

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

Wales National Pool, Swansea

Results - Session 4 - Warm Up 08:00 - 08:50**Event 405 Men 18-24 400 LC Meter IM**

1	Lloyd Jones	21	MERY-	5:32.24
	31.67	37.90	47.38	46.12
	47.68	49.41	38.07	34.01

Event 405 Men 25-29 400 LC Meter IM

1	James Flanigan	29	CDMY-	5:34.12
	33.11	39.30	44.99	43.77
	48.25	47.20	39.44	38.06
2	Chun Ting Au	25	CSCL-	7:33.19
	47.26	54.41	1:04.08	1:04.18
	55.02	55.60	58.37	54.27

Event 405 Men 30-34 400 LC Meter IM

1	Benjamin Jones	33	CDMY-	5:26.99
	31.46	37.68		
	44.00	44.83	39.36	38.22

Event 405 Men 35-39 400 LC Meter IM

1	Gareth Cocks	35	RAFA-	5:20.82
	29.47	35.89	44.04	43.69
	48.20	47.68	37.08	34.77

Event 405 Men 45-49 400 LC Meter IM

1	Jamie Page	47	EMAW-	6:14.54
	34.71	43.30	51.79	49.26
	53.09	55.78	42.90	43.71

Event 405 Men 50-54 400 LC Meter IM

1	Phillip Trelford	53	ELYT-	7:25.96
	52.79	1:00.73	57.97	58.73
	1:00.87	1:00.47	49.51	44.89
---	Stuart Colston	53	CEDY-	NS

Event 405 Men 60-64 400 LC Meter IM

1	Mark Jones	64	WMSN-	6:30.22
	43.67	51.18	54.34	51.87
	52.08	53.69	43.16	40.23

Event 405 Men 65-69 400 LC Meter IM

1	Vladimir Sveds	68	CDMY-	7:24.55
	48.97	55.13	1:02.76	1:03.03
	1:00.61	1:00.18	49.94	43.93
2	Malcolm Barton	69	CMAW-	7:57.81
	50.85	1:00.59	1:07.91	1:10.41
	57.48	1:00.08	54.21	56.28