

Swim Wales Masters LC 2026 - 28/02/2026 to 01/03/2026**Wales National Pool, Swansea****Results - Session 3 - Warm Up 2.40 - 3.30****Event 306 Women 18-24 50 LC Meter Backstroke**

1	Emily Blake	19	Co Cardiff	33.07
2	Rhona Williams	24	Chirk	37.97
3	Ffion Lloyd	19	Rct Squad	38.21

Event 306 Women 25-29 50 LC Meter Backstroke

1	Katie Rees	28	Swansea Uni	32.43
2	Faith Goodliffe	26	C Dolphins	38.31
3	Olivia Robson	27	Cardiff Mast	40.73

Event 306 Women 35-39 50 LC Meter Backstroke

1	Lucy Theophilus	35	Cardiff Mast	40.79
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Event 306 Women 40-44 50 LC Meter Backstroke

1	Leanne Penny-Thomas	41	Swansea Aq	35.86
2	Rachel Sion	42	Cardiff Mast	38.09
3	Crystal Brownnett	42	Woking	39.00
4	Melanie Martenko	42	Welsh Ind	39.54
5	Joanna Schirmer	43	NottmLeander	39.74
6	Samantha Caffery	40	Dove Valley	43.20
7	Rhian Popham	42	Swansea Aq	46.47

Event 306 Women 45-49 50 LC Meter Backstroke

1	Kirsty Johnson	45	Bracknell	31.19
2	Penny Letchford	48	Co Cardiff	34.76
3	Lisa Paling	45	Dove Valley	44.23
4	Sue Starr	48	East Leeds	45.41
5	Nicola Teague	47	Rct Squad	55.73

Event 306 Women 50-54 50 LC Meter Backstroke

1	Bethan Bell	53	Gloucester M	36.70
2	Sarah Hyde	54	Cardiff Mast	38.75
3	Nicola James	54	Market Har	40.51

Event 306 Women 55-59 50 LC Meter Backstroke

1	Jo Corben	56	SD Trojan	33.53
2	Lydianne Lock	57	Loughborough	36.42
3	Lindsay Kelly Onay	59	Wantage	41.37
4	Geertje Van Keulen	57	Swansea Mast	44.44
5	Fiona Irwin	58	Woking	50.54
6	Christine Latty	59	Swansea Stin	1:02.80

Event 306 Women 60-64 50 LC Meter Backstroke

1	Caroline Jupp	64	C Dolphins	44.11
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Event 306 Women 65-69 50 LC Meter Backstroke

1	Helen Kula-Przewanski	67	Devonport	39.78
2	Micaela Morris	65	Gloucester M	40.70

Event 306 Women 70-74 50 LC Meter Backstroke

1	Kathleen Bidnall	71	Mid Sussex	45.59
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Event 306 Women 75-79 50 LC Meter Backstroke

1	Margaret Bickley	75	Dartmouth SC	54.90
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Event 306 Women 80-84 50 LC Meter Backstroke

1	Judith Alden	80	Barnet Copt	53.03
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