GMSC Results – GB Champs London 25

	Name	Age	Event	Time	Place	SWR**	Scot/Welsh	GBR
1	Alex	35	400m Free	04:59.93	4th			
2	Alice		100m Fly	01:28.44	17th			
3	Colin	65	50m Fr	28.49	2nd			
			100m Fr	01:02.92	1st			
			200m Fr	02:22.48	1st			
			400m Fr	05:12.37	1st	05:13.76		
4	Hayley	55	50m Br	39.22	4th			
			100m Br	01:25.98	3rd			
			200m Br	03:10.32	3rd	03:33.61		
5	Jayne		1500m Fr	24:30.60	1st			
			800m Fr	12:48.56	2nd			
			400m Fr	06:20.94	2nd	06:18.56		
			200m Fr	02:56.34	2nd			
6	Jess	50	800m Fr	10:18.04	1st			
			1500m Fr	19:27.71	1st	22:56.67		
7	John An		50m Fr	33.26	8th			
			100m Fr	01:16.11	4th			
8	Micha	60	100m Bk	01:28.58	2nd		01:30.70	
			200m Bk	03:10.31	1st		03:16.42	
			400m Fr	05:58.60	6th		05:43.31	
			800m Fr	12:27.20	6th			
9	Nia	30	400m IM	05:21.07	1st	05:24.60	05:24.60	
			200m IM	02:33.68	2nd	02:32.95	02:32.95	
			200m Bk	02:37.07	1st	02:44.10	02:28.98	
			800m Fr	09:55.95	1st		09:41.43	
10	Nick	70	50m Br	50.08	6th			
11	Rob	40	50m Fly	27.5	3rd	28.82		
			100m Fly	01:05.45	7th	01:05.86		
			100m Fr	58.46	3rd	58.51		
			200m Fr	02:12.38	3rd	02:14.58		
12	Sallie	70	50m Br	46.71	1st	52.32		
			200m Br	03:51.97	2nd	04:13.19		
13	Simon	55	400m IM	05:23.59	2nd	05:21.70		
			200m IM	02:33.19	1st	02:29.48		
			200m Bk	02:33.91	2nd	02:31.86		
			200m Br	02:45.38	1st	03:03.28		

14	Theo	25	50m Fly	25.11	1st	26.29		
			100m Br	01:05.46	2nd	01:11.23		
			100m Free	53.57	3rd	53.06		
15	Vicki	35	50m Br	34.39	1st	39.61	34.32	
			100m Br	01:16.15	1st	01:22.73	01:17.31	
			200m Br	02:45.60	1st	03:05.71	02:51.53	02:46.59
			50m Bk	32.68	1st	33.22	32.64	

(**SWR**** current records displayed on SWR website – may not be up to date ???)

RELAYS

200m Mixed Medley Relay 200+ yrs 3rd

Vicki	33.38	
Hayley	01:12.64	
Rob	01:40.53	
Colin	02:08.15	

200m Men Freestyle Relay 280+ yrs 1st

Colin	28.77	
John An	01:01.49	
Nick	01:38.29	
TC	02:18.09	

200m Female Freestyle Relay 200+ yrs 6th

Nia	29.18	29.44
Micha	01:04.46	
Vicki	01:32.97	
Jayne	02:08.98	

200m Female Medley Relay 240+ yrs 1st

Micha	40.1	41.24
Sallie	?	
Vicki	01:58.00	
Jayne	02:34.42	

200m Men Medley Relay 280+ yrs 1st

Colin	38.08
John An	01:29.12
Nick	02:09.81
TC	02:48.98

400m Mixed Medley Relay 160+ yrs 1st

Nia	01:16.63
Hayley	02:43.01
Rob	03:47.38
Alex	04:49.57

800m Mens Free Relay 200+ yrs 2nd

Rob	02:14.43

Alex	04:34.26
Colin	06:56.26
Simon	09:21.39

Totals

22	Gold	Medal
11	Silver	Medal
7	Bronze	Medal
1	GRB	Record
2	Scott	Record
4	Welsh	Record
19	SWR	Record

British Champions

1	Colin	10	Hayley
2	Jayne	11	John
3	Jess	12	Nick
4	Micha	13	TC
5	Nia	14	Ro
6	Sallie	15	Alex
7	Simon		
8	Theo		
9	Vicki		

Coupar Cup / Best Overall Club by Points

Trafford Metro	141	
Otter	102	
GMSC	95	(Highest ever in Club History !!!!)

190 Clubs competed