

SEEM Masters Championships 2023 - Results

EVENT 201 Men's/Women's 400m Individual Medley

Men's 25 & Over Yrs Age Group

| Place | Name | Age | Club | 100m | 200m | 300m | Time | Masters Pts |
|-------|------------------|-----|--------------|---------|---------|---------|---------|-------------|
| 1 | Svein Nymo | 64 | OI Svømming | 1:34.48 | 3:18.79 | 5:11.81 | 6:36.31 | 428 |
| 2 | Phillip Trelford | 52 | Co Ely | 1:46.93 | 3:50.77 | 6:00.20 | 7:47.23 | 183 |
| 3 | Stuart McLellan | 74 | Hadleigh | - | 3:58.33 | 6:16.24 | 7:55.68 | 432 |
| | David Blakemore | 39 | B C & P Mast | | | | DNS | |

Women's 25 & Over Yrs Age Group

| Place | Name | Age | Club | 100m | 200m | 300m | Time | Masters Pts |
|-------|------------------|-----|--------------|---------|---------|---------|---------|-------------|
| 1 | Victoria Reading | 38 | Northampton | 1:12.03 | 2:37.08 | 4:13.10 | 5:30.47 | 595 |
| 2 | Jade Burton | 25 | Loughborough | 1:19.89 | 2:48.73 | 4:27.60 | 5:49.63 | 443 |
| 3 | Lucy Recchia | 32 | East Leeds | 1:19.88 | 2:53.94 | 4:33.60 | 5:52.86 | 442 |
| 4 | Nicola James | 51 | Market Har | 1:31.90 | 3:19.96 | 5:20.66 | 6:50.71 | 348 |