

**Swim Wales Open Masters 2022 - 05/03/2022 to 06/03/2022****Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****Event 23 Men 18-24 400 LC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Timon Chapman	20	Co Norwich-	5:07.63	5:29.67
	31.86	1:12.58 (40.72)	1:54.23 (41.65)	2:34.66 (40.43)
	3:21.58 (46.92)	4:11.94 (50.36)	4:51.42 (39.48)	5:29.67 (38.25)

**Event 23 Men 25-29 400 LC Meter IM**

1 David Hanbury	29	Swansea Mast-	5:00.00	4:51.65
	29.60	1:04.39 (34.79)	1:43.38 (38.99)	2:20.24 (36.86)
	3:03.03 (42.79)	3:45.09 (42.06)	4:18.69 (33.60)	4:51.65 (32.96)
2 Ross Hosking	26	Cardiff Mast-	5:00.00	5:13.52
	29.99	1:04.91 (34.92)	1:48.38 (43.47)	2:30.50 (42.12)
	3:14.61 (44.11)	4:00.61 (46.00)	4:37.06 (36.45)	5:13.52 (36.46)

**Event 23 Men 30-34 400 LC Meter IM**

1 Soren Mikkelsen	31	Bristol Pen-	6:12.56	5:51.87
	35.57	1:19.13 (43.56)	2:07.39 (48.26)	2:56.27 (48.88)
	3:45.83 (49.56)	4:35.20 (49.37)	5:14.32 (39.12)	5:51.87 (37.55)

**Event 23 Men 35-39 400 LC Meter IM**

1 David Blakemore	38	Cally Mast-	6:11.45	7:06.75
	41.58	1:35.73 (54.15)	2:33.35 (57.62)	3:32.28 (58.93)
	4:28.66 (56.38)	5:27.43 (58.77)	7:06.75 (1:39.32)	

**Event 23 Men 40-44 400 LC Meter IM**

1 Christopher Malpass	43	Trafford Met-	5:20.00	5:35.33
	31.65	1:09.11 (37.46)	1:54.50 (45.39)	2:38.06 (43.56)
	3:27.82 (49.76)	4:17.03 (49.21)	4:57.38 (40.35)	5:35.33 (37.95)

**Event 23 Men 50-54 400 LC Meter IM**

1 Colin Ovington	53	Gates &whick-	5:28.13	5:32.40
	34.46	1:15.09 (40.63)	1:58.86 (43.77)	2:41.73 (42.87)
	3:30.26 (48.53)	4:19.49 (49.23)	4:56.43 (36.94)	5:32.40 (35.97)
2 Stuart Colston	51	C Dolphins-	6:10.00	6:08.84
	41.47	1:27.76 (46.29)	2:14.99 (47.23)	3:01.06 (46.07)
	3:52.45 (51.39)	4:43.99 (51.54)	5:28.19 (44.20)	6:08.84 (40.65)

**Event 23 Men 60-64 400 LC Meter IM**

1 David Bryant	61	Woking-	5:38.28	5:38.97
	34.77	1:14.76 (39.99)	2:48.49 ( )	
	3:33.81 (45.32)	4:20.67 (46.86)	5:00.17 (39.50)	5:38.97 (38.80)
2 Jonathan Hopkins	62	Cardiff Mast-	5:58.50	6:00.83
	37.14	1:19.47 (42.33)	2:07.27 (47.80)	2:54.08 (46.81)
	3:44.31 (50.23)	4:37.37 (53.06)	5:19.91 (42.54)	6:00.83 (40.92)
3 Mark Jones	62	Warrington M-	6:15.30	6:16.92
	41.97	1:30.85 (48.88)	2:23.53 (52.68)	3:12.89 (49.36)
	4:03.56 (50.67)	4:55.36 (51.80)	5:37.36 (42.00)	6:16.92 (39.56)
4 Dale Barker	60	Team Anglia-	6:10.00	6:30.11
	39.83	1:28.70 (48.87)	2:20.62 (51.92)	3:12.01 (51.39)
	4:07.61 (55.60)	5:03.11 (55.50)	5:47.68 (44.57)	6:30.11 (42.43)

**Event 23 Men 65-69 400 LC Meter IM**

1 Trevor Clark	68	Kenilworth M-	6:27.84	6:44.32
	42.36	1:37.25 (54.89)	2:30.64 (53.39)	3:23.17 (52.53)
	4:16.70 (53.53)	5:12.24 (55.54)	5:58.90 (46.66)	6:44.32 (45.42)

**Event 23 Men 75-79 400 LC Meter IM**

1 Chris Dunn	76	Hatfield-	7:10.00	7:07.19
	43.31	1:40.68 (57.37)	2:37.04 (56.36)	3:30.05 (53.01)
	4:32.60 (1:02.55)	5:38.59 (1:05.99)	6:24.94 (46.35)	7:07.19 (42.25)

**Swim Wales Open Masters 2022 - 05/03/2022 to 06/03/2022****Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****Event 24 Women 30-34 400 LC Meter IM**

1	Rebecca O'Brien	33	Wycombe Dist-	6:30.00	6:05.19
	37.58	1:23.40 (45.82)	2:13.54 (50.14)	3:02.67 (49.13)	
	3:54.15 (51.48)	4:46.45 (52.30)	5:26.26 (39.81)	6:05.19 (38.93)	

**Event 24 Women 45-49 400 LC Meter IM**

1	Tracy Van Deventer	47	Berkhamsted-	6:00.00	6:14.44
	38.08	1:23.11 (45.03)	2:12.34 (49.23)	3:01.90 (49.56)	
	3:55.61 (53.71)	4:50.59 (54.98)	5:33.88 (43.29)	6:14.44 (40.56)	

**Event 24 Women 50-54 400 LC Meter IM**

1	Nicola Latty	51	Holywell-	5:53.58	5:40.39
	36.67	1:16.99 (40.32)	2:02.54 (45.55)	2:47.87 (45.33)	
	3:35.98 (48.11)	4:25.28 (49.30)	5:03.63 (38.35)	5:40.39 (36.76)	
2	Jo Corben	52	S D Trojan-	5:55.00	5:53.76
	38.21	1:24.56 (46.35)	2:08.32 (43.76)	2:52.23 (43.91)	
	3:42.15 (49.92)	4:33.54 (51.39)	5:13.57 (40.03)	5:53.76 (40.19)	
3	Karen Howells	51	Cardiff Mast-	6:40.00	7:02.84
	43.42	1:36.59 (53.17)	2:35.79 (59.20)	3:31.61 (55.82)	
	4:33.05 (1:01.44)	5:33.33 (1:00.28)	6:18.17 (44.84)	7:02.84 (44.67)	
4	Beverley Bourne	54	Barnet Copt-	6:49.93	7:13.73
	43.53	1:37.88 (54.35)	2:35.31 (57.43)	3:32.03 (56.72)	
		5:38.18 ( )	7:13.73 (1:35.55)		

**Event 24 Women 55-59 400 LC Meter IM**

1	Wendy Figures	57	Co Sheffield-	7:00.00	7:10.86
	48.39	1:51.69 (1:03.30)	2:45.62 (53.93)	3:39.46 (53.84)	
	4:35.97 (56.51)	5:32.16 (56.19)	6:21.31 (49.15)	7:10.86 (49.55)	

**Event 24 Women 60-64 400 LC Meter IM**

1	Judith Pearson	62	Carlisle Aq-	6:18.00	6:15.15
	40.40	1:26.01 (45.61)	2:15.50 (49.49)	3:06.49 (50.99)	
	3:56.79 (50.30)	4:50.09 (53.30)	5:33.38 (43.29)	6:15.15 (41.77)	
2	Frances Baker	62	Carrick Mas-	7:02.88	7:04.68
	53.46	1:54.35 (1:00.89)	2:44.70 (50.35)	3:34.10 (49.40)	
	4:35.85 (1:01.75)	5:37.87 (1:02.02)	6:21.21 (43.34)	7:04.68 (43.47)	
3	Alison Chatterjea	60	Bude-	7:15.50	7:43.52
	54.22	1:59.53 (1:05.31)	2:53.96 (54.43)	3:47.18 (53.22)	
	4:53.90 (1:06.72)	6:01.47 (1:07.57)	6:53.27 (51.80)	7:43.52 (50.25)	

**Event 24 Women 65-69 400 LC Meter IM**

1	Lorraine Crook	68	Caldicot-	10:00.30	11:35.09
	1:11.23	2:37.69 (1:26.46)	4:06.15 (1:28.46)	5:35.80 (1:29.65)	
	7:19.88 (1:44.08)	9:02.83 (1:42.95)	10:18.37 (1:15.54)	11:35.09 (1:16.72)	

**Event 25 Men 18-24 200 LC Meter Freestyle**

1	Nathan Goodridge	23	Dove Valley-	2:10.00	2:38.99
	35.70	1:15.40 (39.70)	1:57.77 (42.37)	2:38.99 (41.22)	
2	Dylan Hughes	20	Torfaen D-	3:41.18	3:37.16
	42.38	1:35.28 (52.90)	2:37.16 (1:01.88)	3:37.16 (1:00.00)	

**Event 25 Men 25-29 200 LC Meter Freestyle**

1	David Hanbury	29	Swansea Mast-	2:02.00	2:03.01
	28.68	1:00.38 (31.70)	1:31.79 (31.41)	2:03.01 (31.22)	
2	Ross Hosking	26	Cardiff Mast-	2:05.00	2:09.99
	28.78	1:00.59 (31.81)	1:34.76 (34.17)	2:09.99 (35.23)	
3	Callum Morris	27	Cardiff Mast-	2:12.14	2:18.25
	31.35	1:07.13 (35.78)	1:43.99 (36.86)	2:18.25 (34.26)	
4	Matthew Dickinson	26	Swansea Mast-	2:15.00	2:24.21
	31.42	1:06.64 (35.22)	1:44.63 (37.99)	2:24.21 (39.58)	

**Swim Wales Open Masters 2022 - 05/03/2022 to 06/03/2022****Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****Event 25 Men 30-34 200 LC Meter Freestyle**

1	Michael Tansini	31	Co Cambridge-	2:07.67	2:12.23
	31.21	1:04.32 (33.11)	1:38.63 (34.31)	2:12.23 (33.60)	
2	Andrew Mason	30	Cardiff Mast-	2:30.00	2:37.62
	34.33	1:12.50 (38.17)	1:55.07 (42.57)	2:37.62 (42.55)	

**Event 25 Men 40-44 200 LC Meter Freestyle**

1	James Barwick	40	East Leeds-	2:16.00	2:22.21
	32.04	1:07.59 (35.55)	1:44.68 (37.09)	2:22.21 (37.53)	
2	Barnaby Rudd	44	Guildford Ct-	2:44.00	2:45.82
	35.89	1:17.53 (41.64)	2:01.67 (44.14)	2:45.82 (44.15)	

**Event 25 Men 45-49 200 LC Meter Freestyle**

1	Martin Butler	49	C Dolphins-	2:42.34	2:42.72
	36.02	1:16.35 (40.33)	1:59.78 (43.43)	2:42.72 (42.94)	

**Event 25 Men 50-54 200 LC Meter Freestyle**

1	Sean McQuaid	54	Barnet Copt-	2:13.00	2:17.22
	32.27	1:08.33 (36.06)	1:43.08 (34.75)	2:17.22 (34.14)	
2	Jamie McHale	50	Co Sheffield-	2:11.79	2:18.38
	31.48	1:07.49 (36.01)	1:43.18 (35.69)	2:18.38 (35.20)	
3	Colin Ovington	53	Gates & whick-	2:11.52	2:18.42
	32.41	1:07.75 (35.34)	1:43.90 (36.15)	2:18.42 (34.52)	
4	Phillip Albright	52	Camden Swiss-	2:18.00	2:26.46
	34.12	1:11.22 (37.10)	1:48.72 (37.50)	2:26.46 (37.74)	
5	Stephen Croall	50	Swansea Mast-	2:28.00	2:29.91
	33.41	1:12.26 (38.85)	1:51.94 (39.68)	2:29.91 (37.97)	

**Event 25 Men 55-59 200 LC Meter Freestyle**

1	Mark Reynolds	59	Barnet Copt-	2:15.00	2:17.49
	32.63	1:08.98 (36.35)	1:44.55 (35.57)	2:17.49 (32.94)	
2	Jonathan Saunders	56	Co Sheffield-	2:20.00	2:23.35
	31.86	1:08.14 (36.28)	1:45.46 (37.32)	2:23.35 (37.89)	
3	Colin Robbins	58	NottmLeander-	2:28.88	2:31.58
	34.62	1:13.76 (39.14)	1:54.48 (40.72)	2:31.58 (37.10)	
4	Martin Bradford	55	Out To Swim-	2:45.00	2:38.89
	36.68	1:17.02 (40.34)	1:58.31 (41.29)	2:38.89 (40.58)	

**Event 25 Men 60-64 200 LC Meter Freestyle**

1	Ralph Pinel	60	Bo Newham-	2:14.17	2:22.20
	33.05	1:09.53 (36.48)	1:46.67 (37.14)	2:22.20 (35.53)	
2	Colin Stephenson	64	Gloucester M-	2:23.83	2:27.08
	34.58	1:11.77 (37.19)	1:50.26 (38.49)	2:27.08 (36.82)	
3	Gordon Coutts	62	Totnes-	2:31.00	2:28.35
	35.28	1:12.08 (36.80)	1:50.61 (38.53)	2:28.35 (37.74)	
4	Adrian Morris	60	Cardiff Mast-	2:25.00	2:29.86
	34.02	1:11.44 (37.42)	1:51.05 (39.61)	2:29.86 (38.81)	
5	Mark Jones	62	Warrington M-	2:26.25	2:31.41
	36.60	1:15.15 (38.55)	1:53.80 (38.65)	2:31.41 (37.61)	
6	Boyd Freeman	60	Aer Lingus Masters-	2:30.00	2:32.55
	34.56	1:13.08 (38.52)	1:53.56 (40.48)	2:32.55 (38.99)	
7	Paul Tallentire	60	Carlisle Aq-	2:29.61	2:34.79
	34.76	1:13.75 (38.99)	1:54.38 (40.63)	2:34.79 (40.41)	
8	Dale Barker	60	Team Anglia-	2:35.00	2:36.07
	36.03	1:15.89 (39.86)	1:56.22 (40.33)	2:36.07 (39.85)	
9	Antony Corben	60	S D Trojan-	2:37.33	2:48.70
	39.79	1:24.04 (44.25)	2:08.72 (44.68)	2:48.70 (39.98)	
10	Stevan Eggleton	62	Camphill Ed-	2:59.99	2:54.20
	39.34	1:23.62 (44.28)	2:10.34 (46.72)	2:54.20 (43.86)	

**Swim Wales Open Masters 2022 - 05/03/2022 to 06/03/2022****Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****(Event 25 Men 60-64 200 LC Meter Freestyle)**

11	Patrick Allen	60	Guildford Ct-	3:00.00	2:58.98
	41.45	1:27.59 (46.14)	2:14.36 (46.77)	2:58.98 (44.62)	
12	Dale Lewis	64	Cardiff Mast-	2:50.00	3:04.83
	40.03	1:26.31 (46.28)	2:16.16 (49.85)	3:04.83 (48.67)	

**Event 25 Men 65-69 200 LC Meter Freestyle**

1	Ian Murray	65	Flitwick-	2:45.00	2:43.35
		1:19.01 ( )	2:01.66 (42.65)	2:43.35 (41.69)	
2	Nick Minns	69	St Felix Sch-	2:53.03	2:54.13
	41.30	1:25.69 (44.39)	2:11.48 (45.79)	2:54.13 (42.65)	

**Event 25 Men 70-74 200 LC Meter Freestyle**

1	Terence Mansi	73	Hadleigh-	3:15.00	3:14.44
	43.69	1:32.98 (49.29)	2:26.91 (53.93)	3:14.44 (47.53)	

**Event 25 Men 75-79 200 LC Meter Freestyle**

1	Chris Dunn	76	Hatfield-	2:35.00	2:38.61
	38.05	1:18.41 (40.36)	2:00.13 (41.72)	2:38.61 (38.48)	
2	Peter Stephens	75	Spencer-	3:11.07	3:18.02
	45.04	1:34.55 (49.51)	2:28.09 (53.54)	3:18.02 (49.93)	

**Event 26 Women 18-24 200 LC Meter Freestyle**

1	Lois Davies	19	Cardiff Mast-	2:22.41	2:24.34
	33.20	1:09.14 (35.94)	1:47.47 (38.33)	2:24.34 (36.87)	
2	Gemma Owen	22	Bristol Nor-	2:27.10	2:40.82
	35.11	1:14.96 (39.85)	1:57.53 (42.57)	2:40.82 (43.29)	
3	Alycia Clarke	21	Hinckley-	2:58.97	2:57.45
	38.16	1:22.66 (44.50)	2:10.31 (47.65)	2:57.45 (47.14)	

**Event 26 Women 30-34 200 LC Meter Freestyle**

1	Rebecca O'Brien	33	Wycombe Dist-	2:30.02	2:18.34
	31.90	1:06.82 (34.92)	1:42.92 (36.10)	2:18.34 (35.42)	
2	Hannah Angell	32	Woking-	2:21.00	2:21.08
	32.76	1:07.92 (35.16)	1:44.36 (36.44)	2:21.08 (36.72)	
3	Stephanie McNally	33	Bristol Nor-	2:22.22	2:22.71
	32.26	1:08.10 (35.84)	1:45.44 (37.34)	2:22.71 (37.27)	
4	Frances Lynn	31	Cardiff Mast-	2:42.06	2:46.58
	38.38	1:20.02 (41.64)	2:03.45 (43.43)	2:46.58 (43.13)	
5	Carrie Power	34	British Army-	2:46.89	2:50.80
	37.78	1:20.20 (42.42)	2:05.20 (45.00)	2:50.80 (45.60)	
6	Alice Eaton	30	Bristol Nor-	2:54.30	3:02.66
	41.57	1:28.48 (46.91)	2:16.95 (48.47)	3:02.66 (45.71)	

**Event 26 Women 35-39 200 LC Meter Freestyle**

1	Lauren Willcox	36	Saxon Crown-	2:15.00	2:17.98
	31.88	1:07.25 (35.37)	1:42.85 (35.60)	2:17.98 (35.13)	
2	Danielle Ryan	37	MwayMaritime-	2:30.01	2:36.67
	35.92	1:16.11 (40.19)	1:56.79 (40.68)	2:36.67 (39.88)	

**Event 26 Women 40-44 200 LC Meter Freestyle**

1	Emma Harvey	41	A.N.T. SC-	2:37.86	2:41.59
	36.13	1:16.67 (40.54)	1:59.68 (43.01)	2:41.59 (41.91)	

**Event 26 Women 45-49 200 LC Meter Freestyle**

1	Tracy Van Deventer	47	Berkhamsted-	2:34.00	2:35.44
	35.87	1:15.40 (39.53)	1:56.08 (40.68)	2:35.44 (39.36)	
2	Maida Shivik	48	Camden Swiss-	2:45.00	2:44.76
	38.38	1:20.28 (41.90)	2:02.91 (42.63)	2:44.76 (41.85)	

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3	Melissa Spears	49	Barnet Copt-	3:01.00	3:11.31
	42.93	1:32.72 (49.79)	2:24.59 (51.87)	3:11.31 (46.72)	

**Event 26 Women 50-54 200 LC Meter Freestyle**

1	Zorika Adams	52	Camden Swiss-	2:58.00	3:05.39
	41.03	1:29.53 (48.50)	2:18.89 (49.36)	3:05.39 (46.50)	
2	Emma France	54	Guildford Ct-	3:19.70	3:12.46
	46.30	1:34.98 (48.68)	2:24.37 (49.39)	3:12.46 (48.09)	
3	Claudine Day	51	Redhill & R-	3:19.81	3:26.14
	46.28	1:39.80 (53.52)	2:34.13 (54.33)	3:26.14 (52.01)	
4	Susan Flanigan	54	Cardiff Mast-	3:30.88	3:35.84
	49.11	1:42.85 (53.74)	2:40.51 (57.66)	3:35.84 (55.33)	

**Event 26 Women 55-59 200 LC Meter Freestyle**

1	Helen Harris	56	Larkfield SC-	2:48.41	2:46.94
	38.54	1:20.86 (42.32)	2:04.38 (43.52)	2:46.94 (42.56)	
2	Suzanne Welham	58	St Albans Ma-	2:45.00	2:49.09
	39.67	1:22.47 (42.80)	2:06.90 (44.43)	2:49.09 (42.19)	
3	Hannah Ueckermann	59	Witham Dolph-	2:58.40	2:52.55
	40.93	1:24.75 (43.82)	2:09.27 (44.52)	2:52.55 (43.28)	
4	Suzanne Maidment	56	Spencer-	2:51.46	2:54.47
	39.14	1:23.14 (44.00)	2:09.01 (45.87)	2:54.47 (45.46)	
5	Ceri Thomas	57	Bridgend SC-	2:53.50	2:57.06
	40.72	1:26.13 (45.41)	2:12.15 (46.02)	2:57.06 (44.91)	
6	Anne Raymond	59	Croydon Amph-	3:10.00	3:10.28
	43.33	1:32.85 (49.52)	2:22.80 (49.95)	3:10.28 (47.48)	

**Event 26 Women 60-64 200 LC Meter Freestyle**

1	Dymphna Morris	61	Aer Lingus Masters-	2:42.00	2:39.28
	37.99	1:18.64 (40.65)	1:58.85 (40.21)	2:39.28 (40.43)	
2	Catherine Hartle	64	Co Sheffield-	3:10.00	2:59.72
	41.69	1:27.53 (45.84)	2:15.05 (47.52)	2:59.72 (44.67)	

**Event 26 Women 65-69 200 LC Meter Freestyle**

1	Amanda Heath	65	Spencer-	2:49.50	2:46.38
	40.23	1:23.18 (42.95)	2:06.18 (43.00)	2:46.38 (40.20)	
2	Jayne Stephenson	68	Gloucester M-	2:53.31	2:52.86
	40.78	1:25.09 (44.31)	2:10.31 (45.22)	2:52.86 (42.55)	
3	Catherine Beckett	66	Winchester-	3:05.00	3:00.16
	41.28	1:28.43 (47.15)	2:16.13 (47.70)	3:00.16 (44.03)	

**Event 26 Women 70-74 200 LC Meter Freestyle**

1	Alison Gwynn	74	Mid Sussex-	3:25.01	3:14.97
	44.66	1:34.60 (49.94)	2:27.01 (52.41)	3:14.97 (47.96)	
2	Alison Varley	70	Cardiff Mast-	4:10.00	4:22.45
	58.77	2:06.60 (1:07.83)	3:18.44 (1:11.84)	4:22.45 (1:04.01)	

**Event 26 Women 75-79 200 LC Meter Freestyle**

1	Jennifer Dean	79	Mid Sussex-	4:05.20	3:56.28
	49.40	1:50.26 (1:00.86)	2:55.33 (1:05.07)	3:56.28 (1:00.95)	
2	Susan Lauder	79	Spencer-	4:13.17	4:08.24
	56.67	1:58.63 (1:01.96)	3:04.55 (1:05.92)	4:08.24 (1:03.69)	

**Event 26 Women 80-84 200 LC Meter Freestyle**

1	Helen Hughes	80	Arfon-	6:50.00	4:02.04
	55.43	1:58.22 (1:02.79)	3:02.48 (1:04.26)	4:02.04 (59.56)	

**Swim Wales Open Masters 2022 - 05/03/2022 to 06/03/2022****Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****Event 26 Women 90-94 200 LC Meter Freestyle**

1	Jane Asher	91	Kings Corm-	3:52.93	3:57.94
	57.85	2:00.30 (1:02.45)	3:01.90 (1:01.60)	3:57.94 (56.04)	

**Event 27 Men 18-24 100 LC Meter Backstroke**

1	Timon Chapman	20	Co Norwich-	1:02.37	1:05.54
	31.94	1:05.54 (33.60)			
2	Martin Schofield	23	East Leeds-	1:08.00	1:09.96
	33.11	1:09.96 (36.85)			
3	Louis Batten	22	Atlantis-	1:10.05	1:10.67
	33.25	1:10.67 (37.42)			

**Event 27 Men 25-29 100 LC Meter Backstroke**

1	Liam Herbert	29	Birmingham M-	1:01.90	1:06.55
	31.79	1:06.55 (34.76)			

**Event 27 Men 35-39 100 LC Meter Backstroke**

1	Steven Millican	37	Trafford Met-	1:05.00	1:06.55
	32.70	1:06.55 (33.85)			

**Event 27 Men 45-49 100 LC Meter Backstroke**

1	Rupert Hough	49	Dove Valley-	1:20.39	1:23.58
	40.14	1:23.58 (43.44)			

**Event 27 Men 50-54 100 LC Meter Backstroke**

1	Peter Dixon	54	Bo Newham-	1:10.52	1:10.57
	34.39	1:10.57 (36.18)			

**Event 27 Men 55-59 100 LC Meter Backstroke**

1	Michael Hodgson	55	Woking-	1:09.00	1:08.93
	33.39	1:08.93 (35.54)			

**Event 27 Men 60-64 100 LC Meter Backstroke**

1	Alec Johnson	60	Trafford Met-	1:09.56	1:09.44
	32.74	1:09.44 (36.70)			
2	Paul Cartwright	61	Camden Swiss-	1:22.00	1:23.85
	41.28	1:23.85 (42.57)			
3	Mark Jones	62	Warrington M-	1:23.53	1:26.67
	43.51	1:26.67 (43.16)			
4	Antony Corben	60	S D Trojan-	1:25.40	1:28.77
	43.49	1:28.77 (45.28)			
5	Ian Yates	60	Bridgend SC-	1:18.00	1:30.57
	44.56	1:30.57 (46.01)			
6	Adam Lelean	60	Diss Otters-	1:31.08	1:33.03
	45.41	1:33.03 (47.62)			

**Event 27 Men 65-69 100 LC Meter Backstroke**

1	Trevor Clark	68	Kenilworth M-	1:18.93	1:21.49
	39.57	1:21.49 (41.92)			
2	Godfrey Admans	68	Spencer-	1:31.33	1:28.69
	42.16	1:28.69 (46.53)			
3	Nick Minns	69	St Felix Sch-	1:37.11	1:37.02
	48.45	1:37.02 (48.57)			

**Event 27 Men 75-79 100 LC Meter Backstroke**

1	Chris Dunn	76	Hatfield-	1:30.00	1:26.79
	43.64	1:26.79 (43.15)			

**Event 27 Men 80-84 100 LC Meter Backstroke**

1	Paul Clarke	80	Beaver Mast-	2:05.00	2:05.94
	1:00.30	2:05.94 (1:05.64)			

**Swim Wales Open Masters 2022 - 05/03/2022 to 06/03/2022****Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****Event 28 Women 18-24 100 LC Meter Backstroke**

1	Chloe Parker-Mead	21	Hinckley-	1:11.93	1:14.26
	35.05	1:14.26	(39.21)		
2	Gemma Spencer	20	Woking-	1:17.17	1:18.45
	38.32	1:18.45	(40.13)		
3	Alice Reeves-Turner	24	Woking-	1:26.48	1:22.87
	39.30	1:22.87	(43.57)		

**Event 28 Women 25-29 100 LC Meter Backstroke**

1	Danielle Stirrat	29	Cardiff Mast-	1:08.00	1:07.60
	32.79	1:07.60	(34.81)		
2	Jessica Sutton	25	Hinckley-	1:09.90	1:09.87
	33.46	1:09.87	(36.41)		
3	Louisa Zolkiewski	29	Oxford Uni-	1:07.43	1:10.19
	33.56	1:10.19	(36.63)		
4	Rebecca Reid	26	Bristol Nor-	1:17.31	1:21.09
	38.19	1:21.09	(42.90)		

**Event 28 Women 30-34 100 LC Meter Backstroke**

1	Holly Booth	31	Trafford Met-	1:14.22	1:14.88
	35.83	1:14.88	(39.05)		
2	Frances Lynn	31	Cardiff Mast-	1:20.00	1:26.23
	40.92	1:26.23	(45.31)		

**Event 28 Women 35-39 100 LC Meter Backstroke**

1	Jennie Clarke	37	Woking-	1:18.79	1:17.56
	37.61	1:17.56	(39.95)		

**Event 28 Women 40-44 100 LC Meter Backstroke**

1	Emma Wills	43	York City-	1:11.50	1:10.56
	35.13	1:10.56	(35.43)		
2	Lisa Dawson	44	Barnet Copt-	1:18.85	1:20.64
	39.32	1:20.64	(41.32)		

**Event 28 Women 45-49 100 LC Meter Backstroke**

1	Michelle Ware	49	Woking-	1:10.10	1:13.87
	34.74	1:13.87	(39.13)		

**Event 28 Women 50-54 100 LC Meter Backstroke**

1	Jo Corben	52	S D Trojan-	1:09.00	1:09.95
	34.46	1:09.95	(35.49)		
2	Emma France	54	Guildford Ct-	2:05.00	2:04.71
	1:01.08	2:04.71	(1:03.63)		

**Event 28 Women 55-59 100 LC Meter Backstroke**

1	Lynda Coggins	58	Woking-	1:21.95	1:24.31
	41.25	1:24.31	(43.06)		
2	Anne Raymond	59	Croydon Amph-	1:50.00	1:51.92
	55.04	1:51.92	(56.88)		
3	Elaine Harrison	59	Cardiff Mast-	1:50.47	1:52.58
	55.76	1:52.58	(56.82)		

**Event 28 Women 60-64 100 LC Meter Backstroke**

1	Micaela Morris	61	Gloucester M-	1:33.80	1:34.92
	45.98	1:34.92	(48.94)		

**Event 28 Women 65-69 100 LC Meter Backstroke**

1	Kathy Bidnall	67	Mid Sussex-	1:28.80	1:33.31
2	Julia Buchanan	65	Caldicot-	1:45.00	1:42.39
	46.84	1:42.39	(55.55)		

**Swim Wales Open Masters 2022 - 05/03/2022 to 06/03/2022****Wales National Pool, Swansea****Results - Session 4 - Warm Up 08:00 - 08:50****(Event 28 Women 65-69 100 LC Meter Backstroke)**

3	Marianne Davey	69	Redhill & R-	1:52.00	1:55.63
	55.09		1:55.63 (1:00.54)		

**Event 28 Women 70-74 100 LC Meter Backstroke**

1	Sally Lelean	71	Diss Otters-	2:09.30	2:04.20
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**Event 28 Women 75-79 100 LC Meter Backstroke**

1	Rose Dudeney	75	Mid Sussex-	2:00.00	1:48.66
	53.53		1:48.66 (55.13)		

2	Elaine Blower	77	Barnet Copt-	2:05.00	1:55.19
	57.03		1:55.19 (58.16)		

**Event 28 Women 90-94 100 LC Meter Backstroke**

1	Grace Isaac	90	Spencer-	3:10.00	2:51.72
	1:27.19		2:51.72 (1:24.53)		

**Event 29 Men 100-119 200 LC Meter Freestyle Relay**

1	Cardiff Mast	A		NT	1:43.74
	1) Jack Thomas M31	2) Callum Morris M27	3) Michael Rees M29	4) Oliver Harris M32	
	26.33	53.05 (26.72)	1:19.49 (26.44)	1:43.74 (24.25)	

**Event 29 Men 120-159 200 LC Meter Freestyle Relay**

1	Swansea Mast	A		NT	1:50.43
	1) David Hanbury M29	2) Mark Williams M33	3) Craig Jones M37	4) Matthew Dickinson M26	
	26.15	53.79 (27.64)	1:22.25 (28.46)	1:50.43 (28.18)	
2	C Dolphins	A		NT	1:52.83
	1) Joseph Ainsworth M28	2) Stuart Colston M51	3) Martin Butler M49	4) Matthew Fairless M26	
	27.74	57.07 (29.33)	1:26.71 (29.64)	1:52.83 (26.12)	

**Event 29 Men 200-239 200 LC Meter Freestyle Relay**

1	Swansea Mast	B		NT	2:10.45
	1) Paul Grunnat M53	2) Dylan Gravelle M60	3) Stephen Croall M50	4) Ned Gill M42	
	33.74	1:11.21 (37.47)	1:40.74 (29.53)	2:10.45 (29.71)	

**Event 30 Women 72-99 200 LC Meter Freestyle Relay**

1	Cardiff Mast	A		NT	2:03.10
	1) Lois Davies W19	2) Rhian Jones W22	3) Ashleigh Howells W22	4) Nadine James W24	
	30.54	1:02.62 (32.08)	1:34.86 (32.24)	2:03.10 (28.24)	

**Event 30 Women 100-119 200 LC Meter Freestyle Relay**

1	Cardiff Mast	B		NT	1:53.58
	1) Stella Lancey W34	2) Isabella Centeleghe W26	3) Hannah Palfrey W29	4) Danielle Stirrat W29	
	28.36	56.06 (27.70)	1:24.40 (28.34)	1:53.58 (29.18)	
2	Bristol Nor	A		NT	2:06.04
	1) Emily Whiting W25	2) Rebecca Reid W26	3) Megan Pardoe W33	4) Stephanie McNally W33	
	32.03	1:06.67 (34.64)	1:36.90 (30.23)	2:06.04 (29.14)	
3	Hinckley	A		NT	2:10.32
	1) Chloe Parker-Mead W21	2) Hannawell Storey W34	3) Alycia Clarke W21	4) Jessica Sutton W25	
	33.12	1:06.11 (32.99)	1:38.67 (32.56)	2:10.32 (31.65)	

**Event 30 Women 120-159 200 LC Meter Freestyle Relay**

1	Swansea Mast	A		NT	2:07.90
	1) Hannah Griffiths W28	2) Jordanna Roberts W40	3) Bethan Raby W49	4) Hannah Munday W31	
	31.39	1:03.69 (32.30)	1:38.61 (34.92)	2:07.90 (29.29)	

**Event 30 Women 280-319 200 LC Meter Freestyle Relay**

1	Spencer	A		NT	3:09.54
	1) Suzanne Maidment W56	2) Muriel Hitchcock W84	3) Susan Lauder W79	4) Amanda Heath W65	
	37.83	1:36.47 (58.64)	2:29.75 (53.28)	3:09.54 (39.79)	



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**Wales National Pool, Swansea**

**Results - Session 4 - Warm Up 08:00 - 08:50**

**(Event 30 Women 280-319 200 LC Meter Freestyle Relay)**

--- Caldicot

A

NT

DQ

1) Julia Buchanan W65

2) Margaret Weare W78

3) Lorraine Crook W68

39.34

1:46.55 (1:07.21)

2:45.00 (58.45)

DQ (45.00)