

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

Wales National Pool, Swansea

Results - Session 3 - Warm Up 2.30 - 3.20

Event 307 Women 30-34 1500 LC Meter Freestyle

1	Hannah Angell	34	WOKS-	19:34.38
	35.54	38.40	38.78	38.99
	38.99	39.09	39.68	39.09
	39.49	39.44	39.23	39.30
	39.45	39.42	39.48	39.65
	39.78	39.57	39.73	39.67
	39.52	39.89	39.53	40.04
	39.90	39.69	38.24	38.50
	38.56	37.74		

Event 307 Women 45-49 1500 LC Meter Freestyle

1	Rachel Wood	47	BRNW-	22:32.76
	41.58	43.74	45.83	45.35
	45.66	45.75	45.48	45.35
	46.07	45.84	45.72	45.17
	46.22	46.28	46.33	45.67
	45.89	45.70	46.65	45.66
	45.66	45.51	46.25	45.34
	45.77	45.42	43.90	43.20
	42.25	39.52		

--- Kathy Wellam 45 MTCN- NS

Event 307 Women 50-54 1500 LC Meter Freestyle

1	Nicola Latty	53	HOLY-	19:55.66
	35.47	39.18	39.35	39.28
	39.65	39.06	39.97	39.54
	39.89	40.70	40.40	40.70
	40.31	40.66	40.31	41.08
	40.11	40.79	39.50	40.61
	39.46	40.91	39.78	40.73
	40.15	40.55	40.28	40.17
	39.43	37.64		

2	Daniella Harrison	52	POTT-	22:15.54
	40.25	44.10	45.13	44.30
	44.91	44.34	44.91	44.33
	45.20	44.60	45.16	44.75
	45.58	44.47	45.05	44.79
	45.05	44.30	45.26	44.73
	44.95	45.14	45.12	45.09
	45.19	44.99	44.98	44.19
	43.72	40.96		

3	Karen Howells	53	CDMY-	22:42.38
	40.61	44.55	45.39	45.64
	45.51	45.70	45.76	45.57
	45.56	45.86	45.70	45.71
	46.04	46.47	45.62	45.93
	45.65	46.32	45.82	46.06
	45.68	45.82	45.62	46.16
	45.50	45.79	45.36	45.43
	44.67	42.88		

4	Maida Shivik	50	CSCL-	22:56.19
	42.25	46.53	45.98	
		45.93	46.20	45.95
	45.88	45.73	45.80	45.82
	45.94	45.82	45.98	45.51
	45.88	45.70	45.74	46.16
	45.86	46.16	45.99	46.36
	46.41			46.52

1:30.88

5	Bryony Wilkes	54	LOUA-	23:20.34
	40.10	45.35	46.38	46.65
	47.24	46.45	47.28	46.12
	47.38	46.85	47.07	46.97
	47.60	46.87	46.79	47.14
	46.91	47.30	47.57	47.48
	47.93	46.94	47.47	47.44
	47.64	47.10	46.27	47.14
	46.44	44.47		

6	Zorika Adams	54	CSCL-	23:27.76
	41.56	46.34	47.45	48.09
	47.23	47.55	46.47	47.24
	47.50	47.88	47.53	47.65
	47.08	47.47	46.83	48.03
	47.20	47.34	46.41	47.33
	46.69	47.25	47.09	47.60
	47.44	46.91	47.28	47.28
	46.71	43.33		

7	Marina Nakano	51	CSCL-	30:03.16
	51.14	56.60	1:00.20	1:00.23
	1:00.06	1:01.30	59.73	59.91
	59.07	59.28	59.12	1:00.09
	59.49	59.51	59.59	1:00.50
	59.81	1:00.70	59.72	59.85
	1:00.50	1:01.18	1:01.58	1:02.25
	1:00.60	1:00.30	58.55	1:00.83
	1:00.01	1:11.46		

Event 307 Women 55-59 1500 LC Meter Freestyle

1	Helen Andrews	58	SDTS-	24:56.11
	40.96	48.60	49.82	49.80
	50.45	50.20	50.09	49.88
	50.16	49.96	49.72	49.92
	51.04	50.71	51.16	50.74
	50.74	50.29	50.93	50.66
	50.33	50.15	50.22	50.45
	50.24	50.47	50.55	50.14
	50.02	47.71		

2	Kerry Friend	55	EMAW-	26:35.28
	46.79	51.77	53.14	53.49
	53.47	53.33	53.40	53.22
	53.90	53.70	53.97	54.04
	54.44	53.80	53.68	53.80
	53.99	53.32	53.25	53.99
	54.49	53.70	53.08	53.59
	53.89	53.60	53.36	53.61
	52.40	49.07		

Event 307 Women 60-64 1500 LC Meter Freestyle

1	Elaine Seager	61	LOUA-	23:40.95
	42.08	45.69	46.40	47.22
	47.21	46.81	47.57	47.60
	47.53	47.75	47.77	48.50
	49.19	48.88	48.78	48.95
	48.41	48.04	47.90	47.53
	47.56	47.21	47.21	47.44
	47.48	47.20	47.60	46.95
	46.73	45.76		

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(Event 307 Women 60-64 1500 LC Meter Freestyle)

2	Delia Keen	63	CMMY-	33:51.31
	1:00.78	1:06.72	1:06.77	1:08.38
	1:07.48	1:08.39	1:08.87	1:07.63
	1:08.10	1:08.52	1:08.22	1:07.68
	1:07.65	1:08.69	1:08.57	1:08.41
	1:08.14	1:08.35	1:07.98	1:08.55
	1:07.24	1:08.63	1:07.51	1:07.08
	1:08.09	1:07.96	1:07.50	1:08.06
	1:07.53	1:07.83		

Event 307 Women 70-74 1500 LC Meter Freestyle

1	Lorraine Crook	70	CALY-	40:10.86
	1:10.44	1:17.96	1:16.96	1:19.04
	1:21.81	1:18.51	1:20.34	1:21.14
	1:22.08	1:20.70	1:20.91	1:19.90
	1:20.33	1:20.40	1:21.68	1:20.99
	1:21.70	1:20.61	1:23.69	1:21.59
	1:22.69	1:21.26	1:22.15	1:22.60
	1:23.07	1:20.73	1:20.41	1:19.88
	1:21.28	1:16.01		

Event 307 Men 25-29 1500 LC Meter Freestyle

1	William Munday	28	SSMY-	18:59.17
	35.07	37.05	38.27	37.96
	37.66	37.68	37.95	37.98
	37.79	37.78	38.04	37.81
	38.06	38.20	38.10	37.84
	37.93	37.92	38.22	38.07
	38.29	38.34	38.40	38.42
	38.77	38.48	38.37	38.44
	38.84	37.44		
2	Simon Scully	25	WOKS-	19:36.97
	34.67	37.80	38.57	38.81
	39.18	39.73	39.44	39.50
	39.86	39.57	39.81	39.32
	39.59	39.53	39.32	39.49
	39.75	39.72	39.64	39.80
	39.82	39.52	39.84	39.76
	40.06	39.65	39.27	39.64
	39.20	37.11		

Event 307 Men 30-34 1500 LC Meter Freestyle

1	Andrew O'Leary	34	CDMY-	21:10.60
	35.29	40.03	40.83	41.01
	41.53	43.03	42.88	42.68
	42.68	43.10	42.88	42.20
			42.66	42.91
	42.82	43.23	43.64	43.47
	43.94	42.29	43.43	42.92
	44.10	41.75	41.99	43.61
	42.37	40.50		

Event 307 Men 45-49 1500 LC Meter Freestyle

1	Andrew Martin	49	CDMY-	19:27.44
	33.69	36.41	37.76	37.96
	38.18	38.65	38.78	38.94
	39.04	39.22	39.31	39.21
	39.14	39.13	39.11	39.06
	39.44	39.15	39.21	39.49
	39.53	39.60	39.46	39.60
	39.60	39.58	39.71	39.43
	40.39	39.66		
2	Barnaby Rudd	46	WOKS-	24:21.24
	40.01	46.14	47.94	48.17
	47.86	48.30	48.12	48.31
	48.02	47.64	48.38	49.01
	48.61	48.84	49.14	49.21
	48.90	48.92	49.25	49.97
	49.80	49.42	50.76	50.16
	50.47	50.73	50.95	50.46
	50.18	47.57		
3	Aurelien Fauchoux	47	CSCL-	25:25.90
	38.56	46.48		
			50.36	50.54
	51.19			51.24
	52.91	52.31	51.30	52.84
	52.11			52.30
	51.68	51.90	52.35	51.73
	2:37.31	51.61	51.46	46.76

Event 307 Men 50-54 1500 LC Meter Freestyle

--- Peter Hulme 53 MTCN- NS

Event 307 Men 60-64 1500 LC Meter Freestyle

1	Mark Jones	64	WMSN-	21:14.72
	38.87	41.51	42.16	42.44
	42.54	42.56	42.62	42.76
	42.56	42.91	42.90	42.57
	43.03	43.16	43.00	43.00
	42.73	42.86	43.10	42.93
	42.50	42.84	43.12	43.32
	43.08	42.94	42.88	42.69
	41.59	39.55		

Event 307 Men 70-74 1500 LC Meter Freestyle

1	Nick Minns	71	EANT-	24:20.96
	43.73	46.75	48.12	48.16
	48.69	48.81	48.77	48.32
	48.57	48.52	48.46	48.48
	49.15	48.98	49.38	48.59
	49.55	49.19	48.95	49.32
	48.89	49.46	49.03	49.71
	49.41	50.29	50.29	49.25
	49.28	46.86		