

1.	David STAVELEY	(42) Hythe	40.13	2.	John LIMMER	(44) Brentwood	51.32
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65/69 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Anthony PEPPER	(38) Romford Town	40.75
2.	Frank WEST	(40) Runnymede	48.08

Place	Name	YoB Club	Time
3.	Michael GILES	(40) Brentwood	52.14

70/74 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	John STARR	(34) Romford Town	44.65

Place	Name	YoB Club	Time
2.	Janos LEIGH	(34) Romford Town	45.14

80 YEARS/OVER AGE GROUP

Place	Name	YoB Club	Time
1.	Leonard COCHRANE	(20) Romford Town	1:23.34

Place	Name	YoB Club	Time

EVENT 3 Womens 100m Breaststroke

25/29 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Sally WOOD	(80) Romford Town	1:22.71

Place	Name	YoB Club	Time

30/34 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Julie SANDERS	(72) Romford Town	1:22.87

Place	Name	YoB Club	Time
2.	Kirsty STEWART	(76) Bexhill	2:34.53

35/39 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Katrina FARRALL	(70) Basildon	1:27.35

Place	Name	YoB Club	Time
2.	Marie KELLY	(69) Runnymede	1:46.35

40/44 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Hannah UECKERMANN	(63) Witham Dolph	1:26.14

Place	Name	YoB Club	Time

45/49 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Nici FLETCHER	(61) Rochford	1:38.35

Place	Name	YoB Club	Time

50/54 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Alyson FORDHAM	(56) Brentwood	1:28.37

Place	Name	YoB Club	Time

55/59 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Sally BETTINSON	(51) Diss Otters	1:53.68

Place	Name	YoB Club	Time

65/69 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Jill COMPLIN	(40) Brentwood	1:50.58
2.	Frances ALVAREZ	(41) Romford Town	2:07.87

Place	Name	YoB Club	Time
3.	Susan STEWART	(41) Chelmsford	2:11.12

70/74 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Daphne PUGH	(34) Runnymede	2:18.20

Place	Name	YoB Club	Time

EVENT 4 Mens 50m Butterfly

19/24 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Oliver TOMLINSON	(83) Colchester	28.77

Place	Name	YoB Club	Time

25/29 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	James HEATHCOTE	(78) Colchester	31.12

Place	Name	YoB Club	Time
2.	Gary WRAIGHT	(77) Romford Town	31.13

30/34 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Mark OSTERRITTER	(72) Halstead	29.34

Place	Name	YoB Club	Time
2.	Paul COSTER	(73) Thurrock	34.15

35/39 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	David WARREN	(71) Haywards Hth	26.77
2.	Simon COLEMAN	(68) Halstead	30.81
3.	Darren FORD	(68) Thurrock	31.24

Place	Name	YoB Club	Time
4.	Paul NORRIS	(69) Leyton	31.45
5.	Nick ISON	(71) Canvey Isl	33.05

40/44 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Fraser MASHFORD	(62) Rochford	32.25
2.	Adam LELEAN	(62) Diss Otters	33.71

Place	Name	YoB Club	Time
3.	Paul HAYES	(62) Thurrock	34.93

45/49 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Rowland KING	(61) Rochford	30.88
2.	Robert STAMP	(61) Romford Town	31.61
3.	Michael BLITE	(60) Basildon	31.76
4.	Thomas ENRIGHT	(59) Romford Town	33.42

Place	Name	YoB Club	Time
5.	Colin CORBY	(59) Chelmsford	36.22
6.	David PIRRIE	(57) Hemel Hemp	36.58
7.	Mark HEPTONSTALL	(61) Colchester	36.73
8.	Keith MUGGLETON	(57) Runnymede	36.91

50/54 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Keith MANN	(56) Romford Town	30.26
2.	Stephen BREEDS	(55) Thurrock	35.96

Place	Name	YoB Club	Time
3.	Nick HUNT	(56) Chelmsford	39.92

55/59 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Bill PRICE	(51) Redbridge BM	34.44
2.	Chris TRUEMAN	(47) East Essex	35.95

Place	Name	YoB Club	Time
3.	Ivan MYALL	(47) Chelmsford	36.07
4.	Jack YOUNGMAN	(47) Romford Town	40.48

60/64 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Philip HARPER	(45) Rochford	33.32

Place	Name	YoB Club	Time
2.	David STAVELEY	(42) Hythe	35.51

65/69 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Stanley CLARKE	(38) Romford Town	34.62
2.	Frank WEST	(40) Runnymede	48.19

Place	Name	YoB Club	Time
3.	Michael GILES	(40) Brentwood	49.99

70/74 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Paul ALVAREZ (34)	Romford Town	42.47

Place	Name	YoB Club	Time
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EVENT 5 Womens 100m Backstroke**25/29 YEARS AGE GROUP**

Place	Name	YoB Club	Time
1.	Joselyn YEPEZ	(79) Romford Town	1:15.16

Place	Name	YoB Club	Time
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35/39 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Michaela HILL	(71) Runnymede	1:28.46

Place	Name	YoB Club	Time
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45/49 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Julie JAGO	(61) Colchester	1:31.82

Place	Name	YoB Club	Time
2.	Lesley COOK	(58) Romford Town	1:34.40

50/54 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Alyson FORDHAM	(56) Brentwood	1:21.60

Place	Name	YoB Club	Time
2.	Karen BROWN	(55) Hammersmith	1:57.14

55/59 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Sally BETTINSON	(51) Diss Otters	1:52.01

Place	Name	YoB Club	Time
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60/64 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Suzanne SMITHERS	(44) Runnymede	1:53.66

Place	Name	YoB Club	Time
2.	Valerie STANDAGE	(42) Colchester	2:03.59

EVENT 6 Mens 100m Individual Medley

19/24 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Tom BASTER	(82) Basildon	1:16.18

Place	Name	YoB Club	Time
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25/29 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	James HEATHCOTE	(78) Colchester	1:11.30

Place	Name	YoB Club	Time
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30/34 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Paul COSTER	(73) Thurrock	1:19.34

Place	Name	YoB Club	Time
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35/39 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	David WARREN	(71) Haywards Hth	1:01.94
2.	Mark SALWAY	(68) Haywards Hth	1:04.40
3.	Paul NORRIS	(69) Leyton	1:11.58

Place	Name	YoB Club	Time
4.	Nick ISON	(71) Canvey Isl	1:17.36
5.	Russel PAGAN	(68) Runnymede	1:24.06

40/44 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Keith ODDY	(63) Romford Town	1:13.29
2.	David BLANDY	(66) Thurrock	1:15.15
3.	Adam LELEAN	(62) Diss Otters	1:17.65

Place	Name	YoB Club	Time
4.	Paul HAYES	(62) Thurrock	1:19.11
5.	David WHITMELL	(64) Chelmsford	1:31.58

45/49 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Michael BLITE	(60) Basildon	1:12.64
2.	Robert STAMP	(61) Romford Town	1:14.31

Place	Name	YoB Club	Time
3.	Thomas ENRIGHT	(59) Romford Town	1:16.04
4.	Keith MUGGLETON	(57) Runnymede	1:21.23

50/54 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Nick HUNT	(56) Chelmsford	1:17.12

Place	Name	YoB Club	Time
2.	Stephen BREEDS	(55) Thurrock	1:29.40

55/59 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Jack YOUNGMAN	(47) Romford Town	1:33.68

Place	Name	YoB Club	Time
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60/64 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Paul McLINTIC	(45) Harlow Pen	2:10.62

Place	Name	YoB Club	Time
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65/69 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Anthony PEPPER	(38) Romford Town	1:35.81
2.	Michael GILES	(40) Brentwood	1:45.36

Place	Name	YoB Club	Time
	Stanley CLARKE	(38) Romford Town DIS ST	

70/74 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Paul ALVAREZ	(34) Romford Town	1:39.77

Place	Name	YoB Club	Time
2.	Donald DOUTHWAITE	(35) Runnymede	1:47.80

EVENT 7 Womens 50m Freestyle

19/24 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Tina HARRIS	(83) Romford Town	32.15

Place	Name	YoB Club	Time
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25/29 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Sally WOOD	(80) Romford Town	31.53

Place	Name	YoB Club	Time
2.	Heather FRY	(80) Halstead	32.59

30/34 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Julie SANDERS	(72) Romford Town	30.41

Place	Name	YoB Club	Time
2.	Kirsty STEWART	(76) Bexhill	53.50

35/39 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Michaela HILL	(71) Runnymede	35.77

Place	Name	YoB Club	Time
2.	Marie KELLY	(69) Runnymede	36.93

40/44 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Cathy KITSON-JONES	(64) Rochford	29.63
2.	Dawn MUGGLETON	(62) Runnymede	33.26

Place	Name	YoB Club	Time
3.	Paula BARRY	(62) Redbridge BM	35.42

45/49 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Julie JAGO	(61) Colchester	36.19

Place	Name	YoB Club	Time

50/54 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Alyson FORDHAM	(56) Brentwood	30.54

Place	Name	YoB Club	Time

60/64 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Suzanne SMITHERS	(44) Runnymede	40.64

Place	Name	YoB Club	Time
2.	Valerie STANDAGE	(42) Colchester	47.45

65/69 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Jill COMPLIN	(40) Brentwood	39.78

Place	Name	YoB Club	Time
2.	Frances ALVAREZ	(41) Romford Town	46.35

70/74 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Joy COCHRANE	(33) Romford Town	55.90

Place	Name	YoB Club	Time
2.	Daphne PUGH	(34) Runnymede	1:05.92

80 YEARS/OVER AGE GROUP

Place	Name	YoB Club	Time
1.	Daphne GILBERT	(24) Brentwood	1:00.27

Place	Name	YoB Club	Time

EVENT 8 Mens 50m Breaststroke**19/24 YEARS AGE GROUP**

Place	Name	YoB Club	Time
1.	Tom BASTER	(82) Basildon	37.38

Place	Name	YoB Club	Time
2.	Blake SANDERS	(84) Southend	39.24

25/29 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	James HEATHCOTE	(78) Colchester	33.22
2.	James TOMLINSON	(80) Colchester	34.17

Place	Name	YoB Club	Time
3.	Gary WRAIGHT	(77) Romford Town	34.26

30/34 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Sean STIMSON	(76) Haywards Hth	32.33
2.	Keith BRIDGE	(72) Southend	37.37

Place	Name	YoB Club	Time
3.	Paul COSTER	(73) Thurrock	43.45

35/39 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	David WARREN	(71) Haywards Hth	32.71
2.	Paul NORRIS	(69) Leyton	36.06

Place	Name	YoB Club	Time
3.	Darren FORD	(68) Thurrock	38.53
4.	Nick ISON	(71) Canvey Isl	38.62

40/44 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Paul METSON	(64) Rochford	35.35
2.	Barry WELCH	(65) Romford Town	35.47
3.	Keith ODDY	(63) Romford Town	35.84
4.	David BLANDY	(66) Thurrock	37.66

Place	Name	YoB Club	Time
5.	Adam LELEAN	(62) Diss Otters	37.87
6.	Paul HAYES	(62) Thurrock	39.14
7.	David WHITMELL	(64) Chelmsford	40.97

45/49 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Steven GREENSTEIN	(61) BorRedbridge	37.68
2.	David PIRRIE	(57) Hemel Hemp	39.16
3.	John GIBBINGS	(58) BorRedbridge	40.49

Place	Name	YoB Club	Time
4.	Colin CORBY	(59) Chelmsford	40.82
5.	Keith MUGGLETON	(57) Runnymede	41.64
6.	Thomas ENRIGHT	(59) Romford Town	45.40

50/54 YEARS AGE GROUP

Place	Name	YoB Club	Time

Place	Name	YoB Club	Time

1.	Nick HUNT	(56) Chelmsford	35.43
3.	Stephen BREEDS	(55) Thurrock	43.86

2.	Peter RAE	(53) Rochford	37.55
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55/59 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Bill PRICE	(51) Redbridge BM	37.62
2.	John TOMLINSON	(47) Colchester	38.73
3.	John MATTHISSEN	(47) Colchester	39.37

Place	Name	YoB Club	Time
4.	Chris TRUEMAN	(47) East Essex	40.17
5.	Jack YOUNGMAN	(47) Romford Town	46.38

60/64 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	John LIMMER	(44) Brentwood	43.34

Place	Name	YoB Club	Time
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65/69 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Stanley CLARKE	(38) Romford Town	38.68

Place	Name	YoB Club	Time
2.	Michael GILES	(40) Brentwood	46.80

70/74 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Paul ALVAREZ	(34) Romford Town	46.36

Place	Name	YoB Club	Time
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EVENT 9 Womens 100m Butterfly

25/29 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Joselyn YEPEZ	(79) Romford Town	1:13.80

Place	Name	YoB Club	Time
2.	Heather FRY	(80) Halstead	1:22.80

35/39 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Katrina FARRALL	(70) Basildon	1:18.76

Place	Name	YoB Club	Time
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40/44 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Cathy KITSON-JONES	(64) Rochford	1:13.65

Place	Name	YoB Club	Time
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55/59 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Sally BETTINSON	(51) Diss Otters	2:14.61

Place	Name	YoB Club	Time
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EVENT 10 Mens 100m Freestyle

19/24 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Jay SOLDER	(86) BorRedbridge	57.35
2.	Oliver TOMLINSON	(83) Colchester	57.62

Place	Name	YoB Club	Time
3.	Blake SANDERS	(84) Southend	1:10.62
4.	Tom BASTER	(82) Basildon	1:12.36

25/29 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Gary WRAIGHT	(77) Romford Town	1:00.56

Place	Name	YoB Club	Time
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30/34 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Mark OSTERRITTER	(72) Halstead	58.06
2.	Guy SCOTT-ROBERTSON	(73) Halstead	59.03

Place	Name	YoB Club	Time
3.	Sean STIMSON	(76) Haywards Hth	1:01.46
4.	Keith BRIDGE	(72) Southend	1:05.23

35/39 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	David WARREN	(71) Haywards Hth	55.37
2.	Mark SALWAY	(68) Haywards Hth	57.35
3.	Peter DIXON	(68) BethnalGreen	57.84
4.	Simon COLEMAN	(68) Halstead	59.48

Place	Name	YoB Club	Time
5.	Paul NORRIS	(69) Leyton	1:04.58
6.	Nick ISON	(71) Canvey Isl	1:08.09
7.	Russel PAGAN	(68) Runnymede	1:12.07

40/44 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Barry WELCH	(65) Romford Town	1:04.24
2.	Fraser MASHFORD	(62) Rochford	1:04.67

Place	Name	YoB Club	Time
3.	Adam LELEAN	(62) Diss Otters	1:06.50
4.	David WHITMELL	(64) Chelmsford	1:23.10

45/49 YEARS AGE GROUP

Place	Name	YoB Club	Time
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Place	Name	YoB Club	Time
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1.	Michael BLITE	(60) Basildon	1:01.12
2.	Rowland KING	(61) Rochford	1:02.62
3.	Keith MUGGLETON	(57) Runnymede	1:07.47

4.	Thomas ENRIGHT	(59) Romford Town	1:09.85
5.	Colin CORBY	(59) Chelmsford	1:12.25
6.	David PIRRIE	(57) Hemel Hemp	1:13.40

50/54 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Keith MANN	(56) Romford Town	1:01.76
2.	Peter RAE	(53) Rochford	1:01.87

Place	Name	YoB Club	Time
3.	Nick HUNT	(56) Chelmsford	1:12.82

55/59 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Ivan MYALL	(47) Chelmsford	1:05.83

Place	Name	YoB Club	Time

60/64 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	David STAVELEY	(42) Hythe	1:14.07
2.	John LIMMER	(44) Brentwood	1:33.86

Place	Name	YoB Club	Time
3.	Paul McLINTIC	(45) Harlow Pen	1:56.29

65/69 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Stanley CLARKE	(38) Romford Town	1:11.23
2.	Derek GORE	(40) Chelmsford	1:14.14

Place	Name	YoB Club	Time
3.	Anthony PEPPER	(38) Romford Town	1:26.52

70/74 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	John STARR	(34) Romford Town	1:21.69

Place	Name	YoB Club	Time
2.	Janos LEIGH	(34) Romford Town	1:36.90

80 YEARS/OVER AGE GROUP

Place	Name	YoB Club	Time
1.	Leonard COCHRANE	(20) Romford Town	3:00.96

Place	Name	YoB Club	Time

EVENT 11 Womens 200m Freestyle

40/44 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Cathy KITSON-JONES	(64) Rochford	2:23.12
2.	Paula BARRY	(62) Redbridge BM	2:58.88

Place	Name	YoB Club	Time
3.	Hannah UECKERMANN	(63) Witham Dolph	3:03.53

45/49 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Lesley COOK	(58) Romford Town	2:50.28

Place	Name	YoB Club	Time

50/54 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Alyson FORDHAM	(56) Brentwood	2:33.27

Place	Name	YoB Club	Time

65/69 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Jill COMPLIN	(40) Brentwood	3:12.29

Place	Name	YoB Club	Time
2.	Frances ALVAREZ	(41) Romford Town	3:46.26

70/74 YEARS AGE GROUP

Place	Name	YoB Club	Time
1.	Joy COCHRANE	(33) Romford Town	4:18.01

Place	Name	YoB Club	Time

EVENT 12 Mens 120+ Freestyle Team

Place	Name	Club	Time
1.	Thurrock	Thurrock	56.41

Place	Name	Club	Time

EVENT 13 Womens 120+ Freestyle Team

Place	Name	Club	Time
1.	Romford	Romford Town	59.35

Place	Name	Club	Time
2.	Runnymede	Runnymede	1:07.68

EVENT 14 Mixed 160+ Freestyle Team

Place	Name	Club	Time
1.	Rochford	Rochford	56.95
2.	Romford	Romford Town	57.41

Place	Name	Club	Time
3.	Runnymede	Runnymede	59.22

EVENT 15 Mens 200+ Medley Team

Place	Name	Club	Time	Place	Name	Club	Time
1.	Rochford	Rochford	1:01.65	3.	Runnymede	Runnymede	1:17.55
2.	Romford	Romford Town	1:02.58				

EVENT 16 Womens 200+ Medley Team

Place	Name	Club	Time	Place	Name	Club	Time
1.	Runnymede	Runnymede	1:28.11				

EVENT 17 Mixed 120+ Medley Team

Place	Name	Club	Time	Place	Name	Club	Time
1.	Runnymede	Runnymede	1:14.88				

EVENT 18 Mens 160+ Medley Team

Place	Name	Club	Time	Place	Name	Club	Time
1.	Rochford	Rochford	1:00.72	4.	Colchester	Colchester	1:03.29
2.	Romford	Romford Town	1:01.36	5.	Runnymede	Runnymede	1:18.39
3.	Redbridge	Redbridge BM	1:02.80				

EVENT 19 Womens 160+ Medley Team

Place	Name	Club	Time	Place	Name	Club	Time
1.	Runnymede	Runnymede	1:16.45				

EVENT 20 Mixed 200+ Freestyle Team

Place	Name	Club	Time	Place	Name	Club	Time
1.	Colchester	Colchester	1:05.17	2.	Runnymede	Runnymede	1:06.67