

**Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023****Wales National Pool, Swansea****Results - Session 5 - Warm Up 11.15 - 12.05****Event 31 Mixed 72-99 200 LC Meter Freestyle Relay**

Team	Relay	Seed Time	Finals Time	Points
1 Bristol Nor	A	NT	2:02.05	
1) Thomas Bayley M24	2) Rebecca Reid W27	3) Jodie Matthews W20	4) Kjetil Rehm M24	
27.82	1:00.81 (32.99)	1:35.49 (34.68)	2:02.05 (26.56)	

**Event 31 Mixed 100-119 200 LC Meter Freestyle Relay**

1 Cardiff Mast	A	NT	1:54.17	
1) Danielle Stirrat W30	2) Carys Thomas W26	3) Athanasios Galanis M32	4) Geraint Meek M29	
28.57	58.13 (29.56)	1:27.84 (29.71)	1:54.17 (26.33)	

**Event 31 Mixed 120-159 200 LC Meter Freestyle Relay**

1 Swansea Mast	A	NT	1:54.35	
1) Jake Plumley M30	2) Hannah Griffiths W29	3) David Hanbury M30	4) Hannah Munday W32	
28.23	58.82 (30.59)	1:24.97 (26.15)	1:54.35 (29.38)	
2 C Dolphins	A	NT	1:57.27	
1) Faith Goodliffe W23	2) Martin Butler M50	3) Claire Williams W30	4) Gary Morgan M47	
29.77	58.92 (29.15)	1:29.24 (30.32)	1:57.27 (28.03)	
3 Co Sheffield	A	NT	2:03.12	
1) Leah Bramall W27	2) Luke Copestake M35	3) Harriet Borthwick W29	4) Ryan Borthwick M29	
34.33	1:03.64 (29.31)	1:36.53 (32.89)	2:03.12 (26.59)	
4 Cardiff Mast	B	NT	2:11.32	
1) Karen Howells W52	2) Frances Lynn W32	3) Andrew O'Leary M33	4) Nicholas Wigley M39	
35.65	1:09.81 (34.16)	1:40.49 (30.68)	2:11.32 (30.83)	

**Event 31 Mixed 160-199 200 LC Meter Freestyle Relay**

1 Exe Masters	A	NT	1:52.35	
1) Nigel Travers-Griffin M54	2) Kimberly Saddler W35	3) Rebecca Newson W41	4) Warren Barrett M36	
28.01	57.66 (29.65)	1:27.41 (29.75)	1:52.35 (24.94)	

**Event 31 Mixed 200-239 200 LC Meter Freestyle Relay**

1 Barnet Copt	A	NT	2:05.03	
1) Lisa Dawson W45	2) Mark Reynolds M60	3) Sean McQuaid M55	4) Beverley Bourne W55	
33.32	1:01.45 (28.13)	1:29.85 (28.40)	2:05.03 (35.18)	
2 Camden Swiss	A	NT	2:08.16	
1) Aiden Dunne M37	2) Paul Cartwright M62	3) Maida Shivik W49	4) Zorika Adams W53	
26.83	57.25 (30.42)	1:30.83 (33.58)	2:08.16 (37.33)	

**Event 31 Mixed 240-279 200 LC Meter Freestyle Relay**

1 Gloucester M	A	NT	2:16.34	
1) Nia Westlake W30	2) Tony Cherrington M81	3) Nicholas McDowall M71	4) Jo Seymour W58	
30.53	1:06.93 (36.40)	1:43.75 (36.82)	2:16.34 (32.59)	

**Event 32 Men 18-24 100 LC Meter Butterfly**

1 Martin Schofield	24 Crawley-	1:15.00	1:08.63	
31.13	1:08.63 (37.50)			

**Event 32 Men 25-29 100 LC Meter Butterfly**

1 Scott Mitchell	26 Glenrothes-	1:05.00	1:03.56	
30.12	1:03.56 (33.44)			
2 Joshua Hooper	25 Ots Bristol-	1:05.22	1:08.58	
31.16	1:08.58 (37.42)			
3 Callum Morris	28 Cardiff Mast-	1:12.37	1:10.02	
31.57	1:10.02 (38.45)			
4 Kyle Job	25 Penyrheol-	1:09.00	1:10.17	
31.90	1:10.17 (38.27)			

**Event 32 Men 30-34 100 LC Meter Butterfly**

1 Fraser Peh	33 Otter-	1:02.05	1:00.75	
28.02	1:00.75 (32.73)			
2 Michael Procter	30 Bicester-	59.90	1:01.21	
28.21	1:01.21 (33.00)			

**Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023****Wales National Pool, Swansea****Results - Session 5 - Warm Up 11.15 - 12.05****(Event 32 Men 30-34 100 LC Meter Butterfly)**

3	David Hanbury	30	Swansea Mast-	1:00.00	1:04.55
	28.86	1:04.55	(35.69)		
4	Matthew Lees	34	Rochdale-	1:15.10	1:13.27
	32.42	1:13.27	(40.85)		

**Event 32 Men 35-39 100 LC Meter Butterfly**

1	Jonathan Airey	35	Bristol Nor-	1:08.00	1:18.47
	34.03	1:18.47	(44.44)		

**Event 32 Men 40-44 100 LC Meter Butterfly**

1	Christopher Malpass	44	Trafford Met-	1:03.90	1:05.23
	30.57	1:05.23	(34.66)		
2	Tomasz Rybak	43	Wantage-	1:08.86	1:09.07
	32.56	1:09.07	(36.51)		
3	James Mactavish	41	Co South'ton-	1:12.00	1:11.87
	33.43	1:11.87	(38.44)		

**Event 32 Men 45-49 100 LC Meter Butterfly**

1	Dean Blackman	48	Woking-	1:06.60	1:06.31
	30.43	1:06.31	(35.88)		

**Event 32 Men 50-54 100 LC Meter Butterfly**

1	Jamie McHale	51	Co Sheffield-	1:04.89	1:05.82
	30.17	1:05.82	(35.65)		
2	Spencer Glover	53	Warrington M-	1:07.50	1:07.93
	31.68	1:07.93	(36.25)		
3	Matthew Bailey	51	Gloucester M-	1:08.00	1:09.66
	31.95	1:09.66	(37.71)		

**Event 32 Men 55-59 100 LC Meter Butterfly**

1	Ian Wilkes	56	Loughborough-	1:07.60	1:07.94
	31.80	1:07.94	(36.14)		

**Event 32 Men 60-64 100 LC Meter Butterfly**

1	Clive Benson	60	Hart-	1:09.00	1:08.43
	31.80	1:08.43	(36.63)		
2	Rob Arnold	63	Trafford Met-	1:19.66	1:18.21
	37.05	1:18.21	(41.16)		
3	Alan Parkins	63	Crawley-	1:23.45	1:20.97
	38.49	1:20.97	(42.48)		
4	Dale Barker	61	Felixstowe-	1:22.20	1:21.63
	37.51	1:21.63	(44.12)		
5	Mark Jones	63	Warrington M-	1:24.34	1:28.89
	41.18	1:28.89	(47.71)		

**Event 32 Men 65-69 100 LC Meter Butterfly**

1	Keith Parkin	69	Barnet Copt-	1:30.25	1:32.61
	38.54	1:32.61	(54.07)		
2	Vladimir Sveds	67	Cardiff Mast-	1:39.60	1:41.42
	44.75	1:41.42	(56.67)		
3	Anthony Llewellyn	65	C N Sitges-	2:03.27	2:09.80
	57.66	2:09.80	(1:12.14)		

**Event 32 Men 85-89 100 LC Meter Butterfly**

1	Donald Leatherbarrow	85	Gloucester M-	1:59.66	2:16.52
	1:00.78	2:16.52	(1:15.74)		

**Event 33 Women 18-24 100 LC Meter Butterfly**

1	Faith Goodliffe	23	C Dolphins-	1:09.76	1:09.98
	32.82	1:09.98	(37.16)		

**Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023****Wales National Pool, Swansea****Results - Session 5 - Warm Up 11.15 - 12.05****(Event 33 Women 18-24 100 LC Meter Butterfly)**

2	Anya Sordy	24	Co Sheffield-	1:13.00	1:12.39
	33.53	1:12.39	(38.86)		
---	Lauren Davies	19	Bridgend Cty-	1:10.95	DQ
	33.84	DQ	(40.77)		

**Event 33 Women 25-29 100 LC Meter Butterfly**

1	Sophie Hutin	26	S D Trojan-	1:21.00	1:21.16
	36.84	1:21.16	(44.32)		

**Event 33 Women 30-34 100 LC Meter Butterfly**

1	Hannah Munday	32	Swansea Mast-	1:07.98	1:09.66
	32.84	1:09.66	(36.82)		
2	Claire Williams	30	C Dolphins-	1:16.50	1:14.36
	34.68	1:14.36	(39.68)		

**Event 33 Women 35-39 100 LC Meter Butterfly**

1	Sarah Quartermaine	37	Carrick Mas-	1:08.74	1:11.60
	33.03	1:11.60	(38.57)		

**Event 33 Women 40-44 100 LC Meter Butterfly**

1	Rebecca Newson	41	Exe Masters-	1:08.79	1:10.15
	32.49	1:10.15	(37.66)		
2	Victoria Williams	41	Bath Dolphin-	1:13.65	1:14.46
	34.29	1:14.46	(40.17)		

**Event 33 Women 45-49 100 LC Meter Butterfly**

1	Susan Teale	47	Bo Kirklees-	1:10.60	1:12.53
	33.36	1:12.53	(39.17)		

**Event 33 Women 50-54 100 LC Meter Butterfly**

1	Michelle Ware	50	Woking-	1:10.09	1:11.15
	33.59	1:11.15	(37.56)		
2	Jeanne Petit	53	Psv Eindhoven-	1:14.23	1:15.14
	34.43	1:15.14	(40.71)		
3	Michelle Laverick	50	Hart-	1:26.16	1:25.01
	39.34	1:25.01	(45.67)		

**Event 33 Women 60-64 100 LC Meter Butterfly**

1	Micaela Morris	62	Gloucester M-	1:39.55	1:41.85
	44.10	1:41.85	(57.75)		
2	Nizza Fluss	61	Barnet Copt-	2:07.80	2:08.29
	58.52	2:08.29	(1:09.77)		

**Event 33 Women 65-69 100 LC Meter Butterfly**

1	Kathleen Bidnall	68	Mid Sussex-	1:45.00	1:50.55
	49.99	1:50.55	(1:00.56)		

**Event 34 Men 18-24 200 LC Meter Breaststroke**

1	Lloyd Jones	20	Merthyr Tydf-	2:59.41	2:57.62
	38.08	1:22.22	(44.14)	2:09.74	(47.52)
				2:57.62	(47.88)

**Event 34 Men 40-44 200 LC Meter Breaststroke**

1	James Mactavish	41	Co South'ton-	3:10.00	3:05.37
	42.87	1:30.07	(47.20)	2:18.43	(48.36)
				3:05.37	(46.94)

**Event 34 Men 45-49 200 LC Meter Breaststroke**

1	Jonathan Leech	47	Co Sheffield-	3:10.00	3:24.38
	45.15	1:38.66	(53.51)	2:32.66	(54.00)
				3:24.38	(51.72)

**Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023****Wales National Pool, Swansea****Results - Session 5 - Warm Up 11.15 - 12.05****Event 34 Men 50-54 200 LC Meter Breaststroke**

1	Ian Swift	50	Co Sheffield-	2:37.50	2:44.85
	39.01	1:21.65 (42.64)	2:03.32 (41.67)	2:44.85 (41.53)	
2	Andrew Chamberlain	50	Spencer-	2:55.50	2:56.98
	43.17	1:29.28 (46.11)	2:14.42 (45.14)	2:56.98 (42.56)	
3	Phillip Trelford	52	Co Ely-	3:42.92	3:51.14
	47.55	1:45.98 (58.43)	2:49.67 (1:03.69)	3:51.14 (1:01.47)	
---	Geoff Boddie	50	Aer Lingus Masters-	2:42.27	DQ
	36.64	1:17.52 (40.88)	1:59.53 (42.01)	DQ (41.81)	

**Event 34 Men 55-59 200 LC Meter Breaststroke**

1	Erlend Alstad	56	Oslo Idrettslag Swimming-	2:50.43	2:53.62
	39.36	1:24.80 (45.44)	2:09.32 (44.52)	2:53.62 (44.30)	

**Event 34 Men 60-64 200 LC Meter Breaststroke**

1	David Bryant	62	Woking-	2:59.61	2:57.00
	42.04	1:28.97 (46.93)	2:13.26 (44.29)	2:57.00 (43.74)	
2	Mark Jones	63	Warrington M-	3:10.86	3:20.08
	46.15	1:37.59 (51.44)	2:29.89 (52.30)	3:20.08 (50.19)	
3	Chris Orchard	64	Deepings-	3:33.67	3:41.90
	50.81	1:46.38 (55.57)	2:44.51 (58.13)	3:41.90 (57.39)	

**Event 34 Men 65-69 200 LC Meter Breaststroke**

1	Michael Battersby	65	Cardiff Mast-	3:30.00	3:37.77
	46.18	1:43.55 (57.37)	2:41.84 (58.29)	3:37.77 (55.93)	
2	Anthony Llewellyn	65	C N Sitges-	4:25.47	4:41.98
	1:04.30	2:15.17 (1:10.87)	3:28.95 (1:13.78)	4:41.98 (1:13.03)	
---	Vladimir Sveds	67	Cardiff Mast-	3:38.50	DQ
	52.12	1:49.77 (57.65)	2:47.92 (58.15)	DQ (54.85)	

**Event 34 Men 80-84 200 LC Meter Breaststroke**

1	Paul Clarke	81	Beaver Mast-	4:48.00	5:00.97
	1:06.25	2:24.40 (1:18.15)	3:44.21 (1:19.81)	5:00.97 (1:16.76)	

**Event 35 Women 18-24 200 LC Meter Breaststroke**

1	Arwen Teagle	22	Merthyr Tydf-	3:11.15	3:14.32
	42.75	1:31.91 (49.16)	2:23.34 (51.43)	3:14.32 (50.98)	

**Event 35 Women 25-29 200 LC Meter Breaststroke**

1	Carys Thomas	26	Cardiff Mast-	3:00.24	3:07.04
	42.95	1:30.71 (47.76)	2:18.76 (48.05)	3:07.04 (48.28)	
2	Harriet Borthwick	29	Co Sheffield-	3:10.00	3:18.17
	45.49	1:35.83 (50.34)	2:27.96 (52.13)	3:18.17 (50.21)	
3	Rebecca Reid	27	Bristol Nor-	3:25.75	3:45.01
	50.02	1:46.84 (56.82)	2:45.60 (58.76)	3:45.01 (59.41)	

**Event 35 Women 30-34 200 LC Meter Breaststroke**

1	Megan McDonagh	30	Otter-	2:57.10	2:59.29
	40.41	1:25.79 (45.38)	2:12.90 (47.11)	2:59.29 (46.39)	
2	Nia Westlake	30	Gloucester M-	3:06.78	3:02.63
	41.16	1:27.56 (46.40)	2:15.58 (48.02)	3:02.63 (47.05)	
3	Hannah Palfrey	30	Cardiff Mast-	2:59.66	3:03.34
	42.00	1:28.55 (46.55)	2:15.53 (46.98)	3:03.34 (47.81)	
4	Sandra Camacho	34	Club Vela Platja Llarga-	3:35.00	3:43.67
	49.58	1:46.45 (56.87)	2:44.39 (57.94)	3:43.67 (59.28)	

**Event 35 Women 35-39 200 LC Meter Breaststroke**

1	K Jedrzycka-Bogdanska	37	Torfaen D-	3:10.00	3:13.02
	43.49	1:31.45 (47.96)	2:22.29 (50.84)	3:13.02 (50.73)	
2	Samantha Caffery	37	Dove Valley-	3:37.97	3:39.33
	49.08	1:44.55 (55.47)	2:42.34 (57.79)	3:39.33 (56.99)	

**Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023****Wales National Pool, Swansea****Results - Session 5 - Warm Up 11.15 - 12.05****Event 35 Women 40-44 200 LC Meter Breaststroke**

1	Katie Pateman	41	Exe Masters-	2:59.56	3:03.12
	41.39	1:28.14 (46.75)	2:16.00 (47.86)	3:03.12 (47.12)	

**Event 35 Women 45-49 200 LC Meter Breaststroke**

1	Jessica Partridge	48	Stroud Mast-	3:16.68	3:14.49
	45.72	1:35.76 (50.04)	2:25.25 (49.49)	3:14.49 (49.24)	
2	Sarah Jones	49	S D Trojan-	3:50.23	4:00.88
	54.29	1:55.25 (1:00.96)	2:58.55 (1:03.30)	4:00.88 (1:02.33)	

**Event 35 Women 50-54 200 LC Meter Breaststroke**

1	Claire Thorn	52	G B Police-	3:11.57	3:08.64
	42.59	1:30.26 (47.67)	2:19.47 (49.21)	3:08.64 (49.17)	
2	Ali Skirvin	54	Strat Sharks-	3:19.27	3:20.47
	45.80	1:36.59 (50.79)	2:29.16 (52.57)	3:20.47 (51.31)	
3	Judith McGregor-Harper	53	Exe Masters-	3:54.40	3:54.39
	54.76	1:54.87 (1:00.11)	2:56.32 (1:01.45)	3:54.39 (58.07)	

**Event 35 Women 55-59 200 LC Meter Breaststroke**

1	Lynda Coggins	59	Woking-	3:27.67	3:23.26
	48.38	1:41.82 (53.44)	2:34.61 (52.79)	3:23.26 (48.65)	
2	Wendy Figures	58	Co Sheffield-	3:30.29	3:32.01
	48.63	1:42.14 (53.51)	2:37.24 (55.10)	3:32.01 (54.77)	

**Event 35 Women 60-64 200 LC Meter Breaststroke**

1	Kathleen Raymond	60	MwayMaritime-	3:45.00	3:42.52
	50.66	1:48.49 (57.83)	2:46.62 (58.13)	3:42.52 (55.90)	
2	Verity Dobbie	64	Gates & whick-	3:43.67	3:47.75
	52.23	1:49.62 (57.39)	2:49.75 (1:00.13)	3:47.75 (58.00)	
3	Ruth Cartwright	61	Southport-	3:58.58	3:58.10
	54.03	1:55.75 (1:01.72)	2:58.06 (1:02.31)	3:58.10 (1:00.04)	
4	Lesley Davies	63	Otter-	4:30.00	4:48.09
	1:05.33	2:19.08 (1:13.75)	3:34.85 (1:15.77)	4:48.09 (1:13.24)	
5	Nizza Fluss	61	Barnet Copt-	4:51.65	4:56.25
	1:07.84	2:24.19 (1:16.35)	3:42.10 (1:17.91)	4:56.25 (1:14.15)	

**Event 35 Women 65-69 200 LC Meter Breaststroke**

1	Amanda Heath	66	Spencer-	3:15.00	3:14.83
	45.19	1:35.16 (49.97)	2:25.58 (50.42)	3:14.83 (49.25)	

**Event 35 Women 70-74 200 LC Meter Breaststroke**

1	Margaret Bickley	72	Totnes-	4:12.37	4:19.56
	58.13	2:04.41 (1:06.28)	3:12.05 (1:07.64)	4:19.56 (1:07.51)	

**Event 35 Women 80-84 200 LC Meter Breaststroke**

1	Diane Ford	80	Spencer-	3:49.00	3:53.21
	52.55	1:53.03 (1:00.48)	2:54.24 (1:01.21)	3:53.21 (58.97)	

**Event 36 Men 18-24 50 LC Meter Freestyle**

1	Kjetil Rehm	24	Bristol Nor-	25.53	25.80
2	William Bailey	20	Swansea Uni-	27.67	27.50
3	Louis Batten	23	Atlantis-	27.79	27.57
4	Thomas Bayley	24	Bristol Nor-	27.00	27.78
5	Martin Schofield	24	Crawley-	26.95	27.88
6	Nik Takev	20	Barnet Copt-	27.44	28.45
7	Nathan Goodridge	24	Dove Valley-	27.74	29.03

**Event 36 Men 25-29 50 LC Meter Freestyle**

1	Jamie Cunningham	26	Woking-	24.60	25.84
2	Scott Mitchell	26	Glenrothes-	25.73	26.23
3	Ryan Borthwick	29	Co Sheffield-	26.60	26.77

**Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023****Wales National Pool, Swansea****Results - Session 5 - Warm Up 11.15 - 12.05****(Event 36 Men 25-29 50 LC Meter Freestyle)**

4	Geraint Meek	29	Cardiff Mast-	29.00	26.82
5	Connor Brunt	29	Woking-	24.58	26.85
6	Matthew Dickinson	27	Swansea Mast-	27.98	28.42
7	Christian Pinnington	25	Ots Bristol-	30.00	29.39
8	Tom Gillard	25	Welsh Ind-	35.00	31.41

**Event 36 Men 30-34 50 LC Meter Freestyle**

1	Michael Procter	30	Bicester-	24.50	25.21
2	Fraser Peh	33	Otter-	25.92	25.53
3	Peter Brystow	33	St Ives-	27.95	27.61
4	Matthew Lees	34	Rochdale-	28.84	28.41
5	Athanasios Galanis	32	Cardiff Mast-	36.00	30.66

**Event 36 Men 35-39 50 LC Meter Freestyle**

1	Warren Barrett	36	Exe Masters-	24.17	24.97
2	Aiden Dunne	37	Camden Swiss-	28.28	27.08
3	Felix Ng	38	Loughborough-	28.56	28.60
4	Luke Copestake	35	Co Sheffield-	31.01	29.64
5	Jonathan Airey	35	Bristol Nor-	28.00	29.98
6	Nicholas Wigley	39	Cardiff Mast-	30.00	31.12

**Event 36 Men 40-44 50 LC Meter Freestyle**

1	Daniel Clements	43	Cardiff Mast-	25.10	24.77
2	William Roberts	44	Otter-	25.48	26.11
3	Lee McCausland	43	Bridgend SC-	27.40	26.66
4	James Barwick	41	East Leeds-	26.75	27.17
5	Matt Toogood	44	Newport-	26.47	27.53
6	Tomasz Rybak	43	Wantage-	27.23	27.73

**Event 36 Men 45-49 50 LC Meter Freestyle**

1	Dean Blackman	48	Woking-	27.10	27.18
2	Stuart Wadlow	47	Welsh Ind-	38.00	36.26
3	Gareth Gardener	46	Bridgend Cty-	39.00	37.91
4	Gavin Newman	46	Bridgend SC-	43.81	41.66

**Event 36 Men 50-54 50 LC Meter Freestyle**

1	Spencer Glover	53	Warrington M-	27.75	27.71
2	Nigel Travers-Griffin	54	Exe Masters-	27.18	27.96
3	Andy Squires	51	Team Anglia-	28.79	28.74
4	Martin Butler	50	C Dolphins-	29.76	29.83
5	Dean Morgan	53	C Dolphins-	30.50	30.46
6	Rupert Hough	50	Dove Valley-	33.07	33.08
7	Mark Wisden	52	Bridgend Cty-	38.00	34.23
8	Peter Jones	52	Bridgend Cty-	36.00	36.19
9	Phillip Trelford	52	Co Ely-	36.86	36.74

**Event 36 Men 55-59 50 LC Meter Freestyle**

1	Sean McQuaid	55	Barnet Copt-	26.39	27.51
2	Ian Wilkes	56	Loughborough-	28.30	27.55
3	Simon Edwards	56	CarltonForum-	28.30	28.64
4	Jonathan Saunders	57	Co Sheffield-	28.59	29.11
5	Malcolm Rainier	56	Hart-	34.00	32.19
6	Steven Jones	56	Cardiff Mast-	33.40	36.15

**Event 36 Men 60-64 50 LC Meter Freestyle**

1	Mark Reynolds	60	Barnet Copt-	27.50	27.84
2	Mark Robertson	61	Crawley-	28.07	28.27

**Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023****Wales National Pool, Swansea****Results - Session 5 - Warm Up 11.15 - 12.05****(Event 36 Men 60-64 50 LC Meter Freestyle)**

3	Clive Benson	60	Hart-	29.00	28.89
4	Simon Williams	60	Otter-	29.58	29.71
5	Mark Partridge	60	Stroud Mast-	30.00	30.97
6	Alan Parkins	63	Crawley-	30.01	31.06
7	Stephen Gage	64	Cardiff Mast-	36.46	36.86
8	Stuart McGurk	62	Kendal-	38.30	39.74

**Event 36 Men 65-69 50 LC Meter Freestyle**

1	Martin Jennings	65	Bo Kirklees-	30.76	30.86
2	Godfrey Admans	69	Spencer-	34.88	33.44
3	Keith Parkin	69	Barnet Copt-	33.00	33.48
4	Ian Woollard	69	Barnet Copt-	33.50	33.66
5	Paul Pycroft	65	Cardiff Mast-	33.16	34.06

**Event 36 Men 70-74 50 LC Meter Freestyle**

1	Nicholas McDowall	71	Gloucester M-	37.75	36.26
---	-------------------	----	---------------	-------	-------

**Event 36 Men 75-79 50 LC Meter Freestyle**

1	Daniel Roberts	75	Co Sheffield-	38.41	39.40
2	Peter Stephens	76	Spencer-	38.73	40.19

**Event 36 Men 80-84 50 LC Meter Freestyle**

1	Tony Cherrington	81	Gloucester M-	36.00	36.94
2	Paul Clarke	81	Beaver Mast-	50.00	47.53

**Event 37 Women 18-24 50 LC Meter Freestyle**

1	Ruby Verge	23	Cardiff Mast-	27.50	28.51
2	Faith Goodliffe	23	C Dolphins-	28.34	29.64
3	Lucy Harding	22	Pembs Cty-	29.68	30.01
4	Katey Dallolio	19	Connahs Quay-	28.72	30.10
5	Lauren Davies	19	Bridgend Cty-	30.29	30.53
6	Tyler Kelly-Cooper	18	Camphill Ed-	31.90	31.02
7	Lynsey Wright	24	Crawley-	30.55	31.28
8	Arwen Teagle	22	Merthyr Tydf-	32.39	33.47
9	Jodie Matthews	20	Bristol Nor-	34.57	35.47

**Event 37 Women 25-29 50 LC Meter Freestyle**

1	Nadine James	25	Cardiff Mast-	28.23	28.95
2	Verity Cook	28	Swansea Mast-	31.70	31.31
3	Mary Swallow	27	Co Sheffield-	33.00	32.33
4	Chloe Thomas	25	Bridgend Cty-	39.17	38.34
5	Sarah Sharrock	29	Trafford Met-	55.00	44.26

**Event 37 Women 30-34 50 LC Meter Freestyle**

1	Holly Booth	32	Trafford Met-	28.16	28.41
2	Danielle Stirrat	30	Cardiff Mast-	27.80	28.45
3	Hannah Palfrey	30	Cardiff Mast-	28.85	29.54
4	Megan Pardoe	34	Bristol Nor-	30.34	30.40
5	Ceris Westlake	32	Gloucester M-	30.00	30.62
6	Alice Eaton	31	Bristol Nor-	34.18	34.13

**Event 37 Women 35-39 50 LC Meter Freestyle**

1	Kimberly Saddler	35	Exe Masters-	28.48	29.51
2	Emma Price-Stephens	39	Torfaen D-	35.00	31.74
3	Sara Magrath	36	Bristol Pen-	31.50	32.05
4	Crystal Brownnett	39	Woking-	33.60	33.62
5	Samantha Caffery	37	Dove Valley-	34.21	34.11

**Swim Wales Open Masters 2023 - 04/03/2023 to 05/03/2023****Wales National Pool, Swansea****Results - Session 5 - Warm Up 11.15 - 12.05****Event 37 Women 40-44 50 LC Meter Freestyle**

1	Aimee Ramm	41	G B Police-	27.64	28.78
2	Rebecca Newson	41	Exe Masters-	30.39	30.06
3	Katie Pateman	41	Exe Masters-	30.77	30.94
4	Jodie Cox	42	TransplantSC-	31.96	31.80
5	Sophie Smith	41	C Dolphins-	50.00	44.59

**Event 37 Women 45-49 50 LC Meter Freestyle**

1	Susan Teale	47	Bo Kirklees-	28.47	29.74
2	Lisa Dawson	45	Barnet Copt-	32.09	33.41

**Event 37 Women 50-54 50 LC Meter Freestyle**

1	Michelle Ware	50	Woking-	28.59	28.24
2	Helen Sadler	53	Trafford Met-	28.90	28.39
3	Joanna Powell	50	Bridgend SC-	32.30	32.46
4	Michelle Laverick	50	Hart-	33.28	33.54
5	Karen Howells	52	Cardiff Mast-	33.29	35.52
6	Rhian Evans	50	Heads Valley-	36.00	36.42
7	Judith McGregor-Harper	53	Exe Masters-	36.08	37.17
8	Zorika Adams	53	Camden Swiss-	36.88	38.04
9	Claudine Day	52	Redhill & R-	41.54	41.61
10	Victoria Price	50	Bridgend SC-	45.00	43.42
11	Rachel Kitchener	52	Loughborough-	49.84	51.18

**Event 37 Women 55-59 50 LC Meter Freestyle**

1	Jo Seymour	58	Gloucester M-	31.48	32.30
2	Suzanne Maidment	57	Spencer-	35.12	34.04
3	Katharine King	55	Wycombe Dist-	34.50	34.61
4	Kim Adair	59	Swansea Mast-	34.54	35.07

**Event 37 Women 60-64 50 LC Meter Freestyle**

1	Verity Dobbie	64	Gates &whick-	35.55	35.61
2	Caroline Jupp	61	Swansea Mast-	38.00	37.68
3	Nizza Fluss	61	Barnet Copt-	47.59	51.15
4	Delia Keen	62	Carm Masters-	53.93	51.83

**Event 37 Women 65-69 50 LC Meter Freestyle**

1	Julia Buchanan	66	Caldicot-	37.59	38.56
2	Frances Wilson	65	Croydon Amph-	43.76	42.46

**Event 37 Women 70-74 50 LC Meter Freestyle**

1	Christine Ayers	70	South Beds-	38.78	38.38
2	Marianne Davey	70	Redhill & R-	44.17	47.71

**Event 37 Women 75-79 50 LC Meter Freestyle**

1	Alison Gwynn	75	Mid Sussex-	39.62	37.04
---	--------------	----	-------------	-------	-------