

Cardiff Masters' Welsh Capital Open Meet 2009- Exmouth Results

Caroline Ball (18-24)		
50 Backstroke	32.77	=1 st
100 Butterfly	1.13.38	3 rd
200 Individual Medley	2.36.06	2 nd
50 Breaststroke	38.68	1 st
100 Backstroke	1.11.17	1 st
100 Freestyle	1.04.50	3 rd
200 Freestyle	2.23.82	2 nd
50 Butterfly	32.22	1 st
100 Breaststroke	1.23.45	1 st
50 Freestyle	29.71	1 st

Neville King (35- 39)		
400 Freestyle	5.17.70	2 nd
50 Breaststroke	38.05	2 nd
100 Freestyle	1.05.35	4 th
200 Freestyle	2.27.43	3 rd
100 Breaststroke	1.26.51	2 nd
50 Freestyle	30.14	2 nd

Ian Lang (18-24)		
400 Freestyle	5.18.48	2 nd
50 Breaststroke	38.08	4 th
100 Freestyle	1.05.70	4 th
200 Freestyle	2.28.65	1 st
100 Breaststroke	1.23.52	3 rd
50 Freestyle	29.71	5 th

Bill Letch (65-69)		
50 Backstroke	40.05	3 rd
100 Butterfly	1.22.05	2 nd
200 Individual Medley	3.04.08	1 st
100 Freestyle	1.08.48	2 nd
50 Butterfly	33.82	2 nd
50 Freestyle	30.78	2 nd

Mark Westaway (25-29)		
400 Freestyle	5.29.71	3 rd
50 Breaststroke	39.47	4 th
100 Freestyle	1.11.21	6 th
200 Freestyle (Breaststroke)	3.09.78	2 nd
50 Butterfly	35.70	7 th

Oilly White (30-34)		
50 Backstroke	31.87	2 nd
50 Breaststroke	33.65	3 rd
50 Butterfly	29.60	2 nd
50 Freestyle	27.74	3 rd