

Norfolk County ASA Long Course Open Masters Meet 7th May 2016

(Including Norfolk County ASA Closed Masters Championship)

at UEA Sportspark, Norwich

EVENT 1 Mens/Womens Open 400m Freestyle

MENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time									
1.	Harry CRISP	22	Norwich Swan	4:46.75									
	50m 32.49	100m 1:08.49	150m 1:44.77	200m 2:22.57	250m 2:58.01	300m 3:35.25	350m 4:11.89	400m 4:46.75					
	32.49	36.00	36.28	37.80	35.44	37.24	36.64	34.86					
2.	James RUSSEN	22	East Anglian	5:18.80									
	50m 34.34	100m 1:12.68	150m 1:52.55	200m 2:33.25	250m 3:14.45	300m 3:56.47	350m 4:38.18	400m 5:18.80					
	34.34	38.34	39.87	40.70	41.20	42.02	41.71	40.62					

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time									
1.	Nicolas BARBER	32	Otter	4:41.08									
	50m 31.58	100m 1:06.80	150m 1:40.99	200m 2:17.11	250m 2:52.84	300m 3:29.12	350m 4:05.11	400m 4:41.08					
	31.58	35.22	34.19	36.12	35.73	36.28	35.99	35.97					
2.	Ben THOMAS	34	Otter	4:47.16									
	50m 33.16	100m 1:10.65	150m 1:46.36	200m 2:23.49	250m 2:58.83	300m 3:35.86	350m 4:11.97	400m 4:47.16					
	33.16	37.49	35.71	37.13	35.34	37.03	36.11	35.19					
3.	Sam WATTS	30	East Anglian	4:56.16									
	50m 32.83	100m 1:08.70	150m 1:45.85	200m 2:23.16	250m 3:01.50	300m 3:41.56	350m 4:18.38	400m 4:56.16					
	32.83	35.87	37.15	37.31	38.34	40.06	36.82	37.78					

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time									
1.	David DAPORTA-MENDEZ	39	Out To Swim	4:52.64									
	50m 33.69	100m 1:10.65	150m 1:48.64	200m 2:26.40	250m 3:04.35	300m 3:41.75	350m 4:18.46	400m 4:52.64					
	33.69	36.96	37.99	37.76	37.95	37.40	36.71	34.18					
2.	Lawrence TURNER	36	East Anglian	5:28.75									
	50m 35.75	100m 1:16.20	150m 1:57.06	200m 2:38.87	250m 3:20.00	300m 4:02.88	350m 4:46.20	400m 5:28.75					
	35.75	40.45	40.86	41.81	41.13	42.88	43.32	42.55					

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time									
1.	Chris HOPTON	41	Camden Swiss	4:45.60									
	50m 32.43	100m 1:07.93	150m 1:44.17	200m 2:19.85	250m 2:55.83	300m 3:32.32	350m 4:09.46	400m 4:45.60					
	32.43	35.50	36.24	35.68	35.98	36.49	37.14	36.14					
2.	Ben KERSLAKE	40	Bishop Stort	5:06.51									
	50m 35.21	100m 1:14.04	150m 1:53.46	200m 2:33.10	250m 3:12.11	300m 3:51.04	350m 4:29.55	400m 5:06.51					
	35.21	38.83	39.42	39.64	39.01	38.93	38.51	36.96					
3.	Simon MARSDEN	42	Barnet Copt	5:08.17									
	50m 34.25	100m 1:12.77	150m 1:52.17	200m 2:31.56	250m 3:11.73	300m 3:51.09	350m 4:30.75	400m 5:08.17					
	34.25	38.52	39.40	39.39	40.17	39.36	39.66	37.42					
4.	Martin SHORE	40	Out To Swim	5:46.06									
	50m 38.39	100m 1:20.94	150m 2:04.61	200m 2:49.32	250m 3:34.36	300m 4:19.75	350m 5:04.62	400m 5:46.06					
	38.39	42.55	43.67	44.71	45.04	45.39	44.87	41.44					

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time									
1.	Paul SMOOTHY	48	Teddington	4:56.71									
	50m 32.67	100m 1:10.01	150m 1:47.70	200m 2:26.15	250m 3:04.62	300m 3:42.92	350m 4:21.00	400m 4:56.71					
	32.67	37.34	37.69	38.45	38.47	38.30	38.08	35.71					
2.	Chris FREEMAN	49	Teddington	4:57.25									
	50m 33.71	100m 1:10.58	150m 1:48.42	200m 2:26.90	250m 3:04.52	300m 3:42.98	350m 4:20.96	400m 4:57.25					
	33.71	36.87	37.84	38.48	37.62	38.46	37.98	36.29					
3.	Spike BUCHAN	48	UEA Norwich	5:10.24									
	50m 32.09	100m 1:09.14	150m 1:46.75	200m 2:25.42	250m 3:05.28	300m 3:46.70	350m 4:28.37	400m 5:10.24					
	32.09	37.05	37.61	38.67	39.86	41.42	41.67	41.87					
4.	Paul BROCKWAY	46	Camden Swiss	5:35.43									
	50m 36.25	100m 1:16.34	150m 1:59.43	200m 2:41.96	250m 4:54.58	300m 4:10.00	350m -	400m 5:35.43					
	36.25	40.09	43.09	42.53	2:12.62	15.42	-	1:25.43					
5.	David BORTHWICK	48	East Anglian	5:44.42									
	50m 36.34	100m 1:18.01	150m 2:01.46	200m 2:46.34	250m 3:30.89	300m 4:16.73	350m 5:00.94	400m 5:44.42					
	36.34	41.67	43.45	44.88	44.55	45.84	44.21	43.48					
6.	David BOYCE	47	East Anglian	5:52.98									
	50m 38.82	100m 1:21.26	150m 2:06.21	200m 2:51.93	250m 3:37.86	300m 4:23.57	350m 5:09.30	400m 5:52.98					
	38.82	42.44	44.95	45.72	45.93	45.71	45.73	43.68					

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Nigel BROWN	50	Chelmsford	4:58.26
	50m 32.20 100m 1:08.87 150m 1:46.17 200m 2:24.95 250m 3:03.77 300m 3:42.57 350m 4:21.36 400m 4:58.26			
	32.20 36.67 37.30 38.78 38.82 38.80 38.79 36.90			
2.	Phillip MOULSON	50	East Anglian	5:00.48
	50m 33.88 100m 1:10.64 150m 1:48.56 200m 2:26.82 250m 3:05.58 300m 3:44.53 350m 4:23.23 400m 5:00.48			
	33.88 36.76 37.92 38.26 38.76 38.95 38.70 37.25			
3.	Adam LELEAN	54	Diss Otters	5:20.23
	50m 35.78 100m 1:16.96 150m 1:56.55 200m 2:38.55 250m 3:18.32 300m 4:00.45 350m 4:40.43 400m 5:20.23			
	35.78 41.18 39.59 42.00 39.77 42.13 39.98 39.80			
4.	Jonathan GREENE	52	East Anglian	6:02.40
	50m 40.17 100m - 150m - 200m - 250m 3:43.60 300m - 350m - 400m 6:02.40			
	40.17 - - - 3:03.43 - - 2:18.80			
5.	Kirk MCGRATH	52	Camden Swiss	6:14.53
	50m 40.97 100m 1:26.34 150m 2:13.80 200m 3:01.55 250m 3:50.63 300m 4:38.73 350m 5:27.45 400m 6:14.53			
	40.97 45.37 47.46 47.75 49.08 48.10 48.72 47.08			

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Wray SHEWELL-COOPER	55	Potters Bar	5:07.38
	50m 32.36 100m 1:10.01 150m 1:48.96 200m 2:28.74 250m 3:08.59 300m 3:48.21 350m 4:28.25 400m 5:07.38			
	32.36 37.65 38.95 39.78 39.85 39.62 40.04 39.13			

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Terry THORNE	66	East Anglian	5:49.73
	50m 38.30 100m 1:22.41 150m 2:07.52 200m 2:53.99 250m 3:39.34 300m 4:24.82 350m 5:08.99 400m 5:49.73			
	38.30 44.11 45.11 46.47 45.35 45.48 44.17 40.74			
2.	Stuart MCLELLAN	67	Sudbury	6:03.68
	50m 40.29 100m 1:25.88 150m 2:12.12 200m 2:58.34 250m 3:44.53 300m 4:31.08 350m 5:17.84 400m 6:03.68			
	40.29 45.59 46.24 46.22 46.19 46.55 46.76 45.84			

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Michael READ	75	Brighton	6:42.70
	50m 41.89 100m 1:31.58 150m 2:23.00 200m 3:15.30 250m 4:07.58 300m 5:00.67 350m 5:52.39 400m 6:42.70			
	41.89 49.69 51.42 52.30 52.28 53.09 51.72 50.31			

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Katie MALONEY	19	Norwich Swan	5:17.26
	50m 34.61 100m 1:12.85 150m 1:51.99 200m 2:32.12 250m 3:12.91 300m 3:54.47 350m 4:36.15 400m 5:17.26			
	34.61 38.24 39.14 40.13 40.79 41.56 41.68 41.11			
2.	Alice THEOBALD	21	Newmarket	5:55.48
	50m 38.72 100m 1:24.20 150m 2:09.47 200m 2:55.51 250m 3:41.31 300m 4:27.62 350m 5:12.76 400m 5:55.48			
	38.72 45.48 45.27 46.04 45.80 46.31 45.14 42.72			

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Rachael GORMAN	25	Trafford Met	5:09.29
	50m 34.81 100m 1:13.22 150m 1:52.41 200m 2:31.93 250m 3:11.42 300m 3:51.10 350m 4:30.72 400m 5:09.29			
	34.81 38.41 39.19 39.52 39.49 39.68 39.62 38.57			
2.	Cheryl BELTON	27	East Anglian	5:45.49
	50m 38.19 100m 1:20.12 150m 2:04.45 200m 2:48.46 250m 3:33.94 300m 4:18.58 350m 5:03.47 400m 5:45.49			
	38.19 41.93 44.33 44.01 45.48 44.64 44.89 42.02			
3.	Zara MCLOONE	25	Sudbury	5:50.21
	50m 37.98 100m 1:21.19 150m 2:05.34 200m 2:50.49 250m 3:35.16 300m 4:21.22 350m 5:06.70 400m 5:50.21			
	37.98 43.21 44.15 45.15 44.67 46.06 45.48 43.51			

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alexis HIGLETT	33	Otter	4:59.16
	50m 33.92 100m 1:11.22 150m 1:49.11 200m 2:27.50 250m 3:06.13 300m 3:44.39 350m 4:22.79 400m 4:59.16			
	33.92 37.30 37.89 38.39 38.63 38.26 38.40 36.37			
2.	Rebecca JACKSON	30	Diss Otters	6:07.38
	50m 41.61 100m 1:27.75 150m 2:15.76 200m 3:03.12 250m 3:49.83 300m 4:36.33 350m 5:22.41 400m 6:07.38			
	41.61 46.14 48.01 47.36 46.71 46.50 46.08 44.97			

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Eleanor BULL	36	East Anglian	6:37.19
	50m 41.96 100m 1:28.73 150m 2:20.10 200m 3:12.71 250m 4:05.47 300m 4:55.98 350m 5:47.85 400m 6:37.19			
	41.96 46.77 51.37 52.61 52.76 50.51 51.87 49.34			

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Maida SHIVIK	42	Camden Swiss	5:35.99
	50m 39.64	100m 1:22.80	150m 2:06.31	200m 2:49.58
	39.64	43.16	43.51	43.27
				43.18
				42.77
				42.15
				38.31
2.	Alison ROOKE	42	Teddington	5:39.81
	50m 37.98	100m 1:20.02	150m 2:03.04	200m 2:46.24
	37.98	42.04	43.02	43.20
				42.52
				43.69
				44.13
				43.23
3.	Kirstie KETT	42	West Suffolk	6:34.00
	50m 44.37	100m 1:33.32	150m 2:22.73	200m 3:13.36
	44.37	48.95	49.41	50.63
				50.89
				51.19
				50.49
				48.07
4.	Sarah BUCHAN	40	UEA Norwich	6:46.19
	50m 42.94	100m 1:30.68	150m 2:23.19	200m 3:15.63
	42.94	47.74	52.51	52.44
				53.64
				53.08
				54.12
				49.72

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jane MCMENEMY	48	Otter	5:19.81
	50m 35.63	100m 1:14.41	150m 1:54.56	200m 2:35.62
	35.63	38.78	40.15	41.06
				40.74
				41.53
				41.79
				40.13
2.	Josephine CRESSWELL	48	East Anglian	5:45.08
	50m 37.25	100m 1:19.08	150m 2:04.21	200m 2:49.60
	37.25	41.83	45.13	45.39
				44.68
				44.51
				43.18
				43.11
3.	Karen BASSETT	48	Bracknell	5:46.50
	50m 36.10	100m 1:17.14	150m 2:00.38	200m 2:45.35
	36.10	41.04	43.24	44.97
				44.85
				46.27
				44.96
				45.07
4.	Clare WATKINS	49	East Anglian	5:53.90
	50m 40.89	100m 1:26.23	150m 2:11.59	200m 2:57.72
	40.89	45.34	45.36	46.13
				44.86
				46.41
				43.27
				41.64
5.	Eleni MANOLITSAKI	46	Chelmsford	6:47.40
	50m 44.47	100m 1:34.16	150m 2:24.38	200m 3:17.67
	44.47	49.69	50.22	53.29
				52.78
				53.41
				52.92
				50.62
6.	Emma FOX	46	UEA Norwich	6:49.16
	50m 44.26	100m 1:33.28	150m 2:25.17	200m 3:18.76
	44.26	49.02	51.89	53.59
				52.95
				54.32
				53.13
				50.00
7.	Denise CUER	48	Co Newport	7:20.30
	50m 49.47	100m 1:43.90	150m 2:41.09	200m 3:38.27
	49.47	54.43	57.19	57.18
				57.18
				57.39
				55.44
				52.02
8.	Elena DE LA CAMARA	46	Camden Swiss	7:36.23
	50m 49.85	100m 1:44.93	150m 2:43.16	200m 3:43.94
	49.85	55.08	58.23	1:00.78
				1:00.04
				1:00.11
				58.87
				53.27

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Helen HARRIS	50	Larkfield	5:35.09
	50m 38.15	100m 1:20.26	150m 2:02.86	200m 2:45.59
	38.15	42.11	42.60	42.73
				42.38
				43.14
				42.39
				41.59
2.	Hannah UECKERMANN	53	Witham Dolph	5:41.04
	50m 39.96	100m 1:22.88	150m 2:06.66	200m 2:50.63
	39.96	42.92	43.78	43.97
				43.49
				43.02
				43.02
				40.88
3.	Liz TORODE	53	Teddington	5:56.39
	50m 39.75	100m 1:24.42	150m 2:09.40	200m 2:55.79
	39.75	44.67	44.98	46.39
				44.98
				46.19
				45.88
				43.55

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Melanie EVANS	59	Dartford	6:14.15
	50m 39.81	100m 1:26.31	150m 2:14.43	200m 3:03.82
	39.81	46.50	48.12	49.39
				48.66
				49.01
				47.53
				45.13
2.	Sharon MCLELLAN	58	Sudbury	6:18.34
	50m 44.04	100m 1:30.71	150m 2:17.96	200m 3:06.05
	44.04	46.67	47.25	48.09
				48.24
				48.75
				48.31
				46.99
3.	Caroline GEMMELL	55	Deben	6:47.51
	50m 47.98	100m 1:39.14	150m 2:30.73	200m 3:21.62
	47.98	51.16	51.59	50.89
				50.91
				52.85
				51.82
				50.31
4.	Jacqueline PATEL	56	Kings Corm	6:51.35
	50m 45.23	100m 1:36.98	150m 2:29.79	200m 3:22.69
	45.23	51.75	52.81	52.90
				52.67
				53.19
				52.39
				50.41

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Karen BELLAS	64	Camden Swiss	6:45.08
	50m 44.89 100m 1:35.53 150m 2:27.20 200m 3:20.20 250m 4:12.29 300m 5:05.41 350m 5:57.61 400m 6:45.08			
	44.89 50.64 51.67 53.00 52.09 53.12 52.20 47.47			
2.	Susanna RIVIERE	62	Kings Corm	7:36.52
	50m 51.35 100m 1:48.57 150m 2:46.56 200m 3:45.52 250m 4:44.51 300m 5:42.96 350m 6:41.84 400m 7:36.52			
	51.35 57.22 57.99 58.96 58.99 58.45 58.88 54.68			
3.	Susan THORNETT	61	Diss Otters	8:05.19
	50m 53.33 100m 1:54.11 150m 2:53.62 200m 3:56.79 250m 4:58.16 300m 6:01.86 350m 7:03.61 400m 8:05.19			
	53.33 1:00.78 59.51 1:03.17 1:01.37 1:03.70 1:01.75 1:01.58			
4.	Lorraine CROOK	62	Cardiff Mast	8:39.83
	50m 59.91 100m 2:04.61 150m 3:12.26 200m 4:17.59 250m 5:23.55 300m 6:29.07 350m 7:35.07 400m 8:39.83			
	59.91 1:04.70 1:07.65 1:05.33 1:05.96 1:05.52 1:06.00 1:04.76			

WOMENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Valerie MCLAREN	69	Crawley	8:21.68
	50m 52.48 100m 1:51.66 150m 2:54.03 200m - 250m 5:03.10 300m 6:10.46 350m 7:16.17 400m 8:21.68			
	52.48 59.18 1:02.37 - 2:09.07 1:07.36 1:05.71 1:05.51			

EVENT 2 Womens Open 50m Butterfly**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Katie MALONEY	19	Norwich Swan	33.59
2.	Sophie LIDDAMENT	24	UEA Norwich	35.33
3.	Alice THEOBALD	21	Newmarket	36.95

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Robyn LE FRIEC	26	Co Cambridge	30.25
2.	Sarah GREENWOOD	29	East Anglian	31.95
3.	Lorraine DOBBINS	29	Daventry	32.27
4.	Sophie CASTLE	28	Chelmsford	35.38
5.	Emmeline VINCENT	28	East Anglian	38.10

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Hayley DAVIS	32	Co Cambridge	30.94
2.	Becky MILNES	32	NottmLeander	31.25
3.	Fiona KINSELLA	32	Camden Swiss	31.95

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Gina HOBSON	39	Otter	31.51
2.	Michelle SENECAL	39	Otter	32.94
3.	Clare BOSTON	37	Basildon Ph	34.81
4.	Kelli JANNAWAY	35	Newbury	35.02
5.	Jane TAYLOR	36	East Anglian	36.12
6.	Beccie BAILEY	37	Grantham	39.36

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sharon PERRY	44	West Suffolk	33.89
2.	Mel HOLLAND	42	UEA Norwich	35.49
3.	Kirstie KETT	42	West Suffolk	43.46

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Liz WOOLNER	49	Flitwick	30.95
2.	Karen BASSETT	48	Bracknell	37.58
3.	Joanne ALEXANDER	45	Redditch	40.46

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Debbie MATLESS	53	East Anglian	33.77
2.	Sue JONES	54	Basildon Ph	37.82
3.	Dina THORNTON	53	Colchester	38.11
4.	Fabiola AMARA	53	Camden Swiss	40.66
5.	Jane SMITH	52	Newmarket	50.26

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jacqueline PATEL	56	Kings Corm	59.22

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Karen BELLAS	64	Camden Swiss	43.60
2.	Susanna RIVIERE	62	Kings Corm	58.57
3.	Lorraine CROOK	62	Cardiff Mast	1:01.29
4.	Susan THORNETT	61	Diss Otters	1:01.52

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Yvonne RANN	65	Spencer	50.89

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Mary HOLLAND	70	Long Eaton	50.59

85/89 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jane ASHER	85	Kings Corm	54.49

EVENT 3 Mens Open 50m Butterfly**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Samuel CLAY	23	Devonport	28.21
2.	Matthew ADDIS	18	West Norfolk	29.83
3.	Elliot LEGG	19	West Norfolk	30.64
4.	Harry CRISP	22	Norwich Swan	31.36
5.	Sam WHITE	22	Basildon Ph	31.89

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jamie RUSH	28	Diss Otters	31.35

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Ollie CALDWELL	34	Otter	28.62
2.	Sam WATTS	30	East Anglian	28.83
3.	William APPLEBY	34	Dereham	28.89
4.	Oliver BUMSTEAD	33	Stowmarket	30.51

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alex THURSTON	35	NottmLeander	26.33
2.	Andrew FARRELL	38	Ireland	28.37
3.	Christopher BANKS	38	Barnet Copt	29.75
4.	James FAIRCHILD	39	West Suffolk	30.08
5.	Terence BONNETT	37	Barnet Copt	30.20
6.	James GRIGG	35	Rochford	33.65

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Stephen GREENWOOD	40	St Ives	31.61
2.	Alec DYER	42	Teddington	33.44
3.	Alan WEDDELL	44	Newcastle	35.30

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Daryl MASON	46	Potters Bar	27.60
2.	Garry MAVIN	45	Team Anglia	28.87
3.	Stuart DYBLE	45	Norfolk Vikg	29.76
4.	Marc OVER	47	Team Anglia	31.28
5.	Nick WHITE	45	Chelmsford	31.54
6.	Karl SHARMAN	47	Deben	31.70
7.	Ian BALFOUR	48	Norfolk Vikg	32.91
8.	Darren HAMSHERE	49	Potters Bar	33.89
9.	Roger RANDALL	45	Barnet Copt	35.00

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Peter ABELL	52	NottmLeander	30.45
2.	Richard O'LEARY	52	Team Anglia	32.06
3.	Mark PINCOTT	51	Faversham	33.23
4.	Martyn FRESHER	54	Team Anglia	33.63
5.	Walker BRIERLEY	53	Deben	34.28
6.	Kirk MCGRATH	52	Camden Swiss	43.22

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Ashley MEERLOO	56	Bishop Stort	30.49
2.	Wray SHEWELL-COOPER	55	Potters Bar	32.50
3.	Brian MCSHEA	56	St Albans Ma	33.35
4.	Gordon CARTWRIGHT	55	Chelmsford	36.31
5.	Rob STEEL	59	NottmLeander	37.30

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Philip COTTON	60	Norwich Swan	32.51
2.	David COLES	62	West Norfolk	47.88

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Stuart MCLELLAN	67	Sudbury	41.46

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Roy WILSON	70	Ruislip Nwd	1:02.54

80/84 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Geoff BISHOP	80	Royal Navy	56.13

EVENT 4 Womens Open 50m Breaststroke**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Sophie LIDDAMENT	24	UEA Norwich	44.22

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Louise BUSH	25	UEA Norwich	35.41
2.	Emmeline VINCENT	28	East Anglian	42.93

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Katie HOLMES	32	Colchester	37.52
2.	Fiona KINSELLA	32	Camden Swiss	38.23
3.	Amy VAUGHAN	30	Wellingboro	40.27
4.	Rebecca JACKSON	30	Diss Otters	42.46
5.	Hannah PILLING	32	Deepings	44.91
6.	Catherine HURST-HEWETT	34	East Anglian	48.37

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Kate WARWICK	38	East Anglian	36.28
2.	Lynne MEALE	39	UEA Norwich	37.63
3.	Beccie BAILEY	37	Grantham	43.91
4.	Vanessa MIEMIETZ	38	UEA Norwich	48.03

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sharon PERRY	44	West Suffolk	39.27
2.	Suzanne SAVAGE	43	Potters Bar	43.30
3.	Caroline GRIFFIN	43	Potters Bar	44.13
4.	Mel HOLLAND	42	UEA Norwich	44.36
5.	Kirsty SCOTT	40	Deepings	47.68
6.	Alison COWIE	43	Chelmsford	49.08

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Katrina FARRALL	46	Basildon Ph	39.95
2.	Karen BASSETT	48	Bracknell	45.62
3.	Donna NICHOLAS	49	Teddington	49.73
4.	Sarah ADCOCK	49	East Anglian	49.94

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Hannah UECKERMANN	53	Witham Dolph	42.12
2.	Lisa WITHERS	50	Newmarket	44.41

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Hilary JOHNSON	58	Camden Swiss	43.67
2.	Suzanne CARTER	55	West Norfolk	55.52
3.	Jacqueline PATEL	56	Kings Corm	57.03

4. Fiona BRITTAIN 57 West Suffolk 57.35

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Karen BELLAS	64	Camden Swiss	48.88
2.	Susan THORNETT	61	Diss Otters	51.86
3.	Nicola MILLER	62	Diss Otters	53.64

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Elizabeth REID	66	Impington	51.79
2.	Sally LELEAN	65	Diss Otters	56.93

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Judith ALDEN	70	Barnet Copt	48.96
2.	Susan HOLDICH	73	Stowmarket	55.20

EVENT 5 Mens Open 50m Breaststroke

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Daniel SARRIS	20	BUCS	31.66
2.	Matthew ADDIS	18	West Norfolk	36.89

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Craig GILLESPIE	29	Otter	31.80

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sean KELLY	33	East Anglian	41.38

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Nick TYRRELL	37	East Anglian	35.03
2.	Reuben SMITH	36	Newmarket	37.93
3.	Michael CARSE	37	Barnet Copt	38.11

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lee PETERSON	42	Braintree	33.28
2.	Robert MILBURN	43	Colchester	35.72
3.	David JOHNSON	41	Woodchurch	41.94

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Daryl MASON	46	Potters Bar	32.80
2.	Mark CLAXTON	45	Norfolk Vikg	35.70
3.	David BOYCE	47	East Anglian	38.35
4.	Kevin LIEF	49	Barnet Copt	39.12
5.	Ian BALFOUR	48	Norfolk Vikg	40.44
6.	Clint SINGH	47	Black Lion	42.08

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Marcel SCHOLTEN	50	Modernians	33.31
2.	Martyn FRESHER	54	Team Anglia	36.27
3.	Graham KING	53	Sudbury	37.42

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	David BRYANT	55	Guildford Ct	34.22
2.	Rob STEEL	59	NottmLeander	40.77

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Chris KAETHNER	61	Hackney	36.08
2.	David COLES	62	West Norfolk	49.39
3.	Tony TRAYFORD	64	West Norfolk	58.81

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Chris TRUEMAN	69	UEA Norwich	46.90

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Roy WILSON	70	Ruislip Nwd	58.06

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alan JACKSON	77	Birmingham M	50.73

80/84 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Geoff BISHOP	80	Royal Navy	48.77
2.	Neil HOWELL	84	East Anglian	1:14.53

85/89 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Donald MACFARLANE	87	West Norfolk	1:19.60

EVENT 6 Womens Open 100m Freestyle**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Katie MALONEY	19	Norwich Swan	1:08.61	32.33

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Celia MARCADAL	27	Camden Swiss	1:05.15	30.02
2.	Sarah GREENWOOD	29	East Anglian	1:07.22	31.68
3.	Lorraine DOBBINS	29	Daventry	1:07.84	34.17
4.	Rachael GORMAN	25	Trafford Met	1:09.70	32.69
5.	Zara MCLOONE	25	Sudbury	1:15.86	35.29

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Becky MILNES	32	NottmLeander	1:03.35	30.07
2.	Alexis HIGLETT	33	Otter	1:04.22	30.17
3.	Olivia REYNOLDS	30	Otter	1:07.22	31.42
4.	Sarah HOLDEN	32	Hadleigh	1:13.53	34.68
5.	Laura GRIMSEY	31	East Anglian	1:21.32	37.71
6.	Catherine HURST-HEWETT	34	East Anglian	1:27.46	40.88

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Gina HOBSON	39	Otter	1:04.16	30.33
2.	Catherine MARKWELL	35	East Anglian	1:04.30	30.83
3.	Kelli JANNAWAY	35	Newbury	1:10.87	34.25
4.	Clare BOSTON	37	Basildon Ph	1:11.47	34.12
5.	Beccie BAILEY	37	Grantham	1:13.90	36.68
6.	Jane TAYLOR	36	East Anglian	1:17.66	36.57

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Sharon PERRY	44	West Suffolk	1:08.49	33.13
2.	Suzanne SAVAGE	43	Potters Bar	1:14.28	36.04
3.	Maida SHIVIK	42	Camden Swiss	1:15.28	37.00
4.	Kirsty SCOTT	40	Deepings	1:20.42	37.71
5.	Kirstie KETT	42	West Suffolk	1:23.37	40.56

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jane MCMENEMY	48	Otter	1:09.23	32.94
2.	Amanda GOODMAN	46	Basildon Ph	1:11.40	33.27
3.	Clare WATKINS	49	East Anglian	1:17.08	36.77
4.	Dorothy ZERDIN	46	Hackney	1:21.08	36.58
5.	Donna NICHOLAS	49	Teddington	1:26.90	41.87
6.	Elena DE LA CAMARA	46	Camden Swiss	1:32.79	44.55
7.	Denise CUER	48	Co Newport	1:33.50	43.21
	Liz WOOLNER	49	Flitwick	DNC	

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Helen HARRIS	50	Larkfield	1:12.95	35.16
2.	Liz TORODE	53	Teddington	1:18.26	37.37
3.	Dina THORNTON	53	Colchester	1:18.33	37.27
4.	Fabiola AMARA	53	Camden Swiss	1:19.81	37.34
5.	Jane SMITH	52	Newmarket	1:25.07	41.03

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Sally WINTER	56	Bishop Stort	1:08.51	32.46
2.	Sharon MCLELLAN	58	Sudbury	1:25.13	41.35

3.	Angela SHACKLETON	59	East Anglian	1:25.93	38.75
4.	Jackie CROCKETT	55	Deepings	1:26.74	41.40
5.	Fiona BRITAIN	57	West Suffolk	1:28.00	43.65
6.	Jacqueline PATEL	56	Kings Corm	1:28.25	41.92
7.	Caroline GEMMELL	55	Deben	1:33.20	44.09

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Karen BELLAS	64	Camden Swiss	1:26.84	41.98
2.	Nicola MILLER	62	Diss Otters	1:48.45	49.88
3.	Susan THORNETT	61	Diss Otters	1:53.57	53.24

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Mary HOLLAND	70	Long Eaton	1:33.16	43.34
2.	Judith ALDEN	70	Barnet Copt	1:34.41	45.10
3.	Susan HOLDICH	73	Stowmarket	1:44.01	48.36

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jenny BALL	78	Io Wight Ma	1:48.98	51.93

85/89 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jane ASHER	85	Kings Corm	1:29.29	44.64

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EVENT 7 Mens Open 100m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Matthew ADDIS	18	West Norfolk	59.24	28.03
2.	Harry CRISP	22	Norwich Swan	1:00.13	29.14
3.	Sam WHITE	22	Basildon Ph	1:00.70	28.43
4.	Elliot LEGG	19	West Norfolk	1:05.09	29.94

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jack COLMAN-YOUNG	27	UEA Norwich	58.56	27.39
2.	Craig GILLESPIE	29	Otter	59.61	27.85
3.	Peter BRYSTOW	26	St Ives	1:05.81	30.41

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Ollie CALDWELL	34	Otter	58.47	28.17
2.	Nicolas BARBER	32	Otter	59.72	28.31
3.	Oliver BUMSTEAD	33	Stowmarket	1:00.01	29.46
4.	Sam WATTS	30	East Anglian	1:00.95	28.48

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Andrew FARRELL	38	Ireland	58.96	28.37
2.	James FAIRCHILD	39	West Suffolk	1:00.77	29.06
3.	Max PATERSON	35	Norfolk Vikg	1:01.11	28.04
4.	Struan BANFIELD	39	West Suffolk	1:07.09	31.62
5.	Philip ROWLAND	38	East Anglian	1:19.48	36.76
	Terence BONNETT	37	Barnet Copt	DNC	

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Paul ALLEN	44	Boston	58.67	27.89
2.	Chris HOPTON	41	Camden Swiss	1:00.88	28.69
3.	Ellis RUDDICK	44	Hackney	1:03.38	29.29
4.	Michael NELSON	40	Thetford	1:03.77	30.32
5.	Alec DYER	42	Teddington	1:06.61	32.00
6.	William DESBOROUGH	42	St Ives	1:06.87	30.59
7.	Simon MARSDEN	42	Barnet Copt	1:07.69	31.70
8.	David JOHNSON	41	Woodchurch	1:11.62	34.40
9.	Russell PARKER	41	Clacton SC	1:14.08	34.36

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Stuart DYBLE	45	Norfolk Vikg	1:00.67	28.90
2.	Garry MAVIN	45	Team Anglia	1:00.72	28.99
3.	Spike BUCHAN	48	UEA Norwich	1:02.39	28.29
4.	Paul SMOOTHY	48	Teddington	1:02.53	30.39
5.	Mark CLAXTON	45	Norfolk Vikg	1:02.99	30.24

6.	Nick WHITE	45	Chelmsford	1:05.16	30.72
7.	Marc OVER	47	Team Anglia	1:08.00	32.59
8.	Karl SHARMAN	47	Deben	1:08.40	33.49
9.	Darren HAMSHERE	49	Potters Bar	1:08.71	32.74
10.	David BORTHWICK	48	East Anglian	1:09.50	32.93
11.	Kevin LIEF	49	Barnet Copt	1:10.09	33.36
12.	Paul BROCKWAY	46	Camden Swiss	1:11.14	33.96
13.	James ADCOCK	48	UEA Norwich	1:11.57	35.58
14.	Eugene GORMLEY	49	Potters Bar	1:15.31	35.10

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Marcel SCHOLTEN	50	Modernians	59.35	28.00
2.	Nigel BROWN	50	Chelmsford	1:03.25	30.01
3.	Andrew FRESHER	52	Team Anglia	1:07.34	30.72
4.	Walker BRIERLEY	53	Deben	1:09.52	34.08
5.	Graham KING	53	Sudbury	1:19.22	37.42
6.	Kirk MCGRATH	52	Camden Swiss	1:24.88	40.30
7.	Rob GARRY	52	Mildenhall	1:31.41	43.92

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Wray SHEWELL-COOPER	55	Potters Bar	1:04.32	-
2.	Gordon CARTWRIGHT	55	Chelmsford	1:14.12	35.32
3.	Charlie TOVELL	56	Deben	1:17.06	37.25
	Wray SHEWELL-COOPER	55	Potters Bar	DNC	

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Philip COTTON	60	Norwich Swan	1:09.35	33.17
2.	Tony TRAYFORD	64	West Norfolk	2:09.11	59.17

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Terry THORNE	66	East Anglian	1:11.56	35.43

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Wilson ROY	70	Ruislip Nwd	1:49.00	-

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Michael READ	75	Brighton	1:21.91	37.83

EVENT 8 Mens/Womens Open 200m Backstroke

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Ben THOMAS	34	Otter	2:30.37	35.46	1:14.07	1:52.44
					35.46	38.61	38.37

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	David WEBSTER	38	East Anglian	2:30.38	34.64	1:12.94	1:52.01
					34.64	38.30	39.07
2.	Dave GELB	35	Barnet Copt	2:31.50	35.36	1:14.27	1:53.25
					35.36	38.91	38.98
3.	James GRIGG	35	Rochford	2:47.07	37.82	1:19.15	2:02.90
				37.82	41.33	43.75	

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Takeshi MOTOHASHI	40	West Suffolk	2:40.37	34.42	1:14.39	1:57.09
				34.42	39.97	42.70	
2.	Alan WEDDELL	44	Newcastle	3:25.49	48.32	1:41.28	2:34.37
				48.32	52.96	53.09	

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Chris FREEMAN	49	Teddington	2:44.97	39.89	1:21.59	2:04.36
					39.89	41.70	42.77

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Mark PINCOTT	51	Faversham	2:54.44	41.26	1:26.15	2:10.74
					41.26	44.89	44.59

2.	Kirk MCGRATH	52	Camden Swiss	3:39.31	52.35	1:48.06	2:44.50
					52.35	55.71	56.44
MENS 65/69 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
	Stuart MCLELLAN	67	Sudbury	DQ T 2L			
MENS 70/74 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Roy WILSON	70	Ruislip Nwd	4:20.60	-	-	-
MENS 75/79 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Alan JACKSON	77	Birmingham M	3:34.90	48.75	1:43.78	2:39.10
					48.75	55.03	55.32
WOMENS 18/24 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Alice THEOBALD	21	Newmarket	3:12.41	45.14	1:35.27	2:24.06
					45.14	50.13	48.79
WOMENS 25/29 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Sophie CASTLE	28	Chelmsford	2:49.67	38.85	1:22.20	2:06.25
					38.85	43.35	44.05
WOMENS 30/34 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Hayley DAVIS	32	Co Cambridge	2:35.44	36.83	1:16.51	1:56.85
					36.83	39.68	40.34
2.	Laura BLOWERS	33	East Anglian	2:44.90	38.35	1:19.75	2:02.26
					38.35	41.40	42.51
3.	Hannah BROWN	32	Otter	3:01.07	40.67	1:26.16	2:13.65
					40.67	45.49	47.49
WOMENS 35/39 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Lisa DAWSON	38	Barnet Copt	2:47.64	39.89	1:22.73	2:05.70
					39.89	42.84	42.97
WOMENS 40/44 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Kirsty SCOTT	40	Deepings	3:18.70	47.66	1:37.14	2:28.47
					47.66	49.48	51.33
WOMENS 45/49 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Emma FOX	46	UEA Norwich	3:39.34	52.65	1:49.36	2:45.77
					52.65	56.71	56.41
2.	Eleni MANOLITSAKI	46	Chelmsford	3:42.72	51.03	1:47.83	2:46.56
					51.03	56.80	58.73
WOMENS 55/59 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Sharon MCLELLAN	58	Sudbury	3:44.72	54.45	1:51.94	2:48.92
					54.45	57.49	56.98
2.	Jacqueline PATEL	56	Kings Corm	4:29.27	1:06.80	2:16.02	3:22.02
					1:06.80	1:09.22	1:06.00
WOMENS 60/64 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Marianne DAVEY	63	Crawley	3:51.11	54.52	1:54.14	2:53.41
					54.52	59.62	59.27
WOMENS 65/69 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Sally LELEAN	65	Diss Otters	4:09.91	59.59	2:04.25	3:06.93
					59.59	1:04.66	1:02.68
WOMENS 70/74 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Georgie HAMILTON	73	Barnet Copt	4:16.26	1:01.12	2:05.37	3:12.87
					1:01.12	1:04.25	1:07.50
WOMENS 75/79 Yrs Age Group - Full Results							
Place	Name	AaD	Club	Time	50	100	150
1.	Jenny BALL	78	Io Wight Ma	4:32.71	1:03.86	2:14.83	3:26.85
					1:03.86	1:10.97	1:12.02

EVENT 9 Womens Open 50m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Katie MALONEY	19	Norwich Swan	31.68
2.	Alice THEOBALD	21	Newmarket	32.93

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Robyn LE FRIEC	26	Co Cambridge	29.03
2.	Fliss HAWKINS	29	Faversham	29.14
3.	Celia MARCADAL	27	Camden Swiss	29.72
4.	Sarah GREENWOOD	29	East Anglian	30.17
5.	Sophie CASTLE	28	Chelmsford	31.21
6.	Cheryl BELTON	27	East Anglian	33.91

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Becky MILNES	32	NottmLeander	29.10
2.	Alexis HIGLETT	33	Otter	29.74
3.	Amy VAUGHAN	30	Wellingboro	30.25
4.	Olivia REYNOLDS	30	Otter	30.69
5.	Sarah HOLDEN	32	Hadleigh	32.87
6.	Laura GRIMSEY	31	East Anglian	36.51
	Sarah OSMAN	32	East Anglian	DNC

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Catherine MARKWELL	35	East Anglian	28.79
2.	Sachika YAMAWAKI	35	Barnet Copt	29.32
3.	Gina HOBSON	39	Otter	29.81
4.	Michelle SENEAL	39	Otter	31.38
5.	Kelli JANNAWAY	35	Newbury	31.50
6.	Clare BOSTON	37	Basildon Ph	31.91
7.	Beccie BAILEY	37	Grantham	32.98

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sharon PERRY	44	West Suffolk	31.71
2.	Suzanne SAVAGE	43	Potters Bar	33.76
3.	Sarah BUCHAN	40	UEA Norwich	38.70

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Katrina FARRALL	46	Basildon Ph	31.57
2.	Amanda GOODMAN	46	Basildon Ph	32.26
3.	Clare WATKINS	49	East Anglian	35.22
4.	Dorothy ZERDIN	46	Hackney	35.52
5.	Emma FOX	46	UEA Norwich	38.91
6.	Elena DE LA CAMARA	46	Camden Swiss	39.43
7.	Denise CUER	48	Co Newport	40.05

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Debbie MATLESS	53	East Anglian	31.23
2.	Fabiola AMARA	53	Camden Swiss	34.77
3.	Sue JONES	54	Basildon Ph	35.55
4.	Jane SMITH	52	Newmarket	37.56

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sally WINTER	56	Bishop Stort	31.99
2.	Melanie EVANS	59	Dartford	36.75
3.	Angela SHACKLETON	59	East Anglian	36.87
4.	Jackie CROCKETT	55	Deepings	37.47
5.	Sharon MCLELLAN	58	Sudbury	38.57
6.	Fiona BRITTAI	57	West Suffolk	39.22
7.	Jacqueline PATEL	56	Kings Corm	42.27

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sue PROCTER	60	Barnet Copt	37.83
2.	Marianne DAVEY	63	Crawley	42.94
3.	Nicola MILLER	62	Diss Otters	45.59
4.	Jeannie MORLEY	60	Mildenhall	46.27

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Judith ALDEN	70	Barnet Copt	39.81
2.	Mary HOLLAND	70	Long Eaton	40.31
3.	Susan HOLDICH	73	Stowmarket	44.14

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jenny BALL	78	Io Wight Ma	50.16

EVENT 10 Mens Open 50m Freestyle**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Samuel CLAY	23	Devonport	26.39
2.	Matthew ADDIS	18	West Norfolk	27.62
3.	Sam WHITE	22	Basildon Ph	27.76
4.	James RUSSEN	22	East Anglian	28.19
5.	Harry CRISP	22	Norwich Swan	28.35
6.	Elliot LEGG	19	West Norfolk	28.70

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jack COLMAN-YOUNG	27	UEA Norwich	26.48
2.	Craig GILLESPIE	29	Otter	27.05
3.	Jamie RUSH	28	Diss Otters	30.61

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	William APPLEBY	34	Dereham	25.82
2.	Ollie CALDWELL	34	Otter	26.65
3.	Sam WATTS	30	East Anglian	27.39
4.	Nicolas BARBER	32	Otter	27.77
	Oliver BUMSTEAD	33	Stowmarket	DNC

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Max PATERSON	35	Norfolk Vikg	26.57
2.	James FAIRCHILD	39	West Suffolk	27.55
3.	Christopher BANKS	38	Barnet Copt	27.74
4.	Reuben SMITH	36	Newmarket	29.15
5.	James GRIGG	35	Rochford	29.79
6.	Struan BANFIELD	39	West Suffolk	30.32
7.	Philip ROWLAND	38	East Anglian	34.32

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Paul ALLEN	44	Boston	25.90
2.	Michael NELSON	40	Thetford	28.24
3.	Chris HOPTON	41	Camden Swiss	28.36
4.	Ellis RUDDICK	44	Hackney	28.67
5.	Alec DYER	42	Teddington	29.06
6.	Stephen GREENWOOD	40	St Ives	30.38
7.	Alan WEDDELL	44	Newcastle	30.41
8.	Martin SHORE	40	Out To Swim	30.91
9.	David JOHNSON	41	Woodchurch	30.93
10.	Russell PARKER	41	Clacton SC	32.52

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Daryl MASON	46	Potters Bar	25.98
2.	Spike BUCHAN	48	UEA Norwich	28.14
3.	Nick WHITE	45	Chelmsford	28.28
4.	Mark CLAXTON	45	Norfolk Vikg	28.36
5.	Karl SHARMAN	47	Deben	29.14
6.	Marc OVER	47	Team Anglia	30.11
7.	Chris FREEMAN	49	Teddington	30.18
8.	Darren HAMSHERE	49	Potters Bar	30.77
9.	Ian BALFOUR	48	Norfolk Vikg	31.31
10.	Paul BROCKWAY	46	Camden Swiss	31.80
11.	Eugene GORMLEY	49	Potters Bar	33.68

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	
1.	Marcel SCHOLTEN	50	Modernians	26.16	BR
2.	Peter ABELL	52	NottmLeander	28.63	
3.	Nigel BROWN	50	Chelmsford	28.79	
4.	Richard O'LEARY	52	Team Anglia	30.58	
5.	Walker BRIERLEY	53	Deben	30.68	
6.	Graham KING	53	Sudbury	33.74	
7.	Kirk MCGRATH	52	Camden Swiss	37.17	

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Wray SHEWELL-COOPER	55	Potters Bar	30.02
2.	Rob STEEL	59	NottmLeander	32.03
3.	Charlie TOVELL	56	Deben	32.64

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Philip COTTON	60	Norwich Swan	30.40
2.	Chris KAETHNER	61	Hackney	31.31
3.	Paul NG	62	Barnet Copt	38.36
4.	David COLES	62	West Norfolk	42.77
5.	Tony TRAYFORD	64	West Norfolk	51.70

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Terry THORNE	66	East Anglian	31.42
2.	Stuart MCLELLAN	67	Sudbury	33.35
3.	Chris TRUEMAN	69	UEA Norwich	36.62
4.	Len PHOENIX	67	Stowmarket	40.81

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Roy WILSON	70	Ruislip Nwd	46.20

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	John YOUNGMAN	75	West Norfolk	42.02

80/84 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Geoff BISHOP	80	Royal Navy	47.59

85/89 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Donald MACFARLANE	87	West Norfolk	1:23.16

EVENT 11 Mens/Womens Open 200m Breaststroke**MENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Graham CABLE	34	Witney	2:43.12	36.10	1:20.00	2:00.58
					36.10	43.90	40.58
2.	Sean KELLY	33	East Anglian	3:24.70	45.48	1:37.71	2:32.79
					45.48	52.23	55.08

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Adam FREER	39	Barnet Copt	3:05.82	40.60	1:26.63	2:15.32
					40.60	46.03	48.69
2.	Michael CARSE	37	Barnet Copt	3:13.82	42.52	1:31.10	2:21.72
					42.52	48.58	50.62

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Lee PETERSON	42	Braintree	2:43.14	36.78	1:19.13	2:01.41
					36.78	42.35	42.28
2.	Robert MILBURN	43	Colchester	2:54.58	39.09	1:23.66	2:08.63
					39.09	44.57	44.97

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Paul SMOOTHY	48	Teddington	2:57.82	40.59	1:25.99	2:12.40
					40.59	45.40	46.41
2.	Kevin LIEF	49	Barnet Copt	3:07.78	41.98	1:29.90	2:19.67
					41.98	47.92	49.77

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Martyn FRESHER	54	Team Anglia	3:06.42	39.10	1:27.17	2:16.67
					39.10	48.07	49.50

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Dave CARTLEDGE	56	Modernians	2:52.01	37.42	1:21.28	2:06.51
					37.42	43.86	45.23

MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	David COLES	62	West Norfolk	4:27.10	54.65	2:01.15	3:11.64
					54.65	1:06.50	1:10.49
2.	Tony TRAYFORD	64	West Norfolk	4:58.93	1:07.63	2:26.73	3:46.24
				1:07.63	1:19.10	1:19.51	

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Stuart MCLELLAN	67	Sudbury	3:49.30	51.58	1:49.36	2:49.61
					51.58	57.78	1:00.25

MENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Roy WILSON	70	Ruislip Nwd	4:33.67	1:03.77	2:13.61	3:25.53
				1:03.77	1:09.84	1:11.92	

MENS 80/84 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Neil HOWELL	84	East Anglian	6:15.34	1:27.86	3:06.02	4:43.22
				1:27.86	1:38.16	1:37.20	

MENS 85/89 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
	Donald MACFARLANE	87	West Norfolk	DQ	SL	2L	

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Louise BUSH	25	UEA Norwich	2:45.80	36.65	1:18.97	2:02.18
					36.65	42.32	43.21
2.	Emmeline VINCENT	28	East Anglian	3:34.61	49.87	1:45.63	2:39.80
					49.87	55.76	54.17

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Katie HOLMES	32	Colchester	3:03.94	40.71	1:27.37	2:08.15
					40.71	46.66	40.78
2.	Hannah PILLING	32	Deepings	3:36.25	49.60	1:45.61	2:41.48
					49.60	56.01	55.87

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Lynne MEALE	39	UEA Norwich	3:03.92	41.44	1:29.07	2:17.08
					41.44	47.63	48.01
2.	Vanessa MIEMIETZ	38	UEA Norwich	3:42.16	49.85	1:48.51	2:44.59
					49.85	58.66	56.08

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Caroline GRIFFIN	43	Potters Bar	3:32.86	45.94	1:38.54	2:35.33
					45.94	52.60	56.79
2.	Alison COWIE	43	Chelmsford	3:45.21	51.56	1:48.69	2:47.26
					51.56	57.13	58.57

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Hannah UECKERMANN	53	Witham Dolph	3:14.04	45.07	1:34.67	2:24.49
					45.07	49.60	49.82
2.	Lisa WITHERS	50	Newmarket	3:27.54	48.67	1:40.63	2:34.67
					48.67	51.96	54.04

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Amanda HEATH	59	Spencer	3:13.75	44.32	1:33.59	2:23.12
					44.32	49.27	49.53
2.	Hilary JOHNSON	58	Camden Swiss	3:26.13	46.44	1:38.69	2:32.67
					46.44	52.25	53.98
3.	Hurriyet GIRAY	56	Camden Swiss	4:07.12	53.37	1:55.88	3:01.64
					53.37	1:02.51	1:05.76

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Karen BELLAS	64	Camden Swiss	4:01.14	56.81	1:59.48	3:03.75
	Nicola MILLER	62	Diss Otters	DNC	56.81	1:02.67	1:04.27

WOMENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Elizabeth REID	66	Impington	4:18.83	56.45	2:04.82	3:10.78
2.	Sally LELEAN	65	Diss Otters	4:19.09	56.45	1:08.37	1:05.96
					58.19	2:05.88	3:12.17
					58.19	1:07.69	1:06.29

EVENT 12 Womens Open 100m Butterfly**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Katie MALONEY	19	Norwich Swan	1:16.25	35.09
					35.09

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Lorraine DOBBINS	29	Daventry	1:12.36	33.16
					33.16

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Hayley DAVIS	32	Co Cambridge	1:10.42	32.90
					32.90

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Michelle SENECAI	39	Otter	1:15.23	35.96
					35.96
2.	Clare BOSTON	37	Basildon Ph	1:24.66	38.10
					38.10

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Sharon PERRY	44	West Suffolk	1:20.66	35.45
					35.45
2.	Mel HOLLAND	42	UEA Norwich	1:24.48	39.14
					39.14

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Liz WOOLNER	49	Flitwick	1:09.94	32.83
					32.83
2.	Nicola LATTY	45	Nene Valley	1:11.75	34.15
					34.15
3.	Kerstin MAYER	46	Spencer	1:19.10	34.11
					34.11
4.	Josephine CRESSWELL	48	East Anglian	1:19.66	35.98
					35.98

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jacqueline PATEL	56	Kings Corm	2:12.88	58.14
					58.14

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Sue PROCTER	60	Barnet Copt	1:42.36	45.73
					45.73
2.	Christine GILLARD	60	Calv Bing	1:48.24	47.70
					47.70
3.	Lorraine CROOK	62	Cardiff Mast	2:12.35	1:03.89
					1:03.89

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	Patricia JACKSON	69	East Anglian	DNC	

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Georgie HAMILTON	73	Barnet Copt	2:10.64	1:03.33
					1:03.33

EVENT 13 Mens Open 100m Butterfly

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Matthew ADDIS	18	West Norfolk	1:08.24	31.48 31.48

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Ollie CALDWELL	34	Otter	1:02.89	29.02 29.02

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Alex THURSTON	35	NottmLeander	59.78	27.94 27.94
2.	Andrew FARRELL	38	Ireland	1:07.27	29.48 29.48
3.	Terence BONNETT	37	Barnet Copt	1:09.62	32.17 32.17

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
	Alan WEDDELL	44	Newcastle	DNC	

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Garry MAVIN	45	Team Anglia	1:05.66	30.04 30.04
2.	Stuart DYBLE	45	Norfolk Vikg	1:05.88	30.56 30.56
3.	Marc OVER	47	Team Anglia	1:17.23	34.54 34.54
	Roger RANDALL	45	Barnet Copt	DQ SL 2L	

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Simon EMM	50	Colchester	1:08.12	31.44 31.44
2.	Steven ONG	52	St Albans Ma	1:13.21	33.98 33.98
3.	Mark PINCOTT	51	Faversham	1:17.60	35.44 35.44

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Ashley MEERLOO	56	Bishop Stort	1:13.10	33.07 33.07
2.	Brian MCSHEA	56	St Albans Ma	1:22.71	37.86 37.86

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Michael READ	75	Brighton	2:04.00	42.10 42.10

EVENT 14 Womens Open 100m Backstroke

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Fliss HAWKINS	29	Faversham	1:16.49	38.24 38.24

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Becky MILNES	32	NottmLeander	1:14.05	35.23 35.23
2.	Claire MASSEY	32	Cheshunt	1:15.00	34.92 34.92
3.	Laura BLOWERS	33	East Anglian	1:17.04	38.08 38.08
4.	Hannah BROWN	32	Otter	1:25.35	40.72 40.72
5.	Laura GRIMSEY	31	East Anglian	1:40.71	47.54 47.54

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Lisa DAWSON	38	Barnet Copt	1:17.94	38.26
					38.26
2.	Kelli JANNAWAY	35	Newbury	1:24.29	40.23
					40.23

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Katrina FARRALL	46	Basildon Ph	1:22.49	39.91
					39.91
2.	Clare WATKINS	49	East Anglian	1:30.42	43.50
					43.50
3.	Eleni MANOLITSAKI	46	Chelmsford	1:43.84	48.59
					48.59

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Dina THORNTON	53	Colchester	1:39.73	48.10
					48.10

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jackie CROCKETT	55	Deepings	1:42.06	50.29
					50.29
2.	Fiona BRITAIN	57	West Suffolk	1:50.35	56.09
					56.09
3.	Jacqueline PATEL	56	Kings Corm	2:14.69	1:05.04
					1:05.04

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Marianne DAVEY	63	Crawley	1:49.72	52.54
					52.54

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Susie BRESLIN	69	Barnet Copt	1:45.16	51.68
					51.68

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Georgie HAMILTON	73	Barnet Copt	2:02.38	59.18
					59.18

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jenny BALL	78	lo Wight Ma	2:08.84	1:01.37
					1:01.37

EVENT 15 Mens Open 100m Backstroke**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Elliot LEGG	19	West Norfolk	1:12.28	34.62
					34.62
2.	James RUSSEN	22	East Anglian	1:16.31	36.72
					36.72

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Ben THOMAS	34	Otter	1:09.16	33.24
					33.24
2.	Nicolas BARBER	32	Otter	1:12.17	34.04
					34.04

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	David WEBSTER	38	East Anglian	1:08.34	32.94
					32.94
2.	Dave GELB	35	Barnet Copt	1:08.97	32.80
					32.80
3.	James GRIGG	35	Rochford	1:15.28	36.24
					36.24

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Lee PETERSON	42	Braintree	1:05.28	31.27
					31.27
2.	Michael NELSON	40	Thetford	1:17.39	37.48
					37.48

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Chris FREEMAN	49	Teddington	1:20.55	39.49
					39.49
2.	James ADCOCK	48	UEA Norwich	1:25.73	42.48
					42.48

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Marcel SCHOLTEN	50	Modernians	1:19.30	40.58
					40.58
2.	Mark PINCOTT	51	Faversham	1:20.27	38.93
					38.93
3.	Steven ONG	52	St Albans Ma	1:20.73	39.12
					39.12
4.	Kirk MCGRATH	52	Camden Swiss	1:43.40	49.22
					49.22
5.	Rob GARRY	52	Mildenhall	1:52.17	55.34
					55.34

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Dave CARTLEDGE	56	Modernians	1:14.10	35.81
					35.81
2.	Jonas SERNA	55	Team Anglia	1:21.33	39.08
					39.08

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Len PHOENIX	67	Stowmarket	1:56.38	55.08
					55.08

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Roy WILSON	70	Ruislip Nwd	2:06.12	1:00.74
				1:00.74	

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Alan JACKSON	77	Birmingham M	1:35.51	44.23
					44.23

EVENT 16 Mens/Womens Open 200m IM**MENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Craig GILLESPIE	29	Otter	2:24.27	29.71	1:08.86	1:49.17
					29.71	39.15	40.31
2.	Jack COLMAN-YOUNG	27	UEA Norwich	2:31.92	30.41	1:10.11	1:56.33
					30.41	39.70	46.22

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Alex THURSTON	35	NoitmlLeander	2:20.53	28.93	1:05.98	1:47.14
					28.93	37.05	41.16
2.	David DAPORTA-MENDEZ	39	Out To Swim	2:39.46	34.13	1:18.08	2:04.92
					34.13	43.95	46.84
3.	Michael CARSE	37	Barnet Copt	3:06.13	39.04	1:31.37	2:23.13
					39.04	52.33	51.76

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Ellis RUDDICK	44	Hackney	2:42.91	33.03	1:16.50	2:05.04
					33.03	43.47	48.54
2.	Ben KERSLAKE	40	Bishop Stort	2:45.08	33.62	1:16.67	2:10.09
					33.62	43.05	53.42
3.	Simon MARSDEN	42	Barnet Copt	2:45.48	34.66	1:20.40	2:09.15
					34.66	45.74	48.75

4.	William DESBOROUGH	42	St Ives	2:48.89	34.14	1:18.48	2:08.48
					34.14	44.34	50.00
5.	Alan WEDDELL	44	Newcastle	3:10.77	38.13	1:36.20	2:26.17
					38.13	58.07	49.97

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Paul SMOOTHY	48	Teddington	2:42.87	33.91	1:18.07	2:04.92
					33.91	44.16	46.85
2.	Nick WHITE	45	Chelmsford	2:51.38	34.07	1:20.59	2:12.04
					34.07	46.52	51.45
3.	Roger RANDALL	45	Barnet Copt	2:58.51	39.63	1:30.03	2:21.30
					39.63	50.40	51.27
4.	David BORTHWICK	48	East Anglian	2:59.05	35.80	1:23.29	2:17.73
					35.80	47.49	54.44

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	David BRYANT	55	Guildford Ct	2:39.64	32.84	1:17.87	2:02.19
					32.84	45.03	44.32
2.	Wray SHEWELL-COOPER	55	Potters Bar	2:42.45	33.11	1:16.60	2:03.30
					33.11	43.49	46.70
3.	Gordon CARTWRIGHT	55	Chelmsford	3:14.19	37.16	1:32.71	2:28.31
					37.16	55.55	55.60

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Stuart MCLELLAN	67	Sudbury	3:22.28	43.46	1:36.86	2:37.23
					43.46	53.40	1:00.37
2.	Len PHOENIX	67	Stowmarket	4:41.72	53.16	2:24.83	3:45.44
					53.16	1:31.67	1:20.61

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Michael READ	75	Brighton	3:50.68	50.41	1:56.88	3:05.01
					50.41	1:06.47	1:08.13

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sophie LIDDAMENT	24	UEA Norwich	2:54.74	37.94	1:24.60	2:15.35
					37.94	46.66	50.75
2.	Alice THEOBALD	21	Newmarket	3:16.07	38.43	1:29.06	2:34.23
					38.43	50.63	1:05.17

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Rachael GORMAN	25	Trafford Met	2:50.50	35.48	1:19.63	2:12.46
					35.48	44.15	52.83
2.	Sophie CASTLE	28	Chelmsford	2:52.28	37.88	1:21.98	2:12.15
					37.88	44.10	50.17

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Fiona KINSELLA	32	Camden Swiss	2:44.64	34.15	1:19.55	2:06.57
					34.15	45.40	47.02
2.	Katie HOLMES	32	Colchester	2:56.48	37.25	1:27.03	2:15.70
					37.25	49.78	48.67
3.	Laura BLOWERS	33	East Anglian	2:57.83	37.61	1:21.74	2:14.74
					37.61	44.13	53.00
4.	Catherine HURST-HEWETT	34	East Anglian	3:48.64	48.17	1:47.87	2:49.47
					48.17	59.70	1:01.60

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sachika YAMAWAKI	35	Barnet Copt	2:41.46	34.12	1:17.35	2:03.07
					34.12	43.23	45.72
2.	Lynne MEALE	39	UEA Norwich	2:42.95	35.37	1:17.68	2:03.00
					35.37	42.31	45.32

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sharon PERRY	44	West Suffolk	2:52.61	36.48	1:23.61	2:13.77
					36.48	47.13	50.16
2.	Kirsty SCOTT	40	Deepings	3:28.84	53.22	1:44.62	2:42.32
					53.22	51.40	57.70
3.	Alison COWIE	43	Chelmsford	3:33.41	49.10	1:45.65	2:44.47

				49.10	56.55	58.82
WOMENS 45/49 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time	50	100
1.	Kerstin MAYER	46	Spencer	2:57.35	37.22	1:23.35
					37.22	46.13
2.	Dorothy ZERDIN	46	Hackney	3:26.65	41.08	1:33.27
					41.08	52.19
						1:02.88
WOMENS 50/54 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time	50	100
1.	Lisa WITHERS	50	Newmarket	3:09.43	40.59	1:28.20
					40.59	47.61
	Dina THORNTON	53	Colchester	DNC		53.62
WOMENS 55/59 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time	50	100
1.	Melanie EVANS	59	Dartford	3:26.64	40.89	1:36.83
					40.89	55.94
2.	Angela SHACKLETON	59	East Anglian	3:44.69	49.05	1:49.70
					49.05	1:00.65
3.	Jacqueline PATEL	56	Kings Corn	4:01.34	1:00.86	2:09.56
					1:00.86	1:08.70
4.	Hurriyet GIRAY	56	Camden Swiss	4:31.81	1:07.33	2:25.84
					1:07.33	1:18.51
						1:03.72
WOMENS 60/64 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time	50	100
1.	Christine GILLARD	60	Calv Bing	3:40.85	50.88	1:48.62
					50.88	57.74
2.	Sue PROCTER	60	Barnet Copt	3:44.97	46.62	1:49.79
					46.62	1:03.17
						1:03.16
WOMENS 65/69 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time	50	100
1.	Sally LELEAN	65	Diss Otters	4:36.28	1:06.43	2:14.63
					1:06.43	1:08.20
						1:09.41
WOMENS 70/74 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time	50	100
1.	Georgie HAMILTON	73	Barnet Copt	4:16.39	1:03.66	2:09.46
					1:03.66	1:05.80
						1:07.49

EVENT 17 Womens Open 50m Backstroke

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Celia MARCADAL	27	Camden Swiss	34.55
2.	Fliss HAWKINS	29	Faversham	34.85
3.	Rachael GORMAN	25	Trafford Met	36.53
4.	Sophie CASTLE	28	Chelmsford	37.54
5.	Hannah KERSHAW	28	Impington	43.48

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Claire MASSEY	32	Cheshunt	33.52
2.	Becky MILNES	32	NottmLeander	34.44
3.	Sarah HOLDEN	32	Hadleigh	37.87

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Catherine MARKWELL	35	East Anglian	35.21
2.	Lisa DAWSON	38	Barnet Copt	36.64

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Clare WATKINS	49	East Anglian	40.37
2.	Dorothy ZERDIN	46	Hackney	45.81
3.	Emma FOX	46	UEA Norwich	46.26
4.	Elena DE LA CAMARA	46	Camden Swiss	53.24

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lisa WITHERS	50	Newmarket	41.64
2.	Jane SMITH	52	Newmarket	46.60

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Melanie EVANS	59	Dartford	45.00
2.	Fiona BRITAIN	57	West Suffolk	49.78
3.	Jacqueline PATEL	56	Kings Corm	1:04.05

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jeannie MORLEY	60	Mildenhall	56.73

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Susie BRESLIN	69	Barnet Copt	47.86
2.	Elizabeth REID	66	Impington	52.37

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jenny BALL	78	Io Wight Ma	57.06

EVENT 18 Mens Open 50m Backstroke**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Samuel CLAY	23	Devonport	29.99
2.	Elliot LEGG	19	West Norfolk	32.19
3.	Sam WHITE	22	Basildon Ph	35.68

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	Nicolas BARBER	32	Otter	DQ FI

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alex THURSTON	35	NottmLeander	28.90
2.	Max PATERSON	35	Norfolk Vikg	32.51
3.	James GRIGG	35	Rochford	34.26
4.	Reuben SMITH	36	Newmarket	35.29
5.	Struan BANFIELD	39	West Suffolk	36.99

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Takeshi MOTOHASHI	40	West Suffolk	33.66

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Peter ABELL	52	NottmLeander	34.77
2.	Kirk MCGRATH	52	Camden Swiss	48.90

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jonas SERNA	55	Team Anglia	36.20

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Philip COTTON	60	Norwich Swan	38.04
2.	Paul NG	62	Barnet Copt	47.88

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Len PHOENIX	67	Stowmarket	46.73
2.	Chris TRUEMAN	69	UEA Norwich	49.80

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Roy WILSON	70	Ruislip Nwd	57.64

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	John YOUNGMAN	75	West Norfolk	53.58

80/84 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Neil HOWELL	84	East Anglian	1:15.86

EVENT 19 Mens/Womens Open 200m Butterfly**MENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	James WILSON	31	East Anglian	3:15.22	40.97	1:30.45	2:25.41
					40.97	49.48	54.96

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Michael CARSE	37	Barnet Copt	3:35.40	47.61	1:42.22	1:58.57
					47.61	54.61	16.35

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Roger RANDALL	45	Barnet Copt	3:35.50	48.67	1:44.11	2:41.72
					48.67	55.44	57.61

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Simon EMM	50	Colchester	2:39.75	32.40	1:11.08	1:53.42
					32.40	38.68	42.34

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Michael READ	75	Brighton	4:39.54	56.91	2:13.33	3:27.57
					56.91	1:16.42	1:14.24

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Katie MALONEY	19	Norwich Swan	2:57.73	37.71	1:21.49	2:09.99
					37.71	43.78	48.50

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Robyn LE FRIEC	26	Co Cambridge	2:26.63	32.87	-	1:48.35
					32.87	-	1:15.48

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Hayley DAVIS	32	Co Cambridge	2:33.36	34.24	1:13.90	1:54.04
					34.24	39.66	40.14

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Alison COWIE	43	Chelmsford	3:48.87	48.78	1:47.49	2:47.78
					48.78	58.71	1:00.29

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Nicola LATTY	45	Nene Valley	2:33.82	34.86	1:14.42	1:54.11
					34.86	39.56	39.69

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Jacqueline PATEL	56	Kings Corm	4:38.33	1:04.79	2:18.78	3:31.47
					1:04.79	1:13.99	1:12.69

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Christine GILLARD	60	Calv Bing	3:59.06	51.47	1:50.86	2:56.06
					51.47	59.39	1:05.20
2.	Lorraine CROOK	62	Cardiff Mast	4:56.74	50.46	2:21.42	3:39.13
					50.46	1:30.96	1:17.71

WOMENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Georgie HAMILTON	73	Barnet Copt	4:53.72	1:04.87	2:17.98	3:30.77
					1:04.87	1:13.11	1:12.79

EVENT 20 Womens Open 100m Breaststroke**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Sophie LIDDAMENT	24	UEA Norwich	1:33.96	45.32
					45.32

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Louise BUSH	25	UEA Norwich	1:17.90	36.11
					36.11
2.	Emmeline VINCENT	28	East Anglian	1:36.27	44.33
					44.33

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Katie HOLMES	32	Colchester	1:25.84	40.14
					40.14

2.	Hannah PILLING	32	Deepings	1:40.24	47.24
					47.24
3.	Catherine HURST-HEWETT	34	East Anglian	1:47.56	51.01
					51.01

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Kate WARWICK	38	East Anglian	1:20.50	37.28
					37.28
2.	Lynne MEALE	39	UEA Norwich	1:25.17	39.72
					39.72
3.	Beccie BAILEY	37	Grantham	1:37.07	44.99
					44.99

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Mel HOLLAND	42	UEA Norwich	1:34.11	45.09
					45.09
2.	Caroline GRIFFIN	43	Potters Bar	1:37.81	44.78
					44.78
3.	Maida SHIVIK	42	Camden Swiss	1:42.34	49.41
					49.41
4.	Alison COWIE	43	Chelmsford	1:48.16	51.05
					51.05

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Sarah ADCOCK	49	East Anglian	1:50.30	50.29
					50.29

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Hannah UECKERMANN	53	Witham Dolph	1:30.22	42.98
					42.98
2.	Lisa WITHERS	50	Newmarket	1:36.68	46.31
					46.31

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Amanda HEATH	59	Spencer	1:30.06	42.89
					42.89
2.	Hilary JOHNSON	58	Camden Swiss	1:33.88	43.20
					43.20

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Karen BELLAS	64	Camden Swiss	1:46.30	51.20
					51.20

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Elizabeth REID	66	Impington	2:07.12	57.44
					57.44

EVENT 21 Mens Open 100m Breaststroke

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Matthew ADDIS	18	West Norfolk	1:22.75	38.52
					38.52

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Craig GILLESPIE	29	Otter	1:12.72	33.74
					33.74

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Graham CABLE	34	Witney	1:13.40	33.87
					33.87
2.	Sean KELLY	33	East Anglian	1:32.25	42.83
					42.83

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Dave GELB	35	Barnet Copt	1:20.86	35.68
					35.68

2.	Adam FREER	39	Barnet Copt	1:26.96	40.19
					40.19

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Robert MILBURN	43	Colchester	1:18.79	37.02
					37.02

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Daryl MASON	46	Potters Bar	1:13.69	33.90
					33.90
2.	Mark CLAXTON	45	Norfolk Vikg	1:20.99	38.55
					38.55
3.	Paul SMOOTHY	48	Teddington	1:22.52	39.74
					39.74
4.	David BOYCE	47	East Anglian	1:26.51	39.67
					39.67
5.	Kevin LIEF	49	Barnet Copt	1:26.73	39.61
					39.61

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Martyn FRESHER	54	Team Anglia	1:21.33	37.44
					37.44
2.	Graham KING	53	Sudbury	1:29.43	40.40
					40.40
3.	Andrew FRESHER	52	Team Anglia	1:45.47	41.10
					41.10

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Rob STEEL	59	NottmLeander	1:32.48	42.35
					42.35

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Chris KAETHNER	61	Hackney	1:28.07	39.34
					39.34
2.	David COLES	62	West Norfolk	1:58.10	53.20
					53.20

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Chris TRUEMAN	69	UEA Norwich	1:59.91	52.79
					52.79

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Roy WILSON	70	Ruislip Nwd	2:10.03	1:01.45
					1:01.45

80/84 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Neil HOWELL	84	East Anglian	3:05.32	1:24.14
					1:24.14

85/89 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Donald MACFARLANE	87	West Norfolk	3:08.80	1:32.88
					1:32.88

EVENT 22 Mens/Womens Open 200m Freestyle

MENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Matthew ADDIS	18	West Norfolk	2:12.13	30.17	1:03.75	1:38.16
					30.17	33.58	34.41

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Nicolas BARBER	32	Otter	2:15.45	30.20	1:05.10	1:39.85
					30.20	34.90	34.75
2.	Sam WATTS	30	East Anglian	2:16.30	31.75	1:06.25	1:41.15
					31.75	34.50	34.90
3.	James WILSON	31	East Anglian	2:41.33	34.13	1:19.39	2:03.14
					34.13	45.26	43.75

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	David DAPORTA-MENDEZ	39	Out To Swim	2:17.64	32.16	1:07.61	1:43.37
					32.16	35.45	35.76

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Ben KERSLAKE	40	Bishop Stort	2:23.88	32.20	1:10.08	1:47.93
					32.20	37.88	37.85
2.	Simon MARSDEN	42	Barnet Copt	2:27.38	33.58	1:11.60	1:50.32
					33.58	38.02	38.72
3.	Martin SHORE	40	Out To Swim	2:38.75	36.67	1:16.94	1:58.17
					36.67	40.27	41.23
4.	David JOHNSON	41	Woodchurch	2:48.23	35.73	-	2:05.47
					35.73	-	1:29.74

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Stuart DYBLE	45	Norfolk Vikg	2:13.19	30.83	1:04.71	1:38.90
					30.83	33.88	34.19
2.	Chris FREEMAN	49	Teddington	2:23.54	33.60	1:10.64	1:47.66
					33.60	37.04	37.02
3.	Nick WHITE	45	Chelmsford	2:33.51	32.46	1:12.20	1:55.05
					32.46	39.74	42.85
4.	Darren HAMSHERE	49	Potters Bar	2:33.83	34.03	1:14.18	1:55.67
					34.03	40.15	41.49
5.	David BORTHWICK	48	East Anglian	2:40.54	35.53	1:16.22	1:59.03
					35.53	40.69	42.81
6.	Eugene GORMLEY	49	Potters Bar	2:59.65	36.72	1:20.12	2:07.93
					36.72	43.40	47.81

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Nigel BROWN	50	Chelmsford	2:21.00	32.44	1:08.97	1:45.57
					32.44	36.53	36.60
2.	Phillip MOULSON	50	East Anglian	2:25.00	32.62	1:09.86	1:43.48
					32.62	37.24	33.62
3.	Steven ONG	52	St Albans Ma	2:27.49	34.67	1:11.19	1:48.93
					34.67	36.52	37.74
4.	Jonathan GREENE	52	East Anglian	2:50.65	38.21	-	2:07.14
					38.21	-	1:28.93
5.	Kirk MCGRATH	52	Camden Swiss	3:04.19	41.51	1:28.44	2:16.64
					41.51	46.93	48.20
6.	Rob GARRY	52	Mildenhall	3:27.39	46.41	1:40.73	2:37.43
					46.41	54.32	56.70

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Wray SHEWELL-COOPER	55	Potters Bar	2:24.21	32.14	1:08.33	1:46.50
					32.14	36.19	38.17

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Terry THORNE	66	East Anglian	2:45.71	38.27	1:21.72	2:06.62
					38.27	43.45	44.90

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Michael READ	75	Brighton	3:08.86	42.10	1:31.12	2:20.69
					42.10	49.02	49.57

MENS 85/89 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Donald MACFARLANE	87	West Norfolk	8:06.92	1:49.91	3:59.33	6:13.40
				1:49.91			
				2:09.42			
				2:14.07			

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Katie MALONEY	19	Norwich Swan	2:29.94	34.94	1:12.86	1:51.56
					34.94	37.92	38.70
2.	Sophie LIDDAMENT	24	UEA Norwich	2:34.85	36.06	1:15.54	1:55.93
					36.06	39.48	40.39

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Fliss HAWKINS	29	Faversham	2:25.04	34.03	1:11.82	1:49.97
					34.03	37.79	38.15
2.	Sophie CASTLE	28	Chelmsford	2:33.16	33.13	1:12.10	1:53.36
					33.13	38.97	41.26
3.	Cheryl BELTON	27	East Anglian	2:45.13	36.83	1:19.46	2:02.81
					36.83	42.63	43.35
4.	Hannah KERSHAW	28	Impington	2:46.24	36.86	1:17.44	2:02.23
					36.86	40.58	44.79

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Fiona KINSELLA	32	Camden Swiss	2:22.41	33.32	1:09.25	1:45.81
					33.32	35.93	36.56

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sachika YAMAWAKI	35	Barnet Copt	2:24.85	33.07	1:09.60	1:46.63
					33.07	36.53	37.03
2.	Catherine MARKWELL	35	East Anglian	2:26.96	32.97	1:10.12	1:48.85
					32.97	37.15	38.73
3.	Lisa DAWSON	38	Barnet Copt	2:45.69	35.85	1:20.17	2:07.17
					35.85	44.32	47.00
4.	Beccie BAILEY	37	Grantham	2:48.95	37.62	1:20.94	2:05.77
					37.62	43.32	44.83

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Maida SHIVIK	42	Camden Swiss	2:41.14	38.12	1:19.37	2:01.87
					38.12	41.25	42.50
2.	Suzanne SAVAGE	43	Potters Bar	2:45.53	37.43	1:19.59	2:03.35
					37.43	42.16	43.76

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Nicola LATTY	45	Nene Valley	2:26.31	34.46	1:12.28	1:50.31
					34.46	37.82	38.03
2.	Eleni MANOLITSAKI	46	Chelmsford	3:17.78	43.21	1:32.84	2:25.32
					43.21	49.63	52.48
3.	Emma FOX	46	UEA Norwich	3:19.54	43.12	1:34.76	2:27.85
					43.12	51.64	53.09
4.	Denise CUER	48	Co Newport	3:21.11	43.99	1:35.26	2:29.42
					43.99	51.27	54.16

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Helen HARRIS	50	Larkfield	2:41.33	36.16	1:17.54	1:59.99
					36.16	41.38	42.45
2.	Hannah UECKERMANN	53	Witham Dolph	2:44.71	39.10	1:21.18	2:03.71
					39.10	42.08	42.53
3.	Liz TORODE	53	Teddington	2:51.64	40.03	1:23.57	2:08.34
					40.03	43.54	44.77
4.	Fabiola AMARA	53	Camden Swiss	3:01.97	39.26	1:25.02	2:13.79
					39.26	45.76	48.77

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Melanie EVANS	59	Dartford	3:01.41	39.05	1:25.13	2:14.32
					39.05	46.08	49.19
2.	Fiona BRITAIN	57	West Suffolk	3:21.10	46.00	1:39.48	2:33.86
					46.00	53.48	54.38

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Christine GILLARD	60	Calv Bing	3:15.12	41.50	1:32.09	2:25.69
					41.50	50.59	53.60

WOMENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Jenny BALL	78	lo Wight Ma	3:55.76	53.56	1:54.78	2:56.51
					53.56	1:01.22	1:01.73