

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023****Results****Saturday 8<sup>th</sup> July 2023****Event 1 Women 25-29 800 SC Meter Freestyle**

Name	Age	Team	Finals Time			
1 Fiona Westcough	26	Enfield Swim Squad	10:50.79			
35.95	1:16.03 (40.08)	1:56.64 (40.61)	2:37.48 (40.84)			
3:17.94 (40.46)	3:59.10 (41.16)	4:40.02 (40.92)	5:21.01 (40.99)			
6:02.24 (41.23)	6:43.79 (41.55)	7:25.51 (41.72)	8:06.95 (41.44)			
8:48.05 (41.10)	9:29.65 (41.60)	10:10.75 (41.10)	10:50.79 (40.04)			
2 Hollie Barnes	26	Kidlington And Gosford	10:51.67			
35.21	1:14.29 (39.08)	1:54.49 (40.20)	2:35.08 (40.59)			
3:15.93 (40.85)	3:56.96 (41.03)	4:38.40 (41.44)	5:20.22 (41.82)			
6:01.88 (41.66)	6:43.45 (41.57)	7:24.94 (41.49)	8:06.54 (41.60)			
8:47.74 (41.20)	9:29.48 (41.74)	10:11.49 (42.01)	10:51.67 (40.18)			

**Event 1 Women 30-34 800 SC Meter Freestyle**

1 Kate Webb	33	Northampton	10:55.77			
35.22	1:14.57 (39.35)	1:55.89 (41.32)	2:37.68 (41.79)			
3:19.04 (41.36)	4:00.52 (41.48)	4:42.07 (41.55)	5:24.04 (41.97)			
6:05.93 (41.89)	6:47.81 (41.88)	7:29.63 (41.82)	8:11.16 (41.53)			
8:52.59 (41.43)	9:34.67 (42.08)	10:15.96 (41.29)	10:55.77 (39.81)			

**Event 1 Women 35-39 800 SC Meter Freestyle**

1 Fiona Kinsella	39	Camden Swiss Cottage S.C.	10:22.76			
32.82	1:09.28 (36.46)	1:47.05 (37.77)	2:25.83 (38.78)			
3:05.30 (39.47)	3:45.14 (39.84)	4:25.03 (39.89)	5:04.77 (39.74)			
5:44.71 (39.94)	6:24.29 (39.58)	7:03.88 (39.59)	7:43.82 (39.94)			
8:22.58 (38.76)	9:01.95 (39.37)	9:40.75 (38.80)	10:22.76 (42.01)			

**Event 1 Women 40-44 800 SC Meter Freestyle**

1 Emily Summers	42	St Albans Masters	10:28.04			
35.99	1:16.29 (40.30)	1:56.86 (40.57)	2:37.39 (40.53)			
3:17.46 (40.07)	3:57.69 (40.23)	4:37.89 (40.20)	5:18.20 (40.31)			
5:58.21 (40.01)	6:37.52 (39.31)	7:17.46 (39.94)	7:57.13 (39.67)			
8:36.35 (39.22)	9:14.66 (38.31)	9:53.02 (38.36)	10:28.04 (35.02)			
2 Emma Harvey	44	Barnet Copthall	10:29.34			
35.64	1:14.11 (38.47)	1:53.30 (39.19)	2:33.77 (40.47)			
3:13.73 (39.96)	3:53.67 (39.94)	4:33.49 (39.82)	5:13.28 (39.79)			
5:53.09 (39.81)	6:32.57 (39.48)	7:12.15 (39.58)	7:51.87 (39.72)			
8:31.41 (39.54)	9:11.14 (39.73)	9:50.92 (39.78)	10:29.34 (38.42)			
3 Anna Kasparian	41	Bor of Waltham Forest	11:54.69			
38.71	1:22.10 (43.39)	2:06.85 (44.75)	2:52.27 (45.42)			
3:37.59 (45.32)	4:23.26 (45.67)	5:08.76 (45.50)	5:54.08 (45.32)			
6:39.65 (45.57)	7:25.06 (45.41)	8:10.32 (45.26)	8:55.70 (45.38)			
9:41.24 (45.54)	10:26.56 (45.32)	11:11.29 (44.73)	11:54.69 (43.40)			

**Event 1 Women 50-54 800 SC Meter Freestyle**

1 Kerry Friend	54	Exe Masters	14:21.42			
48.42	1:41.40 (52.98)	2:36.14 (54.74)	3:33.62 (57.48)			
4:30.34 (56.72)	5:25.97 (55.63)	6:20.82 (54.85)	7:15.93 (55.11)			
8:10.95 (55.02)	9:05.65 (54.70)	9:59.74 (54.09)	10:53.63 (53.89)			
11:46.02 (52.39)	12:40.61 (54.59)	13:33.51 (52.90)	14:21.42 (47.91)			

**Event 1 Women 55-59 800 SC Meter Freestyle**

1 Suzanne Welham	59	St Albans Masters	11:36.41			
39.74	1:23.06 (43.32)	2:07.92 (44.86)	2:52.42 (44.50)			
3:36.40 (43.98)	4:20.82 (44.42)	5:04.78 (43.96)	5:49.13 (44.35)			
6:33.40 (44.27)	7:17.60 (44.20)	8:01.65 (44.05)	8:45.83 (44.18)			
9:29.43 (43.60)	10:12.54 (43.11)	10:55.70 (43.16)	11:36.41 (40.71)			

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**(Event 1 Women 55-59 800 SC Meter Freestyle cont'd)**

2 Karen Murphy	55 Enfield Swim Squad			13:22.94
46.45	1:36.45 (50.00)	2:27.09 (50.64)	3:18.27 (51.18)	
4:10.04 (51.77)	5:01.22 (51.18)	5:52.23 (51.01)	6:42.76 (50.53)	
7:33.35 (50.59)	8:24.18 (50.83)	9:14.11 (49.93)	10:05.03 (50.92)	
10:55.92 (50.89)	11:46.53 (50.61)	12:36.25 (49.72)	13:22.94 (46.69)	
3 Tiggi Wood	59 Lewes			13:32.72
47.40	1:36.58 (49.18)	2:28.29 (51.71)	3:21.24 (52.95)	
4:13.31 (52.07)	5:03.49 (50.18)	5:56.33 (52.84)	6:48.33 (52.00)	
7:40.22 (51.89)	8:30.45 (50.23)	9:22.99 (52.54)	10:13.45 (50.46)	
11:04.53 (51.08)	11:55.19 (50.66)	12:45.77 (50.58)	13:32.72 (46.95)	

**Event 1 Women 60-64 800 SC Meter Freestyle**

1 Heidi Gore	61 Reading			11:34.14
37.72	1:20.13 (42.41)	2:03.10 (42.97)	2:46.26 (43.16)	
3:29.49 (43.23)	4:13.28 (43.79)	4:56.50 (43.22)	5:40.31 (43.81)	
6:23.95 (43.64)	7:08.06 (44.11)	7:52.19 (44.13)	8:36.55 (44.36)	
9:21.01 (44.46)	10:06.12 (45.11)	10:51.05 (44.93)	11:34.14 (43.09)	
2 Pavlina Jackson	61 City of Coventry			14:44.49
48.42	1:42.23 (53.81)	2:38.08 (55.85)	3:33.61 (55.53)	
4:30.05 (56.44)	5:25.94 (55.89)	6:22.29 (56.35)	7:18.72 (56.43)	
8:14.17 (55.45)	9:10.59 (56.42)	10:06.47 (55.88)	11:02.84 (56.37)	
11:59.19 (56.35)	12:56.16 (56.97)	13:51.44 (55.28)	14:44.49 (53.05)	

**Event 1 Women 65-69 800 SC Meter Freestyle**

1 Amanda Heath	66 Spencer			11:37.76
40.46	1:23.68 (43.22)	2:07.61 (43.93)	2:52.01 (44.40)	
3:36.28 (44.27)	4:20.99 (44.71)	5:05.21 (44.22)	5:49.50 (44.29)	
6:33.67 (44.17)	7:17.79 (44.12)	8:01.75 (43.96)	8:45.73 (43.98)	
9:29.59 (43.86)	10:13.07 (43.48)	10:56.19 (43.12)	11:37.76 (41.57)	
2 Esther Iseppi	65 Spencer			12:17.42
41.98	1:27.27 (45.29)	2:13.22 (45.95)	2:59.17 (45.95)	
3:45.54 (46.37)	4:32.01 (46.47)	5:18.70 (46.69)	6:05.28 (46.58)	
6:52.47 (47.19)	7:40.07 (47.60)	8:26.79 (46.72)	9:13.94 (47.15)	
10:00.67 (46.73)	10:46.73 (46.06)	11:31.53 (44.80)	12:17.42 (45.89)	
3 Sharon Mc Lellan	65 Hadleigh			13:00.83
44.87	1:32.99 (48.12)	2:22.56 (49.57)	3:12.45 (49.89)	
4:02.53 (50.08)	4:52.26 (49.73)	5:41.45 (49.19)	6:31.36 (49.91)	
7:20.64 (49.28)	8:09.83 (49.19)	8:59.49 (49.66)	9:48.55 (49.06)	
10:36.58 (48.03)	11:25.59 (49.01)	12:14.23 (48.64)	13:00.83 (46.60)	

**Event 1 Women 75-79 800 SC Meter Freestyle**

1 Elaine Blower	78 Barnet Copthall			16:45.55
59.78	2:02.84 (1:03.06)	3:06.94 (1:04.10)	4:11.36 (1:04.42)	
5:14.25 (1:02.89)	6:17.59 (1:03.34)	7:19.69 (1:02.10)	8:22.93 (1:03.24)	
9:27.69 (1:04.76)	10:31.06 (1:03.37)	11:34.64 (1:03.58)	12:38.08 (1:03.44)	
13:41.66 (1:03.58)	14:44.46 (1:02.80)	15:46.77 (1:02.31)	16:45.55 (58.78)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 1 Men 18-24 800 SC Meter Freestyle**

1 Mitchell Adams	24 Swim Bournemouth	9:42.02
31.79	1:06.60 (34.81) 1:42.56 (35.96) 2:19.27 (36.71)	
2:55.87 (36.60)	3:31.83 (35.96) 4:08.80 (36.97) 4:45.98 (37.18)	
5:22.94 (36.96)	6:00.07 (37.13) 6:37.23 (37.16) 7:14.34 (37.11)	
7:51.92 (37.58)	8:29.05 (37.13) 9:06.28 (37.23) 9:42.02 (35.74)	
2 Conor Macauley-Conway	21 Kingston Royals	14:08.29
45.99	1:37.53 (51.54) 2:30.65 (53.12) 3:23.94 (53.29)	
4:18.03 (54.09)	5:12.85 (54.82) 6:08.66 (55.81) 7:02.81 (54.15)	
7:57.28 (54.47)	8:53.63 (56.35) 9:48.86 (55.23) 10:41.91 (53.05)	
11:34.97 (53.06)	12:27.43 (52.46) 13:18.93 (51.50) 14:08.29 (49.36)	

**Event 1 Men 25-29 800 SC Meter Freestyle**

1 Eduardo Washington	25 West London Penguins	10:22.84
33.66	1:10.78 (37.12) 1:49.20 (38.42) 2:27.80 (38.60)	
3:07.90 (40.10)	3:48.27 (40.37) 4:28.45 (40.18) 5:08.72 (40.27)	
5:49.38 (40.66)	6:30.00 (40.62) 7:09.97 (39.97) 7:50.25 (40.28)	
8:29.62 (39.37)	9:09.26 (39.64) 9:47.89 (38.63) 10:22.84 (34.95)	

**Event 1 Men 30-34 800 SC Meter Freestyle**

1 Kalon Veale	32 Totnes	9:04.86
28.87	1:01.70 (32.83) 1:35.44 (33.74) 2:09.50 (34.06)	
2:43.44 (33.94)	3:17.99 (34.55) 3:52.84 (34.85) 4:27.60 (34.76)	
5:02.25 (34.65)	5:37.02 (34.77) 6:11.75 (34.73) 6:46.59 (34.84)	
7:21.23 (34.64)	7:56.10 (34.87) 8:31.01 (34.91) 9:04.86 (33.85)	

**Event 1 Men 35-39 800 SC Meter Freestyle**

1 Andrew Swanston	39 Barnet Copthall	9:36.03
32.22	1:07.01 (34.79) 1:42.90 (35.89) 2:19.11 (36.21)	
2:55.71 (36.60)	3:32.61 (36.90) 4:09.70 (37.09) 4:47.00 (37.30)	
5:24.07 (37.07)	6:01.04 (36.97) 6:37.95 (36.91) 7:14.86 (36.91)	
7:51.42 (36.56)	8:27.60 (36.18) 9:02.34 (34.74) 9:36.03 (33.69)	

**Event 1 Men 40-44 800 SC Meter Freestyle**

1 Guy Armstrong	41 Medway Maritime	10:04.71
32.99	1:08.81 (35.82) 1:45.94 (37.13) 2:23.29 (37.35)	
3:00.86 (37.57)	3:38.73 (37.87) 4:16.77 (38.04) 4:54.80 (38.03)	
5:33.70 (38.90)	6:12.93 (39.23) 6:52.20 (39.27) 7:31.36 (39.16)	
8:10.37 (39.01)	8:49.41 (39.04) 9:28.30 (38.89) 10:04.71 (36.41)	

**Event 1 Men 45-49 800 SC Meter Freestyle**

1 Carl Redondo	46 Enfield Swim Squad	13:30.27
42.21	1:28.97 (46.76) 2:17.64 (48.67) 3:07.27 (49.63)	
3:57.17 (49.90)	4:47.53 (50.36) 5:38.41 (50.88) 6:30.70 (52.29)	
7:22.48 (51.78)	8:15.07 (52.59) 9:07.19 (52.12) 10:00.02 (52.83)	
10:53.07 (53.05)	11:45.44 (52.37) 12:38.82 (53.38) 13:30.27 (51.45)	

**Event 1 Men 50-54 800 SC Meter Freestyle**

1 Danny Bunn	53 Hornchurch	11:01.29
37.74	1:19.13 (41.39) 2:00.91 (41.78) 2:42.63 (41.72)	
3:24.90 (42.27)	4:06.80 (41.90) 4:48.35 (41.55) 5:29.71 (41.36)	
6:11.25 (41.54)	6:52.87 (41.62) 7:34.53 (41.66) 8:15.75 (41.22)	
8:56.87 (41.12)	9:38.39 (41.52) 10:20.33 (41.94) 11:01.29 (40.96)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**(Event 1 Men 50-54 800 SC Meter Freestyle Cont'd)**

2	Chris Daniels	54	Otter		11:45.89
	38.42	1:20.73 (42.31)	2:04.26 (43.53)	2:48.17 (43.91)	
	3:33.13 (44.96)	4:18.25 (45.12)	5:03.69 (45.44)	5:49.52 (45.83)	
	6:35.02 (45.50)	7:20.04 (45.02)	8:05.03 (44.99)	8:50.20 (45.17)	
	9:35.45 (45.25)	10:20.05 (44.60)	11:03.77 (43.72)	11:45.89 (42.12)	
3	Alex Newman-Burke	50	Teddington		12:14.47
	39.49	1:24.41 (44.92)	2:10.37 (45.96)	2:56.77 (46.40)	
	3:43.14 (46.37)	4:29.77 (46.63)	5:16.70 (46.93)	6:03.19 (46.49)	
	6:49.56 (46.37)	7:36.28 (46.72)	8:23.07 (46.79)	9:09.80 (46.73)	
	9:56.85 (47.05)	10:43.06 (46.21)	11:29.56 (46.50)	12:14.47 (44.91)	

**Event 1 Men 55-59 800 SC Meter Freestyle**

1	Patrick Gore	55	Reading		10:10.35
	34.73	1:12.33 (37.60)	1:50.80 (38.47)	2:29.80 (39.00)	
	3:08.85 (39.05)	3:47.61 (38.76)	4:26.28 (38.67)	5:04.81 (38.53)	
	5:43.19 (38.38)	6:21.95 (38.76)	7:00.68 (38.73)	7:39.60 (38.92)	
	8:18.27 (38.67)	8:56.91 (38.64)	9:34.94 (38.03)	10:10.35 (35.41)	

**Event 1 Men 60-64 800 SC Meter Freestyle**

1	Chris Orchard	64	Deepings		11:57.55
	40.07	1:22.14 (42.07)	2:05.86 (43.72)	2:50.26 (44.40)	
	3:35.16 (44.90)	4:20.15 (44.99)	5:05.34 (45.19)	5:50.58 (45.24)	
	6:36.30 (45.72)	7:21.84 (45.54)	8:07.41 (45.57)	8:53.05 (45.64)	
	9:39.51 (46.46)	10:27.26 (47.75)	11:12.87 (45.61)	11:57.55 (44.68)	
2	Roland Carreras	61	Frognaal Masters		12:52.24
	42.40	1:29.04 (46.64)	2:16.96 (47.92)	3:06.16 (49.20)	
	3:55.67 (49.51)	4:45.79 (50.12)	5:34.92 (49.13)	6:24.74 (49.82)	
	7:14.35 (49.61)	8:03.77 (49.42)	8:52.46 (48.69)	9:41.61 (49.15)	
	10:30.19 (48.58)	11:18.54 (48.35)	12:06.06 (47.52)	12:52.24 (46.18)	

**Event 1 Men 65-69 800 SC Meter Freestyle**

1	Simon Veale	67	Totnes		10:25.96
	34.03	1:12.28 (38.25)	1:51.59 (39.31)	2:30.94 (39.35)	
	3:10.51 (39.57)	3:49.89 (39.38)	4:29.65 (39.76)	5:09.17 (39.52)	
	5:49.02 (39.85)	6:28.92 (39.90)	7:08.86 (39.94)	7:48.85 (39.99)	
	8:28.53 (39.68)	9:08.72 (40.19)	9:48.25 (39.53)	10:25.96 (37.71)	
2	Neil Haftel	68	Frognaal Masters		12:00.16
	43.74	1:29.51 (45.77)	2:15.52 (46.01)	3:01.89 (46.37)	
	3:48.31 (46.42)	4:34.39 (46.08)	5:19.56 (45.17)	6:04.92 (45.36)	
	6:49.84 (44.92)	7:34.32 (44.48)	8:18.83 (44.51)	9:03.57 (44.74)	
	9:48.38 (44.81)	10:32.90 (44.52)	11:17.32 (44.42)	12:00.16 (42.84)	
3	Nicholas Crew	65	Medway Maritime		13:38.51
	42.54	1:31.62 (49.08)	2:23.44 (51.82)	3:15.96 (52.52)	
	4:08.80 (52.84)	5:01.46 (52.66)	5:54.32 (52.86)	6:47.14 (52.82)	
	7:39.94 (52.80)	8:32.60 (52.66)	9:24.78 (52.18)	10:16.68 (51.90)	
	11:08.36 (51.68)	12:00.76 (52.40)	12:53.12 (52.36)	13:38.51 (45.39)	
4	Keith Parkin	69	Barnet Copthall		13:57.45
	44.69	1:35.30 (50.61)	2:27.83 (52.53)	3:20.22 (52.39)	
	4:12.42 (52.20)	5:04.64 (52.22)	5:57.12 (52.48)	6:49.52 (52.40)	
	7:42.03 (52.51)	8:34.52 (52.49)	9:27.67 (53.15)	10:21.92 (54.25)	
	11:15.27 (53.35)	12:09.94 (54.67)	13:04.67 (54.73)	13:57.45 (52.78)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**Event 1 Men 70-74 800 SC Meter Freestyle**

1	Stuart Mc Lellan	74	Hadleigh		13:13.58
	42.43	1:29.62 (47.19)	2:17.75 (48.13)	3:06.69 (48.94)	
	3:55.32 (48.63)	4:44.25 (48.93)	5:32.98 (48.73)	6:21.81 (48.83)	
	7:11.52 (49.71)	8:01.73 (50.21)	8:52.03 (50.30)	9:43.45 (51.42)	
	10:35.78 (52.33)	11:29.27 (53.49)	12:21.63 (52.36)	13:13.58 (51.95)	
2	David Shead	73	Lewes		14:40.03
	51.91	1:45.22 (53.31)	2:39.77 (54.55)	3:34.97 (55.20)	
	4:30.59 (55.62)	5:26.39 (55.80)	6:21.75 (55.36)	7:17.46 (55.71)	
	8:12.84 (55.38)	9:07.73 (54.89)	10:02.70 (54.97)	10:58.09 (55.39)	
	11:53.82 (55.73)	12:50.61 (56.79)	13:46.85 (56.24)	14:40.03 (53.18)	
3	Peter Rank	71	City of Cambridge		15:42.05
	49.95	1:45.41 (55.46)	2:44.91 (59.50)	3:46.13 (1:01.22)	
	4:46.17 (1:00.04)	5:46.27 (1:00.10)	6:45.94 (59.67)	7:46.08 (1:00.14)	
	8:45.94 (59.86)	9:45.78 (59.84)	10:47.18 (1:01.40)	11:47.24 (1:00.06)	
	12:45.98 (58.74)	13:45.74 (59.76)	14:45.16 (59.42)	15:42.05 (56.89)	

**Event 1 Men 75-79 800 SC Meter Freestyle**

1	Derek Parr	79	Broomfield Park		13:29.21
	45.98	1:37.37 (51.39)	2:28.66 (51.29)	3:19.75 (51.09)	
	4:11.85 (52.10)	5:03.61 (51.76)	5:55.70 (52.09)	6:47.77 (52.07)	
	7:39.38 (51.61)	8:31.21 (51.83)	9:21.90 (50.69)	10:13.22 (51.32)	
	11:03.91 (50.69)	11:53.76 (49.85)	12:42.59 (48.83)	13:29.21 (46.62)	
2	Peter Stephens	76	Carrick		14:01.90
	48.25	1:40.32 (52.07)	2:32.76 (52.44)	3:25.48 (52.72)	
	4:18.13 (52.65)	5:10.97 (52.84)	6:04.45 (53.48)	6:57.65 (53.20)	
	7:51.14 (53.49)	8:44.84 (53.70)	9:38.99 (54.15)	10:32.44 (53.45)	
	11:25.88 (53.44)	12:18.99 (53.11)	13:11.98 (52.99)	14:01.90 (49.92)	
3	Paul Partington	75	Wincanton		18:37.74
	58.01	2:08.75 (1:10.74)	3:22.51 (1:13.76)	4:26.05 (1:03.54)	
	5:37.78 (1:11.73)	7:00.34 (1:22.56)	8:02.24 (1:01.90)	9:13.15 (1:10.91)	
	10:24.08 (1:10.93)	11:38.30 (1:14.22)	12:42.34 (1:04.04)	13:54.81 (1:12.47)	
	15:15.37 (1:20.56)	16:19.85 (1:04.48)	17:28.15 (1:08.30)	18:37.74 (1:09.59)	

**Event 1 Men 80-84 800 SC Meter Freestyle**

1	John Goodbody	80	Otter		17:55.57
	57.60	2:03.50 (1:05.90)	3:11.42 (1:07.92)	4:19.24 (1:07.82)	
	5:28.13 (1:08.89)	6:35.76 (1:07.63)	7:44.83 (1:09.07)	8:53.36 (1:08.53)	
	10:01.66 (1:08.30)	11:10.70 (1:09.04)	12:18.22 (1:07.52)	13:26.94 (1:08.72)	
	14:36.25 (1:09.31)	15:43.72 (1:07.47)	16:52.12 (1:08.40)	17:55.57 (1:03.45)	
2	Paul Clarke	81	Beavers Masters Bedford		18:57.07
	58.49	2:08.53 (1:10.04)	3:19.47 (1:10.94)	4:32.05 (1:12.58)	
	5:44.67 (1:12.62)	6:55.65 (1:10.98)	8:08.56 (1:12.91)	9:21.49 (1:12.93)	
	10:34.66 (1:13.17)	11:47.11 (1:12.45)	12:58.32 (1:11.21)	14:10.82 (1:12.50)	
	15:24.73 (1:13.91)	16:37.38 (1:12.65)	17:49.31 (1:11.93)	18:57.07 (1:07.76)	

**Event 1 Men 95-99 800 SC Meter Freestyle**

1	<b>Edward Hoy</b>	95	<b>Shrewsbury</b>	<b>23:02.82</b>	<b>European Record*</b>
	1:15.61	2:40.94 (1:25.33)		5:37.54 ( )	
	7:06.99 (1:29.45)	8:33.99 (1:27.00)	10:00.14 (1:26.15)	11:28.15 (1:28.01)	
	12:55.83 (1:27.68)	14:23.06 (1:27.23)	15:50.91 (1:27.85)	17:19.03 (1:28.12)	
	18:46.65 (1:27.62)	20:13.14 (1:26.49)	21:41.14 (1:28.00)	23:02.82 (1:21.68)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**Sunday 9<sup>th</sup> July 2023**

**Event 2 Women 25-29 400 SC Meter Freestyle**

1	Sophie Elphick	29	Otter		4:36.72
	31.19	1:04.75 (33.56)	1:39.43 (34.68)	2:14.57 (35.14)	
	2:50.13 (35.56)	3:25.86 (35.73)	4:02.00 (36.14)	4:36.72 (34.72)	
2	Charlotte Begg	29	City of Cambridge		4:56.42
	34.44	1:11.12 (36.68)	1:48.08 (36.96)	2:25.75 (37.67)	
	3:03.36 (37.61)	3:41.37 (38.01)	4:19.16 (37.79)	4:56.42 (37.26)	

**Event 2 Women 30-34 400 SC Meter Freestyle**

1	Sophie Liddament	31	City of Norwich		5:20.34
	35.47	1:13.60 (38.13)	1:53.54 (39.94)	2:34.48 (40.94)	
	3:15.60 (41.12)	3:57.14 (41.54)	4:38.92 (41.78)	5:20.34 (41.42)	
2	Elisa Robins	33	Kidlington And Gosford		5:56.86
	35.75	1:17.67 (41.92)	2:05.11 (47.44)	2:52.66 (47.55)	
	3:39.28 (46.62)	4:26.16 (46.88)	5:12.84 (46.68)	5:56.86 (44.02)	

**Event 2 Women 35-39 400 SC Meter Freestyle**

1	Gina Heyn	39	Teddington		4:41.56
	33.44	1:09.33 (35.89)	1:45.52 (36.19)	2:21.83 (36.31)	
	2:56.83 (35.00)	3:31.83 (35.00)	4:07.00 (35.17)	4:41.56 (34.56)	
2	Alice Dinsdale-Young	35	Otter		5:06.65
	33.82	1:11.08 (37.26)	1:49.00 (37.92)	2:28.01 (39.01)	
	3:07.48 (39.47)	3:47.65 (40.17)	4:27.42 (39.77)	5:06.65 (39.23)	
3	Joanne Griffiths	39	City of Coventry		5:55.81
	43.17	1:27.52 (44.35)	2:11.01 (43.49)	2:56.98 (45.97)	
	3:42.51 (45.53)	4:27.99 (45.48)	5:13.49 (45.50)	5:55.81 (42.32)	

**Event 2 Women 40-44 400 SC Meter Freestyle**

1	Sarah Hunt	42	Basingstoke Bluefins		5:05.77
	35.51	1:14.08 (38.57)	1:53.63 (39.55)	2:32.92 (39.29)	
	3:11.45 (38.53)	3:49.88 (38.43)	4:28.52 (38.64)	5:05.77 (37.25)	
2	Emma Harvey	44	Barnet Copthall		5:07.81
	35.95	1:14.08 (38.13)	1:53.15 (39.07)	2:32.67 (39.52)	
	3:11.42 (38.75)	3:50.21 (38.79)	4:29.17 (38.96)	5:07.81 (38.64)	

**Event 2 Women 45-49 400 SC Meter Freestyle**

1	Fleur Turner	47	Basingstoke Bluefins		4:45.08
	32.69	1:08.06 (35.37)	1:44.04 (35.98)	2:20.58 (36.54)	
	2:56.75 (36.17)	3:32.81 (36.06)	4:09.44 (36.63)	4:45.08 (35.64)	
2	Sarah Hempenstall	45	Teddington		5:20.39
	35.28	1:13.97 (38.69)	1:54.23 (40.26)	2:34.76 (40.53)	
	3:15.88 (41.12)	3:56.98 (41.10)	4:39.24 (42.26)	5:20.39 (41.15)	
3	Emma Green	46	Frognaal Masters		5:55.90
	40.39	1:24.64 (44.25)	2:10.90 (46.26)	2:56.84 (45.94)	
	3:42.92 (46.08)	4:28.68 (45.76)	5:13.93 (45.25)	5:55.90 (41.97)	

**Event 2 Women 50-54 400 SC Meter Freestyle**

1	Kerry Friend	54	Exe Masters		6:59.78
	44.99	1:35.84 (50.85)	2:30.23 (54.39)	3:24.96 (54.73)	
	4:19.26 (54.30)	5:14.03 (54.77)	6:08.16 (54.13)	6:59.78 (51.62)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 2 Women 55-59 400 SC Meter Freestyle**

1	Tiggi Wood	59	Lewes		6:39.81
	46.91	1:36.00 (49.09)	2:27.27 (51.27)	3:17.62 (50.35)	
	4:10.52 (52.90)	5:00.60 (50.08)	5:52.97 (52.37)	6:39.81 (46.84)	

**Event 2 Women 60-64 400 SC Meter Freestyle**

1	Nizza Fluss	61	Barnet Copthall		8:24.62
	55.97	2:02.03 (1:06.06)	3:07.00 (1:04.97)	4:12.06 (1:05.06)	
	5:15.37 (1:03.31)	6:19.28 (1:03.91)	7:24.04 (1:04.76)	8:24.62 (1:00.58)	

**Event 2 Women 65-69 400 SC Meter Freestyle**

1	Amanda Doyle	67	Kings Cormorants		6:43.13
	43.77	1:33.40 (49.63)	2:23.91 (50.51)	3:16.52 (52.61)	
	4:08.31 (51.79)	5:00.07 (51.76)	5:52.58 (52.51)	6:43.13 (50.55)	
---	Sharon Mc Lellan	65	Hadleigh		DQ
	10.2 A swimmer did not cover the whole distance - DNF				
	44.02	1:31.01 (46.99)	2:18.78 (47.77)	3:07.20 (48.42)	
	3:55.85 (48.65)	4:45.14 (49.29)	5:40.41 (55.27)	DQ (22.83)	

**Event 3 Men 18-24 400 SC Meter Freestyle**

1	Kenale Alleyne	19	St Vincent & Grenadines		4:34.57
	28.48	1:01.83 (33.35)	1:36.66 (34.83)	2:13.00 (36.34)	
	2:49.78 (36.78)	3:25.69 (35.91)	4:00.19 (34.50)	4:34.57 (34.38)	
2	Conor Macauley-Conway	21	Kingston Royals		6:55.23
	44.35	1:34.91 (50.56)	2:29.47 (54.56)	3:25.11 (55.64)	
	4:18.20 (53.09)	5:11.08 (52.88)	6:03.68 (52.60)	6:55.23 (51.55)	

**Event 3 Men 30-34 400 SC Meter Freestyle**

1	Alex Mackay	31	Otter		4:12.66
	28.73	1:00.02 (31.29)	1:31.26 (31.24)	2:03.20 (31.94)	
	2:35.49 (32.29)	3:07.94 (32.45)	3:40.38 (32.44)	4:12.66 (32.28)	
2	Kalon Veale	32	Totnes		4:14.05
	28.05	59.14 (31.09)	1:31.21 (32.07)	2:03.51 (32.30)	
	2:35.94 (32.43)	3:08.65 (32.71)	3:41.33 (32.68)	4:14.05 (32.72)	
3	Michael Tansini	32	City of Cambridge		4:37.76
	31.61	1:05.88 (34.27)	1:40.96 (35.08)	2:16.54 (35.58)	
	2:52.47 (35.93)	3:28.11 (35.64)	4:03.59 (35.48)	4:37.76 (34.17)	

**Event 3 Men 35-39 400 SC Meter Freestyle**

1	Shaun Challis	36	Brighton Dolphin		4:36.33
	30.69	1:03.97 (33.28)	1:38.09 (34.12)	2:13.35 (35.26)	
	2:48.75 (35.40)	3:24.45 (35.70)	4:00.22 (35.77)	4:36.33 (36.11)	

**Event 3 Men 40-44 400 SC Meter Freestyle**

1	Guy Armstrong	41	Medway Maritime		4:49.51
	31.90	1:06.83 (34.93)	1:43.66 (36.83)	2:21.19 (37.53)	
	2:58.95 (37.76)	3:36.56 (37.61)	4:14.20 (37.64)	4:49.51 (35.31)	
2	Robert Nunn	44	Deben		5:03.02
	34.34	1:11.59 (37.25)	1:49.56 (37.97)	2:27.64 (38.08)	
	3:06.29 (38.65)	3:45.48 (39.19)	4:24.67 (39.19)	5:03.02 (38.35)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**Event 3 Men 45-49 400 SC Meter Freestyle**

1 Gary Bennell	49 Kidlington And Gosford				5:01.93
32.69	1:10.03 (37.34)	1:49.05 (39.02)	2:27.99 (38.94)		
3:06.82 (38.83)	3:45.54 (38.72)	4:24.36 (38.82)	5:01.93 (37.57)		
2 Chris Hunter	48 Team Anglia				5:28.45
34.64	1:13.11 (38.47)	1:54.56 (41.45)	2:36.92 (42.36)		
3:20.30 (43.38)	4:03.95 (43.65)	4:46.55 (42.60)	5:28.45 (41.90)		

**Event 3 Men 50-54 400 SC Meter Freestyle**

1 Spencer Turner	54 Basingstoke Bluefins				4:42.16
30.97	1:05.51 (34.54)	1:40.65 (35.14)	2:16.01 (35.36)		
2:51.72 (35.71)	3:27.91 (36.19)	4:04.71 (36.80)	4:42.16 (37.45)		
2 Russell Clash	53 Basingstoke Bluefins				5:07.22
34.98	1:13.36 (38.38)	1:53.01 (39.65)	2:32.70 (39.69)		
3:11.88 (39.18)	3:50.90 (39.02)	4:29.77 (38.87)	5:07.22 (37.45)		
3 Andrew Squires	51 Team Anglia				5:14.72
33.47	1:12.17 (38.70)	1:51.86 (39.69)	2:32.50 (40.64)		
3:12.95 (40.45)	3:53.63 (40.68)	4:34.50 (40.87)	5:14.72 (40.22)		
4 Danny Bunn	53 Hornchurch				5:25.97
36.11	1:16.72 (40.61)	1:57.78 (41.06)	2:39.09 (41.31)		
3:20.96 (41.87)	4:02.52 (41.56)	4:44.68 (42.16)	5:25.97 (41.29)		
5 John O'Rourke	54 Team Luton				5:51.10
40.95	1:24.08 (43.13)	2:08.49 (44.41)	2:53.48 (44.99)		
3:38.39 (44.91)	4:23.39 (45.00)	5:07.95 (44.56)	5:51.10 (43.15)		
6 Alex Newman-Burke	50 Teddington				6:10.26
39.24	1:24.70 (45.46)	2:12.36 (47.66)	3:00.57 (48.21)		
3:49.29 (48.72)	4:37.66 (48.37)	5:25.48 (47.82)	6:10.26 (44.78)		

**Event 3 Men 55-59 400 SC Meter Freestyle**

1 Marcel Scholten	57 Modernians				5:10.62
33.70	1:12.28 (38.58)	1:51.66 (39.38)	2:31.17 (39.51)		
3:10.97 (39.80)	3:51.12 (40.15)	4:31.42 (40.30)	5:10.62 (39.20)		
2 Andrew Harrington	59 Hornchurch				5:21.38
33.49	1:11.13 (37.64)	1:51.61 (40.48)	2:33.41 (41.80)		
3:15.96 (42.55)	3:58.25 (42.29)	4:40.18 (41.93)	5:21.38 (41.20)		

**Event 3 Men 60-64 400 SC Meter Freestyle**

1 Mark Reynolds	60 Barnet Copthall				4:45.37
32.90	1:08.84 (35.94)	1:44.95 (36.11)	2:21.14 (36.19)		
2:57.39 (36.25)	3:33.62 (36.23)	4:09.83 (36.21)	4:45.37 (35.54)		
2 John Brierley	60 Deben				5:34.30
37.55	1:19.18 (41.63)	2:01.79 (42.61)	2:44.34 (42.55)		
3:27.13 (42.79)	4:10.16 (43.03)	4:53.18 (43.02)	5:34.30 (41.12)		
3 Simon Merrett	63 Deben				5:41.94
40.32	1:22.76 (42.44)	2:06.43 (43.67)	2:50.59 (44.16)		
3:34.15 (43.56)	4:17.73 (43.58)	5:00.16 (42.43)	5:41.94 (41.78)		
4 Steve Coe	60 West Suffolk				5:48.39
38.61	1:21.40 (42.79)	2:06.25 (44.85)	2:51.45 (45.20)		
3:36.69 (45.24)	4:22.47 (45.78)	5:06.87 (44.40)	5:48.39 (41.52)		
5 Chris Orchard	64 Deepings				5:50.56
39.61	1:21.79 (42.18)	2:05.85 (44.06)	2:50.36 (44.51)		
3:35.66 (45.30)	4:21.06 (45.40)	5:06.57 (45.51)	5:50.56 (43.99)		



**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**(Event 3 Men 60-64 400 SC Meter Freestyle)**

6 Roland Carreras	61 Frognal Masters				6:09.58
40.02	1:24.98 (44.96)	2:12.11 (47.13)	3:00.77 (48.66)		
3:48.97 (48.20)	4:37.93 (48.96)	5:24.97 (47.04)	6:09.58 (44.61)		

**Event 3 Men 65-69 400 SC Meter Freestyle**

1 Neil Haftel	68 Frognal Masters				5:46.48
40.25	1:23.63 (43.38)	2:07.93 (44.30)	2:51.98 (44.05)		
3:36.01 (44.03)	4:20.20 (44.19)	5:04.14 (43.94)	5:46.48 (42.34)		

**Event 3 Men 70-74 400 SC Meter Freestyle**

1 Stuart Mc Lellan	74 Hadleigh				6:16.65
42.02	1:28.92 (46.90)	2:16.57 (47.65)	3:04.30 (47.73)		
3:52.51 (48.21)	4:41.41 (48.90)	5:29.81 (48.40)	6:16.65 (46.84)		

**Event 3 Men 75-79 400 SC Meter Freestyle**

1 Peter Stephens	76 Carrick				6:58.42
46.39	1:37.76 (51.37)	2:32.01 (54.25)	3:25.96 (53.95)		
4:20.63 (54.67)	5:15.25 (54.62)	6:07.89 (52.64)	6:58.42 (50.53)		
2 Paul Partington	75 Wincanton				8:58.19
56.53	2:04.49 (1:07.96)	3:16.95 (1:12.46)	4:30.20 (1:13.25)		
5:41.88 (1:11.68)	6:51.06 (1:09.18)	7:57.03 (1:05.97)	8:58.19 (1:01.16)		

**Event 3 Men 80-84 400 SC Meter Freestyle**

1 John Goodbody	80 Otter				8:47.17
58.38	2:05.45 (1:07.07)	3:12.96 (1:07.51)	4:20.72 (1:07.76)		
5:28.33 (1:07.61)	6:36.41 (1:08.08)	7:45.13 (1:08.72)	8:47.17 (1:02.04)		

**Event 4 Women 25-29 200 SC Meter Backstroke**

1 Emma Joyce	28 South Beds Masters				2:38.09
36.07	1:15.79 (39.72)	1:57.11 (41.32)	2:38.09 (40.98)		

**Event 4 Women 30-34 200 SC Meter Backstroke**

1 Elisa Robins	33 Kidlington And Gosford				3:05.48
42.69	1:29.20 (46.51)	2:17.63 (48.43)	3:05.48 (47.85)		

**Event 4 Women 40-44 200 SC Meter Backstroke**

1 Gemma Hamilton	41 Hadleigh				3:15.29
46.26	1:35.67 (49.41)	2:26.02 (50.35)	3:15.29 (49.27)		

**Event 4 Women 45-49 200 SC Meter Backstroke**

1 Helen Barrison	48 Barnet Copthall				2:43.90
39.02	1:20.85 (41.83)	2:03.33 (42.48)	2:43.90 (40.57)		
2 Lisa Dawson	45 Barnet Copthall				2:44.20
39.35	1:20.66 (41.31)	2:02.51 (41.85)	2:44.20 (41.69)		
3 Roopa Pandya	45 Camden Swiss Cottage S.C.				4:05.13
58.77	2:04.13 (1:05.36)	3:07.48 (1:03.35)	4:05.13 (57.65)		

**Event 4 Women 55-59 200 SC Meter Backstroke**

1 Suzanne Welham	59 St Albans Masters				3:08.63
45.51	1:33.29 (47.78)	2:21.65 (48.36)	3:08.63 (46.98)		
2 Beverley Bourne	55 Barnet Copthall				3:14.32
43.48	1:31.77 (48.29)	2:23.73 (51.96)	3:14.32 (50.59)		

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**Event 4 Women 60-64 200 SC Meter Backstroke**

--- Heidi Gore 61 Reading DQ  
 10.2 A swimmer did not cover the whole distance - DNF

**Event 4 Women 65-69 200 SC Meter Backstroke**

**1 Alyson Fordham 67 Bishop Stortford S C 2:53.87 European Record\***  
 41.60 1:25.24 (43.64) 2:10.15 (44.91) 2:53.87 (43.72)

2 Sharon Mc Lellan 65 Hadleigh 3:40.90  
 53.08 1:48.64 (55.56) 2:45.86 (57.22) 3:40.90 (55.04)

**Event 4 Women 70-74 200 SC Meter Backstroke**

1 Christine Ayers 70 South Beds Masters 3:39.98  
 50.68 1:47.38 (56.70) 2:45.94 (58.56) 3:39.98 (54.04)

**Event 4 Women 75-79 200 SC Meter Backstroke**

1 Elaine Blower 78 Barnet Copthall 4:10.40  
 1:00.57 2:05.63 (1:05.06) 3:10.70 (1:05.07) 4:10.40 (59.70)

**Event 5 Men 35-39 200 SC Meter Backstroke**

1 Daniel John 36 Totnes 2:25.07  
 33.21 1:09.34 (36.13) 1:46.98 (37.64) 2:25.07 (38.09)

**Event 5 Men 50-54 200 SC Meter Backstroke**

1 Chris Proctor 54 Barnet Copthall 2:45.35  
 37.13 1:18.90 (41.77) 2:02.22 (43.32) 2:45.35 (43.13)

2 John O'Rourke 54 Team Luton 3:26.58  
 49.64 1:42.47 (52.83) 2:36.23 (53.76) 3:26.58 (50.35)

**Event 5 Men 55-59 200 SC Meter Backstroke**

1 Patrick Gore 55 Reading 2:34.35  
 35.25 1:14.53 (39.28) 1:54.95 (40.42) 2:34.35 (39.40)

**Event 5 Men 60-64 200 SC Meter Backstroke**

1 Stephen Allen 63 Harrogate District 2:45.38  
 38.60 1:20.14 (41.54) 2:03.24 (43.10) 2:45.38 (42.14)

2 Chris Orchard 64 Deepings 3:44.74  
 52.98 1:51.44 (58.46) 2:50.41 (58.97) 3:44.74 (54.33)

**Event 5 Men 70-74 200 SC Meter Backstroke**

1 David Shead 73 Lewes 3:25.08  
 49.50 3:25.08 (2:35.58)

**Event 5 Men 75-79 200 SC Meter Backstroke**

1 Paul Partington 75 Wincanton 4:21.69  
 1:01.77 2:10.51 (1:08.74) 3:19.25 (1:08.74) 4:21.69 (1:02.44)

2 Roy Wilson 77 Ruislip & Northwood 4:50.36  
 1:03.48 2:17.12 (1:13.64) 3:35.80 (1:18.68) 4:50.36 (1:14.56)

**Event 5 Men 80-84 200 SC Meter Backstroke**

1 Paul Clarke 81 Beavers Masters Bedford 4:12.90  
 1:01.56 2:06.22 (1:04.66) 3:09.70 (1:03.48) 4:12.90 (1:03.20)

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 6 Women 25-29 100 SC Meter Breaststroke**

1 Maya Harris 28 West Suffolk 1:26.56  
40.92 1:26.56 (45.64)

**Event 6 Women 30-34 100 SC Meter Breaststroke**

1 Elisa Robins 33 Kidlington And Gosford 1:34.20  
45.45 1:34.20 (48.75)

**Event 6 Women 35-39 100 SC Meter Breaststroke**

1 Alice Dinsdale-Young 35 Otter 1:28.94  
42.20 1:28.94 (46.74)

**Event 6 Women 40-44 100 SC Meter Breaststroke**

1 Lisa Mills 43 Mid-Sussex Marlins 1:44.70  
49.98 1:44.70 (54.72)

**Event 6 Women 45-49 100 SC Meter Breaststroke**

1 Roopa Pandya 45 Camden Swiss Cottage S.C. 2:03.96  
58.48 2:03.96 (1:05.48)

**Event 6 Women 55-59 100 SC Meter Breaststroke**

1 Beverley Bourne 55 Barnet Copthall 1:42.24  
48.86 1:42.24 (53.38)

2 Helen Andrews 57 South Down Trojans 1:45.14  
50.54 1:45.14 (54.60)

**Event 6 Women 60-64 100 SC Meter Breaststroke**

1 Pavlina Jackson 61 City of Coventry 1:53.25  
54.66 1:53.25 (58.59)

2 Nizza Fluss 61 Barnet Copthall 2:09.62  
1:00.42 2:09.62 (1:09.20)

**Event 6 Women 65-69 100 SC Meter Breaststroke**

1 Alyson Fordham 67 Bishop Stortford S C 1:35.23  
45.63 1:35.23 (49.60)

2 Anne Coombes 66 Reading 1:40.47  
47.66 1:40.47 (52.81)

**Event 7 Men 25-29 100 SC Meter Breaststroke**

1 Eduardo Washington 25 West London Penguins 1:13.22  
35.00 1:13.22 (38.22)

**Event 7 Men 35-39 100 SC Meter Breaststroke**

1 Daniel John 36 Totnes 1:21.78  
39.49 1:21.78 (42.29)

**Event 7 Men 40-44 100 SC Meter Breaststroke**

1 Guy Armstrong 41 Medway Maritime 1:24.83  
41.24 1:24.83 (43.59)

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**Event 7 Men 45-49 100 SC Meter Breaststroke**

1 Gary Bennell 49 Kidlington And Gosford 1:20.34  
 37.49 1:20.34 (42.85)

**Event 7 Men 50-54 100 SC Meter Breaststroke**

1 Karl Sharman 54 Deben 1:19.53  
 36.84 1:19.53 (42.69)

**Event 7 Men 55-59 100 SC Meter Breaststroke**

1 Marcel Scholten 57 Modernians 1:19.28  
 36.88 1:19.28 (42.40)

2 Andrew Harrington 59 Hornchurch 1:23.80  
 39.43 1:23.80 (44.37)

3 Kevin Lief 56 Barnet Copthall 1:27.85  
 40.94 1:27.85 (46.91)

**Event 7 Men 60-64 100 SC Meter Breaststroke**

1 James Hobsley 63 Barnet Copthall 1:21.74  
 37.60 1:21.74 (44.14)

2 John Brierley 60 Deben 1:34.61  
 43.30 1:34.61 (51.31)

3 Paul Catherall 61 Ruislip & Northwood 1:46.67  
 47.34 1:46.67 (59.33)

**Event 7 Men 65-69 100 SC Meter Breaststroke**

1 Simon Veale 67 Totnes 1:29.14  
 42.85 1:29.14 (46.29)

2 Keith Parkin 69 Barnet Copthall 1:42.10  
 48.45 1:42.10 (53.65)

**Event 7 Men 70-74 100 SC Meter Breaststroke**

1 Stuart Mc Lellan 74 Hadleigh 1:47.89  
 52.48 1:47.89 (55.41)

2 Peter Haley 72 Ruislip & Northwood 2:16.88  
 1:03.84 2:16.88 (1:13.04)

**Event 7 Men 75-79 100 SC Meter Breaststroke**

1 Peter Stephens 76 Carrick 2:10.32  
 1:02.24 2:10.32 (1:08.08)

2 Paul Partington 75 Wincanton 3:08.12  
 1:30.37 3:08.12 (1:37.75)

**Event 8 Women 18-24 200 SC Meter Butterfly**

1 Sian Jones 24 City of Cambridge 2:44.01  
 34.79 1:15.26 (40.47) 1:58.68 (43.42) 2:44.01 (45.33)

2 Lucy Gee 23 City of Norwich 3:09.09  
 39.90 1:25.98 (46.08) 2:15.94 (49.96) 3:09.09 (53.15)

**Event 8 Women 25-29 200 SC Meter Butterfly**

1 Fiona Westcough 26 Enfield Swim Squad 3:04.18  
 39.38 1:25.24 (45.86) 2:14.30 (49.06) 3:04.18 (49.88)

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 8 Women 60-64 200 SC Meter Butterfly**

1 Nizza Fluss	61 Barnet Copthall	4:41.34
1:00.53	2:11.41 (1:10.88) 3:27.32 (1:15.91) 4:41.34 (1:14.02)	

**Event 8 Women 65-69 200 SC Meter Butterfly**

1 Amanda Heath	66 Spencer	3:14.52
45.38	1:36.23 (50.85) 2:26.20 (49.97) 3:14.52 (48.32)	
2 Esther Iseppi	65 Spencer	3:23.31
47.01	1:38.86 (51.85) 2:31.80 (52.94) 3:23.31 (51.51)	
3 Sally Mills	68 Mid-Sussex Marlins	3:24.33
44.81	1:36.66 (51.85) 2:30.78 (54.12) 3:24.33 (53.55)	

**Event 9 Men 18-24 200 SC Meter Butterfly**

1 Mitchell Adams	24 Swim Bournemouth	2:34.45
33.33	1:10.86 (37.53) 1:51.93 (41.07) 2:34.45 (42.52)	

**Event 9 Men 55-59 200 SC Meter Butterfly**

--- Kevin Reynard	58 Silver City Blues	DQ
8.2 Arms not brought forward simultaneously or arms not brought forward over the water		
35.51	1:15.34 (39.83) 2:01.83 (46.49) DQ (1:06.80)	

**Event 9 Men 60-64 200 SC Meter Butterfly**

1 Neil Procter	63 Barnet Copthall	3:18.45
40.81	1:30.45 (49.64) 2:25.65 (55.20) 3:18.45 (52.80)	

**Event 9 Men 75-79 200 SC Meter Butterfly**

1 Derek Parr	79 Broomfield Park	3:51.84
51.13	1:50.99 (59.86) 2:53.12 (1:02.13) 3:51.84 (58.72)	

**Event 12 Mixed 160-199 400 SC Meter Medley Relay**

		A	
1 West London Penguins			5:19.07
39.59	1:21.21 (1:21.21) 2:08.74 (47.53) 3:09.79 (1:48.58)		
3:33.26 (23.47)	4:08.86 (59.07) 4:41.98 (33.12) 5:19.07 (1:10.21)		

**Event 15 Women 30-34 400 SC Meter IM**

1 Megan McDONAGH	30 Otter	5:30.63
34.70	1:16.17 (41.47) 1:58.73 (42.56) 2:41.74 (43.01)	
3:27.41 (45.67)	4:14.10 (46.69) 4:54.88 (40.78) 5:30.63 (35.75)	
2 Sophie Liddament	31 City of Norwich	6:10.86
39.30	1:28.58 (49.28) 2:15.58 (47.00) 3:02.51 (46.93)	
3:56.09 (53.58)	4:48.91 (52.82) 5:30.47 (41.56) 6:10.86 (40.39)	

**Event 15 Women 35-39 400 SC Meter IM**

1 Gina Heyn	39 Teddington	5:18.25
34.09	1:12.51 (38.42) 1:55.50 (42.99) 2:40.20 (44.70)	
3:22.52 (42.32)	4:06.29 (43.77) 4:42.68 (36.39) 5:18.25 (35.57)	
2 Alice Dinsdale-Young	35 Otter	6:00.60
40.81	1:27.66 (46.85) 2:14.33 (46.67) 2:59.91 (45.58)	
3:50.23 (50.32)	4:39.14 (48.91) 5:20.62 (41.48) 6:00.60 (39.98)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**Event 15 Women 40-44 400 SC Meter IM**

1 Emily Summers	42 St Albans Masters				5:54.78
39.06	1:24.78 (45.72)	2:10.32 (45.54)	2:55.41 (45.09)		
3:45.71 (50.30)	4:34.69 (48.98)	5:15.39 (40.70)	5:54.78 (39.39)		

**Event 15 Women 60-64 400 SC Meter IM**

1 Nizza Fluss	61 Barnet Copthall				9:39.41
1:01.51	2:17.29 (1:15.78)	3:33.94 (1:16.65)	4:55.21 (1:21.27)		
6:15.24 (1:20.03)	7:35.69 (1:20.45)	8:39.53 (1:03.84)	9:39.41 (59.88)		

**Event 15 Women 65-69 400 SC Meter IM**

1 Amanda Heath	66 Spencer				6:26.82
45.52	1:34.69 (49.17)	2:26.13 (51.44)	3:16.18 (50.05)		
4:08.75 (52.57)	5:00.29 (51.54)	5:44.06 (43.77)	6:26.82 (42.76)		
2 Esther Iseppi	65 Spencer				6:42.50
47.30	1:40.05 (52.75)	2:32.24 (52.19)	3:25.05 (52.81)		
4:19.87 (54.82)	5:14.29 (54.42)	5:58.01 (43.72)	6:42.50 (44.49)		

**Event 16 Men 25-29 400 SC Meter IM**

1 Eduardo Washington	25 West London Penguins				5:16.54
32.86	1:08.70 (35.84)	1:51.86 (43.16)	2:33.77 (41.91)		
3:17.15 (43.38)	4:01.53 (44.38)	4:40.50 (38.97)	5:16.54 (36.04)		

**Event 16 Men 30-34 400 SC Meter IM**

1 Kalon Veale	32 Totnes				4:41.57
30.22	1:03.79 (33.57)	1:38.79 (35.00)	2:14.03 (35.24)		
2:55.12 (41.09)	3:35.72 (40.60)	4:08.07 (32.35)	4:41.57 (33.50)		

**Event 16 Men 35-39 400 SC Meter IM**

1 Daniel John	36 Totnes				5:01.82
30.97	1:05.58 (34.61)	1:45.82 (40.24)	2:25.73 (39.91)		
3:10.46 (44.73)	3:56.31 (45.85)	4:29.87 (33.56)	5:01.82 (31.95)		

**Event 16 Men 40-44 400 SC Meter IM**

1 Gianluca Guicciardi	40 Enfield Swim Squad				5:37.29
36.13	1:19.19 (43.06)	2:02.25 (43.06)	2:42.65 (40.40)		
3:33.27 (50.62)	4:22.22 (48.95)	5:00.73 (38.51)	5:37.29 (36.56)		

**Event 16 Men 50-54 400 SC Meter IM**

1 John O'Rourke	54 Team Luton				7:05.11
47.60	1:44.50 (56.90)	2:39.17 (54.67)	3:30.75 (51.58)		
4:34.07 (1:03.32)	5:36.23 (1:02.16)	6:20.96 (44.73)	7:05.11 (44.15)		
2 Matt Cornish	52 Enfield Swim Squad				7:12.42
40.76	1:32.11 (51.35)	2:35.98 (1:03.87)	3:37.20 (1:01.22)		
4:37.74 (1:00.54)	5:36.95 (59.21)	6:25.50 (48.55)	7:12.42 (46.92)		

**Event 16 Men 65-69 400 SC Meter IM**

1 <b>Simon Veale</b>	67 Totnes				<b><u>5:52.60</u></b>	<b><i>British Record*</i></b>
35.96	1:19.53 (43.57)	2:05.92 (46.39)	2:51.91 (45.99)			
3:42.90 (50.99)	4:36.15 (53.25)	5:15.19 (39.04)	5:52.60 (37.41)			
2 Keith Parkin	69 Barnet Copthall				7:24.30	
45.05	1:40.19 (55.14)	2:36.67 (56.48)	3:35.09 (58.42)			
4:35.54 (1:00.45)	5:39.51 (1:03.97)	6:32.44 (52.93)	7:24.30 (51.86)			

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 16 Men 70-74 400 SC Meter IM**

1	Stuart Mc Lellan	74	Hadleigh		7:31.78
	50.65	1:50.04 (59.39)	2:49.56 (59.52)	3:45.10 (55.54)	
	4:50.12 (1:05.02)	5:54.81 (1:04.69)	6:44.79 (49.98)	7:31.78 (46.99)	

**Event 16 Men 75-79 400 SC Meter IM**

1	Derek Parr	79	Broomfield Park		7:30.89
	48.97	1:46.15 (57.18)	2:46.04 (59.89)	3:45.61 (59.57)	
	4:50.53 (1:04.92)	5:55.81 (1:05.28)	6:44.15 (48.34)	7:30.89 (46.74)	
2	Paul Partington	75	Wincanton		11:27.33
	1:16.65	2:59.10 (1:42.45)	4:27.72 (1:28.62)	5:42.95 (1:15.23)	
		9:25.24 ( )	10:25.83 (1:00.59)	11:27.33 (1:01.50)	

**Event 17 Women 25-29 100 SC Meter Backstroke**

1	Amy Barton	28	Otter		1:13.00
	35.01	1:13.00 (37.99)			
2	Annabel Andreou	27	Enfield Swim Squad		1:30.99
	43.22	1:30.99 (47.77)			

**Event 17 Women 40-44 100 SC Meter Backstroke**

1	Gemma Hamilton	41	Hadleigh		1:33.41
	45.48	1:33.41 (47.93)			

**Event 17 Women 45-49 100 SC Meter Backstroke**

1	Alex Smith	45	Epsom District		1:30.45
	43.08	1:30.45 (47.37)			
2	Roopa Pandya	45	Camden Swiss Cottage S.C.		1:52.65
	52.19	1:52.65 (1:00.46)			

**Event 17 Women 65-69 100 SC Meter Backstroke**

1	<b>Alyson Fordham</b>	67	<b>Bishop Stortford S C</b>		<b><u>1:20.02</u> British Record*</b>
	39.18	1:20.02 (40.84)			
2	Amanda Doyle	67	Kings Cormorants		1:45.54
	49.99	1:45.54 (55.55)			

**Event 18 Men 18-24 100 SC Meter Backstroke**

1	Kenale Alleyne	19	St Vincent & Grenadines		1:05.79
	31.75	1:05.79 (34.04)			

**Event 18 Men 35-39 100 SC Meter Backstroke**

1	John Etherington	36	Wycombe District		1:09.89
	33.52	1:09.89 (36.37)			

**Event 18 Men 40-44 100 SC Meter Backstroke**

1	Gianluca Guicciardi	40	Enfield Swim Squad		1:11.77
	35.56	1:11.77 (36.21)			
2	David Abbott	40	Hornchurch		1:15.46
	36.07	1:15.46 (39.39)			
3	Robert Nunn	44	Deben		1:19.15
	39.43	1:19.15 (39.72)			

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 18 Men 45-49 100 SC Meter Backstroke**

1 Gary Bennell	49 Kidlington And Gosford	1:17.68
36.42	1:17.68 (41.26)	
2 Chris Hunter	48 Team Anglia	1:19.22
38.28	1:19.22 (40.94)	
3 Carl Redondo	46 Enfield Swim Squad	1:44.19
50.55	1:44.19 (53.64)	

**Event 18 Men 50-54 100 SC Meter Backstroke**

1 Adam Harper	52 Brighton	1:11.52
35.06	1:11.52 (36.46)	
2 Andrew Squires	51 Team Anglia	1:12.07
35.00	1:12.07 (37.07)	
3 Chris Proctor	54 Barnet Copthall	1:13.47
35.53	1:13.47 (37.94)	

**Event 18 Men 60-64 100 SC Meter Backstroke**

1 Stephen Allen	63 Harrogate District	1:15.89
36.83	1:15.89 (39.06)	
2 Andrey Borodin	62 A S A Temporary Cat 2	1:22.34
40.08	1:22.34 (42.26)	
3 Steve Coe	60 West Suffolk	1:30.54
44.79	1:30.54 (45.75)	

**Event 18 Men 70-74 100 SC Meter Backstroke**

1 David Shead	73 Lewes	1:34.57
46.32	1:34.57 (48.25)	
2 Peter Haley	72 Ruislip & Northwood	2:27.54
1:10.14	2:27.54 (1:17.40)	

**Event 18 Men 75-79 100 SC Meter Backstroke**

1 Douglas Wilson	76 City of Cambridge	1:38.06
48.14	1:38.06 (49.92)	
2 Paul Partington	75 Wincanton	2:15.00
1:05.88	2:15.00 (1:09.12)	

**Event 18 Men 80-84 100 SC Meter Backstroke**

1 Paul Clarke	81 Beavers Masters Bedford	2:00.03
58.69	2:00.03 (1:01.34)	

**Event 19 Women 18-24 200 SC Meter Freestyle**

1 Lucy Gee	23 City of Norwich	2:42.19
36.10	1:17.06 (40.96) 1:59.86 (42.80) 2:42.19 (42.33)	

**Event 19 Women 25-29 200 SC Meter Freestyle**

1 Alex O'Kelly	29 Basingstoke Bluefins	2:19.86
30.93	1:05.09 (34.16) 1:41.08 (35.99) 2:19.86 (38.78)	
2 Charlotte Begg	29 City of Cambridge	2:19.95
32.38	1:07.68 (35.30) 1:44.02 (36.34) 2:19.95 (35.93)	



**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**(Event 19 Women 25-29 200 SC Meter Freestyle Cont'd)**

3	Annabel Andreou	27	Enfield Swim Squad		3:08.17
	40.30	1:27.18 (46.88)	2:18.12 (50.94)	3:08.17 (50.05)	

**Event 19 Women 30-34 200 SC Meter Freestyle**

1	Laura Hibberd	33	Hillingdon		2:21.39
	32.74	1:08.30 (35.56)	1:44.78 (36.48)	2:21.39 (36.61)	
2	Sophie Liddament	31	City of Norwich		2:35.55
	35.43	1:14.53 (39.10)	1:55.17 (40.64)	2:35.55 (40.38)	

**Event 19 Women 35-39 200 SC Meter Freestyle**

1	Gina Heyn	39	Teddington		2:12.59
	30.95	1:04.54 (33.59)	1:38.54 (34.00)	2:12.59 (34.05)	
2	Fiona Kinsella	39	Camden Swiss Cottage S.C.		2:21.29
	32.32	1:08.03 (35.71)	1:44.71 (36.68)	2:21.29 (36.58)	
3	Dorianna Pirozzi	35	Basingstoke Bluefins		2:24.68
	33.28	1:08.87 (35.59)	1:46.46 (37.59)	2:24.68 (38.22)	
4	Alice Dinsdale-Young	35	Otter		2:26.96
	33.86	1:10.58 (36.72)	1:48.77 (38.19)	2:26.96 (38.19)	

**Event 19 Women 40-44 200 SC Meter Freestyle**

1	Sarah Hunt	42	Basingstoke Bluefins		2:18.28
	30.03	1:03.78 (33.75)	1:40.69 (36.91)	2:18.28 (37.59)	
2	Emily Summers	42	St Albans Masters		2:23.62
	33.41	1:10.36 (36.95)	1:47.93 (37.57)	2:23.62 (35.69)	
3	Sorrell Kenny	44	South Down Trojans		2:28.39
	32.90	1:09.61 (36.71)	1:48.25 (38.64)	2:28.39 (40.14)	
4	Lisa Mills	43	Mid-Sussex Marlins		3:14.59
	44.59	1:34.65 (50.06)	2:25.12 (50.47)	3:14.59 (49.47)	

**Event 19 Women 45-49 200 SC Meter Freestyle**

1	Fleur Turner	47	Basingstoke Bluefins		2:14.52
	31.55	1:05.87 (34.32)	1:40.20 (34.33)	2:14.52 (34.32)	
2	Sarah Hemenstall	45	Teddington		2:32.11
	34.66	1:12.78 (38.12)	1:52.23 (39.45)	2:32.11 (39.88)	
3	Emma Green	46	Frognaal Masters		2:53.48
	37.87	1:21.24 (43.37)	2:07.90 (46.66)	2:53.48 (45.58)	
4	Alex Smith	45	Epsom District		3:03.65
	39.84	1:24.89 (45.05)	2:15.41 (50.52)	3:03.65 (48.24)	

**Event 19 Women 50-54 200 SC Meter Freestyle**

1	Elsa Cusido	52	Barnet Copthall		3:19.77
	43.32	1:33.13 (49.81)	2:27.43 (54.30)	3:19.77 (52.34)	
2	Kerry Friend	54	Exe Masters		3:22.04
	44.55	1:35.54 (50.99)	2:30.36 (54.82)	3:22.04 (51.68)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**Event 19 Women 55-59 200 SC Meter Freestyle**

1	Beverley Bourne	55	Barnet Copthall	2:46.47
	37.19	1:19.24 (42.05)	2:03.33 (44.09)	2:46.47 (43.14)
2	Helen Andrews	57	South Down Trojans	3:00.29
	40.44	1:26.37 (45.93)	2:13.89 (47.52)	3:00.29 (46.40)
3	Tiggi Wood	59	Lewes	3:08.12
	45.28	1:31.77 (46.49)	2:20.53 (48.76)	3:08.12 (47.59)

**Event 19 Women 65-69 200 SC Meter Freestyle**

1	Alyson Fordham	67	Bishop Stortford S C	2:40.65
	37.85	1:19.14 (41.29)	2:01.45 (42.31)	2:40.65 (39.20)
2	Sally Mills	68	Mid-Sussex Marlins	2:56.01
	39.30	1:23.68 (44.38)	2:10.19 (46.51)	2:56.01 (45.82)
3	Sharon Mc Lellan	65	Hadleigh	3:02.91
	43.15	1:29.57 (46.42)	2:16.48 (46.91)	3:02.91 (46.43)

**Event 19 Women 70-74 200 SC Meter Freestyle**

1	Christine Ayers	70	South Beds Masters	3:04.73
	42.52	1:30.69 (48.17)	2:18.03 (47.34)	3:04.73 (46.70)

**Event 20 Men 18-24 200 SC Meter Freestyle**

1	Nikolay-Konstantin Takev	20	Barnet Copthall	2:17.19
	31.79	1:06.46 (34.67)	1:42.44 (35.98)	2:17.19 (34.75)
---	Conor Macauley-Conway	21	Kingston Royals	DQ
	10.5 Walks during freestyle events or during the freestyle portion of the medley			
	1:00.55	1:51.67 (51.12)	2:43.51 (51.84)	DQ (50.75)

**Event 20 Men 30-34 200 SC Meter Freestyle**

1	Michael Tansini	32	City of Cambridge	2:10.49
	30.23	1:03.35 (33.12)	1:37.12 (33.77)	2:10.49 (33.37)
2	Michael Tween	32	Deben	2:20.43
	32.40	1:07.91 (35.51)	1:44.60 (36.69)	2:20.43 (35.83)

**Event 20 Men 35-39 200 SC Meter Freestyle**

1	Joe Bennett	36	Camden Swiss Cottage S.C.	2:16.56
	31.46	1:05.18 (33.72)	1:39.76 (34.58)	2:16.56 (36.80)

**Event 20 Men 40-44 200 SC Meter Freestyle**

1	Guy Armstrong	41	Medway Maritime	2:15.26
	31.20	1:05.57 (34.37)	1:40.94 (35.37)	2:15.26 (34.32)
2	James Mactavish	41	City of Southampton	2:15.59
	31.60	1:06.06 (34.46)	1:40.82 (34.76)	2:15.59 (34.77)
3	Michael Carse	44	Barnet Copthall	2:36.09
	34.33	1:13.01 (38.68)	1:53.71 (40.70)	2:36.09 (42.38)

**Event 20 Men 45-49 200 SC Meter Freestyle**

1	Gary Bennell	49	Kidlington And Gosford	2:24.39
	30.90	1:06.74 (35.84)	1:45.07 (38.33)	2:24.39 (39.32)
2	Carl Redondo	46	Enfield Swim Squad	3:03.89
	40.22	1:25.34 (45.12)	2:14.30 (48.96)	3:03.89 (49.59)

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 20 Men 50-54 200 SC Meter Freestyle**

1	Spencer Turner		54 Basingstoke Bluefins		2:09.63
	29.81	1:03.00 (33.19)	1:36.52 (33.52)	2:09.63 (33.11)	
2	Russell Clash		53 Basingstoke Bluefins		2:23.10
	32.24	1:07.90 (35.66)	1:45.29 (37.39)	2:23.10 (37.81)	
3	Danny Bunn		53 Hornchurch		2:34.62
	35.74	1:14.45 (38.71)	1:54.83 (40.38)	2:34.62 (39.79)	
4	John O'Rourke		54 Team Luton		2:42.38
	37.76	1:18.23 (40.47)	2:00.73 (42.50)	2:42.38 (41.65)	

**Event 20 Men 55-59 200 SC Meter Freestyle**

1	Sean Mc Quaid		55 Barnet Copthall		2:15.45
	31.65	1:06.60 (34.95)	1:41.03 (34.43)	2:15.45 (34.42)	
2	Paul Butterworth		58 Ruislip & Northwood		2:26.46
	33.91	1:10.43 (36.52)	1:47.73 (37.30)	2:26.46 (38.73)	

**Event 20 Men 60-64 200 SC Meter Freestyle**

1	Mark Reynolds		60 Barnet Copthall		2:13.36
	30.08	1:03.84 (33.76)	1:38.55 (34.71)	2:13.36 (34.81)	
2	James Hobsley		63 Barnet Copthall		2:31.80
	33.49	1:11.64 (38.15)	1:51.74 (40.10)	2:31.80 (40.06)	
3	John Brierley		60 Deben		2:38.84
	35.87	1:16.36 (40.49)	1:58.13 (41.77)	2:38.84 (40.71)	
4	Simon Merrett		63 Deben		2:41.16
	38.82	1:19.87 (41.05)	2:02.22 (42.35)	2:41.16 (38.94)	
5	Steve Coe		60 West Suffolk		2:42.17
	37.85	1:20.31 (42.46)	2:02.79 (42.48)	2:42.17 (39.38)	

**Event 20 Men 70-74 200 SC Meter Freestyle**

1	Peter Haley		72 Ruislip & Northwood		3:56.51
	48.91	1:49.48 (1:00.57)	2:54.31 (1:04.83)	3:56.51 (1:02.20)	

**Event 20 Men 75-79 200 SC Meter Freestyle**

1	Peter Stephens		76 Carrick		3:21.43
	45.17	1:35.91 (50.74)	2:29.46 (53.55)	3:21.43 (51.97)	
2	Peter Vider		77 Otter		3:37.85
	44.98	1:39.96 (54.98)	2:38.41 (58.45)	3:37.85 (59.44)	
3	Roy Wilson		77 Ruislip & Northwood		4:06.36
	55.99	1:58.77 (1:02.78)	3:02.59 (1:03.82)	4:06.36 (1:03.77)	
4	Paul Partington		75 Wincanton		4:29.97
	1:00.48	2:11.26 (1:10.78)	3:26.11 (1:14.85)	4:29.97 (1:03.86)	

**Event 21 Women 18-24 100 SC Meter Butterfly**

1	Sian Jones		24 City of Cambridge		1:13.62
	35.05	1:13.62 (38.57)			
2	Lucy Gee		23 City of Norwich		1:24.15
	38.47	1:24.15 (45.68)			

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**Event 21 Women 25-29 100 SC Meter Butterfly**

1	Emma Joyce	28	South Beds Masters	1:12.74
	34.43	1:12.74	(38.31)	

**Event 21 Women 30-34 100 SC Meter Butterfly**

1	Laura Hibberd	33	Hillingdon	1:14.96
	36.37	1:14.96	(38.59)	

**Event 21 Women 40-44 100 SC Meter Butterfly**

1	Sarah Hunt	42	Basingstoke Bluefins	1:17.44
	38.32	1:17.44	(39.12)	

**Event 21 Women 45-49 100 SC Meter Butterfly**

1	Fleur Turner	47	Basingstoke Bluefins	1:12.05
	35.18	1:12.05	(36.87)	

**Event 21 Women 55-59 100 SC Meter Butterfly**

1	Suzanne Welham	59	St Albans Masters	1:32.85
	44.33	1:32.85	(48.52)	
2	Beverley Bourne	55	Barnet Copthall	1:33.23
	43.76	1:33.23	(49.47)	

**Event 21 Women 60-64 100 SC Meter Butterfly**

1	Nizza Fluss	61	Barnet Copthall	2:15.70
	1:03.08	2:15.70	(1:12.62)	

**Event 22 Men 18-24 100 SC Meter Butterfly**

1	Dylan Woolven	19	Amersham	1:01.47
	28.70	1:01.47	(32.77)	
2	Kenale Alleyne	19	St Vincent & Grenadines	1:02.31
	28.79	1:02.31	(33.52)	

**Event 22 Men 25-29 100 SC Meter Butterfly**

1	William Carter	25	South Beds Masters	1:04.13
	29.10	1:04.13	(35.03)	
2	Eduardo Washington	25	West London Penguins	1:07.19
	31.54	1:07.19	(35.65)	

**Event 22 Men 35-39 100 SC Meter Butterfly**

1	Oliver Espinasse	39	Basingstoke Bluefins	1:01.26
	28.58	1:01.26	(32.68)	

**Event 22 Men 40-44 100 SC Meter Butterfly**

1	David Abbott	40	Hornchurch	1:08.07
	31.40	1:08.07	(36.67)	
2	James Mactavish	41	City of Southampton	1:15.91
	36.20	1:15.91	(39.71)	

**Event 22 Men 45-49 100 SC Meter Butterfly**

1	Chris Hunter	48	Team Anglia	1:24.89
	37.41	1:24.89	(47.48)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 22 Men 50-54 100 SC Meter Butterfly**

1	Danny Bunn	53	Hornchurch	1:25.03
	40.36	1:25.03	(44.67)	
2	Matt Cornish	52	Enfield Swim Squad	1:30.81
	41.73	1:30.81	(49.08)	

**Event 22 Men 55-59 100 SC Meter Butterfly**

1	Kevin Reynard	58	Silver City Blues	1:08.41
	32.13	1:08.41	(36.28)	
2	Andrew Harrington	59	Hornchurch	1:14.14
	33.42	1:14.14	(40.72)	

**Event 22 Men 75-79 100 SC Meter Butterfly**

1	Derek Parr	79	Broomfield Park	1:29.98
	42.27	1:29.98	(47.71)	
2	Paul Partington	75	Wincanton	3:10.56
	1:21.30	3:10.56	(1:49.26)	

**Event 25 Women 25-29 200 SC Meter IM**

1	Sophie Elphick	29	Otter	2:26.51
	31.46	1:11.46	(40.00) 1:52.26 (40.80)	2:26.51 (34.25)
2	Emma Joyce	28	South Beds Masters	2:43.25
	33.79	1:15.26	(41.47) 2:04.35 (49.09)	2:43.25 (38.90)
3	Amy Barton	28	Otter	2:48.66
	36.33	1:19.52	(43.19) 2:10.49 (50.97)	2:48.66 (38.17)

**Event 25 Women 35-39 200 SC Meter IM**

1	Fiona Kinsella	39	Camden Swiss Cottage S.C.	2:41.68
	35.18	1:18.11	(42.93) 2:04.48 (46.37)	2:41.68 (37.20)

**Event 25 Women 40-44 200 SC Meter IM**

1	Emily Summers	42	St Albans Masters	2:44.57
	35.37	1:18.72	(43.35) 2:07.36 (48.64)	2:44.57 (37.21)
2	Claire Lera	40	Nene Valley	2:46.32
	34.09	1:19.74	(45.65) 2:06.83 (47.09)	2:46.32 (39.49)
3	Gemma Hamilton	41	Hadleigh	3:31.95
	50.21	1:42.33	(52.12) 2:44.74 (1:02.41)	3:31.95 (47.21)

**Event 25 Women 45-49 200 SC Meter IM**

1	Fleur Turner	47	Basingstoke Bluefins	2:34.15
	33.99	1:12.73	(38.74) 1:59.18 (46.45)	2:34.15 (34.97)
2	Sarah Hempenstall	45	Teddington	2:54.16
	37.42	1:24.33	(46.91) 2:14.04 (49.71)	2:54.16 (40.12)
---	Roopa Pandya	45	Camden Swiss Cottage S.C.	DQ
	10.2 A swimmer did not cover the whole distance - DNF - misc			

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**Event 25 Women 55-59 200 SC Meter IM**

1	Beverley Bourne	55	Barnet Copthall		3:16.38
	44.33	1:33.88 (49.55)	2:33.02 (59.14)	3:16.38 (43.36)	
2	Helen Andrews	57	South Down Trojans		3:46.64
	56.55	1:56.19 (59.64)	2:59.23 (1:03.04)	3:46.64 (47.41)	

**Event 26 Men 18-24 200 SC Meter IM**

1	Nikolay-Konstantin Takev	20	Barnet Copthall		2:34.34
	32.32	1:13.03 (40.71)	2:00.28 (47.25)	2:34.34 (34.06)	
2	Thomas Johnson	20	Kidlington And Gosford		2:35.83
	32.65	1:14.00 (41.35)	1:58.98 (44.98)	2:35.83 (36.85)	

**Event 26 Men 30-34 200 SC Meter IM**

1	Alex Mackay	31	Otter		2:13.46
	28.22	1:02.13 (33.91)	1:42.28 (40.15)	2:13.46 (31.18)	
2	Michael Tween	32	Deben		2:47.34
	36.31	1:18.81 (42.50)	2:10.32 (51.51)	2:47.34 (37.02)	

**Event 26 Men 35-39 200 SC Meter IM**

1	John Etherington	36	Wycombe District		2:37.63
	31.62	1:12.62 (41.00)	2:00.65 (48.03)	2:37.63 (36.98)	

**Event 26 Men 40-44 200 SC Meter IM**

1	James Mactavish	41	City of Southampton		2:37.40
	32.60	1:13.73 (41.13)	2:01.06 (47.33)	2:37.40 (36.34)	
2	Robert Nunn	44	Deben		2:43.93
	34.88	1:19.20 (44.32)	2:06.58 (47.38)	2:43.93 (37.35)	
3	David Abbott	40	Hornchurch		2:45.17
	31.01	1:13.37 (42.36)	2:06.15 (52.78)	2:45.17 (39.02)	

**Event 26 Men 50-54 200 SC Meter IM**

1	Stuart Gibbs	50	Tigersharks		2:39.70
	34.33	1:17.00 (42.67)	2:02.30 (45.30)	2:39.70 (37.40)	
2	Karl Sharman	54	Deben		2:42.37
	34.75	1:17.32 (42.57)	2:02.93 (45.61)	2:42.37 (39.44)	

**Event 26 Men 60-64 200 SC Meter IM**

1	Mark Reynolds	60	Barnet Copthall		2:33.52
	32.48	1:14.72 (42.24)	1:58.90 (44.18)	2:33.52 (34.62)	
2	Stephen Allen	63	Harrogate District		2:56.07
	37.65	1:22.25 (44.60)	2:13.88 (51.63)	2:56.07 (42.19)	
3	Andrey Borodin	62	A S A Temporary Cat 2		3:00.42
	40.45	1:25.10 (44.65)	2:19.71 (54.61)	3:00.42 (40.71)	

**Event 26 Men 65-69 200 SC Meter IM**

1	Simon Veale	67	Totnes		2:45.29
	35.15	1:17.78 (42.63)	2:08.18 (50.40)	2:45.29 (37.11)	

**Event 26 Men 70-74 200 SC Meter IM**

1	Stuart Mc Lellan	74	Hadleigh		3:33.19
	47.48	1:40.56 (53.08)	2:45.99 (1:05.43)	3:33.19 (47.20)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 26 Men 75-79 200 SC Meter IM**

1 Paul Partington 75 Wincanton 5:09.84  
1:12.69 2:31.45 (1:18.76) 4:14.40 (1:42.95) 5:09.84 (55.44)

**Event 27 Women 25-29 200 SC Meter Breaststroke**

1 Maya Harris 28 West Suffolk 3:12.91  
41.66 1:30.36 (48.70) 2:21.97 (51.61) 3:12.91 (50.94)

**Event 27 Women 30-34 200 SC Meter Breaststroke**

1 McDONAGH Megan 30 Otter 2:54.74  
39.92 1:22.40 (42.48) 2:07.84 (45.44) 2:54.74 (46.90)

**Event 27 Women 40-44 200 SC Meter Breaststroke**

1 Claire Lera 40 Nene Valley 3:03.06  
41.55 1:28.35 (46.80) 2:15.31 (46.96) 3:03.06 (47.75)

**Event 27 Women 55-59 200 SC Meter Breaststroke**

1 Beverley Bourne 55 Barnet Copthall 3:45.71  
50.60 1:47.34 (56.74) 2:46.32 (58.98) 3:45.71 (59.39)

**Event 27 Women 65-69 200 SC Meter Breaststroke**

--- Anne Coombes 66 Reading DQ  
4.4 Start before starting signal  
47.76 1:43.51 (55.75) 2:41.07 (57.56) DQ (55.62)

**Event 27 Women 70-74 200 SC Meter Breaststroke**

1 Christine Ayers 70 South Beds Masters 3:49.89  
50.82 1:50.34 (59.52) 2:51.27 (1:00.93) 3:49.89 (58.62)

**Event 28 Men 25-29 200 SC Meter Breaststroke**

1 Eduardo Washington 25 West London Penguins 2:36.97  
35.19 1:14.83 (39.64) 1:56.15 (41.32) 2:36.97 (40.82)

**Event 28 Men 30-34 200 SC Meter Breaststroke**

1 Kalon Veale 32 Totnes 2:33.92  
35.19 1:14.62 (39.43) 1:54.08 (39.46) 2:33.92 (39.84)

**Event 28 Men 35-39 200 SC Meter Breaststroke**

1 Daniel John 36 Totnes 2:54.48  
40.52 1:24.76 (44.24) 2:09.93 (45.17) 2:54.48 (44.55)

**Event 28 Men 50-54 200 SC Meter Breaststroke**

1 Sean O'Brien 50 Basingstoke Bluefins 2:59.23  
41.52 1:25.01 (43.49) 2:12.12 (47.11) 2:59.23 (47.11)

2 Danny Bunn 53 Hornchurch 3:07.81  
42.81 1:31.19 (48.38) 2:18.50 (47.31) 3:07.81 (49.31)

**Event 28 Men 55-59 200 SC Meter Breaststroke**

1 Kevin Lief 56 Barnet Copthall 3:17.94  
44.50 1:34.45 (49.95) 2:25.98 (51.53) 3:17.94 (51.96)

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 28 Men 60-64 200 SC Meter Breaststroke**

1 James Hobsley		63 Barnet Copthall		3:15.37
	42.04	1:32.03 (49.99)	2:23.70 (51.67)	3:15.37 (51.67)
2 Phil Holme		64 Barnet Copthall		3:23.61
	41.92	1:35.23 (53.31)	2:30.99 (55.76)	3:23.61 (52.62)
3 John Brierley		60 Deben		3:37.95
	46.89	1:43.86 (56.97)	2:43.55 (59.69)	3:37.95 (54.40)
--- Paul Catherall		61 Ruislip & Northwood		DQ
	7.6	Did not touch at turn or finish with both hands, or touch not simultaneous or hands no		
	48.89	1:47.95 (59.06)	3:54.00 (2:06.05)	DQ (8.84)

**Event 28 Men 65-69 200 SC Meter Breaststroke**

1 Keith Parkin		69 Barnet Copthall		3:46.83
	50.40	1:46.47 (56.07)	2:48.07 (1:01.60)	3:46.83 (58.76)

**Event 28 Men 70-74 200 SC Meter Breaststroke**

1 Peter Haley		72 Ruislip & Northwood		5:05.25
	1:06.84	2:25.01 (1:18.17)	3:48.10 (1:23.09)	5:05.25 (1:17.15)

**Event 28 Men 75-79 200 SC Meter Breaststroke**

1 Derek Parr		79 Broomfield Park		4:09.01
	58.65	2:02.69 (1:04.04)	3:06.84 (1:04.15)	4:09.01 (1:02.17)
2 Roy Wilson		77 Ruislip & Northwood		4:53.76
	1:07.25	2:23.21 (1:15.96)	3:41.39 (1:18.18)	4:53.76 (1:12.37)
3 Paul Partington		75 Wincanton		7:20.81
	1:38.07	3:33.44 (1:55.37)	5:31.61 (1:58.17)	7:20.81 (1:49.20)

**Event 28 Men 80-84 200 SC Meter Breaststroke**

1 Paul Clarke		81 Beavers Masters Bedford		4:49.08
	1:04.27	2:20.65 (1:16.38)	3:37.55 (1:16.90)	4:49.08 (1:11.53)

**Event 29 Women 25-29 100 SC Meter Freestyle**

1 Amy Barton		28 Otter		1:05.63
	31.21	1:05.63 (34.42)		
2 Emma Joyce		28 South Beds Masters		1:08.36
	32.76	1:08.36 (35.60)		
3 Annabel Andreou		27 Enfield Swim Squad		1:23.33
	38.90	1:23.33 (44.43)		

**Event 29 Women 30-34 100 SC Meter Freestyle**

1 Laura Hibberd		33 Hillingdon		1:03.51
	31.00	1:03.51 (32.51)		

**Event 29 Women 35-39 100 SC Meter Freestyle**

1 Fiona Kinsella		39 Camden Swiss Cottage S.C.		1:07.34
	32.35	1:07.34 (34.99)		

**Event 29 Women 40-44 100 SC Meter Freestyle**

1 Sorrell Kenny		44 South Down Trojans		1:06.60
	31.37	1:06.60 (35.23)		



**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023  
Results**

**Event 29 Women 45-49 100 SC Meter Freestyle**

1	Sarah Hempenstall	45	Teddington	1:08.75
	32.84	1:08.75	(35.91)	
2	Roopa Pandya	45	Camden Swiss Cottage S.C.	1:36.83
	45.77	1:36.83	(51.06)	

**Event 29 Women 50-54 100 SC Meter Freestyle**

1	Elsa Cusido	52	Barnet Copthall	1:30.54
	42.32	1:30.54	(48.22)	

**Event 29 Women 55-59 100 SC Meter Freestyle**

1	Nicola Harris	55	Tigersharks	1:05.21
	30.97	1:05.21	(34.24)	
2	Suzanne Welham	59	St Albans Masters	1:14.60
	36.71	1:14.60	(37.89)	

**Event 29 Women 60-64 100 SC Meter Freestyle**

1	Tracey Green	60	Barnet Copthall	1:18.26
	37.48	1:18.26	(40.78)	

**Event 29 Women 65-69 100 SC Meter Freestyle**

1	Sharon Mc Lellan	65	Hadleigh	1:25.62
	41.97	1:25.62	(43.65)	

**Event 30 Men 18-24 100 SC Meter Freestyle**

1	Kenale Alleyne	19	St Vincent & Grenadines	54.88
	26.51	54.88	(28.37)	
2	Dylan Woolven	19	Amersham	55.03
	26.34	55.03	(28.69)	
3	Nikolay-Konstantin Takev	20	Barnet Copthall	1:01.76
	29.80	1:01.76	(31.96)	
4	Thomas Johnson	20	Kidlington And Gosford	1:02.26
	29.33	1:02.26	(32.93)	
5	Conor Macauley-Conway	21	Kingston Royals	1:29.28
	41.35	1:29.28	(47.93)	

**Event 30 Men 25-29 100 SC Meter Freestyle**

1	William Carter	25	South Beds Masters	56.21
	27.35	56.21	(28.86)	

**Event 30 Men 35-39 100 SC Meter Freestyle**

1	Liam Barnett	36	City of Cambridge	57.03
	26.94	57.03	(30.09)	
2	Oliver Espinasse	39	Basingstoke Bluefins	57.08
	27.12	57.08	(29.96)	
3	Andrea Struna	36	Basingstoke Bluefins	1:13.24
	34.31	1:13.24	(38.93)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**Event 30 Men 40-44 100 SC Meter Freestyle**

1	David Abbott	40	Hornchurch	1:00.60
	29.45	1:00.60	(31.15)	
2	Guy Armstrong	41	Medway Maritime	1:01.90
	30.17	1:01.90	(31.73)	
3	Francesco Capponi	42	Camden Swiss Cottage S.C.	1:05.52
	30.18	1:05.52	(35.34)	

**Event 30 Men 45-49 100 SC Meter Freestyle**

1	Sean Herdman-Grant	45	Basingstoke Bluefins	1:05.59
	30.77	1:05.59	(34.82)	
2	Chris Hunter	48	Team Anglia	1:07.68
	32.47	1:07.68	(35.21)	

**Event 30 Men 50-54 100 SC Meter Freestyle**

1	Spencer Turner	54	Basingstoke Bluefins	56.99
	26.87	56.99	(30.12)	
2	Andrew Squires	51	Team Anglia	1:01.27
	29.56	1:01.27	(31.71)	
3	Chris Proctor	54	Barnet Copthall	1:03.44
	29.60	1:03.44	(33.84)	
4	Stuart Gibbs	50	Tigersharks	1:04.02
	30.83	1:04.02	(33.19)	
5	Russell Clash	53	Basingstoke Bluefins	1:04.89
	31.05	1:04.89	(33.84)	
6	Danny Bunn	53	Hornchurch	1:10.84
	33.66	1:10.84	(37.18)	

**Event 30 Men 55-59 100 SC Meter Freestyle**

1	Sean Mc Quaid	55	Barnet Copthall	1:00.89
	29.18	1:00.89	(31.71)	
2	Kevin Reynard	58	Silver City Blues	1:03.12
	30.17	1:03.12	(32.95)	
3	Paul Butterworth	58	Ruislip & Northwood	1:04.86
	30.69	1:04.86	(34.17)	
4	Andrew Harrington	59	Hornchurch	1:07.32
	30.86	1:07.32	(36.46)	
5	Kevin Lief	56	Barnet Copthall	1:15.10
	35.27	1:15.10	(39.83)	

**Event 30 Men 60-64 100 SC Meter Freestyle**

1	Mark Reynolds	60	Barnet Copthall	1:00.80
	28.87	1:00.80	(31.93)	
2	James Hobsley	63	Barnet Copthall	1:07.09
	31.95	1:07.09	(35.14)	

**Barnet Copthall Swim Club Masters Distance Meet – 8<sup>th</sup> July and 9<sup>th</sup> July 2023**  
**Results**

**(Event 30 Men 60-64 100 SC Meter Freestyle Cont'd)**

3	Simon Merrett	63	Deben	1:10.84
	33.60	1:10.84	(37.24)	
4	Steve Coe	60	West Suffolk	1:12.07
	34.44	1:12.07	(37.63)	

**Event 30 Men 70-74 100 SC Meter Freestyle**

1	Stuart Mc Lellan	74	Hadleigh	1:21.28
	39.66	1:21.28	(41.62)	
2	Peter Haley	72	Ruislip & Northwood	1:51.62
	51.37	1:51.62	(1:00.25)	

**Event 30 Men 75-79 100 SC Meter Freestyle**

1	Douglas Wilson	76	City of Cambridge	1:23.32
	39.76	1:23.32	(43.56)	
2	Derek Parr	79	Broomfield Park	1:26.79
	41.76	1:26.79	(45.03)	
3	Paul Partington	75	Wincanton	1:57.24
	54.51	1:57.24	(1:02.73)	

***\*All record claims subject to ratification***

***Congratulations everyone on some great racing performances.***

***Thank you for your support***