



Paul Hopfensperger

Swimming Achievements

2007



Date (DD/MM/YY)	2007 Open Water Events	Time (HH:MM:SS)	Place
20/05/07	Colwick Park Long Distance Swimming Club, Colwick Park Lake, Nottingham, UK. (4KM). (Water temperature 16 Degrees Centigrade). (26 Starters).	01:01:46	6 th
16/06/07	British Long Distance Swimming Association, Champion of Champions, Dover Harbour, Kent, UK. (9 Miles – 14.5KM). (28 starters).	04:04:21	5 th
10/07/07	1 st English Channel Swim, England to France (52KM). 873 rd person in history to have swum the English Channel.	13:52:00	-
11/08/07	Dover Regatta 2000 Metre Freestyle Sea Swim, Dover Harbour, Dover, Kent, UK. (2KM) (42 men and women total in the race).	00:28:16.99	1 st Over 40's
Date (DD/MM/YY)	2007 Swimming Pool Events	Time (MM:SS.ss)	Place
24/03/07	UK Cold Water Swimming Championships (41 - 50 Age Group) Tooting Bec Lido, London, UK (Water temperature 7 Degrees Centigrade) – 31M Freestyle. (17 Starters).	00:16.70	1 st
24/03/07	UK Cold Water Swimming Championships (41 - 50 Age Group) Tooting Bec Lido, London, UK (Water temperature 7 Degrees Centigrade) – 31M "Head-up" Breastroke (A special winter swimming stroke to keep your head warm). (13 Starters).	00:24.10	2 nd
14/10/07	East of England Masters Championships (39 - 44 Age Group), Bury St Edmunds Sports Centre, 25 Metre Pool. (400M F/S).	05:24.99	1 st
14/10/07	East of England Masters Championships (39 – 44 Age Group), Bury St Edmunds Sports Centre, 25 Metre Pool. (50M F/S).	00:30.12	2 nd
14/10/07	East of England Masters Championships (39 – 44 Age Group), Bury St Edmunds Sports Centre, 25 Metre Pool. (100M F/S).	01:06.28	2 nd
14/10/07	East of England Masters Championships (39 – 44 Age Group), Bury St Edmunds Sports Centre, 25 Metre Pool. (200M F/S).	02:29.37	1 st
14/10/07	East of England Masters Championships, Bury St Edmunds Sports Centre, 25 Metre Pool. (Mixed 100M F/S Relay – West Suffolk Swimming Club).	-	2 nd