

Welsh Capital Masters - 09/05/2009**Results****Event 1 Women 18-24 400 LC Meter Freestyle**

Name	Age	Team				Finals Time
1 Curnock, Rachel	22	Bristol Central				4:52.88
	33.02	1:09.07 (36.05)	1:45.53 (36.46)	2:22.81 (37.28)		
	2:59.96 (37.15)	3:37.83 (37.87)	4:15.78 (37.95)	4:52.88 (37.10)		
2 Pascoe, Lauren	22	Bristol Central				5:13.93
	34.58	1:13.46 (38.88)	1:53.59 (40.13)	2:33.99 (40.40)		
	3:14.89 (40.90)	3:55.36 (40.47)	4:35.58 (40.22)	5:13.93 (38.35)		
3 Selwyn, Gina	19	Dove Valley SC				5:28.02
	35.84	1:15.54 (39.70)	1:56.94 (41.40)	2:39.18 (42.24)		
	3:21.71 (42.53)	4:04.64 (42.93)	4:47.31 (42.67)	5:28.02 (40.71)		

Event 1 Women 25-29 400 LC Meter Freestyle

1 Walker, Anna	28	Cardiff Masters				5:18.78
	33.68	1:10.40 (36.72)	1:49.07 (38.67)	2:29.06 (39.99)		
	3:10.39 (41.33)	3:52.72 (42.33)	4:35.92 (43.20)	5:18.78 (42.86)		
2 Scott, Rhiannon	27	Independant				6:02.38
	40.02	1:23.05 (43.03)	2:08.25 (45.20)	2:54.77 (46.52)		
	3:42.34 (47.57)	4:29.46 (47.12)	5:16.46 (47.00)	6:02.38 (45.92)		
3 Stokes, Anna	28	Cardiff Masters				6:06.95
	38.76	1:22.60 (43.84)	2:08.65 (46.05)	2:55.75 (47.10)		
	3:43.41 (47.66)	4:31.44 (48.03)	5:19.54 (48.10)	6:06.95 (47.41)		

Event 1 Women 30-34 400 LC Meter Freestyle

1 Davies, Emma	30	City of Derby				5:22.50
	36.29	1:15.43 (39.14)	1:57.06 (41.63)	2:37.69 (40.63)		
	3:18.94 (41.25)	4:01.02 (42.08)	4:42.91 (41.89)	5:22.50 (39.59)		
2 Williams, Kate	30	Cardiff Masters				6:14.91
	39.28	1:24.54 (45.26)	2:11.56 (47.02)	2:59.43 (47.87)		
	3:48.17 (48.74)	4:37.59 (49.42)	5:27.48 (49.89)	6:14.91 (47.43)		

Event 1 Women 35-39 400 LC Meter Freestyle

1 Day, Phillipa	35	Hereford				5:55.99
	38.65	1:21.59 (42.94)	2:06.55 (44.96)	2:51.89 (45.34)		
	3:37.62 (45.73)	4:23.91 (46.29)	5:10.34 (46.43)	5:55.99 (45.65)		
2 Hutchinson, Keri	38	David Lloyd				6:17.81
	38.86	1:23.67 (44.81)	3:50.83 (2:27.16)	3:00.91 ()		
		6:17.83 ()	5:31.39 ()	6:17.81 (46.42)		
3 Maguire, Louise	35	Emlyn Flyers				6:23.24
	40.61	1:26.38 (45.77)	2:14.16 (47.78)	3:04.07 (49.91)		
	3:54.64 (50.57)	4:45.20 (50.56)	5:35.76 (50.56)	6:23.24 (47.48)		
4 Sadler, Zoe	36	Basingstoke Bluefins				7:10.78
	45.34	1:35.68 (50.34)	2:29.34 (53.66)	3:24.21 (54.87)		
	4:20.25 (56.04)	5:17.69 (57.44)	6:15.34 (57.65)	7:10.78 (55.44)		

Event 1 Women 40-44 400 LC Meter Freestyle

1 McMenemy, Jane	41	Otter				5:03.33
	33.66	1:10.29 (36.63)	1:48.94 (38.65)	2:27.83 (38.89)		
	3:07.00 (39.17)	3:46.09 (39.09)	4:25.65 (39.56)	5:03.33 (37.68)		
2 Brandrick, Sarah	41	City of Derby				5:15.32
	34.96	1:14.26 (39.30)	1:54.26 (40.00)	2:34.55 (40.29)		
	3:15.12 (40.57)	3:55.81 (40.69)	4:36.23 (40.42)	5:15.32 (39.09)		
3 Thomas, Ceri	44	Bridgend County				5:38.60
	37.32	1:18.61 (41.29)	2:01.47 (42.86)	2:44.82 (43.35)		
	3:28.34 (43.52)	4:11.77 (43.43)	4:55.33 (43.56)	5:38.60 (43.27)		
4 Roberts, Catherine	43	Independant				6:09.33
	40.94	1:25.89 (44.95)	2:13.81 (47.92)	3:00.95 (47.14)		

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	3:48.74 (47.79)	4:36.10 (47.36)	5:23.72 (47.62)	6:09.33 (45.61)	
5	Treece, Helen	44	City of Derby		6:18.55
	42.24	1:29.89 (47.65)	2:19.27 (49.38)	3:09.36 (50.09)	
	3:57.85 (48.49)	4:46.48 (48.63)	5:33.65 (47.17)	6:18.55 (44.90)	
6	Willis, Alison	42	Pembrokeshire County Swimming		6:36.75
	42.30	1:30.73 (48.43)	2:20.13 (49.40)	3:12.42 (52.29)	
	4:04.83 (52.41)	4:56.60 (51.77)	5:48.53 (51.93)	6:36.75 (48.22)	
7	Montez, Paula	41	Independant		7:26.77
	49.08	1:43.54 (54.46)	2:41.48 (57.94)	3:39.09 (57.61)	
	4:37.56 (58.47)	5:34.71 (57.15)	6:31.79 (57.08)	7:26.77 (54.98)	
8	Francis, Lucy	41	Camden Swiss Cottage		7:27.65
	50.50	1:46.77 (56.27)	2:43.53 (56.76)	3:41.52 (57.99)	
	4:39.50 (57.98)	5:37.14 (57.64)	6:34.13 (56.99)	7:27.65 (53.52)	

Event 1 Women 45-49 400 LC Meter Freestyle

1	Borley, Sarah	47	Gwent Police		6:13.21
	40.25	1:25.21 (44.96)	2:12.71 (47.50)	3:01.52 (48.81)	
	3:49.89 (48.37)	4:38.93 (49.04)	5:27.76 (48.83)	6:13.21 (45.45)	
2	Bull, Valerie	47	Diss Otters		6:39.24
	44.34	1:33.38 (49.04)	2:24.64 (51.26)	3:16.13 (51.49)	
	4:07.79 (51.66)	4:59.10 (51.31)	5:49.73 (50.63)	6:39.24 (49.51)	
3	Harrison, Elaine	46	Cardiff Masters		6:42.04
	43.82	1:32.95 (49.13)	2:24.92 (51.97)	3:17.45 (52.53)	
	4:09.47 (52.02)	5:01.27 (51.80)	5:52.72 (51.45)	6:42.04 (49.32)	
4	Davies, Lesley	49	Otter		6:45.71
	45.04	1:34.71 (49.67)	2:25.79 (51.08)	3:17.02 (51.23)	
	4:09.38 (52.36)	5:01.83 (52.45)	5:54.70 (52.87)	6:45.71 (51.01)	

Event 1 Women 50-54 400 LC Meter Freestyle

1	Jennings, Karen	52	Spondon Masters		5:22.22
	36.86	1:16.66 (39.80)	1:57.75 (41.09)	2:38.75 (41.00)	
	3:20.20 (41.45)	4:01.52 (41.32)	4:42.62 (41.10)	5:22.22 (39.60)	
2	Hartle, Catherine	51	Ferndown SC		5:40.88
	38.53	1:20.33 (41.80)	2:03.98 (43.65)	2:47.61 (43.63)	
	3:31.08 (43.47)	4:15.34 (44.26)	4:59.45 (44.11)	5:40.88 (41.43)	
3	Parry, Clare	51	Cardiff Masters		5:58.51
	38.89	1:22.22 (43.33)	2:08.19 (45.97)	2:54.42 (46.23)	
	3:40.99 (46.57)	4:27.81 (46.82)	5:14.31 (46.50)	5:58.51 (44.20)	

Event 1 Women 55-59 400 LC Meter Freestyle

1	Bourne, Anne	55	Camp Hill Edwardians		5:21.12
	36.52	1:16.57 (40.05)	1:57.61 (41.04)	2:38.67 (41.06)	
	3:19.37 (40.70)	4:00.36 (40.99)	4:41.19 (40.83)	5:21.12 (39.93)	
2	Thorp, Val	56	City of Derby		6:04.54
	38.53	1:22.09 (43.56)	2:08.64 (46.55)	2:56.08 (47.44)	
	3:43.84 (47.76)	4:31.45 (47.61)	5:19.30 (47.85)	6:04.54 (45.24)	
3	Mittins, Louise	59	Royal Navy		6:51.19
	44.31	1:34.26 (49.95)	2:27.56 (53.30)	3:21.45 (53.89)	
	4:15.22 (53.77)	5:09.23 (54.01)	6:02.88 (53.65)	6:51.19 (48.31)	
4	Crook, Lorraine	55	Caldicot		7:37.94
	50.80	1:48.18 (57.38)	2:46.83 (58.65)	3:44.97 (58.14)	
	4:44.09 (59.12)	5:42.36 (58.27)	6:40.56 (58.20)	7:37.94 (57.38)	

Event 1 Women 60-64 400 LC Meter Freestyle

1	Crayford, Julie	61	Clams		6:19.94
	40.43	1:26.78 (46.35)	2:14.85 (48.07)	3:03.61 (48.76)	
	3:52.77 (49.16)	4:43.17 (50.40)	5:33.38 (50.21)	6:19.94 (46.56)	
2	Blower, Elaine	64	Barnet Cophthall SC		6:25.80
	42.92	1:30.70 (47.78)	2:20.62 (49.92)	3:10.06 (49.44)	

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	4:00.62 (50.56)	4:50.18 (49.56)	5:39.92 (49.74)	6:25.80 (45.88)	
3 Newman, Carole		60 Gloucester Masters			7:28.04
	50.47	1:45.30 (54.83)	2:43.23 (57.93)	3:40.73 (57.50)	
	4:38.95 (58.22)	5:36.00 (57.05)	6:34.35 (58.35)	7:28.04 (53.69)	
4 Murray, Esther		62 Gloucester Masters			8:49.39
	53.41	2:01.31 (1:07.90)	3:16.35 (1:15.04)	4:25.47 (1:09.12)	
	5:38.39 (1:12.92)	6:52.21 (1:13.82)	7:50.83 (58.62)	8:49.39 (58.56)	

Event 1 Women 75-79 400 LC Meter Freestyle

1 Asher, Jane		78 Kings Cormorants SC			6:23.50
	42.73	1:30.51 (47.78)	2:20.32 (49.81)	3:10.33 (50.01)	
	4:00.52 (50.19)	4:51.05 (50.53)	5:39.11 (48.06)	6:23.50 (44.39)	

Event 1 Men 18-24 400 LC Meter Freestyle

1 Williams, Oliver		23 Clams			4:51.05
	32.68	1:09.34 (36.66)	1:47.52 (38.18)	2:26.83 (39.31)	
	3:03.82 (36.99)	3:41.13 (37.31)	4:17.53 (36.40)	4:51.05 (33.52)	
2 Lang, Ian		21 Exmouth			5:18.48
	35.43	1:13.52 (38.09)	1:52.97 (39.45)	2:34.38 (41.41)	
	3:16.94 (42.56)	3:58.89 (41.95)	4:40.29 (41.40)	5:18.48 (38.19)	

Event 1 Men 25-29 400 LC Meter Freestyle

1 Hahn, Enrico		28 Otter			4:50.89
	31.28	1:08.14 (36.86)	1:46.22 (38.08)	2:23.44 (37.22)	
	3:01.15 (37.71)	3:38.50 (37.35)	4:15.79 (37.29)	4:50.89 (35.10)	
2 Todesco, Claudio		28 Nuoto Giunone Asd - Ita			5:04.68
	33.52	1:10.73 (37.21)	1:48.85 (38.12)	2:27.75 (38.90)	
	3:07.55 (39.80)	3:47.70 (40.15)	4:27.45 (39.75)	5:04.68 (37.23)	
3 Westaway, Mark		29 Exmouth			5:29.71
	35.64	1:15.56 (39.92)	1:56.89 (41.33)	2:39.73 (42.84)	
	3:22.84 (43.11)	4:06.02 (43.18)	4:49.15 (43.13)	5:29.71 (40.56)	
4 Lewis, Jamie		27 David Lloyd			5:47.46
	34.55	1:14.36 (39.81)	1:58.18 (43.82)	2:43.15 (44.97)	
	3:30.27 (47.12)	4:17.49 (47.22)	5:04.24 (46.75)	5:47.46 (43.22)	
--- Smith, Rhys		28 Cardiff Masters			DQ
	32.94	1:08.68 (35.74)	1:44.67 (35.99)	2:21.95 (37.28)	
	2:59.66 (37.71)	3:36.90 (37.24)	4:14.12 (37.22)	DQ (35.89)	

Event 1 Men 30-34 400 LC Meter Freestyle

1 Neal, Martin		30 Cardiff Masters			6:20.61
	41.88	1:28.66 (46.78)	2:16.65 (47.99)	3:05.95 (49.30)	
	3:54.89 (48.94)	4:44.92 (50.03)	5:34.03 (49.11)	6:20.61 (46.58)	

Event 1 Men 35-39 400 LC Meter Freestyle

1 Stannard, David		38 Reading			4:45.65
	32.76	1:09.01 (36.25)	1:45.31 (36.30)	2:22.36 (37.05)	
	2:58.73 (36.37)	3:34.77 (36.04)	4:10.48 (35.71)	4:45.65 (35.17)	
2 King, Neville		38 Exmouth			5:17.70
	33.95	1:12.08 (38.13)	1:52.32 (40.24)	2:33.25 (40.93)	
	3:15.05 (41.80)	3:56.89 (41.84)	4:38.30 (41.41)	5:17.70 (39.40)	
3 Loines, Dave		39 Brierley Hill SC			5:18.34
	33.71	1:11.57 (37.86)	1:52.47 (40.90)	2:34.26 (41.79)	
	3:16.09 (41.83)	3:58.18 (42.09)	4:39.18 (41.00)	5:18.34 (39.16)	
4 Cresswell, Allan		38 Fishguard Flyers			6:08.14
	37.46	1:19.73 (42.27)	2:04.04 (44.31)	2:50.85 (46.81)	
	3:40.02 (49.17)	4:30.16 (50.14)	5:19.73 (49.57)	6:08.14 (48.41)	

Event 1 Men 40-44 400 LC Meter Freestyle

1 Thomas, Andy		44 Independant			5:09.90
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	32.68	1:09.71 (37.03)	1:48.20 (38.49)	2:27.91 (39.71)	
	3:07.85 (39.94)	3:48.17 (40.32)	4:29.57 (41.40)	5:09.90 (40.33)	
2	Robins, Grant	40 Royal Navy			5:10.77
	33.03	1:09.80 (36.77)	1:47.86 (38.06)	2:27.88 (40.02)	
	3:08.47 (40.59)	3:50.11 (41.64)	4:31.92 (41.81)	5:10.77 (38.85)	
3	Berry, Steven	41 Royal Navy			5:13.37
	33.06	1:10.08 (37.02)	1:49.57 (39.49)	2:29.95 (40.38)	
	3:11.56 (41.61)	3:52.89 (41.33)	4:34.72 (41.83)	5:13.37 (38.65)	
4	Robinson, Peter	44 City of Cambridge SC			5:32.81
	36.76	1:16.88 (40.12)	1:58.50 (41.62)	2:41.21 (42.71)	
	3:24.70 (43.49)	4:08.09 (43.39)	4:51.81 (43.72)	5:32.81 (41.00)	
5	Smith, Clive	40 Etwall Eagles			5:59.40
	37.32	1:20.52 (43.20)	2:07.45 (46.93)	2:54.59 (47.14)	
	3:41.21 (46.62)	4:28.69 (47.48)	5:15.59 (46.90)	5:59.40 (43.81)	
6	East, Oggy	42 Arfon Masters			6:14.94
	41.36	1:26.30 (44.94)	2:13.04 (46.74)	3:00.98 (47.94)	
	3:49.85 (48.87)	4:39.45 (49.60)	5:28.59 (49.14)	6:14.94 (46.35)	
7	Boucher, Andy	44 Hereford			6:31.96
	39.62	1:26.21 (46.59)	2:15.68 (49.47)	3:06.14 (50.46)	
	3:56.65 (50.51)	4:48.26 (51.61)	5:39.62 (51.36)	6:31.96 (52.34)	

Event 1 Men 45-49 400 LC Meter Freestyle

1	Searle, Richard	45 Gloucester Masters			5:01.34
	32.48	1:09.52 (37.04)	1:48.69 (39.17)	2:27.51 (38.82)	
	3:06.54 (39.03)	3:45.34 (38.80)	4:24.29 (38.95)	5:01.34 (37.05)	
2	Selwyn, Gordon	46 Dove Valley SC			5:30.44
	36.69	1:17.42 (40.73)	1:59.91 (42.49)	2:43.41 (43.50)	
	3:26.47 (43.06)	4:09.58 (43.11)	4:50.73 (41.15)	5:30.44 (39.71)	

Event 1 Men 50-54 400 LC Meter Freestyle

1	Straw, Mark	51 Basingstoke Bluefins			5:22.64
	34.91	1:14.14 (39.23)	1:55.36 (41.22)	2:36.63 (41.27)	
	3:17.80 (41.17)	3:59.73 (41.93)	4:42.30 (42.57)	5:22.64 (40.34)	

Event 1 Men 55-59 400 LC Meter Freestyle

1	Davenport, Dave	56 Basingstoke Bluefins			5:07.79
	34.41	1:12.08 (37.67)	1:51.55 (39.47)	2:31.51 (39.96)	
	3:11.42 (39.91)	3:51.07 (39.65)	4:30.51 (39.44)	5:07.79 (37.28)	
2	Carr, Paul	57 Independant			5:48.16
	36.55	1:17.25 (40.70)	2:00.32 (43.07)	2:45.16 (44.84)	
	3:30.77 (45.61)	4:17.15 (46.38)	5:03.98 (46.83)	5:48.16 (44.18)	

Event 1 Men 60-64 400 LC Meter Freestyle

1	Arthur, James	61 Swansea Valley			5:39.02
	35.82	1:15.83 (40.01)	1:58.66 (42.83)	2:42.49 (43.83)	
	3:26.91 (44.42)	4:11.58 (44.67)	4:56.53 (44.95)	5:39.02 (42.49)	
2	Grant, Alan	62 Clams			6:40.13
	45.54	1:36.17 (50.63)	2:26.71 (50.54)	3:18.93 (52.22)	
	4:09.44 (50.51)	5:00.39 (50.95)	5:50.29 (49.90)	6:40.13 (49.84)	
3	Jones, Ken	64 Emlyn Flyers			7:54.45
	49.24	1:49.30 (1:00.06)	2:50.04 (1:00.74)	3:51.12 (1:01.08)	
	4:52.94 (1:01.82)	5:55.77 (1:02.83)	6:56.56 (1:00.79)	7:54.45 (57.89)	

Event 1 Men 65-69 400 LC Meter Freestyle

1	Thomas, Garfield	69 Bridgend County			6:13.08
	41.65	1:27.96 (46.31)	2:15.70 (47.74)	3:04.17 (48.47)	
	3:52.46 (48.29)	4:40.79 (48.33)	5:28.82 (48.03)	6:13.08 (44.26)	

Event 1 Men 70-74 400 LC Meter Freestyle

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1	Jackson, Alan	70	Beaver Masters Bedford	6:20.41
	40.97	1:29.37 (48.40)	2:18.96 (49.59)	3:08.67 (49.71)
	3:58.18 (49.51)	4:46.77 (48.59)	5:35.20 (48.43)	6:20.41 (45.21)
2	Alexis, Errol	73	Clams	8:09.46
	47.28	1:47.13 (59.85)	2:50.87 (1:03.74)	3:54.47 (1:03.60)
	4:59.92 (1:05.45)	6:03.93 (1:04.01)	7:10.19 (1:06.26)	8:09.46 (59.27)
3	Skerrett, Richard	74	Carmarthen Masters	10:13.61
	1:10.67	2:30.38 (1:19.71)	3:49.81 (1:19.43)	5:09.58 (1:19.77)
	6:29.32 (1:19.74)	7:48.55 (1:19.23)	9:05.95 (1:17.40)	10:13.61 (1:07.66)

Event 2 Men 18-24 50 LC Meter Backstroke

1	Roberts, Joel	24	Royal Navy	30.19
2	Black, Richard	24	Cardiff Masters	34.58
3	Graziani, Francesco	22	Nuoto Giunone Asd - Ita	35.80
4	Briggs, Mark	18	Etwall Eagles	41.92

Event 2 Men 25-29 50 LC Meter Backstroke

1	Todesco, Claudio	28	Nuoto Giunone Asd - Ita	37.18
2	Gott, Andrew	29	Cardiff Masters	40.88
3	Rizzin, Simone	26	Nuoto Giunone Asd - Ita	41.18

Event 2 Men 30-34 50 LC Meter Backstroke

1	Small, Robert	30	Perry Beeches	31.76
2	White, Olly	31	Exmouth	31.87
3	Klempt, Otakar	31	Gloucester Masters	32.78
4	Reed, Carl	31	David Lloyd	36.09
5	Verzini, Enrico	32	Nuoto Giunone Asd - Ita	36.30
6	Lawford, Richard	34	Cardiff Masters	40.20
7	Farinazzo, Alessandro	34	Nuoto Giunone Asd - Ita	41.92

Event 2 Men 40-44 50 LC Meter Backstroke

1	Gore, Patrick	41	Clams	32.26
2	Robins, Grant	40	Royal Navy	32.27
3	Zhurov, Alexei	42	Clams	39.33

Event 2 Men 45-49 50 LC Meter Backstroke

1	Cristian, Rentsch	46	Amt Zurich - Switz	33.16
2	Searle, Richard	45	Gloucester Masters	34.26
3	Fiorini, Federico	45	Nuoto Giunone Asd - Ita	34.52
4	Thomas, Gary	48	Royal Navy	36.10
5	Metcalf, Richard	48	Royal Navy	39.03
6	Mason, Paul	46	Fishguard Flyers	40.96
7	Crotone, Giuseppe	47	Nuoto Giunone Asd - Ita	41.04
8	Selwyn, Gordon	46	Dove Valley SC	42.06
9	Innocent, Ben	46	Emlyn Flyers	1:00.68
10	Lowman, Thomas	45	Abertillery	1:08.88

Event 2 Men 50-54 50 LC Meter Backstroke

1	Gilpin, Peter	51	Wincanton SC	33.72
2	Weston, Stephen	54	Leominster Kingfisher SC	34.78
3	Sveds, Vladimirs	53	Clams	41.59

Event 2 Men 55-59 50 LC Meter Backstroke

1	Woollard, Ian	55	Barnet Cophthall SC	37.71
2	Fox, Martin	55	Acton SC	38.98
3	Baxter, Gordon	55	Cardiff Masters	39.66

Welsh Capital Masters - 09/05/2009**Results****Event 2 Men 60-64 50 LC Meter Backstroke**

1	Munro, Malcolm	62	Acton SC	37.53
2	Jackson, Neil	63	Basingstoke Bluefins	39.13
3	Tanner, Graham	61	Witney & District	47.99
4	Davies, Ian	60	Emlyn Flyers	50.15
5	Jones, Ken	64	Emlyn Flyers	51.05
6	Fields, Tony	62	City of Chester	52.09

Event 2 Men 65-69 50 LC Meter Backstroke

1	Salsbury, Nigel	69	Reading	38.00
2	Langley, David	65	Gloucester Masters	38.73
3	Letch, Bill	69	Exmouth	40.05
4	Fawcett, Andrew	66	Cardiff Masters	53.80

Event 2 Men 70-74 50 LC Meter Backstroke

1	Bishop, Geoffrey	73	Royal Navy	48.50
2	Skerrett, Richard	74	Carmarthen Masters	1:13.55

Event 2 Men 75-79 50 LC Meter Backstroke

1	Stagg, Les	77	Clams	55.29
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Event 3 Women 18-24 50 LC Meter Backstroke

*1	Taylor, Leanne	22	Halesowen	32.77
*1	Ball, Caroline	20	Exmouth	32.77
3	Selwyn, Gina	19	Dove Valley SC	42.00

Event 3 Women 25-29 50 LC Meter Backstroke

1	Sims, Laura	29	Dove Valley SC	34.98
2	Bull, Shirley	25	Diss Otters	38.01
3	Thomas, Gwyneth	25	Emlyn Flyers	38.43
4	Walker, Anna	28	Cardiff Masters	38.67
5	Feltham, Sarah	26	Royal Navy	39.25
6	Hawkrigg, Christine	28	City of Derby	41.45

Event 3 Women 30-34 50 LC Meter Backstroke

1	Davies, Emma	30	City of Derby	35.91
2	Matson, Michelle	31	Basingstoke Bluefins	37.30
3	Sartori, Isabella	30	Nuoto Giunone Asd - Ita	38.41
4	Scott, Jassa	33	Clams	41.08
5	Dieterrich, Marina	30	Nuoto Giunone Asd - Ita	41.62

Event 3 Women 35-39 50 LC Meter Backstroke

1	Owens, Kathryn	35	Swim Swansea Masters	36.41
2	Vaccaro, Erika	36	Nuoto Giunone Asd - Ita	38.68
3	Wiltshire, Nikki	36	Cardiff Masters	43.13
4	Sadler, Zoe	36	Basingstoke Bluefins	47.10

Event 3 Women 40-44 50 LC Meter Backstroke

1	Price, Allie	44	Cardiff Masters	38.51
2	Harris, Karen	41	Cardiff Masters	45.76
3	Treece, Helen	44	City of Derby	48.41

Event 3 Women 45-49 50 LC Meter Backstroke

1	Wilson, Berenice	49	Spondon Masters	37.24
2	Leach, Sue	47	Gloucester Masters	43.81
3	Harrison, Elaine	46	Cardiff Masters	48.40

Welsh Capital Masters - 09/05/2009**Results****Event 3 Women 50-54 50 LC Meter Backstroke**

1	Best, Beverley	54 Pontypool	48.47
2	Frost, Anne	51 Cardiff Masters	55.85

Event 3 Women 55-59 50 LC Meter Backstroke

1	Bourne, Anne	55 Camp Hill Edwardians	40.49
2	Ferris, Gillian	55 Gloucester Masters	40.97
3	Inwood, Pauline	57 City of Derby	42.14
4	Mittins, Louise	59 Royal Navy	45.93

Event 3 Women 60-64 50 LC Meter Backstroke

1	Tanner, Lynne	62 Witney & District	44.28
2	Crayford, Julie	61 Clams	45.47
3	Blower, Elaine	64 Barnet Copthall SC	45.85

Event 3 Women 65-69 50 LC Meter Backstroke

1	Weare, Margaret	65 Caldicot	1:00.53
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Event 3 Women 75-79 50 LC Meter Backstroke

1	Asher, Jane	78 Kings Cormorants SC	45.41
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Event 4 Men 18-24 100 LC Meter Butterfly

1	Roberts, Joel	24 Royal Navy	1:05.19
	29.65	1:05.19 (35.54)	
2	Best, Ellis	18 Pontypool	1:05.62
	30.60	1:05.62 (35.02)	

Event 4 Men 25-29 100 LC Meter Butterfly

1	Smith, Rhys	28 Cardiff Masters	1:06.35
	30.48	1:06.35 (35.87)	
2	Williams, James	27 Bristol Masters	1:09.49
	31.33	1:09.49 (38.16)	
3	Cackett, Andrew	28 Basingstoke Bluefins	1:12.13
	33.47	1:12.13 (38.66)	
4	Gott, Andrew	29 Cardiff Masters	1:27.51
	40.57	1:27.51 (46.94)	
5	Davies, Tony	25 Cardiff Masters	1:37.42
	39.57	1:37.42 (57.85)	

Event 4 Men 30-34 100 LC Meter Butterfly

1	Gleed, Peter	31 Stroud SC	1:04.35
	29.41	1:04.35 (34.94)	
2	Small, Robert	30 Perry Beeches	1:05.12
	30.46	1:05.12 (34.66)	
3	Neal, Martin	30 Cardiff Masters	1:54.50
	53.60	1:54.50 (1:00.90)	

Event 4 Men 35-39 100 LC Meter Butterfly

1	Loines, Dave	39 Brierley Hill SC	1:20.41
	35.56	1:20.41 (44.85)	

Event 4 Men 40-44 100 LC Meter Butterfly

1	Pilloud, Marco	41 Amt Zurich - Switz	1:05.55
	30.85	1:05.55 (34.70)	
2	Zhurov, Alexei	42 Clams	1:27.13
	40.62	1:27.13 (46.51)	
3	Boucher, Andy	44 Hereford	1:59.76

Welsh Capital Masters - 09/05/2009**Results**

55.41 1:59.76 (1:04.35)

Event 4 Men 45-49 100 LC Meter Butterfly

1	Vaughan, Niculus	45	Royal Navy	1:02.86
	28.56		1:02.86 (34.30)	
2	Cristian, Rentsch	46	Amt Zurich - Switz	1:12.35
	34.90		1:12.35 (37.45)	
3	Innocent, Ben	46	Emlyn Flyers	1:57.96
	53.14		1:57.96 (1:04.82)	

Event 4 Men 50-54 100 LC Meter Butterfly

1	Anderson, John	50	Gloucester Masters	1:19.08
	36.26		1:19.08 (42.82)	
2	Norman, Philip	53	Pontypool	1:19.60
	34.19		1:19.60 (45.41)	

(Event 4 Men 50-54 100 LC Meter Butterfly)

3	Sveds, Vladimirs	53	Clams	1:27.12
	40.03		1:27.12 (47.09)	
---	Davies, Elfed	53	Emlyn Flyers	DQ
	8.4 Did not touch at turn or finish with both hands, or touch not simultaneous			
	52.00		DQ (1:03.87)	

Event 4 Men 55-59 100 LC Meter Butterfly

1	Davenport, Dave	56	Basingstoke Bluefins	1:21.05
	39.11		1:21.05 (41.94)	

Event 4 Men 60-64 100 LC Meter Butterfly

1	Burge, Christopher	61	Shrewsbury	1:30.43
	39.78		1:30.43 (50.65)	

Event 4 Men 65-69 100 LC Meter Butterfly

1	Parr, Derek	65	Otter	1:13.43
	34.30		1:13.43 (39.13)	
2	Letch, Bill	69	Exmouth	1:22.05
	38.97		1:22.05 (43.08)	

Event 4 Men 85-89 100 LC Meter Butterfly

1	Leader, Don	85	Torquay	2:38.19
	1:15.06		2:38.19 (1:23.13)	

Event 5 Women 18-24 100 LC Meter Butterfly

1	Taylor, Leanne	22	Halesowen	1:10.77
	33.24		1:10.77 (37.53)	
2	Curnock, Rachel	22	Bristol Central	1:12.54
	33.91		1:12.54 (38.63)	
3	Ball, Caroline	20	Exmouth	1:13.38
	33.62		1:13.38 (39.76)	

Event 5 Women 25-29 100 LC Meter Butterfly

1	Bull, Shirley	25	Diss Otters	1:26.44
	38.47		1:26.44 (47.97)	

Event 5 Women 30-34 100 LC Meter Butterfly

1	Davies, Emma	30	City of Derby	1:17.28
	35.73		1:17.28 (41.55)	
2	Matson, Michelle	31	Basingstoke Bluefins	1:21.50
	36.69		1:21.50 (44.81)	

Welsh Capital Masters - 09/05/2009**Results****Event 5 Women 35-39 100 LC Meter Butterfly**

1	Owens, Kathryn	35	Swim Swansea Masters	1:14.51
	33.30	1:14.51	(41.21)	

Event 5 Women 40-44 100 LC Meter Butterfly

1	Price, Allie	44	Cardiff Masters	1:14.65
	34.49	1:14.65	(40.16)	
2	Brandrick, Sarah	41	City of Derby	1:21.50
	37.58	1:21.50	(43.92)	
3	Gooding, Jayne	44	David Lloyd	1:22.88
	37.39	1:22.88	(45.49)	
4	Andrews, Rhian	40	Cardiff Masters	1:24.83
	36.44	1:24.83	(48.39)	
5	Thomas, Ceri	44	Bridgend County	1:24.94
	39.92	1:24.94	(45.02)	
6	Shearn, Catherine	40	Andover	1:25.03
	39.26	1:25.03	(45.77)	
7	Cuer, Denise	41	Caldicot	1:47.80
	47.93	1:47.80	(59.87)	

Event 5 Women 45-49 100 LC Meter Butterfly

1	Jones, Sandra	45	Gloucester Masters	1:14.36
	35.17	1:14.36	(39.19)	
2	Bull, Valerie	47	Diss Otters	1:39.79
	45.45	1:39.79	(54.34)	

Event 5 Women 55-59 100 LC Meter Butterfly

1	Haigh, Sue	57	Tiverton	1:21.87
	37.93	1:21.87	(43.94)	
2	Crook, Lorraine	55	Caldicot	1:59.34
	55.48	1:59.34	(1:03.86)	

Event 5 Women 65-69 100 LC Meter Butterfly

1	Weare, Margaret	65	Caldicot	2:37.86
	1:11.73	2:37.86	(1:26.13)	

Event 6 Women 120-159 200 LC Meter Freestyle Relay

1	Cardiff Masters	B	2:18.96
	1) Harris, Karen W41	2) Williams, Kate W30	3) Stokes, Anna W28
	35.72	1:11.41 (35.69)	1:45.73 (34.32)
			2:18.96 (33.23)
			4) Jones, Hannah W23

Event 6 Women 160-199 200 LC Meter Freestyle Relay

1	Cardiff Masters	A	2:11.99
	1) Parry, Clare W51	2) Walker, Anna W28	3) Price, Allie W44
	35.23	1:06.11 (30.88)	1:39.27 (33.16)
			2:11.99 (32.72)
			4) Andrews, Rhian W40
2	City of Derby	A	2:14.48
	1) Treece, Helen W44	2) Inwood, Pauline W57	3) Brandrick, Sarah W41
	36.08	1:11.45 (35.37)	1:43.20 (31.75)
			2:14.48 (31.28)
			4) Hawkrigg, Christine W28
3	Cardiff Masters	C	2:46.86
	1) Frost, Anne W51	2) Wiltshire, Nikki W36	3) Harrison, Elaine W46
	48.66	1:28.93 (40.27)	2:10.85 (41.92)
			2:46.86 (36.01)
			4) Stewart, Elsa W55

Event 6 Women 240-279 200 LC Meter Freestyle Relay

1	Caldicot	A	3:27.72
	1) Crook, Lorraine W55	2) Weare, Margaret W65	3) Palmer, Valerie W67
	47.88	1:41.94 (54.06)	2:41.44 (59.50)
			3:27.72 (46.28)
			4) Huntington, Gill W54

Event 7 Men 100-119 200 LC Meter Medley Relay

Welsh Capital Masters - 09/05/2009**Results**

1	Cardiff Masters	A	2:25.37
	1) Lawford, Richard M34	2) Davies, Tony M25	4) Gott, Andrew M29
	38.47	1:21.21 (42.74)	1:51.27 (30.06)
		3) Smith, Rhys M28	2:25.37 (34.10)

Event 7 Men 120-159 200 LC Meter Medley Relay

1	Nuoto Giunone Asd - Ita	A	2:23.21
	1) Crotone, Giuseppe M47	2) Fiorini, Federico M45	4) Farinazzo, Alessandro M34
	40.62	1:17.53 (36.91)	1:53.23 (35.70)
		3) Verzini, Enrico M32	2:23.21 (29.98)
2	Cardiff Masters	C	2:52.58
	1) Baxter, Gordon M55	2) Black, Richard M24	4) Donovan, James M52
	55.25	1:38.37 (43.12)	2:18.62 (40.25)
		3) Neal, Martin M30	2:52.58 (33.96)

Event 7 Men 160-199 200 LC Meter Medley Relay

1	Royal Navy	A	2:03.76
	1) Robins, Grant M40	2) Thomas, Gary M48	4) Berry, Steven M41
	32.29	1:07.29 (35.00)	1:35.10 (27.81)
		3) Vaughan, Niculus M45	2:03.76 (28.66)
2	Pembrokeshire County Swim	A	2:15.23
	1) Shortman, Austin M37	2) Goddard, Norman M57	4) David, John M42
	34.57	1:13.05 (38.48)	1:46.48 (33.43)
		3) James, Martin M40	2:15.23 (28.75)

Event 7 Men 200-239 200 LC Meter Medley Relay

1	Cardiff Masters	B	2:12.90
	1) Morgan, Steve M48	2) Wilson, Malcolm M56	4) Cooper, David M54
	38.11	1:12.60 (34.49)	1:44.09 (31.49)
		3) Wilson, William M54	2:12.90 (28.81)
2	Clams	A	2:31.61
	1) Grant, Alan M62	2) Rutter, Andy M53	4) Alexis, Errol M73
	32.49	1:20.62 (48.13)	1:51.48 (30.86)
		3) Martin, Andrew M34	2:31.61 (40.13)
3	Cardiff Masters	D	2:40.58
	1) Knowles, Colin M75	2) Thackaberry, Charles M47	4) Harris, Gareth M49
	41.26	1:12.86 (31.60)	2:04.56 (51.70)
		3) Hewett, Bruce M44	2:40.58 (36.02)

Event 8 Men 18-24 200 LC Meter IM

1	Roberts, Joel	24 Royal Navy	2:33.50
	31.49	1:10.65 (39.16)	1:57.71 (47.06)
		2:33.50 (35.79)	

Event 8 Men 25-29 200 LC Meter IM

1	Hahn, Enrico	28 Otter	2:30.12
	31.16	1:11.47 (40.31)	1:54.59 (43.12)
		2:30.12 (35.53)	
2	Cackett, Andrew	28 Basingstoke Bluefins	2:51.04
	33.28	1:20.04 (46.76)	2:13.73 (53.69)
		2:51.04 (37.31)	
3	Lewis, Jamie	27 David Lloyd	2:56.58
	34.05	1:22.54 (48.49)	2:16.16 (53.62)
		2:56.58 (40.42)	
4	Rizzin, Simone	26 Nuoto Giunone Asd - Ita	2:57.34
	37.75	1:27.12 (49.37)	2:18.83 (51.71)
		2:57.34 (38.51)	
5	Gott, Andrew	29 Cardiff Masters	3:08.79
	39.95	1:29.25 (49.30)	2:25.59 (56.34)
		3:08.79 (43.20)	
6	Davies, Tony	25 Cardiff Masters	3:22.77
	41.57	1:35.54 (53.97)	2:35.49 (59.95)
		3:22.77 (47.28)	

Event 8 Men 30-34 200 LC Meter IM

1	Gleed, Peter	31 Stroud SC	2:33.76
	30.74	1:11.67 (40.93)	1:58.50 (46.83)
		2:33.76 (35.26)	
2	Klempt, Otakar	31 Gloucester Masters	2:44.31
	32.37	1:14.97 (42.60)	2:04.85 (49.88)
		2:44.31 (39.46)	

Event 8 Men 35-39 200 LC Meter IM

1	Loines, Dave	39 Brierley Hill SC	2:51.48
	35.37	1:21.95 (46.58)	2:12.66 (50.71)
		2:51.48 (38.82)	

Welsh Capital Masters - 09/05/2009**Results**

2	Cresswell, Allan	38	Fishguard Flyers		3:19.30
	39.53	1:32.19 (52.66)	2:36.12 (1:03.93)	3:19.30 (43.18)	

Event 8 Men 40-44 200 LC Meter IM

1	Pilloud, Marco	41	Amt Zurich - Switz		2:26.93
	31.46	1:08.79 (37.33)	1:54.01 (45.22)	2:26.93 (32.92)	
2	Thomas, Andy	44	Independant		2:42.40
	33.10	1:16.71 (43.61)	2:04.44 (47.73)	2:42.40 (37.96)	
3	Zhurov, Alexei	42	Clams		3:14.91
	40.86	1:32.33 (51.47)	2:30.21 (57.88)	3:14.91 (44.70)	
4	East, Oggy	42	Arfon Masters		3:29.98
	40.80	1:43.05 (1:02.25)	2:45.20 (1:02.15)	3:29.98 (44.78)	
5	Boucher, Andy	44	Hereford		3:38.95
	53.55	1:53.53 (59.98)	2:51.51 (57.98)	3:38.95 (47.44)	

Event 8 Men 45-49 200 LC Meter IM

1	Cristian, Rentsch	46	Amt Zurich - Switz		2:35.20
	33.31	1:14.25 (40.94)	1:58.33 (44.08)	2:35.20 (36.87)	
2	Grundy, Andrew	45	Royal Navy		2:52.65
	34.95	1:23.06 (48.11)	2:12.60 (49.54)	2:52.65 (40.05)	
3	Metcalfe, Richard	48	Royal Navy		2:56.07
	36.95	1:24.22 (47.27)	2:14.58 (50.36)	2:56.07 (41.49)	
4	Selwyn, Gordon	46	Dove Valley SC		3:02.09
	38.25	1:28.11 (49.86)	2:22.45 (54.34)	3:02.09 (39.64)	
5	Bradley, Brian	49	Cinderford		3:04.53
	37.20	1:27.67 (50.47)	2:21.50 (53.83)	3:04.53 (43.03)	
6	Mason, Paul	46	Fishguard Flyers		3:26.88
	39.51	1:34.55 (55.04)	2:37.44 (1:02.89)	3:26.88 (49.44)	
7	Innocent, Ben	46	Emlyn Flyers		4:17.21
	58.81	2:11.59 (1:12.78)	3:22.79 (1:11.20)	4:17.21 (54.42)	

Event 8 Men 50-54 200 LC Meter IM

1	Gerrard, Iain	52	Reading		2:42.15
	34.14	1:16.07 (41.93)	2:05.15 (49.08)	2:42.15 (37.00)	
2	Norman, Philip	53	Pontypool		2:53.73
	34.92	1:19.29 (44.37)	2:12.44 (53.15)	2:53.73 (41.29)	
3	Sveds, Vladimirs	53	Clams		3:06.42
	38.99	1:30.98 (51.99)	2:23.19 (52.21)	3:06.42 (43.23)	

Event 8 Men 55-59 200 LC Meter IM

1	Davenport, Dave	56	Basingstoke Bluefins		2:56.32
	36.99	1:26.39 (49.40)	2:18.41 (52.02)	2:56.32 (37.91)	

Event 8 Men 60-64 200 LC Meter IM

1	Burge, Christopher	61	Shrewsbury		3:19.75
	40.52	1:36.90 (56.38)	2:38.11 (1:01.21)	3:19.75 (41.64)	
2	Grant, Alan	62	Clams		3:46.09
	55.31	1:53.48 (58.17)	2:57.12 (1:03.64)	3:46.09 (48.97)	

Event 8 Men 65-69 200 LC Meter IM

1	Letch, Bill	69	Exmouth		3:04.08
	36.34	1:26.62 (50.28)	2:22.18 (55.56)	3:04.08 (41.90)	
2	Parr, Derek	65	Otter		3:05.46
	34.81	1:28.59 (53.78)	2:25.24 (56.65)	3:05.46 (40.22)	
3	Thomas, Garfield	69	Bridgend County		3:24.75
	42.29	1:39.02 (56.73)	2:39.18 (1:00.16)	3:24.75 (45.57)	

Event 8 Men 70-74 200 LC Meter IM

Welsh Capital Masters - 09/05/2009**Results**

1	Jackson, Alan	70	Beaver Masters Bedford	3:12.76
	40.15	1:31.14 (50.99)	2:28.75 (57.61)	3:12.76 (44.01)

Event 8 Men 85-89 200 LC Meter IM

1	Leader, Don	85	Torquay	4:58.62
	1:13.79	2:26.51 (1:12.72)	3:50.70 (1:24.19)	4:58.62 (1:07.92)

Event 9 Women 18-24 200 LC Meter IM

1	Taylor, Leanne	22	Halesowen	2:34.90
	33.56	1:13.70 (40.14)	1:59.94 (46.24)	2:34.90 (34.96)
2	Ball, Caroline	20	Exmouth	2:36.06
	33.62	1:14.16 (40.54)	1:59.73 (45.57)	2:36.06 (36.33)

Event 9 Women 25-29 200 LC Meter IM

1	Banfield, Rachel	25	Clams	2:38.32
	34.29	1:14.71 (40.42)	2:01.30 (46.59)	2:38.32 (37.02)
2	Sims, Laura	29	Dove Valley SC	2:42.55
	35.35	1:16.85 (41.50)	2:04.74 (47.89)	2:42.55 (37.81)
3	Walker, Anna	28	Cardiff Masters	2:43.75
	34.75	1:17.68 (42.93)	2:03.24 (45.56)	2:43.75 (40.51)

Event 9 Women 30-34 200 LC Meter IM

1	Davies, Emma	30	City of Derby	2:51.39
	36.38	1:20.94 (44.56)	2:14.18 (53.24)	2:51.39 (37.21)
2	Matson, Michelle	31	Basingstoke Bluefins	2:51.92
	36.62	1:20.66 (44.04)	2:11.51 (50.85)	2:51.92 (40.41)
3	Scott, Jassa	33	Clams	3:14.73
	42.29	1:30.33 (48.04)	2:29.29 (58.96)	3:14.73 (45.44)

Event 9 Women 35-39 200 LC Meter IM

1	Owens, Kathryn	35	Swim Swansea Masters	2:49.70
	33.60	1:18.64 (45.04)	2:08.29 (49.65)	2:49.70 (41.41)
2	Wiltshire, Nikki	36	Cardiff Masters	3:11.00
	41.08	1:31.84 (50.76)	2:27.06 (55.22)	3:11.00 (43.94)
3	Day, Phillipa	35	Hereford	3:13.30
	41.26	1:36.75 (55.49)	2:29.72 (52.97)	3:13.30 (43.58)
4	Maguire, Louise	35	Emlyn Flyers	3:13.47
	39.09	1:31.42 (52.33)	2:29.63 (58.21)	3:13.47 (43.84)
5	Hutchinson, Keri	38	David Lloyd	3:24.98
	43.12	1:35.86 (52.74)	2:35.60 (59.74)	3:24.98 (49.38)

Event 9 Women 40-44 200 LC Meter IM

1	Price, Allie	44	Cardiff Masters	2:49.94
	34.76	1:19.34 (44.58)	2:10.44 (51.10)	2:49.94 (39.50)
2	Gooding, Jayne	44	David Lloyd	3:01.87
	37.13	1:24.09 (46.96)	2:18.39 (54.30)	3:01.87 (43.48)
3	Bernet, Roberta	43	Amt Zurich - Switz	3:14.80
	40.41	1:31.29 (50.88)	2:30.93 (59.64)	3:14.80 (43.87)
4	Willis, Alison	42	Pembrokeshire County Swimming	3:37.24
	49.09	1:48.06 (58.97)	2:51.71 (1:03.65)	3:37.24 (45.53)
5	Montez, Paula	41	Independant	3:57.00
	58.19	2:01.75 (1:03.56)	3:01.93 (1:00.18)	3:57.00 (55.07)

Event 9 Women 45-49 200 LC Meter IM

1	Wilson, Berenice	49	Spondon Masters	2:58.30
	38.93	1:24.65 (45.72)	2:16.49 (51.84)	2:58.30 (41.81)
2	Borley, Sarah	47	Gwent Police	3:20.19
	40.95	1:33.76 (52.81)	2:31.72 (57.96)	3:20.19 (48.47)

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3	Bull, Valerie	47	Diss Otters		3:34.08
	45.46	1:44.70 (59.24)	2:48.00 (1:03.30)	3:34.08 (46.08)	
4	Davies, Lesley	49	Otter		3:48.81
	56.93	1:57.62 (1:00.69)	2:59.89 (1:02.27)	3:48.81 (48.92)	

Event 9 Women 50-54 200 LC Meter IM

1	Iseppi, Esther	51	Amt Zurich - Switz		2:46.82
	37.16	1:22.18 (45.02)	2:09.27 (47.09)	2:46.82 (37.55)	

Event 9 Women 55-59 200 LC Meter IM

1	Ferris, Gillian	55	Gloucester Masters		3:24.51
	46.63	1:40.62 (53.99)	2:36.07 (55.45)	3:24.51 (48.44)	
2	Cima, Lorna	55	Gloucester Masters		3:48.04
	52.00	1:51.03 (59.03)	2:57.45 (1:06.42)	3:48.04 (50.59)	
3	Stewart, Elsa	55	Cardiff Masters		3:53.97
	55.52	1:56.15 (1:00.63)	3:01.07 (1:04.92)	3:53.97 (52.90)	
4	Crook, Lorraine	55	Caldicot		4:17.03
	58.81	2:08.57 (1:09.76)	3:18.75 (1:10.18)	4:17.03 (58.28)	

Event 9 Women 60-64 200 LC Meter IM

1	Crayford, Julie	61	Clams		3:19.98
	42.53	1:36.61 (54.08)	2:35.15 (58.54)	3:19.98 (44.83)	
2	Tanner, Lynne	62	Witney & District		3:31.43
	45.24	1:38.91 (53.67)	2:40.34 (1:01.43)	3:31.43 (51.09)	
3	Blower, Elaine	64	Barnet Cophall SC		3:36.52
	50.50	1:45.79 (55.29)	2:48.11 (1:02.32)	3:36.52 (48.41)	

Event 9 Women 65-69 200 LC Meter IM

1	Weare, Margaret	65	Caldicot		5:04.95
	3:52.84	2:27.30 ()	5:04.95 (2:37.65)		

Event 9 Women 75-79 200 LC Meter IM

1	Asher, Jane	78	Kings Cormorants SC		3:49.41
	51.08	1:53.87 (1:02.79)	3:03.43 (1:09.56)	3:49.41 (45.98)	

Event 10 Men 18-24 50 LC Meter Breaststroke

1	Longden, Tom	22	Clams		32.67
2	Williams, Oliver	23	Clams		33.33
3	Black, Richard	24	Cardiff Masters		34.88
4	Lang, Ian	21	Exmouth		38.08
5	Graziani, Francesco	22	Nuoto Giunone Asd - Ita		39.40
---	Wyatt, Chris	20	Clams		DQ

Event 10 Men 25-29 50 LC Meter Breaststroke

1	Todesco, Claudio	28	Nuoto Giunone Asd - Ita		36.02
2	Brooks, Christopher	28	Clams		37.97
3	Rizzin, Simone	26	Nuoto Giunone Asd - Ita		38.03
4	Westaway, Mark	29	Exmouth		39.47
5	Gott, Andrew	29	Cardiff Masters		42.77

Event 10 Men 30-34 50 LC Meter Breaststroke

1	Duffy, Martin	31	Pontypool		32.71
2	Small, Robert	30	Perry Beeches		33.14
3	White, Olly	31	Exmouth		33.65
4	Klempt, Otakar	31	Gloucester Masters		35.09
5	Martin, Andrew	34	Clams		35.64
6	Verzini, Enrico	32	Nuoto Giunone Asd - Ita		40.59

Welsh Capital Masters - 09/05/2009**Results**

7	Lawford, Richard	34	Cardiff Masters	40.94
8	Farinazzo, Alessandro	34	Nuoto Giunone Asd - Ita	41.82

Event 10 Men 35-39 50 LC Meter Breaststroke

1	Nelhams, Michael	38	Spencer Swim Team	32.59
2	King, Neville	38	Exmouth	38.05
3	Loines, Dave	39	Brierley Hill SC	40.40

Event 10 Men 40-44 50 LC Meter Breaststroke

1	Hudghton, Neil	40	A&S Police	33.29
---	Smith, Clive	40	Etwall Eagles	DQ
4.4 Start before starting signal				

Event 10 Men 45-49 50 LC Meter Breaststroke

1	Fiorini, Federico	45	Nuoto Giunone Asd - Ita	35.37
2	Thomas, Gary	48	Royal Navy	35.42
3	Metcalfe, Richard	48	Royal Navy	40.29
4	Bradley, Brian	49	Cinderford	41.10
5	Selwyn, Gordon	46	Dove Valley SC	43.56
6	Crotone, Giuseppe	47	Nuoto Giunone Asd - Ita	46.52
7	Merrett, Steve	45	Gloucester Masters	47.30
8	Lowman, Thomas	45	Abertillery	1:15.82

Event 10 Men 50-54 50 LC Meter Breaststroke

1	Syrett, Walter	50	Pontypool	34.76
2	Steel, Robert	52	Nottingham SC	37.11
3	Scott, Anthony	50	Basingstoke Bluefins	37.74
4	James, Chris	50	Emlyn Flyers	40.52
5	Davies, Elfed	53	Emlyn Flyers	45.04
6	Rutter, Andy	53	Clams	45.76
7	Jones, Paul	50	Clams	47.92

Event 10 Men 55-59 50 LC Meter Breaststroke

1	Fox, Martin	55	Acton SC	41.29
2	McDowall, Nicholas	57	Gloucester Masters	43.24

Event 10 Men 60-64 50 LC Meter Breaststroke

1	Arthur, James	61	Swansea Valley	39.79
2	Davies, Ian	60	Emlyn Flyers	48.14
3	Fields, Tony	62	City of Chester	49.56
4	Klempt, Otakar	61	Banik Most - Cze	1:05.56

Event 10 Men 70-74 50 LC Meter Breaststroke

1	Bishop, Geoffrey	73	Royal Navy	43.82
2	Leatherbarrow, Donald	71	Cinderford	45.91
3	Skerrett, Richard	74	Carmarthen Masters	1:00.48

Event 10 Men 75-79 50 LC Meter Breaststroke

1	Stagg, Les	77	Clams	51.85
2	Knowles, Colin	75	Cardiff Masters	58.31

Event 11 Women 18-24 50 LC Meter Breaststroke

1	Ball, Caroline	20	Exmouth	38.68
2	Jones, Hannah	23	Cardiff Masters	43.64
3	Pascoe, Lauren	22	Bristol Central	43.65

Event 11 Women 25-29 50 LC Meter Breaststroke

Welsh Capital Masters - 09/05/2009**Results**

1	Hawkrigg, Christine	28	City of Derby	37.11
2	Walker, Anna	28	Cardiff Masters	38.48
3	Sims, Laura	29	Dove Valley SC	38.77
4	Whitlock, Sarah	27	Bristol Masters	43.33
5	Bull, Shirley	25	Diss Otters	46.10

Event 11 Women 30-34 50 LC Meter Breaststroke

1	Sartori, Isabella	30	Nuoto Giunone Asd - Ita	41.17
2	Matson, Michelle	31	Basingstoke Bluefins	42.45
---	Dieterrich, Marina	30	Nuoto Giunone Asd - Ita	DQ

7.6 Did not touch at turn or finish with both hands, or touch simultaneous

Event 11 Women 35-39 50 LC Meter Breaststroke

1	Vaccaro, Erika	36	Nuoto Giunone Asd - Ita	39.34
2	Owens, Kathryn	35	Swim Swansea Masters	39.59

Event 11 Women 40-44 50 LC Meter Breaststroke

1	Lock, Sharon	41	Melton Mowbray SC	39.17
2	Quine, Tej	44	David Lloyd	47.68
3	Hilton, Karen	40	Gloucester Masters	48.54
4	Roberts, Catherine	43	Independant	50.29
5	Montez, Paula	41	Independant	53.83

Event 11 Women 45-49 50 LC Meter Breaststroke

1	Jenkinson, Rebecca	46	Exeter City SC	40.33
2	Borley, Sarah	47	Gwent Police	43.48
3	Allen, Sara	46	Epsom District	45.14
4	Watson, Audrey	46	Spondon Masters	51.19
5	Davies, Louise	46	Clams	52.02
6	Peirce, Karen	49	Staines Swimming Club	1:19.96

Event 11 Women 50-54 50 LC Meter Breaststroke

1	Briggs, Janet	50	Etwall Eagles	50.28
2	Huntington, Gill	54	Chepstow & District	57.25
---	Frost, Anne	51	Cardiff Masters	DQ

7.2 Arm movements not simultaneous

Event 11 Women 55-59 50 LC Meter Breaststroke

1	Steiger, Regula	57	Basle - Switz	39.38
2	Merritt, Jennifer	58	Spondon Masters	41.40
3	Haigh, Sue	57	Tiverton	43.37
4	Ferris, Gillian	55	Gloucester Masters	44.99
5	Inwood, Pauline	57	City of Derby	49.70
6	Davey, Marianne	56	Dorking	53.90
7	Crook, Lorraine	55	Caldicot	59.08

Event 11 Women 60-64 50 LC Meter Breaststroke

1	Crayford, Julie	61	Clams	43.79
2	Blower, Elaine	64	Barnet Cophthall SC	51.94

Event 11 Women 65-69 50 LC Meter Breaststroke

1	Palmer, Valerie	67	Caldicot	1:01.66
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Event 11 Women 70-74 50 LC Meter Breaststroke

1	Hitchcock, Muriel	71	Chichester Cormorants	49.55
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Event 12 Men 18-24 100 LC Meter Backstroke

Welsh Capital Masters - 09/05/2009**Results**

1	Roberts, Joel	24	Royal Navy	1:07.18
	32.52	1:07.18	(34.66)	

Event 12 Men 25-29 100 LC Meter Backstroke

1	Davies, Tony	25	Cardiff Masters	1:36.51
	45.14	1:36.51	(51.37)	

Event 12 Men 30-34 100 LC Meter Backstroke

1	Small, Robert	30	Perry Beeches	1:18.66
	38.79	1:18.66	(39.87)	
2	Reed, Carl	31	David Lloyd	1:19.70
3	Verzini, Enrico	32	Nuoto Giunone Asd - Ita	1:24.30
	41.48	1:24.30	(42.82)	
4	Neal, Martin	30	Cardiff Masters	1:38.97
	48.94	1:38.97	(50.03)	

Event 12 Men 35-39 100 LC Meter Backstroke

1	Loines, Dave	39	Brierley Hill SC	1:28.00
	42.60	1:28.00	(45.40)	
2	Cresswell, Allan	38	Fishguard Flyers	1:29.51
	42.62	1:29.51	(46.89)	

Event 12 Men 40-44 100 LC Meter Backstroke

1	Gore, Patrick	41	Clams	1:10.54
	34.92	1:10.54	(35.62)	
2	Robins, Grant	40	Royal Navy	1:10.83
	34.57	1:10.83	(36.26)	
3	Zhurov, Alexei	42	Clams	1:31.05
	45.20	1:31.05	(45.85)	

Event 12 Men 45-49 100 LC Meter Backstroke

1	Searle, Richard	45	Gloucester Masters	1:13.47
	35.35	1:13.47	(38.12)	
2	Fiorini, Federico	45	Nuoto Giunone Asd - Ita	1:16.93
	38.27	1:16.93	(38.66)	
3	Thomas, Gary	48	Royal Navy	1:19.76
	39.05	1:19.76	(40.71)	
4	Crotone, Giuseppe	47	Nuoto Giunone Asd - Ita	1:31.37
	45.04	1:31.37	(46.33)	
5	Merrett, Steve	45	Gloucester Masters	1:47.61
	52.70	1:47.61	(54.91)	

Event 12 Men 50-54 100 LC Meter Backstroke

1	Gilpin, Peter	51	Wincanton SC	1:13.09
	35.43	1:13.09	(37.66)	
2	Sveds, Vladimirs	53	Clams	1:35.06
	47.38	1:35.06	(47.68)	

Event 12 Men 55-59 100 LC Meter Backstroke

1	Fox, Martin	55	Acton SC	1:29.67
	45.31	1:29.67	(44.36)	

Event 12 Men 60-64 100 LC Meter Backstroke

1	Arthur, James	61	Swansea Valley	1:21.99
	38.83	1:21.99	(43.16)	
2	Munro, Malcolm	62	Acton SC	1:22.19
	40.75	1:22.19	(41.44)	
3	Tanner, Graham	61	Witney & District	1:51.13

Welsh Capital Masters - 09/05/2009**Results**

	52.94	1:51.13 (58.19)		
4	Fields, Tony	62	City of Chester	1:58.57
	59.42	1:58.57 (59.15)		
5	Davies, Ian	60	Emlyn Flyers	1:59.05
	52.93	1:59.05 (1:06.12)		

Event 12 Men 65-69 100 LC Meter Backstroke

1	Langley, David	65	Gloucester Masters	1:24.98
	40.96	1:24.98 (44.02)		
2	Salsbury, Nigel	69	Reading	1:27.29
	43.72	1:27.29 (43.57)		
3	Fawcett, Andrew	66	Cardiff Masters	2:00.50
	59.04	2:00.50 (1:01.46)		

Event 12 Men 70-74 100 LC Meter Backstroke

1	Jackson, Alan	70	Beaver Masters Bedford	1:25.70
	41.54	1:25.70 (44.16)		
2	Skerrett, Richard	74	Carmarthen Masters	2:44.58
	1:20.77	2:44.58 (1:23.81)		

Event 13 Women 18-24 100 LC Meter Backstroke

1	Ball, Caroline	20	Exmouth	1:11.17
	34.73	1:11.17 (36.44)		
2	Taylor, Leanne	22	Halesowen	1:11.57
	35.80	1:11.57 (35.77)		
3	Muir, Heather	20	Birkenhead	1:23.79
	39.85	1:23.79 (43.94)		
4	Selwyn, Gina	19	Dove Valley SC	1:27.03
	42.67	1:27.03 (44.36)		

Event 13 Women 25-29 100 LC Meter Backstroke

1	Sims, Laura	29	Dove Valley SC	1:17.78
	37.42	1:17.78 (40.36)		
2	Feltham, Sarah	26	Royal Navy	1:22.22
	40.24	1:22.22 (41.98)		
3	Thomas, Gwyneth	25	Emlyn Flyers	1:26.09
	42.07	1:26.09 (44.02)		

Event 13 Women 30-34 100 LC Meter Backstroke

1	Davies, Emma	30	City of Derby	1:18.99
	38.47	1:18.99 (40.52)		
2	Matson, Michelle	31	Basingstoke Bluefins	1:23.13
	40.40	1:23.13 (42.73)		
3	Williams, Kate	30	Cardiff Masters	1:36.68
	46.64	1:36.68 (50.04)		

Event 13 Women 35-39 100 LC Meter Backstroke

1	Wiltshire, Nikki	36	Cardiff Masters	1:32.64
	45.40	1:32.64 (47.24)		
2	Sadler, Zoe	36	Basingstoke Bluefins	1:43.03
	49.27	1:43.03 (53.76)		

Event 13 Women 40-44 100 LC Meter Backstroke

1	Price, Allie	44	Cardiff Masters	1:19.59
	38.47	1:19.59 (41.12)		
2	Owston, Kim	42	Cinderford	1:46.60
	52.65	1:46.60 (53.95)		

Welsh Capital Masters - 09/05/2009**Results****Event 13 Women 45-49 100 LC Meter Backstroke**

1	Wilson, Berenice	49	Spondon Masters	1:21.54
	40.27	1:21.54	(41.27)	
2	Bull, Valerie	47	Diss Otters	1:41.99
	50.01	1:41.99	(51.98)	
3	Harrison, Elaine	46	Cardiff Masters	1:46.42
	54.21	1:46.42	(52.21)	

Event 13 Women 55-59 100 LC Meter Backstroke

1	Ferris, Gillian	55	Gloucester Masters	1:34.86
	48.64	1:34.86	(46.22)	
2	Mittins, Louise	59	Royal Navy	1:40.54
	49.63	1:40.54	(50.91)	
3	Davey, Marianne	56	Dorking	1:50.51
	54.34	1:50.51	(56.17)	
4	Stewart, Elsa	55	Cardiff Masters	1:52.50
	54.24	1:52.50	(58.26)	

Event 13 Women 60-64 100 LC Meter Backstroke

1	Tanner, Lynne	62	Witney & District	1:38.65
	46.91	1:38.65	(51.74)	
2	Crayford, Julie	61	Clams	1:38.71
	48.27	1:38.71	(50.44)	
3	Blower, Elaine	64	Barnet Cophthall SC	1:40.12
	49.50	1:40.12	(50.62)	

Event 13 Women 65-69 100 LC Meter Backstroke

1	Baptist, Gail	69	Gloucester Masters	1:54.58
	50.95	1:54.58	(1:03.63)	
2	Weare, Margaret	65	Caldicot	2:15.85
	1:05.21	2:15.85	(1:10.64)	

Event 13 Women 75-79 100 LC Meter Backstroke

1	Asher, Jane	78	Kings Cormorants SC	1:42.79
	51.16	1:42.79	(51.63)	

Event 14 Men 18-24 100 LC Meter Freestyle

1	Longden, Tom	22	Clams	55.64
	27.00	55.64	(28.64)	
2	Williams, Oliver	23	Clams	57.13
	28.01	57.13	(29.12)	
3	Wyatt, Chris	20	Clams	1:00.48
	30.11	1:00.48	(30.37)	
4	Lang, Ian	21	Exmouth	1:05.70
	31.13	1:05.70	(34.57)	
5	Briggs, Mark	18	Etwall Eagles	1:14.31
	34.06	1:14.31	(40.25)	

Event 14 Men 25-29 100 LC Meter Freestyle

1	Parker, Andrew	29	Pontypool	57.05
	27.28	57.05	(29.77)	
2	Hahn, Enrico	28	Otter	1:00.52
	29.44	1:00.52	(31.08)	
3	Williams, James	27	Bristol Masters	1:01.72
	29.80	1:01.72	(31.92)	
4	Cackett, Andrew	28	Basingstoke Bluefins	1:05.27
	31.30	1:05.27	(33.97)	
5	Rizzin, Simone	26	Nuoto Giunone Asd - Ita	1:05.98

Welsh Capital Masters - 09/05/2009**Results**

	31.95	1:05.98 (34.03)	
6 Westaway, Mark		29 Exmouth	1:11.21
	33.63	1:11.21 (37.58)	
7 Davies, Tony		25 Cardiff Masters	1:15.92
	36.38	1:15.92 (39.54)	

Event 14 Men 30-34 100 LC Meter Freestyle

1 Small, Robert		30 Perry Beeches	59.33
	27.94	59.33 (31.39)	
2 Gleed, Peter		31 Stroud SC	1:00.06
	28.89	1:00.06 (31.17)	
3 Martin, Andrew		34 Clams	1:02.21
	29.15	1:02.21 (33.06)	
4 Farinazzo, Alessandro		34 Nuoto Giunone Asd - Ita	1:09.22
	31.99	1:09.22 (37.23)	
5 Lawford, Richard		34 Cardiff Masters	1:11.37
	32.68	1:11.37 (38.69)	
6 Robertson, Mark		34 David Lloyd	1:12.60
	35.12	1:12.60 (37.48)	
7 Neal, Martin		30 Cardiff Masters	1:25.92
	41.49	1:25.92 (44.43)	

Event 14 Men 35-39 100 LC Meter Freestyle

1 Cunningham, John		39 Potters Bar SC	56.42
	27.64	56.42 (28.78)	
2 Nelhams, Michael		38 Spencer Swim Team	59.83
	28.97	59.83 (30.86)	
3 Stannard, David		38 Reading	1:01.03
	29.90	1:01.03 (31.13)	
4 King, Neville		38 Exmouth	1:05.35
	31.24	1:05.35 (34.11)	
5 Loines, Dave		39 Brierley Hill SC	1:07.66
	32.54	1:07.66 (35.12)	

Event 14 Men 40-44 100 LC Meter Freestyle

1 Thomas, Andy		44 Independant	1:01.85
	29.93	1:01.85 (31.92)	
2 Robinson, Peter		44 City of Cambridge SC	1:06.54
	31.53	1:06.54 (35.01)	
3 Bryant, Stuart		41 Independant	1:08.10
	31.95	1:08.10 (36.15)	
4 East, Oggy		42 Arfon Masters	1:11.69
	35.24	1:11.69 (36.45)	
5 Smith, Clive		40 Etwall Eagles	1:14.05
	34.67	1:14.05 (39.38)	
6 Boucher, Andy		44 Hereford	1:24.91
	38.94	1:24.91 (45.97)	

Event 14 Men 45-49 100 LC Meter Freestyle

1 Vaughan, Niculus		45 Royal Navy	56.71
	27.15	56.71 (29.56)	
2 Reynolds, Mark		46 Barnet Cophthall SC	57.68
	27.74	57.68 (29.94)	
3 Selwyn, Gordon		46 Dove Valley SC	1:10.21
	34.32	1:10.21 (35.89)	
4 Mason, Paul		46 Fishguard Flyers	1:11.43
	33.53	1:11.43 (37.90)	
5 Merrett, Steve		45 Gloucester Masters	1:29.92

Welsh Capital Masters - 09/05/2009**Results**

	41.17	1:29.92 (48.75)		
6	Harris, Gareth	49	Cardiff Masters	1:31.08
	39.43	1:31.08 (51.65)		
7	Thackaberry, Charles	47	Cardiff Masters	1:36.05
	44.03	1:36.05 (52.02)		
8	Innocent, Ben	46	Emlyn Flyers	1:39.47
	47.15	1:39.47 (52.32)		
9	Lowman, Thomas	45	Abertillery	1:54.78
	53.47	1:54.78 (1:01.31)		

Event 14 Men 50-54 100 LC Meter Freestyle

1	Stephenson, Colin	51	Gloucester Masters	1:01.40
	29.97	1:01.40 (31.43)		
2	Weston, Stephen	54	Leominster Kingfisher SC	1:02.86
	30.18	1:02.86 (32.68)		
3	Anderson, John	50	Gloucester Masters	1:05.96
	32.09	1:05.96 (33.87)		
4	Gerrard, Iain	52	Reading	1:07.01
	32.79	1:07.01 (34.22)		
5	Straw, Mark	51	Basingstoke Bluefins	1:08.75
	32.76	1:08.75 (35.99)		
6	Cooper, David	54	Cardiff Masters	1:11.16
	33.13	1:11.16 (38.03)		
7	James, Chris	50	Emlyn Flyers	1:16.55
	37.42	1:16.55 (39.13)		
8	Jones, Paul	50	Clams	1:34.05
	45.71	1:34.05 (48.34)		
9	Davies, Elfed	53	Emlyn Flyers	1:36.76
	44.36	1:36.76 (52.40)		

Event 14 Men 55-59 100 LC Meter Freestyle

1	Davenport, Dave	56	Basingstoke Bluefins	1:06.71
	32.52	1:06.71 (34.19)		
2	Goddard, Norman	57	Pembrokeshire County Swimming	1:09.36
	31.84	1:09.36 (37.52)		
3	Woollard, Ian	55	Barnet Cophthall SC	1:10.54
	32.92	1:10.54 (37.62)		
4	Carr, Paul	57	Independant	1:13.25
	33.61	1:13.25 (39.64)		
5	Fox, Martin	55	Acton SC	1:15.65
	37.05	1:15.65 (38.60)		
6	McDowall, Nicholas	57	Gloucester Masters	1:15.84
	36.58	1:15.84 (39.26)		

Event 14 Men 60-64 100 LC Meter Freestyle

1	Davies, Ian	60	Emlyn Flyers	1:39.16
	45.33	1:39.16 (53.83)		
2	Fields, Tony	62	City of Chester	1:49.78
	55.20	1:49.78 (54.58)		

Event 14 Men 65-69 100 LC Meter Freestyle

1	Cherrington, Tony	67	Gloucester Masters	1:08.35
	33.03	1:08.35 (35.32)		
2	Letch, Bill	69	Exmouth	1:08.48
	32.84	1:08.48 (35.64)		
3	Parr, Derek	65	Otter	1:16.14
	36.29	1:16.14 (39.85)		

Welsh Capital Masters - 09/05/2009**Results****Event 14 Men 70-74 100 LC Meter Freestyle**

1	Leatherbarrow, Donald	71	Cinderford	1:13.95
	34.89	1:13.95	(39.06)	
2	Alexis, Errol	73	Clams	1:38.50
	45.20	1:38.50	(53.30)	
3	Skerrett, Richard	74	Carmarthen Masters	2:13.28
	1:03.10	2:13.28	(1:10.18)	

Event 14 Men 75-79 100 LC Meter Freestyle

1	Stagg, Les	77	Clams	1:34.75
	44.29	1:34.75	(50.46)	

Event 15 Women 18-24 100 LC Meter Freestyle

1	Curnock, Rachel	22	Bristol Central	1:02.65
	30.98	1:02.65	(31.67)	
2	Taylor, Leanne	22	Halesowen	1:03.31
	30.90	1:03.31	(32.41)	
3	Ball, Caroline	20	Exmouth	1:04.50
	31.29	1:04.50	(33.21)	
4	Pascoe, Lauren	22	Bristol Central	1:07.87
	32.88	1:07.87	(34.99)	
5	Blackmore, Gemma	24	Pontypool	1:08.63
	32.36	1:08.63	(36.27)	
6	Selwyn, Gina	19	Dove Valley SC	1:09.98
	33.89	1:09.98	(36.09)	
7	Jones, Hannah	23	Cardiff Masters	1:18.74
	37.27	1:18.74	(41.47)	

Event 15 Women 25-29 100 LC Meter Freestyle

1	Walker, Anna	28	Cardiff Masters	1:07.48
	32.21	1:07.48	(35.27)	
2	Feltham, Sarah	26	Royal Navy	1:11.45
	34.49	1:11.45	(36.96)	
3	Bull, Shirley	25	Diss Otters	1:13.68
	34.93	1:13.68	(38.75)	
4	Stokes, Anna	28	Cardiff Masters	1:14.49
	34.97	1:14.49	(39.52)	
5	Scott, Rhiannon	27	Independant	1:15.21
	35.53	1:15.21	(39.68)	
6	Thomas, Gwyneth	25	Emlyn Flyers	1:15.27
	36.99	1:15.27	(38.28)	

Event 15 Women 30-34 100 LC Meter Freestyle

1	Kennedy, Sorcha	33	David Lloyd	1:11.41
	33.01	1:11.41	(38.40)	

Event 15 Women 35-39 100 LC Meter Freestyle

1	Day, Phillipa	35	Hereford	1:16.45
	35.68	1:16.45	(40.77)	
2	Wiltshire, Nikki	36	Cardiff Masters	1:16.69
	37.68	1:16.69	(39.01)	
3	Hutchinson, Keri	38	David Lloyd	1:21.70
	38.60	1:21.70	(43.10)	
4	Sadler, Zoe	36	Basingstoke Bluefins	1:34.49
	43.55	1:34.49	(50.94)	

Event 15 Women 40-44 100 LC Meter Freestyle

1	McMenemy, Jane	41	Otter	1:06.96
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Welsh Capital Masters - 09/05/2009**Results**

	32.23	1:06.96 (34.73)	
2	Brandrick, Sarah	41 City of Derby	1:08.95
	33.26	1:08.95 (35.69)	
3	Andrews, Rhian	40 Cardiff Masters	1:13.92
	34.97	1:13.92 (38.95)	
4	Thomas, Ceri	44 Bridgend County	1:14.22
	34.65	1:14.22 (39.57)	
5	Hilton, Karen	40 Gloucester Masters	1:18.38
	38.68	1:18.38 (39.70)	
6	Harris, Karen	41 Cardiff Masters	1:19.06
	37.69	1:19.06 (41.37)	
7	Roberts, Catherine	43 Independant	1:22.91
	38.96	1:22.91 (43.95)	
8	Owston, Kim	42 Cinderford	1:27.05
	41.65	1:27.05 (45.40)	
9	Francis, Lucy	41 Camden Swiss Cottage	1:37.94
	45.04	1:37.94 (52.90)	

Event 15 Women 45-49 100 LC Meter Freestyle

1	Jenkinson, Rebecca	46 Exeter City SC	1:09.69
	32.80	1:09.69 (36.89)	
2	Jones, Sandra	45 Gloucester Masters	1:10.31
	34.50	1:10.31 (35.81)	
3	Watson, Audrey	46 Spondon Masters	1:18.96
	35.91	1:18.96 (43.05)	
4	Allen, Sara	46 Epsom District	1:22.62
	39.53	1:22.62 (43.09)	
5	Harrison, Elaine	46 Cardiff Masters	1:27.54
	42.25	1:27.54 (45.29)	
6	Leach, Sue	47 Gloucester Masters	1:29.57
	40.36	1:29.57 (49.21)	
7	Woodcock, Sue	45 Epsom District	1:30.32
	41.25	1:30.32 (49.07)	
8	Peirce, Karen	49 Staines Swimming Club	2:16.16
	1:03.31	2:16.16 (1:12.85)	

Event 15 Women 50-54 100 LC Meter Freestyle

1	Hartle, Catherine	51 Ferndown SC	1:14.31
	35.30	1:14.31 (39.01)	
2	Jennings, Karen	52 Spondon Masters	1:15.13
	36.83	1:15.13 (38.30)	
3	Parry, Clare	51 Cardiff Masters	1:15.98
	35.97	1:15.98 (40.01)	
4	Briggs, Janet	50 Etwall Eagles	1:24.95
	40.03	1:24.95 (44.92)	
5	Hickson, Penelope	52 Gloucester Masters	1:28.09
	41.41	1:28.09 (46.68)	
6	Wilson, Fran	51 Epsom District	1:30.18
	43.45	1:30.18 (46.73)	
7	Best, Beverley	54 Pontypool	1:31.54
8	Huntington, Gill	54 Chepstow & District	1:47.92
	50.82	1:47.92 (57.10)	

Event 15 Women 55-59 100 LC Meter Freestyle

1	Merritt, Jennifer	58 Spondon Masters	1:15.56
	36.74	1:15.56 (38.82)	
2	Thorp, Val	56 City of Derby	1:15.86
	35.77	1:15.86 (40.09)	

Welsh Capital Masters - 09/05/2009**Results**

3	Cima, Lorna	55	Gloucester Masters	1:31.08
	41.88	1:31.08 (49.20)		
4	Stewart, Elsa	55	Cardiff Masters	1:32.54
	44.24	1:32.54 (48.30)		
5	Mittins, Louise	59	Royal Navy	1:32.69
	44.35	1:32.69 (48.34)		
6	Davey, Marianne	56	Dorking	1:34.93
	45.04	1:34.93 (49.89)		

Event 15 Women 60-64 100 LC Meter Freestyle

1	Blower, Elaine	64	Barnet Cophthall SC	1:25.34
	41.39	1:25.34 (43.95)		
2	Newman, Carole	60	Gloucester Masters	1:36.87
	47.70	1:36.87 (49.17)		
3	Murray, Esther	62	Gloucester Masters	1:45.24
	50.31	1:45.24 (54.93)		

Event 15 Women 65-69 100 LC Meter Freestyle

1	Howard-Jones, Jean	66	Poole SC	1:16.63
	34.83	1:16.63 (41.80)		
2	Baptist, Gail	69	Gloucester Masters	1:37.17
	48.09	1:37.17 (49.08)		
3	Palmer, Valerie	67	Caldicot	2:09.03
	59.82	2:09.03 (1:09.21)		

Event 16 Mixed 100-119 200 LC Meter Freestyle Relay

1	Clams	A	1:58.03
	1) Banfield, Rachel W25	2) Brooks, Christopher M28	3) Wyatt, Carl M28
	30.69	57.91 (27.22)	1:31.10 (33.19)
			4) Blyth, Melissa W25
			1:58.03 (26.93)
2	Cardiff Masters	D	2:21.68
	1) Gott, Andrew M29	2) Davies, Tony M25	3) Stokes, Anna W28
	36.49	1:12.37 (35.88)	1:43.48 (31.11)
			4) Williams, Kate W30
			2:21.68 (38.20)
3	Cardiff Masters	E	2:24.21
	1) Neal, Martin M30	2) Black, Richard M24	3) Jones, Hannah W23
	42.97	1:19.56 (36.59)	1:48.18 (28.62)
			4) Harris, Karen W41
			2:24.21 (36.03)

Event 16 Mixed 120-159 200 LC Meter Freestyle Relay

1	Cardiff Masters	A	2:00.19
	1) Walker, Anna W28	2) Price, Allie W44	3) Wilson, Malcolm M56
	29.72	1:00.93 (31.21)	1:32.20 (31.27)
			4) Smith, Rhys M28
			2:00.19 (27.99)
2	David Lloyd	A	2:03.34
	1) Lewis, Jamie M27	2) Thomas, Andy M44	3) Gooding, Jayne W44
	28.27	1:01.29 (33.02)	1:33.87 (32.58)
			4) Kennedy, Sorcha W33
			2:03.34 (29.47)
3	David Lloyd	B	2:19.20
	1) Reed, Carl M31	2) Robertson, Mark M34	3) Quine, Tej W44
	32.63	1:10.11 (37.48)	1:47.34 (37.23)
			4) Hutchinson, Keri W38
			2:19.20 (31.86)
---	Nuoto Giunone Asd - Ita	A	DQ
	1) Rizzin, Simone M26	2) Vaccaro, Erika W36	3) Sartori, Isabella W30
	30.71	1:00.44 (29.73)	1:30.77 (30.33)
			4) Todesco, Claudio M28
			DQ (26.00)

Event 16 Mixed 160-199 200 LC Meter Freestyle Relay

1	Amt Zurich - Switz	A	2:01.59
	1) Bernet, Roberta W43	2) Cristian, Rentsch M46	3) Iseppi, Esther W51
	33.92	1:03.46 (29.54)	1:35.07 (31.61)
			4) Pilloud, Marco M41
			2:01.59 (26.52)
2	Pembrokeshire County Swim	A	2:04.05
	1) James, Kath W40	2) Willis, Alison W42	3) Shortman, Austin M37
	31.99	1:09.07 (37.08)	1:39.75 (30.68)
			4) David, John M42
			2:04.05 (24.30)
3	Cardiff Masters	C	2:09.27

Welsh Capital Masters - 09/05/2009**Results**

1) Lawford, Richard M34	2) Morgan, Steve M48	3) Andrews, Rhian W40	4) Harrison, Elaine W46
36.78	1:07.51 (30.73)	1:40.84 (33.33)	2:09.27 (28.43)
4 Cardiff Masters	F		2:39.24
1) Harris, Gareth M49	2) Baxter, Gordon M55	3) Frost, Anne W51	4) Wiltshire, Nikki W36
53.10	1:27.57 (34.47)	2:02.87 (35.30)	2:39.24 (36.37)

Event 16 Mixed 200-239 200 LC Meter Freestyle Relay

1 Clams	B		2:06.76
1) Gore, Patrick M41	2) Gore, Heidi W47	3) Godfrey, Peter M62	4) Crayford, Julie W61
27.60	1:02.60 (35.00)	1:37.41 (34.81)	2:06.76 (29.35)
2 Cardiff Masters	B		2:24.67
1) Cooper, David M54	2) Wilson, William M54	3) Stewart, Elsa W55	4) Parry, Clare W51
32.29	1:13.48 (41.19)	1:49.14 (35.66)	2:24.67 (35.53)
3 Clams	C		2:46.35
1) Stagg, Les M77	2) Jones, Paul M50	3) Davies, Louise W46	4) Scott, Jassa W33
43.49	1:26.60 (43.11)	2:10.52 (43.92)	2:46.35 (35.83)

Event 17 Women 120-159 200 LC Meter Medley Relay

1 City of Derby	A		2:22.76
1) Davies, Emma W30	2) Hawkkrigg, Christine W28	3) Brandrick, Sarah W41	4) Thorp, Val W56
36.35	1:12.89 (36.54)	1:48.52 (35.63)	2:22.76 (34.24)
2 Cardiff Masters	B		2:51.86
1) Harris, Karen W41	2) Williams, Kate W30	3) Stokes, Anna W28	4) Jones, Hannah W23
46.86	1:34.19 (47.33)	2:15.24 (41.05)	2:51.86 (36.62)

Event 17 Women 160-199 200 LC Meter Medley Relay

1 Cardiff Masters	A		2:28.66
1) Walker, Anna W28	2) Price, Allie W44	3) Parry, Clare W51	4) Andrews, Rhian W40
42.33	1:21.58 (39.25)	1:55.20 (33.62)	2:28.66 (33.46)
2 David Lloyd	A		2:41.55
1) Hutchinson, Keri W38	2) Quine, Tej W44	3) Gooding, Jayne W44	4) Kennedy, Sorcha W33
43.83	1:31.59 (47.76)	2:07.80 (36.21)	2:41.55 (33.75)
3 Cardiff Masters	C		3:25.63
1) Wiltshire, Nikki W36	2) Frost, Anne W51	3) Harrison, Elaine W46	4) Stewart, Elsa W55
59.68	1:53.88 (54.20)	2:48.97 (55.09)	3:25.63 (36.66)

Event 17 Women 240-279 200 LC Meter Medley Relay

1 Caldicot	A		3:51.23
1) Weare, Margaret W65	2) Palmer, Valerie W67	3) Crook, Lorraine W55	4) Huntington, Gill W54
	2:06.29 ()	3:04.62 (58.33)	3:51.23 (46.61)

Event 18 Men 18-24 200 LC Meter Freestyle

1 Lang, Ian	21 Exmouth		2:28.65
35.22	1:13.11 (37.89)	1:50.70 (37.59)	2:28.65 (37.95)
2 Graziani, Francesco	22 Nuoto Giunone Asd - Ita		2:28.85
35.36	1:14.43 (39.07)	1:52.90 (38.47)	2:28.85 (35.95)

Event 18 Men 25-29 200 LC Meter Freestyle

1 Hahn, Enrico	28 Otter		2:13.43
31.09	1:05.49 (34.40)	1:40.15 (34.66)	2:13.43 (33.28)
2 Westaway, Mark	29 Exmouth		3:09.73
40.44	1:29.13 (48.69)	2:19.82 (50.69)	3:09.73 (49.91)

Event 18 Men 30-34 200 LC Meter Freestyle

1 Reed, Carl	31 David Lloyd		2:38.97
35.43	1:15.32 (39.89)	1:57.69 (42.37)	2:38.97 (41.28)
2 Neal, Martin	30 Cardiff Masters		3:06.22
42.55	1:29.61 (47.06)	2:18.78 (49.17)	3:06.22 (47.44)

Welsh Capital Masters - 09/05/2009**Results****Event 18 Men 35-39 200 LC Meter Freestyle**

1	Stannard, David	38	Reading		2:12.83
	31.07	1:05.04 (33.97)	1:38.93 (33.89)	2:12.83 (33.90)	
2	Nelhams, Michael	38	Spencer Swim Team		2:15.07
	30.75	1:05.44 (34.69)	1:40.70 (35.26)	2:15.07 (34.37)	
3	King, Neville	38	Exmouth		2:27.43
	33.58	1:10.31 (36.73)	1:49.39 (39.08)	2:27.43 (38.04)	

Event 18 Men 40-44 200 LC Meter Freestyle

1	Pilloud, Marco	41	Amt Zurich - Switz		2:08.06
	30.28	1:03.11 (32.83)	1:35.97 (32.86)	2:08.06 (32.09)	
2	Gore, Patrick	41	Clams		2:12.96
	32.09	1:06.60 (34.51)	1:40.79 (34.19)	2:12.96 (32.17)	
3	Smith, Clive	40	Etwall Eagles		2:56.23
	38.79	1:23.56 (44.77)	2:10.41 (46.85)	2:56.23 (45.82)	
4	Boucher, Andy	44	Hereford		3:06.15
	40.89	1:28.67 (47.78)	2:19.03 (50.36)	3:06.15 (47.12)	

Event 18 Men 45-49 200 LC Meter Freestyle

1	Reynolds, Mark	46	Barnet Copthall SC		2:09.43
	29.62	1:02.53 (32.91)	1:36.18 (33.65)	2:09.43 (33.25)	
2	Searle, Richard	45	Gloucester Masters		2:21.38
	31.41	1:06.92 (35.51)	1:44.38 (37.46)	2:21.38 (37.00)	
3	Selwyn, Gordon	46	Dove Valley SC		2:36.59
	36.98	1:17.40 (40.42)	1:58.10 (40.70)	2:36.59 (38.49)	
4	Grundy, Andrew	45	Royal Navy		2:38.74
	34.98	1:16.20 (41.22)	1:59.63 (43.43)	2:38.74 (39.11)	
5	Bradley, Brian	49	Cinderford		2:53.50
	39.29	1:24.54 (45.25)	2:11.44 (46.90)	2:53.50 (42.06)	
6	Mason, Paul	46	Fishguard Flyers		2:55.54
	37.29	1:20.53 (43.24)	2:08.20 (47.67)	2:55.54 (47.34)	
7	Lowman, Thomas	45	Abertillery		4:18.23
	56.79	2:03.05 (1:06.26)	3:12.14 (1:09.09)	4:18.23 (1:06.09)	

Event 18 Men 50-54 200 LC Meter Freestyle

1	Stephenson, Colin	51	Gloucester Masters		2:19.83
	32.58	1:07.88 (35.30)	1:43.70 (35.82)	2:19.83 (36.13)	
2	Gerrard, Iain	52	Reading		2:24.89
	33.42	1:09.93 (36.51)	1:47.62 (37.69)	2:24.89 (37.27)	
3	Straw, Mark	51	Basingstoke Bluefins		2:32.14
	34.57	1:13.47 (38.90)	1:53.12 (39.65)	2:32.14 (39.02)	
4	Pullin, Kevin	51	South Wales Police		2:38.31
	37.07	1:16.98 (39.91)	1:57.64 (40.66)	2:38.31 (40.67)	
5	Norman, Philip	53	Pontypool		2:42.52
	36.31	1:17.82 (41.51)	2:00.23 (42.41)	2:42.52 (42.29)	
6	Syrett, Walter	50	Pontypool		2:52.41
	39.73	1:24.46 (44.73)	2:10.26 (45.80)	2:52.41 (42.15)	
7	Sciubba, Remo	53	David Lloyd		3:00.45
	37.74	1:20.64 (42.90)	2:10.03 (49.39)	3:00.45 (50.42)	
8	Jones, Paul	50	Clams		3:28.35
	47.76	1:42.59 (54.83)	2:38.48 (55.89)	3:28.35 (49.87)	

Event 18 Men 55-59 200 LC Meter Freestyle

1	Davenport, Dave	56	Basingstoke Bluefins		2:28.61
	34.69	1:12.65 (37.96)	1:51.17 (38.52)	2:28.61 (37.44)	

Event 18 Men 65-69 200 LC Meter Freestyle

1	Cherrington, Tony	67	Gloucester Masters		2:34.59
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Welsh Capital Masters - 09/05/2009**Results**

	36.16	1:16.54 (40.38)	1:56.67 (40.13)	2:34.59 (37.92)	
2 Parr, Derek		65 Otter			2:44.18
	38.11	1:20.89 (42.78)	2:03.57 (42.68)	2:44.18 (40.61)	
3 Langley, David		65 Gloucester Masters			3:10.53
	44.31	1:33.19 (48.88)	2:23.21 (50.02)	3:10.53 (47.32)	
4 Salsbury, Nigel		69 Reading			3:18.46
	47.24	1:39.53 (52.29)	2:32.06 (52.53)	3:18.46 (46.40)	

Event 18 Men 70-74 200 LC Meter Freestyle

1 Zeller, Max		71 Amt Zurich - Switz			3:07.72
	42.98	1:30.64 (47.66)	2:19.97 (49.33)	3:07.72 (47.75)	
2 Alexis, Errol		73 Clams			3:41.70
	47.05	1:45.34 (58.29)	2:45.73 (1:00.39)	3:41.70 (55.97)	
3 Skerrett, Richard		74 Carmarthen Masters			4:52.95
	1:10.24	2:26.22 (1:15.98)	3:42.33 (1:16.11)	4:52.95 (1:10.62)	

Event 18 Men 75-79 200 LC Meter Freestyle

1 Stagg, Les		77 Clams			3:53.00
	52.15	1:52.90 (1:00.75)	2:55.40 (1:02.50)	3:53.00 (57.60)	

Event 19 Women 18-24 200 LC Meter Freestyle

1 Curnock, Rachel		22 Bristol Central			2:17.14
	32.11	1:07.21 (35.10)	1:42.72 (35.51)	2:17.14 (34.42)	
2 Ball, Caroline		20 Exmouth			2:23.82
	32.84	1:08.71 (35.87)	1:46.11 (37.40)	2:23.82 (37.71)	
3 Pascoe, Lauren		22 Bristol Central			2:31.54
	34.25	1:12.96 (38.71)	1:53.19 (40.23)	2:31.54 (38.35)	
4 Selwyn, Gina		19 Dove Valley SC			2:32.23
	35.40	1:14.10 (38.70)	1:54.17 (40.07)	2:32.23 (38.06)	

Event 19 Women 25-29 200 LC Meter Freestyle

1 Banfield, Rachel		25 Clams			2:32.45
	36.76	1:16.08 (39.32)	1:54.57 (38.49)	2:32.45 (37.88)	
2 Feltham, Sarah		26 Royal Navy			2:40.85
	37.35	1:18.81 (41.46)	2:00.77 (41.96)	2:40.85 (40.08)	
3 Scott, Rhiannon		27 Independant			2:50.43
	39.35	1:21.83 (42.48)	2:06.27 (44.44)	2:50.43 (44.16)	

Event 19 Women 30-34 200 LC Meter Freestyle

1 Davies, Emma		30 City of Derby			2:32.48
	35.26	1:14.37 (39.11)	1:54.71 (40.34)	2:32.48 (37.77)	
2 Scott, Jassa		33 Clams			2:56.28
	37.45	1:21.97 (44.52)	2:09.66 (47.69)	2:56.28 (46.62)	

Event 19 Women 35-39 200 LC Meter Freestyle

1 Hutchinson, Keri		38 David Lloyd			3:00.71
	39.50	1:25.69 (46.19)	2:13.71 (48.02)	3:00.71 (47.00)	

Event 19 Women 40-44 200 LC Meter Freestyle

1 McMenemy, Jane		41 Otter			2:23.47
	32.80	1:09.15 (36.35)	1:46.70 (37.55)	2:23.47 (36.77)	
2 Brandrick, Sarah		41 City of Derby			2:30.09
	34.96	1:13.31 (38.35)	1:52.73 (39.42)	2:30.09 (37.36)	
3 Gooding, Jayne		44 David Lloyd			2:38.77
	36.27	1:16.35 (40.08)	1:57.37 (41.02)	2:38.77 (41.40)	
4 Thomas, Ceri		44 Bridgend County			2:42.96
	37.41	1:18.53 (41.12)	2:00.94 (42.41)	2:42.96 (42.02)	
5 Hilton, Karen		40 Gloucester Masters			2:49.15

Welsh Capital Masters - 09/05/2009**Results**

	41.05	1:25.41 (44.36)	2:07.61 (42.20)	2:49.15 (41.54)	
6 Roberts, Catherine		43 Independant			3:01.43
	40.54	1:26.71 (46.17)	2:15.03 (48.32)	3:01.43 (46.40)	
7 Lock, Sharon		41 Melton Mowbray SC			3:04.10
	41.23	1:28.38 (47.15)	2:16.97 (48.59)	3:04.10 (47.13)	
8 Willis, Alison		42 Pembrokeshire County Swimming			3:09.96
	42.91	1:32.27 (49.36)	2:23.18 (50.91)	3:09.96 (46.78)	
9 Owston, Kim		42 Cinderford			3:15.95
	44.67	1:35.60 (50.93)	2:28.49 (52.89)	3:15.95 (47.46)	
10 Montez, Paula		41 Independant			3:41.78
	50.63	1:47.00 (56.37)	2:45.13 (58.13)	3:41.78 (56.65)	
11 Cuer, Denise		41 Caldicot			4:24.81
	57.93	2:09.07 (1:11.14)	3:25.32 (1:16.25)	4:24.81 (59.49)	
12 Emms, Angela		43 Swansea Stingrays			4:39.91
	1:05.30	2:16.84 (1:11.54)	3:28.27 (1:11.43)	4:39.91 (1:11.64)	

Event 19 Women 45-49 200 LC Meter Freestyle

1 Gore, Heidi		47 Clams			2:52.96
	38.28	1:21.43 (43.15)	2:07.63 (46.20)	2:52.96 (45.33)	
2 Watson, Audrey		46 Spondon Masters			2:53.09
	38.99	1:23.17 (44.18)	2:08.97 (45.80)	2:53.09 (44.12)	
3 Bull, Valerie		47 Diss Otters			3:11.84
	42.86	1:31.53 (48.67)	2:22.20 (50.67)	3:11.84 (49.64)	
4 Harrison, Elaine		46 Cardiff Masters			3:13.00
	42.59	1:31.47 (48.88)	2:23.09 (51.62)	3:13.00 (49.91)	
5 Woodcock, Sue		45 Epsom District			3:21.78
	46.42	1:38.25 (51.83)	2:31.58 (53.33)	3:21.78 (50.20)	

Event 19 Women 50-54 200 LC Meter Freestyle

1 Hartle, Catherine		51 Ferndown SC			2:40.96
	37.33	1:17.90 (40.57)	2:00.27 (42.37)	2:40.96 (40.69)	
2 Parry, Clare		51 Cardiff Masters			2:48.60
	38.22	1:20.31 (42.09)	2:04.21 (43.90)	2:48.60 (44.39)	
3 Wilson, Fran		51 Epsom District			3:40.93
	50.67	1:48.05 (57.38)	2:46.81 (58.76)	3:40.93 (54.12)	

Event 19 Women 55-59 200 LC Meter Freestyle

1 Mittins, Louise		59 Royal Navy			3:20.65
	45.85	1:36.86 (51.01)	2:30.19 (53.33)	3:20.65 (50.46)	
2 Davey, Marianne		56 Dorking			3:27.49
	47.79	1:42.37 (54.58)	2:36.73 (54.36)	3:27.49 (50.76)	
3 Stewart, Elsa		55 Cardiff Masters			3:29.53
	46.67	1:40.53 (53.86)	2:37.33 (56.80)	3:29.53 (52.20)	
4 Crook, Lorraine		55 Caldicot			3:40.73
	50.51	1:48.05 (57.54)	2:46.51 (58.46)	3:40.73 (54.22)	

Event 19 Women 60-64 200 LC Meter Freestyle

1 Crayford, Julie		61 Clams			3:00.45
	40.03	1:25.99 (45.96)	2:14.61 (48.62)	3:00.45 (45.84)	
2 Newman, Carole		60 Gloucester Masters			3:34.44
	48.47	1:43.45 (54.98)	2:40.19 (56.74)	3:34.44 (54.25)	
3 Murray, Esther		62 Gloucester Masters			3:48.53
	54.05	1:52.30 (58.25)	2:50.84 (58.54)	3:48.53 (57.69)	

Event 19 Women 65-69 200 LC Meter Freestyle

1 Howard-Jones, Jean		66 Poole SC			2:58.86
	38.40	1:23.87 (45.47)	2:12.15 (48.28)	2:58.86 (46.71)	
2 Baptist, Gail		69 Gloucester Masters			3:25.99

Welsh Capital Masters - 09/05/2009**Results**

	46.72	1:40.51 (53.79)	2:35.02 (54.51)	3:25.99 (50.97)	
3 Palmer, Valerie		67 Caldicot			4:24.17
	1:00.61	2:07.31 (1:06.70)	3:15.55 (1:08.24)	4:24.17 (1:08.62)	

Event 19 Women 75-79 200 LC Meter Freestyle

1 Williams, Shirley	75 Amersham SC			4:52.05
	1:04.08	2:19.36 (1:15.28)	3:37.20 (1:17.84)	4:52.05 (1:14.85)

Event 20 Men 18-24 50 LC Meter Butterfly

1 Roberts, Joel	24 Royal Navy			28.28
2 Black, Richard	24 Cardiff Masters			31.81
3 Graziani, Francesco	22 Nuoto Giunone Asd - Ita			36.27

Event 20 Men 25-29 50 LC Meter Butterfly

1 Parker, Andrew	29 Pontypool			28.55
2 Williams, James	27 Bristol Masters			30.06
3 Smith, Rhys	28 Cardiff Masters			30.30
4 Wyatt, Carl	28 Clams			30.63
5 Brooks, Christopher	28 Clams			30.69
6 Cackett, Andrew	28 Basingstoke Bluefins			31.69
7 Westaway, Mark	29 Exmouth			35.70
8 Gott, Andrew	29 Cardiff Masters			36.30
9 Davies, Tony	25 Cardiff Masters			36.99
10 Rizzin, Simone	26 Nuoto Giunone Asd - Ita			37.47

Event 20 Men 30-34 50 LC Meter Butterfly

1 Cook, Jason	31 Torfaen Swim Squad			26.97
2 Small, Robert	30 Perry Beeches			28.49
3 White, Olly	31 Exmouth			29.60
4 Martin, Andrew	34 Clams			31.38
5 Verzini, Enrico	32 Nuoto Giunone Asd - Ita			36.52
6 Robertson, Mark	34 David Lloyd			38.72
7 Lawford, Richard	34 Cardiff Masters			38.84
8 Neal, Martin	30 Cardiff Masters			51.15

Event 20 Men 35-39 50 LC Meter Butterfly

1 Cunningham, John	39 Potters Bar SC			26.30
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Event 20 Men 40-44 50 LC Meter Butterfly

1 Berry, Steven	41 Royal Navy			30.85
2 Zhurov, Alexei	42 Clams			35.30
3 Robinson, Peter	44 City of Cambridge SC			36.24
4 Smith, Clive	40 Etwall Eagles			41.74

Event 20 Men 45-49 50 LC Meter Butterfly

1 Vaughan, Nicolus	45 Royal Navy			27.91
2 Fiorini, Federico	45 Nuoto Giunone Asd - Ita			33.55
3 Selwyn, Gordon	46 Dove Valley SC			36.10
4 Bradley, Brian	49 Cinderford			36.32
5 Metcalfe, Richard	48 Royal Navy			36.63
6 Innocent, Ben	46 Emlyn Flyers			51.15

Event 20 Men 50-54 50 LC Meter Butterfly

1 Anderson, John	50 Gloucester Masters			31.12
2 Weston, Stephen	54 Leominster Kingfisher SC			31.72
3 Scott, Anthony	50 Basingstoke Bluefins			32.80
4 Straw, Mark	51 Basingstoke Bluefins			34.98

Welsh Capital Masters - 09/05/2009**Results**

--- Sciubba, Remo 53 David Lloyd DQ
8.3 Movements of the legs not simultaneous

Event 20 Men 55-59 50 LC Meter Butterfly

1	Woollard, Ian	55	Barnet Copthall SC	32.48
2	Davenport, Dave	56	Basingstoke Bluefins	34.49

Event 20 Men 60-64 50 LC Meter Butterfly

1	Godfrey, Peter	62	Clams	30.83
2	Burge, Christopher	61	Shrewsbury	35.66

Event 20 Men 65-69 50 LC Meter Butterfly

1	Parr, Derek	65	Otter	32.77
2	Letch, Bill	69	Exmouth	33.82
3	Thomas, Garfield	69	Bridgend County	37.94

Event 20 Men 70-74 50 LC Meter Butterfly

1	Leatherbarrow, Donald	71	Cinderford	41.91
2	Bishop, Geoffrey	73	Royal Navy	44.70

Event 20 Men 85-89 50 LC Meter Butterfly

1	Leader, Don	85	Torquay	1:13.36
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Event 21 Women 18-24 50 LC Meter Butterfly

1	Ball, Caroline	20	Exmouth	32.22
2	Pascoe, Lauren	22	Bristol Central	34.98

Event 21 Women 25-29 50 LC Meter Butterfly

1	Sims, Laura	29	Dove Valley SC	32.50
2	Bull, Shirley	25	Diss Otters	36.20
3	Stokes, Anna	28	Cardiff Masters	39.05
4	Feltham, Sarah	26	Royal Navy	39.17

Event 21 Women 30-34 50 LC Meter Butterfly

1	Matson, Michelle	31	Basingstoke Bluefins	34.77
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Event 21 Women 35-39 50 LC Meter Butterfly

1	Owens, Kathryn	35	Swim Swansea Masters	31.95
2	Vaccaro, Erika	36	Nuoto Giunone Asd - Ita	34.27
3	Wiltshire, Nikki	36	Cardiff Masters	39.25
4	Sadler, Zoe	36	Basingstoke Bluefins	48.78

Event 21 Women 40-44 50 LC Meter Butterfly

1	McMenemy, Jane	41	Otter	33.24
2	Price, Allie	44	Cardiff Masters	33.66
3	Brandrick, Sarah	41	City of Derby	36.22
4	Andrews, Rhian	40	Cardiff Masters	36.38
5	Shearn, Catherine	40	Andover	36.99
6	Thomas, Ceri	44	Bridgend County	38.86
7	Cuer, Denise	41	Caldicot	42.84
8	Owston, Kim	42	Cinderford	50.10

Event 21 Women 45-49 50 LC Meter Butterfly

1	Jones, Sandra	45	Gloucester Masters	33.11
2	Gore, Heidi	47	Clams	38.22
3	Bull, Valerie	47	Diss Otters	42.72

Welsh Capital Masters - 09/05/2009**Results****Event 21 Women 50-54 50 LC Meter Butterfly**

1	Hickson, Penelope	52	Gloucester Masters	44.89
2	Frost, Anne	51	Cardiff Masters	1:08.07

Event 21 Women 55-59 50 LC Meter Butterfly

1	Merritt, Jennifer	58	Spondon Masters	38.58
2	Ferris, Gillian	55	Gloucester Masters	40.48
3	Cima, Lorna	55	Gloucester Masters	50.07
4	Crook, Lorraine	55	Caldicot	53.83

Event 21 Women 60-64 50 LC Meter Butterfly

1	Tanner, Lynne	62	Witney & District	45.13
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Event 21 Women 65-69 50 LC Meter Butterfly

1	Weare, Margaret	65	Caldicot	1:07.40
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Event 21 Women 75-79 50 LC Meter Butterfly

1	Asher, Jane	78	Kings Cormorants SC	46.00
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Event 22 Men 18-24 100 LC Meter Breaststroke

1	Best, Ellis	18	Pontypool	1:21.05
	38.33		1:21.05 (42.72)	
2	Black, Richard	24	Cardiff Masters	1:22.25
	39.54		1:22.25 (42.71)	
3	Lang, Ian	21	Exmouth	1:23.52
	39.77		1:23.52 (43.75)	
4	Graziani, Francesco	22	Nuoto Giunone Asd - Ita	1:27.86
	42.25		1:27.86 (45.61)	

Event 22 Men 25-29 100 LC Meter Breaststroke

1	Hahn, Enrico	28	Otter	1:18.45
	36.89		1:18.45 (41.56)	
2	Lewis, Jamie	27	David Lloyd	1:32.02
	43.00		1:32.02 (49.02)	

Event 22 Men 30-34 100 LC Meter Breaststroke

1	Small, Robert	30	Perry Beeches	1:14.46
	34.71		1:14.46 (39.75)	
2	Duffy, Martin	31	Pontypool	1:14.53
	34.53		1:14.53 (40.00)	
3	Klempt, Otakar	31	Gloucester Masters	1:22.89
	38.20		1:22.89 (44.69)	
4	Verzini, Enrico	32	Nuoto Giunone Asd - Ita	1:33.50
	44.95		1:33.50 (48.55)	

Event 22 Men 35-39 100 LC Meter Breaststroke

1	Nelhams, Michael	38	Spencer Swim Team	1:13.26
	35.16		1:13.26 (38.10)	
2	King, Neville	38	Exmouth	1:26.51
	41.23		1:26.51 (45.28)	

Event 22 Men 40-44 100 LC Meter Breaststroke

1	Hudghton, Neil	40	A&S Police	1:12.47
	34.36		1:12.47 (38.11)	
2	Boucher, Andy	44	Hereford	1:45.78
	49.32		1:45.78 (56.46)	

Welsh Capital Masters - 09/05/2009**Results****Event 22 Men 45-49 100 LC Meter Breaststroke**

1	Thomas, Gary	48	Royal Navy	1:18.76
	37.24	1:18.76	(41.52)	
2	Cristian, Rentsch	46	Amt Zurich - Switz	1:18.95
	37.00	1:18.95	(41.95)	
3	Fiorini, Federico	45	Nuoto Giunone Asd - Ita	1:22.58
	39.98	1:22.58	(42.60)	
4	Metcalfe, Richard	48	Royal Navy	1:26.45
	40.87	1:26.45	(45.58)	
5	Grundy, Andrew	45	Royal Navy	1:28.55
	41.41	1:28.55	(47.14)	
6	Selwyn, Gordon	46	Dove Valley SC	1:34.28
	43.97	1:34.28	(50.31)	
7	Merrett, Steve	45	Gloucester Masters	1:44.83
	49.59	1:44.83	(55.24)	
8	Innocent, Ben	46	Emlyn Flyers	2:01.71
	1:00.32	2:01.71	(1:01.39)	

Event 22 Men 50-54 100 LC Meter Breaststroke

1	Syrett, Walter	50	Pontypool	1:18.83
	36.52	1:18.83	(42.31)	
2	Steel, Robert	52	Nottingham SC	1:23.32
	38.83	1:23.32	(44.49)	
3	James, Chris	50	Emlyn Flyers	1:33.68
	43.07	1:33.68	(50.61)	
4	Davies, Elfed	53	Emlyn Flyers	1:44.72
	47.07	1:44.72	(57.65)	
5	Jones, Paul	50	Clams	1:48.20
	51.73	1:48.20	(56.47)	

Event 22 Men 55-59 100 LC Meter Breaststroke

1	Fox, Martin	55	Acton SC	1:34.21
	43.05	1:34.21	(51.16)	

Event 22 Men 60-64 100 LC Meter Breaststroke

1	Arthur, James	61	Swansea Valley	1:29.06
	42.02	1:29.06	(47.04)	
2	Munro, Malcolm	62	Acton SC	1:33.25
	44.51	1:33.25	(48.74)	
3	Grant, Alan	62	Clams	1:47.34
	53.03	1:47.34	(54.31)	
4	Fields, Tony	62	City of Chester	1:54.83
	56.63	1:54.83	(58.20)	
5	Davies, Ian	60	Emlyn Flyers	1:56.55
	51.73	1:56.55	(1:04.82)	
6	Klempt, Otakar	61	Banik Most - Cze	2:29.59
	1:10.57	2:29.59	(1:19.02)	

Event 22 Men 70-74 100 LC Meter Breaststroke

1	Jackson, Alan	70	Beaver Masters Bedford	1:38.89
	46.46	1:38.89	(52.43)	
2	Bishop, Geoffrey	73	Royal Navy	1:52.04
	51.00	1:52.04	(1:01.04)	
3	Skerrett, Richard	74	Carmarthen Masters	2:28.62
	1:12.86	2:28.62	(1:15.76)	

Event 22 Men 75-79 100 LC Meter Breaststroke

1	Stagg, Les	77	Clams	2:07.18
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Welsh Capital Masters - 09/05/2009**Results**

	57.35	2:07.18 (1:09.83)		
2 Knowles, Colin		75 Cardiff Masters		2:28.69
	1:12.62	2:28.69 (1:16.07)		

Event 23 Women 18-24 100 LC Meter Breaststroke

1 Ball, Caroline		20 Exmouth		1:23.45
	40.39	1:23.45 (43.06)		
2 Blackmore, Gemma		24 Pontypool		1:25.17
	40.09	1:25.17 (45.08)		
3 Muir, Heather		20 Birkenhead		1:34.19
	44.32	1:34.19 (49.87)		
4 Jones, Hannah		23 Cardiff Masters		1:41.49
	45.52	1:41.49 (55.97)		

Event 23 Women 25-29 100 LC Meter Breaststroke

1 Hawkrigg, Christine		28 City of Derby		1:22.52
	38.76	1:22.52 (43.76)		
2 Sims, Laura		29 Dove Valley SC		1:23.19
	39.58	1:23.19 (43.61)		
3 Walker, Anna		28 Cardiff Masters		1:23.71
	39.44	1:23.71 (44.27)		
4 Whitelock, Sarah		27 Bristol Masters		1:34.92
	45.70	1:34.92 (49.22)		

Event 23 Women 30-34 100 LC Meter Breaststroke

1 Williams, Kate		30 Cardiff Masters		1:42.19
	47.97	1:42.19 (54.22)		

Event 23 Women 40-44 100 LC Meter Breaststroke

1 Lock, Sharon		41 Melton Mowbray SC		1:25.09
	39.40	1:25.09 (45.69)		
2 Quine, Tej		44 David Lloyd		1:47.47
	49.68	1:47.47 (57.79)		
3 Montez, Paula		41 Independant		1:54.58
	54.21	1:54.58 (1:00.37)		

Event 23 Women 45-49 100 LC Meter Breaststroke

1 Jenkinson, Rebecca		46 Exeter City SC		1:30.10
	42.62	1:30.10 (47.48)		
2 Allen, Sara		46 Epsom District		1:37.04
	47.36	1:37.04 (49.68)		
3 Davies, Louise		46 Clams		1:53.57
	53.48	1:53.57 (1:00.09)		

Event 23 Women 50-54 100 LC Meter Breaststroke

1 Briggs, Janet		50 Etwall Eagles		1:50.70
	52.39	1:50.70 (58.31)		
2 Huntington, Gill		54 Chepstow & District		2:13.10
	1:02.40	2:13.10 (1:10.70)		

Event 23 Women 55-59 100 LC Meter Breaststroke

1 Merritt, Jennifer		58 Spondon Masters		1:30.46
	43.45	1:30.46 (47.01)		
2 Stewart, Elsa		55 Cardiff Masters		1:57.87
	55.86	1:57.87 (1:02.01)		
3 Davey, Marianne		56 Dorking		1:58.72
	56.03	1:58.72 (1:02.69)		

Welsh Capital Masters - 09/05/2009**Results****Event 23 Women 60-64 100 LC Meter Breaststroke**

1	Crayford, Julie	61 Clams	1:43.77
	49.39	1:43.77 (54.38)	

Event 23 Women 65-69 100 LC Meter Breaststroke

1	Palmer, Valerie	67 Caldicot	2:18.15
	1:06.02	2:18.15 (1:12.13)	

Event 23 Women 70-74 100 LC Meter Breaststroke

1	Hitchcock, Muriel	71 Chichester Cormorants	1:53.10
	53.26	1:53.10 (59.84)	

Event 23 Women 75-79 100 LC Meter Breaststroke

1	Williams, Shirley	75 Amersham SC	2:26.93
	1:09.03	2:26.93 (1:17.90)	

Event 24 Men 18-24 50 LC Meter Freestyle

1	Longden, Tom	22 Clams	24.98
2	Roberts, Joel	24 Royal Navy	27.02
3	Wyatt, Chris	20 Clams	27.60
4	Black, Richard	24 Cardiff Masters	28.77
5	Lang, Ian	21 Exmouth	29.71
6	Graziani, Francesco	22 Nuoto Giunone Asd - Ita	30.21
7	Briggs, Mark	18 Etwall Eagles	32.53

Event 24 Men 25-29 50 LC Meter Freestyle

1	Parker, Andrew	29 Pontypool	26.14
2	Todesco, Claudio	28 Nuoto Giunone Asd - Ita	26.48
3	Woosnam, Matthew	28 Torfaen Swim Squad	26.91
4	Brooks, Christopher	28 Clams	27.69
5	Williams, James	27 Bristol Masters	28.06
6	Cackett, Andrew	28 Basingstoke Bluefins	30.00
7	Rizzin, Simone	26 Nuoto Giunone Asd - Ita	30.98
8	Gott, Andrew	29 Cardiff Masters	32.11
9	Davies, Tony	25 Cardiff Masters	33.42

Event 24 Men 30-34 50 LC Meter Freestyle

1	Small, Robert	30 Perry Beeches	26.18
2	White, Olly	31 Exmouth	27.74
3	Verzini, Enrico	32 Nuoto Giunone Asd - Ita	30.55
4	Farinazzo, Alessandro	34 Nuoto Giunone Asd - Ita	30.63
5	Robertson, Mark	34 David Lloyd	32.09

Event 24 Men 35-39 50 LC Meter Freestyle

1	Cunningham, John	39 Potters Bar SC	25.16
2	King, Neville	38 Exmouth	30.14
3	Tallowitz, Michael	39 Independant	31.47
4	Cresswell, Allan	38 Fishguard Flyers	34.09

Event 24 Men 40-44 50 LC Meter Freestyle

1	Berry, Steven	41 Royal Navy	28.03
2	Robinson, Peter	44 City of Cambridge SC	30.00
3	East, Oggy	42 Arfon Masters	31.64
4	Smith, Clive	40 Etwall Eagles	32.68
5	Boucher, Andy	44 Hereford	37.62

Event 24 Men 45-49 50 LC Meter Freestyle

Welsh Capital Masters - 09/05/2009**Results**

1	Vaughan, Nicolus	45	Royal Navy	25.73
2	Reynolds, Mark	46	Barnet Cophall SC	26.53
3	Fiorini, Federico	45	Nuoto Giunone Asd - Ita	29.10
4	Selwyn, Gordon	46	Dove Valley SC	32.16
5	Crotone, Giuseppe	47	Nuoto Giunone Asd - Ita	32.92
6	Harris, Gareth	49	Cardiff Masters	37.13
7	Thackaberry, Charles	47	Cardiff Masters	42.66
8	Lowman, Thomas	45	Abertillery	53.86

Event 24 Men 50-54 50 LC Meter Freestyle

1	Stephenson, Colin	51	Gloucester Masters	27.27
2	Gilpin, Peter	51	Wincanton SC	27.98
3	Weston, Stephen	54	Leominster Kingfisher SC	28.10
4	Gerrard, Iain	52	Reading	29.07
5	Anderson, John	50	Gloucester Masters	29.51
6	Scott, Anthony	50	Basingstoke Bluefins	29.61
7	Steel, Robert	52	Nottingham SC	30.18
8	Cooper, David	54	Cardiff Masters	31.60
9	James, Chris	50	Emlyn Flyers	34.10
10	Morgan, Gareth	51	Cardiff Masters	36.61
11	Rutter, Andy	53	Clams	37.81
12	Jones, Paul	50	Clams	41.70

Event 24 Men 55-59 50 LC Meter Freestyle

1	Goddard, Norman	57	Pembrokeshire County Swimming	29.60
2	Davenport, Dave	56	Basingstoke Bluefins	31.09
3	Woollard, Ian	55	Barnet Cophall SC	31.88
4	McDowall, Nicholas	57	Gloucester Masters	32.90
5	Baxter, Gordon	55	Cardiff Masters	32.94
6	Fox, Martin	55	Acton SC	33.42

Event 24 Men 60-64 50 LC Meter Freestyle

1	Tripp, John	60	Bristol Masters	30.79
2	Arthur, James	61	Swansea Valley	31.35
3	Munro, Malcolm	62	Acton SC	33.06
4	Davies, Ian	60	Emlyn Flyers	42.31
5	Tanner, Graham	61	Witney & District	42.71
6	Fields, Tony	62	City of Chester	47.96

Event 24 Men 65-69 50 LC Meter Freestyle

1	Cherrington, Tony	67	Gloucester Masters	30.00
2	Letch, Bill	69	Exmouth	30.78
3	Parr, Derek	65	Otter	32.97
4	Salsbury, Nigel	69	Reading	33.16
5	Thomas, Garfield	69	Bridgend County	33.21

Event 24 Men 70-74 50 LC Meter Freestyle

1	Leatherbarrow, Donald	71	Cinderford	32.34
2	Alexis, Errol	73	Clams	39.96
3	Skerrett, Richard	74	Carmarthen Masters	1:00.61

Event 24 Men 75-79 50 LC Meter Freestyle

1	Stagg, Les	77	Clams	41.03
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Event 25 Women 18-24 50 LC Meter Freestyle

1	Ball, Caroline	20	Exmouth	29.71
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Welsh Capital Masters - 09/05/2009**Results**

2	Pascoe, Lauren	22	Bristol Central	30.80
3	Selwyn, Gina	19	Dove Valley SC	32.31
4	Jones, Hannah	23	Cardiff Masters	35.42

Event 25 Women 25-29 50 LC Meter Freestyle

1	Sims, Laura	29	Dove Valley SC	30.03
2	Walker, Anna	28	Cardiff Masters	31.24
3	Hawkrigg, Christine	28	City of Derby	31.68
4	Bull, Shirley	25	Diss Otters	32.83
5	Thomas, Gwyneth	25	Emlyn Flyers	33.98
6	Scott, Rhiannon	27	Independant	34.75
7	Whitelock, Sarah	27	Bristol Masters	40.38

Event 25 Women 30-34 50 LC Meter Freestyle

1	Sartori, Isabella	30	Nuoto Giunone Asd - Ita	31.02
2	Matson, Michelle	31	Basingstoke Bluefins	31.57
3	Dieterrich, Marina	30	Nuoto Giunone Asd - Ita	33.63
4	Williams, Kate	30	Cardiff Masters	35.72

Event 25 Women 35-39 50 LC Meter Freestyle

1	Owens, Kathryn	35	Swim Swansea Masters	30.18
2	Vaccaro, Erika	36	Nuoto Giunone Asd - Ita	30.81
3	Day, Phillipa	35	Hereford	34.57
4	Wiltshire, Nikki	36	Cardiff Masters	36.05
5	Sadler, Zoe	36	Basingstoke Bluefins	39.84

Event 25 Women 40-44 50 LC Meter Freestyle

1	Price, Allie	44	Cardiff Masters	31.03
2	Brandrick, Sarah	41	City of Derby	32.52
3	Andrews, Rhian	40	Cardiff Masters	33.30
4	Thomas, Ceri	44	Bridgend County	34.34
5	Hilton, Karen	40	Gloucester Masters	35.00
6	Harris, Karen	41	Cardiff Masters	35.83
7	Roberts, Catherine	43	Independant	37.04
8	Travaglia, Jane	41	David Lloyd	38.53
9	Cuer, Denise	41	Caldicot	41.11
10	Francis, Lucy	41	Camden Swiss Cottage	43.11
11	Montez, Paula	41	Independant	48.19

Event 25 Women 45-49 50 LC Meter Freestyle

1	Jenkinson, Rebecca	46	Exeter City SC	30.63
2	Jones, Sandra	45	Gloucester Masters	31.68
3	Watson, Audrey	46	Spondon Masters	35.06
4	Woodcock, Sue	45	Epsom District	39.85
5	Harrison, Elaine	46	Cardiff Masters	39.95
6	Leach, Sue	47	Gloucester Masters	40.15

Event 25 Women 50-54 50 LC Meter Freestyle

1	Parry, Clare	51	Cardiff Masters	35.32
2	Briggs, Janet	50	Etwall Eagles	37.60
3	Hickson, Penelope	52	Gloucester Masters	38.34
4	Wilson, Fran	51	Epsom District	39.17
5	Best, Beverley	54	Pontypool	40.79
6	Huntington, Gill	54	Chepstow & District	46.04
7	Frost, Anne	51	Cardiff Masters	49.57

Welsh Capital Masters - 09/05/2009**Results****Event 25 Women 55-59 50 LC Meter Freestyle**

1	Steiger, Regula	57	Basle - Switz	29.97
2	Thorp, Val	56	City of Derby	33.83
3	Inwood, Pauline	57	City of Derby	35.59
4	Cima, Lorna	55	Gloucester Masters	39.17
5	Mittins, Louise	59	Royal Navy	39.64
6	Stewart, Elsa	55	Cardiff Masters	42.63

Event 25 Women 60-64 50 LC Meter Freestyle

1	Tanner, Lynne	62	Witney & District	41.95
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Event 25 Women 65-69 50 LC Meter Freestyle

1	Howard-Jones, Jean	66	Poole SC	33.88
2	Baptist, Gail	69	Gloucester Masters	38.53
3	Weare, Margaret	65	Caldicot	58.64

Event 25 Women 70-74 50 LC Meter Freestyle

1	Hitchcock, Muriel	71	Chichester Cormorants	46.70
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Event 25 Women 75-79 50 LC Meter Freestyle

1	Asher, Jane	78	Kings Cormorants SC	37.03
2	Williams, Shirley	75	Amersham SC	58.83

Event 26 Mixed 100-119 200 LC Meter Medley Relay

1	Clams	A		2:10.78
	1) Banfield, Rachel W25	2) Brooks, Christopher M28	3) Wyatt, Carl M28	4) Blyth, Melissa W25
	33.42	1:12.29 (38.87)	1:42.92 (30.63)	2:10.78 (27.86)
2	Cardiff Masters	D		2:44.34
	1) Gott, Andrew M29	2) Davies, Tony M25	3) Stokes, Anna W28	4) Williams, Kate W30
	45.45	1:28.48 (43.03)	2:04.79 (36.31)	2:44.34 (39.55)
3	Cardiff Masters	E		2:45.28
	1) Neal, Martin M30	2) Black, Richard M24	3) Jones, Hannah W23	4) Harris, Karen W41
	49.03	1:36.20 (47.17)	2:08.67 (32.47)	2:45.28 (36.61)

Event 26 Mixed 120-159 200 LC Meter Medley Relay

1	Nuoto Giunone Asd - Ita	A		2:19.50
	1) Fiorini, Federico M45	2) Vaccaro, Erika W36	3) Todesco, Claudio M28	4) Sartori, Isabella W30
	35.42	1:15.69 (40.27)	1:47.11 (31.42)	2:19.50 (32.39)
2	David Lloyd	A		2:25.82
	1) Thomas, Andy M44	2) Lewis, Jamie M27	3) Gooding, Jayne W44	4) Kennedy, Sorcha W33
	36.58	1:17.80 (41.22)	1:54.56 (36.76)	1:45.19 ()
3	David Lloyd	B		2:40.89
	1) Reed, Carl M31	2) Robertson, Mark M34	3) Travaglia, Jane W41	4) Quine, Tej W44
	36.69	1:24.86 (48.17)	2:02.05 (37.19)	2:40.89 (38.84)

Event 26 Mixed 160-199 200 LC Meter Medley Relay

1	Cardiff Masters	A		2:16.44
	1) Walker, Anna W28	2) Price, Allie W44	3) Wilson, Malcolm M56	4) Smith, Rhys M28
	37.55	1:16.49 (38.94)	1:47.07 (30.58)	2:16.44 (29.37)
2	Amt Zurich - Switz	A		2:16.98
	1) Pilloud, Marco M41	2) Cristian, Rentsch M46	3) Iseppi, Esther W51	4) Bernet, Roberta W43
	33.49	1:09.18 (35.69)	1:44.18 (35.00)	2:16.98 (32.80)
3	Pembrokeshire County Swim	A		2:27.07
	1) James, Kath W40	2) Willis, Alison W42	3) James, Martin M40	4) Richards, Jeff M51
	38.00	1:17.26 (39.26)	1:49.80 (32.54)	2:27.07 (37.27)
4	Cardiff Masters	C		2:35.78
	1) Lawford, Richard M34	2) Morgan, Steve M48	3) Andrews, Rhian W40	4) Harrison, Elaine W46
	2:04.57	1:28.36 ()	2:35.78 (1:07.42)	

Welsh Capital Masters - 09/05/2009**Results****Event 26 Mixed 200-239 200 LC Meter Medley Relay**

1	Clams	B	2:22.70
	1) Gore, Heidi W47	2) Gore, Patrick M41	3) Godfrey, Peter M62
	32.33	1:16.60 (44.27)	1:47.60 (31.00)
			2:22.70 (35.10)
2	Cardiff Masters	B	2:58.24
	1) Cooper, David M54	2) Wilson, William M54	3) Stewart, Elsa W55
	44.47	1:39.63 (55.16)	2:20.88 (41.25)
			2:58.24 (37.36)
3	Cardiff Masters	F	3:01.99
	1) Harris, Gareth M49	2) Baxter, Gordon M55	3) Frost, Anne W51
	59.02	1:47.42 (48.40)	2:27.44 (40.02)
			3:01.99 (34.55)
4	Clams	C	3:06.61
	1) Stagg, Les M77	2) Jones, Paul M50	3) Davies, Louise W46
	51.60	1:42.61 (51.01)	2:24.62 (42.01)
			3:06.61 (41.99)
			4) Crayford, Julie W61
			4) Parry, Clare W51
			4) Wiltshire, Nikki W36
			4) Scott, Jassa W33

Event 27 Men 100-119 200 LC Meter Freestyle Relay

1	Cardiff Masters	A	1:55.12
	1) Smith, Rhys M28	2) Lawford, Richard M34	3) Davies, Tony M25
	28.98	55.60 (26.62)	1:26.79 (31.19)
			1:55.12 (28.33)
			4) Gott, Andrew M29

Event 27 Men 120-159 200 LC Meter Freestyle Relay

1	Cardiff Masters	C	1:56.95
	1) Neal, Martin M30	2) Black, Richard M24	3) Baxter, Gordon M55
	28.49	56.66 (28.17)	1:25.78 (29.12)
			1:56.95 (31.17)
			4) Donovan, James M52
2	Nuoto Giunone Asd - Ita	A	2:02.06
	1) Verzini, Enrico M32	2) Farinazzo, Alessandro M34	3) Crotone, Giuseppe M47
	30.20	1:00.02 (29.82)	1:32.24 (32.22)
			2:02.06 (29.82)
			4) Rizzin, Simone M26
3	David Lloyd	A	2:03.90
	1) Thomas, Andy M44	2) Sciubba, Remo M53	3) Reed, Carl M31
	28.45	1:02.21 (33.76)	1:33.71 (31.50)
			2:03.90 (30.19)
			4) Lewis, Jamie M27

Event 27 Men 160-199 200 LC Meter Freestyle Relay

1	Pembrokeshire County Swim	A	1:50.91
	1) Shortman, Austin M37	2) James, Martin M40	3) Richards, Jeff M51
	28.91	57.73 (28.82)	1:26.93 (29.20)
			1:50.91 (23.98)
			4) Goddard, Norman M57

Event 27 Men 200-239 200 LC Meter Freestyle Relay

1	Cardiff Masters	B	2:12.96
	1) Wilson, Malcolm M56	2) Wilson, William M54	3) Cooper, David M54
	34.03	1:06.74 (32.71)	1:40.02 (33.28)
			2:12.96 (32.94)
			4) Morgan, Steve M48
2	Clams	A	2:26.91
	1) Grant, Alan M62	2) Rutter, Andy M53	3) Martin, Andrew M34
	37.97	1:19.48 (41.51)	1:59.77 (40.29)
			2:26.91 (27.14)
			4) Alexis, Errol M73
3	Cardiff Masters	D	2:34.85
	1) Knowles, Colin M75	2) Thackaberry, Charles M47	3) Harris, Gareth M49
	37.72	1:18.44 (40.72)	1:52.44 (34.00)
			2:34.85 (42.41)
			4) Hewett, Bruce M44