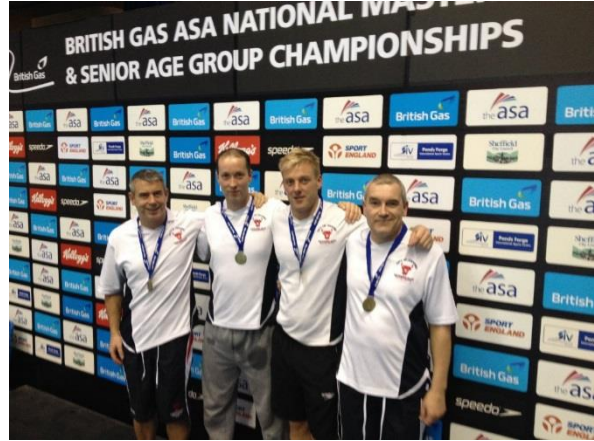


COSC Press Release

Andy and Heather Nisbet

British Gas ASA National Masters and Senior Age Group Championships

City of Oxford swimmers were in medal winning form at the British Gas ASA National Masters and Senior Age Group Championships held at Ponds Forge, Sheffield from 24th to 26th October. Leading the way with a new British Record in the combined 160+ age group category for the Men's 4 x 200m freestyle relay were David Denny, Nicholas Bridge, Matthew Gomez and Christopher Aust, in a time of 8.24.82. The quartet also won further gold medals in the 4 x 100m medley relay in a time of 4.09.41 and the 4 x 100m freestyle in a time of 3.45.30, with an additional bronze in the 4 x 50m freestyle relay in 1.43.11.



The quartet continued in their medal winning form in their respective individual events. Denny in the Men's 35/39 age category with 3 gold medals in the 400m Individual Medley (4.52.38), 800m freestyle (8.54.48), and 200m butterfly (2.13.64) and bronze in the 100m butterfly (1.00.54). Gomez struck gold in the Men's 45/49 age category in the 200m Individual Medley (2.26.71), with silvers in the 400m IM (5.23.94) and 100m IM (1.07.12), and bronze in the 100m breaststroke (1.14.41). Aust picked up 4 further silvers in the Men's 30/34 age category in the 50 butterfly (25.81), 50m freestyle (23.50), 200m IM (2.14.10) and 50m breaststroke (29.27). Not to be outdone Bridge picked up silver in the Men's 40/44 age category in the 100m backstroke (1.04.50) and 3 bronzes in the 200m backstroke (2.23.48), 50m butterfly (28.06) and 50m backstroke (30.08).

Also winning gold were Marcos Braga Vieria in the Men's 25/29 Age Group for the 200m IM (2.13.95) and 50m freestyle (23.40) and Erzsebet Nagy in the Women's 25/29 Age category in the 100m breaststroke (1.13.36) and 50m breaststroke (34.16).

City's other medal winners were:

Silver

Mathew Everett, Marcos Braga Vieria, Christopher Johansen and Jonathan Richards: Men's 4 x 100m Medley Relay 120+ age category, 4.15.72

Bronze:

Harriet Lambourne, Erzsebet Nagy, Felicity Hurst and Zsuzanna Felvegi, Women's 4 x 100m freestyle, 72+ years age group, 4.51.23

Andrew Carr, Men's 45/49 1500m freestyle, 18.43.63, 800m freestyle, 9.49.04

Thomas Morrow, Men's 55/59 100m breaststroke, 1.21.60

Margaret Smith, Women's 55/59 200m freestyle, 2.38.10

Jonathan Richards, Erzsebet Nagy, Zsuzanna Felvegi and Marcos Braga Viera, Combined 4 x 100m Medley Relay, 120+ years category, 4.29.12

John Darby, Thomas Morrow, Kirsty Harvey and Margaret Smith, Combined 4 x 100m Medley Relay, 200+ years category, 5.34.04