

British Summer Nationals  
Ponds Forge, Sheffield, 26th - 31st July 2016

Mens Open 50m Backstroke	16	Michael Rees	Heat	6	27.62									
			Final	5	27.37									
Mens Open 100m Backstroke	16	Michael Rees	Heat	4	59.11	28.43								
			Final	5	58.98	28.63								
Mens Open 400m Individual Medley	16	Michael Rees	Heat	6	04:40.68	29.83	01:04.56	01:39.07	02:13.78	02:54.36	03:36.62	04:09.64	04:40.68	
						29.83	34.73	34.51	34.71	40.58	42.26	33.02	31.04	
			Final	7	04:38.32	29.37	01:03.65	01:38.41	02:12.45	02:53.72	03:35.22	04:07.65	04:38.32	
						29.37	34.28	34.76	34.04	41.27	41.50	32.43	30.67	
Mens Open 200m Individual Medley	16	Michael Rees	Heat	7	02:11.84	28.76	01:01.07	01:41.55	02:11.84					
						28.76	32.31	40.48	30.29					
			Final	8	02:11.31	28.84	01:00.72	01:40.62	02:11.31					
						28.84	31.88	39.90	30.69					
Mens Open 200m Backstroke	15	Kieran Rutter	Heat	10	02:13.25	30.63	01:04.10	01:39.53	02:13.25					
						30.63	33.47	35.43	33.72					
			Final	7	02:12.16	30.29	01:03.63	01:38.52	02:12.16					
						30.29	33.34	34.89	33.64					
	16	Michael Rees	Heat	1	02:08.26	29.54	01:02.10	01:35.05	02:08.26					
						29.54	32.56	32.95	33.21					
			Final	3	02:06.99	29.18	01:01.34	01:34.41	02:06.99					
						29.18	32.16	33.07	32.58					