



## **Saturday 21<sup>st</sup> June 2025**

5.25 mile length of Coniston Water in the Lake District. Non wet suit

Congratulations to Paul Hancock, Greg Wood and Stuart Parris on a superb set of swims based on hard work, regular training at a high level, moaning and beetroot.

Paul was 5<sup>th</sup> overall and 4<sup>th</sup> male in a time of 2hrs 18.44 and 1<sup>st</sup> in his age group.

Greg was 11<sup>th</sup> overall and 9<sup>th</sup> male in a time of 2hrs 23.41 and 1<sup>st</sup> in his age group

Stuart was 13<sup>th</sup> overall and 11<sup>th</sup> male in a time of 2hrs 26.19 and 2<sup>nd</sup> in his age group

They averaged holding 1m 38 per 100m in cold water, pretty good for three old boys ☐ ☐

<https://results.resultsbase.net/results.aspx?CIId=8&RIId=10121&EId=1&dt=1&top=3>

