



BUCS Nationals 50m Swimming Championships 2016

Ponds Forge ISC Sheffield

Session 1 Heats 19 February 2016 Results

EVENT 101 Womens MC 800m Freestyle

Full Results

Place	Name	YoB	Club	Cat	Time	FINA Pt
1.	Aimee Willmott	(93)	East London		8:36.00	861
	50m 29.78	100m 1:01.59	150m 1:33.50	200m 2:05.60	250m 2:38.07	300m 3:10.48
	29.78	31.81	31.91	32.10	32.47	32.48
	450m 4:48.16	500m 5:20.67	550m 5:53.42	600m 6:26.04	650m 6:58.82	700m 7:31.59
	32.76	32.51	32.75	32.62	32.78	32.77
						350m 3:42.96
						32.48
						750m 8:04.12
						32.53
						800m 8:36.00
						31.88
2.	Camilla Hattersley	(97)	Glasgow		8:41.31	835
	50m 29.99	100m 1:01.96	150m 1:34.51	200m 2:07.10	250m 2:40.15	300m 3:12.86
	29.99	31.97	32.55	32.59	33.05	32.71
	450m 4:51.59	500m 5:24.31	550m 5:57.51	600m 6:30.43	650m 7:03.62	700m 7:36.32
	33.97	32.72	33.20	32.92	33.19	32.70
						350m 3:45.96
						33.10
						750m 8:09.65
						33.33
						800m 8:41.31
						31.66
3.	Alice Dearing	(97)	Loughborough		8:47.51	806
	50m 30.50	100m 1:02.75	150m 1:35.27	200m 2:08.10	250m 2:41.29	300m 3:14.67
	30.50	32.25	32.52	32.83	33.19	33.38
	450m 4:54.94	500m 5:28.36	550m 6:01.91	600m 6:35.47	650m 7:09.16	700m 7:42.48
	33.30	33.42	33.55	33.56	33.69	33.32
						350m 3:48.04
						33.37
						750m 8:15.52
						33.04
						800m 8:47.51
						31.99
4.	Amber Keegan	(97)	Sheffield		8:59.44	754
	50m 30.80	100m 1:03.90	150m 1:37.64	200m 2:11.72	250m 2:45.62	300m 3:19.55
	30.80	33.10	33.74	34.08	33.90	33.93
	450m 5:01.27	500m 5:34.79	550m 6:09.15	600m 6:43.10	650m 7:17.41	700m 7:51.57
	33.69	33.52	34.36	33.95	34.31	34.16
						350m 3:53.56
						34.01
						750m 8:25.76
						34.19
						800m 8:59.44
						33.68
5.	Aisha Thornton	(91)	Loughborough		9:01.12	747
	50m 30.33	100m 1:03.16	150m 1:36.54	200m 2:09.90	250m 2:43.73	300m 3:17.41
	30.33	32.83	33.38	33.36	33.83	33.68
	450m 4:59.57	500m 5:34.09	550m 6:08.34	600m 6:42.88	650m 7:17.43	700m 7:52.34
	34.22	34.52	34.25	34.54	34.55	34.91
						350m 3:51.42
						34.01
						750m 8:27.05
						34.71
						800m 9:01.12
						34.07
6.	Abbie Houston	(95)	Sheff Hallam		9:03.03	739
	50m 30.44	100m 1:03.64	150m 1:37.17	200m 2:11.00	250m 2:44.89	300m 3:18.75
	30.44	33.20	33.53	33.83	33.89	33.86
	450m 5:01.16	500m 5:35.51	550m 6:10.06	600m 6:44.82	650m 7:19.79	700m 7:54.64
	34.27	34.35	34.55	34.76	34.97	34.85
						350m 3:52.59
						33.84
						750m 8:29.51
						34.87
						800m 9:03.03
						33.52
7.	Abby Smith	(96)	Birmingham		9:04.65	732
	50m 31.15	100m 1:04.09	150m 1:37.63	200m 2:11.97	250m 2:46.14	300m 3:20.29
	31.15	32.94	33.54	34.34	34.17	34.15
	450m 5:03.12	500m 5:37.80	550m 6:12.16	600m 6:46.96	650m 7:21.94	700m 7:57.14
	33.96	34.68	34.36	34.80	34.98	35.20
						350m 3:54.56
						34.27
						750m 8:31.40
						34.26
						800m 9:04.65
						33.25
8.	Laura Gillingham	(96)	Northumbria		9:05.20	730
	50m 31.12	100m 1:04.80	150m 1:38.51	200m 2:12.74	250m 2:46.85	300m 3:21.35
	31.12	33.68	33.71	34.23	34.11	34.50
	450m 5:04.53	500m 5:39.33	550m 6:14.14	600m 6:48.71	650m 7:23.70	700m 7:58.53
	33.83	34.80	34.81	34.57	34.99	34.83
						350m 3:55.90
						34.55
						750m 8:32.72
						34.19
						800m 9:05.20
						32.48
9.	Jessica-Jane Applegate	(96)	Guest	14	9:20.10	673
	50m 30.61	100m 1:04.93	150m 1:40.47	200m 2:15.95	250m 2:51.94	300m 3:27.92
	30.61	34.32	35.54	35.48	35.99	35.98
	450m 5:15.01	500m 5:50.26	550m 6:25.24	600m 7:00.37	650m 7:35.63	700m 8:11.18
	35.61	35.25	34.98	35.13	35.26	35.55
						350m 4:03.59
						35.67
						750m 8:46.44
						35.26
						800m 9:20.10
						33.66
10.	Becky Dufield	(97)	Nottingham		9:26.99	649
	50m 31.58	100m 1:05.88	150m 1:41.31	200m 2:16.95	250m 2:52.29	300m 3:27.42
	31.58	34.30	35.43	35.64	35.34	35.13
	450m 5:14.75	500m 5:50.19	550m 6:26.42	600m 7:02.74	650m 7:39.47	700m 8:15.30
	36.09	35.44	36.23	36.32	36.73	35.83
						350m 4:03.11
						35.69
						750m 8:51.76
						36.46
						800m 9:26.99
						35.23
11.	Mhairi High	(97)	Stirling		9:34.26	625
	50m 31.96	100m 1:07.43	150m 1:43.14	200m 2:19.67	250m 2:55.34	300m 3:32.03
	31.96	35.47	35.71	36.53	35.67	36.69
	450m 5:20.71	500m 5:57.46	550m 6:33.83	600m 7:10.52	650m 7:46.43	700m 8:23.34
	35.87	36.75	36.37	36.69	35.91	36.91
						350m 4:08.22
						36.19
						750m 8:59.04
						35.70
						800m 9:34.26
						35.22
12.	Ella Shilliday	(98)	Bath		9:49.55	577
	50m 31.86	100m 1:07.07	150m 1:43.36	200m 2:20.05	250m 2:57.25	300m 3:34.58
	31.86	35.21	36.29	36.69	37.20	37.33
	450m 5:26.20	500m 6:03.29	550m 6:40.76	600m 7:18.39	650m 7:56.18	700m 8:34.11
	37.08	37.09	37.47	37.63	37.79	37.93
						350m 4:11.84
						37.26
						750m 9:12.02
						37.91
						800m 9:49.55
						37.53
13.	Lizzie Wright	(94)	Cardiff Met		10:01.79	543
	50m 32.67	100m 1:08.94	150m 1:46.27	200m 2:24.53	250m 3:02.69	300m 3:40.89
	32.67	36.27	37.33	38.26	38.16	38.20
	450m 5:36.02	500m 6:14.42	550m 6:53.14	600m 7:31.79	650m 8:10.31	700m 8:48.61
	38.37	38.40	38.72	38.65	38.52	38.30
						350m 4:19.01
						38.12
						750m 9:26.48
						37.87
						800m 10:01.79
						35.31
14.	Hannah Howitt	(95)	York		10:03.20	539
	50m 32.61	100m 1:08.44	150m 1:45.94	200m 2:23.43	250m 3:01.59	300m 3:39.59
	32.61	35.83	37.50	37.49	38.16	38.00
	450m 5:35.14	500m 6:13.64	550m 6:52.45	600m 7:31.13	650m 8:10.07	700m 8:48.52
	38.78	38.50	38.81	38.68	38.94	38.45
						350m 4:18.10
						38.51
						750m 9:27.16
						38.64
						800m 10:03.20
						36.04
15.	Jennifer Chaplin	(96)	Warwick		10:18.99	499
	50m 34.51	100m 1:11.50	150m 1:50.08	200m 2:28.56	250m 3:08.03	300m 3:46.98
	34.51	36.99	38.58	38.48	39.47	38.95
	450m 5:45.56	500m 6:24.71	550m 7:03.57	600m 7:42.82	650m 8:22.42	700m 9:02.08
	39.49	39.15	38.86	39.25	39.60	39.66
						350m 4:26.92
						39.94
						750m 9:41.34
						39.26
						800m 10:18.99
						37.65
16.	Lucy Park	(96)	Bangor		10:38.27	455
	50m 33.80	100m 1:11.25	150m 1:49.90	200m 2:29.23	250m 3:08.83	300m 3:48.96
	33.80	37.45	38.65	39.33	39.60	40.13
	450m 5:51.57	500m 6:				



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EVENT 101 Womens MC 800m Freestyle

17. Hannah Gamble	(95)	Cardiff Met	10:51.11	428					
50m 33.31	100m 1:12.88	150m 1:52.65	200m 2:34.61	250m 3:15.74	300m 3:58.00	350m 4:39.90	400m 5:22.32		
33.31	39.57	39.77	41.96	41.13	42.26	41.90	42.42		
450m 6:04.49	500m 6:47.13	550m 7:29.31	600m 8:11.78	650m 8:53.30	700m 9:34.93	750m 10:14.93	800m 10:51.11		
42.17	42.64	42.18	42.47	41.52	41.63	40.00	36.18		
18. Erin McCreedy	(95)	Southampton	10:51.50	428					
50m 35.13	100m 1:13.64	150m 1:54.26	200m 2:35.32	250m 3:16.28	300m 3:57.77	350m 4:39.52	400m 5:21.42		
35.13	38.51	40.62	41.06	40.96	41.49	41.75	41.90		
450m 6:03.85	500m 6:46.40	550m 7:28.37	600m 8:10.72	650m 8:52.07	700m 9:33.08	750m 10:14.28	800m 10:51.50		
42.43	42.55	41.97	42.35	41.35	41.01	41.20	37.22		

Multi-Disability by British Disability Points

Place	Name	YoB	Club	Cat	Time	WR	BDPoints					
1.	Jessica-Jane Applegate	(96)	Guest	14	9:20.10		1110					
	50m 30.61	100m 1:04.93	150m 1:40.47	200m 2:15.95	250m 2:51.94	300m 3:27.92	350m 4:03.59	400m 4:39.40				
	30.61	34.32	35.54	35.48	35.99	35.98	35.67	35.81				
	450m 5:15.01	500m 5:50.26	550m 6:25.24	600m 7:00.37	650m 7:35.63	700m 8:11.18	750m 8:46.44	800m 9:20.10				
	35.61	35.25	34.98	35.13	35.26	35.55	35.26	33.66				





BUCS Nationals 50m Swimming Championships 2016

Ponds Forge ISC Sheffield

Session 1 Heats 19 February 2016 Results

EVENT 102 Mens MC 1500m Freestyle

Full Results

Place	Name	YoB	Club	Time	FINA Pt
1.	Tim Shuttleworth	(97)	Loughborough	15:19.57	849
	50m 27.90	100m 58.54	150m 1:29.55	200m 2:01.00	250m 2:32.35
	27.90	30.64	31.01	31.45	31.35
	450m 4:36.31	500m 5:07.19	550m 5:38.08	600m 6:08.95	650m 6:40.01
	31.13	30.88	30.89	30.87	31.06
	850m 8:43.65	900m 9:14.39	950m 9:45.20	1000m 10:15.59	1050m 10:46.23
	30.87	30.74	30.81	30.39	30.64
	1250m 12:48.46	1300m 13:19.06	1350m 13:49.90	1400m 14:20.66	1450m 14:50.88
	30.83	30.60	30.84	30.76	30.22
					28.69
					300m 3:03.47
					31.12
					31.00
					350m 3:34.47
					31.00
					31.01
					750m 7:41.94
					30.51
					800m 8:12.78
					30.84
					1100m 11:16.60
					30.37
					1150m 11:47.11
					30.51
					1200m 12:17.63
					30.52
2.	Jay Lelliott	(95)	Guest	15:28.94	824
	50m 28.02	100m 58.61	150m 1:29.76	200m 2:00.91	250m 2:32.36
	28.02	30.59	31.15	31.15	31.45
	450m 4:37.11	500m 5:08.17	550m 5:39.41	600m 6:10.32	650m 6:41.26
	31.10	31.06	31.24	30.91	30.94
	850m 8:45.52	900m 9:16.77	950m 9:47.98	1000m 10:19.38	1050m 10:50.56
	31.00	31.25	31.21	31.40	31.18
	1250m 12:55.63	1300m 13:26.77	1350m 13:57.85	1400m 14:28.87	1450m 14:59.66
	31.00	31.14	31.08	31.02	30.79
					29.28
					300m 3:03.72
					31.36
					31.37
					350m 3:35.09
					31.37
					31.18
					750m 7:43.33
					31.19
					800m 8:14.52
					31.19
					1100m 11:21.76
					31.20
					1150m 11:53.23
					31.47
					1200m 12:24.63
					31.40
3.	Tom Howley	(96)	Northumbria	15:53.21	762
	50m 27.84	100m 58.84	150m 1:29.93	200m 2:01.13	250m 2:32.45
	27.84	31.00	31.09	31.20	31.32
	450m 4:38.59	500m 5:10.52	550m 5:42.43	600m 6:14.40	650m 6:46.45
	31.54	31.93	31.91	31.97	32.05
	850m 8:55.41	900m 9:27.68	950m 10:00.31	1000m 10:32.66	1050m 11:04.61
	32.28	32.27	32.63	32.35	31.95
	1250m 13:13.55	1300m 13:46.03	1350m 14:18.63	1400m 14:50.58	1450m 15:22.99
	32.22	32.48	32.60	31.95	32.41
					30.22
					300m 3:03.87
					31.42
					31.31
					350m 3:35.18
					31.31
					31.87
					750m 7:51.01
					32.30
					800m 8:23.13
					32.26
					1100m 11:36.83
					31.97
					1150m 12:08.80
					31.97
					1200m 12:41.33
					32.53
4.	Jack Baister	(97)	Loughborough	15:59.69	747
	50m 29.10	100m 1:00.28	150m 1:31.67	200m 2:03.32	250m 2:35.05
	29.10	31.18	31.39	31.65	31.73
	450m 4:43.11	500m 5:15.02	550m 5:46.60	600m 6:18.58	650m 6:50.58
	32.16	31.91	31.58	31.98	32.00
	850m 8:58.81	900m 9:31.20	950m 10:03.38	1000m 10:35.94	1050m 11:07.91
	32.11	32.39	32.18	32.56	31.97
	1250m 13:17.17	1300m 13:49.76	1350m 14:22.27	1400m 14:54.65	1450m 15:27.39
	32.37	32.59	32.51	32.38	32.74
					30.22
					300m 3:06.87
					31.82
					32.14
					350m 3:39.01
					32.14
					31.94
					750m 7:22.59
					32.01
					800m 8:26.70
					31.91
					1100m 11:40.15
					32.24
					1150m 12:12.29
					32.14
					1200m 12:44.80
					32.51
5.	Chris Lowther	(95)	Strathclyde	16:05.00	735
	50m 29.16	100m 1:00.77	150m 1:32.87	200m 2:05.04	250m 2:37.12
	29.16	31.61	32.10	32.17	32.08
	450m 4:45.25	500m 5:17.14	550m 5:48.93	600m 6:20.82	650m 6:52.69
	31.93	31.89	31.79	31.89	31.87
	850m 9:01.14	900m 9:33.70	950m 10:06.05	1000m 10:38.66	1050m 11:10.75
	32.21	32.56	32.35	32.61	32.09
	1250m 13:21.44	1300m 13:54.54	1350m 14:27.12	1400m 15:00.26	1450m 15:32.90
	32.53	33.10	32.58	33.14	32.64
					32.10
					300m 3:09.35
					32.23
					31.78
					350m 3:41.13
					32.19
					32.19
					750m 7:56.74
					32.01
					800m 8:28.93
					32.19
					1100m 11:43.53
					32.78
					1150m 12:16.03
					32.50
					1200m 12:48.91
					32.88
6.	Callum Pardoe	(96)	Swansea	16:15.91	710
	50m 28.92	100m 1:00.27	150m 1:31.96	200m 2:04.30	250m 2:36.28
	28.92	31.35	31.69	32.34	31.98
	450m 4:46.05	500m 5:18.64	550m 5:51.07	600m 6:23.80	650m 6:56.47
	32.32	32.59	32.43	32.73	32.67
	850m 9:07.99	900m 9:41.23	950m 10:14.22	1000m 10:47.38	1050m 11:20.55
	32.66	33.24	32.99	33.16	33.17
	1250m 13:32.56	1300m 14:05.64	1350m 14:38.68	1400m 15:11.76	1450m 15:44.34
	32.76	33.08	33.04	33.08	32.58
					31.57
					300m 3:08.54
					32.26
					32.44
					350m 3:40.98
					32.44
					32.75
					750m 8:02.28
					32.95
					800m 8:35.33
					32.86
					1100m 11:53.54
					32.99
					1150m 12:26.48
					32.94
					1200m 12:59.80
					33.32
7.	Daniel Fisher	(97)	Edinburgh	16:44.07	652
	50m 29.67	100m 1:01.68	150m 1:34.67	200m 2:07.82	250m 2:41.48
	29.67	32.01	32.99	33.15	33.66
	450m 4:55.61	500m 5:29.22	550m 6:02.91	600m 6:36.28	650m 7:10.33
	33.69	33.61	33.69	33.37	34.05
	850m 9:25.31	900m 9:58.59	950m 10:32.71	1000m 11:06.95	1050m 11:40.48
	34.22	33.28	34.12	34.24	33.53
	1250m 13:55.75	1300m 14:29.61	1350m 15:03.64	1400m 15:37.88	1450m 16:11.60
	33.82	33.86	34.03	34.24	33.72
					32.47
					300m 3:14.92
					33.44
					33.44
					350m 3:48.38
					33.46
					33.54
					750m 8:17.36
					33.47
					800m 8:51.09
					33.73
					1100m 12:14.40
					33.92
					1150m 12:48.09
					33.69
					1200m 13:21.93
					33.84
8.	Geoff Butler	(95)	Edinburgh	16:51.98	637
	50m 29.07	100m 1:00.61	150m 1:32.61	200m 2:05.64	250m 2:38.66
	29.07	31.54	32.00	33.03	33.02
	450m 4:54.01	500m 5:28.42	550m 6:02.60	600m 6:36.71	650m 7:10.67
	33.96	34.41	34.18	34.11	33.96
	850m 9:26.80	900m 10:01.23	950m 10:35.31	1000m 11:09.65	1050m 11:43.95
	34.19	34.43	34.08	34.34	34.30
	1250m 14:01.07	1300m 14:35.93	1350m 15:10.38	1400m 15:44.88	1450m 16:18.89
	34.38	34.86	34.45	34.50	34.01
					33.09
					300m 3:12.49
					33.83
					33.73
					350m 3:46.22
					33.73
					33.90
					750m 8:18.69



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EVENT 102 Mens MC 1500m Freestyle

10. Simon McCormick	(95) Newcastle	17:01.91	619						
50m 29.47	100m 1:01.93	150m 1:35.07	200m 2:08.47	250m 2:41.99	300m 3:16.04	350m 3:49.93	400m 4:24.17		
29.47	32.46	33.14	33.40	33.52	34.05	33.89	34.24		
450m 4:58.24	500m 5:32.35	550m 6:06.55	600m 6:40.38	650m 7:14.51	700m 7:48.80	750m 8:23.01	800m 8:57.43		
34.07	34.11	34.20	33.83	34.13	34.29	34.21	34.42		
850m 9:31.89	900m 10:06.53	950m 10:41.21	1000m 11:16.03	1050m 11:50.49	1100m 12:25.44	1150m 13:00.15	1200m 13:34.99		
34.46	34.64	34.68	34.82	34.46	34.95	34.71	34.84		
1250m 14:09.61	1300m 14:44.31	1350m 15:19.01	1400m 15:53.74	1450m 16:27.99	1500m 17:01.91				
34.62	34.70	34.70	34.73	34.25	33.92				
11. Ross Hosking	(97) Cardiff Met	17:03.45	616						
50m 29.84	100m 1:02.27	150m 1:35.90	200m 2:09.90	250m 2:44.31	300m 3:18.94	350m 3:53.30	400m 4:27.52		
29.84	32.43	33.63	34.00	34.41	34.63	34.36	34.22		
450m 5:02.16	500m 5:36.56	550m 6:11.39	600m 6:45.72	650m 7:20.39	700m 7:54.71	750m 8:29.52	800m 9:03.75		
34.64	34.40	34.83	34.33	34.67	34.32	34.81	34.23		
850m 9:38.39	900m 10:12.92	950m 10:47.43	1000m 11:21.94	1050m 11:55.72	1100m 12:30.48	1150m 13:04.46	1200m 13:38.97		
34.64	34.53	34.51	34.51	33.78	34.76	33.98	34.51		
1250m 14:13.43	1300m 14:48.12	1350m 15:21.89	1400m 15:56.28	1450m 16:30.23	1500m 17:03.45				
34.46	34.69	33.77	34.39	33.95	33.22				
12. Morgan Berryman	(97) Stirling	17:07.85	608						
50m 29.68	100m 1:01.91	150m 1:34.85	200m 2:07.97	250m 2:41.65	300m 3:15.60	350m 3:49.70	400m 4:24.16		
29.68	32.23	32.94	33.12	33.68	33.95	34.10	34.46		
450m 4:58.22	500m 5:33.08	550m 6:07.33	600m 6:41.88	650m 7:16.41	700m 7:50.99	750m 8:25.55	800m 9:00.38		
34.06	34.86	34.25	34.55	34.53	34.58	34.56	34.83		
850m 9:34.59	900m 10:09.54	950m 10:44.26	1000m 11:19.19	1050m 11:53.99	1100m 12:29.48	1150m 13:04.29	1200m 13:39.88		
34.21	34.95	34.72	34.93	34.80	35.49	34.81	35.59		
1250m 14:14.82	1300m 14:49.89	1350m 15:24.90	1400m 15:59.76	1450m 16:34.35	1500m 17:07.85				
34.94	35.07	35.01	34.86	34.59	33.50				
13. Ryan Griffiths	(97) Sheff Hallam	17:25.71	577						
50m 30.23	100m 1:03.87	150m 1:38.29	200m 2:13.12	250m 2:48.24	300m 3:23.51	350m 3:58.85	400m 4:34.11		
30.23	33.64	34.42	34.83	35.12	35.27	35.34	35.26		
450m 5:09.32	500m 5:44.34	550m 6:19.11	600m 6:54.00	650m 7:28.77	700m 8:04.14	750m 8:38.93	800m 9:14.19		
35.21	35.02	34.77	34.89	34.77	35.37	34.79	35.26		
850m 9:49.33	900m 10:24.62	950m 10:59.71	1000m 11:35.10	1050m 12:10.36	1100m 12:45.79	1150m 13:20.63	1200m 13:55.84		
35.14	35.29	35.09	35.39	35.26	35.43	34.84	35.21		
1250m 14:30.81	1300m 15:06.16	1350m 15:41.45	1400m 16:16.61	1450m 16:51.27	1500m 17:25.71				
34.97	35.35	35.29	35.16	34.66	34.44				
14. Adam Tapley	(94) Anglia Rus	17:30.16	570						
50m 30.40	100m 1:04.57	150m 1:38.94	200m 2:13.72	250m 2:48.59	300m 3:23.74	350m 3:58.88	400m 4:34.09		
30.40	34.17	34.37	34.78	34.87	35.15	35.14	35.21		
450m 5:09.69	500m 5:44.93	550m 6:20.24	600m 6:55.65	650m 7:31.38	700m 8:06.70	750m 8:42.15	800m 9:17.67		
35.60	35.24	35.31	35.41	35.73	35.32	35.45	35.52		
850m 9:53.39	900m 10:28.93	950m 11:04.55	1000m 11:39.80	1050m 12:15.06	1100m 12:50.41	1150m 13:25.82	1200m 14:01.03		
35.72	35.54	35.62	35.25	35.26	35.35	35.41	35.21		
1250m 14:36.32	1300m 15:11.72	1350m 15:47.06	1400m 16:22.14	1450m 16:57.10	1500m 17:30.16				
35.29	35.40	35.34	35.08	34.96	33.06				
15. Beau Smith	(93) Leeds	17:34.72	563						
50m 30.94	100m 1:04.70	150m 1:39.67	200m 2:14.49	250m 2:49.56	300m 3:24.68	350m 4:00.45	400m 4:35.57		
30.94	33.76	34.97	34.82	35.07	35.12	35.77	35.12		
450m 5:11.21	500m 5:46.35	550m 6:22.02	600m 6:57.58	650m 7:33.00	700m 8:08.44	750m 8:43.95	800m 9:19.41		
35.64	35.14	35.67	35.56	35.42	35.44	35.51	35.46		
850m 9:54.93	900m 10:30.48	950m 11:06.04	1000m 11:41.31	1050m 12:16.82	1100m 12:52.18	1150m 13:28.35	1200m 14:03.96		
35.52	35.55	35.56	35.27	35.51	35.36	36.17	35.61		
1250m 14:39.76	1300m 15:15.66	1350m 15:51.62	1400m 16:27.16	1450m 17:02.07	1500m 17:34.72				
35.80	35.90	35.96	35.54	34.91	32.65				
16. Jack Keeler	(97) Lancaster	18:29.29	484						
50m 30.33	100m 1:04.89	150m 1:40.51	200m 2:16.13	250m 2:51.82	300m 3:28.08	350m 4:03.72	400m 4:40.35		
30.33	34.56	35.62	35.62	35.69	36.26	35.64	36.63		
450m 5:16.62	500m 5:52.95	550m 6:29.82	600m 7:07.01	650m 7:44.23	700m 8:21.68	750m 8:59.18	800m 9:37.14		
36.27	36.33	36.87	37.19	37.22	37.45	37.50	37.96		
850m 10:14.67	900m 10:52.58	950m 11:30.15	1000m 12:08.30	1050m 12:46.20	1100m 13:24.20	1150m 14:02.35	1200m 14:41.16		
37.53	37.91	37.57	38.15	37.90	38.00	38.15	38.81		
1250m 15:19.76	1300m 15:59.35	1350m 16:37.94	1400m 17:16.70	1450m 17:53.42	1500m 18:29.29				
38.60	39.59	38.59	38.76	36.72	35.87				
17. Alberto Arbona	(97) Manchester	19:03.84	441						
50m 31.75	100m 1:06.73	150m 1:41.90	200m 2:18.67	250m 2:55.90	300m 3:33.69	350m 4:11.38	400m 4:49.92		
31.75	34.98	35.17	36.77	37.23	37.79	37.69	38.54		
450m 5:28.33	500m 6:07.40	550m 6:46.30	600m 7:25.06	650m 8:03.67	700m 8:42.62	750m 9:21.27	800m 10:00.42		
38.41	39.07	38.90	38.76	38.61	38.95	38.65	39.15		
850m 10:38.95	900m 11:18.10	950m 11:57.08	1000m 12:36.29	1050m 13:14.65	1100m 13:54.56	1150m 14:33.31	1200m 15:12.95		
38.53	39.15	38.98	39.21	38.36	39.91	38.75	39.64		
1250m 15:51.97	1300m 16:31.52	1350m 17:10.72	1400m 17:49.30	1450m 18:26.76	1500m 19:03.84				
39.02	39.55	39.20	38.58	37.46	37.08				
18. Adam Prunty	(95) Southampton	19:10.57	433						
50m 31.12	100m 1:05.90	150m 1:41.27	200m 2:17.69	250m 2:54.90	300m 3:32.62	350m 4:10.59	400m 4:49.38		
31.12	34.78	35.37	36.42	37.21	37.72	37.97	38.79		
450m 5:27.75	500m 6:06.87	550m 6:45.79	600m 7:25.00	650m 8:03.84	700m 8:42.98	750m 9:21.85	800m 10:01.67		
38.37	39.12	38.92	39.21	38.84	39.14	38.87	39.82		
850m 10:40.91	900m 11:20.81	950m 11:59.84	1000m 12:40.12	1050m 13:19.37	1100m 13:59.38	1150m 14:38.58	1200m 15:18.60		
39.24	39.90	39.03	40.28	39.25	40.01	39.20	40.02		
1250m 15:57.40	1300m 16:37.12	1350m 17:16.06	1400m 17:55.67	1450m 18:34.29	1500m 19:10.57				
38.80	39.72	38.94	39.61	38.62	36.28				



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EVENT 103 Womens MC 400m Freestyle Team

Full Results

Place	Name	A.G	Club	Time	FINA Pt			
1.	Edinburgh		Edinburgh	3:52.44	755	58.61	27.94	30.67
						58.25	28.18	30.07
						58.29	27.81	30.48
						57.29	27.45	29.84
2.	Sheffield Hallam		Sheff Hallam	3:53.49	745	56.13	27.47	28.66
						1.01.39	28.95	32.44
						58.92	28.50	30.42
						57.05	27.21	29.84
3.	Loughborough		Loughborough	3:54.86	732	59.46	28.54	30.92
						58.80	28.45	30.35
						58.59	28.19	30.40
						58.01	27.76	30.25
4.	Bath		Bath	3:55.64	725	59.23	27.90	31.33
						59.34	28.52	30.82
						59.18	28.54	30.64
						57.89	26.55	31.34
5.	Stirling		Stirling	4:01.58	673	59.55	28.97	30.58
						1.01.57	29.15	32.42
						58.00	27.57	30.43
						1.02.46	29.72	32.74
6.	Newcastle		Newcastle	4:04.77	647	1.03.54	29.73	33.81
						1.00.04	28.30	31.74
						1.01.95	29.31	32.64
						59.24	28.35	30.89
7.	Robert Gordon		RobertGordon	4:06.41	634	57.28	27.44	29.84
						1.03.65	30.09	33.56
						1.09.38	32.29	37.09
						56.10	26.39	29.71
8.	Cardiff Metropolitan		Cardiff Met	4:06.93	630	1.01.18	28.86	32.32
						1.00.88	28.55	32.33
						1.03.08	29.75	33.33
						1.01.79	28.92	32.87
9.	Surrey		Surrey	4:07.62	625	1.00.32	28.88	31.44
						1.01.87	28.87	33.00
						1.03.99	30.31	33.68
						1.01.44	29.34	32.10
10.	Cardiff		Cardiff	4:07.96	622	59.87	28.88	30.99
						1.01.03	28.95	32.08
						1.05.79	31.37	34.42
						1.01.27	29.02	32.25
11.	Leeds		Leeds	4:08.04	621	1.01.40	30.01	31.39
						1.01.94	28.96	32.98
						1.02.51	29.64	32.87
						1.02.19	30.52	31.67
12.	Sheffield		Sheffield	4:10.26	605	1.03.92	30.71	33.21
						1.02.39	29.92	32.47
						1.01.78	28.91	32.87
						1.02.17	29.57	32.60
13.	East Anglia		East Anglia	4:11.97	593	1.04.11	30.62	33.49
						1.06.59	31.43	35.16
						59.36	28.41	30.95
						1.01.91	29.45	32.46
14.	Durham		Durham	4:12.39	590	1.02.58	29.77	32.81
						1.02.96	29.72	33.24
						1.04.41	30.09	34.32
						1.02.44	29.12	33.32
15.	Leeds Beckett (Carnegi		Leeds Bec	4:13.36	583	1.01.63	29.13	32.50
						1.05.89	30.99	34.90
						1.05.15	30.15	35.00
						1.00.69	28.45	32.24
16.	Bristol		Bristol	4:14.34	576	59.88	28.44	31.44
						1.06.28	30.56	35.72
						1.04.74	30.20	34.54
						1.03.44	30.33	33.11





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17. Liverpool	Liverpool	4:14.50	575	1.06.70 1.05.13 1.01.30 1.01.37	31.90 30.47 29.05 29.05	34.80 34.66 32.25 32.32
18. Warwick	Warwick	4:14.77	573	1.06.02 1.04.06 1.04.20 1.00.49	31.40 30.30 30.67 28.35	34.62 33.76 33.53 32.14
19. Glasgow	Glasgow	4:16.30	563	57.18 1.01.76 1.09.87 1.07.49	27.90 29.47 32.75 31.10	29.28 32.29 37.12 36.39
20. Nottingham	Nottingham	4:18.00	552	1.04.97 30.84 1.41.03 1.01.16	31.39 30.84 1.05.98 29.27	33.58 35.05 31.89
21. Exeter	Exeter	4:18.30	550	1.04.25 1.05.56 1.05.65 1.02.84	30.12 31.13 31.54 29.91	34.13 34.43 34.11 32.93
22. Southampton	Southampton	4:19.72	541	1.01.97 1.08.03 1.07.16 1.02.56	29.27 31.96 32.23 29.55	32.70 36.07 34.93 33.01
23. Lancaster	Lancaster	4:21.89	528	1.06.41 1.05.42 1.05.99 1.04.07	31.90 30.40 31.20 29.27	34.51 35.02 34.79 34.80
24. York	York	4:23.50	518	1.07.73 1.05.15 1.05.47 1.05.15	31.70 30.30 31.39 30.85	36.03 34.85 34.08 34.30
25. Portsmouth	Portsmouth	4:23.53	518	1.06.79 1.07.47 1.06.26 1.03.01	31.79 31.97 30.66 29.78	35.00 35.50 35.60 33.23
26. Manchester Metropolita	Man Met	4:25.89	504	1.03.37 1.11.36 1.05.75 1.05.41	30.55 32.92 30.69 31.49	32.82 38.44 35.06 33.92
27. Leicester	Leicester	4:26.22	502	1.05.32 1.11.56 1.05.83 1.03.51	30.38 32.54 30.92 30.09	34.94 39.02 34.91 33.42
28. York St John	York St John	4:27.66	494	1.07.84 1.07.68 1.06.84 1.05.30	32.39 31.77 31.20 31.16	35.45 35.91 35.64 34.14
29. Keele	Keele	4:28.66	489	1.07.04 1.09.52 1.05.70 1.06.40	31.44 32.40 30.83 31.25	35.60 37.12 34.87 35.15
30. Chichester	Chichester	4:31.57	473	1.07.55 1.11.42 1.08.71 1.03.89	32.16 33.29 31.31 30.09	35.39 38.13 37.40 33.80
31. Kent	Kent	4:33.66	463	1.07.46 1.09.58 1.08.36 1.08.26	32.80 33.21 32.07 32.48	34.66 36.37 36.29 35.78
32. Manchester	Manchester	4:34.31	459	1.08.57 1.10.32 1.08.47 1.06.95	31.87 32.05 31.50 31.02	36.70 38.27 36.97 35.93



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EVENT 103 Womens MC 400m Freestyle Team

Rank	Team	Time	Heat	Score	Swimmer 1	Swimmer 2	Swimmer 3
33.	Chester (Chester)	ChesterC	4:34.42	459	1.08.83	32.44	36.39
					1.12.41	33.33	39.08
					1.08.71	32.39	36.32
					1.04.47	30.69	33.78
34.	Oxford Brookes	OXF Brookes	4:35.72	452	1.06.07	30.80	35.27
					1.10.22	32.32	37.90
					1.14.88	34.01	40.87
					1.04.55	29.68	34.87
35.	Bangor	Bangor	4:42.25	422	1.05.54	31.47	34.07
					1.13.96	34.86	39.10
					1.12.24	33.49	38.75
					1.10.51	32.66	37.85
36.	Bournemouth	Bournemouth	4:44.51	412	1.03.45	30.04	33.41
					1.08.23	31.74	36.49
					1.13.97	34.78	39.19
					1.18.86	36.88	41.98
37.	Hull	Hull	4:46.49	403	1.08.19	32.25	35.94
					1.11.73	33.80	37.93
					1.21.61	37.77	43.84
					1.04.96	30.64	34.32
38.	Central Lancashire	Central Lanc	4:49.96	389	1.19.88	36.38	43.50
					1.14.65	34.52	40.13
					1.10.14	33.32	36.82
					1.05.29	30.90	34.39
39.	Reading	Reading	4:55.72	366	1.07.48	32.22	35.26
					1.14.26	34.57	39.69
					1.13.79	34.70	39.09
					1.20.19	36.99	43.20
40.	Brunel	Brunel	4:56.88	362	1.13.54	34.80	38.74
					1.14.92	35.51	39.41
					1.19.14	36.12	43.02
					1.09.28	33.88	35.40
41.	Liverpool John Moores	Liverpool Jo	5:02.88	341	1.24.72	39.24	45.48
					1.17.23	35.11	42.12
					1.16.39	34.04	42.35
					1.04.54	30.84	33.70
42.	Essex	Essex	5:05.32	333	1.17.66	36.13	41.53
					1.21.81	34.47	47.34
					1.14.86	35.07	39.79
					1.10.99	33.04	37.95
43.	Northampton	Northampton	5:16.78	298	37.21	37.21	
					2.10.27	1.21.96	48.31
					1.12.06	33.66	38.40
					1.17.24	36.05	41.19
	Sussex	Sussex	DNC		00.00		
					00.00		
					00.00		
					00.00		
	Birmingham	Birmingham	DNF		00.00		
					00.00		
					00.00		
					00.00		
	Imp College London	Imperial	DQ		00.00		
					00.00		
					00.00		
					00.00		





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EVENT 104 Mens MC 400m Freestyle Team

Full Results

Place	Name	A.G	Club	Time	FINA Pt			
1.	Edinburgh		Edinburgh	3:31.12	708	51.88	25.65	26.23
						53.54	25.09	28.45
						53.38	25.39	27.99
						52.32	24.65	27.67
2.	Loughborough		Loughborough	3:31.43	705	52.78	25.49	27.29
						53.67	25.57	28.10
						53.04	25.78	27.26
						51.94	24.89	27.05
3.	Bath		Bath	3:31.64	703	52.25	24.65	27.60
						54.23	25.87	28.36
						53.48	25.31	28.17
						51.68	24.90	26.78
4.	Sheffield Hallam		Sheff Hallam	3:33.85	682	54.55	25.90	28.65
						53.00	25.17	27.83
						55.22	26.33	28.89
						51.08	24.34	26.74
5.	Stirling		Stirling	3:34.33	677	52.76	25.33	27.43
						53.94	25.65	28.29
						54.68	26.23	28.45
						52.95	25.52	27.43
6.	Birmingham		Birmingham	3:35.13	669	54.70	26.00	28.70
						54.00	25.72	28.28
						52.58	24.85	27.73
						53.85	25.50	28.35
7.	Leeds		Leeds	3:37.17	651	54.87	26.62	28.25
						54.56	25.78	28.78
						54.56	26.26	28.30
						53.18	25.21	27.97
8.	Robert Gordon		RobertGordon	3:37.56	647	53.13	25.48	27.65
						56.44	26.38	30.06
						55.05	26.07	28.98
						52.94	25.21	27.73
9.	Manchester Metropolita		Man Met	3:39.98	626	54.07	25.83	28.24
						53.75	25.30	28.45
						56.48	25.85	30.63
						55.68	25.51	30.17
10.	Southampton		Southampton	3:40.22	624	54.29	25.93	28.36
						56.03	26.70	29.33
						55.90	25.92	29.98
						54.00	25.59	28.41
11.	Cardiff Metropolitan		Cardiff Met	3:40.81	619	55.70	26.60	29.10
						55.88	26.06	29.82
						54.46	26.18	28.28
						54.77	26.06	28.71
12.	Newcastle		Newcastle	3:42.17	608	54.69	25.85	28.84
						55.95	26.37	29.58
						56.34	26.94	29.40
						55.19	25.91	29.28
13.	Coventry		Coventry	3:42.36	606	56.74	26.78	29.96
						55.03	25.84	29.19
						55.96	26.51	29.45
						54.63	26.32	28.31
14.	Swansea		Swansea	3:42.61	604	53.04	25.28	27.76
						56.68	25.99	30.69
						57.81	26.21	31.60
						55.08	25.70	29.38
15.	Cardiff		Cardiff	3:43.88	594	57.35	27.19	30.16
						55.73	26.71	29.02
						56.31	26.62	29.69
						54.49	26.25	28.24
16.	York		York	3:44.00	593	57.29	27.41	29.88
						55.07	25.75	29.32
						57.82	26.93	30.89
						53.82	25.48	28.34





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Rank	Team	Time	Split 1	Split 2	Split 3	Split 4
17.	Surrey	3:44.29	56.86	57.03	56.35	54.05
18.	Manchester	3:45.21	56.52	57.35	56.01	55.33
19.	Leeds Beckett (Carnegi)	3:45.51	57.34	55.68	56.76	55.73
20.	Exeter	3:45.83	54.89	58.74	56.70	55.50
21.	Portsmouth	3:46.17	54.65	58.99	56.46	56.07
22.	Nottingham	3:46.71	57.99	56.49	57.68	54.55
23.	East Anglia	3:47.29	56.39	58.50	58.40	54.00
24.	Sheffield	3:47.58	57.60	59.13	58.87	51.98
25.	Durham	3:47.74	57.48	57.81	56.84	55.61
26.	Liverpool John Moores	3:47.75	54.23	59.94	57.06	56.52
27.	Bristol	3:47.85	54.00	1.01.24	56.65	55.96
28.	Oxford Brookes	3:48.51	58.68	59.25	56.35	54.23
29.	Glasgow	3:49.07	56.54	54.24	58.31	59.98
30.	Warwick	3:49.11	57.34	57.10	57.48	57.19
31.	Lancaster	3:49.29	59.11	56.07	56.59	57.52
32.	Leicester	3:50.99	55.58	58.59	1.01.77	55.05



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Rank	Team	Club	Total Time	Split 1	Split 2	Split 3	Split 4
33.	Liverpool	Liverpool	3:53.27	1.00.97	28.43	32.54	
				58.95	27.59	31.36	
				56.78	27.39	29.39	
				56.57	26.92	29.65	
34.	Imp College London	Imperial	3:53.36	56.44	26.88	29.56	
				59.30	27.70	31.60	
				1.00.55	28.34	32.21	
				57.07	26.66	30.41	
35.	UWE	UWE	3:55.42	58.02	26.98	31.04	
				54.47	25.06	29.41	
				1.00.92	28.08	32.84	
				1.02.01	29.11	32.90	
36.	Bangor	Bangor	3:56.31	58.13	27.55	30.58	
				1.00.60	28.35	32.25	
				58.94	27.38	31.56	
				58.64	27.41	31.23	
37.	Bournemouth	Bournemouth	3:56.83	59.98	27.63	32.35	
				55.67	26.02	29.65	
				1.00.96	28.77	32.19	
				1.00.22	28.31	31.91	
38.	Brunel	Brunel	3:57.18	1.00.23	28.50	31.73	
				1.00.80	28.81	31.99	
				1.01.93	28.56	33.37	
				54.22	25.59	28.63	
39.	Chester (Chester)	ChesterC	3:58.78	58.45	27.56	30.89	
				54.85	26.22	28.63	
				1.04.03	31.96	32.07	
				1.01.45	29.07	32.38	
40.	Chichester	Chichester	4:02.83	1.04.71	29.80	34.91	
				1.01.87	28.73	33.14	
				1.00.93	28.28	32.65	
				55.32	26.10	29.22	
41.	Keele	Keele	4:03.60	59.21	27.99	31.22	
				59.63	27.63	32.00	
				1.06.59	30.28	36.31	
				58.17	27.04	31.13	
42.	Hull	Hull	4:04.05	58.77	28.30	30.47	
				1.04.11	30.17	33.94	
				1.00.83	28.95	31.88	
				1.00.34	28.69	31.65	
43.	Reading	Reading	4:07.03	59.88	28.73	31.15	
				1.04.16	30.46	33.70	
				1.01.11	28.92	32.19	
				1.01.88	29.01	32.87	
44.	Central Lancashire	Central Lanc	4:09.67	1.01.10	28.28	32.82	
				1.06.20	29.92	36.28	
				1.03.74	29.13	34.61	
				58.63	26.80	31.83	
45.	Nottingham Trent	Nott Trent	4:10.20	57.14	27.87	29.27	
				59.90	28.12	31.78	
				1.11.35	31.46	39.89	
				1.01.81	28.53	33.28	
46.	East London	East London	4:10.76	52.89	25.35	27.54	
				1.01.84	28.47	33.37	
				1.04.30	29.80	34.50	
				1.11.73	32.17	39.56	
47.	Essex	Essex	4:10.91	1.06.92	27.70	39.22	
				1.00.10	1.29.93	30.17	
				1.04.98	1.32.48	32.50	
				58.91		58.91	
48.	York St John	York St John	4:15.86	1.04.45	29.07	35.38	
				1.05.66	30.03	35.63	
				1.09.73	32.34	37.39	
				56.02	26.84	29.18	



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Rank	Team	Time	Heat	Split 1	Split 2	Split 3
49.	Sunderland	Sunderland	5:21.22	201	32.51	39.75
				1.12.26	33.11	38.41
				1.11.52	36.82	52.28
				1.29.10	36.29	52.05
				1.28.34		
	Sussex	Sussex	DNC	00.00		
				00.00		
				00.00		
				00.00		
	Northampton	Northampton	DNF	00.00		
				00.00		
				00.00		
				00.00		
	Staffordshire	StaffordS	DQ	00.00		
				00.00		
				00.00		
				00.00		

