

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 408 Women 72-99 200 LC Meter Freestyle Relay**

1	Wrexham	A	2:13.74
	1) Keira Lee W20	2) Megan Smith W20	
	3) Cari Jones W20	4) Megan Roberts W18	
	34.54	36.09	33.82 29.29

Event 408 Women 100-119 200 LC Meter Freestyle Relay

1	Cardiff Mast	B	2:00.44
	1) Nadine James W27	2) Carys Thomas W28	
	3) Rhian Jones W25	4) Bronwen Harry W31	
	29.18	30.44	32.51 28.31

Event 408 Women 120-159 200 LC Meter Freestyle Relay

1	Cardiff Mast	A	1:51.66
	1) Alexandra Szuplewski W27	2) Isabella Centeleghe W29	
	3) Hannah Palfrey W32	4) Danielle Stirrat W32	
	28.42	27.73	28.33 27.18
2	Swansea Mast	A	2:13.46
	1) Catherine Moore W26	2) Jordanna Roberts W43	
	3) Bethan Raby W52	4) Verity Cook W30	
	34.59	32.03	35.00 31.84

Event 408 Women 160-199 200 LC Meter Freestyle Relay

1	Woking	A	1:53.79
	1) Georgina Heyn W41	2) Michelle Ware W52	
	3) Julie Howe W36	4) Jennie Clarke W40	
	27.30	28.09	30.11 28.29

Event 408 Women 200-239 200 LC Meter Freestyle Relay

1	Camden Swiss	A	2:40.06
	1) Maida Shivik W51	2) Marina Nakano W52	
	3) Zorika Adams W55	4) Elizabeth Knowles W65	
	35.17	43.77	37.67 43.45
2	Cardiff Mast	C	2:54.33
	1) Sarah Gage W58	2) Elaine Harrison W62	
	3) Michele Maskrey W55	4) Sarah Hyde W53	
	56.83	43.97	37.93 35.60

Event 408 Women 280-319 200 LC Meter Freestyle Relay

1	Mid Sussex	A	2:46.81
	1) Mary Johnson W75	2) Kathleen Bidnall W70	
	3) Rose Dudeney W78	4) Alison Gwynn W77	
	39.81	41.77	46.44 38.79