

Time Trial at Training Session, 3rd March 2004

| | | | | |
|-------------|-----------|-----|------|----------|
| JOSHUA | DEWSBURY | 400 | FREE | 06:52.59 |
| MICHAEL | MCDONALD | 400 | FREE | 06:51.44 |
| JOHN | MCLAUHLAN | 400 | FREE | 06:52.48 |
| JAMIE | SMITH | 400 | FREE | 06:35.20 |
| CHRISTOPHER | STIRLING | 400 | FREE | 06:40.39 |
| | | | | |
| HANNAH | MCKENZIE | 400 | FREE | 06:56.14 |
| ELLEN | NICOL | 400 | FREE | 07:02.16 |
| HANNAH | PATERSON | 400 | FREE | 07:23.24 |