

ESSEX SWIMMING ASSOCIATION
CHAMPIONSHIP & SPECIAL RELAYS WEEKEND 2005
Waltham Forest Pool & Track, Walthamstow
Saturday 29th October 2005 - Session 2

EVENT 20 Womens 400m Freestyle (HDW)

Place	Name	YoB	Club	Time	50	100	150	200	250	300	350
1.	Brooke TURNER *	(89)	Thurrock	4:27.34	31.01	1:04.51	1:38.26	2:12.17	2:46.07	3:20.18	3:54.44
2.	Bethany FAULKNER *	(90)	BorRedbridge	4:35.16	31.78	1:05.92	1:40.78	2:15.53	2:50.13	3:25.37	4:00.54
3.	Jessica KNELLER	(83)	Bo Southend	4:38.65	31.89	1:06.18	1:41.30	2:16.81	2:53.21	3:29.22	4:04.30
4.	Denise YOUNG *	(90)	Colchester	4:42.11	33.27	1:09.11	1:44.59	2:20.22	2:55.51	3:30.94	4:07.08
5.	Grace FRANCIS *	(90)	Chelmsford	4:43.49	32.61	1:08.19	1:44.47	2:21.00	2:56.79	3:32.43	4:08.15
6.	Lauren ROUFFE *	(91)	Killerwhales	4:43.57	32.79	1:07.75	1:43.77	2:20.14	2:56.35	3:32.63	4:08.69
7.	Carla JOSEPH *	(91)	BorRedbridge	4:45.46	32.83	1:07.83	1:43.29	2:19.84	2:56.32	3:33.18	4:09.77
8.	Georgina BAXTER *	(90)	Chelmsford	4:46.59	32.36	1:07.75	1:44.05	2:20.54	2:57.20	3:33.93	4:10.57
9.	Louise KENDALL *	(90)	Harlow Pen	4:46.66	33.37	1:09.93	1:46.24	2:23.07	2:59.24	3:35.43	4:11.91
10.	Nicola FARMER *	(91)	Bo Waltham F	4:47.21	33.86	1:09.89	1:46.44	2:23.25	2:59.92	3:36.15	4:11.93
11.	Molly EPSLY *	(93)	Thurrock	4:50.16	34.30	1:10.35	1:47.13	2:23.62	3:00.24	3:37.14	4:14.21
12.	Laura ANDREWS *	(89)	Killerwhales	4:50.34	32.12	1:07.95	1:44.59	2:21.66	2:58.78	3:35.91	4:13.11
***** Event qualifying/standard time 04:52.00 *****											
13.	Eleanor DEMPSTER *	(89)	Chelmsford	4:53.72	33.21	1:09.49	1:46.67	2:23.85	3:01.48	3:38.80	4:16.81
14.	Michelle BARBER	(87)	Bo Southend	4:55.80	33.55	1:10.55	1:48.03	2:25.35	3:02.63	3:40.59	4:18.68
15.	Nicole RAYMOND *	(93)	Romford Town	4:57.38	32.87	1:09.43	1:47.52	2:25.53	3:03.59	3:42.22	4:20.29

EVENT 21 Mens 100m Freestyle

Place	Name	YoB	Club	Time	50
1.	Mark SAINT-CLARE *	(89)	Harlow Pen	55.41	26.94
2.	David PRICE *	(89)	Epping For't	55.61	27.20
3.	Allen LINDENBERG *	(89)	Bo Waltham F	55.92	27.18
4.	Daniel FOGG	(87)	Bo Waltham F	56.00	27.36
5.	Paul GREEN	(86)	Chelmsford	56.14	27.15
6.	Dane McKNIGHT	(88)	Bo Waltham F	56.21	27.11
7.	Christopher CHENERY *	(90)	Chelmsford	56.41	27.35
8.	Benjamin PRESTON	(88)	Chelmsford	56.62	27.06
9.	Ian EDMANS *	(89)	Epping For't	56.83	27.36
10.	Tomas PURTON *	(90)	Brentwood	56.88	27.43
11.	Aaron EVELEIGH *	(89)	Runnymede	56.97	26.76
12.	Nicholas CONNOR *	(89)	BorRedbridge	57.27	27.83
13.	Thomas ROOTSEY *	(90)	Colchester	57.38	27.72
14.	Benjamin SLEET *	(90)	Chelmsford	57.50	27.77
15.	Michael VAN BERGEN	(86)	Epping For't	57.61	27.53
16.	Andrew OWEN *	(89)	BorRedbridge	57.81	27.22
17.	Adam BYFORD *	(89)	Braintree	58.24	28.00
18.	Oliver BLACKMAN *	(90)	BorRedbridge	58.37	28.25
19.	Daniel HIME *	(89)	Killerwhales	58.50	28.10
20.	Tom GILBERT *	(90)	Chelmsford	58.79	28.80
21.	Billy TUBBS *	(90)	Thurrock	58.86	28.09
22.	James WRIGHT *	(90)	Phoenix Bas	58.87	28.54
***** Event qualifying/standard time 00:59.00 *****					
23.	Jordan JOWITT	(87)	Witham Dolph	59.01	27.90
24.	Jonathan SAYER *	(90)	Bo Southend	59.18	28.71
25.	Jake PETTET *	(89)	Basildon	59.39	28.52
26.	George MORRIS *	(91)	Bo Southend	59.61	28.53
27.	Jack BROWN	(88)	Chelmsford	59.97	28.80
28.	Owen COUGHLAN *	(90)	Bo Southend	1:00.04	29.44
29.	Michael BUTE	(60)	Basildon	1:01.59	28.75
30.	Grant CHANDLER *	(91)	Romford Town	1:01.72	29.03
31.	Christopher WRIGHT *	(90)	Romford Town	1:03.20	30.20

EVENT 22 Girls 11/12 Years Freestyle Relay

Place	Name	Club	Time
1.	ROMFORD TOWN 'A'	Romford Town	2:05.74
2.	CHELMSFORD 'A'	Chelmsford	2:08.30
3.	THURROCK 'A'	Thurrock	2:09.53
4.	ROMFORD TOWN 'B'	Romford Town	2:10.25
5.	BRENTWOOD 'A'	Brentwood	2:11.03
6.	EPPING FOREST	Epping For't	2:11.11
7.	CANVEY ISLAND	Canvey Isl	2:12.48
8.	LONDON BO. REDBRIDGE	BorRedbridge	2:16.38
9.	CHELMSFORD 'B'	Chelmsford	2:16.54
10.	HARLOW PENGUINS	Harlow Pen	2:17.83
11.	CLACTON	Clacton	2:18.54
12.	ROCHFORD & DISTRICT	Rochford	2:19.49
13.	RUNNYMEDE 'A'	Runnymede	2:20.86
14.	BO. WALTHAM FOREST 'A'	Bo Waltham F	2:22.12
15.	THURROCK 'B'	Thurrock	2:22.83
16.	BASILDON & DIST. 'A'	Basildon	2:26.18
17.	BRENTWOOD 'B'	Brentwood	2:26.53
18.	BASILDON & DIST. 'B'	Basildon	2:26.54
19.	RUNNYMEDE 'B'	Runnymede	2:35.73
20.	BO. WALTHAM FOREST 'B'	Bo Waltham F	2:42.13
	SOUTHEND ON SEA 'B'	Southend	DIS O 6L.

EVENT 23 Mens 100m Breaststroke

Place	Name	YoB	Club	Time	50
1.	David JACOBS	(88)	Romford Town	1:11.88	34.33
2.	Matthew SMITH *	(90)	Hornchurch	1:12.51	34.24
3.	Jack SUMMERS *	(90)	Bo Waltham F	1:12.72	35.21
4.	Daniel HIME *	(89)	Killerwhales	1:13.51	34.83
5.	Stephen DAWKINS	(86)	Killerwhales	1:13.74	34.82
6.	Christopher WORBY *	(90)	BorRedbridge	1:14.23	35.17
7.	Michael VAN BERGEN	(86)	Epping For't	1:14.93	35.68
8.	Adam BRUMBY *	(89)	Rochford	1:15.10	35.63
9.	Joe GIGGINS *	(91)	Hornchurch	1:15.17	35.57
10.	Marc RICHARDS *	(90)	Epping For't	1:15.90	36.20
11.	George MORRIS *	(91)	Bo Southend	1:15.98	35.80
12.	Jonathan SAYER *	(90)	Bo Southend	1:16.18	36.58
13.	S YOUSSEFI-TITCHEN *	(90)	Colchester	1:16.41	37.04
14.	Dean WOODCOCK *	(92)	Chelmsford	1:17.77	37.37
15.	George SCOTHERN *	(90)	Brentwood	1:18.89	37.83
16.	Henry WOOD *	(91)	Phoenix Bas	1:19.23	37.68
17.	Thomas ROOTSEY *	(90)	Colchester	1:19.53	37.42
18.	Robert LANGLEY	(86)	Chelmsford	1:19.58	39.01
	***** Event qualifying/standard time 01:20.00 *****				
19.	Jake PETTET *	(89)	Basildon	1:20.20	38.03
20.	Mitchell RICHARDSON *	(91)	Brentwood	1:20.33	37.96

EVENT 24 Womens 50m Freestyle

Place	Name	YoB	Club	Time
1.	Brooke TURNER *	(89)	Thurrock	28.62
2.	Amy GOILLAU *	(90)	Epping Fort	28.96
3.	Chloe FRANCIS *	(93)	Chelmsford	29.00
4.	Natalie WARD *	(89)	Romford Town	29.05
5.	Rachel LEONG *	(91)	Bo Waltham F	29.07
6.	Claire GARLICK *	(90)	Brentwood	29.49
7.	Kirsty FORBES *	(90)	Killerwhales	29.52
8.	Amanda HEDGES	(75)	Southend	29.61
9.	Hannah DRAKE *	(90)	Canvey Isl	29.62
10.	Laura FRANCIS *	(89)	BorRedbridge	29.88
11.	Helen ANDREWS *	(90)	Killerwhales	29.98
12.	Samantha MANN *	(89)	Braintree	30.08
13.	Yasmin KHOSHKHOU *	(90)	Braintree	30.17
14.	Cydney NEWMAN *	(91)	BorRedbridge	30.20
15.	Robyn TURNER *	(92)	Thurrock	30.23
16.	Kira FAWKE	(84)	Romford Town	30.36
17.	Catherine LUMLEY *	(89)	Witham Dolph	30.49
***** Event qualifying/standard time 00:30.50 *****				
18.	Sarah OVERINGTON *	(89)	Chelmsford	30.52
19.	Jodie WANT *	(91)	Harlow Pen	30.56
20.	Emily BURNETT *	(91)	Southend	30.64
21.	Rebecca GENT *	(91)	Brentwood	30.88
22.	Eleanor DEMPSTER *	(89)	Chelmsford	30.94
23.	Lauren ANDREWS *	(90)	Killerwhales	30.95
24.	Donna SPOONER	(88)	Canvey Isl	30.98
25.	Bethany HILL *	(89)	Bo Waltham F	31.28
26.	Jane BRUMBY *	(90)	Rochford	31.43

EVENT 25 Boys 9/10 Years Medley Relay

Place	Name	Club	Time
1.	ROMFORD TOWN 'A'	Romford Town	2:44.52
2.	LONDON BO. REDBRIDGE	BorRedbridge	2:44.61
3.	RUNNYMEDE 'A'	Runnymede	2:46.14
4.	HARLOW PENGUINS	Harlow Pen	2:46.64
5.	THURROCK 'A'	Thurrock	2:50.68
6.	THURROCK 'B'	Thurrock	2:54.42
7.	CHELMSFORD	Chelmsford	2:55.20
8.	BASILDON & DIST. 'A'	Basildon	2:55.37
9.	SOUTHEND ON SEA	Southend	3:01.11
10.	ROMFORD TOWN 'B'	Romford Town	3:01.65
11.	BRENTWOOD	Brentwood	3:04.55
12.	BO. WALTHAM FOREST 'A'	Bo Waltham F	3:05.66
13.	RUNNYMEDE 'B'	Runnymede	3:16.25
14.	BO. WALTHAM FOREST 'B'	Bo Waltham F	3:19.71
15.	BASILDON & DIST. 'B'	Basildon	3:28.38
	BRAINTREE & BOCKING	Braintree	DIS SA 5L.

EVENT 26 Womens 200m Backstroke

Place	Name	YoB	Club	Time	50	100	150
1.	Kirsty FORBES *	(90)	Killerwhales	2:22.96	33.46	1:09.60	1:46.68
2.	Georgia HUNTON CLARKE*	(91)	Thurrock	2:26.80	34.24	1:11.27	1:49.58
3.	Natalie WARD *	(89)	Romford Town	2:28.82	35.39	1:13.30	1:52.16
4.	Bethany FAULKNER *	(90)	BorRedbridge	2:28.96	35.32	1:13.50	1:51.51
5.	Kaz MELVIN *	(91)	Harlow Pen	2:29.59	35.17	1:13.60	1:52.49
6.	Denise YOUNG *	(90)	Colchester	2:30.52	36.33	1:14.20	1:52.56
7.	Eleanor DEMPSTER *	(89)	Chelmsford	2:33.87	35.92	1:14.54	1:54.05
8.	Daniella NICE	(88)	Thurrock	2:33.89	36.14	1:15.71	1:55.17
9.	Jane BRUMBY *	(90)	Rochford	2:34.31	35.08	1:13.14	1:53.07
10.	Phoebe HAYES *	(91)	BorRedbridge	2:34.80	36.04	1:15.11	1:54.94
11.	Madeleine LEONG *	(89)	Bo Waltham F	2:34.86	36.37	1:14.36	1:54.08
12.	Tia HAZELTON *	(92)	Southend	2:35.90	37.42	1:16.67	1:56.88
13.	Charlotte DELICATA *	(91)	Runnymede	2:36.79	37.38	1:17.14	1:57.77
***** Event qualifying/standard time 02:38.00 *****							
14.	Rebecca GENT *	(91)	Brentwood	2:38.38	37.40	1:16.73	1:57.72
15.	Taylah BROOKE *	(91)	Romford Town	2:38.49	36.63	1:16.45	1:58.57
16.	Donna SPOONER	(88)	Canvey Isl	2:39.33	37.90	1:18.18	1:59.19
17.	Michelle BARBER	(87)	Bo Southend	2:39.47	37.51	1:18.22	1:59.41
18.	Robyn BEADEL *	(91)	Killerwhales	2:42.14	37.52	1:18.53	2:00.65

EVENT 27 Mens 50m Backstroke

Place	Name	YoB	Club	Time
1.	Mark SAINT-CLARE *	(89)	Harlow Pen	29.54
2.	Adam BYFORD *	(89)	Braintree	30.14
3.	Michael LANGLEY *	(89)	Chelmsford	30.27
4.	Stephen DAWKINS	(86)	Killerwhales	30.45
5.	Oliver BLACKMAN *	(90)	BorRedbridge	30.63
6.	Benjamin PRESTON	(88)	Chelmsford	30.85
7.	Paul GREEN	(86)	Chelmsford	30.86
8.	David PRICE *	(89)	Epping For't	31.02
9.	Dean SMITH *	(91)	Killerwhales	31.30
10.	Tom GILBERT *	(90)	Chelmsford	31.63
11.	Ian EDMANS *	(89)	Epping For't	32.13
12.	Andrew OWEN *	(89)	BorRedbridge	32.17
13.	Matthew BILBEY *	(89)	Witham Dolph	32.30
13.	Jack BROWN	(88)	Chelmsford	32.30
15.	Adam BRUMBY *	(89)	Rochford	32.95
16.	George SCOTHERN *	(90)	Brentwood	33.24
17.	Drew PIERCY *	(90)	Bo Waltham F	33.28
***** Event qualifying/standard time 00:34.00 *****				
18.	Liam SMITH *	(91)	Bo Waltham F	34.12

EVENT 28 Womens 200m Breaststroke

Place	Name	YoB	Club	Time	50	100	150
1.	Alyson MORAN	(88)	Canvey Isl	2:46.57	37.21	1:18.76	2:02.22
2.	Roseanne THOMPSON *	(91)	Romford Town	2:47.51	38.28	1:20.74	2:04.23
3.	Kaz MELVIN *	(91)	Harlow Pen	2:47.98	39.35	1:22.20	2:06.32
4.	Georgina BAXTER *	(90)	Chelmsford	2:49.39	39.56	1:22.31	2:05.95
5.	Jessica COLES *	(92)	Romford Town	2:50.18	39.12	1:21.71	2:06.13
6.	Rebecca SCOTT *	(91)	Runnymede	2:51.40	40.59	1:24.06	2:07.29
7.	Helen ANDREWS *	(90)	Killerwhales	2:52.12	39.16	1:22.36	2:07.50
8.	Lottie LUCAS *	(92)	Bo Waltham F	2:52.16	40.24	1:24.23	2:08.44
8.	Grace FRANCIS *	(90)	Chelmsford	2:52.16	42.04	1:25.21	2:09.33
10.	Denise YOUNG *	(90)	Colchester	2:52.22	40.52	1:24.12	2:08.06
11.	Georgina HUNT *	(92)	Thurrock	2:53.74	41.56	1:25.63	2:09.65
12.	Rachel LEONG *	(91)	Bo Waltham F	2:53.76	41.36	1:24.88	2:11.04
13.	Nicola FARMER *	(91)	Bo Waltham F	2:53.94	40.34	1:24.78	2:09.94
14.	Chloe FRANCIS *	(93)	Chelmsford	2:55.25	40.85	1:24.18	2:09.42
15.	Janine RAYNER *	(89)	Killerwhales	2:55.66	39.76	1:24.41	2:10.22
16.	Ellen SCOTT *	(91)	Killerwhales	2:58.67	42.57	1:27.53	2:13.14
***** Event qualifying/standard time 03:00.00 *****							
17.	Carla JOSEPH *	(91)	BorRedbridge	3:00.41	40.32	1:25.00	2:12.17
18.	Alice SCOTT *	(89)	Killerwhales	3:00.92	40.20	1:25.37	2:12.39
19.	Lauren COGDALE	(88)	Brentwood	3:02.84	41.44	1:27.25	2:15.06
20.	Lauren ROUFFE *	(91)	Killerwhales	3:03.72	42.21	1:29.43	2:17.19
21.	Justine CARRON *	(93)	Romford Town	3:04.48	41.67	1:28.79	2:16.61
22.	Jessica FORD *	(90)	Thurrock	3:07.82	41.84	1:29.96	2:20.26

EVENT 29 Mens 400m Individual Medley (HDW)

Place	Name	YoB	Club	Time	50	100	150	200	250	300	350
1.	Daniel FOGG	(87)	Bo Waltham F	4:41.48	29.26	1:02.31	1:38.46	2:15.49	2:55.18	3:36.71	4:10.21
2.	Allen LINDENBERG *	(89)	Bo Waltham F	4:42.31	29.56	1:03.11	1:40.53	2:16.85	2:58.13	3:40.04	4:12.23
3.	Benjamin SLEET *	(90)	Chelmsford	4:45.33	31.05	1:05.54	1:42.08	2:18.65	2:59.53	3:42.13	4:14.17
4.	Daniel HIME *	(89)	Killerwhales	4:53.10	29.98	1:03.83	1:42.57	2:20.20	3:02.72	3:45.73	4:19.80
5.	Jack SUMMERS *	(90)	Bo Waltham F	4:56.01	31.63	1:07.93	1:47.29	2:26.32	3:06.70	3:47.69	4:22.77
6.	Jonathan SAYER *	(90)	Bo Southend	4:56.28	33.70	1:09.89	1:48.75	2:26.40	3:09.10	3:51.48	4:24.92
7.	Grant CHANDLER *	(91)	Romford Town	4:57.48	31.41	1:06.82	1:46.90	2:25.69	3:07.94	3:50.58	4:25.35
8.	Owen COUGHLAN *	(90)	Bo Southend	4:59.57	34.20	1:11.10	1:50.84	2:29.22	3:11.44	3:55.32	4:28.08
9.	Thomas ROOTSEY *	(90)	Colchester	5:05.05							
10.	Rhys MOULD *	(90)	Thurrock	5:05.39	32.71	1:09.79	1:49.67	2:29.61	3:14.35	3:58.93	4:32.53
11.	Jack JACKSON *	(91)	Bo Waltham F	5:05.69	31.74	1:08.47	1:48.49	2:28.06	3:12.97	3:57.58	4:32.05
12.	Henry WOOD *	(91)	Phoenix Bas	5:09.65	35.39	1:17.95	1:57.71	2:37.64	3:19.90	4:03.27	4:36.98
13.	George MORRIS *	(91)	Bo Southend	5:11.52	33.98	1:13.33	1:53.91	2:33.66	3:16.30	4:00.74	4:36.83
14.	Robert LANGLEY	(86)	Chelmsford	5:12.55							
15.	Dean WOODCOCK *	(92)	Chelmsford	5:12.90	35.65	1:13.69	1:54.82	2:34.63	3:17.99	4:01.69	4:37.92
16.	Christopher INCH *	(92)	BorRedbridge	5:13.29							
17.	Thomas INGRAM *	(91)	Thurrock	5:18.43	32.50	1:10.88	1:52.26	2:33.05	3:20.27	4:06.79	4:42.58
18.	Sean TOMLIN *	(92)	Bo Southend	5:24.09	35.18	1:15.72	1:55.27	2:36.20	3:23.59	4:12.38	4:48.27
***** Event qualifying/standard time 05:30.00 *****											

EVENT 30 Womens 100m Individual Medley

Place	Name	YoB	Club	Time
1.	Natalie WARD *	(89)	Romford Town	1:12.44
2.	Rachel LEONG *	(91)	Bo Waltham F	1:12.52
3.	Claire GARLICK *	(90)	Brentwood	1:12.95
4.	Chloe FRANCIS *	(93)	Chelmsford	1:13.03
5.	Grace FRANCIS *	(90)	Chelmsford	1:13.25
6.	Kaz MELVIN *	(91)	Harlow Pen	1:13.40
7.	Laura FRANCIS *	(89)	BorRedbridge	1:14.81
***** Event qualifying/standard time 01:15.00 *****				
8.	Helen ANDREWS *	(90)	Killerwhales	1:15.05
9.	Lauren ROUFFE *	(91)	Killerwhales	1:15.36
10.	Kira FAWKE	(84)	Romford Town	1:15.62
11.	Lottie LUCAS *	(92)	Bo Waltham F	1:15.69
12.	Lauren ANDREWS *	(90)	Killerwhales	1:17.60
13.	Laura ANDREWS *	(89)	Killerwhales	1:19.79

Finals

EVENT 31 FINAL OF EVENT 22 Girls 11/12 Years Freestyle Relay

Place	Name	Club	Time
1.	ROMFORD TOWN 'A'	Romford Town	2:04.16
2.	CHELMSFORD 'A'	Chelmsford	2:07.11
3.	THURROCK 'A'	Thurrock	2:08.92
4.	BRENTWOOD 'A'	Brentwood	2:10.21
5.	ROMFORD TOWN 'B'	Romford Town	2:11.04

EVENT 32 FINAL OF EVENT 25 Boys 9/10 Years Medley Relay

Place	Name	Club	Time
1.	ROMFORD TOWN 'A'	Romford Town	2:40.86
2.	LONDON BO. REDBRIDGE	BorRedbridge	2:41.36
3.	RUNNYMEDE 'A'	Runnymede	2:45.26
4.	HARLOW PENGUINS	Harlow Pen	2:47.45
5.	THURROCK 'B'	Thurrock	2:57.62
	THURROCK 'A'	Thurrock	DIS T 3L.

EVENT 33 FINAL OF EVENT 24 Womens 50m Freestyle

Place	Name	YoB	Club	Time
1.	Brooke TURNER *	(89)	Thurrock	28.55
2.	Rachel LEONG *	(91)	Bo Waltham F	28.91
3.	Amy GOILLAU *	(90)	Epping For't	28.94
4.	Natalie WARD *	(89)	Romford Town	29.24
5.	Chloe FRANCIS *	(93)	Chelmsford	29.26
6.	Claire GARLICK *	(90)	Brentwood	29.98

EVENT 34 FINAL OF EVENT 21 Mens 100m Freestyle

Place	Name	YoB	Club	Time	50
1.	Daniel FOGG	(87)	Bo Waltham F	53.62	26.03
2.	Dane McKNIGHT	(88)	Bo Waltham F	53.68	26.01
3.	Allen LINDENBERG *	(89)	Bo Waltham F	54.04	26.64
4.	Paul GREEN	(86)	Chelmsford	54.52	26.56
5.	David PRICE *	(89)	Epping For't	55.50	27.22
6.	Mark SAINT-CLARE *	(89)	Harlow Pen	55.79	27.01

EVENT 35 FINAL OF EVENT 26 Womens 200m Backstroke

Place	Name	YoB	Club	Time	50	100	150
1.	Kirsty FORBES *	(90)	Killerwhales	2:20.23	32.89	1:08.31	1:44.85
2.	Kaz MELVIN *	(91)	Harlow Pen	2:21.90	34.61	1:10.61	1:47.02
3.	Natalie WARD *	(89)	Romford Town	2:25.59	34.50	1:11.47	1:49.08
4.	Georgia HUNTON CLARKE*	(91)	Thurrock	2:25.70	34.58	1:12.13	1:49.81
5.	Bethany FAULKNER *	(90)	BorRedbridge	2:26.81	34.70	1:12.22	1:49.69
6.	Denise YOUNG *	(90)	Colchester	2:29.80	35.90	1:13.54	1:51.96

EVENT 36 FINAL OF EVENT 23 Mens 100m Breaststroke

Place	Name	YoB	Club	Time	50
1.	David JACOBS	(88)	Romford Town	1:08.73	32.38
2.	Matthew SMITH *	(90)	Hornchurch	1:10.37	32.98
3.	Daniel HIME *	(89)	Killerwhales	1:12.03	34.06
4.	Jack SUMMERS *	(90)	Bo Waltham F	1:12.53	34.52
5.	Christopher WORBY *	(90)	BorRedbridge	1:13.60	35.13
6.	Stephen DAWKINS	(86)	Killerwhales	1:14.71	34.95

EVENT 37 FINAL OF EVENT 28 Womens 200m Breaststroke

Place	Name	YoB	Club	Time	50	100	150
1.	Alyson MORAN	(88)	Canvey Isl	2:46.54	38.33	1:21.20	2:04.21
2.	Georgina BAXTER *	(90)	Chelmsford	2:46.55	38.52	1:20.31	2:03.30
3.	Roseanne THOMPSON *	(91)	Romford Town	2:46.84	38.58	1:21.36	2:04.77
4.	Jessica COLES *	(92)	Romford Town	2:51.17	40.21	1:23.08	2:06.89
5.	Rebecca SCOTT *	(91)	Runnymede	2:53.40	40.77	1:24.09	2:08.74
6.	Kaz MELVIN *	(91)	Harlow Pen	2:54.72	40.19	1:24.74	2:10.85

EVENT 38 FINAL OF EVENT 27 Mens 50m Backstroke

Place	Name	YoB	Club	Time
1.	Mark SAINT-CLARE *	(89)	Harlow Pen	28.99
2.	Adam BYFORD *	(89)	Braintree	29.01
3.	Benjamin PRESTON	(88)	Chelmsford	30.05
4.	Michael LANGLEY *	(89)	Chelmsford	30.07
5.	Stephen DAWKINS	(86)	Killerwhales	30.35
	Oliver BLACKMAN *	(90)	BorRedbridge	DNF

EVENT 39 FINAL OF EVENT 30 Womens 100m Individual Medley

Place	Name	YoB	Club	Time
1.	Rachel LEONG *	(91)	Bo Waltham F	1:09.49
2.	Natalie WARD *	(89)	Romford Town	1:09.90
3.	Grace FRANCIS *	(90)	Chelmsford	1:10.08
4.	Kaz MELVIN *	(91)	Harlow Pen	1:10.90
5.	Claire GARLICK *	(90)	Brentwood	1:11.19
6.	Chloe FRANCIS *	(93)	Chelmsford	1:14.78