4:06.84	250m 5:11.29	300m 6:14.91	350m 7:20.41	400m 8:19.29	

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Alice THEOBALD	22	Team Anglia	5:22.26					
	50m 34.71	100m 1:14.68	150m 1:56.18	200m 2:38.14	250m 3:19.92	300m 4:01.35	350m 4:42.58	400m 5:22.26	

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Sophie CASTLE	29	Chelmsford	5:11.47					
	50m 34.94	100m 1:14.17	150m 1:54.30	200m 2:33.99	250m 3:13.73	300m 3:53.43	350m 4:33.84	400m 5:11.47	
2.	Gemma CANNON	25	Felixstowe	5:28.51					
	50m 35.63	100m 1:15.56	150m 1:57.74	200m 2:40.58	250m 3:23.51	300m 4:05.86	350m 4:47.90	400m 5:28.51	

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Kira NEAL	33	Romford Town	5:06.17					
	50m 34.68	100m 1:12.36	150m 1:51.23	200m 2:30.44	250m 3:09.55	300m 3:48.75	350m 4:27.90	400m 5:06.17	
2.	Katie HOLMES	33	Colchester	5:06.44					
	50m 34.26	100m 1:11.37	150m 1:49.35	200m 2:27.82	250m 3:07.82	300m 3:48.24	350m 4:27.93	400m 5:06.44	
3.	Kitty CRAIG	34	Sudbury	5:29.46					
	50m 37.69	100m 1:18.68	150m 2:01.28	200m 2:44.06	250m 3:25.34	300m 4:07.22	350m 4:49.52	400m 5:29.46	

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Michelle WARE	44	Guildford Ct	5:01.40					
	50m 33.92	100m 1:11.46	150m 1:50.15	200m 2:29.03	250m 3:07.12	300m 3:44.97	350m 4:23.51	400m 5:01.40	
2.	Tracy VAN DEVENTER	42	Berkhamsted	5:13.08					
	50m 35.55	100m 1:14.73	150m 1:54.53	200m 2:34.50	250m 3:14.37	300m 3:54.36	350m 4:34.26	400m 5:13.08	
3.	Clare WARREN	40	South Beds	5:39.48					
	50m 37.93	100m 1:19.60	150m 2:02.91	200m 2:46.70	250m 3:31.05	300m 4:14.39	350m 4:58.37	400m 5:39.48	
4.	Kirstie KETT	43	West Suffolk	6:15.71					
	50m 43.61	100m 1:30.23	150m 2:19.14	200m 3:07.32	250m 3:55.26	300m 4:43.07	350m 5:30.93	400m 6:15.71	
	Nancy MCLACHLAN	43	Deben	DNC					

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Josephine CRESSWELL	49	East Anglian	5:45.89					
	50m 39.13	100m 1:22.02	150m 2:06.21	200m 2:50.42	250m 3:34.52	300m 4:18.44	350m 5:02.75	400m 5:45.89	
2.	Wendy HUNTER	45	Romford Town	5:53.38					
	50m 38.61	100m 1:22.06	150m 2:06.77	200m 2:51.61	250m 3:36.90	300m 4:22.86	350m 5:08.42	400m 5:53.38	
3.	Suzanne ADAMS	46	Felixstowe	6:30.40					
	50m 40.29	100m 1:25.94	150m 2:16.02	200m 3:06.28	250m 3:57.32	300m 4:49.04	350m 5:40.19	400m 6:30.40	
4.	Eleni MANOLITSAKI	47	Chelmsford	6:36.78					
	50m 43.98	100m 1:32.76	150m 2:23.31	200m 3:14.34	250m 4:05.81	300m 4:57.36	350m 5:48.83	400m 6:36.78	

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Liz WOOLNER	50	Flitwick	5:13.22					
	50m 35.94	100m 1:15.01	150m 1:54.31	200m 2:34.22	250m 3:14.24	300m 3:54.44	350m 4:34.68	400m 5:13.22	
2.	Hannah UECKERMANN	54	Witham Dolph	5:38.10					
	50m 41.02	100m 1:24.00	150m 2:06.28	200m 2:48.76	250m 3:30.91	300m 4:13.62	350m 4:56.02	400m 5:38.10	
3.	Sue PENMAN	54	Stowmarket	7:08.17					
	50m 47.16	100m 1:39.30	150m 2:34.21	200m 3:30.44	250m 4:25.78	300m 5:20.99	350m 6:16.84	400m 7:08.17	

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Fiona BRITTAIN	58	West Suffolk	7:06.39					
	50m 45.41	100m 1:38.68	150m 2:33.22	200m 3:28.75	250m 4:25.38	300m 5:23.21	350m 6:18.08	400m 7:06.39	

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Alyson FORDHAM	61	Romford Town	5:31.90					
	50m 38.33	100m 1:19.85	150m 2:01.94	200m 2:44.76	250m 3:27.62	300m 4:10.42	350m 4:51.79	400m 5:31.90	
2.	Christine AYERS	64	South Beds	6:27.32					
	50m 42.09	100m 1:30.74	150m 2:20.18	200m 3:09.72	250m 3:59.24	300m 4:49.26	350m 5:39.13	400m 6:27.32	

WOMENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Andrea MINOR	69	South Beds	7:21.66					
	50m 48.07	100m 1:42.56	150m 2:38.88	200m 3:35.45	250m 4:32.70	300m 5:29.48	350m 6:25.63	400m 7:21.66	
2.	Liz NEALE	65	South Beds	7:42.41					
	50m 50.98	100m 1:47.17	150m 2:45.58	200m 3:44.61	250m 4:44.19	300m 5:44.25	350m 6:44.61	400m 7:42.41	
3.	Lee MACDONALD	69	Diss Otters	8:24.61					
	50m 56.32	100m 1:57.57	150m 3:01.58	200m 4:07.27	250m 5:13.19	300m 6:19.28	350m 7:24.24	400m 8:24.61	
4.	Sally LELEAN	66	Diss Otters	8:49.09					
	50m 1:02.15	100m 2:08.40	150m 3:15.60	200m 4:22.67	250m 5:30.77	300m 6:37.58	350m 7:44.76	400m 8:49.09	

WOMENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Patricia JACKSON	70	East Anglian	7:18.15					
	50m 48.37	100m 1:42.82	150m 2:38.80	200m 3:34.34	250m 4:31.20	300m 5:28.04	350m 6:24.08	400m 7:18.15	



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EVENT 2 Mixed Open 200m Medley Team

072+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	South Beds	072+ South Beds	2:00.93	27.09	1:03.15	1:34.05
2.	Hemel Hemp	072+ Hemel Hemp	2:01.51	32.78	1:04.28	1:36.85
3.	Flitwick	072+ Flitwick	2:08.52	32.07	1:07.33	1:38.58

120+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	South Beds	120+ South Beds	2:07.00	32.60	1:05.54	1:37.70
2.	Felixstowe	120+ Felixstowe	2:29.40	39.96	1:23.12	1:51.64

160+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	Hemel Hemp	160+ Hemel Hemp	2:19.50	36.48	1:14.12	1:49.34
2.	Chelmsford	160+ Chelmsford	2:20.78	35.69	1:21.84	1:53.49
3.	Team Anglia	160+ Team Anglia	2:22.82	31.24	1:15.28	1:43.43

200+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	South Beds	200+ South Beds	2:22.23	35.00	1:12.84	1:45.01
2.	West Suffolk	200+ West Suffolk	2:33.70	48.02	1:19.51	2:02.38

240+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	South Beds	240+ South Beds	2:45.65	44.15	1:28.35	2:01.65
2.	East Anglian	240+ East Anglian	2:48.71	48.60	1:32.78	2:14.51

EVENT 3 Womens Open 50m Backstroke

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Keelin MCKENNA	18	Hemel Hemp		33.09
2.	Frances MERRIDAN	23	South Beds		33.27
3.	Marion BRYANT	22	East Anglian		34.88
4.	Abbey CROUCH	18	Basildon Ph		35.11
5.	Lauren MURPHY	24	Flitwick		36.05
6.	Rebecca MOLONEY	18	DunmowAtlant		36.09
7.	Alice THEOBALD	22	Team Anglia		39.22

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Sophie CASTLE	29	Chelmsford		34.68
2.	Kate ROBINSON	26	South Beds		36.38
3.	Charlotte STANLEY	27	Team Anglia		40.88

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Claire EVELYN	30	South Beds		33.32
2.	Claire MASSEY	33	Cheshunt		33.47
3.	Amanda BEDDER	31	Norwich Swan		36.16
4.	Sarah EDWARDS	31	DunmowAtlant		36.32

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Sam HAMMOND	37	South Beds		35.43
2.	Tara STROUD	38	DunmowAtlant		35.99
3.	Suzanne WARREN	38	Co Norwich	4	1:01.01

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Jo LEE-PEARCE	41	Hemel Hemp		36.07
2.	Nicola RUSSELL	40	DunmowAtlant		38.27
3.	Lorna BROWN	42	South Beds		42.19
4.	Clare WARREN	40	South Beds		42.56
5.	Natasha COTTER	42	Chelmsford		42.81

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Katrina FARRALL	47	Basildon Ph		36.84
2.	Wendy HUNTER	45	Romford Town		41.08
3.	Alison PICKERING	47	Diss Otters		41.85
4.	Wendy AIREY	47	Mildenhall		45.06
5.	Astrid WHARTON	48	Otter		48.84

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Jane SMITH	53	Team Anglia		45.23
2.	Sue PENMAN	54	Stowmarket		52.65

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Janet WILLIAMS	55	Team Anglia		38.48
2.	Ali SHEEHAN	59	South Beds		44.30
3.	Jayne COLEBROOK	57	Biggleswade		49.60
4.	Fiona BRITAIN	58	West Suffolk		50.99



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65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Kathleen TUNNICLIFFE	65	Wolv Master		39.07
2.	Vicki BUCK	67	Caradon		54.50
3.	Sally LELEAN	66	Diss Otters		55.08

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Janet MASTERS	77	South Beds		48.88

EVENT 4 Mens Open 50m Backstroke

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Jack SPENCE	23	Hemel Hemp		28.86
2.	Jordan KING	21	Diss Otters		31.36
3.	Hayden DAVIES	21	Flitwick		31.37

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Mark THOMPSON	28	Team Anglia		31.88
2.	Adam SPEAR	26	Felixstowe		32.96

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Mark LEAMON	30	Co Cambridge		29.79
2.	Richard LEWINDON	32	South Beds		34.13

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Ashley BUCK	37	Team Anglia		29.13
2.	Chris SHORT	35	Brentwood		30.47
3.	James GRIGG	36	Rochford		31.71
4.	James HEATHCOTE	39	Colchester		33.52
5.	Pete WINTER	37	Team Anglia	10	36.56

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Lee PETERSON	43	Braintree		28.73
2.	Peter EDMUNDS	42	West Suffolk		34.17
3.	Sean GARNHAM	43	West Suffolk		35.18

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Howard GELL	46	South Beds		33.91
2.	Nick WHITE	46	Chelmsford		35.30
3.	Niall TIERNAN	48	Brentwood		36.19
4.	Derek BISSETT	48	Maxwell		36.66
5.	Clive MITSON	48	Stowmarket		37.57
6.	Graham BAILES	46	Brentwood		37.81
7.	John O'ROURKE	48	Team Luton		42.41

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Kevin MCKENNA	51	Hemel Hemp		34.24
2.	Simon BRADFORD	50	Team Anglia		37.56
3.	Steve COE	54	West Suffolk		40.24

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Stephen ALLEN	57	Hull Masters		33.24
2.	Dale BARKER	55	Team Anglia		35.08
3.	Peter MASTERS	55	South Beds		35.13
4.	Mark STRAKOSCH	56	Berkhamsted		37.10
5.	Ian COSTELLO	57	Stevenage		42.66

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Ian MURRAY	60	Flitwick		38.72
2.	Christopher MARSHALL	61	South Beds		38.99
	Paul NG	63	Barnet Copt		DQ

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Len PHOENIX	68	Stowmarket		50.65

EVENT 5 Womens Open 100m Butterfly

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Lianne GREENSLADE	24	Asa Temp 2	1:28.55	38.36

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Tracy VAN DEVENTER	42	Berkhamsted	1:19.97	36.91
2.	Kirstie KETT	43	West Suffolk	1:38.46	45.99

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jeanne PETIT	47	Chesham	1:11.52	32.73
2.	Josephine CRESSWELL	49	East Anglian	1:20.61	39.25
3.	Suzanne ADAMS	46	Felixstowe	1:50.53	48.68



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55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Maggie SMITH	59	Co Milton K	1:24.68	40.14

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jean APPLEBY	61	Sudbury	1:25.28	38.30

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Karen BELLAS	65	Camden Swiss	1:44.60	48.28

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Patricia JACKSON	70	East Anglian	1:50.67	50.09

EVENT 6 Mens Open 100m Butterfly

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Adam SPEAR	26	Felixstowe	1:12.01	34.32

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Sam WATTS	31	East Anglian	1:06.45	30.46

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Chris SHORT	35	Brentwood	1:14.90	33.86

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Alex BEVIS	42	Team Anglia	1:05.82	31.29

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Stuart DYBLE	46	Norfolk Vikg	1:04.79	30.72
2.	Garry MAVIN	46	Team Anglia	1:05.10	31.18
3.	Manos GEORGIADIS	46	Deben	1:08.71	32.28
4.	Dave PETHERS	47	Chelmsford	1:13.77	34.56
5.	Graham BAILES	46	Brentwood	1:21.40	39.39

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Simon EMM	51	Colchester	1:05.55	31.12
2.	Jon WILLS	53	Felixstowe	1:21.00	38.77
3.	Rob GARRY	53	Mildenhall	1:52.97	51.67

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	David WRIGHT	56	Team Luton	1:14.55	34.21
2.	Alastair GIBB	57	Team Luton	1:22.07	37.03
3.	Gordon CARTWRIGHT	56	Chelmsford	1:24.12	38.68

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Graham POWELL	61	Team Luton	1:12.23	34.18
2.	Dave PIRRIE	60	Hemel Hemp	1:27.16	40.04
3.	Mark AYRES	61	Hemel Hemp	1:27.47	40.18

EVENT 7 Mixed Open 200m Breaststroke

MENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Jack CHRISTIE	19	Hemel Hemp	2:34.81	34.30	1:13.51	1:54.02

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	James HEATHCOTE	39	Colchester	2:48.34	37.23	1:19.42	2:05.00
2.	Alistair SHAW	37	Flitwick	2:52.53	38.10	1:21.93	2:07.12

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Lee PETERSON	43	Braintree	2:34.85	35.47	1:15.04	1:56.03
2.	Robert MILBURN	44	Colchester	2:43.70	36.68	1:17.97	2:00.52

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Matt BANHAM	45	West Suffolk	2:38.54	35.76	1:16.37	1:56.90
2.	Christopher MORGAN	45	Out To Swim	2:52.13	38.60	1:22.86	2:07.50
3.	Damian NAVARRETE	49	Colchester	2:58.92	40.78	1:26.29	2:12.66
4.	Jonathon BELL	45	Co Cambridge	2:59.23	41.43	1:26.54	2:14.00
5.	Gary THOMAS	46	Corby	3:29.88	49.63	1:43.63	2:37.71

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Jon WILLS	53	Felixstowe	3:21.63	48.29	1:40.77	2:33.58

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Martyn FRESHER	55	Team Anglia	3:06.42	39.25	1:26.26	2:15.89
2.	Adam LELEAN	55	Diss Otters	3:10.38	43.73	1:32.40	2:22.52
3.	Mark STRAKOSCH	56	Berkhamsted	3:19.87	46.58	1:38.16	2:29.66



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MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Colin MAYES	62	Team Luton	3:14.75	43.80	1:33.08	2:24.35
2.	David COLES	63	West Norfolk	4:08.74	52.61	1:52.94	2:58.64

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Paul CLARKE	75	Beaver Mast	4:17.81	58.50	2:06.94	3:15.45

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Claudia GRANT-DAWSON	19	Flitwick	3:15.93	43.70	1:33.81	2:27.45

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Heidi GIBBENS	26	Hemel Hemp	3:00.23	40.68	1:25.90	2:12.68
2.	Emmeline VINCENT	29	East Anglian	3:30.51	48.06	1:41.67	2:36.73
3.	Gemma CANNON	25	Felixstowe	3:38.34	50.59	1:46.78	2:43.53

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Katie HOLMES	33	Colchester	3:03.29	40.71	1:26.75	2:15.33
2.	Kitty CRAIG	34	Sudbury	3:14.48	43.60	1:33.11	2:25.27

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sarah PEARSE	35	South Beds	3:03.85	41.89	1:29.09	2:16.88

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Lucy RYAN	44	Team Anglia	3:01.88	41.64	1:28.10	2:14.51
2.	Jo LEE-PEARCE	41	Hemel Hemp	3:10.81	43.79	1:32.72	2:22.34
3.	Melanie Holland	43	Co Norwich	3:22.12	46.10	1:37.54	2:29.75
4.	Alison COWIE	44	Chelmsford	3:42.18	52.20	1:47.82	2:44.70
5.	Natasha COTTER	42	Chelmsford	3:44.08	50.02	1:47.07	2:46.00

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Heidi NEVIN	49	Rochford	3:15.81	41.94	1:30.54	2:23.31
2.	Alison PICKERING	47	Diss Otters	3:21.46	44.76	1:34.48	2:28.62
3.	Josephine CRESSWELL	49	East Anglian	3:35.99	50.19	1:44.30	2:39.89

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Silvia FERDIN	52	Co Cambridge	3:14.30	43.38	1:31.55	2:22.25
2.	Hannah UECKERMANN	54	Witham Dolph	3:16.31	46.18	1:37.58	2:27.81
3.	Lisa WITHERS	51	Team Anglia	3:20.43	45.95	1:36.15	2:28.30
4.	Michele ROMAIN	54	DunmowAtlant	3:47.46	52.90	1:50.69	2:49.07

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Jacquie MAYCOCK	55	South Beds	3:33.37	48.73	1:42.05	2:38.23

WOMENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sally LELEAN	66	Diss Otters	4:14.41	58.39	2:05.59	3:11.55

EVENT 8 Womens Open 50m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Becky WILKINSON	24	East Anglian		28.65
2.	Frances MERRIDAN	23	South Beds		29.03
3.	Marion BRYANT	22	East Anglian		30.28
4.	Lauren MURPHY	24	Flitwick		30.29
5.	Alice THEOBALD	22	Team Anglia		31.80
6.	Claudia GRANT-DAWSON	19	Flitwick		32.09
7.	Abbey CROUCH	18	Basildon Ph		32.12
7.	Rebecca MOLONEY	18	DunmowAtlant		32.12

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Sophie CASTLE	29	Chelmsford		29.75
2.	Kate ROBINSON	26	South Beds		31.40
3.	Heidi GIBBENS	26	Hemel Hemp		31.72
4.	Gemma CANNON	25	Felixstowe		34.04
5.	Charlotte STANLEY	27	Team Anglia		35.78

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Carla KING	34	South Beds		28.13
2.	Claire EVELYN	30	South Beds		28.95
3.	Joanne HOLDER	32	South Beds		29.83
4.	Kira NEAL	33	Romford Town		30.44
5.	Sarah EDWARDS	31	DunmowAtlant		30.46
6.	Amanda BEDDER	31	Norwich Swan		30.50
7.	Claire MASSEY	33	Cheshunt		30.93
8.	Kitty CRAIG	34	Sudbury		32.15
9.	Natalie MCLAREN	33	TriSudbury		32.26
10.	Sarah BOXALL	34	TriSudbury		37.98



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35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Catherine MARKWELL	36	East Anglian		29.27
2.	Tara STROUD	38	DunmowAtlant		29.80
3.	Sam HAMMOND	37	South Beds		30.07
4.	Kimberley HARRISON	36	Stowmarket		31.05
5.	Catherine HURST-HEWETT	35	East Anglian		37.65
6.	Suzanne WARREN	38	Co Norwich	4	1:00.94

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Emma WALKER	43	Co Cambridge		28.81
2.	Nicola RUSSELL	40	DunmowAtlant		32.20
3.	Lucy RYAN	44	Team Anglia		32.43
4.	Lorna BROWN	42	South Beds		34.40
5.	Emma ROCH	44	South Beds		35.90
6.	Leslie BROUSSARD	44	Team Anglia		41.39

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Hayley TURNER	45	Team Anglia		30.11
2.	Wendy HUNTER	45	Romford Town		32.39
3.	Wendy AIREY	47	Mildenhall		35.85
4.	Suzanne ADAMS	46	Felixstowe		37.85
5.	Astrid WHARTON	48	Otter		39.28

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Liz WOOLNER	50	Flitwick		29.04
2.	Silvia FERDIN	52	Co Cambridge		32.15
3.	Jane PYE	50	East Anglian		33.66
4.	Jane SMITH	53	Team Anglia		38.26
5.	Michele ROMAIN	54	DunmowAtlant		40.99
6.	Sue PENMAN	54	Stowmarket		41.56

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Janet WILLIAMS	55	Team Anglia		32.27
2.	Kim LYNCH	58	Stowmarket		34.98
3.	Fiona BRITTAIN	58	West Suffolk		38.99
4.	Ali SHEEHAN	59	South Beds		43.16
5.	Jayne COLEBROOK	57	Biggleswade		44.05
	Maggie SMITH	59	Co Milton K		DQ

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Alyson FORDHAM	61	Romford Town		31.62

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Kathleen TUNNICLIFFE	65	Wolv Master		34.20
2.	Andrea MINOR	69	South Beds		45.93

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Janet MASTERS	77	South Beds		44.85

EVENT 9 Mens Open 50m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Jack CHRISTIE	19	Hemel Hemp		24.85
2.	Jack SPENCE	23	Hemel Hemp		25.01
3.	Jordan KING	21	Diss Otters		26.68
4.	Hayden DAVIES	21	Flitwick		27.23

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Mark THOMPSON	28	Team Anglia		26.72
2.	Adam SPEAR	26	Felixstowe		27.29

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Mark LEAMON	30	Co Cambridge		25.40
2.	Richard LEWINDON	32	South Beds		26.87
	David HARRISON	31	Stowmarket		DNC

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Will APPLEBY	35	East Anglian		25.05
2.	Shaun HARRISON	38	Stowmarket		25.37
3.	Chris SHORT	35	Brentwood		27.07
4.	James HEATHCOTE	39	Colchester		27.86
5.	James GRIGG	36	Rochford		27.95
6.	Max OPPENHEIM	36	Co Norwich		28.41
7.	Alistair SHAW	37	Flitwick		28.50
8.	Ross NEEDHAM	37	Spencer		29.29
9.	Pete WINTER	37	Team Anglia	10	31.11
10.	Wes FRASER	37	South Beds		37.51



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40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Alex BEVIS	42	Team Anglia		25.97
2.	Sean GARNHAM	43	West Suffolk		29.12
3.	Peter EDMUNDS	42	West Suffolk		29.30
4.	David DAPORTA-MENDEZ	40	Out To Swim		29.57
5.	Murray BAKER	41	TriSudbury		37.10

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Nick WHITE	46	Chelmsford		27.93
2.	Mark CLAXTON	46	Norfolk Vikg		28.16
3.	Martin FOSTER	45	Gainsborough		28.26
4.	Niall TIERNAN	48	Brentwood		28.27
5.	Karl SHARMAN	48	Deben		28.69
6.	Robert ADSLEY	47	South Beds		28.91
7.	Howard GELL	46	South Beds		29.24
8.	Stewart FINN	47	Rochford		29.80
9.	Dave PETHERS	47	Chelmsford		30.20
10.	Derek BISSETT	48	Maxwell		30.59
11.	Clive MITSON	48	Stowmarket		31.37
12.	Steven WESTALL	46	Asa Temp 2		32.45
13.	John O'ROURKE	48	Team Luton		34.31
	Jonathon BELL	45	Co Cambridge		DQ

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Simon BRADFORD	50	Team Anglia		28.41
2.	Kevin MCKENNA	51	Hemel Hemp		28.65
3.	Walker BRIERLEY	54	Deben		31.05
4.	Steve COE	54	West Suffolk		31.07
5.	Andrew BISHOP	51	St Ives		32.08
6.	David JENNINGS	52	Stevenage		32.40
7.	Jon WILLS	53	Felixstowe		34.05

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Peter MASTERS	55	South Beds		29.71
2.	Stephen ALLEN	57	Hull Masters		29.96
3.	Peter LYNCH	55	Stowmarket		30.34
4.	Thomas ENRIGHT	58	Romford Town		30.60
5.	Simon MERRETT	57	Deben		31.11
6.	Mark BANWELL	56	Co Ely		31.60
7.	Alastair GIBB	57	Team Luton		31.99
8.	Adam LELEAN	55	Diss Otters		32.02
9.	Gordon CARTWRIGHT	56	Chelmsford		32.12
10.	John BAUER	57	West Suffolk		32.56
11.	Ian COSTELLO	57	Stevenage		32.81
12.	Dan BROCKMAN	55	Stevenage		35.11

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Dave PIRRIE	60	Hemel Hemp		31.60
2.	Christopher MARSHALL	61	South Beds		31.84
3.	Colin MAYES	62	Team Luton		32.02
4.	Ian MURRAY	60	Flitwick		32.12
5.	Peter ILES	64	South Beds		32.29
6.	Mark AYRES	61	Hemel Hemp		33.62
7.	Andrew WRIGHT	60	Stowmarket		33.84
8.	Shane PREECE	60	East Anglian		34.86
9.	Nick MINNS	64	East Anglian		36.18
10.	Paul NG	63	Barnet Copt		37.17

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Peter RANK	65	Co Cambridge		37.16

84/89 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Donald MACFARLANE	88	West Norfolk		1:26.37

EVENT 10 Womens Open 200m Freestyle Team

072+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	South Beds	072+	1:59.16	28.81	1:00.27	1:30.55
2.	Hemel Hemp	072+	2:02.88	30.38	1:01.80	1:33.28
3.	DunmowAtlant	072+	2:04.19	29.79	1:02.37	1:33.77

160+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	South Beds "A"	160+	2:06.67	30.34	1:00.55	1:38.57
2.	South Beds "B"	160+	2:14.43	32.74	1:07.69	1:40.93
3.	East Anglian	160+	2:34.29	45.63	1:20.91	1:57.84

200+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	Team Anglia	200+	2:15.18	35.18	1:08.40	1:45.30



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240+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	South Beds	240+ South Beds	2:54.04	43.43	1:29.03	2:08.71

EVENT 11 Mens Open 200m Freestyle Team

072+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	South Beds	072+ South Beds	1:46.28	24.63	53.32	1:20.29
2.	Hemel Hemp	072+ Hemel Hemp	1:49.68	25.27	56.15	1:24.88

160+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	West Suffolk	160+ West Suffolk	2:01.93	29.89	1:01.48	1:32.11

200+ Yrs Age Group - Full Results

Place	Name	Club	Time	50	100	150
1.	Team Anglia	200+ Team Anglia	1:54.59	-	57.18	1:26.47
2.	Deben	200+ Deben	1:58.40	29.13	58.96	1:27.96
3.	South Beds	200+ South Beds	1:59.52	30.00	58.86	1:28.12
4.	Team Luton	200+ Team Luton	2:06.74	30.35	1:04.81	1:34.64
5.	East Anglian	200+ East Anglian	2:09.83	29.92	1:04.77	1:41.19
6.	Stevenage	200+ Stevenage	2:14.54	32.40	1:07.12	1:41.95