

ESSEX SWIMMING ASSOCIATION
CHAMPIONSHIP & SPECIAL RELAYS WEEKEND 2005
Waltham Forest Pool & Track, Walthamstow
Saturday 29th October 2005 - Session 1

EVENT 1 Mens 800m Freestyle (HDW)

Place	Name	YoB	Club	Time	100	200	300	400	500	600	700
1.	Dane McKNIGHT	(88)	Bo Waltham F	8:22.04	56.56	1:56.59	2:58.18	4:00.84	5:04.57	6:09.53	7:15.50
2.	Allen LINDENBERG *	(89)	Bo Waltham F	8:24.85	57.90	1:59.32	3:03.05	4:07.06	5:11.53	6:16.90	7:21.50
3.	Owen COUGHLAN *	(90)	Bo Southend	8:33.30	1:00.96	2:04.51	3:08.50	4:12.94	5:17.81	6:23.57	7:29.14
4.	Benjamin SLEET *	(90)	Chelmsford	8:38.93	1:00.43	2:06.52	3:12.25	4:18.47	5:24.13	6:29.42	7:35.21
5.	George MORRIS *	(91)	Bo Southend	8:50.18	1:02.90	2:10.21	3:17.04	4:24.22	5:31.05	6:39.21	7:46.14
6.	Christopher CHENERY *	(90)	Chelmsford	8:54.82	1:01.73	2:07.54	3:14.09	4:21.74	5:30.01	6:38.53	7:47.63
7.	Jonathan SAYER *	(90)	Bo Southend	8:55.05	1:02.56	2:09.61	3:16.82	4:24.79	5:32.77	6:41.64	7:50.13
8.	Robert LANGLEY	(86)	Chelmsford	9:11.32	1:04.88	2:15.36	3:25.52	4:34.67	5:43.97	6:54.15	8:04.35
9.	Rhys MOULD *	(90)	Thurrock	9:12.95	1:03.48	2:10.81	3:19.60	4:29.36	5:40.27	6:51.30	8:03.03
10.	Jack JACKSON *	(91)	Bo Waltham F	9:26.27	1:04.01	2:12.94	3:23.64	4:35.51	5:48.21	7:01.13	8:14.50
11.	Christopher INCH *	(92)	BorRedbridge	9:28.29	1:07.07	2:17.74	3:28.99	4:41.10	5:53.37	7:05.37	8:17.49
12.	Sean TOMLIN *	(92)	Bo Southend	9:28.75	1:08.51	2:21.43	3:33.49	4:46.18	5:57.95	7:10.16	8:21.29
13.	Robert FRANCIS *	(92)	BorRedbridge	9:35.52	1:08.54	2:21.97	3:35.21	4:48.06	6:00.16	7:12.30	8:24.61
14.	Richard WHITE	(88)	Dagenham	9:53.54	1:08.27	2:22.13	3:36.54	4:52.72	6:08.72	7:24.83	8:39.73
***** Event qualifying/standard time 10:00.00 *****											
	Adam BYFORD *	(89)	Braintree	DNF							

EVENT 2 Womens 200m Individual Medley

Place	Name	YoB	Club	Time	50	100	150
1.	Kirsty FORBES *	(90)	Killerwhales	2:26.99	32.31	1:07.83	1:53.43
2.	Brooke TURNER *	(89)	Thurrock	2:28.02	33.39	1:11.91	1:55.91
3.	Grace FRANCIS *	(90)	Chelmsford	2:29.45	33.88	1:10.79	1:54.05
4.	Lauren COGDALE	(88)	Brentwood	2:30.21	32.98	1:11.55	1:54.11
5.	Claire GARLICK *	(90)	Brentwood	2:30.36	34.21	1:11.17	1:56.26
6.	Lottie LUCAS *	(92)	Bo Waltham F	2:31.80	35.89	1:15.59	1:58.36
7.	Denise YOUNG *	(90)	Colchester	2:31.91	34.65	1:13.24	1:57.53
8.	Nicola FARMER *	(91)	Bo Waltham F	2:32.09	33.54	1:11.99	1:56.57
9.	Georgina BAXTER *	(90)	Chelmsford	2:32.13	34.78	1:12.91	1:57.03
10.	Daniella NICE	(88)	Thurrock	2:33.55	33.46	1:12.76	1:58.87
11.	Roseanne THOMPSON *	(91)	Romford Town	2:34.08	35.53	1:14.34	1:58.62
12.	Chloe FRANCIS *	(93)	Chelmsford	2:34.35	34.35	1:13.23	1:58.09
13.	Lauren ROUFFE *	(91)	Killerwhales	2:34.79	34.64	1:14.22	2:00.98
14.	Rachel LEONG *	(91)	Bo Waltham F	2:35.53	31.35	1:12.17	1:58.91
15.	Carla JOSEPH *	(91)	BorRedbridge	2:36.81	35.05	1:14.69	2:00.60
16.	Helen ANDREWS *	(90)	Killerwhales	2:37.46	35.78	1:15.92	2:01.67
17.	Alyson MORAN	(88)	Canvey Isl	2:38.16	34.04	1:19.15	2:00.39
***** Event qualifying/standard time 02:40.00 *****							
18.	Michelle BARBER	(87)	Bo Southend	2:40.37	35.89	1:16.92	2:03.73
19.	Louise KENDALL *	(90)	Harlow Pen	2:41.65	34.63	1:16.24	2:05.13
20.	Donna SPOONER	(88)	Canvey Isl	2:41.97	36.71	1:16.73	2:05.99
21.	Charlotte DELICATA *	(91)	Runnymede	2:42.10	37.15	1:18.90	2:05.20
22.	Janine RAYNER *	(89)	Killerwhales	2:42.81	36.70	1:19.28	2:04.21
23.	Jessica FORD *	(90)	Thurrock	2:46.06	38.65	1:19.35	2:09.28

EVENT 3 Boys 9/10 Years Freestyle Relay

Place	Name	Club	Time
1.	LONDON BO. REDBRIDGE	BorRedbridge	2:23.87
2.	ROMFORD TOWN 'A'	Romford Town	2:24.39
3.	HARLOW PENGUINS	Harlow Pen	2:24.42
4.	RUNNYMEDE 'A'	Runnymede	2:26.22
5.	THURROCK 'A'	Thurrock	2:30.18
6.	CHELMSFORD	Chelmsford	2:30.90
7.	BASILDON & DIST. 'A'	Basildon	2:32.41
8.	THURROCK 'B'	Thurrock	2:33.66
9.	BO. WALTHAM FOREST 'A'	Bo Waltham F	2:34.74
10.	ROMFORD TOWN 'B'	Romford Town	2:35.54
11.	BRAINTREE & BOCKING	Braintree	2:38.42
12.	SOUTHEND ON SEA	Southend	2:38.83
13.	BO. WALTHAM FOREST 'B'	Bo Waltham F	2:45.33
14.	RUNNYMEDE 'B'	Runnymede	2:46.54
15.	BRENTWOOD	Brentwood	2:47.23
16.	BASILDON & DIST. 'B'	Basildon	2:56.07

EVENT 4 Womens 200m Butterfly

Place	Name	YoB	Club	Time	50	100	150
1.	Madeleine LEONG *	(89)	Bo Waltham F	2:28.59	33.57	1:11.60	1:49.46
2.	Clare THOMAS *	(89)	Chelmsford	2:28.95	33.09	1:10.40	1:49.80
3.	Grace FRANCIS *	(90)	Chelmsford	2:29.34	34.75	1:11.21	1:51.43
4.	Lauren COGDALE	(88)	Brentwood	2:29.37	34.23	1:12.60	1:51.69
5.	Jessica KNELLER	(83)	Bo Southend	2:29.46	34.28	1:12.09	1:51.17
6.	Bethany FAULKNER *	(90)	BorRedbridge	2:30.08	33.82	1:11.42	1:50.08
7.	Natalie WARD *	(89)	Romford Town	2:30.73	33.99	1:11.54	1:50.95
8.	Megan LANGRIDGE *	(93)	Thurrock	2:32.58	34.99	1:13.53	1:53.99
9.	Amy WILSON *	(92)	Romford Town	2:36.08	36.55	1:15.01	1:57.01
10.	Denise YOUNG *	(90)	Colchester	2:36.83	35.23	1:15.56	1:56.43
11.	Julia BRAYBROOKE	(86)	Killerwhales	2:38.53	34.91	1:14.70	1:57.19
12.	Georgina BAXTER *	(90)	Chelmsford	2:38.69	35.82	1:15.44	1:56.87
13.	Michelle BARBER	(87)	Bo Southend	2:39.02	36.36	1:16.77	1:58.21
14.	Charlotte DAVIS *	(92)	Runnymede	2:40.16	35.82	1:16.37	1:57.45
15.	Laura ANDREWS *	(89)	Killerwhales	2:41.45	35.06	1:15.45	1:58.48
16.	Bethany HILL *	(89)	Bo Waltham F	2:42.74	35.37	1:17.83	2:00.89
17.	Georgina HUNT *	(92)	Thurrock	2:44.98	33.53	1:14.89	1:59.99
18.	Kerriann CHIPPERFIELD*	(93)	Thurrock	2:45.41	37.06	1:18.70	2:01.24
19.	Kelsey RICHARDS *	(93)	Romford Town	2:45.65	38.87	1:19.35	2:03.60
***** Event qualifying/standard time 02:48.00 *****							
20.	Emma BACKHURST *	(91)	Thurrock	2:48.17	37.89	1:20.87	2:04.97
21.	Sarah WRIGHT *	(92)	Runnymede	2:49.66	38.05	1:21.48	2:05.85
22.	Hannah ATKINS *	(89)	Southend	2:50.11	35.43	1:18.58	2:05.07
23.	Emma FRANCIS *	(89)	BorRedbridge	2:56.44	38.20	1:22.65	2:09.27

EVENT 5 Mens 50m Breaststroke

Place	Name	YoB	Club	Time
1.	Karl BATORSKI	(88)	Harlow Pen	31.90
2.	David JACOBS	(88)	Romford Town	32.21
3.	Paul GREEN	(86)	Chelmsford	32.27
4.	Matthew SMITH *	(90)	Hornchurch	32.36
5.	Jack SUMMERS *	(90)	Bo Waltham F	33.19
6.	Daniel HIME *	(89)	Killerwhales	33.24
7.	Christopher WORBY *	(90)	BorRedbridge	33.79
8.	Joe GIGGINS *	(91)	Hornchurch	34.22
9.	Stephen DAWKINS	(86)	Killerwhales	34.38
10.	George MORRIS *	(91)	Bo Southend	34.75
11.	S YOUSSEFI-TITCHEN *	(90)	Colchester	34.87
12.	Dean SMITH *	(91)	Killerwhales	35.04
13.	Marc RICHARDS *	(90)	Epping For't	35.06
14.	Christian PARKER *	(92)	Southend	35.84
15.	Adam CONWAY *	(92)	Killerwhales	35.98
16.	Henry WOOD *	(91)	Phoenix Bas	36.06
17.	Matthew SAUNDERS *	(91)	Southend	36.32
18.	Robert LANGLEY	(86)	Chelmsford	36.34
19.	Mitchell RICHARDSON *	(91)	Brentwood	36.50
20.	B CLIFFORD-STEPHENSON*	(89)	Killerwhales	36.71
21.	Ian EDMANS *	(89)	Epping For't	36.75
22.	George SCOTHERN *	(90)	Brentwood	36.80
23.	Daniel THACKRAY *	(89)	Epping For't	37.35
24.	Keith BRIDGE	(72)	Southend	37.52
24.	James BURNETT *	(89)	Southend	37.52
26.	Daniel RICHARDSON *	(91)	Bo Waltham F	37.54
***** Event qualifying/standard time 00:38.00 *****				
27.	Techin INNGERN *	(93)	Bo Waltham F	40.84
	Dean WOODCOCK *	(92)	Chelmsford	DIS ST

EVENT 6 Girls 11/12 Years Medley Relay

Place	Name	Club	Time
1.	ROMFORD TOWN 'A'	Romford Town	2:19.72
2.	CHELMSFORD 'A'	Chelmsford	2:23.31
3.	ROMFORD TOWN 'B'	Romford Town	2:23.65
4.	CANVEY ISLAND	Canvey Isl	2:25.02
5.	THURROCK 'A'	Thurrock	2:26.08
6.	BRENTWOOD 'A'	Brentwood	2:27.89
7.	LONDON BO. REDBRIDGE	BorRedbridge	2:30.94
8.	HARLOW PENGUINS	Harlow Pen	2:32.34
9.	EPPING FOREST	Epping For't	2:32.88
10.	CHELMSFORD 'B'	Chelmsford	2:37.09
11.	CLACTON	Clacton	2:38.72
12.	ROCHFORD & DISTRICT	Rochford	2:39.68
13.	RUNNYMEDE 'A'	Runnymede	2:42.66
14.	THURROCK 'B'	Thurrock	2:42.88
15.	BRENTWOOD 'B'	Brentwood	2:45.75
16.	BASILDON & DIST. 'A'	Basildon	2:46.70
17.	BO. WALTHAM FOREST 'A'	Bo Waltham F	2:47.94
18.	RUNNYMEDE 'B'	Runnymede	2:49.52
19.	SOUTHEND ON SEA 'B'	Southend	2:54.01
20.	BO. WALTHAM FOREST 'B'	Bo Waltham F	2:57.14

EVENT 7 Mens 100m Backstroke

Place	Name	YoB	Club	Time	50
1.	Mark SAINT-CLARE *	(89)	Harlow Pen	1:02.91	30.16
2.	Oliver BLACKMAN *	(90)	BorRedbridge	1:04.24	31.29
3.	Nicholas CONNOR *	(89)	BorRedbridge	1:04.38	31.15
4.	Adam BYFORD *	(89)	Braintree	1:04.66	31.52
5.	Stephen DAWKINS	(86)	Killerwhales	1:04.73	31.18
6.	Dane MCKNIGHT	(88)	Bo Waltham F	1:04.85	31.60
7.	Benjamin PRESTON	(88)	Chelmsford	1:05.81	31.93
8.	Tom GILBERT *	(90)	Chelmsford	1:06.72	32.87
9.	James WRIGHT *	(90)	Phoenix Bas	1:06.79	32.18
10.	Jack BROWN	(88)	Chelmsford	1:06.86	32.59
11.	Michael VAN BERGEN	(86)	Epping For't	1:06.89	32.45
12.	Dean SMITH *	(91)	Killerwhales	1:07.06	32.77
13.	Thomas ROOTSEY *	(90)	Colchester	1:07.09	32.46
14.	Ian EDMANS *	(89)	Epping For't	1:07.50	33.31
15.	Daniel HIME *	(89)	Killerwhales	1:08.58	32.76
16.	Matthew BILBEY *	(89)	Witham Dolph	1:08.74	32.85
***** Event qualifying/standard time 01:10.00 *****					
17.	George SCOTHERN *	(90)	Brentwood	1:10.35	34.39

EVENT 8 Womens 50m Butterfly

Place	Name	YoB	Club	Time
1.	Natalie WARD *	(89)	Romford Town	31.31
2.	Lauren COGDALE	(88)	Brentwood	31.34
3.	Jessica KNELLER	(83)	Bo Southend	31.44
4.	Kirsty FORBES *	(90)	Killerwhales	31.88
5.	Clare THOMAS *	(89)	Chelmsford	31.99
6.	Madeleine LEONG *	(89)	Bo Waltham F	32.25
7.	Chloe FRANCIS *	(93)	Chelmsford	32.95
8.	Alyson MORAN	(88)	Canvey Isl	33.27
9.	Nicola FARMER *	(91)	Bo Waltham F	33.52
10.	Yasmin KHOSHKHOU *	(90)	Braintree	33.56
11.	Amanda HEDGES	(75)	Southend	33.59
12.	Laura ANDREWS *	(89)	Killerwhales	33.78
13.	Catherine LUMLEY *	(89)	Witham Dolph	33.83
***** Event qualifying/standard time 00:34.00 *****				
14.	Samantha MANN *	(89)	Braintree	34.05
15.	Louise KENDALL *	(90)	Harlow Pen	34.08
16.	Julia BRAYBROOKE	(86)	Killerwhales	34.12
17.	Lauren ROUFFE *	(91)	Killerwhales	34.19
18.	Amy WILSON *	(92)	Romford Town	34.35
19.	Hannah ATKINS *	(89)	Southend	34.60
20.	Bethany HILL *	(89)	Bo Waltham F	35.04

EVENT 9 Mens 100m Butterfly

Place	Name	YoB	Club	Time	50
1.	Daniel FOGG	(87)	Bo Waltham F	1:00.58	28.94
2.	Karl BATORSKI	(88)	Harlow Pen	1:00.63	28.76
3.	Allen LINDENBERG *	(89)	Bo Waltham F	1:01.09	29.11
4.	Benjamin SLEET *	(90)	Chelmsford	1:01.53	29.38
5.	Tomas PURTON *	(90)	Brentwood	1:02.11	29.20
6.	Samuel WARD *	(91)	Thurrock	1:02.61	29.72
7.	Jordan JOWITT	(87)	Witham Dolph	1:02.65	28.52
8.	Paul GREEN	(86)	Chelmsford	1:02.68	29.28
9.	Grant CHANDLER *	(91)	Romford Town	1:03.01	29.63
10.	Dane MCKNIGHT	(88)	Bo Waltham F	1:03.38	28.60
11.	Christopher CHENERY *	(90)	Chelmsford	1:03.40	29.54
12.	Daniel HIME *	(89)	Killerwhales	1:03.55	29.84
13.	Aaron EVELEIGH *	(89)	Runnymede	1:04.20	28.82
14.	Nicholas CONNOR *	(89)	BorRedbridge	1:04.55	30.25
15.	David PRICE *	(89)	Epping Fort	1:04.90	29.84
16.	Thomas ROOTSEY *	(90)	Colchester	1:04.95	30.44
17.	Jonathan SAYER *	(90)	Bo Southend	1:05.82	30.66
18.	Jack SUMMERS *	(90)	Bo Waltham F	1:06.00	30.69
19.	Thomas INGRAM *	(91)	Thurrock	1:06.27	32.25
20.	David HAYNES	(88)	Killerwhales	1:06.92	30.88
21.	Christopher WORBY *	(90)	BorRedbridge	1:07.52	31.67
22.	Robert LANGLEY	(86)	Chelmsford	1:07.58	31.15
23.	Jack BROWN	(88)	Chelmsford	1:07.76	31.19
24.	Dean SMITH *	(91)	Killerwhales	1:07.98	31.23
***** Event qualifying/standard time 01:08.00 *****					
25.	Ian EDMANS *	(89)	Epping Fort	1:08.58	31.86
26.	S YOUSSEFI-TITCHEN *	(90)	Colchester	1:08.67	31.46
27.	Owen COUGHLAN *	(90)	Bo Southend	1:08.86	32.53

EVENT 10 Womens 200m Freestyle

Place	Name	YoB	Club	Time	50	100	150
1.	Bethany FAULKNER *	(90)	BorRedbridge	2:11.00	31.12	1:04.50	1:38.02
2.	Rachel LEONG *	(91)	Bo Waltham F	2:11.45	31.07	1:04.10	1:38.00
3.	Kirsty FORBES *	(90)	Killerwhales	2:11.82	30.65	1:04.11	1:38.19
4.	Natalie WARD *	(89)	Romford Town	2:14.23	31.65	1:05.54	1:40.16
5.	Georgia HUNTON CLARKE*	(91)	Thurrock	2:15.36	31.36	1:05.79	1:41.18
6.	Grace FRANCIS *	(90)	Chelmsford	2:16.13	32.31	1:07.32	1:42.08
7.	Charlotte COPELAND *	(91)	Romford Town	2:17.00	33.06	1:08.29	1:42.98
8.	Lottie LUCAS *	(92)	Bo Waltham F	2:17.67	32.72	1:07.68	1:43.48
9.	Kira FAWKE	(84)	Romford Town	2:18.16	32.40	1:07.06	1:42.42
10.	Carla JOSEPH *	(91)	BorRedbridge	2:18.41	33.06	1:07.78	1:43.28
11.	Lauren ROUFFE *	(91)	Killerwhales	2:18.41	32.96	1:08.12	1:43.83
12.	Laura FRANCIS *	(89)	BorRedbridge	2:18.53	32.35	1:07.27	1:43.14
13.	Helen ANDREWS *	(90)	Killerwhales	2:18.86	32.18	1:07.48	1:43.39
14.	Shannon HARROLD *	(91)	Thurrock	2:18.90	33.06	1:08.04	1:43.96
15.	Louise KENDALL *	(90)	Harlow Pen	2:19.22	32.85	1:08.49	1:44.22
16.	Eleanor DEMPSTER *	(89)	Chelmsford	2:19.55	32.79	1:08.37	1:44.12
17.	Sarah OVERINGTON *	(89)	Chelmsford	2:19.87	31.41	1:06.70	1:43.83
18.	Jessica KNELLER	(83)	Bo Southend	2:19.94	32.57	1:07.29	1:43.69
19.	Nicola FARMER *	(91)	Bo Waltham F	2:19.99	32.79	1:08.00	1:44.63
20.	Tia HAZELTON *	(92)	Southend	2:20.59	32.77	1:09.34	1:45.08
21.	Cydney NEWMAN *	(91)	BorRedbridge	2:20.63	32.15	1:07.85	1:44.44
22.	Molly EPSLY *	(93)	Thurrock	2:21.30	32.98	1:08.74	1:45.40
23.	Laura ANDREWS *	(89)	Killerwhales	2:21.95	32.39	1:08.33	1:45.20
***** Event qualifying/standard time 02:22.00 *****							
24.	Samantha MANN *	(89)	Braintree	2:22.32	33.18	1:09.47	1:46.58
25.	Charlotte DELICATA *	(91)	Runnymede	2:22.84	33.29	1:09.63	1:46.67
26.	Donna SPOONER	(88)	Canvey Isl	2:23.94	32.62	1:08.43	1:46.89
27.	Emma FRANCIS *	(89)	BorRedbridge	2:24.40	33.28	1:09.93	1:47.44
28.	Michelle BARBER	(87)	Bo Southend	2:24.85	33.32	1:10.02	1:47.65
29.	Lauren ANDREWS *	(90)	Killerwhales	2:24.86	32.91	1:09.16	1:46.72
30.	Ellen SCOTT *	(91)	Killerwhales	2:26.92	33.60	1:10.40	1:48.25

Finals

EVENT 11 FINAL OF EVENT 6 Girls 11/12 Years Medley Relay

Place	Name	Club	Time
1.	ROMFORD TOWN 'A'	Romford Town	2:19.12
2.	ROMFORD TOWN 'B'	Romford Town	2:23.57
3.	CHELMSFORD 'A'	Chelmsford	2:23.68
4.	BRENTWOOD 'A'	Brentwood	2:25.63
5.	CANVEY ISLAND	Canvey Isl	2:28.13
6.	THURROCK 'A'	Thurrock	2:29.72

EVENT 12 FINAL OF EVENT 3 Boys 9/10 Years Freestyle Relay

Place	Name	Club	Time
1.	ROMFORD TOWN 'A'	Romford Town	2:21.56
2.	LONDON BO. REDBRIDGE	BorRedbridge	2:21.91
3.	HARLOW PENGUINS	Harlow Pen	2:23.30
4.	RUNNYMEDE 'A'	Runnymede	2:24.49
5.	CHELMSFORD	Chelmsford	2:28.82
6.	THURROCK 'A'	Thurrock	2:31.79

EVENT 13 FINAL OF EVENT 2 Womens 200m Individual Medley

Place	Name	YoB	Club	Time	50	100	150
1.	Grace FRANCIS *	(90)	Chelmsford	2:25.46	32.58	1:10.54	1:53.72
2.	Kirsty FORBES *	(90)	Killerwhales	2:26.37	32.76	1:07.80	1:52.75
3.	Brooke TURNER *	(89)	Thurrock	2:28.73	33.22	1:12.07	1:56.50
4.	Lauren COGDALE	(88)	Brentwood	2:29.25	33.05	1:12.28	1:55.03
5.	Claire GARLICK *	(90)	Brentwood	2:30.56	33.77	1:11.46	1:55.30
6.	Lottie LUCAS *	(92)	Bo Waltham F	2:33.54	35.01	1:15.06	1:58.51

EVENT 14 FINAL OF EVENT 5 Mens 50m Breaststroke

Place	Name	YoB	Club	Time
1.	Karl BATORSKI	(88)	Harlow Pen	30.69
2.	David JACOBS	(88)	Romford Town	31.57
3.	Matthew SMITH *	(90)	Hornchurch	32.28
4.	Paul GREEN	(86)	Chelmsford	32.63
5.	Jack SUMMERS *	(90)	Bo Waltham F	33.16
6.	Daniel HIME *	(89)	Killerwhales	33.29

EVENT 15 FINAL OF EVENT 4 Womens 200m Butterfly

Place	Name	YoB	Club	Time	50	100	150
1.	Bethany FAULKNER *	(90)	BorRedbridge	2:24.70	33.94	1:10.62	1:47.60
2.	Jessica KNELLER	(83)	Bo Southend	2:26.98	33.86	1:11.69	1:49.17
3.	Clare THOMAS *	(89)	Chelmsford	2:27.92	33.60	1:11.60	1:50.01
4.	Madeleine LEONG *	(89)	Bo Waltham F	2:28.00	33.77	1:11.75	1:50.39
5.	Grace FRANCIS *	(90)	Chelmsford	2:35.92	34.30	1:15.76	1:56.22
6.	Lauren COGDALE	(88)	Brentwood	2:45.24	35.11	1:16.97	2:01.51

EVENT 16 FINAL OF EVENT 7 Mens 100m Backstroke

Place	Name	YoB	Club	Time	50
1.	Dane McKNIGHT	(88)	Bo Waltham F	1:00.14	29.77
2.	Mark SAINT-CLARE *	(89)	Harlow Pen	1:01.68	29.98
3.	Adam BYFORD *	(89)	Braintree	1:03.23	30.77
4.	Stephen DAWKINS	(86)	Killerwhales	1:03.50	30.96
5.	Oliver BLACKMAN *	(90)	BorRedbridge	1:03.75	30.83
6.	Nicholas CONNOR *	(89)	BorRedbridge	1:03.97	31.18

EVENT 17 FINAL OF EVENT 8 Womens 50m Butterfly

Place	Name	YoB	Club	Time
1.	Natalie WARD *	(89)	Romford Town	31.19
2.	Clare THOMAS *	(89)	Chelmsford	32.24
2.	Kirsty FORBES *	(90)	Killerwhales	32.24
4.	Jessica KNELLER	(83)	Bo Southend	32.44
5.	Lauren COGDALE	(88)	Brentwood	33.31
6.	Madeleine LEONG *	(89)	Bo Waltham F	33.40

EVENT 18 FINAL OF EVENT 9 Mens 100m Butterfly

Place	Name	YoB	Club	Time	50
1.	Daniel FOGG	(87)	Bo Waltham F	58.10	27.49
2.	Karl BATORSKI	(88)	Harlow Pen	58.80	27.55
3.	Allen LINDENBERG *	(89)	Bo Waltham F	1:00.34	28.76
4.	Benjamin SLEET *	(90)	Chelmsford	1:01.84	28.82
5.	Tomas PURTON *	(90)	Brentwood	1:03.14	30.08
6.	Samuel WARD *	(91)	Thurrock	1:03.85	30.51

EVENT 19 FINAL OF EVENT 10 Womens 200m Freestyle

Place	Name	YoB	Club	Time	50	100	150
1.	Bethany FAULKNER *	(90)	BorRedbridge	2:09.38	30.83	1:03.67	1:36.58
2.	Rachel LEONG *	(91)	Bo Waltham F	2:09.60	30.26	1:02.49	1:36.03
3.	Kirsty FORBES *	(90)	Killerwhales	2:11.88	30.56	1:04.24	1:38.75
4.	Natalie WARD *	(89)	Romford Town	2:12.09	31.67	1:05.31	1:39.31
5.	Charlotte COPELAND *	(91)	Romford Town	2:16.88	32.08	1:06.56	1:41.84
6.	Georgia HUNTON CLARKE*	(91)	Thurrock	2:18.23	31.41	1:06.51	1:42.74