

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

Event 1 Women 18-24 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Sarah Procter	22	Barnet Copthall	10:00.00	10:24.16
33.94	1:12.40 (38.46)	1:51.59 (39.19)	2:31.21 (39.62)	
3:09.79 (38.58)	3:49.33 (39.54)	4:29.13 (39.80)	5:08.90 (39.77)	
5:48.00 (39.10)	6:28.00 (40.00)	7:07.93 (39.93)	7:47.65 (39.72)	
8:27.32 (39.67)	9:07.04 (39.72)	9:46.21 (39.17)	10:24.16 (37.95)	
2 Nicola Lawrence	20	Hackney Aquatics	10:05.03	10:33.41
33.27	1:09.73 (36.46)	1:47.97 (38.24)	2:26.84 (38.87)	
3:06.42 (39.58)	3:46.72 (40.30)	4:27.38 (40.66)	5:08.13 (40.75)	
5:49.46 (41.33)	6:30.34 (40.88)	7:11.40 (41.06)	7:52.23 (40.83)	
8:33.44 (41.21)	9:14.06 (40.62)	9:53.96 (39.90)	10:33.41 (39.45)	
3 Alice Theobald	23	Felixstowe Waves	10:47.31	11:13.90
36.66	1:18.26 (41.60)	2:01.28 (43.02)	2:44.04 (42.76)	
3:27.21 (43.17)	4:10.41 (43.20)	4:53.73 (43.32)	5:36.41 (42.68)	
6:18.49 (42.08)	7:00.81 (42.32)	7:43.01 (42.20)	8:25.62 (42.61)	
9:07.59 (41.97)	9:49.99 (42.40)	10:32.94 (42.95)	11:13.90 (40.96)	
4 Astrid Clair	21	A S A Temporary Cat 2	11:51.89	11:24.56
38.03	1:19.38 (41.35)	2:01.87 (42.49)	2:44.50 (42.63)	
3:27.57 (43.07)	4:11.17 (43.60)	4:54.45 (43.28)	5:38.32 (43.87)	
6:23.25 (44.93)	7:07.24 (43.99)	7:50.54 (43.30)	8:34.45 (43.91)	
9:17.36 (42.91)	10:00.99 (43.63)	10:43.51 (42.52)	11:24.56 (41.05)	

Event 1 Women 25-29 800 SC Meter Freestyle

1 Stephanie Ramsay	25	Out to Swim	11:28.56	11:04.58
36.02	1:16.03 (40.01)	1:56.79 (40.76)	2:38.17 (41.38)	
3:21.06 (42.89)	4:03.37 (42.31)	4:45.95 (42.58)	5:29.31 (43.36)	
6:11.62 (42.31)	6:54.32 (42.70)	7:36.78 (42.46)	8:19.94 (43.16)	
9:01.56 (41.62)	9:43.85 (42.29)	10:25.52 (41.67)	11:04.58 (39.06)	

Event 1 Women 30-34 800 SC Meter Freestyle

1 Hannah Loughlin	30	Teddington	10:53.00	10:12.36
34.30	1:11.61 (37.31)	1:50.01 (38.40)	2:28.68 (38.67)	
3:07.33 (38.65)	3:46.04 (38.71)	4:25.08 (39.04)	5:03.90 (38.82)	
5:42.77 (38.87)	6:21.45 (38.68)	7:00.41 (38.96)	7:39.46 (39.05)	
8:18.07 (38.61)	8:56.99 (38.92)	9:35.69 (38.70)	10:12.36 (36.67)	
2 Fiona Kinsella	34	Trojan (Ireland)	9:58.36	10:22.40
34.22	1:12.10 (37.88)	1:51.05 (38.95)	2:30.00 (38.95)	
3:09.46 (39.46)	3:49.47 (40.01)	4:29.41 (39.94)	5:09.28 (39.87)	
5:48.80 (39.52)	6:28.24 (39.44)	7:07.68 (39.44)	7:47.22 (39.54)	
8:26.68 (39.46)	9:05.48 (38.80)	9:44.19 (38.71)	10:22.40 (38.21)	

Event 1 Women 35-39 800 SC Meter Freestyle

1 Charlotte Jessup	36	Black Lion	10:49.36	10:22.38
35.33	1:13.07 (37.74)	1:51.46 (38.39)	2:29.71 (38.25)	
3:08.33 (38.62)	3:47.17 (38.84)	4:25.77 (38.60)	5:04.84 (39.07)	
5:44.58 (39.74)	6:24.33 (39.75)	7:04.42 (40.09)	7:44.18 (39.76)	
8:24.16 (39.98)	9:04.19 (40.03)	9:44.01 (39.82)	10:22.38 (38.37)	

Event 1 Women 40-44 800 SC Meter Freestyle

1 Clare Warren	41	South Beds Masters	11:50.00	11:29.43
37.41	1:19.53 (42.12)	2:02.95 (43.42)	2:46.79 (43.84)	
3:30.39 (43.60)	4:13.65 (43.26)	4:57.44 (43.79)	5:41.64 (44.20)	
6:25.73 (44.09)	7:09.75 (44.02)	7:54.08 (44.33)	8:37.87 (43.79)	
9:22.18 (44.31)	10:06.08 (43.90)	10:49.62 (43.54)	11:29.43 (39.81)	

Event 1 Women 45-49 800 SC Meter Freestyle

1 Jeanne Petit	48	Chesham	10:54.99	11:19.67
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Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

	37.43	1:18.64 (41.21)	2:00.42 (41.78)	2:42.76 (42.34)	
	3:25.25 (42.49)	4:08.07 (42.82)	4:50.71 (42.64)	5:33.86 (43.15)	
	6:17.02 (43.16)	7:00.42 (43.40)	7:43.45 (43.03)	8:26.43 (42.98)	
	9:09.91 (43.48)	9:53.51 (43.60)	10:37.03 (43.52)	11:19.67 (42.64)	
2 Rachael Thompson		47 Aylesbury & District		15:00.00	12:32.85
	40.90	1:25.66 (44.76)	2:11.62 (45.96)	2:58.61 (46.99)	
	3:46.72 (48.11)	4:34.47 (47.75)	5:22.62 (48.15)	6:11.02 (48.40)	
	6:58.72 (47.70)	7:47.08 (48.36)	8:35.57 (48.49)	9:23.87 (48.30)	
	10:12.20 (48.33)	11:00.13 (47.93)	11:48.32 (48.19)	12:32.85 (44.53)	
3 Shivendrini Prathalingham		48 City of Cambridge		16:00.00	13:49.82
	48.81	1:40.10 (51.29)	2:31.48 (51.38)	3:24.05 (52.57)	
	4:17.50 (53.45)	5:09.64 (52.14)	6:03.26 (53.62)	6:55.32 (52.06)	
	7:48.28 (52.96)	8:41.07 (52.79)	9:34.43 (53.36)	10:27.02 (52.59)	
	11:17.48 (50.46)	12:08.07 (50.59)	12:59.43 (51.36)	13:49.82 (50.39)	

Event 1 Women 50-54 800 SC Meter Freestyle

1 Silvia Ferdin		53 City of Cambridge		10:23.09	10:11.66
	34.37	1:12.09 (37.72)	1:50.30 (38.21)	2:28.67 (38.37)	
	3:07.01 (38.34)	3:45.42 (38.41)	4:24.07 (38.65)	5:02.72 (38.65)	
	5:41.37 (38.65)	6:20.46 (39.09)	6:59.12 (38.66)	7:37.76 (38.64)	
	8:16.58 (38.82)	8:55.27 (38.69)	9:34.39 (39.12)	10:11.66 (37.27)	
2 Helen Harris		52 Larkfield		12:50.00	11:49.91
	40.55	1:25.45 (44.90)	2:10.62 (45.17)	2:55.37 (44.75)	
	3:40.01 (44.64)	4:24.61 (44.60)	5:09.25 (44.64)	5:54.12 (44.87)	
	6:38.89 (44.77)	7:24.23 (45.34)	8:09.51 (45.28)	8:54.45 (44.94)	
	9:39.02 (44.57)	10:23.63 (44.61)	11:07.41 (43.78)	11:49.91 (42.50)	
3 Helen Andrews		52 Fareham Nomads		13:08.63	13:04.51
	41.31	1:28.16 (46.85)	2:17.23 (49.07)	3:06.53 (49.30)	
	3:56.68 (50.15)	4:46.68 (50.00)	5:36.57 (49.89)	6:26.39 (49.82)	
	7:15.87 (49.48)	8:05.81 (49.94)	8:56.00 (50.19)	9:46.20 (50.20)	
	10:36.50 (50.30)	11:26.95 (50.45)	12:17.17 (50.22)	13:04.51 (47.34)	

Event 1 Women 55-59 800 SC Meter Freestyle

1 Jacqueline Patel		58 Kings Cormorants		15:00.00	14:53.12
	48.28	1:43.51 (55.23)	2:40.12 (56.61)	3:36.57 (56.45)	
	4:33.50 (56.93)	5:30.98 (57.48)	6:27.61 (56.63)	7:23.87 (56.26)	
	8:20.76 (56.89)	9:17.09 (56.33)	10:13.93 (56.84)	11:10.90 (56.97)	
	12:07.31 (56.41)	13:03.84 (56.53)	13:58.97 (55.13)	14:53.12 (54.15)	

Event 1 Women 60-64 800 SC Meter Freestyle

1 Amanda Heath		61 Spencer		11:30.00	11:19.72
	38.29	1:19.45 (41.16)	2:01.62 (42.17)	2:43.92 (42.30)	
	3:26.42 (42.50)	4:09.29 (42.87)	4:52.21 (42.92)	5:35.26 (43.05)	
	6:18.58 (43.32)	7:01.66 (43.08)	7:45.09 (43.43)	8:28.60 (43.51)	
	9:11.58 (42.98)	9:55.04 (43.46)	10:37.93 (42.89)	11:19.72 (41.79)	
2 Karen Jennings		61 Spondon		12:06.00	11:36.55
	39.57	1:22.47 (42.90)	2:06.49 (44.02)	2:50.67 (44.18)	
	3:34.61 (43.94)	4:18.70 (44.09)	5:02.17 (43.47)	5:46.52 (44.35)	
	6:30.28 (43.76)	7:14.15 (43.87)	7:58.28 (44.13)	8:42.28 (44.00)	
	9:26.23 (43.95)	10:10.01 (43.78)	10:54.29 (44.28)	11:36.55 (42.26)	
3 Catherine Hartle		60 Cardiff Masters		12:15.00	11:50.31
	41.60	1:26.45 (44.85)	2:11.71 (45.26)	2:57.01 (45.30)	
	3:41.74 (44.73)	4:26.26 (44.52)	5:11.29 (45.03)	5:56.41 (45.12)	
	6:41.19 (44.78)	7:25.79 (44.60)	8:10.26 (44.47)	8:54.91 (44.65)	
	9:39.35 (44.44)	10:23.87 (44.52)	11:08.84 (44.97)	11:50.31 (41.47)	
4 Jayne Ball		64 Gloucester Masters		12:13.17	11:51.53
	41.38	1:26.28 (44.90)	2:11.81 (45.53)	2:56.94 (45.13)	
	3:42.30 (45.36)	4:26.95 (44.65)	5:11.75 (44.80)	5:56.92 (45.17)	
	6:41.82 (44.90)	7:26.67 (44.85)	8:11.81 (45.14)	8:56.54 (44.73)	
	9:41.06 (44.52)	10:25.59 (44.53)	11:09.92 (44.33)	11:51.53 (41.61)	
5 Anne Bourne		64 Camphill Edwardians		11:47.19	11:59.54

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

	39.58	1:21.84 (42.26)	2:04.97 (43.13)	2:49.02 (44.05)	
	3:34.28 (45.26)	4:20.54 (46.26)	5:06.55 (46.01)	5:52.92 (46.37)	
	6:39.34 (46.42)	7:25.49 (46.15)	8:11.58 (46.09)	8:57.74 (46.16)	
	9:43.86 (46.12)	10:28.66 (44.80)	11:14.20 (45.54)	11:59.54 (45.34)	
6 Amanda Doyle		62 Kings Cormorants		12:40.00	12:35.75
	42.54	1:28.77 (46.23)	2:16.15 (47.38)	3:03.79 (47.64)	
	3:51.53 (47.74)	4:39.52 (47.99)	5:27.40 (47.88)	6:15.17 (47.77)	
	7:02.95 (47.78)	7:51.13 (48.18)	8:39.38 (48.25)	9:27.76 (48.38)	
	10:15.49 (47.73)	11:03.41 (47.92)	11:51.10 (47.69)	12:35.75 (44.65)	
7 Sue Procter		62 Barnet Copthall		14:40.00	14:21.93
	45.14	1:36.89 (51.75)	2:30.76 (53.87)	3:25.43 (54.67)	
	4:19.73 (54.30)	5:14.03 (54.30)	6:09.01 (54.98)	7:04.13 (55.12)	
	7:59.05 (54.92)	8:53.27 (54.22)	9:47.68 (54.41)	10:43.07 (55.39)	
	11:38.38 (55.31)	12:34.16 (55.78)	13:28.95 (54.79)	14:21.93 (52.98)	
8 Susan Green		62 Cally Masters Islington		17:00.00	16:14.89
	52.65	1:52.71 (1:00.06)	2:53.02 (1:00.31)	3:55.82 (1:02.80)	
	4:57.33 (1:01.51)	5:58.22 (1:00.89)	7:00.52 (1:02.30)	8:03.59 (1:03.07)	
	9:05.05 (1:01.46)	10:08.48 (1:03.43)	11:10.05 (1:01.57)	12:12.20 (1:02.15)	
	13:12.98 (1:00.78)	14:13.93 (1:00.95)	15:15.07 (1:01.14)	16:14.89 (59.82)	

Event 1 Women 65-69 800 SC Meter Freestyle

1 Jennifer Merritt		67 Spondon		13:30.00	13:19.99
	43.84	1:33.25 (49.41)	2:23.21 (49.96)	3:14.03 (50.82)	
	4:04.74 (50.71)	4:55.41 (50.67)	5:46.50 (51.09)	6:37.85 (51.35)	
	7:28.60 (50.75)	8:19.24 (50.64)	9:09.99 (50.75)	10:00.08 (50.09)	
	10:50.15 (50.07)	11:40.10 (49.95)	12:30.71 (50.61)	13:19.99 (49.28)	

Event 1 Women 70-74 800 SC Meter Freestyle

1 Margaret Rouse		70 Littledown Masters		14:30.00	14:19.39
	47.67	1:39.36 (51.69)	2:33.19 (53.83)	3:27.39 (54.20)	
	4:21.82 (54.43)	5:16.20 (54.38)	6:10.10 (53.90)	7:05.34 (55.24)	
	8:00.94 (55.60)	8:55.34 (54.40)	9:50.20 (54.86)	10:44.43 (54.23)	
	11:39.20 (54.77)	12:33.32 (54.12)	13:27.16 (53.84)	14:19.39 (52.23)	
2 Andrea Minor		70 South Beds Masters		15:30.00	14:55.95
	47.61	1:41.34 (53.73)	2:37.51 (56.17)	3:34.65 (57.14)	
	4:31.85 (57.20)	5:28.64 (56.79)	6:25.82 (57.18)	7:22.60 (56.78)	
	8:19.74 (57.14)	9:16.68 (56.94)	10:13.47 (56.79)	11:10.91 (57.44)	
	12:07.55 (56.64)	13:04.53 (56.98)	14:01.91 (57.38)	14:55.95 (54.04)	

Event 1 Men 18-24 800 SC Meter Freestyle

1 Alex Mason		22 Team Luton		9:00.00	9:17.64
	29.70	1:02.67 (32.97)	1:36.74 (34.07)	2:11.33 (34.59)	
	2:45.83 (34.50)	3:20.75 (34.92)	3:55.98 (35.23)	4:31.08 (35.10)	
	5:06.40 (35.32)	5:41.89 (35.49)	6:17.57 (35.68)	6:53.63 (36.06)	
	7:30.03 (36.40)	8:06.39 (36.36)	8:42.41 (36.02)	9:17.64 (35.23)	

Event 1 Men 25-29 800 SC Meter Freestyle

1 Kalon Veale		27 Totnes		8:54.91	8:52.75
	29.54	1:02.45 (32.91)	1:36.11 (33.66)	2:10.27 (34.16)	
	2:44.25 (33.98)	3:18.39 (34.14)	3:52.75 (34.36)	4:26.70 (33.95)	
	5:00.35 (33.65)	5:33.90 (33.55)	6:07.15 (33.25)	6:40.45 (33.30)	
	7:13.60 (33.15)	7:46.83 (33.23)	8:20.39 (33.56)	8:52.75 (32.36)	
2 Leo Johnson		25 Out to Swim		14:00.00	11:56.06
	39.99	1:24.09 (44.10)	2:09.30 (45.21)	2:54.65 (45.35)	
	3:40.41 (45.76)	4:25.69 (45.28)	5:10.43 (44.74)	5:55.87 (45.44)	
	6:41.80 (45.93)	7:27.59 (45.79)	8:13.26 (45.67)	8:58.34 (45.08)	
	9:43.72 (45.38)	10:28.46 (44.74)	11:13.66 (45.20)	11:56.06 (42.40)	

Event 1 Men 30-34 800 SC Meter Freestyle

1 Ronald Garcia		34 Reading		9:50.00	9:24.28
	31.22	1:05.92 (34.70)	1:41.32 (35.40)	2:17.36 (36.04)	

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

2:53.70 (36.34)	3:29.75 (36.05)	4:05.56 (35.81)	4:41.37 (35.81)
5:17.27 (35.90)	5:53.26 (35.99)	6:29.11 (35.85)	7:04.78 (35.67)
7:39.69 (34.91)	8:14.87 (35.18)	8:50.10 (35.23)	9:24.28 (34.18)

2 Ian Lang	30 Exmouth S & L S S	10:17.16	10:13.54
34.69	1:11.96 (37.27)	1:50.66 (38.70)	2:29.52 (38.86)
3:08.31 (38.79)	3:47.42 (39.11)	4:26.62 (39.20)	5:06.09 (39.47)
5:45.80 (39.71)	6:25.27 (39.47)	7:04.66 (39.39)	7:43.55 (38.89)
8:22.42 (38.87)	9:01.10 (38.68)	9:38.70 (37.60)	10:13.54 (34.84)

Event 1 Men 40-44 800 SC Meter Freestyle

1 Chris Hopton	43 Camden Swiss Cottage S.C.	9:45.00	9:39.37
33.51	1:10.46 (36.95)	1:48.08 (37.62)	2:25.14 (37.06)
3:02.44 (37.30)	3:39.79 (37.35)	4:17.01 (37.22)	4:54.30 (37.29)
5:31.38 (37.08)	6:08.31 (36.93)	6:45.63 (37.32)	7:22.40 (36.77)
7:58.06 (35.66)	8:33.48 (35.42)	9:07.33 (33.85)	9:39.37 (32.04)
2 Richard Symons	44 Trafford Metro	9:30.00	9:39.72
33.08	1:10.51 (37.43)	1:48.16 (37.65)	2:25.59 (37.43)
3:02.46 (36.87)	3:39.52 (37.06)	4:16.60 (37.08)	4:53.87 (37.27)
5:31.24 (37.37)	6:07.89 (36.65)	6:43.25 (35.36)	7:19.05 (35.80)
7:55.15 (36.10)	8:31.85 (36.70)	9:07.13 (35.28)	9:39.72 (32.59)
3 Simon Marsden	44 Barnet Copthall	10:15.00	10:15.85
34.94	1:12.44 (37.50)	1:51.15 (38.71)	2:30.30 (39.15)
3:09.30 (39.00)	3:48.30 (39.00)	4:27.31 (39.01)	5:06.71 (39.40)
5:45.96 (39.25)	6:25.05 (39.09)	7:04.12 (39.07)	7:43.15 (39.03)
8:22.18 (39.03)	9:01.03 (38.85)	9:39.34 (38.31)	10:15.85 (36.51)

Event 1 Men 45-49 800 SC Meter Freestyle

1 Neville King	47 Exmouth S & L S S	10:50.00	10:36.06
35.03	1:13.53 (38.50)	1:52.91 (39.38)	2:33.10 (40.19)
3:13.28 (40.18)	3:53.52 (40.24)	4:33.85 (40.33)	5:14.40 (40.55)
5:55.16 (40.76)	6:35.47 (40.31)	7:16.16 (40.69)	7:57.17 (41.01)
8:37.67 (40.50)	9:18.09 (40.42)	9:58.21 (40.12)	10:36.06 (37.85)

Event 1 Men 50-54 800 SC Meter Freestyle

1 Paul Smoothy	50 Teddington	10:25.00	10:20.48
34.81	1:12.63 (37.82)	1:51.89 (39.26)	2:30.97 (39.08)
3:09.98 (39.01)	3:49.07 (39.09)	4:28.43 (39.36)	5:07.73 (39.30)
5:46.78 (39.05)	6:25.73 (38.95)	7:04.72 (38.99)	7:43.93 (39.21)
8:23.41 (39.48)	9:03.65 (40.24)	9:43.31 (39.66)	10:20.48 (37.17)

Event 1 Men 55-59 800 SC Meter Freestyle

1 Neil Procter	58 Barnet Copthall	11:06.31	11:08.74
37.41	1:18.51 (41.10)	2:00.11 (41.60)	2:42.07 (41.96)
3:24.38 (42.31)	4:06.40 (42.02)	4:48.86 (42.46)	5:31.09 (42.23)
6:13.53 (42.44)	6:55.70 (42.17)	7:38.64 (42.94)	8:22.19 (43.55)
9:05.10 (42.91)	9:47.61 (42.51)	10:29.35 (41.74)	11:08.74 (39.39)

Event 1 Men 60-64 800 SC Meter Freestyle

1 Simon Veale	62 Totnes	10:05.10	10:13.44
34.25	1:12.35 (38.10)	1:50.98 (38.63)	2:30.03 (39.05)
3:08.91 (38.88)	3:47.93 (39.02)	4:27.22 (39.29)	5:06.61 (39.39)
5:45.82 (39.21)	6:24.92 (39.10)	7:03.94 (39.02)	7:42.83 (38.89)
8:21.45 (38.62)	8:59.65 (38.20)	9:37.49 (37.84)	10:13.44 (35.95)
2 Colin Stephenson	60 Gloucester Masters	10:30.03	10:29.09
35.91	1:14.82 (38.91)	1:54.28 (39.46)	2:34.05 (39.77)
3:13.78 (39.73)	3:53.58 (39.80)	4:33.50 (39.92)	5:13.79 (40.29)
5:53.48 (39.69)	6:33.36 (39.88)	7:12.93 (39.57)	7:52.22 (39.29)
8:32.12 (39.90)	9:11.62 (39.50)	9:51.35 (39.73)	10:29.09 (37.74)
3 Trevor Clark	64 Kenilworth Masters	11:25.00	11:08.39
36.77	1:17.67 (40.90)	1:59.63 (41.96)	2:41.86 (42.23)

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

	3:23.67 (41.81)	4:05.56 (41.89)	4:47.94 (42.38)	5:30.19 (42.25)	
	6:12.12 (41.93)	6:54.27 (42.15)	7:37.20 (42.93)	8:19.91 (42.71)	
	9:02.31 (42.40)	9:44.95 (42.64)	10:27.57 (42.62)	11:08.39 (40.82)	
4 Richard Whatling		64 Cally Masters Islington		13:40.00	13:26.75
	43.51	1:32.14 (48.63)	2:22.96 (50.82)	3:14.01 (51.05)	
	4:05.29 (51.28)	4:56.84 (51.55)	5:48.63 (51.79)	6:40.67 (52.04)	
	7:32.14 (51.47)	8:23.37 (51.23)	9:14.54 (51.17)	10:05.26 (50.72)	
	10:56.44 (51.18)	11:47.70 (51.26)	12:38.89 (51.19)	13:26.75 (47.86)	

Event 1 Men 65-69 800 SC Meter Freestyle

1 Steve Folsom		65 Teddington		11:20.00	11:08.54
	37.61	1:17.85 (40.24)	1:59.18 (41.33)	2:40.51 (41.33)	
	3:22.27 (41.76)	4:04.62 (42.35)	4:47.20 (42.58)	5:30.01 (42.81)	
	6:12.64 (42.63)	6:55.36 (42.72)	7:38.03 (42.67)	8:20.75 (42.72)	
	9:03.18 (42.43)	9:46.07 (42.89)	10:28.31 (42.24)	11:08.54 (40.23)	
2 Martin Appleby		65 Ruislip & Northwood		15:20.00	13:28.95
	44.57	1:33.85 (49.28)	2:25.75 (51.90)	3:18.55 (52.80)	
	4:11.43 (52.88)	5:03.92 (52.49)	5:55.44 (51.52)	6:46.70 (51.26)	
	7:38.18 (51.48)	8:29.07 (50.89)	9:19.27 (50.20)	10:09.40 (50.13)	
	10:59.12 (49.72)	11:48.98 (49.86)	12:39.28 (50.30)	13:28.95 (49.67)	
3 Peter Rank		66 City of Cambridge		14:44.00	14:23.90
	46.64	1:39.09 (52.45)	2:32.52 (53.43)	3:26.67 (54.15)	
	4:20.95 (54.28)	5:14.90 (53.95)	6:10.40 (55.50)	7:03.57 (53.17)	
	7:57.63 (54.06)	8:53.28 (55.65)	9:49.13 (55.85)	10:45.56 (56.43)	
	11:41.95 (56.39)	12:37.15 (55.20)	13:32.35 (55.20)	14:23.90 (51.55)	

Event 1 Men 70-74 800 SC Meter Freestyle

1 Peter Stephens		71 Spencer		13:10.13	13:24.30
	43.94	1:32.14 (48.20)	2:22.20 (50.06)	3:12.70 (50.50)	
	4:03.88 (51.18)	4:54.70 (50.82)	5:46.05 (51.35)	6:37.17 (51.12)	
	7:28.47 (51.30)	8:19.57 (51.10)	9:10.54 (50.97)	10:02.26 (51.72)	
	10:52.77 (50.51)	11:45.03 (52.26)	12:36.80 (51.77)	13:24.30 (47.50)	
2 William Sampson		73 Melton Mowbray		16:00.00	14:53.84
	48.20	1:42.85 (54.65)	2:38.78 (55.93)	3:35.46 (56.68)	
	4:31.94 (56.48)	5:28.27 (56.33)	6:25.67 (57.40)	7:22.68 (57.01)	
	8:19.15 (56.47)	9:16.42 (57.27)	10:14.04 (57.62)	11:11.94 (57.90)	
	12:09.01 (57.07)	13:06.69 (57.68)	14:02.63 (55.94)	14:53.84 (51.21)	
3 Paul Partington		70 Wincanton		17:14.46	16:01.46
	50.87	1:53.45 (1:02.58)	2:55.25 (1:01.80)	3:56.46 (1:01.21)	
	4:57.94 (1:01.48)	5:57.55 (59.61)	7:04.03 (1:06.48)	8:05.07 (1:01.04)	
	9:03.00 (57.93)	10:09.19 (1:06.19)	11:04.98 (55.79)	12:12.13 (1:07.15)	
	13:07.30 (55.17)	14:06.53 (59.23)	15:06.77 (1:00.24)	16:01.46 (54.69)	

Event 1 Men 75-79 800 SC Meter Freestyle

1 Paul Clarke		76 Beavers Masters Bedford		17:30.00	17:02.00
	54.26	1:54.77 (1:00.51)	3:00.27 (1:05.50)	4:06.37 (1:06.10)	
	5:12.10 (1:05.73)	6:16.22 (1:04.12)	7:21.70 (1:05.48)	8:25.94 (1:04.24)	
	9:30.50 (1:04.56)	10:35.21 (1:04.71)	11:41.31 (1:06.10)	12:46.88 (1:05.57)	
	13:50.52 (1:03.64)	14:55.89 (1:05.37)	15:56.81 (1:00.92)	17:02.00 (1:05.19)	

Event 2 Women 18-24 400 SC Meter Freestyle

1 Emma Irvine		24 South Beds Masters		5:21.50	5:20.82
	34.30	1:12.65 (38.35)	1:53.00 (40.35)	2:34.01 (41.01)	
	3:15.22 (41.21)	3:56.86 (41.64)	4:39.63 (42.77)	5:20.82 (41.19)	
2 Astrid Clair		21 A S A Temporary Cat 2		6:05.89	5:33.34
	37.37	1:18.47 (41.10)	2:00.80 (42.33)	2:43.21 (42.41)	
	3:25.51 (42.30)	4:08.65 (43.14)	4:51.64 (42.99)	5:33.34 (41.70)	

Event 2 Women 30-34 400 SC Meter Freestyle

1 Gina Heyn		34 Teddington		4:40.00	4:36.00
	31.57	1:06.40 (34.83)	1:41.55 (35.15)	2:16.72 (35.17)	

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

	2:51.05 (34.33)	3:26.26 (35.21)	4:01.59 (35.33)	4:36.00 (34.41)	
2	Noemie Plumridge	32 Fareham Nomads		4:55.00	4:46.63
	32.77	1:08.42 (35.65)	1:44.30 (35.88)	2:20.31 (36.01)	
	2:56.50 (36.19)	3:33.11 (36.61)	4:10.40 (37.29)	4:46.63 (36.23)	
3	Hannah Loughlin	30 Teddington		4:55.63	4:56.53
	33.43	1:10.07 (36.64)	1:47.31 (37.24)	2:24.89 (37.58)	
	3:02.84 (37.95)	3:40.98 (38.14)	4:19.32 (38.34)	4:56.53 (37.21)	
4	Sasha Forster	34 Bracknell & Wokingham		6:40.00	6:00.04
	40.33	1:25.05 (44.72)	2:10.70 (45.65)	2:57.01 (46.31)	
	3:43.50 (46.49)	4:30.21 (46.71)	5:15.84 (45.63)	6:00.04 (44.20)	

Event 2 Women 35-39 400 SC Meter Freestyle

1	Laure Kearns	35 Teddington		4:45.00	4:52.69
	33.59	1:09.50 (35.91)	1:46.37 (36.87)	2:23.27 (36.90)	
	3:00.11 (36.84)	3:37.52 (37.41)	4:15.26 (37.74)	4:52.69 (37.43)	

Event 2 Women 40-44 400 SC Meter Freestyle

1	Lisa Dawson	40 Barnet Copthall		5:20.00	5:02.85
	35.42	1:13.97 (38.55)	1:52.71 (38.74)	2:31.68 (38.97)	
	3:10.22 (38.54)	3:48.51 (38.29)	4:26.69 (38.18)	5:02.85 (36.16)	

Event 2 Women 45-49 400 SC Meter Freestyle

1	Jo Corben	48 Fareham Nomads		5:05.00	4:50.13
	33.59	1:09.94 (36.35)	1:46.80 (36.86)	2:23.93 (37.13)	
	3:00.76 (36.83)	3:37.60 (36.84)	4:14.19 (36.59)	4:50.13 (35.94)	
2	Rachael Thompson	47 Aylesbury & District		7:00.00	6:09.90
	40.43	1:25.14 (44.71)	2:12.22 (47.08)	2:59.21 (46.99)	
	3:47.02 (47.81)	4:35.11 (48.09)	5:23.13 (48.02)	6:09.90 (46.77)	
3	Melissa Spears	45 Barnet Copthall		6:39.50	6:46.17
	43.99	1:36.61 (52.62)	2:30.29 (53.68)	3:22.71 (52.42)	
	4:14.65 (51.94)	5:06.40 (51.75)	5:57.21 (50.81)	6:46.17 (48.96)	

Event 2 Women 50-54 400 SC Meter Freestyle

1	Melissa Cannon	53 Barnet Copthall		5:10.00	5:02.48
	34.92	1:11.79 (36.87)	1:50.10 (38.31)	2:28.62 (38.52)	
	3:07.13 (38.51)	3:45.99 (38.86)	4:24.91 (38.92)	5:02.48 (37.57)	
2	Allie Price	53 Cardiff Masters		5:25.00	5:22.48
	35.99	1:15.73 (39.74)	1:56.55 (40.82)	2:37.74 (41.19)	
	3:18.72 (40.98)	4:00.41 (41.69)	4:42.08 (41.67)	5:22.48 (40.40)	
3	Elizabeth Shaw	52 Otter		5:35.00	5:34.85
	39.17	1:21.04 (41.87)	2:03.22 (42.18)	2:45.81 (42.59)	
	3:28.38 (42.57)	4:11.01 (42.63)	4:53.60 (42.59)	5:34.85 (41.25)	
4	Helen Harris	52 Larkfield		5:58.00	5:40.20
	39.34	1:22.38 (43.04)	2:06.03 (43.65)	2:49.70 (43.67)	
	3:33.01 (43.31)	4:16.08 (43.07)	4:58.86 (42.78)	5:40.20 (41.34)	
5	Natalie Bateson	52 Barnet Copthall		5:58.00	5:41.32
	37.90	1:19.93 (42.03)	2:03.16 (43.23)	2:47.09 (43.93)	
	3:30.74 (43.65)	4:14.85 (44.11)	4:59.13 (44.28)	5:41.32 (42.19)	

Event 2 Women 55-59 400 SC Meter Freestyle

1	Hannah Ueckermann	55 Witham Dolphins		5:29.50	5:30.84
	38.16	1:19.12 (40.96)	2:01.08 (41.96)	2:42.56 (41.48)	
	3:24.23 (41.67)	4:06.43 (42.20)	4:49.23 (42.80)	5:30.84 (41.61)	
2	Tamsin Jaggs	58 Wareham		6:13.00	5:48.71
	37.99	1:20.53 (42.54)	2:04.49 (43.96)	2:48.84 (44.35)	
	3:33.59 (44.75)	4:18.66 (45.07)	5:04.11 (45.45)	5:48.71 (44.60)	
3	Jacqueline Patel	58 Kings Cormorants		7:10.00	7:13.66
	48.47	1:43.05 (54.58)	2:39.17 (56.12)	3:35.30 (56.13)	
	4:31.05 (55.75)	5:26.76 (55.71)	6:21.30 (54.54)	7:13.66 (52.36)	

Event 2 Women 60-64 400 SC Meter Freestyle

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

1	Anne Bourne	64	Camphill Edwardians	5:46.77	5:38.60
	38.89	1:21.07 (42.18)	2:03.50 (42.43)	2:46.58 (43.08)	
	3:29.19 (42.61)	4:12.37 (43.18)	4:55.83 (43.46)	5:38.60 (42.77)	
2	Catherine Hartle	60	Cardiff Masters	6:00.00	5:49.80
	40.91	1:24.40 (43.49)	2:08.31 (43.91)	2:52.82 (44.51)	
	3:37.40 (44.58)	4:21.75 (44.35)	5:06.94 (45.19)	5:49.80 (42.86)	
3	Jayne Ball	64	Gloucester Masters	5:49.17	5:51.72
	40.42	1:24.20 (43.78)	2:09.22 (45.02)	2:54.55 (45.33)	
	3:39.32 (44.77)	4:24.28 (44.96)	5:08.79 (44.51)	5:51.72 (42.93)	
4	Amanda Doyle	62	Kings Cormorants	6:05.00	6:16.09
	43.16	1:28.52 (45.36)	2:16.41 (47.89)	3:04.29 (47.88)	
	3:52.71 (48.42)	4:40.98 (48.27)	5:29.24 (48.26)	6:16.09 (46.85)	
5	Karen Butterworth	60	Ruislip & Northwood	7:30.00	7:04.39
	49.37	1:42.40 (53.03)	2:36.55 (54.15)	3:30.40 (53.85)	
	4:24.07 (53.67)	5:17.86 (53.79)	6:11.59 (53.73)	7:04.39 (52.80)	
6	Oonagh Gormley	60	Out to Swim	7:40.00	7:11.63
	48.61	1:41.47 (52.86)	2:37.15 (55.68)	3:32.33 (55.18)	
	4:28.31 (55.98)	5:24.27 (55.96)	6:19.12 (54.85)	7:11.63 (52.51)	
7	Sarah Corlett	61	Out to Swim	7:48.00	7:36.83
	51.33	1:47.15 (55.82)	2:44.70 (57.55)	3:42.77 (58.07)	
	4:41.02 (58.25)	5:40.36 (59.34)	6:39.38 (59.02)	7:36.83 (57.45)	
---	Patricia Teale	61	Bexley	6:38.00	DNF
	46.87	1:38.25 (51.38)	2:30.50 (52.25)	3:23.03 (52.53)	
	4:14.03 (51.00)	5:05.20 (51.17)	5:56.68 (51.48)		

Event 3 Men 18-24 400 SC Meter Freestyle

1	Alex Mason	22	Team Luton	4:11.92	4:24.73
	28.34	59.51 (31.17)	1:32.10 (32.59)	2:05.68 (33.58)	
	2:39.92 (34.24)	3:15.28 (35.36)	3:50.77 (35.49)	4:24.73 (33.96)	
2	Killian Courtney	22	Bucs	4:50.10	4:52.91
	33.07	1:08.99 (35.92)	1:45.41 (36.42)	2:22.31 (36.90)	
	2:59.53 (37.22)	3:37.78 (38.25)	4:15.69 (37.91)	4:52.91 (37.22)	

Event 3 Men 25-29 400 SC Meter Freestyle

1	Kalon Veale	27	Totnes	4:11.58	4:12.71
	28.36	59.72 (31.36)	1:32.00 (32.28)	2:04.51 (32.51)	
	2:36.80 (32.29)	3:09.16 (32.36)	3:41.62 (32.46)	4:12.71 (31.09)	
2	Michael Procter	25	Bicester Blue Fins	4:30.00	4:45.29
	30.06	1:03.92 (33.86)	1:39.12 (35.20)	2:15.63 (36.51)	
	2:52.69 (37.06)	3:30.24 (37.55)	4:08.21 (37.97)	4:45.29 (37.08)	
3	Rory Kemp	28	South Beds Masters	4:40.00	5:04.75
	32.90	1:09.04 (36.14)	1:46.27 (37.23)	2:25.04 (38.77)	
	3:04.82 (39.78)	3:45.13 (40.31)	4:25.53 (40.40)	5:04.75 (39.22)	
4	Sam Bradley	25	Team Luton	5:30.00	5:29.70
	37.47	1:18.71 (41.24)	2:00.58 (41.87)	2:43.36 (42.78)	
	3:25.60 (42.24)	4:07.92 (42.32)	4:49.56 (41.64)	5:29.70 (40.14)	

Event 3 Men 30-34 400 SC Meter Freestyle

1	Robert Doran	33	Guildford City	4:20.00	4:13.25
	28.57	59.74 (31.17)	1:31.85 (32.11)	2:04.28 (32.43)	
	2:36.73 (32.45)	3:09.28 (32.55)	3:41.71 (32.43)	4:13.25 (31.54)	
2	Craig Gillespie	31	Otter	4:31.14	4:25.57
	29.02	1:01.89 (32.87)	1:35.31 (33.42)	2:09.60 (34.29)	
	2:43.38 (33.78)	3:17.77 (34.39)	3:52.12 (34.35)	4:25.57 (33.45)	
3	Ronald Garcia	34	Reading	4:39.34	4:27.89
	30.15	1:04.28 (34.13)	1:38.74 (34.46)	2:13.41 (34.67)	
	2:48.01 (34.60)	3:22.47 (34.46)	3:56.17 (33.70)	4:27.89 (31.72)	
4	Nicolas Barber	34	Otter	4:36.00	4:34.05
	31.00	1:04.65 (33.65)	1:39.26 (34.61)	2:14.45 (35.19)	
	2:49.79 (35.34)	3:24.60 (34.81)	3:59.68 (35.08)	4:34.05 (34.37)	

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

Event 3 Men 35-39 400 SC Meter Freestyle

1	Daive Papalini	35	Out to Swim	5:30.00	5:36.58
	35.41	1:15.23 (39.82)	1:56.73 (41.50)	2:40.74 (44.01)	
	3:24.92 (44.18)	4:09.32 (44.40)	4:53.98 (44.66)	5:36.58 (42.60)	

Event 3 Men 40-44 400 SC Meter Freestyle

1	Chris Hopton	43	Camden Swiss Cottage S.C.	4:50.00	4:34.95
	32.36	1:08.69 (36.33)	1:44.49 (35.80)	2:19.65 (35.16)	
	2:53.99 (34.34)	3:27.93 (33.94)	4:01.49 (33.56)	4:34.95 (33.46)	
2	Richard Symons	44	Trafford Metro	4:35.00	4:35.22
	31.43	1:06.32 (34.89)	1:41.66 (35.34)	2:16.53 (34.87)	
	2:50.99 (34.46)	3:26.06 (35.07)	4:01.31 (35.25)	4:35.22 (33.91)	
3	Richard Hope	42	Guildford City	4:31.63	4:38.15
	31.76	1:06.48 (34.72)	1:41.97 (35.49)	2:17.95 (35.98)	
	2:53.71 (35.76)	3:28.98 (35.27)	4:03.97 (34.99)	4:38.15 (34.18)	
4	Andrew Evans	40	Calverton & Bingham	4:45.00	4:51.03
	32.74	1:08.73 (35.99)	1:45.13 (36.40)	2:21.57 (36.44)	
	2:58.80 (37.23)	3:36.50 (37.70)	4:14.28 (37.78)	4:51.03 (36.75)	
5	Simon Marsden	44	Barnet Copthall	4:53.00	4:53.44
	33.49	1:10.46 (36.97)	1:47.97 (37.51)	2:25.72 (37.75)	
	3:03.20 (37.48)	3:40.70 (37.50)	4:17.74 (37.04)	4:53.44 (35.70)	

Event 3 Men 45-49 400 SC Meter Freestyle

1	Neville King	47	Exmouth S & L S S	5:15.00	5:05.25
	34.11	1:11.70 (37.59)	1:50.37 (38.67)	2:29.64 (39.27)	
	3:09.09 (39.45)	3:48.50 (39.41)	4:27.63 (39.13)	5:05.25 (37.62)	
2	Stewart Finn	48	Rochford & District	5:06.50	5:10.66
	32.96	1:09.92 (36.96)	1:48.57 (38.65)	2:28.18 (39.61)	
	3:08.19 (40.01)	3:48.76 (40.57)	4:29.73 (40.97)	5:10.66 (40.93)	
3	John O'Rourke	49	Team Luton	5:35.00	5:31.08
	38.54	1:19.39 (40.85)	2:00.41 (41.02)	2:42.64 (42.23)	
	3:24.77 (42.13)	4:07.29 (42.52)	4:49.97 (42.68)	5:31.08 (41.11)	

Event 3 Men 50-54 400 SC Meter Freestyle

1	Marcel Scholten	52	Modernians	5:00.00	4:55.84
	32.24	1:08.09 (35.85)	1:45.25 (37.16)	2:23.03 (37.78)	
	3:01.13 (38.10)	3:39.35 (38.22)	4:17.99 (38.64)	4:55.84 (37.85)	
2	Matthew Taylor	51	Seagulls	5:05.00	5:07.67
	32.63	1:09.26 (36.63)	1:47.76 (38.50)	2:28.07 (40.31)	
	3:08.43 (40.36)	3:48.61 (40.18)	4:29.11 (40.50)	5:07.67 (38.56)	
3	Neil Stanley	52	Dartford District	6:00.00	6:01.71
	39.23	1:23.16 (43.93)	2:09.46 (46.30)		
	2:56.41 ()	3:43.07 (46.66)	4:30.04 (46.97)	5:16.85 (46.81)	
	6:01.71 (44.86)				

Event 3 Men 55-59 400 SC Meter Freestyle

1	David Cartledge	58	Modernians	5:02.45	5:05.06
	33.58	1:11.25 (37.67)	1:49.54 (38.29)	2:28.30 (38.76)	
	3:07.13 (38.83)	3:46.37 (39.24)	4:25.74 (39.37)	5:05.06 (39.32)	
2	Dale Barker	56	Team Anglia	5:07.33	5:06.87
	34.89	1:12.83 (37.94)	1:51.75 (38.92)	2:31.04 (39.29)	
	3:10.54 (39.50)	3:50.58 (40.04)	4:29.63 (39.05)	5:06.87 (37.24)	
3	Tony Corben	56	Fareham Nomads	5:55.00	5:47.35
	37.69	1:20.78 (43.09)	2:05.50 (44.72)	2:50.12 (44.62)	
	3:33.72 (43.60)	4:18.95 (45.23)	5:03.77 (44.82)	5:47.35 (43.58)	

Event 3 Men 70-74 400 SC Meter Freestyle

1	Derek Parr	74	Broomfield Park	6:26.00	6:15.62
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Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

	42.76	1:30.11 (47.35)	2:18.30 (48.19)		
	3:07.15 ()	3:55.17 (48.02)	4:42.77 (47.60)	5:30.18 (47.41)	
	6:15.62 (45.44)				
2	Peter Stephens	71 Spencer		6:25.87	6:39.04
	43.46	1:32.33 (48.87)	2:24.21 (51.88)		
	3:16.72 ()	4:08.51 (51.79)	4:59.61 (51.10)	5:49.89 (50.28)	
	6:39.04 (49.15)				
3	Paul Partington	70 Wincanton		8:00.32	8:07.60
	46.96	1:43.84 (56.88)	2:50.22 (1:06.38)		
	3:56.40 ()			6:06.01 ()	
	8:07.60 (2:01.59)				
4	Chris Jessup	72 Salisbury Stingrays		8:40.00	8:16.22
	53.93	1:54.58 (1:00.65)	2:57.81 (1:03.23)		
	4:01.47 ()	5:05.39 (1:03.92)	6:08.72 (1:03.33)	7:13.81 (1:05.09)	
	8:16.22 (1:02.41)				

Event 3 Men 75-79 400 SC Meter Freestyle

1	Geoff Stokes	79 Rushmoor Royals		6:45.00	6:30.00
	45.04	1:33.77 (48.73)	2:24.06 (50.29)		
	3:14.48 ()	4:05.13 (50.65)	4:55.44 (50.31)	5:43.91 (48.47)	
	6:30.00 (46.09)				
2	Paul Clarke	76 Beavers Masters Bedford		8:19.00	8:03.75
	50.21	1:49.20 (58.99)	2:51.05 (1:01.85)		
	3:52.93 ()	4:56.54 (1:03.61)	6:01.22 (1:04.68)	7:04.01 (1:02.79)	
	8:03.75 (59.74)				

Event 4 Women 18-24 200 SC Meter Backstroke

1	Nicola Lawrence	20 Hackney Aquatics		2:31.15	2:38.96
	36.62	1:16.89 (40.27)	1:57.70 (40.81)	2:38.96 (41.26)	
2	Emily Young	24 South Beds Masters		2:40.00	2:43.86
	36.34	1:17.92 (41.58)	2:01.54 (43.62)	2:43.86 (42.32)	
3	Sarah Procter	22 Barnet Copthall		2:45.00	2:48.09
	38.61	1:20.50 (41.89)	2:04.16 (43.66)	2:48.09 (43.93)	
4	Astrid Clair	21 A S A Temporary Cat 2		2:59.89	2:55.30
	42.85	1:27.19 (44.34)	2:12.31 (45.12)	2:55.30 (42.99)	
5	Alice Theobald	23 Felixstowe Waves		2:54.94	2:56.20
	41.83	1:27.26 (45.43)	2:12.33 (45.07)	2:56.20 (43.87)	

Event 4 Women 40-44 200 SC Meter Backstroke

1	Helen Barrison	43 Barnet Copthall		2:42.00	2:40.73
	37.75	1:17.96 (40.21)	1:59.78 (41.82)	2:40.73 (40.95)	

Event 4 Women 45-49 200 SC Meter Backstroke

1	Jo Corben	48 Fareham Nomads		2:26.50	2:26.75
	35.07	1:12.12 (37.05)	1:49.22 (37.10)	2:26.75 (37.53)	
2	Katrina Farrall	48 Basildon & Phoenix		3:00.00	2:56.83
	39.31	1:22.95 (43.64)	2:09.46 (46.51)	2:56.83 (47.37)	

Event 4 Women 50-54 200 SC Meter Backstroke

1	Nuala Muir-Cochrane	54 Barnet Copthall		3:00.00	2:48.95
	40.03	1:22.90 (42.87)	2:06.42 (43.52)	2:48.95 (42.53)	
2	Silvia Ferdin	53 City of Cambridge		3:08.14	3:01.34
	42.70	1:28.03 (45.33)	2:14.65 (46.62)	3:01.34 (46.69)	

Event 4 Women 55-59 200 SC Meter Backstroke

1	Anne Raymond	55 Sevenoaks SC		3:25.00	3:23.79
	48.75	1:41.15 (52.40)	2:33.10 (51.95)	3:23.79 (50.69)	

Event 4 Women 60-64 200 SC Meter Backstroke

1	Esther Iseppi	60 Spencer		3:00.00	3:01.09
	43.20	1:28.75 (45.55)	2:14.91 (46.16)	3:01.09 (46.18)	

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

2	Amanda Heath	61	Spencer	3:07.00	3:04.91
	44.23	1:30.97 (46.74)	2:18.25 (47.28)	3:04.91 (46.66)	
3	Julia Buchanan	61	Caldicot	3:33.32	3:25.25
	48.63	1:41.65 (53.02)	2:34.18 (52.53)	3:25.25 (51.07)	
4	Alison Sheehan	60	South Beds Masters	3:40.00	3:34.99
	49.52	1:43.28 (53.76)	2:40.00 (56.72)	3:34.99 (54.99)	
Event 4 Women 65-69 200 SC Meter Backstroke					
1	Liz Neale	66	South Beds Masters	4:20.00	4:00.31
	59.21	2:00.02 (1:00.81)	3:00.69 (1:00.67)	4:00.31 (59.62)	
Event 4 Women 70-74 200 SC Meter Backstroke					
1	Elaine Blower	73	Barnet Copthall	3:42.96	3:40.29
	52.48	1:49.22 (56.74)	2:45.66 (56.44)	3:40.29 (54.63)	
Event 5 Men 25-29 200 SC Meter Backstroke					
1	Sam Bradley	25	Team Luton	3:00.00	2:59.52
	43.35	1:28.84 (45.49)	2:14.81 (45.97)	2:59.52 (44.71)	
Event 5 Men 30-34 200 SC Meter Backstroke					
1	Daniel John	31	Totnes	2:20.58	2:24.46
	33.67	1:10.06 (36.39)	1:47.14 (37.08)	2:24.46 (37.32)	
Event 5 Men 35-39 200 SC Meter Backstroke					
1	James Grigg	37	Rochford & District	2:30.00	2:30.73
	35.25	1:13.22 (37.97)	1:52.37 (39.15)	2:30.73 (38.36)	
2	Richard Weatherhead	37	Barnet Copthall	2:50.00	2:44.19
	39.01	1:19.98 (40.97)	2:02.65 (42.67)	2:44.19 (41.54)	
Event 5 Men 50-54 200 SC Meter Backstroke					
1	Matthew Gomez	52	City of Oxford	2:48.00	2:43.25
	39.62	1:21.01 (41.39)	2:02.86 (41.85)	2:43.25 (40.39)	
Event 5 Men 55-59 200 SC Meter Backstroke					
1	Cristian Rentsch	55	Spencer	2:35.00	2:39.28
	37.11	1:17.08 (39.97)	1:58.11 (41.03)	2:39.28 (41.17)	
2	Tony Corben	56	Fareham Nomads	3:02.00	3:01.65
	44.46	1:30.89 (46.43)	2:16.81 (45.92)	3:01.65 (44.84)	
Event 5 Men 60-64 200 SC Meter Backstroke					
1	Andrew Burgess	62	Mid-Sussex Marlins	2:39.26	2:43.04
	39.34	1:20.69 (41.35)	2:02.99 (42.30)	2:43.04 (40.05)	
Event 6 Women 18-24 100 SC Meter Breaststroke					
1	Nicola Lawrence	20	Hackney Aquatics	1:23.97	1:30.67
	41.69	1:30.67 (48.98)			
Event 6 Women 30-34 100 SC Meter Breaststroke					
1	Justine Clark	30	Kenilworth Masters	1:18.20	1:20.03
	37.42	1:20.03 (42.61)			
2	Hannah Loughlin	30	Teddington	1:25.71	1:25.43
	40.95	1:25.43 (44.48)			
3	Sasha Forster	34	Bracknell & Wokingham	1:45.90	1:42.19
	50.66	1:42.19 (51.53)			
Event 6 Women 35-39 100 SC Meter Breaststroke					
1	Sarah Pearse	36	South Beds Masters	1:24.50	1:22.76
	38.21	1:22.76 (44.55)			
2	Laure Kearns	35	Teddington	1:26.00	1:25.06
	40.31	1:25.06 (44.75)			

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

Event 6 Women 40-44 100 SC Meter Breaststroke

---	Titta Laattala	41	Out to Swim	2:00.00	DQ
	7.2 Arm movements not simultaneous				
	51.90		DQ (1:02.87)		

Event 6 Women 45-49 100 SC Meter Breaststroke

1	Helen Gorman	46	City of Cardiff	1:14.01	1:13.45 British Record
	35.36		1:13.45 (38.09)		

Event 6 Women 50-54 100 SC Meter Breaststroke

1	Allie Price	53	Cardiff Masters	1:27.00	1:25.53
	41.34		1:25.53 (44.19)		
2	Elizabeth Shaw	52	Otter	1:35.00	1:36.70
	46.25		1:36.70 (50.45)		
3	Sonia Bentley	50	Team Luton	2:20.03	1:45.20
	51.65		1:45.20 (53.55)		
4	Sharon Thompson	51	Team Luton	2:05.00	2:12.48
	1:04.39		2:12.48 (1:08.09)		

Event 6 Women 55-59 100 SC Meter Breaststroke

1	Hannah Ueckermann	55	Witham Dolphins	1:28.50	1:29.36
	43.31		1:29.36 (46.05)		
2	K H Kim	58	Barnet Copthall	2:00.00	1:45.36
	50.49		1:45.36 (54.87)		
3	Jacqueline Patel	58	Kings Cormorants	1:55.00	2:13.60
	1:04.66		2:13.60 (1:08.94)		

Event 6 Women 60-64 100 SC Meter Breaststroke

1	Jayne Ball	64	Gloucester Masters	1:40.32	1:42.24
	48.47		1:42.24 (53.77)		
2	Sarah Corlett	61	Out to Swim	2:15.00	1:51.94
	55.39		1:51.94 (56.55)		
3	Oonagh Gormley	60	Out to Swim	2:00.00	1:58.35
	57.83		1:58.35 (1:00.52)		

Event 6 Women 65-69 100 SC Meter Breaststroke

1	Liz Neale	66	South Beds Masters	2:05.00	2:01.63
	57.80		2:01.63 (1:03.83)		

Event 6 Women 75-79 100 SC Meter Breaststroke

1	Diane Ford	75	Rushmoor Royals	1:43.50	1:44.31
	50.52		1:44.31 (53.79)		

Event 7 Men 18-24 100 SC Meter Breaststroke

1	Jack McGARRY	24	South Beds Masters	1:16.50	1:18.63
	36.80		1:18.63 (41.83)		

Event 7 Men 25-29 100 SC Meter Breaststroke

1	Romain Francez	29	Out to Swim	1:45.00	1:45.50
	47.70		1:45.50 (57.80)		

Event 7 Men 30-34 100 SC Meter Breaststroke

1	Nicolas Barber	34	Otter	1:20.00	1:21.04
	38.80		1:21.04 (42.24)		
2	Daniel John	31	Totnes	1:19.56	1:21.45
	39.60		1:21.45 (41.85)		
3	David Blakemore	34	Cally Masters Islington	1:36.88	1:33.83
	44.81		1:33.83 (49.02)		

Event 7 Men 40-44 100 SC Meter Breaststroke

1	Chris Hopton	43	Camden Swiss Cottage S.C.	1:31.00	1:34.82
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Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

44.75 1:34.82 (50.07)

Event 7 Men 45-49 100 SC Meter Breaststroke

1	Neville King	47	Exmouth S & L S S	1:25.00	1:23.69
	40.59	1:23.69	(43.10)		
2	Roger Randall	47	Barnet Copthall	1:35.00	1:30.90
	44.49	1:30.90	(46.41)		
3	John O'Rourke	49	Team Luton	1:47.00	1:43.21
	50.04	1:43.21	(53.17)		

Event 7 Men 50-54 100 SC Meter Breaststroke

1	Eduardas Klimentjevas	51	Nendre (Lithuania)	1:30.00	1:27.31
	40.66	1:27.31	(46.65)		

Event 7 Men 55-59 100 SC Meter Breaststroke

---	David Parker	55	Witham Dolphins	1:20.00	DQ
	7.6 Did not touch at turn or finish with both hands, or touch simultaneous				
	48.73	DQ	(54.46)		

Event 7 Men 60-64 100 SC Meter Breaststroke

1	Nick Hunt	62	Chelmsford	1:26.00	1:24.48
	40.65	1:24.48	(43.83)		
2	Trevor Clark	64	Kenilworth Masters	1:26.50	1:25.15
	39.53	1:25.15	(45.62)		
3	Colin Stephenson	60	Gloucester Masters	1:30.07	1:28.64
	41.63	1:28.64	(47.01)		
4	William Widdowson	60	A M T Zurich	1:32.00	1:34.36
	45.84	1:34.36	(48.52)		

Event 7 Men 70-74 100 SC Meter Breaststroke

1	Derek Parr	74	Broomfield Park	1:55.00	1:46.95
	50.32	1:46.95	(56.63)		
2	Peter Stephens	71	Spencer	1:55.61	1:56.83
	55.70	1:56.83	(1:01.13)		

Event 7 Men 75-79 100 SC Meter Breaststroke

1	Paul Clarke	76	Beavers Masters Bedford	2:00.00	1:53.39
	54.95	1:53.39	(58.44)		

Event 8 Women 18-24 200 SC Meter Butterfly

1	Astrid Clair	21	A S A Temporary Cat 2	3:07.89	3:06.27
	43.87	1:32.13	(48.26)	2:20.08 (47.95)	3:06.27 (46.19)
2	Alice Theobald	23	Felixstowe Waves	2:57.09	3:21.38
	45.99	1:39.25	(53.26)	2:33.80 (54.55)	3:21.38 (47.58)

Event 8 Women 30-34 200 SC Meter Butterfly

1	Noemie Plumridge	32	Fareham Nomads	2:32.74	2:40.74
	34.15	1:12.71	(38.56)	1:52.81 (40.10)	2:40.74 (47.93)

Event 8 Women 45-49 200 SC Meter Butterfly

1	Jeanne Petit	48	Chesham	2:55.01	2:50.01
	37.90	1:19.91	(42.01)	2:04.58 (44.67)	2:50.01 (45.43)

Event 8 Women 50-54 200 SC Meter Butterfly

1	Silvia Ferdin	53	City of Cambridge	2:42.22	2:45.40
	36.75	1:18.23	(41.48)	2:01.19 (42.96)	2:45.40 (44.21)
2	Sandra Jones	54	Gloucester Masters	3:25.00	3:17.50
	43.44	1:33.35	(49.91)	2:25.42 (52.07)	3:17.50 (52.08)

Event 8 Women 55-59 200 SC Meter Butterfly

1	Jacqueline Patel	58	Kings Cormorants	5:00.00	4:35.30
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Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

1:05.64 2:17.05 (1:11.41) 3:29.32 (1:12.27) 4:35.30 (1:05.98)

Event 8 Women 60-64 200 SC Meter Butterfly

1	Esther Iseppi	60	Spencer	3:06.00	3:06.83
	43.56	1:30.56 (47.00)	2:18.12 (47.56)	3:06.83 (48.71)	

Event 9 Men 18-24 200 SC Meter Butterfly

1	Killian Courtney	22	Bucs	2:29.20	2:24.45
	32.93	1:09.43 (36.50)	1:46.92 (37.49)	2:24.45 (37.53)	

Event 9 Men 40-44 200 SC Meter Butterfly

1	David Denny	42	City of Oxford	2:15.00	2:14.18
	30.17	1:03.90 (33.73)	1:38.80 (34.90)	2:14.18 (35.38)	

Event 9 Men 50-54 200 SC Meter Butterfly

1	Matthew Gomez	52	City of Oxford	2:50.00	2:50.35
	36.22	1:18.26 (42.04)	2:05.42 (47.16)	2:50.35 (44.93)	

Event 9 Men 55-59 200 SC Meter Butterfly

1	Neil Procter	58	Barnet Copthall	3:10.44	3:08.62
	39.13	1:27.59 (48.46)	2:19.20 (51.61)	3:08.62 (49.42)	

Event 9 Men 70-74 200 SC Meter Butterfly

1	Derek Parr	74	Broomfield Park	3:30.00	3:28.10
	45.73	1:41.19 (55.46)	2:38.49 (57.30)	3:28.10 (49.61)	
2	Paul Partington	70	Wincanton	5:30.00	5:20.77
	1:06.02	2:31.81 (1:25.79)	3:59.90 (1:28.09)	5:20.77 (1:20.87)	

Event 15 Women 18-24 400 SC Meter IM

1	Astrid Clair	21	A S A Temporary Cat 2	6:30.89	6:15.95
	42.02	1:30.85 (48.83)	2:16.76 (45.91)	3:04.30 (47.54)	
	3:57.59 (53.29)	4:50.68 (53.09)	5:34.31 (43.63)	6:15.95 (41.64)	
2	Alice Theobald	23	Felixstowe Waves	6:18.25	6:31.20
	41.50	1:31.12 (49.62)	2:21.78 (50.66)	3:10.44 (48.66)	
	4:10.98 (1:00.54)	5:09.91 (58.93)	5:51.90 (41.99)	6:31.20 (39.30)	

Event 15 Women 30-34 400 SC Meter IM

1	Gina Heyn	34	Teddington	5:10.00	5:13.49
	34.00	1:13.03 (39.03)	1:54.61 (41.58)	2:37.58 (42.97)	
	3:18.13 (40.55)	4:01.93 (43.80)	4:37.31 (35.38)	5:13.49 (36.18)	
2	Justine Clark	30	Kenilworth Masters	5:35.00	5:18.38
	34.06	1:12.04 (37.98)	1:53.47 (41.43)	2:34.64 (41.17)	
	3:19.89 (45.25)	4:05.08 (45.19)	4:42.27 (37.19)	5:18.38 (36.11)	
3	Hannah Loughlin	30	Teddington	5:26.64	5:29.16
	34.58	1:14.86 (40.28)	1:55.64 (40.78)	2:36.59 (40.95)	
	3:25.62 (49.03)	4:14.05 (48.43)	4:51.78 (37.73)	5:29.16 (37.38)	

Event 15 Women 35-39 400 SC Meter IM

1	Laure Kearns	35	Teddington	5:30.00	5:32.45
	36.51	1:17.50 (40.99)	1:58.81 (41.31)	2:40.64 (41.83)	
	3:29.28 (48.64)	4:18.81 (49.53)	4:55.68 (36.87)	5:32.45 (36.77)	

Event 15 Women 45-49 400 SC Meter IM

1	Jo Corben	48	Fareham Nomads	5:45.00	5:38.29
	37.57	1:22.73 (45.16)	2:04.16 (41.43)	2:44.64 (40.48)	
	3:34.19 (49.55)	4:23.38 (49.19)	5:01.48 (38.10)	5:38.29 (36.81)	

Event 15 Women 50-54 400 SC Meter IM

1	Silvia Ferdin	53	City of Cambridge	6:00.19	5:52.96
	36.32	1:17.17 (40.85)	2:03.93 (46.76)	2:52.09 (48.16)	
	3:42.49 (50.40)	4:34.35 (51.86)	5:14.25 (39.90)	5:52.96 (38.71)	

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

Event 15 Women 55-59 400 SC Meter IM

1	Anne Raymond	55	Sevenoaks SC	7:02.00	6:54.28
	50.52	1:46.01 (55.49)	2:40.80 (54.79)	3:34.66 (53.86)	
	4:27.69 (53.03)	5:21.97 (54.28)	6:08.88 (46.91)	6:54.28 (45.40)	
2	Jacqueline Patel	58	Kings Cormorants	10:00.00	8:49.16
	1:06.07	2:17.51 (1:11.44)	3:30.53 (1:13.02)	4:40.98 (1:10.45)	
	5:50.95 (1:09.97)	7:01.93 (1:10.98)	7:55.88 (53.95)	8:49.16 (53.28)	

Event 15 Women 60-64 400 SC Meter IM

1	Amanda Doyle	62	Kings Cormorants	7:20.00	7:26.84
	51.20	1:51.84 (1:00.64)	2:47.27 (55.43)	3:45.27 (58.00)	
	4:50.34 (1:05.07)	5:54.86 (1:04.52)	6:40.42 (45.56)	7:26.84 (46.42)	

Event 16 Men 30-34 400 SC Meter IM

1	Daniel John	31	Totnes	4:51.26	4:56.63
	30.60	1:04.99 (34.39)	1:44.50 (39.51)	2:22.98 (38.48)	
	3:08.08 (45.10)	3:52.37 (44.29)	4:25.11 (32.74)	4:56.63 (31.52)	
2	David Blakemore	34	Cally Masters Islington	6:30.00	6:38.50
	40.27	1:31.17 (50.90)	2:22.86 (51.69)	3:15.90 (53.04)	
	4:09.80 (53.90)	5:05.35 (55.55)	5:53.36 (48.01)	6:38.50 (45.14)	

Event 16 Men 40-44 400 SC Meter IM

1	Richard Symons	44	Trafford Metro	5:10.00	5:19.25
	34.57	1:13.06 (38.49)	1:53.84 (40.78)	2:34.85 (41.01)	
	3:21.45 (46.60)	4:07.23 (45.78)	4:43.94 (36.71)	5:19.25 (35.31)	
2	Chris Hopton	43	Camden Swiss Cottage S.C.	6:00.00	5:39.20
	38.73	1:21.23 (42.50)	2:06.58 (45.35)	2:51.92 (45.34)	
	3:41.62 (49.70)	4:32.23 (50.61)	5:05.79 (33.56)	5:39.20 (33.41)	
3	Andrew Evans	40	Calverton & Bingham	5:45.00	5:41.28
	34.89	1:18.32 (43.43)	2:01.56 (43.24)	2:45.05 (43.49)	
	3:35.68 (50.63)	4:26.03 (50.35)	5:04.46 (38.43)	5:41.28 (36.82)	
4	Simon Joyce	40	City of Oxford	6:07.50	5:52.75
	39.93	1:26.15 (46.22)	2:09.37 (43.22)	2:53.63 (44.26)	
	3:40.98 (47.35)	4:30.81 (49.83)	5:12.54 (41.73)	5:52.75 (40.21)	

Event 16 Men 45-49 400 SC Meter IM

1	Roger Randall	47	Barnet Copthall	6:15.00	6:17.66
	40.72	1:27.06 (46.34)	2:15.99 (48.93)	3:04.74 (48.75)	
	3:58.04 (53.30)	4:50.98 (52.94)	5:35.83 (44.85)	6:17.66 (41.83)	
2	John O'Rourke	49	Team Luton	7:00.00	6:40.67
	43.15	1:34.51 (51.36)	2:27.96 (53.45)	3:19.81 (51.85)	
	4:19.83 (1:00.02)	5:18.25 (58.42)	6:01.18 (42.93)	6:40.67 (39.49)	

Event 16 Men 55-59 400 SC Meter IM

1	Martin Fenner	56	Romford Town	5:34.10	5:23.49
	34.03	1:11.52 (37.49)	1:51.49 (39.97)	2:32.08 (40.59)	
	3:19.69 (47.61)	4:07.91 (48.22)	4:45.84 (37.93)	5:23.49 (37.65)	
2	Cristian Rentsch	55	Spencer	5:45.00	5:45.91
	38.27	1:20.06 (41.79)	2:04.24 (44.18)	2:48.67 (44.43)	
	3:37.42 (48.75)	4:25.72 (48.30)	5:06.62 (40.90)	5:45.91 (39.29)	

Event 16 Men 60-64 400 SC Meter IM

1	Simon Veale	62	Totnes	5:36.50	5:34.37
	34.19	1:14.95 (40.76)	1:59.26 (44.31)	2:42.49 (43.23)	
	3:31.22 (48.73)	4:20.08 (48.86)	4:58.52 (38.44)	5:34.37 (35.85)	
2	Andrew Burgess	62	Mid-Sussex Marlins	6:02.00	6:14.14
	39.24	1:27.95 (48.71)	2:16.47 (48.52)	3:03.90 (47.43)	
	3:57.85 (53.95)	4:54.15 (56.30)	5:33.67 (39.52)	6:14.14 (40.47)	

Event 16 Men 70-74 400 SC Meter IM

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

1	Derek Parr	74	Broomfield Park	7:30.00	7:10.38
	42.39	1:29.24 (46.85)	2:32.54 (1:03.30)	3:34.42 (1:01.88)	
	4:35.93 (1:01.51)	5:37.47 (1:01.54)	6:25.16 (47.69)	7:10.38 (45.22)	
2	Chris Jessup	72	Salisbury Stingrays	8:40.00	8:32.37
	1:00.85			3:13.00 ()	
	4:18.54 (1:05.54)	5:27.56 (1:09.02)	6:31.99 (1:04.43)	7:33.42 (1:01.43)	
	8:32.37 (58.95)				
3	Paul Partington	70	Wincanton	9:42.89	9:43.75
	1:01.68	2:21.54 (1:19.86)	3:37.11 (1:15.57)	4:45.59 (1:08.48)	
	6:22.47 (1:36.88)	7:54.92 (1:32.45)	8:46.04 (51.12)	9:43.75 (57.71)	

Event 16 Men 75-79 400 SC Meter IM

1	Paul Clarke	76	Beavers Masters Bedford	9:00.00	8:50.89
	1:03.11	2:12.91 (1:09.80)	3:24.10 (1:11.19)	4:29.49 (1:05.39)	
	5:37.77 (1:08.28)	6:46.81 (1:09.04)	7:50.29 (1:03.48)	8:50.89 (1:00.60)	

Event 17 Women 18-24 100 SC Meter Backstroke

1	Frances Merridan	24	South Beds Masters	1:12.75	1:10.22
	33.54	1:10.22 (36.68)			
2	Emily Young	24	South Beds Masters	1:12.00	1:15.03
	36.31	1:15.03 (38.72)			
3	Nicola Lawrence	20	Hackney Aquatics	1:10.26	1:15.91
	36.62	1:15.91 (39.29)			
4	Astrid Clair	21	A S A Temporary Cat 2	1:15.89	1:24.48
	41.96	1:24.48 (42.52)			

Event 17 Women 40-44 100 SC Meter Backstroke

1	Helen Barrison	43	Barnet Copthall	1:15.00	1:12.84
	36.38	1:12.84 (36.46)			
2	Lisa Dawson	40	Barnet Copthall	1:16.50	1:15.83
	37.23	1:15.83 (38.60)			
3	Carrie Page	40	Putteridge	1:22.48	1:27.04
	40.75	1:27.04 (46.29)			

Event 17 Women 45-49 100 SC Meter Backstroke

1	Jo Corben	48	Fareham Nomads	1:09.50	1:09.79
	34.16	1:09.79 (35.63)			
2	Katrina Farrall	48	Basildon & Phoenix	1:18.92	1:19.61
	38.16	1:19.61 (41.45)			

Event 17 Women 50-54 100 SC Meter Backstroke

1	Allie Price	53	Cardiff Masters	1:15.00	1:15.39
	36.67	1:15.39 (38.72)			
2	Nuala Muir-Cochrane	54	Barnet Copthall	1:24.00	1:19.84
	38.82	1:19.84 (41.02)			
3	Sonia Bentley	50	Team Luton	2:15.46	1:45.41

Event 17 Women 55-59 100 SC Meter Backstroke

1	Tamsin Jaggs	58	Wareham	1:31.44	1:29.32
	42.55	1:29.32 (46.77)			
2	Jacqueline Patel	58	Kings Cormorants	2:15.00	2:21.47
	1:08.33	2:21.47 (1:13.14)			

Event 17 Women 60-64 100 SC Meter Backstroke

1	Julia Buchanan	61	Caldicot	1:37.00	1:34.10
	45.83	1:34.10 (48.27)			
2	Jayne Ball	64	Gloucester Masters	1:42.29	1:35.09
	47.48	1:35.09 (47.61)			
3	Alison Sheehan	60	South Beds Masters	1:40.00	1:39.72
	49.50	1:39.72 (50.22)			
4	Karen Butterworth	60	Ruislip & Northwood	1:58.00	1:54.34

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

	56.55	1:54.34 (57.79)			
5	Susan Green	62 Cally Masters Islington	2:21.00	2:12.42	
	1:01.69	2:12.42 (1:10.73)			
Event 17 Women 65-69 100 SC Meter Backstroke					
1	Liz Neale	66 South Beds Masters	2:02.00	1:55.24	
	57.34	1:55.24 (57.90)			
Event 17 Women 70-74 100 SC Meter Backstroke					
1	Elaine Blower	73 Barnet Copthall	1:48.11	1:42.39	
	50.34	1:42.39 (52.05)			
Event 18 Men 25-29 100 SC Meter Backstroke					
1	Jonathan Grant	29 Barnet Copthall	1:18.50	1:08.17	
	32.04	1:08.17 (36.13)			
2	Arron Moore	25 South Beds Masters	1:08.60	1:09.10	
	33.59	1:09.10 (35.51)			
3	Sam Bradley	25 Team Luton	1:25.00	1:24.89	
	41.61	1:24.89 (43.28)			
Event 18 Men 30-34 100 SC Meter Backstroke					
1	Nicolas Barber	34 Otter	1:08.00	1:09.04	
	33.56	1:09.04 (35.48)			
2	David Blakemore	34 Cally Masters Islington	1:27.24	1:26.73	
	43.21	1:26.73 (43.52)			
Event 18 Men 35-39 100 SC Meter Backstroke					
1	James Grigg	37 Rochford & District	1:10.00	1:09.39	
	34.01	1:09.39 (35.38)			
2	Richard Weatherhead	37 Barnet Copthall	1:25.00	1:18.67	
	39.06	1:18.67 (39.61)			
Event 18 Men 40-44 100 SC Meter Backstroke					
1	Joe Twyman	41 Barnet Copthall	1:10.01	1:11.76	
	34.59	1:11.76 (37.17)			
2	Simon Joyce	40 City of Oxford	1:18.40	1:15.50	
	36.76	1:15.50 (38.74)			
3	Chris Hopton	43 Camden Swiss Cottage S.C.	1:21.00	1:17.67	
	38.25	1:17.67 (39.42)			
Event 18 Men 45-49 100 SC Meter Backstroke					
1	Paul Allen	46 Boston Asc	1:07.00	1:07.37	
	32.95	1:07.37 (34.42)			
Event 18 Men 55-59 100 SC Meter Backstroke					
1	Tony Corben	56 Fareham Nomads	1:29.50	1:26.18	
	42.52	1:26.18 (43.66)			
Event 18 Men 60-64 100 SC Meter Backstroke					
1	Trevor Clark	64 Kenilworth Masters	1:16.50	1:15.95	
	36.61	1:15.95 (39.34)			
2	Colin Stephenson	60 Gloucester Masters	1:15.31	1:16.25	
	37.69	1:16.25 (38.56)			
3	Nick Hunt	62 Chelmsford	1:40.00	1:30.92	
	42.98	1:30.92 (47.94)			
4	William Widdowson	60 A M T Zurich	1:35.00	1:35.30	
Event 18 Men 65-69 100 SC Meter Backstroke					
1	Dietrich Coekin	67 Deben	1:41.00	1:38.74	
	47.98	1:38.74 (50.76)			

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

Event 19 Women 18-24 200 SC Meter Freestyle

1	Sarah Procter	22	Barnet Copthall	2:18.93	2:19.99
	32.11	1:08.27 (36.16)	1:44.94 (36.67)	2:19.99 (35.05)	
2	Nicola Lawrence	20	Hackney Aquatics	2:17.69	2:27.45
	34.50	1:11.39 (36.89)	1:49.37 (37.98)	2:27.45 (38.08)	
3	Astrid Clair	21	A S A Temporary Cat 2	2:43.89	2:42.53
	37.63	1:19.50 (41.87)	2:02.43 (42.93)	2:42.53 (40.10)	

Event 19 Women 35-39 200 SC Meter Freestyle

1	Laure Kearns	35	Teddington	2:15.00	2:19.91
	33.30	1:08.76 (35.46)	1:44.92 (36.16)	2:19.91 (34.99)	
2	Sarah Pearse	36	South Beds Masters	2:35.50	2:32.88
	34.82	1:13.93 (39.11)	1:53.64 (39.71)	2:32.88 (39.24)	

Event 19 Women 40-44 200 SC Meter Freestyle

1	Lara Fenner	44	Romford Town	2:35.00	2:20.14
	32.78	1:08.83 (36.05)	1:45.46 (36.63)	2:20.14 (34.68)	
2	Michelle Senecal	41	Otter	2:24.00	2:29.48
	34.93	1:13.05 (38.12)	1:52.12 (39.07)	2:29.48 (37.36)	
3	Titta Laattala	41	Out to Swim	4:00.00	3:31.19
	46.71	1:40.10 (53.39)	2:37.04 (56.94)	3:31.19 (54.15)	

Event 19 Women 45-49 200 SC Meter Freestyle

1	Rosie Canham	45	Putteridge	3:16.00	3:13.73
	42.42	1:30.70 (48.28)	2:22.96 (52.26)	3:13.73 (50.77)	

Event 19 Women 50-54 200 SC Meter Freestyle

1	Silvia Ferdin	53	City of Cambridge	2:25.17	2:25.70
	34.01	1:11.03 (37.02)	1:48.96 (37.93)	2:25.70 (36.74)	
2	Helen Harris	52	Larkfield	2:45.00	2:42.86
	37.97	1:19.05 (41.08)	2:00.98 (41.93)	2:42.86 (41.88)	
3	Liz Goad	51	Otter	3:09.57	3:10.11
	43.38	1:31.80 (48.42)	2:21.83 (50.03)	3:10.11 (48.28)	
4	Elizabeth Shaw	52	Otter	2:45.00	3:23.74
	47.25	1:38.65 (51.40)	2:31.45 (52.80)	3:23.74 (52.29)	

Event 19 Women 55-59 200 SC Meter Freestyle

1	Tamsin Jaggs	58	Wareham	2:56.80	2:45.49
	37.99	1:18.83 (40.84)	2:02.29 (43.46)	2:45.49 (43.20)	
2	Christina Symeonides	55	Enfield Swim Squad	3:34.00	3:22.65
	46.35	1:37.40 (51.05)	2:30.83 (53.43)	3:22.65 (51.82)	

Event 19 Women 60-64 200 SC Meter Freestyle

1	Esther Iseppi	60	Spencer	2:38.00	2:41.44
	37.70	1:18.10 (40.40)	1:59.61 (41.51)	2:41.44 (41.83)	
2	Julia Buchanan	61	Caldicot	3:04.31	3:00.96
	42.04	1:28.31 (46.27)	2:15.32 (47.01)	3:00.96 (45.64)	
3	Karen Butterworth	60	Ruislip & Northwood	3:30.00	3:26.10
	48.58	1:40.81 (52.23)	2:33.55 (52.74)	3:26.10 (52.55)	
4	Oonagh Gormley	60	Out to Swim	3:30.00	3:26.28
	47.21	1:40.75 (53.54)	2:34.57 (53.82)	3:26.28 (51.71)	

Event 20 Men 18-24 200 SC Meter Freestyle

1	Alex Mason	22	Team Luton	1:56.01	2:02.57
	27.96	58.30 (30.34)	1:30.06 (31.76)	2:02.57 (32.51)	
2	Killian Courtney	22	Bucs	2:16.20	2:21.54
	32.42	1:08.90 (36.48)	1:45.97 (37.07)	2:21.54 (35.57)	

Event 20 Men 25-29 200 SC Meter Freestyle

1	Sam Bradley	25	Team Luton	2:42.00	2:37.99
	37.05	1:17.16 (40.11)	1:58.12 (40.96)	2:37.99 (39.87)	

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

Event 20 Men 30-34 200 SC Meter Freestyle

1	Craig Gillespie	31	Otter	2:03.50	2:02.57
	27.44	58.29 (30.85)	1:30.37 (32.08)	2:02.57 (32.20)	
2	Ronald Garcia	34	Reading	2:09.00	2:04.30
	29.11	1:01.18 (32.07)	1:33.04 (31.86)	2:04.30 (31.26)	
3	Nicolas Barber	34	Otter	2:08.00	2:15.87
	30.18	1:03.64 (33.46)	1:40.12 (36.48)	2:15.87 (35.75)	
4	Andrew Banks	32	Melton Mowbray	3:10.55	3:17.32
	42.37	1:30.39 (48.02)	2:22.80 (52.41)	3:17.32 (54.52)	

Event 20 Men 35-39 200 SC Meter Freestyle

1	James Grigg	37	Rochford & District	2:20.00	2:21.10
	31.80	1:07.68 (35.88)	1:44.73 (37.05)	2:21.10 (36.37)	
2	Davide Papalini	35	Out to Swim	2:31.00	2:34.26
	34.26	1:12.20 (37.94)	1:53.08 (40.88)	2:34.26 (41.18)	

Event 20 Men 40-44 200 SC Meter Freestyle

1	David Denny	42	City of Oxford	2:00.50	2:02.74
	28.86	1:00.36 (31.50)	1:32.25 (31.89)	2:02.74 (30.49)	
2	Andrew Farrell	40	Templeogue (Ireland)	2:06.00	2:07.54
	29.42	1:01.39 (31.97)	1:34.04 (32.65)	2:07.54 (33.50)	
3	Simon Marsden	44	Barnet Copthall	2:20.00	2:20.29
	32.42	1:08.10 (35.68)	1:44.55 (36.45)	2:20.29 (35.74)	
4	Simon Joyce	40	City of Oxford	2:25.20	2:24.76
	33.46	1:09.62 (36.16)	1:47.25 (37.63)	2:24.76 (37.51)	

Event 20 Men 45-49 200 SC Meter Freestyle

1	Neville King	47	Exmouth S & L S S	2:27.00	2:25.03
	33.61	1:10.43 (36.82)	1:48.45 (38.02)	2:25.03 (36.58)	
2	John O'Rourke	49	Team Luton	2:37.00	2:37.01
	37.34	1:16.92 (39.58)	1:56.95 (40.03)	2:37.01 (40.06)	

Event 20 Men 50-54 200 SC Meter Freestyle

1	Matthew Gomez	52	City of Oxford	2:20.40	2:19.99
	31.76	1:07.64 (35.88)	1:44.39 (36.75)	2:19.99 (35.60)	
2	Julian Reed	53	City of Milton Keynes	3:00.00	2:59.74
	41.30	1:28.06 (46.76)	2:14.47 (46.41)	2:59.74 (45.27)	

Event 20 Men 55-59 200 SC Meter Freestyle

1	Martin Fenner	56	Romford Town	2:20.50	2:16.87
	31.99	1:07.38 (35.39)	1:42.82 (35.44)	2:16.87 (34.05)	
2	Dale Barker	56	Team Anglia	2:27.24	2:25.78
	34.38	1:11.24 (36.86)	1:49.13 (37.89)	2:25.78 (36.65)	

Event 20 Men 65-69 200 SC Meter Freestyle

1	Martin Appleby	65	Ruislip & Northwood	3:10.00	3:01.83
	42.17	1:28.57 (46.40)	2:16.19 (47.62)	3:01.83 (45.64)	

Event 20 Men 70-74 200 SC Meter Freestyle

1	Peter Stephens	71	Spencer	3:03.89	3:05.91
	43.06	1:31.34 (48.28)	2:19.81 (48.47)	3:05.91 (46.10)	
2	Richard Moore	70	Hackney Aquatics	3:20.00	3:34.52
	48.79	1:42.85 (54.06)	2:39.84 (56.99)	3:34.52 (54.68)	

Event 20 Men 75-79 200 SC Meter Freestyle

1	Geoff Stokes	79	Rushmoor Royals	3:10.00	3:01.63
	42.77	1:29.40 (46.63)	2:16.56 (47.16)	3:01.63 (45.07)	
2	Paul Clarke	76	Beavers Masters Bedford	3:56.00	4:01.08
	55.13	1:56.16 (1:01.03)	3:00.20 (1:04.04)	4:01.08 (1:00.88)	

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

Event 21 Women 18-24 100 SC Meter Butterfly

1	Astrid Clair	21	A S A Temporary Cat 2	1:15.89	1:25.29
	40.44	1:25.29	(44.85)		

Event 21 Women 30-34 100 SC Meter Butterfly

1	Noemie Plumridge	32	Fareham Nomads	1:07.00	1:07.28
	32.44	1:07.28	(34.84)		
2	Gina Heyn	34	Teddington	1:05.00	1:07.31
	32.86	1:07.31	(34.45)		

Event 21 Women 35-39 100 SC Meter Butterfly

1	Hayley Brown	35	Witham Dolphins	1:17.10	1:13.91
	35.26	1:13.91	(38.65)		

Event 21 Women 40-44 100 SC Meter Butterfly

1	Lisa Dawson	40	Barnet Copthall	1:20.00	1:15.43
	36.42	1:15.43	(39.01)		

Event 21 Women 45-49 100 SC Meter Butterfly

1	Jeanne Petit	48	Chesham	1:12.51	1:11.62
	33.25	1:11.62	(38.37)		
2	Helen Davis	48	Team Anglia	1:20.00	1:15.60
	35.10	1:15.60	(40.50)		

Event 21 Women 50-54 100 SC Meter Butterfly

1	Sandra Jones	54	Gloucester Masters	1:25.00	1:22.98
	38.51	1:22.98	(44.47)		
2	Natalie Bateson	52	Barnet Copthall	1:29.00	1:24.74
	39.27	1:24.74	(45.47)		
3	Sonia Bentley	50	Team Luton	2:21.37	1:52.47
	48.84	1:52.47	(1:03.63)		

Event 21 Women 55-59 100 SC Meter Butterfly

1	Jacqueline Patel	58	Kings Cormorants	2:15.00	2:18.38
	1:06.60	2:18.38	(1:11.78)		

Event 21 Women 60-64 100 SC Meter Butterfly

1	Amanda Heath	61	Spencer	1:25.00	1:24.66
	40.96	1:24.66	(43.70)		
2	Margaret Smith	60	City of Milton Keynes	1:26.00	1:26.94
	39.31	1:26.94	(47.63)		
3	Jayne Ball	64	Gloucester Masters	1:40.09	1:36.50
	44.25	1:36.50	(52.25)		

Event 22 Men 18-24 100 SC Meter Butterfly

1	Killian Courtney	22	Bucs	1:06.28	1:06.71
	31.80	1:06.71	(34.91)		

Event 22 Men 25-29 100 SC Meter Butterfly

1	Kalon Veale	27	Totnes	56.83	58.81
	27.26	58.81	(31.55)		
---	Romain Francez	29	Out to Swim	1:45.00	DQ
	10.1	A swimmer did not cover the whole distance – DNF			
	53.97	DQ	(1:04.77)		

Event 22 Men 30-34 100 SC Meter Butterfly

1	Robert Doran	33	Guildford City	1:02.00	59.20
	28.54	59.20	(30.66)		
2	Nicolas Barber	34	Otter	1:09.00	1:17.19
	33.85	1:17.19	(43.34)		
3	David Blakemore	34	Cally Masters Islington	1:30.00	1:28.11

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

40.95 1:28.11 (47.16)

Event 22 Men 35-39 100 SC Meter Butterfly

1 Michael Carse 39 Barnet Copthall 1:23.00 1:28.62
40.00 1:28.62 (48.62)

Event 22 Men 40-44 100 SC Meter Butterfly

1 Chris Hopton 43 Camden Swiss Cottage S.C. 1:15.00 1:13.40
36.16 1:13.40 (37.24)

Event 22 Men 45-49 100 SC Meter Butterfly

1 Dave Pethers 48 Chelmsford 1:15.00 1:15.04
33.96 1:15.04 (41.08)
2 Roger Randall 47 Barnet Copthall 1:25.00 1:24.27
39.89 1:24.27 (44.38)

Event 22 Men 55-59 100 SC Meter Butterfly

1 Tony Corben 56 Fareham Nomads 1:30.00 1:32.06
44.13 1:32.06 (47.93)

Event 22 Men 60-64 100 SC Meter Butterfly

1 Nick Hunt 62 Chelmsford 1:35.00 1:27.91
45.49 1:27.91 (42.42)

Event 22 Men 70-74 100 SC Meter Butterfly

1 Paul Partington 70 Wincanton 1:57.10 2:13.53
58.98 2:13.53 (1:14.55)

Event 25 Women 18-24 200 SC Meter IM

1 Nicola Lawrence 20 Hackney Aquatics 2:35.04 2:48.66
36.92 1:18.87 (41.95) 2:09.45 (50.58) 2:48.66 (39.21)
2 Astrid Clair 21 A S A Temporary Cat 2 2:58.89 2:59.42
38.84 1:24.91 (46.07) 2:18.95 (54.04) 2:59.42 (40.47)

Event 25 Women 30-34 200 SC Meter IM

1 Justine Clark 30 Kenilworth Masters 2:30.50 2:31.15
32.21 1:11.13 (38.92) 1:56.70 (45.57) 2:31.15 (34.45)
2 Jessica Thorpe 33 Hackney Aquatics 2:52.40 2:45.30
37.20 1:20.00 (42.80) 2:07.79 (47.79) 2:45.30 (37.51)
3 Fiona Kinsella 34 Trojan (Ireland) 2:38.57 2:47.07
35.91 1:20.49 (44.58) 2:09.19 (48.70) 2:47.07 (37.88)

Event 25 Women 40-44 200 SC Meter IM

1 Lara Fenner 44 Romford Town 2:55.00 2:40.43
34.97 1:17.34 (42.37) 2:04.61 (47.27) 2:40.43 (35.82)

Event 25 Women 50-54 200 SC Meter IM

1 Sonia Bentley 50 Team Luton 4:03.56 3:34.83
49.51 1:48.61 (59.10) 2:47.36 (58.75) 3:34.83 (47.47)

Event 25 Women 60-64 200 SC Meter IM

1 Julia Buchanan 61 Caldicot 4:00.00 3:35.05
52.35 1:45.68 (53.33) 2:51.11 (1:05.43) 3:35.05 (43.94)
2 Alison Sheehan 60 South Beds Masters 3:46.00 3:51.95
56.78 1:49.81 (53.03) 2:55.17 (1:05.36) 3:51.95 (56.78)

Event 26 Men 18-24 200 SC Meter IM

1 Alex Mason 22 Team Luton 2:13.88 2:20.45
29.60 1:08.66 (39.06) 1:47.64 (38.98) 2:20.45 (32.81)
2 Killian Courtney 22 Bucs 2:32.60 2:30.86
31.58 1:10.05 (38.47) 1:56.39 (46.34) 2:30.86 (34.47)

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

Event 26 Men 25-29 200 SC Meter IM

1	Kalon Veale	27	Totnes	2:05.94	2:14.15
	28.40	1:01.11 (32.71)	1:41.86 (40.75)	2:14.15 (32.29)	
2	Jordan Shakes	25	Romford Town	2:47.00	2:46.51
	35.57	1:21.93 (46.36)	2:08.68 (46.75)	2:46.51 (37.83)	
3	Romain Francez	29	Out to Swim	3:45.00	4:02.63
	52.09	1:58.70 (1:06.61)	3:02.60 (1:03.90)	4:02.63 (1:00.03)	

Event 26 Men 30-34 200 SC Meter IM

1	Daniel John	31	Totnes	2:20.58	2:23.11
	29.46	1:06.85 (37.39)	1:52.03 (45.18)	2:23.11 (31.08)	
2	Nicolas Barber	34	Otter	2:32.00	2:37.19
	33.23	1:14.43 (41.20)	2:01.68 (47.25)	2:37.19 (35.51)	
3	David Blakemore	34	Cally Masters Islington	3:15.73	3:10.52
	40.42	1:30.10 (49.68)	2:24.33 (54.23)	3:10.52 (46.19)	

Event 26 Men 35-39 200 SC Meter IM

1	James Grigg	37	Rochford & District	2:35.00	2:43.70
	33.47	1:16.32 (42.85)	2:06.37 (50.05)	2:43.70 (37.33)	

Event 26 Men 40-44 200 SC Meter IM

1	Chris Hopton	43	Camden Swiss Cottage S.C.	3:00.00	2:37.07
	34.45	1:15.35 (40.90)	2:04.35 (49.00)	2:37.07 (32.72)	

Event 26 Men 45-49 200 SC Meter IM

1	Roger Randall	47	Barnet Copthall	2:55.00	2:57.61
	39.23	1:26.02 (46.79)	2:17.24 (51.22)	2:57.61 (40.37)	

Event 26 Men 50-54 200 SC Meter IM

1	Kevin Lief	51	Barnet Copthall	3:20.00	3:00.93
	40.59	1:29.31 (48.72)	2:20.11 (50.80)	3:00.93 (40.82)	

Event 26 Men 55-59 200 SC Meter IM

1	Martin Fenner	56	Romford Town	2:31.60	2:30.80
	33.42	1:10.96 (37.54)	1:56.06 (45.10)	2:30.80 (34.74)	

Event 26 Men 60-64 200 SC Meter IM

1	Simon Veale	62	Totnes	2:35.50	2:37.42
	32.88	1:13.60 (40.72)	2:01.11 (47.51)	2:37.42 (36.31)	
2	Trevor Clark	64	Kenilworth Masters	2:50.00	2:46.92
	36.22	1:21.43 (45.21)	2:09.06 (47.63)	2:46.92 (37.86)	
3	William Widdowson	60	A M T Zurich	3:10.00	3:18.96
	44.53	1:38.67 (54.14)	2:35.15 (56.48)	3:18.96 (43.81)	

Event 26 Men 65-69 200 SC Meter IM

1	Dietrich Coekin	67	Deben	3:45.00	3:33.99
	48.08	1:42.47 (54.39)	2:42.33 (59.86)	3:33.99 (51.66)	

Event 26 Men 70-74 200 SC Meter IM

1	Peter Stephens	71	Spencer	3:45.62	3:49.59
	52.46	1:53.99 (1:01.53)	3:02.14 (1:08.15)	3:49.59 (47.45)	
2	Paul Partington	70	Wincanton	4:26.12	4:25.92
	52.51	2:03.81 (1:11.30)	3:35.33 (1:31.52)	4:25.92 (50.59)	

Event 26 Men 75-79 200 SC Meter IM

1	Paul Clarke	76	Beavers Masters Bedford	4:08.00	4:08.86
	56.72	2:02.93 (1:06.21)	3:09.75 (1:06.82)	4:08.86 (59.11)	

Event 27 Women 18-24 200 SC Meter Breaststroke

1	Sarah Procter	22	Barnet Copthall	3:01.31	3:03.94
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Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

	42.46	1:28.69 (46.23)	2:16.84 (48.15)	3:03.94 (47.10)	
2 Astrid Clair			21 A S A Temporary Cat 2	3:19.89	3:25.47
	48.63	1:39.79 (51.16)	2:33.16 (53.37)	3:25.47 (52.31)	
Event 27 Women 30-34 200 SC Meter Breaststroke					
1 Kimberley Durno			31 Camden Swiss Cottage S.C.	3:02.70	3:02.82
	41.08	1:28.06 (46.98)	2:15.77 (47.71)	3:02.82 (47.05)	
2 Jessica Thorpe			33 Hackney Aquatics	3:13.53	3:03.55
	42.68	1:29.35 (46.67)	2:16.21 (46.86)	3:03.55 (47.34)	
Event 27 Women 35-39 200 SC Meter Breaststroke					
1 Sarah Pearse			36 South Beds Masters	3:05.20	3:02.70
	41.79	1:29.28 (47.49)	2:17.33 (48.05)	3:02.70 (45.37)	
Event 27 Women 45-49 200 SC Meter Breaststroke					
1 Helen Gorman			46 City of Cardiff	2:42.38	2:40.46 British Record
	36.82	1:18.06 (41.24)	1:59.50 (41.44)	2:40.46 (40.96)	
Event 27 Women 50-54 200 SC Meter Breaststroke					
1 Silvia Ferdin			53 City of Cambridge	3:17.50	3:11.85
	45.46	1:34.06 (48.60)	2:23.38 (49.32)	3:11.85 (48.47)	
2 Liz Goad			51 Otter	3:45.00	3:55.63
	55.57	1:56.14 (1:00.57)	2:55.64 (59.50)	3:55.63 (59.99)	
3 Sharon Thompson			51 Team Luton	4:32.00	4:45.75
	1:05.28	2:15.17 (1:09.89)	3:30.95 (1:15.78)	4:45.75 (1:14.80)	
Event 27 Women 55-59 200 SC Meter Breaststroke					
1 Anne Raymond			55 Sevenoaks SC	3:29.00	3:31.02
	49.78	1:44.04 (54.26)	2:38.04 (54.00)	3:31.02 (52.98)	
2 K H Kim			58 Barnet Copthall	4:00.00	3:39.47
	49.61	1:45.76 (56.15)	2:43.70 (57.94)	3:39.47 (55.77)	
Event 27 Women 60-64 200 SC Meter Breaststroke					
1 Amanda Heath			61 Spencer	3:14.00	3:11.68
	44.14	1:32.45 (48.31)	2:21.93 (49.48)	3:11.68 (49.75)	
2 Esther Iseppi			60 Spencer	3:15.00	3:18.80
	46.32	1:36.85 (50.53)	2:28.05 (51.20)	3:18.80 (50.75)	
3 Sarah Corlett			61 Out to Swim	4:49.00	3:55.28
	56.19	1:56.29 (1:00.10)	2:57.44 (1:01.15)	3:55.28 (57.84)	
4 Oonagh Gormley			60 Out to Swim	4:15.00	4:14.83
	1:00.30	2:05.19 (1:04.89)	3:11.68 (1:06.49)	4:14.83 (1:03.15)	
5 Susan Green			62 Cally Masters Islington	4:41.00	4:22.19
	59.08	2:06.44 (1:07.36)	3:14.78 (1:08.34)	4:22.19 (1:07.41)	
Event 27 Women 65-69 200 SC Meter Breaststroke					
1 Liz Neale			66 South Beds Masters	4:20.00	4:27.36
	1:00.91	2:09.94 (1:09.03)	3:18.94 (1:09.00)	4:27.36 (1:08.42)	
Event 27 Women 75-79 200 SC Meter Breaststroke					
1 Diane Ford			75 Rushmoor Royals	3:42.50	3:49.04 British Record
	51.69	1:51.69 (1:00.00)	2:51.29 (59.60)	3:49.04 (57.75)	
Event 28 Men 30-34 200 SC Meter Breaststroke					
1 Daniel John			31 Totnes	2:50.64	2:51.43
	39.14	1:23.46 (44.32)	2:07.85 (44.39)	2:51.43 (43.58)	
Event 28 Men 40-44 200 SC Meter Breaststroke					
1 Simon Joyce			40 City of Oxford	3:05.00	2:57.94
	40.82	1:25.50 (44.68)	2:11.94 (46.44)	2:57.94 (46.00)	
Event 28 Men 45-49 200 SC Meter Breaststroke					

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

1	Daryl Mason	48	Potters Bar	2:38.00	2:40.62
	34.63	1:13.83 (39.20)	1:56.89 (43.06)	2:40.62 (43.73)	

Event 28 Men 50-54 200 SC Meter Breaststroke

1	Kevin Lief	51	Barnet Copthall	3:15.00	3:10.47
	43.71	1:32.36 (48.65)	2:22.59 (50.23)	3:10.47 (47.88)	

Event 28 Men 55-59 200 SC Meter Breaststroke

1	Cristian Rentsch	55	Spencer	2:52.00	2:55.44
	39.53	1:24.33 (44.80)	2:10.39 (46.06)	2:55.44 (45.05)	
2	David Parker	55	Witham Dolphins	2:45.00	3:41.60
	50.59	1:45.85 (55.26)	2:44.25 (58.40)	3:41.60 (57.35)	

Event 28 Men 60-64 200 SC Meter Breaststroke

1	Nick Hunt	62	Chelmsford	3:12.00	3:08.09
	42.82	1:31.47 (48.65)	2:20.52 (49.05)	3:08.09 (47.57)	

Event 29 Women 18-24 100 SC Meter Freestyle

1	Frances Merridan	24	South Beds Masters	1:05.80	1:03.73
	30.66	1:03.73 (33.07)			
2	Nicola Lawrence	20	Hackney Aquatics	1:05.00	1:08.59
	32.80	1:08.59 (35.79)			
3	Emily Young	24	South Beds Masters	1:03.90	1:09.13
	33.07	1:09.13 (36.06)			
4	Astrid Clair	21	A S A Temporary Cat 2	1:13.89	1:17.65
	37.52	1:17.65 (40.13)			

Event 29 Women 40-44 100 SC Meter Freestyle

1	Lara Fenner	44	Romford Town	1:10.00	1:04.24
	31.68	1:04.24 (32.56)			
2	Helen Barrison	43	Barnet Copthall	1:09.50	1:07.93
	33.24	1:07.93 (34.69)			
3	Michelle Senecal	41	Otter	1:07.00	1:09.71
	33.45	1:09.71 (36.26)			

Event 29 Women 50-54 100 SC Meter Freestyle

1	Allie Price	53	Cardiff Masters	1:11.00	1:09.14
	33.44	1:09.14 (35.70)			
2	Helen Harris	52	Larkfield	1:16.00	1:14.88
	36.54	1:14.88 (38.34)			

Event 29 Women 55-59 100 SC Meter Freestyle

1	Tamsin Jaggs	58	Wareham	1:17.50	1:14.89
	35.26	1:14.89 (39.63)			

Event 29 Women 60-64 100 SC Meter Freestyle

1	Margaret Smith	60	City of Milton Keynes	1:13.00	1:13.51
	34.37	1:13.51 (39.14)			
2	Julia Buchanan	61	Caldicot	1:23.72	1:22.19
	40.17	1:22.19 (42.02)			
3	Amanda Doyle	62	Kings Cormorants	1:23.00	1:22.47
	39.67	1:22.47 (42.80)			
4	Karen Butterworth	60	Ruislip & Northwood	1:36.00	1:39.40
	48.27	1:39.40 (51.13)			
5	Sarah Corlett	61	Out to Swim	1:42.00	1:41.86
	48.82	1:41.86 (53.04)			

Event 30 Men 25-29 100 SC Meter Freestyle

1	Arron Moore	25	South Beds Masters	59.50	59.25
	28.27	59.25 (30.98)			
2	Jonathan Grant	29	Barnet Copthall	1:05.50	1:02.07

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018

Results

	28.91	1:02.07 (33.16)		
3	Jordan Shakes	25 Romford Town	1:06.00	1:04.24
	31.43	1:04.24 (32.81)		
4	Paolo Andreini	28 Camden Swiss Cottage S.C.	1:05.00	1:07.74
	32.22	1:07.74 (35.52)		
5	Sam Bradley	25 Team Luton	1:15.00	1:12.44
	35.47	1:12.44 (36.97)		

Event 30 Men 30-34 100 SC Meter Freestyle

1	Craig Gillespie	31 Otter	55.94	55.66
	26.84	55.66 (28.82)		
2	Nicolas Barber	34 Otter	59.00	1:02.22
	29.11	1:02.22 (33.11)		
3	David Blakemore	34 Cally Masters Islington	1:21.24	1:21.68
	37.79	1:21.68 (43.89)		
4	Andrew Banks	32 Melton Mowbray	1:25.65	1:32.09
	43.04	1:32.09 (49.05)		

Event 30 Men 35-39 100 SC Meter Freestyle

1	James Grigg	37 Rochford & District	1:01.00	1:01.80
	29.18	1:01.80 (32.62)		
2	Davide Papalini	35 Out to Swim	1:07.00	1:07.55
	32.25	1:07.55 (35.30)		
3	Michael Carse	39 Barnet Copthall	1:09.00	1:11.38
	33.45	1:11.38 (37.93)		

Event 30 Men 40-44 100 SC Meter Freestyle

1	Andrew Farrell	40 Templeogue (Ireland)	58.00	58.47
	27.91	58.47 (30.56)		
2	Joe Twyman	41 Barnet Copthall	1:02.01	1:02.42
	29.65	1:02.42 (32.77)		
3	Simon Marsden	44 Barnet Copthall	1:05.00	1:05.94
	31.43	1:05.94 (34.51)		

Event 30 Men 45-49 100 SC Meter Freestyle

1	Paul Allen	46 Boston Asc	1:00.00	59.95
	28.92	59.95 (31.03)		
2	Robert Adsley	48 South Beds Masters	1:05.00	1:04.66
	30.34	1:04.66 (34.32)		
3	Dave Pethers	48 Chelmsford	1:06.00	1:06.67
	31.41	1:06.67 (35.26)		

Event 30 Men 50-54 100 SC Meter Freestyle

1	Eduardas Klimentjevas	51 Nendre (Lithuania)	1:15.00	1:10.72
	33.76	1:10.72 (36.96)		
2	Julian Reed	53 City of Milton Keynes	1:30.00	1:21.16
	38.83	1:21.16 (42.33)		

Event 30 Men 55-59 100 SC Meter Freestyle

1	Martin Fenner	56 Romford Town	1:01.36	1:01.61
	29.91	1:01.61 (31.70)		

Event 30 Men 60-64 100 SC Meter Freestyle

1	William Widdowson	60 A M T Zurich	1:20.00	1:16.73
	37.85	1:16.73 (38.88)		

Event 30 Men 65-69 100 SC Meter Freestyle

1	Dietrich Coekin	67 Deben	1:23.00	1:20.42
	39.68	1:20.42 (40.74)		
2	Martin Appleby	65 Ruislip & Northwood	1:25.00	1:22.44
	39.86	1:22.44 (42.58)		

Barnet Copthall Swimming Club Masters Distance Meet 7th July – 8th July 2018
Results

Event 30 Men 70-74 100 SC Meter Freestyle

1	Richard Moore	70	Hackney Aquatics	1:27.00	1:26.52
	42.06	1:26.52	(44.46)		
2	Peter Stephens	71	Spencer	1:22.87	1:27.02
	41.83	1:27.02	(45.19)		
3	Paul Partington	70	Wincanton	1:34.14	1:36.49
	45.18	1:36.49	(51.31)		

Event 30 Men 75-79 100 SC Meter Freestyle

1	Paul Clarke	76	Beavers Masters Bedford	1:46.00	1:49.26
	50.32	1:49.26	(58.94)		