

**ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION**  
**MASTERS & 18/24 OPEN SHORT COURSE CHAMPS 2007**  
 Blackshots Leisure Centre, Grays, Essex  
 Saturday 14th April 2007 - Session 1

**EVENT 1 Womens 400m Freestyle**

**25/29 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Elizabeth MCKINNON	(80)	Bo Southend	5:02.75	3.	Joselyn YAPEZ	(79)	Romford Town	5:10.44
2.	Charmaine WHEELER	(82)	Rochford	5:06.34	4.	Katherine WEISS	(79)	Thurrock	5:29.53

**40/44 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Hannah UECKERMANN	(63)	Witham Dolph	5:27.04	3.	Pauline TESTER	(64)	Redbridge BM	6:40.41
2.	Janet COOK	(65)	Romford Town	6:22.57					

**65/69 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Jill COMPLIN	(40)	Brentwood	6:49.04	3.	Valarie STANDAGE	(42)	Colchester	7:44.21
2.	Frances ALVAREZ	(41)	Romford Town	7:33.50					

**70/74 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Joy COCHRANE	(33)	Romford Town	8:46.76					

**EVENT 2 Mens 50m Backstroke**

**18/24 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Russell WHITE	(83)	Chelmsford	31.87					

**30/34 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Daniel WEDGE	(75)	Rochford	32.45	2.	Paul COSTER	(73)	Thurrock	40.38

**35/39 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Mark OSTERRITTER	(72)	Halstead	31.50	3.	Steve KING	(72)	Thurrock	38.95
2.	Nigel BEAR	(69)	Brentwood	34.52					

**40/44 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	David BLANDY	(66)	Thurrock	36.69	2.	Richard GILLMAN	(63)	Redbridge BM	38.46

**45/49 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Martin FENNER	(62)	Romford Town	31.92	4.	Paul HAYES	(62)	Thurrock	39.13
2.	Robert STAMP	(61)	Romford Town	35.55	5.	Steven GREENSTEIN	(61)	BorRedbridge	40.02
3.	Adam LELEAN	(62)	Diss Otters	38.65					

**50/54 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Nick HUNT	(56)	Chelmsford	38.73	3.	Raymond MOORE	(57)	Thurrock	42.85
2.	Christopher BRACEY	(54)	Bo Waltham F	39.74					

**55/59 Yrs Age Group**

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Jeff HILLIER	(49)	Bo Waltham F	43.02					

### 60/64 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Ivan MYALL	(47)	Chelmsford	38.90					

### 65/69 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Anthony PEPPER	(38)	Romford Town	44.33	2.	Michael GILES	(40)	Brentwood	48.70

### 70/74 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Janos LEIGH	(34)	Romford Town	48.58					

### 80 Yrs/Over Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Len COCHRANE	(20)	Romford Town	1:27.53					

## EVENT 3 Womens 100m Breaststroke

### 18/24 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Francesca NICE	(88)	Thurrock	1:24.22	3.	Julia BRAYBROOKE	(86)	Killerwhales	1:28.91
2.	Tina HARRIS	(83)	Romford Town	1:27.05					

### 30/34 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Dawn PALMER	(76)	Romford Town	1:21.70	2.	Kirsty STEWART	(76)	Bexhill	2:45.22

### 40/44 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Hannah UECKERMANN	(63)	Witham Dolph	1:29.40					

### 45/49 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Nicola FLETCHER	(61)	Rochford	1:38.92					

### 55/59 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Sally BETTINSON	(51)	Diss Otters	1:52.49					

### 65/69 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
	Jill COMPLIN	(40)	Brentwood	DNC					

## EVENT 4 Mens 50m Butterfly

### 18/24 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Adrian FENNER	(84)	Bo Waltham F	26.27					

### 25/29 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Ben MILLINGTON-JONES	(78)	Thurrock	27.69	4.	James TOMLINSON	(80)	Colchester	30.53
2.	Stephen MCKAY	(80)	Metro Pol	29.30	5.	James HEATHCOTE	(78)	Colchester	31.79
3.	Matthew RICKETTS	(82)	Rochford	29.92					

### 30/34 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Brad PARSONS	(73)	Rochford	29.76	2.	Paul COSTER	(73)	Thurrock	34.79

### 35/39 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Simon NICHOLSON	(71)	Colchester	29.57	3.	Paul NORRIS	(69)	Leyton	31.49
2.	Mark OSTERRITTER	(72)	Halstead	29.84	4.	Steve KING	(72)	Thurrock	38.50

### 40/44 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Richard GILLMAN	(63)	Redbridge BM	35.88	2.	David BLANDY	(66)	Thurrock	36.37

### 45/49 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Rowland KING	(61)	Rochford	30.41	4.	Adam LELEAN	(62)	Diss Otters	33.76
2.	Robert STAMP	(61)	Romford Town	31.02	5.	Paul HAYES	(62)	Thurrock	35.59
3.	Fraser MASHFORD	(62)	Rochford	33.10	6.	Mark HEPTONSTALL	(61)	Colchester	37.35

### 50/54 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Nick HUNT	(56)	Chelmsford	35.14	2.	Raymond MOORE	(57)	Thurrock	38.91

### 55/59 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Walter GERRARD	(52)	Rochford	33.28	2.	Jeff HILLIER	(49)	Bo Waltham F	44.52

### 60/64 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Philip HARPER	(45)	Rochford	33.95	3.	Jack YOUNGMAN	(47)	Romford Town	43.31
2.	Chris TRUEMAN	(47)	East Anglian	37.94					

### 65/69 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Alan CANHAM	(40)	Harlow Pen	41.82		Stanley CLARKE	(38)	Romford Town	DQ SL-1L
2.	Michael GILES	(40)	Brentwood	49.79					

### 70/74 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Paul ALVAREZ	(34)	Romford Town	42.83	2.	John WARMINGER	(34)	Redbridge BM	1:20.12

## EVENT 5 Womens 100m Backstroke

### 18/24 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Sarah CARRINGTON	(83)	Witham Dolph	1:11.38	4.	Julia BRAYBROOKE	(86)	Killerwhales	1:20.18
2.	Daniella NICE	(88)	Thurrock	1:13.05	5.	Chloe WILLIAMS	(88)	Canvey Isl	1:26.21
3.	Francesca NICE	(88)	Thurrock	1:19.61					

### 25/29 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Joselyn YAPEZ	(79)	Romford Town	1:15.30	3.	Elizabeth MCKINNON	(80)	Bo Southend	1:21.23
2.	Jody OWEN-HUGHES	(81)	Canvey Isl	1:15.62					

### 30/34 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Lara CLARKE	(74)	Romford Town	1:18.56					

### 45/49 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
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1. Julie JAGO (61) Colchester 1:35.73

#### 55/59 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Sally BETTINSON	(51)	Diss Otters	1:57.25					

#### 65/69 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Valarie STANDAGE	(42)	Colchester	2:02.86					

### EVENT 6 Mens 100m Individual Medley

#### 25/29 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Ben MILLINGTON-JONES	(78)	Thurrock	1:02.89					

#### 30/34 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Daniel WEDGE	(75)	Rochford	1:08.56	2.	Paul COSTER	(73)	Thurrock	1:24.82

#### 35/39 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Paul NORRIS	(69)	Leyton	1:11.00	2.	Nigel BEAR	(69)	Brentwood	1:14.69

#### 40/44 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Keith ODDY	(63)	Romford Town	1:11.80	3.	David BLANDY	(66)	Thurrock	1:16.41
2.	Paul METSON	(64)	Rochford	1:13.13	4.	Richard GILLMAN	(63)	Redbridge BM	1:19.48

#### 45/49 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Martin FENNER	(62)	Romford Town	1:09.80	3.	Thomas ENRIGHT	(59)	Romford Town	1:16.14
2.	Adam LELEAN	(62)	Diss Otters	1:15.83	4.	Fraser MASHFORD	(62)	Rochford	1:19.44

#### 50/54 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Peter RAE	(53)	Rochford	1:15.32	3.	Christopher BRACEY	(54)	Bo Waltham F	1:27.10
2.	Nick HUNT	(56)	Chelmsford	1:18.90	4.	Raymond MOORE	(57)	Thurrock	1:30.58

#### 55/59 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Jeff HILLIER	(49)	Bo Waltham F	1:30.73					

#### 60/64 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Philip HARPER	(45)	Rochford	1:19.82	3.	Jack YOUNGMAN	(47)	Romford Town	1:41.01
2.	Chris TRUEMAN	(47)	East Anglian	1:28.98					

#### 65/69 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Stanley CLARKE	(38)	Romford Town	1:26.54	2.	Michael GILES	(40)	Brentwood	1:43.56

#### 70/74 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Paul ALVAREZ	(34)	Romford Town	1:39.03		John WARMINGER	(34)	Redbridge BM	DQ SA-1L

## EVENT 7 Womens 50m Freestyle

### 18/24 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Daniella NICE	(88)	Thurrock	30.66	3.	Chloe WILLIAMS	(88)	Canvey Isl	36.09
2.	Julia BRAYBROOKE	(86)	Killerwhales	32.23					

### 25/29 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Katherine WEISS	(79)	Thurrock	30.98	3.	Heather FRY	(80)	Halstead	32.43
2.	Sally WOOD	(80)	Romford Town	31.61	4.	Jody OWEN-HUGHES	(81)	Canvey Isl	32.98

### 30/34 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Suzie RIDLER	(73)	Rochford	28.77	3.	Kirsty STEWART	(76)	Bexhill	54.55
2.	Nicol ALBERTYN	(74)	Harlow Pen	29.77					

### 35/39 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Jenny SWALLOW	(71)	Halstead	29.88	3.	Keeley MOORE	(72)	Rochford	33.89
2.	Julie SANDERS	(72)	Romford Town	31.20					

### 40/44 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Christine BEARWISH	(65)	Thurrock	33.75					

### 45/49 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Julie JAGO	(61)	Colchester	36.85					

### 65/69 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Jill COMPLIN	(40)	Brentwood	37.79		Valarie STANDAGE	(42)	Colchester	DQ ST-
	Frances ALVAREZ	(41)	Romford Town	DQ ST-					

### 70/74 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Sybil WARN	(37)	Brentwood	46.02	2.	Joy COCHRANE	(33)	Romford Town	55.99

### 80 Yrs/Over Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Daphne GILBERT	(24)	Brentwood	1:03.10					

## EVENT 8 Mens 50m Breaststroke

### 25/29 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Ben MILLINGTON-JONES	(78)	Thurrock	32.50	3.	James HEATHCOTE	(78)	Colchester	33.87
2.	James TOMLINSON	(80)	Colchester	33.82					

### 30/34 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Brad PARSONS	(73)	Rochford	32.89	3.	Daniel WEDGE	(75)	Rochford	36.33
2.	Gary WRAIGHT	(77)	Romford Town	34.81	4.	Paul COSTER	(73)	Thurrock	42.58

### 35/39 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Paul NORRIS	(69)	Leyton	34.60	3.	Keith BRIDGE	(72)	Southend	38.42
2.	Damian NAVARRETE	(68)	Colchester	36.78	4.	Steve KING	(72)	Thurrock	41.98

#### 40/44 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Keith ODDY	(63)	Romford Town	35.66	3.	Richard GILLMAN	(63)	Redbridge BM	43.10
2.	Cliff ROZEE	(66)	Thurrock	42.75		David BLANDY	(66)	Thurrock	DQ ST-

#### 45/49 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Robert STAMP	(61)	Romford Town	36.56	4.	John PITT	(60)	Witham Dolph	41.77
2.	Adam LELEAN	(62)	Diss Otters	37.77	5.	Paul HOLLAND	(62)	Romford Town	43.41
3.	Steven GREENSTEIN	(61)	BorRedbridge	38.67					

#### 50/54 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Nick HUNT	(56)	Chelmsford	35.82		Peter RAE	(53)	Rochford	DQ ST-
2.	Max FRANCEY	(53)	Harlow Pen	47.72					

#### 55/59 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Jeff HILLIER	(49)	Bo Waltham F	44.20					

#### 60/64 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	John TOMLINSON	(47)	Colchester	39.15	3.	Jack YOUNGMAN	(47)	Romford Town	47.58
2.	Chris TRUEMAN	(47)	East Anglian	41.39					

#### 65/69 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Stanley CLARKE	(38)	Romford Town	39.86	3.	Michael GILES	(40)	Brentwood	48.24
2.	Alan CANHAM	(40)	Harlow Pen	41.80					

#### 70/74 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Paul ALVAREZ	(34)	Romford Town	47.82					

### EVENT 9 Womens 100m Butterfly

#### 18/24 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Julia BRAYBROOKE	(86)	Killerwhales	1:13.04	2.	Francesca NICE	(88)	Thurrock	1:19.34

#### 25/29 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Elizabeth MCKINNON	(80)	Bo Southend	1:11.43	3.	Charmaine WHEELER	(82)	Rochford	1:13.82
2.	Louise PARSONS	(80)	Rochford	1:13.15	4.	Joselyn YAPEZ	(79)	Romford Town	1:14.46

#### 45/49 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Nicola FLETCHER	(61)	Rochford	1:43.69					

#### 55/59 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Sally BETTINSON	(51)	Diss Otters	2:13.71					

### EVENT 10 Mens 100m Freestyle

#### 18/24 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Adrian FENNER	(84)	Bo Waltham F	53.91	3.	Craig CAMPION	(83)	Witham Dolph	58.86
2.	Russell WHITE	(83)	Chelmsford	58.35	4.	Ben WHEELER	(84)	Rochford	1:00.75

### 25/29 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Ben MILLINGTON-JONES	(78)	Thurrock	55.27	3.	Matthew RICKETTS	(82)	Rochford	1:00.12
2.	Stephen MCKAY	(80)	Metro Pol	58.96					

### 30/34 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Gary WRAIGHT	(77)	Romford Town	1:02.35					

### 35/39 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Mark OSTERRITTER	(72)	Halstead	58.42	3.	Keith BRIDGE	(72)	Southend	1:06.99
2.	Paul NORRIS	(69)	Leyton	1:06.24	4.	Steve KING	(72)	Thurrock	1:10.11

### 40/44 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Paul METSON	(64)	Rochford	1:03.34	3.	Richard GILLMAN	(63)	Redbridge BM	1:10.13
2.	Christopher MATHLIN	(65)	Rochford	1:05.31	4.	David BLANDY	(66)	Thurrock	1:10.65

### 45/49 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Thomas ENRIGHT	(59)	Romford Town	1:08.04	3.	John PITT	(60)	Witham Dolph	1:15.86
2.	Fraser MASHFORD	(62)	Rochford	1:08.61	4.	Paul HOLLAND	(62)	Romford Town	1:18.52

### 50/54 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Peter RAE	(53)	Rochford	1:01.98	4.	Christopher BRACEY	(54)	Bo Waltham F	1:17.71
2.	Raymond MOORE	(57)	Thurrock	1:13.62	5.	Max FRANCEY	(53)	Harlow Pen	1:21.69
3.	Nick HUNT	(56)	Chelmsford	1:14.28					

### 60/64 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Ivan MYALL	(47)	Chelmsford	1:07.13					

### 65/69 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Derek GORE	(40)	Chelmsford	1:17.25	2.	Anthony PEPPER	(38)	Romford Town	1:34.15

### 70/74 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Janos LEIGH	(34)	Romford Town	1:33.77					

### 80 Yrs/Over Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Len COCHRANE	(20)	Romford Town	3:09.30					

## EVENT 11 Womens 200m Freestyle

### 18/24 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Chloe WILLIAMS	(88)	Canvey Isl	2:56.96					

### 25/29 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Charmaine WHEELER	(82)	Rochford	2:25.32	3.	Katherine WEISS	(79)	Thurrock	2:34.73
2.	Elizabeth MCKINNON	(80)	Bo Southend	2:34.60					

### 30/34 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Nicol ALBERTYN	(74)	Harlow Pen	2:25.45					

### 35/39 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Keeley MOORE	(72)	Rochford	2:45.40					

### 40/44 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Janet COOK	(65)	Romford Town	3:03.02	3.	Pauline TESTER	(64)	Redbridge BM	3:12.94
2.	Hannah UECKERMANN	(63)	Witham Dolph	3:09.78					

### 65/69 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Jill COMPLIN	(40)	Brentwood	3:09.31	2.	Frances ALVAREZ	(41)	Romford Town	3:38.89

### 70/74 Yrs Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Joy COCHRANE	(33)	Romford Town	4:41.00					

### 80 Yrs/Over Age Group

Place	Name	YoB	Club	Time	Place	Name	YoB	Club	Time
1.	Daphne GILBERT	(24)	Brentwood	5:06.98					

### EVENT 12 Mens 120+ Freestyle Team

Place	Name	A.G	Club	Time	Place	Name	A.G	Club	Time
1.	Rochford A	01/95	Rochford	50.34	3.	Rochford B	01/95	Rochford	51.88
2.	Colchester	01/95	Colchester	51.14	4.	Thurrock	01/95	Thurrock	54.38

### EVENT 13 Womens 120+ Freestyle Team

Place	Name	A.G	Club	Time	Place	Name	A.G	Club	Time
1.	Rochford	01/95	Rochford	57.21					

### EVENT 14 Mixed 160+ Freestyle Team

Place	Name	A.G	Club	Time	Place	Name	A.G	Club	Time
1.	Rochford Mixed A	01/90	Rochford	54.00	4.	Rochford Mixed B	01/90	Rochford	59.53
2.	Romford Mixed	01/90	Romford Town	56.01	5.	Colchester Mixed	01/90	Colchester	1:01.51
3.	Thurrock Mixed	01/90	Thurrock	58.02					

### EVENT 15 Mens 200+ Medley Team

Place	Name	A.G	Club	Time	Place	Name	A.G	Club	Time
1.	Rochford A	01/87	Rochford	1:02.18					

### EVENT 17 Mixed 120+ Medley Team

Place	Name	A.G	Club	Time	Place	Name	A.G	Club	Time
1.	Rochford Mixed A	01/94	Rochford	59.05	3.	Rochford Mixed B	01/94	Rochford	1:06.20
2.	Colchester Mixed	01/94	Colchester	1:03.34					

### EVENT 18 Mens 160+ Medley Team

Place	Name	A.G	Club	Time	Place	Name	A.G	Club	Time
1.	Romford	01/91	Romford Town	58.00	3.	Rochford B	01/91	Rochford	1:04.04
2.	Rochford A	01/91	Rochford	59.28	4.	Thurrock	01/91	Thurrock	1:06.04

### EVENT 19 Womens 160+ Medley Team

Place	Name	A.G	Club	Time	Place	Name	A.G	Club	Time
1.	Romford Town	01/91	Romford Town	1:12.56					

## EVENT 20 Mixed 200+ Freestyle Team

Place	Name	A.G	Club	Time	Place	Name	A.G	Club	Time
1.	Colchester Mixed	01/86	Colchester	1:13.03					