



**Event 401 Mens 18-24 400 Metre Freestyle**

1	Samuel Milne	24	Trafford Met	4:31.77	30.21	1:02.93	1:37.18	2:11.46	2:46.93	3:21.93	3:57.74	4:31.77
2	Jacob Duncan	18	Nairn	4:38.23	31.10	1:05.41	1:41.42	2:17.08	2:53.81	3:29.67	4:05.83	4:38.23
3	Nathan Kennedy	21	Livingston	4:56.78	32.59	1:08.37	1:46.07	2:24.04	3:02.56	3:41.14	4:19.75	4:56.78
4	Ryan Kaczmarek	21	Banff&Buchan	6:01.14	37.96	1:23.11	2:09.02	2:55.91	3:42.05	4:29.95	5:15.88	6:01.14

**Event 401 Mens 25-29 400 Metre Freestyle**

1	Gregory Bird	28	Northampton	4:14.83	29.40	1:00.72	1:33.27	2:05.60	2:38.56	3:10.96	3:43.62	4:14.83
2	William Jolly	26	Newcastle	4:28.63	30.64	1:03.67	1:38.71	2:13.12	2:48.21	3:22.32	3:57.29	4:28.63
3	Alastair Honey	28	Silver City	4:37.01	30.99	1:06.53	1:41.82	2:17.96	2:52.56	3:28.15	4:02.61	4:37.01
4	Adam Warner	27	Barnet Copt	4:44.37	30.22	1:04.55	1:39.78	2:16.38	2:53.10	3:30.49	4:07.53	4:44.37
5	John Maclean	29	Silver City	4:46.33	32.53	1:08.75	1:45.11	2:22.12	2:57.93	3:34.87	4:10.93	4:46.33
6	Phil Harrison	27	Warrender Ba	4:46.68	31.41	1:06.41	1:42.33	2:19.27	2:56.27	3:33.61	4:11.11	4:46.68
7	Christopher Heaps	29	Newcastle	4:48.54	32.33	1:07.67	1:43.72	2:20.94	2:57.61	3:34.91	4:12.31	4:48.54
8	Murray Robb	28	Aberdeen	5:56.11	36.87	1:19.02	2:00.82	2:46.43	3:32.55	4:21.41	5:10.05	5:56.11

**Event 401 Mens 30-34 400 Metre Freestyle**

1	David Sutherland	30	Silver City	4:41.64	31.29	1:06.50	1:42.51	2:18.83	2:53.87	3:30.71	4:06.96	4:41.64
2	Nicolas Barber	33	Otter	4:43.23	31.36	1:06.73	1:42.16	2:18.43	2:54.27	3:30.88	4:07.21	4:43.23
3	Wade Rimbach	33	Otter	4:45.57	33.60	1:10.20	1:46.56	2:23.67	2:59.72	3:35.80	4:11.40	4:45.57

**Event 401 Mens 35-39 400 Metre Freestyle**

1	Paul Barnard	36	Trafford Met	4:17.85	29.85	1:03.18	1:36.60	2:09.77	2:42.24	3:14.50	3:46.95	4:17.85
2	Nick Valentine	36	Newcastle	4:29.68	30.62	1:03.87	1:37.83	2:12.35	2:46.96	3:21.95	3:56.20	4:29.68
3	Simon Dyson	38	Guildford Ct	4:49.72	33.51	1:09.62	1:47.57	2:24.88	3:02.65	3:39.68	4:16.22	4:49.72
4	Jonathan Matthews	38	Ren 96	4:57.14	33.28	1:10.39	1:48.48	2:26.83	3:04.63	3:41.96	4:20.29	4:57.14
5	James Mactavish	35	Co South'ton	4:58.87	34.82	1:13.58	1:52.70	2:32.00	3:09.74	3:47.38	4:23.66	4:58.87

**Event 401 Mens 40-44 400 Metre Freestyle**

1	Richard Stannard	43	Maidenhead	4:26.40	30.10	1:03.75	1:37.53	2:11.90	2:45.66	3:19.71	3:53.54	4:26.40
2	Andrew Wheeler	40	Silver City	4:47.17	33.97	1:10.32	1:48.46	2:26.09	3:01.32	3:36.57	4:12.78	4:47.17
3	David Daporta-Mendez	40	Out To Swim	4:48.23	33.48	1:10.17	1:47.09	2:24.36	3:01.43	3:38.08	4:14.21	4:48.23
4	Duncan Lip	43	Co South'ton	5:56.36	38.76	1:23.36	2:08.55	2:54.91	3:40.97	4:28.41	5:14.51	5:56.36

**Event 401 Mens 45-49 400 Metre Freestyle**

1	Colin Dupre	46	Glasgow Nmd	4:49.46	33.31	1:09.63	1:46.38	2:23.49	3:00.51	3:37.70	4:14.38	4:49.46
2	Ian Wallace	47	Brentwood	4:59.45	32.72	1:07.50	1:44.40	2:21.73	3:00.44	3:38.98	4:20.65	4:59.45
3	Philip Croxall	48	Colne	5:12.98	35.88	1:15.28	1:55.62	2:36.42	3:16.49	3:56.45	4:35.12	5:12.98
4	David Bell	46	Ards	5:33.22	35.96	1:17.58	2:01.07	2:44.77	3:29.40	4:13.00	4:56.59	5:33.22

**Event 401 Mens 50-54 400 Metre Freestyle**

1	Mark Reynolds	54	Barnet Copt	4:38.56	32.31	1:07.19	1:43.23	2:19.12	2:55.18	3:30.51	4:05.61	4:38.56
2	Erlend Alstad	50	IL Varg	4:39.62	31.59	1:07.37	1:42.56	2:19.01	2:54.37	3:30.12	4:05.56	4:39.62
3	Steve Metcalfe	50	Trafford Met	4:43.22	31.71	1:07.57	1:43.97	2:20.57	2:56.32	3:32.55	4:08.35	4:43.22
4	Julian Plumley	52	Newcastle	4:53.51	31.77	1:08.56	1:45.38	2:24.26	3:01.59	3:39.94	4:16.73	4:53.51
5	Colin Robbins	53	NoitmLeander	5:12.62	33.55	1:11.35	1:52.50	2:33.96	3:14.71	3:55.03	4:36.71	5:12.62
6	Andrew Gristwood	53	Cleethorpes	5:14.80	36.07	1:16.48	1:55.80	2:36.13	3:15.61	3:56.47	4:36.22	5:14.80
7	Mark Partridge	54	Sub 160	5:44.62	36.20	1:16.53	1:59.38	2:42.84	3:28.03	4:13.08	4:59.84	5:44.62





**Event 401 Mens 55-59 400 Metre Freestyle**

1	Mark Jones	57	Warrington M	5:01.71	35.16	1:12.97	1:51.63	2:30.38	3:08.59	3:47.24	4:25.51	5:01.71
2	Stephen Ham	55	Rochford	5:08.41	34.39	1:12.81	1:51.54	2:31.20	3:10.17	3:50.04	4:29.32	5:08.41
3	Brian Bain	57	Silver City	5:21.27	35.21	1:14.34	1:54.66	2:36.64	3:18.96	4:01.02	4:42.03	5:21.27
4	Gordon Coutts	57	Sudbury	5:26.82	35.68	1:14.84	1:55.27	2:36.46	3:18.20	4:00.92	4:44.56	5:26.82
5	Adam Lelean	55	Diss Otters	5:26.84	36.78	1:16.50	1:58.49	2:39.79	3:22.42	4:04.31		5:26.84
6	Robert Ho	59	Lrc	5:32.59	34.74	1:13.21	1:55.50	2:37.92	3:22.23	4:05.76	4:50.71	5:32.59
7	Patrick Allen	55	Guildford Ct	5:55.41	40.62	1:25.34	2:10.78	2:56.40	3:42.02	4:28.05	5:12.37	5:55.41

**Event 401 Mens 60-64 400 Metre Freestyle**

1	Eddie Riach	64	Milngavie &B	5:14.49	36.27	1:16.20	1:56.17	2:37.19	3:17.34	3:57.76	4:37.04	5:14.49
2	Nicholas Hunt	61	Chelmsford	6:09.86	41.19	1:27.42	2:14.67	3:02.21	3:50.87	4:37.67	5:25.41	6:09.86
3	Andrew Evans	62	Silver City	6:22.74	42.01	1:28.47	2:18.00	3:07.12	3:57.53	4:46.60	5:36.48	6:22.74
4	Robert Szmidt	61	Sth Ayrshire	7:00.24	42.70	1:35.00	2:29.15	3:24.85	4:19.47	5:13.77	6:09.15	7:00.24

**Event 401 Mens 65-69 400 Metre Freestyle**

1	Stuart McLellan	68	Sudbury	5:50.17	39.30	1:22.49	2:07.60	2:52.43	3:37.81	4:22.24	5:07.21	5:50.17
2	Ian Milne	66	Silver City	5:55.83	39.90	1:24.47	2:10.42	2:57.09	3:42.93	4:29.02	5:13.67	5:55.83
3	Brian Hosking	66	Dorking	6:04.51	41.03	1:27.79	2:14.88	3:02.50	3:50.45	4:37.44	5:22.93	6:04.51
4	Paul Partington	69	Wincanton	8:44.63	49.86	1:55.44	3:05.54	4:14.21	5:24.45	6:33.28	7:42.66	8:44.63

**Event 401 Mens 70-74 400 Metre Freestyle**

1	Tony Catterall	71	Colne	6:30.14	43.75	1:32.04	2:21.32	3:11.28	4:00.92	4:51.88	5:41.24	6:30.14
2	Derek Parr	73	Otter	6:38.87	44.56	1:34.13	2:25.46	3:17.02	4:09.09	5:00.35	5:51.89	6:38.87

**Event 401 Mens 75-79 400 Metre Freestyle**

1	Geoff Stokes	78	Spencer	6:38.80	45.24	1:34.30	2:25.56	3:18.10	4:10.45	5:02.35	5:52.74	6:38.80
2	Michael Read	76	Brighton	6:41.16	43.67	1:34.56	2:27.28	3:20.65	4:12.18	5:04.33	5:54.19	6:41.16
3	Sandy Galletly	75	Warrender Ba	7:12.97	48.04	1:42.97	2:39.33	3:34.99	4:30.37	5:25.32	6:19.94	7:12.97

**Event 401 Mens 80-84 400 Metre Freestyle**

1	Bill Moore	80	East Leeds	7:58.65	51.70	1:49.09	2:50.63	3:52.52	4:55.10	5:57.40	6:59.09	7:58.65
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**Event 402 Womens 18-24 400 Metre Freestyle**

1	Aimee Carter	23	Gloucester M	4:54.50	32.06	1:07.79	1:44.85	2:22.75	3:00.63	3:38.63	4:16.56	4:54.50
2	Sally Mair	19	Banff&Buchan	5:06.76	33.86	1:11.55	1:49.87	2:29.20	3:08.99	3:48.72	4:28.24	5:06.76
3	Coralie Arthur	22	Upper Deesid	5:30.58	34.88	1:15.44	1:56.75	2:39.39	3:22.17	4:05.81	4:48.87	5:30.58

**Event 402 Womens 25-29 400 Metre Freestyle**

1	Kelly McIntosh	28	Silver City	4:46.94	31.95	1:07.78	1:44.08	2:21.09	2:57.54	3:34.81	4:11.49	4:46.94
2	Jennifer Davis	26	Warrender Ba	4:46.97	31.62	1:06.70	1:42.66	2:19.97	2:56.71	3:34.45	4:11.38	4:46.97
3	Carly Fraser	25	Silver City	4:50.31	31.91	1:08.48	1:45.30	2:22.80	2:59.93	3:37.30	4:14.22	4:50.31
4	Catherine Demont	26	Otter	4:55.23	32.97	1:10.10	1:47.90	2:26.19	3:03.78	3:42.07	4:19.26	4:55.23
5	Emma Miles	29	Royal Navy	5:04.56	34.26	1:11.40	1:49.90	2:29.16	3:08.43	3:48.07	4:27.28	5:04.56
6	Sophie Liddament	25	Uea Norwich	5:06.62	35.02	1:13.06	1:52.05	2:31.61	3:10.86	3:50.13	4:28.88	5:06.62
7	Abigail Hucker	25	Otter	5:08.85	36.13	1:15.35	1:54.42	2:34.06	3:12.97	3:52.02	4:30.78	5:08.85
8	Camille Vrain	29	Otter	5:20.13	36.79	1:17.05	1:57.46	2:39.23	3:19.87	4:01.05	4:40.88	5:20.13
9	Samantha Crosby	27	Caradon	5:24.60	38.24	1:19.61	2:01.21	2:43.31	3:24.48	4:06.05	4:46.16	5:24.60
10	Rebecca Ewers	26	Co Coventry	5:37.47	37.72	1:19.37	2:02.09	2:45.84	3:28.65	4:12.46	4:54.90	5:37.47
11	Joanna Redman	27	Glasgow Wm	5:37.89	36.46	1:16.66	1:59.39	2:41.82	3:26.25	4:10.09	4:55.09	5:37.89
12	Jenny Brown	29	Silver City	5:53.04	39.54	1:23.58	2:08.97	2:54.94	3:40.84	5:52.88	5:11.90	5:53.04





**Event 402 Womens 30-34 400 Metre Freestyle**

1	Sophie Casson	32	Carnforth	4:23.39	29.80	1:01.97	1:35.65	2:09.10	2:42.79	3:16.39	3:50.51	4:23.39
2	Rachael Keir	31	Silver City	4:35.47	31.57	1:06.49	1:42.41	2:18.15	2:52.84	3:27.90	4:02.39	4:35.47
3	Lauren Willcox	31	Saxon Crown	4:45.17	31.92	1:06.98	1:43.35	2:20.08	2:56.79	3:32.94	4:09.96	4:45.17
4	Laura Bowden	30	Trafford Met	5:07.94	33.90	1:11.02	1:49.06	2:28.19	3:07.70	3:47.58	4:27.99	5:07.94
5	Kira Neal	33	Romford Town	5:10.89	34.43	1:12.46	1:51.14	2:31.14	3:10.75	3:51.44	4:31.39	5:10.89
6	Danielle Ryan	32	Black Lion	5:23.36	36.79	1:17.37	1:58.42	2:40.11	3:21.45	4:03.11	4:44.47	5:23.36
7	Laura Davies	34	Swadlincote	5:29.98	36.62	1:16.55	1:58.24	2:40.42	3:22.41	4:05.20	4:48.78	5:29.98
8	Lindsay Roy	31	Huntly	5:39.70	36.37	1:17.73	2:00.55	2:43.98	3:27.98	4:12.54	4:57.26	5:39.70
9	Sally Ball	31	Stafford Apex	6:00.82	39.82	1:23.44	2:09.80	2:55.76	3:43.44	4:29.66	5:16.26	6:00.82
10	Carolyn Dawe	32	Manch Tri	6:02.97	39.97	1:24.40	2:10.70	2:57.45	3:44.38	4:30.78	5:18.01	6:02.97

**Event 402 Womens 35-39 400 Metre Freestyle**

1	Sarah Hempenstall	39	G B Police	5:14.53	34.99	1:13.10	1:52.73	2:32.66	3:13.16	3:53.48	4:34.68	5:14.53
2	Vicky Macrae	39	Heart Of Mid	5:20.34	37.36	1:17.61	1:59.64	2:40.71	3:21.11	4:01.05	4:41.95	5:20.34
3	Laura McPherson	36	Aberdeen	5:20.58	35.45	1:15.79	1:56.40	2:37.84	3:18.26	4:00.36	4:41.37	5:20.58
4	Katherine Stevens	35	Saxon Crown	5:43.26	37.32	1:20.01	2:03.92	2:49.18	3:33.76	4:19.08	5:02.97	5:43.26
5	Debbie Robertson	37	Inverness	5:55.42	40.20	1:23.81	2:09.62	2:54.80	3:40.63	4:26.00	5:12.08	5:55.42
6	Brenda Healy	36	Marlins	5:55.89	37.93	1:19.60	2:04.25	2:49.96	3:36.58	4:23.67	5:11.04	5:55.89
7	Anita Weidmann	39	Silver City	6:16.72	41.65	1:29.25	2:16.78	3:05.63	3:53.97	4:42.74	5:30.62	6:16.72

**Event 402 Womens 40-44 400 Metre Freestyle**

1	Kelly Dughmosh	40	Co Coventry	4:46.45	33.55	1:09.79	1:45.47	2:21.28	2:57.89	3:34.41	4:11.27	4:46.45
2	Jessica Wooddisse	42	Sub 160	4:56.76	33.88	1:10.81	1:48.02	2:25.98	3:03.50	3:41.89	4:19.66	4:56.76
3	Janet McLean	44	Carnegie	5:02.62	34.98	1:11.73	1:50.43	2:28.47	3:07.63	3:46.07	4:25.14	5:02.62
4	Christine Johnson	43	Carnforth	5:03.48	33.95	1:11.00	1:49.28	2:27.90	3:07.26	3:46.62	4:26.08	5:03.48
5	Karin Moore	43	Mid Sussex	5:16.14	36.22	1:15.49	1:56.73	2:37.53	3:18.92	3:58.73	4:38.66	5:16.14
6	Karin Lockhoff	42	Amersham	5:17.73	36.98	1:16.69	1:58.67	2:39.71	3:21.00	4:01.08	4:41.22	5:17.73
7	Laura Shields	43	Scotia	5:21.61	35.12	1:14.12	1:55.30	2:36.30	3:18.65	4:00.15	4:42.01	5:21.61
8	Fiona McGibbon	40	Inverness	5:55.21	37.92	1:22.46	2:07.56	2:54.53	3:40.49	4:28.29	5:14.15	5:55.21
9	Heather Dale	44	Silver City	5:56.41	37.50	1:20.08	2:05.99	2:52.39	3:39.67	4:26.18	5:13.06	5:56.41
10	Sarah Berry	44	Chelmsford	6:11.08	39.29	1:24.85	2:10.86	2:59.54	3:47.30	4:36.17	5:24.09	6:11.08
11	Froya Rossvoll	42	Silver City	6:23.91	42.67	1:31.40	2:21.09	3:12.23	4:02.66	4:53.78	5:39.90	6:23.91

**Event 402 Womens 45-49 400 Metre Freestyle**

1	Claire Thorn	46	G B Police	4:59.13	32.72	1:09.94	1:47.85	2:26.78	3:05.15	3:43.61	4:21.84	4:59.13
2	Fiona McEwen	47	Heart Of Mid	5:18.13	36.84	1:17.51	1:58.90	2:39.96	3:20.44	4:00.08	4:40.11	5:18.13
3	Alison Lapping	46	Milngavie & B	5:24.80	36.68	1:16.57	1:57.50	2:39.03	3:21.11	4:03.04	4:44.52	5:24.80
4	Claire Murray	48	Dun City Aqu	5:35.55	36.36	1:17.33	1:59.42	2:42.85	3:25.65	4:09.38	4:52.92	5:35.55
5	Giovanna Bertoldi	47	Uea Norwich	5:44.40	39.16	1:22.08	2:05.84	2:50.37	3:34.52	4:18.21	5:01.36	5:44.40
6	Judy Prior	47	Enfield Sq	5:47.64	37.85	1:19.89	2:04.05	2:48.16	3:33.20	4:17.73	5:03.31	5:47.64
7	Allison Allan	48	Aberdeen	5:53.12	38.72	1:22.05	2:06.07	2:51.59	3:36.73	4:23.05	5:09.26	5:53.12
8	Kate King	49	Aylesbury	6:11.26	39.75	1:25.38	2:12.51	3:00.33	3:48.28	4:36.78	5:24.97	6:11.26
9	Marianne Rooke-Allden	46	Croydon Amp	6:16.48	39.80	1:24.69	2:11.88	3:00.20	3:49.64	4:38.89	5:28.50	6:16.48
10	Elaine Warriner	45	Seagulls	6:17.81	40.94	1:26.93	2:15.77	3:03.94	3:53.67	4:42.26	5:31.84	6:17.81
11	Emma Chaplin	46	Co Chester	6:19.03	40.07	1:24.88	2:11.77	3:00.17	3:48.29	4:38.43	5:28.84	6:19.03
12	Trudy Torrie	47	Perth Mas	6:31.26	44.51	1:32.11	2:22.19	3:11.40	4:02.54	4:52.67	5:43.98	6:31.26
13	Pamela Flett	46	Silver City	6:46.70	42.38	1:32.21	2:21.23	3:14.00	4:05.42	5:00.70	5:53.39	6:46.70



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**Event 402 Womens 50-54 400 Metre Freestyle**

1	Karen Graham	52	East Leeds	4:58.38	34.51	1:11.89	1:49.49	2:28.08	3:06.11	3:44.65	4:22.13	4:58.38
2	June Falconer	53	Silver City	5:18.23	36.24	1:16.68	1:57.45	2:38.98	3:19.48	4:00.61	4:39.61	5:18.23
3	Cate Jackson	53	Barnet Copt	5:21.70	36.84	1:15.83	1:56.78	2:37.61	3:19.29	3:59.81	4:41.40	5:21.70
4	Adele Parham	50	Wincanton	5:41.71	38.41	1:20.23	2:03.46	2:46.92	3:30.93	4:15.38	4:59.49	5:41.71
5	Suzanne Maidment	51	Spencer	5:44.64	38.37	1:20.34	2:03.32	2:47.41	3:31.67	4:16.60	5:01.19	5:44.64
6	Alison Findlater	51	Silver City	6:05.91	40.98	1:27.10	2:14.58	3:01.77	3:49.51	4:36.47	5:23.09	6:05.91
7	Sharon Collins	50	Team Luton	7:08.90	47.21	1:40.52	2:34.86	3:30.82	4:26.20	5:22.62	6:17.49	7:08.90

**Event 402 Womens 55-59 400 Metre Freestyle**

1	Dymphna Morris	56	Aer Lingus	5:13.69	35.63	1:14.60	1:54.25	2:34.26	3:14.25	3:54.87	4:35.01	5:13.69
2	Karen McBeath	55	Forres	5:25.86	35.57	1:15.05	1:56.16	2:37.89	3:19.93	4:01.90	4:44.20	5:25.86
3	Frances West	56	MacclesfldM	5:36.19	36.88	1:17.40	1:59.43	2:43.07	3:26.14	4:10.19	4:53.56	5:36.19
4	Verity Dobbie	58	Consett	5:49.11	40.58	1:23.75	2:09.50	2:54.51	3:40.22	4:24.23	5:08.48	5:49.11
5	Frances Baker	57	Spencer	5:52.78	39.61	1:23.14	2:08.63	2:53.79	3:39.45	4:24.11	5:08.98	5:52.78
6	Ursula Ryder	57	Monifieth	6:18.48	41.60	1:28.84	2:16.88	3:05.99	3:54.27	4:43.56	5:31.88	6:18.48
7	Sharon McLellan	59	Sudbury	6:24.98	43.93	1:31.81	2:20.72	3:09.84	3:59.37	4:48.98	5:37.88	6:24.98

**Event 402 Womens 60-64 400 Metre Freestyle**

1	Anne Bourne	63	Camphill Ed	5:41.91	38.84	1:22.15	2:05.64	2:49.86	3:32.67	4:16.47	4:59.46	5:41.91
2	Jayne Ball	63	Gloucester M	6:03.03	42.06	1:27.71	2:14.46	3:01.08	3:47.92	4:34.67	5:20.08	6:03.03
3	Pauline Hogg	60	Guernsey	6:31.62	42.25	1:29.54	2:19.36	3:09.04	4:00.17	4:50.58	5:41.36	6:31.62
4	Lorraine Crook	63	Caldicot	8:43.67	59.48	2:06.83	3:12.05	4:19.35	5:26.04	6:32.29	7:36.80	8:43.67

**Event 402 Womens 65-69 400 Metre Freestyle**

1	Day Campbell	66	Silver City	7:08.35	47.53	1:41.16	2:35.66	3:31.10	4:25.55	5:20.67	6:14.46	7:08.35
2	Hilary Crick	68	East Leeds	7:19.04	50.09	1:46.12	2:41.81	3:38.30	4:34.46	5:30.83	6:25.90	7:19.04
3	Jeanette Benn	66	Co Lincoln P	7:36.26	51.91	1:49.07	2:48.56	3:46.22	4:45.65	5:42.73	6:42.46	7:36.26
4	Gail Daffern	67	East Leeds	7:48.86	50.84	1:48.15	2:48.22	3:47.59	4:47.88	5:48.74	6:50.37	7:48.86

**Event 402 Womens 75-79 400 Metre Freestyle**

1	Doreen Gordon	75	Southport	7:30.84	47.10	1:43.42	2:41.68	3:40.89	4:38.87	5:37.61	6:35.20	7:30.84
2	Elaine Bromwich	75	Birmingham M	8:10.07	54.26	1:55.73	3:01.19	4:03.90	5:08.32	6:10.59	7:12.07	8:10.07
3	Jenny Ball	79	Camphill Ed	8:17.48	54.01	1:55.76	2:59.48	4:02.94	5:07.66	6:12.04	7:16.42	8:17.48

**Event 402 Womens 80-84 400 Metre Freestyle**

1	Ann Humphris	80	Barnstaple	10:46.22	1:07.99	2:31.15	3:54.12	5:17.86	6:40.23	8:03.70	9:24.70	10:46.22
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**Event 403 Mens 18-24 50 Metre Backstroke**

1	Christopher McColm	20	Edinburgh Un	27.40
2	Daniel Kirkham	22	Edinburgh Un	27.81
3	Stuart McIntosh	24	Aberdeen Dol	28.00
4	Alastair Robertson	20	Edinburgh Un	28.18
5	Jack Spence	23	Hemel Hemp	28.80
6	Joshua Gaines	19	Hemel Hemp	29.21
7	Cameron Finlayson	19	Edinburgh Un	29.68
8	Fraser McKane	24	Cumbernauld	29.79
9	John McDonald	23	Heart Of Mid	31.83
10	David Smith	24	Silver City	32.34
11	Richard Healey	19	Chirk	35.34



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**Event 403 Mens 25-29 50 Metre Backstroke**

1	Daniel Korcz	28	Trafford Met	29.00
2	Tom Lindsay	29	Aberdeen Dol	29.95
3	Martin Sartorius	25	Otter	30.29
4	Brendan Watson	27	Co Bradford	31.49
5	Brian Dollochan	25	Swim-IT	32.98
6	Graham Webster	28	Otter	33.23

**Event 403 Mens 30-34 50 Metre Backstroke**

1	Edward Rafipay	31	Aberdeen Dol	28.85
2	Oliver Espinasse	33	Basingstoke	29.02
3	Phil Muspratt	32	Utd Bristol	29.52
4	Nicholas Hope	33	Wigan	30.19
5	David Ashton	30	Barnes	30.51
6	Robert Langan	30	Co South'ton	31.76
7	Nicolas Barber	33	Otter	32.79
8	Mark Hadfield	31	Silver City	34.81
9	Mathew Everett	34	Co Oxford	34.98
10	Scott Gauld	32	Cally Mast	38.06

**Event 403 Mens 35-39 50 Metre Backstroke**

1	Ben Harkin	39	Chesterfield	28.28
2	Michael Jennings	36	Otter	31.44
3	James Barwick	35	East Leeds	31.65
4	Philip Eccles	35	Trafford Met	32.04
5	James Grigg	36	Rochford	33.44
6	Alan Rennie	36	Broch	37.21

**Event 403 Mens 40-44 50 Metre Backstroke**

1	Mariusz Barcikowski	41	Black Lion	32.93
2	Dean Blackman	42	Elmbridge	33.04
3	Andrew Bailey	42	Perth Mas	39.28

**Event 403 Mens 45-49 50 Metre Backstroke**

1	Craig Noble	48	Milingavie &B	33.25
2	Steve Goult	45	Co Coventry	34.81
3	Derek Bissett	48	Maxwell	35.75
4	Neil Mitchell	47	Basingstoke	37.75
5	Graham Bailes	46	Brentwood	39.33
6	Craig Nimmo	45	Burntisland	41.32

**Event 403 Mens 50-54 50 Metre Backstroke**

1	Michael Hodgson	50	Guildford Ct	29.79
2	Guy Emerson	54	Spencer	32.48
3	Phil Brett	50	StirlingSwim	32.66
4	Erlend Alstad	50	IL Varg	34.51
5	Colin Robbins	53	NottmLeander	34.93
6	Mark Partridge	54	Sub 160	38.18
7	Simon Collins	53	Sofia Masters	38.66
8	Arthur Aplin	54	Newcastle	39.70
9	Stewart Gairns	51	Banff&Buchan	42.41



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**Event 403 Mens 55-59 50 Metre Backstroke**

1	Alec Johnson	55	Trafford Met	31.63
2	Stephen Allen	57	Hull Masters	34.12
3	Alastair Gibb	57	Team Luton	37.38
4	David Bradford	59	Chesterfield	39.09

**Event 403 Mens 60-64 50 Metre Backstroke**

1	Graham Powell	61	Team Luton	33.87
2	Robert Woodcock	60	Wetherby	34.25
3	Trevor Clark	63	Camphill Ed	34.45
4	Godfrey Admans	63	Spencer	38.41
5	Andrew Evans	62	Silver City	43.22

**Event 403 Mens 65-69 50 Metre Backstroke**

1	Allan Falconer	65	NottmLeander	41.32
2	Christopher Thorp	67	Etwall	44.65

**Event 403 Mens 70-74 50 Metre Backstroke**

1	Bert Philip	71	Silver City	49.71
2	Christopher Trueman	70	Uea Norwich	50.64
3	Anthony Ray	73	Otter	53.03

**Event 403 Mens 75-79 50 Metre Backstroke**

1	Nigel Salisbury	77	Spencer	42.52
2	Roger Lloyd-Mostyn	76	Otter	45.90
3	Farquhar Macrae	78	Silver City	58.82

**Event 404 Womens 18-24 50 Metre Backstroke**

1	Louisa Zolkiewski	24	Trafford Met	32.45
2	Catherine Parsonage	19	Chirk	34.52
3	Heather Ingram	19	St Thomas	35.40
4	Rachel Donald	22	Swim-IT	35.69
5	Fiona Donald	24	Swim-IT	37.08
6	Kathryn Cumming	21	Silver City	38.12

**Event 404 Womens 25-29 50 Metre Backstroke**

1	Hannah Bennett	26	Hemel Hemp	33.25
2	Kelly McIntosh	28	Silver City	34.09
3	Louise Kennedy	25	Silver City	36.00
4	Sara Gamble	29	G B Police	36.91
5	Joanna Redman	27	Glasgow Wm	37.11
6	Ashleigh Jolly	26	Perth Mas	37.18

**Event 404 Womens 30-34 50 Metre Backstroke**

1	Natasha Lane	32	Elmbridge	33.44
2	Alice Lane	30	Boldmere	33.95
3	Judy Meadows	30	Heart Of Mid	34.02
4	Carla Bickerstaffe	30	Chesterfield	34.86
5	Bronwyn Farr	32	Silver City	36.39
6	Joanne Grime	31	Preston	37.24
7	Laura Davies	34	Swadlincote	37.85
8	Danielle Ryan	32	Black Lion	43.80





**Event 404 Womens 35-39 50 Metre Backstroke**

1	Elizabeth Godfrey	38	Basingstoke	32.66
2	Jade Perry	35	Rochford	33.13
3	Ceri Edwards	39	Portsmouth N	35.20
4	Nikki Drever	39	Aberdeen	35.32
5	Lisa Dawson	39	Barnet Copt	36.12
6	Roisin O'Brien	35	Kilkenney	39.17

**Event 404 Womens 40-44 50 Metre Backstroke**

1	Michelle Ware	44	Guildford Ct	31.95
2	Dawn Palmer	41	Romford Town	33.04
3	Fleur Parker	41	Basingstoke	34.49
4	Gina Hobson	40	Otter	34.78
5	Karen Mackenzie	44	Team Luton	36.68
6	Aileen Brown	43	Amersham	37.48
7	Nicola Smith	42	Northampton	38.76
8	Sarah Berry	44	Chelmsford	40.57
9	Kerry King	40	Aylesbury	41.05
10	Heather Dale	44	Silver City	42.19
11	Froya Rossvoll	42	Silver City	49.13

**Event 404 Womens 45-49 50 Metre Backstroke**

1	Joanna Corben	47	Fareham N'Ds	32.45
2	Ali Phesse	47	Carn Brea	32.61
3	Philippa O'Grady	48	Wincanton	36.60
4	Katrina Farrall	47	Basildon Ph	36.75
5	Helena McGrath	45	Trojan	36.95
6	Sarah Aldridge	46	Co South'ton	37.42
7	Delyth Cunnah	49	Dun City Aqu	39.02
8	Fiona McEwen	47	Heart Of Mid	39.03
9	Amanda Goodman	47	Basildon Ph	40.07
10	Astrid Wharton	48	Otter	48.09
11	Pamela Flett	46	Silver City	49.32

**Event 404 Womens 50-54 50 Metre Backstroke**

1	Rebecca Stewart	50	Saxon Crown	35.32
2	Elizabeth Woolner	50	Flitwick	35.48
3	Lynda Coggins	53	Guildford Ct	35.65
4	Cate Jackson	53	Barnet Copt	36.64
5	Karen Graham	52	East Leeds	38.64
6	Blanaid Walker	54	Witney	41.43
7	Lynne Dawson	50	Chapelton	41.61

**Event 404 Womens 55-59 50 Metre Backstroke**

1	Philippa Collin	55	Wycombe Dist	37.18
2	Karen McBeath	55	Forres	37.96
3	Janet Williams	55	Team Anglia	38.31
4	Susan Arrowsmith	55	NottmLeander	41.12
5	Albena Collins	55	Lerwick	46.69
6	Ursula Ryder	57	Monifieth	47.31
7	Eunice Strachan	59	Banff&Buchan	51.26



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**Event 404 Womens 60-64 50 Metre Backstroke**

1	Wendy Offord	63	Bo Kirklees	41.02
2	Pauline Hogg	60	Guernsey	44.35
3	Glenda Mayes	61	Team Luton	49.47
4	Marianne Davey	64	Crawley	50.51

**Event 404 Womens 65-69 50 Metre Backstroke**

1	Kathleen Tunnicliffe	65	Etwall	39.44
2	Margaret Bickley	66	Totnes	48.02
3	Sally Lelean	66	Diss Otters	54.38

**Event 404 Womens 70-74 50 Metre Backstroke**

1	Helen Trippe	71	Winchester	44.63
2	Susie Breslin	70	Barnet Copt	46.42
3	Frances Jenkins	71	Southport	46.86
4	Patricia Jackson	70	East Anglian	49.09
5	Susan Dewar	71	Havant & Wat	52.48

**Event 404 Womens 75-79 50 Metre Backstroke**

1	Janet Masters	77	South Beds	48.28
2	Doreen Gordon	75	Southport	49.08
3	Jenny Ball	79	Camphill Ed	56.06

**Event 404 Womens 80-84 50 Metre Backstroke**

1	Ann Humphris	80	Barnstaple	1:12.50
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**Event 404 Womens 85-89 50 Metre Backstroke**

1	Grace Isaac	85	Spencer	1:09.98
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**Event 405 Mens 72-99 4 x 50 Metre Medley Relay**

1	Aberdeen Dol	A	1:46.53	27.76	58.80	1:23.52	1:46.53	
	1) Stuart McIntosh M24			2) Scott Macdougall M23		3) Robert Bryce M23		4) Eddie Watson M21
2	Hemel Hemp	A	1:55.11	28.77	59.73	1:28.59	1:55.11	
	1) Jack Spence M23			2) Jack Christie M19		3) Joshua Gaines M19		4) Kyle Holmes M18

**Event 405 Mens 100-119 4 x 50 Metre Medley Relay**

1	Otter	A	1:53.02	30.68	1:01.64	1:28.02	1:53.02	
	1) Wade Rimbach M33			2) Craig Gillespie M30		3) Fraser Peh M27		4) Martin Sartorius M25

**Event 405 Mens 120-159 4 x 50 Metre Medley Relay**

1	Trafford Met	A	1:53.92	29.48	1:00.35	1:28.12	1:53.92	
	1) Daniel Korcz M28			2) Andrew Cooper M44		3) Philip Eccles M35		4) Stephen Barton M35
2	Otter	A	2:01.48	32.31	1:06.40	1:34.94	2:01.48	
	1) Enrico Hahn M36			2) Dontony Gill-Nasadi M25		3) Wai Kwong Wan M32		4) Graham Webster M28
3	Silver City	A	2:03.39	33.15	1:05.54	1:36.22	2:03.39	
	1) David Sutherland M30			2) Chris Ferguson M35		3) John Maclean M29		4) Gregory Smedley M32







**Event 405 Mens 160-199 4 x 50 Metre Medley Relay**

1	Brighton Dol	A	1:59.16	31.29	1:05.33	1:34.36	1:59.16
	1) Paul Allen M45		2) Christopher Tait M42		3) Andrew Farrell M39		4) Matthew Lambert M36
---	Silver City	A	DQ				
	1) Mark Hadfield M31		2) Don Chadwick M56		3) Richard Lawford M42		4) Romain Guises M3

**Event 405 Mens 200-239 4 x 50 Metre Medley Relay**

1	Silver City	A	2:17.20		1:14.21	2:17.20	
	1) Brian Bain M57		2) Keith Dunnett M47		3) Andrew Wheeler M40		4) Andrew Evans M62

**Event 405 Mens 240-279 4 x 50 Metre Medley Relay**

1	Spencer	A	2:37.51	44.27	1:31.57	2:03.75	2:37.51
	1) Nigel Salsbury M77		2) Henry Dick M75		3) Guy Emerson M54		4) Godfrey Admans M63

**Event 405 Mens 280-319 4 x 50 Metre Medley Relay**

1	Otter	A	2:50.20	52.27	1:42.77	2:13.23	2:50.20
	1) Anthony Ray M73		2) Derek Parr M73		3) Stephen Braine M63		4) Roger Lloyd-Mostyn M76
2	Silver City	A	3:16.25	51.37	1:47.80	2:29.16	3:16.25
	1) Bert Philip M71		2) Farquhar Macrae M78		3) Bill Forbes M67		4) John Smith M64

**Event 406 Womens 72-99 4 x 50 Metre Medley Relay**

1	Silver City	A	2:26.44		1:11.81	2:26.44	
	1) Louise Kennedy W25		2) Leanna Marshall W23		3) Kathryn Cumming W21		4) Jenny Brown W29

**Event 406 Womens 100-119 4 x 50 Metre Medley Relay**

1	Silver City	A	2:08.27	32.38	1:07.22	1:38.98	2:08.27
	1) Rachael Keir W31		2) Carly Fraser W25		3) Laura Robertson W29		4) Kelly McIntosh W28
2	Otter	A	2:16.29	36.46	1:15.25	1:47.12	2:16.29
	1) Abigail Hucker W25		2) Camille Vrain W29		3) Catherine Demont W26		4) Alice Dinsdale-Young W29

**Event 406 Womens 120-159 4 x 50 Metre Medley Relay**

1	Northampton	A	2:16.01	39.07	1:15.12	1:46.87	2:16.01
	1) Nicola Smith W42		2) Karen Key W43		3) Sarah Ryder W29		4) Jodie Barber W28
2	Silver City	A	2:26.82	37.20	1:14.53	1:50.04	2:26.82
	1) Bronwyn Farr W32		2) Claire Bruce W36		3) Katie Gibson-Smith W30		4) Froya Rossvoll W42
---	Otter	A	DQ				
	1) Gina Hobson W40		2) Emma Shkurka W35		3) Michelle Senecal W40		4) Olivia Reynolds W31

**Event 406 Womens 160-199 4 x 50 Metre Medley Relay**

1	Aer Lingus	A	2:19.77	34.50	1:16.66	1:47.64	2:19.77
	1) Charlotte Reid W38		2) Patricia Reilly W57		3) Sarah Farrelly W44		4) Dymphna Morris W56
2	Silver City	A	2:40.77	45.62	1:30.96	2:08.53	2:40.77
	1) Iona Reid W48		2) Anita Weidmann W39		3) Dianne Fraser W51		4) Heather Dale W44

**Event 406 Womens 200-239 4 x 50 Metre Medley Relay**

1	Silver City	A	2:58.87	53.74	1:40.35	2:17.81	2:58.87
	1) Susan McKay W64		2) Jane Thomson W46		3) Alison Findlater W51		4) Pamela Flett W46

**Event 406 Womens 240-279 4 x 50 Metre Medley Relay**

1	Camphill Ed	A	2:51.75	43.51	1:28.59	2:02.08	2:51.75
	1) Anne Bourne W63		2) Catherine Chase W60		3) Hayley Bettinson W54		4) Jenny Ball

