

**Swim Wales Masters SC Championships 2025 - 29/11/2025 to 30/11/2025****Results - Session 2 (Warmup 12.10 - 1.10)****Event 209 Women 72-99 200 SC Meter Medley Relay**

1	Cardiff Mast	A			2:11.40
	1) Danielle Stirrat W32	2) Carys Thomas W28			
	3) Cerys Jones W22	4) Nadine James W27			
	32.05	38.49	1:00.86		
2	Pembs Cty	A			2:12.92
	1) April Allen W27	2) Sophie Mountain W38			
	3) Rhiannon Clapham W20	4) Elizabeth Clissold W19			
	34.90	36.49	32.57	28.96	

**Event 209 Women 120-159 200 SC Meter Medley Relay**

1	Cardiff Mast	B			2:22.71
	1) Fran Lynn W34	2) Melissa Jones W30			
	3) Hannah Palfrey W32	4) Amelia Edmonds W26			
	38.25	42.66	30.77	31.03	

**Event 209 Women 160-199 200 SC Meter Medley Relay**

1	Swansea Aq	A			2:36.74
	1) Leanne Penny-Thomas W40	2) Amy Prince W40			
	3) Eleanor Roberts W41	4) Rhian Popham W41			
	36.72	40.86	40.21	38.95	

**Event 209 Women 240-279 200 SC Meter Medley Relay**

1	Cardiff Mast	C			3:56.51
	1) Elaine Harrison W62	2) Sarah Gage W58			
	3) Susan Flanigan W57	4) Anne Frost W67			
	55.64	1:08.65	1:52.22		