

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

Event 1 Women 19-24 800 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Vicki Akers	23	Barnet Copthall	11:15.00	10:54.77
	36.06	1:15.07 (39.01) 1:55.39 (40.32)	2:35.63 (40.24)	
	3:16.38 (40.75)	3:57.74 (41.36) 4:39.25 (41.51)	5:21.15 (41.90)	
	6:02.72 (41.57)	6:44.60 (41.88) 7:26.83 (42.23)	8:09.00 (42.17)	
	8:50.90 (41.90)	9:33.06 (42.16) 10:14.73 (41.67)	10:54.77 (40.04)	
2 Sarah Martin	21	Teddington	10:30.00	11:07.41
	35.96	1:16.47 (40.51) 1:57.41 (40.94)	2:38.78 (41.37)	
	3:20.43 (41.65)	4:02.88 (42.45) 4:45.56 (42.68)	5:27.91 (42.35)	
	6:09.86 (41.95)	6:52.15 (42.29) 7:34.72 (42.57)	8:17.89 (43.17)	
	9:00.97 (43.08)	9:43.24 (42.27) 10:25.93 (42.69)	11:07.41 (41.48)	
3 Lucy Mullan	24	Camden Swiss Cottage	12:00.00	11:24.16
	36.46	1:16.92 (40.46) 1:58.88 (41.96)	2:41.56 (42.68)	
	3:24.57 (43.01)	4:08.00 (43.43) 4:51.40 (43.40)	5:35.37 (43.97)	
	6:19.04 (43.67)	7:03.05 (44.01) 7:46.92 (43.87)	8:30.50 (43.58)	
	9:14.56 (44.06)	9:58.56 (44.00) 10:42.27 (43.71)	11:24.16 (41.89)	

Event 1 Women 25-29 800 SC Meter Freestyle

1 Kay Hamilton	26	Romford Town	10:25.32	10:30.28
	33.08	1:10.63 (37.55) 1:49.32 (38.69)	2:28.50 (39.18)	
	3:07.90 (39.40)	3:48.05 (40.15) 4:28.84 (40.79)	5:09.18 (40.34)	
	5:50.16 (40.98)	6:30.63 (40.47) 7:10.82 (40.19)	7:50.84 (40.02)	
	8:31.29 (40.45)	9:11.76 (40.47) 9:51.97 (40.21)	10:30.28 (38.31)	
2 Emma Game	25	Chelmsford	10:35.00	10:41.75
	35.51	1:15.20 (39.69) 1:55.07 (39.87)	2:34.86 (39.79)	
	3:14.75 (39.89)	3:54.65 (39.90) 4:34.85 (40.20)	5:15.53 (40.68)	
	5:56.58 (41.05)	6:37.42 (40.84) 7:18.01 (40.59)	7:58.86 (40.85)	
	8:39.91 (41.05)	9:21.26 (41.35) 10:02.24 (40.98)	10:41.75 (39.51)	
3 Sarah Mackintosh	26	Romford Town	13:18.23	13:24.71
	41.31	1:29.60 (48.29) 2:19.88 (50.28)	3:09.57 (49.69)	
	4:00.15 (50.58)	4:51.29 (51.14) 5:42.66 (51.37)	6:34.45 (51.79)	
	7:26.15 (51.70)	8:17.38 (51.23) 9:09.78 (52.40)	10:01.83 (52.05)	
	10:53.42 (51.59)	11:44.45 (51.03) 12:35.36 (50.91)	13:24.71 (49.35)	

Event 1 Women 30-34 800 SC Meter Freestyle

1 Nicky Main	31	Barnet Copthall	13:30.00	13:14.86
	45.39	1:33.48 (48.09) 2:22.60 (49.12)	3:11.75 (49.15)	
	4:01.25 (49.50)	4:51.89 (50.64) 5:42.22 (50.33)	6:32.69 (50.47)	
	7:23.69 (51.00)	8:14.81 (51.12) 9:05.23 (50.42)	9:55.92 (50.69)	
	10:47.02 (51.10)	11:37.53 (50.51) 12:27.97 (50.44)	13:14.86 (46.89)	

Event 1 Women 35-39 800 SC Meter Freestyle

1 Lynne Dawson	37	Chapletown	11:10.00	11:06.93
	36.99	1:18.06 (41.07) 2:00.05 (41.99)	2:42.42 (42.37)	
	3:25.18 (42.76)	4:07.39 (42.21) 4:49.48 (42.09)	5:31.50 (42.02)	
	6:13.63 (42.13)	6:56.08 (42.45) 7:38.53 (42.45)	8:20.74 (42.21)	
	9:02.78 (42.04)	9:45.31 (42.53) 10:26.94 (41.63)	11:06.93 (39.99)	
2 Emma France	36	Guildford City	15:39.81	14:42.22
	47.88	1:40.30 (52.42) 2:34.87 (54.57)	3:30.86 (55.99)	
	4:26.60 (55.74)	5:22.46 (55.86) 6:18.64 (56.18)	7:15.15 (56.51)	
	8:11.52 (56.37)	9:07.83 (56.31) 10:04.24 (56.41)	11:00.99 (56.75)	
	11:56.68 (55.69)	12:52.73 (56.05) 13:48.62 (55.89)	14:42.22 (53.60)	

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

Event 1 Women 40-44 800 SC Meter Freestyle

1	Sharon Dawson	44	Witham Dolphins	11:30.00	11:02.02
	36.34	1:16.73 (40.39)	1:58.27 (41.54)	2:40.43 (42.16)	
	3:22.07 (41.64)	4:04.61 (42.54)	4:47.09 (42.48)	5:29.16 (42.07)	
	6:11.34 (42.18)	6:53.75 (42.41)	7:35.80 (42.05)	8:17.96 (42.16)	
	8:59.73 (41.77)	9:41.60 (41.87)	10:23.00 (41.40)	11:02.02 (39.02)	
2	Carolyn Fox	43	Reading	11:15.00	11:10.90
	36.32	1:16.99 (40.67)	1:58.94 (41.95)	2:41.42 (42.48)	
	3:23.97 (42.55)	4:06.23 (42.26)	4:48.34 (42.11)	5:30.43 (42.09)	
	6:12.80 (42.37)	6:55.17 (42.37)	7:38.00 (42.83)	8:21.12 (43.12)	
	9:03.63 (42.51)	9:46.69 (43.06)	10:29.92 (43.23)	11:10.90 (40.98)	
3	Carolyn Riley	43	Grimsby Santa Marina	11:07.00	11:18.22
	37.30	1:18.26 (40.96)	2:00.66 (42.40)	2:43.28 (42.62)	
	3:25.82 (42.54)	4:08.55 (42.73)	4:51.34 (42.79)	5:33.87 (42.53)	
	6:16.81 (42.94)	6:59.81 (43.00)	7:43.43 (43.62)	8:26.63 (43.20)	
	9:10.18 (43.55)	9:53.56 (43.38)	10:37.05 (43.49)	11:18.22 (41.17)	
4	Hannah Ueckermann	41	Witham Dolphins	11:12.84	11:31.18
	38.25	1:19.53 (41.28)	2:02.05 (42.52)	2:45.02 (42.97)	
	3:27.97 (42.95)	4:11.83 (43.86)	4:55.62 (43.79)	5:40.41 (44.79)	
	6:24.41 (44.00)	7:08.77 (44.36)	7:53.15 (44.38)	8:37.54 (44.39)	
	9:21.52 (43.98)	10:05.22 (43.70)	10:48.93 (43.71)	11:31.18 (42.25)	
5	Valerie Bull	42	Diss Otters	12:11.84	12:47.09
	40.98	1:26.66 (45.68)	2:13.02 (46.36)	3:00.53 (47.51)	
	3:48.14 (47.61)	4:35.63 (47.49)	5:24.15 (48.52)	6:12.86 (48.71)	
	7:02.16 (49.30)	7:51.65 (49.49)	8:41.15 (49.50)	9:30.48 (49.33)	
	10:20.27 (49.79)	11:10.08 (49.81)	11:59.18 (49.10)	12:47.09 (47.91)	
6	Janet Casey	41	Barnet Copthall	14:45.00	14:53.80
	49.29	1:43.78 (54.49)	2:40.43 (56.65)	3:37.66 (57.23)	
	4:34.49 (56.83)	5:31.51 (57.02)	6:29.11 (57.60)	7:26.84 (57.73)	
	8:23.50 (56.66)	9:20.44 (56.94)	10:17.42 (56.98)	11:13.57 (56.15)	
	12:10.30 (56.73)	13:05.55 (55.25)	14:01.22 (55.67)	14:53.80 (52.58)	
7	Jenny Richards	42	Guildford City	15:42.63	14:55.64
	47.50	1:40.71 (53.21)	2:35.18 (54.47)	3:31.36 (56.18)	
	4:28.40 (57.04)	5:24.73 (56.33)	6:19.77 (55.04)	7:17.72 (57.95)	
	8:15.88 (58.16)	9:13.54 (57.66)	10:12.72 (59.18)	11:09.70 (56.98)	
	12:07.68 (57.98)	13:06.81 (59.13)	14:02.65 (55.84)	14:55.64 (52.99)	
8	Josie Hoare	42	Cannons Masters (St Albans)	15:10.00	15:23.28
	47.55	1:40.75 (53.20)	2:36.69 (55.94)	3:35.05 (58.36)	
	4:33.93 (58.88)	5:33.89 (59.96)	6:33.52 (59.63)	6:58.67 (25.15)	
	8:04.59 (1:05.92)	8:24.08 (19.49)	8:55.90 (31.82)	9:31.06 (35.16)	
	10:16.88 (45.82)	12:54.66 (2:37.78)	14:41.63 (1:46.97)	15:23.28 (41.65)	

Event 1 Women 45-49 800 SC Meter Freestyle

1	Amanda Heath	47	Forward Hillingdon	11:10.00	11:04.96
	37.73	1:17.83 (40.10)	1:58.84 (41.01)	2:40.92 (42.08)	
	3:22.91 (41.99)	4:05.16 (42.25)	4:47.79 (42.63)	5:30.08 (42.29)	
	6:12.49 (42.41)	6:54.80 (42.31)	7:36.77 (41.97)	8:18.82 (42.05)	
	9:00.48 (41.66)	9:42.75 (42.27)	10:24.79 (42.04)	11:04.96 (40.17)	
2	Graziella Doardo	49	Camden Swiss Cottage	16:50.00	15:45.46
	51.33	1:48.66 (57.33)	2:47.86 (59.20)	3:47.20 (59.34)	
	4:47.62 (1:00.42)	5:48.10 (1:00.48)	6:48.39 (1:00.29)	7:48.99 (1:00.60)	

Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results

8:49.69 (1:00.70) 9:50.33 (1:00.64) 10:50.36 (1:00.03) 11:50.77 (1:00.41)
 12:50.93 (1:00.16) 13:50.98 (1:00.05) 14:50.39 (59.41) 15:45.46 (55.07)

Event 1 Women 50-54 800 SC Meter Freestyle

1	Jayne Ball	50 Barnet Copthall	11:02.68	<u>European Record</u>
	38.05	1:18.19 (40.14)	1:59.90 (41.71)	2:41.25 (41.35)
	3:22.87 (41.62)	4:04.66 (41.79)	4:46.86 (42.20)	5:29.36 (42.50)
	6:11.85 (42.49)	6:53.90 (42.05)	7:36.20 (42.30)	8:17.42 (41.22)
	8:58.78 (41.36)	9:40.50 (41.72)	10:22.28 (41.78)	11:02.68 (40.40)
2	Jeanette Benn	53 Barnet Copthall	14:00.00	14:51.66
	49.99	1:45.02 (55.03)	2:40.27 (55.25)	3:34.95 (54.68)
	4:31.04 (56.09)	5:26.16 (55.12)	6:23.62 (57.46)	7:20.65 (57.03)
	8:17.80 (57.15)	9:14.72 (56.92)	10:11.53 (56.81)	11:07.44 (55.91)
	12:05.44 (58.00)	13:02.56 (57.12)	13:58.86 (56.30)	14:51.66 (52.80)
3	Jackie Hughes	51 Lindum Mink	16:06.57	15:29.66
	49.16	1:44.10 (54.94)	2:40.45 (56.35)	3:37.96 (57.51)
	4:36.62 (58.66)	5:36.17 (59.55)	6:35.66 (59.49)	7:34.95 (59.29)
	8:34.96 (1:00.01)	9:34.22 (59.26)	10:33.18 (58.96)	11:33.74 (1:00.56)
	12:32.28 (58.54)	13:31.40 (59.12)	14:31.17 (59.77)	15:29.66 (58.49)
4	Sally Bettinson	53 Diss Otters	16:08.68	16:16.25
	55.61	1:54.86 (59.25)	2:55.83 (1:00.97)	3:57.71 (1:01.88)
	4:59.79 (1:02.08)	6:01.47 (1:01.68)	7:04.03 (1:02.56)	8:06.30 (1:02.27)
	9:07.67 (1:01.37)	10:10.05 (1:02.38)	11:12.76 (1:02.71)	12:15.22 (1:02.46)
	13:16.99 (1:01.77)	14:18.49 (1:01.50)	15:19.51 (1:01.02)	16:16.25 (56.74)
5	Helen O' Leary	50 Phoenix (Ireland)	18:10.40	16:38.88
	59.57	2:01.15 (1:01.58)	3:03.56 (1:02.41)	4:06.48 (1:02.92)
	5:08.97 (1:02.49)	6:12.58 (1:03.61)	7:15.40 (1:02.82)	8:17.80 (1:02.40)
	9:20.85 (1:03.05)	10:23.27 (1:02.42)	11:27.49 (1:04.22)	12:30.58 (1:03.09)
	13:33.67 (1:03.09)	14:36.14 (1:02.47)	15:38.96 (1:02.82)	16:38.88 (59.92)

Event 1 Women 55-59 800 SC Meter Freestyle

1	Julie Crayford	56 C.L.A.M.S.	11:55.00	11:49.08
	37.38	1:19.46 (42.08)	2:03.89 (44.43)	2:49.05 (45.16)
	3:34.39 (45.34)	4:20.15 (45.76)	5:05.89 (45.74)	5:51.45 (45.56)
	6:36.71 (45.26)	7:22.30 (45.59)	8:08.29 (45.99)	8:53.53 (45.24)
	9:39.20 (45.67)	10:23.50 (44.30)	11:08.02 (44.52)	11:49.08 (41.06)
2	Elaine Blower	59 Barnet Copthall	12:30.00	12:32.40
	42.89	1:29.55 (46.66)	2:17.16 (47.61)	3:04.69 (47.53)
	3:52.55 (47.86)	4:40.16 (47.61)	5:27.62 (47.46)	6:15.40 (47.78)
	7:02.95 (47.55)	7:50.44 (47.49)	8:37.61 (47.17)	9:24.95 (47.34)
	10:12.10 (47.15)	10:59.34 (47.24)	11:46.59 (47.25)	12:32.40 (45.81)
3	Rose Dudeney	57 Haywards Heath	13:48.00	13:33.79
	44.63	1:34.33 (49.70)	2:24.69 (50.36)	3:16.01 (51.32)
	4:07.43 (51.42)	4:59.62 (52.19)	5:51.70 (52.08)	6:43.37 (51.67)
	8:27.54 (1:44.17)		9:20.00 ()	10:11.82 (51.82)
	11:03.65 (51.83)	11:55.13 (51.48)	12:46.34 (51.21)	13:33.79 (47.45)
4	Sue Johnson	57 St Ives	13:48.23	13:55.44
	45.55	1:36.39 (50.84)	2:28.89 (52.50)	3:21.36 (52.47)
	4:13.98 (52.62)	5:07.48 (53.50)	6:01.02 (53.54)	6:54.04 (53.02)
	7:48.53 (54.49)	8:42.14 (53.61)	9:35.65 (53.51)	10:28.77 (53.12)
	11:21.30 (52.53)	12:13.92 (52.62)	13:06.71 (52.79)	13:55.44 (48.73)
5	Lee Mac Donald	56 Diss Otters	14:52.31	14:49.47

Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results

47.63	1:40.23 (52.60)	2:34.50 (54.27)	3:30.37 (55.87)
4:26.71 (56.34)	5:22.88 (56.17)	6:19.94 (57.06)	7:16.73 (56.79)
8:13.78 (57.05)	9:10.58 (56.80)	10:08.51 (57.93)	11:05.76 (57.25)
12:02.77 (57.01)	12:58.87 (56.10)	13:54.99 (56.12)	14:49.47 (54.48)

Event 1 Women 60-64 800 SC Meter Freestyle

1 Ann Broomfield	62 Cannons Masters (St Albans)	17:47.42	16:56.01
57.83	2:00.01 (1:02.18)	3:05.21 (1:05.20)	4:08.85 (1:03.64)
5:12.60 (1:03.75)	6:16.51 (1:03.91)	7:20.95 (1:04.44)	8:25.13 (1:04.18)
9:28.83 (1:03.70)	10:32.86 (1:04.03)	11:37.27 (1:04.41)	12:41.60 (1:04.33)
13:46.88 (1:05.28)	14:50.49 (1:03.61)	15:55.62 (1:05.13)	16:56.01 (1:00.39)

Event 1 Women 65-69 800 SC Meter Freestyle

1 Jenny Ball	66 Isle of Wight Masters	14:30.00	14:32.94
49.54	1:44.19 (54.65)	2:38.85 (54.66)	3:35.01 (56.16)
4:29.56 (54.55)	5:24.42 (54.86)	6:19.61 (55.19)	7:14.00 (54.39)
8:09.41 (55.41)	9:05.40 (55.99)	10:00.25 (54.85)	10:55.17 (54.92)
11:49.79 (54.62)	12:45.37 (55.58)	13:40.79 (55.42)	14:32.94 (52.15)

Event 1 Women 70-74 800 SC Meter Freestyle

1 Barbara Fentiman	70 Stadium Snappers Perth	13:34.48	13:14.65
43.24	1:31.45 (48.21)	2:21.15 (49.70)	3:11.49 (50.34)
4:01.66 (50.17)	4:52.30 (50.64)	5:43.39 (51.09)	6:33.81 (50.42)
7:24.97 (51.16)	8:15.73 (50.76)	9:06.07 (50.34)	9:56.46 (50.39)
10:47.28 (50.82)	11:38.35 (51.07)	12:28.07 (49.72)	13:14.65 (46.58)
2 Pauline Wilkinson	71 Spencer	19:00.00	19:48.81
1:01.75	2:11.65 (1:09.90)	3:23.87 (1:12.22)	4:36.05 (1:12.18)
5:51.73 (1:15.68)	7:07.90 (1:16.17)	8:24.04 (1:16.14)	9:39.69 (1:15.65)
10:53.76 (1:14.07)	12:10.23 (1:16.47)	13:27.19 (1:16.96)	14:44.39 (1:17.20)
16:00.79 (1:16.40)	17:17.16 (1:16.37)	18:33.60 (1:16.44)	19:48.81 (1:15.21)

Event 1 Men 25-29 800 SC Meter Freestyle

1 Adam Acland	28 Teddington	9:30.00	10:36.85
31.66	1:06.61 (34.95)	1:43.50 (36.89)	2:22.24 (38.74)
3:02.28 (40.04)	3:42.99 (40.71)	4:23.59 (40.60)	5:05.27 (41.68)
5:47.05 (41.78)	6:29.06 (42.01)	7:10.48 (41.42)	7:52.20 (41.72)
8:33.94 (41.74)	9:15.62 (41.68)	9:56.97 (41.35)	10:36.85 (39.88)
2 Adam Freer	27 Camden Swiss Cottage	12:46.53	12:12.84
38.18	1:20.84 (42.66)	2:06.23 (45.39)	2:52.61 (46.38)
3:38.94 (46.33)	4:25.30 (46.36)	5:12.33 (47.03)	5:58.72 (46.39)
6:45.81 (47.09)	7:32.73 (46.92)	8:19.81 (47.08)	9:06.65 (46.84)
9:53.32 (46.67)	10:40.45 (47.13)	11:26.80 (46.35)	12:12.84 (46.04)

Event 1 Men 30-34 800 SC Meter Freestyle

1 Stephen Smith	31 Bracknell & Wokingham	9:50.00	9:51.47
32.57	1:07.87 (35.30)	1:44.51 (36.64)	2:21.66 (37.15)
2:59.18 (37.52)	3:37.03 (37.85)	4:14.75 (37.72)	4:52.69 (37.94)
5:30.33 (37.64)	6:07.86 (37.53)	6:45.35 (37.49)	7:22.78 (37.43)
8:00.40 (37.62)	8:38.10 (37.70)	9:15.09 (36.99)	9:51.47 (36.38)
2 Andrew Moss	31 Chelmsford	10:00.00	10:07.13
31.35	1:06.18 (34.83)	1:42.34 (36.16)	2:18.89 (36.55)
2:55.98 (37.09)	3:33.83 (37.85)	4:12.60 (38.77)	4:51.39 (38.79)
5:30.48 (39.09)	6:09.72 (39.24)	6:49.60 (39.88)	7:29.34 (39.74)
8:09.67 (40.33)	8:49.81 (40.14)	9:30.32 (40.51)	10:07.13 (36.81)
3 Ryan O'Leary	33 F H M Birmingham	10:30.00	10:07.30
34.10	1:11.48 (37.38)	1:49.42 (37.94)	2:28.12 (38.70)

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

5 Paul Moxham 42 St Ives 12:45.00 12:06.44
 34.90 1:14.66 (39.76) 1:56.67 (42.01) 2:40.58 (43.91)
 3:25.44 (44.86) 4:11.19 (45.75) 4:58.39 (47.20) 5:46.69 (48.30)
 6:35.13 (48.44) 7:22.60 (47.47) 8:10.46 (47.86) 8:58.01 (47.55)
 9:46.15 (48.14) 10:35.00 (48.85) 11:23.20 (48.20) 12:06.44 (43.24)

6 **Jim Boucher** 44 **Guildford City** 12:22.16 Ulster Record
 35.37 1:16.49 (41.12) 2:01.09 (44.60) 2:46.60 (45.51)
 3:33.64 (47.04) 4:21.21 (47.57) 5:08.84 (47.63) 5:55.86 (47.02)
 6:43.69 (47.83) 7:32.73 (49.04) 8:21.81 (49.08) 9:10.54 (48.73)
 9:59.64 (49.10) 10:49.12 (49.48) 11:36.53 (47.41) 12:22.16 (45.63)

Event 1 Men 45-49 800 SC Meter Freestyle

1 John Rittenhouse 46 Barnet Copthall 10:40.00 9:54.37
 33.17 1:09.51 (36.34) 1:46.63 (37.12) 2:23.71 (37.08)
 3:01.09 (37.38) 3:38.53 (37.44) 4:15.99 (37.46) 4:53.52 (37.53)
 5:31.02 (37.50) 6:08.28 (37.26) 6:45.88 (37.60) 7:23.56 (37.68)
 8:01.56 (38.00) 8:39.56 (38.00) 9:17.71 (38.15) 9:54.37 (36.66)

2 Peter Jaggs 46 Camden Swiss Cottage 10:09.00 10:00.81
 34.46 1:11.56 (37.10) 1:49.68 (38.12) 2:28.28 (38.60)
 3:06.67 (38.39) 3:44.67 (38.00) 4:22.71 (38.04) 5:00.83 (38.12)
 5:38.62 (37.79) 6:16.73 (38.11) 6:54.59 (37.86) 7:32.47 (37.88)
 8:10.47 (38.00) 8:47.75 (37.28) 9:25.45 (37.70) 10:00.81 (35.36)

3 Keith Mann 48 Romford Town 10:40.00 10:25.23
 34.69 1:53.09 (1:18.40) 2:33.00 ()
 3:12.88 (39.88) 3:52.35 (39.47) 4:32.12 (39.77) 5:12.02 (39.90)
 5:51.78 (39.76) 6:31.14 (39.36) 7:10.65 (39.51) 7:50.00 (39.35)
 8:29.48 (39.48) 9:08.67 (39.19) 9:48.33 (39.66) 10:25.23 (36.90)

4 Julian Meldrum 46 Out To Swim 11:30.00 11:28.75
 35.53 1:16.16 (40.63) 1:59.08 (42.92) 2:42.44 (43.36)
 3:26.82 (44.38) 4:10.44 (43.62) 4:54.54 (44.10) 5:39.67 (45.13)
 6:23.98 (44.31) 7:08.17 (44.19) 7:52.64 (44.47) 8:36.10 (43.46)
 9:19.74 (43.64) 10:04.83 (45.09) 10:48.53 (43.70) 11:28.75 (40.22)

5 Steve Canning 48 Hampshire North 11:40.00 11:43.95
 39.62 1:21.38 (41.76) 2:05.40 (44.02) 2:49.11 (43.71)
 3:33.01 (43.90) 4:17.80 (44.79) 5:02.43 (44.63) 5:47.19 (44.76)
 6:32.06 (44.87) 7:16.48 (44.42) 8:01.57 (45.09) 8:46.52 (44.95)
 9:31.48 (44.96) 10:16.46 (44.98) 11:01.10 (44.64) 11:43.95 (42.85)

6 Bill Gristwood 45 Hartham Masters 12:55.00 12:49.05
 40.29 1:25.26 (44.97) 2:14.41 (49.15) 3:04.56 (50.15)
 3:53.68 (49.12) 4:43.16 (49.48) 5:32.57 (49.41) 6:22.06 (49.49)
 7:11.85 (49.79) 8:02.14 (50.29) 8:49.73 (47.59) 9:38.69 (48.96)
 10:27.34 (48.65) 11:15.37 (48.03) 12:03.73 (48.36) 12:49.05 (45.32)

Event 1 Men 55-59 800 SC Meter Freestyle

1 Len Phoenix 55 Diss Otters 11:14.76 11:09.85
 36.78 1:17.66 (40.88) 1:59.10 (41.44) 2:41.29 (42.19)
 3:23.47 (42.18) 4:05.99 (42.52) 4:48.24 (42.25) 5:30.90 (42.66)
 6:13.63 (42.73) 6:56.19 (42.56) 7:39.06 (42.87) 8:21.85 (42.79)
 9:04.52 (42.67) 9:47.09 (42.57) 10:29.64 (42.55) 11:09.85 (40.21)

2 Stuart Mc Lellan 55 Sudbury & District 11:40.00 11:39.92
 39.09 1:22.27 (43.18) 2:05.77 (43.50) 2:49.78 (44.01)
 3:34.29 (44.51) 4:18.85 (44.56) 5:03.43 (44.58) 5:47.50 (44.07)
 6:31.91 (44.41) 7:16.57 (44.66) 8:00.89 (44.32) 8:45.68 (44.79)

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

9:30.40 (44.72) 10:14.86 (44.46) 10:58.81 (43.95) 11:39.92 (41.11)

3 Anthony Platts 55 Haywards Heath 16:58.00 13:40.88
 44.26 1:35.23 (50.97) 2:26.61 (51.38) 3:19.02 (52.41)
 4:11.22 (52.20) 5:02.67 (51.45) 5:56.16 (53.49) 6:47.44 (51.28)
 7:38.51 (51.07) 8:30.78 (52.27) 9:23.61 (52.83) 10:16.58 (52.97)
 11:07.23 (50.65) 12:00.27 (53.04) 12:52.56 (52.29) 13:40.88 (48.32)

Event 1 Men 60-64 800 SC Meter Freestyle

1 John Fry 61 Sudbury & District 12:10.00 11:48.60
 37.91 1:20.56 (42.65) 2:04.54 (43.98) 2:48.50 (43.96)
 4:17.64 (1:29.14) 5:02.58 (44.94) 5:48.24 (45.66) 6:33.83 (45.59)
 7:19.39 (45.56) 8:05.32 () 8:50.77 (45.45)
 9:36.02 (45.25) 10:20.74 (44.72) 11:06.30 (45.56) 11:48.60 (42.30)

2 Nigel Salsbury 64 Reading 13:15.00 12:55.22
 41.99 1:31.71 (49.72) 2:21.82 (50.11) 3:11.97 (50.15)
 4:01.76 (49.79) 4:51.69 (49.93) 5:41.14 (49.45) 6:30.56 (49.42)
 7:20.03 (49.47) 8:08.71 (48.68) 8:57.92 (49.21) 9:46.72 (48.80)
 10:35.18 (48.46) 11:22.64 (47.46) 12:09.86 (47.22) 12:55.22 (45.36)

3 Paul Clarke 62 Luton 14:40.00 14:59.29
 46.96 1:40.85 (53.89) 2:36.40 (55.55) 3:32.80 (56.40)
 4:30.06 (57.26) 5:25.42 (55.36) 6:22.45 (57.03) 7:20.78 (58.33)
 8:18.92 (58.14) 9:18.83 (59.91) 10:16.66 (57.83) 11:14.08 (57.42)
 13:09.48 (1:55.40) 14:06.36 (56.88) 14:59.49 (53.13) 14:59.29 ()

Event 1 Men 65-69 800 SC Meter Freestyle

1 **Geoff Stokes** 65 **Rushmoor Royals** **10:50.08 European Record**
 36.80 1:16.42 (39.62) 1:57.09 (40.67) 2:38.55 (41.46)
 3:20.13 (41.58) 4:02.05 (41.92) 4:44.04 (41.99) 5:25.94 (41.90)
 6:07.43 (41.49) 6:49.15 (41.72) 7:30.58 (41.43) 8:11.29 (40.71)
 8:52.29 (41.00) 9:32.88 (40.59) 10:13.20 (40.32) 10:50.08 (36.88)

2 Arthur Lowe 69 F H M Birmingham 12:30.00 12:42.99
 41.22 1:28.42 (47.20) 2:16.89 (48.47) 3:05.20 (48.31)
 3:54.06 (48.86) 4:43.05 (48.99) 5:32.06 (49.01) 6:20.73 (48.67)
 7:09.59 (48.86) 7:57.87 (48.28) 8:46.46 (48.59) 9:35.75 (49.29)
 10:24.04 (48.29) 11:12.40 (48.36) 12:00.32 (47.92) 12:42.99 (42.67)

3 John Harrington 68 Barnet Copthall 14:00.00 13:20.37
 45.34 1:35.93 (50.59) 2:27.17 (51.24) 3:18.87 (51.70)
 4:09.54 (50.67) 5:01.12 (51.58) 5:52.20 (51.08) 6:43.48 (51.28)
 7:34.30 (50.82) 8:24.58 (50.28) 9:14.53 (49.95) 10:04.80 (50.27)
 10:55.40 (50.60) 11:45.41 (50.01) 12:34.67 (49.26) 13:20.37 (45.70)

Event 1 Men 70-74 800 SC Meter Freestyle

1 John Starr 70 Romford Town 12:30.00 12:25.08
 39.04 1:22.26 (43.22) 2:07.85 (45.59) 2:54.55 (46.70)
 3:41.62 (47.07) 4:29.26 (47.64) 5:16.61 (47.35) 6:04.23 (47.62)
 6:52.09 (47.86) 7:40.18 (48.09) 8:28.02 (47.84) 9:16.23 (48.21)
 10:03.94 (47.71) 10:51.98 (48.04) 11:40.29 (48.31) 12:25.08 (44.79)

Event 1 Men 80-84 800 SC Meter Freestyle

1 Jim Masterson 84 Great Yarmouth 17:29.00 18:10.86
 1:01.46 2:06.18 (1:04.72) 3:12.14 (1:05.96) 4:20.15 (1:08.01)
 5:28.53 (1:08.38) 6:36.74 (1:08.21) 7:46.15 (1:09.41) 8:56.21 (1:10.06)
 10:05.95 (1:09.74) 11:16.36 (1:10.41) 12:26.62 (1:10.26) 13:36.17 (1:09.55)
 14:46.47 (1:10.30) 15:56.62 (1:10.15) 17:05.04 (1:08.42) 18:10.86 (1:05.82)

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

Event 2 Women 19-24 400 SC Meter Freestyle

1	Vicki Akers	23	Barnet Copthall	5:40.00	5:18.56
	34.04	1:12.28 (38.24)	1:52.36 (40.08)	2:33.42 (41.06)	
	3:14.75 (41.33)	3:56.76 (42.01)	4:38.93 (42.17)	5:18.56 (39.63)	
2	Sarah Martin	21	Teddington	5:12.00	5:24.19
	35.19	1:14.40 (39.21)	1:54.99 (40.59)	2:36.66 (41.67)	
	3:19.01 (42.35)	4:01.28 (42.27)	4:43.60 (42.32)	5:24.19 (40.59)	

Event 2 Women 25-29 400 SC Meter Freestyle

1	Kay Hamilton	26	Romford Town	5:04.34	5:03.31
	32.79	1:09.68 (36.89)	1:47.94 (38.26)	2:26.70 (38.76)	
	3:05.77 (39.07)	3:44.92 (39.15)	4:25.09 (40.17)	5:03.31 (38.22)	
2	Emma Game	25	Chelmsford	4:59.22	5:08.38
	33.99	1:10.90 (36.91)	1:49.10 (38.20)	2:28.17 (39.07)	
	3:07.45 (39.28)	3:47.35 (39.90)	4:27.13 (39.78)	5:08.38 (41.25)	

Event 2 Women 30-34 400 SC Meter Freestyle

1	Louise Keetley	30	Bracknell & Wokingham	5:40.00	5:34.44
	37.38	1:18.72 (41.34)	2:01.30 (42.58)	2:44.07 (42.77)	
	3:27.09 (43.02)	4:09.96 (42.87)	4:52.88 (42.92)	5:34.44 (41.56)	

Event 2 Women 35-39 400 SC Meter Freestyle

1	Lynne Dawson	37	Chapletown	5:36.00	5:23.59
	36.15	1:16.79 (40.64)	1:58.16 (41.37)	2:40.16 (42.00)	
	3:21.90 (41.74)	4:03.98 (42.08)	4:45.26 (41.28)	5:23.59 (38.33)	
2	Emma France	36	Guildford City	7:27.94	7:06.72
	46.76	1:39.00 (52.24)	2:32.97 (53.97)	3:28.21 (55.24)	
	4:23.94 (55.73)	5:19.50 (55.56)	6:14.48 (54.98)	7:06.72 (52.24)	

Event 2 Women 40-44 400 SC Meter Freestyle

1	Tamsin Jaggs	44	Camden Swiss Cottage	5:42.50	5:18.67
	35.59	1:14.76 (39.17)	1:55.24 (40.48)	2:36.08 (40.84)	
	3:16.78 (40.70)	3:58.20 (41.42)	4:39.27 (41.07)	5:18.67 (39.40)	
2	Sharon Dawson	44	Witham Dolphins	5:23.00	5:26.66
	35.08	1:14.68 (39.60)	1:55.99 (41.31)	2:37.75 (41.76)	
	3:20.10 (42.35)	4:02.77 (42.67)	4:45.34 (42.57)	5:26.66 (41.32)	
3	Hannah Ueckermann	41	Witham Dolphins	5:30.83	5:29.27
	37.13	1:17.54 (40.41)	1:59.16 (41.62)	2:41.49 (42.33)	
	3:23.74 (42.25)	4:06.01 (42.27)	4:49.00 (42.99)	5:29.27 (40.27)	
4	Carolyn Riley	43	Grimsby Santa Marina	5:40.00	5:34.93
	36.94	1:17.27 (40.33)	1:59.41 (42.14)	2:42.02 (42.61)	
	3:26.08 (44.06)	4:09.96 (43.88)	4:53.50 (43.54)	5:34.93 (41.43)	
5	Jenny Richards	42	Guildford City	7:27.35	7:07.09
	47.10	1:40.12 (53.02)	2:34.31 (54.19)	3:28.12 (53.81)	
	4:25.54 (57.42)	5:19.74 (54.20)	6:16.55 (56.81)	7:07.09 (50.54)	

Event 2 Women 45-49 400 SC Meter Freestyle

1	Amanda Heath	47	Forward Hillingdon	5:25.00	5:28.26
	1:17.31		1:58.35 ()		
	3:22.15 ()	4:04.60 (42.45)	4:46.64 (42.04)	5:28.26 (41.62)	
2	Sara Perry	47	Anaconda	5:56.00	5:59.27

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

	38.81	1:23.38 (44.57)	2:09.48 (46.10)	2:55.94 (46.46)	
	3:42.81 (46.87)	4:29.04 (46.23)	5:15.87 (46.83)	5:59.27 (43.40)	
3 Sharon Mc Lellan		46 Sudbury & District		6:09.00	6:08.08
	43.34	1:29.85 (46.51)	2:16.77 (46.92)	3:03.77 (47.00)	
	3:50.68 (46.91)	4:37.30 (46.62)	5:23.41 (46.11)	6:08.08 (44.67)	
4 Graziella Doardo		49 Camden Swiss Cottage		8:40.00	7:43.26
	50.74	1:47.32 (56.58)	2:46.44 (59.12)	3:46.36 (59.92)	
	4:46.08 (59.72)	5:46.18 (1:00.10)	6:46.79 (1:00.61)	7:43.26 (56.47)	
5 Sheenagh Barron		47 Barnet Copthall		7:55.00	7:52.79
	50.33	1:47.57 (57.24)	2:48.01 (1:00.44)	3:48.75 (1:00.74)	
	4:50.25 (1:01.50)	5:51.77 (1:01.52)	6:53.44 (1:01.67)	7:52.79 (59.35)	
6 Karen Brown		49 Brent Dolphins		8:00.00	8:25.61
	57.85	1:59.50 (1:01.65)	3:02.45 (1:02.95)	4:07.71 (1:05.26)	
	5:12.42 (1:04.71)	6:17.43 (1:05.01)	7:22.33 (1:04.90)	8:25.61 (1:03.28)	

Event 2 Women 50-54 400 SC Meter Freestyle

1 Jayne Ball		50 Barnet Copthall		5:17.00	5:19.03
	36.65	1:16.08 (39.43)	1:56.85 (40.77)	2:38.13 (41.28)	
	3:18.94 (40.81)	4:00.10 (41.16)	4:40.64 (40.54)	5:19.03 (38.39)	
2 Liz Neale		52 City of Milton Keynes		8:00.00	7:22.28
	1:43.55	2:39.91 (56.36)	3:36.41 (56.50)	4:35.41 (59.00)	
	5:31.89 (56.48)	6:28.63 (56.74)	7:26.28 (57.65)	7:22.28 ()	
3 Helen O' Leary		50 Phoenix (Ireland)		9:00.00	8:08.15
	58.08	1:57.87 (59.79)	2:58.93 (1:01.06)	4:00.47 (1:01.54)	
	5:03.88 (1:03.41)	6:07.12 (1:03.24)	7:09.73 (1:02.61)	8:08.15 (58.42)	

Event 2 Women 55-59 400 SC Meter Freestyle

1 Elaine Blower		59 Barnet Copthall		6:10.00	6:14.09
	41.78	1:28.06 (46.28)	2:14.94 (46.88)	3:02.70 (47.76)	
	3:50.62 (47.92)	4:39.05 (48.43)	5:27.38 (48.33)	6:14.09 (46.71)	
2 Lee Mac Donald		56 Diss Otters		7:12.31	7:08.52
	48.11	1:40.95 (52.84)	2:35.75 (54.80)	3:31.35 (55.60)	
	4:26.67 (55.32)	5:21.97 (55.30)	6:17.22 (55.25)	7:08.52 (51.30)	

Event 2 Women 60-64 400 SC Meter Freestyle

1 Joan Bailey		63 Bracknell & Wokingham		7:20.00	7:15.95
	51.11	1:46.05 (54.94)	2:41.87 (55.82)	3:37.61 (55.74)	
	4:33.36 (55.75)	5:28.75 (55.39)	6:23.53 (54.78)	7:15.95 (52.42)	
2 Iris Bellis		61 City of Milton Keynes		7:40.00	7:36.29
	50.27	1:45.29 (55.02)	2:42.58 (57.29)	3:41.34 (58.76)	
	4:40.65 (59.31)	5:40.31 (59.66)	6:39.88 (59.57)	7:36.29 (56.41)	
3 Frances Alvarez		63 Romford Town		7:37.50	7:54.61
	50.41	1:51.06 (1:00.65)	2:51.24 (1:00.18)	3:53.76 (1:02.52)	
	4:56.39 (1:02.63)	5:58.07 (1:01.68)	6:56.79 (58.72)	7:54.61 (57.82)	
4 Ann Broomfield		62 Cannons Masters (St Albans)		8:55.13	8:17.76
	59.36	2:02.04 (1:02.68)	3:04.88 (1:02.84)	4:08.65 (1:03.77)	
	5:11.39 (1:02.74)	6:15.28 (1:03.89)	7:18.16 (1:02.88)	8:17.76 (59.60)	

Event 2 Women 65-69 400 SC Meter Freestyle

1 Jenny Ball		66 Isle of Wight Masters		7:07.46	7:10.26
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**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

48.73 1:42.68 (53.95) 2:37.39 (54.71) 3:32.17 (54.78)
4:27.37 (55.20) 5:22.44 (55.07) 6:17.96 (55.52) 7:10.26 (52.30)

Event 2 Women 70-74 400 SC Meter Freestyle

1 Barbara Fentiman 70 Stadium Snappers Perth 6:47.77 6:36.81
44.21 1:33.46 (49.25) 2:24.07 (50.61) 3:15.12 (51.05)
4:06.19 (51.07) 4:57.78 (51.59) 5:48.67 (50.89) 6:36.81 (48.14)

2 Pauline Wilkinson 71 Spencer 8:55.00 9:22.26
1:00.98 2:10.66 (1:09.68) 3:22.17 (1:11.51) 4:34.87 (1:12.70)
5:46.09 (1:11.22) 6:57.56 (1:11.47) 8:10.89 (1:13.33) 9:22.26 (1:11.37)

Event 3 Men 25-29 400 SC Meter Freestyle

1 Adam Acland 28 Teddington 4:30.00 4:53.93
31.32 1:05.98 (34.66) 1:42.45 (36.47) 2:20.55 (38.10)
2:59.26 (38.71) 3:37.67 (38.41) 4:16.83 (39.16) 4:53.93 (37.10)

2 Adam Freer 27 Camden Swiss Cottage 6:20.00 5:52.34
36.81 1:19.02 (42.21) 2:03.80 (44.78) 2:49.30 (45.50)
3:35.11 (45.81) 4:21.29 (46.18) 5:07.81 (46.52) 5:52.34 (44.53)

Event 3 Men 30-34 400 SC Meter Freestyle

1 John Male 32 Aylesbury & District 5:05.00 5:10.87
35.15 1:12.62 (37.47) 1:51.48 (38.86) 2:31.33 (39.85)
3:11.57 (40.24) 3:51.71 (40.14) 4:32.21 (40.50) 5:10.87 (38.66)

2 Peter Kavanagh 34 Camden Swiss Cottage 7:10.00 6:30.72
38.80 1:25.01 (46.21) 2:14.49 (49.48) 3:05.98 (51.49)
3:56.97 (50.99) 4:49.74 (52.77) 5:42.28 (52.54) 6:30.72 (48.44)

Event 3 Men 35-39 400 SC Meter Freestyle

1 Matthew James 38 Lindum Mink 5:30.70 5:26.11
37.17 1:17.42 (40.25) 1:59.54 (42.12) 2:42.18 (42.64)
3:24.35 (42.17) 4:06.17 (41.82) 4:47.73 (41.56) 5:26.11 (38.38)

2 Glynn Smiley* 37 Colchester Phoenix 7:10.00 6:39.78
42.65 1:29.68 (47.03) 2:20.84 (51.16) 3:12.78 (51.94)
4:03.80 (51.02) 4:56.40 (52.60) 5:49.32 (52.92) 6:39.78 (50.46)

Event 3 Men 40-44 400 SC Meter Freestyle

1 Andrew Gristwood 40 Cleethorpes & District 4:32.00 4:30.63
30.39 1:03.29 (32.90) 1:37.18 (33.89) 2:11.33 (34.15)
2:45.96 (34.63) 3:21.05 (35.09) 3:56.49 (35.44) 4:30.63 (34.14)

2 Martin Hawley 40 Ealing 4:52.63 4:53.52
33.45 1:10.36 (36.91) 1:48.63 (38.27) 2:26.35 (37.72)
3:03.99 (37.64) 3:41.21 (37.22) 4:17.82 (36.61) 4:53.52 (35.70)

3 Adam Lelean 42 Diss Otters 5:04.67 5:09.23
33.74 1:11.83 (38.09) 1:51.60 (39.77) 2:32.13 (40.53)
3:12.23 (40.10) 3:52.39 (40.16) 4:32.23 (39.84) 5:09.23 (37.00)

Event 3 Men 45-49 400 SC Meter Freestyle

1 John Rittenhouse 46 Barnet Copthall 4:55.00 4:46.42
31.35 1:06.42 (35.07) 1:42.78 (36.36) 2:19.39 (36.61)
2:56.05 (36.66) 3:33.26 (37.21) 4:10.63 (37.37) 4:46.42 (35.79)

2 Malcolm Smith 46 Bridgend County 4:50.00 4:56.85
31.29 1:05.91 (34.62) 1:42.51 (36.60) 2:20.13 (37.62)
2:57.71 (37.58) 3:36.93 (39.22) 4:17.32 (40.39) 4:56.85 (39.53)

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

3 Keith Mann 48 Romford Town 5:10.00 5:11.35
 34.07 1:12.39 (38.32) 1:51.91 (39.52) 2:32.28 (40.37)
 3:12.27 (39.99) 3:52.55 (40.28) 4:32.63 (40.08) 5:11.35 (38.72)

4 Steve Canning 48 Hampshire North 5:40.00 5:45.44
 39.60 1:21.14 (41.54) 2:04.46 (43.32) 2:48.95 (44.49)
 3:33.64 (44.69) 4:18.06 (44.42) 5:02.42 (44.36) 5:45.44 (43.02)

Event 3 Men 55-59 400 SC Meter Freestyle

1 Len Phoenix 55 Diss Otters 5:25.35 5:23.57
 35.65 1:14.85 (39.20) 1:55.92 (41.07) 2:37.23 (41.31)
 3:19.20 (41.97) 4:01.15 (41.95) 4:43.35 (42.20) 5:23.57 (40.22)

2 John Burton 55 Barnet Copthall 5:30.10 5:28.86
 37.84 1:18.61 (40.77) 2:00.21 (41.60) 2:42.90 (42.69)
 3:25.37 (42.47) 4:06.88 (41.51) 4:48.02 (41.14) 5:28.86 (40.84)

3 Stuart Mc Lellan 55 Sudbury & District 5:35.00 5:34.61
 37.66 1:19.15 (41.49) 2:01.92 (42.77) 2:45.34 (43.42)
 3:28.83 (43.49) 4:11.59 (42.76) 4:54.07 (42.48) 5:34.61 (40.54)

4 David Pitcock 55 Barnet Copthall 6:35.00 6:26.84
 42.83 1:30.77 (47.94) 2:18.92 (48.15) 3:08.83 (49.91)
 3:58.99 (50.16) 4:47.99 (49.00) 5:37.86 (49.87) 6:26.84 (48.98)

Event 3 Men 65-69 400 SC Meter Freestyle

1 Geoff Stokes 65 Rushmoor Royals 5:12.00 5:11.72
 35.85 1:14.54 (38.69) 1:54.19 (39.65) 2:34.79 (40.60)
 3:14.95 (40.16) 3:55.26 (40.31) 4:35.06 (39.80) 5:11.72 (36.66)

2 John Harrington 68 Barnet Copthall 6:40.00 6:18.10
 42.43 1:29.49 (47.06) 2:17.79 (48.30) 3:06.57 (48.78)
 3:54.82 (48.25) 4:42.70 (47.88) 5:31.19 (48.49) 6:18.10 (46.91)

Event 3 Men 70-74 400 SC Meter Freestyle

1 John Starr 70 Romford Town 6:06.00 5:57.06
 39.18 1:23.04 (43.86) 2:08.28 (45.24) 2:54.43 (46.15)
 3:40.27 (45.84) 4:26.76 (46.49) 5:12.90 (46.14) 5:57.06 (44.16)

Event 3 Men 80-84 400 SC Meter Freestyle

1 Jim Masterson 84 Great Yarmouth 8:30.00 8:45.23
 1:01.05 2:04.07 (1:03.02) 3:10.01 (1:05.94) 4:17.43 (1:07.42)
 5:25.41 (1:07.98) 6:34.87 (1:09.46) 7:40.95 (1:06.08) 8:45.23 (1:04.28)

Event 4 Women 25-29 100 SC Meter Breaststroke

1 Kathryn Webb* 26 Colchester Phoenix 2:41.00 2:26.91
 1:08.24 2:26.91 (1:18.67)

Event 4 Women 30-34 100 SC Meter Breaststroke

1 Julie Sanders 32 Romford Town 1:23.00 1:25.56
 40.56 1:25.56 (45.00)

Event 4 Women 40-44 100 SC Meter Breaststroke

1 Sandra Jones 40 Gloucester Masters 1:30.74 1:28.21
 42.93 1:28.21 (45.28)
 2 Josie Hoare 42 Cannons Masters (St Albans) 1:52.00 1:50.87
 51.77 1:50.87 (59.10)

Event 4 Women 45-49 100 SC Meter Breaststroke

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

1	Amanda Heath	47	Forward Hillingdon	1:26.00	1:25.89
	41.78		1:25.89 (44.11)		
2	Sara Perry	47	Anaconda	1:38.00	1:36.25
	47.19		1:36.25 (49.06)		
3	Claire Browse	48	Otter	1:50.00	1:55.82
	52.24		1:55.82 (1:03.58)		

Event 4 Women 50-54 100 SC Meter Breaststroke

1	Jennifer Merritt	53	Spondon	1:26.00	1:26.37
	42.29		1:26.37 (44.08)		
2	Jackie Hughes	51	Lindum Mink	1:35.24	1:34.55
	45.05		1:34.55 (49.50)		
3	Sally Bettinson	53	Diss Otters	1:49.81	1:48.84
	52.88		1:48.84 (55.96)		

Event 4 Women 60-64 100 SC Meter Breaststroke

1	Diane Ford	61	Rushmoor Royals	1:35.00	1:33.69
	44.26		1:33.69 (49.43)		
2	Matty Van Der Veen	60	Old Dutch (Netherlands)		<u>1:38.93 Dutch Record</u>
	46.59		1:38.93 (52.34)		
3	Ann Broomfield	62	Cannons Masters (St Albans)	2:15.76	2:09.18
	1:03.76		2:09.18 (1:05.42)		

Event 4 Women 70-74 100 SC Meter Breaststroke

1	Pauline Wilkinson	71	Spencer	2:22.00	2:31.33
	1:09.83		2:31.33 (1:21.50)		

Event 5 Men 25-29 100 SC Meter Breaststroke

1	Adam Freer	27	Camden Swiss Cottage	1:19.62	1:21.80
	38.69		1:21.80 (43.11)		
2	Stephen Wood	28	City of Milton Keynes	1:24.00	1:22.97
	39.78		1:22.97 (43.19)		

Event 5 Men 30-34 100 SC Meter Breaststroke

1	Philip Albright	34	Bracknell & Wokingham	1:21.00	1:23.17
	38.18		1:23.17 (44.99)		

Event 5 Men 35-39 100 SC Meter Breaststroke

1	Kevin Lief	37	Barnet Copthall	1:20.00	1:21.93
	37.86		1:21.93 (44.07)		
2	James Flack	35	F H M Birmingham	1:26.00	1:25.70
	40.52		1:25.70 (45.18)		

Event 5 Men 40-44 100 SC Meter Breaststroke

1	David Cartledge	44	Modernians	1:13.24	1:14.10
	35.31		1:14.10 (38.79)		
2	Jim Hobsley	44	Barnet Copthall	1:13.50	1:14.91
	33.77		1:14.91 (41.14)		
3	Russell Simpson	42	Camden Swiss Cottage	1:19.90	1:19.25
	37.27		1:19.25 (41.98)		
4	John Nabarro	42	Luton	1:22.06	1:28.89
	41.49		1:28.89 (47.40)		

Event 5 Men 45-49 100 SC Meter Breaststroke

1	Nick Hunt	48	Chelmsford	1:19.00	1:17.20
	37.00		1:17.20 (40.20)		
2	Thomas Morrow	48	City of Milton Keynes	1:19.50	1:19.16
	37.28		1:19.16 (41.88)		
3	Colin Mayes	49	Luton	1:23.00	1:24.04
	38.57		1:24.04 (45.47)		

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

Event 5 Men 60-64 100 SC Meter Breaststroke

1	Keith Ingram	64	F H M Birmingham	1:28.80	1:27.82
	40.99	1:27.82	(46.83)		
2	Paul Clarke	62	Luton	1:44.00	1:42.52
	49.49	1:42.52	(53.03)		

Event 5 Men 70-74 100 SC Meter Breaststroke

1	Paul Alvarez	70	Romford Town	1:37.81	1:38.17
	46.57	1:38.17	(51.60)		
2	Neil Howell	72	East Anglian Swallow Tails	1:54.61	1:54.49
	53.34	1:54.49	(1:01.15)		

Event 5 Men 80-84 100 SC Meter Breaststroke

1	John Davis	80	F H M Birmingham		<u>2:02.44 British Record</u>
	57.80	2:02.44	(1:04.64)		

Event 6 Women 19-24 200 SC Meter Backstroke

1	Sarah Martin	21	Teddington	2:43.00	2:46.41
	38.29	1:19.19	(40.90)	2:02.58	(43.39)
				2:46.41	(43.83)
2	Gemma Carr	22	Chelmsford	2:50.00	2:50.82
	40.16	1:23.52	(43.36)	2:07.47	(43.95)
				2:50.82	(43.35)

Event 6 Women 30-34 200 SC Meter Backstroke

1	Alison Usher	30	Evesham	2:32.45	2:35.03
	36.83	1:15.25	(38.42)	1:55.31	(40.06)
				2:35.03	(39.72)
2	Lucy Robinson	33	Barnet Copthall	2:55.84	2:54.22
	40.22	1:23.47	(43.25)	2:08.93	(45.46)
				2:54.22	(45.29)

Event 6 Women 40-44 200 SC Meter Backstroke

1	Valerie Bull	42	Diss Otters	3:20.43	3:34.96
	49.12	1:42.89	(53.77)	2:39.09	(56.20)
				3:34.96	(55.87)

Event 6 Women 45-49 200 SC Meter Backstroke

1	Amanda Heath	47	Forward Hillingdon	3:10.00	3:04.62
	44.16	1:30.62	(46.46)	2:17.91	(47.29)
				3:04.62	(46.71)
2	Karen Brown	49	Brent Dolphins	4:10.82	4:12.94
	58.76	2:03.01	(1:04.25)	3:08.21	(1:05.20)
				4:12.94	(1:04.73)

Event 6 Women 50-54 200 SC Meter Backstroke

1	Jackie Hughes	51	Lindum Mink	3:40.75	3:37.37
	51.85	1:46.09	(54.24)	2:42.01	(55.92)
				3:37.37	(55.36)
2	Jeanette Benn	53	Barnet Copthall	4:06.00	4:07.22
	55.68	2:01.26	(1:05.58)	3:05.12	(1:03.86)
				4:07.22	(1:02.10)
3	Helen O' Leary	50	Phoenix (Ireland)	5:10.00	5:26.12
	1:19.99	2:43.23	(1:23.24)	4:06.97	(1:23.74)
				5:26.12	(1:19.15)

Event 6 Women 55-59 200 SC Meter Backstroke

1	Susie Breslin	57	Barnet Copthall	3:10.00	3:09.02
	44.30	1:31.50	(47.20)	2:19.91	(48.41)
				3:09.02	(49.11)

Event 6 Women 60-64 200 SC Meter Backstroke

1	Joan Bailey	63	Bracknell & Wokingham	4:00.01	3:59.85
	59.06	2:00.13	(1:01.07)	3:00.88	(1:00.75)
				3:59.85	(58.97)
2	Jacqueline Ingram	61	F H M Birmingham	4:45.00	4:33.25
	1:03.81	2:13.82	(1:10.01)	3:24.28	(1:10.46)
				4:33.25	(1:08.97)

Event 7 Men 25-29 200 SC Meter Backstroke

1	Adam Acland	28	Teddington	2:19.00	2:30.41
	37.07	1:16.34	(39.27)	1:54.03	(37.69)
				2:30.41	(36.38)

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

Event 7 Men 40-44 200 SC Meter Backstroke

1	Martin Hawley	40	Ealing	2:37.86	2:36.09
	37.39	1:17.25 (39.86)	1:57.28 (40.03)	2:36.09 (38.81)	
2	Andrew Gristwood	40	Cleethorpes & District	2:41.00	2:37.06
	37.65	1:16.59 (38.94)	1:57.56 (40.97)	2:37.06 (39.50)	

Event 7 Men 45-49 200 SC Meter Backstroke

1	John Rittenhouse	46	Barnet Copthall	2:30.00	2:29.47
	36.46	1:13.86 (37.40)	1:52.19 (38.33)	2:29.47 (37.28)	
2	Graham Powell	48	Luton	2:36.50	2:35.79
	36.10	1:15.63 (39.53)	1:55.82 (40.19)	2:35.79 (39.97)	

Event 7 Men 55-59 200 SC Meter Backstroke

1	Len Phoenix	55	Diss Otters	3:08.59	3:12.51
	44.28	1:31.81 (47.53)	2:22.57 (50.76)	3:12.51 (49.94)	

Event 7 Men 60-64 200 SC Meter Backstroke

1	Nigel Salsbury	64	Reading	3:03.23	3:03.75
	42.67	1:28.43 (45.76)	2:15.44 (47.01)	3:03.75 (48.31)	
2	David Stavely	62	Hythe Aqua	3:12.00	3:14.39
	44.96	1:34.12 (49.16)	3:14.39 (1:40.27)	3:14.39 ()	
3	Bruce Thompson	62	Barnet Copthall	3:26.00	3:31.42
	48.09	1:41.27 (53.18)	2:36.59 (55.32)	3:31.42 (54.83)	
4	Paul Clarke	62	Luton	3:47.00	3:52.67
	53.58	1:53.16 (59.58)	2:55.41 (1:02.25)	3:52.67 (57.26)	

Event 7 Men 65-69 200 SC Meter Backstroke

1	John Bamborough	65	Slough & Eton Dolphin	3:33.00	3:41.24
	46.77	1:40.50 (53.73)	2:38.70 (58.20)	3:41.24 (1:02.54)	

Event 7 Men 70-74 200 SC Meter Backstroke

1	John Starr	70	Romford Town	3:42.00	3:28.93
	48.79	1:42.46 (53.67)	2:37.24 (54.78)	3:28.93 (51.69)	
2	Janos Leigh	70	Romford Town	3:57.40	3:36.62
	52.75	1:48.32 (55.57)	2:44.07 (55.75)	3:36.62 (52.55)	
3	Richard Harding	71	Spencer	3:50.00	4:00.24
	54.01	1:54.16 (1:00.15)	2:57.61 (1:03.45)	4:00.24 (1:02.63)	

Event 7 Men 75-79 200 SC Meter Backstroke

1	Robert Curr	75	Serpentine	4:55.00	4:51.53
	1:05.86	2:21.31 (1:15.45)	3:37.06 (1:15.75)	4:51.53 (1:14.47)	

Event 7 Men 80-84 200 SC Meter Backstroke

1	John Davis	80	F H M Birmingham	3:55.00	3:58.05
	56.19	1:54.50 (58.31)	2:57.02 (1:02.52)	3:58.05 (1:01.03)	

Event 8 Women 19-24 200 SC Meter IM

1	Jane Edmondson	21	Barnet Copthall	2:56.00	2:54.47
	36.31	1:22.77 (46.46)	2:13.70 (50.93)	2:54.47 (40.77)	
2	Lucy Mullan	24	Camden Swiss Cottage	3:08.00	2:58.76
	36.61	1:24.08 (47.47)	2:18.67 (54.59)	2:58.76 (40.09)	

Event 8 Women 25-29 200 SC Meter IM

1	Kay Hamilton	26	Romford Town	2:50.46	2:48.97
	36.78	1:20.25 (43.47)	2:10.13 (49.88)	2:48.97 (38.84)	
2	Sarah Mackintosh	26	Romford Town	3:15.00	3:33.87
	47.26	1:40.75 (53.49)	2:44.66 (1:03.91)	3:33.87 (49.21)	
3	Kathryn Webb*	26	Colchester Phoenix	5:07.00	4:56.34
	1:21.01	2:38.51 (1:17.50)	3:54.26 (1:15.75)	4:56.34 (1:02.08)	

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

Event 8 Women 30-34 200 SC Meter IM

1	Louise Keetley	30	Bracknell & Wokingham	3:15.00	3:02.68
	40.89	1:29.40 (48.51)	2:21.90 (52.50)	3:02.68 (40.78)	

Event 8 Women 35-39 200 SC Meter IM

1	Lynne Dawson	37	Chapletown	3:00.00	2:57.38
	39.23	1:26.75 (47.52)	2:17.46 (50.71)	2:57.38 (39.92)	

Event 8 Women 40-44 200 SC Meter IM

1	Nuala Muir-Cochrane	40	Camden Swiss Cottage	2:40.00	2:38.24
	34.67	1:13.98 (39.31)	2:03.58 (49.60)	2:38.24 (34.66)	
2	Carolyn Riley	43	Grimsby Santa Marina	2:50.00	2:54.47
	37.52	1:25.93 (48.41)	2:14.06 (48.13)	2:54.47 (40.41)	
3	Hannah Ueckermann	41	Witham Dolphins	2:58.37	2:59.77
	39.22	1:29.17 (49.95)	2:16.90 (47.73)	2:59.77 (42.87)	
4	Jenny Richards	42	Guildford City	4:17.73	4:14.23
	1:00.39	2:05.41 (1:05.02)	3:20.78 (1:15.37)	4:14.23 (53.45)	

Event 8 Women 45-49 200 SC Meter IM

1	Amanda Heath	47	Forward Hillingdon	2:50.00	2:52.86
	37.67	1:24.52 (46.85)	2:14.04 (49.52)	2:52.86 (38.82)	
2	Sharon Mc Lellan	46	Sudbury & District	3:25.00	3:25.61
	47.37	1:40.82 (53.45)	2:41.00 (1:00.18)	3:25.61 (44.61)	
3	Claire Browse	48	Otter	3:56.00	4:02.95
	1:54.72	3:05.26 (1:10.54)	4:02.95 (57.69)	4:02.95 ()	

Event 8 Women 50-54 200 SC Meter IM

1	Sally Bettinson	53	Diss Otters	4:05.90	4:01.23
	59.32	1:58.77 (59.45)	3:01.98 (1:03.21)	4:01.23 (59.25)	
2	Helen O' Leary	50	Phoenix (Ireland)	5:15.00	4:58.50
	1:11.60	2:39.52 (1:27.92)	3:58.27 (1:18.75)	4:58.50 (1:00.23)	

Event 8 Women 55-59 200 SC Meter IM

1	Julie Crayford	56	C.L.A.M.S.	3:05.00	3:04.09
	38.53	1:28.95 (50.42)	2:22.99 (54.04)	3:04.09 (41.10)	

Event 8 Women 60-64 200 SC Meter IM

1	Georgie Hamilton	61	Barnet Copthall	3:30.00	3:33.37
	48.39	1:42.51 (54.12)	2:43.93 (1:01.42)	3:33.37 (49.44)	
2	Joan Bailey	63	Bracknell & Wokingham	4:02.00	4:04.90
	1:00.86	2:03.02 (1:02.16)	3:13.48 (1:10.46)	4:04.90 (51.42)	

Event 8 Women 65-69 200 SC Meter IM

1	Jenny Ball	66	Isle of Wight Masters	4:02.34	4:05.61
	1:01.97	2:02.79 (1:00.82)	3:12.34 (1:09.55)	4:05.61 (53.27)	

Event 9 Men 30-34 200 SC Meter IM

1	Marcus Simpkins	30	Rushmoor Royals	2:22.00	2:21.87
	29.57	1:07.06 (37.49)	1:49.10 (42.04)	2:21.87 (32.77)	
2	Philip Albright	34	Bracknell & Wokingham	2:45.00	2:45.47
	34.27	1:19.65 (45.38)	2:06.70 (47.05)	2:45.47 (38.77)	
3	John Male	32	Aylesbury & District	2:45.00	2:46.65
	35.53	1:18.29 (42.76)	2:08.33 (50.04)	2:46.65 (38.32)	

Event 9 Men 35-39 200 SC Meter IM

1	James Flack	35	F H M Birmingham	2:48.00	2:52.75
	40.35	1:23.32 (42.97)	2:11.95 (48.63)	2:52.75 (40.80)	

Event 9 Men 40-44 200 SC Meter IM

1	David Cartledge	44	Modernians	2:23.62	2:22.55
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**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

	29.59	1:06.89 (37.30)	1:48.56 (41.67)	2:22.55 (33.99)	
2 Andrew Gristwood		40 Cleethorpes & District		2:40.00	2:34.58
	34.32	1:14.69 (40.37)	2:03.12 (48.43)	2:34.58 (31.46)	
3 Richard Gillman		41 Otter		2:50.00	2:47.02
	36.10	1:22.62 (46.52)	2:09.97 (47.35)	2:47.02 (37.05)	
4 Adam Lelean		42 Diss Otters		2:46.39	2:47.34
	36.06	1:22.37 (46.31)	2:10.59 (48.22)	2:47.34 (36.75)	

Event 9 Men 45-49 200 SC Meter IM

1 David Shamp		46 Kingston Royals		2:38.22	2:38.69
	32.04	1:14.40 (42.36)	2:01.84 (47.44)	2:38.69 (36.85)	
2 Thomas Morrow		48 City of Milton Keynes		2:50.00	2:49.93
	36.94	1:26.36 (49.42)	2:09.98 (43.62)	2:49.93 (39.95)	

Event 9 Men 55-59 200 SC Meter IM

1 Stuart Mc Lellan		55 Sudbury & District		3:00.00	2:59.85
	39.39	1:26.31 (46.92)	2:18.95 (52.64)	2:59.85 (40.90)	
2 John Burton		55 Barnet Copthall		3:00.00	3:07.16
	38.89	1:28.78 (49.89)	2:25.46 (56.68)	3:07.16 (41.70)	
3 Lawrence Faïman		57 Barnet Copthall		3:50.00	3:50.13
	49.80	1:55.60 (1:05.80)	2:59.36 (1:03.76)	3:50.13 (50.77)	

Event 9 Men 60-64 200 SC Meter IM

1 Keith Ingram		64 F H M Birmingham		2:58.72	3:01.55
	39.09	1:30.03 (50.94)	2:23.10 (53.07)	3:01.55 (38.45)	

Event 9 Men 70-74 200 SC Meter IM

1 Paul Alvarez		70 Romford Town		3:28.32	3:28.45
	47.41	1:43.70 (56.29)	2:41.17 (57.47)	3:28.45 (47.28)	
2 Seymour Banning		71 East Anglian Swallow Tails		3:28.00	3:34.42
	42.50	1:40.10 (57.60)	2:46.01 (1:05.91)	3:34.42 (48.41)	

Event 9 Men 75-79 200 SC Meter IM

1 Robert Curr		75 Serpentine		4:55.00	4:50.19
	1:06.94	2:20.10 (1:13.16)	3:38.14 (1:18.04)	4:50.19 (1:12.05)	

Event 9 Men 80-84 200 SC Meter IM

1 Don Leader		80 Oddicombe			<u>4:15.42 British Record</u>
	1:05.62	2:12.09 (1:06.47)	3:19.69 (1:07.60)	4:15.42 (55.73)	

Event 10 Women 19-24 400 SC Meter IM

1 Sarah Martin		21 Teddington		5:45.00	6:13.90
	41.98	1:30.32 (48.34)	2:14.20 (43.88)	2:58.18 (43.98)	
	3:54.78 (56.60)	4:49.74 (54.96)	5:30.89 (41.15)	6:13.90 (43.01)	

Event 10 Women 35-39 400 SC Meter IM

1 Lynne Dawson		37 Chapletown		6:30.00	6:23.61
	44.11	1:35.61 (51.50)	2:24.88 (49.27)	3:15.03 (50.15)	
	4:07.12 (52.09)	5:00.28 (53.16)	5:42.67 (42.39)	6:23.61 (40.94)	

Event 10 Women 40-44 400 SC Meter IM

1 Nuala Muir-Cochrane		40 Camden Swiss Cottage			<u>5:26.37 European Record</u>
	35.12	1:14.62 (39.50)	1:56.01 (41.39)	2:36.62 (40.61)	
	3:26.20 (49.58)	4:16.24 (50.04)	4:52.48 (36.24)	5:26.37 (33.89)	
2 Hannah Ueckermann		41 Witham Dolphins		6:07.50	6:24.99
	43.98	1:33.84 (49.86)	2:26.62 (52.78)	3:19.28 (52.66)	
	4:08.86 (49.58)	4:58.21 (49.35)	5:43.49 (45.28)	6:24.99 (41.50)	
3 Valerie Bull		42 Diss Otters		7:02.16	7:13.75

Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results

44.61 1:36.66 (52.05) 2:33.65 (56.99) 3:33.02 (59.37)
 4:38.02 (1:05.00) 5:40.56 (1:02.54) 6:27.61 (47.05) 7:13.75 (46.14)

Event 10 Women 45-49 400 SC Meter IM

1 Sharon Mc Lellan 46 Sudbury & District 7:06.00 7:05.41
 47.64 1:40.88 (53.24) 2:36.77 (55.89) 3:32.06 (55.29)
 4:32.39 (1:00.33) 5:33.47 (1:01.08) 6:20.19 (46.72) 7:05.41 (45.22)

Event 10 Women 50-54 400 SC Meter IM

1 Jayne Ball 50 Barnet Copthall 6:05.00 6:15.39
 40.00 1:25.64 (45.64) 2:16.17 (50.53) 3:05.57 (49.40)
 3:58.54 (52.97) 4:51.75 (53.21) 5:34.60 (42.85) 6:15.39 (40.79)

2 Jan Morse 53 Cannons Masters (St Albans) 7:45.00 7:53.24
 53.86 1:56.78 (1:02.92) 2:55.22 (58.44) 3:52.06 (56.84)
 5:00.44 (1:08.38) 6:07.58 (1:07.14) 7:00.80 (53.22) 7:53.24 (52.44)

3 Sally Bettinson 53 Diss Otters 8:38.65 8:32.02
 1:02.26 2:15.46 (1:13.20) 3:20.38 (1:04.92) 4:21.75 (1:01.37)
 5:27.04 (1:05.29) 6:29.67 (1:02.63) 7:32.73 (1:03.06) 8:32.02 (59.29)

Event 10 Women 55-59 400 SC Meter IM

1 Julie Crayford 56 C.L.A.M.S. 6:30.00 6:30.41
 40.76 1:29.44 (48.68) 2:21.84 (52.40) 3:15.24 (53.40)
 4:09.31 (54.07) 5:03.92 (54.61) 5:47.39 (43.47) 6:30.41 (43.02)

Event 10 Women 60-64 400 SC Meter IM

1 Georgie Hamilton 61 Barnet Copthall 7:15.00 7:14.90
 51.58 1:46.58 (55.00) 2:44.02 (57.44) 3:40.07 (56.05)
 4:38.13 (58.06) 5:36.29 (58.16) 6:26.51 (50.22) 7:14.90 (48.39)

2 **Matty Van Der Veen** 60 **Old Dutch (Netherlands)** **7:24.95 Dutch Record**
 54.88 1:54.67 (59.79) 2:52.72 (58.05) 3:52.55 (59.83)
 4:50.75 (58.20) 5:49.27 (58.52) 6:38.09 (48.82) 7:24.95 (46.86)

Event 11 Men 25-29 400 SC Meter IM

1 Adam Acland 28 Teddington 5:00.00 5:44.09
 35.02 1:17.52 (42.50) 1:58.08 (40.56) 2:40.33 (42.25)
 3:33.65 (53.32) 4:25.31 (51.66) 5:04.72 (39.41) 5:44.09 (39.37)

Event 11 Men 30-34 400 SC Meter IM

1 Stephen Smith 31 Bracknell & Wokingham 5:30.00 5:32.25
 34.03 1:14.75 (40.72) 1:56.45 (41.70) 2:39.51 (43.06)
 3:28.31 (48.80) 4:18.36 (50.05) 4:55.17 (36.81) 5:32.25 (37.08)

Event 11 Men 35-39 400 SC Meter IM

1 James Flack 35 F H M Birmingham 6:14.97 6:06.61
 42.41 1:32.14 (49.73) 2:18.28 (46.14) 3:04.07 (45.79)
 3:53.55 (49.48) 4:44.03 (50.48) 5:25.65 (41.62) 6:06.61 (40.96)

Event 11 Men 40-44 400 SC Meter IM

1 David Cartledge 44 Modernians 5:09.46 5:09.64
 31.27 1:07.86 (36.59) 1:48.85 (40.99) 2:29.47 (40.62)
 3:12.48 (43.01) 3:56.14 (43.66) 4:33.30 (37.16) 5:09.64 (36.34)

2 Andrew Gristwood 40 Cleethorpes & District 5:26.00 5:24.13
 34.37 1:13.89 (39.52) 1:57.67 (43.78) 2:40.57 (42.90)
 3:27.16 (46.59) 4:15.27 (48.11) 4:50.41 (35.14) 5:24.13 (33.72)

3 Martin Hawley 40 Ealing 5:46.74 5:52.42

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

42.13 1:33.76 (51.63) 2:16.73 (42.97) 2:59.56 (42.83)
3:49.17 (49.61) 4:39.51 (50.34) 5:17.30 (37.79) 5:52.42 (35.12)

4 Adam Lelean 42 Diss Otters 5:59.64 5:52.90
35.89 1:19.58 (43.69) 2:09.04 (49.46) 2:57.66 (48.62)
3:48.54 (50.88) 4:39.87 (51.33) 5:17.26 (37.39) 5:52.90 (35.64)

5 Richard Gillman 41 Otter 6:00.00 5:56.58
39.13 1:23.68 (44.55) 2:09.96 (46.28) 2:56.35 (46.39)
3:46.99 (50.64) 4:38.91 (51.92) 5:18.08 (39.17) 5:56.58 (38.50)

Event 11 Men 45-49 400 SC Meter IM

1 Nick Hunt 48 Chelmsford 6:20.00 6:04.66
41.34 1:25.48 (44.14) 2:16.59 (51.11) 3:08.89 (52.30)
3:55.02 (46.13) 4:43.69 (48.67) 5:24.10 (40.41) 6:04.66 (40.56)

2 Julian Meldrum 46 Out To Swim 6:37.90 6:30.51
37.96 1:24.96 (47.00) 2:15.71 (50.75) 3:06.34 (50.63)
4:05.81 (59.47) 5:05.63 (59.82) 5:50.51 (44.88) 6:30.51 (40.00)

Event 11 Men 55-59 400 SC Meter IM

1 Stuart Mc Lellan 55 Sudbury & District 6:30.00 6:30.17
41.93 1:29.71 (47.78) 2:21.86 (52.15) 3:13.57 (51.71)
4:08.35 (54.78) 5:03.52 (55.17) 5:48.14 (44.62) 6:30.17 (42.03)

2 Len Phoenix 55 Diss Otters 6:34.29 6:49.74
45.81 1:42.66 (56.85) 2:35.71 (53.05) 3:28.33 (52.62)
4:25.39 (57.06) 5:23.56 (58.17) 6:07.00 (43.44) 6:49.74 (42.74)

Event 11 Men 60-64 400 SC Meter IM

1 Keith Ingram 64 F H M Birmingham 6:40.01 6:44.41
42.35 1:31.18 (48.83) 2:28.87 (57.69) 3:25.86 (56.99)
4:21.48 (55.62) 5:17.07 (55.59) 6:02.54 (45.47) 6:44.41 (41.87)

2 Paul Clarke 62 Luton 7:45.00 7:49.09
53.13 1:50.50 (57.37) 2:57.35 (1:06.85) 3:59.76 (1:02.41)
5:01.35 (1:01.59) 6:03.84 (1:02.49) 6:58.07 (54.23) 7:49.09 (51.02)

Event 11 Men 70-74 400 SC Meter IM

1 Paul Alvarez 70 Romford Town 7:24.00 7:22.97
49.29 1:46.44 (57.15) 2:45.46 (59.02) 3:45.87 (1:00.41)
4:45.47 (59.60) 5:44.82 (59.35) 6:33.87 (49.05) 7:22.97 (49.10)

Event 11 Men 75-79 400 SC Meter IM

1 Robert Curr 75 Serpentine 10:45.00 10:58.28
1:12.61 2:44.57 (1:31.96) 4:10.91 (1:26.34) 5:33.79 (1:22.88)
6:57.19 (1:23.40) 8:20.60 (1:23.41) 9:40.81 (1:20.21) 10:58.28 (1:17.47)

Event 11 Men 80-84 400 SC Meter IM

1 **Don Leader** 80 **Oddicombe** **8:54.90 European Record**
1:09.55 2:23.66 (1:14.11) 3:30.72 (1:07.06) 4:36.01 (1:05.29)
5:46.48 (1:10.47) 6:55.90 (1:09.42) 7:55.77 (59.87) 8:54.90 (59.13)

2 John Davis 80 F H M Birmingham 10:45.00 9:46.69
1:13.97 2:45.21 (1:31.24) 3:55.67 (1:10.46) 5:02.46 (1:06.79)
6:19.46 (1:17.00) 7:34.20 (1:14.74) 8:40.83 (1:06.63) 9:46.69 (1:05.86)

Event 12 Women 19-24 100 SC Meter Backstroke

1 Sarah Martin 21 Teddington 1:16.00 1:18.69
38.00 1:18.69 (40.69)

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

2	Gemma Carr	22	Chelmsford	1:20.95	1:20.71
	39.14	1:20.71	(41.57)		
Event 12 Women 25-29 100 SC Meter Backstroke					
1	Emma Game	25	Chelmsford	1:18.20	1:18.05
	38.19	1:18.05	(39.86)		
2	Kelly Stocker	26	Bracknell & Wokingham	1:17.65	1:19.56
	38.64	1:19.56	(40.92)		
3	Lindsay Fenn	26	Barnet Copthall	1:49.50	1:27.66
	42.34	1:27.66	(45.32)		
Event 12 Women 30-34 100 SC Meter Backstroke					
1	Alison Usher	30	Evesham	1:11.58	1:11.33
	34.97	1:11.33	(36.36)		
2	Lucy Robinson	33	Barnet Copthall	1:23.47	1:22.32
	39.62	1:22.32	(42.70)		
Event 12 Women 35-39 100 SC Meter Backstroke					
1	Leonie Nicholson	38	Anaconda	1:36.00	1:33.17
	45.61	1:33.17	(47.56)		
Event 12 Women 40-44 100 SC Meter Backstroke					
1	Josie Hoare	42	Cannons Masters (St Albans)	1:47.00	1:41.71
	51.04	1:41.71	(50.67)		
Event 12 Women 45-49 100 SC Meter Backstroke					
1	Karen Brown	49	Brent Dolphins	1:58.28	2:02.96
	59.53	2:02.96	(1:03.43)		
Event 12 Women 50-54 100 SC Meter Backstroke					
1	Jackie Hughes	51	Lindum Mink	1:40.13	1:39.21
	47.91	1:39.21	(51.30)		
2	Jan Morse	53	Cannons Masters (St Albans)	1:45.00	1:42.88
	50.60	1:42.88	(52.28)		
3	Jeanette Benn	53	Barnet Copthall	2:00.00	1:59.43
	56.41	1:59.43	(1:03.02)		
Event 12 Women 55-59 100 SC Meter Backstroke					
1	Susie Breslin	57	Barnet Copthall	1:30.00	1:25.97
	42.73	1:25.97	(43.24)		
Event 12 Women 60-64 100 SC Meter Backstroke					
1	Joan Bailey	63	Bracknell & Wokingham	1:58.00	1:57.21
	57.41	1:57.21	(59.80)		
2	Jacqueline Ingram	61	F H M Birmingham	2:14.86	2:12.52
	1:02.83	2:12.52	(1:09.69)		
Event 12 Women 80-84 100 SC Meter Backstroke					
1	Daphne Gilbert	80	Brentwood	2:20.00	2:17.13
	1:07.65	2:17.13	(1:09.48)		
Event 13 Men 25-29 100 SC Meter Backstroke					
1	Joe Twyman	27	Barnet Copthall	1:09.49	1:06.47
	31.80	1:06.47	(34.67)		
Event 13 Men 30-34 100 SC Meter Backstroke					
1	Andrew Farrell	34	North Carolina (U.S.A.)	1:04.75	1:05.05
	31.55	1:05.05	(33.50)		
2	Dean Brown*	30	Colchester Phoenix	3:25.88	3:37.44
	1:46.68	3:37.44	(1:50.76)		

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

Event 13 Men 35-39 100 SC Meter Backstroke

1 Paul Stoves	36 Hatfield	1:12.57	1:07.63
32.72	1:07.63 (34.91)		

Event 13 Men 40-44 100 SC Meter Backstroke

1 Martin Hawley	40 Ealing	1:14.73	1:16.11
37.44	1:16.11 (38.67)		
2 John Nabarro	42 Luton	1:20.87	1:25.32
40.39	1:25.32 (44.93)		

Event 13 Men 45-49 100 SC Meter Backstroke

1 John Rittenhouse	46 Barnet Copthall	1:10.00	1:08.32
33.42	1:08.32 (34.90)		
2 Graham Powell	48 Luton	1:08.60	1:09.85
33.50	1:09.85 (36.35)		
3 Julian Meldrum	46 Out To Swim	1:23.20	1:22.36
39.50	1:22.36 (42.86)		
4 John Cochrane	47 City of Cambridge	1:24.53	1:24.60
40.91	1:24.60 (43.69)		

Event 13 Men 60-64 100 SC Meter Backstroke

1 Nigel Salsbury	64 Reading	1:26.70	1:23.98
40.21	1:23.98 (43.77)		
2 Mike Daniell	64 Bracknell & Wokingham	1:32.00	1:24.68
40.02	1:24.68 (44.66)		
3 Bruce Thompson	62 Barnet Copthall	1:36.00	1:36.98
46.71	1:36.98 (50.27)		
4 Paul Clarke	62 Luton	1:45.00	1:45.92
51.76	1:45.92 (54.16)		

Event 13 Men 65-69 100 SC Meter Backstroke

1 John Bamborough	65 Slough & Eton Dolphin	1:35.00	1:41.67
46.78	1:41.67 (54.89)		

Event 13 Men 70-74 100 SC Meter Backstroke

1 John Starr	70 Romford Town	1:42.00	1:37.31
47.28	1:37.31 (50.03)		
2 Janos Leigh	70 Romford Town	1:49.70	1:40.86
50.51	1:40.86 (50.35)		
3 Richard Harding	71 Spencer	1:50.00	1:47.83
51.82	1:47.83 (56.01)		

Event 13 Men 80-84 100 SC Meter Backstroke

1 John Davis	80 F H M Birmingham	1:54.00	1:54.03
57.09	1:54.03 (56.94)		
2 Harry Travis	82 Camden Swiss Cottage	2:30.00	2:26.95
1:11.43	2:26.95 (1:15.52)		

Event 14 Women 19-24 200 SC Meter Freestyle

1 Gemma Clunie	23 Reading	2:35.50	2:30.10
35.53	1:13.87 (38.34)	1:52.46 (38.59)	2:30.10 (37.64)
2 Rhiannon Guy	23 Reading	2:37.83	2:33.10
36.28	1:16.41 (40.13)	1:56.22 (39.81)	2:33.10 (36.88)
3 Lucy Mullan	24 Camden Swiss Cottage	2:46.00	2:37.92
36.04	1:16.05 (40.01)	1:57.14 (41.09)	2:37.92 (40.78)

Event 14 Women 25-29 200 SC Meter Freestyle

1 Emma Game	25 Chelmsford	2:20.08	2:24.35
34.03	1:10.25 (36.22)	1:47.67 (37.42)	2:24.35 (36.68)

Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results

2	Kelly Stocker		26	Bracknell & Wokingham	2:30.14	2:30.36
	34.55	1:12.23 (37.68)		1:51.17 (38.94)	2:30.36 (39.19)	
3	Kathryn Webb*		26	Colchester Phoenix	4:12.08	4:00.37
	56.92	1:57.56 (1:00.64)		2:58.43 (1:00.87)	4:00.37 (1:01.94)	

Event 14 Women 30-34 200 SC Meter Freestyle

1	Julie Sanders		32	Romford Town	2:26.00	2:26.16
	33.83	1:11.38 (37.55)		1:49.66 (38.28)	2:26.16 (36.50)	
2	Karen Brown		30	Spencer	2:45.00	2:53.08
	37.76	1:21.05 (43.29)		2:08.02 (46.97)	2:53.08 (45.06)	

Event 14 Women 35-39 200 SC Meter Freestyle

1	Lynne Dawson		37	Chapletown	2:37.00	2:30.83
	34.21	1:12.39 (38.18)		1:51.76 (39.37)	2:30.83 (39.07)	
2	Emma France		36	Guildford City	3:34.38	3:21.95
	46.69	1:37.88 (51.19)		2:30.15 (52.27)	3:21.95 (51.80)	
---	Leonie Nicholson		38	Anaconda	2:56.00	DQ
	41.54	1:23.32 (41.78)		2:07.68 (44.36)	DQ (42.98)	

Event 14 Women 40-44 200 SC Meter Freestyle

1	Tamsin Jaggs		44	Camden Swiss Cottage	2:41.25	2:28.75
	34.66	1:12.60 (37.94)		1:51.13 (38.53)	2:28.75 (37.62)	
2	Sharon Dawson		44	Witham Dolphins	2:33.97	2:34.33
	34.47	1:13.38 (38.91)		1:53.73 (40.35)	2:34.33 (40.60)	
3	Hannah Ueckermann		41	Witham Dolphins	2:35.60	2:44.86
	37.25	1:18.86 (41.61)		2:02.45 (43.59)	2:44.86 (42.41)	
4	Jenny Richards		42	Guildford City	3:33.47	3:26.04
	46.96	1:38.23 (51.27)		2:31.93 (53.70)	3:26.04 (54.11)	

Event 14 Women 45-49 200 SC Meter Freestyle

1	Margaret Smith		46	City of Milton Keynes	2:25.00	2:23.41
	33.28	1:09.92 (36.64)		1:47.17 (37.25)	2:23.41 (36.24)	
2	Graziella Doardo		49	Camden Swiss Cottage	3:50.00	3:45.95
	50.73	1:48.49 (57.76)		2:47.44 (58.95)	3:45.95 (58.51)	

Event 14 Women 50-54 200 SC Meter Freestyle

1	Jayne Ball		50	Barnet Copthall	2:28.00	2:32.84
	34.54	1:12.91 (38.37)		1:53.01 (40.10)	2:32.84 (39.83)	
2	Christine Ayers		51	City of Milton Keynes	3:00.00	2:54.90
	39.51	1:24.10 (44.59)		2:10.19 (46.09)	2:54.90 (44.71)	
3	Jennifer Merritt		53	Spondon	3:05.00	3:04.53
	42.44	1:28.63 (46.19)		2:16.40 (47.77)	3:04.53 (48.13)	
4	Liz Neale		52	City of Milton Keynes	3:40.00	3:27.49
	46.58	1:39.32 (52.74)		2:33.38 (54.06)	3:27.49 (54.11)	

Event 14 Women 55-59 200 SC Meter Freestyle

1	Judy Alden		58	Barnet Copthall	2:49.00	2:45.86
	37.75	1:20.42 (42.67)		2:03.42 (43.00)	2:45.86 (42.44)	
2	Lee Mac Donald		56	Diss Otters	3:23.61	3:27.40
	45.43	1:37.53 (52.10)		2:32.94 (55.41)	3:27.40 (54.46)	

Event 14 Women 60-64 200 SC Meter Freestyle

1	Joan Bailey		63	Bracknell & Wokingham	3:30.00	3:33.43
	49.30	1:44.01 (54.71)		2:39.68 (55.67)	3:33.43 (53.75)	
2	Iris Bellis		61	City of Milton Keynes	3:36.60	3:38.05
	48.80	1:43.14 (54.34)		2:40.48 (57.34)	3:38.05 (57.57)	
3	Frances Alvarez		63	Romford Town	3:43.79	3:40.76
	51.07	1:46.28 (55.21)		2:44.97 (58.69)	3:40.76 (55.79)	
4	Ann Broomfield		62	Cannons Masters (St Albans)	4:15.06	4:03.75
	56.24	1:58.44 (1:02.20)		3:01.73 (1:03.29)	4:03.75 (1:02.02)	

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

Event 14 Women 70-74 200 SC Meter Freestyle

1	Barbara Fentiman	70 Stadium Snappers Perth	3:10.60	3:07.46
	41.94	1:30.00 (48.06)	2:19.37 (49.37)	3:07.46 (48.09)
2	Pauline Wilkinson	71 Spencer	4:10.00	4:29.31
	57.78	2:07.87 (1:10.09)	3:20.50 (1:12.63)	4:29.31 (1:08.81)

Event 15 Men 19-24 200 SC Meter Freestyle

1	Anthony Mann	23 Teddington	2:20.00	2:20.20
	30.66	1:04.98 (34.32)	1:42.34 (37.36)	2:20.20 (37.86)

Event 15 Men 25-29 200 SC Meter Freestyle

1	Adam Freer	27 Camden Swiss Cottage	2:53.39	2:44.37
	36.70	1:19.11 (42.41)	2:02.54 (43.43)	2:44.37 (41.83)

Event 15 Men 30-34 200 SC Meter Freestyle

1	Michael Nelhams	33 Spencer	2:08.47	2:05.18
	29.50	1:01.44 (31.94)	1:34.10 (32.66)	2:05.18 (31.08)
2	Andrew Farrell	34 North Carolina (U.S.A.)	2:02.74	2:05.46
	28.84	1:00.49 (31.65)	1:33.33 (32.84)	2:05.46 (32.13)
3	Marcus Simpkins	30 Rushmoor Royals	2:10.00	2:06.92
	28.87	1:01.19 (32.32)	1:34.41 (33.22)	2:06.92 (32.51)
4	Peter Kavanagh	34 Camden Swiss Cottage	3:30.00	2:59.80
	39.26	1:25.07 (45.81)	2:13.64 (48.57)	2:59.80 (46.16)
5	Dean Brown*	30 Colchester Phoenix	6:58.32	7:16.63
	1:33.91	3:28.09 (1:54.18)	5:21.81 (1:53.72)	7:16.63 (1:54.82)

Event 15 Men 35-39 200 SC Meter Freestyle

1	Sean McQuaid	36 Barnet Copthall	2:05.00	2:08.06
	29.52	1:01.88 (32.36)	1:34.87 (32.99)	2:08.06 (33.19)
2	Paul Stoves	36 Hatfield	2:15.00	2:17.44
	31.31	1:06.00 (34.69)	1:42.13 (36.13)	2:17.44 (35.31)
3	Matthew James	38 Lindum Mink	2:29.92	2:31.20
	33.74	1:11.69 (37.95)	1:51.11 (39.42)	2:31.20 (40.09)
4	James Flack	35 F H M Birmingham	2:30.00	2:33.44
	34.36	1:13.34 (38.98)	1:53.40 (40.06)	2:33.44 (40.04)
5	Jon Thorne	39 Cannons Masters (St Albans)	2:35.00	2:34.42
	32.53	1:11.53 (39.00)	1:53.89 (42.36)	2:34.42 (40.53)
6	Glynn Smiley*	37 Colchester Phoenix	3:40.00	3:04.65
	41.05	1:28.32 (47.27)	2:16.68 (48.36)	3:04.65 (47.97)

Event 15 Men 40-44 200 SC Meter Freestyle

1	Mark Reynolds	41 Barnet Copthall	2:08.50	2:08.26
	29.42	1:01.31 (31.89)	1:34.18 (32.87)	2:08.26 (34.08)
2	Andrew Gristwood	40 Cleethorpes & District	2:09.00	2:09.06
	30.41	1:03.13 (32.72)	1:36.82 (33.69)	2:09.06 (32.24)
3	Andrew Byrne	41 Luton	2:23.00	2:18.80
	31.71	1:07.01 (35.30)	1:43.87 (36.86)	2:18.80 (34.93)
4	Adam Lelean	42 Diss Otters	2:25.93	2:23.27
	32.18	1:08.33 (36.15)	1:45.88 (37.55)	2:23.27 (37.39)
5	Martin Hawley	40 Ealing	2:21.92	2:25.23
	33.97	1:11.58 (37.61)	1:49.14 (37.56)	2:25.23 (36.09)

Event 15 Men 45-49 200 SC Meter Freestyle

1	John Rittenhouse	46 Barnet Copthall	2:20.00	2:14.73
	30.95	1:04.90 (33.95)	1:40.20 (35.30)	2:14.73 (34.53)
2	Malcolm Smith	46 Bridgend County	2:15.00	2:17.02
	30.68	1:04.55 (33.87)	1:39.88 (35.33)	2:17.02 (37.14)
3	David Shamp	46 Kingston Royals	2:25.00	2:19.31
	31.39	1:06.73 (35.34)	1:43.86 (37.13)	2:19.31 (35.45)

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

4	Stefan Major	31.10	1:05.67 (34.57)	46 Barnet Copthall	1:42.34 (36.67)	2:15.00	2:19.49 (37.15)
5	Keith Mann	32.34	1:09.34 (37.00)	48 Romford Town	1:48.41 (39.07)	2:20.00	2:26.95 (38.54)
6	Thomas Morrow	34.81	1:14.27 (39.46)	48 City of Milton Keynes	1:56.11 (41.84)	2:38.00	2:36.65 (40.54)
Event 15 Men 50-54 200 SC Meter Freestyle							
1	Peter Iles	33.33	1:11.61 (38.28)	51 City of Milton Keynes	1:50.04 (38.43)	2:30.00	2:28.83 (38.79)
2	Martin Appleby	37.18	1:18.31 (41.13)	51 Barnet Copthall	1:59.32 (41.01)	3:05.00	2:40.19 (40.87)
3	Stephen Prendergast	38.74	1:22.64 (43.90)	52 Barnet Copthall	2:09.16 (46.52)	3:00.00	2:56.34 (47.18)
Event 15 Men 55-59 200 SC Meter Freestyle							
1	Len Phoenix	34.74	1:14.34 (39.60)	55 Diss Otters	1:55.83 (41.49)	2:35.00	2:35.97 (40.14)
2	Stuart Mc Lellan	36.75	1:16.93 (40.18)	55 Sudbury & District	1:58.36 (41.43)	2:35.00	2:37.68 (39.32)
3	David Pitcock	41.49	1:27.53 (46.04)	55 Barnet Copthall	2:14.31 (46.78)	3:04.00	3:00.98 (46.67)
Event 15 Men 60-64 200 SC Meter Freestyle							
1	David Stavely	37.47	1:22.00 (44.53)	62 Hythe Aqua	2:06.96 (44.96)	2:46.00	2:50.07 (43.11)
Event 15 Men 65-69 200 SC Meter Freestyle							
1	Geoff Stokes	34.79	1:13.01 (38.22)	65 Rushmoor Royals	1:52.60 (39.59)	2:27.00	2:30.45 (37.85)
2	John Bamborough	40.01	1:26.42 (46.41)	65 Slough & Eton Dolphin	2:17.05 (50.63)	3:02.00	3:10.07 (53.02)
Event 15 Men 70-74 200 SC Meter Freestyle							
1	John Starr	39.30	1:23.21 (43.91)	70 Romford Town	2:08.35 (45.14)	2:53.00	2:49.53 (41.18)
2	Richard Harding	50.43	1:51.67 (1:01.24)	71 Spencer	2:57.41 (1:05.74)	3:45.00	4:02.34 (1:04.93)
Event 16 Women 19-24 200 SC Meter Butterfly							
1	Sarah Martin	40.31	1:27.30 (46.99)	21 Teddington	2:18.33 (51.03)	3:00.00	3:09.15 (50.82)
Event 16 Women 35-39 200 SC Meter Butterfly							
1	Emma France	54.96	1:56.36 (1:01.40)	36 Guildford City	2:59.18 (1:02.82)	4:20.24	4:03.83 (1:04.65)
Event 16 Women 40-44 200 SC Meter Butterfly							
1	Sandra Jones	37.70	1:21.64 (43.94)	40 Gloucester Masters	2:05.88 (44.24)	3:01.87	2:51.69 (45.81)
Event 16 Women 50-54 200 SC Meter Butterfly							
1	Jan Morse	51.78	1:56.01 (1:04.23)	53 Cannons Masters (St Albans)	3:03.28 (1:07.27)	3:57.00	4:10.69 (1:07.41)
2	Helen O' Leary	1:15.83	2:42.81 (1:26.98)	50 Phoenix (Ireland)	4:07.18 (1:24.37)	5:45.00	5:25.83 (1:18.65)
Event 16 Women 60-64 200 SC Meter Butterfly							
1	Georgie Hamilton	52.61	1:53.05 (1:00.44)	61 Barnet Copthall	2:52.89 (59.84)	3:48.00	3:51.95 (59.06)

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

Event 17 Men 19-24 200 SC Meter Butterfly

---	Anthony Mann	23	Teddington	2:40.00	DQ
	35.87	1:21.10 (45.23)	2:14.37 (53.27)	DQ (24.44)	

Event 17 Men 25-29 200 SC Meter Butterfly

1	Adam Acland	28	Teddington	2:20.00	2:35.35
	36.49	1:17.91 (41.42)	1:58.19 (40.28)	2:35.35 (37.16)	

Event 17 Men 40-44 200 SC Meter Butterfly

1	Andrew Gristwood	40	Cleethorpes & District	2:36.00	2:34.99
	34.91	1:14.78 (39.87)	1:55.89 (41.11)	2:34.99 (39.10)	

Event 17 Men 60-64 200 SC Meter Butterfly

1	Mike Daniell	64	Bracknell & Wokingham	3:20.00	3:18.60
	42.56	1:33.08 (50.52)	2:28.17 (55.09)	3:18.60 (50.43)	

Event 17 Men 70-74 200 SC Meter Butterfly

1	Seymour Banning	71	East Anglian Swallow Tails	3:27.00	3:31.47
	43.55	1:40.32 (56.77)	2:36.63 (56.31)	3:31.47 (54.84)	
2	Paul Alvarez	70	Romford Town	3:38.84	3:43.30
	48.78	1:45.48 (56.70)	2:45.41 (59.93)	3:43.30 (57.89)	

Event 17 Men 80-84 200 SC Meter Butterfly

1	<i>Don Leader</i>	80	<i>Oddicombe</i>	<u>4:52.61</u>	<u>European Record</u>
	1:08.37	2:24.89 (1:16.52)	3:40.76 (1:15.87)	4:52.61 (1:11.85)	

Event 18 Women 19-24 100 SC Meter Butterfly

1	Shelley Wakeling	24	Braintree & Bocking	1:17.01	1:13.20
	34.63	1:13.20 (38.57)			
2	Hayley Brown	21	Braintree & Bocking	1:13.26	1:15.06
	35.85	1:15.06 (39.21)			
3	Lucy Mullan	24	Camden Swiss Cottage	1:26.00	1:23.54
	37.40	1:23.54 (46.14)			
4	Sarah Martin	21	Teddington	1:18.00	1:26.28
	39.98	1:26.28 (46.30)			
5	Gemma Carr	22	Chelmsford	1:35.00	1:31.05
	42.23	1:31.05 (48.82)			

Event 18 Women 30-34 100 SC Meter Butterfly

1	Diane Rochford	32	Spencer	1:23.05	1:19.17
	36.19	1:19.17 (42.98)			
2	Karen Brown	30	Spencer	1:30.00	1:32.68
	44.75	1:32.68 (47.93)			

Event 18 Women 35-39 100 SC Meter Butterfly

1	Emma France	36	Guildford City	1:59.63	1:54.34
	54.16	1:54.34 (1:00.18)			

Event 18 Women 40-44 100 SC Meter Butterfly

1	Sandra Jones	40	Gloucester Masters	1:18.00	1:14.97
	35.69	1:14.97 (39.28)			
2	Tamsin Jaggs	44	Camden Swiss Cottage	1:24.60	1:18.78
	37.52	1:18.78 (41.26)			
3	Carolyn Riley	43	Grimsby Santa Marina	1:20.00	1:25.17
	38.31	1:25.17 (46.86)			
4	Valerie Bull	42	Diss Otters	1:26.24	1:28.84
	39.79	1:28.84 (49.05)			
5	Jenny Richards	42	Guildford City	2:22.00	2:16.65
	1:01.33	2:16.65 (1:15.32)			

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

Event 18 Women 45-49 100 SC Meter Butterfly

1	Margaret Smith	46	City of Milton Keynes	1:12.60	1:13.56
	35.09			1:13.56 (38.47)	
2	Sharon Mc Lellan	46	Sudbury & District	1:38.00	1:38.58
	46.51			1:38.58 (52.07)	

Event 18 Women 50-54 100 SC Meter Butterfly

1	Jeanette Benn	53	Barnet Copthall	2:05.00	2:12.60
	1:02.76			2:12.60 (1:09.84)	
2	Sally Bettinson	53	Diss Otters	2:13.72	2:14.74
	1:04.96			2:14.74 (1:09.78)	
3	Helen O' Leary	50	Phoenix (Ireland)	2:50.00	2:32.86
	1:13.06			2:32.86 (1:19.80)	

Event 18 Women 60-64 100 SC Meter Butterfly

1	Georgie Hamilton	61	Barnet Copthall	1:48.00	1:45.22
	50.99			1:45.22 (54.23)	

Event 19 Men 19-24 100 SC Meter Butterfly

1	Anthony Mann	23	Teddington	1:07.00	1:11.41
	32.85			1:11.41 (38.56)	

Event 19 Men 25-29 100 SC Meter Butterfly

1	Adam Acland	28	Teddington	1:02.80	1:10.44
	32.83			1:10.44 (37.61)	

Event 19 Men 35-39 100 SC Meter Butterfly

1	Jon Thorne	39	Cannons Masters (St Albans)	1:30.00	1:27.00
	43.65			1:27.00 (43.35)	

Event 19 Men 40-44 100 SC Meter Butterfly

1	John Nabarro	42	Luton	1:10.86	1:18.05
	35.65			1:18.05 (42.40)	

Event 19 Men 45-49 100 SC Meter Butterfly

1	Paul Morris	45	Basildon & District	1:03.00	1:02.21
	29.63			1:02.21 (32.58)	
2	Graham Powell	48	Luton	1:08.00	1:08.62
	32.11			1:08.62 (36.51)	

Event 19 Men 55-59 100 SC Meter Butterfly

1	Stuart Mc Lellan	55	Sudbury & District	1:25.00	1:27.39
	40.73			1:27.39 (46.66)	
2	David Pitcock	55	Barnet Copthall	1:35.00	1:34.54
	42.75			1:34.54 (51.79)	
3	Lawrence Faiman	57	Barnet Copthall	1:52.00	1:52.46
	50.61			1:52.46 (1:01.85)	

Event 19 Men 60-64 100 SC Meter Butterfly

1	Mike Daniell	64	Bracknell & Wokingham	1:22.00	1:22.64
	38.34			1:22.64 (44.30)	
2	Keith Ingram	64	F H M Birmingham	1:24.88	1:26.53
	39.82			1:26.53 (46.71)	
3	David Stavely	62	Hythe Aqua	1:31.00	1:37.85
	45.87			1:37.85 (51.98)	
4	Paul Clarke	62	Luton	1:46.00	1:46.40
	50.63			1:46.40 (55.77)	

Event 19 Men 70-74 100 SC Meter Butterfly

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

1	Seymour Banning	71	East Anglian Swallow Tails	1:27.00	1:31.54
	44.17		1:31.54 (47.37)		
2	Paul Alvarez	70	Romford Town	1:40.13	1:45.74
	49.73		1:45.74 (56.01)		

Event 19 Men 80-84 100 SC Meter Butterfly

1	Don Leader	80	Oddicombe	2:15.00	2:22.56
	1:06.45		2:22.56 (1:16.11)		

Event 20 Women 35-39 200 SC Meter Breaststroke

1	Elizabeth Shaw	38	Otter	3:15.00	3:09.50
	44.43		1:32.78 (48.35) 2:21.76 (48.98)	3:09.50 (47.74)	
2	Lynne Dawson	37	Chapletown	3:25.00	3:16.68
	46.04		1:36.22 (50.18) 2:27.06 (50.84)	3:16.68 (49.62)	

Event 20 Women 40-44 200 SC Meter Breaststroke

1	Hannah Ueckermann	41	Witham Dolphins	3:04.30	3:11.35
	44.86		1:32.65 (47.79) 2:23.02 (50.37)	3:11.35 (48.33)	
2	Sandra Jones	40	Gloucester Masters	3:20.00	3:13.70
	45.15		1:34.27 (49.12) 2:24.25 (49.98)	3:13.70 (49.45)	
3	Carolyn Fox	43	Reading	3:20.00	3:23.09
	46.52		1:38.62 (52.10) 2:31.73 (53.11)	3:23.09 (51.36)	

Event 20 Women 45-49 200 SC Meter Breaststroke

1	Jayne O'Brien	45	Oundle & District	2:58.00	3:05.49
	42.92		1:30.43 (47.51) 2:17.69 (47.26)	3:05.49 (47.80)	
2	Sara Perry	47	Anaconda	3:35.00	3:26.87
	49.20		1:42.79 (53.59) 2:35.89 (53.10)	3:26.87 (50.98)	

Event 20 Women 50-54 200 SC Meter Breaststroke

1	Christine Ayers	51	City of Milton Keynes	3:25.00	3:26.58
	47.36		1:38.95 (51.59) 2:33.94 (54.99)	3:26.58 (52.64)	
2	Jackie Hughes	51	Lindum Mink	3:28.50	3:27.43
	49.00		1:42.45 (53.45) 2:36.44 (53.99)	3:27.43 (50.99)	
3	Helen O'Leary	50	Phoenix (Ireland)	5:21.00	5:11.81
	1:12.94		2:32.39 (1:19.45) 3:52.39 (1:20.00)	5:11.81 (1:19.42)	

Event 20 Women 55-59 200 SC Meter Breaststroke

1	Lee Mac Donald	56	Diss Otters	4:17.21	4:27.98
	1:01.13		2:10.19 (1:09.06) 3:19.62 (1:09.43)	4:27.98 (1:08.36)	

Event 20 Women 60-64 200 SC Meter Breaststroke

1	Diane Ford	61	Rushmoor Royals	3:25.00	3:26.03
	47.05		1:38.26 (51.21) 2:32.34 (54.08)	3:26.03 (53.69)	
2	Matty Van Der Veen	60	Old Dutch (Netherlands)	3:35.54	<u>Dutch Record</u>
	49.58		1:44.30 (54.72) 2:41.11 (56.81)	3:35.54 (54.43)	

Event 20 Women 70-74 200 SC Meter Breaststroke

1	Pauline Wilkinson	71	Spencer	5:00.00	5:28.10
	1:13.38		2:38.70 (1:25.32) 4:05.63 (1:26.93)	5:28.10 (1:22.47)	

Event 21 Men 25-29 200 SC Meter Breaststroke

1	Stephen Wood	28	City of Milton Keynes	3:04.00	2:58.44
	40.21		1:25.62 (45.41) 2:13.08 (47.46)	2:58.44 (45.36)	
2	Adam Freer	27	Camden Swiss Cottage	3:03.43	3:02.30
	42.29		1:28.44 (46.15) 2:16.14 (47.70)	3:02.30 (46.16)	

Event 21 Men 30-34 200 SC Meter Breaststroke

1	Michael Nelhams	33	Spencer	2:37.54	2:37.29
	36.16		1:16.52 (40.36) 1:58.05 (41.53)	2:37.29 (39.24)	

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

2 Philip Albright	34 Bracknell & Wokingham	3:10.00	3:05.27
42.09 1:30.08 (47.99)	2:18.56 (48.48)	3:05.27 (46.71)	

Event 21 Men 35-39 200 SC Meter Breaststroke

1 Marcel Scholten	38 Modernians	2:40.00	2:38.66
35.55 1:16.54 (40.99)	1:57.49 (40.95)	2:38.66 (41.17)	

Event 21 Men 40-44 200 SC Meter Breaststroke

1 Russell Simpson	42 Camden Swiss Cottage	2:59.50	3:00.77
39.72 1:25.60 (45.88)	2:14.17 (48.57)	3:00.77 (46.60)	
2 Andrew Gristwood	40 Cleethorpes & District	3:00.00	3:02.95
42.25 1:27.84 (45.59)	2:15.78 (47.94)	3:02.95 (47.17)	
3 Adam Lelean	42 Diss Otters	3:08.98	3:07.81
43.05 1:32.80 (49.75)	2:20.33 (47.53)	3:07.81 (47.48)	

Event 21 Men 45-49 200 SC Meter Breaststroke

1 Barry O'Brien	47 Oundle & District	2:36.40	2:39.14
37.17 1:17.63 (40.46)	1:59.36 (41.73)	2:39.14 (39.78)	
2 Thomas Morrow	48 City of Milton Keynes	2:55.00	2:51.74
40.26 1:23.92 (43.66)	2:08.96 (45.04)	2:51.74 (42.78)	
3 Nick Hunt	48 Chelmsford	2:57.00	2:51.91
41.19 1:26.40 (45.21)	2:09.42 (43.02)	2:51.91 (42.49)	
4 Malcolm Barton	49 Luton	2:56.00	3:00.59
40.49 1:26.22 (45.73)	2:13.44 (47.22)	3:00.59 (47.15)	
5 John Cochrane	47 City of Cambridge	3:10.52	3:10.45
43.78 1:32.08 (48.30)	2:21.00 (48.92)	3:10.45 (49.45)	
6 Bill Gristwood	45 Hartham Masters	3:20.00	3:18.32
45.33 1:35.80 (50.47)	2:27.57 (51.77)	3:18.32 (50.75)	
7 Julian Meldrum	46 Out To Swim	3:25.00	3:27.97
47.63 1:39.69 (52.06)	2:33.92 (54.23)	3:27.97 (54.05)	
--- Steve Canning	48 Hampshire North	3:30.00	DQ
50.08 1:44.37 (54.29)	2:40.16 (55.79)	DQ (53.61)	

Event 21 Men 60-64 200 SC Meter Breaststroke

1 Paul Clarke	62 Luton	3:47.00	3:50.43
54.04 1:54.07 (1:00.03)	2:55.37 (1:01.30)	3:50.43 (55.06)	

Event 21 Men 70-74 200 SC Meter Breaststroke

1 Paul Alvarez	70 Romford Town	3:38.04	3:45.62
49.31 1:47.47 (58.16)	2:47.68 (1:00.21)	3:45.62 (57.94)	
2 Neil Howell	72 East Anglian Swallow Tails	4:15.45	4:17.69
58.41 2:05.67 (1:07.26)	3:12.54 (1:06.87)	4:17.69 (1:05.15)	

Event 21 Men 75-79 200 SC Meter Breaststroke

1 Robert Curr	75 Serpentine	4:55.00	5:09.66
1:06.68 2:29.36 (1:22.68)	3:53.54 (1:24.18)	5:09.66 (1:16.12)	

Event 21 Men 80-84 200 SC Meter Breaststroke

1 John Davis	80 F H M Birmingham	4:23.00	4:34.20
1:02.23 2:14.96 (1:12.73)	3:24.38 (1:09.42)	4:34.20 (1:09.82)	

Event 22 Women 19-24 100 SC Meter Freestyle

1 Shelley Wakeling	24 Braintree & Bocking	1:03.89	1:04.90
31.76 1:04.90 (33.14)			
2 Hayley Brown	21 Braintree & Bocking	1:08.84	1:11.00
33.80 1:11.00 (37.20)			

Event 22 Women 25-29 100 SC Meter Freestyle

1 Kelly Stocker	26 Bracknell & Wokingham	1:07.65	1:07.92
32.77 1:07.92 (35.15)			

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

2	Emma Game	25	Chelmsford	1:05.01	1:10.30
	33.48	1:10.30	(36.82)		
3	Lindsay Fenn	26	Barnet Copthall	1:32.00	1:18.08
	36.89	1:18.08	(41.19)		
4	Sarah Mackintosh	26	Romford Town	1:32.08	1:28.02
	41.93	1:28.02	(46.09)		
5	Kathryn Webb*	26	Colchester Phoenix	1:59.07	1:58.17
	57.43	1:58.17	(1:00.74)		

Event 22 Women 30-34 100 SC Meter Freestyle

1	Lucy Robinson	33	Barnet Copthall	1:13.84	1:13.90
	35.25	1:13.90	(38.65)		
2	Karen Brown	30	Spencer	1:13.00	1:14.46
	36.07	1:14.46	(38.39)		

Event 22 Women 35-39 100 SC Meter Freestyle

1	Lynne Dawson	37	Chapletown	1:08.00	1:07.77
	33.00	1:07.77	(34.77)		
2	Elizabeth Shaw	38	Otter	1:13.00	1:12.19
	35.47	1:12.19	(36.72)		
3	Leonie Nicholson	38	Anaconda	1:19.78	1:18.49
	37.66	1:18.49	(40.83)		
4	Emma France	36	Guildford City	1:39.31	1:36.71
	46.67	1:36.71	(50.04)		

Event 22 Women 40-44 100 SC Meter Freestyle

1	Tamsin Jaggs	44	Camden Swiss Cottage	1:12.50	1:07.62
	32.33	1:07.62	(35.29)		
2	Carolyn Riley	43	Grimsby Santa Marina	1:10.00	1:11.33
	33.90	1:11.33	(37.43)		
3	Carolyn Fox	43	Reading	1:11.00	1:12.36
	35.11	1:12.36	(37.25)		
4	Jenny Richards	42	Guildford City	1:35.36	1:35.62
	44.24	1:35.62	(51.38)		

Event 22 Women 45-49 100 SC Meter Freestyle

1	Sara Perry	47	Anaconda	1:18.00	1:16.48
	36.48	1:16.48	(40.00)		
2	Sharon Mc Lellan	46	Sudbury & District	1:22.50	1:23.87
	41.04	1:23.87	(42.83)		

Event 22 Women 50-54 100 SC Meter Freestyle

1	Jeanette Benn	53	Barnet Copthall	1:40.00	1:39.58
	49.61	1:39.58	(49.97)		

Event 22 Women 55-59 100 SC Meter Freestyle

1	Lee Mac Donald	56	Diss Otters	1:30.91	1:34.61
	43.99	1:34.61	(50.62)		

Event 22 Women 60-64 100 SC Meter Freestyle

1	Joan Bailey	63	Bracknell & Wokingham	1:40.00	1:38.67
	47.20	1:38.67	(51.47)		
2	Iris Bellis	61	City of Milton Keynes	1:40.00	1:43.01
	48.12	1:43.01	(54.89)		
3	Frances Alvarez	63	Romford Town	1:43.78	1:43.99
	46.68	1:43.99	(57.31)		
4	Ann Broomfield	62	Cannons Masters (St Albans)	2:00.00	1:55.00
	55.22	1:55.00	(59.78)		

Event 22 Women 70-74 100 SC Meter Freestyle

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

1	Pauline Wilkinson	71	Spencer	2:00.00	2:05.26
	59.63	2:05.26	(1:05.63)		
Event 22 Women 80-84 100 SC Meter Freestyle					
1	Daphne Gilbert	80	Brentwood	2:08.00	2:07.35
	1:00.49	2:07.35	(1:06.86)		
Event 23 Men 19-24 100 SC Meter Freestyle					
1	Anthony Mann	23	Teddington	1:01.00	1:02.14
	29.85	1:02.14	(32.29)		
Event 23 Men 25-29 100 SC Meter Freestyle					
1	Joe Twyman	27	Barnet Copthall	59.98	59.63
	27.93	59.63	(31.70)		
2	Adam Acland	28	Teddington	58.00	1:04.68
	29.25	1:04.68	(35.43)		
Event 23 Men 30-34 100 SC Meter Freestyle					
1	Andrew Farrell	34	North Carolina (U.S.A.)	55.75	57.27
	27.30	57.27	(29.97)		
2	Michael Nelhams	33	Spencer	58.49	1:01.80
	29.52	1:01.80	(32.28)		
3	Dean Brown*	30	Colchester Phoenix	3:19.16	3:29.16
	1:32.42	3:29.16	(1:56.74)		
Event 23 Men 35-39 100 SC Meter Freestyle					
1	Marcel Scholten	38	Modernians	58.50	57.10
	27.63	57.10	(29.47)		
2	Sean McQuaid	36	Barnet Copthall	56.20	57.32
	27.67	57.32	(29.65)		
3	Paul Stoves	36	Hatfield	1:01.15	1:00.40
	29.14	1:00.40	(31.26)		
4	Jon Thorne	39	Cannons Masters (St Albans)	1:05.00	1:07.05
	32.11	1:07.05	(34.94)		
5	Jonathan Milne	35	Barnet Copthall	1:22.00	1:20.85
	36.10	1:20.85	(44.75)		
6	Glynn Smiley*	37	Colchester Phoenix	1:18.69	1:21.67
	36.96	1:21.67	(44.71)		
Event 23 Men 40-44 100 SC Meter Freestyle					
1	Mark Reynolds	41	Barnet Copthall	57.50	57.18
	27.55	57.18	(29.63)		
2	Jim Hobsley	44	Barnet Copthall	58.50	59.12
	27.66	59.12	(31.46)		
3	Andrew Gristwood	40	Cleethorpes & District	1:00.00	1:00.57
	29.60	1:00.57	(30.97)		
4	Terry Wright	43	Bracknell & Wokingham	1:01.49	1:00.98
	29.38	1:00.98	(31.60)		
5	Andrew Byrne	41	Luton	1:02.03	1:02.26
	30.27	1:02.26	(31.99)		
6	John Nabarro	42	Luton	1:06.68	1:10.06
	33.78	1:10.06	(36.28)		
Event 23 Men 45-49 100 SC Meter Freestyle					
1	Paul Morris	45	Basildon & District	1:00.00	1:01.72
	29.61	1:01.72	(32.11)		
2	John Rittenhouse	46	Barnet Copthall	1:03.00	1:01.91
	29.77	1:01.91	(32.14)		
3	Stefan Major	46	Barnet Copthall	1:02.00	1:02.08
	29.94	1:02.08	(32.14)		

**Barnet Copthall Masters Distance Meet - 24/07/04 to 25/07/04 - www.UptheBeavers.com
Results**

4	Julian Meldrum	46	Out To Swim	1:12.07	1:11.07
	34.10	1:11.07	(36.97)		
5	Bill Gristwood	45	Hartham Masters	1:20.00	1:20.57
	38.82	1:20.57	(41.75)		

Event 23 Men 50-54 100 SC Meter Freestyle

1	Peter Iles	51	City of Milton Keynes	1:08.00	1:08.47
	32.77	1:08.47	(35.70)		
2	Martin Appleby	51	Barnet Copthall	1:15.00	1:12.59
	35.15	1:12.59	(37.44)		
3	Stephen Prendergast	52	Barnet Copthall	1:15.00	1:13.99
	34.40	1:13.99	(39.59)		

Event 23 Men 55-59 100 SC Meter Freestyle

1	Stuart Mc Lellan	55	Sudbury & District	1:10.00	1:10.95
	34.02	1:10.95	(36.93)		
2	David Pitcock	55	Barnet Copthall	1:24.00	1:19.06
	36.74	1:19.06	(42.32)		

Event 23 Men 60-64 100 SC Meter Freestyle

1	Keith Ingram	64	F H M Birmingham	1:09.99	1:10.11
	33.36	1:10.11	(36.75)		

Event 23 Men 65-69 100 SC Meter Freestyle

1	Geoff Stokes	65	Rushmoor Royals	1:08.00	1:08.57
	33.51	1:08.57	(35.06)		

Event 23 Men 70-74 100 SC Meter Freestyle

1	Janos Leigh	70	Romford Town	1:29.40	1:22.53
	40.60	1:22.53	(41.93)		
2	Seymour Banning	71	East Anglian Swallow Tails	1:21.00	1:22.55
	40.21	1:22.55	(42.34)		
3	Richard Harding	71	Spencer	1:45.00	1:48.35
	51.13	1:48.35	(57.22)		
4	Neil Howell	72	East Anglian Swallow Tails	1:54.61	1:56.15
	52.39	1:56.15	(1:03.76)		

Event 23 Men 75-79 100 SC Meter Freestyle

1	Robert Curr	75	Serpentine	2:10.00	2:15.11
	59.83	2:15.11	(1:15.28)		