

### ***EVENT 1 Mixed 18 Yrs/Over 400m Freestyle***

#### **OPEN/MALE 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	James PAGE	24	Hornchurch	5:30.06	265
2.	Ben BROOKS	24	Rochford	5:34.91	254

#### **OPEN/MALE 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Michael TWEEN	33	Felixstowe	4:55.10	372
2.	Jason PARR-MORLEY	33	Hornchurch	5:19.18	294
3.	Alan CULLINANE	31	Hornchurch	5:58.86	206

#### **OPEN/MALE 35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Christopher WATSON	36	Hornchurch	6:10.43	188
2.	Marcus De Quan PECK	35	Bo Newham	6:43.18	145

#### **OPEN/MALE 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	David ABBOTT	41	Hornchurch	5:24.63	279
2.	Lewis WHITELOCK	44	Basildon Ph	6:58.16	130

#### **OPEN/MALE 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Neil DALTON	46	Basildon Ph	5:11.11	317
2.	Mark PLUMMER	47	Hornchurch	5:57.87	208

#### **OPEN/MALE 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Dave PETHERS	54	Basildon Ph	5:27.40	272
2.	Danny BUNN	54	Hornchurch	5:43.67	235
3.	James HALL	53	Hornchurch	6:52.98	135

#### **OPEN/MALE 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	DEAN PALMER	55	Hornchurch	5:10.89	318
2.	Robert EASTMAN	59	Hornchurch	5:14.30	307
3.	Jason COLE	57	Colchester	5:45.80	231
4.	Christopher BEECHING	59	Hornchurch	5:55.11	213
5.	Kevin JUGGINS	58	Hornchurch	6:55.36	133

#### **OPEN/MALE 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Dale BARKER	62	Felixstowe	5:06.62	331
2.	Adam LELEAN	62	Diss Otters	5:15.45	304
3.	Andrew HARRINGTON	60	Hornchurch	5:25.14	278
4.	Paul TRAYLER	61	Hornchurch	7:41.13	97

#### **OPEN/MALE 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Andrew WRIGHT	67	Stowmarket	6:32.27	158

#### **FEMALE 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Emily TATAM	21	Basildon Ph	5:06.06	431
2.	Megan THOMPSON	24	Basildon Ph	6:11.39	241

#### **FEMALE 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Myriam PRASOW-EMOND	27	Bo Newham	5:25.05	360

#### **FEMALE 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Gemma CANNON	32	Deben	5:10.72	412

#### **FEMALE 35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Michelle LANE	37	Basildon Ph	5:05.11	435

#### **FEMALE 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Katie HOLMES	40	Harwich DP	5:06.01	431
2.	Kira NEAL	40	Basildon Ph	5:07.45	425
3.	Nichola MURCH	42	Hornchurch	5:15.42	394
4.	Lizzie LONG	44	Rochford	5:26.48	355
5.	Beverley JARMAN-HALL	43	Rochford	5:40.66	313
6.	Cheryl MANSFIELD	42	Hornchurch	5:48.27	292
7.	Lindsey COLMAN	43	Rochford	6:00.00	265

#### **FEMALE 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Shelby WEBSTER	47	Chelmsford	5:43.99	304
2.	Catherine HODGSON	46	Hornchurch	6:51.19	177

#### **FEMALE 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Keely CHALKER	53	Hornchurch	6:10.19	243
2.	Dorothy WHYTE	54	Hackney	6:32.28	204
3.	Anita GRAINGER	53	Witham Dolph	7:01.29	165
4.	Alison COWIE	51	Basildon Ph	7:11.96	153

#### **FEMALE 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Liz WOOLNER	57	Flitwick	5:15.28	394
2.	Heidi NEVIN	56	Rochford	5:28.09	350
3.	Claire BAILEY	55	Rochford	7:05.67	160

#### **FEMALE 60/64 Yrs Age Group - Full Results**

## FULL RESULTS

Place	Name	AaD	Club	Time	WA Pts
1.	Sue WELHAM	60	St Albans Ma	5:37.97	320
2.	Pauline TESTER	60	Bo Newham	7:17.55	147

### FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Donna PINEL	67	Bo Newham	11:33.88	37

### EVENT 2 Mixed 18 Yrs/Over 50m Butterfly

#### OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Rio ROGERS	20	Basildon Ph	27.81	478
2.	Shaun CONNOR	21	Basildon Ph	28.72	434
3.	James PAGE	24	Hornchurch	32.60	296
4.	Shagor CHOWDHURY	23	Bo Waltham F	32.91	288
5.	Oscar EASTMAN	24	Hornchurch	33.22	280

#### OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Charles MESSENGER	28	Hackney	25.99	586
2.	Jack HOWLETT	28	Harwich DP	28.29	454
3.	Hicham TIJARI	26	Co Peterboro	28.45	446
4.	Ryan KELLY	25	Chelmsford	28.51	444
5.	Cameron BROWN	26	Witham Dolph	29.39	405
6.	James WINTER	28	Rochford	29.72	391
7.	James MURPHY	26	Bo Newham	31.17	339
8.	KALAAM MOTIN	27	Rochford	33.99	262
9.	Henry GILBERT	27	Chelmsford	34.35	253

#### OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Danny BAKER	30	Rochford	28.19	459
2.	Jonathan BENTHAM	31	Hackney	28.42	448
3.	Sam WHITE	30	Basildon Ph	29.65	394
4.	Alex MACARTHUR	33	Bo Newham	30.45	364
5.	Jason PARR-MORLEY	33	Hornchurch	31.24	337
6.	Joshua COX	31	Rochford	31.40	332
7.	Stuart MORTEN	34	Epsom Dist	31.67	323
	Alan CULLINANE	31	Hornchurch	DQ T	

#### OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Matt WAN	39	Out To Swim	28.88	427
2.	James HARDY	38	Brentwood	30.23	372

#### OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	David ABBOTT	41	Hornchurch	28.83	429
2.	Craig CAMPION	41	Witham Dolph	30.66	356
3.	Matthew RICKETT	42	Chelmsford	30.79	352
4.	Christopher PHELAN	43	Hornchurch	32.02	313
5.	Lewis WHITELOCK	44	Basildon Ph	41.21	147

#### OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Michal LITKE	46	Out To Swim	30.82	351
2.	David ORDERS	46	Witham Dolph	31.63	325
3.	Michael BURGESS	47	Brentwood	32.13	310
4.	Michael FOWLE	47	St Albans Ma	32.54	298
5.	Ilya BOCHKOV	47	Bo Newham	33.26	279
6.	Mark BINNINGTON	46	St Albans Ma	33.27	279
7.	Mark PLUMMER	47	Hornchurch	33.35	277
8.	Christopher HUNTER	49	Team Anglia	33.89	264
9.	Ben HARRIS	46	Linslade	36.14	217
10.	Nick KARAIKOS	48	Basildon Ph	39.74	163

#### OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Scot BRADLEY	50	Hornchurch	31.18	339
2.	Craig BANNING	51	Harlow Pen	32.23	307
3.	Dave PETHERS	54	Basildon Ph	32.48	300
4.	Peter CHITTOCK	54	Basildon Ph	37.78	190
5.	Danny BUNN	54	Hornchurch	38.75	176

#### OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Robert EASTMAN	59	Hornchurch	32.82	291
2.	Christopher BEECHING	59	Hornchurch	34.73	245
3.	Bryn WALTERS	58	Out To Swim	35.29	234
	DEAN PALMER	55	Hornchurch	DNC	

#### OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Andrew HARRINGTON	60	Hornchurch	31.53	328
2.	Ralph PINEL	62	Bo Newham	34.21	256
3.	Neil TRAYLER	63	Hornchurch	36.25	215

#### OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Geoff BAKER	65	Rochford	31.70	322
2.	Colin CORBY	65	Chelmsford	41.31	145
3.	Andrew WRIGHT	67	Stowmarket	49.12	86
4.	Colin PRICE	69	Hornchurch	59.84	48

#### FEMALE 18/24 Yrs Age Group - Full Results

## FULL RESULTS

Place	Name	AaD	Club	Time	WA Pts
1.	Rachel GILLESPIE	22	Chelmsford	30.19	526
2.	Jaida LUDLOW	19	Basildon Ph	31.84	448
3.	Rebecca CRIBB	24	Hornchurch	32.18	434
4.	Emma PAGE	19	Rochford	34.76	345

### FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Riley FLICK	25	Hackney	31.13	480
2.	Hannah BINNING	25	Hornchurch	32.83	409
3.	Ella STONE	27	Rochford	32.89	407
3.	Hazel TRAYLER	25	Hornchurch	32.89	407
5.	Megan BENSON	26	Bo Newham	35.15	333
6.	Mathilde COLLI	27	Bo Newham	40.24	222
7.	Alison MURPHY	28	Tower Hamlet	44.13	168

### FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Melanie OULD	31	Hornchurch	1:03.07	57

### FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Michelle LANE	37	Basildon Ph	34.87	341

### FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Katie HOLMES	40	Harwich DP	33.79	375
2.	Shelley DAY	44	Witham Dolph	35.46	325
3.	Lizzie LONG	44	Rochford	35.89	313
4.	Sally DEVERILL	44	Basildon Ph	37.13	283
5.	Cheryl MANSFIELD	42	Hornchurch	39.24	239
6.	Nichola MURCH	42	Hornchurch	40.21	222
7.	Agnes MELKVI	43	Hornchurch	42.82	184

### FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sorrell KENNY	45	S D Trojan	33.07	400
2.	Dawn PALMER	48	Basildon Ph	33.32	391

### FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Katrina FARRALL	54	Basildon Ph	35.11	334
2.	Alex GORE	51	Rochford	40.51	217
3.	Jane ROTHMAN	54	Hornchurch	51.58	105

### FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Deb MATLESS	61	East Anglian	34.18	362
2.	Ann HART	60	Basildon Ph	45.72	151

### FEMALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Vivien WILLIS	71	Rochford	47.77	132

## EVENT 3 Mixed 18 Yrs/Over 100m Breaststroke

### OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Oscar EASTMAN	24	Hornchurch	1:24.24	282
2.	James PAGE	24	Hornchurch	1:24.28	282
3.	Daniel HALL	20	Hornchurch	1:31.09	223
	Shagor CHOWDHURY	23	Bo Waltham F	DQ SH	

### OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jack HOWLETT	28	Harwich DP	1:10.41	483
2.	Koen VAN LIESHOUT	29	Out To Swim	1:10.89	474
3.	Ryan KELLY	25	Chelmsford	1:17.21	367
4.	Myles HANLON	28	Out To Swim	1:18.41	350

### OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Amarinder RUPRAI	31	Hornchurch	1:21.55	311
2.	David KEARNEY	31	Leyton	1:25.30	272
3.	Jason PARR-MORLEY	33	Hornchurch	1:32.97	210
	Alan CULLINANE	31	Hornchurch	DQ T	
	Guglielmo CIVARDI	34	Bo Newham	DQ T	

### OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Tom HARGREAVES	38	Hackney	1:11.65	459
2.	Adam LAMB	35	Rochford	1:15.44	393
3.	Christopher WATSON	36	Hornchurch	1:36.67	186
4.	Marcus De Quan PECK	35	Bo Newham	1:36.79	186

### OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	David EBANKS	42	Basildon Ph	1:07.77	542
2.	James BARNACLE	43	Braintree	1:21.43	312
3.	Christopher PHELAN	43	Hornchurch	1:26.00	265
4.	Giorgio SPIEGELFELD	43	Hackney	1:27.63	251
5.	Del JACKSON	42	Out To Swim	1:32.93	210

### OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	David ORDERS	46	Witham Dolph	1:19.83	332
2.	Gary WRAIGHT	47	Basildon Ph	1:24.52	279

## FULL RESULTS

3.	Christopher HUNTER	49	Team Anglia	1:30.27	229
4.	Nick KARAISKOS	48	Basildon Ph	1:38.14	178

### OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Danny BUNN	54	Hornchurch	1:26.84	257
2.	Dave PETHERS	54	Basildon Ph	1:29.23	237
3.	PETER DYER	54	Hornchurch	1:40.58	166
	Philip DAWE	52	Hornchurch	DNC	

### OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Robert EASTMAN	59	Hornchurch	1:22.92	296
2.	Paul SMOOTHY	56	Guildford Ct	1:24.14	283
3.	Christopher BEECHING	59	Hornchurch	1:27.41	252
4.	Kevin JUGGINS	58	Hornchurch	1:45.48	143

### OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Andrew HARRINGTON	60	Hornchurch	1:27.07	255
2.	Adam LELEAN	62	Diss Otters	1:29.61	234

### OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Andrew WRIGHT	67	Stowmarket	1:42.01	159
2.	Simon GOULTER	68	Loughton Mas	1:48.73	131

### OPEN/MALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jeff HILLIER	75	Bo Waltham F	2:00.00	97

### FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Amber HEAD	22	Rochford	1:19.90	475
2.	Megan THOMPSON	24	Basildon Ph	1:38.67	252
3.	Holly BOCKING	23	Colchester P	2:10.48	109

### FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Anna DOUGHTY	25	Tower Hamlet	1:19.55	481
2.	Jaye WESTERN	29	Flitwick	1:26.64	372
3.	Ana-Maria MOLNAR	26	Hackney	1:33.17	299

### FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Kimberley DURNO	37	Bo Newham	1:27.21	365
2.	Michelle LANE	37	Basildon Ph	1:30.28	329

### FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Katie HOLMES	40	Harwich DP	1:22.87	426
2.	Sally DEVERILL	44	Basildon Ph	1:27.43	362
3.	Marina PELUSO	41	Hackney	1:29.14	342
4.	Alaine TSANG	43	Bo Newham	1:29.81	334
5.	Beverley JARMAN-HALL	43	Rochford	1:35.67	276

### FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Catherine HODGSON	46	Hornchurch	1:44.70	211

### FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Amanda GOODMAN	54	Basildon Ph	1:26.51	374
2.	Susan GOODEY	50	Basildon Ph	1:40.83	236
3.	Alison COWIE	51	Basildon Ph	1:56.63	152

### FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Heidi NEVIN	56	Rochford	1:32.41	307
2.	Sarah ADCOCK	57	Co Norwich	1:48.70	188

### FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Michele ROMAIN	61	DunmowAtlant	1:49.61	184

### FEMALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sally LELEAN	73	Diss Otters	2:02.20	132

## EVENT 4 Mixed 18 Yrs/Over 50m Backstroke

### OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	James PAGE	24	Hornchurch	33.97	275
2.	Oscar EASTMAN	24	Hornchurch	41.19	154

### OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jamie TOWNER	27	Hackney	27.32	530
2.	Ryan KELLY	25	Chelmsford	29.29	430
3.	Mike LIU	28	Out To Swim	29.80	408
4.	Dominic BAXTER	27	Harwich DP	31.47	346
5.	James WINTER	28	Rochford	31.88	333
6.	James MURPHY	26	Bo Newham	33.05	299
7.	KALAAM MOTIN	27	Rochford	36.09	229

### OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jonathan BENTHAM	31	Hackney	30.67	374

## FULL RESULTS

2.	Stuart MORTEN	34	Epsom Dist	33.17	296
3.	David KEARNEY	31	Leyton	35.06	250
4.	Jason PARR-MORLEY	33	Hornchurch	37.82	199
5.	Alan CULLINANE	31	Hornchurch	40.07	167

### OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Matt WAN	39	Out To Swim	30.64	375
2.	Marcus De Quan PECK	35	Bo Newham	40.55	162
3.	Christopher WATSON	36	Hornchurch	47.92	98

### OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	David ABBOTT	41	Hornchurch	33.83	279
2.	Christopher PHELAN	43	Hornchurch	37.41	206
3.	Lewis WHITELOCK	44	Basildon Ph	44.57	122

### OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Andrew BURBIDGE	45	Epsom Dist	33.92	276
2.	Michael BURGESS	47	Brentwood	34.10	272
3.	Mark PLUMMER	47	Hornchurch	37.22	209
4.	Ben HARRIS	46	Linslade	37.26	208
5.	Ilya BOCHKOV	47	Bo Newham	37.44	205
6.	Michal LITKE	46	Out To Swim	40.23	166
7.	Nick KARAIKOS	48	Basildon Ph	45.02	118

### OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	LEE PETERSON	50	Braintree	29.54	419
2.	Scot BRADLEY	50	Hornchurch	33.70	282
3.	Craig BANNING	51	Harlow Pen	34.35	266
4.	Dave PETHERS	54	Basildon Ph	39.53	174
5.	Danny BUNN	54	Hornchurch	45.12	117
	Philip DAWE	52	Hornchurch	DNC	

### OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Robert EASTMAN	59	Hornchurch	36.13	229
2.	Bryn WALTERS	58	Out To Swim	39.21	179
3.	Christopher BEECHING	59	Hornchurch	46.14	110

### OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Dale BARKER	62	Felixstowe	35.53	240
2.	Andrew HARRINGTON	60	Hornchurch	40.03	168
3.	John BRIERLEY	61	Deben	41.05	156

### OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Andy STAPLETON	65	Colchester	34.88	254
2.	Andrew WRIGHT	67	Stowmarket	43.09	135

### OPEN/MALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Walter GERRARD	72	Rochford	44.04	126

### OPEN/MALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jeff HILLIER	75	Bo Waltham F	52.29	75

### OPEN/MALE 80 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Derek GORE	84	Chelmsford	57.96	55

### FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jaida LUDLOW	19	Basildon Ph	31.69	505
2.	Sophie JENKINSON	19	Rochford	35.45	361
3.	Rebecca CRIBB	24	Hornchurch	35.55	358
4.	Hannah FLEMING	19	Basildon Ph	35.68	354
5.	Holly BOCKING	23	Colchester P	53.49	105
	Trinity LANGMEAD-BROCK	22	Hornchurch	DNC	

### FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ella STONE	27	Rochford	33.84	415
2.	Hannah BINNING	25	Hornchurch	34.17	403
3.	Nicole STANTON	27	Hackney	35.74	352
4.	Myriam PRASOW-EMOND	27	Bo Newham	38.60	279
5.	Alison MURPHY	28	Tower Hamlet	44.04	188
6.	Esme PITTS	29	Tower Hamlet	49.23	134

### FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jane LAMB	34	Rochford	36.77	323
2.	Gemma CANNON	32	Deben	38.71	277
3.	Melanie OULD	31	Hornchurch	56.26	90

### FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Michelle LANE	37	Basildon Ph	35.84	349

### FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sarah CARRINGTON	41	Witham Dolph	36.46	332
2.	Katie HOLMES	40	Harwich DP	37.00	317
3.	Marina PELUSO	41	Hackney	37.67	301
4.	Alaine TSANG	43	Bo Newham	39.82	254

## FULL RESULTS

5.	Cheryl MANSFIELD	42	Hornchurch	40.05	250
6.	Nichola MURCH	42	Hornchurch	40.07	250
7.	Agnes MELKVI	43	Hornchurch	43.30	198

### FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Alex SMITH	46	Epsom Dist	39.64	258
2.	Jenny CHANNING	45	Rochford	41.45	226

### FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Katrina FARRALL	54	Basildon Ph	36.56	329
2.	Keely CHALKER	53	Hornchurch	47.09	154
3.	Jane ROTHMAN	54	Hornchurch	47.85	146
4.	Anita GRAINGER	53	Witham Dolph	48.87	137
	Sarah BERRY	51	Out To Swim	DNC	

### FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Heidi NEVIN	56	Rochford	39.22	266
2.	Sally COLEMAN	59	Hornchurch	44.30	185

### FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ann HART	60	Basildon Ph	46.61	158

### FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Donna PINEL	67	Bo Newham	1:33.57	19

### FEMALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Vivien WILLIS	71	Rochford	52.44	111
2.	Sally LELEAN	73	Diss Otters	55.85	92

### FEMALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Carol HULETT	76	Hornchurch	1:08.03	51

## EVENT 5 Mixed 18 Yrs/Over 100m Freestyle

### OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Shaun CONNOR	21	Basildon Ph	56.98	487
2.	Rio ROGERS	20	Basildon Ph	57.81	466
3.	Daniel HALL	20	Hornchurch	1:02.07	377
4.	James PAGE	24	Hornchurch	1:06.76	303
5.	Shagor CHOWDHURY	23	Bo Waltham F	1:09.23	271
6.	Oscar EASTMAN	24	Hornchurch	1:11.03	251

### OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Charles MESSENGER	28	Hackney	53.86	577
2.	Jack HOWLETT	28	Harwich DP	55.48	527
3.	James WINTER	28	Rochford	59.25	433
4.	Ryan KELLY	25	Chelmsford	59.64	424
5.	Dominic BAXTER	27	Harwich DP	1:01.61	385
6.	Cameron BROWN	26	Witham Dolph	1:03.01	360
7.	Henry GILBERT	27	Chelmsford	1:06.30	309
	Jamie TOWNER	27	Hackney	DNC	

### OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Danny BAKER	30	Rochford	55.73	520
2.	Martin SARTORIUS	32	Otter	58.72	445
3.	Sam WHITE	30	Basildon Ph	59.06	437
4.	Jamie HARRINGTON	33	Hornchurch	1:00.69	403
5.	Jason PARR-MORLEY	33	Hornchurch	1:04.45	336
6.	Amarinder RUPRAI	31	Hornchurch	1:09.88	264
7.	Alan CULLINANE	31	Hornchurch	1:11.47	246
8.	Alex MACARTHUR	33	Bo Newham	10:02.40	

### OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jamie SIRETT	36	Hoddesdon	59.26	433
2.	James HARDY	38	Brentwood	59.33	431
3.	Sean BUNKER	37	Rochford	1:07.27	296
4.	Marcus De Quan PECK	35	Bo Newham	1:16.21	203
5.	Christopher WATSON	36	Hornchurch	1:18.30	187

### OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	John DILLEY	41	Chelmsford	57.43	475
2.	David ABBOTT	41	Hornchurch	59.62	425
3.	Craig CAMPION	41	Witham Dolph	1:00.49	407
4.	Christopher PHELAN	43	Hornchurch	1:09.19	272
5.	Del JACKSON	42	Out To Swim	1:10.66	255
6.	Lewis WHITELOCK	44	Basildon Ph	1:19.70	178
7.	Giorgio SPIEGELFELD	43	Hackney	1:20.37	173

### OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Richard VINTER	45	Witham Dolph	59.96	418
2.	Gary WRAIGHT	47	Basildon Ph	1:04.09	342
3.	Robert NUNN	45	Deben	1:04.25	339
4.	Neil DALTON	46	Basildon Ph	1:04.73	332
5.	Michael FOWLE	47	St Albans Ma	1:04.77	331

## FULL RESULTS

6.	Ben HARRIS	46	Linslade	1:06.32	309
7.	Christopher HUNTER	49	Team Anglia	1:06.70	303
8.	Mark BINNINGTON	46	St Albans Ma	1:07.75	289
9.	Mark PLUMMER	47	Hornchurch	1:10.74	254
10.	Nick KARAIKOS	48	Basildon Ph	1:19.81	177

### OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Scot BRADLEY	50	Hornchurch	1:08.53	280
2.	Peter CHITTOCK	54	Basildon Ph	1:14.09	221
3.	Danny BUNN	54	Hornchurch	1:16.80	199
4.	James HALL	53	Hornchurch	1:23.73	153
5.	PETER DYER	54	Hornchurch	1:25.78	142

### OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Robert EASTMAN	59	Hornchurch	1:06.89	301
2.	DEAN PALMER	55	Hornchurch	1:07.39	294
3.	Christopher BEECHING	59	Hornchurch	1:09.93	263
4.	Bryn WALTERS	58	Out To Swim	1:10.76	254
5.	Jason COLE	57	Colchester	1:14.85	214
6.	Kevin JUGGINS	58	Hornchurch	1:23.85	152

### OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ralph PINEL	62	Bo Newham	1:03.47	352
2.	Andrew HARRINGTON	60	Hornchurch	1:06.35	308
3.	Adam LELEAN	62	Diss Otters	1:12.43	237
4.	John BRIERLEY	61	Deben	1:14.06	221
5.	Paul TRAYLER	61	Hornchurch	1:22.88	158

### OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Geoff BAKER	65	Rochford	1:09.90	263
2.	Andrew STAPLETON	65	Colchester	1:10.74	254
3.	Colin CORBY	65	Chelmsford	1:18.63	185
4.	Colin PRICE	69	Hornchurch	1:49.75	68

### OPEN/MALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Walter GERRARD	72	Rochford	1:20.58	172

### OPEN/MALE 80 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Derek GORE	84	Chelmsford	1:50.52	66

### FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Rebecca CRIBB	24	Hornchurch	1:06.20	437
2.	Amber HEAD	22	Rochford	1:06.34	434
3.	Emma PAGE	19	Rochford	1:08.85	388
4.	Hannah FLEMING	19	Basildon Ph	1:09.40	379
5.	Megan THOMPSON	24	Basildon Ph	1:17.84	269

### FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Polly LORIMER	26	Hackney	1:03.53	494
2.	Riley FLICK	25	Hackney	1:03.95	485
3.	Hannah BINNING	25	Hornchurch	1:05.28	456
4.	Eva PRATO LUNA	26	Bo Newham	1:05.91	443
5.	Ella STONE	27	Rochford	1:06.15	438
6.	Nicole STANTON	27	Hackney	1:10.53	361

### FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Hannah KNIGHTLY	30	Basildon Ph	1:06.53	430

### FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Michelle LANE	37	Basildon Ph	1:06.97	422

### FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Emily SUMMERS	43	St Albans Ma	1:05.01	461
2.	Kira NEAL	40	Basildon Ph	1:05.51	451
3.	Katie HOLMES	40	Harwich DP	1:05.94	442
4.	Nichola MURCH	42	Hornchurch	1:08.93	387
5.	Cheryl MANSFIELD	42	Hornchurch	1:12.28	336
6.	Alaine TSANG	43	Bo Newham	1:15.33	296
7.	Lizzie LONG	44	Rochford	1:16.24	286
8.	Beverley JARMAN-HALL	43	Rochford	1:16.50	283
9.	Agnes MELKVI	43	Hornchurch	1:27.98	186
10.	Claire CORNWELL	44	Rochford	1:29.62	176

### FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Dawn PALMER	48	Basildon Ph	1:04.77	466
2.	Catherine HODGSON	46	Hornchurch	1:22.49	226

### FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Amanda GOODMAN	54	Basildon Ph	1:14.34	308
2.	Alex GORE	51	Rochford	1:19.03	257
3.	Susan GOODEY	50	Basildon Ph	1:20.23	245
4.	Keely CHALKER	53	Hornchurch	1:20.99	238
	Jane ROTHMAN	54	Hornchurch	DNC	

### FEMALE 55/59 Yrs Age Group - Full Results

## FULL RESULTS

Place	Name	AaD	Club	Time	WA Pts
1.	Heidi NEVIN	56	Rochford	1:15.24	297
2.	Sally COLEMAN	59	Hornchurch	1:26.95	193
3.	Claire BAILEY	55	Rochford	1:36.47	141
4.	Sarah ADCOCK	57	Co Norwich	1:40.68	124

### FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Deb MATLESS	61	East Anglian	1:12.65	330
2.	Ann HART	60	Basildon Ph	1:25.28	204
3.	Donna GODDARD	60	Witham Dolph	1:31.39	166

### FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Barbara BOXALL	69	Hornchurch	1:21.42	235
2.	Donna PINEL	67	Bo Newham	2:41.34	30

### FEMALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Carol HULETT	76	Hornchurch	2:01.47	70

## EVENT 6 Mixed 18 Yrs/Over 100m IM

### OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	James PAGE	24	Hornchurch	1:12.51	313
2.	Oscar EASTMAN	24	Hornchurch	1:19.14	241
3.	Daniel HALL	20	Hornchurch	1:19.85	235
4.	Ben BROOKS	24	Rochford	1:23.37	206
	Shagor CHOWDHURY	23	Bo Waltham F	DQ T	

### OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jamie TOWNER	27	Hackney	1:02.59	488
2.	Hicham TIJARI	26	Co Peterboro	1:06.62	404
3.	Ryan KELLY	25	Chelmsford	1:08.06	379
4.	Myles HANLON	28	Out To Swim	1:10.39	343
5.	James WINTER	28	Rochford	1:12.27	317
6.	KALAAM MOTIN	27	Rochford	1:19.09	241
	Marc KENNEDY	25	Tower Hamlet	DQ T	

### OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Danny BAKER	30	Rochford	1:04.87	438
2.	Joshua COX	31	Rochford	1:10.87	336
3.	Stuart MORTEN	34	Epsom Dist	1:13.49	301
4.	Alex MACARTHUR	33	Bo Newham	1:14.43	290
5.	David KEARNEY	31	Leyton	1:15.30	280
6.	Jason PARR-MORLEY	33	Hornchurch	1:15.99	272
7.	Amarinder RUPRAI	31	Hornchurch	1:19.56	237
8.	Alan CULLINANE	31	Hornchurch	1:26.50	184

### OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Tom HARGREAVES	38	Hackney	1:05.81	419
2.	Adam LAMB	35	Rochford	1:11.81	323
3.	Marcus De Quan PECK	35	Bo Newham	1:31.74	155

### OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	David EBANKS	42	Basildon Ph	1:03.16	474
2.	Matthew RICKETT	42	Chelmsford	1:11.05	333
3.	David ABBOTT	41	Hornchurch	1:12.51	313
4.	Christopher PHELAN	43	Hornchurch	1:19.82	235
5.	Lewis WHITELOCK	44	Basildon Ph	1:33.56	146
	Giorgio SPIEGELFELD	43	Hackney	DQ FI	

### OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Richard VINTER	45	Witham Dolph	1:09.05	363
2.	David ORDERS	46	Witham Dolph	1:10.81	337
3.	Michael BURGESS	47	Brentwood	1:13.77	298
4.	Gary WRAIGHT	47	Basildon Ph	1:15.60	276
5.	Andrew BURBIDGE	45	Epsom Dist	1:15.75	275
6.	Nick KARAIKOS	48	Basildon Ph	1:29.08	169

### OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	LEE PETERSON	50	Braintree	1:05.08	434
2.	Scot BRADLEY	50	Hornchurch	1:15.54	277
3.	Danny BUNN	54	Hornchurch	1:22.46	213

### OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Karl SHARMAN	55	Deben	1:09.87	350
2.	Paul SMOOTHY	56	Guildford Ct	1:15.98	272
3.	Robert EASTMAN	59	Hornchurch	1:18.54	247
4.	Christopher BEECHING	59	Hornchurch	1:22.98	209
5.	Bryn WALTERS	58	Out To Swim	1:26.13	187
6.	Kevin JUGGINS	58	Hornchurch	1:41.88	113

### OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Andrew HARRINGTON	60	Hornchurch	1:16.57	266
2.	Dale BARKER	62	Felixstowe	1:19.56	237
3.	Paul TRAYLER	61	Hornchurch	1:48.34	94

### OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Geoff BAKER	65	Rochford	1:22.76	211
2.	Andrew WRIGHT	67	Stowmarket	1:33.78	145
3.	Simon GOULTER	68	Loughton Mas	1:37.63	128
	Colin PRICE	69	Hornchurch	DQ T	

### FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Rachel GILLESPIE	22	Chelmsford	1:11.80	487
2.	Amber HEAD	22	Rochford	1:13.67	451
3.	Emily TATAM	21	Basildon Ph	1:17.51	387

### FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Anna DOUGHTY	25	Tower Hamlet	1:11.99	483
2.	Eva PRATO LUNA	26	Bo Newham	1:16.40	404
3.	Polly LORIMER	26	Hackney	1:17.16	392
4.	Jaye WESTERN	29	Flitwick	1:22.13	325
5.	Myriam PRASOW-EMOND	27	Bo Newham	1:23.06	314
6.	Ana-Maria MOLNAR	26	Hackney	1:23.09	314
7.	Megan BENSON	26	Bo Newham	1:25.04	293
8.	Alison MURPHY	28	Tower Hamlet	1:31.88	232
9.	Esme PITTS	29	Tower Hamlet	1:42.89	165

### FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Hannah KNIGHTLY	30	Basildon Ph	1:16.28	406

### FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Michelle LANE	37	Basildon Ph	1:16.11	409
2.	Kimberley DURNO	37	Bo Newham	1:21.59	332
3.	Jenifer ORDONEZ	37	Bexley Mast	1:21.81	329

### FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Katie HOLMES	40	Harwich DP	1:14.78	431
2.	Marina PELUSO	41	Hackney	1:20.34	348
3.	Shelley DAY	44	Witham Dolph	1:21.40	334
4.	Sally DEVERILL	44	Basildon Ph	1:22.09	326
5.	Alaine TSANG	43	Bo Newham	1:25.84	285
6.	Cheryl MANSFIELD	42	Hornchurch	1:26.04	283
7.	Lizzie LONG	44	Rochford	1:27.89	265
	Agnes MELKVI	43	Hornchurch	DQ T	

### FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Shelby WEBSTER	47	Chelmsford	1:20.56	345
2.	Alex SMITH	46	Epsom Dist	1:30.14	246

### FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Katrina FARRALL	54	Basildon Ph	1:21.83	329
2.	Alex GORE	51	Rochford	1:29.75	249
3.	Dorothy WHYTE	54	Hackney	1:34.26	215
4.	Susan GOODEY	50	Basildon Ph	1:36.02	203
5.	Alison COWIE	51	Basildon Ph	1:49.93	135

### FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Liz WOOLNER	57	Flitwick	1:16.36	405
2.	Sally COLEMAN	59	Hornchurch	1:44.90	156

### FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ann HART	60	Basildon Ph	1:42.57	167

### FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
	Barbara BOXALL	69	Hornchurch	DNC	

## EVENT 10 Mixed 18 Yrs/Over 200m Freestyle

### OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	James PAGE	24	Hornchurch	2:30.56	287
2.	Oscar EASTMAN	24	Hornchurch	2:41.68	232
	Rio ROGERS	20	Basildon Ph	DNC	

### OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Koen VAN LIESHOUT	29	Out To Swim	2:10.14	445
2.	Myles HANLON	28	Out To Swim	2:18.82	366

### OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Matthew SHONE	31	Bo Newham	2:03.46	521
2.	Joshua COX	31	Rochford	2:17.86	374
3.	Jason PARR-MORLEY	33	Hornchurch	2:33.75	269
4.	Alan CULLINANE	31	Hornchurch	2:44.90	218

### OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jamie SIRETT	36	Hoddesdon	2:09.49	451

## FULL RESULTS

2.	James HARDY	38	Brentwood	2:10.14	445
3.	Tom HARGREAVES	38	Hackney	2:10.31	443
4.	Christopher WATSON	36	Hornchurch	2:54.47	184

### OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	John DILLEY	41	Chelmsford	2:09.87	447
2.	Craig CAMPION	41	Witham Dolph	2:13.42	413
3.	Alex SMITH	42	Harlow Pen	2:23.30	333
4.	Lewis WHITELOCK	44	Basildon Ph	30:05.27	

### OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Robert NUNN	45	Deben	2:21.57	345
2.	Neil DALTON	46	Basildon Ph	2:24.50	325
3.	Gary WRAIGHT	47	Basildon Ph	2:28.96	296
4.	Ilya BOCHKOV	47	Bo Newham	2:36.78	254
5.	Nick KARAIKOS	48	Basildon Ph	3:03.04	160

### OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Danny BUNN	54	Hornchurch	2:43.74	223
2.	James HALL	53	Hornchurch	3:11.93	138
3.	PETER DYER	54	Hornchurch	3:16.06	130

### OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Paul SMOOTHY	56	Guildford Ct	2:25.04	321
2.	DEAN PALMER	55	Hornchurch	2:27.08	308
3.	Robert EASTMAN	59	Hornchurch	2:29.57	293
4.	Jason COLE	57	Colchester	2:46.63	212
5.	Christopher BEECHING	59	Hornchurch	2:51.17	195
6.	Kevin JUGGINS	58	Hornchurch	3:09.21	144

### OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Adam LELEAN	62	Diss Otters	2:31.79	280
2.	Andrew HARRINGTON	60	Hornchurch	2:39.16	243
3.	Neil TRAYLER	63	Hornchurch	3:00.18	167
	Steve HAM	62	Rochford	DNC	

### OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Colin CORBY	65	Chelmsford	2:59.94	168

### OPEN/MALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
	PHILIP HARPER	79	Rochford	DNC	

### OPEN/MALE 80 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Derek GORE	84	Chelmsford	4:00.74	70

### FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Rebecca CRIBB	24	Hornchurch	2:23.13	457
2.	CHARIS PALMER	22	Hornchurch	2:42.84	310
3.	Megan THOMPSON	24	Basildon Ph	2:53.60	256

### FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Eva PRATO LUNA	26	Bo Newham	2:26.88	423
2.	Myriam PRASOW-EMOND	27	Bo Newham	2:36.56	349

### FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Michelle LANE	37	Basildon Ph	2:26.11	430
2.	Kimberley DURNO	37	Bo Newham	2:38.61	336

### FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Emily SUMMERS	43	St Albans Ma	2:22.15	467
2.	Kira NEAL	40	Basildon Ph	2:23.17	457
3.	Nichola MURCH	42	Hornchurch	2:29.30	403
4.	Lizzie LONG	44	Rochford	2:38.53	336
5.	Cheryl MANSFIELD	42	Hornchurch	2:45.48	296
6.	Claire CORNWELL	44	Rochford	3:09.98	195
7.	Agnes MELKVI	43	Hornchurch	3:23.30	159
	Marina PELUSO	41	Hackney	DQ ST	

### FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Georgina BAKER	45	Brentwood	2:33.63	370

### FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Amanda GOODMAN	54	Basildon Ph	2:49.59	275
2.	Keely CHALKER	53	Hornchurch	2:57.87	238
3.	Susan GOODEY	50	Basildon Ph	3:02.29	221
4.	Alex GORE	51	Rochford	3:04.36	214
5.	ELENI MANOLITSAKI	54	Chelmsford	3:43.12	120

### FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Heidi NEVIN	56	Rochford	2:42.60	312
2.	Claire BAILEY	55	Rochford	3:23.87	158

### FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sally WINTER	64	Bishop Stort	2:31.30	387

## FULL RESULTS

2.	Sue WELHAM	60	St Albans Ma	2:41.06	321
3.	Donna GODDARD	60	Witham Dolph	3:25.96	153
4.	Pauline TESTER	60	Bo Newham	3:32.23	140

### FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Barbara BOXALL	69	Hornchurch	3:05.61	209
2.	Donna PINEL	67	Bo Newham	5:43.15	33

### EVENT 11 Mixed 18 Yrs/Over 50m Breaststroke

#### OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	James PAGE	24	Hornchurch	36.88	309
2.	Oscar EASTMAN	24	Hornchurch	38.98	262
3.	Shagor CHOWDHURY	23	Bo Waltham F	39.31	255
4.	Daniel HALL	20	Hornchurch	39.34	255

#### OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Utku Can BOZKURT	29	Hackney	28.84	647
2.	Jack HOWLETT	28	Harwich DP	31.80	482
3.	Ryan KELLY	25	Chelmsford	35.12	358
4.	James MURPHY	26	Bo Newham	37.56	293
5.	Marc KENNEDY	25	Tower Hamlet	38.65	269
6.	KALAAM MOTIN	27	Rochford	39.96	243

#### OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Guglielmo CIVARDI	34	Bo Newham	31.08	517
2.	Danny BAKER	30	Rochford	32.40	456
3.	Jordan SHAKES VACCIANA	31	Saxon Crown	35.66	342
4.	Alex MACARTHUR	33	Bo Newham	38.04	282
5.	Amarinder RUPRAI	31	Hornchurch	38.12	280
6.	Jason PARR-MORLEY	33	Hornchurch	41.37	219
7.	Alan CULLINANE	31	Hornchurch	44.42	177

#### OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Matt WAN	39	Out To Swim	32.78	440
2.	Adam LAMB	35	Rochford	33.16	425
3.	Sean BUNKER	37	Rochford	39.23	257
4.	Christopher WATSON	36	Hornchurch	44.77	173

#### OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	David EBANKS	42	Basildon Ph	30.05	572
2.	Peter WILLIAMS	44	Kidlington	31.98	474
3.	James BARNACLE	43	Braintree	35.98	333
4.	Christopher PHELAN	43	Hornchurch	38.01	282
5.	Giorgio SPIEGELFELD	43	Hackney	39.26	256
6.	Alex SMITH	42	Harlow Pen	39.94	243
7.	Del JACKSON	42	Out To Swim	42.22	206
8.	Lewis WHITELOCK	44	Basildon Ph	44.61	174

#### OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	David ORDERS	46	Witham Dolph	35.73	340
2.	Gary WRAIGHT	47	Basildon Ph	36.27	325
3.	Michael BURGESS	47	Brentwood	36.76	312
4.	Michal LITKE	46	Out To Swim	36.95	307
5.	Ross MCNAUGHTON	47	Saffron Wald	38.95	262
6.	Ilya BOCHKOV	47	Bo Newham	40.87	227
7.	Nick KARAIKOS	48	Basildon Ph	45.26	167

#### OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Dave PETHERS	54	Basildon Ph	39.50	252
2.	PETER DYER	54	Hornchurch	44.83	172
	Danny BUNN	54	Hornchurch	DNC	

#### OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Karl SHARMAN	55	Deben	34.97	363
2.	Christopher BEECHING	59	Hornchurch	37.90	285
3.	Robert EASTMAN	59	Hornchurch	39.21	257
4.	Kevin JUGGINS	58	Hornchurch	51.09	116

#### OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Andrew HARRINGTON	60	Hornchurch	37.89	285
2.	Paul TRAYLER	61	Hornchurch	51.09	116
	John BRIERLEY	61	Deben	DNC	

#### OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Geoff BAKER	65	Rochford	42.80	198
2.	Colin CORBY	65	Chelmsford	44.67	174
	Colin PRICE	69	Hornchurch	DNC	

#### OPEN/MALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jeff HILLIER	75	Bo Waltham F	53.21	103

### FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Amber HEAD	22	Rochford	36.85	456

## FULL RESULTS

2.	Sophie JENKINSON	19	Rochford	41.08	329
3.	Emma PAGE	19	Rochford	41.79	312
4.	Megan THOMPSON	24	Basildon Ph	44.46	259
5.	Holly BOCKING	23	Colchester P	1:06.25	78

### FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Anna DOUGHTY	25	Tower Hamlet	35.39	515
2.	Jaye WESTERN	29	Flitwick	40.34	347
3.	Anna-Maria HONOUR	28	Hackney	42.84	
4.	Mathilde COLLI	27	Bo Newham	44.81	253
5.	Alison MURPHY	28	Tower Hamlet	47.68	210
6.	Esme PITTS	29	Tower Hamlet	55.70	132

### FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Kimberley DURNO	37	Bo Newham	40.55	342
2.	Michelle LANE	37	Basildon Ph	41.59	317
3.	Jenifer ORDONEZ	37	Bexley Mast	42.23	303

### FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sally DEVERILL	44	Basildon Ph	40.06	355
2.	Alaine TSANG	43	Bo Newham	41.04	330
3.	SARA PRICE	40	Rochford	42.76	292

### FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Catherine HODGSON	46	Hornchurch	48.27	203

### FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Amanda GOODMAN	54	Basildon Ph	40.51	343
2.	Susan GOODEY	50	Basildon Ph	47.44	213
3.	Dorothy WHYTE	54	Hackney	48.35	202
4.	Keely CHALKER	53	Hornchurch	50.56	176
5.	Alison COWIE	51	Basildon Ph	52.27	159

### FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Heidi NEVIN	56	Rochford	41.89	310
2.	Liz WOOLNER	57	Flitwick	42.51	297
3.	Sally COLEMAN	59	Hornchurch	51.71	165

### FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Diane GIBB	64	DunmowAtlant	47.96	206
2.	Michele ROMAIN	61	DunmowAtlant	50.25	179
3.	Ann HART	60	Basildon Ph	54.88	138

### FEMALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sally LELEAN	73	Diss Otters	58.39	114

## EVENT 12 Mixed 18 Yrs/Over 100m Backstroke

### OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	James PAGE	24	Hornchurch	1:13.49	284
2.	Oscar EASTMAN	24	Hornchurch	1:27.86	166

### OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ryan KELLY	25	Chelmsford	1:03.82	434
2.	Mike LIU	28	Out To Swim	1:05.64	399
3.	Dominic BAXTER	27	Harwich DP	1:08.79	346

### OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Martin SARTORIUS	32	Otter	1:06.91	376
2.	Stuart MORTEN	34	Epsom Dist	1:14.65	271
2.	Michael TWEEN	33	Felixstowe	1:14.65	271
4.	Jason PARR-MORLEY	33	Hornchurch	1:23.19	196
5.	Alan CULLINANE	31	Hornchurch	1:35.38	130

### OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Marcus De Quan PECK	35	Bo Newham	1:27.88	166
2.	Christopher WATSON	36	Hornchurch	1:49.80	85

### OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Christopher PHELAN	43	Hornchurch	1:23.05	197

### OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Andrew BURBIDGE	45	Epsom Dist	1:14.11	277
2.	Michael BURGESS	47	Brentwood	1:16.11	256
3.	Christopher HUNTER	49	Team Anglia	1:17.55	242
4.	Mark PLUMMER	47	Hornchurch	1:23.00	197
5.	Ilya BOCHKOV	47	Bo Newham	1:26.08	176

### OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	LEE PETERSON	50	Braintree	1:04.88	413
2.	Craig BANNING	51	Harlow Pen	1:15.51	262
3.	Scot BRADLEY	50	Hornchurch	1:19.31	226
4.	Danny BUNN	54	Hornchurch	1:29.19	159

### OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Robert EASTMAN	59	Hornchurch	1:23.52	193
2.	Christopher BEECHING	59	Hornchurch	1:37.16	123

### OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Adam LELEAN	62	Diss Otters	1:29.94	155
2.	Andrew HARRINGTON	60	Hornchurch	1:30.16	154
3.	Paul TRAYLER	61	Hornchurch	1:51.10	82

### OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Andy STAPLETON	65	Colchester	1:18.89	229

### OPEN/MALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Walter GERRARD	72	Rochford	1:43.18	102

### OPEN/MALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jeff HILLIER	75	Bo Waltham F	1:54.72	74
	PHILIP HARPER	79	Rochford	DNC	

### OPEN/MALE 80 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Derek GORE	84	Chelmsford	2:13.79	47

### FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sophie JENKINSON	19	Rochford	1:17.29	358
2.	CHARIS PALMER	22	Hornchurch	1:28.91	235
3.	Holly BOCKING	23	Colchester P	1:51.34	119

### FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Nicole STANTON	27	Hackney	1:19.09	334
2.	Megan BENSON	26	Bo Newham	1:22.56	293

### FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Gemma CANNON	32	Deben	1:22.65	292
2.	Jane LAMB	34	Rochford	1:23.09	288
3.	Melanie OULD	31	Hornchurch	1:58.81	98

### FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Michelle LANE	37	Basildon Ph	1:17.14	360
2.	Chloe WILLIAMS	36	Woodham F SC	1:39.74	166

### FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Alaine TSANG	43	Bo Newham	1:24.86	270
2.	Cheryl MANSFIELD	42	Hornchurch	1:26.65	254
3.	Lizzie LONG	44	Rochford	1:27.98	242
4.	Beverley JARMAN-HALL	43	Rochford	1:29.04	234
	Nichola MURCH	42	Hornchurch	DNC	
	Alexandra HODGENS	40	Brentwood	DNC	

### FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Katrina FARRALL	54	Basildon Ph	1:22.49	294
2.	ELENI MANOLITSAKI	54	Chelmsford	1:42.41	153
3.	Keely CHALKER	53	Hornchurch	1:47.26	134
4.	Jane ROTHMAN	54	Hornchurch	1:48.14	130

### FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Heidi NEVIN	56	Rochford	1:25.78	262

### FEMALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sally LELEAN	73	Diss Otters	1:56.92	103

## EVENT 13 Mixed 18 Yrs/Over 100m Butterfly

### OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Rio ROGERS	20	Basildon Ph	1:02.88	438
2.	Shaun CONNOR	21	Basildon Ph	1:04.47	407
3.	James PAGE	24	Hornchurch	1:25.55	174

### OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Charles MESSENGER	28	Hackney	59.44	519
2.	Hicham TIJARI	26	Co Peterboro	1:04.75	401
3.	Koen VAN LIESHOUT	29	Out To Swim	1:10.30	313

### OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Danny BAKER	30	Rochford	1:02.19	453
2.	Joshua COX	31	Rochford	1:12.27	288
3.	Jason PARR-MORLEY	33	Hornchurch	1:16.11	247
4.	Alan CULLINANE	31	Hornchurch	1:23.45	187
	Sam WHITE	30	Basildon Ph	DNC	

### OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Tom HARGREAVES	38	Hackney	1:09.13	330

### **OPEN/MALE 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Craig CAMPION	41	Witham Dolph	1:09.42	326
2.	David ABBOTT	41	Hornchurch	1:09.88	319
3.	Matthew RICKETT	42	Chelmsford	1:09.91	319

### **OPEN/MALE 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Mark BINNINGTON	46	St Albans Ma	1:16.52	243

### **OPEN/MALE 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Scot BRADLEY	50	Hornchurch	1:16.23	246
2.	Dave PETHERS	54	Basildon Ph	1:16.68	241
3.	Danny BUNN	54	Hornchurch	1:29.15	153

### **OPEN/MALE 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Robert EASTMAN	59	Hornchurch	1:19.73	215
2.	Christopher BEECHING	59	Hornchurch	1:23.28	188
3.	Jason COLE	57	Colchester	1:24.51	180

### **OPEN/MALE 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Andrew HARRINGTON	60	Hornchurch	1:15.83	250
2.	Adam LELEAN	62	Diss Otters	1:30.77	145

### **OPEN/MALE 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Geoff BAKER	65	Rochford	1:14.60	262

### **FEMALE 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Rebecca CRIBB	24	Hornchurch	1:11.82	426

### **FEMALE 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Hazel TRAYLER	25	Hornchurch	1:15.14	372

### **FEMALE 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Hannah KNIGHTLY	30	Basildon Ph	1:16.90	347

### **FEMALE 35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Michelle LANE	37	Basildon Ph	1:22.05	285

### **FEMALE 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Kira NEAL	40	Basildon Ph	1:17.96	333
2.	Lizzie LONG	44	Rochford	1:20.18	306
3.	Cheryl MANSFIELD	42	Hornchurch	1:38.50	165
	CHARMAINE STERLING	42	Basildon Ph	DNC	

### **FEMALE 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Elizabeth BELLINGER	46	Bishop Stort	1:08.03	501
2.	Shelby WEBSTER	47	Chelmsford	1:22.18	284

### **FEMALE 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Alex GORE	51	Rochford	1:43.59	142
2.	Alison COWIE	51	Basildon Ph	1:53.59	107

## **EVENT 14 Mixed 18 Yrs/Over 50m Freestyle**

### **OPEN/MALE 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Shaun CONNOR	21	Basildon Ph	26.10	460
2.	Rio ROGERS	20	Basildon Ph	26.40	445
3.	Daniel HALL	20	Hornchurch	28.00	373
4.	James PAGE	24	Hornchurch	29.08	333
5.	Shagor CHOWDHURY	23	Bo Waltham F	30.91	277
6.	Oscar EASTMAN	24	Hornchurch	30.98	275

### **OPEN/MALE 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Utku Can BOZKURT	29	Hackney	23.87	602
2.	Jack HOWLETT	28	Harwich DP	24.46	559
3.	Charles MESSENGER	28	Hackney	24.85	533
4.	Jamie TOWNER	27	Hackney	25.09	518
5.	Myles HANLON	28	Out To Swim	26.56	437
6.	James WINTER	28	Rochford	26.67	431
7.	Ryan KELLY	25	Chelmsford	26.68	431
8.	James MURPHY	26	Bo Newham	27.24	405
9.	Dominic BAXTER	27	Harwich DP	28.30	361
10.	Henry GILBERT	27	Chelmsford	28.87	340
11.	KALAAM MOTIN	27	Rochford	29.43	321
	Marc KENNEDY	25	Tower Hamlet	DNC	

### **OPEN/MALE 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	WA Pts
1.	Danny BAKER	30	Rochford	25.93	469
2.	Martin SARTORIUS	32	Otter	26.07	462
3.	Jonathan BENTHAM	31	Hackney	26.28	451
4.	Jamie HARRINGTON	33	Hornchurch	26.84	423
5.	Sam WHITE	30	Basildon Ph	27.19	407

## FULL RESULTS

6.	Jordan SHAKES VACCIANA	31	Saxon Crown	27.75	383
7.	Alex MACARTHUR	33	Bo Newham	27.85	379
8.	Jason PARR-MORLEY	33	Hornchurch	28.93	338
9.	Amarinder RUPRAI	31	Hornchurch	31.01	274
10.	Alan CULLINANE	31	Hornchurch	31.55	260

### OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Adam LAMB	35	Rochford	26.47	441
2.	Matt WAN	39	Out To Swim	26.69	430
3.	James HARDY	38	Brentwood	27.17	408
4.	Sean BUNKER	37	Rochford	29.85	308
5.	Christopher WATSON	36	Hornchurch	34.98	191

### OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	David EBANKS	42	Basildon Ph	26.23	454
2.	John DILLEY	41	Chelmsford	26.29	450
3.	Peter WILLIAMS	44	Kidlington	26.50	440
4.	David ABBOTT	41	Hornchurch	27.47	395
5.	Alex SMITH	42	Harlow Pen	28.75	344
6.	Christopher PHELAN	43	Hornchurch	29.72	312
7.	James BARNACLE	43	Braintree	30.75	281
8.	Del JACKSON	42	Out To Swim	31.10	272
9.	Lewis WHITELOCK	44	Basildon Ph	32.84	231
10.	Giorgio SPIEGELFELD	43	Hackney	34.21	204

### OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Richard VINTER	45	Witham Dolph	27.16	408
2.	Neil DALTON	46	Basildon Ph	28.83	341
3.	Michal LITKE	46	Out To Swim	28.91	339
4.	Gary WRAIGHT	47	Basildon Ph	29.00	335
5.	Robert NUNN	45	Deben	29.13	331
6.	Michael FOWLE	47	St Albans Ma	29.20	329
7.	Ben HARRIS	46	Linslade	29.61	315
8.	Christopher HUNTER	49	Team Anglia	30.26	295
9.	Mark PLUMMER	47	Hornchurch	30.61	285
10.	Ross MCNAUGHTON	47	Saffron Wald	32.81	231
11.	Nick KARAIKOS	48	Basildon Ph	36.72	165
	Cesar HERRERA	46	Deben	DQ ST	

### OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Craig BANNING	51	Harlow Pen	29.51	318
2.	Scot BRADLEY	50	Hornchurch	30.92	277
3.	Peter CHITTOCK	54	Basildon Ph	32.34	242
4.	Danny BUNN	54	Hornchurch	34.00	208
5.	James HALL	53	Hornchurch	35.31	186
6.	PETER DYER	53	Hornchurch	35.98	175
	Philip DAWE	52	Hornchurch	DNC	
	Martin LANE	53	Basildon Ph	DNC	

### OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Robert EASTMAN	59	Hornchurch	30.73	282
2.	Bryn WALTERS	58	Out To Swim	31.34	266
3.	DEAN PALMER	55	Hornchurch	31.73	256
4.	Christopher BEECHING	59	Hornchurch	31.92	251
5.	Kevin JUGGINS	58	Hornchurch	38.63	142

### OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ralph PINEL	62	Bo Newham	28.72	345
2.	Andrew HARRINGTON	60	Hornchurch	29.67	313
3.	Neil TRAYLER	63	Hornchurch	32.93	229
4.	John BRIERLEY	61	Deben	33.20	223
5.	Paul TRAYLER	61	Hornchurch	35.94	176

### OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Geoff BAKER	65	Rochford	32.95	229
2.	Colin CORBY	65	Chelmsford	34.15	205
	Colin PRICE	69	Hornchurch	DNC	

### OPEN/MALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Walter GERRARD	72	Rochford	35.28	186

### OPEN/MALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jeff HILLIER	75	Bo Waltham F	47.67	75

### OPEN/MALE 80 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Derek GORE	84	Chelmsford	49.83	66

### FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Rachel GILLESPIE	22	Chelmsford	28.25	534
2.	Amber HEAD	22	Rochford	29.76	457
3.	Sophie JENKINSON	19	Rochford	31.45	387
4.	Emma PAGE	19	Rochford	32.20	361
5.	CHARIS PALMER	22	Hornchurch	33.17	330
6.	Megan THOMPSON	24	Basildon Ph	34.62	290
7.	Holly BOCKING	23	Colchester P	53.62	78
	Hannah FLEMING	19	Basildon Ph	DNC	

Place	Name	AaD	Club	Time	WA Pts
	Jaida LUDLOW	19	Basildon Ph	DNC	
<b>FEMALE 25/29 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Hannah BINNING	25	Hornchurch	28.98	495
2.	Polly LORIMER	26	Hackney	29.03	492
3.	Anna DOUGHTY	25	Tower Hamlet	29.12	488
4.	Riley FLICK	25	Hackney	29.21	483
5.	Ella STONE	27	Rochford	29.37	475
6.	Hazel TRAYLER	25	Hornchurch	31.04	403
7.	Eva PRATO LUNA	26	Bo Newham	31.35	391
8.	Nicole STANTON	27	Hackney	32.01	367
9.	Jaye WESTERN	29	Flitwick	32.22	360
10.	Megan BENSON	26	Bo Newham	33.91	309
11.	Mathilde COLLI	27	Bo Newham	34.13	303
12.	Alanna CARTON	26	Tower Hamlet	41.60	167
	Alison MURPHY	28	Tower Hamlet	DNC	
	Esme PITTS	29	Tower Hamlet	DNC	
<b>FEMALE 30/34 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Gemma CANNON	32	Deben	33.07	333
2.	Melanie OULD	31	Hornchurch	55.17	71
	Jane LAMB	34	Rochford	DNC	
<b>FEMALE 35/39 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Michelle LANE	37	Basildon Ph	31.14	399
2.	Jenifer ORDONEZ	37	Bexley Mast	31.56	383
3.	Chloe WILLIAMS	36	Woodham F SC	41.78	165
<b>FEMALE 40/44 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Kira NEAL	40	Basildon Ph	31.01	404
2.	Alexandra HODGENS	40	Brentwood	31.02	403
3.	Marina PELUSO	41	Hackney	31.81	374
4.	Nichola MURCH	42	Hornchurch	32.13	363
5.	SARA PRICE	40	Rochford	33.18	330
6.	Alaine TSANG	43	Bo Newham	33.43	322
7.	Sally DEVERILL	44	Basildon Ph	33.47	321
8.	Cheryl MANSFIELD	42	Hornchurch	34.16	302
9.	Agnes MELKVI	43	Hornchurch	38.26	215
10.	Claire CORNWELL	44	Rochford	40.31	184
	Katie HOLMES	40	Harwich DP	DNC	
<b>FEMALE 45/49 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Sorrell KENNY	45	S D Trojan	29.24	482
2.	Dawn PALMER	48	Basildon Ph	29.84	453
3.	Shelby WEBSTER	47	Chelmsford	30.86	410
4.	Georgina BAKER	45	Brentwood	30.90	408
5.	Catherine HODGSON	46	Hornchurch	36.16	254
<b>FEMALE 50/54 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Katrina FARRALL	54	Basildon Ph	33.79	312
2.	Alex GORE	51	Rochford	34.85	284
3.	Keely CHALKER	53	Hornchurch	37.86	222
4.	ELENI MANOLITSAKI	54	Chelmsford	40.10	186
5.	Jane ROTHMAN	54	Hornchurch	45.18	130
<b>FEMALE 55/59 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Liz WOOLNER	57	Flitwick	29.63	463
2.	Heidi NEVIN	56	Rochford	34.77	286
3.	Sally COLEMAN	59	Hornchurch	38.50	211
4.	Claire BAILEY	55	Rochford	45.31	129
<b>FEMALE 60/64 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Ann HART	60	Basildon Ph	39.15	200
2.	Donna GODDARD	60	Witham Dolph	40.31	184
<b>FEMALE 65/69 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Barbara BOXALL	69	Hornchurch	36.44	249
2.	Donna PINEL	67	Bo Newham	1:13.18	30
<b>FEMALE 70/74 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Vivien WILLIS	71	Rochford	42.32	159
<b>FEMALE 75/79 Yrs Age Group - Full Results</b>					
Place	Name	AaD	Club	Time	WA Pts
1.	Carol HULETT	76	Hornchurch	53.40	79

**RELAY RESULTS****MIXED 120+ FREESTYLE RELAY**

1	WITHAM DOLPHINS	1.51.85
2	CHELMSFORD	1.52.83
3	BASILDON	1.52.95
4	HORNCHURCH	1.55.13
5	NEWHAM	1.56.26
6	BASILDON B	1.56.35
7	ROCHFORD A	2.08.16
8	NEWHAM B	2.10.47
9	ROCHFORD B	2.13.54
10	ROCHFORD C	2.13.72
11	HORNCHURCH B	2.30.18

**MIXED 160+ FREESTYLE RELAY**

1	BASILDON A	1.59.26
2	NEWHAM	2.02.35
3	ST ALBANS	2.05.05
4	HORNCHURCH	2.12.74
5	HORNCHURCH B	2.16.96
6	WITHAM	2.33.39

**MIXED 200+ FREESTYLE RELAY**

1	BASILDON A	2.17.46
2	HORNCHURCH B	2.26.57
3	HORNCHURCH A	2.54.84

**RELAY RESULTS****MIXED 120+ MEDLEY RELAY**

1	OUT TO SWIM	1.58.25
2	HACKNEY A	2.02.80
3	BASILDON A	2.05.62
4	NEWHAM	2.09.10
5	ROCHFORD	2.09.78
6	CHELMSFORD	2.11.78
7	HORNCHURCH	2.11.61
8	HACKNEY C	2.15.64
9	HACKNEY B	2.17.53
10	BASILDON B	2.18.80
11	ROCHFORD B	2.18.81
12	WITHAM	2.20.30
13	NEWHAM	2.28.52
14	HORNCHURCH B	2.51.73

**MIXED 160+ MEDLEY RELAY**

1	BASILDON A	2.16.28
2	BRENTWOOD	2.17.21
3	NEWHAM	2.19.83
4	HORNCHURCH B	2.34.48
5	HORNCHURCH A	2.46.94

**MIXED 200+ FREESTYLE RELAY**

1	ROCHFORD	2.22.24
2	BASILDON A	2.24.88
3	HORNCHURCH	2.46.83
4	BASILDON B	2.53.07

**Top Club (Evt.14)**

1	Hornchurch	1342.5
2	Basildon Ph	768
3	Rochford	595.5
4	Bo Newham	327
5	Hackney	249
6	Chelmsford	240
7	Out To Swim	148
8	Witham Dolph	156
9	Harwich DP	96
10	Brentwood	86
11	Deben	81
12	Diss Otters	74
13	Bo Waltham F	59
14	Epsom Dist	56.5
15	St Albans Ma	55
16	Tower Hamlet	53
17	Flitwick	50
18	Colchester	44
19	Harlow Pen	41
20	Braintree	39

**Top Male points**

1	Robert EASTMAN	(55/59)	Hornchurch	81
1	Andrew HARRINGTON	(60/64)	Hornchurch	81
3	James PAGE	(18/24)	Hornchurch	77
4	Christopher BEECHING	(55/59)	Hornchurch	65
5	Danny BUNN	(50/54)	Hornchurch	59
6	Oscar EASTMAN	(18/24)	Hornchurch	53
7	Scot BRADLEY	(50/54)	Hornchurch	51
8	Jason PARR-MORLEY	(30/34)	Hornchurch	50
9	David ABBOTT	(40/44)	Hornchurch	49
10	Geoff BAKER	(65/69)	Rochford	48
11	Danny BAKER	(30/34)	Rochford	47
12	Ryan KELLY	(25/29)	Chelmsford	45
12	Christopher WATSON	(35/39)	Hornchurch	45
14	Christopher PHELAN	(40/44)	Hornchurch	44
15	Adam LELEAN	(60/64)	Diss Otters	43
16	Dave PETHERS	(50/54)	Basildon Ph	41
17	Jeff HILLIER	(75/79)	Bo Waltham F	40
17	Derek GORE	(80/OV)	Chelmsford	40
19	Marcus De Quan PECK	(35/39)	Bo Newham	38
20	Gary WRAIGHT	(45/49)	Basildon Ph	37

**Top Female (Evt.14)**

1	Michelle LANE	(35/39)	Basildon Ph	86
2	Heidi NEVIN	(55/59)	Rochford	62
3	Katie HOLMES	(40/44)	Harwich DP	45
4	Keely CHALKER	(50/54)	Hornchurch	44
4	Ann HART	(60/64)	Basildon Ph	44
6	Alex GORE	(50/54)	Rochford	41
7	Katrina FARRALL	(50/54)	Basildon Ph	40
8	Kira NEAL	(40/44)	Basildon Ph	37
8	Amber HEAD	(18/24)	Rochford	37
8	Donna PINEL	(65/69)	Bo Newham	37
11	Rebecca CRIBB	(18/24)	Hornchurch	36
11	Cheryl MANSFIELD	(40/44)	Hornchurch	36
13	Alaine TSANG	(40/44)	Bo Newham	35
14	Catherine HODGSON	(45/49)	Hornchurch	34
15	Sally COLEMAN	(55/59)	Hornchurch	33
15	Lizzie LONG	(40/44)	Rochford	33
17	Amanda GOODMAN	(50/54)	Basildon Ph	32
17	Megan THOMPSON	(18/24)	Basildon Ph	32
19	Gemma CANNON	(30/34)	Deben	31
19	Liz WOOLNER	(55/59)	Flitwick	31
19	Susan GOODEY	(50/54)	Basildon Ph	31
19	Sally LELEAN	(70/74)	Diss Otters	31