

ECASA AGE GROUPS 2010
Under ASA Laws & ASA Technical Rules of Swimming
6th March 2010 Session - 10
at Braintree Swimming centre

EVENT 123 Womens Open 400m Medley Team

Full Results

Place	Name	A.G	Club	Time	FINA Pt			
1.	Romford Town A		Romford Town	4:34.85				
	50m	100m	150m	200m	250m	300m	350m	400m
	33.63	1:09.10	1:45.33	2:26.42	2:56.50	3:31.59	4:01.23	4:34.85
2.	Killerwhales		Killerwhales	4:40.18				
	50m	100m	150m	200m	250m	300m	350m	400m
	32.54	1:07.73	1:46.04	2:30.32	3:01.53	3:37.14	4:07.69	4:40.18
3.	Borough of Waltham For		Bo Waltham F	4:40.19				
	50m	100m	150m	200m	250m	300m	350m	400m
	31.85	1:05.93	1:43.78	2:27.88	2:59.86	3:37.23	4:07.54	4:40.19
4.	Thurrock Swimming Club		Thurrock	4:40.54				
	50m	100m	150m	200m	250m	300m	350m	400m
	34.38	1:10.85	1:48.38	2:29.43	3:01.63	3:37.43	4:08.11	4:40.54
5.	Borough of Southend A		Bo Southend	4:40.56				
	50m	100m	150m	200m	250m	300m	350m	400m
	36.51	1:15.82	1:53.57	2:36.36	3:05.97	3:39.80	4:09.20	4:40.56
6.	Redbridge		BorRedbridge	4:42.39				
	50m	100m	150m	200m	250m	300m	350m	400m
	34.04	1:10.44	1:48.44	2:31.18	3:02.68	3:40.47	4:10.03	4:42.39
7.	Braintree & Bocking		Braintree	4:44.41				
	50m	100m	150m	200m	250m	300m	350m	400m
	32.12	1:05.74	1:44.14	2:29.11	3:02.09	3:40.63	4:10.53	4:44.41

EVENT 137 Boys 15 Yrs 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Edward CLARK	15	Halstead	33.78	478
2.	Charlie DENTITH	15	BorRedbridge	34.04	467
3.	Harry PAYNE	15	Thurrock	34.70	441
4.	Luke HEPTONSTALL	15	Colchester	34.98	430
5.	Thomas JOHNSON	15	Brentwood	35.52	411
6.	Thomas CLARK	15	Romford Town	35.91	398
7.	Danny BAKER	15	Rochford	35.97	396
8.	REECE PARKER	15	Southend	36.14	390
9.	Jack BYFIELD	15	Phoenix Bas	36.26	386
10.	Charlie SELF	15	Rochford	37.79	341
	Niall GANDY	15	Bo Waltham F	DNC	
	Daniel SORRELL	15	Chelmsford	DNC	

EVENT 133 Boys 17 Yrs/Over 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	CHRISTIAN PARKER	17	Southend	31.89	568
2.	Dean SMITH	18	BorRedbridge	32.18	553
3.	Jonathan SAYER	19	Bo Southend	32.85	520
4.	Thomas ROOTSEY	19	Colchester	33.00	513
5.	Daniel STEPTON	18	Romford Town	33.10	508
6.	Christopher INCH	17	BorRedbridge	33.22	502
7.	Joseph MACKAY	18	Colchester	33.54	488
8.	James MITCHELL	17	Thurrock	33.84	475
9.	James PATERSON	17	Clacton On S	33.92	472
10.	Dean WOODCOCK	17	Chelmsford	34.15	463
11.	James DAVIS	17	Romford Town	34.34	455
12.	Simon VIPOND	17	Colchester	34.41	452
13.	Dean BRUMBY	17	Rochford	34.58	445
14.	Conor HARROLD	17	Thurrock	35.04	428
	Christopher STAMP	17	BorRedbridge	DNC	

EVENT 312 Girls 14 Yrs/Over 100m Backstroke**14 Yrs Age Group –**

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Stephanie MALCOLM	14	Bo Waltham F	1:07.01	614	32.37
2.	Jessica LAMBERT	14	BorRedbridge	1:09.56	549	33.55
3.	Melissa KNIGHTON	14	Runnymede	1:09.73	545	34.46
4.	Elena SHERIDAN	14	Romford Town	1:10.05	538	34.35
5.	Amelia KNOWLES	14	Southend	1:10.32	532	33.97
6.	Rebekah BOOTY	14	Braintree	1:11.15	513	34.70
7.	Bethaney HALL	14	Romford Town	1:11.54	505	35.04
8.	Alana JONES	14	Chelmsford	1:11.73	501	34.75
9.	Elizabeth HARE	14	Bo Waltham F	1:12.05	494	35.30
10.	Aimee FAHEY	14	Epping For't	1:12.73	481	35.30
11.	Emma HALL	14	Canvey Isl	1:12.74	480	34.75
12.	Sanaa AKBAR	14	Bo Waltham F	1:12.77	480	35.61
13.	Keri STROUD	14	Phoenix Bas	1:13.46	466	35.39
14.	Faye BRUMBY	14	Rochford	1:13.75	461	36.06
15.	Emily BULLEID	14	Braintree	1:14.27	451	36.62
16.	Chloe TOMSETT	14	Brentwood	1:14.41	449	36.24
17.	Amy BEARDWELL-LACEY	14	Romford Town	1:14.48	448	36.56
18.	Katie WILLIS	14	Southend	1:14.55	446	35.80
19.	Ellie SMITH	14	Runnymede	1:15.46	430	36.20
20.	Helen MITCHELL	14	Braintree	1:15.58	428	36.42
21.	Kaying TAM	14	Canvey Isl	1:16.50	413	36.00
22.	Paige YOUNG	14	Colchester	1:17.09	404	37.58

15 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Harriette DAVIS	15	Romford Town	1:08.83	567	33.35
2.	Sophie COPPER	15	BorRedbridge	1:10.46	529	34.29
3.	Rachel WELSH	15	Romford Town	1:10.81	521	33.75
4.	Evangelina FISHER	15	Chelmsford	1:11.43	507	35.05
5.	Marissa POSNETT	15	Epping For't	1:11.68	502	34.44
6.	Emily COLE	15	BorRedbridge	1:12.37	488	35.36
7.	Grace SANDERSON	15	Colchester	1:12.72	481	35.51
8.	Gemma WASS	15	Colchester	1:13.67	462	35.88
9.	Erin MCGILL	15	Brentwood	1:14.73	443	36.44
	Laura WHITE	15	FirstStrokes	DNC		

16 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Chloe DAVIS	16	Runnymede	1:06.79	621	32.73
2.	Kelsey RICHARDS	16	BorRedbridge	1:08.25	582	33.28
3.	Jessica PARK	16	Halstead	1:09.84	543	33.24
4.	Sarah LARNER	16	Colchester	1:09.85	543	33.89
5.	Eleanor BEDWELL	16	BorRedbridge	1:11.44	507	34.93
6.	Amy MURFITT	16	Basildon	1:11.50	506	34.11
7.	Kerriann CHIPPERFIELD	16	Thurrock	1:12.15	492	34.70
8.	Charlotte PETERS	16	Chelmsford	1:13.06	474	35.57
9.	Nina WISEMAN	16	Braintree	1:13.66	463	35.85

17 Yrs/Over Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Sophie DRAKE	17	Canvey Isl	1:05.97	644	31.93
2.	Katinka MERCHAN	17	Killerwhales	1:07.05	613	32.60
3.	Verity GOODEY	18	Bo Southend	1:08.16	584	32.83
4.	Kalei ANDREWS	18	Killerwhales	1:10.15	536	33.74
5.	Jessica FORD	19	Thurrock	1:10.17	535	34.76
6.	Charlotte DELICATA	18	Thurrock	1:11.31	510	35.13
7.	Rachael FRANKLIN	17	Brentwood	1:12.35	488	35.31
8.	Georgia SHAW	17	Killerwhales	1:14.89	440	35.83

EVENT 311 Boys 12/14 Yrs 100m IM

12 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Nathan LEONG	12	Bo Waltham F	1:09.70	416
2.	Aidan ROBINSON	12	Basildon	1:13.75	351
3.	Harvey BROWN	12	Phoenix Bas	1:14.06	347
4.	Connor KEARNS	12	Killerwhales	1:14.40	342
5.	James DAY	12	Thurrock	1:15.16	332
6.	Sam BISHOP	12	Romford Town	1:16.30	317
7.	BILLY MAYNARD	12	Southend	1:17.17	306
8.	Kenneth MAN	12	BorRedbridge	1:17.61	301
9.	Matthew PARSONS	12	Colchester	1:18.22	294
10.	Russell BECK	12	Rochford	1:18.82	288
11.	Luke SHERIDAN	12	Romford Town	1:18.88	287
12.	Theo PARK	12	Halstead	1:19.07	285
13.	Charlie FOX	12	Killerwhales	1:19.10	285
14.	David FRYATT	12	Braintree	1:20.02	275
15.	Morgan BROWN	12	BorRedbridge	1:20.62	269
16.	Salaam MOTIN	12	Thurrock	1:20.65	269
	Kalaam MOTIN	12	Thurrock	DQ ST-	
	Thomas BADLEY	12	Havering Dol	DQ ST-	
	Jack KEANE	12	FirstStrokes	DQ T-	

13 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Luke BOURNE	13	Rochford	1:05.24	507
2.	Rory GEOGHEGAN	13	Bo Southend	1:07.91	450
3.	Jim VICKERS	13	Colchester	1:07.99	448
4.	Matthew LEMNELL	13	Colchester	1:08.33	441
5.	Luke DURBAN	13	Braintree	1:08.42	440
6.	Thomas MCLAGAN	13	Braintree	1:08.73	434
7.	Barton TOWNLEY	13	Bo Southend	1:09.12	427
8.	Harry GEGGUS	13	Thurrock	1:09.47	420
9.	Jarrod BRADFIELD	13	Clacton On S	1:10.56	401
10.	Tommy WILLIS	13	Bo Waltham F	1:11.58	384
11.	Arjun ROBERTSON	13	Bo Waltham F	1:11.79	381
12.	Wesley BRAME	13	Brentwood	1:12.19	374
13.	Charles STURLEY	13	Romford Town	1:13.18	359
14.	Augustus VEASEY	13	Chelmsford	1:13.24	359
15.	Harrison SADLER	13	FirstStrokes	1:13.30	358
16.	Aiden ROBINSON	13	Killerwhales	1:13.60	353
17.	Samuel KELLY	13	BorRedbridge	1:14.35	343
18.	Damian GREEN	13	Colchester	1:14.58	340
19.	Murphy TALBOT	13	Runnymede	1:14.70	338
20.	Isaac ALDRIDGE	13	Harwich DP	1:15.26	330
21.	Matthew THOMPSON	13	Maldon Shark	1:15.37	329
22.	Daniel LEE	13	Canvey Isl	1:15.55	327
23.	Matthew ALEXANDER	13	Killerwhales	1:16.56	314
24.	Guy HARRISON	13	Colchester	1:18.38	293
	Alexander HAINES	13	Brentwood	DNC	

14 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Sean HOULIHAN	14	Romford Town	1:05.45	502
2.	Hayden THOMAS	14	Epping For't	1:07.00	468
3.	Lee BAKER	14	Epping For't	1:07.12	466
4.	James ROOME	14	Killerwhales	1:07.31	462
5.	Henry MAHER	14	Epping For't	1:07.33	461
6.	Joseph STAMP	14	BorRedbridge	1:07.54	457
7.	Gareth HAWKINS	14	Thurrock	1:07.82	452
8.	George FOLEY	14	Romford Town	1:07.86	451
9.	Harry COKER	14	Romford Town	1:07.87	451
10.	George CROW	14	Killerwhales	1:07.91	450
11.	Jack CARTER	14	Southend	1:08.08	446
12.	Charles O'CONNOR	14	FirstStrokes	1:08.17	445
13.	Sonny TRIGG	14	Colchester	1:08.31	442
14.	Sonny FORD	14	Thurrock	1:08.59	436
15.	Lawrence BROWN	14	BorRedbridge	1:08.91	430
16.	Freddy CASSFORD	14	Epping For't	1:08.98	429
17.	Zachary MASHFORD	14	Rochford	1:09.33	423
18.	Joshua INWOOD	14	Basildon	1:10.27	406
19.	Bradley CLARKE	14	Thurrock	1:11.98	378

20. Joshua ROGERS 14 Romford Town 1:12.61 368
 Samuel HOBBS 14 Clacton On S DQ T-

EVENT 310 Girls 11/13 Yrs 1500m Freestyle

11 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time				FINA Pt
1.	Amrita ROBERTSON	11	Bo Waltham F	18:57.36			576	
	50m	100m	150m	200m	300m	400m	350m	400m
	34.14	1:11.78	1:49.58	2:28.28	3:06.53	3:44.55	4:22.74	5:00.64
	450m	500m	550m	600m	650m	700m	750m	800m
	5:39.03	6:16.40	6:54.76	7:32.67	8:10.52	8:48.44	9:27.11	10:04.40
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:42.50	11:21.10	11:59.43	12:37.86	13:16.63	13:54.86	14:33.25	15:11.42
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:50.02	16:28.38	17:06.88	17:44.31	18:21.41	18:57.36		
2.	Bethan MCELROY	11	Canvey Isl	19:18.96			544	
	50m	100m	150m	200m	300m	400m	350m	400m
	35.77	1:13.52	1:51.75	2:30.01	3:08.54	3:47.02	4:26.03	5:05.00
	450m	500m	550m	600m	650m	700m	750m	800m
	5:43.66	6:22.51	7:01.55	7:40.51	8:19.39	8:58.29	9:37.96	10:18.04
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:57.32	11:36.11	12:15.44	12:54.01	13:32.02	14:11.02	14:49.30	15:28.07
	1250m	1300m	1350m	1400m	1450m	1500m		
	16:06.80	16:45.32	17:24.08	18:03.16	18:42.22	19:18.96		
3.	Danica BRAZIER	11	Chelmsford	20:16.07			471	
	50m	100m	150m	200m	300m	400m	350m	400m
	35.65	1:15.28	1:56.19	2:36.31	3:16.97	3:57.19	4:37.58	5:17.71
	450m	500m	550m	600m	650m	700m	750m	800m
	5:57.89	6:37.61	7:17.70	7:58.10	8:38.52	9:19.12	10:00.00	10:40.75
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	11:21.59	12:02.97	12:44.14	13:25.37	14:06.41	14:47.59	15:29.58	16:11.11
	1250m	1300m	1350m	1400m	1450m	1500m		
	16:52.74	17:33.86	18:15.04	18:56.47	19:36.88	20:16.07		
4.	Ciara PURCELL	11	BorRedbridge	20:23.23			463	
	50m	100m	150m	200m	300m	400m	350m	400m
	35.79	1:14.63	1:54.90	2:34.71	3:15.01	3:55.95	4:36.35	5:16.86
	450m	500m	550m	600m	650m	700m	750m	800m
	5:57.22	6:37.76	7:19.04	7:59.78	8:41.03	9:23.41	10:04.80	10:46.07
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	11:27.53	12:09.74	12:51.52	13:33.64	14:15.38	14:57.19	15:37.48	16:19.09
	1250m	1300m	1350m	1400m	1450m	1500m		
	17:00.50	17:42.35	18:23.42	19:04.37	19:44.58	20:23.23		
5.	Ellie MITCHELL	11	Runnymede	20:26.37			459	
	50m	100m	150m	200m	300m	400m	350m	400m
	36.65	1:16.75	1:57.46	2:38.38	3:19.00	4:00.07	4:40.91	5:22.54
	450m	500m	550m	600m	650m	700m	750m	800m
	6:03.53	6:45.29	7:26.43	8:07.62	8:48.96	9:31.45	10:12.96	10:54.70
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	11:37.13	12:19.49	13:03.17	13:46.67	14:28.81	15:10.45	15:51.39	16:31.65
	1250m	1300m	1350m	1400m	1450m	1500m		
	17:12.58	17:52.44	18:32.32	19:11.47	19:50.51	20:26.37		
6.	Sophie WARD	11	Romford Town	20:29.54			456	
	50m	100m	150m	200m	300m	400m	350m	400m
	36.48	1:16.30	1:56.61	2:36.68	3:16.77	3:57.37	4:37.75	5:18.19
	450m	500m	550m	600m	650m	700m	750m	800m
	5:58.62	6:39.63	7:20.49	8:01.94	8:43.86	9:25.63	10:07.97	10:50.12
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	11:32.37	12:14.45	12:56.48	13:39.12	14:22.06	15:04.47	15:45.71	16:27.66
	1250m	1300m	1350m	1400m	1450m	1500m		
	17:09.00	17:50.75	18:31.39	19:11.99	19:51.02	20:29.54		
7.	Alice WANG	11	Epping For't	20:44.39			440	
	50m	100m	150m	200m	300m	400m	350m	400m
	36.81	1:17.64	1:59.07	2:40.41	3:21.65	4:02.91	4:44.37	5:26.21
	450m	500m	550m	600m	650m	700m	750m	800m
	6:07.85	6:49.32	7:30.97	8:12.50	8:54.52	9:36.35	10:18.21	11:00.08
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	11:42.23	12:24.05	13:05.40	13:47.11	14:28.39	15:10.34	15:52.50	16:34.49
	1250m	1300m	1350m	1400m	1450m	1500m		
	17:17.15	17:59.49	18:41.97	19:23.63	20:05.17	20:44.39		

12 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time			FINA Pt	Event Best Time
1.	Kayleigh UMFREVILLE	12	Thurrock	18:05.64			662	
	50m	100m	150m	200m	250m	300m	350m	400m
	33.54	1:08.85	1:44.67	2:21.12	2:57.76	3:34.19	4:11.23	4:47.71
	450m	500m	550m	600m	650m	700m	750m	800m
	5:24.08	6:00.14	6:36.70	7:13.56	7:50.21	8:26.11	9:02.69	9:39.21
	850m	900m	950m	11:28.99	1000m	1050m	1100m	1150m
	10:15.46	10:52.50		12:05.66	12:41.76	13:18.24	13:54.34	14:30.64
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:07.03	15:43.46	16:19.41	16:55.33	17:31.30	18:05.64		
2.	Katarina BLANCO	12	Bo Southend	18:12.75			649	
	50m	100m	150m	200m	250m	300m	350m	400m
	32.69	1:08.20	1:44.65	2:20.68	2:57.41	3:32.97	4:09.93	4:45.74
	450m	500m	550m	600m	650m	700m	750m	800m
	5:22.41	5:58.51	6:35.08	7:11.44	7:47.54	8:24.30	9:00.87	9:37.63
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:14.52	10:51.69	11:28.92	12:05.97	12:42.53	13:19.22	13:56.63	14:34.19
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:11.54	15:50.20	16:26.55	17:02.25	17:38.96	18:12.75		
3.	Courtney SANDERS	12	Chelmsford	18:51.78			584	
	50m	100m	150m	200m	250m	300m	350m	400m
	33.52	1:09.50	1:45.91	2:23.07	3:00.49	3:37.84	4:15.18	4:52.64
	450m	500m	550m	600m	650m	700m	750m	800m
	5:30.27	6:08.18	6:46.01	7:23.79	8:01.83	8:40.01	9:18.01	9:56.23
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:34.37	11:12.74	11:51.15	12:29.35	13:07.89	13:46.04	14:24.43	15:02.73
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:41.17	16:19.83	16:57.99	17:36.61	18:14.78	18:51.78		
4.	Victoria CHRISTMAS	12	Romford Town	18:55.28			579	
	50m	100m	150m	200m	250m	300m	350m	400m
	34.01	1:10.79	1:48.88	2:26.69	3:05.00	3:43.19	4:21.41	4:59.54
	450m	500m	550m	600m	650m	700m	750m	800m
	5:37.68	6:15.92	6:54.60	7:33.23	8:11.56	8:49.77	9:27.97	10:06.10
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:43.84	11:21.87	12:00.09	12:37.94	13:15.81	13:53.81	14:31.25	15:09.55
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:47.79	16:25.90	17:04.06	17:41.91	18:19.21	18:55.28		
5.	Karis ELLERBY	12	Bo Southend	19:03.38			567	
	50m	100m	150m	200m	250m	300m	350m	400m
	34.23	1:11.22	1:48.91	2:26.49	3:04.66	3:42.57	4:20.60	4:59.33
	450m	500m	550m	600m	650m	700m	750m	800m
	5:37.72	6:16.26	6:55.00	7:33.51	8:11.98	8:50.75	9:29.33	10:08.20
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:46.80	11:25.41	12:04.48	12:43.23	13:22.22	14:00.61	14:39.23	15:17.97
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:56.35	16:34.77	17:12.94	17:51.18	18:29.18	19:03.38		
6.	Grace WINGROVE	12	BorRedbridge	19:05.28			564	
	50m	100m	150m	200m	250m	300m	350m	400m
	34.14	1:11.25	1:48.92	2:26.52	3:04.66	3:42.43	4:20.64	4:58.70
	450m	500m	550m	600m	650m	700m	750m	800m
	5:36.56	6:14.86	6:53.30	7:31.49	8:10.32	8:49.12	9:27.87	10:06.41
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:45.11	11:23.34	12:02.30	12:40.85	13:19.89	13:58.71	14:37.55	15:16.36
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:55.11	16:34.34	17:12.50	17:50.68	18:28.84	19:05.28		
7.	Kirstie FEHILY	12	Canvey Isl	19:36.84			520	
	50m	100m	150m	200m	250m	300m	350m	400m
	33.31	1:09.74	1:47.40	2:25.82	3:04.06	3:42.42	4:21.25	4:59.85
	450m	500m	550m	600m	650m	700m	750m	800m
	5:38.85	6:17.71	6:56.21	7:34.98	8:14.12	8:53.44	9:32.79	10:12.27
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:52.61	11:32.50	12:13.18	12:53.66	13:35.21	14:16.61	14:57.37	15:37.30
	1250m	1300m	1350m	1400m	1450m	1500m		
	16:16.56	16:57.42	17:38.29	18:17.75	18:57.94	19:36.84		

13 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time			FINA Pt	Event Best Time
1.	Rebecca HAYES	13	Thurrock	18:01.79			669	
	50m	100m	150m	200m	250m	300m	350m	400m
	32.85	1:08.37	1:44.39	2:20.45	2:56.68	3:33.03	4:09.30	4:45.62
	450m	500m	550m	600m	650m	700m	750m	800m
	5:21.75	5:58.47	6:34.86	7:10.82	7:47.10	8:23.12	8:59.22	9:35.33
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:11.30	10:47.73	11:24.01	12:00.67	12:37.04	13:13.56	13:49.80	14:26.53
	1250m	1300m	1350m	1400m	1450m	1500m		

2.	15:02.75 Danielle ROOKE	15:39.15 13	16:15.28 Killerwhales	16:51.35	17:27.16 18:24.09	18:01.79	629	
	50m	100m	150m	200m	250m	300m	350m	400m
	33.28	1:09.58	1:45.92	2:22.56	2:59.22	3:35.68	4:12.39	4:49.77
	450m	500m	550m	600m	650m	700m	750m	800m
	5:26.04	6:02.95	6:40.08	7:17.26	7:54.22	8:31.34	9:08.62	9:45.77
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:22.93	10:59.61	11:36.86	12:13.59	12:51.13	13:28.26	14:04.96	14:42.42
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:19.51	15:57.16	16:33.70	17:11.30	17:48.29	18:24.09		
3.	Georgia MILLS	13	Thurrock		18:31.39		617	
	50m	100m	150m	200m	250m	300m	350m	400m
	32.62	1:08.51	1:45.17	2:22.03	2:59.30	3:36.44	4:13.86	4:51.41
	450m	500m	550m	600m	650m	700m	750m	800m
	5:28.66	6:06.07	6:43.43	7:20.73	7:58.09	8:35.72	9:13.14	9:50.54
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:27.89	11:05.13	11:42.37	12:19.68	12:57.01	13:34.00	14:11.20	14:48.59
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:25.96	16:03.36	16:40.65	17:18.01	17:54.89	18:31.39		
4.	Kathryn PEARSE	13	Phoenix Bas		18:41.61		600	
	50m	100m	150m	200m	250m	300m	350m	400m
	32.98	1:09.06	1:45.16	2:21.77	2:58.52	3:35.83	4:13.40	4:51.14
	450m	500m	550m	600m	650m	700m	750m	800m
	5:28.66	6:05.80	6:43.69	7:21.10	7:58.82	8:35.97	9:13.52	9:51.75
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:29.40	11:07.40	11:45.33	12:23.15	13:01.09	13:39.76	14:17.24	14:55.75
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:33.72	16:12.42	16:49.83	17:27.64	18:05.82	18:41.61		
5.	Sophie WAYMONT	13	Southend		18:45.35		594	
	50m	100m	150m	200m	250m	300m	350m	400m
	32.69	1:09.39	1:46.23	2:23.52	3:00.84	3:37.97	4:15.20	4:52.28
	450m	500m	550m	600m	650m	700m	750m	800m
	5:29.72	6:07.40	6:45.11	7:22.74	8:00.46	8:38.28	9:16.16	9:53.91
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:31.80	11:09.96	11:47.97	12:26.12	13:04.05	13:41.94	14:20.36	14:58.69
	1250m	1300m	1350m	1400m	1450m	1500m		
	15:36.79	16:15.25	16:53.23	17:31.29	18:09.23	18:45.35		
6.	Katie WHIFFIN	13	Epping For't		19:18.74		544	
	50m	100m	150m	200m	250m	300m	350m	400m
	33.00	1:09.94	1:47.52	2:25.61	3:03.88	3:42.36	4:20.94	4:59.47
	450m	500m	550m	600m	650m	700m	750m	800m
	5:37.99	6:16.58	6:55.41	7:34.32	8:12.70	8:51.53	9:29.96	10:09.08
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:48.32	11:27.84	12:07.31	12:46.72	13:26.46	14:06.09	14:45.44	15:25.08
	1250m	1300m	1350m	1400m	1450m	1500m		
	16:04.93	16:43.98	17:22.91	18:02.21	18:41.33	19:18.74		
6.	Hannah TRAVELL	13	Braintree		19:18.74		544	
	50m	100m	150m	200m	250m	300m	350m	400m
	33.56	1:10.24	1:47.77	2:24.93	3:02.12	3:40.06	4:17.65	4:55.96
	450m	500m	550m	600m	650m	700m	750m	800m
	5:33.84	6:12.01	6:50.60	7:29.41	8:08.63	8:47.21	9:26.90	10:06.26
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	10:46.22	11:26.00	12:05.75	12:46.21	13:25.90	14:05.93	14:46.13	15:26.71
	1250m	1300m	1350m	1400m	1450m	1500m		
	16:07.01	16:47.40	17:27.24	18:06.12	18:42.40	19:18.74		
8.	Chloe WARD	13	Epping For't		19:48.17		505	
	50m	100m	150m	200m	250m	300m	350m	400m
	33.96	1:10.57	1:48.63	2:27.47	3:06.73	3:46.11	4:25.97	5:06.00
	450m	500m	550m	600m	650m	700m	750m	800m
	5:46.11	6:26.13	7:06.46	7:46.55	8:26.46	9:07.02	9:47.50	10:28.02
	850m	900m	950m	1000m	1050m	1100m	1150m	1200m
	11:08.41	11:48.77	12:29.17	13:09.63	13:49.96	14:29.86	15:09.69	15:50.30
	1250m	1300m	1350m	1400m	1450m	1500m		
	16:30.70	17:10.88	17:50.86	18:30.82	19:10.31	19:48.17		
	Brock WHISTON	13	Romford Town		DNF			

EVENT 314 Boys 15 Yrs/Over 400m IM

15 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Charlie DENTITH	15	BorRedbridge	4:46.00	609			
	50m	100m	150m	200m	250m	300m -	350m -	400m
	29.76	1:04.99	1:42.44	2:19.02	2:59.68			4:46.00
2.	Daniel SORRELL	15	Chelmsford	4:50.26	583			
	50m	100m	150m	200m	250m	300m	350m	400m
	31.49	1:08.53	1:45.32	2:21.38	3:03.37	3:46.05	4:19.00	4:50.26
3.	Harry PAYNE	15	Thurrock	4:52.12	572			

	50m	100m	150m	200m	250m	300m	350m	400m
	32.18	1:08.75	1:47.40	2:25.32	3:07.68	3:49.65	4:22.06	4:52.12
4.	Thomas CLARK	15	Romford Town		5:09.74		479	
	50m	100m	150m	200m	250m	300m	350m	400m
	31.79	1:09.57	1:50.04	2:28.80	3:12.67	3:57.70	4:34.06	5:09.74

16 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Charlie HAYES	16	Thurrock	4:42.88	629			
	50m	100m	150m	200m	250m	300m -	350m -	400m
	30.77	1:05.66	1:42.11	2:16.89	2:56.39			4:42.88
2.	Ivan GEORGIEV	16	BorRedbridge	4:44.78	617			
	50m	100m	150m	200m	250m	300m	350m	400m
	30.36	1:04.51	1:41.72	2:17.82	2:59.53	3:41.14	4:13.90	4:44.78
3.	Elliott HILL	16	Bo Waltham F	4:45.80	610			
	50m	100m	150m	200m	250m	300m	350m	400m
	31.14	1:06.88	1:43.74	2:19.04	3:00.76	3:43.45	4:15.42	4:45.80
4.	Alexander DELICATA	16	Thurrock	4:47.11	602			
	50m	100m	150m	200m	250m	300m	350m	400m
	29.44	1:03.68	1:40.83	2:16.57	2:59.18	3:42.93	4:15.76	4:47.11
5.	Nicholas GILROY	16	Brentwood	4:49.09	590			
	50m	100m	150m	200m	250m	300m	350m	400m
	30.86	1:06.46	1:44.09	2:21.56	3:03.70	3:46.45	4:19.04	4:49.09
6.	Charlie POND THOMPSON	16	Southend	4:51.76	574			
	50m	100m	150m	200m	250m	300m	350m	400m
	30.23	1:05.42	1:44.27	2:21.90	3:03.48	3:46.43	4:20.04	4:51.76
6.	Tom WEBB	16	Killerwhales	4:51.76	574			
	50m	100m	150m	200m	250m	300m	350m	400m
	30.36	1:06.77	1:44.58	2:21.63	3:04.75	3:48.36	4:21.31	4:51.76
8.	Michael GRACE	16	Phoenix Bas	4:56.09	549			
	50m	100m	150m	200m	250m	300m	350m	400m
	31.40	1:06.29	1:43.89	2:20.26	3:03.49	3:47.57	4:23.09	4:56.09

17 Yrs/Over Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Christopher INCH	17	BorRedbridge	4:34.76	687			
	50m	100m	150m	200m	250m	300m -	350m -	400m
	28.60	1:02.31	1:38.64	2:13.76	2:53.13			4:34.76
2.	Conor HARROLD	17	Thurrock	4:39.78	651			
	50m	100m	150m	200m	250m	300m -	350m -	400m
	29.38	1:02.83	1:38.54	2:12.42	2:53.23			4:39.78
3.	Daniel STEPTON	18	Romford Town	4:40.97	642			
	50m	100m	150m	200m	250m	300m -	350m -	400m
	29.92	1:05.15	1:41.65	2:15.80	2:56.65			4:40.97
4.	James DAVIS	17	Romford Town	4:44.23	621			
	50m	100m	150m	200m	250m	300m -	350m -	400m
	31.10	1:05.82	1:43.16	2:18.97	3:00.75			4:44.23
5.	Sean TOMLIN	18	Bo Southend	4:48.70	592			
	50m	100m	150m	200m	250m	300m -	350m -	400m
	29.02	1:02.87	1:37.37	2:12.21	2:56.24			4:48.70
6.	James MITCHELL	17	Thurrock	4:51.06	578			
	50m	100m	150m	200m	250m	300m	350m	400m
	31.27	1:06.55	1:44.86	2:22.72	3:03.14	3:45.47	4:19.43	4:51.06
7.	Dean SMITH	18	BorRedbridge	4:52.53	569			
	50m	100m	150m	200m	250m	300m	350m	400m
	29.30	1:03.35	1:40.30	2:16.55	2:59.28	3:42.71	4:18.11	4:52.53
8.	Matthew WINNELL	17	Runnymede	4:53.55	563			
	50m	100m	150m	200m	250m	300m	350m	400m
	31.28	1:07.19	1:42.65	2:17.94	3:01.61	3:46.46	4:20.74	4:53.55
9.	Jason DANIELS	17	Thurrock	5:01.49	520			
	50m	100m	150m	200m	250m	300m	350m	400m
	29.80	1:04.53	1:43.97	2:22.54	3:08.91	3:56.31	4:28.92	5:01.49
	Dean WOODCOCK	17	Chelmsford	DNC				

EVENT 313 Boys 09/11 Yrs 200m Freestyle

09 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Daniel WESTON	9	Killerwhales	2:50.67	214	-	-	-
2.	Jamie MALCOLM	9	Bo Waltham F	2:51.61	211	38.17	1:23.26	2:09.30
3.	Elliot SWALLOW	9	Halstead	2:56.50	194	38.16	1:24.09	2:11.05
4.	Jack RICE	9	Romford Town	2:59.65	184	40.44	1:26.69	2:14.44
5.	Matthew HAYWARD	9	Runnymede	3:04.18	171	40.68	1:27.53	2:16.44
6.	David BROOKS	9	Romford Town	3:07.27	162	-	-	-
7.	Harry TAYLOR	9	Romford Town	3:07.98	161	-	-	-
8.	Oliver ELLIS	9	Runnymede	3:08.05	160	39.03	1:27.24	2:17.57
9.	Lewis BAYLEY	9	Southend	3:24.40	125	-	-	-

10 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	Arran FRANCIS	10	Colchester	2:26.66	338	34.33	1:12.60	1:51.45
2.	Spencer PRIOR	10	Colchester	2:30.38	314	34.96	1:13.90	1:53.04
3.	Theodore ATHIENTIS	10	BorRedbridge	2:35.73	282	36.10	1:15.59	1:56.94
4.	Reece NICHOLLS	10	Bo Waltham F	2:37.70	272	36.86	1:18.60	1:59.37
5.	Mitchell WILSON	10	Romford Town	2:38.17	269	35.68	1:16.68	1:57.97
6.	Luke SHERIDAN	10	Thurrock	2:38.57	267	34.09	1:13.54	1:57.08
7.	Joshua JONES	10	Rochford	2:39.16	264	35.20	1:15.51	1:57.74
7.	Louie RIDGWAY	10	Thurrock	2:39.16	264	35.85	1:16.31	1:59.34
9.	Samuel ELLIS	10	Romford Town	2:41.12	255	36.52	1:17.64	1:59.80
10.	Aiden JACKSON	10	Romford Town	2:41.13	255	36.37	1:18.31	2:00.72
11.	Aaron CLARKE	10	Thurrock	2:42.08	250	36.26	1:17.97	2:00.40
12.	Kieran HOLDBROOK	10	BorRedbridge	2:42.34	249	36.19	1:17.65	2:00.97
13.	James MARTINDALE	10	Thurrock	2:45.69	234	36.10	1:18.74	2:03.13
14.	Max JONES	10	Rochford	2:48.82	222	36.88	1:19.72	2:04.36
15.	Andrew BENNETT	10	Killerwhales	2:50.82	214	37.45	1:21.91	2:07.93
	Spencer OWEN	10	Bo Southend	DQ ST-				

11 Yrs Age Group –

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50	100	150
1.	George EPSLY	11	Thurrock	2:17.02	414	33.27	1:07.21	1:42.49** Event Best Time
2.	Kieran GORE	11	Romford Town	2:21.59	376	33.83	1:09.86	1:46.12
3.	Cavan BECK	11	Rochford	2:22.26	370	34.99	1:11.65	1:47.89
4.	Calum CONNELLY	11	Romford Town	2:22.47	369	32.65	1:08.65	1:45.88
5.	Charles METCALF	11	Bo Southend	2:23.27	363	33.69	1:10.09	1:47.60
6.	Cameron SIMPSON	11	Colchester	2:25.37	347	34.26	1:11.73	1:49.36
7.	Jack AYLING	11	Romford Town	2:26.25	341	34.24	1:12.43	1:50.58
8.	Joshua BURCOMBE	11	Romford Town	2:26.41	340	33.42	1:10.99	1:49.30
9.	Lewis COOPER	11	Phoenix Bas	2:26.47	339	33.88	1:11.65	1:50.06
10.	Hugo JOHNSON	11	Bo Southend	2:27.12	335	33.88	1:11.31	1:49.84
11.	Ryan NICHOLLS	11	Bo Waltham F	2:29.29	320	34.21	1:11.77	1:50.85
12.	Kieran GOODWIN	11	Killerwhales	2:30.07	315	33.91	1:12.96	1:52.81
13.	Harry FOX	11	Killerwhales	2:30.24	314	35.56	1:14.61	1:53.61
14.	Toby MASCALL	11	BorRedbridge	2:30.61	312	34.85	1:13.22	1:52.87
15.	Patrick ROURKE	11	Phoenix Bas	2:30.95	310	34.40	1:13.10	1:52.24
16.	Jeremy NOCKELS	11	Bo Waltham F	2:31.80	305	34.76	1:13.38	1:53.00
17.	Jamie YORWARTH	11	Canvey Isl	2:32.82	299	32.43	1:10.75	1:52.12
17.	Christian MCMILLAN	11	Rochford	2:32.82	299	34.06	1:13.40	1:54.20
19.	Ole MILLS	11	Braintree	2:33.29	296	34.85	1:14.26	1:54.69
20.	Daniel ROBINSON	11	Killerwhales	2:34.14	291	34.30	1:13.28	1:54.11
21.	Zachary COLEMAN	11	Romford Town	2:34.23	291	34.21	1:13.88	1:55.30
22.	Jonathan COX	11	Killerwhales	2:38.79	266	36.49	1:18.02	1:59.90
23.	Tobi OKESHOLA	11	Killerwhales	2:42.27	250	36.20	1:18.47	2:02.00
24.	Thomas WESTON	11	Killerwhales	2:42.43	249	36.70	1:18.88	2:01.99
25.	Nathan GREY	11	Killerwhales	2:43.34	245	36.45	1:18.90	2:02.89
26.	Jack ELLIOTT	11	Thurrock	2:43.38	244	38.18	1:19.53	2:01.90
	Aaron BEARWISH	11	Thurrock	DNC				

EVENT 143 FINAL OF EVENT 123

Womens Open 400m Medley Team

Full Results

Place	Name	A.G	Club	Time	FINA Pt			
1.	Romford Town A		Romford Town	4:31.88				
	50m	100m	150m	200m	250m	300m	350m	400m
	33.00	1:08.87	1:45.20	2:26.93	2:56.88	3:31.37	3:59.78	4:31.88
2.	Killerwhales		Killerwhales	4:37.30				
	50m	100m	150m	200m	250m	300m	350m	400m
	31.63	1:06.27	1:43.98	2:27.84	2:58.94	3:34.63	4:04.86	4:37.30

3.	Thurrock Swimming Club		Thurrock		4:39.23				
	50m	100m	150m	200m	250m	300m	350m	400m	
	34.67	1:11.68	1:49.04	2:30.63	3:01.46	3:36.44	4:06.47	4:39.23	
4.	Redbridge		BorRedbridge		4:41.30				
	50m	100m	150m	200m	250m	300m	350m	400m	
	33.99	1:10.18	1:47.76	2:30.04	3:02.17	3:39.75	4:09.36	4:41.30	
5.	Borough of Southend A		Bo Southend		4:43.36				
	50m	100m	150m	200m	250m	300m	350m	400m	
	36.35	1:15.51	1:52.89	2:35.79	3:05.79	3:40.19	4:10.77	4:43.36	
6.	Borough of Waltham For		Bo Waltham F		4:43.59				
	50m	100m	150m	200m	250m	300m	350m	400m	
	32.33	1:07.48	1:45.81	2:30.23	3:02.60	3:40.32	4:10.85	4:43.59	
	Braintree & Bocking		Braintree		DNC				

EVENT 315 FINAL OF EVENT 311 Boys 12 Yrs 100m IM

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Nathan LEONG	12	Bo Waltham F	1:09.75	415
2.	Aidan ROBINSON	12	Basildon	1:12.71	366
3.	Harvey BROWN	12	Phoenix Bas	1:14.34	343
4.	James DAY	12	Thurrock	1:15.12	332
5.	Connor KEARNS	12	Killerwhales	1:15.37	329
6.	Sam BISHOP	12	Romford Town	1:15.64	325

EVENT 316 FINAL OF EVENT 311 Boys 13 Yrs 100m IM

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Luke BOURNE	13	Rochford	1:05.03	512
2.	Rory GEOGHEGAN	13	Bo Southend	1:07.67	455
3.	Jim VICKERS	13	Colchester	1:07.71	454
4.	Luke DURBAN	13	Braintree	1:08.21	444
5.	Matthew LEMNELL	13	Colchester	1:08.34	441
6.	Thomas MCLAGAN	13	Braintree	1:09.23	425

EVENT 317 FINAL OF EVENT 311 Boys 14 Yrs 100m IM

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Sean HOULIHAN	14	Romford Town	1:02.97	564** Event Best Time
2.	Henry MAHER	14	Epping For't	1:06.01	490
3.	James ROOME	14	Killerwhales	1:06.62	476
4.	Hayden THOMAS	14	Epping For't	1:06.82	472
5.	Lee BAKER	14	Epping For't	1:09.13	426
6.	Joseph STAMP	14	BorRedbridge	1:09.82	414

EVENT 157 FINAL OF EVENT 137 Boys 15 Yrs 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Charlie DENTITH	15	BorRedbridge	33.81	477
2.	Edward CLARK	15	Halstead	33.83	476
3.	Harry PAYNE	15	Thurrock	34.44	451
4.	Luke HEPTONSTALL	15	Colchester	34.84	436
5.	Thomas JOHNSON	15	Brentwood	34.97	431
6.	Thomas CLARK	15	Romford Town	35.74	403

EVENT 153 FINAL OF EVENT 133 Boys 17 Yrs/Over 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Dean SMITH	18	BorRedbridge	31.96	564
2.	CHRISTIAN PARKER	17	Southend	32.03	561
3.	Jonathan SAYER	19	Bo Southend	32.34	545

4.	Christopher INCH	17	BorRedbridge	32.98	514
5.	Thomas ROOTSEY	19	Colchester	33.06	510
6.	Daniel STEPTON	18	Romford Town	33.20	503

EVENT 318 FINAL OF EVENT 312 Girls 14 Yrs 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Stephanie MALCOLM	14	Bo Waltham F	1:05.82	648	32.35** Event Best Time
2.	Elena SHERIDAN	14	Romford Town	1:08.70	570	33.77
3.	Melissa KNIGHTON	14	Runnymede	1:08.75	569	33.73
4.	Jessica LAMBERT	14	BorRedbridge	1:09.74	545	33.59
5.	Amelia KNOWLES	14	Southend	1:10.68	524	34.25
6.	Rebekah BOOTY	14	Braintree	1:12.15	492	34.84

EVENT 319 FINAL OF EVENT 312 Girls 15 Yrs 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Rachel WELSH	15	Romford Town	1:09.22	557	33.75
2.	Harriette DAVIS	15	Romford Town	1:09.46	552	33.95
3.	Sophie COPPER	15	BorRedbridge	1:09.82	543	34.05
4.	Evangelina FISHER	15	Chelmsford	1:10.42	529	34.57
5.	Emily COLE	15	BorRedbridge	1:11.52	505	34.33
6.	Marissa POSNETT	15	Epping For't	1:11.56	505	34.08

EVENT 320 FINAL OF EVENT 312 Girls 16 Yrs 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Chloe DAVIS	16	Runnymede	1:06.31	634	32.55
2.	Kelsey RICHARDS	16	BorRedbridge	1:07.67	597	33.45
3.	Jessica PARK	16	Halstead	1:09.33	555	33.38
4.	Sarah LARNER	16	Colchester	1:09.61	548	33.83
5.	Amy MURFITT	16	Basildon	1:10.66	524	33.97
6.	Eleanor BEDWELL	16	BorRedbridge	1:10.80	521	34.35

EVENT 321 FINAL OF EVENT 312 Girls 17 Yrs/Over 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	FINA Pt	50
1.	Sophie DRAKE	17	Canvey Isl	1:04.34	694	31.45** Event Best Time
2.	Verity GOODEY	18	Bo Southend	1:05.36	662	31.91
3.	Katinka MERCHAN	17	Killerwhales	1:05.90	646	31.82
4.	Kalei ANDREWS	18	Killerwhales	1:09.46	552	33.56
5.	Jessica FORD	19	Thurrock	1:10.77	522	34.80
6.	Charlotte DELICATA	18	Thurrock	1:11.32	510	34.97