

**Carmarthenshire Masters Postal Distance Swim - 01/07/2014 to 30/09/2014
Results**

Dear Swimmers,

**Thankyou for supporting this year's
Carmarthenshire Masters Postal Distance
Swim.**

**This year, we are donating all entry fees to the
“Old Mill Cancer Foundation”. Elwyna
Thomas, a former Carmarthenshire Masters
swimmer who had always competed in the
Postal Swim since joining the club, had
requested that we support this charity. The
Foundation provided her and her family with
wonderful support until she sadly passed away
in October 2009.**

**We look forward to your continued support of
the Postal Swim in the future.**

**Carmarthenshire Masters Postal Distance Swim - 01/07/2014 to 30/09/2014
Results**

Senior Age Group Women 18-24 800 SC Meter Freestyle

Age Group A Women 25-29 800 SC Meter Freestyle

Age Group B Women 30-34 800 SC Meter Freestyle

Age Group C Women 35-39 800 SC Meter Freestyle

1 Myfanwy Jones	Carmarthenshire Masters S.C.	13:06.99
-----------------	------------------------------	----------

Age Group D Women 40-44 800 SC Meter Freestyle

Age Group E Women 45-49 800 SC Meter Freestyle

1 Allie Price	Cardiff Masters S.C.	12:16.74
2 Alison James	Carmarthenshire Masters S.C.	13:19.11
3 Jane Norris-Hill	Carmarthenshire Masters S.C.	16:35.99

Age Group F Women 50-54 800 SC Meter Freestyle

1 Elaine Harrison	Cardiff Masters S.C.	14:23.58
2 Delia Keen	Carmarthenshire Masters S.C.	17:00.99

Age Group G Women 55-59 800 SC Meter Freestyle

Age Group H Women 60-64 800 SC Meter Freestyle

1 Elsa Stewart	Cardiff Masters S.C.	14:37.48
----------------	----------------------	----------

Age Group J Women 65-69 800 SC Meter Freestyle

Age Group K Women 70-74 800 SC Meter Freestyle

Age Group L Women 75-79 800 SC Meter Freestyle

Age Group M Women 80+ 800 SC Meter Freestyle

Age Group A Men 25-29 800 SC Meter Freestyle

Age Group B Men 30-34 800 SC Meter Freestyle

Age Group C Men 35-39 800 SC Meter Freestyle

Age Group D Men 40-44 800 SC Meter Freestyle

1 Graeme Hughes	Cardiff Masters S.C.	11:30.43
-----------------	----------------------	----------

Age Group E Men 45-49 800 SC Meter Freestyle

1 Paul Evans	Cardiff Masters S.C.	11:29.20
2 Tim Howells	Carmarthenshire M. S.C.	12:54.99

Age Group F Men 50-54 800 SC Meter Freestyle

1 Mark Jones	Everton S.A.	10:15.00
2 Iwan Ellis-Williams	Carmarthenshire M. S.C.	13.06.99

Age Group G Men 55-59 800 SC Meter Freestyle

Age Group H Men 60-64 800 SC Meter Freestyle

Age Group J Men 65-69 800 SC Meter Freestyle

Age Group K Men 70-74 800 SC Meter Freestyle

Age Group L Men 75-79 800 SC Meter Freestyle

Age Group M Men 80+ 800 SC Meter Freestyle

Senior Age Group Men 18-24 800 SC Meter Freestyle

**Carmarthenshire Masters Postal Distance Swim - 01/07/2014 to 30/09/2014
Results**

Senior Age Group Women 18-24 1500 SC Meter Freestyle

Age Group A Women 25-29 1500 SC Meter Freestyle

Age Group B Women 30-34 1500 SC Meter Freestyle

Age Group C Women 35-39 1500 SC Meter Freestyle

1 Myfannwy Jones	Carmarthenshire Masters S.C.	24:45.00
------------------	------------------------------	----------

Age Group D Women 40-44 1500 SC Meter Freestyle

Age Group E Women 45-49 1500 SC Meter Freestyle

1 Allie Price	Cardiff Masters S.C.	23:17.53
2 Alison James	Carmarthenshire Masters S.C.	25:10.79
3 Jane Norris-Hill	Carmarthenshire Masters S.C.	31:29.56

Age Group F Women 50-54 1500 SC Meter Freestyle

1 Elaine Harrison	Cardiff Masters S.C.	27:08.18
2 Delia Keen	Carmarthenshire Masters S.C	32:23.69

Age Group G Women 55-59 1500 SC Meter Freestyle

Age Group H Women 60-64 1500 SC Meter Freestyle

1 Elsa Stewart	Cardiff Masters S.C.	28:33.24
----------------	----------------------	----------

Age Group J Women 65-69 1500 SC Meter Freestyle

Age Group K Women 70-74 1500 SC Meter Freestyle

Age Group G Women 75-79 1500 SC Meter Freestyle

Age Group M Women 80+ 1500 SC Meter Freestyle

Age Group A Men 25-29 1500 SC Meter Freestyle

Age Group B Men 30-34 1500 SC Meter Freestyle

Age Group C Men 35-39 1500 SC Meter Freestyle

Age Group D Men 40-44 1500 SC Meter Freestyle

1 Graeme Hughes	Cardiff Masters S.C.	21:32.30
-----------------	----------------------	----------

Age Group E Men 45-49 1500 SC Meter Freestyle

1 Paul Evans	Cardiff Masters S.C.	21:24.59
2 Tim Howells	Carmarthenshire M. S.C.	24:09.16

Age Group F Men 50-54 1500 SC Meter Freestyle

1 Mark Jones	Everton S.A.	19:29.60
2 Iwan Ellis-Williams	Carmarthenshire M. S.C	24.45.00

Age Group G Men 55-59 1500 SC Meter Freestyle

Age Group H Men 60-64 1500 SC Meter Freestyle

Age Group J Men 65-69 1500 SC Meter Freestyle

Age Group K Men 70-74 1500 SC Meter Freestyle

Age Group L Men 75-79 1500 SC Meter Freestyle

Age Group M Men 80+ 1500 SC Meter Freestyle

Senior Age Group Men 18-24 1500 SC Meter Freestyle