

OCS 19th OPEN INTERNATIONAL GUERNSEY MASTERS MEET - Fri, Sat & Sun, 16th, 17th & 18th APRIL, 2010

Travel - for those booking themselves Low price no change, no refunds, no cancellation seats are available on most flights for those booking early.

Travel prices on the internet change frequently - up & down!

Flybe - no need to pre-book your seat: Hand luggage up to 10kg free

Seat prices quoted for 2009 as no airlines have published their 2010 fares (some may be out any day)

Flybe - 0871 7002000 www.flybe.com - Hand baggage Free to 10 kg

Aurigny - 0044 1481 822886 - www.aurigny.com - flights from

London Gatwick £63.98: Southampton £69.98

Hold luggage £8 bag 23kg!

London Gatwick £66.99 dep 0830/1200/1530

No luggage charge

Exeter £63.98: Brm'ham £63.98: Manchester £92.97

Hand luggage 10 kg FREE

London Stansted £87 dep 1525: Manchester £96 dep 0900

& from Dublin, Belfast, Glasgow, Malaga

Credit Card charge extra

Bristol £90

Dinard £82.00

Blue Islands Airline -08456 202 122(www.blueislands.com) : Southampton £114: ZURICH SwFr356: Geneva SwFR316 - no extras - changeable ticket free

Condor Ferries www.condorferries.co.uk - 0845 609 1023 Fast Car Ferry from Weymouth, Poole £102 & St. Malo €51.48 France: each takes two hours+

Hotel Prices are for 2010 have yet to be published - these are for April 2009

A number of Travel firms offer packages - look in the weekend press, but beware some are in cheap hotels. Beau Sejour Pool is 10 mins walk from town centre

Prices quoted are for one night Bed & Breakfast per person per night (pppn) - Note you may be able to negotiate

Duke of Richmond 01481 726221 - close to Pool from £90 per twin/double room: (2009 price)

Les Cotils Christian Centre - 01481 727793 v close to Pool a few rooms at £34pppn - 16 rooms already booked

Grange Lodge, The Grange, SPP 0044 1481 725161 - 7 mins pool - £40 pppn

La Fregate Hotel 0044 1481 724624 top hotel 5 mins pool - £153 per twin/double room

St Georges Hotel, sea front 10 mins walk pool - 0044 1481 721027 - £30 pp: 3 night B&B package £60 pp

Moore's Best Western Hotel 4* town centre - 0044 1481 724452 - £90 twin/double room pre-booked on net

La Collinette 5 mins pool - tel 0044 1481 710331 - £65 pppn

Dunchoille Hotel 01 481 722912 close to pool £30 pppn

see also - www.guernseybreaks.com/

Les Roquettes Hotel 4* 0044 1481 722146 1 mile pool - £52 pp

Holiday Getaways - 0871 871 0071

Self Catering - www.condorbreaks.com - www.selfcatering.co.gg/ - www.thebayguernsey.co.uk/ & many others

Many others on web site - www.visitguernsey.com see Weekend Press Travel Supplements for packages



**One Complete Solution
For cleaning all over UK**

**Flybe - Note - you have to tick to say
you do NOT want insurance:
No need to book a seat @ £5!**

See Guernsey Swimming Club LBG web site - www.swimming.guernsey.net - for full results & press report for 2007 Meet

2009 Meet - 155 Swimmers from Switzerland, France, Germany, Spain & UK from 45 clubs in 900 swims: Record Breakers were : John Tennant, 70, Birmingham

GB Record: Alan Jackson, 70, Bedford, new Euro Record & 2 GB records: Frances Penwarden, 55, Croydon, new GB record: Top Club - Kings Cormorants:

Swimmers taking part were from UK, Spain, Zurich & Jersey

£950 cash returned to swimmers as "medals"

RESULTS OF OCS 18th GUERNSEY MASTERS MEET 2009 - first place only - new records in bold type

No	MEN	S 18/24	A-25/29	B-30/34	C-35/39	D-40/44	E-45/49	F-50/54	G-55/59	H-60/64	J-65/69	K-70/74	L-75/79	M-80/84
1	200m Freestyle	2.03.02	1.57.18		2.12.31	2.11.69	2.20.44	2.26.81	2.36.95	2.50.92	2.25.21	2.36.32	3.27.80	4.31.4
3	50m Backstroke	28.08	28.19		32.81	33.44	33.98	38.15		46.86	35.76	41.07	49.81	57.96
5	100m Breaststroke	1.09.84			1.34.41		1.18.92	1.21.35	1.33.41		1.32.79	1.38.67	2.09.42	2.06.60
8	100m Freestyle	54.36	54.51		56.03	1.01.22	1.01.97	1.05.60	1.07.74	1.18.03	1.06.56	1.09.54	1.29.36	1.52.89
10	200m Breaststroke	3.00.41			3.27.02		2.59.38	3.04.34			3.23.70	3.36.93	4.35.27	
13	50m Butterfly	29.19	27.31	29.13	28.38	32.15	34.91	33.79	35.82	48.25	32.84	35.38		1.19.81
15	200m Ind Medley	2.43.33			2.21.45	2.37.34	2.42.97	2.51.03			2.58.26	3.13.56		-
19	200m Backstroke	2.41.91	2.13.07		3.01.77	2.35.10	2.59.53	2.53.76			3.04.99	3.05.74	4.00.84	5.00.08
21	50m Breaststroke	38.06	32.83	32.80	35.61	35.48	35.24	36.98	41.06		41.24	42.06	57.31	56.40
23	100m Butterfly		1.01.03		1.03.91	1.09.44	1.19.85	1.19.02			1.48.05	1.29.70	-	-
25	400m Freestyle	4.34.24	4.10.51		4.33.51	4.41.47	4.58.02	5.15.29	5.46.21	6.05.21	5.33.56	7.54.33	7.28.20	-
27	200m Butterfly	3.02.81	2.17.61				3.01.39	3.12.17					-	-
29	100m Back	1.07.99	1.00.85		1.05.56	1.11.35		1.21.78		1.52.26	1.19.91	1.24.70	1.50.80	2.27.37
33	100m Ind Medley	1.13.54	1.11.91	1.04.78	1.04.00		1.13.54	1.18.28		1.43.42	1.19.45	1.25.79		2.13.90
35	50m Freestyle	24.11	25.37	27.12	26.02	28.38	29.00	29.26	32.84	34.07	29.70	30.84	37.33	48.33
No	LADIES	S 18/24	A-25/29	B-30/34	C-35/39	D-40/44	E-45/49	F-50/54	G-55/59	H-60/64	J-65/69	K-70/74	L-75/79	M-80/84
2	50m Backstroke	33.00	38.21	33.61	45.83	43.26	35.07	38.89	40.41	40.66	44.17	53.87	45.77	
4	100m Breaststroke	1.20.13		1.19.65	1.24.49		1.28.98	1.26.83	1.26.23	1.41.98	1.48.05	2.08.48	2.14.39	
6	400m Freestyle	4.32.30	5.19.06	4.49.54		5.17.13	5.11.86	5.46.76	6.35.04	6.12.44	6.20.96	7.12.05	6.22.04	-
7	100m Freestyle	1.01.77	1.07.82		1.07.95	1.08.06	1.10.08	1.09.74	1.08.35	1.20.17	1.16.36	1.31.03	1.20.58	2.14.00
9	200m Breaststroke	2.53.75		2.53.64			3.27.54		3.05.98	3.37.28	3.58.93	4.23.54	4.39.12	
12	50m Butterfly	30.52	34.81	31.32	33.57	44.27	33.76	34.25	47.54	46.06	43.33	1.03.76	45.36	
14	200m Ind Medley	2.37.78		2.33.06		3.02.66	3.04.323	2.45.72	2.59.80	3.17.38	3.46.02	-	3.41.09	-
18	200m Backstroke	2.38.1		2.36.66		2.56.69	2.54.12	3.04.53	3.53.89	3.17.09	3.32.13	4.10.75	4.41.99	5.23.06
20	50m Breaststroke	36.59		37.36	37.64		45.35	38.18	39.34	44.32	49.90	58.71	55.22	
22	100m Butterfly	1.05.78		1.09.34	1.17.57		1.15.02	1.18.44	1.25.17	1.34.59	1.48.56	-	-	-
24	200m Freestyle	2.10.00	2.30.82	2.15.07		2.30.11	2.32.24	2.35.67	3.09.60	2.56.66	2.59.63	3.23.15	3.05.94	-
26	200m Butterfly	2.22.01			3.12.00	-	3.45.73	2.53.71	3.01.88	3.30.81	-	-	-	-
28	100m Back	1.11.79		1.13.09			1.18.82	1.22.90	1.51.57	1.29.20	1.37.88	1.55.75	1.42.01	2.28.51
32	100m Ind Medley	1.12.13		1.15.08	1.29.81	1.34.88	1.19.28	1.18.43	1.23.42	1.31.45	1.52.30	1.59.68	1.42.35	
34	50m Freestyle	29.31	31.47	28.84	33.52	31.12	32.17	31.10	29.77	38.17	33.78	39.85	39.04	57.48