

Swim Wales Masters LC 2025 - 01/03/2025 to 02/03/2025

Wales National Pool, Swansea									
Results - Session 1 - Warm Up 08.00 - 08:50									
Event 102 Women 18-24 400 LC Meter Freestyle					Event 102 Women 40-44 400 LC Meter Freestyle				
1	Megan Roberts	18	Wrexham	4:45.14	1	Jennie Clarke	40	Woking	4:57.71
	30.57	34.42	36.26	37.13		32.37	35.97	37.65	38.24
	37.50	37.80	36.80	34.66		38.49	38.96	38.31	37.72
2	Avani Gill	23	Cardiff Mast	4:46.54	2	Arlette Frampton	44	Rct Squad	8:11.53
	31.96	35.58	36.09	36.66		55.98	1:02.29	1:03.94	1:02.75
	36.48	37.03	36.58	36.16		1:03.84	1:02.55	1:02.82	57.36
3	Arwen Teagle	24	Caerphilly	5:18.31	Event 102 Women 50-54 400 LC Meter Freestyle				
	36.46	40.11	40.63	40.68	1	Kelly Clarke	53	G B Police	5:53.69
	40.12	40.34	40.59	39.38		39.02	44.23	45.70	45.89
4	Peta Jarvis	24	Loughborough	5:27.83		45.40	45.60	45.29	42.56
	35.96	39.45	42.02	42.73	2	Maida Shivik	51	Camden Swiss	5:59.33
	42.03	43.07	42.67	39.90		42.01	45.69	46.90	46.25
5	Elain Owen	20	Chirk	5:37.88		46.11	45.72	44.99	41.66
	36.80	41.11	43.62	43.38	3	Karen Fitzgerald	54	Cardiff Mast	5:59.51
	43.48	44.59	43.25	41.65		39.28	43.90	44.99	46.08
6	Keira Lee	20	Wrexham	5:53.16		46.16	46.47	46.73	45.90
	37.33	41.73	43.84	45.50	4	Claudine Day	54	Redhill & R	7:33.32
	45.71	46.66	46.74	45.65		50.03	57.06	57.52	58.44
Event 102 Women 25-29 400 LC Meter Freestyle						57.87	58.16	58.39	55.85
1	Amelia Edmonds	26	Cardiff Mast	5:25.79	5	Marina Nakano	52	Camden Swiss	7:51.95
	34.71	38.49	40.67	41.46		49.00	55.27	1:00.53	1:02.82
	42.59	43.61	43.75	40.51		1:01.34	1:01.01	1:02.53	59.45
2	Elinor Haynes	25	Royal Navy	5:27.15	Event 102 Women 55-59 400 LC Meter Freestyle				
	36.82	40.91	41.18	42.87	1	Philippa O'Grady	56	Exe Masters	5:23.68
	42.25	42.18	42.17	38.77		37.14	40.38	41.07	41.23
3	Emma Gage	27	Cardiff Mast	5:58.15		41.73			

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(Event 102 Women 65-69 400 LC Meter Freestyle)

3	Sharon McLellan	67	Hadleigh	6:38.87
	45.86	50.67	51.18	51.53
	50.79	50.55	49.84	48.45

Event 102 Women 70-74 400 LC Meter Freestyle

1	Lorraine Crook	71	Caldicot	10:22.81
	1:10.86	1:18.63	1:20.31	1:18.44
	1:18.69	1:19.40	1:19.56	1:16.92

Event 102 Women 75-79 400 LC Meter Freestyle

1	Alison Gwynn	77	Mid Sussex	7:16.91
	46.55	52.67	55.34	57.19
	56.99	58.35	56.99	52.83
2	Rose Dudeney	78	Mid Sussex	7:38.13
	51.42	58.07	58.51	57.89
	58.46	58.29	59.08	56.41

Event 102 Women 80-84 400 LC Meter Freestyle

1	Helen Hughes	83	Arfon	8:53.75
	1:00.94	1:06.67	1:08.54	1:08.77
	1:08.36	1:08.99	1:07.47	1:04.01