

ESSEX MASTERS 2026



Sessions

at

EVENT 101 Mixed 18 Yrs/Over 400m Freestyle

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

Place	Name	AaD	Club	Time	Adjusted
1	Lewis ARCHER		29 Halstead	4:34.13	4:30.81
2	Oscar EASTMAN		26 Hornchurch	5:30.87	5:29.93
3	James PAGE		26 Hornchurch	6:01.85	6:00.82

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

Place	Name	AaD	Club	Time	Adjusted
1	Daniel LEE		30 Rochford	4:52.40	4:47.89

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

Place	Name	AaD	Club	Time	Adjusted
1	James SIMMONS		37 Bo Newham	4:37.70	4:25.95

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

Place	Name	AaD	Club	Time	Adjusted
1	Craig CAMPION		43 Witham Dolj	4:49.76	4:29.29
2	Alex SMITH		44 Harlow Pen	5:21.52	4:57.12

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

Place	Name	AaD	Club	Time	Adjusted
1	Ilya BOCHKOV		49 Bo Newham	5:29.97	4:55.54

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

Place	Name	AaD	Club	Time	Adjusted
1	Christopher MORGAN		54 Bo Newham	5:10.99	4:28.40
2	Simon LASHMAR		52 Basildon Ph	5:35.13	4:53.78

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

Place	Name	AaD	Club	Time	Adjusted
1	Peter DIXON		58 Tower Haml	4:34.46	3:48.80
2	Dave PETHERS		56 Basildon Ph	5:19.73	4:31.37

3 William CANTRELL	55 Tower Haml	5:51.16	5:00.59
4 Daniel BUNN	56 Hornchurch	5:56.05	5:02.19
5 James HALL	55 Hornchurch	7:04.57	6:03.43

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

Place	Name	AaD	Club	Time	Adjusted
1	BARRY OWEN		61 Rochford	4:50.69	3:55.30
2	Robert EASTMAN		61 Hornchurch	5:13.84	4:14.04
3	Adam LELEAN		64 Diss Otters	5:23.90	4:13.68

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

Place	Name	AaD	Club	Time	Adjusted
1	Wray SHEWELL-COOPER		65 Bo Newham	5:18.75	4:06.71
2	Colin CORBY		67 Chelmsford	6:34.07	4:57.43

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

Place	Name	AaD	Club	Time	Adjusted
1	Peter RAE		73 Rochford	6:25.18	4:25.78

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

Place	Name	AaD	Club	Time	Adjusted
1	PHILIP HARPER		81 Rochford	6:56.93	4:02.72

OPEN/MALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Peter DIXON		58 Tower Haml	4:34.46	3:48.80
2	BARRY OWEN		61 Rochford	4:50.69	3:55.30
3	PHILIP HARPER		81 Rochford	6:56.93	4:02.72
4	Wray SHEWELL-COOPER		65 Bo Newham	5:18.75	4:06.71
5	Adam LELEAN		64 Diss Otters	5:23.90	4:13.68
6	Robert EASTMAN		61 Hornchurch	5:13.84	4:14.04
7	Peter RAE		73 Rochford	6:25.18	4:25.78
8	James SIMMONS		37 Bo Newham	4:37.70	4:25.95
9	Christopher MORGAN		54 Bo Newham	5:10.99	4:28.40
10	Craig CAMPION		43 Witham Dol	4:49.76	4:29.29
11	Lewis ARCHER		29 Halstead	4:34.13	4:30.81
12	Dave PETHERS		56 Basildon Ph	5:19.73	4:31.37

13 Daniel LEE	30 Rochford	4:52.40	4:47.89
14 Simon LASHMAR	52 Basildon Ph	5:35.13	4:53.78
15 Ilya BOCHKOV	49 Bo Newham	5:29.97	4:55.54
16 Alex SMITH	44 Harlow Pen	5:21.52	4:57.12
17 Colin CORBY	67 Chelmsford	6:34.07	4:57.43
18 William CANTRELL	55 Tower Haml	5:51.16	5:00.59
19 Daniel BUNN	56 Hornchurch	5:56.05	5:02.19
20 Oscar EASTMAN	26 Hornchurch	5:30.87	5:29.93
21 James PAGE	26 Hornchurch	6:01.85	6:00.82
22 James HALL	55 Hornchurch	7:04.57	6:03.43

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Becca HOWELL		23 Basildon Ph	4:36.05	4:37.52
2	Jayne GIMBIRD		23 Hornchurch	6:01.41	6:03.34
3	Amina KAYANI		22 Bo Waltham	9:00.29	9:04.52

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Kira NEAL		42 Basildon Ph	5:05.60	4:45.56

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Lizzie LONG		46 Rochford	5:14.74	4:47.42

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Claire BAILEY		57 Rochford	6:57.87	5:51.55

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	SHARMINE OWEN		63 Rochford	6:29.93	5:08.90
2	Ann HART		62 Basildon Ph	6:49.67	5:28.12

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	LORRAINE RATE		68 Clacton SC	6:24.07	4:46.03
2	Eileen LUTHER		68 Rochford	6:25.78	4:47.30

FEMALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Becca HOWELL		23 Basildon Ph	4:36.05	4:37.52
2	Kira NEAL		42 Basildon Ph	5:05.60	4:45.56
3	LORRAINE RATE		68 Clacton SC	6:24.07	4:46.03
4	Eileen LUTHER		68 Rochford	6:25.78	4:47.30
5	Lizzie LONG		46 Rochford	5:14.74	4:47.42
6	SHARMINE OWEN		63 Rochford	6:29.93	5:08.90
7	Ann HART		62 Basildon Ph	6:49.67	5:28.12
8	Claire BAILEY		57 Rochford	6:57.87	5:51.55
9	Jayne GIMBIRD		23 Hornchurch	6:01.41	6:03.34
10	Amina KAYANI		22 Bo Waltham	9:00.29	9:04.52

EVENT 102 Mixed 18 Yrs/Over 50m Butterfly**OPEN/MALE 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	Adjusted
1	Peter RAY		22 Bo Newham	28.09	28.31

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

Place	Name	AaD	Club	Time	Adjusted
1	Stefan IOSIP		26 Bo Newham	25.65	25.58
2	Sam BRYAN		25 Basildon Ph	27.41	27.41
3	Ryan KELLY		27 Chelmsford	28.18	28.02
4	Ole MILLS		27 Halstead	28.94	28.77
5	Oscar COTTON		25 Gwich Royal	29.05	29.05
6	Nathan JONES		25 Hornchurch	30.08	30.08
7	Anujan METHEUS		29 Bo Newham	32.49	32.1
8	Luke SUTHERLAND		28 Gwich Royal	32.99	32.7
9	Oscar EASTMAN		26 Hornchurch	34.13	34.03
10	James PAGE		26 Hornchurch	34.87	34.77
	Kalaam MOTIN		29 Rochford	DNC	

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

Place	Name	AaD	Club	Time	Adjusted
1	Charlie MESSENGER		30 Hackney	26.23	25.83

2 George EVANS	31 Bo Newham	28.08	27.55
3 James WINTER	30 Rochford	28.21	27.77
4 Reece MAVERICKS	31 Bo Newham	28.76	28.22
5 Sam WHITE	32 Basildon Ph	29.27	28.61
6 Alex GARRETT	30 Hackney	29.4	28.95
7 Joshua HAMPSON	30 Hackney An:	30.09	29.63
8 Olly ATKINSON	30 Bo Newham	30.11	29.65
9 Tobie BOWDLER	32 Gwich Royal	30.5	29.81
10 James JACKSON	32 Rochford	32.54	31.81

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

Place	Name	AaD	Club	Time	Adjusted
1	Sean LEAHY		36 Bo Newham	27.04	26.01
2	Francesco MELLINO		35 Hackney	29.12	28.13
3	Michael HUGHES		38 Gwich Royal	29.48	28.1
4	Jason PARR-MORLEY		35 Hornchurch	32.84	31.72

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

Place	Name	AaD	Club	Time	Adjusted
1	Alex HANDLEY		44 Rochford	28.74	26.56
2	DAVID ABBOTT		43 Hornchurch	28.81	26.77
3	Morgan LEE		43 Halstead	31.76	29.52
4	Ben CHISNALL		41 DunmowAtl:	33.86	31.81
5	Mark HOLMES		43 Colchester P	43.79	40.7

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

Place	Name	AaD	Club	Time	Adjusted
1	William ROBERTS		47 Otter	26.93	24.44
2	Ryan LAM		45 Bo Newham	32.51	29.87
3	James BARNACLE		45 Braintree	32.57	29.92
4	Mark PLUMMER		49 Hornchurch	32.9	29.47
5	Matt ROBBINS		48 Witham Dol:	32.93	29.69
6	Christoph RAHMEDE		47 Bo Newham	33.28	30.2
7	Ian DOBINSON		49 Enfield Sq	34.08	30.52
8	Matt DEMPSEY		46 Basildon Ph	37.08	33.86

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

Place	Name	AaD	Club	Time	Adjusted
1	Scot BRADLEY		52 Hornchurch	30.53	26.76
2	Ed HORROCKS		53 DunmowAtl:	31.76	27.63
3	Paul SPELLER		54 Brentwood	32.45	28.01
4	Alex TIMCKE		50 Hornchurch	35.77	31.82

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

Place	Name	AaD	Club	Time	Adjusted
1	Andrew BOWER		56 Clacton SC	32.46	27.55
2	STEPHEN BEAL		57 DunmowAtl:	32.53	27.37
3	Dave PETHERS		56 Basildon Ph	32.64	27.7
4	Daniel BUNN		56 Hornchurch	37.15	31.53
5	Peter CHITTOCK		56 Basildon Ph	37.27	31.63
6	Jason COLE		59 Colchester	38.65	31.92

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

Place	Name	AaD	Club	Time	Adjusted
1	Andrew HARRINGTON		62 Hornchurch	31.81	25.48
2	Robert EASTMAN		61 Hornchurch	33.02	26.73

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

Place	Name	AaD	Club	Time	Adjusted
1	Ashley MEERLOO		66 Hackney	32.79	25.07
2	Geoff BAKER		67 Rochford	33.15	25.02
3	Wray SHEWELL-COOPER		65 Bo Newham	33.95	26.28
4	Gordon CARTWRIGHT		65 Witham Dol:	36.49	28.24
5	Colin CORBY		67 Chelmsford	43.11	32.54

OPEN/MALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	William ROBERTS		47 Otter	26.93	24.44
2	Geoff BAKER		67 Rochford	33.15	25.02
3	Ashley MEERLOO		66 Hackney	32.79	25.07
4	Andrew HARRINGTON		62 Hornchurch	31.81	25.48
5	Stefan IOSIP		26 Bo Newham	25.65	25.58

6 Charlie MESSENGER	30 Hackney	26.23	25.83
7 Sean LEAHY	36 Bo Newham	27.04	26.01
8 Wray SHEWELL-COOPER	65 Bo Newham	33.95	26.28
9 Alex HANDLEY	44 Rochford	28.74	26.56
10 Robert EASTMAN	61 Hornchurch	33.02	26.73
11 Scot BRADLEY	52 Hornchurch	30.53	26.76
12 DAVID ABBOTT	43 Hornchurch	28.81	26.77
13 STEPHEN BEAL	57 DunmowAtl:	32.53	27.37
14 Sam BRYAN	25 Basildon Ph	27.41	27.41
15 Andrew BOWER	56 Clacton SC	32.46	27.55
16 George EVANS	31 Bo Newham	28.08	27.55
17 Ed HORROCKS	53 DunmowAtl:	31.76	27.63
18 Dave PETHERS	56 Basildon Ph	32.64	27.7
19 James WINTER	30 Rochford	28.21	27.77
20 Paul SPELLER	54 Brentwood	32.45	28.01
21 Ryan KELLY	27 Chelmsford	28.18	28.02
22 Michael HUGHES	38 Gwich Royal	29.48	28.1
23 Francesco MELLINO	35 Hackney	29.12	28.13
24 Reece MAVERICKS	31 Bo Newham	28.76	28.22
25 Gordon CARTWRIGHT	65 Witham Dol:	36.49	28.24
26 Peter RAY	22 Bo Newham	28.09	28.31
27 Sam WHITE	32 Basildon Ph	29.27	28.61
28 Ole MILLS	27 Halstead	28.94	28.77
29 Alex GARRETT	30 Hackney	29.4	28.95
30 Oscar COTTON	25 Gwich Royal	29.05	29.05
31 Mark PLUMMER	49 Hornchurch	32.9	29.47
32 Morgan LEE	43 Halstead	31.76	29.52
33 Joshua HAMPSON	30 Hackney An:	30.09	29.63
34 Olly ATKINSON	30 Bo Newham	30.11	29.65
35 Matt ROBBINS	48 Witham Dol:	32.93	29.69
36 Tobie BOWDLER	32 Gwich Royal	30.5	29.81
37 Ryan LAM	45 Bo Newham	32.51	29.87

38 James BARNACLE	45 Braintree	32.57	29.92
39 Nathan JONES	25 Hornchurch	30.08	30.08
40 Christoph RAHMEDE	47 Bo Newham	33.28	30.2
41 Ian DOBINSON	49 Enfield Sq	34.08	30.52
42 Daniel BUNN	56 Hornchurch	37.15	31.53
43 Peter CHITTOCK	56 Basildon Ph	37.27	31.63
44 Jason PARR-MORLEY	35 Hornchurch	32.84	31.72
45 Ben CHISNALL	41 DunmowAtl:	33.86	31.81
46 James JACKSON	32 Rochford	32.54	31.81
47 Alex TIMCKE	50 Hornchurch	35.77	31.82
48 Jason COLE	59 Colchester	38.65	31.92
49 Anujan METHEUS	29 Bo Newham	32.49	32.1
50 Colin CORBY	67 Chelmsford	43.11	32.54
51 Luke SUTHERLAND	28 Gwich Royal	32.99	32.7
52 Matt DEMPSEY	46 Basildon Ph	37.08	33.86
53 Oscar EASTMAN	26 Hornchurch	34.13	34.03
54 James PAGE	26 Hornchurch	34.87	34.77
55 Mark HOLMES	43 Colchester P	43.79	40.7

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Nancy NEAVE		22 Halstead	32.02	32.27
2	Millie TURNER		23 Basildon Ph	32.34	32.51
3	Amber HEAD		24 Rochford	32.83	32.92
4	Rebecca DACK		24 DunmowAtl:	34.61	34.7
5	Issabelle KENT-JACKSON		18 Halstead	36.15	36.75
6	Jayne GIMBIRD		23 Hornchurch	36.32	36.51
	Saffire FONTENELLE		21 Bo Newham DNC		

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Aleksandra DENISENKO		25 Bo Newham	28.33	28.33
2	Alex HEARD		26 Bo Newham	30.2	30.11
3	Ella STONE		29 Rochford	31.06	30.68

4 Celeste ANDREW	25 Harlow Pen	31.65	31.65
5 Anna DOUGHTY	27 Gwich Royal	31.91	31.72
6 Nicole STANTON	29 Hackney An	32.51	32.12
7 Esraa ABDEL-KHALIK	29 Bo Newham	32.55	32.16
8 Megan BENSON	28 Bo Newham	33.28	32.98
9 Georgia HINDS	27 Hackney	33.62	33.42
10 Bethan HOLDER	29 Bo Newham	33.69	33.28
11 Savannah GRACEY	26 Bo Newham	37.58	37.47
12 Holly BOCKING	25 Colchester P	55.2	55.2

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Federica NOERA		30 Bo Newham	31.91	31.42
	Gemma CANNON		34 Deben	DNC	

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Katie HOLMES		42 Harwich DP	32.51	30.38
2	Cheryl MANSFIELD		44 Hornchurch	39.96	36.93
3	Lizzie START		41 Rochford	44.71	42
4	Anastassia ZMARJOVA		42 Gwich Royal	50.78	47.45

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Christine JAEGGI		45 Bo Newham	32.42	29.79
2	Louise PARSONS		46 Rochford	32.96	30.1
3	Shelley DAY		46 Witham Dol	33	30.14
4	Lizzie LONG		46 Rochford	35.47	32.39
5	Clare BOSTON		47 Runnymede	37.31	33.86
6	Joy FAULKNER		48 Bo Newham	38.26	34.5
7	Katy GRIGGS		46 Clacton SC	38.47	35.13

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Dawn PALMER		50 Hornchurch	33.26	29.58
2	Alex GORE		53 Rochford	40.4	35.14

3	Alison COWIE		53 Basildon Ph	53.49	46.53
FEMALE 55/59 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Katrina FARRALL		56 Basildon Ph	35.6	30.21
FEMALE 60/64 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Ann HART		62 Basildon Ph	48.57	38.9
FEMALE 65/69 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Eileen LUTHER		68 Rochford	43.01	32.03
FEMALE 70/74 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
	Vivien WILLIS		73 Rochford	DNC	
FEMALE Combined Result - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Aleksandra DENISENKO		25 Bo Newham	28.33	28.33
2	Dawn PALMER		50 Hornchurch	33.26	29.58
3	Christine JAEGGI		45 Bo Newham	32.42	29.79
4	Louise PARSONS		46 Rochford	32.96	30.1
5	Alex HEARD		26 Bo Newham	30.2	30.11
6	Shelley DAY		46 Witham Dolg	33	30.14
7	Katrina FARRALL		56 Basildon Ph	35.6	30.21
8	Katie HOLMES		42 Harwich DP	32.51	30.38
9	Ella STONE		29 Rochford	31.06	30.68
10	Federica NOERA		30 Bo Newham	31.91	31.42
11	Celeste ANDREW		25 Harlow Pen	31.65	31.65
12	Anna DOUGHTY		27 Gwich Royal	31.91	31.72
13	Eileen LUTHER		68 Rochford	43.01	32.03
14	Nicole STANTON		29 Hackney Ana	32.51	32.12
15	Esraa ABDEL-KHALIK		29 Bo Newham	32.55	32.16
16	Nancy NEAVE		22 Halstead	32.02	32.27
17	Lizzie LONG		46 Rochford	35.47	32.39

18 Millie TURNER	23 Basildon Ph	32.34	32.51
19 Amber HEAD	24 Rochford	32.83	32.92
20 Megan BENSON	28 Bo Newham	33.28	32.98
21 Bethan HOLDER	29 Bo Newham	33.69	33.28
22 Georgia HINDS	27 Hackney	33.62	33.42
23 Clare BOSTON	47 Runnymede	37.31	33.86
24 Joy FAULKNER	48 Bo Newham	38.26	34.5
25 Rebecca DACK	24 DunmowAtl:	34.61	34.7
26 Katy GRIGGS	46 Clacton SC	38.47	35.13
27 Alex GORE	53 Rochford	40.4	35.14
28 Jayne GIMBIRD	23 Hornchurch	36.32	36.51
29 Issabelle KENT-JACKSON	18 Halstead	36.15	36.75
30 Cheryl MANSFIELD	44 Hornchurch	39.96	36.93
31 Savannah GRACEY	26 Bo Newham	37.58	37.47
32 Ann HART	62 Basildon Ph	48.57	38.9
33 Lizzie START	41 Rochford	44.71	42
34 Alison COWIE	53 Basildon Ph	53.49	46.53
35 Anastassia ZMARJOVA	42 Gwich Royal	50.78	47.45
36 Holly BOCKING	25 Colchester P	55.2	55.2

EVENT 103 Mixed 18 Yrs/Over 100m Breaststroke

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

Place	Name	AaD	Club	Time	Adjusted
1	Samuel JOHNSON		28 Halstead	1:08.97	1:08.36
2	Luke SUTHERLAND		28 Gwich Royal	1:25.98	1:25.22
3	Oscar EASTMAN		26 Hornchurch	1:28.60	1:28.35
4	James PAGE		26 Hornchurch	1:29.32	1:29.07

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

Place	Name	AaD	Club	Time	Adjusted
1	Matthew SHONE		33 Bo Newham	1:09.29	1:07.48
2	Kim LIU		33 Otter	1:10.40	1:08.56
3	Lucas PERRY-HILL		33 Bo Newham	1:14.36	1:12.41
4	Dean BRUMBY		34 Basildon Ph	1:14.52	1:12.28

5	Myles HANLON	30	OTS London	1:18.00	1:16.80
6	Amarinder RUPRAI	33	Hornchurch	1:21.46	1:19.33
7	James JACKSON	32	Rochford	1:24.01	1:22.12
8	William TORRIE	34	Gwich Royal	1:28.64	1:25.98

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

Place	Name	AaD	Club	Time	Adjusted
1	James SIMMONS	37	Bo Newham	1:12.24	1:09.18
2	Daniel MESSENGER	39	Halstead	1:17.08	1:13.13
3	Sean BUNKER	39	Rochford	1:23.55	1:19.27
4	Marcus De Quan PECK	37	Bo Newham	1:38.10	1:33.95

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

Place	Name	AaD	Club	Time	Adjusted
1	David EBANKS	44	Basildon Ph	1:07.72	1:02.58
2	Tom HARGREAVES	40	Hackney	1:08.88	1:05.03
3	Jared GOLDEN	41	Gwich Royal	1:13.80	1:09.32
4	Morgan LEE	43	Halstead	1:22.67	1:16.83
	Joe BOURNE	43	Hornchurch	DQ T	

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

Place	Name	AaD	Club	Time	Adjusted
1	James HEATHCOTE	48	Harwich DP	1:13.09	1:05.90
2	David ORDERS	48	Witham Dol	1:15.38	1:07.97
3	Ryan LAM	45	Bo Newham	1:21.46	1:14.84

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

Place	Name	AaD	Club	Time	Adjusted
1	Christopher MORGAN	54	Bo Newham	1:28.56	1:16.43
2	Alex TIMCKE	50	Hornchurch	1:31.86	1:21.71

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

Place	Name	AaD	Club	Time	Adjusted
1	Daniel BUNN	56	Hornchurch	1:27.47	1:14.24
2	Peter DYER	56	Hornchurch	1:42.60	1:27.08

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

Place	Name	AaD	Club	Time	Adjusted
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1 Andrew HARRINGTON	62 Hornchurch	1:22.58	1:06.14
2 Robert EASTMAN	61 Hornchurch	1:22.87	1:07.08
3 Keith ODDY	63 Basildon Ph	1:24.75	1:07.14
4 Adam LELEAN	64 Diss Otters	1:31.76	1:11.87
5 Matthew HODGE	64 DunmowAtl	1:37.48	1:16.35
Marcel SCHOLTEN	60 Modernian	DNC	

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

Place	Name	AaD	Club	Time	Adjusted
1	Andrew WRIGHT		69 Stowmarket	1:44.17	1:16.50

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

Place	Name	AaD	Club	Time	Adjusted
1	Robert STRANDERS		70 DunmowAtl	1:46.03	1:16.74
2	Simon GOULTER		70 Loughton M	1:50.45	1:19.94

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

Place	Name	AaD	Club	Time	Adjusted
1	Jeff HILLIER		77 Bo Waltham	2:05.92	1:20.56

OPEN/MALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	David EBANKS		44 Basildon Ph	1:07.72	1:02.58
2	Tom HARGREAVES		40 Hackney	1:08.88	1:05.03
3	James HEATHCOTE		48 Harwich DP	1:13.09	1:05.90
4	Andrew HARRINGTON		62 Hornchurch	1:22.58	1:06.14
5	Robert EASTMAN		61 Hornchurch	1:22.87	1:07.08
6	Keith ODDY		63 Basildon Ph	1:24.75	1:07.14
7	Matthew SHONE		33 Bo Newham	1:09.29	1:07.48
8	David ORDERS		48 Witham Dol	1:15.38	1:07.97
9	Samuel JOHNSON		28 Halstead	1:08.97	1:08.36
10	Kim LIU		33 Otter	1:10.40	1:08.56
11	James SIMMONS		37 Bo Newham	1:12.24	1:09.18
12	Jared GOLDEN		41 Gwich Royal	1:13.80	1:09.32
13	Adam LELEAN		64 Diss Otters	1:31.76	1:11.87
14	Dean BRUMBY		34 Basildon Ph	1:14.52	1:12.28

15 Lucas PERRY-HILL	33 Bo Newham	1:14.36	1:12.41
16 Daniel MESSENGER	39 Halstead	1:17.08	1:13.13
17 Daniel BUNN	56 Hornchurch	1:27.47	1:14.24
18 Ryan LAM	45 Bo Newham	1:21.46	1:14.84
19 Matthew HODGE	64 DunmowAtl:	1:37.48	1:16.35
20 Christopher MORGAN	54 Bo Newham	1:28.56	1:16.43
21 Andrew WRIGHT	69 Stowmarket	1:44.17	1:16.50
22 Robert STRANDERS	70 DunmowAtl:	1:46.03	1:16.74
23 Myles HANLON	30 OTS London	1:18.00	1:16.80
24 Morgan LEE	43 Halstead	1:22.67	1:16.83
25 Sean BUNKER	39 Rochford	1:23.55	1:19.27
26 Amarinder RUPRAI	33 Hornchurch	1:21.46	1:19.33
27 Simon GOULTER	70 Loughton Ma:	1:50.45	1:19.94
28 Jeff HILLIER	77 Bo Waltham	2:05.92	1:20.56
29 Alex TIMCKE	50 Hornchurch	1:31.86	1:21.71
30 James JACKSON	32 Rochford	1:24.01	1:22.12
31 Luke SUTHERLAND	28 Gwich Royal	1:25.98	1:25.22
32 William TORRIE	34 Gwich Royal	1:28.64	1:25.98
33 Peter DYER	56 Hornchurch	1:42.60	1:27.08
34 Oscar EASTMAN	26 Hornchurch	1:28.60	1:28.35
35 James PAGE	26 Hornchurch	1:29.32	1:29.07
36 Marcus De Quan PECK	37 Bo Newham	1:38.10	1:33.95

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Amber HEAD		24 Rochford	1:19.29	1:19.51
2	Holly FREEGARD		23 Halstead	1:23.35	1:23.79

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Aleksandra DENISENKO		25 Bo Newham	1:11.22	1:11.22
2	Bethan HOLDER		29 Bo Newham	1:26.60	1:25.55
3	Lisanne HEINZ		27 Hackney	1:36.25	1:35.69

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Janet CHAN		31 Otter	1:21.83	1:20.28
2	Jaye WESTERN		31 Flitwick	1:23.74	1:22.16
3	Federica NOERA		30 Bo Newham	1:25.65	1:24.33

FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Alyson TOWNSON		38 Runnymede	1:25.49	1:21.50

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Katie HOLMES		42 Harwich DP	1:20.28	1:15.02

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Alaine TSANG		45 Bo Newham	1:30.30	1:22.96
2	Beverley JARMAN-HALL		45 Rochford	1:37.08	1:29.19

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Julie SANDERS		54 Basildon Ph	1:27.86	1:15.83

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Amanda GOODMAN		56 Basildon Ph	1:28.06	1:14.74

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Hannah UECKERMANN		63 Spencer	1:36.04	1:16.08
2	Michele ROMAIN		63 DunmowAtl:	1:50.10	1:27.22

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	SARA PERRY		69 Bo Newham	1:42.82	1:15.51
2	Eileen LUTHER		68 Rochford	1:49.87	1:21.82

FEMALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Sally LELEAN		75 Diss Otters	2:08.03	1:25.23

FEMALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Aleksandra DENISENKO	25	Bo Newham	1:11.22	1:11.22
2	Amanda GOODMAN	56	Basildon Ph	1:28.06	1:14.74
3	Katie HOLMES	42	Harwich DP	1:20.28	1:15.02
4	SARA PERRY	69	Bo Newham	1:42.82	1:15.51
5	Julie SANDERS	54	Basildon Ph	1:27.86	1:15.83
6	Hannah UECKERMANN	63	Spencer	1:36.04	1:16.08
7	Amber HEAD	24	Rochford	1:19.29	1:19.51
8	Janet CHAN	31	Otter	1:21.83	1:20.28
9	Alyson TOWNSON	38	Runnymede	1:25.49	1:21.50
10	Eileen LUTHER	68	Rochford	1:49.87	1:21.82
11	Jaye WESTERN	31	Flitwick	1:23.74	1:22.16
12	Alaine TSANG	45	Bo Newham	1:30.30	1:22.96
13	Holly FREEGARD	23	Halstead	1:23.35	1:23.79
14	Federica NOERA	30	Bo Newham	1:25.65	1:24.33
15	Sally LELEAN	75	Diss Otters	2:08.03	1:25.23
16	Bethan HOLDER	29	Bo Newham	1:26.60	1:25.55
17	Michele ROMAIN	63	DunmowAtl:	1:50.10	1:27.22
18	Beverley JARMAN-HALL	45	Rochford	1:37.08	1:29.19
19	Lisanne HEINZ	27	Hackney	1:36.25	1:35.69

EVENT 104 Mixed 18 Yrs/Over 50m Backstroke

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

Place	Name	AaD	Club	Time	Adjusted
1	Ryan KELLY	27	Chelmsford	29.11	28.94
2	Lewis ARCHER	29	Halstead	32.17	31.78
3	Nathan JONES	25	Hornchurch	33.02	33.02
4	James PAGE	26	Hornchurch	36.24	36.14
	Kalaam MOTIN	29	Rochford	DNC	

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

Place	Name	AaD	Club	Time	Adjusted
1	George EVANS	31	Bo Newham	29.2	28.65
2	Sam WHITE	32	Basildon Ph	32.07	31.35

3 David KEARNEY	33 Leyton	34.56	33.66
4 James JACKSON	32 Rochford	35.68	34.88

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

Place	Name	AaD	Club	Time	Adjusted
1	Michael HUGHES		38 Gwich Royal	31.72	30.24
2	Rob BROWN		36 Halstead	32.92	31.67
3	Marcus De Quan PECK		37 Bo Newham	40.23	38.53

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

Place	Name	AaD	Club	Time	Adjusted
1	DAVID ABBOTT		43 Hornchurch	34.41	31.98
2	Joe BOURNE		43 Hornchurch	44.62	41.47

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

Place	Name	AaD	Club	Time	Adjusted
1	Mark PLUMMER		49 Hornchurch	36.08	32.32
2	Christoph RAHMEDE		47 Bo Newham	36.54	33.16

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

Place	Name	AaD	Club	Time	Adjusted
1	Scot BRADLEY		52 Hornchurch	33.57	29.43
2	Paul SPELLER		54 Brentwood	34.97	30.18
3	Alex TIMCKE		50 Hornchurch	40.75	36.25

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

Place	Name	AaD	Club	Time	Adjusted
1	Daniel BUNN		56 Hornchurch	45.46	38.58

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

Place	Name	AaD	Club	Time	Adjusted
1	Robert EASTMAN		61 Hornchurch	36.5	29.54
2	Andrew HARRINGTON		62 Hornchurch	38.5	30.84
3	Matthew HODGE		64 DunmowAtl:	46.28	36.25

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

Place	Name	AaD	Club	Time	Adjusted
1	Gordon CARTWRIGHT		65 Witham Dolp	44.03	34.08
2	Andrew WRIGHT		69 Stowmarket	44.09	32.38

3	Colin CORBY		67 Chelmsford	46.24	34.9
OPEN/MALE 70/74 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Walter GERRARD		74 Rochford	45.51	30.86
OPEN/MALE 75/79 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Jeff HILLIER		77 Bo Waltham	52.31	33.47
OPEN/MALE 80 Yrs/Over Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	PHILIP HARPER		81 Rochford	44.15	25.7
2	Derek GORE		86 Chelmsford	1:03.04	31.26
OPEN/MALE Combined Result - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	PHILIP HARPER		81 Rochford	44.15	25.7
2	George EVANS		31 Bo Newham	29.2	28.65
3	Ryan KELLY		27 Chelmsford	29.11	28.94
4	Scot BRADLEY		52 Hornchurch	33.57	29.43
5	Robert EASTMAN		61 Hornchurch	36.5	29.54
6	Paul SPELLER		54 Brentwood	34.97	30.18
7	Michael HUGHES		38 Gwich Royal	31.72	30.24
8	Andrew HARRINGTON		62 Hornchurch	38.5	30.84
9	Walter GERRARD		74 Rochford	45.51	30.86
10	Derek GORE		86 Chelmsford	1:03.04	31.26
11	Sam WHITE		32 Basildon Ph	32.07	31.35
12	Rob BROWN		36 Halstead	32.92	31.67
13	Lewis ARCHER		29 Halstead	32.17	31.78
14	DAVID ABBOTT		43 Hornchurch	34.41	31.98
15	Mark PLUMMER		49 Hornchurch	36.08	32.32
16	Andrew WRIGHT		69 Stowmarket	44.09	32.38
17	Nathan JONES		25 Hornchurch	33.02	33.02
18	Christoph RAHMEDE		47 Bo Newham	36.54	33.16
19	Jeff HILLIER		77 Bo Waltham	52.31	33.47

20 David KEARNEY	33 Leyton	34.56	33.66
21 Gordon CARTWRIGHT	65 Witham Dol	44.03	34.08
22 James JACKSON	32 Rochford	35.68	34.88
23 Colin CORBY	67 Chelmsford	46.24	34.9
24 James PAGE	26 Hornchurch	36.24	36.14
25 Matthew HODGE	64 DunmowAtl:	46.28	36.25
26 Alex TIMCKE	50 Hornchurch	40.75	36.25
27 Marcus De Quan PECK	37 Bo Newham	40.23	38.53
28 Daniel BUNN	56 Hornchurch	45.46	38.58
29 Joe BOURNE	43 Hornchurch	44.62	41.47

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Millie TURNER		23 Basildon Ph	34.38	34.56
2	Nancy NEAVE		22 Halstead	35.42	35.7
3	Jayne GIMBIRD		23 Hornchurch	35.89	36.08
4	Amina KAYANI		22 Bo Waltham	1:13.23	1:13.80

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Ella STONE		29 Rochford	33.38	32.98
2	Celeste ANDREW		25 Harlow Pen	34.39	34.39
3	Ibolya SZENES		26 Gwich Royal	35.12	35.02
4	Bethan HOLDER		29 Bo Newham	35.54	35.11
5	Holly BOCKING		25 Colchester P	53.59	53.59

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Charlotte ANDREWS		32 Rochford	38.57	37.7

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Cheryl MANSFIELD		44 Hornchurch	40.21	37.16
2	Anastassia ZMARJOVA		42 Gwich Royal	55.24	51.62

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
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1 Katy GRIGGS	46 Clacton SC	37.14	33.92
2 Louise PARSONS	46 Rochford	37.19	33.96
3 Christine JAEGGI	45 Bo Newham	37.69	34.63
4 Alaine TSANG	45 Bo Newham	38.4	35.28
5 Lizzie LONG	46 Rochford	38.67	35.31
6 Joy FAULKNER	48 Bo Newham	39.69	35.79
7 Sarah BOXALL	49 Runnymede	49.88	44.68

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Dawn PALMER		50 Hornchurch	34.11	30.34

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Katrina FARRALL		56 Basildon Ph	37.07	31.46

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Catherine SUTCLIFFE		61 Runnymede	40.08	32.44
2	Ann HART		62 Basildon Ph	48.04	38.48

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Eileen LUTHER		68 Rochford	42.74	31.83
2	Marcelle WILLIAMS		68 S D Trojan	48.18	35.88

FEMALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Jane MCIVOR		70 Rochford	50.54	36.58
	Vivien WILLIS		73 Rochford	DNC	

FEMALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Sally LELEAN		75 Diss Otters	58.06	38.65

FEMALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Dawn PALMER		50 Hornchurch	34.11	30.34
2	Katrina FARRALL		56 Basildon Ph	37.07	31.46

3 Eileen LUTHER	68 Rochford	42.74	31.83
4 Catherine SUTCLIFFE	61 Runnymede	40.08	32.44
5 Ella STONE	29 Rochford	33.38	32.98
6 Katy GRIGGS	46 Clacton SC	37.14	33.92
7 Louise PARSONS	46 Rochford	37.19	33.96
8 Celeste ANDREW	25 Harlow Pen	34.39	34.39
9 Millie TURNER	23 Basildon Ph	34.38	34.56
10 Christine JAEGGI	45 Bo Newham	37.69	34.63
11 Ibolya SZENES	26 Gwich Royal	35.12	35.02
12 Bethan HOLDER	29 Bo Newham	35.54	35.11
13 Alaine TSANG	45 Bo Newham	38.4	35.28
14 Lizzie LONG	46 Rochford	38.67	35.31
15 Nancy NEAVE	22 Halstead	35.42	35.7
16 Joy FAULKNER	48 Bo Newham	39.69	35.79
17 Marcelle WILLIAMS	68 S D Trojan	48.18	35.88
18 Jayne GIMBIRD	23 Hornchurch	35.89	36.08
19 Jane MCIVOR	70 Rochford	50.54	36.58
20 Cheryl MANSFIELD	44 Hornchurch	40.21	37.16
21 Charlotte ANDREWS	32 Rochford	38.57	37.7
22 Ann HART	62 Basildon Ph	48.04	38.48
23 Sally LELEAN	75 Diss Otters	58.06	38.65
24 Sarah BOXALL	49 Runnymede	49.88	44.68
25 Anastassia ZMARJOVA	42 Gwich Royal	55.24	51.62
26 Holly BOCKING	25 Colchester P	53.59	53.59
27 Amina KAYANI	22 Bo Waltham	1:13.23	1:13.80

EVENT 105 Mixed 18 Yrs/Over 100m Freestyle

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

Place	Name	AaD	Club	Time	Adjusted
1	Sam BRYAN		25 Basildon Ph	56.49	56.49
2	Oscar COTTON		25 Gwich Royal	59.84	59.84
3	Nathan JONES		25 Hornchurch	1:00.13	1:00.13
4	Anujan METHEUS		29 Bo Newham	1:03.26	1:02.49

5	Henry GILBERT	29	Chelmsford	1:05.97	1:05.17
6	Cameron GILMOUR	26	Chelmsford	1:06.33	1:06.14
7	Luke SUTHERLAND	28	Gwich Royal	1:07.41	1:06.81
8	Oscar EASTMAN	26	Hornchurch	1:10.40	1:10.20
9	James PAGE	26	Hornchurch	1:14.56	1:14.35

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

Place	Name	AaD	Club	Time	Adjusted
1	Charlie MESSENGER	30	Hackney	54.67	53.83
2	James WINTER	30	Rochford	56.87	55.99
3	Matthew SHONE	33	Bo Newham	57.16	55.66
4	Lucas PERRY-HILL	33	Bo Newham	59.52	57.96
5	Reece MAVERICKS	31	Bo Newham	59.56	58.43
6	Dean BRUMBY	34	Basildon Ph	1:00.16	58.35
7	Anthony DERIZIOTIS	30	Bo Waltham	1:02.09	1:01.13
8	Tobie BOWDLER	32	Gwich Royal	1:03.35	1:01.93
9	James JACKSON	32	Rochford	1:06.46	1:04.97
10	Amarinder RUPRAI	33	Hornchurch	1:10.54	1:08.69

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

Place	Name	AaD	Club	Time	Adjusted
1	Sean LEAHY	36	Bo Newham	54.41	52.34
2	Alejandro ROMERO	37	Tower Haml	57.92	55.47
3	Michael HUGHES	38	Gwich Royal	59.11	56.35
4	Francesco MELLINO	35	Hackney	59.46	57.44
5	Sean BUNKER	39	Rochford	1:05.60	1:02.24

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

Place	Name	AaD	Club	Time	Adjusted
1	John DILLEY	43	Chelmsford	56.07	52.11
2	Alex HANDLEY	44	Rochford	59.67	55.14
3	DAVID ABBOTT	43	Hornchurch	1:00.51	56.23
4	Craig CAMPION	43	Witham Dol	1:00.76	56.47
5	Aaron HOGSBJERG	41	Halstead	1:01.25	57.54
6	Alex SMITH	44	Harlow Pen	1:04.16	59.29

7 Ben CHISNALL 41 DunmowAtl: 1:07.17 1:03.10
8 Joe BOURNE 43 Hornchurch 1:21.11 1:15.38

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

Place	Name	AaD	Club	Time	Adjusted
1	David ORDERS		48 Witham Dolg	1:01.32	55.29
2	Ryan LAM		45 Bo Newham	1:03.30	58.16
3	Ian DOBINSON		49 Enfield Sq	1:04.06	57.38
4	Gary WRAIGHT		49 Basildon Ph	1:06.07	59.18
5	James BARNACLE		45 Braintree	1:06.24	1:00.86
6	Jacopo DETTONI		45 Bo Newham	1:09.24	1:03.61
7	Mark PLUMMER		49 Hornchurch	1:09.94	1:02.64
8	Sam BERNARD		48 Hornchurch	1:26.36	1:17.87

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

Place	Name	AaD	Club	Time	Adjusted
1	Craig BRANSBY		52 Potters Bar	56.04	49.13
2	Paul SPELLER		54 Brentwood	1:04.80	55.93
3	Ed HORROCKS		53 DunmowAtl:	1:05.03	56.57
4	Alex TIMCKE		50 Hornchurch	1:13.16	1:05.07

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

Place	Name	AaD	Club	Time	Adjusted
1	Martin LANE		55 Chelmsford	58.12	49.75
2	Peter DIXON		58 Tower Haml	1:00.75	50.64
3	Andrew BOWER		56 Clacton SC	1:03.38	53.79
4	Peter CHITTOCK		56 Basildon Ph	1:14.56	1:03.28
5	Daniel BUNN		56 Hornchurch	1:14.72	1:03.42
6	William CANTRELL		55 Tower Haml	1:16.15	1:05.18
7	Peter DYER		56 Hornchurch	1:24.55	1:11.76
8	James HALL		55 Hornchurch	1:25.48	1:13.17

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

Place	Name	AaD	Club	Time	Adjusted
1	Ralph PINEL		64 Bo Newham	1:06.17	51.83
2	Andrew HARRINGTON		62 Hornchurch	1:06.94	53.61

3 Robert EASTMAN	61 Hornchurch	1:07.19	54.39
4 Adam LELEAN	64 Diss Otters	1:13.10	57.25
5 Matthew HODGE	64 DunmowAtl:	1:20.87	1:03.34

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

Place	Name	AaD	Club	Time	Adjusted
1	Ashley MEERLOO		66 Hackney	1:12.06	55.09
2	Geoff BAKER		67 Rochford	1:12.49	54.71
3	Malcolm MACGREGOR		66 Chelmsford	1:17.65	59.36
4	Colin CORBY		67 Chelmsford	1:20.92	1:01.08
5	Andrew WRIGHT		69 Stowmarket	1:24.08	1:01.75

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

Place	Name	AaD	Club	Time	Adjusted
1	Peter RAE		73 Rochford	1:19.15	54.61
2	Walter GERRARD		74 Rochford	1:22.01	55.61
3	Robert STRANDERS		70 DunmowAtl:	1:23.76	1:00.63

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

Place	Name	AaD	Club	Time	Adjusted
1	PHILIP HARPER		81 Rochford	1:22.94	48.28
2	Derek GORE		86 Chelmsford	2:03.61	1:01.30

OPEN/MALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	PHILIP HARPER		81 Rochford	1:22.94	48.28
2	Craig BRANSBY		52 Potters Bar	56.04	49.13
3	Martin LANE		55 Chelmsford	58.12	49.75
4	Peter DIXON		58 Tower Haml	1:00.75	50.64
5	Ralph PINEL		64 Bo Newham	1:06.17	51.83
6	John DILLEY		43 Chelmsford	56.07	52.11
7	Sean LEAHY		36 Bo Newham	54.41	52.34
8	Andrew HARRINGTON		62 Hornchurch	1:06.94	53.61
9	Andrew BOWER		56 Clacton SC	1:03.38	53.79
10	Charlie MESSENGER		30 Hackney	54.67	53.83
11	Robert EASTMAN		61 Hornchurch	1:07.19	54.39

12 Peter RAE	73 Rochford	1:19.15	54.61
13 Geoff BAKER	67 Rochford	1:12.49	54.71
14 Ashley MEERLOO	66 Hackney	1:12.06	55.09
15 Alex HANDLEY	44 Rochford	59.67	55.14
16 David ORDERS	48 Witham Dolg	1:01.32	55.29
17 Alejandro ROMERO	37 Tower Haml	57.92	55.47
18 Walter GERRARD	74 Rochford	1:22.01	55.61
19 Matthew SHONE	33 Bo Newham	57.16	55.66
20 Paul SPELLER	54 Brentwood	1:04.80	55.93
21 James WINTER	30 Rochford	56.87	55.99
22 DAVID ABBOTT	43 Hornchurch	1:00.51	56.23
23 Michael HUGHES	38 Gwich Royal	59.11	56.35
24 Craig CAMPION	43 Witham Dolg	1:00.76	56.47
25 Sam BRYAN	25 Basildon Ph	56.49	56.49
26 Ed HORROCKS	53 DunmowAtl	1:05.03	56.57
27 Adam LELEAN	64 Diss Otters	1:13.10	57.25
28 Ian DOBINSON	49 Enfield Sq	1:04.06	57.38
29 Francesco MELLINO	35 Hackney	59.46	57.44
30 Aaron HOGSBJERG	41 Halstead	1:01.25	57.54
31 Lucas PERRY-HILL	33 Bo Newham	59.52	57.96
32 Ryan LAM	45 Bo Newham	1:03.30	58.16
33 Dean BRUMBY	34 Basildon Ph	1:00.16	58.35
34 Reece MAVERICKS	31 Bo Newham	59.56	58.43
35 Gary WRAIGHT	49 Basildon Ph	1:06.07	59.18
36 Alex SMITH	44 Harlow Pen	1:04.16	59.29
37 Malcolm MACGREGOR	66 Chelmsford	1:17.65	59.36
38 Oscar COTTON	25 Gwich Royal	59.84	59.84
39 Nathan JONES	25 Hornchurch	1:00.13	1:00.13
40 Robert STRANDERS	70 DunmowAtl	1:23.76	1:00.63
41 James BARNACLE	45 Braintree	1:06.24	1:00.86
42 Colin CORBY	67 Chelmsford	1:20.92	1:01.08
43 Anthony DERIZIOTIS	30 Bo Waltham	1:02.09	1:01.13

44	Derek GORE	86	Chelmsford	2:03.61	1:01.30
45	Andrew WRIGHT	69	Stowmarket	1:24.08	1:01.75
46	Tobie BOWDLER	32	Gwich Royal	1:03.35	1:01.93
47	Sean BUNKER	39	Rochford	1:05.60	1:02.24
48	Anujan METHEUS	29	Bo Newham	1:03.26	1:02.49
49	Mark PLUMMER	49	Hornchurch	1:09.94	1:02.64
50	Ben CHISNALL	41	DunmowAtl	1:07.17	1:03.10
51	Peter CHITTOCK	56	Basildon Ph	1:14.56	1:03.28
52	Matthew HODGE	64	DunmowAtl	1:20.87	1:03.34
53	Daniel BUNN	56	Hornchurch	1:14.72	1:03.42
54	Jacopo DETTONI	45	Bo Newham	1:09.24	1:03.61
55	James JACKSON	32	Rochford	1:06.46	1:04.97
56	Alex TIMCKE	50	Hornchurch	1:13.16	1:05.07
57	Henry GILBERT	29	Chelmsford	1:05.97	1:05.17
58	William CANTRELL	55	Tower Haml	1:16.15	1:05.18
59	Cameron GILMOUR	26	Chelmsford	1:06.33	1:06.14
60	Luke SUTHERLAND	28	Gwich Royal	1:07.41	1:06.81
61	Amarinder RUPRAI	33	Hornchurch	1:10.54	1:08.69
62	Oscar EASTMAN	26	Hornchurch	1:10.40	1:10.20
63	Peter DYER	56	Hornchurch	1:24.55	1:11.76
64	James HALL	55	Hornchurch	1:25.48	1:13.17
65	James PAGE	26	Hornchurch	1:14.56	1:14.35
66	Joe BOURNE	43	Hornchurch	1:21.11	1:15.38
67	Sam BERNARD	48	Hornchurch	1:26.36	1:17.87

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Becca HOWELL		23 Basildon Ph	59.95	1:00.27
2	Millie TURNER		23 Basildon Ph	1:05.30	1:05.65
3	Amber HEAD		24 Rochford	1:05.54	1:05.72
4	Rebecca DACK		24 DunmowAtl	1:07.48	1:07.66

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
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1	Nicole STANTON	29	Hackney	1:03.43	1:02.66
2	Anna DOUGHTY	27	Gwich Royal	1:03.81	1:03.44
3	Esraa ABDEL-KHALIK	29	Bo Newham	1:05.16	1:04.37
4	Georgia HINDS	27	Hackney	1:08.70	1:08.30
5	Gerda STAURYLAI TE	26	Bo Newham	1:08.95	1:08.75
6	Savannah GRACEY	26	Bo Newham	1:13.20	1:12.99
7	Rebecca LLOYD	27	Runnymede	1:16.06	1:15.62
8	Alanna CARTON	28	Tower Hamlet	1:33.26	1:32.43

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Federica NOERA		30 Bo Newham	1:05.44	1:04.43

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Katie HOLMES		42 Harwich DP	1:06.91	1:02.52
2	Cheryl MANSFIELD		44 Hornchurch	1:13.08	1:07.53
3	Lizzie START		41 Rochford	1:27.94	1:22.61

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Shelley DAY		46 Witham Dolph	1:05.71	1:00.01
2	Louise PARSONS		46 Rochford	1:07.01	1:01.19
3	Katy GRIGGS		46 Clacton SC	1:11.47	1:05.27
4	Clare BOSTON		47 Runnymede	1:12.94	1:06.19
5	Alaine TSANG		45 Bo Newham	1:14.87	1:08.79
6	Beverley JARMAN-HALL		45 Rochford	1:17.69	1:11.38

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Alex GORE		53 Rochford	1:16.20	1:06.29

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Claire BAILEY		57 Rochford	1:34.87	1:19.81

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
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1 Ann HART 62 Basildon Ph 1:27.45 1:10.04
2 Pauline TESTER 62 Bo Newham 1:46.56 1:25.35

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	SARA PERRY		69 Bo Newham	1:20.45	59.08
2	Eileen LUTHER		68 Rochford	1:26.20	1:04.20
3	Joanne WILTSHIRE		65 Basildon Ph	1:42.97	1:19.70

FEMALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Barbara BOXALL		71 Hornchurch	1:20.74	57.56

FEMALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Barbara BOXALL		71 Hornchurch	1:20.74	57.56
2	SARA PERRY		69 Bo Newham	1:20.45	59.08
3	Shelley DAY		46 Witham Dolg	1:05.71	1:00.01
4	Becca HOWELL		23 Basildon Ph	59.95	1:00.27
5	Louise PARSONS		46 Rochford	1:07.01	1:01.19
6	Katie HOLMES		42 Harwich DP	1:06.91	1:02.52
7	Nicole STANTON		29 Hackney	1:03.43	1:02.66
8	Anna DOUGHTY		27 Gwich Royal	1:03.81	1:03.44
9	Eileen LUTHER		68 Rochford	1:26.20	1:04.20
10	Esraa ABDEL-KHALIK		29 Bo Newham	1:05.16	1:04.37
11	Federica NOERA		30 Bo Newham	1:05.44	1:04.43
12	Katy GRIGGS		46 Clacton SC	1:11.47	1:05.27
13	Millie TURNER		23 Basildon Ph	1:05.30	1:05.65
14	Amber HEAD		24 Rochford	1:05.54	1:05.72
15	Clare BOSTON		47 Runnymede	1:12.94	1:06.19
16	Alex GORE		53 Rochford	1:16.20	1:06.29
17	Cheryl MANSFIELD		44 Hornchurch	1:13.08	1:07.53
18	Rebecca DACK		24 DunmowAtl	1:07.48	1:07.66
19	Georgia HINDS		27 Hackney	1:08.70	1:08.30
20	Gerda STAURYLATE		26 Bo Newham	1:08.95	1:08.75

21	Alaine TSANG	45	Bo Newham	1:14.87	1:08.79
22	Ann HART	62	Basildon Ph	1:27.45	1:10.04
23	Beverley JARMAN-HALL	45	Rochford	1:17.69	1:11.38
24	Savannah GRACEY	26	Bo Newham	1:13.20	1:12.99
25	Rebecca LLOYD	27	Runnymede	1:16.06	1:15.62
26	Joanne WILTSHIRE	65	Basildon Ph	1:42.97	1:19.70
27	Claire BAILEY	57	Rochford	1:34.87	1:19.81
28	Lizzie START	41	Rochford	1:27.94	1:22.61
29	Pauline TESTER	62	Bo Newham	1:46.56	1:25.35
30	Alanna CARTON	28	Tower Haml	1:33.26	1:32.43

EVENT 106 Mixed 18 Yrs/Over 100m IM

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

Place	Name	AaD	Club	Time	Adjusted
1	Peter RAY	22	Bo Newham	1:07.27	1:07.80

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

Place	Name	AaD	Club	Time	Adjusted
1	Stefan IOSIP	26	Bo Newham	1:02.35	1:02.17
2	Samuel JOHNSON	28	Halstead	1:04.80	1:04.22
3	Ryan KELLY	27	Chelmsford	1:05.69	1:05.31
4	Ole MILLS	27	Halstead	1:06.34	1:05.95
5	Oscar COTTON	25	Gwich Royal	1:08.07	1:08.07
6	Nathan JONES	25	Hornchurch	1:14.38	1:14.38
7	Luke SUTHERLAND	28	Gwich Royal	1:20.11	1:19.40
8	James PAGE	26	Hornchurch	1:20.49	1:20.26
9	Oscar EASTMAN	26	Hornchurch	1:20.66	1:20.43

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

Place	Name	AaD	Club	Time	Adjusted
1	Kim LIU	33	Otter	1:05.94	1:04.21
2	George EVANS	31	Bo Newham	1:06.55	1:05.29
3	Myles HANLON	30	Out To Swin	1:11.63	1:10.52
4	Daniel LEE	30	Rochford	1:12.24	1:11.13
5	David KEARNEY	33	Leyton	1:14.91	1:12.95

6	Tobie BOWDLER	32	Gwich Royal	1:16.15	1:14.44
7	James JACKSON	32	Rochford	1:18.37	1:16.61
8	Amarinder RUPRAI	33	Hornchurch	1:19.36	1:17.28
9	William TORRIE	34	Gwich Royal	1:22.04	1:19.58

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

Place	Name	AaD	Club	Time	Adjusted
1	Fraser PEH	36	Otter	1:01.67	59.32
2	James SIMMONS	37	Bo Newham	1:07.67	1:04.81
3	Michael HUGHES	38	Gwich Royal	1:09.42	1:06.18
4	Daniel MESSENGER	39	Halstead	1:12.16	1:08.47

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

Place	Name	AaD	Club	Time	Adjusted
1	David EBANKS	44	Basildon Ph	1:04.51	59.61
2	DAVID ABBOTT	43	Hornchurch	1:13.62	1:08.42
3	Alex SMITH	44	Harlow Pen	1:16.76	1:10.94
4	Mark HOLMES	43	Colchester P	1:36.74	1:29.90

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

Place	Name	AaD	Club	Time	Adjusted
1	James HEATHCOTE	48	Harwich DP	1:08.88	1:02.11
2	David ORDERS	48	Witham Dol	1:11.04	1:04.05
3	Christoph RAHMEDE	47	Bo Newham	1:17.31	1:10.16
4	Gary WRAIGHT	49	Basildon Ph	1:17.44	1:09.36
5	Ilya BOCHKOV	49	Bo Newham	1:19.70	1:11.38
6	Mark PLUMMER	49	Hornchurch	1:22.51	1:13.90
7	Matt DEMPSEY	46	Basildon Ph	1:24.51	1:17.18

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

Place	Name	AaD	Club	Time	Adjusted
1	Scot BRADLEY	52	Hornchurch	1:12.79	1:03.81
2	Ed HORROCKS	53	DunmowAtl	1:16.99	1:06.98
3	Paul SPELLER	54	Brentwood	1:22.58	1:11.27
4	Alex TIMCKE	50	Hornchurch	1:25.39	1:15.95

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

Place	Name	AaD	Club	Time	Adjusted
1	STEPHEN BEAL		57 DunmowAtl:	1:16.76	1:04.58
2	Daniel BUNN		56 Hornchurch	1:24.38	1:11.62
3	William CANTRELL		55 Tower Haml	1:35.44	1:21.70

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

Place	Name	AaD	Club	Time	Adjusted
1	Andrew HARRINGTON		62 Hornchurch	1:16.59	1:01.34
2	Keith ODDY		63 Basildon Ph	1:17.87	1:01.69
3	Robert EASTMAN		61 Hornchurch	1:17.95	1:03.10

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

Place	Name	AaD	Club	Time	Adjusted
1	Wray SHEWELL-COOPER		65 Bo Newham	1:18.16	1:00.50
2	Gordon CARTWRIGHT		65 Witham Dolj	1:26.27	1:06.77

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

Place	Name	AaD	Club	Time	Adjusted
1	Simon GOULTER		70 Loughton M:	1:39.82	1:12.25

OPEN/MALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Fraser PEH		36 Otter	1:01.67	59.32
2	David EBANKS		44 Basildon Ph	1:04.51	59.61
3	Wray SHEWELL-COOPER		65 Bo Newham	1:18.16	1:00.50
4	Andrew HARRINGTON		62 Hornchurch	1:16.59	1:01.34
5	Keith ODDY		63 Basildon Ph	1:17.87	1:01.69
6	James HEATHCOTE		48 Harwich DP	1:08.88	1:02.11
7	Stefan IOSIP		26 Bo Newham	1:02.35	1:02.17
8	Robert EASTMAN		61 Hornchurch	1:17.95	1:03.10
9	Scot BRADLEY		52 Hornchurch	1:12.79	1:03.81
10	David ORDERS		48 Witham Dolj	1:11.04	1:04.05
11	Kim LIU		33 Otter	1:05.94	1:04.21
12	Samuel JOHNSON		28 Halstead	1:04.80	1:04.22
13	STEPHEN BEAL		57 DunmowAtl:	1:16.76	1:04.58
14	James SIMMONS		37 Bo Newham	1:07.67	1:04.81

15 George EVANS	31 Bo Newham	1:06.55	1:05.29
16 Ryan KELLY	27 Chelmsford	1:05.69	1:05.31
17 Ole MILLS	27 Halstead	1:06.34	1:05.95
18 Michael HUGHES	38 Gwich Royal	1:09.42	1:06.18
19 Gordon CARTWRIGHT	65 Witham Dol	1:26.27	1:06.77
20 Ed HORROCKS	53 DunmowAtl	1:16.99	1:06.98
21 Peter RAY	22 Bo Newham	1:07.27	1:07.80
22 Oscar COTTON	25 Gwich Royal	1:08.07	1:08.07
23 DAVID ABBOTT	43 Hornchurch	1:13.62	1:08.42
24 Daniel MESSENGER	39 Halstead	1:12.16	1:08.47
25 Gary WRAIGHT	49 Basildon Ph	1:17.44	1:09.36
26 Christoph RAHMEDE	47 Bo Newham	1:17.31	1:10.16
27 Myles HANLON	30 Out To Swin	1:11.63	1:10.52
28 Alex SMITH	44 Harlow Pen	1:16.76	1:10.94
29 Daniel LEE	30 Rochford	1:12.24	1:11.13
30 Paul SPELLER	54 Brentwood	1:22.58	1:11.27
31 Ilya BOCHKOV	49 Bo Newham	1:19.70	1:11.38
32 Daniel BUNN	56 Hornchurch	1:24.38	1:11.62
33 Simon GOULTER	70 Loughton Ma	1:39.82	1:12.25
34 David KEARNEY	33 Leyton	1:14.91	1:12.95
35 Mark PLUMMER	49 Hornchurch	1:22.51	1:13.90
36 Nathan JONES	25 Hornchurch	1:14.38	1:14.38
37 Tobie BOWDLER	32 Gwich Royal	1:16.15	1:14.44
38 Alex TIMCKE	50 Hornchurch	1:25.39	1:15.95
39 James JACKSON	32 Rochford	1:18.37	1:16.61
40 Matt DEMPSEY	46 Basildon Ph	1:24.51	1:17.18
41 Amarinder RUPRAI	33 Hornchurch	1:19.36	1:17.28
42 Luke SUTHERLAND	28 Gwich Royal	1:20.11	1:19.40
43 William TORRIE	34 Gwich Royal	1:22.04	1:19.58
44 James PAGE	26 Hornchurch	1:20.49	1:20.26
45 Oscar EASTMAN	26 Hornchurch	1:20.66	1:20.43
46 William CANTRELL	55 Tower Haml	1:35.44	1:21.70

47 Mark HOLMES

43 Colchester P 1:36.74 1:29.90

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Becca HOWELL		23 Basildon Ph	1:08.93	1:09.30
2	Amber HEAD		24 Rochford	1:13.86	1:14.06
3	Jayden WRIGHT		21 Chelmsford	1:18.44	1:19.24
4	Issabelle KENT-JACKSON		18 Halstead	1:21.88	1:23.24
5	Jayne GIMBIRD		23 Hornchurch	1:23.87	1:24.32
6	Charis PALMER		24 Hornchurch	1:25.66	1:25.89
7	Amina KAYANI		22 Bo Waltham	2:29.47	2:30.64
	Saffire FONTENELLE		21 Bo Newham	DNC	

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Aleksandra DENISENKO		25 Bo Newham	1:04.74	1:04.74
2	Alex HEARD		26 Bo Newham	1:09.46	1:09.26
3	Bethan HOLDER		29 Bo Newham	1:16.26	1:15.34
4	Ibolya SZENES		26 Gwich Royal	1:18.92	1:18.70
5	Myriam PRASOW-EMOND		29 Bo Newham	1:23.31	1:22.30
6	Holly BOCKING		25 Colchester P	1:54.80	1:54.80

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Janet CHAN		31 Otter	1:14.67	1:13.26
2	Federica NOERA		30 Bo Newham	1:15.62	1:14.45
3	Jaye WESTERN		31 Flitwick	1:20.29	1:18.77
4	Charlotte ANDREWS		32 Rochford	1:22.02	1:20.18

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Katie HOLMES		42 Harwich DP	1:15.85	1:10.88
2	Cheryl MANSFIELD		44 Hornchurch	1:26.31	1:19.76
3	Lizzie START		41 Rochford	1:44.08	1:37.77
4	Anastassia ZMARJOVA		42 Gwich Royal	1:51.64	1:44.32

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Christine JAEGGI		45 Bo Newham	1:20.82	1:14.25
2	Katy GRIGGS		46 Clacton SC	1:21.64	1:14.55
3	Lizzie LONG		46 Rochford	1:25.61	1:18.18

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Alison COWIE		53 Basildon Ph	1:49.78	1:35.50

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Katrina FARRALL		56 Basildon Ph	1:22.98	1:10.43

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Ann HART		62 Basildon Ph	1:45.68	1:24.64

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Eileen LUTHER		68 Rochford	1:37.29	1:12.46
	LORRAINE RATE		68 Clacton SC	DNC	

FEMALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Jane MCIVOR		70 Rochford	1:49.35	1:19.15

FEMALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Aleksandra DENISENKO		25 Bo Newham	1:04.74	1:04.74
2	Alex HEARD		26 Bo Newham	1:09.46	1:09.26
3	Becca HOWELL		23 Basildon Ph	1:08.93	1:09.30
4	Katrina FARRALL		56 Basildon Ph	1:22.98	1:10.43
5	Katie HOLMES		42 Harwich DP	1:15.85	1:10.88
6	Eileen LUTHER		68 Rochford	1:37.29	1:12.46
7	Janet CHAN		31 Otter	1:14.67	1:13.26
8	Amber HEAD		24 Rochford	1:13.86	1:14.06
9	Christine JAEGGI		45 Bo Newham	1:20.82	1:14.25
10	Federica NOERA		30 Bo Newham	1:15.62	1:14.45

11 Katy GRIGGS	46 Clacton SC	1:21.64	1:14.55
12 Bethan HOLDER	29 Bo Newham	1:16.26	1:15.34
13 Lizzie LONG	46 Rochford	1:25.61	1:18.18
14 Ibolya SZENES	26 Gwich Royal	1:18.92	1:18.70
15 Jaye WESTERN	31 Flitwick	1:20.29	1:18.77
16 Jane MCIVOR	70 Rochford	1:49.35	1:19.15
17 Jayden WRIGHT	21 Chelmsford	1:18.44	1:19.24
18 Cheryl MANSFIELD	44 Hornchurch	1:26.31	1:19.76
19 Charlotte ANDREWS	32 Rochford	1:22.02	1:20.18
20 Myriam PRASOW-EMOND	29 Bo Newham	1:23.31	1:22.30
21 Issabelle KENT-JACKSON	18 Halstead	1:21.88	1:23.24
22 Jayne GIMBIRD	23 Hornchurch	1:23.87	1:24.32
23 Ann HART	62 Basildon Ph	1:45.68	1:24.64
24 Charis PALMER	24 Hornchurch	1:25.66	1:25.89
25 Alison COWIE	53 Basildon Ph	1:49.78	1:35.50
26 Lizzie START	41 Rochford	1:44.08	1:37.77
27 Anastassia ZMARJOVA	42 Gwich Royal	1:51.64	1:44.32
28 Holly BOCKING	25 Colchester P	1:54.80	1:54.80
29 Amina KAYANI	22 Bo Waltham	2:29.47	2:30.64

EVENT 107 Mixed 12 Yrs/Over 200m Free Team

Full Results

Place	Name	A.G	Club	Time	Adjusted	50	100	150
1	Basildon and Phoenix S		Basildon Ph	1:49.91	1:49.60	-	-	-
2	Newham & University of		Bo Newham	1:52.40	1:52.08	-	-	-
3	GRENWICH		GRENWICH	1:53.14	1:52.82	-	-	-
4	Newham B		Bo Newham	1:53.62	1:53.30	-	-	-
5	Rochford & District SC		Rochford	1:55.33	1:55.00	-	-	-
6	NEWHAM C		Bo Newham	1:58.39	1:58.05	-	-	-
7	ROCHFORD B		Rochford	2:09.11	2:08.74	-	-	-

Full Results

Place	Name	A.G	Club	Time	Adjusted	50	100	150
1	Basildon and Phoenix S		Basildon Ph	1:49.91	1:49.60	-	-	-

2	Newham & University of	Bo Newham	1:52.40	1:52.08	-	-	-
3	GRENWICH	GRENWICH	1:53.14	1:52.82	-	-	-
4	Newham B	Bo Newham	1:53.62	1:53.30	-	-	-
5	Rochford & District SC	Rochford	1:55.33	1:55.00	-	-	-
6	NEWHAM C	Bo Newham	1:58.39	1:58.05	-	-	-
7	ROCHFORD B	Rochford	2:09.11	2:08.74	-	-	-

EVENT 108 Mixed 16 Yrs/Over 200m Free Team

Full Results

Place	Name	A.G	Club	Time	Adjusted	50	100	150
1	Newham B		Bo Newham	1:57.79	1:57.46	-	-	-
2	Basildon and Phoenix S		Basildon Ph	2:08.53	2:08.16	-	-	-
3	Runnymede SC		Runnymede	2:18.31	2:17.92	-	-	-
	Rochford & District SC		Rochford	DNC				
	Newham & University of		Bo Newham	DNC				
	GRENWICH		GRENWICH	DNC				

Full Results

Place	Name	A.G	Club	Time	Adjusted	50	100	150
1	Newham B		Bo Newham	1:57.79	1:57.46	-	-	-
2	Basildon and Phoenix S		Basildon Ph	2:08.53	2:08.16	-	-	-
3	Runnymede SC		Runnymede	2:18.31	2:17.92	-	-	-

EVENT 109 Mixed 20 Yrs/Over 200m Free Team

Full Results

Place	Name	A.G	Club	Time	Adjusted	50	100	150
1	Rochford & District SC		Rochford	2:04.92	2:04.56	-	-	-
2	Dunmow Atlantis SC		DunmowAtl:	2:06.81	2:06.45	-	-	-
3	Newham B		Bo Newham	2:06.86	2:06.50	-	-	-
4	Basildon and Phoenix S		Basildon Ph	2:14.75	2:14.37	-	-	-
5	Newham & University of		Bo Newham	2:21.97	2:21.57	-	-	-
6	ROCHFORD B		Rochford	2:30.87	2:30.44	-	-	-
	GRENWICH		GRENWICH	DNC				

Full Results

Place	Name	A.G	Club	Time	Adjusted	50	100	150
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1 Rochford & District SC	Rochford	2:04.92	2:04.56	-	-	-
2 Dunmow Atlantis SC	DunmowAtl:	2:06.81	2:06.45	-	-	-
3 Newham B	Bo Newham	2:06.86	2:06.50	-	-	-
4 Basildon and Phoenix S	Basildon Ph	2:14.75	2:14.37	-	-	-
5 Newham & University of	Bo Newham	2:21.97	2:21.57	-	-	-
6 ROCHFORD B	Rochford	2:30.87	2:30.44	-	-	-

EVENT 201 Mixed 18 Yrs/Over 200m Freestyle

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Lewis ARCHER	29	Halstead	2:12.25	2:10.65	29.41	1:03.11	1:37.93
2	Oscar EASTMAN	26	Hornchurch	2:36.87	2:36.42	35.08	1:13.92	1:55.35
3	James PAGE	26	Hornchurch	2:45.64	2:45.17	36.71	1:18.27	2:01.23

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	James WINTER	30	Rochford	2:08.96	2:06.97	28.72	1:00.91	1:35.10
2	George EVANS	31	Bo Newham	2:11.16	2:08.68	29.24	1:01.97	1:36.56
3	Daniel LEE	30	Rochford	2:18.44	2:16.30	32.15	1:07.67	1:44.09

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Sean LEAHY	36	Bo Newham	2:00.98	1:56.37	27.64	57.86	1:29.34
2	Alejandro ROMERO	37	Tower Haml	2:10.95	2:05.41	30.63	1:03.91	1:38.23
3	James SIMMONS	37	Bo Newham	2:11.17	2:05.62	29.6	1:02.49	1:37.11
4	Jason PARR-MORLEY	35	Hornchurch	2:39.49	2:34.07	36.2	1:14.18	1:55.23

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Tom HARGREAVES	40	Hackney	2:06.07	1:59.03	28.1	59.59	1:32.32
2	John DILLEY	43	Chelmsford	2:06.38	1:57.45	29.26	1:01.30	1:34.30
3	Craig CAMPION	43	Witham Dol	2:13.58	2:04.14	30.33	1:03.43	1:38.52
4	Morgan LEE	43	Halstead	2:21.41	2:11.42	31.73	1:06.74	1:43.93
5	Joe BOURNE	43	Hornchurch	3:05.45	2:52.35	-	-	-

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
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1 Sam BERNARD 48 Hornchurch 3:24.26 3:04.18 41.22 1:30.50 2:25.43

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Dave ROGERS		53 Bishop Stort	2:24.73	2:05.90	32.87	1:09.05	1:47.59
2	Christopher MORGAN		54 Bo Newham	2:28.74	2:08.37	34.93	1:13.19	1:51.97
3	Simon LASHMAR		52 Basildon Ph	2:36.52	2:17.21	35.28	1:14.48	1:55.50
4	Alex TIMCKE		50 Hornchurch	2:45.53	2:27.24	35.38	1:16.39	2:01.90

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Peter DIXON		58 Tower Haml	2:11.47	1:49.60	30.21	1:03.88	1:38.27
2	Dave PETHERS		56 Basildon Ph	2:29.05	2:06.50	33.57	1:11.80	1:51.03
3	Daniel BUNN		56 Hornchurch	2:36.91	2:13.17	36.27	1:16.15	1:57.04
4	Jason COLE		59 Colchester	2:46.06	2:17.13	36.98	1:18.77	2:02.91
5	William CANTRELL		55 Tower Haml	2:46.70	2:22.69	36.89	1:18.97	2:02.78
6	Peter DYER		56 Hornchurch	3:13.03	2:43.83	41.93	1:30.40	2:23.57
7	James HALL		55 Hornchurch	3:18.60	2:50.00	44.33	1:34.48	2:26.75

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Robert EASTMAN		61 Hornchurch	2:29.68	2:01.16	33.62	1:10.65	1:49.56
2	Andrew HARRINGTON		62 Hornchurch	2:31.60	2:01.42	34.43	1:12.87	1:53.90
3	Adam LELEAN		64 Diss Otters	2:38.30	2:03.98	37.19	1:17.35	1:58.20

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Wray SHEWELL-COOPER		65 Bo Newham	2:30.66	1:56.61	33.68	1:11.72	1:51.46
2	Geoff BAKER		67 Rochford	2:42.02	2:02.29	37.88	1:19.06	2:01.28
3	Colin CORBY		67 Chelmsford	3:05.06	2:19.68	41.6	1:28.68	2:17.73

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Peter RAE		73 Rochford	2:59.56	2:03.90	41.63	1:27.02	2:13.68

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

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	PHILIP HARPER		81 Rochford	3:13.19	1:52.47	44.53	1:34.71	2:26.12

OPEN/MALE Combined Result - Full Results								
Place	Name	AaD	Club	Time	Adjusted	50	100	150
	2 Derek GORE		86 Chelmsford	4:38.62	2:18.16	-	-	-
1	Peter DIXON		58 Tower Haml	2:11.47	1:49.60	30.21	1:03.88	1:38.27
2	PHILIP HARPER		81 Rochford	3:13.19	1:52.47	44.53	1:34.71	2:26.12
3	Sean LEAHY		36 Bo Newham	2:00.98	1:56.37	27.64	57.86	1:29.34
4	Wray SHEWELL-COOPER		65 Bo Newham	2:30.66	1:56.61	33.68	1:11.72	1:51.46
5	John DILLEY		43 Chelmsford	2:06.38	1:57.45	29.26	1:01.30	1:34.30
6	Tom HARGREAVES		40 Hackney	2:06.07	1:59.03	28.1	59.59	1:32.32
7	Robert EASTMAN		61 Hornchurch	2:29.68	2:01.16	33.62	1:10.65	1:49.56
8	Andrew HARRINGTON		62 Hornchurch	2:31.60	2:01.42	34.43	1:12.87	1:53.90
9	Geoff BAKER		67 Rochford	2:42.02	2:02.29	37.88	1:19.06	2:01.28
10	Peter RAE		73 Rochford	2:59.56	2:03.90	41.63	1:27.02	2:13.68
11	Adam LELEAN		64 Diss Otters	2:38.30	2:03.98	37.19	1:17.35	1:58.20
12	Craig CAMPION		43 Witham Dolj	2:13.58	2:04.14	30.33	1:03.43	1:38.52
13	Alejandro ROMERO		37 Tower Haml	2:10.95	2:05.41	30.63	1:03.91	1:38.23
14	James SIMMONS		37 Bo Newham	2:11.17	2:05.62	29.6	1:02.49	1:37.11
15	Dave ROGERS		53 Bishop Stort	2:24.73	2:05.90	32.87	1:09.05	1:47.59
16	Dave PETHERS		56 Basildon Ph	2:29.05	2:06.50	33.57	1:11.80	1:51.03
17	James WINTER		30 Rochford	2:08.96	2:06.97	28.72	1:00.91	1:35.10
18	Christopher MORGAN		54 Bo Newham	2:28.74	2:08.37	34.93	1:13.19	1:51.97
19	George EVANS		31 Bo Newham	2:11.16	2:08.68	29.24	1:01.97	1:36.56
20	Lewis ARCHER		29 Halstead	2:12.25	2:10.65	29.41	1:03.11	1:37.93
21	Morgan LEE		43 Halstead	2:21.41	2:11.42	31.73	1:06.74	1:43.93
22	Daniel BUNN		56 Hornchurch	2:36.91	2:13.17	36.27	1:16.15	1:57.04
23	Daniel LEE		30 Rochford	2:18.44	2:16.30	32.15	1:07.67	1:44.09
24	Jason COLE		59 Colchester	2:46.06	2:17.13	36.98	1:18.77	2:02.91
25	Simon LASHMAR		52 Basildon Ph	2:36.52	2:17.21	35.28	1:14.48	1:55.50
	26 Derek GORE		86 Chelmsford	4:38.62	2:18.16	-	-	-
27	Colin CORBY		67 Chelmsford	3:05.06	2:19.68	41.6	1:28.68	2:17.73
28	William CANTRELL		55 Tower Haml	2:46.70	2:22.69	36.89	1:18.97	2:02.78
29	Alex TIMCKE		50 Hornchurch	2:45.53	2:27.24	35.38	1:16.39	2:01.90

30 Jason PARR-MORLEY	35 Hornchurch	2:39.49	2:34.07	36.2	1:14.18	1:55.23
31 Oscar EASTMAN	26 Hornchurch	2:36.87	2:36.42	35.08	1:13.92	1:55.35
32 Peter DYER	56 Hornchurch	3:13.03	2:43.83	41.93	1:30.40	2:23.57
33 James PAGE	26 Hornchurch	2:45.64	2:45.17	36.71	1:18.27	2:01.23
34 James HALL	55 Hornchurch	3:18.60	2:50.00	44.33	1:34.48	2:26.75
35 Joe BOURNE	43 Hornchurch	3:05.45	2:52.35	-	-	-
36 Sam BERNARD	48 Hornchurch	3:24.26	3:04.18	41.22	1:30.50	2:25.43

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Holly FREEGARD		23 Halstead	2:25.11	2:25.88	33.52	1:09.62	1:47.45
2	Amber HEAD		24 Rochford	2:26.05	2:26.45	32.9	1:10.09	1:48.68
3	Alana WRIGHT		21 Chelmsford	2:29.60	2:31.13	34.6	1:12.10	1:50.88
4	Charis PALMER		24 Hornchurch	2:41.60	2:42.04	37.29	1:19.03	2:01.12
5	Jayne GIMBIRD		23 Hornchurch	2:46.05	2:46.94	36.3	1:17.33	2:00.98

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Alex HEARD		26 Bo Newham	2:18.33	2:17.94	30.89	1:05.38	1:41.28
2	Nicole STANTON		29 Hackney	2:20.62	2:18.92	32.37	1:08.62	1:45.12
3	Esraa ABDEL-KHALIK		29 Bo Newham	2:23.41	2:21.67	32.68	1:08.43	1:45.91
4	Ibolya SZENES		26 Gwich Royal	2:27.37	2:26.95	32.95	1:10.24	1:49.28
5	Georgia HINDS		27 Hackney	2:30.00	2:29.13	34.21	1:11.80	1:50.75
6	Savannah GRACEY		26 Bo Newham	2:39.26	2:38.81	33.95	1:13.20	1:56.34
7	Myriam PRASOW-EMOND		29 Bo Newham	2:42.93	2:40.96	36.82	1:17.60	1:59.92
8	Kaitlyn HALL		26 Hornchurch	2:46.24	2:45.77	38.37	1:20.31	2:04.54

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Kira NEAL		42 Basildon Ph	2:21.87	2:12.57	33.02	1:08.76	1:45.15
2	Charmaine STERLING		44 Rochford	2:39.45	2:27.35	-	-	-
3	Cheryl MANSFIELD		44 Hornchurch	2:45.94	2:33.35	37.05	1:18.98	2:02.79
4	Lizzie START		41 Rochford	3:17.74	3:05.75	43.38	1:33.45	2:27.53

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50	100	150
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1	Lizzie LONG		46 Rochford	2:31.93	2:18.74	35.1	1:14.26	1:53.22
2	Christine JAEGGI		45 Bo Newham	2:37.56	2:24.76	36	1:16.23	1:57.32
3	Beverley JARMAN-HALL		45 Rochford	2:46.31	2:32.80	38.82	1:20.73	2:04.13
FEMALE 50/54 Yrs Age Group - Full Results								
Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Alex GORE		53 Rochford	2:56.08	2:33.18	38.61	1:22.53	2:10.08
FEMALE 55/59 Yrs Age Group - Full Results								
Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Claire BAILEY		57 Rochford	3:22.86	2:50.66	46.17	1:37.43	2:31.05
FEMALE 60/64 Yrs Age Group - Full Results								
Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Hannah UECKERMANN		63 Spencer	2:53.48	2:17.43	40.57	1:24.80	2:09.33
2	Ann HART		62 Basildon Ph	3:19.50	2:39.79	43.41	1:33.67	2:27.20
3	Pauline TESTER		62 Bo Newham	3:49.50	3:03.81	-	-	-
FEMALE 65/69 Yrs Age Group - Full Results								
Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Sally WINTER		66 Bishop Stort	2:39.75	2:02.13	37.17	1:17.21	1:58.89
2	Eileen LUTHER		68 Rochford	3:04.67	2:17.53	41.25	1:28.28	2:16.59
3	LORRAINE RATE		68 Clacton SC	3:08.62	2:20.47	41.89	1:29.77	2:19.62
4	Joanne WILTSHIRE		65 Basildon Ph	3:49.83	2:57.89	50.4	1:47.63	2:48.88
FEMALE 70/74 Yrs Age Group - Full Results								
Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Barbara BOXALL		71 Hornchurch	3:05.31	2:12.10	40.91	1:27.54	2:16.73
FEMALE Combined Result - Full Results								
Place	Name	AaD	Club	Time	Adjusted	50	100	150
1	Sally WINTER		66 Bishop Stort	2:39.75	2:02.13	37.17	1:17.21	1:58.89
2	Barbara BOXALL		71 Hornchurch	3:05.31	2:12.10	40.91	1:27.54	2:16.73
3	Kira NEAL		42 Basildon Ph	2:21.87	2:12.57	33.02	1:08.76	1:45.15
4	Hannah UECKERMANN		63 Spencer	2:53.48	2:17.43	40.57	1:24.80	2:09.33
5	Eileen LUTHER		68 Rochford	3:04.67	2:17.53	41.25	1:28.28	2:16.59
6	Alex HEARD		26 Bo Newham	2:18.33	2:17.94	30.89	1:05.38	1:41.28
7	Lizzie LONG		46 Rochford	2:31.93	2:18.74	35.1	1:14.26	1:53.22

8 Nicole STANTON	29 Hackney	2:20.62	2:18.92	32.37	1:08.62	1:45.12
9 LORRAINE RATE	68 Clacton SC	3:08.62	2:20.47	41.89	1:29.77	2:19.62
10 Esraa ABDEL-KHALIK	29 Bo Newham	2:23.41	2:21.67	32.68	1:08.43	1:45.91
11 Christine JAEGGI	45 Bo Newham	2:37.56	2:24.76	36	1:16.23	1:57.32
12 Holly FREEGARD	23 Halstead	2:25.11	2:25.88	33.52	1:09.62	1:47.45
13 Amber HEAD	24 Rochford	2:26.05	2:26.45	32.9	1:10.09	1:48.68
14 Ibolya SZENES	26 Gwich Royal	2:27.37	2:26.95	32.95	1:10.24	1:49.28
15 Charmaine STERLING	44 Rochford	2:39.45	2:27.35	-	-	-
16 Georgia HINDS	27 Hackney	2:30.00	2:29.13	34.21	1:11.80	1:50.75
17 Alana WRIGHT	21 Chelmsford	2:29.60	2:31.13	34.6	1:12.10	1:50.88
18 Beverley JARMAN-HALL	45 Rochford	2:46.31	2:32.80	38.82	1:20.73	2:04.13
19 Alex GORE	53 Rochford	2:56.08	2:33.18	38.61	1:22.53	2:10.08
20 Cheryl MANSFIELD	44 Hornchurch	2:45.94	2:33.35	37.05	1:18.98	2:02.79
21 Savannah GRACEY	26 Bo Newham	2:39.26	2:38.81	33.95	1:13.20	1:56.34
22 Ann HART	62 Basildon Ph	3:19.50	2:39.79	43.41	1:33.67	2:27.20
23 Myriam PRASOW-EMOND	29 Bo Newham	2:42.93	2:40.96	36.82	1:17.60	1:59.92
24 Charis PALMER	24 Hornchurch	2:41.60	2:42.04	37.29	1:19.03	2:01.12
25 Kaitlyn HALL	26 Hornchurch	2:46.24	2:45.77	38.37	1:20.31	2:04.54
26 Jayne GIMBIRD	23 Hornchurch	2:46.05	2:46.94	36.3	1:17.33	2:00.98
27 Claire BAILEY	57 Rochford	3:22.86	2:50.66	46.17	1:37.43	2:31.05
28 Joanne WILTSHIRE	65 Basildon Ph	3:49.83	2:57.89	50.4	1:47.63	2:48.88
29 Pauline TESTER	62 Bo Newham	3:49.50	3:03.81	-	-	-
30 Lizzie START	41 Rochford	3:17.74	3:05.75	43.38	1:33.45	2:27.53

EVENT 202 Mixed 18 Yrs/Over 50m Breaststroke

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

Place	Name	AaD	Club	Time	Adjusted
1	Samuel JOHNSON		28 Halstead	30.97	30.69
2	Stefan IOSIP		26 Bo Newham	31.69	31.6
3	Ole MILLS		27 Halstead	32.41	32.22
4	Sam BRYAN		25 Basildon Ph	32.64	32.64
5	Ryan KELLY		27 Chelmsford	35.07	34.87
6	Toby BARNARD		25 Bo Newham	35.95	35.95

7	Nathan JONES	25	Hornchurch	37.85	37.85
8	Shagor CHOWDHURY	25	Bark & Dage	38.26	38.26
9	Kalaam MOTIN	29	Rochford	38.32	37.86
10	Luke SUTHERLAND	28	Gwich Royal	38.68	38.34
11	Oscar EASTMAN	26	Hornchurch	38.73	38.62
12	James PAGE	26	Hornchurch	40.32	40.21

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

Place	Name	AaD	Club	Time	Adjusted
1	Kim LIU	33	Otter	31.03	30.22
2	Matthew SHONE	33	Bo Newham	32.56	31.71
3	Reece MAVERICKS	31	Bo Newham	33.12	32.49
4	Dean BRUMBY	34	Basildon Ph	34.16	33.13
5	David KEARNEY	33	Leyton	37.71	36.72
6	James JACKSON	32	Rochford	38.62	37.75
7	Amarinder RUPRAI	33	Hornchurch	38.81	37.79

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

Place	Name	AaD	Club	Time	Adjusted
1	Oliver CLAPP	36	Halstead	31.44	30.24
2	Daniel MESSENGER	39	Halstead	36.08	34.23
3	Sean BUNKER	39	Rochford	37.68	35.75
4	Marcus De Quan PECK	37	Bo Newham	45.46	43.54

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

Place	Name	AaD	Club	Time	Adjusted
1	David EBANKS	44	Basildon Ph	29.69	27.44
2	Jared GOLDEN	41	Gwich Royal	33.42	31.39
3	Aaron HOGSBJERG	41	Halstead	35.97	33.79
4	Ben CHISNALL	41	DunmowAtl:	40.07	37.64
5	Joe BOURNE	43	Hornchurch	43.31	40.25

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

Place	Name	AaD	Club	Time	Adjusted
1	James HEATHCOTE	48	Harwich DP	32.74	29.52
2	James BARNACLE	45	Braintree	33.86	31.11

3 David ORDERS	48 Witham Dolg	34.3	30.93
4 Ilya BOCHKOV	49 Bo Newham	38.89	34.83
5 Matt ROBBINS	48 Witham Dolg	40.1	36.16
6 Daniel GURNER	46 Rochford	41.71	38.09
Gary WRAIGHT	49 Basildon Ph DNC		

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

Place	Name	AaD	Club	Time	Adjusted
1	Alex TIMCKE		50 Hornchurch	40.96	36.43

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

Place	Name	AaD	Club	Time	Adjusted
1	Martin LANE		55 Chelmsford	33.65	28.8
2	Daniel BUNN		56 Hornchurch	38.41	32.6
3	Peter DYER		56 Hornchurch	45.94	38.99
4	James HALL		55 Hornchurch	55.94	47.88

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

Place	Name	AaD	Club	Time	Adjusted
1	Andrew HARRINGTON		62 Hornchurch	37.98	30.42
2	Robert EASTMAN		61 Hornchurch	38	30.76
3	Keith ODDY		63 Basildon Ph	38.05	30.14

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

Place	Name	AaD	Club	Time	Adjusted
1	Geoff BAKER		67 Rochford	43.54	32.86
2	Gordon CARTWRIGHT		65 Witham Dolg	43.55	33.71
3	Colin CORBY		67 Chelmsford	45.42	34.28
4	Andrew WRIGHT		69 Stowmarket	47.22	34.68

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

Place	Name	AaD	Club	Time	Adjusted
1	Robert STRANDERS		70 DunmowAtl:	46.41	33.59

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

Place	Name	AaD	Club	Time	Adjusted
1	Jeff HILLIER		77 Bo Waltham	55.43	35.46

OPEN/MALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	David EBANKS	44	Basildon Ph	29.69	27.44
2	Martin LANE	55	Chelmsford	33.65	28.8
3	James HEATHCOTE	48	Harwich DP	32.74	29.52
4	Keith ODDY	63	Basildon Ph	38.05	30.14
5	Kim LIU	33	Otter	31.03	30.22
6	Oliver CLAPP	36	Halstead	31.44	30.24
7	Andrew HARRINGTON	62	Hornchurch	37.98	30.42
8	Samuel JOHNSON	28	Halstead	30.97	30.69
9	Robert EASTMAN	61	Hornchurch	38	30.76
10	David ORDERS	48	Witham Dolg	34.3	30.93
11	James BARNACLE	45	Braintree	33.86	31.11
12	Jared GOLDEN	41	Gwich Royal	33.42	31.39
13	Stefan IOSIP	26	Bo Newham	31.69	31.6
14	Matthew SHONE	33	Bo Newham	32.56	31.71
15	Ole MILLS	27	Halstead	32.41	32.22
16	Reece MAVERICKS	31	Bo Newham	33.12	32.49
17	Daniel BUNN	56	Hornchurch	38.41	32.6
18	Sam BRYAN	25	Basildon Ph	32.64	32.64
19	Geoff BAKER	67	Rochford	43.54	32.86
20	Dean BRUMBY	34	Basildon Ph	34.16	33.13
21	Robert STRANDERS	70	DunmowAtl:	46.41	33.59
22	Gordon CARTWRIGHT	65	Witham Dolg	43.55	33.71
23	Aaron HOGSBJERG	41	Halstead	35.97	33.79
24	Daniel MESSENGER	39	Halstead	36.08	34.23
25	Colin CORBY	67	Chelmsford	45.42	34.28
26	Andrew WRIGHT	69	Stowmarket	47.22	34.68
27	Ilya BOCHKOV	49	Bo Newham	38.89	34.83
28	Ryan KELLY	27	Chelmsford	35.07	34.87
29	Jeff HILLIER	77	Bo Waltham	55.43	35.46
30	Sean BUNKER	39	Rochford	37.68	35.75
31	Toby BARNARD	25	Bo Newham	35.95	35.95

32	Matt ROBBINS	48	Witham Dolp	40.1	36.16
33	Alex TIMCKE	50	Hornchurch	40.96	36.43
34	David KEARNEY	33	Leyton	37.71	36.72
35	Ben CHISNALL	41	DunmowAtl:	40.07	37.64
36	James JACKSON	32	Rochford	38.62	37.75
37	Amarinder RUPRAI	33	Hornchurch	38.81	37.79
38	Nathan JONES	25	Hornchurch	37.85	37.85
39	Kalaam MOTIN	29	Rochford	38.32	37.86
40	Daniel GURNER	46	Rochford	41.71	38.09
41	Shagor CHOWDHURY	25	Bark & Dage	38.26	38.26
42	Luke SUTHERLAND	28	Gwich Royal	38.68	38.34
43	Oscar EASTMAN	26	Hornchurch	38.73	38.62
44	Peter DYER	56	Hornchurch	45.94	38.99
45	James PAGE	26	Hornchurch	40.32	40.21
46	Joe BOURNE	43	Hornchurch	43.31	40.25
47	Marcus De Quan PECK	37	Bo Newham	45.46	43.54
48	James HALL	55	Hornchurch	55.94	47.88

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Amber HEAD		24 Rochford	36.66	36.76
2	Holly FREEGARD		23 Halstead	38.44	38.64
3	Nancy NEAVE		22 Halstead	40.98	41.3
4	Jayden WRIGHT		21 Chelmsford	41.16	41.58
5	Charis PALMER		24 Hornchurch	44.41	44.53
6	Jayne GIMBIRD		23 Hornchurch	45.72	45.96

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Aleksandra DENISENKO		25 Bo Newham	32.81	32.81
2	Jessica AYLING		25 Bark & Dage	35.37	35.37
3	Olivia SMITH-LAL		28 DunmowAtl:	38.91	38.56
4	Gerda STAURYLAITE		26 Bo Newham	40.72	40.6
5	Bethan HOLDER		29 Bo Newham	41.18	40.68

6 Kaitlyn HALL 26 Hornchurch 47.68 47.54

7 Holly BOCKING 25 Colchester P 58.96 58.96

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Janet CHAN		31 Otter	35.97	35.29
2	Jaye WESTERN		31 Flitwick	38.81	38.08
3	Federica NOERA		30 Bo Newham	39.21	38.6

FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Alyson TOWNSON		38 Runnymede	39.32	37.48

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Helen ALLAN		44 Leyton	45.64	42.18
2	Anastassia ZMARJOVA		42 Gwich Royal	59.61	55.7

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Alaine TSANG		45 Bo Newham	41.68	38.29
2	Katie BRETMAN		46 DunmowAtl:	43.34	39.58
3	Joy FAULKNER		48 Bo Newham	47.28	42.63
	Clare BOSTON		47 Runnymede	DNC	

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Dawn PALMER		50 Hornchurch	39.07	34.75
2	Alison COWIE		53 Basildon Ph	53.52	46.56

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Amanda GOODMAN		56 Basildon Ph	39.66	33.66
2	Claire BAILEY		57 Rochford	55	46.27

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Hannah UECKERMANN		63 Spencer	43.96	34.82
2	Michele ROMAIN		63 DunmowAtl:	51.94	41.15

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Diane GIBB		66 DunmowAtl:	45.74	34.97
2	Eileen LUTHER		68 Rochford	48.91	36.42

FEMALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Jane MCIVOR		70 Rochford	54.44	39.4

FEMALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Sally LELEAN		75 Diss Otters	59.7	39.74

FEMALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Aleksandra DENISENKO		25 Bo Newham	32.81	32.81
2	Amanda GOODMAN		56 Basildon Ph	39.66	33.66
3	Dawn PALMER		50 Hornchurch	39.07	34.75
4	Hannah UECKERMANN		63 Spencer	43.96	34.82
5	Diane GIBB		66 DunmowAtl:	45.74	34.97
6	Janet CHAN		31 Otter	35.97	35.29
7	Jessica AYLING		25 Bark & Dage:	35.37	35.37
8	Eileen LUTHER		68 Rochford	48.91	36.42
9	Amber HEAD		24 Rochford	36.66	36.76
10	Alyson TOWNSON		38 Runnymede	39.32	37.48
11	Jaye WESTERN		31 Flitwick	38.81	38.08
12	Alaine TSANG		45 Bo Newham	41.68	38.29
13	Olivia SMITH-LAL		28 DunmowAtl:	38.91	38.56
14	Federica NOERA		30 Bo Newham	39.21	38.6
15	Holly FREEGARD		23 Halstead	38.44	38.64
16	Jane MCIVOR		70 Rochford	54.44	39.4
17	Katie BRETMAN		46 DunmowAtl:	43.34	39.58
18	Sally LELEAN		75 Diss Otters	59.7	39.74
19	Gerda STAURYLAITE		26 Bo Newham	40.72	40.6
20	Bethan HOLDER		29 Bo Newham	41.18	40.68

21 Michele ROMAIN	63 DunmowAtl:	51.94	41.15
22 Nancy NEAVE	22 Halstead	40.98	41.3
23 Jayden WRIGHT	21 Chelmsford	41.16	41.58
24 Helen ALLAN	44 Leyton	45.64	42.18
25 Joy FAULKNER	48 Bo Newham	47.28	42.63
26 Charis PALMER	24 Hornchurch	44.41	44.53
27 Jayne GIMBIRD	23 Hornchurch	45.72	45.96
28 Claire BAILEY	57 Rochford	55	46.27
29 Alison COWIE	53 Basildon Ph	53.52	46.56
30 Kaitlyn HALL	26 Hornchurch	47.68	47.54
31 Anastassia ZMARJOVA	42 Gwich Royal	59.61	55.7
32 Holly BOCKING	25 Colchester P	58.96	58.96

EVENT 203 Mixed 18 Yrs/Over 100m Backstroke

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Ryan KELLY		27 Chelmsford	1:03.17	1:02.80	30.67
2	Lewis ARCHER		29 Halstead	1:08.83	1:08.00	33.25
3	Nathan JONES		25 Hornchurch	1:13.75	1:13.75	35.98
4	James PAGE		26 Hornchurch	1:27.74	1:27.49	41.48

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Ewan JACKSON		33 Bo Newham	1:00.47	58.89	29.84
2	Martin SARTORIUS		34 Otter	1:05.26	1:03.30	30.91
3	George EVANS		31 Bo Newham	1:05.29	1:04.06	31.36
4	David KEARNEY		33 Leyton	1:16.43	1:14.43	36.86

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Marcus De Quan PECK		37 Bo Newham	1:27.81	1:24.09	41.88

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Mark HOLMES		43 Colchester P	1:32.06	1:25.56	44.26
2	Joe BOURNE		43 Hornchurch	1:44.29	1:36.92	50.82

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Mark PLUMMER	49	Hornchurch	1:23.50	1:14.79	40.27

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Paul SPELLER	54	Brentwood	1:18.24	1:07.52	37.56
2	Alex TIMCKE	50	Hornchurch	1:37.62	1:26.83	43.97

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

Place	Name	AaD	Club	Time	Adjusted	50
1	STEPHEN BEAL	57	DunmowAtl:	1:18.75	1:06.25	38.66
2	Daniel BUNN	56	Hornchurch	1:34.82	1:20.48	45.86

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Robert EASTMAN	61	Hornchurch	1:20.60	1:05.24	38.74
2	Andrew HARRINGTON	62	Hornchurch	1:32.16	1:13.81	45.81

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Andrew WRIGHT	69	Stowmarket	1:34.83	1:09.64	46.61

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Walter GERRARD	74	Rochford	1:46.71	1:12.35	51.03
	Robert STRANDERS	70	DunmowAtl:	DNC		

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Jeff HILLIER	77	Bo Waltham	1:53.80	1:12.80	56.61

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

Place	Name	AaD	Club	Time	Adjusted	50
1	PHILIP HARPER	81	Rochford	1:38.94	57.6	49.08
2	Derek GORE	86	Chelmsford	2:30.32	1:14.54	1:11.96

OPEN/MALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	PHILIP HARPER	81	Rochford	1:38.94	57.6	49.08

2 Ewan JACKSON	33 Bo Newham	1:00.47	58.89	29.84
3 Ryan KELLY	27 Chelmsford	1:03.17	1:02.80	30.67
4 Martin SARTORIUS	34 Otter	1:05.26	1:03.30	30.91
5 George EVANS	31 Bo Newham	1:05.29	1:04.06	31.36
6 Robert EASTMAN	61 Hornchurch	1:20.60	1:05.24	38.74
7 STEPHEN BEAL	57 DunmowAtl:	1:18.75	1:06.25	38.66
8 Paul SPELLER	54 Brentwood	1:18.24	1:07.52	37.56
9 Lewis ARCHER	29 Halstead	1:08.83	1:08.00	33.25
10 Andrew WRIGHT	69 Stowmarket	1:34.83	1:09.64	46.61
11 Walter GERRARD	74 Rochford	1:46.71	1:12.35	51.03
12 Jeff HILLIER	77 Bo Waltham	1:53.80	1:12.80	56.61
13 Nathan JONES	25 Hornchurch	1:13.75	1:13.75	35.98
14 Andrew HARRINGTON	62 Hornchurch	1:32.16	1:13.81	45.81
15 David KEARNEY	33 Leyton	1:16.43	1:14.43	36.86
16 Derek GORE	86 Chelmsford	2:30.32	1:14.54	1:11.96
17 Mark PLUMMER	49 Hornchurch	1:23.50	1:14.79	40.27
18 Daniel BUNN	56 Hornchurch	1:34.82	1:20.48	45.86
19 Marcus De Quan PECK	37 Bo Newham	1:27.81	1:24.09	41.88
20 Mark HOLMES	43 Colchester P	1:32.06	1:25.56	44.26
21 Alex TIMCKE	50 Hornchurch	1:37.62	1:26.83	43.97
22 James PAGE	26 Hornchurch	1:27.74	1:27.49	41.48
23 Joe BOURNE	43 Hornchurch	1:44.29	1:36.92	50.82

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Millie TURNER		23 Basildon Ph	1:12.06	1:12.44	34.85
2	Amina KAYANI		22 Bo Waltham	2:42.27	2:43.54	1:17.19

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Ella STONE		29 Rochford	1:12.95	1:12.07	34.29
2	Celeste ANDREW		25 Harlow Pen	1:16.05	1:16.05	36.14
3	Bethan HOLDER		29 Bo Newham	1:17.01	1:16.08	37.69
4	Kaitlyn HALL		26 Hornchurch	1:20.11	1:19.88	39.75

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Charlotte ANDREWS		32 Rochford	1:21.92	1:20.08	40.08

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Cheryl MANSFIELD		44 Hornchurch	1:26.32	1:19.77	42.61
2	Anastassia ZMARJOVA		42 Gwich Royal	2:03.16	1:55.08	59.22

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Alaine TSANG		45 Bo Newham	1:23.69	1:16.89	40.97
2	Lizzie LONG		46 Rochford	1:27.71	1:20.10	41.56
3	Beverley JARMAN-HALL		45 Rochford	1:31.12	1:23.72	44.5

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Katrina FARRALL		56 Basildon Ph	1:23.30	1:10.70	39.83

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Catherine SUTCLIFFE		61 Runnymede	1:29.92	1:12.78	43.92

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Eileen LUTHER		68 Rochford	1:37.50	1:12.61	47.27
2	Marcelle WILLIAMS		68 S D Trojan	1:48.16	1:20.55	53.41

FEMALE 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Sally LELEAN		75 Diss Otters	2:00.65	1:20.32	1:00.10

FEMALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Katrina FARRALL		56 Basildon Ph	1:23.30	1:10.70	39.83
2	Ella STONE		29 Rochford	1:12.95	1:12.07	34.29
3	Millie TURNER		23 Basildon Ph	1:12.06	1:12.44	34.85
4	Eileen LUTHER		68 Rochford	1:37.50	1:12.61	47.27
5	Catherine SUTCLIFFE		61 Runnymede	1:29.92	1:12.78	43.92

6 Celeste ANDREW	25 Harlow Pen	1:16.05	1:16.05	36.14
7 Bethan HOLDER	29 Bo Newham	1:17.01	1:16.08	37.69
8 Alaine TSANG	45 Bo Newham	1:23.69	1:16.89	40.97
9 Cheryl MANSFIELD	44 Hornchurch	1:26.32	1:19.77	42.61
10 Kaitlyn HALL	26 Hornchurch	1:20.11	1:19.88	39.75
11 Charlotte ANDREWS	32 Rochford	1:21.92	1:20.08	40.08
12 Lizzie LONG	46 Rochford	1:27.71	1:20.10	41.56
13 Sally LELEAN	75 Diss Otters	2:00.65	1:20.32	1:00.10
14 Marcelle WILLIAMS	68 S D Trojan	1:48.16	1:20.55	53.41
15 Beverley JARMAN-HALL	45 Rochford	1:31.12	1:23.72	44.5
16 Anastassia ZMARJOVA	42 Gwich Royal	2:03.16	1:55.08	59.22
17 Amina KAYANI	22 Bo Waltham	2:42.27	2:43.54	1:17.19

EVENT 204 Mixed 18 Yrs/Over 100m Butterfly

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

Place	Name	AaD	Club	Time	Adjusted	50
1	James PAGE		26 Hornchurch	1:28.17	1:27.92	39.71

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Ewan JACKSON		33 Bo Newham	59.53	57.97	28.3
2	Charlie MESSENGER		30 Hackney	1:00.96	1:00.02	28.11
3	Olly ATKINSON		30 Bo Newham	1:10.21	1:09.13	30.9

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Marcus De Quan PECK		37 Bo Newham	1:53.90	1:49.08	47.83

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Alex HANDLEY		44 Rochford	1:03.81	58.97	30.42
2	DAVID ABBOTT		43 Hornchurch	1:10.49	1:05.51	31.39
3	Matthew RICKETT		44 Chelmsford	1:10.96	1:05.58	32.6
4	Morgan LEE		43 Halstead	1:11.15	1:06.12	33.04

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

Place	Name	AaD	Club	Time	Adjusted	50
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1	Christoph RAHMEDE	47	Bo Newham	1:11.31	1:04.72	33.72
2	Matt ROBBINS	48	Witham Dol	1:18.01	1:10.34	36.93

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Scot BRADLEY	52	Hornchurch	1:08.26	59.84	32.43
2	Christopher MORGAN	54	Bo Newham	1:22.65	1:11.33	39.75

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Dave PETHERS	56	Basildon Ph	1:17.80	1:06.03	36.46
2	Daniel BUNN	56	Hornchurch	1:28.62	1:15.21	41.41
3	Jason COLE	59	Colchester	1:28.98	1:13.48	41.27

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Andrew HARRINGTON	62	Hornchurch	1:14.16	59.4	33.99
2	Robert EASTMAN	61	Hornchurch	1:19.42	1:04.29	35.69
3	Adam LELEAN	64	Diss Otters	1:40.03	1:18.35	47.97

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

Place	Name	AaD	Club	Time	Adjusted	50
1	Gordon CARTWRIGHT	65	Witham Dol	1:24.90	1:05.71	38.63

OPEN/MALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Ewan JACKSON	33	Bo Newham	59.53	57.97	28.3
2	Alex HANDLEY	44	Rochford	1:03.81	58.97	30.42
3	Andrew HARRINGTON	62	Hornchurch	1:14.16	59.4	33.99
4	Scot BRADLEY	52	Hornchurch	1:08.26	59.84	32.43
5	Charlie MESSENGER	30	Hackney	1:00.96	1:00.02	28.11
6	Robert EASTMAN	61	Hornchurch	1:19.42	1:04.29	35.69
7	Christoph RAHMEDE	47	Bo Newham	1:11.31	1:04.72	33.72
8	DAVID ABBOTT	43	Hornchurch	1:10.49	1:05.51	31.39
9	Matthew RICKETT	44	Chelmsford	1:10.96	1:05.58	32.6
10	Gordon CARTWRIGHT	65	Witham Dol	1:24.90	1:05.71	38.63
11	Dave PETHERS	56	Basildon Ph	1:17.80	1:06.03	36.46

12	Morgan LEE	43	Halstead	1:11.15	1:06.12	33.04
13	Olly ATKINSON	30	Bo Newham	1:10.21	1:09.13	30.9
14	Matt ROBBINS	48	Witham Dolj	1:18.01	1:10.34	36.93
15	Christopher MORGAN	54	Bo Newham	1:22.65	1:11.33	39.75
16	Jason COLE	59	Colchester	1:28.98	1:13.48	41.27
17	Daniel BUNN	56	Hornchurch	1:28.62	1:15.21	41.41
18	Adam LELEAN	64	Diss Otters	1:40.03	1:18.35	47.97
19	James PAGE	26	Hornchurch	1:28.17	1:27.92	39.71
20	Marcus De Quan PECK	37	Bo Newham	1:53.90	1:49.08	47.83

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Jayne GIMBIRD		23 Hornchurch	1:28.54	1:29.01	40.45

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Aleksandra DENISENKO		25 Bo Newham	1:06.14	1:06.14	30.54
2	Megan BENSON		28 Bo Newham	1:18.60	1:17.90	36.37
3	Bethan HOLDER		29 Bo Newham	1:18.77	1:17.82	37.17

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Charmaine STERLING		44 Rochford	1:29.36	1:22.58	40.38
2	Cheryl MANSFIELD		44 Hornchurch	1:39.40	1:31.86	43.5

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Elizabeth BELLINGER		48 Bishop Stort	1:07.30	1:00.68	31.01
2	Christine JAEGGI		45 Bo Newham	1:14.01	1:08.00	34.75
3	Louise PARSONS		46 Rochford	1:14.77	1:08.28	34.17
4	Lizzie LONG		46 Rochford	1:18.90	1:12.05	36.56

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
1	Eileen LUTHER		68 Rochford	1:56.10	1:26.46	54.14

FEMALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted	50
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1 Elizabeth BELLINGER	48 Bishop Stort	1:07.30	1:00.68	31.01
2 Aleksandra DENISENKO	25 Bo Newham	1:06.14	1:06.14	30.54
3 Christine JAEGGI	45 Bo Newham	1:14.01	1:08.00	34.75
4 Louise PARSONS	46 Rochford	1:14.77	1:08.28	34.17
5 Lizzie LONG	46 Rochford	1:18.90	1:12.05	36.56
6 Bethan HOLDER	29 Bo Newham	1:18.77	1:17.82	37.17
7 Megan BENSON	28 Bo Newham	1:18.60	1:17.90	36.37
8 Charmaine STERLING	44 Rochford	1:29.36	1:22.58	40.38
9 Eileen LUTHER	68 Rochford	1:56.10	1:26.46	54.14
10 Jayne GIMBIRD	23 Hornchurch	1:28.54	1:29.01	40.45
11 Cheryl MANSFIELD	44 Hornchurch	1:39.40	1:31.86	43.5

EVENT 205 Mixed 18 Yrs/Over 50m Freestyle

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

Place	Name	AaD	Club	Time	Adjusted
1	Peter RAY		22 Bo Newham	26.3	26.51

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

Place	Name	AaD	Club	Time	Adjusted
1	Stefan IOSIP		26 Bo Newham	23.9	23.83
2	Sam BRYAN		25 Basildon Ph	25.62	25.62
3	Samuel JOHNSON		28 Halstead	26.22	25.99
4	Lewis ARCHER		29 Halstead	27.66	27.33
5	Nathan JONES		25 Hornchurch	27.79	27.79
6	Anujan METHEUS		29 Bo Newham	28	27.66
7	Ryan KELLY		27 Chelmsford	28.14	27.98
8	Henry GILBERT		29 Chelmsford	28.79	28.44
9	Cameron GILMOUR		26 Chelmsford	29.54	29.46
10	Kalaam MOTIN		29 Rochford	29.65	29.29
11	Luke SUTHERLAND		28 Gwich Royal	29.67	29.41
12	Shagor CHOWDHURY		25 Bark & Dage	30.05	30.05
13	James PAGE		26 Hornchurch	30.94	30.85
14	Oscar EASTMAN		26 Hornchurch	31.67	31.58

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

Place	Name	AaD	Club	Time	Adjusted
1	Kim LIU		33 Otter	25.25	24.59
2	Matthew SHONE		33 Bo Newham	25.57	24.9
3	Charlie MESSENGER		30 Hackney	25.61	25.21
4	James WINTER		30 Rochford	26.04	25.64
5	Reece MAVERICKS		31 Bo Newham	26.05	25.56
6	Martin SARTORIUS		34 Otter	26.2	25.41
7	Dean BRUMBY		34 Basildon Ph	27.29	26.47
8	David KEARNEY		33 Leyton	28.98	28.22
9	James JACKSON		32 Rochford	29.94	29.27
10	Amarinder RUPRAI		33 Hornchurch	30.75	29.94

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

Place	Name	AaD	Club	Time	Adjusted
1	Oliver CLAPP		36 Halstead	23.46	22.57
2	Alejandro ROMERO		37 Tower Haml	26.85	25.71
3	Rob BROWN		36 Halstead	28.62	27.53
4	Sean BUNKER		39 Rochford	29.56	28.05
5	Jason PARR-MORLEY		35 Hornchurch	30.28	29.25

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

Place	Name	AaD	Club	Time	Adjusted
1	John DILLEY		43 Chelmsford	25.82	24
2	David EBANKS		44 Basildon Ph	26.01	24.04
3	DAVID ABBOTT		43 Hornchurch	26.58	24.7
4	Alex HANDLEY		44 Rochford	26.83	24.79
5	Aaron HOGSBJERG		41 Halstead	27.13	25.48
6	Jared GOLDEN		41 Gwich Royal	27.81	26.12
7	Matthew RICKETT		44 Chelmsford	28.53	26.37
8	Alex SMITH		44 Harlow Pen	28.77	26.59
9	Ben CHISNALL		41 DunmowAtl:	30.07	28.25
10	Joe BOURNE		43 Hornchurch	34.48	32.04
11	Mark HOLMES		43 Colchester P	37.81	35.14

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

Place	Name	AaD	Club	Time	Adjusted
1	William ROBERTS		47 Otter	24.52	22.25
2	James BARNACLE		45 Braintree	27.88	25.61
3	Ian DOBINSON		49 Enfield Sq	28.33	25.37
4	Matt ROBBINS		48 Witham Dolp	29.35	26.46
5	Jacopo DETTONI		45 Bo Newham	29.89	27.46
6	Ilya BOCHKOV		49 Bo Newham	29.96	26.83
7	Mark PLUMMER		49 Hornchurch	30.27	27.11
8	Christoph RAHMEDE		47 Bo Newham	30.66	27.82
9	Daniel GURNER		46 Rochford	31.48	28.75
10	Sam BERNARD		48 Hornchurch	37.23	33.57
	Gary WRAIGHT		49 Basildon Ph	DNC	

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

Place	Name	AaD	Club	Time	Adjusted
1	Craig BRANSBY		52 Potters Bar	24.95	21.87
2	Paul SPELLER		54 Brentwood	28.94	24.98
3	Ed HORROCKS		53 DunmowAtl:	29.11	25.32
4	Scot BRADLEY		52 Hornchurch	29.44	25.81
5	Alex TIMCKE		50 Hornchurch	30.61	27.23
	LEE PETERSON		52 Braintree	DNC	

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

Place	Name	AaD	Club	Time	Adjusted
1	Martin LANE		55 Chelmsford	25.77	22.06
2	Peter DIXON		58 Tower Haml	27.6	23.01
3	Andrew BOWER		56 Clacton SC	28.57	24.25
4	STEPHEN BEAL		57 DunmowAtl:	30.17	25.38
5	William CANTRELL		55 Tower Haml	32.84	28.11
6	Daniel BUNN		56 Hornchurch	33.41	28.36
7	Peter DYER		56 Hornchurch	36.59	31.06
8	James HALL		55 Hornchurch	37.32	31.95
	Peter CHITTOCK		56 Basildon Ph	DNC	

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

Place	Name	AaD	Club	Time	Adjusted
1	Ralph PINEL	64	Bo Newham	29.68	23.25
2	Andrew HARRINGTON	62	Hornchurch	30.18	24.17
3	Robert EASTMAN	61	Hornchurch	30.52	24.7
4	Keith ODDY	63	Basildon Ph	31.38	24.86

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

Place	Name	AaD	Club	Time	Adjusted
1	Wray SHEWELL-COOPER	65	Bo Newham	30.52	23.62
2	Geoff BAKER	67	Rochford	33.2	25.06
3	Gordon CARTWRIGHT	65	Witham Dol	33.9	26.24
4	Malcolm MACGREGOR	66	Chelmsford	34.21	26.15
5	Colin CORBY	67	Chelmsford	34.6	26.11

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

Place	Name	AaD	Club	Time	Adjusted
1	Peter RAE	73	Rochford	26.3	18.15
2	Walter GERRARD	74	Rochford	36.99	25.08

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

Place	Name	AaD	Club	Time	Adjusted
1	Jeff HILLIER	77	Bo Waltham	53.02	33.92

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

Place	Name	AaD	Club	Time	Adjusted
1	PHILIP HARPER	81	Rochford	35.52	20.68
2	Derek GORE	86	Chelmsford	57.97	28.75

OPEN/MALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Peter RAE	73	Rochford	26.3	18.15
2	PHILIP HARPER	81	Rochford	35.52	20.68
3	Craig BRANSBY	52	Potters Bar	24.95	21.87
4	Martin LANE	55	Chelmsford	25.77	22.06
5	William ROBERTS	47	Otter	24.52	22.25
6	Oliver CLAPP	36	Halstead	23.46	22.57
7	Peter DIXON	58	Tower Haml	27.6	23.01

8 Ralph PINEL	64 Bo Newham	29.68	23.25
9 Wray SHEWELL-COOPER	65 Bo Newham	30.52	23.62
10 Stefan IOSIP	26 Bo Newham	23.9	23.83
11 John DILLEY	43 Chelmsford	25.82	24
12 David EBANKS	44 Basildon Ph	26.01	24.04
13 Andrew HARRINGTON	62 Hornchurch	30.18	24.17
14 Andrew BOWER	56 Clacton SC	28.57	24.25
15 Kim LIU	33 Otter	25.25	24.59
16 Robert EASTMAN	61 Hornchurch	30.52	24.7
17 DAVID ABBOTT	43 Hornchurch	26.58	24.7
18 Alex HANDLEY	44 Rochford	26.83	24.79
19 Keith ODDY	63 Basildon Ph	31.38	24.86
20 Matthew SHONE	33 Bo Newham	25.57	24.9
21 Paul SPELLER	54 Brentwood	28.94	24.98
22 Geoff BAKER	67 Rochford	33.2	25.06
23 Walter GERRARD	74 Rochford	36.99	25.08
24 Charlie MESSENGER	30 Hackney	25.61	25.21
25 Ed HORROCKS	53 DunmowAtl:	29.11	25.32
26 Ian DOBINSON	49 Enfield Sq	28.33	25.37
27 STEPHEN BEAL	57 DunmowAtl:	30.17	25.38
28 Martin SARTORIUS	34 Otter	26.2	25.41
29 Aaron HOGSBJERG	41 Halstead	27.13	25.48
30 Reece MAVERICKS	31 Bo Newham	26.05	25.56
31 James BARNACLE	45 Braintree	27.88	25.61
32 Sam BRYAN	25 Basildon Ph	25.62	25.62
33 James WINTER	30 Rochford	26.04	25.64
34 Alejandro ROMERO	37 Tower Haml	26.85	25.71
35 Scot BRADLEY	52 Hornchurch	29.44	25.81
36 Samuel JOHNSON	28 Halstead	26.22	25.99
37 Colin CORBY	67 Chelmsford	34.6	26.11
38 Jared GOLDEN	41 Gwich Royal	27.81	26.12
39 Malcolm MACGREGOR	66 Chelmsford	34.21	26.15

40 Gordon CARTWRIGHT	65 Witham Dolg	33.9	26.24
41 Matthew RICKETT	44 Chelmsford	28.53	26.37
42 Matt ROBBINS	48 Witham Dolg	29.35	26.46
43 Dean BRUMBY	34 Basildon Ph	27.29	26.47
44 Peter RAY	22 Bo Newham	26.3	26.51
45 Alex SMITH	44 Harlow Pen	28.77	26.59
46 Ilya BOCHKOV	49 Bo Newham	29.96	26.83
47 Mark PLUMMER	49 Hornchurch	30.27	27.11
48 Alex TIMCKE	50 Hornchurch	30.61	27.23
49 Lewis ARCHER	29 Halstead	27.66	27.33
50 Jacopo DETTONI	45 Bo Newham	29.89	27.46
51 Rob BROWN	36 Halstead	28.62	27.53
52 Anujan METHEUS	29 Bo Newham	28	27.66
53 Nathan JONES	25 Hornchurch	27.79	27.79
54 Christoph RAHMEDE	47 Bo Newham	30.66	27.82
55 Ryan KELLY	27 Chelmsford	28.14	27.98
56 Sean BUNKER	39 Rochford	29.56	28.05
57 William CANTRELL	55 Tower Haml	32.84	28.11
58 David KEARNEY	33 Leyton	28.98	28.22
59 Ben CHISNALL	41 DunmowAtl:	30.07	28.25
60 Daniel BUNN	56 Hornchurch	33.41	28.36
61 Henry GILBERT	29 Chelmsford	28.79	28.44
62 Derek GORE	86 Chelmsford	57.97	28.75
63 Daniel GURNER	46 Rochford	31.48	28.75
64 Jason PARR-MORLEY	35 Hornchurch	30.28	29.25
65 James JACKSON	32 Rochford	29.94	29.27
66 Kalaam MOTIN	29 Rochford	29.65	29.29
67 Luke SUTHERLAND	28 Gwich Royal	29.67	29.41
68 Cameron GILMOUR	26 Chelmsford	29.54	29.46
69 Amarinder RUPRAI	33 Hornchurch	30.75	29.94
70 Shagor CHOWDHURY	25 Bark & Dage	30.05	30.05
71 James PAGE	26 Hornchurch	30.94	30.85

72 Peter DYER	56 Hornchurch	36.59	31.06
73 Oscar EASTMAN	26 Hornchurch	31.67	31.58
74 James HALL	55 Hornchurch	37.32	31.95
75 Joe BOURNE	43 Hornchurch	34.48	32.04
76 Sam BERNARD	48 Hornchurch	37.23	33.57
77 Jeff HILLIER	77 Bo Waltham	53.02	33.92
78 Mark HOLMES	43 Colchester P	37.81	35.14

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Amber HEAD		24 Rochford	29.49	29.57
2	Nancy NEAVE		22 Halstead	29.91	30.14
3	Jayden WRIGHT		21 Chelmsford	31.91	32.24
4	Charis PALMER		24 Hornchurch	31.92	32.01
5	Issabelle KENT-JACKSON		18 Halstead	33.48	34.04
6	Jayne GIMBIRD		23 Hornchurch	35	35.19
7	Abigail WEBSTER		23 Halstead	35.18	35.37

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Aleksandra DENISENKO		25 Bo Newham	27.96	27.96
2	Ella STONE		29 Rochford	28.54	28.19
3	Nicole STANTON		29 Hackney	28.81	28.46
4	Alex HEARD		26 Bo Newham	29.32	29.24
5	Anna DOUGHTY		27 Gwich Royal	29.72	29.55
6	Celeste ANDREW		25 Harlow Pen	29.88	29.88
7	Georgia HINDS		27 Hackney	30.23	30.05
8	Olivia SMITH-LAL		28 DunmowAtl	30.64	30.37
9	Gerda STAURYLAITE		26 Bo Newham	30.8	30.71
10	Esraa ABDEL-KHALIK		29 Bo Newham	31.06	30.68
11	Savannah GRACEY		26 Bo Newham	32.57	32.48
12	Kaitlyn HALL		26 Hornchurch	34.09	33.99
13	Rebecca LLOYD		27 Runnymede	34.94	34.74
14	Alanna CARTON		28 Tower Haml	40.3	39.94

15 Holly BOCKING			25 Colchester P	53.56	53.56
FEMALE 30/34 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Janet CHAN		31 Otter	29.5	28.94
2	Federica NOERA		30 Bo Newham	29.52	29.06
3	Jaye WESTERN		31 Flitwick	31.76	31.16
FEMALE 40/44 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Cheryl MANSFIELD		44 Hornchurch	33.9	31.33
2	Helen ALLAN		44 Leyton	35.43	32.74
3	Lizzie START		41 Rochford	38.7	36.35
4	Anastassia ZMARJOVA		42 Gwich Royal	42.61	39.82
FEMALE 45/49 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Louise PARSONS		46 Rochford	31.14	28.44
2	Katy GRIGGS		46 Clacton SC	32.39	29.58
3	Clare BOSTON		47 Runnymede	33.2	30.13
3	Alaine TSANG		45 Bo Newham	33.2	30.5
5	Katie BRETMAN		46 DunmowAtl:	33.96	31.01
6	Joy FAULKNER		48 Bo Newham	34.89	31.46
7	Sarah BOXALL		49 Runnymede	38.16	34.18
FEMALE 50/54 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Dawn PALMER		50 Hornchurch	29.49	26.23
2	Alex GORE		53 Rochford	34.3	29.84
3	Alison COWIE		53 Basildon Ph	44.61	38.81
FEMALE 55/59 Yrs Age Group - Full Results					
Place	Name	AaD	Club	Time	Adjusted
1	Claire BAILEY		57 Rochford	44.36	37.32
	Amanda GOODMAN		56 Basildon Ph	DNC	
	Heidi NEVIN		58 Rochford	DNC	
FEMALE 60/64 Yrs Age Group - Full Results					

Place	Name	AaD	Club	Time	Adjusted
1	Catherine SUTCLIFFE		61 Runnymede	36.63	29.65
2	Ann HART		62 Basildon Ph	38.32	30.69
3	Pauline TESTER		62 Bo Newham	48.33	38.71
	SHARMINE OWEN		63 Rochford	DNC	

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Diane GIBB		66 DunmowAtl:	35.82	27.38
2	Eileen LUTHER		68 Rochford	37.03	27.58
3	LORRAINE RATE		68 Clacton SC	39.98	29.77
4	Joanne WILTSHIRE		65 Basildon Ph	46.65	36.11

FEMALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Barbara BOXALL		71 Hornchurch	36.8	26.23
2	Jane MCIVOR		70 Rochford	41.71	30.19
	Vivien WILLIS		73 Rochford	DNC	

FEMALE Combined Result - Full Results

Place	Name	AaD	Club	Time	Adjusted
1	Barbara BOXALL		71 Hornchurch	36.8	26.23
2	Dawn PALMER		50 Hornchurch	29.49	26.23
3	Diane GIBB		66 DunmowAtl:	35.82	27.38
4	Eileen LUTHER		68 Rochford	37.03	27.58
5	Aleksandra DENISENKO		25 Bo Newham	27.96	27.96
6	Ella STONE		29 Rochford	28.54	28.19
7	Louise PARSONS		46 Rochford	31.14	28.44
8	Nicole STANTON		29 Hackney	28.81	28.46
9	Janet CHAN		31 Otter	29.5	28.94
10	Federica NOERA		30 Bo Newham	29.52	29.06
11	Alex HEARD		26 Bo Newham	29.32	29.24
12	Anna DOUGHTY		27 Gwich Royal	29.72	29.55
13	Amber HEAD		24 Rochford	29.49	29.57
14	Katy GRIGGS		46 Clacton SC	32.39	29.58

15 Catherine SUTCLIFFE	61 Runnymede	36.63	29.65
16 LORRAINE RATE	68 Clacton SC	39.98	29.77
17 Alex GORE	53 Rochford	34.3	29.84
18 Celeste ANDREW	25 Harlow Pen	29.88	29.88
19 Georgia HINDS	27 Hackney	30.23	30.05
20 Clare BOSTON	47 Runnymede	33.2	30.13
21 Nancy NEAVE	22 Halstead	29.91	30.14
22 Jane MCIVOR	70 Rochford	41.71	30.19
23 Olivia SMITH-LAL	28 DunmowAtl:	30.64	30.37
24 Alaine TSANG	45 Bo Newham	33.2	30.5
25 Esraa ABDEL-KHALIK	29 Bo Newham	31.06	30.68
26 Ann HART	62 Basildon Ph	38.32	30.69
27 Gerda STAURYLAI	26 Bo Newham	30.8	30.71
28 Katie BRETMAN	46 DunmowAtl:	33.96	31.01
29 Jaye WESTERN	31 Flitwick	31.76	31.16
30 Cheryl MANSFIELD	44 Hornchurch	33.9	31.33
31 Joy FAULKNER	48 Bo Newham	34.89	31.46
32 Charis PALMER	24 Hornchurch	31.92	32.01
33 Jayden WRIGHT	21 Chelmsford	31.91	32.24
34 Savannah GRACEY	26 Bo Newham	32.57	32.48
35 Helen ALLAN	44 Leyton	35.43	32.74
36 Kaitlyn HALL	26 Hornchurch	34.09	33.99
37 Issabelle KENT-JACKSON	18 Halstead	33.48	34.04
38 Sarah BOXALL	49 Runnymede	38.16	34.18
39 Rebecca LLOYD	27 Runnymede	34.94	34.74
40 Jayne GIMBIRD	23 Hornchurch	35	35.19
41 Abigail WEBSTER	23 Halstead	35.18	35.37
42 Joanne WILTSHIRE	65 Basildon Ph	46.65	36.11
43 Lizzie START	41 Rochford	38.7	36.35
44 Claire BAILEY	57 Rochford	44.36	37.32
45 Pauline TESTER	62 Bo Newham	48.33	38.71
46 Alison COWIE	53 Basildon Ph	44.61	38.81

47 Anastassia ZMARJOVA	42 Gwich Royal	42.61	39.82
48 Alanna CARTON	28 Tower Haml	40.3	39.94
49 Holly BOCKING	25 Colchester P	53.56	53.56

EVENT 206 Mixed 12 Yrs/Over 200m Medley Team

Full Results

Place	Name	A.G	Club	Time	Adjusted	50	100	150
1	Newham & University of		Bo Newham	2:06.20	2:05.84	40.81	1:14.37	1:44.90
2	Rochford & District SC		Rochford	2:08.48	2:08.11	-	-	-
3	Newham B		Bo Newham	2:09.59	2:09.22	30.1	1:02.04	1:36.11
4	GRENWICH		GRENWICH	2:11.23	2:10.86	35.07	1:08.79	1:41.91
5	NEWHAM C		Bo Newham	2:11.60	2:11.23	36.58	1:16.67	1:43.81
	Basildon and Phoenix S		Basildon Ph	DNC				

Full Results

Place	Name	A.G	Club	Time	Adjusted	50	100	150
1	Newham & University of		Bo Newham	2:06.20	2:05.84	40.81	1:14.37	1:44.90
2	Rochford & District SC		Rochford	2:08.48	2:08.11	-	-	-
3	Newham B		Bo Newham	2:09.59	2:09.22	30.1	1:02.04	1:36.11
4	GRENWICH		GRENWICH	2:11.23	2:10.86	35.07	1:08.79	1:41.91
5	NEWHAM C		Bo Newham	2:11.60	2:11.23	36.58	1:16.67	1:43.81

EVENT 207 Mixed 16 Yrs/Over 200m Medley Team

Full Results

Place	Name	A.G	Club	Time	Adjusted	50	100	150
1	Basildon and Phoenix S		Basildon Ph	2:06.74	2:06.38	37.31	1:07.84	1:36.50
2	Newham & University of		Bo Newham	2:24.02	2:23.61	40.95	1:21.93	1:54.42
3	Runnymede SC		Runnymede	2:33.26	2:32.82	40.69	1:19.93	1:58.03
	GRENWICH		GRENWICH	DNC				
	Rochford & District SC		Rochford	DNC				
	Newham B		Bo Newham	DQ T				

Full Results

Place	Name	A.G	Club	Time	Adjusted	50	100	150
1	Basildon and Phoenix S		Basildon Ph	2:06.74	2:06.38	37.31	1:07.84	1:36.50
2	Newham & University of		Bo Newham	2:24.02	2:23.61	40.95	1:21.93	1:54.42

12 Tower Hamlet	75
13 Clacton SC	70
14 Runnymede	68
15 Bo Waltham F	62
16 Diss Otters	60
17 Harwich DP	56
18 Brentwood	41
19 Harlow Pen	39
20 Leyton	35

Point Scores Report For ESSEX MASTERS 2026

Report Generated - Sat 7 March 2026 07:35 pm

Top Male in Age Group Q (80/OV)

1 PHILIP HARPER	(80/OV) Rochford	48
2 Derek GORE	(80/OV) Chelmsford	35

Top Male in Age Group P(75/79)

1 Jeff HILLIER	(75/79) Bo Waltham	40
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Top Male in Age Group O(70/74)

1 Walter GERRARD	(70/74) Rochford	30
1 Robert STRANDERS	(70/74) DunmowAtk	30
3 Peter RAE	(70/74) Rochford	24
4 Simon GOULTER	(70/74) Loughton Ma	15

Top Male in Age Group N(65/69)

1 Gordon CARTWRIGHT	(65/69) Witham Dolp	41
2 Colin CORBY	(65/69) Chelmsford	38
2 Wray SHEWELL-COOPER	(65/69) Bo Newham	38
4 Geoff BAKER	(65/69) Rochford	36
5 Andrew WRIGHT	(65/69) Stowmarket	32
6 Ashley MEERLOO	(65/69) Hackney	16
7 Malcolm MACGREGOR	(65/69) Chelmsford	11

Top Male in Age Group M(60/64)

1 Robert EASTMAN	(60/64) Hornchurch	77
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2 Andrew HARRINGTON	(60/64)	Hornchurch	75
3 Adam LELEAN	(60/64)	Diss Otters	28
4 Keith ODDY	(60/64)	Basildon Ph	24
5 Ralph PINEL	(60/64)	Bo Newham	16
6 Matthew HODGE	(60/64)	DunmowAtk	14
7 BARRY OWEN	(60/64)	Rochford	8

Top Male in Age Group L(55/59)

1 Daniel BUNN	(55/59)	Hornchurch	67
2 Peter DIXON	(55/59)	Tower Hamle	30
3 STEPHEN BEAL	(55/59)	DunmowAtk	28
3 Dave PETHERS	(55/59)	Basildon Ph	28
5 Martin LANE	(55/59)	Chelmsford	24
6 William CANTRELL	(55/59)	Tower Hamle	23
7 Andrew BOWER	(55/59)	Clacton SC	20
7 Peter DYER	(55/59)	Hornchurch	20
9 Jason COLE	(55/59)	Colchester	14
10 James HALL	(55/59)	Hornchurch	13
11 Peter CHITTOCK	(55/59)	Basildon Ph	9

Top Male in Age Group K(50/54)

1 Alex TIMCKE	(50/54)	Hornchurch	52
2 Paul SPELLER	(50/54)	Brentwood	41
3 Scot BRADLEY	(50/54)	Hornchurch	37
4 Christopher MORGAN	(50/54)	Bo Newham	30
5 Ed HORROCKS	(50/54)	DunmowAtk	26
6 Craig BRANSBY	(50/54)	Potters Bar	16
7 Simon LASHMAR	(50/54)	Basildon Ph	13
8 Dave ROGERS	(50/54)	Bishop Stort	8

Top Male in Age Group J(45/49)

1 David ORDERS	(45/49)	Witham Dolp	28
1 Mark PLUMMER	(45/49)	Hornchurch	28
3 Christoph RAHMEDE	(45/49)	Bo Newham	25
4 James HEATHCOTE	(45/49)	Harwich DP	24

4 James BARNACLE	(45/49) Braintree	24
6 Matt ROBBINS	(45/49) Witham Dolp	20
6 Ryan LAM	(45/49) Bo Newham	20
6 Ilya BOCHKOV	(45/49) Bo Newham	20
9 William ROBERTS	(45/49) Otter	16
10 Ian DOBINSON	(45/49) Enfield Sq	14
11 Gary WRAIGHT	(45/49) Basildon Ph	10
12 Sam BERNARD	(45/49) Hornchurch	9
13 Jacopo DETTONI	(45/49) Bo Newham	7
14 Daniel GURNER	(45/49) Rochford	3
14 Matt DEMPSEY	(45/49) Basildon Ph	3

Top Male in Age Group I(40/44)

1 DAVID ABBOTT	(40/44) Hornchurch	41
2 David EBANKS	(40/44) Basildon Ph	31
3 Alex HANDLEY	(40/44) Rochford	28
4 Joe BOURNE	(40/44) Hornchurch	23
4 John DILLEY	(40/44) Chelmsford	23
6 Morgan LEE	(40/44) Halstead	21
7 Craig CAMPION	(40/44) Witham Dolp	19
8 Mark HOLMES	(40/44) Colchester P	17
8 Alex SMITH	(40/44) Harlow Pen	17
10 Jared GOLDEN	(40/44) Gwich Royal	16
11 Tom HARGREAVES	(40/44) Hackney	15
12 Aaron HOGSBJERG	(40/44) Halstead	14
13 Ben CHISNALL	(40/44) DunmowAtl	12
14 Matthew RICKETT	(40/44) Chelmsford	8

Top Male in Age Group H(35/39)

1 Marcus De Quan PECK	(35/39) Bo Newham	32
2 James SIMMONS	(35/39) Bo Newham	29
3 Michael HUGHES	(35/39) Gwich Royal	26
4 Sean LEAHY	(35/39) Bo Newham	24
5 Sean BUNKER	(35/39) Rochford	21

5 Alejandro ROMERO	(35/39) Tower Hamlets	21
7 Daniel MESSENGER	(35/39) Halstead	19
8 Oliver CLAPP	(35/39) Halstead	16
9 Jason PARR-MORLEY	(35/39) Hornchurch	14
10 Rob BROWN	(35/39) Halstead	13
11 Francesco MELLINO	(35/39) Hackney	12
12 Fraser PEH	(35/39) Otter	8

Top Male in Age Group G(30/34)

1 George EVANS	(30/34) Bo Newham	35
2 Kim LIU	(30/34) Otter	31
3 Charlie MESSENGER	(30/34) Hackney	29
4 Matthew SHONE	(30/34) Bo Newham	28
5 James WINTER	(30/34) Rochford	26
6 David KEARNEY	(30/34) Leyton	20
7 Reece MAVERICKS	(30/34) Bo Newham	19
7 Daniel LEE	(30/34) Rochford	19
9 Ewan JACKSON	(30/34) Bo Newham	16
10 Dean BRUMBY	(30/34) Basildon Ph	15
11 James JACKSON	(30/34) Rochford	12
12 Sam WHITE	(30/34) Basildon Ph	11
12 Lucas PERRY-HILL	(30/34) Bo Newham	11
14 Myles HANLON	(30/34) Out To Swim	10
14 Martin SARTORIUS	(30/34) Otter	10
16 Olly ATKINSON	(30/34) Bo Newham	7
17 Amarinder RUPRAI	(30/34) Hornchurch	6
18 Tobie BOWDLER	(30/34) Gwich Royal	4
19 Alex GARRETT	(30/34) Hackney	3
20 Anthony DERIZIOTIS	(30/34) Bo Waltham	2
20 Joshua HAMPSON	(30/34) Hackney Ana	2

Top Male in Age Group F(25/29)

1 James PAGE	(25/29) Hornchurch	36
2 Lewis ARCHER	(25/29) Halstead	35

3 Ryan KELLY	(25/29) Chelmsford	34
4 Stefan IOSIP	(25/29) Bo Newham	31
5 Nathan JONES	(25/29) Hornchurch	30
6 Samuel JOHNSON	(25/29) Halstead	29
7 Sam BRYAN	(25/29) Basildon Ph	27
8 Oscar EASTMAN	(25/29) Hornchurch	21
9 Ole MILLS	(25/29) Halstead	16
10 Oscar COTTON	(25/29) Gwich Royal	15
11 Luke SUTHERLAND	(25/29) Gwich Royal	12
12 Anujan METHEUS	(25/29) Bo Newham	10
13 Henry GILBERT	(25/29) Chelmsford	5
14 Cameron GILMOUR	(25/29) Chelmsford	3
14 Toby BARNARD	(25/29) Bo Newham	3
16 Shagor CHOWDHURY	(25/29) Bark & Dagen	1
Top Male in Age Group E(20/OV)		
1 Newham B	(20/OV) Bo Newham	14
2 Basildon and Phoenix S	(20/OV) Basildon Ph	10
3 Rochford & District SC	(20/OV) Rochford	8
4 Dunmow Atlantis B	(20/OV) DunmowAtl	7
4 Dunmow Atlantis SC	(20/OV) DunmowAtl	7
6 Rochford & District B	(20/OV) Rochford	6
7 Newham & University of	(20/OV) Bo Newham	4
8 ROCHFORD B	(20/OV) Rochford	3
Top Male in Age Group C(18/24)		
1 Peter RAY	(18/24) Bo Newham	24
Top Male in Age Group B(16/OV)		
1 Basildon and Phoenix S	(16/OV) Basildon Ph	15
2 Runnymede SC	(16/OV) Runnymede	12
3 Newham B	(16/OV) Bo Newham	8
4 Newham & University of	(16/OV) Bo Newham	7
Top Male in Age Group A(12/OV)		
1 Newham & University of	(12/OV) Bo Newham	15

2 Rochford & District SC	(12/OV) Rochford	11
2 Newham B	(12/OV) Bo Newham	11
2 GRENVICH	(12/OV) GRENVICH	11
5 Basildon and Phoenix S	(12/OV) Basildon Ph	8
6 NEWHAM C	(12/OV) Bo Newham	7
7 ROCHFORD B	(12/OV) Rochford	2

Point Scores Report For ESSEX MASTERS 2026

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Top Female in Age Group P (75/79)

1 Sally LELEAN	(75/79) Diss Otters	32
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Top Female in Age Group O(70/74)

1 Jane MCIVOR	(70/74) Rochford	31
2 Barbara BOXALL	(70/74) Hornchurch	24

Top Female in Age Group N(65/69)

1 Eileen LUTHER	(65/69) Rochford	82
2 LORRAINE RATE	(65/69) Clacton SC	20
3 Diane GIBB	(65/69) DunmowAtk	16
3 Joanne WILTSHIRE	(65/69) Basildon Ph	16
3 SARA PERRY	(65/69) Bo Newham	16
6 Marcelle WILLIAMS	(65/69) S D Trojan	14
7 Sally WINTER	(65/69) Bishop Stort	8

Top Female in Age Group M(60/64)

1 Ann HART	(60/64) Basildon Ph	52
2 Catherine SUTCLIFFE	(60/64) Runnymede	24
2 Hannah UECKERMANN	(60/64) Spencer	24
4 Michele ROMAIN	(60/64) DunmowAtk	20
5 Pauline TESTER	(60/64) Bo Newham	18
6 SHARMINE OWEN	(60/64) Rochford	8

Top Female in Age Group L(55/59)

1 Claire BAILEY	(55/59) Rochford	39
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2 Katrina FARRALL	(55/59)	Basildon Ph	32
3 Amanda GOODMAN	(55/59)	Basildon Ph	16
Top Female in Age Group K(50/54)			
1 Dawn PALMER	(50/54)	Hornchurch	32
2 Alex GORE	(50/54)	Rochford	30
3 Alison COWIE	(50/54)	Basildon Ph	27
4 Julie SANDERS	(50/54)	Basildon Ph	8
Top Female in Age Group J(45/49)			
1 Lizzie LONG	(45/49)	Rochford	43
2 Alaine TSANG	(45/49)	Bo Newham	39
3 Christine JAEGGI	(45/49)	Bo Newham	36
4 Louise PARSONS	(45/49)	Rochford	35
5 Katy GRIGGS	(45/49)	Clacton SC	30
6 Beverley JARMAN-HALL	(45/49)	Rochford	22
7 Joy FAULKNER	(45/49)	Bo Newham	16
8 Shelley DAY	(45/49)	Witham Dolp	14
9 Katie BRETMAN	(45/49)	DunmowAtla	12
10 Clare BOSTON	(45/49)	Runnymede	9
11 Elizabeth BELLINGER	(45/49)	Bishop Stort	8
12 Sarah BOXALL	(45/49)	Runnymede	5
Top Female in Age Group I(40/44)			
1 Cheryl MANSFIELD	(40/44)	Hornchurch	58
2 Anastassia ZMARJOVA	(40/44)	Gwich Royal	36
3 Katie HOLMES	(40/44)	Harwich DP	32
4 Lizzie START	(40/44)	Rochford	29
5 Kira NEAL	(40/44)	Basildon Ph	16
6 Helen ALLAN	(40/44)	Leyton	15
6 Charmaine STERLING	(40/44)	Rochford	15
Top Female in Age Group H(35/39)			
1 Alyson TOWNSON	(35/39)	Runnymede	16
Top Female in Age Group G(30/34)			
1 Federica NOERA	(30/34)	Bo Newham	42

2 Janet CHAN	(30/34) Otter	32
3 Jaye WESTERN	(30/34) Flitwick	26
4 Charlotte ANDREWS	(30/34) Rochford	21

Top Female in Age Group F(25/29)

1 Aleksandra DENISENKO	(25/29) Bo Newham	48
2 Bethan HOLDER	(25/29) Bo Newham	34
3 Ella STONE	(25/29) Rochford	29
4 Alex HEARD	(25/29) Bo Newham	27
5 Nicole STANTON	(25/29) Hackney	24
6 Celeste ANDREW	(25/29) Harlow Pen	22
7 Ibolya SZENES	(25/29) Gwich Royal	16
8 Anna DOUGHTY	(25/29) Gwich Royal	15
9 Esraa ABDEL-KHALIK	(25/29) Bo Newham	14
10 Georgia HINDS	(25/29) Hackney	11
11 Gerda STAURYLAITE	(25/29) Bo Newham	9
11 Holly BOCKING	(25/29) Colchester P	9
11 Kaitlyn HALL	(25/29) Hornchurch	9
14 Megan BENSON	(25/29) Bo Newham	8
15 Olivia SMITH-LAL	(25/29) DunmowAtk	7
15 Jessica AYLING	(25/29) Bark & Dagen	7
17 Savannah GRACEY	(25/29) Bo Newham	6
17 Myriam PRASOW-EMOND	(25/29) Bo Newham	6
17 Lisanne HEINZ	(25/29) Hackney	6
20 Rebecca LLOYD	(25/29) Runnymede	2

Top Female in Age Group C(18/24)

1 Amber HEAD	(18/24) Rochford	50
2 Jayne GIMBIRD	(18/24) Hornchurch	38
3 Millie TURNER	(18/24) Basildon Ph	30
4 Nancy NEAVE	(18/24) Halstead	28
5 Becca HOWELL	(18/24) Basildon Ph	24
6 Holly FREEGARD	(18/24) Halstead	22
7 Amina KAYANI	(18/24) Bo Waltham	20

8 Charis PALMER	(18/24) Hornchurch	17
8 Jayden WRIGHT	(18/24) Chelmsford	17
10 Issabelle KENT-JACKSON	(18/24) Halstead	13
11 Rebecca DACK	(18/24) DunmowAtk	10
12 Alana WRIGHT	(18/24) Chelmsford	6
13 Abigail WEBSTER	(18/24) Halstead	2