

**Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023****Wales National Pool, Swansea****Results - Session 1 - Warm Up 08.00 - 08:50****Event 1 Men 18-24 400 LC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jack Southam	20	Llanelli-	4:27.82	4:47.52	
	30.33	1:04.01 (33.68)	1:40.55 (36.54)	2:17.72 (37.17)		
	2:55.06 (37.34)	3:32.41 (37.35)	4:10.78 (38.37)	4:47.52 (36.74)		
2	Thomas Bayley	24	Bristol Nor-	4:50.00	5:12.67	
	34.25	1:12.77 (38.52)	1:52.42 (39.65)	2:33.67 (41.25)		
	3:14.86 (41.19)	3:55.62 (40.76)	4:35.58 (39.96)	5:12.67 (37.09)		
3	Mark McCall	23	C Dolphins-	6:00.00	6:09.00	
		1:21.64 ( )		2:54.98 ( )		
	3:42.93 (47.95)	4:31.92 (48.99)	6:09.00 (1:37.08)			

**Event 1 Men 25-29 400 LC Meter Freestyle**

1	Joshua Hooper	25	Ots Bristol-	4:39.22	5:01.65	
		1:08.21 ( )		2:25.58 ( )		
		3:44.72 ( )	5:01.65 (1:16.93)			
2	Callum Morris	28	Cardiff Mast-	5:20.00	5:06.66	
	32.88	1:09.99 (37.11)	1:48.28 (38.29)	2:28.28 (40.00)		
	3:07.00 (38.72)	3:47.09 (40.09)	4:27.13 (40.04)	5:06.66 (39.53)		
3	Alex Jenkins	29	Camphill Ed-	4:50.00	5:24.63	
	34.18	1:13.22 (39.04)	1:53.76 (40.54)	2:35.73 (41.97)		
	3:17.08 (41.35)	3:59.67 (42.59)	4:42.38 (42.71)	5:24.63 (42.25)		

**Event 1 Men 30-34 400 LC Meter Freestyle**

1	Daniel Mills	32	Trafford Met-	4:14.42	4:13.80	
	29.17	1:00.66 (31.49)	1:33.02 (32.36)	2:05.42 (32.40)		
	2:38.03 (32.61)	3:10.56 (32.53)	3:42.91 (32.35)	4:13.80 (30.89)		
2	David Hanbury	30	Swansea Mast-	4:25.00	4:26.74	
	29.57	1:01.11 (31.54)	1:33.37 (32.26)	2:06.63 (33.26)		
	2:40.75 (34.12)	3:16.08 (35.33)	3:51.73 (35.65)	4:26.74 (35.01)		
3	Andrew O'Leary	33	Cardiff Mast-	6:30.00	5:31.01	
	32.59	1:11.75 (39.16)	1:54.14 (42.39)	2:37.61 (43.47)		
	3:21.19 (43.58)	4:06.18 (44.99)	4:49.35 (43.17)	5:31.01 (41.66)		

**Event 1 Men 40-44 400 LC Meter Freestyle**

1	David Wood	41	Wycombe Dist-	5:13.42	5:27.08	
	37.93	1:18.94 (41.01)	2:01.38 (42.44)	2:43.07 (41.69)		
		4:05.80 ( )	4:47.69 (41.89)	5:27.08 (39.39)		
2	Christopher Hanmer	44	Chirk-	5:45.68	5:58.24	
	38.48	1:22.12 (43.64)	2:07.98 (45.86)	2:53.74 (45.76)		
	3:40.36 (46.62)	4:27.12 (46.76)	5:14.40 (47.28)	5:58.24 (43.84)		

**Event 1 Men 45-49 400 LC Meter Freestyle**

1	Gavin Newman	46	Bridgend SC-	7:30.00	7:59.77	
	52.27	1:51.15 (58.88)	2:53.46 (1:02.31)	3:56.50 (1:03.04)		
	4:59.66 (1:03.16)	6:02.06 (1:02.40)	7:05.85 (1:03.79)	7:59.77 (53.92)		

**Event 1 Men 50-54 400 LC Meter Freestyle**

1	Jamie McHale	51	Co Sheffield-	4:55.27	4:53.48	
	33.52	1:10.54 (37.02)	1:48.46 (37.92)	2:26.39 (37.93)		
	3:03.46 (37.07)	3:40.29 (36.83)	4:17.51 (37.22)	4:53.48 (35.97)		
2	Stephen Croall	51	Swansea Mast-	5:20.67	5:20.97	
	35.28	1:14.84 (39.56)	1:55.72 (40.88)	2:37.17 (41.45)		
	3:19.10 (41.93)	4:00.22 (41.12)	4:41.93 (41.71)	5:20.97 (39.04)		
3	Peter Jones	52	Bridgend Cty-	7:00.00	6:31.75	
	43.30	1:32.43 (49.13)	2:23.41 (50.98)			
	4:04.32 ( )	4:54.45 (50.13)	5:45.69 (51.24)	6:31.75 (46.06)		

**Event 1 Men 60-64 400 LC Meter Freestyle**

1	Mark Reynolds	60	Barnet Copt-	4:50.00	4:49.57	
	33.42	1:10.33 (36.91)	1:47.69 (37.36)	2:24.77 (37.08)		
	3:02.16 (37.39)	3:39.00 (36.84)	4:15.27 (36.27)	4:49.57 (34.30)		

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2	Mark Jones	63	Warrington M-	4:54.89	5:10.61
	36.31	1:15.14 (38.83)	1:54.95 (39.81)	2:34.67 (39.72)	
	3:13.90 (39.23)	3:52.99 (39.09)	4:32.58 (39.59)	5:10.61 (38.03)	
3	Dale Barker	61	Felixstowe-	5:06.61	5:14.99
	35.75	1:15.37 (39.62)	1:55.30 (39.93)	2:35.61 (40.31)	
	3:15.77 (40.16)	3:55.93 (40.16)	4:35.90 (39.97)	5:14.99 (39.09)	
4	Rob Arnold	63	Trafford Met-	5:25.46	5:19.98
	36.64	1:16.54 (39.90)	1:57.43 (40.89)	2:37.89 (40.46)	
	3:18.80 (40.91)	4:00.05 (41.25)	4:41.15 (41.10)	5:19.98 (38.83)	
5	Paul Tallentire	61	Carlisle Aq-	5:25.00	5:24.78
	35.99	1:15.75 (39.76)	1:56.31 (40.56)	2:37.54 (41.23)	
	3:19.16 (41.62)	4:01.14 (41.98)	4:43.42 (42.28)	5:24.78 (41.36)	
6	Patrick Allen	61	Woking-	5:51.91	6:10.86
	42.13	1:28.79 (46.66)	2:15.43 (46.64)	3:02.68 (47.25)	
	3:50.06 (47.38)	4:37.69 (47.63)	5:24.38 (46.69)	6:10.86 (46.48)	

**Event 1 Men 65-69 400 LC Meter Freestyle**

1	Christopher Goulden	66	Cardiff Mast-	5:41.00	5:42.29
	38.93	1:21.33 (42.40)	2:04.89 (43.56)	2:48.97 (44.08)	
	3:32.93 (43.96)	4:16.20 (43.27)	4:59.99 (43.79)	5:42.29 (42.30)	

**Event 1 Men 70-74 400 LC Meter Freestyle**

1	Nick Minns	70	Co Lincoln P-	6:06.33	6:06.31
	42.39	1:28.95 (46.56)	2:15.69 (46.74)	3:03.10 (47.41)	
	3:49.69 (46.59)	4:35.91 (46.22)	5:21.46 (45.55)	6:06.31 (44.85)	

**Event 1 Men 75-79 400 LC Meter Freestyle**

1	Peter Stephens	76	Spencer-	6:36.53	7:02.82
	47.09	1:39.68 (52.59)	2:33.82 (54.14)	3:29.35 (55.53)	
	4:24.14 (54.79)	5:17.79 (53.65)	6:11.42 (53.63)	7:02.82 (51.40)	

**Event 1 Men 80-84 400 LC Meter Freestyle**

1	Paul Clarke	81	Beaver Mast-	9:04.00	9:13.16
	59.18	2:07.85 (1:08.67)	3:19.18 (1:11.33)	4:32.43 (1:13.25)	
	5:43.85 (1:11.42)	6:54.58 (1:10.73)	8:06.64 (1:12.06)	9:13.16 (1:06.52)	

**Event 2 Women 18-24 400 LC Meter Freestyle**

1	Bethan Morgan	19	Bridgend Cty-	5:10.00	5:19.45
		1:13.36 ( )		2:33.89 ( )	
		3:57.27 ( )	4:38.82 (41.55)	5:19.45 (40.63)	
2	Arwen Teagle	22	Merthyr Tydf-	5:16.70	5:25.43
	35.97	1:16.19 (40.22)	1:57.57 (41.38)	2:39.25 (41.68)	
	3:21.14 (41.89)	4:03.55 (42.41)	4:45.82 (42.27)	5:25.43 (39.61)	

**Event 2 Women 25-29 400 LC Meter Freestyle**

1	Leah Bramall	27	Co Sheffield-	5:20.00	5:31.07
	37.60	1:17.92 (40.32)	1:59.47 (41.55)	2:41.51 (42.04)	
	3:23.60 (42.09)	4:06.03 (42.43)	4:49.52 (43.49)	5:31.07 (41.55)	
2	Sophie Hutin	26	S D Trojan-	5:27.00	5:31.53
	36.87	1:18.03 (41.16)	2:00.49 (42.46)	2:43.29 (42.80)	
	3:26.30 (43.01)	4:09.49 (43.19)	4:52.05 (42.56)	5:31.53 (39.48)	
3	Hannah Griffiths	29	Swansea Mast-	5:36.72	5:39.11
	35.32	1:15.20 (39.88)	1:57.42 (42.22)	2:40.92 (43.50)	
	3:25.23 (44.31)	4:10.37 (45.14)	4:55.02 (44.65)	5:39.11 (44.09)	

**Event 2 Women 30-34 400 LC Meter Freestyle**

1	Hannah Munday	32	Swansea Mast-	4:36.61	4:42.99
	32.43	1:07.45 (35.02)	1:43.69 (36.24)	2:20.00 (36.31)	
	2:56.15 (36.15)	3:32.20 (36.05)	4:07.92 (35.72)	4:42.99 (35.07)	

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2	Claire Williams	30	C Dolphins-	4:48.00	5:14.46
	34.12	1:11.82 (37.70)	1:51.34 (39.52)	2:31.39 (40.05)	
	3:12.42 (41.03)	3:53.51 (41.09)	4:34.54 (41.03)	5:14.46 (39.92)	

**Event 2 Women 35-39 400 LC Meter Freestyle**

1	Jennie Clarke	38	Woking-	5:15.13	5:06.56
	32.82	1:10.92 (38.10)	1:50.53 (39.61)	2:30.63 (40.10)	
	3:10.30 (39.67)	3:49.86 (39.56)	4:28.95 (39.09)	5:06.56 (37.61)	
2	Kimberly Saddler	35	Exe Masters-	5:02.14	5:11.26
	33.67	1:11.32 (37.65)	1:50.61 (39.29)	2:30.59 (39.98)	
	3:10.18 (39.59)	3:51.17 (40.99)	4:31.60 (40.43)	5:11.26 (39.66)	
3	Emma Price-Stephens	39	Torfaen D-	5:35.00	5:25.39
	35.20	1:14.36 (39.16)	1:55.64 (41.28)	2:37.83 (42.19)	
	3:20.01 (42.18)	4:02.32 (42.31)	4:44.49 (42.17)	5:25.39 (40.90)	
4	Stephanie Baron	36	S D Trojan-	5:45.15	5:29.68
	36.78	1:17.74 (40.96)	1:59.94 (42.20)	2:42.52 (42.58)	
	3:24.66 (42.14)	4:06.91 (42.25)	4:49.25 (42.34)	5:29.68 (40.43)	
5	Jane Stalker	38	Camphill Ed-	5:56.81	5:43.98
	37.84	1:19.37 (41.53)	2:02.39 (43.02)	2:46.31 (43.92)	
	3:30.51 (44.20)	4:14.98 (44.47)	4:59.87 (44.89)	5:43.98 (44.11)	
6	Laura Kerrigan	38	Spencer-	4:56.64	5:59.06
	39.93	1:24.84 (44.91)	2:11.23 (46.39)	2:57.42 (46.19)	
	3:43.80 (46.38)	4:29.61 (45.81)	5:15.21 (45.60)	5:59.06 (43.85)	

**Event 2 Women 40-44 400 LC Meter Freestyle**

1	Jo Mitchinson	44	Team Luton-	5:22.16	5:12.23
	35.16	1:13.86 (38.70)	1:53.15 (39.29)	2:33.22 (40.07)	
	3:12.92 (39.70)	3:53.25 (40.33)	4:33.30 (40.05)	5:12.23 (38.93)	
2	Jodie Cox	42	TransplantSC-	5:45.50	5:30.67
	36.91	1:17.34 (40.43)	1:59.15 (41.81)	2:41.34 (42.19)	
	3:24.34 (43.00)	4:06.67 (42.33)	4:49.61 (42.94)	5:30.67 (41.06)	
3	Rebecca Lennon	41	Trafford Met-	5:34.65	5:39.48
	38.26	1:20.34 (42.08)	2:03.44 (43.10)	2:47.45 (44.01)	
	3:31.07 (43.62)	4:14.77 (43.70)	4:57.89 (43.12)	5:39.48 (41.59)	

**Event 2 Women 45-49 400 LC Meter Freestyle**

1	Ceri Edwards	45	Portsmouth N-	4:39.19	4:44.16
	31.76	1:07.35 (35.59)	1:43.35 (36.00)	2:19.85 (36.50)	
	2:56.14 (36.29)	3:32.60 (36.46)	4:08.83 (36.23)	4:44.16 (35.33)	
2	Jessica Partridge	48	Stroud Mast-	4:58.13	4:58.30
	34.94	1:11.97 (37.03)	1:49.55 (37.58)	2:27.10 (37.55)	
	3:04.75 (37.65)	3:42.91 (38.16)	4:21.05 (38.14)	4:58.30 (37.25)	
3	Maida Shivik	49	Camden Swiss-	6:00.00	5:55.25
	42.88	1:28.36 (45.48)	2:14.11 (45.75)	2:59.68 (45.57)	
		4:30.02 ( )	5:55.25 (1:25.23)		

**Event 2 Women 50-54 400 LC Meter Freestyle**

1	Claire Thorn	52	G B Police-	5:12.45	5:17.73
	34.97	1:14.17 (39.20)	1:54.60 (40.43)	2:35.64 (41.04)	
	3:16.67 (41.03)	3:57.57 (40.90)	4:38.34 (40.77)	5:17.73 (39.39)	
2	Bryony Wilkes	53	Loughborough-	5:40.00	5:53.32
	37.67	1:20.11 (42.44)	2:04.01 (43.90)	2:49.68 (45.67)	
	3:35.71 (46.03)	4:22.08 (46.37)	5:08.34 (46.26)	5:53.32 (44.98)	
3	Karen Howells	52	Cardiff Mast-	5:50.59	6:03.02
	41.00	1:26.04 (45.04)	2:12.22 (46.18)	2:59.17 (46.95)	
	3:45.46 (46.29)	4:31.93 (46.47)	5:17.91 (45.98)	6:03.02 (45.11)	
4	Zorika Adams	53	Camden Swiss-	6:05.00	6:10.78
	41.13	1:27.70 (46.57)	2:15.16 (47.46)	3:03.26 (48.10)	
	3:50.55 (47.29)	4:39.18 (48.63)	5:25.92 (46.74)	6:10.78 (44.86)	

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5 Sarah Morgan	51 Bridgend Cty-	7:10.00	6:15.84
40.63	1:25.32 (44.69)	2:11.23 (45.91)	2:59.03 (47.80)
3:45.99 (46.96)	4:35.38 (49.39)	5:25.47 (50.09)	6:15.84 (50.37)

**Event 2 Women 55-59 400 LC Meter Freestyle**

1 Suzanne Maidment	57 Spencer-	5:58.44	5:57.40
38.36	1:21.04 (42.68)	2:05.57 (44.53)	2:51.11 (45.54)
3:37.47 (46.36)	4:24.52 (47.05)	5:11.60 (47.08)	5:57.40 (45.80)
2 Beverley Bourne	55 Barnet Copt-	5:52.29	5:57.77
38.67	1:21.41 (42.74)	2:06.48 (45.07)	2:52.05 (45.57)
3:38.89 (46.84)	4:25.17 (46.28)	5:12.80 (47.63)	5:57.77 (44.97)
3 Ceri Thomas	58 Bridgend SC-	5:53.94	6:04.91
41.72	1:27.34 (45.62)	2:13.68 (46.34)	3:00.25 (46.57)
3:47.18 (46.93)	4:33.40 (46.22)	5:19.71 (46.31)	6:04.91 (45.20)
4 Kim Adair	59 Swansea Mast-	6:00.00	6:08.83
39.00	1:23.33 (44.33)	2:09.88 (46.55)	2:57.16 (47.28)
3:44.69 (47.53)	4:32.83 (48.14)	5:21.17 (48.34)	6:08.83 (47.66)
5 Katharine King	55 Wycombe Dist-	6:10.00	6:11.29
42.63	1:29.03 (46.40)	2:16.42 (47.39)	3:03.93 (47.51)
3:51.57 (47.64)	4:38.79 (47.22)	5:26.49 (47.70)	6:11.29 (44.80)
6 Helen Andrews	57 S D Trojan-	6:15.00	6:24.82
42.81	1:30.50 (47.69)	2:19.80 (49.30)	3:09.26 (49.46)
3:58.81 (49.55)	4:47.84 (49.03)	5:37.21 (49.37)	6:24.82 (47.61)
7 Lucille Thirlby	59 Out To Swim-	7:23.40	7:15.02
45.86	1:36.53 (50.67)	2:32.63 (56.10)	3:27.80 (55.17)
4:24.10 (56.30)	5:21.28 (57.18)	6:17.95 (56.67)	7:15.02 (57.07)

**Event 2 Women 60-64 400 LC Meter Freestyle**

1 Elaine Seager	60 Loughborough-	6:00.00	5:57.50
40.90	1:25.32 (44.42)	2:11.09 (45.77)	2:57.07 (45.98)
3:42.83 (45.76)	4:28.89 (46.06)	5:14.62 (45.73)	5:57.50 (42.88)
2 Ruth Cartwright	61 Southport-	6:45.56	6:37.75
43.64	1:31.26 (47.62)	2:21.82 (50.56)	3:12.27 (50.45)
4:03.42 (51.15)	4:54.82 (51.40)	5:46.93 (52.11)	6:37.75 (50.82)

**Event 2 Women 65-69 400 LC Meter Freestyle**

1 Catherine Hartle	65 Co Sheffield-	6:14.00	6:17.46
42.92	1:30.02 (47.10)	2:17.62 (47.60)	3:05.84 (48.22)
3:54.11 (48.27)	4:42.37 (48.26)	5:30.59 (48.22)	6:17.46 (46.87)
2 Frances Wilson	65 Croydon Amph-	7:44.71	7:46.67
52.30	1:50.72 (58.42)	2:51.35 (1:00.63)	3:51.44 (1:00.09)
4:51.42 (59.98)	5:51.39 (59.97)	6:50.99 (59.60)	7:46.67 (55.68)

**Event 2 Women 70-74 400 LC Meter Freestyle**

1 Susan Haigh	71 Exe Masters-	6:15.00	6:22.97
44.30	1:32.95 (48.65)	2:22.04 (49.09)	3:11.22 (49.18)
3:59.95 (48.73)	4:48.52 (48.57)	5:36.91 (48.39)	6:22.97 (46.06)
2 Mary Johnson	73 Mid Sussex-	6:58.00	6:49.35
45.91	1:37.76 (51.85)	2:30.60 (52.84)	3:24.20 (53.60)
4:17.48 (53.28)	5:10.97 (53.49)	6:01.90 (50.93)	6:49.35 (47.45)

**Event 2 Women 75-79 400 LC Meter Freestyle**

1 Alison Gwynn	75 Mid Sussex-	6:59.41	6:56.19
	1:37.86 ( )	3:24.35 ( )	
	5:11.23 ( )	6:05.42 (54.19)	6:56.19 (50.77)
2 Rose Dudeney	76 Mid Sussex-	7:10.00	7:10.11
49.76	1:43.98 (54.22)	2:38.38 (54.40)	3:32.74 (54.36)
4:28.48 (55.74)	5:22.77 (54.29)	6:17.85 (55.08)	7:10.11 (52.26)

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1	Helen Hughes	81	Arfon-	9:00.00	8:35.70
	59.82	2:04.36 (1:04.54)	3:09.54 (1:05.18)	4:15.86 (1:06.32)	
	5:21.42 (1:05.56)	6:27.32 (1:05.90)	7:32.36 (1:05.04)	8:35.70 (1:03.34)	

**Event 3 Men 18-24 50 LC Meter Breaststroke**

1	Kjetil Rehm	24	Bristol Nor-	31.81	32.26
2	Alexander Morris	24	Gloucester M-	31.52	33.42
3	Ioannis Perros	21	Keele University-	36.20	36.61
4	Nathan Goodridge	24	Dove Valley-	34.88	36.82
5	Elliot Riley-Brown	21	Wycombe Dist-	36.50	38.25
---	Joseph Seage	24	Co Sheffield-	33.46	DQ

**Event 3 Men 25-29 50 LC Meter Breaststroke**

1	Kyle Job	25	Penyrheol-	32.80	34.07
2	Christian Pinnington	25	Ots Bristol-	36.95	37.54

**Event 3 Men 30-34 50 LC Meter Breaststroke**

1	Benjamin Jones	32	Cardiff Mast-	36.00	33.06
2	Peter Brystow	33	St Ives-	34.82	33.92
3	Alex Mason	31	Pembs Cty-	40.00	39.15
4	Athanasios Galanis	32	Cardiff Mast-	46.00	42.88

**Event 3 Men 35-39 50 LC Meter Breaststroke**

1	Warren Barrett	36	Exe Masters-	30.01	32.67
2	Matthew Lewis	38	Pembs Cty-	33.30	33.38
3	Luke Wilson-Kilgour	39	Lydney-	33.95	35.12
4	Felix Ng	38	Loughborough-	37.00	36.67

**Event 3 Men 40-44 50 LC Meter Breaststroke**

1	Christopher Jones	42	Portsmouth N-	29.19	31.06
2	Christopher Jenkinson	40	Droitwich-	33.85	34.29
3	Matt Toogood	44	Newport-	36.23	37.38
4	Christopher Hanmer	44	Chirk-	41.12	42.39

**Event 3 Men 45-49 50 LC Meter Breaststroke**

1	Jonathan Leech	47	Co Sheffield-	38.57	40.75
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**Event 3 Men 50-54 50 LC Meter Breaststroke**

1	Ian Swift	50	Co Sheffield-	31.30	32.49
2	Stuart Colston	52	C Dolphins-	37.45	37.56
3	Martin Butler	50	C Dolphins-	38.35	39.99
4	Rupert Hough	50	Dove Valley-	40.90	41.74

**Event 3 Men 55-59 50 LC Meter Breaststroke**

1	Simon Edwards	56	CarltonForum-	37.00	37.32
2	Frank Morris	56	A.N.T. SC-	39.33	41.58
3	Steven Jones	56	Cardiff Mast-	45.18	49.52

**Event 3 Men 60-64 50 LC Meter Breaststroke**

1	David Bryant	62	Woking-	34.44	33.93
2	Philip Holme	64	Barnet Copt-	37.42	37.41
3	Mark Partridge	60	Stroud Mast-	37.00	37.42
4	Kevin Morris	60	Gloucester M-	50.56	50.62

**Event 3 Men 65-69 50 LC Meter Breaststroke**

1	Martin Jennings	65	Bo Kirklees-	36.75	36.08
2	Thomas Morrow	67	Gloucester M-	39.30	40.11
3	Michael Battersby	65	Cardiff Mast-	42.12	42.38
4	Anthony Llewellyn	65	C N Sitges-	49.86	52.39

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1	John Liron	75	Jersey-	40.00	42.27
2	Daniel Roberts	75	Co Sheffield-	55.71	57.87

**Event 3 Men 80-84 50 LC Meter Breaststroke**

1	Paul Clarke	81	Beaver Mast-	55.00	54.24
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**Event 4 Women 18-24 50 LC Meter Breaststroke**

1	Rae Straupenieks	19	Bromley-	38.10	37.90
2	Mia Boyle	19	Keele University-	35.87	38.55
3	Lynsey Wright	24	Crawley-	37.08	38.73
4	Arwen Teagle	22	Merthyr Tydf-	40.42	40.98
5	Carys Mai Havard	20	Keele University-	39.36	41.33
6	Seren Cook	19	Bridgend Cty-	38.37	41.87
7	Alice Darnton	19	Keele University-	42.15	42.13
8	Eleanor Cole	22	Keele University-	48.19	46.16

**Event 4 Women 25-29 50 LC Meter Breaststroke**

1	Harriet Borthwick	29	Co Sheffield-	40.33	41.64
2	Nicola Grange	25	C Dolphins-	42.91	45.72
3	Rebecca Reid	27	Bristol Nor-	43.00	48.07

**Event 4 Women 30-34 50 LC Meter Breaststroke**

1	Vicki Payne	34	Gloucester M-	36.93	37.85
2	Megan Pardoe	34	Bristol Nor-	44.00	42.14
3	Sandra Camacho	34	Club Vela Platja Llarga-	44.78	47.24

**Event 4 Women 35-39 50 LC Meter Breaststroke**

1	Sophie Mountain	36	Pembs Cty-	36.51	38.02
2	Crystal Brownnett	39	Woking-	42.12	41.42
3	Samantha Caffery	37	Dove Valley-	41.92	41.83
4	Jane Stalker	38	Camphill Ed-	45.61	43.85
5	Rebecca Pritchard	36	Spencer-	42.68	46.16

**Event 4 Women 40-44 50 LC Meter Breaststroke**

1	Katie Pateman	41	Exe Masters-	37.71	38.62
2	Jordanna Roberts	41	Swansea Mast-	38.60	39.94
3	Gillian Morfey	41	Caldicot-	45.63	47.60

**Event 4 Women 45-49 50 LC Meter Breaststroke**

1	Victoria Codling	47	Caldicot-	42.38	42.47
2	Sarah Jones	49	S D Trojan-	50.23	48.77

**Event 4 Women 50-54 50 LC Meter Breaststroke**

1	Nicola Idle	52	Co Sheffield-	38.83	39.96
2	Ali Skirvin	54	Strat Sharks-	42.98	42.22
3	Joanna Powell	50	Bridgend SC-	43.92	43.80
4	Victoria Price	50	Bridgend SC-	50.00	51.43

**Event 4 Women 55-59 50 LC Meter Breaststroke**

1	Jo Seymour	58	Gloucester M-	37.83	38.90
2	Lynda Coggins	59	Woking-	42.42	40.89
3	Wendy Figures	58	Co Sheffield-	44.35	43.43
4	Suzanne Maidment	57	Spencer-	47.24	46.22
5	Rachael Knight	56	CarltonForum-	47.00	46.34

**Event 4 Women 60-64 50 LC Meter Breaststroke**

1	Verity Dobbie	64	Gates &whick-	42.33	43.59
2	Ruth Cartwright	61	Southport-	44.59	46.57
3	Caroline Jupp	61	Swansea Mast-	47.00	48.02

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4 Janet Monk	60 Welsh Ind-	53.93	53.28
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**Event 4 Women 65-69 50 LC Meter Breaststroke**

1 Amanda Heath	66 Spencer-	41.87	42.02
2 Judith Barton	67 Poole-	52.22	50.69
3 Kathleen Bidnall	68 Mid Sussex-	51.59	52.68

**Event 4 Women 70-74 50 LC Meter Breaststroke**

1 Christine Ayers	70 South Beds-	49.62	48.23
2 Margaret Bickley	72 Totnes-	56.77	54.96
3 Marianne Davey	70 Redhill & R-	1:00.00	1:02.34

**Event 4 Women 75-79 50 LC Meter Breaststroke**

1 Rose Dudeney	76 Mid Sussex-	1:01.00	57.65
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**Event 4 Women 80-84 50 LC Meter Breaststroke**

1 Diane Ford	80 Spencer-	47.00	47.17
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**Event 5 Men 18-24 200 LC Meter IM**

1 Louis Batten	23 Atlantis-	2:33.27	2:32.14
30.63	1:09.74 (39.11)	1:57.50 (47.76)	2:32.14 (34.64)
2 Simon Scully	24 Woking-	2:46.55	2:45.03
36.90	1:20.68 (43.78)	2:08.97 (48.29)	2:45.03 (36.06)

**Event 5 Men 25-29 200 LC Meter IM**

1 Alex Jenkins	29 Camphill Ed-	2:37.25	2:50.84
36.23	1:19.77 (43.54)	2:10.61 (50.84)	2:50.84 (40.23)

**Event 5 Men 30-34 200 LC Meter IM**

1 David Hanbury	30 Swansea Mast-	2:17.01	2:19.41
28.55	1:04.05 (35.50)	1:46.75 (42.70)	2:19.41 (32.66)
2 Fraser Peh	33 Otter-	2:21.49	2:21.20
29.40	1:05.15 (35.75)	1:47.38 (42.23)	2:21.20 (33.82)

**Event 5 Men 35-39 200 LC Meter IM**

1 Ben Felton	36 Mansfield-	2:28.64	2:34.22
31.19	1:09.67 (38.48)	1:57.61 (47.94)	2:34.22 (36.61)

**Event 5 Men 40-44 200 LC Meter IM**

1 Christopher Jones	42 Portsmouth N-	2:09.94	2:22.23
30.08	1:09.74 (39.66)	1:48.79 (39.05)	2:22.23 (33.44)
2 Christopher Malpass	44 Trafford Met-	2:35.00	2:34.03
30.66	1:10.54 (39.88)	1:56.84 (46.30)	2:34.03 (37.19)
3 James Barwick	41 East Leeds-	2:41.64	2:38.59
30.47	1:12.93 (42.46)	2:01.93 (49.00)	2:38.59 (36.66)
4 Tomasz Rybak	43 Wantage-	2:42.93	2:48.03
31.32	1:16.25 (44.93)	2:07.86 (51.61)	2:48.03 (40.17)

**Event 5 Men 50-54 200 LC Meter IM**

1 Andy Squires	51 Team Anglia-	2:52.66	2:53.04
34.91	1:19.41 (44.50)	2:11.28 (51.87)	2:53.04 (41.76)
2 Stuart Colston	52 C Dolphins-	2:49.00	2:55.31
36.91	1:25.32 (48.41)	2:16.20 (50.88)	2:55.31 (39.11)

**Event 5 Men 55-59 200 LC Meter IM**

1 Erlend Alstad	56 Oslo Idrettslag Swimming-	2:30.51	2:36.04
32.35	1:14.02 (41.67)	2:00.16 (46.14)	2:36.04 (35.88)

**Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023****Wales National Pool, Swansea****Results - Session 1 - Warm Up 08.00 - 08:50****Event 5 Men 60-64 200 LC Meter IM**

1	Mark Reynolds	60	Barnet Copt-	2:35.00	2:30.89
	32.05	1:15.87 (43.82)	1:57.56 (41.69)	2:30.89 (33.33)	
2	David Bryant	62	Woking-	2:38.06	2:39.12
	33.76	1:18.12 (44.36)	2:01.52 (43.40)	2:39.12 (37.60)	
3	Mark Robertson	61	Crawley-	2:45.00	2:46.49
	31.95	1:16.63 (44.68)	2:06.94 (50.31)	2:46.49 (39.55)	
4	Mark Jones	63	Warrington M-	2:46.29	2:55.83
	40.57	1:28.81 (48.24)	2:17.92 (49.11)	2:55.83 (37.91)	
5	Dale Barker	61	Felixstowe-	2:50.31	2:56.27
	36.93	1:24.32 (47.39)	2:16.28 (51.96)	2:56.27 (39.99)	
6	Neil Procter	63	Barnet Copt-	2:55.52	3:03.21
	37.60	1:25.62 (48.02)	2:18.35 (52.73)	3:03.21 (44.86)	
7	Paul Cartwright	62	Camden Swiss-	2:59.78	3:03.29
	36.21	1:25.54 (49.33)	2:21.65 (56.11)	3:03.29 (41.64)	
8	Simon Williams	60	Otter-	3:11.59	3:08.45
	36.39	1:25.59 (49.20)	2:24.52 (58.93)	3:08.45 (43.93)	
9	John Anderson	64	Gloucester M-	3:22.30	3:22.47
	43.61	1:38.76 (55.15)	2:38.51 (59.75)	3:22.47 (43.96)	
10	Brian Armstrong	61	Gloucester M-	3:05.00	3:23.50
	41.52	1:38.77 (57.25)	2:37.43 (58.66)	3:23.50 (46.07)	
11	Stephen Gage	64	Cardiff Mast-	3:24.76	3:29.89
	41.69		2:42.69 ( )	3:29.89 (47.20)	
12	Stuart McGurk	62	Kendal-	3:37.64	4:08.76
	51.77	2:04.69 (1:12.92)	3:14.49 (1:09.80)	4:08.76 (54.27)	

**Event 5 Men 65-69 200 LC Meter IM**

1	Keith Parkin	69	Barnet Copt-	3:10.44	3:15.62
	38.92	1:32.57 (53.65)	2:29.52 (56.95)	3:15.62 (46.10)	
2	Michael Battersby	65	Cardiff Mast-	3:10.00	3:19.12
	42.57	1:38.59 (56.02)	3:19.12 (1:40.53)		

**Event 5 Men 70-74 200 LC Meter IM**

1	Eddie Riach	70	Milngavie &B-	2:54.37	3:00.41
	39.28	1:25.16 (45.88)	2:20.78 (55.62)	3:00.41 (39.63)	

**Event 5 Men 75-79 200 LC Meter IM**

1	Peter Stephens	76	Spencer-	4:02.79	4:10.08
	1:00.66	2:11.18 (1:10.52)	3:22.30 (1:11.12)	4:10.08 (47.78)	

**Event 5 Men 85-89 200 LC Meter IM**

1	Donald Leatherbarrow	85	Gloucester M-	3:51.97	4:07.73
	58.47	2:04.95 (1:06.48)	3:19.90 (1:14.95)	4:07.73 (47.83)	

**Event 6 Women 18-24 200 LC Meter IM**

1	Anya Sordy	24	Co Sheffield-	2:55.00	2:47.29
	32.89	1:20.04 (47.15)	2:09.11 (49.07)	2:47.29 (38.18)	
2	Arwen Teagle	22	Merthyr Tydf-	2:54.23	2:56.04
	40.68	1:26.42 (45.74)	2:14.85 (48.43)	2:56.04 (41.19)	
3	Lynsey Wright	24	Crawley-	2:40.87	2:56.33
	38.85	1:22.88 (44.03)	2:14.19 (51.31)	2:56.33 (42.14)	
4	Jodie Matthews	20	Bristol Nor-	2:59.31	3:08.38
	39.52	1:25.88 (46.36)	2:23.74 (57.86)	3:08.38 (44.64)	

**Event 6 Women 25-29 200 LC Meter IM**

1	Carys Thomas	26	Cardiff Mast-	2:39.24	2:42.62
	33.64	1:15.61 (41.97)	2:04.78 (49.17)	2:42.62 (37.84)	
2	Emily Whiting	26	Bristol Nor-	2:57.31	2:58.27
	37.05	1:21.97 (44.92)	2:15.57 (53.60)	2:58.27 (42.70)	



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3 Sarah Sharrock	29 Trafford Met-	7:50.00	3:58.09
50.82	1:54.70 (1:03.88)	3:02.92 (1:08.22)	3:58.09 (55.17)

**Event 6 Women 30-34 200 LC Meter IM**

1 Nia Westlake	30 Gloucester M-	2:37.71	2:34.71
33.19	1:13.54 (40.35)	1:59.34 (45.80)	2:34.71 (35.37)
2 Megan McDonagh	30 Otter-	2:40.07	2:42.86
33.16	1:16.72 (43.56)	2:04.50 (47.78)	2:42.86 (38.36)

**Event 6 Women 35-39 200 LC Meter IM**

1 K Jedrzycka-Bogdanska	37 Torfaen D-	2:45.00	2:50.82
34.92	1:19.72 (44.80)	2:09.38 (49.66)	2:50.82 (41.44)

**Event 6 Women 40-44 200 LC Meter IM**

1 Rebecca Newson	41 Exe Masters-	2:39.53	2:41.63
31.69	1:13.21 (41.52)	2:03.16 (49.95)	2:41.63 (38.47)
2 Victoria Williams	41 Bath Dolphin-	2:45.59	2:49.52
33.88	1:18.53 (44.65)	2:10.99 (52.46)	2:49.52 (38.53)
3 Gillian Morfey	41 Caldicot-	3:50.00	3:39.84
46.20	1:46.96 (1:00.76)	2:46.29 (59.33)	3:39.84 (53.55)

**Event 6 Women 45-49 200 LC Meter IM**

1 Elizabeth Bellinger	45 Bishop Stort-	2:42.82	2:42.50
31.06	1:13.24 (42.18)	2:02.45 (49.21)	2:42.50 (40.05)
2 Lisa Dawson	45 Barnet Copt-	2:43.97	2:55.04
39.93	1:25.97 (46.04)	2:15.37 (49.40)	2:55.04 (39.67)
3 Erzsebet Kiss	47 Co Sheffield-	2:58.37	3:05.04
37.04	1:27.11 (50.07)	2:22.18 (55.07)	3:05.04 (42.86)

**Event 6 Women 50-54 200 LC Meter IM**

1 Claire Tagg	54 S D Trojan-	3:10.00	3:03.98
38.82	1:27.93 (49.11)	2:19.64 (51.71)	3:03.98 (44.34)
2 Ali Skirvin	54 Strat Sharks-	3:12.26	3:08.63
42.27	1:33.52 (51.25)	2:25.42 (51.90)	3:08.63 (43.21)
3 Claudine Day	52 Redhill & R-	3:54.96	3:55.18
1:01.23	2:02.38 (1:01.15)	3:03.38 (1:01.00)	3:55.18 (51.80)

**Event 6 Women 55-59 200 LC Meter IM**

1 Lynda Coggins	59 Woking-	3:10.00	3:09.71
42.37	1:33.32 (50.95)	2:23.74 (50.42)	3:09.71 (45.97)
2 Jennifer Powell	55 Boldmere-	3:15.00	3:11.97
41.04	1:31.36 (50.32)	2:27.95 (56.59)	3:11.97 (44.02)
3 Beverley Bourne	55 Barnet Copt-	3:16.57	3:17.70
43.67	1:35.51 (51.84)	2:33.73 (58.22)	3:17.70 (43.97)

**Event 6 Women 60-64 200 LC Meter IM**

1 Kathleen Raymond	60 MwayMaritime-	3:40.00	3:33.13
50.30	1:49.56 (59.26)	2:46.54 (56.98)	3:33.13 (46.59)
2 Delia Keen	62 Carm Masters-	4:51.89	4:53.87
1:15.68	2:42.23 (1:26.55)	3:55.42 (1:13.19)	4:53.87 (58.45)
3 Lesley Davies	63 Otter-	4:48.77	4:59.55
1:15.68	2:34.70 (1:19.02)	3:55.76 (1:21.06)	4:59.55 (1:03.79)

**Event 6 Women 65-69 200 LC Meter IM**

1 Amanda Heath	66 Spencer-	3:05.00	3:05.27
39.28	1:30.33 (51.05)	2:22.00 (51.67)	3:05.27 (43.27)
2 Julia Buchanan	66 Caldicot-	3:45.00	3:37.30
48.31	1:42.40 (54.09)	2:47.80 (1:05.40)	3:37.30 (49.50)

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3	Susan Procter	67	Barnet Copt-	3:52.12	3:59.71
	47.72	1:57.85 (1:10.13)	3:03.91 (1:06.06)	3:59.71 (55.80)	

**Event 6 Women 70-74 200 LC Meter IM**

1	Christine Ayers	70	South Beds-	3:49.83	3:38.31
	50.11	1:47.75 (57.64)	2:50.03 (1:02.28)	3:38.31 (48.28)	

**Event 7 Mixed 72-99 200 LC Meter Medley Relay**

1	Cardiff Mast	A		NT	2:05.52
	1) Carys Thomas W26	2) Benjamin Jones M32	3) Jack Endersby M23	4) Nadine James W25	
	38.10	1:09.58 (31.48)	1:36.87 (27.29)	2:05.52 (28.65)	

---	Co Sheffield	A		NT	DQ
	1) Abbie Whiting W24	2) Joseph Seage M24	3) Ryan Borthwick M29	4) Anya Sordy W24	
	34.94	1:10.15 (35.21)	1:38.17 (28.02)	DQ (31.12)	

**Event 7 Mixed 120-159 200 LC Meter Medley Relay**

1	Swansea Mast	A		NT	2:08.79
	1) David Hanbury M30	2) Mark Williams M34	3) Hannah Munday W32	4) Hannah Griffiths W29	
	30.81	1:06.16 (35.35)	1:37.89 (31.73)	2:08.79 (30.90)	

2	C Dolphins	A		NT	2:19.33
	1) Nicola Grange W25	2) Martin Butler M50	3) Faith Goodliffe W23	4) Stuart Colston M52	
	38.38	1:18.99 (40.61)	1:49.51 (30.52)	2:19.33 (29.82)	

**Event 7 Mixed 160-199 200 LC Meter Medley Relay**

1	Exe Masters	A		NT	2:07.57
	1) Warren Barrett M36	2) Katie Pateman W41	3) Rebecca Newson W41	4) Nigel Travers-Griffin M54	
	30.75	1:08.64 (37.89)	1:39.70 (31.06)	2:07.57 (27.87)	

2	Co Sheffield	B		NT	2:27.66
	1) Nicola Idle W52	2) Jonathan Leech M47	3) Leah Bramall W27	4) Luke Copestake M35	
	40.77	1:21.24 (40.47)	1:58.06 (36.82)	2:27.66 (29.60)	

3	Cardiff Mast	B		NT	2:33.29
	1) Stephen Gage M64	2) Athanasios Galanis M32	3) Sorcha Kennedy W47	4) Karen Howells W52	
	43.71	1:25.97 (42.26)	1:58.66 (32.69)	2:33.29 (34.63)	

**Event 7 Mixed 200-239 200 LC Meter Medley Relay**

1	Barnet Copt	A		NT	2:21.04
	1) Lisa Dawson W45	2) Mark Reynolds M60	3) Sean McQuaid M55	4) Beverley Bourne W55	
	39.36	1:13.58 (34.22)	1:46.40 (32.82)	2:21.04 (34.64)	

2	Camden Swiss	A		NT	2:29.82
	1) Aiden Dunne M37	2) Maida Shivik W49	3) Paul Cartwright M62	4) Zorika Adams W53	
	32.54	1:19.53 (46.99)	1:52.78 (33.25)	2:29.82 (37.04)	