

Norfolk Masters Open Championships

(under ASA Law and ASA Rules)

22nd May 2010

EVENT 101 4x25m Medley Relay 200yrs Mixed

Place	Name	Club	Time
1.	East Anglian Swallow T	East Anglian	1:07.80
2.	Diss Appeared	Diss Otters	1:08.66
3.	Stowmarket SC	Stowmarket	1:10.10
4.	UEA City of Norwich SC	UEA Norwich	1:10.84
5.	Diss Approved	Diss Otters	1:16.00
6.	West Norfolk Swimming	West Norfolk	1:20.22
7.	Forest Heath Saxons SC	Saxons	1:24.20

EVENT 102 4x25m Medley Relay 160yrs Mixed

Place	Name	Club	Time
1.	Stowmarket SC	Stowmarket	1:08.14
2.	Diss Otters SC	Diss Otters	1:16.02

EVENT 103 4x25m Medley Relay 120yrs Mixed

Place	Name	Club	Time
1.	East Anglian Swallow T	East Anglian	1:02.17
2.	Forest Heath Saxons SC	Saxons	1:14.03

EVENT 104 Mens 50m Freestyle

18/24 Yrs Age Group

Place	Name	AaD	Club	Time
1.	David Harrison	24	Stowmarket	24.66
2.	Richard Bell	24	Louth	25.53
3.	Thomas Quinton	18	UEA Norwich	25.60
4.	Sam Watts	24	UEA Norwich	25.67
5.	Adam Duszynski	21	Stowmarket	25.93
6.	Jamie Rush	22	Diss Otters	28.06
7.	Matthew Bussey	21	Norfolk Vikg	29.91
8.	John Holman	24	West Norfolk	30.65
9.	Christopher Hickey	22	Felixstowe	32.28

25/29 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Max Paterson	29	East Anglian	25.99
2.	Thomas Williams	25	Sudbury	26.76

30/34 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Paul Longland	31	Trafford Met	25.03
2.	Ashley Buck	30	Sudbury	25.39
3.	Spencer Wix	30	Deben	27.67
4.	Emmanuel Lorejo	34	West Suffolk	28.53
5.	Alan Wallace	34	Co Cambridge	28.85
6.	Peter Winter	30	Newmarket	32.39
7.	Philip Rowland	32	Little Fish	35.84
	Stephen Longland	31	Bristol Hen	DNC

35/39 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Mark Claxton	39	Norfolk Vikg	27.72
2.	Iain Milligan	38	West Suffolk	31.74
3.	Lee Bennett	39	UEA Norwich	35.53

40/44 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Phillip Moulson	44	East Anglian	29.45
2.	David Griggs	42	Romford Town	29.48
3.	Ian Balfour	42	Norfolk Vikg	29.81
4.	David Pearson	41	West Suffolk	30.36
5.	Richard Leech	44	Huntingdon	32.37
6.	Andrew Varvel	43	Little Fish	32.81
7.	Duncan Spicer	44	Ruislip Nwd	32.88
8.	Kevin Osborne	44	Diss Otters	33.48
9.	Robert Arthur	42	West Norfolk	36.42
10.	Andrew Rose	43	Diss Otters	42.92

45/49 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Martyn Fresher	48	Chatteris	28.16
2.	Paul James	47	Co Cambridge	29.37
3.	Peter Lynch	48	Stowmarket	29.87
4.	Stephen Coe	47	Thetford	29.89
5.	Adam Lelean	48	Diss Otters	30.14
6.	Mark Nowell	47	Diss Otters	30.97

7.	David Wyllie	45	Stowmarket	35.32
8.	Robert Garry	46	Mildenhall	38.72

50/54 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Philip Cotton	54	Norwich Swan	29.65
2.	Simon Merrett	50	Deben	29.72
3.	Perry Prince	50	Thetford	30.62
4.	Thomas Morrow	54	Co Milton K	32.03
5.	Nigel Bowen	52	Diss Otters	33.79
6.	Paul Martin	51	Thetford	38.46
7.	Mark Hall	54	Newmarket	38.57
8.	John Browne	52	Mildenhall	43.67

55/59 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Peter Rank	58	Co Cambridge	34.16
2.	Christopher Dunington	58	Clacton On S	34.30
3.	Alan Wilton	57	Diss Otters	39.64
4.	Peter Jones	56	Mildenhall	42.23
5.	Anthony Trayford	58	West Norfolk	45.67

60/64 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Stuart McLellan	61	Sudbury	33.16
2.	Leonard Phoenix	61	Stowmarket	33.59
3.	Christopher Trueman	63	UEA Norwich	34.51

65/69 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Derek Parr	66	Broomfield	33.43
2.	George Jackson	65	East Anglian	41.26

75/79 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Neil Howell	78	East Anglian	56.92

80 Yrs/Over Age Group

Place	Name	AaD	Club	Time
1.	Donald Macfarlane	81	West Norfolk	58.36

EVENT 105 Womens 18 Yrs/Over 50m Freestyle

18/24 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Amanda Bedder	24	Norwich Swan	29.16
2.	Clare Freeman	19	Norwich Swan	29.85
3.	Laura Pattern	18	Wisbech	30.64
4.	Sophie Franks	18	Felixstowe	32.42
5.	Anna Frostwick	21	Little Fish	32.93
6.	Gemma Bedford	22	Sudbury	34.21
7.	Charlotte Stanley	20	Newmarket	34.38
8.	Emily Barwick	23	UEA Norwich	34.85
9.	Clare Bowling	23	West Norfolk	36.30
	Laura Kenna	19	UEA Norwich	DNC
	Kelly Murray	20	Sudbury	DNC

25/29 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Catherine Markwell	29	UEA Norwich	28.98
2.	Sarah Osman	26	UEA Norwich	29.44
3.	Joannie Marriott	28	UEA Norwich	30.33
4.	Hollie Wells	26	Louth	30.80
5.	Stephanie Park	26	Thetford	32.03
6.	Samantha Patterson	29	Newmarket	32.46
7.	Nicola Ketland	26	Little Fish	38.00

30/34 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Lynne Meale	33	UEA Norwich	29.45
2.	Anna Freiberg	31	Stowmarket	33.99
3.	Vanessa Miemietz	32	UEA Norwich	34.56

35/39 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Katie Whiting	35	UEA Norwich	29.69
2.	Anne Vanner	38	Ware	30.05
3.	Lucy Ryan	37	Wisbech	30.60
4.	Helen Dixon	35	East Anglian	32.13
5.	Amanda White	37	Ware	32.94
6.	Johanna Langley	39	West Norfolk	33.54
7.	Julia Green	36	Stowmarket	34.05

40/44 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Joanne Johnson	40	UEA Norwich	29.68
2.	Karen O'Dea	41	Ruislip Nwd	30.41
3.	Vanessa Mann	41	UEA Norwich	34.46
4.	Josephine Cresswell	42	East Anglian	34.61
5.	Elizabeth MacDonald	41	UEA Norwich	36.24
6.	Karen Wyllie	43	Stowmarket	38.42

45/49 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Debbie Matless	47	UEA Norwich	30.56
2.	Hannah Ueckermann	47	Witham Dolph	33.86
3.	Dina Thornton	47	Diss Otters	33.88
4.	Valerie Bull	48	UEA Norwich	37.76
5.	Jane Smith	46	Newmarket	38.64
6.	Claire Harrington	48	Deben	43.47

50/54 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Jenny Mayne	50	UEA Norwich	33.80
2.	Jane Blackwell	51	UEA Norwich	35.58
3.	Jacqueline Patel	50	Kings Corm	39.26

55/59 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Sally Lelean	59	Diss Otters	48.82

60/64 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Patricia Jackson	63	East Anglian	38.67
2.	Vicki Buck	60	Sudbury	39.40
3.	Judy Smither	61	Diss Otters	40.82

65/69 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Christine McIntyre	66	Felixstowe	45.63
2.	Sylvia Samuals	66	Newmarket	52.42
3.	Alvine Haistead	67	East Anglian	53.92
	Susan Holdich	67	Stowmarket	DNC

70/74 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Ruth Miller	73	West Suffolk	50.30

EVENT 106 Mens 18 Yrs/Over 50m Backstroke

18/24 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Richard Bell	24	Louth	29.15
2.	Thomas Quinton	18	UEA Norwich	30.26
3.	David Harrison	24	Stowmarket	30.28
4.	Matthew Bussey	21	Norfolk Vikg	36.82

25/29 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Max Paterson	29	East Anglian	31.23
2.	Thomas Williams	25	Sudbury	35.11
3.	Russell Gardner	29	Louth	36.51

30/34 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Ashley Buck	30	Sudbury	28.30
2.	Paul Longland	31	Trafford Met	30.55
3.	Alan Wallace	34	Co Cambridge	32.87
4.	Emmanuel Lorejo	34	West Suffolk	35.40
5.	Peter Winter	30	Newmarket	39.25
	Stephen Longland	31	Bristol Hen	DNC
	Philip Rowland	32	Little Fish	DQ T-1L

35/39 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Mark Claxton	39	Norfolk Vikg	34.18
2.	Lee Bennett	39	UEA Norwich	46.45

40/44 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Adam Korn	44	East Anglian	33.84
2.	Kevin Osborne	44	Diss Otters	37.99
3.	Richard Leech	44	Huntingdon	38.12
4.	David Griggs	42	Romford Town	39.71
5.	Andrew Varvel	43	Little Fish	41.41

45/49 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Paul James	47	Co Cambridge	34.36
2.	Martyn Fresher	48	Chatteris	34.80
3.	Stephen Coe	47	Thetford	37.84
4.	Adam Lelean	48	Diss Otters	40.39
5.	Mark Nowell	47	Diss Otters	42.74
6.	David Wyllie	45	Stowmarket	42.95
7.	Steven Coote	46	Buntingford	43.27
8.	Robert Garry	46	Mildenhall	48.84

50/54 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Philip Cotton	54	Norwich Swan	36.28
2.	Thomas Morrow	54	Co Milton K	39.46
3.	Paul Martin	51	Thetford	42.34
4.	Simon Merrett	50	Deben	42.95
5.	Brian Prince	50	Mildenhall	44.44

55/59 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Alan Wilton	57	Diss Otters	37.62
2.	Christopher Dunnington	58	Clacton On S	43.64
3.	Peter Jones	56	Mildenhall	55.97

60/64 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Leonard Phoenix	61	Stowmarket	38.76
2.	Stuart McLellan	61	Sudbury	40.74

65/69 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Derek Parr	66	Broomfield	44.00

75/79 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Neil Howell	78	East Anglian	1:00.65

EVENT 107 Womens 18 Yrs/Over 50m Backstroke

18/24 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Amanda Bedder	24	Norwich Swan	34.37
2.	Laura Pattern	18	Wisbech	35.43
3.	Clare Freeman	19	Norwich Swan	37.71
4.	Emily Barwick	23	UEA Norwich	37.86
5.	Charlotte Stanley	20	Newmarket	38.73
6.	Gemma Bedford	22	Sudbury	39.70
7.	Clare Bowling	23	West Norfolk	42.40
8.	Anna Frostwick	21	Little Fish	43.06
	Kelly Murray	20	Sudbury	DNC

25/29 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Catherine Markwell	29	UEA Norwich	35.08
2.	Stephanie Park	26	Thefford	35.22
3.	Laura Blowers	27	East Anglian	35.91
4.	Samantha Patterson	29	Newmarket	39.65
5.	Nicola Ketland	26	Little Fish	39.94

30/34 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Anna Freiberg	31	Stowmarket	39.86

35/39 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Anne Vanner	38	Ware	36.11
2.	Helen Dixon	35	East Anglian	36.89
3.	Julia Green	36	Stowmarket	39.36
4.	Lucy Ryan	37	Wisbech	40.62
5.	Johanna Langley	39	West Norfolk	40.95
6.	Amanda White	37	Ware	42.27

40/44 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Karen Wylie	43	Stowmarket	44.74
2.	Elizabeth MacDonald	41	UEA Norwich	45.30

45/49 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Hannah Ueckermann	47	Witham Dolph	38.31
2.	Dina Thornton	47	Diss Otters	42.70
3.	Valerie Bull	48	UEA Norwich	44.90
4.	Jane Smith	46	Newmarket	45.98

50/54 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Jane Blackwell	51	UEA Norwich	45.55
2.	Jacqueline Patel	50	Kings Corm	55.20

55/59 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Sally Lelean	59	Diss Otters	54.04

60/64 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Patricia Jackson	63	East Anglian	44.79
2.	Judy Smither	61	Diss Otters	49.98

65/69 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Christine McIntyre	66	Felixstowe	54.39
2.	Alvine Haistead	67	East Anglian	1:09.69
	Susan Holdich	67	Stowmarket	DNC

70/74 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Ruth Miller	73	West Suffolk	1:04.24

EVENT 108 Mens 18 Yrs/Over 50m Butterfly**18/24 Yrs Age Group**

Place	Name	AaD	Club	Time
1.	Sam Watts	24	UEA Norwich	27.70
2.	Jamie Rush	22	Diss Otters	29.66
3.	Thomas Quinton	18	UEA Norwich	30.27
4.	John Holman	24	West Norfolk	34.53
5.	Christopher Hickey	22	Felixstowe	38.31

25/29 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Thomas Williams	25	Sudbury	28.07
2.	Max Paterson	29	East Anglian	31.74
3.	Ian Stuart	29	West Suffolk	32.20

30/34 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Spencer Wix	30	Deben	31.37
2.	Emmanuel Lorejo	34	West Suffolk	32.23
	Paul Longland	31	Trafford Met	DNC
	Stephen Longland	31	Bristol Hen	DNC

40/44 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Phillip Moulson	44	East Anglian	31.77
2.	David Griggs	42	Romford Town	32.00
3.	David Pearson	41	West Suffolk	33.86
4.	Duncan Spicer	44	Ruislip Nwd	37.68

45/49 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Martyn Fresher	48	Chatteris	32.36

2.	Stephen Coe	47	Thefford	33.48
3.	Paul James	47	Co Cambridge	33.80
4.	Adam Lelean	48	Diss Otters	34.07
5.	Mark Nowell	47	Diss Otters	36.41
6.	Steven Coote	46	Buntingford	46.64

50/54 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Philip Cotton	54	Norwich Swan	31.84
2.	Perry Prince	50	Thefford	34.74
3.	Thomas Morrow	54	Co Milton K	35.20
4.	Simon Merrett	50	Deben	37.30
5.	Paul Martin	51	Thefford	39.97
6.	Nigel Bowen	52	Diss Otters	41.76
	John Browne	52	Mildenhall	DQ SA-2L

55/59 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Peter Jones	56	Mildenhall	50.72
	Alan Wilton	57	Diss Otters	DNC

60/64 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Christopher Trueman	63	UEA Norwich	37.65
2.	Stuart McLellan	61	Sudbury	39.64
3.	Leonard Phoenix	61	Stowmarket	40.75

65/69 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Derek Parr	66	Broomfield	33.95
2.	George Jackson	65	East Anglian	44.05

EVENT 109 Womens 18 Yrs/Over 50m Butterfly**18/24 Yrs Age Group**

Place	Name	AaD	Club	Time
1.	Clare Freeman	19	Norwich Swan	34.17
2.	Amanda Bedder	24	Norwich Swan	34.36
3.	Laura Pattern	18	Wisbech	34.80
4.	Sophie Franks	18	Felixstowe	38.82
5.	Gemma Bedford	22	Sudbury	38.98
6.	Sarah Bowling	20	West Norfolk	40.28
7.	Anna Frostwick	21	Little Fish	43.22
	Kelly Murray	20	Sudbury	DNC

25/29 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Sarah Osman	26	UEA Norwich	32.60
2.	Catherine Markwell	29	UEA Norwich	32.79
3.	Joannie Marriott	28	UEA Norwich	32.90
4.	Hollie Wells	26	Louth	34.37
5.	Stephanie Park	26	Thefford	36.14
6.	Nicola Ketland	26	Little Fish	44.63

30/34 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Vanessa Miemietz	32	UEA Norwich	40.54

35/39 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Katie Whiting	35	UEA Norwich	33.20
2.	Lucy Ryan	37	Wisbech	35.06
3.	Johanna Langley	39	West Norfolk	39.75
4.	Julia Green	36	Stowmarket	40.39

40/44 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Karen O'Dea	41	Ruislip Nwd	33.96
2.	Josephine Cresswell	42	East Anglian	36.12

45/49 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Debbie Matless	47	UEA Norwich	33.46
2.	Dina Thornton	47	Diss Otters	36.69
3.	Valerie Bull	48	UEA Norwich	40.23
4.	Lisa Sarson	45	Diss Otters	45.11
	Hannah Ueckermann	47	Witham Dolph	DNC

50/54 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Jane Blackwell	51	UEA Norwich	43.62
2.	Jacqueline Patel	50	Kings Corm	51.43

60/64 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Patricia Jackson	63	East Anglian	41.28

EVENT 110 Mens 18 Yrs/Over 50m Breaststroke**18/24 Yrs Age Group**

Place	Name	AaD	Club	Time
1.	David Harrison	24	Stowmarket	30.61
2.	Richard Bell	24	Louth	32.79
3.	Matthew Bussey	21	Norfolk Vikg	36.70
4.	Thomas Quinton	18	UEA Norwich	36.73
5.	Christopher Hickey	22	Felixstowe	39.58

25/29 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Thomas Williams	25	Sudbury	32.05
2.	Ian Stuart	29	West Suffolk	35.51
3.	Max Paterson	29	East Anglian	35.76
4.	Russell Gardner	29	Louth	36.93

30/34 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Emmanuel Lorejo	34	West Suffolk	35.16
2.	Alan Wallace	34	Co Cambridge	38.35
3.	Philip Rowland	32	Little Fish	49.91

35/39 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Mark Claxton	39	Norfolk Vikg	34.70
2.	Lee Bennett	39	UEA Norwich	46.82

40/44 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Adam Korn	44	East Anglian	37.21
2.	Richard Leech	44	Huntingdon	40.90
3.	Andrew Varvel	43	Little Fish	43.30
4.	Robert Arthur	42	West Norfolk	44.72
5.	Andrew Rose	43	Diss Otters	50.98

45/49 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Martyn Fresher	48	Chatteris	35.60
2.	Adam Lelean	48	Diss Otters	37.37
3.	Peter Lynch	48	Stowmarket	37.97
4.	David Wyllie	45	Stowmarket	40.51
5.	Mark Nowell	47	Diss Otters	42.22
6.	Stephen Coe	47	Thetford	42.89
7.	Paul James	47	Co Cambridge	45.59
8.	Steven Coote	46	Buntingford	47.81
9.	Robert Garry	46	Mildenhall	53.59

50/54 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Thomas Morrow	54	Co Milton K	36.44
2.	Simon Merrett	50	Deben	38.75
3.	Philip Cotton	54	Norwich Swan	39.25
4.	Perry Prince	50	Thetford	39.78
5.	Paul Martin	51	Thetford	45.26
6.	Brian Prince	50	Mildenhall	48.28
7.	John Browne	52	Mildenhall	52.13

55/59 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Alan Wilton	57	Diss Otters	38.94
2.	Christopher Dunington	58	Clacton On S	46.56
3.	Peter Rank	58	Co Cambridge	49.56
4.	Anthony Trayford	58	West Norfolk	54.34
5.	Peter Jones	56	Mildenhall	56.93

60/64 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Christopher Trueman	63	UEA Norwich	41.17
2.	Stuart McLellan	61	Sudbury	44.85
3.	Leonard Phoenix	61	Stowmarket	45.41

65/69 Yrs Age Group

Place	Name	AaD	Club	Time
1.	George Jackson	65	East Anglian	42.79
2.	Derek Parr	66	Broomfield	46.10

75/79 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Neil Howell	78	East Anglian	57.73

80 Yrs/Over Age Group

Place	Name	AaD	Club	Time
1.	Donald Macfarlane	81	West Norfolk	1:05.36

EVENT 111 Womens 18 Yrs/Over 50m Breaststroke**18/24 Yrs Age Group**

Place	Name	AaD	Club	Time
1.	Louise Bush	19	UEA Norwich	35.54
2.	Amanda Bedder	24	Norwich Swan	39.25
3.	Clare Freeman	19	Norwich Swan	42.56
4.	Charlotte Stanley	20	Newmarket	45.30
5.	Gemma Bedford	22	Sudbury	46.42
6.	Anna Frostwick	21	Little Fish	48.37
	Laura Kenna	19	UEA Norwich	DNC
	Kelly Murray	20	Sudbury	DNC

25/29 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Joannie Marriott	28	UEA Norwich	39.14
2.	Hollie Wells	26	Louth	40.14
3.	Samantha Patterson	29	Newmarket	41.88

30/34 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Lynne Meale	33	UEA Norwich	36.63

2.	Vanessa Miemietz	32	UEA Norwich	45.97
3.	Anna Freiberg	31	Stowmarket	46.78

35/39 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Lucy Ryan	37	Wisbech	36.24
2.	Amanda White	37	Ware	40.65
3.	Helen Dixon	35	East Anglian	43.52
4.	Julia Green	36	Stowmarket	45.45
5.	Johanna Langley	39	West Norfolk	46.80

40/44 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Joanne Johnson	40	UEA Norwich	39.26
2.	Karen O'Dea	41	Ruislip Nwd	39.96
3.	Elizabeth MacDonald	41	UEA Norwich	51.10

45/49 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Hannah Ueckermann	47	Witham Dolph	40.68
2.	Dina Thornton	47	Diss Otters	43.31

3.	Valerie Bull	48	UEA Norwich	51.00
4.	Claire Harrington	48	Deben	59.76

50/54 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Jacqueline Patel	50	Kings Corm	48.67

55/59 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Sally Lelean	59	Diss Otters	54.27

60/64 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Patricia Jackson	63	East Anglian	47.87
2.	Judy Smither	61	Diss Otters	49.18
3.	Vicki Buck	60	Sudbury	51.97

65/69 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Christine McIntyre	66	Felixstowe	55.55
2.	Sylvia Samuals	66	Newmarket	58.89
3.	Alvine Haistead	67	East Anglian	59.83
	Susan Holdich	67	Stowmarket	DNC

EVENT 112 Mens 18 Yrs/Over 100m IM

18/24 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Thomas Quinton	18	UEA Norwich	1:05.40
2.	Richard Bell	24	Louth	1:05.43
3.	Adam Duszynski	21	Stowmarket	1:07.85
4.	Christopher Hickey	22	Felixstowe	1:21.61
	Matthew Bussey	21	Norfolk Vikg	DNC

25/29 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Thomas Williams	25	Sudbury	1:06.84
2.	Max Paterson	29	East Anglian	1:09.61
3.	Ian Stuart	29	West Suffolk	1:16.11
4.	Russell Gardner	29	Louth	1:16.26

30/34 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Ashley Buck	30	Sudbury	1:04.40
2.	Alan Wallace	34	Co Cambridge	1:12.04

35/39 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Mark Claxton	39	Norfolk Vikg	1:12.07
2.	Iain Milligan	38	West Suffolk	1:28.48
3.	Lee Bennett	39	UEA Norwich	1:34.66

40/44 Yrs Age Group

Place	Name	AaD	Club	Time
1.	David Griggs	42	Romford Town	1:12.02
2.	Adam Korn	44	East Anglian	1:14.19
3.	Ian Balfour	42	Norfolk Vikg	1:16.09
4.	Duncan Spicer	44	Ruislip Nwd	1:26.77
5.	Kevin Osborne	44	Diss Otters	1:32.51

45/49 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Martyn Fresher	48	Chatteris	1:12.80
2.	Adam Lelean	48	Diss Otters	1:16.26
3.	Paul James	47	Co Cambridge	1:19.63
4.	Mark Nowell	47	Diss Otters	1:23.41
	David Wyllie	45	Stowmarket	DQ SA-1L

50/54 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Philip Cotton	54	Norwich Swan	1:18.06
2.	Thomas Morrow	54	Co Milton K	1:20.39
3.	Simon Merrett	50	Deben	1:21.11
4.	Paul Martin	51	Thefford	1:33.21
5.	Brian Prince	50	Mildenhall	1:41.38
6.	John Browne	52	Mildenhall	1:59.73

55/59 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Alan Wilton	57	Diss Otters	1:18.13
2.	Christopher Dunington	58	Clacton On S	1:32.92
3.	Peter Jones	56	Mildenhall	2:03.13
	Peter Rank	58	Co Cambridge	DQ T-2L

60/64 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Stuart McLellan	61	Sudbury	1:25.87
2.	Leonard Phoenix	61	Stowmarket	1:25.89
3.	Christopher Trueman	63	UEA Norwich	1:29.40

65/69 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Derek Parr	66	Broomfield	1:26.47
2.	George Jackson	65	East Anglian	1:40.39

EVENT 113 Womens 18 Yrs/Over 100m IM

18/24 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Louise Bush	19	UEA Norwich	1:13.63
2.	Amanda Bedder	24	Norwich Swan	1:14.58
3.	Clare Freeman	19	Norwich Swan	1:20.63
4.	Sophie Franks	18	Felixstowe	1:25.75
5.	Gemma Bedford	22	Sudbury	1:27.58
6.	Emily Barwick	23	UEA Norwich	1:27.65
7.	Anna Frostwick	21	Little Fish	1:33.18
8.	Clare Bowling	23	West Norfolk	1:34.23
	Kelly Murray	20	Sudbury	DNC

25/29 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Catherine Markwell	29	UEA Norwich	1:15.28
2.	Joannie Marriott	28	UEA Norwich	1:15.94
3.	Laura Blowers	27	East Anglian	1:21.45
4.	Samantha Patterson	29	Newmarket	1:23.50
5.	Nicola Ketland	26	Little Fish	1:33.53
	Hollie Wells	26	Louth	DNC

30/34 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Lynne Meale	33	UEA Norwich	1:14.42
2.	Vanessa Miemietz	32	UEA Norwich	1:30.10

35/39 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Lucy Ryan	37	Wisbech	1:17.51
2.	Anne Vanner	38	Ware	1:17.57
3.	Johanna Langley	39	West Norfolk	1:25.84
4.	Julia Green	36	Stowmarket	1:27.20
	Katie Whiting	35	UEA Norwich	DNC

40/44 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Joanne Johnson	40	UEA Norwich	1:16.82

2.	Karen O'Dea	41	Ruislip Nwd	1:17.27
3.	Josephine Cresswell	42	East Anglian	1:27.36
4.	Karen Wyllie	43	Stowmarket	1:38.42
5.	Elizabeth MacDonald	41	UEA Norwich	1:39.81

45/49 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Hannah Ueckermann	47	Witham Dolph	1:21.90
2.	Dina Thornton	47	Diss Otters	1:25.85
3.	Valerie Bull	48	UEA Norwich	1:36.01
4.	Lisa Sarson	45	Diss Otters	1:38.31
5.	Jane Smith	46	Newmarket	1:43.06

50/54 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Jenny Mayne	50	UEA Norwich	1:34.34
2.	Jane Blackwell	51	UEA Norwich	1:41.95
3.	Jacqueline Patel	50	Kings Corm	1:44.63

55/59 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Sally Lelean	59	Diss Otters	1:55.33

60/64 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Patricia Jackson	63	East Anglian	1:35.97
	Judy Smither	61	Diss Otters	DNC
	Vicki Buck	60	Sudbury	DNC

65/69 Yrs Age Group

Place	Name	AaD	Club	Time
	Susan Holdich	67	Stowmarket	DNC

70/74 Yrs Age Group

Place	Name	AaD	Club	Time
1.	Ruth Miller	73	West Suffolk	2:21.97

EVENT 114 4x25m F/Style Relay 200yrs Mixed

Place	Name	A.G	Club	Time
1.	Diss Appeared		Diss Otters	1:00.53
2.	East Anglian Swallow T		East Anglian	1:01.50
2.	Stowmarket SC		Stowmarket	1:01.50
4.	UEA City of Norwich SC		UEA Norwich	1:03.60
5.	Diss Approved		Diss Otters	1:07.70
6.	Forest Heath Saxons SC		Saxons	1:15.54
	West Norfolk Swimming		West Norfolk	DQ ST-2L

EVENT 115 4x25m F/Style Relay 160yrs Mixed

Place	Name	A.G	Club	Time
1.	Stowmarket SC		Stowmarket	1:00.46
2.	Diss Otters SC		Diss Otters	1:07.36

EVENT 116 4x25m F/Style Relay 120yrs Mixed

Place	Name	A.G	Club	Time
1.	East Anglian Swallow T		East Anglian	58.95
2.	Forest Heath Saxons SC		Saxons	1:02.98