

**Swim Wales Masters SC Championships 2025 - 29/11/2025 to 30/11/2025****Results - Session 3B (Warmup: 4.50 - 5.15)****Event 309 Mixed 72-99 200 SC Meter Medley Relay**

1	Cardiff Mast	A	2:08.71
	1) Carys Thomas W28	2) Scott Temple M30	
	3) Cerys Jones W22	4) Geraint Meek M31	
	34.65	36.32	57.74
2	Pembs Cty	A	2:09.36
	1) April Allen W27	2) Matthew Lewis M40	
	3) Sophie Mountain W38	4) Freddie Wilson M19	
	35.76	32.59	33.98 27.03

**Event 309 Mixed 120-159 200 SC Meter Medley Relay**

1	Cardiff Mast	B	2:20.63
	1) Rachel Sion W41	2) Richard Black M40	
	3) Athanasios Galanis M34	4) Fran Lynn W34	
	38.03	35.61	1:06.99
2	C Dolphins	A	2:29.05
	1) Caroline Jupp W63	2) Sam Reis M27	
	3) Faith Goodliffe W25	4) Kyle Aldridge M21	
	42.96	43.66	1:02.43

**Event 309 Mixed 160-199 200 SC Meter Medley Relay**

1	Cardiff Mast	C	2:29.39
	1) Lucy Theophilus W34	2) Donald Asprey M46	
	3) Karen Fitzgerald W54	4) Jonathan Taylor M58	
	39.19	38.08	39.78 32.34

**Event 309 Mixed 200-239 200 SC Meter Medley Relay**

1	Cardiff Mast	D	2:47.10
	1) Sarah Hyde W53	2) Michele Maskrey W55	
	3) Steven Jones M58	4) David Williams M61	
	40.36	47.35	1:19.39