## **Warrington Dolphins Long Distance Swimming Club**



www.warrington-dolphins.co.uk

## **Annual Report 2011**

Another year passes with the blink of an eye. We started the season with Jim Nurse taking over as President, for a second stint. We have had a successful and enjoyable season. I'd like to start by thanking Chris Carter for organising yet another Channel Relay Team, and a successful crossing.

The mileage swum outdoors this year has again been high at 643miles. There has been stiff competition by swimmers at the top of the mileage chart. However, Jo Norton-Barker and Caroline Lewis were in a league of their own. The pair were in strict training for their Windermere 2-way swim in July. Despite their dominance Tony Fillingham did whatever he could to minimise the gap, finding swims all over the country just to get a few more miles on the chart. Jo Norton-Barker completed 133 miles in the season. This included a 24 mile, 24 hour swim for 'help the hero's' which was in a pool. Even taking this off her total was still a very impressive 109 miles. The **Dolphin of the Year** is awarded to Tony Fillingham, for an outstanding season in his second year with the Dolphins and outdoor swimming. Tony not only took part in swims all over the country, including a channel relay but also ran a couple of marathon to fill in his spare time!

The Channel Relay week came and the team went down to Dover to start at 1:00am on the morning of the 20<sup>th</sup> July. All the team were ready with the exception of Dave Mather whose daughter's graduation fell that day. The only day he couldn't make. He was mighty unhappy. So Chris stepped in and completed yet another crossing. Dave Mather tells the story, that Dave Jones told him he had entered him into the relay team. Dave Mather said 'I'd never swum outside before and had no idea what I had been volunteered for. This was reinforced when I turned up to swim in Budworth one cold evening in May and thought I was going to die'. The team swam well and Dave Jones 'milked' the finish in front of a large crowd of cheering French, giving them the impression he had just finished a solo!!

Team Manager – Chris Carter
Steve Connor
Dave Mather
Adrian Moylan

13 hours 44 minutes
Joanne Carter
Tony Fillingham
Chris Carter

Mark Blewitt was also part of a team that crossed the Channel. He had a successful crossing with his Type 1 Diabetic Team. Well done Mark.

At the Coniston Relay we had three teams entered with a number of swimmers taking part in their first BLDSA swim. The weather on the day was again changeable.

There were a number of notable swims completed this season. Eve Fellows won the St Mary's Loch 3 mile senior ladies race and retained her Derwentwater championship and despite being ill the week before Windermere she finished 4<sup>th</sup> Eve also had trials for 'The Swim' team (Rolland Keatings charity relay swim across the Irish sea). She was reserve, despite being under the stated age of 18. Andy Wright won St Mary's Loch senior gents 3 mile race. Jo and Caroline as mentioned above completed the 2-way Windermere swim. However, Jo was quite remarkable completing all the swims in the BLDSA calendar and many affiliated clubs swims as well, an amazing achievement. Stuart Ainsworth swam Derwentwater senior gents 2 miles race and won. How the 'worm turns' all those years ago when Stuart used to crew for son lan and this year lan was crewing for Stuart. Alice McCall during her summer holidays joined our ranks and swam the SASA swim in Loch Tay winning the 5km race.

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A number of the Dolphins and friend helped out at events across the country. Christian Wade and Pete Fellows provided canoe support at the 12-way Windermere relay. Mike Blackburn and Martyn Coates canoed for many swimmers at many events. As we had swimmers in the Windermere 2-way and 1-way event we also had members crewing for our swimmers

The Dee Mile again proved to be a popular swim with Eve Fellows taking the crown from Michaela Richard for the Ladies All-Comers champion.

### Club Championships - Budworth and Albert Dock

The **Budworth Championships** were again successfully run by Michaela & Larry Richard whom I thank on behalf of all Dolphins. The championship report and results follow.

The **Albert Dock Championships** were successfully run by Dave Bowker whom I thank on behalf of all Dolphins. The championship report and results follow.

#### Club Events - Budworth Handicap, Marbury Handicap and Pool Events

For the first time the **Boxing Day Dip** was cancelled as there was 3" of ice on the water. Some ice can be dealt with 3" would have been a challenge.

**Budworth Handicap** – The water temperature was brisk for this year's handicap. However, as outdoor training had started in late April the temperature wasn't an issue for most. The length of the swim was closer to the true distance of a mile this year, so the 6 laps resulted in a swim of 1.25 miles. We had 22 swimmers in the water with water temperature on the brisk side at 13°C. The winner of the swim was *Judy Brown* who submitted the fastest handicap time and was first home as well. The coffee and bacon butties available at the sailing club house were welcomed by all.

**Bob Keating & Dick Dickinson Handicaps** were held at Broomfields at the end of April. This year Paul Mainwaring won the junior's Dick Dickinson Handicap by a clear margin. In the Bob Keating handicap we had 6 seniors taking part, which was a surprise since there was so much snow on the ground. **Rob Waters** was the winner

The **Marbury Handicap** followed the same successful format as it has done for several years. 15 swimmers took part this year with the Presentation being was held over a buffet at the Antrobus Arms. Over the last few years predicted times of the winners have been extremely close to their actual time. This year's winner was **Michaela Richard** 

We had another successful **Postal Swim** claiming many gold medals. Once again our thanks are owed to Julie Mainwaring for organising the Dolphins swims and Alan Pomfret who organised it nationally.

At the **Cheshire Masters** the club finished as runners up. There were a number of notable swims with **Russ Mason** setting a county record in the 100 IM.

**Summer Training at Budworth:** We again organised summer training at Budworth on Tuesday Evenings. This season our first season was at the end of April and we swam on into mid September, a total of 21 weeks. The sessions were all well attended, 37 members got in over the summer. This year we held a handicap race to finish the session off with a presentation taking place at the 'Antrobus Arms' This year's winner was *Kay Gorzko*, who was first home and had the best predicted time. Thanks are due to Michaela, Larry, Christian, Sarah and Sandra, plus all those who helped each week.

We have again been blessed by excellent support from members and friends it makes the club a friendly and well run club. Can I thank all of you?

\*Budworth Championships 26/05/12 or 02/06/12 TBC Albert Dock Championships 04/08/11

Please note that the Budworth Championship will open on the 12<sup>th</sup> February 2012 and entry will be via **EntryCentral ONLY** (**No Paper Entries**).

Andy Wright

# 17<sup>th</sup> ANNUAL BUDWORTH MERE CHAMPIONSHIPS REPORT SATURDAY 28th MAY 2011

This year's event was on a dry day, a bit on the dull side and a bit on the windy side. Water temperature was 13 Deg.C. Air temperature a bit on the cool side as well. However, as is always the case this did not dampen the spirits of our hearty swimmers.

The course was set out on the Friday before, with Andy Wright at the wheel of the BLDSA Swimsafe boat and Larry, Dominic and myself, hanging on as usual.

The day began early, very early, with swimmers registration from 8.30am and the issuing of numbers, and the all important butty voucher. Some swimmers, so keen to see the wonderful setting that we have at Budworth were there before 8am. The briefing started with introductions from Mr Andrew Wright, Mrs Beverley Thomas (BLDSA President), Mr Jim Nurse (WDLDSC President) and a safety briefing was given to all kayakers by Mr Peter Dickinson (Safety Co-Ordinator).

We had 91 entries this year, with 69 actually entering the water (11 triathletes, 8 1 milers, 6 juniors, 44 seniors. The 1 and 2 milers started first at approx..9.40am and then the 3 milers 10 minutes later. They started in an imaginary line with the jetty and a buoy. The new finishing area was a great success, finishing within the jetty area.

We had safety cover from 2 Budworth boats with Gerry Kelleher and Tony Sharman helping, 1 BLDSA Swimsafe with Chris Hickling and our very own Jim Nurse (Referee), kayakers from Macclesfield Canoe Club, Peter Dickinson, Mick Blackburn, Martyn Coates, Peter Fellows, Steve O'Brien and his daughter and Mr Wade (Christian's dad).

For some swimmers it was their first time outdoors.

Lucy Grainge from Swim Trafford came home first in 59.26 mins. to take the Senior Ladies 3-mile Trophy, her first open water swim. Judy Brown from the Dolphins came second in 1.06.49, storming home in her first 3 mile swim, she was also 1st Veteran and 1st Dolphin. Third place was Victoria Hayles in a time of 1.11.28, who didn't realise she had done so well until after the event. Congratulations to Helen Sydenham from Pennine who came first in the 3 mile Breaststroke, determined to finish the swim. Senior Gents winner this year was Chris Malpass from the City Of Chester ASC in a time of 1.02.50, second place was the first of the Pennine Swimmers Mark Preston in 1.07.00, followed closely behind in third by fellow club member Peter May in 1.08.17. Keith Bosson was the 1st Veteran Gent, who was fourth overall in 1.13.48. First 3 mile Breaststroke winner was Robert Seton from Barrow LDSC in 1.34.49. Warrington Dolphins won the Senior Winning Team trophies, they were Judy Brown, Christian Wade and June Morris.

The Junior 2-mile events were won by Chloe Waddell from Swim Trafford in 39.00 mins. her first openwater swim and Thomas Hamer in 40.07 mins. Both had excellent races. The Tri 1-mile was won by Richard Padgett, his first swim at Budworth.

The 1-mile events were won by Katie Pierce of Rykneld SC and David G Cartwright RMSC. Well done to fellow dolphins Kay Gorzko and Chris Carter who came 2nd and to Eileen Sharman who came third

Congratulations to all swimmers

The presentations were held in the warm clubhouse.

Finally, the Merit of The Mere shield was awarded to Mick Blackburn and Martyn Coates, for their continuing contribution and safety support they give to the Warrington Dolphins LDSC, especially the Budworth Championships but also various events around the country. I would like to say a huge thank you for their support.

I would also like to express my sincere thanks to all at Budworth Mere Sailing Club, Mr Steve Hubbard (Safety cover) and Mrs Alison Hubbard (lady in the galley), for their support and help at the event and also the other events we have there throughout the year. My adviser and course co-ordinator Andy Wright, Peter Dickinson Safety, Referee Mr Jim Nurse, my starter, timekeepers and spotters Andy Wright, Alan Pomfret, Chris Byrne, Russ Mason, and to Sandra Wright at Registration. All the kayakers from Macclesfield and friends of the Dolphins.

I hope everybody had an enjoyable day and see you all next year.

Michaela Richard Swim Secretary

# 26<sup>th</sup> ANNUAL ALBERT DOCK CHAMPIONSHIPS REPORT SATURDAY 6th AUGUST 2011

The conditions for competitors in this year's Albert Dock Championships were ideal as it was a warm, slightly cloudy day with little wind. The forty nine swimmers started promptly at nine o'clock racing across Salthouse dock to the first bridge. The junior swimmers quickly established a lead in the two mile race, with Heather Lawson and Chloe Waddell battling in out at the front in a "neck and neck" race. They both turned for the first mile in the fast time of 19:06. Seeing the close race for the lead the spectators watching around Salthouse dock cheered them and started predicting who was going to win. Coming in to the finish they were swimming together with Heather just managed to finish ahead of Chloe. The next swimmer to finish was Warrington Dolphin Thomas Roberts to win the juniors gents in an impressive time of 39:11. The first six swimmers to finish were all junior swimmers.

The two mile senior ladies event was also a close finish with Rebecca Cox finishing three seconds ahead of Sarah Roberts in 41:34. The senior gents' event was won by Chris O'Keefe in 46:11 with Dolphin Steve Connor finishing second.

In the four mile event Rebecca Lewis dominated the ladies race finishing well ahead of the field. The gent's race was won by Clement Jones shortly followed by Graham Padgett who was also the first Dolphin and first veteran to finish, frustrating the efforts of Christian to beat him for yet another year. Other notable swims by Dolphin members included Jo Norton-Barker who swam a PB of 1hr 44mins and Julie Trevor who swam for the four mile event for the first time. Also notable was Joe Coy's butterfly swim in the four mile event.

It was pleasing that all swimmers finished and most swimmers joined us for the now traditional buffet in the Blue Bar where BLDSA president Bev Thomas presented trophies and certificates. Thanks again to all helpers in making this year's event a success.

David Bowker Swim Secretary

## **Budworth Championship 2011 Results**

## **SENIOR LADIES 3-MILE**

1	Lucy Grainge	00:59:27	Swim Trafford	
2	Judy Brown	01:06:49	Warrington Dolphins LDSC	٧
3	Victoria Hayles	01:11:28	U/A	
4	Jane McCormick	01:12:00	Manchester	
5	Clare Mack	01:16:42	Halifax SC	
6	June Morris	01:19:20	Warrington Dolphins LDSC	٧
7	Sarah Beresford	01:22:00	Warrington Dolphins LDSC	
8	Sue Marsh	01:22:00	Halton Masters SC	
9	Fiona Knowles	01:23:31	Halton Masters SC	
10	Stephne Douglas	0.0605787	Halton Masters SC	
11	Jo Norton-Barker	0.0623148	Warrington Dolphins LDSC	
12	Caroline Lewis	0.0631366	Warrington Dolphins LDSC	
13	Joanne Carter	0.0691898	Warrington Dolphins LDSC	
14	Julie Trevor	0.069213	Warrington Dolphins LDSC	
15	Mandy Reid	0.0842477	Warrington Dolphins LDSC	
16	Helen Sydenham Br/s	0.0995949	Pennine Swimmers	
17	Janet Wilson	0.1009028	BLDSA	٧
	Annoushka Ecob	Retired	U/A	
	Ciara Murphy	Retired	Chester Tri	
	Anne Stafford	Retired	Pennine Swimmers	V
	Jeanette Berry	DNS	Pennine Swimmers	
	Laura Peacock	DNS	U/A	

#### **SENIOR GENTS 3-MILE**

NIOR GENTS 3	5-IVIILE			
Martin	Bosson	00:59:58	Warrington Dolphins LDSC	
Chris	Malpass	01:03:52	City of Chester Triathlon Club	
Peter	May	01:06:48	Pennine Swimmers	
Mark	Preston	01:12:33	Pennine Swimmers	
Elliott	Myers	01:12:38	Fleetwood Swimming Club	
Richard	Walsh	01:14:52	Warrington Dolphins LDSC	
Graham	Padgett	01:16:51	Warrington Dolphins LDSC	٧
Christian	Wade	01:20:18	Warrington Dolphins LDSC	
Patrick	Reedman	01:20:57	Team Outrageous Leybourne So	3
Steve	Brearey	01:21:16	City of Chester Triathlon Club	
Frank	Kilgannon	01:24:10	Halton SC	٧
Andy	Wright	01:26:50	Warrington Dolphins LDSC	٧
Steve	Connor	01:27:28	Warrington Dolphins LDSC	٧
Kevin	Saunders	01:28:53	Warrington Dolphins LDSC	٧
Simon	Broadist	01:29:06	U/A	٧
Alec	Glover	01:32:56	Warrington Dolphins LDSC	Br/s
Antony	Birchall	01:36:28	Total Fitness Wigan	
Chris	Green	01:38:19	Barrow LDSC	٧
lan	Murphy	01:42:05	Barrow LDSC	Br/s
Robert	Seton	01:42:07	Barrow LDSC	Br/s
Andy	Sherratt	01:43:37	Warrington Dolphins LDSC	٧
Adrian	Moylan	01:43:56	Warrington Dolphins LDSC	
Mark	Blewitt	01:48:35	Warrington Dolphins LDSC	
Steve	Marshall	01:50:40	Pennine Swimmers	
Tony	Fillingham	02:01:20	Warrington Dolphins LDSC	
Joe	Coy	02:02:53	Warrington Dolphins LDSC	٧
David	Bowker	02:17:32	Warrington Dolphins LDSC	٧
Lionel	Spittle	Retired	WOLVERHAMPTON	٧
Guy	Macdonald	DNS	Team Outrageous	
	Martin Chris Peter Mark Elliott Richard Graham Christian Patrick Steve Frank Andy Steve Kevin Simon Alec Antony Chris Ian Robert Andy Adrian Mark Steve Tony Joe David Lionel	Chris Malpass Peter May Mark Preston Elliott Myers Richard Walsh Graham Padgett Christian Wade Patrick Reedman Steve Brearey Frank Kilgannon Andy Wright Steve Connor Kevin Saunders Simon Broadist Alec Glover Antony Birchall Chris Green Ian Murphy Robert Seton Andy Sherratt Adrian Moylan Mark Blewitt Steve Marshall Tony Fillingham Joe Coy David Bowker Lionel Spittle	Martin         Bosson         00:59:58           Chris         Malpass         01:03:52           Peter         May         01:06:48           Mark         Preston         01:12:33           Elliott         Myers         01:12:38           Richard         Walsh         01:14:52           Graham         Padgett         01:16:51           Christian         Wade         01:20:18           Patrick         Reedman         01:20:57           Steve         Brearey         01:21:16           Frank         Kilgannon         01:24:10           Andy         Wright         01:26:50           Steve         Connor         01:27:28           Kevin         Saunders         01:28:53           Simon         Broadist         01:29:06           Alec         Glover         01:32:56           Antony         Birchall         01:36:28           Chris         Green         01:38:19           Ian         Murphy         01:42:05           Robert         Seton         01:42:07           Andy         Sherratt         01:43:37           Adrian         Moylan         01:43:56	MartinBosson00:59:58Warrington Dolphins LDSCChrisMalpass01:03:52City of Chester Triathlon ClubPeterMay01:06:48Pennine SwimmersMarkPreston01:12:33Pennine SwimmersElliottMyers01:12:38Fleetwood Swimming ClubRichardWalsh01:14:52Warrington Dolphins LDSCGrahamPadgett01:16:51Warrington Dolphins LDSCChristianWade01:20:18Warrington Dolphins LDSCPatrickReedman01:20:57Team Outrageous Leybourne StSteveBrearey01:21:16City of Chester Triathlon ClubFrankKilgannon01:24:10Halton SCAndyWright01:26:50Warrington Dolphins LDSCSteveConnor01:27:28Warrington Dolphins LDSCKevinSaunders01:28:53Warrington Dolphins LDSCSimonBroadist01:29:06U/AAlecGlover01:32:56Warrington Dolphins LDSCAntonyBirchall01:36:28Total Fitness WiganChrisGreen01:38:19Barrow LDSCRobertSeton01:42:07Barrow LDSCAndySherratt01:42:07Barrow LDSCAdrianMoylan01:43:56Warrington Dolphins LDSCMarkBlewitt01:48:35Warrington Dolphins LDSCSteveMarshall01:50:40Pennine SwimmersTonyFillingham02:01:20Warrington Dolphins LDSC </td

SEN	NIOR TEAM W	INNERS	1st Warrington	Dolphins LDSC	
	Martin	Bosson	00:59:58		
	Eve	Fellows	01:07:21		
	Richard	Walsh	01:14:52	Total Winning Time	03:22:11
SHO	ORT LADIES 1	I-MILE			
1	Katie	Pierce	00:26:52	Rykneld Swim Club Swim Club	
2	Kay	Gorzko	00:34:52	Warrington Dolphins LDSC	
3	Anne	Stafford	00:35:38	Pennine Swimmers Swimmers	
	Emily	Newton	DNS	Loughborough Students	
	Elizabeth	Rigg	DNS	U/A	
SHO	ORT GENTS 1	-MILE			
1	lan	Smith	00:27:16	Rykneld	
2	Chris	Carter	00:34:54	Warrington Dolphins LDSC	
3	Stuart	Ainsworth	00:40:43	Warrington Dolphins LDSC	
	David G.	Cartwright	DNS	RMSC	
	Peter	Maule	DNS	U/A	
JUN	IIOR LADIES	2-MILE FREESTY	LE		
1	Hawys	Hatley	00:43:43	Nofio Sir Gar	
2	Lucy	Gale	00:45:50	Boldmere SC	
3	Rebecca	Cox	00:45:56	Scarborough Swimming club	
4	Fern	Cates	00:46:02	Northgate	
5	Charlotte	Tucker	00:47:56	Carmarthen	
6	Katie	Mould	00:49:47	Scarborough Swimming club	
JUN	NOR GENTS :	2-MILE FREESTY	LF		
1	Jack	Colley	00:44:55	Scarborough Swimming club	
2	Daniel	Morgan	00:52:46	City of Chester Swimming Club	
JUN	NOR TEAM W	INNEDS	1st Scarborougl	n Swimming Club	
		IIAIATI/2		3	
	Jack		_		
		Colley	00:44:55		
	Jack		_	Total Winning Time	02:20:38
TRI	Jack Rebecca	Colley Cox	00:44:55 00:45:56	Total Winning Time	02:20:38
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	Jack Rebecca Katie 1-MILE Sean	Colley Cox	00:44:55 00:45:56 00:49:47	Stroud Masters Swimming Club	02:20:38
1	Jack Rebecca Katie <b>1-MILE</b>	Colley Cox Mould Kinsey	00:44:55 00:45:56 00:49:47 00:18:53		02:20:38
1 2	Jack Rebecca Katie 1-MILE Sean Gregory	Colley Cox Mould Kinsey Banham	00:44:55 00:45:56 00:49:47 00:18:53 00:20:50	Stroud Masters Swimming Club City of Chester Triathlon Club	02:20:38
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1 2 3 4 5	Jack Rebecca Katie  1-MILE Sean Gregory Paul James Robert	Colley Cox Mould  Kinsey Banham Roberts Brown Hough Davison	00:44:55 00:45:56 00:49:47 00:18:53 00:20:50 00:23:07 00:25:36 00:26:10	Stroud Masters Swimming Club City of Chester Triathlon Club City of Chester Triathlon Club U/A Warrington Tri Club	02:20:38
1 2 3 4 5 6	Jack Rebecca Katie  1-MILE Sean Gregory Paul James Robert Laura	Colley Cox Mould  Kinsey Banham Roberts Brown Hough	00:44:55 00:45:56 00:49:47 00:18:53 00:20:50 00:23:07 00:25:36 00:26:10 00:26:15	Stroud Masters Swimming Club City of Chester Triathlon Club City of Chester Triathlon Club U/A Warrington Tri Club U/A	02:20:38
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Tim Nolan DNS U/A

## Warrington Dolphins - Albert Dock Championships 2011

					Jun	ior Ladies 2 mile Championship		
No	Age	٧	В	Forename	Surname	Club	Time	Position
3	15			Heather	Lawson	SWIM TRAFFORD	38 mins 26 secs	1st
6	14			Chloe	Waddell	Swim Trafford	38 mins 27 secs	2nd
1	15			Emily	Gormley	Prescot Swimming Club	39 mins 30 secs	3rd
2	15			Lucy	Hale	City of Liverpool/Hatton	41 mins 30 secs	4th
5	12			Alexandra	Sanchez clark	CN Las Escuevas	41 mins 43 secs	5th
					Jun	ior Gents 2 mile Championship		
No	Age	٧	В	Forename	Surname	Club	Time	Position
8	13			Thomas	Roberts	Halton SC	39 mins 11 secs	1st
7	12			Thomas	Hamer	Pennine swimmers	39 mins 32 secs	2nd
					Sen	ior Ladies 2 mile Championship		
No	Age	٧	В	Forename	Surname	Club	Time	Position
9	16			Rebecca	Cox	Scarborough swimming club	41 mins 34 secs	1st
4	23			Sarah	Roberts	Scarborough SC	41 mins 37 secs	2nd
11	32	200		Louise	Hadcroft		58 mins 30 secs	3rd
12	56	V	В		Harding	Warrington Dolphins LDSC	1 hr 05 mins 07 secs	4th
14	36			Samantha	McMillen		1 hr 05 mins 54 secs	5th
15	44			Mandy	Reid	Warrington Dolphins LDSC	1 hr 10 mins 56 secs	6th
10	38			Vivien	Garland	City of Liverpool	DNS	
13	50	V		Pam	Kay	Warrington Dolphins LDSC	DNS	
						ior Gents 2 mile Championship		
No	Age	٧	В	Forename	Surname	Club	Time	Position
21	27			Chris	O'Keefe		46 mins 11 secs	1st
22	52	٧		Steve	Connor	Warrington Dolphins LDSC	47 mins 49 secs	2nd
23	38			John	Dedman	Barracudas Swimming Club of Guernsey	48 mins 16 secs	3rd
24	51	V		Steven	Willder	Blackpool Aquatics	50 mins 39 secs	4th
25	52	V		Mike	Gamock-jones	Sheffield tri club	52 mins 00 secs	5th
26	61	٧		Phil	Taylor	Howe Bridge Aces	53 mins 15 secs	6th
27	48	٧		Richard	Lee		55 mins 35 secs	7th
28	76	V		Keith	Godbehere	Rotherham Metro ASC	55 mins 44 secs	8th
54		٧		Chris	Carter	Warrington Dolphins LDSC	1 hr 04 mins 23 secs	9th
16	71	٧		Stuart	Ainsworth	Warrington Dolphins LDSC	1 hr 04 mins 54 secs	10th
17	57	٧	В		Waters	Warrington Dolphins LDSC	1 hr 05 mins 09 secs	11th
18	44			Steve	Knowles	CSA/BLDSA	1 hr 06 mins 16 secs	12th
19	70 48	V		Roy Tommy	Milligan Hollis	Rotherham	1 hr 11 mins 59 secs 1 hr 23 mins 34 secs	13th 14th
20	40	*		Tollilly	FIOIIIS		1 111 20 1111115 04 5005	1461
		.,	_			ior Ladies 4 mile Championship	T	D141
No	_	V	В	Forename	Surname	Club	Time 1 hr 22 mins 08 secs	Position
35	27			Rebecca	Lewis	Barrow LDSC		1st
31	36			Ciara	Murphy	Chester Tri	1 hr 33 mins 34 secs	2nd
34	23			Charlotte	Bayon	Marseille Dolfin	1 hr 39 mins 10 secs	3rd
	33			Jo	Norton-Barker	Warrington Dolphins LDSC	1 hr 44 mins 51 secs	4th
29				Sarah	Berestord Hardy	Warrington Dolphins LDSC	1 hr 49 mins 59 secs	5th
30	43			Michelle Julie	Trevor	Warrington Dolphins LDSC	2 hr 04 mins 27 secs 2 hr 09 mins 39 secs	6th 7th
					Y-2-00	T2 23		
No	Age	v	В	Forename	Surname Sen	ior Gents 4 mile Championship Club	Time	Position
42	38		া	Clement	Jones	Rochdale Aquabears	1 hr 29 mins 18 secs	1st
53	63	V		Graham	Padgett	Warrington Dolphins LDSC	1 hr 31mins 50 secs	2nd
51	38	1		Christian	Wade	Warrington Dolphins LDSC	1 hr 32 mins 39 secs	3th
48	49	V		Kevin	Saunders	Warrington Dolphins LDSC	1 hr 44 mins 13 secs	4th
47	38			Adrian	Moylan	Warrington Dolphins LDSC	1 hr 44 mins 31 secs	5th
43	56	V		Frank	Kilgannon	Halton SC	1 hr 44 mins 52 secs	6th
50	39			Mark	Taylor		1 hr 46 mins 04 secs	7th
36	38			Jamie	Campbell		1 hr 50 mins 21 secs	8th
44	52	V		Henry	Lowther	BLDSA	1 hr 53 mins 08 secs	9th
49	48	V		Andy	Sherratt	Warrington Dolphins LDSC	1 hr 53 mins 14 secs	10th
39	57			Peter	Goodman	20-4000 to 100 T	1 hr 54 mins 23 secs	11th
41	67	V		Peter	Ingham	Rotherham Metro ASC	2 hr 03 mins 19 secs	12th
38	37			Tony	Fillingham	Warrington Dolphins LDSC	2 hr 17 mins 43 secs	13th
37	51	V		Joseph	Coy	City of Liverpool	2 hr 25 mins 19 secs	14th
52	39		В		Yorke	University of Leeds	2 hr 26 mins 27 secs	15th
40	39			Steve	Haywood	EDOWSC	DNS	
45	42			Steve	Marshall	Pennine Swimmers	DNS	
46	43		В	Steve	O'Brien	Warrington Dolphins LDSC	DNS	
			В					