

# **2024 Open Masters Championships**

**SUNDAY SEPTEMBER 29<sup>TH</sup> 2024**

**Newmarket Leisure Centre,**

**Exning Road,**

**NEWMARKET CB8 0EA**

**(Under Swim England Regulations  
and Technical Rules)**

## **INFORMATION PACK**

*(Queries or questions – please email to*

*Bernie Buck - [mastersentries@eastswimming.org](mailto:mastersentries@eastswimming.org))*

**SCHEDULE OF EVENTS**

**Session 1**

**Warm Up 0830 to 0855 (800M Swimmers only)**

**Start 0900 – Est Finish Time: 0950**

**WITHDRAWALS REQUIRED BY 0830**

101	<b>Mixed</b> 800m Freestyle
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**Session 2**

**Warm Up 0955 to 1025 – Start 1030 – Est Finish Time: 1155**

**WITHDRAWALS & TEAM DECLARATIONS REQUIRED BY 0955**

201	<b>Mixed</b> 200m IM
202	<b>Open/Male</b> 50m Freestyle
203	<b>Female</b> 50m Freestyle
204	<b>Open/Male</b> 100m Butterfly
205	<b>Female</b> 100m Butterfly
206	<b>Mixed</b> 200m Backstroke
207	<b>Mixed</b> 200m Medley Team

**Session 3**

**Warm Up 1155 to 1225 – Start 1230 – Est Finish Time: 1405**

**WITHDRAWALS REQUIRED BY 1155**

301	<b>Mixed</b> 400m Freestyle
302	<b>Open/Male</b> 50m Backstroke
303	<b>Female</b> 50m Backstroke
304	<b>Open/Male</b> 100m IM
305	<b>Female</b> 100m IM
306	<b>Mixed</b> 200m Breaststroke

**Session 4**

**Warm Up 1405 to 1325 – Start 1440 – Est Finish Time: 1555**

**WITHDRAWALS & TEAM DECLARATIONS REQUIRED BY 1405**

401	<b>Open/Male</b> 50m Butterfly
402	<b>Female</b> 50m Butterfly
403	<b>Open/Male</b> 100m Breaststroke
404	<b>Female</b> 100m Breaststroke
405	<b>Mixed</b> 200m Freestyle
406	<b>Open/Male</b> 100m Backstroke
407	<b>Female</b> 100m Backstroke
408	<b>Mixed</b> 200m Freestyle Team

**Session 5**

**Warm Up 1555 to 1625 – Start 1630 – Est Finish Time: 1720**

**WITHDRAWALS BY 1555**

501	<b>Open/Male</b> 50m Breaststroke
502	<b>Female</b> 50m Breaststroke
503	<b>Open/Male</b> 100m Freestyle
504	<b>Female</b> 100m Freestyle
505	<b>Mixed</b> 200m Butterfly

**WARM UP DETAILS**

**LANES 1, 3 & 5 CLOCKWISE – 2, 4 & 6 ANTI CLOCKWISE**

**PLEASE NOTE, ALL WARM UPS WILL BE VERY BUSY AND STRICTLY LIMITED ON TIME,**

**SO PLEASE LISTEN FOR ANNOUNCEMENTS AND**

**FOLLOW SAFE ENTRY AND EXIT AT ALL TIMES**

**NO DIVING EXCEPT IN ONE WAY SPRINT LANES.**

**SESSION 1 – 800m SWIMMERS ONLY – 30 MINUTES**

**ONE WAY SPRINT LANES FOR LAST 10 MINUTES**

**LANES 1 – 3 – FEMALE – LANES 4 -6 OPEN/MALE**

**SESSIONS 2, 3 & 4 – 3 X 15 MINUTES**

**ONE WAY SPRINT LANES WILL OPEN FOR THE LAST 5 MINUTES OF EACH ALLOCATION**

**1<sup>ST</sup> 15 MINUTES – 50 & OVER – LANES 1 & 2 – FEMALE, 3, 4, 5 & 6 OPEN/MALE**

**2<sup>ND</sup> 15 MINUTES – 35 – 49 – LANES 1, 2 & 3 – FEMALE – 4, 5 & 6 OPEN/MALE**

**3<sup>RD</sup> 15 MINUTES – 18 – 34 – LANES 1, 2 & 3 – FEMALE – 4, 5 & 6 OPEN/MALE**

**SESSION 5 – 2 X 15 MINUTES**

**ONE WAY SPRINT LANES WILL OPEN FOR THE LAST 5 MINUTES OF EACH ALLOCATION**

**1<sup>ST</sup> 15 MINUTES – 18 - 44 – LANES 1 & 2 – FEMALE, 3, 4, 5 & 6 OPEN/MALE**

**2<sup>ND</sup> 15 MINUTES – 45 & OVER – LANES 1, 2 & 3 – FEMALE – 4, 5 & 6 OPEN/MALE**

## GENERAL CONDITIONS

1. The Swim England East Region Masters Leadership Group reserves full powers over all East Region Masters Championships.
2. Entries will be accepted from eligible competitors who are registered in the year of competition and are members of clubs affiliated to Swim England, Swim Scotland or Swim Wales to include eligible BUCS competitors and registered as Club Compete members, or of any other country affiliated to World Aquatics.
3. The Championships shall be held under World Aquatics Swimming Rules and World Aquatics Masters Rules unless otherwise provided for in these Event Conditions, Swim England Regulations and any additional conditions printed in the Entry Pack or the Competitor Information Pack. These Rules apply to all those taking part in the Championships. For conditions not covered by World Aquatics Rules (for example, Health and Safety regulations and other guidelines), the requirements of Swim England shall apply. Para Swimming events are governed by WPS rules unless otherwise provided for in these Event Conditions.
4. All competitors in Masters events must be aged 25 years or over at midnight on 31<sup>st</sup> December in the year of competition and in Senior (18-24) events, must be a minimum of 18 years of age on the day of competition.
5. Protests shall be made and dealt with as detailed in Swim England Regulations. The Promoter is **Bernie Buck** on behalf of Swim England East Region Masters Leadership Group.
6. In line with Swim England Transgender and Non-Binary Competition Policy, eligibility categories are as follows: 1) Female 2) Open
7. The Female category is for birth sex females in accordance with the Swim England Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
8. The Open category is for athletes with a birth sex of male, Trans or Non-Binary competitors and any competitor not eligible for the Female category. The term 'Open/Male' used throughout these conditions is in reference to the 'Open' eligibility category
9. Depending on the number of entries the Promoter reserves the right to reject entries by the method they deem appropriate.

## EVENTS

10. The Masters Leadership Group shall determine the programme of events. The programme currently includes the following events for both female and open/male: 50, 100, 200, 400 and 800 metres freestyle; 50, 100, and 200 metres breaststroke, butterfly, and backstroke; 100 and 200 metres individual medley; Mixed (2 female and 2 open/male) 4 x 50 metres freestyle and medley relays.
11. Age groups for individual Masters events shall be 25-29 years, 30-34 years, and upwards in 5-year bands as required.
12. Entry standards or restrictions on numbers may be applied at the discretion of the Promoter.
13. All events will be Heat Declared Winner.
14. Age groups for team events shall be 72yrs+, 100-119yrs, 120-159yrs, 160-199yrs, 200-239yrs, 240-279yrs and 280+. Swimmers in the 72yrs+ relay events must be 18 years of age at the date of competition. Swimmers in Masters team events (100-119yrs etc.) must be 25 years of age or over on 31 December in the year of competition. All age groups in the team events including the Senior (18-24) will be swum concurrently.
15. Team events shall be open to teams from any affiliated clubs as set out above (Item 2). A club may enter more than one team in any age category. A swimmer may swim for only one team in any team event.
16. A competitor may represent only one club in individual events.
17. The Seniors (18-24) individual championships will be swum concurrently and seeded with the corresponding Masters individual events.

## ENTRY PROCEDURE

18. Entries must be made online via the link above. The link to the entry system will also be published on the Swim England East Region website here:  
<https://www.eastswimming.org/masters/masters-competitions/>
19. Individual entry fees are **£7.50** per event for any distance from 50m to 800m. Relay events are **£15** per event. Acceptance of an entry is at the discretion of the promoter. Incomplete or inaccurate entries, particularly those not accompanied by the entry fee, will not be accepted. Qualifying age groups and ages of swimmers are as shown above (Items **11 & 14**).
20. The information provided on the entry form shall be regarded as definitive. Alterations (e.g. to the events entered) will not be accepted after the closing date. No refunds will be given for incorrect entries or no shows on the day.
21. Acknowledgement and acceptance of a correctly submitted entry can be found on the Competitions page <https://www.eastswimming.org/masters/masters-competitions/> Swimmers have 7 days from the date that entries are posted on the website to check the received entries and notify the entries manager of any errors ([mastersentries@eastswimming.org](mailto:mastersentries@eastswimming.org)) after which a final entries list will be published and no further corrections allowed.
22. The 800m Freestyle will be capped. Please note that a time limit to the 800m session will be applied. Where necessary, entry to this event will be closed if the session time is reached before the closing date. This limit is necessary to ensure the smooth running of the event and to comply with official/volunteer session lengths.
23. Competitors will be allocated lanes in graduated time order, slowest to fastest spearheaded.
24. There are new Certificates of Exception, please see this link <https://www.swimming.org/swimengland/updated-resources-swimming-inclusion/>  
Certificates must be presented to the Referee prior to competing. Swimmers with a disability classification recognised by British Swimming are recommended to bring a printed copy of their exception code.
25. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to competitions, managing the meet and the submission of results to Masters Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry.

#### WITHDRAWALS

26. Once an entry is accepted a competitor shall swim or give notice of withdrawal. Withdrawals should be notified [mastersentries@eastswimming.org](mailto:mastersentries@eastswimming.org) before 8am on Sunday 29<sup>th</sup> September or during the meet by the times shown above in the timings.

#### REFUNDS

27. Refunds will only be issued where the competition is cancelled, or where there is a significant change to the schedule that results in a change of session for the event entered, meaning that the competitor cannot swim. Refunds will not be made where there are withdrawals on medical grounds.

#### OTHER ISSUES

28. Secondary strobe lights will be available at this competition.

29. Any matter arising which is not covered by these conditions shall be determined by the Promoter.

30. Any information included in the entry pack, including information published separately on the East Region Swimming website, shall be regarded as part of the General Conditions.

31. Medals or other awards shall be presented as determined by the Promoter.

#### **TOP TEAM AWARD & TOP INDIVIDUAL AWARD**

**(EAST REGION REGISTERED CLUBS & SWIMMERS ONLY)**

*Points will be awarded as follows:*

**INDIVIDUAL – 1<sup>st</sup> Place – 3pts, 2<sup>nd</sup> Place – 2pts, 3<sup>rd</sup> Place – 1pt**

**TEAM – 1<sup>st</sup> Place – 6ts, 2<sup>nd</sup> Place – 4pts, 3<sup>rd</sup> Place – 2pts**

*All swims completed without disqualification, including 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> will receive 1 point for an individual swim and 2 points for a team swim.*

#### **Para-Swimming SEER Masters Championships Conditions**

*Please note that these supplementary conditions are to be adhered to together with the general conditions for the Swim England East Region Masters Championships.*

#### **1. EVENTS:**

- 1.1. 50m Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly
- 1.2. 100m Freestyle, 100m Backstroke, 100m Breaststroke, 100m Butterfly
- 1.3. 100m Individual Medley

#### **2. ELIGIBILITY**

**S1-S10 – All competitors must have an authorised classification held on the British Rankings Database at the time of entry.**

**S11-S13 - All competitors must have an authorised classification held on the British Rankings Database at the time of entry.**

**S14 – All competitors must have an authorised (S14 or S64) classification held on the British Rankings Database**

#### **3. SUPPORT STAFF**

**A competitor may have support staff in attendance at the starting end of the pool only if their code of exception has A, Y OR T.**

#### **4. MEDALS**

**Medals shall be awarded on a multi-class timed final basis to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed competitors based on the age adjusted time and British Para-Swimming Points System.**

**For information, Medals – WPS Rule 10.15.2 does not apply to this competition**

**SESSION 1 SUNDAY SEPTEMBER 29TH 2024**

**Warm Up 0830 to 0855 (800M Swimmers only)**

**Start 0900 – Est Finish Time: 0950**

**WITHDRAWALS REQUIRED BY 0830**

**EVENT 101 Mixed 800m Freestyle**

1	STARR, Sue	45/49Louth	14:30.00	13	STRAKOSCH, Mark	60/64Berkhamsted	10:40.69
2	WRIGHT, Andrew	65/69Stowmarket	14:20.00	14	NOBLE, Suzanne	60/64East Anglian	10:34.62
3	HAWLEY, Martin	60/64West Suffolk	13:00.00	15	BARKER, Dale	60/64Felixstowe	10:31.84
4	TRELFORD, Phillip	50/54Co Ely	12:59.67	16	OWEN, Barry	55/59Rochford	10:30.00
5	HATTON, Nicholas	35/39Nofio Cymru	11:43.51	17	EVANS, Susan	45/49Biggleswade	10:22.23
6	CHADDERTON, Lucy	40/44West Norfolk	11:42.50	18	WHEELER, Emma	25/29teamipswich	10:12.20
7	CRESSWELL, Josephine	55/59East Anglian	11:37.61	19	MORGAN, Christopher	50/54 Otter	10:11.45
8	O'ROURKE, John	55/59Team Luton	11:36.00	20	SHAW, Alistair	40/44 Flitwick	10:06.06
9	STEELE, Jeanne	25/29Co Ely	11:30.00	21	BIRD, Owen	30/34 Putteridge	10:00.56
10	GILBERTSON, Ella	18/24Co Norwich	11:14.45	22	READING, Victoria	35/39Northampton	10:00.00
11	NEVIN, Heidi	55/59Rochford	10:46.36	23	DIXON, Peter	55/59Bo Newham	9:10.62
12	MARKWELL, Catherine	40/44Co Norwich	10:45.94				

**SESSION 2 SUNDAY SEPTEMBER 29TH 2024**

**Warm Up 0950 to 1035 – Start 1035 – Est Finish Time: 1155**

**WITHDRAWALS & TEAM DECLARATIONS REQUIRED BY 0955**

**EVENT 201 Mixed 200m Individual Medley**

1	IRVINE, Gordon	45/49Newmarket	NT	13	LELEAN, Adam	60/64Diss Otters	3:00.00
2	LELEAN, Sally	70/74Diss Otters	4:42.33	14	SMITH, Alexander	40/44Harlow Pen	3:00.00
3	JACKSON, Patricia	75/79East Anglian	4:07.15	15	STRAKOSCH, Mark	60/64Berkhamsted	2:58.88
4	LUTHER, Eileen	65/69Rochford	3:40.00	16	BEAL, Stephen	55/59DunmowAtlant	2:50.00
5	ORCHARD, Chris	65/69Deepings	3:30.00	17	SHAW, Alistair	40/44 Flitwick	2:45.00
6	KEDGE, Louise	35/39Harlow Pen	3:30.00	18	PALMER, Dawn	45/49Basildon Ph	2:45.00
7	O'ROURKE, John	55/59Team Luton	3:22.80	19	MORGAN, Christopher	50/54 Otter	2:43.70
8	BEAN, Dale	18/24Biggleswade	3:18.30	20	SQUIRES, Andrew	50/54 Team Anglia	2:39.92
9	TRELFORD, Phillip	50/54Co Ely	3:17.56	21	CONWAY, James	45/49Ware	2:32.00
10	LONG, Lizzie	40/44Rochford	3:15.00	22	ALLEN, Thomas	25/29Flitwick	2:28.93
11	FRESHER, Martyn	60/64Co Ely	3:07.73	23	BARNETT, Liam	35/39Co Cambridge	2:20.00
12	MILLER, Robin	55/59teamipswich	3:04.97	24	GUNAWARDENA, Luca	18/24Co Norwich	2:17.48

**EVENT 202 Open/Male 50m Freestyle**

1	MANN, Michael	65/69Felixstowe	41.89	15	ROE, David	40/44Kettering	31.60
2	CLAYTON, James	18/24Newmarket S14	40.72	16	COE, Steve	60/64West Suffolk	31.54
3	RAE, Peter	70/74Otter	37.00	17	SOLE, Andrew	50/54Co Ely	31.46
4	PEACOCK, Kevin	45/49Harlow Pen	35.21	18	CUMMINS, Andrew	45/49St Neot Swan	31.17
5	TAYLOR, Jason	55/59Co Norwich	35.18	19	BANWELL, Mark	60/64Co Ely	31.13
6	COEKIN, Dietrich	70/74Deben	35.16	20	WINTER, Peter	40/44Newmarket S10	30.53
7	WHITELOCK, Lewis	40/44Basildon Ph	35.00	21	CHANDLER, Barry	65/69Newmarket	30.50
8	MURRAY, Ian	65/69Flitwick	33.27	22	KLUSKIEWICZ, Jakub	35/39Team Anglia	30.40
9	FOSKETT, Mike	70/74Hemel Hemp	33.22	23	HORROCKS, Ed	50/54DunmowAtlant	29.78
10	POWELL, Graham	65/69Team Luton	32.60	24	LEWIS, Mark	40/44Team Luton	29.53
11	BAKER, Geoff	65/69Rochford	32.50	25	GIBSON, Ian	40/44Stevenage	29.40
12	BRITTAİN, Toby	50/54Team Anglia	32.45	26	HARRIS, Benjamin	45/49Linslade	29.33
13	PIRRIE, David	65/69Hemel Hemp	32.40	27	BANNING, Craig	50/54Harlow Pen	29.29
14	KEARNEY, David	30/34Leyton	32.00	28	SHAW, Alistair	40/44Flitwick	29.04



29	HAWKINS, Michael	45/49 Northampton	28.98	45	SMART, Arthur	18/24 West Suffolk	27.39
30	TATE, Alex	30/34 Co Cambridge	28.97	46	BRYSTOW, Peter	30/34 Huntingdon	27.33
31	MILBURN, Robert	50/54 Chelmsford	28.87	47	DAVIS, Daniel	30/34 South Beds	27.26
32	BIRD, Owen	30/34 Putteridge	28.62	48	BUCHAN, Simon	55/59 Co Norwich	27.17
33	MILLER, Samuel	18/24 Rochford	28.50	49	SHORT, Geoffrey	35/39 Bishop Stort	27.14
34	IRISH, Adam	40/44 Newmarket	28.48	50	HARDY, James	35/39 Brentwood	27.05
35	PEAGRAM, Alistair	45/49 West Suffolk	28.18	51	BARLOW, Chris	40/44 Newmarket	27.03
36	SMITH, Alexander	40/44 Harlow Pen	28.13	52	HAILES, Martin	50/54 Team Waveney	27.00
37	KOSZUT, Joe	25/29 South Beds	28.01	53	SAUNDERS, Kai	25/29 Co Norwich	26.30
38	CARTER, James	35/39 Newmarket	28.00	54	NORTHOVER, Joe	30/34 Bo Newham	25.92
39	SIDNEY-ROBERTS, William	18/24 Co Norwich	27.80	55	ADDIS, Robert	18/24 West Norfolk	25.51
40	BEATTIE, David	40/44 St Neot Swan	27.66	56	HOVEN, Tommy	25/29 Co Norwich	25.34
41	MACDONALD, Andrew	30/34 Stevenage	27.59	57	TOWNEND, Zach	18/24 Co Norwich	25.04
42	COX, Joshua	30/34 Rochford	27.57	58	BALDWIN, Zak	18/24 Newmarket	24.87
43	MITCHELL, Max	35/39 Co Norwich	27.57	59	THOMAS-MANSFIELD, Jake	18/24 West Suffolk	24.46
44	HARRISON, Phillip	30/34 Felixstowe	27.50				

**EVENT 203 Female 50m Freestyle**

1	BUCK, Vicki	70/74 Team Anglia	57.00	24	KERSHAW, Hannah	35/39 Co Ely	32.24
2	DAY, Rachel	35/39 Deepings	50.63	25	HAMMOND, Samantha	40/44 South Beds	32.03
3	BOCKING, Holly	18/24 Colchester P S14	49.89	26	CANNON, Gemma	30/34 Deben	31.64
4	BESWICK, Agnieszka	40/44 Newmarket	39.75	27	GILBERTSON, Ella	18/24 Co Norwich	31.62
5	WHARTON, Harriet	40/44 Teddington	38.00	28	RUSSELL, Nicola	45/49 Dunmow Atlant	31.58
6	WATSON, Gillian	40/44 Co Norwich	37.02	29	WESTERN, Jaye	25/29 Flitwick	31.26
7	AMARAL, Ines	35/39 Co Ely	36.55	30	EDMONDS, Anne	50/54 Newmarket	31.26
8	LUTHER, Eileen	65/69 Rochford	35.74	31	ORDONEZ, Jenifer	35/39 Bexley Mast	31.04
9	BELLWOOD, Sophie	18/24 Newmarket	35.19	32	STROUD, Rebecca	18/24 Brentwood	31.00
10	SNOOK, Phoebe	18/24 Kettering	35.11	33	WALKER, Emma	50/54 Co Cambridge	30.77
11	SMITH, Sarah	40/44 Co Ely	34.06	34	HODGENS, Alexandra	40/44 Brentwood	30.70
12	LIEBENBERG, Melanie	40/44 Newmarket	33.96	35	NIEL, Eleanor	18/24 Newmarket	30.65
13	PYE, Jane	55/59 Co Norwich	33.95	36	HARRIS, Maya	25/29 West Suffolk	30.55
14	MACKENZIE, Karen	50/54 Team Luton	33.80	37	HOLMES, Katie	40/44 Harwich DP	29.70
15	BRETMAN, Katie	40/44 Dunmow Atlant	33.68	38	WHEELER, Emma	25/29 teamipswich	29.65
16	STARR, Sue	45/49 Louth	33.66	39	SAMPHER, Bethany	25/29 Newmarket	29.58
17	FRESHER, Cara	30/34 Co Ely	33.22	40	FORDHAM, Alyson	65/69 Bishop Stort	29.45
18	SMITH, Nicola	45/49 Northampton	33.21	41	LOVE, Phoebe	25/29 Co Peterboro	29.39
19	CURTIN, Olivia	30/34 Stowmarket	33.10	42	ODELL, Charlotte	18/24 Co Norwich	29.32
20	ANDREW, Celly	18/24 Harlow Pen	33.00	43	HEARD, Alexandra	18/24 Co Norwich	28.19
21	KEDGE, Louise	35/39 Harlow Pen	32.85	44	CROCKER, Lucy	30/34 Stevenage	27.72
22	PERRIN, Siobhan	45/49 Harlow Pen	32.64	45	KING, Carla	40/44 South Beds	27.64
23	AVIS, Lauren	25/29 South Beds	32.53	46	SHAW, Jessica	18/24 Co Peterboro	26.78

**EVENT 204 Open/Male 100m Butterfly**

1	BRADLEY, Sam	30/34 Team Luton S7	1:35.40	10	RICKETT, Matthew	40/44 Chelmsford	1:09.03
2	TRELFORD, Phillip	50/54 Co Ely	1:31.88	11	WALLACE, Ian	50/54 Brentwood	1:07.90
3	LELEAN, Adam	60/64 Diss Otters	1:30.77	12	ADDIS, Robert	18/24 West Norfolk	1:01.17
4	PIRRIE, David	65/69 Hemel Hemp	1:27.36	13	SHORT, Geoffrey	35/39 Bishop Stort	1:01.00
5	CHANDLER, Barry	65/69 Newmarket	1:18.00	14	NORTHOVER, Joe	30/34 Bo Newham	58.84
6	TATE, Alex	30/34 Co Cambridge	1:15.00	15	LLOYD, Jake	25/29 Bishop Stort	58.69
7	BAKER, Geoff	65/69 Rochford	1:14.53	16	DAVIS, Callum	18/24 Bishop Stort	56.59
8	COX, Joshua	30/34 Rochford	1:12.27	17	THOMAS-MANSFIELD, Jake	18/24 West Suffolk	56.37
9	ALLEN, Thomas	25/29 Flitwick	1:10.07				

**EVENT 205 Female 100m Butterfly**

1	JACKSON, Patricia	75/79 East Anglian	1:59.28	9	GILBERTSON, Ella	18/24 Co Norwich	1:17.85
2	SMITH, Sarah	40/44 Co Ely	1:30.00	10	PARSONS, Louise	40/44 Rochford	1:17.16
3	GEE, Lucy	18/24 Co Norwich	1:21.24	11	WHEELER, Emma	25/29 teamipswich	1:15.00
4	CRESSWELL, Josephine	55/59 East Anglian	1:20.74	12	WARD, Millie	18/24 Brentwood	1:15.00
5	LONG, Lizzie	40/44 Rochford	1:20.18	13	PEACOCK, Molly	18/24 West Suffolk	1:14.27
6	ROE, Lyndsay	40/44 Kettering	1:20.05	14	BELLINGER, Elizabeth	45/49 Bishop Stort	1:10.32
7	MARKWELL, Catherine	40/44 Co Norwich	1:20.00	15	JAMES, Niamh	18/24 Bishop Stort	1:06.94
8	ODELL, Charlotte	18/24 Co Norwich	1:20.00				

**EVENT 206 Mixed 200m Backstroke**

1	LELEAN, Sally	70/74 Diss Otters	4:04.72	15	BRADLEY, Sam	30/34 Team Luton S7	2:59.51
2	BOCKING, Holly	18/24 Colchester P S14	3:58.38	16	KEARNEY, David	30/34 Leyton	2:55.00
3	REYNOLDS, Patricia	70/74 Kettering	3:44.34	17	FORDHAM, Alyson	65/69 Bishop Stort	2:53.87
4	HODGENS, Alexandra	40/44 Brentwood	3:40.50	18	CANNON, Gemma	30/34 Deben	2:52.18
5	O'ROURKE, John	55/59 Team Luton	3:26.58	19	BARKER, Dale	60/64 Felixstowe	2:50.85
6	CHACKSFIELD, Justin	50/54 Kettering	3:23.00	20	WHEELER, Emma	25/29 teamipswich	2:50.00
7	HOLLAND, Melanie	50/54 Team Anglia	3:15.00	21	HARRISON, Phillip	30/34 Felixstowe	2:41.50
8	WRIGHT, Andrew	65/69 Stowmarket	3:13.68	22	STROUD, Rebecca	18/24 Brentwood	2:40.00
9	LELEAN, Adam	60/64 Diss Otters	3:08.78	23	EVANS, Susan	45/49 Biggleswade	2:39.87
10	HATTON, Nicholas	35/39 Nofio Cymru	3:07.34	24	PEACOCK, Molly	18/24 West Suffolk	2:33.22
11	WALLACE, Ian	50/54 Brentwood	3:06.60	25	ALLEN, Thomas	25/29 Flitwick	2:30.97
12	MORLEY, Ellen	25/29 Co Peterboro	3:00.51	26	WORTLEY, Samuel	18/24 West Suffolk	2:21.55
13	LUCAS, Rob	50/54 Diss Otters	3:00.00	27	FORD, Thomas	18/24 Basildon Ph	2:14.34
14	MILLER, Robin	55/59 teamipswich	2:59.89				

**EVENT 207 Mixed 4x50m Medley Team**

1	City Of Ely	200+ Co Ely	2:40.00	7	Newmarket & Dist SC	072+ Newmarket	2:00.00
2	Newmarket & Dist SC A	160+ Newmarket	2:30.00	8	West Suffolk SC	072+ West Suffolk	2:00.00
3	Newmarket & Dist SC B	160+ Newmarket	2:30.00	9	Bishops Stortford SC	072+ Bishop Stort	2:00.00
4	City Of Ely	160+ Co Ely	2:30.00	10	City of Norwich SC	072+ Co Norwich	2:00.00
5	City of Norwich SC	160+ Co Norwich	2:30.00	11	Harlow Penguin SC	072+ Harlow Pen	2:00.00
6	Flitwick Dolphins SC	160+ Flitwick	2:30.00	12	Kettering SC	072+ Kettering	2:00.00

**SESSION 3 SUNDAY SEPTEMBER 29TH 2024****Warm Up 1155 to 1240 – Start 1240 – Est Finish Time: 1410****WITHDRAWALS REQUIRED BY 1155****EVENT 301 Mixed 400m Freestyle**

1	ADAMS, Suzanne	50/54 Felixstowe	6:45.00	16	GILBERTSON, Ella	18/24 Co Norwich	5:17.29
2	REYNOLDS, Patricia	70/74 Kettering	6:41.92	17	WEBB, Kate	30/34 Northampton	5:13.95
3	RAE, Peter	70/74 Otter	6:30.00	18	CANNON, Gemma	30/34 Deben	5:07.79
4	STARR, Sue	45/49 Louth	6:25.62	19	HOLMES, Katie	40/44 Harwich DP	5:06.01
5	HOLLAND, Melanie	50/54 Team Anglia	6:15.00	20	ODELL, Charlotte	18/24 Co Norwich	5:05.50
6	TRELFORD, Phillip	50/54 Co Ely	6:09.38	21	TIERNAN, Niall	55/59 Brentwood	5:04.00
7	PERRIN, Siobhan	45/49 Harlow Pen	5:52.27	22	EVANS, Susan	45/49 Biggleswade	4:58.91
8	CHADDERTON, Lucy	40/44 West Norfolk	5:46.82	23	BEGG, Charlotte	30/34 Co Cambridge	4:50.39
9	O'ROURKE, John	55/59 Team Luton	5:46.00	24	ADDIS, Robert	18/24 West Norfolk	4:43.97
10	MACKENZIE, Karen	50/54 Team Luton	5:42.04	25	WALLACE, Ian	50/54 Brentwood	4:43.50
11	HATTON, Nicholas	35/39 Nofio Cymru	5:40.71	26	ALLEN, Thomas	25/29 Flitwick	4:42.62
12	KING, Carla	40/44 South Beds	5:32.03	27	KIMPTON, Andrew	30/34 West Suffolk	4:33.58
13	POWELL, Graham	65/69 Team Luton	5:30.00	28	DIXON, Peter	55/59 Bo Newham	4:30.08
14	LONG, Lizzie	40/44 Rochford	5:26.48	29	LLOYD, Jake	25/29 Bishop Stort	4:25.60
15	MARKWELL, Catherine	40/44 Co Norwich	5:17.73	30	FORD, Thomas	18/24 Basildon Ph	4:19.16



**EVENT 302 Open/Male 50m Backstroke**

1	MANN, Michael	65/69Felixstowe	57.28	15	BEAL, Stephen	55/59DunmowAtlant	36.27
2	COEKIN, Dietrich	70/74Deben	47.66	16	BIRD, Owen	30/34Putteridge	35.87
3	CLAYTON, James	18/24Newmarket S14	44.78	17	BARKER, Dale	60/64Felixstowe	34.95
4	COE, Steve	60/64West Suffolk	41.03	18	MILLER, Robin	55/59teamipswich	34.74
5	WRIGHT, Andrew	65/69Stowmarket	40.98	19	PEAGRAM, Alistair	45/49West Suffolk	34.66
6	MURRAY, Ian	65/69Flitwick	40.29	20	BANNING, Craig	50/54Harlow Pen	33.69
7	WINTER, Peter	40/44Newmarket S10	38.83	21	BUCHAN, Simon	55/59Co Norwich	32.82
8	FOSKETT, Mike	70/74Hemel Hemp	38.60	22	ALLEN, Thomas	25/29Flitwick	32.73
9	CHACKSFIELD, Justin	50/54Kettering	38.26	23	SMART, Arthur	18/24West Suffolk	31.88
10	FRESHER, Martyn	60/64Co Ely	37.54	24	MILLER, Samuel	18/24Rochford	31.50
11	KEARNEY, David	30/34Leyton	37.00	25	HARRISON, Phillip	30/34Felixstowe	31.25
12	HARRIS, Benjamin	45/49Linslade	36.96	26	SHORT, Geoffrey	35/39Bishop Stort	30.44
13	SOLE, Andrew	50/54Co Ely	36.46	27	WORTLEY, Samuel	18/24West Suffolk	29.23
14	MILBURN, Robert	50/54Chelmsford	36.40	28	BALDWIN, Zak	18/24Newmarket	28.87

**EVENT 303 Female 50m Backstroke**

1	BUCK, Vicki	70/74Team Anglia	1:05.00	13	EDMONDS, Anne	50/54Newmarket	38.44
2	LELEAN, Sally	70/74Diss Otters	57.98	14	HAMMOND, Samantha	40/44South Beds	38.00
3	BOCKING, Holly	18/24Colchester P S14	53.41	15	FORDHAM, Alyson	65/69Bishop Stort	37.61
4	BESWICK, Agnieszka	40/44Newmarket	51.40	16	AVIS, Lauren	25/29South Beds	36.28
5	SADLER, Lorraine	50/54Team Luton	49.64	17	ROE, Lyndsay	40/44Kettering	36.00
6	JACKSON, Patricia	75/79East Anglian	49.62	18	ANDREW, Celly	18/24Harlow Pen	36.00
7	BELLWOOD, Sophie	18/24Newmarket	41.18	19	MARKWELL, Catherine	40/44Co Norwich	34.91
8	PERRIN, Siobhan	45/49Harlow Pen	41.03	20	STROUD, Rebecca	18/24Brentwood	34.00
9	ORDONEZ, Jenifer	35/39Bexley Mast	40.55	21	SAMPHER, Bethany	25/29Newmarket	33.11
10	SMITH, Nicola	45/49Northampton	39.90	22	PEACOCK, Molly	18/24West Suffolk	32.94
11	SMITH, Sarah	40/44Co Ely	39.22	23	SHAW, Jessica	18/24Co Peterboro	31.10
12	LUTHER, Eileen	65/69Rochford	39.15				

**EVENT 304 Open/Male 100m Individual Medley**

1	GARRY, Robert	60/64Mildenhall	1:55.00	18	KEARNEY, David	30/34Leyton	1:20.00
2	MANN, Michael	65/69Felixstowe	1:50.64	19	BEATTIE, David	40/44St Neot Swan	1:19.58
3	TAYLOR, Jason	55/59Co Norwich	1:47.22	20	LUCAS, Rob	50/54Diss Otters	1:18.00
4	MILLER, Robin	55/59teamipswich	1:45.24	21	SMITH, Alexander	40/44Harlow Pen	1:16.22
5	COEKIN, Dietrich	70/74Deben	1:42.00	22	LEWIS, Mark	40/44Team Luton	1:16.04
6	MURRAY, Ian	65/69Flitwick	1:40.00	23	BRYSTOW, Peter	30/34Huntingdon	1:15.00
7	PEACOCK, Kevin	45/49Harlow Pen	1:33.25	24	KOSZUT, Joe	25/29South Beds	1:12.89
8	O'ROURKE, John	55/59Team Luton	1:33.00	25	COX, Joshua	30/34Rochford	1:10.87
9	TRELFORD, Phillip	50/54Co Ely	1:29.85	26	SIDNEY-ROBERTS, William	18/24Co Norwich	1:10.45
10	WHITELOCK, Lewis	40/44Basildon Ph	1:28.00	27	RICCKETT, Matthew	40/44Chelmsford	1:10.26
11	CUMMINS, Andrew	45/49St Neot Swan	1:26.81	28	SMART, Arthur	18/24West Suffolk	1:09.30
12	KLUSKIEWICZ, Jakub	35/39Team Anglia	1:25.00	29	DAVIS, Daniel	30/34South Beds	1:09.03
13	STRAKOSCH, Mark	60/64Berkhamsted	1:24.00	30	TOWNEND, Zach	18/24Co Norwich	1:05.66
14	LELEAN, Adam	60/64Diss Otters	1:23.23	31	CONWAY, James	45/49Ware	1:05.35
15	PIRRIE, David	65/69Hemel Hemp	1:23.20	32	GUNAWARDENA, Luca	18/24Co Norwich	1:04.89
16	WALLACE, Ian	50/54Brentwood	1:22.00	33	ADDIS, Robert	18/24West Norfolk	1:03.93
17	HORROCKS, Ed	50/54DunmowAtlant	1:21.87	34	AGIUS, Andrea	25/29Newmarket	1:01.86

**EVENT 305 Female 100m Individual Medley**

1	JACKSON, Patricia	75/79 East Anglian	1:51.93	18	GEE, Lucy	18/24 Co Norwich	1:21.55
2	BESWICK, Agnieszka	40/44 Newmarket	1:51.49	19	GILBERTSON, Ella	18/24 Co Norwich	1:20.75
3	SADLER, Lorraine	50/54 Team Luton	1:50.87	20	CANNON, Gemma	30/34 Deben	1:20.70
4	ADAMS, Suzanne	50/54 Felixstowe	1:43.02	21	RUSSELL, Nicola	45/49 Dunmow Atlant	1:20.53
5	BEAN, Dale	18/24 Biggleswade	1:42.30	22	WHARTON, Harriet	40/44 Teddington	1:20.00
6	PYE, Jane	55/59 Co Norwich	1:38.74	23	FORDHAM, Alyson	65/69 Bishop Stort	1:19.69
7	WATSON, Gillian	40/44 Co Norwich	1:30.00	24	WHEELER, Emma	25/29 teamipswich	1:18.00
8	HODGENS, Alexandra	40/44 Brentwood	1:28.30	25	BUSH, Louise	30/34 Co Norwich	1:17.73
9	KEDGE, Louise	35/39 Harlow Pen	1:28.11	26	STROUD, Rebecca	18/24 Brentwood	1:17.00
10	PERRIN, Siobhan	45/49 Harlow Pen	1:27.80	27	WEBB, Kate	30/34 Northampton	1:16.92
11	CASSIDY, Megan	30/34 West Suffolk	1:26.90	28	MORLEY, Ellen	25/29 Co Peterboro	1:15.51
12	AVIS, Lauren	25/29 South Beds	1:26.26	29	LOVE, Phoebe	25/29 Co Peterboro	1:15.00
13	SMITH, Sarah	40/44 Co Ely	1:26.00	30	NIEL, Eleanor	18/24 Newmarket	1:14.47
14	CURTIN, Olivia	30/34 Stowmarket	1:23.10	31	PALMER, Dawn	45/49 Basildon Ph	1:13.97
15	WESTERN, Jaye	25/29 Flitwick	1:22.13	32	HEARD, Alexandra	18/24 Co Norwich	1:08.06
16	EDMONDS, Anne	50/54 Newmarket	1:21.96	33	SHAW, Jessica	18/24 Co Peterboro	1:07.75
17	ORDONEZ, Jenifer	35/39 Bexley Mast	1:21.81	34	JAMES, Niamh	18/24 Bishop Stort	1:06.56

**EVENT 306 Mixed 200m Breaststroke**

1	DAY, Rachel	35/39 Deepings	4:49.59	14	HUNT, Nicholas	65/69 Witham Dolph	3:28.00
2	BOCKING, Holly	18/24 Colchester P SB14	4:33.50	15	LELEAN, Adam	60/64 Diss Otters	3:19.00
3	ROMAIN, Michele	60/64 Dunmow Atlant	3:57.60	16	NEVIN, Heidi	55/59 Rochford	3:18.65
4	MILLER, Robin	55/59 teamipswich	3:53.62	17	HARRIS, Maya	25/29 West Suffolk	3:15.91
5	MANN, Michael	65/69 Felixstowe	3:53.40	18	IRISH, Adam	40/44 Newmarket	3:05.99
6	BRETMAN, Katie	40/44 Dunmow Atlant	3:40.35	19	READING, Victoria	35/39 Northampton	3:05.00
7	WRIGHT, Andrew	65/69 Stowmarket	3:39.04	20	BARKER, Victoria	45/49 Harrogate	3:03.64
8	WINTER, Peter	40/44 Newmarket SB9	3:38.66	21	BUSH, Louise	30/34 Co Norwich	3:01.86
9	TRELFORD, Phillip	50/54 Co Ely	3:38.18	22	BELL, Jonathon	50/54 Co Cambridge	3:00.30
10	ORCHARD, Chris	65/69 Deepings	3:33.67	23	HOLMES, Katie	40/44 Harwich DP	2:56.50
11	KERSHAW, Hannah	35/39 Co Ely	3:31.25	24	MORGAN, Christopher	50/54 Otter	2:54.47
12	STRAKOSCH, Mark	60/64 Berkhamsted	3:30.58	25	MILBURN, Robert	50/54 Chelmsford	2:45.69
13	TURNBULL, Glen	45/49 West Suffolk	3:30.00	26	AGIUS, Andrea	25/29 Newmarket	2:30.30

**SESSION 4 SUNDAY SEPTEMBER 29TH 2024**

**Warm Up 1410 to 1455 – Start 1455 – Est Finish Time: 1610**  
**WITHDRAWALS & TEAM DECLARATIONS REQUIRED BY 1410**

**EVENT 401 Open/Male 50m Butterfly**

1	MANN, Michael	65/69 Felixstowe	48.65	14	TIERNAN, Niall	55/59 Brentwood	34.00
2	COEKIN, Dietrich	70/74 Deben	46.22	15	CUMMINS, Andrew	45/49 St Neot Swan	33.95
3	TAYLOR, Jason	55/59 Co Norwich	42.55	16	BANWELL, Mark	60/64 Co Ely	33.82
4	CHACKSFIELD, Justin	50/54 Kettering	40.27	17	HATTON, Nicholas	35/39 Nofio Cymru	33.73
5	BRITTAIN, Toby	50/54 Team Anglia	38.46	18	HORROCKS, Ed	50/54 Dunmow Atlant	33.50
6	HALL, Jon	55/59 Huntingdon	38.00	19	LUCAS, Rob	50/54 Diss Otters	33.15
7	FOSKETT, Mike	70/74 Hemel Hemp	37.50	20	KLUSKIEWICZ, Jakub	35/39 Team Anglia	32.78
8	COE, Steve	60/64 West Suffolk	36.77	21	GIBSON, Ian	40/44 Stevenage	32.50
9	KEARNEY, David	30/34 Leyton	36.00	22	POTTS, Martin	30/34 Co Cambridge	32.00
10	MCSHEA, Brian	60/64 East Anglian	36.00	23	BEAL, Stephen	55/59 Dunmow Atlant	31.98
11	HARRIS, Benjamin	45/49 Linslade	35.94	24	MITCHELL, Max	35/39 Co Norwich	31.94
12	FRESHER, Martyn	60/64 Co Ely	34.76	25	BANNING, Craig	50/54 Harlow Pen	31.92
13	MORGANS, Simon	50/54 Hertford	34.20	26	CHANDLER, Barry	65/69 Newmarket	31.68

27	TATE, Alex	30/34 Co Cambridge	31.61	37	BARNETT, Liam	35/39 Co Cambridge	27.50
28	BEATTIE, David	40/44 St Neot Swan	31.13	38	SHORT, Geoffrey	35/39 Bishop Stort	27.34
29	CARTER, James	35/39 Newmarket	31.00	39	LLOYD, Jake	25/29 Bishop Stort	27.25
30	COX, Joshua	30/34 Rochford	30.87	40	ADDIS, Robert	18/24 West Norfolk	27.23
31	RICKETT, Matthew	40/44 Chelmsford	30.55	41	BALDWIN, Zak	18/24 Newmarket	27.00
32	MILLER, Samuel	18/24 Rochford	30.50	42	TOWNEND, Zach	18/24 Co Norwich	26.61
33	BARLOW, Chris	40/44 Newmarket	30.10	43	NORTHOVER, Joe	30/34 Bo Newham	25.98
34	SIDNEY-ROBERTS, William	18/24 Co Norwich	30.06	44	THOMAS-MANSFIELD, Jake	18/24 West Suffolk	25.96
35	MACDONALD, Andrew	30/34 Stevenage	28.60	45	DAVIS, Callum	18/24 Bishop Stort	25.63
36	SMART, Arthur	18/24 West Suffolk	27.77				

#### EVENT 402 Female 50m Butterfly

1	BOCKING, Holly	18/24 Colchester P S14	52.89	17	ROE, Lyndsay	40/44 Kettering	34.27
2	JACKSON, Patricia	75/79 East Anglian	51.71	18	HAMMOND, Samantha	40/44 South Beds	34.25
3	BESWICK, Agnieszka	40/44 Newmarket	46.42	19	PARSONS, Louise	40/44 Rochford	33.94
4	WHARTON, Harriet	40/44 Teddington	42.00	20	MORLEY, Ellen	25/29 Co Peterboro	33.80
5	BEAN, Dale	18/24 Biggleswade	40.30	21	WALKER, Emma	50/54 Co Cambridge	33.44
6	LUTHER, Eileen	65/69 Rochford	39.23	22	PEACOCK, Molly	18/24 West Suffolk	33.27
7	MACKENZIE, Karen	50/54 Team Luton	38.31	23	PALMER, Dawn	45/49 Basildon Ph	33.10
8	SMITH, Sarah	40/44 Co Ely	38.00	24	NIEL, Eleanor	18/24 Newmarket	33.05
9	CASSIDY, Megan	30/34 West Suffolk	37.45	25	GILBERTSON, Ella	18/24 Co Norwich	32.82
10	EDMONDS, Anne	50/54 Newmarket	36.15	26	LOVE, Phoebe	25/29 Co Peterboro	31.53
11	WARD, Lisa	45/49 Deben	36.13	27	CROCKER, Lucy	30/34 Stevenage	31.07
12	CURTIN, Olivia	30/34 Stowmarket	36.10	28	SAMPHER, Bethany	25/29 Newmarket	30.07
13	CANNON, Gemma	30/34 Deben	35.51	29	WARD, Millie	18/24 Brentwood	30.00
14	LONG, Lizzie	40/44 Rochford	35.20	30	HEARD, Alexandra	18/24 Co Norwich	29.94
15	ANDREW, Celly	18/24 Harlow Pen	35.00	31	SHAW, Jessica	18/24 Co Peterboro	28.83
16	RUSSELL, Nicola	45/49 Dunmow Atlant	34.73				

#### EVENT 403 Open/Male 100m Breaststroke

1	MCSHEA, Brian	60/64 East Anglian	1:50.00	15	LEWIS, Mark	40/44 Team Luton	1:25.01
2	MANN, Michael	65/69 Felixstowe	1:48.23	16	IRISH, Adam	40/44 Newmarket	1:23.29
3	TRELFORD, Phillip	50/54 Co Ely	1:36.90	17	PIRRIE, David	65/69 Hemel Hemp	1:23.14
4	HALL, Jon	55/59 Huntingdon	1:35.00	18	BURNS, Thomas	25/29 Team Luton	1:23.06
5	WINTER, Peter	40/44 Newmarket SB9	1:34.42	19	MORGAN, Christopher	50/54 Otter	1:22.63
6	SANFORD, Gary	65/69 St Albans Ma	1:32.99	20	BELL, Jonathon	50/54 Co Cambridge	1:22.63
7	TURNBULL, Glen	45/49 West Suffolk	1:32.84	21	GIBSON, Ian	40/44 Stevenage	1:22.50
8	HUNT, Nicholas	65/69 Witham Dolph	1:31.00	22	COX, Joshua	30/34 Rochford	1:20.06
9	KEARNEY, David	30/34 Leyton	1:30.00	23	MILBURN, Robert	50/54 Chelmsford	1:16.82
10	KLUSKIEWICZ, Jakub	35/39 Team Anglia	1:30.00	24	POTTS, Martin	30/34 Co Cambridge	1:13.80
11	LELEAN, Adam	60/64 Diss Otters	1:29.61	25	CONWAY, James	45/49 Ware	1:13.25
12	HAWKINS, Michael	45/49 Northampton	1:27.67	26	MACDONALD, Andrew	30/34 Stevenage	1:10.90
13	CLASBY, Simon	45/49 Co Ely	1:26.74	27	AGIUS, Andrea	25/29 Newmarket	1:06.12
14	MORGANS, Simon	50/54 Hertford	1:25.80	28	HAMILTON, Thomas	18/24 Co Cambridge	1:02.96

**EVENT 404 Female 100m Breaststroke**

1	DAY, Rachel	35/39 Deepings	2:11.63	9	WATSON, Gillian	40/44 Co Norwich	1:40.01
2	LELEAN, Sally	70/74 Diss Otters	2:08.06	10	WESTERN, Jaye	25/29 Flitwick	1:25.11
3	JACKSON, Patricia	75/79 East Anglian	2:01.15	11	DAVIS, Helen	50/54 Team Anglia	1:22.32
4	PYE, Jane	55/59 Co Norwich	1:49.00	12	BUSH, Louise	30/34 Co Norwich	1:22.12
5	ROMAIN, Michele	60/64 Dunmow Atlant	1:48.43	13	BARKER, Victoria	45/49 Harrogate	1:20.65
6	ADCOCK, Sarah	55/59 Co Norwich	1:46.54	14	HOLMES, Katie	40/44 Harwich DP	1:20.03
7	ADAMS, Suzanne	50/54 Felixstowe	1:46.00	15	KING, Carla	40/44 South Beds	1:19.34
8	BEAN, Dale	18/24 Biggleswade	1:45.30	16	JAMES, Niamh	18/24 Bishop Stort	1:15.86

**EVENT 405 Mixed 200m Freestyle**

1	RAE, Peter	70/74 Otter	3:10.00	18	SQUIRES, Andrew	50/54 Team Anglia	2:22.09
2	HODGENS, Alexandra	40/44 Brentwood	3:00.00	19	TIERNAN, Niall	55/59 Brentwood	2:22.00
3	HALL, Jon	55/59 Huntingdon	2:55.00	20	WALLACE, Ian	50/54 Brentwood	2:17.38
4	SNOOK, Phoebe	18/24 Kettering	2:54.74	21	BIRD, Owen	30/34 Putteridge	2:16.17
5	WHITELOCK, Lewis	40/44 Basildon Ph	2:54.25	22	BEGG, Charlotte	30/34 Co Cambridge	2:16.07
6	STARR, Sue	45/49 Louth	2:53.92	23	TOWNEND, Zach	18/24 Co Norwich	2:15.00
7	WARD, Lisa	45/49 Deben	2:50.00	24	HEARD, Alexandra	18/24 Co Norwich	2:14.77
8	ORCHARD, Chris	65/69 Deepings	2:48.00	25	SAUNDERS, Kai	25/29 Co Norwich	2:14.00
9	GEE, Lucy	18/24 Co Norwich	2:42.19	26	ALLEN, Thomas	25/29 Flitwick	2:13.88
10	KERSHAW, Hannah	35/39 Co Ely	2:38.00	27	HOVEN, Tommy	25/29 Co Norwich	2:12.00
11	POWELL, Graham	65/69 Team Luton	2:35.00	28	WORTLEY, Samuel	18/24 West Suffolk	2:11.51
12	WEBB, Kate	30/34 Northampton	2:32.82	29	HARDY, James	35/39 Brentwood	2:10.14
13	WINTER, Sally	60/64 Bishop Stort	2:32.50	30	BARNETT, Liam	35/39 Co Cambridge	2:10.00
14	LELEAN, Adam	60/64 Diss Otters	2:32.40	31	ADDIS, Robert	18/24 West Norfolk	2:07.59
15	EVANS, Susan	45/49 Biggleswade	2:24.86	32	DIXON, Peter	55/59 Bo Newham	2:06.95
16	ODELL, Charlotte	18/24 Co Norwich	2:23.45	33	FORD, Thomas	18/24 Basildon Ph	1:59.73
17	SMITH, Alexander	40/44 Harlow Pen	2:22.40				

**EVENT 406 Open/Male 100m Backstroke**

1	GARRY, Robert	60/64 Mildenhall	1:50.00	10	BEAL, Stephen	55/59 Dunmow Atlant	1:18.42
2	TRELFORD, Phillip	50/54 Co Ely	1:36.29	11	BURNS, Thomas	25/29 Team Luton	1:17.00
3	WALLACE, Ian	50/54 Brentwood	1:35.00	12	BANNING, Craig	50/54 Harlow Pen	1:13.84
4	MURRAY, Ian	65/69 Flitwick	1:33.01	13	BUCHAN, Simon	55/59 Co Norwich	1:13.48
5	LELEAN, Adam	60/64 Diss Otters	1:30.93	14	KOSZUT, Joe	25/29 South Beds	1:10.00
6	FRESHER, Martyn	60/64 Co Ely	1:23.45	15	MILLER, Samuel	18/24 Rochford	1:10.00
7	WINTER, Peter	40/44 Newmarket S10	1:23.43	16	ALLEN, Thomas	25/29 Flitwick	1:09.66
8	HATTON, Nicholas	35/39 Nofio Cymru	1:23.26	17	HARRISON, Phillip	30/34 Felixstowe	1:08.75
9	BARKER, Dale	60/64 Felixstowe	1:19.47	18	BALDWIN, Zak	18/24 Newmarket	1:04.29

**EVENT 407 Female 100m Backstroke**

1	LELEAN, Sally	70/74 Diss Otters	2:01.28	6	SMITH, Sarah	40/44 Co Ely	1:26.59
2	BOCKING, Holly	18/24 Colchester P S14	1:51.34	7	AVIS, Lauren	25/29 South Beds	1:19.95
3	JACKSON, Patricia	75/79 East Anglian	1:50.78	8	GILBERTSON, Ella	18/24 Co Norwich	1:17.61
4	REYNOLDS, Patricia	70/74 Kettering	1:47.75	9	PEACOCK, Molly	18/24 West Suffolk	1:11.21
5	HODGENS, Alexandra	40/44 Brentwood	1:28.30	10	SHAW, Jessica	18/24 Co Peterboro	1:08.71

**EVENT 408 Mixed 4x50m Freestyle Team**

1	Newmarket & Dist SC	200+ Newmarket	2:40.00	8	Newmarket & Dist SC	072+ Newmarket	2:00.00
2	City Of Ely	200+ Co Ely	2:40.00	9	West Suffolk SC	072+ West Suffolk	2:00.00
3	City Of Ely	160+ Co Ely	2:30.00	10	Bishops Stortford SC	072+ Bishop Stort	2:00.00
4	City of Norwich SC	160+ Co Norwich	2:30.00	11	City of Norwich SC	072+ Co Norwich	2:00.00
5	Dunmow Atlantis SC	160+ DunmowAtlant	2:30.00	12	Harlow Penguin SC	072+ Harlow Pen	2:00.00
6	Flitwick Dolphins SC	160+ Flitwick	2:30.00	13	Kettering SC	072+ Kettering	2:00.00
7	Newmarket & Dist SC	120+ Newmarket	2:20.00				

**SESSION 5 SUNDAY SEPTEMBER 29TH 2024**

**Warm Up 1610 to 1640 – Start 1630 – Est Finish Time: 1730**

**WITHDRAWALS BY 1610**

**EVENT 501 Open/Male 50m Breaststroke**

1	COEKIN, Dietrich	70/74 Deben	48.91	16	KLUSKIEWICZ, Jakub	35/39 Team Anglia	37.00
2	MANN, Michael	65/69 Felixstowe	48.22	17	KING, Graham	60/64 Hadleigh	36.92
3	WINTER, Peter	40/44 Newmarket SB9	43.65	18	BANNING, Craig	50/54 Harlow Pen	36.29
4	TRELFORD, Phillip	50/54 Co Ely	43.31	19	GIBSON, Ian	40/44 Stevenage	36.20
5	HUNT, Nicholas	65/69 Witham Dolph	42.00	20	COX, Joshua	30/34 Rochford	36.01
6	TURNBULL, Glen	45/49 West Suffolk	41.76	21	MORGANS, Simon	50/54 Hertford	35.50
7	CHACKSFIELD, Justin	50/54 Kettering	41.51	22	MILBURN, Robert	50/54 Chelmsford	35.42
8	PEACOCK, Kevin	45/49 Harlow Pen	40.81	23	MITCHELL, Max	35/39 Co Norwich	34.81
9	SANFORD, Gary	65/69 St Albans Ma	40.74	24	CARTER, James	35/39 Newmarket	34.00
10	MORGAN, Christopher	50/54 Otter	38.64	25	HAILES, Martin	50/54 Team Waveney	33.50
11	LUCAS, Rob	50/54 Diss Otters	38.24	26	CONWAY, James	45/49 Ware	33.07
12	HAWKINS, Michael	45/49 Northampton	38.10	27	POTTS, Martin	30/34 Co Cambridge	32.96
13	BURNS, Thomas	25/29 Team Luton	37.17	28	MACDONALD, Andrew	30/34 Stevenage	32.23
14	BELL, Jonathon	50/54 Co Cambridge	37.17	29	AGIUS, Andrea	25/29 Newmarket	29.89
15	FRESHER, Marty	60/64 Co Ely	37.15	30	HAMILTON, Thomas	18/24 Co Cambridge	28.74

**EVENT 502 Female 50m Breaststroke**

1	DAY, Rachel	35/39 Deepings	56.85	13	BRETMAN, Katie	40/44 DunmowAtlant	42.73
2	SNOOK, Phoebe	18/24 Kettering	54.07	14	PALMER, Dawn	45/49 Basildon Ph	40.50
3	SADLER, Lorraine	50/54 Team Luton	52.02	15	WESTERN, Jaye	25/29 Flitwick	39.32
4	CASSIDY, Megan	30/34 West Suffolk	50.00	16	BUSH, Louise	30/34 Co Norwich	37.96
5	ROMAIN, Michele	60/64 DunmowAtlant	49.17	17	HARRIS, Maya	25/29 West Suffolk	37.65
6	BELLWOOD, Sophie	18/24 Newmarket	48.00	18	DAVIS, Helen	50/54 Team Anglia	37.10
7	AMARAL, Ines	35/39 Co Ely	47.90	19	NIEL, Eleanor	18/24 Newmarket	36.93
8	ADAMS, Suzanne	50/54 Felixstowe	47.57	20	BARKER, Victoria	45/49 Harrogate	35.88
9	STARR, Sue	45/49 Louth	47.55	21	HOLMES, Katie	40/44 Harwich DP	35.68
10	ADCOCK, Sarah	55/59 Co Norwich	46.64	22	CROCKER, Lucy	30/34 Stevenage	34.45
11	RUSSELL, Nicola	45/49 DunmowAtlant	43.96	23	KING, Carla	40/44 South Beds	34.21
12	PYE, Jane	55/59 Co Norwich	43.58				

**EVENT 503 Open/Male 100m Freestyle**

1	MANN, Michael	65/69 Felixstowe	1:37.25	8	TRELFORD, Phillip	50/54 Co Ely	1:19.00
2	RAE, Peter	70/74 Otter	1:30.00	9	BRITAIN, Toby	50/54 Team Anglia	1:14.42
3	GARRY, Robert	60/64 Mildenhall	1:30.00	10	WINTER, Peter	40/44 Newmarket S10	1:12.50
4	WILSON, Douglas	75/79 Co Cambridge	1:23.32	11	LELEAN, Adam	60/64 Diss Otters	1:12.43
5	COEKIN, Dietrich	70/74 Deben	1:21.96	12	MURRAY, Ian	65/69 Flitwick	1:12.10
6	WHITELOCK, Lewis	40/44 Basildon Ph	1:20.00	13	COE, Steve	60/64 West Suffolk	1:12.00
7	TAYLOR, Jason	55/59 Co Norwich	1:19.88	14	POWELL, Graham	65/69 Team Luton	1:11.80



15	ROE, David	40/44 Kettering	1:11.03	31	SIDNEY-ROBERTS, William	18/24 Co Norwich	1:00.97
16	HATTON, Nicholas	35/39 Nofio Cymru	1:10.51	32	DAVIS, Daniel	30/34 South Beds	1:00.92
17	CHANDLER, Barry	65/69 Newmarket	1:08.91	33	BUCHAN, Simon	55/59 Co Norwich	1:00.92
18	HORROCKS, Ed	50/54 Dunmow Atlant	1:08.56	34	ALLEN, Thomas	25/29 Flitwick	1:00.18
19	TIERNAN, Niall	55/59 Brentwood	1:08.00	35	SAUNDERS, Kai	25/29 Co Norwich	1:00.00
20	HARRIS, Benjamin	45/49 Linslade	1:06.32	36	MILLER, Samuel	18/24 Rochford	1:00.00
21	PEAGRAM, Alistair	45/49 West Suffolk	1:05.91	37	SQUIRES, Andrew	50/54 Team Anglia	59.47
22	HAWKINS, Michael	45/49 Northampton	1:05.80	38	HARDY, James	35/39 Brentwood	59.00
23	LEWIS, Mark	40/44 Team Luton	1:05.51	39	NORTHOVER, Joe	30/34 Bo Newham	58.79
24	TATE, Alex	30/34 Co Cambridge	1:04.98	40	TOWNEND, Zach	18/24 Co Norwich	57.54
25	IRISH, Adam	40/44 Newmarket	1:03.23	41	BALDWIN, Zak	18/24 Newmarket	57.25
26	COX, Joshua	30/34 Rochford	1:02.72	42	FORD, Thomas	18/24 Basildon Ph	56.97
27	MILBURN, Robert	50/54 Chelmsford	1:02.05	43	HOVEN, Tommy	25/29 Co Norwich	56.62
28	BRYSTOW, Peter	30/34 Huntingdon	1:01.85	44	ADDIS, Robert	18/24 West Norfolk	56.12
29	HARRISON, Phillip	30/34 Felixstowe	1:01.25	45	BARNETT, Liam	35/39 Co Cambridge	56.00
30	MITCHELL, Max	35/39 Co Norwich	1:01.23	46	THOMAS-MANSFIELD, Jake	18/24 West Suffolk	53.61

**EVENT 504 Female 100m Freestyle**

1	DAY, Rachel	35/39 Deepings	2:08.64	14	CURTIN, Olivia	30/34 Stowmarket	1:12.50
2	REYNOLDS, Patricia	70/74 Kettering	1:32.64	15	EDMONDS, Anne	50/54 Newmarket	1:11.26
3	SADLER, Lorraine	50/54 Team Luton	1:31.60	16	PARSONS, Louise	40/44 Rochford	1:10.35
4	ADAMS, Suzanne	50/54 Felixstowe	1:27.09	17	WINTER, Sally	60/64 Bishop Stort	1:09.50
5	LIEBENBERG, Melanie	40/44 Newmarket	1:19.36	18	WESTERN, Jaye	25/29 Flitwick	1:08.74
6	KEDGE, Louise	35/39 Harlow Pen	1:16.88	19	GILBERTSON, Ella	18/24 Co Norwich	1:07.56
7	LONG, Lizzie	40/44 Rochford	1:16.24	20	HOLMES, Katie	40/44 Harwich DP	1:05.94
8	BRETMAN, Katie	40/44 Dunmow Atlant	1:15.49	21	ROE, Lyndsay	40/44 Kettering	1:04.99
9	HODGENS, Alexandra	40/44 Brentwood	1:15.30	22	ODELL, Charlotte	18/24 Co Norwich	1:04.19
10	SMITH, Nicola	45/49 Northampton	1:15.09	23	HEARD, Alexandra	18/24 Co Norwich	1:02.38
11	WHARTON, Harriet	40/44 Teddington	1:15.00	24	BEGG, Charlotte	30/34 Co Cambridge	1:01.82
12	AVIS, Lauren	25/29 South Beds	1:13.75	25	SHAW, Jessica	18/24 Co Peterboro	58.68
13	GEE, Lucy	18/24 Co Norwich	1:12.90				

**EVENT 505 Mixed 200m Butterfly**

1	STEELE, Jeanne	25/29 Co Ely	3:45.00
2	TRELFORD, Phillip	50/54 Co Ely	3:37.03
3	LELEAN, Adam	60/64 Diss Otters	3:18.27
4	PARSONS, Louise	40/44 Rochford	3:15.50
5	WARD, Millie	18/24 Brentwood	2:40.00
6	ALLEN, Thomas	25/29 Flitwick	2:38.71
7	WALLACE, Ian	50/54 Brentwood	2:32.71
8	THOMAS-MANSFIELD, Jake	18/24 West Suffolk	2:05.38

