

Norfolk County A.S.A. Masters Competition
including Norfolk Masters Closed Championship
at Norwich Sports Park (UEA)
On Saturday 19th May 2012

EVENT 1 Mens/Womens 100m Medley Team

072+ Yrs Age Group - Mens/Womens 100m Medley Team

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|----|------------------------|-------------------|---------|
| 1. | UEA City of Norwich SC | 072+ UEA Norwich | 1:09.45 |
| 2. | West Norfolk 72 | 072+ West Norfolk | 1:32.39 |

160+ Yrs Age Group - Mens/Womens 100m Medley Team

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|----|------------------------|-------------------|---------|
| 1. | Wisbech Swimming Club | 160+ Wisbech | 1:03.60 |
| 2. | Diss Otters Suffk | 160+ Diss Otters | 1:08.59 |
| 3. | East Anglian Swallow T | 160+ East Anglian | 1:10.81 |

200+ Yrs Age Group - Mens/Womens 100m Medley Team

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|----|-----------------------|------------------|---------|
| 1. | Diss Otters SC | 200+ Diss Otters | 1:14.14 |
| 2. | Mildenhall & District | 200+ Mildenhall | 1:20.05 |

240+ Yrs Age Group - Mens/Womens 100m Medley Team

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|----|------------------|-------------------|---------|
| 1. | West Norfolk 240 | 240+ West Norfolk | 1:07.44 |
|----|------------------|-------------------|---------|

EVENT 2 Mens 100m Medley Team

072+ Yrs Age Group - Mens 100m Medley Team

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|----|-----------------|-------------------|-------|
| 1. | West Norfolk 72 | 072+ West Norfolk | 59.13 |
|----|-----------------|-------------------|-------|

120+ Yrs Age Group - Mens 100m Medley Team

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|----|------------------------|-------------------|---------|
| 1. | East Anglian Swallow T | 120+ East Anglian | 1:00.52 |
|----|------------------------|-------------------|---------|

160+ Yrs Age Group - Mens 100m Medley Team

- | | | | |
|----|------------------------|-------------------|---------|
| 1. | North Norfolk Vikings | 160+ Norfolk Vikg | 1:00.26 |
| 2. | Diss Otters SC | 160+ Diss Otters | 1:04.79 |
| 3. | Little Fish Swimming C | 160+ Little Fish | 1:13.30 |

EVENT 3 Womens 100m Medley Team

160+ Yrs Age Group - Womens 100m Medley Team

- | | | | |
|----|------------------------|-------------------|---------|
| 1. | UEA City of Norwich SC | 160+ UEA Norwich | 1:12.20 |
| 2. | Diss Otters SC | 160+ Diss Otters | 1:12.66 |
| 3. | East Anglian Swallow T | 160+ East Anglian | 1:24.77 |
| | West Norfolk 160 | 160+ West Norfolk | DNC |

EVENT 4 Mens 50m Freestyle

18/24 Yrs Age Group - Mens 50m Freestyle

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|----|------------------|----|--------------|-------|
| 1. | Nathan HENDERSON | 20 | Gt Yarmouth | 24.43 |
| 2. | Alexander MURRAY | 19 | West Norfolk | 25.19 |
| 3. | James NICHOLAS | 23 | West Norfolk | 27.13 |

25/29 Yrs Age Group - Mens 50m Freestyle

- | | | | | |
|----|----------------|----|--------------|-------|
| 1. | Remi STOCKWELL | 27 | East Anglian | 27.02 |
| 2. | James WILSON | 27 | East Anglian | 30.15 |
| 3. | John HOLMAN | 26 | West Norfolk | 30.38 |

30/34 Yrs Age Group - Mens 50m Freestyle

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|----|----------------|----|--------------|-------|
| 1. | Peter WINTER | 32 | Newmarket | 30.45 |
| 2. | Martyn OXBY | 34 | West Norfolk | 32.81 |
| 3. | Philip ROWLAND | 34 | Little Fish | 34.17 |

35/39 Yrs Age Group - Mens 50m Freestyle

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|----|----------------|----|--------------|-------|
| 1. | Alan WALLACE | 36 | Co Cambridge | 29.08 |
| 2. | Matthew HUNTER | 39 | Wisbech | 34.67 |

40/44 Yrs Age Group - Mens 50m Freestyle

1.	Mark CLAXTON	41	Norfolk Vikg	27.86
2.	Stuart DYBLE	41	Norfolk Vikg	28.67
3.	Ian BALFOUR	44	Norfolk Vikg	29.76
4.	James ADCOCK	44	UEA Norwich	30.22
5.	Gary GANNON	43	Little Fish	32.34
6.	Jonathan BAXTER	44	UEA Norwich	33.88
7.	Graeme SMITH	43	UEA Norwich	38.62

45/49 Yrs Age Group - Mens 50m Freestyle

1.	Marcel SCHOLTEN	46	Modernians	25.57
2.	Daniel DIXON	49	Wisbech	28.54
3.	Adam KORN	46	East Anglian	28.66
4.	Phillip MOULSON	46	East Anglian	28.86
5.	Richard O'LEARY	48	March	29.15
6.	Paul CLAXTON	45	Norfolk Vikg	30.64
7.	Mark NOWELL	49	Diss Otters	31.49
8.	Simon HEATH	47	Diss Otters	32.54
9.	Richard LEECH	46	Huntingdon	32.95
10.	Andrew VARVEL	45	Little Fish	34.78
11.	Jonathan GREENE	48	Little Fish	37.86

50/54 Yrs Age Group - Mens 50m Freestyle

1.	David CARTLEDGE	52	Modernians	27.45
2.	Martyn FRESHER	50	March	28.42
3.	Dale BARKER	50	Stowmarket	29.37
4.	David HAMMOND	52	Wisbech	30.12
5.	Adam LELEAN	50	Diss Otters	30.43
6.	Robert DOW	51	Newmarket	34.03
7.	John BROWNE	54	Mildenhall	44.14

55/59 Yrs Age Group - Mens 50m Freestyle

1.	Philip COTTON	56	Norwich Swan	29.79
2.	David ROYALL	57	East Anglian	33.85
3.	Nicholas HUNT	56	Chelmsford	34.52
4.	Gary HEWETT	55	East Anglian	35.69

60/64 Yrs Age Group - Mens 50m Freestyle

1.	Peter RANK	60	Co Cambridge	34.64
2.	James GOODALL	64	East Anglian	47.62
	Anthony TRAYFORD	60	West Norfolk	DNC

65/69 Yrs Age Group - Mens 50m Freestyle

1.	Chris TRUEMAN	65	UEA Norwich	34.50
2.	George JACKSON	67	East Anglian	37.63

70/74 Yrs Age Group - Mens 50m Freestyle

1.	Alan JACKSON	73	Beaver Mast	33.21
2.	John YOUNGMAN	71	West Norfolk	39.88

80/84 Yrs Age Group - Mens 50m Freestyle

1.	Neil HOWELL	80	East Anglian	1:00.02
2.	Donald MACFARLANE	83	West Norfolk	1:03.02

EVENT 5 Womens 50m Freestyle**18/24 Yrs Age Group - Womens 50m Freestyle**

1.	Gemma BEDFORD	24	Lstoff & OB	32.32
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25/29 Yrs Age Group - Womens 50m Freestyle

1.	Sara GREENWOOD	25	UEA Norwich	29.19
2.	Hanna DABBOUR	29	Bath Dolphin	32.12
3.	Emily BARWICK	25	UEA Norwich	34.73
4.	Laura GRIMSEY	27	East Anglian	36.21
	Clare BOWLING	25	West Norfolk	DNC

30/34 Yrs Age Group - Womens 50m Freestyle

1.	Catherine MARKWELL	31	UEA Norwich	29.47
2.	Vanessa MIEMIETZ	34	UEA Norwich	34.75

35/39 Yrs Age Group - Womens 50m Freestyle

1.	Helen DIXON	37	East Anglian	31.39
2.	Lucy RYAN	39	Wisbech	31.46
3.	Julia GREEN	38	Diss Otters	33.76
4.	Gillian HOY	36	Diss Otters	33.82
5.	Nicola LOWRY	36	UEA Norwich	33.90
6.	Zara BULLEN	35	UEA Norwich	35.52
7.	Rebecca KILLICK	35	Gt Yarmouth	35.60
8.	Susan GEORGE	36	East Anglian	36.41

40/44 Yrs Age Group - Womens 50m Freestyle

1.	Sharon PERRY	40	West Suffolk	30.56
2.	Karen BASSETT	44	Bracknell	33.58
3.	Josephine CRESSWELL	44	East Anglian	34.02
4.	Vanessa MANN	43	UEA Norwich	35.30
5.	Jennifer HOWE	44	Little Fish	38.35

45/49 Yrs Age Group - Womens 50m Freestyle

1.	Debbie MATLESS	49	UEA Norwich	30.61
2.	Dina THORNTON	49	Diss Otters	32.69
3.	Jane SMITH	48	Newmarket	36.89
4.	Sarah ADCOCK	45	East Anglian	42.66

50/54 Yrs Age Group - Womens 50m Freestyle

1.	Jenny MAYNE	52	UEA Norwich	34.70
2.	Jane BLACKWELL	53	UEA Norwich	36.49
3.	Vanessa POOLEY	54	East Anglian	39.62
4.	Andrea SCHEDE	52	East Anglian	48.90

55/59 Yrs Age Group - Womens 50m Freestyle

1.	Jeannie MORLEY	56	Mildenhall	42.28
2.	Nicola MILLER	58	Diss Otters	42.38
3.	Susan THORNETT	57	Diss Otters	43.04

60/64 Yrs Age Group - Womens 50m Freestyle

1.	Karen BELLAS	60	Camden Swiss	35.49
2.	Sally LELEAN	61	Diss Otters	50.64

65/69 Yrs Age Group - Womens 50m Freestyle

1.	Patricia JACKSON	65	East Anglian	38.11
2.	Alvine HAISTEAD	69	East Anglian	54.21

70/74 Yrs Age Group - Womens 50m Freestyle

1.	Hazel GREENFIELD	74	West Norfolk	57.70
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EVENT 6 Mens 50m Backstroke**18/24 Yrs Age Group - Mens 50m Backstroke**

1.	Alexander MURRAY	19	West Norfolk	28.70
2.	Nathan HENDERSON	20	Gt Yarmouth	29.19

25/29 Yrs Age Group - Mens 50m Backstroke

1.	Remi STOCKWELL	27	East Anglian	33.68
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30/34 Yrs Age Group - Mens 50m Backstroke

1.	Peter WINTER	32	Newmarket	40.97
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35/39 Yrs Age Group - Mens 50m Backstroke

1.	Alan WALLACE	36	Co Cambridge	32.16
2.	Matthew HUNTER	39	Wisbech	43.53

40/44 Yrs Age Group - Mens 50m Backstroke

1.	Stuart DYBLE	41	Norfolk Vikg	33.91
2.	Mark CLAXTON	41	Norfolk Vikg	35.16
3.	James ADCOCK	44	UEA Norwich	38.09
4.	Gary GANNON	43	Little Fish	41.38
5.	Jonathan BAXTER	44	UEA Norwich	49.87

45/49 Yrs Age Group - Mens 50m Backstroke

1.	Andrew FRESHER	48	March	33.36
2.	Adam KORN	46	East Anglian	33.53
3.	Richard LEECH	46	Huntingdon	36.48
4.	Kevin OSBORNE	46	Diss Otters	39.16
5.	Daniel DIXON	49	Wisbech	40.81
6.	Andrew VARVEL	45	Little Fish	42.99
7.	Mark NOWELL	49	Diss Otters	43.67
8.	Robert GARRY	48	Mildenhall	46.04

50/54 Yrs Age Group - Mens 50m Backstroke

1.	David CARTLEDGE	52	Modernians	32.65
2.	Dale BARKER	50	Stowmarket	32.69
3.	Martyn FRESHER	50	March	38.22
4.	Adam LELEAN	50	Diss Otters	39.71
5.	David HAMMOND	52	Wisbech	42.91

55/59 Yrs Age Group - Mens 50m Backstroke

1.	Philip COTTON	56	Norwich Swan	36.01
2.	David ROYALL	57	East Anglian	40.52
3.	Nicholas HUNT	56	Chelmsford	40.91

60/64 Yrs Age Group - Mens 50m Backstroke

1.	James GOODALL	64	East Anglian	54.13
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65/69 Yrs Age Group - Mens 50m Backstroke

1.	Chris TRUEMAN	65	UEA Norwich	46.19
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70/74 Yrs Age Group - Mens 50m Backstroke

1.	John YOUNGMAN	71	West Norfolk	53.01
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80/84 Yrs Age Group - Mens 50m Backstroke

1.	Neil HOWELL	80	East Anglian	1:02.42
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EVENT 7 Womens 50m Backstroke**18/24 Yrs Age Group - Womens 50m Backstroke**

1.	Gemma BEDFORD	24	Lstof & OB	37.62
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25/29 Yrs Age Group - Womens 50m Backstroke

1.	Sara GREENWOOD	25	UEA Norwich	36.03
2.	Emily BARWICK	25	UEA Norwich	38.81
3.	Laura GRIMSEY	27	East Anglian	45.38
	Clare BOWLING	25	West Norfolk	DNC

30/34 Yrs Age Group - Womens 50m Backstroke

1.	Catherine MARKWELL	31	UEA Norwich	35.34
2.	Vanessa MIEMIETZ	34	UEA Norwich	48.96

35/39 Yrs Age Group - Womens 50m Backstroke

1.	Helen DIXON	37	East Anglian	37.20
2.	Julia GREEN	38	Diss Otters	39.47
3.	Nicola LOWRY	36	UEA Norwich	39.64
4.	Lucy RYAN	39	Wisbech	39.85
5.	Gillian HOY	36	Diss Otters	41.79
6.	Rebecca KILLICK	35	Gt Yarmouth	43.60
7.	Sara BANKS	37	West Norfolk	43.75

40/44 Yrs Age Group - Womens 50m Backstroke

1.	Joanne MANSLEY	40	East Anglian	41.77
2.	Karen BASSETT	44	Bracknell	43.11
3.	Jennifer HOWE	44	Little Fish	47.34

45/49 Yrs Age Group - Womens 50m Backstroke

1.	Caroline BANSON	47	UEA Norwich	39.83
2.	Dina THORNTON	49	Diss Otters	41.40
3.	Pauline PAGE	49	Hoddesdon	45.03

50/54 Yrs Age Group - Womens 50m Backstroke

1.	Vanessa POOLEY	54	East Anglian	45.47
2.	Jane BLACKWELL	53	UEA Norwich	46.54

55/59 Yrs Age Group - Womens 50m Backstroke

1.	Jeannie MORLEY	56	Mildenhall	53.53
2.	Nicola MILLER	58	Diss Otters	53.78
3.	Susan THORNETT	57	Diss Otters	54.20
4.	Pamela HOSKINS	58	East Anglian	55.41

60/64 Yrs Age Group - Womens 50m Backstroke

1.	Karen BELLAS	60	Camden Swiss	46.77
2.	Sally LELEAN	61	Diss Otters	53.94

65/69 Yrs Age Group - Womens 50m Backstroke

1.	Patricia JACKSON	65	East Anglian	43.81
2.	Alvine HAISTEAD	69	East Anglian	1:08.00

EVENT 8 Mens 50m Butterfly**18/24 Yrs Age Group - Mens 50m Butterfly**

1.	Nathan HENDERSON	20	Gt Yarmouth	28.34
2.	Alexander MURRAY	19	West Norfolk	28.75
3.	James NICHOLAS	23	West Norfolk	29.14

25/29 Yrs Age Group - Mens 50m Butterfly

1.	Remi STOCKWELL	27	East Anglian	31.51
2.	John HOLMAN	26	West Norfolk	33.43
3.	James WILSON	27	East Anglian	34.36

30/34 Yrs Age Group - Mens 50m Butterfly

1.	Lawrence TURNER	32	East Anglian	34.33
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35/39 Yrs Age Group - Mens 50m Butterfly

1.	Matthew HUNTER	39	Wisbech	40.36
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40/44 Yrs Age Group - Mens 50m Butterfly

1.	Stuart DYBLE	41	Norfolk Vikg	30.21
2.	Ian BALFOUR	44	Norfolk Vikg	33.17
3.	James ADCOCK	44	UEA Norwich	34.03
4.	Jonathan BAXTER	44	UEA Norwich	39.78

45/49 Yrs Age Group - Mens 50m Butterfly

1.	Marcel SCHOLTEN	46	Modernians	30.00
2.	Phillip MOULSON	46	East Anglian	31.72
3.	Richard O'LEARY	48	March	31.77
4.	Adam KORN	46	East Anglian	32.03
5.	Daniel DIXON	49	Wisbech	34.36
6.	Mark NOWELL	49	Diss Otters	37.08
	Simon HEATH	47	Diss Otters	DNC

50/54 Yrs Age Group - Mens 50m Butterfly

1.	David CARTLEDGE	52	Modernians	30.63
2.	Dale BARKER	50	Stowmarket	32.22
3.	David HAMMOND	52	Wisbech	33.99
3.	Martyn FRESHER	50	March	33.99
5.	Adam LELEAN	50	Diss Otters	34.98

55/59 Yrs Age Group - Mens 50m Butterfly

1.	Philip COTTON	56	Norwich Swan	32.24
2.	Nicholas HUNT	56	Chelmsford	36.46

65/69 Yrs Age Group - Mens 50m Butterfly

1.	Chris TRUEMAN	65	UEA Norwich	38.60
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70/74 Yrs Age Group - Mens 50m Butterfly

1.	Alan JACKSON	73	Beaver Mast	38.77
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EVENT 9 Womens 50m Butterfly**18/24 Yrs Age Group - Womens 50m Butterfly**

1.	Gemma BEDFORD	24	Lstof & OB	36.27
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25/29 Yrs Age Group - Womens 50m Butterfly

1.	Sara GREENWOOD	25	UEA Norwich	31.40
2.	Hanna DABBOUR	29	Bath Dolphin	34.76
3.	Laura GRIMSEY	27	East Anglian	45.50

30/34 Yrs Age Group - Womens 50m Butterfly

1. Catherine MARKWELL 31 UEA Norwich 34.67

35/39 Yrs Age Group - Womens 50m Butterfly

1. Lucy RYAN 39 Wisbech 35.17

2. Julia GREEN 38 Diss Otters 41.89

40/44 Yrs Age Group - Womens 50m Butterfly

1. Sharon PERRY 40 West Suffolk 34.59

2. Josephine CRESSWELL 44 East Anglian 35.15

3. Karen BASSETT 44 Bracknell 37.83

4. Vanessa MANN 43 UEA Norwich 39.95

45/49 Yrs Age Group - Womens 50m Butterfly

1. Debbie MATLESS 49 UEA Norwich 33.27

2. Dina THORNTON 49 Diss Otters 36.15

55/59 Yrs Age Group - Womens 50m Butterfly

1. Susan THORNETT 57 Diss Otters 57.07

60/64 Yrs Age Group - Womens 50m Butterfly

1. Karen BELLAS 60 Camden Swiss 39.66

2. Sally LELEAN 61 Diss Otters 1:01.69

65/69 Yrs Age Group - Womens 50m Butterfly

1. Patricia JACKSON 65 East Anglian 41.13

EVENT 10 Mens 50m Breaststroke**18/24 Yrs Age Group - Mens 50m Breaststroke**

1. Nathan HENDERSON 20 Gt Yarmouth 30.86

2. James NICHOLAS 23 West Norfolk 35.13

25/29 Yrs Age Group - Mens 50m Breaststroke

1. Remi STOCKWELL 27 East Anglian 37.14

30/34 Yrs Age Group - Mens 50m Breaststroke

1. Peter WINTER 32 Newmarket 44.06

2. Philip ROWLAND 34 Little Fish 45.91

35/39 Yrs Age Group - Mens 50m Breaststroke

1. Alan WALLACE 36 Co Cambridge 37.16

2. Matthew HUNTER 39 Wisbech 44.90

40/44 Yrs Age Group - Mens 50m Breaststroke

1. Mark CLAXTON 41 Norfolk Vikg 35.22

2. Graeme SMITH 43 UEA Norwich 44.46

3. Gary GANNON 43 Little Fish 48.90

4. Jonathan BAXTER 44 UEA Norwich 51.41

45/49 Yrs Age Group - Mens 50m Breaststroke

1. Marcel SCHOLTEN 46 Modernians 32.10

2. Andrew FRESHER 48 March 33.82

3. Adam KORN 46 East Anglian 35.71

4. Richard LEECH 46 Huntingdon 39.54

5. Paul CLAXTON 45 Norfolk Vikg 39.81

6. Mark NOWELL 49 Diss Otters 41.98

7. Daniel DIXON 49 Wisbech 44.47

8. Andrew VARVEL 45 Little Fish 45.25

9. Robert GARRY 48 Mildenhall 50.49

10. Jonathan GREENE 48 Little Fish 52.15

50/54 Yrs Age Group - Mens 50m Breaststroke

1. Martyn FRESHER 50 March 34.84

2. David CARTLEDGE 52 Modernians 35.12

3. Adam LELEAN 50 Diss Otters 37.92

4. Dale BARKER 50 Stowmarket 38.07

5. David HAMMOND 52 Wisbech 40.84

6. John BROWNE 54 Mildenhall 52.48

55/59 Yrs Age Group - Mens 50m Breaststroke

1. Nicholas HUNT 56 Chelmsford 36.89

2. Philip COTTON 56 Norwich Swan 40.54

3. Gary HEWETT 55 East Anglian 44.47

60/64 Yrs Age Group - Mens 50m Breaststroke

1. Peter RANK	60	Co Cambridge	51.70
2. Anthony TRAYFORD	60	West Norfolk	52.84
3. James GOODALL	64	East Anglian	56.89

65/69 Yrs Age Group - Mens 50m Breaststroke

1. Chris TRUEMAN	65	UEA Norwich	42.72
2. George JACKSON	67	East Anglian	43.20

80/84 Yrs Age Group - Mens 50m Breaststroke

1. Neil HOWELL	80	East Anglian	59.81
2. Donald MACFARLANE	83	West Norfolk	1:06.84

EVENT 11 Womens 50m Breaststroke**18/24 Yrs Age Group - Womens 50m Breaststroke**

1. Gemma BEDFORD	24	Lstoff & OB	43.27
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25/29 Yrs Age Group - Womens 50m Breaststroke

1. Sara GREENWOOD	25	UEA Norwich	40.02
2. Emily BARWICK	25	UEA Norwich	46.46
Clare BOWLING	25	West Norfolk	DNC

30/34 Yrs Age Group - Womens 50m Breaststroke

1. Vanessa MIEMIETZ	34	UEA Norwich	45.15
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35/39 Yrs Age Group - Womens 50m Breaststroke

1. Lucy RYAN	39	Wisbech	37.70
2. Helen DIXON	37	East Anglian	42.52
3. Nicola LOWRY	36	UEA Norwich	43.99
4. Susan GEORGE	36	East Anglian	45.25
5. Rebecca KILLICK	35	Gt Yarmouth	45.52
6. Julia GREEN	38	Diss Otters	46.59
7. Zara BULLEN	35	UEA Norwich	47.12

40/44 Yrs Age Group - Womens 50m Breaststroke

1. Sharon PERRY	40	West Suffolk	39.91
2. Jodie HOPKISSON	42	Wisbech	40.68
3. Karen BASSETT	44	Bracknell	43.95
4. Jennifer HOWE	44	Little Fish	55.48

45/49 Yrs Age Group - Womens 50m Breaststroke

1. Caroline BANSON	47	UEA Norwich	42.04
2. Dina THORNTON	49	Diss Otters	43.89
3. Carolyn HENDERSON	48	Gt Yarmouth	43.98

50/54 Yrs Age Group - Womens 50m Breaststroke

1. Andrea SCHEDE	52	East Anglian	54.88
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55/59 Yrs Age Group - Womens 50m Breaststroke

1. Nicola MILLER	58	Diss Otters	48.13
2. Susan THORNETT	57	Diss Otters	49.43

60/64 Yrs Age Group - Womens 50m Breaststroke

1. Karen BELLAS	60	Camden Swiss	45.66
2. Sally LELEAN	61	Diss Otters	54.09

65/69 Yrs Age Group - Womens 50m Breaststroke

1. Patricia JACKSON	65	East Anglian	48.04
2. Alvine HAISTEAD	69	East Anglian	1:02.65

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

1. Nathan HENDERSON	20	Gt Yarmouth	1:03.43
2. Alexander MURRAY	19	West Norfolk	1:03.56
3. James NICHOLAS	23	West Norfolk	1:09.21

25/29 Yrs Age Group - Mens 100m IM

1. Remi STOCKWELL	27	East Anglian	1:13.76
2. James WILSON	27	East Anglian	1:21.33

30/34 Yrs Age Group - Mens 100m IM

1.	Martyn OXBY	34	West Norfolk	1:29.74
2.	Philip ROWLAND	34	Little Fish	1:30.29
3.	Peter WINTER	32	Newmarket	1:30.78

35/39 Yrs Age Group - Mens 100m IM

1.	Matthew HUNTER	39	Wisbech	1:33.38
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40/44 Yrs Age Group - Mens 100m IM

1.	Stuart DYBLE	41	Norfolk Vikg	1:10.91
2.	Mark CLAXTON	41	Norfolk Vikg	1:12.22
3.	James ADCOCK	44	UEA Norwich	1:20.94
	Jonathan BAXTER	44	UEA Norwich	DQ T-3L

45/49 Yrs Age Group - Mens 100m IM

1.	Marcel SCHOLTEN	46	Modernians	1:06.59
2.	Adam KORN	46	East Anglian	1:11.67
3.	Paul CLAXTON	45	Norfolk Vikg	1:18.36
4.	Richard LEECH	46	Huntingdon	1:20.87
5.	Mark NOWELL	49	Diss Otters	1:21.94
6.	Daniel DIXON	49	Wisbech	1:24.73
7.	Simon HEATH	47	Diss Otters	1:27.52

50/54 Yrs Age Group - Mens 100m IM

1.	David CARTLEDGE	52	Modernians	1:09.22
2.	Dale BARKER	50	Stowmarket	1:15.30
3.	Adam LELEAN	50	Diss Otters	1:17.44
4.	David HAMMOND	52	Wisbech	1:20.26
	Martyn FRESHER	50	March	DNC

55/59 Yrs Age Group - Mens 100m IM

1.	Philip COTTON	56	Norwich Swan	1:17.96
2.	Nicholas HUNT	56	Chelmsford	1:21.21
3.	Gary HEWETT	55	East Anglian	1:36.03

65/69 Yrs Age Group - Mens 100m IM

1.	Chris TRUEMAN	65	UEA Norwich	1:31.76
2.	George JACKSON	67	East Anglian	1:39.36

70/74 Yrs Age Group - Mens 100m IM

1.	Alan JACKSON	73	Beaver Mast	1:27.23
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EVENT 13 Womens 100m IM**18/24 Yrs Age Group - Womens 100m IM**

1.	Gemma BEDFORD	24	Lstof & OB	1:19.91
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25/29 Yrs Age Group - Womens 100m IM

1.	Laura GRIMSEY	27	East Anglian	1:36.69
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30/34 Yrs Age Group - Womens 100m IM

1.	Vanessa MIEMIETZ	34	UEA Norwich	1:32.52
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35/39 Yrs Age Group - Womens 100m IM

1.	Lucy RYAN	39	Wisbech	1:18.50
2.	Nicola LOWRY	36	UEA Norwich	1:25.51
3.	Julia GREEN	38	Diss Otters	1:28.16
4.	Gillian HOY	36	Diss Otters	1:29.56
5.	Sara BANKS	37	West Norfolk	1:33.82
	Zara BULLEN	35	UEA Norwich	DNC

40/44 Yrs Age Group - Womens 100m IM

1.	Sharon PERRY	40	West Suffolk	1:17.49
2.	Jodie HOPKISSON	42	Wisbech	1:23.25
3.	Karen BASSETT	44	Bracknell	1:25.62
4.	Josephine CRESSWELL	44	East Anglian	1:26.39

45/49 Yrs Age Group - Womens 100m IM

1.	Dina THORNTON	49	Diss Otters	1:24.09
2.	Pauline PAGE	49	Hoddesdon	1:31.60
3.	Jane SMITH	48	Newmarket	1:35.54

55/59 Yrs Age Group - Womens 100m IM

1.	Nicola MILLER	58	Diss Otters	1:48.31
2.	Susan THORNETT	57	Diss Otters	1:50.10
3.	Jeannie MORLEY	56	Mildenhall	1:56.01

60/64 Yrs Age Group - Womens 100m IM

1.	Karen BELLAS	60	Camden Swiss	1:30.17
2.	Sally LELEAN	61	Diss Otters	1:55.77

65/69 Yrs Age Group - Womens 100m IM

1.	Patricia JACKSON	65	East Anglian	1:35.28
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EVENT 14 Mens/Womens 100m Free.Team**072+ Yrs Age Group - Mens/Womens 100m Free.Team**

1.	UEA City of Norwich SC	072+	UEA Norwich	1:02.57
	West Norfolk 72		072+ West Norfolk	DQ E-1L

160+ Yrs Age Group - Mens/Womens 100m Free.Team

1.	Diss Otters Suffk	160+	Diss Otters	59.96
	Wisbech Swimming Club		160+ Wisbech	DQ O-3L

200+ Yrs Age Group - Mens/Womens 100m Free.Team

1.	Diss Otters SC	200+	Diss Otters	1:06.59
	Mildenhall & District		200+ Mildenhall	DQ O-2L

240+ Yrs Age Group - Mens/Womens 100m Free.Team

1.	West Norfolk 240	240+	West Norfolk	1:20.58
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EVENT 15 Mens 100m Freestyle Team**160+ Yrs Age Group - Mens 100m Freestyle Team**

1.	North Norfolk Vikings	160+	Norfolk Vikg	53.65
2.	Diss Otters SC	160+	Diss Otters	58.16
3.	Little Fish Swimming C	160+	Little Fish	1:02.21

240+ Yrs Age Group - Mens 100m Freestyle Team

1.	West Norfolk 240	240+	West Norfolk	1:22.59
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EVENT 16 Womens 100m Freestyle Team**120+ Yrs Age Group - Womens 100m Freestyle Team**

1.	East Anglian Swallow T	120+	East Anglian	1:00.31
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160+ Yrs Age Group - Womens 100m Freestyle Team

1.	UEA City of Norwich SC	160+	UEA Norwich	1:02.04
2.	West Norfolk 160	160+	West Norfolk	1:16.20
	Diss Otters SC		160+ Diss Otters	DQ O-4L