

**Essex County Championships  
& Special Age Group Relays Weekend 2008**  
Under ASA Laws & ASA Technical Rules of Swimming  
Sunday 30 November 2008 - Session 5

**EVENT 41 Mens Open 200m Individual Medley**

Place	Name	AaD	Club	Time	50	100	150
1.	Dean WOODCOCK	16	Chelmsford	2:18.97		1:04.81	1:45.17
2.	Ivan GEORGIEV	15	BorRedbridge	2:19.35		1:03.82	1:46.02
3.	Jake HARRISON	16	Romford Town	2:20.49	32.81	1:08.32	1:47.97
4.	Christopher INCH	16	BorRedbridge	2:20.60		1:04.35	1:44.82
5.	George MORRIS	17	Bo Southend	2:21.59		1:08.37	1:49.80
6.	Jonathan SAYER	18	Bo Southend	2:21.99		1:06.70	1:49.60
7.	Jamie HARRINGTON	17	Romford Town	2:22.47		1:08.36	1:51.14
8.	Jon CONGDON	16	Killerwhales	2:22.50		1:07.96	1:51.24
9.	Sean HOULIHAN	13	Romford Town	2:22.85	31.33	1:08.39	1:48.44
10.	Charlie POND THOMPSON	15	Southend	2:23.46	29.34	1:05.05	1:48.76
11.	L CLIFFORD-STEPHENSON	15	Killerwhales	2:24.08	30.46	1:08.22	1:49.79
12.	Tom BIRCHAM	17	Killerwhales	2:24.55	31.13	1:08.13	1:52.21
13.	Sam WHITEHEAD	16	Romford Town	2:24.59		1:07.90	1:51.24
***** Event qualifying/standard time 02:24.60 *****							
14.	Jack ASHTON	17	Chelmsford	2:25.41	31.14	1:09.85	1:51.85
15.	Alex DELICATA	14	Thurrock	2:25.77	31.22	1:09.06	1:52.83

**EVENT 42 Girls 09/10 Years 200m Medley Relay**

Place	Name	Club	Time	50	100	150
1.	Chelmsford 'A'	Chelmsford	2:34.82	37.69	1:21.53	2:01.26
2.	Canvey Island 'A'	Canvey Isl	2:36.11	38.23	1:26.22	2:03.58
3.	Colchester	Colchester	2:37.75	42.41	1:23.75	2:03.55
4.	Romford Town 'A'	Romford Town	2:38.10	38.82	1:23.95	2:01.33
5.	Runnymede 'A'	Runnymede	2:44.87			
6.	Bo. Redbridge 'A'	BorRedbridge	2:45.88	42.62	1:27.69	2:09.31
7.	Runnymede 'B'	Runnymede	2:52.79			
8.	Brentwood	Brentwood	2:56.54	43.31	1:32.46	2:19.89
9.	Southend on Sea 'A'	Southend	3:00.24			
10.	Braintree	Braintree	3:02.28	43.08	1:35.64	2:20.97
11.	Thurrock	Thurrock	3:03.56			
12.	Canvey Island 'B'	Canvey Isl	3:07.49	45.95	1:37.59	2:26.91
13.	Killerwhales	Killerwhales	3:07.66	48.21	1:41.53	2:29.20
14.	Romford Town 'B'	Romford Town	3:13.57			
	Epping Forest Dist.	Epping For't	DQ	O-3L		
	Basildon & Dist 'B'	Basildon	DQ	T-1L		
	Havering Aquatic	Havering Aq	DQ	T-1L		
	Bo. Redbridge 'B'	BorRedbridge	DQ	T-7L		
	Basildon & Dist. 'A'	Basildon	DQ	T-7L		

**EVENT 43 Mens Open 200m Backstroke**

Place	Name	AaD	Club	Time	50	100	150
1.	Daniel STEPTON	17	Romford Town	2:10.60	30.11	1:03.58	1:37.89
2.	Sean TOMLIN	16	Bo Southend	2:14.92	31.86	1:06.14	1:41.28
3.	Conor HARROLD	15	Thurrock	2:15.40	32.27	1:06.27	1:41.11
4.	Jason DANIELS	16	Thurrock	2:16.54	31.94	1:06.47	1:41.77
5.	Charlie HAYES	14	Thurrock	2:18.38	33.33	1:08.41	1:43.86
6.	Timothy TRIPP	16	Colchester	2:19.93	32.83	1:08.06	1:44.41
7.	Ben HOLLIS	15	BorRedbridge	2:19.95	31.53	1:07.08	1:43.84
8.	Matthew WINNELL	15	Runnymede	2:20.16	33.25	1:08.77	1:44.69
9.	Charlie POND THOMPSON	15	Southend	2:21.76	33.19	1:08.63	1:45.69
10.	Craig WARWICK	18	Harlow Pen	2:23.14	32.80	1:08.26	1:45.16
11.	Alex BLANCO	15	Bo Southend	2:23.74	33.69	1:09.92	1:46.78
***** Event qualifying/standard time 02:24.60 *****							

### EVENT 44 Womens Open 50m Backstroke

Place	Name	AaD	Club	Time
1.	Sophie DRAKE	15	Canvey Isl	30.35 ++
2.	Katinka MERCHAN	16	Killerwhales	31.22
3.	Verity GOODEY	16	Southend	31.83
4.	Georgia HUNTON-CLARKE	17	BorRedbridge	31.99
5.	Phoebe HAYES	17	BorRedbridge	32.02
6.	Amy MURFITT	15	Basildon	32.50
7.	Amelia KNOWLES	12	Southend	32.65
8.	Stephanie MALCOLM	13	Bo Waltham F	32.80
9.	Natalie WARD	19	Runnymede	32.83
10.	Danielle SAYER	14	Thurrock	33.22
11.	Eleanor BEDWELL	15	BorRedbridge	33.44
12.	Chloe DAVIS	14	Runnymede	33.54
13.	Kalei ANDREWS	17	Killerwhales	33.64
14.	Alice HICKMOTT	12	Braintree	33.70
15.	Sanaa AKBAR	13	Bo Waltham F	33.79
16.	Charlotte DELICATA	17	Thurrock	33.98
17.	Charlotte PETERS	14	Chelmsford	34.00
18.	Alana JONES	13	Chelmsford	34.10
19.	Sarah LARNER	15	Colchester	34.14
***** Event qualifying/standard time 00:34.60 *****				
20.	Bronwyn CARTER	16	Colchester	35.09
21.	Emily NEAL	14	Thurrock	35.44

++ Girls County Record (Short Course)

### EVENT 45 Boys 09/10 Years 200m Freestyle Relay

Place	Name	Club	Time	50	100	150
1.	Colchester	Colchester	2:13.13	33.09	1:06.10	1:39.89
2.	Bo. Redbridge 'A'	BorRedbridge	2:16.23	34.11	1:08.58	1:43.27
3.	Havering Aquatic	Havering Aq	2:19.76	33.42	1:05.37	1:42.51
4.	Killerwhales	Killerwhales	2:21.70	32.68	1:07.95	1:44.21
5.	Rochford & District	Rochford	2:27.19	35.29	1:16.57	1:53.27
6.	Chelmsford 'A'	Chelmsford	2:30.95	35.38	1:14.19	1:54.06
7.	Basildon & Dist. 'A'	Basildon	2:31.62	39.80	1:18.04	1:54.16
8.	Runnymede 'A'	Runnymede	2:31.98	34.96	1:14.68	1:56.63
9.	Brentwood	Brentwood	2:35.18	37.17	1:15.63	1:55.67
10.	Braintree	Braintree	2:35.63	40.54	1:18.81	1:57.67
11.	Bo. Redbridge 'B'	BorRedbridge	2:38.95	41.04	1:20.20	1:58.51
	Bo. Southend	Bo Southend	DNC			

### EVENT 46 Womens Open 100m Butterfly

Place	Name	AaD	Club	Time	50
1.	Verity GOODEY	16	Southend	1:04.75	30.91
2.	Rachel LEONG	17	Bo Waltham F	1:07.29	31.64
3.	Elena SHERIDAN	13	Romford Town	1:08.24	32.23
4.	Amelia KNOWLES	12	Southend	1:08.65	32.15
5.	Georgia HUNTON-CLARKE	17	BorRedbridge	1:08.79	32.62
6.	Abigail SAYER	14	Thurrock	1:09.02	32.54
7.	Emily COLE	14	BorRedbridge	1:09.22	31.99
8.	Kalei ANDREWS	17	Killerwhales	1:09.51	32.77
9.	Kerriann CHIPPERFIELD	15	Thurrock	1:09.63	32.54
10.	Charlotte DAVIS	16	Runnymede	1:09.97	32.63
11.	Chloe DAVIS	14	Runnymede	1:10.02	32.89
12.	Shannon HARROLD	17	Thurrock	1:11.35	33.32
13.	Danielle SAYER	14	Thurrock	1:11.43	33.25
14.	Sanaa AKBAR	13	Bo Waltham F	1:11.71	32.58
15.	Julia BRAYBROOKE	21	Killerwhales	1:11.86	33.28
16.	Katinka MERCHAN	16	Killerwhales	1:12.17	33.07
17.	Nicola REES	18	Romford Town	1:12.22	33.19
18.	Helen ANDREWS	18	Killerwhales	1:12.47	33.16
***** Event qualifying/standard time 01:12.50 *****					
19.	Eleanor PIRRIE	11	Runnymede	1:12.70	34.29
20.	Sarah LARNER	15	Colchester	1:12.90	34.29
21.	Louise PARSONS	27	Rochford	1:12.95	33.68
22.	Louise HARRINGTON	14	Romford Town	1:13.24	33.92
23.	Stephanie MALCOLM	13	Bo Waltham F	1:13.34	34.62
24.	Jessica LAMBERT	13	BorRedbridge	1:14.63	33.85

### EVENT 47 Mens Open 50m Butterfly

Place	Name	AaD	Club	Time
1.	Alex JAMESON	16	Bo Waltham F	26.68
2.	Reece BARCLAY	17	Bo Waltham F	27.02
3.	Sargon YOUSSEFI	18	Colchester	27.07
4.	Daniel STEPTON	17	Romford Town	27.45
5.	Dean SMITH	17	Killerwhales	27.70
6.	Nicholas OSMAN	16	Bo Waltham F	27.98
7.	Ben HOLLIS	15	BorRedbridge	27.99
8.	Christopher STAMP	16	BorRedbridge	28.00
9.	Daniel BLEACH	17	Killerwhales	28.31
10.	Craig WARWICK	18	Harlow Pen	28.42
11.	Ivan GEORGIEV	15	BorRedbridge	28.43
12.	Sean TOMLIN	16	Bo Southend	28.79
13.	Jonathan SAYER	18	Bo Southend	28.87
14.	George MORRIS	17	Bo Southend	28.95
15.	Adam SPEAR	17	Clacton On S	29.00
16.	L CLIFFORD-STEPHENSON	15	Killerwhales	29.23
17.	Timothy EVANS	16	Southend	29.49
18.	Jon CONGDON	16	Killerwhales	29.55
***** Event qualifying/standard time 01:12.50 *****				

### EVENT 48 Womens Open 100m Breaststroke

This event was swum as a straight final

### EVENT 49 Mens Open 200m Freestyle

Place	Name	AaD	Club	Time	50	100	150
1.	Reece BARCLAY	17	Bo Waltham F	1:56.15	27.49	56.59	1:26.54
2.	Alex JAMESON	16	Bo Waltham F	1:59.04	26.87	56.52	1:27.69
3.	Jon CONGDON	16	Killerwhales	1:59.73	27.73	57.90	1:29.65
4.	Jonathan SAYER	18	Bo Southend	2:00.33	28.78	1:00.28	1:30.13
5.	Jamie HARRINGTON	17	Romford Town	2:00.74	27.43	57.51	1:28.76
6.	Christopher INCH	16	BorRedbridge	2:01.26	28.11	58.47	1:30.17
7.	Elliott HILL	14	Bo Waltham F	2:02.88	28.75	59.73	1:31.49
8.	Harry PAYNE	14	Bo Southend	2:03.10	28.01	59.07	1:31.39
9.	Jason DANIELS	16	Thurrock	2:03.31	27.75	59.02	1:31.62
10.	Tom BIRCHAM	17	Killerwhales	2:03.64	28.39	59.56	1:31.81
11.	Nicholas OSMAN	16	Bo Waltham F	2:03.74	28.68	59.32	1:31.39
12.	Timothy EVANS	16	Southend	2:05.53	29.18	1:01.55	1:35.14
13.	Ivan GEORGIEV	15	BorRedbridge	2:05.64	29.09	1:00.85	1:32.99
14.	Daniel SORRELL	14	Chelmsford	2:06.22	29.16	1:01.29	1:34.25
15.	George MORRIS	17	Bo Southend	2:06.27	27.86	59.76	1:32.97
16.	Sam WHITEHEAD	16	Romford Town	2:07.33	29.50	1:01.68	1:34.65
***** Event qualifying/standard time 02:08.00 *****							
17.	Christopher BROOKS	16	Southend	2:08.02	28.69	1:00.90	1:34.58
18.	Alex DELICATA	14	Thurrock	2:10.20	29.40	1:02.63	1:36.61
19.	Alex BLANCO	15	Bo Southend	2:10.65	30.49	1:03.05	1:37.00
20.	Ben HOLLIS	15	BorRedbridge	2:11.72	29.74	1:03.20	1:37.08
21.	Craig MOATE	23	BorRedbridge	2:12.45	30.32	1:03.84	1:38.17
22.	Jack ASHTON	17	Chelmsford	2:14.52	30.31	1:04.79	1:40.05

## Finals

### EVENT 50 FINAL OF EVENT 45 Boys 09/10 Years 200m Freestyle Relay

Place	Name	Club	Time	50	100	150
1.	Colchester	Colchester	2:13.26	33.35	1:06.89	1:40.38
2.	Bo. Redbridge 'A'	BorRedbridge	2:13.58	33.09	1:06.79	1:41.01
3.	Havering Aquatic	Havering Aq	2:18.34	33.06	1:05.30	1:41.56
4.	Killerwhales	Killerwhales	2:20.27	32.80	1:07.84	1:43.66
5.	Rochford & District	Rochford	2:28.21	35.15	1:15.87	1:53.60
6.	Chelmsford 'A'	Chelmsford	2:31.00	35.33	1:13.48	1:53.58
7.	Basildon & Dist. 'A'	Basildon	2:34.90	40.96	1:19.85	1:56.26
8.	Runnymede 'A'	Runnymede	2:37.09	34.90	1:15.56	2:00.89

### EVENT 51 FINAL OF EVENT 42 Girls 09/10 Years 200m Medley Relay

Place	Name	Club	Time	50	100	150
1.	Chelmsford 'A'	Chelmsford	2:33.72	37.74	1:21.02	2:00.14
2.	Colchester	Colchester	2:37.29	41.74	1:23.32	2:03.88
3.	Canvey Island 'A'	Canvey Isl	2:37.68	38.92	1:26.71	2:05.02
4.	Romford Town 'A'	Romford Town	2:38.44	38.50	1:22.75	2:01.30
5.	Runnymede 'A'	Runnymede	2:45.30	42.05	1:28.52	2:09.34
6.	Bo. Redbridge 'A'	BorRedbridge	2:47.06	43.07	1:28.63	2:11.60
7.	Runnymede 'B'	Runnymede	2:55.36	43.82	1:33.65	2:15.23
8.	Brentwood	Brentwood	2:58.53		1:32.95	2:21.63

### EVENT 52 FINAL OF EVENT 41 Mens Open 200m Individual Medley

Place	Name	AaD	Club	Time	50	100	150
1.	Christopher INCH	16	BorRedbridge	2:11.45	28.55	1:02.42	1:41.42
2.	Dean WOODCOCK	16	Chelmsford	2:13.81	29.51	1:03.84	1:42.62
3.	Jonathan SAYER	18	Bo Southend	2:18.39	29.86	1:05.31	1:45.49
4.	Sean HOULIHAN	13	Romford Town	2:21.23	31.10	1:07.74	1:48.05
5.	Ivan GEORGIEV	15	BorRedbridge	2:21.42	30.06	1:06.17	1:49.21
6.	Jake HARRISON	16	Romford Town	2:21.57	32.63	1:09.68	1:49.40
7.	Jamie HARRINGTON	17	Romford Town	2:25.39	30.70	1:09.42	1:51.84
8.	George MORRIS	17	Bo Southend	2:25.52	30.51	1:09.44	1:51.50

### EVENT 53 FINAL OF EVENT 44 Womens Open 50m Backstroke

Place	Name	AaD	Club	Time
1.	Sophie DRAKE	15	Canvey Isl	29.79 ++
2.	Katinka MERCHAN	16	Killerwhales	31.29
3.	Georgia HUNTON-CLARKE	17	BorRedbridge	32.06
4.	Phoebe HAYES	17	BorRedbridge	32.64
5.	Stephanie MALCOLM	13	Bo Waltham F	32.84
6.	Amy MURFITT	15	Basildon	32.87
7.	Verity GOODEY	16	Southend	34.71
8.	Amelia KNOWLES	12	Southend	35.51

++ Girls and Womens County Record (Short Course)

### EVENT 54 FINAL OF EVENT 43 Mens Open 200m Backstroke

Place	Name	AaD	Club	Time	50	100	150
1.	Daniel STEPTON	17	Romford Town	2:07.39	29.34	1:01.68	1:34.77
2.	Sean TOMLIN	16	Bo Southend	2:14.01	30.61	1:04.25	1:39.48
3.	Conor HARROLD	15	Thurrock	2:15.58	32.04	1:05.76	1:40.86
4.	Charlie HAYES	14	Thurrock	2:18.26	33.42	1:08.01	1:43.67
5.	Jason DANIELS	16	Thurrock	2:19.38	32.07	1:06.97	1:43.92
6.	Ben HOLLIS	15	BorRedbridge	2:20.23	32.07	1:08.20	1:44.94
7.	Matthew WINNELL	15	Runnymede	2:22.51	33.78	1:10.11	1:47.23
8.	Timothy TRIPP	16	Colchester	2:22.72	32.94	1:09.04	1:46.34

### EVENT 55 FINAL OF EVENT 46 Womens Open 100m Butterfly

Place	Name	AaD	Club	Time	50
1.	Verity GOODEY	16	Southend	1:04.28	30.63
2.	Rachel LEONG	17	Bo Waltham F	1:04.92	30.33
3.	Abigail SAYER	14	Thurrock	1:08.55	32.52
4.	Elena SHERIDAN	13	Romford Town	1:08.58	32.38
5.	Kalei ANDREWS	17	Killerwhales	1:08.79	32.38
6.	Emily COLE	14	BorRedbridge	1:08.88	31.97
7.	Amelia KNOWLES	12	Southend	1:09.23	32.47
8.	Georgia HUNTON-CLARKE	17	BorRedbridge	1:09.91	32.66

### EVENT 56 FINAL OF EVENT 47 Mens Open 50m Butterfly

Place	Name	AaD	Club	Time
1.	Alex JAMESON	16	Bo Waltham F	26.85
1.	Sargon YOUSSEFI	18	Colchester	26.85
3.	Dean SMITH	17	Killerwhales	27.33
4.	Daniel STEPTON	17	Romford Town	27.61
5.	Nicholas OSMAN	16	Bo Waltham F	27.67
6.	Ben HOLLIS	15	BorRedbridge	27.89
7.	Christopher STAMP	16	BorRedbridge	28.38
8.	Daniel BLEACH	17	Killerwhales	28.62

### EVENT 57 FINAL OF EVENT 48 Womens Open 100m Breaststroke

Place	Name	AaD	Club	Time	50
1.	Helen ANDREWS	18	Killerwhales	1:18.87	37.44
2.	Jessica COLES	16	Romford Town	1:18.97	36.93
3.	Rachael FRANKLIN	15	Brentwood	1:22.34	38.93
4.	Charlotte DELICATA	17	Thurrock	1:23.16	39.67
5.	Bronwyn CARTER	16	Colchester	1:23.54	40.94
6.	Nicole GIBBS	14	Brentwood	1:23.70	39.72
7.	Charley GALLAGHER	15	Southend	1:23.82	40.03

### EVENT 58 FINAL OF EVENT 49 Mens Open 200m Freestyle

Place	Name	AaD	Club	Time	50	100	150
1.	Reece BARCLAY	17	Bo Waltham F	1:54.75	26.52	55.07	1:24.96
2.	Jon CONGDON	16	Killerwhales	1:57.64	27.48	56.70	1:27.01
3.	Jonathan SAYER	18	Bo Southend	1:59.08	28.06	58.87	1:29.74
4.	Alex JAMESON	16	Bo Waltham F	1:59.17	27.78	58.32	1:29.67
5.	Christopher INCH	16	BorRedbridge	1:59.90	28.16	58.57	1:29.57
6.	Jamie HARRINGTON	17	Romford Town	2:02.84	27.49	57.94	1:30.20
7.	Harry PAYNE	14	Bo Southend	2:04.43	28.57	1:00.20	1:32.66
8.	Jason DANIELS	16	Thurrock	2:08.40	28.59	1:00.58	1:34.36