

Results

Ponds Forge International Sports Centre (25m) Sheffield 23 October 2009

EVENT 101 Mens/Womens Open 1500m Freestyle

MENS 17/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Adam Shipp	22	Oldham Aqua		16:24.32	678			
	50m 29.28	100m 1:01.43	150m 1:33.19	200m 2:05.54	250m 2:37.93	300m 3:10.21	350m 3:42.73	400m 4:15.19	
	450m 5:20.83	500m 5:53.40	550m 6:25.71	600m 6:58.48	650m 7:31.34	700m -	750m 8:04.36	800m 8:37.74	
	850m 9:11.26	900m 9:44.42	950m 10:17.51	1000m 10:51.78	1050m 11:25.18	1100m 11:58.94	1150m 12:32.48	1200m 13:05.88	
	1250m 13:39.12	1300m 14:12.76	1350m 14:46.25	1400m 15:19.83	1450m 15:53.28	1500m 16:24.32			
2.	John Wood	23	Trowbridge		16:27.55	671			
	50m 29.26	100m 1:01.13	150m 1:33.20	200m 2:05.76	250m 2:38.07	300m 3:10.54	350m 3:43.13	400m 4:15.89	
	450m 4:48.63	500m 5:21.21	550m 5:54.06	600m 6:26.74	650m 6:59.84	700m 7:32.89	750m 8:06.17	800m 8:39.33	
	850m 9:12.33	900m 9:45.54	950m 10:18.96	1000m 10:52.09	1050m 11:25.94	1100m 11:59.28	1150m 12:32.86	1200m 13:06.37	
	1250m 13:40.01	1300m 14:13.87	1350m 14:47.70	1400m 15:21.68	1450m 15:55.58	1500m 16:27.55			
3.	Neil Agius	23	Maxwell		17:14.77	583			
	50m 30.56	100m 1:04.13	150m 1:38.71	200m 2:13.18	250m 2:47.59	300m 3:22.49	350m 3:57.23	400m 4:31.65	
	450m 5:05.58	500m 5:39.89	550m 6:14.27	600m 6:48.18	650m 7:22.48	700m 7:57.10	750m 8:31.88	800m 9:07.10	
	850m 9:42.33	900m 10:17.62	950m 10:52.29	1000m 11:27.21	1050m 12:02.59	1100m 12:38.42	1150m 13:14.28	1200m 13:49.24	
	1250m 14:24.96	1300m 15:00.23	1350m 15:34.98	1400m 16:09.78	1450m 16:43.80	1500m 17:14.77			
4.	Nicholas Southern	18	Swindon Dolp		17:15.04	583			
	50m 30.00	100m 1:02.67	150m 1:36.47	200m -	250m 2:44.00	300m 3:18.13	350m 3:52.75	400m 4:27.37	
	450m 5:01.59	500m 5:36.08	550m 6:11.12	600m 6:46.30	650m 7:21.31	700m 7:57.10	750m 8:32.13	800m 9:07.41	
	850m 9:42.46	900m 10:17.97	950m 10:53.63	1000m 11:29.04	1050m 12:04.40	1100m 12:40.37	1150m 13:15.59	1200m 13:50.56	
	1250m 14:25.44	1300m 15:00.48	1350m 15:35.02	1400m 16:09.41	1450m 16:44.20	1500m 17:15.04			
5.	Adam Tapp	24	Exmouth		17:57.83	516			
	50m 31.19	100m 1:05.68	150m 1:40.84	200m 2:16.59	250m 2:52.68	300m 3:28.55	350m 4:04.42	400m 4:40.10	
	450m 5:15.25	500m 5:50.78	550m 6:26.30	600m 7:02.16	650m 7:38.14	700m 8:14.25	750m 8:50.27	800m 9:26.61	
	850m 10:03.39	900m 10:40.39	950m 11:17.27	1000m 11:54.06	1050m 12:30.86	1100m 13:07.33	1150m 13:43.84	1200m 14:20.34	
	1250m 14:57.19	1300m 15:34.04	1350m 16:10.95	1400m 16:47.51	1450m 17:23.19	1500m 17:57.83			
6.	Ian Lang	21	Exmouth		20:19.82	356			
	50m 34.96	100m 1:12.12	150m 1:50.79	200m 2:30.41	250m 3:10.02	300m 3:50.15	350m 4:30.23	400m 5:10.79	
	450m 5:51.85	500m 6:32.50	550m 7:13.14	600m 7:54.17	650m 8:35.17	700m 9:16.78	750m 9:58.73	800m 10:40.49	
	850m 11:21.98	900m 12:03.82	950m 12:45.18	1000m 13:26.89	1050m 14:08.45	1100m 14:50.49	1150m 15:32.04	1200m 16:13.78	
	1250m 16:55.22	1300m 17:37.57	1350m 18:19.79	1400m 19:00.46	1450m 19:41.31	1500m 20:19.82			
7.	Andre Sandri	24	Camden Swiss		20:26.44	350			
	50m 35.99	100m 1:14.56	150m 1:53.41	200m 2:33.82	250m 3:13.85	300m 3:53.95	350m 4:34.08	400m 5:14.69	
	450m 5:55.91	500m 6:36.93	550m 7:18.56	600m 8:00.96	650m 8:42.93	700m 9:24.79	750m 10:06.20	800m 10:47.06	
	850m 11:27.83	900m 12:08.79	950m 12:50.19	1000m 13:32.28	1050m 14:14.01	1100m 14:55.62	1150m 15:37.21	1200m 16:18.98	
	1250m 17:00.68	1300m 17:42.01	1350m 18:23.84	1400m 19:04.48	1450m 19:46.00	1500m 20:26.44			

MENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Paul Hembrow	29	Teddington		17:13.76	585			
	50m 30.67	100m -	150m 1:39.10	200m 2:13.32	250m 2:47.47	300m 3:22.04	350m 3:56.51	400m 4:31.11	
	450m 5:05.11	500m 5:39.45	550m 6:13.79	600m 6:47.96	650m 7:22.24	700m 7:56.25	750m 8:30.39	800m 9:04.43	
	850m 9:38.75	900m 10:13.26	950m 10:48.09	1000m 11:23.06	1050m 11:58.12	1100m 12:33.26	1150m 13:08.45	1200m 13:43.57	
	1250m -	1300m 14:53.46	1350m 15:28.86	1400m 16:04.28	1450m 16:39.23	1500m 17:13.76			
2.	Christopher Grabham	27	Ren 96		17:19.65	575			
	50m 30.59	100m 1:04.12	150m 1:38.12	200m 2:11.98	250m 2:46.08	300m 3:20.19	350m 3:54.37	400m 4:28.43	
	450m 5:02.65	500m 5:37.05	550m 6:11.50	600m 6:46.05	650m 7:20.66	700m 7:55.04	750m 8:30.10	800m -	
	850m 9:40.17	900m 10:15.34	950m 10:50.36	1000m 11:25.56	1050m 12:01.10	1100m 12:36.56	1150m 13:12.32	1200m 13:47.63	
	1250m 14:22.95	1300m 14:58.47	1350m 15:34.21	1400m 16:10.00	1450m 16:45.44	1500m 17:19.65			
3.	Geoffrey Twinning	29	Stroud		17:20.83	573			
	50m 30.75	100m 1:04.49	150m 1:38.87	200m 2:12.97	250m 2:47.82	300m 3:23.17	350m 3:57.25	400m 4:32.04	
	450m 5:06.93	500m 5:41.95	550m 6:16.65	600m 6:51.33	650m 7:26.64	700m 8:02.10	750m 8:36.70	800m 9:11.91	
	850m 9:47.81	900m 10:23.33	950m 10:58.65	1000m 11:33.55	1050m 12:08.16	1100m 12:43.11	1150m 13:17.92	1200m 13:52.52	
	1250m 14:27.41	1300m 15:02.43	1350m 15:37.24	1400m 16:12.46	1450m 16:47.57	1500m 17:20.83			
4.	Benjamin Carter	28	Saxon Crown		17:35.96	549			
	50m 29.86	100m 1:02.85	150m 1:37.10	200m 2:11.21	250m 2:46.15	300m 3:20.60	350m 3:55.03	400m 4:30.05	
	450m 5:05.30	500m 5:39.87	550m 6:15.06	600m 6:50.87	650m 7:26.01	700m 8:01.90	750m 8:37.47	800m 9:13.16	
	850m 9:49.20	900m 10:24.64	950m 11:00.13	1000m 11:35.86	1050m 12:11.41	1100m 12:47.59	1150m 13:23.73	1200m 14:00.17	
	1250m 15:13.06	1300m -	1350m 15:48.83	1400m 16:24.97	1450m 17:01.23	1500m 17:35.96			
5.	Jeremie Clement	25	Co Coventry		18:19.31	486			
	50m 32.98	100m 1:08.68	150m 1:45.33	200m 2:22.88	250m 2:59.43	300m 3:36.21	350m 4:13.23	400m 4:50.27	
	450m 5:27.61	500m 6:04.60	550m 6:41.68	600m 7:18.83	650m 7:55.76	700m 8:33.11	750m 9:09.87	800m 9:46.67	
	850m 10:23.37	900m 11:00.47	950m 11:37.34	1000m 12:14.22	1050m 12:51.08	1100m 13:27.54	1150m 14:04.41	1200m 14:41.07	
	1250m 15:17.54	1300m 15:54.12	1350m 16:30.65	1400m 17:07.44	1450m 17:44.06	1500m 18:19.31			

Results

Ponds Forge International Sports Centre (25m) Sheffield 23 October 2009

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Oliver Wilkinson	34	Gloucester M		17:13.90				585
	50m 29.86	100m 1:02.74	150m 1:36.43	200m 2:10.15	250m 2:44.17	300m 3:18.21	350m 3:52.26	400m 4:26.56	
	450m 5:00.74	500m 5:34.96	550m 6:09.21	600m 6:43.54	650m 7:18.06	700m 7:53.04	750m 8:28.19	800m 9:03.21	
	850m 9:38.20	900m 10:13.24	950m 10:48.85	1000m 11:24.24	1050m 11:59.25	1100m 12:34.56	1150m 13:09.99	1200m 13:45.24	
	1250m 14:20.23	1300m 14:55.21	1350m 15:30.48	1400m 16:05.60	1450m 16:40.86	1500m 17:13.90			
2.	Christopher Malpass	30	Co Chester		17:23.59				569
	50m 30.63	100m 1:04.73	150m 1:39.04	200m 2:13.72	250m 2:48.21	300m 3:22.71	350m 3:57.59	400m 4:32.40	
	450m 5:06.97	500m 5:41.50	550m 6:15.98	600m 6:50.61	650m 7:25.06	700m 7:59.77	750m 8:34.76	800m 9:09.66	
	850m 9:44.67	900m 10:19.81	950m 10:55.12	1000m 11:30.43	1050m 12:05.79	1100m 12:41.20	1150m 13:16.62	1200m 13:52.04	
	1250m 14:27.63	1300m 15:03.13	1350m 15:38.81	1400m 16:14.42	1450m 16:49.65	1500m 17:23.59			
3.	Nigel Gaskin	32	G B Police		18:16.37				490
	50m 31.75	100m 1:06.64	150m 1:42.51	200m 2:18.94	250m 2:55.23	300m 3:31.83	350m 4:08.59	400m 4:45.36	
	450m 5:22.19	500m 5:59.09	550m 6:36.36	600m 7:13.38	650m 7:50.45	700m 8:27.29	750m 9:04.14	800m 9:40.84	
	850m 10:17.36	900m 10:54.00	950m 11:30.58	1000m 12:07.40	1050m 12:44.33	1100m 13:21.61	1150m 13:58.36	1200m 14:35.18	
	1250m 15:12.70	1300m 15:50.12	1350m 16:27.38	1400m 17:04.45	1450m 17:41.78	1500m 18:16.37			
4.	Andy Pryke	30	G B Police		18:36.92				464
	50m 30.66	100m 1:05.47	150m 1:41.23	200m 2:17.32	250m 2:53.66	300m 3:30.10	350m 4:06.89	400m 4:44.25	
	450m 5:21.15	500m 5:58.51	550m 6:36.38	600m 7:14.60	650m 7:52.36	700m 8:30.58	750m 9:08.43	800m 9:46.21	
	850m 10:24.11	900m 11:02.02	950m 11:39.69	1000m 12:17.81	1050m 12:56.23	1100m 13:34.55	1150m 14:12.63	1200m 14:50.87	
	1250m 15:29.24	1300m 16:07.56	1350m 16:45.79	1400m 17:23.66	1450m 18:01.09	1500m 18:36.92			
	Michael Vickers	33	Wear Valley		DNC				

MENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Richard Stannard	35	Leatherhead		16:05.94 GB/EUR				717
	50m 29.03	100m 1:00.64	150m 1:32.66	200m 2:04.85	250m 2:37.42	300m 3:09.82	350m 3:42.29	400m 4:14.95	
	450m 4:47.64	500m 5:20.24	550m 5:52.67	600m 6:25.11	650m 6:57.13	700m 7:28.93	750m 8:00.88	800m 8:32.85 GB	
	850m 9:05.05	900m 9:37.18	950m 10:09.49	1000m 10:41.90	1050m 11:14.26	1100m 11:46.60	1150m 12:19.01	1200m 12:51.77	
	1250m 13:24.43	1300m 13:56.99	1350m 14:29.69	1400m 15:02.34	1450m 15:34.63	1500m 16:05.94			
2.	Fred Clatworthy	39	Ealing		16:07.85				713
	50m 29.10	100m 1:00.84	150m 1:32.85	200m 2:05.03	250m 2:37.27	300m 3:09.64	350m 3:42.21	400m 4:14.96	
	450m 4:47.59	500m 5:20.14	550m 5:52.72	600m 6:25.32	650m 6:57.80	700m 7:30.09	750m 8:02.38	800m 8:34.75	
	850m 9:07.25	900m 9:39.74	950m 10:12.12	1000m 10:44.66	1050m 11:17.27	1100m 11:49.85	1150m 12:22.56	1200m 12:55.16	
	1250m 13:27.85	1300m 14:00.51	1350m 14:33.00	1400m 15:05.34	1450m 15:37.37	1500m 16:07.85			
3.	Matthew Driscoll	39	NottmLeander		16:57.41				614
	50m 29.65	100m 1:02.60	150m 1:36.22	200m 2:10.40	250m 2:44.54	300m 3:18.84	350m 3:52.80	400m 4:27.02	
	450m 5:01.19	500m 5:35.29	550m 6:09.28	600m 6:43.39	650m 7:17.35	700m 7:51.59	750m 8:25.77	800m 8:59.86	
	850m 9:34.08	900m 10:08.27	950m 10:42.64	1000m 11:17.16	1050m 11:51.31	1100m 12:25.42	1150m 12:59.70	1200m 13:33.97	
	1250m 14:08.25	1300m 14:42.06	1350m 15:16.72	1400m 15:51.45	1450m 16:24.97	1500m 16:57.41			
4.	Daniel Bullock	39	Otter		17:28.82				560
	50m 30.58	100m 1:03.48	150m 1:37.03	200m 2:10.98	250m 2:45.13	300m 3:19.64	350m 3:54.18	400m 4:28.54	
	450m 5:03.08	500m 5:37.36	550m 6:11.93	600m 6:46.82	650m 7:21.61	700m 7:56.78	750m 8:32.07	800m 9:07.69	
	850m 9:43.19	900m 10:18.94	950m 10:54.81	1000m 11:30.86	1050m 12:06.69	1100m 12:42.77	1150m 13:18.86	1200m 13:55.17	
	1250m 14:30.90	1300m 15:06.79	1350m 15:42.68	1400m 16:18.41	1450m 16:54.01	1500m 17:28.82			
5.	Daniel Craigen	35	Rhyl Dolphin		17:56.07				519
	50m 31.14	100m 1:05.10	150m 1:39.89	200m 2:15.57	250m 2:51.14	300m 3:27.06	350m 4:03.18	400m 4:38.87	
	450m 5:14.19	500m 5:49.63	550m 6:25.65	600m 7:02.18	650m 7:38.12	700m 8:14.27	750m 8:50.91	800m 9:27.28	
	850m 10:03.77	900m 10:40.80	950m 11:17.52	1000m 11:54.55	1050m 12:31.07	1100m 13:07.70	1150m 13:44.32	1200m 14:20.88	
	1250m 14:57.04	1300m 15:33.27	1350m 16:09.41	1400m 16:45.85	1450m 17:21.45	1500m 17:56.07			
6.	Scott Davison	37	Co Sheffield		21:45.11				291
	50m 36.61	100m 1:16.18	150m 1:57.13	200m 2:39.24	250m 3:22.00	300m 4:05.03	350m 4:48.35	400m 5:31.89	
	450m 6:15.62	500m 6:59.31	550m 7:43.10	600m 8:27.42	650m 9:11.34	700m 9:55.73	750m 10:40.27	800m 11:24.98	
	850m 12:09.15	900m -	950m 13:37.68	1000m 14:21.99	1050m 15:06.66	1100m 15:51.13	1150m 16:35.95	1200m 17:20.95	
	1250m 18:05.48	1300m 18:49.90	1350m 20:19.31	1400m -	1450m -	1500m 21:45.11			

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Matthew Molloy	40	Camden Swiss		17:40.37				542
	50m 32.39	100m 1:06.95	150m 1:42.11	200m 2:17.51	250m 2:53.29	300m 3:28.91	350m 4:04.93	400m 4:40.78	
	450m 5:16.46	500m 5:52.43	550m 6:27.89	600m 7:03.35	650m 7:39.00	700m 8:14.53	750m 8:49.87	800m 9:25.34	
	850m 10:01.06	900m 10:36.63	950m 11:12.20	1000m 11:47.82	1050m 12:23.38	1100m 12:58.65	1150m 13:34.19	1200m 14:10.29	
	1250m 14:45.68	1300m 15:21.21	1350m 15:56.31	1400m 16:31.74	1450m 17:07.33	1500m 17:40.37			
2.	Richard Evans	42	G B Police		18:44.38				455
	50m 31.66	100m 1:07.23	150m 1:43.41	200m 2:20.34	250m 2:57.63	300m 3:35.12	350m 4:12.59	400m 4:50.14	
	450m 5:27.74	500m 6:05.66	550m 6:43.26	600m 7:21.24	650m 7:58.94	700m 8:37.05	750m 9:15.23	800m 9:52.99	
	850m 10:30.82	900m 11:08.79	950m 11:47.07	1000m 12:24.84	1050m 13:02.83	1100m 13:40.93	1150m 14:19.55	1200m 14:57.99	
	1250m 15:36.01	1300m 16:14.37	1350m 16:52.86	1400m 17:31.39	1450m 18:08.98	1500m 18:44.38			
3.	Christopher Freeman	42	Teddington		18:56.28				441
	50m 33.63	100m 1:10.99	150m 1:49.83	200m 2:28.38	250m 3:06.79	300m 3:45.68	350m 4:23.36	400m 5:01.48	
	450m 5:39.44	500m 6:17.51	550m 6:55.53	600m 7:33.94	650m 8:11.66	700m 8:49.62	750m 9:27.63	800m 10:05.04	
	850m 10:43.32	900m 11:21.13	950m 11:59.04	1000m 12:36.68	1050m 13:14.85	1100m 13:52.92	1150m 14:31.16	1200m 15:09.47	
	1250m 15:47.67	1300m 16:26.06	1350m 17:04.24	1400m 17:42.24	1450m 18:20.16	1500m 18:56.28			
4.	Alan Mears	41	Co Liverpool		20:29.30				348
	50m 35.63	100m 1:14.25	150m 1:53.37	200m 2:33.13	250m 3:13.46	300m 3:54.26	350m 4:35.07	400m 5:16.49	
	450m 5:57.30	500m 6:38.00	550m 7:19.73	600m 8:01.45	650m 8:43.32	700m 9:24.59	750m 10:05.73	800m 10:45.70	
	850m 11:27.05	900m 12:08.52	950m 12:49.81	1000m 14:13.58	1050m 14:55.36	1100m 15:37.09	1150m 16:19.15	1200m 17:01.27	
	1250m 17:43.25	1300m 18:24.69	1350m 19:06.45	1400m 19:48.27	1450m 20:29.30	1500m 20:29.30			
5.	Jaime Hernandez	44	Co Newcastle		21:18.65				309
	50m 39.07	100m 1:21.37	150m 2:05.22	200m 2:48.52	250m 3:32.11	300m 4:15.37	350m 4:58.68	400m 5:41.26	
	450m 6:23.47	500m 7:05.63	550m 7:48.26	600m 8:30.79	650m 9:12.86	700m 9:55.38	750m 10:37.96	800m 11:20.35	
	850m 12:02.59	900m 12:45.30	950m 13:27.54	1000m 14:10.32	1050m 14:52.66	1100m 15:35.65	1150m 16:18.80	1200m 17:02.13	
	1250m 17:44.87	1300m 18:28.00	1350m 19:10.75	1400m 19:53.74	1450m 20:36.74	1500m 21:18.65			

Results

Ponds Forge International Sports Centre (25m) Sheffield 23 October 2009

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Mark Jones	49	Everton		18:27.72				475
	50m 32.05	100m 1:06.76	150m 1:41.89	200m 2:17.81	250m 2:53.21	300m 3:29.36	350m 4:05.43	400m 4:41.74	
	450m 5:18.51	500m 5:55.25	550m 6:32.35	600m 7:09.64	650m 7:47.12	700m 8:24.88	750m 9:02.68	800m 9:40.51	
	850m 10:18.55	900m 10:56.69	950m 11:34.62	1000m 12:13.12	1050m 12:51.12	1100m 13:29.00	1150m 14:06.59	1200m 14:44.87	
	1250m 15:22.65	1300m 16:00.75	1350m 16:38.73	1400m 17:16.87	1450m 17:53.23	1500m 18:27.72			
2.	David Clarke	45	Northgate		18:29.20				474
	50m 32.33	100m 1:08.15	150m 1:44.31	200m 2:20.86	250m 2:57.52	300m 3:34.23	350m 4:11.06	400m 4:47.93	
	450m 5:24.84	500m 6:01.81	550m 6:38.61	600m 7:15.32	650m 7:52.38	700m 8:29.73	750m 9:07.09	800m 9:44.58	
	850m 10:21.94	900m 10:59.54	950m 11:37.19	1000m 12:15.08	1050m 12:52.63	1100m 13:30.20	1150m 14:07.94	1200m 14:45.82	
	1250m 15:23.86	1300m 16:01.42	1350m 16:39.10	1400m 17:16.71	1450m 17:54.14	1500m 18:29.20			
3.	Andrew Gristwood	45	Cleethorpes		18:29.29				473
	50m 32.11	100m 1:07.26	150m 1:42.39	200m 2:17.98	250m 2:53.49	300m 3:29.05	350m 4:05.20	400m 4:41.73	
	450m 5:17.66	500m 5:54.63	550m 6:32.61	600m 7:10.52	650m 7:48.17	700m 8:26.07	750m 9:03.52	800m 9:41.89	
	850m 10:19.09	900m 10:57.17	950m 11:35.67	1000m 12:13.64	1050m 12:52.05	1100m 13:29.88	1150m 14:07.92	1200m 14:45.95	
	1250m 15:22.98	1300m 16:00.96	1350m 16:39.24	1400m 17:17.68	1450m 17:55.52	1500m 18:29.29			
4.	Stephen Ham	47	Rochford		18:46.33				452
	50m 32.06	100m 1:06.95	150m 1:43.11	200m -	250m -	300m -	350m -	400m 4:48.78	
	450m 5:26.40	500m -	550m -	600m -	650m -	700m 8:34.20	750m 9:12.41	800m 9:50.34	
	850m 10:28.46	900m 11:06.54	950m 11:44.35	1000m -	1050m 13:38.48	1100m -	1150m -	1200m 14:55.35	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 18:46.33			
5.	Adam Lelean	47	Diss Otters		19:36.91				396
	50m 33.65	100m 1:10.44	150m -	200m 2:26.99	250m 3:05.53	300m 3:44.60	350m -	400m 5:02.41	
	450m 5:41.44	500m -	550m 6:59.29	600m 7:38.76	650m 8:15.98	700m -	750m -	800m -	
	850m -	900m -	950m 12:16.91	1000m -	1050m -	1100m -	1150m 14:38.35	1200m -	
	1250m -	1300m -	1350m -	1400m -	1450m -	1500m 19:36.91			
6.	Stephen Rimmer	47	Co Liverpool		19:56.71				377
	50m 36.28	100m 1:14.34	150m 1:53.14	200m 2:32.96	250m 3:12.60	300m 3:51.91	350m 4:31.63	400m 5:11.61	
	450m 5:51.80	500m 6:31.79	550m 7:11.99	600m 7:52.14	650m 8:32.79	700m 9:12.82	750m 9:53.09	800m 10:33.33	
	850m 11:13.02	900m 11:52.90	950m 12:33.58	1000m 13:13.90	1050m 13:54.26	1100m 14:34.58	1150m 15:15.19	1200m 15:55.76	
	1250m 16:35.98	1300m 17:16.75	1350m 17:56.75	1400m 18:37.00	1450m 19:17.12	1500m 19:56.71			
7.	Stephen Moore	46	Stowmarket		20:55.12				327
	50m 37.47	100m 1:18.43	150m 2:00.87	200m 2:42.85	250m 3:25.39	300m 4:08.23	350m 4:50.61	400m 5:32.78	
	450m 6:14.95	500m 6:57.58	550m 7:40.26	600m 8:22.06	650m 9:03.26	700m 9:44.69	750m 10:26.48	800m 11:08.50	
	850m 11:50.59	900m 12:32.34	950m 13:14.73	1000m 13:56.57	1050m 14:38.55	1100m 15:20.23	1150m 16:01.82	1200m 16:43.65	
	1250m 17:25.64	1300m 18:08.01	1350m 18:50.32	1400m 19:32.49	1450m 20:14.99	1500m 20:55.12			
8.	John Grave	48	Deben		22:41.65				256
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m 8:10.51	600m -	650m 9:42.73	700m 10:28.52	750m 11:14.23	800m 12:00.47	
	850m 12:46.75	900m 13:33.11	950m 14:18.81	1000m 15:05.08	1050m 15:51.19	1100m 16:37.69	1150m 17:24.14	1200m 18:10.40	
	1250m 18:56.97	1300m 19:43.26	1350m 20:28.70	1400m 21:14.41	1450m 21:59.03	1500m 22:41.65			
9.	James Boucher	49	Guildford Ct		23:38.89				226
	50m 35.24	100m 1:17.28	150m 2:01.50	200m 2:46.16	250m 3:32.31	300m 4:18.16	350m 5:04.16	400m 5:52.64	
	450m 6:40.67	500m 7:29.40	550m 8:17.45	600m 9:07.26	650m 9:56.08	700m 10:45.47	750m 11:34.08	800m 12:23.71	
	850m 13:10.87	900m 13:59.58	950m 14:48.33	1000m 15:36.81	1050m 16:24.61	1100m 17:13.53	1150m 18:02.18	1200m 18:50.98	
	1250m 19:39.56	1300m 20:29.29	1350m 21:17.57	1400m 22:04.84	1450m 22:52.42	1500m 23:38.89			

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Iain Gerrard	52	Reading		19:51.91				382
	50m 35.78	100m 1:14.72	150m 1:54.58	200m 2:34.22	250m 3:14.51	300m 3:54.19	350m 4:33.81	400m 5:13.31	
	450m 5:53.25	500m 7:13.32	550m 7:53.03	600m 8:33.08	650m 9:13.05	700m 9:52.71	750m 10:32.89	800m 11:13.51	
	850m 11:54.50	900m 12:34.51	950m 13:14.97	1000m 13:55.47	1050m 14:35.53	1100m 15:15.32	1150m 15:55.18	1200m 16:35.19	
	1250m 17:14.97	1300m 17:54.38	1350m 18:34.17	1400m 19:13.49	1450m -	1500m 19:51.91			
2.	Ian Murray	52	Flitwick		20:04.81				370
	50m 34.98	100m 1:12.70	150m 1:51.62	200m 2:31.05	250m 3:10.40	300m 3:50.38	350m 4:30.43	400m 5:10.92	
	450m 5:51.62	500m 6:31.82	550m 7:12.11	600m 7:53.15	650m 8:33.50	700m 9:14.20	750m 9:55.45	800m 10:35.96	
	850m 11:16.87	900m 11:57.70	950m 12:38.82	1000m 13:19.33	1050m 14:00.46	1100m 14:41.57	1150m 15:22.32	1200m 16:03.43	
	1250m 16:44.52	1300m 17:25.27	1350m 18:06.10	1400m 18:47.36	1450m 19:27.78	1500m 20:04.81			
3.	Kevin Pullin	51	SW Police		20:16.89				359
	50m 36.52	100m 1:15.51	150m 1:55.03	200m 2:35.11	250m 3:15.28	300m 3:55.75	350m 4:36.24	400m 5:16.89	
	450m 5:57.23	500m 6:37.75	550m 7:18.17	600m 7:58.62	650m 8:39.21	700m 9:19.74	750m 10:00.12	800m 10:40.93	
	850m 11:21.47	900m 12:02.18	950m 12:42.90	1000m 13:23.57	1050m 14:04.52	1100m 14:45.28	1150m 15:26.37	1200m 16:07.49	
	1250m 16:49.06	1300m 17:30.60	1350m 18:12.21	1400m 18:53.64	1450m 19:35.47	1500m 20:16.89			
4.	Paul Pycroft	51	Cardiff Mast		20:44.65				335
	50m 33.10	100m 1:11.98	150m 1:52.18	200m 2:32.96	250m 3:13.93	300m 3:56.30	350m 4:37.41	400m 5:18.78	
	450m 6:00.01	500m 6:41.46	550m 7:22.41	600m 8:03.04	650m 8:45.83	700m 9:27.74	750m 10:10.08	800m 10:52.53	
	850m 11:34.17	900m 12:16.38	950m 12:59.27	1000m 13:42.31	1050m 14:24.85	1100m 15:07.41	1150m 15:49.98	1200m 16:32.67	
	1250m 17:15.38	1300m 17:58.59	1350m 18:41.16	1400m 19:24.16	1450m 20:06.82	1500m 20:44.65			
5.	Peter French	51	Co Newcastle		20:52.28				329
	50m 37.68	100m 1:19.46	150m 2:01.70	200m 2:44.43	250m 3:27.03	300m 4:09.50	350m 4:51.99	400m 5:34.19	
	450m 6:16.25	500m 6:58.82	550m 7:41.15	600m 8:22.43	650m 9:04.09	700m 9:46.22	750m 10:27.81	800m 11:09.83	
	850m 11:51.70	900m 12:33.65	950m 13:15.32	1000m 13:57.56	1050m 14:39.36	1100m 15:21.47	1150m 16:03.42	1200m 16:45.84	
	1250m 17:27.71	1300m 18:09.92	1350m 18:52.33	1400m 19:34.51	1450m 20:15.59	1500m 20:52.28			
6.	Guy Fawkes	50	Billingham		21:14.58				312
	50m 36.22	100m 1:15.14	150m 1:55.97	200m 2:37.58	250m 3:19.63	300m 4:01.82	350m 4:44.30	400m 5:26.70	
	450m 6:09.45	500m 6:52.17	550m 7:35.40	600m 8:18.07	650m 9:01.52	700m 9:44.16	750m 10:27.60	800m 11:11.14	
	850m 11:54.04	900m 12:37.78	950m 13:20.28	1000m 14:03.34	1050m 14:46.96	1100m 15:30.23	1150m 16:13.51	1200m 16:56.78	
	1250m 17:39.43	1300m 18:22.88	1350m 19:05.49	1400m 19:48.57	1450m 20:33.12	1500m 21:14.58			

Results

Ponds Forge International Sports Centre (25m) Sheffield 23 October 2009

MENS 50/54 Yrs Age Group - Results Continued

7.	Kevin Devine	52	Richmond Dale		22:58.80		247	
	50m 39.55	100m 1:23.79	150m 2:08.50	200m 2:54.35	250m 3:40.87	300m 4:27.25	350m 5:13.32	400m 6:00.40
	450m 6:47.47	500m 7:34.14	550m 8:20.72	600m 9:07.04	650m 9:53.64	700m 10:40.56	750m 11:27.23	800m 12:13.58
	850m 13:00.57	900m 13:47.04	950m 14:33.75	1000m 15:20.41	1050m 16:07.07	1100m 16:53.46	1150m 17:39.65	1200m 18:26.12
	1250m 19:12.48	1300m 19:58.70	1350m 20:44.84	1400m 21:30.82	1450m 22:16.62	1500m 22:58.80		
8.	Adrian Morton	52	Camden Swiss		26:33.99		160	
	50m 45.24	100m 1:37.02	150m 2:30.70	200m 3:23.92	250m 4:16.59	300m 5:09.37	350m 6:03.66	400m 6:57.54
	450m 7:51.45	500m 8:45.32	550m 9:39.39	600m 10:32.36	650m 11:26.10	700m 12:20.19	750m 13:13.43	800m 14:07.20
	850m 15:01.70	900m 15:56.69	950m 16:50.88	1000m 17:45.46	1050m 18:39.89	1100m 19:33.75	1150m 20:27.54	1200m 21:21.60
	1250m 22:14.68	1300m 23:07.99	1350m 24:02.22	1400m 24:54.80	1450m 25:47.63	1500m 26:33.99		

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Neville Barton	55	Trafford Met		19:44.91		388	
	50m 33.57	100m 1:11.03	150m 1:50.05	200m 2:30.07	250m 3:10.32	300m 3:50.42	350m 4:30.68	400m 5:10.46
	450m 5:50.54	500m 6:30.87	550m 7:10.94	600m 7:50.61	650m 8:30.33	700m 9:09.90	750m 9:49.41	800m 10:28.79
	850m 11:08.61	900m 11:48.44	950m 12:29.42	1000m 13:09.83	1050m 13:49.82	1100m 14:29.97	1150m 15:10.28	1200m 15:50.81
	1250m 16:31.10	1300m 17:10.51	1350m 17:50.25	1400m 18:29.04	1450m 19:08.13	1500m 19:44.91		
2.	Brian Hosking	58	Dorking		21:55.90		284	
	50m 39.65	100m 1:22.76	150m 2:06.73	200m 2:51.29	250m 3:35.90	300m 4:20.57	350m 5:04.79	400m 5:48.60
	450m 6:33.21	500m 7:17.34	550m 8:01.57	600m 8:45.19	650m 9:29.37	700m 10:13.36	750m 10:57.76	800m 11:41.29
	850m 12:25.45	900m 13:09.10	950m 13:52.67	1000m 14:35.94	1050m 15:20.35	1100m 16:04.09	1150m 16:47.92	1200m 17:32.81
	1250m 18:16.67	1300m 19:01.01	1350m 19:45.72	1400m 20:30.08	1450m 21:14.13	1500m 21:55.90		
3.	Antony Meek	59	Sevenoaks		22:39.09		257	
	50m 38.29	100m 1:21.57	150m 2:08.21	200m 2:55.21	250m 3:40.06	300m 4:26.09	350m 5:11.56	400m 5:57.15
	450m 6:43.43	500m 7:28.99	550m 8:14.78	600m 9:00.66	650m 9:46.24	700m 10:32.23	750m 11:18.26	800m 12:04.02
	850m 12:49.96	900m 13:36.20	950m 14:21.72	1000m 15:06.83	1050m 15:52.31	1100m 16:38.05	1150m 17:22.94	1200m 18:08.21
	1250m 18:53.69	1300m 19:39.31	1350m 20:25.30	1400m 21:10.52	1450m 21:55.03	1500m 22:39.09		

MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	David Hembrow	62	Teddington		20:16.60		359	
	50m 35.69	100m 1:14.68	150m 1:54.49	200m 2:34.72	250m 3:14.93	300m 3:55.22	350m 4:35.79	400m 5:16.59
	450m 5:57.43	500m 6:38.26	550m 7:19.07	600m 8:00.39	650m 8:41.64	700m 9:22.44	750m 10:03.35	800m 10:44.38
	850m 11:25.69	900m 12:06.98	950m 12:48.09	1000m 13:29.19	1050m 14:10.26	1100m 14:51.45	1150m 15:32.56	1200m 16:13.42
	1250m 16:54.58	1300m 17:35.67	1350m 18:16.41	1400m 18:57.17	1450m 19:37.66	1500m 20:16.60		
2.	Leonard Phoenix	60	Stowmarket		21:58.37		282	
	50m 38.30	100m 1:20.61	150m 2:04.28	200m 2:47.63	250m 3:31.27	300m 4:14.50	350m 4:58.68	400m 5:42.80
	450m 6:27.20	500m 7:11.76	550m 7:56.28	600m 8:40.91	650m 9:25.40	700m 10:10.17	750m 10:54.88	800m 11:39.32
	850m 12:23.80	900m 13:08.16	950m 13:52.73	1000m 14:36.88	1050m 15:21.49	1100m 16:05.48	1150m 16:50.05	1200m 17:33.91
	1250m 18:18.27	1300m 19:02.57	1350m 19:46.84	1400m 20:31.58	1450m 21:16.30	1500m 21:58.37		
3.	Peter Stephens	62	Royal Navy		22:57.70		247	
	50m 39.41	100m 1:23.16	150m 2:08.38	200m 2:54.15	250m 3:39.78	300m 4:25.21	350m 5:10.93	400m 5:57.95
	450m 6:45.05	500m 7:30.70	550m 8:16.65	600m 9:03.08	650m 9:48.86	700m 10:35.54	750m 11:22.16	800m 12:07.82
	850m 12:53.88	900m 13:39.22	950m 14:24.61	1000m 15:10.62	1050m 15:57.44	1100m 16:44.31	1150m 17:32.21	1200m 18:20.44
	1250m 19:07.08	1300m 19:53.76	1350m 20:41.07	1400m 21:27.77	1450m 22:13.62	1500m 22:57.70		
4.	David Murphy	60	Romford Town		25:16.61		185	
	50m 44.39	100m 1:33.56	150m 2:23.23	200m 3:13.12	250m -	300m 4:53.97	350m -	400m -
	450m 7:23.33	500m -	550m 9:04.68	600m 9:54.74	650m 10:45.32	700m 11:36.82	750m 12:27.50	800m 13:18.46
	850m 14:08.99	900m -	950m 15:50.43	1000m 16:40.95	1050m 17:32.68	1100m 18:23.52	1150m 19:16.16	1200m -
	1250m -	1300m -	1350m 22:42.59	1400m 23:08.25	1450m -	1500m 25:16.61		
5.	Philip Sears	63	Dorking		27:29.69		144	
	50m 45.72	100m 1:36.48	150m 2:29.94	200m 3:26.03	250m 4:19.45	300m 5:14.57	350m 6:09.23	400m 7:04.94
	450m 7:58.94	500m 8:54.71	550m 9:50.84	600m 10:46.63	650m 11:42.54	700m 12:37.60	750m 13:31.63	800m 14:28.32
	850m 15:23.56	900m 16:18.37	950m 17:15.43	1000m 18:11.82	1050m 19:06.94	1100m 20:02.92	1150m 20:59.46	1200m 21:55.97
	1250m -	1300m 23:48.17	1350m 24:44.72	1400m 25:39.92	1450m 26:35.41	1500m 27:29.69		

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Sandy Galletly	67	Warrender Ba		22:13.93		272	
	50m 39.87	100m 1:24.02	150m 2:08.94	200m 2:54.24	250m 3:39.32	300m 4:23.47	350m 5:07.89	400m 5:52.78
	450m 6:37.68	500m 7:22.61	550m 8:07.10	600m 8:51.90	650m 9:36.81	700m 10:21.66	750m 11:06.43	800m 11:51.25
	850m 12:36.15	900m 13:21.09	950m 14:05.83	1000m 14:50.57	1050m 15:34.87	1100m 16:19.33	1150m 17:03.83	1200m 17:48.18
	1250m 18:32.96	1300m 19:18.26	1350m 20:02.91	1400m 20:47.36	1450m 21:31.24	1500m 22:13.93		
2.	Roger Lloyd-Mostyn	68	Otter		24:20.22		208	
	50m 40.95	100m 1:25.73	150m 2:12.11	200m 2:58.90	250m 3:46.16	300m 4:34.06	350m 5:22.31	400m 6:10.80
	450m 6:59.58	500m 7:48.65	550m 8:37.72	600m 9:26.45	650m 10:15.66	700m 11:05.33	750m 11:54.44	800m 12:43.71
	850m 13:32.68	900m 14:21.70	950m 15:10.99	1000m 16:00.26	1050m 16:51.19	1100m 17:41.19	1150m 18:31.24	1200m 19:22.13
	1250m 20:12.32	1300m 21:02.94	1350m 21:52.77	1400m 22:43.35	1450m 23:31.83	1500m 24:20.22		
3.	Peter Ingham	65	Rotherham Mo		28:47.67		125	
	50m 48.08	100m 1:40.48	150m 2:34.39	200m 3:29.24	250m 4:24.51	300m 5:20.25	350m 6:17.25	400m 7:16.23
	450m 8:15.61	500m 9:15.66	550m 10:16.00	600m 11:17.06	650m 12:17.80	700m 13:19.15	750m 14:19.08	800m 15:18.66
	850m 16:18.86	900m 17:17.92	950m 19:16.58	1000m 20:16.05	1050m 21:14.12	1100m 22:11.61	1150m 23:10.00	1200m 24:07.73
	1250m 27:54.76	1300m -	1350m -	1400m 28:47.67	1450m -	1500m 28:47.67		

MENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Mick Marshall	70	Birmingham M		22:12.38 GB/EUR		273	
	50m 38.81	100m 1:21.77	150m 2:05.47	200m 2:49.26	250m 3:33.61	300m 4:17.64	350m 5:01.93	400m 5:45.56
	450m 6:29.77	500m 7:13.23	550m 7:58.08	600m 8:42.46	650m 9:27.26	700m 10:12.43	750m 10:57.42	800m 11:42.33
	850m 12:26.96	900m 13:12.93	950m 13:57.73	1000m 14:43.65	1050m 15:28.52	1100m 16:13.86	1150m 16:58.46	1200m 17:44.31
	1250m 18:29.52	1300m 19:14.56	1350m 20:00.32	1400m 20:45.19	1450m 21:29.19	1500m 22:12.38		

Results

Ponds Forge International Sports Centre (25m) Sheffield 23 October 2009

MENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Keith Edward Godbehere	75	Rotherham Mo		27:18.52 GB			147	
	50m -	100m -	150m -	200m 3:30.88	250m 4:24.45	300m 6:13.45	350m 7:07.64	400m -	
	450m 8:56.27	500m -	550m 9:50.92	600m -	650m -	700m 12:34.07	750m -	800m -	
	850m 15:20.12	900m -	950m 17:11.27	1000m -	1050m 19:02.93	1100m -	1150m 21:38.09	1200m 23:40.08	
	1250m -	1300m 25:31.95	1350m 25:54.32	1400m 26:27.62	1450m 27:18.52	1500m 27:18.52			
2.	Derek Bidgood	75	Devonport		29:34.50			116	
	50m 51.73	100m 1:49.16	150m 3:31.79	200m 3:50.15	250m 4:48.28	300m 5:49.30	350m 6:48.21	400m 7:47.79	
	450m 8:49.68	500m -	550m 9:47.99	600m 10:47.84	650m 11:47.24	700m 14:48.50	750m 15:45.81	800m 17:45.61	
	850m -	900m -	950m 18:47.49	1000m 19:46.92	1050m 20:44.79	1100m 21:45.20	1150m 22:44.73	1200m 23:45.13	
	1250m 24:42.09	1300m 25:41.93	1350m 27:39.21	1400m 28:37.31	1450m -	1500m 29:34.50			

Results

Ponds Forge International Sports Centre (25m) Sheffield 23 October 2009

WOMENS 17/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Lisa Trussler	19	Leic Peng	19:12.74	553				
	50m 32.87	100m 1:09.04	150m 1:46.63	200m 2:24.28	250m 3:01.88	300m 3:39.73	350m 4:18.02	400m 4:56.11	
	450m 5:34.91	500m 6:13.39	550m 6:52.32	600m 7:31.40	650m 8:10.22	700m 8:48.98	750m 9:27.93	800m 10:07.14	
	850m 10:46.28	900m 11:25.37	950m 12:04.44	1000m 12:43.69	1050m 13:23.32	1100m 14:03.00	1150m 14:41.48	1200m 15:20.75	
	1250m 15:59.57	1300m 16:39.04	1350m 17:17.65	1400m 17:56.67	1450m 18:35.64	1500m 19:12.74			
2.	Katherine Loker	24	Calv Bing	21:09.69	414				
	50m 37.46	100m 1:18.52	150m 2:00.22	200m 2:41.77	250m 3:23.70	300m 4:05.67	350m 4:48.04	400m 5:30.07	
	450m 6:12.30	500m 6:54.90	550m 7:37.28	600m 8:19.70	650m 9:02.21	700m 9:44.85	750m 10:27.85	800m 11:10.74	
	850m 11:53.55	900m 12:36.51	950m 13:19.34	1000m 14:02.49	1050m 14:45.24	1100m 15:28.16	1150m 16:10.78	1200m 16:53.20	
	1250m 17:36.83	1300m 18:19.90	1350m 19:02.50	1400m 19:45.84	1450m 20:28.65	1500m 21:09.69			

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Kate Smith	27	Co Newcastle	19:25.45	535				
	50m 33.14	100m 1:10.20	150m 1:48.01	200m 2:26.32	250m 3:04.30	300m 3:42.79	350m 4:21.48	400m 5:00.52	
	450m 5:39.41	500m 6:18.32	550m 6:57.91	600m 7:37.23	650m 8:16.28	700m 8:56.20	750m 9:36.23	800m 10:16.00	
	850m 10:56.11	900m 11:35.62	950m 12:15.43	1000m 12:55.11	1050m 13:34.90	1100m 14:15.34	1150m 14:55.10	1200m 15:34.47	
	1250m 16:14.27	1300m 16:53.77	1350m 17:32.90	1400m 18:12.32	1450m 18:50.90	1500m 19:25.45			
2.	Helen Prentice	29	Otter	19:41.57	513				
	50m 34.72	100m 1:12.62	150m 1:50.96	200m 2:29.73	250m 3:08.83	300m 3:47.88	350m 4:26.72	400m 5:06.05	
	450m 5:45.65	500m 6:25.30	550m 7:04.77	600m 7:44.33	650m 8:24.01	700m 9:04.12	750m 9:43.71	800m 10:23.40	
	850m 11:03.33	900m 11:43.06	950m 12:23.13	1000m 13:03.29	1050m 13:43.03	1100m 14:22.93	1150m 15:02.37	1200m 15:42.37	
	1250m 16:22.10	1300m 17:02.04	1350m 17:42.35	1400m 18:22.89	1450m 19:03.04	1500m 19:41.57			
3.	Alex Davis	28	Out To Swim	20:01.84	488				
	50m 35.46	100m 1:13.34	150m 1:52.80	200m 2:32.64	250m 3:12.41	300m 3:52.61	350m 4:32.73	400m 5:13.34	
	450m 5:54.08	500m 6:34.03	550m 7:14.62	600m 7:54.45	650m 8:34.43	700m 9:14.72	750m 9:55.30	800m 10:36.57	
	850m 11:17.34	900m 11:57.99	950m 12:38.60	1000m 13:19.11	1050m 13:59.71	1100m 14:40.80	1150m 15:21.39	1200m 16:01.81	
	1250m 16:42.33	1300m 17:22.11	1350m 18:02.68	1400m 18:42.95	1450m 19:23.02	1500m 20:01.84			
4.	Jane McCormick	28	E Manch Ice	20:45.28	439				
	50m 36.34	100m 1:15.33	150m 1:55.73	200m 2:36.85	250m 3:17.67	300m 3:58.93	350m -	400m 6:04.53	
	450m 6:46.45	500m -	550m 7:28.38	600m 8:10.56	650m 8:52.23	700m 9:34.58	750m 10:16.15	800m 10:58.35	
	850m 11:41.06	900m 12:23.18	950m 13:05.82	1000m 13:48.14	1050m 14:30.23	1100m 15:11.75	1150m 15:53.83	1200m 16:35.85	
	1250m 17:17.45	1300m 17:59.33	1350m 18:41.51	1400m 19:23.71	1450m 20:05.15	1500m 20:45.28			
5.	Rhiannon Scott	27	Swansea Val	23:37.02	298				
	50m 41.72	100m 1:26.57	150m 2:13.15	200m 3:00.30	250m 3:48.23	300m 4:35.53	350m 5:23.73	400m 6:11.83	
	450m 6:59.41	500m 7:46.67	550m 8:34.39	600m 9:22.01	650m 10:09.56	700m 10:57.32	750m 11:45.46	800m 12:32.81	
	850m 13:20.12	900m 14:08.07	950m 14:55.46	1000m 15:42.93	1050m 16:30.83	1100m 17:18.41	1150m 18:05.57	1200m 18:53.62	
	1250m 19:41.48	1300m 20:29.17	1350m 21:16.43	1400m 22:03.87	1450m 22:50.99	1500m 23:37.02			
6.	Claire McMahon	29	Barnet Copt	24:29.61	267				
	50m 40.96	100m 1:26.08	150m 2:12.42	200m 2:59.02	250m 3:48.41	300m 4:37.05	350m 5:25.75	400m 6:15.59	
	450m 7:05.73	500m 7:56.22	550m 8:52.05	600m 9:41.19	650m 10:30.57	700m 11:19.50	750m 12:09.48	800m 12:59.43	
	850m 13:48.65	900m 14:37.90	950m 15:27.34	1000m 16:16.85	1050m 17:05.80	1100m 17:55.11	1150m 18:44.87	1200m 19:34.15	
	1250m 20:23.67	1300m 21:13.45	1350m 22:03.39	1400m 22:52.22	1450m 23:41.85	1500m 24:29.61			

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Elisabeth Yaneske	32	Sedgefield	19:14.37	551				
	50m 35.93	100m 1:14.55	150m 1:53.77	200m 2:32.84	250m 3:11.98	300m 3:51.03	350m 4:30.03	400m 5:08.88	
	450m 5:47.53	500m 6:26.01	550m 7:04.52	600m 7:42.93	650m 8:21.47	700m 9:00.09	750m 9:38.51	800m 10:17.07	
	850m 10:55.52	900m 11:33.78	950m 12:12.23	1000m 12:50.87	1050m 13:29.06	1100m 14:07.24	1150m 14:45.46	1200m 15:23.75	
	1250m 16:02.16	1300m 16:40.42	1350m 17:19.04	1400m 17:57.58	1450m 18:36.29	1500m 19:14.37			
2.	Jessica Wooddisse	34	Stroud Mast	19:27.20	533				
	50m 35.75	100m 1:13.60	150m 1:52.50	200m 2:31.07	250m 3:09.77	300m 3:48.49	350m 4:27.44	400m 5:06.58	
	450m 5:45.43	500m 6:24.34	550m 7:03.53	600m 7:42.67	650m 8:22.17	700m 9:01.39	750m 9:40.24	800m 10:19.50	
	850m 10:58.29	900m 11:37.16	950m 12:16.51	1000m 12:56.01	1050m 13:35.26	1100m 14:14.31	1150m 14:53.90	1200m 15:33.27	
	1250m 16:12.69	1300m 16:51.90	1350m 17:31.11	1400m 18:10.71	1450m 18:49.90	1500m 19:27.20			
3.	Edwidge Fortier	34	Anaconda	20:37.13	447				
	50m 36.81	100m 1:16.84	150m 1:57.82	200m 2:39.28	250m 3:20.90	300m 4:02.47	350m 4:43.81	400m 5:25.24	
	450m 6:06.74	500m 6:48.20	550m 7:29.82	600m 8:11.71	650m 8:53.15	700m 9:34.85	750m 10:16.55	800m 10:57.87	
	850m 11:39.30	900m 12:20.56	950m 13:01.97	1000m 13:43.40	1050m 14:25.45	1100m 15:07.40	1150m 15:49.27	1200m 16:30.53	
	1250m 17:12.33	1300m 17:53.96	1350m 18:35.66	1400m 19:17.24	1450m 19:57.99	1500m 20:37.13			
4.	Zara Bullen	32	UEA Norwich	23:44.73	293				
	50m 41.43	100m 1:26.77	150m -	200m -	250m -	300m 4:31.37	350m -	400m 6:04.41	
	450m -	500m -	550m 8:26.04	600m 9:14.08	650m -	700m -	750m 11:39.28	800m -	
	850m 13:16.09	900m 14:04.30	950m 14:53.12	1000m 15:41.70	1050m 16:30.23	1100m -	1150m 18:07.66	1200m -	
	1250m 19:46.14	1300m -	1350m -	1400m 22:13.17	1450m -	1500m 23:44.73			

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Karen Driver	38	Colne	19:30.82	528				
	50m 34.97	100m 1:12.30	150m 1:50.09	200m 2:28.28	250m 3:06.80	300m 3:45.71	350m 4:24.98	400m 5:04.11	
	450m 5:43.42	500m -	550m -	600m 7:41.91	650m 8:21.32	700m 9:00.75	750m 9:40.50	800m 10:20.35	
	850m 10:59.82	900m 11:39.27	950m 12:18.91	1000m 12:58.34	1050m 13:37.77	1100m 14:17.31	1150m 14:56.88	1200m 15:36.63	
	1250m 16:16.31	1300m 16:55.67	1350m 17:34.91	1400m 18:14.26	1450m 18:53.13	1500m 19:30.82			
2.	Teresa Dray	37	G B Police	19:32.56	525				
	50m 33.19	100m 1:09.76	150m 1:48.08	200m 2:26.71	250m 3:05.88	300m 3:44.89	350m 4:24.25	400m 5:03.52	
	450m 5:43.04	500m 6:22.40	550m 7:02.05	600m 7:41.45	650m 8:21.20	700m 9:00.97	750m 9:40.64	800m 10:20.41	
	850m 11:00.21	900m 11:39.99	950m 12:19.69	1000m 12:59.75	1050m 13:39.52	1100m 14:19.45	1150m 14:59.23	1200m 15:39.18	
	1250m 16:18.79	1300m 16:58.47	1350m 17:37.97	1400m 18:16.93	1450m 18:55.58	1500m 19:32.56			
3.	Kim Winwood	36	Birmingham M	20:39.22	445				
	50m 37.13	100m 1:16.80	150m 2:39.75	200m -	250m 3:21.70	300m 4:03.80	350m 5:26.49	400m 6:07.81	
	450m 6:48.84	500m 7:29.85	550m -	600m -	650m -	700m -	750m -	800m 10:59.18	
	850m -	900m 12:22.65	950m 13:04.37	1000m 13:47.05	1050m 14:27.73	1100m 15:09.50	1150m 15:52.12	1200m 16:32.74	
	1250m 16:57.45	1300m 17:44.90	1350m 18:37.06	1400m 19:18.74	1450m 20:00.23	1500m 20:39.22			

Results

Ponds Forge International Sports Centre (25m) Sheffield 23 October 2009

WOMENS 35/39 Yrs Age Group - Results Continued

4.	Alexandra Johnson	38	Guildford Ct	22:07.68	362				
	50m 40.29	100m 1:24.04	150m 2:08.13	200m 2:52.41	250m 3:37.13	300m 4:21.62	350m 5:06.25	400m 5:50.52	
	450m 6:34.89	500m 7:18.82	550m 8:02.90	600m 8:46.72	650m 9:31.26	700m 10:15.63	750m 11:00.21	800m 11:44.46	
	850m 12:29.22	900m 13:13.20	950m 13:57.49	1000m 14:42.15	1050m 15:26.73	1100m 16:11.13	1150m 16:56.00	1200m 17:40.89	
	1250m 18:26.34	1300m 19:10.73	1350m 19:55.32	1400m 20:40.53	1450m 21:25.22	1500m 22:07.68			
5.	Lucy Roper	37	Reading	22:14.47	356				
	50m 40.00	100m 1:17.00	150m 2:07.52	200m 2:51.79	250m 3:36.35	300m 4:20.81	350m 5:05.46	400m 5:50.00	
	450m 6:34.47	500m 7:19.25	550m 8:03.73	600m 8:48.39	650m 9:32.92	700m 10:17.91	750m 11:02.69	800m 11:47.17	
	850m 12:31.78	900m 13:16.27	950m 14:01.51	1000m 14:46.48	1050m 15:31.00	1100m 16:15.63	1150m 17:00.61	1200m 17:45.93	
	1250m 18:30.99	1300m 19:16.36	1350m 20:01.77	1400m 20:47.10	1450m 21:32.56	1500m 22:14.47			
6.	Ruth Brown	39	Co Cambridge	23:21.41	308				
	50m 39.22	100m 1:23.72	150m 2:08.47	200m 2:54.11	250m 3:39.94	300m 4:26.20	350m 5:12.82	400m 6:00.55	
	450m 6:46.74	500m 7:33.68	550m 8:20.86	600m 9:07.94	650m 9:54.43	700m 10:40.92	750m 11:07.72	800m 11:27.85	
	850m 12:15.40	900m 13:02.92	950m 13:50.85	1000m 14:39.69	1050m 15:27.50	1100m 16:15.27	1150m 17:03.21	1200m 17:50.60	
	1250m 18:38.40	1300m 19:07.69	1350m 20:14.75	1400m 21:02.02	1450m 21:49.86	1500m 23:21.41			
7.	Kelly Crickmore	39	Rhyl Dolphin	24:59.66	251				
	50m 43.36	100m 1:31.47	150m 2:21.00	200m 3:10.95	250m 4:00.69	300m 4:50.76	350m 5:40.51	400m 6:30.50	
	450m 7:20.19	500m 8:09.66	550m 8:59.43	600m 9:49.09	650m 10:39.47	700m 11:29.62	750m 12:19.91	800m 13:10.48	
	850m 14:01.40	900m 14:52.27	950m 15:42.93	1000m 16:33.97	1050m 17:25.08	1100m 18:15.88	1150m 19:06.74	1200m 19:57.47	
	1250m 20:48.12	1300m 21:39.03	1350m 22:30.36	1400m 23:20.92	1450m 24:11.46	1500m 24:59.66			
8.	Lisa Stansbie	35	Etwall	25:34.87	234				
	50m 41.74	100m 1:28.76	150m 2:17.14	200m 3:07.40	250m 3:58.47	300m 4:50.10	350m 5:41.94	400m 6:33.29	
	450m 7:25.18	500m 8:17.15	550m 9:09.59	600m 10:01.52	650m 10:54.16	700m 11:46.74	750m 12:38.81	800m 13:30.63	
	850m 14:22.76	900m -	950m 16:08.73	1000m 17:00.90	1050m 17:52.71	1100m 18:44.93	1150m 19:36.76	1200m 20:29.31	
	1250m 21:22.88	1300m 22:13.95	1350m 23:06.54	1400m 23:56.81	1450m 24:47.26	1500m 25:34.87			

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Sarah Brandrick	41	Co Derby	20:32.17	453				
	50m 36.04	100m 1:15.35	150m 1:56.15	200m 2:37.23	250m 3:18.71	300m 4:00.44	350m 4:42.33	400m 5:23.88	
	450m 6:05.36	500m 6:46.55	550m 7:27.93	600m 8:09.88	650m 8:51.52	700m 9:33.07	750m 10:14.45	800m 10:56.23	
	850m 11:37.98	900m 12:19.71	950m 13:00.88	1000m 13:42.23	1050m 14:23.49	1100m 15:04.96	1150m 15:46.42	1200m 16:27.75	
	1250m 17:09.38	1300m 17:50.11	1350m 18:31.32	1400m 19:12.75	1450m 19:54.13	1500m 20:32.17			
2.	Helen Gray	43	Romford Town	21:03.15	420				
	50m 38.55	100m 1:19.72	150m 2:02.07	200m 2:44.62	250m 3:26.65	300m 4:08.97	350m 4:50.69	400m 5:32.57	
	450m 6:14.40	500m 6:56.67	550m 7:38.89	600m 8:20.85	650m 9:03.17	700m 9:45.62	750m 10:27.89	800m 11:09.82	
	850m 11:52.15	900m 12:34.41	950m 13:16.74	1000m 13:59.48	1050m 14:42.57	1100m 15:25.68	1150m 16:08.61	1200m 16:51.34	
	1250m 17:34.44	1300m 18:16.75	1350m 18:58.83	1400m 19:40.84	1450m 20:22.17	1500m 21:03.15			
3.	Adele Parham	42	Wincanton	21:49.24	377				
	50m 36.96	100m 1:18.44	150m 2:01.38	200m 2:44.20	250m 3:27.85	300m 4:11.17	350m 4:55.15	400m 5:39.43	
	450m 6:23.82	500m 7:08.39	550m 7:52.45	600m 8:36.82	650m 9:20.84	700m 10:04.86	750m 10:49.41	800m 11:34.00	
	850m 12:18.56	900m 13:02.47	950m 13:46.79	1000m 14:31.18	1050m 15:15.64	1100m 15:59.74	1150m 16:43.74	1200m 17:27.58	
	1250m 18:11.51	1300m 18:55.43	1350m 19:39.86	1400m 20:23.38	1450m 21:07.21	1500m 21:49.24			
4.	Joanne Highfield	41	Lincoln Vulc	22:16.02	355				
	50m 38.81	100m 1:21.64	150m 2:05.74	200m 2:50.20	250m 3:34.94	300m 4:19.47	350m 5:03.32	400m 5:47.31	
	450m 6:31.44	500m 7:16.14	550m 8:00.78	600m 8:45.68	650m 9:30.24	700m 10:15.02	750m 10:59.59	800m 11:44.60	
	850m 12:29.44	900m 13:14.45	950m 13:59.46	1000m 14:44.34	1050m 15:29.65	1100m 16:15.00	1150m 17:00.25	1200m 17:45.57	
	1250m 18:31.36	1300m 19:17.03	1350m 20:03.22	1400m 20:49.13	1450m 21:35.12	1500m 22:16.02			
5.	Amanda Green	41	Bristol Mast	22:52.55	328				
	50m 38.94	100m 1:22.15	150m 2:06.97	200m 2:52.65	250m 3:38.86	300m 4:24.98	350m 5:11.23	400m 5:57.28	
	450m 6:43.44	500m 7:29.35	550m 8:15.66	600m 9:01.97	650m 9:48.58	700m 10:35.09	750m 11:21.15	800m 12:07.40	
	850m 12:53.92	900m 13:39.75	950m 14:25.89	1000m 15:12.06	1050m 15:58.04	1100m 16:43.92	1150m 17:29.72	1200m 18:15.96	
	1250m 19:01.90	1300m 19:48.34	1350m 20:34.40	1400m 21:20.82	1450m 22:07.57	1500m 22:52.55			
6.	Catherine Roberts	43	Swansea Val	24:34.90	264				
	50m 42.76	100m 1:29.71	150m 2:17.80	200m 3:05.96	250m 3:54.44	300m 4:43.60	350m 5:32.38	400m 6:21.84	
	450m 7:11.04	500m 8:00.91	550m 8:50.95	600m 9:40.90	650m 10:30.81	700m 11:20.46	750m 12:10.84	800m 13:01.02	
	850m 13:51.56	900m 14:41.32	950m 15:31.68	1000m 16:21.82	1050m 17:10.90	1100m 18:00.67	1150m 18:50.32	1200m 19:40.04	
	1250m 20:29.59	1300m 21:19.03	1350m 22:08.88	1400m 22:59.11	1450m 23:47.91	1500m 24:34.90			
7.	Heike Templin	40	Co Cambridge	25:53.78	226				
	50m 48.28	100m 1:39.98	150m 2:32.19	200m 3:23.96	250m 4:16.38	300m 5:08.23	350m 6:00.06	400m 6:51.74	
	450m 7:43.27	500m 8:35.62	550m 9:27.38	600m 10:19.72	650m 11:11.79	700m 12:04.41	750m 12:56.87	800m 13:48.56	
	850m 14:41.24	900m 15:33.74	950m 16:26.16	1000m 17:18.71	1050m 18:11.13	1100m 19:03.68	1150m 19:56.53	1200m 20:49.24	
	1250m 21:42.23	1300m 22:33.13	1350m 23:24.92	1400m 24:15.63	1450m 25:07.07	1500m 25:53.78			

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Nuala Muir-Cochrane	45	Camden Swiss	18:50.04 GB	587				
	50m 34.10	100m 1:10.98	150m 1:48.18	200m 2:25.70	250m 3:03.25	300m 3:40.76	350m 4:18.39	400m 4:55.76	
	450m 5:33.39	500m 6:10.94	550m 6:48.66	600m 7:26.59	650m 8:04.35	700m 8:42.47	750m 9:20.49	800m 9:58.50	
	850m 10:36.62	900m 11:14.36	950m 11:52.01	1000m 12:30.19	1050m 13:08.20	1100m 13:46.08	1150m 14:24.33	1200m 15:02.78	
	1250m 15:40.92	1300m 16:19.07	1350m 16:57.08	1400m 17:34.90	1450m 18:13.32	1500m 18:50.04			
2.	Carolyn Fox	48	Reading	21:08.83	415				
	50m 36.66	100m 1:17.98	150m 2:00.26	200m 2:42.93	250m 3:25.71	300m 4:08.71	350m 4:52.11	400m 5:35.29	
	450m 6:17.70	500m 7:00.55	550m 7:42.84	600m 8:25.45	650m 9:08.45	700m 9:51.34	750m 10:34.05	800m 11:15.94	
	850m 11:57.80	900m 12:39.87	950m 13:22.93	1000m 14:05.42	1050m 14:48.66	1100m 15:31.32	1150m 16:14.72	1200m 16:57.66	
	1250m 17:40.67	1300m 18:22.93	1350m 19:05.10	1400m 19:46.95	1450m 20:28.79	1500m 21:08.83			
3.	Elaine Seager	46	Loughborough	21:17.06	407				
	50m 38.86	100m 1:20.16	150m 2:02.22	200m 2:44.79	250m 3:27.47	300m 4:10.14	350m 4:52.87	400m 5:35.37	
	450m 6:18.06	500m 7:00.47	550m 7:43.22	600m 8:23.87	650m 9:08.20	700m 9:50.80	750m 10:33.57	800m 11:16.57	
	850m 11:59.13	900m 12:41.77	950m 13:24.40	1000m 14:06.87	1050m 14:49.47	1100m 15:32.15	1150m 16:15.34	1200m 16:58.41	
	1250m 17:41.65	1300m 18:24.91	1350m 19:08.21	1400m 19:51.84	1450m 20:35.79	1500m 21:17.06			

Results

Ponds Forge International Sports Centre (25m) Sheffield 23 October 2009

WOMENS 45/49 Yrs Age Group - Results Continued

4.	Traci Shipley	45	Ellesmere Pt	23:13.83	313
	50m 39.72	100m 1:24.51	150m 2:10.82	200m 2:57.77	250m 3:44.10
	450m 6:49.74	500m 7:36.60	550m 8:23.77	600m 9:10.39	650m 9:57.02
	850m 13:04.84	900m 13:51.87	950m 14:38.84	1000m 15:26.13	1050m 16:13.17
	1250m 19:22.20	1300m 20:08.61	1350m 20:55.99	1400m 21:43.18	1450m 22:29.74
					1500m 23:13.83
5.	Ann Henderson	48	Aquabears	25:00.95	251
	50m 38.37	100m 1:23.12	150m 2:10.65	200m 2:58.93	250m 3:48.32
	450m 7:11.66	500m 8:02.53	550m 8:53.20	600m 9:44.14	650m 10:34.09
	850m 13:58.03	900m 14:49.12	950m 15:40.67	1000m 16:31.10	1050m 17:20.99
	1250m 20:46.46	1300m 21:37.87	1350m 22:30.86	1400m 23:22.12	1450m 24:12.36
					1500m 25:00.95
6.	Valerie Bull	47	UEA Norwich	25:26.73	238
	50m 42.63	100m 1:29.64	150m 2:18.39	200m 3:08.50	250m 3:58.93
	450m 7:24.60	500m 8:16.42	550m 9:07.98	600m 9:59.51	650m 10:51.32
	850m 14:18.98	900m 15:10.92	950m 16:02.22	1000m 16:53.68	1050m 17:44.60
	1250m 21:12.45	1300m 22:04.58	1350m 22:55.78	1400m 23:47.31	1450m 24:38.32
					1500m 25:26.73
7.	Judith Brand	49	Gainsborough	25:36.37	234
	50m -	100m -	150m -	200m -	250m -
	450m 7:32.03	500m 8:24.39	550m -	600m -	650m -
	850m -	900m -	950m -	1000m 16:59.65	1050m 17:51.30
	1250m 22:10.53	1300m 23:01.96	1350m -	1400m -	1450m -
					1500m 25:36.37
8.	Jacqueline Patel	49	Kings Corm	25:54.84	225
	50m 44.74	100m 1:33.65	150m 2:23.83	200m 3:15.01	250m 4:06.71
	450m 7:35.08	500m 8:27.42	550m 9:19.38	600m 10:11.45	650m 11:03.30
	850m 14:32.43	900m 15:24.95	950m 16:17.28	1000m 17:09.69	1050m 18:02.45
	1250m 21:33.83	1300m 22:27.05	1350m 23:20.67	1400m 24:13.05	1450m 25:04.43
					1500m 25:54.84
9.	Shirley Fawkes	49	Billingham	26:01.95	222
	50m 45.53	100m 1:34.82	150m 2:26.01	200m 3:17.76	250m 4:10.11
	450m 7:39.39	500m 8:31.67	550m 9:24.24	600m 10:16.99	650m 11:09.27
	850m 14:39.69	900m 15:31.90	950m 16:23.96	1000m 17:16.48	1050m 18:09.38
	1250m 21:39.67	1300m 22:32.78	1350m 23:25.33	1400m 24:17.54	1450m 25:10.00
					1500m 26:01.95
10.	Catherine Robarts	48	Basingstoke	26:27.83	212
	50m 45.34	100m 1:35.53	150m 2:27.57	200m 3:20.58	250m 4:13.17
	450m 7:48.19	500m 8:41.36	550m 9:35.41	600m 10:28.72	650m 11:22.07
	850m 14:56.26	900m 15:50.21	950m 16:43.82	1000m 17:37.71	1050m 18:31.40
	1250m 22:03.94	1300m 22:57.52	1350m 23:50.81	1400m 24:44.98	1450m 25:38.46
					1500m 26:27.83
11.	Denise Roach	48	Out To Swim	29:53.66	147
	50m -	100m -	150m 2:47.30	200m 3:47.46	250m 4:48.03
	450m 8:52.05	500m 9:53.14	550m 10:52.91	600m 11:53.28	650m 12:53.46
	850m 16:53.48	900m 17:53.92	950m 18:54.11	1000m 19:56.03	1050m 20:56.49
	1250m 25:01.37	1300m 26:00.02	1350m 26:59.77	1400m 27:58.45	1450m 28:58.25
					1500m 29:53.66
12.	Janet Obeney-Williams	47	Clissold	30:26.93	139
	50m -	100m -	150m 2:56.63	200m 3:57.80	250m 5:59.93
	450m 10:04.95	500m 11:06.80	550m 12:08.18	600m 13:09.19	650m 14:09.35
	850m 18:14.49	900m 19:15.56	950m 20:16.65	1000m 21:17.51	1050m 22:19.18
	1250m 26:25.54	1300m -	1350m 27:26.13	1400m 28:26.98	1450m 29:28.63
					1500m 30:26.93
13.	Gillian Miles	49	Bristol Hen	32:39.55	113
	50m -	100m -	150m 3:01.40	200m 4:06.69	250m 5:11.58
	450m 9:42.94	500m 10:50.31	550m 12:00.40	600m 13:08.77	650m 14:17.83
	850m 18:56.01	900m 20:05.72	950m 21:15.04	1000m 22:24.55	1050m -
	1250m 27:03.76	1300m 28:13.51	1350m 29:21.96	1400m -	1450m 30:29.54
					1500m 32:39.55

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Stella Farrar	50	Arfon Mast	20:02.09 GB	488
	50m 36.29	100m -	150m 1:55.78	200m 2:35.50	250m 3:15.53
	450m 5:55.14	500m 6:35.06	550m 7:15.16	600m 7:55.43	650m 8:35.55
	850m 11:16.93	900m 11:57.12	950m 12:37.67	1000m 13:17.87	1050m 13:58.82
	1250m 16:40.78	1300m 17:21.45	1350m 18:02.28	1400m 18:42.74	1450m 19:23.28
					1500m 20:02.09
2.	Karen Jennings	52	Spondon Mast	20:28.81	457
	50m 36.45	100m 1:15.48	150m 1:55.67	200m 2:35.95	250m 3:16.35
	450m 5:58.77	500m 6:39.74	550m 7:20.19	600m 8:01.18	650m 8:42.07
	850m 11:27.05	900m 12:08.65	950m 12:50.03	1000m 13:32.14	1050m 14:13.99
	1250m 17:01.02	1300m 17:42.76	1350m 18:24.50	1400m 19:06.28	1450m 19:47.96
					1500m 20:28.81
3.	Catherine Hartle	51	Ferndown	21:43.98	382
	50m 38.63	100m 1:20.38	150m 2:02.00	200m 2:44.33	250m 3:26.87
	450m 6:18.13	500m 7:01.23	550m 7:44.41	600m 8:27.42	650m 9:10.33
	850m 12:05.10	900m 12:49.03	950m 13:33.00	1000m 14:18.18	1050m 15:02.70
	1250m 18:01.00	1300m 18:45.51	1350m 19:30.20	1400m 20:15.23	1450m 20:59.66
					1500m 21:43.98
4.	Claire Moore	54	Bracknell	22:57.75	324
	50m 39.71	100m 1:23.46	150m 2:08.17	200m 2:53.52	250m 3:39.03
	450m 6:42.93	500m 7:29.01	550m 8:15.52	600m 9:02.06	650m 9:48.60
	850m 12:54.63	900m 13:40.68	950m 14:27.25	1000m 15:13.90	1050m 16:00.65
	1250m 19:07.20	1300m 19:53.81	1350m 20:40.59	1400m 21:26.68	1450m 22:12.96
					1500m 22:57.75
5.	Lyn Ford	53	Sussex Marts	23:30.06	302
	50m 40.92	100m 1:25.66	150m 2:11.69	200m 2:58.47	250m 3:46.68
	450m 6:57.97	500m 7:45.76	550m 8:32.95	600m 9:19.98	650m 10:07.59
	850m 13:15.39	900m 14:02.70	950m 14:50.15	1000m 15:37.80	1050m 16:25.36
	1250m 19:34.99	1300m 20:21.94	1350m 21:09.89	1400m 21:57.29	1450m 22:44.89
					1500m 23:30.06

Results

Ponds Forge International Sports Centre (25m) Sheffield 23 October 2009

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Valerie Thorp	56	Co Derby	23:21.52	308
	50m 39.50	100m 1:23.89	150m 2:09.93	200m 2:56.71	250m 3:43.23
	450m 6:51.43	500m 7:38.86	550m 8:25.69	600m 9:12.59	650m 9:59.23
	850m 13:08.29	900m 13:54.48	950m 14:42.14	1000m 15:29.16	1050m 16:16.62
	1250m 19:25.83	1300m 20:13.45	1350m 21:01.00	1400m 21:48.09	1450m 22:34.85
					1500m 23:21.52
2.	Christina Victor	55	Guildford Ct	23:45.32	293
	50m 41.84	100m 1:27.60	150m 2:13.93	200m 3:00.45	250m 3:47.61
	450m 6:55.75	500m 7:42.97	550m 8:29.88	600m 9:16.91	650m 10:03.89
	850m 13:12.95	900m 14:01.26	950m 14:49.76	1000m 15:38.01	1050m 16:26.36
	1250m 19:43.13	1300m 20:32.41	1350m 21:21.35	1400m 22:10.01	1450m 22:57.88
					1500m 23:45.32
3.	Jeanette Benn	58	Barnet Copt	27:08.17	196
	50m 48.43	100m 1:40.96	150m 2:35.25	200m 3:29.08	250m 4:22.70
	450m 7:59.14	500m 8:53.12	550m 9:47.49	600m 10:41.78	650m 11:37.26
	850m 15:14.89	900m 16:09.71	950m 17:04.72	1000m 17:59.68	1050m 18:54.63
	1250m 22:34.08	1300m 23:28.83	1350m 24:24.09	1400m 25:18.88	1450m 26:13.89
					1500m 27:08.17
4.	Ellen Stewart	58	Ren 96	27:28.34	189
	50m 49.64	100m 1:42.33	150m 2:37.37	200m 3:31.60	250m 4:26.53
	450m 8:05.27	500m 9:56.02	550m 10:50.61	600m 11:48.44	650m 12:44.43
	850m 16:23.54	900m 17:17.76	950m 18:12.16	1000m 19:07.24	1050m 20:01.69
	1250m 23:43.05	1300m 24:40.61	1350m 25:36.28	1400m 26:32.82	1450m -
					1500m 27:28.34

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Jane Leslie	60	Bude	23:17.68	310
	50m 40.15	100m 1:24.19	150m 2:09.76	200m 2:55.48	250m 3:41.73
	450m 6:48.71	500m 7:35.41	550m 8:22.15	600m 9:08.82	650m 9:55.82
	850m 13:04.68	900m 13:51.79	950m 14:39.40	1000m 15:26.89	1050m 16:14.08
	1250m 19:23.63	1300m 20:10.73	1350m 20:58.01	1400m 21:45.90	1450m 22:33.01
					1500m 23:17.68
2.	Rose Dudeney	62	Sussex Marts	23:43.03	294
	50m 42.93	100m 1:29.88	150m 2:17.63	200m 3:05.58	250m 3:53.12
	450m 7:05.12	500m 7:52.82	550m 8:40.71	600m 9:28.44	650m 10:16.43
	850m 13:27.66	900m 14:15.32	950m 15:02.98	1000m 15:50.40	1050m 16:37.46
	1250m 19:46.47	1300m 20:33.86	1350m 21:22.14	1400m 22:09.41	1450m 22:57.23
					1500m 23:43.03
3.	Elaine Blower	64	Barnet Copt	23:51.24	289
	50m -	100m -	150m -	200m 3:05.73	250m -
	450m -	500m -	550m -	600m -	650m 10:20.52
	850m -	900m -	950m -	1000m -	1050m -
	1250m -	1300m -	1350m -	1400m -	1450m -
					1500m 23:51.24
4.	Margaret Rouse	61	Bournem'th D	23:54.41	287
	50m 43.14	100m 1:29.46	150m 2:16.77	200m 3:04.11	250m 3:51.75
	450m 7:02.45	500m 7:50.72	550m 8:38.54	600m 9:26.16	650m 10:13.99
	850m 13:25.72	900m 14:14.47	950m 15:03.07	1000m 15:51.33	1050m 16:39.42
	1250m 19:53.37	1300m 20:42.53	1350m 21:30.82	1400m 22:19.84	1450m 23:07.84
					1500m 23:54.41
5.	Ellery McGowan	63	Godalming	28:29.77	169
	50m -	100m -	150m -	200m 3:34.41	250m 4:31.57
	450m 8:23.83	500m 9:22.27	550m 10:20.05	600m 11:17.75	650m 12:16.67
	850m 16:07.25	900m 17:02.92	950m 18:01.19	1000m 18:57.84	1050m 19:54.59
	1250m 23:45.06	1300m 24:44.21	1350m 25:41.84	1400m 26:38.89	1450m 27:36.64
					1500m 28:29.77
6.	Lee Macdonald	61	Diss Otters	29:00.78	161
	50m -	100m -	150m -	200m -	250m -
	450m 8:31.42	500m -	550m -	600m 11:26.86	650m -
	850m 16:20.52	900m 17:19.52	950m 18:17.62	1000m 19:15.87	1050m 21:13.89
	1250m 25:09.85	1300m 26:09.52	1350m -	1400m 27:08.28	1450m 28:05.30
					1500m 29:00.78
7.	Jean Hiatt	62	Spondon Mast	30:51.60	133
	50m -	100m -	150m 2:57.74	200m 3:58.67	250m 5:00.09
	450m 9:07.82	500m 10:08.12	550m 11:10.62	600m 12:13.79	650m 13:16.58
	850m 17:24.17	900m 18:27.07	950m 19:29.77	1000m 20:32.16	1050m 21:33.39
	1250m 25:43.20	1300m 26:45.21	1350m 27:47.26	1400m 28:49.31	1450m 29:51.60
					1500m 30:51.60

WOMENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Penny Webster	67	Kingston Roy	24:54.14	254
	50m 44.19	100m 1:31.48	150m 2:20.32	200m 3:09.62	250m 3:59.00
	450m 7:18.34	500m 8:09.15	550m 8:59.24	600m 9:49.53	650m 10:39.88
	850m 14:01.31	900m 14:52.08	950m 15:42.80	1000m 16:33.97	1050m 17:25.02
	1250m 20:47.05	1300m 21:37.43	1350m 22:27.66	1400m 23:18.08	1450m 24:07.95
					1500m 24:54.14
2.	Susan Lauder	66	Spencer	29:16.25	156
	50m 52.65	100m 1:49.91	150m 2:48.10	200m 3:46.16	250m 4:43.80
	450m 8:36.27	500m 9:35.02	550m 10:33.88	600m 11:33.21	650m 12:32.93
	850m 16:28.20	900m 17:27.61	950m 18:26.37	1000m 19:26.12	1050m 20:25.21
	1250m 24:20.67	1300m 25:20.81	1350m 26:20.14	1400m 27:19.66	1450m 28:18.50
					1500m 29:16.25

Results

Ponds Forge International Sports Centre (25m) Sheffield 23 October 2009

WOMENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Jenny Ball	71	Camphill Ed		27:48.02				183
	50m -	100m -	150m -	200m 3:32.01	250m 4:26.80	300m 5:21.89	350m 6:18.58	400m 7:14.06	
	450m 8:09.99	500m 9:05.54	550m 10:01.57	600m 10:57.78	650m 11:53.73	700m 12:49.87	750m 13:45.74	800m 14:41.85	
	850m 15:38.05	900m 16:34.60	950m 17:30.78	1000m 18:26.91	1050m 19:22.77	1100m 20:19.76	1150m 21:15.69	1200m 22:11.55	
	1250m 23:07.79	1300m 24:04.93	1350m 25:01.55	1400m 25:57.92	1450m 26:55.01	1500m 27:48.02			

WOMENS 75/79 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Jean Kitson	75	Brixham		30:46.03				135
	50m -	100m -	150m 2:47.16	200m 3:48.51	250m 4:46.81	300m 5:47.17	350m 6:49.29	400m 7:49.93	
	450m 8:48.36	500m -	550m -	600m 11:51.41	650m 12:54.12	700m -	750m 14:57.74	800m 15:59.19	
	850m 16:59.37	900m 18:00.98	950m -	1000m -	1050m -	1100m 23:17.06	1150m -	1200m 25:26.72	
	1250m 26:30.63	1300m 28:40.71	1350m 29:44.69	1400m -	1450m -	1500m 30:46.03			

WOMENS 85 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Mary Slater	85	Darlington M		52:29.25				27
	50m -	100m -	150m 4:41.53	200m 6:22.19	250m 8:04.56	300m 9:46.16	350m 11:26.88	400m 13:09.57	
	450m 14:53.60	500m 16:39.67	550m 18:21.66	600m 20:05.09	650m 21:50.97	700m 23:37.48	750m 25:28.81	800m 27:16.67	
	850m 29:02.96	900m 30:49.82	950m 32:37.42	1000m 34:25.43	1050m 36:14.55	1100m 38:02.60	1150m 39:50.04	1200m 41:40.90	
	1250m 43:33.55	1300m 45:18.91	1350m 47:10.04	1400m 48:55.95	1450m 50:44.56	1500m 52:29.25			