

Essex Championships 2009 No 2ER 9636
Under ASA Laws & ASA Technical Rules of Swimming
21/22 November 2009 Session - 3
at Braintree Swimming Centre

EVENT 20 Womens Open 400m Freestyle

Senior: The Miller Trophy Junior: The Fox Trophy
 Qualifying Time: 4:56.40 (Senior and Junior)
 County Record: 4:04.96 (Sarah Hardcastle, Southend Synchro, 1985)
 Under 16 Record: 4:08.82 (Sarah Hardcastle, Southend Synchro, 1984)

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350	
1.	Phoebe HAYES	18	BorRedbridge	4:20.72	30.16	1:03.24	1:36.41	2:09.59	2:42.82	3:16.10	3:49.08	
2.	Poppy HILL	14	Bo Waltham F	4:31.19	30.86	1:04.52	1:38.78	2:13.54	2:47.91	3:22.76	3:57.55	
3.	Kelsey RICHARDS	16	BorRedbridge	4:34.41	31.74	1:05.82	1:40.48	2:15.51	2:50.34	3:25.38	4:00.46	
4.	Emily COLE	15	BorRedbridge	4:37.13	31.50	1:05.97	1:40.96	2:16.03	2:51.21	3:26.35	4:01.87	
5.	Nina WISEMAN	16	Braintree	4:39.06	31.74	1:06.34	1:41.43	2:17.27	2:53.31	3:29.03	4:05.12	
6.	Bethaney HALL	14	Romford Town	4:42.00	31.45	1:05.57	1:41.33	2:17.07	2:53.10	3:29.66	4:06.20	
7.	Harriette DAVIS	14	Romford Town	4:42.13	31.36	1:05.89	1:41.72	2:16.95	2:52.44	3:28.54	4:05.38	
8.	Sanaa AKBAR	14	Bo Waltham F	4:43.51	32.00	1:05.99	1:41.23	2:17.33	2:53.79	3:30.67	4:07.22	
9.	Kathryn PEARSE	13	Phoenix Bas	4:43.71	33.00	1:08.89	1:44.69	2:20.77	2:57.31	3:33.04	4:09.70	
10.	Katarina BLANCO	12	Bo Southend	4:43.82	32.86	1:08.94	1:45.18	2:21.12	2:57.19	3:33.44	4:09.78	
11.	Eleanor BEDWELL	16	BorRedbridge	4:43.99	31.87	1:06.83	1:42.76	2:18.84	2:55.33	3:31.82	4:08.40	
12.	Charley GALLAGHER	16	Southend	4:46.13	32.35	1:07.79	1:44.09	2:21.01	2:58.02	3:34.37	4:11.09	
13.	Catherine DEMONT	18	Bo Waltham F	4:46.52	32.11	1:07.13	1:43.18	2:19.66	2:56.49	3:33.39	4:10.39	
14.	Emma HASLER	13	Bo Waltham F	4:47.62	32.79	1:08.05	1:44.50	2:21.24	2:58.24	3:34.95	4:11.89	
15.	Johanna LINDBLOM	15	BorRedbridge	4:48.01	32.34	1:07.68	1:44.02	2:20.91	2:58.10	3:35.15	4:12.16	
16.	Elizabeth HARE	14	Bo Waltham F	4:49.79	32.80	1:08.58	1:45.01	2:21.81	2:58.73	3:35.70	4:13.38	
17.	Ellie TOWNLEY	14	Bo Southend	4:50.35	32.51	1:08.45	1:45.35	2:22.73	2:59.83	3:36.84	4:14.38	
18.	Helen MITCHELL	14	Braintree	4:53.83	32.04	1:07.43	1:43.63	2:20.54	2:58.04	3:36.41	4:15.34	
***** Event qualifying/standard time 04:56.40 *****												
19.	Karis ELLERBY	12	Bo Southend	5:02.93	34.06	1:11.02	1:49.74	2:28.37	3:07.74	3:46.95	4:26.00	
	Amy GORE	13	Romford Town	DQ	ST	33.14	1:09.76	1:47.73	2:25.99	3:04.49	3:43.00	4:21.28

EVENT 21 Mens Open 400m IM

Senior: The Vandome Trophy Junior: The Joe Wyatt Trophy
 Qualifying Time: 5:07.20 (Senior and Junior)
 County Record: 4:23.29 (Edward Clement, Killerwhales, 1998)
 Under 16 Record: 4:25.14 (Roberto Pavoni, Brentwood, 2007)

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Jonathan SAYER	19	Bo Southend	4:40.27	30.16	1:04.69	1:42.24	2:19.36	2:59.66	3:40.11	4:12.00
2.	Dean WOODCOCK	17	Chelmsford	4:41.77	29.89	1:04.62	1:40.94	2:16.05	2:56.88	3:38.18	4:10.74
3.	Sean TOMLIN	17	Bo Southend	4:43.73	29.87	1:04.94	1:40.42	2:15.01	2:58.09	3:42.04	4:13.08
4.	James DAVIS	16	Romford Town	4:43.85	30.35	1:05.49	1:43.02	2:19.10	3:00.59	3:41.79	4:14.06
5.	Charlie DENTITH	14	BorRedbridge	4:44.27	29.15	1:04.64	1:42.22	2:18.90	2:59.66	3:41.16	4:13.42
6.	Daniel SORRELL	15	Chelmsford	4:52.45	31.42	1:07.91	1:44.97	2:21.38	3:03.70	3:46.71	4:20.71
7.	Matthew WINNELL	16	Runnymede	4:55.48	31.98	1:08.75	1:45.69	2:21.80	3:03.92	3:48.37	4:22.19
8.	Alfie BURR	15	Romford Town	4:57.61	32.24	1:08.85	1:46.16	2:23.72	3:06.73	3:50.34	4:24.68

EVENT 22 Girl's 11/12 Yrs 200m Free.Team

Place	Name	A.G	Club	Time	50	100	150
1.	Chelmsford A		Chelmsford	2:01.25	29.91	1:01.37	1:33.09
2.	Braintree & Bocking SC		Braintree	2:03.16	31.62	1:02.92	1:33.35
3.	Romford Town SC		Romford Town	2:05.21	31.51	1:02.54	1:35.28
4.	Southend on Sea SC		Southend	2:05.63	32.01	1:02.90	1:35.52
5.	Borough of Southend A		Bo Southend	2:05.72	32.57	1:03.41	1:36.63
6.	Rochford & District SC		Rochford	2:05.96	32.19	1:03.51	1:36.38
7.	Colchester		Colchester	2:06.91	30.29	1:02.89	1:35.38
8.	London Borough of Redb		BorRedbridge	2:08.07	32.90	1:05.84	1:38.31
9.	Halstead		Halstead	2:09.22	32.77	1:04.93	1:37.81
10.	Runnymede A		Runnymede	2:09.91	30.41	1:05.02	1:38.61
11.	Brentwood A		Brentwood	2:10.63	32.30	1:06.71	1:38.70
12.	Basildon & District A		Basildon	2:13.06	33.04	1:07.24	1:39.38
12.	Phoenix (Basildon)		Phoenix Bas	2:13.06	33.63	1:06.48	1:39.05
14.	Killerwhales SC (Haver		Killerwhales	2:17.49	31.94	1:05.61	1:41.06
15.	Borough of Southend B		Bo Southend	2:17.89	34.31	1:08.31	1:43.87
16.	Brentwood B		Brentwood	2:22.64	34.99	1:09.18	1:44.57
17.	Runnymede B		Runnymede	2:22.94		1:10.74	1:48.17
18.	Chelmsford B		Chelmsford	2:23.22	33.80	1:10.76	1:48.07
19.	Thurrock A		Thurrock	2:28.86	32.50	1:13.42	1:53.12
	Romford Town SC		Romford Town	DNC			
	Basildon & District B		Basildon	DNC			

EVENT 23 Mens Open 100m Breaststroke

Senior: The Galaxy Trophy

Junior: The Clewes Trophy

Qualifying Time: 1:15.50 (Senior and Junior)

County Record: 1:03.14 (Lee Wightwick, Killerwhales, 2003)

Under 16 Record: 1:04.57 (Ian McKenzie, Braintree, 1988)

Place	Name	AaD	Club	Time	50
1.	Christian PARKER	16	Southend	1:10.87	33.26
2.	Dean BRUMBY	17	Rochford	1:11.16	33.36
3.	L CLIFFORD-STEPHENSON	16	Killerwhales	1:11.68	34.24
4.	George MORRIS	18	Bo Southend	1:12.25	33.45
5.	Jonathan SAYER	19	Bo Southend	1:12.57	34.51
6.	Sargon YOUSSEFI	19	Colchester	1:12.63	35.08
7.	Sean HOULIHAN	14	Romford Town	1:12.70	34.14
8.	Jake HARRISON	17	Romford Town	1:12.94	33.44
9.	James PATERSON	17	Clacton On S	1:13.44	34.25
10.	Charlie DENTITH	14	BorRedbridge	1:14.03	34.80
11.	Luke BOURNE	13	Rochford	1:14.75	35.57
12.	Tom WEBB	15	Killerwhales	1:14.79	35.14

EVENT 24 Womens Open 100m IM

Senior: The Howkins Trophy

Junior: The Kath Bourne Trophy

Qualifying Time: 1:14.00 (Senior and Junior)

County Record: 1:06.00 (Standard)

Under 16 Record: 1:07.18 (Rachel Leong, Bo Waltham F, 2006)

Place	Name	AaD	Club	Time	50
1.	Verity GOODEY	17	Bo Southend	1:09.33	32.68
2.	Sophie DRAKE	16	Canvey Isl	1:10.06	31.58
3.	Nicole RAYMOND	16	Romford Town	1:11.43	33.00
4.	Elena SHERIDAN	14	Romford Town	1:11.54	33.83
5.	Chloe DAVIS	15	Runnymede	1:11.67	32.82
6.	Stephanie MALCOLM	14	Bo Waltham F	1:11.81	32.73
7.	Kelsey RICHARDS	16	BorRedbridge	1:11.97	33.39
8.	Kalei ANDREWS	18	Killerwhales	1:12.23	32.86
9.	Amelia KNOWLES	13	Southend	1:12.54	32.66
10.	Evangelina FISHER	15	Chelmsford	1:12.55	34.11
11.	Bethaney HALL	14	Romford Town	1:12.65	34.52
12.	Jessica PARK	15	Halstead	1:13.17	33.85
13.	Emily COLE	15	BorRedbridge	1:13.26	34.36
14.	Hannah TRAVELL	13	Braintree	1:13.80	34.74
15.	Ellie TRIPP	13	Colchester	1:13.81	34.86
***** Event qualifying/standard time 01:14.00 *****					
16.	Henny ANDREWS	19	Killerwhales	1:14.06	34.50
17.	Melissa KNIGHTON	14	Runnymede	1:14.31	33.51
18.	Jessica LAMBERT	14	BorRedbridge	1:15.14	33.92
19.	Charley GALLAGHER	16	Southend	1:15.22	36.31
20.	Rachael FRANKLIN	16	Brentwood	1:15.28	35.67
21.	Eliza DUFFY	12	Chelmsford	1:15.46	35.72
21.	Amy GORE	13	Romford Town	1:15.46	36.87
	Charlotte KENYON	13	Epping For't	DNC	
	Rachel WELSH	15	Romford Town	DQ	ST-

EVENT 25 Boy's 11/12 Yrs 200m Medley Team

Place	Name	Club	Time	50	100	150
1.	Colchester	Colchester	2:19.58	32.00	1:13.05	1:47.21
2.	Chelmsford A	Chelmsford	2:20.76	36.08	1:14.33	1:48.04
3.	Basildon & District A	Basildon	2:23.28	37.74	1:18.57	1:50.11
4.	Killerwhales A	Killerwhales	2:24.89	38.26	1:17.93	1:51.68
5.	Romford Town SC	Romford Town	2:25.02	37.74	1:19.19	1:54.64
6.	Rochford & District SC	Rochford	2:29.06	37.97	1:21.99	1:55.79
7.	Bor of Waltham Forest	Bo Waltham F	2:30.47	39.59	1:24.36	1:58.11
8.	Southend on Sea SC	Southend	2:30.61	36.89	1:18.55	1:56.82
9.	Brentwood A	Brentwood	2:31.50	40.51	1:27.62	2:01.29
10.	Romford Town SC	Romford Town	2:32.48	39.77	1:23.12	1:58.24
11.	Halstead	Halstead	2:32.91	42.88	1:25.22	2:01.88
12.	Runnymede A	Runnymede	2:33.35	36.70	1:20.70	1:58.82
13.	Borough of Southend SC	Bo Southend	2:34.76	39.00	1:21.92	1:57.42
14.	Chelmsford B	Chelmsford	2:34.91	39.88	1:24.07	1:59.52
15.	Thurrock A	Thurrock	2:36.25	39.85	1:22.94	2:00.11
16.	Killerwhales B	Killerwhales	2:36.56	40.57	1:26.32	2:02.98
17.	Phoenix (Basildon)	Phoenix Bas	2:39.72	43.84	1:29.23	2:07.56
18.	Runnymede B	Runnymede	2:59.20	43.74	1:33.45	2:18.59

EVENT 26 Womens Open 200m Backstroke
Senior: The Pitt Trophy Junior: The Arnot Trophy
Qualifying Time: 2:38.50 (Senior and Junior)
County Record: 2:14.72 (Clare Carter, Braintree, 1998)
Under 16 Record: 2:18.41 (Clare Carter, Braintree, 1998)

Place	Name	AaD	Club	Time	50	100	150
1.	Phoebe HAYES	18	BorRedbridge	2:23.85	33.91	1:10.75	1:47.67
2.	Stephanie MALCOLM	14	Bo Waltham F	2:24.14	33.83	1:10.69	1:47.83
3.	Chloe DAVIS	15	Runnymede	2:27.29	34.94	1:12.32	1:50.31
4.	Amy MURFITT	16	Basildon	2:27.33	35.05	1:12.49	1:50.36
5.	Molly SPARKS	13	Killerwhales	2:27.77	34.83	1:12.30	1:50.46
6.	Kathryn PEARSE	13	Phoenix Bas	2:28.04	34.39	1:11.89	1:50.79
7.	Sophie COPPER	15	BorRedbridge	2:28.07	34.35	1:11.66	1:50.02
8.	Katinka MERCHAN	17	Killerwhales	2:28.27	34.27	1:12.85	1:51.93
9.	Harriette DAVIS	14	Romford Town	2:28.54	34.55	1:11.41	1:50.14
10.	Rachel WELSH	15	Romford Town	2:29.28	34.78	1:13.11	1:51.63
11.	Melissa KNIGHTON	14	Runnymede	2:29.92	35.27	1:13.11	1:52.88
12.	Rebekah BOOTY	13	Braintree	2:31.45	36.52	1:15.34	1:54.26
13.	Sarah LARNER	16	Colchester	2:33.33	35.22	1:13.62	1:53.55
14.	Jessica LAMBERT	14	BorRedbridge	2:34.34	36.56	1:16.32	1:55.75
15.	Georgia SHAW	16	Killerwhales	2:35.41	35.66	1:14.79	1:55.53
16.	Evangelina FISHER	15	Chelmsford	2:35.63	37.24	1:16.57	1:57.00
17.	Elizabeth HARE	14	Bo Waltham F	2:36.06	37.26	1:16.18	1:56.51
18.	Johanna LINDBLOM	15	BorRedbridge	2:36.16	37.08	1:16.57	1:56.83
19.	Charlotte PETERS	15	Chelmsford	2:36.71	37.20	1:16.76	1:56.85
20.	Katarina BLANCO	12	Bo Southend	2:36.82	36.38	1:16.71	1:57.47
21.	Jessica PARK	15	Halstead	2:37.97	36.43	1:15.81	1:56.77
22.	Louise-jayne WATTS	15	Colchester	2:38.17	37.71	1:17.48	1:58.16
***** Event qualifying/standard time 02:38.50 *****							
23.	Katie WILLIS	13	Southend	2:39.13	37.18	1:17.08	1:58.18
	Charlotte KENYON	13	Epping For't	DNC			
	Aimee FAHEY	14	Epping For't	DNC			

EVENT 27 Mens Open 50m Backstroke
Senior: The Eddy Trophy Junior: The Whitehead Trophy
Qualifying Time: 30.80 (Senior and Junior)
County Record: 26.15 (Martin Carl, Redbridge, 1994)
Under 16 Record: 28.02 (Daniel Stepton, Becontree, 2007)

Place	Name	AaD	Club	Time
1.	Lee PETERSON	35	Braintree	28.39
2.	Daniel STEPTON	18	Romford Town	28.48
3.	Sean TOMLIN	17	Bo Southend	29.33
4.	Charlie POND THOMPSON	16	Southend	29.92
5.	Thomas HALE	16	Brentwood	30.05
6.	Michael GRACE	16	Phoenix Bas	30.17
7.	Lewis DEFREITAS-ARCHER	16	BorRedbridge	30.26
8.	Tom WEBB	15	Killerwhales	30.28
9.	Daniel COOPER	15	Halstead	30.38
***** Event qualifying/standard time 00:30.80 *****				
10.	Matthew WINNELL	16	Runnymede	30.90

EVENT 28 Womens Open 200m Butterfly
Senior: The Marigold Trophy Junior: The Campbell-Johnston Trophy
Qualifying Time: 2:39.40 (Senior and Junior)
County Record: 2:12.73 (Louise Gowens, Bo Southend, 2003)
Under 16 Record: 2:19.62 (Dawn Palmer, Killerwhales, 1991)

This event was swum as a straight final at the end of the session

EVENT 29 Mens Open 100m Freestyle

Senior: The Cook Trophy

Junior: The Child Trophy

Qualifying Time: 58.70 (Senior and Junior)

County Record: 48.97 (Mark Foster, Bo Southend, 1987)

Under 16 Record: 50.81 (Mark Foster, Southend Sync, 1986)

Place	Name	AaD	Club	Time	50
1.	Allen LINDENBERG	20	Bo Waltham F	52.30	25.44
2.	Dean SMITH	18	BorRedbridge	53.93	26.15
3.	L CLIFFORD-STEPHENSON	16	Killerwhales	54.31	26.28
4.	Jonathan SAYER	19	Bo Southend	54.32	26.61
5.	Elliott HILL	15	Bo Waltham F	54.76	26.48
6.	Alex KEATING	16	Bo Waltham F	54.92	26.54
7.	Christopher INCH	17	BorRedbridge	54.99	26.88
8.	Daniel STEPTON	18	Romford Town	55.18	26.41
9.	Jamie HARRINGTON	18	Romford Town	55.21	26.72
10.	Tom WEBB	15	Killerwhales	55.34	27.04
11.	Sargon YOUSSEFI	19	Colchester	55.39	26.65
12.	Ben HOLLIS	16	BorRedbridge	55.40	26.69
13.	Jonathan LINES	15	Chelmsford	55.81	26.80
14.	Christopher STAMP	17	BorRedbridge	56.02	26.71
15.	Michael GRACE	16	Phoenix Bas	56.47	27.86
16.	Timothy EVANS	17	Southend	56.49	27.81
17.	Thomas TOOLIS	16	Romford Town	56.62	26.97
18.	Henry MAHER	14	Epping For't	57.14	27.21
19.	George MORRIS	18	Bo Southend	57.21	27.41
20.	Daniel SORRELL	15	Chelmsford	57.43	27.54
21.	Jake HARRISON	17	Romford Town	57.47	27.62
22.	Danny BAKER	15	Rochford	57.51	27.89
23.	Charlie DENTITH	14	BorRedbridge	57.66	27.76
24.	Christopher MITCHELL	15	Epping For't	57.74	27.24
25.	Lee BAKER	10	Epping For't	57.76	27.44
26.	Ben ROOTS	15	Chelmsford	57.88	27.72
27.	James WINNELL	15	Runnymede	58.10	28.35
28.	Reece PARKER	14	Southend	58.29	28.39
***** Event qualifying/standard time 00:58.70 *****					
29.	Thomas HALE	16	Brentwood	58.75	28.10
30.	Sean TOMLIN	17	Bo Southend	58.80	27.43

EVENT 30 Womens Open 50m Freestyle

Senior: The Pratten Trophy

Junior: The Coote Trophy

Qualifying Time: 29.70 (Senior and Junior)

County Record: 26.61 (Sophie Drake, Canvey Isl 2008)

Under 16 Record: 26.61 (Sophie Drake, Canvey Isl 2008)

Place	Name	AaD	Club	Time
1.	Marissa POSNETT	14	Epping For't	27.55
2.	Sophie DRAKE	16	Canvey Isl	27.68
3.	Phoebe HAYES	18	BorRedbridge	28.13
4.	Nicole RAYMOND	16	Romford Town	28.29
5.	Verity GOODEY	17	Bo Southend	28.32
6.	Amy MURFITT	16	Basildon	28.82
7.	Stephanie MALCOLM	14	Bo Waltham F	28.98
8.	Catherine DEMONT	18	Bo Waltham F	29.26
9.	Emily COLE	15	BorRedbridge	29.31
10.	Amy ROOT	16	Halstead	29.33
11.	Ellie TRIPP	13	Colchester	29.38
12.	Amelia KNOWLES	13	Southend	29.40
13.	Chloe DAVIS	15	Runnymede	29.44
14.	Eleanor BEDWELL	16	BorRedbridge	29.60
15.	Rachel WELSH	15	Romford Town	29.63
***** Event qualifying/standard time 00:29.70 *****				
16.	Charley GALLAGHER	16	Southend	29.87
17.	Jessica PARK	15	Halstead	30.07
18.	Henny ANDREWS	19	Killerwhales	30.64
	Katinka MERCHAN	17	Killerwhales	DNC
	Katie WILLIS	13	Southend	DNC
	Charlotte KENYON	13	Epping For't	DNC

FINALS

EVENT 31 FINAL OF EVENT 22

Girl's 11/12 Yrs 200m Free.Team

Place	Name	A.G	Club	Time	50	100	150
1.	Chelmsford A		Chelmsford	2:01.65	30.00	1:01.09	1:32.95
2.	Braintree & Bocking SC		Braintree	2:03.29	31.72	1:02.87	1:33.37
3.	Romford Town SC		Romford Town	2:05.20	31.80	1:02.98	1:35.75
4.	Borough of Southend A		Bo Southend	2:05.51	32.73	1:03.59	1:36.51
5.	Rochford & District SC		Rochford	2:05.87	32.38	1:03.14	1:36.04
5.	Southend on Sea SC		Southend	2:05.87	32.29	1:03.09	1:36.26
7.	Colchester		Colchester	2:06.83	30.13	1:02.48	1:34.95
8.	London Borough of Redb		BorRedbridge	2:08.51	32.49	1:05.50	1:38.30

EVENT 32 FINAL OF EVENT 25

Boy's 11/12 Yrs 200m Medley Team

Place	Name	A.G	Club	Time	50	100	150
1.	Chelmsford A		Chelmsford	2:19.73	36.44	1:13.87	1:47.72
2.	Colchester		Colchester	2:19.76	32.41	1:14.04	1:47.86
3.	Romford Town SC		Romford Town	2:22.42	37.02	1:17.15	1:52.57
4.	Basildon & District A		Basildon	2:22.70	37.42	1:18.37	1:49.39
5.	Killerwhales A		Killerwhales	2:25.14	38.53	1:18.38	1:52.08
6.	Rochford & District SC		Rochford	2:29.40	38.06	1:22.23	1:56.37
7.	Bor of Waltham Forest		Bo Waltham F	2:30.84	41.16	1:25.27	1:58.33
8.	Southend on Sea SC		Southend	2:32.89	37.04	1:19.94	1:58.71

EVENT 33 FINAL OF EVENT 24

Womens Open 100m IM

Place	Name	AaD	Club	Time	50
1.	Verity GOODEY	17	Bo Southend	1:06.14	31.39
2.	Sophie DRAKE	16	Canvey Isl	1:06.46	30.71
3.	Nicole RAYMOND	16	Romford Town	1:10.10	32.64
4.	Kelsey RICHARDS	16	BorRedbridge	1:10.77	33.07
5.	Kalei ANDREWS	18	Killerwhales	1:11.11	32.82
6.	Chloe DAVIS	15	Runnymede	1:11.66	33.08
7.	Elena SHERIDAN	14	Romford Town	1:12.48	33.75
8.	Stephanie MALCOLM	14	Bo Waltham F	1:14.37	33.93

EVENT 34 FINAL OF EVENT 23

Mens Open 100m Breaststroke

Place	Name	AaD	Club	Time	50
1.	Sargon YOUSSEFI	19	Colchester	1:07.02	31.70
2.	Jonathan SAYER	19	Bo Southend	1:08.52	33.12
3.	L CLIFFORD-STEPHENSON	16	Killerwhales	1:08.63	32.18
4.	Jake HARRISON	17	Romford Town	1:10.63	33.23
5.	Christian PARKER	16	Southend	1:10.65	33.11
6.	Dean BRUMBY	17	Rochford	1:10.93	33.26
7.	George MORRIS	18	Bo Southend	1:11.01	33.27
8.	Sean HOULIHAN	14	Romford Town	1:12.94	34.07

EVENT 35 FINAL OF EVENT 26

Womens Open 200m Backstroke

Place	Name	AaD	Club	Time	50	100	150
1.	Phoebe HAYES	18	BorRedbridge	2:20.56	32.92	1:08.77	1:44.83
2.	Stephanie MALCOLM	14	Bo Waltham F	2:24.37	33.80	1:09.78	1:47.24
3.	Amy MURFITT	16	Basildon	2:27.04	34.62	1:12.02	1:50.01
4.	Molly SPARKS	13	Killerwhales	2:27.70	34.88	1:12.43	1:50.48
5.	Sophie COPPER	15	BorRedbridge	2:29.30	34.87	1:12.69	1:51.30
6.	Kathryn PEARSE	13	Phoenix Bas	2:29.42	34.27	1:12.51	1:51.06
7.	Chloe DAVIS	15	Runnymede	2:30.44	34.80	1:12.70	1:51.66
8.	Katinka MERCHAN	17	Killerwhales	2:30.71	33.77	1:12.85	1:51.91

EVENT 36 FINAL OF EVENT 27**Mens Open 50m Backstroke**

Place	Name	AaD	Club	Time
1.	Daniel STEPTON	18	Romford Town	27.14
2.	Lee PETERSON	35	Braintree	28.07
3.	Charlie POND THOMPSON	16	Southend	28.84
4.	Sean TOMLIN	17	Bo Southend	29.07
5.	Michael GRACE	16	Phoenix Bas	29.81
6.	Tom WEBB	15	Killerwhales	30.10
7.	Lewis DEFREITAS-ARCHER	16	BorRedbridge	30.19
8.	Daniel COOPER	15	Halstead	30.42

EVENT 37 FINAL OF EVENT 28**Womens Open 200m Butterfly**

Place	Name	AaD	Club	Time	50	100	150
1.	Elena SHERIDAN	14	Romford Town	2:19.70	32.48	1:07.92	1:43.87
2.	Amelia KNOWLES	13	Southend	2:26.21	33.04	1:10.53	1:48.87
3.	Kalei ANDREWS	18	Killerwhales	2:27.18	33.01	1:10.12	1:48.99
4.	Louise HARRINGTON	15	Romford Town	2:29.83	33.81	1:12.10	1:50.94
5.	Sanaa AKBAR	14	Bo Waltham F	2:30.37	33.13	1:11.17	1:51.23
6.	Eleanor PIRRIE	12	Runnymede	2:32.02	33.85	1:12.03	1:51.80
7.	Nina WISEMAN	16	Braintree	2:35.84	33.95	1:13.17	1:54.19
8.	Brock WHISTON	13	Romford Town	2:43.28	36.33	1:19.33	2:01.73

EVENT 38 FINAL OF EVENT 29**Mens Open 100m Freestyle**

Place	Name	AaD	Club	Time	50
1.	Allen LINDENBERG	20	Bo Waltham F	50.16	24.31
2.	Dean SMITH	18	BorRedbridge	51.95	24.92
3.	L CLIFFORD-STEPHENSON	16	Killerwhales	54.33	26.54
4.	Jonathan SAYER	19	Bo Southend	54.54	26.95
5.	Daniel STEPTON	18	Romford Town	54.59	26.36
6.	Christopher INCH	17	BorRedbridge	54.74	26.93
7.	Elliott HILL	15	Bo Waltham F	55.01	26.65
8.	Alex KEATING	16	Bo Waltham F	55.13	26.57

EVENT 39 FINAL OF EVENT 30**Womens Open 50m Freestyle/Skins**

Place	Name	AaD	Club	Time
1.	Sophie DRAKE	16	Canvey Isl	26.72
2.	Verity GOODEY	17	Bo Southend	27.15
3.	Marissa POSNETT	14	Epping Fort	27.74
4.	Phoebe HAYES	18	BorRedbridge	28.26
5.	Stephanie MALCOLM	14	Bo Waltham F	28.62
6.	Nicole RAYMOND	16	Romford Town	28.90
7.	Amy MURFITT	16	Basildon	29.06
8.	Catherine DEMONT	18	Bo Waltham F	29.19