

Swim Wales Masters LC 2026 - 28/02/2026 to 01/03/2026

Wales National Pool, Swansea

Results - Session 1 - Warm Up 08.00 - 08:50

Event 102 Women 18-24 400 LC Meter Freestyle

1	Elizabeth Clissold	20	Pemb's Cty	5:09.11
	33.00	37.76	38.72	39.83
	39.89	40.47	40.20	39.24
2	Rhona Williams	24	Chirk	5:20.94
	34.69	38.95	41.03	40.54
	41.78	40.78	42.21	40.96
3	Cerys Jones	23	Cardiff Mast	5:28.53
	35.22	39.90	41.29	42.28
	42.62	42.85	43.01	41.36

Event 102 Women 25-29 400 LC Meter Freestyle

1	Peta Jarvis	25	Loughborough	5:22.03
	35.43	39.43	41.10	41.65
	41.96	41.78	41.08	39.60
2	Arwen Teagle	25	Caerphilly	5:23.32
	35.55	39.27	41.15	41.38
	41.81	42.34	41.46	40.36
3	Amelia Edmonds	27	Cardiff Mast	5:30.61
	34.06	38.83	41.42	42.78
	43.30	44.54	43.26	42.42
4	Catherine Moore	27	Swansea Mast	5:37.92
	37.72	41.14	42.51	43.13
	43.17	43.69	44.14	42.42

Event 102 Women 30-34 400 LC Meter Freestyle

1	Claire Williams	33	Swansea Mast	5:28.15
	35.61	39.53	41.26	42.04
	42.33	42.57	43.07	41.74
2	Vikki Courtman	32	Chirk	5:49.53
	38.80	43.98	44.63	45.06
	44.37	44.32	44.43	43.94

Event 102 Women 35-39 400 LC Meter Freestyle

1	Hannah Angell	36	Woking	4:53.18
	33.97	36.58	37.47	37.66
	36.52	36.97	37.43	36.58
2	Charlotte Farminer	37	Woking	4:53.20
	32.57	37.32	38.01	37.67
	36.57	37.24	37.82	36.00
3	Laura Hibberd	36	Hillingdon	5:07.10
	34.45	37.91	38.83	39.35
	38.69	38.91	39.72	39.24
4	Fiona Conway	36	Loughborough	5:52.16
	39.71	43.40	44.76	45.34
	45.29	45.09	45.16	43.41

Event 102 Women 40-44 400 LC Meter Freestyle

1	Jennie Clarke	41	Woking	5:00.43
	33.16	37.48	38.30	38.71
	38.17	38.78	37.95	37.88
2	Rachel Sion	42	Cardiff Mast	5:37.40
	37.83	41.43	43.04	43.44
	43.16	43.36	43.05	42.09
3	Natasha Morgan	44	Welsh Ind	5:43.41
	35.91	39.63	41.63	44.06
	44.26	46.14	45.99	45.79
4	Kelly Rees	40	C Dolphins	7:00.11
	42.56	49.86	53.45	53.90
	55.36	56.46	54.57	53.95

Event 102 Women 45-49 400 LC Meter Freestyle

1	Jennifer Truelove	48	C Dolphins	7:03.33
	43.62	51.55	54.58	55.15
	54.53	55.70	54.58	53.62
2	Arllette Frampton	45	Rct Squad	7:50.68
	50.23	58.74	1:00.16	1:00.63
	1:00.56	1:01.86	1:00.97	57.53

Event 102 Women 50-54 400 LC Meter Freestyle

1	Jessica Partridge	51	Stroud Mast	5:00.61
	35.24	37.57	37.76	38.12
	38.06	38.21	38.23	37.42
2	Nicola James	54	Market Har	5:47.79
	37.70	42.80	44.76	45.25
	45.21	45.32	44.27	42.48
3	Maida Shivik	52	Camden Swiss	6:02.39
	41.90	46.18	46.39	46.56
	46.40	46.26	45.75	42.95

Event 102 Women 55-59 400 LC Meter Freestyle

1	Philippa O'Grady	57	Exe Masters	5:30.38
	37.44	40.65	41.57	42.26
	42.00	42.65	42.50	41.31
2	Bryony Wilkes	56	Loughborough	5:52.35
	38.40	43.57	44.53	45.25
	45.76	46.20	45.78	42.86
3	Karen Fitzgerald	55	Cardiff Mast	5:56.82
	38.64	43.03	44.44	46.08
	46.37	46.82	46.12	45.32
4	Susan Flanigan	58	Cardiff Mast	7:04.81
	44.42	50.05	54.02	56.03
	56.19	55.29	55.99	52.82

Event 102 Women 60-64 400 LC Meter Freestyle

1	Elizabeth Shaw	60	Otter	5:46.00
	39.47	42.80	44.48	45.07
	44.66	44.10	43.69	41.73
2	Suzanne Maidment	60	Spencer	5:53.83
	40.11	43.44	44.84	45.12
	45.26	44.95	45.54	44.57
3	Elaine Seager	63	Loughborough	5:59.16
	42.06	44.71	45.77	45.32
	46.02	46.04	45.51	43.73
4	Tiggi Wood	62	Lewes	6:37.58
	43.45	49.27	50.50	51.87
	50.69	52.39	49.21	50.20
5	Alison James	60	Carm Masters	6:46.68
	45.17	49.85	52.17	51.94
	53.04	51.91	52.40	50.20

Event 102 Women 65-69 400 LC Meter Freestyle

1	Amanda Heath	69	Spencer	5:58.55
	41.64	44.62	45.87	45.99
	45.33	45.49	45.48	44.13
2	Verity Dobbie	67	Derwent&Gate	6:10.26
	41.21	44.88	47.23	46.93
	47.66	48.24	48.37	45.74
3	Sharon McLellan	68	Hadleigh	6:34.69
	44.85	48.41	49.81	50.17
	50.59	50.18	50.57	50.11

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Event 102 Women 70-74 400 LC Meter Freestyle

1	Viv Jones		72	Seagulls SC	6:02.06
	40.85	44.48		46.30	46.34
	45.93	46.51		46.89	44.76
2	Lorraine Crook		72	Caldicot	10:35.06
	1:13.46	1:19.40		1:19.77	1:18.76
	1:20.09	1:21.48		1:21.82	1:20.28