

**Event 1 Women 18 – 24 1500 SC Meter Freestyle**

Name	Age	Team	Finals Time
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**1 Chloe Williams\* 18 Canvey Island 22:53.96 IPC British Record (S14)**

42.66	1:27.09 (44.43)	2:12.31 (45.22)	2:57.76 (45.45)
3:43.78 (46.02)	4:28.57 (44.79)	5:14.48 (45.91)	6:00.60 (46.12)
6:47.23 (46.63)	7:32.37 (45.14)	8:17.97 (45.60)	9:03.54 (45.57)
9:49.01 (45.47)	10:35.38 (46.37)	11:20.47 (45.09)	12:06.95 (46.48)
12:53.62 (46.67)	13:39.49 (45.87)	14:26.29 (46.80)	15:11.87 (45.58)
15:59.17 (47.30)	16:45.80 (46.63)	17:32.18 (46.38)	18:19.01 (46.83)
19:05.11 (46.10)	19:50.99 (45.88)	20:37.52 (46.53)	21:23.89 (46.37)
22:09.67 (45.78)	22:53.96 (44.29)		

**Event 1 Women 25-29 1500 SC Meter Freestyle****1 Victoria Breeding 25 Barnet Copthall 21:30.26**

37.35	1:18.42 (41.07)	2:00.57 (42.15)	2:43.22 (42.65)
3:25.95 (42.73)	4:09.21 (43.26)	4:52.65 (43.44)	5:35.82 (43.17)
6:19.48 (43.66)	7:02.65 (43.17)	7:46.54 (43.89)	8:29.62 (43.08)
9:13.35 (43.73)	9:57.02 (43.67)	10:40.88 (43.86)	11:24.60 (43.72)
12:08.46 (43.86)	12:52.50 (44.04)	13:36.66 (44.16)	14:19.47 (42.81)
15:03.03 (43.56)	15:47.09 (44.06)	16:30.61 (43.52)	17:13.94 (43.33)
17:57.63 (43.69)	18:40.77 (43.14)	19:24.14 (43.37)	20:07.14 (43.00)
20:49.91 (42.77)	21:30.26 (40.35)		

**2 Joanna Walker 28 Impington 23:19.85**

40.50	1:25.06 (44.56)	2:11.22 (46.16)	2:57.68 (46.46)
3:44.03 (46.35)	4:30.59 (46.56)	5:17.42 (46.83)	6:03.69 (46.27)
6:51.26 (47.57)	7:38.52 (47.26)	8:26.00 (47.48)	9:13.73 (47.73)
10:00.68 (46.95)	10:48.60 (47.92)	11:35.91 (47.31)	12:23.49 (47.58)
13:11.17 (47.68)	13:58.61 (47.44)	14:45.10 (46.49)	15:32.29 (47.19)
16:19.36 (47.07)	17:07.23 (47.87)	17:54.35 (47.12)	18:42.08 (47.73)
19:30.12 (48.04)	20:17.20 (47.08)	21:01.55 (44.35)	21:47.90 (46.35)
22:34.36 (46.46)	23:19.85 (45.49)		

**3 Louise Smith 29 Impington 24:48.98**

42.29	1:29.08 (46.79)	2:17.29 (48.21)	3:06.50 (49.21)
3:55.96 (49.46)	4:46.31 (50.35)	5:37.12 (50.81)	6:28.24 (51.12)
7:19.68 (51.44)	8:10.50 (50.82)	9:00.88 (50.38)	9:50.66 (49.78)
10:40.76 (50.10)	11:31.21 (50.45)	12:21.06 (49.85)	13:11.20 (50.14)
14:02.10 (50.90)	14:52.85 (50.75)	15:43.68 (50.83)	16:34.65 (50.97)
17:25.45 (50.80)	18:16.74 (51.29)	19:08.37 (51.63)	19:59.37 (51.00)
20:50.73 (51.36)	21:41.04 (50.31)	22:29.19 (48.15)	23:16.18 (46.99)
24:03.86 (47.68)	24:48.98 (45.12)		

**4 Cristina Pascoaz 29 Escola Desportiva Viana (Port) 28:33.94**

45.68	1:41.02 (55.34)	2:37.57 (56.55)	3:33.96 (56.39)
4:31.47 (57.51)	5:30.19 (58.72)	6:27.43 (57.24)	7:24.53 (57.10)
8:22.79 (58.26)	9:19.76 (56.97)	10:16.95 (57.19)	11:15.58 (58.63)
12:13.88 (58.30)	13:12.09 (58.21)	14:11.00 (58.91)	15:06.91 (55.91)
16:05.67 (58.76)	17:02.60 (56.93)	18:00.01 (57.41)	18:58.39 (58.38)
19:56.09 (57.70)	20:54.23 (58.14)	21:52.50 (58.27)	22:50.36 (57.86)
23:48.98 (58.62)	24:47.96 (58.98)	25:46.24 (58.28)	26:44.68 (58.44)
27:42.49 (57.81)	28:33.94 (51.45)		

**Event 1 Women 30-34 1500 SC Meter Freestyle****1 Lucy Roper 34 Reading 22:27.63**

39.72	1:23.02 (43.30)	2:07.20 (44.18)	2:52.03 (44.83)
3:37.10 (45.07)	4:21.88 (44.78)	5:06.89 (45.01)	5:51.71 (44.82)
6:36.93 (45.22)	7:21.72 (44.79)	8:06.06 (44.34)	8:50.90 (44.84)
9:35.77 (44.87)	10:20.83 (45.06)	11:05.59 (44.76)	11:50.98 (45.39)
12:35.86 (44.88)	13:21.12 (45.26)	14:06.28 (45.16)	14:51.96 (45.68)
15:37.39 (45.43)	16:23.15 (45.76)	17:08.88 (45.73)	17:54.67 (45.79)
18:40.79 (46.12)	19:26.74 (45.95)	20:12.84 (46.10)	20:58.57 (45.73)
21:44.53 (45.96)	22:27.63 (43.10)		

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2	Melissa Spears	33	Barnet Copthall	25:15.16
	42.50	1:32.52 (50.02)	2:24.06 (51.54)	3:14.93 (50.87)
	4:05.62 (50.69)	4:55.56 (49.94)	5:46.85 (51.29)	6:38.68 (51.83)
	7:28.52 (49.84)	8:19.61 (51.09)	9:11.23 (51.62)	10:02.72 (51.49)
	10:53.58 (50.86)	11:44.14 (50.56)	12:34.50 (50.36)	13:25.04 (50.54)
	14:16.11 (51.07)	15:06.45 (50.34)	15:56.81 (50.36)	16:47.67 (50.86)
	17:37.87 (50.20)	18:29.41 (51.54)	19:21.02 (51.61)	20:10.92 (49.90)
	21:02.40 (51.48)	21:53.88 (51.48)	22:45.84 (51.96)	23:37.27 (51.43)
	24:27.84 (50.57)	25:15.16 (47.32)		

## Event 1 Women 35-39 1500 SC Meter Freestyle

1	Ana Grilo	37	U.D.C.A. (Portugal)	18:16.07 Portuguese Record
	34.70	1:11.63 (36.93)	1:48.59 (36.96)	2:25.62 (37.03)
	3:02.96 (37.34)	3:39.54 (36.58)	4:16.44 (36.90)	4:53.11 (36.67)
	5:29.84 (36.73)	6:06.58 (36.74)	6:43.34 (36.76)	7:19.98 (36.64)
	7:56.82 (36.84)	8:33.59 (36.77)	9:10.38 (36.79)	9:47.08 (36.70)
	10:23.99 (36.91)	11:00.73 (36.74)	11:37.40 (36.67)	12:13.98 (36.58)
	12:50.96 (36.98)	13:27.72 (36.76)	14:04.18 (36.46)	14:40.64 (36.46)
	15:17.51 (36.87)	15:54.02 (36.51)	16:30.79 (36.77)	17:07.65 (36.86)
	17:43.46 (35.81)	18:16.07 (32.61)		

2	Judy Prior	36	Griffins of Enfield	21:48.39
	38.60	1:19.93 (41.33)	2:03.30 (43.37)	2:46.96 (43.66)
	3:30.47 (43.51)	4:14.26 (43.79)	4:58.22 (43.96)	5:42.09 (43.87)
	6:26.02 (43.93)	7:09.95 (43.93)	7:53.45 (43.50)	8:36.74 (43.29)
	9:20.64 (43.90)	10:04.59 (43.95)	10:48.60 (44.01)	11:32.55 (43.95)
	12:16.94 (44.39)	13:01.03 (44.09)	13:44.85 (43.82)	14:29.12 (44.27)
	15:13.33 (44.21)	15:57.60 (44.27)	16:41.82 (44.22)	17:25.96 (44.14)
	18:10.50 (44.54)	18:54.90 (44.40)	19:39.14 (44.24)	20:23.32 (44.18)
	21:06.51 (43.19)	21:48.39 (41.88)		

3	Lucy Francis	38	Camden Swiss Cottage S.C.	32:11.58
	55.14	1:55.69 (1:00.55)	2:58.56 (1:02.87)	
		6:14.32 ( )	7:19.17 (1:04.85)	
	9:29.98 ( )		11:41.15 ( )	12:45.67 (1:04.52)
	13:50.98 (1:05.31)	14:55.36 (1:04.38)	16:00.31 (1:04.95)	17:05.34 (1:05.03)
	18:10.90 (1:05.56)	19:16.59 (1:05.69)	20:21.14 (1:04.55)	21:26.29 (1:05.15)
	22:32.78 (1:06.49)	23:38.68 (1:05.90)	24:44.58 (1:05.90)	25:49.37 (1:04.79)
	26:54.43 (1:05.06)	27:59.02 (1:04.59)	29:02.92 (1:03.90)	30:07.55 (1:04.63)
	32:11.58 (2:04.03)			

## Event 1 Women 40-44 1500 SC Meter Freestyle

1	Susan Day	43	Sherwood Colliery	23:30.18
	40.18	1:24.86 (44.68)	2:10.55 (45.69)	2:57.05 (46.50)
	3:44.12 (47.07)	4:31.53 (47.41)	5:19.05 (47.52)	6:07.13 (48.08)
	6:55.07 (47.94)	7:42.74 (47.67)	8:30.14 (47.40)	9:17.75 (47.61)
	10:05.47 (47.72)	10:52.77 (47.30)	11:40.13 (47.36)	12:27.78 (47.65)
	13:15.04 (47.26)	14:02.27 (47.23)	14:49.98 (47.71)	15:37.18 (47.20)
	16:25.33 (48.15)	17:12.43 (47.10)	18:00.42 (47.99)	18:47.20 (46.78)
	19:34.70 (47.50)	20:23.08 (48.38)	21:10.54 (47.46)	21:58.10 (47.56)
	22:45.49 (47.39)	23:30.18 (44.69)		

2	Jennifer White	42	Michigan Masters (U.S.A.)	25:06.28
	44.82	1:34.19 (49.37)	2:24.77 (50.58)	3:15.28 (50.51)
	4:05.89 (50.61)	4:56.32 (50.43)	5:46.82 (50.50)	6:37.43 (50.61)
	7:28.14 (50.71)	8:18.78 (50.64)	9:09.38 (50.60)	10:00.21 (50.83)
	10:50.84 (50.63)	11:41.45 (50.61)	12:31.99 (50.54)	13:22.62 (50.63)
	14:12.72 (50.10)	15:03.72 (51.00)	15:54.42 (50.70)	16:45.13 (50.71)
	17:35.75 (50.62)	18:26.11 (50.36)	19:16.88 (50.77)	20:07.64 (50.76)
	20:58.16 (50.52)	21:48.61 (50.45)	22:38.47 (49.86)	23:28.35 (49.88)
	24:18.31 (49.96)	25:06.28 (47.97)		

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## Event 1 Women 45-49 1500 SC Meter Freestyle

1	Amanda Heath	49	Spencer Swim Team	20:52.12
	37.58	1:18.75 (41.17)	2:00.61 (41.86)	2:42.59 (41.98)
	3:24.56 (41.97)	4:06.37 (41.81)	4:48.43 (42.06)	5:30.25 (41.82)
	6:12.15 (41.90)	6:53.99 (41.84)	7:35.72 (41.73)	8:18.01 (42.29)
	8:59.55 (41.54)	9:41.59 (42.04)	10:23.49 (41.90)	11:05.40 (41.91)
	11:47.13 (41.73)	12:29.30 (42.17)	13:11.16 (41.86)	13:52.80 (41.64)
	14:34.91 (42.11)	15:17.22 (42.31)	15:59.52 (42.30)	16:41.40 (41.88)
	17:23.86 (42.46)	18:05.90 (42.04)	18:48.15 (42.25)	19:29.90 (41.75)
	20:11.65 (41.75)	20:52.12 (40.47)		
2	Joanne Stephens-Smith	45	Sevenoaks Triathlon Club	26:48.46
	44.13	1:33.87 (49.74)	2:25.04 (51.17)	3:17.37 (52.33)
	4:09.79 (52.42)	5:04.50 (54.71)	5:57.58 (53.08)	6:51.65 (54.07)
	7:46.11 (54.46)	8:41.37 (55.26)	9:35.83 (54.46)	10:31.01 (55.18)
	11:25.02 (54.01)	12:19.58 (54.56)	13:14.67 (55.09)	14:08.69 (54.02)
	15:03.10 (54.41)	15:57.33 (54.23)	16:51.73 (54.40)	17:47.23 (55.50)
	18:42.88 (55.65)	19:37.29 (54.41)	20:31.28 (53.99)	21:26.42 (55.14)
	22:21.17 (54.75)	23:15.88 (54.71)	24:11.08 (55.20)	25:05.24 (54.16)
	25:58.78 (53.54)	26:48.46 (49.68)		
3	Kathy Rose	47	Acton	28:07.88
	51.21	1:43.05 (51.84)	2:39.81 (56.76)	3:36.07 (56.26)
	4:31.14 (55.07)	5:28.76 (57.62)	6:25.09 (56.33)	7:21.53 (56.44)
	8:17.65 (56.12)	9:13.75 (56.10)	10:09.47 (55.72)	11:06.58 (57.11)
	12:01.00 (54.42)	12:59.50 (58.50)	13:55.69 (56.19)	14:52.71 (57.02)
	15:49.62 (56.91)	16:46.64 (57.02)	17:42.86 (56.22)	18:42.06 (59.20)
	19:39.01 (56.95)	20:36.82 (57.81)	21:36.40 (59.58)	22:32.18 (55.78)
	23:28.56 (56.38)	24:24.52 (55.96)	25:21.45 (56.93)	26:17.41 (55.96)
	27:13.78 (56.37)	28:07.88 (54.10)		
4	Alethea Lowles	45	Sevenoaks Triathlon Club	29:52.45
	52.18	1:48.23 (56.05)	2:45.43 (57.20)	3:43.72 (58.29)
	4:43.26 (59.54)	5:43.18 (59.92)	6:43.35 (1:00.17)	7:41.62 (58.27)
	8:41.62 (1:00.00)	9:42.60 (1:00.98)	10:43.03 (1:00.43)	11:42.88 (59.85)
	12:42.65 (59.77)	13:44.97 (1:02.32)	14:46.14 (1:01.17)	15:46.62 (1:00.48)
	16:47.69 (1:01.07)	17:49.24 (1:01.55)	18:49.21 (59.97)	19:50.35 (1:01.14)
	20:50.42 (1:00.07)	21:50.55 (1:00.13)	22:51.82 (1:01.27)	23:51.75 (59.93)
	24:52.32 (1:00.57)	25:54.27 (1:01.95)	26:54.60 (1:00.33)	27:55.07 (1:00.47)
	28:55.26 (1:00.19)	29:52.45 (57.19)		

## Event 1 Women 50-54 1500 SC Meter Freestyle

1	Susan Green	50	Camden Swiss Cottage S.C.	27:16.56
	49.86	1:43.63 (53.77)	2:37.05 (53.42)	3:32.70 (55.65)
	4:27.47 (54.77)	5:22.16 (54.69)	6:17.43 (55.27)	7:12.14 (54.71)
	8:07.25 (55.11)	9:02.54 (55.29)	9:56.32 (53.78)	10:53.54 (57.22)
	11:47.35 (53.81)	12:41.97 (54.62)	13:35.92 (53.95)	14:30.81 (54.89)
	15:25.50 (54.69)	16:19.64 (54.14)	17:14.52 (54.88)	18:09.40 (54.88)
	19:06.05 (56.65)	20:01.17 (55.12)	20:54.70 (53.53)	21:49.69 (54.99)
	22:45.64 (55.95)	23:40.59 (54.95)	24:34.06 (53.47)	25:30.12 (56.06)
	26:24.97 (54.85)	27:16.56 (51.59)		
2	Lorraine Crook	52	Caldicot	27:56.99
	47.71	1:40.52 (52.81)	2:34.29 (53.77)	3:28.91 (54.62)
	4:23.83 (54.92)	5:19.35 (55.52)	6:14.76 (55.41)	7:10.05 (55.29)
	8:06.11 (56.06)	9:01.96 (55.85)	9:58.97 (57.01)	10:54.96 (55.99)
	11:51.29 (56.33)	12:47.53 (56.24)	13:44.54 (57.01)	14:40.49 (55.95)
	15:36.55 (56.06)	16:33.38 (56.83)	17:30.20 (56.82)	18:27.49 (57.29)
	19:24.39 (56.90)	20:21.77 (57.38)	21:18.66 (56.89)	22:15.93 (57.27)
	23:13.14 (57.21)	24:11.03 (57.89)	25:07.90 (56.87)	26:04.92 (57.02)
	27:02.33 (57.41)	27:56.99 (54.66)		
3	Graziella Doardo	51	Camden Swiss Cottage S.C.	31:23.64
	57.12	1:56.50 (59.38)	2:58.81 (1:02.31)	4:01.32 (1:02.51)
	5:04.92 (1:03.60)	6:07.89 (1:02.97)	7:11.84 (1:03.95)	8:15.92 (1:04.08)

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9:18.55 (1:02.63) 10:21.90 (1:03.35) 11:24.37 (1:02.47) 12:27.33 (1:02.96)  
 13:30.75 (1:03.42) 14:36.29 (1:05.54) 15:39.92 (1:03.63) 16:43.43 (1:03.51)  
 17:46.48 (1:03.05) 18:49.51 (1:03.03) 19:52.69 (1:03.18) 20:55.77 (1:03.08)  
 21:58.65 (1:02.88) 23:01.45 (1:02.80) 24:03.99 (1:02.54) 25:07.17 (1:03.18)  
 26:10.73 (1:03.56) 27:14.61 (1:03.88) 28:17.18 (1:02.57) 29:20.03 (1:02.85)  
 30:22.86 (1:02.83) 31:23.64 (1:00.78)

**Event 1 Women 55-59 1500 SC Meter Freestyle**

1 Geraldine Nogami 57 Acton 30:05.27  
 55.86 1:55.62 (59.76) 2:55.91 (1:00.29) 3:56.01 (1:00.10)  
 4:55.61 (59.60) 5:55.37 (59.76) 6:55.69 (1:00.32) 7:56.31 (1:00.62)  
 8:56.93 (1:00.62) 9:57.96 (1:01.03) 10:57.95 (59.99) 11:58.54 (1:00.59)  
 12:58.38 (59.84) 13:58.88 (1:00.50) 14:59.52 (1:00.64) 15:59.33 (59.81)  
 16:58.92 (59.59) 17:59.80 (1:00.88) 19:01.16 (1:01.36) 20:01.45 (1:00.29)  
 21:01.82 (1:00.37) 22:02.32 (1:00.50) 23:03.67 (1:01.35) 24:04.28 (1:00.61)  
 25:05.26 (1:00.98) 26:06.18 (1:00.92) 27:07.10 (1:00.92) 28:07.43 (1:00.33)  
 29:07.59 (1:00.16) 30:05.27 (57.68)

**Event 1 Women 60-64 1500 SC Meter Freestyle**

1 Elaine Blower 61 Barnet Copthall 23:33.41  
 42.13 1:28.83 (46.70) 2:15.75 (46.92) 3:02.82 (47.07)  
 3:50.12 (47.30) 4:37.47 (47.35) 5:25.50 (48.03) 6:13.02 (47.52)  
 7:01.03 (48.01) 7:48.63 (47.60) 8:36.10 (47.47) 9:23.39 (47.29)  
 10:10.38 (46.99) 10:57.80 (47.42) 11:45.29 (47.49) 12:32.19 (46.90)  
 13:19.17 (46.98) 14:06.00 (46.83) 14:55.08 (49.08) 15:43.13 (48.05)  
 16:30.36 (47.23) 17:17.31 (46.95) 18:04.38 (47.07) 18:51.80 (47.42)  
 19:38.90 (47.10) 20:26.24 (47.34) 21:13.66 (47.42) 22:01.14 (47.48)  
 22:47.87 (46.73) 23:33.41 (45.54)

**Event 1 Women 70-74 1500 SC Meter Freestyle**

1 Barbara Fentiman 72 Bromley 26:19.72  
 46.60 1:38.95 (52.35) 2:32.39 (53.44) 3:24.98 (52.59)  
 4:17.78 (52.80) 5:10.56 (52.78) 6:03.04 (52.48) 6:55.88 (52.84)  
 7:48.88 (53.00) 8:41.81 (52.93) 9:34.27 (52.46) 10:26.80 (52.53)  
 11:18.98 (52.18) 12:11.39 (52.41) 13:04.14 (52.75) 13:57.71 (53.57)  
 14:50.37 (52.66) 15:43.17 (52.80) 16:36.85 (53.68) 17:29.59 (52.74)  
 18:22.12 (52.53) 19:14.84 (52.72) 20:07.86 (53.02) 21:00.68 (52.82)  
 21:54.84 (54.16) 22:48.49 (53.65) 23:41.21 (52.72) 24:34.77 (53.56)  
 25:28.43 (53.66) 26:19.72 (51.29)

2 Elizabeth Braimbridge 73 Camden Swiss Cottage S.C. 37:19.50  
 1:03.95 2:13.80 (1:09.85) 3:27.51 (1:13.71) 4:41.26 (1:13.75)  
 5:56.80 (1:15.54) 7:12.37 (1:15.57) 8:28.35 (1:15.98) 9:44.57 (1:16.22)  
 11:01.27 (1:16.70) 12:17.96 (1:16.69) 13:33.34 (1:15.38) 14:48.02 (1:14.68)  
 17:17.85 ( ) 18:32.86 (1:15.01) 19:48.89 (1:16.03)  
 21:03.36 (1:14.47) 22:17.84 (1:14.48) 23:33.66 (1:15.82) 24:49.29 (1:15.63)  
 26:04.90 (1:15.61) 27:20.12 (1:15.22) 28:35.01 (1:14.89) 29:50.53 (1:15.52)  
 31:05.34 (1:14.81) 32:21.06 (1:15.72) 33:36.79 (1:15.73) 34:51.21 (1:14.42)  
 37:19.50 (2:28.29)

**Event 1 Men 25-29 1500 SC Meter Freestyle**

1 Adam Freer 29 Camden Swiss Cottage S.C. 21:28.61  
 37.72 1:19.02 (41.30) 2:01.60 (42.58) 2:44.45 (42.85)  
 3:27.88 (43.43) 4:11.22 (43.34) 4:54.74 (43.52) 5:38.42 (43.68)  
 6:21.91 (43.49) 7:05.48 (43.57) 7:48.86 (43.38) 8:32.55 (43.69)  
 9:15.80 (43.25) 9:58.87 (43.07) 10:42.24 (43.37) 11:25.60 (43.36)  
 12:08.39 (42.79) 12:51.55 (43.16) 13:34.74 (43.19) 14:18.09 (43.35)  
 15:01.12 (43.03) 15:44.47 (43.35) 16:28.29 (43.82) 17:11.25 (42.96)  
 17:54.41 (43.16) 18:37.69 (43.28) 19:21.34 (43.65) 20:04.79 (43.45)  
 20:47.62 (42.83) 21:28.61 (40.99)

2 Richard Weatherhead 25 Barnet Copthall 22:17.28  
 37.27 1:18.72 (41.45) 2:01.84 (43.12) 2:45.50 (43.66)  
 3:29.87 (44.37) 4:14.88 (45.01) 5:00.12 (45.24) 5:44.92 (44.80)  
 6:29.60 (44.68) 7:15.61 (46.01) 8:01.05 (45.44) 8:46.20 (45.15)

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9:31.67 (45.47)	10:17.18 (45.51)	11:02.52 (45.34)	11:48.38 (45.86)
12:34.19 (45.81)	13:20.11 (45.92)	14:05.97 (45.86)	14:51.61 (45.64)
15:37.53 (45.92)	16:23.70 (46.17)	17:08.84 (45.14)	17:53.98 (45.14)
18:38.67 (44.69)	19:24.29 (45.62)	20:08.83 (44.54)	20:53.68 (44.85)
21:37.01 (43.33)	22:17.28 (40.27)		

3 David Johnson	28 Impington		22:22.79
35.53	1:13.69 (38.16)	1:55.04 (41.35)	2:39.39 (44.35)
3:23.54 (44.15)	4:08.36 (44.82)	4:53.76 (45.40)	5:39.06 (45.30)
6:24.64 (45.58)	7:10.41 (45.77)	7:56.29 (45.88)	8:42.53 (46.24)
9:28.04 (45.51)	10:14.71 (46.67)	11:00.89 (46.18)	11:47.43 (46.54)
12:34.02 (46.59)	13:19.97 (45.95)	14:06.04 (46.07)	14:52.03 (45.99)
15:38.58 (46.55)	16:23.97 (45.39)	17:09.93 (45.96)	17:55.04 (45.11)
18:40.72 (45.68)	19:25.66 (44.94)	20:10.02 (44.36)	20:55.15 (45.13)
21:40.08 (44.93)	22:22.79 (42.71)		

## Event 1 Men 30-34 1500 SC Meter Freestyle

1 Andrew Allum	32 Wycombe District		18:48.61
33.85	1:11.27 (37.42)	1:48.42 (37.15)	2:25.75 (37.33)
3:03.52 (37.77)	3:40.79 (37.27)	4:18.05 (37.26)	4:54.84 (36.79)
5:31.67 (36.83)	6:08.99 (37.32)	6:46.02 (37.03)	7:23.57 (37.55)
8:01.12 (37.55)	8:38.82 (37.70)	9:16.68 (37.86)	9:54.47 (37.79)
10:32.67 (38.20)	11:10.83 (38.16)	11:48.68 (37.85)	12:26.63 (37.95)
13:05.03 (38.40)	13:43.29 (38.26)	14:21.49 (38.20)	15:00.30 (38.81)
15:38.38 (38.08)	16:16.73 (38.35)	16:55.07 (38.34)	17:33.71 (38.64)
18:11.57 (37.86)	18:48.61 (37.04)		

2 Nicola Carniato	30 Camden Swiss Cottage S.C.		23:41.29
38.50	1:19.57 (41.07)	2:02.97 (43.40)	2:47.75 (44.78)
3:33.39 (45.64)	4:19.54 (46.15)	5:05.65 (46.11)	5:52.10 (46.45)
6:38.63 (46.53)	7:25.66 (47.03)	8:13.09 (47.43)	9:00.64 (47.55)
9:48.69 (48.05)	10:36.49 (47.80)	11:24.81 (48.32)	12:13.33 (48.52)
13:01.91 (48.58)	13:50.59 (48.68)	14:39.87 (49.28)	15:29.12 (49.25)
16:17.73 (48.61)	17:07.04 (49.31)	17:56.41 (49.37)	18:45.56 (49.15)
19:34.93 (49.37)	20:24.67 (49.74)	21:14.29 (49.62)	22:03.62 (49.33)
22:52.91 (49.29)	23:41.29 (48.38)		

3 Anthony Sizer	33 Sevenoaks Triathlon Club		24:42.49
40.93	1:27.13 (46.20)	2:15.49 (48.36)	3:03.17 (47.68)
3:51.28 (48.11)	4:39.30 (48.02)	5:27.35 (48.05)	6:15.82 (48.47)
7:04.54 (48.72)	7:54.00 (49.46)	8:44.37 (50.37)	9:34.12 (49.75)
10:26.14 (52.02)	11:16.97 (50.83)	12:07.56 (50.59)	12:57.66 (50.10)
13:48.62 (50.96)	14:37.48 (48.86)	15:26.99 (49.51)	16:17.38 (50.39)
17:07.60 (50.22)	17:57.67 (50.07)	18:50.08 (52.41)	19:40.78 (50.70)
20:30.94 (50.16)		22:13.19 ( )	23:03.80 (50.61)
23:55.76 (51.96)	24:42.49 (46.73)		

## Event 1 Men 35-39 1500 SC Meter Freestyle

1 Carlos Cabrita	35 U.D.C.A. (Portugal)	18:17.18 Portuguese Record	
34.09	1:12.08 (37.99)	1:49.07 (36.99)	2:26.31 (37.24)
3:03.21 (36.90)	3:40.32 (37.11)	4:16.82 (36.50)	4:53.60 (36.78)
5:30.73 (37.13)	6:07.43 (36.70)	6:43.86 (36.43)	7:20.47 (36.61)
7:57.19 (36.72)	8:34.05 (36.86)	9:10.92 (36.87)	9:47.67 (36.75)
10:24.52 (36.85)	11:01.24 (36.72)	11:37.85 (36.61)	12:14.57 (36.72)
12:51.48 (36.91)	13:28.51 (37.03)	14:04.91 (36.40)	14:41.43 (36.52)
15:18.33 (36.90)	15:55.03 (36.70)	16:31.55 (36.52)	17:08.23 (36.68)
17:44.15 (35.92)	18:17.18 (33.03)		

2 Kevin Lief	39 Barnet Copthall		20:26.58
37.00	1:16.23 (39.23)	1:56.99 (40.76)	2:38.53 (41.54)
3:20.30 (41.77)	4:02.05 (41.75)	4:43.40 (41.35)	5:24.63 (41.23)
6:05.92 (41.29)	6:47.27 (41.35)	7:28.49 (41.22)	8:09.87 (41.38)
8:51.22 (41.35)	9:32.54 (41.32)	10:13.82 (41.28)	10:54.96 (41.14)
11:35.90 (40.94)	12:16.67 (40.77)	12:57.54 (40.87)	13:38.81 (41.27)
14:19.61 (40.80)	15:00.62 (41.01)	15:41.62 (41.00)	16:22.75 (41.13)

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17:03.54 (40.79) 17:44.24 (40.70) 18:25.11 (40.87) 19:05.70 (40.59)  
 19:46.79 (41.09) 20:26.58 (39.79)

## 3 Peter Kavanagh 36 Camden Swiss Cottage S.C. 21:43.90

37.22 1:18.10 (40.88) 2:00.24 (42.14) 2:43.88 (43.64)  
 3:27.68 (43.80) 4:11.18 (43.50) 4:54.82 (43.64) 5:38.79 (43.97)  
 6:22.58 (43.79) 7:06.42 (43.84) 7:50.16 (43.74) 8:33.79 (43.63)  
 9:17.45 (43.66) 10:01.27 (43.82) 10:45.26 (43.99) 11:28.87 (43.61)  
 12:12.50 (43.63) 12:55.98 (43.48) 13:39.52 (43.54) 14:23.51 (43.99)  
 15:07.28 (43.77) 15:51.08 (43.80) 16:35.27 (44.19) 17:19.94 (44.67)  
 18:04.34 (44.40) 18:48.99 (44.65) 19:33.88 (44.89) 20:18.60 (44.72)  
 21:02.77 (44.17) 21:43.90 (41.13)

## 4 Alan Slade 38 Impington 24:54.46

40.80 1:26.82 (46.02) 2:15.91 (49.09) 3:05.66 (49.75)  
 3:55.37 (49.71) 4:45.97 (50.60) 5:36.14 (50.17) 6:27.49 (51.35)  
 7:18.70 (51.21) 8:10.37 (51.67) 8:59.76 (49.39) 9:50.86 (51.10)  
 10:40.34 (49.48) 11:31.51 (51.17) 12:20.70 (49.19) 13:11.89 (51.19)  
 14:02.17 (50.28) 14:52.00 (49.83) 15:42.67 (50.67) 16:33.15 (50.48)  
 17:23.30 (50.15) 18:13.74 (50.44) 19:03.72 (49.98) 19:54.43 (50.71)  
 20:44.44 (50.01) 21:34.13 (49.69) 22:25.14 (51.01) 23:16.00 (50.86)  
 24:06.57 (50.57) 24:54.46 (47.89)

## 5 Jose Brandao 36 Escola Desportiva Viana (Port) 25:02.30

42.33 1:29.08 (46.75) 2:18.92 (49.84) 3:09.41 (50.49)  
 3:59.86 (50.45) 4:50.66 (50.80) 5:41.27 (50.61) 6:31.86 (50.59)  
 7:22.06 (50.20) 8:12.62 (50.56) 9:03.55 (50.93) 9:54.24 (50.69)  
 10:45.43 (51.19) 11:36.55 (51.12) 12:27.48 (50.93) 13:18.47 (50.99)  
 14:10.06 (51.59) 15:00.75 (50.69) 15:51.22 (50.47) 16:41.70 (50.48)  
 17:31.81 (50.11) 18:22.21 (50.40) 19:12.93 (50.72) 20:03.71 (50.78)  
 20:54.43 (50.72) 21:45.30 (50.87) 22:35.63 (50.33) 23:25.85 (50.22)  
 24:15.90 (50.05) 25:02.30 (46.40)

## 6 Joaquim Dias 37 Escola Desportiva Viana (Port) 27:12.42

46.91 1:37.23 (50.32) 2:30.24 (53.01) 3:24.26 (54.02)  
 4:19.14 (54.88) 5:13.99 (54.85) 6:08.74 (54.75) 7:03.38 (54.64)  
 7:58.20 (54.82) 8:53.11 (54.91) 9:48.01 (54.90) 10:43.19 (55.18)  
 11:38.49 (55.30) 12:33.67 (55.18) 13:28.00 (54.33) 14:22.81 (54.81)  
 15:18.41 (55.60) 16:13.84 (55.43) 17:08.80 (54.96) 18:04.32 (55.52)  
 18:59.68 (55.36) 19:54.84 (55.16) 20:49.95 (55.11) 21:45.33 (55.38)  
 22:40.70 (55.37) 23:35.75 (55.05) 24:30.59 (54.84) 25:25.78 (55.19)  
 26:20.49 (54.71) 27:12.42 (51.93)

## Event 1 Men 40-44 1500 SC Meter Freestyle

## 1 Adam Lelean 44 Diss Otters 19:36.46

33.81 1:11.41 (37.60) 1:50.42 (39.01) 2:29.41 (38.99)  
 3:08.27 (38.86) 3:47.12 (38.85) 4:25.94 (38.82) 5:04.83 (38.89)  
 5:43.65 (38.82) 6:22.62 (38.97) 7:01.48 (38.86) 7:40.70 (39.22)  
 8:19.88 (39.18) 8:59.26 (39.38) 9:38.80 (39.54) 10:18.33 (39.53)  
 10:58.22 (39.89) 11:37.86 (39.64) 12:17.77 (39.91) 12:57.61 (39.84)  
 13:37.46 (39.85) 14:17.35 (39.89) 14:57.24 (39.89) 15:37.24 (40.00)  
 16:17.26 (40.02) 16:57.54 (40.28) 17:38.06 (40.52) 18:18.58 (40.52)  
 18:58.51 (39.93) 19:36.46 (37.95)

## 2 Haydn Jones 41 Guildford City 20:58.80

38.00 1:18.93 (40.93) 2:00.83 (41.90) 2:43.43 (42.60)  
 3:26.14 (42.71) 4:08.87 (42.73) 4:51.72 (42.85) 5:34.40 (42.68)  
 6:17.00 (42.60) 6:59.53 (42.53) 7:42.17 (42.64) 8:25.17 (43.00)  
 9:08.31 (43.14) 9:50.85 (42.54) 10:33.28 (42.43) 11:15.62 (42.34)  
 11:58.20 (42.58) 12:40.44 (42.24) 13:22.57 (42.13) 14:04.88 (42.31)  
 14:47.12 (42.24) 15:29.16 (42.04) 16:10.76 (41.60) 16:52.21 (41.45)  
 17:34.10 (41.89) 18:15.97 (41.87) 18:57.09 (41.12) 19:38.86 (41.77)  
 20:19.94 (41.08) 20:58.80 (38.86)

## 3 Vitor Carvalho 42 Escola Desportiva Viana (Port) 26:06.07

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40.64	1:27.23 (46.59)	2:17.07 (49.84)	3:08.42 (51.35)
4:00.46 (52.04)	4:52.41 (51.95)	5:46.07 (53.66)	6:38.71 (52.64)
7:31.22 (52.51)	8:23.45 (52.23)	9:15.74 (52.29)	10:07.77 (52.03)
11:00.79 (53.02)	11:53.56 (52.77)	12:46.38 (52.82)	13:38.92 (52.54)
14:31.66 (52.74)	15:24.61 (52.95)	16:18.05 (53.44)	17:11.25 (53.20)
18:05.51 (54.26)	18:59.71 (54.20)	19:53.45 (53.74)	20:46.99 (53.54)
21:39.69 (52.70)	22:34.14 (54.45)	23:27.57 (53.43)	24:22.01 (54.44)
25:15.88 (53.87)	26:06.07 (50.19)		

4 Jonathan Mooney 41 City of Milton Keynes 27:06.88

44.32	1:32.92 (48.60)	2:24.60 (51.68)	3:16.76 (52.16)
4:08.71 (51.95)	5:01.67 (52.96)	5:55.36 (53.69)	6:50.03 (54.67)
7:45.05 (55.02)	8:39.32 (54.27)	9:34.48 (55.16)	10:30.12 (55.64)
11:25.44 (55.32)	12:21.08 (55.64)	13:16.53 (55.45)	14:11.58 (55.05)
15:07.54 (55.96)	16:03.26 (55.72)	16:58.56 (55.30)	17:53.81 (55.25)
18:48.97 (55.16)	19:44.24 (55.27)	20:40.23 (55.99)	21:35.47 (55.24)
22:31.37 (55.90)	23:27.10 (55.73)	24:22.65 (55.55)	25:18.14 (55.49)
26:13.53 (55.39)	27:06.88 (53.35)		

## Event 1 Men 45-49 1500 SC Meter Freestyle

1 Jonathan Hopkins 46 Swansea Valley 18:42.06 Welsh Record

32.06	1:07.32 (35.26)	1:43.96 (36.64)	2:20.81 (36.85)
2:57.92 (37.11)	3:34.46 (36.54)	4:11.05 (36.59)	4:47.99 (36.94)
5:24.78 (36.79)	6:01.79 (37.01)	6:39.60 (37.81)	7:17.52 (37.92)
7:55.24 (37.72)	8:33.44 (38.20)	9:10.94 (37.50)	9:48.19 (37.25)
10:25.27 (37.08)	11:02.87 (37.60)	11:40.71 (37.84)	12:19.05 (38.34)
12:57.63 (38.58)	13:35.71 (38.08)	14:14.11 (38.40)	14:52.74 (38.63)
15:30.98 (38.24)	16:09.31 (38.33)	16:47.93 (38.62)	17:26.63 (38.70)
18:04.75 (38.12)	18:42.06 (37.31)		

2 Paulo Carvalho 45 U.D.C.A. (Portugal) 19:01.28 Portuguese Record

34.53	1:11.59 (37.06)	1:50.08 (38.49)	2:27.95 (37.87)
3:06.34 (38.39)	3:44.46 (38.12)	4:22.53 (38.07)	5:01.14 (38.61)
5:39.54 (38.40)	6:18.30 (38.76)	6:56.76 (38.46)	7:34.90 (38.14)
8:13.57 (38.67)	8:52.43 (38.86)	9:30.39 (37.96)	10:08.46 (38.07)
10:46.70 (38.24)	11:25.40 (38.70)	12:03.54 (38.14)	12:41.85 (38.31)
13:19.90 (38.05)	13:57.82 (37.92)	14:36.15 (38.33)	15:13.99 (37.84)
15:52.57 (38.58)	16:30.71 (38.14)	17:08.02 (37.31)	17:45.89 (37.87)
18:24.44 (38.55)	19:01.28 (36.84)		

3 Marc Southon 45 Sevenoaks Triathlon Club 20:39.97

37.44	1:17.49 (40.05)	1:58.55 (41.06)	2:40.53 (41.98)
3:21.81 (41.28)	4:03.30 (41.49)	4:44.82 (41.52)	5:26.66 (41.84)
6:08.49 (41.83)	6:50.16 (41.67)	7:31.64 (41.48)	8:13.27 (41.63)
8:54.37 (41.10)	9:35.66 (41.29)	10:16.80 (41.14)	10:57.71 (40.91)
11:38.99 (41.28)	12:20.36 (41.37)	13:01.87 (41.51)	13:43.83 (41.96)
14:25.82 (41.99)	15:07.69 (41.87)	15:49.48 (41.79)	16:30.89 (41.41)
17:13.24 (42.35)	17:54.55 (41.31)	18:36.57 (42.02)	19:18.32 (41.75)
19:59.68 (41.36)	20:39.97 (40.29)		

4 Colin Lieper 47 Birmingham Masters 21:31.25

37.34	1:17.42 (40.08)	1:58.43 (41.01)	2:40.04 (41.61)
3:21.71 (41.67)	4:03.77 (42.06)	4:45.83 (42.06)	5:28.15 (42.32)
6:10.83 (42.68)	6:53.99 (43.16)	7:37.41 (43.42)	8:20.23 (42.82)
9:03.72 (43.49)	9:47.81 (44.09)	10:30.73 (42.92)	11:15.21 (44.48)
11:59.44 (44.23)	12:43.24 (43.80)	13:28.03 (44.79)	14:11.70 (43.67)
14:55.75 (44.05)	15:39.69 (43.94)	16:24.52 (44.83)	17:08.33 (43.81)
17:52.32 (43.99)	18:36.48 (44.16)	19:22.05 (45.57)	20:06.66 (44.61)
20:51.95 (45.29)	21:31.25 (39.30)		

5 Bernard Henshall 49 City of St Albans 26:40.99

45.73	1:35.51 (49.78)	2:27.69 (52.18)	3:19.76 (52.07)
4:12.71 (52.95)	5:06.43 (53.72)	6:01.11 (54.68)	6:54.92 (53.81)
7:48.88 (53.96)	8:42.60 (53.72)	9:36.55 (53.95)	10:30.87 (54.32)
11:24.81 (53.94)	12:19.18 (54.37)	13:13.46 (54.28)	14:07.69 (54.23)

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15:01.25 (53.56)	15:55.59 (54.34)	16:50.26 (54.67)	17:45.11 (54.85)
18:39.57 (54.46)	19:33.70 (54.13)	20:27.25 (53.55)	21:20.91 (53.66)
22:14.51 (53.60)	23:09.20 (54.69)	24:03.17 (53.97)	24:56.94 (53.77)
25:50.67 (53.73)	26:40.99 (50.32)		

6 Adrian Morton 49 Camden Swiss Cottage S.C. 29:29.92

53.48	1:48.96 (55.48)	2:47.51 (58.55)	3:45.84 (58.33)
4:44.73 (58.89)	5:44.14 (59.41)	6:42.64 (58.50)	7:42.00 (59.36)
8:41.04 (59.04)	9:40.96 (59.92)	10:39.91 (58.95)	11:38.71 (58.80)
12:37.58 (58.87)	13:36.74 (59.16)	14:35.67 (58.93)	15:33.98 (58.31)
16:33.92 (59.94)	17:32.51 (58.59)	18:32.35 (59.84)	19:32.00 (59.65)
20:30.81 (58.81)	21:32.19 (1:01.38)	22:33.20 (1:01.01)	23:33.82 (1:00.62)
24:34.94 (1:01.12)	25:36.16 (1:01.22)	26:36.63 (1:00.47)	27:37.87 (1:01.24)
28:38.09 (1:00.22)	29:29.92 (51.83)		

7 Ivan Naisbitt 46 Enfield Water Polo 33:16.09

50.81	1:51.24 (1:00.43)	2:56.15 (1:04.91)	4:02.14 (1:05.99)
5:08.71 (1:06.57)	6:15.43 (1:06.72)	7:21.46 (1:06.03)	8:29.25 (1:07.79)
9:35.97 (1:06.72)	10:42.10 (1:06.13)	11:50.00 (1:07.90)	12:57.52 (1:07.52)
14:04.75 (1:07.23)	15:11.81 (1:07.06)	16:20.23 (1:08.42)	17:27.95 (1:07.72)
18:35.16 (1:07.21)	19:42.39 (1:07.23)	20:51.03 (1:08.64)	21:58.24 (1:07.21)
23:06.63 (1:08.39)	24:14.61 (1:07.98)	25:23.78 (1:09.17)	26:32.60 (1:08.82)
27:41.49 (1:08.89)	28:49.17 (1:07.68)	29:58.42 (1:09.25)	31:06.51 (1:08.09)
32:13.68 (1:07.17)	33:16.09 (1:02.41)		

## Event 1 Men 50-54 1500 SC Meter Freestyle

1 Peter Rank 54 Impington 24:39.98

42.70	1:29.70 (47.00)	2:19.23 (49.53)	3:08.97 (49.74)
3:59.68 (50.71)	4:49.12 (49.44)	5:39.53 (50.41)	6:30.09 (50.56)
7:20.64 (50.55)	8:11.10 (50.46)	9:00.69 (49.59)	9:50.11 (49.42)
10:40.09 (49.98)	11:29.29 (49.20)	12:19.09 (49.80)	13:08.86 (49.77)
13:58.56 (49.70)	14:48.33 (49.77)	15:37.82 (49.49)	16:27.36 (49.54)
17:17.26 (49.90)	18:07.01 (49.75)	18:56.80 (49.79)	19:46.79 (49.99)
20:36.37 (49.58)	21:26.33 (49.96)	22:16.24 (49.91)	23:05.95 (49.71)
23:55.11 (49.16)	24:39.98 (44.87)		

## Event 1 Men 60-64 1500 SC Meter Freestyle

1 Richard Goddard 64 Impington 26:30.50

42.71	1:30.31 (47.60)	2:20.85 (50.54)	3:13.56 (52.71)
4:06.80 (53.24)	5:00.20 (53.40)	5:54.65 (54.45)	6:47.83 (53.18)
7:41.91 (54.08)	8:36.90 (54.99)	9:30.94 (54.04)	10:24.27 (53.33)
11:17.67 (53.40)	12:11.47 (53.80)	13:05.44 (53.97)	13:59.29 (53.85)
14:53.55 (54.26)	15:46.90 (53.35)	16:40.88 (53.98)	17:35.48 (54.60)
18:29.51 (54.03)	19:23.46 (53.95)	20:17.89 (54.43)	21:12.54 (54.65)
22:06.01 (53.47)	22:58.49 (52.48)	23:52.01 (53.52)	24:46.77 (54.76)
25:39.09 (52.32)	26:30.50 (51.41)		

2 Bruce Thompson 64 Barnet Copthall 29:29.34

51.37	1:47.41 (56.04)	2:44.09 (56.68)	3:40.59 (56.50)
4:37.01 (56.42)	5:34.23 (57.22)	6:31.09 (56.86)	7:28.22 (57.13)
8:26.02 (57.80)	9:23.92 (57.90)	10:21.99 (58.07)	11:20.97 (58.98)
12:20.11 (59.14)	13:19.51 (59.40)	14:19.14 (59.63)	15:18.74 (59.60)
16:19.02 (1:00.28)	17:19.46 (1:00.44)	18:19.85 (1:00.39)	19:20.49 (1:00.64)
20:21.13 (1:00.64)	21:21.32 (1:00.19)	22:22.24 (1:00.92)	23:23.00 (1:00.76)
24:23.75 (1:00.75)	25:25.13 (1:01.38)	26:27.17 (1:02.04)	27:28.19 (1:01.02)
28:29.26 (1:01.07)	29:29.34 (1:00.08)		

## Event 1 Men 65-69 1500 SC Meter Freestyle

1 Geoff Stokes 67 Rushmoor Royals 21:26.23 EUROPEAN RECORD

37.79	1:18.65 (40.86)	2:00.09 (41.44)	2:42.21 (42.12)
3:24.65 (42.44)	4:07.39 (42.74)	4:50.75 (43.36)	5:34.16 (43.41)
6:17.59 (43.43)	7:01.11 (43.52)	7:44.62 (43.51)	8:28.19 (43.57)
9:11.79 (43.60)	9:55.29 (43.50)	10:39.32 (44.03)	11:22.85 (43.53)
12:06.22 (43.37)	12:49.51 (43.29)	13:32.95 (43.44)	14:16.47 (43.52)
15:00.28 (43.81)	15:43.66 (43.38)	16:27.85 (44.19)	17:11.13 (43.28)

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17:54.91 (43.78) 18:38.46 (43.55) 19:22.16 (43.70) 20:05.09 (42.93)  
 20:47.88 (42.79) 21:26.23 (38.35)

**2 Garfield Thomas****66 Bridgend****24:53.19 Welsh Record**

41.84 1:28.12 (46.28) 2:15.94 (47.82) 3:04.24 (48.30)  
 3:52.68 (48.44) 4:41.54 (48.86) 5:31.80 (50.26) 6:21.72 (49.92)  
 7:13.02 (51.30) 8:03.78 (50.76) 8:54.93 (51.15) 9:46.04 (51.11)  
 10:37.04 (51.00) 11:27.59 (50.55) 12:18.90 (51.31) 13:09.36 (50.46)  
 14:00.06 (50.70) 14:50.37 (50.31) 15:40.52 (50.15) 16:31.44 (50.92)  
 17:21.64 (50.20) 18:12.51 (50.87) 19:03.19 (50.68) 19:53.80 (50.61)  
 20:44.08 (50.28) 21:34.49 (50.41) 22:25.19 (50.70) 23:14.74 (49.55)  
 24:04.38 (49.64) 24:53.19 (48.81)

**3 John Williamson****65 Bracknell & Wokingham****27:36.53**

49.49 1:42.10 (52.61) 2:36.83 (54.73) 3:32.76 (55.93)  
 4:28.35 (55.59) 5:24.48 (56.13) 6:20.99 (56.51) 7:16.92 (55.93)  
 8:12.35 (55.43) 9:07.52 (55.17) 10:03.30 (55.78) 10:58.42 (55.12)  
 11:53.70 (55.28) 12:49.22 (55.52) 13:44.75 (55.53) 14:39.82 (55.07)  
 15:34.67 (54.85) 16:30.57 (55.90) 17:26.00 (55.43) 18:20.82 (54.82)  
 19:16.90 (56.08) 20:10.84 (53.94) 21:07.68 (56.84) 22:03.96 (56.28)  
 22:58.80 (54.84) 23:54.27 (55.47) 24:51.38 (57.11) 25:46.56 (55.18)  
 26:42.27 (55.71) 27:36.53 (54.26)

**4 Brian Hey****67 Marlborough Penguins****29:25.75**

50.19 2:47.48 ( ) 3:46.76 (59.28)  
 4:46.35 (59.59) 5:43.60 (57.25)  
 8:42.70 ( ) 10:41.53 ( )  
 16:35.98 ( ) 17:36.93 (1:00.95)  
 20:35.02 ( ) 22:33.97 ( ) 23:34.95 (1:00.98)  
 24:35.29 (1:00.34) 25:35.34 (1:00.05) 27:33.87 ( )  
 28:33.58 (59.71) 29:25.75 (52.17)

**Event 1 Men 70-74 1500 SC Meter Freestyle****1 John Harrington****70 Barnet Copthall****24:36.93**

43.78 1:32.22 (48.44) 2:20.67 (48.45) 3:08.87 (48.20)  
 3:57.69 (48.82) 4:45.98 (48.29) 5:34.75 (48.77) 6:23.88 (49.13)  
 7:13.19 (49.31) 8:02.51 (49.32) 8:51.47 (48.96) 9:40.79 (49.32)  
 10:29.79 (49.00) 11:19.14 (49.35) 12:08.21 (49.07) 12:57.59 (49.38)  
 13:46.73 (49.14) 14:35.90 (49.17) 15:25.01 (49.11) 16:14.47 (49.46)  
 17:04.14 (49.67) 17:53.97 (49.83) 18:43.97 (50.00) 19:34.67 (50.70)  
 20:25.46 (50.79) 21:15.86 (50.40) 22:06.45 (50.59) 22:56.15 (49.70)  
 23:47.60 (51.45) 24:36.93 (49.33)

**2 John Starr****72 Romford Town****25:02.91**

42.12 1:28.86 (46.74) 2:18.16 (49.30) 3:07.04 (48.88)  
 3:56.38 (49.34) 4:46.33 (49.95) 5:36.16 (49.83) 6:25.52 (49.36)  
 7:14.52 (49.00) 8:04.46 (49.94) 8:52.86 (48.40) 9:41.63 (48.77)  
 10:30.43 (48.80) 11:19.95 (49.52) 12:10.06 (50.11) 13:00.30 (50.24)  
 13:50.39 (50.09) 14:42.34 (51.95) 16:26.24 ( )  
 17:19.00 (52.76) 18:10.86 (51.86) 19:03.11 (52.25) 19:53.89 (50.78)  
 20:46.17 (52.28) 21:38.51 (52.34) 22:30.10 (51.59)  
 24:13.66 ( ) 25:02.91 (49.25)

**3 Edward Gerald****70 Serpentine****28:03.70**

48.65 1:40.61 (51.96) 2:34.41 (53.80) 3:29.48 (55.07)  
 4:24.55 (55.07) 5:20.71 (56.16) 6:17.06 (56.35) 7:13.64 (56.58)  
 8:11.20 (57.56) 9:08.25 (57.05) 10:05.07 (56.82) 11:01.99 (56.92)  
 11:59.32 (57.33) 12:56.94 (57.62) 13:53.71 (56.77) 14:49.75 (56.04)  
 15:46.87 (57.12) 16:44.23 (57.36) 17:41.34 (57.11) 18:38.00 (56.66)  
 19:34.99 (56.99) 20:30.46 (55.47) 21:29.04 (58.58) 22:27.05 (58.01)  
 23:24.14 (57.09) 24:21.25 (57.11) 25:18.25 (57.00) 26:16.00 (57.75)  
 27:12.69 (56.69) 28:03.70 (51.01)

1500m Meet – 25<sup>th</sup> / 26<sup>th</sup> November 2006**Event 1 Men 75-79 1500 SC Meter Freestyle**

1	Roy Naisbitt	76	Enfield Water Polo	35:37.11
	57.26	2:06.71 (1:09.45)	3:16.89 (1:10.18)	4:25.48 (1:08.59)
	5:36.28 (1:10.80)	6:48.26 (1:11.98)	7:58.16 (1:09.90)	9:11.35 (1:13.19)
	10:22.20 (1:10.85)	11:36.18 (1:13.98)	12:47.04 (1:10.86)	13:58.56 (1:11.52)
	15:12.33 (1:13.77)	16:23.99 (1:11.66)	17:37.42 (1:13.43)	18:51.34 (1:13.92)
	20:04.39 (1:13.05)	21:18.74 (1:14.35)	22:31.91 (1:13.17)	23:44.90 (1:12.99)
	24:57.15 (1:12.25)	26:10.25 (1:13.10)	27:21.25 (1:11.00)	28:33.12 (1:11.87)
	29:45.50 (1:12.38)	30:56.33 (1:10.83)	32:07.10 (1:10.77)	33:19.13 (1:12.03)
	34:31.47 (1:12.34)	35:37.11 (1:05.64)		

**Event 2 Women 18-24 1500 SC Meter Freestyle**

1	Mhairi Muir	21	Royal Navy	20:45.70
	37.82	1:19.03 (41.21)	2:00.68 (41.65)	2:42.37 (41.69)
	3:24.21 (41.84)	4:06.35 (42.14)	4:48.66 (42.31)	5:30.22 (41.56)
	6:12.18 (41.96)	6:54.80 (42.62)	7:37.54 (42.74)	8:19.72 (42.18)
	9:01.92 (42.20)	9:43.81 (41.89)	10:25.45 (41.64)	11:06.83 (41.38)
	11:47.66 (40.83)	12:30.69 (43.03)	13:11.80 (41.11)	13:53.84 (42.04)
	14:34.82 (40.98)	15:17.60 (42.78)	15:58.82 (41.22)	16:41.16 (42.34)
	17:22.24 (41.08)	18:05.49 (43.25)	18:45.89 (40.40)	19:28.08 (42.19)
	20:08.13 (40.05)	20:45.70 (37.57)		

**2 Laura Bellars\* 18 Colchester Phoenix 24:28.92 IPC WORLD RECORD (S9)**

	44.72	1:33.23 (48.51)	2:22.44 (49.21)	3:11.43 (48.99)
	3:59.97 (48.54)	4:48.69 (48.72)	5:37.89 (49.20)	6:26.65 (48.76)
	7:15.61 (48.96)	8:04.63 (49.02)	8:53.56 (48.93)	9:42.42 (48.86)
	10:31.61 (49.19)	11:20.95 (49.34)	12:10.41 (49.46)	12:59.98 (49.57)
	13:49.43 (49.45)	14:38.82 (49.39)	15:28.11 (49.29)	16:17.62 (49.51)
	17:06.80 (49.18)	17:55.91 (49.11)	18:45.38 (49.47)	19:34.92 (49.54)
	20:24.52 (49.60)	21:14.43 (49.91)	22:03.80 (49.37)	22:53.77 (49.97)
	23:43.01 (49.24)	24:28.92 (45.91)		

3	Sophie Brown*	20	Colchester Phoenix	30:27.16
	54.00	1:53.74 (59.74)	2:55.18 (1:01.44)	3:55.85 (1:00.67)
	4:57.33 (1:01.48)	5:58.18 (1:00.85)	6:58.66 (1:00.48)	7:59.74 (1:01.08)
	9:02.55 (1:02.81)	10:05.93 (1:03.38)	11:04.99 (59.06)	12:08.40 (1:03.41)
	13:11.07 (1:02.67)	14:11.51 (1:00.44)	15:12.37 (1:00.86)	16:11.36 (58.99)
	17:13.50 (1:02.14)	18:16.08 (1:02.58)	19:15.61 (59.53)	20:17.17 (1:01.56)
	21:18.97 (1:01.80)	22:21.96 (1:02.99)	23:24.56 (1:02.60)	24:26.08 (1:01.52)
	25:24.82 (58.74)	26:26.19 (1:01.37)	27:28.95 (1:02.76)	28:31.27 (1:02.32)
	29:31.32 (1:00.05)	30:27.16 (55.84)		

**Event 2 Women 25-29 1500 SC Meter Freestyle**

1	Jane Leighton	25	Anaconda	18:52.20
	34.61	1:11.66 (37.05)	1:49.36 (37.70)	2:26.93 (37.57)
	3:04.61 (37.68)	3:42.48 (37.87)	4:20.27 (37.79)	4:58.25 (37.98)
	5:36.18 (37.93)	6:13.94 (37.76)	6:51.81 (37.87)	7:29.66 (37.85)
	8:07.60 (37.94)	8:45.64 (38.04)	9:23.64 (38.00)	10:01.70 (38.06)
	10:39.76 (38.06)	11:17.85 (38.09)	11:55.90 (38.05)	12:33.92 (38.02)
	13:11.96 (38.04)	13:49.82 (37.86)	14:27.75 (37.93)	15:05.57 (37.82)
	15:43.61 (38.04)	16:21.69 (38.08)	16:59.62 (37.93)	17:37.45 (37.83)
	18:15.34 (37.89)	18:52.20 (36.86)		

2	Lucy Mullan	26	Camden Swiss Cottage S.C.	20:32.52
	35.36	1:14.44 (39.08)	1:54.30 (39.86)	2:35.00 (40.70)
	3:16.32 (41.32)	3:57.96 (41.64)	4:39.05 (41.09)	5:20.27 (41.22)
	6:01.91 (41.64)	6:43.67 (41.76)	7:24.90 (41.23)	8:05.94 (41.04)
	8:47.63 (41.69)	9:29.03 (41.40)	10:10.78 (41.75)	10:52.60 (41.82)
	11:33.80 (41.20)	12:15.75 (41.95)	12:57.27 (41.52)	13:39.41 (42.14)
	14:21.00 (41.59)	15:02.44 (41.44)	15:43.73 (41.29)	16:25.34 (41.61)
	17:06.69 (41.35)	17:48.22 (41.53)	18:29.87 (41.65)	19:11.71 (41.84)
	19:52.93 (41.22)	20:32.52 (39.59)		

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3	Shona Pineda	29	Acton		28:23.95
	49.31	1:41.46 (52.15)	2:36.63 (55.17)	3:32.04 (55.41)	
	4:28.10 (56.06)	5:24.81 (56.71)	6:21.42 (56.61)	7:18.90 (57.48)	
	8:14.81 (55.91)	9:12.09 (57.28)	10:07.88 (55.79)	11:04.09 (56.21)	
	12:02.32 (58.23)	13:00.97 (58.65)	13:59.43 (58.46)	14:56.77 (57.34)	
	15:57.22 (1:00.45)	16:55.49 (58.27)	17:54.04 (58.55)	18:50.97 (56.93)	
	19:48.76 (57.79)	20:47.35 (58.59)	21:46.41 (59.06)	22:44.21 (57.80)	
	23:42.55 (58.34)	24:38.45 (55.90)	25:34.66 (56.21)	26:30.99 (56.33)	
	27:28.23 (57.24)	28:23.95 (55.72)			

## Event 2 Women 30-34 1500 SC Meter Freestyle

1	Joanna Carritt	30	Anaconda		23:37.85
	43.33	1:29.64 (46.31)	2:16.81 (47.17)	3:03.72 (46.91)	
	3:50.29 (46.57)	4:37.63 (47.34)	5:25.19 (47.56)	6:12.34 (47.15)	
	7:00.99 (48.65)	7:48.54 (47.55)	8:36.42 (47.88)	9:24.63 (48.21)	
	10:12.27 (47.64)	10:59.77 (47.50)	11:47.70 (47.93)	12:35.35 (47.65)	
	13:22.55 (47.20)	14:11.59 (49.04)	14:59.98 (48.39)	15:47.96 (47.98)	
	16:35.87 (47.91)	17:23.79 (47.92)	18:11.07 (47.28)	18:57.67 (46.60)	
	19:44.54 (46.87)	20:31.23 (46.69)	21:18.93 (47.70)	22:06.58 (47.65)	
	22:53.68 (47.10)	23:37.85 (44.17)			

## Event 2 Women 35-39 1500 SC Meter Freestyle

1	Maria Smith	36	Diss Otters		24:09.31
	44.33	1:30.11 (45.78)	2:18.13 (48.02)	3:07.33 (49.20)	
	3:55.91 (48.58)	4:44.64 (48.73)	5:33.57 (48.93)	6:22.88 (49.31)	
	7:10.52 (47.64)	7:59.46 (48.94)	8:49.07 (49.61)	9:36.26 (47.19)	
	10:25.85 (49.59)	11:13.34 (47.49)	12:03.43 (50.09)	12:52.34 (48.91)	
	13:40.13 (47.79)	14:29.55 (49.42)	15:18.57 (49.02)	16:07.00 (48.43)	
	16:56.20 (49.20)	17:44.76 (48.56)	18:33.09 (48.33)	19:21.75 (48.66)	
	20:09.81 (48.06)	20:57.42 (47.61)	21:46.18 (48.76)	22:34.81 (48.63)	
	23:22.63 (47.82)	24:09.31 (46.68)			

## Event 2 Women 40-44 1500 SC Meter Freestyle

1	Angela Wilson	41	Maidenhead		20:12.03
	35.60	1:15.04 (39.44)	1:55.11 (40.07)	2:35.63 (40.52)	
	3:16.04 (40.41)	3:56.69 (40.65)	4:37.16 (40.47)	5:17.42 (40.26)	
	5:57.58 (40.16)	6:37.99 (40.41)	7:18.25 (40.26)	7:58.27 (40.02)	
	8:38.24 (39.97)	9:18.69 (40.45)	9:59.38 (40.69)	10:39.99 (40.61)	
	11:20.72 (40.73)	12:01.59 (40.87)	12:42.33 (40.74)	13:23.14 (40.81)	
	14:03.72 (40.58)	14:44.54 (40.82)	15:25.32 (40.78)	16:06.53 (41.21)	
	16:47.49 (40.96)	17:28.67 (41.18)	18:10.08 (41.41)	18:51.59 (41.51)	
	19:33.43 (41.84)	20:12.03 (38.60)			

2	Jane Phoenix	41	Diss Otters		26:37.00
	46.30	1:38.15 (51.85)	2:29.88 (51.73)	3:22.61 (52.73)	
	4:17.13 (54.52)	5:11.07 (53.94)	6:04.84 (53.77)	6:58.12 (53.28)	
	7:52.06 (53.94)	8:46.04 (53.98)	9:39.49 (53.45)	10:33.11 (53.62)	
	11:27.31 (54.20)	12:22.27 (54.96)	13:16.87 (54.60)	14:11.55 (54.68)	
	15:06.67 (55.12)	16:00.97 (54.30)	16:54.62 (53.65)	17:47.38 (52.76)	
	18:40.92 (53.54)	19:34.87 (53.95)	20:26.72 (51.85)	21:20.29 (53.57)	
	22:14.10 (53.81)	23:07.10 (53.00)	24:01.07 (53.97)	24:54.54 (53.47)	
	25:47.41 (52.87)	26:37.00 (49.59)			

3	Sally Goble	41	Anaconda		30:05.29
	50.28	1:46.38 (56.10)	2:44.93 (58.55)	3:43.53 (58.60)	
	4:43.14 (59.61)	5:42.96 (59.82)	6:43.58 (1:00.62)	7:44.89 (1:01.31)	
	8:45.74 (1:00.85)	9:46.21 (1:00.47)	10:47.29 (1:01.08)	11:48.40 (1:01.11)	
	12:50.24 (1:01.84)	13:50.94 (1:00.70)	14:52.28 (1:01.34)	15:53.38 (1:01.10)	
	16:53.91 (1:00.53)	17:55.15 (1:01.24)	18:56.89 (1:01.74)	19:57.87 (1:00.98)	
	21:00.19 (1:02.32)	22:00.93 (1:00.74)	23:01.46 (1:00.53)	24:02.01 (1:00.55)	
	25:02.56 (1:00.55)	26:04.28 (1:01.72)	27:06.13 (1:01.85)	28:08.12 (1:01.99)	
	29:09.13 (1:01.01)	30:05.29 (56.16)			

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## Event 2 Women 45-49 1500 SC Meter Freestyle

1	Jane Thomas	47	Eastbourne		21:33.22
	39.11	1:21.14 (42.03)	2:04.58 (43.44)	2:47.18 (42.60)	
	3:30.12 (42.94)	4:13.05 (42.93)	4:56.12 (43.07)	5:38.88 (42.76)	
	6:21.87 (42.99)	7:04.76 (42.89)	7:47.53 (42.77)	8:30.51 (42.98)	
	9:13.46 (42.95)	9:56.60 (43.14)	10:39.79 (43.19)	11:23.15 (43.36)	
	12:06.60 (43.45)	12:49.83 (43.23)	13:33.57 (43.74)	14:17.47 (43.90)	
	15:00.75 (43.28)	15:44.45 (43.70)	16:28.03 (43.58)	17:11.74 (43.71)	
	17:55.55 (43.81)	18:39.05 (43.50)	19:23.04 (43.99)	20:06.40 (43.36)	
	20:50.49 (44.09)	21:33.22 (42.73)			
2	Lindsey Shenton	48	Isle of Wight		23:02.46
	40.37	1:25.52 (45.15)	2:11.08 (45.56)	2:56.67 (45.59)	
	3:42.93 (46.26)	4:29.83 (46.90)	5:16.09 (46.26)	6:03.22 (47.13)	
	6:49.65 (46.43)	7:36.33 (46.68)	8:23.31 (46.98)	9:09.41 (46.10)	
	9:56.17 (46.76)	10:42.76 (46.59)	11:29.52 (46.76)	12:16.15 (46.63)	
	13:02.42 (46.27)	13:48.49 (46.07)	14:34.99 (46.50)	15:20.78 (45.79)	
	16:07.18 (46.40)	16:53.74 (46.56)	17:40.34 (46.60)	18:27.52 (47.18)	
	19:14.43 (46.91)	20:00.54 (46.11)	20:47.43 (46.89)	21:33.31 (45.88)	
	22:17.28 (43.97)	23:02.46 (45.18)			
3	Jacqueline Patel	46	Kings Cormorants		25:57.91
	45.87	1:36.82 (50.95)	2:29.14 (52.32)	3:21.82 (52.68)	
	4:14.31 (52.49)	5:06.61 (52.30)	5:58.73 (52.12)	6:51.31 (52.58)	
	7:43.80 (52.49)	8:36.69 (52.89)	9:28.73 (52.04)	10:20.59 (51.86)	
	11:13.62 (53.03)	12:05.95 (52.33)	12:58.92 (52.97)	13:51.83 (52.91)	
	14:43.38 (51.55)	15:35.72 (52.34)	16:28.03 (52.31)	17:20.70 (52.67)	
	18:13.14 (52.44)	19:05.85 (52.71)	19:57.67 (51.82)	20:49.99 (52.32)	
	21:41.65 (51.66)	22:34.23 (52.58)	23:26.57 (52.34)	24:18.55 (51.98)	
	25:10.02 (51.47)	25:57.91 (47.89)			
4	Jane Dodd	49	Isle of Wight		28:52.16
	52.77	1:48.26 (55.49)	2:43.67 (55.41)	3:39.18 (55.51)	
	4:35.39 (56.21)	5:31.76 (56.37)	6:28.73 (56.97)	7:25.96 (57.23)	
	8:24.78 (58.82)	9:22.15 (57.37)	10:21.29 (59.14)	11:20.23 (58.94)	
	12:17.39 (57.16)	13:15.30 (57.91)	14:13.02 (57.72)	15:11.70 (58.68)	
	16:10.20 (58.50)	17:09.21 (59.01)	18:07.14 (57.93)	19:05.32 (58.18)	
	20:03.82 (58.50)	21:02.76 (58.94)	22:01.17 (58.41)	23:00.52 (59.35)	
	23:59.19 (58.67)	24:56.22 (57.03)	25:55.26 (59.04)	26:55.18 (59.92)	
	27:54.29 (59.11)	28:52.16 (57.87)			
5	<b>Jo Frith*</b>	<b>45</b>	<b>Bridgwater A.S.C.</b>	<b>29:10.45</b>	<b>IPC British Record (S6)</b>
	51.48	1:46.60 (55.12)	2:43.35 (56.75)	3:41.10 (57.75)	
	4:38.98 (57.88)	5:38.31 (59.33)	6:37.25 (58.94)	7:36.27 (59.02)	
	8:35.55 (59.28)	9:35.15 (59.60)	10:35.11 (59.96)	11:34.07 (58.96)	
	12:33.28 (59.21)	13:32.54 (59.26)	14:30.87 (58.33)	15:29.81 (58.94)	
	16:28.67 (58.86)	17:27.58 (58.91)	18:25.50 (57.92)	19:24.13 (58.63)	
	20:23.14 (59.01)	21:22.66 (59.52)	22:22.64 (59.98)	23:21.48 (58.84)	
	24:20.23 (58.75)	25:19.11 (58.88)	26:18.15 (59.04)	27:16.75 (58.60)	
	28:14.78 (58.03)	29:10.45 (55.67)			

## Event 2 Women 50-54 1500 SC Meter Freestyle

1	Christine Ayers	53	City of Milton Keynes		23:50.76
	41.42	1:27.46 (46.04)	2:14.93 (47.47)	3:02.68 (47.75)	
	3:50.29 (47.61)	4:38.23 (47.94)	5:26.50 (48.27)	6:15.08 (48.58)	
	7:03.27 (48.19)	7:51.55 (48.28)	8:40.05 (48.50)	9:28.16 (48.11)	
	10:16.15 (47.99)	11:03.98 (47.83)	11:51.94 (47.96)	12:40.27 (48.33)	
	13:28.12 (47.85)	14:16.33 (48.21)	15:04.87 (48.54)	15:52.84 (47.97)	
	16:40.86 (48.02)	17:28.65 (47.79)	18:16.38 (47.73)	19:04.56 (48.18)	
	19:52.81 (48.25)	20:41.40 (48.59)	21:29.97 (48.57)	22:17.70 (47.73)	
	23:06.16 (48.46)	23:50.76 (44.60)			
2	Jane Murphy	50	Barnet Copthall		28:39.93
	52.23	1:47.48 (55.25)	2:44.14 (56.66)	3:41.38 (57.24)	
	4:38.04 (56.66)	5:35.44 (57.40)	6:31.97 (56.53)	7:31.12 (59.15)	

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8:29.29 (58.17)	9:26.90 (57.61)	10:24.35 (57.45)	11:21.43 (57.08)
12:19.59 (58.16)	13:17.07 (57.48)	14:13.32 (56.25)	15:12.06 (58.74)
16:10.07 (58.01)	17:08.37 (58.30)	18:06.31 (57.94)	19:04.28 (57.97)
20:01.89 (57.61)	20:59.69 (57.80)	21:57.00 (57.31)	22:54.53 (57.53)
23:53.13 (58.60)	24:50.62 (57.49)	25:47.31 (56.69)	26:45.96 (58.65)
27:44.10 (58.14)	28:39.93 (55.83)		

## 3 Jeannie Roberts 53 Royal Navy 28:45.71

48.96	1:43.14 (54.18)	2:39.35 (56.21)	3:36.78 (57.43)
4:34.18 (57.40)	5:31.98 (57.80)	6:29.71 (57.73)	7:27.33 (57.62)
8:24.81 (57.48)	9:22.62 (57.81)	10:20.17 (57.55)	11:17.82 (57.65)
12:16.24 (58.42)	13:14.93 (58.69)	14:12.88 (57.95)	15:12.21 (59.33)
16:10.71 (58.50)	17:09.31 (58.60)	18:07.53 (58.22)	19:06.57 (59.04)
20:05.37 (58.80)	21:04.33 (58.96)	22:03.06 (58.73)	23:01.86 (58.80)
23:59.83 (57.97)	24:57.90 (58.07)	25:56.03 (58.13)	26:54.70 (58.67)
27:52.58 (57.88)	28:45.71 (53.13)		

## 4 Sue Pepper\* 51 City of Canterbury 33:46.03

59.73	2:03.77 (1:04.04)	3:10.31 (1:06.54)	4:17.11 (1:06.80)
5:24.04 (1:06.93)	6:31.80 (1:07.76)	7:39.84 (1:08.04)	8:47.28 (1:07.44)
9:55.12 (1:07.84)	11:02.93 (1:07.81)	12:10.33 (1:07.40)	13:18.23 (1:07.90)
14:24.96 (1:06.73)	15:31.09 (1:06.13)	16:39.06 (1:07.97)	17:46.78 (1:07.72)
18:55.48 (1:08.70)	20:03.30 (1:07.82)	21:11.46 (1:08.16)	22:19.40 (1:07.94)
23:27.86 (1:08.46)	24:36.07 (1:08.21)	25:44.34 (1:08.27)	26:53.13 (1:08.79)
28:01.84 (1:08.71)	29:11.48 (1:09.64)	30:20.16 (1:08.68)	31:29.25 (1:09.09)
32:39.04 (1:09.79)	33:46.03 (1:06.99)		

## Event 2 Women 55-59 1500 SC Meter Freestyle

## 1 Rose Dudeney 59 Haywards Heath 25:43.70

45.05	1:34.74 (49.69)	2:26.79 (52.05)	3:20.10 (53.31)
4:11.41 (51.31)	5:03.11 (51.70)	5:55.86 (52.75)	6:47.62 (51.76)
7:40.00 (52.38)	8:32.13 (52.13)	9:24.21 (52.08)	10:16.00 (51.79)
11:07.64 (51.64)	11:59.19 (51.55)	12:50.54 (51.35)	13:42.32 (51.78)
14:34.45 (52.13)	15:26.27 (51.82)	16:18.08 (51.81)	17:09.60 (51.52)
18:00.78 (51.18)	18:52.04 (51.26)	19:43.82 (51.78)	20:35.88 (52.06)
21:28.24 (52.36)	22:20.29 (52.05)	23:12.53 (52.24)	24:04.13 (51.60)
24:55.48 (51.35)	25:43.70 (48.22)		

## 2 Jeanette Benn 55 Barnet Copthall 26:43.50

50.32	1:41.84 (51.52)	2:34.29 (52.45)	3:27.03 (52.74)
4:19.55 (52.52)	5:11.37 (51.82)	6:04.79 (53.42)	6:58.17 (53.38)
7:50.92 (52.75)	8:43.78 (52.86)	9:37.06 (53.28)	10:30.18 (53.12)
11:23.47 (53.29)	12:16.76 (53.29)	13:10.34 (53.58)	14:03.42 (53.08)
14:56.93 (53.51)	15:50.62 (53.69)	16:44.27 (53.65)	17:38.42 (54.15)
18:33.14 (54.72)	19:28.57 (55.43)	20:23.43 (54.86)	21:17.55 (54.12)
22:11.76 (54.21)	23:06.14 (54.38)	24:01.15 (55.01)	24:56.23 (55.08)
25:50.62 (54.39)	26:43.50 (52.88)		

## 3 Louise Mittins 56 Royal Navy 28:47.08

50.44	1:45.16 (54.72)	2:41.82 (56.66)	3:38.93 (57.11)
4:36.88 (57.95)	5:34.75 (57.87)	6:32.93 (58.18)	7:31.09 (58.16)
8:28.68 (57.59)	9:26.89 (58.21)	10:25.31 (58.42)	11:22.96 (57.65)
12:21.77 (58.81)	13:19.90 (58.13)	14:18.44 (58.54)	15:17.24 (58.80)
16:16.08 (58.84)	17:14.63 (58.55)	18:13.31 (58.68)	19:11.87 (58.56)
20:10.37 (58.50)	21:08.39 (58.02)	22:06.70 (58.31)	23:04.63 (57.93)
24:02.49 (57.86)	24:59.94 (57.45)	25:57.97 (58.03)	26:56.53 (58.56)
27:53.69 (57.16)	28:47.08 (53.39)		

## Event 2 Women 60-64 1500 SC Meter Freestyle

## 1 Iris Bellis 63 City of Milton Keynes 29:40.34

50.32	1:46.05 (55.73)	2:43.55 (57.50)	3:42.25 (58.70)
4:41.34 (59.09)	5:40.29 (58.95)	6:39.39 (59.10)	7:38.51 (59.12)
8:38.74 (1:00.23)	9:37.74 (59.00)	10:36.31 (58.57)	11:35.05 (58.74)
12:34.43 (59.38)	13:34.31 (59.88)	14:35.35 (1:01.04)	15:34.62 (59.27)
16:35.36 (1:00.74)	17:34.87 (59.51)	18:36.46 (1:01.59)	19:36.10 (59.64)

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20:36.36 (1:00.26) 21:36.81 (1:00.45) 22:38.35 (1:01.54) 23:38.39 (1:00.04)  
 24:40.01 (1:01.62) 25:40.48 (1:00.47) 26:40.85 (1:00.37) 27:41.71 (1:00.86)  
 28:42.52 (1:00.81) 29:40.34 (57.82)

2 Ann Broomfield 64 St Albans Masters 34:23.83  
 1:03.20 2:12.21 (1:09.01) 3:20.36 (1:08.15) 4:29.78 (1:09.42)  
 5:38.51 (1:08.73) 6:46.16 (1:07.65) 7:54.19 (1:08.03) 9:01.99 (1:07.80)  
 10:11.40 (1:09.41) 11:20.73 (1:09.33) 12:29.59 (1:08.86) 13:38.67 (1:09.08)  
 14:47.13 (1:08.46) 15:54.54 (1:07.41) 17:04.82 (1:10.28) 18:13.26 (1:08.44)  
 19:21.38 (1:08.12) 20:30.87 (1:09.49) 21:39.09 (1:08.22) 22:48.68 (1:09.59)  
 23:58.14 (1:09.46) 25:06.99 (1:08.85) 26:17.18 (1:10.19) 27:27.96 (1:10.78)  
 28:37.83 (1:09.87) 29:47.38 (1:09.55) 30:57.46 (1:10.08) 32:07.16 (1:09.70)  
 33:15.71 (1:08.55) 34:23.83 (1:08.12)

## Event 2 Women 65-69 1500 SC Meter Freestyle

1 Jenny Ball 68 Isle of Wight 27:37.13  
 51.46 1:46.80 (55.34) 2:43.59 (56.79) 3:40.09 (56.50)  
 4:35.53 (55.44) 5:30.05 (54.52) 6:25.82 (55.77) 7:21.27 (55.45)  
 8:16.94 (55.67) 9:12.46 (55.52) 10:08.37 (55.91) 11:03.64 (55.27)  
 11:58.48 (54.84) 12:53.35 (54.87) 13:48.58 (55.23) 14:43.47 (54.89)  
 15:38.35 (54.88) 16:34.12 (55.77) 17:29.80 (55.68) 18:25.44 (55.64)  
 19:21.00 (55.56) 20:17.07 (56.07) 21:11.97 (54.90) 22:07.57 (55.60)  
 23:03.75 (56.18) 23:58.83 (55.08) 24:54.07 (55.24) 25:49.10 (55.03)  
 26:44.60 (55.50) 27:37.13 (52.53)

## Event 2 Women 75-79 1500 SC Meter Freestyle

1 Jane Asher 75 Kings Cormorants 24:04.75 **WORLD RECORD**  
 43.26 1:30.90 (47.64) 2:19.46 (48.56) 3:07.89 (48.43)  
 3:56.19 (48.30) 4:44.86 (48.67) 5:33.20 (48.34) 6:21.90 (48.70)  
 7:10.82 (48.92) 7:59.67 (48.85) 8:48.76 (49.09) 9:37.79 (49.03)  
 10:26.69 (48.90) 11:15.55 (48.86) 12:04.58 (49.03) 12:53.72 (49.14)  
 13:42.05 (48.33) 14:30.89 (48.84) 15:19.73 (48.84) 16:08.02 (48.29)  
 16:56.22 (48.20) 17:45.22 (49.00) 18:33.78 (48.56) 19:22.15 (48.37)  
 20:10.80 (48.65) 20:59.17 (48.37) 21:47.85 (48.68) 22:35.33 (47.48)  
 23:22.02 (46.69) 24:04.75 (42.73)

## Event 2 Men 18-24 1500 SC Meter Freestyle

1 Rick Andrews 22 Royal Navy 18:09.47  
 31.36 1:05.75 (34.39) 1:40.96 (35.21) 2:16.32 (35.36)  
 2:52.13 (35.81) 3:27.88 (35.75) 4:03.88 (36.00) 4:39.88 (36.00)  
 5:16.00 (36.12) 5:52.34 (36.34) 6:28.64 (36.30) 7:04.84 (36.20)  
 7:41.08 (36.24) 8:17.52 (36.44) 8:54.09 (36.57) 9:31.04 (36.95)  
 10:07.78 (36.74) 10:44.40 (36.62) 11:21.42 (37.02) 11:58.15 (36.73)  
 12:35.07 (36.92) 13:12.04 (36.97) 13:49.36 (37.32) 14:27.05 (37.69)  
 15:04.31 (37.26) 15:41.74 (37.43) 16:19.18 (37.44) 16:56.70 (37.52)  
 17:33.45 (36.75) 18:09.47 (36.02)

2 James Warwick 23 Royal Navy 18:54.44  
 29.94 1:05.76 (35.82) 1:42.10 (36.34) 2:19.08 (36.98)  
 2:56.79 (37.71) 3:34.28 (37.49) 4:12.56 (38.28) 4:51.28 (38.72)  
 5:29.53 (38.25) 6:08.91 (39.38) 6:48.26 (39.35) 7:26.70 (38.44)  
 8:05.31 (38.61) 8:45.01 (39.70) 9:24.71 (39.70) 10:04.21 (39.50)  
 10:42.71 (38.50) 11:20.71 (38.00) 12:00.10 (39.39) 12:38.65 (38.55)  
 13:16.36 (37.71) 13:55.02 (38.66) 14:33.25 (38.23) 15:10.96 (37.71)  
 15:47.71 (36.75) 16:24.65 (36.94) 17:02.68 (38.03) 17:43.13 (40.45)  
 18:19.74 (36.61) 18:54.44 (34.70)

3 Chris Collins 22 Royal Navy 19:43.61  
 34.62 1:12.85 (38.23) 1:51.34 (38.49) 2:30.47 (39.13)  
 3:09.84 (39.37) 3:49.52 (39.68) 4:29.17 (39.65) 5:08.95 (39.78)  
 5:49.37 (40.42) 6:29.66 (40.29) 7:09.64 (39.98) 7:49.21 (39.57)  
 8:28.72 (39.51) 9:08.54 (39.82) 9:48.52 (39.98) 10:28.29 (39.77)  
 11:07.69 (39.40) 11:46.52 (38.83) 12:26.51 (39.99) 13:05.72 (39.21)  
 13:45.74 (40.02) 14:24.89 (39.15) 15:04.84 (39.95) 15:44.82 (39.98)  
 16:24.60 (39.78) 17:05.17 (40.57) 17:45.68 (40.51) 18:25.93 (40.25)

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19:05.94 (40.01) 19:43.61 (37.67)

4	Chris Short	24	Anaconda		20:17.61
	32.32	1:08.35 (36.03)	1:46.52 (38.17)	2:25.35 (38.83)	
	3:04.19 (38.84)	3:44.33 (40.14)	4:24.74 (40.41)	5:05.49 (40.75)	
	5:46.37 (40.88)	6:27.85 (41.48)	7:08.98 (41.13)	7:50.62 (41.64)	
	8:32.00 (41.38)	9:13.84 (41.84)	9:55.50 (41.66)	10:36.85 (41.35)	
	11:18.62 (41.77)	11:59.73 (41.11)	12:41.10 (41.37)	13:22.49 (41.39)	
	14:04.37 (41.88)	14:46.00 (41.63)	15:27.47 (41.47)	16:09.44 (41.97)	
	16:51.39 (41.95)	17:32.67 (41.28)	18:14.60 (41.93)	18:56.10 (41.50)	
	19:36.69 (40.59)	20:17.61 (40.92)			

## Event 2 Men 25-29 1500 SC Meter Freestyle

1	Rob Williams	27	Otter		17:58.78
	32.37	1:08.48 (36.11)	1:44.57 (36.09)	2:21.15 (36.58)	
	2:57.74 (36.59)	3:34.43 (36.69)	4:10.99 (36.56)	4:47.67 (36.68)	
	5:24.65 (36.98)	6:00.76 (36.11)	6:37.00 (36.24)	7:13.59 (36.59)	
	7:50.01 (36.42)	8:26.33 (36.32)	9:02.59 (36.26)	9:38.65 (36.06)	
	10:14.95 (36.30)	10:51.22 (36.27)	11:27.41 (36.19)	12:03.40 (35.99)	
	12:39.36 (35.96)	13:15.47 (36.11)	13:51.10 (35.63)	14:26.89 (35.79)	
	15:02.71 (35.82)	15:38.29 (35.58)	16:14.16 (35.87)	16:49.90 (35.74)	
	17:24.87 (34.97)	17:58.78 (33.91)			

2	Chris Bumby	25	Royal Navy		18:46.38
	33.78	1:10.56 (36.78)	1:48.78 (38.22)	2:27.47 (38.69)	
	3:05.67 (38.20)	3:44.49 (38.82)	4:23.12 (38.63)	5:01.80 (38.68)	
	5:40.47 (38.67)	6:19.30 (38.83)	6:57.16 (37.86)	7:34.58 (37.42)	
	8:12.00 (37.42)	8:49.86 (37.86)	9:27.17 (37.31)	10:04.82 (37.65)	
	10:42.62 (37.80)	11:20.41 (37.79)	11:57.99 (37.58)	12:35.34 (37.35)	
	13:12.93 (37.59)	13:50.36 (37.43)	14:27.72 (37.36)	15:04.78 (37.06)	
	15:42.09 (37.31)	16:20.00 (37.91)	16:57.39 (37.39)	17:34.43 (37.04)	
	18:11.15 (36.72)	18:46.38 (35.23)			

3	Alistair Mac Donald	26	Barnet Copthall		23:09.75
	38.78	1:22.16 (43.38)	2:06.40 (44.24)	2:52.33 (45.93)	
	3:40.31 (47.98)	4:26.83 (46.52)	5:13.45 (46.62)	6:00.24 (46.79)	
	6:47.39 (47.15)	7:33.77 (46.38)	8:21.81 (48.04)	9:06.84 (45.03)	
	9:54.42 (47.58)	10:39.84 (45.42)	11:26.02 (46.18)	12:12.37 (46.35)	
	13:00.03 (47.66)	13:45.19 (45.16)	14:33.07 (47.88)	15:19.01 (45.94)	
	16:05.57 (46.56)	16:52.19 (46.62)	17:40.66 (48.47)	18:27.26 (46.60)	
	19:14.53 (47.27)	20:01.88 (47.35)	20:50.18 (48.30)	21:38.93 (48.75)	
	22:26.96 (48.03)	23:09.75 (42.79)			

4	Alex Miller	27	Royal Navy		24:29.42
	38.84	1:22.13 (43.29)	2:06.28 (44.15)	2:50.55 (44.27)	
	3:35.95 (45.40)	4:22.36 (46.41)	5:08.39 (46.03)	5:55.94 (47.55)	
	6:43.36 (47.42)	7:32.71 (49.35)	8:20.92 (48.21)	9:09.04 (48.12)	
	9:58.73 (49.69)	10:47.10 (48.37)	11:36.34 (49.24)	12:27.00 (50.66)	
	13:17.85 (50.85)	14:09.96 (52.11)	15:01.02 (51.06)	15:54.04 (53.02)	
	16:46.52 (52.48)	17:38.72 (52.20)	18:31.41 (52.69)	19:24.46 (53.05)	
	20:15.53 (51.07)	21:08.03 (52.50)	22:00.08 (52.05)	22:51.22 (51.14)	
	23:41.80 (50.58)	24:29.42 (47.62)			

## Event 2 Men 30-34 1500 SC Meter Freestyle

1	Matthew Gallop	34	Staines		20:13.49
	33.47	1:11.01 (37.54)	1:49.50 (38.49)	2:28.94 (39.44)	
	3:08.72 (39.78)	3:48.87 (40.15)	4:28.96 (40.09)	5:09.23 (40.27)	
	5:50.36 (41.13)	6:30.77 (40.41)	7:11.70 (40.93)	7:52.54 (40.84)	
	8:33.67 (41.13)	9:14.82 (41.15)	9:55.70 (40.88)	10:36.85 (41.15)	
	11:18.14 (41.29)	11:59.26 (41.12)	12:40.62 (41.36)	13:22.17 (41.55)	
	14:04.08 (41.91)	14:45.84 (41.76)	15:27.48 (41.64)	16:09.47 (41.99)	
	16:50.28 (40.81)	17:30.98 (40.70)	18:12.59 (41.61)	18:53.87 (41.28)	
	19:34.19 (40.32)	20:13.49 (39.30)			

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2	Chris Symonds	33	Griffins of Enfield	23:05.56
	40.73	1:24.03 (43.30)	2:09.32 (45.29)	2:56.36 (47.04)
	3:42.92 (46.56)	4:29.53 (46.61)	5:16.62 (47.09)	6:03.81 (47.19)
	6:51.35 (47.54)	7:38.55 (47.20)	8:25.77 (47.22)	9:12.80 (47.03)
	9:59.53 (46.73)	10:46.28 (46.75)	11:32.68 (46.40)	12:18.99 (46.31)
	13:06.78 (47.79)	13:53.50 (46.72)	14:40.95 (47.45)	15:27.76 (46.81)
	16:14.05 (46.29)	16:59.82 (45.77)	17:46.48 (46.66)	18:33.51 (47.03)
	19:20.01 (46.50)	20:06.00 (45.99)	20:51.90 (45.90)	21:37.21 (45.31)
	22:22.67 (45.46)	23:05.56 (42.89)		

## Event 2 Men 35-39 1500 SC Meter Freestyle

1	Gordon Kennedy	38	Anaconda	23:14.87
	38.21	1:21.02 (42.81)	2:06.00 (44.98)	2:52.03 (46.03)
	3:37.84 (45.81)	4:24.42 (46.58)	5:11.20 (46.78)	5:57.73 (46.53)
	6:44.37 (46.64)	7:31.59 (47.22)	8:18.30 (46.71)	9:05.30 (47.00)
	9:52.44 (47.14)	10:40.08 (47.64)	11:27.75 (47.67)	12:15.88 (48.13)
	13:03.64 (47.76)	13:51.30 (47.66)	14:39.48 (48.18)	15:27.18 (47.70)
	16:14.20 (47.02)	17:01.69 (47.49)	17:49.61 (47.92)	18:37.23 (47.62)
	19:25.20 (47.97)	20:12.14 (46.94)	20:59.17 (47.03)	21:47.06 (47.89)
	22:33.31 (46.25)	23:14.87 (41.56)		

## Event 2 Men 40-44 1500 SC Meter Freestyle

1	Martin Hawley	42	Ealing	18:50.42
	35.39	1:13.65 (38.26)	1:52.39 (38.74)	2:31.15 (38.76)
	3:10.02 (38.87)	3:49.33 (39.31)	4:27.92 (38.59)	5:05.96 (38.04)
	5:44.81 (38.85)	6:24.01 (39.20)	7:03.33 (39.32)	7:41.37 (38.04)
	8:18.05 (36.68)	8:55.59 (37.54)	9:32.88 (37.29)	10:10.38 (37.50)
	10:47.58 (37.20)	11:24.28 (36.70)	12:00.57 (36.29)	12:37.76 (37.19)
	13:15.02 (37.26)	13:52.86 (37.84)	14:30.01 (37.15)	15:07.65 (37.64)
	15:45.29 (37.64)	16:22.71 (37.42)	17:00.28 (37.57)	17:37.74 (37.46)
	18:14.47 (36.73)	18:50.42 (35.95)		
2	Martin Fenner	44	Romford Town	19:22.28
	33.41	1:09.99 (36.58)	1:47.05 (37.06)	2:24.51 (37.46)
	3:02.38 (37.87)	3:40.39 (38.01)	4:18.50 (38.11)	4:56.78 (38.28)
	5:35.07 (38.29)	6:13.18 (38.11)	6:51.72 (38.54)	7:30.31 (38.59)
	8:09.16 (38.85)	8:48.10 (38.94)	9:27.40 (39.30)	10:06.53 (39.13)
	10:45.63 (39.10)	11:24.69 (39.06)	12:03.89 (39.20)	12:43.37 (39.48)
	13:23.22 (39.85)	14:03.06 (39.84)	14:43.25 (40.19)	15:23.06 (39.81)
	16:03.00 (39.94)	16:42.90 (39.90)	17:23.36 (40.46)	18:03.32 (39.96)
	18:43.44 (40.12)	19:22.28 (38.84)		
3	Geoff Jones	40	Biggleswade	21:56.86
	36.93	1:16.30 (39.37)	1:57.36 (41.06)	2:39.70 (42.34)
	3:22.78 (43.08)	4:06.05 (43.27)	4:49.93 (43.88)	5:34.16 (44.23)
	6:18.63 (44.47)	7:02.89 (44.26)	7:47.64 (44.75)	8:32.74 (45.10)
	9:17.39 (44.65)	10:02.03 (44.64)	10:46.32 (44.29)	11:30.97 (44.65)
	12:15.40 (44.43)	12:59.97 (44.57)	13:44.66 (44.69)	14:29.20 (44.54)
	15:13.77 (44.57)	15:58.61 (44.84)	16:43.84 (45.23)	17:28.66 (44.82)
	18:13.90 (45.24)	18:58.68 (44.78)	19:43.91 (45.23)	20:29.37 (45.46)
	21:14.09 (44.72)	21:56.86 (42.77)		
4	Gary Fagg	40	Barnet Copthall	22:38.56
	39.07	1:22.37 (43.30)	2:07.53 (45.16)	2:53.63 (46.10)
	3:39.39 (45.76)	4:25.58 (46.19)	5:11.61 (46.03)	5:57.96 (46.35)
	6:44.04 (46.08)	7:30.26 (46.22)	8:16.28 (46.02)	9:02.34 (46.06)
	9:47.81 (45.47)	10:33.24 (45.43)	11:19.31 (46.07)	12:04.90 (45.59)
	12:50.61 (45.71)	13:36.66 (46.05)	14:22.68 (46.02)	15:08.75 (46.07)
	15:54.60 (45.85)	16:40.42 (45.82)	17:26.20 (45.78)	18:12.62 (46.42)
	18:58.45 (45.83)	19:43.77 (45.32)	20:29.08 (45.31)	21:14.21 (45.13)
	21:58.91 (44.70)	22:38.56 (39.65)		

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---	Nigel Woods	44	Newport Pagnell		DQ False Start
	37.76	1:18.15 (40.39)	2:00.18 (42.03)	2:42.97 (42.79)	
	3:25.77 (42.80)	4:08.92 (43.15)	4:52.62 (43.70)	5:35.91 (43.29)	
	6:19.48 (43.57)	7:03.24 (43.76)	7:47.05 (43.81)	8:31.42 (44.37)	
	9:15.76 (44.34)	10:00.40 (44.64)	10:44.87 (44.47)	11:29.18 (44.31)	
	12:13.30 (44.12)	12:57.63 (44.33)	13:41.95 (44.32)	14:26.55 (44.60)	
	15:11.46 (44.91)	15:56.10 (44.64)	16:41.21 (45.11)	17:25.71 (44.50)	
	18:10.41 (44.70)	18:54.76 (44.35)	19:40.12 (45.36)	20:24.75 (44.63)	
	21:09.01 (44.26)	DQ (41.75)			

---	Calum Mc Kinlay	42	Camden Swiss Cottage S.C.		DQ False Start
	32.81	1:08.58 (35.77)	1:45.04 (36.46)	2:21.76 (36.72)	
	2:58.35 (36.59)	3:34.85 (36.50)	4:11.45 (36.60)	4:47.92 (36.47)	
	5:24.38 (36.46)	6:01.23 (36.85)	6:37.64 (36.41)	7:13.95 (36.31)	
	7:49.99 (36.04)	8:26.16 (36.17)	9:02.47 (36.31)	9:38.85 (36.38)	
	10:15.31 (36.46)	10:51.52 (36.21)	11:27.69 (36.17)	12:03.77 (36.08)	
	12:40.13 (36.36)	13:15.92 (35.79)	13:51.73 (35.81)	14:27.76 (36.03)	
	15:03.51 (35.75)	15:39.34 (35.83)	16:14.61 (35.27)	16:50.24 (35.63)	
	17:24.91 (34.67)	DQ (31.91)			

## Event 2 Men 45-49 1500 SC Meter Freestyle

1	Gary Thomas	45	Royal Navy		19:59.79
	36.11	1:15.43 (39.32)	1:55.11 (39.68)	2:35.18 (40.07)	
	3:15.95 (40.77)	3:56.03 (40.08)	4:36.64 (40.61)	5:17.32 (40.68)	
	5:58.17 (40.85)	6:38.60 (40.43)	7:19.31 (40.71)	8:00.21 (40.90)	
	8:40.97 (40.76)	9:21.69 (40.72)	10:01.62 (39.93)	10:42.06 (40.44)	
	11:22.90 (40.84)	12:02.36 (39.46)	12:42.37 (40.01)	13:21.52 (39.15)	
	14:02.08 (40.56)	14:41.10 (39.02)	15:21.74 (40.64)	16:01.34 (39.60)	
	16:42.25 (40.91)	17:21.90 (39.65)	18:02.52 (40.62)	18:42.14 (39.62)	
	19:22.32 (40.18)	19:59.79 (37.47)			

2	Bill Gristwood	47	Hartham Masters		24:48.97
	42.69	1:29.96 (47.27)	2:19.17 (49.21)	3:09.45 (50.28)	
	3:59.19 (49.74)	4:49.82 (50.63)	5:40.30 (50.48)	6:31.04 (50.74)	
	7:21.27 (50.23)	8:11.36 (50.09)	9:02.15 (50.79)	9:51.27 (49.12)	
	10:42.38 (51.11)	11:32.25 (49.87)	12:22.02 (49.77)	13:12.40 (50.38)	
	14:01.46 (49.06)	14:51.46 (50.00)	15:40.82 (49.36)	16:30.78 (49.96)	
	17:20.89 (50.11)	18:11.01 (50.12)	19:01.69 (50.68)	19:51.65 (49.96)	
	20:41.88 (50.23)	21:32.55 (50.67)	22:22.85 (50.30)	23:13.10 (50.25)	
	24:02.50 (49.40)	24:48.97 (46.47)			

## Event 2 Men 50-54 1500 SC Meter Freestyle

1	Simon Goulter	50	Spencer Swim Team		25:21.06
	43.44	1:30.60 (47.16)	2:20.80 (50.20)	3:11.98 (51.18)	
	4:02.73 (50.75)	4:54.66 (51.93)	5:45.84 (51.18)	6:37.93 (52.09)	
	7:29.99 (52.06)	8:21.25 (51.26)	9:12.73 (51.48)	10:03.70 (50.97)	
	10:55.22 (51.52)	11:46.20 (50.98)	12:36.85 (50.65)	13:28.24 (51.39)	
	14:19.00 (50.76)	15:10.85 (51.85)	16:01.87 (51.02)	16:53.34 (51.47)	
	17:45.02 (51.68)	18:35.90 (50.88)	19:27.92 (52.02)	20:19.52 (51.60)	
	21:11.44 (51.92)	22:02.23 (50.79)	22:52.83 (50.60)	23:42.84 (50.01)	
	24:33.25 (50.41)	25:21.06 (47.81)			

2	Peter Hanson	52	Dover Lifeguard		26:55.42
	46.90	1:38.67 (51.77)	2:32.92 (54.25)	3:26.51 (53.59)	
	4:19.52 (53.01)	5:13.41 (53.89)	6:07.64 (54.23)	7:01.85 (54.21)	
	7:56.30 (54.45)	8:50.43 (54.13)	9:44.82 (54.39)	10:38.93 (54.11)	
	11:34.65 (55.72)	12:30.02 (55.37)	13:23.94 (53.92)	14:18.98 (55.04)	
	15:12.61 (53.63)	16:07.87 (55.26)	17:02.90 (55.03)	17:57.18 (54.28)	
	18:51.01 (53.83)	19:46.43 (55.42)	20:43.09 (56.66)	21:37.44 (54.35)	
	22:30.74 (53.30)	23:24.20 (53.46)	24:18.39 (54.19)	25:12.61 (54.22)	
	26:06.81 (54.20)	26:55.42 (48.61)			

**Event 2 Men 55-59 1500 SC Meter Freestyle**

1	Len Phoenix	58	Diss Otters	22:07.87
	38.46	1:21.36 (42.90)	2:05.59 (44.23)	2:49.19 (43.60)
	3:33.33 (44.14)	4:17.74 (44.41)	5:02.06 (44.32)	5:47.84 (45.78)
	6:32.67 (44.83)	7:17.51 (44.84)	8:02.11 (44.60)	8:46.78 (44.67)
	9:31.30 (44.52)	10:16.07 (44.77)	11:00.65 (44.58)	11:45.14 (44.49)
	12:29.67 (44.53)	13:14.33 (44.66)	13:58.92 (44.59)	14:43.38 (44.46)
	15:28.46 (45.08)	16:12.79 (44.33)	16:57.76 (44.97)	17:42.55 (44.79)
	18:27.23 (44.68)	19:11.78 (44.55)	19:56.56 (44.78)	20:41.16 (44.60)
	21:25.63 (44.47)	22:07.87 (42.24)		
2	Kevin Murphy	57	Barnet Copthall	26:03.35
	42.99	1:33.47 (50.48)	2:24.76 (51.29)	3:16.36 (51.60)
	4:09.47 (53.11)	5:00.90 (51.43)	5:54.12 (53.22)	6:47.08 (52.96)
	7:39.73 (52.65)	8:32.32 (52.59)	9:24.83 (52.51)	10:18.02 (53.19)
	11:09.94 (51.92)	12:03.03 (53.09)	12:55.19 (52.16)	13:47.84 (52.65)
	14:40.38 (52.54)	15:32.66 (52.28)	16:24.95 (52.29)	17:17.79 (52.84)
	18:10.53 (52.74)	19:03.39 (52.86)	19:55.87 (52.48)	20:49.22 (53.35)
	21:42.88 (53.66)	22:35.65 (52.77)	23:29.03 (53.38)	24:21.48 (52.45)
	25:13.55 (52.07)	26:03.35 (49.80)		
3	Anthony Platts	57	Haywards Heath	28:14.05
	47.86	1:40.54 (52.68)	2:34.53 (53.99)	3:29.87 (55.34)
	4:24.86 (54.99)	5:20.90 (56.04)	6:16.68 (55.78)	7:14.18 (57.50)
	8:10.54 (56.36)	9:06.12 (55.58)	10:01.77 (55.65)	10:59.08 (57.31)
	11:57.12 (58.04)	12:53.35 (56.23)	13:50.95 (57.60)	14:47.25 (56.30)
	15:42.58 (55.33)	16:41.87 (59.29)	17:39.71 (57.84)	18:36.44 (56.73)
	19:33.73 (57.29)	20:30.18 (56.45)	21:27.74 (57.56)	22:24.74 (57.00)
	23:21.55 (56.81)	24:20.82 (59.27)	25:16.24 (55.42)	26:12.42 (56.18)
	27:16.67 (1:04.25)	28:14.05 (57.38)		

**Event 2 Men 60-64 1500 SC Meter Freestyle**

1	Graham Short	60	Spencer Swim Team	20:33.43
	35.23	1:15.06 (39.83)	1:54.51 (39.45)	2:35.63 (41.12)
	3:16.81 (41.18)	3:57.73 (40.92)	4:39.09 (41.36)	5:20.65 (41.56)
	6:03.38 (42.73)	6:45.00 (41.62)	7:26.57 (41.57)	8:08.13 (41.56)
	8:49.98 (41.85)	9:31.47 (41.49)	10:12.10 (40.63)	10:53.87 (41.77)
	11:36.09 (42.22)	12:17.43 (41.34)	12:57.89 (40.46)	13:40.71 (42.82)
	14:21.79 (41.08)	15:03.42 (41.63)	15:45.34 (41.92)	16:27.08 (41.74)
	17:09.33 (42.25)	17:51.07 (41.74)	18:32.86 (41.79)	19:14.62 (41.76)
	19:55.90 (41.28)	20:33.43 (37.53)		