

### EVENT 101 Mens/Womens Open 1500m Freestyle

#### MENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Christopher Greenhalgh	20	Sudbury	17:03.09	+ 0.68	569	300m 3:16.82	350m 3:50.89	400m 4:24.97
	50m 29.52	100m 1:01.54	150m 1:34.92	200m 2:08.85	250m 2:42.92	300m 3:16.82	350m 3:50.89	400m 4:24.97	
	450m 4:59.50	500m 5:33.61	550m 6:07.75	600m 6:42.00	650m 7:16.66	700m 7:51.30	750m 8:25.57	800m 9:00.27	
	850m 9:34.93	900m 10:09.50	950m 10:44.06	1000m 11:19.00	1050m 11:53.48	1100m 12:28.20	1150m 13:03.01	1200m 13:37.72	
	1250m 14:12.45	1300m 14:47.75	1350m 15:22.93	1400m 15:57.28	1450m 16:31.07	1500m 17:03.09			
2.	Alex Jenkins	22	Camphill Ed	19:32.48		378			
	50m 33.69	100m 1:11.23	150m 1:49.98	200m 2:28.58	250m 3:07.25	300m 3:46.31	350m 4:25.72	400m 5:04.57	
	450m 5:44.27	500m 6:23.64	550m 7:03.00	600m 7:42.24	650m 8:21.50	700m 9:00.83	750m 9:41.46	800m 10:20.91	
	850m 11:00.75	900m 11:41.13	950m 12:21.39	1000m 13:00.98	1050m 13:41.29	1100m 14:20.73	1150m 15:00.12	1200m 15:39.37	
	1250m 16:18.72	1300m 16:57.92	1350m 17:37.99	1400m 18:16.84	1450m 18:55.83	1500m 19:32.48			

#### MENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Daniel John	29	Totnes	17:03.45	+ 0.70	568	300m 3:18.88	350m 3:53.08	400m 4:27.24
	50m 30.42	100m 1:03.66	150m 1:37.26	200m 2:10.97	250m 2:44.82	300m 3:18.88	350m 3:53.08	400m 4:27.24	
	450m 5:01.68	500m 5:35.81	550m 6:10.04	600m 6:44.29	650m 7:18.72	700m 7:52.95	750m 8:27.24	800m 9:01.51	
	850m 9:35.89	900m 10:10.11	950m 10:44.46	1000m 11:19.17	1050m 11:53.62	1100m 12:28.29	1150m 13:02.87	1200m 13:37.77	
	1250m 14:12.79	1300m 14:47.90	1350m 15:23.12	1400m 15:57.86	1450m 16:32.04	1500m 17:03.45			
2.	Adam Warner	26	Barnet Copt	18:23.55	+ 0.89	453			
	50m 30.82	100m 1:04.10	150m 1:39.35	200m 2:15.21	250m 2:51.27	300m 3:27.50	350m 4:03.72	400m 4:40.46	
	450m 5:17.39	500m 5:53.94	550m 6:30.82	600m 7:07.46	650m 7:44.99	700m 8:22.28	750m 8:59.47	800m 9:36.68	
	850m 10:13.95	900m 10:51.89	950m 11:29.71	1000m 12:07.52	1050m 12:44.98	1100m 13:22.93	1150m 14:00.82	1200m 14:38.60	
	1250m 15:16.74	1300m 15:55.46	1350m 16:32.86	1400m 17:10.61	1450m 17:47.17	1500m 18:23.55			
3.	Nick Isaacson	28	Crawley	19:05.13		406			
	50m 33.26	100m 1:09.41	150m 1:46.78	200m 2:24.64	250m 3:02.75	300m 3:41.03	350m 4:19.42	400m 4:57.61	
	450m 5:36.20	500m 6:14.89	550m 6:53.45	600m 7:31.90	650m 8:10.50	700m 8:48.68	750m 9:27.10	800m 10:05.55	
	850m 10:44.49	900m 11:23.52	950m 12:02.60	1000m 12:41.37	1050m 13:19.87	1100m 13:58.75	1150m 14:37.57	1200m 15:16.61	
	1250m 15:55.45	1300m 16:34.46	1350m 17:12.83	1400m 17:51.56	1450m 18:30.10	1500m 19:05.13			
4.	Luke Johnson	27	Co Lincoln P	21:46.30		273			
	50m 35.94	100m 1:15.56	150m 1:56.21	200m 2:37.80	250m 3:19.82	300m 4:02.65	350m 4:45.83	400m 5:29.40	
	450m 6:13.79	500m 6:58.27	550m 7:43.08	600m 8:27.99	650m 9:12.83	700m 9:58.02	750m 10:43.08	800m 11:27.57	
	850m 12:12.48	900m 12:57.42	950m 13:41.85	1000m 14:26.81	1050m 15:11.63	1100m 15:57.43	1150m 16:42.20	1200m 17:27.04	
	1250m 18:11.49	1300m 18:56.73	1350m 19:39.92	1400m 20:25.10	1450m 21:08.79	1500m 21:46.30			
5.	Ian Hansford	29	Co Lincoln P	22:15.91	+ 0.98	255			
	50m 38.40	100m 1:20.31	150m 2:04.14	200m 2:48.74	250m 4:18.55	300m 5:03.51	350m 5:49.44	400m -	
	450m 6:34.42	500m 7:19.63	550m 8:05.67	600m -	650m 9:35.55	700m -	750m -	800m 11:50.48	
	850m 12:35.24	900m 13:20.60	950m 14:05.80	1000m 14:51.06	1050m 15:35.98	1100m 16:20.66	1150m 17:05.55	1200m 17:50.60	
	1250m 18:35.48	1300m 19:20.58	1350m 20:05.26	1400m 20:49.64	1450m -	1500m 22:15.91			

#### MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Andrew Swanston	32	Barnet Copt	17:16.61	+ 0.86	547	300m 3:24.08	350m 3:58.99	400m -
	50m 31.03	100m -	150m 1:39.37	200m 2:14.33	250m 2:49.40	300m 3:24.08	350m 3:58.99	400m -	
	450m 5:08.60	500m 5:43.32	550m 6:18.09	600m 6:53.03	650m 7:27.75	700m 8:02.58	750m 8:37.39	800m 9:12.56	
	850m 9:47.39	900m 10:22.37	950m 10:57.39	1000m 11:32.21	1050m 12:07.18	1100m 12:42.32	1150m 13:17.26	1200m 13:51.96	
	1250m 14:26.64	1300m 15:01.46	1350m 15:36.05	1400m 16:10.61	1450m 16:44.64	1500m 17:16.61			
2.	Nicolas Barber	32	Otter	17:26.79	+ 0.90	531			
	50m 30.12	100m 1:02.56	150m 1:36.57	200m 2:10.50	250m 2:44.96	300m 3:19.79	350m 3:54.47	400m 4:29.44	
	450m 5:04.22	500m 5:39.88	550m 6:16.04	600m 6:51.03	650m 7:25.90	700m 8:01.18	750m 8:36.46	800m 9:12.42	
	850m 9:47.24	900m 10:22.68	950m 10:58.28	1000m 11:33.63	1050m 12:08.88	1100m 12:44.70	1150m 13:20.99	1200m 13:57.35	
	1250m 14:31.97	1300m 15:07.64	1350m 15:43.37	1400m 16:18.99	1450m 16:53.45	1500m 17:26.79			
3.	Christopher Johansen	32	Co Oxford	17:50.00	+ 0.69	497			
	50m 30.86	100m 1:04.97	150m 1:39.99	200m 2:14.84	250m 2:49.78	300m 3:24.54	350m 3:59.73	400m 4:34.97	
	450m 5:10.40	500m 5:45.76	550m 6:21.75	600m 6:57.68	650m 7:33.87	700m 8:10.20	750m 8:46.66	800m 9:23.06	
	850m 10:00.18	900m 10:36.10	950m 11:12.50	1000m 11:49.60	1050m 12:26.07	1100m 13:02.90	1150m 13:38.99	1200m 14:14.90	
	1250m 14:50.85	1300m 15:27.01	1350m 16:02.74	1400m 16:38.69	1450m 17:14.83	1500m 17:50.00			
4.	Andrew Hutchinson	31	Heart Of Mid	18:40.66	+ 0.76	433			
	50m 33.16	100m 1:09.17	150m 1:45.69	200m 2:22.65	250m 2:59.68	300m 3:36.61	350m 4:13.84	400m 4:51.28	
	450m 5:28.71	500m 6:06.17	550m 6:43.58	600m 7:21.15	650m 7:59.19	700m 8:36.89	750m 9:14.56	800m 9:52.52	
	850m 10:30.60	900m 11:08.66	950m 11:46.91	1000m 12:24.75	1050m 13:02.44	1100m 13:40.04	1150m 14:17.87	1200m 14:55.77	
	1250m 15:33.95	1300m 16:12.07	1350m 16:49.70	1400m 17:27.45	1450m 18:04.71	1500m 18:40.66			
5.	Ross Wisby	30	Team Anglia	18:47.19	+ 0.72	425			
	50m 30.91	100m 1:04.94	150m 1:39.95	200m 2:14.97	250m 2:50.54	300m 3:26.00	350m 4:02.69	400m 4:39.47	
	450m 5:16.63	500m 5:54.19	550m 6:31.43	600m 7:08.97	650m 7:46.95	700m 8:25.06	750m 9:03.76	800m 9:42.61	
	850m 10:21.69	900m 11:00.48	950m 11:39.32	1000m 12:18.42	1050m 12:57.45	1100m 13:36.16	1150m 14:15.59	1200m 14:54.50	
	1250m 15:33.72	1300m 16:13.32	1350m 16:52.47	1400m 17:30.63	1450m 18:08.97	1500m 18:47.19			
6.	Graham Kennedy	32	Boldon	19:15.50		395			
	50m 31.41	100m 1:06.95	150m 1:44.21	200m 2:21.69	250m 2:59.41	300m 3:38.04	350m 4:15.64	400m 4:54.24	
	450m 5:32.39	500m 6:11.51	550m 6:50.10	600m 7:28.72	650m 8:07.86	700m 8:46.86	750m 9:26.88	800m 10:06.08	
	850m 10:45.71	900m 11:25.33	950m 12:05.05	1000m 12:45.01	1050m 13:24.69	1100m 14:04.52	1150m 14:44.68	1200m 15:24.36	
	1250m 16:04.46	1300m 16:44.63	1350m 17:24.33	1400m 18:03.94	1450m 18:42.59	1500m 19:15.50			
7.	Jack Staples	31	Basingstoke	19:25.75		385			
	50m 33.13	100m 1:10.50	150m 1:48.87	200m 2:27.23	250m 3:05.85	300m 3:44.34	350m 4:23.31	400m 5:01.94	
	450m 5:40.83	500m 6:19.90	550m 6:58.97	600m 7:37.79	650m 8:16.62	700m 8:55.67	750m 9:34.82	800m 10:13.60	
	850m 10:52.57	900m 11:31.76	950m 12:11.12	1000m 12:50.14	1050m 13:29.59	1100m 14:09.14	1150m 14:48.62	1200m 15:28.12	
	1250m 16:07.89	1300m 16:47.93	1350m 17:27.65	1400m 18:07.44	1450m 18:47.03	1500m 19:25.75			

Funding Partner

Official Partner

Endorsed Product

Host City & Venue



## Results

8. Adam Grice	30 East Leeds	21:25.53	287
50m 36.15	100m 1:16.45	150m 1:58.19	200m 2:40.46
450m 6:15.38	500m 6:59.33	550m 7:42.87	600m 8:26.19
850m 12:03.68	900m 12:47.14	950m 13:30.54	1000m 14:14.05
1250m 17:50.89	1300m 18:34.74	1350m 19:18.43	1400m 20:01.74
			250m 3:23.24
			650m 9:09.89
			1050m 14:57.07
			1100m 15:40.43
			1450m 20:44.96
			1500m 21:25.53
			300m 4:06.04
			700m 9:53.37
			1150m 16:23.94
			350m 4:48.70
			750m 10:37.08
			1200m 17:07.46

### MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Pip Bennett	35	Otter	18:09.54		471
	50m 32.19	100m 1:07.58	150m 1:43.59	200m 2:19.71	250m 2:55.79	300m 3:32.04
	450m 5:20.58	500m 5:56.98	550m 6:33.16	600m 7:09.84	650m 7:46.48	700m 8:22.84
	850m 10:13.23	900m 10:49.84	950m 11:26.50	1000m 12:03.21	1050m 12:39.51	1100m 13:16.01
	1250m 15:06.16	1300m 15:43.29	1350m 16:20.17	1400m 16:56.88	1450m 17:33.43	1500m 18:09.54
2.	Peter Gleed	38	Co Milton K	18:17.12		461
	50m 31.59	100m 1:06.87	150m 1:42.85	200m 2:19.35	250m 2:56.03	300m 3:32.84
	450m 5:22.53	500m 5:59.43	550m 6:36.14	600m 7:12.95	650m 7:49.48	700m 8:25.90
	850m 10:16.54	900m 10:53.28	950m 11:30.19	1000m 12:06.92	1050m 12:43.49	1100m 13:20.43
	1250m 15:11.11	1300m 15:48.39	1350m 16:25.68	1400m 17:03.14	1450m 17:40.77	1500m 18:17.12
3.	David Daporta-Mendez	39	Out To Swim	18:31.46		444
	50m 32.60	100m 1:08.42	150m 1:44.83	200m 2:21.47	250m 2:58.67	300m 3:35.82
	450m 5:26.71	500m 6:03.72	550m 6:41.25	600m 7:18.25	650m 7:56.14	700m 8:33.72
	850m 10:26.71	900m 11:04.30	950m 11:41.97	1000m 12:19.43	1050m 12:57.34	1100m 13:34.63
	1250m 15:27.65	1300m 16:05.15	1350m 16:43.02	1400m 17:20.23	1450m 17:56.57	1500m 18:31.46
4.	Nigel Gaskin	39	G B Police	19:22.66	+ 0.75	388
	50m 31.58	100m 1:07.39	150m 1:43.92	200m 2:21.18	250m 2:59.38	300m 3:38.02
	450m 5:35.05	500m 6:14.02	550m 6:52.92	600m 7:31.85	650m 8:11.29	700m 8:50.58
	850m 10:49.20	900m 11:29.07	950m 12:08.21	1000m 12:47.82	1050m 13:27.61	1100m 14:07.33
	1250m 16:04.67	1300m 16:43.52	1350m 17:23.71	1400m 18:03.85	1450m 18:43.41	1500m 19:22.66
5.	Sam Chadwick	37	Godalming	20:31.03		326
	50m 36.37	100m 1:16.02	150m 1:56.34	200m 2:36.65	250m 3:17.17	300m 3:57.56
	450m 6:00.63	500m 6:40.40	550m 7:20.81	600m 8:01.52	650m 8:41.99	700m 9:22.47
	850m 11:24.10	900m 12:05.24	950m 12:47.17	1000m 13:28.72	1050m 14:10.75	1100m 14:52.85
	1250m 16:58.73	1300m 17:41.15	1350m 18:24.40	1400m 19:07.16	1450m 19:49.25	1500m 20:31.03

### MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Oliver Wilkinson	41	Gloucester M	17:58.75		485
	50m 31.30	100m 1:06.25	150m 1:41.70	200m 2:17.32	250m 2:53.04	300m 3:28.76
	450m 5:16.31	500m 5:52.33	550m 6:28.27	600m 7:04.50	650m 7:40.73	700m 8:17.39
	850m 10:06.74	900m 10:43.38	950m 11:19.97	1000m 11:56.49	1050m 12:33.10	1100m 13:09.61
	1250m 14:59.46	1300m 15:35.94	1350m 16:12.42	1400m 16:48.83	1450m 17:24.86	1500m 17:58.75
2.	Lee North	42	Rochford	18:00.09		484
	50m 31.64	100m 1:06.50	150m 1:41.97	200m 2:17.88	250m 2:54.10	300m 3:30.62
	450m 5:19.78	500m 5:56.06	550m 6:32.38	600m 7:08.52	650m 7:44.81	700m 8:20.97
	850m 10:09.44	900m 10:45.35	950m 11:21.41	1000m 11:57.49	1050m 12:33.74	1100m 13:10.29
	1250m 15:00.01	1300m 15:36.50	1350m 16:12.85	1400m 16:49.11	1450m 17:24.92	1500m 18:00.09
3.	Alan Wallace	40	Co Cambridge	19:56.56		356
	50m 34.90	100m 1:13.04	150m 1:52.15	200m 2:31.55	250m 3:11.18	300m 3:50.80
	450m 5:51.40	500m 6:31.65	550m 7:12.49	600m 7:53.00	650m 8:33.49	700m 9:13.64
	850m 11:14.91	900m 11:55.69	950m 12:36.05	1000m 13:16.76	1050m 13:57.51	1100m 14:38.03
	1250m 16:39.48	1300m 17:20.01	1350m 18:00.03	1400m 18:40.22	1450m 19:19.70	1500m 19:56.56

### MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Peter Dixon	48	Tower Hamlet	18:02.37	+ 0.86	481
	50m 31.80	100m 1:06.73	150m 1:42.65	200m 2:18.43	250m 2:53.77	300m 3:29.95
	450m 5:18.21	500m 5:55.01	550m 6:31.67	600m 7:08.42	650m 7:45.55	700m 8:22.37
	850m 10:11.61	900m 10:47.80	950m 11:24.50	1000m 12:00.74	1050m 12:37.42	1100m 13:13.73
	1250m 15:03.28	1300m 15:39.67	1350m 16:16.05	1400m 16:52.79	1450m 17:29.32	1500m 18:02.37
2.	Daniel Bullock	46	Otter	18:24.53	+ 0.88	452
	50m 32.16	100m 1:07.27	150m 1:42.87	200m 2:18.79	250m 2:54.70	300m 3:30.68
	450m 5:20.49	500m 5:57.15	550m 6:33.87	600m 7:10.86	650m 7:47.93	700m 8:24.89
	850m 10:16.37	900m 10:53.74	950m 11:30.98	1000m 12:08.29	1050m 12:45.78	1100m 13:23.27
	1250m 15:16.40	1300m 15:54.26	1350m 16:32.13	1400m 17:10.17	1450m 17:47.99	1500m 18:24.53
3.	Ian Wallace	46	Brentwood	18:42.45		431
	50m 32.92	100m 1:08.08	150m 1:44.16	200m 2:20.95	250m 2:58.18	300m 3:35.76
	450m 5:28.04	500m 6:05.39	550m 6:42.73	600m 7:20.19	650m 7:57.56	700m 8:35.25
	850m 10:29.36	900m 11:07.97	950m 11:46.33	1000m 12:24.88	1050m 13:03.08	1100m 13:41.26
	1250m 15:35.83	1300m 16:14.21	1350m 16:52.44	1400m 17:30.24	1450m 18:07.65	1500m 18:42.45
4.	Richard Evans	49	G B Police	18:44.36		429
	50m 31.71	100m 1:07.11	150m 1:43.87	200m 2:21.28	250m 2:58.75	300m 3:36.71
	450m 5:30.15	500m 6:07.83	550m 6:45.75	600m 7:23.55	650m 8:01.56	700m 8:39.43
	850m 10:32.91	900m 11:11.22	950m 11:49.08	1000m 12:27.17	1050m 13:04.86	1100m 13:42.77
	1250m 15:37.36	1300m 16:15.49	1350m 16:53.27	1400m 17:31.22	1450m 18:08.86	1500m 18:44.36
5.	Elliott Myers	46	Fleetwood	19:05.01	+ 0.90	406
	50m 33.56	100m 1:10.28	150m 1:48.18	200m 2:26.18	250m 3:04.11	300m 3:42.28
	450m 5:36.09	500m 6:13.74	550m 6:51.51	600m 7:29.84	650m 8:08.73	700m 8:48.85
	850m 10:44.50	900m 11:23.39	950m 12:02.61	1000m 12:41.52	1050m 13:20.42	1100m 13:59.16
	1250m 15:55.23	1300m 16:34.35	1350m 17:13.09	1400m 17:51.38	1450m 18:29.21	1500m 19:05.01
6.	Christopher Freeman	49	Teddington	19:21.80	+ 0.79	388
	50m 35.08	100m 1:12.45	150m 1:50.62	200m 2:29.16	250m 3:07.29	300m 3:45.51
	450m 5:42.57	500m 6:21.71	550m 7:00.82	600m 7:40.03	650m 8:19.06	700m 8:57.97
	850m 10:54.84	900m 11:33.83	950m 12:12.96	1000m 12:52.05	1050m 13:31.22	1100m 14:10.78
	1250m 16:08.04	1300m 16:47.22	1350m 17:26.26	1400m 18:05.34	1450m 18:44.24	1500m 19:21.80

Funding Partner

Official Partner

Endorsed Product

Host City & Venue



## Results

7.	Martin Bradford	49	Out To Swim	19:53.88	+ 0.55	358							
	50m 35.50	100m 1:14.07	150m 1:53.39	200m 2:32.60	250m -	300m -	350m 4:31.74	400m 5:11.35					
	450m 5:51.30	500m 6:31.37	550m 7:10.89	600m 7:50.90	650m 8:31.00	700m 9:11.60	750m 9:51.30	800m 10:31.16					
	850m 11:11.74	900m 11:51.76	950m 12:32.06	1000m 13:12.14	1050m 13:52.60	1100m 14:33.45	1150m 15:13.37	1200m 15:53.71					
	1250m 16:34.08	1300m 17:14.31	1350m 17:54.33	1400m 18:34.55	1450m 19:14.56	1500m 19:53.88							
8.	Paul Thompson	49	Cleethorpes	20:09.77		344							
	50m 36.40	100m 1:15.23	150m 1:54.91	200m 2:35.20	250m 3:15.53	300m 3:56.02	350m 4:36.48	400m 5:17.70					
	450m 5:58.32	500m 6:38.96	550m 7:19.55	600m 7:59.82	650m 8:40.52	700m 9:20.76	750m 10:01.36	800m 10:41.97					
	850m 11:22.79	900m 12:03.59	950m 12:44.37	1000m 13:24.76	1050m 14:04.84	1100m 14:45.29	1150m 15:26.26	1200m 16:06.83					
	1250m 16:47.99	1300m 17:28.68	1350m 18:09.42	1400m 18:50.01	1450m 19:31.08	1500m 20:09.77							
9.	Martyn Brunt	48	Co Coventry	21:08.64	+ 0.95	298							
	50m 37.57	100m 1:18.31	150m 1:59.62	200m 2:41.49	250m 3:23.71	300m 4:06.55	350m 4:49.20	400m 5:32.04					
	450m 6:15.00	500m 6:57.75	550m 7:40.37	600m 8:23.14	650m 9:05.96	700m 9:48.46	750m 10:31.66	800m 10:41.18					
	850m 11:57.23	900m 12:40.17	950m 13:23.20	1000m 14:05.59	1050m 14:48.59	1100m 15:31.82	1150m 16:14.60	1200m 16:57.95					
	1250m 17:41.03	1300m 18:23.47	1350m 19:05.13	1400m 19:47.49	1450m 20:29.49	1500m 21:08.64							

### MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt							
1.	Simon Emm	50	Colchester	18:38.65		435							
	50m 32.44	100m 1:08.53	150m 1:45.05	200m 2:21.87	250m 2:58.50	300m 3:35.33	350m 4:11.86	400m 4:48.58					
	450m 5:25.44	500m 6:02.23	550m 6:39.14	600m 7:16.30	650m 7:53.36	700m 8:30.28	750m 9:07.64	800m 9:45.39					
	850m 10:23.02	900m 11:01.33	950m 11:39.10	1000m 12:16.98	1050m 12:55.13	1100m 13:33.38	1150m 14:11.67	1200m 14:49.92					
	1250m 15:28.22	1300m 16:06.58	1350m 16:45.16	1400m 17:23.57	1450m 18:01.88	1500m 18:38.65							
2.	Andrew Gristwood	52	Cleethorpes	19:34.00	+ 0.69	376							
	50m 35.58	100m 1:13.59	150m 1:52.03	200m 2:30.27	250m 3:08.95	300m 3:47.72	350m 4:26.30	400m 5:05.13					
	450m 5:43.68	500m 6:22.29	550m 7:00.93	600m 7:39.72	650m 8:18.73	700m 8:57.89	750m 9:37.19	800m 10:16.42					
	850m 10:55.91	900m 11:35.45	950m 12:15.06	1000m 12:54.67	1050m 13:34.60	1100m 14:14.37	1150m 14:54.76	1200m 15:34.91					
	1250m 16:14.66	1300m 16:55.49	1350m 17:36.08	1400m 18:16.90	1450m 18:56.88	1500m 19:34.00							
3.	Nigel Brown	50	Chelmsford	19:34.48	+ 0.82	376							
	50m 34.81	100m 1:12.06	150m 1:50.80	200m 2:28.83	250m 3:06.27	300m 3:44.48	350m 4:22.84	400m 5:01.31					
	450m 5:40.04	500m 6:18.93	550m 6:58.16	600m 7:37.45	650m 8:17.26	700m 8:56.60	750m 9:36.19	800m 10:16.24					
	850m 10:56.08	900m 11:36.39	950m 12:16.59	1000m 12:56.60	1050m 13:36.43	1100m 14:16.48	1150m 14:56.77	1200m 15:37.27					
	1250m 16:17.39	1300m 16:57.62	1350m 17:38.57	1400m 18:18.65	1450m 18:58.34	1500m 19:34.48							
4.	Adam Lelean	54	East Anglian	20:25.83	+ 0.68	314							
	50m 35.52	100m 1:13.83	150m 1:53.61	200m 2:33.94	250m 3:14.32	300m 3:54.99	350m 4:35.88	400m 5:16.91					
	450m 5:57.86	500m 6:38.66	550m 7:19.68	600m 8:00.62	650m 8:41.71	700m 9:22.97	750m 10:04.16	800m 10:45.15					
	850m 11:26.18	900m 12:07.52	950m 12:48.63	1000m 13:30.51	1050m 14:11.92	1100m 15:35.43	1150m 16:17.57	1200m 16:59.52					
	1250m 17:41.47	1300m 18:23.17	1350m 19:05.04	1400m 19:46.24	1450m 20:25.83	1500m 20:47.63							
5.	Stephen Hammond	51	D.T.S	20:27.48		329							
	50m 36.63	100m 1:17.42	150m 1:58.94	200m 2:41.18	250m 3:23.21	300m 4:06.07	350m 4:47.61	400m 5:29.55					
	450m 6:11.16	500m 6:52.35	550m 7:33.11	600m 8:13.87	650m 8:55.50	700m 9:36.89	750m 10:18.23	800m 10:59.11					
	850m 11:40.50	900m 12:21.59	950m 13:02.51	1000m 13:43.40	1050m 14:24.51	1100m 15:05.18	1150m 15:46.41	1200m 16:27.59					
	1250m 17:08.51	1300m 17:49.08	1350m 18:29.75	1400m 19:09.98	1450m 19:49.97	1500m 20:27.48							
6.	Martin Hawley	52	Ealing	21:36.39		279							
	50m 36.95	100m 1:17.70	150m 2:00.38	200m 2:44.01	250m 3:28.15	300m 4:11.93	350m 4:55.75	400m 5:40.66					
	450m 6:24.19	500m 7:07.51	550m 7:50.87	600m 8:34.29	650m 9:17.59	700m 10:01.07	750m 10:42.60	800m 11:25.46					
	850m 12:10.06	900m 12:54.39	950m 13:38.52	1000m 14:23.48	1050m 15:07.69	1100m 15:51.62	1150m 16:34.80	1200m 17:19.08					
	1250m 18:03.15	1300m 18:46.46	1350m 19:30.75	1400m 20:11.60	1450m 20:54.14	1500m 21:36.39							
7.	David Rock	53	Wombourne	22:02.06	+ 0.95	263							
	50m 37.91	100m 1:18.57	150m 2:02.54	200m 2:45.99	250m 3:31.17	300m 4:14.58	350m 4:59.74	400m 5:44.42					
	450m 6:29.10	500m 7:13.78	550m 7:58.43	600m 8:42.67	650m 9:27.14	700m 10:11.42	750m 10:56.38	800m 11:41.36					
	850m 12:26.10	900m 13:10.80	950m 13:55.24	1000m 14:39.34	1050m 15:24.87	1100m 16:09.61	1150m 16:54.74	1200m 17:39.44					
	1250m 18:22.91	1300m 19:08.00	1350m 19:52.89	1400m 20:37.67	1450m 21:22.09	1500m 22:02.06							
8.	David Edwards	53	Silver City	22:11.40		258							
	50m 38.76	100m 1:20.95	150m 2:03.45	200m 2:45.80	250m 3:29.20	300m 4:12.75	350m 4:56.60	400m 5:40.98					
	450m 6:25.55	500m 7:10.43	550m 7:55.65	600m 8:40.98	650m 9:26.17	700m 10:11.05	750m 10:56.29	800m 11:41.57					
	850m 12:26.10	900m 13:10.92	950m 13:56.84	1000m 14:41.84	1050m 15:26.27	1100m 16:11.58	1150m 16:57.55	1200m 17:42.96					
	1250m 18:27.64	1300m 19:12.21	1350m 19:57.34	1400m 20:41.99	1450m 21:27.34	1500m 22:11.40							
9.	Patrick Allen	54	Guildford Ct	23:40.94		212							
	50m 42.46	100m 1:27.75	150m 2:14.84	200m 3:00.99	250m 3:47.91	300m 4:34.81	350m 5:22.36	400m 6:09.65					
	450m 6:57.42	500m 7:45.53	550m 8:33.02	600m 9:20.81	650m 10:08.60	700m 10:56.74	750m 11:45.12	800m 12:33.02					
	850m 13:20.80	900m 14:08.86	950m 14:56.89	1000m 15:45.48	1050m 16:34.21	1100m 17:22.16	1150m 18:10.34	1200m 18:58.05					
	1250m 19:45.56	1300m 20:34.10	1350m 21:21.93	1400m 22:09.61	1450m 22:57.35	1500m 23:40.94							
10.	Chris Brown	54	East Leeds	25:51.50		163							
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -					
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m -					
	850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -					
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 25:51.50							
	Andrew Johnson	50	Co Lincoln P	DQ 3									

### MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt							
1.	Mark Jones	56	Everton	18:59.76		411							
	50m 34.27	100m 1:10.78	150m 1:47.78	200m 2:25.07	250m 3:02.48	300m 3:40.05	350m 4:17.87	400m 4:55.98					
	450m 5:34.01	500m 6:12.38	550m 6:50.73	600m 7:29.07	650m 8:07.38	700m 8:46.13	750m 9:24.86	800m 10:03.50					
	850m 10:42.22	900m 11:20.80	950m 11:59.24	1000m 12:37.81	1050m 13:16.13	1100m 13:54.83	1150m 14:33.25	1200m 15:11.62					
	1250m 15:50.18	1300m 16:29.04	1350m 17:07.41	1400m 17:46.40	1450m 18:23.85	1500m 18:59.76							
2.	Mark Strakosch	55	Berkhamsted	19:35.57	+ 0.96	375							
	50m 34.24	100m 1:11.12	150m 1:49.88	200m 2:28.61	250m 3:07.41	300m 3:46.94	350m 4:26.23	400m 5:05.81					
	450m 5:45.52	500											

## Results

3.	Iain Gerrard	59	Reading	20:16.76	338				
	50m 37.88	100m 1:18.29	150m 1:59.46	200m 2:40.71	250m 3:21.83	300m 4:03.20	350m 4:44.16	400m 5:24.99	
	450m 6:06.17	500m 6:46.90	550m 7:27.64	600m 8:08.21	650m 8:48.69	700m 9:29.43	750m 10:10.50	800m 10:51.31	
	850m 11:32.04	900m 12:12.80	950m 12:53.62	1000m 13:34.42	1050m 14:14.86	1100m 14:55.52	1150m 15:35.74	1200m 16:15.99	
	1250m 16:56.47	1300m 17:37.07	1350m 18:17.27	1400m 18:57.66	1450m 19:38.00	1500m 20:16.76			
4.	Anthony Greener	58	Newcastle	20:33.25	325				
	50m 34.19	100m 1:12.49	150m 1:52.33	200m 2:32.63	250m 3:12.57	300m 3:52.97	350m 4:33.65	400m 5:14.15	
	450m 5:54.59	500m 6:35.77	550m 7:16.87	600m 7:58.11	650m 8:40.17	700m 9:21.29	750m 10:02.71	800m 10:44.13	
	850m 11:26.52	900m 12:08.86	950m 12:50.94	1000m 13:32.84	1050m 14:14.72	1100m 14:56.57	1150m 15:38.50	1200m 16:20.96	
	1250m 17:03.56	1300m 17:46.44	1350m 18:28.41	1400m 19:10.63	1450m 19:52.68	1500m 20:33.25			
5.	Gary Thomas	55	Royal Navy	20:44.76	316				
	50m 37.30	100m 1:17.57	150m 1:58.03	200m 2:38.80	250m 3:20.12	300m 4:01.67	350m 4:43.12	400m 5:24.60	
	450m 6:06.08	500m 6:47.30	550m 7:28.88	600m 8:10.49	650m 8:51.93	700m 9:33.62	750m 10:15.21	800m 10:56.46	
	850m 11:37.92	900m 12:20.07	950m 13:02.31	1000m 13:44.48	1050m 14:26.67	1100m 15:09.02	1150m 15:51.25	1200m 16:33.33	
	1250m 17:15.33	1300m 17:57.56	1350m 18:39.47	1400m 19:21.67	1450m 20:03.93	1500m 20:44.76			
6.	Guy Fawkes	57	Billingham	22:02.59	263				
	50m 38.60	100m 1:21.34	150m 2:05.29	200m 2:49.82	250m 3:34.68	300m 4:19.47	350m 5:04.07	400m 5:48.49	
	450m 6:32.80	500m 7:17.13	550m 8:01.42	600m 8:45.03	650m 9:29.61	700m 10:13.52	750m 10:57.79	800m 11:42.29	
	850m 12:26.71	900m 13:11.35	950m 13:55.95	1000m 14:40.76	1050m 15:24.84	1100m 16:08.85	1150m 16:53.47	1200m 17:38.39	
	1250m 18:23.17	1300m 19:08.16	1350m 19:53.13	1400m 20:38.10	1450m 21:22.10	1500m 22:02.59			
7.	David Lawson	55	SevenoaksTri	22:49.46	237				
	50m 39.93	100m 1:23.67	150m 2:09.72	200m 2:54.45	250m -	300m -	350m -	400m -	
	450m -	500m 7:30.86	550m -	600m 9:03.21	650m 9:49.17	700m 10:36.26	750m -	800m 12:07.55	
	850m -	900m 13:39.87	950m 14:26.15	1000m 15:12.06	1050m 15:58.27	1100m -	1150m 17:30.58	1200m 18:16.50	
	1250m 19:02.52	1300m 19:48.25	1350m -	1400m 21:19.47	1450m -	1500m 22:49.46			
8.	Keith Burdett	55	Co Coventry	23:00.69	+ 0.95	231			
	50m 39.89	100m 1:23.57	150m 2:08.68	200m 2:53.55	250m 3:39.53	300m 4:24.91	350m 5:11.27	400m 5:56.90	
	450m 6:43.35	500m 7:30.14	550m 8:17.42	600m 9:03.79	650m 9:50.24	700m 10:37.02	750m 11:23.69	800m 12:10.19	
	850m 12:57.70	900m 13:44.50	950m 14:32.39	1000m 15:19.09	1050m 16:06.12	1100m 16:53.22	1150m 17:39.17	1200m 18:27.03	
	1250m 19:13.77	1300m 19:59.17	1350m 20:46.15	1400m 21:32.92	1450m 22:18.96	1500m 23:00.69			
9.	Clive Jollands	56	Dun City Aqu	23:40.25	+ 0.94	212			
	50m 40.21	100m 1:24.80	150m 2:11.24	200m 2:56.35	250m 3:43.09	300m 4:29.62	350m 5:16.22	400m 6:49.34	
	450m 7:35.41	500m -	550m 8:22.63	600m 9:09.14	650m 9:56.16	700m 10:43.89	750m 11:31.74	800m 12:20.48	
	850m 13:09.43	900m 13:57.59	950m 14:46.57	1000m 15:35.64	1050m 16:25.13	1100m 17:13.95	1150m 18:03.27	1200m 18:52.70	
	1250m 19:41.86	1300m 20:30.75	1350m 21:19.58	1400m 22:08.87	1450m 22:56.80	1500m 23:40.25			
	Clive Beckwith	55	Calv Bing	DNC					
	Paul Bowman	55	Tynemouth	DNF					

### MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	David Davenport	63	Newbury	20:23.54	+ 0.68	332			
	50m 37.31	100m 1:16.56	150m 1:56.70	200m 2:37.62	250m 3:18.44	300m 3:58.87	350m 4:39.27	400m 5:19.95	
	450m 6:00.70	500m 6:41.62	550m 7:22.44	600m 8:03.39	650m 8:44.52	700m 9:25.45	750m 10:06.63	800m 10:48.02	
	850m 11:29.13	900m 12:10.39	950m 12:51.71	1000m 13:32.93	1050m 14:14.71	1100m 14:55.95	1150m 15:37.62	1200m 16:18.99	
	1250m 17:00.48	1300m 17:42.09	1350m 18:23.21	1400m 19:04.56	1450m 19:45.88	1500m 20:23.54			
2.	David Granger	60	Gloucester M	22:11.36	+ 0.95	258			
	50m 39.95	100m 1:24.89	150m 2:08.02	200m 2:51.33	250m 3:35.22	300m 4:19.62	350m 5:04.24	400m 5:49.13	
	450m 6:33.44	500m 7:17.94	550m 8:02.92	600m 8:48.00	650m 9:32.20	700m 10:16.82	750m 11:02.05	800m 11:47.44	
	850m 12:32.37	900m 13:17.48	950m 14:02.21	1000m 14:47.07	1050m 15:32.74	1100m 16:17.47	1150m 17:02.84	1200m 17:47.83	
	1250m 18:32.70	1300m 19:17.36	1350m 20:02.95	1400m 20:47.25	1450m 21:31.75	1500m 22:11.36			
3.	David Randall	62	Trafford Met	22:33.92	+ 0.90	245			
	50m 40.49	100m -	150m 2:55.04	200m 3:39.78	250m 4:24.74	300m -	350m 5:11.06	400m 5:55.99	
	450m 6:42.81	500m 7:26.90	550m 8:12.28	600m 8:58.19	650m 9:44.32	700m 10:30.19	750m 11:15.39	800m -	
	850m 12:45.93	900m 13:31.03	950m 14:16.66	1000m 15:01.56	1050m 15:47.07	1100m 16:32.46	1150m 17:17.28	1200m 18:02.81	
	1250m 18:49.48	1300m 19:33.76	1350m 20:19.17	1400m 21:04.28	1450m 21:49.52	1500m 22:33.92			
4.	Peter Gruitt	64	Sevenoaks	23:12.52	+ 0.94	225			
	50m 41.78	100m 1:26.16	150m 2:10.71	200m 2:55.26	250m 3:40.62	300m 4:27.28	350m 5:13.90	400m 6:00.42	
	450m 6:47.63	500m 7:34.81	550m 8:21.81	600m 9:08.72	650m 9:56.20	700m 10:43.69	750m 11:31.33	800m 12:18.33	
	850m 13:05.28	900m 13:52.18	950m 14:38.66	1000m 15:25.94	1050m 16:12.34	1100m 16:59.58	1150m 17:45.70	1200m 18:33.63	
	1250m 19:20.81	1300m 20:07.84	1350m 20:55.27	1400m 21:42.41	1450m 22:28.53	1500m 23:12.52			
5.	Peter Rank	64	Co Cambridge	27:36.06		134			
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m -	
	850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 27:36.06			

### MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	David Hembrow	69	Littled Mast	21:50.93		270			
	50m 38.47	100m 1:20.24	150m 2:03.06	200m 2:45.92	250m 3:28.79	300m 4:12.02	350m 4:55.40	400m 5:38.58	
	450m 6:21.89	500m 7:05.40	550m 7:48.79	600m 8:32.44	650m 9:16.05	700m 10:00.02	750m 10:44.23	800m 11:28.38	
	850m 12:12.55	900m 12:57.12	950m 13:41.57	1000m 14:26.21	1050m 15:10.54	1100m 15:55.09	1150m 16:39.60	1200m 17:24.25	
	1250m 18:08.98	1300m 18:54.14	1350m 19:38.69	1400m 20:23.03	1450m 21:07.67	1500m 21:50.93			
2.	Stuart McLellan	67	Sudbury	22:27.11	+ 0.99	249			
	50m 39.15	100m 1:22.41	150m 2:07.17	200m 2:52.70	250m 3:38.29	300m 4:24.33	350m 5:09.88	400m 5:55.21	
	450m 6:40.53	500m 7:26.07	550m 8:10.97	600m 8:56.12	650m 9:41.04	700m 10:26.40	750m 11:11.80	800m 11:57.28	
	850m 12:42.86	900m 13:28.20	950m 14:13.50	1000m 14:58.52	1050m 15:43.85	1100m 16:29.26	1150m 17:14.60	1200m 18:00.07	
	1250m 18:45.39	1300m 19:30.77	1350m 20:15.93	1400m 21:01.06	1450m 21:46.21	1500m 22:27.11			
3.	Geoffrey Edge	67	Teddington	24:45.51	+ 0.98	186			
	50m 40.94	100m 1:26.19	150m -	200m 3:03.23	250m 3:51.98	300m 4:41.58	350m 5:31.45	400m 6:21.96	
	450m 7:12.94	500m 8:03.54	550m 8:53.61	600m 9:44.47	650m 10:36.10	700m 11:25.50	750m 12:15.42	800m 13:05.35	
	850m 13:55.69	900m 14:46.41	950m 15:37.02	1000m 16:25.95	1050m 17:15.84	1100m 18:06.19	1150m 18:56.47	1200m 19:46.45	
	1250m 20:36.96	1300m 21:28.44	1350m 22:17.17	1400m 23:07.16	1450m 23:57.47	1500m 24:45.51			

Funding Partner

Official Partner

Endorsed Product

Host City & Venue



## Results

4.	Terry Mansi	67	Sudbury	25:22.87	+ 0.93	172			
	50m 40.12	100m 1:28.72	150m 2:18.13	200m 3:08.12	250m 3:58.31	300m 4:48.42	350m 5:38.79	400m 6:29.11	
	450m 7:19.62	500m 8:10.36	550m 9:01.45	600m 9:52.60	650m 10:43.50	700m 11:35.11	750m 12:26.10	800m 13:18.04	
	850m 14:09.29	900m 15:01.30	950m 15:53.02	1000m 16:45.30	1050m 17:37.19	1100m 18:29.40	1150m 19:21.70	1200m 20:14.05	
	1250m 21:06.08	1300m 21:57.85	1350m 22:49.29	1400m 23:41.01	1450m 24:32.87	1500m 25:22.87			
5.	Paul Partington	68	Wincanton	33:37.60		74			
	50m 50.05	100m 1:52.90	150m 2:59.09	200m 4:06.86	250m 5:15.64	300m 6:23.05	350m 7:30.89	400m 8:38.23	
	450m 9:46.39	500m 10:51.96	550m 12:01.88	600m 13:10.61	650m 14:18.82	700m 15:27.02	750m 17:46.59	800m 18:59.98	
	850m 20:09.76	900m 21:14.63	950m 22:22.93	1000m 23:33.15	1050m 24:42.05	1100m 25:51.36	1150m 26:58.30	1200m 28:08.19	
	1250m 30:26.41	1300m 31:34.33	1350m -	1400m -	1450m 32:40.43	1500m 33:37.60			

### MENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Graham Short	70	Warley Wasps	22:04.97 EUR/GBR		262			
	50m 39.47	100m 1:22.35	150m 2:07.00	200m 2:52.03	250m 3:36.83	300m 4:21.25	350m 5:05.74	400m 5:49.96	
	450m 6:34.64	500m 7:18.74	550m 8:03.52	600m 8:47.88	650m 9:33.02	700m 10:17.68	750m 11:01.74	800m 11:47.14	
	850m 12:31.23	900m 13:15.87	950m 14:00.44	1000m 14:45.38	1050m 15:30.93	1100m 16:14.83	1150m 16:58.82	1200m 17:42.78	
	1250m 18:26.89	1300m 19:10.82	1350m 19:55.53	1400m 20:39.73	1450m 21:24.15	1500m 22:04.97			
2.	Tony Catterall	70	Colne	24:28.47		192			
	50m 43.17	100m 1:29.38	150m 2:16.83	200m 3:04.58	250m 3:52.17	300m 4:40.70	350m 5:28.90	400m 6:17.56	
	450m 7:06.37	500m 7:55.37	550m 8:44.45	600m 9:33.34	650m 10:22.69	700m 11:12.34	750m 12:01.74	800m 12:51.12	
	850m 13:41.77	900m 14:31.34	950m 15:20.80	1000m 16:10.64	1050m 17:01.00	1100m 17:50.73	1150m 18:40.50	1200m 19:30.10	
	1250m 20:19.55	1300m 21:09.64	1350m 22:00.31	1400m 22:49.87	1450m 23:39.59	1500m 24:28.47			
3.	Peter Ingham	72	Rotherham Mo	30:47.60		96			
	50m 51.87	100m 1:52.59	150m 2:53.40	200m 3:54.78	250m 4:56.23	300m 5:59.86	350m 7:02.58	400m 8:04.97	
	450m 9:07.81	500m 10:09.52	550m 11:13.66	600m 12:17.00	650m 13:18.30	700m 14:20.75	750m 15:25.35	800m 16:25.71	
	850m 17:27.88	900m 18:30.92	950m 19:31.92	1000m 20:35.28	1050m 21:37.55	1100m 22:38.42	1150m 23:42.02	1200m 24:44.24	
	1250m 25:45.24	1300m 26:47.01	1350m 27:49.83	1400m 28:51.26	1450m 30:47.60	1500m 30:47.60			

### MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Michael Read	75	Brighton	26:02.28		159			
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m -	
	850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 26:02.28			
2.	Roger Lloyd-Mostyn	75	Otter	27:33.11	+ 0.77	135			
	50m 45.54	100m 1:36.72	150m 2:30.33	200m -	250m -	300m 4:18.60	350m 6:08.76	400m 7:04.76	
	450m 8:00.78	500m -	550m 9:51.90	600m 10:45.53	650m 11:40.15	700m 13:32.59	750m 14:29.45	800m -	
	850m 15:26.85	900m 16:22.80	950m 17:19.88	1000m 18:15.97	1050m 19:12.35	1100m 20:08.05	1150m 21:04.69	1200m 21:59.66	
	1250m -	1300m 23:52.85	1350m 24:48.63	1400m -	1450m 26:40.40	1500m 27:33.11			
3.	Bill Moore	79	East Leeds	27:48.15		131			
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m -	
	850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 27:48.15			

### WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Keely Empson	20	Co Cardiff	19:24.89	+ 0.97	492			
	50m 32.96	100m 1:09.01	150m 1:46.27	200m 2:24.24	250m 3:02.19	300m 3:40.60	350m 4:19.22	400m 4:57.87	
	450m 5:37.13	500m 6:17.10	550m 6:56.76	600m 7:37.19	650m 8:16.98	700m 8:56.78	750m 9:36.09	800m 10:15.37	
	850m 10:55.11	900m 11:34.62	950m 12:14.23	1000m 12:54.24	1050m 13:33.38	1100m 14:13.19	1150m 14:52.58	1200m 15:32.65	
	1250m 16:12.47	1300m 16:52.07	1350m 17:30.99	1400m 18:10.39	1450m 18:48.67	1500m 19:24.89			
2.	Cristina Bertucci	23	Otter	19:34.76	+ 0.90	479			
	50m 34.29	100m 1:11.24	150m 1:49.05	200m 2:27.68	250m 3:06.72	300m 3:46.13	350m 4:25.59	400m 5:04.83	
	450m 5:44.35	500m 6:23.84	550m 7:04.03	600m 7:44.29	650m 8:24.11	700m 9:04.67	750m 9:44.48	800m 10:24.02	
	850m 11:03.40	900m 11:42.82	950m 12:22.23	1000m 13:01.95	1050m 13:41.28	1100m 14:21.23	1150m 15:00.24	1200m 15:39.60	
	1250m 16:18.87	1300m 16:58.94	1350m 17:38.05	1400m 18:17.65	1450m 18:57.18	1500m 19:34.76			
3.	Charlotte Smith	20	Hackney	20:15.20		433			
	50m 34.46	100m 1:12.43	150m 1:51.79	200m 2:31.28	250m 3:10.88	300m 3:51.01	350m 4:31.82	400m 5:12.48	
	450m 5:53.27	500m 6:34.04	550m 7:14.66	600m 7:55.46	650m 8:36.28	700m 9:17.39	750m 9:58.43	800m 10:39.70	
	850m 11:20.78	900m 12:01.85	950m 12:42.68	1000m 13:23.99	1050m 14:04.79	1100m 14:45.53	1150m 15:27.07	1200m 16:08.53	
	1250m 16:49.64	1300m 17:31.06	1350m 18:13.07	1400m 18:54.58	1450m 19:35.80	1500m 20:15.20			
	Antonia Thomson	19	Otter	DNC					

### WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Katie Walker-Stabeler	27	Birmingham M	18:32.51	+ 0.88	564			
	50m 32.69	100m 1:08.55	150m 1:45.02	200m 2:22.17	250m 2:59.16	300m 3:36.54	350m 4:13.43	400m 4:50.69	
	450m 5:28.10	500m 6:05.38	550m 6:42.79	600m 7:20.70	650m 7:58.33	700m 8:35.55	750m 9:13.17	800m 9:51.23	
	850m 10:28.11	900m 11:05.28	950m 11:42.57	1000m 12:20.04	1050m 12:57.52	1100m 13:35.37	1150m 14:12.69	1200m 14:50.00	
	1250m 15:27.69	1300m 16:05.13	1350m 16:42.36	1400m 17:19.74	1450m 17:57.05	1500m 18:32.51			
2.	Rebecca Newman	28	Newcastle	18:38.47		556			
	50m 33.50	100m 1:09.65	150m 1:46.52	200m 2:23.57	250m 3:00.58	300m 3:37.76	350m 4:15.03	400m 4:52.46	
	450m 5:30.03	500m 6:07.52	550m 6:45.17	600m 7:23.09	650m 8:00.88	700m 8:38.63	750m 9:16.40	800m 9:54.03	
	850m 10:31.80	900m 11:09.51	950m 11:47.05	1000m 12:24.94	1050m 13:02.50	1100m 13:40.09	1150m 14:17.72	1200m 14:55.33	
	1250m 15:32.89	1300m 16:10.79	1350m 16:48.18	1400m 17:25.37	1450m 18:02.57	1500m 18:38.47			
3.	Felicity Prior	29	Calv Bing	19:44.30		468			
	50m 34.14	100m 1:11.64	150m 1:50.18	200m 2:29.13	250m 3:08.56	300m 3:47.84	350m 4:27.54	400m 5:07.28	
	450m 5:46.71	500m 6:26.48	550m 7:06.52	600m 7:46.59	650m 8:26.69	700m 9:07.06	750m 9:46.85	800m 10:27.20	
	850m 11:06.98	900m 11:47.12	950m 12:27.07	1000m 13:07.32	1050m 13:47.22	1100m 14:27.46	1150m 15:07.86	1200m 15:48.03	
	1250m 16:28.45	1300m 17:07.95	1350m 17:47.88	1400m 18:27.31	1450m 19:06.87	1500m 19:44.30			

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## Results

4.	Emma Miles	28	Royal Navy	20:17.76	430				
	50m 35.44	100m 1:14.41	150m 1:53.83	200m 2:33.60	250m 3:13.54	300m 3:53.37	350m 4:33.22	400m 5:13.63	
	450m 5:54.08	500m 6:34.80	550m 7:15.23	600m 7:55.77	650m 8:36.69	700m 9:17.05	750m 9:58.37	800m 10:38.96	
	850m 11:20.44	900m 12:01.62	950m 12:43.01	1000m 13:24.28	1050m 14:05.98	1100m 14:47.41	1150m 15:28.88	1200m 16:11.09	
	1250m 16:52.49	1300m 17:34.36	1350m 18:15.42	1400m 18:57.08	1450m 19:37.84	1500m 20:17.76			
5.	Chloe Grover	29	Teddington	21:00.67	388				
	50m 34.46	100m 1:14.69	150m 1:56.92	200m 2:39.51	250m 3:22.09	300m 4:04.58	350m 4:47.10	400m 5:29.36	
	450m 6:11.68	500m 6:53.67	550m 7:35.82	600m 8:17.84	650m 9:00.36	700m 9:43.07	750m -	800m 11:07.78	
	850m 11:50.18	900m 12:33.08	950m 13:15.86	1000m 13:58.49	1050m 14:40.83	1100m 15:23.16	1150m 16:05.55	1200m 16:48.09	
	1250m 17:30.46	1300m 18:13.20	1350m 18:55.59	1400m 19:37.91	1450m 20:20.25	1500m 21:00.67			
6.	Lisa Trussler	26	Braunstone	21:45.17	349				
	50m 36.46	100m 1:17.00	150m 1:59.18	200m 2:41.76	250m 3:24.56	300m 4:07.45	350m 4:50.65	400m 5:34.08	
	450m 6:17.56	500m 7:00.91	550m 7:44.59	600m 8:28.24	650m 9:12.19	700m 9:55.83	750m 10:39.38	800m 11:23.55	
	850m 12:07.54	900m 12:51.87	950m 13:36.04	1000m 14:20.68	1050m 15:05.08	1100m 15:49.71	1150m 16:34.10	1200m 17:19.08	
	1250m 18:03.62	1300m 18:48.40	1350m 19:33.01	1400m 20:17.63	1450m 21:01.89	1500m 21:45.17			
7.	Katherine Purcell	26	East Leeds	26:01.06	204				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m -	
	850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 26:01.06			

### WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Hayley Davis	32	Otter	18:40.43		553			
	50m 32.78	100m 1:08.20	150m 1:44.57	200m 2:21.50	250m 2:57.71	300m 3:34.61	350m 4:11.67	400m 4:49.06	
	450m 5:26.33	500m 6:03.62	550m 6:40.83	600m 7:18.33	650m 7:56.00	700m 8:33.59	750m 9:11.18	800m 9:48.61	
	850m 10:26.20	900m 11:03.91	950m 11:41.67	1000m 12:19.78	1050m 12:57.82	1100m 13:35.84	1150m 14:14.08	1200m 14:52.22	
	1250m 15:30.36	1300m 16:08.49	1350m 16:46.65	1400m 17:25.07	1450m 18:03.78	1500m 18:40.43			
2.	Kira Neal	32	Romford Town	20:03.00		446			
	50m 34.50	100m 1:11.62	150m 1:50.20	200m 2:29.19	250m 3:07.98	300m 3:47.22	350m 4:26.76	400m 5:06.72	
	450m 5:46.80	500m 6:27.18	550m 7:07.46	600m 7:47.95	650m 8:28.48	700m 9:09.05	750m 9:49.82	800m 10:31.10	
	850m 11:12.16	900m 11:53.27	950m 12:34.27	1000m 13:15.30	1050m 13:56.46	1100m 14:37.45	1150m 15:18.45	1200m 15:59.29	
	1250m 16:40.64	1300m 17:21.63	1350m 18:02.60	1400m 18:43.53	1450m 19:23.97	1500m 20:03.00			
3.	Danielle Ryan	31	Black Lion	21:26.95	+ 0.84	364			
	50m 37.18	100m 1:18.25	150m 2:00.12	200m 2:42.00	250m 3:24.42	300m 4:06.83	350m 4:49.69	400m 5:32.98	
	450m 6:16.02	500m 6:59.31	550m 7:42.51	600m 8:26.17	650m 9:08.96	700m 9:51.67	750m 10:34.95	800m 11:18.14	
	850m 12:01.64	900m 12:44.93	950m 13:28.43	1000m 14:12.26	1050m 14:55.69	1100m 15:39.81	1150m 16:23.18	1200m 17:06.78	
	1250m 17:50.84	1300m 18:34.82	1350m 19:18.58	1400m 20:02.39	1450m 20:45.56	1500m 21:26.95			
	Katie Holmes	32	Colchester	DNC					

### WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Emma Wills	37	York City	17:59.96		617			
	50m 30.41	100m 1:03.26	150m 1:37.95	200m 2:13.37	250m 2:49.10	300m 3:25.26	350m 4:01.45	400m 4:37.97	
	450m 5:14.76	500m 5:51.63	550m 6:28.38	600m 7:05.22	650m 7:42.01	700m 8:18.65	750m 8:55.25	800m 9:31.97	
	850m 10:08.58	900m 10:45.38	950m 11:21.84	1000m 11:58.32	1050m 12:34.79	1100m 13:11.60	1150m 13:48.02	1200m 14:24.48	
	1250m 15:01.02	1300m 15:37.42	1350m 16:13.54	1400m 16:49.74	1450m 17:25.70	1500m 17:59.96			
2.	Kelly Dughmish	39	Rugby	18:38.47	+ 0.54	556			
	50m 34.97	100m 1:12.57	150m 1:50.47	200m 2:28.21	250m 3:05.79	300m 3:43.33	350m 4:20.66	400m 4:58.06	
	450m 5:35.44	500m 6:12.62	550m 6:49.78	600m 7:27.06	650m 8:04.50	700m 8:41.82	750m 9:19.21	800m 9:56.55	
	850m 10:33.92	900m 11:11.51	950m 11:48.57	1000m 12:26.10	1050m 13:03.42	1100m 13:40.96	1150m 14:18.32	1200m 14:55.87	
	1250m 15:33.52	1300m 16:10.85	1350m 16:48.34	1400m 17:25.90	1450m 18:03.55	1500m 18:38.47			
3.	Alison Browning	38	Exmouth	20:02.37		447			
	50m 35.61	100m 1:13.45	150m 1:52.37	200m 2:31.71	250m 3:11.61	300m 3:51.44	350m 4:31.46	400m 5:11.80	
	450m 5:52.24	500m 6:32.80	550m 7:13.14	600m 7:53.61	650m 8:34.09	700m 9:14.55	750m 9:55.02	800m 10:35.41	
	850m 11:15.97	900m 11:56.72	950m 12:37.33	1000m 13:17.95	1050m 13:58.57	1100m 14:39.53	1150m 15:20.30	1200m 16:01.26	
	1250m 16:41.96	1300m 17:22.55	1350m 18:03.44	1400m 18:44.25	1450m 19:24.55	1500m 20:02.37			
4.	Jackie Carrbine	37	Warrington M	20:41.81		406			
	50m 35.51	100m 1:15.27	150m 1:56.46	200m 2:37.79	250m 3:19.01	300m 4:00.30	350m 4:42.04	400m 5:24.15	
	450m 6:06.27	500m 6:48.65	550m 7:30.77	600m 8:13.81	650m 8:56.30	700m 9:38.58	750m 10:21.03	800m 11:02.81	
	850m 11:44.55	900m 12:26.15	950m 13:08.03	1000m 13:49.69	1050m 14:31.53	1100m 15:13.25	1150m 15:54.03	1200m 16:35.34	
	1250m 17:17.16	1300m 17:59.11	1350m 18:40.21	1400m 19:22.11	1450m 20:02.93	1500m 20:41.81			
5.	Kirstie Smith	38	Co Lincoln P	22:11.28		329			
	50m 36.92	100m 1:18.42	150m 2:01.40	200m 2:45.42	250m 3:29.48	300m 4:13.86	350m 4:58.60	400m 5:43.29	
	450m 6:28.54	500m 7:13.20	550m 7:58.03	600m 8:43.20	650m 9:28.51	700m 10:14.16	750m 10:59.38	800m 11:43.91	
	850m 12:28.90	900m 13:14.47	950m 13:59.51	1000m 14:44.51	1050m 15:29.59	1100m 16:15.13	1150m 17:00.86	1200m 17:46.02	
	1250m 18:31.03	1300m 19:16.36	1350m 20:00.60	1400m 20:41.71	1450m 21:27.38	1500m 22:11.28			
6.	Amy Mellor	37	Sub 160	22:15.94		326			
	50m 37.11	100m 1:19.02	150m 2:02.35	200m -	250m -	300m 4:13.69	350m 4:58.19	400m 5:43.46	
	450m -	500m -	550m -	600m -	650m -	700m -	750m 10:59.37	800m -	
	850m 12:29.35	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 22:15.94			

### WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Jessica Wooddisse	41	Sub 160	18:34.36		562			
	50m 33.25	100m 1:08.77	150m 1:45.09	200m 2:21.74	250m 2:58.63	300m 3:35.83	350m 4:12.89	400m 4:50.19	
	450m 5:27.21	500m 6:04.25	550m 6:41.39	600m 7:18.74	650m 7:56.15	700m 8:33.65	750m 9:11.47	800m 9:49.06	
	850m 10:26.57	900m 11:04.17	950m 11:41.91	1000m 12:19.43	1050m 12:56.83	1100m 13:34.37	1150m 14:12.18	1200m 14:49.81	
	1250m 15:27.81	1300m 16:05.64	1350m 16:43.29	1400m 17:20.90	1450m 17:58.31	1500m 18:34.36			
2.	Laura Shields	42	Scotia	20:17.42	+ 0.93	431			
	50m 34.69	100m 1:13.21	150m 1:53.21	200m 2:33.52	250m 3:13.75	300m 3:54.37	350m 4:34.87	400m 5:15.58	
	450m 5:56.13	500m 6:37.29	550m 7:17.64	600m 7:58.11	650m 8:39.06	700m 9:19.32	750m 10:00.27	800m 10:41.43	
	850m 11:22.38	900m 12:03.68	950m 12:44.48	1000m 13:25.95	1050m 14:07.35	1100m 14:48.40	1150m 15:29.17	1200m 16:10.69	
	1250m 16:52.53	1300m 17:34.27	1350m 18:15.90	1400m 18:57.52	1450m 19:38.62	1500m 20:17.42			

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## Results

3.	Melanie Holland	42	UEA Norwich	21:20.92		370			
	50m 36.63	100m 1:16.75	150m 1:58.39	200m 2:40.61	250m 3:23.05	300m 4:05.68	350m 4:48.38	400m 5:31.26	
	450m 6:13.72	500m 6:55.95	550m 7:39.02	600m 8:21.69	650m 9:04.70	700m 9:47.91	750m 10:31.06	800m 11:14.31	
	850m 11:57.76	900m 12:40.78	950m 13:24.17	1000m 14:07.68	1050m 14:51.27	1100m 15:34.79	1150m 16:18.80	1200m 17:02.78	
	1250m 17:46.73	1300m 18:30.98	1350m 19:14.87	1400m 19:58.95	1450m 20:42.09	1500m 21:20.92			
4.	Diane Asbury	41	Wolv'hampton	22:57.37		297			
	50m 41.25	100m 1:23.73	150m 2:08.29	200m 2:53.17	250m 3:38.09	300m 4:23.58	350m 5:09.40	400m 5:55.47	
	450m 6:41.31	500m 7:30.59	550m 8:16.49	600m 9:02.15	650m 9:48.01	700m 10:34.16	750m 11:20.10	800m 12:06.22	
	850m 12:52.26	900m 13:38.78	950m 14:25.42	1000m 15:11.47	1050m 15:58.56	1100m 16:46.51	1150m 17:33.00	1200m 18:19.84	
	1250m 19:05.93	1300m 19:52.73	1350m 20:40.49	1400m 21:26.73	1450m 22:12.79	1500m 22:57.37			
5.	Lucy Roper	44	Reading	23:41.04		271			
	50m 41.99	100m 1:27.72	150m 2:14.71	200m 3:01.72	250m 3:48.58	300m 4:35.30	350m 5:22.44	400m 6:09.81	
	450m 6:57.27	500m 7:45.21	550m 8:32.43	600m 9:19.65	650m 10:06.64	700m 10:54.11	750m 11:41.21	800m 12:28.88	
	850m 13:16.30	900m 14:03.77	950m 14:51.36	1000m 15:39.44	1050m 16:27.98	1100m 17:16.76	1150m 18:06.06	1200m 18:54.65	
	1250m 19:43.01	1300m 20:31.26	1350m 21:19.96	1400m 22:07.99	1450m 22:56.14	1500m 23:41.04			
6.	Sarah Berry	43	Basildon Ph	23:54.65		263			
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m -	
	850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 23:54.65			
7.	Zoe Sadler	43	Basingstoke	27:40.72	+ 0.91	169			
	50m 44.63	100m 1:35.28	150m 2:28.37	200m 3:21.56	250m 4:15.88	300m 5:09.75	350m 6:04.35	400m 7:00.22	
	450m 7:55.57	500m 8:51.19	550m 9:46.66	600m 10:42.44	650m 11:38.47	700m 12:34.58	750m 13:31.53	800m 14:28.19	
	850m 15:24.26	900m 16:21.08	950m 17:17.86	1000m 18:14.88	1050m 19:11.18	1100m 20:08.13	1150m 21:04.91	1200m 22:01.82	
	1250m 22:59.11	1300m 23:56.01	1350m 24:53.38	1400m 25:49.65	1450m 26:45.59	1500m 27:40.72			

### WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Lindsay Turnbull	46	Newcastle	20:03.78		445			
	50m 35.90	100m 1:14.51	150m 1:54.03	200m 2:34.52	250m 3:14.99	300m 3:55.55	350m 4:36.03	400m 5:16.33	
	450m 5:56.81	500m 6:37.23	550m 7:17.65	600m 7:58.05	650m 8:38.26	700m 9:18.44	750m 9:58.21	800m 10:37.90	
	850m 11:17.73	900m 11:57.42	950m 12:38.11	1000m 13:18.29	1050m 13:58.84	1100m 14:39.62	1150m 15:20.53	1200m 16:01.24	
	1250m 16:42.11	1300m 17:23.31	1350m 18:04.08	1400m 18:45.70	1450m 19:26.52	1500m 20:03.78			
2.	Kathryn Thomas	45	Trafford Met	20:05.55	+ 0.79	444			
	50m -	100m 1:18.44	150m 1:59.32	200m 2:39.99	250m -	300m 4:00.52	350m 4:40.26	400m 5:20.52	
	450m 6:00.23	500m 6:39.99	550m 7:19.79	600m 7:59.78	650m 8:40.09	700m 9:20.56	750m 10:01.01	800m 10:40.67	
	850m 11:20.60	900m 12:00.57	950m 12:40.73	1000m 13:21.00	1050m 14:01.32	1100m 14:41.21	1150m 15:21.57	1200m 16:02.17	
	1250m 16:42.88	1300m 17:24.02	1350m 18:04.98	1400m 18:45.81	1450m 19:26.23	1500m 20:05.55			
3.	Claire Murray	47	Dun City Aqu	20:34.07	+ 0.76	413			
	50m 36.44	100m 1:15.40	150m 1:54.98	200m 2:35.12	250m 3:15.24	300m 3:55.83	350m 4:36.25	400m 5:17.08	
	450m 5:58.07	500m 6:39.15	550m 7:20.63	600m 8:02.00	650m 8:43.23	700m 9:24.68	750m 10:06.12	800m 10:48.05	
	850m 11:30.09	900m 12:12.08	950m 12:54.08	1000m 13:35.88	1050m 14:17.77	1100m 14:59.43	1150m 15:41.24	1200m 16:23.46	
	1250m 17:05.89	1300m 17:47.39	1350m 18:29.21	1400m 19:10.94	1450m 19:53.15	1500m 20:34.07			
4.	Judy Prior	46	Enfield Sq	20:50.97		397			
	50m 37.70	100m 1:17.94	150m 1:58.76	200m 2:39.95	250m 3:21.31	300m 4:02.88	350m 4:44.41	400m 5:25.75	
	450m 6:07.14	500m 6:48.43	550m 7:30.29	600m 8:12.17	650m 8:54.37	700m 9:36.49	750m 10:18.67	800m 11:00.96	
	850m 11:43.72	900m 12:26.04	950m 13:08.25	1000m 13:50.52	1050m 14:32.41	1100m 15:14.34	1150m 15:56.49	1200m 16:38.92	
	1250m 17:21.18	1300m 18:03.57	1350m 18:45.86	1400m 19:28.35	1450m 20:10.51	1500m 20:50.97			
5.	Josephine Cresswell	48	East Anglian	22:14.98	+ 0.98	326			
	50m 38.98	100m 1:21.86	150m 2:06.54	200m 2:50.39	250m 3:33.91	300m 4:18.27	350m 5:02.83	400m 5:47.69	
	450m 6:31.90	500m 7:16.47	550m 8:01.86	600m 8:46.30	650m 9:30.97	700m 10:16.16	750m 11:01.22	800m 11:46.31	
	850m 12:31.19	900m 13:15.83	950m 14:00.69	1000m 14:45.62	1050m 15:30.86	1100m 16:15.94	1150m 17:01.04	1200m 17:46.46	
	1250m 18:31.71	1300m 19:17.01	1350m 20:02.26	1400m 20:47.31	1450m 21:32.03	1500m 22:14.98			
6.	Dianne Foster	47	East Leeds	22:28.59		317			
	50m 41.54	100m 1:26.15	150m 2:11.38	200m 2:56.44	250m 3:41.84	300m 4:27.19	350m 5:12.26	400m 5:57.47	
	450m 6:42.65	500m 7:27.99	550m 8:12.98	600m 8:57.88	650m 9:42.71	700m 10:27.68	750m 11:12.75	800m 11:57.85	
	850m 12:43.37	900m 13:28.58	950m 14:13.68	1000m 14:58.79	1050m 15:43.77	1100m 16:29.02	1150m 17:14.34	1200m 17:59.20	
	1250m 18:44.20	1300m 19:29.42	1350m 20:14.73	1400m 21:00.06	1450m 21:45.19	1500m 22:28.59			
7.	Emma France	48	Guildford Ct	26:07.65		201			
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m -	
	850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 26:07.65			
8.	Motoko Sugawara	49	Ruislip Nwd	28:44.08	+ 0.77	151			
	50m 50.15	100m -	150m 2:44.13	200m 3:41.43	250m 4:40.20	300m -	350m 6:37.11	400m 7:35.26	
	450m 8:34.14	500m -	550m 10:29.29	600m -	650m -	700m -	750m -	800m -	
	850m 16:16.55	900m 17:14.33	950m -	1000m -	1050m -	1100m 21:05.66	1150m 22:03.86	1200m 23:02.77	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 28:44.08			

### WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	June Falconer	52	Silver City	19:55.32		455			
	50m 37.05	100m 1:17.31	150m 1:58.23	200m 2:38.89	250m 3:19.56	300m 3:59.84	350m 4:40.10	400m 5:20.33	
	450m 6:00.65	500m 6:40.83	550m 7:20.93	600m 8:00.98	650m 8:40.56	700m 9:20.25	750m 10:00.06	800m 10:39.87	
	850m 11:19.62	900m 11:59.39	950m 12:39.27	1000m 13:18.98	1050m 13:58.94	1100m 14:38.77	1150m 15:18.69	1200m 15:58.80	
	1250m 16:37.95	1300m 17:17.83	1350m 17:57.52	1400m 18:37.32	1450m 19:17.01	1500m 19:55.32			
2.	Wendy Figures	51	Rotherham Mo	23:13.18		287			
	50m 41.65	100m 1:27.17	150m 2:13.01	200m 2:59.10	250m 3:45.23	300m 4:31.22	350m 5:17.72	400m 6:04.20	
	450m 6:50.86	500m 7:37.53	550m 8:24.23	600m 9:10.95	650m 9:57.65	700m 10:44.60	750m 11:31.48	800m 12:18.53	
	850m 13:05.67	900m 13:52.33	950m 14:38.68	1000m 15:25.60	1050m 16:12.26	1100m 16:59.65	1150m 17:46.53	1200m 18:33.45	
	1250m 19:20.17	1300m 20:07.23	1350m 20:53.59	1400m 21:40.22	1450m 22:26.64	1500m 23:13.18			
3.	Consuelo Simons	50	Godalming	25:32.91		215			
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m -	
	850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -	

## Results

		1250m -	1300m -	1350m -	1400m -	1450m -	1500m 25:32.91		
<b>WOMENS 55/59 Yrs Age Group - Full Results</b>									
Place	Name	AaD Club		Time	R.T.	FINA Pt			
1.	Karen Elly	55	Hyde Seal	<b>19:59.39 GBR</b>	+ 0.87	450			
	50m 35.07	100m 1:13.94	150m 1:53.63	200m 2:33.53	250m 3:13.53	300m 3:53.75	350m 4:33.70	400m 5:13.54	
	450m 5:53.41	500m 6:33.65	550m 7:13.93	600m 7:54.32	650m 8:34.46	700m 9:14.63	750m 9:54.90	<b>800m 10:34.99 GBR</b>	
	850m 11:15.10	900m 11:55.30	950m 12:35.71	1000m 13:15.98	1050m 13:56.64	1100m 14:37.20	1150m 15:17.96	1200m 15:58.32	
	1250m 16:38.69	1300m 17:18.99	1350m 17:59.72	1400m 18:40.30	1450m 19:20.70	1500m 19:59.39			
2.	Sheryl Taylor	55	Newquay	21:25.27	+ 0.92	366			
	50m 35.91	100m 1:15.79	150m 1:57.42	200m 2:39.98	250m 3:22.69	300m 4:05.49	350m 4:48.47	400m 5:31.63	
	450m 6:14.93	500m 6:58.09	550m 7:41.45	600m 8:24.93	650m 9:08.25	700m 9:51.65	750m 10:35.29	800m 11:18.55	
	850m 12:02.10	900m 12:45.62	950m 13:29.17	1000m 14:12.79	1050m 14:56.47	1100m 15:40.18	1150m 16:23.62	1200m 17:07.37	
	1250m 17:50.55	1300m 18:33.29	1350m 19:16.19	1400m 19:59.21	1450m 20:42.34	1500m 21:25.27			
3.	Frances Baker	56	Spencer	22:02.72	+ 0.93	336			
	50m 40.39	100m 1:22.94	150m 2:06.87	200m 2:50.97	250m 3:35.40	300m 4:19.63	350m 5:04.07	400m 5:47.75	
	450m 6:32.47	500m 7:17.21	550m 8:00.87	600m 8:45.06	650m 9:29.86	700m 10:14.72	750m 10:58.77	800m 11:42.52	
	850m 12:26.86	900m 13:11.56	950m 13:56.06	1000m 14:40.15	1050m 15:23.70	1100m 16:08.35	1150m 16:52.81	1200m 17:37.93	
	1250m 18:22.65	1300m 19:07.63	1350m 19:52.94	1400m 20:37.07	1450m 21:20.39	1500m 22:02.72			
4.	Catherine Hartle	58	Spencer	22:52.57	+ 0.68	300			
	50m 39.59	100m 1:22.48	150m 2:06.37	200m 2:50.95	250m 3:36.13	300m 4:20.97	350m 5:06.53	400m 5:52.01	
	450m 6:37.17	500m 7:22.38	550m 8:07.83	600m 8:53.24	650m 9:38.91	700m 10:24.12	750m 11:09.63	800m 11:55.63	
	850m 12:41.79	900m 13:28.58	950m 14:14.95	1000m 15:00.85	1050m 15:47.13	1100m 16:33.41	1150m 17:20.07	1200m 18:06.98	
	1250m 18:54.09	1300m 19:40.51	1350m 20:27.42	1400m 21:14.33	1450m 22:01.91	1500m 22:52.57			
5.	Janet Briggs	57	Etwall	25:03.53	+ 0.90	228			
	50m 41.34	100m 1:27.70	150m 2:16.58	200m 3:06.55	250m 3:56.82	300m 4:46.55	350m 5:36.69	400m 6:27.21	
	450m 7:17.40	500m 8:07.28	550m 8:57.84	600m 9:47.74	650m 10:37.95	700m 11:28.36	750m 12:18.67	800m 13:09.06	
	850m 14:00.06	900m 14:50.58	950m 15:41.89	1000m 16:32.52	1050m 17:23.62	1100m 18:15.26	1150m 19:06.66	1200m 19:57.88	
	1250m 20:49.37	1300m 21:41.09	1350m 22:32.74	1400m 23:23.88	1450m 24:15.27	1500m 25:03.53			
6.	Ann Spelman	55	Havant & Wat	29:46.05	+ 0.91	136			
	50m 51.82	100m 1:50.37	150m 2:50.19	200m 3:49.64	250m 4:49.21	300m 5:49.43	350m 6:50.06	400m 7:51.10	
	450m 8:51.75	500m 9:51.65	550m 10:51.77	600m 11:50.13	650m 12:48.55	700m 13:48.66	750m 14:48.76	800m 15:48.77	
	850m 17:47.68	900m 18:47.93	950m 19:48.60	1000m 20:48.90	1050m 21:50.17	1100m 22:50.32	1150m 23:49.66	1200m 24:51.36	
	1250m 25:51.21	1300m 27:50.17	1350m 28:49.80	1400m 29:46.05	1450m -	1500m 29:46.05			
7.	Shirley Fawkes	56	Billingham	29:56.22		134			
	50m 50.09	100m 1:46.61	150m 2:45.85	200m 3:45.94	250m 4:46.23	300m 5:46.30	350m 6:46.04	400m 7:46.40	
	450m 8:46.62	500m 9:46.60	550m 10:46.31	600m 11:46.42	650m 12:46.68	700m 13:46.96	750m 14:47.42	800m 15:47.91	
	850m 16:48.22	900m 17:48.26	950m 18:48.88	1000m 19:49.61	1050m 20:50.19	1100m 21:50.34	1150m 22:50.61	1200m 23:52.07	
	1250m 24:53.48	1300m 25:55.14	1350m 26:57.49	1400m 27:58.57	1450m 28:59.26	1500m 29:56.22			

<b>WOMENS 60/64 Yrs Age Group - Full Results</b>									
Place	Name	AaD Club		Time	R.T.	FINA Pt			
1.	Audrey Cooper	62	Silver City	<b>20:44.63 GBR</b>		403			
	50m 38.77	100m 1:19.88	150m 2:01.49	200m 2:43.28	250m 3:25.13	300m 4:06.70	350m 4:48.18	400m 5:29.64	
	450m 6:11.22	500m 6:52.57	550m 7:33.88	600m 8:15.39	650m 8:56.84	700m 9:38.60	750m 10:20.08	800m 11:01.65	
	850m 11:43.15	900m 12:25.00	950m 13:06.51	1000m 13:48.11	1050m 14:29.44	1100m 15:10.78	1150m 15:52.56	1200m 16:34.42	
	1250m 17:16.08	1300m 17:57.66	1350m 18:39.46	1400m 19:21.33	1450m 20:03.49	1500m 20:44.63			
2.	Amanda Doyle	60	Kings Corm	23:19.76	+ 0.93	283			
	50m 44.40	100m 1:29.00	150m 2:15.15	200m 3:01.44	250m 3:47.65	300m 4:34.22	350m 5:20.39	400m 6:08.62	
	450m 6:55.03	500m 7:41.54	550m 8:28.16	600m 9:15.03	650m -	700m 10:49.84	750m 11:36.86	800m 12:23.58	
	850m 13:10.41	900m 13:57.37	950m -	1000m 15:31.26	1050m 16:18.39	1100m 17:05.48	1150m -	1200m 18:40.42	
	1250m 19:27.10	1300m 20:14.13	1350m 21:01.41	1400m 21:49.01	1450m 22:35.20	1500m 23:19.76			
3.	Claire Moore	61	Bracknell	23:59.07		261			
	50m 42.07	100m 1:28.33	150m 2:14.47	200m 3:01.73	250m 3:49.10	300m 4:37.09	350m 5:25.12	400m 6:13.27	
	450m 7:48.91	500m 8:37.47	550m 9:25.60	600m 10:13.48	650m 11:01.95	700m 11:50.28	750m 12:38.52	800m 13:26.83	
	850m 14:15.37	900m 15:03.91	950m 15:52.31	1000m 16:41.39	1050m 17:30.01	1100m 18:18.96	1150m 19:07.56	1200m 19:56.84	
	1250m 20:46.40	1300m 21:35.77	1350m 22:24.13	1400m 23:12.43	1450m -	1500m 23:59.07			
4.	Barbara Cole	60	Shrewsbury	24:34.18	+ 0.97	242			
	50m 42.21	100m 1:30.97	150m 2:20.63	200m 3:10.72	250m 4:01.00	300m 4:50.52	350m 5:41.16	400m 6:30.97	
	450m 7:20.51	500m 8:10.21	550m 9:00.89	600m 9:49.82	650m 10:39.16	700m 11:29.49	750m 12:17.87	800m 13:07.62	
	850m 13:56.59	900m 14:44.92	950m 15:34.85	1000m 16:24.17	1050m 17:12.85	1100m 18:01.82	1150m 18:51.77	1200m 19:40.64	
	1250m 20:30.22	1300m 21:18.86	1350m 22:09.02	1400m 22:58.06	1450m 23:47.12	1500m 24:34.18			
5.	Angela Fisher	60	G B Police	24:42.80		238			
	50m 42.27	100m 1:29.12	150m 2:17.41	200m 3:06.11	250m 3:55.09	300m 4:44.39	350m 5:33.79	400m 6:23.17	
	450m 7:13.31	500m 8:03.08	550m 8:52.78	600m 9:42.37	650m 10:31.70	700m 11:21.49	750m 12:11.31	800m 13:01.35	
	850m 13:51.15	900m 14:40.72	950m 15:31.50	1000m 16:22.18	1050m 17:13.23	1100m 18:03.84	1150m 18:54.13	1200m 19:43.99	
	1250m 20:34.78	1300m 21:23.76	1350m 22:14.47	1400m 23:04.29	1450m 23:54.58	1500m 24:42.80			
6.	Christina Victor	62	Guildford Ct	25:07.28		227			
	50m 43.66	100m 1:32.05	150m 2:21.10	200m 3:10.71	250m 4:00.26	300m 4:49.75	350m 5:39.64	400m 6:29.65	
	450m 7:19.56	500m 8:09.11	550m 8:59.12	600m 9:49.09	650m 10:39.69	700m 11:30.41	750m 12:20.81	800m 13:11.28	
	850m 14:02.15	900m 14:52.48	950m 15:44.26	1000m 16:35.04	1050m 17:26.63	1100m 18:17.69	1150m 19:08.56	1200m 20:00.08	
	1250m 20:51.85	1300m 21:42.86	1350m 22:34.69	1400m 23:25.56	1450m 24:17.18	1500m 25:07.28			

<b>WOMENS 65/69 Yrs Age Group - Full Results</b>									
Place	Name	AaD Club		Time	R.T.	FINA Pt			
1.	Sandra Vincent	66	Black Lion	24:25.98		246			
	50m 43.47	100m 1:30.85	150m 2:18.67	200m 3:07.31	250m 3:56.73	300m 4:46.40	350m 5:35.89	400m 6:25.76	
	450m 7:15.78	500m 8:04.94	550m 8:54.73	600m 9:43.76	650m 10:33.05	700m 11:21.77	750m 12:11.54	800m 13:00.72	
	850m 13:49.83	900m 14:38.65	950m 15:27.52	1000m 16:16.30	1050m 17:05.39	1100m 17:54.56	1150m 18:43.73	1200m 19:33.11	
	1250m 20:22.91	1300m 21:12.19	1350m 22:01.38	1400m 22:50.66	1450m 23:39.70	1500m 24:25.98			
2.	Rose Dudeney	69	Mid Sussex	25:59.34		205			
	50m 47.90	100m 1:39.19	150m 2:31.49	200m 3:23.67	250m 4:15.85	300m 5:07.86	350m 5:59.97	400m 6:52.16	
	450m 7:44.21	500m 8:36.76	550m 9:28.67	600m 10:20.96	650m 11:13.13	700m 12:05.48	750m 12:57.38	800m 13:49.61	
	850m 14:42.30	900m 15:35.01	950m 16:27.32	1000m 17:19.30	1050m 18:12.02	1100m 19:04.33	1150m 19:56.47	1200m 20:49.29	
	1250m 21:41.91	1300m 22:34.08	1350m 23:26.06	1400m 24:18.19	1450m 25:09.77	1500m 25:59.34			



## Results

3.	Jeanette Benn	65	Co Lincoln P	29:07.75	145				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m -	
	850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 29:07.75			

### WOMENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Elaine Bromwich	74	Birmingham M	30:31.08	+ 0.99	126			
	50m 49.66	100m 1:46.70	150m 2:44.69	200m 3:42.96	250m 4:42.04	300m 5:42.07	350m -	400m 7:42.42	
	450m 8:43.38	500m 9:44.21	550m 10:46.61	600m 11:47.91	650m 12:48.68	700m 13:50.66	750m 14:52.45	800m 15:55.30	
	850m 16:57.02	900m 18:00.56	950m 19:02.91	1000m 20:05.34	1050m 21:06.92	1100m 22:09.18	1150m 23:11.64	1200m 24:15.07	
	1250m 25:19.23	1300m 26:21.77	1350m 27:25.65	1400m 28:29.89	1450m 29:32.39	1500m 30:31.08			

### WOMENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt			
1.	Jill Complin	76	Romford Town	27:13.56		178			
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m -	
	850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 27:13.56			
2.	Jenny Ball	78	Camphill Ed	31:13.51		118			
	50m 54.45	100m 1:54.32	150m 2:55.20	200m 3:57.06	250m 4:58.63	300m 6:00.92	350m 7:02.73	400m 8:03.96	
	450m 9:05.83	500m 10:08.95	550m 11:12.12	600m 12:15.97	650m 13:18.74	700m 14:21.34	750m 15:25.34	800m 16:28.70	
	850m 17:31.53	900m 18:35.31	950m 19:39.72	1000m 20:42.64	1050m 21:45.95	1100m 22:49.04	1150m 23:52.27	1200m 24:55.05	
	1250m 25:59.95	1300m 27:03.54	1350m 28:07.63	1400m 29:10.85	1450m 30:14.69	1500m 31:13.51			