

Swim Wales Masters LC 2025 - 01/03/2025 to 02/03/2025**Wales National Pool, Swansea****Results - Session 5 - Warm Up 11.20 - 12.10****Event 501 Mixed 100-119 200 LC Meter Freestyle Relay**

1	Cardiff Mast	A	1:56.15
	1) Joseph Gage M30	2) Callum Morris M30	
	3) Melissa Jones W30	4) Amelia Edmonds W26	
	26.53	27.09	31.73 30.80

Event 501 Mixed 120-159 200 LC Meter Freestyle Relay

1	Swansea Mast	A	1:55.66
	1) Matthew Dickinson M29	2) Hannah Griffiths W31	
	3) Mark Williams M36	4) Hannah Munday W34	
	28.87	30.79	27.18 28.82
2	C Dolphins	A	1:56.92
	1) Leanne Thomas W40	2) Faith Goodliffe W25	
	3) Martin Butler M52	4) Joel Morgan M41	
	33.42	29.81	28.55 25.14
3	Cardiff Mast	B	2:01.02
	1) Michael Palmer M38	2) Courtney Mattocks M31	
	3) Frances Lynn W34	4) Grace Robinson W31	
	28.45	27.81	34.75 30.01

Event 501 Mixed 200-239 200 LC Meter Freestyle Relay

1	Woking	A	1:45.82
	1) Dean Blackman M50	2) Michelle Ware W52	
	3) Georgina Heyn W41	4) Michael Hodgson M58	
	26.60	27.15	26.97 25.10
2	Exe Masters	A	2:00.17
	1) Nigel Travers-Griffin M56	2) Philippa O'Grady W56	
	3) Adele Parham W58	4) Warren Barrett M38	
	28.47	32.09	34.47 25.14
3	Cardiff Mast	C	2:31.67
	1) Robert Harris M42	2) Stephen Gage M66	
	3) Michele Maskrey W55	4) Zaynub Akbar W28	
	40.58	37.74	1:35.82

Event 501 Mixed 240-279 200 LC Meter Freestyle Relay

1	Cardiff Mast	D	2:15.70
	1) Malcolm Wilson M72	2) Adrian Morris M63	
	3) Sarah Hyde W53	4) Karen Fitzgerald W54	
	35.01	31.39	35.22 34.08