

Masters Distance Meet – Saturday 21st and Sunday 22nd July 2007

Event 1 Women 18-24 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Chloe Williams*	19	Canvey Island	12:06.41	<u>British Record (S14) 11:44.75</u>
40.62	1:23.14 (42.52)	2:07.22 (44.08)	2:50.90 (43.68)	
3:35.61 (44.71)	4:21.45 (45.84)	5:06.01 (44.56)	5:51.12 (45.11)	
6:35.92 (44.80)	7:20.81 (44.89)	8:05.35 (44.54)	8:49.89 (44.54)	
9:34.23 (44.34)	10:18.72 (44.49)	11:02.96 (44.24)	11:44.75 (41.79)	

Event 1 Women 25-29 800 SC Meter Freestyle

1 Paula Wood	29	Ealing	8:56.92	<u>European Record 9:00.84</u>
31.68	1:05.11 (33.43)	1:38.63 (33.52)	2:12.38 (33.75)	
2:46.01 (33.63)	3:20.29 (34.28)	3:54.38 (34.09)	4:28.40 (34.02)	
5:02.65 (34.25)	5:37.01 (34.36)	6:11.34 (34.33)	6:45.45 (34.11)	
7:19.80 (34.35)	7:53.91 (34.11)	8:28.00 (34.09)	9:00.84 (32.84)	
2 Lucy Mullan	27	Camden Swiss Cottage S.C.	10:55.00	10:44.41
35.56	1:14.79 (39.23)	1:53.92 (39.13)	2:34.03 (40.11)	
3:14.30 (40.27)	3:54.84 (40.54)	4:36.03 (41.19)	5:17.21 (41.18)	
5:58.40 (41.19)	6:39.63 (41.23)	7:20.88 (41.25)	8:01.67 (40.79)	
8:42.61 (40.94)	9:23.92 (41.31)	10:05.09 (41.17)	10:44.41 (39.32)	
3 Kay Hamilton	29	Romford Town	10:38.00	10:45.12
34.57	1:13.32 (38.75)	1:53.19 (39.87)	2:33.36 (40.17)	
3:13.86 (40.50)	3:54.29 (40.43)	4:35.53 (41.24)	5:16.30 (40.77)	
5:57.93 (41.63)	6:39.43 (41.50)	7:21.01 (41.58)	8:02.52 (41.51)	
8:43.95 (41.43)	9:24.68 (40.73)	10:06.06 (41.38)	10:45.12 (39.06)	
4 Diana Kennedy	29	Bethnal Green (Sharks)	13:00.00	12:24.12
39.55	1:25.11 (45.56)	2:12.09 (46.98)	2:58.91 (46.82)	
3:45.28 (46.37)	4:31.60 (46.32)	5:18.05 (46.45)	6:04.27 (46.22)	
6:51.04 (46.77)	7:38.18 (47.14)	8:26.23 (48.05)	9:14.07 (47.84)	
10:01.67 (47.60)	10:49.79 (48.12)	11:37.60 (47.81)	12:24.12 (46.52)	

Event 1 Women 30-34 800 SC Meter Freestyle

1 Nari Lawrey	30	Camden Swiss Cottage S.C.	10:38.66	10:21.03
36.20	1:14.02 (37.82)	1:52.55 (38.53)	2:31.40 (38.85)	
3:10.65 (39.25)	3:49.86 (39.21)	4:28.98 (39.12)	5:08.40 (39.42)	
5:47.53 (39.13)	6:26.54 (39.01)	7:05.62 (39.08)	7:45.01 (39.39)	
8:23.79 (38.78)	9:03.08 (39.29)	9:42.22 (39.14)	10:21.03 (38.81)	
2 Sandra Ferrer	31	City of Oxford	12:30.00	11:27.35
38.74	1:20.58 (41.84)	2:03.52 (42.94)	2:46.83 (43.31)	
3:30.35 (43.52)	4:13.76 (43.41)	4:57.35 (43.59)	5:40.92 (43.57)	
6:24.48 (43.56)	7:07.85 (43.37)	7:51.57 (43.72)	8:34.96 (43.39)	
9:18.80 (43.84)	10:02.42 (43.62)	10:46.61 (44.19)	11:27.35 (40.74)	
3 Shona Pineda	30	Acton	15:00.00	15:11.11
49.83	1:44.25 (54.42)	2:39.31 (55.06)	3:36.11 (56.80)	
4:33.13 (57.02)	5:30.10 (56.97)	6:27.66 (57.56)	7:25.52 (57.86)	
8:24.81 (59.29)	9:23.28 (58.47)	10:21.97 (58.69)	11:19.53 (57.56)	
12:16.95 (57.42)	13:14.21 (57.26)	14:11.43 (57.22)	15:11.11 (59.68)	

Event 1 Women 35-39 800 SC Meter Freestyle

1 Ana Grilo	38	Barnet Copthall	10:00.00	9:31.94
33.62	1:09.87 (36.25)	1:46.49 (36.62)	2:22.80 (36.31)	
2:59.12 (36.32)	3:35.47 (36.35)	4:11.47 (36.00)	4:47.52 (36.05)	
5:23.34 (35.82)	5:59.58 (36.24)	6:35.54 (35.96)	7:11.44 (35.90)	
7:47.00 (35.56)	8:22.37 (35.37)	8:58.09 (35.72)	9:31.94 (33.85)	

Event 1 Women 40-44 800 SC Meter Freestyle

1 Angela Wilson	42	Maidenhead	10:30.00	10:29.37
35.50	1:14.39 (38.89)	1:53.80 (39.41)	2:33.93 (40.13)	
3:14.31 (40.38)	3:54.27 (39.96)	4:34.34 (40.07)	5:14.36 (40.02)	
5:54.02 (39.66)	6:33.61 (39.59)	7:12.85 (39.24)	7:52.53 (39.68)	

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8:32.15 (39.62) 9:11.62 (39.47) 9:51.26 (39.64) 10:29.37 (38.11)

2 Helen Gray 41 Dartford District 11:16.88 10:47.91
 35.75 1:15.60 (39.85) 1:56.25 (40.65) 2:37.21 (40.96)
 3:18.23 (41.02) 3:59.49 (41.26) 4:40.63 (41.14) 5:22.16 (41.53)
 6:03.14 (40.98) 6:44.58 (41.44) 7:25.51 (40.93) 8:06.80 (41.29)
 8:47.92 (41.12) 9:28.86 (40.94) 10:09.28 (40.42) 10:47.91 (38.63)

3 Susan Green 44 Ruislip & Northwood 14:00.00 12:54.64
 41.24 1:27.49 (46.25) 2:14.05 (46.56) 3:01.28 (47.23)
 3:48.42 (47.14) 4:37.99 (49.57) 5:26.87 (48.88) 6:16.41 (49.54)
 7:04.59 (48.18) 7:54.73 (50.14) 8:44.17 (49.44) 9:34.88 (50.71)
 10:24.86 (49.98) 11:16.10 (51.24) 12:07.21 (51.11) 12:54.64 (47.43)

Event 1 Women 45-49 800 SC Meter Freestyle

1 Carolyn Riley 46 Cleethorpes & District 11:30.00 11:05.74
 37.33 1:17.43 (40.10) 1:59.15 (41.72) 2:40.63 (41.48)
 3:21.96 (41.33) 4:03.88 (41.92) 4:46.04 (42.16) 5:28.36 (42.32)
 6:10.92 (42.56) 6:53.50 (42.58) 7:36.01 (42.51) 8:18.63 (42.62)
 9:01.30 (42.67) 9:43.59 (42.29) 10:26.01 (42.42) 11:05.74 (39.73)

2 Sharon Mc Lellan 49 Sudbury & District 12:55.00 12:33.28
 43.30 1:29.80 (46.50) 2:17.10 (47.30) 3:04.87 (47.77)
 3:52.02 (47.15) 4:39.18 (47.16) 5:26.38 (47.20) 6:13.98 (47.60)
 7:02.14 (48.16) 7:50.01 (47.87) 8:37.87 (47.86) 9:24.96 (47.09)
 10:12.45 (47.49) 11:00.22 (47.77) 11:47.37 (47.15) 12:33.28 (45.91)

Event 1 Women 50-54 800 SC Meter Freestyle

1 Jayne Ball 53 Barnet Copthall 11:30.00 11:17.80
 38.65 1:20.58 (41.93) 2:03.45 (42.87) 2:46.45 (43.00)
 3:29.34 (42.89) 4:12.57 (43.23) 4:56.04 (43.47) 5:39.17 (43.13)
 6:21.54 (42.37) 7:04.49 (42.95) 7:47.26 (42.77) 8:29.81 (42.55)
 9:12.65 (42.84) 9:54.85 (42.20) 10:36.98 (42.13) 11:17.80 (40.82)

2 Claire Moore 52 Bracknell & Wokingham 12:00.00 11:40.69
 39.18 1:22.04 (42.86) 2:05.79 (43.75) 2:49.71 (43.92)
 3:33.90 (44.19) 4:18.18 (44.28) 5:02.32 (44.14) 5:46.52 (44.20)
 6:30.68 (44.16) 7:14.97 (44.29) 7:59.41 (44.44) 8:43.80 (44.39)
 9:28.05 (44.25) 10:12.87 (44.82) 10:57.40 (44.53) 11:40.69 (43.29)

3 Amanda Doyle 51 Dorking 12:00.00 11:59.17
 40.13 1:24.77 (44.64) 2:09.86 (45.09) 2:55.23 (45.37)
 3:40.85 (45.62) 4:26.19 (45.34) 5:12.16 (45.97) 5:57.57 (45.41)
 6:42.93 (45.36) 7:28.42 (45.49) 8:14.21 (45.79) 8:59.71 (45.50)
 9:45.47 (45.76) 10:30.99 (45.52) 11:16.38 (45.39) 11:59.17 (42.79)

4 Christine Ayers 54 City of Milton Keynes 12:40.50 12:51.28
 41.09 1:27.52 (46.43) 2:15.30 (47.78) 3:03.49 (48.19)
 3:51.94 (48.45) 4:41.30 (49.36) 5:30.92 (49.62) 6:20.02 (49.10)
 7:09.36 (49.34) 7:58.91 (49.55) 8:47.62 (48.71) 9:37.42 (49.80)
 10:26.17 (48.75) 11:15.86 (49.69) 12:04.99 (49.13) 12:51.28 (46.29)

5 Susan Green 51 Camden Swiss Cottage S.C. 14:30.00 14:11.77
 47.96 1:41.31 (53.35) 2:34.40 (53.09) 3:28.97 (54.57)
 4:22.69 (53.72) 5:16.20 (53.51) 6:11.16 (54.96) 7:05.57 (54.41)
 7:58.53 (52.96) 8:53.14 (54.61) 9:46.66 (53.52) 10:40.13 (53.47)
 11:33.12 (52.99) 12:27.23 (54.11) 13:19.56 (52.33) 14:11.77 (52.21)

6 Jackie Hughes 54 Lindum Mink 16:11.30 15:20.65
 51.21 1:46.80 (55.59) 2:41.97 (55.17) 3:40.06 (58.09)
 4:37.67 (57.61) 5:37.20 (59.53) 6:34.52 (57.32) 7:32.76 (58.24)
 8:30.88 (58.12) 9:30.29 (59.41) 10:28.74 (58.45) 11:27.76 (59.02)
 12:26.02 (58.26) 13:24.85 (58.83) 14:23.88 (59.03) 15:20.65 (56.77)

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7Helen O' Leary	53 N.A.C. Masters (Ireland)	17:44.00	18:05.28
1:02.80	2:08.61 (1:05.81)	3:17.04 (1:08.43)	4:26.02 (1:08.98)
5:35.10 (1:09.08)	6:43.97 (1:08.87)	7:52.60 (1:08.63)	9:00.75 (1:08.15)
10:08.41 (1:07.66)	11:16.44 (1:08.03)	12:25.75 (1:09.31)	13:33.75 (1:08.00)
14:42.17 (1:08.42)	15:51.24 (1:09.07)	17:00.19 (1:08.95)	18:05.28 (1:05.09)

Event 1 Women 55-59 800 SC Meter Freestyle

1 Julie Crayford	59 C L A M S	13:00.00	12:51.52
40.89	1:26.50 (45.61)	2:15.37 (48.87)	3:03.82 (48.45)
3:53.33 (49.51)	4:42.16 (48.83)	5:31.79 (49.63)	6:21.05 (49.26)
7:09.96 (48.91)	7:59.34 (49.38)	8:49.23 (49.89)	9:39.25 (50.02)
10:29.29 (50.04)	11:18.99 (49.70)	12:06.17 (47.18)	12:51.52 (45.35)
2 Jeanette Benn	56 Barnet Copthall	13:55.00	13:40.77
47.56	1:38.35 (50.79)	2:29.92 (51.57)	3:21.07 (51.15)
4:12.42 (51.35)	5:03.76 (51.34)	5:55.36 (51.60)	6:46.68 (51.32)
7:38.69 (52.01)	8:29.61 (50.92)	9:21.88 (52.27)	10:13.64 (51.76)
11:06.01 (52.37)	11:58.80 (52.79)	12:50.29 (51.49)	13:40.77 (50.48)
3 Sally Lelean	56 Diss Otters	16:13.66	16:47.48
56.69	1:57.78 (1:01.09)	3:00.46 (1:02.68)	4:04.68 (1:04.22)
5:09.22 (1:04.54)	6:13.84 (1:04.62)	7:17.58 (1:03.74)	8:21.28 (1:03.70)
9:25.77 (1:04.49)	10:29.67 (1:03.90)	11:33.55 (1:03.88)	12:37.27 (1:03.72)
13:40.91 (1:03.64)	14:44.78 (1:03.87)	15:47.78 (1:03.00)	16:47.48 (59.70)

Event 1 Women 60-64 800 SC Meter Freestyle

1 Judy Wilson	63 Birmingham Masters	13:00.00	<u>British Record</u> 12:06.07
41.43	1:28.73 (47.30)	2:16.91 (48.18)	3:04.75 (47.84)
3:52.39 (47.64)	4:39.41 (47.02)	5:25.36 (45.95)	6:11.49 (46.13)
6:57.05 (45.56)	7:42.06 (45.01)	8:26.65 (44.59)	9:11.58 (44.93)
9:56.11 (44.53)	10:40.92 (44.81)	11:24.72 (43.80)	12:06.07 (41.35)
2 Jean Hiatt	60 Spondon	16:10.00	15:55.15
52.30	1:49.00 (56.70)	2:46.28 (57.28)	3:46.31 (1:00.03)
4:47.59 (1:01.28)	5:47.60 (1:00.01)	6:48.21 (1:00.61)	7:47.67 (59.46)
8:48.43 (1:00.76)	9:49.05 (1:00.62)	10:50.64 (1:01.59)	11:51.71 (1:01.07)
12:53.39 (1:01.68)	13:55.75 (1:02.36)	14:56.75 (1:01.00)	15:55.15 (58.40)

Event 1 Women 65-69 800 SC Meter Freestyle

1 Ann Broomfield	65 St Albans Masters	17:47.42	18:06.88
1:00.55	2:08.38 (1:07.83)	3:17.26 (1:08.88)	4:27.31 (1:10.05)
5:35.96 (1:08.65)	6:44.04 (1:08.08)	7:52.39 (1:08.35)	9:00.81 (1:08.42)
10:09.72 (1:08.91)	11:18.02 (1:08.30)	12:26.22 (1:08.20)	13:35.21 (1:08.99)
14:44.57 (1:09.36)	15:53.38 (1:08.81)	17:01.32 (1:07.94)	18:06.88 (1:05.56)

Event 1 Women 70-74 800 SC Meter Freestyle

1 Pauline Wilkinson	74 Spencer	19:50.00	20:43.21
1:03.16	2:17.99 (1:14.83)	3:36.38 (1:18.39)	4:55.08 (1:18.70)
6:12.76 (1:17.68)	7:32.35 (1:19.59)	8:51.90 (1:19.55)	10:11.82 (1:19.92)
11:31.60 (1:19.78)	12:50.54 (1:18.94)	14:09.95 (1:19.41)	15:28.90 (1:18.95)
16:48.24 (1:19.34)	18:08.74 (1:20.50)	19:26.75 (1:18.01)	20:43.21 (1:16.46)

Event 1 Men 25-29 800 SC Meter Freestyle

1 Chris Bumby	28 Camden Swiss Cottage S.C.	10:55.00	9:45.84
32.59	1:08.45 (35.86)	1:45.16 (36.71)	2:22.28 (37.12)
2:59.59 (37.31)	3:37.28 (37.69)	4:14.54 (37.26)	4:52.13 (37.59)
5:30.10 (37.97)	6:07.24 (37.14)	6:44.79 (37.55)	7:21.93 (37.14)
7:58.67 (36.74)	8:34.77 (36.10)	9:11.05 (36.28)	9:45.84 (34.79)
2 Andrew Jennison	26 Anaconda Cally Masters	11:30.00	11:00.80
35.05	1:14.37 (39.32)	1:54.84 (40.47)	2:35.57 (40.73)
3:16.91 (41.34)	3:58.46 (41.55)	4:40.58 (42.12)	5:22.55 (41.97)
6:04.62 (42.07)	6:47.11 (42.49)	7:29.56 (42.45)	8:11.88 (42.32)
8:54.53 (42.65)	9:37.52 (42.99)	10:19.84 (42.32)	11:00.80 (40.96)

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1	Carl Mellor	32	Birmingham Masters	10:30.00	10:15.45
	32.86	1:09.08 (36.22)	1:46.68 (37.60)	2:24.82 (38.14)	
	3:03.21 (38.39)	3:41.59 (38.38)	4:20.79 (39.20)	4:59.83 (39.04)	
	5:39.00 (39.17)	6:18.36 (39.36)	6:57.89 (39.53)	7:37.43 (39.54)	
	8:17.52 (40.09)	8:57.48 (39.96)	9:37.59 (40.11)	10:15.45 (37.86)	

Event 1 Men 35-39 800 SC Meter Freestyle

1	Duncan Hartley	39	Barnet Copthall	9:45.00	9:36.83
	32.28	1:07.15 (34.87)	1:42.53 (35.38)	2:18.70 (36.17)	
	2:55.38 (36.68)	3:31.47 (36.09)	4:07.97 (36.50)	4:44.27 (36.30)	
	5:20.97 (36.70)	5:57.52 (36.55)	6:33.58 (36.06)	7:10.49 (36.91)	
	7:47.26 (36.77)	8:23.74 (36.48)	9:00.38 (36.64)	9:36.83 (36.45)	

2	Andy Cook	39	Dorking	10:30.00	10:17.67
	32.80	1:09.28 (36.48)	1:46.54 (37.26)	2:24.49 (37.95)	
	3:02.71 (38.22)	3:41.60 (38.89)	4:21.43 (39.83)	5:01.15 (39.72)	
	5:41.39 (40.24)	6:21.56 (40.17)	7:01.75 (40.19)	7:41.87 (40.12)	
	8:21.89 (40.02)	9:01.44 (39.55)	9:40.24 (38.80)	10:17.67 (37.43)	

3	Rafal Kasperski	35	Bushey	11:05.36	10:39.56
	35.17	1:14.05 (38.88)	1:53.55 (39.50)	2:34.15 (40.60)	
	3:14.43 (40.28)	3:54.86 (40.43)	4:35.46 (40.60)	5:16.41 (40.95)	
	5:57.76 (41.35)	6:38.56 (40.80)	7:19.57 (41.01)	8:00.87 (41.30)	
	8:41.31 (40.44)	9:22.73 (41.42)	10:01.95 (39.22)	10:39.56 (37.61)	

4	Peter Kavanagh	37	Camden Swiss Cottage S.C.	11:30.63	11:31.46
	37.24	1:18.32 (41.08)	2:01.19 (42.87)	2:44.80 (43.61)	
	3:28.73 (43.93)	4:12.65 (43.92)	4:56.54 (43.89)	5:40.70 (44.16)	
	6:23.88 (43.18)	7:07.94 (44.06)	7:51.64 (43.70)	8:35.79 (44.15)	
	9:19.81 (44.02)	10:03.66 (43.85)	10:48.03 (44.37)	11:31.46 (43.43)	

Event 1 Men 40-44 800 SC Meter Freestyle

1	Andrew Gristwood	43	Cleethorpes & District	9:29.36	9:44.80
	31.88	1:06.17 (34.29)	1:41.76 (35.59)	2:18.20 (36.44)	
	2:55.00 (36.80)	3:31.82 (36.82)	4:08.93 (37.11)	4:46.47 (37.54)	
	5:23.30 (36.83)	6:00.27 (36.97)	6:37.36 (37.09)	7:15.04 (37.68)	
	7:53.16 (38.12)	8:31.13 (37.97)	9:09.06 (37.93)	9:44.80 (35.74)	

2	Martin Hawley	43	Ealing	10:05.89	10:12.05
	33.60	1:10.79 (37.19)	1:49.56 (38.77)	2:28.65 (39.09)	
	3:07.95 (39.30)	3:46.34 (38.39)	4:25.69 (39.35)	5:05.21 (39.52)	
	5:43.66 (38.45)	6:21.88 (38.22)	7:00.77 (38.89)	7:39.62 (38.85)	
	8:18.66 (39.04)	8:56.93 (38.27)	9:34.40 (37.47)	10:12.05 (37.65)	

3	Richard Gillman	44	Redbridge Borough	10:30.00	11:00.01
	35.32	1:13.70 (38.38)	1:53.76 (40.06)	2:34.45 (40.69)	
	3:15.71 (41.26)	3:57.70 (41.99)	4:39.89 (42.19)	5:22.16 (42.27)	
	6:04.53 (42.37)	6:47.19 (42.66)	7:29.86 (42.67)	8:12.24 (42.38)	
	8:54.20 (41.96)	9:36.13 (41.93)	10:18.83 (42.70)	11:00.01 (41.18)	

4	Matthew James	41	Cleethorpes & District	11:20.00	11:05.46
	37.25	1:17.17 (39.92)	1:58.41 (41.24)	2:39.35 (40.94)	
	3:20.35 (41.00)	4:02.30 (41.95)	4:43.76 (41.46)	5:26.38 (42.62)	
	6:08.42 (42.04)	6:51.62 (43.20)	7:34.51 (42.89)	8:17.95 (43.44)	
	9:00.83 (42.88)	9:43.93 (43.10)	10:26.65 (42.72)	11:05.46 (38.81)	

Event 1 Men 45-49 800 SC Meter Freestyle

1	Adam Lelean	45	Diss Otters	10:24.28	10:23.02
	33.16	1:10.55 (37.39)	1:48.86 (38.31)	2:27.41 (38.55)	
	3:06.21 (38.80)	3:45.25 (39.04)	4:24.25 (39.00)	5:03.52 (39.27)	
	5:43.28 (39.76)	6:23.01 (39.73)	7:02.83 (39.82)	7:43.10 (40.27)	
	8:23.42 (40.32)	9:03.77 (40.35)	9:44.01 (40.24)	10:23.02 (39.01)	

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2	Antony Scott	48	Basingstoke Bluefins	11:10.00	11:05.71
	35.13	1:14.52 (39.39)	1:55.31 (40.79)	2:37.01 (41.70)	
	3:18.83 (41.82)	4:00.97 (42.14)	4:43.15 (42.18)	5:25.71 (42.56)	
	6:09.03 (43.32)	6:52.27 (43.24)	7:35.64 (43.37)	8:19.03 (43.39)	
	9:02.01 (42.98)	9:45.28 (43.27)	10:27.44 (42.16)	11:05.71 (38.27)	

3	Colin Leiper	48	Birmingham Masters	10:55.00	11:23.42
	34.14	1:11.90 (37.76)	1:51.46 (39.56)	2:32.24 (40.78)	
	3:13.01 (40.77)	3:55.01 (42.00)	4:37.73 (42.72)	5:21.52 (43.79)	
	6:06.46 (44.94)	6:50.35 (43.89)	7:35.15 (44.80)	8:20.91 (45.76)	
	9:07.17 (46.26)	9:54.32 (47.15)	10:39.63 (45.31)	11:23.42 (43.79)	

4	Philip Collins	45	Out to Swim	15:00.00	11:34.51
	38.21	1:20.35 (42.14)	2:03.94 (43.59)	2:48.18 (44.24)	
	3:32.83 (44.65)	4:17.52 (44.69)	5:02.49 (44.97)	5:47.19 (44.70)	
	6:30.37 (43.18)	7:14.03 (43.66)	7:57.57 (43.54)	8:42.08 (44.51)	
	9:26.24 (44.16)	10:10.08 (43.84)	10:54.07 (43.99)	11:34.51 (40.44)	

5	Bill Gristwood	48	Hartham Masters	12:45.00	13:03.19
	41.89	1:29.26 (47.37)	2:18.62 (49.36)	3:08.69 (50.07)	
	3:59.03 (50.34)	4:49.27 (50.24)	5:39.31 (50.04)	6:30.22 (50.91)	
	7:20.63 (50.41)	8:09.21 (48.58)	8:59.37 (50.16)	9:48.89 (49.52)	
	10:39.63 (50.74)	11:29.11 (49.48)	12:16.97 (47.86)	13:03.19 (46.22)	

6	Cees van Dam	49	Out to Swim	16:00.00	15:24.24
	48.21	1:44.46 (56.25)	2:42.86 (58.40)	3:41.48 (58.62)	
	4:40.02 (58.54)	5:38.58 (58.56)	6:37.56 (58.98)	7:37.15 (59.59)	
	8:37.69 (1:00.54)	9:36.67 (58.98)	10:36.66 (59.99)	11:36.44 (59.78)	
	12:34.80 (58.36)	13:34.14 (59.34)	14:31.36 (57.22)	15:24.24 (52.88)	

Event 1 Men 50-54 800 SC Meter Freestyle

1	Adrian Morton	50	Camden Swiss Cottage S.C.	14:00.00	15:22.32
	48.87	1:44.85 (55.98)	2:42.10 (57.25)	3:40.75 (58.65)	
	4:37.75 (57.00)	5:36.72 (58.97)	6:37.00 (1:00.28)	7:36.01 (59.01)	
	8:36.20 (1:00.19)	9:36.52 (1:00.32)	10:36.17 (59.65)	11:34.39 (58.22)	
	12:32.47 (58.08)	13:31.13 (58.66)	14:30.03 (58.90)	15:22.32 (52.29)	

Event 1 Men 55-59 800 SC Meter Freestyle

1	Stuart Mc Lellan	58	Sudbury & District	11:35.00	11:28.46
	37.63	1:19.19 (41.56)	2:02.44 (43.25)	2:46.19 (43.75)	
	3:29.95 (43.76)	4:14.13 (44.18)	4:58.08 (43.95)	5:41.85 (43.77)	
	6:25.47 (43.62)	7:09.17 (43.70)	7:52.75 (43.58)	8:36.37 (43.62)	
	9:19.91 (43.54)	10:03.29 (43.38)	10:46.93 (43.64)	11:28.46 (41.53)	

2	Len Phoenix	58	Diss Otters	11:30.10	11:42.47
	37.34	1:19.17 (41.83)	2:02.68 (43.51)	2:46.47 (43.79)	
	3:30.29 (43.82)	4:14.21 (43.92)	4:58.30 (44.09)	5:42.51 (44.21)	
	6:27.87 (45.36)	7:12.55 (44.68)	7:57.89 (45.34)	8:42.53 (44.64)	
	9:27.53 (45.00)	10:13.06 (45.53)	10:58.14 (45.08)	11:42.47 (44.33)	

Event 1 Men 60-64 800 SC Meter Freestyle

1	Andy Wilson	61	Birmingham Masters	11:00.00	10:56.13
	37.29	1:18.38 (41.09)	1:59.85 (41.47)	2:41.37 (41.52)	
	3:22.20 (40.83)	4:03.21 (41.01)	4:43.89 (40.68)	5:25.20 (41.31)	
	6:06.53 (41.33)	6:48.00 (41.47)	7:29.61 (41.61)	8:11.46 (41.85)	
	8:53.52 (42.06)	9:35.30 (41.78)	10:16.46 (41.16)	10:56.13 (39.67)	

Event 1 Men 65-69 800 SC Meter Freestyle

1	Geoff Stokes	68	Rushmoor Royals	11:02.00	11:09.01
	37.76	1:18.78 (41.02)	2:00.29 (41.51)	2:42.71 (42.42)	
	3:25.33 (42.62)	4:08.06 (42.73)	4:50.91 (42.85)	5:33.80 (42.89)	
	6:16.86 (43.06)	6:59.61 (42.75)	7:42.43 (42.82)	8:24.87 (42.44)	
	9:07.28 (42.41)	9:49.28 (42.00)	10:30.83 (41.55)	11:09.01 (38.18)	

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2	Nigel Salisbury	67	Reading	13:30.00	13:06.50
	43.05	1:32.99 (49.94)	2:24.04 (51.05)	3:15.17 (51.13)	
	4:05.87 (50.70)	4:56.56 (50.69)	5:47.41 (50.85)	6:38.01 (50.60)	
	7:28.63 (50.62)	8:18.55 (49.92)	9:08.19 (49.64)	9:57.96 (49.77)	
	10:46.77 (48.81)	11:35.41 (48.64)	12:22.81 (47.40)	13:06.50 (43.69)	
3	David Hall	65	City of Oxford	14:01.00	13:23.48
	42.80	1:32.87 (50.07)	2:23.02 (50.15)	3:13.30 (50.28)	
	4:04.62 (51.32)	4:56.68 (52.06)	5:47.35 (50.67)	6:38.62 (51.27)	
	7:29.06 (50.44)	8:19.79 (50.73)	9:09.48 (49.69)	10:00.83 (51.35)	
	10:51.26 (50.43)	11:42.77 (51.51)	12:33.66 (50.89)	13:23.48 (49.82)	
4	Paul Clarke	65	Luton	15:00.00	15:12.34
	46.32	1:40.13 (53.81)	2:36.13 (56.00)	3:33.68 (57.55)	
	4:30.60 (56.92)	5:28.32 (57.72)	6:26.80 (58.48)	7:25.94 (59.14)	
	8:24.31 (58.37)	9:24.18 (59.87)	10:22.33 (58.15)	11:21.74 (59.41)	
	12:20.83 (59.09)	13:19.99 (59.16)	15:12.34 (1:52.35)		

Event 1 Men 70-74 800 SC Meter Freestyle

1	John Harrington	71	Barnet Copthall	13:20.00	13:25.96
	46.26	1:37.39 (51.13)	2:28.34 (50.95)	3:19.17 (50.83)	
	4:09.91 (50.74)	5:01.04 (51.13)	5:51.98 (50.94)	6:43.29 (51.31)	
	7:33.97 (50.68)	8:24.58 (50.61)	9:15.94 (51.36)	10:07.21 (51.27)	
	10:57.76 (50.55)	11:48.45 (50.69)	12:39.21 (50.76)	13:25.96 (46.75)	

Event 2 Women 18-24 400 SC Meter Freestyle

1	Emily Swain	24	Aylesbury & District	5:18.00	5:20.54
	36.41	1:15.66 (39.25)	1:56.05 (40.39)	2:36.52 (40.47)	
	3:17.57 (41.05)	3:58.88 (41.31)	4:40.37 (41.49)	5:20.54 (40.17)	
2	Laura Johnson	24	Birmingham Masters	5:44.32	5:45.93
	37.71	1:19.89 (42.18)	2:04.63 (44.74)	2:50.64 (46.01)	
	3:34.72 (44.08)	4:19.74 (45.02)	5:04.17 (44.43)	5:45.93 (41.76)	
3	Katie Summerfield	20	Kettering	6:05.00	6:01.88
	38.22	1:21.84 (43.62)	2:06.98 (45.14)	2:53.21 (46.23)	
	3:40.43 (47.22)	4:27.94 (47.51)	5:15.74 (47.80)	6:01.88 (46.14)	

Event 2 Women 25-29 400 SC Meter Freestyle

1	Paula Wood	29	Ealing	4:24.50	4:30.95
	30.74	1:04.65 (33.91)	1:39.14 (34.49)	2:13.68 (34.54)	
	2:48.09 (34.41)	3:22.75 (34.66)	3:57.12 (34.37)	4:30.95 (33.83)	
2	Jane Leighton	26	Otter	4:50.00	4:49.99
	34.02	1:10.05 (36.03)	1:47.11 (37.06)	2:24.06 (36.95)	
	3:00.38 (36.32)	3:36.70 (36.32)	4:13.65 (36.95)	4:49.99 (36.34)	
3	Sarah Clark	29	Aylesbury & District	5:45.00	5:54.29
	38.10	1:21.08 (42.98)	2:05.89 (44.81)	2:51.43 (45.54)	
	3:37.36 (45.93)	4:24.00 (46.64)	5:09.79 (45.79)	5:54.29 (44.50)	
4	Diana Kennedy	29	Bethnal Green (Sharks)	5:55.00	5:55.43
	38.69	1:22.43 (43.74)	2:08.27 (45.84)	2:53.25 (44.98)	
	3:38.64 (45.39)	4:24.18 (45.54)	5:08.75 (44.57)	5:55.43 (46.68)	

Event 2 Women 30-34 400 SC Meter Freestyle

1	Nari Lawrey	30	Camden Swiss Cottage S.C.	5:15.77	5:04.76
	35.75	1:13.06 (37.31)	1:50.92 (37.86)	2:29.56 (38.64)	
	3:08.16 (38.60)	3:47.08 (38.92)	4:26.13 (39.05)	5:04.76 (38.63)	
2	Tracy Fairweather	32	Berkhamsted Sports Centre	5:07.00	5:14.86
	34.59	1:12.85 (38.26)	1:52.89 (40.04)	2:33.36 (40.47)	
	3:13.97 (40.61)	3:54.79 (40.82)	4:35.49 (40.70)	5:14.86 (39.37)	

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3	Shona Pineda	30	Acton	7:30.00	7:23.22
	47.80	1:42.05 (54.25)	2:39.48 (57.43)	3:36.88 (57.40)	
	4:35.26 (58.38)	5:34.41 (59.15)	6:31.95 (57.54)	7:23.22 (51.27)	

Event 2 Women 35-39 400 SC Meter Freestyle

1	Ana Grilo	38	Barnet Copthall	4:50.00	4:44.36
	34.40	1:10.99 (36.59)	1:47.29 (36.30)	2:23.83 (36.54)	
	2:59.72 (35.89)	3:35.19 (35.47)	4:10.47 (35.28)	4:44.36 (33.89)	
2	Claire Palfrey	38	Bexley	5:10.00	5:17.43
	35.80	1:15.33 (39.53)	1:55.21 (39.88)	2:35.19 (39.98)	
	3:15.90 (40.71)	3:56.50 (40.60)	4:37.18 (40.68)	5:17.43 (40.25)	

Event 2 Women 40-44 400 SC Meter Freestyle

1	Helen Gray	41	Dartford District	5:15.82	5:11.93
	35.53	1:14.42 (38.89)	1:54.14 (39.72)	2:34.19 (40.05)	
	3:14.20 (40.01)	3:54.00 (39.80)	4:33.68 (39.68)	5:11.93 (38.25)	
2	Vicki Linton-Crook	43	Camden Swiss Cottage S.C.	5:32.00	5:23.16
	35.85	1:14.84 (38.99)	1:55.44 (40.60)	2:36.79 (41.35)	
	3:18.37 (41.58)	4:00.07 (41.70)	4:42.17 (42.10)	5:23.16 (40.99)	
3	Dina Thornton	44	Diss Otters	5:54.19	5:55.65
	39.07	1:22.94 (43.87)	2:08.20 (45.26)	2:54.08 (45.88)	
	3:40.28 (46.20)	4:26.32 (46.04)	5:11.99 (45.67)	5:55.65 (43.66)	
4	Donna Lee	44	Aylesbury & District	6:30.00	6:07.71
	41.10	1:26.08 (44.98)	2:12.67 (46.59)	2:59.69 (47.02)	
	3:46.46 (46.77)	4:32.89 (46.43)	5:20.71 (47.82)	6:07.71 (47.00)	
5	Jacqueline Farrow	43	Kettering	8:22.56	7:48.12
	50.05	1:45.41 (55.36)	2:44.31 (58.90)	3:42.91 (58.60)	
	4:43.24 (1:00.33)	5:44.63 (1:01.39)	6:46.11 (1:01.48)	7:48.12 (1:02.01)	

Event 2 Women 45-49 400 SC Meter Freestyle

1	Judy Hattle	47	Carlisle Masters	5:12.28	5:09.78
	35.71	1:14.63 (38.92)	1:54.04 (39.41)	2:33.20 (39.16)	
	3:12.50 (39.30)	3:51.75 (39.25)	4:30.94 (39.19)	5:09.78 (38.84)	
2	Linda Brown	49	Spencer	5:45.00	5:21.26
	36.48	1:16.67 (40.19)	1:57.39 (40.72)	2:38.42 (41.03)	
	3:19.25 (40.83)	4:00.26 (41.01)	4:41.33 (41.07)	5:21.26 (39.93)	
3	Sharon Mc Lellan	49	Sudbury & District	6:13.00	6:14.66
	43.03	1:28.96 (45.93)	2:15.56 (46.60)	3:03.04 (47.48)	
	3:51.18 (48.14)	4:39.40 (48.22)	5:27.25 (47.85)	6:14.66 (47.41)	
4	Lesley Davies	47	Otter	6:44.67	6:19.34
	42.14	1:28.52 (46.38)	2:16.70 (48.18)	3:04.33 (47.63)	
	3:52.82 (48.49)	4:41.86 (49.04)	5:30.86 (49.00)	6:19.34 (48.48)	
5	Jacqueline Patel	47	Kings Cormorants	6:30.00	6:23.19
	41.06	1:27.01 (45.95)	2:14.65 (47.64)	3:04.02 (49.37)	
	3:53.05 (49.03)	4:42.97 (49.92)	5:34.68 (51.71)	6:23.19 (48.51)	
6	Oonagh Gormley	49	Out to Swim	7:30.00	7:23.92
	50.61	1:47.33 (56.72)	2:45.27 (57.94)	3:42.65 (57.38)	
	4:39.68 (57.03)	5:36.91 (57.23)	6:33.49 (56.58)	7:23.92 (50.43)	
7	Janet Obeney-Williams	45	Anaconda Cally Masters	8:30.00	7:43.60
	50.45	1:46.30 (55.85)	2:44.56 (58.26)	3:43.99 (59.43)	
	4:43.96 (59.97)	5:43.63 (59.67)	6:44.03 (1:00.40)	7:43.60 (59.57)	

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Event 2 Women 50-54 400 SC Meter Freestyle

1	Jayne Ball	53	Barnet Copthall	5:30.00	5:28.50
	37.19	1:17.43 (40.24)	1:58.83 (41.40)	2:41.38 (42.55)	
	3:23.35 (41.97)	4:05.91 (42.56)	4:47.96 (42.05)	5:28.50 (40.54)	
2	Ruth Lowe	50	Burntwood	5:43.17	5:45.16
	38.02	1:19.74 (41.72)	2:03.68 (43.94)	2:48.63 (44.95)	
	3:33.88 (45.25)	4:18.97 (45.09)	5:03.24 (44.27)	5:45.16 (41.92)	
3	Claire Moore	52	Bracknell & Wokingham	5:50.00	5:51.46
	39.52	1:22.85 (43.33)	2:07.12 (44.27)	2:52.01 (44.89)	
	3:37.14 (45.13)	4:22.75 (45.61)	5:07.96 (45.21)	5:51.46 (43.50)	
---	Helen O' Leary	53	N.A.C. Masters (Ireland)	8:40.00	<u>DQ missed 5th turn</u>
	1:02.41	2:11.63 (1:09.22)	3:21.45 (1:09.82)	4:32.06 (1:10.61)	
	5:44.58 (1:12.52)	6:59.50 (1:14.92)	8:13.45 (1:13.95)	DQ (1:13.99)	

Event 2 Women 60-64 400 SC Meter Freestyle

1	Judy Wilson	63	Birmingham Masters	6:00.00	5:54.35
	40.51	1:25.74 (45.23)	2:11.98 (46.24)	2:57.19 (45.21)	
	3:42.02 (44.83)	4:27.21 (45.19)	5:12.58 (45.37)	5:54.35 (41.77)	
2	Judy Alden	61	Barnet Copthall	6:20.00	6:22.05
	43.62	1:32.30 (48.68)	2:21.38 (49.08)	3:10.58 (49.20)	
	3:59.13 (48.55)	4:47.55 (48.42)	5:35.60 (48.05)	6:22.05 (46.45)	

Event 2 Women 65-69 400 SC Meter Freestyle

1	Ann Broomfield	65	St Albans Masters	8:45.00	9:02.76
	59.91	2:07.18 (1:07.27)	3:16.86 (1:09.68)	4:25.82 (1:08.96)	
	5:36.21 (1:10.39)	6:46.34 (1:10.13)	7:55.77 (1:09.43)	9:02.76 (1:06.99)	

Event 3 Men 25-29 400 SC Meter Freestyle

1	Robert Williams	28	Otter	4:30.00	4:28.24
	30.25	1:03.76 (33.51)	1:37.51 (33.75)	2:12.32 (34.81)	
	2:46.01 (33.69)	3:20.44 (34.43)	3:54.77 (34.33)	4:28.24 (33.47)	
2	David Holland	26	Burntwood	4:36.72	4:35.73
	30.60	1:05.67 (35.07)	1:41.55 (35.88)	2:17.45 (35.90)	
	2:52.99 (35.54)	3:28.47 (35.48)	4:03.69 (35.22)	4:35.73 (32.04)	
3	Chris Bumby	28	Camden Swiss Cottage S.C.	5:00.00	4:40.94
	30.28	1:03.75 (33.47)	1:38.94 (35.19)	2:15.07 (36.13)	
	2:52.11 (37.04)	3:29.53 (37.42)	4:05.87 (36.34)	4:40.94 (35.07)	
4	Anthony Lee	26	City of Milton Keynes	4:49.72	4:49.16
	30.93	1:05.73 (34.80)	1:42.24 (36.51)	2:19.02 (36.78)	
	2:55.79 (36.77)	3:33.40 (37.61)	4:11.35 (37.95)	4:49.16 (37.81)	

Event 3 Men 30-34 400 SC Meter Freestyle

1	Nicola Carniato	31	Camden Swiss Cottage S.C.	5:56.66	5:44.92
	37.75	1:18.85 (41.10)	2:01.73 (42.88)	2:45.66 (43.93)	
	3:30.09 (44.43)	4:14.78 (44.69)	4:59.95 (45.17)	5:44.92 (44.97)	

Event 3 Men 35-39 400 SC Meter Freestyle

1	Mark Salway	39	Haywards Heath	4:32.00	4:34.88
	30.40	1:04.94 (34.54)	1:40.12 (35.18)	2:15.65 (35.53)	
	2:50.80 (35.15)	3:25.47 (34.67)	4:00.69 (35.22)	4:34.88 (34.19)	
2	Duncan Hartley	39	Barnet Copthall	4:39.00	4:35.28
	30.79	1:03.76 (32.97)	1:37.69 (33.93)	2:12.40 (34.71)	
	2:47.41 (35.01)	3:23.47 (36.06)	4:00.11 (36.64)	4:35.28 (35.17)	
3	Andy Cook	39	Dorking	4:52.00	4:54.27
	32.13	1:07.79 (35.66)	1:44.62 (36.83)	2:22.26 (37.64)	
	3:00.20 (37.94)	3:38.49 (38.29)	4:16.88 (38.39)	4:54.27 (37.39)	

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4	Rafal Kasperski	35	Bushey	4:55.26	5:06.54
	33.33	1:10.45 (37.12)	1:48.96 (38.51)	2:28.56 (39.60)	
	3:08.28 (39.72)	3:47.20 (38.92)	4:26.20 (39.00)	5:06.54 (40.34)	
5	Chris Hendren	35	Aylesbury & District	5:10.00	5:12.44
	33.95	1:10.55 (36.60)	1:48.98 (38.43)	2:28.76 (39.78)	
	3:09.11 (40.35)	3:51.06 (41.95)	4:33.12 (42.06)	5:12.44 (39.32)	
6	Peter Kavanagh	37	Camden Swiss Cottage S.C.	5:37.29	5:33.56
	36.00	1:16.21 (40.21)	1:58.63 (42.42)	2:41.87 (43.24)	
	3:25.12 (43.25)	4:08.91 (43.79)	4:52.60 (43.69)	5:33.56 (40.96)	
7	Steve King	35	Thurrock	6:00.00	5:50.89
	37.86	1:19.44 (41.58)	2:03.29 (43.85)	2:47.81 (44.52)	
	3:33.40 (45.59)	4:19.84 (46.44)	5:06.23 (46.39)	5:50.89 (44.66)	

Event 3 Men 40-44 400 SC Meter Freestyle

1	Andrew Gristwood	43	Cleethorpes & District	4:34.36	4:38.75
	31.52	1:05.84 (34.32)	1:41.10 (35.26)	2:16.95 (35.85)	
	2:52.74 (35.79)	3:28.96 (36.22)	4:04.84 (35.88)	4:38.75 (33.91)	
2	Andy Byrne	44	Luton	4:55.00	4:53.33
	32.19	1:07.77 (35.58)	1:44.51 (36.74)	2:21.83 (37.32)	
	2:59.76 (37.93)	3:37.64 (37.88)	4:15.96 (38.32)	4:53.33 (37.37)	
3	Martin Hawley	43	Ealing	5:04.98	4:58.93
	33.03	1:10.22 (37.19)	1:48.78 (38.56)	2:27.30 (38.52)	
	3:05.43 (38.13)	3:43.47 (38.04)	4:21.51 (38.04)	4:58.93 (37.42)	
4	Steve Coe	44	Thetford Dolphins	5:12.62	5:12.43
	34.59	1:12.84 (38.25)	1:52.22 (39.38)	2:32.94 (40.72)	
	3:13.40 (40.46)	3:54.15 (40.75)	4:33.74 (39.59)	5:12.43 (38.69)	
5	Matthew James	41	Cleethorpes & District	5:25.00	5:17.13
	35.74	1:15.03 (39.29)	1:55.61 (40.58)	2:36.54 (40.93)	
	3:16.75 (40.21)	3:58.26 (41.51)	4:39.40 (41.14)	5:17.13 (37.73)	
6	Mark Nowell	44	Diss Otters	5:40.00	5:32.61
	37.37	1:18.16 (40.79)	2:01.39 (43.23)	2:44.70 (43.31)	
	3:28.36 (43.66)	4:11.92 (43.56)	4:54.52 (42.60)	5:32.61 (38.09)	

Event 3 Men 45-49 400 SC Meter Freestyle

1	Colin Leiper	48	Birmingham Masters	5:04.00	5:11.98
	32.96	1:09.36 (36.40)	1:47.14 (37.78)	2:26.04 (38.90)	
	3:05.72 (39.68)	3:46.61 (40.89)	4:29.69 (43.08)	5:11.98 (42.29)	
2	Kevin Binns	45	Bushey	5:20.00	5:15.82
	35.87	1:14.40 (38.53)	1:53.28 (38.88)	2:32.97 (39.69)	
	3:13.36 (40.39)	3:54.22 (40.86)	4:35.16 (40.94)	5:15.82 (40.66)	

Event 3 Men 55-59 400 SC Meter Freestyle

1	Graham Pearson	55	Carlisle Masters	5:25.00	5:20.89
	36.46	1:15.39 (38.93)	1:55.56 (40.17)	2:36.13 (40.57)	
	3:16.65 (40.52)	3:58.23 (41.58)	4:40.20 (41.97)	5:20.89 (40.69)	
2	Stuart Mc Lellan	58	Sudbury & District	5:35.00	5:26.78
	36.04	1:16.07 (40.03)	1:57.89 (41.82)	2:39.57 (41.68)	
	3:21.40 (41.83)	4:03.48 (42.08)	4:45.05 (41.57)	5:26.78 (41.73)	
3	Len Phoenix	58	Diss Otters	5:35.00	5:42.44
	37.09	1:17.57 (40.48)	1:59.68 (42.11)	2:43.53 (43.85)	
	3:28.02 (44.49)	4:12.80 (44.78)	4:57.35 (44.55)	5:42.44 (45.09)	

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4	David Pitcock	59	Barnet Copthall	6:37.00	6:47.65
	44.05	1:33.13 (49.08)	2:23.39 (50.26)	3:15.09 (51.70)	
	4:08.51 (53.42)	5:00.04 (51.53)	5:53.77 (53.73)	6:47.65 (53.88)	

Event 3 Men 60-64 400 SC Meter Freestyle

1	Andy Wilson	61	Birmingham Masters	5:22.00	5:12.98
	35.87	1:14.71 (38.84)	1:54.16 (39.45)	2:33.88 (39.72)	
	3:13.68 (39.80)	3:53.77 (40.09)	4:34.22 (40.45)	5:12.98 (38.76)	
2	Derek Parr	63	Broomfield Park	5:45.00	5:24.87
	36.42	1:16.55 (40.13)	1:57.65 (41.10)	2:38.72 (41.07)	
	3:20.59 (41.87)	4:02.77 (42.18)	4:44.87 (42.10)	5:24.87 (40.00)	

Event 3 Men 65-69 400 SC Meter Freestyle

1	Geoff Stokes	68	Rushmoor Royals	5:30.00	5:20.54
	37.20	1:16.63 (39.43)	1:57.20 (40.57)	2:37.99 (40.79)	
	3:19.11 (41.12)	4:00.96 (41.85)	4:42.05 (41.09)	5:20.54 (38.49)	
2	Keith Ingram	67	Birmingham Masters	5:42.93	5:49.81
	37.70	1:22.14 (44.44)	2:06.45 (44.31)	2:51.11 (44.66)	
	3:35.98 (44.87)	4:21.60 (45.62)	5:05.85 (44.25)	5:49.81 (43.96)	

Event 3 Men 70-74 400 SC Meter Freestyle

1	John Harrington	71	Barnet Copthall	6:20.00	6:26.41
	45.11	1:33.19 (48.08)	2:22.30 (49.11)	3:11.98 (49.68)	
	4:01.55 (49.57)	4:51.02 (49.47)	5:41.06 (50.04)	6:26.41 (45.35)	
2	Richard Harding	74	Spencer	8:30.00	9:08.36
	56.97	2:05.42 (1:08.45)	3:14.53 (1:09.11)	5:37.87 (2:23.34)	
	5:37.87 ()	5:37.87 ()	5:37.87 ()	9:08.36 (3:30.49)	

Event 4 Women 18-24 100 SC Meter Breaststroke

1	Abigail Pinnick	23	Barnet Copthall	1:32.50	1:31.92
	43.31	1:31.92 (48.61)			

Event 4 Women 25-29 100 SC Meter Breaststroke

1	Sarah Botting	28	Croydon Amphibians	1:21.80	1:22.73
	39.23	1:22.73 (43.50)			

Event 4 Women 30-34 100 SC Meter Breaststroke

1	Shona Pineda	30	Acton	2:00.00	1:45.16
	51.38	1:45.16 (53.78)			
2	Niki Gill	33	Gloucester Masters	1:49.99	1:48.98
	52.74	1:48.98 (56.24)			

Event 4 Women 35-39 100 SC Meter Breaststroke

1	Claire Palfrey	38	Bexley	1:32.00	1:34.09
	44.74	1:34.09 (49.35)			

Event 4 Women 40-44 100 SC Meter Breaststroke

1	Hannah Ueckermann	44	Witham Dolphins	1:26.50	1:27.54
	42.01	1:27.54 (45.53)			
2	Sandra Jones	43	Gloucester Masters	1:29.00	1:28.85
	42.68	1:28.85 (46.17)			
3	Dawn Pretty	43	Diss Otters	1:32.80	1:34.04
	44.29	1:34.04 (49.75)			

Event 4 Women 45-49 100 SC Meter Breaststroke

1	Jayne O'Brien	48	Oundle & District	1:25.00	1:26.80
	42.11	1:26.80 (44.69)			
2	Linda Brown	49	Spencer	1:36.00	1:29.86
	42.24	1:29.86 (47.62)			
3	Carolyn Riley	46	Cleethorpes & District	1:29.00	1:30.55
	42.73	1:30.55 (47.82)			

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4	Jacqueline Patel	47	Kings Cormorants	1:38.00	1:37.35
	46.05	1:37.35	(51.30)		
5	Sharon Mc Lellan	49	Sudbury & District	1:55.00	1:52.65
	54.65	1:52.65	(58.00)		
6	Oonagh Gormley	49	Out to Swim	1:51.00	1:52.83
	54.14	1:52.83	(58.69)		
7	Janet Obeney-Williams	45	Anaconda Cally Masters	2:10.00	2:10.06
	1:02.61	2:10.06	(1:07.45)		

Event 4 Women 50-54 100 SC Meter Breaststroke

1	Jackie Hughes	54	Lindum Mink	1:37.93	1:36.43
	46.43	1:36.43	(50.00)		
2	Ruth Lowe	50	Burntwood	1:38.77	1:39.00
	47.30	1:39.00	(51.70)		

Event 4 Women 55-59 100 SC Meter Breaststroke

1	Julie Crayford	59	C L A M S	1:40.00	1:40.52
	48.18	1:40.52	(52.34)		
2	Ann Edmondson	55	Aquabears of Rochdale	1:51.00	1:48.68
	52.90	1:48.68	(55.78)		
3	Sally Lelean	56	Diss Otters	1:51.44	1:53.94
	54.14	1:53.94	(59.80)		

Event 4 Women 60-64 100 SC Meter Breaststroke

1	Diane Ford	64	Rushmoor Royals	1:36.00	1:37.34
	47.31	1:37.34	(50.03)		
2	Rita Egan	63	Beavers Masters Bedford	2:20.00	2:11.73
	1:01.38	2:11.73	(1:10.35)		

Event 4 Women 65-69 100 SC Meter Breaststroke

1	Ann Broomfield	65	St Albans Masters	2:15.76	2:13.01
	1:03.99	2:13.01	(1:09.02)		

Event 4 Women 75-79 100 SC Meter Breaststroke

1	Jane Asher	76	Kings Cormorants	1:52.00	1:54.49
	55.76	1:54.49	(58.73)		

Event 5 Men 25-29 100 SC Meter Breaststroke

1	David Gelb	26	Barnet Copthall	1:12.50	1:12.04
	34.36	1:12.04	(37.68)		
2	Alexander Chklar	26	Spencer	1:13.00	1:13.23
	35.00	1:13.23	(38.23)		
3	David Holland	26	Burntwood	1:14.23	1:16.67
	36.28	1:16.67	(40.39)		
4	Chris Bumby	28	Camden Swiss Cottage S.C.	1:19.00	1:19.66
	37.99	1:19.66	(41.67)		
5	Alistair Mac Donald	27	Barnet Copthall	1:24.00	1:28.62
	41.04	1:28.62	(47.58)		

Event 5 Men 30-34 100 SC Meter Breaststroke

1	Adam Freer	30	Camden Swiss Cottage S.C.	1:19.33	1:20.05
	38.22	1:20.05	(41.83)		

Event 5 Men 40-44 100 SC Meter Breaststroke

1	Kevin Lief	40	Barnet Copthall	1:20.00	1:22.23
	39.26	1:22.23	(42.97)		
2	Jim Neill	41	Aylesbury & District	1:22.00	1:24.13
	39.47	1:24.13	(44.66)		
3	Mark Nowell	44	Diss Otters	1:31.00	1:34.66
	45.44	1:34.66	(49.22)		
4	Daniele Davini	40	Gruppo Pesce (Italy)	1:27.00	1:36.02
	43.24	1:36.02	(52.78)		

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1	Philip Collins	45	Out to Swim	1:18.00	1:19.61
	38.01	1:19.61	(41.60)		
2	Adam Lelean	45	Diss Otters	1:21.77	1:23.11
	39.57	1:23.11	(43.54)		
3	Jim Hunt	49	Birmingham Masters	1:44.00	1:35.26
	46.31	1:35.26	(48.95)		

Event 5 Men 50-54 100 SC Meter Breaststroke

1	Gary O'Brien	50	Oundle & District	1:13.22	1:14.71
	35.83	1:14.71	(38.88)		
2	Robert Steel	50	Nottingham	1:21.50	1:21.49
	38.39	1:21.49	(43.10)		
3	Thomas Morrow	51	City of Milton Keynes	1:22.00	1:21.56
	39.00	1:21.56	(42.56)		

Event 5 Men 55-59 100 SC Meter Breaststroke

1	Graham Pearson	55	Carlisle Masters	1:16.00	1:20.66
	37.85	1:20.66	(42.81)		

Event 5 Men 65-69 100 SC Meter Breaststroke

1	Bill Letch	67	Exmouth S & L S S	1:40.00	1:38.12
	45.20	1:38.12	(52.92)		

Event 5 Men 70-74 100 SC Meter Breaststroke

1	Paul Alvarez	73	Romford Town	1:46.10	1:48.11
	51.39	1:48.11	(56.72)		

Event 6 Women 18-24 200 SC Meter Backstroke

1	Laura Johnson	24	Birmingham Masters	2:52.54	2:56.29
	39.48	1:24.82	(45.34)	2:11.09	(46.27)
				2:56.29	(45.20)
2	Chloe Williams*	19	Canvey Island	3:00.60	3:02.60
	43.25	1:29.91	(46.66)	2:17.15	(47.24)
				3:02.60	(45.45)

Event 6 Women 25-29 200 SC Meter Backstroke

1	Gina Charleton	25	Orpington Ojays	3:30.00	3:07.85
	45.05	1:32.95	(47.90)	2:21.70	(48.75)
				3:07.85	(46.15)

Event 6 Women 30-34 200 SC Meter Backstroke

1	Gina Hobson	30	Otter	2:40.00	2:34.82
	34.78	1:13.03	(38.25)	1:53.82	(40.79)
				2:34.82	(41.00)
2	Katie Nimmo	31	Gloucester Masters	2:40.10	2:46.73
	38.55	1:21.20	(42.65)	2:03.85	(42.65)
				2:46.73	(42.88)

Event 6 Women 40-44 200 SC Meter Backstroke

1	Vicki Linton-Crook	43	Camden Swiss Cottage S.C.	2:47.00	2:54.38
	40.83	1:24.04	(43.21)	2:09.20	(45.16)
				2:54.38	(45.18)
2	Dawn Midmer	40	Haywards Heath	3:00.00	2:56.46
	39.23	1:23.51	(44.28)	2:09.47	(45.96)
				2:56.46	(46.99)
---	Jacqueline Farrow	43	Kettering	4:50.21	<u>DQ missed 6th turn</u>
	1:02.95	2:13.76	(1:10.81)	4:35.64	(2:21.88)
				DQ ()	

Event 6 Women 45-49 200 SC Meter Backstroke

1	Linda Callaway	45	Bracknell & Wokingham	3:15.00	3:12.16
	44.95	1:33.39	(48.44)	2:23.34	(49.95)
				3:12.16	(48.82)
2	Lesley Cook	49	Romford Town	3:31.50	3:28.61
	48.14	1:41.15	(53.01)	2:36.44	(55.29)
				3:28.61	(52.17)

Event 6 Women 50-54 200 SC Meter Backstroke

1	Amanda Heath	50	Spencer	3:00.00	2:58.41
	41.56	1:25.96	(44.40)	2:12.39	(46.43)
				2:58.41	(46.02)
2	Kathy Bidnall	52	Haywards Heath	3:05.55	2:59.77
	40.57	1:26.24	(45.67)	2:11.97	(45.73)
				2:59.77	(47.80)
3	Jackie Hughes	54	Lindum Mink	3:47.40	3:42.90
	55.30	1:50.44	(55.14)	2:47.51	(57.07)
				3:42.90	(55.39)

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4 Karen Brown 52 Hammersmith Penguins 4:06.25 4:01.97
56.70 1:57.59 (1:00.89) 2:59.71 (1:02.12) 4:01.97 (1:02.26)

Event 6 Women 60-64 200 SC Meter Backstroke

1 Elaine Blower 62 Barnet Copthall 3:22.00 3:22.51
47.65 1:38.82 (51.17) 2:30.83 (52.01) 3:22.51 (51.68)

Event 6 Women 80-84 200 SC Meter Backstroke

1 Susan Halter 80 Camden Swiss Cottage S.C. 5:09.00 5:11.41
1:11.55 2:31.97 (1:20.42) 3:53.39 (1:21.42) 5:11.41 (1:18.02)

Event 7 Men 30-34 200 SC Meter Backstroke

1 Neil Mc Mahon 33 Otter 2:22.00 2:19.61
33.77 1:10.38 (36.61) 1:45.74 (35.36) 2:19.61 (33.87)
2 Joe Twyman 30 Barnet Copthall 2:30.00 2:24.56
34.19 1:11.01 (36.82) 1:47.86 (36.85) 2:24.56 (36.70)
3 Carl Mellor 32 Birmingham Masters 2:40.00 2:34.90
35.26 1:14.51 (39.25) 1:55.05 (40.54) 2:34.90 (39.85)

Event 7 Men 40-44 200 SC Meter Backstroke

1 Martyn Andrews 41 Hinckley 2:33.50 2:33.11
35.58 1:14.12 (38.54) 1:53.63 (39.51) 2:33.11 (39.48)
2 Andy Byrne 44 Luton 2:33.00 2:39.15
37.80 1:18.32 (40.52) 1:59.75 (41.43) 2:39.15 (39.40)
3 Martin Hawley 43 Ealing 2:40.37 2:42.67
38.70 1:21.19 (42.49) 2:02.81 (41.62) 2:42.67 (39.86)

Event 7 Men 45-49 200 SC Meter Backstroke

1 John Rittenhouse 49 Barnet Copthall 2:28.00 2:29.59
34.97 1:12.07 (37.10) 1:50.81 (38.74) 2:29.59 (38.78)
2 Dale Barker 45 Stowmarket 2:30.20 2:31.14
35.15 1:12.98 (37.83) 1:52.41 (39.43) 2:31.14 (38.73)
3 Peter Brown 45 Anaconda Cally Masters 3:20.00 3:05.89
42.93 1:28.69 (45.76) 2:17.81 (49.12) 3:05.89 (48.08)

Event 7 Men 50-54 200 SC Meter Backstroke

1 Graham Powell 51 Luton 2:34.70 2:37.47
36.88 1:17.27 (40.39) 1:57.61 (40.34) 2:37.47 (39.86)

Event 7 Men 55-59 200 SC Meter Backstroke

1 Len Phoenix 58 Diss Otters 3:10.00 3:11.78
43.71 1:31.89 (48.18) 2:21.65 (49.76) 3:11.78 (50.13)
2 David Pitcock 59 Barnet Copthall 3:35.00 3:34.96
50.03 1:44.38 (54.35) 2:40.40 (56.02) 3:34.96 (54.56)

Event 7 Men 60-64 200 SC Meter Backstroke

1 Duncan Mc Creadie 62 Maidenhead 2:52.00 2:43.83
38.75 1:20.16 (41.41) 2:02.87 (42.71) 2:43.83 (40.96)
2 Ivan Myall 60 Chelmsford 2:45.00 2:43.96
38.59 1:19.06 (40.47) 2:01.29 (42.23) 2:43.96 (42.67)
3 Malcolm Munro 60 Acton 2:59.00 3:03.19
42.16 1:29.67 (47.51) 2:18.10 (48.43) 3:03.19 (45.09)

Event 7 Men 65-69 200 SC Meter Backstroke

1 Nigel Salisbury 67 Reading 3:10.05 3:08.73
43.09 1:30.71 (47.62) 2:20.26 (49.55) 3:08.73 (48.47)
2 David Staveley 65 Hythe Aqua 3:23.00 3:16.30
45.10 1:35.98 (50.88) 2:27.86 (51.88) 3:16.30 (48.44)
3 Bruce Thompson 65 Barnet Copthall 3:38.00 3:37.68
50.06 1:44.39 (54.33) 2:40.94 (56.55) 3:37.68 (56.74)
4 Paul Clarke 65 Luton 3:50.00 3:49.85
52.69 1:50.83 (58.14) 2:53.15 (1:02.32) 3:49.85 (56.70)

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1	Janos Leigh	73 Romford Town	4:02.00	3:52.28
	55.14	1:53.37 (58.23)	2:53.94 (1:00.57)	3:52.28 (58.34)
2	John Starr	73 Romford Town	3:52.00	3:54.20
	51.63	1:51.04 (59.41)	2:51.89 (1:00.85)	3:54.20 (1:02.31)
3	Richard Harding	74 Spencer	3:55.00	4:13.83
	54.06	1:57.86 (1:03.80)	3:06.27 (1:08.41)	4:13.83 (1:07.56)

Event 7 Men 75-79 200 SC Meter Backstroke

1	Robert Curr	78 Serpentine	5:20.00	5:08.70
	1:06.81	2:25.87 (1:19.06)	3:49.17 (1:23.30)	5:08.70 (1:19.53)

Event 8 Women 18-24 200 SC Meter IM

1	Jane Edmondson	24 Barnet Copthall	2:51.00	2:48.86
	35.21	1:20.43 (45.22)	2:09.43 (49.00)	2:48.86 (39.43)
2	Katie Summerfield	20 Kettering	3:20.00	3:15.66
	44.95	1:33.20 (48.25)	2:32.66 (59.46)	3:15.66 (43.00)

Event 8 Women 25-29 200 SC Meter IM

1	Jane Leighton	26 Otter	2:40.00	2:36.04
	37.23	1:18.40 (41.17)	2:00.60 (42.20)	2:36.04 (35.44)
2	Sachika Yamawaki	26 Barnet Copthall	2:37.80	2:37.87
	35.38	1:18.27 (42.89)	2:03.47 (45.20)	2:37.87 (34.40)
3	Lauren Edwards	28 Otter	2:46.00	2:44.07
	35.05	1:17.13 (42.08)	2:05.42 (48.29)	2:44.07 (38.65)
4	Lucy Mullan	27 Camden Swiss Cottage S.C.	2:54.00	2:49.79
	34.91	1:19.99 (45.08)	2:11.10 (51.11)	2:49.79 (38.69)
5	Sarah Clark	29 Aylesbury & District	3:30.00	3:08.21
	39.31	1:29.70 (50.39)	2:24.91 (55.21)	3:08.21 (43.30)

Event 8 Women 30-34 200 SC Meter IM

1	Gina Hobson	30 Otter	2:45.00	2:36.14
	31.81	1:11.24 (39.43)	2:01.33 (50.09)	2:36.14 (34.81)
2	Tracy Fairweather	32 Berkhamsted Sports Centre	2:47.00	2:49.45
	35.63	1:18.30 (42.67)	2:09.48 (51.18)	2:49.45 (39.97)

Event 8 Women 35-39 200 SC Meter IM

1	Ana Grilo	38 Barnet Copthall	2:35.00	2:35.79
	35.69	1:15.80 (40.11)	2:03.44 (47.64)	2:35.79 (32.35)

Event 8 Women 40-44 200 SC Meter IM

1	Angela Wilson	42 Maidenhead	2:46.00	2:40.62
	35.02	1:15.60 (40.58)	2:05.67 (50.07)	2:40.62 (34.95)
2	Hannah Ueckermann	44 Witham Dolphins	3:00.50	2:54.86
	39.16	1:27.26 (48.10)	2:14.50 (47.24)	2:54.86 (40.36)
3	Dina Thornton	44 Diss Otters	3:01.87	3:02.59
	38.50	1:26.93 (48.43)	2:19.41 (52.48)	3:02.59 (43.18)
4	Jacqueline Farrow	43 Kettering	4:30.65	4:12.66
	1:04.24	2:13.32 (1:09.08)	3:18.27 (1:04.95)	4:12.66 (54.39)

Event 8 Women 45-49 200 SC Meter IM

1	Judy Hattle	47 Carlisle Masters	2:40.98	2:40.40
	34.75	1:17.15 (42.40)	2:03.99 (46.84)	2:40.40 (36.41)
2	Carolyn Riley	46 Cleethorpes & District	2:55.00	2:54.60
	37.34	1:25.55 (48.21)	2:14.37 (48.82)	2:54.60 (40.23)
3	Linda Brown	49 Spencer	3:20.00	2:59.24
	38.23	1:26.69 (48.46)	2:19.09 (52.40)	2:59.24 (40.15)
4	Jacqueline Patel	47 Kings Cormorants	3:28.00	3:25.59
	47.50	1:47.75 (1:00.25)	2:38.77 (51.02)	3:25.59 (46.82)
5	Lesley Davies	47 Otter	3:40.00	3:31.80
	49.09	1:45.63 (56.54)	2:43.64 (58.01)	3:31.80 (48.16)

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Event 8 Women 50-54 200 SC Meter IM

1	Jayne Ball	53	Barnet Copthall	3:05.00	3:02.92
	40.05	1:30.96 (50.91)	2:23.73 (52.77)	3:02.92 (39.19)	
2	Christine Ayers	54	City of Milton Keynes	3:20.74	3:19.84
	44.51	1:37.52 (53.01)	2:34.29 (56.77)	3:19.84 (45.55)	
3	Karen Brown	52	Hammersmith Penguins	4:46.21	4:51.47
	1:09.80	2:14.42 (1:04.62)	3:47.36 (1:32.94)	4:51.47 (1:04.11)	
4	Helen O' Leary	53	N.A.C. Masters (Ireland)	5:17.00	6:00.56
	1:26.39	3:17.21 (1:50.82)	4:54.53 (1:37.32)	6:00.56 (1:06.03)	

Event 8 Women 55-59 200 SC Meter IM

1	Julie Crayford	59	C L A M S	3:20.00	3:18.88
	44.05	1:37.47 (53.42)	2:33.01 (55.54)	3:18.88 (45.87)	
2	Sally Lelean	56	Diss Otters	4:02.98	4:14.75
	1:04.06	2:07.85 (1:03.79)	3:14.18 (1:06.33)	4:14.75 (1:00.57)	

Event 8 Women 60-64 200 SC Meter IM

1	Rita Egan	63	Beavers Masters Bedford	4:50.00	5:01.13
	1:05.27	2:36.97 (1:31.70)	3:51.84 (1:14.87)	5:01.13 (1:09.29)	

Event 8 Women 75-79 200 SC Meter IM

---	Jane Asher	76	Kings Cormorants	3:35.00	<u>DQ 1 hand touch Brst turn</u>
	52.48	1:51.12 (58.64)	2:57.68 (1:06.56)	DQ (47.05)	

Event 9 Men 25-29 200 SC Meter IM

1	David Roberts	26	Birmingham Masters	2:22.00	2:14.98
	28.28	1:05.59 (37.31)	1:43.46 (37.87)	2:14.98 (31.52)	
2	David Gelb	26	Barnet Copthall	2:19.50	2:21.92
	30.97	1:06.86 (35.89)	1:47.18 (40.32)	2:21.92 (34.74)	
3	Alexander Chklar	26	Spencer	2:27.00	2:27.73
	31.40	1:10.87 (39.47)	1:52.72 (41.85)	2:27.73 (35.01)	
4	Alistair Mac Donald	27	Barnet Copthall	2:50.00	3:07.77
	38.54	1:32.86 (54.32)	2:24.60 (51.74)	3:07.77 (43.17)	

Event 9 Men 30-34 200 SC Meter IM

1	Neil Mc Mahon	33	Otter	2:22.15	2:17.31
	29.43	1:04.50 (35.07)	1:44.02 (39.52)	2:17.31 (33.29)	

Event 9 Men 35-39 200 SC Meter IM

1	Mark Salway	39	Haywards Heath	2:23.00	2:23.56
	30.27	1:07.30 (37.03)	1:50.08 (42.78)	2:23.56 (33.48)	
2	Andy Cook	39	Dorking	2:45.00	2:38.36
	32.24	1:12.45 (40.21)	2:01.65 (49.20)	2:38.36 (36.71)	
3	Julian Littleton	37	Bicester Blue Fins	2:40.00	2:39.14
	32.23	1:14.43 (42.20)	2:01.74 (47.31)	2:39.14 (37.40)	
4	Chris Hendren	35	Aylesbury & District	2:45.00	2:42.41
	31.86	1:17.61 (45.75)	2:04.63 (47.02)	2:42.41 (37.78)	
5	Rafal Kasperski	35	Bushey	2:42.16	2:42.78
	36.09	1:17.83 (41.74)	2:06.72 (48.89)	2:42.78 (36.06)	

Event 9 Men 40-44 200 SC Meter IM

1	Kevin Lief	40	Barnet Copthall	2:45.00	2:44.91
	35.01	1:19.85 (44.84)	2:05.23 (45.38)	2:44.91 (39.68)	
2	Mark Nowell	44	Diss Otters	3:02.00	2:58.43
	38.19	1:28.15 (49.96)	2:21.19 (53.04)	2:58.43 (37.24)	

Event 9 Men 45-49 200 SC Meter IM

1	Kevin Binns	45	Bushey	2:52.00	2:46.44
	35.27	1:21.41 (46.14)	2:09.62 (48.21)	2:46.44 (36.82)	
2	Colin Leiper	48	Birmingham Masters	2:41.00	2:51.83
	33.35	1:19.51 (46.16)	2:13.67 (54.16)	2:51.83 (38.16)	
3	Philip Collins	45	Out to Swim	2:55.00	2:56.05
	38.82	1:23.74 (44.92)	2:13.02 (49.28)	2:56.05 (43.03)	
4	Peter Brown	45	Anaconda Cally Masters	3:10.00	3:03.99
	41.43	1:26.24 (44.81)	2:20.34 (54.10)	3:03.99 (43.65)	

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1	Thomas Morrow	51	City of Milton Keynes	2:49.00	2:49.32
	37.63	1:23.69 (46.06)	2:08.66 (44.97)	2:49.32 (40.66)	

Event 9 Men 55-59 200 SC Meter IM

1	Stuart Mc Lellan	58	Sudbury & District	3:00.00	2:57.99
	39.21	1:25.53 (46.32)	2:18.57 (53.04)	2:57.99 (39.42)	

Event 9 Men 60-64 200 SC Meter IM

1	Andy Wilson	61	Birmingham Masters	2:58.00	3:00.93
	40.33	1:29.77 (49.44)	2:22.33 (52.56)	3:00.93 (38.60)	
2	Derek Parr	63	Broomfield Park	3:10.00	3:01.88
	35.58	1:25.16 (49.58)	2:22.95 (57.79)	3:01.88 (38.93)	

Event 9 Men 65-69 200 SC Meter IM

1	Tony Cherrington	65	Gloucester Masters	3:05.00	<u>British Record</u> 2:57.74
	36.87	1:22.48 (45.61)	2:18.72 (56.24)	2:57.74 (39.02)	
2	Bill Letch	67	Exmouth S & L S S	3:00.00	3:02.72
	38.92	1:27.29 (48.37)	2:21.66 (54.37)	3:02.72 (41.06)	
3	Keith Ingram	67	Birmingham Masters	3:07.71	3:04.70
	38.41	1:29.67 (51.26)	2:24.58 (54.91)	3:04.70 (40.12)	

Event 9 Men 70-74 200 SC Meter IM

1	Paul Alvarez	73	Romford Town	3:36.09	3:42.34
	49.97	1:47.50 (57.53)	2:49.29 (1:01.79)	3:42.34 (53.05)	

Event 10 Women 18-24 400 SC Meter IM

1	Jane Edmondson	24	Barnet Copthall	6:05.00	5:54.06
	37.53	1:20.72 (43.19)	2:07.90 (47.18)	2:53.45 (45.55)	
	3:43.07 (49.62)	4:33.49 (50.42)	5:14.39 (40.90)	5:54.06 (39.67)	

Event 10 Women 25-29 400 SC Meter IM

1	Sarah Botting	28	Croydon Amphibians	5:57.00	5:48.52
	38.16	1:22.06 (43.90)	2:06.77 (44.71)	2:53.63 (46.86)	
	3:38.99 (45.36)	4:26.54 (47.55)	5:08.88 (42.34)	5:48.52 (39.64)	

Event 10 Women 30-34 400 SC Meter IM

1	Tracy Fairweather	32	Berkhamsted Sports Centre	5:55.00	5:52.82
	36.94	1:19.79 (42.85)	2:05.55 (45.76)	2:51.58 (46.03)	
	3:42.98 (51.40)	4:34.22 (51.24)	5:14.32 (40.10)	5:52.82 (38.50)	

---	Gabriela De La Cerda Guzman	31	Out to Swim	NT	X7:23.82
	44.58	1:38.10 (53.52)	2:32.11 (54.01)	3:31.79 (59.68)	
	4:31.65 (59.86)	5:30.71 (59.06)	6:29.41 (58.70)	7:23.82 (54.41)	

Event 10 Women 35-39 400 SC Meter IM

1	Ana Grilo	38	Barnet Copthall	5:25.00	5:26.73
	36.70	1:17.86 (41.16)	2:00.01 (42.15)	2:41.47 (41.46)	
	3:29.53 (48.06)	4:16.49 (46.96)	4:51.87 (35.38)	5:26.73 (34.86)	
2	Claire Palfrey	38	Bexley	6:00.00	6:00.89
	40.15	1:25.36 (45.21)	2:13.54 (48.18)	3:00.27 (46.73)	
	3:50.14 (49.87)	4:40.81 (50.67)	5:22.07 (41.26)	6:00.89 (38.82)	

Event 10 Women 40-44 400 SC Meter IM

1	Dawn Midmer	40	Haywards Heath	6:20.00	6:14.40
	39.94	1:28.88 (48.94)	2:15.61 (46.73)	3:03.29 (47.68)	
	3:56.94 (53.65)	4:53.04 (56.10)	5:34.16 (41.12)	6:14.40 (40.24)	

Event 10 Women 45-49 400 SC Meter IM

1	Jacqueline Patel	47	Kings Cormorants	7:19.00	7:06.45
	46.46	1:41.39 (54.93)	2:43.98 (1:02.59)	3:45.01 (1:01.03)	
	4:39.42 (54.41)	5:33.11 (53.69)	6:21.23 (48.12)	7:06.45 (45.22)	

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Event 10 Women 50-54 400 SC Meter IM

1	Amanda Heath	50	Spencer	5:52.50	<u>British Record</u>	6:02.17
	39.09	1:21.31 (42.22)	2:11.03 (49.72)	3:00.62 (49.59)		
	3:49.60 (48.98)	4:39.10 (49.50)	5:21.61 (42.51)	6:02.17 (40.56)		
2	Kathy Bidnall	52	Haywards Heath	6:55.00		6:35.85
	40.27	1:28.72 (48.45)	2:17.62 (48.90)	3:05.66 (48.04)		
	4:03.49 (57.83)	5:02.40 (58.91)	5:50.12 (47.72)	6:35.85 (45.73)		

Event 10 Women 55-59 400 SC Meter IM

1	Julie Crayford	59	C L A M S	7:00.00		6:53.79
	42.80	1:35.42 (52.62)	2:31.77 (56.35)	3:26.49 (54.72)		
	4:23.04 (56.55)	5:20.82 (57.78)	6:08.99 (48.17)	6:53.79 (44.80)		

Event 10 Women 60-64 400 SC Meter IM

1	Pat Jackson	60	East Anglian Swallowtails	7:00.00		7:06.58
	44.90	1:36.66 (51.76)	2:30.44 (53.78)	3:24.85 (54.41)		
	4:24.54 (59.69)	5:26.27 (1:01.73)	6:16.25 (49.98)	7:06.58 (50.33)		

Event 10 Women 75-79 400 SC Meter IM

1	Jane Asher	76	Kings Cormorants	7:40.00		7:44.36
	55.96	1:58.34 (1:02.38)	2:56.66 (58.32)	3:55.22 (58.56)		
	5:01.96 (1:06.74)	6:57.27 (1:55.31)	8:02.85 (1:05.58)	7:44.36 ()		

Event 11 Men 25-29 400 SC Meter IM

1	Alex Thurston	26	Nottingham Leander	4:48.30		4:47.95
	28.82	1:03.30 (34.48)	1:40.60 (37.30)	2:18.16 (37.56)		
	2:59.17 (41.01)	3:41.00 (41.83)	4:15.17 (34.17)	4:47.95 (32.78)		
2	David Holland	26	Burntwood	5:00.87		5:09.19
	32.49	1:09.93 (37.44)	1:48.56 (38.63)	2:27.29 (38.73)		
	3:12.26 (44.97)	3:57.43 (45.17)	4:34.13 (36.70)	5:09.19 (35.06)		

Event 11 Men 30-34 400 SC Meter IM

1	Daniel Wedge	32	Rochford & District	5:11.51		5:29.05
	34.97	1:14.88 (39.91)	1:57.29 (42.41)	2:39.68 (42.39)		
	3:26.98 (47.30)	4:14.38 (47.40)	4:52.70 (38.32)	5:29.05 (36.35)		

Event 11 Men 35-39 400 SC Meter IM

1	Andy Cook	39	Dorking	5:43.00		5:48.66
	34.23	1:13.77 (39.54)	2:01.21 (47.44)	2:48.42 (47.21)		
	3:39.63 (51.21)	4:32.07 (52.44)	5:11.55 (39.48)	5:48.66 (37.11)		
2	Rafal Kasperski	35	Bushey	5:15.27		5:59.11
	37.23	1:24.56 (47.33)	2:09.57 (45.01)	2:55.30 (45.73)		
	3:48.30 (53.00)	4:41.22 (52.92)	5:21.16 (39.94)	5:59.11 (37.95)		

Event 11 Men 40-44 400 SC Meter IM

1	Matthew Gomez	41	City of Oxford	5:30.00		5:25.99
	32.81	1:11.45 (38.64)	1:54.93 (43.48)	2:38.52 (43.59)		
	3:24.46 (45.94)	4:10.53 (46.07)	4:48.79 (38.26)	5:25.99 (37.20)		
2	Martyn Andrews	41	Hinckley	5:35.60		5:27.81
	34.93	1:14.53 (39.60)	1:56.34 (41.81)	2:38.09 (41.75)		
	3:24.35 (46.26)	4:11.59 (47.24)	4:50.40 (38.81)	5:27.81 (37.41)		
3	Kevin Lief	40	Barnet Copthall	6:00.00		5:52.20
	36.45	1:21.13 (44.68)	2:09.16 (48.03)	2:56.36 (47.20)		
	3:44.09 (47.73)	4:31.74 (47.65)	5:12.98 (41.24)	5:52.20 (39.22)		
4	Matthew James	41	Cleethorpes & District	6:30.00		6:30.14
	41.14	1:31.97 (50.83)	2:28.03 (56.06)	3:24.22 (56.19)		
	4:14.69 (50.47)	5:05.94 (51.25)	5:49.73 (43.79)	6:30.14 (40.41)		

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1	Adam Lelean	45	Diss Otters	6:00.41	5:49.09
	37.57	1:20.19 (42.62)	2:08.40 (48.21)	2:55.26 (46.86)	
	3:45.43 (50.17)	4:36.86 (51.43)	5:12.85 (35.99)	5:49.09 (36.24)	
2	Matthew Stone	45	Croydon Amphibians	6:00.00	5:55.14
	36.58	1:19.48 (42.90)	2:07.84 (48.36)	2:54.51 (46.67)	
	3:44.92 (50.41)	4:36.27 (51.35)	5:16.36 (40.09)	5:55.14 (38.78)	
3	Philip Collins	45	Out to Swim	6:20.00	6:15.29
	40.24	1:27.67 (47.43)	2:16.46 (48.79)	3:05.23 (48.77)	
	3:56.69 (51.46)	4:47.74 (51.05)	5:32.74 (45.00)	6:15.29 (42.55)	

Event 11 Men 55-59 400 SC Meter IM

1	Stuart Mc Lellan	58	Sudbury & District	6:30.00	6:28.02
	40.84	1:27.50 (46.66)	2:19.34 (51.84)	3:11.29 (51.95)	
	4:07.49 (56.20)	5:03.48 (55.99)	5:46.78 (43.30)	6:28.02 (41.24)	

Event 11 Men 60-64 400 SC Meter IM

1	Derek Parr	63	Broomfield Park	6:55.00	6:27.21
	41.19	1:25.18 (43.99)	2:18.81 (53.63)	3:12.23 (53.42)	
	4:09.49 (57.26)	5:06.49 (57.00)	5:49.39 (42.90)	6:27.21 (37.82)	
2	Lawrence Faiman	60	Barnet Copthall	7:55.00	8:14.27
	54.27	1:55.80 (1:01.53)	3:06.33 (1:10.53)	4:15.05 (1:08.72)	
	5:20.35 (1:05.30)	6:25.81 (1:05.46)	7:21.36 (55.55)	8:14.27 (52.91)	

Event 11 Men 65-69 400 SC Meter IM

1	Paul Clarke	65	Luton	7:59.00	7:59.53
	55.96	1:56.18 (1:00.22)	3:03.41 (1:07.23)	4:04.26 (1:00.85)	
	5:06.77 (1:02.51)	6:09.56 (1:02.79)	7:06.28 (56.72)	7:59.53 (53.25)	

Event 11 Men 70-74 400 SC Meter IM

1	Paul Alvarez	73	Romford Town	7:50.83	8:03.20
	54.76	1:58.66 (1:03.90)	2:59.52 (1:00.86)	4:02.25 (1:02.73)	
	5:06.15 (1:03.90)	6:12.54 (1:06.39)	7:08.26 (55.72)	8:03.20 (54.94)	

Event 11 Men 75-79 400 SC Meter IM

1	Basil Gell	76	Bedford Masters	8:55.00	8:46.50
	1:13.50	2:34.99 (1:21.49)	3:43.15 (1:08.16)	4:47.63 (1:04.48)	
	5:53.68 (1:06.05)	7:02.50 (1:08.82)	7:56.93 (54.43)	8:46.50 (49.57)	
2	Robert Curr	78	Serpentine	11:00.00	11:07.95
	1:08.88	2:37.42 (1:28.54)	4:10.64 (1:33.22)	5:31.57 (1:20.93)	
	6:56.66 (1:25.09)	8:24.70 (1:28.04)	9:48.08 (1:23.38)	11:07.95 (1:19.87)	

Event 12 Women 18-24 100 SC Meter Backstroke

1	Laura Johnson	24	Birmingham Masters	1:19.35	1:21.33
	39.08	1:21.33 (42.25)			
2	Chloe Williams*	19	Canvey Island	1:23.97	1:25.92
	41.58	1:25.92 (44.34)			

Event 12 Women 25-29 100 SC Meter Backstroke

1	Sarah Parnell	27	Bournemouth Dolphins	1:40.00	1:26.96
	42.93	1:26.96 (44.03)			

Event 12 Women 30-34 100 SC Meter Backstroke

1	Shona Pineda	30	Acton	1:40.33	1:42.95
	52.24	1:42.95 (50.71)			

Event 12 Women 40-44 100 SC Meter Backstroke

1	Susan Green	44	Ruislip & Northwood	1:45.00	1:38.75
	47.99	1:38.75 (50.76)			
2	Jacqueline Farrow	43	Kettering	2:14.07	2:08.50
	1:02.24	2:08.50 (1:06.26)			

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1	Linda Callaway	45	Bracknell & Wokingham	1:32.00	1:30.90
	43.95	1:30.90	(46.95)		
2	Janet Obeney-Williams	45	Anaconda Cally Masters	2:10.00	2:31.44
	1:15.57	2:31.44	(1:15.87)		

Event 12 Women 50-54 100 SC Meter Backstroke

1	Jackie Hughes	54	Lindum Mink	1:41.46	1:43.85
	51.24	1:43.85	(52.61)		
2	Karen Brown	52	Hammersmith Penguins	1:57.29	1:58.23
	57.58	1:58.23	(1:00.65)		

Event 12 Women 55-59 100 SC Meter Backstroke

1	Sally Lelean	56	Diss Otters	1:55.00	1:59.40
	58.65	1:59.40	(1:00.75)		

Event 12 Women 60-64 100 SC Meter Backstroke

1	Elaine Blower	62	Barnet Copthall	1:37.00	1:33.90
	45.75	1:33.90	(48.15)		

Event 12 Women 80-84 100 SC Meter Backstroke

1	Susan Halter	80	Camden Swiss Cottage S.C.	2:22.00	2:18.97
	1:05.99	2:18.97	(1:12.98)		

Event 13 Men 25-29 100 SC Meter Backstroke

1	David Gelb	26	Barnet Copthall	1:04.00	1:05.06
	32.08	1:05.06	(32.98)		
2	Anthony Lee	26	City of Milton Keynes	1:09.85	1:07.18
	31.93	1:07.18	(35.25)		
3	Andrew Jennison	26	Anaconda Cally Masters	1:11.00	1:13.18
	34.69	1:13.18	(38.49)		
4	James Bugg	25	Kettering	1:20.00	1:30.79
	42.30	1:30.79	(48.49)		

Event 13 Men 30-34 100 SC Meter Backstroke

1	Karl Buchholtz	30	Reading	1:08.00	1:05.25
	32.09	1:05.25	(33.16)		
2	Joe Twyman	30	Barnet Copthall	1:07.50	1:07.14
	33.30	1:07.14	(33.84)		
3	Carl Mellor	32	Birmingham Masters	1:15.00	1:09.73
	33.49	1:09.73	(36.24)		

Event 13 Men 35-39 100 SC Meter Backstroke

1	Andy Cook	39	Dorking	1:15.00	1:15.85
	36.93	1:15.85	(38.92)		

Event 13 Men 40-44 100 SC Meter Backstroke

1	Tony Pepper	40	Acton	1:16.00	1:12.90
	35.65	1:12.90	(37.25)		
2	Martin Hawley	43	Ealing	1:19.13	1:16.66
	37.69	1:16.66	(38.97)		

Event 13 Men 45-49 100 SC Meter Backstroke

1	John Rittenhouse	49	Barnet Copthall	1:09.00	1:09.23
	33.93	1:09.23	(35.30)		
2	Peter Brown	45	Anaconda Cally Masters	1:30.00	1:25.66
	41.92	1:25.66	(43.74)		

Event 13 Men 50-54 100 SC Meter Backstroke

1	Graham Powell	51	Luton	1:08.90	1:09.34
	33.13	1:09.34	(36.21)		

Event 13 Men 55-59 100 SC Meter Backstroke

1	Len Phoenix	58	Diss Otters	1:24.00	1:26.00
	41.97	1:26.00	(44.03)		

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2	Graham Pearson	55	Carlisle Masters	1:35.21	1:31.60
	45.54	1:31.60	(46.06)		
3	David Pitcock	59	Barnet Copthall	1:42.00	1:38.41
	47.75	1:38.41	(50.66)		
4	Charles Conlon	57	Dorking	1:45.00	1:47.98
	52.28	1:47.98	(55.70)		

Event 13 Men 60-64 100 SC Meter Backstroke

1	Duncan Mc Creadie	62	Maidenhead	1:22.00	1:18.43
	38.37	1:18.43	(40.06)		
2	Ivan Myall	60	Chelmsford	1:18.00	1:18.63
	37.87	1:18.63	(40.76)		
2	Malcolm Munro	60	Acton	1:23.00	1:18.63
	38.13	1:18.63	(40.50)		

Event 13 Men 65-69 100 SC Meter Backstroke

1	Tony Cherrington	65	Gloucester Masters	1:23.00	1:22.96
	39.92	1:22.96	(43.04)		
2	Nigel Salsbury	67	Reading	1:28.00	1:26.70
	41.59	1:26.70	(45.11)		
3	David Staveley	65	Hythe Aqua	1:30.97	1:27.75
	43.18	1:27.75	(44.57)		
4	Bill Letch	67	Exmouth S & L S S	1:32.00	1:28.04
	43.76	1:28.04	(44.28)		
---	Bruce Thompson	65	Barnet Copthall	1:40.00	<u>DQ off back at finish</u>
	47.95	DQ	(52.84)		

Event 13 Men 70-74 100 SC Meter Backstroke

1	Janos Leigh	73	Romford Town	1:51.00	1:47.19
	52.83	1:47.19	(54.36)		
2	John Starr	73	Romford Town	1:46.00	1:49.58
	52.33	1:49.58	(57.25)		
3	Richard Harding	74	Spencer	1:50.00	1:52.34
	53.72	1:52.34	(58.62)		

Event 14 Women 18-24 200 SC Meter Freestyle

1	Abigail Pinnick	23	Barnet Copthall	2:37.50	2:32.13
	35.77	1:16.15	(40.38)	1:54.30	(38.15)
				2:32.13	(37.83)
2	Laura Johnson	24	Birmingham Masters	2:42.45	2:43.93
	36.21	1:17.35	(41.14)	2:00.73	(43.38)
				2:43.93	(43.20)
3	Chloe Williams*	19	Canvey Island		<u>British Record (S14) 2:46.47</u>
	38.99	1:21.85	(42.86)	2:05.93	(44.08)
				2:46.47	(40.54)
4	Katie Summerfield	20	Kettering	2:52.96	2:49.17
	38.21	1:21.06	(42.85)	2:05.69	(44.63)
				2:49.17	(43.48)

Event 14 Women 25-29 200 SC Meter Freestyle

1	Paula Wood	29	Ealing	2:10.49	2:13.68
	32.05	1:06.59	(34.54)	1:40.92	(34.33)
				2:13.68	(32.76)
2	Sachika Yamawaki	26	Barnet Copthall	2:16.50	2:18.38
	32.51	1:08.64	(36.13)	1:44.35	(35.71)
				2:18.38	(34.03)
3	Lucy Mullan	27	Camden Swiss Cottage S.C.	2:32.00	2:29.85
	34.61	1:12.66	(38.05)	1:51.45	(38.79)
				2:29.85	(38.40)
4	Lauren Edwards	28	Otter	2:28.00	2:30.33
	34.39	1:12.65	(38.26)	1:51.60	(38.95)
				2:30.33	(38.73)
5	Sarah Parnell	27	Bournemouth Dolphins	2:35.00	2:38.54
	38.29	1:19.23	(40.94)	2:00.00	(40.77)
				2:38.54	(38.54)
6	Gina Charleton	25	Orpington Ojays	2:55.00	2:46.07
	38.86	1:20.73	(41.87)	2:04.06	(43.33)
				2:46.07	(42.01)
7	Diana Kennedy	29	Bethnal Green (Sharks)	2:45.00	2:50.01
	37.10	1:20.29	(43.19)	2:06.09	(45.80)
				2:50.01	(43.92)

Masters Distance Meet – Saturday 21st and Sunday 22nd July 2007**Event 14 Women 30-34 200 SC Meter Freestyle**

1	Katie Nimmo	31 Gloucester Masters	2:19.80	2:14.37
	31.67	1:06.20 (34.53)	1:41.26 (35.06)	2:14.37 (33.11)
2	Gina Hobson	30 Otter	2:20.00	2:19.00
	32.72	1:08.82 (36.10)	1:44.62 (35.80)	2:19.00 (34.38)
3	Kay Jones	34 City of Milton Keynes	2:28.00	2:35.55
	34.32	1:12.16 (37.84)	1:52.82 (40.66)	2:35.55 (42.73)
4	Niki Gill	33 Gloucester Masters	3:10.14	3:00.84
	40.66	1:25.27 (44.61)	2:13.44 (48.17)	3:00.84 (47.40)
5	Shona Pineda	30 Acton	3:05.00	3:26.83
	47.09	1:38.93 (51.84)	2:33.56 (54.63)	3:26.83 (53.27)

Event 14 Women 35-39 200 SC Meter Freestyle

1	Ana Grilo	38 Barnet Copthall	2:15.00	2:12.86
	32.00	1:06.48 (34.48)	1:40.61 (34.13)	2:12.86 (32.25)
2	Jane Mc Menemy	39 Otter	2:16.00	2:17.66
	31.74	1:06.57 (34.83)	1:42.14 (35.57)	2:17.66 (35.52)
3	Tracey Kain	37 Acton	2:41.25	2:43.26
	36.85	1:17.99 (41.14)	2:00.81 (42.82)	2:43.26 (42.45)

Event 14 Women 40-44 200 SC Meter Freestyle

1	Helen Gray	41 Dartford District	2:29.82	2:26.13
	33.80	1:10.82 (37.02)	1:48.32 (37.50)	2:26.13 (37.81)
2	Dina Thornton	44 Diss Otters	2:45.86	2:48.72
	38.58	1:20.68 (42.10)	2:05.41 (44.73)	2:48.72 (43.31)
3	Hannah Ueckermann	44 Witham Dolphins	3:05.50	3:06.56
	43.36	1:31.27 (47.91)	2:18.48 (47.21)	3:06.56 (48.08)
4	Dawn Pretty	43 Diss Otters	3:18.55	3:14.01
	39.82	1:26.04 (46.22)	2:20.15 (54.11)	3:14.01 (53.86)
5	Jacqueline Farrow	43 Kettering	3:54.92	3:48.94
	50.06	1:47.07 (57.01)	2:48.67 (1:01.60)	3:48.94 (1:00.27)

Event 14 Women 45-49 200 SC Meter Freestyle

1	Margaret Smith	49 City of Milton Keynes	2:26.00	2:29.54
	34.10	1:12.13 (38.03)	1:50.59 (38.46)	2:29.54 (38.95)
2	Linda Brown	49 Spencer	2:45.00	2:35.00
	35.82	1:15.10 (39.28)	1:55.17 (40.07)	2:35.00 (39.83)
3	Carolyn Riley	46 Cleethorpes & District	2:38.00	2:38.56
	35.27	1:15.00 (39.73)	1:57.18 (42.18)	2:38.56 (41.38)
4	Lesley Cook	49 Romford Town	2:57.60	2:52.50
	39.20	1:22.19 (42.99)	2:08.09 (45.90)	2:52.50 (44.41)
5	Jacqueline Patel	47 Kings Cormorants	2:56.00	2:57.29
	40.60	1:26.18 (45.58)	2:13.22 (47.04)	2:57.29 (44.07)
6	Sharon Mc Lellan	49 Sudbury & District	3:00.00	2:58.51
	42.34	1:27.58 (45.24)	2:13.50 (45.92)	2:58.51 (45.01)
7	Oonagh Gormley	49 Out to Swim	3:33.00	3:33.21
	49.03	1:44.00 (54.97)	2:39.13 (55.13)	3:33.21 (54.08)
8	Janet Obeney-Williams	45 Anaconda Cally Masters	3:48.00	3:51.01
	50.52	1:49.25 (58.73)	2:50.74 (1:01.49)	3:51.01 (1:00.27)

Event 14 Women 50-54 200 SC Meter Freestyle

1	Amanda Heath	50 Spencer	2:33.50	2:33.58
	35.21	1:13.96 (38.75)	1:54.00 (40.04)	2:33.58 (39.58)
2	Jayne Ball	53 Barnet Copthall	2:32.00	2:38.90
	36.58	1:16.49 (39.91)	1:57.51 (41.02)	2:38.90 (41.39)
3	Ruth Lowe	50 Burntwood	2:44.84	2:42.88
	37.31	1:18.32 (41.01)	2:01.31 (42.99)	2:42.88 (41.57)
4	Claire Moore	52 Bracknell & Wokingham	2:45.00	2:48.15
	38.60	1:20.96 (42.36)	2:05.08 (44.12)	2:48.15 (43.07)
5	Christine Gillard	51 Newark	2:56.32	3:02.26
	39.48	1:26.06 (46.58)	2:15.57 (49.51)	3:02.26 (46.69)
6	Susan Green	51 Camden Swiss Cottage S.C.	3:21.00	3:19.62
	45.35	1:36.44 (51.09)	2:28.06 (51.62)	3:19.62 (51.56)

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1	Elaine Blower	62	Barnet Copthall	3:00.00	2:58.81
	42.48	1:28.49 (46.01)	2:14.70 (46.21)	2:58.81 (44.11)	
2	Diane Ford	64	Rushmoor Royals	3:20.00	3:31.41
	47.85	1:43.01 (55.16)	2:39.38 (56.37)	3:31.41 (52.03)	

Event 14 Women 65-69 200 SC Meter Freestyle

1	Ann Broomfield	65	St Albans Masters	4:15.06	4:18.18
	58.46	2:06.04 (1:07.58)	3:13.27 (1:07.23)	4:18.18 (1:04.91)	

Event 14 Women 75-79 200 SC Meter Freestyle

1	Jane Asher	76	Kings Cormorants	3:00.00	3:01.12
	42.55	1:29.68 (47.13)	2:16.16 (46.48)	3:01.12 (44.96)	

Event 15 Men 18-24 200 SC Meter Freestyle

1	Tom Wildridge	23	Nottingham Leander	1:57.71	1:57.72
	26.62	56.19 (29.57)	1:26.60 (30.41)	1:57.72 (31.12)	

Event 15 Men 25-29 200 SC Meter Freestyle

1	Simon Harvey	26	Reading	2:10.00	2:09.68
	29.25	1:01.24 (31.99)	1:34.98 (33.74)	2:09.68 (34.70)	
2	Alistair Mac Donald	27	Barnet Copthall	2:35.00	2:41.54
	35.85	1:15.67 (39.82)	1:58.19 (42.52)	2:41.54 (43.35)	

Event 15 Men 30-34 200 SC Meter Freestyle

1	Joe Twyman	30	Barnet Copthall	2:10.00	2:12.62
	30.16	1:04.40 (34.24)	1:39.44 (35.04)	2:12.62 (33.18)	
2	Adam Foreman	34	Barnet Copthall	2:35.00	2:28.56
	32.11	1:08.70 (36.59)	1:48.02 (39.32)	2:28.56 (40.54)	
3	Nicola Carniato	31	Camden Swiss Cottage S.C.	2:47.98	2:38.59
	36.11	1:15.63 (39.52)	1:57.38 (41.75)	2:38.59 (41.21)	

Event 15 Men 35-39 200 SC Meter Freestyle

1	Mark Salway	39	Haywards Heath	2:05.00	2:08.71
	28.58	1:01.71 (33.13)	1:35.68 (33.97)	2:08.71 (33.03)	
2	Stephen Irwin	36	Kingston Royals	2:13.00	2:10.15
	29.94	1:02.58 (32.64)	1:36.43 (33.85)	2:10.15 (33.72)	
3	Peter Kavanagh	37	Camden Swiss Cottage S.C.	2:35.86	2:37.96
	35.73	1:15.82 (40.09)	1:57.64 (41.82)	2:37.96 (40.32)	
4	John O'Rourke	38	Luton	2:50.14	2:46.73
	38.74	1:21.80 (43.06)	2:05.30 (43.50)	2:46.73 (41.43)	

Event 15 Men 40-44 200 SC Meter Freestyle

1	Matthew Gomez	41	City of Oxford	2:14.00	2:12.71
	29.60	1:03.01 (33.41)	1:38.20 (35.19)	2:12.71 (34.51)	
2	Andrew Gristwood	43	Cleethorpes & District	2:11.40	2:12.72
	30.79	1:04.68 (33.89)	1:38.93 (34.25)	2:12.72 (33.79)	
3	Andy Byrne	44	Luton	2:16.00	2:14.73
	30.29	1:04.42 (34.13)	1:40.13 (35.71)	2:14.73 (34.60)	
4	Tony Pepper	40	Acton	2:29.00	2:20.55
	30.56	1:05.12 (34.56)	1:42.76 (37.64)	2:20.55 (37.79)	
5	Steve Coe	44	Thetford Dolphins	2:22.17	2:26.50
	33.58	1:10.91 (37.33)	1:49.97 (39.06)	2:26.50 (36.53)	
6	Mark Nowell	44	Diss Otters	2:36.00	2:34.88
	35.65	1:15.32 (39.67)	1:56.14 (40.82)	2:34.88 (38.74)	

Event 15 Men 45-49 200 SC Meter Freestyle

1	Colin Leiper	48	Birmingham Masters	2:18.00	2:25.55
	32.47	1:09.80 (37.33)	1:47.62 (37.82)	2:25.55 (37.93)	

Event 15 Men 50-54 200 SC Meter Freestyle

1	Peter Iles	54	City of Milton Keynes	2:40.00	2:32.62
	34.58	1:13.20 (38.62)	1:52.76 (39.56)	2:32.62 (39.86)	
2	Martin Appleby	54	Barnet Copthall	2:42.60	2:40.64
	36.90	1:17.06 (40.16)	1:58.65 (41.59)	2:40.64 (41.99)	

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3	Adrian Morton	50	Camden Swiss Cottage S.C.	3:34.51	3:26.12
	43.86	1:37.42 (53.56)	2:34.70 (57.28)	3:26.12 (51.42)	

Event 15 Men 55-59 200 SC Meter Freestyle

1	Stuart Mc Lellan	58	Sudbury & District	2:35.00	2:33.83
	35.97	1:15.09 (39.12)	1:55.34 (40.25)	2:33.83 (38.49)	
2	Charles Conlon	57	Dorking	3:20.00	3:07.93
	41.41	1:31.43 (50.02)	2:21.44 (50.01)	3:07.93 (46.49)	

Event 15 Men 60-64 200 SC Meter Freestyle

1	Ivan Myall	60	Chelmsford	2:25.00	2:29.88
	35.69	1:14.11 (38.42)	1:53.18 (39.07)	2:29.88 (36.70)	
2	Andy Wilson	61	Birmingham Masters	2:28.00	2:32.04
	35.19	1:13.31 (38.12)	1:53.52 (40.21)	2:32.04 (38.52)	

Event 15 Men 65-69 200 SC Meter Freestyle

1	Geoff Stokes	68	Rushmoor Royals	2:29.55	2:33.82
	35.00	1:14.49 (39.49)	1:55.18 (40.69)	2:33.82 (38.64)	

Event 15 Men 70-74 200 SC Meter Freestyle

1	John Starr	73	Romford Town	3:20.00	3:25.56
	46.50	1:37.64 (51.14)	2:31.43 (53.79)	3:25.56 (54.13)	
2	Richard Harding	74	Spencer	3:50.00	4:08.57
	51.99	1:57.85 (1:05.86)	3:05.07 (1:07.22)	4:08.57 (1:03.50)	

Event 15 Men 75-79 200 SC Meter Freestyle

1	Robert Curr	78	Serpentine	5:00.00	5:00.31
	1:04.23	2:23.75 (1:19.52)	3:44.72 (1:20.97)	5:00.31 (1:15.59)	

Event 16 Women 25-29 200 SC Meter Butterfly

1	Elizabeth Mc Kinnon	27	Borough of Southend	2:35.00	2:38.37
	34.69	1:14.82 (40.13)	1:56.60 (41.78)	2:38.37 (41.77)	
2	Alison Beard	28	Bournemouth Dolphins	3:01.12	2:48.44
	37.56	1:20.22 (42.66)	2:03.89 (43.67)	2:48.44 (44.55)	
3	Sarah Botting	28	Croydon Amphibians	2:54.00	2:56.62
	39.49	1:24.15 (44.66)	2:10.47 (46.32)	2:56.62 (46.15)	

Event 16 Women 30-34 200 SC Meter Butterfly

1	Michelle Senecal	30	Otter	2:32.50	2:43.52
	34.27	1:12.75 (38.48)	1:55.14 (42.39)	2:43.52 (48.38)	
2	Nari Lawrey	30	Camden Swiss Cottage S.C.	2:51.09	2:50.96
	39.45	1:23.05 (43.60)	2:06.75 (43.70)	2:50.96 (44.21)	
3	Tracy Fairweather	32	Berkhamsted Sports Centre	2:55.00	2:52.16
	37.48	1:20.91 (43.43)	2:07.25 (46.34)	2:52.16 (44.91)	

Event 16 Women 35-39 200 SC Meter Butterfly

1	Ana Grilo	38	Barnet Copthall	2:35.00	2:31.46
	36.34	1:16.86 (40.52)	1:54.95 (38.09)	2:31.46 (36.51)	

Event 16 Women 40-44 200 SC Meter Butterfly

1	Sandra Jones	43	Gloucester Masters	2:48.00	2:45.36
	37.12	1:19.75 (42.63)	2:03.45 (43.70)	2:45.36 (41.91)	

Event 16 Women 45-49 200 SC Meter Butterfly

1	Judy Hattle	47	Carlisle Masters	2:37.37	2:37.43
	37.09	1:16.37 (39.28)	1:57.80 (41.43)	2:37.43 (39.63)	
2	Linda Brown	49	Spencer	3:20.00	2:58.21
	38.77	1:23.32 (44.55)	2:11.45 (48.13)	2:58.21 (46.76)	
3	Jacqueline Patel	47	Kings Cormorants	3:43.00	3:39.71
	47.93	1:44.17 (56.24)	2:42.46 (58.29)	3:39.71 (57.25)	

Event 16 Women 50-54 200 SC Meter Butterfly

1	Christine Gillard	51	Newark	3:55.16	3:47.53
	48.96	1:47.61 (58.65)	2:48.47 (1:00.86)	3:47.53 (59.06)	

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2 Helen O' Leary 53 N.A.C. Masters (Ireland) 5:50.00 6:25.43
1:32.62 3:17.86 (1:45.24) 4:54.12 (1:36.26) 6:25.43 (1:31.31)

Event 16 Women 55-59 200 SC Meter Butterfly

1 Julie Crayford 59 C L A M S 3:40.00 3:33.46
44.61 1:39.00 (54.39) 2:37.87 (58.87) 3:33.46 (55.59)

Event 16 Women 60-64 200 SC Meter Butterfly

1 Judy Wilson 63 Birmingham Masters 3:30.00 3:25.22
44.65 1:38.41 (53.76) 2:32.68 (54.27) 3:25.22 (52.54)
2 Pat Jackson 60 East Anglian Swallowtails 3:30.00 3:33.37
45.89 1:39.99 (54.10) 2:35.80 (55.81) 3:33.37 (57.57)

Event 17 Men 25-29 200 SC Meter Butterfly

1 Florian Koebele 28 Univ. of London Swimming Team 2:25.00 2:16.37
29.40 1:04.13 (34.73) 1:39.35 (35.22) 2:16.37 (37.02)
2 Robert Williams 28 Otter 2:28.00 2:29.93
34.30 1:13.71 (39.41) 1:52.47 (38.76) 2:29.93 (37.46)

Event 17 Men 30-34 200 SC Meter Butterfly

1 Daniel Wedge 32 Rochford & District 2:42.00 2:49.26
35.66 1:17.65 (41.99) 2:02.55 (44.90) 2:49.26 (46.71)
2 Patrick Corkery 34 N.A.C. Masters (Ireland) 3:10.34 3:12.41
37.14 1:25.31 (48.17) 2:18.45 (53.14) 3:12.41 (53.96)

Event 17 Men 35-39 200 SC Meter Butterfly

1 Duncan Hartley 39 Barnet Copthall 2:35.90 2:32.22
33.49 1:11.44 (37.95) 1:51.74 (40.30) 2:32.22 (40.48)
2 Rafal Kasperski 35 Bushey 2:38.23 3:00.88
37.68 1:24.68 (47.00) 2:12.70 (48.02) 3:00.88 (48.18)

Event 17 Men 45-49 200 SC Meter Butterfly

1 Dale Barker 45 Stowmarket 2:40.00 2:42.38
34.22 1:14.78 (40.56) 1:58.18 (43.40) 2:42.38 (44.20)

Event 17 Men 50-54 200 SC Meter Butterfly

1 Thomas Morrow 51 City of Milton Keynes 2:49.00 2:55.38
40.48 1:25.48 (45.00) 2:10.96 (45.48) 2:55.38 (44.42)

Event 17 Men 60-64 200 SC Meter Butterfly

1 Derek Parr 63 Broomfield Park 2:55.00 2:45.69
38.31 1:21.64 (43.33) 2:05.21 (43.57) 2:45.69 (40.48)

Event 17 Men 65-69 200 SC Meter Butterfly

1 Bill Letch 67 Exmouth S & L S S 3:05.00 3:08.46
41.93 1:30.94 (49.01) 2:21.03 (50.09) 3:08.46 (47.43)
2 Keith Ingram 67 Birmingham Masters 3:30.71 3:29.22
42.84 1:36.02 (53.18) 2:36.94 (1:00.92) 3:29.22 (52.28)

Event 18 Women 18-24 100 SC Meter Butterfly

1 Jane Edmondson 24 Barnet Copthall 1:16.50 1:17.56
35.52 1:17.56 (42.04)

Event 18 Women 25-29 100 SC Meter Butterfly

1 Alison Beard 28 Bournemouth Dolphins 1:15.12 1:14.12
34.32 1:14.12 (39.80)
2 Lucy Mullan 27 Camden Swiss Cottage S.C. 1:18.00 1:15.52
35.38 1:15.52 (40.14)

Event 18 Women 30-34 100 SC Meter Butterfly

1 Katie Nimmo 31 Gloucester Masters 1:12.30 1:09.77
33.86 1:09.77 (35.91)
2 Gina Hobson 30 Otter 1:14.00 1:13.30
33.58 1:13.30 (39.72)

Masters Distance Meet – Saturday 21st and Sunday 22nd July 2007**Event 18 Women 35-39 100 SC Meter Butterfly**

1	Ana Grilo	38	Barnet Copthall	1:11.00	1:09.91
	34.15	1:09.91	(35.76)		
2	Jane Mc Menemy	39	Otter	1:12.00	1:12.40
	33.56	1:12.40	(38.84)		

Event 18 Women 40-44 100 SC Meter Butterfly

1	Sandra Jones	43	Gloucester Masters	1:12.70	1:12.30
	34.55	1:12.30	(37.75)		
2	Angela Wilson	42	Maidenhead	1:15.00	1:13.85
	35.05	1:13.85	(38.80)		
3	Susan Green	44	Ruislip & Northwood	1:40.00	1:35.01
	42.52	1:35.01	(52.49)		

Event 18 Women 45-49 100 SC Meter Butterfly

1	Carolyn Riley	46	Cleethorpes & District	1:23.00	1:24.28
	38.78	1:24.28	(45.50)		
---	Janet Obeney-Williams	45	Anaconda Cally Masters	2:10.00	<u>DQ</u>
	1:11.56	DQ	(16.19)		

Event 18 Women 50-54 100 SC Meter Butterfly

1	Christine Gillard	51	Newark	1:48.65	1:42.99
	45.78	1:42.99	(57.21)		

Event 19 Men 25-29 100 SC Meter Butterfly

1	Florian Koebele	28	Univ. of London Swimming Team	1:00.00	59.45
	27.14	59.45	(32.31)		
2	Alex Thurston	26	Nottingham Leander	59.45	1:00.71
	28.47	1:00.71	(32.24)		
3	David Roberts	26	Birmingham Masters	1:02.85	1:00.87
	28.26	1:00.87	(32.61)		
4	Alexander Chklar	26	Spencer	1:04.00	1:06.85
	31.01	1:06.85	(35.84)		
5	Simon Harvey	26	Reading	1:07.00	1:07.47
	31.80	1:07.47	(35.67)		

Event 19 Men 30-34 100 SC Meter Butterfly

1	Karl Buchholtz	30	Reading	1:03.00	1:05.54
	29.91	1:05.54	(35.63)		
2	Luke Muir	30	Windsor	1:08.00	1:07.82
	32.05	1:07.82	(35.77)		
3	Patrick Corkery	34	N.A.C. Masters (Ireland)	1:16.00	1:20.99
	35.50	1:20.99	(45.49)		

Event 19 Men 35-39 100 SC Meter Butterfly

1	Duncan Hartley	39	Barnet Copthall	1:05.90	1:06.11
	31.03	1:06.11	(35.08)		
2	Dave Read	35	Hartham Masters	1:06.00	1:06.51
	30.93	1:06.51	(35.58)		

Event 19 Men 40-44 100 SC Meter Butterfly

1	Steve Coe	44	Thetford Dolphins	1:15.45	1:16.87
	35.42	1:16.87	(41.45)		

Event 19 Men 45-49 100 SC Meter Butterfly

1	Adam Lelean	45	Diss Otters	1:14.59	1:15.68
	35.60	1:15.68	(40.08)		
2	Jim Hunt	49	Birmingham Masters	1:44.00	1:31.18
	42.12	1:31.18	(49.06)		

Event 19 Men 50-54 100 SC Meter Butterfly

1	Graham Powell	51	Luton	1:05.70	1:07.51
	31.46	1:07.51	(36.05)		
2	Peter Iles	54	City of Milton Keynes	1:20.00	1:21.99
	37.49	1:21.99	(44.50)		

Masters Distance Meet – Saturday 21st and Sunday 22nd July 2007**Event 19 Men 60-64 100 SC Meter Butterfly**

1	Derek Parr	63	Broomfield Park	1:14.00	1:12.48
	34.21	1:12.48	(38.27)		

Event 19 Men 65-69 100 SC Meter Butterfly

1	Bill Letch	67	Exmouth S & L S S	1:20.00	1:22.02
	37.83	1:22.02	(44.19)		
2	Keith Ingram	67	Birmingham Masters	1:25.78	1:24.23
	38.19	1:24.23	(46.04)		
3	David Staveley	65	Hythe Aqua	1:36.00	1:37.53
	45.12	1:37.53	(52.41)		

Event 19 Men 70-74 100 SC Meter Butterfly

1	Paul Alvarez	73	Romford Town	1:45.37	1:43.30
	47.37	1:43.30	(55.93)		

Event 20 Women 25-29 200 SC Meter Breaststroke

1	Jane Leighton	26	Otter	2:50.00	2:49.07
	39.00	1:21.95	(42.95)	2:05.94	(43.99)
				2:49.07	(43.13)
2	Sarah Botting	28	Croydon Amphibians	2:58.50	2:57.96
	42.33	1:27.98	(45.65)	2:13.68	(45.70)
				2:57.96	(44.28)

Event 20 Women 30-34 200 SC Meter Breaststroke

1	Gina Hobson	30	Otter	3:30.00	3:07.72
	43.20	1:31.54	(48.34)	2:21.15	(49.61)
				3:07.72	(46.57)

Event 20 Women 35-39 200 SC Meter Breaststroke

1	Tracey Kain	37	Acton	3:23.49	3:14.58
	45.93	1:34.45	(48.52)	2:24.31	(49.86)
				3:14.58	(50.27)

Event 20 Women 40-44 200 SC Meter Breaststroke

1	Elizabeth Shaw	41	Otter	3:08.00	3:07.87
	44.65	1:32.58	(47.93)	2:20.61	(48.03)
				3:07.87	(47.26)
2	Sandra Jones	43	Gloucester Masters	3:12.00	3:11.33
	43.79	1:32.34	(48.55)	2:22.09	(49.75)
				3:11.33	(49.24)
3	Dawn Pretty	43	Diss Otters	3:31.83	3:31.73
	47.48	1:41.34	(53.86)	2:38.03	(56.69)
				3:31.73	(53.70)
4	Jacqueline Farrow	43	Kettering	4:21.83	4:09.77
	56.68	2:00.64	(1:03.96)	3:06.93	(1:06.29)
				4:09.77	(1:02.84)

Event 20 Women 45-49 200 SC Meter Breaststroke

1	Lesley Davies	47	Otter	3:53.16	3:46.69
	52.53	1:49.60	(57.07)	2:47.53	(57.93)
				3:46.69	(59.16)

Event 20 Women 50-54 200 SC Meter Breaststroke

1	Amanda Heath	50	Spencer	2:59.95	3:02.66
	41.97	1:28.18	(46.21)	2:15.15	(46.97)
				3:02.66	(47.51)
2	Jackie Hughes	54	Lindum Mink	3:35.00	3:30.52
	48.32	1:42.12	(53.80)	2:36.95	(54.83)
				3:30.52	(53.57)
3	Susan Green	51	Camden Swiss Cottage S.C.	4:00.00	4:02.71
	56.89	1:58.70	(1:01.81)	3:02.36	(1:03.66)
				4:02.71	(1:00.35)
4	Helen O' Leary	53	N.A.C. Masters (Ireland)	5:33.00	6:24.59
	1:33.42	3:14.43	(1:41.01)	4:51.91	(1:37.48)
				6:24.59	(1:32.68)

Event 20 Women 55-59 200 SC Meter Breaststroke

1	Sally Lelean	56	Diss Otters	4:04.74	4:09.86
	58.17	2:01.60	(1:03.43)	3:06.23	(1:04.63)
				4:09.86	(1:03.63)

Event 20 Women 60-64 200 SC Meter Breaststroke

1	Elaine Blower	62	Barnet Copthall	4:20.00	4:07.18
	55.93	1:57.92	(1:01.99)	3:02.45	(1:04.53)
				4:07.18	(1:04.73)
2	Rita Egan	63	Beavers Masters Bedford	4:25.00	4:42.03
	1:03.62	2:16.84	(1:13.22)	3:30.93	(1:14.09)
				4:42.03	(1:11.10)

Masters Distance Meet – Saturday 21st and Sunday 22nd July 2007**Event 21 Men 25-29 200 SC Meter Breaststroke**

1	Alexander Chklar	26	Spencer	2:40.00	2:39.80
	36.89	1:16.64	(39.75)	1:58.01	(41.37)
		2:39.80	(41.79)		
2	Robert Williams	28	Otter	2:38.00	2:44.08
	37.23	1:20.36	(43.13)	2:02.06	(41.70)
		2:44.08	(42.02)		

Event 21 Men 30-34 200 SC Meter Breaststroke

1	Adam Freer	30	Camden Swiss Cottage S.C.	2:54.04	2:53.29
	40.48	1:23.59	(43.11)	2:08.08	(44.49)
		2:53.29	(45.21)		

Event 21 Men 35-39 200 SC Meter Breaststroke

1	Stephen Irwin	36	Kingston Royals	2:48.00	2:45.03
	37.38	1:19.03	(41.65)	2:02.24	(43.21)
		2:45.03	(42.79)		
2	Mark Salway	39	Haywards Heath	2:44.00	2:46.55
	37.04	1:19.04	(42.00)	2:02.83	(43.79)
		2:46.55	(43.72)		

Event 21 Men 40-44 200 SC Meter Breaststroke

1	Kevin Lief	40	Barnet Copthall	2:56.50	2:57.91
	39.98	1:25.27	(45.29)	2:11.70	(46.43)
		2:57.91	(46.21)		
2	Matthew James	41	Cleethorpes & District	3:05.00	3:08.67
	42.58	1:30.44	(47.86)	2:19.74	(49.30)
		3:08.67	(48.93)		

Event 21 Men 45-49 200 SC Meter Breaststroke

1	Philip Collins	45	Out to Swim	2:55.00	3:02.01
	39.92	1:25.76	(45.84)	2:12.82	(47.06)
		3:02.01	(49.19)		
2	Bill Gristwood	48	Hartham Masters	3:30.00	3:21.37
	45.60	1:37.88	(52.28)	2:31.16	(53.28)
		3:21.37	(50.21)		

Event 21 Men 50-54 200 SC Meter Breaststroke

1	Thomas Morrow	51	City of Milton Keynes	2:56.00	2:56.60
	42.31	1:27.39	(45.08)	2:12.50	(45.11)
		2:56.60	(44.10)		
2	Robert Steel	50	Nottingham	3:08.00	3:06.02
	41.83	1:29.60	(47.77)	2:18.28	(48.68)
		3:06.02	(47.74)		
---	Adrian Morton	50	Camden Swiss Cottage S.C.	3:35.00	<u>DQ Incorrect leg action</u>
	50.99	1:49.46	(58.47)	2:50.19	(1:00.73)
		DQ	(59.96)		<u>(Screw kick)</u>

Event 21 Men 60-64 200 SC Meter Breaststroke

1	Duncan Mc Creadie	62	Maidenhead	3:25.00	3:08.33
	42.60	1:30.50	(47.90)	2:19.62	(49.12)
		3:08.33	(48.71)		
2	Malcolm Munro	60	Acton	3:25.00	3:14.56
	43.58	1:33.27	(49.69)	2:24.62	(51.35)
		3:14.56	(49.94)		

Event 21 Men 65-69 200 SC Meter Breaststroke

1	Paul Clarke	65	Luton	3:50.00	3:52.82
	52.88	1:53.59	(1:00.71)	2:54.15	(1:00.56)
		3:52.82	(58.67)		

Event 21 Men 70-74 200 SC Meter Breaststroke

1	Paul Alvarez	73	Romford Town	3:48.40	3:51.35
	52.45	1:52.62	(1:00.17)	2:54.69	(1:02.07)
		3:51.35	(56.66)		

Event 21 Men 75-79 200 SC Meter Breaststroke

1	Robert Curr	78	Serpentine	5:20.00	5:12.77
	1:07.52	2:29.31	(1:21.79)	3:53.10	(1:23.79)
		5:12.77	(1:19.67)		

Event 22 Women 18-24 100 SC Meter Freestyle

1	Katie Summerfield	20	Kettering	1:20.00	1:20.37
	38.80	1:20.37	(41.57)		

Event 22 Women 25-29 100 SC Meter Freestyle

1	Alison Beard	28	Bournemouth Dolphins	1:09.10	1:07.32
	32.59	1:07.32	(34.73)		
2	Sarah Parnell	27	Bournemouth Dolphins	1:12.00	1:12.53
	35.48	1:12.53	(37.05)		
3	Sachika Yamawaki	26	Barnet Copthall	1:12.20	1:14.18
	36.90	1:14.18	(37.28)		

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4	Laura Mynard	25	City of Milton Keynes	1:10.40	1:16.34
	36.04	1:16.34	(40.30)		
5	Diana Kennedy	29	Bethnal Green (Sharks)	1:18.00	1:18.03
	37.16	1:18.03	(40.87)		

Event 22 Women 30-34 100 SC Meter Freestyle

1	Kay Jones	34	City of Milton Keynes	1:09.26	1:11.59
	34.35	1:11.59	(37.24)		
2	Niki Gill	33	Gloucester Masters	1:25.61	1:22.26
	40.03	1:22.26	(42.23)		
3	Shona Pineda	30	Acton	1:29.06	1:30.94
	43.58	1:30.94	(47.36)		

Event 22 Women 35-39 100 SC Meter Freestyle

1	Ana Grilo	38	Barnet Copthall	1:02.00	1:02.18
	30.77	1:02.18	(31.41)		
2	Tracey Kain	37	Acton	1:15.70	1:16.03
	36.43	1:16.03	(39.60)		

Event 22 Women 40-44 100 SC Meter Freestyle

1	Helen Gray	41	Dartford District	1:07.96	1:08.01
	32.73	1:08.01	(35.28)		
2	Elizabeth Shaw	41	Otter	1:09.00	1:11.60
	34.96	1:11.60	(36.64)		
3	Dina Thornton	44	Diss Otters	1:16.14	1:16.82
	36.87	1:16.82	(39.95)		
4	Susan Green	44	Ruislip & Northwood	1:20.00	1:19.24
	38.10	1:19.24	(41.14)		
5	Dawn Pretty	43	Diss Otters	1:19.21	1:20.81
	37.86	1:20.81	(42.95)		

Event 22 Women 45-49 100 SC Meter Freestyle

1	Carolyn Riley	46	Cleethorpes & District	1:12.00	1:12.72
	34.77	1:12.72	(37.95)		

Event 22 Women 50-54 100 SC Meter Freestyle

1	Christine Gillard	51	Newark	1:18.62	1:20.49
	37.86	1:20.49	(42.63)		

Event 22 Women 65-69 100 SC Meter Freestyle

1	Ann Broomfield	65	St Albans Masters	2:00.00	2:02.65
	58.81	2:02.65	(1:03.84)		

Event 22 Women 80-84 100 SC Meter Freestyle

1	Susan Halter	80	Camden Swiss Cottage S.C.	2:08.00	2:10.17
	1:01.18	2:10.17	(1:08.99)		

Event 23 Men 18-24 100 SC Meter Freestyle

1	Tom Wildridge	23	Nottingham Leander	53.52	53.12
	25.52	53.12	(27.60)		

Event 23 Men 25-29 100 SC Meter Freestyle

1	David Roberts	26	Birmingham Masters	53.40	54.56
	26.35	54.56	(28.21)		
2	Alex Thurston	26	Nottingham Leander	54.21	54.85
	26.39	54.85	(28.46)		
3	Florian Koebele	28	Univ. of London Swimming Team	56.00	55.81
	26.57	55.81	(29.24)		
4	John Knowles	29	Windsor	57.50	56.86
	26.73	56.86	(30.13)		
5	David Gelb	26	Barnet Copthall	56.40	57.59
	27.87	57.59	(29.72)		
6	Simon Harvey	26	Reading	58.30	58.99
	28.75	58.99	(30.24)		

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7	Richard Addis	27	Windsor	1:00.00	1:00.26
	28.86	1:00.26	(31.40)		
8	Andrew Jennison	26	Anaconda Cally Masters	1:05.00	1:03.71
	31.00	1:03.71	(32.71)		
9	Rammy Elsaadany	25	Univ. of London Swimming Team	1:07.00	1:06.18
	31.23	1:06.18	(34.95)		

Event 23 Men 30-34 100 SC Meter Freestyle

1	Karl Buchholtz	30	Reading	54.99	55.03
	26.54	55.03	(28.49)		
2	Joe Twyman	30	Barnet Copthall	59.50	59.68
	28.69	59.68	(30.99)		
3	Luke Muir	30	Windsor	1:00.00	1:03.67
	29.90	1:03.67	(33.77)		
4	Adam Foreman	34	Barnet Copthall	1:09.00	1:05.66
	31.98	1:05.66	(33.68)		
5	Patrick Corkery	34	N.A.C. Masters (Ireland)	1:04.20	1:06.60
	31.20	1:06.60	(35.40)		
6	Adam Freer	30	Camden Swiss Cottage S.C.	1:04.44	1:07.29
	31.63	1:07.29	(35.66)		
7	Nicola Carniato	31	Camden Swiss Cottage S.C.	1:09.09	1:09.80
	32.89	1:09.80	(36.91)		

Event 23 Men 35-39 100 SC Meter Freestyle

1	Dave Read	35	Hartham Masters	59.00	59.00
	28.31	59.00	(30.69)		
2	John O'Rourke	38	Luton	1:14.73	1:16.72
	36.35	1:16.72	(40.37)		

Event 23 Men 40-44 100 SC Meter Freestyle

1	Andrew Gristwood	43	Cleethorpes & District	59.99	1:01.80
	29.81	1:01.80	(31.99)		
2	Tony Pepper	40	Acton	1:03.00	1:01.93
	29.65	1:01.93	(32.28)		
3	Steve Coe	44	Thetford Dolphins	1:05.19	1:06.16
	31.72	1:06.16	(34.44)		
4	Mark Nowell	44	Diss Otters	1:08.00	1:07.92
	32.69	1:07.92	(35.23)		
5	Julian Parker	42	Barnet Copthall	1:06.00	1:09.91
	33.20	1:09.91	(36.71)		

Event 23 Men 45-49 100 SC Meter Freestyle

1	Bill Gristwood	48	Hartham Masters	1:20.00	1:23.00
	40.13	1:23.00	(42.87)		

Event 23 Men 50-54 100 SC Meter Freestyle

1	Peter Iles	54	City of Milton Keynes	1:10.00	1:08.92
	32.86	1:08.92	(36.06)		
2	Martin Appleby	54	Barnet Copthall	1:14.00	1:13.51
	36.18	1:13.51	(37.33)		
3	Adrian Morton	50	Camden Swiss Cottage S.C.	1:45.00	1:31.88
	43.91	1:31.88	(47.97)		

Event 23 Men 55-59 100 SC Meter Freestyle

1	David Pitcock	59	Barnet Copthall	1:23.00	1:24.20
	39.87	1:24.20	(44.33)		

Event 23 Men 60-64 100 SC Meter Freestyle

1	Ivan Myall	60	Chelmsford	1:06.00	1:07.67
	32.74	1:07.67	(34.93)		
2	Derek Parr	63	Broomfield Park	1:14.00	1:11.38
	34.52	1:11.38	(36.86)		

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Event 23 Men 65-69 100 SC Meter Freestyle

1	Bill Letch		67	Exmouth S & L S S	1:07.00	1:08.39
		32.72				1:08.39 (35.67)
2	David Staveley		65	Hythe Aqua	1:15.00	1:16.74
		36.83				1:16.74 (39.91)

Event 23 Men 70-74 100 SC Meter Freestyle

1	Janos Leigh		73	Romford Town	1:35.80	1:40.16
		47.46				1:40.16 (52.70)