



Swim Wales Long Course Easter Championships – April 2015

Name	Event	Entry Time	Heat Time	Final Time	PB	Position
Sylwester Ruskowski	100 Free	1:12.40	1:11.54	1:10.90	PB	2 nd
	100 Back	1:23.40	1:24.14	1:27.46		8 th
	200 Free	2:40.70	2:33.54	2:32.87	PB	2 nd
	200 IM	3:03.50	3:01.96	3:05.15	PB	8 th
Morgan Lukacs	50 Free	33.20	33.15		PB	
	50 Back	37.6	38.53			
	50 Fly	37.40	38.07	39.46		7 th
	200 Back	3:02.00	2:59.42		PB	2 nd res
Iago Rhys	50 Free	35.20	33.62	33.72	PB	7 th
	50 Back	39.00	39.68	39.93		7 th
	50 Breast	44.00	43.61	44.37	PB	5 th
	50 Fly	40.50	40.29	40.45	PB	8 th
	100 Back	1:23.00	1:26.14			
	200 Free	2:49.00	2:40.22	2:46.44	PB	8 th
	200 Back	3:00.40	2:59.80	3:00.86	PB	5 th
	200 Breast	3:31.90	3:34.60	3:31.29	PB	4 th
	200 IM	3:06.10	3:01.12	3:01.46	PB	4 th
Ioan Hughes	50 Free	33.20	32.23		PB	
	50 Back	38.60	39.95			
	50 Fly	38.20	37.53	37.90	PB	6 th
	100 Free	1:10.30	1:09.19	1:09.44	PB	6 th
	100 Back	1:21.50	1:21.26	1:21.16	PB	6 th
	100 Fly	1:26.80	1:24.64	1:26.18	PB	7 th
	200 Free	2:34.70	2:28.29	2:28.62	PB	5 th
	200 Back	2:54.60	2:52.97	2:55.03	PB	6 th
	400 Free	5:21.60		5:11.16	PB	3 rd
	1500 Free	20:58.50		20:05.97	PB	1 st
Llion Myers	50 Free	31.70	31.31	31.59	PB	5 th
	100 Free	1:08.10	1:07.83	1:07.74	PB	4 th
	100 Back	1:19.90				DQ
	100 Fly	1:22.50	1:23.45	1:27.52		8 th
	200 Free	2:28.30	2:24.84	2:27.06	PB	3 rd
	400 Free	5:13.40		5:14.83		5 th
Sam Schwabauer	100 Free	1:04.10	1:02.73	1:02.18	PB	2 nd
	100 Breast	1:21.70	1:17.53	1:16.39	PB	J1st
	200 Breast	2:53.30	2:51.43	2:47.65	PB	1 st
	200 IM	2:41.2	2:35.89	2:35.29	PB	4 th
Cedol Dafydd	50 Breast	37.00	36.02	37.02	PB	6 th
	100 Breast	1:21.70	1:19.97	1:20.02	PB	6 th
	200 Breast	2:54.70	2:53.99	2:50.81	PB	5 th