

**ECASA Masters and 18-24 S/C Comp**  
**Saturday 8th May 2010**  
**Session - 1**  
**at Blackshots Leisure Centre**

**EVENT 1 Womens Open 400m Freestyle**

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

Place	Name	AaD	Club	Time
1.	Shannon HARROLD	19	Thurrock	4:58.34
2.	Kelly HECTOR	19	Becontree	5:33.00

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

Place	Name	AaD	Club	Time
1.	Kira NEAL	26	Romford Town	4:57.54
2.	Katie HIGGON	26	Colchester	5:07.11

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

Place	Name	AaD	Club	Time
1.	Louise PARSONS	30	Rochford	5:00.52
2.	Kay HAMILTON	32	Romford Town	5:03.17
3.	Karly LOUIE	32	Clissold	6:42.31

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

Place	Name	AaD	Club	Time
1.	Lisa MARTINDALE	42	Thurrock	7:02.78

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

Place	Name	AaD	Club	Time
1.	Hannah UECKERMANN	47	Witham Dolph	5:22.81
2.	Jacqui PIPE	46	Rochford	5:59.01
3.	Christine BEARWISH	45	Thurrock	6:10.88
4.	Pauline TESTER	46	BorRedbridge	6:31.37
5.	Janet OBENEY-WILLIAMS	48	Clissold	7:40.21

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	5:17.42
2.	Lesley COOK	52	Romford Town	5:32.76
3.	Sharan DAWSON	50	Chelmsford	5:50.36

**75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Joy COCHRANE	77	Romford Town	9:28.03

**EVENT 2 Mens Open 50m Backstroke**

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

Place	Name	AaD	Club	Time
1.	Kenneth DAYMAN	19	Colchester	31.86
2.	Robert BROWN	20	Halstead	32.90
3.	James KING	19	Thurrock	33.14

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

Place	Name	AaD	Club	Time
1.	Adrian FENNER	26	Bo Waltham F	29.21

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

Place	Name	AaD	Club	Time
1.	Lee PETERSON	36	Braintree	28.66
2.	Mark OSTERRITTER	38	Halstead	31.36

3. Stephen KING 38 Thurrock 37.23

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

Place	Name	AaD	Club	Time
1.	Gavin ROWSELL	42	Chelmsford	32.37
2.	Kevin MCKENNA	44	Hemel Hemp	34.74
3.	David GRIGGS	42	Romford Town	36.94
4.	Terry TAYLOR	43	Thurrock	40.30
5.	Jason COLE	43	Colchester	43.90

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

Place	Name	AaD	Club	Time
1.	Martin FENNER	48	Romford Town	32.02
2.	Stephen DIMMICK	46	Rochford	35.45
3.	Michael TAYLOR	46	Thurrock	36.29
	Mark Anthony HEPTONSTA	49	Colchester	DQ T-

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

Place	Name	AaD	Club	Time
1.	Thomas ENRIGHT	51	Romford Town	37.62
2.	Nicholas HUNT	54	Chelmsford	41.72
3.	Raymond MOORE	53	Thurrock	45.94

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

Place	Name	AaD	Club	Time
1.	Peter RAE	57	Rochford	40.02

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

Place	Name	AaD	Club	Time
1.	Jeff HILLIER	61	Bo Waltham F	43.91

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

Place	Name	AaD	Club	Time
1.	Derek GORE	70	Chelmsford	47.81
2.	Michael GILES	70	Romford Town	58.61

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

Place	Name	AaD	Club	Time
1.	Janos LEIGH	76	Romford Town	51.46

## **EVENT 3 Womens Open 100m Breaststroke**

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

Place	Name	AaD	Club	Time
1.	Charlotte DELICATA	19	Thurrock	1:24.11
2.	Nicola FARMER	19	Bo Waltham F	1:26.03
3.	Alison GEORGE	20	Becontree	1:31.66

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

Place	Name	AaD	Club	Time
1.	Katie HIGGON	26	Colchester	1:21.27
2.	Sachika YAMAWAKI	29	Barnet	1:22.58
3.	Tina HARRIS	27	Romford Town	1:26.87

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

Place	Name	AaD	Club	Time
1.	Sally WOOD	30	Romford Town	1:24.76
2.	Lucy HODGES	34	Bo Southend	1:34.41
3.	Kirsty STEWART	34	Bexhill	2:50.48

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

Place	Name	AaD	Club	Time
1.	Juilie SANDERS	38	Romford Town	1:28.36
2.	Katie WARD	37	Clissold	1:35.15

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

Place	Name	AaD	Club	Time
1.	Elizabeth SHAW	44	Otter	1:30.13

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

Place	Name	AaD	Club	Time
1.	Hannah UECKERMANN	47	Witham Dolph	1:28.50
	Jacqui PIPE	46	Rochford	DQ SH-

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	1:32.20
2.	Camilla ALLWOOD	51	Clissold	2:10.81

## EVENT 4 Mens Open 50m Butterfly

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

Place	Name	AaD	Club	Time
1.	Dane MCNIGHT	22	Romford Town	26.99
2.	Adam SPEAR	19	Clacton On S	28.34
3.	Craig JOHNSON	18	Canvey Isl	30.21
4.	Daniel Mark MESSENGER	23	Halstead	30.40
5.	Kenneth DAYMAN	19	Colchester	30.56
6.	Oliver CARTER	22	Halstead	31.02
7.	Peter LAWTON	19	Southend	31.95
8.	Michael BAKER	20	Rochford	33.10
9.	Daniel FARMER	22	Bo Waltham F	35.80

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

Place	Name	AaD	Club	Time
1.	Adrian FENNER	26	Bo Waltham F	26.77
2.	Dean MARTIN	25	Romford Town	28.22
3.	Matthew RICKETT	28	Rochford	29.28
4.	Daniel VOSS	26	Bo Waltham F	30.98

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

Place	Name	AaD	Club	Time
1.	Gary WRAIGHT	33	Romford Town	31.77
2.	Tim CASE	31	Clissold	33.35

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

Place	Name	AaD	Club	Time
1.	Mark OSTERRITTER	38	Halstead	30.43
2.	Nick RUSZ	36	Griffins Enf	30.76
3.	Ellis RUDDICK	38	Clissold	31.77
4.	Daniel DISKIN	36	Clissold	48.12

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

Place	Name	AaD	Club	Time
1.	Kevin MCKENNA	44	Hemel Hemp	33.19
2.	Jan VAN DEN BOSCH	41	Clissold	37.10
3.	Lee WHITE	40	Clissold	38.38
4.	Jason COLE	43	Colchester	40.77
	Justin COSTLEY	41	Clissold	DNC

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

Place	Name	AaD	Club	Time
1.	Chris RYALL	45	Romford Town	29.49
2.	Dean SHEPHERD	47	Witham Dolph	32.39
3.	Stephen DIMMICK	46	Rochford	32.74
4.	Michael TAYLOR	46	Thurrock	33.91
5.	Mark Anthony HEPTONSTA	49	Colchester	35.36

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

Place	Name	AaD	Club	Time
1.	Geoff BAKER	51	Rochford	30.70

2.	Thomas ENRIGHT	51	Romford Town	33.49
3.	Nicholas HUNT	54	Chelmsford	35.93
4.	Raymond MOORE	53	Thurrock	38.83

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

Place	Name	AaD	Club	Time
1.	Peter RAE	57	Rochford	34.50

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

Place	Name	AaD	Club	Time
1.	Chris TRUEMAN	63	UEA Norwich	38.43
2.	Stuart MCLELLAN	61	Sudbury	38.67
3.	Jeff HILLIER	61	Bo Waltham F	46.34
	Chris TRUEMAN	63	UEA Norwich	DNC

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

Place	Name	AaD	Club	Time
1.	Stanley Robert CLARKE	72	Romford Town	36.48

## **EVENT 5 Womens Open 100m Backstroke**

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

Place	Name	AaD	Club	Time
1.	Charlotte DELICATA	19	Thurrock	1:12.28
2.	Nicola FARMER	19	Bo Waltham F	1:12.95
3.	Sarah MALLET	22	Bo Southend	1:16.05
4.	Lauren COSTIN	20	Halstead	1:16.51
5.	Kelly HECTOR	19	Becontree	1:22.26

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

Place	Name	AaD	Club	Time
1.	Jade PERRY	28	Rochford	1:10.51
2.	Emma Louise DUNKLEY	27	DunmowAtlant	1:17.73
3.	Clare SEXTON	27	Chelmsford	1:22.28
4.	Katie HIGGON	26	Colchester	1:22.87

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

Place	Name	AaD	Club	Time
1.	Dawn PALMER	34	Romford Town	1:08.63
	Karly LOUIE	32	Clissold	DQ T-

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

Place	Name	AaD	Club	Time
1.	Maria GIBSON	38	Runnymede	1:18.73

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

Place	Name	AaD	Club	Time
1.	Dorothy ZERDIN	40	Clissold	1:37.00

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	1:21.10
2.	Camilla ALLWOOD	51	Clissold	1:59.46

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

Place	Name	AaD	Club	Time
1.	Valerie STANDAGE	68	Colchester	2:02.60

## **EVENT 6 Mens Open 100m IM**

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

Place	Name	AaD	Club	Time
1.	Jonathan SAYER	20	Bo Southend	1:03.34
2.	Adam SPEAR	19	Clacton On S	1:07.90
3.	Jack ASHTON	19	Chelmsford	1:09.34
4.	Michael BAKER	20	Rochford	1:14.95

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

Place	Name	AaD	Club	Time
1.	Dean MARTIN	25	Romford Town	1:04.82
1.	Adrian FENNER	26	Bo Waltham F	1:04.82
3.	David EBANKS	28	Romford Town	1:05.41

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

Place	Name	AaD	Club	Time
1.	Gary WRAIGHT	33	Romford Town	1:11.52

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

Place	Name	AaD	Club	Time
1.	Lee PETERSON	36	Braintree	1:03.77
2.	Martin LANE	39	Romford Town	1:06.83
3.	Nick RUSZ	36	Griffins Enf	1:11.35
4.	Ellis RUDDICK	38	Clissold	1:12.10
5.	Stephen KING	38	Thurrock	1:19.26

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

Place	Name	AaD	Club	Time
1.	David GRIGGS	42	Romford Town	1:13.74
2.	Roger DUNCOMBE	44	Halstead	1:20.20
3.	Terry TAYLOR	43	Thurrock	1:23.09

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

Place	Name	AaD	Club	Time
1.	Chris RYALL	45	Romford Town	1:08.64
2.	Martin FENNER	48	Romford Town	1:09.31
3.	Paul METSON	46	Rochford	1:10.12
4.	Keith ODDY	47	Romford Town	1:11.47
5.	Michael TAYLOR	46	Thurrock	1:16.30

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

Place	Name	AaD	Club	Time
1.	Geoff BAKER	51	Rochford	1:15.20
2.	Thomas ENRIGHT	51	Romford Town	1:19.23
3.	Nicholas HUNT	54	Chelmsford	1:19.51
4.	Raymond MOORE	53	Thurrock	1:32.10

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

Place	Name	AaD	Club	Time
1.	Peter RAE	57	Rochford	1:17.57
2.	Michael KEEN	57	Guildford Ct	1:51.60

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

Place	Name	AaD	Club	Time
1.	Stuart MCLELLAN	61	Sudbury	1:25.97
2.	Chris TRUEMAN	63	UEA Norwich	1:31.04
3.	Jeff HILLIER	61	Bo Waltham F	1:32.24
	Chris TRUEMAN	63	UEA Norwich	DNC

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

Place	Name	AaD	Club	Time
1.	Stanley Robert CLARKE	72	Romford Town	1:28.47
	Michael GILES	70	Romford Town	DQ T-

## **EVENT 7 Womens Open 50m Freestyle**

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

Place	Name	AaD	Club	Time
1.	Kelly HECTOR	19	Becontree	30.56
2.	Suzannah MARTIN	24	Romford Town	31.15
3.	Lauren COSTIN	20	Halstead	31.71
4.	Shannon HARROLD	19	Thurrock	32.32

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

Place	Name	AaD	Club	Time
1.	Kira NEAL	26	Romford Town	29.58
2.	Sachika YAMAWAKI	29	Barnet	29.66

3.	Jade PERRY	28	Rochford	30.39
4.	Katie HIGGON	26	Colchester	30.41
5.	Katie BAILEY	28	Colchester	31.72
6.	Hannah STUBBS	28	Colchester	32.60

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

Place	Name	AaD	Club	Time
1.	Katherine SEAMARK	31	Thurrock	30.78
2.	Cassie DRAKE	31	Romford Town	32.69
3.	Claire Louise BEARD	34	Romford Town	34.74
4.	Lucy HODGES	34	Bo Southend	35.22
5.	Karly LOUIE	32	Clissold	39.42
6.	Kirsty STEWART	34	Bexhill	55.20

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

Place	Name	AaD	Club	Time
1.	Jenny SWALLOW	39	Halstead	30.92
2.	Maria GIBSON	38	Runnymede	32.04
3.	Wendy HUNTER	38	Bo Waltham F	33.26
4.	Julie SANDERS	38	Romford Town	33.34
5.	Julia SHANNAHAN	38	BethnalGreen	34.15
6.	Katie WARD	37	Clissold	34.46

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

Place	Name	AaD	Club	Time
1.	Elizabeth SHAW	44	Otter	33.39
2.	Lisa MARTINDALE	42	Thurrock	39.21

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

Place	Name	AaD	Club	Time
1.	Madeline RAYMOND	47	Romford Town	31.42
2.	Christine BEARWISH	45	Thurrock	34.06
3.	Jacqui PIPE	46	Rochford	34.28
4.	Janet OBENEY-WILLIAMS	48	Clissold	48.90

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	30.51
2.	Sharan DAWSON	50	Chelmsford	34.69
3.	Camilla ALLWOOD	51	Clissold	48.57

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

Place	Name	AaD	Club	Time
1.	Joy COCHRANE	77	Romford Town	58.31

## **EVENT 8 Mens Open 50m Breaststroke**

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

Place	Name	AaD	Club	Time
1.	Daniel Mark MESSENGER	23	Halstead	33.74
2.	Daniel FARMER	22	Bo Waltham F	37.91
3.	Michael BAKER	20	Rochford	37.93
4.	Lee DORRINGTON	24	Runnymede	40.79

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

Place	Name	AaD	Club	Time
1.	David EBANKS	28	Romford Town	31.80
2.	Daniel VOSS	26	Bo Waltham F	36.27

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

Place	Name	AaD	Club	Time
1.	Gary WRAIGHT	33	Romford Town	35.24
2.	Adam FREER	33	Barnet	37.18
3.	Julian MAYHEW	31	Clissold	41.39

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

Place	Name	AaD	Club	Time
1.	Lee PETERSON	36	Braintree	32.33

2.	Nick RUSZ	36	Griffins Enf	37.81
3.	Stephen KING	38	Thurrock	41.10

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

Place	Name	AaD	Club	Time
1.	Terry TAYLOR	43	Thurrock	42.74

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

Place	Name	AaD	Club	Time
1.	Chris RYALL	45	Romford Town	34.31
2.	Paul METSON	46	Rochford	35.52
3.	Keith ODDY	47	Romford Town	35.59

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

Place	Name	AaD	Club	Time
1.	Nicholas HUNT	54	Chelmsford	36.19
2.	Thomas ENRIGHT	51	Romford Town	48.20

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

Place	Name	AaD	Club	Time
1.	Chris KAETHNER	55	Clissold	35.50
2.	Peter RAE	57	Rochford	40.93
3.	Michael KEEN	57	Guildford Ct	51.76

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

Place	Name	AaD	Club	Time
1.	Chris TRUEMAN	63	UEA Norwich	42.03
2.	Jeff HILLIER	61	Bo Waltham F	44.82
	Chris TRUEMAN	63	UEA Norwich	DNC

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

Place	Name	AaD	Club	Time
1.	John LIMMER	66	Romford Town	44.05

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

Place	Name	AaD	Club	Time
1.	Stanley Robert CLARKE	72	Romford Town	41.54
2.	Michael GILES	70	Romford Town	54.56

### **EVENT 9 Womens Open 100m Butterfly**

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

Place	Name	AaD	Club	Time
1.	Charmaine WHEELER	28	Runnymede	1:17.77
2.	Emma Louise DUNKLEY	27	DunmowAtlant	1:18.25
3.	Katie HIGGON	26	Colchester	1:19.86

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

Place	Name	AaD	Club	Time
1.	Louise PARSONS	30	Rochford	1:14.72
	Kay HAMILTON	32	Romford Town	DNC

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

Place	Name	AaD	Club	Time
	Katie WARD	37	Clissold	DNC

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

Place	Name	AaD	Club	Time
1.	Jacqui PIPE	46	Rochford	1:40.88

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	1:26.21
2.	Lesley COOK	52	Romford Town	1:28.07

## **EVENT 10 Mens Open 100m Freestyle**

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

Place	Name	AaD	Club	Time
1.	Dane MCNIGHT	22	Romford Town	53.67
2.	Jonathan SAYER	20	Bo Southend	55.27
3.	Adam SPEAR	19	Clacton On S	58.61
4.	Jack ASHTON	19	Chelmsford	59.69
5.	Craig JOHNSON	18	Canvey Isl	1:00.10
6.	Daniel Mark MESSENGER	23	Halstead	1:00.18
7.	Robert BROWN	20	Halstead	1:00.44
8.	Peter LAWTON	19	Southend	1:02.43
9.	Kenneth DAYMAN	19	Colchester	1:03.43
10.	James KING	19	Thurrock	1:04.63
	Daniel FARMER	22	Bo Waltham F	DNC

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

Place	Name	AaD	Club	Time
1.	Adrian FENNER	26	Bo Waltham F	56.21
2.	Dean MARTIN	25	Romford Town	57.73
3.	Matthew RICKETT	28	Rochford	58.24
4.	Daniel VOSS	26	Bo Waltham F	58.65
5.	Laurie THOMPSON	27	Clissold	1:01.90

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

Place	Name	AaD	Club	Time
1.	Julian MAYHEW	31	Clissold	1:24.60
	Adam FREER	33	Barnet	DNC
	Tim CASE	31	Clissold	DNC

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

Place	Name	AaD	Club	Time
1.	Martin LANE	39	Romford Town	56.62
2.	Mark OSTERRITTER	38	Halstead	59.30
3.	Ellis RUDDICK	38	Clissold	1:02.13
4.	Nick RUSZ	36	Griffins Enf	1:04.11
	Keith BRIDGE	38	Southend	DNC

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

Place	Name	AaD	Club	Time
1.	Peter DIXON	42	BethnalGreen	1:00.37
2.	Gavin ROWSELL	42	Chelmsford	1:01.89
3.	Kevin MCKENNA	44	Hemel Hemp	1:04.67
4.	David GRIGGS	42	Romford Town	1:04.76
5.	Lee WHITE	40	Clissold	1:17.72
	David ROZEE	42	Chelmsford	DNC

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

Place	Name	AaD	Club	Time
1.	Martin FENNER	48	Romford Town	1:01.09
2.	Paul METSON	46	Rochford	1:02.00
3.	Barry OWEN	45	Bo Southend	1:02.94
4.	Dean SHEPHERD	47	Witham Dolph	1:03.29
5.	Stephen DIMMICK	46	Rochford	1:07.50

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

Place	Name	AaD	Club	Time
1.	Thomas ENRIGHT	51	Romford Town	1:06.47
2.	Raymond MOORE	53	Thurrock	1:12.81
3.	Nicholas HUNT	54	Chelmsford	1:15.44
4.	Chris JOHNSON	52	Bo Southend	1:25.26

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

Place	Name	AaD	Club	Time
1.	Peter RAE	57	Rochford	1:04.96
2.	Chris DUNINGTON	58	Clacton On S	1:17.86
3.	Michael KEEN	57	Guildford Ct	1:33.26



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

Place	Name	AaD	Club	Time
1.	Stuart MCLELLAN	61	Sudbury	1:12.04
2.	Jeff HILLIER	61	Bo Waltham F	1:27.60

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

Place	Name	AaD	Club	Time
1.	John LIMMER	66	Romford Town	1:36.26

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

Place	Name	AaD	Club	Time
1.	Stanley Robert CLARKE	72	Romford Town	1:14.37
2.	Derek GORE	70	Chelmsford	1:17.92

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

Place	Name	AaD	Club	Time
1.	Janos LEIGH	76	Romford Town	1:44.09

## **EVENT 11 Womens Open 200m Freestyle**

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

Place	Name	AaD	Club	Time
1.	Nicola FARMER	19	Bo Waltham F	2:23.09
2.	Shannon HARROLD	19	Thurrock	2:24.62
3.	Kelly HECTOR	19	Becontree	2:38.95

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

Place	Name	AaD	Club	Time
1.	Kira NEAL	26	Romford Town	2:20.17
2.	Katie HIGGON	26	Colchester	2:28.08
3.	Charmaine WHEELER	28	Runnymede	2:36.54

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

Place	Name	AaD	Club	Time
1.	Kay HAMILTON	32	Romford Town	2:28.01
2.	Louise PARSONS	30	Rochford	2:29.00
3.	Cassie DRAKE	31	Romford Town	2:38.66
4.	Kirsty STEWART	34	Bexhill	4:40.39

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

Place	Name	AaD	Club	Time
1.	Maria GIBSON	38	Runnymede	2:33.58
2.	Julia SHANNAHAN	38	BethnalGreen	2:48.83

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

Place	Name	AaD	Club	Time
1.	Lisa MARTINDALE	42	Thurrock	3:18.31
2.	Elizabeth SHAW	44	Otter	3:19.26

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

Place	Name	AaD	Club	Time
1.	Madeline RAYMOND	47	Romford Town	2:33.02
2.	Jacqui PIPE	46	Rochford	2:45.61
3.	Pauline TESTER	46	BorRedbridge	3:07.85
4.	Hannah UECKERMANN	47	Witham Dolph	3:08.97
5.	Janet OBENEY-WILLIAMS	48	Clissold	3:45.81

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	2:30.23
2.	Sharan DAWSON	50	Chelmsford	2:46.88

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

Place	Name	AaD	Club	Time
1.	Valerie STANDAGE	68	Colchester	3:45.77

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

Place	Name	AaD	Club	Time
1.	Joy COCHRANE	77	Romford Town	4:32.28

### **EVENT 12 Mens 120 Yrs + 100m Free Team**

#### Full Results

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	48.51
2.	Clissold SC		Clissold	52.82
3.	Bor of Waltham Forest		Bo Waltham F	53.06

### **EVENT 13 Womens 120 Yrs + 100m Free Team**

#### Full Results

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	57.24
2.	Colchester SC		Colchester	1:00.12
3.	Thurrock Swimming Club		Thurrock	1:02.72

### **EVENT 14 Mixed 160 Years + 100m Free Team**

#### Full Results

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	55.77
2.	Bethnal Green SC		BethnalGreen	55.80
3.	Rochford & District SC		Rochford	56.57
4.	Clissold SC		Clissold	58.12
5.	Thurrock Swimming Club		Thurrock	58.58

### **EVENT 15 Mens 200 + 100m Medley Team**

#### Full Results

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	59.59
2.	Rochford & District SC		Rochford	1:00.63
	Chelmsford SC		Chelmsford	DNC
	Colchester SC		Colchester	DQ M-

### **EVENT 16 Womens 200+ 100m Medley Team**

#### Full Results

Place	Name	A.G	Club	Time
1.	Colchester SC		Colchester	1:34.59

### **EVENT 17 Mixed 120 + 100m Medley Team**

#### Full Results

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	57.80
2.	Rochford & District SC		Rochford	1:01.80
3.	Colchester SC		Colchester	1:04.48
4.	Bor of Waltham Forest		Bo Waltham F	1:06.96
5.	Bethnal Green SC		BethnalGreen	1:07.45
6.	Clissold SC		Clissold	1:08.51

### **EVENT 18 Mens 160+ 100m Medley Team**

#### Full Results

Place	Name	A.G	Club	Time
1.	Rochford & District SC		Rochford	59.92
2.	Clissold SC		Clissold	1:00.71
3.	Thurrock Swimming Club		Thurrock	1:05.99
	Romford Town SC		Romford Town	DNC

### **EVENT 19 Womens 160+ 100m Medley Team**

#### Full Results

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	1:08.85
	Clissold SC		Clissold	DQ O-

## **EVENT 20 Mixed 200+ 100m Free Team**

### **Full Results**

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	57.68
2.	Colchester SC		Colchester	1:12.97

## **ECASA Masters and 18-24 S/C Comp Saturday 8th May 2010 Session - 2 at Blackshots Leisure Centre**

## **EVENT 21 Mens Open 400m Freestyle**

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

Place	Name	AaD	Club	Time
1.	Jonathan SAYER	20	Bo Southend	4:28.47
2.	Peter LAWTON	19	Southend	4:43.46

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

Place	Name	AaD	Club	Time
1.	Gary WRAIGHT	33	Romford Town	5:35.76

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

Place	Name	AaD	Club	Time
1.	Stephen IRWIN	39	Spencer	4:50.34

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

Place	Name	AaD	Club	Time
1.	Peter DIXON	42	BethnalGreen	4:40.23
2.	Lee WHITE	40	Clissold	6:22.45
3.	Jason MARVEN	42	Colchester	6:31.28

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

Place	Name	AaD	Club	Time
1.	Chris RYALL	45	Romford Town	4:45.96
2.	Martin FENNER	48	Romford Town	4:49.11
3.	Barry OWEN	45	Bo Southend	4:50.26
4.	Dean SHEPHERD	47	Witham Dolph	5:10.48

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

Place	Name	AaD	Club	Time
1.	Geoff BAKER	51	Rochford	5:12.48
2.	Thomas ENRIGHT	51	Romford Town	5:46.05

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

Place	Name	AaD	Club	Time
1.	Peter RAE	57	Rochford	5:07.24

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

Place	Name	AaD	Club	Time
1.	Stuart MCLELLAN	61	Sudbury	5:46.41

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

Place	Name	AaD	Club	Time
1.	Janos LEIGH	76	Romford Town	8:13.01

## **EVENT 22 Womens Open 50m Backstroke**

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

Place	Name	AaD	Club	Time
1.	Charlotte DELICATA	19	Thurrock	35.46
2.	Lauren COSTIN	20	Halstead	35.68
3.	Sarah MALLET	22	Bo Southend	35.94
4.	Kelly HECTOR	19	Becontree	38.62
5.	Suzannah MARTIN	24	Romford Town	38.66

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

Place	Name	AaD	Club	Time
1.	Jade PERRY	28	Rochford	32.79
2.	Katie HIGGON	26	Colchester	36.95
3.	Clare SEXTON	27	Chelmsford	38.80

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

Place	Name	AaD	Club	Time
1.	Dawn PALMER	34	Romford Town	32.49
2.	Katherine SEAMARK	31	Thurrock	39.86
3.	Karly LOUIE	32	Clissold	45.87

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

Place	Name	AaD	Club	Time
1.	Maria GIBSON	38	Runnymede	36.26
2.	Sarah BERRY	37	Chelmsford	38.77

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

Place	Name	AaD	Club	Time
1.	Lisa MARTINDALE	42	Thurrock	46.01

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

Place	Name	AaD	Club	Time
1.	Christine BEARWISH	45	Thurrock	43.20

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	37.44
	Camilla ALLWOOD	51	Clissold	DQ T-

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

Place	Name	AaD	Club	Time
1.	Christine WAKELING	62	Colchester	1:00.56
2.	Diana HUNT	62	Colchester	1:02.23

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

Place	Name	AaD	Club	Time
1.	Valerie STANDAGE	68	Colchester	58.41

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

Place	Name	AaD	Club	Time
1.	Joy COCHRANE	77	Romford Town	1:08.54

## **EVENT 23 Mens Open 100m Breaststroke**

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

Place	Name	AaD	Club	Time
1.	Daniel Mark MESSENGER	23	Halstead	1:13.69
2.	Jack ASHTON	19	Chelmsford	1:18.66
3.	Michael BAKER	20	Rochford	1:25.21
4.	Daniel FARMER	22	Bo Waltham F	1:26.01
5.	Lee DORRINGTON	24	Runnymede	1:30.69

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

Place	Name	AaD	Club	Time
1.	David EBANKS	28	Romford Town	1:11.79
2.	Daniel VOSS	26	Bo Waltham F	1:18.74

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

Place	Name	AaD	Club	Time
1.	Gary WRAIGHT	33	Romford Town	1:18.73
2.	Adam FREER	33	Barnet	1:20.81
3.	Julian MAYHEW	31	Clissold	1:37.23

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

Place	Name	AaD	Club	Time
1.	Ellis RUDDICK	38	Clissold	1:21.45

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

Place	Name	AaD	Club	Time
1.	David GRIGGS	42	Romford Town	1:20.25
2.	Roger DUNCOMBE	44	Halstead	1:28.16
	Jan VAN DEN BOSCH	41	Clissold	DQ T-

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

Place	Name	AaD	Club	Time
1.	Chris RYALL	45	Romford Town	1:14.58
2.	Paul METSON	46	Rochford	1:17.29
3.	Keith ODDY	47	Romford Town	1:21.58

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

Place	Name	AaD	Club	Time
1.	Nicholas HUNT	54	Chelmsford	1:21.87
2.	Thomas ENRIGHT	51	Romford Town	1:47.85

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

Place	Name	AaD	Club	Time
1.	Chris KAETHNER	55	Clissold	1:23.52
2.	Peter RAE	57	Rochford	1:30.31

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

Place	Name	AaD	Club	Time
1.	Chris TRUEMAN	63	UEA Norwich	1:36.22
2.	Jeff HILLIER	61	Bo Waltham F	1:39.07
	Chris TRUEMAN	63	UEA Norwich	DNC

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

Place	Name	AaD	Club	Time
1.	John LIMMER	66	Romford Town	1:44.31

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

Place	Name	AaD	Club	Time
1.	Michael GILES	70	Romford Town	2:03.58

## **EVENT 24 Womens Open 50m Butterfly**

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

Place	Name	AaD	Club	Time
1.	Nicola FARMER	19	Bo Waltham F	33.91
2.	Sarah MALLETT	22	Bo Southend	34.56
3.	Shannon HARROLD	19	Thurrock	35.03
4.	Alison GEORGE	20	Becontree	35.99
5.	Suzannah MARTIN	24	Romford Town	37.83

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

Place	Name	AaD	Club	Time
1.	Emma Louise DUNKLEY	27	DunmowAtlant	33.29
2.	Katie HIGGON	26	Colchester	35.66
3.	Hannah STUBBS	28	Colchester	35.74

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

Place	Name	AaD	Club	Time
1.	Cassie DRAKE	31	Romford Town	38.37
2.	Lucy HODGES	34	Bo Southend	38.87

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

Place	Name	AaD	Club	Time
1.	Sarah BERRY	37	Chelmsford	36.87
2.	Wendy HUNTER	38	Bo Waltham F	38.06
3.	Katie WARD	37	Clissold	38.85

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

Place	Name	AaD	Club	Time
1.	Lisa MARTINDALE	42	Thurrock	47.00

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

Place	Name	AaD	Club	Time
1.	Madeline RAYMOND	47	Romford Town	35.56
2.	Jacqui PIPE	46	Rochford	38.17
3.	Janet OBENEY-WILLIAMS	48	Clissold	1:09.08

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	37.89
	Sharan DAWSON	50	Chelmsford	DQ ST-

## EVENT 25 Mens Open 100m Backstroke

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

Place	Name	AaD	Club	Time
1.	Kenneth DAYMAN	19	Colchester	1:10.55
2.	Robert BROWN	20	Halstead	1:11.91
3.	James KING	19	Thurrock	1:13.06
	Daniel FARMER	22	Bo Waltham F	DQ T-

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

Place	Name	AaD	Club	Time
1.	Laurie THOMPSON	27	Clissold	1:09.46

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

Place	Name	AaD	Club	Time
1.	Lee PETERSON	36	Braintree	1:02.01

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

Place	Name	AaD	Club	Time
1.	Gavin ROWSELL	42	Chelmsford	1:09.25
2.	Terry TAYLOR	43	Thurrock	1:29.16
3.	Jason MARVEN	42	Colchester	1:37.92
	Jan VAN DEN BOSCH	41	Clissold	DQ ST-

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

Place	Name	AaD	Club	Time
1.	Martin FENNER	48	Romford Town	1:09.93
2.	Michael TAYLOR	46	Thurrock	1:18.99

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

Place	Name	AaD	Club	Time
1.	Thomas ENRIGHT	51	Romford Town	1:26.28
	Nicholas HUNT	54	Chelmsford	DNC

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

Place	Name	AaD	Club	Time
	Peter RAE	57	Rochford	DQ T-

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

Place	Name	AaD	Club	Time
1.	Jeff HILLIER	61	Bo Waltham F	1:35.55

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

Place	Name	AaD	Club	Time
1.	Michael GILES	70	Romford Town	2:10.24

## 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Janos LEIGH	76	Romford Town	1:53.96

## EVENT 26 Womens Open 100m IM

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

Place	Name	AaD	Club	Time
1.	Nicola FARMER	19	Bo Waltham F	1:13.36
2.	Charlotte DELICATA	19	Thurrock	1:17.27
3.	Sarah MALLET	22	Bo Southend	1:19.83
4.	Alison GEORGE	20	Becontree	1:19.95
5.	Suzannah MARTIN	24	Romford Town	1:25.87

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

Place	Name	AaD	Club	Time
1.	Sachika YAMAWAKI	29	Barnet	1:13.60
2.	Katie HIGGON	26	Colchester	1:16.52
3.	Jade PERRY	28	Rochford	1:16.68
4.	Emma Louise DUNKLEY	27	DunmowAtlant	1:18.00
5.	Katie BAILEY	28	Colchester	1:19.44
6.	Hannah STUBBS	28	Colchester	1:22.34

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

Place	Name	AaD	Club	Time
1.	Dawn PALMER	34	Romford Town	1:09.18
2.	Sally WOOD	30	Romford Town	1:17.52
3.	Kay HAMILTON	32	Romford Town	1:19.01
4.	Cassie DRAKE	31	Romford Town	1:23.66
5.	Lucy HODGES	34	Bo Southend	1:26.80

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

Place	Name	AaD	Club	Time
1.	Maria GIBSON	38	Runnymede	1:21.03
2.	Wendy HUNTER	38	Bo Waltham F	1:24.66
3.	Sarah BERRY	37	Chelmsford	1:26.08
4.	Julia SHANNAHAN	38	BethnalGreen	1:31.33
	Katie WARD	37	Clissold	DNC

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

Place	Name	AaD	Club	Time
1.	Dorothy ZERDIN	40	Clissold	1:30.53
2.	Lisa MARTINDALE	42	Thurrock	1:42.46

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

Place	Name	AaD	Club	Time
1.	Madeline RAYMOND	47	Romford Town	1:22.56
2.	Jacqui PIPE	46	Rochford	1:28.83
	Hannah UECKERMANN	47	Witham Dolph	DNC

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	1:19.65
2.	Camilla ALLWOOD	51	Clissold	2:08.01

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

Place	Name	AaD	Club	Time
	Barbara Helen BOXALL	55	Romford Town	DNC

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

Place	Name	AaD	Club	Time
1.	Christine WAKELING	62	Colchester	2:12.35

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

Place	Name	AaD	Club	Time
	Joy COCHRANE	77	Romford Town	DNC

## **EVENT 27 Mens Open 50m Freestyle**

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

Place	Name	AaD	Club	Time
1.	Dane MCNIGHT	22	Romford Town	24.76
2.	Jonathan SAYER	20	Bo Southend	25.90
3.	Craig JOHNSON	18	Canvey Isl	27.10
4.	Daniel Mark MESSENGER	23	Halstead	27.77
5.	Peter LAWTON	19	Southend	27.89
6.	Kenneth DAYMAN	19	Colchester	28.17
7.	Robert BROWN	20	Halstead	28.35
8.	Oliver CARTER	22	Halstead	28.70
9.	James KING	19	Thurrock	30.32
10.	Daniel FARMER	22	Bo Waltham F	30.89
11.	Michael BAKER	20	Rochford	31.11
	Adam SPEAR	19	Clacton On S	DNC

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

Place	Name	AaD	Club	Time
1.	Adrian FENNER	26	Bo Waltham F	24.41
2.	Dean MARTIN	25	Romford Town	26.17
3.	Daniel VOSS	26	Bo Waltham F	27.29
4.	Laurie THOMPSON	27	Clissold	28.10

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

Place	Name	AaD	Club	Time
1.	Gary WRAIGHT	33	Romford Town	28.14
2.	Tim CASE	31	Clissold	28.90
3.	Julian MAYHEW	31	Clissold	37.92
	Adam FREER	33	Barnet	DNC

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

Place	Name	AaD	Club	Time
1.	Martin LANE	39	Romford Town	25.62
2.	Mark OSTERRITTER	38	Halstead	26.66

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

Place	Name	AaD	Club	Time
1.	Gavin ROWSELL	42	Chelmsford	26.80
2.	Tim SWALLOW	41	Halstead	29.18
3.	Terry TAYLOR	43	Thurrock	32.64
4.	Jason COLE	43	Colchester	33.39
5.	Lee WHITE	40	Clissold	34.35
	David ROZEE	42	Chelmsford	DNC

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

Place	Name	AaD	Club	Time
1.	Paul METSON	46	Rochford	28.33
2.	Stephen DIMMICK	46	Rochford	29.44
3.	Michael TAYLOR	46	Thurrock	30.21
4.	Mark Anthony HEPTONSTA	49	Colchester	30.74
	Chris RYALL	45	Romford Town	DNC

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

Place	Name	AaD	Club	Time
1.	Thomas ENRIGHT	51	Romford Town	29.60
2.	Nicholas HUNT	54	Chelmsford	34.20
3.	Chris JOHNSON	52	Bo Southend	35.23

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

Place	Name	AaD	Club	Time
1.	Peter RAE	57	Rochford	30.45
2.	Chris KAETHNER	55	Clissold	31.03
3.	Chris DUNINGTON	58	Clacton On S	33.71
4.	Michael KEEN	57	Guildford Ct	40.11



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

Place	Name	AaD	Club	Time
1.	Stuart MCLELLAN	61	Sudbury	31.94
2.	Chris TRUEMAN	63	UEA Norwich	34.53
3.	Jeff HILLIER	61	Bo Waltham F	39.89

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

Place	Name	AaD	Club	Time
1.	John LIMMER	66	Romford Town	42.40

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

Place	Name	AaD	Club	Time
1.	Stanley Robert CLARKE	72	Romford Town	31.89
2.	Derek GORE	70	Chelmsford	35.16

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

Place	Name	AaD	Club	Time
1.	Janos LEIGH	76	Romford Town	45.48

## **EVENT 28 Womens Open 50m Breaststroke**

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

Place	Name	AaD	Club	Time
1.	Alison GEORGE	20	Becontree	41.28
2.	Shannon HARROLD	19	Thurrock	42.49

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

Place	Name	AaD	Club	Time
1.	Katie HIGGON	26	Colchester	37.29
2.	Tina HARRIS	27	Romford Town	39.90
3.	Katie BAILEY	28	Colchester	40.01

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

Place	Name	AaD	Club	Time
1.	Sally WOOD	30	Romford Town	39.57
2.	Lucy HODGES	34	Bo Southend	43.19
3.	Cassie DRAKE	31	Romford Town	43.51

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

Place	Name	AaD	Club	Time
1.	Julie SANDERS	38	Romford Town	40.65
2.	Wendy HUNTER	38	Bo Waltham F	41.42
3.	Maria GIBSON	38	Runnymede	41.43
4.	Katie WARD	37	Clissold	43.81

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

Place	Name	AaD	Club	Time
1.	Lisa MARTINDALE	42	Thurrock	53.75

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

Place	Name	AaD	Club	Time
1.	Hannah UECKERMANN	47	Witham Dolph	40.75
2.	Jacqui PIPE	46	Rochford	50.49

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	43.27
2.	Camilla ALLWOOD	51	Clissold	59.41

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

Place	Name	AaD	Club	Time
1.	Christine WAKELING	62	Colchester	59.07
2.	Diana HUNT	62	Colchester	1:14.83

## **EVENT 29 Mens Open 100m Butterfly**

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

Place	Name	AaD	Club	Time
1.	Craig JOHNSON	18	Canvey Isl	1:06.50
2.	Jack ASHTON	19	Chelmsford	1:11.44
	Kenneth DAYMAN	19	Colchester	DNC

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

Place	Name	AaD	Club	Time
1.	Matthew RICKETT	28	Rochford	1:05.02
2.	Dean MARTIN	25	Romford Town	1:05.04

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

Place	Name	AaD	Club	Time
1.	Lee PETERSON	36	Braintree	1:04.98

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

Place	Name	AaD	Club	Time
1.	David GRIGGS	42	Romford Town	1:10.06

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

Place	Name	AaD	Club	Time
1.	Martin FENNER	48	Romford Town	1:12.28

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

Place	Name	AaD	Club	Time
1.	Geoff BAKER	51	Rochford	1:10.63
2.	Thomas ENRIGHT	51	Romford Town	1:30.26

## **EVENT 30 Womens Open 100m Freestyle**

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

Place	Name	AaD	Club	Time
1.	Charlotte DELICATA	19	Thurrock	1:08.90
2.	Shannon HARROLD	19	Thurrock	1:09.28
3.	Lauren COSTIN	20	Halstead	1:09.84
4.	Suzannah MARTIN	24	Romford Town	1:12.86

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

Place	Name	AaD	Club	Time
1.	Kira NEAL	26	Romford Town	1:03.58
2.	Katie HIGGON	26	Colchester	1:09.17
	Cheryl Lee MANSFIELD	28	Hornchurch	DNC

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

Place	Name	AaD	Club	Time
1.	Katherine SEAMARK	31	Thurrock	1:09.03
2.	Cassie DRAKE	31	Romford Town	1:13.52
3.	Claire Louise BEARD	34	Romford Town	1:17.30
4.	Lucy HODGES	34	Bo Southend	1:18.04
5.	Karly LOUIE	32	Clissold	1:29.51

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

Place	Name	AaD	Club	Time
1.	Maria GIBSON	38	Runnymede	1:09.25
2.	Julia SHANNAHAN	38	BethnalGreen	1:16.74

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

Place	Name	AaD	Club	Time
1.	Madeline RAYMOND	47	Romford Town	1:08.75
2.	Jacqui PIPE	46	Rochford	1:15.84
3.	Christine BEARWISH	45	Thurrock	1:16.09
4.	Janet OBENEY-WILLIAMS	48	Clissold	1:53.51

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

Place	Name	AaD	Club	Time
1.	Alison FORDHAM	54	Romford Town	1:09.11

2. Sharan DAWSON 50 Chelmsford 1:18.42

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

Place	Name	AaD	Club	Time
1.	Valerie STANDAGE	68	Colchester	1:51.39

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

Place	Name	AaD	Club	Time
1.	Joy COCHRANE	77	Romford Town	2:09.38

## EVENT 31 Mens Open 200m Freestyle

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

Place	Name	AaD	Club	Time
1.	Jonathan SAYER	20	Bo Southend	2:03.88
	Adam SPEAR	19	Clacton On S	DNC

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

Place	Name	AaD	Club	Time
1.	Daniel VOSS	26	Bo Waltham F	2:11.10
2.	Laurie THOMPSON	27	Clissold	2:19.71

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

Place	Name	AaD	Club	Time
1.	Gary WRAIGHT	33	Romford Town	2:20.88

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

Place	Name	AaD	Club	Time
1.	Martin LANE	39	Romford Town	2:14.36

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

Place	Name	AaD	Club	Time
1.	Peter DIXON	42	BethnalGreen	2:11.93
2.	Jason COLE	43	Colchester	2:47.61
3.	Jan VAN DEN BOSCH	41	Clissold	2:52.21
	Justin COSTLEY	41	Clissold	DNC

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

Place	Name	AaD	Club	Time
1.	Martin FENNER	48	Romford Town	2:17.60
2.	Dean SHEPHERD	47	Witham Dolph	2:20.84

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

Place	Name	AaD	Club	Time
1.	Thomas ENRIGHT	51	Romford Town	2:39.96
2.	Nicholas HUNT	54	Chelmsford	3:02.35

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

Place	Name	AaD	Club	Time
1.	Peter RAE	57	Rochford	2:28.91

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

Place	Name	AaD	Club	Time
1.	Stuart MCLELLAN	61	Sudbury	2:39.71

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

Place	Name	AaD	Club	Time
1.	Derek GORE	70	Chelmsford	3:01.33

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

Place	Name	AaD	Club	Time
1.	Janos LEIGH	76	Romford Town	3:59.16

## **EVENT 32 Mens 120+ 100m Medley Team**

### **Full Results**

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	56.01
2.	Rochford & District SC		Rochford	1:02.02
3.	Bor of Waltham Forest		Bo Waltham F	1:02.31
4.	Thurrock Swimming Club		Thurrock	1:06.37
5.	Clissold SC		Clissold	1:09.40

## **EVENT 33 Womens 120+ 100m Medley Team**

### **Full Results**

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	1:04.97
2.	Thurrock Swimming Club		Thurrock	1:16.34
	Colchester SC		Colchester	DNC

## **EVENT 34 Mixed 160+ 100m Medley Team**

### **Full Results**

Place	Name	A.G	Club	Time
1.	Romford Town		Romford Town	1:02.69
2.	Chelmsford SC		Chelmsford	1:04.28
3.	Bethnal Green SC		BethnalGreen	1:06.21
4.	Clissold SC		Clissold	1:08.50
5.	Thurrock Swimming Club		Thurrock	1:13.51

## **EVENT 35 Mens 200+ 100m Free Team**

### **Full Results**

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	53.04
2.	Rochford & District SC		Rochford	54.24
	Colchester SC		Colchester	DNC

## **EVENT 36 Womens 200+ 100m Free Team**

### **Full Results**

Place	Name	A.G	Club	Time
1.	Colchester SC		Colchester	1:23.89

## **EVENT 37 Mixed 120+ 100m Free team**

### **Full Results**

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	51.52
2.	Colchester SC		Colchester	56.48
3.	Bethnal Green SC		BethnalGreen	57.10
4.	Thurrock Swimming Club		Thurrock	58.63
5.	Bor of Waltham Forest		Bo Waltham F	59.18
6.	Clissold SC		Clissold	1:00.31

## **EVENT 38 Mens 160+ 100m Free Team**

### **Full Results**

Place	Name	A.G	Club	Time
1.	Rochford & District SC		Rochford	53.73
2.	Clissold SC		Clissold	1:02.65

## **EVENT 39 Womens 160+ 100m Free team**

### **Full Results**

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	1:09.33
2.	Clissold SC		Clissold	1:12.43

## **EVENT 40 Mixed 200+ 100m Medley Team**

### **Full Results**

Place	Name	A.G	Club	Time
1.	Romford Town SC		Romford Town	1:18.88
2.	Colchester SC		Colchester	1:30.54