

Essex Championships 2009 No 2ER 9636
Under ASA Laws & ASA Technical Rules of Swimming
21/22 November 2009 Session - 6
at Braintree Swimming Centre

EVENT 59 Mens Open 400m Freestyle

Senior: The Newell Trophy Junior: The Fox Trophy

Qualifying Time: 4:30.00 (Senior and Junior)

County Record: 3:50.88 (Dane McKnight, Bo Waltham F, 2007)

Under 16 Record: 4:00.29 (Christian Robinson, Killerwhales, 1988)

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Daniel STEPTON	18	Romford Town	4:02.22	27.09	57.26	1:28.60	1:59.94	2:31.25	3:02.46	3:33.26
2.	Christopher INCH	17	BorRedbridge	4:02.72	27.29	57.36	1:28.29	1:59.52	2:30.75	3:01.91	3:33.10
3.	James DAVIS	16	Romford Town	4:08.84	28.43	59.66	1:31.21	2:02.83	2:34.39	3:05.76	3:37.56
4.	Jonathan SAYER	19	Bo Southend	4:09.27	29.01	1:00.83	1:33.06	2:05.80	2:37.96	3:09.20	3:40.96
5.	Charlie DENTITH	14	BorRedbridge	4:10.23	27.73	58.26	1:30.21	2:02.34	2:34.62	3:07.15	3:39.04
6.	Alex KEATING	16	Bo Waltham F	4:12.37	28.17	58.59	1:30.42	2:02.96	2:36.69	3:09.79	3:42.41
7.	Thomas HALE	16	Brentwood	4:12.63	28.82	59.75	1:31.82	2:04.30	2:37.09	3:09.81	3:42.25
8.	Daniel SORRELL	15	Chelmsford	4:14.71	28.47	1:00.34	1:32.80	2:05.33	2:37.66	3:09.99	3:42.56
9.	Tom WEBB	15	Killerwhales	4:18.73	28.41	1:00.54	1:33.41	2:06.37	2:39.36	3:13.15	3:46.54
10.	Sam WHITEHEAD	17	Romford Town	4:24.23	29.80	1:02.48	1:36.23	2:10.05	2:43.78	3:17.40	3:51.50
11.	Alfie BURR	15	Romford Town	4:24.26	29.95	1:02.71	1:36.61	2:10.39	2:44.08	3:17.97	3:51.71
12.	Oliver BURLING	15	Bo Waltham F	4:27.18	30.07	1:03.01	1:36.52	2:10.56	2:45.15	3:19.25	3:53.64
***** Event qualifying/standard time 04:30.00 *****											
13.	Niall GANDY	15	Bo Waltham F	4:36.18	30.57	1:03.64	1:37.85	2:13.06	2:48.81	3:24.96	4:00.87
14.	Lawrence BROWN	13	BorRedbridge	4:38.18	30.89	1:04.37	1:39.52	2:14.96	2:50.24	3:26.56	4:03.02
15.	Elliott HILL	15	Bo Waltham F	4:52.51	26.67	56.03	1:26.20	1:56.02	2:53.31	3:33.17	4:07.98
	Christopher MITCHELL	15	Epping Fort	DNC							

EVENT 60 Womens Open 400m IM

Senior: The Yates Trophy Junior: The Evans Trophy

Qualifying Time: 5:33.20 (Senior and Junior)

County Record: 4:45.84 (Sarah Hardcastle, Southend Synchro, 1984)

Under 16 Record: 4:45.84 (Sarah Hardcastle, Southend Synchro, 1984)

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Phoebe HAYES	18	BorRedbridge	4:59.82	31.70	1:08.67	1:45.99	2:23.41	3:09.89	3:55.31	4:28.26
2.	Elena SHERIDAN	14	Romford Town	5:01.56	31.34	1:07.53	1:47.25	2:26.63	3:09.35	3:52.43	4:27.23
3.	Kalei ANDREWS	18	Killerwhales	5:10.37	32.11	1:09.12	1:49.32	2:28.80	3:13.56	3:58.87	4:35.21
4.	Kelsey RICHARDS	16	BorRedbridge	5:14.37	33.34	1:11.31	1:51.11	2:29.58	3:15.43	4:01.85	4:38.81
5.	Bethaney HALL	14	Romford Town	5:16.35	34.27	1:14.36	1:55.26	2:34.65	3:19.69	4:05.13	4:41.09
6.	Chloe DAVIS	15	Runnymede	5:18.22	35.23	1:16.12	1:55.71	2:34.41	3:19.45	4:06.34	4:42.71
7.	Eleanor PIRRIE	12	Runnymede	5:22.01	33.59	1:11.89	1:53.68	2:35.03	3:22.12	4:09.35	4:46.09
8.	Brock WHISTON	13	Romford Town	5:23.80	35.74	1:17.46	1:58.66	2:39.79	3:23.87	4:10.60	4:48.58
9.	Helen MITCHELL	14	Braintree	5:27.03	35.57	1:16.15	1:57.21	2:38.37	3:24.99	4:13.97	4:51.13
10.	Louise HARRINGTON	15	Romford Town	5:27.27	33.72	1:12.24	1:54.39	2:35.75	3:24.27	4:13.61	4:51.13

EVENT 61 Mens 09/10 Yrs 200m Medley Team

Place	Name	A.G	Club	Time	50	100	150	
1.	Thurrock A		Thurrock	2:37.76	39.46	1:26.96	2:04.36	
2.	Romford Town SC		Romford Town	2:39.50	42.09	1:27.02	2:04.78	
3.	Rochford & District SC		Rochford	2:42.43	37.04	1:25.85	2:05.84	
4.	Killerwhales SC (Haver		Killerwhales	2:42.57	42.06	1:30.09	2:06.21	
5.	Thurrock B		Thurrock	2:43.59	42.29	1:27.03	2:06.99	
6.	Colchester		Colchester	2:47.38	36.62	1:32.37	2:08.33	
7.	Braintree & Bocking SC		Braintree	2:47.58	43.11	1:29.10	2:09.30	
8.	Halstead		Halstead	2:48.76	41.27	1:31.67	2:13.08	
9.	Basildon & District A		Basildon	2:52.36	42.63	1:32.73	2:14.39	
10.	Chelmsford A		Chelmsford	2:52.39	46.00	1:32.32	2:17.34	
11.	Runnymede A		Runnymede	3:03.24	46.35	1:32.63	2:19.71	
12.	Runnymede B		Runnymede	3:20.48	48.94	1:45.13	2:37.10	
	Romford Town SC		Romford Town	DQ	O-	46.61	1:36.05	2:26.01

EVENT 62 Womens Open 100m Backstroke
Senior: The Lewis Trophy Junior: The Lilley Trophy
Qualifying Time: 1:14.00 (Senior and Junior)
County Record: 1:02.78 (Clare Carter, Braintree, 1998)
Under 16 Record: 1:04.47 (Sophie Drake, Canvey Isl, 2008)

Place	Name	AaD	Club	Time	50
1.	Stephanie MALCOLM	14	Bo Waltham F	1:07.29	32.86
2.	Katinka MERCHAN	17	Killerwhales	1:08.06	32.82
3.	Chloe DAVIS	15	Runnymede	1:08.47	33.56
4.	Molly SPARKS	13	Killerwhales	1:08.84	33.68
5.	Rachel WELSH	15	Romford Town	1:08.89	33.07
6.	Harriette DAVIS	14	Romford Town	1:09.19	33.40
7.	Amelia KNOWLES	13	Southend	1:09.83	33.74
8.	Verity GOODEY	17	Bo Southend	1:09.89	33.86
9.	Melissa KNIGHTON	14	Runnymede	1:10.00	34.08
10.	Sophie COPPER	15	BorRedbridge	1:10.11	34.28
11.	Alana JONES	14	Chelmsford	1:10.51	34.64
12.	Eliza DUFFY	12	Chelmsford	1:10.65	34.98
13.	Eleanor BEDWELL	16	BorRedbridge	1:10.95	34.22
14.	Rebekah BOOTY	13	Braintree	1:11.49	34.71
15.	Amy MURFITT	16	Basildon	1:11.53	34.55
16.	Sarah LARNER	16	Colchester	1:11.70	34.73
17.	Jessica PARK	15	Halstead	1:12.33	34.74
18.	Jessica LAMBERT	14	BorRedbridge	1:12.36	34.97
19.	Georgia SHAW	16	Killerwhales	1:12.72	34.94
20.	Hannah TRAVELL	13	Braintree	1:12.74	35.12
21.	Grace SANDERSON	15	Colchester	1:13.03	35.44
22.	Johanna LINDBLOM	15	BorRedbridge	1:13.06	35.80
23.	Jessica CLARKE	19	Southend	1:13.22	35.74
24.	Charlotte PETERS	15	Chelmsford	1:13.58	35.31
25.	Gemma WASS	15	Colchester	1:13.64	35.85
***** Event qualifying/standard time 01:14.00 *****					
26.	Rachael FRANKLIN	16	Brentwood	1:14.45	35.91
	Aimee FAHEY	14	Epping Fort	DNC	
	Sophie DRAKE	16	Canvey Isl	DNC	

EVENT 63 Mens Open 100m IM
Senior: The O'Brien Trophy Junior: The Barry Cridland Trophy
Qualifying Time: 1:06.90 (Senior and Junior)
County Record: 59.93 (Karl Batorski, Harlow Pen, 2004)
Under 16 Record: 1:00.49 (Roberto Pavoni, Brentwood, 2006)

Place	Name	AaD	Club	Time	50
1.	Alex KEATING	16	Bo Waltham F	1:04.84	30.60
2.	Jake HARRISON	17	Romford Town	1:04.96	30.87
3.	Dean SMITH	18	BorRedbridge	1:04.99	29.41
4.	Jamie HARRINGTON	18	Romford Town	1:05.04	31.17
5.	Christopher STAMP	17	BorRedbridge	1:05.09	29.54
6.	Marcel DU TOIT	17	Halstead	1:05.48	30.09
7.	Jonathan SAYER	19	Bo Southend	1:05.51	31.14
8.	Charlie POND THOMPSON	16	Southend	1:05.54	29.89
9.	L CLIFFORD-STEPHENSON	16	Killerwhales	1:05.65	30.89
***** Event qualifying/standard time 01:06.90 *****					
10.	Daniel SORRELL	15	Chelmsford	1:07.24	31.64

EVENT 64 Womens 09/10 Yrs 200m Free.Team

Place	Name	A.G	Club	Time	50	100	150	
1.	Thurrock A		Thurrock	2:17.63	33.43	1:07.61	1:43.97	
2.	London Borough of Redb		BorRedbridge	2:18.30	34.78	1:10.38	1:45.58	
3.	Bor of Waltham Forest		Bo Waltham F	2:19.22	33.73	1:09.45	1:45.60	
4.	Runnymede A		Runnymede	2:20.59	34.95	1:10.14	1:44.60	
5.	Chelmsford A		Chelmsford	2:23.48	32.89	1:11.57	1:51.26	
6.	Thurrock B		Thurrock	2:26.35	36.36	1:13.55	1:50.07	
7.	Romford Town SC		Romford Town	2:26.72	35.20	1:12.97	1:50.57	
8.	Braintree & Bocking A		Braintree	2:28.59	36.22	1:15.29	1:50.92	
9.	Colchester		Colchester	2:38.65	34.91	1:15.00	1:57.19	
10.	Halstead		Halstead	2:41.89	39.28	1:22.85	2:05.37	
11.	Romford Town SC		Romford Town	2:41.93	41.34	1:21.65	2:03.09	
12.	Killerwhales SC (Haver		Killerwhales	2:42.53	40.88	1:19.77	2:00.36	
13.	Borough of Southend A		Bo Southend	2:42.64	38.97	1:22.22	2:08.94	
14.	Runnymede B		Runnymede	2:46.22	39.26	1:22.23	2:00.56	
15.	Braintree & Bocking B		Braintree	2:47.17	37.15	1:20.69	2:04.55	
16.	Chelmsford B		Chelmsford	2:49.04	39.20	1:27.91	2:07.77	
	Brentwood A		Brentwood	DQ	ST-	37.45	1:24.38	2:05.50

EVENT 65 Mens Open 200m Breaststroke

Senior: The Yewlands Trophy Junior: The Lowe Trophy

Qualifying Time: 2:43.80 (Senior and Junior)

County Record: 2:18.16 (Alex Clapper, Barking, 1992)

Under 16 Record: 2:19.70 (Ian McKenzie, Braintree, 1988)

Swam as a straight Final at the end of session

EVENT 66 Womens Open 50m Breaststroke

Senior: The Townley Trophy Junior: The Millennium Trophy

Qualifying Time: 38.40 (Senior and Junior)

County Record: 31.83 (Jaime King, Bo Waltham Forest, 1996)

Under 16 Record: 34.38 (Michelle Young, Colchester, 1989)

Place	Name	AaD	Club	Time
1.	Marissa POSNETT	14	Epping For't	36.14
2.	Verity GOODEY	17	Bo Southend	36.36
3.	Evangelina FISHER	15	Chelmsford	36.62
4.	Amy STATHAM	13	Becontree	37.12
5.	Jennifer STOTT	15	Witham Dolph	37.39
6.	Kayleigh SIMS	13	Bo Southend	37.47
7.	Henny ANDREWS	19	Killerwhales	37.54
8.	Amy ROOT	16	Halstead	37.64
9.	Lauren BAKER	14	Witham Dolph	38.14
10.	Rachael FRANKLIN	16	Brentwood	38.22
	***** Event		qualifying/standard time	00:38.40 *****
11.	Amy GORE	13	Romford Town	38.49
12.	Katie WILLIS	13	Southend	39.00
13.	Chelsie ROOT	12	Halstead	39.25

EVENT 67 Mens Open 200m Butterfly

Senior: The Clarke Trophy Junior: The Lamb Trophy

Qualifying Time: 2:25.90 (Senior and Junior)

County Record: 2:01.24 (Edward Clement, Killerwhales, 1998)

Under 16 Record: 2:04.19 (Christian Robinson, Killerwhales, 1988)

Swam as a straight Final at the end of session

EVENT 68 Womens Open 100m Freestyle

Senior: The Fryer Trophy

Junior: The Harrison Trophy Qualifying Time: 1:04.90 (Senior and Junior)

County Record: 57.58 (Sarah Hardcastle, Southend Synchro, 1985)

Under 16 Record: 58.24 (Dawn Palmer, Killerwhales, 1990)

Place	Name	AaD	Club	Time	50
1.	Marissa POSNETT	14	Epping For't	1:00.77	29.15
2.	Verity GOODEY	17	Bo Southend	1:01.01	29.58
3.	Catherine DEMONT	18	Bo Waltham F	1:01.10	29.78
4.	Stephanie MALCOLM	14	Bo Waltham F	1:01.36	29.76
5.	Phoebe HAYES	18	BorRedbridge	1:01.56	29.76
6.	Chloe DAVIS	15	Runnymede	1:02.12	30.19
7.	Amy MURFITT	16	Basildon	1:02.23	29.87
8.	Eleanor BEDWELL	16	BorRedbridge	1:02.39	30.34
9.	Eliza DUFFY	12	Chelmsford	1:02.40	30.61
10.	Emily COLE	15	BorRedbridge	1:02.64	30.22
11.	Kelsey RICHARDS	16	BorRedbridge	1:02.86	30.44
12.	Katarina BLANCO	12	Bo Southend	1:03.11	30.74
13.	Danielle ROOKE	13	Killerwhales	1:03.13	30.66
14.	Poppy HILL	14	Bo Waltham F	1:03.23	30.69
15.	Elena SHERIDAN	14	Romford Town	1:03.70	30.89
16.	Charley GALLAGHER	16	Southend	1:03.78	31.11
17.	Jessica PARK	15	Halstead	1:03.84	30.92
18.	Sanaa AKBAR	14	Bo Waltham F	1:03.93	30.97
18.	Hannah TRAVELL	13	Braintree	1:03.93	30.87
20.	Bethaney HALL	14	Romford Town	1:04.30	31.03
21.	Rebekah BOOTY	13	Braintree	1:04.45	31.23
22.	Katie WILLIS	13	Southend	1:04.55	31.12
23.	Katinka MERCHANT	17	Killerwhales	1:04.60	30.77
24.	Georgia SHAW	16	Killerwhales	1:04.82	31.19
25.	Amelia KNOWLES	13	Southend	1:04.88	31.25
26.	Molly SPARKS	13	Killerwhales	1:04.90	31.44
***** Event qualifying/standard time 01:04.90 *****					
27.	Amy ROOT	16	Halstead	1:04.98	31.26
28.	Gemma WASS	15	Colchester	1:06.88	31.68
	Evangelina FISHER	15	Chelmsford	DNC	
	Rachel WELSH	15	Romford Town	DNC	
	Nicola REES	19	Romford Town	DNC	
	Sophie DRAKE	16	Canvey Isl	DNC	

EVENT 69 Mens Open 50m Freestyle
EVENT 69 Mens Open 50m Freestyle (Skins Final)
Senior: The Davis Trophy Junior: The Coote Trophy
Qualifying Time: 27.00 (Senior and Junior)
County Record: 22.57 (Mark Foster, Bo Southend, 1988)
Under 16 Record: 23.41 (Mark Foster, Southend Synchro, 1986)

Place	Name	AaD	Club	Time
1.	Allen LINDENBERG	20	Bo Waltham F	24.13
2.	Daniel STEPTON	18	Romford Town	24.66
3.	Dean SMITH	18	BorRedbridge	24.72
4.	Sargon YOUSSEFI	19	Colchester	24.75
5.	Jonathan SAYER	19	Bo Southend	25.20
6.	L CLIFFORD-STEPHENSON	16	Killerwhales	25.30
7.	Alex KEATING	16	Bo Waltham F	25.37
7.	Jamie HARRINGTON	18	Romford Town	25.37
9.	Tom WEBB	15	Killerwhales	25.67
10.	Elliott HILL	15	Bo Waltham F	25.71
11.	Marcel DU TOIT	17	Halstead	25.86
12.	Jonathan LINES	15	Chelmsford	25.94
13.	Sean TOMLIN	17	Bo Southend	25.97
14.	Ben HOLLIS	16	BorRedbridge	26.09
15.	Thomas HALE	16	Brentwood	26.13
16.	Henry MAHER	14	Epping For't	26.14
17.	Christopher STAMP	17	BorRedbridge	26.20
18.	Christian PARKER	16	Southend	26.30
18.	Christopher MITCHELL	15	Epping For't	26.30
20.	Timothy EVANS	17	Southend	26.32
21.	Adam BOND	16	Epping For't	26.53
22.	Lee BAKER	10	Epping For't	26.69
	***** Event qualifying/standard time 00:27.00 *****			
23.	Sam WHITEHEAD	17	Romford Town	27.31
24.	Freddy CASSFORD	14	Epping For't	27.51
	Danny BAKER	15	Rochford	DNC

FINALS

EVENT 70 FINAL OF EVENT 61

Mens 09/10 Yrs 200m Medley Team

Place	Name	A.G	Club	Time	50	100	150	
1.	Thurrock A		Thurrock	2:36.25	38.67	1:25.65	2:03.28	
2.	Romford Town SC		Romford Town	2:38.24	41.43	1:26.59	2:04.18	
3.	Rochford & District SC		Rochford	2:39.38	36.69	1:24.52	2:03.24	
4.	Killerwhales SC (Haver		Killerwhales	2:42.01	42.30	1:29.17	2:05.91	
5.	Thurrock B		Thurrock	2:47.32	43.69	1:28.74	2:09.46	
6.	Colchester		Colchester	2:48.63	37.04	1:32.94	2:08.64	
7.	Halstead		Halstead	2:49.31	42.33	1:32.85	2:13.62	
	Braintree & Bocking SC		Braintree	DQ	O-	44.35	1:28.65	2:11.17

EVENT 71 FINAL OF EVENT 64

Womens 09/10 Yrs 200m Free.Team

Place	Name	A.G	Club	Time	50	100	150
1.	Thurrock A		Thurrock	2:16.87	33.55	1:07.13	1:42.84
2.	Bor of Waltham Forest		Bo Waltham F	2:17.31	34.18	1:09.46	1:45.42
3.	London Borough of Redb		BorRedbridge	2:17.96	35.02	1:10.72	1:45.62
4.	Chelmsford A		Chelmsford	2:21.18	32.82	1:10.05	1:49.21
5.	Runnymede A		Runnymede	2:23.13	35.46	1:11.94	1:46.45
6.	Romford Town SC		Romford Town	2:25.35	36.07	1:12.83	1:49.98
7.	Thurrock B		Thurrock	2:28.40	36.26	1:14.26	1:51.29
8.	Braintree & Bocking A		Braintree	2:32.24	37.60	1:16.63	1:53.13

EVENT 72 FINAL OF EVENT 63

Mens Open 100m IM

Place	Name	AaD	Club	Time	50
1.	Dean SMITH	18	BorRedbridge	59.61	27.48
2.	Jonathan SAYER	19	Bo Southend	1:02.81	30.02
3.	Alex KEATING	16	Bo Waltham F	1:03.80	29.52
4.	Jake HARRISON	17	Romford Town	1:03.89	30.74
5.	Charlie POND THOMPSON	16	Southend	1:04.26	29.87
6.	Christopher STAMP	17	BorRedbridge	1:04.48	29.47
7.	Jamie HARRINGTON	18	Romford Town	1:05.32	31.36
8.	Marcel DU TOIT	17	Halstead	1:06.83	30.91

EVENT 73 FINAL OF EVENT 62

Womens Open 100m Backstroke

Place	Name	AaD	Club	Time	50
1.	Katinka MERCHAN	17	Killerwhales	1:05.79	31.92
2.	Stephanie MALCOLM	14	Bo Waltham F	1:07.38	32.84
3.	Chloe DAVIS	15	Runnymede	1:07.42	33.38
4.	Verity GOODEY	17	Bo Southend	1:07.57	32.90
5.	Harriette DAVIS	14	Romford Town	1:08.17	33.39
6.	Molly SPARKS	13	Killerwhales	1:08.92	33.52
7.	Rachel WELSH	15	Romford Town	1:09.27	33.45
8.	Amelia KNOWLES	13	Southend	1:11.87	33.99

EVENT 74 FINAL OF EVENT 65

Mens Open 200m Breaststroke

Place	Name	AaD	Club	Time	50	100	150
1.	L CLIFFORD-STEPHENSON	16	Killerwhales	2:31.78	32.68	1:10.94	1:50.78
2.	Jake HARRISON	17	Romford Town	2:33.87	33.62	1:12.14	1:52.82
3.	Christian PARKER	16	Southend	2:34.93	34.30	1:13.59	1:53.97
4.	Sean HOULIHAN	14	Romford Town	2:36.84	34.68	1:14.37	1:55.10
5.	Charlie DENTITH	14	BorRedbridge	2:36.99	34.65	1:14.65	1:56.35
6.	James PATERSON	17	Clacton On S	2:40.69	35.34	1:15.02	1:57.47

EVENT 75 FINAL OF EVENT 66

Womens Open 50m Breaststroke

Place	Name	AaD	Club	Time
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1.	Verity GOODEY	17	Bo Southend	34.78
2.	Marissa POSNETT	14	Epping For't	35.91
3.	Evangelina FISHER	15	Chelmsford	35.96
4.	Amy STATHAM	13	Becontree	36.74
5.	Jennifer STOTT	15	Witham Dolph	37.33
6.	Henny ANDREWS	19	Killerwhales	37.55
7.	Kayleigh SIMS	13	Bo Southend	37.65
8.	Amy ROOT	16	Halstead	37.88

EVENT 76 FINAL OF EVENT 67

Mens Open 200m Butterfly

Place	Name	AaD	Club	Time	50	100	150
1.	Christopher INCH	17	BorRedbridge	2:08.15	29.09	1:02.48	1:35.57
2.	Ben HOLLIS	16	BorRedbridge	2:10.06	28.98	1:02.39	1:36.34
3.	Sean TOMLIN	17	Bo Southend	2:14.74	29.87	1:03.74	1:39.14
4.	Dean SMITH	18	BorRedbridge	2:17.43	30.00	1:04.21	1:40.15
5.	Sam WHITEHEAD	17	Romford Town	2:21.46	29.99	1:04.34	1:41.90
6.	Christopher GARLICK	15	Brentwood	2:21.55	30.95	1:06.41	1:43.72
7.	Alfie BURR	15	Romford Town	2:29.01	32.36	1:09.24	1:48.95
8.	Charlie DENTITH	14	BorRedbridge	2:29.41	30.57	1:08.32	1:49.16

EVENT 77 FINAL OF EVENT 68

Womens Open 100m Freestyle

Place	Name	AaD	Club	Time	50
1.	Phoebe HAYES	18	BorRedbridge	58.78	28.49
2.	Verity GOODEY	17	Bo Southend	59.89	28.97
3.	Marissa POSNETT	14	Epping For't	1:00.54	28.97
4.	Catherine DEMONT	18	Bo Waltham F	1:00.82	29.54
5.	Eleanor BEDWELL	16	BorRedbridge	1:01.76	29.78
6.	Stephanie MALCOLM	14	Bo Waltham F	1:02.00	30.03
7.	Chloe DAVIS	15	Runnymede	1:02.69	30.29
8.	Amy MURFITT	16	Basildon	1:03.00	30.09

EVENT 78 FINAL OF EVENT 69

Mens Open 50m Freestyle

Place	Name	AaD	Club	Time
1.	Allen LINDENBERG	20	Bo Waltham F	23.83
2.	Sargon YOUSSEFI	19	Colchester	24.63
3.	Daniel STEPTON	18	Romford Town	24.65
4.	L CLIFFORD-STEPHENSON	16	Killerwhales	25.21
5.	Dean SMITH	18	BorRedbridge	25.27
6.	Jonathan SAYER	19	Bo Southend	25.31
7.	Jamie HARRINGTON	18	Romford Town	25.33
8.	Alex KEATING	16	Bo Waltham F	25.44