

Swim Wales Masters LC 2025 - 01/03/2025 to 02/03/2025

Wales National Pool, Swansea									
Results - Session 1 - Warm Up 08.00 - 08:50									
Event 101 Men 18-24 400 LC Meter Freestyle					Event 101 Men 55-59 400 LC Meter Freestyle				
1	Will Morris	23	Royal Navy	4:44.44	1	Andrew Carr	59	East Leeds	4:52.01
	29.66	33.64	35.28	35.39		32.96	36.32	37.50	37.38
	36.51	37.58	38.49	37.89		37.26	36.91	37.03	36.65
Event 101 Men 25-29 400 LC Meter Freestyle					2	Paul Smoothy	57	Guildford Ct	5:32.73
1	Benjamin Goodfellow	29	Wrexham	5:02.31		36.88	41.00	43.07	42.95
	33.75	37.13	38.16	38.51		42.90	43.09	42.76	40.08
	38.84	38.96	39.21	37.75	Event 101 Men 60-64 400 LC Meter Freestyle				
2	Mark McCall	25	C Dolphins	5:50.87	1	Mark Reynolds	62	Barnet Copt	4:48.41
	40.07	2:12.98		3:46.86		33.11	36.52	37.06	37.36
		2:36.26		42.88		36.65	36.37	35.99	35.35
Event 101 Men 30-34 400 LC Meter Freestyle					2	Julian Plumley	60	Newcastle	5:07.10
1	Stephen Gerard Lamb	33	Scotia	4:35.22		32.51	36.07	38.42	39.30
	30.10	33.62	34.54	35.06		39.34	40.26	40.75	40.45
	35.57	35.56	35.78	34.99	3	Glenn Owen	61	Fishguard	5:53.85
2	Matthew Chadwick	31	Co Ely	5:16.68		38.12	43.09	45.09	46.29
	34.50	38.28	40.26	40.77		45.94	45.93	45.29	44.10
	40.88	41.67	40.86	39.46	4	Patrick Allen	63	Woking	6:45.60
3	Andrew Mason	33	Cardiff Mast	5:29.36		46.04	50.94	51.16	52.08
	35.17	38.88	41.25	42.39		51.41	52.34	51.03	50.60
	43.13	43.42	42.93	42.19	5	Stuart McGurk	64	Kendal	7:22.86
4	Matthew Allen	30	Swansea Mast	7:52.45		49.00	56.82	56.97	56.76
	42.44	46.56	1:08.87	1:00.35		57.58	56.04	56.68	53.01
	1:00.00	59.67	1:08.31	1:06.25	Event 101 Men 65-69 400 LC Meter Freestyle				
Event 101 Men 40-44 400 LC Meter Freestyle					1	Colin Stephenson	67	Gloucester M	5:22.19
1	Lloyd Rosewell	40	Swansea Mast	4:50.07		37.44	41.36	42.15	42.20
	31.76	1:48.30		1:52.27		41.89	41.21	39.18	36.76
				36.78	2	Mark Jones	65	Warrington M	5:29.64
2	Ka Chun Felix Ng	40	Loughborough	5:35.48		37.75	41.23	42.06	42.42
	34.76	40.44	43.43	44.06		42.04	42.19	41.81	40.14
	44.21	45.19	42.77	40.62	3	Gordon Coutts	65	Totnes	5:34.17
3	Nicholas Wigley	41	Cardiff Mast	5:50.50		36.90	39.70	41.40	42.21
	35.10	41.15	44.36	45.53		43.23	43.67	43.58	43.48
	46.25	47.30	46.21	44.60	4	Alastair Gibb	65	Team Luton	6:11.96
4	Nicholas Hatton	40	Welsh Ind	6:09.08		41.38	45.54	47.30	46.80
	37.48	43.08	46.28	47.34		47.99	47.65	48.56	46.74
	48.93	49.36	49.94	46.67	Event 101 Men 70-74 400 LC Meter Freestyle				
Event 101 Men 45-49 400 LC Meter Freestyle					1	Tony Morris	70	Aer Lingus	5:48.27
1	Christopher Hanmer	46	Chirk	5:49.82		37.95	42.92	44.35	45.19
	36.56	42.80	44.53	45.72		44.71	45.13	45.11	42.91
	45.14	45.71	45.47	43.89	2	Nick Minns	72	East Anglian	6:25.58
2	Barnaby Rudd	47	Woking	5:52.13		44.71	47.19	49.40	48.94
	37.16	42.87	44.97	45.75		49.65	49.13	49.05	47.51
	46.01	45.51	46.09	43.77	Event 101 Men 75-79 400 LC Meter Freestyle				
3	Lee Barnfield	49	Chirk	6:16.79	1	Stuart McLellan	76	Hadleigh	6:31.72
	41.28	46.20	48.23	48.58		42.66	47.37	50.88	50.85
	50.47	50.31	48.83	42.89		50.99	50.88	50.16	47.93
4	John Frampton	45	Rct Squad	6:18.57	2	Terence Mansi	76	Hadleigh	7:30.92
	40.08	44.07	47.15	48.18		48.45	57.35	58.77	58.44
	49.60	50.55	50.82	48.12		58.48	58.77	58.61	52.05
Event 101 Men 50-54 400 LC Meter Freestyle					Event 101 Men 85-89 400 LC Meter Freestyle				
1	Jamie McHale	53	Co Sheffield	4:56.09	1	Donald Leatherbarrow	87	Gloucester M	7:31.26
	32.79	37.12	37.84	37.99		48.00	55.93	57.68	58.00
	37.57	37.47	37.71	37.60		58.70	58.12	59.23	55.60
2	Peter Jones	54	Bridgend Cty	6:19.70					
	40.16	45.68	48.12	48.15					
	49.36	49.77	51.04	47.42					