## EVENT 1 Men/Women 18 Yrs/Over 1500m Free.

MEN 18/24 Yrs Age Group - Full Results

| Place Name | AaD Club | Time |
| :--- | :--- | :--- | ---: |
| 1. Simon Scully | 24 Woking | 19:55.36 |

$50 \mathrm{~m} 33.97,100 \mathrm{~m} 1: 10.18$, $150 \mathrm{~m} 1: 47.80,200 \mathrm{~m} 2: 25.55,250 \mathrm{~m} 3: 04.13,300 \mathrm{~m} 3: 42.77,350 \mathrm{~m} 4: 21.59,400 \mathrm{~m} 5: 00.70$ $450 \mathrm{~m} 5: 39.73,500 \mathrm{~m} 6: 19.27,550 \mathrm{~m} 6: 58.40,600 \mathrm{~m} 7: 38.18,650 \mathrm{~m} 8: 18.40,700 \mathrm{~m} 8: 58.89,750 \mathrm{~m} 9: 39.09,800 \mathrm{~m} 10: 19.69$ $850 \mathrm{~m} 10: 59.78,900 \mathrm{~m} 11: 40.58$, $950 \mathrm{~m} 12: 21.20,1000 \mathrm{~m} 13: 02.63,1050 \mathrm{~m} 13: 44.03,1100 \mathrm{~m} 14: 25.37,1150 \mathrm{~m} 15: 06.77,1200 \mathrm{~m} 15: 48.87$ $1250 \mathrm{~m} 16: 29.93,1300 \mathrm{~m} 17: 11.49,1350 \mathrm{~m} 17: 52.61,1400 \mathrm{~m} 18: 34.36$, 1450 m 19:15.77, $1500 \mathrm{~m} 19: 55.36$, ,
2. Conor Macauley-Conway 21 Kingston Roy 30:14.12
$50 \mathrm{~m} 48.38,100 \mathrm{~m} 1: 43.06$, $150 \mathrm{~m} 2: 40.53$, $200 \mathrm{~m} 3: 37.11$, $250 \mathrm{~m} 4: 37.08,300 \mathrm{~m} 5: 34.89,350 \mathrm{~m} 6: 34.90,400 \mathrm{~m} 7: 35.64$ $450 \mathrm{~m} 8: 37.09,500 \mathrm{~m} 9: 37.12,550 \mathrm{~m} 10: 38.23,600 \mathrm{~m} 11: 38.96,650 \mathrm{~m} 12: 41.07,700 \mathrm{~m} 13: 42.17,750 \mathrm{~m} 14: 42.92,800 \mathrm{~m} 15: 45.50$ $850 \mathrm{~m} 16: 48.95,900 \mathrm{~m} 17: 50.33, \quad 950 \mathrm{~m} 18: 55.71,1000 \mathrm{~m} 19: 59.40,1050 \mathrm{~m} 21: 03.62,1100 \mathrm{~m} 22: 07.54,1150 \mathrm{~m} 23: 10.08,1200 \mathrm{~m}$ 24:11.14 $1250 \mathrm{~m} 25: 14.11,1300 \mathrm{~m}$ 26:13.62, $1350 \mathrm{~m} 27: 14.87,1400 \mathrm{~m} 28: 16.04,1450 \mathrm{~m} 29: 15.88,1500 \mathrm{~m} 30: 14.12$, ,

## MEN 30/34 Yrs Age Group - Full Results

Place Name AaD Club Time

1. Tom Baxter 30 Crawley 21:48.67
$50 \mathrm{~m} 35.26,100 \mathrm{~m} 1: 14.76,150 \mathrm{~m} 1: 55.95,200 \mathrm{~m} 2: 38.77,250 \mathrm{~m} 3: 21.47,300 \mathrm{~m} 4: 04.90,350 \mathrm{~m} 4: 47.68,400 \mathrm{~m} 5: 31.55$ $450 \mathrm{~m} 6: 14.64,500 \mathrm{~m} 6: 58.59,550 \mathrm{~m} 7: 42.69,600 \mathrm{~m} 8: 27.47,650 \mathrm{~m} 9: 11.22,700 \mathrm{~m} 9: 56.15,750 \mathrm{~m} 10: 39.48,800 \mathrm{~m} 11: 24.63$ $850 \mathrm{~m} 12: 08.98$, $900 \mathrm{~m} 12: 54.06, \quad 950 \mathrm{~m} 13: 38.30,1000 \mathrm{~m} 14: 23.58,1050 \mathrm{~m} 15: 07.64,1100 \mathrm{~m} 15: 52.90,1150 \mathrm{~m} 16: 37.40,1200 \mathrm{~m} 17: 22.42$ $1250 \mathrm{~m} 18: 06.66,1300 \mathrm{~m} 18: 52.50,1350 \mathrm{~m} 19: 36.89,1400 \mathrm{~m} 20: 22.40,1450 \mathrm{~m} 21: 06.53,1500 \mathrm{~m} 21: 48.67$, ,
2. Ashley Moss 33 Witney 24:16.36
$50 \mathrm{~m} 40.36,100 \mathrm{~m} 1: 26.64,150 \mathrm{~m} 2: 13.18,200 \mathrm{~m} 3: 00.76,250 \mathrm{~m} 3: 47.68,300 \mathrm{~m} 4: 36.27,350 \mathrm{~m} 5: 23.73,400 \mathrm{~m} 6: 13.13$ $450 \mathrm{~m} 7: 00.62,500 \mathrm{~m} 7: 49.72,550 \mathrm{~m} 8: 37.13,600 \mathrm{~m} 9: 26.45,650 \mathrm{~m} 10: 14.77,700 \mathrm{~m} 11: 03.92,750 \mathrm{~m} 11: 52.47,800 \mathrm{~m} 12: 42.33$ $850 \mathrm{~m} 13: 31.59,900 \mathrm{~m} 14: 22.92,950 \mathrm{~m} 15: 12.94, \quad 1000 \mathrm{~m} 16: 03.53, \quad 1050 \mathrm{~m} 16: 52.78,1100 \mathrm{~m} 17: 43.32,1150 \mathrm{~m} 18: 32.32,1200 \mathrm{~m} 19: 22.96$ $1250 \mathrm{~m} 20: 12.27,1300 \mathrm{~m}-, 1350 \mathrm{~m} 21: 52.96,1400 \mathrm{~m} 22: 43.52,1450 \mathrm{~m} 23: 30.66,1500 \mathrm{~m} 24: 16.36$, ,
3. Michael Tsang

30 South London 25:35.17
$50 \mathrm{~m} 48.25,100 \mathrm{~m} 1: 38.40,150 \mathrm{~m} 2: 29.23,200 \mathrm{~m} 3: 20.46$, $250 \mathrm{~m} 4: 12.25,300 \mathrm{~m} 5: 03.86,350 \mathrm{~m} 5: 55.60,400 \mathrm{~m} 6: 47.52$ $450 \mathrm{~m} 7: 38.88,500 \mathrm{~m} 8: 30.46,550 \mathrm{~m} 9: 21.80,600 \mathrm{~m} 10: 14.05,650 \mathrm{~m} 11: 06.13,700 \mathrm{~m} 11: 58.52,750 \mathrm{~m} 12: 51.28,800 \mathrm{~m} 13: 43.24$ $850 \mathrm{~m} 14: 35.50,900 \mathrm{~m} 15: 27.71,950 \mathrm{~m} 16: 19.71,1000 \mathrm{~m} 17: 11.62,1050 \mathrm{~m} 18: 03.30,1100 \mathrm{~m} 18: 55.08,1150 \mathrm{~m} 19: 46.87,1200 \mathrm{~m} 20: 38.06$ 1250m 21:29.53, 1300m 22:20.54, 1350m 23:09.66, 1400m 23:58.77, 1450m 24:48.15, 1500m 25:35.17, ,

## MEN 40/44 Yrs Age Group - Full Results

| Place | Name | AaD Club | Time |
| :--- | :--- | :--- | ---: |
| 1. Guy Armstrong | 41 | MwayMaritime | $20: 15.70$ |

$50 \mathrm{~m} 33.84,100 \mathrm{~m} 1: 11.44,150 \mathrm{~m} 1: 49.26$, $200 \mathrm{~m} 2: 28.97,250 \mathrm{~m} 3: 08.07,300 \mathrm{~m} 3: 48.33,350 \mathrm{~m} 4: 27.85,400 \mathrm{~m} 5: 08.31$ $450 \mathrm{~m} 5: 47.99,500 \mathrm{~m} 6: 29.37,550 \mathrm{~m} 7: 09.45,600 \mathrm{~m} 7: 50.76,650 \mathrm{~m} 8: 31.24,700 \mathrm{~m} 9: 12.74,750 \mathrm{~m} 9: 53.88,800 \mathrm{~m} 10: 35.49$ $850 \mathrm{~m} 11: 16.04,900 \mathrm{~m} 11: 57.55, \quad 950 \mathrm{~m} 12: 38.52, \quad 1000 \mathrm{~m} 13: 20.74, \quad 1050 \mathrm{~m} 14: 01.30,1100 \mathrm{~m} 14: 43.26,1150 \mathrm{~m} 15: 24.71,1200 \mathrm{~m} 16: 07.42$ $1250 \mathrm{~m} 16: 48.52$, 1300m 17:31.17, $1350 \mathrm{~m} 18: 12.65$, $1400 \mathrm{~m} 18: 54.55$, $1450 \mathrm{~m} 19: 35.49,1500 \mathrm{~m} 20: 15.70$, ,
2. David Wood 41 Wycombe Dist 21:34.78
$50 \mathrm{~m} 37.78,100 \mathrm{~m} 1: 18.89,150 \mathrm{~m} 2: 01.17,200 \mathrm{~m} 2: 44.07,250 \mathrm{~m} 3: 27.70,300 \mathrm{~m} 4: 10.75,350 \mathrm{~m} 4: 54.21,400 \mathrm{~m} 5: 37.56$ $450 \mathrm{~m} 6: 20.97,500 \mathrm{~m} 7: 04.66,550 \mathrm{~m} 7: 48.52,600 \mathrm{~m} 8: 32.04,650 \mathrm{~m} 9: 15.90,700 \mathrm{~m} 9: 59.07,750 \mathrm{~m} 10: 42.32,800 \mathrm{~m}$ 11:26.08 $850 \mathrm{~m} 12: 09.83$, $900 \mathrm{~m} 12: 53.13$, $950 \mathrm{~m} 13: 37.23,1000 \mathrm{~m} 14: 20.79,1050 \mathrm{~m} 15: 05.35,1100 \mathrm{~m} 15: 49.79,1150 \mathrm{~m} 16: 33.85,1200 \mathrm{~m} 17: 18.08$ $1250 \mathrm{~m} 18: 02.44,1300 \mathrm{~m} 18: 45.96,1350 \mathrm{~m} 19: 30.17,1400 \mathrm{~m}$ 20:13.11, $1450 \mathrm{~m} 20: 56.28,1500 \mathrm{~m} 21: 34.78$, ,
3. Calvin Johnson

43 Crawley
22:31.98
$50 \mathrm{~m} 37.13,100 \mathrm{~m} 1: 19.70,150 \mathrm{~m} 2: 04.12,200 \mathrm{~m} 2: 48.60,250 \mathrm{~m} 3: 32.80,300 \mathrm{~m} 4: 17.52,350 \mathrm{~m} 5: 01.89,400 \mathrm{~m} 5: 46.99$ $450 \mathrm{~m} 6: 31.83,500 \mathrm{~m} 7: 17.18,550 \mathrm{~m} 8: 02.38,600 \mathrm{~m} 8: 48.02,650 \mathrm{~m} 9: 33.18,700 \mathrm{~m} 10: 18.56,750 \mathrm{~m} 11: 03.44,800 \mathrm{~m} 11: 48.52$ $850 \mathrm{~m} 12: 33.38$, $900 \mathrm{~m} 13: 19.29$, $950 \mathrm{~m} 14: 04.62, \quad 1000 \mathrm{~m} 14: 50.50, \quad 1050 \mathrm{~m} 15: 36.68,1100 \mathrm{~m} 16: 23.22,1150 \mathrm{~m} 17: 09.16,1200 \mathrm{~m} 17: 55.40$ $1250 \mathrm{~m} 18: 41.93,1300 \mathrm{~m} 19: 28.85,1350 \mathrm{~m} 20: 15.40,1400 \mathrm{~m} 21: 02.09,1450 \mathrm{~m} 21: 48.07,1500 \mathrm{~m} 22: 31.98$, ,
4. Peter Woodward 40 Beacon 24:56.11
$50 \mathrm{~m} 40.88,100 \mathrm{~m} 1: 25.85,150 \mathrm{~m} 2: 13.95,200 \mathrm{~m} 3: 03.03,250 \mathrm{~m} 3: 52.98,300 \mathrm{~m} 4: 43.06,350 \mathrm{~m} 5: 33.56,400 \mathrm{~m} 6: 24.64$ $450 \mathrm{~m} 7: 15.98,500 \mathrm{~m} 8: 05.35,550 \mathrm{~m} 8: 57.56,600 \mathrm{~m} 9: 48.19,650 \mathrm{~m} 10: 38.45,700 \mathrm{~m} 11: 29.01,750 \mathrm{~m} 12: 20.00,800 \mathrm{~m} 13: 10.40$ $850 \mathrm{~m} 14: 01.48,900 \mathrm{~m} 14: 52.50,950 \mathrm{~m} 15: 43.39,1000 \mathrm{~m} 16: 33.68,1050 \mathrm{~m} 17: 24.62,1100 \mathrm{~m} 18: 15.70,1150 \mathrm{~m} 19: 06.75,1200 \mathrm{~m} 19: 56.50$ $1250 \mathrm{~m} 20: 49.13,1300 \mathrm{~m} 21: 40.31,1350 \mathrm{~m} 22: 31.60,1400 \mathrm{~m} 23: 21.59,1450 \mathrm{~m} 24: 10.54,1500 \mathrm{~m} 24: 56.11$, ,
MEN 45/49 Yrs Age Group - Full Results

| Place | Name | AaD Club | Time |
| :--- | :--- | :--- | ---: |
| 1. Simon Joyce | 45 | Kidlington | $19: 53.80$ |

New SER Meet Best Performance - Previously Andrew Seivewright, Lewes, 24:00.53, set 2022
50 m 33.91, $100 \mathrm{~m} 1: 10.63,150 \mathrm{~m} 1: 48.56,200 \mathrm{~m} 2: 27.04,250 \mathrm{~m} 3: 06.15,300 \mathrm{~m} 3: 45.14,350 \mathrm{~m} 4: 24.80,400 \mathrm{~m} 5: 04.34$ $450 \mathrm{~m} 5: 43.99,500 \mathrm{~m} 6: 23.60,550 \mathrm{~m} 7: 03.58,600 \mathrm{~m} 7: 43.73,650 \mathrm{~m} 8: 24.65,700 \mathrm{~m} 9: 05.30,750 \mathrm{~m} 9: 46.12,800 \mathrm{~m} 10: 26.37$ $850 \mathrm{~m} 11: 06.63,900 \mathrm{~m} 11: 48.01,950 \mathrm{~m} 12: 28.63,1000 \mathrm{~m} 13: 09.46, \quad 1050 \mathrm{~m} 13: 50.65,1100 \mathrm{~m} 14: 31.69,1150 \mathrm{~m} 15: 12.65,1200 \mathrm{~m} 15: 53.57$ $1250 \mathrm{~m} 16: 33.96$, $1300 \mathrm{~m} 17: 15.11,1350 \mathrm{~m} 17: 55.72,1400 \mathrm{~m} 18: 35.87,1450 \mathrm{~m} 19: 15.79,1500 \mathrm{~m} 19: 53.80$, ,

## MEN 50/54 Yrs Age Group - Full Results

| Place | Name | AaD Club | Time |
| :--- | :--- | :--- | ---: |
| 1. | Roger Fairhurst | 51 | Teddington |

$50 \mathrm{~m} 34.86,100 \mathrm{~m} 1: 12.99,150 \mathrm{~m} 1: 52.69,200 \mathrm{~m} 2: 32.78,250 \mathrm{~m} 3: 13.70,300 \mathrm{~m} 3: 54.60,350 \mathrm{~m} 4: 36.10,400 \mathrm{~m} 5: 17.22$ $450 \mathrm{~m} 5: 59.09,500 \mathrm{~m} 6: 40.40$, $550 \mathrm{~m} 7: 22.08,600 \mathrm{~m} 8: 03.69,650 \mathrm{~m} 8: 45.61,700 \mathrm{~m} 9: 26.68,750 \mathrm{~m} 10: 08.72,800 \mathrm{~m} 10: 50.49$ $850 \mathrm{~m} 11: 32.56,900 \mathrm{~m} 12: 14.91, \quad 950 \mathrm{~m} 12: 57.15,1000 \mathrm{~m} 13: 39.50,1050 \mathrm{~m} 14: 22.49,1100 \mathrm{~m} 15: 05.24,1150 \mathrm{~m} 15: 48.39,1200 \mathrm{~m} 16: 31.51$ $1250 \mathrm{~m} 17: 14.60,1300 \mathrm{~m} 17: 57.74,1350 \mathrm{~m} 18: 41.06,1400 \mathrm{~m} 19: 24.49,1450 \mathrm{~m} 20: 07.63,1500 \mathrm{~m} 20: 48.04$,
2. Andrew Collins

53 Croydon Amph
21:32.11
$50 \mathrm{~m} 37.48,100 \mathrm{~m} 1: 18.18,150 \mathrm{~m} 1: 59.25,200 \mathrm{~m} 2: 42.23,250 \mathrm{~m} 3: 24.79,300 \mathrm{~m} 4: 09.58,350 \mathrm{~m} 4: 54.03,400 \mathrm{~m} 5: 39.15$ $450 \mathrm{~m} 6: 22.76,500 \mathrm{~m} 7: 08.70,550 \mathrm{~m} 7: 53.89,600 \mathrm{~m} 8: 39.65,650 \mathrm{~m} 9: 23.67,700 \mathrm{~m} 10: 08.94,750 \mathrm{~m} 10: 51.99,800 \mathrm{~m} 11: 37.20$ $850 \mathrm{~m} 12: 20.21,900 \mathrm{~m} 13: 04.49,950 \mathrm{~m} 13: 47.07,1000 \mathrm{~m} 14: 30.56$, $1050 \mathrm{~m} 15: 13.56,1100 \mathrm{~m} 15: 56.53,1150 \mathrm{~m} 16: 38.88,1200 \mathrm{~m} 17: 21.79$ $1250 \mathrm{~m} 18: 03.29,1300 \mathrm{~m} 18: 46.11,1350 \mathrm{~m} 19: 27.77,1400 \mathrm{~m} 20: 10.65,1450 \mathrm{~m} 20: 51.48,1500 \mathrm{~m} 21: 32.11$, ,
3. Toby Shobbrook

52 Tonbridge
23:10.32
50 m 41.53, $100 \mathrm{~m} 1: 26.92,150 \mathrm{~m} 2: 13.06$, $200 \mathrm{~m} 2: 59.85,250 \mathrm{~m} 3: 46.93,300 \mathrm{~m} 4: 33.71,350 \mathrm{~m} 5: 20.78,400 \mathrm{~m} 6: 07.82$ $450 \mathrm{~m} 6: 54.69,500 \mathrm{~m} 7: 41.17,550 \mathrm{~m} 8: 28.01,600 \mathrm{~m} 9: 14.60,650 \mathrm{~m} 10: 01.16,700 \mathrm{~m} 10: 48.11,750 \mathrm{~m} 11: 34.69,800 \mathrm{~m} 12: 21.74$ $850 \mathrm{~m} 13: 08.15, \quad 900 \mathrm{~m} 13: 55.24, \quad 950 \mathrm{~m} 14: 42.16,1000 \mathrm{~m} 15: 29.13,1050 \mathrm{~m} 16: 15.37,1100 \mathrm{~m} 17: 01.88,1150 \mathrm{~m} 17: 48.06,1200 \mathrm{~m} 18: 34.49$ $1250 \mathrm{~m} 19: 20.97,1300 \mathrm{~m} 20: 07.53,1350 \mathrm{~m} 20: 53.89,1400 \mathrm{~m} 21: 40.40,1450 \mathrm{~m} 22: 26.56,1500 \mathrm{~m} 23: 10.32$, ,
4. David Cargill

51 Crawley
24:16.29
$50 \mathrm{~m} 41.68,100 \mathrm{~m} 1: 28.57,150 \mathrm{~m} 2: 16.16$, $200 \mathrm{~m} 3: 04.34,250 \mathrm{~m} 3: 52.02,300 \mathrm{~m} 4: 41.26,350 \mathrm{~m} 5: 29.53,400 \mathrm{~m} 6: 18.68$ $450 \mathrm{~m} 7: 07.31,500 \mathrm{~m} 7: 56.60,550 \mathrm{~m} 8: 45.82,600 \mathrm{~m} 9: 35.24,650 \mathrm{~m} 10: 23.19,700 \mathrm{~m} 11: 13.13,750 \mathrm{~m} 12: 01.92,800 \mathrm{~m} 12: 51.88$ $850 \mathrm{~m} 13: 40.76,900 \mathrm{~m} 14: 30.74, \quad 950 \mathrm{~m} 15: 19.13, \quad 1000 \mathrm{~m} 16: 08.76, \quad 1050 \mathrm{~m} 16: 57.96,1100 \mathrm{~m} 17: 47.87,1150 \mathrm{~m} 20: 15.32,1200 \mathrm{~m} 19: 26.73$ $1250 \mathrm{~m} 21: 54.79,1300 \mathrm{~m} 21: 04.93,1350 \mathrm{~m} 23: 30.57,1400 \mathrm{~m} 22: 43.77,1450 \mathrm{~m}-, 1500 \mathrm{~m} 24: 16.29$,
5. Niels Rasmussen 53 RTW Masters 24:29.98
$50 \mathrm{~m} 40.09,100 \mathrm{~m} 1: 25.37,150 \mathrm{~m} 2: 12.69,200 \mathrm{~m} 3: 00.10,250 \mathrm{~m} 3: 48.47,300 \mathrm{~m} 4: 37.61,350 \mathrm{~m} 5: 25.80,400 \mathrm{~m} 6: 15.75$ $450 \mathrm{~m} 7: 05.40,500 \mathrm{~m} 7: 55.34,550 \mathrm{~m} 8: 45.41,600 \mathrm{~m} 9: 35.12,650 \mathrm{~m} 10: 24.54,700 \mathrm{~m} 11: 15.09,750 \mathrm{~m} 12: 04.36,800 \mathrm{~m} 12: 54.95$ $850 \mathrm{~m} 13: 45.17, \quad 900 \mathrm{~m} 14: 35.22,950 \mathrm{~m} 15: 24.23,1000 \mathrm{~m} 16: 14.83,1050 \mathrm{~m} 17: 05.32,1100 \mathrm{~m} 17: 56.49,1150 \mathrm{~m} 18: 46.01,1200 \mathrm{~m} 19: 36.82$ $1250 \mathrm{~m} 20: 26.21,1300 \mathrm{~m} 21: 16.57,1350 \mathrm{~m} 22: 06.30,1400 \mathrm{~m} 22: 56.23,1450 \mathrm{~m} 23: 44.94,1500 \mathrm{~m} 24: 29.98$,

## MEN 55/59 Yrs Age Group - Full Results

Place Name

1. Christopher Freeman

20:54.40
$50 \mathrm{~m} 36.99,100 \mathrm{~m} 1: 17.54,150 \mathrm{~m} 1: 58.34,200 \mathrm{~m} 2: 39.97,250 \mathrm{~m} 3: 21.83,300 \mathrm{~m} 4: 04.40,350 \mathrm{~m} 4: 45.77,400 \mathrm{~m} 5: 28.49$ $450 \mathrm{~m} 6: 10.10,500 \mathrm{~m} 6: 52.82,550 \mathrm{~m} 7: 34.80,600 \mathrm{~m} 8: 17.26,650 \mathrm{~m} 8: 58.89,700 \mathrm{~m} 9: 41.68,750 \mathrm{~m} 10: 23.88,800 \mathrm{~m} 11: 06.23$ $850 \mathrm{~m} 11: 48.20,900 \mathrm{~m} 12: 30.77,950 \mathrm{~m} 13: 12.98,1000 \mathrm{~m} 13: 55.52,1050 \mathrm{~m} 14: 37.62,1100 \mathrm{~m} 15: 20.03,1150 \mathrm{~m} 16: 02.23,1200 \mathrm{~m} 16: 44.40$ $1250 \mathrm{~m} 17: 26.07,1300 \mathrm{~m} 18: 08.14,1350 \mathrm{~m} 18: 50.06,1400 \mathrm{~m} 19: 32.10,1450 \mathrm{~m} 20: 13.80,1500 \mathrm{~m} 20: 54.40$, ,
2. Darryl Hilliar 55 Elmbridge 22:44.67
$50 \mathrm{~m} 36.60,100 \mathrm{~m} 1: 17.67,150 \mathrm{~m} 2: 01.94,200 \mathrm{~m} 2: 47.06,250 \mathrm{~m} 3: 32.23,300 \mathrm{~m} 4: 17.26,350 \mathrm{~m} 5: 03.40,400 \mathrm{~m} 5: 49.07$
$450 \mathrm{~m} 6: 35.87,500 \mathrm{~m} 7: 22.07,550 \mathrm{~m} 8: 08.34,600 \mathrm{~m} 8: 54.40,650 \mathrm{~m} 9: 41.26,700 \mathrm{~m} 10: 26.87,750 \mathrm{~m} 11: 13.78,800 \mathrm{~m}$ 11:59.92
$850 \mathrm{~m} 12: 47.28, \quad 900 \mathrm{~m} 13: 33.61,950 \mathrm{~m} 14: 20.38,1000 \mathrm{~m} 15: 06.39,1050 \mathrm{~m} 15: 53.10,1100 \mathrm{~m} 16: 39.28,1150 \mathrm{~m} 17: 25.93,1200 \mathrm{~m} 18: 12.88$ $1250 \mathrm{~m} 18: 59.25,1300 \mathrm{~m} 19: 44.93,1350 \mathrm{~m} 20: 31.55,1400 \mathrm{~m}$ 21:17.27, 1450 m 22:03.21, $1500 \mathrm{~m} 22: 44.67$, ,
3. Tristram Kennedy Harpe 59 Saxon Crown 24:27.56
$50 \mathrm{~m} 41.99,100 \mathrm{~m} 1: 29.67,150 \mathrm{~m} 2: 17.88$, $200 \mathrm{~m} 3: 09.95,250 \mathrm{~m} 3: 58.01,300 \mathrm{~m} 4: 47.58,350 \mathrm{~m} 5: 35.32,400 \mathrm{~m} 6: 24.35$
$450 \mathrm{~m} 7: 12.15,500 \mathrm{~m} 8: 01.04,550 \mathrm{~m} 8: 48.99,600 \mathrm{~m} 9: 38.28,650 \mathrm{~m} 10: 26.22,700 \mathrm{~m} 11: 15.26,750 \mathrm{~m} 12: 03.11,800 \mathrm{~m} 12: 52.74$ $850 \mathrm{~m} 13: 40.41, \quad 900 \mathrm{~m} 14: 29.43,950 \mathrm{~m} 15: 18.13,1000 \mathrm{~m} 16: 07.86$, $1050 \mathrm{~m} 16: 56.46,1100 \mathrm{~m} 17: 46.69,1150 \mathrm{~m} 18: 35.96,1200 \mathrm{~m} 19: 26.83$ 1250 m 20:16.03, 1300 m 21:07.64, $1350 \mathrm{~m} 21: 57.91,1400 \mathrm{~m} 22: 49.66$, 1450 m 23:39.65, $1500 \mathrm{~m} 24: 27.56$, ,
4. Matt Conrad-jones 56 MwayMaritime 24:29.58
$50 \mathrm{~m} 40.57,100 \mathrm{~m} 1: 26.43$, $150 \mathrm{~m} 2: 13.81$, $200 \mathrm{~m} 3: 01.82$, $250 \mathrm{~m} 3: 50.47$, $300 \mathrm{~m} 4: 39.25,350 \mathrm{~m} 5: 28.31,400 \mathrm{~m} 6: 17.33$
450m 7:05.83, 500m 7:54.99, 550m 8:44.17, 600m 9:33.13, 650m 10:22.84, 700m 11:11.83, 750m 12:01.34, 800m 12:50.53 $850 \mathrm{~m} 13: 40.34,900 \mathrm{~m} 14: 29.99,950 \mathrm{~m} 15: 20.01,1000 \mathrm{~m} 16: 09.33,1050 \mathrm{~m} 16: 58.82,1100 \mathrm{~m} 17: 48.65,1150 \mathrm{~m} 18: 38.45,1200 \mathrm{~m} 19: 28.83$ $1250 \mathrm{~m} 20: 19.53,1300 \mathrm{~m} 21: 09.73,1350 \mathrm{~m} 22: 00.44,1400 \mathrm{~m} 22: 50.12,1450 \mathrm{~m}-, 1500 \mathrm{~m} 24: 29.58$,
5. Graham Mortimer 58 Lewes 25:58.51
$50 \mathrm{~m} 43.95,100 \mathrm{~m} 1: 32.74,150 \mathrm{~m} 2: 23.70,200 \mathrm{~m} 3: 14.35,250 \mathrm{~m} 4: 05.91,300 \mathrm{~m} 4: 58.05,350 \mathrm{~m} 5: 50.03,400 \mathrm{~m} 6: 42.20$ $450 \mathrm{~m} 7: 34.89,500 \mathrm{~m} 8: 27.28,550 \mathrm{~m} 9: 19.12,600 \mathrm{~m} 10: 11.59,650 \mathrm{~m} 11: 04.30,700 \mathrm{~m} 11: 56.17,750 \mathrm{~m} 12: 48.92,800 \mathrm{~m} 13: 41.40$ $850 \mathrm{~m} 14: 34.07$, $900 \mathrm{~m} 15: 26.87$, $950 \mathrm{~m} 16: 18.88$, $1000 \mathrm{~m} 17: 11.93$, $1050 \mathrm{~m} 18: 04.41,1100 \mathrm{~m} 18: 57.24,1150 \mathrm{~m} 19: 49.55,1200 \mathrm{~m} 20: 42.41$ $1250 \mathrm{~m} 21: 35.22,1300 \mathrm{~m} 22: 28.36,1350 \mathrm{~m} 23: 21.34,1400 \mathrm{~m} 24: 14.48,1450 \mathrm{~m} 25: 06.53,1500 \mathrm{~m} 25: 58.51$, ,
6. Laine Watts

59 RTW Masters 27:29.04
$50 \mathrm{~m} 49.15,100 \mathrm{~m} 1: 42.06,150 \mathrm{~m} 2: 35.59$, $200 \mathrm{~m} 3: 31.84,250 \mathrm{~m} 4: 27.00,300 \mathrm{~m} 5: 23.16,350 \mathrm{~m} 6: 17.11,400 \mathrm{~m} 7: 12.81$ $450 \mathrm{~m} 8: 06.91,500 \mathrm{~m} 9: 02.72,550 \mathrm{~m} 9: 56.48,600 \mathrm{~m} 10: 52.69,650 \mathrm{~m} 11: 46.77,700 \mathrm{~m} 12: 42.46,750 \mathrm{~m} 13: 36.37,800 \mathrm{~m} 14: 32.57$ $850 \mathrm{~m} 15: 27.08, \quad 900 \mathrm{~m} 16: 21.74, \quad 950 \mathrm{~m} 17: 16.78$, $1000 \mathrm{~m} 18: 12.87,1050 \mathrm{~m} 19: 09.60,1100 \mathrm{~m} 20: 05.51,1150 \mathrm{~m} 20: 59.47,1200 \mathrm{~m} 21: 55.81$ $1250 \mathrm{~m} 22: 51.09,1300 \mathrm{~m} 23: 47.47,1350 \mathrm{~m} 24: 42.67,1400 \mathrm{~m} 25: 39.78$, $1450 \mathrm{~m} 26: 35.81,1500 \mathrm{~m} 27: 29.04$,
MEN 60/64 Yrs Age Group - Full Results

| Place | Name | AaD Club | Time |
| :--- | :--- | :--- | ---: |
| 1. Robert Barker | 60 | Kingston Roy | $19: 33.54$ |

New SER Meet Best Performance - Previously Alan Parkins, Crawley, 21:45.80, set 2022
50 m 35.38 , $100 \mathrm{~m} 1: 14.14,150 \mathrm{~m} 1: 52.54,200 \mathrm{~m} 2: 32.17,250 \mathrm{~m} 3: 10.55,300 \mathrm{~m} 3: 50.14,350 \mathrm{~m} 4: 28.78$, $400 \mathrm{~m} 5: 08.80$ $450 \mathrm{~m} 5: 47.74,500 \mathrm{~m} 6: 27.90,550 \mathrm{~m} 7: 06.98,600 \mathrm{~m} 7: 47.22,650 \mathrm{~m} 8: 26.21,700 \mathrm{~m} 9: 06.42,750 \mathrm{~m} 9: 45.44,800 \mathrm{~m} 10: 25.65$ $850 \mathrm{~m} 11: 04.56,900 \mathrm{~m} 11: 44.65$, $950 \mathrm{~m} 12: 23.45,1000 \mathrm{~m} 13: 03.68,1050 \mathrm{~m} 13: 42.37,1100 \mathrm{~m} 14: 22.44,1150 \mathrm{~m} 15: 01.27,1200 \mathrm{~m} 15: 40.68$ $1250 \mathrm{~m} 16: 19.17,1300 \mathrm{~m} 16: 59.07,1350 \mathrm{~m} 17: 37.62$, $1400 \mathrm{~m} 18: 17.19$, 1450 m 18:55.37, $1500 \mathrm{~m} 19: 33.54$, ,
2. Matthew Stone 61 Croydon Amph 23:21.25
$50 \mathrm{~m} 40.82,100 \mathrm{~m} 1: 26.60,150 \mathrm{~m} 2: 12.22,200 \mathrm{~m} 2: 59.06,250 \mathrm{~m} 3: 46.21,300 \mathrm{~m} 4: 33.47,350 \mathrm{~m} 5: 20.84,400 \mathrm{~m} 6: 08.13$ $450 \mathrm{~m} 6: 55.72,500 \mathrm{~m} 7: 43.09,550 \mathrm{~m} 8: 30.68,600 \mathrm{~m} 9: 18.49,650 \mathrm{~m} 10: 05.51,700 \mathrm{~m} 10: 53.14,750 \mathrm{~m} 11: 40.63,800 \mathrm{~m} 12: 28.01$ $850 \mathrm{~m} 13: 14.51, \quad 900 \mathrm{~m} 14: 01.63, \quad 950 \mathrm{~m} 14: 48.21,1000 \mathrm{~m} 15: 35.74,1050 \mathrm{~m} 16: 22.30,1100 \mathrm{~m} 17: 08.89,1150 \mathrm{~m} 17: 55.13,1200 \mathrm{~m} 18: 42.55$ $1250 \mathrm{~m} 19: 29.12,1300 \mathrm{~m} 20: 16.47,1350 \mathrm{~m} 21: 03.00,1400 \mathrm{~m} 21: 50.46$, $1450 \mathrm{~m} 22: 36.35,1500 \mathrm{~m} 23: 21.25$, ,
3. Patrick Allen

61 Woking
24:47.19
$50 \mathrm{~m} 43.65,100 \mathrm{~m} 1: 31.79,150 \mathrm{~m} 2: 20.50$, $200 \mathrm{~m} 3: 09.55$, $250 \mathrm{~m} 3: 58.24,300 \mathrm{~m} 4: 47.27,350 \mathrm{~m} 5: 35.95$, $400 \mathrm{~m} 6: 25.61$ $450 \mathrm{~m} 7: 14.41,500 \mathrm{~m} 8: 03.94,550 \mathrm{~m} 8: 53.41,600 \mathrm{~m} 9: 43.16,650 \mathrm{~m} 10: 32.37,700 \mathrm{~m} 11: 22.34,750 \mathrm{~m} 12: 11.39,800 \mathrm{~m} 13: 01.91$ $850 \mathrm{~m} 13: 52.42$, $900 \mathrm{~m} 14: 43.94,950 \mathrm{~m} 15: 33.96$, $1000 \mathrm{~m} 16: 25.18$, $1050 \mathrm{~m} 17: 15.05,1100 \mathrm{~m} 18: 06.51,1150 \mathrm{~m} 18: 56.78,1200 \mathrm{~m} 19: 47.55$ $1250 \mathrm{~m} 20: 38.51,1300 \mathrm{~m} 21: 29.46,1350 \mathrm{~m} 22: 19.40,1400 \mathrm{~m} 23: 09.88$, $1450 \mathrm{~m} 23: 59.49,1500 \mathrm{~m} 24: 47.19$,

| Place Name | AaD Club | Time |
| :--- | :--- | :--- | ---: |
| 1. Chris Dunn | 77 Spencer | $21: 49.60$ |

$50 \mathrm{~m} 39.18,100 \mathrm{~m} 1: 21.11,150 \mathrm{~m} 2: 03.86,200 \mathrm{~m} 2: 46.80,250 \mathrm{~m} 3: 30.14,300 \mathrm{~m} 4: 13.96,350 \mathrm{~m} 4: 58.05,400 \mathrm{~m} 5: 41.63$ $450 \mathrm{~m} 6: 25.46,500 \mathrm{~m} 7: 09.35,550 \mathrm{~m} 7: 53.00,600 \mathrm{~m} 8: 37.38,650 \mathrm{~m} 9: 21.07,700 \mathrm{~m} 10: 05.33,750 \mathrm{~m} 10: 49.26,800 \mathrm{~m} 11: 33.32$ $850 \mathrm{~m} 12: 17.65,900 \mathrm{~m} 13: 02.54,950 \mathrm{~m} 13: 46.43,1000 \mathrm{~m} 14: 31.10,1050 \mathrm{~m} 15: 15.52,1100 \mathrm{~m} 15: 59.74,1150 \mathrm{~m} 16: 43.93,1200 \mathrm{~m} 17: 28.53$ $1250 \mathrm{~m} 18: 13.24,1300 \mathrm{~m} 18: 57.38$, $1350 \mathrm{~m} 19: 41.37,1400 \mathrm{~m}$ 20:25.51, 1450 m 21:08.79, 1500m 21:49.60,

## WOMEN 18/24 Yrs Age Group - Full Results

| Place | Name | AaD Club | Time |
| :--- | ---: | :--- | ---: |
| 1. Alyssa Basinger | 20 Reading Ryls | $18: 51.10$ |  |

New SER Meet Best Performance - Previously unclaimed
$50 \mathrm{~m} 32.88,100 \mathrm{~m} 1: 09.18,150 \mathrm{~m} 1: 47.08$, $200 \mathrm{~m} 2: 25.00,250 \mathrm{~m} 3: 03.33,300 \mathrm{~m} 3: 41.18,350 \mathrm{~m} 4: 19.34,400 \mathrm{~m} 4: 57.12$ $450 \mathrm{~m} 5: 35.29,500 \mathrm{~m} 6: 13.22,550 \mathrm{~m} 6: 51.23,600 \mathrm{~m} 7: 28.88,650 \mathrm{~m} 8: 07.11,700 \mathrm{~m} 8: 44.82,750 \mathrm{~m} 9: 22.98,800 \mathrm{~m} 10: 00.61$ $850 \mathrm{~m} 10: 38.66,900 \mathrm{~m} 11: 16.48$, $950 \mathrm{~m} 11: 54.60,1000 \mathrm{~m} 12: 32.61,1050 \mathrm{~m} 13: 10.82,1100 \mathrm{~m} 13: 48.66,1150 \mathrm{~m} 14: 27.01,1200 \mathrm{~m} 15: 04.68$ 1250m 15:42.95, 1300m 16:21.14, 1350m 16:59.69, 1400m 17:37.86, 1450m 18:15.54, 1500m 18:51.10, ,
WOMEN 25/29 Yrs Age Group - Full Results

| Place Name | AaD Club | Time |  |
| :--- | :--- | :--- | ---: |
| 1. Hannah Dodwell | 29 | Royal Navy | $18: 40.87$ |

New SER Meet Best Performance - Previously Stephanie Ramsay, Out To Swim, 20:21.66, set 2019
$50 \mathrm{~m} 33.93,100 \mathrm{~m} 1: 10.64,150 \mathrm{~m} 1: 47.89,200 \mathrm{~m} 2: 25.35,250 \mathrm{~m} 3: 03.42,300 \mathrm{~m} 3: 41.00,350 \mathrm{~m} 4: 19.04,400 \mathrm{~m} 4: 56.90$ $450 \mathrm{~m} 5: 34.76$, $500 \mathrm{~m} 6: 12.41,550 \mathrm{~m} 6: 50.11,600 \mathrm{~m} 7: 27.71,650 \mathrm{~m} 8: 05.11,700 \mathrm{~m} 8: 42.69,750 \mathrm{~m} 9: 20.18,800 \mathrm{~m} 9: 57.70$ $850 \mathrm{~m} 10: 35.12, \quad 900 \mathrm{~m} 11: 12.35, \quad 950 \mathrm{~m} 11: 50.02,1000 \mathrm{~m} 12: 27.20,1050 \mathrm{~m} 13: 04.72,1100 \mathrm{~m} 13: 41.92,1150 \mathrm{~m} 14: 19.27,1200 \mathrm{~m} 14: 56.85$ $1250 \mathrm{~m} 15: 34.40,1300 \mathrm{~m} 16: 11.66,1350 \mathrm{~m} 16: 49.32,1400 \mathrm{~m} 17: 27.03,1450 \mathrm{~m} 18: 04.40,1500 \mathrm{~m} 18: 40.87$, ,

## 2. Alexandra Richards 29 S B Stingray 22:33.94

50 m 39.63, $100 \mathrm{~m} 1: 22.28,150 \mathrm{~m} 2: 06.06,200 \mathrm{~m} 2: 50.59,250 \mathrm{~m} 3: 35.22,300 \mathrm{~m} 4: 19.90,350 \mathrm{~m} 5: 04.86,400 \mathrm{~m} 5: 49.64$ $450 \mathrm{~m} 6: 34.45,500 \mathrm{~m} 7: 20.10,550 \mathrm{~m} 8: 05.31,600 \mathrm{~m} 8: 50.13,650 \mathrm{~m} 9: 35.68,700 \mathrm{~m} 10: 21.55,750 \mathrm{~m} 11: 07.22,800 \mathrm{~m}$ 11:53.39 $850 \mathrm{~m} 12: 39.32$, $900 \mathrm{~m} 13: 25.11$, $950 \mathrm{~m} 14: 11.41,1000 \mathrm{~m} 14: 57.08, \quad 1050 \mathrm{~m} 15: 43.04,1100 \mathrm{~m} 16: 28.97,1150 \mathrm{~m} 17: 15.14,1200 \mathrm{~m} 18: 00.87$ 1250m 18:47.30, 1300m 19:33.22, 1350m 20:19.40, 1400m 21:04.84, 1450m 21:50.29, 1500m 22:33.94, ,
WOMEN 30/34 Yrs Age Group - Full Results

| Place Name | AaD Club | Time |
| :--- | :--- | :--- |

1. Fiona Carroll 32 Co South'ton 19:07.81
$50 \mathrm{~m} 33.76,100 \mathrm{~m} 1: 09.83,150 \mathrm{~m} 1: 47.33,200 \mathrm{~m} 2: 25.20,250 \mathrm{~m} 3: 03.66,300 \mathrm{~m} 3: 41.65,350 \mathrm{~m} 4: 20.00,400 \mathrm{~m} 4: 58.01$ $450 \mathrm{~m} 5: 36.29,500 \mathrm{~m} 6: 14.14,550 \mathrm{~m} 6: 52.19,600 \mathrm{~m} 7: 30.15,650 \mathrm{~m} 8: 08.47,700 \mathrm{~m} 8: 46.81,750 \mathrm{~m} 9: 25.37,800 \mathrm{~m} 10: 03.85$ $850 \mathrm{~m} 10: 42.75,900 \mathrm{~m} 11: 21.54, \quad 950 \mathrm{~m} 12: 00.27,1000 \mathrm{~m} 12: 39.48,1050 \mathrm{~m} 13: 18.63,1100 \mathrm{~m} 13: 57.76,1150 \mathrm{~m} 14: 37.17,1200 \mathrm{~m} 15: 16.35$ 1250m 15:55.24, 1300m 16:34.32, 1350m 17:13.75, 1400m 17:53.41, 1450m 18:31.99, 1500m 19:07.81, ,
2. Hannah Angell

33 Woking
19:25.99
$50 \mathrm{~m} 35.31,100 \mathrm{~m} 1: 13.58,150 \mathrm{~m} 1: 52.45,200 \mathrm{~m} 2: 31.43,250 \mathrm{~m} 3: 10.22,300 \mathrm{~m} 3: 49.19,350 \mathrm{~m} 4: 28.02,400 \mathrm{~m} 5: 07.37$ $450 \mathrm{~m} 5: 46.72,500 \mathrm{~m} 6: 25.70,550 \mathrm{~m} 7: 04.61,600 \mathrm{~m} 7: 43.65,650 \mathrm{~m} 8: 22.24,700 \mathrm{~m} 9: 01.08,750 \mathrm{~m} 9: 39.67,800 \mathrm{~m} 10: 18.62$ 850m 10:57.50, $900 \mathrm{~m} 11: 37.04,950 \mathrm{~m} 12: 15.77,1000 \mathrm{~m} 12: 54.98,1050 \mathrm{~m} 13: 34.28,1100 \mathrm{~m} 14: 12.80,1150 \mathrm{~m} 14: 51.77,1200 \mathrm{~m} 15: 30.84$ $1250 \mathrm{~m} 16: 10.11,1300 \mathrm{~m} 16: 49.50,1350 \mathrm{~m} 17: 28.81,1400 \mathrm{~m} 18: 08.62$, $1450 \mathrm{~m} 18: 47.58,1500 \mathrm{~m} 19: 25.99$,

## WOMEN 35/39 Yrs Age Group - Full Results

| Place Name | AaD Club | Time |
| :--- | :--- | ---: | ---: |
| 1. Laura Kerrigan | 38 Spencer | $23: 47.45$ |

$50 \mathrm{~m} 41.85,100 \mathrm{~m} 1: 27.97,150 \mathrm{~m} 2: 15.36,200 \mathrm{~m} 3: 03.08,250 \mathrm{~m} 3: 50.71,300 \mathrm{~m} 4: 38.79,350 \mathrm{~m} 5: 26.84,400 \mathrm{~m} 6: 15.17$ $450 \mathrm{~m} 7: 03.12,500 \mathrm{~m} 7: 51.73,550 \mathrm{~m} 8: 39.94,600 \mathrm{~m} 9: 28.39,650 \mathrm{~m} 10: 16.59,700 \mathrm{~m} 11: 04.55,750 \mathrm{~m} 11: 52.67,800 \mathrm{~m} 12: 40.63$ 850m 13:28.60, $900 \mathrm{~m} 14: 16.55, \quad 950 \mathrm{~m} 15: 04.41, \quad 1000 \mathrm{~m} 15: 52.94, \quad 1050 \mathrm{~m} 16: 41.18,1100 \mathrm{~m} 17: 29.59,1150 \mathrm{~m} 18: 17.92,1200 \mathrm{~m}$ 19:06.30 $1250 \mathrm{~m} 19: 54.68,1300 \mathrm{~m} 20: 43.24,1350 \mathrm{~m} 21: 30.87,1400 \mathrm{~m} 22: 17.51,1450 \mathrm{~m} 23: 03.60,1500 \mathrm{~m} 23: 47.45$, ,
2. Kerrie Shooman-Taylor 36 RTW Masters 24:33.26
$50 \mathrm{~m} 40.89,100 \mathrm{~m} 1: 25.76$, $150 \mathrm{~m} 2: 12.80$, $200 \mathrm{~m} 3: 01.07,250 \mathrm{~m} 3: 49.26,300 \mathrm{~m} 4: 38.20,350 \mathrm{~m} 5: 27.42,400 \mathrm{~m} 6: 17.38$
$450 \mathrm{~m} 7: 07.01,500 \mathrm{~m} 7: 57.10,550 \mathrm{~m} 8: 47.02,600 \mathrm{~m} 9: 36.90,650 \mathrm{~m} 10: 26.43,700 \mathrm{~m} 11: 15.90,750 \mathrm{~m} 12: 06.05,800 \mathrm{~m} 12: 55.91$ $850 \mathrm{~m} 13: 46.18,900 \mathrm{~m} 14: 36.44,950 \mathrm{~m} 15: 26.48,1000 \mathrm{~m} 16: 17.00,1050 \mathrm{~m} 17: 07.26,1100 \mathrm{~m} 17: 56.89,1150 \mathrm{~m} 18: 47.43,1200 \mathrm{~m} 19: 37.03$ 1250 m 20:27.07, 1300 m 21:16.97, $1350 \mathrm{~m} 22: 07.18,1400 \mathrm{~m} 22: 56.69,1450 \mathrm{~m} 23: 46.17,1500 \mathrm{~m} 24: 33.26$, ,
WOMEN 40/44 Yrs Age Group - Full Results

| Place Name | AaD Club | Time |
| :--- | :--- | :--- | ---: |
| 1. Kat Stevens | 41 Saxon Crown | $23: 30.32$ |

$50 \mathrm{~m} 39.23,100 \mathrm{~m} 1: 22.77,150 \mathrm{~m} 2: 07.93,200 \mathrm{~m} 2: 54.08$, $250 \mathrm{~m} 3: 41.32,300 \mathrm{~m} 4: 28.66,350 \mathrm{~m} 5: 15.97,400 \mathrm{~m} 6: 03.69$ $450 \mathrm{~m} 6: 50.94,500 \mathrm{~m} 7: 38.62,550 \mathrm{~m} 8: 26.21,600 \mathrm{~m} 9: 13.61,650 \mathrm{~m} 10: 00.91,700 \mathrm{~m} 10: 47.69,750 \mathrm{~m} 11: 35.27,800 \mathrm{~m} 12: 22.95$ $850 \mathrm{~m} 13: 10.63,900 \mathrm{~m} 13: 58.49$, $950 \mathrm{~m} 14: 46.32,1000 \mathrm{~m} 15: 33.77, \quad 1050 \mathrm{~m} 16: 21.99,1100 \mathrm{~m} 17: 09.61,1150 \mathrm{~m} 17: 57.52,1200 \mathrm{~m} 18: 45.59$ 1250m 19:33.51, 1300m 20:21.50, 1350m 21:09.48, 1400m 21:57.86, 1450m 22:44.81, 1500m 23:30.32, ,
WOMEN 45/49 Yrs Age Group - Full Results

| Place | Name | AaD Club | Time |
| :--- | :--- | :--- | ---: |
| 1. Joanna Prance | 47 | Rushmoor Ryl | $24: 32.36$ |

$50 \mathrm{~m} 44.40,100 \mathrm{~m} 1: 32.93,150 \mathrm{~m} 2: 22.84,200 \mathrm{~m} 3: 11.90,250 \mathrm{~m} 4: 00.56,300 \mathrm{~m} 4: 49.43,350 \mathrm{~m} 5: 38.64,400 \mathrm{~m} 6: 27.56$ $450 \mathrm{~m} 7: 17.42,500 \mathrm{~m} 8: 07.29,550 \mathrm{~m} 8: 56.68,600 \mathrm{~m} 9: 46.54,650 \mathrm{~m} 10: 36.16,700 \mathrm{~m} 11: 26.11,750 \mathrm{~m} 12: 15.49,800 \mathrm{~m} 13: 05.34$ $850 \mathrm{~m} 13: 54.37,900 \mathrm{~m} 14: 44.17,950 \mathrm{~m} 15: 33.91,1000 \mathrm{~m} 16: 23.47, \quad 1050 \mathrm{~m} 17: 12.69,1100 \mathrm{~m} 18: 02.96,1150 \mathrm{~m} 18: 52.33,1200 \mathrm{~m} 19: 41.64$ 1250m 20:31.10, 1300m 21:20.56, 1350m 22:09.28, 1400m 22:58.68, 1450m 23:47.43, 1500m 24:32.36, ,
2. Nichola Court 45 Havant \& Wat 26:35.32
$50 \mathrm{~m} 44.72,100 \mathrm{~m} 1: 35.16$, $150 \mathrm{~m} 2: 27.11,200 \mathrm{~m} 3: 20.44,250 \mathrm{~m} 4: 12.86,300 \mathrm{~m} 5: 06.35,350 \mathrm{~m} 5: 59.84,400 \mathrm{~m} 6: 53.24$ $450 \mathrm{~m} 7: 46.85,500 \mathrm{~m} 8: 41.04,550 \mathrm{~m} 9: 35.18$, $600 \mathrm{~m} 10: 29.46,650 \mathrm{~m} 11: 23.20,700 \mathrm{~m} 12: 17.12,750 \mathrm{~m} 13: 11.25,800 \mathrm{~m} 14: 05.68$ $850 \mathrm{~m} 15: 00.13$, $900 \mathrm{~m} 15: 53.97$, $950 \mathrm{~m} 16: 47.97,1000 \mathrm{~m} 17: 41.78,1050 \mathrm{~m} 18: 36.00,1100 \mathrm{~m} 19: 30.23,1150 \mathrm{~m} 20: 24.38,1200 \mathrm{~m} 21: 18.65$ $1250 \mathrm{~m} 22: 12.49,1300 \mathrm{~m} 23: 06.43,1350 \mathrm{~m} 24: 00.60,1400 \mathrm{~m} 24: 53.64,1450 \mathrm{~m} 25: 46.50,1500 \mathrm{~m} 26: 35.32$, ,
3. Jane Turner

48 Spencer
27:24.79
50 m 49.06, $100 \mathrm{~m} 1: 41.32$, 150 m 2:36.01, $200 \mathrm{~m} 3: 29.79$, $250 \mathrm{~m} 4: 24.17,300 \mathrm{~m} 5: 19.46,350 \mathrm{~m} 6: 15.03,400 \mathrm{~m} 7: 08.79$ $450 \mathrm{~m} 8: 03.74,500 \mathrm{~m} 8: 58.81,550 \mathrm{~m} 9: 53.82,600 \mathrm{~m} 10: 48.83,650 \mathrm{~m} 11: 44.91,700 \mathrm{~m} 12: 39.70,750 \mathrm{~m} 13: 34.45,800 \mathrm{~m} 14: 29.63$ $850 \mathrm{~m} 15: 25.60, \quad 900 \mathrm{~m} 16: 20.64,950 \mathrm{~m} 17: 16.65,1000 \mathrm{~m} 18: 11.45,1050 \mathrm{~m} 19: 06.86,1100 \mathrm{~m} 20: 01.68,1150 \mathrm{~m} 20: 58.51,1200 \mathrm{~m} 21: 53.83$ $1250 \mathrm{~m} 22: 50.25,1300 \mathrm{~m} 23: 45.50,1350 \mathrm{~m} 24: 41.25,1400 \mathrm{~m} 25: 36.04,1450 \mathrm{~m} 26: 30.97,1500 \mathrm{~m} 27: 24.79$,

## WOMEN 50/54 Yrs Age Group - Full Results

| Place | Name | AaD Club | Time |
| :--- | :---: | :--- | ---: |
| 1. Samantha Usher | 51 Wycombe Dist | $22: 26.27$ |  |

$50 \mathrm{~m} 39.14,100 \mathrm{~m} 1: 22.99,150 \mathrm{~m} 2: 06.84,200 \mathrm{~m} 2: 51.76,250 \mathrm{~m} 3: 36.32,300 \mathrm{~m} 4: 21.76,350 \mathrm{~m} 5: 06.13,400 \mathrm{~m} 5: 51.77$ $450 \mathrm{~m} 6: 36.23,500 \mathrm{~m} 7: 21.97,550 \mathrm{~m} 8: 06.80,600 \mathrm{~m} 8: 52.38,650 \mathrm{~m} 9: 37.45,700 \mathrm{~m} 10: 23.25,750 \mathrm{~m} 11: 08.19,800 \mathrm{~m} 11: 53.94$ $850 \mathrm{~m} 12: 38.41, \quad 900 \mathrm{~m} 13: 24.17,950 \mathrm{~m} 14: 08.98,1000 \mathrm{~m} 14: 55.05,1050 \mathrm{~m} 15: 39.82,1100 \mathrm{~m} 16: 26.00,1150 \mathrm{~m} 17: 10.42,1200 \mathrm{~m} 17: 56.53$ $1250 \mathrm{~m} 18: 40.90,1300 \mathrm{~m} 19: 27.13,1350 \mathrm{~m}$ 20:11.44, 1400 m 20:57.95, 1450 m 21:42.24, $1500 \mathrm{~m} 22: 26.27$, ,
2. Kim Fenner 53 RTW Masters 24:16.10

50 m 41.82 , $100 \mathrm{~m} 1: 27.72$, $150 \mathrm{~m} 2: 14.84,200 \mathrm{~m} 3: 02.87$, $250 \mathrm{~m} 3: 50.64,300 \mathrm{~m} 4: 39.05,350 \mathrm{~m} 5: 27.30,400 \mathrm{~m} 6: 16.00$ $450 \mathrm{~m} 7: 04.50,500 \mathrm{~m} 7: 52.99,550 \mathrm{~m} 8: 42.04,600 \mathrm{~m} 9: 30.58,650 \mathrm{~m} 10: 19.05,700 \mathrm{~m} 11: 07.70,750 \mathrm{~m} 11: 56.23,800 \mathrm{~m} 12: 45.81$ $850 \mathrm{~m} 13: 34.87,900 \mathrm{~m} 14: 24.19, \quad 950 \mathrm{~m} 15: 13.17,1000 \mathrm{~m} 16: 02.66, \quad 1050 \mathrm{~m} 16: 52.36,1100 \mathrm{~m} 17: 41.17,1150 \mathrm{~m} 18: 30.71, \quad 1200 \mathrm{~m} 19: 20.82$ $1250 \mathrm{~m} 20: 10.60,1300 \mathrm{~m} 21: 00.46,1350 \mathrm{~m} 21: 50.71,1400 \mathrm{~m} 22: 40.51,1450 \mathrm{~m} 23: 30.06,1500 \mathrm{~m} 24: 16.10$, ,
3. Marianne Rooke-Allden 52 Croydon Amph 25:50.23
$50 \mathrm{~m} 41.81,100 \mathrm{~m} 1: 29.21,150 \mathrm{~m} 2: 18.06,200 \mathrm{~m} 3: 07.93,250 \mathrm{~m} 3: 59.05,300 \mathrm{~m} 4: 50.50,350 \mathrm{~m} 5: 41.54,400 \mathrm{~m} 6: 33.37$ $450 \mathrm{~m} 7: 24.48,500 \mathrm{~m} 8: 15.87,550 \mathrm{~m} 9: 07.35,600 \mathrm{~m} 9: 58.72,650 \mathrm{~m} 10: 50.70,700 \mathrm{~m} 11: 42.50,750 \mathrm{~m} 12: 34.66,800 \mathrm{~m} 13: 26.82$ $850 \mathrm{~m} 14: 19.24,900 \mathrm{~m} 15: 11.38$, $950 \mathrm{~m} 16: 04.68, \quad 1000 \mathrm{~m} 16: 57.16, \quad 1050 \mathrm{~m} 17: 50.82,1100 \mathrm{~m} 18: 43.42,1150 \mathrm{~m} 19: 36.13,1200 \mathrm{~m} 20: 30.37$ $1250 \mathrm{~m} 21: 25.47,1300 \mathrm{~m} 22: 18.52,1350 \mathrm{~m} 23: 12.46$, 1400 m 24:04.89, 1450 m 24:57.88, $1500 \mathrm{~m} 25: 50.23$, ,

## WOMEN 55/59 Yrs Age Group - Full Results

| Place | Name | AaD Club | Time |
| :--- | :---: | :--- | ---: |
| 1. | Bridget Bewick | 58 | Bracknell |

$50 \mathrm{~m} 38.36,100 \mathrm{~m} 1: 19.29,150 \mathrm{~m} 2: 00.87$, $200 \mathrm{~m} 2: 43.62$, $250 \mathrm{~m} 3: 26.29,300 \mathrm{~m} 4: 09.35,350 \mathrm{~m} 4: 53.18,400 \mathrm{~m} 5: 35.90$ $450 \mathrm{~m} 6: 20.24,500 \mathrm{~m} 7: 03.44,550 \mathrm{~m} 7: 47.02,600 \mathrm{~m} 8: 30.29,650 \mathrm{~m} 9: 14.07,700 \mathrm{~m} 9: 57.67,750 \mathrm{~m} 10: 41.50,800 \mathrm{~m} 11: 25.04$ $850 \mathrm{~m} 12: 09.23,900 \mathrm{~m} 12: 52.99,950 \mathrm{~m} 13: 36.86,1000 \mathrm{~m} 14: 20.61,1050 \mathrm{~m} 15: 04.25,1100 \mathrm{~m} 15: 47.96,1150 \mathrm{~m} 16: 31.45,1200 \mathrm{~m} 17: 14.62$ $1250 \mathrm{~m} 17: 58.25,1300 \mathrm{~m} 18: 41.88,1350 \mathrm{~m} 19: 26.40,1400 \mathrm{~m} 20: 09.29$, $1450 \mathrm{~m} 20: 53.35,1500 \mathrm{~m} 21: 35.14$, ,
2. Lindsay Kelly-Onay 56 Didcot \& Bar 22:51.57
$50 \mathrm{~m} 40.30,100 \mathrm{~m} 1: 23.54,150 \mathrm{~m} 2: 08.64,200 \mathrm{~m} 2: 54.20,250 \mathrm{~m} 3: 39.74,300 \mathrm{~m} 4: 26.32,350 \mathrm{~m} 5: 12.45,400 \mathrm{~m} 5: 58.46$ $450 \mathrm{~m} 6: 44.90,500 \mathrm{~m} 7: 31.31,550 \mathrm{~m} 8: 18.09,600 \mathrm{~m} 9: 04.35,650 \mathrm{~m} 9: 51.05,700 \mathrm{~m} 10: 37.38,750 \mathrm{~m} 11: 23.79,800 \mathrm{~m} 12: 09.82$ $850 \mathrm{~m} 12: 56.09,900 \mathrm{~m} 13: 42.08$, $950 \mathrm{~m} 14: 28.70,1000 \mathrm{~m} 15: 14.77,1050 \mathrm{~m} 16: 01.65,1100 \mathrm{~m} 16: 47.76,1150 \mathrm{~m} 17: 34.01,1200 \mathrm{~m} 18: 19.85$ $1250 \mathrm{~m} 19: 06.32,1300 \mathrm{~m} 19: 52.13,1350 \mathrm{~m} 20: 38.29$, 1400 m 21:23.92, $1450 \mathrm{~m} 22: 09.27,1500 \mathrm{~m} 22: 51.57$, ,
3. Karen Bassett

55 Spencer
23:16.95
$50 \mathrm{~m} 37.84,100 \mathrm{~m} 1: 20.19,150 \mathrm{~m} 2: 03.96,200 \mathrm{~m} 2: 49.40,250 \mathrm{~m} 3: 34.57,300 \mathrm{~m} 4: 20.50,350 \mathrm{~m} 5: 06.73,400 \mathrm{~m} 5: 53.21$ $450 \mathrm{~m} 6: 39.69,500 \mathrm{~m} 7: 26.86$, $550 \mathrm{~m} 8: 13.79,600 \mathrm{~m} 9: 01.34,650 \mathrm{~m} 9: 48.06,700 \mathrm{~m} 10: 35.82,750 \mathrm{~m} 11: 23.05,800 \mathrm{~m} 12: 09.97$ $850 \mathrm{~m} 12: 57.03,900 \mathrm{~m} 13: 44.62$, $950 \mathrm{~m} 14: 32.28,1000 \mathrm{~m} 15: 20.27,1050 \mathrm{~m} 16: 07.88,1100 \mathrm{~m} 16: 55.61,1150 \mathrm{~m} 17: 43.84,1200 \mathrm{~m} 18: 31.44$ 1250 m 19:19.30, 1300 m 20:07.46, 1350 m 20:55.93, 1400 m 21:43.88, 1450 m 22:31.12, $1500 \mathrm{~m} 23: 16.95$, ,

## 4. Cathy Macartney 57 Dover Life 23:58.05

$50 \mathrm{~m} 42.47,100 \mathrm{~m} 1: 29.01,150 \mathrm{~m} 2: 17.00$, $200 \mathrm{~m} 3: 05.62$, $250 \mathrm{~m} 3: 53.60,300 \mathrm{~m} 4: 42.18,350 \mathrm{~m} 5: 30.37$, $400 \mathrm{~m} 6: 18.86$ $450 \mathrm{~m} 7: 06.95,500 \mathrm{~m} 7: 55.31,550 \mathrm{~m} 8: 43.26,600 \mathrm{~m} 9: 31.70,650 \mathrm{~m} 10: 19.44,700 \mathrm{~m} 11: 07.87,750 \mathrm{~m} 11: 55.49,800 \mathrm{~m} 12: 43.68$ $850 \mathrm{~m} 13: 31.42,900 \mathrm{~m} 14: 19.44, \quad 950 \mathrm{~m} 15: 07.66, \quad 1000 \mathrm{~m} 15: 56.66, \quad 1050 \mathrm{~m} 16: 44.70,1100 \mathrm{~m} 17: 33.01,1150 \mathrm{~m} 18: 21.42,1200 \mathrm{~m} 19: 09.94$ $1250 \mathrm{~m} 19: 58.05,1300 \mathrm{~m} 20: 46.65,1350 \mathrm{~m} 21: 35.03,1400 \mathrm{~m} 22: 23.57,1450 \mathrm{~m} 23: 11.69,1500 \mathrm{~m} 23: 58.05$, ,
5. Katharine King $\quad 55$ Wycombe Dist 24:51.79
$50 \mathrm{~m} 43.94,100 \mathrm{~m} 1: 32.67,150 \mathrm{~m} 2: 21.95,200 \mathrm{~m} 3: 11.12,250 \mathrm{~m} 4: 00.32,300 \mathrm{~m} 4: 49.80,350 \mathrm{~m} 5: 39.52,400 \mathrm{~m} 6: 29.63$ $450 \mathrm{~m} 7: 19.85,500 \mathrm{~m} 8: 10.44,550 \mathrm{~m} 9: 00.33,600 \mathrm{~m} 9: 50.65,650 \mathrm{~m} 10: 41.24,700 \mathrm{~m} 11: 32.01,750 \mathrm{~m} 12: 22.07,800 \mathrm{~m} 13: 13.06$ $850 \mathrm{~m} 14: 02.90,900 \mathrm{~m} 14: 53.50,950 \mathrm{~m} 15: 42.90,1000 \mathrm{~m} 16: 32.68,1050 \mathrm{~m} 17: 22.27,1100 \mathrm{~m} 18: 12.73,1150 \mathrm{~m} 19: 02.93,1200 \mathrm{~m} 19: 53.67$ $1250 \mathrm{~m} 20: 43.82,1300 \mathrm{~m} 21: 34.75,1350 \mathrm{~m} 22: 25.05,1400 \mathrm{~m} 23: 15.23,1450 \mathrm{~m} 24: 04.39,1500 \mathrm{~m} 24: 51.79$, ,
6. Helen Andrews 57 S D Trojan 24:52.28
$50 \mathrm{~m} 44.01,100 \mathrm{~m} 1: 32.33,150 \mathrm{~m} 2: 22.13,200 \mathrm{~m} 3: 11.06,250 \mathrm{~m} 4: 00.97,300 \mathrm{~m} 4: 50.74,350 \mathrm{~m} 5: 40.66,400 \mathrm{~m} 6: 30.41$ $450 \mathrm{~m} 7: 20.33,500 \mathrm{~m} 8: 09.89,550 \mathrm{~m} 9: 00.19,600 \mathrm{~m} 9: 49.85,650 \mathrm{~m} 10: 40.95,700 \mathrm{~m} 11: 31.28,750 \mathrm{~m} 12: 22.15,800 \mathrm{~m} 13: 12.37$ $850 \mathrm{~m} 14: 03.24,900 \mathrm{~m} 14: 53.90$, $950 \mathrm{~m} 15: 44.02$, $1000 \mathrm{~m} 16: 33.93$, $1050 \mathrm{~m} 17: 23.63,1100 \mathrm{~m} 18: 13.88,1150 \mathrm{~m} 19: 03.65,1200 \mathrm{~m} 19: 53.67$ $1250 \mathrm{~m} 20: 43.79,1300 \mathrm{~m} 21: 34.38,1350 \mathrm{~m} 22: 24.60,1400 \mathrm{~m} 23: 15.15,1450 \mathrm{~m} 24: 04.89,1500 \mathrm{~m} 24: 52.28$, ,

## 7. Elise Claringbull 57 Sevenoaks 28:59.52

$50 \mathrm{~m} 48.93,100 \mathrm{~m} 1: 44.65,150 \mathrm{~m} 2: 40.61,200 \mathrm{~m} 3: 38.83,250 \mathrm{~m} 4: 35.92,300 \mathrm{~m} 5: 34.58,350 \mathrm{~m} 6: 32.15,400 \mathrm{~m} 7: 30.83$ $450 \mathrm{~m} 8: 27.88,500 \mathrm{~m} 9: 26.73,550 \mathrm{~m} 10: 24.09,600 \mathrm{~m} 11: 23.55,650 \mathrm{~m} 12: 21.58,700 \mathrm{~m} 13: 20.79,750 \mathrm{~m} 14: 18.38,800 \mathrm{~m} 15: 17.43$ $850 \mathrm{~m} 16: 16.05,900 \mathrm{~m} 17: 15.64,950 \mathrm{~m} 18: 14.40,1000 \mathrm{~m} 19: 15.37,1050 \mathrm{~m} 20: 13.80,1100 \mathrm{~m} 21: 13.65,1150 \mathrm{~m} 22: 12.00,1200 \mathrm{~m} 23: 11.52$ $1250 \mathrm{~m} 24: 09.82,1300 \mathrm{~m} 25: 09.99,1350 \mathrm{~m} 26: 07.73,1400 \mathrm{~m} 27: 08.31,1450 \mathrm{~m} 28: 04.64,1500 \mathrm{~m} 28: 59.52$, ,

## WOMEN 60/64 Yrs Age Group - Full Results

| Place Name | AaD | Club | Time |
| :--- | ---: | :--- | ---: |
| 1. Jenny Vick | 60 | Erith \& Dist | $24: 44.51$ |

$50 \mathrm{~m} 44.10,100 \mathrm{~m} 1: 32.85,150 \mathrm{~m} 2: 21.46,200 \mathrm{~m}-$, $250 \mathrm{~m} 3: 59.81,300 \mathrm{~m} 4: 48.85,350 \mathrm{~m} 5: 37.82,400 \mathrm{~m} 6: 27.45$
$450 \mathrm{~m} 7: 16.71,500 \mathrm{~m} 8: 06.37$, $550 \mathrm{~m} 8: 56.43,600 \mathrm{~m}-$, $650 \mathrm{~m} 10: 36.09,700 \mathrm{~m}-$, 750 m 12:14.88, 800m 13:05.22
$850 \mathrm{~m} 13: 55.08,900 \mathrm{~m}-$, $950 \mathrm{~m} 15: 34.25,1000 \mathrm{~m}-$, $1050 \mathrm{~m} 17: 14.43,1100 \mathrm{~m}-$, $1150 \mathrm{~m} 18: 54.92,1200 \mathrm{~m}-$
$1250 \mathrm{~m} 20: 35.33,1300 \mathrm{~m}-$, $1350 \mathrm{~m} 22: 15.72$, $1400 \mathrm{~m}-$, 1450 m 23:56.08, 1500 m 24:44.51, ,

## 2. Kathleen Raymond 60 MwayMaritime 25:08.04

$50 \mathrm{~m} 43.02,100 \mathrm{~m} 1: 32.62,150 \mathrm{~m} 2: 21.98,200 \mathrm{~m} 3: 12.79,250 \mathrm{~m} 4: 02.14,300 \mathrm{~m} 4: 52.84,350 \mathrm{~m} 5: 42.06,400 \mathrm{~m} 6: 33.25$
$450 \mathrm{~m} 7: 22.53,500 \mathrm{~m} 8: 13.82,550 \mathrm{~m} 9: 03.80,600 \mathrm{~m} 9: 55.11,650 \mathrm{~m} 10: 44.59,700 \mathrm{~m} 11: 35.31,750 \mathrm{~m} 12: 24.63,800 \mathrm{~m} 13: 16.22$ $850 \mathrm{~m} 14: 06.08,900 \mathrm{~m} 14: 57.70$, $950 \mathrm{~m} 15: 47.49,1000 \mathrm{~m} 16: 38.99$, $1050 \mathrm{~m} 17: 29.52,1100 \mathrm{~m} 18: 21.24,1150 \mathrm{~m} 19: 11.74,1200 \mathrm{~m}$ 20:03.20 1250 m 20:53.26, 1300 m 21:44.77, $1350 \mathrm{~m} 22: 34.92,1400 \mathrm{~m} 23: 27.48,1450 \mathrm{~m} 24: 17.86,1500 \mathrm{~m} 25: 08.04, \quad$,

## WOMEN 75/79 Yrs Age Group - Full Results

| Place Name | AaD Club | Time |  |
| :--- | :--- | :--- | ---: |
| 1. | Rose Dudeney | 76 Mid Sussex | $28: 31.72$ |

$50 \mathrm{~m} 49.50,100 \mathrm{~m} 1: 44.92,150 \mathrm{~m} 2: 40.30,200 \mathrm{~m} 3: 37.02,250 \mathrm{~m} 4: 34.68,300 \mathrm{~m} 5: 31.66,350 \mathrm{~m} 6: 29.05,400 \mathrm{~m} 7: 27.02$
$450 \mathrm{~m} 8: 24.68,500 \mathrm{~m} 9: 21.61,550 \mathrm{~m} 10: 19.21,600 \mathrm{~m} 11: 16.94,650 \mathrm{~m} 12: 14.22,700 \mathrm{~m} 13: 12.30,750 \mathrm{~m} 14: 09.60,800 \mathrm{~m} 15: 07.73$ $850 \mathrm{~m} 16: 05.17$, $900 \mathrm{~m} 17: 03.22$, $950 \mathrm{~m} 18: 01.37,1000 \mathrm{~m} 18: 58.09,1050 \mathrm{~m} 19: 55.64,1100 \mathrm{~m} 20: 53.51,1150 \mathrm{~m} 21: 51.83,1200 \mathrm{~m} 22: 48.62$ 1250m 23:46.59, 1300m 24:44.35, 1350m 25:42.26, 1400m 26:39.66, 1450m 27:37.61, 1500m 28:31.72, ,

## WOMEN 80/84 Yrs Age Group - Full Results

| Place | Name | AaD Club | Time |
| :--- | :--- | :--- | ---: |
| 1. Sue Lauder | 80 | Spencer | 38.18 .57 |

$50 \mathrm{~m} 1: 02.86,100 \mathrm{~m} 2: 14.33$, $150 \mathrm{~m} 3: 27.52$, 200m 4:42.09, $250 \mathrm{~m} 5: 56.04,300 \mathrm{~m} 7: 11.90,350 \mathrm{~m} 8: 26.75,400 \mathrm{~m} 9: 43.28$ $450 \mathrm{~m} 10: 58.73, \quad 500 \mathrm{~m} 12: 15.95,550 \mathrm{~m} 13: 32.95,600 \mathrm{~m} 14: 50.21,650 \mathrm{~m} 16: 07.19,700 \mathrm{~m} 17: 25.53,750 \mathrm{~m} 18: 42.90,800 \mathrm{~m} 20: 00.90$ 850m 21:19.55, $900 \mathrm{~m} 22: 38.06$, $950 \mathrm{~m} 23: 56.81,1000 \mathrm{~m} 25: 15.85,1050 \mathrm{~m} 26: 33.82,1100 \mathrm{~m} 27: 51.78,1150 \mathrm{~m} 29: 09.98,1200 \mathrm{~m} 30: 27.95$ $1250 \mathrm{~m} 31: 47.59,1300 \mathrm{~m} 33: 06.21,1350 \mathrm{~m} 34: 23.61,1400 \mathrm{~m} 35: 41.88$, $1450 \mathrm{~m} 37: 00.76,1500 \mathrm{~m} 38: 18.57$, ,

## WOMEN 85/89 Yrs Age Group - Full Results

| Place Name | AaD Club | Time |
| :--- | :--- | :--- | ---: |
| 1. Jenny Ball | 85 Ryde SC | $35: 50.08$ |

$50 \mathrm{~m} 1: 01.53,100 \mathrm{~m} 2: 10.99,150 \mathrm{~m} 3: 20.21,200 \mathrm{~m} 4: 31.73,250 \mathrm{~m} 5: 40.78,300 \mathrm{~m} 6: 53.91,350 \mathrm{~m} 8: 04.25,400 \mathrm{~m} 9: 16.54$ $450 \mathrm{~m} 10: 26.99,500 \mathrm{~m} 11: 39.71,550 \mathrm{~m} 12: 51.04,600 \mathrm{~m} 14: 03.59,650 \mathrm{~m} 15: 14.26,700 \mathrm{~m} 16: 27.03,750 \mathrm{~m} 17: 38.89,800 \mathrm{~m} 18: 52.10$ 850m 20:04.72, $900 \mathrm{~m} 21: 17.99, ~ 950 \mathrm{~m} 22: 29.81,1000 \mathrm{~m} 23: 42.70,1050 \mathrm{~m} 24: 55.70,1100 \mathrm{~m} 26: 09.08,1150 \mathrm{~m} 27: 21.36,1200 \mathrm{~m} 28: 34.69$ $1250 \mathrm{~m} 29: 47.64,1300 \mathrm{~m} 31: 00.67,1350 \mathrm{~m} 32: 12.67,1400 \mathrm{~m} 33: 27.26$, $1450 \mathrm{~m} 34: 38.45,1500 \mathrm{~m} 35: 50.08$, ,

