

Rotherham Metro Long Course Open, 24th & 25th April 2004

FRASER	RIDDOCH	100	BACK	1:26.43	
FRASER	RIDDOCH	200	BACK	3:00.87	
FRASER	RIDDOCH	100	FLY	1:29.27	
FRASER	RIDDOCH	200	FLY	3:17.04	
FRASER	RIDDOCH	100	FREE	1:14.95	
FRASER	RIDDOCH	200	I.M.	3:07.13	
IAIN	TOUGH	50	BACK	31.21	
IAIN	TOUGH	100	BACK	1:05.75	Heat
IAIN	TOUGH	100	BACK	1:05.23	Final
IAIN	TOUGH	200	BACK	2:17.51	Silver
IAIN	TOUGH	50	FREE	26.22	
IAIN	TOUGH	100	FREE	56.27	Heat
IAIN	TOUGH	100	FREE	57.08	Final
IAIN	TOUGH	200	FREE	2:07.49	
FIONA	ANDERSON	50	BACK	40.87	
FIONA	ANDERSON	200	BACK	3:02.19	
FIONA	ANDERSON	50	BREAST	47.04	
FIONA	ANDERSON	100	BREAST	1:42.42	
FIONA	ANDERSON	200	FLY	3:23.64	
DEBORAH	MOORE	100	BACK	1:12.29	
DEBORAH	MOORE	50	FREE	28.65	Gold
DEBORAH	MOORE	100	FREE	1:01.95	Heat
DEBORAH	MOORE	100	FREE	1:01.93	Final
DEBORAH	MOORE	200	FREE	2:20.26	
DEBORAH	MOORE	400	FREE	4:49.31	
EMMA	MOORE	100	BREAST	1:35.39	
EMMA	MOORE	100	FLY	1:20.61	
EMMA	MOORE	200	FREE	2:32.96	
EMMA	MOORE	400	I.M.	6:05.08	