

ESSEX MASTERS CHAMPIONSHIPS 2015

Session - 1

EVENT 1 Mens/Womens Open 400m Freestyle

MENS 30/34 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|-------------|--------------|-----------------|--------------|
| 1 | Nick HARRIS | | 34 Romford Town | 5:20.50 |
| | 50m 36.03 | 100m 1:14.56 | 150m 1:54.29 | 200m 2:35.01 |
| | | | | 250m 3:16.19 |
| | | | | 300m 3:58.03 |
| | | | | 350m 4:39.9 |
| | | | | 400m 5:20.50 |

MENS 40/44 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|-----------|--------------|--------------|--------------|
| 1 | Lee NORTH | | 41 Rochford | 4:32.21 |
| | 50m 30.49 | 100m 1:03.93 | 150m 1:38.29 | 200m 2:13.06 |
| | | | | 250m 2:48.41 |
| | | | | 300m 3:23.12 |
| | | | | 350m 3:57.9 |
| | | | | 400m 4:32.21 |

MENS 45/49 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|-------------|--------------|---------------|--------------|
| 1 | Nigel BROWN | | 49 Chelmsford | 4:52.51 |
| | 50m 31.92 | 100m 1:07.17 | 150m 1:44.19 | 200m 2:21.70 |
| | | | | 250m 2:59.49 |
| | | | | 300m 3:37.50 |
| | | | | 350m 4:15.6 |
| | | | | 400m 4:52.51 |

MENS 50/54 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|---------------|--------------|-----------------|--------------|
| 1 | Martin FENNER | | 53 Romford Town | 5:02.48 |
| | 50m 35.11 | 100m 1:13.82 | 150m 1:52.83 | 200m 2:32.58 |
| | | | | 250m 3:09.18 |
| | | | | 300m 3:45.84 |
| | | | | 350m 4:23.8 |
| | | | | 400m 5:02.48 |

MENS 55/59 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|-------------|--------------|--------------|--------------|
| 1 | Geoff BAKER | | 56 Rochford | 5:15.25 |
| | 50m 35.30 | 100m 1:13.96 | 150m 1:53.11 | 200m 2:32.35 |
| | | | | 250m 3:12.49 |
| | | | | 300m 3:52.91 |
| | | | | 350m 4:34.2 |
| | | | | 400m 5:15.25 |

MENS 60/64 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|-----------|--------------|--------------|--------------|
| 1 | Peter RAE | | 62 Rochford | 5:17.79 |
| | 50m 36.32 | 100m 1:15.35 | 150m 1:55.80 | 200m 2:36.39 |
| | | | | 250m 3:17.05 |
| | | | | 300m 3:57.96 |
| | | | | 350m 4:38.4 |
| | | | | 400m 5:17.79 |

MENS 70/74 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|---------------|--------------|--------------|--------------|
| 1 | Philip HARPER | | 70 Rochford | 5:43.91 |
| | 50m 38.80 | 100m 1:21.07 | 150m 2:05.70 | 200m 2:50.70 |
| | | | | 250m 3:34.27 |
| | | | | 300m 4:17.97 |
| | | | | 350m 5:01.8 |
| | | | | 400m 5:43.91 |

WOMENS 18/24 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|------------|--------------|-----------------|--------------|
| 1 | Lara DUHIG | | 20 Bark & Dagen | 5:13.36 |
| | 50m 34.98 | 100m 1:13.29 | 150m 1:52.94 | 200m 2:32.83 |
| | | | | 250m 3:12.89 |
| | | | | 300m 3:53.20 |
| | | | | 350m 4:33.8 |
| | | | | 400m 5:13.36 |

WOMENS 30/34 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|---------------|--------------|-----------------|--------------|
| 1 | Nichola MURCH | | 33 Romford Town | 5:04.37 |
| | 50m 33.87 | 100m 1:11.10 | 150m 1:49.92 | 200m 2:29.48 |
| | | | | 250m 3:09.11 |
| | | | | 300m 3:47.96 |
| | | | | 350m 4:27.6 |
| | | | | 400m 5:04.37 |
| 2 | Jade PERRY | | 33 Rochford | 5:06.98 |
| | 50m 34.13 | 100m 1:11.68 | 150m 1:50.25 | 200m 2:29.83 |
| | | | | 250m 3:09.86 |
| | | | | 300m 3:49.71 |
| | | | | 350m 4:29.4 |
| | | | | 400m 5:06.98 |

WOMENS 35/39 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|--------------------|--------------|--------------|--------------|
| 1 | Elizabeth MCKINNON | | 35 Rochford | 5:34.51 |
| | 50m 35.51 | 100m 1:15.42 | 150m 1:57.59 | 200m 2:40.82 |
| | | | | 250m 3:24.27 |
| | | | | 300m 4:08.13 |
| | | | | 350m 4:51.5 |
| | | | | 400m 5:34.51 |

WOMENS 40/44 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|--------------|--------------|-----------------|--------------|
| 1 | Lara FENNER | | 41 Romford Town | 5:09.29 |
| | 50m 33.04 | 100m 1:10.57 | 150m 1:49.38 | 200m 2:29.17 |
| | | | | 250m 3:09.12 |
| | | | | 300m 3:49.57 |
| | | | | 350m 4:30.4 |
| | | | | 400m 5:09.29 |
| 2 | Amanda LAIRD | | 41 Rochford | 5:40.07 |
| | 50m 37.65 | 100m 1:19.74 | 150m 2:02.53 | 200m 2:46.05 |
| | | | | 250m 3:29.68 |
| | | | | 300m 4:13.50 |
| | | | | 350m 4:57.7 |
| | | | | 400m 5:40.07 |
| 3 | Wendy HUNTER | | 43 Romford Town | 5:49.42 |
| | 50m 37.07 | 100m 1:17.83 | 150m 1:59.97 | 200m 2:44.06 |
| | | | | 250m 3:29.84 |
| | | | | 300m 4:17.41 |
| | | | | 350m 5:03.9 |
| | | | | 400m 5:49.42 |

WOMENS 45/49 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|-------------|--------------|--------------|--------------|
| 1 | Heidi NEVIN | | 47 Rochford | 5:08.03 |
| | 50m 35.08 | 100m 1:13.26 | 150m 1:52.35 | 200m 2:31.85 |
| | | | | 250m 3:11.12 |
| | | | | 300m 3:50.32 |
| | | | | 350m 4:29.9 |
| | | | | 400m 5:08.03 |

WOMENS 50/54 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|-------------------|--------------|-----------------|--------------|
| 1 | MADLINE RAYMOND | | 52 Romford Town | 5:11.45 |
| | 50m 33.71 | 100m 1:11.13 | 150m 1:49.74 | 200m 2:29.19 |
| | | | | 250m 3:09.42 |
| | | | | 300m 3:50.13 |
| | | | | 350m 4:30.8 |
| | | | | 400m 5:11.45 |
| 2 | Hannah UECKERMANN | | 52 Witham Dolph | 6:47.00 |
| | 50m 44.17 | 100m 1:33.07 | 150m 2:23.90 | 200m 3:15.02 |
| | | | | 250m 4:06.89 |
| | | | | 300m 4:59.70 |
| | | | | 350m 5:53.4 |
| | | | | 400m 6:47.00 |

EVENT 2 Mens Open 50m Backstroke

18/24 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|-----------------------|-----|----------------|-------|
| 1 | Charlie POND THOMPSON | | 22 Southend | 27.48 |
| 2 | Todd HARDING | | 19 Rochford | 32.42 |
| 3 | Samuel WHITE | | 21 Basildon Ph | 33.36 |

30/34 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|-------------|-----|--------------|-------|
| 1 | Chris SHORT | | 33 Brentwood | 31.35 |
| 2 | James GRIGG | | 34 Rochford | 33.66 |

35/39 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|----------------------|-----|----------------|-------|
| 1 | David DAPORTA-MENDEZ | | 38 Out To Swim | 34.15 |

40/44 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|--------------|-----|-----------------|-------|
| 1 | Lee PETERSON | | 41 Braintree | 27.89 |
| 2 | Mike MORINE | | 44 Chelmsford | 34.01 |
| 3 | Paul SPELLER | | 43 Romford Town | 34.08 |

50/54 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|---------------|-----|-----------------|-------|
| 1 | Martin FENNER | | 53 Romford Town | 33.93 |

55/59 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|------|-----|------|------|
|-------|------|-----|------|------|

| | | | | | |
|---------------------------------------|---------------------|-----|-----------------|---------|-------|
| | 1 Thomas ENRIGHT | | 56 Romford Town | | 40.18 |
| | 2 Nicholas HUNT | | 59 Chelmsford | | 40.95 |
| 60/64 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Walter GERRARD | | 63 Rochford | | 40.23 |
| 70/74 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Philip HARPER | | 70 Rochford | | 41.7 |
| 75/79 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Anthony PEPPER | | 77 Romford Town | | 47.28 |
| | 2 Derek GORE | | 75 Chelmsford | | 48.49 |
| 80/84 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | Janos LEIGH | | 81 Romford Town | | DQ T |
| EVENT 3 Womens Open 100m Breaststroke | | | | | |
| 18/24 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Claire O'CONNELL | | 24 Chelmsford | 1:19.20 | 36.52 |
| 35/39 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 SALLY DEVERILL | | 35 Romford Town | 1:24.29 | 39.13 |
| 40/44 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Lara FENNER | | 41 Romford Town | 1:29.32 | 42.28 |
| | 2 ALISON COWIE | | 42 Chelmsford | 1:49.92 | 51.18 |
| 45/49 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Heidi NEVIN | | 47 Rochford | 1:26.23 | 40.76 |
| 50/54 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Hannah UECKERMANN | | 52 Witham Dolph | 1:26.63 | 41.02 |
| 55/59 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Eileen LUTHER | | 57 Rochford | 1:40.55 | 47.38 |
| 65/69 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Linda CHANDLER | | 65 Rochford | 2:05.35 | 54.37 |
| EVENT 4 Mens Open 50m Butterfly | | | | | |
| 18/24 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Danny BAKER | | 21 Rochford | | 28.2 |
| | 2 Todd HARDING | | 19 Rochford | | 31.76 |
| | 3 Benjamin GOMES | | 21 Basildon Ph | | 38.93 |
| 25/29 Yrs Age Group - Full Results | | | | | |

| | | | | | |
|-------------------------------------|------------------------|-----|-----------------|---------|-------|
| Place | Name | AaD | Club | Time | |
| | 1 Michael BAKER | | 25 Rochford | | 33.4 |
| 30/34 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Matthew RICKETT | | 33 Rochford | | 30.22 |
| 35/39 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 David DAPORTA-MENDEZ | | 38 Out To Swim | | 31.73 |
| 40/44 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Lee NORTH | | 41 Rochford | | 29.76 |
| | 2 Mike MORINE | | 44 Chelmsford | | 32.14 |
| 45/49 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Niall TIERNAN | | 46 Brentwood | | 30.4 |
| | 2 Steve MURPHY | | 47 Thurrock | | 31.86 |
| | 3 David GRIGGS | | 47 Romford Town | | 32.94 |
| 50/54 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Martin FENNER | | 53 Romford Town | | 32.14 |
| | 2 Keith ODDY | | 52 Romford Town | | 33.2 |
| | 3 Richard DOYLE | | 51 Brentwood | | 35.02 |
| | 4 Gordon CARTWRIGHT | | 54 Chelmsford | | 35.69 |
| | 5 Adrian COLLINS | | 52 Bark & Dagen | | 37 |
| 55/59 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Geoff BAKER | | 56 Rochford | | 32.23 |
| | 2 Thomas ENRIGHT | | 56 Romford Town | | 35.31 |
| | 3 Nicholas HUNT | | 59 Chelmsford | | 36.41 |
| 60/64 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Walter GERRARD | | 63 Rochford | | 34.99 |
| 75/79 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Stanley CLARKE | | 77 Romford Town | | 48.93 |
| EVENT 5 Womens Open 100m Backstroke | | | | | |
| 18/24 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Leigh-Ann SMITH | | 19 Bark & Dagen | 1:15.78 | 36.05 |
| | 2 Samantha MULLENDER | | 22 Basildon Ph | 1:20.29 | 39.16 |
| | 3 Georgina DICKSON | | 23 Brentwood | 1:22.78 | 39.24 |
| 25/29 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Michelle CURRY | | 28 Romford Town | 1:09.61 | 33.87 |
| | 2 Sophie CASTLE | | 27 Chelmsford | 1:16.21 | 37.52 |

| | | | | | |
|------------------------------------|-------------------------|-----|-----------------|---------|-------|
| 30/34 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Jade PERRY | | 33 Rochford | 1:14.39 | 36.6 |
| 40/44 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | ALISON COWIE | | 42 Chelmsford | DNF | |
| 55/59 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Eileen LUTHER | | 57 Rochford | 1:26.23 | 41.82 |
| EVENT 6 Mens Open 100m IM | | | | | |
| 18/24 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Charlie POND THOMPSON | | 22 Southend | 1:01.56 | |
| | 2 Todd HARDING | | 19 Rochford | 1:16.32 | |
| | 3 Benjamin GOMES | | 21 Basildon Ph | 1:29.16 | |
| 30/34 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 James GRIGG | | 34 Rochford | 1:17.15 | |
| 40/44 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Lee PETERSON | | 41 Braintree | 1:01.90 | |
| | 2 Martin LANE | | 44 Romford Town | 1:06.14 | |
| | 3 Paul SPELLER | | 43 Romford Town | 1:16.27 | |
| | 4 Andrew BELL | | 42 Thurrock | 1:16.61 | |
| | 5 Mike MORINE | | 44 Chelmsford | 1:18.44 | |
| 45/49 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Nigel BROWN | | 49 Chelmsford | 1:12.37 | |
| | 2 David GRIGGS | | 47 Romford Town | 1:15.83 | |
| | 3 Jonathan GOLD | | 47 Brentwood | 1:22.18 | |
| 50/54 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Keith ODDY | | 52 Romford Town | 1:13.05 | |
| | 2 Martin FENNER | | 53 Romford Town | 1:13.89 | |
| | 3 Paul METSON | | 51 Rochford | 1:15.33 | |
| | 4 Gordon CARTWRIGHT | | 54 Chelmsford | 1:25.22 | |
| 55/59 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Nicholas HUNT | | 59 Chelmsford | 1:20.49 | |
| 60/64 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Peter RAE | | 62 Rochford | 1:23.14 | |
| 70/74 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Philip HARPER | | 70 Rochford | 1:28.78 | |

75/79 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|----------------|-----|-----------------|------|
| | Stanley CLARKE | | 77 Romford Town | DQ T |

EVENT 7 Womens Open 50m Freestyle

18/24 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|------------------|-----|-----------------|-------|
| 1 | Claire O'CONNELL | | 24 Chelmsford | 28.63 |
| 2 | Leigh-Ann SMITH | | 19 Bark & Dagen | 31.38 |
| 3 | Charlotte MILNER | | 21 Southend | 34.39 |
| 4 | Georgina DICKSON | | 23 Brentwood | 37.43 |

25/29 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|---------------|-----|---------------|------|
| 1 | Sophie CASTLE | | 27 Chelmsford | 30.3 |

30/34 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|----------------|-----|-------------|-------|
| 1 | Sara PRICE | | 31 Rochford | 32.5 |
| 2 | Samantha MARSH | | 30 Rochford | 34.05 |

35/39 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|----------------|-----|----------------|-------|
| 1 | Clare BOSTON | | 36 Basildon Ph | 31.43 |
| 2 | Louise PARSONS | | 35 Rochford | 31.96 |

40/44 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|--------------|-----|---------------|-------|
| 1 | Amanda LAIRD | | 41 Rochford | 35.09 |
| 2 | ALISON COWIE | | 42 Chelmsford | 42.76 |

45/49 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|----------------|-----|---------------|-------|
| 1 | Rebecca HARDY | | 47 Walt Tritt | 31.64 |
| 2 | Karen SKILLING | | 49 Brentwood | 40.14 |

50/54 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|------------------|-----|-----------------|-------|
| 1 | MADÉLINE RAYMOND | | 52 Romford Town | 30.54 |

55/59 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|---------------|-----|-------------|-------|
| 1 | Eileen LUTHER | | 57 Rochford | 35.41 |

65/69 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|----------------|-----|-----------------|-------|
| 1 | CAROL HULETT | | 67 Romford Town | 44.37 |
| 2 | Linda CHANDLER | | 65 Rochford | 45.81 |

EVENT 8 Mens Open 50m Breaststroke

18/24 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time |
|-------|--------------|-----|-------------|-------|
| 1 | Peter LAWTON | | 24 Southend | 32.33 |
| 2 | Todd HARDING | | 19 Rochford | 35.61 |
| 3 | Joshua COX | | 22 Rochford | 38.79 |

| | | | | | |
|------------------------------------|------------------------------|-----|-----------------|---------|-------|
| 4 | Benjamin GOMES | | 21 Basildon Ph | | 44.9 |
| 25/29 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | |
| 1 | Michael BAKER | | 25 Rochford | | 38.43 |
| 2 | Alistair BELL | | 29 Bark & Dagen | | 41.37 |
| 35/39 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | |
| 1 | David DAPORTA-MENDEZ | | 38 Out To Swim | | 37.89 |
| 40/44 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | |
| 1 | Keith BRIDGE | | 43 Southend | | 38.84 |
| 45/49 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | |
| 1 | Steve MURPHY | | 47 Thurrock | | 37.62 |
| 50/54 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | |
| 1 | Keith ODDY | | 52 Romford Town | | 36.2 |
| 2 | Paul METSON | | 51 Rochford | | 37.98 |
| 55/59 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | |
| 1 | Nicholas HUNT | | 59 Chelmsford | | 37.3 |
| 2 | Geoff BAKER | | 56 Rochford | | 40.88 |
| 60/64 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | |
| 1 | Paul BETTS | | 60 Rochford | | 38.62 |
| 75/79 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | |
| 1 | Stanley CLARKE | | 77 Romford Town | | 48.36 |
| EVENT 9 Womens Open 100m Butterfly | | | | | |
| 35/39 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | 50 |
| 1 | Elizabeth MCKINNON | | 35 Rochford | 1:20.26 | 36.61 |
| 2 | Clare BOSTON | | 36 Basildon Ph | 1:25.95 | 37.62 |
| 40/44 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | 50 |
| 1 | Lara FENNER | | 41 Romford Town | 1:14.26 | 34.96 |
| 50/54 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | 50 |
| 1 | MADLINE RAYMOND | | 52 Romford Town | 1:16.51 | 35.61 |
| 55/59 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | 50 |
| 1 | Eileen LUTHER | | 57 Rochford | 1:37.82 | 43.57 |
| EVENT 10 Mens Open 100m Freestyle | | | | | |
| 18/24 | Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time | 50 |

| | | | | | | | |
|-------|------------------------------|-----|-----------------|---------|-------|--|-------|
| | 1 Danny BAKER | | 21 Rochford | | 55.35 | | 27.41 |
| | 2 Samuel WHITE | | 21 Basildon Ph | 1:00.61 | | | 28.78 |
| | 3 Joshua COX | | 22 Rochford | 1:11.17 | | | 31.43 |
| 25/29 | Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | | | 50 |
| | 1 Richard COWING | | 28 Brentwood | | 57.49 | | 27.05 |
| | 2 Andrew COWING | | 27 Brentwood | | 57.97 | | 27.11 |
| | 3 Alistair BELL | | 29 Bark & Dagen | 1:07.93 | | | 32.77 |
| 30/34 | Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | | | 50 |
| | 1 Matthew RICKETT | | 33 Rochford | 1:00.69 | | | 28.82 |
| | 2 Nick HARRIS | | 34 Romford Town | 1:09.26 | | | 33.1 |
| 40/44 | Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | | | 50 |
| | 1 Martin LANE | | 44 Romford Town | | 56.15 | | 26.68 |
| | 2 Lee PETERSON | | 41 Braintree | | 57.29 | | 27.69 |
| | 3 Lee NORTH | | 41 Rochford | | 58.92 | | 28.45 |
| | 4 Paul SPELLER | | 43 Romford Town | 1:03.51 | | | 30.64 |
| | 5 Mike MORINE | | 44 Chelmsford | 1:06.61 | | | 31.48 |
| | 6 Andrew BELL | | 42 Thurrock | 1:07.70 | | | 32.61 |
| | 7 Frederic VAEREMANS | | 41 Chelmsford | 1:21.04 | | | 39.32 |
| 45/49 | Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | | | 50 |
| | 1 Niall TIERNAN | | 46 Brentwood | 1:01.07 | | | 29.39 |
| | 2 Nigel BROWN | | 49 Chelmsford | 1:03.77 | | | 29.96 |
| | 3 David GRIGGS | | 47 Romford Town | 1:07.93 | | | 31.74 |
| | 4 Jonathan GOLD | | 47 Brentwood | 1:12.80 | | | 34.63 |
| 50/54 | Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | | | 50 |
| | 1 Martin FENNER | | 53 Romford Town | 1:05.14 | | | 31.83 |
| | 2 Richard DOYLE | | 51 Brentwood | 1:07.06 | | | 32.36 |
| | 3 Adrian COLLINS | | 52 Bark & Dagen | 1:14.85 | | | 34.19 |
| 55/59 | Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | | | 50 |
| | 1 Thomas ENRIGHT | | 56 Romford Town | 1:08.73 | | | 33.74 |
| | 2 Colin CORBY | | 56 Chelmsford | 1:13.62 | | | 34.2 |
| | 3 Nicholas HUNT | | 59 Chelmsford | 1:23.42 | | | 38.26 |
| | 4 Nic RIVERS | | 55 Basildon Ph | 1:25.63 | | | 41.03 |
| 60/64 | Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | | | 50 |
| | 1 Peter RAE | | 62 Rochford | 1:08.48 | | | 33.38 |
| | 2 Walter GERRARD | | 63 Rochford | 1:13.56 | | | 35.41 |
| 70/74 | Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | | | 50 |
| | 1 Philip HARPER | | 70 Rochford | 1:11.64 | | | 34.53 |

75/79 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | 50 |
|-------|--------------|-----|-----------------|---------|-------|
| 1 | Derek GORE | | 75 Chelmsford | 1:19.98 | 39.04 |
| 2 | Ronald POWER | | 75 Romford Town | 1:23.22 | 40.84 |

80/84 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | 50 |
|-------|-------------|-----|-----------------|---------|-------|
| 1 | Janos LEIGH | | 81 Romford Town | 1:49.16 | 53.02 |

EVENT 11 Womens Open 200m Freestyle

18/24 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | 50 | 100 | 150 |
|-------|--------------------|-----|-----------------|---------|-------|---------|---------|
| 1 | Lara DUHIG | | 20 Bark & Dagen | 2:29.58 | 33.85 | 1:11.39 | 1:51.64 |
| 2 | Samantha MULLENDER | | 22 Basildon Ph | 2:33.56 | 35.64 | 1:14.83 | 1:54.54 |

25/29 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | 50 | 100 | 150 |
|-------|----------------|-----|-----------------|---------|-------|---------|---------|
| 1 | Michelle CURRY | | 28 Romford Town | 2:27.09 | 34.39 | 1:11.42 | 1:49.68 |

30/34 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | 50 | 100 | 150 |
|-------|---------------|-----|-----------------|---------|-------|---------|---------|
| 1 | Nichola MURCH | | 33 Romford Town | 2:20.95 | 31.62 | 1:06.16 | 1:43.15 |
| 2 | Jade PERRY | | 33 Rochford | 2:41.65 | 36.31 | 1:16.67 | 1:58.61 |

35/39 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | 50 | 100 | 150 |
|-------|--------------------|-----|-------------|---------|-------|---------|---------|
| 1 | Elizabeth MCKINNON | | 35 Rochford | 2:45.10 | 37.61 | 1:20.17 | 2:03.16 |

45/49 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | 50 | 100 | 150 |
|-------|---------------|-----|--------------|---------|-------|---------|---------|
| 1 | Rebecca HARDY | | 47 Walt Trit | 2:41.74 | 35.86 | 1:16.14 | 1:58.79 |

50/54 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | 50 | 100 | 150 |
|-------|-------------------|-----|-----------------|---------|-------|---------|---------|
| 1 | MADELINE RAYMOND | | 52 Romford Town | 2:27.78 | 33.03 | 1:10.17 | 1:48.71 |
| 2 | Hannah UECKERMANN | | 52 Witham Dolph | 3:08.88 | 44.03 | 1:31.85 | 2:19.84 |
| 3 | Lesley DUHIG | | 50 Bark & Dagen | 3:10.02 | 43.33 | 1:31.01 | 2:21.17 |

65/69 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | 50 | 100 | 150 |
|-------|----------------|-----|-----------------|---------|-------|---------|---------|
| 1 | Linda CHANDLER | | 65 Rochford | 3:37.07 | 49.28 | 1:43.72 | 2:40.52 |
| 2 | CAROL HULETT | | 67 Romford Town | 3:44.48 | 49.19 | 1:47.03 | 2:46.96 |

EVENT 12 Mens Open 200m Freestyle Team

Full Results

| Place | Name | A.G | Club | Time | 50 | 100 | 150 |
|-------|-----------------------|-----|------------|---------|-------|---------|---------|
| 1 | Rochford & District A | | Rochford | 1:57.46 | 27.61 | 58.73 | 1:29.53 |
| 2 | Brentwood SC | | Brentwood | 1:57.48 | 28.01 | 59.06 | 1:30.93 |
| 3 | Chelmsford SC | | Chelmsford | 2:03.44 | 31.47 | 1:04.12 | 1:35.80 |
| 4 | Rochford & District B | | Rochford | 2:06.06 | 33.01 | 1:02.94 | 1:34.60 |

EVENT 13 Womens Open 200m Medley Team

Full Results

| Place | Name | A.G | Club | Time | 50 | 100 | 150 |
|-------|-----------------------|-----|----------|---------|------|---------|---------|
| 1 | Rochford & District B | | Rochford | 2:40.96 | 40.1 | 1:30.87 | 2:08.88 |

| Rochford & District A Chelmsford SC Ltd | | Rochford Chelmsford | DQ FI DQ T | | | |
|--|------------------------|------------------------|-----------------|---------|-------|-----------------|
| EVENT 14 Mens Open 200m Freestyle | | | | | | |
| 30/34 Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | 50 | 100 150 |
| | 1 Chris SHORT | | 33 Brentwood | 2:19.17 | 30.54 | 1:04.68 1:41.60 |
| | 2 Nick HARRIS | | 34 Romford Town | 2:30.83 | 35.29 | 1:13.34 1:52.45 |
| 35/39 Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | 50 | 100 150 |
| | 1 David DAPORTA-MENDEZ | | 38 Out To Swim | 2:11.40 | 31.25 | 1:04.54 1:38.34 |
| 40/44 Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | 50 | 100 150 |
| | 1 Lee NORTH | | 41 Rochford | 2:06.71 | 29.81 | 1:02.12 1:34.88 |
| | 2 Martin LANE | | 44 Romford Town | 2:09.45 | 29.51 | 1:01.98 1:35.77 |
| | 3 Andrew BELL | | 42 Thurrock | 2:30.63 | 33.19 | 1:11.03 1:51.61 |
| | 4 Frederic VAEREMANS | | 41 Chelmsford | 3:07.85 | 43.33 | 1:29.55 2:18.39 |
| 45/49 Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | 50 | 100 150 |
| | 1 Nigel BROWN | | 49 Chelmsford | 2:18.35 | 31.7 | 1:06.56 1:43.45 |
| 50/54 Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | 50 | 100 150 |
| | 1 Paul METSON | | 51 Rochford | 2:19.30 | 32.15 | 1:07.49 1:44.05 |
| | 2 Gordon CARTWRIGHT | | 54 Chelmsford | 2:39.71 | 35.97 | 1:15.59 1:57.15 |
| 55/59 Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | 50 | 100 150 |
| | 1 Geoff BAKER | | 56 Rochford | 2:35.34 | 34.71 | 1:13.37 1:54.32 |
| | 2 Thomas ENRIGHT | | 56 Romford Town | 2:43.66 | 36.72 | 1:17.80 2:00.47 |
| | 3 Colin CORBY | | 56 Chelmsford | 2:56.04 | 39.21 | 1:24.06 2:11.17 |
| 60/64 Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | 50 | 100 150 |
| | 1 Peter RAE | | 62 Rochford | 2:28.30 | 34.88 | 1:11.96 1:50.62 |
| | 2 Walter GERRARD | | 63 Rochford | 2:49.15 | 38.6 | 1:21.79 2:06.08 |
| 70/74 Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | 50 | 100 150 |
| | 1 Philip HARPER | | 70 Rochford | 2:47.04 | 39.05 | 1:22.21 2:05.99 |
| 75/79 Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | 50 | 100 150 |
| | 1 Derek GORE | | 75 Chelmsford | 3:03.91 | 42.96 | 1:30.10 2:18.63 |
| | 2 Anthony PEPPER | | 77 Romford Town | 3:42.86 | 52.78 | 1:51.07 2:48.93 |
| EVENT 15 Womens Open 50m Backstroke | | | | | | |
| 18/24 Yrs Age Group - Full Results | | | | | | |
| Place | Name | AaD | Club | Time | | |
| | 1 Leigh-Ann SMITH | | 19 Bark & Dagen | | 36.1 | |
| | 2 Georgina DICKSON | | 23 Brentwood | | 37.8 | |
| | 3 Charlotte MILNER | | 21 Southend | | 40.46 | |

| | | | | |
|--------------------------------------|---------------------|-----|-----------------|---------|
| 25/29 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Sophie CASTLE | | 27 Chelmsford | 34.95 |
| 30/34 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Jade PERRY | | 33 Rochford | 32.79 |
| | 2 Samantha MARSH | | 30 Rochford | 39.75 |
| | 3 Sara PRICE | | 31 Rochford | 41.95 |
| 35/39 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Louise PARSONS | | 35 Rochford | 39.03 |
| 40/44 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 ALISON COWIE | | 42 Chelmsford | 49.63 |
| 45/49 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Heidi NEVIN | | 47 Rochford | 38.08 |
| 50/54 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Hannah UECKERMANN | | 52 Witham Dolph | 41.23 |
| 55/59 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Eileen LUTHER | | 57 Rochford | 37.35 |
| 65/69 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Linda CHANDLER | | 65 Rochford | 51.78 |
| | 2 CAROL HULETT | | 67 Romford Town | 1:00.51 |
| EVENT 16 Mens Open 100m Breaststroke | | | | |
| 18/24 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Peter LAWTON | | 24 Southend | 1:11.72 |
| | 2 Todd HARDING | | 19 Rochford | 1:21.09 |
| | 3 Joshua COX | | 22 Rochford | 1:28.46 |
| 25/29 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Michael BAKER | | 25 Rochford | 1:25.55 |
| 40/44 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Lee PETERSON | | 41 Braintree | 1:07.51 |
| | 2 Adam TRIGG | | 43 Witham Dolph | 1:26.56 |
| 45/49 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 David GRIGGS | | 47 Romford Town | 1:25.10 |
| | Jonathan GOLD | | 47 Brentwood | DNC |
| 50/54 Yrs Age Group - Full Results | | | | |

| | | | | | |
|------------------------------------|-------------------------|-----|-----------------|---------|-------|
| Place | Name | AaD | Club | Time | 50 |
| | 1 Keith ODDY | | 52 Romford Town | 1:20.16 | 37.8 |
| 55/59 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Nicholas HUNT | | 59 Chelmsford | 1:21.18 | 38.15 |
| EVENT 17 Womens Open 50m Butterfly | | | | | |
| 18/24 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Leigh-Ann SMITH | | 19 Bark & Dagen | 34.23 | |
| | 2 Samantha MULLENDER | | 22 Basildon Ph | 37.6 | |
| 30/34 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Samantha MARSH | | 30 Rochford | 38.41 | |
| 35/39 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Louise PARSONS | | 35 Rochford | 34.57 | |
| | 2 Elizabeth MCKINNON | | 35 Rochford | 35.3 | |
| | 3 Clare BOSTON | | 36 Basildon Ph | 35.7 | |
| 40/44 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Lara FENNER | | 41 Romford Town | 32.94 | |
| | 2 Amanda LAIRD | | 41 Rochford | 38.27 | |
| 45/49 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Rebecca HARDY | | 47 Walt Trit | 38.05 | |
| 50/54 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 MADELINE RAYMOND | | 52 Romford Town | 34.05 | |
| 55/59 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Eileen LUTHER | | 57 Rochford | 37.53 | |
| EVENT 18 Mens Open 100m Backstroke | | | | | |
| 18/24 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Charlie POND THOMPSON | | 22 Southend | 1:00.41 | 29.62 |
| | 2 Samuel WHITE | | 21 Basildon Ph | 1:12.84 | 35.11 |
| 30/34 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Chris SHORT | | 33 Brentwood | 1:08.53 | 32.53 |
| | 2 James GRIGG | | 34 Rochford | 1:14.82 | 36.07 |
| 35/39 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Nick MURCH | | 36 Romford Town | 1:10.37 | 33.96 |
| 40/44 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |

| | | | | | |
|------------------------------------|----------------------|-----|-----------------|---------|---------|
| | 1 Lee NORTH | | 41 Rochford | 1:10.55 | 34.64 |
| | 2 Paul SPELLER | | 43 Romford Town | 1:14.06 | 36.3 |
| | 3 Mike MORINE | | 44 Chelmsford | 1:14.37 | 36.52 |
| 45/49 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Nigel BROWN | | 49 Chelmsford | 1:15.04 | 36.27 |
| 50/54 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Martin FENNER | | 53 Romford Town | 1:11.37 | 34.24 |
| | 2 Gordon CARTWRIGHT | | 54 Chelmsford | 1:35.01 | 46.59 |
| 55/59 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Nicholas HUNT | | 59 Chelmsford | 1:42.13 | 48.33 |
| 70/74 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Philip HARPER | | 70 Rochford | 1:29.89 | 44.25 |
| 75/79 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Anthony PEPPER | | 77 Romford Town | 1:51.36 | 54.22 |
| 80/84 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Janos LEIGH | | 81 Romford Town | 2:04.12 | 1:02.46 |
| EVENT 19 Womens Open 100m IM | | | | | |
| 18/24 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Lauren BAKER | | 20 Witham Dolph | 1:08.94 | |
| | 2 Claire O'CONNELL | | 24 Chelmsford | 1:10.99 | |
| | 3 Charlotte MILNER | | 21 Southend | 1:23.21 | |
| | 4 Samantha MULLENDER | | 22 Basildon Ph | 1:24.59 | |
| | 5 Georgina DICKSON | | 23 Brentwood | 1:30.38 | |
| 25/29 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Michelle CURRY | | 28 Romford Town | 1:10.23 | |
| 30/34 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Jade PERRY | | 33 Rochford | 1:21.35 | |
| | 2 Sara PRICE | | 31 Rochford | 1:25.73 | |
| | 3 Samantha MARSH | | 30 Rochford | 1:33.04 | |
| 35/39 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 SALLY DEVERILL | | 35 Romford Town | 1:18.99 | |
| | 2 Elizabeth MCKINNON | | 35 Rochford | 1:29.33 | |
| | 3 Lindsey HARRIS | | 35 Bark & Dagen | 1:29.47 | |
| 40/44 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |

| | | | | |
|------------------------------------|------------------------|-----|-----------------|---------|
| | 1 Lara FENNER | | 41 Romford Town | 1:16.54 |
| | 2 Amanda LAIRD | | 41 Rochford | 1:27.92 |
| | 3 Natasha COTTER | | 40 Chelmsford | 1:36.78 |
| | 4 ALISON COWIE | | 42 Chelmsford | 1:42.65 |
| 45/49 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Rebecca HARDY | | 47 Walt Trit | 1:22.98 |
| 50/54 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 MADELINE RAYMOND | | 52 Romford Town | 1:19.83 |
| 55/59 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Eileen LUTHER | | 57 Rochford | 1:30.63 |
| EVENT 20 Mens Open 50m Freestyle | | | | |
| 18/24 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Danny BAKER | | 21 Rochford | 25.5 |
| | 2 Peter LAWTON | | 24 Southend | 26.19 |
| | 3 Todd HARDING | | 19 Rochford | 27.83 |
| | 4 Joshua COX | | 22 Rochford | 30 |
| | 5 Benjamin GOMES | | 21 Basildon Ph | 36.37 |
| 25/29 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Andrew COWING | | 27 Brentwood | 25.98 |
| | 2 Alistair BELL | | 29 Bark & Dagen | 29.5 |
| 30/34 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Nick HARRIS | | 34 Romford Town | 31.72 |
| 35/39 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 David DAPORTA-MENDEZ | | 38 Out To Swim | 28.39 |
| 40/44 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Martin LANE | | 44 Romford Town | 24.95 |
| | 2 Lee NORTH | | 41 Rochford | 27.56 |
| | 3 Paul SPELLER | | 43 Romford Town | 29.61 |
| | 4 Mike MORINE | | 44 Chelmsford | 29.76 |
| | 5 Andrew BELL | | 42 Thurrock | 30.61 |
| | 6 Adam TRIGG | | 43 Witham Dolph | 31.02 |
| | 7 Frederic VAEREMANS | | 41 Chelmsford | 37.6 |
| 45/49 Yrs Age Group - Full Results | | | | |
| Place | Name | AaD | Club | Time |
| | 1 Niall TIERNAN | | 46 Brentwood | 27.67 |
| | 2 Nigel BROWN | | 49 Chelmsford | 28.8 |
| | 3 Steve MURPHY | | 47 Thurrock | 28.93 |

| | | | | |
|---------------------------------------|------------------------------|-----|-----------------|-------|
| | 4 Jonathan GOLD | | 47 Brentwood | 31.14 |
| | 5 Peter CHITTOCK | | 45 Basildon Ph | 32.93 |
| 50/54 | Yrs Age Group - Full Results | | | |
| Place | Name | AaD | Club | Time |
| | 1 Martin FENNER | | 53 Romford Town | 29.47 |
| | 2 Paul METSON | | 51 Rochford | 29.63 |
| | 3 Keith ODDY | | 52 Romford Town | 29.84 |
| | 4 Richard DOYLE | | 51 Brentwood | 31.31 |
| | 5 Adrian COLLINS | | 52 Bark & Dagen | 32.87 |
| 55/59 | Yrs Age Group - Full Results | | | |
| Place | Name | AaD | Club | Time |
| | 1 Thomas ENRIGHT | | 56 Romford Town | 31.05 |
| | 2 Geoff BAKER | | 56 Rochford | 31.21 |
| | 3 Colin CORBY | | 56 Chelmsford | 31.66 |
| | 4 Nicholas HUNT | | 59 Chelmsford | 35.32 |
| | 5 Nic RIVERS | | 55 Basildon Ph | 36.52 |
| 60/64 | Yrs Age Group - Full Results | | | |
| Place | Name | AaD | Club | Time |
| | 1 Peter RAE | | 62 Rochford | 31.01 |
| | 2 Walter GERRARD | | 63 Rochford | 31.86 |
| 70/74 | Yrs Age Group - Full Results | | | |
| Place | Name | AaD | Club | Time |
| | 1 Philip HARPER | | 70 Rochford | 31.2 |
| 75/79 | Yrs Age Group - Full Results | | | |
| Place | Name | AaD | Club | Time |
| | 1 Derek GORE | | 75 Chelmsford | 36.41 |
| | 2 Ronald POWER | | 75 Romford Town | 37.07 |
| | 3 Stanley CLARKE | | 77 Romford Town | 39.21 |
| 80/84 | Yrs Age Group - Full Results | | | |
| Place | Name | AaD | Club | Time |
| | 1 Janos LEIGH | | 81 Romford Town | 48.32 |
| EVENT 21 Womens Open 50m Breaststroke | | | | |
| 18/24 | Yrs Age Group - Full Results | | | |
| Place | Name | AaD | Club | Time |
| | 1 Lauren BAKER | | 20 Witham Dolph | 35.17 |
| | 2 Claire O'CONNELL | | 24 Chelmsford | 36.66 |
| 25/29 | Yrs Age Group - Full Results | | | |
| Place | Name | AaD | Club | Time |
| | 1 Sophie CASTLE | | 27 Chelmsford | 40.02 |
| 30/34 | Yrs Age Group - Full Results | | | |
| Place | Name | AaD | Club | Time |
| | 1 Sara PRICE | | 31 Rochford | 43.88 |
| 35/39 | Yrs Age Group - Full Results | | | |
| Place | Name | AaD | Club | Time |
| | 1 SALLY DEVERILL | | 35 Romford Town | 38.96 |

| | | | | | |
|-------------------------------------|---------------------|-----|-----------------|---------|-------|
| 40/44 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Natasha COTTER | | 40 Chelmsford | 46.65 | |
| | 2 ALISON COWIE | | 42 Chelmsford | 53.09 | |
| 45/49 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Heidi NEVIN | | 47 Rochford | 40.2 | |
| | 2 Rebecca HARDY | | 47 Walt Trit | 42.36 | |
| 50/54 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Hannah UECKERMANN | | 52 Witham Dolph | 41.05 | |
| 55/59 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Eileen LUTHER | | 57 Rochford | 45.43 | |
| 65/69 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | |
| | 1 Linda CHANDLER | | 65 Rochford | 51.98 | |
| EVENT 22 Mens Open 100m Butterfly | | | | | |
| 18/24 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Danny BAKER | | 21 Rochford | 1:03.95 | 29.57 |
| | 2 Todd HARDING | | 19 Rochford | 1:16.40 | 35.01 |
| 30/34 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Matthew RICKETT | | 33 Rochford | 1:08.19 | 31.8 |
| | James GRIGG | | 34 Rochford | DNC | |
| 35/39 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Nick MURCH | | 36 Romford Town | 1:07.30 | 31.66 |
| 40/44 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Lee NORTH | | 41 Rochford | 1:06.86 | 31 |
| | 2 Mike MORINE | | 44 Chelmsford | 1:18.92 | 35.18 |
| 45/49 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 David GRIGGS | | 47 Romford Town | 1:14.20 | 35.26 |
| 50/54 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | 1 Martin FENNER | | 53 Romford Town | 1:15.30 | 35.89 |
| 55/59 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |
| | Geoff BAKER | | 56 Rochford | DNC | |
| EVENT 23 Womens Open 100m Freestyle | | | | | |
| 18/24 Yrs Age Group - Full Results | | | | | |
| Place | Name | AaD | Club | Time | 50 |

| | | | | | | | | | |
|--|------------------------------|------|-----------------|---------|--|--|-------|---------|---------|
| | 1 Leigh-Ann SMITH | | 19 Bark & Dagen | 1:10.40 | | | | 33.11 | |
| | 2 Georgina DICKSON | | 23 Brentwood | 1:21.16 | | | | 37.37 | |
| 25/29 | Yrs Age Group - Full Results | | | | | | | | |
| Place | Name | AaD | Club | Time | | | | 50 | |
| | 1 Michelle CURRY | | 28 Romford Town | 1:02.26 | | | | 30.53 | |
| 30/34 | Yrs Age Group - Full Results | | | | | | | | |
| Place | Name | AaD | Club | Time | | | | 50 | |
| | 1 Nichola MURCH | | 33 Romford Town | 1:06.42 | | | | 32.14 | |
| 35/39 | Yrs Age Group - Full Results | | | | | | | | |
| Place | Name | AaD | Club | Time | | | | 50 | |
| | 1 Louise PARSONS | | 35 Rochford | 1:10.14 | | | | 33.87 | |
| | 2 Clare BOSTON | | 36 Basildon Ph | 1:11.18 | | | | 34.75 | |
| | 3 Lindsey HARRIS | | 35 Bark & Dagen | 1:16.15 | | | | 36.34 | |
| 40/44 | Yrs Age Group - Full Results | | | | | | | | |
| Place | Name | AaD | Club | Time | | | | 50 | |
| | 1 ALISON COWIE | | 42 Chelmsford | 1:37.91 | | | | 45.44 | |
| 45/49 | Yrs Age Group - Full Results | | | | | | | | |
| Place | Name | AaD | Club | Time | | | | 50 | |
| | 1 Amanda GOODMAN | | 45 Basildon Ph | 1:12.33 | | | | 34.23 | |
| | 2 Karen SKILLING | | 49 Brentwood | 1:27.76 | | | | 41.59 | |
| 50/54 | Yrs Age Group - Full Results | | | | | | | | |
| Place | Name | AaD | Club | Time | | | | 50 | |
| | 1 MADELINE RAYMOND | | 52 Romford Town | 1:07.32 | | | | 31.92 | |
| 55/59 | Yrs Age Group - Full Results | | | | | | | | |
| Place | Name | AaD | Club | Time | | | | 50 | |
| | 1 Eileen LUTHER | | 57 Rochford | 1:17.63 | | | | 37.09 | |
| 65/69 | Yrs Age Group - Full Results | | | | | | | | |
| Place | Name | AaD | Club | Time | | | | 50 | |
| | 1 CAROL HULETT | | 67 Romford Town | 1:39.08 | | | | 48.16 | |
| | 2 Linda CHANDLER | | 65 Rochford | 1:39.92 | | | | 47.32 | |
| EVENT 24 Mens Open 200m Medley Team | | | | | | | | | |
| Full Results | | | | | | | | | |
| Place | Name | A.G | Club | Time | | | 50 | 100 | 150 |
| | 1 Brentwood SC | | Brentwood | 2:13.88 | | | 38.84 | 1:18.04 | 1:48.24 |
| | 2 Rochford & District A | | Rochford | 2:14.93 | | | 33.55 | 1:11.46 | 1:42.91 |
| | 3 Chelmsford SC | | Chelmsford | 2:17.39 | | | 36.97 | 1:12.97 | 1:45.30 |
| | 4 Rochford & District B | | Rochford | 2:25.22 | | | 32.88 | 1:10.63 | 1:51.03 |
| | 5 basildon | Op/n | Basildon Ph | 2:31.81 | | | 47.28 | 1:25.12 | 1:58.40 |
| EVENT 25 Womens Open 200m Freestyle Team | | | | | | | | | |
| Full Results | | | | | | | | | |
| Place | Name | A.G | Club | Time | | | 50 | 100 | 150 |
| | 1 Rochford & District A | | Rochford | 2:12.60 | | | 34.3 | 1:08.37 | 1:40.47 |
| | 2 thurrock | Op/n | Thurrock | 2:16.91 | | | 37.25 | 1:07.66 | 1:37.02 |
| | 3 Rochford & District B | | Rochford | 2:22.09 | | | 34.57 | 1:20.16 | 1:50.37 |