

ALL COMPETITORS MUST BE AT POOLSIDE 15 MINUTES BEFORE THEIR START TIME

No.	First Name	Last Name	Age	Est 400M	Wave	Lane No.	Start Time
1	Tracy	Roberts	50-59	00:20:00	1	1	09:30
2	Gareth	Jones	50-59	00:20:00	1	1	09:30
3	Paul	Keates	60 & Over	00:16:30	1	2	09:30
4	Claire	Doughty	40-49	00:16:00	1	2	09:30
5	Lee	Griffith	40-49	00:16:00	1	3	09:30
6	Alex	Alexandrou	30-39	00:15:00	1	3	09:30
7	Peter	Norman	70 & Over	00:15:00	1	4	09:30
8	Billy	Copp	40-49	00:15:00	1	4	09:30
9	Jamie	Edwards	30-39	00:15:00	1	5	09:30
10	Stephen	Dallas	40-49	00:13:00	1	5	09:30
11	Sam	Harris	40-49	00:15:00	1	6	09:30
12	Mike	Kirkham	50-59	00:14:00	1	6	09:30

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No.	First Name	Last Name	Age	Est 400M	Wave	Lane No.	Start Time
14	Marcus	Hodges	50-59	00:14:00	2	1	09:50
15	Emma	Hughes-Marshall	40-49	00:13:30	2	1	09:50
16	Maisie	Crofts	20-29	00:13:30	2	2	09:50
17	Eurig	Evans	60 & Over	00:12:30	2	2	09:50
18	Torie	Rooney	30-39	00:12:00	2	3	09:50
19	Chris	Briscoe	40-49	00:12:00	2	3	09:50
20	Daniel	Davies	30-39	00:12:00	2	4	09:50
21	Sue	Wallis	50-59	00:11:00	2	4	09:50
22	Neil	Cheetham	50-59	00:11:00	2	5	09:50
23	Shane	Carey	40-49	00:11:00	2	5	09:50
24	Elisabeth	MacPherson	30-39	00:10:30	2	6	09:50
25	Neil	Jones	50-59	00:10:30	2	6	09:50

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No.	First Name	Last Name	Age	Est 400M	Wave	Lane No.	Start Time
26	Stephen	Roberts	50-59	00:10:30	3	1	10:05
27	Leigh	Mckendry	40-49	00:10:00	3	1	10:05
28	Trevor	Brand	60 & Over	00:10:00	3	2	10:05
29	June	Gladman	40-49	00:10:00	3	2	10:05
30	Carola	Robinson	40-49	00:09:30	3	3	10:05
31	Sarah	Massey	40-49	00:10:00	3	3	10:05
31	Dinah	Hazeldine	50-59	00:10:00	3	4	10:05
33	Scott	Bringloe	50-59	00:10:00	3	4	10:05
34	Kate	Levens	30-39	00:10:00	3	5	10:05
35	Emma	Young	30-39	00:10:00	3	5	10:05
36	Jo Jo	McKendry	40-49	00:10:00	3	6	10:05
37	Adam	Harper	30-39	00:06:15	3	6	10:05

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No.	First Name	Last Name	Age	Est 400M	Wave	Lane No.	Start Time
38	Stephanie	Conway	30-39	00:09:00	4	1	10:20
39	Daniel	Harper	30-39	00:09:00	4	1	10:20
40	Norman	Seddon	70 & Over	00:08:30	4	2	10:20
41	Stephen	Cookson	40-49	00:08:30	4	2	10:20
42	Josh	Marrs	20-29	00:08:30	4	3	10:20
43	Rebecca	Roberts	30-39	00:08:30	4	3	10:20
44	Martin	Lambert	40-49	00:08:30	4	4	10:20
45	Patrick	White	Junior	00:08:30	4	4	10:20
46	Elin	Evans	30-39	00:08:10	4	5	10:20
47	Kirsty	Johnson	30-39	00:08:00	4	5	10:20
48	Susanne	Brierley	40-49	00:08:00	4	6	10:20
49	Kay	Roberts	40-49	00:09:00	4	6	10:20

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No.	First Name	Last Name	Age	Est 400M	Wave	Lane No.	Start Time
50	Ceri	Cook	50-59	00:08:00	5	1	10:30
51	Karl	Williams	40-49	00:08:00	5	1	10:30
52	Naomi	Leese	30-39	00:08:00	5	2	10:30
53	Catrin	Williams	20-29	00:08:00	5	2	10:30
54	John	Richards	40-49	00:08:00	5	3	10:30
55	Lee	Pritchard	40-49	00:08:00	5	3	10:30
56	Matthew	Gleave	40-49	00:07:45	5	4	10:30
57	Carolyn	Stamper-Clark	40-49	00:07:45	5	4	10:30
58	Leigh	Jones	20-29	00:07:40	5	5	10:30
59	Ian	Jones	30-39	00:08:00	5	5	10:30
60	Gwennan	Henstock	40-49	00:07:30	5	6	10:30
61	Rhian	Pierce	30-39	00:07:30	5	6	10:30

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No.	First Name	Last Name	Age	Est 400M	Wave	Lane No.	Start Time
62	Nick	Burton	40-49	00:07:30	6	1	10:40
63	Simon	Lewis	50-59	00:07:30	6	1	10:40
64	Jen	Milsom	40-49	00:07:20	6	2	10:40
65	Malcolm	Harrison	60 & Over	00:07:15	6	2	10:40
66	Mark	Jones	40-49	00:07:30	5	3	10:40
67	Ben	Scares	Youth	00:07:00	6	3	10:40
68	Kathryn	Schofield	Junior	00:06:05	6	4	10:40
69	Sarah	Griffith	30-39	00:06:00	6	4	10:40
70	Kai	Walsh	Youth	00:05:33	6	5	10:40
71	Thomas	Roberts	Youth	00:05:15	6	5	10:40
72	Isobella	Burton	Junior	00:04:45	6	6	10:40
73	Amy	West	Youth	00:04:40	6	6	10:40

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No.	First Name	Last Name	Age	Est 400M	Wave	Lane No.	Start Time
74	Phillip	Derry	40-49	00:07:00	7	1	10:50
75	Mark	Jones	30-39	00:07:20	7	1	10:50
76	Jake	Jamieson	30-39	00:07:00	7	2	10:50
77	Llewelyn	Edwards	20-29	00:07:00	7	2	10:50
78	Sophie	Shallcross	20-29	00:06:50	7	3	10:50
79	Aiden	Heap	20-29	00:06:30	7	3	10:50
80	Kirsty	Leathard	30-39	00:06:30	7	4	10:50
81	Jonathan	Phillips	30-39	00:06:30	7	4	10:50
82	Tim	Burnett	50-59	00:06:00	7	5	10:50
83	Andrew	Old	40-49	00:05:50	7	5	10:50
84	Ryan	Morrison	40-49	00:05:45	7	6	10:50
85	Calv	Hobday	50-59	00:05:45	7	6	10:50