

Copthall Masters Sprints 4th September 2011

Dist	Stroke	Age	Swimmer	Pos	Time	Splits
100m	IM	Ladies	25-29 Nicola Lawrence	4	1 25.00 NPT	
199m	Fly	Men	50-54 Wray Shewell-Cooper	1	1 12.03	(32.43/39.60)
			60-64 Ian Bays	1	1 27.81 NPT	(41.70/46.11)
50m	Fly	Ladies	25-29 Nicola Lawrence	4	35.81	
			35-39 Dani Harrison	2	36.12	
50m	Breast	Men	45-49 Jonathan Refson	1	39.34	
			50-54 Wray Shewell-Cooper	1	36.32	
			60-64 Ian Bays	1	40.49	
50m	Free	Men	18-24 Simon Bays	2	29.85	
			45-49 Jonathan Refson	1	31.16	
			50-54 Wray Shewell-Cooper	1	29.23	
100m	Free	Ladies	35-39 Dani Harrison	3	1 12.66	(34.31/38.35)
4x50m	Free	Mixed	160-199 Jonathan Refson	2	32.44	
			Nicola Lawrence		31.44 PB (2.0s)	
			Dani Harrison		33.06	
			Wray Shewell-Cooper		28.07	
4x50m	Medley	Mixed	160-199 Wray Shewell-Cooper	3	33.98	
			Nicola Lawrence		43.41	
			Dani Harrison		37.27	
			Jonathan Refson		30.89	
100m	IM	Men	18-24 Simon Bays	1	1 24.09 NPT	
			50-54 Wray Shewell-Cooper	1	1 09.99	
			60-64 Ian Bays	1	1 30.45	
50m	Fly	Men	40-44 John Cunningham	1	27.01	CQT
			50-54 Wray Shewell-Cooper	2	31.89	
			60-64 Ian Bays	1	37.37	
50m	Breast	Ladies	25-29 Nicola Lawrence	4	42.78	
100m	Breast	Men	60-64 Ian Bays	1	1 35.28	(44.78/50.50)
50m	Back	Men	18-24 Simon Bays	1	38.99	
			50-54 Wray Shewell-Cooper	1	34.26	
50m	Free	Ladies	25-29 Nicola Lawrence	9	33.18	
			35-39 Dani Harrison	2	33.12	
100m	Free	Men	45-49 Jonathan Refson	2	1 10.66 PB (0.9s)	(33.10/37.56)
			50-54 Wray Shewell-Cooper	1	1 02.38	(29.94/32.44)
			60-64 Ian Bays	2	1 23.64	(40.19/43.45)

Swims	35
First Places	16
Second Places	7
Third Places	2
Personal Bests	2
No Previous Times	3
County Qualifying Times	1
	14%