



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

2014

(Under ASA Laws & ASA Masters Technical Rules)
At Newmarket Leisure Centre, Exning Road, Newmarket CB8 0EA
Saturday October 5th 2014



Results Session One

EVENT 1 Mens/Womens Open 400m Freestyle

MENS 18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Christopher GREENHALGH	16/01/96	Sudbury	4:17.64	656
	50m 29.59	100m 1:02.30	150m 1:34.93	200m 2:07.59	250m 2:40.02
	29.59	32.71	32.63	32.66	32.43
					300m 3:13.33
					33.31
					350m 3:46.30
					32.97
					400m 4:17.64
					31.34
2.	Andrew KIMPTON	07/04/92	West Suffolk	4:28.54	585
	50m 30.69	100m 1:03.83	150m 1:37.55	200m 2:11.92	250m 2:45.85
	30.69	33.14	33.72	34.37	33.93
					300m 3:20.20
					34.35
					350m 3:54.87
					34.67
					400m 4:28.54
					33.67

MENS 30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Ashley BUCK	25/05/80	Newmarket	4:26.94	595
	50m 30.23	100m 1:03.16	150m 1:36.54	200m 2:10.20	250m 2:44.05
	30.23	32.93	33.38	33.66	33.85
					300m 3:18.38
					34.33
					350m 3:52.70
					34.32
					400m 4:26.94
					34.24
2.	Lawrence TURNER	15/08/80	East Anglian	5:21.04	335
	50m 34.04	100m 1:11.22	150m 1:50.19	200m 2:31.54	250m 3:13.53
	34.04	37.18	38.97	41.35	41.99
					300m 3:57.04
					43.51
					350m 4:39.66
					42.62
					400m 5:21.04
					41.38
	Peter WINTER	25/02/80	Newmarket	DNF	

MENS 35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Stephen MAVIN	12/08/75	March	4:09.40	716
	50m 27.78	100m 58.23	150m 1:29.22	200m 2:01.06	250m 2:32.98
	27.78	30.45	30.99	31.84	31.92
					300m 3:05.05
					32.07
					350m 3:37.81
					32.76
					400m 4:09.40
					31.59
2.	Alan WALLACE	30/11/76	Co Ely	4:57.94	428
	50m 33.92	100m 1:10.48	150m 1:47.76	200m 2:25.58	250m 3:03.70
	33.92	36.56	37.28	37.82	38.12
					300m 3:42.26
					38.56
					350m 4:20.89
					38.63
					400m 4:57.94
					37.05
3.	Michael CARSE	15/11/79	Barnet Copt	5:53.66	238
	50m 39.74	100m 1:22.11	150m 2:06.16	200m 2:51.11	250m 3:37.21
	39.74	42.37	44.05	44.95	46.10
					300m 4:22.91
					45.70
					350m 5:08.47
					45.56
					400m 5:53.66
					45.19
4.	Dan GEORGESCU	15/06/79	Flitwick	6:44.96	138
	50m 42.27	100m 1:30.88	150m 2:21.66	200m 3:14.67	250m 4:08.01
	42.27	48.61	50.78	53.01	53.34
					300m 5:01.21
					53.20
					350m 5:54.26
					53.05
					400m 6:44.96
					50.70

MENS 40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Iain MILLIGAN	06/05/72	West Suffolk	6:17.00	185
	50m 40.90	100m 1:25.93	150m 2:14.53	200m 3:03.02	250m 3:52.31
	40.90	45.03	48.60	48.49	49.29
					300m 4:41.90
					49.59
					350m 5:30.99
					49.09
					400m 6:17.00
					46.01
2.	Ian FOWLER	11/05/71	Flitwick	6:32.63	157
	50m 41.63	100m 1:27.13	150m 2:15.67	200m 3:05.91	250m 3:57.12
	41.63	45.50	48.54	50.24	51.21
					300m 4:48.76
					51.64
					350m 5:42.27
					53.51
					400m 6:32.63
					50.36

MENS 45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Mark PINCOTT	13/03/65	Faversham	5:18.43	345
	50m 34.80	100m 1:14.04	150m 1:55.05	200m 2:36.49	250m 3:18.03
	34.80	39.24	41.01	41.44	41.54
					300m 3:59.50
					41.47
					350m 4:40.16
					40.66
					400m 5:18.43
					38.27
2.	John O'ROURKE	16/02/69	Team Luton	5:42.48	267
	50m 38.17	100m 1:18.79	150m 2:01.50	200m 2:45.18	250m 3:28.80
	38.17	40.62	42.71	43.68	43.62
					300m 4:13.53
					44.73
					350m 4:58.82
					45.29
					400m 5:42.48
					43.66
3.	Julian REED	27/08/65	Co Milton K	6:37.07	150
	50m 42.10	100m 1:31.49	150m 2:24.05	200m 3:15.46	250m 4:13.85
	42.10	49.39	52.56	51.41	58.39
					300m 5:09.78
					55.93
					350m 5:53.75
					43.97
					400m 6:37.07
					43.32
4.	Robert ARTHUR	31/07/68	West Norfolk	7:13.55	102
	50m 43.76	100m 1:35.43	150m 2:31.08	200m 3:27.36	250m 4:23.68
	43.76	51.67	55.65	56.28	56.32
					300m 5:21.88
					58.20
					350m 6:19.85
					57.97
					400m 7:13.55
					53.70

MENS 50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Mark STRAKOSCH	18/05/61	Berkhamsted	5:01.70	412
	50m 34.39	100m 1:11.12	150m 1:49.11	200m 2:28.13	250m 3:07.40
	34.39	36.73	37.99	39.02	39.27
					300m 3:45.91
					38.51
					350m 4:24.87
					38.96
					400m 5:01.70
					36.83
2.	David WRIGHT	15/02/61	Team Luton	5:01.90	411
	50m 34.83	100m 1:12.13	150m 1:50.47	200m 2:29.30	250m 3:07.94
	34.83	37.30	38.34	38.83	38.64
					300m 3:46.38
					38.44
					350m 4:25.02
					38.64
					400m 5:01.90
					36.88
3.	Peter LYNCH	26/03/62	Stowmarket	5:10.07	377
	50m 34.59	100m 1:12.11	150m 1:50.94	200m 2:30.11	250m 3:09.70
	34.59	37.52	38.83	39.17	39.59
					300m 3:50.03
					40.33
					350m 4:30.31
					40.28
					400m 5:10.07
					39.76
4.	Alastair GIBB	14/01/60	Team Luton	5:11.87	370
	50m 35.29	100m 1:14.78	150m 1:54.02	200m 2:32.99	250m 3:12.95
	35.29	39.49	39.24	38.97	39.96
					300m 3:52.74
					39.79
					350m 4:32.92
					40.18
					400m 5:11.87
					38.95
5.	Adam LELEAN	28/02/62	Diss Otters	5:12.20	368
	50m 35.56	100m 1:14.03	150m 1:53.01	200m 2:32.70	250m 3:12.77
	35.56	38.47	38.98	39.69	40.07
					300m 3:53.31
					40.54
					350m 4:33.36
					40.05
					400m 5:12.20
					38.84
6.	Ian COSTELLO	01/12/60	Stevenage	5:45.65	259
	50m 35.26	100m 1:16.63	150m 2:01.70	200m 2:47.76	250m 3:34.03
	35.26	41.37	45.07	46.06	46.27
					300m 4:20.00
					45.97
					350m 5:03.93
					43.93
					400m 5:45.65
					41.72

MENS 55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Ian MURRAY	19/01/57	Flitwick	5:14.57	359
	50m 36.21	100m 1:15.46	150m 1:55.93	200m 2:36.76	250m 3:15.31
	36.21	39.25	40.47	40.83	38.55
					300m 3:54.93
					39.62
					350m 4:35.16
					40.23
					400m 5:14.57
					39.41
2.	Andrew WRIGHT	27/07/57	Stowmarket	5:48.42	



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Place	Name	DoB	Club	Time	GB Pts
1.	Peter GRUITT	21/11/52	Co Cant'bury	5:46.56	256
	50m 39.47	100m 1:21.64	150m 2:04.88	200m 2:49.39	250m 3:34.53
	39.47	42.17	43.24	44.51	45.14
					300m 4:19.56
					350m 5:04.45
					400m 5:46.56
2.	Peter ILES	19/05/53	South Beds	5:47.43	254
	50m 37.47	100m 1:19.60	150m 2:03.78	200m 2:48.62	250m 3:34.50
	37.47	42.13	44.18	44.84	45.88
					300m 4:20.00
					350m 5:04.08
					400m 5:47.43
	Peter RANK	19/08/52	Co Cambridge	DNF	
					45.50
					44.08
					44.89
					42.11
					43.35

MENS 65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Richard BRAYBROOK	06/09/46	Kettering	6:10.07	200
	50m 40.54	100m 1:24.71	150m 2:11.36	200m 2:59.03	250m 3:46.18
	40.54	44.17	46.65	47.67	47.15
					300m 4:34.20
					350m 5:22.58
					400m 6:10.07
2.	Terence MANSI	03/02/49	Sudbury	6:18.28	183
	50m 40.94	100m 1:27.29	150m 2:16.91	200m 3:06.47	250m 3:56.04
	40.94	46.35	49.62	49.56	49.57
					300m 4:44.57
					350m 5:32.64
					400m 6:18.28
3.	Len PHOENIX	01/03/49	Stowmarket	6:43.84	140
	50m 45.33	100m 1:34.96	150m 2:27.07	200m 3:18.58	250m 4:10.59
	45.33	49.63	52.11	51.51	52.01
					300m 5:01.32
					350m 5:52.66
					400m 6:43.84
					51.18

MENS 70/74 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Richard GODDARD	27/09/42	Impington	7:16.94	98
	50m 47.15	100m 1:39.54	150m 2:35.77	200m 3:33.11	250m 4:30.23
	47.15	52.39	56.23	57.34	57.12
					300m 5:27.25
					350m 6:23.24
					400m 7:16.94
					53.70

MENS 85/89 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Donald MACFARLANE	10/05/29	West Norfolk	13:58.32	1
	50m 1:26.37	100m 3:10.18	150m 4:54.30	200m 6:43.09	250m 8:36.73
	1:26.37	1:43.81	1:44.12	1:48.79	1:53.64
					300m 10:27.88
					350m 12:17.72
					400m 13:58.32
					1:40.60

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Jessica FORD	14/08/90	Basilidon Ph	4:53.67	596
	50m 32.04	100m 1:08.42	150m 1:46.11	200m 2:24.20	250m 3:01.87
	32.04	36.38	37.69	38.09	37.67
					300m 3:39.51
					350m 4:17.01
					400m 4:53.67
2.	Hannah BENNETT	31/01/91	Putteridge	5:15.84	482
	50m 36.21	100m 1:15.86	150m 1:56.06	200m 2:36.41	250m 3:16.87
	36.21	39.65	40.20	40.35	40.46
					300m 3:57.03
					350m 4:37.26
					400m 5:15.84
3.	Kate ROBINSON	08/01/91	South Beds	5:38.10	389
	50m 36.55	100m 1:17.59	150m 2:00.31	200m 2:43.95	250m 3:27.55
	36.55	41.04	42.72	43.64	43.60
					300m 4:11.93
					350m 4:56.20
					400m 5:38.10
					41.90

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Fliss HAWKINS	25/11/87	Faversham	5:06.40	528
	50m 34.67	100m 1:11.91	150m 1:50.24	200m 2:29.32	250m 3:10.10
	34.67	37.24	38.33	39.08	40.78
					300m 3:51.03
					350m 4:29.30
					400m 5:06.40
2.	Laura ROBINSON	27/01/88	South Beds	5:17.66	473
	50m 35.63	100m 1:14.29	150m 1:54.02	200m 2:34.36	250m 3:15.04
	35.63	38.66	39.73	40.34	40.68
					300m 3:56.29
					350m 4:37.37
					400m 5:17.66
3.	Emily BARWICK	04/01/87	East Anglian	5:26.40	435
	50m 36.04	100m 1:14.75	150m 1:55.42	200m 2:37.20	250m 3:19.38
	36.04	38.71	40.67	41.78	42.18
					300m 4:02.17
					350m 4:44.78
					400m 5:26.40
4.	Jenny OWENS	27/10/85	South Beds	5:35.69	398
	50m 36.91	100m 1:17.91	150m 2:00.47	200m 2:43.53	250m 3:27.21
	36.91	41.00	42.56	43.06	43.68
					300m 4:10.93
					350m 4:54.17
					400m 5:35.69
					41.52

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Sam HAMMOND	24/02/80	South Beds	5:38.04	389
	50m 37.17	100m 1:18.73	150m 2:01.94	200m 2:46.21	250m 3:29.87
	37.17	41.56	43.21	44.27	43.66
					300m 4:13.95
					350m 4:57.70
					400m 5:38.04
2.	Jane TAYLOR	04/07/80	East Anglian	5:39.64	383
	50m 36.25	100m 1:16.73	150m 1:59.27	200m 2:42.87	250m 3:27.74
	36.25	40.48	42.54	43.60	44.87
					300m 4:12.42
					350m 4:57.01
					400m 5:39.64
3.	Claire MCMAHON	12/10/80	Barnet Copt	6:12.24	280
	50m 43.25	100m 1:29.32	150m 2:16.90	200m 3:04.81	250m 3:52.56
	43.25	46.07	47.58	47.91	47.75
					300m 4:39.92
					350m 5:26.87
					400m 6:12.24
4.	Eleanor BULL	05/11/80	East Anglian	6:23.87	251
	50m 40.40	100m 1:27.32	150m 2:17.08	200m 3:08.09	250m 3:58.25
	40.40	46.92	49.76	51.01	50.16
					300m 4:48.78
					350m 5:38.28
					400m 6:23.87
					45.59

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Jo MITCHINSON	12/03/79	Stevenage	5:06.05	529
	50m 33.64	100m 1:10.13	150m 1:48.28	200m 2:26.84	250m 3:05.81
	33.64	36.49	38.15	38.56	38.97
					300m 3:45.25
					350m 4:24.77
					400m 5:06.05
					41.28

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Liz WOOLNER	10/02/67	Flitwick	5:07.21	523
	50m 35.20	100m 1:13.74	150m 1:52.76	200m 2:32.13	250m 3:11.21
	35.20	38.54	39.02	39.37	39.08
					300m 3:49.93
					350m 4:29.05
					400m 5:07.21
2.	Louise JARVIS	24/01/69	Biggleswade	5:13.46	493
	50m 34.87	100m 1:13.33	150m 1:52.82	200m 2:32.65	250m 3:12.68
	34.87	38.46	39.49	39.83	40.03
					300m 3:53.23
					350m 4:34.18
					400m 5:13.46
3.	Lisa WITHERS	22/10/66	Newmarket	6:12.27	280
	50m 40.16	100m 1:24.53	150m 2:11.51	200m 2:59.57	250m 3:48.30
	40.16	44.37	46.98	48.06	48.73
					300m 4:37.06
					350m 5:25.34
					400m 6:12.27
4.	Sarah TAYLOR	27/01/65	West Norfolk	6:58.49	180
	50m 44.16	100m 1:33.21	150m 2:25.73	200m 3:19.83	250m 4:14.17
					300m 5:09.60
					350m 6:03.78
					400m 6:58.49



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44.16 49.05 52.52 54.10 54.34 55.43 54.18 54.71

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Hannah UECKERMANN	18/07/63	Witham Dolph	5:29.75	421
	50m 38.76	100m 1:20.27	150m 2:01.85	200m 2:44.02	250m 3:25.64
	38.76	41.51	41.58	42.17	41.62
					300m 4:07.11
					41.47
					350m 4:48.99
					41.88
					400m 5:29.75
					40.76
2.	Jane SMITH	31/08/64	Newmarket	6:32.39	231
	50m 41.86	100m 1:28.43	150m 2:18.30	200m 3:08.99	250m 3:59.90
	41.86	46.57	49.87	50.69	50.91
					300m 4:51.24
					51.34
					350m 5:42.82
					51.58
					400m 6:32.39
					49.57
3.	Suzanne TURNER	21/02/64	Bristol Nor	6:35.23	225
	50m 42.45	100m 1:30.83	150m 2:21.27	200m 3:12.26	250m 4:02.96
	42.45	48.38	50.44	50.99	50.70
					300m 4:54.37
					51.41
					350m 5:44.93
					50.56
					400m 6:35.23
					50.30
4.	Susan PENMAN	19/03/63	Stowmarket	7:13.04	156
	50m 47.09	100m 1:39.42	150m 2:34.42	200m 3:31.38	250m 4:28.80
	47.09	52.33	55.00	56.96	57.42
					300m 5:25.76
					56.96
					350m 6:21.92
					56.16
					400m 7:13.04
					51.12

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Janet KELLY	07/09/56	Diss Otters	7:56.52	103
	50m 52.14	100m 1:51.60	150m 2:54.90	200m 3:55.17	250m 4:59.48
	52.14	59.46	1:03.30	1:00.27	1:04.31
					300m 6:00.25
					1:00.77
					350m 6:59.81
					59.56
					400m 7:56.52
					56.71

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Patricia REYNOLDS	10/01/50	Beaver Mast	6:15.66	271
	50m 42.90	100m 1:29.75	150m 2:17.66	200m 3:06.03	250m 3:53.70
	42.90	46.85	47.91	48.37	47.67
					300m 4:41.59
					47.89
					350m 5:29.53
					47.94
					400m 6:15.66
					46.13

WOMENS 65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Lee MACDONALD	09/04/48	Diss Otters	8:06.76	93
	50m 53.20	100m 1:52.36	150m 2:54.71	200m 3:57.73	250m 5:00.76
	53.20	59.16	1:02.35	1:03.02	1:03.03
					300m 6:03.25
					1:02.49
					350m 7:06.12
					1:02.87
					400m 8:06.76
					1:00.64

EVENT 2 Mens/Womens Open 200m Medley Team

120+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	Biggleswade	120+ Biggleswade	2:11.37	
1.	Biggleswade	120+ Biggleswade	2:11.37	
		Nicola HORSFORD		38.23
		Nick TITCHENER		32.63
		Doug KERR		28.80
		Louise JARVIS		31.71
2.	Putteridge "A"	120+ Putteridge	2:15.70	
2.	Putteridge "A"	120+ Putteridge	2:15.70	
		Clare Grundy		33.37
		Paul Brignall		38.93
		Mark Wareham		1.03.40
		Hannah Bannett		00.00
3.	Putteridge "B"	120+ Putteridge	2:29.74	
3.	Putteridge "B"	120+ Putteridge	2:29.74	
		Carrie Page		39.51
		Miriam Owens		42.83
		Graeme Crowston		35.05
		Nathan Scott		32.35

160+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	East Anglian	160+ East Anglian	2:31.29	
1.	East Anglian	160+ East Anglian	2:31.29	
		Emily Barwick		37.86
		Jane Taylor		42.10
		David Borthwick		35.28
		Jon Greene		36.05
2.	Sudbury	160+ Sudbury	2:43.30	
2.	Sudbury	160+ Sudbury	2:43.30	
		Tom WILLIAMS		32.71
		Sarah CLARKE		43.05
		Terry MANSI		44.83
		Sue MOYE		42.71
	Stevenage	160+ Stevenage	DNC	
		Ian Costello		
		Emily Costello		
		Jo Mitchinson		
		Andy Dean		

200+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	Flitwick	200+ Flitwick	2:49.23	
1.	Flitwick	200+ Flitwick	2:49.23	
		Liz Woolner		23.51
		Noreen Weighell		1.11.36
		Ian Murray		36.96
		Ian Fowler		37.40



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EVENT 3 Womens Open 50m Butterfly

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Tara COLEMAN	11/04/96	Leiston	31.37	591
2.	Jessica FORD	14/08/90	Basildon Ph	31.91	563
3.	Abbie NEWELL	07/12/94	Basildon Ph	35.23	417
4.	Olivia CURTIN	21/08/93	Newmarket	37.90	328

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Amanda SMITH	07/04/87	Oundle	33.33	496
2.	Sophie CASTLE	20/05/88	Chelmsford	34.53	445
3.	Emmeline VINCENT	26/06/88	East Anglian	37.32	346

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Clare GRUNDY	11/11/82	Putteridge	31.95	561
2.	Jane TAYLOR	04/07/80	East Anglian	35.99	390
3.	Hanna DABBOUR	10/07/83	East Anglian	37.32	346

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Clare BOSTON	10/02/79	Basildon Ph	36.00	389
2.	Clare WARREN	14/04/77	South Beds	36.26	380

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Zoe CRAY	21/03/74	teamipswich	29.80	681
2.	Philippa RICKARD	14/01/71	East Leeds	31.18	602
3.	Jeanne PETIT	13/02/70	Chesham	32.08	555
4.	Nina WILLIAMS	11/09/70	East Leeds	34.01	466
5.	Katrina FARRALL	24/09/70	Basildon Ph	34.12	461
6.	Hannah JONES	15/10/72	West Suffolk	38.90	300

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Sharon LOCK	02/10/69	Melton M'bry	37.09	353
2.	Vanessa MANN	11/12/69	UEA Norwich	39.60	281
3.	Sarah TAYLOR	27/01/65	West Norfolk	46.24	154
4.	Sharon STIRLING	12/06/66	Kettering	46.98	144

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Christine GILLARD	30/11/56	Calv Bing	43.89	191
2.	Kim LYNCH	08/07/59	Stowmarket	46.40	152
3.	Susan THORNETT	13/07/55	Diss Otters	57.13	58

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Patricia JACKSON	04/03/47	East Anglian	44.18	186

EVENT 4 Mens Open 50m Butterfly

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Sonny TRIGG	09/12/95	teamipswich	26.95	656
2.	Josh COLEBY	16/02/96	teamipswich	27.65	611
3.	Joshua GRAY	31/03/94	West Norfolk	28.37	569
4.	Matthew DIBBLE	30/05/92	Basildon Ph	31.09	432
5.	Benjamin GOMES	13/08/94	Basildon Ph	39.26	189

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Mark LEAMON	13/03/87	Co Cambridge	27.43	625
2.	Paul DAVIES	01/07/86	Oundle	28.72	549
3.	Doug KERR	20/06/88	Biggleswade	29.26	520
4.	Andy SWIFT	16/08/86	Hemel Hemp	29.41	512

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Graeme CROWSTON	13/08/81	Putteridge	35.90	265

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Stephen MAVIN	12/08/75	March	26.23	706
2.	Michael CARSE	15/11/79	Barnet Copt	37.09	235

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Garry MAVIN	28/12/71	March	28.86	541
2.	Robert SEMPLE	22/08/72	Co Cambridge	31.60	410
3.	Adam TRIGG	30/03/72	Witham Dolph	35.61	273
4.	Roger RANDALL	17/03/71	Barnet Copt	37.63	223

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
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Place	Name	DoB	Club	Time	GB Pts
1.	Nigel BROWN	17/02/66	Chelmsford	31.74	404
2.	Julian REED	27/08/65	Co Milton K	34.53	305
3.	Jose A MATZ	09/03/69	CN Seville	38.04	214
4.	Javier GOMEZ REINA	09/10/66	CN Seville	38.08	213

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Andrew FRESHER	14/01/64	March	30.72	448
2.	Richard O'LEARY	22/09/64	March	31.77	403

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Graham POWELL	28/05/56	Team Luton	31.56	412
2.	Steve WESTON	24/09/55	Co Hereford	34.08	319
3.	Ian MURRAY	19/01/57	Flitwick	35.66	272
4.	Philip HOLME	23/05/59	Barnet Copt	36.67	246

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Peter ILES	19/05/53	South Beds	35.76	269
2.	Paul BRIGNELL	12/02/54	Putteridge	37.70	221

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Richard BRAYBROOK	06/09/46	Kettering	39.63	182
2.	Chris TRUEMAN	13/11/47	UEA Norwich	41.24	155

70/74 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Paul CLARKE	02/01/42	Team Luton	52.65	48
2.	Antonio MIHURA	10/03/41	CN Seville	55.65	36

75/79 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Alan JACKSON	12/09/39	East Anglian	41.32	153

EVENT 5 Womens Open 100m IM

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Tara COLEMAN	11/04/96	Leiston	1:12.23	618
2.	Abbie NEWELL	07/12/94	Basildon Ph	1:18.46	486
3.	Kate ROBINSON	08/01/91	South Beds	1:20.30	452
4.	Heidi GIBBENS	01/11/91	Hemel Hemp	1:21.74	428

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Fliss HAWKINS	25/11/87	Faversham	1:14.38	569
2.	Joanne HOLDER	21/05/85	South Beds	1:14.96	556
3.	Laura ROBINSON	27/01/88	South Beds	1:20.86	443
4.	Gemma BENNETT	02/01/87	Dunmow Mast	1:22.34	418
5.	Emily BARWICK	04/01/87	East Anglian	1:22.89	409
6.	Emily COSTELLO	18/11/89	Stevenage	1:23.34	402
7.	Jenny OWENS	27/10/85	South Beds	1:28.92	324
8.	Sarah CLARKE	05/06/86	Sudbury	1:32.62	281

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Miriam OWENS	09/09/80	Putteridge	1:22.39	417
2.	Jane TAYLOR	04/07/80	East Anglian	1:23.92	393
	Clare GRUNDY	11/11/82	Putteridge	DNC	

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Clare WARREN	14/04/77	South Beds	1:22.92	409
2.	Vanessa MIEMIETZ	14/10/78	UEA Norwich	1:31.22	297

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Zoe CRAY	21/03/74	teamipswich	1:07.03	755
2.	Sharon PERRY	05/07/72	West Suffolk	1:17.38	506
3.	Hannah JONES	15/10/72	West Suffolk	1:24.76	381

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Louise JARVIS	24/01/69	Biggleswade	1:21.89	426
2.	Nicola HORSFORD	16/11/69	Biggleswade	1:24.75	381
3.	Sarah TAYLOR	27/01/65	West Norfolk	1:39.05	219
4.	Sue MOYE	28/05/65	Sudbury	1:51.74	134

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Blan WALKER	24/11/63	Witney	1:31.61	292
2.	Jayne COLEBROOK	05/07/60	Biggleswade	1:44.97	175
3.	Susan PENMAN	19/03/63	Stowmarket	1:57.27	108
	Hannah UECKERMANN	18/07/63	Witham Dolph	DQ S 4L	

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
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1.	Kim LYNCH	08/07/59	Stowmarket	1:31.33	296
2.	Christine GILLARD	30/11/56	Calv Bing	1:37.22	235
3.	Susan THORNETT	13/07/55	Diss Otters	1:49.15	149
4.	Janet KELLY	07/09/56	Diss Otters	1:57.98	106

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Annette THATCHER	18/01/52	Hemel Hemp	1:29.21	321

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Patricia JACKSON	04/03/47	East Anglian	1:41.91	196

EVENT 6 Mens Open 100m IM

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Joshua GRAY	31/03/94	West Norfolk	1:02.55	634
2.	Matthew DIBBLE	30/05/92	Basildon Ph	1:16.37	344
3.	Benjamin GOMES	13/08/94	Basildon Ph	1:29.35	194

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Thomas WILLIAMS	23/02/85	Sudbury	1:06.35	536

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Graeme CROWSTON	13/08/81	Putteridge	1:22.22	266

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Christopher HOWARD	05/05/75	Leiston	1:11.49	427

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Lee PETERSON	09/06/74	Braintree	1:02.30	641
2.	Mark WAREHAM	30/06/71	Putteridge	1:14.28	378
3.	Roger RANDALL	17/03/71	Barnet Copt	1:21.81	271

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	David BORTHWICK	10/02/68	East Anglian	1:20.39	288
2.	Clive MITSON	27/12/69	Stowmarket	1:20.67	285

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Andrew FRESHER	14/01/64	March	1:15.43	359
2.	Nigel HALFORD	26/11/61	Flitwick	1:29.12	196
3.	Rob GARRY	08/04/64	Mildenhall	1:45.53	95

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Ian MURRAY	19/01/57	Flitwick	1:20.26	290
2.	Tom MORROW	10/03/56	Co Oxford	1:20.32	289

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
	Paul BRIGNELL	12/02/54	Putteridge	DNC	

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Len PHOENIX	01/03/49	Stowmarket	1:39.80	122

EVENT 7 Mens/Womens Open 200m Backstroke

MENS 35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Alan WALLACE	30/11/76	Co Ely	2:38.81	361	36.55	1:16.47	1:57.89	36.55 39.92
41.42									
2.	Manuel ACUNA LORO	27/06/79	CN Seville	3:13.60	174	44.81	1:34.86	2:25.12	44.81 50.05
50.26									
3.	Michael CARSE	15/11/79	Barnet Copt	3:28.37	128	49.69	1:40.66	2:34.48	49.69 50.97

MENS 45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Mark PINCOTT	13/03/65	Faversham	2:42.28	336	37.39	1:18.34	2:00.50	37.39 40.95
42.16									
2.	Adam BALDWIN	15/09/65	Barnet Copt	2:53.98	263	42.57	1:27.19	2:11.41	42.57 44.62
44.22									
3.	John O'ROURKE	16/02/69	Team Luton	3:18.92	156	45.76	1:35.40	2:27.31	45.76 49.64
51.91									



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MENS 50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Alastair GIBB	14/01/60	Team Luton	2:51.00	280	40.26	1:24.16	2:08.00
43.84								40.26 43.90
2.	Mark STRAKOSCH	18/05/61	Berkhamsted	2:52.41	272	41.59	1:25.23	2:09.47
44.24								41.59 43.64

MENS 55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Graham POWELL	28/05/56	Team Luton	2:42.67	333	37.79	1:18.78	2:01.00
42.22								37.79 40.99
2.	Andrew WRIGHT	27/07/57	Stowmarket	3:05.63	206	43.86	1:30.46	2:18.59
48.13								43.86 46.60

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Jo MITCHINSON	12/03/79	Stevenage	2:44.75	464	38.33	1:19.01	2:01.55
42.54								38.33 40.68
2.	Carrie PAGE	29/04/78	Putteridge	3:09.16	295	41.85	1:30.10	2:20.46
50.36								41.85 48.25

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Louise JARVIS	24/01/69	Biggleswade	2:50.84	414	40.11	1:22.58	2:06.76
44.18								40.11 42.47
2.	Nicola HORSFORD	16/11/69	Biggleswade	3:00.39	347	41.72	1:27.64	2:14.49
46.85								41.72 45.92
3.	Lisa WITHERS	22/10/66	Newmarket	3:07.34	305	44.13	1:31.30	2:19.36
48.06								44.13 47.17

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Blan WALKER	24/11/63	Witney	3:14.99	264	47.77	1:37.55	2:27.64
50.09								47.77 49.78

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Patricia REYNOLDS	10/01/50	Beaver Mast	3:19.72	242	47.54	1:38.11	2:29.70
51.59								47.54 50.57
2.	Sally LELEAN	04/06/51	Diss Otters	3:55.42	124	57.14	1:55.82	2:55.83
1:00.01								57.14 58.68

EVENT 8 Womens Open 50m Breaststroke

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Abbie NEWELL	07/12/94	Basildon Ph	41.46	418
2.	Cara FRESHER	03/09/93	March	43.67	352

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Rachel BARBER	30/10/88	Hemel Hemp	39.85	472
2.	Sophie CASTLE	20/05/88	Chelmsford	40.65	444
3.	Gemma BENNETT	02/01/87	Dunmow Mast	40.97	434
4.	Rebecca JACKSON	22/07/86	Diss Otters	41.46	418
5.	Emmeline VINCENT	26/06/88	East Anglian	42.34	390
6.	Sarah CLARKE	05/06/86	Sudbury	42.87	375
7.	Emily COSTELLO	18/11/89	Stevenage	44.95	320

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Sarah PEARSE	01/10/82	South Beds	36.00	635
2.	Miriam OWENS	09/09/80	Putteridge	42.75	378

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Clare WARREN	14/04/77	South Beds	43.39	360
2.	Vanessa MIEMIETZ	14/10/78	UEA Norwich	44.87	321
3.	MARIA CANO MANTIS	26/03/76	CN Seville	46.34	287

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Sharon PERRY	05/07/72	West Suffolk	40.04	466
2.	Nina WILLIAMS	11/09/70	East Leeds	40.52	449

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Sharon LOCK	02/10/69	Melton M'bry	37.88	549
2.	Liz WOOLNER	10/02/67	Flitwick	42.08	398
3.	Nicola HORSFORD	16/11/69	Biggleswade	47.30	267



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50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Julie HOYLE	03/04/62	East Leeds	39.69 *	478
2.	Hannah UECKERMANN	18/07/63	Witham Dolph	41.75	408

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Susan THORNETT	13/07/55	Diss Otters	50.37	211

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Annette THATCHER	18/01/52	Hemel Hemp	43.78	349
2.	Sally LELEAN	04/06/51	Diss Otters	53.97	160

EVENT 9 Mens Open 50m Breaststroke

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Joshua GRAY	31/03/94	West Norfolk	32.44	600
2.	Adam KEMP	08/08/94	Newmarket	35.94	443
3.	Benjamin GOMES	13/08/94	Basildon Ph	44.91	203

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Thomas WILLIAMS	23/02/85	Sudbury	32.43	601
2.	Andy SWIFT	16/08/86	Hemel Hemp	32.91	576

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Pablo SENDRA FERNANDEZ	25/07/83	CN Seville	39.88	315

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Nick TITCHENER	20/01/76	Biggleswade	32.99	572
2.	Christopher HOWARD	05/05/75	Leiston	36.31	429

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Lee PETERSON	09/06/74	Braintree	31.77	636
2.	Mark CLAXTON	27/06/71	Norfolk Vikg	36.29	430
3.	Robert SEMPLE	22/08/72	Co Cambridge	38.01	370
4.	Adam TRIGG	30/03/72	Witham Dolph	41.09	283

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Clive MITSON	27/12/69	Stowmarket	40.18	307
2.	Francisco LORA GARCIA	08/03/67	CN Seville	40.77	291
3.	Robert ARTHUR	31/07/68	West Norfolk	46.59	176
	Andrew DEAN	29/03/68	Stevenage	DNC	

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Martyn FRESHER	31/01/62	March	36.42	425
2.	Andrea VIOLA	19/01/63	Co Cambridge	37.40	390
3.	Nigel HALFORD	26/11/61	Flitwick	43.67	226

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Philip HOLME	23/05/59	Barnet Copt	38.12	367
2.	Tom MORROW	10/03/56	Co Oxford	38.36	359
3.	John GOODALL	09/12/57	Dartford	42.33	254
4.	Ian MURRAY	19/01/57	Flitwick	42.69	246
5.	Michael ABBOTT	23/06/55	Co Cant'bury	43.41	232
6.	Shane PREECE	24/10/57	East Anglian	45.68	190

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Paul BRIGNELL	12/02/54	Putteridge	39.65	321
2.	David COLES	14/01/54	West Norfolk	47.50	162
3.	Peter GRUITT	21/11/52	Co Cant'bury	51.41	115

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Chris TRUEEMAN	13/11/47	UEA Norwich	45.00	202

70/74 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Paul CLARKE	02/01/42	Team Luton	49.46	137
2.	Antonio MIHURA	10/03/41	CN Seville	51.21	118

75/79 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Alan JACKSON	12/09/39	East Anglian	49.02	142

80/84 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Neil HOWELL	03/10/32	East Anglian	1:08.23	26

85/89 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Donald MACFARLANE	10/05/29	West Norfolk	1:12.54	18



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EVENT 10 Womens Open 200m Freestyle Team

072+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	Basildon Ph	Basildon Ph	2:07.73	495
1.	Basildon Ph	Basildon Ph	2:07.73	495
		Jessica FORD	30.41	
		Abbie NEWELL	31.63	
		Clare BOSTON	31.84	
		Katrina FARRALL	33.85	

120+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	South Beds	120+ South Beds	1:57.38	631
1.	South Beds	120+ South Beds	1:57.38	631
		Carla KING	28.02	
		Sam HAMMOND	29.42	
		Sarah PEARSE	30.47	
		Joanne HOLDER	29.47	
2.	Putteridge	120+ Putteridge	2:11.85	449
2.	Putteridge	120+ Putteridge	2:11.85	449
		Miriam Owens	30.44	
		Carrie PAGE	35.63	
		Hannah BENNETT	32.77	
		Clare GRUNDY	33.01	
	East Anglian	120+ East Anglian	DNC	
		Jane TAYLOR		
		Emmeline VINCENT		
		Hanna DABBOUR		
		Lisa DONOVAN		

160+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	Biggleswade	160+ Biggleswade	2:26.64	317
1.	Biggleswade	160+ Biggleswade	2:26.64	317
		Nicola HORSFORD	33.18	
		Sarah JONES	1:20.84	
		Jayne COLEBROOK	32.62	
		Louise JARVIS	00.00	

EVENT 11 Mens Open 200m Freestyle Team

072+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	teamipswich	072+ teamipswich	1:59.69	416
1.	teamipswich	072+ teamipswich	1:59.69	416
		Mark COLEBY	38.85	
		Sonny TRIGG	24.59	
		Josh COLEBY	25.28	
		Adam TRIGG	30.97	

160+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	Putteridge	160+ Putteridge	2:05.13	360
1.	Putteridge	160+ Putteridge	2:05.13	360
		Mark WAREHAM	29.66	
		Nathan Scott	20.53	
		Paul Brignall	20.80	
		Graeme CROWSTON	54.14	
2.	CN Seville	160+ CN Seville	2:16.28	268
2.	CN Seville	160+ CN Seville	2:16.28	268
		Francisco LORA GARCIA	33.86	
		Javier GOMEZ REINA	35.53	
		Jose A MATZ	34.37	
		Manuel ACUNA LORO	32.52	
3.	East Anglian	160+ East Anglian	2:16.85	264
3.	East Anglian	160+ East Anglian	2:16.85	264
		Ray KIRBY	36.39	
		Jon Greene	36.37	
		Shane PREECE	33.43	
		David BORTHWICK	30.66	
4.	Flitwick	160+ Flitwick	2:18.11	255
4.	Flitwick	160+ Flitwick	2:18.11	255
		Dan GEORGESCU	37.25	
		Nigel HALFORD	33.48	
		Ian MURRAY	37.43	
		Ian FOWLER	29.95	

200+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	Team Luton	200+ Team Luton	2:06.09	351
1.	Team Luton	200+ Team Luton	2:06.09	351
		Graham POWELL	30.62	
		Alastair GIBB	30.73	
		John O'ROURKE	34.95	
		David WRIGHT	29.79	



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Results Session Two

EVENT 12 Mens/Womens Open 200m Butterfly

MENS 18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Christopher GREENHALGH	16/01/96	Sudbury	2:19.98	553	30.91	1:06.48	1:43.35	30.91
35.57		36.87							

MENS 25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Paul DAVIES	01/07/86	Oundle	2:24.23	507	32.16	1:09.93	1:48.25	32.16
37.77		38.32							

MENS 35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Michael CARSE	15/11/79	Barnet Copt	3:31.87	125	45.34	1:38.05	2:33.74	45.34
52.71		55.69							

MENS 45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Jose A MATZ	09/03/69	CN Seville	3:32.89	122	48.64	1:43.11	2:39.13	48.64
54.47		56.02							

MENS 50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	David WRIGHT	15/02/61	Team Luton	2:44.19	335	36.18	1:18.28	2:00.52	36.18
42.10		42.24							
2.	Adam LELEAN	28/02/62	Diss Otters	3:09.30	199	43.02	1:32.66	2:23.22	43.02
49.64		50.56							

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Sarah CLARKE	05/06/86	Sudbury	3:45.18	153	49.08	1:46.88	2:46.60	49.08
57.80		59.72							

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Lisa DONOVAN	03/03/81	East Anglian	3:00.29	352	36.51	1:19.85	2:08.65	36.51
43.34		48.80							

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Nicola LATTY	10/03/71	Oundle	2:31.14	605	35.07	1:13.08	1:51.87	35.07
38.01		38.79							
2.	Philippa RICKARD	14/01/71	East Leeds	2:42.46*	491	32.40	1:10.86	1:55.38	32.40
38.46		44.52							
3.	Jeanne PETIT	13/02/70	Chesham	2:56.21	380	36.88	1:17.93	2:03.11	36.88
41.05		45.18							

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Christine GILLARD	30/11/56	Calv Bing	3:45.72	151	48.18	1:46.75	2:46.32	48.18
58.57		59.57							

WOMENS 65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Patricia JACKSON	04/03/47	East Anglian	3:47.54	146	52.26	1:51.43	2:51.08	52.26
59.17		59.6							

EVENT 13 Womens Open 50m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Tara COLEMAN	11/04/96	Leiston	27.88	674
2.	Jessica FORD	14/08/90	Basildon Ph	29.61	570
3.	Cara FRESHER	03/09/93	March	30.94	501
4.	Abbie NEWELL	07/12/94	Basildon Ph	31.11	493
5.	Lucy TOFIELD	21/03/91	Barnet Copt	31.43	478
6.	Olivia CURTIN	21/08/93	Newmarket	34.01	372

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Fliiss HAWKINS	25/11/87	Faversham	29.13	597
2.	Sophie CASTLE	20/05/88	Chelmsford	30.99	499
3.	Amanda SMITH	07/04/87	Oundle	31.75	464
4.	Emily COSTELLO	18/11/89	Stevenage	33.15	405
5.	Gemma BENNETT	02/01/87	Dunmow Mast	34.38	359
6.	Emmeline VINCENT	26/06/88	East Anglian	35.15	333



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30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Carla KING	04/07/83	South Beds	28.40	641
2.	Catherine MARKWELL	06/08/81	UEA Norwich	28.48	636
3.	Sarah HOLDEN	04/03/84	Hadleigh	31.58	471
4.	Miriama OWENS	09/09/80	Putteridge	33.02	410
5.	Holly MILES	18/12/80	Dunmow Mast	33.07	408
6.	Hanna DABBOUR	10/07/83	East Anglian	33.83	379

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Clare BOSTON	10/02/79	Basildon Ph	31.33	483

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Zoe CRAY	21/03/74	teamipswich	27.06	730
2.	Nina WILLIAMS	11/09/70	East Leeds	28.54	632
3.	Sharon PERRY	05/07/72	West Suffolk	30.99	499
4.	Hannah JONES	15/10/72	West Suffolk	31.22	488
5.	Amanda GOODMAN	23/09/70	Basildon Ph	33.17	404

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Nicola HORSFORD	16/11/69	Biggleswade	32.60	427
2.	Sharon LOCK	02/10/69	Melton M'bry	32.84	417
3.	Juliet WHITAKER	18/03/67	Co Cambridge	33.15	405
4.	Vanessa MANN	11/12/69	UEA Norwich	36.50	293
5.	Sharon STIRLING	12/06/66	Kettering	38.47	242
6.	Sue MOYE	28/05/65	Sudbury	42.28	167

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Julie HOYLE	03/04/62	East Leeds	30.11	543
2.	Suzanne TURNER	21/02/64	Bristol Nor	37.01	279
3.	Susan PENMAN	19/03/63	Stowmarket	43.17	153
4.	Jayne COLEBROOK	05/07/60	Biggleswade	43.66	146

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Maggie SMITH	09/03/58	Co Milton K	32.23	442
2.	Kim LYNCH	08/07/59	Stowmarket	36.14	303
3.	Susan THORNETT	13/07/55	Diss Otters	44.93	129

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Annette THATCHER	18/01/52	Hemel Hemp	33.18	404

EVENT 14 Mens Open 50m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Sam PARRY	17/05/90	Dunstable	25.06	649
2.	Sonny TRIGG	09/12/95	teamipswich	25.62	610
3.	Alex MURRAY	12/09/93	West Norfolk	25.86	594
4.	Josh COLEBY	16/02/96	teamipswich	26.32	565
5.	Joshua GRAY	31/03/94	West Norfolk	26.59	549
6.	Daniel BUCKLEY	01/05/94	Stevenage	26.60	548
7.	Matthew DIBBLE	30/05/92	Basildon Ph	28.45	448
8.	Adam KEMP	08/08/94	Newmarket	29.13	416
9.	Benjamin GOMES	13/08/94	Basildon Ph	36.32	189

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Mark LEAMON	13/03/87	Co Cambridge	25.34	629
2.	Doug KERR	20/06/88	Biggleswade	26.86	533

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Peter WINTER	25/02/80	Newmarket	30.66	352
2.	Graeme CROWSTON	13/08/81	Putteridge	30.73	349

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Christopher HOWARD	05/05/75	Leiston	27.91	475
2.	Samuel RUBIO ORTEGA	08/07/75	CN Seville	28.12	464

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Lee PETERSON	09/06/74	Braintree	26.55	551
2.	Mark CLAXTON	27/06/71	Norfolk Vikg	28.41	450
3.	Robert SEMPLE	22/08/72	Co Cambridge	28.44	448
4.	Ed HORROCKS	04/11/73	Dunmow Mast	29.19	413
5.	Adam TRIGG	30/03/72	Witham Dolph	30.97	340
6.	Ray KIRBY	15/07/73	East Anglian	33.17	267

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Marcel SCHOLTEN	12/02/66	Modemians	26.46	557
2.	Manuel PERTINEZ	22/07/69	CN Mijas	27.80	481
3.	Nigel BROWN	17/02/66	Chelmsford	28.83	430
4.	David BORTHWICK	10/02/68	East Anglian	31.22	331



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5.	Clive MITSON	27/12/69	Stowmarket	32.34	293
6.	Francisco LORA GARCIA	08/03/67	CN Seville	32.40	291
7.	Robert ARTHUR	31/07/68	West Norfolk	37.48	167
8.	Mark COLEBY	04/02/66	teampswich	38.42	151
	Andrew DEAN	29/03/68	Stevenage	DNC	

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Martyn FRESHER	31/01/62	March	29.39	404
2.	Peter LYNCH	26/03/62	Stowmarket	30.45	360
3.	Ian COSTELLO	01/12/60	Stevenage	32.43	290
4.	Nigel HALFORD	26/11/61	Flitwick	34.19	239
5.	Matthew HODGE	28/05/62	Dunmow Mast	35.06	217

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Steve WESTON	24/09/55	Co Hereford	30.29	366
2.	John GOODALL	09/12/57	Dartford	31.68	315
3.	Ian MURRAY	19/01/57	Flitwick	32.38	292
4.	Shane PREECE	24/10/57	East Anglian	34.33	236

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Peter ILES	19/05/53	South Beds	32.04	303
2.	Paul BRIGNELL	12/02/54	Putteridge	33.86	248
3.	Peter RANK	19/08/52	Co Cambridge	35.83	200

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Richard BRAYBROOK	06/09/46	Kettering	33.82	249
2.	Terence MANSI	03/02/49	Sudbury	34.17	240
3.	Len PHOENIX	01/03/49	Stowmarket	36.64	183

70/74 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Derek GORE	07/05/40	Chelmsford	36.00	196
2.	Paul CLARKE	02/01/42	Team Luton	43.98	82

75/79 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Alan JACKSON	12/09/39	East Anglian	34.77	224

85/89 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Donald MACFARLANE	10/05/29	West Norfolk	1:13.48	3

EVENT 15 Womens Open 100m Backstroke

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Fliss HAWKINS	25/11/87	Faversham	1:13.55	525	36.49
2.	Joanne HOLDER	21/05/85	South Beds	1:15.08	494	36.24
3.	Sophie CASTLE	20/05/88	Chelmsford	1:17.13	455	37.55

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Clare GRUNDY	11/11/82	Putteridge	1:14.18	512	35.45
2.	Sarah HOLDEN	04/03/84	Hadleigh	1:18.41	432	38.55
3.	Sam HAMMOND	24/02/80	South Beds	1:19.18	419	38.02

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Carrie PAGE	29/04/78	Putteridge	1:26.88	308	40.88

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Katrina FARRALL	24/09/70	Basildon Ph	1:19.75	410	38.84

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Liz WOOLNER	10/02/67	Flitwick	1:16.31	470	36.19
2.	Louise JARVIS	24/01/69	Biggleswade	1:20.88	392	39.46
3.	Nicola HORSFORD	16/11/69	Biggleswade	1:25.10	331	41.53
4.	Lisa WITHERS	22/10/66	Newmarket	1:27.90	296	43.44

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Julie HOYLE	03/04/62	East Leeds	1:13.00	537	35.01
2.	Blan WALKER	24/11/63	Witney	1:29.23	280	44.31



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3.	Jane SMITH	31/08/64	Newmarket	1:37.42	202	46.88	44.31
4.	Jayne COLEBROOK	05/07/60	Biggleswade	1:45.27	147	51.80	46.88
							51.80

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Patricia REYNOLDS	10/01/50	Beaver Mast	1:35.38	219	45.54	45.54
2.	Sally LELEAN	04/06/51	Diss Otters	1:51.79	113	54.98	54.98

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Patricia JACKSON	04/03/47	East Anglian	1:43.18	160	-	-

EVENT 16 Mens Open 100m Backstroke

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Alex MURRAY	12/09/93	West Norfolk	1:07.26	464	32.61	32.61

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Doug KERR	20/06/88	Biggleswade	1:09.31	423	33.55	33.55

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Roger RANDALL	17/03/71	Barnet Copt	1:24.50	211	42.12	42.12
2.	Ian FOWLER	11/05/71	Flitwick	1:41.45	97	48.79	48.79

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Mark PINCOTT	13/03/65	Faversham	1:13.82	344	35.43	35.43
2.	Adam BALDWIN	15/09/65	Barnet Copt	1:22.43	232	40.68	40.68
3.	Clive MITSON	27/12/69	Stowmarket	1:23.49	221	40.52	40.52

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Mark STRAKOSCH	18/05/61	Berkhamsted	1:20.38	255	39.87	39.87
2.	Rob GARRY	08/04/64	Mildenhall	1:50.87	63	54.71	54.71

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Graham POWELL	28/05/56	Team Luton	1:12.29	369	34.98	34.98
2.	RAFAEL DE VALDES	14/06/57	CN Mijas	1:21.03	248	39.71	39.71

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Len PHOENIX	01/03/49	Stowmarket	1:44.75	84	50.65	50.65

EVENT 16 Mens Open 100m Backstroke

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Alex MURRAY	12/09/93	West Norfolk	1:07.26	464	32.61	32.61

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Doug KERR	20/06/88	Biggleswade	1:09.31	423	33.55	33.55

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Roger RANDALL	17/03/71	Barnet Copt	1:24.50	211	42.12	42.12
2.	Ian FOWLER	11/05/71	Flitwick	1:41.45	97	48.79	48.79

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Mark PINCOTT	13/03/65	Faversham	1:13.82	344	35.43	35.43
2.	Adam BALDWIN	15/09/65	Barnet Copt	1:22.43	232	40.68	40.68
3.	Clive MITSON	27/12/69	Stowmarket	1:23.49	221	40.52	40.52



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50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Mark STRAKOSCH	18/05/61	Berkhamsted	1:20.38	255	39.87		
2.	Rob GARRY	08/04/64	Mildenhall	1:50.87	63	54.71		

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Graham POWELL	28/05/56	Team Luton	1:12.29	369	34.98		
2.	RAFAEL DE VALDES	14/06/57	CN Mijas	1:21.03	248	39.71		

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Len PHOENIX	01/03/49	Stowmarket	1:44.75	84	50.65		

EVENT 17 Mens/Womens Open 200m Freestyle

MENS 18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Christopher GREENHALGH	16/01/96	Sudbury	2:02.33	640	28.11	1:00.40	1:31.80

32.29 31.40

MENS 25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Mark LEAMON	13/03/87	Co Cambridge	2:03.08	629	27.81	59.37	1:31.88

31.56 32.51

MENS 30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Lawrence TURNER	15/08/80	East Anglian	2:25.97	376	33.76	1:11.19	1:49.06
2.	Graeme CROWSTON	13/08/81	Putteridge	2:28.11	358	33.93	1:11.75	1:50.56

37.43 37.87

MENS 35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Manuel ACUNA LORO	27/06/79	CN Seville	2:49.97	219	36.33	1:17.52	2:04.00
2.	Dan GEORGESCU	15/06/79	Flitwick	3:07.81	146	42.40	1:29.95	2:20.12

41.19 46.48

MENS 40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Garry MAVIN	28/12/71	March	2:11.27	523	30.78	1:03.75	1:37.82
2.	Stuart DYBLE	18/07/71	Norfolk Vikg	2:11.54	520	30.90	1:04.30	1:38.22
3.	Robert SEMPLE	22/08/72	Co Cambridge	2:22.15	409	31.75	1:07.31	1:45.49
4.	Ray KIRBY	15/07/73	East Anglian	2:50.65	216	36.45	1:18.37	2:04.06

37.82 38.81

MENS 45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Manuel PERTINEZ	22/07/69	CN Mijas	2:13.27	500	31.21	1:05.36	1:39.62
2.	Nigel BROWN	17/02/66	Chelmsford	2:18.76	442	29.39	1:02.87	1:40.57
3.	John O'ROURKE	16/02/69	Team Luton	2:40.85	269	37.11	1:17.06	1:58.81

39.95 41.75

MENS 50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Mark STRAKOSCH	18/05/61	Berkhamsted	2:22.79	404	33.77	1:10.15	1:46.65
2.	Richard O'LEARY	22/09/64	March	2:27.09	366	33.54	1:10.20	1:48.78
3.	Adam LELEAN	28/02/62	Diss Otters	2:27.93	360	34.43	1:11.79	1:50.33
4.	Alastair GIBB	14/01/60	Team Luton	2:28.13	358	33.83	1:12.05	1:50.40

36.38 36.50

36.66 38.58

37.36 38.54

38.22 38.35



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5.	Jonathan GREENE	26/02/64	East Anglian	3:03.68	161	41.95	1:28.72	2:18.20	41.95
46.77	49.48								
MENS 55/59 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Ian MURRAY	19/01/57	Flitwick	2:33.03	321	35.76	1:14.64	1:53.66	35.76
38.88	39.02								
MENS 60/64 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Peter ILES	19/05/53	South Beds	2:42.52	259	36.48	1:18.57	2:01.46	36.48
42.09	42.89								
2.	Peter GRUITT	21/11/52	Co Cant'bury	2:47.82	230	40.41	1:23.00	2:06.46	40.41
42.59	43.46								
3.	Peter RANK	19/08/52	Co Cambridge	3:01.08	170	40.18	1:25.74	2:14.15	40.18
45.56	48.41								
MENS 65/69 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Richard BRAYBROOK	06/09/46	Kettering	2:53.85	201	39.01	1:23.05	2:09.34	39.01
44.04	46.29								
2.	Terence MANSI	03/02/49	Sudbury	2:58.80	179	39.54	1:24.99	2:11.97	39.54
45.45	46.98								
3.	Len PHOENIX	01/03/49	Stowmarket	3:11.43	135	43.80	1:32.72	2:23.31	43.80
48.92	50.59								
MENS 70/74 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Derek GORE	07/05/40	Chelmsford	3:03.44	162	41.75	1:29.20	2:16.98	41.75
47.45	47.78								
2.	Richard GODDARD	27/09/42	Impington	3:27.08	95	44.51	1:37.60	2:32.88	44.51
53.09	55.28								
WOMENS 18/24 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Jessica FORD	14/08/90	Basildon Ph	2:19.51	598	32.14	1:07.86	1:44.12	32.14
35.72	36.26								
2.	Lucy TOFIELD	21/03/91	Barnet Copt	2:32.88	456	35.65	1:15.28	1:54.50	35.65
39.63	39.22								
3.	Hannah BENNETT	31/01/91	Putteridge	2:36.55	423	35.60	1:15.69	1:56.89	35.60
40.09	41.20								
WOMENS 25/29 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Rachel BARBER	30/10/88	Hemel Hemp	2:25.59	528	33.04	1:09.49	1:47.53	33.04
36.45	38.04								
2.	Emily BARWICK	04/01/87	East Anglian	2:31.66	467	35.56	1:13.58	1:52.37	35.56
38.02	38.79								
3.	Jenny OWENS	27/10/85	South Beds	2:42.78	373	35.95	1:16.98	2:00.81	35.95
41.03	43.83								
WOMENS 30/34 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Catherine MARKWELL	06/08/81	UEA Norwich	2:20.63	584	31.78	1:07.59	1:44.52	31.78
35.81	36.93								
2.	Claire MCMAHON	12/10/80	Barnet Copt	2:56.02	286	40.57	1:25.38	2:11.30	40.57
44.81	45.92								
3.	Eleanor BULL	05/11/80	East Anglian	3:01.52	256	41.40	1:28.53	2:16.35	41.40
47.13	47.82								
WOMENS 35/39 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Jo MITCHINSON	12/03/79	Stevenage	2:25.48	530	33.29	1:09.47	1:47.36	33.29
36.18	37.89								
WOMENS 40/44 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Nina WILLIAMS	11/09/70	East Leeds	2:17.87	618	31.69	1:06.86	1:43.23	31.69
35.17	36.37								
2.	Nicola LATTY	10/03/71	Oundle	2:18.42	611	33.69	1:09.03	1:44.50	33.69
35.34	35.47								
3.	Sharon PERRY	05/07/72	West Suffolk	2:26.97	514	33.29	1:10.47	1:48.55	



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Place	Name	DoB	Club	Time	GB Pts	50	100	150	
37.18		38.08						33.29	
WOMENS 45/49 Yrs Age Group - Full Results									
1.	Louise JARVIS	24/01/69	Biggleswade	2:32.60	459	34.61	1:12.65	1:52.74	34.61
2.	Vanessa MANN	11/12/69	UEA Norwich	2:52.79	305	39.53	1:23.10	2:08.10	39.53
3.	Juliet WHITAKER	18/03/67	Co Cambridge	2:57.53	277	38.34	1:21.93	2:09.71	38.34
43.59		47.78							
WOMENS 50/54 Yrs Age Group - Full Results									
1.	Hannah UECKERMANN	18/07/63	Witham Dolph	2:37.46	416	37.07	1:16.90	1:57.71	37.07
2.	Susan PENMAN	19/03/63	Stowmarket	3:28.77	147	47.70	1:41.32	2:37.14	47.70
53.62		55.82							
WOMENS 55/59 Yrs Age Group - Full Results									
	Maggie SMITH	09/03/58	Co Milton K	DNC					
WOMENS 65/69 Yrs Age Group - Full Results									
1.	Patricia JACKSON	04/03/47	East Anglian	3:08.45	222	43.85	1:31.12	2:20.28	43.85
47.27		49.16							

EVENT 18 Womens Open 100m Breaststroke

Place	Name	DoB	Club	Time	GB Pts	50
18/24 Yrs Age Group - Full Results						
1.	Heidi GIBBENS	01/11/91	Hemel Hemp	1:28.15	438	43.11
25/29 Yrs Age Group - Full Results						
1.	Gemma BENNETT	02/01/87	Dunmow Mast	1:31.65	387	42.36
2.	Sarah CLARKE	05/06/86	Sudbury	1:33.40	364	44.71
30/34 Yrs Age Group - Full Results						
1.	Holly MILES	18/12/80	Dunmow Mast	1:36.50	326	46.01
35/39 Yrs Age Group - Full Results						
1.	Vanessa MIEMIETZ	14/10/78	UEA Norwich	1:38.70	301	46.73
2.	MARIA CANO MANTIS	26/03/76	CN Seville	1:40.65	281	47.81
45/49 Yrs Age Group - Full Results						
1.	Sharon LOCK	02/10/69	Melton M'bry	1:21.88	548	38.34
2.	Nicola HORSFORD	16/11/69	Biggleswade	1:39.07	297	47.22
50/54 Yrs Age Group - Full Results						
1.	Hannah UECKERMANN	18/07/63	Witham Dolph	1:28.35	435	42.98
2.	Jane SMITH	31/08/64	Newmarket	1:56.09	162	55.55
60/64 Yrs Age Group - Full Results						
1.	Annette THATCHER	18/01/52	Hemel Hemp	1:38.20	307	46.06
2.	Sally LELEAN	04/06/51	Diss Otters	1:58.68	148	56.70

EVENT 19 Mens Open 100m Breaststroke

Place	Name	DoB	Club	Time	GB Pts	50
18/24 Yrs Age Group - Full Results						
1.	Joshua GRAY	31/03/94	West Norfolk	1:10.23	610	33.58
2.	Christopher GREENHALGH	16/01/96	Sudbury	1:14.18	521	35.03



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30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Pablo SENDRA FERNANDEZ	25/07/83	CN Seville	1:28.92	289	42.10	42.10
2.	Peter WINTER	25/02/80	Newmarket	1:37.18	208	45.99	45.99

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Nick TITCHENER	20/01/76	Biggleswade	1:12.07	566	34.02	34.02
2.	Christopher HOWARD	05/05/75	Leiston	1:20.42	406	38.03	38.03
3.	Michael CARSE	15/11/79	Barnet Copt	1:29.10	287	42.32	42.32

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Lee PETERSON	09/06/74	Braintree	1:09.31	632	32.66	32.66
2.	Mark CLAXTON	27/06/71	Norfolk Vikg	1:18.75	434	36.88	36.88
3.	Ed HORROCKS	04/11/73	Dunmow Mast	1:24.89	340	38.40	38.40

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Marcel SCHOLTEN	12/02/66	Modemians	1:15.64	491	36.07	36.07
2.	Javier GOMEZ REINA	09/10/66	CN Seville	1:31.68	259	43.89	43.89
3.	Francisco LORA GARCIA	08/03/67	CN Seville	1:33.99	236	44.92	44.92

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Andrew FRESHER	14/01/64	March	1:21.87	383	38.63	38.63
2.	Martyn FRESHER	31/01/62	March	1:21.90	383	38.63	38.63
3.	Andrea VIOLA	19/01/63	Co Cambridge	1:24.90	340	39.36	39.36
4.	Mark STRAKOSCH	18/05/61	Berkhamsted	1:35.35	224	45.97	45.97
5.	Nigel HALFORD	26/11/61	Flitwick	1:36.45	214	46.79	46.79
6.	Matthew HODGE	28/05/62	Dunmow Mast	1:36.51	214	44.77	44.77
7.	Rob GARRY	08/04/64	Mildenhall	2:06.06	66	59.45	59.45

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Tom MORROW	10/03/56	Co Oxford	1:25.05	338	40.82	40.82
2.	Philip HOLME	23/05/59	Barnet Copt	1:28.61	293	42.47	42.47

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	David COLES	14/01/54	West Norfolk	1:49.26	128	49.93	49.93

70/74 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Robert APEL	16/06/44	Kettering	1:31.78	258	43.45	43.45
2.	Paul CLARKE	02/01/42	Team Luton	1:55.47	100	55.98	55.98

80/84 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Neil HOWELL	03/10/32	East Anglian	2:38.45	18	1:13.86	1:13.86

EVENT 20 Womens Open 200m Medley Team

072+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts	
1.	Basildon Ph	072+ Basildon Ph	2:25.07	443	
1.	Basildon Ph	072+ Basildon Ph	2:25.07	443	
		Katrina FARRALL			36.54
		Abbie NEWELL			40.53
		Clare BOSTON			35.48
		Amanda GOODMAN			32.52

120+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts	
1.	South Beds	120+ South Beds	2:11.30	596	
1.	South Beds	120+ South Beds	2:11.30	596	
		Joanne HOLDER			34.94
		Sarah PEARSE			36.40
		Sam HAMMOND			32.24



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			Carla KING			27.72
2.	Putteridge	120+	Putteridge	2:24.86	445	
2.	Putteridge	120+	Putteridge	2:24.86	445	
			Carrie PAGE			39.34
			Miriam Owens			42.49
			Clare GRUNDY			31.89
			Hannah BENNETT			31.14
3.	East Anglian	120+	East Anglian	2:26.24	432	
3.	East Anglian	120+	East Anglian	2:26.24	432	
			Emily BARWICK			37.94
			Emmeline VINCENT			42.64
			Jane TAYLOR			33.20
			Lisa DONOVAN			32.46

160+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts	
1.	Biggleswade	160+	Biggleswade	2:57.59	220
1.	Biggleswade	160+	Biggleswade	2:57.59	220
			Jayne COLEBROOK		51.31
			Sarah JONES		55.21
			Louise JARVIS		37.21
			Nicola HORSFORD		33.86

EVENT 21 Mens Open 200m Medley Team

072+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts	
1.	teampswich	072+	teampswich	2:14.85	377
1.	teampswich	072+	teampswich	2:14.85	377
			Josh COLEBY		28.72
			Adam TRIGG		40.86
			Sonny TRIGG		25.38
			Mark COLEBY		39.89

160+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts	
1.	Putteridge	160+	Putteridge	2:19.92	333
1.	Putteridge	160+	Putteridge	2:19.92	333
			Mark WAREHAM		34.93
			Paul BRIGNELL		38.93
			Graeme CROWSTON		34.96
			Nathan Scott		31.10
2.	Flitwick	160+	Flitwick	2:39.92	205
2.	Flitwick	160+	Flitwick	2:39.92	205
			Ian FOWLER		44.61
			Nigel HALFORD		42.25
			Ian MURRAY		20.28
			Dan GEORGESCU		52.78
3.	East Anglian	160+	East Anglian	2:43.30	189
3.	East Anglian	160+	East Anglian	2:43.30	189
			Jonathan GREENE		54.48
			Shane PREECE		43.85
			David BORTHWICK		35.76
			Lawrence TURNER		29.21

200+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts	
1.	Team Luton	200+	Team Luton	2:21.27	322
1.	Team Luton	200+	Team Luton	2:21.27	322
			Graham POWELL		33.11
			Alastair GIBB		39.18
			David WRIGHT		34.34
			John O'ROURKE		34.64
2.	CN Seville	200+	CN Seville	2:38.81	210
2.	CN Seville	200+	CN Seville	2:38.81	210
			Manuel ACUNA LORO		38.50
			Antonio MIHURA		49.49
			Javier GOMEZ REINA		21.80
			Francisco LORA GARCIA		49.02



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Results Session Three

EVENT 22 Mens/Womens Open 200m IM

MENS 18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Christopher GREENHALGH	16/01/96	Sudbury	2:23.56	548	32.04	1:11.81	1:51.46	32.04
39.77		39.65							
2.	Daniel BUCKLEY	01/05/94	Stevenage	2:25.72	525	32.86	1:08.04	1:51.87	32.86
35.18		43.83							

MENS 25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Paul DAVIES	01/07/86	Oundle	2:24.26	540	31.58	1:10.13	1:52.71	31.58
38.55		42.58							

MENS 45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Marcel SCHOLTEN	12/02/66	Modernians	2:37.52	413	33.31	1:15.90	2:00.90	33.31
42.59		45.00							
2.	Adam BALDWIN	15/09/65	Barnet Copt	2:59.02	267	41.95	1:28.35	2:21.51	41.95
46.40		53.16							

MENS 50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Alastair GIBB	14/01/60	Team Luton	2:50.34	319	37.29	1:21.98	2:12.28	37.29
44.69		50.30							
2.	Adam LELEAN	28/02/62	Diss Otters	2:54.88	291	37.99	1:27.09	2:17.13	37.99
49.10		50.04							

MENS 55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	RAFAEL DE VALDES	14/06/57	CN Mijas	2:52.40	306	36.71	1:22.48	2:15.28	36.71
45.77		52.80							
2.	Ian MURRAY	19/01/57	Flitwick	2:59.42	265	39.74	1:25.13	2:21.04	39.74
45.39		55.91							
3.	Tom MORROW	10/03/56	Co Oxford	3:00.05	262	39.63	1:29.59	2:17.86	39.63
49.96		48.27							

MENS 60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Peter GRUITT	21/11/52	Co Cant'bury	3:51.70	92	46.67	1:59.68	3:04.06	46.67
1:13.01		1:04.38							

MENS 65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Len PHOENIX	01/03/49	Stowmarket	3:50.84	93	54.03	1:54.09	3:02.72	54.03
1:00.06		1:08.63							

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
	Jessica FORD	14/08/90	Basildon Ph	DNC					

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Emily BARWICK	04/01/87	East Anglian	2:58.42	405	39.51	1:23.37	2:16.24	39.51
43.86		52.87							
2.	Sarah CLARKE	05/06/86	Sudbury	3:20.67	272	48.22	1:43.32	2:37.40	48.22
55.10		54.08							

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Sarah PEARSE	01/10/82	South Beds	2:47.24	495	38.25	1:21.82	2:08.99	38.25
43.57		47.17							

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Nicola LATTY	10/03/71	Oundle	2:37.81	587	33.67	1:15.57	2:02.47	33.67
41.90		46.90							
2.	Sharon PERRY	05/07/72	West Suffolk	2:49.76	473	36.87	1:21.83	2:11.75	36.87
44.96		49.92							

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Liz WOOLNER	10/02/67	Flitwick	2:45.75	509	33.35	1:15.69	2:08.13	



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42.34	52.44								33.35
2. Louise JARVIS	24/01/69	Biggleswade	2:57.49	412	38.27	1:22.75	2:18.17		38.27
44.48	55.42								42.01
3. Lisa WITHERS	22/10/66	Newmarket	3:11.67	319	42.01	1:30.79	2:24.54		42.01
48.78	53.75								
WOMENS 50/54 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Blan WALKER	24/11/63	Witney	3:20.16	274	47.36	1:38.10	2:36.29	47.36
50.74	58.19								
WOMENS 55/59 Yrs Age Group - Full Results									
Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Christine GILLARD	30/11/56	Calv Bing	3:34.48	212	48.49	1:45.07	2:48.78	48.49
56.58	1:03.71								

EVENT 23 Womens Open 50m Backstroke

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Tara COLEMAN	11/04/96	Leiston	33.17	579
2.	Abbie NEWELL	07/12/94	Basildon Ph	37.38	403

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Joanne HOLDER	21/05/85	South Beds	35.08	492
2.	Sophie CASTLE	20/05/88	Chelmsford	35.21	486
3.	Emily COSTELLO	18/11/89	Stevenage	38.67	361

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Sarah HOLDEN	04/03/84	Hadleigh	35.31	482

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Carrie PAGE	29/04/78	Putteridge	39.29	342

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Zoe CRAY	21/03/74	teampswich	29.84	771

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Nicola HORSFORD	16/11/69	Biggleswade	37.83	388
2.	Sue MOYE	28/05/65	Sudbury	50.65	129

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Julie HOYLE	03/04/62	East Leeds	33.51	563
2.	Blan WALKER	24/11/63	Witney	41.98	272
3.	Jayne COLEBROOK	05/07/60	Biggleswade	48.40	156
4.	Susan PENMAN	19/03/63	Stowmarket	56.39	78

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Sally LLELAN	04/06/51	Diss Otters	52.34	111

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Patricia JACKSON	04/03/47	East Anglian	49.28	145

EVENT 24 Mens Open 50m Backstroke

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Josh COLEBY	16/02/96	teampswich	28.79	592
2.	Daniel BUCKLEY	01/05/94	Stevenage	30.67	492
3.	Matthew DIBBLE	30/05/92	Basildon Ph	33.62	368

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Doug KERR	20/06/88	Biggleswade	30.32	510

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Michael CARSE	15/11/79	Barnet Copt	43.72	136

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Adam TRIGG	30/03/72	Witham Dolph	39.35	210

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Mark PINCOTT	13/03/65	Faversham	33.36	378

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
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1.	Andrew FRESHER	14/01/64	March	35.37	310
2.	Nigel HALFORD	26/11/61	Flitwick	40.64	185
3.	Ian COSTELLO	01/12/60	Stevenage	42.52	154

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Graham POWELL	28/05/56	Team Luton	33.38	377
2.	Steve WESTON	24/09/55	Co Hereford	35.73	299
3.	Ian MURRAY	19/01/57	Flitwick	37.58	250
4.	John GOODALL	09/12/57	Dartford	41.20	175

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Len PHOENIX	01/03/49	Stowmarket	44.71	124

70/74 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Paul CLARKE	02/01/42	Team Luton	49.82	75

EVENT 25 Womens Open 100m Butterfly

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Amanda SMITH	07/04/87	Oundle	1:13.42	499	34.72
2.	Rachel BARBER	30/10/88	Hemel Hemp	1:20.59	372	36.27
3.	Emmeline VINCENT	26/06/88	East Anglian	1:41.27	160	45.54

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Jane TAYLOR	04/07/80	East Anglian	1:24.56	316	37.14
2.	Hanna DABBOUR	10/07/83	East Anglian	1:26.69	290	40.33

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Nicola LATTY	10/03/71	Oundle	1:11.00	551	34.33
2.	Jeanne PETIT	13/02/70	Chesham	1:14.14	484	34.91

Katrina FARRALL 24/09/70 Basildon Ph DQ T 3L

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Christine GILLARD	30/11/56	Calv Bing	1:42.94	149	46.97

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Patricia JACKSON	04/03/47	East Anglian	1:42.52	152	47.21

EVENT 26 Mens Open 100m Butterfly

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Sonny TRIGG	09/12/95	teamipswich	59.28	659	27.43

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Mark LEAMON	13/03/87	Co Cambridge	1:00.37	627	27.91

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Chris LEWINDON	29/03/83	South Beds	1:06.95	463	31.41

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Manuel ACUNA LORO	27/06/79	CN Seville	1:31.41	151	40.70

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Stuart DYBLE	18/07/71	Norfolk Vikg	1:06.43	474	31.32
2.	Roger RANDALL	17/03/71	Barnet Copt	1:25.71	196	39.67

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Graham POWELL	28/05/56	Team Luton	1:12.36	361	33.72

75/79 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Alan JACKSON	12/09/39	East Anglian	1:51.81	59	50.55



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EVENT 27 Mens/Womens Open 200m Breaststroke

MENS 18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Christopher GREENHALGH	16/01/96	Sudbury	2:39.32	533	37.12	1:18.72	2:00.06	37.12
41.60		41.34							

MENS 30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Pablo SENDRA FERNANDEZ	25/07/83	CN Seville	3:12.71	288	45.51	1:34.74	2:24.22	45.51
49.23		49.48							

MENS 35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Nick TITCHENER	20/01/76	Biggleswade	2:43.15	496	37.04	1:18.26	2:00.71	37.04
41.22		42.45							

MENS 45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Jose A MATZ	09/03/69	CN Seville	3:36.12	187	50.36	1:46.30	2:43.71	50.36
55.94		57.41							

MENS 50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Martyn FRESHER	31/01/62	March	3:01.80	352	40.03	1:26.81	2:14.19	40.03
46.78		47.38							
2.	Peter LYNCH	26/03/62	Stowmarket	3:07.66	316	44.44	1:32.20	2:19.74	44.44
47.76		47.54							
3.	Adam LELEAN	28/02/62	Diss Otters	3:08.83	309	45.11	1:33.97	2:22.58	45.11
48.86		48.61							
4.	Andrea VIOLA	19/01/63	Co Cambridge	3:10.45	300	40.94	1:29.65	2:19.77	40.94
48.71		50.12							
5.	Nigel HALFORD	26/11/61	Flitwick	3:34.98	191	49.55	1:44.05	2:40.39	49.55
54.50		56.34							
	Alastair GIBB	14/01/60	Team Luton	DNC					

MENS 55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Tom MORROW	10/03/56	Co Oxford	3:05.58	328	44.90	1:32.65	2:19.57	44.90
47.75		46.92							
2.	Philip HOLME	23/05/59	Barnet Copt	3:25.07	229	45.99	1:39.49	2:33.97	45.99
53.50		54.48							
3.	Ian MURRAY	19/01/57	Flitwick	3:25.96	225	46.17	1:37.90	2:31.88	46.17
51.73		53.98							
4.	Andrew WRIGHT	27/07/57	Stowmarket	3:26.71	222	47.75	1:40.53	2:34.67	47.75
52.78		54.14							
	Michael ABBOTT	23/06/55	Co Cant'bury	DNC					

MENS 70/74 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Robert APEL	16/06/44	Kettering	3:24.67	231	47.97	1:41.27	2:34.19	47.97
53.30		52.92							

MENS 80/84 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Neil HOWELL	03/10/32	East Anglian	5:24.92	25	1:13.21	2:38.07	4:02.91	1:13.21
1:24.86		1:24.84							

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Sarah CLARKE	05/06/86	Sudbury	3:27.06	328	47.58	1:41.86	2:34.79	47.58
54.28		52.93							

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Vanessa MIEMIETZ	14/10/78	UEA Norwich	3:30.27	311	48.24	1:42.61	2:36.88	48.24
54.37		54.27							

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	
1.	Hannah UECKERMANN	18/07/63	Witham Dolph	3:07.83	450	43.71	1:31.92	2:19.57	43.71
48.21		47.65							

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150	



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1.	Annette THATCHER	18/01/52	Hemel Hemp	3:36.49	280	48.67	1:42.05	2:40.66	48.67
53.38	58.61								
2.	Sally LELEAN	04/06/51	Diss Otters	4:07.97	166	57.58	2:01.05	3:04.44	57.58
1:03.47	1:03.39								

EVENT 28 Womens Open 100m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Tara COLEMAN	11/04/96	Leiston	1:01.51	670	29.48	29.48
2.	Jessica FORD	14/08/90	Basildon Ph	1:05.60	560	31.10	31.10
3.	Cara FRESHER	03/09/93	March	1:08.72	488	33.32	33.32
4.	Lucy TOFIELD	21/03/91	Barnet Copt	1:10.86	444	34.70	34.70
5.	Heidi GIBBENS	01/11/91	Hemel Hemp	1:11.05	441	34.55	34.55

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Emily COSTELLO	18/11/89	Stevenage	1:13.26	400	35.76	35.76

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Carla KING	04/07/83	South Beds	1:01.52	670	29.34	29.34
2.	Catherine MARKWELL	06/08/81	UEA Norwich	1:03.23	621	30.55	30.55
3.	Lisa DONOVAN	03/03/81	East Anglian	1:07.15	523	32.72	32.72
4.	Sarah HOLDEN	04/03/84	Hadleigh	1:10.12	459	34.02	34.02
5.	Miriama OWENS	09/09/80	Putteridge	1:12.41	415	34.40	34.40
6.	Holly MILES	18/12/80	Dunmow Mast	1:14.26	383	36.02	36.02
7.	Claire MCMAHON	12/10/80	Barnet Copt	1:22.18	270	40.42	40.42

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Jo MITCHINSON	12/03/79	Stevenage	1:07.76	509	32.46	32.46
2.	Clare BOSTON	10/02/79	Basildon Ph	1:11.10	440	34.66	34.66
3.	Carrie PAGE	29/04/78	Putteridge	1:17.90	326	37.25	37.25

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Zoe CRAY	21/03/74	teamipswich	59.39	736	28.80	28.80

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Louise JARVIS	24/01/69	Biggleswade	1:10.62	449	33.61	33.61
2.	Juliet WHITAKER	18/03/67	Co Cambridge	1:16.39	348	35.85	35.85
3.	Sue MOYE	28/05/65	Sudbury	1:34.27	159	44.21	44.21

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
	Julie HOYLE	03/04/62	East Leeds	DNC			

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Kim LYNCH	08/07/59	Stowmarket	1:22.59	265	40.15	40.15

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Patricia REYNOLDS	10/01/50	Beaver Mast	1:26.01	228	39.67	39.67



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EVENT 29 Mens Open 100m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Sam PARRY	17/05/90	Dunstable	57.35	582	27.07	
2.	Adam KEMP	08/08/94	Newmarket	1:06.37	372	30.95	27.07

25/29 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Mark LEAMON	13/03/87	Co Cambridge	55.82	628	27.14	
2.	Richard LEWINDON	05/03/85	South Beds	57.24	585	27.38	27.14

30/34 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Chris LEWINDON	29/03/83	South Beds	1:01.92	464	29.85	
2.	Peter WINTER	25/02/80	Newmarket	1:10.53	303	33.16	29.85

35/39 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Samuel RUBIO ORTEGA	08/07/75	CN Seville	1:00.85	489	30.17	
2.	Christopher HOWARD	05/05/75	Leiston	1:02.53	450	29.73	30.17

40/44 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Stuart DYBLE	18/07/71	Norfolk Vikg	1:00.54	497	29.26	
2.	Mark CLAXTON	27/06/71	Norfolk Vikg	1:02.02	462	30.08	29.26
3.	Ed HORROCKS	04/11/73	Dunmow Mast	1:05.32	392	29.88	30.08
4.	Ray KIRBY	15/07/73	East Anglian	1:15.18	240	35.67	29.88

45/49 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Manuel PERTINEZ	22/07/69	CN Mijas	1:00.47	499	28.59	
2.	Nigel BROWN	17/02/66	Chelmsford	1:01.51	474	28.96	28.59
3.	Mark PINCOTT	13/03/65	Faversham	1:05.94	380	31.02	28.96
4.	David BORTHWICK	10/02/68	East Anglian	1:11.32	291	33.80	31.02

50/54 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Richard O'LEARY	22/09/64	March	1:06.39	372	31.75	
2.	Alastair GIBB	14/01/60	Team Luton	1:08.94	327	32.50	31.75
3.	Martyn FRESHER	31/01/62	March	1:11.03	295	32.59	32.50
4.	Matthew HODGE	28/05/62	Dunmow Mast	1:19.57	193	37.32	32.59
5.	Jonathan GREENE	26/02/64	East Anglian	1:22.99	163	38.82	37.32
6.	Rob GARRY	08/04/64	Mildenhall	1:27.18	132	42.80	38.82

55/59 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	RAFAEL DE VALDES	14/06/57	CN Mijas	1:05.98	379	32.00	

60/64 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Peter ILES	19/05/53	South Beds	1:11.03	295	34.18	
2.	Peter GRUITT	21/11/52	Co Cant'bury	1:19.36	195	39.61	34.18
3.	Peter RANK	19/08/52	Co Cambridge	1:22.06	171	38.76	39.61

65/69 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Terence MANSI	03/02/49	Sudbury	1:17.88	210	37.09	
2.	Len PHOENIX	01/03/49	Stowmarket	1:27.34	131	40.70	37.09

70/74 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	
1.	Derek GORE	07/05/40	Chelmsford	1:21.53	175	40.36	



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EVENT 30 Mens/Womens Open 200m Free. Team

072+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	Stevenage	072+ Stevenage	2:05.21	
1.	Stevenage	072+ Stevenage	2:05.21	
		Jo Mitchinson		31.44
		Ian Costello		32.82
		Emily Costello		34.61
		Danny Buckley		26.34

120+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	South Beds	120+ South Beds	1:57.31	
1.	South Beds	120+ South Beds	1:57.31	
		Richard Lewindon		29.91
		Carla King		28.13
		Joanne Holder		30.21
		Christopher Lewindon		29.06
2.	Biggleswade	120+ Biggleswade	1:59.68	
2.	Biggleswade	120+ Biggleswade	1:59.68	
		Nick Titchener		29.17
		Louise JARVIS		32.18
		Nicola Horsford		32.24
		Doug Kerr		26.09
3.	Putteridge "A"	120+ Putteridge	2:04.31	
3.	Putteridge "A"	120+ Putteridge	2:04.31	
		Clare Grundy		30.37
		Nathan Scott		30.27
		Miriam Owens		32.80
		Graeme Crowston		30.87
4.	East Anglian	120+ East Anglian	2:09.27	
4.	East Anglian	120+ East Anglian	2:09.27	
		Emily Barwick		32.98
		Ray Kirby		33.32
		Lisa Donovan		31.14
		David Borthwick		31.83
5.	Dunmow Mast	120+ Dunmow Mast	2:13.29	
5.	Dunmow Mast	120+ Dunmow Mast	2:13.29	
		Gemma Bennett		34.05
		Matt Hodge		35.45
		Holly Miles		33.40
		Ed Horrocks		30.39

160+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	East Anglian	160+ East Anglian	2:21.12	
1.	East Anglian	160+ East Anglian	2:21.12	
		Emmeline Vincent		35.54
		Jon Greene		38.29
		Hannah Dabbour		33.44
		Shane Preece		33.85

200+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	Flitwick	200+ Flitwick	2:27.15	
1.	Flitwick	200+ Flitwick	2:27.15	
		Liz Woolner		20.04
		Noreen Weighell		58.67
		Ian Murray		33.03
		Ian Fowler		35.41

240+ Yrs Age Group - Full Results

Place	Name	Club	Time	GB Pts
1.	Kettering	240+ Kettering	2:25.92	
1.	Kettering	240+ Kettering	2:25.92	
		Robert Apel		35.93
		Pat Reynolds		38.59
		Sharon Stirling		38.45
		Richard Braybrook		32.95