

## Winter Championships 2011

at Basildon Sporting Village

EVENT 1 Womens Open 800m Freestyle

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time						
1	Emma HASLER		15 Bo Waltham F	9:41.19						
	50m 32.43	100m	1150m 1:44.45	200m 2:20.82	250m 2:57.65	300m 3:34.63	350m 4:11.65	400m 4:48.72		
	450m 5:25.27	500m	€550m 6:39.49	600m 7:16.59	650m 7:53.44	700m 8:30.21	750m 9:07.11	800m 9:41.19		
2	Bethan MCELROY		13 Canvey Isl	9:41.54						
	50m 33.30	100m	1150m 1:45.49	200m 2:22.17	250m 2:59.41	300m 3:36.38	350m 4:13.52	400m 4:50.69		
	450m 5:27.65	500m	€550m 6:41.68	600m 7:18.64	650m 7:54.92	700m 8:31.53	750m 9:07.51	800m 9:41.54		
3	Ciara PURCELL		13 BorRedbridge	9:46.97						
	50m 33.49	100m	1150m 1:47.19	200m 2:24.30	250m 3:01.38	300m 3:38.79	350m 4:15.45	400m 4:52.66		
	450m 5:30.00	500m	€550m 6:44.48	600m 7:21.86	650m 7:59.13	700m 8:36.09	750m 9:11.96	800m 9:46.97		
4	Bethaney HALL		16 Romford Town	9:53.24						
	50m 31.91	100m	1150m 1:44.61	200m 2:21.92	250m 2:58.64	300m 3:36.28	350m 4:13.68	400m 4:51.44		
	450m 5:29.21	500m	€550m 6:45.12	600m 7:23.08	650m 8:00.89	700m 8:38.91	750m 9:16.49	800m 9:53.24		
5	Rebecca HAYES		15 Thurrock	9:59.66						
	50m 33.41	100m	1150m 1:47.36	200m 2:25.16	250m 3:03.30	300m 3:41.47	350m 4:19.73	400m 4:58.11		
	450m 5:36.61	500m	€550m 6:52.79	600m 7:30.80	650m 8:08.45	700m 8:46.43	750m 9:23.65	800m 9:59.66		
6	Chloe-Annabelle WARD		15 Epping For't	10:00.7						
	50m 32.95	100m	1150m 1:45.76	200m 2:23.77	250m 3:01.49	300m 3:39.69	350m 4:18.00	400m 4:56.33		
	450m 5:34.70	500m	€550m 6:51.54	600m 7:29.87	650m 8:08.20	700m 8:46.66	750m 9:24.37	800m 10:00.67		
7	Grace WINGROVE		14 BorRedbridge	10:00.7						
	50m 33.47	100m	1150m 1:48.04	200m 2:25.71	250m 3:04.06	300m 3:42.10	350m 4:20.11	400m 4:58.37		
	450m 5:36.53	500m	€550m 6:52.46	600m 7:30.86	650m 8:09.03	700m 8:46.83	750m 9:24.44	800m 10:00.69		
8	Eloise MONTANANA		12 BorRedbridge	10:02.3						
	50m 34.64	100m	1150m 1:49.98	200m 2:27.78	250m 3:06.19	300m 3:44.87	350m 4:22.98	400m 5:01.09		
	450m 5:39.27	500m	€550m 6:56.32	600m 7:34.51	650m 8:12.77	700m 8:50.43	750m 9:26.91	800m 10:02.29		
9	Erin CORNEY		12 Romford Town	10:08.5						
	50m 34.94	100m	1150m 1:51.69	200m 2:30.74	250m 3:09.31	300m 3:47.97	350m 4:26.93	400m 5:05.78		
	450m 5:44.68	500m	€550m 7:01.58	600m 7:40.14	650m 8:17.97	700m 8:56.64	750m 9:33.17	800m 10:08.48		

10	Lisa MURPHY	13 Killerwhales	10:10.4						
	50m 33.43	100m 1150m 1:48.20	200m 2:26.63	250m 3:05.32	300m 3:44.23	350m 4:22.60	400m 5:01.25		
	450m 5:39.82	500m €550m 6:57.44	600m 7:36.15	650m 8:15.24	700m 8:53.89	750m 9:32.72	800m 10:10.41		
11	Kirstie FEHILY	13 Canvey Isl	10:13.5						
	50m 33.64	100m 1150m 1:48.00	200m 2:26.17	250m 3:04.65	300m 3:43.89	350m 4:22.73	400m 5:02.28		
	450m 5:41.14	500m €550m 6:59.51	600m 7:39.44	650m 8:18.46	700m 8:58.20	750m 9:35.91	800m 10:13.49		
12	Sophie WARD	13 Romford Town	10:20.2						
	50m 35.13	100m 1150m 1:52.26	200m 2:31.16	250m 3:09.89	300m 3:48.72	350m 4:27.84	400m 5:06.53		
	450m 5:45.28	500m €550m 7:03.47	600m 7:43.14	650m 8:22.61	700m 9:02.04	750m 9:41.46	800m 10:20.18		
13	Holly HILDREW	12 Romford Town	10:24.5						
	50m 33.85	100m 1150m 1:52.58	200m 2:32.29	250m 3:12.02	300m 3:52.02	350m 4:31.20	400m 5:10.57		
	450m 5:50.34	500m €550m 7:09.95	600m 7:49.40	650m 8:28.75	700m 9:08.25	750m 9:47.03	800m 10:24.46		
14	Claire GOLIGHTLY	13 BorRedbridge	10:27.4						
	50m 34.69	100m 1150m 1:51.90	200m 2:31.23	250m 3:10.29	300m 3:49.73	350m 4:28.95	400m 5:08.94		
	450m 5:48.55	500m €550m 7:08.81	600m 7:49.36	650m 8:29.34	700m 9:09.70	750m 9:48.82	800m 10:27.41		
15	Sophie HOWARD	14 Braintree	10:27.5						
	50m 32.65	100m 1150m 1:47.34	200m 2:26.25	250m 3:05.30	300m 3:45.15	350m 4:25.04	400m 5:05.52		
	450m 5:45.83	500m €550m 7:06.42	600m 7:46.87	650m 8:27.11	700m 9:08.12	750m 9:48.48	800m 10:27.51		
16	Marissa POSNETT	16 Epping For't	10:27.9						
	50m 33.55	100m 1150m 1:50.65	200m 2:30.55	250m 3:10.78	300m 3:51.28	350m 4:31.53	400m 5:12.44		
	450m 5:53.37	500m €550m 7:15.22	600m 7:55.08	650m 8:34.14	700m 9:13.20	750m 9:50.80	800m 10:27.95		
17	Karis ELLERBY	14 Canvey Isl	10:28.0						
	50m 33.71	100m 1150m 1:50.54	200m 2:30.01	250m 3:09.19	300m 3:49.19	350m 4:29.03	400m 5:08.96		
	450m 5:48.91	500m €550m 7:09.55	600m 7:50.56	650m 8:31.30	700m 9:11.53	750m 9:50.75	800m 10:27.97		
18	Georgia MILTON	11 Romford Town	10:31.5						
	50m 36.01	100m 1150m 1:53.87	200m 2:33.54	250m 3:13.02	300m 3:52.90	350m 4:32.98	400m 5:13.08		
	450m 5:53.52	500m €550m 7:13.70	600m 7:54.39	650m 8:34.76	700m 9:15.33	750m 9:54.16	800m 10:31.49		
19	Tia COLBY	13 Bo Southend	10:36.0						
	50m 37.71	100m 1150m 1:58.87	200m 2:38.97	250m 3:19.33	300m 3:59.43	350m 4:39.37	400m 5:19.56		
	450m 5:59.66	500m €550m 7:19.81	600m 7:59.85	650m 8:39.62	700m 9:19.11	750m 9:57.94	800m 10:36.04		
20	Katie WHIFFIN	15 Epping For't	10:39.4						
	50m 33.23	100m 1150m 1:50.25	200m 2:29.84	250m 3:09.68	300m 3:49.82	350m 4:30.47	400m 5:11.38		
	450m 5:52.43	500m €550m 7:15.15	600m 7:56.71	650m 8:38.03	700m 9:19.21	750m 10:00.22	800m 10:39.38		
21	Amelia PEDDLE	11 Epping For't	10:39.8						
	50m 34.66	100m 1150m 1:55.04	200m 2:35.44	250m 3:16.10	300m 3:57.16	350m 4:37.57	400m 5:18.96		
	450m 5:59.22	500m €550m 7:20.69	600m 8:01.32	650m 8:41.66	700m 9:22.38	750m 10:01.27	800m 10:39.79		
22	Isabel LEVINE	13 BorRedbridge	10:42.0						

	50m 35.43	100m 1150m 1:54.81	200m 2:35.91	250m 3:15.96	300m 3:56.86	350m 4:37.36	400m 5:18.98
	450m 5:59.61	500m €550m 7:21.62	600m 8:03.18	650m 8:43.83	700m 9:24.59	750m 10:04.25	800m 10:41.99
23 Ellie MITCHELL		12 Runnymede		10:42.0			
	50m 35.35	100m 1150m 1:54.41	200m 2:35.58	250m 3:16.74	300m 3:57.57	350m 4:38.35	400m 5:18.85
	450m 5:59.58	500m €550m 7:21.06	600m 8:02.88	650m 8:43.36	700m 9:24.50	750m 10:03.83	800m 10:42.02
24 Abby COLTON		12 Witham Dolph		10:59.8			
	50m 36.37	100m 1150m 1:59.55	200m 2:41.62	250m 3:23.09	300m 4:05.06	350m 4:46.51	400m 5:28.44
	450m 6:09.75	500m €550m 7:33.43	600m 8:15.50	650m 8:56.77	700m 9:38.47	750m 10:19.12	800m 10:59.76
25 Lauren COLTON		12 Witham Dolph		11:04.9			
	50m 37.59	100m 1150m 2:01.90	200m 2:44.31	250m 3:26.12	300m 4:08.63	350m 4:50.93	400m 5:33.48
	450m 6:15.09	500m €550m 7:39.73	600m 8:22.23	650m 9:03.56	700m 9:45.50	750m 10:26.16	800m 11:04.90
26 Sophie PRIDDLE		12 BorRedbridge		11:14.4			
	50m 37.76	100m 1150m 2:01.60	200m 2:44.22	250m 3:27.20	300m 4:10.34	350m 4:53.19	400m 5:36.53
	450m 6:19.14	500m 7550m 7:44.43	600m 8:27.22	650m 9:09.66	700m 9:52.09	750m 10:34.48	800m 11:14.36

Open Age Group - Full Results

Place	Name	AaD	Club	Time				
1	Emma HASLER		15 Bo Waltham F		9:41.19			
	50m 32.43	100m 1150m 1:44.45	200m 2:20.82	250m 2:57.65	300m 3:34.63	350m 4:11.65	400m 4:48.72	
	450m 5:25.27	500m €550m 6:39.49	600m 7:16.59	650m 7:53.44	700m 8:30.21	750m 9:07.11	800m 9:41.19	
2	Bethan MCELROY		13 Canvey Isl		9:41.54			
	50m 33.30	100m 1150m 1:45.49	200m 2:22.17	250m 2:59.41	300m 3:36.38	350m 4:13.52	400m 4:50.69	
	450m 5:27.65	500m €550m 6:41.68	600m 7:18.64	650m 7:54.92	700m 8:31.53	750m 9:07.51	800m 9:41.54	
3	Ciara PURCELL		13 BorRedbridge		9:46.97			
	50m 33.49	100m 1150m 1:47.19	200m 2:24.30	250m 3:01.38	300m 3:38.79	350m 4:15.45	400m 4:52.66	
	450m 5:30.00	500m €550m 6:44.48	600m 7:21.86	650m 7:59.13	700m 8:36.09	750m 9:11.96	800m 9:46.97	
4	Bethaney HALL		16 Romford Town		9:53.24			
	50m 31.91	100m 1150m 1:44.61	200m 2:21.92	250m 2:58.64	300m 3:36.28	350m 4:13.68	400m 4:51.44	
	450m 5:29.21	500m €550m 6:45.12	600m 7:23.08	650m 8:00.89	700m 8:38.91	750m 9:16.49	800m 9:53.24	
5	Rebecca HAYES		15 Thurrock		9:59.66			
	50m 33.41	100m 1150m 1:47.36	200m 2:25.16	250m 3:03.30	300m 3:41.47	350m 4:19.73	400m 4:58.11	
	450m 5:36.61	500m €550m 6:52.79	600m 7:30.80	650m 8:08.45	700m 8:46.43	750m 9:23.65	800m 9:59.66	
6	Chloe-Annabelle WARD		15 Epping For't		10:00.7			
	50m 32.95	100m 1150m 1:45.76	200m 2:23.77	250m 3:01.49	300m 3:39.69	350m 4:18.00	400m 4:56.33	
	450m 5:34.70	500m €550m 6:51.54	600m 7:29.87	650m 8:08.20	700m 8:46.66	750m 9:24.37	800m 10:00.67	
7	Grace WINGROVE		14 BorRedbridge		10:00.7			
	50m 33.47	100m 1150m 1:48.04	200m 2:25.71	250m 3:04.06	300m 3:42.10	350m 4:20.11	400m 4:58.37	
	450m 5:36.53	500m €550m 6:52.46	600m 7:30.86	650m 8:09.03	700m 8:46.83	750m 9:24.44	800m 10:00.69	



	50m 37.71	100m 1:58.87	200m 2:38.97	250m 3:19.33	300m 3:59.43	350m 4:39.37	400m 5:19.56
	450m 5:59.66	500m 7:19.81	600m 7:59.85	650m 8:39.62	700m 9:19.11	750m 9:57.94	800m 10:36.04
21	Katie WHIFFIN	15 Epping For't		10:39.4			
	50m 33.23	100m 1:50.25	200m 2:29.84	250m 3:09.68	300m 3:49.82	350m 4:30.47	400m 5:11.38
	450m 5:52.43	500m 7:15.15	600m 7:56.71	650m 8:38.03	700m 9:19.21	750m 10:00.22	800m 10:39.38
22	Amelia PEDDLE	11 Epping For't		10:39.8			
	50m 34.66	100m 1:55.04	200m 2:35.44	250m 3:16.10	300m 3:57.16	350m 4:37.57	400m 5:18.96
	450m 5:59.22	500m 7:20.69	600m 8:01.32	650m 8:41.66	700m 9:22.38	750m 10:01.27	800m 10:39.79
23	Isabel LEVINE	13 BorRedbridge		10:42.0			
	50m 35.43	100m 1:54.81	200m 2:35.91	250m 3:15.96	300m 3:56.86	350m 4:37.36	400m 5:18.98
	450m 5:59.61	500m 7:21.62	600m 8:03.18	650m 8:43.83	700m 9:24.59	750m 10:04.25	800m 10:41.99
24	Ellie MITCHELL	12 Runnymede		10:42.0			
	50m 35.35	100m 1:54.41	200m 2:35.58	250m 3:16.74	300m 3:57.57	350m 4:38.35	400m 5:18.85
	450m 5:59.58	500m 7:21.06	600m 8:02.88	650m 8:43.36	700m 9:24.50	750m 10:03.83	800m 10:42.02
25	Abby COLTON	12 Witham Dolph		10:59.8			
	50m 36.37	100m 1:59.55	200m 2:41.62	250m 3:23.09	300m 4:05.06	350m 4:46.51	400m 5:28.44
	450m 6:09.75	500m 7:33.43	600m 8:15.50	650m 8:56.77	700m 9:38.47	750m 10:19.12	800m 10:59.76
26	Lauren COLTON	12 Witham Dolph		11:04.9			
	50m 37.59	100m 2:01.90	200m 2:44.31	250m 3:26.12	300m 4:08.63	350m 4:50.93	400m 5:33.48
	450m 6:15.09	500m 7:39.73	600m 8:22.23	650m 9:03.56	700m 9:45.50	750m 10:26.16	800m 11:04.90
27	Sophie PRIDDLE	12 BorRedbridge		11:14.4			
	50m 37.76	100m 2:01.60	200m 2:44.22	250m 3:27.20	300m 4:10.34	350m 4:53.19	400m 5:36.53
	450m 6:19.14	500m 7:44.43	600m 8:27.22	650m 9:09.66	700m 9:52.09	750m 10:34.48	800m 11:14.36

EVENT 2 Mens Open 1500m Freestyle

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time
1	George FOLEY		15 Romford Town	16:55.6
	50m 30.13	100m 1:36.46	200m 2:10.71	250m 2:44.01
	450m 5:00.72	500m 6:08.73	600m 6:42.78	650m 7:17.10
	850m 9:32.37	900m 10:40.49	1000m 11:14.64	1050m 11:48.53
	1250m 14:06.50	1300m 15:15.34	1400m 15:49.54	1450m 16:22.54
			1500m 16:55.64	
2	Jarrold BRADFIELD		15 Colchester	17:32.4
	50m 31.69	100m 1:41.63	200m 2:16.67	250m 2:51.87
	450m 5:13.41	500m 6:24.15	600m 6:59.43	650m 7:34.83
	850m 9:56.86	900m 11:07.54	1000m 11:42.81	1050m 12:18.10
	1250m 14:40.31	1300m 15:51.09	1400m 16:26.39	1450m 17:01.02
			1500m 17:32.45	
3	Bradley CLARKE		15 Basildon Ph	17:32.7



50m	30.28	100m	1:37.38	200m	2:11.21	250m	2:44.80	300m	3:18.77	350m	3:52.68	400m	4:26.44
450m	5:00.69	500m	6:09.20	600m	6:43.41	650m	7:17.76	700m	7:52.14	750m	8:26.79	800m	9:01.75
850m	9:36.92	900m	10:47.73	1000m	11:23.01	1050m	11:58.39	1100m	12:34.33	1150m	13:10.28	1200m	13:46.24
1250m	14:22.30	1300m	15:35.56	1400m	16:12.44	1450m	16:49.03	1500m	17:25.86				
3 Jarrod BRADFIELD		15 Colchester		17:32.4									
50m	31.69	100m	1:41.63	200m	2:16.67	250m	2:51.87	300m	3:27.48	350m	4:02.56	400m	4:38.17
450m	5:13.41	500m	6:24.15	600m	6:59.43	650m	7:34.83	700m	8:10.15	750m	8:45.75	800m	9:21.33
850m	9:56.86	900m	11:07.54	1000m	11:42.81	1050m	12:18.10	1100m	12:53.82	1150m	13:28.91	1200m	14:04.57
1250m	14:40.31	1300m	15:51.09	1400m	16:26.39	1450m	17:01.02	1500m	17:32.45				
4 Bradley CLARKE		15 Basildon Ph		17:32.7									
50m	31.06	100m	1:39.25	200m	2:13.85	250m	2:48.46	300m	3:23.21	350m	3:58.27	400m	4:33.30
450m	5:08.69	500m	6:19.77	600m	6:55.69	650m	7:31.57	700m	8:07.66	750m	8:44.03	800m	9:20.68
850m	9:56.76	900m	11:07.05	1000m	11:42.60	1050m	12:17.92	1100m	12:53.62	1150m	13:29.25	1200m	14:04.71
1250m	14:40.34	1300m	15:51.33	1400m	16:26.82	1450m	17:01.12	1500m	17:32.66				
5 Tommy WILLIS		15 Bo Waltham F		17:53.5									
50m	30.04	100m	1:39.39	200m	2:15.49	250m	2:50.85	300m	3:26.56	350m	4:02.17	400m	4:38.21
450m	5:13.83	500m	6:25.98	600m	7:02.36	650m	7:38.57	700m	8:14.98	750m	8:51.08	800m	9:27.07
850m	10:03.03	900m	11:15.45	1000m	11:51.59	1050m	12:27.62	1100m	13:03.73	1150m	13:39.79	1200m	14:16.36
1250m	14:52.53	1300m	16:05.10	1400m	16:41.48	1450m	17:17.74	1500m	17:53.46				
6 Russell BECK		14 Bo Southend		18:16.1									
50m	31.18	100m	1:41.01	200m	2:16.96	250m	2:52.47	300m	3:28.85	350m	4:05.62	400m	4:42.10
450m	5:18.76	500m	6:33.24	600m	7:10.49	650m	7:47.42	700m	8:24.88	750m	9:01.96	800m	9:39.56
850m	10:16.52	900m	11:31.15	1000m	12:08.58	1050m	12:45.67	1100m	13:23.34	1150m	14:00.61	1200m	14:38.11
1250m	15:14.88	1300m	16:28.36	1400m	17:05.39	1450m	17:41.34	1500m	18:16.12				
7 Harvey BROWN		14 Basildon Ph		18:22.9									
50m	31.43	100m	1:42.95	200m	2:20.49	250m	2:56.97	300m	3:33.60	350m	4:10.18	400m	4:46.95
450m	5:24.25	500m	6:38.10	600m	7:14.60	650m	7:52.60	700m	8:29.88	750m	9:06.32	800m	9:43.30
850m	10:20.54	900m	11:35.07	1000m	12:11.76	1050m	12:49.33	1100m	13:26.84	1150m	14:04.10	1200m	14:41.60
1250m	15:19.51	1300m	16:35.31	1400m	17:12.43	1450m	17:49.24	1500m	18:22.91				
8 Charlie FOX		14 Killerwhales		18:45.4									
50m	33.39	100m	1:46.22	200m	2:23.45	250m	3:00.79	300m	3:38.34	350m	4:15.64	400m	4:53.49
450m	5:31.28	500m	6:47.03	600m	7:25.58	650m	8:03.12	700m	8:41.58	750m	9:19.30	800m	9:57.44
850m	10:35.39	900m	11:50.77	1000m	12:28.68	1050m	13:06.48	1100m	13:44.66	1150m	14:22.25	1200m	15:00.11
1250m	15:37.53	1300m	16:53.80	1400m	17:31.75	1450m	18:08.71	1500m	18:45.38				
9 Cavan BECK		12 Bo Southend		19:39.8									
50m	33.62	100m	1:47.36	200m	2:25.08	250m	3:02.91	300m	3:41.18	350m	4:18.89	400m	4:58.35
450m	5:37.26	500m	6:54.68	600m	7:34.16	650m	8:13.43	700m	8:53.10	750m	9:32.93	800m	10:13.21

850m 10:52.47      900m 1 950m 12:12.89      1000m 12:54.24 1050m 13:34.19 1100m 14:15.01 1150m 14:55.35 1200m 15:36.60  
 1250m 16:17.29      1300m 1350m 17:40.00      1400m 18:21.41 1450m 19:01.24 1500m 19:39.83

EVENT 3 Womens Open 200m IM  
 16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Elena SHERIDAN		16 Romford Town	2:21.41	-	1:07.01	-
2	Brock WHISTON		15 Romford Town	2:31.40	-	1:14.08	-
3	Courtney SANDERS		14 Chelmsford	2:34.08	-	1:11.48	-
4	Hannah TRAVELL		15 Chelmsford	2:34.51	-	1:12.64	-
5	Emily STEPHENS		14 Colchester	2:35.35	-	1:15.53	-
6	Bethaney HALL		16 Romford Town	2:35.79	-	1:14.14	-
7	Lauren BAKER		16 Witham Dolph	2:36.96	-	1:18.21	-
8	Amelia KNOWLES		15 Southend	2:37.26	-	1:11.97	-
9	Eleanor PIRRIE		14 Runnymede	2:37.65	-	1:13.11	-
10	Katherine STEPHENS		15 Thurrock	2:37.87	-	1:15.19	-
11	Amy HARRIS		14 Romford Town	2:38.52	-	1:16.78	-
12	Laura STEPHENS		12 Colchester	2:39.73	-	1:14.85	-
13	Jessica LAMBERT		16 BorRedbridge	2:39.80	-	1:14.54	-
14	Grace WINGROVE		14 BorRedbridge	2:40.12	-	1:15.53	-
15	Abigail REYNOLDS		14 Bo Southend	2:42.75	-	1:16.62	-
15	Holly HILDREW		12 Romford Town	2:42.75	-	1:17.71	-
17	Lisa MURPHY		13 Killerwhales	2:43.29	-	1:19.26	-
18	Chloe RUDKIN		12 Colchester	2:43.32	-	1:20.55	-
19	Stephanie TOMLINSON		13 Romford Town	2:44.47	-	1:16.94	-
20	Sophie WARD		13 Romford Town	2:45.59	-	1:19.42	-
21	Amelia PEDDLE		11 Epping For't	2:46.56	-	1:16.84	-
22	Claire GOLIGHTLY		13 BorRedbridge	2:46.66	-	1:20.00	-
23	Lucy HARWOOD		11 BorRedbridge	2:46.99	-	1:17.52	-
24	Aimee NEWPORT		12 Thurrock	2:47.21	-	1:17.92	-
25	Georgia MILTON		11 Romford Town	2:47.36	-	1:19.99	-
26	Danica BRAZIER		12 Chelmsford	2:48.58	-	1:22.45	-
27	Jessica PERSELL		11 BorRedbridge	2:49.00	-	1:19.68	-
28	Brooke FROST		11 Basildon Ph	2:51.15	-	1:19.13	-
29	Briony HAGGER		12 Killerwhales	2:51.38	-	1:26.50	-
30	Megan PALMER		12 Killerwhales	2:51.50	-	1:22.91	-
31	Hope JONES		13 Thurrock	2:51.55	-	1:23.80	-
32	Sophie KENNY		13 BorRedbridge	2:52.48	-	1:23.40	-

33	Dina DAY	12	Runnymede	2:53.50	-	1:23.84	-
34	Sophie PRIDDLE	12	BorRedbridge	2:54.39	-	1:22.24	-
35	Lois WYATT	13	Brentwood	2:55.88	-	1:20.91	-
36	Sarah ELLIS	13	Runnymede	2:58.15	-	1:24.60	-
37	Chloe CORNHILL	13	Killerwhales	3:02.49	-	1:28.01	-
	Jodi WHITEHEAD	13	Romford Town	DQ T-			

Open Age Group - Full Results

Place	Name	AaD	Club	Time		50	100	150
1	Elena SHERIDAN	16	Romford Town	2:21.41	-	1:07.01	-	
2	Evangelina FISHER	17	Chelmsford	2:30.08	-	1:11.77	-	
3	Brock WHISTON	15	Romford Town	2:31.40	-	1:14.08	-	
4	Courtney SANDERS	14	Chelmsford	2:34.08	-	1:11.48	-	
5	Hannah TRAVELL	15	Chelmsford	2:34.51	-	1:12.64	-	
6	Emily STEPHENS	14	Colchester	2:35.35	-	1:15.53	-	
7	Chloe DAVIS	17	Runnymede	2:35.65	-	1:11.68	-	
8	Bethaney HALL	16	Romford Town	2:35.79	-	1:14.14	-	
9	Kelsey RICHARDS	18	BorRedbridge	2:36.87	-	1:12.28	-	
10	Lauren BAKER	16	Witham Dolph	2:36.96	-	1:18.21	-	
11	Amelia KNOWLES	15	Southend	2:37.26	-	1:11.97	-	
12	Eleanor PIRRIE	14	Runnymede	2:37.65	-	1:13.11	-	
13	Katherine STEPHENS	15	Thurrock	2:37.87	-	1:15.19	-	
14	Amy HARRIS	14	Romford Town	2:38.52	-	1:16.78	-	
15	Laura STEPHENS	12	Colchester	2:39.73	-	1:14.85	-	
16	Jessica LAMBERT	16	BorRedbridge	2:39.80	-	1:14.54	-	
17	Grace WINGROVE	14	BorRedbridge	2:40.12	-	1:15.53	-	
18	Abigail REYNOLDS	14	Bo Southend	2:42.75	-	1:16.62	-	
18	Holly HILDREW	12	Romford Town	2:42.75	-	1:17.71	-	
20	Lisa MURPHY	13	Killerwhales	2:43.29	-	1:19.26	-	
21	Chloe RUDKIN	12	Colchester	2:43.32	-	1:20.55	-	
22	Stephanie TOMLINSON	13	Romford Town	2:44.47	-	1:16.94	-	
23	Julia BRAYBROOKE	24	Killerwhales	2:45.03	-	1:17.85	-	
24	Sophie WARD	13	Romford Town	2:45.59	-	1:19.42	-	
25	Amelia PEDDLE	11	Epping For't	2:46.56	-	1:16.84	-	
26	Claire GOLIGHTLY	13	BorRedbridge	2:46.66	-	1:20.00	-	
27	Lucy HARWOOD	11	BorRedbridge	2:46.99	-	1:17.52	-	
28	Aimee NEWPORT	12	Thurrock	2:47.21	-	1:17.92	-	
29	Georgia MILTON	11	Romford Town	2:47.36	-	1:19.99	-	

30	Danica BRAZIER	12 Chelmsford	2:48.58	-	1:22.45	-
31	Jessica PERSELL	11 BorRedbridge	2:49.00	-	1:19.68	-
32	Brooke FROST	11 Basildon Ph	2:51.15	-	1:19.13	-
33	Briony HAGGER	12 Killerwhales	2:51.38	-	1:26.50	-
34	Megan PALMER	12 Killerwhales	2:51.50	-	1:22.91	-
35	Hope JONES	13 Thurrock	2:51.55	-	1:23.80	-
36	Sophie KENNY	13 BorRedbridge	2:52.48	-	1:23.40	-
37	Dina DAY	12 Runnymede	2:53.50	-	1:23.84	-
38	Sophie PRIDDLE	12 BorRedbridge	2:54.39	-	1:22.24	-
39	Lois WYATT	13 Brentwood	2:55.88	-	1:20.91	-
40	Sarah ELLIS	13 Runnymede	2:58.15	-	1:24.60	-
41	Chloe CORNHILL	13 Killerwhales	3:02.49	-	1:28.01	-
	Jodi WHITEHEAD	13 Romford Town	DQ T-			

EVENT 4 Mens Open 200m IM

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Charlie DENTITH	16	BorRedbridge	2:11.88	-	1:01.54	-
2	Sean HOULIHAN	16	Thurrock	2:18.20	-	1:05.80	-
3	Thomas MCLAGAN	15	Chelmsford	2:21.19	-	1:06.72	-
4	Harry COKER	15	Romford Town	2:22.42	-	1:07.08	-
5	Bradley CLARKE	15	Basildon Ph	2:23.25	-	1:09.46	-
6	Augustus VEASEY	15	Chelmsford	2:23.26	-	1:07.97	-
7	Jack CARTER	16	Southend	2:23.30	-	1:07.13	-
8	Joseph STAMP	16	BorRedbridge	2:24.67	-	1:04.88	-
9	Joshua INWOOD	15	Basildon Ph	2:25.80	-	1:06.32	-
10	Charles O'CONNOR	16	Colchester	2:26.81	-	1:08.79	-
11	George CROW	16	Killerwhales	2:27.08	-	1:06.44	-
12	Freddy CASSFORD	16	Epping For't	2:28.99	-	1:09.15	-
13	Matthew ALEXANDER	14	Killerwhales	2:29.65	-	1:09.47	-
14	Aidan ROBINSON	14	Basildon Ph	2:30.28	-	1:10.77	-
15	Luke SHERIDAN	14	Romford Town	2:31.45	-	1:10.94	-
16	Kieran GOODWIN	13	Killerwhales	2:31.62	-	1:12.60	-
17	Kenneth MAN	14	BorRedbridge	2:31.72	-	1:12.29	-
18	Stephen TRUONG	14	BorRedbridge	2:35.67	-	1:12.08	-
19	Fraser SCOTT	13	BorRedbridge	2:36.56	-	1:16.01	-
20	Charlie FOX	14	Killerwhales	2:37.59	-	1:12.90	-
21	Morgan BROWN	13	BorRedbridge	2:38.50	-	1:13.89	-

22	Salaam MOTIN	14 Thurrock	2:38.55	-	1:15.80	-
23	OLE MILLS	12 Chelmsford	2:39.55	-	1:17.49	-
24	Kieran WILKINSON	14 Southend	2:41.15	-	1:15.12	-
25	Jack AYLING	13 Romford Town	2:41.64	-	1:17.13	-
26	Daniel ROBINSON	13 Killerwhales	2:45.97	-	1:21.11	-
27	Ashley CLARKE	13 Basildon Ph	2:47.19	-	1:18.63	-
28	Cameron SIMPSON	13 Colchester	2:52.64	-	1:23.77	-

Open Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Charlie DENTITH	16	BorRedbridge	2:11.88	-	1:01.54	-
2	Lewis CLIFFORD-STEPHEN	18	Killerwhales	2:15.43	-	1:05.06	-
3	Sean HOULIHAN	16	Thurrock	2:18.20	-	1:05.80	-
4	Matthew WINNELL	18	Runnymede	2:20.08	-	1:05.11	-
5	Thomas MCLAGAN	15	Chelmsford	2:21.19	-	1:06.72	-
6	Harry COKER	15	Romford Town	2:22.42	-	1:07.08	-
7	Bradley CLARKE	15	Basildon Ph	2:23.25	-	1:09.46	-
8	Augustus VEASEY	15	Chelmsford	2:23.26	-	1:07.97	-
9	Jack CARTER	16	Southend	2:23.30	-	1:07.13	-
10	Joseph STAMP	16	BorRedbridge	2:24.67	-	1:04.88	-
11	Joshua INWOOD	15	Basildon Ph	2:25.80	-	1:06.32	-
12	Danny BAKER	17	Rochford	2:26.70	-	1:09.12	-
13	Charles O'CONNOR	16	Colchester	2:26.81	-	1:08.79	-
14	George CROW	16	Killerwhales	2:27.08	-	1:06.44	-
15	Christopher GARLICK	17	Brentwood	2:28.70	-	1:08.59	-
16	Freddy CASSFORD	16	Epping For't	2:28.99	-	1:09.15	-
17	Matthew ALEXANDER	14	Killerwhales	2:29.65	-	1:09.47	-
18	Aidan ROBINSON	14	Basildon Ph	2:30.28	-	1:10.77	-
19	Luke SHERIDAN	14	Romford Town	2:31.45	-	1:10.94	-
20	Kieran GOODWIN	13	Killerwhales	2:31.62	-	1:12.60	-
21	Kenneth MAN	14	BorRedbridge	2:31.72	-	1:12.29	-
22	Stephen TRUONG	14	BorRedbridge	2:35.67	-	1:12.08	-
23	Fraser SCOTT	13	BorRedbridge	2:36.56	-	1:16.01	-
24	Charlie FOX	14	Killerwhales	2:37.59	-	1:12.90	-
25	Tom VICKERS	17	Colchester	2:37.74	-	1:09.54	-
26	Morgan BROWN	13	BorRedbridge	2:38.50	-	1:13.89	-
27	Salaam MOTIN	14	Thurrock	2:38.55	-	1:15.80	-
28	OLE MILLS	12	Chelmsford	2:39.55	-	1:17.49	-

29	Kieran WILKINSON	14 Southend	2:41.15	-	1:15.12	-
30	Jack AYLING	13 Romford Town	2:41.64	-	1:17.13	-
31	Daniel ROBINSON	13 Killerwhales	2:45.97	-	1:21.11	-
32	Ashley CLARKE	13 Basildon Ph	2:47.19	-	1:18.63	-
33	Cameron SIMPSON	13 Colchester	2:52.64	-	1:23.77	-

EVENT 5 Womens Open 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time
1	Brock WHISTON	15	Romford Town	35.3
2	Amy STATHAM	15	Killerwhales	36.14
3	Lauren BAKER	16	Witham Dolph	37.28
4	Grace GILROY	14	Brentwood	37.44
5	Jodi WHITEHEAD	13	Romford Town	37.56
5	Philippa DAVENALL	13	Colchester	37.56
7	Kayleigh SIMS	15	Canvey Isl	37.67
8	Amy HARRIS	14	Romford Town	37.93
9	Marissa POSNETT	16	Epping For't	38.29
10	Katie WHIFFIN	15	Epping For't	38.34
11	Molly GILES	14	Canvey Isl	38.66
12	Faye BRUMBY	15	Rochford	39.7

EVENT 6 Mens Open 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time
1	Scott DENHAM	23	Romford Town	30.58
2	Lewis CLIFFORD-STEPHEN	18	Killerwhales	31.35
3	Sargon YOUSSEFI-TITCHE	21	Colchester	31.66
4	Benjamin STUCKEY	16	Bo Newham	31.84
5	Christian PARKER	19	Southend	31.97
6	Jake HARRISON	19	Romford Town	33.07
7	Hayden THOMAS	16	Epping For't	33.32
8	Ryan SMITH	18	BorRedbridge	33.71
9	Joseph MACKAY	19	Colchester	35.04
10	Jack CARTER	16	Southend	35.16
11	Augustus VEASEY	15	Chelmsford	35.44
12	Charles O'CONNOR	16	Colchester	35.5
13	Dean BRUMBY	19	Rochford	35.82

EVENT 7 Womens Open 200m Freestyle

## 16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Elena SHERIDAN	16	Romford Town	2:09.56	-	1:03.34	-
2	Emily STEPHENS	14	Colchester	2:14.73	-	1:05.78	-
3	Danielle ROOKE	15	Killerwhales	2:16.62	-	1:05.62	-
4	Courtney SANDERS	14	Chelmsford	2:17.16	-	1:05.30	-
5	Bethaney HALL	16	Romford Town	2:17.46	-	1:05.89	-
6	Ciara PURCELL	13	BorRedbridge	2:17.47	-	1:06.54	-
7	Georgia MILLS	15	Thurrock	2:17.77	-	1:06.25	-
8	Hannah TRAVELL	15	Chelmsford	2:18.26	-	1:07.10	-
9	Eloise MONTANANA	12	BorRedbridge	2:18.70	-	1:07.67	-
10	Kayleigh UMFREVILLE	14	Thurrock	2:18.79	-	1:06.91	-
11	Bethan MCELROY	13	Canvey Isl	2:18.80	-	1:08.25	-
12	Rosie WEBBER	15	Romford Town	2:19.17	-	1:06.98	-
13	Victoria CHRISTMAS	14	Romford Town	2:19.23	-	1:06.59	-
14	Chloe-Annabelle WARD	15	Epping For't	2:19.94	-	1:07.90	-
15	Isabella SALTHOUSE	14	Braintree	2:19.97	-	1:09.15	-
16	Grace HELLIER	13	Braintree	2:20.66	-	1:08.76	-
17	Marissa POSNETT	16	Epping For't	2:21.13	-	1:06.24	-
18	Grace WINGROVE	14	BorRedbridge	2:21.63	-	1:08.05	-
19	Rianna SMITH	13	Brentwood	2:21.69	-	1:08.33	-
20	Lisa MURPHY	13	Killerwhales	2:21.91	-	1:09.44	-
21	Liberty GOOD	14	Southend	2:22.72	-	1:09.00	-
22	Lisa WAITE	14	Epping For't	2:23.00	-	1:08.78	-
23	Rachael MOORE	14	Basildon Ph	2:23.34	-	1:10.57	-
24	Karis ELLERBY	14	Canvey Isl	2:24.13	-	1:09.43	-
25	Sophie WAYMONT	14	Southend	2:24.39	-	1:09.69	-
26	Katie WHIFFIN	15	Epping For't	2:25.14	-	1:09.11	-
27	Lauren BAKER	16	Witham Dolph	2:26.61	-	1:11.25	-
28	Katie WILLIS	15	Southend	2:26.75	-	1:10.13	-
29	Molly JEROME	13	Basildon Ph	2:26.98	-	1:12.63	-
30	Danica BRAZIER	12	Chelmsford	2:27.32	-	1:12.49	-
31	Rebecca CRIBB	11	Romford Town	2:27.42	-	1:11.58	-
32	Tia COLBY	13	Bo Southend	2:27.54	-	1:10.82	-
33	Maisie WEST	15	Basildon Ph	2:27.58	-	1:10.74	-
34	Evangeline FOSTER	13	Epping For't	2:27.95	-	1:12.83	-
35	Claire GOLIGHTLY	13	BorRedbridge	2:29.55	-	1:12.98	-

36	Amelia PEDDLE	11 Epping For't	2:29.79	-	1:13.33	-
37	Ellie MITCHELL	12 Runnymede	2:30.28	-	1:12.83	-
38	Kiera TIPPETT	12 Runnymede	2:30.82	-	1:13.01	-
39	Lucy HARWOOD	11 BorRedbridge	2:30.87	-	1:13.82	-
40	Brooke FROST	11 Basildon Ph	2:31.03	-	1:14.63	-
41	Hope JONES	13 Thurrock	2:32.18	-	1:15.33	-
42	Isabel LEVINE	13 BorRedbridge	2:32.68	-	1:14.18	-
43	Aimee NEWPORT	12 Thurrock	2:32.76	-	1:14.74	-
43	Alice WANG	13 Epping For't	2:32.76	-	1:13.58	-
45	Lois WYATT	13 Brentwood	2:33.12	-	1:11.80	-
46	Sophie PRIDDLE	12 BorRedbridge	2:35.31	-	1:15.03	-
47	Jemima WALKER	12 Basildon Ph	2:35.67	-	1:15.23	-
48	Chloe CORNHILL	13 Killerwhales	2:39.66	-	1:15.89	-
49	Abigayle MARSHALL	13 Bo Southend	2:39.93	-	1:17.95	-
50	Dina DAY	12 Runnymede	2:42.15	-	1:17.13	-
51	Renae DAWES	11 Killerwhales	2:44.20	-	1:18.30	-

Open Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Elena SHERIDAN	16	Romford Town	2:09.56	-	1:03.34	-
2	Nicola REES	21	Romford Town	2:09.76	-	1:03.70	-
3	Emily STEPHENS	14	Colchester	2:14.73	-	1:05.78	-
4	Sarah LARNER	18	Chelmsford	2:14.86	-	1:04.83	-
5	Danielle ROOKE	15	Killerwhales	2:16.62	-	1:05.62	-
6	Courtney SANDERS	14	Chelmsford	2:17.16	-	1:05.30	-
7	Bethaney HALL	16	Romford Town	2:17.46	-	1:05.89	-
8	Ciara PURCELL	13	BorRedbridge	2:17.47	-	1:06.54	-
9	Georgia MILLS	15	Thurrock	2:17.77	-	1:06.25	-
10	Hannah TRAVELL	15	Chelmsford	2:18.26	-	1:07.10	-
11	Eloise MONTANANA	12	BorRedbridge	2:18.70	-	1:07.67	-
12	Kayleigh UMFREVILLE	14	Thurrock	2:18.79	-	1:06.91	-
13	Bethan MCELROY	13	Canvey Isl	2:18.80	-	1:08.25	-
14	Rosie WEBBER	15	Romford Town	2:19.17	-	1:06.98	-
15	Victoria CHRISTMAS	14	Romford Town	2:19.23	-	1:06.59	-
16	Chloe-Annabelle WARD	15	Epping For't	2:19.94	-	1:07.90	-
17	Isabella SALTHOUSE	14	Braintree	2:19.97	-	1:09.15	-
18	Grace HELLIER	13	Braintree	2:20.66	-	1:08.76	-
19	Marissa POSNETT	16	Epping For't	2:21.13	-	1:06.24	-

20	Grace WINGROVE	14 BorRedbridge	2:21.63	-	1:08.05	-
21	Rianna SMITH	13 Brentwood	2:21.69	-	1:08.33	-
22	Lisa MURPHY	13 Killerwhales	2:21.91	-	1:09.44	-
23	Liberty GOOD	14 Southend	2:22.72	-	1:09.00	-
24	Lisa WAITE	14 Epping For't	2:23.00	-	1:08.78	-
25	Rachael MOORE	14 Basildon Ph	2:23.34	-	1:10.57	-
26	Johanna LINDBLOM	17 BorRedbridge	2:23.69	-	1:08.33	-
27	Karis ELLERBY	14 Canvey Isl	2:24.13	-	1:09.43	-
28	Sophie WAYMONT	14 Southend	2:24.39	-	1:09.69	-
29	Katie WHIFFIN	15 Epping For't	2:25.14	-	1:09.11	-
30	Lauren BAKER	16 Witham Dolph	2:26.61	-	1:11.25	-
31	Katie WILLIS	15 Southend	2:26.75	-	1:10.13	-
32	Molly JEROME	13 Basildon Ph	2:26.98	-	1:12.63	-
33	Danica BRAZIER	12 Chelmsford	2:27.32	-	1:12.49	-
34	Rebecca CRIBB	11 Romford Town	2:27.42	-	1:11.58	-
35	Tia COLBY	13 Bo Southend	2:27.54	-	1:10.82	-
36	Maisie WEST	15 Basildon Ph	2:27.58	-	1:10.74	-
37	Evangeline FOSTER	13 Epping For't	2:27.95	-	1:12.83	-
38	Claire GOLIGHTLY	13 BorRedbridge	2:29.55	-	1:12.98	-
39	Amelia PEDDLE	11 Epping For't	2:29.79	-	1:13.33	-
40	Ellie MITCHELL	12 Runnymede	2:30.28	-	1:12.83	-
41	Kiera TIPPETT	12 Runnymede	2:30.82	-	1:13.01	-
42	Lucy HARWOOD	11 BorRedbridge	2:30.87	-	1:13.82	-
43	Brooke FROST	11 Basildon Ph	2:31.03	-	1:14.63	-
44	Hope JONES	13 Thurrock	2:32.18	-	1:15.33	-
45	Isabel LEVINE	13 BorRedbridge	2:32.68	-	1:14.18	-
46	Aimee NEWPORT	12 Thurrock	2:32.76	-	1:14.74	-
46	Alice WANG	13 Epping For't	2:32.76	-	1:13.58	-
48	Lois WYATT	13 Brentwood	2:33.12	-	1:11.80	-
49	Sophie PRIDDLE	12 BorRedbridge	2:35.31	-	1:15.03	-
50	Jemima WALKER	12 Basildon Ph	2:35.67	-	1:15.23	-
51	Chloe CORNHILL	13 Killerwhales	2:39.66	-	1:15.89	-
52	Abigayle MARSHALL	13 Bo Southend	2:39.93	-	1:17.95	-
53	Dina DAY	12 Runnymede	2:42.15	-	1:17.13	-
54	Renae DAWES	11 Killerwhales	2:44.20	-	1:18.30	-

EVENT 8 Mens Open 200m Freestyle  
16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Charlie DENTITH	16	BorRedbridge	1:58.80	-	57.26	-
2	George FOLEY	15	Romford Town	2:01.57	-	58.53	-
3	Jarrold BRADFIELD	15	Colchester	2:04.44	-	59.83	-
4	Lee BAKER	16	Epping For't	2:05.05	-	1:01.26	-
5	James ROOME	16	Killerwhales	2:05.34	-	59.73	-
6	Bradley CLARKE	15	Basildon Ph	2:05.75	-	1:01.59	-
7	Jim VICKERS	14	Colchester	2:07.72	-	1:00.79	-
8	Joseph HELLIER	16	Braintree	2:08.22	-	1:00.98	-
9	Nicholas ALBROW	16	Basildon Ph	2:09.21	-	1:02.00	-
10	Hayden THOMAS	16	Epping For't	2:09.63	-	1:03.77	-
11	Harry COKER	15	Romford Town	2:09.71	-	1:03.14	-
12	Henry MAHER	16	Epping For't	2:09.89	-	1:00.81	-
13	Harvey BROWN	14	Basildon Ph	2:09.95	-	1:03.00	-
14	Russell BECK	14	Bo Southend	2:11.58	-	1:03.49	-
15	Thomas BENSON	16	Romford Town	2:12.28	-	1:03.52	-
16	James DAY	14	Thurrock	2:13.54	-	1:02.72	-
17	Kenneth MAN	14	BorRedbridge	2:14.78	-	1:03.46	-
18	Lawrence BROWN	15	BorRedbridge	2:16.49	-	1:03.00	-
19	Kieran GOODWIN	13	Killerwhales	2:16.52	-	1:05.93	-
20	Modestas MOCKEVICIUS	14	Bo Southend	2:16.70	-	1:06.78	-
21	Cavan BECK	12	Bo Southend	2:16.79	-	1:06.94	-
22	Hugo JOHNSON	13	Bo Southend	2:17.76	-	1:06.65	-
23	Stephen TRUONG	14	BorRedbridge	2:19.11	-	1:06.60	-
24	Billy MAYNARD	14	Southend	2:20.50	-	1:07.62	-
25	Charlie FOX	14	Killerwhales	2:21.63	-	1:07.91	-
26	Christian MCMILLAN	13	Rochford	2:22.81	-	1:07.32	-
27	Jack AYLING	13	Romford Town	2:23.32	-	1:10.19	-
28	Morgan BROWN	13	BorRedbridge	2:23.41	-	1:08.96	-
29	Kalaam MOTIN	14	Thurrock	2:23.45	-	1:10.92	-
30	Fraser SCOTT	13	BorRedbridge	2:23.67	-	1:10.30	-
31	Harry FOX	12	Killerwhales	2:23.75	-	1:10.13	-
32	Salaam MOTIN	14	Thurrock	2:23.83	-	1:10.91	-
33	Daniel ROBINSON	13	Killerwhales	2:24.96	-	1:09.44	-
34	Cameron SIMPSON	13	Colchester	2:34.92	-	1:14.78	-
	Aidan ROBINSON	14	Basildon Ph	DNC			

Open Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Reece BARCLAY	20	Bo Waltham F	1:57.89	-	55.95	-
2	Charlie DENTITH	16	BorRedbridge	1:58.80	-	57.26	-
3	George FOLEY	15	Romford Town	2:01.57	-	58.53	-
4	Harry PAYNE	17	Thurrock	2:03.73	-	59.41	-
5	Jarrold BRADFIELD	15	Colchester	2:04.44	-	59.83	-
6	Tom WEBB	17	Killerwhales	2:04.59	-	1:00.26	-
7	Lee BAKER	16	Epping For't	2:05.05	-	1:01.26	-
8	Toby ANDREWS	17	Killerwhales	2:05.17	-	59.13	-
9	James ROOME	16	Killerwhales	2:05.34	-	59.73	-
10	Bradley CLARKE	15	Basildon Ph	2:05.75	-	1:01.59	-
11	Thomas TOOLIS	18	Romford Town	2:06.26	-	1:00.51	-
12	Michael GRACE	18	Basildon Ph	2:06.72	-	59.43	-
13	Jim VICKERS	14	Colchester	2:07.72	-	1:00.79	-
14	Joseph HELLIER	16	Braintree	2:08.22	-	1:00.98	-
15	Jake HARRISON	19	Romford Town	2:08.26	-	1:00.43	-
16	Nicholas ALBROW	16	Basildon Ph	2:09.21	-	1:02.00	-
17	Hayden THOMAS	16	Epping For't	2:09.63	-	1:03.77	-
18	Harry COKER	15	Romford Town	2:09.71	-	1:03.14	-
19	Henry MAHER	16	Epping For't	2:09.89	-	1:00.81	-
20	Harvey BROWN	14	Basildon Ph	2:09.95	-	1:03.00	-
21	Russell BECK	14	Bo Southend	2:11.58	-	1:03.49	-
22	Danny BAKER	17	Rochford	2:12.14	-	1:04.20	-
23	Thomas BENSON	16	Romford Town	2:12.28	-	1:03.52	-
24	Tom SKINGSLEY	17	Killerwhales	2:12.59	-	1:02.94	-
25	James DAY	14	Thurrock	2:13.54	-	1:02.72	-
26	Christopher GARLICK	17	Brentwood	2:14.30	-	1:03.88	-
27	Kenneth MAN	14	BorRedbridge	2:14.78	-	1:03.46	-
28	Lawrence BROWN	15	BorRedbridge	2:16.49	-	1:03.00	-
29	Kieran GOODWIN	13	Killerwhales	2:16.52	-	1:05.93	-
30	Modestas MOCKEVICIUS	14	Bo Southend	2:16.70	-	1:06.78	-
31	Cavan BECK	12	Bo Southend	2:16.79	-	1:06.94	-
32	Hugo JOHNSON	13	Bo Southend	2:17.76	-	1:06.65	-
33	Stephen TRUONG	14	BorRedbridge	2:19.11	-	1:06.60	-
34	Billy MAYNARD	14	Southend	2:20.50	-	1:07.62	-
35	Charlie FOX	14	Killerwhales	2:21.63	-	1:07.91	-
36	Christian MCMILLAN	13	Rochford	2:22.81	-	1:07.32	-

37	Jack AYLING	13 Romford Town	2:23.32	-	1:10.19	-
38	Morgan BROWN	13 BorRedbridge	2:23.41	-	1:08.96	-
39	Kalaam MOTIN	14 Thurrock	2:23.45	-	1:10.92	-
40	Fraser SCOTT	13 BorRedbridge	2:23.67	-	1:10.30	-
41	Harry FOX	12 Killerwhales	2:23.75	-	1:10.13	-
42	Salaam MOTIN	14 Thurrock	2:23.83	-	1:10.91	-
43	Daniel ROBINSON	13 Killerwhales	2:24.96	-	1:09.44	-
44	Cameron SIMPSON	13 Colchester	2:34.92	-	1:14.78	-
	Aidan ROBINSON	14 Basildon Ph	DNC			

EVENT 9 Womens Open 100m Butterfly

Full Results

Place	Name	AaD	Club	Time		50
1	Elena SHERIDAN	16	Romford Town	1:03.46	-	
2	Amelia KNOWLES	15	Southend	1:06.73	-	
3	Eleanor PIRRIE	14	Runnymede	1:07.21	-	
4	Laura STEPHENS	12	Colchester	1:08.17	-	
5	Nicola REES	21	Romford Town	1:09.06	-	
6	Chloe DAVIS	17	Runnymede	1:09.29	-	
7	Amrita ROBERTSON	13	Bo Waltham F	1:09.54	-	
8	Katherine STEPHENS	15	Thurrock	1:11.38	-	
8	Brock WHISTON	15	Romford Town	1:11.38	-	
10	Emily COLE	17	BorRedbridge	1:11.63	-	
11	Julia BRAYBROOKE	24	Killerwhales	1:11.71	-	
12	Chloe TOMSETT	15	Brentwood	1:12.00	-	
13	Victoria CHRISTMAS	14	Romford Town	1:13.27	-	
14	Lucy HARWOOD	11	BorRedbridge	1:13.42	-	
15	Sophie WARD	13	Romford Town	1:13.81	-	
16	Georgia MILLS	15	Thurrock	1:14.10	-	
17	Kayleigh UMFREVILLE	14	Thurrock	1:14.20	-	
18	Jessica PERSELL	11	BorRedbridge	1:15.15	-	
19	Holly HILDREW	12	Romford Town	1:15.28	-	
20	Philippa DAVENALL	13	Colchester	1:15.60	-	
21	Abbie HILL	13	Killerwhales	1:15.72	-	
22	Lisa WAITE	14	Epping For't	1:15.81	-	
23	Stephanie TOMLINSON	13	Romford Town	1:17.15	-	
24	Claire GOLIGHTLY	13	BorRedbridge	1:18.06	-	
25	Jessica STATHAM	13	Killerwhales	1:18.27	-	

26 Sophie PRIDDLE 12 BorRedbridge 1:20.82 -

EVENT 10 Mens Open 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	50
1	Sonny FORD	15	Thurrock	1:01.72	-
2	James HOLLIS	17	Epping For't	1:02.07	-
3	Joseph STAMP	16	BorRedbridge	1:03.13	-
4	Henry MAHER	16	Epping For't	1:03.78	-
5	Tom WEBB	17	Killerwhales	1:04.32	-
6	Joshua INWOOD	15	Basilidon Ph	1:04.42	-
7	Harry COKER	15	Romford Town	1:04.52	-
8	Samuel HOBBS	16	Clacton On S	1:05.00	-
9	George KNIGHT	15	Runnymede	1:05.03	-
10	Charles STURLEY	15	Romford Town	1:05.16	-
11	Christopher GARLICK	17	Brentwood	1:05.25	-
12	Freddy CASSFORD	16	Epping For't	1:05.39	-
13	James ROOME	16	Killerwhales	1:05.43	-
14	Aidan ROBINSON	14	Basilidon Ph	1:05.45	-
15	Ryan SMITH	18	BorRedbridge	1:06.00	-
16	Charles O'CONNOR	16	Colchester	1:06.45	-
17	Jake HAMMOND	18	Bo Newham	1:06.64	-
18	James DAY	14	Thurrock	1:07.81	-
19	Tom VICKERS	17	Colchester	1:08.15	-
20	Jarrold BRADFIELD	15	Colchester	1:08.27	-
21	Luke SHERIDAN	14	Romford Town	1:08.74	-
22	Russell BECK	14	Bo Southend	1:10.09	-
23	Charlie FOX	14	Killerwhales	1:10.29	-
24	Kenneth MAN	14	BorRedbridge	1:12.34	-
25	Bentley CUNNINGTON	13	Epping For't	1:13.60	-
	Stephen TRUONG	14	BorRedbridge	DNC	-

EVENT 11 Womens Open 200m Backstroke

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Eliza DUFFY	14	Chelmsford	2:26.88	-	1:11.67	-
2	Courtney SANDERS	14	Chelmsford	2:30.32	-	1:12.88	-
3	Rebecca HAYES	15	Thurrock	2:34.04	-	1:16.11	-
4	Kirstie FEHILY	13	Canvey Isl	2:34.83	-	1:15.22	-

5	Rosie WEBBER	15 Romford Town	2:35.71	-	1:16.09	-
6	Jodi WHITEHEAD	13 Romford Town	2:36.30	-	1:16.89	-
7	Jessica LAMBERT	16 BorRedbridge	2:37.28	-	1:14.89	-
8	Grace WINGROVE	14 BorRedbridge	2:38.72	-	1:16.99	-
9	Emily STEPHENS	14 Colchester	2:39.00	-	1:19.84	-
10	Laura STEPHENS	12 Colchester	2:41.02	-	1:21.95	-
11	Isabella SALTHOUSE	14 Braintree	2:41.04	-	1:19.92	-
12	Ekaterina ZOSSIMOVA	15 Bo Newham	2:42.25	-	1:18.40	-
13	Molly JEROME	13 Basildon Ph	2:42.34	-	1:21.58	-
14	Maisie WEST	15 Basildon Ph	2:42.39	-	1:18.22	-
15	Chloe TOMSETT	15 Brentwood	2:42.61	-	1:19.20	-
16	Eloise MONTANANA	12 BorRedbridge	2:42.75	-	1:19.10	-
17	Aimee NEWPORT	12 Thurrock	2:43.01	-	1:20.76	-
18	Sophia AMOROSO	14 BorRedbridge	2:43.15	-	1:18.66	-
19	Caroline MELLOR	15 Basildon Ph	2:43.62	-	1:19.06	-
20	Martha DULEY	12 Colchester	2:43.65	-	1:18.57	-
21	Brooke FROST	11 Basildon Ph	2:44.64	-	1:20.65	-
22	Katie WILLIS	15 Southend	2:45.55	-	1:19.70	-
23	Rebecca CRIBB	11 Romford Town	2:46.00	-	1:22.46	-
24	Megan PALMER	12 Killerwhales	2:46.30	-	1:23.47	-
25	Abby COLTON	12 Witham Dolph	2:48.60	-	1:22.76	-
26	Danica BRAZIER	12 Chelmsford	2:49.16	-	1:22.75	-
27	Lois WYATT	13 Brentwood	2:49.83	-	1:22.27	-
28	Alice WANG	13 Epping For't	2:49.93	-	1:23.53	-
29	Amrita ROBERTSON	13 Bo Waltham F	2:50.03	-	1:22.78	-
30	Lisa MURPHY	13 Killerwhales	2:51.19	-	1:23.63	-
31	Lucy HARWOOD	11 BorRedbridge	2:51.27	-	1:25.83	-
32	Amelia PEDDLE	11 Epping For't	2:52.00	-	1:23.26	-
33	Sarah ELLIS	13 Runnymede	2:52.27	-	1:24.09	-
34	Claudia STRATFORD	13 Killerwhales	2:52.89	-	1:23.43	-
35	Jessica PERSELL	11 BorRedbridge	2:54.67	-	1:25.06	-
36	Abbie HILL	13 Killerwhales	2:54.70	-	1:24.86	-
37	Jemima WALKER	12 Basildon Ph	3:01.99	-	1:29.80	-
38	Ellie MITCHELL	12 Runnymede	3:08.35	-	1:32.19	-
	Sian ELMY	15 Runnymede	DNC			
	Rachael MOORE	14 Basildon Ph	DNC			

Open Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Eliza DUFFY	14	Chelmsford	2:26.88	-	1:11.67	-
2	Courtney SANDERS	14	Chelmsford	2:30.32	-	1:12.88	-
3	Rebecca HAYES	15	Thurrock	2:34.04	-	1:16.11	-
4	Kirstie FEHILY	13	Canvey Isl	2:34.83	-	1:15.22	-
5	Rosie WEBBER	15	Romford Town	2:35.71	-	1:16.09	-
6	Chloe DAVIS	17	Runnymede	2:35.88	-	1:14.80	-
7	Jodi WHITEHEAD	13	Romford Town	2:36.30	-	1:16.89	-
8	Jessica LAMBERT	16	BorRedbridge	2:37.28	-	1:14.89	-
9	Grace WINGROVE	14	BorRedbridge	2:38.72	-	1:16.99	-
10	Emily STEPHENS	14	Colchester	2:39.00	-	1:19.84	-
11	Laura STEPHENS	12	Colchester	2:41.02	-	1:21.95	-
12	Isabella SALTHOUSE	14	Braintree	2:41.04	-	1:19.92	-
13	Lauren FLIGHT	17	Witham Dolph	2:41.94	-	1:16.32	-
14	Ekaterina ZOSSIMOVA	15	Bo Newham	2:42.25	-	1:18.40	-
15	Molly JEROME	13	Basildon Ph	2:42.34	-	1:21.58	-
16	Maisie WEST	15	Basildon Ph	2:42.39	-	1:18.22	-
17	Chloe TOMSETT	15	Brentwood	2:42.61	-	1:19.20	-
18	Eloise MONTANANA	12	BorRedbridge	2:42.75	-	1:19.10	-
19	Aimee NEWPORT	12	Thurrock	2:43.01	-	1:20.76	-
20	Sophia AMOROSO	14	BorRedbridge	2:43.15	-	1:18.66	-
21	Caroline MELLOR	15	Basildon Ph	2:43.62	-	1:19.06	-
22	Martha DULEY	12	Colchester	2:43.65	-	1:18.57	-
23	Brooke FROST	11	Basildon Ph	2:44.64	-	1:20.65	-
24	Katie WILLIS	15	Southend	2:45.55	-	1:19.70	-
25	Rebecca CRIBB	11	Romford Town	2:46.00	-	1:22.46	-
26	Megan PALMER	12	Killerwhales	2:46.30	-	1:23.47	-
27	Abby COLTON	12	Witham Dolph	2:48.60	-	1:22.76	-
28	Danica BRAZIER	12	Chelmsford	2:49.16	-	1:22.75	-
29	Lois WYATT	13	Brentwood	2:49.83	-	1:22.27	-
30	Alice WANG	13	Epping For't	2:49.93	-	1:23.53	-
31	Amrita ROBERTSON	13	Bo Waltham F	2:50.03	-	1:22.78	-
32	Lisa MURPHY	13	Killerwhales	2:51.19	-	1:23.63	-
33	Lucy HARWOOD	11	BorRedbridge	2:51.27	-	1:25.83	-
34	Amelia PEDDLE	11	Epping For't	2:52.00	-	1:23.26	-
35	Sarah ELLIS	13	Runnymede	2:52.27	-	1:24.09	-
36	Claudia STRATFORD	13	Killerwhales	2:52.89	-	1:23.43	-

37	Jessica PERSELL	11	BorRedbridge	2:54.67	-	1:25.06	-
38	Abbie HILL	13	Killerwhales	2:54.70	-	1:24.86	-
39	Jemima WALKER	12	Basildon Ph	3:01.99	-	1:29.80	-
40	Ellie MITCHELL	12	Runnymede	3:08.35	-	1:32.19	-
	Sian ELMY	15	Runnymede	DNC			
	Rachael MOORE	14	Basildon Ph	DNC			

EVENT 12 Mens Open 200m Backstroke

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Joshua INWOOD	15	Basildon Ph	2:19.33	-	1:08.19	-
2	Sean HOULIHAN	16	Thurrock	2:19.59	-	1:07.55	-
3	George CROW	16	Killerwhales	2:20.10	-	1:07.63	-
4	Augustus VEASEY	15	Chelmsford	2:20.99	-	1:09.08	-
5	Jim VICKERS	14	Colchester	2:21.45	-	1:08.91	-
6	Thomas MCLAGAN	15	Chelmsford	2:22.44	-	1:09.74	-
7	Harry COKER	15	Romford Town	2:25.49	-	1:10.63	-
8	Zachary MASHFORD	16	Rochford	2:26.32	-	1:10.71	-
9	Aidan ROBINSON	14	Basildon Ph	2:28.68	-	1:14.11	-
10	Harvey BROWN	14	Basildon Ph	2:28.75	-	1:11.88	-
11	Samuel KELLY	15	BorRedbridge	2:29.21	-	1:12.55	-
12	Bradley CLARKE	15	Basildon Ph	2:29.47	-	1:13.11	-
13	Russell BECK	14	Bo Southend	2:30.15	-	1:13.42	-
14	Lawrence BROWN	15	BorRedbridge	2:30.87	-	1:12.23	-
15	Matthew ALEXANDER	14	Killerwhales	2:31.27	-	1:13.50	-
16	Cavan BECK	12	Bo Southend	2:33.68	-	1:15.97	-
17	Stephen TRUONG	14	BorRedbridge	2:34.38	-	1:15.35	-
18	Harry FOX	12	Killerwhales	2:34.56	-	1:15.94	-
19	Modestas MOCKEVICIUS	14	Bo Southend	2:35.75	-	1:16.75	-
20	Morgan BROWN	13	BorRedbridge	2:36.72	-	1:16.70	-
21	Kieran GOODWIN	13	Killerwhales	2:38.11	-	1:17.39	-
22	Billy MAYNARD	14	Southend	2:39.39	-	1:17.77	-
23	Christian MCMILLAN	13	Rochford	2:41.59	-	1:18.86	-
24	Ashley CLARKE	13	Basildon Ph	2:41.81	-	1:19.90	-
25	Hugo JOHNSON	13	Bo Southend	2:42.39	-	1:20.39	-
26	Kenneth MAN	14	BorRedbridge	2:44.85	-	1:18.23	-
27	Fraser SCOTT	13	BorRedbridge	2:50.77	-	1:23.74	-
28	Cameron SIMPSON	13	Colchester	3:01.21	-	1:29.24	-

Open Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Daniel STEPTON	20	Romford Town	2:11.62	-	1:03.07	-
2	Conor HARROLD	18	Thurrock	2:13.65	-	1:03.61	-
3	Charlie POND THOMPSON	18	Southend	2:15.91	-	1:04.79	-
4	Matthew WINNELL	18	Runnymede	2:16.75	-	1:06.48	-
5	Joshua INWOOD	15	Basildon Ph	2:19.33	-	1:08.19	-
6	Sean HOULIHAN	16	Thurrock	2:19.59	-	1:07.55	-
7	George CROW	16	Killerwhales	2:20.10	-	1:07.63	-
8	Augustus VEASEY	15	Chelmsford	2:20.99	-	1:09.08	-
9	Jim VICKERS	14	Colchester	2:21.45	-	1:08.91	-
10	Thomas MCLAGAN	15	Chelmsford	2:22.44	-	1:09.74	-
11	Harry COKER	15	Romford Town	2:25.49	-	1:10.63	-
12	Zachary MASHFORD	16	Rochford	2:26.32	-	1:10.71	-
13	Thomas TOOLIS	18	Romford Town	2:28.37	-	1:11.37	-
14	Aidan ROBINSON	14	Basildon Ph	2:28.68	-	1:14.11	-
15	Harvey BROWN	14	Basildon Ph	2:28.75	-	1:11.88	-
16	Samuel KELLY	15	BorRedbridge	2:29.21	-	1:12.55	-
17	Bradley CLARKE	15	Basildon Ph	2:29.47	-	1:13.11	-
18	Russell BECK	14	Bo Southend	2:30.15	-	1:13.42	-
19	Lawrence BROWN	15	BorRedbridge	2:30.87	-	1:12.23	-
20	Matthew ALEXANDER	14	Killerwhales	2:31.27	-	1:13.50	-
21	Cavan BECK	12	Bo Southend	2:33.68	-	1:15.97	-
22	Stephen TRUONG	14	BorRedbridge	2:34.38	-	1:15.35	-
23	Harry FOX	12	Killerwhales	2:34.56	-	1:15.94	-
24	Modestas MOCKEVICIUS	14	Bo Southend	2:35.75	-	1:16.75	-
25	Morgan BROWN	13	BorRedbridge	2:36.72	-	1:16.70	-
26	Kieran GOODWIN	13	Killerwhales	2:38.11	-	1:17.39	-
27	Billy MAYNARD	14	Southend	2:39.39	-	1:17.77	-
28	Christian MCMILLAN	13	Rochford	2:41.59	-	1:18.86	-
29	Ashley CLARKE	13	Basildon Ph	2:41.81	-	1:19.90	-
30	Hugo JOHNSON	13	Bo Southend	2:42.39	-	1:20.39	-
31	Kenneth MAN	14	BorRedbridge	2:44.85	-	1:18.23	-
32	Fraser SCOTT	13	BorRedbridge	2:50.77	-	1:23.74	-
33	Cameron SIMPSON	13	Colchester	3:01.21	-	1:29.24	-

EVENT 13 Womens Open 50m Freestyle

Full Results

Place	Name	AaD	Club	Time
1	Nicola REES	21	Romford Town	27.94
2	Marissa POSNETT	16	Epping For't	28.4
3	Eliza DUFFY	14	Chelmsford	28.77
4	Elena SHERIDAN	16	Romford Town	28.84
5	Emily STEPHENS	14	Colchester	29.07
6	Danielle ROOKE	15	Killerwhales	29.22
6	Amelia KNOWLES	15	Southend	29.22
8	Kelsey RICHARDS	18	BorRedbridge	29.28
9	Lisa WAITE	14	Epping For't	29.49
9	Emily LANE	15	Maldon Shark	29.49
11	Sarah LARNER	18	Chelmsford	29.52
12	Evangelina FISHER	17	Chelmsford	29.57
13	Courtney SANDERS	14	Chelmsford	29.58
14	Rianna SMITH	13	Brentwood	29.59
15	Amy STAINER	14	Maldon Shark	29.86
16	Bethaney HALL	16	Romford Town	29.9
17	Philippa DAVENALL	13	Colchester	29.91
18	Georgia MILLS	15	Thurrock	29.95
19	Emily COLE	17	BorRedbridge	30.27
20	Victoria CHRISTMAS	14	Romford Town	30.46
21	Ciara PURCELL	13	BorRedbridge	30.49
22	Jessica LAMBERT	16	BorRedbridge	30.63
23	Johanna LINDBLOM	17	BorRedbridge	30.92
24	Lauren FLIGHT	17	Witham Dolph	31.05
25	Katie WILLIS	15	Southend	31.21
26	Chloe TOMSETT	15	Brentwood	31.36

EVENT 14 Mens Open 50m Freestyle

Full Results

Place	Name	AaD	Club	Time
1	Lewis CLIFFORD-STEPHEN	18	Killerwhales	25.09
2	Reece BARCLAY	20	Bo Waltham F	25.16
3	Reece PARKER	16	Southend	25.94
4	George KNIGHT	15	Runnymede	25.97
5	Daniel STEPTON	20	Romford Town	26.01
6	George FOLEY	15	Romford Town	26.03
7	Freddy CASSFORD	16	Epping For't	26.15

8	Henry MAHER	16 Epping For't	26.25
9	Jake HARRISON	19 Romford Town	26.38
10	Lee BAKER	16 Epping For't	26.4
11	Ryan SMITH	18 BorRedbridge	26.53
12	Benjamin STUCKEY	16 Bo Newham	26.54
12	Tom WEBB	17 Killerwhales	26.54
14	Charles O'CONNOR	16 Colchester	26.6
15	James ROOME	16 Killerwhales	26.63
16	Michael GRACE	18 Basildon Ph	26.64
17	Tom SKINGSLEY	17 Killerwhales	27
17	Danny BAKER	17 Rochford	27
19	Joseph FOSTER	16 Bo Newham	27.07
20	Jim VICKERS	14 Colchester	27.11
21	Jarrold BRADFIELD	15 Colchester	27.25
22	Toby ANDREWS	17 Killerwhales	27.29
23	Matthew THOMPSON	15 Chelmsford	27.3
24	Conor HARROLD	18 Thurrock	27.46
25	Jake HAMMOND	18 Bo Newham	27.66
26	George CROW	16 Killerwhales	27.74
27	Dean BRUMBY	19 Rochford	27.78
28	Nicholas ALBROW	16 Basildon Ph	27.8
29	Lawrence BROWN	15 BorRedbridge	27.99
30	Christopher GARLICK	17 Brentwood	28.16

EVENT 15 FINAL OF EVENT 5 Womens Open 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time
1	Brock WHISTON		15 Romford Town	35.51
2	Amy STATHAM		15 Killerwhales	35.94
3	Kayleigh SIMS		15 Canvey Isl	37.04
4	Lauren BAKER		16 Witham Dolph	37.75
5	Grace GILROY		14 Brentwood	37.81
6	Amy HARRIS		14 Romford Town	37.85
7	Jodi WHITEHEAD		13 Romford Town	38.06
8	Philippa DAVENALL		13 Colchester	38.56

EVENT 16 FINAL OF EVENT 6 Mens Open 50m Breaststroke

Full Results

Place	Name	AaD	Club	Time
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1	Lewis CLIFFORD-STEPHEN	18	Killerwhales	30.78
2	Sargon YOUSSEFI-TITCHE	21	Colchester	31.26
3	Christian PARKER	19	Southend	31.77
4	Benjamin STUCKEY	16	Bo Newham	31.99
5	Jake HARRISON	19	Romford Town	32.87
6	Hayden THOMAS	16	Epping For't	33.25
7	Ryan SMITH	18	BorRedbridge	33.97
8	Jack CARTER	16	Southend	34.06

EVENT 17 FINAL OF EVENT 9 Womens Open 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	50
1	Elena SHERIDAN	16	Romford Town	1:03.19	-
2	Amelia KNOWLES	15	Southend	1:06.13	-
3	Eleanor PIRRIE	14	Runnymede	1:07.23	-
4	Amrita ROBERTSON	13	Bo Waltham F	1:10.50	-
5	Chloe DAVIS	17	Runnymede	1:10.65	-
6	Katherine STEPHENS	15	Thurrock	1:11.17	-
7	Laura STEPHENS	12	Colchester	1:11.51	-
8	Emily COLE	17	BorRedbridge	1:11.61	-

EVENT 18 FINAL OF EVENT 10 Mens Open 100m Butterfly

Full Results

Place	Name	AaD	Club	Time	50
1	Sonny FORD	15	Thurrock	1:01.98	-
2	Tom WEBB	17	Killerwhales	1:02.78	-
3	Joseph STAMP	16	BorRedbridge	1:02.83	-
4	James HOLLIS	17	Epping For't	1:03.12	-
5	Joshua INWOOD	15	Basildon Ph	1:04.35	-
6	George KNIGHT	15	Runnymede	1:04.65	-
7	Samuel HOBBS	16	Clacton On S	1:05.01	-
8	Henry MAHER	16	Epping For't	1:07.62	-

EVENT 19 FINAL OF EVENT 13 Womens Open 50m Freestyle

Full Results

Place	Name	AaD	Club	Time
1	Nicola REES	21	Romford Town	27.89
2	Marissa POSNETT	16	Epping For't	28.24
3	Elena SHERIDAN	16	Romford Town	28.57
4	Kelsey RICHARDS	18	BorRedbridge	28.82

5	Eliza DUFFY	14 Chelmsford	29.17
6	Emily STEPHENS	14 Colchester	29.41
7	Danielle ROOKE	15 Killerwhales	29.61
8	Amelia KNOWLES	15 Southend	29.66

EVENT 20 FINAL OF EVENT 14 Mens Open 50m Freestyle

Full Results

Place	Name	AaD	Club	Time
1	Lewis CLIFFORD-STEPHEN	18	Killerwhales	24.87
2	Reece BARCLAY	20	Bo Waltham F	24.98
3	Daniel STEPTON	20	Romford Town	25.03
4	Reece PARKER	16	Southend	25.96
5	Freddy CASSFORD	16	Epping For't	26.09
5	Jake HARRISON	19	Romford Town	26.09
7	George FOLEY	15	Romford Town	26.49
8	George KNIGHT	15	Runnymede	27.11

EVENT 21 Womens Open 400m IM

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time
1	Elena SHERIDAN	16	Romford Town	4:53.89
	50m 30.26	100m	1150m 1:42.97	200m 2:20.69
				250m 3:02.24
				300m 3:45.24
				350m 4:20.14
				400m 4:53.89
2	Brock WHISTON	15	Romford Town	5:15.91
	50m 32.48	100m	1150m 1:51.81	200m 2:32.93
				250m 3:15.56
				300m 4:03.08
				350m 4:40.68
				400m 5:15.91
3	Emily STEPHENS	14	Colchester	5:24.82
	50m 34.57	100m	1150m 1:58.47	200m 2:41.11
				250m 3:27.89
				300m 4:15.60
				350m 4:50.97
				400m 5:24.82
4	Eleanor PIRRIE	14	Runnymede	5:29.96
	50m 32.71	100m	1150m 1:52.90	200m 2:36.47
				250m 3:24.14
				300m 4:13.64
				350m 4:52.21
				400m 5:29.96
5	Amy HARRIS	14	Romford Town	5:30.39
	50m 35.08	100m	1150m 1:59.11	200m 2:42.53
				250m 3:28.53
				300m 4:15.88
				350m 4:53.65
				400m 5:30.39
6	Laura STEPHENS	12	Colchester	5:33.03
	50m 32.74	100m	1150m 1:58.36	200m 2:39.59
				250m 3:29.04
				300m 4:18.92
				350m 4:56.48
				400m 5:33.03
7	Rebecca HAYES	15	Thurrock	5:35.26
	50m 35.31	100m	1150m 1:59.02	200m 2:39.98
				250m 3:28.16
				300m 4:18.50
				350m 4:57.81
				400m 5:35.26
8	Grace WINGROVE	14	BorRedbridge	5:38.84
	50m 36.16	100m	1150m 2:03.49	200m 2:45.26
				250m 3:34.55
				300m 4:23.09
				350m 5:01.70
				400m 5:38.84
9	Abigail REYNOLDS	14	Bo Southend	5:43.36
	50m 35.82	100m	1150m 2:01.71	200m 2:45.12
				250m 3:35.48
				300m 4:26.47
				350m 5:04.88
				400m 5:43.36
10	Holly HILDREW	12	Romford Town	5:44.30



50m	35.82	100m	1150m	2:01.71	200m	2:45.12	250m	3:35.48	300m	4:26.47	350m	5:04.88	400m	5:43.36
10	Holly HILDREW		12	Romford Town			5:44.30							
50m	35.86	100m	1150m	2:03.59	200m	2:47.43	250m	3:37.05	300m	4:26.66	350m	5:06.73	400m	5:44.30
11	Georgia MILTON		11	Romford Town			5:47.19							
50m	37.31	100m	1150m	2:04.30	200m	2:47.50	250m	3:38.11	300m	4:29.02	350m	5:08.44	400m	5:47.19
12	Kirstie FEHILY		13	Canvey Isl			5:48.23							
50m	37.46	100m	1150m	2:00.94	200m	2:41.82	250m	3:34.10	300m	4:28.24	350m	5:07.73	400m	5:48.23
13	Sophie WARD		13	Romford Town			5:51.04							
50m	34.38	100m	1150m	2:01.47	200m	2:46.45	250m	3:35.20	300m	4:28.97	350m	5:10.54	400m	5:51.04
14	Claire GOLIGHTLY		13	BorRedbridge			5:52.88							
50m	37.30	100m	1150m	2:07.62	200m	2:53.46	250m	3:41.65	300m	4:33.27	350m	5:13.87	400m	5:52.88
15	Jessica PERSELL		11	BorRedbridge			5:56.42							
50m	35.09	100m	1150m	2:04.86	200m	2:52.33	250m	3:41.86	300m	4:35.58	350m	5:15.99	400m	5:56.42
16	Alice WANG		13	Epping For't			5:57.53							
50m	37.13	100m	1150m	2:09.34	200m	2:54.47	250m	3:46.36	300m	4:37.67	350m	5:18.17	400m	5:57.53
17	Hope JONES		13	Thurrock			5:57.66							
50m	37.13	100m	1150m	2:08.92	200m	2:54.94	250m	3:44.90	300m	4:35.83	350m	5:17.36	400m	5:57.66
	Lisa MURPHY		13	Killerwhales			DNC							
	Abbie HILL		13	Killerwhales			DNC							
	Jodi WHITEHEAD		13	Romford Town			DNC							

EVENT 22 Mens Open 400m Freestyle

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time											
1	Charlie DENTITH		16	BorRedbridge			4:09.91								
	50m	27.76	100m	150m	1:29.87	200m	2:02.04	250m	2:33.86	300m	3:06.31	350m	3:38.60	400m	4:09.91
2	George FOLEY		15	Romford Town			4:16.32								
	50m	28.71	100m	1150m	1:32.25	200m	2:05.52	250m	2:38.26	300m	3:11.61	350m	3:44.51	400m	4:16.32
3	Sean HOULIHAN		16	Thurrock			4:22.81								
	50m	29.96	100m	1150m	1:35.78	200m	2:09.02	250m	2:41.91	300m	3:15.79	350m	3:49.82	400m	4:22.81
4	Jarrold BRADFIELD		15	Colchester			4:23.24								
	50m	29.94	100m	1150m	1:35.69	200m	2:09.35	250m	2:43.46	300m	3:17.61	350m	3:51.52	400m	4:23.24
5	Thomas MCLAGAN		15	Chelmsford			4:24.63								
	50m	29.85	100m	1150m	1:36.55	200m	2:09.88	250m	2:44.02	300m	3:18.03	350m	3:52.05	400m	4:24.63
6	Bradley CLARKE		15	Basildon Ph			4:25.57								
	50m	30.18	100m	1150m	1:36.15	200m	2:09.85	250m	2:43.48	300m	3:18.05	350m	3:52.07	400m	4:25.57
7	Joseph HELLIER		16	Braintree			4:28.62								
	50m	29.10	100m	1150m	1:36.29	200m	2:11.14	250m	2:45.98	300m	3:20.87	350m	3:55.48	400m	4:28.62

8 James ROOME	16 Killerwhales	4:33.66						
50m 30.54	100m 1150m 1:39.00	200m 2:14.61	250m 2:49.69	300m 3:24.88	350m 3:59.83	400m 4:33.66		
9 Harvey BROWN	14 Basildon Ph	4:35.44						
50m 30.56	100m 1150m 1:39.91	200m 2:16.03	250m 2:50.38	300m 3:26.57	350m 4:01.86	400m 4:35.44		
10 Nicholas ALBROW	16 Basildon Ph	4:36.61						
50m 30.35	100m 1150m 1:38.63	200m 2:14.08	250m 2:49.71	300m 3:25.70	350m 4:01.54	400m 4:36.61		
11 Russell BECK	14 Bo Southend	4:39.48						
50m 30.96	100m 1150m 1:41.14	200m 2:17.16	250m 2:52.76	300m 3:29.24	350m 4:04.73	400m 4:39.48		
12 Aidan ROBINSON	14 Basildon Ph	4:44.66						
50m 32.36	100m 1150m 1:43.82	200m 2:20.26	250m 2:55.55	300m 3:31.79	350m 4:08.30	400m 4:44.66		
13 James DAY	14 Thurrock	4:44.67						
50m 30.66	100m 1150m 1:40.64	200m 2:17.39	250m 2:54.27	300m 3:31.09	350m 4:08.23	400m 4:44.67		
14 Kieran GOODWIN	13 Killerwhales	4:48.86						
50m 31.89	100m 1150m 1:45.89	200m 2:23.01	250m 3:00.36	300m 3:37.34	350m 4:14.05	400m 4:48.86		
15 Fraser SCOTT	13 BorRedbridge	4:49.64						
50m 32.78	100m 1150m 1:46.52	200m 2:23.69	250m 3:00.96	300m 3:38.05	350m 4:15.01	400m 4:49.64		
16 Morgan BROWN	13 BorRedbridge	4:50.51						
50m 31.51	100m 1150m 1:43.34	200m 2:21.54	250m 3:00.42	300m 3:37.98	350m 4:14.85	400m 4:50.51		
17 Hugo JOHNSON	13 Bo Southend	4:50.76						
50m 32.74	100m 1150m 1:45.69	200m 2:22.72	250m 3:00.01	300m 3:37.83	350m 4:15.52	400m 4:50.76		
18 Cavan BECK	12 Bo Southend	4:52.09						
50m 33.49	100m 1150m 1:46.83	200m 2:24.25	250m 3:01.53	300m 3:39.59	350m 4:16.83	400m 4:52.09		
19 Billy MAYNARD	14 Southend	4:52.37						
50m 31.88	100m 1150m 1:45.07	200m 2:22.52	250m 3:00.00	300m 3:38.28	350m 4:16.59	400m 4:52.37		
20 David HARE	14 Bo Waltham F	4:53.90						
50m 32.93	100m 1150m 1:47.55	200m 2:25.19	250m 3:02.50	300m 3:40.37	350m 4:17.76	400m 4:53.90		
21 OLE MILLS	12 Chelmsford	4:54.11						
50m 33.39	100m 1150m 1:46.93	200m 2:24.57	250m 3:02.23	300m 3:40.23	350m 4:17.42	400m 4:54.11		
22 Salaam MOTIN	14 Thurrock	4:55.34						
50m 34.49	100m 1150m 1:48.51	200m 2:26.35	250m 3:03.70	300m 3:41.70	350m 4:18.72	400m 4:55.34		
23 Jack AYLING	13 Romford Town	4:56.09						
50m 33.22	100m 1150m 1:50.14	200m 2:28.26	250m 3:06.57	300m 3:44.52	350m 4:21.23	400m 4:56.09		
24 Jeremy NOCKELS	13 Bo Waltham F	4:57.39						
50m 33.12	100m 1150m 1:47.82	200m 2:25.75	250m 3:04.09	300m 3:42.86	350m 4:20.91	400m 4:57.39		
25 Lewis COOPER	13 Basildon Ph	4:58.58						
50m 34.37	100m 1150m 1:50.45	200m 2:28.74	250m 3:06.93	300m 3:44.91	350m 4:22.34	400m 4:58.58		
26 Kalaam MOTIN	14 Thurrock	4:59.50						

50m	33.22	100m	1150m	1:50.66	200m	2:28.43	250m	3:07.23	300m	3:45.38	350m	4:24.45	400m	4:59.50
27	Harry FOX		12	Killerwhales				4:59.89						
50m	33.92	100m	1150m	1:48.65	200m	2:27.34	250m	3:05.79	300m	3:45.06	350m	4:22.98	400m	4:59.89
28	Modestas MOCKEVICIUS		14	Bo Southend				5:02.36						
50m	32.62	100m	1150m	1:47.76	200m	2:26.50	250m	3:06.05	300m	3:45.86	350m	4:24.98	400m	5:02.36

Open Age Group - Full Results

Place	Name	AaD	Club	Time										
1	Charlie DENTITH		16	BorRedbridge										
50m	27.76	100m	150m	1:29.87	200m	2:02.04	250m	2:33.86	300m	3:06.31	350m	3:38.60	400m	4:09.91
2	George FOLEY		15	Romford Town										
50m	28.71	100m	1150m	1:32.25	200m	2:05.52	250m	2:38.26	300m	3:11.61	350m	3:44.51	400m	4:16.32
3	Harry PAYNE		17	Thurrock										
50m	28.92	100m	1150m	1:33.99	200m	2:07.32	250m	2:40.33	300m	3:13.61	350m	3:46.99	400m	4:20.60
4	Sean HOULIHAN		16	Thurrock										
50m	29.96	100m	1150m	1:35.78	200m	2:09.02	250m	2:41.91	300m	3:15.79	350m	3:49.82	400m	4:22.81
5	Jarrod BRADFIELD		15	Colchester										
50m	29.94	100m	1150m	1:35.69	200m	2:09.35	250m	2:43.46	300m	3:17.61	350m	3:51.52	400m	4:23.24
6	Thomas MCLAGAN		15	Chelmsford										
50m	29.85	100m	1150m	1:36.55	200m	2:09.88	250m	2:44.02	300m	3:18.03	350m	3:52.05	400m	4:24.63
7	Bradley CLARKE		15	Basildon Ph										
50m	30.18	100m	1150m	1:36.15	200m	2:09.85	250m	2:43.48	300m	3:18.05	350m	3:52.07	400m	4:25.57
8	Joseph HELLIER		16	Braintree										
50m	29.10	100m	1150m	1:36.29	200m	2:11.14	250m	2:45.98	300m	3:20.87	350m	3:55.48	400m	4:28.62
9	Matthew WINNELL		18	Runnymede										
50m	30.37	100m	1150m	1:38.07	200m	2:13.30	250m	2:47.58	300m	3:21.88	350m	3:56.62	400m	4:29.86
10	Toby ANDREWS		17	Killerwhales										
50m	28.93	100m	1150m	1:35.51	200m	2:10.65	250m	2:46.15	300m	3:21.61	350m	3:56.91	400m	4:30.16
11	Thomas TOOLIS		18	Romford Town										
50m	29.97	100m	1150m	1:37.70	200m	2:12.21	250m	2:47.23	300m	3:22.66	350m	3:57.74	400m	4:32.66
12	James ROOME		16	Killerwhales										
50m	30.54	100m	1150m	1:39.00	200m	2:14.61	250m	2:49.69	300m	3:24.88	350m	3:59.83	400m	4:33.66
13	Harvey BROWN		14	Basildon Ph										
50m	30.56	100m	1150m	1:39.91	200m	2:16.03	250m	2:50.38	300m	3:26.57	350m	4:01.86	400m	4:35.44
14	Nicholas ALBROW		16	Basildon Ph										
50m	30.35	100m	1150m	1:38.63	200m	2:14.08	250m	2:49.71	300m	3:25.70	350m	4:01.54	400m	4:36.61
15	Michael GRACE		18	Basildon Ph										
50m	30.02	100m	1150m	1:37.56	200m	2:12.79	250m	2:47.94	300m	3:23.95	350m	4:00.99	400m	4:36.93

16 Russell BECK	14 Bo Southend			4:39.48					
50m 30.96	100m 1150m 1:41.14	200m 2:17.16	250m 2:52.76	300m 3:29.24	350m 4:04.73	400m 4:39.48			
17 Aidan ROBINSON	14 Basildon Ph			4:44.66					
50m 32.36	100m 1150m 1:43.82	200m 2:20.26	250m 2:55.55	300m 3:31.79	350m 4:08.30	400m 4:44.66			
18 James DAY	14 Thurrock			4:44.67					
50m 30.66	100m 1150m 1:40.64	200m 2:17.39	250m 2:54.27	300m 3:31.09	350m 4:08.23	400m 4:44.67			
19 Niall GANDY	17 Bo Waltham F			4:46.97					
50m 30.27	100m 1150m 1:40.02	200m 2:16.93	250m 2:54.31	300m 3:32.25	350m 4:10.14	400m 4:46.97			
20 Kieran GOODWIN	13 Killerwhales			4:48.86					
50m 31.89	100m 1150m 1:45.89	200m 2:23.01	250m 3:00.36	300m 3:37.34	350m 4:14.05	400m 4:48.86			
21 Fraser SCOTT	13 BorRedbridge			4:49.64					
50m 32.78	100m 1150m 1:46.52	200m 2:23.69	250m 3:00.96	300m 3:38.05	350m 4:15.01	400m 4:49.64			
22 Morgan BROWN	13 BorRedbridge			4:50.51					
50m 31.51	100m 1150m 1:43.34	200m 2:21.54	250m 3:00.42	300m 3:37.98	350m 4:14.85	400m 4:50.51			
23 Hugo JOHNSON	13 Bo Southend			4:50.76					
50m 32.74	100m 1150m 1:45.69	200m 2:22.72	250m 3:00.01	300m 3:37.83	350m 4:15.52	400m 4:50.76			
24 Cavan BECK	12 Bo Southend			4:52.09					
50m 33.49	100m 1150m 1:46.83	200m 2:24.25	250m 3:01.53	300m 3:39.59	350m 4:16.83	400m 4:52.09			
25 Billy MAYNARD	14 Southend			4:52.37					
50m 31.88	100m 1150m 1:45.07	200m 2:22.52	250m 3:00.00	300m 3:38.28	350m 4:16.59	400m 4:52.37			
26 David HARE	14 Bo Waltham F			4:53.90					
50m 32.93	100m 1150m 1:47.55	200m 2:25.19	250m 3:02.50	300m 3:40.37	350m 4:17.76	400m 4:53.90			
27 OLE MILLS	12 Chelmsford			4:54.11					
50m 33.39	100m 1150m 1:46.93	200m 2:24.57	250m 3:02.23	300m 3:40.23	350m 4:17.42	400m 4:54.11			
28 Salaam MOTIN	14 Thurrock			4:55.34					
50m 34.49	100m 1150m 1:48.51	200m 2:26.35	250m 3:03.70	300m 3:41.70	350m 4:18.72	400m 4:55.34			
29 Jack AYLING	13 Romford Town			4:56.09					
50m 33.22	100m 1150m 1:50.14	200m 2:28.26	250m 3:06.57	300m 3:44.52	350m 4:21.23	400m 4:56.09			
30 Jeremy NOCKELS	13 Bo Waltham F			4:57.39					
50m 33.12	100m 1150m 1:47.82	200m 2:25.75	250m 3:04.09	300m 3:42.86	350m 4:20.91	400m 4:57.39			
31 Lewis COOPER	13 Basildon Ph			4:58.58					
50m 34.37	100m 1150m 1:50.45	200m 2:28.74	250m 3:06.93	300m 3:44.91	350m 4:22.34	400m 4:58.58			
32 Kalaam MOTIN	14 Thurrock			4:59.50					
50m 33.22	100m 1150m 1:50.66	200m 2:28.43	250m 3:07.23	300m 3:45.38	350m 4:24.45	400m 4:59.50			
33 Harry FOX	12 Killerwhales			4:59.89					
50m 33.92	100m 1150m 1:48.65	200m 2:27.34	250m 3:05.79	300m 3:45.06	350m 4:22.98	400m 4:59.89			
34 Modestas MOCKEVICIUS	14 Bo Southend			5:02.36					

50m 32.62      100m 1150m 1:47.76      200m 2:26.50      250m 3:06.05      300m 3:45.86      350m 4:24.98      400m 5:02.36

EVENT 23 Womens Open 50m Butterfly

Full Results

Place	Name	AaD	Club	Time
1	Elena SHERIDAN		16 Romford Town	29.61
2	Amelia KNOWLES		15 Southend	30.35
3	Nicola REES		21 Romford Town	30.45
4	Eliza DUFFY		14 Chelmsford	30.74
5	Laura STEPHENS		12 Colchester	30.78
6	Evangelina FISHER		17 Chelmsford	31.2
7	Amrita ROBERTSON		13 Bo Waltham F	31.52
8	Emily COLE		17 BorRedbridge	31.72
9	Eleanor PIRRIE		14 Runnymede	31.85
10	Chloe DAVIS		17 Runnymede	31.87
11	Katherine STEPHENS		15 Thurrock	32.08
12	Emily STEPHENS		14 Colchester	32.64
13	Georgia MILLS		15 Thurrock	32.67
14	Sophie COPPER		17 BorRedbridge	32.72
15	Philippa DAVENALL		13 Colchester	32.77
16	Maisie WEST		15 Basildon Ph	32.84
17	Julia BRAYBROOKE		24 Killerwhales	32.89
18	Emily LANE		15 Maldon Shark	32.93
19	Faye BRUMBY		15 Rochford	33.07
20	Rosie WEBBER		15 Romford Town	33.26
21	Lauren BAKER		16 Witham Dolph	33.63
22	Katie WILLIS		15 Southend	33.82
23	Katie WHIFFIN		15 Epping For't	34.37

EVENT 24 Mens Open 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	50
1	Christian PARKER		19 Southend	1:11.77	33.66
2	Benjamin STUCKEY		16 Bo Newham	1:12.13	33.57
3	Lewis CLIFFORD-STEPHEN		18 Killerwhales	1:12.45	32.28
4	Jake HARRISON		19 Romford Town	1:13.25	34.13
5	Charlie DENTITH		16 BorRedbridge	1:13.37	33.55
6	Hayden THOMAS		16 Epping For't	1:13.72	34.02
7	Augustus VEASEY		15 Chelmsford	1:15.74	35.06

8	Thomas CLARK	17	Killerwhales	1:15.95	35.01
9	Ryan SMITH	18	BorRedbridge	1:15.97	34.76
10	Jack CARTER	16	Southend	1:16.50	35.38
11	Harrison SADLER	15	Colchester	1:16.96	35.94
12	Dean BRUMBY	19	Rochford	1:19.28	35.95
13	Niall GANDY	17	Bo Waltham F	1:21.04	36.11
14	James DAY	14	Thurrock	1:22.83	38.51

EVENT 25 Womens Open 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	50
1	Eliza DUFFY		14 Chelmsford	1:07.98	32.52
2	Emily LANE		15 Maldon Shark	1:10.16	34.32
3	Laura STEPHENS		12 Colchester	1:10.18	34.01
4	Sarah LARNER		18 Chelmsford	1:10.36	34.05
5	Courtney SANDERS		14 Chelmsford	1:11.75	35.16
6	Ruby WILSON		13 Brentwood	1:11.89	35.51
7	Jessica LAMBERT		16 BorRedbridge	1:12.69	34.8
8	Kelsey RICHARDS		18 BorRedbridge	1:13.02	35.16
9	Hannah TRAVELL		15 Chelmsford	1:13.21	35.65
10	Maisie WEST		15 Basildon Ph	1:13.32	36.23
11	Jodi WHITEHEAD		13 Romford Town	1:13.39	35.44
12	Kirstie FEHILY		13 Canvey Isl	1:13.58	36.25
13	Rachael MOORE		14 Basildon Ph	1:13.67	36.88
13	Chloe DAVIS		17 Runnymede	1:13.67	35.66
15	Rosie WEBBER		15 Romford Town	1:13.83	36.19
16	Victoria CHRISTMAS		14 Romford Town	1:14.20	36.14
17	Chloe TOMSETT		15 Brentwood	1:14.71	36.47
18	Philippa DAVENALL		13 Colchester	1:15.34	37.06
18	Grace WINGROVE		14 BorRedbridge	1:15.34	36.33
20	Eloise MONTANANA		12 BorRedbridge	1:15.73	37.06
21	Isabella SALTHOUSE		14 Braintree	1:15.81	36.83
22	Molly JEROME		13 Basildon Ph	1:16.03	35.67
23	Amelia PEDDLE		11 Epping For't	1:16.45	35.87
24	Lauren FLIGHT		17 Witham Dolph	1:16.54	35.89
25	Megan PALMER		12 Killerwhales	1:16.72	37.15
26	Rianna SMITH		13 Brentwood	1:17.32	37.43
27	Brooke FROST		11 Basildon Ph	1:17.51	37.61

28	Danica BRAZIER	12 Chelmsford	1:17.68	38.31
29	Sophie COPPER	17 BorRedbridge	1:17.69	37.29
30	Lisa MURPHY	13 Killerwhales	1:17.99	37.33
31	Grace HELLIER	13 Braintree	1:18.06	37.87
32	Lucy HARWOOD	11 BorRedbridge	1:18.61	38.45
33	Stephanie TOMLINSON	13 Romford Town	1:18.66	37.6
34	Katie WILLIS	15 Southend	1:18.71	38.13
35	Martha DULEY	12 Colchester	1:18.99	36.94
36	Aimee NEWPORT	12 Thurrock	1:19.96	38.73
37	Abby COLTON	12 Witham Dolph	1:20.09	38.33
38	Rhiannon BAYLEY	12 Southend	1:20.49	39.81
39	Zoe BRADLEY	12 Southend	1:20.52	39.37
40	Kiera TIPPETT	12 Runnymede	1:20.81	39.56
41	Lois WYATT	13 Brentwood	1:20.98	38.17
42	Claudia STRATFORD	13 Killerwhales	1:21.45	39.02
43	Sarah ELLIS	13 Runnymede	1:22.57	38.89
44	Sophie PRIDDLE	12 BorRedbridge	1:25.09	40.89
	Abbie HILL	13 Killerwhales	DNC	

EVENT 26 Mens Open 200m Butterfly

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Sonny FORD	15	Thurrock	2:16.01	30.14	1:03.93	1:39.50
2	Charles STURLEY	15	Romford Town	2:19.33	30.32	1:05.64	1:42.22
3	George FOLEY	15	Romford Town	2:21.94	31.07	1:06.35	1:44.24
4	Joshua INWOOD	15	Basildon Ph	2:23.13	31.22	1:07.29	1:44.57
5	Joseph STAMP	16	BorRedbridge	2:23.97	30.03	1:06.33	1:44.60
6	George KNIGHT	15	Runnymede	2:24.48	30.98	1:07.47	1:45.53
7	Luke SHERIDAN	14	Romford Town	2:25.43	31.77	1:08.80	1:47.05
8	Russell BECK	14	Bo Southend	2:32.07	32.88	1:12.27	1:52.27
9	Aidan ROBINSON	14	Basildon Ph	2:32.43	33.93	1:13.31	1:53.25
10	Jack AYLING	13	Romford Town	2:40.90	35.53	1:16.35	1:59.03
11	Cavan BECK	12	Bo Southend	2:43.03	36.9	1:20.82	2:01.70
12	Kieran WILKINSON	14	Southend	2:43.30	34.94	1:17.52	2:00.48
13	Harry FOX	12	Killerwhales	2:44.08	36.53	1:18.55	2:02.00
14	Jeremy NOCKELS	13	Bo Waltham F	2:44.36	35.58	1:16.82	2:00.81
15	OLE MILLS	12	Chelmsford	2:45.49	36.2	1:17.90	2:02.42

Open Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Sonny FORD	15	Thurrock	2:16.01	30.14	1:03.93	1:39.50
2	Conor HARROLD	18	Thurrock	2:16.68	28.95	1:02.74	1:38.83
3	Matthew WINNELL	18	Runnymede	2:18.71	31.01	1:06.33	1:42.50
4	Charles STURLEY	15	Romford Town	2:19.33	30.32	1:05.64	1:42.22
5	George FOLEY	15	Romford Town	2:21.94	31.07	1:06.35	1:44.24
6	Joshua INWOOD	15	Basildon Ph	2:23.13	31.22	1:07.29	1:44.57
7	Joseph STAMP	16	BorRedbridge	2:23.97	30.03	1:06.33	1:44.60
8	George KNIGHT	15	Runnymede	2:24.48	30.98	1:07.47	1:45.53
9	Danny BAKER	17	Rochford	2:25.09	30.34	1:06.75	1:45.52
10	Luke SHERIDAN	14	Romford Town	2:25.43	31.77	1:08.80	1:47.05
11	Christopher GARLICK	17	Brentwood	2:26.04	30.55	1:06.47	1:45.29
12	Tom WEBB	17	Killerwhales	2:29.13	30.48	1:07.93	1:48.08
13	Russell BECK	14	Bo Southend	2:32.07	32.88	1:12.27	1:52.27
14	Aidan ROBINSON	14	Basildon Ph	2:32.43	33.93	1:13.31	1:53.25
15	Jack AYLING	13	Romford Town	2:40.90	35.53	1:16.35	1:59.03
16	Cavan BECK	12	Bo Southend	2:43.03	36.9	1:20.82	2:01.70
17	Kieran WILKINSON	14	Southend	2:43.30	34.94	1:17.52	2:00.48
18	Harry FOX	12	Killerwhales	2:44.08	36.53	1:18.55	2:02.00
19	Jeremy NOCKELS	13	Bo Waltham F	2:44.36	35.58	1:16.82	2:00.81
20	OLE MILLS	12	Chelmsford	2:45.49	36.2	1:17.90	2:02.42

EVENT 27 Womens Open 200m Breaststroke

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Elena SHERIDAN	16	Romford Town	2:41.41	37.65	1:18.59	1:59.82
2	Brock WHISTON	15	Romford Town	2:44.44	37.21	1:18.97	2:02.15
3	Amy STATHAM	15	Killerwhales	2:51.37	37.52	1:19.97	2:05.69
4	Grace GILROY	14	Brentwood	2:52.08	39.91	1:23.51	2:07.74
5	Lauren BAKER	16	Witham Dolph	2:53.37	37.68	1:21.11	2:06.80
6	Amy HARRIS	14	Romford Town	2:58.06	40.86	1:26.31	2:12.05
7	Bethaney HALL	16	Romford Town	2:58.83	39.21	1:24.15	2:11.06
8	Kayleigh SIMS	15	Canvey Isl	3:01.40	40.88	1:26.99	2:14.17
9	Jessica LAMBERT	16	BorRedbridge	3:01.75	41.23	1:27.18	2:14.23
10	Holly HILDREW	12	Romford Town	3:04.71	43.86	1:31.60	2:18.86
11	Ciara PURCELL	13	BorRedbridge	3:04.94	41.41	1:28.29	2:16.82
12	Grace WINGROVE	14	BorRedbridge	3:05.22	43.21	1:29.69	2:17.68
13	Kayleigh UMFREVILLE	14	Thurrock	3:05.23	41.08	1:27.70	2:16.43

14	Chloe RUDKIN	12 Colchester	3:07.09	41.2	1:30.27	2:19.22
15	Claire GOLIGHTLY	13 BorRedbridge	3:07.10	41.82	1:29.82	2:18.68
16	Sophie KENNY	13 BorRedbridge	3:08.04	43.05	1:30.94	2:19.49
17	Katie WHIFFIN	15 Epping For't	3:08.99	40.4	1:29.31	2:19.42
18	Stephanie TOMLINSON	13 Romford Town	3:09.92	43.45	1:31.33	2:20.22
19	Ruby WILSON	13 Brentwood	3:10.20	44.07	1:32.42	2:21.05
20	Zoe BRADLEY	12 Southend	3:10.52	43.8	1:33.14	2:22.56
21	Danica BRAZIER	12 Chelmsford	3:10.55	42.99	1:32.17	2:23.01
22	Dina DAY	12 Runnymede	3:13.98	44.81	1:33.96	2:24.32
23	Ellie MITCHELL	12 Runnymede	3:14.53	44.26	1:33.82	2:24.47
24	Abby COLTON	12 Witham Dolph	3:15.00	42.93	1:32.27	2:23.90
25	Hope JONES	13 Thurrock	3:17.46	45.76	1:36.34	2:27.34
26	Aimee NEWPORT	12 Thurrock	3:18.27	45.09	1:35.69	2:27.19
27	Jessica PERSELL	11 BorRedbridge	3:21.75	45.15	1:37.78	2:30.35

Open Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Elena SHERIDAN	16	Romford Town	2:41.41	37.65	1:18.59	1:59.82
2	Brock WHISTON	15	Romford Town	2:44.44	37.21	1:18.97	2:02.15
3	Evangelina FISHER	17	Chelmsford	2:44.75	36.89	1:19.31	2:02.34
4	Heather RODWELL	17	Colchester	2:44.98	37.26	1:19.02	2:02.00
5	Amy STATHAM	15	Killerwhales	2:51.37	37.52	1:19.97	2:05.69
6	Grace GILROY	14	Brentwood	2:52.08	39.91	1:23.51	2:07.74
7	Lauren BAKER	16	Witham Dolph	2:53.37	37.68	1:21.11	2:06.80
8	Amy HARRIS	14	Romford Town	2:58.06	40.86	1:26.31	2:12.05
9	Bethaney HALL	16	Romford Town	2:58.83	39.21	1:24.15	2:11.06
10	Kayleigh SIMS	15	Canvey Isl	3:01.40	40.88	1:26.99	2:14.17
11	Jessica LAMBERT	16	BorRedbridge	3:01.75	41.23	1:27.18	2:14.23
12	Holly HILDREW	12	Romford Town	3:04.71	43.86	1:31.60	2:18.86
13	Ciara PURCELL	13	BorRedbridge	3:04.94	41.41	1:28.29	2:16.82
14	Grace WINGROVE	14	BorRedbridge	3:05.22	43.21	1:29.69	2:17.68
15	Kayleigh UMFREVILLE	14	Thurrock	3:05.23	41.08	1:27.70	2:16.43
16	Rachel VAUGHAN	17	Rochford	3:06.85	40.91	1:27.37	2:15.49
17	Chloe RUDKIN	12	Colchester	3:07.09	41.2	1:30.27	2:19.22
18	Claire GOLIGHTLY	13	BorRedbridge	3:07.10	41.82	1:29.82	2:18.68
19	Sophie KENNY	13	BorRedbridge	3:08.04	43.05	1:30.94	2:19.49
20	Katie WHIFFIN	15	Epping For't	3:08.99	40.4	1:29.31	2:19.42
21	Stephanie TOMLINSON	13	Romford Town	3:09.92	43.45	1:31.33	2:20.22

22	Ruby WILSON	13 Brentwood	3:10.20	44.07	1:32.42	2:21.05
23	Zoe BRADLEY	12 Southend	3:10.52	43.8	1:33.14	2:22.56
24	Danica BRAZIER	12 Chelmsford	3:10.55	42.99	1:32.17	2:23.01
25	Dina DAY	12 Runnymede	3:13.98	44.81	1:33.96	2:24.32
26	Ellie MITCHELL	12 Runnymede	3:14.53	44.26	1:33.82	2:24.47
27	Abby COLTON	12 Witham Dolph	3:15.00	42.93	1:32.27	2:23.90
28	Hope JONES	13 Thurrock	3:17.46	45.76	1:36.34	2:27.34
29	Aimee NEWPORT	12 Thurrock	3:18.27	45.09	1:35.69	2:27.19
30	Jessica PERSELL	11 BorRedbridge	3:21.75	45.15	1:37.78	2:30.35

EVENT 28 Mens Open 50m Backstroke

Full Results

Place	Name	AaD	Club	Time
1	Daniel STEPTON	20	Romford Town	28.32
2	Charlie POND THOMPSON	18	Southend	29.73
3	Timothy TRIPP	19	Colchester	29.76
4	Jim VICKERS	14	Colchester	29.96
5	Lee BAKER	16	Epping For't	30.09
6	Joshua INWOOD	15	Basildon Ph	30.24
6	George CROW	16	Killerwhales	30.24
8	Henry MAHER	16	Epping For't	30.42
9	James HOLDSWORTH	16	Brentwood	30.52
10	Sean HOULIHAN	16	Thurrock	30.85
11	James ROOME	16	Killerwhales	30.88
12	Jarrod BRADFIELD	15	Colchester	31.37
13	Zachary MASHFORD	16	Rochford	31.81
14	Alexander VIPOND	16	Colchester	31.86
15	Samuel HOBBS	16	Clacton On S	31.96
16	Augustus VEASEY	15	Chelmsford	31.98

EVENT 29 Womens Open 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	50
1	Nicola REES	21	Romford Town	1:01.31	29.28
2	Marissa POSNETT	16	Epping For't	1:01.82	29.6
3	Emily STEPHENS	14	Colchester	1:02.18	30.26
4	Kelsey RICHARDS	18	BorRedbridge	1:02.28	30.18
5	Eliza DUFFY	14	Chelmsford	1:02.32	30.06
6	Courtney SANDERS	14	Chelmsford	1:02.44	30.39

7	Hannah TRAVELL	15 Chelmsford	1:02.46	30.18
8	Rianna SMITH	13 Brentwood	1:03.74	30.98
9	Amrita ROBERTSON	13 Bo Waltham F	1:03.79	30.95
10	Danielle ROOKE	15 Killerwhales	1:03.89	30.54
11	Evangelina FISHER	17 Chelmsford	1:03.99	30.75
12	Sarah LARNER	18 Chelmsford	1:04.08	31.09
13	Lisa MURPHY	13 Killerwhales	1:04.37	31.1
14	Ciara PURCELL	13 BorRedbridge	1:04.45	31.6
15	Georgia MILLS	15 Thurrock	1:04.54	31.16
16	Bethaney HALL	16 Romford Town	1:04.69	31.33
17	Victoria CHRISTMAS	14 Romford Town	1:04.93	31.38
18	Emily COLE	17 BorRedbridge	1:05.40	31.43
19	Ekaterina ZOSSIMOVA	15 Bo Newham	1:05.44	31.08
20	Philippa DAVENALL	13 Colchester	1:05.58	31.76
21	Amelia KNOWLES	15 Southend	1:05.78	31.23
22	Eloise MONTANANA	12 BorRedbridge	1:06.02	32.77
23	Liberty GOOD	14 Southend	1:06.11	31.75
24	Chloe-Annabelle WARD	15 Epping For't	1:06.27	32.09
25	Ruby WILSON	13 Brentwood	1:06.66	32.32
26	Lauren FLIGHT	17 Witham Dolph	1:07.03	32.3
27	Faye BRUMBY	15 Rochford	1:07.29	32.27
28	Katherine STEPHENS	15 Thurrock	1:07.32	32.35
29	Johanna LINDBLOM	17 BorRedbridge	1:07.35	32.07
30	Rachael MOORE	14 Basildon Ph	1:07.46	33.09
31	Stephanie TOMLINSON	13 Romford Town	1:07.57	32.17
32	Molly JEROME	13 Basildon Ph	1:07.58	31.92
33	Katie WHIFFIN	15 Epping For't	1:07.67	32.3
34	Maisie WEST	15 Basildon Ph	1:07.73	33.23
35	Sophie WARD	13 Romford Town	1:07.90	32.85
36	Isabella SALTHOUSE	14 Braintree	1:07.96	33.3
37	Laura STEPHENS	12 Colchester	1:08.19	32.37
38	Karis ELLERBY	14 Canvey Isl	1:08.21	32.8
39	Katie WILLIS	15 Southend	1:08.38	32.96
40	Tia COLBY	13 Bo Southend	1:08.51	32.34
41	Lucy HARWOOD	11 BorRedbridge	1:09.14	33.93
42	Kiera TIPPETT	12 Runnymede	1:09.21	33.28
42	Danica BRAZIER	12 Chelmsford	1:09.21	33.07

44	Brooke FROST	11	Basildon Ph	1:09.48	33.61
45	Amelia PEDDLE	11	Epping For't	1:09.85	33.68
46	Chloe RUDKIN	12	Colchester	1:09.94	33.66
47	Aimee NEWPORT	12	Thurrock	1:10.26	34.52
48	Claire GOLIGHTLY	13	BorRedbridge	1:10.72	34.38
49	Lois WYATT	13	Brentwood	1:10.88	33.99
50	Isabel LEVINE	13	BorRedbridge	1:10.94	33.89
51	Lauren BAKER	16	Witham Dolph	1:10.97	33.68
52	Jessica PERSELL	11	BorRedbridge	1:11.03	33.24
53	Martha DULEY	12	Colchester	1:11.21	32.91
54	Abigayle MARSHALL	13	Bo Southend	1:11.33	33.89
55	Sophie PRIDDLE	12	BorRedbridge	1:11.43	33.79
56	Ellie MITCHELL	12	Runnymede	1:11.56	34.24
57	Sarah ELLIS	13	Runnymede	1:12.27	34.58
58	Jemima WALKER	12	Basildon Ph	1:12.32	34.91
59	Rachel VAUGHAN	17	Rochford	1:12.46	34.4
60	Chloe CORNHILL	13	Killerwhales	1:12.59	34.47
61	Dina DAY	12	Runnymede	1:12.92	35.04
62	Renae DAWES	11	Killerwhales	1:13.15	34.84
	Andraea POSNETT	16	Epping For't	DNC	
	Grace HELLIER	13	Braintree	DQ ST-	

EVENT 30 FINAL OF EVENT 25 Womens Open 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	50
1	Eliza DUFFY		14 Chelmsford	1:08.21	33.21
2	Emily LANE		15 Maldon Shark	1:09.24	33.68
3	Laura STEPHENS		12 Colchester	1:10.12	34.9
4	Sarah LARNER		18 Chelmsford	1:10.68	34.69
5	Ruby WILSON		13 Brentwood	1:12.32	35.51
6	Courtney SANDERS		14 Chelmsford	1:12.66	35.82
7	Jessica LAMBERT		16 BorRedbridge	1:13.46	35.64
8	Kelsey RICHARDS		18 BorRedbridge	1:15.39	36.06

EVENT 31 FINAL OF EVENT 24 Mens Open 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	50
1	Lewis CLIFFORD-STEPHEN		18 Killerwhales	1:09.86	31.59
2	Christian PARKER		19 Southend	1:11.30	32.47

3	Charlie DENTITH	16	BorRedbridge	1:11.88	33.61
4	Benjamin STUCKEY	16	Bo Newham	1:12.04	33.71
5	Jake HARRISON	19	Romford Town	1:12.34	33.79
6	Hayden THOMAS	16	Epping For't	1:13.80	34.2
7	Thomas CLARK	17	Killerwhales	1:15.93	35.5
8	Augustus VEASEY	15	Chelmsford	1:17.22	35.76

EVENT 32 FINAL OF EVENT 23 Womens Open 50m Butterfly

Full Results

Place	Name	AaD	Club	Time	
1	Elena SHERIDAN		16 Romford Town	29.24	
2	Amelia KNOWLES		15 Southend	30.12	
3	Evangelina FISHER		17 Chelmsford	30.75	
4	Laura STEPHENS		12 Colchester	31.68	
5	Amrita ROBERTSON		13 Bo Waltham F	31.89	
6	Eleanor PIRRIE		14 Runnymede	32.14	
7	Emily COLE		17 BorRedbridge	32.16	
8	Eliza DUFFY		14 Chelmsford	33.31	

EVENT 33 FINAL OF EVENT 28 Mens Open 50m Backstroke

Full Results

Place	Name	AaD	Club	Time	
1	Daniel STEPTON		20 Romford Town	27.44	
2	Charlie POND THOMPSON		18 Southend	29.68	
3	Timothy TRIPP		19 Colchester	29.73	
4	Lee BAKER		16 Epping For't	29.75	
5	Henry MAHER		16 Epping For't	29.8	
6	Jim VICKERS		14 Colchester	30.11	
7	George CROW		16 Killerwhales	30.23	
8	Joshua INWOOD		15 Basildon Ph	30.42	

EVENT 34 FINAL OF EVENT 29 Womens Open 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	50
1	Nicola REES		21 Romford Town	1:00.43	28.9
2	Marissa POSNETT		16 Epping For't	1:01.40	29.46
3	Emily STEPHENS		14 Colchester	1:02.03	30.44
4	Kelsey RICHARDS		18 BorRedbridge	1:02.30	30.12
5	Hannah TRAVELL		15 Chelmsford	1:02.93	30.51
6	Rianna SMITH		13 Brentwood	1:03.50	31.28

7 Courtney SANDERS	14 Chelmsford	1:04.95	30.94
8 Eliza DUFFY	14 Chelmsford	1:06.04	31.14

EVENT 35 Mens Open 400m IM

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time						
1	Charlie DENTITH	16	BorRedbridge	4:37.36						
	50m 28.59	100m	1150m 1:38.07	200m 2:12.71	250m 2:52.25	300m 3:33.63	350m 4:06.30	400m 4:37.36		
2	Thomas MCLAGAN	15	Chelmsford	4:55.95						
	50m 30.68	100m	1150m 1:45.66	200m 2:22.98	250m 3:05.44	300m 3:49.26	350m 4:23.42	400m 4:55.95		
3	Bradley CLARKE	15	Basildon Ph	4:59.96						
	50m 33.32	100m	1150m 1:49.12	200m 2:26.47	250m 3:09.51	300m 3:52.63	350m 4:26.51	400m 4:59.96		
4	George FOLEY	15	Romford Town	5:03.73						
	50m 30.78	100m	1150m 1:47.15	200m 2:26.66	250m 3:10.45	300m 3:56.17	350m 4:30.17	400m 5:03.73		
5	Joshua INWOOD	15	Basildon Ph	5:09.62						
	50m 31.11	100m	1150m 1:46.23	200m 2:24.91	250m 3:11.68	300m 3:58.70	350m 4:34.65	400m 5:09.62		
6	Charles STURLEY	15	Romford Town	5:13.78						
	50m 31.59	100m	1150m 1:50.51	200m 2:30.92	250m 3:16.59	300m 4:03.74	350m 4:39.51	400m 5:13.78		
7	Aidan ROBINSON	14	Basildon Ph	5:14.07						
	50m 31.83	100m	1150m 1:52.50	200m 2:32.49	250m 3:18.84	300m 4:06.36	350m 4:41.20	400m 5:14.07		
8	Harvey BROWN	14	Basildon Ph	5:15.19						
	50m 31.70	100m	1150m 1:49.20	200m 2:27.69	250m 3:17.96	300m 4:08.33	350m 4:42.08	400m 5:15.19		
9	Luke SHERIDAN	14	Romford Town	5:18.77						
	50m 32.69	100m	1150m 1:53.79	200m 2:34.16	250m 3:20.59	300m 4:07.50	350m 4:43.94	400m 5:18.77		
10	Matthew ALEXANDER	14	Killerwhales	5:20.99						
	50m 32.43	100m	1150m 1:53.64	200m 2:34.35	250m 3:21.29	300m 4:09.14	350m 4:44.23	400m 5:20.99		
11	Salaam MOTIN	14	Thurrock	5:24.84						
	50m 34.98	100m	1150m 1:57.37	200m 2:37.07	250m 3:23.26	300m 4:10.19	350m 4:48.30	400m 5:24.84		
12	James DAY	14	Thurrock	5:25.20						
	50m 31.92	100m	1150m 1:52.55	200m 2:33.52	250m 3:21.09	300m 4:10.50	350m 4:49.27	400m 5:25.20		
13	Stephen TRUONG	14	BorRedbridge	5:25.94						
	50m 31.41	100m	1150m 1:52.05	200m 2:33.12	250m 3:22.55	300m 4:12.95	350m 4:49.16	400m 5:25.94		
14	Fraser SCOTT	13	BorRedbridge	5:29.63						
	50m 35.83	100m	1150m 2:01.93	200m 2:43.76	250m 3:29.52	300m 4:16.06	350m 4:53.94	400m 5:29.63		
15	Jeremy NOCKELS	13	Bo Waltham F	5:29.89						
	50m 36.33	100m	1150m 2:01.36	200m 2:43.86	250m 3:29.80	300m 4:17.42	350m 4:54.67	400m 5:29.89		
16	OLE MILLS	12	Chelmsford	5:30.15						
	50m 36.02	100m	1150m 2:01.54	200m 2:45.54	250m 3:30.36	300m 4:15.57	350m 4:53.51	400m 5:30.15		

17 Harry FOX	12 Killerwhales	5:42.98						
50m 37.19	100m 1150m 2:00.93	200m 2:41.57	250m 3:34.90	300m 4:28.11	350m 5:06.49	400m 5:42.98		
18 Morgan BROWN	13 BorRedbridge	5:45.18						
50m 36.18	100m 1150m 2:03.74	200m 2:45.90	250m 3:37.33	300m 4:30.63	350m 5:08.42	400m 5:45.18		
19 Ashley CLARKE	13 Basildon Ph	5:45.76						
50m 36.29	100m 1150m 2:03.81	200m 2:46.85	250m 3:36.10	300m 4:26.91	350m 5:06.44	400m 5:45.76		
20 Lewis COOPER	13 Basildon Ph	5:54.01						
50m 38.24	100m 1150m 2:08.17	200m 2:52.38	250m 3:45.42	300m 4:37.61	350m 5:16.38	400m 5:54.01		

Open Age Group - Full Results

Place	Name	AaD	Club	Time					
1	Charlie DENTITH		16 BorRedbridge	4:37.36					
	50m 28.59		100m 1150m 1:38.07	200m 2:12.71	250m 2:52.25	300m 3:33.63	350m 4:06.30	400m 4:37.36	
2	Thomas MCLAGAN		15 Chelmsford	4:55.95					
	50m 30.68		100m 1150m 1:45.66	200m 2:22.98	250m 3:05.44	300m 3:49.26	350m 4:23.42	400m 4:55.95	
3	Matthew WINNELL		18 Runnymede	4:57.28					
	50m 30.27		100m 1150m 1:43.10	200m 2:19.64	250m 3:04.30	300m 3:51.52	350m 4:25.08	400m 4:57.28	
4	Bradley CLARKE		15 Basildon Ph	4:59.96					
	50m 33.32		100m 1150m 1:49.12	200m 2:26.47	250m 3:09.51	300m 3:52.63	350m 4:26.51	400m 4:59.96	
5	George FOLEY		15 Romford Town	5:03.73					
	50m 30.78		100m 1150m 1:47.15	200m 2:26.66	250m 3:10.45	300m 3:56.17	350m 4:30.17	400m 5:03.73	
6	Joshua INWOOD		15 Basildon Ph	5:09.62					
	50m 31.11		100m 1150m 1:46.23	200m 2:24.91	250m 3:11.68	300m 3:58.70	350m 4:34.65	400m 5:09.62	
7	Charles STURLEY		15 Romford Town	5:13.78					
	50m 31.59		100m 1150m 1:50.51	200m 2:30.92	250m 3:16.59	300m 4:03.74	350m 4:39.51	400m 5:13.78	
8	Aidan ROBINSON		14 Basildon Ph	5:14.07					
	50m 31.83		100m 1150m 1:52.50	200m 2:32.49	250m 3:18.84	300m 4:06.36	350m 4:41.20	400m 5:14.07	
9	Harvey BROWN		14 Basildon Ph	5:15.19					
	50m 31.70		100m 1150m 1:49.20	200m 2:27.69	250m 3:17.96	300m 4:08.33	350m 4:42.08	400m 5:15.19	
10	Luke SHERIDAN		14 Romford Town	5:18.77					
	50m 32.69		100m 1150m 1:53.79	200m 2:34.16	250m 3:20.59	300m 4:07.50	350m 4:43.94	400m 5:18.77	
11	Matthew ALEXANDER		14 Killerwhales	5:20.99					
	50m 32.43		100m 1150m 1:53.64	200m 2:34.35	250m 3:21.29	300m 4:09.14	350m 4:44.23	400m 5:20.99	
12	Salaam MOTIN		14 Thurrock	5:24.84					
	50m 34.98		100m 1150m 1:57.37	200m 2:37.07	250m 3:23.26	300m 4:10.19	350m 4:48.30	400m 5:24.84	
13	James DAY		14 Thurrock	5:25.20					
	50m 31.92		100m 1150m 1:52.55	200m 2:33.52	250m 3:21.09	300m 4:10.50	350m 4:49.27	400m 5:25.20	
14	Stephen TRUONG		14 BorRedbridge	5:25.94					

	50m	31.41		100m	1150m	1:52.05		200m	2:33.12	250m	3:22.55	300m	4:12.95	350m	4:49.16	400m	5:25.94
15	Fraser	SCOTT		13	BorRedbridge					5:29.63							
	50m	35.83		100m	1150m	2:01.93		200m	2:43.76	250m	3:29.52	300m	4:16.06	350m	4:53.94	400m	5:29.63
16	Jeremy	NOCKELS		13	Bo Waltham F					5:29.89							
	50m	36.33		100m	1150m	2:01.36		200m	2:43.86	250m	3:29.80	300m	4:17.42	350m	4:54.67	400m	5:29.89
17	OLE	MILLS		12	Chelmsford					5:30.15							
	50m	36.02		100m	1150m	2:01.54		200m	2:45.54	250m	3:30.36	300m	4:15.57	350m	4:53.51	400m	5:30.15
18	Harry	FOX		12	Killerwhales					5:42.98							
	50m	37.19		100m	1150m	2:00.93		200m	2:41.57	250m	3:34.90	300m	4:28.11	350m	5:06.49	400m	5:42.98
19	Morgan	BROWN		13	BorRedbridge					5:45.18							
	50m	36.18		100m	1150m	2:03.74		200m	2:45.90	250m	3:37.33	300m	4:30.63	350m	5:08.42	400m	5:45.18
20	Ashley	CLARKE		13	Basildon Ph					5:45.76							
	50m	36.29		100m	1150m	2:03.81		200m	2:46.85	250m	3:36.10	300m	4:26.91	350m	5:06.44	400m	5:45.76
21	Lewis	COOPER		13	Basildon Ph					5:54.01							
	50m	38.24		100m	1150m	2:08.17		200m	2:52.38	250m	3:45.42	300m	4:37.61	350m	5:16.38	400m	5:54.01

EVENT 36 Womens Open 400m Freestyle

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time											
1	Elena SHERIDAN		16 Romford Town	4:28.86											
	50m	30.96	100m	1150m	1:39.05	200m	2:13.38	250m	2:47.81	300m	3:22.17	350m	3:56.12	400m	4:28.86
2	Emily STEPHENS		14 Colchester	4:39.93											
	50m	31.63	100m	1150m	1:42.13	200m	2:18.03	250m	2:53.75	300m	3:30.39	350m	4:06.01	400m	4:39.93
3	Ciara PURCELL		13 BorRedbridge	4:45.60											
	50m	32.04	100m	1150m	1:44.15	200m	2:20.77	250m	2:57.37	300m	3:33.96	350m	4:10.89	400m	4:45.60
4	Bethan MCELROY		13 Canvey Isl	4:47.24											
	50m	33.10	100m	1150m	1:45.55	200m	2:22.43	250m	2:59.52	300m	3:36.69	350m	4:13.54	400m	4:47.24
5	Emma HASLER		15 Bo Waltham F	4:47.80											
	50m	32.44	100m	1150m	1:44.86	200m	2:21.59	250m	2:58.48	300m	3:35.41	350m	4:12.17	400m	4:47.80
6	Rebecca HAYES		15 Thurrock	4:48.39											
	50m	32.96	100m	1150m	1:45.98	200m	2:23.12	250m	2:59.92	300m	3:37.32	350m	4:13.30	400m	4:48.39
7	Eloise MONTANANA		12 BorRedbridge	4:49.04											
	50m	33.75	100m	1150m	1:47.22	200m	2:24.30	250m	3:01.75	300m	3:38.45	350m	4:14.60	400m	4:49.04
8	Rosie WEBBER		15 Romford Town	4:49.73											
	50m	33.24	100m	1150m	1:45.40	200m	2:22.05	250m	2:59.33	300m	3:36.31	350m	4:13.77	400m	4:49.73
9	Georgia MILLS		15 Thurrock	4:52.40											
	50m	31.94	100m	1150m	1:44.18	200m	2:21.85	250m	2:59.49	300m	3:37.57	350m	4:15.58	400m	4:52.40
10	Isabella SALTHOUSE		14 Braintree	4:53.37											

	50m 33.97	100m 1:48.26	200m 2:25.77	250m 3:03.74	300m 3:41.41	350m 4:18.30	400m 4:53.37
11 Lisa MURPHY		13 Killerwhales		4:53.59			
	50m 34.24	100m 1:48.43	200m 2:26.07	250m 3:03.63	300m 3:41.34	350m 4:18.16	400m 4:53.59
12 Liberty GOOD		14 Southend		4:53.64			
	50m 33.80	100m 1:47.66	200m 2:24.87	250m 3:02.22	300m 3:39.92	350m 4:17.37	400m 4:53.64
13 Grace HELLIER		13 Braintree		4:54.52			
	50m 33.81	100m 1:47.44	200m 2:24.65	250m 3:02.22	300m 3:40.30	350m 4:17.87	400m 4:54.52
14 Chloe-Annabelle WARD		15 Epping For't		4:54.69			
	50m 32.59	100m 1:46.17	200m 2:24.53	250m 3:02.05	300m 3:40.70	350m 4:18.13	400m 4:54.69
15 Rachael MOORE		14 Basildon Ph		5:00.05			
	50m 34.86	100m 1:52.34	200m 2:30.96	250m 3:09.59	300m 3:47.42	350m 4:24.88	400m 5:00.05
16 Victoria CHRISTMAS		14 Romford Town		5:00.28			
	50m 32.96	100m 1:47.70	200m 2:26.37	250m 3:05.42	300m 3:43.90	350m 4:22.86	400m 5:00.28
17 Sophie HOWARD		14 Braintree		5:02.26			
	50m 32.95	100m 1:46.41	200m 2:24.50	250m 3:03.59	300m 3:42.98	350m 4:23.47	400m 5:02.26
18 Georgia MILTON		11 Romford Town		5:02.80			
	50m 35.09	100m 1:51.90	200m 2:31.00	250m 3:10.21	300m 3:49.33	350m 4:27.10	400m 5:02.80
19 Karis ELLERBY		14 Canvey Isl		5:03.20			
	50m 33.23	100m 1:48.97	200m 2:28.02	250m 3:06.61	300m 3:46.27	350m 4:25.27	400m 5:03.20
20 Sophie WAYMONT		14 Southend		5:03.54			
	50m 34.22	100m 1:50.92	200m 2:29.88	250m 3:08.57	300m 3:47.72	350m 4:26.29	400m 5:03.54
21 Stephanie TOMLINSON		13 Romford Town		5:04.02			
	50m 34.45	100m 1:50.46	200m 2:29.19	250m 3:07.75	300m 3:46.70	350m 4:25.79	400m 5:04.02
22 Claire GOLIGHTLY		13 BorRedbridge		5:07.70			
	50m 34.74	100m 1:51.95	200m 2:32.04	250m 3:11.59	300m 3:51.91	350m 4:30.59	400m 5:07.70
23 Abigail REYNOLDS		14 Bo Southend		5:07.89			
	50m 34.25	100m 1:51.93	200m 2:32.48	250m 3:11.71	300m 3:52.28	350m 4:31.07	400m 5:07.89
24 Ellie MITCHELL		12 Runnymede		5:12.76			
	50m 35.22	100m 1:53.33	200m 2:33.27	250m 3:13.36	300m 3:54.23	350m 4:33.94	400m 5:12.76
25 Lucy HARWOOD		11 BorRedbridge		5:12.85			
	50m 36.11	100m 1:56.68	200m 2:38.19	250m 3:16.86	300m 3:56.50	350m 4:34.85	400m 5:12.85
26 Maisie WEST		15 Basildon Ph		5:13.34			
	50m 36.12	100m 1:57.50	200m 2:38.02	250m 3:17.26	300m 3:56.95	350m 4:36.14	400m 5:13.34
27 Alice WANG		13 Epping For't		5:13.66			
	50m 35.45	100m 1:55.55	200m 2:35.90	250m 3:16.52	300m 3:56.92	350m 4:35.89	400m 5:13.66
28 Isabel LEVINE		13 BorRedbridge		5:14.24			
	50m 35.79	100m 1:54.75	200m 2:34.96	250m 3:15.01	300m 3:55.50	350m 4:35.64	400m 5:14.24

29 Hope JONES	13 Thurrock			5:16.46					
50m 36.64	100m 1150m 1:56.31	200m 2:36.79	250m 3:17.29	300m 3:57.34	350m 4:37.16	400m 5:16.46			
30 Brooke FROST	11 Basildon Ph			5:17.20					
50m 36.23	100m 1150m 1:56.46	200m 2:37.46	250m 3:17.85	300m 3:58.93	350m 4:38.83	400m 5:17.20			
31 Sophie PRIDDLE	12 BorRedbridge			5:20.00					
50m 36.49	100m 1150m 1:56.63	200m 2:38.17	250m 3:18.79	300m 4:00.60	350m 4:41.51	400m 5:20.00			
32 Renae DAWES	11 Killerwhales			5:35.68					
50m 37.81	100m 1150m 2:03.39	200m 2:46.51	250m 3:29.57	300m 4:12.37	350m 4:54.97	400m 5:35.68			
Danica BRAZIER	12 Chelmsford			DNC					

Open Age Group - Full Results

Place	Name	AaD	Club	Time					
1	Elena SHERIDAN		16 Romford Town	4:28.86					
50m 30.96	100m 1150m 1:39.05	200m 2:13.38	250m 2:47.81	300m 3:22.17	350m 3:56.12	400m 4:28.86			
2	Emily STEPHENS		14 Colchester	4:39.93					
50m 31.63	100m 1150m 1:42.13	200m 2:18.03	250m 2:53.75	300m 3:30.39	350m 4:06.01	400m 4:39.93			
3	Ciara PURCELL		13 BorRedbridge	4:45.60					
50m 32.04	100m 1150m 1:44.15	200m 2:20.77	250m 2:57.37	300m 3:33.96	350m 4:10.89	400m 4:45.60			
4	Bethan MCELROY		13 Canvey Isl	4:47.24					
50m 33.10	100m 1150m 1:45.55	200m 2:22.43	250m 2:59.52	300m 3:36.69	350m 4:13.54	400m 4:47.24			
5	Emma HASLER		15 Bo Waltham F	4:47.80					
50m 32.44	100m 1150m 1:44.86	200m 2:21.59	250m 2:58.48	300m 3:35.41	350m 4:12.17	400m 4:47.80			
6	Rebecca HAYES		15 Thurrock	4:48.39					
50m 32.96	100m 1150m 1:45.98	200m 2:23.12	250m 2:59.92	300m 3:37.32	350m 4:13.30	400m 4:48.39			
7	Eloise MONTANANA		12 BorRedbridge	4:49.04					
50m 33.75	100m 1150m 1:47.22	200m 2:24.30	250m 3:01.75	300m 3:38.45	350m 4:14.60	400m 4:49.04			
8	Rosie WEBBER		15 Romford Town	4:49.73					
50m 33.24	100m 1150m 1:45.40	200m 2:22.05	250m 2:59.33	300m 3:36.31	350m 4:13.77	400m 4:49.73			
9	Georgia MILLS		15 Thurrock	4:52.40					
50m 31.94	100m 1150m 1:44.18	200m 2:21.85	250m 2:59.49	300m 3:37.57	350m 4:15.58	400m 4:52.40			
10	Isabella SALTHOUSE		14 Braintree	4:53.37					
50m 33.97	100m 1150m 1:48.26	200m 2:25.77	250m 3:03.74	300m 3:41.41	350m 4:18.30	400m 4:53.37			
11	Lisa MURPHY		13 Killerwhales	4:53.59					
50m 34.24	100m 1150m 1:48.43	200m 2:26.07	250m 3:03.63	300m 3:41.34	350m 4:18.16	400m 4:53.59			
12	Liberty GOOD		14 Southend	4:53.64					
50m 33.80	100m 1150m 1:47.66	200m 2:24.87	250m 3:02.22	300m 3:39.92	350m 4:17.37	400m 4:53.64			
13	Grace HELLIER		13 Braintree	4:54.52					
50m 33.81	100m 1150m 1:47.44	200m 2:24.65	250m 3:02.22	300m 3:40.30	350m 4:17.87	400m 4:54.52			

14	Chloe-Annabelle WARD	15 Epping For't	4:54.69						
	50m 32.59	100m 1150m 1:46.17	200m 2:24.53	250m 3:02.05	300m 3:40.70	350m 4:18.13	400m 4:54.69		
15	Rachael MOORE	14 Basildon Ph	5:00.05						
	50m 34.86	100m 1150m 1:52.34	200m 2:30.96	250m 3:09.59	300m 3:47.42	350m 4:24.88	400m 5:00.05		
16	Victoria CHRISTMAS	14 Romford Town	5:00.28						
	50m 32.96	100m 1150m 1:47.70	200m 2:26.37	250m 3:05.42	300m 3:43.90	350m 4:22.86	400m 5:00.28		
17	Sophie HOWARD	14 Braintree	5:02.26						
	50m 32.95	100m 1150m 1:46.41	200m 2:24.50	250m 3:03.59	300m 3:42.98	350m 4:23.47	400m 5:02.26		
18	Georgia MILTON	11 Romford Town	5:02.80						
	50m 35.09	100m 1150m 1:51.90	200m 2:31.00	250m 3:10.21	300m 3:49.33	350m 4:27.10	400m 5:02.80		
19	Karis ELLERBY	14 Canvey Isl	5:03.20						
	50m 33.23	100m 1150m 1:48.97	200m 2:28.02	250m 3:06.61	300m 3:46.27	350m 4:25.27	400m 5:03.20		
20	Sophie WAYMONT	14 Southend	5:03.54						
	50m 34.22	100m 1150m 1:50.92	200m 2:29.88	250m 3:08.57	300m 3:47.72	350m 4:26.29	400m 5:03.54		
21	Stephanie TOMLINSON	13 Romford Town	5:04.02						
	50m 34.45	100m 1150m 1:50.46	200m 2:29.19	250m 3:07.75	300m 3:46.70	350m 4:25.79	400m 5:04.02		
22	Claire GOLIGHTLY	13 BorRedbridge	5:07.70						
	50m 34.74	100m 1150m 1:51.95	200m 2:32.04	250m 3:11.59	300m 3:51.91	350m 4:30.59	400m 5:07.70		
23	Abigail REYNOLDS	14 Bo Southend	5:07.89						
	50m 34.25	100m 1150m 1:51.93	200m 2:32.48	250m 3:11.71	300m 3:52.28	350m 4:31.07	400m 5:07.89		
24	Ellie MITCHELL	12 Runnymede	5:12.76						
	50m 35.22	100m 1150m 1:53.33	200m 2:33.27	250m 3:13.36	300m 3:54.23	350m 4:33.94	400m 5:12.76		
25	Lucy HARWOOD	11 BorRedbridge	5:12.85						
	50m 36.11	100m 1150m 1:56.68	200m 2:38.19	250m 3:16.86	300m 3:56.50	350m 4:34.85	400m 5:12.85		
26	Maisie WEST	15 Basildon Ph	5:13.34						
	50m 36.12	100m 1150m 1:57.50	200m 2:38.02	250m 3:17.26	300m 3:56.95	350m 4:36.14	400m 5:13.34		
27	Alice WANG	13 Epping For't	5:13.66						
	50m 35.45	100m 1150m 1:55.55	200m 2:35.90	250m 3:16.52	300m 3:56.92	350m 4:35.89	400m 5:13.66		
28	Isabel LEVINE	13 BorRedbridge	5:14.24						
	50m 35.79	100m 1150m 1:54.75	200m 2:34.96	250m 3:15.01	300m 3:55.50	350m 4:35.64	400m 5:14.24		
29	Hope JONES	13 Thurrock	5:16.46						
	50m 36.64	100m 1150m 1:56.31	200m 2:36.79	250m 3:17.29	300m 3:57.34	350m 4:37.16	400m 5:16.46		
30	Brooke FROST	11 Basildon Ph	5:17.20						
	50m 36.23	100m 1150m 1:56.46	200m 2:37.46	250m 3:17.85	300m 3:58.93	350m 4:38.83	400m 5:17.20		
31	Sophie PRIDDLE	12 BorRedbridge	5:20.00						
	50m 36.49	100m 1150m 1:56.63	200m 2:38.17	250m 3:18.79	300m 4:00.60	350m 4:41.51	400m 5:20.00		
32	Renaë DAWES	11 Killerwhales	5:35.68						



6	Lauren BAKER	16	Witham Dolph	1:22.20	38.05
7	Jodi WHITEHEAD	13	Romford Town	1:22.83	38.63
8	Philippa DAVENALL	13	Colchester	1:24.04	39.51
9	Faye BRUMBY	15	Rochford	1:24.30	39.45
10	Kayleigh SIMS	15	Canvey Isl	1:24.43	39.2
11	Jessica LAMBERT	16	BorRedbridge	1:25.13	40.26
12	Gabrielle QUIGLEY	12	Canvey Isl	1:26.08	40.74
13	Sophie KENNY	13	BorRedbridge	1:26.29	41
14	Marissa POSNETT	16	Epping For't	1:26.34	39.64
15	Claire GOLIGHTLY	13	BorRedbridge	1:27.31	41.97
16	Katie WHIFFIN	15	Epping For't	1:27.42	39.56
17	Briony HAGGER	12	Killerwhales	1:27.51	41.27
18	Holly HILDREW	12	Romford Town	1:27.61	41.86
19	Danica BRAZIER	12	Chelmsford	1:28.09	41.37
20	Chloe RUDKIN	12	Colchester	1:28.45	41.76
21	Rachel VAUGHAN	17	Rochford	1:28.55	41.63
22	Kayleigh UMFREVILLE	14	Thurrock	1:29.20	41.35
23	Molly JEROME	13	Basildon Ph	1:29.70	40.8
24	Zoe BRADLEY	12	Southend	1:29.83	41.54
25	Ciara PURCELL	13	BorRedbridge	1:30.19	41.94
26	Abby COLTON	12	Witham Dolph	1:31.92	42.54
27	Aimee NEWPORT	12	Thurrock	1:35.46	44.71
28	Dina DAY	12	Runnymede	1:37.06	45.37
	Grace GILROY	14	Brentwood	DQ ST-	

EVENT 39 Mens Open 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	50
1	Conor HARROLD		18 Thurrock	1:03.43	29.64
2	Daniel STEPTON		20 Romford Town	1:03.44	30.61
3	Charlie POND THOMPSON		18 Southend	1:04.19	31.07
4	Lee BAKER		16 Epping For't	1:04.99	31.63
5	Joshua INWOOD		15 Basildon Ph	1:05.08	32.99
6	Jim VICKERS		14 Colchester	1:05.22	31.81
7	Timothy TRIPP		19 Colchester	1:05.56	31.45
8	George CROW		16 Killerwhales	1:05.64	31.87
9	Matthew WINNELL		18 Runnymede	1:05.96	32.54
10	James HOLDSWORTH		16 Brentwood	1:06.31	32.13

11	Zachary MASHFORD	16	Rochford	1:07.16	32.29
12	Augustus VEASEY	15	Chelmsford	1:07.58	32.51
13	Joseph STAMP	16	BorRedbridge	1:07.88	32.6
14	Lawrence BROWN	15	BorRedbridge	1:08.38	32.74
15	Harvey BROWN	14	Basildon Ph	1:08.80	33.27
16	Aidan ROBINSON	14	Basildon Ph	1:10.29	34.17
17	Russell BECK	14	Bo Southend	1:10.56	34.59
18	Matthew ALEXANDER	14	Killerwhales	1:11.68	34.44
19	Kenneth MAN	14	BorRedbridge	1:13.22	35.06
20	Harry FOX	12	Killerwhales	1:14.76	36.7
21	Billy MAYNARD	14	Southend	1:14.95	36.04
22	Morgan BROWN	13	BorRedbridge	1:16.47	36.89

EVENT 40 Womens Open 200m Butterfly

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Elena SHERIDAN	16	Romford Town	2:15.00	30.57	1:05.30	1:39.92
2	Eleanor PIRRIE	14	Runnymede	2:26.38	32.88	1:10.61	1:48.09
3	Amelia KNOWLES	15	Southend	2:27.49	32.51	1:09.94	1:48.64
4	Brock WHISTON	15	Romford Town	2:28.38	34.01	1:11.52	1:50.23
5	Rosie WEBBER	15	Romford Town	2:34.39	34.69	1:14.70	1:54.50
6	Laura STEPHENS	12	Colchester	2:35.69	34.14	1:14.70	1:56.90
7	Amrita ROBERTSON	13	Bo Waltham F	2:37.65	33.74	1:14.22	1:57.21
8	Katherine STEPHENS	15	Thurrock	2:38.95	33.83	1:14.37	1:56.69
9	Jessica PERSELL	11	BorRedbridge	2:43.08	35.17	1:17.52	2:00.10
10	Rebecca CRIBB	11	Romford Town	2:45.01	35.52	1:17.11	2:00.55
11	Sophie WARD	13	Romford Town	2:46.26	35.26	1:15.74	1:58.58
12	Amy HARRIS	14	Romford Town	2:48.66	35.52	1:17.72	2:02.70
13	Stephanie TOMLINSON	13	Romford Town	2:48.68	35.86	1:17.64	2:02.53
14	Holly HILDREW	12	Romford Town	2:49.01	36.5	1:21.50	2:05.07
15	Lucy HARWOOD	11	BorRedbridge	2:50.87	36.92	1:21.58	2:05.06
16	Kirstie FEHILY	13	Canvey Isl	2:54.18	37.65	1:22.58	2:09.00

Open Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Elena SHERIDAN	16	Romford Town	2:15.00	30.57	1:05.30	1:39.92
2	Eleanor PIRRIE	14	Runnymede	2:26.38	32.88	1:10.61	1:48.09
3	Amelia KNOWLES	15	Southend	2:27.49	32.51	1:09.94	1:48.64
4	Brock WHISTON	15	Romford Town	2:28.38	34.01	1:11.52	1:50.23

5	Rosie WEBBER	15 Romford Town	2:34.39	34.69	1:14.70	1:54.50
6	Laura STEPHENS	12 Colchester	2:35.69	34.14	1:14.70	1:56.90
7	Julia BRAYBROOKE	24 Killerwhales	2:36.15	34.33	1:13.47	1:54.93
8	Amrita ROBERTSON	13 Bo Waltham F	2:37.65	33.74	1:14.22	1:57.21
9	Katherine STEPHENS	15 Thurrock	2:38.95	33.83	1:14.37	1:56.69
10	Jessica PERSELL	11 BorRedbridge	2:43.08	35.17	1:17.52	2:00.10
11	Rebecca CRIBB	11 Romford Town	2:45.01	35.52	1:17.11	2:00.55
12	Sophie WARD	13 Romford Town	2:46.26	35.26	1:15.74	1:58.58
13	Amy HARRIS	14 Romford Town	2:48.66	35.52	1:17.72	2:02.70
14	Stephanie TOMLINSON	13 Romford Town	2:48.68	35.86	1:17.64	2:02.53
15	Holly HILDREW	12 Romford Town	2:49.01	36.5	1:21.50	2:05.07
16	Lucy HARWOOD	11 BorRedbridge	2:50.87	36.92	1:21.58	2:05.06
17	Kirstie FEHILY	13 Canvey Isl	2:54.18	37.65	1:22.58	2:09.00

EVENT 41 Mens Open 200m Breaststroke

16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Charlie DENTITH	16	BorRedbridge	2:33.83	34.2	1:14.05	1:53.83
2	Sean HOULIHAN	16	Thurrock	2:36.84	35.43	1:15.18	1:55.04
3	Benjamin STUCKEY	16	Bo Newham	2:42.13	36.34	1:18.02	2:00.91
4	Augustus VEASEY	15	Chelmsford	2:43.69	36.14	1:18.33	2:01.64
5	Hayden THOMAS	16	Epping For't	2:43.89	35.75	1:17.66	2:01.21
6	Thomas MCLAGAN	15	Chelmsford	2:47.75	37.62	1:20.70	2:04.46
7	Jack CARTER	16	Southend	2:48.42	36.76	1:19.32	2:04.18
8	Bradley CLARKE	15	Basildon Ph	2:49.36	38.22	1:20.29	2:04.92
9	Kieran GOODWIN	13	Killerwhales	2:51.33	38.61	1:22.07	2:06.76
10	Kenneth MAN	14	BorRedbridge	2:51.55	38.29	1:21.61	2:06.13
11	OLE MILLS	12	Chelmsford	2:54.60	40.06	1:25.69	2:09.87
12	Jeremy NOCKELS	13	Bo Waltham F	2:59.06	40.58	1:26.61	2:12.92
13	Robin HUGHES	13	Basildon Ph	3:02.31	40.28	1:27.47	2:14.56
14	Byron WOOD	13	Runnymede	3:04.04	41.62	1:29.21	2:17.74
15	Fraser SCOTT	13	BorRedbridge	3:05.18	41.93	1:29.10	2:16.77
16	Jack AYLING	13	Romford Town	3:10.67	42.75	1:32.66	2:22.31
17	Stephen TRUONG	14	BorRedbridge	3:11.79	42.2	1:32.86	2:23.26
18	Ashley CLARKE	13	Basildon Ph	3:13.70	44.41	1:33.84	2:23.78

Open Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1	Charlie DENTITH	16	BorRedbridge	2:33.83	34.2	1:14.05	1:53.83

2	Jake HARRISON	19 Romford Town	2:36.17	34.46	1:14.85	1:55.36
3	Scott DENHAM	23 Romford Town	2:36.20	33.72	1:14.20	1:55.02
4	Sean HOULIHAN	16 Thurrock	2:36.84	35.43	1:15.18	1:55.04
5	Benjamin STUCKEY	16 Bo Newham	2:42.13	36.34	1:18.02	2:00.91
6	Augustus VEASEY	15 Chelmsford	2:43.69	36.14	1:18.33	2:01.64
7	Hayden THOMAS	16 Epping For't	2:43.89	35.75	1:17.66	2:01.21
8	Thomas MCLAGAN	15 Chelmsford	2:47.75	37.62	1:20.70	2:04.46
9	Jack CARTER	16 Southend	2:48.42	36.76	1:19.32	2:04.18
10	Bradley CLARKE	15 Basildon Ph	2:49.36	38.22	1:20.29	2:04.92
11	Kieran GOODWIN	13 Killerwhales	2:51.33	38.61	1:22.07	2:06.76
12	Kenneth MAN	14 BorRedbridge	2:51.55	38.29	1:21.61	2:06.13
13	OLE MILLS	12 Chelmsford	2:54.60	40.06	1:25.69	2:09.87
14	Jeremy NOCKELS	13 Bo Waltham F	2:59.06	40.58	1:26.61	2:12.92
15	Robin HUGHES	13 Basildon Ph	3:02.31	40.28	1:27.47	2:14.56
16	Byron WOOD	13 Runnymede	3:04.04	41.62	1:29.21	2:17.74
17	Fraser SCOTT	13 BorRedbridge	3:05.18	41.93	1:29.10	2:16.77
18	Jack AYLING	13 Romford Town	3:10.67	42.75	1:32.66	2:22.31
19	Stephen TRUONG	14 BorRedbridge	3:11.79	42.2	1:32.86	2:23.26
20	Ashley CLARKE	13 Basildon Ph	3:13.70	44.41	1:33.84	2:23.78

EVENT 42 Womens Open 50m Backstroke

Full Results

Place	Name	AaD	Club	Time
1	Elena SHERIDAN	16	Romford Town	32.61
2	Emily LANE	15	Maldon Shark	32.66
3	Eliza DUFFY	14	Chelmsford	32.84
4	Laura STEPHENS	12	Colchester	32.94
5	Sarah LARNER	18	Chelmsford	33.57
6	Maisie WEST	15	Basildon Ph	33.66
7	Ruby WILSON	13	Brentwood	33.85
8	Jessica LAMBERT	16	BorRedbridge	33.96
9	Amelia KNOWLES	15	Southend	34.12
10	Marissa POSNETT	16	Epping For't	34.14
11	Jodi WHITEHEAD	13	Romford Town	34.41
12	Ekaterina ZOSSIMOVA	15	Bo Newham	34.62
13	Rachael MOORE	14	Basildon Ph	34.66
14	Molly JEROME	13	Basildon Ph	34.81
15	Katie WHIFFIN	15	Epping For't	35.07

16	Evangelina FISHER	17 Chelmsford	35.09
17	Amelia PEDDLE	11 Epping For't	35.75
18	Lauren FLIGHT	17 Witham Dolph	35.88
19	Emily COLE	17 BorRedbridge	36.31
20	Faye BRUMBY	15 Rochford	36.77
21	Danica BRAZIER	12 Chelmsford	37.27

EVENT 43 Mens Open 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	50
1	Jarrold BRADFIELD	15	Colchester	56	27.14
2	Lewis CLIFFORD-STEPHEN	18	Killerwhales	56.88	27.01
3	Michael GRACE	18	Basildon Ph	57.13	27.53
4	Tom WEBB	17	Killerwhales	57.22	27.34
5	Harry PAYNE	17	Thurrock	57.23	27.43
6	George FOLEY	15	Romford Town	57.48	27.99
7	Joseph HELLIER	16	Braintree	57.55	27.41
8	Toby ANDREWS	17	Killerwhales	57.62	27.54
9	Jake HARRISON	19	Romford Town	57.68	27.98
10	Henry MAHER	16	Epping For't	57.78	27.17
11	Freddy CASSFORD	16	Epping For't	57.9	27.45
12	Matthew THOMPSON	15	Chelmsford	58.47	27.92
13	Thomas CLARK	17	Killerwhales	58.5	27.81
14	James ROOME	16	Killerwhales	58.52	28.08
15	Ryan SMITH	18	BorRedbridge	58.54	28.23
16	Charles O'CONNOR	16	Colchester	58.56	28.22
17	Lee BAKER	16	Epping For't	58.75	27.98
18	Harvey BROWN	14	Basildon Ph	58.82	28.65
19	George KNIGHT	15	Runnymede	59.02	28.48
20	Danny BAKER	17	Rochford	59.1	28.48
21	Jim VICKERS	14	Colchester	59.26	28.44
22	Tom SKINGSLEY	17	Killerwhales	59.33	27.92
23	Joseph STAMP	16	BorRedbridge	59.49	28.56
24	Nicholas ALBROW	16	Basildon Ph	59.56	28.65
25	Lawrence BROWN	15	BorRedbridge	59.68	28.06
26	Joshua INWOOD	15	Basildon Ph	59.84	28.81
27	Modestas MOCKEVICIUS	14	Bo Southend	1:00.07	28.56
28	Reece PARKER	16	Southend	1:00.29	28.71

29	Samuel KELLY	15	BorRedbridge	1:00.54	28.78
30	James DAY	14	Thurrock	1:00.87	28.96
31	Hayden THOMAS	16	Epping For't	1:00.99	29.15
32	Ben HOLLIS	18	BorRedbridge	1:01.04	28.8
33	Russell BECK	14	Bo Southend	1:01.07	29.6
34	Thomas BENSON	16	Romford Town	1:01.09	29.17
35	Christopher GARLICK	17	Brentwood	1:01.10	29.16
36	George CROW	16	Killerwhales	1:01.13	29.01
37	Luke SHERIDAN	14	Romford Town	1:02.05	29.7
38	Hugo JOHNSON	13	Bo Southend	1:02.17	29.35
39	Kenneth MAN	14	BorRedbridge	1:02.31	29.67
40	Aidan ROBINSON	14	Basildon Ph	1:03.20	30.02
41	Stephen TRUONG	14	BorRedbridge	1:03.30	29.14
42	Billy MAYNARD	14	Southend	1:04.72	30.52
43	Daniel STEPTON	20	Romford Town	1:04.94	30.42
44	Charlie POND THOMPSON	18	Southend	1:07.21	31.66

EVENT 44 FINAL OF EVENT 39 Mens Open 100m Backstroke

Full Results

Place	Name	AaD	Club	Time	50
1	Daniel STEPTON	20	Romford Town	1:01.00	-
2	Conor HARROLD	18	Thurrock	1:01.01	-
3	Charlie POND THOMPSON	18	Southend	1:02.64	-
4	Joshua INWOOD	15	Basildon Ph	1:04.60	-
5	Jim VICKERS	14	Colchester	1:04.88	-
6	Matthew WINNELL	18	Runnymede	1:05.20	-
7	Lee BAKER	16	Epping For't	1:05.37	-
8	George CROW	16	Killerwhales	1:07.22	-

EVENT 45 FINAL OF EVENT 38 Womens Open 100m Breaststroke

Full Results

Place	Name	AaD	Club	Time	50
1	Evangelina FISHER	17	Chelmsford	1:14.76	-
2	Brock WHISTON	15	Romford Town	1:16.85	-
3	Amy STATHAM	15	Killerwhales	1:18.69	-
4	Heather RODWELL	17	Colchester	1:18.80	-
5	Lauren BAKER	16	Witham Dolph	1:21.75	-
6	Jodi WHITEHEAD	13	Romford Town	1:23.42	-
7	Amy HARRIS	14	Romford Town	1:23.68	-

8 Philippa DAVENALL 13 Colchester 1:24.23 -

EVENT 46 FINAL OF EVENT 37 Mens Open 50m Butterfly

Full Results

Place	Name	AaD	Club	Time
1	Lewis CLIFFORD-STEPHEN	18	Killerwhales	26.53
2	Sargon YOUSSEFI-TITCHE	21	Colchester	26.81
3	Charles O'CONNOR	16	Colchester	27.91
4	Henry MAHER	16	Epping For't	28.04
5	Ryan SMITH	18	BorRedbridge	28.41
6	Sonny FORD	15	Thurrock	28.49
7	Freddy CASSFORD	16	Epping For't	28.51
8	James ROOME	16	Killerwhales	28.56

EVENT 47 FINAL OF EVENT 42 Womens Open 50m Backstroke

Full Results

Place	Name	AaD	Club	Time
1	Eliza DUFFY	14	Chelmsford	32.03
2	Elena SHERIDAN	16	Romford Town	32.56
3	Emily LANE	15	Maldon Shark	32.63
4	Laura STEPHENS	12	Colchester	32.75
5	Jessica LAMBERT	16	BorRedbridge	33.18
6	Ruby WILSON	13	Brentwood	33.49
7	Sarah LARNER	18	Chelmsford	33.53
8	Maisie WEST	15	Basildon Ph	33.74

EVENT 48 FINAL OF EVENT 43 Mens Open 100m Freestyle

Full Results

Place	Name	AaD	Club	Time	50
1	Lewis CLIFFORD-STEPHEN	18	Killerwhales	55.09	26.3
2	Jarrold BRADFIELD	15	Colchester	55.45	26.97
3	Harry PAYNE	17	Thurrock	55.77	27.25
4	Tom WEBB	17	Killerwhales	56.36	26.66
5	Toby ANDREWS	17	Killerwhales	57.7	27.61
6	Michael GRACE	18	Basildon Ph	57.82	28.04
7	Joseph HELLIER	16	Braintree	58.04	27.67
8	George FOLEY	15	Romford Town	59.96	28.67