

Rushmoor Royals Masters Results
Welsh Masters
2nd/3rd March 2019 at Welsh National Pool (50m) Swansea

Diane Ford 75/79	50m Breaststroke	47.08	1st *
	100m breaststroke	1:45.25	1st
	200m breaststroke	3:43.88	1st *
Geoff Stokes 80/84	100m freestyle	1:26.30	1st
	200m freestyle	3:10.03	1st *
	400m freestyle	6:46.17	1st *
	800m freestyle	14:14.37	1st *

*British record

Note: Diane swam for Spencer Swim Team in this competition and as part of the 4 x 50m women's medley relay, 320/359 age group, set a new British record in a time of 3:36.55.