

Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023**Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****Event 23 Men 30-34 400 LC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 David Hanbury	30	Swansea Mast-	4:55.00	5:07.77	
			29.64	1:05.36 (35.72)	1:44.30 (38.94)
			3:05.66 (43.27)	3:50.15 (44.49)	4:29.33 (39.18)
					2:22.39 (38.09)
					5:07.77 (38.44)

Event 23 Men 40-44 400 LC Meter IM

1 Christopher Malpass	44	Trafford Met-	5:35.33	5:34.36	
			31.93	1:10.33 (38.40)	1:55.07 (44.74)
			3:27.53 (48.76)	4:16.39 (48.86)	4:56.52 (40.13)
					2:38.77 (43.70)
					5:34.36 (37.84)

Event 23 Men 50-54 400 LC Meter IM

1 Andrew Chamberlain	50	Spencer-	5:42.37	5:25.08	
			34.18	1:13.81 (39.63)	1:56.91 (43.10)
			3:25.43 (45.21)	4:11.62 (46.19)	4:49.08 (37.46)
					2:40.22 (43.31)
					5:25.08 (36.00)

Event 23 Men 55-59 400 LC Meter IM

1 Erlend Alstad	56	Oslo Idrettslag Swimming-	5:17.57	5:34.46	
			33.36	1:13.57 (40.21)	1:59.00 (45.43)
			3:32.36 (48.31)	4:20.41 (48.05)	4:59.44 (39.03)
					2:44.05 (45.05)
					5:34.46 (35.02)

Event 23 Men 60-64 400 LC Meter IM

1 David Bryant	62	Woking-	5:50.28	5:51.01	
			35.80	1:16.35 (40.55)	2:05.27 (48.92)
			3:38.73 (44.73)	4:28.99 (50.26)	5:10.21 (41.22)
					2:54.00 (48.73)
					5:51.01 (40.80)
2 Mark Jones	63	Warrington M-	5:49.77	6:28.15	
			41.74	1:32.37 (50.63)	2:26.26 (53.89)
			4:10.60 (52.98)	5:04.93 (54.33)	5:47.65 (42.72)
					3:17.62 (51.36)
					6:28.15 (40.50)

Event 23 Men 65-69 400 LC Meter IM

1 Keith Parkin	69	Barnet Copt-	7:01.31	7:30.82	
			40.61	1:38.53 (57.92)	2:39.92 (1:01.39)
			4:42.61 (1:01.25)	5:44.76 (1:02.15)	6:39.08 (54.32)
					3:41.36 (1:01.44)
					7:30.82 (51.74)

Event 23 Men 85-89 400 LC Meter IM

1 Donald Leatherbarrow	85	Gloucester M-	8:24.70	9:06.39	
			1:03.07	2:19.82 (1:16.75)	3:33.38 (1:13.56)
			6:00.33 (1:14.84)	7:16.92 (1:16.59)	8:12.82 (55.90)
					4:45.49 (1:12.11)
					9:06.39 (53.57)

Event 24 Women 18-24 400 LC Meter IM

1 Arwen Teagle	22	Merthyr Tydf-	6:30.04	6:20.11	
			43.64	1:39.33 (55.69)	2:25.70 (46.37)
			4:01.60 (51.05)	4:54.62 (53.02)	5:39.35 (44.73)
					3:10.55 (44.85)
					6:20.11 (40.76)

Event 24 Women 30-34 400 LC Meter IM

1 Nia Westlake	30	Gloucester M-	5:32.47	5:33.79	
			35.52	1:16.57 (41.05)	2:00.56 (43.99)
			3:30.50 (46.63)	4:18.73 (48.23)	4:56.99 (38.26)
					2:43.87 (43.31)
					5:33.79 (36.80)

Event 24 Women 35-39 400 LC Meter IM

1 K Jedrzycka-Bogdanska	37	Torfaen D-	6:00.00	6:16.36	
			37.87	1:25.12 (47.25)	
			3:54.62 (50.51)	4:47.05 (52.43)	5:33.45 (46.40)
					3:04.11 ()
					6:16.36 (42.91)

Event 24 Women 40-44 400 LC Meter IM

1 Katie Pateman	41	Exe Masters-	6:30.00	5:55.84	
			38.13	1:22.91 (44.78)	2:10.85 (47.94)
			3:46.73 (48.67)	4:35.58 (48.85)	5:16.58 (41.00)
					2:58.06 (47.21)
					5:55.84 (39.26)
2 Victoria Williams	41	Bath Dolphin-	5:51.48	6:03.83	
			35.40	1:19.88 (44.48)	2:08.23 (48.35)
			3:48.97 (53.35)	4:42.19 (53.22)	5:22.23 (40.04)
					2:55.62 (47.39)
					6:03.83 (41.60)

Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023**Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****Event 24 Women 45-49 400 LC Meter IM**

1	Jessica Partridge	48	Stroud Mast-	5:46.21	5:46.83
	36.47	1:19.02 (42.55)	2:04.42 (45.40)	2:48.96 (44.54)	
	3:39.23 (50.27)	4:30.59 (51.36)	5:08.64 (38.05)	5:46.83 (38.19)	
2	Erzsebet Kiss	47	Co Sheffield-	6:26.82	6:46.13
	37.86	1:27.46 (49.60)	2:20.98 (53.52)	3:13.61 (52.63)	
	4:12.22 (58.61)	5:11.32 (59.10)	5:59.96 (48.64)	6:46.13 (46.17)	

Event 24 Women 55-59 400 LC Meter IM

1	Beverley Bourne	55	Barnet Copt-	7:05.93	7:15.11
	44.13	1:41.17 (57.04)	2:39.11 (57.94)	3:35.14 (56.03)	
	4:36.72 (1:01.58)	5:38.96 (1:02.24)	6:27.83 (48.87)	7:15.11 (47.28)	

Event 24 Women 65-69 400 LC Meter IM

1	Amanda Heath	66	Spencer-	6:35.27	6:34.49
	46.13	1:37.02 (50.89)	2:31.13 (54.11)	3:23.33 (52.20)	
	4:14.01 (50.68)	5:05.60 (51.59)	5:51.62 (46.02)	6:34.49 (42.87)	

Event 25 Men 18-24 200 LC Meter Freestyle

1	Thomas Bayley	24	Bristol Nor-	2:15.00	2:20.14
	32.06	1:07.52 (35.46)	1:44.83 (37.31)	2:20.14 (35.31)	
2	Simon Scully	24	Woking-	2:20.00	2:21.76
	33.39	1:09.53 (36.14)	1:46.06 (36.53)	2:21.76 (35.70)	
3	Nathan Goodridge	24	Dove Valley-	2:26.88	2:40.64
	35.82	1:15.44 (39.62)	1:58.59 (43.15)	2:40.64 (42.05)	

Event 25 Men 25-29 200 LC Meter Freestyle

1	Ryan Borthwick	29	Co Sheffield-	2:11.15	2:13.88
	30.54	1:04.64 (34.10)	1:40.52 (35.88)	2:13.88 (33.36)	
2	Callum Morris	28	Cardiff Mast-	2:18.25	2:16.76
	30.62	1:04.83 (34.21)	1:40.52 (35.69)	2:16.76 (36.24)	
3	Geraint Meek	29	Cardiff Mast-	2:20.00	2:18.95
	31.75	1:07.63 (35.88)	1:44.18 (36.55)	2:18.95 (34.77)	
4	Matthew Dickinson	27	Swansea Mast-	2:18.50	2:21.81
	33.31	1:09.42 (36.11)	1:46.66 (37.24)	2:21.81 (35.15)	
5	Alex Jenkins	29	Campmill Ed-	2:19.98	2:30.96
	32.52	1:10.58 (38.06)	1:50.92 (40.34)	2:30.96 (40.04)	
6	Tom Gillard	25	Welsh Ind-	3:00.00	2:56.65
	35.62	1:17.63 (42.01)	2:07.45 (49.82)	2:56.65 (49.20)	

Event 25 Men 30-34 200 LC Meter Freestyle

1	Fraser Peh	33	Otter-	2:06.23	2:05.60
	28.79	1:00.50 (31.71)	1:33.42 (32.92)	2:05.60 (32.18)	

Event 25 Men 35-39 200 LC Meter Freestyle

1	Felix Ng	38	Loughborough-	2:21.00	2:35.52
	33.88	1:13.64 (39.76)	1:56.04 (42.40)	2:35.52 (39.48)	
2	Nicholas Wigley	39	Cardiff Mast-	2:45.00	2:42.67
	34.99		2:00.19 ()	2:42.67 (42.48)	
3	Luke Copestake	35	Co Sheffield-	2:30.00	2:43.55
	35.08	1:14.93 (39.85)	1:58.40 (43.47)	2:43.55 (45.15)	

Event 25 Men 40-44 200 LC Meter Freestyle

1	James Mactavish	41	Co South'ton-	2:22.00	2:22.32
	32.93	1:09.75 (36.82)	1:47.26 (37.51)	2:22.32 (35.06)	
2	Tomasz Rybak	43	Wantage-	2:22.30	2:25.79
	34.20	1:11.32 (37.12)	1:49.09 (37.77)	2:25.79 (36.70)	
3	David Wood	41	Wycombe Dist-	2:30.65	2:30.79
	34.94	1:12.74 (37.80)	1:52.60 (39.86)	2:30.79 (38.19)	
4	Matt Toogood	44	Newport-	2:25.08	2:34.67
	33.94	1:12.19 (38.25)	1:52.63 (40.44)	2:34.67 (42.04)	

Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023**Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****Event 25 Men 45-49 200 LC Meter Freestyle**

1	Jonathan Leech	47	Co Sheffield-	2:35.00	2:44.05
	35.63	1:18.12 (42.49)	2:03.53 (45.41)	2:44.05 (40.52)	
2	Gavin Newman	46	Bridgend SC-	3:29.40	3:34.14
	47.52	1:43.15 (55.63)	2:39.90 (56.75)	3:34.14 (54.24)	

Event 25 Men 50-54 200 LC Meter Freestyle

1	Ian Swift	50	Co Sheffield-	2:12.95	2:16.04
	32.28	1:07.17 (34.89)	1:42.05 (34.88)	2:16.04 (33.99)	
2	Jamie McHale	51	Co Sheffield-	2:16.33	2:16.33
	31.64	1:07.24 (35.60)	1:42.83 (35.59)	2:16.33 (33.50)	
3	Spencer Glover	53	Warrington M-	2:20.00	2:21.41
	34.00	1:10.35 (36.35)	1:46.51 (36.16)	2:21.41 (34.90)	
4	Matthew Bailey	51	Gloucester M-	2:18.00	2:22.11
	33.40	1:09.24 (35.84)	1:46.81 (37.57)	2:22.11 (35.30)	
5	Peter Jones	52	Bridgend Cty-	3:30.00	3:01.57
	40.46	1:26.33 (45.87)	2:14.85 (48.52)	3:01.57 (46.72)	

Event 25 Men 55-59 200 LC Meter Freestyle

1	Sean McQuaid	55	Barnet Copt-	2:15.00	2:17.98
	32.02	1:07.46 (35.44)	1:42.88 (35.42)	2:17.98 (35.10)	
2	Erlend Alstad	56	Oslo Idrettslag Swimming-	2:14.76	2:19.83
	32.06	1:08.04 (35.98)	1:43.95 (35.91)	2:19.83 (35.88)	
3	Jonathan Saunders	57	Co Sheffield-	2:21.02	2:25.04
	33.72	1:10.57 (36.85)	1:48.52 (37.95)	2:25.04 (36.52)	
4	Steven Jones	56	Cardiff Mast-	3:03.59	3:12.37
	40.35	1:27.97 (47.62)	2:19.94 (51.97)	3:12.37 (52.43)	

Event 25 Men 60-64 200 LC Meter Freestyle

1	Mark Reynolds	60	Barnet Copt-	2:15.00	2:16.00
	31.40	1:06.09 (34.69)	1:40.69 (34.60)	2:16.00 (35.31)	
2	Mark Robertson	61	Crawley-	2:21.14	2:25.23
	33.28	1:10.12 (36.84)	1:48.59 (38.47)	2:25.23 (36.64)	
3	Rob Arnold	63	Trafford Met-	2:29.24	2:30.50
	35.35	1:14.45 (39.10)	1:53.74 (39.29)	2:30.50 (36.76)	
4	Dale Barker	61	Felixstowe-	2:28.17	2:30.53
	34.96	1:13.13 (38.17)	1:52.24 (39.11)	2:30.53 (38.29)	
5	Chris Orchard	64	Deepings-	2:47.37	2:48.94
	39.01	1:21.11 (42.10)	2:05.22 (44.11)	2:48.94 (43.72)	
6	Brian Armstrong	61	Gloucester M-	2:44.47	2:55.50
	39.45	1:23.91 (44.46)	2:10.94 (47.03)	2:55.50 (44.56)	
7	Patrick Allen	61	Woking-	2:49.39	3:05.42
	41.10	1:30.52 (49.42)	2:18.47 (47.95)	3:05.42 (46.95)	
8	Stuart McGurk	62	Kendal-	3:10.82	3:34.01
	46.95	1:42.88 (55.93)	2:40.61 (57.73)	3:34.01 (53.40)	

Event 25 Men 65-69 200 LC Meter Freestyle

1	Paul Pycroft	65	Cardiff Mast-	2:35.00	2:59.32
		1:23.25 ()	2:59.32 (1:36.07)		
2	Anthony Llewellyn	65	C N Sitges-	3:34.66	3:39.84
	48.20	1:43.36 (55.16)	2:42.26 (58.90)	3:39.84 (57.58)	

Event 25 Men 70-74 200 LC Meter Freestyle

1	Nick Minns	70	Co Lincoln P-	2:53.03	3:00.20
	41.04	1:27.67 (46.63)	2:14.77 (47.10)	3:00.20 (45.43)	

Event 25 Men 75-79 200 LC Meter Freestyle

1	Peter Stephens	76	Spencer-	3:05.88	3:22.56
	46.11	1:37.92 (51.81)	2:32.16 (54.24)	3:22.56 (50.40)	

Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023**Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****Event 25 Men 80-84 200 LC Meter Freestyle**

1	Tony Cherrington	81	Gloucester M-	3:12.00	3:19.50
	44.79	1:36.80 (52.01)	2:31.31 (54.51)	3:19.50 (48.19)	
2	Paul Clarke	81	Beaver Mast-	4:18.00	4:23.18
		2:06.42 ()	4:23.18 (2:16.76)		

Event 26 Women 25-29 200 LC Meter Freestyle

1	Hannah Griffiths	29	Swansea Mast-	2:35.00	2:34.53
	33.52		1:53.24 ()	2:34.53 (41.29)	
2	Amber Coughlan	27	Camphill Ed-	2:35.00	2:37.54
	33.40	1:12.58 (39.18)	1:54.22 (41.64)	2:37.54 (43.32)	
3	Leah Bramall	27	Co Sheffield-	2:35.34	2:41.06
	37.61	1:18.27 (40.66)	2:01.16 (42.89)	2:41.06 (39.90)	
4	Sarah Sharrock	29	Trafford Met-	5:00.00	3:31.30
	47.78	1:41.84 (54.06)	2:38.17 (56.33)	3:31.30 (53.13)	

Event 26 Women 30-34 200 LC Meter Freestyle

1	Holly Booth	32	Trafford Met-	2:18.07	2:15.96
	30.91	1:04.82 (33.91)	1:40.24 (35.42)	2:15.96 (35.72)	
2	Hannah Munday	32	Swansea Mast-	2:12.34	2:16.21
	31.50	1:05.54 (34.04)	1:41.27 (35.73)	2:16.21 (34.94)	
3	Claire Williams	30	C Dolphins-	2:22.79	2:25.35
	32.79	1:09.13 (36.34)	1:47.19 (38.06)	2:25.35 (38.16)	
4	Megan Pardoe	34	Bristol Nor-	2:37.00	2:29.90
	33.77	1:12.30 (38.53)	1:52.60 (40.30)	2:29.90 (37.30)	
5	Frances Lynn	32	Cardiff Mast-	2:42.06	2:49.77
	37.90	1:20.33 (42.43)	2:05.37 (45.04)	2:49.77 (44.40)	
6	Alice Eaton	31	Bristol Nor-	3:02.66	2:54.04
	39.49	1:24.08 (44.59)	2:10.14 (46.06)	2:54.04 (43.90)	

Event 26 Women 35-39 200 LC Meter Freestyle

1	Kimberly Saddler	35	Exe Masters-	2:30.00	2:25.16
	33.34	1:10.26 (36.92)	1:48.15 (37.89)	2:25.16 (37.01)	
2	Emma Price-Stephens	39	Torfaen D-	2:44.00	2:33.60
	35.74	1:15.14 (39.40)	1:55.05 (39.91)	2:33.60 (38.55)	
3	Stephanie Baron	36	S D Trojan-	2:40.90	2:36.54
	36.18	1:15.78 (39.60)	1:56.23 (40.45)	2:36.54 (40.31)	
4	Jane Stalker	38	Camphill Ed-	2:40.91	2:41.15
	36.10	1:15.60 (39.50)	1:57.33 (41.73)	2:41.15 (43.82)	

Event 26 Women 40-44 200 LC Meter Freestyle

1	Jodie Cox	42	TransplantSC-	2:40.33	2:39.74
	35.99	1:16.56 (40.57)	1:58.87 (42.31)	2:39.74 (40.87)	

Event 26 Women 45-49 200 LC Meter Freestyle

1	Ceri Edwards	45	Portsmouth N-	2:16.54	2:18.11
	31.83	1:06.74 (34.91)	1:42.50 (35.76)	2:18.11 (35.61)	
2	Maida Shivik	49	Camden Swiss-	2:50.00	2:52.83
	41.03	1:25.92 (44.89)	2:11.50 (45.58)	2:52.83 (41.33)	
3	Sarah Jones	49	S D Trojan-	2:56.23	3:08.13
	42.65	1:29.79 (47.14)	2:18.97 (49.18)	3:08.13 (49.16)	

Event 26 Women 50-54 200 LC Meter Freestyle

1	Michelle Ware	50	Woking-	2:20.50	2:21.94
	32.08	1:08.24 (36.16)	1:45.15 (36.91)	2:21.94 (36.79)	
2	Helen Sadler	53	Trafford Met-	2:23.00	2:24.34
	34.43	1:12.02 (37.59)	1:49.13 (37.11)	2:24.34 (35.21)	
3	Claire Thorn	52	G B Police-	2:29.87	2:29.22
	34.09	1:11.69 (37.60)	1:50.81 (39.12)	2:29.22 (38.41)	

Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023**Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****(Event 26 Women 50-54 200 LC Meter Freestyle)**

4	Joanna Powell	50	Bridgend SC-	2:50.04	2:43.91
	36.42	1:17.02 (40.60)	2:00.50 (43.48)	2:43.91 (43.41)	
5	Bryony Wilkes	53	Loughborough-	2:40.00	2:46.11
	36.69	1:18.47 (41.78)	2:02.07 (43.60)	2:46.11 (44.04)	
6	Karen Howells	52	Cardiff Mast-	2:46.21	2:51.96
	39.82	1:23.50 (43.68)	2:08.93 (45.43)	2:51.96 (43.03)	
7	Zorika Adams	53	Camden Swiss-	2:56.70	2:58.93
	39.09	1:24.85 (45.76)	2:12.76 (47.91)	2:58.93 (46.17)	
8	Judith McGregor-Harper	53	Exe Masters-	2:55.65	3:01.42
	40.99	1:27.20 (46.21)	2:14.89 (47.69)	3:01.42 (46.53)	
9	Victoria Price	50	Bridgend SC-	3:30.00	3:24.23
	45.97	1:38.66 (52.69)	2:31.87 (53.21)	3:24.23 (52.36)	
10	Claudine Day	52	Redhill & R-	3:26.14	3:24.90
	46.27	1:39.12 (52.85)	2:33.57 (54.45)	3:24.90 (51.33)	

Event 26 Women 55-59 200 LC Meter Freestyle

1	Suzanne Maidment	57	Spencer-	2:47.94	2:47.46
	36.64	1:17.58 (40.94)	2:01.72 (44.14)	2:47.46 (45.74)	
2	Ceri Thomas	58	Bridgend SC-	2:50.06	2:58.20
	41.34	1:26.86 (45.52)	2:13.00 (46.14)	2:58.20 (45.20)	
3	Katharine King	55	Wycombe Dist-	2:53.00	2:59.46
	40.22	1:26.42 (46.20)	2:14.55 (48.13)	2:59.46 (44.91)	

Event 26 Women 60-64 200 LC Meter Freestyle

1	Verity Dobbie	64	Gates &whick-	2:53.55	2:51.67
	40.86	1:24.51 (43.65)	2:09.43 (44.92)	2:51.67 (42.24)	
2	Kathleen Raymond	60	MwayMaritime-	3:10.00	3:11.47
	43.43	1:33.15 (49.72)	2:23.22 (50.07)	3:11.47 (48.25)	
3	Lesley Davies	63	Otter-	3:49.27	3:58.61
	51.94	1:51.92 (59.98)	2:56.09 (1:04.17)	3:58.61 (1:02.52)	
4	Nizza Fluss	61	Barnet Copt-	3:53.23	4:09.24
	54.31	2:01.04 (1:06.73)	3:08.09 (1:07.05)	4:09.24 (1:01.15)	

Event 26 Women 65-69 200 LC Meter Freestyle

1	Catherine Hartle	65	Co Sheffield-	2:59.72	2:59.15
	41.52	1:25.87 (44.35)	2:12.84 (46.97)	2:59.15 (46.31)	
2	Susan Procter	67	Barnet Copt-	3:18.00	3:24.40
	45.50	1:38.22 (52.72)	2:32.05 (53.83)	3:24.40 (52.35)	
3	Frances Wilson	65	Croydon Amph-	3:39.77	3:42.12
	48.67	1:45.68 (57.01)	2:45.22 (59.54)	3:42.12 (56.90)	

Event 26 Women 70-74 200 LC Meter Freestyle

1	Susan Haigh	71	Exe Masters-	2:55.54	3:02.70
	42.33	1:29.14 (46.81)	2:16.90 (47.76)	3:02.70 (45.80)	

Event 26 Women 75-79 200 LC Meter Freestyle

1	Alison Gwynn	75	Mid Sussex-	3:15.46	3:14.97
	44.87	1:35.06 (50.19)	2:26.78 (51.72)	3:14.97 (48.19)	
2	Rose Dudeney	76	Mid Sussex-	3:40.00	3:32.21
	49.06	1:44.44 (55.38)	2:38.84 (54.40)	3:32.21 (53.37)	
3	Elaine Blower	78	Barnet Copt-	4:00.00	3:46.74
	53.58	1:52.93 (59.35)	2:52.23 (59.30)	3:46.74 (54.51)	

Event 27 Men 18-24 100 LC Meter Backstroke

1	Martin Schofield	24	Crawley-	1:07.57	1:09.47
	33.07	1:09.47 (36.40)			
2	Louis Batten	23	Atlantis-	1:10.67	1:12.00
	35.05	1:12.00 (36.95)			

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3	Will Curtis	19	Hinckley-	1:09.89	1:13.26
	34.41	1:13.26	(38.85)		

Event 27 Men 25-29 100 LC Meter Backstroke

1	Scott Mitchell	26	Glenrothes-	1:00.40	1:04.86
	31.53	1:04.86	(33.33)		

2	Alex Jenkins	29	Camphill Ed-	1:11.76	1:18.95
	36.99	1:18.95	(41.96)		

Event 27 Men 35-39 100 LC Meter Backstroke

1	Ben Felton	36	Mansfield-	1:01.22	1:07.31
	32.29	1:07.31	(35.02)		

2	Aiden Dunne	37	Camden Swiss-	1:10.98	1:08.60
	32.57	1:08.60	(36.03)		

Event 27 Men 40-44 100 LC Meter Backstroke

1	James Barwick	41	East Leeds-	1:09.00	1:10.72
	34.07	1:10.72	(36.65)		

Event 27 Men 45-49 100 LC Meter Backstroke

1	Apostolos Fournaris	45	Hadleigh-	1:17.91	1:23.55
	39.76	1:23.55	(43.79)		

Event 27 Men 50-54 100 LC Meter Backstroke

1	Andy Squires	51	Team Anglia-	1:13.00	1:15.89
	36.15	1:15.89	(39.74)		

2	Rupert Hough	50	Dove Valley-	1:23.58	1:22.53
	39.94	1:22.53	(42.59)		

Event 27 Men 55-59 100 LC Meter Backstroke

1	Simon Wintle	56	Gloucester M-	1:10.00	1:09.55
	33.69	1:09.55	(35.86)		

2	Ian Wilkes	56	Loughborough-	1:14.00	1:12.29
	34.68	1:12.29	(37.61)		

3	Simon Edwards	56	CarltonForum-	1:14.50	1:15.94
	36.33	1:15.94	(39.61)		

4	Erlend Alstad	56	Oslo Idrettslag Swimming-	1:14.95	1:18.59
	38.77	1:18.59	(39.82)		

Event 27 Men 60-64 100 LC Meter Backstroke

1	Alan Parkins	63	Crawley-	1:24.00	1:19.80
	39.02	1:19.80	(40.78)		

2	Paul Cartwright	62	Camden Swiss-	1:22.05	1:23.26
	41.52	1:23.26	(41.74)		

3	Paul Tallentire	61	Carlisle Aq-	1:22.00	1:23.42
	41.04	1:23.42	(42.38)		

4	Mark Jones	63	Warrington M-	1:23.26	1:26.31
	43.16	1:26.31	(43.15)		

5	Mark Partridge	60	Stroud Mast-	1:26.30	1:27.01
	41.42	1:27.01	(45.59)		

6	Antony Corben	61	S D Trojan-	1:26.76	1:27.76
	43.48	1:27.76	(44.28)		

7	Chris Orchard	64	Deepings-	1:45.85	1:46.45
	52.83	1:46.45	(53.62)		

Event 27 Men 65-69 100 LC Meter Backstroke

1	Robert Guy	65	Bristol Nor-	1:14.32	1:14.99
	36.86	1:14.99	(38.13)		

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2	Godfrey Admans	69	Spencer-	1:31.30	1:28.25
	41.70	1:28.25	(46.55)		
3	Keith Parkin	69	Barnet Copt-	1:32.45	1:37.04
	45.71	1:37.04	(51.33)		
4	Anthony Llewellyn	65	C N Sitges-	1:58.37	2:03.83
	1:00.02	2:03.83	(1:03.81)		

Event 27 Men 70-74 100 LC Meter Backstroke

1	Eddie Riach	70	Milngavie &B-	1:18.65	1:20.14
	39.66	1:20.14	(40.48)		
2	Nick Minns	70	Co Lincoln P-	1:35.67	1:36.56
	48.05	1:36.56	(48.51)		

Event 27 Men 75-79 100 LC Meter Backstroke

1	Neil Jackson	77	Southport-	1:55.73	1:55.98
	54.72	1:55.98	(1:01.26)		

Event 27 Men 80-84 100 LC Meter Backstroke

1	Paul Clarke	81	Beaver Mast-	2:08.00	2:03.72
	59.78	2:03.72	(1:03.94)		

Event 28 Women 18-24 100 LC Meter Backstroke

1	Katey Dallolio	19	Connahs Quay-	1:05.93	1:08.25
	32.73	1:08.25	(35.52)		
2	Ruby Verge	23	Cardiff Mast-	1:09.65	1:10.08
	33.79	1:10.08	(36.29)		
3	Lynsey Wright	24	Crawley-	1:10.69	1:11.98
	34.46	1:11.98	(37.52)		
4	Lucy Harding	22	Pembs Cty-	1:15.00	1:13.34
	35.34	1:13.34	(38.00)		
5	Tegan Davies	19	Bridgend Cty-	1:12.17	1:15.41
	35.99	1:15.41	(39.42)		
6	Tyler Kelly-Cooper	18	Camphill Ed-	1:15.50	1:16.25
	36.18	1:16.25	(40.07)		
7	Faith Goodliffe	23	C Dolphins-	1:08.61	1:16.79
	35.96	1:16.79	(40.83)		

Event 28 Women 25-29 100 LC Meter Backstroke

1	Amber Coughlan	27	Camphill Ed-	1:15.00	1:16.38
	36.73	1:16.38	(39.65)		
2	Emily Whiting	26	Bristol Nor-	1:16.89	1:17.75
	37.49	1:17.75	(40.26)		
3	Rebecca Reid	27	Bristol Nor-	1:21.00	1:21.60
	39.05	1:21.60	(42.55)		

Event 28 Women 30-34 100 LC Meter Backstroke

1	Danielle Stirrat	30	Cardiff Mast-	1:07.60	1:08.16
	33.33	1:08.16	(34.83)		
2	Megan McDonagh	30	Otter-	1:13.19	1:14.41
	36.06	1:14.41	(38.35)		

Event 28 Women 35-39 100 LC Meter Backstroke

1	Crystal Brownnett	39	Woking-	1:29.39	1:24.89
	40.51	1:24.89	(44.38)		
2	Sara Magrath	36	Bristol Pen-	1:15.00	1:29.48
	42.68	1:29.48	(46.80)		

Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023**Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****Event 28 Women 40-44 100 LC Meter Backstroke**

1	Rebecca Newson	41	Exe Masters-	1:11.01	1:14.90
	35.83		1:14.90 (39.07)		

Event 28 Women 45-49 100 LC Meter Backstroke

1	Lisa Dawson	45	Barnet Copt-	1:16.85	1:20.95
	39.47		1:20.95 (41.48)		

Event 28 Women 50-54 100 LC Meter Backstroke

1	Jo Corben	53	S D Trojan-	1:09.95	1:09.42
	34.16		1:09.42 (35.26)		
2	Bethan Bell	50	Gloucester M-	1:18.50	1:18.96
	38.40		1:18.96 (40.56)		
3	Nicola Latty	52	Holywell-	1:24.00	1:28.54
	42.11		1:28.54 (46.43)		
4	Ali Skirvin	54	Strat Sharks-	1:33.50	1:34.29
	46.30		1:34.29 (47.99)		
5	Claudine Day	52	Redhill & R-	1:51.52	1:56.32
	56.57		1:56.32 (59.75)		

Event 28 Women 55-59 100 LC Meter Backstroke

1	Lynda Coggins	59	Woking-	1:24.00	1:25.32
	42.05		1:25.32 (43.27)		
2	Jennifer Powell	55	Boldmere-	1:26.00	1:28.02
	41.79		1:28.02 (46.23)		

Event 28 Women 60-64 100 LC Meter Backstroke

1	Micaela Morris	62	Gloucester M-	1:34.92	1:31.37
	44.20		1:31.37 (47.17)		
2	Caroline Jupp	61	Swansea Mast-	1:38.00	1:42.40
	48.27		1:42.40 (54.13)		
3	Kathleen Raymond	60	MwayMaritime-	1:50.00	1:50.15
	53.27		1:50.15 (56.88)		

Event 28 Women 65-69 100 LC Meter Backstroke

1	Kathleen Bidnall	68	Mid Sussex-	1:33.50	1:33.90
	45.25		1:33.90 (48.65)		
2	Julia Buchanan	66	Caldicot-	1:42.39	1:41.02
	47.82		1:41.02 (53.20)		

Event 28 Women 70-74 100 LC Meter Backstroke

1	Mary Johnson	73	Mid Sussex-	1:38.28	1:37.99
	49.66		1:37.99 (48.33)		
2	Christine Ayers	70	South Beds-	1:44.70	1:43.88
	50.73		1:43.88 (53.15)		
3	Margaret Bickley	72	Totnes-	1:57.85	1:51.94
4	Marianne Davey	70	Redhill & R-	1:55.63	2:04.30
	58.06		2:04.30 (1:06.24)		

Event 29 Men 120-159 200 LC Meter Freestyle Relay

1	Swansea Mast	A		NT	1:48.81
	1) David Hanbury M30	2) Matthew Dickinson M27	3) Mark Williams M34	4) Jake Plumley M30	
	26.37	54.65 (28.28)	1:21.48 (26.83)	1:48.81 (27.33)	
2	Cardiff Mast	A		NT	1:49.53
	1) Callum Morris M28	2) Geraint Meek M29	3) Nicholas Wigley M39	4) Daniel Clements M43	
	27.51	54.41 (26.90)	1:25.32 (30.91)	1:49.53 (24.21)	

Event 29 Men 160-199 200 LC Meter Freestyle Relay

1	Co Sheffield	A		NT	1:50.53
	1) Ryan Borthwick M29	2) Luke Copestake M35	3) Jamie McHale M51	4) Ian Swift M50	
	27.19	56.16 (28.97)	1:23.45 (27.29)	1:50.53 (27.08)	

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2 Swansea Mast	B	NT	2:01.52
1) Craig Jones M38	2) Paul Grunhut M54	3) Stephen Croall M51	4) Ned Gill M43
29.68	1:31.61 ()	2:01.52 (29.91)	

Event 29 Men 200-239 200 LC Meter Freestyle Relay

1 Co Sheffield	B	NT	2:08.57
1) Daniel Roberts M75	2) Jonathan Leech M47	3) Jonathan Saunders M57	
38.69	1:10.96 (32.27)	1:40.50 (29.54)	2:08.57 (28.07)

Event 29 Men 240-279 200 LC Meter Freestyle Relay

1 Barnet Copt	A	NT	1:59.56
1) Mark Reynolds M60	2) Sean McQuaid M55	3) Neil Procter M63	4) Keith Parkin M69
28.40	55.87 (27.47)	1:26.45 (30.58)	1:59.56 (33.11)
2 Cardiff Mast	B	NT	2:22.08
1) Michael Battersby M65	2) Stephen Gage M64	3) Paul Pycroft M65	4) David Lowe M67
35.36	1:12.07 (36.71)	1:47.83 (35.76)	2:22.08 (34.25)

Event 29 Men 280-319 200 LC Meter Freestyle Relay

1 Gloucester M	A	NT	2:14.84
1) John Anderson M64	2) Tony Cherrington M81	3) Donald Leatherbarrow M85	4) Matthew Bailey M51
33.43	1:10.10 (36.67)	1:47.48 (37.38)	2:14.84 (27.36)

Event 30 Women 72-99 200 LC Meter Freestyle Relay

1 Co Sheffield	A	NT	2:06.27
1) Abbie Whiting W24	2) Anya Sordy W24	3) Mary Swallow W27	4) Leah Bramall W27
29.58	1:01.23 (31.65)	1:32.77 (31.54)	2:06.27 (33.50)
2 Cardiff Mast	B	NT	2:10.58
1) Carys Thomas W26	2) Karen Howells W52	3) Frances Lynn W32	4) Ruby Verge W23
30.16	1:04.98 (34.82)	1:39.38 (34.40)	2:10.58 (31.20)
3 Bristol Nor	A	NT	2:13.50
1) Megan Pardoe W34	2) Jodie Matthews W20	3) Alice Eaton W31	4) Emily Whiting W26
30.53	1:05.38 (34.85)	1:40.39 (35.01)	2:13.50 (33.11)

Event 30 Women 120-159 200 LC Meter Freestyle Relay

1 Cardiff Mast	A	NT	1:54.97
1) Stella Lancey W35	2) Nadine James W25	3) Hannah Palfrey W30	4) Danielle Stirrat W30
28.53	57.59 (29.06)	1:25.66 (28.07)	1:54.97 (29.31)
2 Swansea Mast	A	NT	2:03.82
1) Hannah Griffiths W29	2) Jordanna Roberts W41	3) Verity Cook W28	4) Hannah Munday W32
31.00	1:03.01 (32.01)	1:34.42 (31.41)	2:03.82 (29.40)

Event 30 Women 160-199 200 LC Meter Freestyle Relay

1 Exe Masters	A	NT	2:06.31
1) Kimberly Saddler W35	2) Katie Pateman W41	3) Judith McGregor-Harper W53	4) Rebecca Newson W41
30.05	1:00.80 (30.75)	1:36.80 (36.00)	2:06.31 (29.51)
2 Co Sheffield	B	NT	2:25.86
1) Harriet Borthwick W29	2) Wendy Figures W58	3) Erzsebet Kiss W47	4) Catherine Hartle W65
33.64	1:13.51 (39.87)	1:47.42 (33.91)	2:25.86 (38.44)

Event 30 Women 280-319 200 LC Meter Freestyle Relay

1 Mid Sussex	A	NT	2:51.65
1) Mary Johnson W73	2) Kathleen Bidnall W68	3) Rose Dudeney W76	4) Alison Gwynn W75
38.78	1:22.04 (43.26)	2:07.65 (45.61)	2:51.65 (44.00)