

ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
 MASTERS OPEN SHORT COURSE CHAMPIONSHIPS 2005
 Blackshots Pool, Grays, Essex
 Saturday 21st May 2005 - Session 1

EVENT 1 Womens 400m Freestyle

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
25/29 YEARS AGE GROUP									
1.	Emma GAME	(79)	Chelmsford	5:02.88					
35/39 YEARS AGE GROUP									
1.	Claire PALFREY	(69)	Bexley	4:51.31					
40/44 YEARS AGE GROUP									
1.	Cathy JONES	(64)	Rochford	5:21.42	3.	Pauline TESTER	(64)	BorRedbridge	6:35.59
2.	Hannah UECKERMANN	(63)	Witham Dolph	5:27.34					
45/49 YEARS AGE GROUP									
1.	Alyson FORDHAM	(56)	Brentwood	5:26.37	2.	Sharon McLELLAN	(58)	Sudbury	6:06.15
60/64 YEARS AGE GROUP									
1.	Mary OWEN	(44)	Runnymede	6:52.67	3.	Frances ALVAREZ	(41)	Romford Town	8:07.76
2.	Valerie STANDAGE	(42)	Colchester	7:42.44					
65/69 YEARS AGE GROUP									
1.	Jill COMPLIN	(40)	Brentwood	6:25.10					

EVENT 2 Mens 50m Backstroke

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
19/24 YEARS AGE GROUP									
1.	James GRIGG	(81)	Rochford	30.81	2.	Darren SWASH	(83)	Colchester P	41.87
30/34 YEARS AGE GROUP									
1.	Justin PALFREY	(71)	Bexley	33.63	2.	Paul COSTER	(73)	Thurrock	38.87
35/39 YEARS AGE GROUP									
1.	Paul NORRIS	(69)	Leyton	33.63	3.	Grant TYRER	(70)	Colchester P	1:07.75
2.	David BLANDY	(66)	Thurrock	35.18					
40/44 YEARS AGE GROUP									
1.	David KNIGHT	(63)	Runnymede	37.30	3.	Paul HAYES	(62)	Thurrock	38.42
2.	Steven GREENSTEIN	(61)	BorRedbridge	37.57					
45/49 YEARS AGE GROUP									
1.	Nick HUNT	(56)	Chelmsford	39.16	2.	Barry CRIDLAND	(57)	Dagenham	57.33
50/54 YEARS AGE GROUP									
1.	Stephen BREEDS	(55)	Black Lion	44.93					
55/59 YEARS AGE GROUP									
1.	John MATTHISSEN	(47)	Colchester	34.68	2.	Antony MEEK	(50)	Sevenoaks	36.34
60/64 YEARS AGE GROUP									
1.	Philip HARPER	(45)	Rochford	37.31	2.	John LIMMER	(44)	Brentwood	48.81
65/69 YEARS AGE GROUP									
1.	Anthony PEPPER	(38)	Romford Town	42.23	3.	Michael GILES	(40)	Brentwood	48.41
2.	Frank WEST	(40)	Runnymede	46.71					
70/74 YEARS AGE GROUP									
1.	Janos LEIGH	(34)	Romford Town	46.51					

EVENT 3 Womens 100m Breaststroke

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
25/29 YEARS AGE GROUP									
1.	Sally WOOD	(80)	Romford Town	1:23.03	2.	Kathryn WEBB	(78)	Colchester P	2:30.13
30/34 YEARS AGE GROUP									
1.	Nicol ALBERTYN	(74)	Harlow Pen	1:31.50					
35/39 YEARS AGE GROUP									
1.	Claire PALFREY	(69)	Bexley	1:21.81	3.	Clare FINBOW	(70)	Sevenoaks	1:33.25
2.	Amanda GOODMAN	(70)	Basildon	1:22.26					
40/44 YEARS AGE GROUP									
1.	Hannah UECKERMANN	(63)	Witham Dolph	1:26.25					
45/49 YEARS AGE GROUP									
1.	Alyson FORDHAM	(56)	Brentwood	1:30.55	3.	Shirley KUREK	(57)	Gravesend	2:14.71
2.	Carol DENTON	(57)	Gravesend	1:53.74					
50/54 YEARS AGE GROUP									
1.	Barbara BOXALL	(55)	Romford Town	1:33.82					
65/69 YEARS AGE GROUP									
1.	Jill COMPLIN	(40)	Brentwood	1:49.48					
70/74 YEARS AGE GROUP									
1.	Daphne PUGH	(34)	Runnymede	2:12.19					

EVENT 4 Mens 50m Butterfly

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
19/24 YEARS AGE GROUP									
1.	James GRIGG	(81)	Rochford	31.56	3.	Darren SWASH	(83)	Colchester P	38.45
2.	Craig MOATE	(85)	Becontree	32.69					
30/34 YEARS AGE GROUP									
1.	Nick ISON	(71)	Runnymede	31.31	2.	Paul COSTER	(73)	Thurrock	33.54
35/39 YEARS AGE GROUP									
1.	Darren FORD	(68)	Thurrock	30.67	3.	David BLANDY	(66)	Thurrock	34.09
2.	Paul NORRIS	(69)	Leyton	31.33					
40/44 YEARS AGE GROUP									
1.	Rowland KING	(61)	Rochford	30.77	4.	Paul HAYES	(62)	Thurrock	34.54
2.	Barry WELCH	(65)	Romford Town	31.69	5.	David KNIGHT	(63)	Runnymede	36.77
3.	Fraser MASHFORD	(62)	Rochford	33.18					
45/49 YEARS AGE GROUP									
1.	Nick HUNT	(56)	Chelmsford	33.76	2.	Colin CORBY	(59)	Chelmsford	35.48
50/54 YEARS AGE GROUP									
1.	Christopher LEONARD	(55)	Leyton	34.17	3.	Stephen BREEDS	(55)	Black Lion	36.77
2.	Bill PRICE	(51)	BorRedbridge	34.66					
55/59 YEARS AGE GROUP									
1.	Antony MEEK	(50)	Sevenoaks	32.23	2.	Stuart McLELLAN	(49)	Sudbury	36.02
60/64 YEARS AGE GROUP									
1.	Philip HARPER	(45)	Rochford	33.76	2.	Richard STEAD	(43)	Colchester P	36.00
65/69 YEARS AGE GROUP									
1.	Stanley CLARKE	(38)	Romford Town	35.14	3.	Michael GILES	(40)	Brentwood	46.17
2.	Alan CANHAM	(40)	Harlow Pen	37.74	4.	Frank WEST	(40)	Runnymede	46.49
70/74 YEARS AGE GROUP									
1.	Paul ALVAREZ	(34)	Romford Town	43.68					

EVENT 5 Womens 100m Backstroke

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
25/29 YEARS AGE GROUP									
1.	Susan HUNT	(78)	Romford Town	1:15.75	2.	Rebecca HARVEY	(78)	Rtw Monson	1:25.91
30/34 YEARS AGE GROUP									
1.	Suzanne HURST	(74)	Birmingham L	1:14.38	2.	Suzie RIDLER	(73)	Rochford	1:14.95
40/44 YEARS AGE GROUP									
1.	Hannah UECKERMANN	(63)	Witham Dolph	1:27.92					
45/49 YEARS AGE GROUP									
1.	Alyson FORDHAM	(56)	Brentwood	1:20.94					
50/54 YEARS AGE GROUP									
1.	Jeanette BENN	(51)	Barnet Copt	1:52.95	2.	Karen BROWN	(55)	Hammersmith	1:58.04
80 YEARS/OVER AGE GROUP									
1.	Daphne GILBERT	(24)	Brentwood	2:21.28					

EVENT 6 Mens 100m Individual Medley

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
19/24 YEARS AGE GROUP									
1.	James GRIGG	(81)	Rochford	1:10.46	3.	Darren SWASH	(83)	Colchester P	1:26.48
2.	Craig MOATE	(85)	Becontree	1:17.76	4.	Mark HOLMES	(83)	Colchester P	1:33.34
25/29 YEARS AGE GROUP									
1.	James HEATHCOTE	(78)	Colchester	1:08.54					
30/34 YEARS AGE GROUP									
1.	Mark FORRESTER	(71)	Romford Town	1:06.18	3.	Nick ISON	(71)	Runnymede	1:15.13
2.	Daniel WEDGE	(75)	Rochford	1:07.75	4.	Paul COSTER	(73)	Thurrock	1:17.97
35/39 YEARS AGE GROUP									
1.	Paul NORRIS	(69)	Leyton	1:10.40	2.	David BLANDY	(66)	Thurrock	1:13.98
40/44 YEARS AGE GROUP									
1.	Robert STAMP	(61)	Romford Town	1:10.99	4.	Richard GILLMAN	(63)	BorRedbridge	1:16.63
2.	Rowland KING	(61)	Rochford	1:13.46	5.	Fraser MASHFORD	(62)	Rochford	1:16.81
3.	Barry WELCH	(65)	Romford Town	1:13.49	6.	Paul HAYES	(62)	Thurrock	1:20.30
45/49 YEARS AGE GROUP									
1.	Nick HUNT	(56)	Chelmsford	1:16.49	2.	Barry CRIDLAND	(57)	Dagenham	1:49.27
50/54 YEARS AGE GROUP									
1.	Stephen BREEDS	(55)	Black Lion	1:26.18	2.	Bob BICKNELL	(55)	Sevenoaks	1:38.76
55/59 YEARS AGE GROUP									
1.	Antony MEEK	(50)	Sevenoaks	1:19.56	2.	Stuart McLELLAN	(49)	Sudbury	1:20.20
60/64 YEARS AGE GROUP									
1.	Philip HARPER	(45)	Rochford	1:19.93					
65/69 YEARS AGE GROUP									
1.	Stanley CLARKE	(38)	Romford Town	1:24.59	3.	Michael GILES	(40)	Brentwood	1:41.08
2.	Anthony PEPPER	(38)	Romford Town	1:37.26					
70/74 YEARS AGE GROUP									
1.	Paul ALVAREZ	(34)	Romford Town	1:37.57	2.	Donald DOUTHWAITE	(35)	Runnymede	1:45.21

EVENT 7 Womens 50m Freestyle

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
19/24 YEARS AGE GROUP									
1.	Michelle BARRY	(85)	BorRedbridge	32.43					
25/29 YEARS AGE GROUP									
1.	Shelley WAKELING	(80)	Braintree	29.22	3.	Rebecca HARVEY	(78)	Rtw Monson	32.54
2.	Sally WOOD	(80)	Romford Town	31.69	4.	Susan HUNT	(78)	Romford Town	33.32
30/34 YEARS AGE GROUP									
1.	Suzie RIDLER	(73)	Rochford	28.47	3.	Nicol ALBERTYN	(74)	Harlow Pen	31.41
2.	Suzanne HURST	(74)	Birmingham L	30.38	4.	Michaela HILL	(71)	Runnymede	35.09
35/39 YEARS AGE GROUP									
1.	Clare FINBOW	(70)	Sevenoaks	34.25	2.	Marie KELLY	(69)	Runnymede	37.35
40/44 YEARS AGE GROUP									
1.	Cathy JONES	(64)	Rochford	30.77	4.	Paula BARRY	(62)	BorRedbridge	34.90
2.	Dawn MUGGLETON	(62)	Runnymede	33.43	5.	Caroline WEBB	(65)	Runnymede	35.16
3.	Hannah UECKERMANN	(63)	Witham Dolph	34.33					
45/49 YEARS AGE GROUP									
1.	Alyson FORDHAM	(56)	Brentwood	31.15	3.	Shirley KUREK	(57)	Gravesend	51.66
2.	Carol DENTON	(57)	Gravesend	41.48					
50/54 YEARS AGE GROUP									
1.	Barbara BOXALL	(55)	Romford Town	32.21					
55/59 YEARS AGE GROUP									
1.	Carol HULETT	(48)	Romford Town	37.79	3.	Elaine SCOTT	(49)	Trinity	45.45
2.	Janet ASHWORTH	(49)	Bo Southend	41.22	4.	Maggie HARGREAVES	(47)	Colchester P	51.22
60/64 YEARS AGE GROUP									
1.	Sue SMITHERS	(44)	Runnymede	38.99	3.	Valerie STANDAGE	(42)	Colchester	46.84
2.	Frances ALVAREZ	(41)	Romford Town	45.77					
65/69 YEARS AGE GROUP									
1.	Jill COMPLIN	(40)	Brentwood	37.32					
80 YEARS/OVER AGE GROUP									
1.	Daphne GILBERT	(24)	Brentwood	59.51					

EVENT 8 Mens 50m Breaststroke

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
19/24 YEARS AGE GROUP									
1.	James GRIGG	(81)	Rochford	38.46	3.	Mark HOLMES	(83)	Colchester P	48.78
2.	Darren SWASH	(83)	Colchester P	41.33					
25/29 YEARS AGE GROUP									
1.	James HEATHCOTE	(78)	Colchester	34.01					
30/34 YEARS AGE GROUP									
1.	Nick ISON	(71)	Runnymede	36.72	2.	Paul COSTER	(73)	Thurrock	41.45
35/39 YEARS AGE GROUP									
1.	Paul NORRIS	(69)	Leyton	36.41	3.	Peter BLEEZE	(66)	Runnymede	42.87
2.	David BLANDY	(66)	Thurrock	36.47	4.	Grant TYRER	(70)	Colchester P	1:21.66
40/44 YEARS AGE GROUP									
1.	Barry WELCH	(65)	Romford Town	35.25	3.	David WHITWELL	(64)	Chelmsford	39.56
2.	Steven GREENSTEIN	(61)	BorRedbridge	37.33	4.	Paul HAYES	(62)	Thurrock	39.81
45/49 YEARS AGE GROUP									
1.	Nick HUNT	(56)	Chelmsford	35.07	4.	John PITT	(60)	Witham Dolph	43.06
2.	Colin CORBY	(59)	Chelmsford	40.74	5.	Barry CRIDLAND	(57)	Dagenham	46.11
3.	John GIBBINGS	(58)	BorRedbridge	41.09					
50/54 YEARS AGE GROUP									
1.	Bill PRICE	(51)	BorRedbridge	38.18	4.	Alan HAWKINS	(54)	Leyton	42.70
2.	Peter RAE	(53)	Rochford	39.01	5.	Bob BICKNELL	(55)	Sevenoaks	43.62
3.	Christopher LEONARD	(55)	Leyton	42.08	6.	Stephen BREEDS	(55)	Black Lion	45.06
55/59 YEARS AGE GROUP									
1.	John TOMLINSON	(47)	Colchester	38.47	3.	Antony MEEK	(50)	Sevenoaks	42.48
2.	John MATTHISSEN	(47)	Colchester	39.19					
60/64 YEARS AGE GROUP									
1.	John LIMMER	(44)	Brentwood	41.87					
65/69 YEARS AGE GROUP									
1.	Alan CANHAM	(40)	Harlow Pen	39.69	3.	Derek GORE	(40)	Chelmsford	45.53
2.	Stanley CLARKE	(38)	Romford Town	39.91	4.	Michael GILES	(40)	Brentwood	46.67
70/74 YEARS AGE GROUP									
1.	Paul ALVAREZ	(34)	Romford Town	46.82					

EVENT 9 Womens 100m Butterfly

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
19/24 YEARS AGE GROUP									
1.	Laura MYERS	(86)	Rochford	1:12.09					
25/29 YEARS AGE GROUP									
1.	Shelley WAKELING	(80)	Braintree	1:12.70					
35/39 YEARS AGE GROUP									
1.	Claire PALFREY	(69)	Bexley	1:13.38	2.	Amanda GOODMAN	(70)	Basildon	1:20.87
40/44 YEARS AGE GROUP									
1.	Cathy JONES	(64)	Rochford	1:18.38	2.	Hannah UECKERMANN	(63)	Witham Dolph	1:30.82
45/49 YEARS AGE GROUP									
1.	Alyson FORDHAM	(56)	Brentwood	1:39.35					

EVENT 10 Mens 100m Freestyle

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
19/24 YEARS AGE GROUP									
1.	Craig MOATE	(85)	Becontree	1:03.98	2.	James GRIGG	(81)	Rochford	1:05.23
30/34 YEARS AGE GROUP									
1.	Mark FORRESTER	(71)	Romford Town	58.00	3.	Justin PALFREY	(71)	Bexley	59.56
2.	Daniel WEDGE	(75)	Rochford	58.87					
35/39 YEARS AGE GROUP									
1.	Paul NORRIS	(69)	Leyton	1:04.15	2.	David BLANDY	(66)	Thurrock	1:06.67
40/44 YEARS AGE GROUP									
1.	Rowland KING	(61)	Rochford	1:02.37	4.	Fraser MASHFORD	(62)	Rochford	1:04.70
2.	Paul METSON	(64)	Rochford	1:03.57	5.	Richard GILLMAN	(63)	BorRedbridge	1:10.59
3.	Barry WELCH	(65)	Romford Town	1:04.28	6.	David WHITWELL	(64)	Chelmsford	1:17.66
45/49 YEARS AGE GROUP									
1.	Colin CORBY	(59)	Chelmsford	1:09.66	3.	John PITT	(60)	Witham Dolph	1:19.15
2.	Nick HUNT	(56)	Chelmsford	1:11.68					
50/54 YEARS AGE GROUP									
1.	Peter RAE	(53)	Rochford	1:03.62	2.	Bob BICKNELL	(55)	Sevenoaks	1:24.33
55/59 YEARS AGE GROUP									
1.	Antony MEEK	(50)	Sevenoaks	1:08.56	2.	Stuart McLELLAN	(49)	Sudbury	1:09.38
60/64 YEARS AGE GROUP									
1.	Philip HARPER	(45)	Rochford	1:06.65	3.	Paul McLINTIC	(45)	Harlow Pen	1:56.03
2.	John LIMMER	(44)	Brentwood	1:28.40					
65/69 YEARS AGE GROUP									
1.	Derek GORE	(40)	Chelmsford	1:14.82	3.	Frank WEST	(40)	Runnymede	1:26.79
2.	Ronald POWER	(40)	Romford Town	1:16.30					
70/74 YEARS AGE GROUP									
1.	John STARR	(34)	Romford Town	1:23.83	2.	Janos LEIGH	(34)	Romford Town	1:28.40

EVENT 11 Womens 200m Freestyle

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
19/24 YEARS AGE GROUP									
1.	Laura MYERS	(86)	Rochford	2:22.97					
25/29 YEARS AGE GROUP									
1.	Emma GAME	(79)	Chelmsford	2:23.91	3.	Kathryn WEBB	(78)	Colchester P	4:05.42
2.	Elizabeth PRICE	(78)	Rtw Monson	2:24.39					
30/34 YEARS AGE GROUP									
1.	Nicol ALBERTYN	(74)	Harlow Pen	2:30.15					
35/39 YEARS AGE GROUP									
1.	Claire PALFREY	(69)	Bexley	2:19.48					
40/44 YEARS AGE GROUP									
1.	Cathy JONES	(64)	Rochford	2:30.09	3.	Paula BARRY	(62)	BorRedbridge	2:53.31
2.	Hannah UECKERMANN	(63)	Witham Dolph	2:41.59					
45/49 YEARS AGE GROUP									
1.	Alyson FORDHAM	(56)	Brentwood	2:35.32	2.	Sharon McLELLAN	(58)	Sudbury	2:57.80
50/54 YEARS AGE GROUP									
1.	Barbara BOXALL	(55)	Romford Town	2:45.89					
55/59 YEARS AGE GROUP									
1.	Carol HULETT	(48)	Romford Town	3:08.09					
60/64 YEARS AGE GROUP									
1.	Mary OWEN	(44)	Runnymede	3:19.24	2.	Frances ALVAREZ	(41)	Romford Town	3:46.10
65/69 YEARS AGE GROUP									
1.	Jill COMPLIN	(40)	Brentwood	3:02.85					

EVENT 12 Mens 120+ Freestyle Relay

Place	Name	Time	Place	Name	Time
1.	ROCHFORD & DISTRICT	50.50	3.	THURROCK	54.91
2.	RUNNYMEDE	54.84			

EVENT 13 Womens 120+ Freestyle Relay

Place	Name	Time	Place	Name	Time
1.	ROCHFORD & DISTRICT	57.00	2.	RUNNYMEDE	1:03.91

EVENT 14 Mixed 160+ Freestyle Relay

Place	Name	Time	Place	Name	Time
1.	ROCHFORD & DISTRICT	54.82	3.	RUNNYMEDE	58.23
2.	ROMFORD TOWN	55.37	4.	LONDON BOR. REDBRIDGE	1:03.08

EVENT 15 Mens 200+ Medley Relay

Place	Name	Time	Place	Name	Time
1.	ROCHFORD & DISTRICT	1:03.17	3.	RUNNYMEDE	1:11.48
2.	ROMFORD TOWN	1:10.81			

EVENT 16 Womens 200+ Medley Relay

Place	Name	Time
1.	RUNNYMEDE	1:18.28

EVENT 17 Mixed 120+ Medley Relay

Place	Name	Time	Place	Name	Time
1.	ROCHFORD & DISTRICT	1:03.16	2.	RUNNYMEDE	1:12.31

EVENT 18 Mens 160+ Medley Relay

Place	Name	Time	Place	Name	Time
1.	ROMFORD TOWN	1:01.54	4.	LONDON BOR. REDBRIDGE	1:04.79
2.	ROCHFORD & DISTRICT	1:02.18	5.	RUNNYMEDE	1:05.11
3.	COLCHESTER	1:03.00			

EVENT 20 Mixed 200+ Freestyle Relay

Place	Name	Time
1.	RUNNYMEDE	1:14.60