

Welsh Capital Masters - 08/05/2010**Results****Event 1 Women 18-24 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Roxanne Taylor	18	Halesowen	5:08.22	5:02.79	10
	34.22	1:11.70 (37.48)	1:49.93 (38.23)	2:28.53 (38.60)	
	3:06.62 (38.09)	3:45.71 (39.09)	4:24.90 (39.19)	5:02.79 (37.89)	

Event 1 Women 25-29 400 LC Meter Freestyle

1 Rachel Banfield	26	Clams	5:09.49	5:08.66	10
	34.93	1:12.73 (37.80)	1:51.22 (38.49)	2:30.25 (39.03)	
	3:09.35 (39.10)	3:49.63 (40.28)	4:30.05 (40.42)	5:08.66 (38.61)	
2 Fiona Kinsella	26	Cardiff Masters	5:23.20	5:11.72	8
	33.10	1:09.81 (36.71)	1:49.27 (39.46)	2:29.71 (40.44)	
	3:10.48 (40.77)	3:51.87 (41.39)	4:32.35 (40.48)	5:11.72 (39.37)	
3 Louisa Wallace	29	Kettering SC	5:33.00	5:29.67	6
	36.08	1:17.04 (40.96)	1:59.41 (42.37)	2:42.06 (42.65)	
	3:24.46 (42.40)	4:07.02 (42.56)	4:49.06 (42.04)	5:29.67 (40.61)	
4 Helen Whittle	29	Reading	5:50.45	5:41.99	5
	37.38	1:19.05 (41.67)	2:03.03 (43.98)	2:46.99 (43.96)	
	3:31.48 (44.49)	4:16.04 (44.56)	4:59.94 (43.90)	5:41.99 (42.05)	
5 Marie Concannon	28	Cardiff Masters	5:49.04	5:44.20	4
	39.53	1:21.74 (42.21)	2:05.88 (44.14)	2:49.35 (43.47)	
	3:33.38 (44.03)	4:18.02 (44.64)	5:02.23 (44.21)	5:44.20 (41.97)	
6 Jennifer Lane	29	Cork Masters	6:01.86	6:05.54	3
	38.89	1:22.45 (43.56)	2:07.55 (45.10)	2:54.69 (47.14)	
	3:42.13 (47.44)	4:30.51 (48.38)	5:19.34 (48.83)	6:05.54 (46.20)	
7 Sarah McSweeney	29	Cork Masters	7:00.00	6:20.99	2
	41.12	1:27.18 (46.06)	2:16.52 (49.34)	3:05.43 (48.91)	
	3:57.71 (52.28)	4:46.18 (48.47)	5:36.11 (49.93)	6:20.99 (44.88)	

Event 1 Women 30-34 400 LC Meter Freestyle

1 Katie Nimmo	34	Gloucester Masters	4:49.10	4:51.66	10
	32.88	1:08.62 (35.74)	1:46.09 (37.47)	2:23.65 (37.56)	
	3:00.93 (37.28)	3:38.60 (37.67)	4:15.71 (37.11)	4:51.66 (35.95)	
2 Michelle Matson	32	Basingstoke Bluefins	5:17.26	5:14.08	8
	34.59	1:13.36 (38.77)	1:53.31 (39.95)	2:33.46 (40.15)	
	3:13.93 (40.47)	3:54.22 (40.29)	4:34.55 (40.33)	5:14.08 (39.53)	

Event 1 Women 35-39 400 LC Meter Freestyle

1 Sarah Vale	35	Llantrisant	5:05.00	5:15.22	10
	33.41	1:10.57 (37.16)	1:50.62 (40.05)	2:31.46 (40.84)	
	3:12.87 (41.41)	3:54.41 (41.54)	4:36.09 (41.68)	5:15.22 (39.13)	
2 Keri Hutchinson	39	David Lloyd	6:17.00	6:20.52	8
	41.91	1:29.29 (47.38)	2:17.34 (48.05)	3:06.50 (49.16)	
	3:56.33 (49.83)	4:46.56 (50.23)	5:35.92 (49.36)	6:20.52 (44.60)	
3 Zoe Sadler	37	Basingstoke Bluefins	6:40.00	6:34.69	6
	43.00	1:30.71 (47.71)	2:20.62 (49.91)	3:11.03 (50.41)	
	4:00.68 (49.65)	4:52.16 (51.48)	5:43.83 (51.67)	6:34.69 (50.86)	

Event 1 Women 40-44 400 LC Meter Freestyle

1 Sarah Brandrick	42	City of Derby	5:14.65	5:11.23	10
	35.43	1:13.64 (38.21)	1:53.24 (39.60)	2:33.04 (39.80)	
	3:13.15 (40.11)	3:53.13 (39.98)	4:33.44 (40.31)	5:11.23 (37.79)	
2 Rhian Andrews	41	Cardiff Masters	5:50.00	5:44.91	8
	36.37	1:15.64 (39.27)	1:58.49 (42.85)	2:42.97 (44.48)	
	3:28.86 (45.89)	4:15.12 (46.26)	5:00.93 (45.81)	5:44.91 (43.98)	
3 Tracy Holden	44	Berkhamsted Sports Centre	6:23.00	6:25.76	6
	39.05	1:24.19 (45.14)	2:13.17 (48.98)	3:03.41 (50.24)	
	3:54.38 (50.97)	4:46.04 (51.66)	5:36.50 (50.46)	6:25.76 (49.26)	

Welsh Capital Masters - 08/05/2010**Results****Event 1 Women 45-49 400 LC Meter Freestyle**

1	Dymphna Morris	49	Aer Lingus Masters	5:12.00	5:07.41	10
	33.93	1:11.08 (37.15)	1:49.25 (38.17)	2:28.23 (38.98)		
	3:07.60 (39.37)	3:47.15 (39.55)	4:27.28 (40.13)	5:07.41 (40.13)		
2	Ceri Thomas	45	Cardiff Masters	5:40.00	5:41.79	8
	38.04	1:20.41 (42.37)	2:03.94 (43.53)	2:47.31 (43.37)		
	3:31.94 (44.63)	4:15.62 (43.68)	4:58.85 (43.23)	5:41.79 (42.94)		
3	Anne Raymond	47	Sevenoaks Tri Swim Club	6:20.00	6:15.10	6
	42.31	1:28.94 (46.63)	2:16.52 (47.58)	3:04.33 (47.81)		
	3:52.31 (47.98)	4:41.07 (48.76)	5:29.12 (48.05)	6:15.10 (45.98)		
4	Elaine Harrison	47	Cardiff Masters	6:39.09	6:34.73	5
	43.15	1:31.24 (48.09)	2:20.87 (49.63)	3:12.04 (51.17)		
	4:02.39 (50.35)	4:55.42 (53.03)	5:47.44 (52.02)	6:34.73 (47.29)		
5	Sue Leach	48	Gloucester Masters	6:45.00	6:37.89	4
	45.60	1:35.06 (49.46)	2:25.98 (50.92)	3:16.59 (50.61)		
	4:07.28 (50.69)	4:57.93 (50.65)	5:49.05 (51.12)	6:37.89 (48.84)		
6	Lucille Thirlby	46	Out to Swim	6:56.21	6:55.86	3
	44.34	1:34.77 (50.43)	2:25.70 (50.93)	3:18.18 (52.48)		
	4:12.12 (53.94)	5:06.92 (54.80)	6:01.77 (54.85)	6:55.86 (54.09)		
7	Valerie Bull	48	City of Norwich	6:32.38	7:04.69	2
	45.71	1:37.16 (51.45)	2:30.87 (53.71)	3:25.18 (54.31)		
	4:20.54 (55.36)	5:15.82 (55.28)	6:12.24 (56.42)	7:04.69 (52.45)		

Event 1 Women 50-54 400 LC Meter Freestyle

1	Anne Frost	52	Cardiff Masters	8:26.00	8:25.79	10
	54.88	1:58.46 (1:03.58)	3:01.94 (1:03.48)	4:07.02 (1:05.08)		
	5:12.28 (1:05.26)	6:17.66 (1:05.38)	7:24.49 (1:06.83)	8:25.79 (1:01.30)		

Event 1 Women 55-59 400 LC Meter Freestyle

1	Anne Bourne	56	Camp Hill Edwardians	5:30.22	5:26.61	10
	37.70	1:18.88 (41.18)	2:01.76 (42.88)	2:44.30 (42.54)		
	3:25.66 (41.36)	4:07.12 (41.46)	4:47.48 (40.36)	5:26.61 (39.13)		
2	Christine Ayers	57	South Beds Masters SC	6:15.00	6:15.43	8
	41.65	1:28.31 (46.66)	2:16.06 (47.75)	3:04.12 (48.06)		
	3:52.19 (48.07)	4:40.99 (48.80)	5:29.60 (48.61)	6:15.43 (45.83)		
3	Jane Jolly	56	Cork Masters	6:25.10	6:30.37	6
	43.17	1:31.93 (48.76)	2:22.55 (50.62)	3:13.13 (50.58)		
	4:03.59 (50.46)	4:53.64 (50.05)	5:43.28 (49.64)	6:30.37 (47.09)		
4	Lorraine Crook	56	Caldicot	7:37.94	7:44.49	5
	51.03	1:49.54 (58.51)	2:48.52 (58.98)	3:48.26 (59.74)		
	4:48.25 (59.99)	5:47.87 (59.62)	6:47.08 (59.21)	7:44.49 (57.41)		

Event 1 Women 60-64 400 LC Meter Freestyle

1	Julie Crayford	62	Clams	6:30.00	6:42.33	10
	42.68	1:30.84 (48.16)	2:22.05 (51.21)	3:14.67 (52.62)		
	4:07.14 (52.47)	4:59.63 (52.49)	5:51.77 (52.14)	6:42.33 (50.56)		
2	Esther Murray	63	Gloucester Masters	7:55.00	8:07.81	8
	56.05	1:57.12 (1:01.07)	2:58.43 (1:01.31)	4:01.20 (1:02.77)		
	5:03.27 (1:02.07)	6:06.59 (1:03.32)	7:08.20 (1:01.61)	8:07.81 (59.61)		

Event 1 Women 65-69 400 LC Meter Freestyle

1	Elaine Blower	65	Barnet Copthall SC	6:25.51	6:31.13	10
	43.14	1:32.77 (49.63)	2:23.09 (50.32)	3:14.08 (50.99)		
	4:04.50 (50.42)	4:54.42 (49.92)	5:43.92 (49.50)	6:31.13 (47.21)		
2	Iris Bellis	67	South Beds Masters SC	8:15.00	8:06.92	8
	54.93	1:53.58 (58.65)	2:55.32 (1:01.74)	3:57.95 (1:02.63)		
	5:00.64 (1:02.69)	6:03.12 (1:02.48)	7:06.36 (1:03.24)	8:06.92 (1:00.56)		

Welsh Capital Masters - 08/05/2010**Results****(Event 1 Women 65-69 400 LC Meter Freestyle)**

3	Margaret Weare	66	Caldicot	9:27.36	9:36.01	6
	1:03.78	2:16.39 (1:12.61)	3:30.08 (1:13.69)	4:43.16 (1:13.08)		
	5:57.03 (1:13.87)	7:10.49 (1:13.46)	8:24.19 (1:13.70)	9:36.01 (1:11.82)		
4	Rita Egan	66	South Beds Masters SC	10:00.00	10:39.17	5
	1:13.63	2:36.71 (1:23.08)	4:02.10 (1:25.39)	5:26.14 (1:24.04)		
	6:48.41 (1:22.27)	8:07.37 (1:18.96)	9:26.07 (1:18.70)	10:39.17 (1:13.10)		

Event 1 Men 25-29 400 LC Meter Freestyle

1	Ian White	27	Out to Swim	4:45.00	4:44.03	10
	31.83	1:07.29 (35.46)	1:43.52 (36.23)	2:19.90 (36.38)		
	2:56.16 (36.26)	3:32.70 (36.54)	4:08.80 (36.10)	4:44.03 (35.23)		
2	Rhys Smith	29	Cardiff Masters	4:40.00	5:02.58	8
	34.13	1:10.36 (36.23)	1:47.08 (36.72)	2:24.73 (37.65)		
	3:03.29 (38.56)	3:42.86 (39.57)	4:23.14 (40.28)	5:02.58 (39.44)		
3	Daniel Jones	25	Caldicot	5:55.00	6:20.83	6
	37.51	1:21.52 (44.01)	2:10.38 (48.86)	3:00.34 (49.96)		
	3:51.94 (51.60)	4:42.33 (50.39)	5:33.26 (50.93)	6:20.83 (47.57)		

Event 1 Men 30-34 400 LC Meter Freestyle

1	Geoff Twinning	30	Stroud SC	4:30.00	4:35.26	10
	30.62	1:04.23 (33.61)	1:38.41 (34.18)	2:13.30 (34.89)		
	2:48.79 (35.49)	3:24.81 (36.02)	4:00.88 (36.07)	4:35.26 (34.38)		
2	Shane Gibney	32	Trojan - Ire	4:54.87	4:50.91	8
	33.28	1:09.58 (36.30)	1:46.44 (36.86)	2:23.83 (37.39)		
	3:00.82 (36.99)	3:38.54 (37.72)	4:14.56 (36.02)	4:50.91 (36.35)		
3	Clinton Pascoe	33	Out to Swim	5:10.00	5:06.74	6
	33.95	1:12.48 (38.53)	1:51.73 (39.25)	2:31.09 (39.36)		
	3:10.20 (39.11)	3:49.30 (39.10)	4:28.80 (39.50)	5:06.74 (37.94)		
4	Paul Seyde	32	Out to Swim	5:25.00	5:19.60	5
	34.59	1:13.34 (38.75)	1:54.12 (40.78)	2:35.97 (41.85)		
	3:17.76 (41.79)	3:59.50 (41.74)	4:41.23 (41.73)	5:19.60 (38.37)		

Event 1 Men 35-39 400 LC Meter Freestyle

1	David Stannard	39	Reading	4:45.00	4:46.12	10
	31.73	1:07.40 (35.67)	1:43.62 (36.22)	2:20.12 (36.50)		
	2:56.49 (36.37)	3:33.02 (36.53)	4:09.68 (36.66)	4:46.12 (36.44)		
2	Rhys Williams	37	Out to Swim	4:48.90	5:03.53	8
	33.36	1:10.81 (37.45)	1:49.04 (38.23)	2:27.62 (38.58)		
	3:06.53 (38.91)	3:45.71 (39.18)	4:24.64 (38.93)	5:03.53 (38.89)		
3	Greg Clements	39	Stroud SC	5:50.00	5:42.25	6
	36.53	1:16.16 (39.63)	1:59.14 (42.98)	2:43.71 (44.57)		
	3:28.08 (44.37)	4:13.11 (45.03)	4:58.73 (45.62)	5:42.25 (43.52)		

Event 1 Men 40-44 400 LC Meter Freestyle

1	Martin Bradford	43	Out to Swim	5:20.00	5:21.23	10
	36.17	1:15.85 (39.68)	1:56.29 (40.44)	2:37.26 (40.97)		
	3:18.33 (41.07)	3:59.13 (40.80)	4:40.51 (41.38)	5:21.23 (40.72)		
2	Ciaran O'Connor	43	Cork Masters	7:30.00	7:28.27	8
	44.77	1:36.84 (52.07)	2:34.68 (57.84)	3:32.75 (58.07)		
	4:33.85 (1:01.10)	5:33.60 (59.75)	6:33.19 (59.59)	7:28.27 (55.08)		

Event 1 Men 45-49 400 LC Meter Freestyle

1	Andy Thomas	45	David Lloyd	5:10.00	5:16.71	10
	34.41	1:12.69 (38.28)	1:52.59 (39.90)	2:33.18 (40.59)		
	3:14.13 (40.95)	3:55.53 (41.40)	4:36.68 (41.15)	5:16.71 (40.03)		

Welsh Capital Masters - 08/05/2010**Results****(Event 1 Men 45-49 400 LC Meter Freestyle)**

2	Richard Bennett	45	Cardiff Masters	5:19.91	5:17.35	8
	36.57	1:15.22 (38.65)	1:55.26 (40.04)	2:35.35 (40.09)		
	3:16.43 (41.08)	3:57.22 (40.79)	4:38.16 (40.94)	5:17.35 (39.19)		
3	Mark Strakosch	49	Berkhamsted Sports Centre	5:29.40	5:43.26	6
	36.44	1:17.20 (40.76)	2:00.46 (43.26)	2:45.02 (44.56)		
	3:29.92 (44.90)	4:15.07 (45.15)	5:00.19 (45.12)	5:43.26 (43.07)		
4	Diarmuid Herlihy	47	Cork Masters	6:00.00	6:18.93	5
	39.63	1:25.85 (46.22)	2:14.48 (48.63)	3:03.92 (49.44)		
	3:54.01 (50.09)	4:44.10 (50.09)	5:34.74 (50.64)	6:18.93 (44.19)		

Event 1 Men 50-54 400 LC Meter Freestyle

1	Malcolm Smith	52	Bridgend County	5:30.00	5:12.82	10
	35.67	1:14.24 (38.57)	1:54.31 (40.07)	2:34.48 (40.17)		
	3:14.74 (40.26)	3:54.98 (40.24)	4:34.86 (39.88)	5:12.82 (37.96)		
2	Mark Straw	52	Basingstoke Bluefins	5:20.38	5:29.44	8
	34.31	1:13.83 (39.52)	1:54.63 (40.80)	2:36.40 (41.77)		
	3:19.25 (42.85)	4:03.45 (44.20)	4:47.66 (44.21)	5:29.44 (41.78)		
3	Paul Pycroft	52	Cardiff Masters	5:30.00	5:38.05	6
	36.04	1:16.71 (40.67)	2:00.11 (43.40)	2:44.01 (43.90)		
	3:28.37 (44.36)	4:11.86 (43.49)	4:55.42 (43.56)	5:38.05 (42.63)		
4	Michael Battersby	52	Cardiff Masters	5:50.00	6:04.28	5
	37.61	1:20.08 (42.47)	2:06.82 (46.74)	2:54.38 (47.56)		
	3:41.81 (47.43)	4:29.81 (48.00)	6:04.28 (1:34.47)			
5	Keith Williams	52	Hereford	6:00.00	6:38.07	4
	42.41	1:30.79 (48.38)	2:20.98 (50.19)	3:13.12 (52.14)		
	4:04.81 (51.69)	4:56.63 (51.82)	5:48.85 (52.22)	6:38.07 (49.22)		
6	Dennis Sheehan	52	Cork Masters	6:50.00	6:51.87	3
	45.21	1:35.29 (50.08)	2:27.60 (52.31)	3:20.13 (52.53)		
	4:13.35 (53.22)	5:07.42 (54.07)	6:02.33 (54.91)	6:51.87 (49.54)		

Event 1 Men 55-59 400 LC Meter Freestyle

1	Stephen Weston	55	Gloucester Masters	5:50.00	6:01.48	10
	37.89	1:20.55 (42.66)	2:06.39 (45.84)	2:53.45 (47.06)		
	3:41.69 (48.24)	4:30.35 (48.66)	5:18.72 (48.37)	6:01.48 (42.76)		
2	Peter Rank	58	City of Cambridge SC	6:15.00	6:13.40	8
	40.67	1:27.12 (46.45)	2:15.03 (47.91)	3:03.00 (47.97)		
	3:50.10 (47.10)	4:38.21 (48.11)	5:26.57 (48.36)	6:13.40 (46.83)		

Event 1 Men 70-74 400 LC Meter Freestyle

1	Geoff Stokes	71	Rushmoor Royals	5:54.00	5:52.20	10
	40.23	1:24.31 (44.08)	2:10.22 (45.91)	2:56.12 (45.90)		
	3:41.54 (45.42)	4:26.89 (45.35)	5:10.48 (43.59)	5:52.20 (41.72)		
2	Errol Alexis	74	Clams	8:49.00	8:02.65	8
	50.10	1:51.12 (1:01.02)	2:53.57 (1:02.45)	3:56.24 (1:02.67)		
	5:01.82 (1:05.58)	6:04.44 (1:02.62)	7:08.92 (1:04.48)	8:02.65 (53.73)		

Event 1 Men 75-79 400 LC Meter Freestyle

1	Les Stagg	78	Clams	8:30.00	8:39.51	10
	51.05	1:51.32 (1:00.27)	2:55.42 (1:04.10)	4:00.35 (1:04.93)		
	5:06.84 (1:06.49)	6:20.00 (1:13.16)	7:27.39 (1:07.39)	8:39.51 (1:12.12)		

Event 2 Men 18-24 50 LC Meter Backstroke

1	Alex Dallimore	24	Carmarthen Masters	33.00	34.51	10
2	Nathan Peck	19	Cinderford	34.14	34.53	8
3	Tomas Stewart	24	Cardiff Masters	32.00	34.59	6

Welsh Capital Masters - 08/05/2010**Results****Event 2 Men 25-29 50 LC Meter Backstroke**

1	Alex Chklar	29	Spencer Swim Team	34.00	34.14	10
2	Daniel Carr	27	Cardiff Masters	50.00	45.30	8

Event 2 Men 30-34 50 LC Meter Backstroke

1	Andrew Gott	30	Cardiff Masters	40.00	40.80	10
2	Martin Neal	31	Cardiff Masters	50.00	45.77	8

Event 2 Men 40-44 50 LC Meter Backstroke

1	Chris Archer-Brown	42	Bradford-on-Avon SC	30.75	30.96	10
2	Steve Langford	41	Birmingham Masters	34.13	34.23	8
3	Shaun Connor	41	Cardiff Masters	40.00	40.78	6
4	Keith Spence	44	South Beds Masters SC	44.00	41.55	5

Event 2 Men 45-49 50 LC Meter Backstroke

1	Diarmuid Herlihy	47	Cork Masters	43.00	41.39	10
2	Steve Merrett	46	Gloucester Masters	52.00	51.01	8
3	Charles Thackaberry	48	Cardiff Masters	48.00	55.31	6

Event 2 Men 50-54 50 LC Meter Backstroke

1	Jonathan Hopkins	50	Independant	35.50	34.16	10
2	Michael Battersby	52	Cardiff Masters	40.00	40.35	8

Event 2 Men 55-59 50 LC Meter Backstroke

1	Malcolm Wilson	57	Cardiff Masters	37.00	35.76	10
2	Ian Woollard	56	Barnet Copthall SC	38.50	39.70	8

Event 2 Men 60-64 50 LC Meter Backstroke

1	Christopher Thorp	60	City of Derby	39.30	38.53	10
2	Neil Jackson	64	Basingstoke Bluefins	40.05	39.50	8
3	Ian Davies	61	Emlyn Flyers	51.50	49.63	6
4	Leo Le Mass	61	Cork Masters	1:00.00	1:10.71	5

Event 2 Men 70-74 50 LC Meter Backstroke

1	Nigel Salisbury	70	Reading	38.50	39.87	10
2	Garfield Thomas	70	Bridgend County	46.25	44.66	8

Event 2 Men 75-79 50 LC Meter Backstroke

1	Ted Evans	75	City of Derby	44.00	46.70	10
---	-----------	----	---------------	-------	-------	----

Event 3 Women 18-24 50 LC Meter Backstroke

1	Leanne Taylor	23	Birmingham Masters	32.81	33.29	10
2	Sian Boulton	24	Carmarthen Masters	34.50	34.13	8
3	Vikki Mitchell	24	Gloucester Masters	34.26	35.96	6
4	Ceris Westlake	19	Cinderford	36.77	36.15	5
5	Roxanne Taylor	18	Halesowen	35.97	37.75	4

Event 3 Women 25-29 50 LC Meter Backstroke

1	Alex Davis	29	Out to Swim	34.64	37.03	10
2	Louisa Wallace	29	Kettering SC	36.50	37.47	8

Event 3 Women 30-34 50 LC Meter Backstroke

1	Katie Nimmo	34	Gloucester Masters	33.50	34.76	10
2	Sian Clement	33	Swansea Sharks	35.80	36.00	8
3	Michelle Matson	32	Basingstoke Bluefins	36.45	37.18	6

Event 3 Women 35-39 50 LC Meter Backstroke

1	Zoe Sadler	37	Basingstoke Bluefins	45.00	48.17	10
---	------------	----	----------------------	-------	-------	----

Welsh Capital Masters - 08/05/2010**Results****Event 3 Women 40-44 50 LC Meter Backstroke**

1 Hilary Coulson	43 Berkhamsted Sports Centre	38.81	38.76	10
2 Karen Harris	42 Cardiff Masters	45.00	44.85	8

Event 3 Women 45-49 50 LC Meter Backstroke

1 Rebecca Jenkinson	47 Exeter City SC	37.00	35.56	10
2 Allie Price	45 Cardiff Masters	40.00	36.20	8
3 Caroline Smale	48 Penyrheol	38.50	37.47	6
4 Elaine Harrison	47 Cardiff Masters	45.00	49.95	5
5 Jacqueline Farrow	46 Corby	54.12	52.53	4

Event 3 Women 50-54 50 LC Meter Backstroke

1 Berenice Wilson	50 Spondon Masters	37.24	38.73	10
2 Janet Briggs	51 Etwall Eagles	57.34	53.64	8

Event 3 Women 55-59 50 LC Meter Backstroke

1 Alison Wilson	56 Shrewsbury	41.40	42.34	10
-----------------	---------------	-------	-------	----

Event 3 Women 60-64 50 LC Meter Backstroke

1 Julie Crayford	62 Clams	46.00	46.87	10
------------------	----------	-------	-------	----

Event 3 Women 65-69 50 LC Meter Backstroke

1 Elaine Blower	65 Barnet Copthall SC	46.00	46.44	10
2 Brenda Ryan	67 Cork Masters	52.00	51.27	8
3 Margaret Weare	66 Caldicot	1:00.53	1:06.25	6

Event 3 Women 70-74 50 LC Meter Backstroke

1 Mary O'Herlihy	72 Cork Masters	56.00	56.88	10
------------------	-----------------	-------	-------	----

Event 3 Women 75-79 50 LC Meter Backstroke

1 Grace Isaac	78 Spencer Swim Team	59.00	1:01.09	10
---------------	----------------------	-------	---------	----

Event 4 Men 18-24 100 LC Meter Butterfly

1 Nathan Peck	19 Cinderford	1:15.56	1:17.19	10
		35.55	1:17.19 (41.64)	

Event 4 Men 25-29 100 LC Meter Butterfly

1 Alex Chklar	29 Spencer Swim Team	1:04.00	1:05.39	10
		30.73	1:05.39 (34.66)	
2 Rhys Smith	29 Cardiff Masters	1:04.20	1:10.33	8
		32.67	1:10.33 (37.66)	
3 Jamie Lewis	28 David Lloyd	1:16.50	1:18.07	6
		34.61	1:18.07 (43.46)	

Event 4 Men 30-34 100 LC Meter Butterfly

1 Geoff Twinning	30 Stroud SC	1:04.00	1:04.07	10
		30.63	1:04.07 (33.44)	

Event 4 Men 40-44 100 LC Meter Butterfly

1 Peter Beaumont	41 David Lloyd	1:07.20	1:07.73	10
		30.98	1:07.73 (36.75)	
2 Steve Langford	41 Birmingham Masters	1:12.11	1:19.53	8
		35.21	1:19.53 (44.32)	
3 Alexei Zhurov	43 Clams	1:24.00	1:25.47	6
		39.59	1:25.47 (45.88)	
4 Peter Northwood	42 Berkhamsted Sports Centre	1:20.00	1:30.83	5
		37.76	1:30.83 (53.07)	

Welsh Capital Masters - 08/05/2010**Results****(Event 4 Men 40-44 100 LC Meter Butterfly)**

5	Keith Spence	44	South Beds Masters SC	1:32.00	1:33.85	4
	41.34		1:33.85 (52.51)			

Event 4 Men 45-49 100 LC Meter Butterfly

1	Kostas Vasiljevas	48	Barnet Copthall SC	1:08.00	1:14.61	10
	34.19		1:14.61 (40.42)			
2	Andy Thomas	45	David Lloyd	1:10.00	1:14.96	8
	34.14		1:14.96 (40.82)			
3	Mark Partridge	47	Stroud SC	1:13.00	1:19.02	6
	36.28		1:19.02 (42.74)			
4	Desmond O'Duffy	48	David Lloyd	1:40.00	1:33.16	5
	42.07		1:33.16 (51.09)			

Event 4 Men 50-54 100 LC Meter Butterfly

1	John Anderson	51	Gloucester Masters	1:19.20	1:17.09	10
	36.75		1:17.09 (40.34)			
2	Vladimirs Sveds	54	Clams	1:25.00	1:29.44	8
	39.92		1:29.44 (49.52)			
---	Keith Williams	52	Hereford	1:35.00	DQ	
	39.14		DQ (1:08.15)			

Event 5 Women 18-24 100 LC Meter Butterfly

1	Sian Boulton	24	Carmarthen Masters	1:11.00	1:11.18	10
	33.30		1:11.18 (37.88)			
2	Leanne Taylor	23	Birmingham Masters	1:09.70	1:16.56	8
	34.59		1:16.56 (41.97)			

Event 5 Women 25-29 100 LC Meter Butterfly

1	Fiona Kinsella	26	Cardiff Masters	1:13.39	1:13.17	10
	34.54		1:13.17 (38.63)			
2	Jennifer Lane	29	Cork Masters	1:25.00	1:36.15	8
	41.42		1:36.15 (54.73)			

Event 5 Women 30-34 100 LC Meter Butterfly

1	Elizabeth Bellinger	32	Out to Swim	1:09.00	1:06.50	10
	31.09		1:06.50 (35.41)			
2	Emma Davies	31	City of Derby	1:17.50	1:18.48	8
	37.38		1:18.48 (41.10)			
3	Sorcha Kennedy	34	David Lloyd	1:35.00	1:37.15	6
	40.29		1:37.15 (56.86)			

Event 5 Women 35-39 100 LC Meter Butterfly

1	Hannah Paull	37	Gloucester Masters	1:13.00	1:14.67	10
	33.78		1:14.67 (40.89)			
2	Nicola Bainbridge	39	Camp Hill Edwardians	1:16.00	1:14.82	8
	34.17		1:14.82 (40.65)			
3	Jessica Wooddisse	35	Stroud SC	1:18.00	1:15.54	6
	35.94		1:15.54 (39.60)			
4	Karen Burton	35	Camp Hill Edwardians	1:27.00	1:28.62	5
	42.51		1:28.62 (46.11)			
5	Keri Hutchinson	39	David Lloyd	1:40.00	1:39.18	4
	45.99		1:39.18 (53.19)			

Event 5 Women 40-44 100 LC Meter Butterfly

1	Catherine Shearn	41	Basingstoke Bluefins	1:21.72	1:23.78	10
	38.37		1:23.78 (45.41)			

Welsh Capital Masters - 08/05/2010**Results****(Event 5 Women 40-44 100 LC Meter Butterfly)**

2 Tracy Holden	44 Berkhamsted Sports Centre	1:40.00	1:39.64	8
45.85	1:39.64 (53.79)			

Event 5 Women 45-49 100 LC Meter Butterfly

1 Allie Price	45 Cardiff Masters	1:20.00	1:15.83	10
35.45	1:15.83 (40.38)			
2 Ceri Thomas	45 Cardiff Masters	1:21.00	1:27.32	8
39.61	1:27.32 (47.71)			
3 Sarah Borley	48 David Lloyd	1:35.00	1:40.54	6
42.71	1:40.54 (57.83)			
4 Valerie Bull	48 City of Norwich	1:37.07	1:42.55	5
46.24	1:42.55 (56.31)			
5 Jacqueline Farrow	46 Corby	2:13.40	2:06.74	4
1:01.05	2:06.74 (1:05.69)			
6 Delia Keen	49 Carmarthen Masters	2:19.12	2:13.37	3
1:03.50	2:13.37 (1:09.87)			

Event 5 Women 55-59 100 LC Meter Butterfly

1 Sue Haigh	58 Tiverton	1:25.00	1:22.87	10
38.51	1:22.87 (44.36)			
2 Lorraine Crook	56 Caldicot	1:54.24	2:04.16	8
59.44	2:04.16 (1:04.72)			

Event 5 Women 60-64 100 LC Meter Butterfly

1 Julie Crayford	62 Clams	1:35.00	1:40.76	10
43.90	1:40.76 (56.86)			

Event 5 Women 65-69 100 LC Meter Butterfly

1 Diane Ford	67 Spencer Swim Team	1:48.00	1:44.23	10
49.76	1:44.23 (54.47)			

Event 6 Men 120-159 200 LC Meter Medley Relay

1 Out to Swim	A	2:20.00	2:14.23	20
1) Ian White M27	2) Paul Seyde M32	3) Clinton Pascoe M33	4) Rhys Williams M37	
36.33	1:14.51 (38.18)	2:14.23 (59.72)		
2 Cardiff Masters	C	2:20.00	2:19.07	16
1) Tomas Stewart M24	2) Andrew Gott M30	3) Rhys Smith M29	4) Richard Bennett M45	
34.45	1:18.17 (43.72)	1:48.60 (30.43)	2:19.07 (30.47)	
3 Cardiff Masters	D	2:30.00	2:49.66	12
1) Daniel Carr M27	2) Tony Davies M26	3) Shaun Connor M41	4) Martin Neal M31	
45.96	1:31.36 (45.40)	2:10.20 (38.84)	2:49.66 (39.46)	

Event 6 Men 200-239 200 LC Meter Medley Relay

1 Cardiff Masters	A	2:20.00	2:33.47	20
1) William Wilson M55	2) Michael Battersby M52	3) Paul Pycroft M52	4) Malcolm Wilson M57	
36.83	1:25.62 (48.79)	1:59.57 (33.95)	2:33.47 (33.90)	
2 Cork Masters	A	2:30.00	3:03.73	16
1) Diarmuid Herlihy M47	2) Dennis Sheehan M52	3) Leo Le Mass M61	4) Ciaran O'Connor M43	
41.02	1:29.24 (48.22)	2:17.98 (48.74)	3:03.73 (45.75)	

Event 7 Women 120-159 200 LC Meter Freestyle Relay

1 Cardiff Masters	A	2:15.00	2:10.96	20
1) Allie Price W45	2) Fiona Kinsella W26	3) Sian Wilson W31	4) Rhian Andrews W41	
33.61	1:05.63 (32.02)	1:37.67 (32.04)	2:10.96 (33.29)	

Welsh Capital Masters - 08/05/2010**Results****(Event 7 Women 120-159 200 LC Meter Freestyle Relay)**

2	Out to Swim	A	2:30.00	2:11.29	16
	1) Karin Lockhoff W35	2) Lucille Thirlby W46	3) Elizabeth Bellinger W32	4) Alex Davis W29	
	31.85	1:03.44 (31.59)	1:41.76 (38.32)	2:11.29 (29.53)	
3	Cardiff Masters	C	2:20.00	2:36.91	12
	1) Karen Harris W42	2) Lizzie Swaffield W28	3) Hannah Jones W24	4) Marie Concannon W28	
	36.03	1:10.70 (34.67)	2:00.68 (49.98)	2:36.91 (36.23)	

Event 7 Women 200-239 200 LC Meter Freestyle Relay

1	Cardiff Masters	B	2:20.00	2:29.19	20
	1) Clare Parry W52	2) Elsa Stewart W56	3) Ceri Thomas W45	4) Elaine Harrison W47	
	34.76	1:13.55 (38.79)	1:48.66 (35.11)	2:29.19 (40.53)	

Event 7 Women 240-279 200 LC Meter Freestyle Relay

1	Cork Masters	A	2:40.00	2:52.51	20
	1) Jane Jolly W56	2) Brenda Ryan W67	3) Mary O'Herlihy W72	4) Pauline Houlihan W53	
	42.30	1:26.42 (44.12)	2:13.40 (46.98)	2:52.51 (39.11)	

Event 8 Men 25-29 200 LC Meter IM

1	Alex Chklar	29	Spencer Swim Team	2:25.00	2:29.92	10
	30.56	1:11.34 (40.78)	1:54.05 (42.71)	2:29.92 (35.87)		
2	Rhys Smith	29	Cardiff Masters	2:32.00	2:45.12	8
	32.38	1:16.70 (44.32)	2:06.17 (49.47)	2:45.12 (38.95)		

Event 8 Men 30-34 200 LC Meter IM

1	Geoff Twinning	30	Stroud SC	2:24.00	2:26.34	10
	29.70	1:08.80 (39.10)	1:52.18 (43.38)	2:26.34 (34.16)		
2	Clinton Pascoe	33	Out to Swim	2:45.00	2:37.70	8
	32.73	1:13.70 (40.97)	2:00.22 (46.52)	2:37.70 (37.48)		
3	Andrew Gott	30	Cardiff Masters	3:09.00	3:10.93	6
	38.13	1:26.44 (48.31)	2:24.53 (58.09)	3:10.93 (46.40)		

Event 8 Men 35-39 200 LC Meter IM

1	David Stannard	39	Reading	2:34.00	2:37.73	10
	32.33	1:16.31 (43.98)	2:01.43 (45.12)	2:37.73 (36.30)		
2	Richard Lawford	35	Silver City Blues	2:55.00	3:00.64	8
	35.05	1:23.67 (48.62)	2:16.51 (52.84)	3:00.64 (44.13)		

Event 8 Men 40-44 200 LC Meter IM

1	Steve Langford	41	Birmingham Masters	2:47.32	2:50.94	10
	34.39	1:17.60 (43.21)	2:11.99 (54.39)	2:50.94 (38.95)		
2	Shaun Connor	41	Cardiff Masters	3:30.00	3:15.36	8
	38.99	1:33.02 (54.03)	2:31.58 (58.56)	3:15.36 (43.78)		
3	Keith Spence	44	South Beds Masters SC	3:25.00	3:26.84	6
	42.60	1:38.01 (55.41)	2:35.95 (57.94)	3:26.84 (50.89)		

Event 8 Men 45-49 200 LC Meter IM

1	Andy Thomas	45	David Lloyd	2:38.00	2:41.07	10
	32.86	1:17.54 (44.68)	2:04.20 (46.66)	2:41.07 (36.87)		
2	Riccardo Ludovici	47	Gloucester Masters	3:10.00	3:19.90	8
	41.56	1:38.98 (57.42)	2:35.36 (56.38)	3:19.90 (44.54)		
3	Desmond O'Duffy	48	David Lloyd	3:45.00	3:35.18	6
	44.40	1:46.28 (1:01.88)	2:51.59 (1:05.31)	3:35.18 (43.59)		

Event 8 Men 50-54 200 LC Meter IM

1	Iain Gerrard	53	Reading	2:50.00	2:44.97	10
	35.82	1:17.72 (41.90)	2:08.22 (50.50)	2:44.97 (36.75)		

Welsh Capital Masters - 08/05/2010**Results****(Event 8 Men 50-54 200 LC Meter IM)**

2	Vladimirs Sveds	54	Clams	3:00.70	3:09.55	8
	39.42	1:30.44 (51.02)	2:24.27 (53.83)	3:09.55 (45.28)		
3	Keith Williams	52	Hereford	3:00.00	3:46.14	6
	48.96	1:50.49 (1:01.53)	2:57.87 (1:07.38)	3:46.14 (48.27)		

Event 8 Men 55-59 200 LC Meter IM

1	David Burchell	55	Mold Masters	3:02.00	2:59.69	10
	35.12	1:25.46 (50.34)	2:15.85 (50.39)	2:59.69 (43.84)		

Event 8 Men 65-69 200 LC Meter IM

1	Ken Jones	65	Emlyn Flyers	4:20.00	4:32.40	10
	1:02.95	2:10.87 (1:07.92)	3:27.67 (1:16.80)	4:32.40 (1:04.73)		

Event 8 Men 70-74 200 LC Meter IM

1	Garfield Thomas	70	Bridgend County	3:24.92	3:25.88	10
	41.15	1:33.87 (52.72)	2:38.88 (1:05.01)	3:25.88 (47.00)		

Event 9 Women 18-24 200 LC Meter IM

1	Leanne Taylor	23	Birmingham Masters	2:32.76	2:39.82	10
	33.44	1:14.70 (41.26)	2:02.67 (47.97)	2:39.82 (37.15)		
2	Sian Boulton	24	Carmarthen Masters	2:45.00	2:41.02	8
	33.25	1:16.97 (43.72)	2:03.90 (46.93)	2:41.02 (37.12)		

Event 9 Women 25-29 200 LC Meter IM

1	Fiona Kinsella	26	Cardiff Masters	2:58.70	2:45.72	10
	34.22	1:19.92 (45.70)	2:07.29 (47.37)	2:45.72 (38.43)		
2	Louisa Wallace	29	Kettering SC	2:45.00	2:58.63	8
	38.96	1:24.26 (45.30)	2:18.36 (54.10)	2:58.63 (40.27)		
3	Helen Whittle	29	Reading	3:01.14	3:01.04	6
	38.27	1:26.79 (48.52)	2:17.89 (51.10)	3:01.04 (43.15)		
4	Marie Concannon	28	Cardiff Masters	3:10.00	3:13.91	5
	38.61	1:24.45 (45.84)	2:29.16 (1:04.71)	3:13.91 (44.75)		

Event 9 Women 30-34 200 LC Meter IM

1	Katie Nimmo	34	Gloucester Masters	2:41.32	2:38.22	10
	33.78	1:15.46 (41.68)	2:03.68 (48.22)	2:38.22 (34.54)		
2	Elizabeth Bellinger	32	Out to Swim	2:50.00	2:45.18	8
	32.69	1:16.19 (43.50)	2:06.33 (50.14)	2:45.18 (38.85)		
3	Michelle Matson	32	Basingstoke Bluefins	2:48.68	2:48.58	6
	35.44	1:20.47 (45.03)	2:09.63 (49.16)	2:48.58 (38.95)		
4	Sian Wilson	31	Cardiff Masters	2:56.00	2:53.87	5
	35.38	1:18.53 (43.15)	2:12.32 (53.79)	2:53.87 (41.55)		
5	Emma Davies	31	City of Derby	2:50.00	2:55.68	4
	37.64	1:22.28 (44.64)	2:17.80 (55.52)	2:55.68 (37.88)		

Event 9 Women 35-39 200 LC Meter IM

1	Jessica Wooddisse	35	Stroud SC	2:55.00	2:49.20	10
	36.49	1:23.39 (46.90)	2:11.89 (48.50)	2:49.20 (37.31)		
2	Karin Lockhoff	35	Out to Swim	2:50.00	2:55.80	8
	37.10	1:25.67 (48.57)	2:15.82 (50.15)	2:55.80 (39.98)		

Event 9 Women 40-44 200 LC Meter IM

1	Karen Hilton	41	Gloucester Masters	3:05.00	3:05.98	10
	40.54	1:31.77 (51.23)	2:23.10 (51.33)	3:05.98 (42.88)		
2	Tracy Holden	44	Berkhamsted Sports Centre	3:24.00	3:27.23	8
	45.27	1:41.05 (55.78)	2:41.46 (1:00.41)	3:27.23 (45.77)		

Welsh Capital Masters - 08/05/2010**Results****(Event 9 Women 40-44 200 LC Meter IM)**

3	Alison Willis	43	Fishguard Flyers	3:50.00	3:34.39	6
	46.02	1:42.50 (56.48)	2:46.45 (1:03.95)	3:34.39 (47.94)		
4	Paula Montez	42	Independant	3:55.00	3:58.57	5
	57.41	2:02.04 (1:04.63)	3:02.75 (1:00.71)	3:58.57 (55.82)		

Event 9 Women 45-49 200 LC Meter IM

1	Dymphna Morris	49	Aer Lingus Masters	3:01.00	2:48.36	10
	35.52	1:19.43 (43.91)	2:10.12 (50.69)	2:48.36 (38.24)		
2	Allie Price	45	Cardiff Masters	2:49.00	2:48.38	8
	35.28	1:18.75 (43.47)	2:09.15 (50.40)	2:48.38 (39.23)		
3	Lucille Thirlby	46	Out to Swim	3:41.25	3:42.23	6
	50.74	1:48.82 (58.08)	2:52.37 (1:03.55)	3:42.23 (49.86)		
---	Valerie Bull	48	City of Norwich	3:34.08	DQ	
	43.68	1:42.41 (58.73)	2:48.65 (1:06.24)	DQ (50.40)		

Event 9 Women 50-54 200 LC Meter IM

1	Lesley Davies	50	Otter	3:43.02	3:54.92	10
	57.01	2:01.06 (1:04.05)	3:03.79 (1:02.73)	3:54.92 (51.13)		

Event 9 Women 55-59 200 LC Meter IM

1	Kathleen Tunnicliffe	58	Etwall Eagles	3:15.00	3:10.80	10
	40.53	1:32.08 (51.55)	2:26.96 (54.88)	3:10.80 (43.84)		
2	Christine Ayers	57	South Beds Masters SC	3:32.00	3:23.56	8
	44.44	1:40.34 (55.90)	2:37.91 (57.57)	3:23.56 (45.65)		
3	Alison Wilson	56	Shrewsbury	3:28.56	3:27.87	6
	46.29	1:37.80 (51.51)	2:42.12 (1:04.32)	3:27.87 (45.75)		
4	Elsa Stewart	56	Cardiff Masters	3:53.97	3:49.38	5
	53.92	1:55.77 (1:01.85)	2:58.81 (1:03.04)	3:49.38 (50.57)		
5	Lorraine Crook	56	Caldicot	3:58.00	4:19.76	4
	58.49	2:07.97 (1:09.48)	3:20.78 (1:12.81)	4:19.76 (58.98)		

Event 9 Women 60-64 200 LC Meter IM

1	Julie Crayford	62	Clams	3:25.00	3:33.74	10
	44.62	1:42.84 (58.22)	2:42.40 (59.56)	3:33.74 (51.34)		

Event 9 Women 65-69 200 LC Meter IM

1	Elaine Blower	65	Barnet Copthall SC	3:42.20	3:40.56	10
	51.28	1:46.19 (54.91)	2:52.33 (1:06.14)	3:40.56 (48.23)		
2	Margaret Weare	66	Caldicot	5:04.95	5:07.75	8
	1:15.38	2:33.11 (1:17.73)	3:58.50 (1:25.39)	5:07.75 (1:09.25)		

Event 10 Men 18-24 50 LC Meter Breaststroke

1	Alex Dallimore	24	Carmarthen Masters	38.00	40.27	10
---	----------------	----	--------------------	-------	-------	----

Event 10 Men 25-29 50 LC Meter Breaststroke

1	Jamie Lewis	28	David Lloyd	39.00	41.11	10
---	-------------	----	-------------	-------	-------	----

Event 10 Men 30-34 50 LC Meter Breaststroke

1	Ross Turner	30	Rugby SC	31.52	32.64	10
2	Paul Seyde	32	Out to Swim	38.50	38.42	8
3	Andrew Gott	30	Cardiff Masters	43.00	43.29	6

Event 10 Men 35-39 50 LC Meter Breaststroke

1	Richard Lawford	35	Silver City Blues	39.50	40.50	10
---	-----------------	----	-------------------	-------	-------	----

Event 10 Men 40-44 50 LC Meter Breaststroke

1	Ciaran O'Connor	43	Cork Masters	46.00	52.61	10
---	-----------------	----	--------------	-------	-------	----

Welsh Capital Masters - 08/05/2010**Results****Event 10 Men 45-49 50 LC Meter Breaststroke**

1	Mark Partridge	47	Stroud SC	35.50	34.78	10
2	John Snead	45	Reading	45.00	40.93	8
3	Dylan Gravelle	48	Carmarthen Masters	42.36	42.77	6
4	Diarmuid Herlihy	47	Cork Masters	46.00	45.20	5
5	Steve Merrett	46	Gloucester Masters	48.00	46.88	4

Event 10 Men 50-54 50 LC Meter Breaststroke

1	Michael Battersby	52	Cardiff Masters	39.09	38.91	10
2	Andy Rutter	54	Clams	44.60	45.60	8
3	Dennis Sheehan	52	Cork Masters	45.00	48.10	6
4	Gareth Harris	50	Cardiff Masters	50.00	51.15	5

Event 10 Men 55-59 50 LC Meter Breaststroke

1	David Burchell	55	Mold Masters	38.50	37.91	10
2	Nicholas McDowall	58	Gloucester Masters	44.00	44.72	8

Event 10 Men 60-64 50 LC Meter Breaststroke

1	Christopher Thorp	60	City of Derby	42.93	41.95	10
2	Ian Davies	61	Emlyn Flyers	48.00	46.66	8

Event 10 Men 70-74 50 LC Meter Breaststroke

1	Errol Alexis	74	Clams	55.00	57.63	10
---	--------------	----	-------	-------	-------	----

Event 10 Men 75-79 50 LC Meter Breaststroke

1	Ted Evans	75	City of Derby	50.00	49.80	10
2	Colin Knowles	76	Cardiff Masters	1:01.46	1:00.24	8

Event 11 Women 18-24 50 LC Meter Breaststroke

1	Sian Boulton	24	Carmarthen Masters	40.00	38.81	10
2	Roxanne Taylor	18	Halesowen	40.03	41.33	8

Event 11 Women 25-29 50 LC Meter Breaststroke

1	Helen Whittle	29	Reading	42.17	42.89	10
2	Jennifer Lane	29	Cork Masters	47.80	49.61	8
3	Lizzie Swaffield	28	Cardiff Masters	50.00	51.90	6

Event 11 Women 30-34 50 LC Meter Breaststroke

1	Jessie Blain	31	Cardiff Masters	47.00	47.01	10
---	--------------	----	-----------------	-------	-------	----

Event 11 Women 35-39 50 LC Meter Breaststroke

1	Nicola Bainbridge	39	Camp Hill Edwardians	38.00	37.23	10
2	Helen Rolle	35	Etwall Eagles	38.00	38.71	8

Event 11 Women 40-44 50 LC Meter Breaststroke

1	Sharon Lock	41	Basingstoke Bluefins	38.96	39.38	10
2	Hilary Coulson	43	Berkhamsted Sports Centre	44.61	44.27	8
3	Alison Willis	43	Fishguard Flyers	55.00	54.52	6
4	Paula Montez	42	Independant	55.00	54.70	5

Event 11 Women 45-49 50 LC Meter Breaststroke

1	Rebecca Jenkinson	47	Exeter City SC	40.00	39.34	10
2	Caroline Smale	48	Penyrheol	45.00	42.83	8
3	Sara Allen	47	Epsom District	46.00	44.57	6
4	Anne Raymond	47	Sevenoaks Tri Swim Club	46.00	46.32	5
5	Elaine Harrison	47	Cardiff Masters	50.20	52.22	4
6	Jacqueline Farrow	46	Corby	52.78	52.96	3

Welsh Capital Masters - 08/05/2010**Results****(Event 11 Women 45-49 50 LC Meter Breaststroke)**

7	Delia Keen	49	Carmarthen Masters	1:01.05	57.72	2
---	------------	----	--------------------	---------	-------	---

Event 11 Women 50-54 50 LC Meter Breaststroke

1	Anne Nicholls	53	Gloucester Masters	48.00	47.37	10
2	Janet Briggs	51	Etwall Eagles	50.28	50.73	8
3	Pauline Houlihan	53	Cork Masters	52.20	52.39	6
4	Anne Frost	52	Cardiff Masters	1:05.00	1:12.50	5

Event 11 Women 55-59 50 LC Meter Breaststroke

1	Jennifer Merritt	59	Spondon Masters	41.80	42.26	10
2	Julie Britton	55	Gloucester Masters	45.95	46.27	8
3	Lynda Wathan	57	Independant	52.60	53.62	6
4	Elsa Stewart	56	Cardiff Masters	54.29	54.60	5

Event 11 Women 60-64 50 LC Meter Breaststroke

1	Julie Crayford	62	Clams	45.00	46.24	10
---	----------------	----	-------	-------	-------	----

Event 11 Women 65-69 50 LC Meter Breaststroke

1	Diane Ford	67	Spencer Swim Team	44.50	45.39	10
2	Iris Bellis	67	South Beds Masters SC	1:10.00	59.49	8
3	Valerie Palmer	68	Caldicot	1:03.04	1:03.54	6
4	Rita Egan	66	South Beds Masters SC	1:00.00	1:05.34	5

Event 12 Men 18-24 100 LC Meter Backstroke

1	Tomas Stewart	24	Cardiff Masters	1:08.00	1:14.68	10
	36.07		1:14.68 (38.61)			

Event 12 Men 25-29 100 LC Meter Backstroke

1	Jamie Lewis	28	David Lloyd	1:20.00	1:27.01	10
	43.41		1:27.01 (43.60)			

Event 12 Men 30-34 100 LC Meter Backstroke

1	Clinton Pascoe	33	Out to Swim	1:20.00	1:12.57	10
	35.53		1:12.57 (37.04)			
2	Martin Neal	31	Cardiff Masters	1:50.00	1:37.15	8
	47.39		1:37.15 (49.76)			

Event 12 Men 35-39 100 LC Meter Backstroke

1	Rhys Williams	37	Out to Swim	1:13.00	1:15.14	10
	36.35		1:15.14 (38.79)			

Event 12 Men 40-44 100 LC Meter Backstroke

1	Steve Langford	41	Birmingham Masters	1:13.75	1:16.05	10
	37.95		1:16.05 (38.10)			
2	Alexei Zhurov	43	Clams	1:29.50	1:32.27	8
	46.35		1:32.27 (45.92)			
3	Shaun Connor	41	Cardiff Masters	1:35.00	1:34.65	6
	45.37		1:34.65 (49.28)			
4	Keith Spence	44	South Beds Masters SC	1:35.00	1:35.33	5
	46.84		1:35.33 (48.49)			

Event 12 Men 45-49 100 LC Meter Backstroke

1	Diarmuid Herlihy	47	Cork Masters	1:30.00	1:38.58	10
	48.19		1:38.58 (50.39)			
2	Steve Merrett	46	Gloucester Masters	1:49.00	1:46.79	8
	52.47		1:46.79 (54.32)			

Welsh Capital Masters - 08/05/2010**Results****Event 12 Men 50-54 100 LC Meter Backstroke**

1	Colin Stephenson	52	Gloucester Masters	1:16.30	1:19.10	10
	39.47				1:19.10 (39.63)	
2	Paul Pycroft	52	Cardiff Masters	1:30.00	1:27.05	8
	41.61				1:27.05 (45.44)	
3	Vladimirs Sveds	54	Clams	1:31.20	1:35.97	6
	48.86				1:35.97 (47.11)	
4	Keith Williams	52	Hereford	1:30.00	1:45.31	5
	50.74				1:45.31 (54.57)	

Event 12 Men 55-59 100 LC Meter Backstroke

1	Malcolm Wilson	57	Cardiff Masters	1:19.00	1:20.22	10
	39.45				1:20.22 (40.77)	

Event 12 Men 60-64 100 LC Meter Backstroke

1	Neil Jackson	64	Basingstoke Bluefins	1:32.00	1:29.85	10
	44.10				1:29.85 (45.75)	
2	Christopher Thorp	60	City of Derby	1:28.00	1:34.12	8
	43.74				1:34.12 (50.38)	
3	Ian Davies	61	Emlyn Flyers	1:55.00	1:53.85	6
	54.74				1:53.85 (59.11)	

Event 12 Men 65-69 100 LC Meter Backstroke

1	Charles Parker	69	Basingstoke Bluefins	1:40.00	1:34.09	10
	45.71				1:34.09 (48.38)	
2	Ken Jones	65	Emlyn Flyers	2:10.00	2:00.04	8
	54.41				2:00.04 (1:05.63)	

Event 12 Men 70-74 100 LC Meter Backstroke

1	Nigel Salisbury	70	Reading	1:29.00	1:30.39	10
	44.69				1:30.39 (45.70)	

Event 12 Men 75-79 100 LC Meter Backstroke

1	Ted Evans	75	City of Derby	1:46.00	1:46.30	10
	52.89				1:46.30 (53.41)	
2	Les Stagg	78	Clams	2:10.00	2:01.99	8
	57.04				2:01.99 (1:04.95)	

Event 13 Women 18-24 100 LC Meter Backstroke

1	Leanne Taylor	23	Birmingham Masters	1:09.99	1:13.45	10
	35.87				1:13.45 (37.58)	
2	Vikki Mitchell	24	Gloucester Masters	1:17.05	1:18.28	8
	38.39				1:18.28 (39.89)	

Event 13 Women 25-29 100 LC Meter Backstroke

1	Louisa Wallace	29	Kettering SC	1:19.30	1:22.23	10
	40.39				1:22.23 (41.84)	
2	Marie Concannon	28	Cardiff Masters	1:22.89	1:27.25	8
	42.25				1:27.25 (45.00)	
3	Helen Whittle	29	Reading	1:25.24	1:27.40	6
	42.80				1:27.40 (44.60)	

Event 13 Women 30-34 100 LC Meter Backstroke

1	Katie Nimmo	34	Gloucester Masters	1:14.41	1:15.81	10
	36.43				1:15.81 (39.38)	
2	Michelle Matson	32	Basingstoke Bluefins	1:18.78	1:19.61	8
	39.19				1:19.61 (40.42)	

Welsh Capital Masters - 08/05/2010**Results****(Event 13 Women 30-34 100 LC Meter Backstroke)**

3	Sian Clement	33	Swansea Sharks	1:18.10	1:21.17	6
	39.48		1:21.17 (41.69)			
4	Sian Wilson	31	Cardiff Masters	1:35.10	1:21.32	5
	40.17		1:21.32 (41.15)			

Event 13 Women 35-39 100 LC Meter Backstroke

1	Keri Hutchinson	39	David Lloyd	1:35.00	1:34.59	10
	48.21		1:34.59 (46.38)			
2	Zoe Sadler	37	Basingstoke Bluefins	1:40.00	1:43.81	8
	49.95		1:43.81 (53.86)			

Event 13 Women 40-44 100 LC Meter Backstroke

1	Hilary Coulson	43	Berkhamsted Sports Centre	1:26.46	1:26.19	10
	41.61		1:26.19 (44.58)			
2	Karen Harris	42	Cardiff Masters	1:35.00	1:40.58	8
	46.87		1:40.58 (53.71)			
3	Alison Willis	43	Fishguard Flyers	1:35.00	1:42.76	6
	49.36		1:42.76 (53.40)			

Event 13 Women 45-49 100 LC Meter Backstroke

1	Allie Price	45	Cardiff Masters	1:19.00	1:19.33	10
	38.89		1:19.33 (40.44)			
2	Rebecca Jenkinson	47	Exeter City SC	1:23.00	1:19.86	8
	39.93		1:19.86 (39.93)			
3	Sandra Jones	46	Gloucester Masters	1:24.53	1:25.12	6
	41.45		1:25.12 (43.67)			
4	Caroline Smale	48	Penyrheol	1:34.00	1:30.96	5
	44.39		1:30.96 (46.57)			
5	Lucille Thirlby	46	Out to Swim	2:00.00	1:52.67	4
	53.33		1:52.67 (59.34)			
6	Jacqueline Farrow	46	Corby	1:54.25	2:06.21	3
	1:01.33		2:06.21 (1:04.88)			

Event 13 Women 50-54 100 LC Meter Backstroke

1	Berenice Wilson	50	Spondon Masters	1:21.54	1:22.51	10
	40.67		1:22.51 (41.84)			
2	Clare Parry	52	Cardiff Masters	1:27.00	1:30.31	8
	44.40		1:30.31 (45.91)			
3	Anne Frost	52	Cardiff Masters	2:05.00	2:11.69	6
	1:02.47		2:11.69 (1:09.22)			

Event 13 Women 55-59 100 LC Meter Backstroke

1	Kathleen Tunnicliffe	58	Etwall Eagles	1:26.50	1:26.00	10
	41.51		1:26.00 (44.49)			
2	Alison Wilson	56	Shrewsbury	1:31.00	1:35.28	8
	46.75		1:35.28 (48.53)			
3	Lynda Wathan	57	Independant	1:48.60	1:56.02	6
	56.10		1:56.02 (59.92)			

Event 13 Women 65-69 100 LC Meter Backstroke

1	Elaine Blower	65	Barnet Copthall SC	1:40.12	1:40.81	10
	49.02		1:40.81 (51.79)			
2	Brenda Ryan	67	Cork Masters	2:00.00	1:56.92	8
	57.73		1:56.92 (59.19)			

Welsh Capital Masters - 08/05/2010**Results****Event 13 Women 75-79 100 LC Meter Backstroke**

1	Grace Isaac	78	Spencer Swim Team	2:13.00	2:16.34	10
	1:09.40	2:16.34 (1:06.94)				

Event 14 Men 18-24 100 LC Meter Freestyle

1	Nathan Peck	19	Cinderford	1:00.98	1:01.47	10
	29.92	1:01.47 (31.55)				
2	Tomas Stewart	24	Cardiff Masters	1:00.00	1:02.69	8
	29.86	1:02.69 (32.83)				
3	Jason Games	18	Cinderford	1:09.91	1:04.35	6
	30.58	1:04.35 (33.77)				

Event 14 Men 25-29 100 LC Meter Freestyle

1	Ian White	27	Out to Swim	1:02.00	59.11	10
	28.30	59.11 (30.81)				
2	Alex Chklar	29	Spencer Swim Team	59.00	1:00.65	8
	29.73	1:00.65 (30.92)				
3	Matt Rogers	25	Cinderford	1:06.00	1:03.72	6
	30.65	1:03.72 (33.07)				
4	Rhys Smith	29	Cardiff Masters	59.20	1:05.87	5
	31.73	1:05.87 (34.14)				
5	Daniel Jones	25	Caldicot	1:12.00	1:14.45	4
	33.75	1:14.45 (40.70)				
6	Daniel Carr	27	Cardiff Masters	1:27.00	1:23.65	3
	40.81	1:23.65 (42.84)				

Event 14 Men 30-34 100 LC Meter Freestyle

1	Geoff Twinning	30	Stroud SC	57.00	58.71	10
	28.99	58.71 (29.72)				
2	Shane Gibney	32	Trojan - Ire	1:01.89	1:01.33	8
	29.77	1:01.33 (31.56)				
3	Martin Neal	31	Cardiff Masters	1:18.00	1:26.63	6
	41.02	1:26.63 (45.61)				

Event 14 Men 35-39 100 LC Meter Freestyle

1	David Stannard	39	Reading	1:01.00	1:02.37	10
	30.12	1:02.37 (32.25)				
2	Stephen Croall	38	Swim Swansea Masters	1:02.50	1:03.59	8
	29.78	1:03.59 (33.81)				
3	Rhys Williams	37	Out to Swim	1:01.50	1:04.80	6
	30.87	1:04.80 (33.93)				
4	Richard Lawford	35	Silver City Blues	1:10.50	1:11.29	5
	33.52	1:11.29 (37.77)				

Event 14 Men 40-44 100 LC Meter Freestyle

1	Martin Bradford	43	Out to Swim	1:10.00	1:04.34	10
	30.40	1:04.34 (33.94)				
2	Steve Langford	41	Birmingham Masters	1:03.94	1:04.86	8
	31.77	1:04.86 (33.09)				
3	Peter Northwood	42	Berkhamsted Sports Centre	1:10.00	1:10.17	6
	33.38	1:10.17 (36.79)				
4	Ciaran O'Connor	43	Cork Masters	1:24.00	1:26.13	5
	41.31	1:26.13 (44.82)				

Event 14 Men 45-49 100 LC Meter Freestyle

1	Andy Thomas	45	David Lloyd	1:00.00	1:03.74	10
	30.23	1:03.74 (33.51)				

Welsh Capital Masters - 08/05/2010**Results****(Event 14 Men 45-49 100 LC Meter Freestyle)**

2	Mark Partridge	47	Stroud SC	1:04.00	1:05.52	8
	30.67		1:05.52 (34.85)			
3	John Snead	45	Reading	1:06.00	1:06.44	6
	31.33		1:06.44 (35.11)			
4	Richard Bennett	45	Cardiff Masters	1:08.10	1:07.70	5
	32.74		1:07.70 (34.96)			
5	Mark Strakosch	49	Berkhamsted Sports Centre	1:11.39	1:14.20	4
	35.18		1:14.20 (39.02)			
6	Riccardo Ludovici	47	Gloucester Masters	1:13.67	1:14.54	3
	36.77		1:14.54 (37.77)			
7	Diarmuid Herlihy	47	Cork Masters	1:10.00	1:15.72	2
	35.57		1:15.72 (40.15)			
8	Steve Merrett	46	Gloucester Masters	1:26.00	1:30.76	1
	40.98		1:30.76 (49.78)			
9	Charles Thackaberry	48	Cardiff Masters	1:35.00	1:34.93	
	43.49		1:34.93 (51.44)			

Event 14 Men 50-54 100 LC Meter Freestyle

1	Colin Stephenson	52	Gloucester Masters	1:00.01	1:01.60	10
	29.43		1:01.60 (32.17)			
2	Jonathan Hopkins	50	Independant	1:04.00	1:02.89	8
	30.16		1:02.89 (32.73)			
3	Iain Gerrard	53	Reading	1:07.00	1:05.28	6
	31.51		1:05.28 (33.77)			
4	Paul Pycroft	52	Cardiff Masters	1:07.00	1:08.24	5
	32.73		1:08.24 (35.51)			
5	Michael Battersby	52	Cardiff Masters	1:13.50	1:19.03	4
	36.70		1:19.03 (42.33)			
6	Gareth Harris	50	Cardiff Masters	1:25.00	1:27.92	3
	40.95		1:27.92 (46.97)			
7	Dennis Sheehan	52	Cork Masters	1:24.00	1:28.64	2
	43.92		1:28.64 (44.72)			

Event 14 Men 55-59 100 LC Meter Freestyle

1	Stephen Weston	55	Gloucester Masters	1:04.50	1:08.70	10
	30.43		1:08.70 (38.27)			
2	David Cooper	55	Cardiff Masters	1:12.00	1:13.50	8
	34.99		1:13.50 (38.51)			
3	Ian Woollard	56	Barnet Copthall SC	1:14.00	1:14.41	6
	34.97		1:14.41 (39.44)			
4	Nicholas McDowall	58	Gloucester Masters	1:16.00	1:19.34	5
	38.81		1:19.34 (40.53)			
5	Peter Rank	58	City of Cambridge SC	1:17.00	1:20.17	4
	37.41		1:20.17 (42.76)			

Event 14 Men 60-64 100 LC Meter Freestyle

1	Christopher Thorp	60	City of Derby	1:16.70	1:16.96	10
	36.68		1:16.96 (40.28)			
2	Ian Davies	61	Emlyn Flyers	1:25.61	1:31.40	8
	42.44		1:31.40 (48.96)			
3	Leo Le Mass	61	Cork Masters	2:00.00	1:47.76	6
	49.32		1:47.76 (58.44)			

Welsh Capital Masters - 08/05/2010**Results****Event 14 Men 65-69 100 LC Meter Freestyle**

1	Tony Cherrington	68	Gloucester Masters	1:08.00	1:13.37	10
	33.80				1:13.37 (39.57)	
2	Ken Jones	65	Emlyn Flyers	1:45.00	1:45.21	8
	47.82				1:45.21 (57.39)	

Event 14 Men 70-74 100 LC Meter Freestyle

1	Geoff Stokes	71	Rushmoor Royals	1:16.00	1:16.19	10
	36.75				1:16.19 (39.44)	
2	Errol Alexis	74	Clams	1:40.00	1:35.40	8
	44.87				1:35.40 (50.53)	

Event 14 Men 75-79 100 LC Meter Freestyle

1	Ted Evans	75	City of Derby	1:38.00	1:29.83	10
	43.86				1:29.83 (45.97)	

Event 15 Women 18-24 100 LC Meter Freestyle

1	Roxanne Taylor	18	Halesowen	1:07.09	1:07.86	10
	32.84				1:07.86 (35.02)	
2	Vikki Mitchell	24	Gloucester Masters	1:07.00	1:09.50	8
	33.50				1:09.50 (36.00)	
3	Ceris Westlake	19	Cinderford	1:10.00	1:10.20	6
	32.90				1:10.20 (37.30)	

Event 15 Women 25-29 100 LC Meter Freestyle

1	Fiona Kinsella	26	Cardiff Masters	1:07.25	1:07.14	10
	32.50				1:07.14 (34.64)	
2	Laura Parry	28	Clams	1:05.80	1:07.95	8
	32.30				1:07.95 (35.65)	
3	Louisa Wallace	29	Kettering SC	1:08.90	1:10.91	6
	33.67				1:10.91 (37.24)	
4	Jennifer Lane	29	Cork Masters	1:17.33	1:15.65	5
	35.32				1:15.65 (40.33)	
5	Sarah McSweeney	29	Cork Masters	1:26.00	1:21.97	4
	39.26				1:21.97 (42.71)	
6	Lizzie Swaffield	28	Cardiff Masters	1:30.00	1:28.56	3
	43.12				1:28.56 (45.44)	

Event 15 Women 30-34 100 LC Meter Freestyle

1	Sorcha Kennedy	34	David Lloyd	1:12.00	1:14.12	10
	35.17				1:14.12 (38.95)	

Event 15 Women 35-39 100 LC Meter Freestyle

1	Hannah Paull	37	Gloucester Masters	1:04.00	1:04.67	10
	31.50				1:04.67 (33.17)	
2	Sarah Vale	35	Llantrisant	1:04.91	1:04.87	8
	31.13				1:04.87 (33.74)	
3	Helen Rolle	35	Etwall Eagles	1:07.00	1:08.75	6
	32.28				1:08.75 (36.47)	
4	Karin Lockhoff	35	Out to Swim	1:09.00	1:09.68	5
	34.14				1:09.68 (35.54)	
5	Karen Burton	35	Camp Hill Edwardians	1:12.00	1:13.34	4
	35.09				1:13.34 (38.25)	

Event 15 Women 40-44 100 LC Meter Freestyle

1	Sarah Brandrick	42	City of Derby	1:07.99	1:07.86	10
	32.78				1:07.86 (35.08)	

Welsh Capital Masters - 08/05/2010**Results****(Event 15 Women 40-44 100 LC Meter Freestyle)**

2	Rhian Andrews	41	Cardiff Masters	1:11.00	1:12.88	8
	35.34	1:12.88	(37.54)			
3	Karen Hilton	41	Gloucester Masters	1:13.61	1:15.02	6
	36.55	1:15.02	(38.47)			
4	Tracy Holden	44	Berkhamsted Sports Centre	1:25.00	1:19.85	5
	38.32	1:19.85	(41.53)			
5	Karen Harris	42	Cardiff Masters	1:25.00	1:21.12	4
	39.53	1:21.12	(41.59)			
6	Catherine Shearn	41	Basingstoke Bluefins	1:21.72	1:23.78	3
	38.80	1:23.78	(44.98)			
7	Paula Montez	42	Independant	1:54.00	1:47.89	2
	52.65	1:47.89	(55.24)			

Event 15 Women 45-49 100 LC Meter Freestyle

1	Rebecca Jenkinson	47	Exeter City SC	1:11.00	1:09.37	10
	32.80	1:09.37	(36.57)			
2	Ceri Thomas	45	Cardiff Masters	1:11.00	1:13.67	8
	35.26	1:13.67	(38.41)			
3	Anne Raymond	47	Sevenoaks Tri Swim Club	1:21.00	1:20.97	6
	39.40	1:20.97	(41.57)			
4	Sara Allen	47	Epsom District	1:24.00	1:22.89	5
	40.87	1:22.89	(42.02)			
5	Elaine Harrison	47	Cardiff Masters	1:23.48	1:26.20	4
	41.18	1:26.20	(45.02)			
6	Sue Leach	48	Gloucester Masters	1:27.00	1:27.22	3
	40.86	1:27.22	(46.36)			
7	Delia Keen	49	Carmarthen Masters	1:40.24	1:38.38	2
	46.69	1:38.38	(51.69)			
8	Jacqueline Farrow	46	Corby	1:44.78	1:47.29	1
	51.22	1:47.29	(56.07)			

Event 15 Women 50-54 100 LC Meter Freestyle

1	Karen Jennings	53	Spondon Masters	1:16.00	1:15.10	10
	36.55	1:15.10	(38.55)			
2	Anne Nicholls	53	Gloucester Masters	1:22.00	1:24.77	8
	39.67	1:24.77	(45.10)			
3	Janet Briggs	51	Etwall Eagles	1:24.95	1:26.69	6
	40.80	1:26.69	(45.89)			

Event 15 Women 55-59 100 LC Meter Freestyle

1	Sue Haigh	58	Tiverton	1:13.00	1:12.38	10
	34.81	1:12.38	(37.57)			
2	Jennifer Merritt	59	Spondon Masters	1:17.50	1:17.26	8
	37.71	1:17.26	(39.55)			
3	Jane Jolly	56	Cork Masters	1:24.00	1:25.92	6
	40.29	1:25.92	(45.63)			
4	Elsa Stewart	56	Cardiff Masters	1:30.35	1:30.13	5
	42.37	1:30.13	(47.76)			
5	Lynda Wathan	57	Independant	1:28.70	1:34.76	4
	44.43	1:34.76	(50.33)			

Event 15 Women 60-64 100 LC Meter Freestyle

1	Annette Bugaighis	60	Gloucester Masters	1:40.00	1:40.32	10
	46.92	1:40.32	(53.40)			

Welsh Capital Masters - 08/05/2010**Results****(Event 15 Women 60-64 100 LC Meter Freestyle)**

2	Esther Murray	63	Gloucester Masters	1:50.00	1:44.27	8
	49.82		1:44.27 (54.45)			

Event 15 Women 65-69 100 LC Meter Freestyle

1	Jean Howard-Jones	67	Poole SC	1:17.50	1:20.64	10
	35.59		1:20.64 (45.05)			
2	Iris Bellis	67	South Beds Masters SC	1:55.00	1:49.32	8
	52.04		1:49.32 (57.28)			
3	Margaret Weare	66	Caldicot	2:15.00	2:11.91	6
	1:01.28		2:11.91 (1:10.63)			

Event 16 Mixed 100-119 200 LC Meter Freestyle Relay

1	Cardiff Masters	C	2:10.00	2:01.55	20
	1) Tomas Stewart M24	2) Fiona Kinsella W26	3) Rhys Smith M29	4) Sian Wilson W31	
	28.74	59.87 (31.13)	1:28.72 (28.85)	2:01.55 (32.83)	

Event 16 Mixed 120-159 200 LC Meter Freestyle Relay

1	Out to Swim	A	2:14.00	1:57.80	20
	1) Alex Davis W29	2) Elizabeth Bellinger W32	3) Paul Seyde M32	4) Ian White M27	
	31.84	1:01.92 (30.08)	1:30.77 (28.85)	1:57.80 (27.03)	
2	Cardiff Masters	D	2:20.00	2:22.45	16
	1) Marie Concannon W28	2) Andrew Gott M30	3) Jessie Blain W31	4) Martin Neal M31	
	34.13	1:06.22 (32.09)	1:43.03 (36.81)	2:22.45 (39.42)	
3	Cardiff Masters	G	2:25.00	2:35.10	12
	1) Daniel Carr M27	2) Shaun Connor M41	3) Elaine Harrison W47	4) Lizzie Swaffield W28	
	38.09	1:11.78 (33.69)	1:54.62 (42.84)	2:35.10 (40.48)	

Event 16 Mixed 160-199 200 LC Meter Freestyle Relay

1	Out to Swim	B	2:25.00	2:10.58	20
	1) Karin Lockhoff W35	2) Lucille Thirlby W46	3) Rhys Williams M37	4) Martin Bradford M43	
	54.23	1:07.93 (13.70)	1:46.73 (38.80)	2:10.58 (23.85)	
2	Berkhamsted Sports Centre	A	2:20.00	2:11.90	16
	1) Peter Northwood M42	2) Mark Strakosch M49	3) Tracy Holden W44	4) Hilary Coulson W43	
	32.60	1:06.04 (33.44)	1:41.67 (35.63)	2:11.90 (30.23)	
3	Cardiff Masters	B	2:20.00	2:15.64	12
	1) Rhian Andrews W41	2) William Wilson M55	3) Kate Williams W31	4) David Cooper M55	
	37.22	1:09.75 (32.53)	1:43.38 (33.63)	2:15.64 (32.26)	
---	Cardiff Masters	F	2:25.00	DQ	
	1) Karen Harris W42	2) Hannah Jones W24	3) Paul Pycroft M52	4) Charles Thackaberry M48	
	38.11	1:27.04 (48.93)	2:00.02 (32.98)	DQ (40.88)	

Event 16 Mixed 200-239 200 LC Meter Freestyle Relay

1	Cardiff Masters	A	2:15.00	2:15.97	20
	1) Gareth Harris M50	2) Allie Price W45	3) Ceri Thomas W45	4) Malcolm Wilson M57	
	36.62	1:09.65 (33.03)	1:45.13 (35.48)	2:15.97 (30.84)	
2	Cardiff Masters	E	2:15.00	2:23.20	16
	1) Clare Parry W52	2) Elsa Stewart W56	3) Michael Battersby M52	4) Richard Bennett M45	
	35.68	1:16.79 (41.11)	1:52.42 (35.63)	2:23.20 (30.78)	

Event 17 Women 120-159 200 LC Meter Medley Relay

1	Cardiff Masters	A	2:25.00	2:23.88	20
	1) Allie Price W45	2) Fiona Kinsella W26	3) Sian Wilson W31	4) Rhian Andrews W41	
	37.30	1:16.20 (38.90)	1:50.65 (34.45)	2:23.88 (33.23)	
2	Out to Swim	A	2:35.00	2:29.80	16
	1) Alex Davis W29	2) Karin Lockhoff W35	3) Elizabeth Bellinger W32	4) Lucille Thirlby W46	
	37.69	1:19.36 (41.67)	1:50.24 (30.88)	2:29.80 (39.56)	

Welsh Capital Masters - 08/05/2010**Results****(Event 17 Women 120-159 200 LC Meter Medley Relay)**

3	Basingstoke Bluefins	A	2:25.00	2:30.84	12
	1) Michelle Matson W32	2) Sharon Lock W41	3) Catherine Shearn W41	4) Zoe Sadler W37	
	37.70	1:16.81 (39.11)	1:52.20 (35.39)	2:30.84 (38.64)	
4	Clams	A	2:30.00	2:35.91	8
	1) Melissa Blyth W26	2) Andrea Powell W39	3) Charmaine Kinson W42	4) Jassa Scott W34	
	38.69	1:21.46 (42.77)	2:01.21 (39.75)	2:35.91 (34.70)	
5	Cardiff Masters	C	2:30.00	2:53.14	4
	1) Karen Harris W42	2) Lizzie Swaffield W28	3) Jessie Blain W31	4) Marie Concannon W28	
	45.96	1:39.03 (53.07)	2:19.01 (39.98)	2:53.14 (34.13)	

Event 17 Women 200-239 200 LC Meter Medley Relay

1	Cardiff Masters	B	2:30.00	2:56.30	20
	1) Clare Parry W52	2) Elsa Stewart W56	3) Ceri Thomas W45	4) Elaine Harrison W47	
	42.44	1:38.31 (55.87)	2:16.84 (38.53)	2:56.30 (39.46)	

Event 17 Women 240-279 200 LC Meter Medley Relay

1	Cork Masters	A	3:00.00	3:13.95	20
	1) Jane Jolly W56	2) Brenda Ryan W67	3) Mary O'Herlihy W72	4) Pauline Houlihan W53	
	52.85	1:44.44 (51.59)	2:28.02 (43.58)	3:13.95 (45.93)	

Event 18 Men 18-24 200 LC Meter Freestyle

1	Tomas Stewart	24	Cardiff Masters	2:10.00	2:24.93	10
	31.64	1:06.76 (35.12)	1:45.62 (38.86)	2:24.93 (39.31)		
2	Nathan Peck	19	Cinderford	2:18.11	2:25.93	8
	33.95	1:11.77 (37.82)	1:49.87 (38.10)	2:25.93 (36.06)		
3	Jason Games	18	Cinderford	2:27.97	2:30.65	6
	32.48	1:10.53 (38.05)	1:51.04 (40.51)	2:30.65 (39.61)		

Event 18 Men 25-29 200 LC Meter Freestyle

1	Ian White	27	Out to Swim	2:09.00	2:13.61	10
	31.02	1:04.51 (33.49)	1:39.50 (34.99)	2:13.61 (34.11)		
2	Rhys Smith	29	Cardiff Masters	2:07.00	2:19.62	8
	31.89	1:06.02 (34.13)	1:42.31 (36.29)	2:19.62 (37.31)		
3	Jamie Lewis	28	David Lloyd	2:40.00	2:37.00	6
	37.21	1:17.97 (40.76)	1:58.68 (40.71)	2:37.00 (38.32)		
4	Tony Davies	26	Cardiff Masters	3:15.00	2:55.12	5
	38.22	1:22.76 (44.54)	2:09.68 (46.92)	2:55.12 (45.44)		
5	Daniel Jones	25	Caldicot	2:30.00	2:59.78	4
	39.29	1:24.92 (45.63)	2:11.50 (46.58)	2:59.78 (48.28)		

Event 18 Men 30-34 200 LC Meter Freestyle

1	Shane Gibney	32	Trojan - Ire	2:16.71	2:16.86	10
	31.70	1:06.28 (34.58)	1:41.69 (35.41)	2:16.86 (35.17)		
2	Clinton Pascoe	33	Out to Swim	2:23.00	2:23.06	8
	33.24	1:10.01 (36.77)	1:48.15 (38.14)	2:23.06 (34.91)		
3	Paul Seyde	32	Out to Swim	2:27.00	2:27.52	6
	34.15	1:11.88 (37.73)	1:50.33 (38.45)	2:27.52 (37.19)		
4	Martin Neal	31	Cardiff Masters	2:55.00	3:06.85	5
	41.41	1:28.07 (46.66)	2:18.38 (50.31)	3:06.85 (48.47)		

Event 18 Men 35-39 200 LC Meter Freestyle

1	David Stannard	39	Reading	2:14.00	2:16.83	10
	31.84	1:06.72 (34.88)	1:41.92 (35.20)	2:16.83 (34.91)		

Welsh Capital Masters - 08/05/2010**Results****Event 18 Men 40-44 200 LC Meter Freestyle**

1	Martin Bradford	43	Out to Swim	2:30.00	2:25.93	10
	33.61	1:10.26 (36.65)	1:48.09 (37.83)	2:25.93 (37.84)		
2	Ciaran O'Connor	43	Cork Masters	3:26.00	3:36.63	8
	47.64	1:44.49 (56.85)	2:42.75 (58.26)	3:36.63 (53.88)		

Event 18 Men 45-49 200 LC Meter Freestyle

1	Richard Bennett	45	Cardiff Masters	2:29.66	2:29.15	10
	34.45	1:11.76 (37.31)	1:51.34 (39.58)	2:29.15 (37.81)		
2	John Snead	45	Reading	2:30.00	2:33.71	8
	33.74	1:11.27 (37.53)	1:52.19 (40.92)	2:33.71 (41.52)		
3	Mark Strakosch	49	Berkhamsted Sports Centre	2:39.00	2:41.59	6
	35.52	2:41.59 (2:06.07)	1:59.21 ()	2:41.59 (42.38)		

Event 18 Men 50-54 200 LC Meter Freestyle

1	Colin Stephenson	52	Gloucester Masters	2:18.60	2:22.53	10
	33.39	1:10.22 (36.83)	1:47.16 (36.94)	2:22.53 (35.37)		
2	Malcolm Smith	52	Bridgend County	2:30.00	2:23.74	8
	33.69	1:10.15 (36.46)	1:47.50 (37.35)	2:23.74 (36.24)		
3	Iain Gerrard	53	Reading	2:22.00	2:25.09	6
	33.96	1:10.47 (36.51)	1:48.19 (37.72)	2:25.09 (36.90)		
4	Mark Straw	52	Basingstoke Bluefins	2:28.97	2:30.40	5
	33.64	1:12.01 (38.37)	1:51.76 (39.75)	2:30.40 (38.64)		
5	Paul Pycroft	52	Cardiff Masters	2:30.00	2:35.87	4
	34.75	1:14.02 (39.27)	1:55.42 (41.40)	2:35.87 (40.45)		
6	Dennis Sheehan	52	Cork Masters	2:59.00	3:19.39	3
	44.05	1:35.60 (51.55)	2:30.06 (54.46)	3:19.39 (49.33)		

Event 18 Men 55-59 200 LC Meter Freestyle

1	Malcolm Wilson	57	Cardiff Masters	2:30.00	2:44.03	10
	35.94	1:17.67 (41.73)	2:01.84 (44.17)	2:44.03 (42.19)		
2	David Cooper	55	Cardiff Masters	2:50.00	2:51.83	8
	39.99	1:24.20 (44.21)	2:09.98 (45.78)	2:51.83 (41.85)		
3	David Burchell	55	Mold Masters	2:39.00	2:53.75	6
	39.53	1:22.90 (43.37)	2:09.45 (46.55)	2:53.75 (44.30)		
4	Peter Rank	58	City of Cambridge SC	2:59.00	3:00.14	5
	39.88	1:25.83 (45.95)	2:13.63 (47.80)	3:00.14 (46.51)		

Event 18 Men 60-64 200 LC Meter Freestyle

1	Leo Le Mass	61	Cork Masters	4:00.00	3:46.78	10
	51.44	1:49.69 (58.25)	2:50.08 (1:00.39)	3:46.78 (56.70)		

Event 18 Men 70-74 200 LC Meter Freestyle

1	Geoff Stokes	71	Rushmoor Royals	2:46.00	2:46.16	10
	39.27	1:22.62 (43.35)	2:05.88 (43.26)	2:46.16 (40.28)		
2	Nigel Salsbury	70	Reading	3:15.00	3:24.29	8
	48.32	1:41.43 (53.11)	2:35.18 (53.75)	3:24.29 (49.11)		

Event 19 Women 18-24 200 LC Meter Freestyle

1	Leanne Taylor	23	Birmingham Masters	2:13.05	2:18.46	10
	31.50	1:06.66 (35.16)	1:43.29 (36.63)	2:18.46 (35.17)		
2	Roxanne Taylor	18	Halesowen	2:26.53	2:30.94	8
	34.31	1:12.24 (37.93)	1:52.54 (40.30)	2:30.94 (38.40)		

Event 19 Women 25-29 200 LC Meter Freestyle

1	Louisa Wallace	29	Kettering SC	2:35.80	2:37.01	10
	35.33	1:15.42 (40.09)	1:56.86 (41.44)	2:37.01 (40.15)		

Welsh Capital Masters - 08/05/2010**Results****(Event 19 Women 25-29 200 LC Meter Freestyle)**

2	Jennifer Lane	29	Cork Masters	2:53.37	2:53.26	8
	37.22	1:21.00 (43.78)	2:07.16 (46.16)	2:53.26 (46.10)		
3	Sarah McSweeney	29	Cork Masters	3:13.00	2:56.28	6
	39.90	1:24.95 (45.05)	2:12.81 (47.86)	2:56.28 (43.47)		

Event 19 Women 30-34 200 LC Meter Freestyle

1	Katie Nimmo	34	Gloucester Masters	2:20.54	2:18.55	10
	32.49	1:08.11 (35.62)	1:44.28 (36.17)	2:18.55 (34.27)		
2	Sorcha Kennedy	34	David Lloyd	2:40.00	2:43.47	8
	37.42	1:19.88 (42.46)	2:01.93 (42.05)	2:43.47 (41.54)		

Event 19 Women 35-39 200 LC Meter Freestyle

1	Sarah Vale	35	Llantrisant	2:22.23	2:24.03	10
	33.09	1:09.57 (36.48)	1:48.24 (38.67)	2:24.03 (35.79)		
2	Hannah Paull	37	Gloucester Masters	2:20.00	2:25.91	8
	32.69	1:09.39 (36.70)	1:48.01 (38.62)	2:25.91 (37.90)		
3	Helen Rolle	35	Etwall Eagles	2:25.00	2:37.57	6
	34.55	1:14.41 (39.86)	1:55.88 (41.47)	2:37.57 (41.69)		
4	Keri Hutchinson	39	David Lloyd	3:00.00	3:00.43	5
	39.33	1:24.51 (45.18)	2:13.92 (49.41)	3:00.43 (46.51)		
5	Zoe Sadler	37	Basingstoke Bluefins	3:06.00	3:10.30	4
	42.61	1:30.76 (48.15)	2:21.41 (50.65)	3:10.30 (48.89)		

Event 19 Women 40-44 200 LC Meter Freestyle

1	Sarah Brandrick	42	City of Derby	2:27.52	2:28.70	10
	34.76	1:13.20 (38.44)	1:51.76 (38.56)	2:28.70 (36.94)		
2	Karen Hilton	41	Gloucester Masters	2:45.00	2:45.12	8
	38.99	1:21.01 (42.02)	2:03.61 (42.60)	2:45.12 (41.51)		
3	Hilary Coulson	43	Berkhamsted Sports Centre	2:50.72	2:50.17	6
	38.31	1:20.10 (41.79)	2:04.97 (44.87)	2:50.17 (45.20)		
4	Sharon Lock	41	Basingstoke Bluefins	3:06.29	3:04.24	5
	41.02	1:28.90 (47.88)	2:17.42 (48.52)	3:04.24 (46.82)		
5	Alison Willis	43	Fishguard Flyers	3:00.00	3:08.44	4
	39.87	1:28.46 (48.59)	2:19.82 (51.36)	3:08.44 (48.62)		
6	Paula Montez	42	Independant	3:50.00	3:46.30	3
	52.21	1:49.79 (57.58)	2:48.55 (58.76)	3:46.30 (57.75)		

Event 19 Women 45-49 200 LC Meter Freestyle

1	Dymphna Morris	49	Aer Lingus Masters	2:30.00	2:25.58	10
	34.02	1:10.95 (36.93)	1:48.17 (37.22)	2:25.58 (37.41)		
2	Ceri Thomas	45	Cardiff Masters	2:40.00	2:41.18	8
	36.71	1:18.02 (41.31)	1:59.99 (41.97)	2:41.18 (41.19)		
3	Sandra Jones	46	Gloucester Masters	2:40.39	2:43.80	6
	38.01	1:20.29 (42.28)	2:03.20 (42.91)	2:43.80 (40.60)		
4	Anne Raymond	47	Sevenoaks Tri Swim Club	3:00.00	2:58.70	5
	41.09	1:26.41 (45.32)	2:13.37 (46.96)	2:58.70 (45.33)		
5	Sara Allen	47	Epsom District	3:12.00	3:02.94	4
	42.15	1:29.50 (47.35)	2:18.05 (48.55)	3:02.94 (44.89)		
6	Sue Leach	48	Gloucester Masters	3:30.00	3:10.47	3
	43.97	1:32.37 (48.40)	2:22.06 (49.69)	3:10.47 (48.41)		
7	Lucille Thirlby	46	Out to Swim	3:15.67	3:19.81	2
	44.40	1:33.47 (49.07)	2:27.15 (53.68)	3:19.81 (52.66)		

Welsh Capital Masters - 08/05/2010**Results****Event 19 Women 50-54 200 LC Meter Freestyle**

1	Clare Parry	52	Cardiff Masters	2:48.00	2:47.71	10
	38.61	1:20.62 (42.01)	2:04.50 (43.88)	2:47.71 (43.21)		
2	Pauline Houlihan	53	Cork Masters	3:30.36	3:26.49	8
	46.67	1:38.53 (51.86)	2:33.19 (54.66)	3:26.49 (53.30)		

Event 19 Women 55-59 200 LC Meter Freestyle

1	Sue Haigh	58	Tiverton	2:40.00	2:38.18	10
	37.11	1:18.28 (41.17)	1:59.47 (41.19)	2:38.18 (38.71)		
2	Anne Bourne	56	Camp Hill Edwardians	2:40.47	2:38.26	8
	38.00	1:19.26 (41.26)	2:00.07 (40.81)	2:38.26 (38.19)		
3	Christine Ayers	57	South Beds Masters SC	3:10.00	2:58.23	6
	39.06	1:24.94 (45.88)	2:12.98 (48.04)	2:58.23 (45.25)		
4	Jane Jolly	56	Cork Masters	3:09.50	3:14.51	5
	44.32	1:35.46 (51.14)	2:26.25 (50.79)	3:14.51 (48.26)		
5	Elsa Stewart	56	Cardiff Masters	3:29.53	3:18.26	4
	45.22	1:36.68 (51.46)	2:30.50 (53.82)	3:18.26 (47.76)		
6	Lorraine Crook	56	Caldicot	3:40.73	3:48.61	3
	51.77	1:50.76 (58.99)	2:50.77 (1:00.01)	3:48.61 (57.84)		

Event 19 Women 60-64 200 LC Meter Freestyle

1	Esther Murray	63	Gloucester Masters	3:50.00	3:45.90	10
	52.80	1:50.42 (57.62)	2:48.59 (58.17)	3:45.90 (57.31)		

Event 19 Women 65-69 200 LC Meter Freestyle

1	Elaine Blower	65	Barnet Copthall SC	3:04.88	3:06.53	10
	42.45	1:30.70 (48.25)	2:19.87 (49.17)	3:06.53 (46.66)		
2	Iris Bellis	67	South Beds Masters SC	4:05.00	3:51.57	8
	52.50	1:50.73 (58.23)	2:51.70 (1:00.97)	3:51.57 (59.87)		
3	Valerie Palmer	68	Caldicot	4:42.38	4:31.64	6
	1:03.08	2:10.32 (1:07.24)	3:21.28 (1:10.96)	4:31.64 (1:10.36)		
4	Margaret Weare	66	Caldicot	4:35.00	4:43.77	5
	1:04.60	2:17.88 (1:13.28)	3:31.15 (1:13.27)	4:43.77 (1:12.62)		
5	Rita Egan	66	South Beds Masters SC	5:30.00	5:10.61	4
	1:15.66	2:35.90 (1:20.24)	3:58.85 (1:22.95)	5:10.61 (1:11.76)		

Event 19 Women 75-79 200 LC Meter Freestyle

1	Grace Isaac	78	Spencer Swim Team	4:45.00	4:49.20	10
	1:06.14	2:23.23 (1:17.09)	3:39.27 (1:16.04)	4:49.20 (1:09.93)		

Event 20 Men 18-24 50 LC Meter Butterfly

1	Nathan Peck	19	Cinderford	30.32	31.35	10
2	Alex Dallimore	24	Carmarthen Masters	33.00	32.96	8
3	Tomas Stewart	24	Cardiff Masters	30.00	34.20	6

Event 20 Men 25-29 50 LC Meter Butterfly

1	Alex Chklar	29	Spencer Swim Team	29.00	29.51	10
2	Rhys Smith	29	Cardiff Masters	29.30	30.96	8
3	Matt Rogers	25	Cinderford	32.00	30.98	6
4	Jamie Lewis	28	David Lloyd	33.00	33.47	5
5	Tony Davies	26	Cardiff Masters	45.00	36.43	4

Event 20 Men 30-34 50 LC Meter Butterfly

1	Shane Gibney	32	Trojan - Ire	31.98	31.04	10
2	Andrew Gott	30	Cardiff Masters	36.50	36.23	8

Welsh Capital Masters - 08/05/2010**Results****Event 20 Men 35-39 50 LC Meter Butterfly**

1	Richard Lawford	35	Silver City Blues	33.10	33.20	10
2	Faris Dean	35	Cardiff Masters	45.00	46.72	8

Event 20 Men 40-44 50 LC Meter Butterfly

1	John Cunningham	40	Potters Bar SC	26.30	26.94	10
2	Peter Northwood	42	Berkhamsted Sports Centre	32.00	34.74	8
3	Alexei Zhurov	43	Clams	34.50	34.95	6
4	Shaun Connor	41	Cardiff Masters	37.00	35.99	5
5	Keith Spence	44	South Beds Masters SC	38.50	37.51	4
6	Ciaran O'Connor	43	Cork Masters	48.00	51.21	3

Event 20 Men 45-49 50 LC Meter Butterfly

1	Kostas Vasiljevas	48	Barnet Copthall SC	31.00	32.25	10
2	Riccardo Ludovici	47	Gloucester Masters	36.00	35.54	8
3	Dylan Gravelle	48	Carmarthen Masters	39.00	39.73	6

Event 20 Men 50-54 50 LC Meter Butterfly

1	John Anderson	51	Gloucester Masters	31.50	31.16	10
2	Paul Pycroft	52	Cardiff Masters	33.00	33.53	8
3	Mark Straw	52	Basingstoke Bluefins	34.79	34.63	6
4	Steve Gage	51	Clams	34.00	36.38	5
5	Brian Clifford	54	Cork Masters	38.40	40.79	4

Event 20 Men 55-59 50 LC Meter Butterfly

1	Ian Woollard	56	Barnet Copthall SC	34.60	34.34	10
2	William Wilson	55	Cardiff Masters	45.00	42.72	8

Event 20 Men 60-64 50 LC Meter Butterfly

1	Leo Le Mass	61	Cork Masters	1:00.00	1:07.12	10
---	-------------	----	--------------	---------	---------	----

Event 20 Men 65-69 50 LC Meter Butterfly

1	Charles Parker	69	Basingstoke Bluefins	35.80	35.91	10
---	----------------	----	----------------------	-------	-------	----

Event 20 Men 70-74 50 LC Meter Butterfly

1	Garfield Thomas	70	Bridgend County	38.41	37.67	10
---	-----------------	----	-----------------	-------	-------	----

Event 20 Men 75-79 50 LC Meter Butterfly

1	Ted Evans	75	City of Derby	55.00	53.07	10
---	-----------	----	---------------	-------	-------	----

Event 21 Women 18-24 50 LC Meter Butterfly

1	Sian Boulton	24	Carmarthen Masters	30.80	30.64	10
2	Ceris Westlake	19	Cinderford	33.00	33.43	8

Event 21 Women 25-29 50 LC Meter Butterfly

1	Fiona Kinsella	26	Cardiff Masters	33.50	32.63	10
2	Helen Whittle	29	Reading	37.09	36.88	8
3	Melissa Blyth	26	Clams	NT	37.59	6
4	Louisa Wallace	29	Kettering SC	37.40	37.98	5
5	Jennifer Lane	29	Cork Masters	39.47	40.63	4

Event 21 Women 30-34 50 LC Meter Butterfly

1	Elizabeth Bellinger	32	Out to Swim	30.50	29.61	10
2	Michelle Matson	32	Basingstoke Bluefins	32.70	32.94	8
3	Sian Wilson	31	Cardiff Masters	35.00	34.47	6
4	Jessie Blain	31	Cardiff Masters	41.00	37.87	5
5	Sorcha Kennedy	34	David Lloyd	38.00	38.65	4

Welsh Capital Masters - 08/05/2010**Results****(Event 21 Women 30-34 50 LC Meter Butterfly)**

6	Jassa Scott	34	Clams	38.00	39.52	3
---	-------------	----	-------	-------	-------	---

Event 21 Women 35-39 50 LC Meter Butterfly

1	Hannah Paull	37	Gloucester Masters	33.00	32.71	10
2	Karen Burton	35	Camp Hill Edwardians	37.00	38.24	8

Event 21 Women 40-44 50 LC Meter Butterfly

1	Sarah Brandrick	42	City of Derby	35.09	35.73	10
2	Catherine Shearn	41	Basingstoke Bluefins	35.78	36.29	8
3	Rhian Andrews	41	Cardiff Masters	36.00	36.45	6
4	Tracy Holden	44	Berkhamsted Sports Centre	41.00	40.84	5
5	Paula Montez	42	Independant	1:00.00	59.45	4

Event 21 Women 45-49 50 LC Meter Butterfly

1	Allie Price	45	Cardiff Masters	33.46	33.19	10
2	Valerie Bull	48	City of Norwich	39.59	42.42	8
3	Sara Allen	47	Epsom District	55.00	46.81	6
4	Elaine Harrison	47	Cardiff Masters	50.03	57.48	5
5	Jacqueline Farrow	46	Corby	58.02	57.50	4
6	Delia Keen	49	Carmarthen Masters	1:06.36	1:03.24	3

Event 21 Women 55-59 50 LC Meter Butterfly

1	Jennifer Merritt	59	Spondon Masters	38.00	38.91	10
2	Lorraine Crook	56	Caldicot	49.65	52.72	8
3	Elsa Stewart	56	Cardiff Masters	54.00	56.68	6

Event 21 Women 60-64 50 LC Meter Butterfly

1	Annette Bugaighis	60	Gloucester Masters	52.00	59.70	10
---	-------------------	----	--------------------	-------	-------	----

Event 22 Men 25-29 100 LC Meter Breaststroke

1	Alex Chklar	29	Spencer Swim Team	1:13.00	1:14.98	10
				35.06	1:14.98 (39.92)	

Event 22 Men 30-34 100 LC Meter Breaststroke

1	Clinton Pascoe	33	Out to Swim	1:25.00	1:21.73	10
				39.04	1:21.73 (42.69)	
2	Paul Seyde	32	Out to Swim	1:26.00	1:25.89	8
				39.47	1:25.89 (46.42)	
3	Andrew Gott	30	Cardiff Masters	1:35.00	1:37.43	6
				46.72	1:37.43 (50.71)	

Event 22 Men 40-44 100 LC Meter Breaststroke

1	Keith Spence	44	South Beds Masters SC	1:35.00	1:34.98	10
				44.90	1:34.98 (50.08)	

Event 22 Men 45-49 100 LC Meter Breaststroke

1	Mark Partridge	47	Stroud SC	1:19.00	1:22.84	10
				37.97	1:22.84 (44.87)	
2	John Snead	45	Reading	1:35.00	1:30.75	8
				43.26	1:30.75 (47.49)	
3	Dylan Gravelle	48	Carmarthen Masters	1:35.13	1:36.18	6
				45.19	1:36.18 (50.99)	
4	Steve Merrett	46	Gloucester Masters	1:43.00	1:43.32	5
				48.24	1:43.32 (55.08)	

Welsh Capital Masters - 08/05/2010**Results****Event 22 Men 50-54 100 LC Meter Breaststroke**

1	Michael Battersby	52	Cardiff Masters	1:26.50	1:32.43	10
	41.70	1:32.43 (50.73)				
2	Dennis Sheehan	52	Cork Masters	1:45.00	1:46.97	8
	50.36	1:46.97 (56.61)				
---	Gareth Harris	50	Cardiff Masters	1:50.00	DQ	
	58.50	DQ (1:07.13)				

Event 22 Men 55-59 100 LC Meter Breaststroke

1	David Burchell	55	Mold Masters	1:26.50	1:26.42	10
	39.98	1:26.42 (46.44)				

Event 22 Men 60-64 100 LC Meter Breaststroke

1	Christopher Thorp	60	City of Derby	1:39.55	1:40.35	10
	46.79	1:40.35 (53.56)				
2	Ian Davies	61	Emlyn Flyers	1:44.41	1:49.16	8
	50.16	1:49.16 (59.00)				

Event 22 Men 65-69 100 LC Meter Breaststroke

1	Andrew Fawcett	67	Cardiff Masters	2:10.00	2:06.06	10
	58.57	2:06.06 (1:07.49)				

Event 22 Men 75-79 100 LC Meter Breaststroke

1	Ted Evans	75	City of Derby	1:50.00	1:57.98	10
	56.54	1:57.98 (1:01.44)				
2	Les Stagg	78	Clams	2:03.00	2:05.71	8
	57.35	2:05.71 (1:08.36)				
3	Colin Knowles	76	Cardiff Masters	2:32.04	2:26.61	6
	1:10.56	2:26.61 (1:16.05)				

Event 23 Women 25-29 100 LC Meter Breaststroke

1	Fiona Kinsella	26	Cardiff Masters	1:23.00	1:24.81	10
	40.68	1:24.81 (44.13)				
2	Helen Whittle	29	Reading	1:30.14	1:33.88	8
	44.11	1:33.88 (49.77)				

Event 23 Women 30-34 100 LC Meter Breaststroke

1	Michelle Matson	32	Basingstoke Bluefins	1:30.66	1:28.44	10
	41.55	1:28.44 (46.89)				

Event 23 Women 35-39 100 LC Meter Breaststroke

1	Helen Rolle	35	Etwall Eagles	1:24.00	1:26.43	10
	40.99	1:26.43 (45.44)				
2	Nicola Bainbridge	39	Camp Hill Edwardians	1:25.00	1:27.52	8
	41.50	1:27.52 (46.02)				
3	Jessica Wooddisse	35	Stroud SC	1:34.00	1:36.11	6
	46.40	1:36.11 (49.71)				

Event 23 Women 40-44 100 LC Meter Breaststroke

1	Sharon Lock	41	Basingstoke Bluefins	1:24.82	1:25.14	10
	40.13	1:25.14 (45.01)				
2	Hilary Coulson	43	Berkhamsted Sports Centre	1:40.56	1:36.74	8
	45.55	1:36.74 (51.19)				
3	Karen Hilton	41	Gloucester Masters	1:36.03	1:40.38	6
	46.82	1:40.38 (53.56)				
4	Paula Montez	42	Independant	1:54.00	2:00.53	5
	57.17	2:00.53 (1:03.36)				

Welsh Capital Masters - 08/05/2010**Results****Event 23 Women 45-49 100 LC Meter Breaststroke**

1	Sara Allen	47	Epsom District	1:40.00	1:38.80	10
	48.11		1:38.80 (50.69)			
2	Anne Raymond	47	Sevenoaks Tri Swim Club	1:40.00	1:41.49	8
	48.53		1:41.49 (52.96)			
3	Jacqueline Farrow	46	Corby	1:57.11	1:58.30	6
	57.05		1:58.30 (1:01.25)			
4	Valerie Bull	48	City of Norwich	1:55.42	1:59.20	5
	58.68		1:59.20 (1:00.52)			

Event 23 Women 50-54 100 LC Meter Breaststroke

1	Janet Briggs	51	Etwall Eagles	1:50.70	1:53.57	10
	54.18		1:53.57 (59.39)			

Event 23 Women 55-59 100 LC Meter Breaststroke

1	Jennifer Merritt	59	Spondon Masters	1:31.00	1:31.16	10
	44.07		1:31.16 (47.09)			
2	Julie Britton	55	Gloucester Masters	1:41.75	1:44.27	8
	48.56		1:44.27 (55.71)			
3	Lynda Wathan	57	Independant	1:50.01	1:57.27	6
	55.66		1:57.27 (1:01.61)			
4	Elsa Stewart	56	Cardiff Masters	1:55.45	1:59.34	5
	56.46		1:59.34 (1:02.88)			

Event 23 Women 60-64 100 LC Meter Breaststroke

1	Julie Crayford	62	Clams	1:45.00	1:46.78	10
	49.89		1:46.78 (56.89)			

Event 23 Women 65-69 100 LC Meter Breaststroke

1	Diane Ford	67	Spencer Swim Team	1:37.00	1:40.57	10
	47.05		1:40.57 (53.52)			
2	Valerie Palmer	68	Caldicot	2:21.09	2:19.72	8
	1:08.63		2:19.72 (1:11.09)			
3	Rita Egan	66	South Beds Masters SC	2:20.00	2:25.37	6
	1:08.59		2:25.37 (1:16.78)			

Event 24 Men 18-24 50 LC Meter Freestyle

1	Nathan Peck	19	Cinderford	27.47	28.00	10
2	Alex Dallimore	24	Carmarthen Masters	27.00	28.04	8
3	Tomas Stewart	24	Cardiff Masters	28.00	28.56	6
4	Jason Games	18	Cinderford	28.16	29.06	5

Event 24 Men 25-29 50 LC Meter Freestyle

1	Jamie Lewis	28	David Lloyd	29.00	30.18	10
2	Daniel Jones	25	Caldicot	34.00	32.62	8
3	Tony Davies	26	Cardiff Masters	35.00	33.58	6
4	Daniel Carr	27	Cardiff Masters	38.00	37.07	5

Event 24 Men 30-34 50 LC Meter Freestyle

1	Shane Gibney	32	Trojan - Ire	30.43	28.21	10
2	Andrew Gott	30	Cardiff Masters	32.00	33.94	8

Event 24 Men 35-39 50 LC Meter Freestyle

1	Stephen Croall	38	Swim Swansea Masters	28.50	28.19	10
2	Richard Lawford	35	Silver City Blues	29.80	30.29	8
3	Faris Dean	35	Cardiff Masters	38.00	34.69	6

Welsh Capital Masters - 08/05/2010**Results****Event 24 Men 40-44 50 LC Meter Freestyle**

1	John Cunningham	40	Potters Bar SC	25.12	25.53	10
2	Peter Northwood	42	Berkhamsted Sports Centre	29.00	30.53	8
3	Shaun Connor	41	Cardiff Masters	32.00	31.97	6
4	Ciaran O'Connor	43	Cork Masters	37.00	35.64	5

Event 24 Men 45-49 50 LC Meter Freestyle

1	Richard Bennett	45	Cardiff Masters	30.31	31.28	10
2	Diarmuid Herlihy	47	Cork Masters	32.00	31.80	8
3	Riccardo Ludovici	47	Gloucester Masters	31.92	32.62	6
4	Mark Strakosch	49	Berkhamsted Sports Centre	32.24	32.85	5
5	Steve Merrett	46	Gloucester Masters	39.00	38.19	4
6	Charles Thackaberry	48	Cardiff Masters	42.00	40.34	3

Event 24 Men 50-54 50 LC Meter Freestyle

1	Colin Stephenson	52	Gloucester Masters	27.95	27.54	10
2	Jonathan Hopkins	50	Independant	29.00	28.31	8
3	Iain Gerrard	53	Reading	29.90	29.42	6
4	John Anderson	51	Gloucester Masters	29.60	30.02	5
5	Steve Gage	51	Clams	32.00	32.83	4
6	Michael Battersby	52	Cardiff Masters	34.00	33.94	3
7	Brian Clifford	54	Cork Masters	32.90	35.54	2
8	Gareth Harris	50	Cardiff Masters	39.00	36.77	1
9	Dennis Sheehan	52	Cork Masters	39.00	37.23	
10	Andy Rutter	54	Clams	34.10	38.54	

Event 24 Men 55-59 50 LC Meter Freestyle

1	Stephen Weston	55	Gloucester Masters	29.00	29.08	10
2	Malcolm Wilson	57	Cardiff Masters	31.50	31.18	8
3	David Cooper	55	Cardiff Masters	31.00	31.79	6
4	William Wilson	55	Cardiff Masters	32.00	31.97	5
5	Ian Woollard	56	Barnet Copthall SC	32.00	33.11	4
6	Nicholas McDowall	58	Gloucester Masters	33.80	33.54	3
7	Peter Rank	58	City of Cambridge SC	34.00	35.21	2

Event 24 Men 60-64 50 LC Meter Freestyle

1	Christopher Thorp	60	City of Derby	32.97	33.09	10
2	Ian Davies	61	Emlyn Flyers	38.45	40.37	8
3	Leo Le Mass	61	Cork Masters	50.00	42.75	6

Event 24 Men 65-69 50 LC Meter Freestyle

1	Tony Cherrington	68	Gloucester Masters	30.50	31.72	10
2	Charles Parker	69	Basingstoke Bluefins	33.80	34.64	8

Event 24 Men 70-74 50 LC Meter Freestyle

1	Garfield Thomas	70	Bridgend County	33.47	32.89	10
2	Nigel Salisbury	70	Reading	34.00	34.46	8
3	Errol Alexis	74	Clams	40.00	40.38	6

Event 24 Men 75-79 50 LC Meter Freestyle

1	Ted Evans	75	City of Derby	36.50	36.65	10
2	Les Stagg	78	Clams	41.00	40.72	8

Event 25 Women 18-24 50 LC Meter Freestyle

1	Sian Boulton	24	Carmarthen Masters	29.50	29.32	10
2	Vikki Mitchell	24	Gloucester Masters	29.82	30.38	8

Welsh Capital Masters - 08/05/2010**Results****(Event 25 Women 18-24 50 LC Meter Freestyle)**

3	Ceris Westlake	19	Cinderford	30.65	31.13	6
---	----------------	----	------------	-------	-------	---

Event 25 Women 25-29 50 LC Meter Freestyle

1	Alex Davis	29	Out to Swim	29.39	32.00	10
2	Louisa Wallace	29	Kettering SC	31.40	32.41	8
3	Sarah McSweeney	29	Cork Masters	39.00	37.13	6
4	Lizzie Swaffield	28	Cardiff Masters	45.00	39.27	5

Event 25 Women 30-34 50 LC Meter Freestyle

1	Elizabeth Bellinger	32	Out to Swim	30.50	28.94	10
2	Michelle Matson	32	Basingstoke Bluefins	30.48	31.16	8
3	Sorcha Kennedy	34	David Lloyd	34.00	32.54	6
4	Jassa Scott	34	Clams	34.30	33.85	5
5	Jessie Blain	31	Cardiff Masters	38.00	35.72	4

Event 25 Women 35-39 50 LC Meter Freestyle

1	Sarah Vale	35	Llantrisant	29.43	29.93	10
2	Hannah Paull	37	Gloucester Masters	29.50	30.57	8
3	Karin Lockhoff	35	Out to Swim	32.00	32.17	6
4	Keri Hutchinson	39	David Lloyd	35.00	36.58	5
5	Zoe Sadler	37	Basingstoke Bluefins	39.00	40.08	4

Event 25 Women 40-44 50 LC Meter Freestyle

1	Sarah Brandrick	42	City of Derby	32.22	31.30	10
2	Rhian Andrews	41	Cardiff Masters	33.00	33.80	8
3	Karen Hilton	41	Gloucester Masters	33.65	34.54	6
4	Tracy Holden	44	Berkhamsted Sports Centre	38.00	35.21	5
5	Catherine Shearn	41	Basingstoke Bluefins	34.20	35.50	4
6	Karen Harris	42	Cardiff Masters	37.00	36.14	3
7	Alison Willis	43	Fishguard Flyers	40.00	37.64	2
8	Paula Montez	42	Independant	50.00	51.08	1

Event 25 Women 45-49 50 LC Meter Freestyle

1	Rebecca Jenkinson	47	Exeter City SC	30.75	29.75	10
2	Allie Price	45	Cardiff Masters	30.64	31.20	8
3	Caroline Smale	48	Penyrheol	35.00	32.15	6
4	Anne Raymond	47	Sevenoaks Tri Swim Club	38.00	36.92	5
5	Sara Allen	47	Epsom District	39.00	37.42	4
6	Elaine Harrison	47	Cardiff Masters	39.88	41.64	3
7	Delia Keen	49	Carmarthen Masters	44.79	45.68	2
8	Jacqueline Farrow	46	Corby	46.14	47.22	1

Event 25 Women 50-54 50 LC Meter Freestyle

1	Clare Parry	52	Cardiff Masters	35.00	36.29	10
2	Anne Nicholls	53	Gloucester Masters	38.00	37.34	8
3	Pauline Houlihan	53	Cork Masters	41.40	44.46	6

Event 25 Women 55-59 50 LC Meter Freestyle

1	Sue Haigh	58	Tiverton	33.00	33.55	10
2	Jane Jolly	56	Cork Masters	36.95	38.58	8
3	Lynda Wathan	57	Independant	42.70	43.84	6
4	Lorraine Crook	56	Caldicot	45.46	47.28	5

Event 25 Women 60-64 50 LC Meter Freestyle

1	Julie Crayford	62	Clams	37.00	37.43	10
---	----------------	----	-------	-------	-------	----

Welsh Capital Masters - 08/05/2010**Results****(Event 25 Women 60-64 50 LC Meter Freestyle)**

2	Annette Bugaighis	60	Gloucester Masters	42.00	42.59	8
---	-------------------	----	--------------------	-------	-------	---

Event 25 Women 65-69 50 LC Meter Freestyle

1	Iris Bellis	67	South Beds Masters SC	55.00	49.66	10
2	Margaret Weare	66	Caldicot	58.64	59.28	8

Event 25 Women 70-74 50 LC Meter Freestyle

1	Mary O'Herlihy	72	Cork Masters	47.00	46.06	10
---	----------------	----	--------------	-------	-------	----

Event 25 Women 75-79 50 LC Meter Freestyle

1	Grace Isaac	78	Spencer Swim Team	58.00	1:00.30	10
---	-------------	----	-------------------	-------	---------	----

Event 26 Mixed 100-119 200 LC Meter Medley Relay

1	Clams	A	2:08.00	2:14.81	20
	1) Lauren Tait W25	2) Laura Parry W28	3) Dave Tonge M28	4) Matthew Tait M28	
	37.36	1:17.02 (39.66)	1:46.98 (29.96)	2:14.81 (27.83)	
2	Cardiff Masters	A	2:30.00	3:04.23	16
	1) Tomas Stewart M24	2) Hannah Jones W24	3) Jessie Blain W31	4) Andrew Gott M30	
	36.07	1:48.14 (1:12.07)	2:27.94 (39.80)	3:04.23 (36.29)	

Event 26 Mixed 120-159 200 LC Meter Medley Relay

1	Cardiff Masters	B	2:30.00	2:42.14	20
	1) Shaun Connor M41	2) Tony Davies M26	3) Marie Concannon W28	4) Kate Williams W31	
	41.54	1:28.65 (47.11)	2:05.61 (36.96)	2:42.14 (36.53)	
2	Cork Masters	A	NT	2:57.10	16
	1) Diarmuid Herlihy M47	2) Jennifer Lane W29	3) Brian Clifford M54	4) Sarah McSweeney W29	
	45.37	1:34.03 (48.66)	2:17.49 (43.46)	2:57.10 (39.61)	
3	Cardiff Masters	D	2:30.00	3:08.93	12
	1) Martin Neal M31	2) Daniel Carr M27	3) Elaine Harrison W47	4) Lizzie Swaffield W28	
	47.09	1:31.08 (43.99)	2:30.10 (59.02)	3:08.93 (38.83)	

Event 26 Mixed 160-199 200 LC Meter Medley Relay

1	Basingstoke Bluefins	A	2:28.00	2:25.26	20
	1) Neil Jackson M64	2) Sharon Lock W41	3) Catherine Shearn W41	4) Mark Straw M52	
	39.73	1:18.85 (39.12)	1:54.12 (35.27)	2:25.26 (31.14)	
2	Berkhamsted Sports Centre	A	2:35.00	2:34.43	16
	1) Peter Northwood M42	2) Mark Strakosch M49	3) Tracy Holden W44	4) Hilary Coulson W43	
	38.66	1:27.37 (48.71)	2:02.18 (34.81)	2:34.43 (32.25)	

Event 26 Mixed 200-239 200 LC Meter Medley Relay

1	Cardiff Masters	C	2:30.00	3:09.58	20
	1) Karen Harris W42	2) Elsa Stewart W56	3) William Wilson M55	4) Charles Thackaberry M48	
	47.76	1:45.79 (58.03)	2:27.32 (41.53)	3:09.58 (42.26)	

Event 27 Men 120-159 200 LC Meter Freestyle Relay

1	Cardiff Masters	B	2:10.00	2:21.01	20
	1) Daniel Carr M27	2) Tony Davies M26	3) Faris Dean M35	4) Martin Neal M31	
	39.70	1:15.06 (35.36)	1:50.09 (35.03)	2:21.01 (30.92)	
2	Cardiff Masters	A	2:10.00	2:22.09	16
	1) Tomas Stewart M24	2) Andrew Gott M30	3) Charles Thackaberry M48	4) Shaun Connor M41	
	29.86	1:03.75 (33.89)	1:47.72 (43.97)	2:22.09 (34.37)	

Event 27 Men 200-239 200 LC Meter Freestyle Relay

1	Cork Masters	A	2:20.00	2:41.04	20
	1) Diarmuid Herlihy M47	2) Dennis Sheehan M52	3) Leo Le Mass M61	4) Ciaran O'Connor M43	
	36.66	1:14.81 (38.15)	2:02.75 (47.94)	2:41.04 (38.29)	

Welsh Capital Masters - 08/05/2010**Results****Event 28 Women 120-159 400 LC Meter Freestyle Relay**

1 Clams	A	4:45.00	5:12.83	20
1) Melissa Blyth W26	2) Andrea Powell W39	3) Charmaine Kinson W42	4) Jassa Scott W34	
37.83	1:19.97 (1:19.97)	1:56.12 (36.15)	2:35.36 (1:15.39)	
3:14.30 (38.94)	3:55.08 (1:19.72)	4:31.04 (35.96)	5:12.83 (1:17.75)	

Event 28 Women 160-199 400 LC Meter Freestyle Relay

1 Cardiff Masters	A	4:45.00	4:52.08	20
1) Ceri Thomas W45	2) Allie Price W45	3) Sian Wilson W31	4) Rhian Andrews W41	
36.00	1:16.51 (1:16.51)	1:50.17 (33.66)	2:26.65 (1:10.14)	
3:01.87 (35.22)	3:39.80 (1:13.15)	4:14.80 (35.00)	4:52.08 (1:12.28)	

Event 28 Women 200-239 400 LC Meter Freestyle Relay

1 Gloucester Masters	A	4:30.00	5:48.50	20
1) Sue Leach W48	2) Esther Murray W63	3) Anne Nicholls W53	4) Hannah Paull W37	
40.81	1:27.96 (1:27.96)	2:20.34 (52.38)	3:16.59 (1:48.63)	
3:56.37 (39.78)	4:40.89 (1:24.30)	5:12.87 (31.98)	5:48.50 (1:07.61)	

Event 29 Men 200-239 400 LC Meter Freestyle Relay

1 Gloucester Masters	A	4:10.00	4:15.54	20
1) John Anderson M51	2) Tony Cherrington M68	3) Colin Stephenson M52	4) Oli Barnes M29	
31.70	1:06.05 (1:06.05)	1:39.74 (33.69)	2:17.43 (1:11.38)	
2:46.24 (28.81)	3:17.36 (59.93)	3:44.40 (27.04)	4:15.54 (58.18)	
2 Cardiff Masters	A	4:40.00	4:50.85	16
1) Michael Battersby M52	2) Richard Bennett M45	3) Paul Pycroft M52	4) David Cooper M55	
36.58	1:17.18 (1:17.18)	1:51.04 (33.86)	2:26.57 (1:09.39)	
2:59.29 (32.72)	3:37.64 (1:11.07)	4:12.74 (35.10)	4:50.85 (1:13.21)	

Event 29 Men 240-279 400 LC Meter Freestyle Relay

1 Clams	A	6:00.00	5:58.40	20
1) Steve Gage M51	2) Alexei Zhurov M43	3) Les Stagg M78	4) Errol Alexis M74	
35.81	1:15.09 (1:15.09)	1:53.35 (38.26)	2:34.41 (1:19.32)	
3:20.21 (45.80)	4:14.86 (1:40.45)	5:01.97 (47.11)	5:58.40 (1:43.54)	

Event 30 Women 160-199 400 LC Meter Medley Relay

1 Cardiff Masters	A	5:00.00	5:36.88	20
1) Clare Parry W52	2) Allie Price W45	3) Fiona Kinsella W26	4) Ceri Thomas W45	
45.33	1:31.67 (1:31.67)	2:16.10 (44.43)	3:06.62 (1:34.95)	
3:40.24 (33.62)	4:19.54 (1:12.92)	4:56.16 (36.62)	5:36.88 (1:17.34)	

Event 31 Men 160-199 400 LC Meter Medley Relay

1 Gloucester Masters	A	4:30.00	4:55.52	20
1) Colin Stephenson M52	2) Oli Barnes M29	3) Peter Smith M39	4) John Anderson M51	
39.20	1:19.92 (1:19.92)	1:55.81 (35.89)	2:38.59 (1:18.67)	
3:11.26 (32.67)	3:48.21 (1:09.62)	4:20.07 (31.86)	4:55.52 (1:07.31)	