

**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 508 Mixed 100-119 400 LC Meter Freestyle Relay**

|   |                       |                     |               |
|---|-----------------------|---------------------|---------------|
| 1 | Cardiff Mast          | B                   | 4:01.40       |
|   | 1) Geraint Meek M31   | 2) Nadine James W27 |               |
|   | 3) Hannah Palfrey W32 | 4) Oliver Lines M27 |               |
|   | 28.95                 | 59.49               | 30.00 1:02.90 |
|   | 30.45                 | 1:04.74             | 26.14 54.27   |

**Event 508 Mixed 120-159 400 LC Meter Freestyle Relay**

|   |                           |                             |               |
|---|---------------------------|-----------------------------|---------------|
| 1 | Cardiff Mast              | A                           | 3:50.00       |
|   | 1) Patryk Poniatowski M35 | 2) Alexandra Szuplewski W27 |               |
|   | 3) Oliver Harris M35      | 4) Danielle Stirrat W32     |               |
|   | 26.15                     | 54.37                       | 28.97 1:01.23 |
|   | 25.25                     | 53.98                       | 29.32 1:00.42 |

**Event 508 Mixed 200-239 400 LC Meter Freestyle Relay**

|   |                           |                         |               |
|---|---------------------------|-------------------------|---------------|
| 1 | Woking                    | A                       | 3:58.22       |
|   | 1) Dean Blackman M50      | 2) Michelle Ware W52    |               |
|   | 3) Georgina Heyn W41      | 4) Michael Hodgson M58  |               |
|   | 28.34                     | 59.15                   | 28.89 1:01.66 |
|   | 28.91                     | 59.80                   | 27.58 57.61   |
| 2 | Cardiff Mast              | C                       | 5:08.68       |
|   | 1) Richard Black M40      | 2) Karen Fitzgerald W54 |               |
|   | 3) Frances Lynn W34       | 4) Malcolm Wilson M72   |               |
|   | 32.88                     | 1:11.34                 | 36.45 1:17.65 |
|   | 37.27                     | 1:18.91                 | 38.48 1:20.78 |
| 3 | Chirk                     | A                       | 5:17.19       |
|   | 1) Christopher Hanmer M46 | 2) Wendy Mellett W62    |               |
|   | 3) Lee Barnfield M49      | 4) Kim Collins W59      |               |
|   | 36.54                     | 1:17.65                 | 39.01 1:24.51 |
|   | 38.96                     | 1:18.79                 | 34.92 1:16.24 |

**Event 508 Mixed 280-319 400 LC Meter Freestyle Relay**

|   |                         |                         |               |
|---|-------------------------|-------------------------|---------------|
| 1 | Gloucester M            | A                       | 5:22.18       |
|   | 1) Jayne Stephenson W71 | 2) Tony Cherrington M83 |               |
|   | 3) Susan Hodge W72      | 4) Colin Stephenson M67 |               |
|   | 38.41                   | 1:20.74                 | 42.05 1:32.77 |
|   | 39.53                   | 1:25.10                 | 30.96 1:03.57 |