

Swim Wales Open Masters and Seniors SC 2022 - 03/12/2022**Newport International Sports Village****Results - Session 3 - Warm Up 11.40 - 12.40****Event 301 Women 72-99 200 SC Meter Medley Relay**

1	CDMY	A	2:14.56
	1) Peta Jarvis W21	2) Rhian Jones W22	
	3) Nadine James W24	4) Eilidh Grant W23	
	35.35	39.13	31.45 28.63
2	BPOW	A	2:20.20
	1) Clare Scarborough W27	2) Lucy Pearce W25	
	3) Caitlin Mathias W19	4) Jenna Lynn W27	
	40.41	37.50	32.20 30.09
3	BRNW	A	2:29.28
	1) Emily Whiting W25	2) Rebecca Reid W26	
	3) Jodie Matthews W19	4) Alice Eaton W30	
	34.98	43.28	37.25 33.77

Event 301 Women 120-159 200 SC Meter Medley Relay

1	CDMY	B	2:09.87
	1) Danielle Stirrat W29	2) Carys Thomas W25	
	3) Sorcha Kennedy W46	4) Bronwen Harry W28	
	30.54	37.88	33.93 27.52

Event 301 Women 200-239 200 SC Meter Medley Relay

1	BSCY	A	2:31.01
	1) Allie Price W57	2) Joanna Powell W49	
	3) Sophie Moore W42	4) Ceri Thomas W57	
	35.83	42.93	35.44 36.81
2	CALY	A	3:10.05
	1) Julia Buchanan W65	2) Gillian Morfey W40	
	3) Lorraine Crook W68	4) Victoria Codling W46	
	45.58	45.66	1:03.64 35.17
3	CDMY	C	3:45.14
	1) Alison Varley W70	2) Elaine Harrison W59	
	3) Susan Flanigan W54	4) Lucy Devine W52	
	1:00.83	58.55	1:01.50 44.26

Event 302 Men 100-119 200 SC Meter Medley Relay

1	CDMY	B	2:15.28
	1) Rhodri Evans M27	2) Geraint Meek M28	
	3) Courtney Mattocks M28	4) Scott Temple M27	
	36.06	39.47	31.26 28.49

Event 302 Men 120-159 200 SC Meter Medley Relay

1	BRHW	A	1:48.50
	1) James Edmonds M36	2) Scott Macdougall M28	
	3) John Wood M36	4) Richard Knight M27	
	28.07	29.72	26.46 24.25
2	CDMY	A	1:55.96
	1) Patryk Poniatowski M32	2) Callum Morris M27	
	3) Joseph Gage M27	4) Daniel Clements M42	
	29.68	34.50	27.72 24.06
3	BPOW	A	2:02.45
	1) Matthew Hann M28	2) Robert Stafford M51	
	3) Alexander Burrell M28	4) Thomas Hartnell M25	
	29.77	37.26	28.24 27.18

Event 302 Men 160-199 200 SC Meter Medley Relay

1	BSCY	A	2:12.47
	1) Craig Robinson M49	2) Huw Rudall M35	
	3) Lee McCausland M42	4) Lee Davies M46	
	35.34	35.39	29.10 32.64

Event 302 Men 240-279 200 SC Meter Medley Relay

1	CDMY	C	2:40.68
	1) Adrian Morris M60	2) Stephen Gage M63	
	3) Paul Pycroft M64	4) David Lowe M66	
	42.14	1:24.35	34.19

Event 303 Women 18-24 200 SC Meter Freestyle

1	Eilidh Grant	23	CDMY-	2:13.17
	30.49	33.05	34.28	35.35
2	Megan Cope	20	HOVY-	2:26.07
	33.16	36.15	37.84	38.92
3	Arwen Teagle	21	MERY-	2:31.37
	35.56	38.57	39.67	37.57
4	Peta Jarvis	21	CDMY-	2:31.79
	35.60	38.59	39.80	37.80
5	Kirsty Holmes	22	WEOW-	2:34.75
	35.86	39.72	41.08	38.09
6	Jodie Matthews	19	BRNW-	2:37.14
	35.52	39.00	40.88	41.74
7	Chloe Lewis	22	BRNW-	2:43.63
	36.01	41.60	44.62	41.40

Event 303 Women 25-29 200 SC Meter Freestyle

1	Lucy Pearce	25	BPOW-	2:16.59
	31.85	34.65	35.01	35.08
2	Claire Williams	29	CEDY-	2:22.79
	33.28	36.32	36.78	36.41
3	Amy Barton	27	OTTL-	2:25.32
	32.22	35.78	38.01	39.31

Event 303 Women 30-34 200 SC Meter Freestyle

1	Hannah Munday	31	SSMY-	2:12.34
	31.22	33.57	34.31	33.24
2	Frances Lynn	31	CDMY-	2:43.75
	36.99	40.77	42.84	43.15

Event 303 Women 35-39 200 SC Meter Freestyle

1	Stephanie Baron	35	SDTS-	2:38.90
	36.52	39.77	41.38	41.23

Event 303 Women 50-54 200 SC Meter Freestyle

1	Katharine King	54	WYCS-	2:47.53
	38.32	43.11	43.59	42.51
2	Karen Howells	51	CDMY-	2:49.42
	38.34	43.33	44.35	43.40

Event 303 Women 55-59 200 SC Meter Freestyle

1	Ceri Thomas	57	BSCY-	2:52.07
	39.20	44.00	1:28.87	
2	Helen Andrews	56	SDTS-	3:01.68
	41.08	45.09	47.76	47.75

Event 303 Women 60-64 200 SC Meter Freestyle

1	Tamsin Jaggs	62	WARW-	2:48.41
	37.73	41.90	43.95	44.83
2	Frances Wilson	64	CROL-	3:40.66
	49.69	56.61	58.44	55.92

Event 303 Women 65-69 200 SC Meter Freestyle

1	Sally Mills	67	MSMS-	2:54.85
	39.00	44.90	45.86	45.09
2	Sally Powell	66	CMAW-	4:29.46
	1:03.62	1:09.53	1:09.79	1:06.52

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Event 304 Men 18-24 200 SC Meter Freestyle					7	Kirsty Holmes	22	WEOW-	1:21.71
1	Kieran Smith	24	MILW-	2:02.20	37.16	44.55			
	27.90	30.18	31.70	32.42					
2	Nathan McMurtrie	22	WLAX-	2:09.53					
	28.09	32.55	35.42	33.47					
3	Oskar Stefanski	21	SUNY-	2:11.14					
	29.14	33.04	34.96	34.00					
4	Ryan Steven	20	INDY-	2:21.55					
	31.26	36.04	36.97	37.28					
5	Dylan Hughes	20	NWMY-	3:24.05					
	42.67	52.75	55.24	53.39					
Event 304 Men 25-29 200 SC Meter Freestyle									
1	Ashley Lewis	28	BSCY-	1:59.52					
	27.10	30.37	31.41	30.64					
2	Robert Dorey	27	KKFW-	2:10.04					
	28.22	32.51	35.20	34.11					
3	Matthew Dickinson	26	SSMY-	2:14.86					
	30.64	34.01	35.35	34.86					
4	Geraint Meek	28	CDMY-	2:16.43					
	30.27	34.47	36.30	35.39					
Event 304 Men 30-34 200 SC Meter Freestyle									
1	Gareth Allen	30	ELEE-	2:06.92					
	27.88	32.12	33.98	32.94					
Event 304 Men 40-44 200 SC Meter Freestyle									
1	Simon Joyce	44	KAGS-	2:16.49					
	31.56	34.19	35.54	35.20					
2	Tomasz Rybak	42	WWWS-	2:22.30					
	33.54	35.97	36.64	36.15					
3	Rhys Jones	40	BSCY-	2:22.89					
	30.97	34.94	37.09	39.89					
4	David Wood	40	WYCS-	2:28.60					
	33.83	37.25	38.66	38.86					
Event 304 Men 45-49 200 SC Meter Freestyle									
1	Gavin Newman	45	BSCY-	3:29.40					
	46.95	53.80	55.57	53.08					
Event 304 Men 50-54 200 SC Meter Freestyle									
1	Matthew Bailey	50	GLMW-	2:17.97					
	29.96	33.86	37.17	36.98					
2	James Lamb	54	GLMW-	2:53.75					
	36.89	42.22	47.90	46.74					
Event 304 Men 55-59 200 SC Meter Freestyle									
1	Steven Jones	55	CDMY-	3:03.59					
	38.53	46.32	50.89	47.85					
Event 305 Women 18-24 100 SC Meter IM									
1	Ruby Verge	22	CDMY-	1:08.95					
	31.33	37.62							
2	Emily Ezard	20	BSCY-	1:11.06					
	32.90	38.16							
3	Nadine James	24	CDMY-	1:12.81					
	34.13	38.68							
4	Faith Goodliffe	22	SUNY-	1:13.35					
	32.02	41.33							
5	Emily Quick	18	SDTS-	1:17.96					
	33.44	44.52							
6	Nicola Grange	24	CEDY-	1:21.13					
	36.82	44.31							
Event 305 Women 25-29 100 SC Meter IM									
1	Danielle Stirrat	29	CDMY-	1:08.01					
	30.93	37.08							
2	Emilie James	26	CDMY-	1:08.26					
	31.42	36.84							
3	Bronwen Harry	28	CDMY-	1:12.24					
	32.76	39.48							
4	Carys Thomas	25	CDMY-	1:13.37					
	35.29	38.08							
5	Holly Tanner	25	GLMW-	1:13.68					
	33.85	39.83							
6	Claire Williams	29	CEDY-	1:15.05					
	35.15	39.90							
7	Emily Whiting	25	BRNW-	1:18.15					
	35.14	43.01							
8	Rebecca Reid	26	BRNW-	1:21.61					
	36.57	45.04							
Event 305 Women 30-34 100 SC Meter IM									
1	Vicki Payne	33	GLMW-	1:12.91					
	32.99	39.92							
Event 305 Women 35-39 100 SC Meter IM									
1	Louise Hopkinson	37	RAFA-	1:24.58					
	39.98	44.60							
Event 305 Women 40-44 100 SC Meter IM									
1	Charlotte Reid	43	ALMI-	1:12.76					
	33.84	38.92							
2	Sophie Moore	42	BSCY-	1:24.78					
	40.20	44.58							
3	Femke El-Taha	43	WREY-	1:25.18					
	39.19	45.99							
4	Lisa Mills	42	MSMS-	1:36.63					
	45.80	50.83							
5	Gillian Morfey	40	CALY-	1:39.01					
	46.21	52.80							
Event 305 Women 45-49 100 SC Meter IM									
1	Joanna Powell	49	BSCY-	1:25.61					
	40.81	44.80							
2	Victoria Codling	46	CALY-	1:30.74					
	44.21	46.53							
3	Emma Green	45	FMSL-	1:31.34					
	41.79	49.55							
4	Camilla Edlin	49	CDMY-	1:49.16					
	51.80	57.36							
Event 305 Women 50-54 100 SC Meter IM									
1	Helen Gorman	50	COCY-	1:09.28					
	33.12	36.16							
2	Nicola Latty	51	HOLY-	1:13.55					
	34.35	39.20							
3	Karen Howells	51	CDMY-	1:30.02					
	42.71	47.31							
4	Natalie Tydeman	51	FMSL-	1:32.65					
	44.11	48.54							
5	Geertje Van Keulen	53	SSMY-	1:34.57					
	40.63	53.94							
6	Danielle Lee	51	FMSL-	1:37.68					
	42.91	54.77							

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(Event 305 Women 50-54 100 SC Meter IM)

7	Susan Flanigan	54	CDMY-	2:01.43
	58.51	1:02.92		

Event 305 Women 55-59 100 SC Meter IM

1	Nuala Muir-Cochrane	58	POOW-	1:26.64
	39.90	46.74		
2	Kathleen Raymond	59	CROL-	1:37.76
	48.24	49.52		
3	Elaine Harrison	59	CDMY-	1:58.53
	58.02	1:00.51		

Event 305 Women 60-64 100 SC Meter IM

1	Delia Keen	61	CMY-	2:19.28
	1:16.16	1:03.12		

Event 305 Women 65-69 100 SC Meter IM

1	Amanda Heath	65	SPEL-	1:23.08
	39.69	43.39		
2	Julia Buchanan	65	CALY-	1:40.63
	45.64	54.99		
3	Francesca Elloway	69	BPOW-	1:51.17
	49.39	1:01.78		
4	Claire Browse	66	KCSL-	1:56.96
	57.56	59.40		
5	Lorraine Crook	68	CALY-	2:28.10
	1:08.88	1:19.22		
6	Sally Powell	66	CMAW-	2:31.84
	1:21.00	1:10.84		

Event 305 Women 70-74 100 SC Meter IM

1	Alison Varley	70	CDMY-	2:21.17
	1:07.13	1:14.04		

Event 306 Men 18-24 100 SC Meter IM

1	Samuel Hall	22	WORM-	59.77
	28.14	31.63		
2	Jack Endersby	22	CDMY-	1:00.43
	27.91	32.52		
3	Alexander Morris	23	GLMW-	1:00.94
	27.36	33.58		
4	Lloyd Jones	19	MERY-	1:12.41
	33.36	39.05		
5	Ryan Steven	20	INDY-	1:15.59
	34.58	41.01		
6	Daniel Gibson	24	OUTL-	1:18.52
	35.81	42.71		
7	Dean Kelly	20	LUTT-	1:18.77
	34.87	43.90		

Event 306 Men 25-29 100 SC Meter IM

1	Neil Redman	28	PORS-	59.79
	28.93	30.86		
2	Joseph Gage	27	CDMY-	1:06.08
	30.25	35.83		
3	James Marshman	28	CDMY-	1:07.18
	30.91	36.27		
4	Callum Morris	27	CDMY-	1:09.37
	33.18	36.19		
5	Rhodri Evans	27	CDMY-	1:20.86
	36.37	44.49		

Event 306 Men 30-34 100 SC Meter IM

1	Kalon Veale	31	TOTW-	59.75
	26.39	33.36		
2	Patryk Poniatowski	32	CDMY-	1:04.33
	28.92	35.41		
3	Luke Pearson	34	GLMW-	1:04.53
	29.12	35.41		
4	Phillip Sionetali	32	OUTL-	1:09.01
	31.76	37.25		
5	Samuel Hynd	31	INDY-	1:17.18
	36.57	40.61		

Event 306 Men 35-39 100 SC Meter IM

1	James Edmonds	36	BRHW-	1:02.56
	28.51	34.05		
2	John Wood	36	BRHW-	1:06.45
	29.38	37.07		
3	Huw Rudall	35	BSCY-	1:07.38
	30.41	36.97		

Event 306 Men 40-44 100 SC Meter IM

1	Christopher Jones	41	PORS-	1:00.30
	28.17	32.13		
2	David Wood	40	WYCS-	1:24.92
	41.08	43.84		
3	Christopher Hanmer	43	CHIY-	1:25.94
	41.39	44.55		

Event 306 Men 45-49 100 SC Meter IM

1	Andrew Chamberlain	49	SPEL-	1:11.32
	33.60	37.72		
---	Fabrizio Colangelo	49	BRHW-	DQ
	44.12	51.47		

Event 306 Men 50-54 100 SC Meter IM

1	Ben Winter	53	TOTW-	1:09.49
	31.38	38.11		
2	Matthew Bailey	50	GLMW-	1:09.61
	32.27	37.34		
3	Stuart Colston	51	CEDY-	1:14.43
	34.61	39.82		
4	Robert Stafford	51	BPOW-	1:14.64
	34.04	40.60		
5	Evan Hoff	53	FMSL-	1:16.41
	36.38	40.03		

Event 306 Men 55-59 100 SC Meter IM

1	Simon Wintle	55	GLMW-	1:07.76
	30.50	37.26		

Event 306 Men 60-64 100 SC Meter IM

1	Malcom Smith	64	BSCY-	1:21.10
	36.40	44.70		
2	John Anderson	63	GLMW-	1:28.02
	40.43	47.59		
3	Paul Pycroft	64	CDMY-	1:31.82
	42.70	49.12		
4	Stephen Gage	63	CDMY-	1:32.13
	42.21	49.92		
5	Chris Orchard	63	SBOW-	1:35.00
	46.18	48.82		

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Event 306 Men 65-69 100 SC Meter IM					4 Sharon Marshall	50 MERY-	17.10
1 David Lowe	66 CDMY-	1:30.69			5 Lucy Devine	52 CDMY-	19.50
43.05	47.64				6 Penny Nelmes	50 GLMW-	22.10
Event 307 Women 18-24 25 SC Meter Breaststroke					Event 309 Women 55-59 25 SC Meter Freestyle		
1 Zoe Grose	19 INDY-	34.96			1 Joanna Collins	56 WREY-	14.50
Event 307 Women 25-29 25 SC Meter Breaststroke					2 Kim Adair	58 SSMY-	15.88
1 Emily Whiting	25 BRNW-	19.16			3 Wendy Mellett	59 WREY-	17.25
Event 307 Women 35-39 25 SC Meter Breaststroke					4 Kate Ross	58 OUTL-	17.29
1 Louise Hopkinson	37 RAFA-	18.71			Event 309 Women 60-64 25 SC Meter Freestyle		
Event 307 Women 45-49 25 SC Meter Breaststroke					1 Caroline Jupp	60 SSMY-	16.57
1 Emma Green	45 FMSL-	20.14			Event 309 Women 65-69 25 SC Meter Freestyle		
2 Victoria Price	49 BSCY-	23.05			1 Susan Hodge	69 GLMW-	16.18
Event 307 Women 50-54 25 SC Meter Breaststroke					2 Christine Goodair	65 KCSL-	17.70
1 Danielle Lee	51 FMSL-	22.22			3 Claire Browse	66 KCSL-	20.08
2 Sharon Marshall	50 MERY-	23.28			4 Judith Barton	66 SEGW-	20.74
Event 307 Women 55-59 25 SC Meter Breaststroke					5 Lorraine Crook	68 CALY-	29.04
1 Joanna Collins	56 WREY-	18.22			Event 310 Men 18-24 25 SC Meter Freestyle		
2 Wendy Mellett	59 WREY-	22.49			1 Jack Thompson	22 PEHY-	12.00
Event 307 Women 65-69 25 SC Meter Breaststroke					2 Lloyd Jones	19 MERY-	12.79
1 Christine Goodair	65 KCSL-	22.13			Event 310 Men 25-29 25 SC Meter Freestyle		
2 Judith Barton	66 SEGW-	22.69			1 Richard Knight	27 BRHW-	11.20
3 Claire Browse	66 KCSL-	24.55			2 Joseph Gage	27 CDMY-	12.01
Event 308 Men 25-29 25 SC Meter Breaststroke					3 Ashley Lewis	28 BSCY-	12.02
1 Scott Macdougall	28 BRHW-	13.73			4 Tristan Cuer	25 CALY-	12.26
2 Tristan Cuer	25 CALY-	14.71			5 Scott Temple	27 CDMY-	13.03
Event 308 Men 35-39 25 SC Meter Breaststroke					6 Joseph Tucker	27 SSMY-	13.34
1 Matthew Lewis	37 PCPY-	14.80			7 Rhodri Evans	27 CDMY-	13.80
2 Abraham Castillo	38 CDMY-	18.34			Event 310 Men 30-34 25 SC Meter Freestyle		
Event 308 Men 40-44 25 SC Meter Breaststroke					1 Jack Thomas	31 CDMY-	11.90
1 Daniel Nelmes	41 GLMW-	21.68			2 Byron Hadley	34 STMN-	16.87
Event 308 Men 55-59 25 SC Meter Breaststroke					Event 310 Men 35-39 25 SC Meter Freestyle		
1 Kevin Morris	59 GLMW-	22.92			1 Matthew Lewis	37 PCPY-	12.34
Event 308 Men 60-64 25 SC Meter Breaststroke					2 Christopher Treharne	36 INDY-	13.37
1 Paul Catherall	60 RUIL-	19.71			Event 310 Men 45-49 25 SC Meter Freestyle		
2 John Anderson	63 GLMW-	20.18			1 Craig Robinson	49 BSCY-	12.71
3 Paul Jones	63 CDMY-	24.61			2 Lee Davies	46 BSCY-	15.18
Event 308 Men 70-74 25 SC Meter Breaststroke					3 Gavin Newman	45 BSCY-	18.58
1 Nicholas McDowall	70 GLMW-	21.49			Event 310 Men 50-54 25 SC Meter Freestyle		
Event 309 Women 18-24 25 SC Meter Freestyle					1 Evan Hoff	53 FMSL-	13.23
1 Jordan Coombes	21 BRNW-	14.89			Event 310 Men 55-59 25 SC Meter Freestyle		
2 Chloe Lewis	22 BRNW-	14.96			1 Alex Koniotes	56 BROL-	15.08
3 Ella Kerswill	19 INDY-	15.29			2 Brendan Bush	57 INDY-	15.63
4 Tegan Luscombe	19 INDY-	17.06			3 Kevin Morris	59 GLMW-	20.22
5 Zoe Grose	19 INDY-	23.41			Event 310 Men 60-64 25 SC Meter Freestyle		
Event 309 Women 40-44 25 SC Meter Freestyle					1 John Anderson	63 GLMW-	15.43
1 Femke El-Taha	43 WREY-	14.85			2 Peter Kendall	62 GLMW-	15.53
Event 309 Women 45-49 25 SC Meter Freestyle					3 Paul Jones	63 CDMY-	21.91
1 Emma Green	45 FMSL-	15.67			Event 310 Men 65-69 25 SC Meter Freestyle		
Event 309 Women 50-54 25 SC Meter Freestyle					1 David Lowe	66 CDMY-	15.45
1 Natalie Tydeman	51 FMSL-	15.65			2 Phillip Murrow	65 INDY-	15.97
2 Katharine King	54 WYCS-	15.73			Event 310 Men 70-74 25 SC Meter Freestyle		
3 Danielle Lee	51 FMSL-	16.99			1 Nicholas McDowall	70 GLMW-	16.28

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Event 311 Women 18-24 200 SC Meter Backstroke

1	Megan Atton	20	BBFS-	2:29.23
	34.59	37.66	38.01	38.97
2	Emily Quick	18	SDTS-	2:39.29
	36.37	39.85	40.72	42.35
3	Peta Jarvis	21	CDMY-	2:42.83
	37.97	41.42	42.16	41.28
4	Megan Cope	20	HOVY-	2:45.06
	37.12	41.47	43.34	43.13
5	Kirsty Holmes	22	WEOW-	2:52.30
	41.37	44.56	44.99	41.38

Event 311 Women 25-29 200 SC Meter Backstroke

1	Emma Pearce	28	BPOW-	2:34.91
	36.38	38.58	39.99	39.96
2	Sophie Hutin	25	SDTS-	2:47.69
	38.89	42.42	43.48	42.90

Event 311 Women 60-64 200 SC Meter Backstroke

1	Micaela Morris	61	GLMW-	3:19.58
	45.73	50.06	52.43	51.36

Event 311 Women 65-69 200 SC Meter Backstroke

1	Amanda Heath	65	SPEL-	3:05.02
	45.02	47.14	1:32.86	

Event 312 Men 18-24 200 SC Meter Backstroke

1	Matthew Munden	23	GLMW-	2:18.16
	31.02	34.33	36.70	36.11

Event 312 Men 40-44 200 SC Meter Backstroke

1	David Messenger	42	BRHW-	2:25.33
	32.87	37.01	38.49	36.96

Event 312 Men 60-64 200 SC Meter Backstroke

1	Jonathan Hopkins	62	CEDY-	2:47.99
	38.01	42.14	44.04	43.80
2	Alastair Gibb	62	LUTT-	3:09.74
	44.11	48.52	49.31	47.80

Event 312 Men 65-69 200 SC Meter Backstroke

1	Simon Veale	66	TOTW-	2:43.80
	37.15	41.26	42.81	42.58

Event 312 Men 70-74 200 SC Meter Backstroke

1	Steve Grossman	70	WELA-	2:46.37
	38.09	42.09	43.47	42.72

Event 313 Women 18-24 100 SC Meter Breaststroke

1	Arwen Teagle	21	MERY-	1:29.09
	41.95	47.14		

Event 313 Women 25-29 100 SC Meter Breaststroke

1	Lucy Barton	25	OTTL-	1:18.44
	36.66	41.78		
2	Carys Thomas	25	CDMY-	1:23.52
	39.70	43.82		

Event 313 Women 35-39 100 SC Meter Breaststroke

1	Sophie Mountain	35	CMMY-	1:25.96
	39.90	46.06		
2	Louise Hopkinson	37	RAFA-	1:30.87
	42.31	48.56		

Event 313 Women 40-44 100 SC Meter Breaststroke

1	Charlotte Reid	43	ALMI-	1:20.97
	38.69	42.28		
2	Gillian Morfey	40	CALY-	1:44.00
	48.01	55.99		

Event 313 Women 45-49 100 SC Meter Breaststroke

1	Joanna Powell	49	BSCY-	1:33.60
	44.13	49.47		
2	Victoria Codling	46	CALY-	1:34.76
	43.50	51.26		
3	Camilla Edlin	49	CDMY-	1:57.02
	55.02	1:02.00		

Event 313 Women 55-59 100 SC Meter Breaststroke

1	Allie Price	57	BSCY-	1:28.46
	41.69	46.77		
2	Joanna Collins	56	WREY-	1:31.94
	41.65	50.29		
3	Helen Andrews	56	SDTS-	1:52.17
	53.16	59.01		

Event 313 Women 60-64 100 SC Meter Breaststroke

1	Caroline Jupp	60	SSMY-	1:41.64
	48.20	53.44		

Event 313 Women 65-69 100 SC Meter Breaststroke

1	Amanda Heath	65	SPEL-	1:28.03
	42.25	45.78		

Event 313 Women 70-74 100 SC Meter Breaststroke

1	Alison Varley	70	CDMY-	2:38.65
	1:14.68	1:23.97		

Event 314 Men 18-24 100 SC Meter Breaststroke

1	Kjetil Rehm	23	BRNW-	1:13.10
	33.24	39.86		
2	Lloyd Jones	19	MERY-	1:25.48
	39.90	45.58		

Event 314 Men 25-29 100 SC Meter Breaststroke

1	Neil Redman	28	PORS-	1:04.36
	30.18	34.18		
2	Scott Macdougall	28	BRHW-	1:07.61
	31.44	36.17		
3	Tristan Cuer	25	CALY-	1:17.12
	35.30	41.82		
4	Callum Morris	27	CDMY-	1:18.54
	36.24	42.30		

Event 314 Men 35-39 100 SC Meter Breaststroke

1	Matthew Lewis	37	PCPY-	1:15.60
	34.17	41.43		

Event 314 Men 40-44 100 SC Meter Breaststroke

1	Christopher Jones	41	PORS-	1:02.75
	29.95	32.80		
2	Jevgenijs Putans	40	BRKS-	1:14.52
	34.61	39.91		
3	Christopher Hanmer	43	CHIY-	1:33.71
	43.34	50.37		
4	Daniel Nelves	41	GLMW-	1:47.69
	49.01	58.68		

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Results - Session 3 - Warm Up 11.40 - 12.40

Event 314 Men 45-49 100 SC Meter Breaststroke				3	Jack Endersby	22	CDMY-	27.02	
1	Andrew Chamberlain	49	SPEL-	1:19.25	4	James Reilly	22	WLAX-	28.33
	38.65	40.60			5	Joshua Hooper	24	OUTL-	28.64
Event 314 Men 50-54 100 SC Meter Breaststroke				6	Kjetil Rehm	23	BRNW-	29.68	
1	Evan Hoff	53	FMSL-	1:27.28	7	Lloyd Jones	19	MERY-	31.07
	40.92	46.36			8	Christian Pinnington	24	OUTL-	32.70
Event 314 Men 60-64 100 SC Meter Breaststroke				9	Dean Kelly	20	LUTT-	32.82	
1	Terry Wright	61	BRKS-	1:28.88	Event 316 Men 25-29 50 SC Meter Butterfly				
	41.41	47.47			1	Ashley Lewis	28	BSCY-	27.00
2	Paul Jones	63	CDMY-	2:06.62	2	Joseph Gage	27	CDMY-	28.47
	59.12	1:07.50			3	James Marshman	28	CDMY-	29.04
Event 315 Women 18-24 50 SC Meter Butterfly				4	Robert Dorey	27	KKFW-	29.51	
1	Evie Wood	20	BSTA-	30.47	5	Courtney Mattocks	28	CDMY-	31.20
2	Faith Goodliffe	22	SUNY-	30.74	Event 316 Men 30-34 50 SC Meter Butterfly				
3	Hannah Swift	18	WREY-	31.35	1	Gareth Allen	30	ELEE-	27.13
4	Katie Huane	24	CEDY-	32.17	2	Luke Pearson	34	GLMW-	27.40
5	Emma Kennedy	23	WLAX-	33.46	Event 316 Men 35-39 50 SC Meter Butterfly				
6	Megan Cope	20	HOVY-	33.98	1	John Wood	36	BRHW-	26.89
7	Jodie Matthews	19	BRNW-	37.12	2	Huw Rudall	35	BSCY-	28.33
8	Arwen Teagle	21	MERY-	41.77	3	Luke Wilson-Kilgour	38	LYDW-	31.35
Event 315 Women 25-29 50 SC Meter Butterfly				4	Christopher Treharne	36	INDY-	31.36	
1	Holly Tanner	25	GLMW-	31.63	5	Abraham Castillo	38	CDMY-	38.70
2	Claire Williams	29	CEDY-	32.15	Event 316 Men 40-44 50 SC Meter Butterfly				
3	Jenna Lynn	27	BPOW-	35.11	1	Lee McCausland	42	BSCY-	29.09
4	Sophie Hutin	25	SDTS-	35.37	2	Marco Menegazzi	42	INDY-	31.13
5	Emily Whiting	25	BRNW-	35.58	Event 316 Men 45-49 50 SC Meter Butterfly				
Event 315 Women 30-34 50 SC Meter Butterfly				1	Craig Robinson	49	BSCY-	30.01	
1	Ceris Westlake	31	GLMW-	31.92	Event 316 Men 50-54 50 SC Meter Butterfly				
2	Alice Eaton	30	BRNW-	38.76	1	Paul O'Neill	54	ALMI-	29.77
Event 315 Women 35-39 50 SC Meter Butterfly				2	Robert Stafford	51	BPOW-	32.89	
1	Sophie Mountain	35	CMMY-	36.19	3	Stuart Colston	51	CEDY-	33.71
2	Stephanie Baron	35	SDTS-	38.27	Event 316 Men 55-59 50 SC Meter Butterfly				
Event 315 Women 40-44 50 SC Meter Butterfly				1	Mark Franklin	55	SDTS-	31.26	
1	Sophie Moore	42	BSCY-	36.42	2	Brendan Bush	57	INDY-	41.82
2	Femke El-Taha	43	WREY-	38.59	Event 316 Men 60-64 50 SC Meter Butterfly				
3	Lisa Mills	42	MSMS-	42.03	1	Adrian Morris	60	CDMY-	33.82
Event 315 Women 45-49 50 SC Meter Butterfly				2	Paul Pycroft	64	CDMY-	38.18	
1	Sorcha Kennedy	46	CDMY-	33.22	3	Stephen Gage	63	CDMY-	40.04
Event 315 Women 50-54 50 SC Meter Butterfly				4	Chris Orchard	63	SBOW-	48.38	
1	Natalie Tydeman	51	FMSL-	38.73	Event 316 Men 65-69 50 SC Meter Butterfly				
2	Danielle Lee	51	FMSL-	44.45	1	Graeme Milne	68	CMAW-	31.77
3	Susan Flanigan	54	CDMY-	1:01.43	2	David Lowe	66	CDMY-	44.27
Event 315 Women 55-59 50 SC Meter Butterfly				Event 317 Mixed 72-99 200 SC Meter Freestyle Relay					
1	Elizabeth Woolner	55	MBDT-	31.20	1	CDMY	A	1:44.74	
2	Nuala Muir-Cochrane	58	POOW-	38.60	1)	Jack Endersby M22	2)	Ruby Verge W22	
Event 315 Women 60-64 50 SC Meter Butterfly				3)	Nadine James W24	4)	Oliver Lines M24		
1	Tamsin Jaggs	62	WARW-	40.39	24.63	27.64	28.27	24.20	
Event 315 Women 65-69 50 SC Meter Butterfly				2	WLAX	A	1:56.00		
1	Sally Mills	67	MSMS-	38.06	1)	James Reilly M22	2)	Nathan McMurtrie M22	
2	Francesca Elloway	69	BPOW-	47.34	3)	Jennifer Scott W26	4)	Emma Kennedy W23	
3	Lorraine Crook	68	CALY-	1:08.63	27.64	24.65	34.72	28.99	
Event 316 Men 18-24 50 SC Meter Butterfly				3	BRNW	A	1:59.81		
1	Alexander Morris	23	GLMW-	25.69	1)	Chloe Lewis W22	2)	Rebecca Reid W26	
2	Oliver Lines	24	CDMY-	26.26	3)	Robert Ogden M32	4)	Kjetil Rehm M23	
					32.52	32.83	27.95	26.51	

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4	PEHY	A	2:03.02
	1) Kyle Job M24	2) Alannah Thompson W20	
	3) Aliesha Job W21	4) Jack Thompson M22	
	27.44	32.58	37.20 25.80

Event 317 Mixed 100-119 200 SC Meter Freestyle Relay

1	CDMY	B	1:46.70
	1) Jack Thomas M31	2) Emilie James W26	
	3) Danielle Stirrat W29	4) Joseph Gage M27	
	25.90	27.73	27.36 25.71
2	CDMY	C	1:52.11
	1) Callum Morris M27	2) Courtney Mattocks M28	
	3) Bronwen Harry W28	4) Carys Thomas W25	
	53.98	27.87	30.26
3	BPOW	A	1:53.59
	1) Thomas Hartnell M25	2) Emma Pearce W28	
	3) Matthew Hann M28	4) Lucy Pearce W25	
	27.95	29.79	25.82 30.03

Event 317 Mixed 120-159 200 SC Meter Freestyle Relay

1	BSCY	A	1:52.51
	1) Ashley Lewis M28	2) Emily Ezard W20	
	3) Sophie Moore W42	4) Huw Rudall M35	
	25.88	28.45	32.74 25.44

Event 317 Mixed 200-239 200 SC Meter Freestyle Relay

1	BSCY	B	2:00.20
	1) Allie Price W57	2) Richard Watkins M44	
	3) Malcom Smith M64	4) Joanna Powell W49	
	32.44	30.06	25.74 31.96
2	CDMY	D	2:20.11
	1) David Lowe M66	2) Stephen Gage M63	
	3) Frances Lynn W31	4) Karen Howells W51	
	34.61	35.94	34.73 34.83