

## British Masters 2024 - 19/04/2024 to 21/04/2024

## Wales National Pool, Swansea

## Results - Session 4 (Warmup 7.45 - 8.25)

**Event 404 Men 18-24 400 LC Meter IM****British: 4:25.94 B**

1	Matthew Rogers	24	BRYL	4:44.40
	29.61	33.75	39.28	37.67
	37.34	38.19	34.93	33.63
2	Harry Badnell	24	BIUM	5:13.68
	29.82	35.67	40.65	40.07
	46.36	47.48	37.56	36.07
3	Lloyd Jones	21	MERY	5:35.97
	31.51	38.31	46.45	45.32
	49.48	50.97	38.09	35.84

**Event 404 Men 25-29 400 LC Meter IM****British: 4:44.58 B****European: 4:31.47 E****World: 4:30.05 W 12/09/2009 D.YABE**

1	Thomas Allen	28	MBDT	5:31.19
	34.77	40.55	42.43	41.27
	48.72	48.46	38.58	36.41

**Event 404 Men 30-34 400 LC Meter IM****British: 4:53.50 B****European: 4:24.11 E****World: 4:20.81 W 23/07/2016 Darian TOWNSEND**

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	37.00	45.59	51.28	51.21
	50.67	52.33	40.60	40.13

**Event 404 Men 35-39 400 LC Meter IM****British: 4:51.01 B****European: 4:36.66 E****World: 4:36.66 W 14/08/2019 I.DRYMONAKOS**

1	Liam Small	38	POOW	5:08.72
	30.70	36.63	39.55	38.82
	44.81	46.51	36.54	35.16
2	Gareth Cocks	35	RAFA	5:11.22
	28.87	34.92	43.52	42.93
	45.58	45.44	36.35	33.61
3	Gregory Smedley	39	NSCX	5:48.49
	34.06	43.04	47.29	47.45
	49.27	49.33	39.40	38.65

**Event 404 Men 40-44 400 LC Meter IM****British: 4:50.95 B****European: 4:42.54 E****World: 4:43.00 W 12/06/2012 Uwe VOLK**

1	Alex Thurston	43	LEAA	5:10.63
	30.47	36.46	42.83	41.50
	45.11	45.37	36.89	32.00
2	Chris Jenkinson	41	DTDM	6:14.77
	33.86	45.05	53.10	51.42
	51.35	53.79	44.87	41.33

**Event 404 Men 45-49 400 LC Meter IM****British: 4:59.64 B****European: 4:43.83 E****World: 4:43.83 W 05/08/2014 Nicolas GRANGER**

1	Christopher Malpass	45	TMBN	5:23.56
	31.63	37.47	42.94	41.68
	47.05	47.36	38.35	37.08

**Event 404 Men 50-54 400 LC Meter IM****British: 5:07.98 B****European: 4:50.33 E****World: 4:45.61 W 03/08/2017 Nicolas GRANGER**

1	Marcus Smallbone	52	NEQW	5:32.31
	32.71	39.35	43.10	43.39
	45.05	47.38	41.17	40.16
2	Timothy Gleeson	50	COSE	5:40.28
	35.79	43.65	45.37	44.47
	47.32	46.84	40.02	36.82
3	Steven Horner	52	MIDE	5:53.63
	33.94	41.38	48.25	47.42
	49.64	50.42	41.27	41.31
4	Mark Stamper	53	CHIW	6:06.41
	38.98	44.21	50.47	48.96
	52.45	53.36	40.46	37.52
5	Mark Rands	53	TEDL	6:09.40
	36.41	44.31	53.35	50.81
	51.45	50.83	43.14	39.10

**Event 404 Men 60-64 400 LC Meter IM****British: 5:34.99 B****European: 5:29.55 E****World: 5:08.20 W 15/08/2014 Rick COLELLA**

1	Mark Reynolds	61	BANL	5:28.99E
	33.50	39.68	47.04	44.24
	45.64	46.47	37.88	34.54
2	Matthew Grant	60	GAWE	6:09.38
	36.90	43.18	50.08	47.89
	54.55	54.65	43.01	39.12
3	Rob Arnold	64	TMBN	6:14.03
	39.34	44.22	51.30	50.73
	53.10	55.88	40.94	38.52
4	Mark Jones	64	WMSN	6:15.34
	42.06	49.39	52.76	49.54
	50.77	51.82	40.64	38.36
5	Dale Barker	62	FLXT	6:20.39
	39.60	47.70	52.84	50.80
	53.94	54.09	41.86	39.56
6	Alan Parkins	64	CRWS	6:29.61
	38.29	42.88	53.32	52.14
	58.57	58.03	44.14	42.24
7	Adam Lelean	62	DOTT	6:31.89
	47.92	53.77	52.70	51.31
	52.20	53.66	41.42	38.91
8	Alastair Gibb	64	LUTT	7:14.23
	41.90	1:00.99	56.34	54.91
	1:01.14	1:01.75	48.92	48.28

**Event 404 Men 70-74 400 LC Meter IM****British: 6:23.93 B****European: 6:08.83 E****World: 5:55.97 W 06/06/2021 Lawrence DAY**

1	Trevor Clark	70	KEMM	6:49.85
	42.67	56.33	53.22	52.68
	56.25	57.37	46.77	44.56
2	Keith Parkin	70	BANL	7:43.23
	43.32	1:00.04	1:01.95	1:01.32
	1:03.01	1:05.18	54.33	54.08

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**Event 404 Men 75-79 400 LC Meter IM****British: 7:04.57 B****European: 6:50.66 E****World: 6:34.91 W 05/08/2016 Mike FRESHLEY**

1	Stuart McLellan	75	HADT	7:57.83
	49.27			1:02.47
	1:07.30	1:08.87	52.40	51.25

**Event 404 Men 80-84 400 LC Meter IM****British: 7:44.33 B****European: 7:12.63 E****World: 7:12.03 W 24/10/2021 Masaru SHINKAI**

1	Michael Read	83	BRIS	10:24.68
	1:17.25	1:42.14	1:14.92	1:14.71
	1:30.43	1:29.15	58.44	57.64