

Norfolk County ASA Open Long Course Masters Meet

Including Closed Norfolk Championships

On Saturday 19th May 2018 at SportsPark, UEA, Norwich

EVENT 1 Mens/Womens Open 400m Freestyle

MENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Harry CRISP	24	East Anglian	4:40.22
	30.66	1:05.28	1:41.39	2:18.14
				2:54.15
				3:31.16
				4:07.69
				4:40.22

MENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Andrew KIMPTON	26	West Suffolk	4:42.17
	31.58	1:06.67	1:42.85	2:19.64
				2:55.73
				3:32.08
				4:07.40
				4:42.17

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sam WATTS	32	East Anglian	5:04.77
	32.84	1:10.17	1:48.46	2:27.30
				3:06.45
				3:45.61
				4:24.73
				5:04.77
2.	Leigh WRIGHT	31	Bletchley	5:40.58
	37.42	1:19.49	2:02.19	2:45.38
				3:28.95
				4:14.02
				4:58.10
				5:40.58

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	John MCKENNY	44	West Suffolk	4:40.02
	31.00	1:05.66	1:40.98	2:17.65
				2:53.83
				3:30.60
				4:06.08
				4:40.02

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Steven WESTALL	47	teamipswich	6:02.52
	40.43	1:26.12	2:13.31	2:59.77
				3:46.22
				4:33.80
				5:20.87
				6:02.52

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Simon EMM	52	Colchester	4:50.74
	32.93	1:09.62	1:46.98	2:24.42
				3:01.46
				3:38.76
				4:15.28
				4:50.74
2.	Paul SMOOTHY	50	Teddington	5:04.73
	34.09	1:11.68	1:50.31	2:29.39
				3:08.66
				3:48.24
				4:27.08
				5:04.73
3.	David BORTHWICK	50	East Anglian	5:40.59
	37.90	1:20.41	2:02.30	2:46.93
				3:30.64
				4:13.75
				4:56.82
				5:40.59

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Patrick ALLEN	56	Guildford Ct	6:16.91
	41.13	1:26.75	2:14.72	3:02.46
				3:51.65
				4:40.35
				5:29.71
				6:16.91

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Terry THORNE	68	East Anglian	6:04.67
	41.73	1:29.24	2:16.63	3:04.26
				3:50.86
				4:37.59
				5:23.52
				6:04.67
2.	Stuart MCLELLAN	69	Sudbury	6:05.51
	39.72	1:24.81	2:10.99	2:58.78
				3:45.57
				4:33.25
				5:20.01
				6:05.51
3.	Peter RANK	66	Co Cambridge	7:11.71
	47.36	1:40.83	2:36.34	3:32.82
				4:27.63
				5:24.41
				6:19.36
				7:11.71
4.	Richard ADAMS	68	Duns	9:41.94
	1:00.01	2:12.15	3:27.44	4:40.36
				5:54.97
				7:08.31
				8:23.22
				9:41.94

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Michael READ	77	Brighton	6:51.02
	47.96	1:38.47	2:32.93	3:25.54
				4:19.53
				5:11.06
				6:02.92
				6:51.02

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alice THEOBALD	23	Felixstowe	5:46.84
	38.55	1:23.90	2:07.82	2:53.33
				3:36.68
				4:20.77
				5:04.79
				5:46.84
2.	Emma CHESTNUTT	21	Co Norwich	6:47.30
	42.02	1:32.35	2:25.32	3:19.57
				4:14.04
				5:06.86
				5:59.33
				6:47.30

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Natalie ALLEN	25	East Anglian	5:29.58
	37.14	1:18.73	2:00.99	2:43.60
				3:25.98
				4:08.71
				4:49.28
				5:29.58

2.	Nicola FERGUSON	27	Co Norwich	5:34.29				
	36.44 1:16.26	1:57.83	2:40.32	3:23.98	4:07.71	4:51.31	5:34.29	
3.	Cecilia JUDMANN	26	Co Cambridge	6:29.00				
	40.70 1:27.96	2:18.15	3:08.96	4:00.26	4:51.63	5:41.87	6:29.00	

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time				
1.	Sarah BUCHAN	42	Norfolk Vikg	6:24.68				
	40.68 1:27.78	2:17.30	3:09.11	3:59.73	4:51.64	5:39.47	6:24.68	

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time				
1.	Eleni MANOLITSAKI	48	Chelmsford	7:05.19				
	44.21 1:35.80	2:31.22	3:26.68	4:23.35	5:19.87	6:13.50	7:05.19	

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time				
1.	Karen GRAHAM	53	East Leeds	4:58.35				
	34.53 1:11.91	1:49.56	2:27.46	3:05.34	3:43.18	4:21.39	4:58.35	
2.	Silvia FERDIN	53	Co Cambridge	5:17.38				
	35.27 1:14.65	1:54.47	2:35.41	3:15.82	3:56.65	4:37.11	5:17.38	
3.	Karen BASSETT	50	Bracknell	5:47.93				
	38.04 1:19.94	2:04.08	2:48.98	3:34.09	4:19.11	5:04.23	5:47.93	
4.	Josephine CRESSWELL	50	East Anglian	5:57.54				
	39.14 1:23.26	2:09.04	2:55.23	3:40.43	4:26.22	5:11.95	5:57.54	
5.	Clare WATKINS	51	East Anglian	6:05.26				
	42.62 1:28.96	2:16.13	3:02.69	3:49.52	4:35.81	5:22.17	6:05.26	
6.	Denise CUER	50	Co Newport	6:56.26				
	44.95 1:37.17	2:30.60	3:23.51	4:18.02	5:13.43	6:07.86	6:56.26	

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time				
1.	Jacqueline PATEL	58	Kings Corm	7:09.89				
	46.87 1:41.30	2:35.99	3:32.40	4:27.57	5:23.21	6:17.77	7:09.89	
2.	Sue PENMAN	55	Stowmarket	7:10.57				
	47.34 1:40.90	2:36.10	3:32.26	4:27.78	5:25.11	6:21.45	7:10.57	
3.	Louise WILKINSON	56	East Anglian	7:47.36				
	49.95 1:49.99	2:45.46	3:44.46	4:48.31	5:49.63	6:48.08	7:47.36	

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time				
1.	Melanie EVANS	61	Dartford	6:23.04				
	39.45 1:25.23	2:13.45	3:03.19	3:52.51	4:44.16	5:35.61	6:23.04	
2.	Julia BUCHANAN	61	Caldicot	6:29.71				
	44.16 1:32.46	2:22.83	3:12.94	4:02.24	4:51.22	5:41.85	6:29.71	

WOMENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time				
1.	Patricia JACKSON	71	East Anglian	7:35.14				
	50.46 1:49.28	2:46.32	3:45.07	4:42.60	5:42.26	6:39.67	7:35.14	

EVENT 2 Womens Open 50m Backstroke

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Kioni BROOMFIELD	18	Dereham	33.69
2.	Alice THEOBALD	23	Felixstowe	40.97

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Kat MARKS	30	Colchester	36.56
2.	Amanda BEDDER	32	Norwich Swan	36.99

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Catherine MARKWELL	37	East Anglian	35.20

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Katrina FARRALL	48	Basildon Ph	37.34
2.	Giovanna BERTOLDI	48	Diss Otters	38.51
3.	Helen DAVIS	48	Team Anglia	39.23
4.	Alison PICKERING	48	Diss Otters	42.69
5.	Suzanne ADAMS	47	Felixstowe	47.59
6.	Alison COWIE	45	Chelmsford	48.03

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Clare WATKINS	51	East Anglian	42.41
2.	Jenny HOWE	50	East Anglian	46.38

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sue PENMAN	55	Stowmarket	53.37
2.	Jacqueline PATEL	58	Kings Corm	1:00.16

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Melanie EVANS	61	Dartford	44.75
2.	Ali SHEEHAN	60	South Beds	45.20
3.	Vanessa POOLEY	60	East Anglian	46.27
4.	Julia BUCHANAN	61	Caldicot	46.28

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Marianne DAVEY	65	Crawley	53.12

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Patricia JACKSON	71	East Anglian	50.46

EVENT 3 Mens Open 50m Backstroke**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Alex MURRAY	25	West Norfolk	30.71
2.	Mark THOMPSON	29	Team Anglia	31.77

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Wade RIMBACH	34	Otter	30.69

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Peter EDMUNDS	43	West Suffolk	34.99

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Garry MAVIN	47	Team Anglia	33.88
2.	Mark CLAXTON	47	Norfolk Vikg	37.19
3.	Robert MILBURN	45	Colchester	37.45

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Spike BUCHAN	50	Norfolk Vikg	34.08
2.	Paul SMOOTHY	50	Teddington	37.33
3.	Damian NAVARRETE	50	Colchester	37.89
4.	Simon DICKINSON	52	Diss Otters	43.13
5.	Rob GARRY	54	Mildenhall	51.58

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Steve COE	55	West Suffolk	41.75

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Phillip COTTON	62	Norwich Swan	39.46
2.	Nicholas HUNT	62	Chelmsford	41.74
3.	Shane PREECE	61	East Anglian	45.03

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Richard ADAMS	68	Duns	55.66

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Paul SIMMS	73	Barnes SC	43.26
2.	Richard MOORE	70	Hackney	54.84
3.	Roy WILSON	72	Ruislip Nwd	58.30

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Paul CLARKE	76	Beaver Mast	53.89

EVENT 4 Womens Open 50m Butterfly

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jemma GARRY	19	Mildenhall	51.32

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Nicola FERGUSON	27	Co Norwich	31.20

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Kat MARKS	30	Colchester	34.47
2.	Amanda BEDDER	32	Norwich Swan	35.64
3.	Sasha FORSTER	34	Bracknell	40.19

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Kelli JANNAWAY	37	Newbury	31.62
2.	Anel ZUNIGA	36	Bishop Stort	40.89

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Emma WALKER	44	Co Cambridge	32.05
2.	Angela GRIGG	42	Cranleigh	41.45
3.	Natasha COTTER	43	Chelmsford	42.73

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Giovanna BERTOLDI	48	Diss Otters	38.43
2.	Joanne ALEXANDER	47	Kenilworth M	40.16
3.	Suzanne ADAMS	47	Felixstowe	49.02

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Liz WOOLNER	51	Flitwick	31.53
2.	Karen BASSETT	50	Bracknell	39.49
3.	Denise CUER	50	Co Newport	50.52

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Debbie MATLESS	55	East Anglian	32.93
2.	Jacqueline PATEL	58	Kings Corm	58.75

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Patricia JACKSON	71	East Anglian	49.82

EVENT 5 Mens Open 50m Butterfly

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Can BOZKURT	23	Otter	26.81
2.	Joshua GRAY	24	West Norfolk	29.13
3.	Harry CRISP	24	East Anglian	30.32
4.	Jordan KING	22	Diss Otters	30.72

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alex MURRAY	25	West Norfolk	30.14
2.	Howard SLADEN	29	Ware	35.31

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sam WATTS	32	East Anglian	30.43

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Will APPLEBY	36	East Anglian	28.89
	Max OPPENHEIM	37	Co Norwich	DNC

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	James TATTERSALL	43	Dereham	35.09

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Garry MAVIN	47	Team Anglia	28.76
2.	Rob HAMMOND	45	Co Norwich	32.79
3.	Dave PETHERS	48	Chelmsford	33.02
4.	Kevin ROGER	45	East Anglian	33.20
5.	Robert MILBURN	45	Colchester	33.54
6.	Alan WEDDELL	46	Ashington	38.05
7.	Richard LIVINGS	48	Bishop Stort	40.82

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Simon EMM	52	Colchester	29.55
2.	Damian NAVARRETE	50	Colchester	34.33
3.	Rob GARRY	54	Mildenhall	53.59

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Steve COE	55	West Suffolk	36.17

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Phillip COTTON	62	Norwich Swan	33.16
2.	David COLES	64	East Anglian	45.16

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Stuart MCLELLAN	69	Sudbury	43.52

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Chris TRUEMAN	71	East Anglian	41.53

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Paul CLARKE	76	Beaver Mast	55.90

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

Place	Name	AaD	Club	Time	50
1.	Jemma GARRY	19	Mildenhall	1:52.28	53.55

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Emily AUST	28	Loughborough	1:29.79	42.56
2.	Katy MACKEN	29	Chelmsford	1:39.59	45.72

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Gina HEYN	34	Teddington	1:13.22	33.99
2.	Claire MATTHEWS	32	Ware	1:26.88	40.83
3.	Emmeline VINCENT	30	East Anglian	1:39.30	47.05

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Kitty CRAIG	35	Sudbury	1:29.80	41.69

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Lynne MEALE	41	Co Norwich	1:25.45	40.24
2.	Vanessa MIEMIETZ	40	Co Norwich	1:41.00	47.30

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Lucy RYAN	45	Team Anglia	1:21.08	38.08
2.	Helen DAVIS	48	Team Anglia	1:25.69	39.84
3.	Amanda GOODMAN	48	Basildon Ph	1:28.73	41.67

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Lisa WITHERS	52	Team Anglia	1:41.27	47.59
2.	Sarah ADCOCK	51	East Anglian	1:50.13	51.45
3.	Denise CUER	50	Co Newport	1:55.04	55.86

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Hannah UECKERMANN	55	Witham Dolph	1:34.92	45.40
2.	Gillian FERGUSON	55	Crawley	1:51.19	52.99
3.	Louise WILKINSON	56	East Anglian	1:51.25	51.96

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jennifer MERRITT	67	Spondon Mast	1:38.57	47.35

EVENT 7 Mens Open 100m Breaststroke**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Joshua GRAY	24	West Norfolk	1:15.24	34.52
2.	Jordan KING	22	Diss Otters	1:21.48	36.60

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Craig GILLESPIE	31	Otter	1:11.17	33.00
2.	Wade RIMBACH	34	Otter	1:18.07	37.41
3.	Leigh WRIGHT	31	Bletchley	1:32.52	43.51

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Peter EDMUNDS	43	West Suffolk	1:27.93	41.17

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Matt BANHAM	46	West Suffolk	1:12.14	31.90
2.	Robert MILBURN	45	Colchester	1:20.08	37.13
3.	Mark CLAXTON	47	Norfolk Vikg	1:23.19	38.74
4.	Jonathon BELL	46	Co Cambridge	1:25.51	41.04
5.	Rob HAMMOND	45	Co Norwich	1:25.88	40.45
6.	Lee BENNETT	47	UEA Norwich	1:40.68	-

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Damian NAVARRETE	50	Colchester	1:22.14	37.75
2.	Paul SMOOTHY	50	Teddington	1:23.40	38.80
3.	Jonathan GREENE	54	East Anglian	1:50.76	51.65

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Martyn FRESHER	56	Team Anglia	1:28.09	39.81

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Nicholas HUNT	62	Chelmsford	1:26.70	40.61
2.	Arend DIKKERS	61	Barnes SC	1:41.51	47.66
3.	David COLES	64	East Anglian	1:52.54	53.26

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Richard ADAMS	68	Duns	1:57.47	54.09

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Roy WILSON	72	Ruislip Nwd	2:08.63	1:01.51

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Paul CLARKE	76	Beaver Mast	1:57.61	49.32

EVENT 8 Mens/Womens Open 200m Freestyle**MENS 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Harry CRISP	24	East Anglian	2:12.38	30.67	1:04.88	1:39.66
					30.67	34.21	34.78

MENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Matty CRACKELL	27	Loughborough	2:13.38	29.00	1:02.46	1:37.82
					29.00	33.46	35.36

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sam WATTS	32	East Anglian	2:30.86	31.43	1:08.59	1:48.56
					31.43	37.16	39.97
2.	Leigh WRIGHT	31	Bletchley	2:42.06	36.85	1:18.94	2:01.12
					36.85	42.09	42.18

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	John MCKENNY	44	West Suffolk	2:14.51	30.46	1:05.18	1:39.99
					30.46	34.72	34.81

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Stuart DYBLE	47	Norfolk Viking	2:13.10	31.13	1:05.46	1:39.77
					31.13	34.33	34.31
2.	Dave PETHERS	48	Chelmsford	2:35.10	35.58	1:15.21	1:55.93
					35.58	39.63	40.72
3.	Steven WESTALL	47	teamipswich	2:44.72	35.66	1:18.08	2:01.91
					35.66	42.42	43.83
4.	Richard LIVINGS	48	Bishop Stort	3:02.42	42.49	1:28.61	2:16.46
					42.49	46.12	47.85

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Simon EMM	52	Colchester	2:18.39	31.35	1:06.68	1:42.98
					31.35	35.33	36.30
2.	David BORTHWICK	50	East Anglian	2:36.73	36.25	1:17.01	1:57.94
					36.25	40.76	40.93
	Simon DICKINSON	52	Diss Otters	DNC			

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Peter LYNCH	56	Stowmarket	2:39.44	35.43	1:16.56	1:58.19
					35.43	41.13	41.63
2.	Chris ORCHARD	59	Deepings	2:52.80	39.17	1:21.58	2:06.80
					39.17	42.41	45.22
3.	Patrick ALLEN	56	Guildford Ct	2:58.72	40.02	1:26.28	2:12.99
					40.02	46.26	46.71

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Stuart MCLELLAN	69	Sudbury	2:53.39	38.86	1:23.13	2:07.89
					38.86	44.27	44.76
2.	Peter RANK	66	Co Cambridge	3:27.52	46.56	1:38.55	2:34.25
					46.56	51.99	55.70

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Michael READ	77	Brighton	3:15.94	44.65	1:35.81	2:26.62
					44.65	51.16	50.81

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Kioni BROOMFIELD	18	Dereham	2:19.17	32.51	1:08.75	1:45.16
					32.51	36.24	36.41
2.	Alice THEOBALD	23	Felixstowe	2:44.28	37.48	1:19.99	2:03.24
					37.48	42.51	43.25

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Natalie ALLEN	25	East Anglian	2:33.01	35.70	1:16.21	1:56.13
					35.70	40.51	39.92
	Cecilia JUDMANN	26	Co Cambridge	DQ ST			

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sasha FORSTER	34	Bracknell	2:52.56	39.83	1:23.60	2:08.75
					39.83	43.77	45.15

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Catherine HURST-HEWETT	36	East Anglian	3:06.77	40.33	1:26.00	-
					40.33	45.67	-

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Leslie BROUSSARD	45	Newmarket	3:28.87	45.58	1:38.89	2:34.67
					45.58	53.31	55.78

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Karen GRAHAM	53	East Leeds	2:19.68	32.92	1:08.47	1:44.24
					32.92	35.55	35.77
2.	Karen BASSETT	50	Bracknell	2:47.21	38.09	1:21.23	2:04.63
					38.09	43.14	43.40
3.	Jane PYE	51	East Anglian	3:01.58	40.21	1:26.07	2:13.37
					40.21	45.86	47.30
4.	Denise CUER	50	Co Newport	3:23.18	44.55	1:37.74	2:33.69
					44.55	53.19	55.95

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Kim LYNCH	59	Stowmarket	2:56.11	39.83	1:24.17	2:10.20
					39.83	44.34	46.03
2.	Jacqueline PATEL	58	Kings Corm	3:23.53	45.88	1:36.58	2:30.97
					45.88	50.70	54.39
3.	Sue PENMAN	55	Stowmarket	3:24.80	47.09	1:38.28	2:34.25
					47.09	51.19	55.97
4.	Gillian FERGUSON	55	Crawley	3:44.05	51.93	1:49.75	2:46.15
					51.93	57.82	56.40
5.	Lesley DAVIES	58	Otter	3:52.16	50.99	1:48.34	2:51.70
					50.99	57.35	1:03.36

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Melanie EVANS	61	Dartford	2:59.19	38.96	1:23.44	2:12.14
					38.96	44.48	48.70
2.	Julia BUCHANAN	61	Caldicot	3:07.59	42.27	1:31.11	2:20.04
					42.27	48.84	48.93
3.	Ali SHEEHAN	60	South Beds	3:25.95	47.65	1:40.23	2:34.05
					47.65	52.58	53.82

WOMENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Patricia JACKSON	71	East Anglian	3:35.33	49.38	1:46.21	2:41.04
					49.38	56.83	54.83

EVENT 9 Mens/Womens Open 200m Free.Team**072+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	Co Norwich	072+	Co Norwich	2:13.65	34.36	1:04.66	1:34.12
					34.36	30.30	29.46

160+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	50	100	150
1.	Team Anglia	160+	Team Anglia	1:59.54	26.98	1:03.46	1:33.57
					26.98	36.48	30.11
2.	Chelmsford	160+	Chelmsford	2:25.55	32.75	1:13.46	1:35.67
					32.75	40.71	22.21

EVENT 10 Womens Open 200m Medley Team**072+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	Co Norwich	072+	Co Norwich	2:37.33	38.90	1:26.05	1:58.58
					38.90	47.15	32.53

160+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	50	100	150
1.	East Anglian	160+	East Anglian	2:35.68	41.22	-	1:58.71
					41.22	-	1:17.49

200+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	50	100	150
1.	Team Anglia	200+	Team Anglia	2:27.78	39.91	1:18.19	1:51.42
					39.91	38.28	33.23

EVENT 11 Mens Open 200m Medley Team

160+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	50	100	150
1.	Co Norwich	160+	Co Norwich	2:25.21	38.99	1:18.34	1:50.27
					38.99	39.35	31.93

240+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	50	100	150
1.	East Anglian	240+	East Anglian	2:41.22	39.33	1:38.20	2:06.02
					39.33	58.87	27.82

EVENT 12 Mens/Womens Open 200m Butterfly

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Dave PETHERS	48	Chelmsford	3:09.38	36.68	1:26.50	2:18.27
					36.68	49.82	51.77

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Simon EMM	52	Colchester	2:30.71	32.07	1:10.16	1:48.81
					32.07	38.09	38.65

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Brian MCSHEA	58	St Albans Ma	3:17.24	40.80	1:29.62	2:21.94
					40.80	48.82	52.32

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Michael READ	77	Brighton	4:46.02	1:01.45	2:18.41	3:33.24
					1:01.45	1:16.96	1:14.83

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Alice THEOBALD	23	Felixstowe	3:37.27	45.97	1:42.29	2:21.53
					45.97	56.32	39.24

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Catherine DEMONT	27	Otter	2:43.82	35.22	1:17.59	2:00.06
					35.22	42.37	42.47

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
	Sasha FORSTER	34	Bracknell	DNF			

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Anel ZUNIGA	36	Bishop Stort	3:39.86	47.89	1:44.26	2:41.90
					47.89	56.37	57.64

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Natasha COTTER	43	Chelmsford	4:06.10	51.85	1:54.63	3:00.32
					51.85	1:02.78	1:05.69

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Alison COWIE	45	Chelmsford	3:53.11	2:50.47	1:46.88	-
					2:50.47	56.41	-

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Jacqueline PATEL	58	Kings Corm	4:57.28	1:04.99	2:23.08	3:40.74
					1:04.99	1:18.09	1:17.66

WOMENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Patricia JACKSON	71	East Anglian	4:16.92	55.69	2:03.99	3:09.88
					55.69	1:08.30	1:05.89

EVENT 13 Womens Open 100m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Kioni BROOMFIELD	18	Dereham	1:02.54	30.58
2.	Sarah PROCTER	22	Barnet Copt	1:04.91	30.38
3.	Aprille BRANTON	22	Felixstowe	1:13.16	35.17

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Emily AUST	28	Loughborough	1:10.53	34.13
2.	Katy MACKEN	29	Chelmsford	1:16.63	36.36
	Sophie LIDDAMENT	26	Co Norwich	DNC	

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Amanda BEDDER	32	Norwich Swan	1:09.04	32.91
2.	Kat MARKS	30	Colchester	1:12.09	34.11
3.	Claire MATTHEWS	32	Ware	1:15.17	34.67
	Sasha FORSTER	34	Bracknell	DNC	

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Catherine MARKWELL	37	East Anglian	1:04.73	31.91
2.	Kelli JANNAWAY	37	Newbury	1:04.77	31.20

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Angela GRIGG	42	Cranleigh	1:22.32	37.79
2.	Sarah BUCHAN	42	Norfolk Viking	1:24.07	38.97

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Helen DAVIS	48	Team Anglia	1:09.18	32.30
2.	Giovanna BERTOLDI	48	Diss Otters	1:15.13	35.89
3.	Suzanne ADAMS	47	Felixstowe	1:27.15	41.96
4.	Leslie BROUSSARD	45	Newmarket	1:34.75	43.77

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Karen GRAHAM	53	East Leeds	1:05.90	30.96
2.	Liz WOOLNER	51	Flitwick	1:07.26	32.55
3.	Denise CUER	50	Co Newport	1:29.77	42.24

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Kim LYNCH	59	Stowmarket	1:21.05	38.78
2.	Jacqueline PATEL	58	Kings Corm	1:36.62	45.57
3.	Gillian FERGUSON	55	Crawley	1:36.71	45.37

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Melanie EVANS	61	Dartford	1:20.85	38.58
2.	Julia BUCHANAN	61	Caldicot	1:25.68	39.97
3.	Ali SHEEHAN	60	South Beds	1:33.52	45.43

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jennifer MERRITT	67	Spondon Mast	1:24.89	41.37
2.	Marianne DAVEY	65	Crawley	1:42.80	48.70

EVENT 14 Mens Open 100m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Harry CRISP	24	East Anglian	58.27	28.24

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Michael PROCTER	25	Bicester	56.00	26.67
2.	Martin SARTORIUS	26	Otter	57.61	27.40
3.	Mark THOMPSON	29	Team Anglia	58.89	28.14
4.	Alex MURRAY	25	West Norfolk	59.43	27.94
5.	Matty CRACKELL	27	Loughborough	59.48	28.19
6.	Howard SLADEN	29	Ware	1:09.33	32.07

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Craig GILLESPIE	31	Otter	57.88	27.99
2.	Sam WATTS	32	East Anglian	1:08.56	30.20

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Will APPLEBY	36	East Anglian	58.26	27.41

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	John MCKENNY	44	West Suffolk	1:02.12	29.62
2.	James TATTERSALL	43	Dereham	1:10.97	33.49

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Stuart DYBLE	47	Norfolk Vikg	1:01.20	29.11
2.	Robert MILBURN	45	Colchester	1:03.26	30.59
3.	Rob HAMMOND	45	Co Norwich	1:07.83	32.39
4.	Steven WESTALL	47	teamipswich	1:13.76	35.00
5.	Lee BENNETT	47	Co Norwich	1:15.27	35.45
6.	Richard LIVINGS	48	Bishop Stort	1:22.00	39.97

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Spike BUCHAN	50	Norfolk Vikg	1:01.63	28.73
2.	Simon EMM	52	Colchester	1:04.04	30.45
3.	David BORTHWICK	50	East Anglian	1:08.67	32.95
4.	James ADCOCK	50	Co Norwich	1:13.13	35.19
5.	Jonathan GREENE	54	East Anglian	1:19.39	37.20
6.	Simon DICKINSON	52	Diss Otters	1:19.40	37.93
7.	Rob GARRY	54	Mildenhall	1:30.50	43.71

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Peter LYNCH	56	Stowmarket	1:10.91	33.76
2.	Chris ORCHARD	59	Deepings	1:16.95	35.49
3.	Patrick ALLEN	56	Guildford Ct	1:18.57	36.82

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Terry THORNE	68	East Anglian	1:12.01	35.47
2.	Peter RANK	66	Co Cambridge	1:30.29	40.48

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Richard MOORE	70	Hackney	1:29.96	40.16
2.	Roy WILSON	72	Ruislip Nwd	1:52.88	52.66

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Paul CLARKE	76	Beaver Mast	1:45.36	49.07

EVENT 15 Womens Open 50m Breaststroke**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Jemma GARRY	19	Mildenhall	54.65

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Emily AUST	28	Loughborough	42.17
2.	Katy MACKEN	29	Chelmsford	45.46

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Gina HEYN	34	Teddington	33.31
2.	Claire MATTHEWS	32	Ware	39.35
3.	Amanda BEDDER	32	Norwich Swan	41.56
4.	Emmeline VINCENT	30	East Anglian	44.94

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Kitty CRAIG	35	Sudbury	40.80
2.	Catherine HURST-HEWETT	36	East Anglian	46.71

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lynne MEALE	41	Co Norwich	39.52
2.	Emma WALKER	44	Co Cambridge	41.48
3.	Vanessa MIEMIETZ	40	Co Norwich	47.53
4.	Natasha COTTER	43	Chelmsford	47.54

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lucy RYAN	45	Team Anglia	37.65
2.	Amanda GOODMAN	48	Basildon Ph	39.43
3.	Helen DAVIS	48	Team Anglia	39.61
4.	Alison PICKERING	48	Diss Otters	43.89

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jane PYE	51	East Anglian	45.64
2.	Karen BASSETT	50	Bracknell	46.07
3.	Lisa WITHERS	52	Team Anglia	47.38
4.	Sarah ADCOCK	51	East Anglian	47.70
5.	Denise CUER	50	Co Newport	52.37

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Hannah UECKERMANN	55	Witham Dolph	42.67
2.	Gillian FERGUSON	55	Crawley	51.67
3.	Andrea SCHEDE	58	East Anglian	56.14

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jennifer MERRITT	67	Spondon Mast	44.95
2.	Hilary CRICK	69	Billingham	54.20

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Patricia JACKSON	71	East Anglian	54.49

EVENT 16 Mens Open 50m Breaststroke**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Can BOZKURT	23	Otter	32.28
2.	Joshua GRAY	24	West Norfolk	33.30
3.	Jordan KING	22	Diss Otters	33.39

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Craig GILLESPIE	31	Otter	32.62

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Max OPPENHEIM	37	Co Norwich	38.33

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	James TATTERSALL	43	Dereham	41.13

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Robert MILBURN	45	Colchester	36.20
2.	Garry MAVIN	47	Team Anglia	36.56
3.	Mark CLAXTON	47	Norfolk Vikg	36.78
4.	Rob HAMMOND	45	Co Norwich	37.33
5.	Jonathon BELL	46	Co Cambridge	39.14
6.	David BOYCE	49	East Anglian	39.63
7.	Alan WEDDELL	46	Ashington	41.03
8.	Dave PETHERS	48	Chelmsford	42.49
9.	Lee BENNETT	47	Co Norwich	45.36
10.	Richard LIVINGS	48	Bishop Stort	47.53

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Damian NAVARRETE	50	Colchester	36.33
2.	Paul SMOOTHY	50	Teddington	37.15
3.	Jonathan GREENE	54	East Anglian	49.49

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Philip HOLME	59	Barnet Copt	36.84
2.	Martyn FRESHER	56	Team Anglia	37.38
3.	Chris ORCHARD	59	Deepings	43.51
4.	Steve COE	55	West Suffolk	46.36

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Nicholas HUNT	62	Chelmsford	39.32
2.	Philip COTTON	62	Norwich Swan	40.56
3.	Arend DIKKERS	61	Barnes SC	44.66
4.	Shane PREECE	61	East Anglian	45.65
5.	David COLES	64	East Anglian	48.27

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Stuart MCLELLAN	69	Sudbury	46.88
2.	Richard ADAMS	68	Duns	50.11
3.	Peter RANK	66	Co Cambridge	58.99

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Chris TRUEMAN	71	East Anglian	46.93
2.	Roy WILSON	72	Ruislip Nwd	59.15
3.	Richard MOORE	70	Hackney	1:00.29

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Paul CLARKE	76	Beaver Mast	54.35

EVENT 17 Womens Open 100m Backstroke**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Alice THEOBALD	23	Felixstowe	1:27.94	43.58

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Sophie LIDDAMENT	26	Co Norwich	1:21.00	39.78

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Katrina FARRALL	48	Basildon Ph	1:23.42	39.93
2.	Alison COWIE	45	Chelmsford	1:47.87	53.84
3.	Leslie BROUSSARD	45	Newmarket	1:49.07	52.49

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Julia BUCHANAN	61	Caldicot	1:37.96	46.68
2.	Ali SHEEHAN	60	South Beds	1:40.12	49.59

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Marianne DAVEY	65	Crawley	1:56.76	55.95
2.	Hilary CRICK	69	Billingham	1:57.74	57.96

EVENT 18 Mens Open 100m Backstroke**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
	Mark THOMPSON	29	Team Anglia	DNC	

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Henry FINCHER	36	Otter	1:16.11	35.70

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	David WEBSTER	40	East Anglian	1:07.42	32.90
2.	Peter EDMUNDS	43	West Suffolk	1:15.58	37.28

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Steven WESTALL	47	teamipswich	1:44.42	47.82

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Damian NAVARRETE	50	Colchester	1:24.88	40.40
2.	James ADCOCK	50	Co Norwich	1:29.53	43.60
3.	Simon DICKINSON	52	Diss Otters	1:34.28	47.01

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Paul SIMMS	73	Barnes SC	1:37.12	46.52

EVENT 19 Mens/Womens Open 200m IM**MENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Michael PROCTER	25	Bicester	2:31.25	28.01	1:07.09	1:55.67
					28.01	39.08	48.58
2.	Matty CRACKELL	27	Loughborough	2:32.86	32.22	1:14.44	1:58.99
					32.22	42.22	44.55

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Wade RIMBACH	34	Otter	2:32.13	31.87	1:14.10	1:56.70
					31.87	42.23	42.60
2.	Leigh WRIGHT	31	Bletchley	2:59.42	40.12	1:26.66	2:17.90
					40.12	46.54	51.24

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	James TATTERSALL	43	Dereham	3:08.69	38.81	1:29.32	2:22.54
					38.81	50.51	53.22

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Rob HAMMOND	45	Co Norwich	2:59.84	35.36	1:23.51	2:15.49
					35.36	48.15	51.98

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Paul SMOOTHY	50	Teddington	2:43.61	34.49	1:18.86	2:05.46
					34.49	44.37	46.60
2.	Rob GARRY	54	Mildenhall	3:59.98	53.28	2:00.37	3:13.52
					53.28	1:07.09	1:13.15

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Neil PROCTER	58	Barnet Copt	2:59.23	37.88	1:26.98	2:16.24
					37.88	49.10	49.26

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Stuart MCLELLAN	69	Sudbury	3:21.99	45.65	1:38.00	2:36.01
					45.65	52.35	58.01

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Michael READ	77	Brighton	4:01.02	1:01.84	-	-
					1:01.84	-	-

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sarah PROCTER	22	Barnet Copt	2:49.38	32.96	1:18.57	2:07.61
					32.96	45.61	49.04
2.	Aprille BRANTON	22	Felixstowe	3:17.26	42.05	1:36.79	2:34.16
					42.05	54.74	57.37
3.	Jemma GARRY	19	Mildenhall	3:43.46	45.65	1:57.10	2:59.15
					45.65	1:11.45	1:02.05

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Kat MARKS	30	Colchester	2:55.13	36.04	1:22.43	2:12.70
					36.04	46.39	50.27
	Sasha FORSTER	34	Bracknell	DNC			

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Lynne MEALE	41	Co Norwich	2:52.07	36.73	1:24.03	2:10.79
					36.73	47.30	46.76
2.	Emma WALKER	44	Co Cambridge	2:53.06	33.69	1:22.84	2:15.66
					33.69	49.15	52.82
3.	Angela GRIGG	42	Cranleigh	3:23.62	44.95	1:39.15	2:38.30
					44.95	54.20	59.15
4.	Vanessa MIEMIETZ	40	Co Norwich	3:29.49	44.01	1:46.72	2:41.54
					44.01	1:02.71	54.82

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Lucy RYAN	45	Team Anglia	2:54.41	38.01	1:28.76	2:14.19
					38.01	50.75	45.43
2.	Alison PICKERING	48	Diss Otters	3:21.69	44.62	1:37.08	2:29.54
					44.62	52.46	52.46
3.	Suzanne ADAMS	47	Felixstowe	3:41.36	49.10	1:47.73	2:52.46
					49.10	58.63	1:04.73
4.	Eleni MANOLITSAKI	48	Chelmsford	3:50.96	47.38	1:45.72	2:57.09
					47.38	58.34	1:11.37
5.	Leslie BROUSSARD	45	Newmarket	3:57.58	50.28	1:54.11	3:01.53
					50.28	1:03.83	1:07.42

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Silvia FERDIN	53	Co Cambridge	2:56.44	36.82	1:24.17	2:17.11
					36.82	47.35	52.94
2.	Karen BASSETT	50	Bracknell	3:16.55	42.68	1:38.43	2:34.32
					42.68	55.75	55.89
3.	Jenny HOWE	50	East Anglian	3:55.06	56.80	1:55.92	3:03.27
					56.80	59.12	1:07.35

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Janet WILLIAMS	56	Team Anglia	3:34.21	42.72	1:38.53	2:41.72
					42.72	55.81	1:03.19
2.	Lesley DAVIES	58	Otter	4:30.43	1:04.45	2:21.19	3:30.92
					1:04.45	1:16.74	1:09.73

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Amanda HEATH	61	Spencer	3:03.89	39.32	1:29.88	2:21.42
					39.32	50.56	51.54
2.	Ali SHEEHAN	60	South Beds	3:46.77	57.77	1:53.48	2:56.10
					57.77	55.71	1:02.62

WOMENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Patricia JACKSON	71	East Anglian	3:56.97	54.92	1:59.86	3:05.09
					54.92	1:04.94	1:05.23

EVENT 20 Mens/Womens Open 200m Medley Team**120+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	Co Norwich	120+	Co Norwich	2:20.50	38.36	1:18.75	1:50.07
					38.36	40.39	31.32

160+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	50	100	150
1.	Chelmsford	160+	Chelmsford	2:36.06	46.80	1:25.32	1:58.18
					46.80	38.52	32.86

200+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	50	100	150
1.	Team Anglia	200+	Team Anglia	2:19.56	39.97	-	1:49.11
					39.97	-	1:09.14

240+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	50	100	150
1.	East Anglian	240+	East Anglian	3:05.16	46.98	-	2:01.73
					46.98	-	1:14.75

EVENT 21 Mens/Womens Open 200m Backstroke

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sam WATTS	32	East Anglian	2:52.60	39.38	1:21.76	2:08.14
					39.38	42.38	46.38
2.	Leigh WRIGHT	31	Bletchley	2:54.27	41.90	1:27.13	2:11.16
					41.90	45.23	44.03

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	David WEBSTER	40	East Anglian	2:33.32	36.19	1:14.96	1:54.76
					36.19	38.77	39.80

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Sophie LIDDAMENT	26	Co Norwich	2:55.37	41.14	1:25.41	2:11.69
					41.14	44.27	46.28
2.	Natalie ALLEN	25	East Anglian	2:59.05	42.28	1:29.38	2:14.74
					42.28	47.10	45.36

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Eleni MANOLITSAKI	48	Chelmsford	3:42.62	53.03	1:50.12	2:47.57
					53.03	57.09	57.45
2.	Suzanne ADAMS	47	Felixstowe	3:53.92	52.95	1:53.06	2:54.54
					52.95	1:00.11	1:01.48

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Silvia FERDIN	53	Co Cambridge	3:08.14	43.35	1:31.25	2:19.25
					43.35	47.90	48.00

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Amanda HEATH	61	Spencer	3:15.41	48.05	1:37.23	2:27.04
					48.05	49.18	49.81
2.	Julia BUCHANAN	61	Caldicot	3:34.70	47.94	1:44.72	2:40.62
					47.94	56.78	55.90

WOMENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Hilary CRICK	69	Billingham	3:52.59	56.43	1:56.38	2:55.16
					56.43	59.95	58.78
2.	Marianne DAVEY	65	Crawley	3:56.60	56.47	1:56.93	2:57.10
					56.47	1:00.46	1:00.17

EVENT 22 Womens Open 50m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Kioni BROOMFIELD	18	Dereham	28.90
2.	Sarah PROCTER	22	Barnet Copt	29.38
3.	Alice THEOBALD	23	Felixstowe	33.00
4.	Emma CHESTNUTT	21	Co Norwich	41.01
5.	Jemma GARRY	19	Mildenhall	41.59

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Nicola FERGUSON	27	Co Norwich	31.08
2.	Katy MACKEN	29	Chelmsford	34.03

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Amanda BEDDER	32	Norwich Swan	31.52

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Catherine MARKWELL	37	East Anglian	28.91
2.	Hayley BROWN	35	Witham Dolph	32.41
3.	Catherine HURST-HEWETT	36	East Anglian	37.25
4.	Anel ZUNIGA	36	Bishop Stort	40.00

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Emma WALKER	44	Co Cambridge	29.61
2.	Sarah BUCHAN	42	Norfolk Vikg	36.72

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lucy RYAN	45	Team Anglia	31.42
2.	Giovanna BERTOLDI	48	Diss Otters	34.01
3.	Alison PICKERING	48	Diss Otters	36.33
4.	Suzanne ADAMS	47	Felixstowe	38.58

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jane PYE	51	East Anglian	34.77
2.	Karen BASSETT	50	Bracknell	35.99
3.	Denise CUER	50	Co Newport	38.85
4.	Sarah ADCOCK	51	East Anglian	43.30

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Debbie MATLESS	55	East Anglian	30.97
2.	Janet WILLIAMS	56	Team Anglia	33.20
3.	Kim LYNCH	59	Stowmarket	35.80
4.	Andrea SCHEDE	58	East Anglian	52.64

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Julia BUCHANAN	61	Caldicot	37.48
2.	Vanessa POOLEY	60	East Anglian	40.13

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Marianne DAVEY	65	Crawley	44.31

EVENT 23 Mens Open 50m Freestyle**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Can BOZKURT	23	Otter	25.26
2.	Jordan KING	22	Diss Otters	26.70

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Michael PROCTER	25	Bicester	24.86
2.	Martin SARTORIUS	26	Otter	26.01

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Leigh WRIGHT	31	Bletchley	33.42

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Will APPLEBY	36	East Anglian	25.56
	Max OPPENHEIM	37	Co Norwich	DNC

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	James TATTERSALL	43	Dereham	31.64

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Garry MAVIN	47	Team Anglia	27.05
2.	Mark CLAXTON	47	Norfolk Vikg	28.76
3.	Robert MILBURN	45	Colchester	29.16
4.	Dave PETHERS	48	Chelmsford	30.93
5.	Rob HAMMOND	45	UEA Norwich	31.04
6.	Alan WEDDELL	46	Ashington	31.28
7.	Steven WESTALL	47	teamipswich	32.50
8.	Lee BENNETT	47	Co Norwich	33.89

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Spike BUCHAN	50	Norfolk Vikg	28.00
2.	Simon EMM	52	Colchester	28.60
	Jonathan GREENE	54	East Anglian	DQ ST

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Neil PROCTER	58	Barnet Copt	30.85
2.	Peter LYNCH	56	Stowmarket	31.51
3.	Philip HOLME	59	Barnet Copt	34.24
4.	Chris ORCHARD	59	Deepings	34.29
5.	Patrick ALLEN	56	Guildford Ct	34.76

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Philip COTTON	62	Norwich Swan	30.76
2.	Shane PREECE	61	East Anglian	35.55
3.	David COLES	64	East Anglian	49.55

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Terry THORNE	68	East Anglian	32.15
2.	Peter RANK	66	Co Cambridge	39.06

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Richard MOORE	70	Hackney	37.82
2.	Chris TRUEMAN	71	East Anglian	38.89
3.	Roy WILSON	72	Ruislip Nwd	46.82

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Michael READ	77	Brighton	38.51

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

Place	Name	AaD	Club	Time	50
1.	Alice THEOBALD	23	Felixstowe	1:30.83	43.15

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Catherine DEMONT	27	Otter	1:12.96	33.50

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Kelli JANNAWAY	37	Newbury	1:15.75	33.76
2.	Hayley BROWN	35	Witham Dolph	1:18.57	37.81

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Emma WALKER	44	Co Cambridge	1:20.39	34.77

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Alison COWIE	45	Chelmsford	1:47.78	48.47

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Liz WOOLNER	51	Flitwick	1:11.17	32.65
2.	Josephine CRESSWELL	50	East Anglian	1:22.87	36.76

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Patricia JACKSON	71	East Anglian	2:00.19	49.60

EVENT 25 Mens Open 100m Butterfly**18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Harry CRISP	24	East Anglian	1:11.32	32.12

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Michael PROCTER	25	Bicester	1:05.70	28.24

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Craig GILLESPIE	31	Otter	1:06.90	29.65

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Stuart DYBLE	47	Norfolk Vikg	1:06.80	31.32

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Simon EMM	52	Colchester	1:06.03	30.58
2.	Damian NAVARRETE	50	Colchester	1:24.71	37.01
3.	Rob GARRY	54	Mildenhall	2:00.57	56.74

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Neil PROCTER	58	Barnet Copt	1:26.94	38.66

75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Michael READ	77	Brighton	2:09.79	1:00.03
2.	Paul CLARKE	76	Beaver Mast	2:11.46	1:02.07

EVENT 26 Mens/Womens Open 200m Breaststroke**MENS 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Robert MILBURN	45	Colchester	2:54.53	39.86	1:24.61	2:09.81
					39.86	44.75	45.20

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Paul SMOOTHY	50	Teddington	2:57.59	39.55	1:25.29	2:11.46
					39.55	45.74	46.17
2.	Damian NAVARRETE	50	Colchester	3:10.53	40.24	1:29.70	2:19.48
					40.24	49.46	49.78

MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Nicholas HUNT	62	Chelmsford	3:17.09	45.34	1:35.93	2:27.92
					45.34	50.59	51.99

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Richard ADAMS	68	Duns	4:36.29	58.31	2:08.26	3:22.36
					58.31	1:09.95	1:14.10

MENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Roy WILSON	72	Ruislip Nwd	4:47.69	1:06.18	2:17.93	3:34.36
					1:06.18	1:11.75	1:16.43

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Jemma GARRY	19	Mildenhall	4:06.72	56.29	2:02.87	3:09.32
					56.29	1:06.58	1:06.45

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Emmeline VINCENT	30	East Anglian	3:34.06	50.71	1:44.80	2:41.66
					50.71	54.09	56.86

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Kitty CRAIG	35	Sudbury	3:20.14	45.38	1:36.51	2:30.85
					45.38	51.13	54.34

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Lucy RYAN	45	Team Anglia	3:02.08	41.37	1:29.05	2:15.29
					41.37	47.68	46.24
2.	Suzanne ADAMS	47	Felixstowe	3:58.85	51.70	1:52.61	2:56.51
					51.70	1:00.91	1:03.90

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Hannah UECKERMANN	55	Witham Dolph	3:19.12	46.78	1:37.13	2:28.09
					46.78	50.35	50.96
2.	Louise WILKINSON	56	East Anglian	3:59.14	55.06	1:56.40	2:56.61
					55.06	1:01.34	1:00.21

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Amanda HEATH	61	Spencer	3:18.50	45.53	1:36.10	2:27.98
					45.53	50.57	51.88

WOMENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Jennifer MERRITT	67	Spondon Mast	3:34.44	48.44	1:43.96	2:38.98
					48.44	55.52	55.02

EVENT 27 Womens Open 200m Freestyle Team**120+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	East Anglian	120+	East Anglian	2:12.70	29.02	59.74	1:38.94
					29.02	30.72	39.20

160+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	50	100	150
1.	Chelmsford	160+	Chelmsford	2:36.36	38.77	1:22.85	2:00.89
					38.77	44.08	38.04

EVENT 28 Mens Open 200m Freestyle Team**160+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	East Anglian	160+	East Anglian	1:59.89	30.43	56.33	1:32.76
					30.43	25.90	36.43