

Swim Wales Open Masters 2024 - 02/03/2024 to 03/03/2024

Wales National Pool, Swansea

Meet Program - Session 3 - Warm Up 2.30 - 3.20

Event 301 Male/Open 200 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 1 Finals

| | | | | |
|---|------------------|----|--------------|---------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | Phillip Trelford | 53 | Co Ely | 3:37.03 |
| 4 | James Flanigan | 29 | Cardiff Mast | 2:30.00 |
| 5 | Stuart Colston | 53 | C Dolphins | 3:12.04 |
| 6 | Vladimir Sveds | 68 | Cardiff Mast | 3:53.10 |
| 7 | | | | — |
| 8 | | | | — |

Event 302 Female 200 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 1 Finals

| | | | | |
|---|-------------------|----|--------------|---------|
| 1 | Karen Howells | 53 | Cardiff Mast | 3:17.41 |
| 2 | Nicola Latty | 53 | Holywell | 2:45.00 |
| 3 | Rebecca Newson | 42 | Exe Masters | 2:41.66 |
| 4 | Hannah Swift | 20 | Wrexham | 2:28.42 |
| 5 | Hannah Munday | 33 | Swansea Mast | 2:29.77 |
| 6 | Jessica Partridge | 49 | Stroud Mast | 2:44.71 |
| 7 | Philippa O'Grady | 55 | Exe Masters | 3:00.00 |
| 8 | | | | — |

Event 303 Male/Open 100 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 9 Finals

| | | | | |
|---|-----------------|----|--------------|---------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | Matthew Allen | 29 | Swansea Stin | 1:40.00 |
| 4 | Marc Geary | 51 | Welsh Ind | 1:30.00 |
| 5 | Gavin Newman | 47 | Bridgend SC | 1:37.13 |
| 6 | Paul Partington | 76 | Wincanton | 1:54.80 |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 9 Finals

| | | | | |
|---|-------------------|----|--------------|---------|
| 1 | Dylan Hughes | 22 | Co Newport | 1:28.47 |
| 2 | Zachary Lacey | 24 | Seaclose | 1:25.16 |
| 3 | Michael Battersby | 66 | Cardiff Mast | 1:25.00 |
| 4 | Richard Croydon | 66 | Otter | 1:21.74 |
| 5 | Dylan Williams | 20 | Torfaen D | 1:23.79 |
| 6 | Dorian Williams | 23 | Trowbridge | 1:25.06 |
| 7 | Stuart McGurk | 63 | Kendal | 1:27.11 |
| 8 | William Reed | 31 | Teddington | 1:29.86 |

Heat 3 of 9 Finals

| | | | | |
|---|-------------------|----|--------------|---------|
| 1 | Dale Lewis | 66 | Cardiff Mast | 1:20.67 |
| 2 | Keith Parkin | 70 | Barnet Copt | 1:19.97 |
| 3 | Peter Hulme | 53 | Manch Tri | 1:18.00 |
| 4 | Aurelien Faucheux | 47 | Camden Swiss | 1:16.94 |
| 5 | Chris Burrows | 48 | Welsh Ind | 1:17.68 |
| 6 | James Nageotte | 63 | Camden Swiss | 1:19.17 |
| 7 | Claudio Caprilli | 39 | Pembs Cty | 1:20.00 |
| 8 | Shaun Cairns | 60 | Chippenham | 1:20.69 |

Heat 4 of 9 Finals

| | | | | |
|---|-----------------|----|--------------|---------|
| 1 | Steven Jones | 57 | Cardiff Mast | 1:15.07 |
| 2 | Paul Pycroft | 66 | Cardiff Mast | 1:13.90 |
| 3 | Nicholas Wigley | 40 | Cardiff Mast | 1:12.00 |
| 4 | Barnaby Rudd | 46 | Woking | 1:11.39 |
| 5 | Martin Butler | 51 | C Dolphins | 1:11.69 |
| 6 | Jonathan Refson | 59 | Potters Bar | 1:12.00 |
| 7 | Antony Corben | 62 | S D Trojan | 1:14.00 |
| 8 | John Anderson | 65 | Gloucester M | 1:15.50 |

Heat 5 of 9 Finals

| | | | | |
|---|--------------------|----|--------------|---------|
| 1 | Ian Powell | 65 | Welsh Ind | 1:09.35 |
| 2 | Jonathan Leech | 48 | Co Sheffield | 1:08.06 |
| 3 | Stephen Croall | 52 | Swansea Mast | 1:05.50 |
| 4 | Colin Robbins | 60 | NottmLeander | 1:04.51 |
| 5 | Adam Coomer | 32 | Royal Navy | 1:05.00 |
| 6 | Phillip Schuster | 40 | Loughborough | 1:07.83 |
| 7 | Athanasios Galanis | 33 | Cardiff Mast | 1:08.97 |
| 8 | Mark Partridge | 61 | Stroud Mast | 1:10.85 |

Heat 6 of 9 Finals

| | | | | |
|---|---------------------|----|--------------|---------|
| 1 | Nicholas Hatton | 39 | Welsh Ind | 1:04.10 |
| 2 | Robert Scott | 58 | Potters Bar | 1:02.33 |
| 3 | Ade Belcham | 57 | Mid Sussex | 1:02.22 |
| 4 | Benjamin Jones | 33 | Cardiff Mast | 1:01.89 |
| 5 | Matthew Dickinson | 28 | Swansea Mast | 1:02.16 |
| 6 | Hayden Ford | 19 | Slough Dolp | 1:02.31 |
| 7 | Luke Wilson-Kilgour | 40 | Lydney | 1:02.48 |
| 8 | Grant Lewis | 47 | Llanelli | 1:04.21 |

Heat 7 of 9 Finals

| | | | | |
|---|-----------------|----|--------------|---------|
| 1 | Timothy Gleeson | 50 | Co Sheffield | 1:01.00 |
| 2 | Jamie McHale | 52 | Co Sheffield | 1:00.90 |
| 3 | Ian Wilkes | 57 | Loughborough | 1:00.50 |
| 4 | James Fackrell | 39 | TauntonDeane | 1:00.00 |
| 5 | Mark Williams | 35 | Swansea Mast | 1:00.20 |
| 6 | Benjamin Refson | 21 | Potters Bar | 1:00.77 |
| 7 | Peter Brystow | 34 | Team Anglia | 1:01.00 |
| 8 | Thomas Bayley | 25 | Bristol Nor | 1:01.47 |

Heat 8 of 9 Finals

| | | | | |
|---|------------------|----|--------------|-------|
| 1 | Finlay Hastings | 24 | Royal Navy | 59.54 |
| 2 | Marcus Smallbone | 52 | Newquay | 59.33 |
| 3 | Michael Hodgson | 57 | Woking | 58.90 |
| 4 | Daniel Clements | 44 | Cardiff Mast | 57.20 |
| 5 | Ollie Cleal | 22 | Cardiff Mast | 57.25 |
| 6 | Matthew Honeyman | 24 | Potters Bar | 59.20 |
| 7 | Andrew Squires | 52 | Team Anglia | 59.47 |
| 8 | Aiden Dunne | 38 | Camden Swiss | 59.89 |

Heat 9 of 9 Finals

| | | | | |
|---|-------------------|----|--------------|-------|
| 1 | Geraint Meek | 30 | Cardiff Mast | 56.87 |
| 2 | Ryan Coulthard | 21 | Co Manch Aq | 55.94 |
| 3 | Patryk Poniatoski | 34 | Cardiff Mast | 53.20 |
| 4 | Bradley Price | 32 | G B Police | 50.71 |
| 5 | Taylor Lovelock | 24 | Hillingdon | 52.84 |
| 6 | Mark Tuddenham | 27 | Woking | 53.52 |
| 7 | Fraser Peh | 34 | Otter | 56.87 |
| 8 | Lloyd Jones | 21 | Merthyr Tydf | 57.10 |

Swim Wales Open Masters 2024 - 02/03/2024 to 03/03/2024

Wales National Pool, Swansea

Meet Program - Session 3 - Warm Up 2.30 - 3.20

Event 304 Female 100 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 9 Finals

| | | | | |
|---|------------------|----|--------------|---------|
| 1 | Ciara McKenna | 23 | Berkhamsted | 2:02.73 |
| 2 | Alison Varley | 72 | Cardiff Mast | 1:55.00 |
| 3 | Rebecca Turner | 26 | Gloucester | 1:52.57 |
| 4 | Debbie Croydon | 64 | Cally Mast | 1:43.13 |
| 5 | Debra Wilson | 62 | Welsh Ind | 1:50.00 |
| 6 | Delia Keen | 63 | Carm Masters | 1:53.45 |
| 7 | Marianne Davey | 71 | Crawley | 2:00.00 |
| 8 | Marilyn Dinsdale | 78 | Heads Valley | 2:20.00 |

Heat 2 of 9 Finals

| | | | | |
|---|----------------|----|--------------|---------|
| 1 | Claudine Day | 53 | Redhill & R | 1:31.65 |
| 2 | Charlotte Lane | 33 | Redhill & R | 1:30.00 |
| 3 | Chloe Thomas | 26 | Bridgend Cty | 1:29.64 |
| 4 | Kerry Friend | 55 | Exe Masters | 1:26.42 |
| 5 | Wendy Mellett | 61 | Wrexham | 1:26.75 |
| 6 | Emma Eldridge | 34 | Bristol Nor | 1:30.00 |
| 7 | Gillian Morfey | 42 | Caldicot | 1:31.56 |
| 8 | Holly Sullivan | 21 | Swindon | 1:34.57 |

Heat 3 of 9 Finals

| | | | | |
|---|---------------------|----|--------------|---------|
| 1 | Caitlin Hatfield | 20 | Winchester | 1:26.25 |
| 2 | Veronica Banks | 48 | Carm Masters | 1:25.00 |
| 3 | Rhian Evans | 51 | Welsh Ind | 1:23.33 |
| 4 | Sarah Jones | 50 | S D Trojan | 1:20.31 |
| 5 | Helen Marie Packman | 51 | Bridgend SC | 1:21.00 |
| 6 | Ellen Stephenson | 20 | RichmondDale | 1:24.46 |
| 7 | Kathy Wellam | 45 | Manch Tri | 1:26.00 |
| 8 | Julia Buchanan | 67 | Caldicot | 1:26.31 |

Heat 4 of 9 Finals

| | | | | |
|---|------------------|----|--------------|---------|
| 1 | Sarah McDonald | 51 | Camden Swiss | 1:19.80 |
| 2 | Alice Eaton | 32 | Ots Bristol | 1:18.41 |
| 3 | Victoria Codling | 48 | Caldicot | 1:16.50 |
| 4 | Adele Parham | 57 | Exe Masters | 1:15.88 |
| 5 | Diane Ridings | 60 | Spencer | 1:16.00 |
| 6 | Kim Adair | 60 | Swansea Mast | 1:16.91 |
| 7 | Helen Harris | 58 | Larkfield | 1:18.95 |
| 8 | Lucy Clack | 20 | Carm Masters | 1:20.00 |

Heat 5 of 9 Finals

| | | | | |
|---|--------------------|----|---------------|---------|
| 1 | Heidi Gore | 62 | Reading | 1:13.48 |
| 2 | Kim Collins | 58 | Wrexham | 1:12.28 |
| 3 | Victoria Leedham | 29 | Dove Valley | 1:11.34 |
| 4 | Charlotte Kemp | 19 | Hillingdon | 1:10.04 |
| 5 | Carrie Power | 36 | Swansea Uni | 1:10.49 |
| 6 | Jeanne Petit | 54 | Psv Eindhoven | 1:11.40 |
| 7 | Lindsay Kelly Onay | 57 | Wantage | 1:13.28 |
| 8 | Vikki Courtman | 30 | Chirk | 1:13.79 |

Heat 6 of 9 Finals

| | | | | |
|---|----------------------|----|--------------|---------|
| 1 | Laura Chapman | 31 | Hillingdon | 1:09.63 |
| 2 | Arwen Teagle | 23 | Merthyr Tydf | 1:07.05 |
| 3 | Amelia Edmonds | 25 | Cardiff Mast | 1:07.00 |
| 4 | Ellen Jewell | 19 | S D Trojan | 1:06.41 |
| 5 | Alice Dinsdale-Young | 36 | Otter | 1:06.50 |
| 6 | April Allen | 26 | Pembs Cty | 1:07.00 |
| 7 | Rhian Jones | 24 | Cardiff Mast | 1:07.59 |
| 8 | Sorcha Kennedy | 48 | Cardiff Mast | 1:10.00 |

Heat 7 of 9 Finals

| | | | | |
|---|------------------|----|--------------|---------|
| 1 | Katie Cranwell | 32 | Ruthin | 1:06.29 |
| 2 | Hannah Angell | 34 | Woking | 1:05.77 |
| 3 | Rhianna Phillips | 19 | Nofio S Gar | 1:05.65 |
| 4 | Sian Dallimore | 38 | Carm Masters | 1:05.09 |
| 5 | Jennie Clarke | 39 | Woking | 1:05.36 |
| 6 | Kelli Jannaway | 43 | Wantage | 1:05.76 |
| 7 | Lucy Harding | 23 | Haverfordwes | 1:06.00 |
| 8 | Katie Pateman | 42 | Exe Masters | 1:06.37 |

Heat 8 of 9 Finals

| | | | | |
|---|-----------------|----|--------------|---------|
| 1 | Nia Westlake | 31 | Gloucester M | 1:04.40 |
| 2 | Rebecca Harnden | 26 | Bristol Nor | 1:04.00 |
| 3 | Nadine James | 26 | Cardiff Mast | 1:03.79 |
| 4 | Hannah Munday | 33 | Swansea Mast | 1:03.59 |
| 5 | Hannah Swift | 20 | Wrexham | 1:03.62 |
| 6 | Amelia Tucker | 21 | Swansea Mast | 1:03.80 |
| 7 | Brody Matthews | 26 | Abertillery | 1:04.36 |
| 8 | Megan Pardoe | 35 | Bristol Nor | 1:04.88 |

Heat 9 of 9 Finals

| | | | | |
|---|-----------------|----|--------------|---------|
| 1 | Ruby Verge | 24 | Cardiff Mast | 1:03.00 |
| 2 | Hannah Palfrey | 31 | Cardiff Mast | 1:02.08 |
| 3 | Emily Ezard | 22 | Bridgend SC | 1:00.61 |
| 4 | Georgina Pryor | 26 | Derby Excel | 55.23 |
| 5 | Anya Preece | 21 | Derby Excel | 58.05 |
| 6 | Michelle Ware | 51 | Woking | 1:01.50 |
| 7 | Laura Hibberd | 34 | Hillingdon | 1:02.96 |
| 8 | Faith Goodliffe | 24 | C Dolphins | 1:03.18 |

Event 305 Male/Open 50 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 5 Finals

| | | | | |
|---|-----------------|----|--------------|-------|
| 1 | Dale Lewis | 66 | Cardiff Mast | 55.00 |
| 2 | Paul Partington | 76 | Wincanton | 52.14 |
| 3 | Dorian Williams | 23 | Trowbridge | 51.35 |
| 4 | James Nageotte | 63 | Camden Swiss | 47.00 |
| 5 | Stuart McGurk | 63 | Kendal | 49.66 |
| 6 | Adam West | 55 | Ledbury | 51.64 |
| 7 | Matthew Allen | 29 | Swansea Stin | 55.00 |
| 8 | | | | |

Heat 2 of 5 Finals

| | | | | |
|---|------------------|----|--------------|-------|
| 1 | Steven Jones | 57 | Cardiff Mast | 45.17 |
| 2 | Dylan Williams | 20 | Torfaen D | 44.60 |
| 3 | Keith Parkin | 70 | Barnet Copt | 42.96 |
| 4 | David Lowe | 68 | Cardiff Mast | 41.75 |
| 5 | Zachary Lacey | 24 | Seaclose | 42.75 |
| 6 | Phillip Trelford | 53 | Co Ely | 43.80 |
| 7 | Dominic Fawcett | 55 | Cardiff Mast | 45.00 |
| 8 | Shaun Cairns | 60 | Chippenham | 46.76 |

Heat 3 of 5 Finals

| | | | | |
|---|---------------------|----|--------------|-------|
| 1 | Richard Healey | 26 | Wrexham | 38.00 |
| 2 | Colin Robbins | 60 | NottmLeander | 35.88 |
| 3 | Nathan Goodridge | 25 | Dove Valley | 34.45 |
| 4 | Robert Guy | 66 | Gloucester M | 34.01 |
| 5 | Apostolos Fournaris | 46 | Hadleigh | 34.25 |
| 6 | Rupert Hough | 51 | Dove Valley | 35.82 |
| 7 | Peter Gilpin | 66 | Exmouth | 37.80 |
| 8 | Antony Corben | 62 | S D Trojan | 40.00 |

Swim Wales Open Masters 2024 - 02/03/2024 to 03/03/2024

Wales National Pool, Swansea

Meet Program - Session 3 - Warm Up 2.30 - 3.20

Heat 4 Finals (#305 Male/Open 50 LC Meter Backstroke)

| | | | | | |
|---|----------------|----|--------------|-------|-----|
| 1 | Ian Wilkes | 57 | Loughborough | 33.10 | ___ |
| 2 | Lloyd Jones | 21 | Merthyr Tydf | 31.59 | ___ |
| 3 | Ben Winter | 55 | Totnes | 31.52 | ___ |
| 4 | Patrick Gore | 56 | Reading | 31.03 | ___ |
| 5 | Simon Wintle | 57 | Gloucester M | 31.12 | ___ |
| 6 | Aiden Dunne | 38 | Camden Swiss | 31.57 | ___ |
| 7 | Andrew Squires | 52 | Team Anglia | 32.37 | ___ |
| 8 | Tomasz Rybak | 44 | Wantage | 33.73 | ___ |

Heat 5 of 5 Finals

| | | | | | |
|---|--------------------|----|--------------|-------|-----|
| 1 | Marcus Smallbone | 52 | Newquay | 30.21 | ___ |
| 2 | Scott Mitchell | 27 | Glenrothes | 28.90 | ___ |
| 3 | Mark Tuddenham | 27 | Woking | 28.75 | ___ |
| 4 | Oliver Lines | 26 | Cardiff Mast | 27.25 | ___ |
| 5 | Mathew Raffill | 24 | Welsh Ind | 27.79 | ___ |
| 6 | Patryk Poniatowski | 34 | Cardiff Mast | 28.80 | ___ |
| 7 | Owen Price Davies | 18 | Heads Valley | 29.86 | ___ |
| 8 | Oliver Newcombe | 42 | Cardiff Mast | 30.78 | ___ |

Event 306 Female 50 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 6 Finals

| | | | | | |
|---|----------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Rebecca Turner | 26 | Gloucester | 1:05.86 | ___ |
| 4 | Marianne Davey | 71 | Crawley | 1:00.00 | ___ |
| 5 | Ciara McKenna | 23 | Berkhamsted | 1:05.46 | ___ |
| 6 | Debra Wilson | 62 | Welsh Ind | 1:11.00 | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 6 Finals

| | | | | | |
|---|-----------------|----|--------------|---------|-----|
| 1 | Alison Varley | 72 | Cardiff Mast | 58.54 | ___ |
| 2 | Claudine Day | 53 | Redhill & R | 51.35 | ___ |
| 3 | Elizabeth Allen | 20 | Oswestry Ott | 49.82 | ___ |
| 4 | Sarah Jones | 50 | SD Trojan | 47.94 | ___ |
| 5 | Gerri Kinsella | 64 | Carm Masters | 49.10 | ___ |
| 6 | Elaine Blower | 79 | Barnet Copt | 49.83 | ___ |
| 7 | Charlotte Lane | 33 | Redhill & R | 53.00 | ___ |
| 8 | Debbie Croydon | 64 | Cally Mast | 1:00.00 | ___ |

Heat 3 of 6 Finals

| | | | | | |
|---|------------------|----|--------------|-------|-----|
| 1 | Emma Eldridge | 34 | Bristol Nor | 45.00 | ___ |
| 2 | Kim Adair | 60 | Swansea Mast | 43.00 | ___ |
| 3 | Victoria Leedham | 29 | Dove Valley | 40.33 | ___ |
| 4 | Joy Hopkins | 49 | Poole | 39.62 | ___ |
| 5 | Rhiannon Vaisey | 26 | Abertillery | 40.21 | ___ |
| 6 | Micaela Morris | 63 | Gloucester M | 40.71 | ___ |
| 7 | Ellen Stephemson | 20 | RichmondDale | 43.84 | ___ |
| 8 | Caitlin Hatfield | 20 | Winchester | 47.08 | ___ |

Heat 4 of 6 Finals

| | | | | | |
|---|-----------------------|----|--------------|-------|-----|
| 1 | Lucy Clack | 20 | Carm Masters | 38.00 | ___ |
| 2 | Vikki Courtman | 30 | Chirk | 37.82 | ___ |
| 3 | Carys Clark | 24 | Hillingdon | 37.38 | ___ |
| 4 | Laura Chapman | 31 | Hillingdon | 36.99 | ___ |
| 5 | Rachel Wood | 47 | Bristol Nor | 37.00 | ___ |
| 6 | Rhianna Phillips | 19 | Nofio S Gar | 37.77 | ___ |
| 7 | Arwen Teagle | 23 | Merthyr Tydf | 37.99 | ___ |
| 8 | Helen Kula-Przewanski | 65 | Devonport | 39.19 | ___ |

Heat 5 of 6 Finals

| | | | | | |
|---|----------------|----|--------------|-------|-----|
| 1 | Cerys Vaisey | 21 | Abertillery | 36.32 | ___ |
| 2 | Katie Cranwell | 32 | Ruthin | 34.88 | ___ |
| 3 | Laura Hibberd | 34 | Hillingdon | 34.14 | ___ |
| 4 | Ellen Jewell | 19 | SD Trojan | 33.69 | ___ |
| 5 | Vicki Payne | 35 | Gloucester M | 34.01 | ___ |
| 6 | Nia Westlake | 31 | Gloucester M | 34.25 | ___ |
| 7 | Kelli Jannaway | 43 | Wantage | 36.25 | ___ |
| 8 | Bethan Bell | 51 | Gloucester M | 36.50 | ___ |

Heat 6 of 6 Finals

| | | | | | |
|---|-----------------|----|--------------|-------|-----|
| 1 | Cari Jones | 19 | Wrexham | 33.21 | ___ |
| 2 | Lucy Harding | 23 | Haverfordwes | 33.10 | ___ |
| 3 | Ruby Verge | 24 | Cardiff Mast | 31.98 | ___ |
| 4 | Michelle Ware | 51 | Woking | 31.43 | ___ |
| 5 | Faith Goodliffe | 24 | C Dolphins | 31.95 | ___ |
| 6 | Emily Ezard | 22 | Bridgend SC | 32.85 | ___ |
| 7 | Jo Corben | 54 | SD Trojan | 33.20 | ___ |
| 8 | Megan McDonagh | 31 | Otter | 33.58 | ___ |

Event 307 Mixed 1500 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 4 Finals

| | | | | | |
|---|----------------|-----|--------------|----------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Lorraine Crook | W70 | Caldicot | 37:40.17 | ___ |
| 4 | Marina Nakano | W51 | Camden Swiss | 28:41.27 | ___ |
| 5 | Delia Keen | W63 | Carm Masters | 31:49.59 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 4 Finals

| | | | | | |
|---|-------------------|-----|--------------|----------|-----|
| 1 | Aurelien Fauchoux | M47 | Camden Swiss | 25:45.71 | ___ |
| 2 | Kathy Wellam | W45 | Manch Tri | 25:00.00 | ___ |
| 3 | Helen Andrews | W58 | SD Trojan | 24:38.97 | ___ |
| 4 | Bryony Wilkes | W54 | Loughborough | 23:40.37 | ___ |
| 5 | Nick Minns | M71 | East Anglian | 23:57.81 | ___ |
| 6 | Catherine Hartle | W66 | Co Sheffield | 24:46.78 | ___ |
| 7 | Michael Battersby | M66 | Cardiff Mast | 25:30.00 | ___ |
| 8 | Kerry Friend | W55 | Exe Masters | 27:12.25 | ___ |

Heat 3 of 4 Finals

| | | | | | |
|---|---------------|-----|--------------|----------|-----|
| 1 | Elaine Seager | W61 | Loughborough | 23:30.53 | ___ |
| 2 | Maida Shivik | W50 | Camden Swiss | 23:00.00 | ___ |
| 3 | Peter Hulme | M53 | Manch Tri | 22:30.00 | ___ |
| 4 | Rachel Wood | W47 | Bristol Nor | 22:05.00 | ___ |
| 5 | Karen Howells | W53 | Cardiff Mast | 22:18.38 | ___ |
| 6 | Robert Scott | M58 | Potters Bar | 22:30.31 | ___ |
| 7 | Zorika Adams | W54 | Camden Swiss | 23:15.60 | ___ |
| 8 | Barnaby Rudd | M46 | Woking | 23:32.82 | ___ |

Heat 4 of 4 Finals

| | | | | | |
|---|-------------------|-----|--------------|----------|-----|
| 1 | Andrew O'Leary | M34 | Cardiff Mast | 20:46.83 | ___ |
| 2 | Nicola Latty | W53 | Holywell | 19:55.00 | ___ |
| 3 | Andrew Martin | M49 | Cardiff Mast | 19:35.09 | ___ |
| 4 | Simon Scully | M25 | Woking | 18:59.60 | ___ |
| 5 | Hannah Angell | W34 | Woking | 19:25.99 | ___ |
| 6 | William Munday | M28 | Swansea Mast | 19:41.44 | ___ |
| 7 | Mark Jones | M64 | Warrington M | 20:30.00 | ___ |
| 8 | Daniella Harrison | W52 | Potters Bar | 22:00.00 | ___ |