

Meet Programme

EVENT 101 Mixed 18 Yrs/Over 400m Freestyle

HDW

(1)	Georgina Fuller	53	Hetton	
(2)	Helen Smith-Ward	62	Ulverston	
(3)	Donna Blackburn	45	Kendal	
(4)	Claire Palfrey	56	Derby Excel	6:50.00
(5)	Guy Hussey	62	Stretford	6:50.00
(6)	Amy Hornby	48	Kendal	6:47.90
(7)	Stuart McGurk	65	Kendal	6:39.78
(8)	Chris Orchard	66	Deepings	6:30.00
(9)	Michelle Latham	50	Morpeth	6:20.00
(10)	Zeynep Birke Toksoz El	32	Harrogate	6:17.30
(11)	Sue Starr	47	East Leeds	6:13.20
(12)	Emma Jones	39	Preston	5:50.00
(13)	Jonathan Rigg	40	Kendal	5:50.00
(14)	Joan Edwards	68	Derwent&Gate	5:39.31
(15)	Maisie Allonby	21	Ulverston	5:30.72
(16)	Michael Caton	41	Kendal	5:23.27
(17)	Mark Jones	66	Warrington M	5:20.00
(18)	Nathan Caine	19	Ulverston	5:13.84
(19)	Justin Palfrey	55	Derby Excel	5:13.75
(20)	Paul Bowman	65	Derwent&Gate	5:11.70
(21)	Alastair Hughes	50	Harrogate	5:01.11
(22)	Claire Thomson	24	Carnegie	4:52.20
(23)	Dean Heaps	34	Preston	4:38.40
(24)	Sean Peers	40	Trafford Met	4:32.90
(25)	Carl Shaw	46	NottmLeander	4:20.55
(26)	Colin Ovington	57	Derwent&Gate	4:20.38
(27)	James Escolme	20	Kendal	4:19.19
(28)	Sophie Casson	41	Io Man	4:18.86

EVENT 102 Mixed 18 Yrs/Over 100m IM

HDW

(1)	Leesha Bentley	25	Bromsgrove	
(2)	Georgina Fuller	53	Hetton	
(3)	David Humes	43	Hetton	3:48.00
(4)	Emma Millar	18	Sth Ayrshire	2:10.00
(5)	Andrew Birkett	70	Carnforth	1:57.20
(6)	Patrick Farmer	54	Preston	1:50.00
(7)	Tahlia Hallitt	44	Fareham N'ds	1:46.65
(8)	Stuart McGurk	65	Kendal	1:41.18
(9)	Joan Edwards	68	Derwent&Gate	1:37.52
(10)	Duncan Rogers	39	Hetton	1:35.00
(11)	Eleanor Sutton	42	Copeland	1:33.22
(12)	Mhairi Helme	47	Kendal	1:32.84
(13)	Verity Dobbie	66	Derwent&Gate	1:28.49
(14)	Louise Scupham	28	Blackpool Aq	1:25.00
(15)	Paul Gibson	60	Carlisle Aq	1:22.14
(16)	Judith Pearson	66	Carlisle Aq	1:19.50
(17)	Ruth Parker	45	Clitheroe	1:18.79
(18)	Ed Pickering	37	Stretford	1:17.00
(19)	Michael Caton	41	Kendal	1:16.61
(20)	Chris Dixon	51	Kendal	1:14.99
(21)	Kevin McMurray	56	Hamilton	1:14.75

(22)	Philip Hawkrigg	50	Copeland	1:13.41
(23)	Evie McMullen	22	Ulverston	1:10.33
(24)	Anna McCall	44	Birmingham M	1:10.33
(25)	Caitlin Wilson	18	Clitheroe	1:10.23
(26)	Jamie-Leigh Tyson	19	Ulverston	1:07.94
(27)	Jake Klijn	22	Kendal	1:07.58
(28)	Victoria Cunningham	32	Trafford Met	1:06.84
(29)	Jared Armstrong	25	Stretford	1:06.81
(30)	Thomas Pope	33	Stretford	1:06.50
(31)	Toby Patton	21	Copeland	1:05.07
(32)	Benson Cowsill	19	Ulverston	1:04.59

EVENT 103 Mixed 18 Yrs/Over 100m Butterfly

HDW

(1)	Georgina Fuller	53	Hetton	2:00.00
(2)	Stephen Hancock	59	Copeland	1:35.40
(3)	Victoria Green	47	Derwent&Gate	1:27.39
(4)	Jonathan Rigg	40	Kendal	1:25.00
(5)	Joanna Waterworth	54	York City	1:22.82
(6)	Madeleine Hotchkiss	30	Harrogate	1:19.76
(7)	Janet McLean	52	Carnegie	1:13.50
(8)	Katie Turnbull	30	Lancaster	1:12.91
(9)	Vanessa Holland	48	Burnley BOBC	1:12.24
(10)	Martha Smith	25	Clitheroe	1:10.00
(11)	Daniel Sutton	46	Lancaster	1:08.28
(12)	Anthony Simpson	33	Boldon	1:08.00
(13)	Kevin Smith	62	Newcastle	1:03.95
(14)	Adam Jones	20	Ulverston	1:01.76
(15)	Jackson Jardine	19	Cockermouth	1:01.28

EVENT 104 Female 18 Yrs/Over 50m Backstroke

HDW

(1)	Sian Williams	29	Consett	
(2)	Emma Millar	18	Sth Ayrshire	58.78
(3)	Tahlia Hallitt	44	Fareham N'ds	47.70
(4)	Andrea Jackson	49	Kendal	40.84
(5)	Bethany Syverson	44	Kendal	40.17
(6)	Hannah Robson	35	Boldon	39.09
(7)	Leesha Bentley	25	Bromsgrove	38.23
(8)	Sue Burnett	47	Preston	37.68
(9)	Abigail Pantry	22	Carlisle Aq	35.81
(10)	Gabrielle Cooper	48	Douglas	34.48
(11)	Shannon Parker	22	Ulverston	33.33
(12)	Caitlin Wilson	18	Clitheroe	32.29
(13)	Katie Moore	44	Ulverston	32.17

EVENT 105 Open/Male 18 /Over 50m Backstroke

HDW

(1)	Chris Nicholson	44	Tynemouth	
(2)	Andrew Birkett	70	Carnforth	53.33
(3)	Chris Orchard	66	Deepings	51.00
(4)	David Humes	43	Hetton	50.00
(5)	Matt Carr	45	Kendal	38.64
(6)	Ed Pickering	37	Stretford	37.00
(7)	Aaron Mills	18	Boldon	34.89
(8)	Chris Dixon	51	Kendal	34.51

Meet Programme

(9)	Jared Armstrong	25	Stretford	34.00	(24)	Janet McLean	52	Carnegie	1:06.50
(10)	Thomas Pope	33	Stretford	34.00	(25)	Abigail Pantry	22	Carlisle Aq	1:06.29
(11)	Gordon Belbin	64	Ulverston	33.62	(26)	Sean McLachlan	57	Douglas	1:04.62
(12)	Scott Womack	26	Kendal	32.95	(27)	Shannon Parker	22	Ulverston	1:04.22
(13)	Evan Dart	19	Kendal	32.89	(28)	Alex Vayro	25	Kendal	1:03.84
(14)	Paul Griffiths	55	Nofio Cymru	31.59	(29)	Alastair Hughes	50	Harrogate	1:03.38
(15)	Toby Patton	21	Copeland	31.46	(30)	Anna McCall	44	Birmingham M	1:01.05
(16)	Jake Klijn	22	Kendal	31.19	(31)	Anthony Simpson	33	Boldon	59.67
(17)	Philip Hawkrigg	50	Copeland	30.41	(32)	Can Elvanlioglu	31	Harrogate	58.99
(18)	Adam Jones	20	Ulverston	29.17	(33)	Sean Peers	40	Trafford Met	57.70
(19)	Fergus Bell	18	Ulverston	27.27	(34)	Carl Shaw	46	NottmLeander	57.59
EVENT 106 Mixed 18 Yrs/Over 200m Breaststroke					(35)	Victoria Cunningham	32	Trafford Met	57.01
					(36)	Jackson Jardine	19	Cockermouth	55.18
					EVENT 108 Female 18 Yrs/Over 50m Butterfly				

(1)	Russell Hynes	44	Hetton	
(2)	Claire Palfrey	56	Derby Excel	4:12.00
(3)	Eleanor Sutton	42	Copeland	3:38.68
(4)	Siobhan Walshe	35	Douglas	3:25.00
(5)	Mark Jones	66	Warrington M	3:20.00
(6)	Judith Pearson	66	Carlisle Aq	3:16.00
(7)	Louise Scupham	28	Blackpool Aq	3:10.72
(8)	Maisie Allonby	21	Ulverston	3:06.82
(9)	Claire Thomson	24	Carnegie	3:05.00
(10)	Kay Stephenson	47	Derwent&Gate	2:56.99
(11)	Matthew Seabrook	26	Preston	2:42.14
(12)	Benson Cowsill	19	Ulverston	2:38.22
(13)	Paul Callis	47	Bev Barracud	2:26.57
(14)	Dean Heaps	34	Preston	2:24.63

(1)	Georgina Fuller	53	Hetton	54.68
(2)	Tahlia Hallitt	44	Fareham N'ds	51.54
(3)	Lindsey Grady	66	Lincoln Vulc	50.32
(4)	Amy Hornby	48	Kendal	48.22
(5)	Verity Dobbie	66	Derwent&Gate	43.98
(6)	Zeynep Birke Toksoz El	32	Harrogate	39.87
(7)	Hannah Robson	35	Boldon	38.71
(8)	Leesha Bentley	25	Bromsgrove	37.74
(9)	Donna Blackburn	45	Kendal	36.82
(10)	Joanna Waterworth	54	York City	35.67
(11)	Louise Scupham	28	Blackpool Aq	34.77
(12)	Ruth Parker	45	Clitheroe	34.14
(13)	Katie Moore	44	Ulverston	33.99
(14)	Sue Burnett	47	Preston	33.23
(15)	Alex Vayro	25	Kendal	33.06
(16)	Abigail Pantry	22	Carlisle Aq	33.03
(17)	Shannon Parker	22	Ulverston	32.65
(18)	Evie McMullen	22	Ulverston	31.61
(19)	Vanessa Holland	48	Burnley BOBC	31.24
(20)	Caitlin Wilson	18	Clitheroe	29.80
(21)	Jamie-Leigh Tyson	19	Ulverston	29.56
(22)	Martha Smith	25	Clitheroe	28.80

EVENT 107 Mixed 18 Yrs/Over 100m Freestyle				
(1)	Helen Smith-Ward	62	Ulverston	2:11.79
(2)	Georgina Fuller	53	Hetton	1:41.22
(3)	Lindsey Grady	66	Lincoln Vulc	1:35.04
(4)	Andrew Birkett	70	Carnforth	1:33.93
(5)	Claire Palfrey	56	Derby Excel	1:32.00
(6)	Amy Hornby	48	Kendal	1:30.07
(7)	Louise Burton	50	Stretford	1:30.00
(8)	Guy Hussey	62	Stretford	1:27.17
(9)	Stuart McGurk	65	Kendal	1:26.32
(10)	Michelle Latham	50	Morpeth	1:26.00
(11)	Duncan Rogers	39	Hetton	1:25.00
(12)	Mhairi Helme	47	Kendal	1:23.03
(13)	Stephen Hancock	59	Copeland	1:17.54
(14)	Joan Edwards	68	Derwent&Gate	1:17.31
(15)	Andrea Jackson	49	Kendal	1:16.68
(16)	Donna Blackburn	45	Kendal	1:13.82
(17)	Justin Palfrey	55	Derby Excel	1:11.50
(18)	Matt Carr	45	Kendal	1:11.14
(19)	Judith Pearson	66	Carlisle Aq	1:11.00
(20)	Paul Gibson	60	Carlisle Aq	1:09.23
(21)	Victoria Green	47	Derwent&Gate	1:09.11
(22)	Louise Scupham	28	Blackpool Aq	1:08.67
(23)	Patrick Farnar	54	Preston	1:08.66

EVENT 109 Open/Male 18 Yrs/Over 50m Butterfly				
(1)	Chris Nicholson	44	Tynemouth	
(2)	Ross Anderson	44	Tynemouth	
(3)	Harry Sykes	31	Lancaster	
(4)	Chris Orchard	66	Deepings	51.00
(5)	Stuart McGurk	65	Kendal	41.45
(6)	Nathan Caine	19	Ulverston	35.33
(7)	Duncan Rogers	39	Hetton	35.00
(8)	Patrick Farnar	54	Preston	34.09
(9)	Jonathan Rigg	40	Kendal	33.84
(10)	Chris Dixon	51	Kendal	33.04
(11)	Aaron Mills	18	Boldon	32.87
(12)	Kevin McMurray	56	Hamilton	32.76
(13)	Michael Caton	41	Kendal	32.27

Meet Programme

(14)	Philip Hawkrigg	50	Copeland	31.66	(8)	Hannah Robson	35	Boldon	1:36.99
(15)	Ed Pickering	37	Stretford	31.00	(9)	Verity Dobbie	66	Derwent&Gate	1:36.55
(16)	Alex Metcalfe	58	Preston	31.00	(10)	Guy Fitzgerald	50	Kendal	1:33.71
(17)	Evan Dart	19	Kendal	30.48	(11)	Siobhan Walshe	35	Douglas	1:32.10
(18)	Thomas Pope	33	Stretford	30.30	(12)	Bethany Syverson	44	Kendal	1:32.08
(19)	Anthony Simpson	33	Boldon	30.30	(13)	Judith Pearson	66	Carlisle Aq	1:30.80
(20)	Daniel Sutton	46	Lancaster	30.01	(14)	Thomas Morgan	35	East Leeds	1:30.00
(21)	Sean Peers	40	Trafford Met	29.63	(15)	David Charlton	44	Boldon	1:29.78
(22)	Kevin Smith	62	Newcastle	29.11	(16)	Janet McLean	52	Carnegie	1:28.00
(23)	Jake Klijn	22	Kendal	29.06	(17)	Sarah Squirrel	50	Lancaster	1:25.72
(24)	Michael Conery	20	Copeland	28.80	(18)	Anthony Simpson	33	Boldon	1:25.66
(25)	Toby Patton	21	Copeland	28.46	(19)	Sam Flint	27	Kendal	1:25.54
(26)	Jackson Jardine	19	Cockermouth	28.04	(20)	Louise Scupham	28	Blackpool Aq	1:24.79
(27)	Jared Armstrong	25	Stretford	28.00	(21)	Vanessa Holland	48	Burnley BOBC	1:22.25
(28)	James Doolan	36	Co Salford	28.00	(22)	Victoria Cunningham	32	Trafford Met	1:15.59
(29)	Adam Jones	20	Ulverston	27.79	(23)	Benson Cowsill	19	Ulverston	1:12.53
(30)	James Escolme	20	Kendal	26.20	(24)	Dean Heaps	34	Preston	1:06.86

EVENT 110 Mixed 18 Yrs/Over 200m Backstroke

HDW

(1)	Sian Williams	29	Consett	
(2)	Helen Andrews	60	Portsmouth N	3:30.00
(3)	Andrea Jackson	49	Kendal	3:23.00
(4)	Mhairi Helme	47	Kendal	3:22.43
(5)	Sue Starr	47	East Leeds	3:22.30
(6)	Mark Jones	66	Warrington M	3:05.00
(7)	Justin Palfrey	55	Derby Excel	3:00.60
(8)	Paul Gibson	60	Carlisle Aq	2:56.62
(9)	Abigail Pantry	22	Carlisle Aq	2:45.93
(10)	Paul Griffiths	55	Nofio Cymru	2:28.63
(11)	Paul Callis	47	Bev Barracud	2:25.00
(12)	Can Elvanlioglu	31	Harrogate	2:25.00
(13)	Jake Klijn	22	Kendal	2:22.11
(14)	Adam Jones	20	Ulverston	2:19.07
(15)	Fergus Bell	18	Ulverston	2:08.33

EVENT 201 Mixed 18 Yrs/Over 400m IM

HDW

(1)	Madeleine Hotchkiss	30	Harrogate	
(2)	Sue Starr	47	East Leeds	7:36.32
(3)	Mhairi Helme	47	Kendal	7:32.03
(4)	Mark Jones	66	Warrington M	6:30.00
(5)	Emma Jones	39	Preston	6:20.00
(6)	Claire Thomson	24	Carnegie	5:33.10
(7)	Dean Heaps	34	Preston	5:09.98
(8)	Fergus Bell	18	Ulverston	4:58.06

EVENT 202 Mixed 18 Yrs/Over 100m Breaststroke

HDW

(1)	Helen Smith-Ward	62	Ulverston	2:34.62
(2)	Tahlia Hallitt	44	Fareham N'ds	2:02.29
(3)	Eleanor Sutton	42	Copeland	1:42.77
(4)	Emma Chaplin	55	Nofio Cymru	1:42.62
(5)	David Humes	43	Hetton	1:41.20
(6)	Russell Hynes	44	Hetton	1:40.64
(7)	Paul Gibson	60	Carlisle Aq	1:38.21

EVENT 203 Female 18 Yrs/Over 50m Freestyle

HDW

(1)	Sian Williams	29	Consett	
(2)	Helen Smith-Ward	62	Ulverston	
(3)	Emma Millar	18	Sth Ayrshire	47.68
(4)	Louise Burton	50	Stretford	41.00
(5)	Lindsey Grady	66	Lincoln Vulc	41.00
(6)	Amy Hornby	48	Kendal	39.00
(7)	Tahlia Hallitt	44	Fareham N'ds	37.81
(8)	Claire Smith	48	N'wich Seals	36.28
(9)	Michelle Latham	50	Morpeth	35.00
(10)	Andrea Jackson	49	Kendal	34.99
(11)	Bethany Syverson	44	Kendal	34.53
(12)	Verity Dobbie	66	Derwent&Gate	34.06
(13)	Joanna Waterworth	54	York City	32.29
(14)	Ruth Parker	45	Clitheroe	31.17
(15)	Maisie Allonby	21	Ulverston	31.03
(16)	Leesha Bentley	25	Bromsgrove	30.84
(17)	Vanessa Holland	48	Burnley BOBC	30.30
(18)	Gabrielle Cooper	48	Douglas	30.06
(19)	Sue Burnett	47	Preston	29.26
(20)	Shannon Parker	22	Ulverston	28.80
(21)	Alex Vayro	25	Kendal	28.79
(22)	Evie McMullen	22	Ulverston	27.73
(23)	Martha Smith	25	Clitheroe	27.30
(24)	Jamie-Leigh Tyson	19	Ulverston	27.09
(25)	Victoria Cunningham	32	Trafford Met	26.29

EVENT 204 Open/Male 18 Yrs/Over 50m Freestyle

HDW

(1)	Chris Nicholson	44	Tynemouth	
(2)	Ross Anderson	44	Tynemouth	
(3)	Harry Sykes	31	Lancaster	
(4)	Scott Womack	26	Kendal	
(5)	Guy Hussey	62	Stretford	41.00
(6)	Chris Orchard	66	Deepings	35.50

Meet Programme

(7)	Thomas Morgan	35	East Leeds	35.00
(8)	David Charlton	44	Boldon	33.64
(9)	Guy Fitzgerald	50	Kendal	33.35
(10)	Duncan Rogers	39	Hetton	33.00
(11)	Matt Carr	45	Kendal	32.13
(12)	Patrick Farmer	54	Preston	31.36
(13)	Sam Flint	27	Kendal	31.14
(14)	Jonathan Rigg	40	Kendal	30.84
(15)	David Neal	42	Lancaster	30.81
(16)	Chris Dixon	51	Kendal	30.10
(17)	Aaron Mills	18	Boldon	28.90
(18)	Philip Hawkrigg	50	Copeland	28.44
(19)	Alex Metcalfe	58	Preston	28.00
(20)	Carl Shaw	46	NottmLeander	27.77
(21)	Evan Dart	19	Kendal	27.69
(22)	Kevin McMurray	56	Hamilton	27.48
(23)	Thomas Pope	33	Stretford	27.00
(24)	Michael Conery	20	Copeland	26.40
(25)	Toby Patton	21	Copeland	26.30
(26)	Jared Armstrong	25	Stretford	26.00
(27)	Jackson Jardine	19	Cockermouth	25.75
(28)	Johnny Proctor	24	Preston	25.70
(29)	Paul Callis	47	Bev Barracud	24.62

EVENT 205 Mixed 18 Yrs/Over 200m Butterfly

HDW

(1)	Mhairi Helme	47	Kendal	4:02.39
(2)	Michael Caton	41	Kendal	2:55.46
(3)	Daniel Sutton	46	Lancaster	2:48.72
(4)	Kevin Smith	62	Newcastle	2:28.19

EVENT 206 Mixed 18 Yrs/Over 100m Backstroke

HDW

(1)	Helen Andrews	60	Portsmouth N	1:42.44
(2)	Mark Jones	66	Warrington M	1:32.00
(3)	Matt Carr	45	Kendal	1:25.67
(4)	Paul Gibson	60	Carlisle Aq	1:20.34
(5)	Leesha Bentley	25	Bromsgrove	1:19.86
(6)	Janet McLean	52	Carnegie	1:18.00
(7)	Sian Williams	29	Consett	1:17.02
(8)	Claire Thomson	24	Carnegie	1:14.00
(9)	Sean McLachlan	57	Douglas	1:13.31
(10)	Evan Dart	19	Kendal	1:12.17
(11)	Caitlin Wilson	18	Clitheroe	1:10.75
(12)	Evie McMullen	22	Ulverston	1:09.23
(13)	Paul Griffiths	55	Nofio Cymru	1:08.09
(14)	Jake Klijn	22	Kendal	1:06.01
(15)	Jamie-Leigh Tyson	19	Ulverston	1:05.68
(16)	Adam Jones	20	Ulverston	1:04.75
(17)	James Escolme	20	Kendal	59.08
(18)	Fergus Bell	18	Ulverston	57.96

EVENT 207 Female 18 Yrs/Over 50m Breaststroke

HDW

(1)	Helen Smith-Ward	62	Ulverston	
(2)	Tahlia Hallitt	44	Fareham N'ds	52.58

(3)	Louise Burton	50	Stretford	49.90
(4)	Mhairi Helme	47	Kendal	47.45
(5)	Claire Smith	48	N'wich Seals	46.67
(6)	Emma Chaplin	55	Nofio Cymru	46.57
(7)	Eleanor Sutton	42	Copeland	45.39
(8)	Sue Starr	47	East Leeds	45.14
(9)	Andrea Jackson	49	Kendal	44.67
(10)	Hannah Robson	35	Boldon	44.30
(11)	Verity Dobbie	66	Derwent&Gate	41.75
(12)	Bethany Syverson	44	Kendal	41.47
(13)	Ruth Parker	45	Clitheroe	40.58
(14)	Sarah Squirrel	50	Lancaster	38.89
(15)	Maisie Allonby	21	Ulverston	38.69
(16)	Caitlin Wilson	18	Clitheroe	36.20
(17)	Martha Smith	25	Clitheroe	34.65
(18)	Victoria Cunningham	32	Trafford Met	34.29

EVENT 208 Open/Male 18 /Over 50m Breaststroke

HDW

(1)	Ross Anderson	44	Tynemouth	
(2)	Chris Dixon	51	Kendal	
(3)	Chris Orchard	66	Deepings	45.00
(4)	Russell Hynes	44	Hetton	44.22
(5)	Guy Hussey	62	Stretford	43.00
(6)	David Humes	43	Hetton	42.93
(7)	David Charlton	44	Boldon	40.98
(8)	Sam Flint	27	Kendal	38.98
(9)	Scott Womack	26	Kendal	38.37
(10)	Philip Hawkrigg	50	Copeland	37.53
(11)	Michael Caton	41	Kendal	37.20
(12)	Jared Armstrong	25	Stretford	37.00
(13)	Kevin Smith	62	Newcastle	36.34
(14)	Toby Patton	21	Copeland	34.81
(15)	Gordon Belbin	64	Ulverston	34.50
(16)	Jake Klijn	22	Kendal	34.29
(17)	Michael Conery	20	Copeland	33.96
(18)	Thomas Pope	33	Stretford	32.70
(19)	Benson Cowsill	19	Ulverston	32.56
(20)	Matthew Seabrook	26	Preston	31.88
(21)	Dean Heaps	34	Preston	30.65

EVENT 209 Mixed 18 Yrs/Over 200m Freestyle

HDW

(1)	Helen Smith-Ward	62	Ulverston	
(2)	Leesha Bentley	25	Bromsgrove	
(3)	Harry Sykes	31	Lancaster	
(4)	Tahlia Hallitt	44	Fareham N'ds	3:28.45
(5)	Amy Hornby	48	Kendal	3:08.94
(6)	Stuart McGurk	65	Kendal	3:07.54
(7)	Michelle Latham	50	Morpeth	3:00.00
(8)	Zeynep Birke Toksoz El	32	Harrogate	2:56.19
(9)	Joan Edwards	68	Derwent&Gate	2:42.14
(10)	Judith Pearson	66	Carlisle Aq	2:41.43
(11)	David Neal	42	Lancaster	2:40.34

Meet Programme

(12)	Thomas Morgan	35	East Leeds	2:40.00
(13)	Patrick Farnar	54	Preston	2:38.12
(14)	Mark Jones	66	Warrington M	2:35.00
(15)	Nicholas Hatton	40	Nofio Cymru	2:31.42
(16)	Nathan Caine	19	Ulverston	2:30.48
(17)	Gabrielle Cooper	48	Douglas	2:28.77
(18)	Janet McLean	52	Carnegie	2:21.03
(19)	Katie Turnbull	30	Lancaster	2:18.25
(20)	Anthony Simpson	33	Boldon	2:10.96
(21)	Can Elvanlioglu	31	Harrogate	2:09.00
(22)	Sophie Casson	41	Io Man	2:05.07
(23)	Carl Shaw	46	NottmLeander	2:02.78
(24)	Jackson Jardine	19	Cockermouth	1:58.76

EVENT 210 Mixed 18 Yrs/Over 200m IM

HDW

(1)	Sam Flint	27	Kendal	
(2)	Stuart McGurk	65	Kendal	3:37.64
(3)	Mhairi Helme	47	Kendal	3:27.63
(4)	Eleanor Sutton	42	Copeland	3:24.60
(5)	Stephen Hancock	59	Copeland	3:16.22
(6)	Bethany Syverson	44	Kendal	3:10.40
(7)	Mark Jones	66	Warrington M	3:10.00
(8)	Paul Gibson	60	Carlisle Aq	3:04.55
(9)	Matt Carr	45	Kendal	3:01.56
(10)	Joanna Waterworth	54	York City	3:00.01
(11)	Aaron Mills	18	Boldon	2:44.61
(12)	Philip Hawkrigg	50	Copeland	2:43.69
(13)	Paul Griffiths	55	Nofio Cymru	2:37.00
(14)	Johnny Proctor	24	Preston	2:36.00
(15)	Caitlin Wilson	18	Clitheroe	2:30.13
(16)	Thomas Pope	33	Stretford	2:26.00
(17)	Paul Callis	47	Bev Barracud	2:13.47