

Swim Wales Masters SC Championships 2025 - 29/11/2025 to 30/11/2025**Results - Session 5 Warmup (11.05 - 11.55)****Event 501 Women 18-24 200 SC Meter Freestyle**

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|---|--------------------|-------|-------------|---------|
| 1 | Emily Ezard | 23 | Bridgend SC | 2:15.26 |
| | 30.21 | 34.07 | 35.02 35.96 | |
| 2 | Elizabeth Clissold | 19 | Pembs Cty | 2:23.04 |
| | 32.28 | 36.60 | 37.27 36.89 | |
| 3 | Jess Lewis | 22 | Totnes | 3:21.80 |
| | 45.32 | 51.96 | 53.92 50.60 | |

Event 501 Women 25-29 200 SC Meter Freestyle

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|---|-----------------|-------|--------------|---------|
| 1 | Jessie Walters | 26 | Afan Valley | 2:11.59 |
| | 30.12 | 33.56 | 34.06 33.85 | |
| 2 | Ellie King | 25 | Chalfont | 2:25.59 |
| | 33.21 | 37.13 | 38.27 36.98 | |
| 3 | Rhiannon Vaisey | 27 | Abertillery | 2:46.92 |
| | 37.06 | 41.71 | 45.05 43.10 | |
| 4 | Chloe Thomas | 27 | Bridgend Cty | 3:08.58 |
| | 39.82 | 45.57 | 50.80 52.39 | |
| 5 | Eluned Rich | 29 | Cardiff Mast | 3:09.13 |
| | 43.07 | 47.61 | 48.93 49.52 | |

Event 501 Women 30-34 200 SC Meter Freestyle

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|---|----------------|-------|--------------|---------|
| 1 | Melissa Jones | 30 | Cardiff Mast | 2:35.00 |
| | 34.93 | 39.51 | 40.86 39.70 | |
| 2 | Daisy Newberry | 31 | Cardiff Mast | 3:01.61 |
| | 39.50 | 44.38 | 47.58 50.15 | |

Event 501 Women 40-44 200 SC Meter Freestyle

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|---|----------------|-------|--------------|---------|
| 1 | Rachel Sion | 41 | Cardiff Mast | 2:36.09 |
| | 36.14 | 39.59 | 40.39 39.97 | |
| 2 | Natasha Morgan | 43 | Nofio Cymru | 2:37.55 |
| | 36.16 | 39.23 | 40.71 41.45 | |
| 3 | Heather Rogers | 40 | Chippenham | 2:42.13 |
| | 35.82 | 39.87 | 42.75 43.69 | |

Event 501 Women 55-59 200 SC Meter Freestyle

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|---|----------------|---------|---------------|---------|
| 1 | Susan Flanigan | 57 | Cardiff Mast | 3:11.79 |
| | 41.14 | 47.26 | 51.78 51.61 | |
| 2 | Lucy Devine | 55 | Cardiff Mast | 3:31.54 |
| | 45.55 | 53.01 | 57.56 55.42 | |
| 3 | Sarah Gage | 58 | Cardiff Mast | 4:05.09 |
| | 57.23 | 1:05.12 | 1:04.60 58.14 | |

Event 501 Women 65-69 200 SC Meter Freestyle

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|---|--------------|-------|-------------|---------|
| 1 | Tamsin Jaggs | 65 | Wareham | 2:54.92 |
| | 39.32 | 43.54 | 45.76 46.30 | |