

1500m Meet – 26th / 27th November 2005

Combined Results

Women 18 & Under

Name	Age	Team	Seed Time	Finals Time
--- Laura Bellars*	17	Colchester Phoenix	25:02.00	25:23.21*

**British Record Disability Swimming*

Women 19-24

1 Victoria Akers	24	Barnet Cophall	21:10.00	21:28.32
2 Jane Edmondson	22	Barnet Cophall	23:00.00	22:54.25
3 Sophie Grant-Brown*	19	Colchester Phoenix	42:59.92	30:33.45

Women 25-29

1 Lucy Mullan	25	Camden Swiss Cott	25:00.00	20:34.45
2 Kate Cowell	28	Barnet Cophall	22:15.00	21:20.68
2 Joanna Carritt	29	Anaconda	24:00.00	24:40.85

Women 30-34

1 Sarah Chamberlain	34	City of Cambridge	21:05.54	21:21.24
2 Lucy Roper	33	Reading	23:00.00	22:13.47
3 Nicky Main	32	Barnet Cophall	28:30.00	25:52.67
4 Denise Bettinson	34	Impington	35:00.00	29:46.27

Women 35-39

1 Emma France	37	Guildford City	24:35.37	24:58.05
2 Elena de la Camara	35	Camden Swiss Cott	32:00.00	29:02.71
3 Lucy Francis	37	Camden Swiss Cott	42:00.00	42:29.72

Women 40-44

1 Bridget Bewick	40	Northampton	24:00.00	21:46.25
2 Adrienne Betts	41	Barnet Cophall	23:15.00	23:39.91
3 Sheena Bassett	44	Dorking	23:54.51	24:12.85
4 Pauline Tester	41	Redbridge Borough Masters	26:00.00	25:24.87
5 Paula Barry	43	Redbridge Borough Masters	24:00.00	25:49.03
6 Janet Casey	42	Barnet Cophall	27:30.00	28:22.19
7 Kim Woods	43	Newport Pagnell	31:00.00	28:28.76
8 Jean Geers	42	City of St Albans	30:00.00	29:31.81

Women 45-49

1 Amanda Doyle	49	Dorking	22:50.00	22:40.60
2 Elizabeth Knowles	45	Camden Swiss Cott	24:23.00	24:19.43
3 Jacqueline Patel	45	Kings Cormorants	28:00.00	24:57.64
4 Annie Daniels	46	Hatfield	24:33.66	25:07.53
5 Kang Hae Kim	45	Barnet Cophall	26:41.00	26:09.21
6 Jane Dodd	48	Isle Of Wight	32:00.00	28:22.52
7 Sheenagh Barron	48	Barnet Cophall	32:00.00	34:04.05

Women 50-54

1 Jayne Ball	51	Barnet Cophall	21:10.00	21:39.84
2 Ulla Davis	54	Uppsala (Sweden)	27:00.00	25:22.88
3 Jeanette Benn	54	Barnet Cophall	29:00.00	27:26.11
4 Miranda Carter	50	Camden Swiss Cott	29:00.00	29:49.19
5 Sue Pepper*	50	City Of Canterbury	40:00.00	32:57.41
6 Helen O'Leary	51	Phoenix (Ireland)	33:20.00	33:12.28

Women 55-59

1 Rose Dudeney	58	Haywards Heath	25:15.00	25:51.24
2 Sue Johnson	58	St. Ives	26:04.00	26:01.64
3 Maggie Hargraves*	58	Colchester Phoenix	35:00.00	33:53.11

Women 60-64

1 Elaine Blower	60	Barnet Cophall	24:15.00	23:50.39
1 Georgie Hamilton	62	Barnet Cophall	35:00.00	29:45.66

Women 65-69

1 Jenny Ball	67	Isle Of Wight	29:30.00	28:14.24
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1	Jane Asher	74	Kings Cormorants	25:00.00	24:26.58
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Men 25-29

1	Gary Wood	25	Camden Swiss Cott	18:45.30	19:05.85
2	Richard Woodward	28	Stowmarket	19:00.00	19:59.89
3	Dan Scheinmann	26	Camden Swiss Cott	21:00.00	21:27.91
4	Adam Freer	28	Camden Swiss Cott	23:14.08	22:06.71

Men 30-34

1	Ryan O'Leary	34	Birmingham Masters	19:30.00	19:13.53
2	Matthew Gallop	33	Staines	20:28.00	20:18.84
3	James Scott	32	Serpentine	17:00.00	20:20.63
4	Sean Mc Cormack	34	Camden Swiss Cott	22:30.00	21:47.71
5	Cesare Granata	33	Impington	22:00.00	22:03.58
6	David Bettinson	32	Impington	24:15.00	24:35.90

Men 35-39

1	Fred Clatworthy	35	Roskill Masters (New Zealand)	17:10.00	<u>16:54.45 New Zealand Record</u>
2	Duncan Hartley	37	Barnet Cophall	19:01.00	18:14.92
3	Andrew Brown	37	Camden Swiss Cott	19:55.00	20:42.91
4	Andy Cook	37	Dorking	20:50.00	21:44.42
5	Peter Kavanagh	35	Camden Swiss Cott	23:00.00	22:23.05
6	Patrick Waldron	37	Barnet Cophall	24:00.00	24:24.10

Men 40-44

1	Calum Mc Kinlay	41	Camden Swiss Cott	18:44.60	18:45.00
2	Martin Hawley	41	Ealing	18:42.10	19:17.54
3	Haydn Jones	40	Woking	21:15.00	21:03.83
4	Geoff Jones	43	Biggleswade	22:00.00	22:00.06
5	Nigel Woods	43	Newport Pagnell	22:30.00	22:06.03
6	Richard Gillman	42	Redbridge Borough Masters	23:00.00	23:17.99
7	Rik van Gasteren	41	Aquamigos (Holland)	24:41.45	24:47.94
8	David White	43	Anaconda	25:00.00	25:24.36
9	Colin Stringer	43	Redbridge Borough Masters	28:00.00	27:23.42

Men 45-49

1	David Shamp	47	Dorking	20:30.00	20:10.88
2	Jim Boucher	45	Guildford City	22:00.00	21:44.66
3	John Gibbings	47	Redbridge Borough Masters	24:00.00	23:23.77
4	Bill Gristwood	46	Hartham Masters	23:59.00	24:35.62
5	Bernard Henshall	48	City of St Albans	26:00.00	26:30.04
6	Martin Laverick	48	Cannons St Albans	28:30.00	28:35.38
7	Ivan Naisbitt	45	Enfield Water Polo	36:00.00	30:09.89

Men 50-54

1	Chris Kiernan	50	Anaconda	22:12.00	22:01.96
2	Martin Appleby	52	Barnet Cophall	22:54.00	23:29.04
3	Peter Rank	53	Impington	24:30.00	24:26.43
4	Stephen Smith	53	Anaconda	27:15.00	26:43.12
5	Peter Hanson	51	Dover Lifeguard	28:00.00	29:08.75

Men 55-59

1	Kevin Murphy	56	Barnet Cophall	26:10.00	25:54.25
2	Clive Bradburn	58	Larkfield	30:00.00	26:46.18
3	Stuart Mc Gowan	56	Griffins of Enfield	25:00.00	26:54.22
4	Anthony Platts	56	Haywards Heath	28:00.00	27:15.37
5	Phil Sears	59	Dorking	27:00.00	27:58.97

Men 60-64

1	Tony Pearce	60	Wandsworth	22:30.00	21:25.95
2	Richard Goddard	63	Impington	25:10.84	25:49.83
3	David Hall	63	City of Oxford	25:42.00	26:13.16
4	John Williamson	64	Bracknell	27:10.00	27:15.53
5	Bruce Thompson	63	Barnet Cophall	29:20.00	29:23.17

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6 Paul Clarke	63 Luton	30:00.00	30:34.00
Men 65-69			
1 Geoff Stokes	66 Rushmoor Royals	22:00.00	22:13.83
2 Andrew Elcock	65 Spencer Swim Team	22:30.00	22:48.13
3 John Harrington	69 Barnet Copthall	26:00.00	25:43.40
4 Edward Gerald	69 Serpentine	28:10.00	26:23.91
5 Brian Reed	68 City of Oxford	28:10.00	27:45.83
6 Brian Hey	66 Marlborough Penguins	29:20.00	28:58.10
Men 70-74			
1 John Starr	71 Romford Town	24:24.00	24:41.60
2 William Mackay	74 Luton	37:00.00	32:59.82
Men 75-79			
1 Roy Naisbitt	75 Enfield Water Polo	37:00.00	34:44.42

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Women 18 & Under

Name	Age	Team	Seed Time	Finals Time
--- Laura Bellars*	17	Colchester Phoenix	25:02.00	25:23.21
46.32	1:37.03 (50.71)	2:27.93 (50.90)	3:19.14 (51.21)	British Record
4:10.53 (51.39)	5:01.99 (51.46)	5:53.74 (51.75)	6:44.68 (50.94)	Disability Swimming
7:35.54 (50.86)	8:26.53 (50.99)	9:17.47 (50.94)	10:09.22 (51.75)	
11:00.47 (51.25)	11:51.72 (51.25)	12:42.82 (51.10)	13:33.71 (50.89)	
14:24.82 (51.11)	15:15.87 (51.05)	16:06.80 (50.93)	16:57.86 (51.06)	
17:49.16 (51.30)	18:40.45 (51.29)	19:31.65 (51.20)	20:22.78 (51.13)	
21:13.90 (51.12)	22:05.12 (51.22)	22:55.36 (50.24)	23:46.21 (50.85)	
24:36.38 (50.17)	25:23.21 (46.83)			

Women 19-24

1 Sophie Grant-Brown*	19	Colchester Phoenix	42:59.92	30:33.45
54.76	1:53.16 (58.40)	2:51.81 (58.65)	3:51.66 (59.85)	
4:50.64 (58.98)	5:52.98 (1:02.34)	6:54.66 (1:01.68)	7:56.60 (1:01.94)	
8:57.89 (1:01.29)	10:00.39 (1:02.50)	11:02.88 (1:02.49)	12:05.72 (1:02.84)	
13:09.97 (1:04.25)	14:13.16 (1:03.19)	15:13.11 (59.95)	16:16.83 (1:03.72)	
17:21.81 (1:04.98)	18:22.14 (1:00.33)	19:23.47 (1:01.33)	20:25.08 (1:01.61)	
21:28.29 (1:03.21)	22:31.31 (1:03.02)	23:32.83 (1:01.52)	24:34.58 (1:01.75)	
25:35.84 (1:01.26)	26:36.16 (1:00.32)	27:37.60 (1:01.44)	28:36.07 (58.47)	
29:34.91 (58.84)	30:33.45 (58.54)			

Women 30-34

1 Sarah Chamberlain	34	City of Cambridge	21:05.54	21:21.24
34.86	1:15.69 (40.83)	1:58.23 (42.54)	2:40.20 (41.97)	
3:22.51 (42.31)	4:05.21 (42.70)	4:47.84 (42.63)	5:30.45 (42.61)	
6:14.32 (43.87)	6:58.41 (44.09)	7:41.77 (43.36)	8:25.22 (43.45)	
9:07.97 (42.75)	9:52.12 (44.15)	10:35.29 (43.17)	11:18.32 (43.03)	
12:02.28 (43.96)	12:45.85 (43.57)	13:29.72 (43.87)	14:13.69 (43.97)	
14:57.27 (43.58)	15:42.05 (44.78)	16:24.59 (42.54)	17:07.89 (43.30)	
17:51.51 (43.62)	18:35.94 (44.43)	19:18.93 (42.99)	20:02.77 (43.84)	
20:45.19 (42.42)	21:21.24 (36.05)			
2 Lucy Roper	33	Reading	23:00.00	22:13.47
39.13	1:21.80 (42.67)	2:05.96 (44.16)	2:50.79 (44.83)	
3:36.15 (45.36)	4:21.07 (44.92)	5:06.32 (45.25)	5:51.38 (45.06)	
6:36.44 (45.06)	7:21.68 (45.24)	8:06.42 (44.74)	8:51.19 (44.77)	
9:36.17 (44.98)	10:20.81 (44.64)	11:05.75 (44.94)	11:50.76 (45.01)	
12:35.43 (44.67)	13:20.68 (45.25)	14:05.33 (44.65)	14:50.16 (44.83)	
15:34.82 (44.66)	16:19.32 (44.50)	17:03.90 (44.58)	17:48.33 (44.43)	
18:32.70 (44.37)	19:17.59 (44.89)	20:02.46 (44.87)	20:47.59 (45.13)	
21:32.15 (44.56)	22:13.47 (41.32)			
3 Denise Bettinson	34	Impington	35:00.00	29:46.27
54.06	1:49.43 (55.37)	2:46.71 (57.28)	3:45.45 (58.74)	
4:43.55 (58.10)	5:41.96 (58.41)	6:40.79 (58.83)	7:40.27 (59.48)	
8:40.82 (1:00.55)	9:40.85 (1:00.03)	10:39.98 (59.13)	11:38.99 (59.01)	
12:38.49 (59.50)	13:37.46 (58.97)	14:37.45 (59.99)	15:37.12 (59.67)	
16:37.14 (1:00.02)	17:37.39 (1:00.25)	18:37.32 (59.93)	19:36.69 (59.37)	
20:37.09 (1:00.40)	21:37.00 (59.91)	22:37.78 (1:00.78)	23:39.44 (1:01.66)	
24:39.35 (59.91)	25:40.33 (1:00.98)	26:41.45 (1:01.12)	27:43.07 (1:01.62)	
28:46.49 (1:03.42)	29:46.27 (59.78)			

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Women 35-39

1	Emma France	37	Guildford City	24:35.37	24:58.05
	43.41	1:29.90 (46.49)	2:18.04 (48.14)	3:06.88 (48.84)	
	3:56.09 (49.21)	4:45.94 (49.85)	5:36.03 (50.09)	6:25.62 (49.59)	
	7:15.18 (49.56)	8:05.17 (49.99)	8:55.17 (50.00)	9:45.25 (50.08)	
	10:35.01 (49.76)	11:25.29 (50.28)	12:15.79 (50.50)	13:06.34 (50.55)	
	13:56.89 (50.55)	14:47.52 (50.63)	15:37.89 (50.37)	16:28.56 (50.67)	
	17:19.40 (50.84)	18:10.26 (50.86)	19:01.39 (51.13)	19:52.56 (51.17)	
	20:44.01 (51.45)	21:35.64 (51.63)	22:26.67 (51.03)	23:17.74 (51.07)	
	24:09.15 (51.41)	24:58.05 (48.90)			
2	Elena de la Camara	35	Camden Swiss Cott	32:00.00	29:02.71
	52.75	1:45.23 (52.48)	2:41.55 (56.32)	3:38.55 (57.00)	
	4:36.28 (57.73)	5:33.92 (57.64)	6:33.07 (59.15)	7:30.84 (57.77)	
	8:30.60 (59.76)	9:29.72 (59.12)	10:29.59 (59.87)	11:28.88 (59.29)	
	12:27.72 (58.84)	13:27.73 (1:00.01)	14:26.56 (58.83)	15:24.84 (58.28)	
	16:24.02 (59.18)	17:23.68 (59.66)	18:22.05 (58.37)	19:21.65 (59.60)	
	20:20.73 (59.08)	21:18.99 (58.26)	22:17.82 (58.83)	23:16.72 (58.90)	
	24:15.89 (59.17)	25:14.63 (58.74)	26:13.63 (59.00)	27:12.93 (59.30)	
	28:11.35 (58.42)	29:02.71 (51.36)			
3	Lucy Francis	37	Camden Swiss Cott	42:00.00	42:29.72
	1:11.18	2:35.46 (1:24.28)	3:59.97 (1:24.51)	5:25.47 (1:25.50)	
	6:47.56 (1:22.09)	8:13.29 (1:25.73)	9:37.55 (1:24.26)	11:02.66 (1:25.11)	
	12:29.96 (1:27.30)	13:57.49 (1:27.53)	15:25.05 (1:27.56)	16:50.77 (1:25.72)	
	18:16.78 (1:26.01)	19:41.90 (1:25.12)	21:07.80 (1:25.90)	22:35.13 (1:27.33)	
	24:02.55 (1:27.42)	25:28.01 (1:25.46)	26:54.89 (1:26.88)	28:22.78 (1:27.89)	
	29:50.95 (1:28.17)	31:18.36 (1:27.41)	32:46.00 (1:27.64)	34:15.10 (1:29.10)	
	35:40.35 (1:25.25)	36:59.89 (1:19.54)	38:20.63 (1:20.74)	39:46.95 (1:26.32)	
	42:29.72 (2:42.77)	42:29.72 ()			

Women 40-44

1	Bridget Bewick	40	Northampton	24:00.00	21:46.25
	39.79	1:22.49 (42.70)	2:05.81 (43.32)	2:49.38 (43.57)	
	3:32.87 (43.49)	4:16.48 (43.61)	5:00.55 (44.07)	5:44.31 (43.76)	
	6:28.41 (44.10)	7:12.79 (44.38)	7:56.96 (44.17)	8:40.68 (43.72)	
	9:24.82 (44.14)	10:08.46 (43.64)	10:52.47 (44.01)	11:36.24 (43.77)	
	12:20.03 (43.79)	13:03.36 (43.33)	13:47.07 (43.71)	14:30.76 (43.69)	
	15:14.94 (44.18)	15:58.17 (43.23)	16:42.06 (43.89)	17:25.62 (43.56)	
	18:09.87 (44.25)	18:53.56 (43.69)	19:36.85 (43.29)	20:20.26 (43.41)	
	21:04.26 (44.00)	21:46.25 (41.99)			
2	Pauline Tester	41	Redbridge Borough Masters	26:00.00	25:24.87
	48.04	1:38.19 (50.15)	2:29.51 (51.32)	3:20.14 (50.63)	
	4:12.00 (51.86)	5:02.56 (50.56)	5:53.45 (50.89)	6:44.59 (51.14)	
	7:36.06 (51.47)	8:26.83 (50.77)	9:18.49 (51.66)	10:09.63 (51.14)	
	11:01.07 (51.44)	11:51.90 (50.83)	12:42.84 (50.94)	13:33.42 (50.58)	
	14:24.42 (51.00)	15:15.05 (50.63)	16:06.14 (51.09)	16:57.42 (51.28)	
	17:48.55 (51.13)	18:39.89 (51.34)	19:32.05 (52.16)	20:23.12 (51.07)	
	21:13.69 (50.57)	22:04.72 (51.03)	22:56.35 (51.63)	23:47.29 (50.94)	
	24:37.46 (50.17)	25:24.87 (47.41)			
3	Jean Geers	42	City of St Albans	30:00.00	29:31.81
	48.81	1:43.53 (54.72)	2:41.07 (57.54)	3:38.66 (57.59)	
	4:37.11 (58.45)	5:34.34 (57.23)	6:32.90 (58.56)	7:31.93 (59.03)	
	8:31.03 (59.10)	9:29.73 (58.70)	10:29.83 (1:00.10)	11:28.82 (58.99)	
	12:28.33 (59.51)	13:27.81 (59.48)	14:27.38 (59.57)	15:26.78 (59.40)	
	16:26.56 (59.78)	17:27.09 (1:00.53)	18:28.08 (1:00.99)	19:29.99 (1:01.91)	
	20:30.76 (1:00.77)	21:30.59 (59.83)	22:29.51 (58.92)	23:29.88 (1:00.37)	
	24:30.99 (1:01.11)	25:33.04 (1:02.05)	26:33.77 (1:00.73)	27:34.78 (1:01.01)	
	28:33.49 (58.71)	29:31.81 (58.32)			

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Women 45-49

1	Amanda Doyle	49	Dorking	22:50.00	22:40.60
	39.39	1:23.30 (43.91)	2:08.52 (45.22)	2:53.83 (45.31)	
	3:39.46 (45.63)	4:24.86 (45.40)	5:10.36 (45.50)	5:55.82 (45.46)	
	6:41.40 (45.58)	7:27.07 (45.67)	8:12.79 (45.72)	8:58.22 (45.43)	
	9:44.28 (46.06)	10:30.36 (46.08)	11:15.45 (45.09)	12:01.16 (45.71)	
	12:46.73 (45.57)	13:32.67 (45.94)	14:18.98 (46.31)	15:04.88 (45.90)	
	15:50.82 (45.94)	16:36.85 (46.03)	17:23.02 (46.17)	18:08.91 (45.89)	
	18:54.73 (45.82)	19:40.25 (45.52)	20:26.45 (46.20)	21:12.36 (45.91)	
	21:58.26 (45.90)	22:40.60 (42.34)			
2	Elizabeth Knowles	45	Camden Swiss Cott	24:23.00	24:19.43
	42.14	1:28.37 (46.23)	2:16.37 (48.00)	3:05.76 (49.39)	
	3:54.55 (48.79)	4:44.08 (49.53)	5:33.00 (48.92)	6:22.36 (49.36)	
	7:11.67 (49.31)	8:00.39 (48.72)	8:49.20 (48.81)	9:38.58 (49.38)	
	10:28.10 (49.52)	11:16.85 (48.75)	12:05.90 (49.05)	12:54.50 (48.60)	
	13:43.14 (48.64)	14:31.85 (48.71)	15:20.35 (48.50)	16:09.38 (49.03)	
	16:58.85 (49.47)	17:47.64 (48.79)	18:36.35 (48.71)	19:25.22 (48.87)	
	20:14.25 (49.03)	21:03.15 (48.90)	21:52.77 (49.62)	22:42.23 (49.46)	
	24:19.43 (1:37.20)	24:19.43 ()			

Women 50-54

1	Sue Pepper*	50	City Of Canterbury	40:00.00	32:57.41
	59.61	2:03.88 (1:04.27)	3:09.56 (1:05.68)	4:15.34 (1:05.78)	
	5:21.03 (1:05.69)	6:27.57 (1:06.54)	7:32.97 (1:05.40)	8:38.85 (1:05.88)	
	9:44.74 (1:05.89)	10:50.75 (1:06.01)	11:57.04 (1:06.29)	13:02.69 (1:05.65)	
	14:09.67 (1:06.98)	15:15.38 (1:05.71)	16:20.86 (1:05.48)	17:25.84 (1:04.98)	
	18:31.49 (1:05.65)	19:37.46 (1:05.97)	20:44.54 (1:07.08)	21:50.74 (1:06.20)	
	22:56.99 (1:06.25)	24:03.48 (1:06.49)	25:10.75 (1:07.27)	26:17.38 (1:06.63)	
	27:23.88 (1:06.50)	28:30.47 (1:06.59)	29:37.27 (1:06.80)	30:45.56 (1:08.29)	
	31:53.49 (1:07.93)	32:57.41 (1:03.92)			

Women 55-59

1	Maggie Hargraves*	58	Colchester Phoenix	35:00.00	33:53.11
	56.39	1:59.10 (1:02.71)	3:06.85 (1:07.75)	4:14.84 (1:07.99)	
	5:22.48 (1:07.64)	6:30.33 (1:07.85)	7:38.24 (1:07.91)	8:48.29 (1:10.05)	
	9:58.00 (1:09.71)	11:06.43 (1:08.43)	12:16.44 (1:10.01)	13:26.08 (1:09.64)	
	14:33.33 (1:07.25)	15:43.17 (1:09.84)	16:53.60 (1:10.43)	18:02.20 (1:08.60)	
	19:08.53 (1:06.33)	20:18.74 (1:10.21)	21:27.21 (1:08.47)	22:35.23 (1:08.02)	
	23:41.69 (1:06.46)	24:50.67 (1:08.98)	25:58.28 (1:07.61)	27:05.90 (1:07.62)	
	28:15.22 (1:09.32)	29:23.04 (1:07.82)	30:31.78 (1:08.74)	31:40.58 (1:08.80)	
	32:50.00 (1:09.42)	33:53.11 (1:03.11)			

Women 60-64

1	Georgie Hamilton	62	Barnet Cophall	35:00.00	29:45.66
	54.45	1:52.56 (58.11)	2:51.22 (58.66)	3:54.56 (1:03.34)	
	4:56.55 (1:01.99)	5:58.47 (1:01.92)	7:00.38 (1:01.91)	8:01.94 (1:01.56)	
	9:03.59 (1:01.65)	10:06.23 (1:02.64)	11:06.24 (1:00.01)	12:06.45 (1:00.21)	
	13:07.45 (1:01.00)	14:08.07 (1:00.62)	15:08.96 (1:00.89)	16:10.04 (1:01.08)	
	17:11.23 (1:01.19)	18:13.78 (1:02.55)	19:13.84 (1:00.06)	20:15.85 (1:02.01)	
	21:15.67 (59.82)	22:15.98 (1:00.31)	23:16.20 (1:00.22)	24:17.03 (1:00.83)	
	25:09.25 (52.22)	26:02.42 (53.17)	26:56.08 (53.66)	27:51.44 (55.36)	
	28:49.36 (57.92)	29:45.66 (56.30)			

Men 25-29

1	Dan Scheinmann	26	Camden Swiss Cott	21:00.00	21:27.91
	38.12	1:18.60 (40.48)	2:00.75 (42.15)	2:43.42 (42.67)	
	3:26.17 (42.75)	4:08.94 (42.77)	4:52.49 (43.55)	5:35.98 (43.49)	
	6:19.66 (43.68)	7:02.77 (43.11)	7:45.92 (43.15)	8:28.64 (42.72)	
	9:12.08 (43.44)	9:55.09 (43.01)	10:38.64 (43.55)	11:22.12 (43.48)	
	12:05.50 (43.38)	12:48.64 (43.14)	13:32.33 (43.69)	14:15.54 (43.21)	
	14:59.17 (43.63)	15:42.87 (43.70)	16:26.71 (43.84)	17:10.40 (43.69)	
	17:54.06 (43.66)	18:37.57 (43.51)	19:21.21 (43.64)	20:04.29 (43.08)	
	20:47.03 (42.74)	21:27.91 (40.88)			

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2	Adam Freer	28	Camden Swiss Cott	23:14.08	22:06.71
	37.62	1:19.57 (41.95)	2:02.67 (43.10)	2:46.93 (44.26)	
	3:31.56 (44.63)	4:16.51 (44.95)	5:01.41 (44.90)	5:46.25 (44.84)	
	6:31.10 (44.85)	7:15.90 (44.80)	8:00.88 (44.98)	8:45.57 (44.69)	
	9:30.31 (44.74)	10:14.90 (44.59)	10:59.30 (44.40)	11:44.14 (44.84)	
	12:28.72 (44.58)	13:13.55 (44.83)	13:58.37 (44.82)	14:43.00 (44.63)	
	15:27.62 (44.62)	16:12.39 (44.77)	16:56.86 (44.47)	17:41.46 (44.60)	
	18:25.85 (44.39)	19:10.48 (44.63)	19:55.30 (44.82)	20:39.63 (44.33)	
	21:24.04 (44.41)	22:06.71 (42.67)			

Men 30-34

1	Ryan O'Leary	34	Birmingham Masters	19:30.00	19:13.53
	34.15	1:11.01 (36.86)	1:49.00 (37.99)	2:26.99 (37.99)	
	3:05.18 (38.19)	3:43.34 (38.16)	4:21.82 (38.48)	5:00.28 (38.46)	
	5:38.28 (38.00)	6:17.12 (38.84)	6:55.58 (38.46)	7:34.07 (38.49)	
	8:12.57 (38.50)	8:51.60 (39.03)	9:30.32 (38.72)	10:08.97 (38.65)	
	10:48.09 (39.12)	11:26.77 (38.68)	12:05.67 (38.90)	12:44.48 (38.81)	
	13:23.33 (38.85)	14:02.35 (39.02)	14:41.37 (39.02)	15:20.13 (38.76)	
	15:59.04 (38.91)	16:38.27 (39.23)	17:17.54 (39.27)	17:56.67 (39.13)	
	18:35.62 (38.95)	19:13.53 (37.91)			

2	Matthew Gallop	33	Staines	20:28.00	20:18.84
	34.63	1:12.62 (37.99)	1:52.01 (39.39)	2:32.23 (40.22)	
	3:12.75 (40.52)	3:53.69 (40.94)	4:34.44 (40.75)	5:15.29 (40.85)	
	5:55.95 (40.66)	6:37.53 (41.58)	7:18.32 (40.79)	7:59.60 (41.28)	
	8:40.55 (40.95)	9:21.85 (41.30)	10:02.75 (40.90)	10:43.44 (40.69)	
	11:24.02 (40.58)	12:04.96 (40.94)	12:46.04 (41.08)	13:27.15 (41.11)	
	14:09.30 (42.15)	14:50.42 (41.12)	15:31.69 (41.27)	16:13.14 (41.45)	
	16:54.97 (41.83)	17:35.84 (40.87)	18:16.44 (40.60)	18:58.75 (42.31)	
	19:39.50 (40.75)	20:18.84 (39.34)			

3	James Scott	32	Serpentine	17:00.00	20:20.63
	35.08	1:13.75 (38.67)	1:54.02 (40.27)	2:34.57 (40.55)	
	3:15.62 (41.05)	3:56.14 (40.52)	4:37.22 (41.08)	5:18.23 (41.01)	
	5:59.18 (40.95)	6:40.27 (41.09)	7:21.19 (40.92)	8:02.55 (41.36)	
	8:43.81 (41.26)	9:25.23 (41.42)	10:06.74 (41.51)	10:47.45 (40.71)	
	11:28.44 (40.99)	12:09.42 (40.98)	12:50.55 (41.13)	13:31.45 (40.90)	
	14:12.43 (40.98)	14:53.76 (41.33)	15:35.19 (41.43)	16:16.44 (41.25)	
	16:58.51 (42.07)	17:39.87 (41.36)	18:20.88 (41.01)	19:02.10 (41.22)	
	19:42.90 (40.80)	20:20.63 (37.73)			

4	Sean Mc Cormack	34	Camden Swiss Cott	22:30.00	21:47.71
	40.55	1:21.82 (41.27)	2:03.71 (41.89)	2:46.54 (42.83)	
	3:29.23 (42.69)	4:12.55 (43.32)	4:55.88 (43.33)	5:39.36 (43.48)	
	6:23.54 (44.18)	7:07.66 (44.12)	7:51.41 (43.75)	8:35.49 (44.08)	
	9:19.39 (43.90)	10:03.43 (44.04)	10:47.52 (44.09)	11:31.26 (43.74)	
	12:15.15 (43.89)	12:59.19 (44.04)	13:43.09 (43.90)	14:27.37 (44.28)	
	15:11.08 (43.71)	15:56.01 (44.93)	16:40.28 (44.27)	17:25.21 (44.93)	
	18:10.16 (44.95)	18:54.14 (43.98)	19:38.04 (43.90)	20:21.93 (43.89)	
	21:06.07 (44.14)	21:47.71 (41.64)			

5	David Bettinson	32	Impington	24:15.00	24:35.90
	41.69	1:27.08 (45.39)	2:14.71 (47.63)	3:03.49 (48.78)	
	3:52.44 (48.95)	4:41.92 (49.48)	5:31.71 (49.79)	6:21.52 (49.81)	
	7:11.77 (50.25)	8:01.65 (49.88)	8:51.95 (50.30)	9:42.51 (50.56)	
	10:33.06 (50.55)	11:23.66 (50.60)	12:13.70 (50.04)	13:04.15 (50.45)	
	13:54.25 (50.10)	14:44.09 (49.84)	15:34.51 (50.42)	16:24.58 (50.07)	
	17:14.43 (49.85)	18:04.45 (50.02)	18:54.17 (49.72)	19:43.61 (49.44)	
	20:32.99 (49.38)	21:21.92 (48.93)	22:11.28 (49.36)	23:00.44 (49.16)	
	23:48.97 (48.53)	24:35.90 (46.93)			

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Men 35-39

1	Fred Clatworthy	35 Roskill Masters (New Zealand)	17:10.00	16:54.45
	30.51	1:03.62 (33.11)	1:36.84 (33.22)	2:10.12 (33.28)
	2:43.65 (33.53)	3:17.45 (33.80)	3:51.18 (33.73)	4:24.89 (33.71)
	4:58.85 (33.96)	5:32.54 (33.69)	6:06.30 (33.76)	6:40.29 (33.99)
	7:14.50 (34.21)	7:48.44 (33.94)	8:22.36 (33.92)	8:56.33 (33.97)
	9:30.31 (33.98)	10:04.38 (34.07)	10:38.51 (34.13)	11:12.69 (34.18)
	11:46.88 (34.19)	12:21.17 (34.29)	12:55.44 (34.27)	13:29.80 (34.36)
	14:04.31 (34.51)	14:38.78 (34.47)	15:13.03 (34.25)	15:47.43 (34.40)
	16:21.56 (34.13)	16:54.45 (32.89)		
2	Andrew Brown	37 Camden Swiss Cott	19:55.00	20:42.91
	33.74	1:11.28 (37.54)	1:50.00 (38.72)	2:30.10 (40.10)
	3:10.74 (40.64)	3:52.36 (41.62)	4:34.09 (41.73)	5:15.79 (41.70)
	5:57.20 (41.41)	6:38.64 (41.44)	7:19.94 (41.30)	8:00.98 (41.04)
	8:42.33 (41.35)	9:24.26 (41.93)	10:06.63 (42.37)	10:49.24 (42.61)
	11:31.13 (41.89)	12:13.48 (42.35)	12:55.59 (42.11)	13:38.60 (43.01)
	14:21.57 (42.97)	15:04.13 (42.56)	15:47.06 (42.93)	16:30.13 (43.07)
	17:13.40 (43.27)	17:56.18 (42.78)	18:38.91 (42.73)	19:21.10 (42.19)
	20:03.12 (42.02)	20:42.91 (39.79)		
3	Andy Cook	37 Dorking	20:50.00	21:44.42
	34.31	1:12.07 (37.76)	1:51.68 (39.61)	2:31.46 (39.78)
	3:11.62 (40.16)	3:53.01 (41.39)	4:34.94 (41.93)	5:17.16 (42.22)
	6:00.08 (42.92)	6:43.27 (43.19)	7:26.91 (43.64)	8:10.66 (43.75)
	8:54.68 (44.02)	9:39.55 (44.87)	10:24.19 (44.64)	11:09.15 (44.96)
	11:54.54 (45.39)	12:39.35 (44.81)	13:23.62 (44.27)	14:08.75 (45.13)
	14:54.12 (45.37)	15:39.83 (45.71)	16:25.82 (45.99)	17:11.84 (46.02)
	17:58.46 (46.62)	18:45.35 (46.89)	19:31.48 (46.13)	20:17.61 (46.13)
	21:02.94 (45.33)	21:44.42 (41.48)		
4	Peter Kavanagh	35 Camden Swiss Cott	23:00.00	22:23.05
	38.62	1:21.47 (42.85)	2:04.82 (43.35)	2:49.47 (44.65)
	3:34.05 (44.58)	4:18.58 (44.53)	5:03.09 (44.51)	5:47.90 (44.81)
	6:32.78 (44.88)	7:17.88 (45.10)	8:02.81 (44.93)	8:47.77 (44.96)
	9:32.91 (45.14)	10:18.40 (45.49)	11:03.08 (44.68)	11:48.22 (45.14)
	12:33.46 (45.24)	13:18.55 (45.09)	14:03.88 (45.33)	14:48.85 (44.97)
	15:35.20 (46.35)	16:20.58 (45.38)	17:06.15 (45.57)	17:51.13 (44.98)
	18:37.24 (46.11)	19:22.45 (45.21)	20:08.11 (45.66)	20:53.82 (45.71)
	21:39.24 (45.42)	22:23.05 (43.81)		

Men 40-44

1	Richard Gillman	42 Redbridge Borough Masters	23:00.00	23:17.99
	38.00	1:19.94 (41.94)	2:03.60 (43.66)	2:49.10 (45.50)
	3:34.96 (45.86)	4:21.74 (46.78)	5:09.45 (47.71)	5:56.39 (46.94)
	6:44.28 (47.89)	7:32.29 (48.01)	8:20.20 (47.91)	9:08.40 (48.20)
	9:57.38 (48.98)	10:45.74 (48.36)	11:34.00 (48.26)	12:21.89 (47.89)
	13:10.25 (48.36)	13:57.70 (47.45)	14:44.43 (46.73)	15:31.67 (47.24)
	16:18.51 (46.84)	17:05.33 (46.82)	17:53.07 (47.74)	18:42.19 (49.12)
	19:29.87 (47.68)	20:16.54 (46.67)	21:04.02 (47.48)	21:48.79 (44.77)
	22:34.28 (45.49)	23:17.99 (43.71)		
2	Rik van Gasteren	41 Aquamigos (Holland)	24:41.45	24:47.94
	40.13	1:25.08 (44.95)	2:13.00 (47.92)	3:02.19 (49.19)
	3:51.03 (48.84)	4:40.90 (49.87)	5:30.46 (49.56)	6:21.21 (50.75)
	7:11.51 (50.30)	8:02.03 (50.52)	8:52.78 (50.75)	9:43.65 (50.87)
	10:34.34 (50.69)	11:24.91 (50.57)	12:15.82 (50.91)	13:06.82 (51.00)
	13:56.78 (49.96)	14:46.28 (49.50)	15:37.37 (51.09)	16:28.85 (51.48)
	17:19.11 (50.26)	18:10.70 (51.59)	19:00.81 (50.11)	19:52.29 (51.48)
	20:42.65 (50.36)	21:32.08 (49.43)	22:19.86 (47.78)	23:10.68 (50.82)
	24:01.39 (50.71)	24:47.94 (46.55)		

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3	Colin Stringer	43	Redbridge Borough Masters	28:00.00	27:23.42
	50.65	1:48.76 (58.11)	2:45.37 (56.61)	3:40.46 (55.09)	
	4:34.99 (54.53)	5:29.88 (54.89)	6:24.97 (55.09)	7:20.22 (55.25)	
	8:15.76 (55.54)	9:10.56 (54.80)	10:05.63 (55.07)	11:00.05 (54.42)	
	11:55.39 (55.34)	12:50.40 (55.01)	13:45.72 (55.32)	14:40.72 (55.00)	
	15:35.50 (54.78)	16:30.26 (54.76)	17:25.09 (54.83)	18:20.05 (54.96)	
	19:14.96 (54.91)	20:09.15 (54.19)	21:03.29 (54.14)	21:57.55 (54.26)	
	22:52.48 (54.93)	23:46.82 (54.34)	24:41.57 (54.75)	25:35.89 (54.32)	
	26:29.88 (53.99)	27:23.42 (53.54)			

Men 45-49

1	David Shamp	47	Dorking	20:30.00	20:10.88
	33.58	1:11.39 (37.81)	1:49.92 (38.53)	2:28.93 (39.01)	
	3:08.40 (39.47)	3:48.48 (40.08)	4:28.52 (40.04)	5:08.50 (39.98)	
	5:48.59 (40.09)	6:29.42 (40.83)	7:10.23 (40.81)	7:50.87 (40.64)	
	8:31.80 (40.93)	9:12.53 (40.73)	9:53.67 (41.14)	10:34.59 (40.92)	
	11:15.50 (40.91)	11:57.07 (41.57)	12:37.83 (40.76)	13:19.63 (41.80)	
	14:00.65 (41.02)	14:43.02 (42.37)	15:25.03 (42.01)	16:05.84 (40.81)	
	16:47.27 (41.43)	17:28.30 (41.03)	18:09.78 (41.48)	18:51.08 (41.30)	
	19:31.85 (40.77)	20:10.88 (39.03)			
2	Jim Boucher	45	Guildford City	22:00.00	21:44.66
	34.17	1:13.88 (39.71)	1:56.10 (42.22)	2:38.64 (42.54)	
	3:21.31 (42.67)	4:05.41 (44.10)	4:49.92 (44.51)	5:34.12 (44.20)	
	6:18.67 (44.55)	7:03.97 (45.30)	7:48.03 (44.06)	8:32.89 (44.86)	
	9:17.02 (44.13)	10:01.26 (44.24)	10:45.51 (44.25)	11:29.42 (43.91)	
	12:13.75 (44.33)	12:57.73 (43.98)	13:42.17 (44.44)	14:27.17 (45.00)	
	15:11.01 (43.84)	15:55.23 (44.22)	16:40.09 (44.86)	17:24.65 (44.56)	
	18:09.12 (44.47)	18:52.90 (43.78)	19:37.71 (44.81)	20:21.52 (43.81)	
	21:04.98 (43.46)	21:44.66 (39.68)			
3	John Gibbings	47	Redbridge Borough Masters	24:00.00	23:23.77
	40.92	1:24.30 (43.38)	2:09.86 (45.56)	2:55.38 (45.52)	
	3:42.91 (47.53)	4:29.51 (46.60)	5:16.78 (47.27)	6:03.80 (47.02)	
	6:51.01 (47.21)	7:38.36 (47.35)	8:26.16 (47.80)	9:14.10 (47.94)	
	10:01.99 (47.89)	10:49.61 (47.62)	11:37.00 (47.39)	12:24.53 (47.53)	
	13:12.00 (47.47)	13:59.73 (47.73)	14:47.56 (47.83)	15:35.38 (47.82)	
	16:22.42 (47.04)	17:09.98 (47.56)	17:57.23 (47.25)	18:44.33 (47.10)	
	19:32.02 (47.69)	20:18.16 (46.14)	21:04.83 (46.67)	21:52.75 (47.92)	
	22:39.28 (46.53)	23:23.77 (44.49)			
4	Bernard Henshall	48	City of St Albans	26:00.00	26:30.04
	1:51.46	5:58.96 (4:07.50)	6:51.39 (52.43)		
	7:45.18 ()	8:38.12 (52.94)	9:30.93 (52.81)	10:24.27 (53.34)	
	11:18.58 (54.31)	12:12.62 (54.04)	13:05.70 (53.08)	13:59.95 (54.25)	
	14:53.52 (53.57)	15:46.33 (52.81)	16:40.16 (53.83)	17:33.45 (53.29)	
	18:27.77 (54.32)	19:21.88 (54.11)	20:15.86 (53.98)	21:10.08 (54.22)	
	22:04.09 (54.01)	22:57.85 (53.76)	23:52.65 (54.80)	24:46.69 (54.04)	
	25:40.23 (53.54)	26:30.04 (49.81)			
5	Martin Laverick	48	Cannons St Albans	28:30.00	28:35.38
	56.29	1:54.12 (57.83)	2:53.21 (59.09)	3:51.74 (58.53)	
	4:50.55 (58.81)	5:48.85 (58.30)	6:47.25 (58.40)	7:46.02 (58.77)	
	8:43.85 (57.83)	9:41.43 (57.58)	10:38.82 (57.39)	11:37.00 (58.18)	
	12:34.70 (57.70)	13:32.31 (57.61)	14:29.31 (57.00)	15:26.16 (56.85)	
	16:23.46 (57.30)	17:20.46 (57.00)	18:16.20 (55.74)	19:12.84 (56.64)	
	20:09.75 (56.91)	21:06.84 (57.09)	22:03.18 (56.34)	22:59.61 (56.43)	
	23:56.01 (56.40)	24:52.44 (56.43)	25:49.25 (56.81)	26:45.59 (56.34)	
	27:42.08 (56.49)	28:35.38 (53.30)			

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6	Ivan Naisbitt	45	Enfield Water Polo	36:00.00	30:09.89
	50.56	1:49.64 (59.08)	2:50.54 (1:00.90)	3:51.94 (1:01.40)	
	4:52.27 (1:00.33)	5:53.11 (1:00.84)	6:53.12 (1:00.01)	7:53.85 (1:00.73)	
	8:53.81 (59.96)	9:55.19 (1:01.38)	10:57.54 (1:02.35)	11:58.16 (1:00.62)	
	13:00.27 (1:02.11)	14:00.22 (59.95)	15:00.25 (1:00.03)	16:01.61 (1:01.36)	
	17:02.05 (1:00.44)	18:04.16 (1:02.11)	19:05.54 (1:01.38)	20:07.00 (1:01.46)	
	21:06.55 (59.55)	22:07.74 (1:01.19)	23:10.21 (1:02.47)	24:12.48 (1:02.27)	
	25:12.12 (59.64)	26:12.24 (1:00.12)	27:13.64 (1:01.40)	28:13.31 (59.67)	
	29:12.47 (59.16)	30:09.89 (57.42)			

Men 50-54

1	Chris Kiernan	50	Anaconda	22:12.00	22:01.96
	39.63	1:22.31 (42.68)	2:07.50 (45.19)	2:52.84 (45.34)	
	3:38.41 (45.57)	4:23.00 (44.59)	5:07.55 (44.55)	5:52.36 (44.81)	
	6:36.75 (44.39)	7:20.87 (44.12)	8:05.49 (44.62)	8:49.45 (43.96)	
	9:33.83 (44.38)	10:17.76 (43.93)	11:01.82 (44.06)	11:45.85 (44.03)	
	12:30.13 (44.28)	13:14.18 (44.05)	13:57.90 (43.72)	14:41.81 (43.91)	
	15:25.93 (44.12)	16:10.29 (44.36)	16:54.75 (44.46)	17:38.95 (44.20)	
	18:23.32 (44.37)	19:08.01 (44.69)	19:52.33 (44.32)	20:37.02 (44.69)	
	21:21.14 (44.12)	22:01.96 (40.82)			
2	Peter Rank	53	Impington	24:30.00	24:26.43
	40.46	1:26.17 (45.71)	2:14.64 (48.47)	3:04.37 (49.73)	
	3:53.95 (49.58)	4:43.47 (49.52)	5:32.99 (49.52)	6:22.34 (49.35)	
	7:12.32 (49.98)	8:02.32 (50.00)	8:51.23 (48.91)	9:39.83 (48.60)	
	10:28.53 (48.70)	11:16.70 (48.17)	12:05.12 (48.42)	12:53.62 (48.50)	
	13:41.93 (48.31)	14:30.39 (48.46)	15:18.62 (48.23)	16:06.97 (48.35)	
	16:56.68 (49.71)	17:44.96 (48.28)	18:34.66 (49.70)	19:25.21 (50.55)	
	20:15.66 (50.45)	21:06.22 (50.56)	21:57.35 (51.13)	22:48.43 (51.08)	
	23:38.90 (50.47)	24:26.43 (47.53)			

Men 55-59

1	Phil Sears	59	Dorking	27:00.00	27:58.97
	45.21	1:37.86 (52.65)	2:34.28 (56.42)	3:31.09 (56.81)	
	4:27.43 (56.34)	5:23.61 (56.18)	6:19.76 (56.15)	7:15.55 (55.79)	
	8:12.70 (57.15)	9:08.81 (56.11)	10:06.21 (57.40)	11:03.02 (56.81)	
	11:58.82 (55.80)	12:56.49 (57.67)	13:52.11 (55.62)	14:48.57 (56.46)	
	15:45.05 (56.48)	16:41.09 (56.04)	17:38.87 (57.78)	18:35.59 (56.72)	
	19:32.73 (57.14)	20:29.16 (56.43)	21:25.12 (55.96)	22:22.57 (57.45)	
	23:19.83 (57.26)	24:16.41 (56.58)	25:13.06 (56.65)	26:09.57 (56.51)	
	27:05.34 (55.77)	27:58.97 (53.63)			

Men 60-64

1	Tony Pearce	60	Wandsworth	22:30.00	21:25.95
	39.39	1:20.70 (41.31)	2:03.32 (42.62)	2:46.03 (42.71)	
	3:28.83 (42.80)	4:11.38 (42.55)	4:53.85 (42.47)	5:36.86 (43.01)	
	6:19.98 (43.12)	7:03.04 (43.06)	7:46.21 (43.17)	8:29.43 (43.22)	
	9:12.94 (43.51)	9:56.32 (43.38)	10:39.51 (43.19)	11:22.19 (42.68)	
	12:04.96 (42.77)	12:47.72 (42.76)	13:30.88 (43.16)	14:13.89 (43.01)	
	14:57.00 (43.11)	15:40.41 (43.41)	16:24.16 (43.75)	17:07.73 (43.57)	
	17:51.74 (44.01)	18:35.72 (43.98)	19:19.98 (44.26)	20:03.97 (43.99)	
	20:46.83 (42.86)	21:25.95 (39.12)			
2	Richard Goddard	63	Impington	25:10.84	25:49.83
	43.50	1:33.91 (50.41)	2:26.03 (52.12)	3:18.22 (52.19)	
	4:10.50 (52.28)	5:01.93 (51.43)	5:53.88 (51.95)	6:45.72 (51.84)	
	7:36.42 (50.70)	8:27.47 (51.05)	9:18.09 (50.62)	10:10.19 (52.10)	
	11:01.31 (51.12)	11:53.09 (51.78)	12:46.02 (52.93)	13:37.55 (51.53)	
	14:32.50 (54.95)	15:24.03 (51.53)	16:16.43 (52.40)	17:08.94 (52.51)	
	18:01.42 (52.48)	18:53.01 (51.59)	19:45.56 (52.55)	20:38.04 (52.48)	
	21:30.22 (52.18)	22:21.62 (51.40)	23:14.21 (52.59)	24:06.59 (52.38)	
	24:59.59 (53.00)	25:49.83 (50.24)			

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3	David Hall	63	City of Oxford	25:42.00	26:13.16
	45.46	1:36.01 (50.55)	2:29.98 (53.97)	3:22.83 (52.85)	
	4:15.83 (53.00)	5:08.27 (52.44)	6:01.49 (53.22)	6:52.59 (51.10)	
	7:46.34 (53.75)	8:37.33 (50.99)	9:29.28 (51.95)	10:22.15 (52.87)	
	11:12.84 (50.69)	12:06.37 (53.53)	13:00.04 (53.67)	13:52.58 (52.54)	
	14:45.69 (53.11)	15:37.39 (51.70)	16:29.88 (52.49)	17:22.56 (52.68)	
	18:18.16 (55.60)	19:10.55 (52.39)	20:02.52 (51.97)	20:56.84 (54.32)	
	21:52.24 (55.40)	22:46.32 (54.08)	23:38.65 (52.33)	24:32.74 (54.09)	
	25:25.44 (52.70)	26:13.16 (47.72)			

4	John Williamson	64	Bracknell	27:10.00	27:15.53
	48.39	1:41.27 (52.88)	2:36.59 (55.32)	3:31.97 (55.38)	
	4:27.18 (55.21)	5:22.65 (55.47)	6:18.08 (55.43)	7:13.19 (55.11)	
	8:08.01 (54.82)	9:02.88 (54.87)	9:58.69 (55.81)	10:53.04 (54.35)	
	11:47.26 (54.22)	12:41.76 (54.50)	13:36.32 (54.56)	14:30.85 (54.53)	
	15:25.00 (54.15)	16:20.07 (55.07)	17:14.13 (54.06)	18:08.92 (54.79)	
	19:04.89 (55.97)	20:00.35 (55.46)	20:55.31 (54.96)	21:49.86 (54.55)	
	22:44.15 (54.29)	23:38.63 (54.48)	24:32.50 (53.87)	25:27.11 (54.61)	
	26:22.43 (55.32)	27:15.53 (53.10)			

5	Paul Clarke	63	Luton	30:00.00	30:34.00
	48.78	1:43.09 (54.31)	2:40.72 (57.63)	3:39.38 (58.66)	
	4:37.43 (58.05)	5:37.55 (1:00.12)	6:36.52 (58.97)	7:36.27 (59.75)	
	8:35.97 (59.70)	9:36.88 (1:00.91)	10:38.11 (1:01.23)	11:40.46 (1:02.35)	
	12:41.45 (1:00.99)	13:44.71 (1:03.26)	14:46.90 (1:02.19)	15:49.00 (1:02.10)	
	16:50.30 (1:01.30)	17:52.86 (1:02.56)	18:55.98 (1:03.12)	19:57.67 (1:01.69)	
	20:59.66 (1:01.99)	22:01.21 (1:01.55)	23:04.09 (1:02.88)	24:08.38 (1:04.29)	
	25:11.66 (1:03.28)	26:16.61 (1:04.95)	27:22.25 (1:05.64)	28:29.57 (1:07.32)	
	29:33.95 (1:04.38)	30:34.00 (1:00.05)			

Men 65-69

1	Geoff Stokes	66	Rushmoor Royals	22:00.00	22:13.83
	38.43	1:19.35 (40.92)	2:01.62 (42.27)	2:44.82 (43.20)	
	3:28.71 (43.89)	4:12.77 (44.06)	4:57.28 (44.51)	5:42.13 (44.85)	
	6:26.92 (44.79)	7:12.57 (45.65)	7:58.01 (45.44)	8:43.50 (45.49)	
	9:28.64 (45.14)	10:14.54 (45.90)	11:00.40 (45.86)	11:45.75 (45.35)	
	12:31.22 (45.47)	13:16.59 (45.37)	14:02.47 (45.88)	14:48.04 (45.57)	
	15:33.86 (45.82)	16:19.24 (45.38)	17:04.91 (45.67)	17:50.20 (45.29)	
	18:35.52 (45.32)	19:20.48 (44.96)	20:05.31 (44.83)	20:50.14 (44.83)	
	21:34.30 (44.16)	22:13.83 (39.53)			

2	Edward Gerald	69	Serpentine	28:10.00	26:23.91
	45.78	1:35.60 (49.82)	2:27.84 (52.24)	3:21.09 (53.25)	
	4:14.95 (53.86)	5:08.27 (53.32)	6:01.24 (52.97)	6:55.13 (53.89)	
	7:49.07 (53.94)	8:43.02 (53.95)	9:36.63 (53.61)	10:30.69 (54.06)	
	11:23.13 (52.44)	12:17.45 (54.32)	13:11.23 (53.78)	14:04.45 (53.22)	
	14:58.35 (53.90)	15:52.93 (54.58)	16:45.12 (52.19)	17:38.99 (53.87)	
	18:31.72 (52.73)	19:23.72 (52.00)	20:18.04 (54.32)	21:11.11 (53.07)	
	22:04.40 (53.29)	22:58.35 (53.95)	23:50.43 (52.08)	24:43.16 (52.73)	
	25:36.18 (53.02)	26:23.91 (47.73)			

3	Brian Reed	68	City of Oxford	28:10.00	27:45.83
	45.28	1:39.36 (54.08)	2:34.46 (55.10)	3:30.40 (55.94)	
	4:25.63 (55.23)	5:21.45 (55.82)	6:17.28 (55.83)	7:12.24 (54.96)	
	8:10.63 (58.39)	9:06.22 (55.59)	10:04.93 (58.71)	11:01.27 (56.34)	
	11:56.07 (54.80)	12:52.40 (56.33)	13:48.91 (56.51)	14:45.48 (56.57)	
	15:41.54 (56.06)	16:37.57 (56.03)	17:33.15 (55.58)	18:27.86 (54.71)	
	19:23.99 (56.13)	20:20.24 (56.25)	21:17.54 (57.30)	22:13.51 (55.97)	
	23:10.79 (57.28)	24:07.12 (56.33)	25:02.26 (55.14)	25:58.03 (55.77)	
	26:54.32 (56.29)	27:45.83 (51.51)			

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4	Brian Hey	66	Marlborough Penguins	29:20.00	28:58.10
	48.64	1:45.05 (56.41)	2:41.70 (56.65)	3:39.42 (57.72)	
	4:37.27 (57.85)	5:35.29 (58.02)	6:34.06 (58.77)	7:32.63 (58.57)	
	8:31.11 (58.48)	9:30.07 (58.96)	10:28.19 (58.12)	11:26.60 (58.41)	
	12:24.31 (57.71)	13:23.30 (58.99)	14:22.07 (58.77)	15:20.40 (58.33)	
	16:19.17 (58.77)	17:17.86 (58.69)	18:16.02 (58.16)	19:14.70 (58.68)	
	20:12.70 (58.00)	21:11.38 (58.68)	22:10.88 (59.50)	23:09.92 (59.04)	
	24:08.81 (58.89)	25:06.58 (57.77)	26:05.07 (58.49)	27:03.97 (58.90)	
	28:01.57 (57.60)	28:58.10 (56.53)			

Men 70-74

1	John Starr	71	Romford Town	24:24.00	24:41.60
	41.48	1:27.32 (45.84)	2:15.29 (47.97)	3:04.33 (49.04)	
	3:53.56 (49.23)	4:43.27 (49.71)	5:32.70 (49.43)	6:22.50 (49.80)	
	7:12.33 (49.83)	8:02.00 (49.67)	8:52.84 (50.84)	9:43.32 (50.48)	
	10:33.94 (50.62)	11:24.43 (50.49)	12:15.08 (50.65)		
	13:55.53 ()	14:45.59 (50.06)	15:36.27 (50.68)	16:26.56 (50.29)	
	17:16.60 (50.04)	18:07.51 (50.91)	18:57.04 (49.53)	19:47.71 (50.67)	
	20:38.40 (50.69)	21:28.82 (50.42)	22:19.43 (50.61)	23:07.67 (48.24)	
	23:56.51 (48.84)	24:41.60 (45.09)			
2	William Mackay	74	Luton	37:00.00	32:59.82
	56.30	2:01.67 (1:05.37)	3:08.86 (1:07.19)	4:12.67 (1:03.81)	
	5:19.04 (1:06.37)	6:25.47 (1:06.43)	7:31.39 (1:05.92)	8:36.02 (1:04.63)	
	9:41.66 (1:05.64)	10:47.68 (1:06.02)	11:53.95 (1:06.27)	13:00.36 (1:06.41)	
	14:06.09 (1:05.73)	15:13.12 (1:07.03)	16:19.55 (1:06.43)	17:25.35 (1:05.80)	
	18:30.52 (1:05.17)	19:35.53 (1:05.01)	20:42.08 (1:06.55)	21:47.60 (1:05.52)	
	22:54.54 (1:06.94)	24:01.11 (1:06.57)	25:08.94 (1:07.83)	26:15.83 (1:06.89)	
	27:22.98 (1:07.15)	28:29.28 (1:06.30)	29:36.26 (1:06.98)	30:43.54 (1:07.28)	
	31:51.81 (1:08.27)	32:59.82 (1:08.01)			

Men 75-79

1	Roy Naisbitt	75	Enfield Water Polo	37:00.00	34:44.42
		2:08.89 ()	3:13.91 (1:05.02)	4:24.08 (1:10.17)	
	5:32.10 (1:08.02)	6:44.74 (1:12.64)	7:39.17 (54.43)	9:04.15 (1:24.98)	
	10:17.64 (1:13.49)	11:26.51 (1:08.87)	12:38.84 (1:12.33)	13:51.16 (1:12.32)	
	15:03.34 (1:12.18)	16:07.73 (1:04.39)	17:26.37 (1:18.64)	18:39.19 (1:12.82)	
	19:50.26 (1:11.07)	20:43.70 (53.44)	22:14.25 (1:30.55)	23:29.11 (1:14.86)	
	24:40.65 (1:11.54)	25:50.16 (1:09.51)	27:00.87 (1:10.71)	28:11.35 (1:10.48)	
	28:44.93 (33.58)	29:14.23 (29.30)	31:45.49 (2:31.26)	32:56.93 (1:11.44)	
	34:08.98 (1:12.05)	34:44.42 (35.44)			

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Women 19-24

1	Victoria Akers	24	Barnet Copthall	21:10.00	21:28.32
	36.87	1:16.82 (39.95)	1:58.07 (41.25)	2:39.46 (41.39)	
	3:21.81 (42.35)	4:04.49 (42.68)	4:47.27 (42.78)	5:30.53 (43.26)	
	6:13.54 (43.01)	6:57.31 (43.77)	7:40.63 (43.32)	8:23.51 (42.88)	
	9:06.98 (43.47)	9:51.24 (44.26)	10:34.74 (43.50)	11:19.09 (44.35)	
	12:02.66 (43.57)	12:46.23 (43.57)	13:29.78 (43.55)	14:13.66 (43.88)	
	14:57.75 (44.09)	15:41.61 (43.86)	16:24.92 (43.31)	17:08.70 (43.78)	
	17:53.15 (44.45)	18:37.55 (44.40)	19:20.95 (43.40)	20:04.22 (43.27)	
	20:46.84 (42.62)	21:28.32 (41.48)			
2	Jane Edmondson	22	Barnet Copthall	23:00.00	22:54.25
	40.86	1:25.74 (44.88)	2:11.13 (45.39)	2:56.92 (45.79)	
	3:42.26 (45.34)	4:27.81 (45.55)	5:13.59 (45.78)	5:58.72 (45.13)	
	6:45.14 (46.42)	7:31.16 (46.02)	8:17.11 (45.95)	9:03.30 (46.19)	
	9:48.63 (45.33)	10:34.45 (45.82)	11:20.14 (45.69)	12:06.24 (46.10)	
	12:52.32 (46.08)	13:38.85 (46.53)	14:25.30 (46.45)	15:12.30 (47.00)	
	15:58.76 (46.46)	16:44.58 (45.82)	17:31.20 (46.62)	18:17.64 (46.44)	
	19:04.50 (46.86)	19:52.15 (47.65)	20:38.88 (46.73)	21:25.36 (46.48)	
	22:11.09 (45.73)	22:54.25 (43.16)			

Women 25-29

1	Lucy Mullan	25	Camden Swiss Cott	25:00.00	20:34.45
	36.47	1:15.78 (39.31)	1:56.43 (40.65)	2:36.99 (40.56)	
	3:17.84 (40.85)	3:58.81 (40.97)	4:40.03 (41.22)	5:20.95 (40.92)	
	6:02.16 (41.21)	6:43.68 (41.52)	7:25.42 (41.74)	8:06.79 (41.37)	
	8:48.15 (41.36)	9:29.74 (41.59)	10:11.68 (41.94)	10:53.00 (41.32)	
	11:34.58 (41.58)	12:16.01 (41.43)	12:57.96 (41.95)	13:39.60 (41.64)	
	14:21.27 (41.67)	15:02.95 (41.68)	15:44.72 (41.77)	16:26.83 (42.11)	
	17:08.51 (41.68)	17:50.24 (41.73)	18:32.23 (41.99)	19:14.17 (41.94)	
	19:55.27 (41.10)	20:34.45 (39.18)			
2	Kate Cowell	28	Barnet Copthall	22:15.00	21:20.68
	39.30	1:22.26 (42.96)	2:05.50 (43.24)	2:48.50 (43.00)	
	3:31.35 (42.85)	4:14.20 (42.85)	4:57.21 (43.01)	5:40.03 (42.82)	
	6:23.26 (43.23)	7:06.28 (43.02)	7:49.00 (42.72)	8:32.25 (43.25)	
	9:14.63 (42.38)	9:57.19 (42.56)	10:39.97 (42.78)	11:22.98 (43.01)	
	12:06.07 (43.09)	12:48.93 (42.86)	13:32.50 (43.57)	14:15.55 (43.05)	
	14:58.50 (42.95)	15:41.23 (42.73)	16:23.63 (42.40)	17:06.16 (42.53)	
	17:49.06 (42.90)	18:32.53 (43.47)	19:16.20 (43.67)	19:59.00 (42.80)	
	20:40.68 (41.68)	21:20.68 (40.00)			
3	Joanna Carritt	29	Anaconda	24:00.00	24:40.85
	43.53	1:28.85 (45.32)	2:16.90 (48.05)	3:05.67 (48.77)	
	3:54.04 (48.37)	4:43.70 (49.66)	5:34.33 (50.63)	6:22.68 (48.35)	
	7:12.56 (49.88)	8:01.34 (48.78)	8:51.23 (49.89)	9:39.71 (48.48)	
	10:28.69 (49.98)	11:19.60 (50.91)	12:09.19 (49.59)	12:58.22 (49.03)	
	13:48.08 (49.86)	14:36.74 (48.66)	15:27.24 (50.50)	16:17.34 (50.10)	
	17:08.02 (50.68)	17:57.11 (49.09)	18:48.38 (51.27)	19:38.54 (50.16)	
	20:30.70 (52.16)	21:21.29 (50.59)	22:10.67 (49.38)	23:02.91 (52.24)	
	23:53.46 (50.55)	24:40.85 (47.39)			

Women 30-34

1	Nicky Main	32	Barnet Copthall	28:30.00	25:52.67
	47.95	1:38.29 (50.34)	2:29.89 (51.60)	3:21.37 (51.48)	
	4:12.76 (51.39)	5:05.18 (52.42)	5:56.67 (51.49)	6:48.53 (51.86)	
	7:40.35 (51.82)	8:32.48 (52.13)	9:25.85 (53.37)	10:17.73 (51.88)	
	11:09.97 (52.24)	12:02.69 (52.72)	12:55.34 (52.65)	13:47.75 (52.41)	
	14:40.08 (52.33)	15:32.10 (52.02)	16:24.86 (52.76)	17:16.38 (51.52)	
	18:07.94 (51.56)	19:00.49 (52.55)	19:52.29 (51.80)	20:43.61 (51.32)	
	21:36.47 (52.86)	22:28.75 (52.28)	23:21.12 (52.37)	24:13.02 (51.90)	
	25:04.47 (51.45)	25:52.67 (48.20)			

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Women 40-44

1	Adrienne Betts	41	Barnet Cophall	23:15.00	23:39.91
	40.21	1:25.66 (45.45)	2:11.96 (46.30)	2:58.44 (46.48)	
	3:45.08 (46.64)	4:31.85 (46.77)	5:18.53 (46.68)	6:05.50 (46.97)	
	6:52.64 (47.14)	7:39.21 (46.57)	8:26.84 (47.63)	9:14.64 (47.80)	
	10:01.82 (47.18)	10:49.46 (47.64)	11:36.88 (47.42)	12:23.79 (46.91)	
	13:12.02 (48.23)	14:00.14 (48.12)	14:47.78 (47.64)	15:35.49 (47.71)	
	16:22.94 (47.45)	17:11.31 (48.37)	17:59.72 (48.41)	18:48.14 (48.42)	
	19:36.92 (48.78)	20:26.09 (49.17)	21:14.25 (48.16)	22:03.30 (49.05)	
	22:52.57 (49.27)	23:39.91 (47.34)			
2	Sheena Bassett	44	Dorking	23:54.51	24:12.85
	42.38	1:29.98 (47.60)	2:18.47 (48.49)	3:07.84 (49.37)	
	3:56.64 (48.80)	4:45.38 (48.74)	5:34.35 (48.97)	6:23.48 (49.13)	
	7:12.04 (48.56)	8:00.86 (48.82)	8:50.06 (49.20)	9:38.82 (48.76)	
	10:28.28 (49.46)	11:17.55 (49.27)	12:06.42 (48.87)	12:55.06 (48.64)	
	13:43.54 (48.48)	14:32.12 (48.58)	15:21.40 (49.28)	16:10.45 (49.05)	
	16:59.70 (49.25)	17:48.39 (48.69)	18:37.60 (49.21)	19:26.31 (48.71)	
	20:15.38 (49.07)	21:03.60 (48.22)	21:51.95 (48.35)	22:40.74 (48.79)	
	23:28.97 (48.23)	24:12.85 (43.88)			
3	Paula Barry	43	Redbridge Borough Masters	24:00.00	25:49.03
	41.41	1:29.10 (47.69)	2:18.76 (49.66)	3:09.92 (51.16)	
	4:01.45 (51.53)	4:52.95 (51.50)	5:44.93 (51.98)	6:37.33 (52.40)	
	7:29.38 (52.05)	8:22.41 (53.03)	9:15.23 (52.82)	10:08.18 (52.95)	
	11:00.77 (52.59)	11:53.07 (52.30)	12:45.96 (52.89)	13:38.02 (52.06)	
	14:30.88 (52.86)	15:23.24 (52.36)	16:15.59 (52.35)	17:08.79 (53.20)	
	18:01.58 (52.79)	18:53.96 (52.38)	19:46.59 (52.63)	20:38.60 (52.01)	
	21:31.29 (52.69)	22:24.06 (52.77)	23:16.64 (52.58)	24:09.94 (53.30)	
	25:02.13 (52.19)	25:49.03 (46.90)			
4	Janet Casey	42	Barnet Cophall	27:30.00	28:22.19
	46.76	1:39.71 (52.95)	2:35.90 (56.19)	3:31.71 (55.81)	
	4:28.96 (57.25)	5:26.24 (57.28)	6:23.41 (57.17)	7:20.17 (56.76)	
	8:18.00 (57.83)	9:15.40 (57.40)	10:12.92 (57.52)	11:10.50 (57.58)	
	12:08.12 (57.62)	13:05.12 (57.00)	14:01.52 (56.40)	14:58.67 (57.15)	
	15:56.19 (57.52)	16:54.37 (58.18)	17:51.92 (57.55)	18:49.35 (57.43)	
	19:47.52 (58.17)	20:45.03 (57.51)	21:42.80 (57.77)	22:40.45 (57.65)	
	23:38.51 (58.06)	24:36.69 (58.18)	25:34.16 (57.47)	26:31.60 (57.44)	
	27:28.41 (56.81)	28:22.19 (53.78)			
5	Kim Woods	43	Newport Pagnell	31:00.00	28:28.76
	49.22	1:44.64 (55.42)	2:42.77 (58.13)	3:41.14 (58.37)	
	4:39.21 (58.07)		6:35.63 ()	7:33.09 (57.46)	
	8:31.22 (58.13)	9:29.01 (57.79)	10:27.05 (58.04)	11:24.72 (57.67)	
	12:22.12 (57.40)	13:19.23 (57.11)	14:16.57 (57.34)	15:14.26 (57.69)	
	16:12.02 (57.76)	17:09.26 (57.24)	18:07.02 (57.76)	19:04.46 (57.44)	
	20:01.26 (56.80)	20:58.74 (57.48)	21:56.44 (57.70)	22:54.18 (57.74)	
	23:52.06 (57.88)	24:48.96 (56.90)	25:45.76 (56.80)	26:42.19 (56.43)	
	27:38.07 (55.88)	28:28.76 (50.69)			

Women 45-49

1	Jacqueline Patel	45	Kings Cormorants	28:00.00	24:57.64
	44.06	1:32.17 (48.11)	2:21.30 (49.13)	3:11.49 (50.19)	
	4:01.78 (50.29)	4:51.94 (50.16)	5:42.70 (50.76)	6:33.21 (50.51)	
	7:23.81 (50.60)	8:14.50 (50.69)	9:04.44 (49.94)	9:55.03 (50.59)	
	10:45.33 (50.30)	11:36.66 (51.33)		13:17.07 ()	
	14:07.17 (50.10)	14:57.46 (50.29)	15:47.89 (50.43)	16:37.78 (49.89)	
	17:27.54 (49.76)	18:18.19 (50.65)	19:08.05 (49.86)	19:58.56 (50.51)	
	20:48.62 (50.06)	21:39.61 (50.99)	22:29.55 (49.94)	23:20.51 (50.96)	
	24:11.15 (50.64)	24:57.64 (46.49)			

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2	Annie Daniels	46	Hatfield	24:33.66	25:07.53
	44.10	1:31.75 (47.65)	2:20.97 (49.22)	3:10.38 (49.41)	
	4:00.53 (50.15)	4:50.43 (49.90)	5:40.44 (50.01)	6:30.28 (49.84)	
	7:20.53 (50.25)	8:10.44 (49.91)	9:00.64 (50.20)	9:50.83 (50.19)	
	10:41.49 (50.66)	11:32.01 (50.52)	12:22.89 (50.88)	13:13.44 (50.55)	
	14:04.15 (50.71)	14:54.84 (50.69)	15:46.40 (51.56)	16:37.35 (50.95)	
	17:28.28 (50.93)	18:19.05 (50.77)	19:10.87 (51.82)	20:02.18 (51.31)	
	20:53.18 (51.00)	21:44.32 (51.14)	22:35.39 (51.07)	23:27.36 (51.97)	
	24:18.67 (51.31)	25:07.53 (48.86)			
3	Kang Hae Kim	45	Barnet Cophall	26:41.00	26:09.21
	48.98	1:40.63 (51.65)	2:32.79 (52.16)	3:25.32 (52.53)	
	4:17.74 (52.42)	5:10.46 (52.72)	6:02.57 (52.11)	6:55.10 (52.53)	
	7:47.52 (52.42)	8:40.01 (52.49)	9:31.89 (51.88)	10:24.27 (52.38)	
	11:16.17 (51.90)	12:08.37 (52.20)	13:00.35 (51.98)	13:52.80 (52.45)	
	14:45.10 (52.30)	15:37.60 (52.50)	16:30.34 (52.74)	17:23.25 (52.91)	
	18:16.07 (52.82)	19:08.99 (52.92)	20:01.59 (52.60)	20:54.54 (52.95)	
	21:47.08 (52.54)	22:40.02 (52.94)	23:33.21 (53.19)	24:26.48 (53.27)	
	25:19.59 (53.11)	26:09.21 (49.62)			
4	Jane Dodd	48	Isle Of Wight	32:00.00	28:22.52
	50.53	1:43.35 (52.82)	2:37.35 (54.00)	3:31.47 (54.12)	
	4:26.34 (54.87)	5:23.61 (57.27)	6:20.19 (56.58)	7:17.47 (57.28)	
	8:15.05 (57.58)	9:11.90 (56.85)	10:09.63 (57.73)	11:07.14 (57.51)	
	12:04.13 (56.99)	13:01.82 (57.69)	13:58.49 (56.67)	14:55.71 (57.22)	
	15:53.93 (58.22)	16:51.64 (57.71)	17:49.09 (57.45)	18:46.20 (57.11)	
	19:44.01 (57.81)	20:40.30 (56.29)	21:38.83 (58.53)	22:36.86 (58.03)	
	23:34.63 (57.77)	24:33.48 (58.85)	25:31.31 (57.83)	26:29.65 (58.34)	
	27:27.63 (57.98)	28:22.52 (54.89)			
5	Sheenagh Barron	48	Barnet Cophall	32:00.00	34:04.05
	57.81	2:03.57 (1:05.76)	3:10.55 (1:06.98)	4:17.84 (1:07.29)	
	5:26.31 (1:08.47)	6:35.55 (1:09.24)	7:44.50 (1:08.95)	8:52.33 (1:07.83)	
	10:03.03 (1:10.70)	11:14.06 (1:11.03)	12:24.66 (1:10.60)	13:34.25 (1:09.59)	
	14:42.41 (1:08.16)	15:53.09 (1:10.68)	17:00.40 (1:07.31)	18:10.13 (1:09.73)	
	19:18.88 (1:08.75)	20:28.97 (1:10.09)	21:38.85 (1:09.88)	22:47.04 (1:08.19)	
	23:56.21 (1:09.17)	25:05.98 (1:09.77)	26:14.37 (1:08.39)	27:25.25 (1:10.88)	
	28:34.55 (1:09.30)	29:42.36 (1:07.81)	30:49.02 (1:06.66)	31:57.88 (1:08.86)	
	33:03.88 (1:06.00)	34:04.05 (1:00.17)			

Women 50-54

1	Jayne Ball	51	Barnet Cophall	21:10.00	21:39.84
	37.83	1:18.78 (40.95)	2:00.74 (41.96)	2:43.39 (42.65)	
	3:26.10 (42.71)	4:09.07 (42.97)	4:52.29 (43.22)	5:35.80 (43.51)	
	6:19.55 (43.75)	7:03.69 (44.14)	7:47.67 (43.98)	8:31.57 (43.90)	
	9:15.80 (44.23)	10:00.08 (44.28)	10:44.45 (44.37)	11:28.65 (44.20)	
	12:12.70 (44.05)	12:56.82 (44.12)	13:40.88 (44.06)	14:24.96 (44.08)	
	15:08.55 (43.59)	15:52.59 (44.04)	16:36.53 (43.94)	17:20.20 (43.67)	
	18:03.69 (43.49)	18:47.37 (43.68)	19:30.98 (43.61)	20:14.52 (43.54)	
	20:57.79 (43.27)	21:39.84 (42.05)			
2	Ulla Davis	54	Uppsala (Sweden)	27:00.00	25:22.88
	45.91	1:34.64 (48.73)	2:25.60 (50.96)	3:15.59 (49.99)	
	4:07.21 (51.62)	4:57.83 (50.62)	5:48.00 (50.17)	6:39.61 (51.61)	
	7:30.94 (51.33)	8:22.08 (51.14)	9:12.43 (50.35)	10:03.29 (50.86)	
	10:54.50 (51.21)	11:44.88 (50.38)	12:36.28 (51.40)	13:26.96 (50.68)	
	14:18.20 (51.24)	15:08.87 (50.67)	15:59.47 (50.60)	16:51.34 (51.87)	
	17:41.71 (50.37)	18:33.26 (51.55)	19:24.71 (51.45)	20:15.52 (50.81)	
	21:08.19 (52.67)	22:00.20 (52.01)	22:52.03 (51.83)	23:44.67 (52.64)	
	24:34.79 (50.12)	25:22.88 (48.09)			

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3	Jeanette Benn	54	Barnet Cophall	29:00.00	27:26.11
	50.36	1:42.77 (52.41)	2:36.37 (53.60)	3:29.79 (53.42)	
	4:23.53 (53.74)	5:17.00 (53.47)	6:11.07 (54.07)	7:05.68 (54.61)	
	8:01.72 (56.04)	8:56.95 (55.23)	9:52.23 (55.28)	10:47.04 (54.81)	
	11:42.53 (55.49)	12:37.35 (54.82)	13:32.21 (54.86)	14:28.53 (56.32)	
	15:24.79 (56.26)	16:19.35 (54.56)	17:14.67 (55.32)	18:10.17 (55.50)	
	19:05.83 (55.66)	20:01.16 (55.33)	20:57.27 (56.11)	21:52.97 (55.70)	
	22:48.56 (55.59)	23:45.54 (56.98)	24:41.51 (55.97)	25:37.45 (55.94)	
	26:33.25 (55.80)	27:26.11 (52.86)			
4	Miranda Carter	50	Camden Swiss Cott	29:00.00	29:49.19
	54.39	1:52.23 (57.84)	2:51.45 (59.22)	3:51.39 (59.94)	
	4:52.04 (1:00.65)	5:52.58 (1:00.54)	6:52.74 (1:00.16)	7:53.09 (1:00.35)	
	8:53.28 (1:00.19)	9:53.27 (59.99)	10:52.97 (59.70)	11:51.91 (58.94)	
	12:52.05 (1:00.14)	13:51.04 (58.99)	14:50.31 (59.27)	15:49.20 (58.89)	
	16:49.27 (1:00.07)	17:47.87 (58.60)	18:47.55 (59.68)	19:47.83 (1:00.28)	
	20:47.75 (59.92)	21:47.48 (59.73)	22:47.50 (1:00.02)	23:47.89 (1:00.39)	
	24:49.35 (1:01.46)	25:49.70 (1:00.35)	26:50.07 (1:00.37)	27:51.22 (1:01.15)	
	28:51.43 (1:00.21)	29:49.19 (57.76)			
5	Helen O'Leary	51	Phoenix (Ireland)	33:20.00	33:12.28
	59.81	2:03.76 (1:03.95)	3:09.76 (1:06.00)	4:15.79 (1:06.03)	
	5:19.99 (1:04.20)	6:24.73 (1:04.74)	7:30.36 (1:05.63)	8:37.72 (1:07.36)	
	9:44.89 (1:07.17)	10:52.25 (1:07.36)	11:58.66 (1:06.41)	13:06.29 (1:07.63)	
	14:14.53 (1:08.24)	15:22.66 (1:08.13)	16:29.81 (1:07.15)	17:37.42 (1:07.61)	
	18:45.48 (1:08.06)	19:53.56 (1:08.08)	21:01.47 (1:07.91)	22:08.69 (1:07.22)	
	23:16.60 (1:07.91)	24:24.63 (1:08.03)	25:31.73 (1:07.10)	26:42.06 (1:10.33)	
	27:49.20 (1:07.14)	28:56.11 (1:06.91)	30:01.65 (1:05.54)	31:05.94 (1:04.29)	
	32:09.06 (1:03.12)	33:12.28 (1:03.22)			

Women 55-59

1	Rose Dudeney	58	Haywards Heath	25:15.00	25:51.24
	46.51	1:37.47 (50.96)	2:29.73 (52.26)	3:22.41 (52.68)	
	4:14.62 (52.21)	5:06.44 (51.82)	5:58.78 (52.34)	6:51.20 (52.42)	
	7:43.59 (52.39)	8:35.37 (51.78)	9:27.72 (52.35)	10:20.13 (52.41)	
	11:12.45 (52.32)	12:04.98 (52.53)	12:56.72 (51.74)	13:49.21 (52.49)	
	14:41.33 (52.12)	15:33.26 (51.93)	16:25.08 (51.82)	17:17.08 (52.00)	
	18:08.97 (51.89)	19:00.75 (51.78)	19:52.38 (51.63)	20:44.50 (52.12)	
	21:36.15 (51.65)	22:28.45 (52.30)	23:20.21 (51.76)	24:12.14 (51.93)	
	25:03.22 (51.08)	25:51.24 (48.02)			
2	Sue Johnson	58	St. Ives	26:04.00	26:01.64
	45.51	1:35.88 (50.37)	2:27.38 (51.50)	3:18.97 (51.59)	
	4:09.89 (50.92)	5:01.89 (52.00)	5:54.05 (52.16)	6:46.01 (51.96)	
	7:37.91 (51.90)	8:30.35 (52.44)	9:23.05 (52.70)	10:15.59 (52.54)	
	11:08.15 (52.56)	12:00.18 (52.03)	12:52.52 (52.34)	13:44.65 (52.13)	
	14:37.74 (53.09)	15:30.54 (52.80)	16:23.39 (52.85)	17:16.20 (52.81)	
	18:08.50 (52.30)	19:00.86 (52.36)	19:53.94 (53.08)	20:46.65 (52.71)	
	21:39.92 (53.27)	22:33.62 (53.70)	23:26.67 (53.05)	24:19.90 (53.23)	
	25:12.44 (52.54)	26:01.64 (49.20)			

Women 60-64

1	Elaine Blower	60	Barnet Cophall	24:15.00	23:50.39
	43.46	1:31.40 (47.94)	2:20.30 (48.90)	3:09.01 (48.71)	
	3:57.44 (48.43)	4:45.77 (48.33)	5:34.10 (48.33)	6:22.82 (48.72)	
	7:11.43 (48.61)	7:59.67 (48.24)	8:48.19 (48.52)	9:36.49 (48.30)	
	10:24.77 (48.28)	11:12.72 (47.95)	12:00.35 (47.63)	12:48.28 (47.93)	
	13:36.19 (47.91)	14:23.57 (47.38)	15:10.92 (47.35)	15:58.89 (47.97)	
	16:46.00 (47.11)	17:33.11 (47.11)	18:20.47 (47.36)	19:08.17 (47.70)	
	19:55.95 (47.78)	20:43.15 (47.20)	21:30.45 (47.30)	22:17.81 (47.36)	
	23:05.04 (47.23)	23:50.39 (45.35)			

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1	Jenny Ball	67	Isle Of Wight	29:30.00	28:14.24
	52.00	1:47.23 (55.23)	2:43.58 (56.35)	3:40.39 (56.81)	
	4:36.55 (56.16)	5:33.18 (56.63)	6:30.29 (57.11)	7:26.55 (56.26)	
	8:22.99 (56.44)	9:19.17 (56.18)	10:17.52 (58.35)	11:15.25 (57.73)	
	12:12.79 (57.54)	13:09.09 (56.30)	14:06.10 (57.01)	15:02.23 (56.13)	
	15:58.37 (56.14)	16:54.86 (56.49)	17:52.14 (57.28)	18:48.39 (56.25)	
	19:45.73 (57.34)	20:42.41 (56.68)	21:39.39 (56.98)	22:36.15 (56.76)	
	23:33.31 (57.16)	24:30.00 (56.69)	25:27.05 (57.05)	26:24.03 (56.98)	
	27:20.18 (56.15)	28:14.24 (54.06)			

Women 70-74

1	Jane Asher	74	Kings Cormorants	25:00.00	24:26.58
	45.02	1:33.52 (48.50)	2:22.50 (48.98)	3:11.27 (48.77)	
	4:00.28 (49.01)	4:49.57 (49.29)	5:39.18 (49.61)	6:28.72 (49.54)	
	7:18.00 (49.28)	8:07.90 (49.90)	8:57.71 (49.81)	9:47.26 (49.55)	
	10:36.62 (49.36)	11:25.90 (49.28)	12:15.31 (49.41)	13:04.45 (49.14)	
	13:53.91 (49.46)	14:43.11 (49.20)	15:32.40 (49.29)	16:21.98 (49.58)	
	17:11.27 (49.29)	18:00.94 (49.67)	18:50.54 (49.60)	19:39.74 (49.20)	
	20:29.02 (49.28)	21:18.15 (49.13)	22:07.07 (48.92)	22:55.28 (48.21)	
	23:42.98 (47.70)	24:26.58 (43.60)			

Men 25-29

1	Gary Wood	25	Camden Swiss Cott	18:45.30	19:05.85
	34.02	1:11.23 (37.21)	1:49.06 (37.83)	2:26.75 (37.69)	
	3:05.01 (38.26)	3:43.07 (38.06)	4:21.35 (38.28)	5:00.08 (38.73)	
	5:38.55 (38.47)	6:16.95 (38.40)	6:55.39 (38.44)	7:33.89 (38.50)	
	8:12.31 (38.42)	8:50.72 (38.41)	9:29.12 (38.40)	10:07.45 (38.33)	
	10:46.24 (38.79)	11:25.02 (38.78)	12:03.78 (38.76)	12:42.31 (38.53)	
	13:21.26 (38.95)	13:59.60 (38.34)	14:38.03 (38.43)	15:16.40 (38.37)	
	15:55.31 (38.91)	16:34.02 (38.71)	17:12.76 (38.74)	17:51.55 (38.79)	
	18:29.96 (38.41)	19:05.85 (35.89)			
2	Richard Woodward	28	Stowmarket	19:00.00	19:59.89
	34.40	1:11.49 (37.09)	1:49.61 (38.12)	2:27.59 (37.98)	
	3:05.59 (38.00)	3:44.07 (38.48)	4:22.60 (38.53)	5:01.31 (38.71)	
	5:40.37 (39.06)	6:19.78 (39.41)	6:59.66 (39.88)	7:40.31 (40.65)	
	8:21.49 (41.18)	9:02.44 (40.95)	9:43.87 (41.43)	10:24.49 (40.62)	
	11:05.37 (40.88)	11:46.76 (41.39)	12:28.77 (42.01)	13:09.78 (41.01)	
	13:50.67 (40.89)	14:32.47 (41.80)	15:13.49 (41.02)	15:54.42 (40.93)	
	16:36.12 (41.70)	17:17.71 (41.59)	17:59.38 (41.67)	18:40.52 (41.14)	
	19:21.05 (40.53)	19:59.89 (38.84)			

Men 30-34

1	Cesare Granata	33	Impington	22:00.00	22:03.58
	40.92	1:23.54 (42.62)	2:06.82 (43.28)	2:50.87 (44.05)	
	3:35.20 (44.33)	4:19.68 (44.48)	5:04.92 (45.24)	5:49.53 (44.61)	
	6:34.26 (44.73)	7:18.53 (44.27)	8:02.72 (44.19)	8:47.32 (44.60)	
	9:31.60 (44.28)	10:16.56 (44.96)	11:00.81 (44.25)	11:45.44 (44.63)	
	12:30.01 (44.57)	13:14.63 (44.62)	13:58.65 (44.02)	14:43.06 (44.41)	
	15:27.82 (44.76)	16:12.46 (44.64)	16:57.05 (44.59)	17:41.30 (44.25)	
	18:25.53 (44.23)	19:10.65 (45.12)	19:54.92 (44.27)	20:38.60 (43.68)	
	21:22.46 (43.86)	22:03.58 (41.12)			

Men 35-39

1	Duncan Hartley	37	Barnet Cophall	19:01.00	18:14.92
	32.53	1:07.44 (34.91)	1:43.47 (36.03)	2:19.40 (35.93)	
	2:55.08 (35.68)	3:30.53 (35.45)	4:05.46 (34.93)	4:40.89 (35.43)	
	5:16.23 (35.34)	5:52.58 (36.35)	6:28.26 (35.68)	7:03.72 (35.46)	
	7:39.18 (35.46)	8:15.02 (35.84)	8:50.21 (35.19)	9:24.90 (34.69)	
	10:08.37 (43.47)	10:46.68 (38.31)	11:24.60 (37.92)	12:02.41 (37.81)	
	12:40.46 (38.05)	13:18.03 (37.57)	13:55.41 (37.38)	14:33.56 (38.15)	
	15:10.76 (37.20)	15:48.33 (37.57)	16:25.85 (37.52)	17:02.96 (37.11)	
	17:39.84 (36.88)	18:14.92 (35.08)			

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2	Patrick Waldron	37	Barnet Cophall	24:00.00	24:24.10
	42.14	1:28.15 (46.01)	2:15.70 (47.55)	3:53.70 (1:38.00)	
		4:42.83 ()	5:31.28 (48.45)		
	7:09.20 ()	7:58.51 (49.31)	8:47.65 (49.14)	9:36.32 (48.67)	
	10:24.95 (48.63)	11:13.48 (48.53)	12:01.86 (48.38)	12:50.11 (48.25)	
	13:38.39 (48.28)	14:27.66 (49.27)	15:17.03 (49.37)	16:06.58 (49.55)	
	16:56.87 (50.29)	17:47.37 (50.50)	18:38.03 (50.66)	19:28.17 (50.14)	
	20:17.98 (49.81)	21:07.79 (49.81)	21:56.22 (48.43)	22:45.95 (49.73)	
	23:35.53 (49.58)	24:24.10 (48.57)			

Men 40-44

1	Calum Mc Kinlay	41	Camden Swiss Cott	18:44.60	18:45.00
	33.92	1:10.30 (36.38)	1:47.84 (37.54)	2:25.88 (38.04)	
	3:03.75 (37.87)	3:41.93 (38.18)	4:20.38 (38.45)	4:59.72 (39.34)	
	5:37.95 (38.23)	6:15.79 (37.84)	6:53.97 (38.18)	7:32.21 (38.24)	
	8:10.37 (38.16)	8:48.32 (37.95)	9:26.37 (38.05)	10:04.41 (38.04)	
	10:42.55 (38.14)	11:19.83 (37.28)	11:57.24 (37.41)	12:34.63 (37.39)	
	13:11.61 (36.98)	13:48.26 (36.65)	14:25.42 (37.16)	15:02.62 (37.20)	
	15:39.71 (37.09)	16:17.12 (37.41)	16:54.47 (37.35)	17:31.91 (37.44)	
	18:08.98 (37.07)	18:45.00 (36.02)			
2	Martin Hawley	41	Ealing	18:42.10	19:17.54
	35.64	1:13.60 (37.96)	1:52.82 (39.22)	2:32.18 (39.36)	
	3:11.27 (39.09)	3:49.95 (38.68)	4:28.47 (38.52)	5:07.77 (39.30)	
	5:46.59 (38.82)	6:25.78 (39.19)	7:04.74 (38.96)	7:43.57 (38.83)	
	8:22.52 (38.95)	9:01.44 (38.92)	9:38.97 (37.53)	10:17.24 (38.27)	
	10:55.13 (37.89)	11:34.07 (38.94)	12:12.69 (38.62)	12:51.85 (39.16)	
	13:31.20 (39.35)	14:09.91 (38.71)	14:48.17 (38.26)	15:27.22 (39.05)	
	16:06.04 (38.82)	16:44.36 (38.32)	17:23.06 (38.70)	18:01.58 (38.52)	
	18:39.30 (37.72)	19:17.54 (38.24)			
3	Haydn Jones	40	Woking	21:15.00	21:03.83
	37.93	1:18.95 (41.02)	2:01.10 (42.15)	2:43.13 (42.03)	
	3:26.11 (42.98)	4:08.75 (42.64)	4:51.64 (42.89)	5:34.02 (42.38)	
	6:17.26 (43.24)	6:59.96 (42.70)	7:43.02 (43.06)	8:25.49 (42.47)	
	9:07.84 (42.35)	9:50.72 (42.88)	10:33.50 (42.78)	11:15.84 (42.34)	
	11:58.32 (42.48)	12:40.70 (42.38)	13:23.30 (42.60)	14:05.45 (42.15)	
	14:47.90 (42.45)	15:30.26 (42.36)	16:12.05 (41.79)	16:54.67 (42.62)	
	17:37.21 (42.54)	18:19.50 (42.29)	19:01.16 (41.66)	19:43.02 (41.86)	
	20:24.78 (41.76)	21:03.83 (39.05)			
4	Geoff Jones	43	Biggleswade	22:00.00	22:00.06
	37.60	1:18.99 (41.39)	2:01.66 (42.67)	2:45.07 (43.41)	
	3:28.29 (43.22)	4:12.31 (44.02)	4:56.00 (43.69)	5:39.75 (43.75)	
	6:24.42 (44.67)	7:09.27 (44.85)	7:54.29 (45.02)	8:38.91 (44.62)	
	9:23.41 (44.50)	10:08.22 (44.81)	10:53.16 (44.94)	11:37.61 (44.45)	
	12:21.66 (44.05)	13:05.60 (43.94)	13:50.03 (44.43)	14:34.22 (44.19)	
	15:19.11 (44.89)	16:03.97 (44.86)	16:48.56 (44.59)	17:33.45 (44.89)	
	18:18.00 (44.55)	19:03.08 (45.08)	19:48.21 (45.13)	20:33.30 (45.09)	
	21:18.34 (45.04)	22:00.06 (41.72)			
5	Nigel Woods	43	Newport Pagnell	22:30.00	22:06.03
	41.22	1:24.30 (43.08)	2:09.01 (44.71)	2:53.26 (44.25)	
	3:37.15 (43.89)	4:20.41 (43.26)	5:04.03 (43.62)	5:48.74 (44.71)	
	6:33.20 (44.46)	7:17.36 (44.16)	8:01.85 (44.49)	8:46.07 (44.22)	
	9:31.19 (45.12)	10:15.88 (44.69)	11:00.27 (44.39)	11:44.63 (44.36)	
	12:29.20 (44.57)	13:14.04 (44.84)	13:59.39 (45.35)	14:44.11 (44.72)	
	15:28.94 (44.83)	16:13.34 (44.40)	16:57.43 (44.09)	17:42.04 (44.61)	
	18:26.80 (44.76)	19:11.62 (44.82)	19:57.06 (45.44)	20:40.78 (43.72)	
	21:25.33 (44.55)	22:06.03 (40.70)			

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6	David White	43	Anaconda	25:00.00	25:24.36
	39.22	1:24.54 (45.32)	2:12.39 (47.85)	3:01.92 (49.53)	
	3:51.78 (49.86)	4:42.02 (50.24)	5:31.98 (49.96)	6:21.98 (50.00)	
	7:13.07 (51.09)	8:03.69 (50.62)	8:55.13 (51.44)	9:45.62 (50.49)	
	10:37.01 (51.39)	11:28.83 (51.82)	12:20.23 (51.40)	13:12.32 (52.09)	
	14:03.57 (51.25)	14:55.39 (51.82)	15:47.47 (52.08)	16:40.26 (52.79)	
	17:33.18 (52.92)	18:25.23 (52.05)	19:17.98 (52.75)	20:11.65 (53.67)	
	21:04.33 (52.68)	21:57.13 (52.80)	22:50.21 (53.08)	23:43.41 (53.20)	
	24:35.28 (51.87)	25:24.36 (49.08)			

Men 45-49

1	Bill Gristwood	46	Hartham Masters	23:59.00	24:35.62
	41.69	1:28.59 (46.90)	2:17.28 (48.69)	3:08.34 (51.06)	
	3:57.36 (49.02)	4:48.28 (50.92)	5:38.86 (50.58)	6:29.56 (50.70)	
	7:19.57 (50.01)	8:09.83 (50.26)	9:00.23 (50.40)	9:49.01 (48.78)	
	10:38.17 (49.16)	11:27.95 (49.78)	12:17.81 (49.86)	13:07.53 (49.72)	
	13:57.46 (49.93)	14:47.33 (49.87)	15:36.83 (49.50)	16:26.16 (49.33)	
	17:15.32 (49.16)	18:05.30 (49.98)	18:54.75 (49.45)	19:43.76 (49.01)	
	20:33.03 (49.27)	21:22.39 (49.36)	22:11.44 (49.05)	23:01.32 (49.88)	
	23:49.63 (48.31)	24:35.62 (45.99)			

Men 50-54

1	Martin Appleby	52	Barnet Copthall	22:54.00	23:29.04
	41.79	1:26.39 (44.60)	2:12.32 (45.93)	2:58.66 (46.34)	
	3:45.01 (46.35)	4:31.66 (46.65)	5:18.86 (47.20)	6:05.44 (46.58)	
	6:52.13 (46.69)	7:38.86 (46.73)	8:26.58 (47.72)	9:13.55 (46.97)	
	10:01.10 (47.55)	10:48.47 (47.37)	11:35.35 (46.88)	12:22.66 (47.31)	
	13:10.58 (47.92)	13:58.05 (47.47)	14:45.43 (47.38)	15:32.29 (46.86)	
	16:19.96 (47.67)	17:07.07 (47.11)	17:54.57 (47.50)	18:42.22 (47.65)	
	19:29.78 (47.56)	20:17.50 (47.72)	21:05.91 (48.41)	21:54.06 (48.15)	
	22:41.91 (47.85)	23:29.04 (47.13)			

2	Stephen Smith	53	Anaconda	27:15.00	26:43.12
	47.61	1:39.36 (51.75)	2:32.76 (53.40)	3:26.29 (53.53)	
	4:20.20 (53.91)	5:14.25 (54.05)	6:07.98 (53.73)	7:02.16 (54.18)	
	7:57.14 (54.98)	8:51.50 (54.36)	9:45.90 (54.40)	10:40.05 (54.15)	
	11:34.88 (54.83)	12:29.43 (54.55)	13:23.82 (54.39)	14:17.53 (53.71)	
	15:10.19 (52.66)	16:01.91 (51.72)	16:54.75 (52.84)	17:47.61 (52.86)	
	18:41.10 (53.49)	19:35.10 (54.00)	20:28.76 (53.66)	21:22.60 (53.84)	
	22:16.40 (53.80)	23:10.14 (53.74)	24:03.38 (53.24)	24:57.40 (54.02)	
	25:51.15 (53.75)	26:43.12 (51.97)			

3	Peter Hanson	51	Dover Lifeguard	28:00.00	29:08.75
	44.05	1:36.59 (52.54)	2:33.92 (57.33)	3:31.97 (58.05)	
	4:28.17 (56.20)	5:25.12 (56.95)	6:22.81 (57.69)	7:21.64 (58.83)	
	8:20.88 (59.24)	9:18.89 (58.01)	10:17.85 (58.96)	11:17.16 (59.31)	
	12:17.33 (1:00.17)	13:17.01 (59.68)	14:16.25 (59.24)	15:15.98 (59.73)	
	16:16.32 (1:00.34)	17:14.94 (58.62)	18:13.66 (58.72)	19:13.09 (59.43)	
	20:13.28 (1:00.19)	21:14.03 (1:00.75)	22:14.34 (1:00.31)	23:14.32 (59.98)	
	24:15.17 (1:00.85)	25:12.49 (57.32)	26:12.02 (59.53)	27:09.91 (57.89)	
	28:09.93 (1:00.02)	29:08.75 (58.82)			

Men 55-59

1	Kevin Murphy	56	Barnet Copthall	26:10.00	25:54.25
	44.14	1:35.13 (50.99)	2:26.87 (51.74)	3:17.79 (50.92)	
	4:09.18 (51.39)	5:01.81 (52.63)	5:53.37 (51.56)	6:44.97 (51.60)	
	7:37.57 (52.60)	8:29.95 (52.38)	9:21.92 (51.97)	10:14.52 (52.60)	
	11:05.09 (50.57)	11:56.92 (51.83)	12:49.26 (52.34)	13:41.07 (51.81)	
	14:32.63 (51.56)	15:24.67 (52.04)	16:16.87 (52.20)	17:09.07 (52.20)	
	18:01.37 (52.30)	18:53.79 (52.42)	19:46.67 (52.88)	20:39.40 (52.73)	
	21:32.06 (52.66)	22:25.50 (53.44)	23:18.62 (53.12)	24:11.31 (52.69)	
	25:04.46 (53.15)	25:54.25 (49.79)			

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2	Clive Bradburn	58	Larkfield	30:00.00	26:46.18
	45.34	1:38.13 (52.79)	2:30.79 (52.66)	3:24.96 (54.17)	
	4:19.75 (54.79)	5:14.18 (54.43)	6:08.67 (54.49)	7:02.78 (54.11)	
	7:56.85 (54.07)	8:51.28 (54.43)	9:45.17 (53.89)	10:39.55 (54.38)	
	11:34.54 (54.99)	12:28.77 (54.23)	13:23.83 (55.06)	14:17.69 (53.86)	
	15:11.76 (54.07)	16:06.68 (54.92)	17:02.26 (55.58)	17:57.50 (55.24)	
	18:52.45 (54.95)	19:47.51 (55.06)	20:41.84 (54.33)	21:35.79 (53.95)	
	22:30.27 (54.48)	23:24.00 (53.73)	24:17.30 (53.30)	25:09.08 (51.78)	
	26:01.24 (52.16)	26:46.18 (44.94)			
3	Stuart Mc Gowan	56	Griffins of Enfield	25:00.00	26:54.22
	46.07	1:38.27 (52.20)	2:32.83 (54.56)	3:26.19 (53.36)	
	4:20.05 (53.86)	5:14.86 (54.81)	6:08.56 (53.70)	7:02.45 (53.89)	
	7:57.34 (54.89)	8:51.81 (54.47)	9:46.33 (54.52)	10:40.63 (54.30)	
	11:36.09 (55.46)	12:30.75 (54.66)	13:25.92 (55.17)	14:20.77 (54.85)	
	15:14.90 (54.13)	16:09.19 (54.29)	17:03.01 (53.82)	17:56.38 (53.37)	
	18:50.10 (53.72)	19:43.43 (53.33)	20:38.08 (54.65)	21:33.69 (55.61)	
	22:27.86 (54.17)	23:22.88 (55.02)	24:16.16 (53.28)	25:09.70 (53.54)	
	26:03.23 (53.53)	26:54.22 (50.99)			
4	Anthony Platts	56	Haywards Heath	28:00.00	27:15.37
	45.98	1:36.74 (50.76)	2:28.34 (51.60)	3:22.18 (53.84)	
	4:15.48 (53.30)	5:09.03 (53.55)	6:04.27 (55.24)	6:58.82 (54.55)	
	7:54.19 (55.37)	8:48.70 (54.51)	9:42.13 (53.43)	10:36.77 (54.64)	
	11:33.10 (56.33)	12:29.48 (56.38)	13:23.88 (54.40)	14:20.06 (56.18)	
	15:15.45 (55.39)	16:11.22 (55.77)	17:07.52 (56.30)	18:02.59 (55.07)	
	18:58.23 (55.64)	19:55.28 (57.05)	20:51.21 (55.93)	21:46.68 (55.47)	
	22:41.57 (54.89)	23:37.15 (55.58)	24:32.19 (55.04)	25:27.58 (55.39)	
	26:23.81 (56.23)	27:15.37 (51.56)			

Men 60-64

1	Bruce Thompson	63	Barnet Cophall	29:20.00	29:23.17
	51.37	1:47.68 (56.31)	2:44.87 (57.19)	3:42.08 (57.21)	
	4:39.84 (57.76)	5:38.49 (58.65)	6:36.46 (57.97)	7:35.57 (59.11)	
	8:34.07 (58.50)	9:33.31 (59.24)	10:31.83 (58.52)	11:30.69 (58.86)	
	12:29.11 (58.42)	13:28.52 (59.41)	14:28.10 (59.58)	15:27.92 (59.82)	
	16:27.46 (59.54)	17:27.62 (1:00.16)	18:27.61 (59.99)	19:26.87 (59.26)	
	20:27.05 (1:00.18)	21:26.69 (59.64)	22:26.20 (59.51)	23:26.02 (59.82)	
	24:26.36 (1:00.34)	25:26.72 (1:00.36)	26:26.89 (1:00.17)	27:26.57 (59.68)	
	28:26.02 (59.45)	29:23.17 (57.15)			

Men 65-69

1	Andrew Elcock	65	Spencer Swim Team	22:30.00	22:48.13
	41.61	1:25.06 (43.45)	2:09.74 (44.68)	2:54.56 (44.82)	
	3:39.14 (44.58)	4:24.23 (45.09)	5:09.97 (45.74)	5:55.42 (45.45)	
	6:40.70 (45.28)	7:26.09 (45.39)	8:11.68 (45.59)	8:57.22 (45.54)	
	9:43.18 (45.96)	10:29.37 (46.19)	11:15.50 (46.13)	12:02.12 (46.62)	
	12:48.63 (46.51)	13:34.21 (45.58)	14:20.21 (46.00)	15:06.85 (46.64)	
	15:52.80 (45.95)	16:38.91 (46.11)	17:25.06 (46.15)	18:11.52 (46.46)	
	18:58.43 (46.91)	19:44.69 (46.26)	20:31.09 (46.40)	21:17.31 (46.22)	
	22:03.99 (46.68)	22:48.13 (44.14)			
2	John Harrington	69	Barnet Cophall	26:00.00	25:43.40
	48.18	1:39.08 (50.90)	2:30.84 (51.76)	3:22.66 (51.82)	
	4:13.81 (51.15)	5:05.39 (51.58)	5:57.38 (51.99)	6:49.60 (52.22)	
	7:41.21 (51.61)	8:33.06 (51.85)	9:24.48 (51.42)	10:16.26 (51.78)	
	11:07.23 (50.97)	11:58.75 (51.52)	12:50.51 (51.76)	13:42.00 (51.49)	
	14:32.84 (50.84)	15:23.30 (50.46)	16:14.30 (51.00)	17:05.80 (51.50)	
	17:57.72 (51.92)	18:48.87 (51.15)	19:40.65 (51.78)	20:32.25 (51.60)	
	21:24.40 (52.15)	22:16.75 (52.35)	23:09.53 (52.78)	24:00.97 (51.44)	
	24:53.81 (52.84)	25:43.40 (49.59)			