

Masters Sprint+ 2023 - 17/09/2023**Results****Event 1 Women 25-29 400 SC Meter Freestyle**

Name	Age	Team	Finals Time	Points
1 Joyce, Emma	28	South Beds Masters	5:08.41	
	33.60	1:10.95 (37.35)	1:49.84 (38.89)	2:29.68 (39.84)
	3:09.69 (40.01)	3:49.71 (40.02)	4:29.55 (39.84)	5:08.41 (38.86)
2 Cordeaux, Grace	27	Metropolitan Police	5:13.45	
	33.30	1:10.84 (37.54)	1:49.94 (39.10)	2:30.59 (40.65)
	3:11.12 (40.53)	3:52.20 (41.08)	4:33.44 (41.24)	5:13.45 (40.01)
3 Westcough, Fiona	26	Enfield Swim Squad	5:20.40	
	35.73	1:15.14 (39.41)	1:55.56 (40.42)	2:36.73 (41.17)
	3:17.68 (40.95)	3:58.96 (41.28)	4:39.92 (40.96)	5:20.40 (40.48)

Event 1 Women 35-39 400 SC Meter Freestyle

1 Kerrigan, Laura	38	Spencer	5:45.34	
	38.87	1:21.73 (42.86)	2:05.87 (44.14)	2:50.08 (44.21)
	3:33.99 (43.91)	4:18.30 (44.31)	5:02.76 (44.46)	5:45.34 (42.58)

Event 1 Women 40-44 400 SC Meter Freestyle

1 Summers, Emily	42	St Albans Masters	5:06.70	
	35.40	1:14.84 (39.44)	1:54.67 (39.83)	2:34.42 (39.75)
	3:13.08 (38.66)	3:51.26 (38.18)	4:29.66 (38.40)	5:06.70 (37.04)
2 McMahon-Adie, Claire	43	Barnet Copthall	6:33.55	
	43.81	1:32.84 (49.03)	2:23.05 (50.21)	3:13.33 (50.28)
	4:04.17 (50.84)	4:54.84 (50.67)	5:45.19 (50.35)	6:33.55 (48.36)

Event 1 Women 45-49 400 SC Meter Freestyle

1 Evans, Susan	45	Biggleswade	5:05.26	
	35.13	1:12.95 (37.82)	1:51.53 (38.58)	2:30.49 (38.96)
	3:09.73 (39.24)	3:48.49 (38.76)	4:27.41 (38.92)	5:05.26 (37.85)

Event 1 Women 50-54 400 SC Meter Freestyle

1 Chalker, Keely	52	Hornchurch	6:06.01	
	39.91	1:24.99 (45.08)	2:12.43 (47.44)	2:59.89 (47.46)
	3:47.72 (47.83)	4:34.86 (47.14)	5:21.48 (46.62)	6:06.01 (44.53)
2 Goodman, Amanda	53	Basildon Phoenix	6:16.29	
	40.57	1:26.43 (45.86)	2:13.54 (47.11)	3:01.40 (47.86)
	3:49.71 (48.31)	4:38.46 (48.75)	5:27.83 (49.37)	6:16.29 (48.46)
3 Nakano, Marina	50	Camden Swiss Cottage	7:25.47	
	46.70	1:37.91 (51.21)	2:34.03 (56.12)	3:33.02 (58.99)
	4:31.38 (58.36)	5:29.84 (58.46)	6:28.26 (58.42)	7:25.47 (57.21)

Event 1 Women 55-59 400 SC Meter Freestyle

1 Welham, Suzanne	59	St Albans Masters	5:39.47	
	39.27	1:22.44 (43.17)	2:05.71 (43.27)	2:49.55 (43.84)
	3:33.03 (43.48)	4:16.27 (43.24)	4:58.92 (42.65)	5:39.47 (40.55)

Event 1 Women 65-69 400 SC Meter Freestyle

1 Fordham, Alyson	67	Bishops Stortford	5:45.19	
	39.90	1:22.92 (43.02)	2:06.81 (43.89)	2:51.14 (44.33)
	3:35.53 (44.39)	4:20.40 (44.87)	5:04.29 (43.89)	5:45.19 (40.90)
2 Pinel, Donna	66	Newham University East London	5:47.00	
	1:14.61	2:35.95 (1:21.34)	3:57.03 (1:21.08)	5:20.25 (1:23.22)
	6:42.66 (1:22.41)	8:03.72 (1:21.06)	9:24.75 (1:21.03)	5:47.00 ()
3 Bourne, Anne	69	Camphill Edwardians	6:05.49	
	40.94	1:26.42 (45.48)	2:12.83 (46.41)	2:59.90 (47.07)
	3:46.84 (46.94)	4:33.42 (46.58)	5:19.75 (46.33)	6:05.49 (45.74)
4 Doyle, Amanda	67	Kings Cormorants	6:36.56	
	43.87	1:33.40 (49.53)	2:24.25 (50.85)	3:15.36 (51.11)
	4:05.58 (50.22)	4:56.66 (51.08)	5:47.36 (50.70)	6:36.56 (49.20)

Masters Sprint+ 2023 - 17/09/2023**Results****Event 1 Women 75-79 400 SC Meter Freestyle**

1	Blower, Elaine	78	Barnet Copthall		8:11.13
	55.13	1:55.71 (1:00.58)	2:58.04 (1:02.33)	4:00.84 (1:02.80)	
	5:04.44 (1:03.60)	6:08.16 (1:03.72)	7:11.13 (1:02.97)	8:11.13 (1:00.00)	

Event 1 Men 18-24 400 SC Meter Freestyle

1	Wolbrom, Jack	19	St Albans Masters		5:42.46
	36.04	1:16.71 (40.67)	1:59.15 (42.44)	2:43.00 (43.85)	
	4:13.17 (1:30.17)	4:58.38 (45.21)	5:42.46 (44.08)		
2	Macauley-Conway, Conor	21	Kingston Royals		7:03.00
	45.25	1:36.82 (51.57)	2:30.87 (54.05)	3:25.62 (54.75)	
	4:20.34 (54.72)	5:15.58 (55.24)	6:09.99 (54.41)	7:03.00 (53.01)	

Event 1 Men 25-29 400 SC Meter Freestyle

1	Bertram, Elliot	26	Potters Bar		4:28.68
	30.52	1:03.72 (33.20)	1:37.07 (33.35)	2:10.86 (33.79)	
	2:45.33 (34.47)	3:19.98 (34.65)	3:55.13 (35.15)	4:28.68 (33.55)	
2	Sinclair, Charles	27	Ware		4:52.02
	31.54	1:07.07 (35.53)	1:43.85 (36.78)	2:21.28 (37.43)	
	2:58.84 (37.56)	3:36.88 (38.04)	4:15.23 (38.35)	4:52.02 (36.79)	

Event 1 Men 30-34 400 SC Meter Freestyle

1	May, Christopher	31	Ealing		5:15.73
	33.43	1:10.68 (37.25)	1:49.74 (39.06)	2:29.93 (40.19)	
	3:10.94 (41.01)	3:52.68 (41.74)	4:35.00 (42.32)	5:15.73 (40.73)	

Event 1 Men 35-39 400 SC Meter Freestyle

1	Gilbert, Robert	36	Spencer		4:59.40
	30.98	1:06.81 (35.83)	1:44.32 (37.51)	2:22.30 (37.98)	
	3:00.43 (38.13)	3:39.19 (38.76)	4:19.18 (39.99)	4:59.40 (40.22)	
2	Watson, Christopher	35	Hornchurch		6:17.62
	38.09	1:20.53 (42.44)	2:09.11 (48.58)	2:57.01 (47.90)	
	3:45.99 (48.98)	4:35.87 (49.88)	5:26.19 (50.32)	6:17.62 (51.43)	

Event 1 Men 45-49 400 SC Meter Freestyle

1	Gleed, Peter	45	South Beds Masters		4:48.94
	33.17	1:09.26 (36.09)	1:46.19 (36.93)	2:23.74 (37.55)	
	3:00.90 (37.16)	3:38.14 (37.24)	4:14.53 (36.39)	4:48.94 (34.41)	
2	Hopton, Chris	48	Camden Swiss Cottage		4:49.74
	34.05	1:11.66 (37.61)	1:49.00 (37.34)	2:26.15 (37.15)	
	3:02.23 (36.08)	3:38.11 (35.88)	4:14.20 (36.09)	4:49.74 (35.54)	
3	Bogusz, Dawid	46	South Beds Masters		6:09.51
	38.02	1:21.14 (43.12)	2:06.97 (45.83)	2:54.91 (47.94)	
	3:43.39 (48.48)	4:32.77 (49.38)	5:22.22 (49.45)	6:09.51 (47.29)	

Event 1 Men 50-54 400 SC Meter Freestyle

1	Cunningham, John	53	Aer Lingus Masters		4:43.45
	31.59	1:05.88 (34.29)	1:41.62 (35.74)	2:17.64 (36.02)	
	2:53.90 (36.26)	3:30.83 (36.93)	4:07.54 (36.71)	4:43.45 (35.91)	
2	Hoff, Evan	54	Frognal Masters		5:44.43
	37.09	1:19.32 (42.23)	2:02.64 (43.32)	2:47.99 (45.35)	
	3:33.49 (45.50)	4:18.39 (44.90)	5:02.19 (43.80)	5:44.43 (42.24)	
3	Daniels, Chris	54	Otter		5:53.13
	38.34	1:20.76 (42.42)	2:05.25 (44.49)	2:50.24 (44.99)	
	3:35.26 (45.02)	4:20.95 (45.69)	5:07.72 (46.77)	5:53.13 (45.41)	

Event 1 Men 55-59 400 SC Meter Freestyle

1	Procter, David	57	Leatherhead		7:59.02
	48.02	1:42.52 (54.50)	2:42.68 (1:00.16)	3:44.22 (1:01.54)	
	4:47.48 (1:03.26)	5:51.61 (1:04.13)	6:56.20 (1:04.59)	7:59.02 (1:02.82)	

Masters Sprint+ 2023 - 17/09/2023**Results****Event 1 Men 60-64 400 SC Meter Freestyle**

1	Pinel, Ralph	61	Newham University East London	5:10.97
	35.59	1:13.42 (37.83)	1:51.69 (38.27)	2:30.42 (38.73)
	3:09.41 (38.99)	3:48.96 (39.55)	4:29.99 (41.03)	5:10.97 (40.98)
2	Brierley, John	60	Deben	5:38.21
	36.72	1:17.18 (40.46)	1:58.64 (41.46)	2:41.31 (42.67)
	3:26.62 (45.31)	4:10.95 (44.33)	4:55.27 (44.32)	5:38.21 (42.94)
3	Gibb, Alastair	63	Team Luton	6:05.64
	38.45	1:22.29 (43.84)	2:07.70 (45.41)	2:54.00 (46.30)
	3:40.54 (46.54)	4:29.18 (48.64)	5:17.62 (48.44)	6:05.64 (48.02)

Event 1 Men 65-69 400 SC Meter Freestyle

1	Weatherburn, Neil	68	Teddington	5:47.00
	37.68		1:19.26 ()	2:03.11 (43.85)
		2:48.80 ()	5:47.00 (2:58.20)	
2	Greenfield, Steve	65	Basingstoke Bluefins	6:09.19
	37.62	1:21.77 (44.15)	2:08.54 (46.77)	2:55.60 (47.06)
	3:43.68 (48.08)	4:31.63 (47.95)	5:20.58 (48.95)	6:09.19 (48.61)
3	Crew, Nicholas	65	Medway Maritime	6:35.80
	41.98	1:29.29 (47.31)	2:21.14 (51.85)	3:12.08 (50.94)
	4:04.85 (52.77)	4:58.73 (53.88)	5:51.15 (52.42)	6:35.80 (44.65)

Event 1 Men 70-74 400 SC Meter Freestyle

1	Preston, Christopher	72	Out To Swim	7:39.60
	46.17	1:38.25 (52.08)	2:32.97 (54.72)	3:31.29 (58.32)
	4:32.41 (1:01.12)	5:33.66 (1:01.25)	6:41.28 (1:07.62)	7:39.60 (58.32)

Event 1 Men 75-79 400 SC Meter Freestyle

1	Parr, Derek	79	Broomfield Park	6:33.35
	45.49	1:35.30 (49.81)	2:25.69 (50.39)	3:16.53 (50.84)
	4:07.04 (50.51)	4:57.76 (50.72)	5:46.50 (48.74)	6:33.35 (46.85)
2	Stephens, Peter	76	Carrick Masters	7:04.86
	46.82	1:38.27 (51.45)	2:32.75 (54.48)	3:27.28 (54.53)
	4:21.71 (54.43)	5:17.53 (55.82)	6:13.12 (55.59)	7:04.86 (51.74)
3	Partington, Paul	75	Wincanton	9:28.14
	54.50	2:07.17 (1:12.67)	3:22.84 (1:15.67)	4:39.28 (1:16.44)
	5:52.27 (1:12.99)	7:12.00 (1:19.73)	8:25.40 (1:13.40)	9:28.14 (1:02.74)

Event 2 Women 18-24 100 SC Meter Breaststroke

1	Head, Amber	21	Rochford & District	1:21.38
	38.11	1:21.38 (43.27)		

Event 2 Women 25-29 100 SC Meter Breaststroke

1	Gray, Elizabeth	29	Aylesbury	1:17.16
	36.86	1:17.16 (40.30)		
2	Griffiths, Lianne	29	Metropolitan Police	1:31.47
	43.14	1:31.47 (48.33)		

Event 2 Women 35-39 100 SC Meter Breaststroke

1	Heyn, Gina	39	Teddington	1:12.99
	35.35	1:12.99 (37.64)		
2	HA, Sophia	37	Frognaal Masters	1:29.73
	43.29	1:29.73 (46.44)		
3	Ordonez, Jenifer	36	Bexley Masters	1:32.79
	44.09	1:32.79 (48.70)		
4	Pritchard, Rebecca	36	Spencer	1:34.21
	44.33	1:34.21 (49.88)		
5	Larking, Nikki	39	St Albans Masters	1:39.58
	47.73	1:39.58 (51.85)		

Masters Sprint+ 2023 - 17/09/2023**Results****Event 2 Women 40-44 100 SC Meter Breaststroke**

1	Berry, Kathryn	40	Biggleswade	1:24.63
	40.99	1:24.63	(43.64)	
2	King, Carla	40	South Beds Masters	1:26.65
	39.86	1:26.65	(46.79)	
3	Pearse, Sarah	41	South Beds Masters	1:27.26
	40.15	1:27.26	(47.11)	
4	Tsang, Alaine	42	Newham University East London	1:29.80
	44.56	1:29.80	(45.24)	
5	Wiggins, Fiona	42	Spencer	1:37.69
	48.49	1:37.69	(49.20)	

Event 2 Women 45-49 100 SC Meter Breaststroke

1	Green, Emma	46	Frognaal Masters	1:39.82
	47.99	1:39.82	(51.83)	
2	Barrios, Helen	46	Borough of Harrow	1:55.45
	55.78	1:55.45	(59.67)	

Event 2 Women 50-54 100 SC Meter Breaststroke

1	Tagg, Claire	54	S D Trojan	1:34.97
	45.43	1:34.97	(49.54)	
2	Griffin, Caroline	50	Potters Bar	1:38.92
	47.83	1:38.92	(51.09)	
---	Nakano, Marina	50	Camden Swiss Cottage	DQ
	7.6 Did not touch at turn or finish with both hands, or touch not simultaneous or hands no			
	59.19	DQ	(1:03.11)	

Event 2 Women 55-59 100 SC Meter Breaststroke

1	Adcock, Sarah	56	City of Norwich	1:48.85
	52.36	1:48.85	(56.49)	

Event 2 Women 60-64 100 SC Meter Breaststroke

1	Maycock, Jacqueline	61	South Beds Masters	1:45.49
	50.84	1:45.49	(54.65)	

Event 2 Men 25-29 100 SC Meter Breaststroke

1	Washington, Eduardo	25	West London Penguins	1:11.96
	33.85	1:11.96	(38.11)	
2	Finlay, James	25	Spencer	1:31.05
	43.81	1:31.05	(47.24)	

Event 2 Men 30-34 100 SC Meter Breaststroke

1	Liu, Kim Lam	30	Otter	1:12.87
	33.81	1:12.87	(39.06)	
2	Lamb, Adam	34	Rochford & District	1:17.66
	34.68	1:17.66	(42.98)	
3	Potvin, Stephen	32	Otter	1:19.49
	37.66	1:19.49	(41.83)	
4	Cox, Joshua	30	Rochford & District	1:23.75
	39.70	1:23.75	(44.05)	
5	Georgiev, Ivan	31	Asa Cat2 Temporary Member	1:30.53
	42.82	1:30.53	(47.71)	

Event 2 Men 45-49 100 SC Meter Breaststroke

1	Brinkley, Danny	45	Hoddesdon	1:15.88
	35.13	1:15.88	(40.75)	
2	Girma, Eric	45	Teddington	1:25.73
	41.38	1:25.73	(44.35)	

Event 2 Men 50-54 100 SC Meter Breaststroke

1	Squires, Andrew	51	Team Anglia	1:23.06
	38.96	1:23.06	(44.10)	

Masters Sprint+ 2023 - 17/09/2023**Results****(Event 2 Men 50-54 100 SC Meter Breaststroke)**

2	Milana, Luca	51	Spencer	1:26.18
	39.82	1:26.18	(46.36)	
3	Albright, Philip	53	Camden Swiss Cottage	1:28.99
	43.60	1:28.99	(45.39)	
4	Wise, Ian	50	Epping Forest District	1:34.36
	43.98	1:34.36	(50.38)	

Event 2 Men 55-59 100 SC Meter Breaststroke

1	Scholten, Marcel	57	Modernian	1:18.07
	36.57	1:18.07	(41.50)	
2	Refson, Jonathan	58	Potters Bar	1:23.86
	38.68	1:23.86	(45.18)	
3	Lief, Kevin	56	Barnet Copthall	1:27.25
	40.36	1:27.25	(46.89)	
4	Roberts, Adrian	58	Havant & Waterlooville	1:43.17
	47.78	1:43.17	(55.39)	
5	Procter, David	57	Leatherhead	1:50.74
	51.74	1:50.74	(59.00)	
6	Cowles, Colin	57	Maxwell	2:04.03
	1:00.44	2:04.03	(1:03.59)	

Event 2 Men 60-64 100 SC Meter Breaststroke

1	Fresher, Martyn	61	City of Ely	1:22.37
	38.23	1:22.37	(44.14)	
2	Holme, Philip	64	Barnet Copthall	1:27.37
	41.48	1:27.37	(45.89)	
3	Simpson, Russell	61	Hemel Hempstead	1:42.17
	47.77	1:42.17	(54.40)	

Event 2 Men 65-69 100 SC Meter Breaststroke

1	Hunt, Nick	67	Witham Dolphins	1:28.77
	42.56	1:28.77	(46.21)	

Event 2 Men 70-74 100 SC Meter Breaststroke

1	Grossman, Steve	71	Wellingborough	1:31.26
	42.88	1:31.26	(48.38)	

Event 2 Men 75-79 100 SC Meter Breaststroke

1	Wilson, Roy	77	Ruislip & Northwood	2:13.21
	1:05.43	2:13.21	(1:07.78)	
2	Partington, Paul	75	Wincanton	2:53.60
	1:22.90	2:53.60	(1:30.70)	

Event 3 Women 18-24 50 SC Meter Butterfly

1	Head, Alexandra	23	City of Norwich	30.44
2	Head, Amber	21	Rochford & District	33.68
3	Persell, Jessica	23	Potters Bar	34.65
4	Johnson, Eve	21	Rochford & District	34.83
5	Cunningham, Maria	22	Potters Bar	44.96

Event 3 Women 25-29 50 SC Meter Butterfly

1	Gray, Elizabeth	29	Aylesbury	29.31
2	Joyce, Emma	28	South Beds Masters	32.21
3	Cordeaux, Grace	27	Metropolitan Police	35.20
4	Morris, Rebecca	26	South Beds Masters	41.11

Event 3 Women 30-34 50 SC Meter Butterfly

1	Speare, Yolanda	30	Medway Maritime	31.53
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Masters Sprint+ 2023 - 17/09/2023**Results****Event 3 Women 35-39 50 SC Meter Butterfly**

1	Pirozzi, Dorianna	35	Basingstoke Bluefins	34.74
2	Budd, Kayley	37	South Beds Masters	34.79
3	Paulinyova, Petra	38	Teddington	37.26
4	Kerrigan, Laura	38	Spencer	41.45

Event 3 Women 40-44 50 SC Meter Butterfly

1	Hammond, Sam	43	South Beds Masters	34.25
2	Kenny, Sorrell	44	S D Trojan	34.83
3	Deverill, Sally	43	Basildon Phoenix	35.55
4	Neal, Michelle	43	Team Luton	36.70
5	Tom, Teresa	44	Ware	37.11

Event 3 Women 45-49 50 SC Meter Butterfly

1	Turner, Fleur	47	Basingstoke Bluefins	32.22
2	Aldeiri, Lydia	46	Barnet Copthall	38.19
3	Pandya, Roopa	45	Camden Swiss Cottage	48.81

Event 3 Women 50-54 50 SC Meter Butterfly

1	Clarke, Kelly	51	Metropolitan Police	36.37
2	MacKenzie, Karen	50	Team Luton	38.31
3	Tydeman, Natalie	52	Frognaal Masters	38.36
4	Nakano, Marina	50	Camden Swiss Cottage	50.22

Event 3 Women 55-59 50 SC Meter Butterfly

1	Woolner, Liz	56	Flitwick Dolphins	31.51
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Event 3 Women 60-64 50 SC Meter Butterfly

1	Matless, Deb	60	East Anglian Swallowtails	34.08
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Event 3 Women 65-69 50 SC Meter Butterfly

1	Doyle, Amanda	67	Kings Cormorants	47.79
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Event 3 Men 18-24 50 SC Meter Butterfly

1	Hack, Benjamin	23	Asa Cat2 Temporary Member	29.51
2	Sidney-Roberts, William	20	City of Norwich	30.57
3	Refson, Benjamin	20	Potters Bar	30.65
4	Bertram, Oliver	22	Potters Bar	31.22
5	Wolbrom, Jack	19	St Albans Masters	36.82
6	Macaulay-Conway, Conor	21	Kingston Royals	48.98

Event 3 Men 25-29 50 SC Meter Butterfly

1	Sinclair, Charles	27	Ware	29.41
2	Benrimoh, Salomon	26	Otter	30.63
3	Finlay, James	25	Spencer	32.60
4	Westcough, David	29	East Leeds	33.19

Event 3 Men 30-34 50 SC Meter Butterfly

1	Parr-Morley, Jason	32	Hornchurch	32.02
2	Potvin, Stephen	32	Otter	32.13
3	Cox, Joshua	30	Rochford & District	33.96
4	May, Christopher	31	Ealing	34.47
5	Cullinane, Alan	30	Hornchurch	34.70

Event 3 Men 35-39 50 SC Meter Butterfly

1	Espinasse, Oliver	39	Basingstoke Bluefins	26.90
2	Parkes, Oliver	35	Citizens Waterpolo	27.46
3	Pickard, Kevin	35	Brighton Dolphins	30.03
4	Dunne, Aiden	37	Camden Swiss Cottage	30.15

Masters Sprint+ 2023 - 17/09/2023**Results****Event 3 Men 40-44 50 SC Meter Butterfly**

1	Roberts, William	44	Otter	27.55
2	Buck, Ashley	43	Team Anglia	29.18
*3	Roberts, David	42	City of St Albans	29.32
*3	Abbott, David	40	Hornchurch	29.32
5	Whitelock, Lewis	43	Basildon Phoenix	40.91

Event 3 Men 45-49 50 SC Meter Butterfly

1	Gleed, Peter	45	South Beds Masters	30.49
2	Bradley, Scot	49	Hornchurch	31.33
3	Hopton, Chris	48	Camden Swiss Cottage	33.02

Event 3 Men 50-54 50 SC Meter Butterfly

1	Turner, Spencer	54	Basingstoke Bluefins	29.46
2	Proctor, Chris	54	Barnet Copthall	30.97
3	Georgiadis, Manos	52	Deben	31.70
4	O'Brien, Sean	50	Basingstoke Bluefins	33.13
5	Albright, Philip	53	Camden Swiss Cottage	34.26
6	Bunn, Danny	53	Hornchurch	36.07
7	Newman-Burke, Alex	50	Teddington	40.18
8	O'Rourke, John	54	Team Luton	43.90

Event 3 Men 55-59 50 SC Meter Butterfly

1	Scott, Rob	57	Potters Bar	30.87
2	Walters, Bryn	57	Out To Swim	34.81
3	Cowles, Colin	57	Maxwell	50.26
4	Procter, David	57	Leatherhead	55.14

Event 3 Men 60-64 50 SC Meter Butterfly

1	Corben, Tony	61	S D Trojan	35.61
2	Brierley, John	60	Deben	37.62
3	Simmons, Martin	61	Barnet Copthall	56.60

Event 3 Men 75-79 50 SC Meter Butterfly

1	Parr, Derek	79	Broomfield Park	38.12
2	Stephens, Peter	76	Carrick Masters	1:01.64
3	Partington, Paul	75	Wincanton	1:03.70

Event 4 Women 30-34 100 SC Meter Backstroke

1	Pickard, Jennifer	30	Broomfield Park	1:09.03
	33.37		1:09.03 (35.66)	
2	Speare, Yolanda	30	Medway Maritime	1:09.26
	33.23		1:09.26 (36.03)	
3	Lamb, Jane	33	Rochford & District	1:12.55
	34.74		1:12.55 (37.81)	
4	Dobbin, Gemma	30	S D Trojan	1:24.95
	41.71		1:24.95 (43.24)	

Event 4 Women 35-39 100 SC Meter Backstroke

1	Heyn, Gina	39	Teddington	1:09.98
	34.38		1:09.98 (35.60)	
2	HA, Sophia	37	Frognal Masters	1:26.33
	42.10		1:26.33 (44.23)	

Event 4 Women 40-44 100 SC Meter Backstroke

1	Summers, Emily	42	St Albans Masters	1:19.81
	38.92		1:19.81 (40.89)	
2	Tsang, Alaine	42	Newham University East London	1:25.62
	42.02		1:25.62 (43.60)	

Masters Sprint+ 2023 - 17/09/2023**Results****Event 4 Women 45-49 100 SC Meter Backstroke**

1	Barrison, Helen	48	Barnet Copthall	1:15.50
	36.87	1:15.50	(38.63)	
2	Dawson, Lisa	45	Barnet Copthall	1:17.36
	37.99	1:17.36	(39.37)	
3	Evans, Susan	45	Biggleswade	1:18.29
	38.38	1:18.29	(39.91)	
4	Green, Emma	46	Frognaal Masters	1:34.55
	45.71	1:34.55	(48.84)	
5	Pandya, Roopa	45	Camden Swiss Cottage	1:50.29
	54.88	1:50.29	(55.41)	

Event 4 Women 50-54 100 SC Meter Backstroke

1	Corben, Jo	53	S D Trojan	1:08.58
	33.36	1:08.58	(35.22)	
2	Goodman, Amanda	53	Basildon Phoenix	1:26.18
	42.40	1:26.18	(43.78)	
3	Gallo, Sally	53	Potters Bar	1:29.62
	44.20	1:29.62	(45.42)	

Event 4 Women 55-59 100 SC Meter Backstroke

1	Woolner, Liz	56	Flitwick Dolphins	1:18.25
	38.35	1:18.25	(39.90)	
2	Coleman, Sally	58	Hornchurch	1:41.72
	48.70	1:41.72	(53.02)	

Event 4 Women 60-64 100 SC Meter Backstroke

1	Maycock, Jacqueline	61	South Beds Masters	1:43.65
	51.43	1:43.65	(52.22)	

Event 4 Women 65-69 100 SC Meter Backstroke

1	Fordham, Alyson	67	Bishops Stortford	1:21.67
	40.19	1:21.67	(41.48)	
2	Butterworth, Karen	65	Ruislip & Northwood	1:57.18
	55.68	1:57.18	(1:01.50)	

Event 4 Women 70-74 100 SC Meter Backstroke

1	Ayers, Christine	70	South Beds Masters	1:43.19
	49.65	1:43.19	(53.54)	

Event 4 Men 18-24 100 SC Meter Backstroke

1	Page, James	23	Hornchurch	1:14.06
	35.76	1:14.06	(38.30)	

Event 4 Men 25-29 100 SC Meter Backstroke

1	Masters, Matthew	29	Aylesbury	1:02.87
	30.33	1:02.87	(32.54)	

Event 4 Men 35-39 100 SC Meter Backstroke

1	Pickard, Kevin	35	Brighton Dolphins	1:04.85
	31.96	1:04.85	(32.89)	
2	Dunne, Aiden	37	Camden Swiss Cottage	1:07.32
	32.56	1:07.32	(34.76)	
3	Gilbert, Robert	36	Spencer	1:08.94
	32.56	1:08.94	(36.38)	
---	Watson, Christopher	35	Hornchurch	DQ
	6.2 Left position on the back (other than to initiate a turn)			
	52.32	DQ	(55.34)	

Event 4 Men 45-49 100 SC Meter Backstroke

1	Bradley, Scot	49	Hornchurch	1:13.87
	35.70	1:13.87	(38.17)	

Masters Sprint+ 2023 - 17/09/2023**Results****Event 4 Men 50-54 100 SC Meter Backstroke**

1	O'Rourke, John	54	Team Luton	1:36.24
	47.72	1:36.24	(48.52)	

Event 4 Men 55-59 100 SC Meter Backstroke

1	Ehinger, Chris	59	Bracknell & Wokingham	1:20.38
	38.20	1:20.38	(42.18)	
2	Procter, David	57	Leatherhead	2:03.73
	57.86	2:03.73	(1:05.87)	
---	Scholten, Marcel	57	Modernian	DQ
	6.2 Left position on the back (other than to initiate a turn)			
	38.00	DQ	(38.88)	

Event 4 Men 60-64 100 SC Meter Backstroke

1	Corben, Tony	61	S D Trojan	1:27.24
	42.52	1:27.24	(44.72)	

Event 4 Men 70-74 100 SC Meter Backstroke

1	Appleby, Martin	70	Ruislip & Northwood	1:44.10
	51.20	1:44.10	(52.90)	
2	Preston, Christopher	72	Out To Swim	1:46.21
	50.93	1:46.21	(55.28)	

Event 4 Men 75-79 100 SC Meter Backstroke

1	Partington, Paul	75	Wincanton	1:58.96
	58.70	1:58.96	(1:00.26)	
2	Wilson, Roy	77	Ruislip & Northwood	2:13.96
	1:06.28	2:13.96	(1:07.68)	

Event 5 Women 18-24 50 SC Meter Freestyle

1	Heard, Alexandra	23	City of Norwich	28.82
2	Johnson, Eve	21	Rochford & District	30.91
3	Persell, Jessica	23	Potters Bar	32.61
4	Cunningham, Maria	22	Potters Bar	38.15

Event 5 Women 25-29 50 SC Meter Freestyle

1	Joyce, Emma	28	South Beds Masters	30.47
2	Griffiths, Lianne	29	Metropolitan Police	31.79
3	Cordeaux, Grace	27	Metropolitan Police	31.89
4	Morris, Rebecca	26	South Beds Masters	35.27

Event 5 Women 30-34 50 SC Meter Freestyle

1	Speare, Yolanda	30	Medway Maritime	30.32
2	Cafaro, Ilaria	34	West London Penguins	35.08

Event 5 Women 35-39 50 SC Meter Freestyle

1	Pirozzi, Dorianna	35	Basingstoke Bluefins	30.48
2	Budd, Kayley	37	South Beds Masters	31.02
3	Ordonez, Jenifer	36	Bexley Masters	31.61
4	Paulinyova, Petra	38	Teddington	33.04
5	Pritchard, Rebecca	36	Spencer	34.04
6	Larking, Nikki	39	St Albans Masters	35.93
7	Kerrigan, Laura	38	Spencer	35.98

Event 5 Women 40-44 50 SC Meter Freestyle

1	Kenny, Sorrell	44	S D Trojan	30.53
2	Neal, Michelle	43	Team Luton	31.24
3	Hammond, Sam	43	South Beds Masters	32.03
4	Pearse, Sarah	41	South Beds Masters	32.22
5	Berry, Kathryn	40	Biggleswade	32.23
6	Deverill, Sally	43	Basildon Phoenix	32.71

Masters Sprint+ 2023 - 17/09/2023**Results****(Event 5 Women 40-44 50 SC Meter Freestyle)**

7 Tom, Teresa	44 Ware	33.57
8 Wiggins, Fiona	42 Spencer	39.89

Event 5 Women 45-49 50 SC Meter Freestyle

1 Turner, Fleur	47 Basingstoke Bluefins	28.88
2 Dawson, Lisa	45 Barnet Copthall	32.01
3 Pandya, Roopa	45 Camden Swiss Cottage	39.90
4 Barrios, Helen	46 Borough of Harrow	44.84
5 Stewart*, Kirsty	47 Bexhill	1:07.11

Event 5 Women 50-54 50 SC Meter Freestyle

1 Clarke, Kelly	51 Metropolitan Police	31.51
2 Tydeman, Natalie	52 Froggnal Masters	34.60
3 Chalker, Keely	52 Hornchurch	36.18
4 Gallo, Sally	53 Potters Bar	36.82
5 Griffin, Caroline	50 Potters Bar	37.30
6 Cusido, Elsa	52 Barnet Copthall	38.52
7 Nakano, Marina	50 Camden Swiss Cottage	44.36

Event 5 Women 55-59 50 SC Meter Freestyle

1 Jackson, Cate	59 Barnet Copthall	34.18
2 Coleman, Sally	58 Hornchurch	38.39
3 Adcock, Sarah	56 City of Norwich	42.52

Event 5 Women 60-64 50 SC Meter Freestyle

1 Matless, Deb	60 East Anglian Swallowtails	31.75
2 Horsley, Janet	60 Ruislip & Northwood	43.99

Event 5 Women 65-69 50 SC Meter Freestyle

1 Fordham, Alyson	67 Bishops Stortford	31.19
2 Boxall, Barbara	68 Hornchurch	36.06
3 Doyle, Amanda	67 Kings Cormorants	41.55
4 Butterworth, Karen	65 Ruislip & Northwood	45.99
5 Pinel, Donna	66 Newham University East London	1:05.80

Event 5 Women 75-79 50 SC Meter Freestyle

1 Alden, Judy	77 Barnet Copthall	42.77
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Event 5 Men 18-24 50 SC Meter Freestyle

1 Waters, Lewis	24 Southwark Aquatics	24.78
2 Hack, Benjamin	23 Asa Cat2 Temporary Member	26.42
3 Sidney-Roberts, William	20 City of Norwich	28.24
4 Refson, Benjamin	20 Potters Bar	29.96
5 Wolbrom, Jack	19 St Albans Masters	32.21
6 Jolly, Neil	22 Barnet Copthall	32.43
7 Macauley-Conway, Conor	21 Kingston Royals	40.70

Event 5 Men 25-29 50 SC Meter Freestyle

1 Masters, Matthew	29 Aylesbury	27.20
2 Benrimoh, Salomon	26 Otter	27.44
3 Finlay, James	25 Spencer	29.04
4 Westcough, David	29 East Leeds	29.83
5 Wateridge, Dan	28 Ware	31.17

Event 5 Men 30-34 50 SC Meter Freestyle

1 Liu, Kim Lam	30 Otter	26.15
2 Lamb, Adam	34 Rochford & District	27.55
3 Potvin, Stephen	32 Otter	27.98
4 Warren-Jones, Henry	32 Spencer	28.37

Masters Sprint+ 2023 - 17/09/2023**Results****(Event 5 Men 30-34 50 SC Meter Freestyle)**

5	Cox, Joshua	30	Rochford & District	29.27
6	Parr-Morley, Jason	32	Hornchurch	29.50
7	Cullinane, Alan	30	Hornchurch	31.50

Event 5 Men 35-39 50 SC Meter Freestyle

1	Espinasse, Oliver	39	Basingstoke Bluefins	25.74
2	Dunne, Aiden	37	Camden Swiss Cottage	27.20
3	Pickard, Kevin	35	Brighton Dolphins	27.32
4	Bienes, Fernando Galan	39	Southwark Aquatics	27.43
5	Parkes, Oliver	35	Citizens Waterpolo	27.83
6	Sirett, Jamie	35	Hoddesdon	27.87
7	Struna, Andrea	36	Basingstoke Bluefins	34.02
8	Watson, Christopher	35	Hornchurch	36.09

Event 5 Men 40-44 50 SC Meter Freestyle

1	Roberts, William	44	Otter	24.94
2	Roberts, David	42	City of St Albans	26.32
3	Abbott, David	40	Hornchurch	26.94
4	Buck, Ashley	43	Team Anglia	27.06
5	Whitlock, Lewis	43	Basildon Phoenix	32.47

Event 5 Men 45-49 50 SC Meter Freestyle

1	Hill, Sam	46	Hoddesdon	27.44
2	Hopton, Chris	48	Camden Swiss Cottage	28.70
3	Girma, Eric	45	Teddington	31.38

Event 5 Men 50-54 50 SC Meter Freestyle

1	Turner, Spencer	54	Basingstoke Bluefins	25.84
2	Proctor, Chris	54	Barnet Copthall	28.26
3	Sharman, Karl	54	Deben	28.59
4	Hoff, Evan	54	Frognaal Masters	29.85
5	Holmes, Gary	53	South Beds Masters	30.26
6	O'Brien, Sean	50	Basingstoke Bluefins	30.65
7	Wise, Ian	50	Epping Forest District	32.00
8	Bunn, Danny	53	Hornchurch	32.73

Event 5 Men 55-59 50 SC Meter Freestyle

1	Scholten, Marcel	57	Modernian	27.74
2	Butterworth, Paul	58	Ruislip & Northwood	29.16
3	Scott, Rob	57	Potters Bar	29.50
4	Lief, Kevin	56	Barnet Copthall	30.74
5	Refson, Jonathan	58	Potters Bar	31.61
6	Walters, Bryn	57	Out To Swim	31.68
7	Procter, David	57	Leatherhead	43.08

Event 5 Men 60-64 50 SC Meter Freestyle

1	Pinel, Ralph	61	Newham University East London	28.60
2	Fresher, Martyn	61	City of Ely	30.49
3	Swindale, Julian	60	Potters Bar	31.94
4	Brierley, John	60	Deben	32.69
5	Holme, Philip	64	Barnet Copthall	33.64
6	Gibb, Alastair	63	Team Luton	34.03
7	Simmons, Martin	61	Barnet Copthall	42.19

Event 5 Men 65-69 50 SC Meter Freestyle

1	Greenfield, Steve	65	Basingstoke Bluefins	30.12
2	Weatherburn, Neil	68	Teddington	33.36
3	Crew, Nicholas	65	Medway Maritime	35.81

Masters Sprint+ 2023 - 17/09/2023**Results****Event 5 Men 70-74 50 SC Meter Freestyle**

1	Grossman, Steve	71	Wellingborough	30.12
2	Appleby, Martin	70	Ruislip & Northwood	36.70

Event 5 Men 75-79 50 SC Meter Freestyle

1	Wilson, Douglas	76	City of Cambridge	35.99
2	Skinner, Mike	76	Barnet Copthall	37.32
3	Partington, Paul	75	Wincanton	46.63

Event 6 Women 18-24 200 SC Meter IM

1	Head, Amber	21	Rochford & District	2:40.03
	34.90	1:16.79 (41.89)	2:02.08 (45.29)	2:40.03 (37.95)
2	Johnson, Eve	21	Rochford & District	3:03.61
	36.11	1:23.67 (47.56)	2:19.66 (55.99)	3:03.61 (43.95)

Event 6 Women 30-34 200 SC Meter IM

1	Speare, Yolanda	30	Medway Maritime	2:41.73
	33.65	1:13.25 (39.60)	2:04.03 (50.78)	2:41.73 (37.70)
2	Lamb, Jane	33	Rochford & District	2:45.12
	37.34	1:15.77 (38.43)	2:05.26 (49.49)	2:45.12 (39.86)

Event 6 Women 40-44 200 SC Meter IM

1	Summers, Emily	42	St Albans Masters	2:47.99
	37.66	1:22.37 (44.71)	2:10.30 (47.93)	2:47.99 (37.69)

Event 6 Women 45-49 200 SC Meter IM

1	Pandya, Roopa	45	Camden Swiss Cottage	4:01.98
	54.91	2:01.58 (1:06.67)	3:10.11 (1:08.53)	4:01.98 (51.87)

Event 6 Women 50-54 200 SC Meter IM

1	Tagg, Claire	54	S D Trojan	3:01.20
	39.17	1:27.38 (48.21)	2:18.08 (50.70)	3:01.20 (43.12)
2	MacKenzie, Karen	50	Team Luton	3:05.27
	40.99	1:25.38 (44.39)	2:23.67 (58.29)	3:05.27 (41.60)
3	Goodman, Amanda	53	Basildon Phoenix	3:10.99
	43.98	1:33.18 (49.20)	2:24.88 (51.70)	3:10.99 (46.11)

Event 6 Women 70-74 200 SC Meter IM

1	Ayers, Christine	70	South Beds Masters	3:35.27
	49.70	1:46.81 (57.11)	2:47.63 (1:00.82)	3:35.27 (47.64)

Event 6 Men 18-24 200 SC Meter IM

1	Page, James	23	Hornchurch	2:45.83
	36.35	1:18.49 (42.14)	2:05.99 (47.50)	2:45.83 (39.84)

Event 6 Men 25-29 200 SC Meter IM

1	Bertram, Elliot	26	Potters Bar	2:21.35
	28.81	1:06.18 (37.37)	1:48.31 (42.13)	2:21.35 (33.04)
2	Washington, Eduardo	25	West London Penguins	2:23.74
	30.70	1:09.60 (38.90)	1:49.49 (39.89)	2:23.74 (34.25)

Event 6 Men 50-54 200 SC Meter IM

1	Cunningham, John	53	Aer Lingus Masters	2:32.29
	31.22	1:14.11 (42.89)	1:59.18 (45.07)	2:32.29 (33.11)
2	Squires, Andrew	51	Team Anglia	2:39.92
	33.60	1:14.44 (40.84)	2:02.32 (47.88)	2:39.92 (37.60)
3	Milana, Luca	51	Spencer	2:49.50
	37.62	1:20.77 (43.15)	2:08.83 (48.06)	2:49.50 (40.67)
4	O'Rourke, John	54	Team Luton	3:22.80
	45.92	1:38.64 (52.72)	2:39.53 (1:00.89)	3:22.80 (43.27)

Masters Sprint+ 2023 - 17/09/2023**Results****Event 6 Men 55-59 200 SC Meter IM**

1	Procter, David	57	Leatherhead		4:10.68
	56.91	2:06.36 (1:09.45)	3:14.34 (1:07.98)	4:10.68 (56.34)	

Event 6 Men 75-79 200 SC Meter IM

1	Parr, Derek	79	Broomfield Park		3:33.84
	44.11	1:42.77 (58.66)	2:47.27 (1:04.50)	3:33.84 (46.57)	
2	Stephens, Peter	76	Carrick Masters		4:18.83
	1:05.41	2:13.92 (1:08.51)	4:18.83 (2:04.91)		
3	Wilson, Roy	77	Ruislip & Northwood		4:56.49
	1:21.28	2:37.64 (1:16.36)	3:56.40 (1:18.76)	4:56.49 (1:00.09)	
4	Partington, Paul	75	Wincanton		5:30.04
	1:19.79	2:40.94 (1:21.15)	4:26.56 (1:45.62)	5:30.04 (1:03.48)	

Event 7 Women 30-34 200 SC Meter Freestyle

1	Lamb, Jane	33	Rochford & District		2:28.72
	32.42	1:09.70 (37.28)	1:49.69 (39.99)	2:28.72 (39.03)	

Event 7 Women 35-39 200 SC Meter Freestyle

1	Heyn, Gina	39	Teddington		2:10.91
	30.23	1:03.34 (33.11)	1:37.09 (33.75)	2:10.91 (33.82)	
2	Pirozzi, Dorianna	35	Basingstoke Bluefins		2:20.41
	31.74	1:05.79 (34.05)	1:42.62 (36.83)	2:20.41 (37.79)	
3	Neal, Kira	39	Basildon Phoenix		2:26.15
	34.52	1:11.70 (37.18)	1:48.91 (37.21)	2:26.15 (37.24)	
4	Kerrigan, Laura	38	Spencer		2:45.81
	38.08	1:20.71 (42.63)	2:04.45 (43.74)	2:45.81 (41.36)	

Event 7 Women 40-44 200 SC Meter Freestyle

1	Summers, Emily	42	St Albans Masters		2:21.19
	32.72	1:09.13 (36.41)	1:46.01 (36.88)	2:21.19 (35.18)	
2	Tsang, Alaine	42	Newham University East London		2:55.11
	39.50	1:23.78 (44.28)	2:10.65 (46.87)	2:55.11 (44.46)	
3	McMahon-Adie, Claire	43	Barnet Copthall		3:05.59
	42.55	1:29.40 (46.85)	2:17.57 (48.17)	3:05.59 (48.02)	
4	Wiggins, Fiona	42	Spencer		3:12.75
	45.36	1:34.51 (49.15)	2:24.75 (50.24)	3:12.75 (48.00)	

Event 7 Women 45-49 200 SC Meter Freestyle

1	Evans, Susan	45	Biggleswade		2:24.86
	33.74	1:10.30 (36.56)	1:47.94 (37.64)	2:24.86 (36.92)	
2	Dawson, Lisa	45	Barnet Copthall		2:26.69
	35.51	1:13.29 (37.78)	1:50.55 (37.26)	2:26.69 (36.14)	

Event 7 Women 50-54 200 SC Meter Freestyle

1	Goodman, Amanda	53	Basildon Phoenix		2:50.46
	38.44	1:21.27 (42.83)	2:05.49 (44.22)	2:50.46 (44.97)	
2	Chalker, Keely	52	Hornchurch		2:57.13
	39.34	1:24.68 (45.34)	2:12.36 (47.68)	2:57.13 (44.77)	

Event 7 Women 55-59 200 SC Meter Freestyle

1	Welham, Suzanne	59	St Albans Masters		2:39.54
	37.35	1:18.63 (41.28)	2:00.04 (41.41)	2:39.54 (39.50)	
2	Coleman, Sally	58	Hornchurch		3:20.83
	43.93	1:33.33 (49.40)	2:26.46 (53.13)	3:20.83 (54.37)	

Event 7 Women 60-64 200 SC Meter Freestyle

1	Winter, Sally	63	Bishops Stortford		2:32.51
	35.38	1:13.71 (38.33)	1:53.34 (39.63)	2:32.51 (39.17)	

Masters Sprint+ 2023 - 17/09/2023**Results****Event 7 Women 65-69 200 SC Meter Freestyle**

1	Perry, Sara	66	Cally Masters Islington		3:00.71
	40.65	1:26.07 (45.42)	2:13.75 (47.68)	3:00.71 (46.96)	
2	Boxall, Barbara	68	Hornchurch		3:03.18
	40.95	1:26.45 (45.50)	2:14.63 (48.18)	3:03.18 (48.55)	
3	Bourne, Anne	69	Camphill Edwardians		3:08.41
	42.54	1:30.52 (47.98)	2:20.09 (49.57)	3:08.41 (48.32)	
4	Butterworth, Karen	65	Ruislip & Northwood		3:33.63
	49.13	1:43.29 (54.16)	2:38.60 (55.31)	3:33.63 (55.03)	

Event 7 Women 75-79 200 SC Meter Freestyle

1	Blower, Elaine	78	Barnet Copthall		3:46.02
	54.08	1:50.94 (56.86)	2:49.03 (58.09)	3:46.02 (56.99)	

Event 7 Men 18-24 200 SC Meter Freestyle

1	Macaulay-Conway, Conor	21	Kingston Royals		3:22.86
	45.02	1:37.72 (52.70)	2:31.38 (53.66)	3:22.86 (51.48)	

Event 7 Men 25-29 200 SC Meter Freestyle

1	Sinclair, Charles	27	Ware		2:13.96
	29.66	1:03.22 (33.56)	1:38.77 (35.55)	2:13.96 (35.19)	
2	Green, Joshua	25	Southwark Aquatics		2:26.43
	31.53	1:06.34 (34.81)	1:45.46 (39.12)	2:26.43 (40.97)	

Event 7 Men 30-34 200 SC Meter Freestyle

1	Lamb, Adam	34	Rochford & District		2:35.07
	34.28	1:12.36 (38.08)	1:53.83 (41.47)	2:35.07 (41.24)	

Event 7 Men 35-39 200 SC Meter Freestyle

1	Struna, Andrea	36	Basingstoke Bluefins		2:46.97
	36.84	1:18.29 (41.45)	2:02.94 (44.65)	2:46.97 (44.03)	

Event 7 Men 40-44 200 SC Meter Freestyle

1	Roberts, David	42	City of St Albans		2:07.44
	28.93	1:00.57 (31.64)	1:33.71 (33.14)	2:07.44 (33.73)	
2	Buck, Ashley	43	Team Anglia		2:07.82
	29.48	1:02.18 (32.70)	1:35.62 (33.44)	2:07.82 (32.20)	
3	Whitelock, Lewis	43	Basildon Phoenix		2:59.72
	39.18	1:24.61 (45.43)	2:12.82 (48.21)	2:59.72 (46.90)	

Event 7 Men 45-49 200 SC Meter Freestyle

1	Wimpenny, Ian	46	Hoddesdon		2:17.44
	30.77	1:05.29 (34.52)	1:41.46 (36.17)	2:17.44 (35.98)	
2	Bogusz, Dawid	46	South Beds Masters		2:51.77
	37.81	1:21.95 (44.14)	2:07.63 (45.68)	2:51.77 (44.14)	

Event 7 Men 50-54 200 SC Meter Freestyle

1	Turner, Spencer	54	Basingstoke Bluefins		2:11.73
	29.57	1:02.67 (33.10)	1:37.47 (34.80)	2:11.73 (34.26)	
2	Hole, ED	50	Teddington		2:19.34
	32.80	1:07.58 (34.78)	1:43.14 (35.56)	2:19.34 (36.20)	
3	Palmer, Dean	54	Hornchurch		2:32.29
	35.95	1:13.78 (37.83)	1:52.89 (39.11)	2:32.29 (39.40)	
4	Newman-Burke, Alex	50	Teddington		2:46.80
	38.14	1:20.81 (42.67)	2:05.24 (44.43)	2:46.80 (41.56)	

Event 7 Men 55-59 200 SC Meter Freestyle

1	Scott, Rob	57	Potters Bar		2:24.43
	32.84	1:08.76 (35.92)	1:46.77 (38.01)	2:24.43 (37.66)	
2	Walters, Bryn	57	Out To Swim		2:42.90
	36.13	1:17.09 (40.96)	2:01.10 (44.01)	2:42.90 (41.80)	

Masters Sprint+ 2023 - 17/09/2023**Results****(Event 7 Men 55-59 200 SC Meter Freestyle)**

3	Procter, David	57	Leatherhead		3:47.83
	46.23	1:43.32 (57.09)	2:44.65 (1:01.33)	3:47.83 (1:03.18)	

Event 7 Men 60-64 200 SC Meter Freestyle

1	Pinel, Ralph	61	Newham University East London		2:21.59
	33.21	1:08.72 (35.51)	1:45.26 (36.54)	2:21.59 (36.33)	
2	Cartwright, Paul	62	Camden Swiss Cottage		2:37.84
	36.06	1:16.70 (40.64)	1:58.50 (41.80)	2:37.84 (39.34)	
3	Brierley, John	60	Deben		2:38.83
	36.61	1:16.89 (40.28)	1:58.46 (41.57)	2:38.83 (40.37)	
4	Corben, Tony	61	S D Trojan		2:47.91
	37.93	1:20.21 (42.28)	2:04.14 (43.93)	2:47.91 (43.77)	
5	Gibb, Alastair	63	Team Luton		2:48.34
	37.12	1:18.98 (41.86)	2:03.37 (44.39)	2:48.34 (44.97)	

Event 7 Men 65-69 200 SC Meter Freestyle

1	Weatherburn, Neil	68	Teddington		2:46.97
	38.83	1:21.58 (42.75)	2:46.97 (1:25.39)		

Event 7 Men 70-74 200 SC Meter Freestyle

1	Appleby, Martin	70	Ruislip & Northwood		3:16.38
	44.13	1:33.44 (49.31)	2:25.31 (51.87)	3:16.38 (51.07)	

Event 7 Men 75-79 200 SC Meter Freestyle

1	Parr, Derek	79	Broomfield Park		3:11.60
	45.23	1:34.83 (49.60)	2:24.32 (49.49)	3:11.60 (47.28)	
2	Stephens, Peter	76	Carrick Masters		3:21.48
	47.35	1:38.51 (51.16)	2:30.88 (52.37)	3:21.48 (50.60)	

Event 8 Women 18-24 100 SC Meter IM

1	Heard, Alexandra	23	City of Norwich		1:09.00
	32.18	1:09.00 (36.82)			
2	Head, Amber	21	Rochford & District		1:14.15
	34.77	1:14.15 (39.38)			
3	Persell, Jessica	23	Potters Bar		1:23.29
	37.62	1:23.29 (45.67)			

Event 8 Women 25-29 100 SC Meter IM

1	Joyce, Emma	28	South Beds Masters		1:14.26
	33.19	1:14.26 (41.07)			
2	Griffiths, Lianne	29	Metropolitan Police		1:25.44
	39.29	1:25.44 (46.15)			

Event 8 Women 30-34 100 SC Meter IM

1	Speare, Yolanda	30	Medway Maritime		1:16.21
	34.59	1:16.21 (41.62)			
2	Cafaro, Ilaria	34	West London Penguins		1:31.44
	41.14	1:31.44 (50.30)			

Event 8 Women 35-39 100 SC Meter IM

1	Budd, Kayley	37	South Beds Masters		1:19.23
	37.39	1:19.23 (41.84)			
2	Ordonez, Jenifer	36	Bexley Masters		1:22.43
	39.32	1:22.43 (43.11)			
3	Paulinyova, Petra	38	Teddington		1:23.81
	38.75	1:23.81 (45.06)			

Event 8 Women 40-44 100 SC Meter IM

1	Tom, Teresa	44	Ware		1:24.93
	36.99	1:24.93 (47.94)			

Masters Sprint+ 2023 - 17/09/2023**Results****Event 8 Women 45-49 100 SC Meter IM**

1	Barrison, Helen	48	Barnet Copthall	1:18.28
	37.86	1:18.28	(40.42)	
2	Aldeiri, Lydia	46	Barnet Copthall	1:25.36
	41.44	1:25.36	(43.92)	

Event 8 Women 50-54 100 SC Meter IM

1	Clarke, Kelly	51	Metropolitan Police	1:22.47
	38.26	1:22.47	(44.21)	
2	Tagg, Claire	54	S D Trojan	1:23.71
	40.83	1:23.71	(42.88)	
3	MacKenzie, Karen	50	Team Luton	1:26.49
	38.73	1:26.49	(47.76)	

Event 8 Women 55-59 100 SC Meter IM

---	Autullo, Stefania	55	Barnet Copthall	DQ
	8.3 Movements of the legs not simultaneous or alternating movement of legs or feet - fly			
	56.96	DQ	(1:03.14)	

Event 8 Women 65-69 100 SC Meter IM

1	Fordham, Alyson	67	Bishops Stortford	1:22.21
	38.26	1:22.21	(43.95)	
2	Doyle, Amanda	67	Kings Cormorants	1:46.56
	49.27	1:46.56	(57.29)	

Event 8 Men 18-24 100 SC Meter IM

1	Hack, Benjamin	23	Asa Cat2 Temporary Member	1:09.33
	32.33	1:09.33	(37.00)	
2	Sidney-Roberts, William	20	City of Norwich	1:13.18
	33.88	1:13.18	(39.30)	
3	Page, James	23	Hornchurch	1:14.60
	34.22	1:14.60	(40.38)	
4	Wolbrom, Jack	19	St Albans Masters	1:22.64
	39.35	1:22.64	(43.29)	
---	Macauley-Conway, Conor	21	Kingston Royals	DQ
	6.5 Not on the back at finish - back			
	55.00	DQ	(1:00.53)	

Event 8 Men 30-34 100 SC Meter IM

1	Liu, Kim Lam	30	Otter	1:06.25
	31.06	1:06.25	(35.19)	
2	Potvin, Stephen	32	Otter	1:11.45
	33.16	1:11.45	(38.29)	
3	Parr-Morley, Jason	32	Hornchurch	1:15.39
	36.01	1:15.39	(39.38)	

Event 8 Men 35-39 100 SC Meter IM

1	Dunne, Aiden	37	Camden Swiss Cottage	1:08.36
	31.93	1:08.36	(36.43)	
2	Bienes, Fernando Galan	39	Southwark Aquatics	1:11.61
	33.26	1:11.61	(38.35)	

Event 8 Men 40-44 100 SC Meter IM

1	Abbott, David	40	Hornchurch	1:12.34
	33.08	1:12.34	(39.26)	

Event 8 Men 45-49 100 SC Meter IM

1	Gleed, Peter	45	South Beds Masters	1:11.66
	33.70	1:11.66	(37.96)	
2	Bradley, Scot	49	Hornchurch	1:15.94
	35.17	1:15.94	(40.77)	

Masters Sprint+ 2023 - 17/09/2023**Results****(Event 8 Men 45-49 100 SC Meter IM)**

3	Girma, Eric	45	Teddington	1:18.77
	37.84	1:18.77	(40.93)	
4	Redondo, Carl	46	Enfield Swim Squad	1:34.42
	46.09	1:34.42	(48.33)	

Event 8 Men 50-54 100 SC Meter IM

1	Cunningham, John	53	Aer Lingus Masters	1:06.26
	32.21	1:06.26	(34.05)	
2	Sharman, Karl	54	Deben	1:10.88
	34.07	1:10.88	(36.81)	
3	Proctor, Chris	54	Barnet Copthall	1:13.70
	33.80	1:13.70	(39.90)	
4	Georgiadis, Manos	52	Deben	1:17.06
	38.24	1:17.06	(38.82)	
5	Newman-Burke, Alex	50	Teddington	1:28.87
	43.43	1:28.87	(45.44)	

Event 8 Men 55-59 100 SC Meter IM

1	Lief, Kevin	56	Barnet Copthall	1:20.18
	39.23	1:20.18	(40.95)	
2	Walters, Bryn	57	Out To Swim	1:28.42
	42.28	1:28.42	(46.14)	
3	Procter, David	57	Leatherhead	1:55.50
	57.50	1:55.50	(58.00)	

Event 8 Men 60-64 100 SC Meter IM

1	Simmons, Martin	61	Barnet Copthall	2:03.14
	59.95	2:03.14	(1:03.19)	

Event 8 Men 70-74 100 SC Meter IM

1	Grossman, Steve	71	Wellingborough	1:18.81
	36.44	1:18.81	(42.37)	
2	Preston, Christopher	72	Out To Swim	1:55.02
	52.44	1:55.02	(1:02.58)	

Event 8 Men 75-79 100 SC Meter IM

1	Stephens, Peter	76	Carrick Masters	2:01.70
	1:02.39	2:01.70	(59.31)	
2	Partington, Paul	75	Wincanton	2:16.39
	1:00.97	2:16.39	(1:15.42)	

Event 9 Women 18-24 50 SC Meter Breaststroke

1	Heard, Alexandra	23	City of Norwich	35.33
2	Head, Amber	21	Rochford & District	38.22

Event 9 Women 25-29 50 SC Meter Breaststroke

1	Joyce, Emma	28	South Beds Masters	39.51
2	Griffiths, Lianne	29	Metropolitan Police	41.01
3	Morris, Rebecca	26	South Beds Masters	46.40

Event 9 Women 35-39 50 SC Meter Breaststroke

1	Neal, Kira	39	Basildon Phoenix	44.31
2	Pritchard, Rebecca	36	Spencer	45.07
3	Larking, Nikki	39	St Albans Masters	46.22

Event 9 Women 40-44 50 SC Meter Breaststroke

1	Pearse, Sarah	41	South Beds Masters	37.94
2	King, Carla	40	South Beds Masters	38.49
3	Berry, Kathryn	40	Biggleswade	38.77
4	Deverill, Sally	43	Basildon Phoenix	39.97

Masters Sprint+ 2023 - 17/09/2023**Results****(Event 9 Women 40-44 50 SC Meter Breaststroke)**

5	Neal, Michelle	43	Team Luton	44.66
6	Wiggins, Fiona	42	Spencer	45.41

Event 9 Women 45-49 50 SC Meter Breaststroke

1	Turner, Fleur	47	Basingstoke Bluefins	38.19
2	Aldeiri, Lydia	46	Barnet Copthall	42.27
3	Barrios, Helen	46	Borough of Harrow	53.71
4	Pandya, Roopa	45	Camden Swiss Cottage	56.87
5	Stewart*, Kirsty	47	Bexhill	1:40.72

Event 9 Women 50-54 50 SC Meter Breaststroke

1	Tagg, Claire	54	S D Trojan	43.22
2	Griffin, Caroline	50	Potters Bar	46.51
3	MacKenzie, Karen	50	Team Luton	47.83

Event 9 Women 55-59 50 SC Meter Breaststroke

1	Jackson, Cate	59	Barnet Copthall	47.06
2	Autullo, Stefania	55	Barnet Copthall	56.41

Event 9 Women 65-69 50 SC Meter Breaststroke

1	Fordham, Alyson	67	Bishops Stortford	42.56
2	Butterworth, Karen	65	Ruislip & Northwood	59.57

Event 9 Women 75-79 50 SC Meter Breaststroke

1	Alden, Judy	77	Barnet Copthall	52.38
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Event 9 Men 18-24 50 SC Meter Breaststroke

1	Waters, Lewis	24	Southwark Aquatics	29.30
2	Bertram, Oliver	22	Potters Bar	36.95
3	Page, James	23	Hornchurch	37.37

Event 9 Men 25-29 50 SC Meter Breaststroke

1	Washington, Eduardo	25	West London Penguins	33.30
2	Wateridge, Dan	28	Ware	42.11

Event 9 Men 30-34 50 SC Meter Breaststroke

1	Liu, Kim Lam	30	Otter	32.58
2	Unsworth, Christopher	32	Out To Swim	33.73
3	Lamb, Adam	34	Rochford & District	34.27
4	Potvin, Stephen	32	Otter	36.05
5	Warren-Jones, Henry	32	Spencer	36.33
6	Cox, Joshua	30	Rochford & District	38.00
7	Georgiev, Ivan	31	Asa Cat2 Temporary Member	40.65
8	Cullinane, Alan	30	Hornchurch	45.20

Event 9 Men 35-39 50 SC Meter Breaststroke

1	Struna, Andrea	36	Basingstoke Bluefins	42.90
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Event 9 Men 45-49 50 SC Meter Breaststroke

1	Brinkley, Danny	45	Hoddesdon	33.46
2	Girma, Eric	45	Teddington	39.15
3	Redondo, Carl	46	Enfield Swim Squad	44.40

Event 9 Men 50-54 50 SC Meter Breaststroke

1	Squires, Andrew	51	Team Anglia	36.35
2	Hole, ED	50	Teddington	37.90
3	Georgiadis, Manos	52	Deben	38.49
4	Bunn, Danny	53	Hornchurch	38.93
5	O'Brien, Sean	50	Basingstoke Bluefins	39.06
6	Holmes, Gary	53	South Beds Masters	39.20

Masters Sprint+ 2023 - 17/09/2023**Results****(Event 9 Men 50-54 50 SC Meter Breaststroke)**

7	Wise, Ian	50	Epping Forest District	41.37
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Event 9 Men 55-59 50 SC Meter Breaststroke

1	Refson, Jonathan	58	Potters Bar	37.24
2	Lief, Kevin	56	Barnet Copthall	38.85
3	Procter, David	57	Leatherhead	51.59
4	Cowles, Colin	57	Maxwell	51.75

Event 9 Men 60-64 50 SC Meter Breaststroke

1	Fresher, Martyn	61	City of Ely	36.24
2	Holme, Philip	64	Barnet Copthall	38.24
3	Brierley, John	60	Deben	41.83
4	Simpson, Russell	61	Hemel Hempstead	45.16

Event 9 Men 65-69 50 SC Meter Breaststroke

1	Hunt, Nick	67	Witham Dolphins	40.30
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Event 9 Men 70-74 50 SC Meter Breaststroke

1	Appleby, Martin	70	Ruislip & Northwood	51.70
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Event 9 Men 75-79 50 SC Meter Breaststroke

1	Wilson, Roy	77	Ruislip & Northwood	1:01.20
2	Partington, Paul	75	Wincanton	1:14.83

Event 10 Women 25-29 100 SC Meter Butterfly

1	Gray, Elizabeth	29	Aylesbury	1:04.28
	31.32		1:04.28 (32.96)	

Event 10 Women 50-54 100 SC Meter Butterfly

1	Goodman, Amanda	53	Basildon Phoenix	1:32.01
	42.25		1:32.01 (49.76)	

Event 10 Men 25-29 100 SC Meter Butterfly

1	Bertram, Elliot	26	Potters Bar	1:01.05
	28.28		1:01.05 (32.77)	
2	Sinclair, Charles	27	Ware	1:08.66
	31.61		1:08.66 (37.05)	

Event 10 Men 35-39 100 SC Meter Butterfly

1	Espinasse, Oliver	39	Basingstoke Bluefins	1:01.02
	28.21		1:01.02 (32.81)	
2	Parkes, Oliver	35	Citizens Waterpolo	1:03.82
	29.45		1:03.82 (34.37)	

Event 10 Men 45-49 100 SC Meter Butterfly

1	Bradley, Scot	49	Hornchurch	1:09.99
	32.63		1:09.99 (37.36)	

Event 10 Men 50-54 100 SC Meter Butterfly

1	Albright, Philip	53	Camden Swiss Cottage	1:18.92
	39.39		1:18.92 (39.53)	

Event 10 Men 55-59 100 SC Meter Butterfly

1	Procter, David	57	Leatherhead	2:26.60
	1:02.23		2:26.60 (1:24.37)	

Event 10 Men 60-64 100 SC Meter Butterfly

1	Cartwright, Paul	62	Camden Swiss Cottage	1:30.90
	39.75		1:30.90 (51.15)	

Masters Sprint+ 2023 - 17/09/2023**Results****Event 10 Men 75-79 100 SC Meter Butterfly**

1	Parr, Derek	79	Broomfield Park	1:34.18
	45.90	1:34.18	(48.28)	
2	Vider, Peter	77	Otter	2:08.03
	54.65	2:08.03	(1:13.38)	
---	Partington, Paul	75	Wincanton	DQ
	8.1 Body not on the breast during the swim or when leaving the wall after a turn (except w			
	1:28.36	DQ	(1:52.43)	

Event 11 Women 18-24 50 SC Meter Backstroke

1	Persell, Jessica	23	Potters Bar	37.04
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Event 11 Women 25-29 50 SC Meter Backstroke

1	Joyce, Emma	28	South Beds Masters	34.35
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Event 11 Women 30-34 50 SC Meter Backstroke

1	Speare, Yolanda	30	Medway Maritime	32.82
2	Lamb, Jane	33	Rochford & District	33.77
3	Dobbin, Gemma	30	S D Trojan	39.01

Event 11 Women 35-39 50 SC Meter Backstroke

1	Heyn, Gina	39	Teddington	31.97
2	Budd, Kayley	37	South Beds Masters	38.19
3	Neal, Kira	39	Basildon Phoenix	39.52

Event 11 Women 40-44 50 SC Meter Backstroke

1	Tom, Teresa	44	Ware	36.62
2	Deverill, Sally	43	Basildon Phoenix	38.34
3	Tsang, Alaine	42	Newham University East London	39.42

Event 11 Women 45-49 50 SC Meter Backstroke

1	Turner, Fleur	47	Basingstoke Bluefins	35.26
2	Barrison, Helen	48	Barnet Copthall	35.71
3	Dawson, Lisa	45	Barnet Copthall	36.36
4	Pandya, Roopa	45	Camden Swiss Cottage	48.86
5	Barrios, Helen	46	Borough of Harrow	55.72
6	Stewart*, Kirsty	47	Bexhill	1:34.69

Event 11 Women 50-54 50 SC Meter Backstroke

1	Corben, Jo	53	S D Trojan	32.49
2	Clarke, Kelly	51	Metropolitan Police	38.52
3	Gallo, Sally	53	Potters Bar	42.54
4	Cusido, Elsa	52	Barnet Copthall	53.37

Event 11 Women 55-59 50 SC Meter Backstroke

1	Jackson, Cate	59	Barnet Copthall	40.26
2	Coleman, Sally	58	Hornchurch	46.74
3	Autullo, Stefania	55	Barnet Copthall	51.98

Event 11 Women 60-64 50 SC Meter Backstroke

1	Horsley, Janet	60	Ruislip & Northwood	55.09
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Event 11 Women 65-69 50 SC Meter Backstroke

1	Fordham, Alyson	67	Bishops Stortford	38.32
2	Butterworth, Karen	65	Ruislip & Northwood	55.69

Event 11 Women 70-74 50 SC Meter Backstroke

1	Ayers, Christine	70	South Beds Masters	45.95
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Event 11 Women 75-79 50 SC Meter Backstroke

1	Alden, Judy	77	Barnet Copthall	51.50
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Masters Sprint+ 2023 - 17/09/2023**Results****Event 11 Men 18-24 50 SC Meter Backstroke**

1	Page, James	23	Hornchurch	35.28
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Event 11 Men 25-29 50 SC Meter Backstroke

1	Masters, Matthew	29	Aylesbury	29.89
2	Washington, Eduardo	25	West London Penguins	32.71
3	Wateridge, Dan	28	Ware	36.14

Event 11 Men 30-34 50 SC Meter Backstroke

1	Unsworth, Christopher	32	Out To Swim	32.88
2	Potvin, Stephen	32	Otter	34.91
3	Cullinane, Alan	30	Hornchurch	42.00

Event 11 Men 35-39 50 SC Meter Backstroke

1	Dunne, Aiden	37	Camden Swiss Cottage	31.48
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Event 11 Men 40-44 50 SC Meter Backstroke

1	Abbott, David	40	Hornchurch	34.58
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Event 11 Men 45-49 50 SC Meter Backstroke

1	Wimpenny, Ian	46	Hoddesdon	32.41
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Event 11 Men 50-54 50 SC Meter Backstroke

1	Cunningham, John	53	Aer Lingus Masters	32.77
2	Squires, Andrew	51	Team Anglia	32.95
3	Hole, ED	50	Teddington	34.34
4	O'Brien, Sean	50	Basingstoke Bluefins	42.59

Event 11 Men 55-59 50 SC Meter Backstroke

1	Procter, David	57	Leatherhead	1:03.97
2	Cowles, Colin	57	Maxwell	1:06.84

Event 11 Men 60-64 50 SC Meter Backstroke

1	Swindale, Julian	60	Potters Bar	39.78
2	Corben, Tony	61	S D Trojan	41.18
3	Brierley, John	60	Deben	41.75

Event 11 Men 65-69 50 SC Meter Backstroke

1	Greenfield, Steve	65	Basingstoke Bluefins	36.07
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Event 11 Men 70-74 50 SC Meter Backstroke

1	Grossman, Steve	71	Wellingborough	35.40
2	Appleby, Martin	70	Ruislip & Northwood	48.69

Event 11 Men 75-79 50 SC Meter Backstroke

1	Wilson, Douglas	76	City of Cambridge	44.09
2	Partington, Paul	75	Wincanton	52.14
3	Parr, Derek	79	Broomfield Park	53.36
4	Stephens, Peter	76	Carrick Masters	54.49
5	Wilson, Roy	77	Ruislip & Northwood	1:02.17

Event 12 Women 18-24 100 SC Meter Freestyle

1	Heard, Alexandra	23	City of Norwich	1:02.64
	30.26		1:02.64 (32.38)	

Event 12 Women 25-29 100 SC Meter Freestyle

1	Gray, Elizabeth	29	Aylesbury	1:00.40
	29.55		1:00.40 (30.85)	
2	Cordeaux, Grace	27	Metropolitan Police	1:08.59
	32.81		1:08.59 (35.78)	
3	Morris, Rebecca	26	South Beds Masters	1:19.31
	36.80		1:19.31 (42.51)	

Masters Sprint+ 2023 - 17/09/2023**Results****Event 12 Women 30-34 100 SC Meter Freestyle**

1	Pickard, Jennifer	30	Broomfield Park	1:02.66
	30.06	1:02.66	(32.60)	

Event 12 Women 35-39 100 SC Meter Freestyle

1	Pirozzi, Dorianna	35	Basingstoke Bluefins	1:04.93
	31.59	1:04.93	(33.34)	
2	Neal, Kira	39	Basildon Phoenix	1:06.38
	32.18	1:06.38	(34.20)	
3	Paulinyova, Petra	38	Teddington	1:11.90
	34.11	1:11.90	(37.79)	
4	Kerrigan, Laura	38	Spencer	1:19.81
	37.51	1:19.81	(42.30)	

Event 12 Women 40-44 100 SC Meter Freestyle

1	Summers, Emily	42	St Albans Masters	1:06.54
	32.04	1:06.54	(34.50)	
2	Kenny, Sorrell	44	S D Trojan	1:06.74
	31.87	1:06.74	(34.87)	
3	Berry, Kathryn	40	Biggleswade	1:11.58
	34.23	1:11.58	(37.35)	

Event 12 Women 45-49 100 SC Meter Freestyle

1	Evans, Susan	45	Biggleswade	1:07.83
	32.77	1:07.83	(35.06)	
2	Pandya, Roopa	45	Camden Swiss Cottage	1:43.65
	49.12	1:43.65	(54.53)	
3	Stewart*, Kirsty	47	Bexhill	2:53.30
	1:13.87	2:53.30	(1:39.43)	

Event 12 Women 50-54 100 SC Meter Freestyle

1	MacKenzie, Karen	50	Team Luton	1:15.39
	35.40	1:15.39	(39.99)	
2	Chalker, Keely	52	Hornchurch	1:20.87
	39.61	1:20.87	(41.26)	
3	Cusido, Elsa	52	Barnet Copthall	1:32.99
	44.88	1:32.99	(48.11)	

Event 12 Women 55-59 100 SC Meter Freestyle

1	Jackson, Cate	59	Barnet Copthall	1:15.02
	36.15	1:15.02	(38.87)	
2	Coleman, Sally	58	Hornchurch	1:29.78
	41.85	1:29.78	(47.93)	

Event 12 Women 60-64 100 SC Meter Freestyle

1	Winter, Sally	63	Bishops Stortford	1:09.63
	34.06	1:09.63	(35.57)	
2	Horsley, Janet	60	Ruislip & Northwood	1:38.21
	45.67	1:38.21	(52.54)	

Event 12 Women 65-69 100 SC Meter Freestyle

1	Fordham, Alyson	67	Bishops Stortford	1:10.69
	34.04	1:10.69	(36.65)	
2	Boxall, Barbara	68	Hornchurch	1:21.38
	38.08	1:21.38	(43.30)	
3	Doyle, Amanda	67	Kings Cormorants	1:28.68
	42.08	1:28.68	(46.60)	
4	Butterworth, Karen	65	Ruislip & Northwood	1:41.81
	48.28	1:41.81	(53.53)	

Masters Sprint+ 2023 - 17/09/2023**Results****Event 12 Women 70-74 100 SC Meter Freestyle**

1	Ayers, Christine	70	South Beds Masters	1:25.52
	41.17		1:25.52 (44.35)	

Event 12 Men 18-24 100 SC Meter Freestyle

1	Waters, Lewis	24	Southwark Aquatics	54.59
	26.31		54.59 (28.28)	
2	Hack, Benjamin	23	Asa Cat2 Temporary Member	1:00.01
	28.27		1:00.01 (31.74)	
3	Bertram, Oliver	22	Potters Bar	1:03.95
	31.21		1:03.95 (32.74)	

Event 12 Men 25-29 100 SC Meter Freestyle

1	Bertram, Elliot	26	Potters Bar	56.83
	27.19		56.83 (29.64)	
2	Masters, Matthew	29	Aylesbury	58.49
	27.83		58.49 (30.66)	
3	Westcough, David	29	East Leeds	1:04.82
	31.06		1:04.82 (33.76)	
4	Finlay, James	25	Spencer	1:05.52
	32.47		1:05.52 (33.05)	

Event 12 Men 30-34 100 SC Meter Freestyle

1	Liu, Kim Lam	30	Otter	58.47
	28.08		58.47 (30.39)	
2	Unsworth, Christopher	32	Out To Swim	1:03.06
	29.87		1:03.06 (33.19)	
3	Cox, Joshua	30	Rochford & District	1:03.42
	30.84		1:03.42 (32.58)	
4	Potvin, Stephen	32	Otter	1:04.05
	31.01		1:04.05 (33.04)	
5	Parr-Morley, Jason	32	Hornchurch	1:05.47
	30.95		1:05.47 (34.52)	
6	Warren-Jones, Henry	32	Spencer	1:07.13
	32.99		1:07.13 (34.14)	
7	Cullinane, Alan	30	Hornchurch	1:12.08
	35.08		1:12.08 (37.00)	

Event 12 Men 35-39 100 SC Meter Freestyle

1	Espinasse, Oliver	39	Basingstoke Bluefins	56.72
	27.17		56.72 (29.55)	
2	Gilbert, Robert	36	Spencer	59.97
	28.28		59.97 (31.69)	
3	Dunne, Aiden	37	Camden Swiss Cottage	1:00.14
	28.85		1:00.14 (31.29)	
4	Bienes, Fernando Galan	39	Southwark Aquatics	1:00.46
	29.49		1:00.46 (30.97)	
*5	Pickard, Kevin	35	Brighton Dolphins	1:00.92
	29.52		1:00.92 (31.40)	
*5	Parkes, Oliver	35	Citizens Waterpolo	1:00.92
	28.90		1:00.92 (32.02)	
7	Sirett, Jamie	35	Hoddesdon	1:00.99
	29.22		1:00.99 (31.77)	
8	Struna, Andrea	36	Basingstoke Bluefins	1:12.90
	33.79		1:12.90 (39.11)	

Event 12 Men 40-44 100 SC Meter Freestyle

1	Roberts, William	44	Otter	56.77
	26.84		56.77 (29.93)	
2	Roberts, David	42	City of St Albans	57.81
	28.46		57.81 (29.35)	

Masters Sprint+ 2023 - 17/09/2023**Results****(Event 12 Men 40-44 100 SC Meter Freestyle)**

3	Abbott, David	40	Hornchurch	1:00.01
	28.62	1:00.01	(31.39)	
4	Whitelock, Lewis	43	Basildon Phoenix	1:16.58

Event 12 Men 45-49 100 SC Meter Freestyle

1	Hill, Sam	46	Hoddesdon	1:00.14
	28.88	1:00.14	(31.26)	
2	Bradley, Scot	49	Hornchurch	1:07.16
	31.85	1:07.16	(35.31)	

Event 12 Men 50-54 100 SC Meter Freestyle

1	Turner, Spencer	54	Basingstoke Bluefins	57.01
	27.05	57.01	(29.96)	
2	Proctor, Chris	54	Barnet Copthall	1:04.84
	30.53	1:04.84	(34.31)	
3	Holmes, Gary	53	South Beds Masters	1:07.10
	32.09	1:07.10	(35.01)	
4	Palmer, Dean	54	Hornchurch	1:09.10
	33.18	1:09.10	(35.92)	
5	Milana, Luca	51	Spencer	1:11.68
	34.63	1:11.68	(37.05)	
6	Wise, Ian	50	Epping Forest District	1:12.97
	34.13	1:12.97	(38.84)	
7	Bunn, Danny	53	Hornchurch	1:13.01
	33.90	1:13.01	(39.11)	
8	Newman-Burke, Alex	50	Teddington	1:15.62
	35.72	1:15.62	(39.90)	

Event 12 Men 55-59 100 SC Meter Freestyle

1	Butterworth, Paul	58	Ruislip & Northwood	1:04.86
	30.79	1:04.86	(34.07)	
2	Ehinger, Chris	59	Bracknell & Wokingham	1:07.86
	31.98	1:07.86	(35.88)	
3	Walters, Bryn	57	Out To Swim	1:12.32
	34.65	1:12.32	(37.67)	
4	Procter, David	57	Leatherhead	1:50.21
	50.16	1:50.21	(1:00.05)	

Event 12 Men 60-64 100 SC Meter Freestyle

1	Cartwright, Paul	62	Camden Swiss Cottage	1:09.25
	33.23	1:09.25	(36.02)	
2	Gibb, Alastair	63	Team Luton	1:15.09
	35.28	1:15.09	(39.81)	

Event 12 Men 65-69 100 SC Meter Freestyle

1	Weatherburn, Neil	68	Teddington	1:15.43
	36.41	1:15.43	(39.02)	

Event 12 Men 70-74 100 SC Meter Freestyle

1	Appleby, Martin	70	Ruislip & Northwood	1:25.78
	41.32	1:25.78	(44.46)	
2	Preston, Christopher	72	Out To Swim	1:34.72
	45.15	1:34.72	(49.57)	

Event 12 Men 75-79 100 SC Meter Freestyle

1	Skinner, Mike	76	Barnet Copthall	1:25.84
	42.10	1:25.84	(43.74)	
2	Parr, Derek	79	Broomfield Park	1:26.69
	42.31	1:26.69	(44.38)	

Masters Sprint+ 2023 - 17/09/2023**Results****(Event 12 Men 75-79 100 SC Meter Freestyle)**

3	Stephens, Peter	46.94	76 Carrick Masters	1:35.42
		1:35.42 (48.48)		
4	Wilson, Roy	55.22	77 Ruislip & Northwood	1:54.71
		1:54.71 (59.49)		
5	Partington, Paul	56.31	75 Wincanton	1:58.14
		1:58.14 (1:01.83)		