

SSE 1500 2018

Session - 1 at

EVENT 1 Mens/Womens Open 1500m Freestyle

MENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Rodrigo Orselli	24	Oxford Uni	17:02.23					
	50m 29.99	100m 1:02.75	150m 1:35.79	200m 2:08.80	250m 2:41.84	300m 3:15.40	350m 3:48.69	400m 4:22.58	
	29.99	32.76	33.04	33.01	33.04	33.56	33.29	33.89	
	450m 4:56.56	500m 5:30.67	550m 6:04.78	600m 6:39.05	650m 7:13.46	700m 7:48.66	750m 8:23.63	800m 8:58.65	
	33.98	34.11	34.11	34.27	34.41	35.20	34.97	35.02	
	850m 9:33.26	900m 10:08.22	950m 10:43.41	1000m 11:18.31	1050m 11:52.59	1100m 12:27.35	1150m 13:01.94	1200m 13:36.55	
	34.61	34.96	35.19	34.90	34.28	34.76	34.59	34.61	
	1250m 14:11.26	1300m 14:46.08	1350m 15:20.74	1400m 15:55.26	1450m 16:29.46	1500m 17:02.23			
	34.71	34.82	34.66	34.52	34.20	32.77			
2.	Ben Eastman	23	Oxford Uni	18:23.49					
	50m 30.39	100m 1:04.27	150m 1:38.70	200m 2:13.50	250m 2:48.94	300m 3:24.54	350m 4:00.41	400m 4:37.29	
	30.39	33.88	34.43	34.80	35.44	35.60	35.87	36.88	
	450m 5:14.11	500m 5:52.11	550m 6:29.44	600m 7:07.14	650m 7:44.65	700m 8:22.93	750m 8:59.73	800m 9:37.43	
	36.82	38.00	37.33	37.70	37.51	38.28	36.80	37.70	
	850m 10:15.19	900m 10:53.18	950m 11:31.49	1000m 12:09.11	1050m 12:46.05	1100m 13:23.58	1150m 14:02.04	1200m 14:40.37	
	37.76	37.99	38.31	37.62	36.94	37.53	38.46	38.33	
	1250m 15:19.00	1300m 15:57.64	1350m 16:36.29	1400m 17:12.49	1450m 17:48.81	1500m 18:23.49			
	38.63	38.64	38.65	36.20	36.32	34.68			

MENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Lorenzo Caciagli	30	Cally Mast	17:37.98					
	50m 32.89	100m 1:07.49	150m 1:42.59	200m 2:17.67	250m 2:52.59	300m 3:27.63	350m 4:02.84	400m 4:37.92	
	32.89	34.60	35.10	35.08	34.92	35.04	35.21	35.08	
	450m 5:12.92	500m 5:47.72	550m 6:22.87	600m 6:57.96	650m 7:33.10	700m 8:08.44	750m 8:44.00	800m 9:19.73	
	35.00	34.80	35.15	35.09	35.14	35.34	35.56	35.73	
	850m 9:55.18	900m 10:30.72	950m 11:06.14	1000m 11:41.71	1050m 12:17.03	1100m 12:52.75	1150m 13:28.73	1200m 14:04.74	
	35.45	35.54	35.42	35.57	35.32	35.72	35.98	36.01	
	1250m 14:40.80	1300m 15:16.47	1350m 15:52.19	1400m 16:27.68	1450m 17:03.33	1500m 17:37.98			
	35.86	35.87	35.72	35.49	35.65	34.65			

Andrew Gordon 31 Elmbridge DNC

MENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Haydn Burke	40	Rushmoor Ryl	18:59.10					
	50m 32.46	100m 1:08.76	150m 1:46.80	200m 2:24.93	250m 3:02.63	300m 3:40.22	350m 4:18.01	400m 4:55.68	
	32.46	36.30	38.04	38.13	37.70	37.59	37.79	37.67	
	450m 5:33.80	500m 6:11.49	550m 6:49.07	600m 7:26.48	650m 8:04.10	700m 8:42.39	750m 9:20.91	800m 9:58.97	
	38.12	37.69	37.58	37.41	37.62	38.29	38.52	38.06	
	850m 10:37.28	900m 11:16.17	950m 11:54.60	1000m 12:33.79	1050m 13:11.95	1100m 13:50.59	1150m 14:29.39	1200m 15:08.48	
	38.31	38.89	38.43	39.19	38.16	38.64	38.80	39.09	
	1250m 15:47.03	1300m 16:26.30	1350m 17:05.71	1400m 17:43.83	1450m 18:21.90	1500m 18:59.10			
	38.55	39.27	39.41	38.12	38.07	37.20			
2.	Simon Joyce	40	Co Oxford	20:28.28					
	50m 35.45	100m 1:13.67	150m 1:52.99	200m 2:33.43	250m 3:13.91	300m 3:55.04	350m 4:36.30	400m 5:17.19	
	35.45	38.22	39.32	40.44	40.48	41.13	41.26	40.89	
	450m 5:58.43	500m 6:39.91	550m 7:21.21	600m 8:03.01	650m 8:44.31	700m 9:25.65	750m 10:07.03	800m 10:48.34	
	41.24	41.48	41.30	41.80	41.30	41.34	41.38	41.31	
	850m 11:29.97	900m 12:11.52	950m 12:53.11	1000m 13:34.83	1050m 14:16.37	1100m 14:58.09	1150m 15:40.13	1200m 16:22.23	
	41.63	41.55	41.59	41.72	41.54	41.72	42.04	42.10	
	1250m 17:04.15	1300m 17:46.22	1350m 18:27.59	1400m 19:09.20	1450m 19:50.21	1500m 20:28.28			
	41.92	42.07	41.37	41.61	41.01	38.07			
3.	Glen Gilbert	41	Corby	20:47.68					
	50m 33.36	100m 1:11.12	150m 1:50.37	200m 2:30.70	250m 3:11.71	300m 3:53.44	350m 4:35.18	400m 5:17.16	
	33.36	37.76	39.25	40.33	41.01	41.73	41.74	41.98	
	450m 5:59.80	500m 6:41.83	550m 7:24.48	600m 8:07.05	650m 8:49.96	700m 9:32.82	750m 10:16.05	800m 10:58.69	
	42.64	42.03	42.65	42.57	42.91	42.86	43.23	42.64	
	850m 11:41.38	900m 12:23.60	950m 13:06.60	1000m 13:49.78	1050m 14:32.84	1100m 15:15.14	1150m 15:57.75	1200m 16:40.58	
	42.69	42.22	43.00	43.18	43.06	42.30	42.61	42.83	
	1250m 17:22.87	1300m 18:05.79	1350m 18:49.28	1400m 19:31.38	1450m 20:12.48	1500m 20:47.68			
	42.29	42.92	43.49	42.10	41.10	35.20			

MENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Antonio Almaraz Serran	45	Reading	18:37.21					
	50m 35.28	100m 1:11.43	150m 1:47.91	200m 2:24.38	250m 3:01.66	300m 3:38.76	350m 4:15.88	400m 4:52.88	
	35.28	36.15	36.48	36.47	37.28	37.10	37.12	37.00	
	450m 5:30.07	500m 6:07.00	550m 6:43.81	600m 7:20.71	650m 7:57.69	700m 8:35.24	750m 9:12.01	800m 9:49.92	
	37.19	36.93	36.81	36.90	36.98	37.55	36.77	37.91	
	850m 10:26.68	900m 11:03.73	950m 11:41.33	1000m 12:19.00	1050m 12:57.14	1100m 13:35.08	1150m 14:13.06	1200m 14:51.21	
	36.76	37.05	37.60	37.67	38.14	37.94	37.98	38.15	
	1250m 15:29.30	1300m 16:07.16	1350m 16:45.36	1400m 17:23.71	1450m 18:01.83	1500m 18:37.21			
	38.09	37.86	38.20	38.35	38.12	35.38			
2.	Simon Berrey	47	Spencer	19:59.51					
	50m 35.19	100m 1:13.33	150m 1:52.61	200m 2:32.14	250m 3:11.77	300m 3:51.55	350m 4:31.48	400m 5:11.57	
	35.19	38.14	39.28	39.53	39.63	39.78	39.93	40.09	
	450m 5:51.39	500m 6:31.61	550m 7:11.50	600m 7:51.58	650m 8:31.60	700m 9:11.42	750m 9:51.44	800m 10:31.81	
	39.82	40.22	39.89	40.08	40.02	39.82	40.02	40.37	
	850m 11:11.89	900m 11:52.23	950m 12:33.12	1000m 13:13.41	1050m 13:53.84	1100m 14:34.53	1150m 15:15.31	1200m 15:56.24	
	40.08	40.34	40.89	40.29	40.43	40.69	40.78	40.93	
	1250m 16:36.86	1300m 17:17.96	1350m 17:59.05	1400m 18:39.70	1450m 19:20.01	1500m 19:59.51			
	40.62	41.10	41.09	40.65	40.31	39.50			
3.	Mark Lucas	49	Godalming	21:44.60					
	50m 36.95	100m 1:19.11	150m 2:02.90	200m 2:46.17	250m 3:30.43	300m 4:14.09	350m 4:58.80	400m 5:42.00	
	36.95	42.16	43.79	43.27	44.26	43.66	44.71	43.20	
	450m 6:26.93	500m 7:12.08	550m 7:55.91	600m 8:39.67	650m 9:24.27	700m 10:07.86	750m 10:53.68	800m 11:36.44	
	44.93	45.15	43.83	43.76	44.60	43.59	45.82	42.76	
	850m 12:19.16	900m 13:03.13	950m 13:47.63	1000m 14:32.89	1050m 15:15.46	1100m 15:59.67	1150m 16:44.15	1200m 17:28.08	
	42.72	43.97	44.50	45.26	42.57	44.21	44.48	43.93	
	1250m 18:12.29	1300m 18:55.98	1350m 19:39.40	1400m 20:21.50	1450m 21:04.51	1500m 21:44.60			
	44.21	43.69	43.42	42.10	43.01	40.09			

MENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Haydn Jones	53	Farnham	22:16.56					
	50m 39.99	100m 1:23.90	150m 2:09.11	200m 2:54.17	250m 3:39.07	300m 4:24.05	350m 5:09.14	400m 5:54.56	
	39.99	43.91	45.21	45.06	44.90	44.98	45.09	45.42	
	450m 6:39.97	500m 7:25.02	550m 8:10.56	600m 8:55.95	650m 9:40.93	700m 10:25.85	750m 11:10.63	800m 11:54.84	
	45.41	45.05	45.54	45.39	44.98	44.92	44.78	44.21	
	850m 12:39.39	900m 13:24.48	950m 14:09.40	1000m 14:54.41	1050m 15:38.96	1100m 16:23.40	1150m 17:08.40	1200m 17:53.10	
	44.55	45.09	44.92	45.01	44.55	44.44	45.00	44.70	
	1250m 18:37.78	1300m 19:22.05	1350m 20:06.62	1400m 20:50.89	1450m 21:34.56	1500m 22:16.56			
	44.68	44.27	44.57	44.27	43.67	42.00			
	Gary Brickley	53	Royal Navy	DNC					

MENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Mark Strakosch	57	Berkhamsted	19:21.21						
	50m 35.57	100m 1:13.27	150m 1:51.55	200m 2:31.20	250m 3:10.55	300m 3:49.29	350m 4:28.64	400m 5:07.53		
	35.57	37.70	38.28	39.65	39.35	38.74	39.35	38.89		
	450m 5:46.61	500m 6:25.57	550m 7:04.72	600m 7:44.06	650m 8:23.55	700m 9:02.73	750m 9:41.56	800m 10:20.72		
	39.08	38.96	39.15	39.34	39.49	39.18	38.83	39.16		
	850m 10:59.70	900m 11:38.74	950m 12:17.86	1000m 12:56.82	1050m 13:35.58	1100m 14:14.01	1150m 14:52.61	1200m 15:31.24		
	38.98	39.04	39.12	38.96	38.76	38.43	38.60	38.63		
	1250m 16:09.67	1300m 16:48.18	1350m 17:27.04	1400m 18:06.06	1450m 18:44.85	1500m 19:21.21				
	38.43	38.51	38.86	39.02	38.79	36.36				

MENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Richard Whatling	64	Cally Mast	26:12.46						
	50m 45.09	100m 1:34.41	150m 2:26.30	200m 3:18.18	250m 4:10.94	300m 5:03.32	350m 5:55.15	400m 6:47.77		
	45.09	49.32	51.89	51.88	52.76	52.38	51.83	52.62		
	450m 7:40.34	500m 8:33.69	550m 9:26.30	600m 10:19.19	650m 11:11.80	700m 12:04.39	750m 12:57.97	800m 13:50.86		
	52.57	53.35	52.61	52.89	52.61	52.59	53.58	52.89		
	850m 14:44.10	900m 15:37.06	950m 16:30.49	1000m 17:24.31	1050m 18:17.99	1100m 19:10.90	1150m 20:04.48	1200m 20:57.67		
	53.24	52.96	53.43	53.82	53.68	52.91	53.58	53.19		
	1250m 21:51.27	1300m 22:44.80	1350m 23:37.71	1400m 24:30.54	1450m 25:22.32	1500m 26:12.46				
	53.60	53.53	52.91	52.83	51.78	50.14				

MENS 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Peter Gruitt	66	Sevenoaks	23:47.20						
	50m 43.10	100m 1:28.22	150m 2:14.77	200m 3:01.76	250m 3:49.65	300m 4:37.86	350m 5:25.54	400m 6:13.59		
	43.10	45.12	46.55	46.99	47.89	48.21	47.68	48.05		
	450m 7:01.16	500m 7:50.71	550m 8:38.88	600m 9:27.05	650m 10:14.47	700m 11:02.59	750m 11:50.58	800m 12:38.71		
	47.57	49.55	48.17	48.17	47.42	48.12	47.99	48.13		
	850m 13:26.85	900m 14:13.82	950m 15:01.85	1000m 15:49.28	1050m 16:37.51	1100m 17:25.84	1150m 18:13.56	1200m 19:01.55		
	48.14	46.97	48.03	47.43	48.23	48.33	47.72	47.99		
	1250m 19:50.70	1300m 20:39.01	1350m 21:27.65	1400m 22:15.37	1450m 23:02.64	1500m 23:47.20				
	49.15	48.31	48.64	47.72	47.27	44.56				

MENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Peter Stephens	71	Royal Navy	24:57.87						
	50m 44.78	100m 1:33.14	150m 2:22.48	200m 3:11.66	250m 4:00.87	300m 4:50.81	350m 5:40.70	400m 6:30.11		
	44.78	48.36	49.34	49.18	49.21	49.94	49.89	49.41		
	450m 7:19.52	500m 8:09.55	550m 8:59.80	600m 9:49.68	650m 10:40.31	700m 11:30.21	750m 12:20.63	800m 13:10.13		
	49.41	50.03	50.25	49.88	50.63	49.90	50.42	49.50		
	850m 14:00.66	900m 14:50.90	950m 15:40.47	1000m 16:29.93	1050m 17:22.12	1100m 18:13.55	1150m 19:04.63	1200m 19:56.41		
	50.53	50.24	49.57	49.46	52.19	51.43	51.08	51.78		
	1250m 20:48.21	1300m 21:38.28	1350m 22:28.75	1400m 23:19.46	1450m 24:10.19	1500m 24:57.87				
	51.80	50.07	50.47	50.71	50.73	47.68				

WOMENS 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Sophia Saller	24	Oxford Uni	18:27.69						
	50m 34.47	100m 1:10.71	150m 1:47.39	200m 2:24.49	250m 3:01.47	300m 3:38.68	350m 4:15.83	400m 4:52.85		
	34.47	36.24	36.68	37.10	36.98	37.21	37.15	37.02		
	450m 5:29.79	500m 6:06.77	550m 6:43.55	600m 7:20.33	650m 7:57.32	700m 8:34.40	750m 9:11.54	800m 9:48.82		
	36.94	36.98	36.78	36.78	36.99	37.08	37.14	37.28		
	850m 10:25.65	900m 11:02.58	950m 11:39.47	1000m 12:16.45	1050m 12:53.40	1100m 13:30.49	1150m 14:07.73	1200m 14:44.99		
	36.83	36.93	36.89	36.98	36.95	37.09	37.24	37.26		
	1250m 15:22.15	1300m 15:59.64	1350m 16:36.82	1400m 17:14.38	1450m 17:51.62	1500m 18:27.69				
	37.16	37.49	37.18	37.56	37.24	36.07				
2.	Lucy Farquhar	21	Oxford Uni	19:29.77						
	50m 35.43	100m 1:12.72	150m 1:51.05	200m 2:29.17	250m 3:07.30	300m 3:45.42	350m 4:23.66	400m 5:02.14		
	35.43	37.29	38.33	38.12	38.13	38.12	38.24	38.48		
	450m 5:40.60	500m 6:19.13	550m 6:58.18	600m 7:37.41	650m 8:16.62	700m 8:55.78	750m 9:35.20	800m 10:14.78		
	38.46	38.53	39.05	39.23	39.21	39.16	39.42	39.58		
	850m 10:54.25	900m 11:33.59	950m 12:13.26	1000m 12:53.34	1050m 13:32.91	1100m 14:12.61	1150m 14:52.32	1200m 15:32.60		
	39.47	39.34	39.67	40.08	39.57	39.70	39.71	40.28		
	1250m 16:12.76	1300m 16:52.94	1350m 17:32.96	1400m 18:12.40	1450m 18:51.55	1500m 19:29.77				
	40.16	40.18	40.02	39.44	39.15	38.22				
3.	Tish Dollamore	20	Gosport	22:33.45						
	50m 40.15	100m 1:24.07	150m 2:08.65	200m 2:53.46	250m 3:38.43	300m 4:24.02	350m 5:09.01	400m 5:54.66		
	40.15	43.82	44.58	44.81	44.97	45.59	44.99	45.65		
	450m 6:39.69	500m 7:24.80	550m 8:09.80	600m 8:54.94	650m 9:40.51	700m 10:26.10	750m 11:11.86	800m 11:57.60		
	45.03	45.11	45.00	45.14	45.57	45.59	45.76	45.74		
	850m 12:43.18	900m 13:29.29	950m 14:15.68	1000m 15:01.53	1050m 15:47.20	1100m 16:33.36	1150m 17:19.26	1200m 18:05.33		
	45.58	46.11	46.39	45.85	45.67	46.16	45.90	46.07		
	1250m 18:51.48	1300m 19:37.24	1350m 20:22.17	1400m 21:07.04	1450m 21:51.31	1500m 22:33.45				
	46.15	45.76	44.93	44.87	44.27	42.14				

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Holly Moore	29	Bracknell	19:56.23						
	50m 34.86	100m 1:13.12	150m 1:52.68	200m 2:32.31	250m 3:12.16	300m 3:51.99	350m 4:31.53	400m 5:11.54		
	34.86	38.26	39.56	39.63	39.85	39.83	39.54	40.01		
	450m 5:51.98	500m 6:32.08	550m 7:12.32	600m 7:53.05	650m 8:33.34	700m 9:13.73	750m 9:54.18	800m 10:34.07		
	40.44	40.10	40.24	40.73	40.29	40.39	40.45	39.89		
	850m 11:14.21	900m 11:54.51	950m 12:35.04	1000m 13:16.03	1050m 13:56.76	1100m 14:37.19	1150m 15:17.82	1200m 15:58.45		
	40.14	40.30	40.53	40.99	40.73	40.43	40.63	40.63		
	1250m 16:39.12	1300m 17:19.47	1350m 17:59.00	1400m 18:39.26	1450m 19:19.01	1500m 19:56.23				
	40.67	40.35	39.53	40.26	39.75	37.22				
2.	Samantha Mullender	25	Newbury	21:58.31						
	50m 38.44	100m 1:20.91	150m 2:04.38	200m 2:47.97	250m 3:31.69	300m 4:15.88	350m 4:59.93	400m 5:44.37		
	38.44	42.47	43.47	43.59	43.72	44.19	44.05	44.44		
	450m 6:28.53	500m 7:12.91	550m 7:56.62	600m 8:41.00	650m 9:25.43	700m 10:10.66	750m 10:54.17	800m 11:38.48		
	44.16	44.38	43.71	44.38	44.43	44.63	44.11	44.31		
	850m 12:22.46	900m 13:07.01	950m 13:51.60	1000m 14:35.94	1050m 15:19.69	1100m 16:03.73	1150m 16:47.89	1200m 17:32.39		
	43.98	44.55	44.59	44.34	43.75	44.04	44.16	44.50		
	1250m 18:16.58	1300m 19:01.14	1350m 19:45.29	1400m 20:29.64	1450m 21:14.73	1500m 21:58.31				
	44.19	44.56	44.15	44.35	45.09	43.58				
	Claire Danson	29	Maidenhead	DNC						
	Hannah Kitchen	28	Guildford Ct	DNC						

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Laura Molyneaux	31	Fareham N'ds	18:04.32						
	50m 32.18	100m 1:07.18	150m 1:42.54	200m 2:18.26	250m 2:54.02	300m 3:30.22	350m 4:06.77	400m 4:43.48		
	32.18	35.00	35.36	35.72	35.76	36.20	36.55	36.71		
	450m 5:19.54	500m 5:55.53	550m 6:31.91	600m 7:07.93	650m 7:44.33	70				

	850m 11:57.93	900m 12:40.43	950m 13:23.10	1000m 14:06.15	1050m 14:49.16	1100m 15:31.79	1150m 16:14.90	1200m 16:57.63
	42.38	42.50	42.67	43.05	43.01	42.63	43.11	42.73
	1250m 17:40.40	1300m 18:23.44	1350m 19:06.43	1400m 19:48.95	1450m 20:31.99	1500m 21:14.01		
	42.77	43.04	42.99	42.52	43.04	42.02		
3.	Laura Coulier	30	Cally Mast	21:39.32				
	50m 36.92	100m 1:17.76	150m 2:00.94	200m 2:44.86	250m 3:28.00	300m 4:11.20	350m 4:54.42	400m 5:38.03
	36.92	40.84	43.18	43.92	43.14	43.20	43.22	43.61
	450m 6:21.45	500m 7:05.40	550m 7:48.96	600m 8:33.01	650m 9:16.83	700m 10:00.81	750m 10:45.22	800m 11:28.51
	43.42	43.95	43.56	44.05	43.82	43.98	44.41	43.29
	850m 12:12.26	900m 12:56.17	950m 13:40.02	1000m 14:24.31	1050m 15:08.64	1100m 15:52.60	1150m 16:36.41	1200m 17:20.73
	43.75	43.91	43.85	44.29	44.33	43.96	43.81	44.32
	1250m 18:04.46	1300m 18:48.17	1350m 19:31.99	1400m 20:15.33	1450m 20:58.69	1500m 21:39.32		
	43.73	43.71	43.82	43.34	43.36	40.63		

WOMENS 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time				
1.	Henny Tarasewicz	35	Rushmoor Ryl	19:18.24				
	50m 35.04	100m 1:12.92	150m 1:51.97	200m 2:31.12	250m 3:10.25	300m 3:49.19	350m 4:28.16	400m 5:07.05
	35.04	37.88	39.05	39.15	39.13	38.94	38.97	38.89
	450m 5:46.06	500m 6:25.24	550m 7:04.30	600m 7:42.99	650m 8:21.63	700m 9:00.12	750m 9:38.70	800m 10:17.48
	39.01	39.18	39.06	38.69	38.64	38.49	38.58	38.78
	850m 10:56.23	900m 11:34.96	950m 12:13.69	1000m 12:52.33	1050m 13:30.99	1100m 14:09.60	1150m 14:48.11	1200m 15:26.78
	38.75	38.73	38.73	38.64	38.66	38.61	38.51	38.67
	1250m 16:05.77	1300m 16:44.67	1350m 17:23.47	1400m 18:01.98	1450m 18:39.95	1500m 19:18.24		
	38.99	38.90	38.80	38.51	37.97	38.29		

WOMENS 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time				
1.	Ceri Edwards	40	Portsmouth N	18:42.82				
	50m 31.80	100m 1:07.81	150m 1:44.70	200m 2:21.58	250m 2:59.18	300m 3:36.63	350m 4:13.87	400m 4:51.50
	31.80	36.01	36.89	36.88	37.60	37.45	37.24	37.63
	450m 5:29.22	500m 6:06.52	550m 6:44.01	600m 7:21.45	650m 7:59.32	700m 8:37.39	750m 9:14.84	800m 9:53.02
	37.72	37.30	37.49	37.44	37.87	38.07	37.45	38.18
	850m 10:30.99	900m 11:08.68	950m 11:47.01	1000m 12:25.14	1050m 13:03.22	1100m 13:41.50	1150m 14:19.31	1200m 14:57.72
	37.97	37.69	38.33	38.13	38.08	38.28	37.81	38.41
	1250m 15:35.85	1300m 16:14.34	1350m 16:52.72	1400m 17:30.47	1450m 18:07.98	1500m 18:42.82		
	38.13	38.49	38.38	37.75	37.51	34.84		

WOMENS 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time				
1.	Katie Stanley	45	Farnham	20:28.65				
	50m -	100m 1:15.15	150m 1:55.46	200m 2:36.44	250m 3:18.00	300m 3:58.71	350m 4:39.78	400m -
	-	1:15.15	40.31	40.98	41.56	40.71	41.07	-
	450m 6:01.78	500m 6:43.51	550m 7:24.43	600m 8:05.71	650m -	700m 9:28.31	750m 10:09.86	800m 10:50.97
	1:22.00	41.73	40.92	41.28	-	1:22.60	41.55	41.11
	850m 11:32.16	900m 12:13.65	950m 12:54.99	1000m 13:36.42	1050m 14:17.71	1100m 14:59.24	1150m 15:40.81	1200m 16:22.15
	41.19	41.49	41.34	41.43	41.29	41.53	41.57	41.34
	1250m 17:04.05	1300m 17:45.05	1350m 18:26.42	1400m 19:07.58	1450m 19:48.95	1500m 20:28.65		
	41.90	41.00	41.37	41.16	41.37	39.70		

2.	Samantha Usher	46	Bicester	21:52.56				
	50m 38.44	100m 1:20.70	150m 2:04.30	200m 2:48.11	250m 3:32.00	300m 4:15.95	350m 4:59.75	400m 5:44.02
	38.44	42.26	43.60	43.81	43.89	43.95	43.80	44.27
	450m 6:28.19	500m 7:12.33	550m 7:56.57	600m 8:40.76	650m 9:25.05	700m 10:09.19	750m 10:53.06	800m 11:36.98
	44.17	44.14	44.24	44.19	44.29	44.14	43.87	43.92
	850m 12:21.08	900m 13:04.90	950m 13:49.08	1000m 14:33.01	1050m 15:17.09	1100m 16:00.96	1150m 16:45.39	1200m 17:29.65
	44.10	43.82	44.18	43.93	44.08	43.87	44.43	44.26
	1250m 18:13.94	1300m 18:58.09	1350m 19:41.88	1400m 20:25.78	1450m 21:10.04	1500m 21:52.56		
	44.29	44.15	43.79	43.90	44.26	42.52		

3.	Eleni Manolitsaki	48	Chelmsford	26:14.10				
	50m 45.10	100m 1:36.06	150m 2:28.71	200m 3:20.92	250m 4:13.81	300m 5:06.21	350m 5:58.87	400m 6:50.91
	45.10	50.96	52.65	52.21	52.89	52.40	52.66	52.04
	450m 7:43.59	500m 8:35.90	550m 9:28.76	600m 10:21.44	650m 11:14.15	700m 12:07.37	750m 12:59.82	800m 13:52.55
	52.68	52.31	52.86	52.71	52.75	53.22	52.45	52.73
	850m 14:46.21	900m 15:39.36	950m 16:32.52	1000m 17:25.25	1050m 18:18.26	1100m 19:11.72	1150m 20:05.51	1200m 20:58.46
	53.66	53.15	53.16	52.73	53.01	53.46	53.79	52.95
	1250m 21:51.65	1300m 22:45.18	1350m 23:38.90	1400m 24:32.22	1450m 25:25.09	1500m 26:14.10		
	53.19	53.53	53.72	53.32	52.87	49.01		

4.	Zoe Sadler	45	Basingstoke	27:16.18				
	50m 45.10	100m 1:35.81	150m 2:26.58	200m 3:18.61	250m 4:12.38	300m 5:06.23	350m 6:00.29	400m 6:54.16
	45.10	50.71	50.77	52.03	53.77	53.85	54.06	53.87
	450m 7:50.05	500m 8:44.34	550m 9:38.43	600m 10:34.18	650m 11:29.38	700m 12:25.13	750m 13:22.23	800m 14:17.33
	55.89	54.29	54.09	55.75	55.20	55.75	57.10	55.10
	850m 15:12.42	900m 16:07.00	950m 17:03.49	1000m 17:58.64	1050m 18:53.40	1100m 19:49.18	1150m 20:45.34	1200m 21:42.95
	55.09	54.58	56.49	55.15	54.76	55.78	56.16	57.61
	1250m 22:38.00	1300m 23:33.78	1350m 24:30.02	1400m 25:25.90	1450m 26:21.23	1500m 27:16.18		
	55.05	55.78	56.24	55.88	55.33	54.95		

WOMENS 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time				
1.	Bridget Bewick	53	Bracknell	20:48.72				
	50m 35.89	100m 1:14.85	150m 1:56.02	200m 2:36.95	250m 3:18.05	300m 3:59.65	350m 4:41.28	400m 5:23.04
	35.89	38.96	41.17	40.93	41.10	41.60	41.63	41.76
	450m 6:05.00	500m 6:48.76	550m 7:31.51	600m 8:13.02	650m 8:53.82	700m 9:35.20	750m 10:16.92	800m 10:58.05
	41.96	43.76	42.75	41.51	40.80	41.38	41.72	41.13
	850m 11:39.45	900m 12:20.99	950m 13:02.43	1000m 13:44.03	1050m 14:25.92	1100m 15:08.39	1150m 15:50.32	1200m 16:32.60
	41.40	41.54	41.44	41.60	41.89	42.47	41.93	42.28
	1250m 17:14.99	1300m 17:57.29	1350m 18:40.25	1400m 19:23.97	1450m 20:07.51	1500m 20:48.72		
	42.39	42.30	42.96	43.72	43.54	41.21		

2.	Helen Andrews	52	Fareham N'ds	24:43.60				
	50m 42.40	100m 1:30.15	150m 2:19.41	200m 3:08.69	250m 3:58.84	300m 4:48.36	350m 5:38.06	400m 6:27.53
	42.40	47.75	49.26	49.28	50.15	49.52	49.70	49.47
	450m 7:16.43	500m 8:05.69	550m 8:54.59	600m 9:44.68	650m 10:34.52	700m 11:24.19	750m 12:14.71	800m 13:04.70
	48.90	49.26	48.90	50.09	49.84	49.67	50.52	49.99
	850m 13:55.24	900m 14:45.57	950m 15:35.79	1000m 16:26.63	1050m 17:16.72	1100m 18:07.05	1150m 18:56.80	1200m 19:46.88
	50.54	50.33	50.22	50.84	50.09	50.33	49.75	50.08
	1250m 20:36.95	1300m 21:27.45	1350m 22:17.72	1400m 23:07.62	1450m 23:56.91	1500m 24:43.60		
	50.07	50.50	50.27	49.90	49.29	46.69		

3.	Sara Luder	52	Spencer	25:30.49				
	50m 45.92	100m 1:36.08	150m 2:27.35	200m 3:17.99	250m 4:09.22	300m 5:00.99	350m 5:52.44	400m 6:44.61
	45.92	50.16	51.27	50.64	51.23	51.77	51.45	52.17
	450m 7:36.38	500m 8:28.20	550m 9:19.64	600m 10:11.45	650m 11:03.55	700m 11:55.73	750m 12:47.29	800m 13:39.21
	51.77	51.82	51.44	51.81	52.10	52.18	51.56	51.92
	850m 14:30.78	900m 15:23.07	950m 16:14.91	1000m 17:06.39	1050m 17:57.58	1100m 18:48.46	1150m 19:40.01	1200m 20:30.83
	51.57	52.29	51.84	51.48	51.19	50.88	51.55	50.82
	1250m 21:21.71	1300m 22:12.14	1350m 23:02.20	1400m 23:52.33	1450m 24:43.29	1500m 25:30.49		
	50.88	50.43	50.06	50.13	50.96	47.20</		

WOMENS 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Michele Crowley	57	Teddington	23:29.22					
	50m 41.57	100m 1:26.90	150m 2:13.21	200m 2:59.39	250m 3:45.64	300m 4:32.08	350m 5:18.02	400m 6:04.19	
	41.57	45.33	46.31	46.18	46.25	46.44	45.94	46.17	
	450m 6:50.78	500m 7:38.05	550m 8:25.13	600m 9:12.27	650m 9:59.99	700m 10:47.42	750m 11:35.18	800m 12:23.03	
	46.59	47.27	47.08	47.14	47.72	47.43	47.76	47.85	
	850m 13:10.39	900m 13:57.75	950m 14:45.26	1000m 15:33.13	1050m 16:20.64	1100m 17:08.35	1150m 17:56.18	1200m 18:44.22	
	47.36	47.36	47.51	47.87	47.51	47.71	47.83	48.04	
	1250m 19:31.92	1300m 20:19.52	1350m 21:07.52	1400m 21:54.97	1450m 22:42.94	1500m 23:29.22			
	47.70	47.60	48.00	47.45	47.97	46.28			
2.	Jacqui Borg	56	Havant & Wat	29:28.54					
	50m 54.56	100m 1:51.47	150m 2:48.94	200m 3:47.55	250m 4:46.09	300m 5:44.57	350m 6:43.12	400m 7:41.60	
	54.56	56.91	57.47	58.61	58.54	58.48	58.55	58.48	
	450m 8:39.92	500m 9:39.22	550m 10:38.53	600m 11:37.28	650m 12:36.10	700m 13:34.56	750m 14:33.59	800m 15:33.00	
	58.32	59.30	59.31	58.75	58.82	58.46	59.03	59.41	
	850m 16:31.71	900m 17:31.31	950m 18:31.00	1000m 19:30.82	1050m 20:29.90	1100m 21:29.67	1150m 22:29.58	1200m 23:29.56	
	58.71	59.60	59.69	59.82	59.08	59.77	59.91	59.98	
	1250m 24:29.49	1300m 25:29.17	1350m 26:29.88	1400m 27:30.30	1450m 28:30.51	1500m 29:28.54			
	59.93	59.68	1:00.71	1:00.42	1:00.21	58.03			

WOMENS 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Amanda Heath	61	Maidenhead	22:08.07					
	50m 40.57	100m 1:23.51	150m 2:07.01	200m 2:51.37	250m 3:34.78	300m 4:18.72	350m 5:02.91	400m 5:47.24	
	40.57	42.94	43.50	44.36	43.41	43.94	44.19	44.33	
	450m 6:31.42	500m 7:15.85	550m 8:00.16	600m 8:44.41	650m 9:28.86	700m 10:13.70	750m 10:58.16	800m 11:42.03	
	44.18	44.43	44.31	44.25	44.45	44.84	44.46	43.87	
	850m 12:27.20	900m 13:12.05	950m 13:56.75	1000m 14:42.04	1050m 15:26.55	1100m 16:11.19	1150m 16:56.10	1200m 17:41.17	
	45.17	44.85	44.70	45.29	44.51	44.64	44.91	45.07	
	1250m 18:26.09	1300m 19:10.89	1350m 19:55.27	1400m 20:40.27	1450m 21:24.79	1500m 22:08.07			
	44.92	44.80	44.38	45.00	44.52	43.28			
2.	Christina Victor	64	Guildford Ct	25:25.45					
	50m 43.61	100m 1:31.17	150m 2:19.58	200m 3:09.22	250m 3:59.24	300m 4:49.44	350m 5:40.03	400m 6:30.67	
	43.61	47.56	48.41	49.64	50.02	50.20	50.59	50.64	
	450m 7:20.93	500m 8:10.75	550m 9:01.40	600m 9:51.60	650m 10:42.29	700m 11:33.22	750m 12:24.64	800m 13:16.11	
	50.26	49.82	50.65	50.20	50.69	50.93	51.42	51.47	
	850m 14:07.18	900m 14:58.67	950m 15:50.70	1000m 16:42.55	1050m 17:34.96	1100m 18:27.50	1150m 19:19.92	1200m 20:12.18	
	51.07	51.49	52.03	51.85	52.41	52.54	52.42	52.26	
	1250m 21:05.26	1300m 21:58.28	1350m 22:50.00	1400m 23:42.44	1450m 24:34.19	1500m 25:25.45			
	53.08	53.02	51.72	52.44	51.75	51.26			

WOMENS 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Rose Dudeney	71	Mid Sussex	26:44.37					
	50m 46.78	100m 1:38.49	150m 2:31.31	200m 3:24.08	250m 4:16.99	300m 5:10.20	350m 6:03.85	400m 6:57.51	
	46.78	51.71	52.82	52.77	52.91	53.21	53.65	53.66	
	450m 7:50.87	500m 8:44.40	550m 9:38.13	600m 10:32.36	650m 11:26.39	700m 12:20.52	750m 13:14.67	800m 14:08.66	
	53.36	53.53	53.73	54.23	54.03	54.13	54.15	53.99	
	850m 15:02.09	900m 15:56.23	950m 16:50.86	1000m 17:45.66	1050m 18:39.61	1100m 19:33.89	1150m 20:27.75	1200m 21:21.87	
	53.43	54.14	54.63	54.80	53.95	54.28	53.86	54.12	
	1250m 22:16.59	1300m 23:10.62	1350m 24:05.08	1400m 24:59.45	1450m 25:53.14	1500m 26:44.37			
	54.72	54.03	54.46	54.37	53.69	51.23			
2.	Margaret Rouse	70	Littled Mast	27:07.64					
	50m 50.39	100m 1:43.44	150m 2:37.81	200m 3:31.22	250m 4:25.22	300m 5:18.50	350m 6:13.14	400m 7:07.08	
	50.39	53.05	54.37	53.41	54.00	53.28	54.64	53.94	
	450m 8:00.75	500m 8:54.33	550m 9:48.03	600m 10:41.79	650m 11:36.44	700m 12:30.26	750m 13:24.46	800m 14:18.96	
	53.67	53.58	53.70	53.76	54.65	53.82	54.20	54.50	
	850m 15:13.01	900m 16:07.98	950m 17:02.23	1000m 17:56.72	1050m 18:51.82	1100m 19:46.55	1150m 20:40.93	1200m 21:35.85	
	54.05	54.97	54.25	54.49	55.10	54.73	54.38	54.92	
	1250m 22:31.32	1300m 23:26.75	1350m 24:22.18	1400m 25:18.38	1450m 26:14.69	1500m 27:07.64			
	55.47	55.43	55.43	56.20	56.31	52.95			