

**ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION**  
**MASTERS & 18/24 OPEN SHORT COURSE CHAMPS 2008**  
 Blackshots Leisure Centre, Grays, Essex  
 Saturday 19 April 2008 - Session 1

**EVENT 1 Womens 400m Freestyle**

**18/24 Yrs Age Group**

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Katherine EWIN	24	Rochford	6:19.13					

**25/29 Yrs Age Group**

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Elizabeth McKINNON	28	Bo Southend	5:10.49	2.	Charmaine WHEELER	26	Rochford	5:15.58

**30/34 Yrs Age Group**

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Kay HAMILTON	30	Romford Town	5:09.69					

**35/39 Yrs Age Group**

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Meera SIVA	39	Dorking	4:53.16	2.	Kirsty BURKE	35	Romford Town	5:41.52

**40/44 Yrs Age Group**

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jacqueline PIPE	44	Rochford	5:41.49	3.	Emma FRANCE	40	Guildford Ct	6:52.55
2.	Pauline TESTER	44	Redbridge BM	6:29.00					

**45/49 Yrs Age Group**

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Janet OBENEY-WILLIAMS	46	Leyton	8:14.83					

**50/54 Yrs Age Group**

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Alyson FORDHAM	52	Harlow Pen	5:11.69	3.	Amanda DOYLE	52	Dorking	5:45.62
2.	Lesley COOK	50	Romford Town	5:36.91	4.	Barbara BOXALL	53	Romford Town	5:55.81

**60/64 Yrs Age Group**

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Alison GWYNN	60	BurHill&HayH	6:18.32					

**65/69 Yrs Age Group**

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jill COMPLIN	68	Romford Town	6:36.26	2.	Valerie STANDAGE	66	Colchester	8:16.93

**75/79 Yrs Age Group**

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Joy COCHRANE	75	Romford Town	8:55.29					

## EVENT 2 Mens 50m Backstroke

### 18/24 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	David THIRD	24	Leyton	31.72	3.	Chris HEARN	20	Thurrock	35.05
2.	Richard HAWKINS	19	Leyton	34.60	4.	David TRELIVING	21	Harwich DP	38.70

### 25/29 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	James GRIGG	27	Rochford	32.01					

### 30/34 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	William BROGAN	34	Bo Southend	32.26	2.	James HEATHCOTE	30	Colchester	34.66

### 35/39 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Mark OSTERRITTER	36	Halstead	31.29	3.	Paul COSTER	35	Thurrock	40.82
2.	Stephen KING	36	Romford Town	36.90					

### 40/44 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Simon COLEMAN	40	Halstead	33.51	3.	Terry TAYLOR	41	Thurrock	40.51
2.	Christopher MATHLIN	43	Rochford	38.86					

### 45/49 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Paul HAYES	46	Thurrock	38.45					

### 50/54 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	David SHAMP	50	Dorking	34.78	3.	Malcolm MATTACK	51	Colchester	42.34
2.	Deryk DENNINGTON	54	Southend	42.26	4.	Raymond MOORE	51	Thurrock	43.51

### 55/59 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jeff HILLIER	59	Bo Waltham F	43.28					

### 60/64 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Ivan MYALL	61	Chelmsford	37.30					

### 70/74 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Anthony PEPPER	70	Romford Town	42.60	3.	John STARR	74	Romford Town	52.98
2.	Janos LEIGH	74	Romford Town	49.20					

### 80 Yrs/Over Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Leonard COCHRANE	88	Romford Town	1:34.61					

## EVENT 3 Womens 100m Breaststroke

### 18/24 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Katie HIGGON	24	Harwich DP	1:22.67	3.	Donna SPOONER	20	Runnymede	1:39.39
2.	Carly JACKSON	24	Romford Town	1:35.28					

### 25/29 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Sally WOOD	28	Romford Town	1:23.74	3.	Tina HARRIS	25	Romford Town	1:25.84
2.	Penelope STORIE	28	Thurrock	1:23.84	4.	Katie BAILEY	26	Colchester	1:27.18

### 30/34 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Lucy HODGES	32	Bo Southend	1:30.66	2.	Kirsty STEWART	32	Bexhill	2:43.50

### 35/39 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Julie SANDERS	36	Romford Town	1:26.12	4.	Kirsty BURKE	35	Romford Town	1:32.57
2.	Amanda WHITE	35	Ware	1:27.38	5.	Marie KELLY	39	Runnymede	1:46.78
3.	Sharon PERRY	36	Stowmarket	1:27.99	6.	Lorna SPARKS	38	Leyton	1:52.43

### 40/44 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jacqueline PIPE	44	Rochford	1:39.20	2.	Christine BEARWISH	43	Thurrock	1:42.06

### 45/49 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jenny SHEPHERD	45	Witham Dolph	1:41.12	2.	Nicola CLARK	46	Romford Town	1:43.65

### 50/54 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Barbara BOXALL	53	Romford Town	1:38.24	3.	Lesley COOK	50	Romford Town	1:41.24
2.	Christina O'SHAUGHNESSY	51	Guildford Ct	1:39.62					

### 60/64 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Rose DUDENEY	61	BurHill&HayH	1:49.66	3.	Diana HUNT	60	Colchester	2:23.16
2.	Christine WAKELING	60	Colchester	2:16.97					

### 65/69 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jill COMPLIN	68	Romford Town	1:47.27					

## EVENT 4 Mens 50m Butterfly

### 18/24 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Adrian FENNER	24	Bo Waltham F	26.06	4.	Richard HAWKINS	19	Leyton	33.62
2.	Darren STEVENSON	23	Romford Town	27.96	5.	David TRELIVING	21	Harwich DP	39.51
3.	B CLIFFORD-STEPHENSON	19	Killerwhales	31.14					

### 25/29 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Josh WILLIAMSON	28	Guildford Ct	27.12	3.	James GRIGG	27	Rochford	32.16
2.	Matthew RICKETT	26	Rochford	28.66		Stephen McKAY	28	Bo Southend	DQ ST-

### 30/34 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Kristian WHITMARSH	30	Phoenix Bas	27.74	2.	James HEATHCOTE	30	Colchester	31.01

### 35/39 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	David WARREN	37	BurHill&HayH	26.15	4.	Paul COSTER	35	Thurrock	33.77
2.	Simon NICHOLSON	37	Colchester	29.81		Stephen KING	36	Romford Town	DNF
3.	Christopher MORGAN	36	Leyton	31.26					

### 40/44 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Andy COOK	40	Dorking	30.24	4.	Simon COLEMAN	40	Halstead	31.86
2.	Steven MURPHY	40	Thurrock	30.96	5.	Barry WELCH	43	Romford Town	32.29
3.	Damian NAVARRETE	40	Colchester	31.77					

### 45/49 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Steve HAM	46	Rochford	31.77	3.	Mark HEPTONSTALL	47	Colchester	35.05
2.	Dean SHEPHERD	45	Witham Dolph	32.45	4.	Paul HAYES	46	Thurrock	35.37

### 50/54 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	David SHAMP	50	Dorking	31.26	2.	Raymond MOORE	51	Thurrock	36.84

### 55/59 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Stuart McLELLAN	59	Sudbury	35.28		Jeff HILLIER	59	Bo Waltham F	DQ T-1L

### 70/74 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Stanley CLARKE	70	Romford Town	35.98	2.	Paul ALVAREZ	74	Romford Town	44.47

## EVENT 5 Womens 100m Backstroke

### 18/24 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Catherine LUMLEY	19	Witham Dolph	1:13.68	2.	Donna SPOONER	20	Runnymede	1:22.33

### 25/29 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jade PERRY	26	Rochford	1:12.53	3.	Heather FRY	28	Halstead	1:22.78
2.	Penelope STORIE	28	Thurrock	1:19.54	4.	Elizabeth McKINNON	28	Bo Southend	1:22.91

### 35/39 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Meera SIVA	39	Dorking	1:15.96		Sarah DAVISON	35	BurHill&HayH	DNC
2.	Maria GIBSON	36	Runnymede	1:19.19					

### 40/44 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Samantha SHERIDAN	41	Romford Town	1:23.17		Christine BEARWISH	43	Thurrock	DNC
2.	Emma FRANCE	40	Guildford Ct	2:06.39		Catherine SUTCLIFFE	43	Rochford	1:22.95 T/T

### 45/49 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Julie JAGO	47	Colchester	1:31.62					

### 50/54 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Alyson FORDHAM	52	Harlow Pen	1:19.86	4.	Lesley COOK	50	Romford Town	1:34.24
2.	Kathy BIDNALL	53	BurHill&HayH	1:22.78	5.	Christina O'SHAUGHNESSY	51	Guildford Ct	1:41.91
3.	Amanda DOYLE	52	Dorking	1:33.20					

### 60/64 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Alison GWYNN	60	BurHill&HayH	1:36.12	2.	Rose DUDENEY	61	BurHill&HayH	1:43.95

### 65/69 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Valerie STANDAGE	66	Colchester	2:01.39					

## EVENT 6 Mens 100m Individual Medley

### 18/24 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Ross WISBY	22	Thurrock	1:06.18	3.	Chris HEARN	20	Thurrock	1:15.51
2.	B CLIFFORD-STEPHENSON	19	Killerwhales	1:11.45	4.	David TRELIVING	21	Harwich DP	1:22.66

### 25/29 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Paul HAWKRIDGE	27	Rochford	1:07.37	3.	James GRIGG	27	Rochford	1:12.77
2.	Stephen MCKAY	28	Bo Southend	1:11.15					

### 30/34 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	James HEATHCOTE	30	Colchester	1:09.97	2.	Gary WRAIGHT	31	Romford Town	1:10.19

### 35/39 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	David WARREN	37	BurHill&HayH	1:00.23	4.	Daniel HUNT	36	Colchester	1:15.31
2.	Christopher MORGAN	36	Leyton	1:09.87	5.	Paul COSTER	35	Thurrock	1:18.47
3.	Paul NORRIS	39	Leyton	1:10.69					

### 40/44 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Paul METSON	44	Rochford	1:11.10	3.	Roger DUNCOMBE	42	Halstead	1:19.34
2.	David BLANDY	42	Thurrock	1:18.70	4.	Terry TAYLOR	41	Thurrock	1:27.61

### 45/49 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Keith ODDY	45	Romford Town	1:12.60	4.	John PITT	48	Witham Dolph	1:28.20
2.	Steve HAM	46	Rochford	1:14.85		Paul HAYES	46	Thurrock	DNC
3.	Thomas ENRIGHT	49	Romford Town	1:15.26					

### 50/54 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Raymond MOORE	51	Thurrock	1:29.76	2.	Deryk DENNINGTON	54	Southend	1:36.50

### 55/59 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Stuart McLELLAN	59	Sudbury	1:22.06	3.	Chris DUNNINGTON	56	Luton	1:30.99
2.	Jeff HILLIER	59	Bo Waltham F	1:29.79					

### 70/74 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Stanley CLARKE	70	Romford Town	1:26.65	2.	Paul ALVAREZ	74	Romford Town	1:44.08

## EVENT 7 Womens 50m Freestyle

### 18/24 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Catherine LUMLEY	19	Witham Dolph	29.84	3.	Donna SPOONER	20	Runnymede	33.39
2.	Katie HIGGON	24	Harwich DP	30.15		Carlene SANSUM	24	Halstead	DNC

### 25/29 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Katherine WEISS	29	Thurrock	30.40	4.	Tina HARRIS	25	Romford Town	32.39
2.	Hannah STUBBS	26	Colchester	31.98	5.	Penelope STORIE	28	Thurrock	32.47
3.	Katie BAILEY	26	Colchester	32.12	6.	Philippa DYER	25	Halstead	33.81

### 30/34 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Kirsty STEWART	32	Bexhill	52.99					

### 35/39 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Suzie RIDLER	35	Rochford	28.93	4.	Maria GIBSON	36	Runnymede	32.50
2.	Jennifer SWALLOW	37	Halstead	30.32	5.	Amanda WHITE	35	Ware	33.55
3.	Julie SANDERS	36	Romford Town	31.39	6.	Lorna SPARKS	38	Leyton	44.88

### 40/44 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Christine BEARWISH	43	Thurrock	33.15		Catherine SUTCLIFF	43	Rochford	55.73 T/T
2.	Jacqueline PIPE	44	Rochford	33.91					

### 45/49 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Debbie MATLESS	45	East Anglian	31.23	4.	Janet OBENEY-WILLIAMS	46	Leyton	49.67
2.	Madeline RAYMOND	45	Romford Town	32.65		Sue JONES	46	Phoenix Bas	DNC
3.	Julie JAGO	47	Colchester	36.99					

### 50/54 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Alyson FORDHAM	52	Harlow Pen	30.32	2.	Barbara BOXALL	53	Romford Town	33.05

### 60/64 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Alison GWYNN	60	BurHill&HayH	35.08	3.	Christine WAKELING	60	Colchester	55.73
2.	Diana HUNT	60	Colchester	55.49					

### 65/69 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jill COMPLIN	68	Romford Town	37.29	2.	Jennifer DEAN	65	BurHill&HayH	39.85

### 75/79 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Joy COCHRANE	75	Romford Town	55.73					

## EVENT 8 Mens 50m Breaststroke

### 18/24 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Ross WISBY	22	Thurrock	33.26	4.	David TRELIVING	21	Harwich DP	40.98
2.	Andrew CARTLIDGE	21	Halstead	37.18	5.	Richard HAWKINS	19	Leyton	42.01
3.	B CLIFFORD-STEPHENSON	19	Killerwhales	37.85					

### 25/29 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Paul HAWKRIDGE	27	Rochford	34.26	2.	James GRIGG	27	Rochford	38.89

### 30/34 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	James HEATHCOTE	30	Colchester	33.42	2.	Gary WRAIGHT	31	Romford Town	34.97

### 35/39 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Stephen IRWIN	37	Kingston Roy	34.22	5.	Keith BRIDGE	36	Southend	37.89
2.	Christopher MORGAN	36	Leyton	35.34	6.	Paul COSTER	35	Thurrock	41.70
3.	Paul NORRIS	39	Leyton	35.85	7.	Lee WHITE	38	Leyton	45.66
4.	Daniel HUNT	36	Colchester	36.33					

### 40/44 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Stuart GALVIN	41	Guildford Ct	34.60	4.	Barry WELCH	43	Romford Town	36.48
2.	Damian NAVARRETE	40	Colchester	36.30	5.	Terry TAYLOR	41	Thurrock	42.67
3.	Paul METSON	44	Rochford	36.34	6.	Cliff ROZEE	42	Thurrock	43.74

### 45/49 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Keith ODDY	45	Romford Town	35.56	4.	John PITT	48	Witham Dolph	41.92
2.	Jim BOUCHER	48	Guildford Ct	37.31	5.	Paul HOLLAND	46	Romford Town	43.75
3.	Paul HAYES	46	Thurrock	39.78					

### 50/54 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	David SHAMP	50	Dorking	37.63	3.	Barry CRIDLAND	51	Dagenham	48.19
2.	Malcolm MATTACK	51	Colchester	41.96					

### 55/59 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jeff HILLIER	59	Bo Waltham F	44.37					

### 60/64 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	John TOMLINSON	61	Colchester	39.75	2.	Chris TRUEMAN	61	East Anglian	40.91

### 70/74 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Stanley CLARKE	70	Romford Town	40.34	2.	Paul ALVAREZ	74	Romford Town	49.04

## EVENT 9 Womens 100m Butterfly

### 25/29 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Elizabeth McKINNON	28	Bo Southend	1:13.59	2.	Charmaine WHEELER	26	Rochford	1:15.41

### 30/34 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Lara CLARKE	34	Romford Town	1:14.44	3.	Lucy HODGES	32	Bo Southend	1:25.47
2.	Kay HAMILTON	30	Romford Town	1:19.99					

### 40/44 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Emma FRANCE	40	Guildford Ct	1:58.39					

### 45/49 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
	Janet OBENEY-WILLIAMS	46	Leyton	DNC		Debbie MATLESS	45	East Anglian	DNC

### 50/54 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Lesley COOK	50	Romford Town	1:25.75	3.	Amanda DOYLE	52	Dorking	1:32.64
2.	Alyson FORDHAM	52	Harlow Pen	1:26.26					

## EVENT 10 Mens 100m Freestyle

### 18/24 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Adrian FENNER	24	Bo Waltham F	54.45	5.	Andrew CARTLIDGE	21	Halstead	1:03.43
2.	Daniel MASON	21	Bo Southend	59.20	6.	Chris HEARN	20	Thurrock	1:04.57
3.	David THIRD	24	Leyton	1:01.36	7.	Richard HAWKINS	19	Leyton	1:05.63
4.	Lewis BROWN	20	Halstead	1:03.28	8.	David TRELIVING	21	Harwich DP	1:14.03

### 25/29 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Josh WILLIAMSON	28	Guildford Ct	56.06	3.	Paul HAWKRIDGE	27	Rochford	59.93
2.	Matthew RICKETT	26	Rochford	58.77	4.	Stephen McKAY	28	Bo Southend	1:01.29

### 30/34 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Gary WRAIGHT	31	Romford Town	1:02.92					

### 35/39 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	David WARREN	37	BurHill&HayH	54.44	4.	Stephen KING	36	Romford Town	1:06.88
2.	Christopher MORGAN	36	Leyton	1:03.65	5.	Lee WHITE	38	Leyton	1:27.43
3.	Keith BRIDGE	36	Southend	1:06.78					

### 40/44 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Andy COOK	40	Dorking	1:01.68	5.	Christopher MATHLIN	43	Rochford	1:07.60
2.	Paul METSON	44	Rochford	1:02.86	6.	Cliff ROZEE	42	Thurrock	1:14.39
3.	Stuart GALVIN	41	Guildford Ct	1:03.32	7.	Jason MARVEN	40	Colchester	1:27.62
4.	Steven MURPHY	40	Thurrock	1:04.42					

### 45/49 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Dean SHEPHERD	45	Witham Dolph	1:02.53	4.	Jim BOUCHER	48	Guildford Ct	1:07.34
2.	Steve HAM	46	Rochford	1:03.96	5.	Paul HOLLAND	46	Romford Town	1:16.79
3.	Thomas ENRIGHT	49	Romford Town	1:06.21					

### 50/54 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Raymond MOORE	51	Thurrock	1:12.44	2.	Deryk DENNINGTON	54	Southend	1:22.76

### 55/59 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Stuart McLELLAN	59	Sudbury	1:09.49	3.	Michael KEEN	55	Guildford Ct	1:31.42
2.	Chris DUNNINGTON	56	Luton	1:20.58					

### 60/64 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Ivan MYALL	61	Chelmsford	1:08.30					

### 70/74 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	John STARR	74	Romford Town	1:32.02	2.	Janos LEIGH	74	Romford Town	1:32.31

### 80 Yrs/Over Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
	Leonard COCHRANE	88	Romford Town	DNC					

## EVENT 11 Womens 200m Freestyle

### 18/24 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Katie HIGGON	24	Harwich DP	2:30.68		Donna SPOONER	20	Runnymede	DNC

### 25/29 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Elizabeth McKINNON	28	Bo Southend	2:42.21					

### 30/34 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Dawn PALMER	32	Romford Town	2:20.11	3.	Kirsty STEWART	32	Bexhill	4:31.78
2.	Lucy HODGES	32	Bo Southend	2:44.97					

### 35/39 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Sharon PERRY	36	Stowmarket	2:28.45	3.	Sarah DAVISON	35	BurHill&HayH	3:04.07
2.	Amanda WHITE	35	Ware	2:46.01					

### 40/44 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jacqueline PIPE	44	Rochford	2:40.83	3.	Emma FRANCE	40	Guildford Ct	3:17.23
2.	Pauline TESTER	44	Redbridge BM	3:09.60					

### 45/49 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Madeline RAYMOND	45	Romford Town	2:39.23	2.	Janet OBENEY-WILLIAMS	46	Leyton	4:03.95

### 50/54 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Alyson FORDHAM	52	Harlow Pen	2:29.38	4.	Sharon McLELLAN	50	Sudbury	3:00.28
2.	Lesley COOK	50	Romford Town	2:42.77	5.	Christina O'SHAUGHNESSY	51	Guildford Ct	3:03.53
3.	Kathy BIDNALL	53	BurHill&HayH	2:49.45					

### 60/64 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Rose DUDENEY	61	BurHill&HayH	3:05.10					

### 65/69 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Jill COMPLIN	68	Romford Town	3:03.44	2.	Jennifer DEAN	65	BurHill&HayH	3:22.13

### 75/79 Yrs Age Group

Place	Name	AaD	Club	Time	Place	Name	AaD	Club	Time
1.	Joy COCHRANE	75	Romford Town	4:19.84					

### EVENT 12 Mens 120+ Years Freestyle Relay

Place	Name	Club	Time	Place	Name	Club	Time
1.	ROCHFORD 'A'	Rochford	50.74	4.	ROCHFORD 'B'	Rochford	53.43
2.	HALSTEAD	Halstead	51.81	5.	LEYTON	Leyton	56.87
3.	THURROCK	Thurrock	52.49				

### EVENT 13 Womens 120+ Years Freestyle Relay

Place	Name	Club	Time	Place	Name	Club	Time
1.	ROMFORD TOWN	Romford Town	57.20	3.	THURROCK	Thurrock	1:00.59
2.	ROCHFORD	Rochford	59.00				

### EVENT 14 Mixed 160+ Years Freestyle Relay

Place	Name	Club	Time	Place	Name	Club	Time
1.	DORKING	Dorking	55.31	3.	COLCHESTER	Colchester	1:08.73
2.	ROCHFORD	Rochford	55.49				

### EVENT 15 Mens 200+ Years Medley Relay

Place	Name	Club	Time	Place	Name	Club	Time
1.	ROMFORD TOWN	Romford Town	1:05.47	2.	COLCHESTER	Colchester	1:05.95

### EVENT 16 Womens 200+ Years Medley Relay

Place	Name	Club	Time	Place	Name	Club	Time
1.	BURGESS/HILL & H/HEATH	BurHill&HayH	1:15.86	2.	COLCHESTER	Colchester	1:32.42

### EVENT 17 Mixed 120+ Years Medley Relay

Place	Name	Club	Time	Place	Name	Club	Time
1.	ROCHFORD	Rochford	1:00.07	5.	HALSTEAD 'A'	Halstead	1:04.84
2.	THURROCK 'A'	Thurrock	1:01.59	6.	THURROCK 'B'	Thurrock	1:11.07
3.	COLCHESTER	Colchester	1:01.93	7.	LEYTON	Leyton	1:16.41
4.	BOROUGH OF SOUTHEND	Bo Southend	1:02.47				

### EVENT 18 Mens 160+ Years Medley Relay

Place	Name	Club	Time	Place	Name	Club	Time
1.	ROCHFORD	Rochford	1:00.43	3.	THURROCK 'A'	Thurrock	1:03.61
2.	COLCHESTER	Colchester	1:02.32	4.	THURROCK 'B'	Thurrock	1:08.92

### EVENT 19 Womens 160+ Years Medley Relay

Place	Name	Club	Time	Place	Name	Club	Time
1.	ROMFORD TOWN	Romford Town	1:10.04	3.	COLCHESTER	Colchester	1:19.82
2.	ROCHFORD	Rochford	1:11.25				

### EVENT 20 Mixed 200+ Years Freestyle Relay

Place	Name	Club	Time	Place	Name	Club	Time
1.	ROMFORD TOWN	Romford Town	1:00.47	2.	COLCHESTER	Colchester	1:07.25