

Event 1 Women 19-24 800 SC Meter Freestyle

Name	Age	Team	Finals Time			
1 Rhiannon Guy	24	Otter	10:36.07			
	37.57	1:18.40 (40.83)	1:59.04 (40.64)	2:39.73 (40.69)		
	3:20.15 (40.42)	4:00.33 (40.18)	4:40.55 (40.22)	5:20.93 (40.38)		
	6:00.53 (39.60)	6:40.03 (39.50)	7:19.93 (39.90)	7:59.44 (39.51)		
	8:39.29 (39.85)	9:18.73 (39.44)	9:57.93 (39.20)	10:36.07 (38.14)		
2 Victoria Akers	24	Barnet Copthall	11:15.37			
	36.75	37.00 (0.25)	1:16.98 (39.98)	1:58.47 (41.49)		
	2:40.58 (42.11)	2:41.06 (0.48)	3:23.16 (42.10)	4:05.24 (42.08)		
	4:47.32 (42.08)	5:29.89 (42.57)	5:29.93 (0.04)	6:13.06 (43.13)		
	6:55.86 (42.80)	7:38.15 (42.29)	9:49.12 (2:10.97)	11:15.37 (1:26.25)		

Event 1 Women 25-29 800 SC Meter Freestyle

1 Kay Hamilton	27	Romford Town	10:36.94			
	33.70	1:11.28 (37.58)	1:51.09 (39.81)	2:31.20 (40.11)		
	3:11.51 (40.31)	3:52.12 (40.61)	4:32.52 (40.40)	5:13.48 (40.96)		
	5:53.93 (40.45)	6:34.58 (40.65)	7:15.55 (40.97)	7:56.72 (41.17)		
	8:37.30 (40.58)	9:18.62 (41.32)	9:59.39 (40.77)	10:36.94 (37.55)		

Event 1 Women 30-34 800 SC Meter Freestyle

1 Abigail Wroe	33	Bracknell & Wokingham	10:09.13			
	33.89	1:11.43 (37.54)	1:49.99 (38.56)	2:28.58 (38.59)		
	3:07.68 (39.10)	3:46.57 (38.89)	4:25.07 (38.50)	5:03.97 (38.90)		
	5:42.67 (38.70)	6:21.30 (38.63)	6:59.71 (38.41)	7:38.59 (38.88)		
	8:16.87 (38.28)	8:55.33 (38.46)	9:33.52 (38.19)	10:09.13 (35.61)		
2 Nicol Albertyn	31	Harlow Penguins	11:11.76			
	36.86	37.29 (0.43)	1:18.30 (41.01)	2:00.97 (42.67)		
	2:43.78 (42.81)	2:44.35 (0.57)	3:26.11 (41.76)	4:08.73 (42.62)		
	4:09.29 (0.56)	4:51.18 (41.89)	5:33.45 (42.27)	5:34.02 (0.57)		
	6:15.64 (41.62)	8:23.43 (2:07.79)	9:47.47 (1:24.04)	11:11.76 (1:24.29)		
3 Nicky Main	32	Barnet Copthall	13:20.25			
	46.97	1:36.51 (49.54)	2:27.75 (51.24)	3:17.98 (50.23)		
	4:08.14 (50.16)	4:58.14 (50.00)	5:48.66 (50.52)	6:39.15 (50.49)		
	7:29.41 (50.26)	8:20.32 (50.91)	9:10.36 (50.04)	10:00.20 (49.84)		
	10:51.32 (51.12)	11:42.15 (50.83)	12:32.66 (50.51)	13:20.25 (47.59)		

Event 1 Women 35-39 800 SC Meter Freestyle

1 Emma France	37	Guildford City	12:13.67			
	42.07	1:26.08 (44.01)	2:10.99 (44.91)	2:56.34 (45.35)		
	3:41.88 (45.54)	4:27.78 (45.90)	5:14.29 (46.51)	5:37.73 (23.44)		
	6:00.48 (22.75)	6:23.92 (23.44)	6:47.68 (23.76)	7:28.52 (40.84)		
	8:01.97 (33.45)	8:21.94 (19.97)	8:48.47 (26.53)	12:13.67 (3:25.20)		
2 Clare Harwood	39	Camden Swiss Cottage	12:19.19			
	38.33	1:20.71 (42.38)	2:05.83 (45.12)	2:52.20 (46.37)		
	3:38.96 (46.76)	4:26.01 (47.05)	5:13.87 (47.86)	6:01.85 (47.98)		
	6:49.41 (47.56)	7:36.53 (47.12)	8:24.23 (47.70)	9:11.45 (47.22)		
	9:58.63 (47.18)	10:46.33 (47.70)	11:33.46 (47.13)	12:19.19 (45.73)		

Event 1 Women 40-44 800 SC Meter Freestyle

1 Nuala Muir-Cochrane	41	Camden Swiss Cottage	9:31.14			
	32.63	1:07.71 (35.08)	1:43.15 (35.44)	2:18.71 (35.56)		
	2:54.52 (35.81)	3:30.66 (36.14)	4:06.82 (36.16)	4:43.14 (36.32)		
	5:19.48 (36.34)	5:55.72 (36.24)	6:31.96 (36.24)	7:08.36 (36.40)		
	7:44.36 (36.00)	8:20.59 (36.23)	8:56.50 (35.91)	9:31.14 (34.64)		

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2 Carolyn Riley	44 Cleethorpes & District				11:00.62
36.31	1:15.59 (39.28)	1:15.93 (0.34)	1:56.22 (40.29)		
2:37.23 (41.01)	3:18.79 (41.56)	3:19.20 (0.41)	4:00.60 (41.40)		
4:42.59 (41.99)	5:24.77 (42.18)	5:25.09 (0.32)	6:06.78 (41.69)		
6:07.11 (0.33)	6:49.53 (42.42)	10:20.69 (3:31.16)	11:00.62 (39.93)		
3 Sheena Bassett	44 Dorking				12:48.49
43.79	1:30.70 (46.91)	2:19.22 (48.52)	3:07.99 (48.77)		
3:56.92 (48.93)	4:46.40 (49.48)	5:35.87 (49.47)	6:25.47 (49.60)		
7:15.10 (49.63)	8:03.78 (48.68)	8:53.04 (49.26)	9:41.77 (48.73)		
10:29.37 (47.60)	11:17.35 (47.98)	12:04.48 (47.13)	12:48.49 (44.01)		
4 Kate Robarts	44 Hampshire North				13:55.59
45.67	1:37.80 (52.13)	2:29.81 (52.01)	3:21.54 (51.73)		
4:14.31 (52.77)	5:07.35 (53.04)	6:00.41 (53.06)	6:54.11 (53.70)		
7:46.75 (52.64)	8:40.17 (53.42)	9:32.52 (52.35)	10:25.45 (52.93)		
11:18.68 (53.23)	12:11.45 (52.77)	13:04.84 (53.39)	13:55.59 (50.75)		
5 Janet Casey	42 Barnet Copthall				14:34.32
47.60	1:41.01 (53.41)	2:36.51 (55.50)	3:32.11 (55.60)		
4:28.23 (56.12)	5:25.15 (56.92)	6:21.34 (56.19)	7:17.09 (55.75)		
8:12.34 (55.25)	9:07.83 (55.49)	10:04.05 (56.22)	10:58.96 (54.91)		
11:53.70 (54.74)	12:48.52 (54.82)	13:42.73 (54.21)	14:34.32 (51.59)		
6 Jenny Richards	43 Guildford City				14:36.96
47.70	1:41.16 (53.46)	2:35.01 (53.85)	3:29.88 (54.87)		
4:25.43 (55.55)	5:22.08 (56.65)	6:18.57 (56.49)	7:13.29 (54.72)		
8:08.68 (55.39)	9:03.59 (54.91)	10:00.12 (56.53)	10:57.35 (57.23)		
11:53.60 (56.25)	12:50.46 (56.86)	13:45.27 (54.81)	14:36.96 (51.69)		

Event 1 Women 45-49 800 SC Meter Freestyle

1 Amanda Heath	48 Forward Hillingdon				10:51.00
2 Jane Thomas	46 Eastbourne				11:00.07
36.92	1:17.18 (40.26)	1:58.58 (41.40)	1:58.96 (0.38)		
3:22.41 (1:23.45)	4:04.49 (42.08)	4:46.38 (41.89)	5:28.19 (41.81)		
6:10.14 (41.95)	6:52.02 (41.88)	7:33.96 (41.94)	8:15.76 (41.80)		
10:19.58 (2:03.82)	11:00.07 (40.49)	11:00.07 ()	11:00.07 ()		
3 Carol Marlin	45 Beckenham				12:04.96
41.67	1:26.15 (44.48)	2:11.21 (45.06)	2:57.28 (46.07)		
3:43.72 (46.44)	4:29.78 (46.06)	5:15.53 (45.75)	6:01.80 (46.27)		
6:47.94 (46.14)	7:33.88 (45.94)	8:19.35 (45.47)	9:05.01 (45.66)		
9:50.49 (45.48)	10:36.35 (45.86)	11:21.25 (44.90)	12:04.96 (43.71)		
4 Amanda Doyle	49 Dorking				12:07.45
39.26	1:28.98 (49.72)	2:17.35 (48.37)	3:07.26 (49.91)		
3:51.37 (44.11)	4:36.54 (45.17)	5:21.53 (44.99)	6:06.70 (45.17)		
6:51.86 (45.16)	7:37.53 (45.67)	8:23.13 (45.60)	9:08.28 (45.15)		
9:54.06 (45.78)	10:39.44 (45.38)	11:24.65 (45.21)	12:07.45 (42.80)		
5 Elizabeth Knowles	45 Camden Swiss Cottage				13:05.82
42.42	1:29.04 (46.62)	2:17.44 (48.40)	3:06.84 (49.40)		
3:56.83 (49.99)	4:46.56 (49.73)	5:36.99 (50.43)	6:27.04 (50.05)		
7:17.21 (50.17)	8:07.42 (50.21)	8:57.80 (50.38)	9:47.53 (49.73)		
10:37.63 (50.10)	11:27.61 (49.98)	12:17.15 (49.54)	13:05.82 (48.67)		

Event 1 Women 50-54 800 SC Meter Freestyle

1 Jayne Ball	51 Barnet Copthall			11:00.35 BRITISH RECORD
38.12	1:19.63 (41.51)	2:01.02 (41.39)	2:42.97 (41.95)	
3:24.72 (41.75)	4:07.24 (42.52)	4:49.39 (42.15)	5:31.66 (42.27)	
6:13.56 (41.90)	6:54.83 (41.27)	7:36.41 (41.58)	8:17.72 (41.31)	
8:58.76 (41.04)	9:39.76 (41.00)	10:20.85 (41.09)	11:00.35 (39.50)	
2 Lorraine Crook	51 Caldicot			14:42.34
48.84	1:43.41 (54.57)	2:37.94 (54.53)	3:32.56 (54.62)	

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4:28.12 (55.56)	5:24.25 (56.13)	6:20.26 (56.01)	7:16.10 (55.84)
8:11.44 (55.34)	9:07.22 (55.78)	10:02.65 (55.43)	10:57.92 (55.27)
11:54.83 (56.91)	12:51.75 (56.92)	13:47.94 (56.19)	14:42.34 (54.40)

3 Helen O'Leary	51 Phoenix (Ireland)	16:45.44
58.23	1:59.96 (1:01.73)	3:01.96 (1:02.00)
4:05.48 (1:03.52)	5:08.44 (1:02.96)	6:12.39 (1:03.95)
7:15.61 (1:03.22)	8:19.28 (1:03.67)	9:23.27 (1:03.99)
10:27.52 (1:04.25)	11:30.42 (1:02.90)	12:32.47 (1:02.05)
13:35.40 (1:02.93)	14:39.30 (1:03.90)	15:44.24 (1:04.94)
16:45.44 (1:01.20)		

Event 1 Women 60-64 800 SC Meter Freestyle

1 Elaine Blower	60 Barnet Copthall	12:28.92
42.71	1:29.27 (46.56)	2:16.71 (47.44)
3:04.38 (47.67)	3:51.61 (47.23)	4:39.77 (48.16)
5:27.76 (47.99)	6:15.29 (47.53)	7:02.73 (47.44)
7:50.45 (47.72)	8:37.57 (47.12)	9:24.82 (47.25)
10:11.92 (47.10)	10:58.51 (46.59)	11:44.92 (46.41)
12:28.92 (44.00)		
2 Margaret Weare	61 Caldicot	18:17.87
56.91	2:02.32 (1:05.41)	3:09.43 (1:07.11)
4:20.17 (1:10.74)	5:31.47 (1:11.30)	6:39.61 (1:08.14)
7:49.17 (1:09.56)	9:01.04 (1:11.87)	10:10.07 (1:09.03)
11:21.25 (1:11.18)	12:32.05 (1:10.80)	13:41.55 (1:09.50)
14:53.22 (1:11.67)	16:01.45 (1:08.23)	17:11.89 (1:10.44)
18:17.87 (1:05.98)		

Event 1 Women 70-74 800 SC Meter Freestyle

1 Jane Asher	74 Kings Cormorants	12:47.59
43.06	1:30.24 (47.18)	2:18.73 (48.49)
3:06.92 (48.19)	3:55.14 (48.22)	4:44.28 (49.14)
5:33.10 (48.82)	6:22.82 (49.72)	7:12.30 (49.48)
8:01.63 (49.33)	8:50.48 (48.85)	9:38.74 (48.26)
10:26.55 (47.81)	11:15.07 (48.52)	12:02.53 (47.46)
12:47.59 (45.06)		
2 Barbara Fentiman	71 Bromley	13:29.37
44.91	1:35.14 (50.23)	2:27.37 (52.23)
3:18.22 (50.85)	4:09.30 (51.08)	5:00.71 (51.41)
5:52.27 (51.56)	6:43.28 (51.01)	7:34.44 (51.16)
8:24.95 (50.51)	9:15.79 (50.84)	10:06.93 (51.14)
10:58.29 (51.36)	11:49.48 (51.19)	12:40.53 (51.05)
13:29.37 (48.84)		
3 Pauline Wilkinson	72 Spencer	19:25.99
59.28	2:06.83 (1:07.55)	3:19.12 (1:12.29)
4:34.89 (1:15.77)	5:48.33 (1:13.44)	7:01.98 (1:13.65)
8:18.83 (1:16.85)	9:32.49 (1:13.66)	10:45.48 (1:12.99)
12:01.40 (1:15.92)	13:16.70 (1:15.30)	14:31.13 (1:14.43)
15:43.90 (1:12.77)	17:00.22 (1:16.32)	18:15.38 (1:15.16)
19:25.99 (1:10.61)		

Event 1 Men 19-24 800 SC Meter Freestyle

1 Craig Moate*	20 Becontree	<u>9:05.99 IPC WORLD RECORD</u>
31.15	1:04.72 (33.57)	1:39.05 (34.33)
2:13.26 (34.21)	2:47.71 (34.45)	3:22.36 (34.65)
3:56.84 (34.48)	4:31.58 (34.74)	5:05.91 (34.33)
5:40.18 (34.27)	6:14.81 (34.63)	6:49.48 (34.67)
7:24.22 (34.74)	7:58.46 (34.24)	8:32.96 (34.50)
9:05.99 (33.03)		

Event 1 Men 30-34 800 SC Meter Freestyle

1 Justin Palfrey	34 Bexley	9:20.54
31.03	1:04.93 (33.90)	1:38.97 (34.04)
2:13.44 (34.47)	2:48.26 (34.82)	3:23.26 (35.00)
3:58.36 (35.10)	4:33.47 (35.11)	5:08.94 (35.47)
5:44.38 (35.44)	6:20.13 (35.75)	6:55.83 (35.70)
7:31.84 (36.01)	8:08.09 (36.25)	8:44.78 (36.69)
9:20.54 (35.76)		
2 Simon Marsden	31 Barnet Copthall	9:59.84
31.73	1:06.67 (34.94)	1:42.63 (35.96)
2:18.68 (36.05)	2:55.05 (36.37)	3:32.21 (37.16)
4:10.15 (37.94)	4:48.57 (38.42)	5:26.96 (38.39)
6:05.21 (38.25)	6:43.67 (38.46)	7:22.90 (39.23)
8:02.57 (39.67)	8:42.96 (40.39)	9:21.90 (38.94)
9:59.84 (37.94)		

Event 1 Men 35-39 800 SC Meter Freestyle

1 Duncan Hartley	37 Barnet Copthall	9:24.25
31.41	1:05.89 (34.48)	1:41.49 (35.60)
2:17.01 (35.52)		

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2:52.47 (35.46)	3:28.44 (35.97)	4:04.30 (35.86)	4:40.00 (35.70)
5:15.54 (35.54)	5:51.27 (35.73)	6:26.82 (35.55)	7:02.77 (35.95)
7:38.43 (35.66)	8:14.63 (36.20)	8:50.50 (35.87)	9:24.25 (33.75)

2 Stuart Whitney 39 Otter 10:44.08

35.97	1:15.25 (39.28)	1:55.91 (40.66)	2:36.90 (40.99)
3:18.09 (41.19)	3:59.49 (41.40)	4:40.75 (41.26)	5:21.87 (41.12)
6:02.58 (40.71)	6:43.56 (40.98)	7:24.97 (41.41)	8:06.11 (41.14)
8:46.82 (40.71)	9:27.17 (40.35)	10:07.19 (40.02)	10:44.08 (36.89)

3 Andy Cook 37 Dorking 10:48.79

31.99	1:07.92 (35.93)	1:45.65 (37.73)	2:25.35 (39.70)
3:05.40 (40.05)	3:46.68 (41.28)	4:28.65 (41.97)	5:11.03 (42.38)
5:54.08 (43.05)	6:37.22 (43.14)	7:20.13 (42.91)	8:02.85 (42.72)
8:46.20 (43.35)	9:28.76 (42.56)	10:10.12 (41.36)	10:48.79 (38.67)

4 Matthew James 39 Cleethorpes & District 11:13.29

37.76	38.11 (0.35)	1:18.80 (40.69)	1:19.35 (0.55)
2:00.06 (40.71)	2:42.23 (42.17)	3:23.85 (41.62)	4:06.32 (42.47)
4:48.34 (42.02)	5:30.77 (42.43)	5:31.11 (0.34)	6:12.98 (41.87)
6:56.02 (43.04)	7:39.16 (43.14)	9:48.97 (2:09.81)	11:13.29 (1:24.32)

5 Peter Kavanagh 35 Camden Swiss Cottage 11:58.59

37.46	1:19.47 (42.01)	2:03.67 (44.20)	2:48.64 (44.97)
3:33.72 (45.08)	4:19.84 (46.12)	5:05.37 (45.53)	5:51.35 (45.98)
6:36.96 (45.61)	7:22.97 (46.01)	8:09.07 (46.10)	8:55.28 (46.21)
9:41.56 (46.28)	10:28.51 (46.95)	11:14.55 (46.04)	11:58.59 (44.04)

6 Patrick Waldron 37 Barnet Copthall 12:06.49

40.27	1:23.78 (43.51)	2:08.76 (44.98)	2:54.12 (45.36)
3:40.13 (46.01)	4:26.36 (46.23)	5:12.08 (45.72)	5:58.17 (46.09)
6:44.22 (46.05)	7:31.14 (46.92)	8:17.83 (46.69)	9:04.25 (46.42)
9:50.96 (46.71)	10:37.09 (46.13)	11:23.99 (46.90)	12:06.49 (42.50)

Event 1 Men 40-44 800 SC Meter Freestyle

1 Andrew Gristwood 41 Cleethorpes & District 9:34.02

32.11	1:06.72 (34.61)	1:41.97 (35.25)	2:17.91 (35.94)
2:53.90 (35.99)	3:29.45 (35.55)	4:06.49 (37.04)	4:43.04 (36.55)
5:19.89 (36.85)	5:56.63 (36.74)	6:33.03 (36.40)	7:09.88 (36.85)
7:46.93 (37.05)	8:23.96 (37.03)	9:00.17 (36.21)	9:34.02 (33.85)

2 Wray Shewell-Cooper 44 Potters Bar 9:35.64

30.91	1:05.30 (34.39)	1:41.19 (35.89)	2:17.45 (36.26)
2:53.99 (36.54)	3:30.96 (36.97)	4:07.63 (36.67)	4:44.11 (36.48)
5:20.56 (36.45)	5:57.23 (36.67)	6:33.95 (36.72)	7:10.95 (37.00)
7:48.02 (37.07)	8:25.44 (37.42)	9:01.48 (36.04)	9:35.64 (34.16)

3 Martin Hawley 41 Ealing 9:54.50

34.57	1:11.36 (36.79)	1:48.74 (37.38)	2:26.70 (37.96)
3:04.48 (37.78)	3:42.39 (37.91)	4:20.17 (37.78)	4:58.23 (38.06)
5:35.19 (36.96)	6:12.82 (37.63)	6:50.17 (37.35)	7:27.36 (37.19)
8:04.10 (36.74)	8:41.37 (37.27)	9:18.19 (36.82)	9:54.50 (36.31)

4 Fraser Mashford 43 Rochford & District 10:33.55

36.04	1:14.78 (38.74)	1:54.78 (40.00)	2:34.80 (40.02)
3:15.29 (40.49)	3:55.33 (40.04)	4:35.46 (40.13)	5:15.87 (40.41)
5:55.77 (39.90)	6:35.99 (40.22)	7:16.16 (40.17)	7:55.84 (39.68)
8:35.87 (40.03)	9:15.85 (39.98)	9:55.38 (39.53)	10:33.55 (38.17)

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5 Haydn Jones	40 Woking			10:57.95
36.87	37.21 (0.34)	1:16.66 (39.45)	1:57.82 (41.16)	
2:39.67 (41.85)	2:40.02 (0.35)	3:22.04 (42.02)	4:04.12 (42.08)	
4:46.47 (42.35)	5:28.78 (42.31)	5:29.19 (0.41)	6:10.88 (41.69)	
6:11.35 (0.47)	6:53.11 (41.76)	10:19.77 (3:26.66)	10:57.95 (38.18)	

Event 1 Men 45-49 800 SC Meter Freestyle

1 Simon Wayne	45 Camden Swiss Cottage			10:44.52
35.27	1:15.19 (39.92)	1:56.15 (40.96)	2:37.29 (41.14)	
3:18.75 (41.46)	4:00.08 (41.33)	4:41.45 (41.37)	5:22.52 (41.07)	
6:03.22 (40.70)	6:44.37 (41.15)	7:24.85 (40.48)	8:05.25 (40.40)	
8:46.11 (40.86)	9:26.78 (40.67)	10:07.20 (40.42)	10:44.52 (37.32)	
2 Jim Boucher	45 Guildford City			11:02.63
34.31	1:14.17 (39.86)	1:55.34 (41.17)	2:37.19 (41.85)	
3:19.96 (42.77)	4:02.38 (42.42)	4:45.71 (43.33)	5:27.93 (42.22)	
6:10.63 (42.70)	6:53.64 (43.01)	7:35.99 (42.35)	8:17.26 (41.27)	
8:59.60 (42.34)	9:41.68 (42.08)	10:23.80 (42.12)	11:02.63 (38.83)	
3 Bill Gristwood	46 Hartham Masters			12:45.05
40.81	1:26.61 (45.80)	2:14.99 (48.38)	3:04.50 (49.51)	
3:53.87 (49.37)	4:43.34 (49.47)	5:32.64 (49.30)	6:21.89 (49.25)	
	7:59.73 ()	8:48.28 (48.55)	9:36.71 (48.43)	
10:24.98 (48.27)	11:13.88 (48.90)	12:00.12 (46.24)	12:45.05 (44.93)	
4 Michael Dicker	45 Spencer			14:24.17
45.53	1:35.48 (49.95)		3:23.61 ()	
4:19.33 (55.72)	5:14.90 (55.57)	6:11.27 (56.37)	7:07.65 (56.38)	
8:02.46 (54.81)	8:56.94 (54.48)	9:52.11 (55.17)	10:47.11 (55.00)	
11:41.47 (54.36)	12:36.80 (55.33)	13:31.40 (54.60)	14:24.17 (52.77)	

Event 1 Men 50-54 800 SC Meter Freestyle

1 Dave Davenport	52 Bracknell & Wokingham			10:11.52
34.50	1:11.40 (36.90)	1:49.72 (38.32)	2:28.83 (39.11)	
3:08.03 (39.20)	3:46.57 (38.54)	4:25.41 (38.84)	5:04.08 (38.67)	
5:42.53 (38.45)	6:21.40 (38.87)	6:59.70 (38.30)	7:38.46 (38.76)	
8:16.85 (38.39)	8:55.19 (38.34)	9:34.21 (39.02)	10:11.52 (37.31)	
2 Martin Appleby	52 Barnet Copthall			11:52.46
38.44	1:19.79 (41.35)	2:03.64 (43.85)	2:47.98 (44.34)	
3:33.16 (45.18)	4:18.25 (45.09)	5:03.64 (45.39)	5:49.49 (45.85)	
6:34.70 (45.21)	7:19.91 (45.21)	8:05.57 (45.66)	8:51.62 (46.05)	
9:36.88 (45.26)	10:22.35 (45.47)	11:08.34 (45.99)	11:52.46 (44.12)	

Event 1 Men 55-59 800 SC Meter Freestyle

1 Ivan Myall	58 Chelmsford			10:57.10
37.55	1:17.81 (40.26)	1:58.62 (40.81)	2:39.53 (40.91)	
3:20.44 (40.91)	4:01.80 (41.36)	4:43.60 (41.80)	5:24.97 (41.37)	
6:06.47 (41.50)	6:47.94 (41.47)	7:29.60 (41.66)	8:11.32 (41.72)	
8:53.00 (41.68)	9:34.99 (41.99)	10:16.80 (41.81)	10:57.10 (40.30)	
2 Peter Stephens	58 Truro			11:28.85
37.60	1:19.74 (42.14)	2:03.64 (43.90)	2:47.88 (44.24)	
3:32.50 (44.62)	4:16.33 (43.83)	5:00.24 (43.91)	5:43.51 (43.27)	
6:27.74 (44.23)	7:10.49 (42.75)	7:54.08 (43.59)	8:37.60 (43.52)	
9:21.80 (44.20)	10:05.17 (43.37)	10:48.36 (43.19)	11:28.85 (40.49)	
3 Phil Sears	59 Dorking			13:55.05
45.86	1:37.45 (51.59)	2:30.40 (52.95)	3:23.71 (53.31)	
4:17.16 (53.45)	5:08.22 (51.06)	6:02.99 (54.77)	6:55.16 (52.17)	
7:49.52 (54.36)	8:44.33 (54.81)	9:37.91 (53.58)	10:29.42 (51.51)	
11:22.99 (53.57)	12:15.86 (52.87)	13:07.51 (51.65)	13:55.05 (47.54)	

Event 1 Men 60-64 800 SC Meter Freestyle

1 Paul Clarke	63 Luton			15:16.48
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48.67	1:43.80 (55.13)	2:40.43 (56.63)	3:35.56 (55.13)
4:33.17 (57.61)		6:29.99 ()	7:29.12 (59.13)
8:29.06 (59.94)	9:28.19 (59.13)	10:26.94 (58.75)	11:27.38 (1:00.44)
12:25.10 (57.72)	13:24.57 (59.47)	14:22.70 (58.13)	15:16.48 (53.78)

Event 1 Men 65-69 800 SC Meter Freestyle

1 Nigel Salsbury	65 Reading	13:12.55
43.52	1:33.86 (50.34)	2:25.33 (51.47)
3:17.16 (51.83)		
4:08.89 (51.73)	5:00.60 (51.71)	5:51.75 (51.15)
6:42.41 (50.66)		
7:32.70 (50.29)	8:22.28 (49.58)	9:12.98 (50.70)
10:02.63 (49.65)		
10:52.06 (49.43)	11:41.22 (49.16)	12:29.22 (48.00)
13:12.55 (43.33)		
2 John Harrington	69 Barnet Copthall	13:15.37
45.29	1:35.88 (50.59)	2:27.08 (51.20)
3:18.16 (51.08)		
4:08.74 (50.58)	4:59.25 (50.51)	5:49.32 (50.07)
6:40.17 (50.85)		
7:31.25 (51.08)	8:21.75 (50.50)	9:12.19 (50.44)
10:01.78 (49.59)		
10:50.83 (49.05)	11:40.96 (50.13)	12:31.02 (50.06)
13:15.37 (44.35)		

Event 1 Men 70-74 800 SC Meter Freestyle

1 Arthur Lowe	70 Birmingham Masters	12:22.62
39.52	1:24.80 (45.28)	2:10.82 (46.02)
2:56.56 (45.74)		
3:43.19 (46.63)	4:29.09 (45.90)	5:16.03 (46.94)
6:03.90 (47.87)		
6:51.51 (47.61)	7:38.98 (47.47)	8:26.79 (47.81)
9:15.22 (48.43)		
10:03.25 (48.03)	10:51.00 (47.75)	11:38.44 (47.44)
12:22.62 (44.18)		
2 John Starr	71 Romford Town	12:53.61
41.39	1:27.36 (45.97)	2:15.29 (47.93)
3:04.69 (49.40)		
3:53.76 (49.07)	4:44.12 (50.36)	5:34.44 (50.32)
6:24.67 (50.23)		
7:14.19 (49.52)	8:03.63 (49.44)	8:53.16 (49.53)
9:42.01 (48.85)		
10:31.05 (49.04)	11:20.75 (49.70)	12:09.36 (48.61)
12:53.61 (44.25)		
3 John Jeffery	73 Bracknell & Wokingham	15:48.27
51.06	1:49.21 (58.15)	2:52.70 (1:03.49)
3:52.28 (59.58)		
4:55.16 (1:02.88)	6:59.21 (2:04.05)	8:00.77 ()
9:01.89 (1:01.12)	10:00.80 (58.91)	11:00.89 (1:00.09)
11:59.72 (58.83)		
12:58.43 (58.71)	13:56.90 (58.47)	14:54.87 (57.97)
15:48.27 (53.40)		

Event 2 Women 19-24 400 SC Meter Freestyle

1 Rhiannon Guy	24 Otter	5:09.28
36.26	1:16.00 (39.74)	1:55.74 (39.74)
2:34.82 (39.08)		
3:13.58 (38.76)	3:52.33 (38.75)	4:31.33 (39.00)
5:09.28 (37.95)		

Event 2 Women 25-29 400 SC Meter Freestyle

1 Tara Hutt	26 Havant & Waterlooville	<u>4:28.06 BRITISH RECORD</u>
30.32	1:04.26 (33.94)	1:38.62 (34.36)
2:12.87 (34.25)		
2:47.21 (34.34)	3:21.39 (34.18)	3:55.37 (33.98)
4:28.06 (32.69)		
2 Kate Cowell	28 Barnet Copthall	5:44.35
37.15	1:18.92 (41.77)	2:02.20 (43.28)
2:45.73 (43.53)		
3:29.80 (44.07)	4:15.08 (45.28)	5:00.64 (45.56)
5:44.35 (43.71)		
3 Kathryn Webb*	27 Colchester Phoenix	8:28.45
56.37	1:59.10 (1:02.73)	3:02.49 (1:03.39)
4:06.95 (1:04.46)		
5:11.48 (1:04.53)	6:17.43 (1:05.95)	7:22.45 (1:05.02)
8:28.45 (1:06.00)		

Event 2 Women 30-34 400 SC Meter Freestyle

1 Lara Clarke	31 Romford Town	4:47.65
31.36	1:06.32 (34.96)	1:42.68 (36.36)
2:19.90 (37.22)		
2:56.98 (37.08)	3:34.54 (37.56)	4:12.23 (37.69)
4:47.65 (35.42)		

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2 Nicol Albertyn	31 Harlow Penguins	5:15.63
35.18	1:14.38 (39.20) 1:54.91 (40.53) 2:35.54 (40.63)	
3:16.00 (40.46)	3:56.63 (40.63) 4:36.57 (39.94) 5:15.63 (39.06)	
3 Caroline Faley	32 Borough of Waltham Forest	5:23.82
33.48	1:11.30 (37.82) 1:51.93 (40.63) 2:33.57 (41.64)	
3:15.81 (42.24)	3:58.42 (42.61) 4:41.57 (43.15) 5:23.82 (42.25)	
4 Louise Keetley	31 Bracknell & Wokingham	5:28.80
37.19	1:18.08 (40.89) 1:59.95 (41.87) 2:41.88 (41.93)	
3:23.89 (42.01)	4:05.80 (41.91) 4:47.46 (41.66) 5:28.80 (41.34)	
5 Caroline Wilson	31 Anaconda	5:56.19
37.97	1:21.61 (43.64) 2:07.69 (46.08) 2:54.33 (46.64)	
3:41.10 (46.77)	4:27.92 (46.82) 5:13.51 (45.59) 5:56.19 (42.68)	
6 Melissa Spears	32 Barnet Copthall	6:33.41
38.89	1:25.23 (46.34) 2:15.40 (50.17) 3:07.57 (52.17)	
3:59.82 (52.25)	4:51.62 (51.80) 5:43.59 (51.97) 6:33.41 (49.82)	

Event 2 Women 35-39 400 SC Meter Freestyle

1 Claire Palfrey	36 Bexley	4:52.43
32.49	1:08.58 (36.09) 1:46.11 (37.53) 2:23.94 (37.83)	
3:01.30 (37.36)	3:38.94 (37.64) 4:16.39 (37.45) 4:52.43 (36.04)	
2 Emma France	37 Guildford City	5:55.21
40.35	1:23.17 (42.82) 2:07.32 (44.15) 2:52.52 (45.20)	
3:38.66 (46.14)	4:25.10 (46.44) 5:11.53 (46.43) 5:55.21 (43.68)	
3 Wendy Mountford	36 Dorking	6:39.32
43.79	1:34.39 (50.60) 2:25.98 (51.59) 3:17.19 (51.21)	
4:08.21 (51.02)	4:59.43 (51.22) 5:49.58 (50.15) 6:39.32 (49.74)	

Event 2 Women 40-44 400 SC Meter Freestyle

1 Kate Roberts	44 Hampshire North	6:46.44
43.61	1:32.96 (49.35) 2:24.89 (51.93) 3:16.87 (51.98)	
4:09.67 (52.80)	5:01.94 (52.27) 5:55.66 (53.72) 6:46.44 (50.78)	
2 Janet Casey	42 Barnet Copthall	7:00.88
43.60	1:34.37 (50.77) 2:28.79 (54.42) 3:23.94 (55.15)	
4:18.46 (54.52)	5:13.49 (55.03) 6:08.60 (55.11) 7:00.88 (52.28)	
3 Jenny Richards	43 Guildford City	7:05.31
47.14	1:40.57 (53.43) 2:34.37 (53.80) 3:28.50 (54.13)	
4:23.70 (55.20)	5:18.86 (55.16) 6:14.25 (55.39) 7:05.31 (51.06)	

Event 2 Women 45-49 400 SC Meter Freestyle

1 Margaret Smith	47 City of Milton Keynes	5:10.02
35.02	1:13.54 (38.52) 1:52.80 (39.26) 2:32.50 (39.70)	
3:12.12 (39.62)	3:51.87 (39.75) 4:31.97 (40.10) 5:10.02 (38.05)	
2 Amanda Doyle	49 Dorking	5:48.79
38.50	1:21.56 (43.06) 2:06.31 (44.75) 2:51.01 (44.70)	
3:35.86 (44.85)	4:20.74 (44.88) 5:05.78 (45.04) 5:48.79 (43.01)	
3 Sara Perry	48 Anaconda	5:59.37
38.04	1:22.10 (44.06) 2:08.51 (46.41) 2:56.09 (47.58)	
3:43.25 (47.16)	4:29.86 (46.61) 5:15.56 (45.70) 5:59.37 (43.81)	

Event 2 Women 50-54 400 SC Meter Freestyle

1 Jayne Ball	51 Barnet Copthall	5:20.14
38.03	1:18.53 (40.50) 1:59.40 (40.87) 2:39.96 (40.56)	
3:20.41 (40.45)	4:01.19 (40.78) 4:41.53 (40.34) 5:20.14 (38.61)	
2 Michelle Whitehead	51 Kings Cormorants	6:47.85
45.61	1:35.76 (50.15) 2:28.24 (52.48) 3:20.94 (52.70)	

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4:13.70 (52.76) 5:06.82 (53.12) 5:58.68 (51.86) 6:47.85 (49.17)

3 Liz Neale 53 City of Milton Keynes 7:03.30

46.68 1:38.44 (51.76) 2:33.39 (54.95) 3:28.07 (54.68)
4:22.41 (54.34) 5:17.17 (54.76) 6:11.76 (54.59) 7:03.30 (51.54)

4 Karen Brown 50 Hammersmith Penguins 8:00.82

55.23 1:52.78 (57.55) 2:52.74 (59.96) 3:54.48 (1:01.74)
4:56.20 (1:01.72) 5:58.78 (1:02.58) 7:01.02 (1:02.24) 8:00.82 (59.80)

5 Helen O'Leary 51 Phoenix (Ireland) 8:01.35

55.74 1:54.68 (58.94) 2:54.06 (59.38) 3:55.89 (1:01.83)
4:58.26 (1:02.37) 5:59.82 (1:01.56) 7:01.55 (1:01.73) 8:01.35 (59.80)

Event 2 Women 70-74 400 SC Meter Freestyle

1 Jane Asher 74 Kings Cormorants 6:09.37

41.52 1:27.00 (45.48) 2:14.19 (47.19) 3:01.79 (47.60)
3:49.32 (47.53) 4:36.92 (47.60) 5:24.86 (47.94) 6:09.37 (44.51)

2 Barbara Fentiman 71 Bromley 6:37.19

44.29 1:33.90 (49.61) 2:24.83 (50.93) 3:16.45 (51.62)
4:07.66 (51.21) 4:58.09 (50.43) 5:49.30 (51.21) 6:37.19 (47.89)

3 Joy Cochrane 72 Romford Town 8:42.25

53.20 1:56.83 (1:03.63) 3:03.78 (1:06.95) 4:11.55 (1:07.77)
5:20.43 (1:08.88) 6:30.12 (1:09.69) 7:38.27 (1:08.15) 8:42.25 (1:03.98)

4 Pauline Wilkinson 72 Spencer 9:25.97

58.90 2:08.84 (1:09.94) 3:20.41 (1:11.57) 4:34.16 (1:13.75)
5:47.96 (1:13.80) 7:01.19 (1:13.23) 8:15.05 (1:13.86) 9:25.97 (1:10.92)

Event 3 Men 19-24 400 SC Meter Freestyle

1 Craig Moate* 20 Becontree 4:32.71

31.41 1:05.24 (33.83) 1:39.80 (34.56) 2:14.72 (34.92)
2:49.46 (34.74) 3:24.30 (34.84) 3:59.00 (34.70) 4:32.71 (33.71)

Event 3 Men 25-29 400 SC Meter Freestyle

1 David Fytche 27 Bracknell & Wokingham 4:34.08

30.78 1:04.69 (33.91) 1:38.87 (34.18) 2:13.80 (34.93)
2:48.58 (34.78) 3:23.62 (35.04) 3:59.34 (35.72) 4:34.08 (34.74)

2 Guy Crawford 26 Barnet Copthall 4:45.75

31.98 1:06.82 (34.84) 1:41.79 (34.97) 2:17.73 (35.94)
2:54.42 (36.69) 3:31.62 (37.20) 4:09.21 (37.59) 4:45.75 (36.54)

Event 3 Men 30-34 400 SC Meter Freestyle

1 Justin Palfrey 34 Bexley 4:28.08

30.17 1:03.03 (32.86) 1:37.07 (34.04) 2:11.45 (34.38)
2:45.55 (34.10) 3:19.80 (34.25) 3:54.13 (34.33) 4:28.08 (33.95)

2 Simon Marsden 31 Barnet Copthall 4:44.69

31.49 1:06.44 (34.95) 1:42.26 (35.82) 2:18.34 (36.08)
2:54.84 (36.50) 3:31.48 (36.64) 4:08.28 (36.80) 4:44.69 (36.41)

3 Adam Foreman 32 Barnet Copthall 5:32.06

33.85 1:12.13 (38.28) 1:53.71 (41.58) 2:35.99 (42.28)
3:18.39 (42.40) 4:02.99 (44.60) 4:48.15 (45.16) 5:32.06 (43.91)

Event 3 Men 35-39 400 SC Meter Freestyle

1 Philip Albright 35 Bracknell & Wokingham 5:02.01

32.05 1:07.77 (35.72) 1:45.37 (37.60) 2:23.87 (38.50)
3:02.28 (38.41) 3:42.23 (39.95) 4:22.61 (40.38) 5:02.01 (39.40)

2 Andy Cook 37 Dorking 5:06.44

33.69 1:09.43 (35.74) 1:47.80 (38.37) 2:27.25 (39.45)
3:07.27 (40.02) 3:47.14 (39.87) 4:26.80 (39.66) 5:06.44 (39.64)

3	Stuart Whitney	39	Otter			5:13.74
	34.35	1:12.45 (38.10)	1:52.04 (39.59)	2:32.22 (40.18)		
	3:12.86 (40.64)	3:53.69 (40.83)	4:34.93 (41.24)	5:13.74 (38.81)		

Event 3 Men 40-44 400 SC Meter Freestyle

1	Andrew Gristwood	41	Cleethorpes & District			4:41.20
	32.16	1:06.33 (34.17)	1:40.88 (34.55)	2:16.15 (35.27)		
	2:52.88 (36.73)	3:29.17 (36.29)	4:05.88 (36.71)	4:41.20 (35.32)		
2	Fraser Mashford	43	Rochford & District			5:10.74
	32.97	1:09.39 (36.42)	1:48.23 (38.84)	2:28.08 (39.85)		
	3:08.63 (40.55)	3:49.09 (40.46)	4:30.34 (41.25)	5:10.74 (40.40)		

Event 3 Men 45-49 400 SC Meter Freestyle

1	John Rittenhouse	47	Barnet Copthall			4:51.02
	31.44	1:06.13 (34.69)	1:42.57 (36.44)	2:19.76 (37.19)		
	2:57.24 (37.48)	3:35.49 (38.25)	4:13.86 (38.37)	4:51.02 (37.16)		
2	Colin Lieper	46	Birmingham Masters			5:14.33
	35.16	1:13.94 (38.78)	1:53.90 (39.96)	2:34.82 (40.92)		
	3:14.77 (39.95)	3:54.96 (40.19)	4:35.55 (40.59)	5:14.33 (38.78)		
3	John Brett	45	Y Swim			5:49.19
	36.86	1:17.51 (40.65)	2:02.02 (44.51)	2:48.55 (46.53)		
	3:34.26 (45.71)	4:20.18 (45.92)	5:05.81 (45.63)	5:49.19 (43.38)		

Event 3 Men 50-54 400 SC Meter Freestyle

1	Dave Davenport	52	Bracknell & Wokingham			4:52.27
	33.06	1:08.42 (35.36)	1:45.36 (36.94)	2:22.15 (36.79)		
	2:59.43 (37.28)	3:37.16 (37.73)	4:15.22 (38.06)	4:52.27 (37.05)		
2	Chris Kiernan	50	Anaconda			5:39.85
	38.08	1:21.01 (42.93)	2:05.62 (44.61)	2:50.18 (44.56)		
	3:33.78 (43.60)	4:17.03 (43.25)	4:59.47 (42.44)	5:39.85 (40.38)		
3	Martin Appleby	52	Barnet Copthall			5:43.99
	37.67	1:19.45 (41.78)	2:03.16 (43.71)	2:47.80 (44.64)		
	3:32.34 (44.54)	4:17.04 (44.70)	5:00.76 (43.72)	5:43.99 (43.23)		

Event 3 Men 55-59 400 SC Meter Freestyle

1	Ivan Myall	58	Chelmsford			5:14.23
	35.87	1:14.83 (38.96)	1:54.58 (39.75)	2:34.57 (39.99)		
	3:14.91 (40.34)	3:55.25 (40.34)	4:35.63 (40.38)	5:14.23 (38.60)		
2	Peter Stephens	58	Truro			5:38.55
	38.61	1:20.20 (41.59)	2:03.94 (43.74)	2:48.17 (44.23)		
	3:31.79 (43.62)	4:15.34 (43.55)	4:57.59 (42.25)	5:38.55 (40.96)		
3	Christopher Trueman	58	East Anglian Swallow Tails			6:34.43
	41.69	1:27.24 (45.55)	2:16.80 (49.56)	3:07.88 (51.08)		
	3:59.73 (51.85)	4:52.18 (52.45)	5:44.95 (52.77)	6:34.43 (49.48)		
4	Phil Sears	59	Dorking			6:43.85
	44.80	1:34.18 (49.38)	2:24.89 (50.71)	3:17.11 (52.22)		
	4:09.88 (52.77)	5:02.92 (53.04)	5:55.32 (52.40)	6:43.85 (48.53)		

Distance Meet - 9th / 10th July 2005**Event 3 Men 60-64 400 SC Meter Freestyle**

1	John Williamson	64	Bracknell & Wokingham	7:08.91
	45.11	1:34.58 (49.47)	2:27.88 (53.30)	3:22.67 (54.79)
	4:18.93 (56.26)	5:16.31 (57.38)	6:13.74 (57.43)	7:08.91 (55.17)

Event 3 Men 65-69 400 SC Meter Freestyle

1	Geoff Stokes	66	Spencer	5:26.57
	38.09	1:18.88 (40.79)	2:00.43 (41.55)	2:42.34 (41.91)
	3:24.76 (42.42)	4:06.65 (41.89)	4:48.02 (41.37)	5:26.57 (38.55)
2	John Harrington	69	Barnet Copthall	6:18.30
	42.16	1:29.46 (47.30)	2:17.86 (48.40)	3:06.93 (49.07)
	3:55.57 (48.64)	4:43.72 (48.15)	5:31.81 (48.09)	6:18.30 (46.49)

Event 3 Men 70-74 400 SC Meter Freestyle

1	Arthur Lowe	70	Birmingham Masters	6:01.94
	39.28	1:23.23 (43.95)	2:08.70 (45.47)	2:54.64 (45.94)
	3:41.56 (46.92)	4:29.09 (47.53)	5:17.06 (47.97)	6:01.94 (44.88)
2	John Starr	71	Romford Town	6:11.29
	40.83	1:26.15 (45.32)	2:13.52 (47.37)	3:02.26 (48.74)
	3:51.02 (48.76)	4:39.26 (48.24)	5:26.88 (47.62)	6:11.29 (44.41)

Event 4 Women 19-24 100 SC Meter Breaststroke

1	Julie Sapsford	21	Barnet Copthall	1:23.63
	39.32	1:23.63 (44.31)		

Event 4 Women 25-29 100 SC Meter Breaststroke

1	Lauren Edwards	26	Otter	1:26.97
	41.43	1:26.97 (45.54)		
2	Kathryn Webb*	27	Colchester Phoenix	2:28.54
	1:10.26	2:28.54 (1:18.28)		

Event 4 Women 35-39 100 SC Meter Breaststroke

1	Amanda Goodman	35	Basildon & District	1:23.28
	39.39	1:23.28 (43.89)		
2	Wendy Mountford	36	Dorking	1:48.84
	52.12	1:48.84 (56.72)		

Event 4 Women 40-44 100 SC Meter Breaststroke

1	Hannah Uekermann	42	Coelecant (South Africa)	1:26.99
	40.92	1:26.99 (46.07)		
2	Carolyn Riley	44	Cleethorpes & District	1:28.71
	42.46	1:28.71 (46.25)		

Event 4 Women 45-49 100 SC Meter Breaststroke

1	Amanda Heath	48	Forward Hillingdon	1:25.94
	41.24	1:25.94 (44.70)		
2	Sara Perry	48	Anaconda	1:36.12
	47.02	1:36.12 (49.10)		
3	Jacqueline Patel	45	Kings Cormorants	1:41.27
	49.15	1:41.27 (52.12)		

Event 4 Women 50-54 100 SC Meter Breaststroke

1	Jackie Pinkney Hughes	52	Lindum Mink	1:38.28
	46.65	1:38.28 (51.63)		

Distance Meet - 9th / 10th July 2005**Event 4 Women 70-74 100 SC Meter Breaststroke**

1	Pauline Wilkinson	72	Spencer	2:26.38
	1:07.78	2:26.38	(1:18.60)	

Event 5 Men 19-24 100 SC Meter Breaststroke

1	Alex Chklar	24	Spencer	1:16.98
	37.87	1:16.98	(39.11)	

Event 5 Men 25-29 100 SC Meter Breaststroke

1	Stephen Wood	29	City of Milton Keynes	1:20.93
	38.64	1:20.93	(42.29)	

2	Adam Freer	28	Camden Swiss Cottage	1:21.13
	38.99	1:21.13	(42.14)	

Event 5 Men 30-34 100 SC Meter Breaststroke

1	Daniel Collens	30	Rushmoor Royals	1:25.24
	40.59	1:25.24	(44.65)	

Event 5 Men 35-39 100 SC Meter Breaststroke

1	Kevin Lief	38	Barnet Copthall	1:22.12
	38.56	1:22.12	(43.56)	

2	Matthew James	39	Cleethorpes & District	1:23.36
	39.55	1:23.36	(43.81)	

---	Grant Tyrer*	35	Colchester Phoenix	DQ
	1:20.12	DQ	(10.68)	

Event 5 Men 40-44 100 SC Meter Breaststroke

1	Russell Simpson	43	Camden Swiss Cottage	1:19.78
	38.14	1:19.78	(41.64)	

Event 5 Men 45-49 100 SC Meter Breaststroke

1	David Cartledge	45	Modernians	1:13.34
	34.22	1:13.34	(39.12)	

2	Jim Hobsley	45	Barnet Copthall	1:14.36
	33.83	1:14.36	(40.53)	

3	Thomas Morrow	49	City of Milton Keynes	1:18.23
	37.90	1:18.23	(40.33)	

4	Jim Boucher	45	Guildford City	1:19.01
	36.53	1:19.01	(42.48)	

5	Nick Hunt	49	Chelmsford	1:20.02
	37.73	1:20.02	(42.29)	

6	Philip Holme	46	Barnet Copthall	1:24.52
	39.58	1:24.52	(44.94)	

Event 5 Men 50-54 100 SC Meter Breaststroke

1	Colin Mayes	50	Luton	1:21.70
	38.43	1:21.70	(43.27)	

2	Malcolm Barton	50	Luton	1:22.45
	39.08	1:22.45	(43.37)	

3	Bill Price	54	Redbridge Borough Masters	1:22.79
	40.26	1:22.79	(42.53)	

Distance Meet - 9th / 10th July 2005**Event 5 Men 60-64 100 SC Meter Breaststroke**

1	John Williamson	64	Bracknell & Wokingham	1:58.51
	56.85		1:58.51 (1:01.66)	

Event 5 Men 65-69 100 SC Meter Breaststroke

1	Keith Ingram	65	Birmingham Masters	1:26.74
	40.97		1:26.74 (45.77)	

2	Stan Clarke	67	Romford Town	1:31.33
	42.94		1:31.33 (48.39)	

3	Geoff Stokes	66	Spencer	1:31.41
	44.76		1:31.41 (46.65)	

Event 5 Men 70-74 100 SC Meter Breaststroke

1	Paul Alvarez	71	Romford Town	1:41.76
	48.30		1:41.76 (53.46)	

Event 5 Men 80-84 100 SC Meter Breaststroke

1	John Davis	81	Birmingham Masters	2:04.56
	58.40		2:04.56 (1:06.16)	

Event 6 Women 25-29 200 SC Meter Backstroke

1	Lisa Dawson	27	Barnet Copthall	2:39.00
	37.43		1:17.06 (39.63) 1:57.77 (40.71) 2:39.00 (41.23)	

Event 6 Women 30-34 200 SC Meter Backstroke

1	Susan MacLean	30	Camden Swiss Cottage	2:45.80
	39.01		1:20.66 (41.65) 2:03.34 (42.68) 2:45.80 (42.46)	

---	Bar Pasheli	34	Barnet Copthall	DQ
	38.86		1:21.27 (42.41) 2:06.78 (45.51) DQ (44.90)	

Event 6 Women 35-39 200 SC Meter Backstroke

1	Katrina Farrall	35	Basildon & District	2:58.19
	40.58		1:25.80 (45.22) 2:11.67 (45.87) 2:58.19 (46.52)	

2	Heike Templin	36	City of Cambridge	3:12.29
	45.43		1:34.18 (48.75) 2:23.35 (49.17) 3:12.29 (48.94)	

3	Leonie Nicholson	39	Anaconda	3:26.23
	48.65		1:40.76 (52.11) 2:34.35 (53.59) 3:26.23 (51.88)	

Event 6 Women 40-44 200 SC Meter Backstroke

1	Nuala Muir-Cochrane	41	Camden Swiss Cottage	2:34.28
	36.01		1:14.97 (38.96) 1:55.10 (40.13) 2:34.28 (39.18)	

2	Kate Robarts	44	Hampshire North	3:50.23
	52.83		1:51.19 (58.36) 2:50.83 (59.64) 3:50.23 (59.40)	

Event 6 Women 45-49 200 SC Meter Backstroke

1	Alison Cox	45	Y Swim	3:07.51
	44.37		1:31.46 (47.09) 2:19.77 (48.31) 3:07.51 (47.74)	

Event 6 Women 50-54 200 SC Meter Backstroke

1	Jackie Pinkney Hughes	52	Lindum Mink	3:42.92
	53.18		1:49.53 (56.35) 2:47.09 (57.56) 3:42.92 (55.83)	

2	Jeanette Benn	54	Barnet Copthall	4:04.54
	56.79		1:59.38 (1:02.59) 3:04.15 (1:04.77) 4:04.54 (1:00.39)	

3	Karen Brown	50	Hammersmith Penguins	4:11.04
	58.81		2:02.09 (1:03.28) 3:07.49 (1:05.40) 4:11.04 (1:03.55)	

Event 6 Women 60-64 200 SC Meter Backstroke

1	Elaine Blower	60	Barnet Copthall	3:19.29
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47.35 1:37.52 (50.17) 2:28.72 (51.20) 3:19.29 (50.57)

Event 7 Men 40-44 200 SC Meter Backstroke

1	Andrew Gristwood	41	Cleethorpes & District	2:40.54
	39.69	1:20.09 (40.40)	2:00.67 (40.58)	2:40.54 (39.87)

Event 7 Men 45-49 200 SC Meter Backstroke

1	David Cartledge	45	Modernians	2:25.30
	33.73	1:10.07 (36.34)	1:47.51 (37.44)	2:25.30 (37.79)

2	John Rittenhouse	47	Barnet Copthall	2:27.43
	34.91	1:11.66 (36.75)	1:49.92 (38.26)	2:27.43 (37.51)

3	Graham Powell	49	Luton	2:36.88
	35.66	1:14.74 (39.08)	1:55.49 (40.75)	2:36.88 (41.39)

Event 7 Men 55-59 200 SC Meter Backstroke

1	Ivan Myall	58	Chelmsford	2:42.35
	39.49	1:20.57 (41.08)	2:01.58 (41.01)	2:42.35 (40.77)

Event 7 Men 60-64 200 SC Meter Backstroke

1	David Langley	61	Gloucester Masters	2:57.18
	41.03	1:25.98 (44.95)	2:12.28 (46.30)	2:57.18 (44.90)

2	Bruce Thompson	63	Barnet Copthall	3:31.05
	48.95	1:42.92 (53.97)	2:37.12 (54.20)	3:31.05 (53.93)

Event 7 Men 65-69 200 SC Meter Backstroke

1	Alan Jackson	66	Beaver Masters	2:56.62
	40.46	1:24.77 (44.31)	2:10.40 (45.63)	2:56.62 (46.22)

2	Nigel Salsbury	65	Reading	3:04.52
	42.27	1:29.21 (46.94)	2:16.88 (47.67)	3:04.52 (47.64)

3	John Bambrough	66	Slough & Eton Dolphin	3:40.03
	46.78	1:41.68 (54.90)	2:40.05 (58.37)	3:40.03 (59.98)

Event 7 Men 70-74 200 SC Meter Backstroke

1	Janos Leigh	71	Romford Town	3:47.22
	54.46	1:52.90 (58.44)	2:52.58 (59.68)	3:47.22 (54.64)

2	Richard Harding	72	Spencer	4:01.63
	55.41	1:57.72 (1:02.31)	3:01.45 (1:03.73)	4:01.63 (1:00.18)

Event 7 Men 80-84 200 SC Meter Backstroke

1	John Davis	81	Birmingham Masters	3:59.92
	55.41	1:54.98 (59.57)	2:57.93 (1:02.95)	3:59.92 (1:01.99)

Event 7 Men 85-89 200 SC Meter Backstroke

1	Len Cochrane	85	Romford Town	6:36.61
	1:26.27	3:10.83 (1:44.56)	4:55.03 (1:44.20)	6:36.61 (1:41.58)

Event 8 Women 30-34 200 SC Meter Butterfly

1	Caroline Wilson	31	Anaconda	3:32.63
	46.46	1:43.29 (56.83)	2:41.15 (57.86)	3:32.63 (51.48)

---	Louise Keetley	31	Bracknell & Wokingham	DQ
	42.01	1:30.86 (48.85)	2:21.45 (50.59)	DQ (51.28)

Distance Meet - 9th / 10th July 2005**Event 8 Women 35-39 200 SC Meter Butterfly**

1	Claire Palfrey	36	Bexley			2:37.43
	35.53	1:15.12 (39.59)	1:56.19 (41.07)	2:37.43 (41.24)		
2	Emma France	37	Guildford City			3:44.32
	52.02	1:49.77 (57.75)	2:48.37 (58.60)	3:44.32 (55.95)		

Event 8 Women 40-44 200 SC Meter Butterfly

1	Sandra Jones	41	Gloucester Masters			2:48.70
	35.71	1:17.24 (41.53)	2:01.62 (44.38)	2:48.70 (47.08)		
2	Jenny Richards	43	Guildford City			5:03.73
	1:01.48	2:17.16 (1:15.68)	3:38.59 (1:21.43)	5:03.73 (1:25.14)		

Event 8 Women 45-49 200 SC Meter Butterfly

1	Jacqueline Patel	45	Kings Cormorants			3:44.71
	49.68	1:46.23 (56.55)	2:45.87 (59.64)	3:44.71 (58.84)		

Event 8 Women 50-54 200 SC Meter Butterfly

1	Lorraine Crook	51	Caldicot			4:01.32
	50.10	1:50.37 (1:00.27)	2:54.52 (1:04.15)	4:01.32 (1:06.80)		
2	Helen O'Leary	51	Phoenix (Ireland)			5:52.94
	1:23.23	2:55.36 (1:32.13)	4:26.68 (1:31.32)	5:52.94 (1:26.26)		

Event 8 Women 60-64 200 SC Meter Butterfly

1	Georgie Hamilton	62	Barnet Copthall			3:44.55
	49.26	1:45.15 (55.89)	2:45.41 (1:00.26)	3:44.55 (59.14)		
---	Margaret Weare	61	Caldicot			DQ
	1:07.91	2:26.42 (1:18.51)	3:50.75 (1:24.33)	DQ (1:23.01)		

Event 9 Men 19-24 200 SC Meter Butterfly

1	Alex Chklar	24	Spencer			2:28.85
	32.37	1:09.85 (37.48)	1:47.51 (37.66)	2:28.85 (41.34)		
2	Craig Moate*	20	Becontree			2:29.29
	33.30	1:10.73 (37.43)	1:49.95 (39.22)	2:29.29 (39.34)		

Event 9 Men 30-34 200 SC Meter Butterfly

1	John Tomlin	32	Modernians			2:18.84
	30.85	1:05.86 (35.01)	1:41.83 (35.97)	2:18.84 (37.01)		

Event 9 Men 35-39 200 SC Meter Butterfly

1	Duncan Hartley	37	Barnet Copthall			2:27.14
	32.30	1:09.52 (37.22)	1:47.76 (38.24)	2:27.14 (39.38)		
2	Stuart Whitney	39	Otter			2:53.92
	37.58	1:21.94 (44.36)	2:06.81 (44.87)	2:53.92 (47.11)		

Event 9 Men 40-44 200 SC Meter Butterfly

1	Andrew Gristwood	41	Cleethorpes & District			2:33.61
	34.99	1:13.48 (38.49)	1:53.39 (39.91)	2:33.61 (40.22)		
2	Fraser Mashford	43	Rochford & District			3:01.35
	37.47	1:18.68 (41.21)	2:06.50 (47.82)	3:01.35 (54.85)		

Event 9 Men 50-54 200 SC Meter Butterfly

1	Bill Price	54	Redbridge Borough Masters			2:49.00
	37.64	1:18.83 (41.19)	2:02.32 (43.49)	2:49.00 (46.68)		

Event 9 Men 55-59 200 SC Meter Butterfly

1	Peter Stephens	58	Truro			3:30.60
	43.48	1:38.05 (54.57)	2:36.00 (57.95)	3:30.60 (54.60)		

Event 9 Men 60-64 200 SC Meter Butterfly

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1 Derek Parr 61 Broomfield Park 2:43.36
37.61 1:20.55 (42.94) 2:01.76 (41.21) 2:43.36 (41.60)

2 Paul Clarke 63 Luton 4:08.40
57.38 2:02.66 (1:05.28) 3:07.09 (1:04.43) 4:08.40 (1:01.31)

Event 9 Men 65-69 200 SC Meter Butterfly

1 Bill Letch 65 Wincanton 3:05.26
38.79 1:24.52 (45.73) 2:14.31 (49.79) 3:05.26 (50.95)

Event 9 Men 70-74 200 SC Meter Butterfly

1 Paul Alvarez 71 Romford Town 3:51.17
51.05 1:49.88 (58.83) 2:50.56 (1:00.68) 3:51.17 (1:00.61)

Event 9 Men 75-79 200 SC Meter Butterfly

--- Robert Curr 76 Serpentine DQ
1:12.16 2:40.98 (1:28.82) 4:12.60 (1:31.62) DQ (1:31.89)

Event 10 Women 25-29 400 SC Meter IM

1 Gina Hobson 28 Otter 5:54.70
36.99 1:20.27 (43.28) 2:05.96 (45.69) 2:50.35 (44.39)
3:43.56 (53.21) 4:37.05 (53.49) 5:16.58 (39.53) 5:54.70 (38.12)

2 Lucy Mullan 25 Camden Swiss Cottage 6:00.77
36.68 1:20.01 (43.33) 2:05.93 (45.92) 2:51.48 (45.55)
3:44.18 (52.70) 4:38.66 (54.48) 5:20.39 (41.73) 6:00.77 (40.38)

Event 10 Women 30-34 400 SC Meter IM

1 Lara Clarke 31 Romford Town 5:25.88
33.58 1:12.37 (38.79) 1:54.77 (42.40) 2:37.76 (42.99)
3:25.74 (47.98) 4:13.55 (47.81) 4:50.99 (37.44) 5:25.88 (34.89)

Event 10 Women 35-39 400 SC Meter IM

1 Emma France 37 Guildford City 7:32.61
52.26 1:50.32 (58.06) 2:50.06 (59.74) 3:49.82 (59.76)
4:54.14 (1:04.32) 6:01.20 (1:07.06) 6:47.40 (46.20) 7:32.61 (45.21)

Event 10 Women 40-44 400 SC Meter IM

1 Angela Wilson 40 Maidenhead Marlins 5:38.86
35.82 1:15.45 (39.63) 1:58.06 (42.61) 2:42.71 (44.65)
3:31.48 (48.77) 4:21.00 (49.52) 4:59.99 (38.99) 5:38.86 (38.87)

2 Carolyn Riley 44 Cleethorpes & District 6:08.81
37.39 1:23.23 (45.84) 2:12.78 (49.55) 3:01.16 (48.38)
3:52.50 (51.34) 4:44.94 (52.44) 5:27.75 (42.81) 6:08.81 (41.06)

3 Jenny Richards 43 Guildford City 8:37.85
59.81 2:16.49 (1:16.68) 3:21.81 (1:05.32) 4:26.81 (1:05.00)
5:38.81 (1:12.00) 6:48.20 (1:09.39) 7:45.82 (57.62) 8:37.85 (52.03)

Event 10 Women 45-49 400 SC Meter IM

1 Amanda Heath 48 Forward Hillingdon 5:53.47
37.89 1:20.32 (42.43) 2:58.12 ()
3:45.78 (47.66) 4:35.10 (49.32) 5:14.75 (39.65) 5:53.47 (38.72)

2 Amanda Doyle 49 Dorking 6:42.09
43.18 1:36.97 (53.79) 2:28.55 (51.58) 3:20.62 (52.07)
4:19.06 (58.44) 5:17.41 (58.35) 5:59.97 (42.56) 6:42.09 (42.12)

3 Jacqueline Patel 45 Kings Cormorants 7:23.17
50.15 1:46.46 (56.31) 2:51.23 (1:04.77) 3:55.03 (1:03.80)
4:51.20 (56.17) 5:49.09 (57.89) 6:36.42 (47.33) 7:23.17 (46.75)

Event 10 Women 50-54 400 SC Meter IM

1 Michelle Whitehead 51 Kings Cormorants 7:43.54
54.70 1:55.99 (1:01.29) 2:56.25 (1:00.26) 3:55.38 (59.13)

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4:58.39 (1:03.01) 6:01.30 (1:02.91) 6:53.80 (52.50) 7:43.54 (49.74)

2	Lorraine Crook	51	Caldicot					7:55.86
	51.44	1:51.76 (1:00.32)	2:54.88 (1:03.12)	3:56.74 (1:01.86)				
	5:00.13 (1:03.39)	6:05.46 (1:05.33)	7:00.75 (55.29)	7:55.86 (55.11)				
3	Helen O'Leary	51	Phoenix (Ireland)					11:02.09
	1:22.89	2:52.22 (1:29.33)	4:27.42 (1:35.20)	5:57.17 (1:29.75)				
	7:25.41 (1:28.24)	8:53.47 (1:28.06)	9:58.02 (1:04.55)	11:02.09 (1:04.07)				

Event 10 Women 60-64 400 SC Meter IM

1	Georgie Hamilton	62	Barnet Copthall					7:10.75
	48.06	1:43.45 (55.39)	2:40.64 (57.19)	3:35.97 (55.33)				
	4:35.48 (59.51)	5:34.97 (59.49)	6:23.86 (48.89)	7:10.75 (46.89)				

2	Margaret Weare	61	Caldicot					<u>10:02.94 WELSH RECORD</u>
	1:09.15	2:28.54 (1:19.39)	3:41.19 (1:12.65)	4:59.35 (1:18.16)				
	6:20.82 (1:21.47)	7:45.58 (1:24.76)	8:54.13 (1:08.55)	10:02.94 (1:08.81)				

Event 11 Men 19-24 400 SC Meter IM

1	Alex Chklar	24	Spencer					5:14.51
	32.60	1:08.89 (36.29)	1:49.42 (40.53)	2:31.70 (42.28)				
	3:17.49 (45.79)	4:03.66 (46.17)	4:39.33 (35.67)	5:14.51 (35.18)				

Event 11 Men 30-34 400 SC Meter IM

1	John Tomlin	32	Modernians					5:06.28
	31.20	1:07.48 (36.28)	1:48.71 (41.23)	2:30.34 (41.63)				
	3:13.16 (42.82)	3:56.24 (43.08)	4:31.72 (35.48)	5:06.28 (34.56)				
2	Justin Palfrey	34	Bexley					5:20.04
	33.17	1:10.67 (37.50)	1:53.58 (42.91)	2:34.65 (41.07)				
	3:21.82 (47.17)	4:09.10 (47.28)	4:44.73 (35.63)	5:20.04 (35.31)				

Event 11 Men 35-39 400 SC Meter IM

1	Ewan Benfield	39	Anaconda					7:43.60
	49.35	1:45.23 (55.88)	2:50.26 (1:05.03)	3:52.20 (1:01.94)				
	4:52.30 (1:00.10)	5:54.72 (1:02.42)	6:50.22 (55.50)	7:43.60 (53.38)				
---	Stuart Whitney	39	Otter					DQ
	37.89	1:21.46 (43.57)	2:07.05 (45.59)	2:52.37 (45.32)				
	3:45.99 (53.62)	4:40.54 (54.55)	5:20.36 (39.82)	DQ (38.48)				
---	Matthew James	39	Cleethorpes & District					DQ
	40.96		2:30.02 ()	3:27.62 (57.60)				
	4:19.27 (51.65)	5:13.27 (54.00)	6:00.23 (46.96)	DQ (44.72)				

Event 11 Men 40-44 400 SC Meter IM

1	Andrew Gristwood	41	Cleethorpes & District					5:29.65
	34.59	1:15.33 (40.74)	1:58.82 (43.49)	2:41.70 (42.88)				
	3:29.51 (47.81)	4:17.63 (48.12)	4:54.32 (36.69)	5:29.65 (35.33)				

Event 11 Men 45-49 400 SC Meter IM

1	David Cartledge	45	Modernians					5:13.72
	32.04	1:09.47 (37.43)	1:50.15 (40.68)	2:31.46 (41.31)				
	3:15.36 (43.90)	4:00.22 (44.86)	4:37.29 (37.07)	5:13.72 (36.43)				

Event 11 Men 55-59 400 SC Meter IM

1	Andy Wilson	59	Birmingham Masters					6:07.79
	40.80	1:30.66 (49.86)	2:19.12 (48.46)	3:06.51 (47.39)				
	3:57.65 (51.14)	4:49.96 (52.31)	5:29.32 (39.36)	6:07.79 (38.47)				

Event 11 Men 60-64 400 SC Meter IM

1	Derek Parr	61	Broomfield Park					6:34.02
	40.37	1:25.43 (45.06)	2:21.41 (55.98)	3:15.74 (54.33)				
	4:12.67 (56.93)	5:07.50 (54.83)	5:52.06 (44.56)	6:34.02 (41.96)				
2	Paul Clarke	63	Luton					7:59.41

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52.94 1:52.85 (59.91) 2:59.96 (1:07.11) 4:02.86 (1:02.90)
 5:06.79 (1:03.93) 6:12.51 (1:05.72) 7:06.14 (53.63) 7:59.41 (53.27)

Event 11 Men 70-74 400 SC Meter IM

1 Paul Alvarez 71 Romford Town 7:35.84
 50.95 1:50.61 (59.66) 2:50.19 (59.58) 3:51.43 (1:01.24)
 4:51.96 (1:00.53) 5:53.48 (1:01.52) 6:44.22 (50.74) 7:35.84 (51.62)

Event 11 Men 75-79 400 SC Meter IM

--- Robert Curr 76 Serpentine DQ
 1:09.32 2:39.17 (1:29.85) 4:10.95 (1:31.78) 5:30.63 (1:19.68)
 6:59.77 (1:29.14) 7:05.72 (5.95) 7:24.03 (18.31)

Event 12 Women 19-24 100 SC Meter Backstroke

1 Sachika Yamawaki 24 Camden Swiss Cottage 1:13.07
 36.27 1:13.07 (36.80)

2 Elizabeth Pannifer 22 Barnet Cophthall 1:21.19
 39.71 1:21.19 (41.48)

3 Chloe Thorne 21 Modernians 1:24.76
 41.13 1:24.76 (43.63)

Event 12 Women 25-29 100 SC Meter Backstroke

1 Gina Hobson 28 Otter 1:18.17
 38.24 1:18.17 (39.93)

2 Lauren Edwards 26 Otter 1:19.15
 39.08 1:19.15 (40.07)

Event 12 Women 30-34 100 SC Meter Backstroke

1 Susan MacLean 30 Camden Swiss Cottage 1:15.90
 37.27 1:15.90 (38.63)

2 Sarah Chamberlaine 34 City of Cambridge 1:22.51
 40.03 1:22.51 (42.48)

Event 12 Women 35-39 100 SC Meter Backstroke

1 Katrina Farrall 35 Basildon & District 1:17.70
 37.37 1:17.70 (40.33)

2 Heike Templin 36 City of Cambridge 1:30.71
 44.57 1:30.71 (46.14)

3 Leonie Nicholson 39 Anaconda 1:35.93
 47.38 1:35.93 (48.55)

Event 12 Women 40-44 100 SC Meter Backstroke

1 Nuala Muir-Cochrane 41 Camden Swiss Cottage 1:13.82
 35.98 1:13.82 (37.84)

--- Kathryn Mac Dermott 43 Spencer DQ
 49.16 DQ (54.83)

Event 12 Women 45-49 100 SC Meter Backstroke

1 Alison Cox 45 Y Swim 1:28.78
 44.12 1:28.78 (44.66)

2 Elaine Fenton 49 Birmingham Masters 1:47.58
 52.01 1:47.58 (55.57)

Event 12 Women 50-54 100 SC Meter Backstroke

1 Jackie Pinkney Hughes 52 Lindum Mink 1:46.64
 51.70 1:46.64 (54.94)

2 Jeanette Benn 54 Barnet Cophthall 1:57.33

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57.10 1:57.33 (1:00.23)

3 Karen Brown 50 Hammersmith Penguins 2:00.26
58.21 2:00.26 (1:02.05)

Event 13 Men 25-29 100 SC Meter Backstroke

1 Joe Twyman 28 Barnet Copthall 1:07.55
31.99 1:07.55 (35.56)

Event 13 Men 35-39 100 SC Meter Backstroke

1 Andy Cook 37 Dorking 1:15.63
36.48 1:15.63 (39.15)

2 Grant Tyrer* 35 Colchester Phoenix 2:33.67
1:14.94 2:33.67 (1:18.73)

--- Peter Burrell 39 Bracknell & Wokingham DQ

Event 13 Men 45-49 100 SC Meter Backstroke

1 Graham Powell 49 Luton 1:09.45
33.34 1:09.45 (36.11)

Event 13 Men 55-59 100 SC Meter Backstroke

1 Ivan Myall 58 Chelmsford 1:16.88
37.91 1:16.88 (38.97)

Event 13 Men 60-64 100 SC Meter Backstroke

1 David Langley 61 Gloucester Masters 1:21.46
39.38 1:21.46 (42.08)

2 Bruce Thompson 63 Barnet Copthall 1:38.59
47.16 1:38.59 (51.43)

Event 13 Men 65-69 100 SC Meter Backstroke

1 Nigel Salisbury 65 Reading 1:24.92
40.19 1:24.92 (44.73)

2 John Bambrough 66 Slough & Eton Dolphin 1:39.36
46.81 1:39.36 (52.55)

Event 13 Men 70-74 100 SC Meter Backstroke

1 Janos Leigh 71 Romford Town 1:45.37
52.47 1:45.37 (52.90)

2 Richard Harding 72 Spencer 1:46.27
51.95 1:46.27 (54.32)

Event 13 Men 80-84 100 SC Meter Backstroke

1 **John Davis** 81 **Birmingham Masters** **1:49.24 BRITISH RECORD**
53.81 1:49.24 (55.43)

Event 13 Men 85-89 100 SC Meter Backstroke

1 Len Cochrane 85 Romford Town 2:51.06
1:21.87 2:51.06 (1:29.19)

Event 14 Women 19-24 200 SC Meter Freestyle

1 Rhiannon Guy 24 Otter 2:26.09
35.68 1:13.87 (38.19) 1:50.98 (37.11) 2:26.09 (35.11)

2 Elizabeth Pannifer 22 Barnet Copthall 2:40.46
36.81 1:17.00 (40.19) 1:59.11 (42.11) 2:40.46 (41.35)

3 Chloe Thorne 21 Modernians 2:51.39
40.45 1:23.51 (43.06) 2:08.00 (44.49) 2:51.39 (43.39)

Event 14 Women 25-29 200 SC Meter Freestyle

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1 Tara Hutt **26 Havant & Waterlooville** **2:06.28 BRITISH RECORD**
 29.31 1:02.30 (32.99) 1:34.96 (32.66) 2:06.28 (31.32)

2 Kate Cowell 28 Barnet Copthall 2:41.77
 36.52 1:16.97 (40.45) 1:59.30 (42.33) 2:41.77 (42.47)

3 Kathryn Webb* 27 Colchester Phoenix 4:13.93
 58.37 2:01.76 (1:03.39) 3:07.93 (1:06.17) 4:13.93 (1:06.00)

Event 14 Women 30-34 200 SC Meter Freestyle

1 Susan MacLean 30 Camden Swiss Cottage 2:28.49
 36.20 1:14.66 (38.46) 1:51.88 (37.22) 2:28.49 (36.61)

2 Nicol Albertyn 31 Harlow Penguins 2:29.13
 35.13 1:13.59 (38.46) 1:52.08 (38.49) 2:29.13 (37.05)

3 Louise Keetley 31 Bracknell & Wokingham 2:36.92
 36.02 1:15.49 (39.47) 1:56.24 (40.75) 2:36.92 (40.68)

4 Melissa Spears 32 Barnet Copthall 3:02.90
 37.00 1:21.99 (44.99) 2:12.59 (50.60) 3:02.90 (50.31)

Event 14 Women 35-39 200 SC Meter Freestyle

1 Leonie Nicholson 39 Anaconda 2:51.03
 38.83 1:21.75 (42.92) 2:06.86 (45.11) 2:51.03 (44.17)

2 Emma France 37 Guildford City 2:51.18
 40.31 1:23.61 (43.30) 2:07.80 (44.19) 2:51.18 (43.38)

Event 14 Women 40-44 200 SC Meter Freestyle

1 Kathryn Mac Dermott 43 Spencer 3:04.76
 38.92 1:24.47 (45.55) 2:14.42 (49.95) 3:04.76 (50.34)

2 Janet Casey 42 Barnet Copthall 3:12.35
 41.22 1:29.52 (48.30) 2:21.21 (51.69) 3:12.35 (51.14)

Event 14 Women 45-49 200 SC Meter Freestyle

1 Margaret Smith 47 City of Milton Keynes 2:25.69
 32.59 1:09.14 (36.55) 1:47.45 (38.31) 2:25.69 (38.24)

2 Amanda Doyle 49 Dorking 2:46.08
 37.76 1:20.21 (42.45) 2:03.94 (43.73) 2:46.08 (42.14)

3 Elaine Fenton 49 Birmingham Masters 3:20.13
 42.91 1:32.73 (49.82) 2:27.77 (55.04) 3:20.13 (52.36)

4 Susan Green 49 Camden Swiss Cottage 3:20.37
 45.42 1:37.05 (51.63) 2:29.26 (52.21) 3:20.37 (51.11)

Event 14 Women 50-54 200 SC Meter Freestyle

1 Jayne Ball 51 Barnet Copthall 2:31.62
 35.49 1:13.63 (38.14) 1:52.74 (39.11) 2:31.62 (38.88)

2 Michelle Whitehead 51 Kings Cormorants 3:17.12
 45.33 1:35.78 (50.45) 2:27.26 (51.48) 3:17.12 (49.86)

3 Liz Neale 53 City of Milton Keynes 3:18.92
 45.38 1:37.08 (51.70) 2:28.37 (51.29) 3:18.92 (50.55)

4 Karen Brown 50 Hammersmith Penguins 4:00.67
 56.08 1:57.63 (1:01.55) 2:57.97 (1:00.34) 4:00.67 (1:02.70)

Event 14 Women 55-59 200 SC Meter Freestyle

1 Judy Alden 59 Barnet Copthall 2:48.47
 38.44 1:21.10 (42.66) 2:05.31 (44.21) 2:48.47 (43.16)

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1	Judy Wilson	40.11	1:25.06 (44.95)	61 Birmingham Masters	2:07.30 (42.24)	2:47.75 (40.45)	2:47.75
2	Elaine Blower	42.03	1:27.70 (45.67)	60 Barnet Copthall	2:13.26 (45.56)	2:57.63 (44.37)	2:57.63

Event 14 Women 70-74 200 SC Meter Freestyle

1	Jane Asher	40.65	1:24.46 (43.81)	74 Kings Cormorants	2:07.23 (42.77)	2:54.52 (47.29)	2:54.52
2	Barbara Fentiman	43.09	1:30.59 (47.50)	71 Bromley	2:20.19 (49.60)	3:08.05 (47.86)	3:08.05
3	Joy Cochrane	54.78	1:58.57 (1:03.79)	72 Romford Town	3:05.96 (1:07.39)	4:11.77 (1:05.81)	4:11.77
4	Pauline Wilkinson	58.75	2:07.67 (1:08.92)	72 Spencer	3:18.46 (1:10.79)	4:27.48 (1:09.02)	4:27.48
5	Elizabeth Baimbridge	1:00.34	2:11.27 (1:10.93)	72 Camden Swiss Cottage	3:25.44 (1:14.17)	4:40.73 (1:15.29)	4:40.73

Event 15 Men 19-24 200 SC Meter Freestyle

1	Craig Moate*	31.68	1:05.84 (34.16)	20 Becontree	1:40.67 (34.83)	2:14.70 (34.03)	2:14.70
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Event 15 Men 25-29 200 SC Meter Freestyle

1	David Fytche	29.37	1:01.55 (32.18)	27 Bracknell & Wokingham	1:35.81 (34.26)	2:11.52 (35.71)	2:11.52
2	Guy Crawford	30.35	1:03.48 (33.13)	26 Barnet Copthall	1:38.27 (34.79)	2:12.20 (33.93)	2:12.20
3	Vincent Pottier	30.18	1:04.70 (34.52)	27 City of Cambridge	1:40.73 (36.03)	2:15.56 (34.83)	2:15.56

Event 15 Men 30-34 200 SC Meter Freestyle

1	Chris Hopton	27.77	59.28 (31.51)	30 Camden Swiss Cottage	1:32.47 (33.19)	2:06.16 (33.69)	2:06.16
2	Justin Palfrey	30.16	1:03.59 (33.43)	34 Bexley	1:38.33 (34.74)	2:11.25 (32.92)	2:11.25
3	Simon Marsden	30.11	1:03.61 (33.50)	31 Barnet Copthall	1:38.50 (34.89)	2:14.28 (35.78)	2:14.28
4	Adam Foreman	33.64	1:10.39 (36.75)	32 Barnet Copthall	1:48.89 (38.50)	2:27.68 (38.79)	2:27.68

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5	Dean Brown*	31	Colchester Phoenix	7:07.79
	1:34.01	3:24.11	(1:50.10) 7:13.82 (3:49.71)	7:07.79 ()
---	Daniel Collens	30	Rushmoor Royals	DQ
	34.83	1:16.46	(41.63) 2:01.19 (44.73)	DQ (45.76)

Event 15 Men 35-39 200 SC Meter Freestyle

1	Duncan Hartley	37	Barnet Copthall	2:05.66
	28.99	1:00.87	(31.88) 1:33.55 (32.68)	2:05.66 (32.11)
2	Marcel Scholten	39	Modernians	2:09.49
	28.15	1:01.32	(33.17) 1:35.46 (34.14)	2:09.49 (34.03)
3	Philip Albright	35	Bracknell & Wokingham	2:17.71
	31.18	1:04.86	(33.68) 1:40.05 (35.19)	2:17.71 (37.66)
4	Andy Cook	37	Dorking	2:20.53
	31.75	1:07.23	(35.48) 1:44.17 (36.94)	2:20.53 (36.36)
5	Gary Wimble	35	City of Canterbury	2:38.78
	34.64	1:13.60	(38.96) 1:56.01 (42.41)	2:38.78 (42.77)
6	Ewan Benfield	39	Anaconda	3:25.06
	44.60	1:35.93	(51.33) 2:31.32 (55.39)	3:25.06 (53.74)
7	Grant Tyrer*	35	Colchester Phoenix	4:27.80
	55.63	2:04.87	(1:09.24) 3:16.01 (1:11.14)	4:27.80 (1:11.79)

Event 15 Men 40-44 200 SC Meter Freestyle

1	Mark Reynolds	42	Barnet Copthall	2:02.22
	26.70	55.90	(29.20) 1:27.46 (31.56)	2:02.22 (34.76)
2	Andrew Gristwood	41	Cleethorpes & District	2:11.45
	31.13	1:04.68	(33.55) 1:38.83 (34.15)	2:11.45 (32.62)
3	Fraser Mashford	43	Rochford & District	2:25.82
	33.01	1:09.22	(36.21) 1:47.54 (38.32)	2:25.82 (38.28)

Event 15 Men 45-49 200 SC Meter Freestyle

1	Jim Boucher	45	Guildford City	2:25.70
	31.18	1:07.25	(36.07) 1:46.77 (39.52)	2:25.70 (38.93)
2	Colin Lieper	46	Birmingham Masters	2:26.26
	33.94	1:12.03	(38.09) 1:50.45 (38.42)	2:26.26 (35.81)
3	Simon Wayne	45	Camden Swiss Cottage	2:27.44
	33.10	1:10.24	(37.14) 1:49.30 (39.06)	2:27.44 (38.14)
4	John Brett	45	Y Swim	2:42.08
	36.24	1:17.06	(40.82) 2:00.14 (43.08)	2:42.08 (41.94)
5	Richard Radford	45	Bracknell & Wokingham	2:49.64
	39.70	1:22.36	(42.66) 2:05.75 (43.39)	2:49.64 (43.89)

Event 15 Men 50-54 200 SC Meter Freestyle

1	Dave Davenport	52	Bracknell & Wokingham	2:19.70
	32.10	1:06.64	(34.54) 1:42.41 (35.77)	2:19.70 (37.29)
2	Martin Appleby	52	Barnet Copthall	2:38.90
	37.05	1:17.43	(40.38) 1:58.50 (41.07)	2:38.90 (40.40)

Event 15 Men 55-59 200 SC Meter Freestyle

1	Ivan Myall	58	Chelmsford	2:25.01
	33.75	1:10.35	(36.60) 1:47.53 (37.18)	2:25.01 (37.48)
2	Andy Wilson	59	Birmingham Masters	2:30.16
	33.79	1:11.50	(37.71) 1:51.27 (39.77)	2:30.16 (38.89)

3 Peter Stephens 58 Truro 2:41.82
37.57 1:19.41 (41.84) 2:01.99 (42.58) 2:41.82 (39.83)

Event 15 Men 65-69 200 SC Meter Freestyle

1 Bill Letch 65 Wincanton 2:29.95
33.37 1:10.29 (36.92) 1:49.32 (39.03) 2:29.95 (40.63)

2 Stan Clarke 67 Romford Town 2:41.99
36.41 1:17.52 (41.11) 2:01.04 (43.52) 2:41.99 (40.95)

3 John Bambrough 66 Slough & Eton Dolphin 3:06.31
36.94 1:22.12 (45.18) 2:13.20 (51.08) 3:06.31 (53.11)

Event 15 Men 70-74 200 SC Meter Freestyle

1 **Arthur Lowe** 70 **Birmingham Masters** **2:43.11 BRITISH RECORD**
37.78 1:18.98 (41.20) 2:01.67 (42.69) 2:43.11 (41.44)

2 John Starr 71 Romford Town 2:55.99
39.54 1:24.33 (44.79) 2:10.91 (46.58) 2:55.99 (45.08)

3 Richard Harding 72 Spencer 4:02.49
52.13 1:52.17 (1:00.04) 2:58.71 (1:06.54) 4:02.49 (1:03.78)

Event 16 Women 19-24 200 SC Meter Breaststroke

1 Julie Sapsford 21 Barnet Copthall 2:57.81
40.90 1:26.88 (45.98) 2:11.84 (44.96) 2:57.81 (45.97)

Event 16 Women 25-29 200 SC Meter Breaststroke

1 Kate Cowell 28 Barnet Copthall 3:21.96
47.43 1:39.51 (52.08) 2:31.33 (51.82) 3:21.96 (50.63)

Event 16 Women 35-39 200 SC Meter Breaststroke

1 Claire Palfrey 36 Bexley 2:57.16
40.15 1:25.06 (44.91) 2:11.23 (46.17) 2:57.16 (45.93)

2 Amanda Goodman 35 Basildon & District 2:59.30
41.16 1:26.87 (45.71) 2:12.54 (45.67) 2:59.30 (46.76)

3 Elizabeth Shaw 39 Otter 3:10.15
44.50 1:33.24 (48.74) 2:21.86 (48.62) 3:10.15 (48.29)

Event 16 Women 40-44 200 SC Meter Breaststroke

1 Hannah Uekermann 42 Coelecant (South Africa) 3:03.81
42.91 1:30.42 (47.51) 2:16.83 (46.41) 3:03.81 (46.98)

2 Sandra Jones 41 Gloucester Masters 3:09.40
44.16 1:33.40 (49.24) 2:22.16 (48.76) 3:09.40 (47.24)

3 Carolyn Riley 44 Cleethorpes & District 3:11.44
44.60 1:33.82 (49.22) 2:23.74 (49.92) 3:11.44 (47.70)

4 Jenny Richards 43 Guildford City 4:34.38
1:01.81 2:10.51 (1:08.70) 3:23.41 (1:12.90) 4:34.38 (1:10.97)

Event 16 Women 45-49 200 SC Meter Breaststroke

1 Amanda Heath 48 Forward Hillingdon 2:59.61
42.32 1:28.33 (46.01) 2:15.02 (46.69) 2:59.61 (44.59)

2 Sara Perry 48 Anaconda 3:22.73
47.51 1:38.64 (51.13) 2:32.19 (53.55) 3:22.73 (50.54)

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3	Jacqueline Patel	45	Kings Cormorants			3:37.08
	49.80	1:44.77 (54.97)	2:42.04 (57.27)	3:37.08 (55.04)		
4	Lesley Davies	45	Otter			3:48.11
	52.01	1:50.50 (58.49)	2:49.58 (59.08)	3:48.11 (58.53)		
5	Susan Green	49	Camden Swiss Cottage			3:57.40
	54.76	1:54.77 (1:00.01)	2:55.93 (1:01.16)	3:57.40 (1:01.47)		

Event 16 Women 50-54 200 SC Meter Breaststroke

1	Jackie Pinkney Hughes	52	Lindum Mink			3:35.56
	51.50	1:47.20 (55.70)	2:42.96 (55.76)	3:35.56 (52.60)		
2	Helen O'Leary	51	Phoenix (Ireland)			5:30.02
	1:17.86	2:39.75 (1:21.89)	4:05.72 (1:25.97)	5:30.02 (1:24.30)		

Event 16 Women 70-74 200 SC Meter Breaststroke

1	Pauline Wilkinson	72	Spencer			5:20.26
	1:13.48	2:37.71 (1:24.23)	4:02.50 (1:24.79)	5:20.26 (1:17.76)		

Event 17 Men 25-29 200 SC Meter Breaststroke

1	Adam Freer	28	Camden Swiss Cottage			2:56.87
	40.82	1:25.01 (44.19)	2:10.54 (45.53)	2:56.87 (46.33)		
2	Stephen Wood	29	City of Milton Keynes			2:58.77
	41.56	1:27.32 (45.76)	2:14.15 (46.83)	2:58.77 (44.62)		

Event 17 Men 30-34 200 SC Meter Breaststroke

1	Daniel Collens	30	Rushmoor Royals			3:03.04
	42.07	1:28.25 (46.18)	2:16.31 (48.06)	3:03.04 (46.73)		

Event 17 Men 35-39 200 SC Meter Breaststroke

1	Marcel Scholten	39	Modernians			2:39.16
	35.19	1:15.18 (39.99)	1:57.43 (42.25)	2:39.16 (41.73)		
2	Paul Smoothy	37	Spencer			2:50.88
	37.79	1:21.07 (43.28)	2:06.15 (45.08)	2:50.88 (44.73)		
3	Kevin Lief	38	Barnet Copthall			2:58.54
	41.36	1:27.42 (46.06)	2:12.92 (45.50)	2:58.54 (45.62)		
4	Matthew James	39	Cleethorpes & District			3:08.85
	42.87	1:31.15 (48.28)	2:19.99 (48.84)	3:08.85 (48.86)		
5	Ewan Benfield	39	Anaconda			3:43.15
	52.94	1:49.59 (56.65)	2:47.04 (57.45)	3:43.15 (56.11)		

Event 17 Men 40-44 200 SC Meter Breaststroke

1	Russell Simpson	43	Camden Swiss Cottage			2:59.48
	40.46	1:26.84 (46.38)	2:14.73 (47.89)	2:59.48 (44.75)		

Event 17 Men 45-49 200 SC Meter Breaststroke

1	Thomas Morrow	49	City of Milton Keynes			2:49.57
	38.77	1:23.17 (44.40)	2:07.39 (44.22)	2:49.57 (42.18)		
2	Nick Hunt	49	Chelmsford			2:58.93
	42.06	1:28.84 (46.78)	2:14.50 (45.66)	2:58.93 (44.43)		
3	Jim Boucher	45	Guildford City			3:00.94
	41.25	1:25.86 (44.61)	2:14.04 (48.18)	3:00.94 (46.90)		
4	Bill Gristwood	46	Hartham Masters			3:20.41
	46.82	1:37.96 (51.14)	2:30.41 (52.45)	3:20.41 (50.00)		

Distance Meet - 9th / 10th July 2005**Event 17 Men 50-54 200 SC Meter Breaststroke**

1	Bill Price	54	Redbridge Borough Masters	2:58.90
	42.19	1:28.53 (46.34)	2:15.07 (46.54)	2:58.90 (43.83)
2	Malcolm Barton	50	Luton	3:00.25
	41.51	1:27.64 (46.13)	2:14.48 (46.84)	3:00.25 (45.77)
3	Colin Mayes	50	Luton	3:00.90
	39.59	1:26.60 (47.01)	2:14.66 (48.06)	3:00.90 (46.24)

Event 17 Men 55-59 200 SC Meter Breaststroke

1	Andy Wilson	59	Birmingham Masters	3:20.40
	44.92	1:36.28 (51.36)	2:29.13 (52.85)	3:20.40 (51.27)

Event 17 Men 60-64 200 SC Meter Breaststroke

1	Paul Clarke	63	Luton	3:53.48
	52.60	1:52.84 (1:00.24)	2:54.15 (1:01.31)	3:53.48 (59.33)

Event 17 Men 65-69 200 SC Meter Breaststroke

1	Keith Ingram	65	Birmingham Masters	3:14.39
	44.37	1:33.65 (49.28)	2:24.31 (50.66)	3:14.39 (50.08)

Event 17 Men 70-74 200 SC Meter Breaststroke

1	Paul Alvarez	71	Romford Town	3:43.81
	50.09	1:47.24 (57.15)	2:46.58 (59.34)	3:43.81 (57.23)

Event 17 Men 75-79 200 SC Meter Breaststroke

1	Robert Curr	76	Serpentine	5:08.56
	1:10.02	2:31.96 (1:21.94)	3:50.32 (1:18.36)	5:08.56 (1:18.24)

Event 17 Men 80-84 200 SC Meter Breaststroke

1	John Davis	81	Birmingham Masters	4:27.21
	1:00.97	2:09.75 (1:08.78)	3:19.20 (1:09.45)	4:27.21 (1:08.01)

Event 18 Women 19-24 100 SC Meter Butterfly

1	Rhiannon Guy	24	Otter	1:19.30
	37.48	1:19.30 (41.82)		

Event 18 Women 30-34 100 SC Meter Butterfly

1	Caroline Wilson	31	Anaconda	1:31.50
	41.18	1:31.50 (50.32)		

Event 18 Women 35-39 100 SC Meter Butterfly

1	Katrina Farrall	35	Basildon & District	1:17.85
	36.52	1:17.85 (41.33)		
2	Emma France	37	Guildford City	1:46.98
	51.99	1:46.98 (54.99)		

Event 18 Women 40-44 100 SC Meter Butterfly

1	Sandra Jones	41	Gloucester Masters	1:12.31
	34.77	1:12.31 (37.54)		

Event 18 Women 45-49 100 SC Meter Butterfly

1	Amanda Heath	48	Forward Hillingdon	1:16.02
	35.98	1:16.02 (40.04)		
2	Jacqueline Patel	45	Kings Cormorants	1:46.17
	50.13	1:46.17 (56.04)		
3	Susan Green	49	Camden Swiss Cottage	2:01.14
	52.62	2:01.14 (1:08.52)		

Event 18 Women 50-54 100 SC Meter Butterfly

1	Lorraine Crook	51	Caldicot	1:47.01
	49.87	1:47.01 (57.14)		

2 Jeanette Benn 54 Barnet Copthall 2:09.54
1:01.10 2:09.54 (1:08.44)

3 Helen O'Leary 51 Phoenix (Ireland) 2:49.63
1:25.85 2:49.63 (1:23.78)

Event 18 Women 60-64 100 SC Meter Butterfly

1 Judy Wilson 61 Birmingham Masters 1:23.57
38.47 1:23.57 (45.10)

2 Georgie Hamilton 62 Barnet Copthall 1:41.52
48.30 1:41.52 (53.22)

Event 19 Men 19-24 100 SC Meter Butterfly

1 Alex Chklar 24 Spencer 1:04.61
30.65 1:04.61 (33.96)

Event 19 Men 35-39 100 SC Meter Butterfly

1 Duncan Hartley 37 Barnet Copthall 1:06.18
31.55 1:06.18 (34.63)

2 Peter Burrell 39 Bracknell & Wokingham 1:10.97
32.53 1:10.97 (38.44)

3 Gary Wimble 35 City of Canterbury 1:24.89
39.32 1:24.89 (45.57)

4 Ewan Benfield 39 Anaconda 1:45.75
48.35 1:45.75 (57.40)

Event 19 Men 40-44 100 SC Meter Butterfly

1 Fraser Mashford 43 Rochford & District 1:15.34
35.29 1:15.34 (40.05)

Event 19 Men 45-49 100 SC Meter Butterfly

1 Graham Powell 49 Luton 1:09.40
32.15 1:09.40 (37.25)

2 Philip Holme 46 Barnet Copthall 1:20.59
36.37 1:20.59 (44.22)

Event 19 Men 55-59 100 SC Meter Butterfly

1 Peter Stephens 58 Truro 1:28.01
41.35 1:28.01 (46.66)

Event 19 Men 60-64 100 SC Meter Butterfly

1 Derek Parr 61 Broomfield Park 1:12.77
34.32 1:12.77 (38.45)

Event 19 Men 65-69 100 SC Meter Butterfly

1 **Bill Letch** 65 **Wincanton** **1:16.63 BRITISH RECORD**
35.01 1:16.63 (41.62)

Event 19 Men 70-74 100 SC Meter Butterfly

1 Paul Alvarez 71 Romford Town 1:43.57
47.75 1:43.57 (55.82)

Distance Meet - 9th / 10th July 2005**Event 20 Women 19-24 200 SC Meter IM**

1	Jane Edmondson	22	Barnet Copthall	2:54.65
	36.96	1:24.13 (47.17)	2:15.17 (51.04)	2:54.65 (39.48)

Event 20 Women 25-29 200 SC Meter IM

1	Lauren Edwards	26	Otter	2:40.84
	36.76	1:17.20 (40.44)	2:03.97 (46.77)	2:40.84 (36.87)

2	Gina Hobson	28	Otter	2:46.30
	35.61	1:17.73 (42.12)	2:09.63 (51.90)	2:46.30 (36.67)

3	Kathryn Webb*	27	Colchester Phoenix	5:12.31
	2:48.29	4:07.67 (1:19.38)	5:12.31 (1:04.64)	5:12.31 ()

Event 20 Women 30-34 200 SC Meter IM

1	Lara Clarke	31	Romford Town	2:35.78
	33.56	1:15.02 (41.46)	2:01.47 (46.45)	2:35.78 (34.31)

Event 20 Women 35-39 200 SC Meter IM

1	Amanda Goodman	35	Basildon & District	2:49.61
	38.86	1:24.18 (45.32)	2:10.40 (46.22)	2:49.61 (39.21)

2	Katrina Farrall	35	Basildon & District	2:55.48
	38.10	1:24.41 (46.31)	2:15.00 (50.59)	2:55.48 (40.48)

Event 20 Women 40-44 200 SC Meter IM

1	Angela Wilson	40	Maidenhead Marlins	2:40.43
	35.10	1:16.60 (41.50)	2:04.99 (48.39)	2:40.43 (35.44)

2	Carolyn Riley	44	Cleethorpes & District	2:55.07
	37.84	1:25.86 (48.02)	2:15.67 (49.81)	2:55.07 (39.40)

3	Paula Barry	43	Redbridge Borough Masters	3:29.03
	47.75	1:43.53 (55.78)	2:43.90 (1:00.37)	3:29.03 (45.13)

4	Jenny Richards	43	Guildford City	4:09.39
	1:00.49	2:06.40 (1:05.91)	3:15.42 (1:09.02)	4:09.39 (53.97)

Event 20 Women 45-49 200 SC Meter IM

1	Amanda Heath	48	Forward Hillingdon	2:48.59
	35.49	1:21.94 (46.45)	2:09.30 (47.36)	2:48.59 (39.29)

2	Jacqueline Patel	45	Kings Cormorants	3:32.10
	49.00	1:54.76 (1:05.76)	2:49.07 (54.31)	3:32.10 (43.03)

3	Lesley Davies	45	Otter	3:32.23
	50.51	1:48.17 (57.66)	2:45.27 (57.10)	3:32.23 (46.96)

4	Elaine Fenton	49	Birmingham Masters	3:44.65
	54.72	1:52.24 (57.52)	2:54.24 (1:02.00)	3:44.65 (50.41)

Event 20 Women 50-54 200 SC Meter IM

1	Jayne Ball	51	Barnet Copthall	3:00.90
	39.13	1:28.80 (49.67)	2:19.47 (50.67)	3:00.90 (41.43)

2	Lorraine Crook	51	Caldicot	3:52.72
	49.65	1:54.03 (1:04.38)	3:00.32 (1:06.29)	3:52.72 (52.40)

3	Helen O'Leary	51	Phoenix (Ireland)	5:15.51
	1:21.34	2:49.87 (1:28.53)	4:13.06 (1:23.19)	5:15.51 (1:02.45)

Event 20 Women 60-64 200 SC Meter IM

1	Georgie Hamilton	62	Barnet Copthall	3:27.23
	47.95	1:43.53 (55.58)	2:40.91 (57.38)	3:27.23 (46.32)

Event 21 Men 19-24 200 SC Meter IM

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1	Alex Chklar	24	Spencer			2:28.93
	31.37	1:11.75 (40.38)	1:53.46 (41.71)	2:28.93 (35.47)		

Event 21 Men 25-29 200 SC Meter IM

1	Stephen Wood	29	City of Milton Keynes			2:56.54
	36.55	1:26.11 (49.56)	2:15.44 (49.33)	2:56.54 (41.10)		

Event 21 Men 35-39 200 SC Meter IM

1	Paul Smoothy	37	Spencer			2:35.32
	31.97	1:15.37 (43.40)	1:59.79 (44.42)	2:35.32 (35.53)		

2	Philip Albright	35	Bracknell & Wokingham			2:36.00
	33.22	1:16.14 (42.92)	2:01.12 (44.98)	2:36.00 (34.88)		

3	Matthew James	39	Cleethorpes & District			3:00.74
	38.85	1:29.37 (50.52)	2:21.50 (52.13)	3:00.74 (39.24)		

4	Gary Wimble	35	City of Canterbury			3:06.28
	36.66	1:28.54 (51.88)	2:24.91 (56.37)	3:06.28 (41.37)		

---	Stuart Whitney	39	Otter			DQ
	37.26	1:20.75 (43.49)	2:13.53 (52.78)	DQ (37.84)		

Event 21 Men 40-44 200 SC Meter IM

1	Andrew Gristwood	41	Cleethorpes & District			2:35.62
	34.32	1:15.47 (41.15)	2:03.93 (48.46)	2:35.62 (31.69)		

Event 21 Men 45-49 200 SC Meter IM

1	Thomas Morrow	49	City of Milton Keynes			2:46.44
	36.24	1:24.55 (48.31)	2:07.30 (42.75)	2:46.44 (39.14)		

Event 21 Men 55-59 200 SC Meter IM

1	Andy Wilson	59	Birmingham Masters			3:02.90
	39.41	1:28.96 (49.55)	2:23.37 (54.41)	3:02.90 (39.53)		

Event 21 Men 60-64 200 SC Meter IM

1	Duncan Mc Creadie	60	Maidenhead Marlins			2:36.40
	33.58	1:15.70 (42.12)	2:01.95 (46.25)	2:36.40 (34.45)		

2	Derek Parr	61	Broomfield Park			3:03.72
	35.17	1:27.37 (52.20)	2:24.02 (56.65)	3:03.72 (39.70)		

3	Paul Clarke	63	Luton			3:41.86
	47.46	1:49.59 (1:02.13)	2:51.30 (1:01.71)	3:41.86 (50.56)		

Event 21 Men 65-69 200 SC Meter IM

1	Keith Ingram	65	Birmingham Masters			3:02.19
	39.23	1:29.16 (49.93)	2:22.38 (53.22)	3:02.19 (39.81)		

Event 21 Men 70-74 200 SC Meter IM

1	Paul Alvarez	71	Romford Town			3:39.69
	50.85	1:48.80 (57.95)	2:49.91 (1:01.11)	3:39.69 (49.78)		

Event 21 Men 75-79 200 SC Meter IM

1	Robert Curr	76	Serpentine			4:55.81
	1:08.78	2:22.54 (1:13.76)	3:44.12 (1:21.58)	4:55.81 (1:11.69)		

Event 21 Men 80-84 200 SC Meter IM

---	John Davis	81	Birmingham Masters			DQ
	1:12.95	2:17.86 (1:04.91)	3:30.22 (1:12.36)	DQ (1:02.03)		

Event 22 Women 19-24 100 SC Meter Freestyle

1	Julie Sapsford	21	Barnet Copthall			1:09.90
	32.86	1:09.90 (37.04)				

Event 22 Women 25-29 100 SC Meter Freestyle

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1	Tara Hutt	26	Havant & Waterlooville	58.02
	28.22	58.02	(29.80)	
2	Lauren Edwards	26	Otter	1:06.56
	32.26	1:06.56	(34.30)	
3	Kathryn Webb*	27	Colchester Phoenix	2:03.31
	58.92	2:03.31	(1:04.39)	

Event 22 Women 30-34 100 SC Meter Freestyle

1	Julie Sanders	33	Romford Town	1:05.09
	30.93	1:05.09	(34.16)	
2	Susan MacLean	30	Camden Swiss Cottage	1:06.95
	32.37	1:06.95	(34.58)	
3	Nicol Albertyn	31	Harlow Penguins	1:07.32
	32.56	1:07.32	(34.76)	
4	Sarah Chamberlaine	34	City of Cambridge	1:08.39
	32.10	1:08.39	(36.29)	
5	Caroline Wilson	31	Anaconda	1:17.11
	36.77	1:17.11	(40.34)	
6	Melissa Spears	32	Barnet Copthall	1:20.70
	37.39	1:20.70	(43.31)	

Event 22 Women 35-39 100 SC Meter Freestyle

1	Elizabeth Shaw	39	Otter	1:10.10
	33.64	1:10.10	(36.46)	
2	Helen Brooks	35	Barnet Copthall	1:17.68
	36.65	1:17.68	(41.03)	
3	Emma France	37	Guildford City	1:23.31
	40.17	1:23.31	(43.14)	
---	Leonie Nicholson	39	Anaconda	DQ

Event 22 Women 40-44 100 SC Meter Freestyle

1	Sandra Jones	41	Gloucester Masters	1:08.27
	33.00	1:08.27	(35.27)	
2	Paula Barry	43	Redbridge Borough Masters	1:20.90
	1:20.90	1:20.90	()	
3	Kathryn Mac Dermott	43	Spencer	1:25.01
	38.15	1:25.01	(46.86)	
4	Janet Casey	42	Barnet Copthall	1:27.36
	41.84	1:27.36	(45.52)	
5	Kate Robarts	44	Hampshire North	1:27.70
	42.03	1:27.70	(45.67)	
6	Jenny Richards	43	Guildford City	1:36.29
	45.09	1:36.29	(51.20)	

Event 22 Women 45-49 100 SC Meter Freestyle

1	Sara Perry	48	Anaconda	1:15.67
	36.38	1:15.67	(39.29)	
2	Jacqueline Patel	45	Kings Cormorants	1:25.20
	41.39	1:25.20	(43.81)	

Distance Meet - 9th / 10th July 2005**Event 22 Women 50-54 100 SC Meter Freestyle**

1	Jayne Ball	51	Barnet Copthall	1:12.65
	35.55	1:12.65	(37.10)	

Event 22 Women 60-64 100 SC Meter Freestyle

1	Judy Wilson	61	Birmingham Masters	1:15.61
	36.68	1:15.61	(38.93)	

Event 23 Men 25-29 100 SC Meter Freestyle

1	David Fytche	27	Bracknell & Wokingham	59.53
	29.07	59.53	(30.46)	

2	Guy Crawford	26	Barnet Copthall	1:00.04
	29.03	1:00.04	(31.01)	

3	Vincent Pottier	27	City of Cambridge	1:00.17
	28.84	1:00.17	(31.33)	

4	Joe Twyman	28	Barnet Copthall	1:00.40
	27.75	1:00.40	(32.65)	

5	Tony Garbett	29	Bracknell & Wokingham	1:00.45
	29.37	1:00.45	(31.08)	

Event 23 Men 30-34 100 SC Meter Freestyle

1	Chris Hopton	30	Camden Swiss Cottage	56.80
	26.60	56.80	(30.20)	

2	Adam Foreman	32	Barnet Copthall	1:04.62
	30.71	1:04.62	(33.91)	

3	Dean Brown*	31	Colchester Phoenix	3:22.56
	1:31.49	3:22.56	(1:51.07)	

Event 23 Men 35-39 100 SC Meter Freestyle

1	Paul Smoothy	37	Spencer	1:03.39
	30.08	1:03.39	(33.31)	

2	Gary Wimble	35	City of Canterbury	1:11.05
	34.60	1:11.05	(36.45)	

3	Ewan Benfield	39	Anaconda	1:30.89
	42.16	1:30.89	(48.73)	

4	Grant Tyrer*	35	Colchester Phoenix	1:54.18
	50.00	1:54.18	(1:04.18)	

Event 23 Men 40-44 100 SC Meter Freestyle

1	Mark Reynolds	42	Barnet Copthall	55.54
	26.52	55.54	(29.02)	

2	Andrew Gristwood	41	Cleethorpes & District	1:00.72
	29.85	1:00.72	(30.87)	

Event 23 Men 45-49 100 SC Meter Freestyle

1	Jim Hobsley	45	Barnet Copthall	58.93
	27.48	58.93	(31.45)	

2	John Brett	45	Y Swim	1:11.20
	34.82	1:11.20	(36.38)	

3	Richard Radford	45	Bracknell & Wokingham	1:18.70
	38.22	1:18.70	(40.48)	

Event 23 Men 50-54 100 SC Meter Freestyle

1	Martin Appleby	52	Barnet Copthall	1:12.74
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35.70 1:12.74 (37.04)

Event 23 Men 55-59 100 SC Meter Freestyle

1	Ivan Myall	58	Chelmsford	1:06.28
		32.00	1:06.28 (34.28)	

2	Andy Wilson	59	Birmingham Masters	1:12.57
		34.67	1:12.57 (37.90)	

3	Peter Stephens	58	Truro	1:13.53
		36.41	1:13.53 (37.12)	

Event 23 Men 60-64 100 SC Meter Freestyle

1	Derek Parr	61	Broomfield Park	1:11.16
		35.03	1:11.16 (36.13)	

Event 23 Men 65-69 100 SC Meter Freestyle

1	Bill Letch	65	Wincanton	1:06.13
		32.02	1:06.13 (34.11)	

2	Stan Clarke	67	Romford Town	1:10.28
		33.91	1:10.28 (36.37)	

3	Nigel Salsbury	65	Reading	1:15.73
		35.32	1:15.73 (40.41)	

Event 23 Men 70-74 100 SC Meter Freestyle

1	Arthur Lowe	70	Birmingham Masters	1:13.76
		35.27	1:13.76 (38.49)	

2	John Starr	71	Romford Town	1:20.01
		38.74	1:20.01 (41.27)	

3	Janos Leigh	71	Romford Town	1:29.59
		42.25	1:29.59 (47.34)	

4	Richard Harding	72	Spencer	1:48.16
		49.99	1:48.16 (58.17)	

Event 23 Men 75-79 100 SC Meter Freestyle

1	Robert Curr	76	Serpentine	2:16.94
		1:03.65	2:16.94 (1:13.29)	