

# Norfolk County ASA Open Long Course Masters Meet

## Including Closed Norfolk Championships

### On Saturday 13th May 2017 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	23	Norwich Swan	4:35.39
	29.87    1:04.29	1:39.30	2:15.72	2:50.39    3:26.47    4:01.55    4:35.39

##### MENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lorenzo CACIAGLI	29	Cally Mast	4:43.85
	31.50    1:05.16	1:40.88	2:16.92	2:53.55    3:30.29    4:07.84    4:43.85
2.	Lewis KING	27	Putteridge	4:56.79
	32.65    1:08.06	1:44.78	2:22.87	3:01.33    3:40.41    4:19.20    4:56.79
3.	Alex WATSON	28	East Anglian	5:48.53
	35.68    1:15.80	1:58.58	2:43.13	3:28.48    4:15.28    5:02.08    5:48.53

##### MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Liam BARNETT	30	Co Cambridge	4:35.29
	29.67    1:03.82	1:38.84	2:15.25	2:50.41    3:26.55    4:01.89    4:35.29
2.	Sam WATTS	31	East Anglian	4:57.96
	31.16    1:05.63	1:43.74	2:21.73	2:59.94    3:38.72    4:18.14    4:57.96

##### MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	John MCKENNY	43	West Suffolk	4:36.62
	30.84    1:05.11	1:40.50	2:16.20	2:51.55    3:26.94    4:02.06    4:36.62
2.	Robert MILBURN	44	Colchester	4:52.91
	32.70    1:08.68	1:46.53	2:24.48	3:02.11    3:39.84    4:16.78    4:52.91
3.	David JOHNSON	42	Hoylake	6:15.82
	39.34	2:11.98	3:01.73	5:29.77    6:15.82

##### MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Stuart DYBLE	46	Norfolk Vikg	4:43.30
	31.69    1:06.66	1:41.53	2:17.54	2:53.69    3:30.32    4:07.06    4:43.30
2.	Spike BUCHAN	49	UEA Norwich	5:10.54
	32.25    1:09.42	1:47.82	2:27.90	3:07.95    3:48.53    4:29.14    5:10.54
3.	Derek BISSETT	48	Asa Temp 2	5:23.52
	1:12.71	2:33.36		3:57.13    5:23.52

##### MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Simon EMM	51	Colchester	4:54.98
	1:07.30	2:22.04		3:38.33    4:54.98
2.	Phillip MOULSON	51	East Anglian	5:07.36
	34.79    1:12.20	1:50.77	2:30.08	3:09.57    3:49.26    4:28.81    5:07.36
3.	Stephen COE	54	Thelford	5:47.96
	38.49    1:21.37	2:06.36	2:51.03	3:37.59    4:21.88    5:06.26    5:47.96
4.	Jonathan GREENE	53	East Anglian	6:02.70
	39.07    1:22.47	2:07.92	2:54.64	3:41.17    4:29.67    5:16.60    6:02.70

##### MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Mark STRAKOSCH	56	Berkhamsted	5:13.98
	35.36    1:12.82	1:52.51	2:32.07	3:13.12    3:53.93    4:35.23    5:13.98
2.	Patrick ALLEN	55	Guildford Ct	5:55.27
	1:25.51	2:56.21		4:26.72    5:55.27

##### MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Richard WHATLING	63	Cally Mast	6:20.15
	40.60    1:26.43	2:15.08	3:04.33	3:54.00    4:43.93    5:33.05    6:20.15

**MENS 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Stuart MCLELLAN	68	Sudbury	5:59.46
	40.74 1:26.07	2:11.89	2:57.86	3:43.31 4:29.00 5:15.24 5:59.46
2.	Peter RANK	65	Co Cambridge	7:18.17
	48.46 1:43.14	2:40.06	3:37.22	4:34.06 5:31.78 6:27.40 7:18.17
3.	Richard ADAMS	67	Duns	9:30.29
	2:03.82	4:29.35		6:59.79 9:30.29
	Len PHOENIX	68	Stowmarket	DNC

**WOMENS 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Jessica-Jane APPLGATE	21	UEA Norwich	4:32.28
	30.71 1:05.16	1:40.23	2:15.74	2:50.26 3:25.18 3:58.24 4:32.28
2.	Alice THEOBALD	22	Team Anglia	5:43.17
	37.64 1:20.68	2:04.74	2:49.11	3:34.26 4:18.57 5:01.83 5:43.17

**WOMENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Sophie LIDDAMENT	25	UEA Norwich	5:12.94
	35.71 1:14.34	1:53.24	2:33.25	3:13.24 3:53.48 4:33.91 5:12.94
2.	Cheryl BELTON	28	East Anglian	5:57.69
	38.40 1:22.12	2:06.81	2:53.04	3:39.23 4:26.38 5:12.69 5:57.69

**WOMENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Hayley DAVIS	33	Otter	4:59.89
	33.68 1:11.82	1:49.51	2:28.03	3:06.24 3:45.16 4:22.83 4:59.89
2.	Katie HOLMES	33	Colchester	5:15.99
	35.19 1:13.62	1:53.50	2:33.99	3:14.86 3:55.72 4:37.10 5:15.99
3.	Jo DAVIES	30	Co Cambridge	5:26.03
	36.36 1:16.72	1:57.32	2:39.10	3:20.58 4:03.01 4:44.96 5:26.03

**WOMENS 35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Jodie COX	36	Guildford Ct	5:37.81
	37.37 1:18.70	2:01.22	2:44.40	3:27.68 4:11.40 4:55.86 5:37.81

**WOMENS 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Sarah BERRY	44	Chelmsford	6:12.34
	41.20 1:27.94	2:15.88	3:04.24	3:50.97 4:39.05 5:26.31 6:12.34
2.	Helen DOLPHIN	42	East Anglian	7:58.23
	54.64 1:54.41	2:54.77	3:55.99	4:56.89 5:58.64 7:00.09 7:58.23

**WOMENS 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Giovanna BERTOLDI	47	UEA Norwich	5:42.31
	37.42 1:18.72	2:01.74	2:45.38	3:30.08 4:14.65 4:59.93 5:42.31
2.	Josephine CRESSWELL	49	East Anglian	5:57.82
	39.81 1:24.02	2:10.04	2:55.97	3:42.08 4:27.79 5:14.59 5:57.82
3.	Karen BASSETT	49	Bracknell	5:59.94
	1:20.17	2:50.13		4:24.99 5:59.94

**WOMENS 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Lisa WITHERS	51	Team Anglia	6:28.80
	40.90 1:27.04	2:15.85	3:06.29	3:56.98 4:48.04 5:38.62 6:28.80
2.	Sarah TAYLOR	52	West Norfolk	7:01.93
	46.08 1:37.66	2:31.32	3:25.50	4:20.50 5:15.05 6:10.00 7:01.93

**WOMENS 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Jane BLACKWELL	58	UEA Norwich	6:45.30
	44.13 1:34.46	2:25.83	3:19.13	4:11.32 5:04.13 5:56.64 6:45.30
2.	Jacqueline PATEL	57	Kings Corm	7:04.39
	49.28 1:43.23	2:39.24	3:33.62	4:28.63 5:22.80 6:16.16 7:04.39
3.	Fiona BRITAIN	58	West Suffolk	7:14.20
	45.32 1:38.04	2:33.66	3:30.87	4:29.34 5:28.97 6:23.46 7:14.20
4.	Louise WILKINSON	55	East Anglian	7:30.28
	1:43.01	3:36.48		5:35.12 7:30.28

**WOMENS 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Melanie EVANS	60	Dartford	6:13.85
	39.38	1:23.84	2:11.93	3:00.21
				3:49.40
				4:37.77
				5:27.75
				6:13.85
2.	Olga ANDRIEWSKY	63	Guildford Ct	7:24.36
	49.56	1:43.60	2:37.95	3:37.03
				4:32.40
				5:31.28
				6:27.97
				7:24.36
3.	Susan THORNETT	62	Diss Otters	8:00.65
	53.34	1:53.10	2:55.02	3:56.94
				4:58.02
				6:00.39
				7:00.71
				8:00.65

**WOMENS 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Karen BELLAS	65	Camden Swiss	6:58.95
	46.58	1:38.41	2:32.42	3:26.34
				4:20.69
				5:15.35
				6:09.63
				6:58.95

**WOMENS 70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Pat JACKSON	70	East Anglian	7:33.75
	49.99	1:47.12	2:44.90	3:42.52
				4:39.26
				5:37.61
				6:36.29
				7:33.75

**WOMENS 85/89 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Jane ASHER	86	Kings Corn	7:14.56
	50.62	1:45.94	2:42.79	3:38.84
				4:34.41
				5:30.26
				6:24.68
				7:14.56

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

Place	Name	AaD	Club	Time
1.	Becky WILKINSON	24	East Anglian	28.84
2.	Marion BRYANT	22	East Anglian	30.57
3.	Ellie BUSHHELL	18	East Anglian	30.68
4.	Alice THEOBALD	22	Team Anglia	32.23
5.	Alys ROWLEY	23	UEA Norwich	34.68

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Nicola BUCHANAN	26	West Suffolk	28.37
2.	Louise BUSH	26	UEA Norwich	29.07
3.	Terri-Louise GARNETT	27	St Ives	32.31

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Susan PRZYWARA	34	SCW Eschborn	29.33
2.	Claire MASSEY	33	Cheshunt	31.75
3.	Katie HOLMES	33	Colchester	31.95
4.	Jo DAVIES	30	Co Cambridge	32.94
5.	Laura GRIMSEY	32	East Anglian	36.32

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Catherine MARKWELL	36	East Anglian	29.96

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Emma WALKER	43	Co Cambridge	29.83
2.	Leslie BROUSSARD	44	Newmarket	42.77
3.	Helen DOLPHIN	42	East Anglian	51.93

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Giovanna BERTOLDI	47	UEA Norwich	34.26
2.	Alison PICKERING	47	Diss Otters	36.19
3.	Denise CUER	49	Co Newport	38.84

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Liz WOOLNER	50	Flitwick	29.39
2.	Nuala MUIR-COCHRANE	53	Camden Swiss	33.64
3.	Jane SMITH	53	Team Anglia	37.97
4.	Sarah TAYLOR	52	West Norfolk	42.52

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Sally WINTER	57	Bishop Stort	32.02
2.	Helen KULA-PRZEZWANSKI	58	Gloucester M	32.08
3.	Jane BLACKWELL	58	UEA Norwich	37.01
4.	Fiona BRITAIN	58	West Suffolk	40.15
5.	Jacqueline PATEL	57	Kings Corm	40.79
6.	Suzanne CARTER	56	West Norfolk	41.73

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Melanie EVANS	60	Dartford	35.52
2.	Susan THORNETT	62	Diss Otters	49.11

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Pat JACKSON	70	East Anglian	43.31

**75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Muriel HITCHCOCK	79	Spencer	57.57

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

Place	Name	AaD	Club	Time
1.	David KELLEWAY	24	Bishop Stort	24.86
2.	Harry CRISP	23	Norwich Swan	27.72
3.	Sam WHITE	23	Basildon Ph	27.98
4.	Kieran HEYCOCK	21	Aberavon	30.04

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Fraser PEH	27	Otter	25.88
2.	Martin SARTORIUS	25	Otter	25.93
3.	Mark THOMPSON	28	Team Anglia	27.31
4.	Andrew BALFOUR	28	Co Cambridge	27.55
5.	Mathew SMITH	27	St Ives	28.09
6.	Lewis KING	27	Putteridge	29.27

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Liam BARNETT	30	Co Cambridge	25.38
2.	Craig GILLESPIE	30	Otter	26.66
3.	Oliver BUMSTEAD	34	Stowmarket	27.39
4.	Stewart BURTON	31	Northgate	28.96
5.	Alasdair CRAIGHEAD	31	Newmarket	31.40
6.	Sean KELLY	34	East Anglian	31.82
7.	David BLAKEMORE	33	Cally Mast	37.57

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Will APPLEBY	35	East Anglian	25.34
2.	Michael JENNINGS	36	Romford Town	27.79
3.	Thomas HARRISON	35	Stowmarket	29.04
4.	James GRIGG	36	Rochford	29.46

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Olivier GELEOC	43	Otter	28.51
2.	Carl SHAW	41	UEA Norwich	30.52
3.	David JOHNSON	42	Hoylake	31.48
4.	Adam FREER	40	Barnet Copt	31.53
5.	Matt ARVANITIS	44	Cally Mast	33.62

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Garry MAVIN	46	Team Anglia	27.05
2.	Spike BUCHAN	49	UEA Norwich	27.87
3.	Derek BISSETT	48	Asa Temp 2	31.04
4.	Lee BENNETT	46	UEA Norwich	33.43
5.	Richard LIVINGS	47	Bishop Stort	36.68

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Simon EMM	51	Colchester	29.21
2.	Phil CARPENTER	53	Northgate	29.83
3.	Richard O'LEARY	53	Team Anglia	30.49
4.	Stephen COE	54	Thetford	31.41

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Martin CLARKE	55	UEA Norwich	28.39
2.	Ashley MEERLOO	57	Bishop Stort	29.16
3.	Martyn FRESHER	55	Team Anglia	29.98
4.	Thomas ENRIGHT	58	Romford Town	31.14
5.	Charles HILLYER	57	Leicester Ma	31.31
6.	Mark STRAKOSCH	56	Berkhamsted	31.76
7.	Gordon CARTWRIGHT	56	Chelmsford	32.47
8.	Chris ORCHARD	58	Deepings	34.51
9.	Patrick ALLEN	55	Guildford Ct	34.82
10.	John BROWNE	59	Mildenhall	46.32

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Shane PREECE	60	East Anglian	35.11
2.	David COLES	63	West Norfolk	43.03

**65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Terry THORNE	67	East Anglian	31.72
2.	Stuart MCLELLAN	68	Sudbury	34.05
3.	Richard MOORE	69	Hackney	37.56
4.	Peter RANK	65	Co Cambridge	38.17
5.	James GOODALL	69	East Anglian	47.42

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Roy WILSON	71	Ruislip Nwd	47.17

**75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Nigel SALSBURY	77	Spencer	36.77
2.	Paul CLARKE	75	Beaver Mast	42.11

**80/84 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Raymond CLARKE	80	Ruislip Nwd	58.13

**85/89 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Donald MACFARLANE	88	West Norfolk	1:32.35

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

Place	Name	AaD	Club	Time
1.	Becky WILKINSON	24	East Anglian	36.91
2.	Ellie BUSHHELL	18	East Anglian	40.65

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Louise BUSH	26	UEA Norwich	34.59
2.	Terri-Louise GARNETT	27	St Ives	42.98
3.	Emmeline VINCENT	29	East Anglian	44.04

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Katie HOLMES	33	Colchester	37.42
2.	Fiona KINSELLA	33	Camden Swiss	38.05
3.	Joanne BLOUNT	32	Swindon Dolp	42.54
4.	Hannah PILLING	33	Deepings	46.48

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Jodie COX	36	Guildford Ct	42.54

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Lynne MEALE	40	UEA Norwich	37.52
2.	Leslie BROUSSARD	44	Newmarket	56.89

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Helen DAVIS	47	Team Anglia	39.32
2.	Alison PICKERING	47	Diss Otters	42.30

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Sarah ADCOCK	50	East Anglian	48.71
2.	Sarah TAYLOR	52	West Norfolk	54.18

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Jacqueline PATEL	57	Kings Corm	55.40
2.	Suzanne CARTER	56	West Norfolk	56.25

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Susan THORNETT	62	Diss Otters	55.65

**65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Karen BELLAS	65	Camden Swiss	50.11

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Pat JACKSON	70	East Anglian	54.41

**75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Muriel HITCHCOCK	79	Spencer	56.70

**EVENT 5 Mens Open 50m Breaststroke****18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	David KELLEWAY	24	Bishop Stort	32.78
2.	Kieran HEYCOCK	21	Aberavon	39.02

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Chris SEARLE	25	Dereham	32.50
2.	Mathew SMITH	27	St Ives	38.52

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Craig GILLESPIE	30	Otter	32.31
2.	David BLAKEMORE	33	Cally Mast	44.87
3.	Alasdair CRAIGHEAD	31	Newmarket	45.01

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Robert MILBURN	44	Colchester	35.65
2.	Carl SHAW	41	UEA Norwich	38.47
3.	Olivier GELEOC	43	Otter	39.73
4.	Matt ARVANITIS	44	Cally Mast	42.70

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Damian NAVARRETE	49	Colchester	36.27
2.	Garry MAVIN	46	Team Anglia	37.64
3.	Lee BENNETT	46	UEA Norwich	45.34

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Adam KORN	51	East Anglian	37.61

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Martyn FRESHER	55	Team Anglia	36.97
2.	Phillip HOLME	58	Barnet Copt	37.29
3.	Gordon CARTWRIGHT	56	Chelmsford	43.43
4.	Chris ORCHARD	58	Deepings	45.63
5.	Paul MARTIN	58	Diss Otters	46.51
6.	John BROWNE	59	Mildenhall	55.23

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Nicholas HUNT	61	Chelmsford	39.35
2.	Colin MAYES	62	Team Luton	39.62
3.	Arend DIKKERS	60	Barnes SC	45.48
4.	Shane PREECE	60	East Anglian	46.59
5.	David COLES	63	West Norfolk	48.41

**65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Richard ADAMS	67	Duns	50.32
2.	James GOODALL	69	East Anglian	57.46
3.	Peter RANK	65	Co Cambridge	58.44

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Chris TRUEMAN	70	UEA Norwich	46.74
2.	Roy WILSON	71	Ruislip Nwd	56.71

**80/84 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Raymond CLARKE	80	Ruislip Nwd	1:11.13

**85/89 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Donald MACFARLANE	88	West Norfolk	1:37.23

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

Place	Name	AaD	Club	Time	50
1.	Marion BRYANT	22	East Anglian	1:18.07	37.60
2.	Ellie BUSHHELL	18	East Anglian	1:20.83	38.89
3.	Natalie ALLEN	24	East Anglian	1:22.04	39.85
4.	Alice THEOBALD	22	Team Anglia	1:26.18	41.67

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Hayley DAVIS	33	Otter	1:11.84	34.88
2.	Susan PRZYWARA	34	SCW Eschborn	1:15.10	35.86
3.	Claire MASSEY	33	Cheshunt	1:16.81	36.80
4.	Carly LYDON	34	Co Coventry	1:22.86	39.53

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Sachika YAMAWAKI	36	Barnet Copt	1:15.38	-

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Dawn PALMER	41	Romford Town	1:12.59	35.04
2.	Leslie BROUSSARD	44	Newmarket	1:51.02	53.08

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Nuala MUIR-COCHRANE	53	Camden Swiss	1:23.42	40.26
2.	Clare WATKINS	50	East Anglian	1:26.06	41.81
3.	Lisa WITHERS	51	Team Anglia	1:29.18	42.65
4.	Blan WALKER	54	Witney	1:34.10	46.35
5.	Jane SMITH	53	Team Anglia	1:40.09	-

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Fiona BRITAIN	58	West Suffolk	1:53.32	56.76
2.	Jacqueline PATEL	57	Kings Corm	2:13.54	1:06.37

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Marianne DAVEY	64	Crawley	1:55.01	56.52

**85/89 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Jane ASHER	86	Kings Corm	1:55.09	58.29

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

Place	Name	AaD	Club	Time	50
1.	Philip DAVIS	19	East Anglian	1:11.57	-

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Martin SARTORIUS	25	Otter	1:08.81	33.09
2.	Mark THOMPSON	28	Team Anglia	1:11.92	35.47
3.	Lorenzo CACIAGLI	29	Cally Mast	1:12.08	35.27

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
	Wade RIMBACH	33	Otter	DQ SH 1L	

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	David WEBSTER	39	East Anglian	1:07.50	32.73
2.	Michael JENNINGS	36	Romford Town	1:10.30	33.91
3.	Luka CRNJAKOVIC	39	Cally Mast	1:12.40	35.29
4.	James GRIGG	36	Rochford	1:13.74	35.95

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	David JOHNSON	42	Hoylake	1:28.75	-

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Damian NAVARRETE	49	Colchester	1:20.75	38.69
2.	Derek BISSETT	48	Asa Temp 2	1:22.74	40.91

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Rob GARRY	53	Mildenhall	1:56.10	57.49

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Martin FENNER	55	Romford Town	1:10.29	33.79
2.	Peter KELLEWAY	57	Bishop Stort	1:17.03	37.32

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Nicholas HUNT	61	Chelmsford	1:34.23	44.15
2.	David ROYALL	62	East Anglian	1:36.15	43.62

**65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Mike FOSKETT	65	Hemel Hemp	1:15.40	36.13
2.	Stuart MCLELLAN	68	Sudbury	1:35.24	45.77
3.	James GOODALL	69	East Anglian	1:59.06	-

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Roy WILSON	71	Ruislip Nwd	2:02.64	-

**75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Nigel SALSBURY	77	Spencer	1:43.85	51.50
2.	Paul CLARKE	75	Beaver Mast	2:10.44	1:03.55

**EVENT 8 Mens/Womens Open 200m Butterfly****MENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Alexander THIBAUT	33	Otter	2:52.67	-	1:20.64	-

**MENS 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Simon EMM	51	Colchester	2:29.41	32.81	1:10.65	1:49.64

**WOMENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Catherine DEMONT	26	Otter	2:43.02	35.49	1:16.72	1:59.39

**WOMENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Fiona KINSELLA	33	Camden Swiss	2:34.16	33.74	1:12.31	1:52.10
2.	Hayley DAVIS	33	Otter	2:40.18	34.75	1:15.30	1:56.60

**WOMENS 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Alison COWIE	44	Chelmsford	4:01.00	49.05	1:49.06	2:55.43



**WOMENS 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Jacqueline PATEL	57	Kings Corm	4:43.70	1:02.27	2:16.23	3:30.76

**WOMENS 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Sally MILLS	62	Mid Sussex	3:16.33	41.07	1:30.65	2:23.21

**WOMENS 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Karen BELLAS	65	Camden Swiss	4:09.67	58.30	2:04.65	3:10.31

**WOMENS 70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Pat JACKSON	70	East Anglian	4:15.38	56.10	2:02.38	3:09.78

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

Place	Name	A.G	Club	Time	50	100	150
1.	East Anglian	072+	East Anglian	2:03.86	29.03	1:00.29	1:30.99

**120+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	East Anglian	120+	East Anglian	2:07.15	28.71	1:05.06	1:39.95

**160+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	East Anglian	160+	East Anglian	1:54.92	-	55.79	-
2.	Team Anglia	160+	Team Anglia	1:55.71	27.26	58.47	1:28.74
3.	UEA Norwich	160+	UEA Norwich	2:08.82	37.37	1:10.02	1:40.60

**200+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	Team Anglia	200+	Team Anglia	2:15.09	30.24	1:05.80	1:43.59
2.	Diss Otters	200+	Diss Otters	2:37.78	26.92	1:16.09	2:05.53

**240+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	West Norfolk	240+	West Norfolk	3:42.57	42.37	1:25.63	2:12.24

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

Place	Name	A.G	Club	Time	50	100	150
1.	UEA Norwich	072+	UEA Norwich	2:15.89	33.18	1:08.24	51.64
2.	East Anglian	072+	East Anglian	2:38.56	40.64	1:29.66	2:04.81

**160+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	Team Anglia	160+	Team Anglia	2:30.96	41.69	1:20.23	1:53.63
2.	West Suffolk	160+	West Suffolk	2:46.27	49.00	1:38.75	2:09.62

**EVENT 11 Mens Open 200m Medley Team****160+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	Team Anglia	160+	Team Anglia	2:05.93	31.66	1:08.01	1:36.41
2.	Cally Mast	160+	Cally Mast	2:17.06	33.55	1:11.45	1:39.45

**EVENT 12 Mens/Womens Open 200m IM****MENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Chris SEARLE	25	Dereham	2:27.87	29.58	1:11.01	1:52.49
2.	Lewis KING	27	Putteridge	2:38.42	33.64	1:14.44	2:01.97

**MENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Wade RIMBACH	33	Otter	2:27.91	31.71	1:11.19	1:55.13
2.	Stewart BURTON	31	Northgate	2:44.99	32.38	1:17.73	2:08.25

**MENS 35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Graham CABLE	35	Co Oxford	2:40.97	33.45	1:15.60	2:01.04

**MENS 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Robert MILBURN	44	Colchester	2:38.08	33.81	1:18.99	2:02.29
2.	David JOHNSON	42	Hoylake	3:16.81	42.66	1:32.05	2:30.43

**MENS 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Jon WILLS	53	Felixstowe	3:21.82	-	1:39.37	-
2.	Rob GARRY	53	Mildenhall	4:12.45	-	2:04.44	-

**MENS 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Martin FENNER	55	Romford Town	2:39.20	32.89	1:12.55	2:01.43
2.	Martin CLARKE	55	UEA Norwich	2:50.38	32.67	1:16.52	2:08.90
3.	Peter KELLEWAY	57	Bishop Stort	2:55.13	-	1:22.18	-
4.	Neil PROCTER	57	Barnet Copt	2:57.74	35.45	1:24.38	2:14.44
5.	Gordon CARTWRIGHT	56	Chelmsford	3:14.19	41.39	1:35.45	2:32.12
6.	John BROWNE	59	Mildenhall	4:33.49	1:04.10	2:18.87	3:33.03

**MENS 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Nicholas HUNT	61	Chelmsford	3:10.15	42.90	1:36.37	2:27.80
2.	Colin MAYES	62	Team Luton	3:15.95	45.75	1:38.95	2:33.36

**MENS 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Stuart MCLELLAN	68	Sudbury	3:19.30	42.45	1:35.42	2:34.38
2.	Len PHOENIX	68	Stowmarket	4:37.83	1:15.43	2:21.13	3:38.55

**WOMENS 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Becky WILKINSON	24	East Anglian	2:45.48	33.02	1:16.68	2:04.72
2.	Ellie BUSHELL	18	East Anglian	2:46.85	34.41	1:19.45	2:07.52
3.	Alice THEOBALD	22	Team Anglia	3:09.49	39.43	1:29.26	2:27.94

**WOMENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Sophie LIDDAMENT	25	UEA Norwich	2:53.50	36.32	1:21.25	2:15.36
2.	Louise MORCA	27	East Anglian	3:02.92	36.15	1:25.64	2:18.21

**WOMENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Hayley DAVIS	33	Otter	2:39.22	32.64	1:13.84	2:01.79
2.	Fiona KINSELLA	33	Camden Swiss	2:39.29	32.98	1:16.54	2:01.82
3.	Susan PRZYWARA	34	SCW Eschborn	2:42.31	33.37	1:17.30	2:05.62
4.	Katie HOLMES	33	Colchester	2:51.46	37.06	1:24.93	2:13.03
5.	Jo DAVIES	30	Co Cambridge	3:06.47	41.16	1:30.21	2:25.80

**WOMENS 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Dawn PALMER	41	Romford Town	2:34.99	-	1:13.32	-
2.	Lynne MEALE	40	UEA Norwich	2:43.22	34.37	1:18.37	2:03.71
3.	Sarah BERRY	44	Chelmsford	3:13.76	39.25	1:31.41	2:25.84
4.	Alison COWIE	44	Chelmsford	3:37.44	50.83	1:47.53	2:47.33

**WOMENS 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Helen DAVIS	47	Team Anglia	2:48.54	33.82	1:21.27	2:09.19
2.	Karen BASSETT	49	Bracknell	3:11.99	40.87	1:34.20	2:28.97
3.	Suzanne ADAMS	46	Felixstowe	3:42.71	48.52	1:49.44	2:52.71

**WOMENS 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Lisa WITHERS	51	Team Anglia	3:16.93	43.28	1:34.33	2:28.80
2.	Blan WALKER	54	Witney	3:28.02	49.68	1:42.16	2:42.29

**WOMENS 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Jacqueline PATEL	57	Kings Corm	4:03.55	53.82	2:12.16	3:16.18

**WOMENS 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Jean APPLEBY	61	Sudbury	3:07.59	-	1:29.48	-
2.	Melanie EVANS	60	Dartford	3:24.86	39.92	1:36.05	2:37.70

**WOMENS 85/89 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Jane ASHER	86	Kings Corm	4:18.07	1:01.02	-	3:28.54

## EVENT 13 Womens Open 100m Butterfly

### 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jessica-Jane APPEGATE	21	UEA Norwich	1:09.11	31.21

### 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Catherine DEMONT	26	Otter	1:12.27	-
2.	Louise MORCA	27	East Anglian	1:21.38	36.97

### 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Fiona KINSELLA	33	Camden Swiss	1:12.06	33.57
2.	Hayley DAVIS	33	Otter	1:15.39	33.89
3.	Katie HOLMES	33	Colchester	1:23.34	38.72
4.	Hanna DABBOUR	34	East Anglian	1:31.48	39.81

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Kirstie KETT	43	West Suffolk	1:42.62	46.91

### 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Josephine CRESSWELL	49	East Anglian	1:21.06	36.37

### 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Liz WOOLNER	50	Flitwick	1:10.79	33.26
2.	Maureen WRIGHT	50	West Suffolk	1:53.88	49.45

### 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Jacqueline PATEL	57	Kings Corm	2:18.01	1:04.35

### 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Sally MILLS	62	Mid Sussex	1:29.43	40.31
2.	Sue PROCTER	61	Barnet Copt	1:45.10	47.54

### 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Karen BELLAS	65	Camden Swiss	1:45.32	-

## EVENT 14 Mens Open 100m Butterfly

### 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Philip DAVIS	19	East Anglian	1:10.02	-

### 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Fraser PEH	27	Otter	1:01.40	27.71

### 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	David ADAMSON	30	Otter	1:01.23	27.63
2.	Alexander THIBAUT	33	Otter	1:09.08	30.72
3.	Stewart BURTON	31	Northgate	1:16.08	34.21

### 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Stuart DYBLE	46	Norfolk Vikg	1:06.68	30.46
2.	Paul SMOOTHY	49	Teddington	1:15.87	34.04
3.	Damian NAVARRETE	49	Colchester	1:18.15	34.88
4.	Roger RANDALL	46	Barnet Copt	1:36.37	43.56
	Alan WEDDELL	45	Ashington	DNC	

### 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Simon EMM	51	Colchester	1:05.46	30.78
2.	Phil CARPENTER	53	Northgate	1:18.18	33.50

### 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Ashley MEERLOO	57	Bishop Stort	1:12.92	33.30
2.	Mark STRAKOSCH	56	Berkhamsted	1:30.75	-

## EVENT 15 Womens Open 50m Backstroke

### 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alys ROWLEY	23	UEA Norwich	40.86

### 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Terri-Louise GARNETT	27	St Ives	38.06

### 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Susan PRZYWARA	34	SCW Eschborn	34.61
2.	Claire MASSEY	33	Cheshunt	34.66
3.	Carly LYDON	34	Co Coventry	38.42
4.	Katie HOLMES	33	Colchester	40.12
5.	Hannah PILLING	33	Deepings	43.50

### 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sachika YAMAWAKI	36	Barnet Copt	35.76
2.	Catherine MARKWELL	36	East Anglian	35.98

### 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Sarah BERRY	44	Chelmsford	39.90
2.	Leslie BROUSSARD	44	Newmarket	50.23

### 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alison PICKERING	47	Diss Otters	42.79
2.	Eleni MANOLITSAKI	47	Chelmsford	47.30
3.	Suzanne ADAMS	46	Felixstowe	47.88

### 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Nuala MUIR-COCHRANE	53	Camden Swiss	38.65
2.	Clare WATKINS	50	East Anglian	40.71
3.	Blan WALKER	54	Witney	42.45
4.	Jane SMITH	53	Team Anglia	48.48

### 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Helen KULA-PRZEZWANSKI	58	Gloucester M	37.42
2.	Vanessa POOLEY	59	East Anglian	45.60
3.	Jane BLACKWELL	58	UEA Norwich	50.21
4.	Fiona BRITTAI	58	West Suffolk	50.96
5.	Jacqueline PATEL	57	Kings Corm	1:00.58

### 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jean APPLEBY	61	Sudbury	40.60
2.	Melanie EVANS	60	Dartford	44.40
3.	Marianne DAVEY	64	Crawley	51.16
4.	Jeannie MORLEY	61	Mildenhall	55.01

### 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Pat JACKSON	70	East Anglian	49.46

## EVENT 16 Mens Open 50m Backstroke

### 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Philip DAVIS	19	East Anglian	33.48

### 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Martin SARTORIUS	25	Otter	31.53
2.	Mark THOMPSON	28	Team Anglia	32.34

### 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Alasdair CRAIGHEAD	31	Newmarket	41.67

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	David WEBSTER	39	East Anglian	30.88
2.	Michael JENNINGS	36	Romford Town	32.54
3.	Luka CRNJAKOVIC	39	Cally Mast	33.82

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Carl SHAW	41	UEA Norwich	37.31

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Garry MAVIN	46	Team Anglia	34.38
2.	Damian NAVARRETE	49	Colchester	37.93
3.	James ADCOCK	49	UEA Norwich	38.15
4.	Derek BISSETT	48	Asa Temp 2	38.75

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Adam KORN	51	East Anglian	36.96
2.	Stephen COE	54	Thetford	41.83
3.	Jon WILLS	53	Felixstowe	50.17

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Mark STRAKOSCH	56	Berkhamsted	38.81
2.	Adam LELEAN	55	Diss Otters	42.00
3.	Paul MARTIN	58	Diss Otters	45.17

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	David COLES	63	West Norfolk	52.69

**65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Len PHOENIX	68	Stowmarket	48.12
2.	James GOODALL	69	East Anglian	58.70

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Chris TRUEMAN	70	UEA Norwich	49.99
2.	Roy WILSON	71	Ruislip Nwd	57.02

**75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Nigel SALSBURY	77	Spencer	44.74

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

Place	Name	AaD	Club	Time	50
1.	Jessica-Jane APPLGATE	21	UEA Norwich	1:00.33	29.04
2.	Becky WILKINSON	24	East Anglian	1:03.70	29.90
3.	Natalie ALLEN	24	East Anglian	1:10.78	34.81
4.	Ellie BUSHHELL	18	East Anglian	1:12.58	-
5.	Alice THEOBALD	22	Team Anglia	1:13.96	35.24

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Catherine DEMONT	26	Otter	1:02.49	30.02
2.	Louise BUSH	26	UEA Norwich	1:06.38	30.84
3.	Kate MCCORMACK	28	East Anglian	1:15.94	36.07

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Jo DAVIES	30	Co Cambridge	1:12.52	34.81
2.	Hanna DABBOUR	34	East Anglian	1:14.31	34.81
3.	Laura GRIMSEY	32	East Anglian	1:22.65	39.97

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Rebecca ADAM	36	Cally Mast	1:12.78	35.20

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Emma WALKER	43	Co Cambridge	1:07.26	31.66
2.	Kirstie KETT	43	West Suffolk	1:22.70	40.49
3.	Leslie BROUSSARD	44	Newmarket	1:39.06	44.80

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Giovanna BERTOLDI	47	UEA Norwich	1:14.05	35.64
2.	Denise CUER	49	Co Newport	1:27.27	-
3.	Suzanne ADAMS	46	Felixstowe	1:28.58	43.19

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Debbie MATLESS	54	East Anglian	1:09.06	32.93
2.	Nuala MUIR-COCHRANE	53	Camden Swiss	1:11.89	-

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Sally WINTER	57	Bishop Stort	1:10.28	34.29
2.	Jane BLACKWELL	58	UEA Norwich	1:23.24	40.58
3.	Fiona BRITAIN	58	West Suffolk	1:33.47	43.33
4.	Jacqueline PATEL	57	Kings Corm	1:34.80	45.40
5.	Louise WILKINSON	55	East Anglian	1:36.30	45.55

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Sue PROCTER	61	Barnet Copt	1:28.30	42.48
2.	Jeannie MORLEY	61	Mildenhall	1:46.51	-

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Pat JACKSON	70	East Anglian	1:36.87	46.41

**85/89 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Jane ASHER	86	Kings Corm	1:32.52	46.58

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

Place	Name	AaD	Club	Time	50
1.	David KELLEWAY	24	Bishop Stort	53.99	25.93
2.	Harry CRISP	23	Norwich Swan	59.81	28.42
3.	Sam WHITE	23	Basildon Ph	1:01.47	29.06
4.	Kieran HEYCOCK	21	Aberavon	1:08.18	32.53

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Martin SARTORIUS	25	Otter	57.62	26.74
2.	Chris SEARLE	25	Dereham	59.78	29.33
3.	Andrew BALFOUR	28	Co Cambridge	1:00.24	29.13
4.	Mark THOMPSON	28	Team Anglia	1:01.77	30.14
5.	Mathew SMITH	27	St Ives	1:02.94	29.03

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Liam BARNETT	30	Co Cambridge	55.94	26.46
2.	David ADAMSON	30	Otter	56.65	27.33
3.	Craig GILLESPIE	30	Otter	57.62	-
4.	Oliver BUMSTEAD	34	Stowmarket	1:00.56	29.30
5.	Sam WATTS	31	East Anglian	1:00.83	29.05
6.	Sean KELLY	34	East Anglian	1:11.15	34.05
7.	Alasdair CRAIGHEAD	31	Newmarket	1:15.74	35.22

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Will APPLEBY	35	East Anglian	1:00.06	28.45
2.	Luka CRNJAKOVIC	39	Cally Mast	1:03.86	30.48

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	John MCKENNY	43	West Suffolk	1:00.83	29.26
2.	Olivier GELEOC	43	Otter	1:04.32	30.06
3.	David JOHNSON	42	Hoylake	1:13.06	35.20
4.	Matt ARVANITIS	44	Cally Mast	1:15.66	35.16

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Spike BUCHAN	49	UEA Norwich	1:02.29	29.54
2.	David BORTHWICK	49	East Anglian	1:08.66	32.08
3.	Derek BISSETT	48	Asa Temp 2	1:09.00	-
4.	James ADCOCK	49	UEA Norwich	1:11.83	35.44
5.	Lee BENNETT	46	UEA Norwich	1:15.24	34.74
6.	Richard LIVINGS	47	Bishop Stort	1:22.73	38.51

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Simon EMM	51	Colchester	1:03.16	-
2.	Phil CARPENTER	53	Northgate	1:06.40	32.20
3.	Stephen COE	54	Thetford	1:11.55	-
4.	Rob GARRY	53	Mildenhall	1:35.51	46.21

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Martin CLARKE	55	UEA Norwich	1:05.01	30.89
2.	Martyn FRESHER	55	Team Anglia	1:09.36	33.06
3.	Thomas ENRIGHT	58	Romford Town	1:10.30	33.94
4.	Chris ORCHARD	58	Deepings	1:18.68	36.98
5.	Patrick ALLEN	55	Guildford Ct	1:20.09	37.23
6.	John BROWNE	59	Mildenhall	1:48.53	52.04

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	David ROYALL	62	East Anglian	1:22.14	-

**65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Terry THORNE	67	East Anglian	1:11.93	34.82
2.	Stuart MCLELLAN	68	Sudbury	1:15.89	35.60
3.	Peter RANK	65	Co Cambridge	1:29.63	42.45
4.	Richard MOORE	69	Hackney	1:32.86	44.64
5.	James GOODALL	69	East Anglian	1:49.01	-

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Roy WILSON	71	Ruislip Nwd	1:49.19	52.00

**75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Paul CLARKE	75	Beaver Mast	1:47.08	49.98

**80/84 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Raymond CLARKE	80	Ruislip Nwd	2:15.65	1:03.52

**EVENT 19 Mens/Womens Open 200m Breaststroke****MENS 35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Graham CABLE	35	Co Oxford	2:57.64	39.99	1:26.20	2:11.26

**MENS 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Robert MILBURN	44	Colchester	2:47.53	37.66	1:20.16	2:04.02
2.	Adam FREER	40	Barnet Copt	3:06.73	41.82	1:29.25	2:17.44

**MENS 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Paul SMOOTHY	49	Teddington	2:55.76	40.17	1:25.09	2:10.85
2.	Damian NAVARRETE	49	Colchester	3:03.72	39.18	1:25.20	2:14.42
3.	Jonathon BELL	45	Co Cambridge	3:07.57	42.65	1:30.42	2:19.45

**MENS 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Jon WILLS	53	Felixstowe	3:34.87	48.76	1:44.87	2:41.77

**MENS 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Neil PROCTER	57	Barnet Copt	3:16.13	44.53	1:33.32	2:25.57
2.	Philip HOLME	58	Barnet Copt	3:25.66	45.14	1:38.72	2:34.59

**MENS 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Nicholas HUNT	61	Chelmsford	3:15.21	-	1:35.30	-
2.	Colin MAYES	62	Team Luton	3:26.16	46.49	1:40.17	2:35.33

**MENS 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Richard ADAMS	67	Duns	4:20.69	54.18	2:00.16	3:12.32

**MENS 80/84 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Raymond CLARKE	80	Ruislip Nwd	6:07.41	-	2:58.43	-

**WOMENS 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Ellie BUSHHELL	18	East Anglian	3:05.74	-	1:29.82	-

**WOMENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Louise BUSH	26	UEA Norwich	2:45.40	37.26	1:19.53	2:01.89
2.	Emmeline VINCENT	29	East Anglian	3:31.81	48.70	1:43.17	2:38.34

**WOMENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Katie HOLMES	33	Colchester	3:17.41	43.95	1:34.78	2:27.62
2.	Hannah PILLING	33	Deepings	3:43.09	50.49	1:47.58	2:45.44

**WOMENS 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Lucy RYAN	44	Team Anglia	2:56.74	40.20	1:24.90	2:09.98
2.	Alison COWIE	44	Chelmsford	3:54.78	53.84	1:54.31	2:54.65

**WOMENS 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Helen DAVIS	47	Team Anglia	3:11.33	44.76	1:34.56	2:23.71
2.	Alison PICKERING	47	Diss Otters	3:21.14	44.47	1:35.35	2:27.87
3.	Suzanne ADAMS	46	Felixstowe	3:54.30	-	1:51.00	-

**WOMENS 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Sarah ADCOCK	50	East Anglian	4:18.44	51.06	1:55.31	3:06.49
	Maureen WRIGHT	50	West Suffolk	DNC			

**WOMENS 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Louise WILKINSON	55	East Anglian	3:57.16	53.62	1:53.87	2:55.64

**WOMENS 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Amanda HEATH	60	Spencer	3:14.27	44.94	1:34.70	2:25.13
2.	Sara PERRY	60	Cally Mast	3:33.23	48.19	1:43.06	2:37.95

**WOMENS 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Karen BELLAS	65	Camden Swiss	4:04.75	55.73	1:59.60	3:04.80

**WOMENS 70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Pat JACKSON	70	East Anglian	4:16.34	56.62	2:02.42	3:09.23

**EVENT 20 Mens/Womens Open 200m Medley Team****072+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	Otter	072+	Otter	2:00.24	32.72	1:04.52	1:30.67
2.	East Anglian	072+	East Anglian	2:26.50	36.88	1:17.84	1:53.25

**120+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	Cally Mast	120+	Cally Mast	2:16.61	33.00	1:18.02	1:45.69
2.	East Anglian	120+	East Anglian	2:18.51	39.80	1:25.59	1:53.25

**160+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	East Anglian	160+	East Anglian	2:22.26	-	1:17.68	-



**200+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	East Anglian	200+	East Anglian	2:19.85	39.43	1:16.76	1:49.94
2.	Team Anglia	200+	Team Anglia	2:25.02	38.54	1:17.20	1:49.59
3.	Diss Otters	200+	Diss Otters	2:57.68	57.18	1:40.38	2:17.96

**EVENT 21 Mens/Womens Open 200m Freestyle****MENS 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Harry CRISP	23	Norwich Swan	2:11.11	29.44	1:03.12	1:36.83

**MENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Lorenzo CACIAGLI	29	Cally Mast	2:12.99	30.87	1:04.56	1:39.66
2.	Chris SEARLE	25	Dereham	2:18.46	30.08	1:04.21	1:40.59
3.	Alex WATSON	28	East Anglian	2:41.21	35.15	1:14.80	1:57.04

**MENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	David ADAMSON	30	Otter	2:07.97	28.28	1:00.76	1:34.12
2.	Sam WATTS	31	East Anglian	2:16.95	30.26	1:03.87	1:40.24

**MENS 35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Michael JENNINGS	36	Romford Town	2:18.40	30.20	1:04.73	1:41.91

**MENS 40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	John MCKENNY	43	West Suffolk	2:12.56	-	1:04.64	-

**MENS 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Paul SMOOTHY	49	Teddington	2:23.35	33.35	1:10.35	1:47.66
2.	Derek BISSETT	48	Asa Temp 2	2:33.94	35.44	1:14.96	1:54.95
3.	David BORTHWICK	49	East Anglian	2:38.89	35.91	1:15.91	1:57.98
4.	Richard LIVINGS	47	Bishop Stort	2:58.10	-	1:26.39	-

**MENS 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Simon EMM	51	Colchester	2:19.51	31.28	1:06.77	1:43.25
2.	Phillip MOULSON	51	East Anglian	2:27.75	33.40	1:10.62	1:49.28
3.	Jonathan GREENE	53	East Anglian	2:50.28	36.53	-	2:03.75

**MENS 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Mark STRAKOSCH	56	Berkhamsted	2:28.99	35.05	1:12.68	1:50.76
2.	Adam LELEAN	55	Diss Otters	2:34.91	-	1:14.84	1:56.01
3.	Peter KELLEWAY	57	Bishop Stort	2:39.79	34.99	1:14.95	1:58.25
4.	Gordon CARTWRIGHT	56	Chelmsford	2:44.91	36.59	1:19.59	2:02.12
5.	Patrick ALLEN	55	Guildford Ct	2:53.09	40.39	1:25.38	2:10.65
6.	John BROWNE	59	Mildenhall	3:59.29	52.71	1:56.76	3:02.95

**MENS 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Stuart MCLELLAN	68	Sudbury	2:52.02	40.12	1:23.89	2:08.91
2.	Peter RANK	65	Co Cambridge	3:24.52	46.44	1:39.64	2:32.46
3.	Richard MOORE	69	Hackney	3:49.44	48.22	1:42.74	2:44.00
4.	Len PHOENIX	68	Stowmarket	4:13.18	54.99	2:01.05	3:07.78

**MENS 70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Roy WILSON	71	Ruislip Nwd	4:02.72	-	1:58.29	-

**MENS 75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Paul CLARKE	75	Beaver Mast	4:05.17	56.14	2:00.65	3:06.99

**WOMENS 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Natalie ALLEN	24	East Anglian	2:33.70	35.43	1:15.43	1:56.15
2.	Alice THEOBALD	22	Team Anglia	2:46.98	38.45	1:21.85	2:04.60

**WOMENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Cheryl BELTON	28	East Anglian	2:47.09	37.68	1:19.59	2:03.54

**WOMENS 30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Fiona KINSELLA	33	Camden Swiss	2:22.09	32.41	1:08.37	1:45.15

**WOMENS 35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Rebecca ADAM	36	Cally Mast	2:47.65	38.70	1:21.93	2:06.10

**WOMENS 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Giovanna BERTOLDI	47	UEA Norwich	2:43.46	-	1:19.61	-
2.	Karen BASSETT	49	Bracknell	2:50.58	38.26	1:21.71	2:06.99
3.	Denise CUER	49	Co Newport	3:13.39	42.54	1:34.80	2:25.92

**WOMENS 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Nuala MUIR-COCHRANE	53	Camden Swiss	2:34.06	35.66	1:15.28	1:54.97
2.	Jane SMITH	53	Team Anglia	3:08.18	43.00	1:31.98	2:20.33

**WOMENS 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Sally WINTER	57	Bishop Stort	2:33.36	-	1:13.95	-
2.	Helen KULA-PRZEZWANSKI	58	Gloucester M	2:34.08	35.56	1:14.67	1:54.94
3.	Jane BLACKWELL	58	UEA Norwich	3:19.49	42.78	1:32.90	2:26.62
4.	Fiona BRITAIN	58	West Suffolk	3:31.25	-	1:40.79	-

**WOMENS 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Sara PERRY	60	Cally Mast	2:56.40	40.10	1:24.99	2:11.77
2.	Melanie EVANS	60	Dartford	2:58.92	38.61	1:23.86	2:12.74
3.	Olga ANDRIEWSKY	63	Guildford Ct	3:32.39	48.10	1:40.53	2:36.36
4.	Jeannie MORLEY	61	Mildenhall	3:51.96	51.10	1:51.38	2:52.26

**WOMENS 85/89 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Jane ASHER	86	Kings Corm	3:25.89	49.62	1:44.27	2:39.53

**EVENT 22 Womens Open 50m Butterfly****18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Jessica-Jane APPLGATE	21	UEA Norwich	29.70
2.	Marion BRYANT	22	East Anglian	34.21

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Nicola BUCHANAN	26	West Suffolk	30.23
2.	Sophie LIDDAMENT	25	UEA Norwich	34.28
3.	Louise MORCA	27	East Anglian	35.32
4.	Terri-Louise GARNETT	27	St Ives	36.18
5.	Kate MCCORMACK	28	East Anglian	41.35
6.	Emmeline VINCENT	29	East Anglian	42.31

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Fiona KINSELLA	33	Camden Swiss	31.64
2.	Hayley DAVIS	33	Otter	31.92
3.	Claire MASSEY	33	Cheshunt	33.15

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Catherine MARKWELL	36	East Anglian	32.85
2.	Rebecca ADAM	36	Cally Mast	36.58

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Dawn PALMER	41	Romford Town	31.77
2.	Emma WALKER	43	Co Cambridge	32.27
3.	Kirstie KETT	43	West Suffolk	42.21

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Giovanna BERTOLDI	47	UEA Norwich	39.71
2.	Karen BASSETT	49	Bracknell	41.26
3.	Eleni MANOLITSAKI	47	Chelmsford	42.86

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Liz WOOLNER	50	Flitwick	31.29
2.	Maureen WRIGHT	50	West Suffolk	46.37

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
	Jane BLACKWELL	58	UEA Norwich	DNC

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Sue PROCTER	61	Barnet Copt	42.22

**65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Karen BELLAS	65	Camden Swiss	42.37

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Pat JACKSON	70	East Anglian	48.11

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

Place	Name	AaD	Club	Time
1.	David KELLEWAY	24	Bishop Stort	27.11
2.	Philip DAVIS	19	East Anglian	30.16

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Fraser PEH	27	Otter	27.19
2.	Andrew BALFOUR	28	Co Cambridge	28.82
3.	Mathew SMITH	27	St Ives	31.64

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	David ADAMSON	30	Otter	27.28
2.	Alexander KAPellos	33	Cally Mast	28.06
3.	Alexander THIBault	33	Otter	29.47
4.	Sam WATTS	31	East Anglian	30.00
5.	Oliver BUMSTEAD	34	Stowmarket	31.64

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Will APPLEBY	35	East Anglian	28.20
2.	Thomas HARRISON	35	Stowmarket	33.92

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Carl SHAW	41	UEA Norwich	33.48
	Olivier GELEOC	43	Otter	DNC

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Garry MAVIN	46	Team Anglia	28.57
2.	Paul SMOOTHY	49	Teddington	33.21
3.	Damian NAVARRETE	49	Colchester	33.49
4.	Alan WEDDELL	45	Ashington	34.73
5.	Richard LIVINGS	47	Bishop Stort	41.59

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Simon EMM	51	Colchester	29.95
2.	Richard O'LEARY	53	Team Anglia	32.97
3.	Phil CARPENTER	53	Northgate	33.72
4.	Stephen COE	54	Thelford	35.69

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Martin CLARKE	55	UEA Norwich	30.01
2.	Ashley MEERLOO	57	Bishop Stort	30.76
3.	Neil PROCTER	57	Barnet Copt	32.67
4.	Thomas ENRIGHT	58	Romford Town	35.93
5.	Paul MARTIN	58	Diss Otters	45.46

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	David COLES	63	West Norfolk	45.69
2.	Richard WHATLING	63	Cally Mast	47.35
3.	David ROYALL	62	East Anglian	48.73

**65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Terry THORNE	67	East Anglian	35.78
2.	James GOODALL	69	East Anglian	1:12.92

**75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time
1.	Paul CLARKE	75	Beaver Mast	56.16

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

Place	Name	AaD	Club	Time	50
1.	Becky WILKINSON	24	East Anglian	1:22.99	38.01
2.	Ellie BUSHHELL	18	East Anglian	1:28.33	41.60

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Louise BUSH	26	UEA Norwich	1:17.21	36.57
2.	Emmeline VINCENT	29	East Anglian	1:38.26	46.17

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Katie HOLMES	33	Colchester	1:28.18	40.94
2.	Joanne BLOUNT	32	Swindon Dolp	1:29.07	43.13

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Jodie COX	36	Guildford Ct	1:36.95	45.79

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Lucy RYAN	44	Team Anglia	1:21.95	38.08
2.	Lynne MEALE	40	UEA Norwich	1:23.29	-
3.	Alison COWIE	44	Chelmsford	1:52.86	54.22

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Alison PICKERING	47	Diss Otters	1:33.43	43.84

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Louise WILKINSON	55	East Anglian	1:52.27	-

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Amanda HEATH	60	Spencer	1:30.27	43.23
2.	Sara PERRY	60	Cally Mast	1:39.38	46.75
3.	Sue PROCTER	61	Barnet Copt	1:48.51	53.35

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Pat JACKSON	70	East Anglian	1:59.62	57.70

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

Place	Name	AaD	Club	Time	50
1.	Kieran HEYCOCK	21	Aberavon	1:29.00	39.98

**25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Chris SEARLE	25	Dereham	1:14.62	35.49
2.	Alex WATSON	28	East Anglian	1:27.60	41.83

**30/34 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Craig GILLESPIE	30	Otter	1:11.35	33.60
2.	Liam BARNETT	30	Co Cambridge	1:15.43	34.01
3.	Sean KELLY	34	East Anglian	1:31.47	43.04
4.	Alasdair CRAIGHEAD	31	Newmarket	1:47.08	48.06

**35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Graham CABLE	35	Co Oxford	1:21.05	-

**40/44 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Robert MILBURN	44	Colchester	1:16.82	35.57
2.	Matt ARVANITIS	44	Cally Mast	1:37.50	44.38

**45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Damian NAVARRETE	49	Colchester	1:22.96	38.70
2.	Jonathon BELL	45	Co Cambridge	1:24.08	38.89
3.	David BOYCE	48	East Anglian	1:27.00	40.99

**50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Adam KORN	51	East Anglian	1:25.99	41.23
2.	Rob GARRY	53	Mildenhall	2:06.73	-

**55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Martyn FRESHER	55	Team Anglia	1:27.45	40.57
2.	Philip HOLME	58	Barnet Copt	1:30.31	-
3.	John BROWNE	59	Mildenhall	2:08.17	58.67

**60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Nicholas HUNT	61	Chelmsford	1:27.85	41.28
2.	Colin MAYES	62	Team Luton	1:31.92	41.13
3.	Shane PREECE	60	East Anglian	1:49.72	50.74
4.	David COLES	63	West Norfolk	1:51.72	51.36

**65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Richard ADAMS	67	Duns	1:52.53	52.68

**70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Roy WILSON	71	Ruislip Nwd	2:06.82	1:02.05

**80/84 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Raymond CLARKE	80	Ruislip Nwd	2:47.97	1:17.14

**85/89 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50
1.	Donald MACFARLANE	88	West Norfolk	3:34.94	1:49.94

**EVENT 26 Mens/Womens Open 200m Backstroke****MENS 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Philip DAVIS	19	East Anglian	2:42.29	37.23	1:17.72	1:59.93

**MENS 35/39 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	David WEBSTER	39	East Anglian	2:30.62	35.37	1:12.89	1:52.49

**MENS 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Derek BISSETT	48	Asa Temp 2	3:03.62	43.51	1:29.02	2:16.77

**MENS 55/59 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Martin FENNER	55	Romford Town	2:36.15	37.46	1:17.37	1:57.98

**MENS 65/69 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Len PHOENIX	68	Stowmarket	4:04.53	56.38	2:03.02	3:05.63
2.	James GOODALL	69	East Anglian	4:08.13	1:00.08	-	-

**MENS 75/79 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Nigel SALSBURY	77	Spencer	4:07.98	-	-	-
2.	Paul CLARKE	75	Beaver Mast	4:37.04	1:05.71	2:19.61	3:32.24

**WOMENS 18/24 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Natalie ALLEN	24	East Anglian	2:57.52	-	1:27.21	-
2.	Alice THEOBALD	22	Team Anglia	3:07.34	45.08	1:32.88	2:20.86

**WOMENS 25/29 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Sophie LIDDAMENT	25	UEA Norwich	2:52.97	41.91	1:25.74	2:10.36

**WOMENS 45/49 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Eleni MANOLITSAKI	47	Chelmsford	3:48.98	53.66	1:51.43	2:52.05

**WOMENS 50/54 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Clare WATKINS	50	East Anglian	3:09.05	45.79	-	2:23.11
2.	Blan WALKER	54	Witney	3:15.74	46.50	1:36.45	2:27.24

**WOMENS 60/64 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Amanda HEATH	60	Spencer	3:10.15	45.43	1:34.65	2:23.04
2.	Marianne DAVEY	64	Crawley	4:04.98	1:00.12	2:01.91	3:03.62

**WOMENS 70/74 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	50	100	150
1.	Pat JACKSON	70	East Anglian	3:56.70	54.54	1:56.49	2:58.77

**EVENT 27 Womens Open 200m Freestyle Team****072+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	UEA Norwich	072+	UEA Norwich	2:09.43	30.41	1:02.87	1:38.11

**160+ Yrs Age Group - Full Results**

Place	Name	A.G	Club	Time	50	100	150
1.	West Suffolk	160+	West Suffolk	2:25.43	36.80	1:16.04	2:01.00