

Swim Wales Open Masters 2024 - 02/03/2024 to 03/03/2024

Wales National Pool, Swansea

Results - Session 1 - Warm Up 08.00 - 08:50

Event 102 Women 18-24 400 LC Meter Freestyle					3 Bryony Wilkes	54 LOUA-	5:53.58	
1 Elain Owen	19	CHIY-	5:32.71	38.76	43.90	44.01	45.04	
				45.25	46.10	45.89	44.63	
				42.96	42.80	43.16	42.07	
Event 102 Women 25-29 400 LC Meter Freestyle					4 Maida Shivik	50 CSCL-	5:54.75	
1 Amelia Edmonds	25	CDMY-	5:26.49	41.76	2:18.10			
				42.00	46.27	47.77	48.26	
				47.41	47.88	47.36	42.31	
				42.71	43.30	43.76	41.49	
Event 102 Women 30-34 400 LC Meter Freestyle					5 Sarah McDonald	51 CSCL-	6:09.26	
*1 Nia Westlake	31	GLMW-	4:55.64	39.63	45.06	47.83	47.63	
				47.90	48.35	48.60	45.99	
				33.82	37.38	38.43	38.21	
				38.16	37.83	37.65	34.16	
*1 Hannah Angell	34	WOKS-	4:55.64	47.90	48.35	48.60	45.99	
				34.07	37.15	37.35	37.91	
				37.46	37.68	37.81	36.21	
3 Laura Hibberd	34	HISL-	5:05.19	51.36	51.78	50.51	49.23	
				33.30	37.03	38.61	38.92	
				38.90	39.18	39.40	39.85	
4 Hannah Griffiths	30	SSMY-	5:39.97	47.90	48.35	48.60	45.99	
				35.32	39.64	42.11	43.86	
				44.38	45.29	45.41	43.96	
5 Vikki Courtman	30	CHIY-	5:56.58	51.36	51.78	50.51	49.23	
				39.08	42.62	45.08	45.72	
						1:30.75		
6 Frances Lynn	33	CDMY-	6:09.80	50.50	53.55	54.77	54.75	
				39.58	44.44	46.70	47.76	
				47.94	48.01	48.29	47.08	
Event 102 Women 35-39 400 LC Meter Freestyle					6 Judith McGregor-Harper	54 EMAW-	6:10.99	
1 Jennie Clarke	39	WOKS-	5:00.73	39.63	45.06	47.83	47.63	
				32.74	37.12	38.61	38.70	
				38.40	38.32	38.67	38.17	
2 Alice Dinsdale-Young	36	OTTL-	5:20.61	47.90	48.35	48.60	45.99	
				34.59	38.64	40.33	41.33	
				41.54	42.08	41.64	40.46	
3 Stephanie Baron	37	SDTS-	5:29.45	51.36	51.78	50.51	49.23	
				36.98	40.66	41.74	41.99	
				42.13	42.60	42.80	40.55	
4 Carrie Power	36	SUNY-	5:47.97	47.90	48.35	48.60	45.99	
				37.18	41.34	43.58	44.14	
				45.52	44.95	45.72	45.54	
Event 102 Women 40-44 400 LC Meter Freestyle					7 Rhian Evans	51 INDY-	6:31.89	
1 Rebecca Newson	42	EMAW-	4:57.72	51.36	51.78	50.51	49.23	
				33.35	37.34	37.98	38.32	
				38.43	38.32	37.68	36.30	
Event 102 Women 45-49 400 LC Meter Freestyle					8 Claudine Day	53 RERS-	7:14.76	
1 Joy Hopkins	49	POOW-	6:14.57	50.50	53.55	54.77	54.75	
				42.21	45.83	47.40	47.59	
				48.29	48.06	48.48	46.71	
--- Veronica Banks	48	CMMY-	NS	56.39	56.05	55.58	53.17	
Event 102 Women 50-54 400 LC Meter Freestyle					9 Marina Nakano	51 CSCL-	7:40.22	
1 Karen Howells	53	CDMY-	5:48.56	48.81	56.68	59.99	59.12	
				37.61	41.29			
						1:29.86		
2 Daniella Harrison	52	POTT-	5:48.94	1:00.19	59.83	59.16	56.44	
				40.16	44.63	44.85	44.58	
				44.62	44.97	43.38	41.75	
Event 102 Women 55-59 400 LC Meter Freestyle					Event 102 Women 60-64 400 LC Meter Freestyle			
1 Philippa O'Grady	55	EMAW-	5:29.37	1 Elaine Seager			61 LOUA-	6:04.16
				37.10	40.06	41.46	42.30	
				42.38	42.52	42.20	41.35	
2 Helen Harris	58	LARS-	5:55.42	46.67	46.20	46.39	44.55	
				40.96	44.82	45.49	45.87	
				45.08	45.67	44.48	43.05	
3 Lindsay Kelly Onay	57	WWWS-	5:57.32	45.53	49.48	51.90	51.68	
				41.54	44.87	45.65	46.00	
				45.62	45.79	45.29	42.56	
4 Gillian Ellis-Williams	59	CMMY-	6:42.08	52.19	51.42	50.31	49.57	
				46.19	49.94	51.32	52.98	
				52.29	53.05	52.97	51.18	
5 Jenny Burns	57	ATEA-	6:49.92	52.81	53.16	51.97	47.28	
				46.84	51.10	53.52	54.12	
				52.81	53.16	51.97	47.28	
6 Kerry Friend	55	EMAW-	6:50.80	45.04	50.58	53.70	54.54	
				46.84	51.10	53.52	54.12	
				52.81	53.16	51.97	47.28	
7 Susan Flanigan	56	CDMY-	6:54.53	53.20	52.90	54.14	50.43	
				45.04	50.58	53.70	54.54	
				53.20	52.90	54.14	50.43	
--- Ceri Thomas	59	BSCY-	NS	1 Julia Buchanan			67 CALY-	6:56.09
Event 102 Women 65-69 400 LC Meter Freestyle					1 Elaine Seager	61 LOUA-	6:04.16	
1 Julia Buchanan	67	CALY-	6:56.09	41.28	45.78	46.52	46.77	
				46.67	46.20	46.39	44.55	
2 Micaela Morris	63	GLMW-	6:07.99	46.67	46.20	46.39	44.55	
				41.97	45.59	47.29	47.09	
				47.27	47.60	47.00	44.18	
3 Elaine Harrison	61	CDMY-	7:22.69	48.36	54.34	56.65	57.63	
				48.36	54.34	56.65	57.63	
				57.62	57.16	56.62	54.31	

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Event 102 Women 70-74 400 LC Meter Freestyle

1	Lorraine Crook	70	CALY-	10:08.37
	1:11.12	1:16.89	1:17.06	1:17.18
	1:16.73	1:17.80	1:17.28	1:14.31