

**SWIM WALES**

**WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS**

**MEN**

	AGE	NAME	YoB	CLUB	TIME	VENUE	DATE
<b>200m INDIVIDUAL MEDLEY</b>							
S	18-24	Neil	van den BROEK	1979	Swim Swansea	2.12.23	WNP Swansea Jun-03
A	25-29	Henry	GOODLUD	1997	Woking SC	2.14.71	WNP Swansea Apr-24
B	30-34	Paul	GRIFFITHS	1970	Nofio Cymru	2.17.29	Munich 2000
C	35-39	Calvin	HARRIS	1965	Pontypool	2.20.70	Crystal Palace 2000
D	40-44	Paul	JENKINS	1953	CLAMS	2.27.86	Europeans 1993
E	45-49	Jonathan	HOPKINS	1960	Swansea Valley	2.32.95	Cardiff I.S.V. Jun-09
F	50-54	Patrick	GORE	1968	Cardiff Masters	2.30.46	WNP Swansea Jun-19
G	55-59	Patrick	GORE	1968	Reading S.C	2.39.38	WNP Swansea Apr- 24
H	60-64	Jonathan	HOPKINS	1960	Cardiff Masters	2.45.61	WNP Swansea Feb-20
J	65-69	James	ARTHUR	1948	Celtic Dolphins	3.03.16	WNP Swansea Jun-14
K	70-74	Garfield	THOMAS	1940	Bridgend Cty	3.24.92	WNP Swansea Mar-10
L	75-79	Garfield	THOMAS	1940	Bridgend Cty	3.53.17	K2 Crawley Jan-17
M	80-84	Baz	OWEN	1930	Arfon Masters	4.56.14	WNP Swansea Mar-10
N	85-89						
O	90-94						

**400m INDIVIDUAL MEDLEY**

S	18-24	Andrew	REAY	1994	Wrexham	5.00.53	Manchester Jun-15
A	25-29	Josh	HANBURY	1993	Swansea Masters	4.51.65	WNP Swansea Mar-22
B	30-34	Paul	GRIFFITHS	1970	Nofio Cymru	4.55.99	Munich 2000
C	35-39	Calvin	HARRIS	1965	Pontypool	5.00.87	Munich 2000
D	40-44	Paul	JENKINS	1953	CLAMS	5.22.61	WEP Cardiff 1993
E	45-49	John	HOWLES	1954	Pontypool	5.35.80	Crystal Palace 2000
F	50-54	Jonathan	HOPKINS	1960	C o Cardiff	5.41.81	WNP Swansea Jun-14
G	55-59	Jonathan	HOPKINS	1960	Cardiff Masters	5.45.60	WNP Swansea Mar-17
H	60-64	Jonathan	HOPKINS	1960	Cardiff Masters	6.00.83	WNP Swansea Mar-22
J	65-69	James	ARTHUR	1948	Celtic Dolphins	6.43.95	WNP Swansea Mar-15
K	70-74	Baz	OWEN	1930	Arfon Masters	9.14.06	Munich 2000
L	75-79	Baz	OWEN	1930	Arfon Masters	10.07.37	WNP Swansea Mar-06
M	80-84	Ernest	CLEMETT	1917	St. Austell	11.37.87	Glasgow 1998
N	85-89						
O	90-94						

SWIM WALES								
WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS								
MEN								
	AGE	NAME		YoB	CLUB	TIME	VENUE	DATE
<b>50m BUTTERFLY</b>								
S	18-24	Alex	MORRIS	1999	Swansea University	26.21	WNP Swansea	Mar-23
A	25-29	Gareth	COCKS	1989	Cardiff Mast	26.66	Montreal	Aug-14
B	30-34	Bradley David	PRICE	1992	City of Cardiff	25.49	WNP Swansea	Mar-24
C	35-39	Mark	JONES	1972	Ealing	26.63	Cadiz	Sep-09
D	40-44	Jason	COOK	1978	Cardiff Masters	27.99	WNP Swansea	Feb-20
E	45-49	Michael	WATKINS	1970	Torfaen Dolphins	28.64	WNP Swansea	Mar-19
F	50-54	Peter	GODFREY	1947	CLAMS	29.84	WEP Cardiff	1997
G	55-59	Peter	GODFREY	1947	CLAMS	30.55	WNP Swansea	May-05
H	60-64	Peter	GODFREY	1947	CLAMS	31.01	WNP Swansea	Mar-07
J	65-69	Ian Stuart	POWELL	1959	Nofio Cymru	34.18	WNP Swansea	Mar-24
K	70-74	Garfield	THOMAS	1940	Bridgend Cty	37.67	Cardiff I.S.V.	May-10
L	75-79	Garfield	THOMAS	1940	Bridgend Cty	42.91	Aldershot	Jul-16
M	80-84	Garfield	THOMAS	1940	Bridgend Cty	58.02	WNP Swansea	Feb-20
N	85-89							
O	90-94							
<b>100m BUTTERFLY</b>								
S	18-24	Gareth	COCKS	1989	Cardiff Masters	1.00.76	WNP Swansea	Mar-11
A	25-29	Gareth	COCKS	1989	Cardiff Masters	58.37	Montreal	Aug-14
B	30-34	Calvin	HARRIS	1965	Pontypool	1.00.23	Sheffield	1996
C	35-39	Gareth	COCKS	1989	Royal Air Force	1.00.09	WNP Swansea	Apr-24
D	40-44	Paul	JENKINS	1953	CLAMS	1.05.25	WEP Cardiff	Jun-05
E	45-49	Michael	WATKINS	1970	Torfaen Dolphins	1.04.54	WNP Swansea	Jun-19
F	50-54	Patrick	GORE	1968	Cardiff Masters	1.08.29	WNP Swansea	Mar-19
G	55-59	Jonathan	HOPKINS	1960	Cardiff Masters	1.15.29	WNP Swansea	Mar-17
H	60-64	Stuart	SHERMAN	1955	Cardiff Masters	1.21.00	Millfield	Sep-15
J	65-69	Garfield	THOMAS	1940	Nofio Cymru	1.27.19	Stanford USA	Aug-06
K	70-74	Garfield	THOMAS	1940	Bridgend Cty	1.39.90	Crawley	Jan-10
L	75-79	Garfield	THOMAS	1940	Bridgend Cty	1.54.87	Crawley	Feb-15
M	80-84	Ernest	CLEMETT	1917	St. Austell	2.48.66	WEP Cardiff	1997
N	85-89							
O	90-94							
<b>200m BUTTERFLY</b>								
S	18-24	Gareth	COCKS	1989	Cardiff Masters	2.16.69	Sheffield	May-12
A	25-29	Josh	HANBURY	1993	Swansea Masters	2.10.79	WNP Swansea	Mar-22
B	30-34	Calvin	HARRIS	1965	Pontypool	2.16.02	Sheffield	1996
C	35-39	Gareth	COCKS	1989	Royal Air Force	2.23.08	WNP Swansea	Apr-24
D	40-44	Phil	BURCHELL	1980	Holywell	2.42.02	WNP Swansea	Feb-20
E	45-49	John	HOWLES	1954	Pontypool	2.44.10	Crystal Palace	2000
F	50-54	Stuart	COLSTON	1971	Celtic Dolphins	3.12.04	WNP Swansea	Mar-22
G	55-59	Garfield	THOMAS	1940	Ogwr	3.09.57	Crystal Palace	1995
H	60-64	Stuart	SHERMAN	1955	Cardiff Masters	3.10.90	Millfield	Sep-15
J	65-69	David Edwards	BURCHELL	1955	MOLD	3.15.11	WNP Swansea	Feb-20
K	70-74	Baz	OWEN	1930	Arfon Masters	5.57.61	WNP Swansea	Jun-03
L	75-79	Ernest	CLEMETT	1917	St. Austell	6.35.90	WEP Cardiff	1993
M	80-84	Ernest	CLEMETT	1917	St. Austell	6.33.59	WEP Cardiff	1997
N	85-89							
O	90-94							
			& British Record					





SWIM WALES							
WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS							
MEN							
AGE	NAME	YoB	CLUB	TIME	VENUE	DATE	
<b>50m FREESTYLE</b>							
S 18-24	Nathan FORD	1984	Swansea Perf.	23.47	WNP Swansea	Mar-08	
A 25-29	Henry GOODLUD	1997	Woking SC	24.37	WNP Swansea	Apr-24	
B 30-34	Oliver HARRIS	1990	Cardiff Masters	24.69	WNP Swansea	Mar-20	
C 35-39	Kevin HARRISON	1965	Nottm Leander	24.87	Millau	Aug-03	
D 40-44	Dan CLEMENTS	1980	Cardiff Masters	24.32	WNP Swansea	Mar-24	
E 45-49	Graham SADLER	1959	Trafford Metro	27.03	Manchester	Jun-08	
F 50-54	Martin BUTLER	1973	Celtic Dolphins SC	27.17	WNP Swansea	Apr-24	
G 55-59	Jonathan HOPKINS	1960	Cardiff Masters	28.75	WNP Swansea	Mar-15	
H 60-64	Simon WILLIAMS	1963	Otter	29.71	WNP Swansea	Mar-23	
J 65-69	Ian Stuart POWELL	1959	Nofio Cymru	31.13	WNP Swansea	Mar-24	
K 70-74	Garfield THOMAS	1940	Bridgend Cty	32.89	Cardiff I.S.V.	May-10	
L 75-79	Edward LLOYD	1931	Wrexham	35.39	Manchester	Jun-06	
M 80-84	Garfield THOMAS	1940	Bridgend Cty	39.71	WNP Swansea	Mar-20	
N 85-89	Bill DODGSON	1920	Individual	43.84	WNP Swansea	May-05	
O 90-94							
<b>100m FREESTYLE</b>							
S 18-24	Adam RATTENBERRY	1984	CLAMS	54.18	Manchester	Jun-07	
A 25-29	Henry GOODLUD	1997	Woking SC	53.07	WNP Swansea	Apr-24	
B 30-34	Bradley Dav PRICE	1992	City of Cardiff	53.95	WNP Swansea	Mar-24	
C 35-39	Mark JONES	1972	Ealing	56.18	Cadiz	Sep-09	
D 40-44	Dan CLEMENTS	1980	Cardiff Masters	56.56	WNP Swansea	Mar-24	
E 45-49	Graham SADLER	1959	Trafford Metro	1.00.59	Manchester	Jun-08	
F 50-54	Patrick GORE	1968	Cardiff Masters	59.79	WNP Swansea	Jun-19	
G 55-59	Adrian MORRIS	1962	Cardiff Masters	1.03.75	WNP Swansea	Jun-19	
H 60-64	Adrian MORRIS	1962	Cardiff Masters	1.05.35	WNP Swansea	Mar-22	
J 65-69	Ian Stuart POWELL	1959	Nofio Cymru	1.11.11	WNP Swansea	Mar-24	
K 70-74	Garfield THOMAS	1940	Bridgend Cty	1.14.57	Glasgow	Jun-10	
L 75-79	Garfield THOMAS	1940	Bridgend Cty	1.20.33	Sheffield	Apr-16	
M 80-84	Garfield THOMAS	1940	Bridgend Cty	1.29.97	K2 Crawley	Jan-20	
N 85-89	Bill DODGSON	1920	Individual	1.40.90	WNP Swansea	May-05	
O 90-94							
<b>200m FREESTYLE</b>							
S 18-24	Andrew LUXTON	1983	Swim Swansea	2.00.85	WNP Swansea	Mar-04	
A 25-29	Henry GOODLUD	1997	Woking SC	2.00.54	Sheffield	Jun-23	
B 30-34	Rhodri HUMPHRIES	1982	Royal Navy	2.01.35	Montreal	Aug-14	
C 35-39	Rhodri HUMPHRIES	1982	Royal Navy	2.09.03	WNP Swansea	Mar-17	
D 40-44	Jonathan HOPKINS	1960	Swansea Valley	2.12.44	Munich	2000	
E 45-49	Jonathan HOPKINS	1960	Swansea Valley	2.15.14	WNP Swansea	May-05	
F 50-54	Tony DAY	1965	Darlington SC	2.12.45	Olympic Aq Centre	May-16	
G 55-59	Jonathan HOPKINS	1960	Cardiff Master	2.22.78	WNP Swansea	Mar-15	
H 60-64	Adrian MORRIS	1962	Cardiff Masters	2.29.86	WNP Swansea	Mar-22	
J 65-69	James ARTHUR	1948	Celtic Dolphins	2.39.84	WNP Swansea	Mar-13	
K 70-74	James ARTHUR	1948	Celtic Dolphins	2.46.64	WNP Swansea	Mar-18	
L 75-79	Garfield THOMAS	1940	Bridgend Cty	3.07.20	Aldershot	Jul-16	
M 80-84	Garfield THOMAS	1940	Bridgend Cty	3.29.20	K2 Crawley	Jan-20	
N 85-89	Bill DODGSON	1920	Individual	4.05.45	WNP Swansea	May-05	
O 90-94							
<b>400m FREESTYLE</b>							
S 18-24	Gareth COCKS	1989	Cardiff Masters	4.31.14	Sheffield	May-12	
A 25-29	Craig THOMAS	1991	Bridgend Cty	4.17.48	WNP Swansea	Mar-16	
B 30-34	David HANBURY	1993	Swansea Masters	4.26.71	WNP Swansea	Mar-23	
C 35-39	Stuart MORRISH	1967	Hereford	4.36.57	WNP Swansea	Jun-03	
D 40-44	Jonathan HOPKINS	1960	Swansea Valley	4.43.11	WNP Swansea	Jun-03	
E 45-49	Patrick GORE	1968	C o Cardiff	4.52.61	WNP Swansea	Mar-13	
F 50-54	Tony DAY	1965	Darlington SC	4.49.21	Olympic Aq Centre	May-16	
G 55-59	Jonathan HOPKINS	1960	Cardiff Masters	5.08.02	WNP Swansea	Mar-17	
H 60-64	Chris GOULDEN	1957	Cardiff Masters	5.19.14	Plymouth	Jun-18	
J 65-69	Christopher GOULDEN	1957	Cardiff Masters	5.31.34	WNP Swansea	Mar-22	
K 70-74	James ARTHUR	1948	Celtic Dolphins	5.56.65	WNP Swansea	Mar-18	
L 75-79	Garfield THOMAS	1940	Bridgend Cty	6.38.78	Crawley	Feb-15	
M 80-84	Garfield THOMAS	1940	Bridgend Cty	7.24.65	K2 Crawley	Jan-20	
N 85-89	Bill DODGSON	1920	Individual	8.46.02	WNP Swansea	May-05	
O 90-94							
<b>800m FREESTYLE</b>							
S 18-24	Rhys DAVIES	2001	Nofio Sir Gar	9.29.82	WNP Swansea	Mar-20	
A 25-29	David Josh HANBURY	1993	Swansea Masters	9.07.88	WNP Swansea	Mar-20	
B 30-34	Calvin HARRIS	1965	Pontypool	9.41.63	WEP Cardiff	1998	
C 35-39	Stuart MORRISH	1967	Hereford	9.29.14	WNP Swansea	Jun-03	
D 40-44	Andrew MARTIN	1975	Cardiff Masters	9.53.60	WNP Swansea	Mar-19	
E 45-49	Andrew MARTIN	1975	Cardiff Masters	10.07.04	WNP Swansea	Mar-22	
F 50-54	Tony DAY	1965	Darlington SC	9.45.46	Olympic Aq Centre	May-16	
G 55-59	Jonathan HOPKINS	1960	Cardiff Masters	10.40.09	WNP Swansea	Mar-15	
H 60-64	Christopher GOULDEN	1957	Cardiff Masters	10.48.18	Plymouth	Jun-18	
J 65-69	Christopher GOULDEN	1957	Cardiff Masters	11.43.25	WNP Swansea	Mar-23	
K 70-74	James ARTHUR	1948	Celtic Dolphins	12.17.32	WNP Swansea	Mar-18	
L 75-79	Garfield THOMAS	1940	Bridgend Cty	14.07.55	Crawley	Feb-15	
M 80-84	Garfield THOMAS	1940	Bridgend Cty	15.01.80	WNP Swansea	Feb-20	
N 85-89	Bill DODGSON	1920	Individual	18.22.52	WNP Swansea	May-05	
O 90-94							
<b>1500m FREESTYLE</b>							
S 18-24	Daniel THOMAS	1997	Pembroke & Dist	18.50.40	WNP Swansea	Mar-19	
A 25-29	Stuart MORRISH	1967	Newport Maindee	17.48.85	Crystal Palace	1995	
B 30-34	Daniel MILLS	1981	Trafford	16.51.32	WNP Swansea	Mar-23	
C 35-39	Stuart MORRISH	1967	Hereford	18.11.53	WNP Swansea	Jun-03	
D 40-44	Andrew MARTIN	1975	Cardiff Masters	18.58.13	WNP Swansea	Mar-19	
E 45-49	Andrew MARTIN	1975	Cardiff Masters	19.27.4	WNP Swansea	Mar-24	
F 50-54	Jonathan HOPKINS	1960	Cardiff Masters	20.40.35	WNP Swansea	Mar-14	
G 55-59	Jonathan HOPKINS	1960	Cardiff Masters	21.09.68	WNP Swansea	Mar-19	
H 60-64	Christopher GOULDEN	1957	Cardiff Masters	20.34.21	Plymouth	Jun-18	
J 65-69	Christopher GOULDEN	1957	Cardiff Masters	22.11.03	WNP Swansea	Mar-23	
K 70-74	David GREY	1951	Individual	26.58.55	WNP Swansea	Mar-22	
L 75-79	Garfield THOMAS	1940	Bridgend Cty	27.10.39	WNP Swansea	Mar-17	
M 80-84	Ernest CLEMETT	1917	StAustell	35.52.91	Glasgow	1998	
N 85-89	Bill DODGSON	1920	Individual	35.29.09	WNP Swansea	Apr-05	
O 90-94							

**SWIM WALES**

**WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS**

**MEN**

**4x50m MENs FREESTYLE TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs	CLAMS	1.41.82	WNP Swansea	Jun-03
	D. Jones : D. Tonge : M. Jackson : M. Tait			
100-119yrs	Cardiff Masters	1.42.22	WNP Swansea	Feb-20
	Kiroless Saba : Jack Thomas : Callum Morris : Oliver Harris			
120-159yrs	Cardiff Masters	1.38.75	WNP Swansea	Apr-24
	Daniel Clements : Geraint Meek : Oliver Harrie : Patryk Poniatowski			
160-199yrs	Cardiff Masters	1.44.56	WNP Swansea	Mar-17
	Jonathan Hopkins : Kiroless Saba : Patrick Gore : Gareth Cocks			
200-239yrs	Cardiff Masters	1.52.73	WNP Swansea	Jun-19
	Patrick Gore : Adrian Morris : Malcolm Wilson : Kiroless Saba			
240-279yrs	Cardiff Masters	2.06.14	WNP Swansea	Mar-19
	Adrian Morris : Malcolm Wilson : Christopher Goulden : Jonathan Hopkins			
280-319yrs				
320-359yrs				

**4x100m MENs FREESTYLE TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs	Nofio Cymru	4.54.57	Derby	Mar-24
	Neil Powell : Tom Williams : Chris Winn : Ian Powell			
240-279yrs	CLAMS	5.58.40	Cardiff I.S.V.	May-10
	Steve Gage : Alexei Zhurov : Les Stagg : Errol Alexis			
280-319yrs				
320-359yrs				

**4x200m MENs FREESTYLE TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				

**SWIM WALES**

**WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS**

**MEN**

**4x50m MENS MEDLEY TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs	CLAMS	1.55.58	Cardiff I.S.V.	May-08
	A. Keen : D. Laxton : A. Rattenberry : Chris Wyatt			
100-119yrs	Cardiff Masters	1.56.89	WNP Swansea	Feb-20
	Callum Morris : Kiroless Saba : Olly Harris : Tom Longden			
120-159yrs	Cardiff Masters	1.56.50	WNP Swansea	June-19
	Patrick Gore : Kiroless Saba : David Booth : Scott Tancock			
160-199yrs	Pembroke	2.04.00	WNP Swansea	Jun-03
	A. Shortman : M. James : J. Richards : N. Goddard			
200-239yrs	CLAMS	2.08.57	WNP Swansea	Jun-03
	B. Caddick : R. Thomas : P. Godfrey : P. Gore			
240-279yrs	Cardiff Masters	2.26.20	WNP Swansea	Jun-19
	Malcolm Wilson : Mike Battersby : Adrian Morris : David Lowe			
280-319yrs				
320-359yrs				

**4 x 100m MENS MEDLEY TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs	Arfon Masters	7.27.16	WNP Swansea	Mar-12
	Baz Owen : Pete Edwards : Keith Rothwell : Oggy East			
240-279yrs				
280-319yrs				
320-359yrs				

**4x200m MENS MEDLEY TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				

**SWIM WALES**

**WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS**

**WOMEN**

	AGE	NAME	YoB	CLUB	TIME	VENUE	DATE
<b>200m INDIVIDUAL MEDLEY</b>							
S	18-24	Faith	GOODLIFFE	2000	Coventry Mast	2.34.79	WNP Swansea Mar-19
A	25-29	Katie	REES	1998	Swansea University	2.32.07	Derby Mar-24
B	30-34	Nia	WESTLAKE	1993	Gloucester Masters	2.32.95	Aberdeen Jun-22
C	35-39	Natasha	MORGAN	1982	Southwark Aq	2.41.55	Aberdeen Jun-17
D	40-44	Michelle	WARE	1973	Guildford City	2.37.43	K2 Crawley Jan-17
E	45-49	Helen	GORMAN	1972	City of Cardiff	2.33.43	Gwangju South Korea Aug-19
F	50-54	Helen	GORMAN	1972	City of Cardiff	2.33.61	Aberdeen Jun-22
G	55-59	Allie	PRICE	1965	Cardiff Masters	2.46.69	WNP Swansea Feb-20
H	60-64	Heidi	GORE	1962	Reading S.C	3.10.13	WNP Swansea Apr-24
J	65-69	Julia	BUCHANAN	1957	Caldicot	3.37.30	WNP Swansea Mar-23
K	70-74	Helen	HUGHES	1942	Arfon Masters	4.19.81	WNP Swansea Mar-12
L	75-79	Edna	DILWORTH	1925	Arfon Masters	4.59.69	Glasgow 2001
M	80-84	Helen	HUGHES	1942	Arfon Masters	4.44.14	WNP Swansea Mar-22
N	85-89						
O	90-94						

**400m INDIVIDUAL MEDLEY**

S	18-24	Arwen	TEAGLE	2001	Merthyr Tydfil Swimming	06:13.9	WNP Swansea Mar-24
A	25-29	Nia	WESTLAKE	1993	Gloucester Masters	5.32.47	Aberdeen Jun-22
B	30-34	Nia	WESTLAKE	1993	Gloucester Masters	5.24.60	Sheffield Jun-23
C	35-39	Lesley	WILDE	1959	Rhyl	5.53.54	WEP Cardiff 1997
D	40-44	Lesley	WILDE	1959	Rhyl	5.32.05	Glasgow 2001
E	45-49	Nicola	LATTY	1971	Holywell	5.35.52	WNP Swansea Jun-19
F	50-54	Nicola	LATTY	1971	Holywell	5.33.63	Rome, Italy Aug-22
G	55-59	Julie	CRAYFORD	1948	CLAMS	6.32.56	Riccione Jun-04
H	60-64	Julie	CRAYFORD	1948	CLAMS	7.01.19	Perth/Australia Apr-08
J	65-69	Victor	CHRISTINA RITA	1954	Guildford City	7.44.81	WNP Swansea Mar-20
K	70-74	Helen	HUGHES	1942	Arfon Masters	9.01.55	WNP Swansea Mar-13
L	75-79	Helen	HUGHES	1942	Arfon Masters	10.01.49	WNP Swansea Mar-19
M	80-84	Margaret	WEARE	1944	Caldicot Masters	12.23.95	WNP Swansea Mar-24
N	85-89						
O	90-94						







SWIM WALES								
WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS								
WOMEN								
	AGE	NAME		YoB	CLUB	TIME	VENUE	DATE
<b>50m BREASTSTROKE</b>								
S	18-24	Louise	HENLEY	1985	Swansea Perf	33.27	WNP Swansea	Mar-08
A	25-29	Jennifer	JONES	1990	Cardiff Masters	35.56	WNP Swansea	Jun-19
B	30-34	Louise	HENLEY	1985	RAF	34.21	Kranj	Sep-18
C	35-39	Sophie	MOUNTAIN	1987	Pembrokeshire County Swimming	37.11	WNP Swansea	Mar-23
D	40-44	Jordanna	ROBERTS	1982	Swansea Masters	38.6	WNP Swansea	Mar-22
E	45-49	Helen	GORMAN	1972	Cit of Cardiff	34.58	Gwangju South Korea	Aug-19
F	50-54	Helen	GORMAN	1972	Cit of Cardiff	34.87	Sheffield	Jun-22
G	55-59	(Joanna) Ki	COLLINS	1966	Wrexham	38.41	WNP Swansea	Mar-24
H	60-64	Julie	CRAYFORD	1948	CLAMS	42.89	Sydney/Australia	Oct-09
J	65-69	Christina	VICTOR	1954	Guildford City	44.89	Gwangju South Korea	Aug-19
K	70-74	Christina	VICTOR	1954	Guildford City	47.82	Doha	Mar-24
L	75-79	Edna	DILWORTH	1925	Arfon Masters	1.00.75	Munich	2000
M	80-84	Kathy	CLAPP	1924	Connah's Quay	1.11.88	Manchester	Apr-04
N	85-89	Emily	GODSALL	1917	CLAMS	1.40.26	WNP Swansea	Mar-04
O	90-94							
<b>100m BREASTSTROKE</b>								
S	18-24	Louse	HENLEY	1985	Swansea Perf	1.14.04	WNP Swansea	Mar-08
A	25-29	Louise	HENLEY	1985	City of Cardiff	1.15.61	WNP Swansea	Mar-10
B	30-34	Louise	HENLEY	1985	RAF	1.12.87	Kranj	Sep-18
C	35-39	Natasha	MORGAN	1982	Southwark Aq	1.24.72	Aberdeen	Jun-17
D	40-44	Jordanna	ROBERTS	1982	Swansea Masters	1.29.44	WNP Swansea	Mar-22
E	45-49	Helen	GORMAN	1972	City of Cardiff	1.14.70	WNP Swansea	Mar-18
F	50-54	Helen	GORMAN	1972	City of Cardiff	1.15.44	Sheffield	Jun-22
G	55-59	(Joanna) Ki	COLLINS	1966	Wrexham	01:27.0	WNP Swansea	Mar-24
H	60-64	Julie	CRAYFORD	1948	CLAMS	1.39.29	Manchester	Jun-08
J	65-69	Christina	VICTOR	1954	Guildford City	1.41.25	Gwangju South Korea	Aug-19
K	70-74	Christina	VICTOR	1954	Guildford City	1.47.88	Doha	Mar-24
L	75-79	Edna	DILWORTH	1925	Arfon Masters	2.18.22	Glasgow	2001
M	80-84	Emily	GODSALL	1917	CLAMS	3.18.19	WEP Cardiff	1997
N	85-89	Emily	GODSALL	1917	Nofio Cwmru	3.50.70	Christchurch NZ	2002
O	90-94							
<b>200m BREASTSTROKE</b>								
S	18-24	Rhain	JONES	2000	Cardiff Masters	03:00.9	WNP Swansea	Mar-24
A	25-29	Louise	HENLEY	1985	City of Cardiff	2.43.69	WNP Swansea	Mar-10
B	30-34	Nia	WESTLAKE	1993	Gloucester Masters	2.57.77	Sheffield	Jun-23
C	35-39	Natasha	MORGAN	1982	Southwark Aq	3.02.84	Aberdeen	Jun-17
D	40-44	Jordanna	ROBERTS	1982	Swansea Masters	3.15.79	WNP Swansea	Mar-22
E	45-49	Helen	GORMAN	1972	City of Cardiff	2.44.66	Aberdeen	Jun-22
F	50-54	Helen	GORMAN	1972	City of Cardiff	2.48.36	WNP Swansea	Mar-22
G	55-59	Joanna	COLLINS	1966	Welshpool Sharks	3.12.09	WNP Swansea	Mar-22
H	60-64	Julie	CRAYFORD	1948	CLAMS	3.40.72	Manchester	Jun-08
J	65-69	Victor	CHRISTINA RITA	1954	Guildford City	3.51.23	WNP Swansea	Mar-20
K	70-74	Edna	DILWORTH	1925	Arfon Masters	4.37.04	Sheffield	1996
L	75-79	Edna	DILWORTH	1925	Arfon Masters	5.02.39	Munich	2000
M	80-84	Emily	GODSALL	1917	CLAMS	7.25.62	Prague	1997
N	85-89	Emily	GODSALL	1917	CLAMS	8.19.05	WNP Swansea	Jun-03
O	90-94							
					World Record			

SWIM WALES						
WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS						
WOMEN						
AGE	NAME	YoB	CLUB	TIME	VENUE	DATE
<b>50m FREESTYLE</b>						
S 18-24	Ruby VERGE	2000	Cardiff Masters	28.51	WNP Swansea	Mar-23
A 25-29	Danielle STIRRAT	1993	Cardiff Masters	27.83	WNP Swansea	Mar-22
B 30-34	Danielle STIRRAT	1993	Cardiff Masters	27.8	WNP Swansea	Mar-24
C 35-39	Sarah VALE	1975	Llantrisant	29.43	WNP Swansea	Mar-10
D 40-44	Michelle WARE	1973	Guildford City	28.19	Budapest	Aug-17
E 45-49	Michelle WARE	1973	Guildford City	27.92	Plymouth	Jun-18
F 50-54	Michelle WARE	1973	Woking SC	28.24	WNP Swansea	Mar-23
G 55-59	Joanna COLLINS	1966	Welshpool Sharks	31.34	WNP Swansea	Mar-22
H 60-64	Kim ADAIR	1964	Swansea Masters	35.00	WNP Swansea	Mar-24
J 65-69	Julia BUCHANAN	1957	Caldicot	37.49	Sheffield	Jun-23
K 70-74	Helen HUGHES	1942	Arfon Masters	42.73	WNP Swansea	Mar-13
L 75-79	Edna DILWORTH	1925	Arfon Masters	53.24	Glasgow	2001
M 80-84	Helen HUGHES	1942	Arfon Masters	55.43	WNP Swansea	Mar-22
N 85-89	Vivien BATTEN	1925	CLAMS	1.22.47	WNP Swansea	Mar-10
O 90-94						
<b>100m FREESTYLE</b>						
S 18-24	Anya Preece	2003	Derby Excel	1.00.46	WNP Swansea	Mar-24
A 25-29	Danielle STIRRAT	1993	Cardiff Masters	59.81	WNP Swansea	Mar-22
B 30-34	Danielle STIRRAT	1993	Cardiff Masters	59.46	WNP Swansea	Apr-24
C 35-39	Sarah VALE	1975	Llantrisant	1.04.87	Cardiff I.S.V.	May-10
D 40-44	Michelle WARE	1973	Guildford City	1.01.05	Manchester	Jun-15
E 45-49	Michelle WARE	1973	Guildford City	1.01.97	WNP Swansea	Mar-19
F 50-54	Michelle WARE	1972	Woking SC	1.02.89	WNP Swansea	Mar-23
G 55-59	Joanna COLLINS	1966	Welshpool Sharks	1.12.10	WNP Swansea	Mar-22
H 60-64	Kim Adair	1964	Swansea Masters	1.19.92	WNP Swansea	Mar-24
J 65-69	Julia BUCHANAN	1957	Caldicot	1.26.31	WNP Swansea	Mar-23
K 70-74	Christina VICTOR	1954	Guildford City	1.35.76	Doha	Feb-24
L 75-79	Helen HUGHES	1942	Arfon Masters	1.55.46	WNP Swansea	Mar-19
M 80-84	Helen HUGHES	1942	Arfon Masters	1.58.22	WNP Swansea	Mar-22
N 85-89	Viv BATTEN	1928	CLAMS	3.32.94	WNP Swansea	Mar-10
O 90-94						
<b>200m FREESTYLE</b>						
S 18-24	Emily EZARD	1993	Bridgend Swim Club	2.17.83	WNP Swansea	Mar-24
A 25-29	Stella LANCEY	1988	Cardiff Masters	2.12.63	WNP Swansea	Jun-14
B 30-34	Hannah MUNDAY	1991	Swansea Masters	2.16.21	WNP Swansea	Mar-23
C 35-39	Ceri EDWARDS	1978	Portsmouth N'sea	2.21.53	Budapest	Aug-17
D 40-44	Ceri EDWARDS	1978	Portsmouth N'sea	2.15.30	Gwangju South Korea	Aug-19
E 45-49	Ceri EDWARDS	1978	Portsmouth N'sea	2.16.63	Marine Messe Pool (World Champs Japan)	Jun-23
F 50-54	Stel FARRAR	1959	Arfon Masters	2.37.93	Cardiff I.S.V.	Jun-09
G 55-59	Caryn KIELLOR	1959	Cardiff Masters	2.40.99	WNP Swansea	Mar-14
H 60-64	Heidi GORE	1962	Reading S.C	2.46.57	WNP Swansea	Apr-24
J 65-69	Julia BUCHANAN	1957	Caldicot	3.11.45	Sheffield	Jun-23
K 70-74	Christina VICTOR	1954	Guildford City	3.18.51	Doha	Feb-24
L 75-79	Helen HUGHES	1942	Arfon Masters	4.02.58	WNP Swansea	Mar-19
M 80-84	Helen Hughes	1942	Arfon Masters	4.02.04	WNP Swansea	Mar-22
N 85-89						
O 90-94						
<b>400m FREESTYLE</b>						
S 18-24	Deryn CRESSEY-RODGERS	2003	Oxford University	4.54.08	WNP Swansea	Mar-22
A 25-29	Hannah MUNDAY	1991	Swansea Masters	4.36.61	WNP Swansea	Jun-19
B 30-34	Hannah MUNDAY	1991	Swansea Masters	4.42.99	WNP Swansea	Mar-23
C 35-39	Ceri EDWARDS	1978	Portsmouth N'sea	5.04.10	Luxembourg	Oct-17
D 40-44	Ceri EDWARDS	1978	Portsmouth N'sea	4.41.61	Gwangju South Korea	Aug-19
E 45-49	Ceri EDWARDS	1978	Portsmouth N'sea	4.44.16	WNP Swansea	Mar-23
F 50-54	Stel FARRAR	1959	Arfon Masters	5.28.10	WNP Swansea	Mar-10
G 55-59	Caryn KIELLOR	1959	Cardiff Masters	5.36.96	WNP Swansea	Jun-14
H 60-64	Stella FARRAR	1959	Arfon Masters	5.43.31	WNP Swansea	Mar-19
J 65-69	Julia BUCHANAN	1957	Caldicot	6.36.8	WNP Swansea	Mar-22
K 70-74	Helen HUGHES	1942	Arfon Masters	7.35.47	WNP Swansea	Mar-13
L 75-79	Christina VICTOR	1954	Guildford City	6.45.58	Doha	Feb-24
M 80-84	Helen HUGHES	1941	Arfon Masters	8.35.70	WNP Swansea	Mar-23
N 85-89						
O 90-94						
<b>800m FREESTYLE</b>						
S 18-24	Deryn CRESSEY-RODGERS	2003	Oxford University	9.56.75	WNP Swansea	Mar-22
A 25-29	Hannah MUNDAY	1991	Swansea Masters	09.34.45	WNP Swansea	Jun-19
B 30-34	Hannah MUNDAY	1991	Swansea Masters	9.41.43	WNP Swansea	Mar-24
C 35-39	Ceri EDWARDS	1978	Portsmouth N'sea	10.27.35	Luxembourg	Oct-17
D 40-44	Ceri EDWARDS	1978	Portsmouth N'sea	9.34.54	Gwangju South Korea	Aug-19
E 45-49	Ceri EDWARDS	1978	Portsmouth N'sea	9.40.20	Marine Messe Pool (World Champs Japan)	Aug-23
F 50-54	Stel FARRAR	1959	Arfon Masters	11.05.35	WNP Swansea	Mar-10
G 55-59	Stel FARRAR	1959	Arfon Masters	11.27.20	WNP Swansea	Mar-14
H 60-64	Stella FARRAR	1959	Arfon Masters	11.30.54	WNP Swansea	Mar-19
J 65-69	Christina VICTOR	1954	Guildford City	13.47.40	K2 Crawley	Sep-21
K 70-74	Christina VICTOR	1954	Guildford City	13.40.69	Doha	Feb-24
L 75-79	Helen HUGHES	1942	Arfon Masters	16.36.41	WNP Swansea	Mar-19
M 80-84	Margaret WEARE	1944	Caldicot Masters	21.12.95	WNP Swansea	Mar-24
N 85-89						
O 90-94						
<b>1500m FREESTYLE</b>						
S 18-24	Deryn CRESSEY-RODGERS	2003	Oxford University	19.04.64	WNP Swansea	Mar-22
A 25-29	Hannah MUNDAY	1991	Swansea Masters	18.15.68	WNP Swansea	Feb-20
B 30-34	Hannah MUNDAY	1991	Swansea Masters	18.19.24	WNP Swansea	Apr-24
C 35-39	Ceri EDWARDS	1978	Portsmouth N'sea	20.03.40	Luxembourg	Oct-17
D 40-44	Ceri EDWARDS	1978	Portsmouth N'sea	19.18.33	K2 Crawley	Sep-21
E 45-49	Ceri EDWARDS	1978	Portsmouth N'sea	18.33.06	WNP Swansea	Mar-23
F 50-54	Stella FARRAR	1959	Arfon Masters	20.53.94	WNP Swansea	Mar-10
G 55-59	Stella FARRAR	1959	Arfon Masters	21.34.27	WNP Swansea	Mar-14
H 60-64	Stella FARRAR	1959	Arfon Masters	21.40.66	WNP Swansea	Mar-19
J 65-69	Christina VICTOR	1954	Guildford City	26.09.81	K2 Crawley	Sep-21
K 70-74	Christina VICTOR	1954	Guildford City	26.03.10	Doha	Feb-24
L 75-79	Margaret WEARE	1944	Caldicot	38.14.06	WNP Swansea	Mar-202
M 80-84						
N 85-89						
O 90-94						
			& British Record			

**SWIM WALES**

**WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS**

**WOMEN**

**4x50m WOMENs FREESTYLE TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs	Cardiff Masters	2.03.10	WNP Swansea	Mar-22
	Lois Davies : Rhian Jones : Ashleigh Howells : Nadine James			
100-119yrs	Cardiff Masters	01:52.5	WNP Swansea	Mar-24
	Nadine James : Isabella Centegeghe : Hannah Palfrey : Danielle Stirrat			
120-159yrs	Cardiff Masters	1.51.64	WNP Swansea	Apr- 24
	Bronwen Harry : Isabella Centeleghe : Hannah Palfrey : Danielle Stirrat			
160-199yrs	Cardiff Masters	2.10.12	Cardiff I.S.V.	May-11
	Marie Concannon : Heidy Arnot : Rhian Andrews : Allie Price			
200-239yrs	Cardiff Masters	2.15.11	WNP Swansea	Mar-14
	Caryn Keilor : Clare Parry : Rhian Andrews : Allie Price			
240-279yrs	Cardiff Masters	2.31.86	WNP Swansea	Mar-19
	Allie Price : Elsa Stewart : Alison Varley : Heidi Gore			
280-319yrs	Caldicot	3.51.49	WNP Swansea	Mar-20
	Julia Buchanan : Lorraine Crook : Margaret Weare : Valerie Palmer			
320-359yrs				

**4x100m WOMENs FREESTYLE TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs	CLAMS	5.12.83	Cardiff I.S.V.	May-10
	Melissa Blyth : Andrea Powell : Charmaine Kinson : Jassa Scott			
160-199yrs	Cardiff Masters	4.52.08	Cardiff I.S.V.	May-10
	Ceri Thomas : Allie Price : Sian Wilson : Rhian Andrews			
200-239yrs	Arfon Masters	6.53.16	WNP Swansea	Mar-12
	Helen Hughes : Bridget Edwards : Allison Donnelly : Stel Farrar			
240-279yrs				
280-319yrs				
320-359yrs				

**4x200m WOMENs FREESTYLE TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs	Cardiff Masters	10.56.20	WNP Swansea	Jun-14
	Caryn Kiellor : Rhian Andrews : Clare Parry : Allie Price			
240-279yrs	Caldicot Masters	15.38.69	WNP Swansea	June-19
	Denise Cuer : Margaret Weare : Lorraine Crook : Julia Buchanan			
280-319yrs				
320-359yrs				

**SWIM WALES**

**WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS**

**WOMEN**

**4x50m WOMENs MEDLEY TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs	Cardiff Masters	2.18.23	WNP Swansea	Mar-22
	Lois Davies : Rhian Jones : Ashleigh Howells : Nadine James			
100-119yrs	Cardiff Masters	02:16.0	WNP Swansea	Mar-24
	Frances Lynn : Hannah Palfrey : Isabella Centeleghe : Nadine James			
120-159yrs	CLAMS	2.15.82	Sheffield	1996
160-199yrs	Cardiff Masters	2.24.76	Cardiff I.S.V.	May-08
	H. Amott : A. Walker : A. Price : C.Parry			
200-239yrs	Cardiff Masters	2.39.55	WNP Swansea	Mar-17
	Allie Price : Rhiannon Berrill : Heidi Gore : Elsa Stewart			
240-279yrs	Cardiff Masters	2.55.86	WNP Swansea	Mar-19
	Allie Price : Elsa Stewart : Heidi Gore : Alison Varley			
280-319yrs	Caldicot	4,28.43	WNP Swansea	Feb-20
	Julia Buchanan : Valerie Palmer : Lorraine Crook : Margaret Weare			
320-359yrs				

**4x100m WOMENs MEDLEY TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs	Swansea Masters	5.17.07	WNP Swansea	Jun-19
	Caroline Jupp : Jordanna Roberts : Hannah Munday : Hannah Griffiths			
160-199yrs				
200-239yrs	Arfon Masters	7.24.52	WNP Swansea	Mar-12
	Helen Hughes : Bridget Edwards : Allison Donnelly : Stel Farrar			
240-279yrs				
280-319yrs				
320-359yrs				

**4x200m WOMENs MEDLEY TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				

**SWIM WALES**

**WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS**

**MIXED**

**4x50m MIXED FREESTYLE TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs	CLAMS	1.46.44	Cardiff I.S.V .	May-08
	D. Laxton : C. North : E. North : A. Rattenbury			
100-119yrs	Cardiff Masters	1.59.95	WNP Swansea	Feb-20
	James Moggridge : Callum Morris : Emma Harvey : Holly McGee			
120-159yrs	Cardiff Masters	1.46.97	WNP Swansea	Apr-24
	Daniel Clements : Oliver Harris : Isabella Centeleghe : Danielle Stirrat			
160-199yrs	Cardiff Masters	1.53.59	WNP Swansea	Mar-17
	Gareth Cocks : Jonathan Hopkins : Allie Price : Jenny Jones			
200-239yrs	Cardiff Masters	01.59.41	WNP Swansea	Mar-19
	Patrick Gore : Andrew Martin : Heidi Gore : Allie Price			
240-279yrs	Cardiff Masters	2.20.74	WNP Swansea	Mar-19
	Jonathan Hopkins : Malcolm Wilson : Elsa Stewart : Jenny Burns			
280-319yrs	CLAMS	3.44.69	WNP Swansea	Jun-03
	L. Stagg : E. Alexis : V. Batten : E. Godsall			
320-359yrs				

**4x100m MIXED FREESTYLE TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs	Merthyr Tydfill Swimming Club	4.27.34	WNP Swansea	Apr-24
	Arwen Teagle : Jacob Bryan : Eilir Teagle : Lloyd Jones			
100-119yrs	Swansea Masters	4.08.26	WNP Swansea	Jun-19
	Andrew Luxton : Hannah Griffiths : Hannah Munday : David Hanbury			
120-159yrs	Cardiff Masters	3.51.69	WNP Swansea	Apr-24
	Ptryk : Poniatowski : Hanna Palfrey : Danniele Stirrat : Oliver Harris			
160-199yrs				
200-239yrs	Cardiff Masters	5.04.99	WNP Swansea	Mar-12
	Heidi Gore : Charmaine Kinson : Paul Pycroft : Vladimir Sveds			
240-279yrs				
280-319yrs				
320-359yrs				

**4x200m MIXED FREESTYLE TEAM**

AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				

SWIM WALES				
WELSH MASTERS AND SENIOR AGE GROUP LONG COURSE RECORDS				
MIXED				
4x50m MIXED MEDLEY TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs	CLAMS	1.59.70	Cardiff I.S.V.	May-08
	R. Banfield : D. Laxton : A. Rattenberry : E. North			
100-119yrs	Swansea Masters	2..08.93	WNP Swansea	Mar-22
	Josh Hanbury : Joe Tucker : Hannah Munday : Hannah Griffins			
120-159yrs	Cardiff Masters	1.55.79	WNP Swansea	Apr-24
	Danielle Stirrat : Benjamin Jone : Isabella Centeleghe : Patryk Poniatowski			
160-199yrs	Cardiff Masters	2.13.08	WNP Swansea	Mar-15
	Allie Price : Jenny Jones : Gareth Cocks : Stuart Sherman			
200-239yrs	Cardiff Masters	2.16.88	WNP Swansea	Feb-20
	Patrick Gore : Scott Tancock : Allie Price : Heidi Gore			
240-279yrs	Cardiff Masters	2.47.95	WNP Swansea	Mar-19
	Patrick Gore : Elsa Stewart : Adrian Morris : Alison Varley			
280-319yrs	CLAMS	3.34.32	Cardiff International	Apr-08
	L. Stagg : E. Alexis : J. Crayford : V. Batten			
320-359yrs				
4x100m MIXED MEDLEY TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs	Cardiff Masters	4.29.90	WNP Swansea	Apr-24
	Patryk Poniatowski : Benjamin Jones : Hannah Palfrey : Nadine James			
160-199yrs	Arfon Masters	6.40.71	WNP Swansea	Mar-12
	Stel Farrar : Pete Edwards : Allison Donnelly : Oggy East			
200-239yrs	Cardiff Masters	5.28.32	Cardiff I.S.V.	May-11
	Clare Parry : Mike Battersby : Allie Price : Malcolm Wilson			
240-279yrs				
280-319yrs				
320-359yrs				
4x200m MIXED MEDLEY TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				