



# ASA East Region Open Masters & Senior Age Group (18-24) Championships

Saturday October 1<sup>st</sup> 2016

(Under ASA Laws & ASA Masters Technical Rules)

At Newmarket Leisure Centre, Exning Road, Newmarket CB8 0EA



## EVENT 1 Mens/Womens Open 400m Freestyle

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

Place	Name	AaD	Club	Cat	Time				
1.	Andrew KIMPTON	24	West Suffolk		4:32.11				
	50m 31.13	100m 1:05.23	150m 1:39.97		200m 2:15.23	250m 2:49.53	300m 3:23.93	350m 3:58.20	400m 4:32.11
2.	Louis HINES	19	Watford SC	14	4:35.20				
	50m 29.75	100m 1:03.26	150m 1:38.24		200m 2:13.48	250m 2:48.47	300m 3:23.80	350m 3:59.57	400m 4:35.20

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

Place	Name	AaD	Club	Cat	Time				
1.	Ashley BUCK	36	Team Anglia		4:26.57				
	50m 30.85	100m 1:03.74	150m 1:37.39		200m 2:11.34	250m 2:44.75	300m 3:19.27	350m 3:53.15	400m 4:26.57
2.	Nick HARRIS	35	Romford Town		5:20.27				
	50m 36.92	100m 1:16.70	150m 1:57.50		200m 2:38.95	250m 3:19.69	300m 4:00.57	350m 4:41.07	400m 5:20.27
3.	Dan GEORGESCU	37	Flitwick		6:31.37				
	50m 40.65	100m 1:28.08	150m 2:17.68		200m 3:08.40	250m 3:59.85	300m 4:51.64	350m 5:43.68	400m 6:31.37

### MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time				
1.	Alex BEVIS	41	Team Anglia		4:37.54				
	50m 30.87	100m 1:05.77	150m 1:41.20		200m 2:17.39	250m 2:53.02	300m 3:28.36	350m 4:03.43	400m 4:37.54
2.	Alan WALLACE	40	Co Cambridge		5:00.72				
	50m 34.65	100m 1:12.09	150m 1:50.51		200m 2:29.42	250m 3:08.09	300m 3:46.54	350m 4:24.43	400m 5:00.72
3.	Iain MILLIGAN	44	West Suffolk		6:24.94				
	50m 42.88	100m 1:30.47	150m -		200m 3:08.57	250m 3:58.50	300m 4:49.06	350m -	400m 6:24.94

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

Place	Name	AaD	Club	Cat	Time				
1.	Ian WALLACE	46	Brentwood		4:41.15				
	50m 31.90	100m 1:06.27	150m 1:41.79		200m 2:18.02	250m 2:54.66	300m 3:31.45	350m 4:07.52	400m 4:41.15
2.	Martin BRADFORD	49	Out To Swim		5:00.56				
	50m 34.31	100m 1:12.18	150m 1:50.24		200m 2:27.88	250m 3:05.50	300m 3:43.89	350m 4:22.14	400m 5:00.56
3.	John O'ROURKE	47	Team Luton		5:30.92				
	50m 38.81	100m 1:19.92	150m 2:01.44		200m 2:43.91	250m 3:26.17	300m 4:08.12	350m 4:50.26	400m 5:30.92
4.	Jason COLE	49	Colchester		5:38.19				
	50m 38.48	100m 1:20.19	150m 2:03.86		200m 2:47.44	250m 3:29.89	300m 4:14.80	350m 4:56.33	400m 5:38.19

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

Place	Name	AaD	Club	Cat	Time				
1.	Simon EMM	50	Colchester		4:42.68				
	50m 31.72	100m 1:06.76	150m 1:42.52		200m 2:18.68	250m 2:55.17	300m 3:31.76	350m 4:08.17	400m 4:42.68
2.	Peter LYNCH	54	Stowmarket		5:15.03				
	50m 35.27	100m 1:13.48	150m 1:53.10		200m 2:33.04	250m 3:13.89	300m 3:54.39	350m 4:34.73	400m 5:15.03

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

Place	Name	AaD	Club	Cat	Time				
1.	Mark STRAKOSCH	55	Berkhamsted		5:01.37				
	50m 34.62	100m 1:11.77	150m 1:49.99		200m 2:28.53	250m 3:07.12	300m 3:46.05	350m 4:24.85	400m 5:01.37
2.	Alastair GIBB	56	Team Luton		5:18.39				
	50m 36.24	100m 1:15.39	150m 1:55.02		200m 2:35.22	250m 3:14.74	300m 3:55.54	350m 4:37.08	400m 5:18.39
3.	Ian MURRAY	59	Flitwick		5:20.16				
	50m 36.87	100m 1:16.61	150m 1:57.56		200m 2:39.41	250m 3:19.22	300m 3:59.65	350m 4:41.29	400m 5:20.16

### MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time				
1.	Ian URQUHART	62	Co Lincoln P		6:10.09				
	50m 38.80	100m 1:23.55	150m 2:09.27		200m 2:55.15	250m 3:43.82	300m 4:32.76	350m 5:22.50	400m 6:10.09
2.	Peter RANK	64	Co Cambridge		6:57.50				
	50m 44.97	100m 1:35.47	150m 2:28.44		200m 3:22.66	250m 4:17.01	300m 5:11.58	350m 6:05.56	400m 6:57.50

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

Place	Name	AaD	Club	Cat	Time				
1.	David MCCARTNEY	65	teamipswich		6:24.46				
	50m 40.23	100m 1:26.68	150m 2:16.60		200m 3:07.91	250m -	300m 4:48.65	350m 5:38.36	400m 6:24.46

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

Place	Name	AaD	Club	Cat	Time				
1.	Richard BRAYBROOK	70	Kettering		6:25.14				
	50m 40.75	100m 1:26.39	150m 2:14.85		200m 3:04.28	250m 3:54.40	300m 4:45.00	350m 5:35.68	400m 6:25.14
2.	Paul CLARKE	74	Beaver Mast		8:12.58				
	50m 52.88	100m 1:53.59	150m 2:56.45		200m 4:00.28	250m 5:03.31	300m 6:08.27	350m 7:11.66	400m 8:12.58

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

Place	Name	AaD	Club	Cat	Time				
1.	Olivia CURTIN	23	Team Anglia		5:03.65				
	50m 34.02	100m 1:11.53	150m 1:49.92		200m 2:28.49	250m 3:07.29	300m 3:45.90	350m 4:24.70	400m 5:03.65
2.	Sophie LIDDAMENT	24	UEA Norwich		5:10.97				
	50m 35.61	100m 1:14.00	150m 1:53.47		200m 2:33.51	250m 3:13.21	300m 3:52.70	350m 4:32.31	400m 5:10.97
3.	Gemma CANNON	24	Felixstowe		5:19.66				
	50m 35.62	100m 1:15.11	150m 1:55.95		200m 2:37.78	250m 3:19.00	300m 4:00.24	350m 4:41.42	400m 5:19.66

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

Place	Name	AaD	Club	Cat	Time				
1.	Sophie CASTLE	28	Chelmsford		5:15.35				
	50m 35.98	100m 1:15.60	150m 1:55.81		200m 2:36.43	250m 3:16.94	300m 3:57.09	350m 4:36.82	400m 5:15.35
2.	Cheryl BELTON	27	East Anglian		5:36.52				
	50m 38.04	100m 1:19.21	150m 2:01.71		200m 2:44.42	250m 3:28.10	300m 4:11.93	350m 4:55.40	400m 5:36.52

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

Place	Name	AaD	Club	Cat	Time				
1.	Katie HOLMES	32	Colchester		5:07.53				
	50m 34.48	100m 1:12.16	150m 1:50.74		200m 2:29.40	250m 3:08.84	300m 3:48.91	350m 4:28.80	400m 5:07.53



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

Place	Name	AaD	Club	Cat	Time
1.	Jo MITCHINSON	37	Stevenage		4:49.16
	50m 33.24	100m 1:08.45	150m 1:44.56	200m 2:21.32	250m 2:58.36
	300m 3:35.37	350m 4:12.43	400m 4:49.16		
2.	Catherine MARKWELL	35	East Anglian		4:57.24
	50m 34.78	100m 1:11.90	150m 1:49.59	200m 2:27.63	250m 3:05.32
	300m 3:43.42	350m 4:20.90	400m 4:57.24		

### WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Tracy Van Deventer	41	Berkhamsted		5:15.43
	50m 35.47	100m 1:14.36	150m 1:54.57	200m 2:34.67	250m 3:15.03
	300m 3:56.02	350m 4:36.65	400m 5:15.43		
2.	Nancy MCLACHLAN	42	Deben		5:51.27
	50m 40.71	100m 1:25.11	150m 2:10.05	200m 2:55.04	250m 3:39.33
	300m 4:23.81	350m 5:08.09	400m 5:51.27		
3.	Sarah BUCHAN	40	UEA Norwich		6:20.93
	50m 40.81	100m 1:26.61	150m 2:15.04	200m 3:03.88	250m 3:53.07
	300m 4:42.86	350m 5:33.07	400m 6:20.93		
4.	Alison COWIE	43	Chelmsford		6:47.41
	50m 43.28	100m 1:31.68	150m 2:22.09	200m -	250m 4:08.36
	300m 5:02.04	350m 5:54.90	400m 6:47.41		

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

Place	Name	AaD	Club	Cat	Time
1.	Liz WOOLNER	49	Flitwick		5:11.86
	50m 35.09	100m 1:13.29	150m 1:52.23	200m 2:32.27	250m 3:11.72
	300m 3:51.37	350m 4:31.74	400m 5:11.86		
2.	Josephine CRESSWELL	48	East Anglian		5:38.83
	50m 38.48	100m 1:20.88	150m 2:04.56	200m 2:48.32	250m 3:31.24
	300m 4:14.44	350m 4:57.92	400m 5:38.83		
3.	Eleni MANOLITSAKI	46	Chelmsford		6:44.72
	50m 44.30	100m 1:32.93	150m 2:23.91	200m 3:15.87	250m 4:08.44
	300m 5:00.87	350m 5:53.78	400m 6:44.72		

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

Place	Name	AaD	Club	Cat	Time
1.	Hannah UECKERMANN	53	Witham Dolph		5:41.69
	50m 39.45	100m 1:21.44	150m 2:03.88	200m 2:46.50	250m 3:29.39
	300m 4:12.51	350m 4:56.32	400m 5:41.69		
2.	Susan PENMAN	53	Stowmarket		7:07.62
	50m 45.43	100m 1:36.95	150m 2:31.65	200m 3:26.91	250m 4:22.40
	300m 5:18.75	350m 6:14.56	400m 7:07.62		

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

Place	Name	AaD	Club	Cat	Time
1.	Fiona BRITTAI	57	West Suffolk		6:49.86
	50m 43.95	100m 1:34.14	150m 2:26.61	200m 3:19.24	250m 4:12.16
	300m 5:05.29	350m 5:58.83	400m 6:49.86		

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

Place	Name	AaD	Club	Cat	Time
1.	Pat REYNOLDS	66	Beaver Mast		6:14.33
	50m 42.43	100m 1:28.89	150m 2:16.78	200m 3:04.52	250m 3:51.79
	300m 4:39.57	350m 5:28.00	400m 6:14.33		

## EVENT 2 Mens/Womens Open 200m Medley Team

### 072+ Yrs Age Group - Full Results

Place	Name	Club	Time
1.	Flitwick	072+ Flitwick	2:23.11
		Rachael Stevenson	34.39
		Alistair Shaw	36.70
		Dan Georgesu	40.20
		Claudia Grant-Dawson	31.82
2.	UEA Norwich C	072+ UEA Norwich	3:03.57
		Suzanne Warren	1:02.66
		Chris Trueman	47.49
		Sophie Liddament	37.38
		Lee Bennet	36.04

### 120+ Yrs Age Group - Full Results

Place	Name	Club	Time
1.	Colchester B	120+ Colchester	2:10.63
		Jennie Stemp	34.79
		Kate Holmes	37.35
		Simon Emm	29.76
		Rob Milburn	28.73
2.	UEA Norwich B	120+ UEA Norwich	2:15.25
		Melanie Holland	36.05
		Marc Collet	31.31
		Simon Buchan	30.30
		Sarah Buchan	37.59

### 160+ Yrs Age Group - Full Results

Place	Name	Club	Time
1.	Team Anglia	160+ Team Anglia	2:10.35
		Ashley Buck	29.43
		Lucy Ryan	38.40
		Alex Bevis	27.73
		Lisa Withers	34.79
2.	Chelmsford	160+ Chelmsford	2:20.63
		Sophie Castle	36.02
		Richard O'Dwyer	34.42
		Dave Pethers	32.12
		Alison Cowie	38.07

### 200+ Yrs Age Group - Full Results

Place	Name	Club	Time
1.	Flitwick	200+ Flitwick	2:29.59
		Ian Murray	40.64
		Judy Thompson	42.04
		Liz Woolner	32.24
		Nigel Halford	34.67



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## 240+ Yrs Age Group - Full Results

Place	Name	Club	Time
	West Norfolk	240+ West Norfolk	DQ 3
		Desiree Pennington	58.97
		Donald McFarlane	1.23.16
		David Coles	46.80
		Suzanne Carter	

## EVENT 3 Womens Open 50m Butterfly

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

Place	Name	AaD	Club	Cat	Time
1.	Claudia GRANT-DAWSON	18	Flitwick		35.93
2.	Alice THEOBALD	21	Team Anglia		36.70
3.	Lorna CASTLE	24	Royston		38.74
4.	Gemma CANNON	24	Felixstowe		38.87

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

Place	Name	AaD	Club	Cat	Time
1.	Emmeline VINCENT	28	East Anglian		38.41

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

Place	Name	AaD	Club	Cat	Time
1.	Catherine MARKWELL	35	East Anglian		32.56
	Suzanne WARREN	37	UEA Norwich	4	DNC

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Mel HOLLAND	42	UEA Norwich		36.85
2.	Kirstie KETT	42	West Suffolk		42.87

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

Place	Name	AaD	Club	Cat	Time
1.	Wendy AIREY	46	Mildenhall		43.82
2.	Suzanne ADAMS	45	Felixstowe		47.91

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

Place	Name	AaD	Club	Cat	Time
1.	Desiree PENNINGTON	54	West Norfolk		1:01.52

### 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Jean APPLEBY	60	Sudbury		36.12

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

Place	Name	AaD	Club	Cat	Time
1.	Pat JACKSON	69	East Anglian		48.07

## EVENT 4 Mens Open 50m Butterfly

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

Place	Name	AaD	Club	Time
1.	Sonny TRIGG	21	teamipswich	26.35
2.	Jack HOLLIS	22	Clacton SC	26.66
3.	Richard BELTON	23	Norwich Swan	31.22
4.	Alex KEMP	18	Watford SC	33.12
	Hayden BROWN	20	Beccles Town	DNC

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

Place	Name	AaD	Club	Time
1.	Joseph FREEZER	31	Stowmarket	28.76

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

Place	Name	AaD	Club	Time
1.	Andrew ROBERTS	39	Dunstable	32.53
2.	Alistair SHAW	36	Flitwick	34.70
3.	Dan GEORGESCU	37	Flitwick	42.11

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alex BEVIS	41	Team Anglia	28.41
2.	Justin TAYLOR	42	Co Ely	30.47
3.	Stephen GREENWOOD	40	St Ives	32.21
4.	Ed HORROCKS	43	DunmowAtlant	32.31

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

Place	Name	AaD	Club	Time
1.	Spike BUCHAN	48	UEA Norwich	30.38
2.	Karl SHARMAN	47	Deben	31.67
3.	Dave PETHERS	46	Chelmsford	31.97
4.	Damian NAVARRETE	48	Colchester	32.90
5.	Jason COLE	49	Colchester	38.69
6.	Lee BENNETT	45	UEA Norwich	40.94

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

Place	Name	AaD	Club	Time
1.	Simon EMM	50	Colchester	29.86
2.	Martin FENNER	54	Romford Town	30.34
3.	Richard O'LEARY	52	Team Anglia	31.98
4.	Martyn FRESHER	54	Team Anglia	35.17
5.	Adam LELEAN	54	Diss Otters	35.38



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## 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Mark BANWELL	55	Co Ely	36.65
2.	Ian MURRAY	59	Flitwick	36.71

## 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	David COLES	62	West Norfolk	46.65

## 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	David MCCARTNEY	65	teamipswich	39.57
2.	Chris TRUEMAN	69	UEA Norwich	41.27

## 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Richard BRAYBROOK	70	Kettering	42.50

## EVENT 5 Womens Open 100m IM

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

Place	Name	AaD	Club	Cat	Time
1.	Marion BRYANT	21	East Anglian		1:20.03
2.	Claudia GRANT-DAWSON	18	Flitwick		1:20.16
3.	Lorna CASTLE	24	Royston		1:25.77
4.	Alice THEOBALD	21	Team Anglia		1:28.72
5.	Emma HOLLIS	24	Harlow Pen	8	1:32.61

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

Place	Name	AaD	Club	Cat	Time
1.	Sophie CASTLE	28	Chelmsford		1:16.49
2.	Terri-Louise GARNETT	26	St Ives		1:26.40

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

Place	Name	AaD	Club	Cat	Time
1.	Hayley DAVIS	32	Co Cambridge		1:11.69
2.	Katie HOLMES	32	Colchester		1:16.30

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Lucy RYAN	43	Team Anglia		1:18.99
2.	Mel HOLLAND	42	UEA Norwich		1:21.25
3.	Nancy MCLACHLAN	42	Deben		1:41.10
	Kirstie KETT	42	West Suffolk		DQ 4

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

Place	Name	AaD	Club	Cat	Time
1.	Amanda GOODMAN	46	Basildon Ph		1:20.41
2.	Suzanne ADAMS	45	Felixstowe		1:40.90

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

Place	Name	AaD	Club	Cat	Time
1.	Jane SMITH	52	Team Anglia		1:40.96
2.	Susan PENMAN	53	Stowmarket		1:57.01

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

Place	Name	AaD	Club	Cat	Time
1.	Kim LYNCH	57	Stowmarket		1:30.93

### 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Jean APPLEBY	60	Sudbury		1:24.19

## EVENT 6 Mens Open 100m IM

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

Place	Name	AaD	Club	Time
1.	Aaron LYNCH	22	Stowmarket	1:02.35
2.	Christopher GREENHALGH	20	Sudbury	1:05.67
3.	Alex KEMP	18	Watford SC	1:13.16
	Hayden BROWN	20	Beccles Town	DQ 4

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

Place	Name	AaD	Club	Time
1.	Peter WILLIAMS	36	Bo Waltham F	1:04.26
2.	Alistair SHAW	36	Flitwick	1:16.85
3.	Dan GEORGESCU	37	Flitwick	1:34.49

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lee PETERSON	42	Braintree	1:02.95
2.	Christopher HOWARD	41	Team Anglia	1:11.33
3.	Justin TAYLOR	42	Co Ely	1:12.84
4.	Ed HORROCKS	43	DunmowAtlant	1:14.55

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

Place	Name	AaD	Club	Time
1.	Karl SHARMAN	47	Deben	1:12.10
2.	Dave PETHERS	46	Chelmsford	1:16.95
3.	David BORTHWICK	48	East Anglian	1:17.93
4.	Lee BENNETT	45	UEA Norwich	1:29.35



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## 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Adam LELEAN	54	Diss Otters	1:18.58
2.	Peter LYNCH	54	Stowmarket	1:21.49
3.	Matthew HODGE	54	DunmowAtlant	1:32.49
4.	Rob GARRY	52	Mildenhall	1:48.68

## 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Mark STRAKOSCH	55	Berkhamsted	1:19.23
2.	Ian MURRAY	59	Flitwick	1:22.25
3.	Nigel HALFORD	55	Flitwick	1:28.17
4.	Andrew WRIGHT	59	Stowmarket	1:28.42
5.	John BROWNE	58	Mildenhall	1:59.72
	Simon MERRETT	56	Deben	DQ 5

## 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Tom MORROW	60	Co Oxford	1:21.97

## 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Chris TRUEMAN	69	UEA Norwich	1:39.01

## 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Richard BRAYBROOK	70	Kettering	1:38.03

## **EVENT 7 Mens/Womens Open 200m Backstroke**

### MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Alan WALLACE	40	Co Cambridge	2:35.79	36.59	1:15.46	1:56.08

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

Place	Name	AaD	Club	Time	50	100	150
1.	Martin BRADFORD	49	Out To Swim	2:41.28	38.45	1:19.27	2:00.43
2.	John O'ROURKE	47	Team Luton	3:18.31	48.42	1:38.86	2:28.88

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

Place	Name	AaD	Club	Time	50	100	150
1.	Martin FENNER	54	Romford Town	2:28.71	34.55	1:11.70	1:50.15

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

Place	Name	AaD	Club	Time	50	100	150
1.	Alastair GIBB	56	Team Luton	2:51.29	39.85	1:23.10	2:07.01

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

Place	Name	AaD	Club	Time	50	100	150
1.	Paul CLARKE	74	Beaver Mast	4:15.06	59.44	2:04.78	3:11.65

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

Place	Name	AaD	Club	Time	50	100	150
1.	Gemma CANNON	24	Felixstowe	2:56.26	41.23	1:26.07	2:12.52

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

Place	Name	AaD	Club	Time	50	100	150
1.	Jennie STEMPE	28	Colchester	2:43.43	38.19	1:20.13	2:03.00

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

Place	Name	AaD	Club	Time	50	100	150
1.	Hayley DAVIS	32	Co Cambridge	2:31.28	35.54	1:13.52	1:53.10
2.	Sarah LINGARD	33	Newmarket	2:58.97	39.05	1:23.60	2:11.22

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

Place	Name	AaD	Club	Time	50	100	150
	Jo MITCHINSON	37	Stevenage	DNF			

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

Place	Name	AaD	Club	Time	50	100	150
1.	Eleni MANOLITSAKI	46	Chelmsford	3:42.37	51.11	1:47.88	2:46.24

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

Place	Name	AaD	Club	Time	50	100	150
1.	Fiona BRITTAIN	57	West Suffolk	3:54.06	54.94	1:54.67	2:55.58

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

Place	Name	AaD	Club	Time	50	100	150
1.	Pat REYNOLDS	66	Beaver Mast	3:13.65	46.07	1:34.46	2:24.17
2.	Sally LELEAN	65	Diss Otters	4:04.59	58.65	2:00.04	3:02.53

## **EVENT 8 Womens Open 50m Breaststroke**

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

Place	Name	AaD	Club	Time
1.	Claudia GRANT-DAWSON	18	Flitwick	40.96

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

Place	Name	AaD	Club	Time
1.	Emily AUST	26	Biggleswade	40.10
2.	Sophie CASTLE	28	Chelmsford	40.41
3.	Emmeline VINCENT	28	East Anglian	43.38
4.	Terri-Louise GARNETT	26	St Ives	45.20



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## 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Katie HOLMES	32	Colchester	38.25

## 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sachika YAMAWAKI	35	Barnet Copt	38.54

## 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lucy RYAN	43	Team Anglia	39.00
2.	Judy THOMPSON	44	Flitwick	43.00

## 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Katrina FARRALL	46	Basildon Ph	39.35
2.	Lorraine SADLER	45	Team Luton	47.81
3.	Suzanne ADAMS	45	Felixstowe	48.76
4.	Wendy AIREY	46	Mildenhall	52.54

## 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lisa WITHERS	50	Team Anglia	44.65
2.	Hannah UECKERMANN	53	Witham Dolph	44.78
3.	Michele ROMAIN	53	DunmowAtlant	49.87
4.	Jane SMITH	52	Team Anglia	54.59
5.	Desiree PENNINGTON	54	West Norfolk	55.33

## 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Suzanne CARTER	55	West Norfolk	54.66

## 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Judith BARTON	60	Seagulls SC	48.09

## 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Pat JACKSON	69	East Anglian	51.66
2.	Sally LELEAN	65	Diss Otters	53.88

## **EVENT 9 Mens Open 50m Breaststroke**

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

Place	Name	AaD	Club	Cat	Time
1.	Aaron LYNCH	22	Stowmarket		31.58
2.	Christopher GREENHALGH	20	Sudbury		33.52
3.	Alex KEMP	18	Watford SC		36.56

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

Place	Name	AaD	Club	Cat	Time
1.	Marc COLLETT	28	UEA Norwich		32.09
2.	Mathew SMITH	26	St Ives		37.31

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

Place	Name	AaD	Club	Cat	Time
1.	Joseph FREEZER	31	Stowmarket		35.36

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

Place	Name	AaD	Club	Cat	Time
1.	Alistair SHAW	36	Flitwick		35.93
2.	Andrew ROBERTS	39	Dunstable		37.84
3.	Adam FREER	39	Barnet Copt		39.67
4.	Pete WINTER	36	Newmarket	9	42.55
5.	Dan GEORGESCU	37	Flitwick		45.78
	Peter WILLIAMS	36	Bo Waltham F		DQ 6

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Lee PETERSON	42	Braintree		31.92
2.	Nick TITCHENER	40	Biggleswade		34.24
3.	Robert MILBURN	43	Colchester		36.08
4.	Christopher HOWARD	41	Team Anglia		36.15
5.	Stephen GREENWOOD	40	St Ives		38.47
6.	Ed HORROCKS	43	DunmowAtlant		38.60

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

Place	Name	AaD	Club	Cat	Time
1.	Richard O'DWYER	45	Chelmsford		34.46
2.	Graham BAILLES	45	Brentwood		35.58
3.	Karl SHARMAN	47	Deben		36.07
4.	Damian NAVARRETE	48	Colchester		36.69
5.	Gary THOMAS	45	Corby		41.90
6.	Martin BRADFORD	49	Out To Swim		44.25

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

Place	Name	AaD	Club	Cat	Time
1.	Martyn FRESHER	54	Team Anglia		36.27
2.	Adam LELEAN	54	Diss Otters		38.35
3.	Matthew HODGE	54	DunmowAtlant		44.09



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

Place	Name	AaD	Club	Cat	Time
1.	Nigel HALFORD	55	Flitwick		43.19
2.	Andrew WRIGHT	59	Stowmarket		44.15
3.	Simon DOVE	57	Flitwick		47.39
4.	John BROWNE	58	Mildenhall		55.33

### 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Tom MORROW	60	Co Oxford		38.46
2.	Ian URQUHART	62	Co Lincoln P		40.97
3.	David COLES	62	West Norfolk		46.76

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

Place	Name	AaD	Club	Cat	Time
1.	Chris TRUEMAN	69	UEA Norwich		46.26

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

Place	Name	AaD	Club	Cat	Time
1.	George JACKSON	71	East Anglian		48.77

### 85/89 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Donald MACFARLANE	87	West Norfolk		1:27.09

## **EVENT 10 Womens Open 200m Freestyle Team**

### 072+ Yrs Age Group - Full Results

Place	Name	Club	Time
1.	Flitwick	072+ Flitwick	2:16.97
		Liz WOOLNER	30.73
		Judy THOMPSON	38.49
		Rachael STEVENSON	32.20
		Claudia GRANT-DAWSON	35.55
	UEA Norwich	072+ UEA Norwich	DNC
		Suzanne WARREN	
		Sophie LIDDAMENT	
		Melanie Holland	
		Sarah BUCHAN	

## **EVENT 11 Mens Open 200m Freestyle Team**

### 120+ Yrs Age Group - Full Results

Place	Name	Club	Time
1.	Team Anglia	120+ Team Anglia	1:47.22
		Alex BEVIS	26.05
		Christopher HOWARD	27.15
		Martyn FRESHER	28.41
		Ashley BUCK	25.61

### 160+ Yrs Age Group - Full Results

Place	Name	Club	Time
1.	Colchester A	160+ Colchester	1:59.45
		Rob Milburn	29.05
		Jason COLE	32.65
		Damian NAVARRETE	29.56
		Simon EMM	28.19
	UEA Norwich A	160+ UEA Norwich	DQ 7
		Chris TRUEMAN	38.31
		Lee Bennet	33.92
		Marc Collet	26.92
		Simon Buchan	

### 200+ Yrs Age Group - Full Results

Place	Name	Club	Time
1.	Flitwick	200+ Flitwick	2:13.02
		Ian MURRAY	33.43
		Simon DOVE	36.88
		Nigel HALFORD	33.68
		Alistair SHAW	29.03

## **EVENT 12 Mens/Womens Open 200m Butterfly**

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

Place	Name	AaD	Club	Time	50	100	150
1.	Ian WALLACE	46	Brentwood	2:32.38	35.16	1:12.68	1:52.88
2.	Dave PETHERS	46	Chelmsford	3:02.86	39.30	1:26.24	2:15.64

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

Place	Name	AaD	Club	Time	50	100	150
1.	Simon EMM	50	Colchester	2:29.57	33.89	1:12.15	1:51.54

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

Place	Name	AaD	Club	Time	50	100	150
1.	Hayley DAVIS	32	Co Cambridge	2:34.16	33.64	1:12.34	1:52.44



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### WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Tracy Van Deventer	41	Berkhamsted	2:58.87	38.77	1:23.46	2:11.40
2.	Mel HOLLAND	42	UEA Norwich	3:26.09	43.95	1:37.74	2:32.77
3.	Alison COWIE	43	Chelmsford	3:43.92	47.40	1:45.39	2:43.93

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

Place	Name	AaD	Club	Time	50	100	150
1.	Josephine CRESSWELL	48	East Anglian	2:59.73	39.55	1:24.92	2:12.04

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

Place	Name	AaD	Club	Time	50	100	150
1.	Pat JACKSON	69	East Anglian	4:00.71	53.73	1:55.67	2:59.09

## EVENT 13 Womens Open 50m Freestyle

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

Place	Name	AaD	Club	Cat	Time
1.	Claudia GRANT-DAWSON	18	Flitwick		32.05
2.	Alice THEOBALD	21	Team Anglia		32.53
3.	Gemma CANNON	24	Felixstowe		33.46
4.	Lorna CASTLE	24	Royston		34.01
5.	Emma HOLLIS	24	Harlow Pen	8	34.70

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

Place	Name	AaD	Club	Cat	Time
1.	Sophie CASTLE	28	Chelmsford		30.78
2.	Emily AUST	26	Biggleswade		31.31
3.	Terri-Louise GARNETT	26	St Ives		33.08

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

Place	Name	AaD	Club	Cat	Time
1.	Katie HOLMES	32	Colchester		31.77
2.	Sarah HOLDEN	32	Hadleigh		32.55

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

Place	Name	AaD	Club	Cat	Time
1.	Catherine MARKWELL	35	East Anglian		29.22

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Sharon PERRY	44	West Suffolk		30.68
2.	Lucy RYAN	43	Team Anglia		31.69
3.	Judy THOMPSON	44	Flitwick		35.67
4.	Leslie BROUSSARD	43	Newmarket		41.76

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

Place	Name	AaD	Club	Cat	Time
1.	Amanda GOODMAN	46	Basildon Ph		32.20
2.	Lorraine SADLER	45	Team Luton		36.56
3.	Wendy AIREY	46	Mildenhall		37.44
4.	Suzanne ADAMS	45	Felixstowe		38.70

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

Place	Name	AaD	Club	Cat	Time
1.	Michele ROMAIN	53	DunmowAtlant		41.49
2.	Susan PENMAN	53	Stowmarket		42.98
3.	Desiree PENNINGTON	54	West Norfolk		49.48

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

Place	Name	AaD	Club	Cat	Time
1.	Kim LYNCH	57	Stowmarket		35.51
2.	Fiona BRITAIN	57	West Suffolk		39.05
3.	Suzanne CARTER	55	West Norfolk		44.16

### 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Vivien WILLIS	63	Rochford		38.25

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

Place	Name	AaD	Club	Cat	Time
1.	Janet GARDINER	67	St Albans Ma		47.14

## EVENT 14 Mens Open 50m Freestyle

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

Place	Name	AaD	Club	Cat	Time
1.	Sonny TRIGG	21	teamipswich		24.74
2.	Christopher GREENHALGH	20	Sudbury		26.67
3.	Louis HINES	19	Watford SC	14	27.94
4.	Richard BELTON	23	Norwich Swan		28.09
5.	Alex KEMP	18	Watford SC		28.69
6.	Hayden BROWN	20	Beccles Town		30.35
	Jack HOLLIS	22	Clacton SC		DNC

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

Place	Name	AaD	Club	Cat	Time
1.	Mathew SMITH	26	St Ives		27.97

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

Place	Name	AaD	Club	Cat	Time
1.	Joseph FREEZER	31	Stowmarket		26.80





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

Place	Name	AaD	Club	Cat	Time
1.	Andrew ROBERTS	39	Dunstable		27.55
2.	Ben GEMMILL	39	Romford Town		28.01
3.	Alistair SHAW	36	Flitwick		29.52
4.	Pete WINTER	36	Newmarket	10	30.90
5.	Dan GEORGESCU	37	Flitwick		34.88
	Adam FREER	39	Barnet Copt		DNC

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Alex BEVIS	41	Team Anglia		26.10
2.	Lee PETERSON	42	Braintree		26.59
3.	Christopher HOWARD	41	Team Anglia		28.02
4.	Justin TAYLOR	42	Co Ely		28.35
5.	Ed HORROCKS	43	DunmowAtlant		29.10

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

Place	Name	AaD	Club	Cat	Time
1.	Spike BUCHAN	48	UEA Norwich		27.80
2.	Martin BRADFORD	49	Out To Swim		29.76
3.	Lee BENNETT	45	UEA Norwich		33.62
4.	John O'ROURKE	47	Team Luton		33.66
5.	Gary THOMAS	45	Corby		34.16

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

Place	Name	AaD	Club	Cat	Time
1.	Marcel SCHOLTEN	50	Modernian		26.41
2.	Martyn FRESHER	54	Team Anglia		29.25
3.	Richard O'LEARY	52	Team Anglia		30.07
4.	Adam LELEAN	54	Diss Otters		31.25
5.	Peter LYNCH	54	Stowmarket		31.37
6.	Matthew HODGE	54	DunmowAtlant		36.03

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

Place	Name	AaD	Club	Cat	Time
1.	Dave CARTLEDGE	56	Modernian		28.03
2.	Simon MERRETT	56	Deben		30.09
3.	Mark BANWELL	55	Co Ely		31.89
4.	Ian MURRAY	59	Flitwick		31.95
5.	Andrew WRIGHT	59	Stowmarket		33.63
6.	Nigel HALFORD	55	Flitwick		34.65
7.	Simon DOVE	57	Flitwick		37.99
8.	John BROWNE	58	Mildenhall		47.08

### 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Neil CULLEY	60	St Albans Ma		30.42
2.	Ian URQUHART	62	Co Lincoln P		32.69
3.	Peter RANK	64	Co Cambridge		37.10
4.	Mark HALL	60	Newmarket		38.18
5.	David COLES	62	West Norfolk		44.44

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

Place	Name	AaD	Club	Cat	Time
1.	David MCCARTNEY	65	teamipswich		31.68

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

Place	Name	AaD	Club	Cat	Time
1.	Richard BRAYBROOK	70	Kettering		34.83

### 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Derek GORE	76	Chelmsford		37.50

## EVENT 15 Womens Open 100m Backstroke

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

Place	Name	AaD	Club	Cat	Time	50
1.	Alice THEOBALD	21	Team Anglia		1:27.76	43.78

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

Place	Name	AaD	Club	Cat	Time	50
1.	Jennie STEMPE	28	Colchester		1:15.79	36.79
2.	Sophie CASTLE	28	Chelmsford		1:16.80	37.26

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

Place	Name	AaD	Club	Cat	Time	50
1.	Rachael STEVENSON	31	Flitwick		1:14.72	36.41
2.	Sarah LINGARD	33	Newmarket		1:21.35	38.66
3.	Sarah HOLDEN	32	Hadleigh		1:22.75	40.24

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

Place	Name	AaD	Club	Cat	Time	50
1.	Sachika YAMAWAKI	35	Barnet Copt		1:14.49	36.83

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	50
1.	Sharon PERRY	44	West Suffolk		1:22.04	39.94
2.	Leslie BROUSSARD	43	Newmarket		1:45.93	51.05



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

Place	Name	AaD	Club	Cat	Time	50
1.	Liz WOOLNER	49	Flitwick		1:15.86	36.72
2.	Eleni MANOLITSAKI	46	Chelmsford		1:42.12	49.77

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

Place	Name	AaD	Club	Cat	Time	50
1.	Jane SMITH	52	Team Anglia		1:39.12	47.99

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

Place	Name	AaD	Club	Cat	Time	50
1.	Pat REYNOLDS	66	Beaver Mast		1:31.52	44.28

## EVENT 16 Mens Open 100m Backstroke

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

Place	Name	AaD	Club	Time	50
1.	Damian NAVARRETE	48	Colchester	1:19.61	38.85

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

Place	Name	AaD	Club	Time	50
1.	Martin FENNER	54	Romford Town	1:09.40	33.56
2.	Marcel SCHOLTEN	50	Modernian	1:17.42	38.27
3.	Rob GARRY	52	Mildenhall	1:48.92	54.04

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

Place	Name	AaD	Club	Time	50
1.	Dave CARTLEDGE	56	Modernian	1:09.77	33.85
2.	Peter KELLEWAY	56	Bishop Stort	1:13.48	35.27
3.	Andrew WRIGHT	59	Stowmarket	1:28.66	43.68

## EVENT 17 Mens/Womens Open 200m Freestyle

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Louis HINES	19	Watford SC	14	2:07.85	29.54	1:02.69	1:36.17
2.	Alex KEMP	18	Watford SC		2:21.52	32.03	1:07.84	1:45.28

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Nick HARRIS	35	Romford Town		2:32.23	35.23	1:14.09	1:54.39
2.	Dan GEORGESCU	37	Flitwick		2:58.42	37.41	1:22.32	2:10.60

### MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Alex BEVIS	41	Team Anglia		2:09.32	29.92	1:03.51	1:37.50

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Stuart DYBLE	45	Norfolk Vikg		2:08.64	29.69	1:02.58	1:35.65
2.	Martin BRADFORD	49	Out To Swim		2:21.69	33.26	1:09.40	1:45.80
3.	Dave PETHERS	46	Chelmsford		2:30.46	34.71	1:12.88	1:52.28
4.	John O'ROURKE	47	Team Luton		2:34.27	37.02	1:16.33	1:55.33
5.	David BORTHWICK	48	East Anglian		2:35.03	36.37	1:16.10	1:55.53
6.	Lee BENNETT	45	UEA Norwich		2:43.76	37.26	1:18.96	2:02.18

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Simon EMM	50	Colchester		2:12.24	30.43	1:04.05	1:38.53

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Mark STRAKOSCH	55	Berkhamsted		2:22.92	34.25	1:10.28	1:47.35
2.	Simon MURRETT	56	Deben		2:28.64	35.42	1:13.24	1:51.14
3.	Ian MURRAY	59	Flitwick		2:35.98	35.85	1:15.79	1:57.19
4.	Mark BANWELL	55	Co Ely		2:38.47	36.49	1:16.44	1:57.77
5.	Simon DOVE	57	Flitwick		3:17.22	42.81	1:32.87	2:27.24

### MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Peter RANK	64	Co Cambridge		3:13.60	44.21	1:33.92	2:24.93

### MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Derek GORE	76	Chelmsford		3:03.39	43.59	1:30.31	2:17.58

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Gemma CANNON	24	Felixstowe		2:37.83	35.29	1:15.58	1:57.24
2.	Lorna CASTLE	24	Royston		2:44.13	36.76	1:17.93	2:01.34

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Cheryl BELTON	27	East Anglian		2:39.48	36.20	1:16.21	1:58.41

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Sarah LINGARD	33	Newmarket		2:46.03	36.87	1:18.40	2:02.21

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Catherine MARKWELL	35	East Anglian		2:21.89	33.28	1:09.24	1:46.20



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### WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Nancy MCLACHLAN	42	Deben		2:50.65	39.33	1:22.54	2:07.47

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Susan PENMAN	53	Stowmarket		3:22.58	45.73	1:37.62	2:31.10

### WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Jean APPLEBY	60	Sudbury		2:43.61	36.79	1:17.71	2:00.85

## EVENT 18 Womens Open 100m Breaststroke

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

Place	Name	AaD	Club	Time	50
1.	Rebecca HOPPER	21	Hemel Hemp	1:25.64	39.80
2.	Claudia GRANT-DAWSON	18	Flitwick	1:31.96	43.74

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

Place	Name	AaD	Club	Time	50
1.	Emmeline VINCENT	28	East Anglian	1:39.26	48.11
	Emily AUST	26	Biggleswade	DQ 11	

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

Place	Name	AaD	Club	Time	50
1.	Katie HOLMES	32	Colchester	1:24.08	40.34

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Lucy RYAN	43	Team Anglia	1:23.11	40.23
2.	Judy THOMPSON	44	Flitwick	1:35.99	46.17
3.	Kirstie KETT	42	West Suffolk	1:49.23	52.94

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

Place	Name	AaD	Club	Time	50
1.	Katrina FARRALL	46	Basildon Ph	1:26.66	40.81
2.	Suzanne ADAMS	45	Felixstowe	1:47.11	48.65
3.	Lorraine SADLER	45	Team Luton	1:48.40	49.75
4.	Wendy AIREY	46	Mildenhall	1:59.50	55.73

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

Place	Name	AaD	Club	Time	50
1.	Hannah UECKERMANN	53	Witham Dolph	1:34.91	45.82
2.	Michele ROMAIN	53	DunmowAtlant	1:49.34	52.85
	Jane SMITH	52	Team Anglia	DNC	

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

Place	Name	AaD	Club	Time	50
1.	Suzanne CARTER	55	West Norfolk	2:04.39	59.67
2.	Fiona BRITTAIN	57	West Suffolk	2:08.95	1:00.42

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

Place	Name	AaD	Club	Time	50
1.	Sally LELEAN	65	Diss Otters	1:59.28	58.49

## EVENT 19 Mens Open 100m Breaststroke

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

Place	Name	AaD	Club	Cat	Time	50
1.	Aaron LYNCH	22	Stowmarket		1:09.44	32.95
2.	Christopher GREENHALGH	20	Sudbury		1:11.44	33.98
3.	Alex KEMP	18	Watford SC		1:19.53	38.05

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

Place	Name	AaD	Club	Cat	Time	50
1.	Marc COLLETT	28	UEA Norwich		1:13.81	33.72

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

Place	Name	AaD	Club	Cat	Time	50
1.	Alistair SHAW	36	Flitwick		1:20.08	37.49
2.	Ben GEMMILL	39	Romford Town		1:21.64	38.36
3.	Adam FREER	39	Barnet Copt		1:24.64	40.72
4.	Pete WINTER	36	Newmarket	9	1:38.54	47.38

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	50
1.	Lee PETERSON	42	Braintree		1:09.84	33.43
2.	Nick TITCHENER	40	Biggleswade		1:13.98	35.40
3.	Robert MILBURN	43	Colchester		1:16.95	36.14
4.	Christopher HOWARD	41	Team Anglia		1:20.60	38.42
5.	Jonathon BELL	44	Co Cambridge		1:24.12	40.84
6.	Ed HORROCKS	43	DunmowAtlant		1:27.49	41.24

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

Place	Name	AaD	Club	Cat	Time	50
1.	Damian NAVARRETE	48	Colchester		1:19.12	37.29
2.	Graham BAILES	45	Brentwood		1:20.28	37.69
	Richard O'DWYER	45	Chelmsford		DQ	



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

Place	Name	AaD	Club	Cat	Time	50
1.	Marcel SCHOLTEN	50	Modernian		1:15.01	35.48
2.	Martyn FRESHER	54	Team Anglia		1:23.22	39.83
3.	Andrea VIOLA	53	Co Cambridge		1:23.94	38.79
4.	Adam LELEAN	54	Diss Otters		1:26.46	42.03
5.	Rob GARRY	52	Mildenhall		2:03.93	59.87

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

Place	Name	AaD	Club	Cat	Time	50
1.	Dave CARTLEDGE	56	Modernian		1:17.34	36.45
2.	Peter KELLEWAY	56	Bishop Stort		1:26.09	40.91
3.	Alastair GIBB	56	Team Luton		1:30.04	42.70
4.	Mark STRAKOSCH	55	Berkhamsted		1:34.51	46.02
5.	Nigel HALFORD	55	Flitwick		1:37.66	47.84
6.	Andrew WRIGHT	59	Stowmarket		1:38.77	47.26
7.	John BROWNE	58	Mildenhall		2:06.05	58.95

### 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	50
1.	Tom MORROW	60	Co Oxford		1:26.39	41.29
2.	David COLES	62	West Norfolk		1:51.65	52.00

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

Place	Name	AaD	Club	Cat	Time	50
1.	David MCCARTNEY	65	teamipswich		1:40.25	47.37

### 85/89 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	50
	Donald MACFARLANE	87	West Norfolk		DQ	

## EVENT 20 Womens Open 200m Medley Team

### 072+ Yrs Age Group - Full Results

Place	Name	072+	Club	Time
1.	Flitwick		Flitwick	2:28.14
			Rachael STEVENSON	34.61
			Judy THOMPSON	44.51
			Liz WOOLNER	32.89
			Claudia GRANT-DAWSON	36.13

## EVENT 21 Mens Open 200m Medley Team

### 160+ Yrs Age Group - Full Results

Place	Name	160+	Club	Time
1.	Colchester A		Colchester	2:17.26
			Damian NAVARRETE	36.69
			Rob Milburn	36.75
			Simon EMM	29.46
			Jason COLE	34.36

### 200+ Yrs Age Group - Full Results

Place	Name	200+	Club	Time
1.	Flitwick		Flitwick	2:35.90
			Nigel HALFORD	41.85
			Alistair SHAW	36.30
			Ian MURRAY	38.37
			Simon DOVE	39.38

## EVENT 22 Mens/Womens Open 200m IM

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

Place	Name	AaD	Club	Time	50	100	150
1.	Christopher GREENHALGH	20	Sudbury	2:22.89	31.17	1:11.42	1:49.20

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

Place	Name	AaD	Club	Time	50	100	150
1.	Ben GEMMILL	39	Romford Town	2:36.81	32.13	1:14.47	2:00.57

### MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Christopher HOWARD	41	Team Anglia	2:37.11	34.18	1:16.00	2:01.15

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

Place	Name	AaD	Club	Time	50	100	150
1.	Damian NAVARRETE	48	Colchester	2:47.12	35.67	1:22.12	2:06.85
2.	Dave PETHERS	46	Chelmsford	2:49.67	35.48	1:21.01	2:11.70
3.	John O'ROURKE	47	Team Luton	3:17.68	42.53	1:35.94	2:34.31

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

Place	Name	AaD	Club	Time	50	100	150
1.	Alastair GIBB	56	Team Luton	2:51.62	37.50	1:21.26	2:11.50

### MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Tom MORROW	60	Co Oxford	3:08.27	42.52	1:32.64	2:22.96



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

Place	Name	AaD	Club	Time	50	100	150
1.	Olivia CURTIN	23	Team Anglia	2:49.03	34.57	1:19.24	2:10.87
2.	Sophie LIDDAMENT	24	UEA Norwich	2:51.47	37.56	1:20.64	2:12.07
3.	Claudia GRANT-DAWSON	18	Flitwick	3:02.13	42.04	1:28.56	2:21.37

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

Place	Name	AaD	Club	Time	50	100	150
1.	Hayley DAVIS	32	Co Cambridge	2:36.60	34.70	1:14.76	2:00.39
2.	Katie HOLMES	32	Colchester	2:49.45	37.23	1:23.60	2:09.80
3.	Sarah LINGARD	33	Newmarket	3:04.16	39.79	1:24.37	2:19.12

### WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Lucy RYAN	43	Team Anglia	2:47.84	37.30	1:24.72	2:10.35
2.	Tracy Van Deventer	41	Berkhamsted	2:49.84	36.24	1:20.59	2:12.00
3.	Alison COWIE	43	Chelmsford	3:31.81	49.18	1:42.41	2:44.23

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

Place	Name	AaD	Club	Time	50	100	150
1.	Liz WOOLNER	49	Flitwick	2:47.19	33.42	1:17.25	2:09.52

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

Place	Name	AaD	Club	Time	50	100	150
1.	Lisa WITHERS	50	Team Anglia	3:06.24	40.32	1:26.24	2:19.53
2.	Jacqueline FARROW	52	Kettering	4:32.17	59.54	2:17.22	3:28.35

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

Place	Name	AaD	Club	Time	50	100	150
1.	Pat JACKSON	69	East Anglian	3:48.54	51.94	1:53.64	2:57.44

## EVENT 23 Womens Open 50m Backstroke

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

Place	Name	AaD	Club	Cat	Time
1.	Marion BRYANT	21	East Anglian		36.19
2.	Rhianydd JONES	24	Flitwick		37.41
3.	Lorna CASTLE	24	Royston		38.87

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

Place	Name	AaD	Club	Cat	Time
1.	Jennie STEMP	28	Colchester		35.72
2.	Sophie CASTLE	28	Chelmsford		36.40

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

Place	Name	AaD	Club	Cat	Time
1.	Rachael STEVENSON	31	Flitwick		34.09
2.	Sarah HOLDEN	32	Hadleigh		37.15
3.	Sarah LINGARD	33	Newmarket		38.62

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Sharon PERRY	44	West Suffolk		38.51

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

Place	Name	AaD	Club	Cat	Time
1.	Katrina FARRALL	46	Basildon Ph		36.98
2.	Wendy AIREY	46	Mildenhall		48.72

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

Place	Name	AaD	Club	Cat	Time
1.	Jane SMITH	52	Team Anglia		46.95
2.	Susan PENMAN	53	Stowmarket		54.09
3.	Desiree PENNINGTON	54	West Norfolk		1:00.76

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

Place	Name	AaD	Club	Cat	Time
1.	Fiona BRITTAIN	57	West Suffolk		48.46

### 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time
1.	Vivien WILLIS	63	Rochford		47.17

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

Place	Name	AaD	Club	Cat	Time
1.	Janet GARDINER	67	St Albans Ma		52.59
2.	Sally LELEAN	65	Diss Otters		55.35

## EVENT 24 Mens Open 50m Backstroke

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

Place	Name	AaD	Club	Time
1.	Owen JONES	28	Flitwick	33.16

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

Place	Name	AaD	Club	Time
1.	Steve BUCKLEY	39	Co Cambridge	34.20
2.	Nick HARRIS	35	Romford Town	38.36
3.	Dan GEORGESCU	37	Flitwick	46.39

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Takeshi MOTOHASHI	40	West Suffolk	31.98



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

Place	Name	AaD	Club	Time
1.	Damian NAVARRETE	48	Colchester	36.50
2.	Dave PETHERS	46	Chelmsford	39.27

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

Place	Name	AaD	Club	Time
1.	Martin FENNER	54	Romford Town	32.78

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

Place	Name	AaD	Club	Time
1.	Ian MURRAY	59	Flitwick	39.04
2.	Mark BANWELL	55	Co Ely	41.74
3.	Robert HAYLOCK	57	West Suffolk	50.75

## **EVENT 25 Womens Open 100m Butterfly**

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

Place	Name	AaD	Club	Time	50
1.	Rebecca HOPPER	21	Hemel Hemp	1:18.52	34.95
2.	Sophie LIDDAMENT	24	UEA Norwich	1:24.54	38.44
3.	Alice THEOBALD	21	Team Anglia	1:25.75	38.75

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

Place	Name	AaD	Club	Time	50
1.	Hayley DAVIS	32	Co Cambridge	1:11.55	33.46

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Kirstie KETT	42	West Suffolk	1:39.18	46.75

### 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jean APPLEBY	60	Sudbury	1:27.85	40.98

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

Place	Name	AaD	Club	Time	50
1.	Pat JACKSON	69	East Anglian	1:46.64	49.56

## **EVENT 26 Mens Open 100m Butterfly**

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

Place	Name	AaD	Club	Time	50
1.	Jack HOLLIS	22	Clacton SC	57.83	26.97
2.	Sonny TRIGG	21	teamipswich	58.55	27.71

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

Place	Name	AaD	Club	Time	50
1.	Ashley BUCK	36	Team Anglia	1:06.53	31.39
2.	Ben GEMMILL	39	Romford Town	1:09.95	31.50
3.	Dan GEORGESCU	37	Flitwick	1:34.86	43.15

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Ed HORROCKS	43	DunmowAtlant	1:18.78	34.41

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

Place	Name	AaD	Club	Time	50
1.	Stuart DYBLE	45	Norfolk Vikg	1:04.97	30.58
2.	Damian NAVARRETE	48	Colchester	1:19.28	36.57

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

Place	Name	AaD	Club	Time	50
1.	Simon EMM	50	Colchester	1:06.25	31.24
2.	Adam LELEAN	54	Diss Otters	1:23.72	39.46
3.	Rob GARRY	52	Mildenhall	2:01.55	57.69

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

Place	Name	AaD	Club	Time	50
1.	Peter KELLEWAY	56	Bishop Stort	1:15.01	35.43

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

Place	Name	AaD	Club	Time	50
1.	Paul CLARKE	74	Beaver Mast	2:06.92	1:01.77

## **EVENT 27 Mens/Womens Open 200m Breaststroke**

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Christopher GREENHALGH	20	Sudbury		2:37.59	35.95	1:16.52	1:57.54

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Alistair SHAW	36	Flitwick		2:57.61	39.42	1:24.00	2:11.33
2.	Adam FREER	39	Barnet Copt		3:03.02	41.32	1:27.31	2:14.82
3.	Pete WINTER	36	Newmarket	9	3:38.44	48.03	1:42.90	2:42.44



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### **MENS 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Robert MILBURN	43	Colchester		2:45.62	37.69	1:19.98	2:02.64
2.	Jonathon BELL	44	Co Cambridge		3:03.07	42.72	1:28.91	2:18.25

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Richard O'DWYER	45	Chelmsford		2:54.32	38.60	1:23.23	2:08.15
2.	Damian NAVARRETE	48	Colchester		3:02.40	40.21	1:27.66	2:14.96
3.	Graham BAILES	45	Brentwood		3:03.07	42.55	1:29.93	2:19.47

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Andrea VIOLA	53	Co Cambridge		3:07.56	40.76	1:29.63	2:18.96
2.	Peter LYNCH	54	Stowmarket		3:08.78	43.29	1:30.69	2:20.94

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

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Simon DOVE	57	Flitwick		4:06.89	53.77	1:57.41	3:04.19

### **MENS 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Tom MORROW	60	Co Oxford		3:08.84	45.45	1:33.48	2:20.67
2.	David COLES	62	West Norfolk		4:13.56	53.42	1:56.51	3:04.39

### **WOMENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Emmeline VINCENT	28	East Anglian		3:34.23	48.71	1:43.74	2:40.85

### **WOMENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Hayley DAVIS	32	Co Cambridge		2:54.10	40.69	1:24.92	2:10.55
2.	Katie HOLMES	32	Colchester		2:58.76	40.73	1:25.99	2:12.73

### **WOMENS 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Lucy RYAN	43	Team Anglia		3:00.49	41.40	1:28.65	2:14.87
2.	Alison COWIE	43	Chelmsford		3:48.65	53.38	1:51.84	2:49.76

### **WOMENS 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Hannah UECKERMANN	53	Witham Dolph		3:22.60	46.01	1:37.28	2:30.21

### **WOMENS 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	50	100	150
1.	Sally LELEAN	65	Diss Otters		4:18.11	1:00.87	2:06.21	3:13.63

## **EVENT 28 Womens Open 100m Freestyle**

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

Place	Name	AaD	Club	Cat	Time	50
1.	Rebecca HOPPER	21	Hemel Hemp		1:07.97	32.91
2.	Marion BRYANT	21	East Anglian		1:08.48	33.25
3.	Rhianydd JONES	24	Flitwick		1:10.18	34.18
4.	Alice THEOBALD	21	Team Anglia		1:12.18	34.61
5.	Gemma CANNON	24	Felixstowe		1:13.28	35.16
6.	Emma HOLLIS	24	Harlow Pen	8	1:18.18	37.29

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

Place	Name	AaD	Club	Cat	Time	50
1.	Sophie CASTLE	28	Chelmsford		1:08.07	32.34
2.	Emily AUST	26	Biggleswade		1:09.13	33.41

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

Place	Name	AaD	Club	Cat	Time	50
1.	Sarah HOLDEN	32	Hadleigh		1:13.89	34.80

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

Place	Name	AaD	Club	Cat	Time	50
1.	Sachika YAMAWAKI	35	Barnet Copt		1:03.32	30.49

### **40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Cat	Time	50
1.	Sharon PERRY	44	West Suffolk		1:07.90	32.48
2.	Mel HOLLAND	42	UEA Norwich		1:08.75	33.74

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

Place	Name	AaD	Club	Cat	Time	50
1.	Amanda GOODMAN	46	Basildon Ph		1:09.80	33.33
2.	Lorraine SADLER	45	Team Luton		1:25.46	40.19
3.	Wendy AIREY	46	Mildenhall		1:26.11	40.50
4.	Eleni MANOLITSAKI	46	Chelmsford		1:26.99	42.12

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

Place	Name	AaD	Club	Cat	Time	50
1.	Susan PENMAN	53	Stowmarket		1:34.95	45.06

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

Place	Name	AaD	Club	Cat	Time	50
1.	Kim LYNCH	57	Stowmarket		1:17.95	38.35
2.	Fiona BRITAIN	57	West Suffolk		1:30.20	40.54

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

Place	Name	AaD	Club	Cat	Time	50
1.	Pat REYNOLDS	66	Beaver Mast		1:24.13	39.85



# ASA East Region Open Masters & Senior Age Group (18-24) Championships

## Saturday October 1<sup>st</sup> 2016

(Under ASA Laws & ASA Masters Technical Rules)

At Newmarket Leisure Centre, Exning Road, Newmarket CB8 0EA



### ***EVENT 29 Mens Open 100m Freestyle***

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

Place	Name	AaD	Club	Time	50
1.	Sonny TRIGG	21	teamipswich	53.73	26.21
2.	Jack HOLLIS	22	Clacton SC	54.76	26.78
3.	Richard BELTON	23	Norwich Swan	1:01.69	29.17

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

Place	Name	AaD	Club	Time	50
1.	Owen JONES	28	Flitwick	1:03.71	31.03

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

Place	Name	AaD	Club	Time	50
1.	Steve BUCKLEY	39	Co Cambridge	1:02.31	29.32
2.	Alistair SHAW	36	Flitwick	1:05.57	31.34
3.	Dan GEORGESCU	37	Flitwick	1:20.24	37.90

#### **40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Christopher HOWARD	41	Team Anglia	1:02.19	29.70
2.	Ed HORROCKS	43	DunmowAtlant	1:06.34	31.49

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

Place	Name	AaD	Club	Time	50
1.	Stuart DYBLE	45	Norfolk Vikg	59.65	29.18
2.	Spike BUCHAN	48	UEA Norwich	1:01.03	29.08
3.	David BORTHWICK	48	East Anglian	1:08.97	33.46

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

Place	Name	AaD	Club	Time	50
1.	Simon EMM	50	Colchester	1:01.14	29.84
2.	Martin FENNER	54	Romford Town	1:03.26	30.01
3.	Adam LELEAN	54	Diss Otters	1:08.72	33.65
4.	Martyn FRESHER	54	Team Anglia	1:09.98	34.11
5.	Matthew HODGE	54	DunmowAtlant	1:20.10	38.02
6.	Rob GARRY	52	Mildenhall	1:29.42	43.73
	Richard O'LEARY	52	Team Anglia	DNC	

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

Place	Name	AaD	Club	Time	50
1.	Peter KELLEWAY	56	Bishop Stort	1:05.01	31.28
2.	Simon MERRETT	56	Deben	1:06.86	32.93
3.	Ian MURRAY	59	Flitwick	1:11.63	35.15
4.	Mark BANWELL	55	Co Ely	1:11.79	34.05
5.	Nigel HALFORD	55	Flitwick	1:22.27	38.26
6.	Simon DOVE	57	Flitwick	1:29.26	41.80
7.	John BROWNE	58	Mildenhall	1:49.21	-
	Robert HAYLOCK	57	West Suffolk	DQ 16	

#### **60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Neil CULLEY	60	St Albans Ma	1:06.20	31.77
2.	Peter RANK	64	Co Cambridge	1:26.66	40.38
3.	Mark HALL	60	Newmarket	1:28.92	41.55

#### **75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Derek GORE	76	Chelmsford	1:23.87	40.68

### ***EVENT 30 Mens/Womens Open 200m Free.Team***

#### **072+ Yrs Age Group - Full Results**

Place	Name	Club	Time
1.	Flitwick	072+ Flitwick	2:03.23
		Claudia Grant-Dawson	32.60
		Rhianydd Jones	32.25
		Alistair Shaw	29.67
		Owen Jones	28.71
	UEA Norwich B	072+ UEA Norwich	DQ 16
		Melanie Holland	31.64
		Sophie Liddament	33.75
		Marc Collet	26.23
		Simon Buchan	

#### **120+ Yrs Age Group - Full Results**

Place	Name	Club	Time
1.	Colchester B	120+ Colchester	1:58.55
		Rob Milburn	28.84
		Jennie Stemp	31.67
		Kate Holmes	30.19
		Simon Emm	27.85

#### **160+ Yrs Age Group - Full Results**

Place	Name	Club	Time
1.	Chelmsford	160+ Chelmsford	2:19.48
		Alison Cowie	40.74
		Dave Pethers	30.43
		Derek Gore	37.27
		Sophie Castle	31.04





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## 200+ Yrs Age Group - Full Results

Place	Name	Club	Time	
1.	Team Anglia	200+ Team Anglia	2:06.85	
		Martyn Freshar		29.05
		Richard OLeary		29.49
		Lucy Ryan		31.36
		Jane Smith		36.95
2.	Flitwick	200+ Flitwick	2:13.52	
		Liz Woolner		29.68
		Judy Thompson		35.95
		Nigel Halford		34.94
		Ian Murray		32.95

## 240+ Yrs Age Group - Full Results

Place	Name	Club	Time	
1.	Kettering	240+ Kettering	2:51.33	
		Roger Patrick		50.52
		Pat Reynolds		38.41
		Jaqueline Farrow		47.41
		Richard Braybrook		34.99