

SEEM Masters Championships 2023 - Start List

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

Heat 1

L 1	Phillip Trelford	52	Co Ely	7:21.93
L 2	David Blakemore	39	B C & P Mast	6:39.61
L 3	Lucy Recchia	32	East Leeds	5:55.00
L 4	Victoria Reading	38	Northampton	5:29.40
L 5	Jade Burton	25	Loughborough	5:47.66
L 6	Svein Nymo	64	Ol Svømming	6:35.00
L 7	Nicola James	51	Market Har	6:41.40
L 8	Stuart McLellan	74	Hadleigh	7:50.00