

"MASTERS SWIMMING AND HOW TO SURVIVE IT!"

On Saturday November 26th the 22nd Berkshire and South Buckinghamshire
ASA Short Course Masters Meet.

From on the deckfrom Coach Tony Pearce

3 Golds

Robin Wiseman(35-39 year Age Group) 200 Free

Bridget Trefgarne(45-49 Year Age Group) 200 Back - Bridget broke the Championship record in
2:51.40

Tony Pearce(65-69 Year Age Group) 50 Free

4 Silvers

Tony Pearce(65-69 Year Age Group) 200 and 100 Free

Bridget Trefgarne(45-49 Year Age Group) 100 Back

Rupert Trefgarne(35-39 Year Age Group) 50 Fly

2 Bronzes

Ian Macara(30-34 Year Age Group)200 Free and 100 IM

Special mention must go to Fergal Supple(45-49 Year Age Group) who
awarded himself with an overall gold medal with tremendous swims in the 200
Free, 100 Free, 50 Breast and the 100 IM. What a great competitor he is.

Oh! By the wayand a good time was had by all!!!

Sunday November 27th Barnet Copthall Short Course 1500 Free
Masters Meet

.....and from in the pool

1 Gold

Tony Pearce