

T30 2013/14

Dear Club members,

Firstly, well done to everyone who participated. Distance sessions are not everybody's cup of tea, but I think many of

The results for those people who entered the competition are summarised on the second sheet. We did very well and medals for both teams and individuals.

I have collated the splits from all the sheets that were returned and they are presented on the third sheet of this work all participants as well as the standard deviation (SD) from this average. The SD will give you an idea of how repeatable time (i.e. the swimmer with the best pace control) was +/- 0.6 seconds per 50m.

If you want to look at the results for the entire competition and benchmark yourself against everyone who entered, you (below) and look at

<http://www.swimming.org/britishswimming/masters/t-30-challenge/>

Hopefully we can do it again next year and more of you will be encouraged to enter the main competition

If anyone has any comments or suggestions, then please don't hesitate to pass them on to me, Simon or any of the other

Brian Armstrong

Gloucester Masters SC – 2013 T30 Results Summary

4 Gold (2 Age Group Records); 2 Silver; 1 Bronze

Individual Results		
Ladies	Age Category	Position
Zoe Bartholomew	18-24	4 th
Clare Turner	25-29	1 st
Hannah Maycock	25-29	5 th
Kate Nimmo	35-39	1 st = Age Group Record
Kim John	50-54	6 th
Jayne Ball	55-59	1 st Age Group Record
Gillian Ferris	55-59	4 th
Anne Nicholls	55-59	5 th
Penny Hickson	55-59	8 th =

Men	Age Category	Position
Oli Barnes	30-34	2 nd
Nigel Smith	35-39	7 th
Tony Coleby	40-44	7 th
John Myatt	40-44	9 th
Brian Armstrong	50-54	3 rd
John Anderson	50-54	10 th =
Colin Stephenson	55-59	2 nd
Nick McDowall	60-64	4 th
Tony Cherrington	70-74	1 st

4 Gold (2 Age Group Records); 1 Silver; 1 Bronze; 2 4th places

Team Results		
Ladies Age Category	Team	Position
72 year plus	Kate Nimmo	1st Age Group Record
	Clare Turner	
	Zoe Bartholomew	
	Hannah Maycock	
200-239	Jayne Ball	2 nd
	Gillian Ferris	
	Anne Nicholls	
	Kim John	
Men Age Category	Team	Position
160-199	Oli Barnes	4 th
	Tony Coleby	
	Nigel Smith	
	Brian Armstrong	
249-279	Colin Stephenson	1 st
	Nick McDowall	
	Tony Cherrington	
	John Anderson	

Mixed Age Category	Team	Position
120-159	Kate Nimmo	1 st
	Clare Turner	
	Oli Barnes	
	Colin Stephenson	
120-159	Zoe Bartholomew	4 th
	Hannah Maycock	
	John Anderson	
	Nigel Smith	
200-239*	Anne Nicholls	3 rd
	Kim John	
	Nick McDowall	
	Tony Coleby	
240-279	Jayne Ball	1 st Age Group Record
	Gillian Ferris	
	Brian Armstrong	
	Tony Cherrington	

Clare Turner
29

00:41.33
00:02.08
2180

Chris Whittaker

01:01.90
00:22.16
1450

Julie Whittaker
56

01:06.67
00:05.14
1350

Carol Woodward
40

00:47.37
00:01.85
1900

Splits	totals	Splits	totals	Splits	totals	Splits	totals
00:38.75	00:38.75	00:38.00	00:38.00	00:58.37	00:58.37	00:43.57	00:43.57
00:42.95	01:21.70	00:31.00	01:09.00	01:02.63	02:01.00	00:44.43	01:28.00
00:38.96	02:00.66	01:03.00	02:12.00	01:06.00	03:07.00	00:46.00	02:14.00
00:39.70	02:40.36	00:52.00	03:04.00	01:05.00	04:12.00	00:46.00	03:00.00
00:41.30	03:21.66	00:51.00	03:55.00	01:05.00	05:17.00	00:47.00	03:47.00
00:40.49	04:02.15	00:50.00	04:45.00	01:07.00	06:24.00	00:47.00	04:34.00
00:43.45	04:45.60	01:09.00	05:54.00	01:06.00	07:30.00	00:49.00	05:23.00
00:38.86	05:24.46	00:52.00	06:46.00	01:04.00	08:34.00	00:49.00	06:12.00
00:40.97	06:05.43	01:44.00	08:30.00	01:06.00	09:40.00	00:49.00	07:01.00
00:41.49	06:46.92	00:52.00	09:22.00	01:07.00	10:47.00	00:50.00	07:51.00
00:41.41	07:28.33	00:53.00	10:15.00	01:06.00	11:53.00	00:46.00	08:37.00
00:41.38	08:09.71	01:49.00	12:04.00	01:01.00	12:54.00	00:47.00	09:24.00
00:43.34	08:53.05	00:50.00	12:54.00	01:11.00	14:05.00	00:45.00	10:09.00
00:39.29	09:32.34	00:50.00	13:44.00	01:05.00	15:10.00	00:46.00	10:55.00
00:41.41	10:13.75	00:54.00	14:38.00	01:08.00	16:18.00	00:45.00	11:40.00
00:42.96	10:56.71	01:26.00	16:04.00	01:08.00	17:26.00	00:48.00	12:28.00
00:39.94	11:36.65	00:48.00	16:52.00	01:06.00	18:32.00	00:46.00	13:14.00
00:40.45	12:17.10	02:06.00	18:58.00	01:06.00	19:38.00	00:46.00	14:00.00
00:42.25	12:59.35	00:51.00	19:49.00	01:07.00	20:45.00	00:48.00	14:48.00
00:41.66	13:41.01	00:50.00	20:39.00	01:05.00	21:50.00	00:48.00	15:36.00
00:40.44	14:21.45	00:57.00	21:36.00	01:22.00	23:12.00	00:47.00	16:23.00
00:39.29	15:00.74	00:54.00	22:30.00	01:18.00	24:30.00	00:49.00	17:12.00
00:41.66	15:42.40	01:42.00	24:12.00	00:56.00	25:26.00	00:49.00	18:01.00
00:42.13	16:24.53	00:53.00	25:05.00	01:04.00	26:30.00	00:49.00	18:50.00
00:41.29	17:05.82	00:52.00	25:57.00	01:10.00	27:40.00	00:49.00	19:39.00
00:41.60	17:47.42	00:53.00	26:50.00	01:12.00	28:52.00	00:49.00	20:28.00
00:41.97	18:29.39	00:54.00	27:44.00	01:08.00	30:00.00	00:49.00	21:17.00
00:41.08	19:10.47	01:09.00	28:53.00			00:49.00	22:06.00
00:41.33	19:51.80	01:02.00	29:55.00			00:53.00	22:59.00
00:42.35	20:34.15					00:46.00	23:45.00
00:41.23	21:15.38					00:47.00	24:32.00
00:41.56	21:56.94					00:48.00	25:20.00
00:42.55	22:39.49					00:45.00	26:05.00
00:51.71	23:31.20					00:47.00	26:52.00
00:37.98	24:09.18					00:47.00	27:39.00
00:41.26	24:50.44					00:49.00	28:28.00
00:40.84	25:31.28					00:46.00	29:14.00
00:41.06	26:12.34					00:46.00	30:00.00
00:40.92	26:53.26						
00:40.76	27:34.02						
00:40.37	28:14.39						
00:39.85	28:54.24						
00:41.29	29:35.53						

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