

Distance Meet – 8th / 9th July 2006

Event 1 Women 25-29 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Lucy Mullan	26	Camden Swiss Cottage S.C.	11:00.00	10:46.24
	35.32	1:14.39 (39.07)	1:54.64 (40.25)	2:35.21 (40.57)
	3:15.97 (40.76)	3:56.92 (40.95)	4:38.33 (41.41)	5:19.29 (40.96)
	6:00.58 (41.29)	6:41.76 (41.18)	7:23.32 (41.56)	8:04.38 (41.06)
	8:45.43 (41.05)	9:26.45 (41.02)	10:07.30 (40.85)	10:46.24 (38.94)
2 Victoria Akers	25	Barnet Copthall	11:00.00	11:23.93
	35.44	1:14.86 (39.42)	1:56.18 (41.32)	2:38.22 (42.04)
	3:20.96 (42.74)	4:04.19 (43.23)	4:47.87 (43.68)	5:31.84 (43.97)
	6:16.42 (44.58)	7:00.78 (44.36)	7:45.92 (45.14)	8:30.48 (44.56)
	9:14.99 (44.51)	9:59.51 (44.52)	10:42.17 (42.66)	11:23.93 (41.76)

Event 1 Women 35-39 800 SC Meter Freestyle

1 Sarah Fitzgerald-Smith	35	Reading	11:50.00	11:02.99
	37.21	1:18.45 (41.24)	1:59.72 (41.27)	2:41.77 (42.05)
	3:23.40 (41.63)	4:04.85 (41.45)	4:46.48 (41.63)	5:28.62 (42.14)
	6:09.80 (41.18)	6:51.53 (41.73)	7:33.50 (41.97)	8:15.80 (42.30)
	8:57.03 (41.23)	9:38.39 (41.36)	10:20.50 (42.11)	11:02.99 (42.49)
2 Judy Prior	36	Griffins of Enfield	12:00.00	11:23.66
	38.28	1:20.15 (41.87)	2:02.65 (42.50)	2:45.16 (42.51)
	3:27.62 (42.46)	4:10.73 (43.11)	4:53.73 (43.00)	5:36.98 (43.25)
	6:20.71 (43.73)	7:04.18 (43.47)	7:47.57 (43.39)	8:31.57 (44.00)
	9:15.10 (43.53)	9:58.50 (43.40)	10:42.00 (43.50)	11:23.66 (41.66)
3 Lynne Dawson	39	Chapelton	12:00.00	12:07.38
	37.88	1:20.43 (42.55)	2:04.76 (44.33)	2:50.01 (45.25)
	3:35.43 (45.42)	4:21.39 (45.96)	5:08.05 (46.66)	5:54.64 (46.59)
	6:41.84 (47.20)	7:28.98 (47.14)	8:16.34 (47.36)	9:03.49 (47.15)
	9:50.11 (46.62)	10:36.87 (46.76)	11:22.58 (45.71)	12:07.38 (44.80)
4 Lucy Francis	35	Camden Swiss Cottage S.C.	19:00.00	18:29.93
	1:01.24	2:09.05 (1:07.81)	3:18.47 (1:09.42)	4:29.30 (1:10.83)
	5:41.54 (1:12.24)	6:52.39 (1:10.85)	8:03.85 (1:11.46)	9:14.49 (1:10.64)
	10:25.34 (1:10.85)	11:35.13 (1:09.79)	12:45.97 (1:10.84)	13:58.12 (1:12.15)
	15:08.46 (1:10.34)	16:18.40 (1:09.94)	17:26.39 (1:07.99)	18:29.93 (1:03.54)

Event 1 Women 40-44 800 SC Meter Freestyle

1 Jane Phoenix	41	Diss Otters	14:30.00	14:01.90
	47.61	1:38.59 (50.98)	2:32.82 (54.23)	3:27.37 (54.55)
	4:21.20 (53.83)	5:15.49 (54.29)	6:09.41 (53.92)	7:04.30 (54.89)
	7:59.46 (55.16)	8:53.71 (54.25)	9:47.18 (53.47)	10:41.25 (54.07)
	11:33.47 (52.22)	12:23.51 (50.04)	13:14.17 (50.66)	14:01.90 (47.73)

Event 1 Women 45-49 800 SC Meter Freestyle

1 Amanda Heath	49	Spencer	11:00.00	10:58.49
	36.46	1:15.62 (39.16)	1:56.59 (40.97)	2:38.05 (41.46)
	3:19.09 (41.04)	4:00.34 (41.25)	4:42.30 (41.96)	5:24.26 (41.96)
	6:06.08 (41.82)	6:47.90 (41.82)	7:29.76 (41.86)	8:11.84 (42.08)
	8:54.10 (42.26)	9:36.12 (42.02)	10:17.91 (41.79)	10:58.49 (40.58)
2 Carolyn Riley	45	Cleethorpes & District	11:10.00	11:06.97
	37.28	1:17.23 (39.95)	1:58.21 (40.98)	2:39.71 (41.50)
	3:21.42 (41.71)	4:03.74 (42.32)	4:46.22 (42.48)	5:28.41 (42.19)
	6:10.40 (41.99)	6:52.55 (42.15)	7:35.29 (42.74)	8:17.85 (42.56)
	9:00.42 (42.57)	9:43.66 (43.24)	10:26.19 (42.53)	11:06.97 (40.78)
3 Sharon Mc Lellan	48	Sudbury & District	12:52.00	12:53.93
	45.12	1:33.25 (48.13)	2:22.35 (49.10)	3:11.19 (48.84)
	4:00.16 (48.97)	4:49.41 (49.25)	5:38.20 (48.79)	6:26.96 (48.76)
	7:15.81 (48.85)	8:04.53 (48.72)	8:53.10 (48.57)	9:41.55 (48.45)
	10:30.01 (48.46)	11:18.24 (48.23)	12:06.68 (48.44)	12:53.93 (47.25)
4 Elizabeth Knowles	46	Camden Swiss Cottage S.C.	12:54.00	13:14.01
	42.24	1:30.21 (47.97)	2:19.31 (49.10)	3:09.41 (50.10)
	4:00.00 (50.59)	4:50.83 (50.83)	5:41.84 (51.01)	6:32.96 (51.12)
	7:23.81 (50.85)	8:14.55 (50.74)	9:04.75 (50.20)	9:54.61 (49.86)
	10:44.39 (49.78)	11:35.42 (51.03)	12:25.96 (50.54)	13:14.01 (48.05)
5 Kang Hae Kim	46	Barnet Copthall	14:00.00	13:45.20
	48.41	1:40.32 (51.91)	2:32.66 (52.34)	3:25.16 (52.50)
	4:17.44 (52.28)	5:09.56 (52.12)	6:01.08 (51.52)	6:52.88 (51.80)
	7:44.79 (51.91)	8:36.48 (51.69)	9:28.09 (51.61)	10:19.69 (51.60)
	11:12.02 (52.33)	12:04.05 (52.03)	12:56.17 (52.12)	13:45.20 (49.03)

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Event 1 Women 50-54 800 SC Meter Freestyle

1	Amanda Doyle	50	Dorking	11:56.00	12:03.21
	39.77	1:23.97 (44.20)	2:09.43 (45.46)	2:55.22 (45.79)	
	3:40.91 (45.69)	4:26.66 (45.75)	5:12.69 (46.03)	5:58.75 (46.06)	
	6:44.73 (45.98)	7:30.39 (45.66)	8:16.46 (46.07)	9:02.36 (45.90)	
	9:48.54 (46.18)	10:34.59 (46.05)	11:20.43 (45.84)	12:03.21 (42.78)	
2	Susan Green	50	Camden Swiss Cottage S.C.	15:00.00	14:17.06
	48.16	1:40.17 (52.01)	2:34.79 (54.62)	3:27.63 (52.84)	
	4:20.80 (53.17)	5:13.79 (52.99)	6:09.13 (55.34)	7:03.22 (54.09)	
	7:56.85 (53.63)	8:51.30 (54.45)	9:44.91 (53.61)	10:40.36 (55.45)	
	11:35.54 (55.18)	12:30.61 (55.07)	13:24.99 (54.38)	14:17.06 (52.07)	
3	Graziella Doardo	51	Camden Swiss Cottage S.C.	15:50.00	15:30.31
	51.66	1:47.99 (56.33)	2:46.57 (58.58)	3:45.30 (58.73)	
	4:43.48 (58.18)	5:42.61 (59.13)	6:41.87 (59.26)	7:41.28 (59.41)	
	8:40.23 (58.95)	9:39.93 (59.70)	10:39.74 (59.81)	11:39.42 (59.68)	
	12:38.19 (58.77)	13:36.98 (58.79)	14:35.04 (58.06)	15:30.31 (55.27)	
4	Jackie Hughes	53	Lindum Mink	16:00.00	16:10.60
	51.26	1:47.53 (56.27)	2:48.54 (1:01.01)	3:49.45 (1:00.91)	
	4:49.58 (1:00.13)	5:50.89 (1:01.31)	6:53.85 (1:02.96)	7:54.02 (1:00.17)	
	8:57.48 (1:03.46)	9:58.15 (1:00.67)	11:01.01 (1:02.86)	12:02.29 (1:01.28)	
	13:04.74 (1:02.45)	14:07.38 (1:02.64)	15:09.45 (1:02.07)	16:10.60 (1:01.15)	

Event 1 Women 55-59 800 SC Meter Freestyle

1	Julie Crayford	58	C L A M S	13:00.00	12:30.89
	40.35	1:24.72 (44.37)	2:10.73 (46.01)	2:58.06 (47.33)	
	3:45.78 (47.72)	4:33.58 (47.80)	5:22.25 (48.67)	6:10.28 (48.03)	
	6:58.00 (47.72)	7:46.34 (48.34)	8:34.47 (48.13)	9:22.84 (48.37)	
	10:10.76 (47.92)	10:58.43 (47.67)	11:46.90 (48.47)	12:30.89 (43.99)	
2	Jeanette Benn	55	Barnet Copthall	14:00.00	13:56.43
	47.96	1:39.42 (51.46)	2:32.04 (52.62)	3:24.31 (52.27)	
	4:16.80 (52.49)	5:09.40 (52.60)	6:02.14 (52.74)	6:54.84 (52.70)	
	7:47.72 (52.88)	8:40.42 (52.70)	9:33.27 (52.85)	10:26.42 (53.15)	
	11:19.80 (53.38)	12:13.06 (53.26)	13:05.69 (52.63)	13:56.43 (50.74)	
3	Geraldine Nogami	57	Acton	17:00.00	15:19.31
	53.55	1:50.25 (56.70)	2:47.83 (57.58)	3:45.93 (58.10)	
	4:43.81 (57.88)	5:42.22 (58.41)	6:41.58 (59.36)	7:39.58 (58.00)	
	8:37.50 (57.92)	9:35.78 (58.28)	10:34.03 (58.25)	11:31.76 (57.73)	
	12:29.26 (57.50)	13:26.92 (57.66)	14:24.75 (57.83)	15:19.31 (54.56)	

Event 1 Women 60-64 800 SC Meter Freestyle

1	Ann Broomfield	64	City of St Albans	18:00.00	17:44.25
	1:01.03	2:06.49 (1:05.46)	3:12.76 (1:06.27)	4:19.72 (1:06.96)	
	5:27.12 (1:07.40)	6:35.01 (1:07.89)	7:41.77 (1:06.76)	8:48.59 (1:06.82)	
	9:57.13 (1:08.54)	11:03.86 (1:06.73)	12:11.29 (1:07.43)	13:18.65 (1:07.36)	
	14:27.09 (1:08.44)	15:33.28 (1:06.19)	16:40.24 (1:06.96)	17:44.25 (1:04.01)	

Event 1 Women 70-74 800 SC Meter Freestyle

1	Pauline Wilkinson	73	Spencer	19:40.00	20:32.72
	1:02.86	2:16.39 (1:13.53)	3:33.85 (1:17.46)	4:49.74 (1:15.89)	
	6:06.99 (1:17.25)	7:25.84 (1:18.85)	8:45.45 (1:19.61)	10:03.33 (1:17.88)	
	11:22.66 (1:19.33)	12:40.94 (1:18.28)	14:00.78 (1:19.84)	15:18.95 (1:18.17)	
	16:37.66 (1:18.71)	17:56.20 (1:18.54)	19:14.93 (1:18.73)	20:32.72 (1:17.79)	

Event 1 Women 75-79 800 SC Meter Freestyle

1	Jane Asher	75	Kings Cormorants	<u>12:42.75</u>	<u>WORLD RECORD</u>
	43.98	1:32.68 (48.70)	2:21.52 (48.84)	3:10.51 (48.99)	
	3:59.29 (48.78)	4:48.13 (48.84)	5:36.59 (48.46)	6:24.63 (48.04)	
	7:13.23 (48.60)	8:01.73 (48.50)	8:50.78 (49.05)	9:39.14 (48.36)	
	10:26.46 (47.32)	11:13.50 (47.04)	11:59.89 (46.39)	12:42.75 (42.86)	

Event 1 Men 30-34 800 SC Meter Freestyle

1	Chris Symonds	33	Enfield	11:00.00	11:59.05
	37.39	1:17.75 (40.36)	2:00.75 (43.00)	2:45.43 (44.68)	
	3:31.81 (46.38)	4:18.65 (46.84)	5:05.60 (46.95)	5:52.24 (46.64)	
	6:39.73 (47.49)	7:26.46 (46.73)	8:13.45 (46.99)	8:59.35 (45.90)	
	9:44.74 (45.39)	10:28.77 (44.03)	11:16.38 (47.61)	11:59.05 (42.67)	

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2 Nicola Carniato	30 Camden Swiss Cottage S.C.	12:00.00	12:33.19
38.81	1:21.25 (42.44)	2:07.04 (45.79)	2:53.66 (46.62)
3:41.15 (47.49)	4:28.03 (46.88)	5:16.10 (48.07)	6:04.55 (48.45)
6:52.73 (48.18)	7:41.24 (48.51)	8:30.01 (48.77)	9:18.69 (48.68)
10:07.73 (49.04)	10:56.53 (48.80)	11:45.95 (49.42)	12:33.19 (47.24)

Event 1 Men 35-39 800 SC Meter Freestyle

1 Duncan Hartley	38 Barnet Copthall	9:59.00	9:57.69
31.50	1:05.26 (33.76)	1:40.95 (35.69)	2:17.46 (36.51)
2:54.41 (36.95)	3:31.75 (37.34)	4:09.71 (37.96)	4:48.00 (38.29)
5:26.40 (38.40)	6:05.17 (38.77)	6:43.67 (38.50)	7:22.40 (38.73)
8:00.58 (38.18)	8:40.36 (39.78)	9:19.40 (39.04)	9:57.69 (38.29)
2 Patrick Waldron	38 Barnet Copthall	12:20.00	12:34.14
40.34	1:24.72 (44.38)	2:10.73 (46.01)	2:57.77 (47.04)
3:45.75 (47.98)	4:33.22 (47.47)	5:21.01 (47.79)	6:09.47 (48.46)
6:57.62 (48.15)	7:45.88 (48.26)	8:34.04 (48.16)	9:22.07 (48.03)
10:10.02 (47.95)	10:58.56 (48.54)	11:47.39 (48.83)	12:34.14 (46.75)

Event 1 Men 40-44 800 SC Meter Freestyle

1 Andrew Gristwood	42 Cleethorpes & District	9:36.00	9:33.15
30.93	1:05.01 (34.08)	1:39.53 (34.52)	2:15.32 (35.79)
2:50.68 (35.36)	3:26.59 (35.91)	4:02.86 (36.27)	4:39.58 (36.72)
5:16.43 (36.85)	5:53.36 (36.93)	6:30.29 (36.93)	7:07.43 (37.14)
7:44.73 (37.30)	8:21.65 (36.92)	8:58.22 (36.57)	9:33.15 (34.93)
2 Martin Hawley	42 Ealing	9:54.50	10:05.89
34.83	1:13.51 (38.68)	1:52.80 (39.29)	2:31.77 (38.97)
3:10.91 (39.14)	3:50.18 (39.27)	4:28.81 (38.63)	5:07.78 (38.97)
5:45.33 (37.55)	6:23.05 (37.72)	7:01.02 (37.97)	7:38.62 (37.60)
8:15.76 (37.14)	8:52.62 (36.86)	9:29.36 (36.74)	10:05.89 (36.53)
3 Matthew James	40 Cleethorpes & District	11:20.00	11:16.23
37.58	1:17.83 (40.25)	2:00.06 (42.23)	2:41.85 (41.79)
3:23.89 (42.04)	4:06.77 (42.88)	4:49.91 (43.14)	5:32.80 (42.89)
6:15.71 (42.91)	6:59.13 (43.42)	7:42.36 (43.23)	8:25.92 (43.56)
9:09.58 (43.66)	9:52.57 (42.99)	10:35.65 (43.08)	11:16.23 (40.58)
4 Jonathan Mooney	41 City of Milton Keynes	15:15.00	14:53.44
45.27	1:36.71 (51.44)	2:31.82 (55.11)	3:27.67 (55.85)
4:23.31 (55.64)	5:19.16 (55.85)	6:15.91 (56.75)	7:12.65 (56.74)
8:10.12 (57.47)	9:08.27 (58.15)	10:06.34 (58.07)	11:05.00 (58.66)
12:03.31 (58.31)	13:00.99 (57.68)	13:58.68 (57.69)	14:53.44 (54.76)

Event 1 Men 45-49 800 SC Meter Freestyle

1 Peter Jaggs	48 Camden Swiss Cottage S.C.	10:23.00	10:10.73
33.63	1:10.81 (37.18)	1:49.45 (38.64)	2:28.74 (39.29)
3:07.49 (38.75)	3:46.23 (38.74)	4:25.42 (39.19)	5:04.33 (38.91)
5:43.38 (39.05)	6:22.45 (39.07)	7:01.24 (38.79)	7:39.77 (38.53)
8:18.55 (38.78)	8:57.27 (38.72)	9:34.98 (37.71)	10:10.73 (35.75)
2 Colin Leiper	47 Birmingham Masters	11:05.00	10:46.60
36.00	1:15.47 (39.47)	1:55.90 (40.43)	2:37.02 (41.12)
3:17.79 (40.77)	3:58.02 (40.23)	4:38.59 (40.57)	5:20.02 (41.43)
6:00.30 (40.28)	6:41.42 (41.12)	7:22.42 (41.00)	8:04.11 (41.69)
8:44.83 (40.72)	9:26.65 (41.82)	10:08.45 (41.80)	10:46.60 (38.15)
3 Antony Scott	47 Basingstoke Bluefins	11:20.00	11:04.83
34.90	1:14.05 (39.15)	1:54.30 (40.25)	2:34.65 (40.35)
3:15.50 (40.85)	3:57.27 (41.77)	4:39.54 (42.27)	5:21.69 (42.15)
6:03.96 (42.27)	6:46.54 (42.58)	7:29.55 (43.01)	8:12.90 (43.35)
8:56.44 (43.54)	9:41.36 (44.92)	10:25.07 (43.71)	11:04.83 (39.76)
4 Bill Gristwood	47 Hartham Masters	12:45.00	12:39.02
40.88	1:26.26 (45.38)	2:15.08 (48.82)	3:04.38 (49.30)
3:52.54 (48.16)	4:41.99 (49.45)	5:30.11 (48.12)	6:20.33 (50.22)
7:07.80 (47.47)	7:57.23 (49.43)	8:44.20 (46.97)	9:32.73 (48.53)
10:19.65 (46.92)	11:07.49 (47.84)	11:54.52 (47.03)	12:39.02 (44.50)

Event 1 Men 50-54 800 SC Meter Freestyle

1 Keith Mann	50 Romford Town	11:00.00	10:41.18
35.40	1:14.33 (38.93)	1:54.18 (39.85)	2:34.46 (40.28)
3:15.11 (40.65)	3:55.57 (40.46)	4:36.18 (40.61)	5:16.81 (40.63)
5:57.29 (40.48)	6:37.79 (40.50)	7:18.70 (40.91)	8:00.20 (41.50)
8:41.19 (40.99)	9:22.46 (41.27)	10:03.27 (40.81)	10:41.18 (37.91)

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2	Martin Appleby	53	Barnet Copthall	11:52.50	11:58.19
	38.86	1:21.47 (42.61)	2:06.53 (45.06)	2:52.40 (45.87)	
	3:37.60 (45.20)	4:22.92 (45.32)	5:08.01 (45.09)	5:53.54 (45.53)	
	6:39.23 (45.69)	7:25.33 (46.10)	8:11.37 (46.04)	8:57.28 (45.91)	
	9:42.64 (45.36)	10:28.61 (45.97)	11:13.71 (45.10)	11:58.19 (44.48)	

Event 1 Men 55-59 800 SC Meter Freestyle

1	Stuart Mc Lellan	57	Sudbury & District	11:45.00	11:29.66
	38.25	1:20.49 (42.24)	2:04.30 (43.81)	2:48.84 (44.54)	
	3:33.36 (44.52)	4:17.82 (44.46)	5:02.23 (44.41)	5:46.39 (44.16)	
	6:30.24 (43.85)	7:13.86 (43.62)	7:57.56 (43.70)	8:40.89 (43.33)	
	9:24.16 (43.27)	10:07.11 (42.95)	10:49.73 (42.62)	11:29.66 (39.93)	
2	Len Phoenix	57	Diss Otters	11:24.18	11:53.79
	38.16	1:20.76 (42.60)	2:04.84 (44.08)	2:49.19 (44.35)	
	3:33.71 (44.52)	4:18.30 (44.59)	5:03.70 (45.40)	5:49.42 (45.72)	
	6:34.54 (45.12)	7:20.20 (45.66)	8:05.71 (45.51)	8:51.04 (45.33)	
	9:36.76 (45.72)	10:22.75 (45.99)	11:08.74 (45.99)	11:53.79 (45.05)	
3	Trevor Porter	55	Acton	14:45.00	13:29.96
	47.68	1:39.59 (51.91)	2:32.36 (52.77)	3:25.03 (52.67)	
	4:17.03 (52.00)	5:08.84 (51.81)	6:00.46 (51.62)	6:52.12 (51.66)	
	7:43.56 (51.44)	8:34.74 (51.18)	9:25.16 (50.42)	10:15.95 (50.79)	
	11:06.09 (50.14)	11:55.80 (49.71)	12:44.68 (48.88)	13:29.96 (45.28)	

Event 1 Men 60-64 800 SC Meter Freestyle

1	Phil Sears	60	Dorking	14:00.00	14:19.68
	47.57	1:39.13 (51.56)	2:32.80 (53.67)	3:27.28 (54.48)	
	4:20.69 (53.41)	5:14.90 (54.21)	6:09.82 (54.92)	7:05.41 (55.59)	
	7:59.12 (53.71)	8:53.64 (54.52)	9:47.95 (54.31)	10:43.34 (55.39)	
	11:36.71 (53.37)	12:32.27 (55.56)	13:28.67 (56.40)	14:19.68 (51.01)	
2	Paul Clarke	64	Luton	15:15.00	14:55.05
		1:41.40 ()	2:35.94 (54.54)	3:30.47 (54.53)	
	4:26.08 (55.61)	5:22.91 (56.83)	6:20.23 (57.32)	7:18.37 (58.14)	
	8:15.95 (57.58)	9:13.38 (57.43)	10:11.13 (57.75)	11:07.83 (56.70)	
	12:05.93 (58.10)	13:04.28 (58.35)	14:01.32 (57.04)	14:55.05 (53.73)	

Event 1 Men 65-69 800 SC Meter Freestyle

1	Geoff Stokes	67	Rushmoor Royals	11:10.00	10:55.12
	37.91	1:18.43 (40.52)	1:59.93 (41.50)	2:41.42 (41.49)	
	3:22.97 (41.55)	4:04.36 (41.39)	4:45.86 (41.50)	5:27.75 (41.89)	
	6:09.32 (41.57)	6:50.70 (41.38)	7:32.03 (41.33)	8:13.31 (41.28)	
	8:54.79 (41.48)	9:36.35 (41.56)	10:16.88 (40.53)	10:55.12 (38.24)	
2	Nigel Salsbury	66	Reading	13:20.00	13:06.72
	43.29	1:32.84 (49.55)	2:23.46 (50.62)	3:14.18 (50.72)	
	4:04.59 (50.41)	4:55.22 (50.63)	5:45.49 (50.27)	6:36.11 (50.62)	
	7:26.17 (50.06)	8:16.29 (50.12)	9:05.73 (49.44)	9:55.55 (49.82)	
	10:44.82 (49.27)	11:33.69 (48.87)	12:21.92 (48.23)	13:06.72 (44.80)	

Event 1 Men 70-74 800 SC Meter Freestyle

1	John Starr	72	Romford Town	13:20.00	12:51.90
	42.98	1:30.44 (47.46)	2:19.55 (49.11)	3:08.91 (49.36)	
	3:58.73 (49.82)	4:48.17 (49.44)	5:37.96 (49.79)	6:26.60 (48.64)	
	7:15.46 (48.86)	8:05.11 (49.65)	8:53.78 (48.67)	9:41.96 (48.18)	
	10:31.09 (49.13)	11:19.39 (48.30)	12:07.96 (48.57)	12:51.90 (43.94)	
2	John Harrington	70	Barnet Copthall	13:40.00	12:57.01
	45.61	1:35.94 (50.33)	2:25.90 (49.96)	3:15.80 (49.90)	
	4:04.96 (49.16)	4:54.20 (49.24)	5:43.12 (48.92)	6:31.26 (48.14)	
	7:19.80 (48.54)	8:08.10 (48.30)	8:56.42 (48.32)	9:45.31 (48.89)	
	10:33.94 (48.63)	11:22.85 (48.91)	12:11.63 (48.78)	12:57.01 (45.38)	

Event 1 Men 75-79 800 SC Meter Freestyle

1	William Mackay	75	Luton	17:00.00	16:56.15
	53.78	1:54.96 (1:01.18)	2:58.67 (1:03.71)	4:01.38 (1:02.71)	
	5:04.89 (1:03.51)	6:09.15 (1:04.26)	7:14.69 (1:05.54)	8:18.67 (1:03.98)	
	9:25.39 (1:06.72)	10:29.14 (1:03.75)	11:32.47 (1:03.33)	12:37.73 (1:05.26)	
	13:43.55 (1:05.82)	14:48.44 (1:04.89)	15:54.56 (1:06.12)	16:56.15 (1:01.59)	

Event 2 Women 19-24 400 SC Meter Freestyle

1	Victoria Moore	23	Slough & Eton Dolphins	5:30.00	5:25.91
	36.53	1:15.79 (39.26)	1:56.35 (40.56)	2:37.97 (41.62)	
	3:20.73 (42.76)	4:03.21 (42.48)	4:46.25 (43.04)	5:25.91 (39.66)	

Distance Meet – 8th / 9th July 2006**Event 2 Women 25-29 400 SC Meter Freestyle**

1	Tara Hutt	27	Havant & Waterlooville	4:32.10	4:33.52
	31.38	1:05.66 (34.28)	1:40.54 (34.88)	2:15.59 (35.05)	
	2:49.97 (34.38)	3:24.72 (34.75)	3:59.70 (34.98)	4:33.52 (33.82)	

Event 2 Women 30-34 400 SC Meter Freestyle

1	Hannah Paull	33	Gloucester Masters	5:00.00	4:54.26
	33.26	1:10.11 (36.85)	1:47.82 (37.71)	2:25.48 (37.66)	
	3:03.22 (37.74)	3:40.70 (37.48)	4:17.85 (37.15)	4:54.26 (36.41)	
2	Sarah Ross	33	Hart	5:10.00	4:56.98
	33.02	1:08.94 (35.92)	1:45.95 (37.01)	2:23.77 (37.82)	
	3:02.46 (38.69)	3:40.94 (38.48)	4:19.39 (38.45)	4:56.98 (37.59)	

Event 2 Women 35-39 400 SC Meter Freestyle

1	Sarah Fitzgerald-Smith	35	Reading	5:45.00	5:21.40
	36.77	1:16.93 (40.16)	1:57.20 (40.27)	2:38.39 (41.19)	
	3:19.36 (40.97)	4:00.68 (41.32)	4:41.67 (40.99)	5:21.40 (39.73)	
2	Judy Prior	36	Griffins of Enfield	5:40.00	5:34.27
	37.67	1:18.34 (40.67)	1:59.99 (41.65)	2:42.48 (42.49)	
	3:25.40 (42.92)	4:08.28 (42.88)	4:51.82 (43.54)	5:34.27 (42.45)	
3	Lynne Dawson	39	Chapeltown	5:45.00	5:49.52
	36.62	1:17.88 (41.26)	2:00.74 (42.86)	2:45.29 (44.55)	
	3:31.13 (45.84)	4:17.92 (46.79)	5:04.17 (46.25)	5:49.52 (45.35)	

Event 2 Women 40-44 400 SC Meter Freestyle

1	Sue Welham	42	Hatfield	5:30.00	5:21.06
	37.18	1:17.11 (39.93)	1:57.83 (40.72)	2:39.19 (41.36)	
	3:20.16 (40.97)	4:01.43 (41.27)	4:42.33 (40.90)	5:21.06 (38.73)	
2	Liz Oliver	44	Kingston Royals	5:53.00	5:49.24
	39.07	1:20.80 (41.73)	2:04.84 (44.04)	2:49.52 (44.68)	
	3:34.50 (44.98)	4:19.80 (45.30)	5:05.62 (45.82)	5:49.24 (43.62)	
3	Dina Thornton	43	Diss Otters	6:01.84	6:00.17
	39.97	1:24.17 (44.20)	2:09.35 (45.18)	2:54.93 (45.58)	
	3:41.68 (46.75)	4:28.26 (46.58)	5:15.32 (47.06)	6:00.17 (44.85)	
4	Fabiola Amara	43	Camden Swiss Cottage S.C.	5:50.00	6:05.89
	38.02	1:20.61 (42.59)	2:06.33 (45.72)	2:53.25 (46.92)	
	3:41.07 (47.82)	4:29.39 (48.32)	5:18.50 (49.11)	6:05.89 (47.39)	
5	Jane Phoenix	41	Diss Otters	7:08.00	6:43.57
	46.70	1:35.51 (48.81)	2:27.33 (51.82)	3:20.51 (53.18)	
	4:11.17 (50.66)	5:03.06 (51.89)	5:54.49 (51.43)	6:43.57 (49.08)	

Event 2 Women 45-49 400 SC Meter Freestyle

1	Amanda Heath	49	Spencer	5:28.00	5:21.48
	36.66	1:16.44 (39.78)	1:57.27 (40.83)	2:38.48 (41.21)	
	3:19.27 (40.79)	4:00.09 (40.82)	4:41.68 (41.59)	5:21.48 (39.80)	
2	Tamsin Jaggs	46	Camden Swiss Cottage S.C.	5:31.50	5:22.49
	36.01	1:15.17 (39.16)	1:55.71 (40.54)	2:36.91 (41.20)	
	3:18.63 (41.72)	4:00.18 (41.55)	4:42.05 (41.87)	5:22.49 (40.44)	
3	Sara Perry	49	Anaconda	5:59.37	5:51.52
	38.63	1:21.21 (42.58)	2:05.72 (44.51)	2:52.04 (46.32)	
	3:37.90 (45.86)	4:23.36 (45.46)	5:08.29 (44.93)	5:51.52 (43.23)	
4	Lelsey Cook	48	Romford Town	6:05.00	6:01.00
	39.11	1:22.94 (43.83)	2:08.03 (45.09)	2:54.68 (46.65)	
	3:41.46 (46.78)	4:28.71 (47.25)	5:15.44 (46.73)	6:01.00 (45.56)	
5	Sharon Mc Lellan	48	Sudbury & District	6:10.00	6:07.68
	42.44	1:28.31 (45.87)	2:14.07 (45.76)	3:01.19 (47.12)	
	3:47.47 (46.28)	4:34.22 (46.75)	5:21.65 (47.43)	6:07.68 (46.03)	
6	Jacqueline Patel	46	Kings Cormorants	6:32.00	6:36.39
	44.10	1:33.55 (49.45)	2:24.36 (50.81)	3:15.59 (51.23)	
	4:06.30 (50.71)	4:57.91 (51.61)	5:48.88 (50.97)	6:36.39 (47.51)	
7	Kang Hae Kim	46	Barnet Cophall	7:00.00	6:45.80
	45.49	1:36.05 (50.56)	2:27.79 (51.74)	3:19.36 (51.57)	
	4:10.50 (51.14)	5:02.47 (51.97)	5:54.73 (52.26)	6:45.80 (51.07)	

Event 2 Women 50-54 400 SC Meter Freestyle

1	Anne Bourne	52	Camphill Edwardians	5:36.83	5:21.15
	37.12	1:17.97 (40.85)	1:59.36 (41.39)	2:40.81 (41.45)	
	3:21.55 (40.74)	4:01.92 (40.37)	4:42.31 (40.39)	5:21.15 (38.84)	

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2	Jayne Ball	52	Barnet Copthall	5:25.00	5:33.68
	37.96	1:18.76 (40.80)	2:00.64 (41.88)	2:42.81 (42.17)	
	3:25.69 (42.88)	4:08.54 (42.85)	4:51.78 (43.24)	5:33.68 (41.90)	
3	Amanda Doyle	50	Dorking	5:50.00	5:52.76
	39.07	1:22.14 (43.07)	2:06.98 (44.84)	2:52.22 (45.24)	
	3:37.74 (45.52)	4:23.64 (45.90)	5:09.03 (45.39)	5:52.76 (43.73)	
4	Liz Neale	54	City of Milton Keynes	7:06.00	7:15.12
	48.29	1:41.03 (52.74)	2:35.72 (54.69)	3:30.95 (55.23)	
	4:27.41 (56.46)	5:24.75 (57.34)	6:21.32 (56.57)	7:15.12 (53.80)	
5	Graziella Doardo	51	Camden Swiss Cottage S.C.	7:50.00	7:47.60
	49.96	1:46.22 (56.26)	2:45.42 (59.20)	3:44.51 (59.09)	
	4:43.43 (58.92)	5:42.76 (59.33)	6:46.98 (1:04.22)	7:47.60 (1:00.62)	
6	Helen O' Leary	52	Phoenix Masters (Ireland)	8:30.00	8:34.22
	1:00.96	2:05.50 (1:04.54)	3:10.04 (1:04.54)	4:16.21 (1:06.17)	
	5:21.56 (1:05.35)	6:26.28 (1:04.72)	7:31.75 (1:05.47)	8:34.22 (1:02.47)	

Event 2 Women 55-59 400 SC Meter Freestyle

1	Julie Crayford	58	C L A M S	6:20.00	6:22.41
	40.69	1:26.64 (45.95)	2:14.64 (48.00)	3:03.50 (48.86)	
	3:53.16 (49.66)	4:43.36 (50.20)	5:34.07 (50.71)	6:22.41 (48.34)	
2	Jeanette Benn	55	Barnet Copthall	6:40.00	6:52.07
	46.08	1:39.04 (52.96)	2:32.37 (53.33)	3:24.79 (52.42)	
	4:16.33 (51.54)	5:08.00 (51.67)	6:01.12 (53.12)	6:52.07 (50.95)	

Event 2 Women 60-64 400 SC Meter Freestyle

1	Ann Broomfield	64	City of St Albans	9:00.00	8:40.95
	59.13	2:05.14 (1:06.01)	3:10.80 (1:05.66)	4:17.29 (1:06.49)	
	5:23.21 (1:05.92)	6:30.36 (1:07.15)	7:37.36 (1:07.00)	8:40.95 (1:03.59)	
2	Rita Egan	62	Bedford Beavers	9:00.00	9:48.36
	1:07.73	2:23.51 (1:15.78)	3:38.49 (1:14.98)	4:55.27 (1:16.78)	
	6:07.52 (1:12.25)	7:21.67 (1:14.15)	8:34.29 (1:12.62)	9:48.36 (1:14.07)	

Event 2 Women 70-74 400 SC Meter Freestyle

1	Elizabeth Braimbridge	73	Camden Swiss Cottage S.C.	10:04.00	9:34.77
	1:04.13	2:16.85 (1:12.72)	3:29.80 (1:12.95)	4:42.59 (1:12.79)	
	5:55.29 (1:12.70)	7:07.59 (1:12.30)	8:20.95 (1:13.36)	9:34.77 (1:13.82)	
2	Pauline Wilkinson	73	Spencer	9:25.00	9:41.13
	1:03.64	2:17.30 (1:13.66)	3:29.93 (1:12.63)	4:43.42 (1:13.49)	
	5:58.20 (1:14.78)	7:11.80 (1:13.60)	8:28.15 (1:16.35)	9:41.13 (1:12.98)	

Event 2 Women 75-79 400 SC Meter Freestyle

1	Jane Asher	75	Kings Cormorants	<u>6:10.54</u>	<u>WORLD RECORD</u>
	41.87	1:28.67 (46.80)	2:16.69 (48.02)	3:05.37 (48.68)	
	3:52.76 (47.39)	4:39.83 (47.07)	5:26.11 (46.28)	6:10.54 (44.43)	

Event 3 Men 19-24 400 SC Meter Freestyle

1	David Wheeler	22	Modernians	4:30.27	4:44.87
	30.42	1:04.78 (34.36)	1:41.08 (36.30)	2:17.77 (36.69)	
	2:54.60 (36.83)	3:32.78 (38.18)	4:09.87 (37.09)	4:44.87 (35.00)	

Event 3 Men 25-29 400 SC Meter Freestyle

1	Stephen Lorimer	29	Camden Swiss Cottage S.C.	4:55.00	5:11.88
	33.01	1:09.48 (36.47)	1:47.51 (38.03)	2:27.12 (39.61)	
	3:06.88 (39.76)	3:48.29 (41.41)	4:30.67 (42.38)	5:11.88 (41.21)	

Event 3 Men 30-34 400 SC Meter Freestyle

1	Christopher Hopton	31	Camden Swiss Cottage S.C.	4:35.00	4:25.56
	29.96	1:02.68 (32.72)	1:36.25 (33.57)	2:10.28 (34.03)	
	2:44.16 (33.88)	3:18.17 (34.01)	3:52.47 (34.30)	4:25.56 (33.09)	
2	Nicola Carniato	30	Camden Swiss Cottage S.C.	6:00.00	5:57.08
	36.67	1:17.32 (40.65)	2:00.82 (43.50)	2:46.47 (45.65)	
	3:34.28 (47.81)	4:21.90 (47.62)	5:09.77 (47.87)	5:57.08 (47.31)	

Event 3 Men 35-39 400 SC Meter Freestyle

1	Duncan Hartley	38	Barnet Copthall	4:40.00	4:44.75
	30.78	1:04.92 (34.14)	1:40.55 (35.63)	2:16.63 (36.08)	
	2:54.11 (37.48)	3:31.65 (37.54)	4:08.66 (37.01)	4:44.75 (36.09)	

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2	Patrick Waldron	38	Barnet Copthall	6:00.00	6:14.62
	39.39	1:23.56 (44.17)	2:10.48 (46.92)	2:58.31 (47.83)	
	3:46.91 (48.60)	4:36.05 (49.14)	5:25.65 (49.60)	6:14.62 (48.97)	

Event 3 Men 40-44 400 SC Meter Freestyle

1	Andrew Gristwood	42	Cleethorpes & District	4:40.00	4:38.07
	30.68	1:04.49 (33.81)	1:39.12 (34.63)	2:14.76 (35.64)	
	2:51.31 (36.55)	3:27.14 (35.83)	4:03.24 (36.10)	4:38.07 (34.83)	
2	Martin Hawley	42	Ealing	4:53.52	5:04.98
	34.53	1:12.97 (38.44)	1:51.40 (38.43)	2:30.33 (38.93)	
	3:09.36 (39.03)	3:47.26 (37.90)	4:26.08 (38.82)	5:04.98 (38.90)	

Event 3 Men 45-49 400 SC Meter Freestyle

1	Ian Stoughton	47	Luton	4:50.00	4:48.05
	32.51	1:08.25 (35.74)	1:44.93 (36.68)	2:21.96 (37.03)	
	2:58.89 (36.93)	3:35.51 (36.62)	4:11.99 (36.48)	4:48.05 (36.06)	
2	John Rittenhouse	48	Barnet Copthall	4:55.00	4:52.33
	32.27	1:08.36 (36.09)	1:45.51 (37.15)	2:23.09 (37.58)	
	3:00.35 (37.26)	3:38.06 (37.71)	4:15.65 (37.59)	4:52.33 (36.68)	
3	Terry Wright	45	Bracknell & Wokingham	4:56.78	4:57.47
	33.26	1:09.65 (36.39)	1:47.03 (37.38)	2:24.90 (37.87)	
	3:03.20 (38.30)	3:41.46 (38.26)	4:19.79 (38.33)	4:57.47 (37.68)	
4	Colin Leiper	47	Birmingham Masters	5:12.00	5:08.08
	34.52	1:12.19 (37.67)	1:51.27 (39.08)	2:32.13 (40.86)	
	3:10.38 (38.25)	3:48.96 (38.58)	4:28.82 (39.86)	5:08.08 (39.26)	

Event 3 Men 50-54 400 SC Meter Freestyle

1	Keith Mann	50	Romford Town	5:15.00	5:11.63
	34.27	1:12.37 (38.10)	1:51.67 (39.30)	2:32.15 (40.48)	
	3:11.67 (39.52)	3:52.21 (40.54)	4:32.25 (40.04)	5:11.63 (39.38)	
2	Martin Appleby	53	Barnet Copthall	5:44.00	5:48.71
	38.64	1:20.42 (41.78)	2:04.50 (44.08)	2:49.32 (44.82)	
	3:34.05 (44.73)	4:19.06 (45.01)	5:04.31 (45.25)	5:48.71 (44.40)	
3	Chris Kiernan	51	Anaconda	5:35.00	5:52.88
	40.55	1:26.03 (45.48)	2:12.74 (46.71)	2:58.72 (45.98)	
	3:43.13 (44.41)	4:26.95 (43.82)	5:10.83 (43.88)	5:52.88 (42.05)	

Event 3 Men 55-59 400 SC Meter Freestyle

1	Ivan Myall	59	Chelmsford	5:15.00	5:18.45
	36.62	1:15.86 (39.24)	1:55.68 (39.82)	2:36.17 (40.49)	
	3:17.07 (40.90)	3:58.44 (41.37)	4:39.16 (40.72)	5:18.45 (39.29)	
2	Stuart Mc Lellan	57	Sudbury & District	5:35.00	5:28.78
	36.41	1:15.83 (39.42)	1:56.95 (41.12)	2:39.09 (42.14)	
	3:21.42 (42.33)	4:03.56 (42.14)	4:45.86 (42.30)	5:28.78 (42.92)	
3	Trevor Porter	55	Acton	6:35.00	6:30.25
	42.16	1:29.13 (46.97)	2:19.22 (50.09)	3:10.04 (50.82)	
	4:01.24 (51.20)	4:52.05 (50.81)	5:43.04 (50.99)	6:30.25 (47.21)	

Event 3 Men 60-64 400 SC Meter Freestyle

1	Duncan Mc Creadie	61	Maidenhead Marlins	4:46.69	4:44.39
	32.43	1:08.17 (35.74)	1:44.70 (36.53)	2:21.54 (36.84)	
	2:57.45 (35.91)	3:33.06 (35.61)	4:09.18 (36.12)	4:44.39 (35.21)	
2	Derek Parr	62	Broomfield Park	5:45.00	5:28.39
	36.10	1:16.91 (40.81)	1:58.06 (41.15)	2:40.36 (42.30)	
	3:23.21 (42.85)	4:05.81 (42.60)	4:48.47 (42.66)	5:28.39 (39.92)	
3	Phil Sears	60	Dorking	6:55.00	6:55.96
	44.78	1:34.94 (50.16)	2:28.69 (53.75)	3:23.25 (54.56)	
	4:17.26 (54.01)	5:11.92 (54.66)	6:06.29 (54.37)	6:55.96 (49.67)	

Event 3 Men 65-69 400 SC Meter Freestyle

1	Geoff Stokes	67	Rushmoor Royals	5:20.00	5:13.41
	36.47	1:15.40 (38.93)	1:55.43 (40.03)	2:35.54 (40.11)	
	3:15.49 (39.95)	3:55.43 (39.94)	4:35.40 (39.97)	5:13.41 (38.01)	

Event 3 Men 70-74 400 SC Meter Freestyle

1	John Starr	72	Romford Town	6:31.00	6:06.00
	41.50	1:27.23 (45.73)	2:15.13 (47.90)	3:02.89 (47.76)	
	3:50.45 (47.56)	4:38.36 (47.91)	5:23.87 (45.51)	6:06.00 (42.13)	

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2	John Harrington	70	Barnet Copthall	6:20.00	6:06.17
	40.75	1:27.06 (46.31)	2:13.55 (46.49)	3:01.11 (47.56)	
	3:47.86 (46.75)	4:35.01 (47.15)	5:21.81 (46.80)	6:06.17 (44.36)	

Event 4 Women 19-24 100 SC Meter Breaststroke

1	Victoria Moore	23	Slough & Eton Dolphins	1:35.00	1:36.90
	46.97	1:36.90 (49.93)			

Event 4 Women 35-39 100 SC Meter Breaststroke

1	Katrina Farrall	36	Basildon & District	1:26.00	1:27.60
	41.83	1:27.60 (45.77)			
2	Tracey Kain	36	Acton	1:41.05	1:41.29
	49.06	1:41.29 (52.23)			

Event 4 Women 40-44 100 SC Meter Breaststroke

1	Hannah Ueckermann	43	Coelacanth (South Africa)	1:24.23	1:25.13
	39.27	1:25.13 (45.86)			
2	Dina Thornton	43	Diss Otters	1:35.94	1:35.49
	46.64	1:35.49 (48.85)			

Event 4 Women 45-49 100 SC Meter Breaststroke

1	Carolyn Riley	45	Cleethorpes & District	1:28.30	1:28.94
	42.26	1:28.94 (46.68)			
2	Sara Perry	49	Anaconda	1:35.72	1:36.91
	47.09	1:36.91 (49.82)			
3	Kang Hae Kim	46	Barnet Copthall	1:55.00	1:39.93
	46.91	1:39.93 (53.02)			
4	Jacqueline Patel	46	Kings Cormorants	1:39.00	1:41.47
	49.42	1:41.47 (52.05)			

Event 4 Women 50-54 100 SC Meter Breaststroke

1	Jackie Hughes	53	Lindum Mink	1:33.84	1:37.93
	47.00	1:37.93 (50.93)			

Event 4 Women 55-59 100 SC Meter Breaststroke

1	Julie Crayford	58	C L A M S	1:42.00	1:44.69
	50.35	1:44.69 (54.34)			
2	Rose Dudeney	59	Haywards Heath	1:52.00	1:56.93
	55.36	1:56.93 (1:01.57)			

Event 4 Women 60-64 100 SC Meter Breaststroke

1	Diane Ford	63	Spencer	1:35.00	1:35.04
	45.21	1:35.04 (49.83)			
2	Rita Egan	62	Bedford Beavers	2:05.00	2:05.57
	59.22	2:05.57 (1:06.35)			
3	Ann Broomfield	64	City of St Albans	2:15.00	2:13.54
	1:04.14	2:13.54 (1:09.40)			

Event 4 Women 70-74 100 SC Meter Breaststroke

1	Pauline Wilkinson	73	Spencer	2:22.00	2:39.20
	1:14.42	2:39.20 (1:24.78)			

Event 5 Men 25-29 100 SC Meter Breaststroke

1	Stephen Lorimer	29	Camden Swiss Cottage S.C.	1:22.78	1:22.05
	38.76	1:22.05 (43.29)			

Event 5 Men 35-39 100 SC Meter Breaststroke

1	Kevin Lief	39	Barnet Copthall	1:19.00	1:20.55
	37.90	1:20.55 (42.65)			

Event 5 Men 40-44 100 SC Meter Breaststroke

1	Matthew James	40	Cleethorpes & District	1:23.00	1:25.25
	40.44	1:25.25 (44.81)			

Event 5 Men 45-49 100 SC Meter Breaststroke

1	Jim Hobsley	46	Barnet Copthall	1:15.00	1:15.06
	35.14	1:15.06 (39.92)			

Distance Meet – 8th / 9th July 2006**Event 5 Men 50-54 100 SC Meter Breaststroke**

1	Thomas Morrow	50	City of Milton Keynes	1:17.58	1:20.19
	38.35		1:20.19 (41.84)		

Event 5 Men 55-59 100 SC Meter Breaststroke

1	Trevor Porter	55	Acton	1:36.00	1:34.10
	45.45		1:34.10 (48.65)		
2	David Tomback	55	Broomfield Park	1:38.00	1:34.75
	44.22		1:34.75 (50.53)		
3	Anthony Platts	57	Haywards Heath	1:45.00	1:51.69
	53.16		1:51.69 (58.53)		

Event 5 Men 65-69 100 SC Meter Breaststroke

1	Keith Ingram	66	Birmingham Masters	1:28.55	1:26.82
	40.76		1:26.82 (46.06)		

Event 5 Men 70-74 100 SC Meter Breaststroke

1	Neil Howell	74	East Anglian Swallowtails	1:58.82	2:03.23
	55.45		2:03.23 (1:07.78)		

Event 5 Men 80-84 100 SC Meter Breaststroke

1	John Davis	82	Birmingham Masters	2:05.00	2:16.38
	1:04.22		2:16.38 (1:12.16)		

Event 6 Women 19-24 200 SC Meter Backstroke

1	Victoria Moore	23	Slough & Eton Dolphins	2:50.00	2:55.68
	41.40		1:26.43 (45.03) 2:12.16 (45.73)	2:55.68 (43.52)	

Event 6 Women 30-34 200 SC Meter Backstroke

1	Susan Maclean	31	Camden Swiss Cottage S.C.	2:48.00	2:43.66
	39.50		1:20.57 (41.07) 2:02.11 (41.54)	2:43.66 (41.55)	

Event 6 Women 35-39 200 SC Meter Backstroke

1	Sarah Fitzgerald-Smith	35	Reading	2:58.00	2:48.60
	40.68		1:23.27 (42.59) 2:06.53 (43.26)	2:48.60 (42.07)	

Event 6 Women 40-44 200 SC Meter Backstroke

1	Sandra Jones	42	Gloucester Masters	3:08.00	2:56.53
	40.47		1:25.04 (44.57) 2:10.87 (45.83)	2:56.53 (45.66)	

Event 6 Women 45-49 200 SC Meter Backstroke

1	Amanda Heath	49	Spencer	3:00.00	2:56.49
	42.16		1:26.86 (44.70) 2:12.71 (45.85)	2:56.49 (43.78)	

Event 6 Women 50-54 200 SC Meter Backstroke

1	Kathy Bidnall	51	Haywards Heath	3:10.00	3:04.49
	42.08		1:28.58 (46.50) 2:16.85 (48.27)	3:04.49 (47.64)	
2	Amanda Doyle	50	Dorking	3:20.00	3:18.34
	46.55		1:37.27 (50.72) 2:29.06 (51.79)	3:18.34 (49.28)	
3	Jackie Hughes	53	Lindum Mink	3:36.10	3:39.17
	52.24		1:47.92 (55.68) 2:44.38 (56.46)	3:39.17 (54.79)	
4	Karen Brown	51	Hammersmith Penguins	4:07.65	4:01.16
	56.57		1:57.98 (1:01.41) 3:00.23 (1:02.25)	4:01.16 (1:00.93)	

Event 7 Men 40-44 200 SC Meter Backstroke

1	Dale Barker	44	Loughborough Town	2:30.86	2:32.98
	35.41		1:13.95 (38.54) 1:54.23 (40.28)	2:32.98 (38.75)	
2	Martin Hawley	42	Ealing	2:36.09	2:40.37
	37.91		1:18.60 (40.69) 1:59.69 (41.09)	2:40.37 (40.68)	
3	Andrew Gristwood	42	Cleethorpes & District	2:52.00	2:44.78
	40.58		1:22.11 (41.53) 2:04.03 (41.92)	2:44.78 (40.75)	

Event 7 Men 45-49 200 SC Meter Backstroke

1	John Rittenhouse	48	Barnet Copthall	2:30.00	2:29.93
	35.64		1:13.25 (37.61) 1:51.82 (38.57)	2:29.93 (38.11)	
2	Terry Wright	45	Bracknell & Wokingham	2:56.78	2:58.21
	44.71		1:29.76 (45.05) 2:14.63 (44.87)	2:58.21 (43.58)	

Distance Meet – 8th / 9th July 2006**Event 7 Men 55-59 200 SC Meter Backstroke**

1	Ivan Myall	59	Chelmsford	2:38.00	2:45.91
	39.72	1:21.49 (41.77)	2:04.17 (42.68)	2:45.91 (41.74)	
2	Malcolm Munro	59	Acton	3:05.00	2:56.04
	42.29	1:27.33 (45.04)	2:13.00 (45.67)	2:56.04 (43.04)	
3	Len Phoenix	57	Diss Otters	3:12.51	3:06.13
	43.97	1:31.12 (47.15)	2:19.97 (48.85)	3:06.13 (46.16)	
4	Stuart Mc Lellan	57	Sudbury & District	3:05.00	3:06.20
	43.62	1:31.04 (47.42)	2:19.09 (48.05)	3:06.20 (47.11)	

Event 7 Men 60-64 200 SC Meter Backstroke

1	Bruce Thompson	64	Barnet Copthall	3:31.00	3:38.61
	50.72	1:45.75 (55.03)	2:41.88 (56.13)	3:38.61 (56.73)	

Event 7 Men 65-69 200 SC Meter Backstroke

1	Nigel Salsbury	66	Reading	3:10.00	3:14.19
	46.13	1:35.27 (49.14)	2:24.86 (49.59)	3:14.19 (49.33)	

Event 7 Men 70-74 200 SC Meter Backstroke

1	John Starr	72	Romford Town	3:54.00	3:41.87
	51.92	1:49.28 (57.36)	2:48.11 (58.83)	3:41.87 (53.76)	
2	Janos Leigh	72	Romford Town	3:48.00	4:11.15
	57.53	2:01.68 (1:04.15)	3:07.35 (1:05.67)	4:11.15 (1:03.80)	

Event 7 Men 75-79 200 SC Meter Backstroke

1	Robert Curr	77	Serpentine	5:10.00	5:11.02
	1:09.46	2:30.13 (1:20.67)	3:51.69 (1:21.56)	5:11.02 (1:19.33)	

Event 7 Men 80-84 200 SC Meter Backstroke

1	John Davis	82	Birmingham Masters	4:00.00	4:12.38
	59.93	2:03.13 (1:03.20)	3:09.73 (1:06.60)	4:12.38 (1:02.65)	

Event 8 Women 25-29 200 SC Meter Butterfly

1	Rachel Richardson	29	City of Canterbury	2:49.00	2:48.72
	38.82	1:20.86 (42.04)	2:05.67 (44.81)	2:48.72 (43.05)	

Event 8 Women 35-39 200 SC Meter Butterfly

1	Amanda Goodman	36	Basildon & District	3:10.00	3:25.93
	41.62	1:30.08 (48.46)	2:26.78 (56.70)	3:25.93 (59.15)	

Event 8 Women 40-44 200 SC Meter Butterfly

1	Sue Green	43	Ruislip & Northwood	3:50.00	3:47.77
	47.08	1:42.12 (55.04)	2:44.05 (1:01.93)	3:47.77 (1:03.72)	

Event 8 Women 45-49 200 SC Meter Butterfly

1	Jacqueline Patel	46	Kings Cormorants	3:45.00	3:42.31
	48.25	1:46.76 (58.51)	2:45.93 (59.17)	3:42.31 (56.38)	

Event 8 Women 50-54 200 SC Meter Butterfly

1	Helen O' Leary	52	Phoenix Masters (Ireland)	5:52.46	5:31.86
	1:20.31	2:48.21 (1:27.90)	4:13.13 (1:24.92)	5:31.86 (1:18.73)	

Event 8 Women 55-59 200 SC Meter Butterfly

1	Jeanette Benn	55	Barnet Copthall	4:30.00	4:23.53
	1:00.47	2:08.84 (1:08.37)	3:18.42 (1:09.58)	4:23.53 (1:05.11)	

Event 8 Women 60-64 200 SC Meter Butterfly

1	Georgie Hamilton	63	Barnet Copthall	3:55.00	3:51.79
	51.89	1:49.98 (58.09)	2:51.65 (1:01.67)	3:51.79 (1:00.14)	

Event 9 Men 19-24 200 SC Meter Butterfly

1	David Wheeler	22	Modernians	2:19.60	2:21.45
	30.16	1:06.37 (36.21)	1:43.27 (36.90)	2:21.45 (38.18)	

Event 9 Men 40-44 200 SC Meter Butterfly

1	Andrew Gristwood	42	Cleethorpes & District	2:38.00	2:38.65
	35.62	1:15.32 (39.70)	1:57.77 (42.45)	2:38.65 (40.88)	

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Event 9 Men 50-54 200 SC Meter Butterfly

1 **Graham Powell** **50 Luton** **2:34.12 British Record**
 32.25 1:10.12 (37.87) 1:50.32 (40.20) 2:34.12 (43.80)

Event 9 Men 60-64 200 SC Meter Butterfly

1 Derek Parr 62 Broomfield Park 2:55.00 2:47.64
 37.23 1:20.18 (42.95) 2:04.59 (44.41) 2:47.64 (43.05)
 2 Paul Clarke 64 Luton 4:04.00 3:57.16
 52.58 1:52.11 (59.53) 2:55.82 (1:03.71) 3:57.16 (1:01.34)

Event 10 Women 19-24 400 SC Meter IM

1 Galit Zahavi 21 Barnet Cophall 6:00.00 6:55.57
 39.67 1:27.18 (47.51) 2:21.60 (54.42) 3:15.11 (53.51)
 4:15.56 (1:00.45) 5:16.66 (1:01.10) 6:07.39 (50.73) 6:55.57 (48.18)

Event 10 Women 25-29 400 SC Meter IM

1 Lucy Mullan 26 Camden Swiss Cottage S.C. 6:01.00 5:54.62
 36.14 1:19.02 (42.88) 2:03.10 (44.08) 2:49.31 (46.21)
 3:40.89 (51.58) 4:34.70 (53.81) 5:14.88 (40.18) 5:54.62 (39.74)
 2 Rachel Richardson 29 City of Canterbury 6:10.50 5:59.55
 38.94 1:22.67 (43.73) 2:09.55 (46.88) 2:55.77 (46.22)
 3:46.27 (50.50) 4:36.95 (50.68) 5:19.14 (42.19) 5:59.55 (40.41)

Event 10 Women 35-39 400 SC Meter IM

1 Dawn Midmer 39 Haywards Heath 6:55.00 6:28.87
 41.14 1:33.60 (52.46) 2:21.40 (47.80) 3:10.30 (48.90)
 4:06.32 (56.02) 5:02.46 (56.14) 5:45.59 (43.13) 6:28.87 (43.28)
 2 Lynne Dawson 39 Chapelton 6:45.00 6:48.87
 45.87 1:41.63 (55.76) 2:32.64 (51.01) 3:24.80 (52.16)
 4:21.15 (56.35) 5:19.33 (58.18) 6:04.86 (45.53) 6:48.87 (44.01)

Event 10 Women 40-44 400 SC Meter IM

1 Angela Wilson 41 Maidenhead Marlins 5:45.00 5:43.88
 35.63 1:15.56 (39.93) 1:58.64 (43.08) 2:43.27 (44.63)
 3:33.83 (50.56) 4:25.23 (51.40) 5:04.31 (39.08) 5:43.88 (39.57)

Event 10 Women 45-49 400 SC Meter IM

1 Amanda Heath 49 Spencer 5:58.00 5:52.53
 36.35 1:18.01 (41.66) 2:05.94 (47.93) 2:53.75 (47.81)
 3:43.25 (49.50) 4:32.51 (49.26) 5:13.08 (40.57) 5:52.53 (39.45)
 2 Carolyn Riley 45 Cleethorpes & District 6:30.00 6:10.00
 38.01 1:23.44 (45.43) 2:14.29 (50.85) 3:03.17 (48.88)
 3:53.62 (50.45) 4:45.64 (52.02) 5:29.37 (43.73) 6:10.00 (40.63)
 3 Lesley Davies 46 Otter 7:50.00 7:32.38
 48.97 1:48.46 (59.49) 2:46.89 (58.43) 3:48.94 (1:02.05)
 4:49.58 (1:00.64) 5:51.41 (1:01.83) 6:41.47 (50.06) 7:32.38 (50.91)
 4 Jacqueline Patel 46 Kings Cormorants 7:30.00 7:42.27
 49.70 1:47.89 (58.19) 2:58.87 (1:10.98) 4:08.31 (1:09.44)
 5:05.52 (57.21) 6:02.96 (57.44) 6:54.17 (51.21) 7:42.27 (48.10)

Event 10 Women 50-54 400 SC Meter IM

1 Kathy Bidnall 51 Haywards Heath 7:00.00 6:51.57
 43.38 1:33.85 (50.47) 2:24.36 (50.51) 3:15.23 (50.87)
 4:13.85 (58.62) 5:13.16 (59.31) 6:02.90 (49.74) 6:51.57 (48.67)
 2 Amanda Doyle 50 Dorking 6:42.00 6:52.19
 43.80 1:37.67 (53.87) 2:31.03 (53.36) 3:25.45 (54.42)
 4:25.15 (59.70) 5:24.67 (59.52) 6:09.05 (44.38) 6:52.19 (43.14)
 3 Helen O' Leary 52 Phoenix Masters (Ireland) 11:02.00 10:33.65
 1:15.87 2:39.69 (1:23.82) 4:13.78 (1:34.09) 5:40.15 (1:26.37)
 7:06.51 (1:26.36) 8:31.73 (1:25.22) 9:33.74 (1:02.01) 10:33.65 (59.91)

Event 10 Women 55-59 400 SC Meter IM

1 Julie Crayford 58 C L A M S 7:00.00 7:02.17
 42.75 1:34.78 (52.03) 2:32.24 (57.46) 3:28.37 (56.13)
 4:27.95 (59.58) 5:27.37 (59.42) 6:15.99 (48.62) 7:02.17 (46.18)

Distance Meet – 8th / 9th July 2006**Event 10 Women 60-64 400 SC Meter IM**

1	Georgie Hamilton	63	Barnet Copthall	7:15.00	7:24.60
	51.63	1:49.95 (58.32)	2:47.96 (58.01)	3:46.09 (58.13)	
	4:45.95 (59.86)	5:46.73 (1:00.78)	6:36.05 (49.32)	7:24.60 (48.55)	

Event 10 Women 75-79 400 SC Meter IM

1	Jane Asher	75	Kings Cormorants	<u>7:34.39</u>	<u>WORLD RECORD</u>
	56.38	1:58.73 (1:02.35)	2:57.85 (59.12)	3:55.58 (57.73)	
	4:58.36 (1:02.78)	6:00.46 (1:02.10)	6:50.04 (49.58)	7:34.39 (44.35)	

Event 11 Men 25-29 400 SC Meter IM

1	Klaudiusz Debski	25	TP Opole (Poland)	5:50.00	5:27.83
	35.50	1:18.77 (43.27)	2:01.90 (43.13)	2:44.14 (42.24)	
	3:28.37 (44.23)	4:13.67 (45.30)	4:51.99 (38.32)	5:27.83 (35.84)	

Event 11 Men 35-39 400 SC Meter IM

1	Stephen Irwin	35	Kingston Royals	5:34.00	5:28.13
	35.60	1:16.07 (40.47)	1:56.86 (40.79)	2:39.17 (42.31)	
	3:26.14 (46.97)	4:15.19 (49.05)	4:52.93 (37.74)	5:28.13 (35.20)	

Event 11 Men 40-44 400 SC Meter IM

1	Andrew Gristwood	42	Cleethorpes & District	5:35.00	5:27.85
	35.62	1:17.00 (41.38)	2:01.72 (44.72)	2:45.77 (44.05)	
	3:33.32 (47.55)	4:20.01 (46.69)	4:55.30 (35.29)	5:27.85 (32.55)	

Event 11 Men 55-59 400 SC Meter IM

1	Stuart Mc Lellan	57	Sudbury & District	6:30.00	6:26.15
	39.89	1:26.80 (46.91)	2:17.57 (50.77)	3:07.73 (50.16)	
	4:06.30 (58.57)	5:02.73 (56.43)	5:45.56 (42.83)	6:26.15 (40.59)	
2	Lawrence Faiman	59	Barnet Copthall	7:53.00	7:58.42
	51.78	1:53.33 (1:01.55)	3:03.68 (1:10.35)	4:06.80 (1:03.12)	
	5:10.30 (1:03.50)	6:13.18 (1:02.88)	7:07.37 (54.19)	7:58.42 (51.05)	
3	Anthony Platts	57	Haywards Heath	8:00.00	8:24.94
	54.22	1:56.70 (1:02.48)	3:03.12 (1:06.42)	4:15.16 (1:12.04)	
	5:28.40 (1:13.24)	6:40.32 (1:11.92)	7:34.22 (53.90)	8:24.94 (50.72)	

Event 11 Men 60-64 400 SC Meter IM

1	Derek Parr	62	Broomfield Park	6:45.00	6:26.33
	37.32	1:18.82 (41.50)	2:15.13 (56.31)	3:08.48 (53.35)	
	4:06.22 (57.74)	5:02.22 (56.00)	5:45.75 (43.53)	6:26.33 (40.58)	
2	Paul Clarke	64	Luton	7:59.00	7:56.31
	51.77	1:52.17 (1:00.40)	2:58.00 (1:05.83)	4:00.99 (1:02.99)	
	5:03.73 (1:02.74)	6:06.19 (1:02.46)	7:03.24 (57.05)	7:56.31 (53.07)	

Event 11 Men 65-69 400 SC Meter IM

1	Keith Ingram	66	Birmingham Masters	6:46.45	6:49.37
	41.07	1:31.21 (50.14)	2:28.21 (57.00)	3:26.29 (58.08)	
	4:24.01 (57.72)	5:22.30 (58.29)	6:07.37 (45.07)	6:49.37 (42.00)	

Event 11 Men 75-79 400 SC Meter IM

1	Basil Gell	75	Bedford Masters	8:30.00	8:50.89
	1:14.53	2:38.75 (1:24.22)	3:45.99 (1:07.24)	4:49.82 (1:03.83)	
	5:56.91 (1:07.09)	7:06.50 (1:09.59)	8:01.13 (54.63)	8:50.89 (49.76)	

Event 12 Women 25-29 100 SC Meter Backstroke

1	Lisa Dawson	28	Barnet Copthall	1:19.80	1:14.69
	36.18	1:14.69 (38.51)			

Event 12 Women 30-34 100 SC Meter Backstroke

1	Susan Maclean	31	Camden Swiss Cottage S.C.	1:16.00	1:15.79
	37.38	1:15.79 (38.41)			

Event 12 Women 35-39 100 SC Meter Backstroke

1	Tracey Kain	36	Acton	1:45.00	1:41.99
	50.84	1:41.99 (51.15)			

Event 12 Women 50-54 100 SC Meter Backstroke

1	Jackie Hughes	53	Lindum Mink	1:42.85	1:41.46
	49.38	1:41.46 (52.08)			

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2	Karen Brown	51	Hammersmith Penguins	1:57.54	1:58.97
	57.54		1:58.97 (1:01.43)		
Event 12 Women 80-84 100 SC Meter Backstroke					
1	Daphne Gilbert	82	Brentwood	2:30.00	2:31.49
	1:16.69		2:31.49 (1:14.80)		
Event 13 Men 19-24 100 SC Meter Backstroke					
1	David Wheeler	22	Modernians	1:01.27	1:01.11
	29.35		1:01.11 (31.76)		
Event 13 Men 25-29 100 SC Meter Backstroke					
1	Joe Twyman	29	Barnet Copthall	1:08.94	1:08.28
	33.08		1:08.28 (35.20)		
Event 13 Men 35-39 100 SC Meter Backstroke					
1	Stephen Irwin	35	Kingston Royals	1:16.00	1:18.06
	37.48		1:18.06 (40.58)		
Event 13 Men 40-44 100 SC Meter Backstroke					
1	Dale Barker	44	Loughborough Town	1:08.86	1:08.93
	33.46		1:08.93 (35.47)		
2	Martin Hawley	42	Ealing	1:16.10	1:19.13
	38.95		1:19.13 (40.18)		
Event 13 Men 45-49 100 SC Meter Backstroke					
1	John Rittenhouse	48	Barnet Copthall	1:08.00	1:09.91
	33.78		1:09.91 (36.13)		
Event 13 Men 50-54 100 SC Meter Backstroke					
1	Graham Powell	50	Luton	1:08.60	1:09.89
	33.58		1:09.89 (36.31)		
Event 13 Men 55-59 100 SC Meter Backstroke					
1	Ivan Myall	59	Chelmsford	1:17.00	1:17.20
	37.73		1:17.20 (39.47)		
2	Malcolm Munro	59	Acton	1:24.00	1:20.89
	39.14		1:20.89 (41.75)		
3	Len Phoenix	57	Diss Otters	1:27.36	1:30.57
	44.30		1:30.57 (46.27)		
Event 13 Men 60-64 100 SC Meter Backstroke					
1	Bruce Thompson	64	Barnet Copthall	1:38.00	1:40.40
	48.79		1:40.40 (51.61)		
2	Phil Sears	60	Dorking	1:50.00	1:51.89
	54.01		1:51.89 (57.88)		
Event 13 Men 65-69 100 SC Meter Backstroke					
1	Nigel Salsbury	66	Reading	1:25.00	1:25.89
	41.42		1:25.89 (44.47)		
Event 13 Men 70-74 100 SC Meter Backstroke					
1	John Starr	72	Romford Town	1:43.00	1:40.73
	49.40		1:40.73 (51.33)		
2	Janos Leigh	72	Romford Town	1:44.00	1:47.71
	52.82		1:47.71 (54.89)		
Event 13 Men 80-84 100 SC Meter Backstroke					
1	John Davis	82	Birmingham Masters	1:50.00	2:00.19
	58.16		2:00.19 (1:02.03)		
Event 14 Women 25-29 200 SC Meter Freestyle					
1	Tara Hutt	27	Havant & Waterlooville	2:05.80	2:09.07
	30.31		1:03.23 (32.92)	1:36.38 (33.15)	2:09.07 (32.69)
2	Sachika Yamawaki	25	Camden Swiss Cottage S.C.	2:16.49	2:17.57
	32.47		1:07.78 (35.31)	1:43.42 (35.64)	2:17.57 (34.15)

Distance Meet – 8th / 9th July 2006**Event 14 Women 30-34 200 SC Meter Freestyle**

1	Hannah Paull	33	Gloucester Masters	2:20.00	2:16.60
	31.17	1:05.86 (34.69)	1:41.74 (35.88)	2:16.60 (34.86)	
2	Susan Maclean	31	Camden Swiss Cottage S.C.	2:24.00	2:33.81
	35.00	1:13.27 (38.27)	1:52.93 (39.66)	2:33.81 (40.88)	

Event 14 Women 35-39 200 SC Meter Freestyle

1	Tracey Kain	36	Acton	3:15.00	2:58.16
	41.12	1:25.86 (44.74)	2:12.47 (46.61)	2:58.16 (45.69)	

Event 14 Women 40-44 200 SC Meter Freestyle

1	Liz Oliver	44	Kingston Royals	2:41.00	2:37.89
	36.00	1:15.55 (39.55)	1:56.69 (41.14)	2:37.89 (41.20)	
2	Marieke Bouwer	43	Coelacanth (South Africa)	2:55.00	2:42.84
	37.75	1:18.61 (40.86)	2:00.60 (41.99)	2:42.84 (42.24)	
3	Dina Thornton	43	Diss Otters	2:51.18	2:48.93
	38.06	1:19.66 (41.60)	2:04.26 (44.60)	2:48.93 (44.67)	
4	Natalie Bateson	40	Barnet Copthall	2:51.00	2:52.25
	36.65	1:18.65 (42.00)	2:04.85 (46.20)	2:52.25 (47.40)	
5	Jane Phoenix	41	Diss Otters	3:17.00	3:05.64
	41.93	1:28.86 (46.93)	2:17.94 (49.08)	3:05.64 (47.70)	

Event 14 Women 45-49 200 SC Meter Freestyle

1	Tamsin Jaggs	46	Camden Swiss Cottage S.C.	2:34.62	2:29.18
	34.75	1:12.34 (37.59)	1:50.95 (38.61)	2:29.18 (38.23)	
2	Amanda Heath	49	Spencer	2:33.00	2:31.27
	35.56	1:13.75 (38.19)	1:52.95 (39.20)	2:31.27 (38.32)	
3	Kang Hae Kim	46	Barnet Copthall	3:30.00	3:18.77
	43.69	1:33.30 (49.61)	2:26.44 (53.14)	3:18.77 (52.33)	

Event 14 Women 50-54 200 SC Meter Freestyle

1	Anne Bourne	52	Camphill Edwardians	2:44.50	2:33.35
	35.89	1:15.25 (39.36)	1:54.91 (39.66)	2:33.35 (38.44)	
2	Jayne Ball	52	Barnet Copthall	2:35.00	2:34.93
	36.21	1:14.82 (38.61)	1:55.01 (40.19)	2:34.93 (39.92)	
3	Sue Hodge	53	Northampton Masters	2:36.00	2:38.03
	36.50	1:17.21 (40.71)	1:57.68 (40.47)	2:38.03 (40.35)	
4	Amanda Doyle	50	Dorking	2:52.00	2:50.53
	38.95	1:22.53 (43.58)	2:07.29 (44.76)	2:50.53 (43.24)	
5	Susan Green	50	Camden Swiss Cottage S.C.	3:20.00	3:20.91
	44.16	1:36.69 (52.53)	2:28.37 (51.68)	3:20.91 (52.54)	
6	Liz Neale	54	City of Milton Keynes	3:20.00	3:23.70
	46.57	1:37.76 (51.19)	2:30.68 (52.92)	3:23.70 (53.02)	
7	Graziella Doardo	51	Camden Swiss Cottage S.C.	3:46.00	3:36.64
	51.45	1:46.10 (54.65)	2:43.69 (57.59)	3:36.64 (52.95)	
8	Karen Brown	51	Hammersmith Penguins	3:54.55	4:25.11
	59.32	2:05.20 (1:05.88)	3:13.93 (1:08.73)	4:25.11 (1:11.18)	

Event 14 Women 55-59 200 SC Meter Freestyle

1	Jeanette Benn	55	Barnet Copthall	3:20.00	3:22.94
	45.65	1:39.00 (53.35)	2:32.29 (53.29)	3:22.94 (50.65)	

Event 14 Women 60-64 200 SC Meter Freestyle

1	Ann Broomfield	64	City of St Albans	4:20.00	4:13.48
	59.07	2:03.27 (1:04.20)	3:09.07 (1:05.80)	4:13.48 (1:04.41)	

Event 14 Women 65-69 200 SC Meter Freestyle

1	Sybil Warn	69	Brentwood	4:00.00	3:53.47
	51.87	1:50.31 (58.44)	2:53.39 (1:03.08)	3:53.47 (1:00.08)	

Event 14 Women 70-74 200 SC Meter Freestyle

1	Pauline Wilkinson	73	Spencer	4:10.00	4:35.03
	1:00.91	2:13.15 (1:12.24)	3:24.48 (1:11.33)	4:35.03 (1:10.55)	

Event 14 Women 80-84 200 SC Meter Freestyle

1	Daphne Gilbert	82	Brentwood	6:00.00	5:08.48
	1:15.43	2:35.44 (1:20.01)	3:55.48 (1:20.04)	5:08.48 (1:13.00)	

Distance Meet – 8th / 9th July 2006**Event 15 Men 25-29 200 SC Meter Freestyle**

1	Joe Twyman	29	Barnet Copthall	2:09.49	2:15.32
	29.78	1:04.20 (34.42)	1:39.86 (35.66)	2:15.32 (35.46)	
2	Stephen Lorimer	29	Camden Swiss Cottage S.C.	2:20.48	2:22.86
	31.83	1:06.80 (34.97)	1:44.35 (37.55)	2:22.86 (38.51)	

Event 15 Men 30-34 200 SC Meter Freestyle

1	Christopher Hopton	31	Camden Swiss Cottage S.C.	2:07.00	2:04.36
	28.17	59.35 (31.18)	1:32.19 (32.84)	2:04.36 (32.17)	

Event 15 Men 35-39 200 SC Meter Freestyle

1	Stephen Irwin	35	Kingston Royals	2:22.00	2:16.51
	32.08	1:06.98 (34.90)	1:42.85 (35.87)	2:16.51 (33.66)	

Event 15 Men 40-44 200 SC Meter Freestyle

1	Marcel Scholten	40	Modernians	2:10.00	2:08.57
	28.02	59.32 (31.30)	1:33.06 (33.74)	2:08.57 (35.51)	
2	Andrew Gristwood	42	Cleethorpes & District	2:10.00	2:12.81
	31.16	1:04.85 (33.69)	1:39.57 (34.72)	2:12.81 (33.24)	
3	John Nabarro	44	Luton	2:21.69	2:34.71
	33.83	1:12.63 (38.80)	1:53.78 (41.15)	2:34.71 (40.93)	

Event 15 Men 45-49 200 SC Meter Freestyle

1	Ian Stoughton	47	Luton	2:15.00	2:15.17
	30.56	1:04.83 (34.27)	1:40.07 (35.24)	2:15.17 (35.10)	
2	Colin Leiper	47	Birmingham Masters	2:24.00	2:25.51
	33.33	1:10.48 (37.15)	1:48.87 (38.39)	2:25.51 (36.64)	
3	Richard Radford	46	Bracknell & Wokingham	2:40.00	2:45.10
	37.92	1:18.96 (41.04)	2:01.43 (42.47)	2:45.10 (43.67)	

Event 15 Men 50-54 200 SC Meter Freestyle

1	Keith Mann	50	Romford Town	2:26.00	2:24.86
	33.58	1:10.38 (36.80)	1:48.66 (38.28)	2:24.86 (36.20)	
2	Martin Appleby	53	Barnet Copthall	2:38.90	2:42.62
	38.07	1:19.89 (41.82)	2:01.66 (41.77)	2:42.62 (40.96)	

Event 15 Men 55-59 200 SC Meter Freestyle

1	Ivan Myall	59	Chelmsford	2:23.00	2:27.63
	33.77	1:10.68 (36.91)	1:49.10 (38.42)	2:27.63 (38.53)	
2	Stuart Mc Lellan	57	Sudbury & District	2:38.00	2:34.31
	36.36	1:15.13 (38.77)	1:54.90 (39.77)	2:34.31 (39.41)	
3	Len Phoenix	57	Diss Otters	2:35.00	2:43.81
	36.80	1:17.50 (40.70)	2:00.16 (42.66)	2:43.81 (43.65)	

Event 15 Men 60-64 200 SC Meter Freestyle

1	Duncan Mc Creadie	61	Maidenhead Marlins	2:11.78	WORLD RECORD
	30.23	1:03.84 (33.61)	1:38.03 (34.19)	2:11.78 (33.75)	
2	Derek Parr	62	Broomfield Park	2:45.00	2:36.58
	36.23	1:16.44 (40.21)	1:57.40 (40.96)	2:36.58 (39.18)	
3	Phil Sears	60	Dorking	3:10.00	3:17.14
	43.51	1:35.27 (51.76)	2:27.60 (52.33)	3:17.14 (49.54)	

Event 15 Men 65-69 200 SC Meter Freestyle

1	Geoff Stokes	67	Rushmoor Royals	2:30.00	2:29.33
	34.02	1:11.68 (37.66)	1:52.15 (40.47)	2:29.33 (37.18)	
2	Bill Letch	66	Exmouth S & L S S	2:32.00	2:33.09
	32.31	1:09.32 (37.01)	1:50.63 (41.31)	2:33.09 (42.46)	

Event 15 Men 70-74 200 SC Meter Freestyle

1	John Starr	72	Romford Town	3:02.00	3:00.04
	41.42	1:27.44 (46.02)	2:15.29 (47.85)	3:00.04 (44.75)	
2	Janos Leigh	72	Romford Town	3:36.50	3:42.05
	52.33	1:49.07 (56.74)	2:46.40 (57.33)	3:42.05 (55.65)	

Event 16 Women 35-39 200 SC Meter Breaststroke

1	Katrina Farrall	36	Basildon & District	3:06.00	3:07.85
	43.52	1:30.51 (46.99)	2:18.43 (47.92)	3:07.85 (49.42)	

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2	Tracey Kain	36	Acton	3:50.00	3:32.61
	49.60	1:44.72 (55.12)	2:39.54 (54.82)	3:32.61 (53.07)	

Event 16 Women 40-44 200 SC Meter Breaststroke

1	Hannah Ueckermann	43	Coelacanth (South Africa)	3:01.23	3:03.10
	43.26	1:29.34 (46.08)	2:16.74 (47.40)	3:03.10 (46.36)	
2	Elizabeth Shaw	40	Otter	3:07.00	3:08.27
	44.38	1:32.50 (48.12)	2:20.63 (48.13)	3:08.27 (47.64)	

Event 16 Women 45-49 200 SC Meter Breaststroke

1	Carolyn Riley	45	Cleethorpes & District	3:10.11	3:12.20
	44.37	1:33.18 (48.81)	2:23.11 (49.93)	3:12.20 (49.09)	
2	Kang Hae Kim	46	Barnet Copthall	4:00.00	3:36.55
	50.22	1:44.50 (54.28)	2:41.38 (56.88)	3:36.55 (55.17)	
3	Jacqueline Patel	46	Kings Cormorants	3:30.00	3:36.56
	50.93	1:47.44 (56.51)	2:43.25 (55.81)	3:36.56 (53.31)	
4	Lesley Davies	46	Otter	3:45.00	3:42.10
	52.23	1:48.30 (56.07)	2:44.15 (55.85)	3:42.10 (57.95)	
5	Sharon Mc Lellan	48	Sudbury & District	3:54.00	4:03.60
	56.77	1:58.64 (1:01.87)	3:01.90 (1:03.26)	4:03.60 (1:01.70)	

Event 16 Women 50-54 200 SC Meter Breaststroke

1	Jackie Hughes	53	Lindum Mink	3:31.50	3:32.62
	50.20	1:45.01 (54.81)	2:39.79 (54.78)	3:32.62 (52.83)	
2	Susan Green	50	Camden Swiss Cottage S.C.	3:57.00	3:58.62
	54.91	1:55.67 (1:00.76)	2:58.03 (1:02.36)	3:58.62 (1:00.59)	
3	Helen O' Leary	52	Phoenix Masters (Ireland)	5:30.02	5:33.26
	1:19.82	2:44.28 (1:24.46)	4:10.15 (1:25.87)	5:33.26 (1:23.11)	

Event 16 Women 60-64 200 SC Meter Breaststroke

1	Diane Ford	63	Spencer	3:28.00	3:25.63
	46.41	1:39.73 (53.32)	2:33.37 (53.64)	3:25.63 (52.26)	
2	Georgie Hamilton	63	Barnet Copthall	3:48.00	3:53.33
	54.11	1:52.94 (58.83)	2:53.27 (1:00.33)	3:53.33 (1:00.06)	
3	Rita Egan	62	Bedford Beavers	4:45.00	4:36.68
	1:03.69	2:14.98 (1:11.29)	3:27.85 (1:12.87)	4:36.68 (1:08.83)	

Event 16 Women 70-74 200 SC Meter Breaststroke

1	Pauline Wilkinson	73	Spencer	5:10.00	5:36.28
	1:17.57	2:47.87 (1:30.30)	4:15.36 (1:27.49)	5:36.28 (1:20.92)	

Event 17 Men 25-29 200 SC Meter Breaststroke

1	Klaudiusz Debski	25	TP Opole (Poland)	3:00.00	2:47.17
	38.70	1:22.21 (43.51)	2:04.97 (42.76)	2:47.17 (42.20)	
2	Stephen Lorimer	29	Camden Swiss Cottage S.C.	2:55.00	3:01.77
	40.31	1:26.20 (45.89)	2:13.91 (47.71)	3:01.77 (47.86)	

Event 17 Men 35-39 200 SC Meter Breaststroke

1	Kevin Lief	39	Barnet Copthall	2:58.00	2:56.09
	40.53	1:25.34 (44.81)	2:09.50 (44.16)	2:56.09 (46.59)	

Event 17 Men 40-44 200 SC Meter Breaststroke

1	Marcel Scholten	40	Modernians	2:40.00	2:43.94
	36.66	1:18.02 (41.36)	2:01.03 (43.01)	2:43.94 (42.91)	
2	Andrew Gristwood	42	Cleethorpes & District	2:59.00	3:00.09
	42.77	1:27.40 (44.63)	3:00.15 (1:32.75)	3:00.09 ()	
3	Matthew James	40	Cleethorpes & District	3:05.00	3:10.27
	42.51	1:30.09 (47.58)	2:19.82 (49.73)	3:10.27 (50.45)	

Event 17 Men 45-49 200 SC Meter Breaststroke

1	Terry Wright	45	Bracknell & Wokingham	2:56.78	3:01.46
	40.95	1:25.64 (44.69)	2:13.27 (47.63)	3:01.46 (48.19)	
2	Bill Gristwood	47	Hartham Masters	3:20.00	3:19.11
	44.44	1:35.73 (51.29)	2:27.75 (52.02)	3:19.11 (51.36)	

Event 17 Men 50-54 200 SC Meter Breaststroke

1	Thomas Morrow	50	City of Milton Keynes	2:52.48	2:55.38
	41.30	1:26.77 (45.47)	2:11.12 (44.35)	2:55.38 (44.26)	

Distance Meet – 8th / 9th July 2006**Event 17 Men 60-64 200 SC Meter Breaststroke**

1	Paul Clarke	64	Luton	3:50.00	3:53.88
	52.64	1:52.71 (1:00.07)	2:55.14 (1:02.43)	3:53.88 (58.74)	

Event 17 Men 70-74 200 SC Meter Breaststroke

1	Neil Howell	74	East Anglian Swallowtails	4:23.67	4:34.69
	1:01.66	2:12.22 (1:10.56)	3:23.14 (1:10.92)	4:34.69 (1:11.55)	

Event 17 Men 75-79 200 SC Meter Breaststroke

1	Robert Curr	77	Serpentine	5:20.00	5:16.71
	1:09.01	2:31.73 (1:22.72)	3:54.94 (1:23.21)	5:16.71 (1:21.77)	

Event 17 Men 80-84 200 SC Meter Breaststroke

1	John Davis	82	Birmingham Masters	4:25.00	4:53.22
	1:08.61	2:23.50 (1:14.89)	3:39.75 (1:16.25)	4:53.22 (1:13.47)	

Event 18 Women 19-24 100 SC Meter Butterfly

1	Galit Zahavi	21	Barnet Copthall	1:20.00	1:28.03
	39.40	1:28.03 (48.63)			

Event 18 Women 25-29 100 SC Meter Butterfly

1	Lucy Mullan	26	Camden Swiss Cottage S.C.	1:17.50	1:14.96
	35.30	1:14.96 (39.66)			
2	Rachel Richardson	29	City of Canterbury	1:16.20	1:16.41
	36.13	1:16.41 (40.28)			

Event 18 Women 30-34 100 SC Meter Butterfly

1	Hannah Paull	33	Gloucester Masters	1:12.00	1:11.55
	33.25	1:11.55 (38.30)			

Event 18 Women 35-39 100 SC Meter Butterfly

1	Katrina Farrall	36	Basildon & District	1:17.00	1:16.57
	35.88	1:16.57 (40.69)			
2	Amanda Goodman	36	Basildon & District	1:26.00	1:26.64
	39.33	1:26.64 (47.31)			

Event 18 Women 40-44 100 SC Meter Butterfly

1	Sandra Jones	42	Gloucester Masters	1:12.50	1:11.76
	33.81	1:11.76 (37.95)			
2	Sue Green	43	Ruislip & Northwood	1:40.00	1:39.17
	45.10	1:39.17 (54.07)			

Event 18 Women 45-49 100 SC Meter Butterfly

1	Tamsin Jaggs	46	Camden Swiss Cottage S.C.	1:23.60	1:18.87
	37.44	1:18.87 (41.43)			
2	Jacqueline Patel	46	Kings Cormorants	1:42.00	1:44.62
	49.35	1:44.62 (55.27)			

Event 18 Women 60-64 100 SC Meter Butterfly

1	Georgie Hamilton	63	Barnet Copthall	1:46.00	1:45.73
	49.65	1:45.73 (56.08)			

Event 19 Men 19-24 100 SC Meter Butterfly

1	David Wheeler	22	Modernians	1:00.40	1:02.39
	30.45	1:02.39 (31.94)			

Event 19 Men 30-34 100 SC Meter Butterfly

1	Dave Read	34	Hartham Masters	1:08.00	1:06.60
	31.10	1:06.60 (35.50)			

Event 19 Men 50-54 100 SC Meter Butterfly

1	Graham Powell	50	Luton	1:06.30	1:07.00
	31.39	1:07.00 (35.61)			

Event 19 Men 60-64 100 SC Meter Butterfly

1	Derek Parr	62	Broomfield Park	1:14.00	1:13.63
	34.59	1:13.63 (39.04)			

Distance Meet – 8th / 9th July 2006**Event 20 Women 19-24 200 SC Meter IM**

1	Galit Zahavi	21	Barnet Copthall	3:00.00	3:16.09
	40.91	1:30.87 (49.96)	2:29.09 (58.22)	3:16.09 (47.00)	

Event 20 Women 25-29 200 SC Meter IM

1	Sachika Yamawaki	25	Camden Swiss Cottage S.C.	2:38.65	2:37.70
	37.05	1:18.86 (41.81)	2:03.85 (44.99)	2:37.70 (33.85)	
2	Rachel Richardson	29	City of Canterbury	2:50.50	2:51.89
	36.88	1:22.85 (45.97)	2:12.34 (49.49)	2:51.89 (39.55)	

Event 20 Women 35-39 200 SC Meter IM

1	Lynne Dawson	39	Chapelton	3:10.00	3:08.37
	39.97	1:28.12 (48.15)	2:25.66 (57.54)	3:08.37 (42.71)	

Event 20 Women 40-44 200 SC Meter IM

1	Dina Thornton	43	Diss Otters	3:15.00	3:07.51
	39.66	1:31.39 (51.73)	2:24.67 (53.28)	3:07.51 (42.84)	

Event 20 Women 45-49 200 SC Meter IM

1	Amanda Heath	49	Spencer	2:48.00	2:49.04
	35.17	1:20.82 (45.65)	2:09.29 (48.47)	2:49.04 (39.75)	
2	Carolyn Riley	45	Cleethorpes & District	2:55.00	2:52.51
	37.13	1:23.72 (46.59)	2:12.64 (48.92)	2:52.51 (39.87)	
3	Lesley Davies	46	Otter	3:34.00	3:30.53
	49.98	1:45.79 (55.81)	2:43.65 (57.86)	3:30.53 (46.88)	

Event 20 Women 50-54 200 SC Meter IM

1	Jayne Ball	52	Barnet Copthall	3:10.00	3:06.52
	41.86	1:33.05 (51.19)	2:25.71 (52.66)	3:06.52 (40.81)	
2	Helen O' Leary	52	Phoenix Masters (Ireland)	5:15.51	4:56.19
	1:08.62	2:38.52 (1:29.90)	3:59.22 (1:20.70)	4:56.19 (56.97)	

Event 20 Women 60-64 200 SC Meter IM

1	Georgie Hamilton	63	Barnet Copthall	3:37.00	3:34.80
	50.51	1:47.29 (56.78)	2:47.09 (59.80)	3:34.80 (47.71)	
2	Rita Egan	62	Bedford Beavers	4:55.00	4:55.38
	1:04.09	2:35.21 (1:31.12)	3:49.37 (1:14.16)	4:55.38 (1:06.01)	

Event 21 Men 35-39 200 SC Meter IM

1	Kevin Lief	39	Barnet Copthall	2:40.00	2:45.14
	35.17	1:21.00 (45.83)	2:06.84 (45.84)	2:45.14 (38.30)	

Event 21 Men 40-44 200 SC Meter IM

1	Matthew James	40	Cleethorpes & District	3:05.00	2:58.04
	39.26	1:30.90 (51.64)	2:19.58 (48.68)	2:58.04 (38.46)	

Event 21 Men 55-59 200 SC Meter IM

1	Len Phoenix	57	Diss Otters	3:10.00	3:15.48
	43.67	1:33.08 (49.41)	2:32.02 (58.94)	3:15.48 (43.46)	

Event 21 Men 60-64 200 SC Meter IM

1	Paul Clarke	64	Luton	3:43.00	3:45.75
	46.13	1:51.29 (1:05.16)	2:51.80 (1:00.51)	3:45.75 (53.95)	

Event 21 Men 65-69 200 SC Meter IM

1	Bill Letch	66	Exmouth S & L S S	2:58.68	<u>British Record</u>
	38.77	1:26.18 (47.41)	2:20.66 (54.48)	2:58.68 (38.02)	

Event 21 Men 75-79 200 SC Meter IM

1	Basil Gell	75	Bedford Masters	4:00.00	4:07.27
	1:01.16	2:07.05 (1:05.89)	3:15.83 (1:08.78)	4:07.27 (51.44)	
2	Robert Curr	77	Serpentine	5:20.00	5:22.59
	1:09.55	2:41.27 (1:31.72)	4:04.72 (1:23.45)	5:22.59 (1:17.87)	

Event 21 Men 80-84 200 SC Meter IM

1	John Davis	82	Birmingham Masters	4:40.00	5:00.59
	1:19.66	2:30.76 (1:11.10)	3:51.46 (1:20.70)	5:00.59 (1:09.13)	

Distance Meet – 8th / 9th July 2006**Event 22 Women 19-24 100 SC Meter Freestyle**

1	Elizabeth Pannifer	23	Barnet Copthall	1:10.00	1:12.20
	34.58		1:12.20 (37.62)		

Event 22 Women 25-29 100 SC Meter Freestyle

1	Tara Hutt	27	Havant & Waterlooville	58.80	1:00.78
	29.25		1:00.78 (31.53)		
2	Lisa Dawson	28	Barnet Copthall	1:10.00	1:06.48
	32.50		1:06.48 (33.98)		

Event 22 Women 30-34 100 SC Meter Freestyle

1	Hannah Paull	33	Gloucester Masters	1:03.00	1:02.93
	30.57		1:02.93 (32.36)		

Event 22 Women 35-39 100 SC Meter Freestyle

1	Tracey Kain	36	Acton	1:24.00	1:21.75
	39.22		1:21.75 (42.53)		

Event 22 Women 40-44 100 SC Meter Freestyle

1	Elizabeth Shaw	40	Otter	1:09.00	1:08.95
	33.25		1:08.95 (35.70)		
2	Natalie Bateson	40	Barnet Copthall	1:16.00	1:15.36
	35.92		1:15.36 (39.44)		
3	Dina Thornton	43	Diss Otters	1:17.22	1:18.06
	37.77		1:18.06 (40.29)		
4	Sue Green	43	Ruislip & Northwood	1:25.00	1:23.30
	40.93		1:23.30 (42.37)		
5	Jane Phoenix	41	Diss Otters	1:28.00	1:23.67
	40.89		1:23.67 (42.78)		

Event 22 Women 60-64 100 SC Meter Freestyle

1	Ann Broomfield	64	City of St Albans	1:58.00	2:00.40
	57.68		2:00.40 (1:02.72)		

Event 22 Women 65-69 100 SC Meter Freestyle

1	Sybil Warn	69	Brentwood	1:45.00	1:42.15
	46.09		1:42.15 (56.06)		

Event 22 Women 80-84 100 SC Meter Freestyle

1	Daphne Gilbert	82	Brentwood	2:18.00	2:20.21
	1:07.66		2:20.21 (1:12.55)		

Event 23 Men 25-29 100 SC Meter Freestyle

1	Joe Twyman	29	Barnet Copthall	59.49	59.85
	28.57		59.85 (31.28)		
2	Stephen Lorimer	29	Camden Swiss Cottage S.C.	1:04.86	1:03.37
	30.82		1:03.37 (32.55)		

Event 23 Men 30-34 100 SC Meter Freestyle

1	Christopher Hopton	31	Camden Swiss Cottage S.C.	56.02	55.38
	26.57		55.38 (28.81)		
2	Dave Read	34	Hartham Masters	1:00.00	59.07
	28.74		59.07 (30.33)		

Event 23 Men 35-39 100 SC Meter Freestyle

1	Mike Fibbens	37	Barnet Copthall	55.00	54.70
	26.13		54.70 (28.57)		
2	David Alpert	37	Barnet Copthall	1:00.47	59.41
	28.44		59.41 (30.97)		

Event 23 Men 40-44 100 SC Meter Freestyle

1	Andrew Gristwood	42	Cleethorpes & District	1:01.59	1:01.30
	30.13		1:01.30 (31.17)		
2	John Nabarro	44	Luton	1:06.89	1:07.80
	32.57		1:07.80 (35.23)		

Distance Meet – 8th / 9th July 2006**Event 23 Men 45-49 100 SC Meter Freestyle**

1	Ian Stoughton		47	Luton	1:01.00	1:01.52
	29.94	1:01.52	(31.58)			

Event 23 Men 50-54 100 SC Meter Freestyle

1	Keith Mann		50	Romford Town	1:02.50	1:03.40
	30.48	1:03.40	(32.92)			
2	Martin Appleby		53	Barnet Copthall	1:12.70	1:13.84
	36.07	1:13.84	(37.77)			

Event 23 Men 70-74 100 SC Meter Freestyle

1	John Starr		72	Romford Town	1:21.00	1:21.83
	39.70	1:21.83	(42.13)			
2	Janos Leigh		72	Romford Town	1:31.20	1:40.70
	47.44	1:40.70	(53.26)			
3	Neil Howell		74	East Anglian Swallowtails	1:58.82	2:05.91
	58.16	2:05.91	(1:07.75)			