

# SEEM Masters Championships 2023 - Start List

## EVENT 101 Men's/Women's 400m Freestyle

### Heat 1

L 1	William Sampson	78	Melton M'bry	7:54.97
L 2	Marina Nakano	50	Camden Swiss	7:15.00
L 3	Helen Atton	51	Leicester Ma	7:10.84
L 4	Clive Whittaker	73	Birmingham M	7:08.00
L 5	Lewis Whitelock	43	Basildon Ph	7:00.00
L 6	Claire Spink	55	Derby Excel	6:55.44
L 7	Jonathan Greene	59	East Anglian	6:50.00

### Heat 2

L 1	Sharon McLellan	65	Hadleigh	6:36.00
L 2	Chris Bramley-Howell	39	Leic Peng	6:30.00
L 3	Stuart McLellan	74	Hadleigh	6:25.00
L 4	Lionel Spittle	70	B C & P Mast	6:21.14
L 5	Heather Hall	27	Dove Valley	6:15.94
L 6	Zorika Adams	53	Camden Swiss	6:07.27
L 7	Katharine O'Neill	35	Etwall	6:06.92
L 8	Claire Coventry	57	Co Coventry	6:00.00

### Heat 3

L 1	Emma Johnson	46	Birmingham M	6:00.00
L 2	Nicholas Hatton	38	Asa Temp 2	6:00.00
L 3	Lois Webb	18	Leic Peng	5:59.35
L 4	Erin Medcalf	24	Birmingham M	5:56.00
L 5	Elaine Seager	60	Loughborough	5:55.00
L 6	David Blakemore	39	B C & P Mast	5:51.77
L 7	Paul Graham	38	Etwall	5:50.79
L 8	Jamie Hockley	41	Co Lincoln P	5:50.00

### Heat 4

L 1	Diane Asbury	48	B C & P Mast	5:47.00
L 2	Joseph Winterbottom	34	Buxton	5:35.67
L 3	Morgan Gaskell-French	23	Preston	5:26.97
L 4	Verity McWee	30	Buxton	5:20.00
L 5	Justin Palfrey	52	Loughborough	5:15.00
L 6	Rhianna Sheehan	25	Loughborough	5:10.00
L 7	Ian Wilkes	56	Loughborough	5:00.20
L 8	Guy Armstrong	41	MwayMaritime	5:00.00

### Heat 5

L 1	Tommaso Tufarelli	39	Otter	4:58.99
L 2	Jon-Paul Hemmings	44	Lincoln Vulc	4:50.00
L 3	Victoria Reading	38	Northampton	4:47.09
L 4	Daniel Mills	32	Trafford Met	4:13.21
L 5	Alicia Massie	18	SurreyUni SC	4:25.02
L 6	Steven Paine	48	BelperMarlin	4:48.30
L 7	Chris Barlow	48	Etwall	4:57.32
L 8	Sally Carter	27	NottmLeander	4:59.50