

HERTS MASTERS

Saturday 26th June 2010

Event	Dist	Stroke	Age	Swimmer	Pos	Time	Splits
2	100m	IM	35-39yrs	Rob Sewell	3	1 29.36	(17.51/24.64/27.03/20.18)
			45-49yrs	Wray Shewell-Cooper	1	1 10.49	(14.70/17.84/20.68/17.27)
			55-59yrs	Ian Bays	1	1 26.41	(17.20/23.92/25.80/19.49)
3	50m	Back	45-49yrs	Cate Jackson	1	35.23	(17.59/17.64)
			70-74yrs	Jackie Jackson	1	CR 52.05	(24.11/27.94)
4	50m	Back	45-49yrs	Wray Shewell-Cooper	1	33.69	(16.71/16.98)
				Martin Higgins	2	36.02	(17.20/18.82)
			55-59yrs	Ian Bays	1	44.95	(21.63/23.32)
6	50m	Breast	40-44yrs	Chris Andrew	2	36.62	(16.45/20.17)
			45-49yrs	Wray Shewell-Cooper	2	36.62	(16.93/19.69)
				Jonathan Refson	4	39.72	PB(1.7s) (17.64/22.08)
			55-59yrs	Ian Bays	1	39.77	(18.97/20.80)
7	50m	Fly	40-44yrs	Tracy Seal	3	39.49	PB(5.9s) (17.70/21.79)
			45-49yrs	Cate Jackson	1	33.31	(15.56/17.75)
8	50m	Fly	35-39yrs	Rob Sewell	3	38.72	(17.72/21.00)
			40-44yrs	John Cunningham	1	CR/ER 27.02	(12.66/14.36)
			45-49yrs	Wray Shewell-Cooper	3	31.71	(14.64/17.07)
			55-59yrs	Ian Bays	1	35.83	(16.80/19.03)
9	50m	Free	40-44yrs	Tracy Seal	6	36.05	PB(4.5s) (17.00/19.05)
			45-49yrs	Cate Jackson	1	29.90	(14.61/15.29)
			70-74yrs	Jackie Jackson	1	CR/ER 40.92	(18.83/22.09)
10	50m	Free	35-39yrs	Rob Sewell	2	31.77	(15.69/16.08)
			40-44yrs	John Cunningham	1	CR 25.37	(12.34/13.03)
				Daryl Mason	2	25.98	(12.61/13.37)
				Chris Andrew	4	27.99	(13.51/14.48)
			45-49yrs	Wray Shewell-Cooper	3	28.91	(14.23/14.68)
				Martin Higgins	5	30.21	(14.52/15.69)
				Jonathan Refson	7	31.01	PB(1.7s) (14.87/16.14)
	50-54yrs	Ed Lawson	8	35.20	PB(0.3s) (16.89/18.31)		
	55-59yrs	Ian Bays	1	34.52	(16.69/17.83)		
11	4x25m	Free Relay		Tracy Seal	1	15.74	
				Bronwen Hardy		18.03	PB(0.6s)
				Dani Harrison		15.95	
				Cate Jackson		<u>13.53</u>	PB(1.1s)
					1 03.29		
12	4x25m	Free Relay		John Cunningham	1	CR 11.78	
				Chris Andrew		12.62	
				Daryl Mason		11.30	
				Wray Shewell-Cooper		<u>12.74</u>	
						48.55	
				Rob Sewell	4	13.84	PB(0.1s)
				Julian Swindale		13.45	
	Eugene Gormley		14.49	PB(0.2s)			
			<u>13.27</u>				
					55.05		

HERTS MASTERS

Saturday 26th June 2010

Event	Dist	Stroke	Age	Swimmer	Pos	Time	Splits
				Ed Lawson	6	16.17	PB(0.3s)
				Andy Gardner		14.09	PB(0.0s)
				Phil Longley		15.57	
				Jonathan Refson		<u>13.81</u>	
						59.63	
14	4x50m	Free Relay		John Cunningham	1	25.63	
				Chris Andrew		27.73	
				Daryl Mason		25.41	
				Wray Shewell-Cooper		<u>28.60</u>	
						1 47.68	
				Ed Lawson	2	37.31	
				Andy Gardner		32.89	PB(1.3s)
				Phil Longley		36.16	
				Jonathan Refson		<u>32.39</u>	
						2 18.82	
				Rob Sewell	DQ	31.90	
				Eugene Gormley		32.05	PB(1.6s)
				Julian Swindale		29.06	PB(3.7s)
				Martin Higgins		<u>29.47</u>	
						2 02.48	
15	4x25m	Medley Relay		Cate Jackson	1	16.97	PB(0.5s)
				Daryl Mason		15.10	
				John Cunningham		12.29	PB(0.0s)
				Dani Harrison		<u>15.87</u>	
						1 00.29	
				Bronwen Hardy	6	20.96	
				Chris Andrew		16.60	
				Wray Shewell-Cooper		14.07	
				Tracy Seal		<u>15.57</u>	PB(0.2s)
						1 07.28	
				Championship Records (CR)	5		
				East Region Record (ER)	2		
				First Places	18		
				Second Places	6		
				Third Places	5		
				Overall Club Position	4th	(Out of 13)	