

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

Wales National Pool, Swansea

Results - Session 4 - Warm Up 08:00 - 08:50

Event 406 Women 18-24 400 LC Meter IM

1	Megan Roberts	18	Wrexham	5:27.99
	34.48	41.76	44.67	43.08
	46.29	47.58	37.00	33.13

Event 406 Women 25-29 400 LC Meter IM

1	Jade Burton	27	Loughborough	5:50.36
	36.60	43.53	45.81	44.89
	48.59	49.73	41.85	39.36
2	Rhian Jones	25	Cardiff Mast	6:11.90
	37.88	45.86	49.03	48.64
	49.08	50.46	46.27	44.68

Event 406 Women 30-34 400 LC Meter IM

1	Nia Skinner	32	Gloucester M	5:27.67
	35.05	40.62	43.11	42.31
	47.12	47.31	36.78	35.37

Event 406 Women 35-39 400 LC Meter IM

1	Julie Howe	36	Woking	5:36.14
	35.30	41.71	44.01	43.18
	46.53	47.04	39.56	38.81

Event 406 Women 40-44 400 LC Meter IM

1	Katie Pateman	43	Exe Masters	5:39.87
	34.28	42.28	44.96	45.30
	47.09	47.69	39.82	38.45

Event 406 Women 50-54 400 LC Meter IM

1	Nicola Latty	54	Holywell	5:48.92
	36.42	41.33	46.64	46.58
	50.00	50.64	39.76	37.55

Event 406 Women 55-59 400 LC Meter IM

1	Adele Parham	58	Exe Masters	6:47.64
	40.15	49.79	55.96	54.30
	55.82	57.19	47.65	46.78
2	Zorika Adams	55	Camden Swiss	7:34.03
	54.76	1:08.09	56.23	53.97
	1:04.02	1:01.06	48.80	47.10

Event 406 Women 60-64 400 LC Meter IM

1	Nizza Fluss	63	Barnet Copt	9:27.35
	56.81	1:08.01	1:22.21	1:21.00
	1:17.19	1:19.01	1:05.44	57.68

Event 406 Women 65-69 400 LC Meter IM

1	Amanda Heath	68	Spencer	6:39.98
	46.02	52.89	53.45	51.58
	52.81	53.63	46.06	43.54
2	Elizabeth Knowles	65	Camden Swiss	8:23.86
	57.06	1:10.58	1:05.27	1:03.00
	1:06.42	1:06.36	58.04	57.13