

Event 1 Women 18-24 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Nicola Pasquire	19	Team Luton	9:03.50	9:27.61
	32.27	1:07.60 (35.33)	1:43.18 (35.58)	2:19.11 (35.93)
	2:54.68 (35.57)	3:30.65 (35.97)	4:06.73 (36.08)	4:42.82 (36.09)
	5:18.01 (35.19)	5:53.58 (35.57)	6:29.35 (35.77)	7:05.39 (36.04)
	7:40.98 (35.59)	8:16.78 (35.80)	8:52.66 (35.88)	9:27.61 (34.95)
2 Alice Theobald	22	Newmarket	11:27.88	10:47.31
	35.63	1:15.99 (40.36)	1:57.45 (41.46)	2:38.42 (40.97)
	3:19.69 (41.27)	4:00.50 (40.81)	4:41.78 (41.28)	5:23.52 (41.74)
	6:04.84 (41.32)	6:45.56 (40.72)	7:26.52 (40.96)	8:07.08 (40.56)
	8:48.51 (41.43)	9:29.07 (40.56)	10:09.31 (40.24)	10:47.31 (38.00)

Event 1 Women 35-39 800 SC Meter Freestyle

1 Emma Harvey	38	Barnet Cophall	10:15.00	10:08.89
	36.03	1:14.58 (38.55)	1:51.93 (37.35)	2:29.91 (37.98)
	3:07.81 (37.90)	3:45.61 (37.80)	4:23.70 (38.09)	5:01.28 (37.58)
	5:39.57 (38.29)	6:17.97 (38.40)	6:56.31 (38.34)	7:34.97 (38.66)
	8:13.41 (38.44)	8:52.47 (39.06)	9:31.07 (38.60)	10:08.89 (37.82)

Event 1 Women 45-49 800 SC Meter Freestyle

1 Judit Szilard	47	Torokbalinti Senior (Hungary)	11:35.00	11:24.65
	38.80	1:20.72 (41.92)	2:02.76 (42.04)	2:45.16 (42.40)
	3:28.05 (42.89)	4:11.06 (43.01)	4:54.55 (43.49)	5:38.20 (43.65)
	6:21.81 (43.61)	7:05.24 (43.43)	7:48.47 (43.23)	8:32.05 (43.58)
	9:15.46 (43.41)	9:58.90 (43.44)	10:42.49 (43.59)	11:24.65 (42.16)
2 Eleni Manolitsaki	47	Chelmsford	13:55.00	13:27.96
	44.02	1:33.07 (49.05)	2:24.43 (51.36)	3:15.87 (51.44)
	4:07.90 (52.03)	4:59.68 (51.78)	5:51.23 (51.55)	6:42.62 (51.39)
	7:33.87 (51.25)	8:25.20 (51.33)	9:16.19 (50.99)	10:07.37 (51.18)
	10:58.76 (51.39)	11:49.77 (51.01)	12:40.26 (50.49)	13:27.96 (47.70)

Event 1 Women 50-54 800 SC Meter Freestyle

1 Nuala Muir-Cochrane	53	Camden Swiss Cottage S.C.	11:00.00	10:21.28
	35.99	1:14.92 (38.93)	1:54.39 (39.47)	2:33.84 (39.45)
	3:13.08 (39.24)	3:52.32 (39.24)	4:31.46 (39.14)	5:10.78 (39.32)
	5:49.75 (38.97)	6:28.81 (39.06)	7:07.89 (39.08)	7:46.71 (38.82)
	8:25.64 (38.93)	9:04.76 (39.12)	9:43.81 (39.05)	10:21.28 (37.47)
2 Liz Woolner	50	Flitwick Dolphins	10:45.00	10:42.58
	36.11	1:15.03 (38.92)	1:54.70 (39.67)	2:34.56 (39.86)
	3:14.57 (40.01)	3:54.85 (40.28)	4:35.10 (40.25)	5:15.66 (40.56)
	5:56.14 (40.48)	6:37.50 (41.36)	7:18.66 (41.16)	7:59.98 (41.32)
	8:40.71 (40.73)	9:21.69 (40.98)	10:02.57 (40.88)	10:42.58 (40.01)
3 Cate Jackson	53	Barnet Cophall	11:30.00	10:48.36
	35.92	1:15.51 (39.59)	1:56.51 (41.00)	2:37.61 (41.10)
	3:18.42 (40.81)	3:58.60 (40.18)	4:39.95 (41.35)	5:21.12 (41.17)
	6:01.54 (40.42)	6:42.10 (40.56)	7:23.78 (41.68)	8:05.09 (41.31)
	8:45.62 (40.53)	9:27.12 (41.50)	10:08.99 (41.87)	10:48.36 (39.37)

Event 1 Women 55-59 800 SC Meter Freestyle

1 Caroline Madden	57	Bracknell & Wokingham	14:00.00	13:29.20
	44.42	1:32.62 (48.20)	2:22.50 (49.88)	3:13.60 (51.10)

4:04.95 (51.35)	4:56.72 (51.77)	5:48.19 (51.47)	6:39.89 (51.70)
7:31.16 (51.27)	8:22.41 (51.25)	9:13.52 (51.11)	10:04.48 (50.96)
10:56.21 (51.73)	11:47.25 (51.04)	12:38.73 (51.48)	13:29.20 (50.47)

--- Margaret Smith 59 City of Milton Keynes 12:20.00 DQ
 10.1 A swimmer did not cover the whole distance – DNF
 40.62 () 1:25.49 ()
 2:11.86 () 2:57.47 ()
 3:43.35 () 4:29.58 ()
 5:15.89 () DQ (46.05)

Event 1 Women 60-64 800 SC Meter Freestyle

1 Anne Bourne 63 Camphill Edwardians 11:44.47 11:24.20
 38.94 1:21.41 (42.47) 2:04.02 (42.61) 2:46.21 (42.19)
 3:29.02 (42.81) 4:11.90 (42.88) 4:55.01 (43.11) 5:38.42 (43.41)
 6:21.55 (43.13) 7:04.59 (43.04) 7:48.18 (43.59) 8:31.64 (43.46)
 9:15.89 (44.25) 9:59.54 (43.65) 10:43.16 (43.62) 11:24.20 (41.04)

2 Amanda Doyle 61 Kings Cormorants 12:30.00 12:37.17
 42.03 1:28.46 (46.43) 2:16.50 (48.04) 3:04.63 (48.13)
 3:53.61 (48.98) 4:42.13 (48.52) 5:30.82 (48.69) 6:19.15 (48.33)
 7:07.50 (48.35) 7:55.30 (47.80) 8:43.07 (47.77) 9:31.13 (48.06)
 10:18.44 (47.31) 11:06.01 (47.57) 11:52.93 (46.92) 12:37.17 (44.24)

3 Christine Ayers 64 South Beds Masters 12:45.00 12:59.66
 43.11 1:31.00 (47.89) 2:19.03 (48.03) 3:08.19 (49.16)
 3:57.40 (49.21) 4:47.24 (49.84) 5:36.87 (49.63) 6:26.50 (49.63)
 7:16.11 (49.61) 8:05.15 (49.04) 8:54.63 (49.48) 9:43.80 (49.17)
 10:33.51 (49.71) 11:22.64 (49.13) 12:11.66 (49.02) 12:59.66 (48.00)

4 Sue Procter 61 Barnet Cophall 13:22.00 13:15.89
 42.28 1:30.27 (47.99) 2:18.75 (48.48) 3:09.11 (50.36)
 3:59.59 (50.48) 4:49.91 (50.32) 5:39.85 (49.94) 6:29.62 (49.77)
 7:19.95 (50.33) 8:11.37 (51.42) 9:02.25 (50.88) 9:53.88 (51.63)
 10:45.08 (51.20) 11:36.56 (51.48) 12:27.17 (50.61) 13:15.89 (48.72)

5 Susan Green 61 Cally Masters Islington 15:31.25 16:03.35
 51.97 1:51.20 (59.23) 2:51.29 (1:00.09) 3:51.57 (1:00.28)
 4:52.97 (1:01.40) 5:54.65 (1:01.68) 6:55.51 (1:00.86) 7:56.56 (1:01.05)
 8:58.12 (1:01.56) 9:58.03 (59.91) 10:59.70 (1:01.67) 12:00.44 (1:00.74)
 13:01.11 (1:00.67) 14:02.67 (1:01.56) 15:04.14 (1:01.47) 16:03.35 (59.21)

--- Sara Perry 60 Cally Masters Islington 11:58.00 DQ
 10.1 A swimmer did not cover the whole distance – DNF
 39.71 () 1:25.00 ()
 2:11.45 () 2:57.88 ()
 3:44.93 () 4:31.29 ()
 5:18.55 () DQ (47.53)

Event 1 Women 65-69 800 SC Meter Freestyle

1 **Sue Haigh** 65 **Tiverton** 12:00.00 **11:44.72** **European Record**

39.70	1:23.68 (43.98)	2:08.47 (44.79)	2:52.87 (44.40)
3:37.59 (44.72)	4:22.63 (45.04)	5:07.82 (45.19)	5:52.50 (44.68)
6:37.12 (44.62)	7:21.43 (44.31)	8:05.97 (44.54)	8:50.08 (44.11)

9:34.51 (44.43) 10:18.74 (44.23) 11:02.64 (43.90) 11:44.72 (42.08)

2	Liz Neale	65	South Beds Masters	15:50.00	15:48.82
	52.28	1:49.18 (56.90)	2:47.97 (58.79)	3:47.56 (59.59)	
	4:46.98 (59.42)	5:46.95 (59.97)	6:46.54 (59.59)	7:46.15 (59.61)	
	8:46.03 (59.88)	9:45.80 (59.77)	10:46.30 (1:00.50)	11:47.70 (1:01.40)	
	12:48.81 (1:01.11)	13:49.99 (1:01.18)	14:50.91 (1:00.92)	15:48.82 (57.91)	

Event 1 Women 85-89 800 SC Meter Freestyle

1	Jane Asher	86	Kings Cormorants	15:00.00	14:35.79
	49.86	1:44.84 (54.98)	2:41.24 (56.40)	3:36.68 (55.44)	
	4:31.74 (55.06)	5:27.27 (55.53)	6:22.15 (54.88)	7:17.14 (54.99)	
	8:12.15 (55.01)	9:05.80 (53.65)	10:01.76 (55.96)	10:57.32 (55.56)	
	12:47.60 (1:50.28)	13:42.76 (55.16)	14:35.79 (53.03)		

Event 1 Men 25-29 800 SC Meter Freestyle

1	Kalon Veale	26	Totnes	8:56.43	8:54.91
	29.58	1:02.42 (32.84)	1:36.17 (33.75)	2:09.98 (33.81)	
	2:43.32 (33.34)	3:17.28 (33.96)	3:51.05 (33.77)	4:25.34 (34.29)	
	4:59.76 (34.42)	5:34.20 (34.44)	6:08.50 (34.30)	6:42.52 (34.02)	
	7:15.93 (33.41)	7:49.58 (33.65)	8:22.37 (32.79)	8:54.91 (32.54)	
2	Lorenzo Caciagli	29	Cally Masters Islington	9:30.00	9:22.77
	31.88	1:05.21 (33.33)	1:39.93 (34.72)	2:14.93 (35.00)	
	2:50.12 (35.19)	3:25.83 (35.71)	4:01.35 (35.52)	4:37.12 (35.77)	
	5:12.65 (35.53)	5:48.30 (35.65)	6:24.13 (35.83)	7:00.39 (36.26)	
	7:36.68 (36.29)	8:13.02 (36.34)	8:49.01 (35.99)	9:22.77 (33.76)	

Event 1 Men 40-44 800 SC Meter Freestyle

1	David Denny	41	City of Oxford	8:50.00	8:57.46
	29.86	1:02.68 (32.82)	1:36.10 (33.42)	2:09.50 (33.40)	
	2:42.94 (33.44)	3:16.46 (33.52)	3:50.43 (33.97)	4:24.86 (34.43)	
	4:59.58 (34.72)	5:34.31 (34.73)	6:08.79 (34.48)	6:43.21 (34.42)	
	7:17.23 (34.02)	7:51.39 (34.16)	8:25.59 (34.20)	8:57.46 (31.87)	
2	Richard Hope	41	Guildford City	9:30.00	9:33.41
	32.39	1:07.71 (35.32)	1:43.14 (35.43)	2:18.56 (35.42)	
	2:54.30 (35.74)	3:30.64 (36.34)	4:07.05 (36.41)	4:43.48 (36.43)	
	5:19.72 (36.24)	5:56.18 (36.46)	6:32.86 (36.68)	7:09.10 (36.24)	
	7:45.40 (36.30)	8:21.82 (36.42)	8:57.98 (36.16)	9:33.41 (35.43)	
3	Simon Marsden	43	Barnet Cophall	10:21.78	10:17.85
	34.61	1:12.21 (37.60)	1:50.92 (38.71)	2:29.91 (38.99)	
	3:08.85 (38.94)	3:47.86 (39.01)	4:27.08 (39.22)	5:06.21 (39.13)	
	5:45.68 (39.47)	6:25.03 (39.35)	7:04.30 (39.27)	7:43.54 (39.24)	
	8:22.65 (39.11)	9:01.55 (38.90)	9:40.11 (38.56)	10:17.85 (37.74)	

Event 1 Men 45-49 800 SC Meter Freestyle

1	Dave Pethers	47	Chelmsford	11:00.00	11:01.12
	35.68	1:14.55 (38.87)	1:54.98 (40.43)	2:35.75 (40.77)	
	3:17.09 (41.34)	3:59.11 (42.02)	4:41.35 (42.24)	5:23.76 (42.41)	
	6:05.77 (42.01)	6:47.86 (42.09)	7:30.05 (42.19)	8:12.29 (42.24)	
	8:54.58 (42.29)	9:37.22 (42.64)	10:20.07 (42.85)	11:01.12 (41.05)	

Event 1 Men 50-54 800 SC Meter Freestyle

1	Matthew Gomez	51	City of Oxford	10:15.00	10:14.50
	34.23	1:12.02 (37.79)	1:50.17 (38.15)	2:28.49 (38.32)	
	3:06.96 (38.47)	3:45.81 (38.85)	4:24.53 (38.72)	5:03.15 (38.62)	
	5:41.36 (38.21)	6:19.62 (38.26)	6:58.32 (38.70)	7:37.35 (39.03)	
	8:16.93 (39.58)	8:56.83 (39.90)	9:36.60 (39.77)	10:14.50 (37.90)	
2	Andrew Gristwood	53	Cleethorpes & District	10:35.00	10:31.98
	35.98	1:15.32 (39.34)	1:55.10 (39.78)	2:34.94 (39.84)	
	3:14.63 (39.69)	3:54.51 (39.88)	4:33.91 (39.40)	5:13.17 (39.26)	
	5:52.72 (39.55)	6:32.35 (39.63)	7:11.80 (39.45)	7:51.96 (40.16)	
	8:32.28 (40.32)	9:12.61 (40.33)	9:53.15 (40.54)	10:31.98 (38.83)	
3	David Josephs	53	Camden Swiss Cottage S.C.	11:30.00	11:21.35
	36.15	1:16.08 (39.93)	1:57.21 (41.13)	2:38.94 (41.73)	
	3:21.47 (42.53)	4:04.91 (43.44)	4:48.69 (43.78)	5:32.11 (43.42)	
	6:16.05 (43.94)	6:59.85 (43.80)	7:43.80 (43.95)	8:27.56 (43.76)	
	9:11.60 (44.04)	9:56.07 (44.47)	10:40.13 (44.06)	11:21.35 (41.22)	

Event 1 Men 55-59 800 SC Meter Freestyle

1	Alastair Gibb	57	Team Luton	11:12.00	11:04.84
	36.67	1:16.90 (40.23)	1:57.85 (40.95)	2:39.76 (41.91)	
	3:21.37 (41.61)	4:02.95 (41.58)	4:44.81 (41.86)	5:26.73 (41.92)	
	6:09.06 (42.33)	6:51.13 (42.07)	7:33.65 (42.52)	8:16.03 (42.38)	
	8:58.60 (42.57)	9:41.25 (42.65)	10:23.86 (42.61)	11:04.84 (40.98)	
2	Neil Procter	57	Barnet Cophall	11:45.00	11:06.31
	37.87	1:17.84 (39.97)	1:58.62 (40.78)	2:39.86 (41.24)	
	3:21.87 (42.01)	4:04.53 (42.66)	4:46.89 (42.36)	5:29.51 (42.62)	
	6:11.98 (42.47)	6:53.66 (41.68)	7:35.74 (42.08)	8:18.15 (42.41)	
	9:00.71 (42.56)	9:43.14 (42.43)	10:25.40 (42.26)	11:06.31 (40.91)	
3	Nigel Woods	55	City of Milton Keynes	11:20.00	11:21.26
	39.41	1:20.86 (41.45)	2:03.24 (42.38)	2:45.45 (42.21)	
	3:27.33 (41.88)	4:09.61 (42.28)	4:52.16 (42.55)	5:34.76 (42.60)	
	6:17.80 (43.04)	7:01.04 (43.24)	7:44.77 (43.73)	8:28.63 (43.86)	
	9:12.62 (43.99)	9:56.57 (43.95)	10:40.75 (44.18)	11:21.26 (40.51)	

Event 1 Men 60-64 800 SC Meter Freestyle

1	Simon Veale	61	Totnes	10:06.80	10:05.59
	33.35	1:10.79 (37.44)	1:49.13 (38.34)	2:27.57 (38.44)	
	3:05.67 (38.10)	3:44.13 (38.46)	4:22.26 (38.13)	5:00.48 (38.22)	
	5:38.82 (38.34)	6:17.24 (38.42)	6:55.58 (38.34)	7:33.63 (38.05)	
	8:12.23 (38.60)	8:50.64 (38.41)	9:28.70 (38.06)	10:05.59 (36.89)	
2	Richard Whatling	63	Cally Masters Islington	13:20.00	13:01.23
	43.50	1:30.95 (47.45)	2:20.02 (49.07)	3:09.59 (49.57)	
	3:59.67 (50.08)	4:49.70 (50.03)	5:38.61 (48.91)	6:28.34 (49.73)	
	7:17.96 (49.62)	8:07.88 (49.92)	8:57.18 (49.30)	9:46.66 (49.48)	
	10:36.40 (49.74)	11:26.24 (49.84)	12:14.33 (48.09)	13:01.23 (46.90)	

Event 1 Men 65-69 800 SC Meter Freestyle

1	Peter Gruitt	65	Sevenoaks SC	13:00.00	12:16.04
	43.94	1:29.30 (45.36)	2:15.21 (45.91)	3:01.11 (45.90)	
	3:46.86 (45.75)	4:32.86 (46.00)	5:19.45 (46.59)	6:05.50 (46.05)	
	6:52.48 (46.98)	7:38.09 (45.61)	8:23.93 (45.84)	9:10.81 (46.88)	

9:57.59 (46.78) 10:45.26 (47.67) 11:32.71 (47.45) 12:16.04 (43.33)

Event 1 Men 70-74 800 SC Meter Freestyle

1	Derek Parr	73	Broomfield Park	14:20.00	12:42.82
	42.84	1:30.15 (47.31)	2:18.35 (48.20)	3:07.05 (48.70)	
	3:55.26 (48.21)	4:43.93 (48.67)	5:32.39 (48.46)	6:21.26 (48.87)	
	7:09.59 (48.33)	7:57.99 (48.40)	8:46.64 (48.65)	9:34.56 (47.92)	
	10:22.17 (47.61)	11:10.45 (48.28)	11:58.66 (48.21)	12:42.82 (44.16)	

Event 1 Men 75-79 800 SC Meter Freestyle

1	Geoff Stokes	78	Rushmoor Royals	13:10.55	13:31.97
	46.80	1:37.86 (51.06)	2:29.63 (51.77)	3:21.83 (52.20)	
	4:13.53 (51.70)	5:05.54 (52.01)	5:57.22 (51.68)	6:49.18 (51.96)	
	7:40.91 (51.73)	8:32.59 (51.68)	9:24.00 (51.41)	10:15.24 (51.24)	
	11:06.03 (50.79)	11:56.46 (50.43)	12:46.21 (49.75)	13:31.97 (45.76)	
2	Paul Clarke	75	Beavers Masters Bedford	16:56.00	17:33.65
	54.90	1:56.15 (1:01.25)	3:00.08 (1:03.93)	4:03.60 (1:03.52)	
	5:09.21 (1:05.61)	6:14.59 (1:05.38)	7:21.76 (1:07.17)	8:28.55 (1:06.79)	
	9:36.13 (1:07.58)	10:44.29 (1:08.16)	11:52.06 (1:07.77)	13:01.06 (1:09.00)	
	14:09.39 (1:08.33)	15:20.19 (1:10.80)	16:29.14 (1:08.95)	17:33.65 (1:04.51)	

Sunday 9th July 2017**Event 2 Women 18-24 400 SC Meter Freestyle**

1	Nicola Lawrence	19	Haringey Aquatics	4:50.89	5:00.87
	32.72	1:09.27 (36.55)	1:47.31 (38.04)	2:26.36 (39.05)	
	3:05.03 (38.67)	3:43.80 (38.77)	4:22.89 (39.09)	5:00.87 (37.98)	
2	Hannah Mansfield	23	Bicester Blue Fins	5:40.08	5:45.82
	37.91	1:20.36 (42.45)	2:04.57 (44.21)	2:48.54 (43.97)	
	3:33.61 (45.07)	4:18.22 (44.61)	5:02.71 (44.49)	5:45.82 (43.11)	

Event 2 Women 30-34 400 SC Meter Freestyle

1	Gina Heyn	33	Teddington	4:41.00	4:39.93
	32.95	1:08.89 (35.94)	1:44.76 (35.87)	2:20.98 (36.22)	
	2:55.51 (34.53)	3:30.18 (34.67)	4:05.42 (35.24)	4:39.93 (34.51)	

Event 2 Women 35-39 400 SC Meter Freestyle

1	Kirsty Johnson	36	Bracknell & Wokingham	5:00.00	5:09.45
	33.46	1:10.89 (37.43)	1:49.02 (38.13)	2:29.13 (40.11)	
	3:09.26 (40.13)	3:49.90 (40.64)	4:30.68 (40.78)	5:09.45 (38.77)	

Event 2 Women 40-44 400 SC Meter Freestyle

1	Nicki Thorpe	43	Bracknell & Wokingham	5:15.40	5:09.21
	34.32	1:12.03 (37.71)	1:51.34 (39.31)	2:30.99 (39.65)	
	3:10.73 (39.74)	3:50.47 (39.74)	4:30.17 (39.70)	5:09.21 (39.04)	
2	Sarah Berry	44	Chelmsford	6:11.08	5:46.82
	39.26	1:22.16 (42.90)	2:05.84 (43.68)	2:49.64 (43.80)	
	3:33.61 (43.97)	4:17.89 (44.28)	5:02.73 (44.84)	5:46.82 (44.09)	

Event 2 Women 45-49 400 SC Meter Freestyle

1	Judit Szilard	47	Torokbalinti Senior (Hungary)	5:44.00	5:36.04
	37.71	1:18.78 (41.07)	2:01.00 (42.22)	2:43.81 (42.81)	
	3:26.44 (42.63)	4:09.68 (43.24)	4:53.08 (43.40)	5:36.04 (42.96)	

2	Eleni Manolitsaki	47	Chelmsford	6:50.00	6:35.50
	43.69	1:32.91 (49.22)	2:22.89 (49.98)	3:14.08 (51.19)	
	4:05.71 (51.63)	4:57.09 (51.38)	5:47.79 (50.70)	6:35.50 (47.71)	

Event 2 Women 50-54 400 SC Meter Freestyle

1	Nuala Muir-Cochrane	53	Camden Swiss Cottage S.C.	5:30.00	5:05.88
	34.61	1:12.66 (38.05)	1:51.62 (38.96)	2:30.65 (39.03)	
	3:09.65 (39.00)	3:48.93 (39.28)	4:28.00 (39.07)	5:05.88 (37.88)	
2	Elizabeth Shaw	51	Otter	5:45.00	5:41.68
	38.76	1:21.16 (42.40)	2:04.53 (43.37)	2:49.04 (44.51)	
	3:32.92 (43.88)	4:16.56 (43.64)	4:59.83 (43.27)	5:41.68 (41.85)	
3	Linden Jack	51	St Neots Swans	5:55.00	5:49.46
	39.47	1:22.91 (43.44)	2:07.06 (44.15)	2:51.41 (44.35)	
	3:35.59 (44.18)	4:20.26 (44.67)	5:05.03 (44.77)	5:49.46 (44.43)	

Event 2 Women 55-59 400 SC Meter Freestyle

---	Camilla Allwood	58	Hackney Aquatics	8:30.00	DQ
	10.1 A swimmer did not cover the whole distance – DNF				

Event 2 Women 60-64 400 SC Meter Freestyle

1	Patricia Reed	60	Bexley	6:40.45	6:38.04
	46.38	1:37.48 (51.10)	2:27.67 (50.19)	3:17.94 (50.27)	
	4:07.66 (49.72)	4:57.96 (50.30)	5:48.67 (50.71)	6:38.04 (49.37)	

Event 2 Women 65-69 400 SC Meter Freestyle

1	Liz Neale	65	South Beds Masters	7:40.00	7:42.83
	50.06	1:45.23 (55.17)	2:42.76 (57.53)	3:41.31 (58.55)	
	4:41.46 (1:00.15)	5:42.84 (1:01.38)	6:43.98 (1:01.14)	7:42.83 (58.85)	

Event 3 Men 18-24 400 SC Meter Freestyle

1	Alex Mason	21	Team Luton	4:11.70	4:14.81
	28.17	59.46 (31.29)	1:31.79 (32.33)	2:04.53 (32.74)	
	2:37.14 (32.61)	3:09.87 (32.73)	3:42.78 (32.91)	4:14.81 (32.03)	
2	Arron Moore	24	South Beds Masters	4:46.25	4:54.94
	34.27	1:11.86 (37.59)	1:50.33 (38.47)	2:27.83 (37.50)	
	3:05.42 (37.59)	3:42.28 (36.86)	4:19.17 (36.89)	4:54.94 (35.77)	

Event 3 Men 25-29 400 SC Meter Freestyle

1	Kalon Veale	26	Totnes	4:13.46	4:12.36
	28.22	59.68 (31.46)	1:31.73 (32.05)	2:03.96 (32.23)	
	2:36.31 (32.35)	3:08.56 (32.25)	3:40.64 (32.08)	4:12.36 (31.72)	
2	Lorenzo Caciagli	29	Cally Masters Islington	4:38.00	4:32.58
	32.07	1:06.41 (34.34)	1:40.90 (34.49)	2:15.42 (34.52)	
	2:49.67 (34.25)	3:23.80 (34.13)	3:58.60 (34.80)	4:32.58 (33.98)	
3	Adam Warner	27	Barnet Copthall	4:34.80	4:35.60
	30.51	1:03.43 (32.92)	1:37.82 (34.39)	2:13.29 (35.47)	
	2:48.91 (35.62)	3:24.97 (36.06)	4:00.53 (35.56)	4:35.60 (35.07)	
4	Andrew Benson	28	Out to Swim	4:37.39	4:41.10
	31.59	1:06.01 (34.42)	1:41.86 (35.85)	2:17.84 (35.98)	
	2:53.52 (35.68)	3:29.56 (36.04)	4:05.63 (36.07)	4:41.10 (35.47)	

Event 3 Men 30-34 400 SC Meter Freestyle

1	Craig Gillespie	30	Otter	4:30.00	4:31.14
	30.17	1:04.78 (34.61)	1:39.34 (34.56)	2:14.39 (35.05)	
	2:48.41 (34.02)	3:23.35 (34.94)	3:57.69 (34.34)	4:31.14 (33.45)	
2	Leon Smith	34	Teddington	4:35.00	4:43.71
	32.87	1:09.02 (36.15)	1:45.18 (36.16)	2:21.58 (36.40)	
	2:57.45 (35.87)	3:32.30 (34.85)	4:08.19 (35.89)	4:43.71 (35.52)	
3	Thomas Barnes	30	Bicester Blue Fins	4:59.00	4:49.14
	33.52	1:09.28 (35.76)	1:46.31 (37.03)	2:23.43 (37.12)	
	3:00.37 (36.94)	3:37.32 (36.95)	4:13.76 (36.44)	4:49.14 (35.38)	

Event 3 Men 35-39 400 SC Meter Freestyle

1	Luka Crnjakovic	39	Cally Masters Islington	4:45.00	4:51.06
	33.86	1:11.48 (37.62)	1:48.63 (37.15)	2:26.19 (37.56)	
	3:03.52 (37.33)	3:39.62 (36.10)	4:15.79 (36.17)	4:51.06 (35.27)	
2	Kieron Schiff	37	Hackney Aquatics	5:30.00	5:18.77
	33.70	1:11.90 (38.20)	1:51.35 (39.45)	2:32.29 (40.94)	
	3:14.54 (42.25)	3:56.86 (42.32)	4:38.51 (41.65)	5:18.77 (40.26)	

Event 3 Men 40-44 400 SC Meter Freestyle

1	Richard Hope	41	Guildford City	4:35.00	4:35.87
	31.62	1:06.07 (34.45)	1:41.76 (35.69)	2:17.17 (35.41)	
	2:51.84 (34.67)	3:26.78 (34.94)	4:01.48 (34.70)	4:35.87 (34.39)	
2	Casper Zafer	42	Hackney Aquatics	5:25.00	5:21.09
	34.90	1:13.24 (38.34)	1:54.06 (40.82)	2:35.71 (41.65)	
	3:17.36 (41.65)	3:59.20 (41.84)	4:40.85 (41.65)	5:21.09 (40.24)	

Event 3 Men 45-49 400 SC Meter Freestyle

1	Simon Berrey	46	Spencer	4:50.00	5:06.75
	34.97	1:12.37 (37.40)	1:50.87 (38.50)	2:30.02 (39.15)	
	3:08.80 (38.78)	3:48.13 (39.33)	4:27.98 (39.85)	5:06.75 (38.77)	
2	Dave Pethers	47	Chelmsford	5:30.00	5:18.06
	34.91	1:13.39 (38.48)	1:53.51 (40.12)	2:34.53 (41.02)	
	3:15.59 (41.06)	3:56.86 (41.27)	4:38.63 (41.77)	5:18.06 (39.43)	
3	John O'Rourke	48	Team Luton	5:30.00	5:36.43
	37.68	1:18.35 (40.67)	2:00.18 (41.83)	2:42.36 (42.18)	
	3:25.12 (42.76)	4:08.37 (43.25)	4:53.23 (44.86)	5:36.43 (43.20)	

Event 3 Men 50-54 400 SC Meter Freestyle

1	Mark Reynolds	54	Barnet Cophall	4:40.00	4:41.34
	33.11	1:09.30 (36.19)	1:45.62 (36.32)	2:21.95 (36.33)	
	2:57.49 (35.54)	3:32.46 (34.97)	4:07.44 (34.98)	4:41.34 (33.90)	
2	Marcel Scholten	51	Modernians	5:00.89	4:57.42
	32.74	1:08.89 (36.15)	1:46.99 (38.10)	2:25.32 (38.33)	
	3:03.49 (38.17)	3:41.88 (38.39)	4:20.09 (38.21)	4:57.42 (37.33)	
3	Matthew Gomez	51	City of Oxford	5:05.00	5:01.30
	33.65	1:09.71 (36.06)	1:47.04 (37.33)	2:24.66 (37.62)	
	3:02.79 (38.13)	3:43.07 (40.28)	4:22.82 (39.75)	5:01.30 (38.48)	

4	Andrew Gristwood	53	Cleethorpes & District	5:05.00	5:03.25
	34.89	1:12.73 (37.84)	1:50.88 (38.15)	2:29.16 (38.28)	
	3:07.36 (38.20)	3:45.80 (38.44)	4:25.07 (39.27)	5:03.25 (38.18)	
Event 3 Men 55-59 400 SC Meter Freestyle					
1	David Cartledge	57	Modernians	4:59.80	5:02.45
	34.39	1:12.01 (37.62)	1:50.65 (38.64)	2:29.40 (38.75)	
	3:07.95 (38.55)	3:46.31 (38.36)	4:24.73 (38.42)	5:02.45 (37.72)	
Event 3 Men 70-74 400 SC Meter Freestyle					
1	Derek Parr	73	Broomfield Park	7:00.00	6:23.09
	41.58	1:28.47 (46.89)	2:17.14 (48.67)	3:06.57 (49.43)	
	3:57.24 (50.67)	4:47.17 (49.93)	5:36.32 (49.15)	6:23.09 (46.77)	
Event 4 Women 18-24 200 SC Meter Backstroke					
1	Yasmeen Naseer	23	Otter	3:20.00	3:31.77
	50.02	1:44.24 (54.22)	2:38.96 (54.72)	3:31.77 (52.81)	
Event 4 Women 25-29 200 SC Meter Backstroke					
1	Hannah Loughlin	29	Teddington	2:28.08	2:29.73
	35.35	1:13.02 (37.67)	1:51.64 (38.62)	2:29.73 (38.09)	
Event 4 Women 30-34 200 SC Meter Backstroke					
1	Gina Heyn	33	Teddington	2:35.00	2:37.26
	38.94	1:18.89 (39.95)	1:58.39 (39.50)	2:37.26 (38.87)	
Event 4 Women 35-39 200 SC Meter Backstroke					
1	Sachika Yamawaki	36	Barnet Cophall	2:38.00	2:38.42
	37.57	1:17.69 (40.12)	1:57.97 (40.28)	2:38.42 (40.45)	
2	Lisa Dawson	39	Barnet Cophall	2:44.89	2:40.88
	39.23	1:20.06 (40.83)	2:00.90 (40.84)	2:40.88 (39.98)	
Event 4 Women 40-44 200 SC Meter Backstroke					
1	Helen Barrison	42	Barnet Cophall	2:50.50	2:48.09
	40.73	1:22.84 (42.11)	2:06.24 (43.40)	2:48.09 (41.85)	
Event 4 Women 45-49 200 SC Meter Backstroke					
---	Eleni Manolitsaki	47	Chelmsford	3:48.00	DQ
	10.1 A swimmer did not cover the whole distance – DNF				
Event 4 Women 50-54 200 SC Meter Backstroke					
1	Allie Price	52	Cardiff Masters	2:45.00	2:41.26 Welsh
	Record				
	38.10	1:18.84 (40.74)	2:00.42 (41.58)	2:41.26 (40.84)	
2	Lesley Cordial	50	Ruislip & Northwood	2:51.00	2:50.04
	38.66	1:20.73 (42.07)	2:04.85 (44.12)	2:50.04 (45.19)	
3	Anne Raymond	54	Croydon Amphibians	3:26.00	3:21.63
	49.45	1:40.79 (51.34)	2:32.14 (51.35)	3:21.63 (49.49)	
---	Silvia Ferdin	52	City of Cambridge	3:15.00	DQ
	6.2 Left position on the back (other than to initiate a turn)				
	42.95	1:28.36 (45.41)	2:15.23 (46.87)	DQ (44.99)	

Event 4 Women 60-64 200 SC Meter Backstroke

1	Amanda Doyle	61	Kings Cormorants	3:30.00	3:27.31
	49.07	1:41.61 (52.54)	2:35.27 (53.66)	3:27.31 (52.04)	

Event 4 Women 65-69 200 SC Meter Backstroke

1	Kathleen Tunncliffe	65	Wolverhampton	3:20.00	3:17.79
	47.52	1:38.14 (50.62)	2:28.01 (49.87)	3:17.79 (49.78)	

Event 4 Women 85-89 200 SC Meter Backstroke

1	Jane Asher	86	Kings Cormorants	4:10.00	4:09.70
	1:00.10	2:05.12 (1:05.02)	3:10.77 (1:05.65)	4:09.70 (58.93)	

Event 5 Men 18-24 200 SC Meter Backstroke

---	Arron Moore	24	South Beds Masters	2:38.62	DQ
	10.1 A swimmer did not cover the whole distance – DNF				

Event 5 Men 30-34 200 SC Meter Backstroke

1	Daniel John	30	Totnes	2:20.00	2:23.46
	33.37	1:09.37 (36.00)	1:46.44 (37.07)	2:23.46 (37.02)	

Event 5 Men 35-39 200 SC Meter Backstroke

1	Luka Crnjakovic	39	Cally Masters Islington	2:25.30	2:32.06
	36.33	1:14.56 (38.23)	1:53.82 (39.26)	2:32.06 (38.24)	

2	Grant Innes	37	Teddington	2:30.00	2:33.54
	36.94	1:14.86 (37.92)	1:54.62 (39.76)	2:33.54 (38.92)	

Event 5 Men 40-44 200 SC Meter Backstroke

1	David Denny	41	City of Oxford	2:20.00	2:19.16
	32.09	1:07.04 (34.95)	1:43.07 (36.03)	2:19.16 (36.09)	

Event 5 Men 45-49 200 SC Meter Backstroke

1	Simon Berrey	46	Spencer	2:35.00	2:37.74
	37.34	1:16.60 (39.26)	1:57.40 (40.80)	2:37.74 (40.34)	

2	Simon Mellor	47	Bracknell & Wokingham	2:48.00	2:46.92
	39.11	1:22.26 (43.15)	2:05.12 (42.86)	2:46.92 (41.80)	

Event 5 Men 55-59 200 SC Meter Backstroke

1	Martin Fenner	55	Romford Town	2:31.50	2:28.23
	35.07	1:12.67 (37.60)	1:50.50 (37.83)	2:28.23 (37.73)	

2	David Cartledge	57	Modernians	2:36.20	2:33.43
	35.67	1:13.78 (38.11)	1:53.68 (39.90)	2:33.43 (39.75)	

3	Stephen Allen	57	Hull Masters	2:34.01	2:37.81
	37.46	1:17.43 (39.97)	1:58.31 (40.88)	2:37.81 (39.50)	

Event 5 Men 70-74 200 SC Meter Backstroke

1	Malcolm Munro	70	Barnes	3:10.00	3:13.39
	42.73	1:31.44 (48.71)	2:24.58 (53.14)	3:13.39 (48.81)	

2	Derek Parr	73	Broomfield Park	4:20.00	3:41.77
	54.61	1:51.89 (57.28)	2:48.72 (56.83)	3:41.77 (53.05)	

Event 5 Men 75-79 200 SC Meter Backstroke

1	Nigel Salsbury	77	Spencer	3:57.69	3:57.15
	55.91	3:57.15	(3:01.24)		
2	Paul Clarke	75	Beavers Masters Bedford	4:18.00	4:07.73
	57.56	1:59.87	(1:02.31) 3:05.25 (1:05.38)	4:07.73	(1:02.48)
Event 6 Women 25-29 100 SC Meter Breaststroke					
1	Jenny Jones	27	Cardiff Masters	1:21.37	1:18.18
	37.03	1:18.18	(41.15)		
2	Sarah Preston	27	Teddington	1:35.00	1:30.86
	42.10	1:30.86	(48.76)		
Event 6 Women 30-34 100 SC Meter Breaststroke					
1	Joanne Holder	32	South Beds Masters	1:25.00	1:20.90
	39.17	1:20.90	(41.73)		
2	Jenny Crittenden	32	Bracknell & Wokingham	1:25.21	1:26.66
	40.18	1:26.66	(46.48)		
Event 6 Women 35-39 100 SC Meter Breaststroke					
1	Emma Oliver	36	Ashford Town	1:22.00	1:17.59
	36.93	1:17.59	(40.66)		
2	Sarah Pearse	35	South Beds Masters	1:24.50	1:23.39
	38.28	1:23.39	(45.11)		
Event 6 Women 40-44 100 SC Meter Breaststroke					
1	Sarah Berry	44	Chelmsford	1:40.00	1:35.41
	46.03	1:35.41	(49.38)		
Event 6 Women 45-49 100 SC Meter Breaststroke					
1	Katrina Farrall	47	Basildon & Phoenix	1:26.00	1:26.43
	41.42	1:26.43	(45.01)		
2	Lorraine Sadler	46	Team Luton	1:50.00	1:49.97
	52.26	1:49.97	(57.71)		
Event 6 Women 50-54 100 SC Meter Breaststroke					
1	Elizabeth Shaw	51	Otter	1:35.00	1:36.41
	46.07	1:36.41	(50.34)		
Event 6 Women 60-64 100 SC Meter Breaststroke					
1	Patricia Reed	60	Bexley	1:58.97	1:58.08
	57.14	1:58.08	(1:00.94)		
Event 7 Men 18-24 100 SC Meter Breaststroke					
1	Alex Mason	21	Team Luton	1:08.83	1:10.89
	33.71	1:10.89	(37.18)		
Event 7 Men 30-34 100 SC Meter Breaststroke					
1	Craig Gillespie	30	Otter	1:07.50	1:09.74
	32.01	1:09.74	(37.73)		

2	Matt Wai Kwong Wan	32	Otter	1:10.70	1:12.19
	33.40	1:12.19	(38.79)		
3	Ryan Steward	30	Bicester Blue Fins	1:12.00	1:12.43
	33.80	1:12.43	(38.63)		
4	Daniel John	30	Totnes	1:20.00	1:20.78
	38.44	1:20.78	(42.34)		

Event 7 Men 40-44 100 SC Meter Breaststroke

1	David Daporta-Mendez	40	Out to Swim	1:23.00	1:23.99
	40.71	1:23.99	(43.28)		
2	Adam Freer	40	Barnet Copthall	1:23.00	1:24.97
	39.92	1:24.97	(45.05)		

Event 7 Men 45-49 100 SC Meter Breaststroke

1	Mark Deakin	46	Teddington	1:13.50	1:13.01
	33.75	1:13.01	(39.26)		
2	Dave Pethers	47	Chelmsford	1:35.00	1:29.64
	42.85	1:29.64	(46.79)		
3	John O'Rourke	48	Team Luton	1:45.00	1:44.36
	49.63	1:44.36	(54.73)		

Event 7 Men 50-54 100 SC Meter Breaststroke

1	Marcel Scholten	51	Modernians	1:15.00	1:14.86
	34.86	1:14.86	(40.00)		
2	Marc Winter	50	South Beds Masters	1:44.50	1:45.18
	49.05	1:45.18	(56.13)		

Event 7 Men 55-59 100 SC Meter Breaststroke

1	David Cartledge	57	Modernians	1:17.80	1:19.32
	36.95	1:19.32	(42.37)		
2	Phil Holme	58	Barnet Copthall	1:26.00	1:27.47
	41.31	1:27.47	(46.16)		
3	Alastair Gibb	57	Team Luton	1:30.00	1:29.71
	42.04	1:29.71	(47.67)		

Event 7 Men 75-79 100 SC Meter Breaststroke

1	Peter Harding	79	Truro City	2:10.00	2:12.60
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Event 8 Women 18-24 200 SC Meter Butterfly

1	Sarah Procter	21	Barnet Copthall	2:40.00	2:45.08
	35.18	1:15.66	(40.48)	1:59.07	(43.41)
				2:45.08	(46.01)
2	Nicola Lawrence	19	Haringey Aquatics	2:43.82	3:03.12
	36.03	1:21.06	(45.03)	2:12.97	(51.91)
				3:03.12	(50.15)

Event 8 Women 30-34 200 SC Meter Butterfly

1	Fiona Kinsella	33	Trojan (Ireland)	2:34.98	2:30.24	Irish Record
	33.75	1:11.54	(37.79)	1:50.19	(38.65)	2:30.24
				2:30.24	(40.05)	

Event 8 Women 45-49 200 SC Meter Butterfly

1	Jeanne Petit	47	Chesham	2:52.00	2:48.36
	37.21	1:18.67 (41.46)	2:02.62 (43.95)	2:48.36 (45.74)	
2	Judit Szilard	47	Torokbalinti Senior (Hungary)	3:25.00	3:19.25
	45.02	1:36.49 (51.47)	2:28.53 (52.04)	3:19.25 (50.72)	

Event 8 Women 50-54 200 SC Meter Butterfly

1	Silvia Ferdin	52	City of Cambridge	3:20.00	2:48.25
	38.02	1:19.91 (41.89)	2:04.27 (44.36)	2:48.25 (43.98)	

Event 8 Women 65-69 200 SC Meter Butterfly

1	Kathleen Tunncliffe	65	Wolverhampton	4:10.00	4:10.98
	50.34	1:58.77 (1:08.43)	3:06.48 (1:07.71)	4:10.98 (1:04.50)	

Event 9 Men 35-39 200 SC Meter Butterfly

1	Brian Lee	36	N.A.C. Masters (Ireland)	2:40.00	2:41.55
	32.95	1:13.00 (40.05)	1:57.28 (44.28)	2:41.55 (44.27)	

Event 9 Men 50-54 200 SC Meter Butterfly

1	Matthew Gomez	51	City of Oxford	2:45.00	2:48.15
	35.92	1:18.94 (43.02)	2:04.33 (45.39)	2:48.15 (43.82)	
2	Andrew Gristwood	53	Cleethorpes & District	2:55.00	2:54.73
	39.33	1:24.32 (44.99)	2:09.50 (45.18)	2:54.73 (45.23)	

Event 9 Men 70-74 200 SC Meter Butterfly

1	Derek Parr	73	Broomfield Park	3:45.00	3:26.33
	44.94	1:35.87 (50.93)	2:34.91 (59.04)	3:26.33 (51.42)	

Event 15 Women 18-24 400 SC Meter IM

1	Sarah Procter	21	Barnet Copthall	5:40.00	5:44.63
	35.44	1:17.33 (41.89)	2:02.72 (45.39)	2:48.58 (45.86)	
	3:38.15 (49.57)	4:27.40 (49.25)	5:06.36 (38.96)	5:44.63 (38.27)	

Event 15 Women 30-34 400 SC Meter IM

1	Gina Heyn	33	Teddington	5:25.00	5:16.06
	35.01	1:13.89 (38.88)	1:58.01 (44.12)	2:41.77 (43.76)	
	3:21.87 (40.10)	4:04.65 (42.78)	4:40.70 (36.05)	5:16.06 (35.36)	

Event 15 Women 45-49 400 SC Meter IM

1	Judit Szilard	47	Torokbalinti Senior (Hungary)	6:38.00	6:35.68
	45.03	1:37.22 (52.19)	2:26.64 (49.42)	3:17.19 (50.55)	
	4:13.71 (56.52)	5:10.33 (56.62)	5:52.99 (42.66)	6:35.68 (42.69)	

Event 15 Women 50-54 400 SC Meter IM

1	Silvia Ferdin	52	City of Cambridge	6:30.00	6:00.19
	36.94	1:18.86 (41.92)	2:09.06 (50.20)	2:55.79 (46.73)	
	3:47.61 (51.82)	4:39.86 (52.25)	5:20.82 (40.96)	6:00.19 (39.37)	
2	Anne Raymond	54	Croydon Amphibians	7:05.00	6:54.57
	49.81	1:45.34 (55.53)	2:39.63 (54.29)	3:33.33 (53.70)	
	4:27.89 (54.56)	5:21.95 (54.06)	6:08.99 (47.04)	6:54.57 (45.58)	

Event 15 Women 65-69 400 SC Meter IM

1	Sue Haigh	65	Tiverton	6:50.00	6:55.91
	45.17	1:38.70 (53.53)	2:33.46 (54.76)	3:29.09 (55.63)	

4:29.42 (1:00.33) 5:30.09 (1:00.67) 6:14.25 (44.16) 6:55.91 (41.66)

Event 16 Men 18-24 400 SC Meter IM

1 Jack Spence 23 Hemel Hempstead 4:55.00 4:55.62
 28.84 1:04.15 (35.31) 1:40.83 (36.68) 2:17.17 (36.34)
 3:01.01 (43.84) 3:46.53 (45.52) 4:22.43 (35.90) 4:55.62 (33.19)

Event 16 Men 30-34 400 SC Meter IM

1 Daniel John 30 Totnes 5:00.00 4:57.35
 30.28 1:04.98 (34.70) 1:43.86 (38.88) 2:22.77 (38.91)
 3:07.58 (44.81) 3:52.64 (45.06) 4:25.64 (33.00) 4:57.35 (31.71)

2 Matt Wai Kwong Wan 32 Otter 5:33.00 5:24.36
 31.40 1:07.88 (36.48) 1:50.13 (42.25) 2:32.34 (42.21)
 3:19.81 (47.47) 4:07.32 (47.51) 4:46.22 (38.90) 5:24.36 (38.14)

Event 16 Men 45-49 400 SC Meter IM

1 Paul Smoothy 49 Teddington 5:50.00 5:47.69
 35.61 1:15.63 (40.02) 2:05.03 (49.40) 2:52.35 (47.32)
 3:41.06 (48.71) 4:29.61 (48.55) 5:09.29 (39.68) 5:47.69 (38.40)

2 John O'Rourke 48 Team Luton 6:55.00 7:00.67
 45.00 1:38.80 (53.80) 2:35.01 (56.21) 3:28.61 (53.60)
 4:28.95 (1:00.34) 5:30.09 (1:01.14) 6:17.29 (47.20) 7:00.67 (43.38)

Event 16 Men 50-54 400 SC Meter IM

1 Matthew Gomez 51 City of Oxford 5:45.00 5:46.95
 33.84 1:14.81 (40.97) 2:01.35 (46.54) 2:46.58 (45.23)
 3:35.29 (48.71) 4:25.57 (50.28) 5:07.61 (42.04) 5:46.95 (39.34)

2 Andrew Gristwood 53 Cleethorpes & District 6:00.00 6:05.66
 38.71 1:23.63 (44.92) 2:13.46 (49.83) 3:01.20 (47.74)
 3:56.81 (55.61) 4:51.04 (54.23) 5:28.38 (37.34) 6:05.66 (37.28)

Event 16 Men 55-59 400 SC Meter IM

1 Martin Fenner 55 Romford Town 5:30.50 5:21.86
 33.91 1:14.27 (40.36) 1:54.73 (40.46) 2:34.98 (40.25)
 3:21.37 (46.39) 4:07.85 (46.48) 4:45.41 (37.56) 5:21.86 (36.45)

Event 16 Men 60-64 400 SC Meter IM

1 Simon Veale 61 Totnes 5:35.80 5:38.91
 34.91 1:14.98 (40.07) 1:59.67 (44.69) 2:43.45 (43.78)
 3:32.49 (49.04) 4:21.72 (49.23) 5:01.17 (39.45) 5:38.91 (37.74)

Event 16 Men 75-79 400 SC Meter IM

1 Paul Clarke 75 Beavers Masters Bedford 8:46.50 8:58.89
 1:03.57 2:11.75 (1:08.18) 3:23.53 (1:11.78) 4:30.89 (1:07.36)
 5:41.79 (1:10.90) 6:54.78 (1:12.99) 7:57.46 (1:02.68) 8:58.89 (1:01.43)

Event 17 Women 18-24 100 SC Meter Backstroke

1 Nicola Lawrence 19 Haringey Aquatics 1:10.26 1:13.60
 35.64 1:13.60 (37.96)

--- Yasmeen Naseer 23 Otter 1:30.00 DQ
 4.4 Start before starting signal
 47.12 DQ (52.41)

Event 17 Women 25-29 100 SC Meter Backstroke

1	Hannah Loughlin	29 Teddington	1:09.11	1:11.36
	34.98	1:11.36 (36.38)		

Event 17 Women 30-34 100 SC Meter Backstroke

1	Joanne Holder	32 South Beds Masters	1:18.00	1:14.87
	36.24	1:14.87 (38.63)		

Event 17 Women 35-39 100 SC Meter Backstroke

1	Sachika Yamawaki	36 Barnet Cophall	1:14.00	1:14.12
	36.41	1:14.12 (37.71)		

2	Lisa Dawson	39 Barnet Cophall	1:16.89	1:15.25
	36.88	1:15.25 (38.37)		

3	Natasha Morgan	35 Cally Masters Islington	1:20.00	1:16.85
	36.94	1:16.85 (39.91)		

Event 17 Women 40-44 100 SC Meter Backstroke

1	Helen Barrison	42 Barnet Cophall	1:19.30	1:17.42
	38.14	1:17.42 (39.28)		

2	Clare Warren	40 South Beds Masters	1:28.00	1:24.48
	1:24.13	1:24.48 (0.35)		

3	Sarah Berry	44 Chelmsford	1:25.79	1:24.49
	41.74	1:24.49 (42.75)		

Event 17 Women 45-49 100 SC Meter Backstroke

1	Katrina Farrall	47 Basildon & Phoenix	1:21.00	1:18.82
	37.81	1:18.82 (41.01)		

2	Eleni Manolitsaki	47 Chelmsford	1:45.00	1:41.85
	49.67	1:41.85 (52.18)		

Event 17 Women 60-64 100 SC Meter Backstroke

1	Amanda Doyle	61 Kings Cormorants	1:37.00	1:38.06
	48.10	1:38.06 (49.96)		

Event 17 Women 85-89 100 SC Meter Backstroke

1	Jane Asher	86 Kings Cormorants	2:00.00	1:50.77
	56.35	1:50.77 (54.42)		

Event 18 Men 30-34 100 SC Meter Backstroke

1	Craig Gillespie	30 Otter	1:05.00	1:06.48
	32.00	1:06.48 (34.48)		

2	Ryan Steward	30 Bicester Blue Fins	1:12.00	1:11.12
	34.83	1:11.12 (36.29)		

Event 18 Men 35-39 100 SC Meter Backstroke

1	Luka Crnjakovic	39 Cally Masters Islington	1:06.50	1:09.28
	33.85	1:09.28 (35.43)		

2	Grant Innes	37 Teddington	1:09.06	1:10.79
	35.02	1:10.79 (35.77)		

Event 18 Men 45-49 100 SC Meter Backstroke

1	Mark Deakin	46	Teddington	1:09.50	1:08.85
	33.30	1:08.85	(35.55)		
2	Simon Mellor	47	Bracknell & Wokingham	1:16.00	1:15.32
	36.08	1:15.32	(39.24)		

Event 18 Men 55-59 100 SC Meter Backstroke

1	Stephen Allen	57	Hull Masters	1:10.31	1:13.14
	35.34	1:13.14	(37.80)		
2	Martin Fenner	55	Romford Town	1:08.72	1:13.90
	34.90	1:13.90	(39.00)		
3	Peter Masters	55	South Beds Masters	1:18.00	1:16.48
	36.51	1:16.48	(39.97)		
4	Martyn Fresher	55	Team Anglia	1:20.00	1:20.03
	39.08	1:20.03	(40.95)		

Event 18 Men 70-74 100 SC Meter Backstroke

1	Malcolm Munro	70	Barnes	1:29.00	1:28.19
	41.73	1:28.19	(46.46)		

Event 18 Men 75-79 100 SC Meter Backstroke

1	Nigel Salisbury	77	Spencer	1:42.90	1:40.51
	48.05	1:40.51	(52.46)		

Event 19 Women 18-24 200 SC Meter Freestyle

1	Sarah Procter	21	Barnet Copthall	2:15.00	2:21.80
	31.90	1:07.54	(35.64) 1:44.78 (37.24)	2:21.80 (37.02)	
2	Nicola Lawrence	19	Haringey Aquatics	2:17.69	2:25.16
	33.21	1:10.11	(36.90) 1:47.49 (37.38)	2:25.16 (37.67)	
3	Hannah Mansfield	23	Bicester Blue Fins	2:43.48	2:47.06
	38.02	1:20.72	(42.70) 2:04.31 (43.59)	2:47.06 (42.75)	

Event 19 Women 25-29 200 SC Meter Freestyle

1	Jenny Jones	27	Cardiff Masters	2:09.56	2:13.35
	30.34	1:03.68	(33.34) 1:38.38 (34.70)	2:13.35 (34.97)	

Event 19 Women 30-34 200 SC Meter Freestyle

1	Jenny Crittenden	32	Bracknell & Wokingham	2:29.03	2:28.41
	34.41	1:12.11	(37.70) 1:50.96 (38.85)	2:28.41 (37.45)	

Event 19 Women 35-39 200 SC Meter Freestyle

1	Emma Harvey	38	Barnet Copthall	2:25.50	2:28.82
	35.36	1:12.48	(37.12) 1:50.70 (38.22)	2:28.82 (38.12)	

Event 19 Women 45-49 200 SC Meter Freestyle

1	Helen Gorman	45	Long Eaton	2:16.07	2:15.40 British Record
	30.86	1:04.76	(33.90) 1:40.27 (35.51)	2:15.40 (35.13)	
2	Liz Simpson	45	Long Eaton	2:25.00	2:26.79
	34.46	1:11.79	(37.33) 1:49.79 (38.00)	2:26.79 (37.00)	

3	Lorraine Sadler	46	Team Luton	3:14.00	3:13.40
	41.35	1:30.72 (49.37)	2:24.86 (54.14)	3:13.40 (48.54)	
Event 19 Women 50-54 200 SC Meter Freestyle					
1	Elizabeth Shaw	51	Otter	2:45.00	2:41.46
	37.67	1:18.99 (41.32)	2:01.03 (42.04)	2:41.46 (40.43)	
2	Linden Jack	51	St Neots Swans	2:44.14	2:43.29
	36.88	1:19.22 (42.34)	2:01.40 (42.18)	2:43.29 (41.89)	
Event 19 Women 55-59 200 SC Meter Freestyle					
1	Sally Winter	57	Bishop Stortford S C	2:30.50	2:28.41
	34.80	1:12.70 (37.90)	1:51.14 (38.44)	2:28.41 (37.27)	
Event 19 Women 60-64 200 SC Meter Freestyle					
1	Sara Perry	60	Cally Masters Islington	2:51.00	2:50.45
	39.44	1:23.09 (43.65)	2:07.55 (44.46)	2:50.45 (42.90)	
2	Patricia Reed	60	Bexley	3:17.67	3:13.38
	46.36	1:36.52 (50.16)	2:26.26 (49.74)	3:13.38 (47.12)	
Event 19 Women 65-69 200 SC Meter Freestyle					
1	Liz Neale	65	South Beds Masters	3:41.00	3:40.06
	49.79	1:44.81 (55.02)	2:42.76 (57.95)	3:40.06 (57.30)	
Event 20 Men 18-24 200 SC Meter Freestyle					
1	Alex Mason	21	Team Luton	1:56.01	2:02.16
	28.27	59.11 (30.84)	1:30.75 (31.64)	2:02.16 (31.41)	
2	Michael Procter	24	Bicester Blue Fins	2:05.75	2:07.62
	29.00	1:00.90 (31.90)	1:34.47 (33.57)	2:07.62 (33.15)	
Event 20 Men 25-29 200 SC Meter Freestyle					
1	Lorenzo Caciagli	29	Cally Masters Islington	2:10.00	2:08.56
	30.02	1:02.54 (32.52)	1:35.71 (33.17)	2:08.56 (32.85)	
2	Adam Warner	27	Barnet Cophall	2:08.08	2:10.27
	29.37	1:02.13 (32.76)	1:36.25 (34.12)	2:10.27 (34.02)	
Event 20 Men 30-34 200 SC Meter Freestyle					
1	Thomas Barnes	30	Bicester Blue Fins	2:15.00	2:13.33
	30.17	1:04.91 (34.74)	1:40.30 (35.39)	2:13.33 (33.03)	
Event 20 Men 35-39 200 SC Meter Freestyle					
1	Grant Innes	37	Teddington	2:11.63	2:15.11
	31.88	1:06.39 (34.51)	1:41.43 (35.04)	2:15.11 (33.68)	
2	Luka Crnjakovic	39	Cally Masters Islington	2:11.00	2:16.18
	30.98	1:04.81 (33.83)	1:40.23 (35.42)	2:16.18 (35.95)	
3	Kieron Schiff	37	Hackney Aquatics	2:30.00	2:28.46
	33.62	1:10.60 (36.98)	1:49.61 (39.01)	2:28.46 (38.85)	
Event 20 Men 40-44 200 SC Meter Freestyle					
1	David Denny	41	City of Oxford	2:01.00	2:02.27

	29.25	1:00.74 (31.49)	1:32.15 (31.41)	2:02.27 (30.12)	
2 Simon Marsden	32.16	1:07.70 (35.54)	1:43.90 (36.20)	2:20.99 (37.09)	2:20.99
3 Casper Zafer	34.26	1:11.85 (37.59)	1:51.53 (39.68)	2:30.78 (39.25)	2:30.78
4 Adam Freer	41.62	1:28.61 (46.99)	2:16.76 (48.15)	3:04.12 (47.36)	3:04.12
Event 20 Men 45-49 200 SC Meter Freestyle					
1 John O'Rourke	36.86	1:16.72 (39.86)	1:57.52 (40.80)	2:37.52 (40.00)	2:37.52
Event 20 Men 50-54 200 SC Meter Freestyle					
1 Mark Reynolds	29.37	1:01.95 (32.58)	1:35.03 (33.08)	2:07.95 (32.92)	2:07.95
2 Andrew Gristwood	35.16	1:13.57 (38.41)	1:51.26 (37.69)	2:26.74 (35.48)	2:26.74
3 Marc Winter	39.32	1:26.19 (46.87)	2:17.01 (50.82)	3:07.93 (50.92)	3:07.93
Event 20 Men 55-59 200 SC Meter Freestyle					
1 Alastair Gibb	35.03	1:13.34 (38.31)	1:52.24 (38.90)	2:31.91 (39.67)	2:31.91
2 Peter Masters	33.08	1:12.12 (39.04)	1:55.70 (43.58)	2:40.32 (44.62)	2:40.32
Event 21 Women 18-24 100 SC Meter Butterfly					
1 Nicola Lawrence	35.57	1:23.39 (47.82)		1:14.34	1:23.39
Event 21 Women 25-29 100 SC Meter Butterfly					
1 Hannah Loughlin	35.06	1:14.34 (39.28)		1:11.18	1:14.34
Event 21 Women 30-34 100 SC Meter Butterfly					
1 Gina Heyn	32.40	1:07.05 (34.65)		1:06.00	1:07.05
Event 21 Women 35-39 100 SC Meter Butterfly					
1 Natasha Morgan	33.68	1:12.82 (39.14)		1:18.00	1:12.82
2 Samantha Hammond	35.03	1:17.07 (42.04)		1:17.50	1:17.07
Event 21 Women 40-44 100 SC Meter Butterfly					
1 Clare Warren	41.56	1:30.68 (49.12)		1:24.00	1:30.68
Event 21 Women 45-49 100 SC Meter Butterfly					
1 Jeanne Petit				1:12.00	1:11.52

34.30 1:11.52 (37.22)

Event 21 Women 50-54 100 SC Meter Butterfly

1	Allie Price	52	Cardiff Masters	1:14.00	1:12.88
		34.05	1:12.88 (38.83)		
2	Lesley Cordial	50	Ruislip & Northwood	1:11.00	1:13.61
		35.93	1:13.61 (37.68)		

Event 21 Women 60-64 100 SC Meter Butterfly

1	Amanda Doyle	61	Kings Cormorants	1:45.00	1:44.32
		50.26	1:44.32 (54.06)		

Event 22 Men 25-29 100 SC Meter Butterfly

1	Andrew Benson	28	Out to Swim	1:04.03	1:03.36
		29.38	1:03.36 (33.98)		

Event 22 Men 30-34 100 SC Meter Butterfly

1	Leon Smith	34	Teddington	1:00.00	1:03.35
		28.63	1:03.35 (34.72)		
2	Craig Gillespie	30	Otter	1:02.00	1:04.75
		31.05	1:04.75 (33.70)		
3	Ryan Steward	30	Bicester Blue Fins	1:12.00	1:12.96
		31.99	1:12.96 (40.97)		

Event 22 Men 40-44 100 SC Meter Butterfly

1	David Daporta-Mendez	40	Out to Swim	1:14.00	1:13.74
		34.86	1:13.74 (38.88)		

Event 22 Men 45-49 100 SC Meter Butterfly

1	Mark Deakin	46	Teddington	1:08.50	1:06.31
		30.80	1:06.31 (35.51)		
2	Paul Smoothy	49	Teddington	1:14.00	1:15.38
		34.40	1:15.38 (40.98)		

Event 22 Men 55-59 100 SC Meter Butterfly

1	Phil Holme	58	Barnet Cophall	1:24.00	1:26.53
		40.16	1:26.53 (46.37)		

Event 25 Women 18-24 200 SC Meter IM

1	Nicola Lawrence	19	Haringey Aquatics	2:35.04	2:44.53
		36.90	1:17.89 (40.99)	2:06.87 (48.98)	2:44.53 (37.66)

Event 25 Women 30-34 200 SC Meter IM

1	Gina Heyn	33	Teddington	2:25.00	2:25.75
		32.29	1:12.96 (40.67)	1:52.55 (39.59)	2:25.75 (33.20)

Event 25 Women 35-39 200 SC Meter IM

1	Lisa Dawson	39	Barnet Cophall	2:43.68	2:40.86
		37.30	1:19.37 (42.07)	2:05.42 (46.05)	2:40.86 (35.44)
2	Samantha Hammond	37	South Beds Masters	2:56.00	2:53.50
		33.79	1:20.59 (46.80)	2:14.84 (54.25)	2:53.50 (38.66)

Event 25 Women 40-44 200 SC Meter IM

1	Clare Warren	40	South Beds Masters	3:02.00	3:01.52
	39.87	1:25.86 (45.99)	2:20.93 (55.07)	3:01.52 (40.59)	

Event 25 Women 45-49 200 SC Meter IM

1	Helen Gorman	45	Long Eaton	2:32.06	2:30.92	British Record
	34.87	1:12.78 (37.91)	1:55.46 (42.68)	2:30.92 (35.46)		
2	Liz Simpson	45	Long Eaton	2:45.50	2:45.20	
	36.52	1:19.66 (43.14)	2:08.90 (49.24)	2:45.20 (36.30)		
3	Jeanne Petit	47	Chesham	2:48.00	2:47.38	
	34.79	1:21.10 (46.31)	2:10.41 (49.31)	2:47.38 (36.97)		
4	Eleni Manolitsaki	47	Chelmsford	4:15.00	3:44.23	
	48.93	1:44.38 (55.45)	2:53.99 (1:09.61)	3:44.23 (50.24)		
5	Lorraine Sadler	46	Team Luton	4:00.00	3:52.59	
	1:55.16	3:01.37 (1:06.21)	3:52.72 (51.35)	3:52.59 ()		

Event 25 Women 50-54 200 SC Meter IM

1	Allie Price	52	Cardiff Masters	2:45.00	2:40.36	Welsh Record
	35.29	1:16.67 (41.38)	2:03.52 (46.85)	2:40.36 (36.84)		
2	Liz Woolner	50	Flitwick Dolphins	2:48.00	2:42.95	
	34.18	1:16.02 (41.84)	2:06.55 (50.53)	2:42.95 (36.40)		

Event 25 Women 60-64 200 SC Meter IM

1	Amanda Doyle	61	Kings Cormorants	3:35.00	3:29.65
	45.59	1:40.60 (55.01)	2:46.23 (1:05.63)	3:29.65 (43.42)	

Event 25 Women 65-69 200 SC Meter IM

1	Kathleen Tunncliffe	65	Wolverhampton	3:30.00	3:26.09
	43.47	1:38.42 (54.95)	2:40.63 (1:02.21)	3:26.09 (45.46)	

Event 26 Men 18-24 200 SC Meter IM

1	Michael Procter	24	Bicester Blue Fins	2:24.38	2:26.66
	28.66	1:08.74 (40.08)	1:53.20 (44.46)	2:26.66 (33.46)	

Event 26 Men 25-29 200 SC Meter IM

1	Kalon Veale	26	Totnes	2:10.71	2:14.15
	28.17	1:01.35 (33.18)	1:41.87 (40.52)	2:14.15 (32.28)	
2	Adam Warner	27	Barnet Copthall	2:30.22	2:32.45
	33.02	1:13.58 (40.56)	1:58.69 (45.11)	2:32.45 (33.76)	

Event 26 Men 30-34 200 SC Meter IM

1	Leon Smith	34	Teddington	2:17.00	2:20.94
	29.07	1:08.65 (39.58)	1:48.48 (39.83)	2:20.94 (32.46)	
2	Daniel John	30	Totnes	2:20.00	2:23.04
	29.32	1:08.21 (38.89)	1:51.75 (43.54)	2:23.04 (31.29)	
3	Ryan Steward	30	Bicester Blue Fins	2:30.00	2:34.78

31.52 1:12.03 (40.51) 1:57.85 (45.82) 2:34.78 (36.93)

Event 26 Men 40-44 200 SC Meter IM

1	David Daporta-Mendez	40	Out to Swim	2:36.00	2:36.15
				34.91 1:16.05 (41.14) 2:02.15 (46.10) 2:36.15 (34.00)	
2	Simon Marsden	43	Barnet Cophall	2:39.30	2:37.85
				34.01 1:15.68 (41.67) 2:01.67 (45.99) 2:37.85 (36.18)	

Event 26 Men 45-49 200 SC Meter IM

1	Mark Deakin	46	Teddington	2:29.00	2:30.36
				31.59 1:11.93 (40.34) 1:55.37 (43.44) 2:30.36 (34.99)	

Event 26 Men 50-54 200 SC Meter IM

1	Julian Reed	52	City of Milton Keynes	3:35.11	3:08.43
				37.76 1:27.97 (50.21) 2:26.25 (58.28) 3:08.43 (42.18)	

Event 26 Men 55-59 200 SC Meter IM

1	Martin Fenner	55	Romford Town	2:31.60	2:32.50
				32.20 1:10.25 (38.05) 1:56.98 (46.73) 2:32.50 (35.52)	
2	Peter Masters	55	South Beds Masters	2:55.00	2:51.80
				36.26 1:19.90 (43.64) 2:11.17 (51.27) 2:51.80 (40.63)	

Event 26 Men 60-64 200 SC Meter IM

1	Simon Veale	61	Totnes	2:35.10	2:34.31 British Record
				31.71 1:11.13 (39.42) 1:57.77 (46.64) 2:34.31 (36.54)	

Event 27 Women 18-24 200 SC Meter Breaststroke

1	Sarah Procter	21	Barnet Cophall	3:05.00	3:01.31
				41.80 1:27.09 (45.29) 2:15.31 (48.22) 3:01.31 (46.00)	
2	Hannah Mansfield	23	Bicester Blue Fins	3:30.00	3:24.77
				48.05 1:40.34 (52.29) 2:32.87 (52.53) 3:24.77 (51.90)	

Event 27 Women 30-34 200 SC Meter Breaststroke

1	Jenny Crittenden	32	Bracknell & Wokingham	3:05.98	3:02.70
				42.11 1:27.85 (45.74) 2:15.11 (47.26) 3:02.70 (47.59)	

Event 27 Women 35-39 200 SC Meter Breaststroke

1	Sarah Pearse	35	South Beds Masters	3:06.00	3:04.07
				42.05 1:29.30 (47.25) 2:17.71 (48.41) 3:04.07 (46.36)	

Event 27 Women 40-44 200 SC Meter Breaststroke

1	Emma Roch	44	South Beds Masters	3:30.00	3:25.31
				47.53 1:39.43 (51.90) 2:33.18 (53.75) 3:25.31 (52.13)	

Event 27 Women 50-54 200 SC Meter Breaststroke

1	Silvia Ferdin	52	City of Cambridge	3:40.00	3:17.15
				46.21 1:36.51 (50.30) 2:27.58 (51.07) 3:17.15 (49.57)	
2	Elizabeth Shaw	51	Otter	3:20.00	3:23.91
				47.93 1:39.99 (52.06) 2:33.54 (53.55) 3:23.91 (50.37)	
3	Anne Raymond	54	Croydon Amphibians	3:28.00	3:28.15
				49.02 1:41.93 (52.91) 2:35.96 (54.03) 3:28.15 (52.19)	

Event 27 Women 60-64 200 SC Meter Breaststroke

1	Sara Perry	48.47	1:42.61 (54.14)	60 Cally Masters Islington	2:38.07 (55.46)	3:32.26 (54.19)	3:27.50	3:32.26
2	Patricia Reed	59.19	2:01.91 (1:02.72)	60 Bexley	3:05.42 (1:03.51)	4:06.76 (1:01.34)	4:08.27	4:06.76
3	Susan Green	1:00.69	2:09.53 (1:08.84)	61 Cally Masters Islington	3:19.51 (1:09.98)	4:31.05 (1:11.54)	4:45.00	4:31.05
Event 27 Women 65-69 200 SC Meter Breaststroke								
1	Kathleen Tunnicliffe	53.38	1:54.87 (1:01.49)	65 Wolverhampton	2:56.71 (1:01.84)	3:55.18 (58.47)	4:00.00	3:55.18
Event 27 Women 85-89 200 SC Meter Breaststroke								
1	Jane Asher	1:05.66	2:20.08 (1:14.42)	86 Kings Cormorants	3:33.22 (1:13.14)	4:43.19 (1:09.97)	5:00.00	4:43.19
Event 28 Men 30-34 200 SC Meter Breaststroke								
1	Craig Gillespie	35.15	1:15.55 (40.40)	30 Otter	1:56.80 (41.25)	2:36.53 (39.73)	2:28.00	2:36.53
Event 28 Men 40-44 200 SC Meter Breaststroke								
1	David Denny	36.79	1:17.68 (40.89)	41 City of Oxford	1:59.04 (41.36)	2:40.11 (41.07)	2:40.00	2:40.11
Event 28 Men 55-59 200 SC Meter Breaststroke								
1	Alastair Gibb	43.53	1:34.00 (50.47)	57 Team Luton	2:25.60 (51.60)	3:15.89 (50.29)	3:12.00	3:15.89
Event 28 Men 75-79 200 SC Meter Breaststroke								
1	Paul Clarke	58.05	2:06.81 (1:08.76)	75 Beavers Masters Bedford	3:16.32 (1:09.51)	4:18.02 (1:01.70)	4:16.00	4:18.02
Event 29 Women 18-24 100 SC Meter Freestyle								
1	Nicola Lawrence	31.77	1:06.50 (34.73)	19 Haringey Aquatics			1:04.64	1:06.50
Event 29 Women 25-29 100 SC Meter Freestyle								
1	Jenny Jones	29.00	1:00.22 (31.22)	27 Cardiff Masters			59.24	1:00.22
2	Hannah Loughlin	31.16	1:04.98 (33.82)	29 Teddington			1:03.79	1:04.98
3	Sarah Preston	33.00	1:09.22 (36.22)	27 Teddington			1:06.70	1:09.22
4	Dee Procter	43.91	1:33.32 (49.41)	26 Cally Masters Islington			1:16.00	1:33.32
Event 29 Women 35-39 100 SC Meter Freestyle								
1	Natasha Morgan	31.76	1:06.18 (34.42)	35 Cally Masters Islington			1:10.00	1:06.18
2	Samantha Hammond	32.56	1:06.70 (34.14)	37 South Beds Masters			1:06.00	1:06.70

Event 29 Women 40-44 100 SC Meter Freestyle

1	Christina Smith	41	St Albans Masters	1:15.00	1:15.71
	35.82		1:15.71 (39.89)		

Event 29 Women 45-49 100 SC Meter Freestyle

1	Helen Gorman	45	Long Eaton	1:02.37	1:03.88
	31.24		1:03.88 (32.64)		
2	Catherine Freeman	45	St Albans Masters	1:25.00	1:15.82
	37.35		1:15.82 (38.47)		
3	Lorraine Sadler	46	Team Luton	1:27.00	1:26.41
	40.83		1:26.41 (45.58)		

Event 29 Women 50-54 100 SC Meter Freestyle

1	Liz Woolner	50	Flitwick Dolphins	1:06.00	1:05.03
	31.56		1:05.03 (33.47)		
2	Allie Price	52	Cardiff Masters	1:12.00	1:08.84
	33.01		1:08.84 (35.83)		
3	Elizabeth Shaw	51	Otter	1:15.00	1:16.48
	36.71		1:16.48 (39.77)		

Event 29 Women 55-59 100 SC Meter Freestyle

1	Margaret Smith	59	City of Milton Keynes	1:17.50	1:14.11
	34.99		1:14.11 (39.12)		

Event 29 Women 60-64 100 SC Meter Freestyle

1	Amanda Doyle	61	Kings Cormorants	1:23.00	1:21.20
	39.09		1:21.20 (42.11)		

Event 29 Women 65-69 100 SC Meter Freestyle

1	Liz Neale	65	South Beds Masters	1:45.00	1:42.00
	48.78		1:42.00 (53.22)		

Event 30 Men 18-24 100 SC Meter Freestyle

1	Alex Mason	21	Team Luton	54.70	56.83
	27.63		56.83 (29.20)		

Event 30 Men 30-34 100 SC Meter Freestyle

1	Andrew Swanston	33	Barnet Cophall	58.27	58.65
	28.02		58.65 (30.63)		
2	Thomas Barnes	30	Bicester Blue Fins	59.00	59.68
	28.00		59.68 (31.68)		

Event 30 Men 35-39 100 SC Meter Freestyle

1	Grant Innes	37	Teddington	59.99	1:00.50
	29.40		1:00.50 (31.10)		
2	Wesley Fraser	37	South Beds Masters	1:40.00	1:25.84
	40.50		1:25.84 (45.34)		

Event 30 Men 40-44 100 SC Meter Freestyle

1	Simon Marsden	43	Barnet Cophall	1:04.80	1:05.84
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31.76 1:05.84 (34.08)

Event 30 Men 45-49 100 SC Meter Freestyle

1	Jonathan Raines	49	Barnet Copthall	1:04.00	1:02.77
	29.98				1:02.77 (32.79)
2	Paul Smoothy	49	Teddington	1:02.75	1:03.84
	30.52				1:03.84 (33.32)

Event 30 Men 50-54 100 SC Meter Freestyle

1	Mark Reynolds	54	Barnet Copthall	58.50	58.50
	28.21				58.50 (30.29)
2	Marc Winter	50	South Beds Masters	1:19.90	1:22.44
	36.48				1:22.44 (45.96)

Event 30 Men 55-59 100 SC Meter Freestyle

1	Martyn Fresher	55	Team Anglia	1:07.00	1:07.00
	32.10				1:07.00 (34.90)
2	Peter Masters	55	South Beds Masters	1:10.00	1:07.95
	32.08				1:07.95 (35.87)

Event 30 Men 75-79 100 SC Meter Freestyle

1	Nigel Salisbury	77	Spencer	1:35.00	1:34.25
	43.27				1:34.25 (50.98)

Records All Subject to Ratification

Congratulations to everyone this weekend. I hope you have all enjoyed your competition despite the hot weather conditions and see you again at our Sprints Meet in September and /or our 1500 Freestyle in November. Good luck in all you do.

Please consider Mark Reynolds' amazing challenge to swim 100 x 100m every 1min.30secs on Sunday 16th July in support of **The Mind Blue Light Programme**.

If you wish to donate via the Mace Foundation Justgiving page the link is below:-

<https://www.justgiving.com/fundraising/markreynoldsmace>

Good Luck Mark!