

ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
CHAMPIONSHIPS & SPECIAL RELAYS WEEKEND 2004

Fullwell Cross Baths, Barkingside, Essex
Sunday 31st October 2004 - Session 20

EVENT 561 Mens 400m Freestyle

| Place | Name | YoB | Club | Time | Place | Name | YoB | Club | Time |
|-------|----------------------|------|--------------|---------|---|---------------------|------|--------------|---------|
| 1. | Daniel FOGG | (87) | Bo Waltham F | 4:01.08 | 11. | Daniel HIME* | (89) | Killerwhales | 4:27.26 |
| 2. | Dane MCKNIGHT* | (88) | Bo Waltham F | 4:01.16 | 12. | Ross WISBY | (86) | Romford Town | 4:27.35 |
| 3. | Allen LINDENBERG* | (89) | Bo Waltham F | 4:07.70 | 13. | Jack BROWN* | (88) | Chelmsford | 4:30.43 |
| 4. | Stephen DAWKINS | (86) | Killerwhales | 4:20.90 | 14. | Samuel WARD* | (91) | Thurrock | 4:30.93 |
| 5. | Adam BYFORD* | (89) | Braintree | 4:20.91 | 15. | Robert LANGLEY | (86) | Chelmsford | 4:31.32 |
| 6. | Christopher CHENERY* | (90) | Canvey Isl | 4:22.14 | 16. | Ian EDMANS* | (89) | Epping For't | 4:34.25 |
| 7. | Owen COUGHLAN* | (90) | Bo Southend | 4:22.25 | 17. | Rhys MOULD* | (90) | Thurrock | 4:36.36 |
| 8. | Benjamin SLEET* | (90) | Chelmsford | 4:23.04 | ***** Event qualifying/standard time 04:40.00 ***** | | | | |
| 9. | Billy TUBBS* | (90) | Thurrock | 4:23.59 | 18. | Chris WEBB* | (89) | Thurrock | 4:42.24 |
| 10. | Jonathan SAYER* | (90) | Bo Southend | 4:25.90 | 19. | Billy PARKER BROWN* | (89) | Romford Town | 4:43.41 |

EVENT 562 Womens 100m Freestyle

| Place | Name | YoB | Club | Time | Place | Name | YoB | Club | Time |
|---|-------------------|------|--------------|---------|-------|-------------------|------|--------------|---------|
| 1. | Rachel LEONG* | (91) | Bo Waltham F | 59.96 | 11. | Nicola REES* | (90) | Romford Town | 1:04.29 |
| 2. | Kelly ANDREWS | (87) | Killerwhales | 1:00.38 | 12. | Grace FRANCIS* | (90) | Chelmsford | 1:04.40 |
| 3. | Brooke TURNER* | (89) | Thurrock | 1:01.30 | 13. | Katy GILLARD* | (88) | Romford Town | 1:04.42 |
| 4. | Bethany FAULKNER* | (90) | BorRedbridge | 1:01.36 | 14. | Yasmin KHOSHKHOU* | (90) | Braintree | 1:04.51 |
| 5. | Kate BURLEY | (87) | Harlow Pen | 1:01.58 | 15. | Cydney NEWMAN* | (91) | Harlow Pen | 1:04.61 |
| 6. | Jessica KNELLER | (83) | Bo Southend | 1:01.70 | 16. | Danielle RAYMOND* | (90) | Romford Town | 1:04.82 |
| 7. | Rachael CARTER* | (90) | Southend | 1:02.86 | 17. | Francesca WOOD* | (91) | Brentwood | 1:05.34 |
| 8. | Aimee DRAKE* | (88) | Canvey Isl | 1:03.26 | 18. | Emma KING* | (88) | Rochford | 1:06.38 |
| 9. | Bonnie Maxwell* | (90) | Phoenix Bas | 1:03.36 | 19. | Donna SPOONER* | (88) | Canvey Isl | 1:06.46 |
| 10. | Anna MEGGITT* | (88) | Thurrock | 1:03.94 | 20. | Rebecca GENT* | (91) | Brentwood | 1:06.77 |
| ***** Event qualifying/standard time 01:04.00 ***** | | | | | | | | | |

EVENT 563 Boys 11/12 Years 4 x 50m Medley Relay

| Place | Name | YoB | Club | Time | Place | Name | YoB | Club | Time |
|-------|---------------------|------|--------------|---------|-------|--------------------|------|--------------|------------|
| 1. | Romford Town 'A' | (92) | Romford Town | 2:21.08 | 11. | Thurrock 'B' | (92) | Thurrock | 2:36.77 |
| 2. | Chelmsford | (92) | Chelmsford | 2:23.61 | 12. | Waltham Forest 'B' | (92) | Bo Waltham F | 2:44.69 |
| 3. | Redbridge 'A' | (92) | BorRedbridge | 2:24.80 | 13. | Hornchurch | (92) | Hornchurch | 2:44.98 |
| 4. | Romford Town 'B' | (92) | Romford Town | 2:27.25 | 14. | Brentwood | (92) | Brentwood | 2:49.15 |
| 5. | Thurrock 'A' | (92) | Thurrock | 2:27.46 | 15. | Epping Forest | (92) | Epping For't | 2:50.94 |
| 6. | Canvey Island | (92) | Canvey Isl | 2:27.71 | 16. | Redbridge 'B' | (92) | BorRedbridge | 2:54.19 |
| 7. | Waltham Forest 'A' | (92) | Bo Waltham F | 2:29.44 | 17. | Phoenix | (92) | Phoenix Bas | 2:55.53 |
| 8. | Runnymede 'A' | (92) | Runnymede | 2:33.95 | | Halstead 'A' | (92) | Halstead | DIS SA 2L. |
| 9. | Basildon & District | (92) | Basildon | 2:35.76 | | | | | |
| 10. | Borough of Southend | (92) | Bo Southend | 2:36.29 | | | | | |

EVENT 564 Womens 100m Backstroke

| Place | Name | YoB | Club | Time | Place | Name | YoB | Club | Time |
|-------|------------------------|------|--------------|---------|---|------------------|------|--------------|---------|
| 1. | Michelle KIFF | (83) | Killerwhales | 1:06.28 | 13. | Daniella NICE* | (88) | Thurrock | 1:13.50 |
| 2. | Kelly ANDREWS | (87) | Killerwhales | 1:06.99 | 14. | Jane BRUMBY* | (90) | Rochford | 1:13.64 |
| 3. | Claire GARLICK* | (90) | Brentwood | 1:07.04 | 15. | Cydney NEWMAN* | (91) | Harlow Pen | 1:13.64 |
| 4. | Kirsty FORBES* | (90) | Killerwhales | 1:07.22 | ***** Event qualifying/standard time 01:04.00 ***** | | | | |
| 5. | Georgia HUNTON CLARKE* | (91) | Thurrock | 1:08.48 | 16. | Lauren COGDALE* | (88) | Romford Town | 1:14.05 |
| 6. | Kaz MELVIN* | (91) | Harlow Pen | 1:09.15 | 17. | Georgina BAXTER* | (90) | Chelmsford | 1:14.32 |
| 7. | Aimee DRAKE* | (88) | Canvey Isl | 1:09.38 | 18. | Michelle BARBER | (87) | Bo Southend | 1:14.48 |
| 8. | Natalie WARD* | (89) | Romford Town | 1:11.30 | 19. | Danielle LEE* | (90) | Romford Town | 1:15.00 |
| 9. | Grace FRANCIS* | (90) | Chelmsford | 1:11.43 | 20. | Emma LANGRIDGE* | (90) | Thurrock | 1:15.20 |
| 10. | Francesca WOOD* | (91) | Brentwood | 1:12.28 | 21. | Holly JONES | (87) | BorRedbridge | 1:16.40 |
| 11. | Denise YOUNG* | (90) | Colchester | 1:12.43 | 22. | Rebecca GENT* | (91) | Brentwood | 1:16.84 |
| 12. | Hannah COOPER* | (88) | Romford Town | 1:12.46 | 23. | Donna SPOONER* | (88) | Canvey Isl | 1:17.34 |

EVENT 565 Mens 50m Freestyle

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|-------------------|-------------------|-------|---|-------------------|-------------------|--------|
| 1. | Adrian FENNER | (84) Bo Waltham F | 24.71 | 10. | David PRICE* | (89) Epping For't | 25.89 |
| 2. | Joshua KER | (85) Chelmsford | 24.88 | 11. | Andrew BRODIE* | (88) Phoenix Bas | 26.12 |
| 3. | Paul GREEN | (86) Chelmsford | 25.08 | 12. | Allen LINDENBERG* | (89) Bo Waltham F | 26.20 |
| 4. | Benjamin PRESTON* | (88) Canvey Isl | 25.12 | ***** Event qualifying/standard time 00:27.00 ***** | | | |
| 5. | Dane MCKNIGHT* | (88) Bo Waltham F | 25.12 | 13. | Ainsley MORGAN | (87) Bo Newham | 27.13 |
| 6. | Daniel FOGG | (87) Bo Waltham F | 25.27 | 14. | Ian EDMANS* | (89) Epping For't | 27.41 |
| 7. | Joe MAXWELL | (87) Phoenix Bas | 25.58 | 15. | Daniel BURKE | (87) Bo Newham | 28.06 |
| 8. | Paul WILLIAMS | (86) Canvey Isl | 25.70 | | Benjamin CLIFFORD | (89) Killerwhales | DIS ST |
| 9. | Aaron EVELEIGH* | (89) Runnymede | 25.70 | | | | |

EVENT 566 Girls 9 /10 Years 4 x 50m Freestyle Relay

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|--------------------|-------------------|---------|-------|------------------------|-------------------|-----------|
| 1. | Chelmsford | (94) Chelmsford | 2:23.37 | 12. | Phoenix | (94) Phoenix Bas | 2:41.22 |
| 2. | Thurrock 'A' | (94) Thurrock | 2:25.86 | 13. | Harlow Penguins | (94) Harlow Pen | 2:42.76 |
| 3. | Brentwood 'A' | (94) Brentwood | 2:28.51 | 14. | Romford Town 'B' | (94) Romford Town | 2:48.52 |
| 4. | Redbridge 'A' | (94) BorRedbridge | 2:29.82 | 15. | Brentwood 'B' | (94) Brentwood | 2:51.02 |
| 5. | Thurrock 'B' | (94) Thurrock | 2:32.45 | 16. | Waltham Forest 'B' | (94) Bo Waltham F | 2:54.80 |
| 6. | Runnymede 'A' | (94) Runnymede | 2:36.59 | | Redbridge 'B' | (94) BorRedbridge | DIS T 3L. |
| 7. | Newham | (94) Bo Newham | 2:37.32 | | Basildon & District | (94) Basildon | DIS O 3L. |
| 8. | Romford Town 'A' | (94) Romford Town | 2:37.41 | | Killerwhales | (94) Killerwhales | DIS O 3L. |
| 9. | Rochford | (94) Rochford | 2:37.47 | | Borough of Southend SC | (94) Bo Southend | DIS ST |
| 10. | Waltham Forest 'A' | (94) Bo Waltham F | 2:38.54 | | | | |
| 11. | Braintree | (94) Braintree | 2:39.12 | | | | |

EVENT 567 Mens 200m Breaststroke

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|---------------------|-------------------|---------|---|----------------|-------------------|---------|
| 1. | Stephen DAWKINS | (86) Killerwhales | 2:35.22 | 10. | Henry WOOD* | (91) Phoenix Bas | 2:49.24 |
| 2. | Jack SUMMERS* | (90) Bo Waltham F | 2:36.84 | 11. | Steven JONES* | (90) Bo Waltham F | 2:50.20 |
| 3. | Matthew SMITH* | (90) Hornchurch | 2:37.70 | 12. | Oliver THOMAS* | (88) Canvey Isl | 2:53.18 |
| 4. | Chris WORBY* | (90) BorRedbridge | 2:38.38 | 13. | Marc RICHARDS* | (90) Epping For't | 2:53.95 |
| 5. | David JACOBS* | (88) Romford Town | 2:39.63 | 14. | Chris WRIGHT* | (90) Romford Town | 2:54.06 |
| 6. | Daniel HIME* | (89) Killerwhales | 2:41.23 | ***** Event qualifying/standard time 02:55.00 ***** | | | |
| 7. | Jamie RIENZO* | (90) Romford Town | 2:41.24 | 15. | Robert LANGLEY | (86) Chelmsford | 2:58.32 |
| 8. | Benjamin SLEET* | (90) Chelmsford | 2:47.42 | 16. | Jack BICKNELL* | (88) Southend | 3:00.32 |
| 9. | Billy PARKER BROWN* | (89) Romford Town | 2:47.58 | | | | |

EVENT 568 Womens 50m Breaststroke

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|-------------------|-------------------|-------|---|--------------------|-------------------|-------|
| 1. | Michelle KIFF | (83) Killerwhales | 34.63 | 14. | Francesca NICE* | (88) Thurrock | 38.85 |
| 2. | Bonnie Maxwell* | (90) Phoenix Bas | 36.21 | 15. | Carla JOSEPH* | (91) BorRedbridge | 38.89 |
| 3. | Christina LEADER* | (89) Killerwhales | 36.36 | 16. | Roseanne THOMPSON* | (91) Romford Town | 39.16 |
| 4. | Sophie BLACKMAN* | (89) BorRedbridge | 36.82 | 17. | Denise YOUNG* | (90) Colchester | 39.29 |
| 5. | Alyson MORAN* | (88) Canvey Isl | 37.04 | 18. | Sophie FLIGHT* | (90) Romford Town | 39.35 |
| 6. | Lauren COGDALE* | (88) Romford Town | 37.19 | 19. | Samantha KNIGHT* | (91) Runnymede | 39.50 |
| 7. | Janine RAYNER* | (89) Killerwhales | 37.19 | 20. | Jade EDWARDS* | (90) Hornchurch | 39.68 |
| 8. | Grace FRANCIS* | (90) Chelmsford | 37.19 | 21. | Laura FRANCIS* | (89) BorRedbridge | 39.81 |
| 9. | Amanda HEDGES | (75) Southend | 37.47 | 22. | Hannah ATKINS* | (89) Southend | 39.81 |
| 10. | Kaz MELVIN* | (91) Harlow Pen | 37.89 | 23. | Georgina HUNT* | (92) Runnymede | 40.40 |
| 11. | Lottie LUCAS* | (92) Bo Waltham F | 38.11 | 24. | Holly MORRIS | (86) Bo Southend | 40.52 |
| 12. | Georgina CLARK* | (89) Romford Town | 38.62 | 25. | Georgiou SALES* | (90) Romford Town | 40.52 |
| 13. | Natalie WARD* | (89) Romford Town | 38.75 | ***** Event qualifying/standard time 00:41.00 ***** | | | |

EVENT 569 Mens 200m Butterfly

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|----------------------|-------------------|---------|---|-----------------|-------------------|---------|
| 1. | Joshua KER | (85) Chelmsford | 2:16.13 | 14. | Billy TUBBS* | (90) Thurrock | 2:27.13 |
| 2. | Daniel FOGG | (87) Bo Waltham F | 2:17.26 | 15. | Thomas INGRAM* | (91) Thurrock | 2:28.45 |
| 3. | Darren STEVENSON | (85) Romford Town | 2:18.20 | 16. | Jonathan SAYER* | (90) Bo Southend | 2:28.96 |
| 4. | Andrew WINDARD | (87) Braintree | 2:18.26 | 17. | Ben GRIX* | (89) Thurrock | 2:29.93 |
| 5. | Ross WISBY | (86) Romford Town | 2:18.26 | 18. | Rhys MOULD* | (90) Thurrock | 2:33.56 |
| 6. | Tomi OWOBORODE* | (88) Bo Waltham F | 2:18.26 | 19. | Owen COUGHLAN* | (90) Bo Southend | 2:35.91 |
| 7. | Aaron EVELEIGH* | (89) Runnymede | 2:20.41 | 20. | Chris INCH* | (92) BorRedbridge | 2:36.20 |
| 8. | Nick CONNOR* | (89) BorRedbridge | 2:22.07 | 21. | Robert LANGLEY | (86) Chelmsford | 2:36.57 |
| 9. | Christopher CHENERY* | (90) Canvey Isl | 2:23.75 | 22. | Chris WEBB* | (89) Thurrock | 2:38.62 |
| 10. | Samuel WARD* | (91) Thurrock | 2:24.32 | ***** Event qualifying/standard time 02:40.00 ***** | | | |
| 11. | Jordan JOWITT | (87) Witham Dolph | 2:25.42 | 23. | Thomas FORD* | (92) Thurrock | 2:42.24 |
| 12. | Grant CHANDLER* | (91) Romford Town | 2:26.02 | 24. | Braden WREN* | (93) Thurrock | 2:51.35 |
| 13. | Adam BYFORD* | (89) Braintree | 2:27.02 | | | | |

EVENT 570 Womens 400m Individual Medley

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|-------------------|-------------------|---------|---|------------------|------------------------------|---------|
| 1. | Michelle BARBER | (87) Bo Southend | 5:07.20 | 16. | Georgina CLARK* | (89) Romford Town | 5:32.61 |
| 2. | Claire GARLICK* | (90) Brentwood | 5:09.98 | 17. | Georgiou SALES* | (90) Romford Town | 5:34.66 |
| 3. | Bethany FAULKNER* | (90) BorRedbridge | 5:10.51 | 18. | Jessica FORD* | (90) Thurrock | 5:35.54 |
| 4. | Kirsty FORBES* | (90) Killerwhales | 5:13.13 | 19. | Sophie FLIGHT* | (90) Romford Town | 5:38.42 |
| 5. | Rachel LEONG* | (91) Bo Waltham F | 5:15.11 | 20. | Emma LANGRIDGE* | (90) Thurrock | 5:39.54 |
| 6. | Brooke TURNER* | (89) Thurrock | 5:15.29 | 21. | Louise KENDALL* | (90) Harlow Pen | 5:39.60 |
| 7. | Georgina BAXTER* | (90) Chelmsford | 5:16.79 | 22. | Nicola REES* | (90) Romford Town | 5:39.84 |
| 8. | Maria MOWBRAY* | (90) Bo Waltham F | 5:19.36 | 23. | Sophie BLACKMAN* | (89) BorRedbridge | 5:40.87 |
| 9. | Jessica KNELLER | (83) Bo Southend | 5:19.38 | ***** Event qualifying/standard time 05:42.00 ***** | | | |
| 10. | Daniella NICE* | (88) Thurrock | 5:19.81 | 24. | Jessica WARD* | (91) Bo Waltham F | 5:42.88 |
| 11. | Denise YOUNG* | (90) Colchester | 5:21.12 | 25. | Ellen SCOTT* | (91) Killerwhales | 5:43.48 |
| 12. | Amy STUMBKE* | (88) Epping For't | 5:28.14 | 26. | Frances MORRIS* | (89) Bo Southend | 5:44.84 |
| 13. | Nicola FARMER* | (91) Bo Waltham F | 5:28.54 | 27. | Donna SPOONER* | (88) Canvey Isl | 5:53.15 |
| 14. | Laura ANDREWS* | (89) Killerwhales | 5:30.90 | | Lauren COGDALE* | (88) Romford Town DIS T 2L | |
| 15. | Francesca NICE* | (88) Thurrock | 5:31.05 | | Fern COOK* | (91) BorRedbridge DIS T 11L. | |

EVENT 571 Mens 100m Individual Medley

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|-------------------|-------------------|---------|---|---------------------|-------------------------|---------|
| 1. | Tomi OWOBORODE* | (88) Bo Waltham F | 1:04.79 | 15. | James PARKER BROWN* | (89) Romford Town | 1:09.29 |
| 2. | Paul WILLIAMS | (86) Canvey Isl | 1:04.79 | 16. | Robert LANGLEY | (86) Chelmsford | 1:09.86 |
| 3. | Joe MAXWELL | (87) Phoenix Bas | 1:05.00 | 17. | Chris WORBY* | (90) BorRedbridge | 1:10.37 |
| 4. | Mark PIETKIEWICZ* | (88) Romford Town | 1:05.51 | 18. | Chris WEBB* | (89) Thurrock | 1:11.30 |
| 5. | Adam PUDDICK | (84) Phoenix Bas | 1:06.54 | 19. | Jack BROWN* | (88) Chelmsford | 1:11.54 |
| 6. | David JACOBS* | (88) Romford Town | 1:07.24 | 20. | Henry WOOD* | (91) Phoenix Bas | 1:11.57 |
| 7. | Alex STEWART* | (89) Phoenix Bas | 1:07.67 | ***** Event qualifying/standard time 01:12.00 ***** | | | |
| 8. | Benjamin SLEET* | (90) Chelmsford | 1:08.34 | 21. | Jack BICKNELL* | (88) Southend | 1:12.83 |
| 9. | Ainsley MORGAN | (87) Bo Newham | 1:08.39 | 22. | Grant CHANDLER* | (91) Romford Town | 1:13.51 |
| 10. | Andrew OWEN* | (89) BorRedbridge | 1:08.39 | 23. | Jonathan SAYER* | (90) Bo Southend | 1:13.67 |
| 11. | Jack SUMMERS* | (90) Bo Waltham F | 1:08.59 | 24. | Billy PARKER BROWN* | (89) Romford Town | 1:14.33 |
| 12. | Andrew COWING* | (88) Brentwood | 1:08.96 | 25. | Andrew LOVELUCK* | (84) Chelmsford | 1:14.46 |
| 13. | Richard COWING | (87) Brentwood | 1:08.98 | 26. | Oliver THOMAS* | (88) Canvey Isl | 1:14.74 |
| 14. | Jordan JOWITT | (87) Witham Dolph | 1:09.18 | | Andrew BRODIE* | (88) Phoenix Bas DIS ST | |

Finals

EVENT 572 FINAL OF EVENT 563 Boys 11/12 Years 4 x 50m Medley Relay

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|------------------|-------------------|---------|-------|------------------|-------------------|---------|
| 1. | Romford Town 'A' | (92) Romford Town | 2:20.52 | 4. | Romford Town 'B' | (92) Romford Town | 2:27.12 |
| 2. | Chelmsford | (92) Chelmsford | 2:22.04 | 5. | Canvey Island | (92) Canvey Isl | 2:28.61 |
| 3. | Redbridge 'A' | (92) BorRedbridge | 2:23.41 | 6. | Thurrock 'A' | (92) Thurrock | 2:29.57 |

EVENT 573 FINAL OF EVENT 566 Girls 9 /10 Years 4 x 50m Freestyle Relay

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|---------------|-----------------|---------|-------|---------------|-------------------|---------|
| 1. | Thurrock 'A' | (94) Thurrock | 2:23.26 | 4. | Redbridge 'A' | (94) BorRedbridge | 2:30.33 |
| 2. | Chelmsford | (94) Chelmsford | 2:23.48 | 5. | Thurrock 'B' | (94) Thurrock | 2:30.60 |
| 3. | Brentwood 'A' | (94) Brentwood | 2:27.41 | 6. | Runnymede 'A' | (94) Runnymede | 2:35.36 |

EVENT 574 FINAL OF EVENT 565 Mens 50m Freestyle

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|-------------------|-------------------|-------|-------|----------------|-------------------|-------|
| 1. | Adrian FENNER | (84) Bo Waltham F | 24.12 | 4. | Dane MCKNIGHT* | (88) Bo Waltham F | 25.40 |
| 2. | Benjamin PRESTON* | (88) Canvey Isl | 25.06 | 5. | Paul GREEN | (86) Chelmsford | 25.45 |
| 3. | Daniel FOGG | (87) Bo Waltham F | 25.40 | 6. | Joe MAXWELL | (87) Phoenix Bas | 26.50 |

EVENT 575 FINAL OF EVENT 562 Womens 100m Freestyle

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|----------------|-------------------|---------|-------|-------------------|-------------------|---------|
| 1. | Rachel LEONG* | (91) Bo Waltham F | 1:00.04 | 4. | Bethany FAULKNER* | (90) BorRedbridge | 1:01.56 |
| 2. | Kate BURLEY | (87) Harlow Pen | 1:01.09 | 5. | Jessica KNELLER | (83) Bo Southend | 1:01.65 |
| 3. | Brooke TURNER* | (89) Thurrock | 1:01.20 | 6. | Rachael CARTER* | (90) Southend | 1:02.74 |

EVENT 576 FINAL OF EVENT 567 Mens 200m Breaststroke

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|-----------------|-------------------|---------|-------|---------------|-------------------|---------|
| 1. | Stephen DAWKINS | (86) Killerwhales | 2:31.85 | 4. | Daniel HIME* | (89) Killerwhales | 2:40.43 |
| 2. | Matthew SMITH* | (90) Hornchurch | 2:36.13 | 5. | David JACOBS* | (88) Romford Town | 2:47.21 |
| 3. | Jack SUMMERS* | (90) Bo Waltham F | 2:36.98 | | Chris WORBY* | (90) BorRedbridge | DNF |

EVENT 577 FINAL OF EVENT 564 Womens 100m Backstroke

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|----------------|-------------------|---------|-------|------------------------|-----------------|---------|
| 1. | Michelle KIFF | (83) Killerwhales | 1:04.96 | 4. | Claire GARLICK* | (90) Brentwood | 1:07.44 |
| 2. | Kelly ANDREWS | (87) Killerwhales | 1:05.98 | 5. | Georgia HUNTON CLARKE* | (91) Thurrock | 1:07.91 |
| 3. | Kirsty FORBES* | (90) Killerwhales | 1:06.96 | 6. | Kaz MELVIN* | (91) Harlow Pen | 1:09.09 |

EVENT 578 FINAL OF EVENT 569 Mens 200m Butterfly

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|------------------|-------------------|---------|-------|-----------------|-------------------|---------|
| 1. | Joshua KER | (85) Chelmsford | 2:01.25 | 4. | Andrew WINDARD | (87) Braintree | 2:15.10 |
| 2. | Daniel FOGG | (87) Bo Waltham F | 2:09.48 | 5. | Tomi OWOBORODE* | (88) Bo Waltham F | 2:19.60 |
| 3. | Darren STEVENSON | (85) Romford Town | 2:13.65 | 6. | Ross WISBY | (86) Romford Town | 2:20.53 |

EVENT 579 FINAL OF EVENT 568 Womens 50m Breaststroke

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|-------------------|-------------------|-------|-------|------------------|-------------------|-------|
| 1. | Michelle KIFF | (83) Killerwhales | 35.24 | 4. | Lauren COGDALE* | (88) Romford Town | 35.24 |
| 2. | Bonnie Maxwell* | (90) Phoenix Bas | 35.24 | 5. | Sophie BLACKMAN* | (89) BorRedbridge | 37.22 |
| 3. | Christina LEADER* | (89) Killerwhales | 35.24 | 6. | Alyson MORAN* | (88) Canvey Isl | 37.57 |

EVENT 580 FINAL OF EVENT 571 Mens 100m Individual Medley

| Place | Name | YoB Club | Time | Place | Name | YoB Club | Time |
|-------|-----------------|-------------------|---------|-------|-------------------|-------------------|---------|
| 1. | Paul WILLIAMS | (86) Canvey Isl | 1:03.20 | 4. | Mark PIETKIEWICZ* | (88) Romford Town | 1:05.72 |
| 2. | Tomi OWOBORODE* | (88) Bo Waltham F | 1:03.81 | 5. | Adam PUDDICK | (84) Phoenix Bas | 1:07.24 |
| 3. | David JACOBS* | (88) Romford Town | 1:04.19 | 6. | Alex STEWART* | (89) Phoenix Bas | 1:07.24 |