

Norfolk County ASA Open Masters Competition 21st May 2011

Under ASA Laws & ASA Technical Rules of Swimming

at Norwich Sports Park (UEA)

EVENT 1 Mixed 200+ Yrs 4x25m Medley Team

1	UEA City of Norwich A	UEA Norwich	1:10.70
2	Diss Organised	Diss Otters	1:13.31
3	East Anglian Swallow T	East Anglian	1:20.47
4	West Norfolk Swimming	West Norfolk	1:22.05

EVENT 2 Mixed 160+ Yrs 4x25m Medley Team

1	Diss -turbed	Diss Otters	1:04.43
2	East Anglian Swallow T	East Anglian	1:06.10
3	Forest Heath Saxons SC	Saxons	1:17.63
4	Diss-aster	Diss Otters	1:20.79
5	Little Fish Mackrel	Little Fish	1:22.43

EVENT 3 Mixed 120+ Yrs 4x25m Medley Team

1	East Anglian Swallow T	East Anglian	1:02.89
2	Forest Heath Saxons SC	Saxons	1:05.44
3	Little Fish Sardine	Little Fish	1:13.64
4	Little Fish Pilchard	Little Fish	1:17.78
	UEA City of Norwich A	UEA Norwich	DQ O-1L

EVENT 4 Mens 50m Freestyle

18/24 Yrs Age Group - Full Results

1	Jamie RUSH	23	Diss Otters	26.77
2	Ben JOHNSON	19	UEA Norwich	27.01
3	Aaron STANNARD	21	Harle Piran	27.20
4	Joshua HOLMAN	19	West Norfolk	28.78
5	Joshua HALL	18	Newmarket	31.44
6	Alex WATSON	22	Harle Piran	33.36
	David TRELIVING	24	Colchester	DNC

25/29 Yrs Age Group - Full Results

1	David HARRISON	25	Stowmarket	24.74
2	Sam WATTS	25	UEA Norwich	25.58
3	Tom HARRISON	29	Stowmarket	27.24
4	Oliver BUMSTEAD	28	Stowmarket	27.40
5	James WILSON	26	East Anglian	30.71
6	John HOLMAN	25	West Norfolk	30.76
7	Ross CARTER	28	Little Fish	31.15

30/34 Yrs Age Group - Full Results

1	Shaun HARRISON	32	Stowmarket	25.16
2	Max PATERSON	30	Norfolk Vikg	25.47
3	Russell GARDNER	30	Louth	29.48
4	Peter WINTER	31	Newmarket	30.29
5	Philip ROWLAND	33	Little Fish	34.47
6	Tim HILLS	31	Harle Piran	35.23

35/39 Yrs Age Group - Full Results

1	Jason GARNHAM	37	Harle Piran	28.12
2	Alan WALLACE	35	Co Cambridge	29.77

40/44 Yrs Age Group - Full Results

1	Mark CLAXTON	40	Norfolk Vikg	28.18
2	Phillip GILBEY	44	Newmarket	28.97
3	Ian BALFOUR	43	Norfolk Vikg	29.83
4	Gary GANNON	42	Little Fish	32.18
5	Andrew VARVEL	44	Little Fish	32.83
6	Lee BENNETT	40	UEA Norwich	33.69
7	Graeme SMITH	42	UEA Norwich	37.54
8	Ashley PALMER	43	Little Fish	41.36
9	Andrew ROSE	44	Diss Otters	41.70

45/49 Yrs Age Group - Full Results

1	Marcel SCHOLTEN	45	Modernians	25.89
2	Martyn FRESHER	49	Chatteris	28.60
3	Phillip MOULSON	45	East Anglian	29.27
4	Steve COE	48	Thetford	29.67
5	Adam LELEAN	49	Diss Otters	30.61
6	Simon HEATH	46	Diss Otters	31.93
7	Steve COOTE	45	Buntingford	32.04
8	Duncan SPICER	45	Ruislip Nwd	32.50
9	William HUTCHINGS	45	Diss Otters	34.59
10	Rob GARRY	47	Mildenhall	37.38
11	Keith SPENCE	45	South Beds	38.17
12	Thomas HANRAHAN	46	Little Fish	40.98
	Richard LEECH	45	Huntingdon	DQ ST-

50/54 Yrs Age Group - Full Results

1	David CARTLEDGE	51	Modernians	27.83
2	Jason GRACE	50	Co Ely	34.60

55/59 Yrs Age Group - Full Results

1	Philip COTTON	55 Norwich Swan	30.14
2	Alan WILTON	58 Diss Otters	32.06
3	Thomas MORROW	55 Co Milton K	32.55
4	Mark HALL	55 Newmarket	41.57
5	Tony TRAYFORD	59 West Norfolk	47.40

60/64 Yrs Age Group - Full Results

1	Philip COGHLAN	60 East Anglian	32.45
2	Len PHOENIX	62 Stowmarket	33.93
	Chris TRUEMAN	64 UEA Norwich	DQ ST-

65/69 Yrs Age Group - Full Results

1	Paul CLARKE	69 Team Luton	37.89
2	George JACKSON	66 East Anglian	38.99

70/74 Yrs Age Group - Full Results

1	John YOUNGMAN	70 West Norfolk	39.18
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75/79 Yrs Age Group - Full Results

1	Neil HOWELL	79 East Anglian	58.26
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80 Yrs/Over Age Group - Full Results

1	Donald MACFARLANE	82 West Norfolk	59.65
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EVENT 5 Womens 50m Freestyle**18/24 Yrs Age Group - Full Results**

1	Sarah GREENWOOD	24 UEA Norwich	28.61
2	Laura HEALEY	22 Lstoft & OB	31.16
3	Alison JEFFRIES	22 Stowmarket	32.17
4	Anna FROSTWICK	22 Little Fish	32.51
5	Gemma BEDFORD	23 Lstoft & OB	33.37
6	Emily BARWICK	24 UEA Norwich	34.47
7	Clare BOWLING	24 West Norfolk	38.26
8	Sarah BOWLING	21 West Norfolk	38.41
	Jessica NELSON	19 Newmarket	DNC

25/29 Yrs Age Group - Full Results

1	Joannie MARRIOTT	29 UEA Norwich	29.19
2	Katie HIGGON	27 Colchester	30.85
3	Katie BULL	29 UEA Norwich	30.88
4	Hanna DABBOUR	28 Bath Dolphin	31.82
5	Stephanie PARK	27 Thetford	32.49
6	Joanna MAIN	29 Little Fish	35.35
7	Alexandra HOUSE	27 Mildenhall	38.92
8	Rachael PELLATT	26 UEA Norwich	43.20

30/34 Yrs Age Group - Full Results

1	Lynne MEALE	34 UEA Norwich	29.36
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35/39 Yrs Age Group - Full Results

1	Anne VANNER	39 Ware	30.52
2	Helen DIXON	36 East Anglian	32.03
3	Julia GREEN	37 Diss Otters	33.72

40/44 Yrs Age Group - Full Results

1	Karen O' DEA	42 Ruislip Nwd	30.56
2	Jo JOHNSON	41 UEA Norwich	30.59
3	Ruth BROWN	41 West Suffolk	31.82
4	Josephine CRESSWELL	43 East Anglian	33.93
5	Vanessa MANN	42 UEA Norwich	34.12
6	Rebecca DRIVER	43 Harle Piran	41.35
7	Jenny HOWE	43 Little Fish	42.13
8	Chantelle PLUCKROSE	42 Little Fish	42.14
9	Amanda BARRETT	41 Little Fish	46.58

45/49 Yrs Age Group - Full Results

1	Deb MATLESS	48 UEA Norwich	30.75
2	Dina THORNTON	48 Diss Otters	32.67
3	Hannah UECKERMANN	48 Witham Dolph	34.02
4	Jane SMITH	47 Newmarket	37.96
5	Sarah TAYLOR	46 West Norfolk	41.60

50/54 Yrs Age Group - Full Results

1	Jenny MAYNE	51 UEA Norwich	33.83
2	Christine GOODAIR	54 Kings Corm	35.28
3	Jane BLACKWELL	52 Norwich Swan	35.31
4	Jacqueline PATEL	51 Kings Corm	38.60
5	Vanessa POOLEY	53 East Anglian	39.75
6	Carol SIMPSON	52 Little Fish	57.27

55/59 Yrs Age Group - Full Results

1	Karen BELLAS	59 Camden Swiss	36.01
2	Jeanie MORLEY	55 Mildenhall	41.69

60/64 Yrs Age Group - Full Results

1	Pat JACKSON	64 East Anglian	38.77
2	Vicki BUCK	61 Sudbury	40.94
3	Sally LELEAN	60 Diss Otters	50.19

65/69 Yrs Age Group - Full Results

1	Christine MCINTYRE	67 Felixstowe	46.14
2	Valerie STANDAGE	69 Colchester	48.00
3	Alvine HAISTEAD	68 East Anglian	54.13

80 Yrs/Over Age Group - Full Results

1	Jane ASHER	80 Kings Corm	38.16
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EVENT 6 Mens 50m Backstroke**18/24 Yrs Age Group - Full Results**

1	Aaron STANNARD	21 Harle Piran	31.53
2	Joshua HALL	18 Newmarket	36.91
	David TRELIVING	24 Colchester	DNC

25/29 Yrs Age Group - Full Results

1	David HARRISON	25 Stowmarket	30.35
2	Tom HARRISON	29 Stowmarket	34.39

30/34 Yrs Age Group - Full Results

1	Ashley BUCK	31 Newmarket	28.03
2	Max PATERSON	30 Norfolk Vikg	31.10
3	Russell GARDNER	30 Louth	36.74
4	Peter WINTER	31 Newmarket	36.81

35/39 Yrs Age Group - Full Results

1	Alan WALLACE	35 Co Cambridge	32.94
2	Jason GARNHAM	37 Harle Piran	34.52

40/44 Yrs Age Group - Full Results

1	Mark CLAXTON	40 Norfolk Vikg	35.37
2	Phillip GILBEY	44 Newmarket	37.26
3	Andrew VARVEL	44 Little Fish	41.46
4	Lee BENNETT	40 UEA Norwich	45.90

45/49 Yrs Age Group - Full Results

1	Adam KORN	45 East Anglian	33.12
2	Martyn FRESHER	49 Chatteris	35.35
3	Richard LEECH	45 Huntingdon	37.85
4	Steve COE	48 Thetford	38.55
5	Adam LELEAN	49 Diss Otters	40.14
6	Keith SPENCE	45 South Beds	44.40
7	Simon HEATH	46 Diss Otters	45.30
8	William HUTCHINGS	45 Diss Otters	46.95
9	Thomas HANRAHAN	46 Little Fish	50.58

50/54 Yrs Age Group - Full Results

1	David CARTLEDGE	51 Modernians	32.51
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55/59 Yrs Age Group - Full Results

1	Philip COTTON	55 Norwich Swan	36.25
2	Alan WILTON	58 Diss Otters	38.20

60/64 Yrs Age Group - Full Results

1	Len PHOENIX	62 Stowmarket	40.15
2	Philip COGHLAN	60 East Anglian	45.09

65/69 Yrs Age Group - Full Results

1	Paul CLARKE	69 Team Luton	46.54
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70/74 Yrs Age Group - Full Results

1	John YOUNGMAN	70 West Norfolk	50.92
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75/79 Yrs Age Group - Full Results

1	Neil HOWELL	79 East Anglian	1:02.04
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EVENT 7 Womens 50m Backstroke**18/24 Yrs Age Group - Full Results**

1	Laura HEALEY	22 Lstof & OB	33.53
2	Hannah STOCKLEY	24 Stowmarket	35.37
3	Emily BARWICK	24 UEA Norwich	38.05
4	Gemma BEDFORD	23 Lstof & OB	39.20
5	Clare BOWLING	24 West Norfolk	44.31
6	Sarah BOWLING	21 West Norfolk	44.69
	Jessica NELSON	19 Newmarket	DNC

25/29 Yrs Age Group - Full Results

1	Stephanie PARK	27 Thetford	35.37
2	Joannie MARRIOTT	29 UEA Norwich	35.79
3	Joanna MAIN	29 Little Fish	37.56
4	Katie HIGGON	27 Colchester	37.83
5	Nikki ROWLAND	27 Little Fish	39.88

35/39 Yrs Age Group - Full Results

1	Anne VANNER	39 Ware	36.47
2	Helen DIXON	36 East Anglian	36.74
3	Julia GREEN	37 Diss Otters	40.08

40/44 Yrs Age Group - Full Results

1	Ruth BROWN	41 West Suffolk	38.65
2	Vanessa MANN	42 UEA Norwich	45.78
3	Jenny HOWE	43 Little Fish	46.09
4	Chantelle PLUCKROSE	42 Little Fish	49.06

45/49 Yrs Age Group - Full Results

1	Hannah UECKERMANN	48 Witham Dolph	38.59
2	Dina THORNTON	48 Diss Otters	42.13
3	Jane SMITH	47 Newmarket	44.38
4	Sarah TAYLOR	46 West Norfolk	52.42

50/54 Yrs Age Group - Full Results

1	Christine GOODAIR	54 Kings Corm	43.64
2	Vanessa POOLEY	53 East Anglian	45.11
3	Jane BLACKWELL	52 Norwich Swan	45.58
4	Jacqueline PATEL	51 Kings Corm	53.07

55/59 Yrs Age Group - Full Results

1	Karen BELLAS	59 Camden Swiss	48.15
	Jeanie MORLEY	55 Mildenhall	DQ SA-1L

60/64 Yrs Age Group - Full Results

1	Pat JACKSON	64 East Anglian	44.15
2	Sally LELEAN	60 Diss Otters	54.37

65/69 Yrs Age Group - Full Results

1	Christine MCINTYRE	67 Felixstowe	54.13
2	Valerie STANDAGE	69 Colchester	58.09
3	Alvine HAISTEAD	68 East Anglian	1:08.91

80 Yrs/Over Age Group - Full Results

1	Jane ASHER	80 Kings Corm	46.10
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EVENT 8 Mens 50m Butterfly**18/24 Yrs Age Group - Full Results**

1	Ben JOHNSON	19 UEA Norwich	29.11
2	Jamie RUSH	23 Diss Otters	30.17
3	Aaron STANNARD	21 Harle Piran	30.94
4	Joshua HOLMAN	19 West Norfolk	36.70
	David TRELIVING	24 Colchester	DNC

25/29 Yrs Age Group - Full Results

1	Sam WATTS	25 UEA Norwich	26.83
2	David HARRISON	25 Stowmarket	26.91
3	Oliver BUMSTEAD	28 Stowmarket	31.08
4	Tom HARRISON	29 Stowmarket	31.31
5	John HOLMAN	25 West Norfolk	33.79
6	James WILSON	26 East Anglian	34.52

30/34 Yrs Age Group - Full Results

1	Shaun HARRISON	32 Stowmarket	28.16
2	Max PATERSON	30 Norfolk Vikg	31.11

40/44 Yrs Age Group - Full Results

1	Ian BALFOUR	43 Norfolk Vikg	32.37
2	Lee BENNETT	40 UEA Norwich	42.11

45/49 Yrs Age Group - Full Results

1	Marcel SCHOLTEN	45 Modernians	30.99
2	Phillip MOULSON	45 East Anglian	32.06
3	Martyn FRESHER	49 Chatteris	33.00
4	Steve COE	48 Thetford	33.37
5	Adam LELEAN	49 Diss Otters	35.00
6	Duncan SPICER	45 Ruislip Nwd	37.18
7	Simon HEATH	46 Diss Otters	39.50
8	Rob GARRY	47 Mildenhall	49.84

50/54 Yrs Age Group - Full Results

1	David CARTLEDGE	51 Modernians	30.78
2	Jason GRACE	50 Co Ely	42.45

55/59 Yrs Age Group - Full Results

1	Philip COTTON	55 Norwich Swan	32.42
2	Thomas MORROW	55 Co Milton K	36.29
3	Alan WILTON	58 Diss Otters	37.85

60/64 Yrs Age Group - Full Results

1	Philip COGHLAN	60 East Anglian	36.81
2	Chris TRUEMAN	64 UEA Norwich	38.89
3	Len PHOENIX	62 Stowmarket	43.13

65/69 Yrs Age Group - Full Results

1	George JACKSON	66 East Anglian	44.67
2	Paul CLARKE	69 Team Luton	49.49

EVENT 9 Womens 50m Butterfly**18/24 Yrs Age Group - Full Results**

1	Sarah GREENWOOD	24 UEA Norwich	30.65
2	Alison JEFFRIES	22 Stowmarket	36.36
3	Laura HEALEY	22 Lstof & OB	36.87
4	Gemma BEDFORD	23 Lstof & OB	38.60
5	Emily BARWICK	24 UEA Norwich	41.48
6	Anna FROSTWICK	22 Little Fish	41.66
7	Sarah BOWLING	21 West Norfolk	42.84
	Jessica NELSON	19 Newmarket	DNC

25/29 Yrs Age Group - Full Results

1	Joannie MARRIOTT	29 UEA Norwich	32.63
2	Katie BULL	29 UEA Norwich	34.15
3	Hanna DABBOUR	28 Bath Dolphin	35.40
4	Stephanie PARK	27 Thetford	36.09
5	Katie HIGGON	27 Colchester	36.51

30/34 Yrs Age Group - Full Results

1	Lynne MEALE	34 UEA Norwich	32.02
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35/39 Yrs Age Group - Full Results

1	Anne VANNER	39 Ware	35.25
2	Julia GREEN	37 Diss Otters	40.70

40/44 Yrs Age Group - Full Results

1	Karen O' DEA	42 Ruislip Nwd	34.89
2	Josephine CRESSWELL	43 East Anglian	35.19
3	Vanessa MANN	42 UEA Norwich	40.27

45/49 Yrs Age Group - Full Results

1	Deb MATLESS	48 UEA Norwich	33.56
2	Dina THORNTON	48 Diss Otters	36.93
3	Sarah TAYLOR	46 West Norfolk	46.45
	Jane SMITH	47 Newmarket	DNC

50/54 Yrs Age Group - Full Results

1	Jane BLACKWELL	52 Norwich Swan	43.41
2	Jacqueline PATEL	51 Kings Corm	48.25
3	Christine GOODAIR	54 Kings Corm	49.31

55/59 Yrs Age Group - Full Results

1	Karen BELLAS	59 Camden Swiss	41.48
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60/64 Yrs Age Group - Full Results

1	Pat JACKSON	64 East Anglian	41.72
2	Sally LELEAN	60 Diss Otters	1:01.56

80 Yrs/Over Age Group - Full Results

1	Jane ASHER	80 Kings Corm	46.39
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EVENT 10 Mens 50m Breaststroke**18/24 Yrs Age Group - Full Results**

1	Ben JOHNSON	19 UEA Norwich	35.80
2	Joshua HALL	18 Newmarket	36.50
3	Alex WATSON	22 Harle Piran	39.23
	David TRELIVING	24 Colchester	DNC

25/29 Yrs Age Group - Full Results

1	David HARRISON	25 Stowmarket	31.31
2	Tom HARRISON	29 Stowmarket	35.30
3	Oliver BUMSTEAD	28 Stowmarket	36.69
4	Ross CARTER	28 Little Fish	43.22

30/34 Yrs Age Group - Full Results

1	Max PATERSON	30 Norfolk Vikg	35.41
2	Russell GARDNER	30 Louth	36.27
3	Tim HILLS	31 Harle Piran	44.69
4	Philip ROWLAND	33 Little Fish	47.21

35/39 Yrs Age Group - Full Results

1	Alan WALLACE	35 Co Cambridge	37.95
2	Jason GARNHAM	37 Harle Piran	38.56

40/44 Yrs Age Group - Full Results

1	Mark CLAXTON	40 Norfolk Vikg	35.18
2	Phillip GILBEY	44 Newmarket	37.14
3	Ian BALFOUR	43 Norfolk Vikg	39.54
4	Andrew VARVEL	44 Little Fish	42.79
5	Lee BENNETT	40 UEA Norwich	44.93
6	Graeme SMITH	42 UEA Norwich	45.24
7	Andrew ROSE	44 Diss Otters	51.86

45/49 Yrs Age Group - Full Results

1	Marcel SCHOLTEN	45 Modernians	32.25
2	Martyn FRESHER	49 Chatteris	35.12
3	Adam KORN	45 East Anglian	35.72
4	Adam LELEAN	49 Diss Otters	37.89
5	Richard LEECH	45 Huntingdon	40.43
6	Keith SPENCE	45 South Beds	42.04
7	Simon HEATH	46 Diss Otters	46.03
8	Steve COOTE	45 Buntingford	46.26
	Thomas HANRAHAN	46 Little Fish	DQ T-1L

50/54 Yrs Age Group - Full Results

1	David CARTLEDGE	51 Modernians	35.17
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55/59 Yrs Age Group - Full Results

1	Thomas MORROW	55	Co Milton K	37.44
2	Philip COTTON	55	Norwich Swan	39.83
3	Alan WILTON	58	Diss Otters	40.63
4	Mark HALL	55	Newmarket	53.72
5	Tony TRAYFORD	59	West Norfolk	54.82

60/64 Yrs Age Group - Full Results

1	Chris TRUEMAN	64	UEA Norwich	42.28
2	Len PHOENIX	62	Stowmarket	47.35
	Philip COGHLAN	60	East Anglian	DQ FI-2L

65/69 Yrs Age Group - Full Results

1	George JACKSON	66	East Anglian	44.64
2	Paul CLARKE	69	Team Luton	47.30

75/79 Yrs Age Group - Full Results

1	Neil HOWELL	79	East Anglian	59.39
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80 Yrs/Over Age Group - Full Results

1	Donald MACFARLANE	82	West Norfolk	1:04.53
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EVENT 11 Womens 50m Breaststroke**18/24 Yrs Age Group - Full Results**

1	Hannah STOCKLEY	24	Stowmarket	40.98
2	Gemma BEDFORD	23	Lstof & OB	43.27
3	Clare BOWLING	24	West Norfolk	51.72
	Jessica NELSON	19	Newmarket	DNC

25/29 Yrs Age Group - Full Results

1	Katie HIGGON	27	Colchester	38.84
2	Rachael PELLATT	26	UEA Norwich	54.50

30/34 Yrs Age Group - Full Results

1	Lynne MEALE	34	UEA Norwich	36.63
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35/39 Yrs Age Group - Full Results

1	Helen DIXON	36	East Anglian	43.02
2	Julia GREEN	37	Diss Otters	46.16

40/44 Yrs Age Group - Full Results

1	Jo JOHNSON	41	UEA Norwich	40.09
2	Karen O' DEA	42	Ruislip Nwd	40.17
3	Ruth BROWN	41	West Suffolk	40.61
4	Rebecca DRIVER	43	Harle Piran	55.12

45/49 Yrs Age Group - Full Results

1	Dina THORNTON	48	Diss Otters	42.88
2	Sarah TAYLOR	46	West Norfolk	49.29

50/54 Yrs Age Group - Full Results

1	Christine GOODAIR	54	Kings Corm	47.65
2	Jacqueline PATEL	51	Kings Corm	48.39

55/59 Yrs Age Group - Full Results

1	Karen BELLAS	59	Camden Swiss	48.59
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60/64 Yrs Age Group - Full Results

1	Pat JACKSON	64	East Anglian	48.65
2	Vicki BUCK	61	Sudbury	53.24
3	Sally LELEAN	60	Diss Otters	53.92

65/69 Yrs Age Group - Full Results

1	Christine MCINTYRE	67	Felixstowe	54.80
2	Alvine HAISTEAD	68	East Anglian	1:00.41
3	Valerie STANDAGE	69	Colchester	1:03.67

EVENT 12 Mens 100m IM**18/24 Yrs Age Group - Full Results**

1	Ben JOHNSON	19	UEA Norwich	1:07.67
2	Jamie RUSH	23	Diss Otters	1:08.16
3	Joshua HOLMAN	19	West Norfolk	1:19.62
4	Alex WATSON	22	Harle Piran	1:19.65
	David TRELIVING	24	Colchester	DNC

25/29 Yrs Age Group - Full Results

1	Tom HARRISON	29	Stowmarket	1:09.43
2	Oliver BUMSTEAD	28	Stowmarket	1:16.65
3	James WILSON	26	East Anglian	1:19.16
4	John HOLMAN	25	West Norfolk	1:20.42
	David HARRISON	25	Stowmarket	DNC

30/34 Yrs Age Group - Full Results

1	Ashley BUCK	31	Newmarket	1:02.21
2	Max PATERSON	30	Norfolk Vikg	1:10.60
3	Russell GARDNER	30	Louth	1:17.14
4	Peter WINTER	31	Newmarket	1:24.55
5	Philip ROWLAND	33	Little Fish	1:31.43
	Shaun HARRISON	32	Stowmarket	DNC

35/39 Yrs Age Group - Full Results

1	Jason GARNHAM	37	Harle Piran	1:19.37
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40/44 Yrs Age Group - Full Results

1	Mark CLAXTON	40	Norfolk Vikg	1:11.85
2	Phillip GILBEY	44	Newmarket	1:16.96
3	Gary GANNON	42	Little Fish	1:28.65
4	Lee BENNETT	40	UEA Norwich	1:33.07

45/49 Yrs Age Group - Full Results

1	Marcel SCHOLTEN	45	Modernians	1:08.05
2	Adam KORN	45	East Anglian	1:12.19
3	Martyn FRESHER	49	Chatteris	1:15.39
4	Adam LELEAN	49	Diss Otters	1:16.84
5	Steve COE	48	Thetford	1:21.03
6	Richard LEECH	45	Huntingdon	1:25.53
7	Simon HEATH	46	Diss Otters	1:26.53
8	Duncan SPICER	45	Ruislip Nwd	1:29.82
9	Steve COOTE	45	Buntingford	1:38.47
10	William HUTCHINGS	45	Diss Otters	1:40.53
11	Rob GARRY	47	Mildenhall	1:53.81

50/54 Yrs Age Group - Full Results

1	David CARTLEDGE	51	Modernians	1:09.45
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55/59 Yrs Age Group - Full Results

1	Philip COTTON	55	Norwich Swan	1:18.06
2	Thomas MORROW	55	Co Milton K	1:20.35
3	Alan WILTON	58	Diss Otters	1:22.85

60/64 Yrs Age Group - Full Results

1	Len PHOENIX	62 Stowmarket	1:27.38
2	Chris TRUEMAN	64 UEA Norwich	1:32.04
3	Philip COGHLAN	60 East Anglian	1:32.21

65/69 Yrs Age Group - Full Results

1	George JACKSON	66 East Anglian	1:41.82
2	Paul CLARKE	69 Team Luton	1:49.25

EVENT 13 Womens 100m IM**18/24 Yrs Age Group - Full Results**

1	Sarah GREENWOOD	24 UEA Norwich	1:13.93
2	Hannah STOCKLEY	24 Stowmarket	1:18.20
3	Alison JEFFRIES	22 Stowmarket	1:22.22
4	Gemma BEDFORD	23 Lstoft & OB	1:25.82
5	Anna FROSTWICK	22 Little Fish	1:30.14
	Jessica NELSON	19 Newmarket	DNC

45/49 Yrs Age Group - Full Results

1	Hannah UECKERMANN	48 Witham Dolph	1:22.14
2	Dina THORNTON	48 Diss Otters	1:25.37
3	Jane SMITH	47 Newmarket	1:38.99
4	Sarah TAYLOR	46 West Norfolk	1:41.67

50/54 Yrs Age Group - Full Results

1	Christine GOODAIR	54 Kings Corm	1:35.10
2	Jane BLACKWELL	52 Norwich Swan	1:38.17
3	Jacqueline PATEL	51 Kings Corm	1:41.24

25/29 Yrs Age Group - Full Results

1	Katie HIGGON	27 Colchester	1:20.70
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55/59 Yrs Age Group - Full Results

1	Karen BELLAS	59 Camden Swiss	1:32.98
2	Jeanie MORLEY	55 Mildenhall	1:55.06

30/34 Yrs Age Group - Full Results

1	Lynne MEALE	34 UEA Norwich	1:12.12
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60/64 Yrs Age Group - Full Results

1	Pat JACKSON	64 East Anglian	1:35.35
2	Sally LELEAN	60 Diss Otters	1:54.60

35/39 Yrs Age Group - Full Results

1	Anne VANNER	39 Ware	1:20.63
2	Julia GREEN	37 Diss Otters	1:26.55

80 Yrs/Over Age Group - Full Results

1	Jane ASHER	80 Kings Corm	1:42.58
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40/44 Yrs Age Group - Full Results

1	Jo JOHNSON	41 UEA Norwich	1:20.01
2	Josephine CRESSWELL	43 East Anglian	1:25.75
	Ruth BROWN	41 West Suffolk	DNC
	Vanessa MANN	42 UEA Norwich	DQ SL-3L
	Karen O' DEA	42 Ruislip Nwd	DQ ST-

EVENT 14 Mixed 200+ Yrs 4x25m Free.Team

1	UEA City of Norwich A	UEA Norwich	1:02.71
2	Diss Organised	Diss Otters	1:06.36
3	East Anglian Swallow T	East Anglian	1:13.80
4	West Norfolk Swimming	West Norfolk	1:21.19

EVENT 15 Mixed 160+ Yrs 4x25m Free.Team

1	Diss -turbed	Diss Otters	58.97
2	East Anglian Swallow T	East Anglian	1:00.05
3	Diss-aster	Diss Otters	1:11.25
4	Little Fish Mackrel	Little Fish	1:17.45
	Forest Heath Saxons SC	Saxons	DQ O-2L

EVENT 16 Mixed 120+ Yrs 4x25m Free.Team

1	UEA City of Norwich A	UEA Norwich	54.98
2	East Anglian Swallow T	East Anglian	56.48
3	Forest Heath Saxons SC	Saxons	56.57
4	Little Fish Sardine	Little Fish	1:02.10
5	Little Fish Pilchard	Little Fish	1:06.37