

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024
Meet Program - Session 1 (Warmup 8.00 - 8.50)

Event 101 Men 16 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

1				
2	McLain, Archie	18	Torfaen D	5:03.40
3	Chapman, Nathan	20	Swansea Uni	4:45.30
4	Kendrick, Elijah	20	Swansea Uni	4:32.16
5	Patsalides, Antonis	22	Swansea Uni	4:37.60
6	Leatherbarrow, Jack	16	Wrexham	5:01.80
7				
8				

Heat 2 of 2 Prelims

1				
2	Sockett, Harley	16	Torfaen D	5:02.80
3	Neaves, Archie	19	Swansea Uni	4:42.10
4	Arch, Rhydian	19	Co Cardiff	4:28.50
5	Clegg, Luke	19	Swansea Uni	4:35.78
6	Keeble, Alex	20	Swansea Uni	4:49.70
7	Evans, Ieuan	17	Conwy	5:04.90
8				

Event 102 Female 16 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

1				
2	Kay, Isabelle	16	Rct Squad	5:39.10
3	O Callaghan, Faye	19	Co Cardiff	5:21.10
4	Hornby, Rachel	20	Swansea Uni	5:03.20
5	Bissicks, Ella	17	Swansea Aq	5:10.30
6	Jones, Myia	16	Wrexham	5:28.50
7				
8				

Heat 2 of 2 Prelims

1				
2	Cust, Ciara	17	Conwy	5:32.50
3	Mustoe, Lili-May	22	Swansea Uni	5:18.36
4	Owen, Gracie	16	Torfaen D	5:00.10
5	Gibson, Mari	16	Co Cardiff	5:06.80
6	Roberts, Megan	17	Wrexham	5:23.40
7				
8				

Event 103 Men 16 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1				
2	Leatherbarrow, Jack	16	Wrexham	2:09.00
3	Jasinski, Hubert	17	Co Newport	2:08.60
4	Fletcher, Owen	17	Pembs Cty	2:08.30
5	Spinks, Owen	16	Torfaen D	2:08.30
6	Bebb, Lewis	17	Newtown	2:08.70
7	Henschell, Logan	16	Co Cardiff	2:09.92
8				

Heat 2 of 5 Prelims

1	Davies, William	17	Co Newport	2:07.70
2	Upton-Boorman, Liam	17	Nofio S Gar	2:06.90
3	Ogden, Dylan	16	Redditch	2:06.30
4	John, Finlay	18	Bridgend Cty	2:04.80
5	Edwards, Dion	17	Swim Gwynedd	2:05.50
6	Davies, Iwan	16	Co Cardiff	2:06.90
7	Hardy, Dewi	17	Wrexham	2:07.50
8	Vaughan, William	17	Rct Squad	2:08.20

Heat 3 of 5 Prelims

1	Johnstone, Daniel	17	Nofio S Gar	2:03.50
2	Hardy, Ryan	16	Wrexham	2:01.44
3	Burns, Harry	19	Co Cardiff	1:59.02
4	Docking-Smith, Frankie	20	Swansea Uni	1:54.30
5	Staines, Luca	20	Swansea Uni	1:56.50
6	Mruk, Lucas	16	Torfaen D	1:59.80
7	Holland, Tyler	16	Wrexham	2:03.20
8	Winstone, Evan	18	Co Cardiff	2:04.50

Heat 4 of 5 Prelims

1	Sheppard, Rhydian	17	Co Cardiff	2:03.50
2	Morgan, Dominic	19	Swansea Uni	2:01.11
3	McCarthy, Samuel	19	Co Cardiff	1:58.30
4	Geysen-Holley, Max	19	Co Cardiff	1:53.60
5	Gillett, Oliver	17	Swansea Aq	1:56.04
6	Parsons, Joseph	17	Co Cardiff	1:59.80
7	Burton, Matt	23	Swansea Uni	2:02.76
8	Haines, Thomas	16	Co Cardiff	2:04.00

Heat 5 of 5 Prelims

1	Morgan, Lewis	17	Bridgend Cty	2:03.37
2	Pugh, Morgan	17	Torfaen D	2:00.50
3	Raffill, Daniel	21	Swansea Uni	1:57.87
4	Nicholl, Finn	22	Swansea Uni	1:51.57
5	Bamborough, Jack	16	Co Cardiff	1:55.50
6	Jenkins, Richard	18	Millfield	1:59.50
7	McGuinness, Charlie	18	Torfaen D	2:02.27
8	Owen, Vinnie	16	Co Cardiff	2:03.60

Event 104 Female 16 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1				
2				
3	%Webb, Saskia S14	17	Pembs Cty	2:20.00
4	Kay, Isabelle	16	Rct Squad	2:18.29
5	Worthington, Emma	16	Chirk	2:18.60
6				
7				
8				

Heat 2 of 4 Prelims

1	Williams, Rose	16	Co Cardiff	2:15.80
2	Ingram, Olivia	16	Co Cardiff	2:13.10
3	Hunter, Olivia	20	Swansea Uni	2:09.80
4	Dickinson, Jessica	19	Swansea Uni	2:07.15
5	Day, Hannah	16	Co Cardiff	2:09.10
6	Roberts, Megan	17	Wrexham	2:11.80
7	King, Marley	16	Penyrheol	2:14.90
8	Sweet-Roberts, Myha	16	Torfaen D	2:17.50

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Heat 3 Prelims (#104 Female 16 & Over 200 LC Meter Freestyle)

1	Morgan, Carys	16	Wrexham	2:15.60	_____
2	Hatton-Ellis, Isabelle	16	Swansea Aq	2:13.10	_____
3	Fox, Honor	17	Co Cardiff	2:09.23	_____
4	Croke, Carys	17	Torfaen D	2:06.90	_____
5	Humphreys, Ffion	16	Swim Gwynedd	2:08.10	_____
6	Stokes, Aimee	20	Swansea Uni	2:10.90	_____
7	Faulkner, Marie	19	Co Cardiff	2:14.41	_____
8	O'Mahoney, Kaitlin	16	Bridgend Cty	2:16.80	_____

Heat 4 of 4 Prelims

1	Smith, Amelia	16	Co Cardiff	2:15.20	_____
2	Marshall, Polly	19	Co Newport	2:12.90	_____
3	Forwood, Emily	20	Swansea Uni	2:09.20	_____
4	Sharp, Laura	22	Swansea Uni	2:05.40	_____
5	Hempenstall, Amy	16	Elmbridge	2:07.46	_____
6	Titchener, Megan	16	Torfaen D	2:10.10	_____
7	Gruffydd, Mali	17	Co Cardiff	2:13.52	_____
8	Hellfeld, Beatrix	17	Nofio Bangor	2:16.20	_____

Event 105 Men 16 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1					_____
2	Owen, Tomos	17	Swim Gwynedd	34.39	_____
3	Teasdale, Oliver	17	Swim Gwynedd	34.30	_____
4	Thomas, Lucas	16	Conwy	33.86	_____
5	Richardson, Osian	16	Swansea Aq	34.20	_____
6	Montague, Mason	16	Pembs Cty	34.32	_____
7					_____
8					_____

Heat 2 of 4 Prelims

1	Baker, Ellis	18	Caradon	33.60	_____
2	Jenkins, Richard	18	Millfield	31.68	_____
3	Stratton, Joe	20	Swansea Uni	30.60	_____
4	Jones, Carwyn	18	Mt Kelly	29.76	_____
5	Hoey, Luke	22	Swansea Uni	30.25	_____
6	Orr, Toby	18	Trowbridge	31.58	_____
7	Estrada Aburto, Diego	27	Swansea Uni	32.59	_____
8	Temby, Jacob	16	Co Cardiff	33.81	_____

Heat 3 of 4 Prelims

1	Upton-Boorman, Liam	17	Nofio S Gar	33.53	_____
2	Sheppard, Rhydian	17	Co Cardiff	31.60	_____
3	Zawada, Isaac	19	Swansea Uni	30.42	_____
4	Newman, Brad	23	Co Cardiff	28.27	_____
5	Minshull, Callum	20	Swansea Uni	30.20	_____
6	Clarke, Henry	17	Swansea Aq	31.35	_____
7	Jones, Benjamin	33	Cardiff Mast	32.50	_____
8	Doyle, Alfie	16	Co Newport	33.80	_____

Heat 4 of 4 Prelims

1	Caddy, Alexander	17	Caradon	32.60	_____
2	Preece, Toby	17	Bridgend Cty	31.59	_____
3	Lovell-Pascal, Jean-Luc	19	Swansea Uni	30.30	_____
4	Panaretos, Panayiotis	22	Swansea Uni	28.17	_____
5	Davies, Aneurin	20	Swansea Uni	29.90	_____
6	James, Jack	17	Torfaen D	31.30	_____
7	Westwood, Owen	20	Swansea Uni	32.03	_____
8	Jones, Jay	17	Holywell	33.66	_____

Event 106 Female 16 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1					_____
2					_____
3	Stenson, Isabella	17	Cirencester	37.65	_____
4	Jones, Sophie	18	Bath Dolphin	36.99	_____
5	Phillips, Emily	16	Neath	37.60	_____
6					_____
7					_____
8					_____

Heat 2 of 4 Prelims

1	Smith, Amelia	16	Co Cardiff	36.80	_____
2	Worthington, Emma	16	Chirk	35.80	_____
3	Gorman, Helen	52	Co Cardiff	35.11	_____
4	Bissicks, Ella	17	Swansea Aq	33.45	_____
5	Enoch, Megan-Jane	17	Torfaen D	34.50	_____
6	Morgan, Carys	16	Wrexham	35.33	_____
7	Nowell, Gabriella	19	Torfaen D	36.12	_____
8					_____

Heat 3 of 4 Prelims

1	Owen, Kessie	16	Neath	36.70	_____
2	Rees, Katie	26	Swansea Uni	35.73	_____
3	Spence, Eva	18	Orion	35.01	_____
4	Woodcock, Hannah	20	Swansea Uni	32.80	_____
5	Beynon, Annaliese	24	Co Cardiff	33.60	_____
6	Shute, Hollie	17	Caradon	35.33	_____
7	Jones, Emily	19	Co Newport	36.00	_____
8					_____

Heat 4 of 4 Prelims

1	Treharne, Lara	17	Co Peterboro	36.30	_____
2	Mustoe, Lili-May	22	Swansea Uni	35.49	_____
3	Gibbs, Harriet	16	Nofio S Gar	34.70	_____
4	Stoimenova, Kameliya	21	Swansea Uni	32.41	_____
5	Crowley, Amy	19	Co Cardiff	33.47	_____
6	Mathias, Ffion	17	Swansea Aq	35.13	_____
7	Salmon, Gwen	17	Rct Squad	35.90	_____
8	Palmer-Jones, Evie	19	Co Cardiff	36.92	_____

Event 107 Men 16 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	Owen, Tomos	17	Swim Gwynedd	1:05.50	_____
2	Bamborough, Jack	16	Co Cardiff	1:01.50	_____
3	Davies, Evan	18	Co Cardiff	59.50	_____
4	Turner, Harry	25	Swansea Uni	57.55	_____
5	Golsby -taylor, Josh	20	Co Cardiff	58.50	_____
6	Parsons, Joseph	17	Co Cardiff	1:00.40	_____
7	Jenkins, Richard	18	Millfield	1:02.40	_____
8	%Hobbs, Alex S7	19	Swansea Uni	1:28.30	_____

Heat 2 of 3 Prelims

1	Rhys, Gruff	16	Swim Gwynedd	1:04.77	_____
2	Southwood, Charlie	17	Torfaen D	1:00.90	_____
3	John, Finlay	18	Bridgend Cty	58.50	_____
4	Knight, Jack	21	Co Cardiff	56.66	_____
5	Stewart, Toby	21	Swansea Uni	58.40	_____
6	Clegg, Luke	19	Swansea Uni	59.60	_____
7	Taylor, Adam	19	Wrexham	1:01.90	_____
8	Leatherbarrow, Jack	16	Wrexham	1:07.30	_____

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Meet Program - Session 1 (Warmup 8.00 - 8.50)

Heat 3 Prelims (#107 Men 16 & Over 100 LC Meter Backstroke)

1	Montague, Mason	16	Pembs Cty	1:04.12	_____
2	James, Tristyn	18	Bridgend Cty	1:00.52	_____
3	Burton, Matt	23	Swansea Uni	58.50	_____
4	Barlow, Oscar	19	Swansea Uni	55.90	_____
5	Johnstone, Daniel	17	Nofio S Gar	58.00	_____
6	Burston, Jack	17	Swansea Aq	59.60	_____
7	Montgomery, Samuel	16	Pembs Cty	1:01.70	_____
8	Vaughan, William	17	Rct Squad	1:05.80	_____

Event 108 Female 16 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1					_____
2	%Butt, Chloe S9	30	Caerphilly	1:32.95	_____
3	%Willis, Meghan S9	17	Torfaen D	1:15.80	_____
4	Jones, Myia	16	Wrexham	1:12.80	_____
5	Jones, Evie	16	Merthyr Tydf	1:12.80	_____
6	%Rice, Lily S8	20	Pembs Cty	1:22.19	_____
7					_____
8					_____

Heat 2 of 5 Prelims

1	Parfitt, Lucy	16	Co Cardiff	1:12.20	_____
2	Huws, Awen	16	NexusValleys	1:11.40	_____
3	Thomas, Rhian	16	Pembs Cty	1:10.80	_____
4	Wade-Jones, Georgia	18	Holywell	1:10.20	_____
5	Hellfeld, Beatrix	17	Nofio Bangor	1:10.80	_____
6	Carey, Lucy	16	Bridgend Cty	1:11.00	_____
7	Kay, Isabelle	16	Rct Squad	1:12.15	_____
8	Martin, Lara	16	Bridgend Cty	1:12.30	_____

Heat 3 of 5 Prelims

1	Williams, Rose	16	Co Cardiff	1:09.70	_____
2	Lush, Emily	22	Swansea Uni	1:07.80	_____
3	Dacey, Mollie	16	Co Cardiff	1:06.20	_____
4	Domican, Rosie	20	Co Cardiff	1:04.90	_____
5	Fox, Honor	17	Co Cardiff	1:05.60	_____
6	Crawshay-Williams, E	16	Torfaen D	1:07.10	_____
7	Salmon, Gwen	17	Rct Squad	1:08.90	_____
8	Griffin, Charlotte	20	Co Cardiff	1:10.10	_____

Heat 4 of 5 Prelims

1	Stork, Niamh	20	Co Cardiff	1:09.40	_____
2	Leggott, Holly	22	Swansea Uni	1:07.40	_____
3	Titchener, Megan	16	Torfaen D	1:05.80	_____
4	Butcher, Katherine	20	Swansea Uni	1:04.50	_____
5	Bamborough, Katie	20	Swansea Uni	1:05.60	_____
6	Nowell, Gabriella	19	Torfaen D	1:06.80	_____
7	Keepings, Charlotte	18	Co Newport	1:08.80	_____
8	Willmore, Isabella	18	Co Newport	1:10.00	_____

Heat 5 of 5 Prelims

1	Smart, Charlotte	17	Swansea Aq	1:09.00	_____
2	Gill, Avani	22	Cardiff Mast	1:07.18	_____
3	Grant, Lucy	17	Co Newport	1:05.70	_____
4	Stead, Martha	19	Swansea Uni	1:04.10	_____
5	Patterson, Millie	18	Swansea Uni	1:05.40	_____
6	Cull, Harriett	17	Co Cardiff	1:06.40	_____
7	Croke, Carys	17	Torfaen D	1:08.00	_____
8	Shute, Olivia	18	Caradon	1:09.90	_____

Event 109 Men 16 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1	Davies, Iwan	16	Co Cardiff	1:05.40	_____
2	Haines, Thomas	16	Co Cardiff	1:04.70	_____
3	Teasdale, Oliver	17	Swim Gwynedd	1:03.70	_____
4	Ogden, Dylan	16	Redditch	1:03.57	_____
5	Thomas, Lucas	16	Conwy	1:03.70	_____
6	Owen, Vinnie	16	Co Cardiff	1:04.50	_____
7	Spinks, Owen	16	Torfaen D	1:05.25	_____
8	Rixon, Oliver	16	Co Newport	1:06.50	_____

Heat 2 of 4 Prelims

1	Sockett, Harley	16	Torfaen D	1:01.40	_____
2	Wells, Oliver	18	Swansea Aq	1:00.01	_____
3	Davies, Evan	18	Co Cardiff	58.30	_____
4	Lee, Ethan	18	Co Cardiff	56.79	_____
5	Lee, Tristan	18	Co Cardiff	57.98	_____
6	Burns, Harry	19	Co Cardiff	58.50	_____
7	Westwood, Owen	20	Swansea Uni	1:00.81	_____
8	Holland, Tyler	16	Wrexham	1:02.55	_____

Heat 3 of 4 Prelims

1	Keeble, Alex	20	Swansea Uni	1:01.40	_____
2	Hardy, Ryan	16	Wrexham	59.60	_____
3	Edwards, Dion	17	Swim Gwynedd	58.30	_____
4	Nicholl, Finn	22	Swansea Uni	56.00	_____
5	James, Tristyn	18	Bridgend Cty	57.67	_____
6	Cressey-Rodgers, Ioan	19	Oxford Uni	58.41	_____
7	Fowler, Joseph	18	Mt Kelly	1:00.30	_____
8	Gillett, Oliver	17	Swansea Aq	1:02.00	_____

Heat 4 of 4 Prelims

1	Chapman, Nathan	20	Swansea Uni	1:01.00	_____
2	Murray, Ross	19	Swansea Uni	59.10	_____
3	Anderson, Maxwell	19	Co Cardiff	58.21	_____
4	Rodriguez, Antonio	20	Swansea Uni	55.00	_____
5	Docking-Smith, Frankie	20	Swansea Uni	57.40	_____
6	Stewart, Toby	21	Swansea Uni	58.35	_____
7	Pugh, Morgan	17	Torfaen D	1:00.11	_____
8	Bebb, Lewis	17	Newtown	1:01.52	_____

Event 110 Female 16 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1					_____
2	%Rogerson, Heidi S10	17	Buckley	1:32.20	_____
3	%Webb, Saskia S14	17	Pembs Cty	1:12.13	_____
4	Hughes, Mari	17	Nofio Bangor	1:11.30	_____
5	Brassington, Lucy	17	Co Cardiff	1:11.30	_____
6	%Lewis, Rebecca S10	21	Rct Squad	1:17.90	_____
7					_____
8					_____

Heat 2 of 5 Prelims

1	Jones, Myia	16	Wrexham	1:10.80	_____
2	Ingram, Olivia	16	Co Cardiff	1:10.07	_____
3	Adams, Jaimee	18	Co Cardiff	1:09.50	_____
4	Martin, Lara	16	Bridgend Cty	1:08.90	_____
5	Tucker, Holly	16	Swansea Aq	1:09.23	_____
6	Goodliffe, Faith	24	C Dolphins	1:09.50	_____
7	Cust, Ciara	17	Conwy	1:10.24	_____
8	Parfitt, Lucy	16	Co Cardiff	1:11.10	_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Heat 3 Prelims (#110 Female 16 & Over 100 LC Meter Butterfly)

1	Avraam, Neve	16	Co Cardiff	1:07.90	_____
2	Davis, Bethan	19	Swansea Uni	1:07.45	_____
3	Treharne, Lara	17	Co Peterboro	1:05.30	_____
4	Pease, Georgia	22	Swansea Uni	1:02.70	_____
5	Hunter, Olivia	20	Swansea Uni	1:04.46	_____
6	Lewis, Lowri	18	Neath	1:06.04	_____
7	Rees, Katie	26	Swansea Uni	1:07.80	_____
8	Hempenstall, Amy	16	Elmbridge	1:08.33	_____

Heat 4 of 5 Prelims

1	O Callaghan, Faye	19	Co Cardiff	1:07.90	_____
2	Day, Hannah	16	Co Cardiff	1:06.50	_____
3	Wheeler, Oriana	19	Swansea Uni	1:05.09	_____
4	Roberts, Catherine Elin	21	Swansea Uni	1:02.20	_____
5	Owen, Gracie	16	Torfaen D	1:03.60	_____
6	Morgan, Isabel	20	Co Cardiff	1:05.58	_____
7	Smart, Charlotte	17	Swansea Aq	1:07.70	_____
8	Marshall, Polly	19	Co Newport	1:08.28	_____

Heat 5 of 5 Prelims

1	Cranch, Molly	21	Swansea Uni	1:07.87	_____
2	Cull, Harriett	17	Co Cardiff	1:06.40	_____
3	Donovan, Kelsey	19	Co Cardiff	1:04.90	_____
4	Tanir, Duru	22	Co Cardiff	1:01.50	_____
5	Dickinson, Jessica	19	Swansea Uni	1:03.07	_____
6	Fry, Caitlyn	20	Swansea Uni	1:05.30	_____
7	Humphreys, Ffion	16	Swim Gwynedd	1:07.60	_____
8	Morgan, Carys	16	Wrexham	1:08.00	_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 2 (Warmup 10.55 - 11.45)

Event 111 Boys 12-15 400 LC Meter IM (HDW)

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1	Jones, Spencer	12	Wrexham	5:49.10
2	Linge, Reece	13	Wrexham	5:26.70
3	Bennett, Finley	15	Pembs Cty	5:15.62
4	Edwards, Ross	15	Co Cardiff	4:50.70
5	Thomas, Archie	14	Co Cardiff	5:15.30
6	Meilleur, Elliot	14	Swim Gwynedd	5:25.70
7	Leonard, Ewan	15	Conwy	5:30.91
8	Payne, Sebastian	13	Droitwich	5:57.20

Event 112 Female 12-15 400 LC Meter IM (HDW)

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1				
2				
3	McCavish, Cara	13	Guildford Ct	5:57.16
4	George, Ellie	13	Rct Squad	5:55.99
5	McQuaid, Maria	13	Co Cardiff	5:56.67
6				
7				
8				
Heat 2 of 3 Finals				
1	Ribeiro, Ariana	13	Co Cardiff	5:46.40
2	Spence, Emilia	13	Co Birm'ham	5:40.90
3	Bates, Molly	13	Wrexham	5:39.65
4	Lee, Edith	14	Co Cardiff	5:33.00
5	Ling, Olivia	14	Co Cardiff	5:39.51
6	Jones, Annabelle	14	Wrexham	5:40.30
7	Tejedo, Lola	13	Co Cardiff	5:44.50
8	Lewis, Harriet	12	Co Cardiff	5:55.35
Heat 3 of 3 Finals				
1	Lewis, Orla Rose	14	Co Cardiff	5:30.10
2	Daniel, Megan	14	Caradon	5:25.80
3	Andrews, Joanne	14	Wrexham	5:23.10
4	Hall, Emily	14	Warrington W	5:17.10
5	Nichols, Grace	14	Pembs Cty	5:22.60
6	Griffiths, Cerys	14	Pembs Cty	5:23.70
7	Gordon, Freya	15	Haslemere	5:28.79
8	Williams, Marys	15	Swansea Aq	5:32.20

Event 113 Boys 12-15 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims				
1	Bastyan, Tobias-Luke	13	Torfaen D	2:27.41
2	Castillo, Airam	13	Co Cardiff	2:26.06
3	Rees, Gwyn	13	Wantage	2:25.80
4	Spruce, Noah	13	AbingdonVale	2:23.90
5	Elmes, Max	13	Nofio S Gar	2:25.60
6	Baldwin, Thomas	13	Rhyl Dolphin	2:25.82
7	Woodrow, Leo	13	Ast Burnham	2:26.43
8	Frampton, Rhydian	12	Rct Squad	2:35.87

Heat 2 of 4 Prelims				
1	Vong, Joshua	14	Co Newport	2:19.18
2	Warman-Powell, Ioan	14	Torfaen D	2:14.60
3	Silverstone, Solomon	15	Pembs Cty	2:12.20
4	Ma, Ko Kwan	15	Co Cardiff	2:03.00
5	Fletcher, Miles	14	Co Cardiff	2:08.20
6	Williams, Owen	15	Nofio Bangor	2:13.40
7	Rees, Daniel	14	Co Cardiff	2:17.48
8	Jones, Jayden	13	Caerphilly	2:21.70

Heat 3 of 4 Prelims				
1	Cavill, Jack	14	Co Cardiff	2:18.45
2	Vinh, Joshua	15	Co Newport	2:14.44
3	Brinkworth, James	15	Caradon	2:11.90
4	Twigger, Owen	15	Swansea Aq	2:02.90
5	Willis, Kofi	15	Co Cardiff	2:08.10
6	Douglas, Lucas	13	Neath	2:13.20
7	Williams, Thomas	14	Nofio S Gar	2:16.70
8	Whittaker, Luke	14	Bridgend Cty	2:20.50

Heat 4 of 4 Prelims				
1	Hewitt, Archie	14	Torfaen D	2:17.80
2	Deacon, Cameron	14	Co Cardiff	2:13.60
3	Evans, Oscar	15	Co Hereford	2:08.50
4	McCarthy, Benedict	15	Co Cardiff	2:01.70
5	Major, Maximus	14	Co Newport	2:05.40
6	Park, Reggie Samuel	14	Holywell	2:13.10
7	Wilson, Aidan	15	Conwy	2:15.08
8	Thomas, Iolo	14	Neath	2:19.54

Event 114 Female 12-15 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Prelims				
1				
2	Jones, Alice	12	Maidenhead	2:35.42
3	Godfrey, Wynnifred	13	Msc Dubai	2:31.58
4	Davies, Macy	12	Torfaen D	2:29.48
5	Sedgemore, Lola	12	Neath	2:31.10
6	Thomas-Owen, Efa	12	Swim Gwynedd	2:32.30
7				
8				
Heat 2 of 6 Prelims				
1	Hughes, Nel	13	Swim Gwynedd	2:27.89
2	Hurley, Sienna-Grace	14	Bridgend Cty	2:26.60
3	Jones, Annabelle	14	Wrexham	2:26.38
4	McNamara, Imogen	14	Co Cardiff	2:26.20
5	Richards, Faith	14	Merthyr Tydf	2:26.20
6	Edwards, Alaw	14	Swim Gwynedd	2:26.40
7	Reed, Isabella	13	Co Cardiff	2:26.95
8	Keylock, Seren	13	Amersham	2:28.26
Heat 3 of 6 Prelims				
1	Ribeiro, Ariana	13	Co Cardiff	2:25.11
2	Miller, Ailla	14	Ruthin	2:24.60
3	Evans, Gwennan	14	Co Newport	2:23.70
4	Ach Rhys, Eysyllt	14	Swim Gwynedd	2:23.29
5	Thomas, Serenity	14	Conwy	2:23.30
6	Devin, Erin	14	Nofio Clwyd	2:23.90
7	Coles, Mya	14	Co Newport	2:24.80
8	Jones, Isabella	14	Bridgend Cty	2:25.30

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Meet Program - Session 2 (Warmup 10.55 - 11.45)

Heat 4 Prelims (#114 Female 12-15 200 LC Meter Freestyle)

1	Sherrard, Alex	12	Torfaen D	2:21.83	_____
2	Iles, Jessica	14	Co Cardiff	2:20.50	_____
3	Vincent, Amelia	15	Clevedon	2:17.37	_____
4	Sherrard, Emme	15	Torfaen D	2:11.02	_____
5	Geach, Libbie	15	Neath	2:14.10	_____
6	Galdes-Cutting, Daisy	13	Pembs Cty	2:20.09	_____
7	Roberts, Mali	14	Swim Gwynedd	2:21.40	_____
8	Rees, Maisie	14	Rct Squad	2:23.02	_____

Heat 5 of 6 Prelims

1	George, Ellie	13	Rct Squad	2:21.60	_____
2	Gardener, Hannah	15	Bridgend Cty	2:20.30	_____
3	Spence, Emilia	13	Co Birm'ham	2:14.90	_____
4	Hall, Emily	14	Warrington W	2:10.50	_____
5	Evans, Gwenllian	15	Co Cardiff	2:12.30	_____
6	Gordon, Freya	15	Haslemere	2:19.60	_____
7	Jones, Maisie	14	Co Cardiff	2:21.28	_____
8	Buckland, Eleanor	15	Co Cardiff	2:22.50	_____

Heat 6 of 6 Prelims

1	Burns, Freya	13	Swansea Aq	2:21.55	_____
2	Wardell, Cari	15	Co Cardiff	2:20.10	_____
3	James, Grace	15	Bridgend Cty	2:14.80	_____
4	Griffiths, Cerys	14	Pembs Cty	2:08.20	_____
5	Anderson, Rosalie	14	Co Cardiff	2:11.40	_____
6	Marshall, Ffion	14	Co Cardiff	2:18.30	_____
7	Curkovic, Lota	14	Co Cardiff	2:20.60	_____
8	Philpott, Ffion	15	Nofio S Gar	2:21.86	_____

Event 115 Boys 12-15 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1					_____
2					_____
3	Wynne, Jasper	12	Redditch	42.50	_____
4	Rees, Gwyn	13	Wantage	40.90	_____
5	Spruce, Noah	13	AbingdonVale	40.90	_____
6					_____
7					_____
8					_____

Heat 2 of 4 Prelims

1	Csoban, Benjamin	13	Co Newport	40.54	_____
2	Miles, Harry	14	Co Cardiff	38.51	_____
3	Song, Guangping	15	Swansea Aq	35.05	_____
4	Evans, Oscar	15	Co Hereford	34.50	_____
5	Spence, Charles	15	Orion	34.69	_____
6	Bartram, Solomon	14	Co Cardiff	35.96	_____
7	Woodrow, Leo	13	Ast Burnham	39.80	_____
8					_____

Heat 3 of 4 Prelims

1	Stanford-Jason, Samuel	13	Salisbury	40.40	_____
2	Rees, Daniel	14	Co Cardiff	36.10	_____
3	Warman-Powell, Ioan	14	Torfaen D	35.00	_____
4	Phillips, Finley	14	Nofio S Gar	33.59	_____
5	Phillips, Ioan	14	Neath	34.69	_____
6	Meilleur, Elliot	14	Swim Gwynedd	35.50	_____
7	Lovell, Logan	13	Marlborough	38.91	_____
8					_____

Heat 4 of 4 Prelims

1	Volausek, Noah	13	Co Cardiff	39.99	_____
2	Williams, Owen	15	Nofio Bangor	36.00	_____
3	Bostock, Dyfan	14	Wrexham	34.90	_____
4	James, Rhys	15	Rct Squad	32.81	_____
5	Bennett, Finley	15	Pembs Cty	34.60	_____
6	Hole, Ethan	15	Co Cardiff	35.40	_____
7	Stuart-Lavender, Jac	14	Nofio S Gar	38.87	_____
8	El-Taha, Henry	12	Wrexham	40.65	_____

Event 116 Female 12-15 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1					_____
2					_____
3	Lee, Seol Lucy	12	Co Cardiff	43.40	_____
4	Davies, Macy	12	Torfaen D	41.98	_____
5	Davies, Sophia	12	Rct Squad	42.50	_____
6	%Soffe, Bronwyn SB9	12	Co Newport	49.01	_____
7					_____
8					_____

Heat 2 of 6 Prelims

1	Williams, Leah	13	Swim Gwynedd	41.70	_____
2	Hughes, Tirion	13	Swansea Aq	41.60	_____
3	Madra, Victoria	13	Wrexham	41.43	_____
4	Jones, Laura	13	Clitheroe	41.10	_____
5	Young, Lily	13	Chirk	41.20	_____
6	Duggan, Grace	13	Merthyr Tydf	41.50	_____
7	Bennett, Isla	13	Co Cardiff	41.69	_____
8	%Adams, Sian SB14	14	Co Cardiff	41.88	_____

Heat 3 of 6 Prelims

1	Rees, Maisie	14	Rct Squad	40.80	_____
2	Williams, Lily	13	Newtown	40.69	_____
3	Daly, Isabella	14	Bridgend Cty	40.50	_____
4	Knight, Lily	14	Swansea Aq	40.30	_____
5	Webb, Efa	14	Nofio S Gar	40.40	_____
6	McQuaid, Maria	13	Co Cardiff	40.60	_____
7	Davies, Isabella	13	Nofio S Gar	40.70	_____
8	Hopton, Evelyn	13	Amersham	40.91	_____

Heat 4 of 6 Prelims

1	Miller, Ailla	14	Ruthin	39.60	_____
2	Goddard, Amy	15	Rhondda	38.50	_____
3	Lythgoe, Manon	15	Swansea Aq	37.21	_____
4	Jones, Eryn	15	Neath	36.13	_____
5	Spence, Emilia	13	Co Birm'ham	36.80	_____
6	Dowling, Abigail	13	Co Cardiff	37.72	_____
7	Matthews, Elin	14	Co Cardiff	39.20	_____
8	Taffetsauffer, Isabella	13	Nofio S Gar	39.90	_____

Heat 5 of 6 Prelims

1	Jones, Isabella	14	Bridgend Cty	39.60	_____
2	Lewis, Orla Rose	14	Co Cardiff	38.30	_____
3	Jones, Rebecca	15	Co Coventry	37.19	_____
4	Williams, Lowri	14	Swansea Aq	35.90	_____
5	Williams, Cari	15	Nofio Bangor	36.51	_____
6	Glynn-Jones, Manon	13	Guildford Ct	37.67	_____
7	Kindred, Ella	13	Co Hereford	39.20	_____
8	Lewis-Jones, Idele	13	Buckley	39.90	_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 2 (Warmup 10.55 - 11.45)

Heat 6 Prelims (#116 Female 12-15 50 LC Meter Breaststroke)

1	McNamara, Imogen	14	Co Cardiff	39.20	_____
2	Gardener, Hannah	15	Bridgend Cty	37.76	_____
3	Andrews, Bella	14	Co Newport	36.82	_____
4	Daniel, Megan	14	Caradon	35.65	_____
5	Perni, Veronica	15	Co Cardiff	36.20	_____
6	Andrews, Joanne	14	Wrexham	37.36	_____
7	Powell, Josie	14	Bridgend SC	38.87	_____
8	Stark, Tala	14	Pembs Cty	39.80	_____

Event 117 Boys 12-15 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	Taylor, Nicholas	13	Torfaen D	1:17.00	_____
2	Gregory, Jaiden	13	Co Cardiff	1:13.90	_____
3	Thomas, Iolo	14	Neath	1:08.00	_____
4	West, Dexter	15	Pembs Cty	1:04.70	_____
5	Mills, Ioan	15	Torfaen D	1:06.30	_____
6	Linge, Reece	13	Wrexham	1:10.60	_____
7	Hewitt, Archie	14	Torfaen D	1:14.40	_____
8					_____

Heat 2 of 3 Prelims

1	King, Ethan	12	Penyrheol	1:16.07	_____
2	Shiland-Griffiths, Enzo	14	Swim Gwynedd	1:13.30	_____
3	Twigger, Owen	15	Swansea Aq	1:07.20	_____
4	Brinkworth, James	15	Caradon	1:04.10	_____
5	Major, Maximus	14	Co Newport	1:05.90	_____
6	Rees, Daniel	14	Co Cardiff	1:09.20	_____
7	Gilligan, Henry	14	Rct Squad	1:14.30	_____
8					_____

Heat 3 of 3 Prelims

1	Elmes, Max	13	Nofio S Gar	1:15.80	_____
2	Phillips, Finley	14	Nofio S Gar	1:11.70	_____
3	Fletcher, Miles	14	Co Cardiff	1:06.50	_____
4	Edwards, Ross	15	Co Cardiff	1:02.00	_____
5	Hole, Ethan	15	Co Cardiff	1:05.70	_____
6	Howells, Tom	15	Newtown	1:09.00	_____
7	Hamer, Joe	13	Co Hereford	1:14.20	_____
8					_____

Event 118 Female 12-15 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Prelims

1					_____
2					_____
3	Williams, Paige	12	Swansea Aq	1:23.13	_____
4	Donaldson, Evie	12	Co Newport	1:22.94	_____
5	Roberts, Rosie	12	Torfaen D	1:23.00	_____
6					_____
7					_____
8					_____

Heat 2 of 7 Prelims

1	Jones, Alice	12	Maidenhead	1:22.92	_____
2	Roberts, Bethan	12	Wrexham	1:21.30	_____
3	Reasons, Darcy	12	Torfaen D	1:20.40	_____
4	Dash, Amelie	13	Pembs Cty	1:18.90	_____
5	Bissicks, Cari	13	Neath	1:19.50	_____
6	Thomas-Owen, Efa	12	Swim Gwynedd	1:20.90	_____
7	Hnoiana, Valentyna	12	Swansea Aq	1:22.80	_____
8					_____

Heat 3 of 7 Prelims

1	Allen, Isabel	13	Co Cardiff	1:18.25	_____
2	Ling, Olivia	14	Co Cardiff	1:17.20	_____
3	Thomas, Serenity	14	Conwy	1:17.06	_____
4	Cressey-Rodgers, G	14	Nofio S Gar	1:16.90	_____
5	Roberts, Isabel	14	Co Cardiff	1:16.90	_____
6	Thurston, Rene	13	Newtown	1:17.20	_____
7	Galdes-Cutting, Daisy	13	Pembs Cty	1:17.65	_____
8	Forman, Pippa	13	Newtown	1:18.90	_____

Heat 4 of 7 Prelims

1	Keylock, Seren	13	Amersham	1:16.60	_____
2	Burns, Freya	13	Swansea Aq	1:16.50	_____
3	Miller, Ailla	14	Ruthin	1:16.10	_____
4	Hughes, Nel	13	Swim Gwynedd	1:16.00	_____
5	Edwards, Amber	14	Co Cardiff	1:16.03	_____
6	Bennett, Isla	13	Co Cardiff	1:16.40	_____
7	Taffetsauffer, Isabella	13	Nofio S Gar	1:16.60	_____
8	Evans, Gwennan	14	Co Newport	1:16.85	_____

Heat 5 of 7 Prelims

1	Prosser, Sofia	12	Torfaen D	1:15.60	_____
2	George, Ellie	13	Rct Squad	1:14.40	_____
3	Kindred, Ella	13	Co Hereford	1:13.10	_____
4	Hall, Emily	14	Warrington W	1:07.20	_____
5	James, Grace	15	Bridgend Cty	1:11.10	_____
6	Ach Rhys, Esyllt	14	Swim Gwynedd	1:13.70	_____
7	Duggan, Ella	13	Merthyr Tydf	1:14.70	_____
8	Reed, Isabella	13	Co Cardiff	1:15.80	_____

Heat 6 of 7 Prelims

1	Fowler, Maisie	13	Rct Squad	1:15.50	_____
2	Buckland, Eleanor	15	Co Cardiff	1:14.00	_____
3	Wardell, Cari	15	Co Cardiff	1:11.60	_____
4	Dwyfor-Clark, Efa	15	Swim Gwynedd	1:07.00	_____
5	Spence, Emilia	13	Co Birm'ham	1:10.60	_____
6	Parfitt, Kali	14	Torfaen D	1:13.50	_____
7	Fitzgerald, Mali	14	Bridgend Cty	1:14.70	_____
8	Roberts, Mali	14	Swim Gwynedd	1:15.70	_____

Heat 7 of 7 Prelims

1	McCoole-Jones, Elen	13	Ruthin	1:15.00	_____
2	Holmes, Seren	15	Neath	1:13.90	_____
3	Arnold, Jessica	14	Swansea Aq	1:11.54	_____
4	Nichols, Grace	14	Pembs Cty	1:05.00	_____
5	Duce, Charlie	15	Swansea Aq	1:09.32	_____
6	Hughes-Rolls, Ava	15	Torfaen D	1:13.20	_____
7	Edwards, Alaw	14	Swim Gwynedd	1:14.46	_____
8	Upton-Boorman, Isabella	14	Nofio S Gar	1:15.70	_____

Event 119 Boys 12-15 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1					_____
2	Bastyan, Tobias-Luke	13	Torfaen D	1:12.86	_____
3	Williams, Owen	15	Nofio Bangor	1:08.60	_____
4	Deacon, Cameron	14	Co Cardiff	1:05.40	_____
5	Douglas, Lucas	13	Neath	1:06.60	_____
6	Park, Reggie Samuel	14	Holywell	1:12.00	_____
7	Gregory, Jaiden	13	Co Cardiff	1:16.00	_____
8					_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 2 (Warmup 10.55 - 11.45)

Heat 2 Prelims (#119 Boys 12-15 100 LC Meter Butterfly)

1	El-Taha, Henry	12	Wrexham	1:17.92	_____
2	Cavill, Jack	14	Co Cardiff	1:12.70	_____
3	Mills, Ioan	15	Torfaen D	1:08.05	_____
4	McCarthy, Benedict	15	Co Cardiff	1:01.10	_____
5	Thomas, Archie	14	Co Cardiff	1:06.60	_____
6	Williams, Thomas	14	Nofio S Gar	1:11.00	_____
7	Payne, Sebastian	13	Droitwich	1:15.90	_____
8					_____

Heat 3 of 3 Prelims

1	Williams, Dylan	13	Wrexham	1:17.79	_____
2	Hewitt, Archie	14	Torfaen D	1:12.18	_____
3	Leonard, Ewan	15	Conwy	1:06.67	_____
4	Ma, Ko Kwan	15	Co Cardiff	1:00.70	_____
5	West, Dexter	15	Pembs Cty	1:06.36	_____
6	Meilleur, Elliot	14	Swim Gwynedd	1:08.90	_____
7	Jones, Spencer	12	Wrexham	1:15.76	_____
8					_____

Event 120 Female 12-15 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1	Meenagh, Mai Van	12	Co Cardiff	1:22.85	_____
2	Cooksey-Owen, Ruby	13	Co Cardiff	1:20.26	_____
3	Dash, Amelie	13	Pembs Cty	1:19.80	_____
4	Lewis, Harriet	12	Co Cardiff	1:19.40	_____
5	Williams, Poppy	13	Nofio Bangor	1:19.60	_____
6	Bissicks, Cari	13	Neath	1:20.10	_____
7	McCavish, Cara	13	Guildford Ct	1:20.60	_____
8					_____

Heat 2 of 5 Prelims

1	Sweet-Roberts, Pip	12	Torfaen D	1:16.70	_____
2	Forman, Pippa	13	Newtown	1:16.10	_____
3	Edwards, Amber	14	Co Cardiff	1:15.20	_____
4	Bates, Molly	13	Wrexham	1:14.20	_____
5	Davies-Jones, Hannah	15	Bridgend Cty	1:14.20	_____
6	Tejedo, Lola	13	Co Cardiff	1:15.30	_____
7	Curkovic, Lota	14	Co Cardiff	1:16.13	_____
8	Thomas-Owen, Efa	12	Swim Gwynedd	1:17.80	_____

Heat 3 of 5 Prelims

1	Perni, Veronica	15	Co Cardiff	1:13.40	_____
2	Andrews, Bella	14	Co Newport	1:11.96	_____
3	Jones, Martha	15	Conwy	1:09.85	_____
4	Andrews, Joanne	14	Wrexham	1:07.80	_____
5	Schumm, Libby	15	Torfaen D	1:08.44	_____
6	Coffey, Cora-Leigh	14	Swansea Aq	1:11.20	_____
7	Anderson, Rosalie	14	Co Cardiff	1:12.30	_____
8	Spence, Emilia	13	Co Birm'ham	1:13.83	_____

Heat 4 of 5 Prelims

1	Lythgoe, Manon	15	Swansea Aq	1:12.90	_____
2	Ach Rhys, Eysyllt	14	Swim Gwynedd	1:11.79	_____
3	Winstanley, Elin	15	Co Hereford	1:09.50	_____
4	Elsby-Adams, Ffion	15	Millfield	1:07.70	_____
5	Geach, Libbie	15	Neath	1:08.29	_____
6	Matthews, Elin	14	Co Cardiff	1:10.70	_____
7	Roberts, Mali	14	Swim Gwynedd	1:12.22	_____
8	Hughes, Nel	13	Swim Gwynedd	1:13.60	_____

Heat 5 of 5 Prelims

1	Jones, Rebecca	15	Co Coventry	1:12.38	_____
2	Iles, Jessica	14	Co Cardiff	1:11.38	_____
3	Daniel, Megan	14	Caradon	1:09.10	_____
4	Lee, Edith	14	Co Cardiff	1:05.70	_____
5	Dwyfor-Clark, Efa	15	Swim Gwynedd	1:08.12	_____
6	Hall, Emily	14	Warrington W	1:10.40	_____
7	Gordon, Freya	15	Haslemere	1:12.02	_____
8	Marshall, Ffion	14	Co Cardiff	1:13.50	_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024
Meet Program - Session 3 (Warmup 2.20 - 3.10)

Event 121 Female 12-13 4x200 LC Meter Freestyle Relay (HDW)				
Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				
1				_____
2				_____
3	Co Cardiff	A	NT	_____
4	Nofio S Gar	A	NT	_____
5	Torfaen D	A	NT	_____
6				_____
7				_____
8				_____
Event 122 Female 14-16 4x200 LC Meter Freestyle Relay (HDW)				
Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				
1	Torfaen D	B	NT	_____
2	Nofio S Gar	A	NT	_____
3	Bridgend Cty	A	NT	_____
4	Co Cardiff	A	NT	_____
5	Nofio Bangor	A	NT	_____
6	Wrexham	A	NT	_____
7	Torfaen D	A	NT	_____
8				_____
Event 123 Female 17 & Over 4x200 LC Meter Freestyle Relay (HDW)				
Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				
1				_____
2				_____
3	Nofio Bangor	A	NT	_____
4	Co Cardiff	A	NT	_____
5	Swansea Uni	A	NT	_____
6				_____
7				_____
8				_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Event 201 Female 16 & Over 100 LC Meter Freestyle					
Lane	Name	Age	Team	Seed	Time
Heat 1 of 6 Prelims					
1					___
2					___
3	%Rogerson, Heidi S10	17	Buckley	1:27.00	___
4	%Butt, Chloe S9	30	Caerphilly	1:17.10	___
5	%Abell, Eve S10	17	Neath	1:21.20	___
6					___
7					___
8					___
Heat 2 of 6 Prelims					
1	%Lewis, Rebecca S10	21	Rct Squad	1:10.30	___
2	Williams, Hollie	17	Nofio S Gar	1:03.50	___
3	Hellfeld, Beatrix	17	Nofio Bangor	1:03.10	___
4	Gruffydd, Mali	17	Co Cardiff	1:03.05	___
5	Worthington, Emma	16	Chirk	1:03.10	___
6	Sweet-Roberts, Myha	16	Torfaen D	1:03.10	___
7	Huws, Awen	16	NexusValleys	1:03.90	___
8					___
Heat 3 of 6 Prelims					
1	Morgan, Carys	16	Wrexham	1:02.78	___
2	Enoch, Megan-Jane	17	Torfaen D	1:02.60	___
3	Keepings, Charlotte	18	Co Newport	1:02.36	___
4	Hatton-Ellis, Isabelle	16	Swansea Aq	1:02.26	___
5	Fry, Caitlyn	20	Swansea Uni	1:02.30	___
6	Leggott, Holly	22	Swansea Uni	1:02.40	___
7	Williams, Rose	16	Co Cardiff	1:02.77	___
8	Avraam, Neve	16	Co Cardiff	1:03.00	___
Heat 4 of 6 Prelims					
1	Roberts, Megan	17	Wrexham	1:01.20	___
2	Titchener, Megan	16	Torfaen D	1:00.21	___
3	Dickinson, Jessica	19	Swansea Uni	59.05	___
4	Woodcock, Hannah	20	Swansea Uni	57.30	___
5	Rathbone-Jones, Eloise	20	Co Cardiff	58.65	___
6	Stokes, Aimee	20	Swansea Uni	1:00.10	___
7	Stoimenova, Kameliya	21	Swansea Uni	1:00.70	___
8	King, Marley	16	Penyrheol	1:02.20	___
Heat 5 of 6 Prelims					
1	Dacey, Mollie	16	Co Cardiff	1:01.00	___
2	Day, Hannah	16	Co Cardiff	1:00.20	___
3	Donovan, Kelsey	19	Co Cardiff	58.94	___
4	Broder, Libby	18	Co Cardiff	57.00	___
5	Croke, Carys	17	Torfaen D	58.40	___
6	Patterson, Millie	18	Swansea Uni	59.59	___
7	Lush, Emily	22	Swansea Uni	1:00.63	___
8	Tucker, Holly	16	Swansea Aq	1:01.90	___
Heat 6 of 6 Prelims					
1	Wheeler, Oriana	19	Swansea Uni	1:00.92	___
2	Grant, Lucy	17	Co Newport	1:00.20	___
3	Fox, Honor	17	Co Cardiff	58.80	___
4	Sutton, Rebecca	23	Swansea Uni	55.77	___
5	Hempenstall, Amy	16	Elmbridge	58.40	___
6	Humphreys, Ffion	16	Swim Gwynedd	59.40	___
7	Sharp, Laura	22	Swansea Uni	1:00.55	___
8	Ingram, Olivia	16	Co Cardiff	1:01.80	___

Event 202 Men 16 & Over 100 LC Meter Freestyle					
Lane	Name	Age	Team	Seed	Time
Heat 1 of 7 Prelims					
1					___
2					___
3	%Hobbs, Alex S7	19	Swansea Uni	1:26.30	___
4	Spinks, Owen	16	Torfaen D	58.50	___
5	Thomas, Lucas	16	Conwy	58.83	___
6					___
7					___
8					___
Heat 2 of 7 Prelims					
1	Ogden, Dylan	16	Redditch	58.20	___
2	Morgan, Lewis	17	Bridgend Cty	57.88	___
3	Williams, Noa	16	Nofio Bangor	57.73	___
4	Haines, Thomas	16	Co Cardiff	57.50	___
5	Upton-Boorman, Liam	17	Nofio S Gar	57.70	___
6	Preece, Toby	17	Bridgend Cty	57.77	___
7	Davies, Iwan	16	Co Cardiff	58.18	___
8					___
Heat 3 of 7 Prelims					
1	Burston, Jack	17	Swansea Aq	57.29	___
2	Owen, Vinnie	16	Co Cardiff	56.80	___
3	John, Finlay	18	Bridgend Cty	56.40	___
4	Hardy, Ryan	16	Wrexham	56.00	___
5	Montgomery, Samuel	16	Pembs Cty	56.30	___
6	McGuinness, Charlie	18	Torfaen D	56.60	___
7	Vaughan, William	17	Rct Squad	57.10	___
8	Lennon, Danny	16	Wrexham	57.50	___
Heat 4 of 7 Prelims					
1	Edwards, Dion	17	Swim Gwynedd	55.53	___
2	Westwood, Owen	20	Swansea Uni	55.37	___
3	Southwood, Charlie	17	Torfaen D	55.30	___
4	Morgan, Dominic	19	Swansea Uni	54.96	___
5	Thomas, Rhys	19	Swansea Aq	55.00	___
6	Gallagher, Reagan	18	TauntonDeane	55.30	___
7	Sockett, Harley	16	Torfaen D	55.50	___
8	Johnstone, Daniel	17	Nofio S Gar	55.60	___
Heat 5 of 7 Prelims					
1	Wells, Oliver	18	Swansea Aq	54.50	___
2	Jenkins, Richard	18	Millfield	53.40	___
3	Geysen-Holley, Max	19	Co Cardiff	52.60	___
4	Elkin, Max	20	Swansea Uni	51.40	___
5	Larkin, Ryan	23	Swansea Uni	52.10	___
6	Bamborough, Jack	16	Co Cardiff	53.30	___
7	Lee, Ethan	18	Co Cardiff	53.73	___
8	Hughes, Cian	19	Co Cardiff	54.88	___
Heat 6 of 7 Prelims					
1	Burns, Harry	19	Co Cardiff	54.00	___
2	Raffill, Daniel	21	Swansea Uni	53.40	___
3	Burton, Matt	23	Swansea Uni	52.50	___
4	Nicholl, Finn	22	Swansea Uni	50.57	___
5	Docking-Smith, Frankie	20	Swansea Uni	51.80	___
6	Gillett, Oliver	17	Swansea Aq	53.23	___
7	James, Tristyn	18	Bridgend Cty	53.58	___
8	Zawada, Isaac	19	Swansea Uni	54.86	___

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Heat 7 Prelims (#202 Men 16 & Over 100 LC Meter Freestyle)

1	Mruk, Lucas	16	Torfaen D	53.90	_____
2	Jones, Carwyn	18	Mt Kelly	53.39	_____
3	Davies, Evan	18	Co Cardiff	52.40	_____
4	Jones, Dan	28	Swansea Uni	49.10	_____
5	Chan, Nathan	21	Swansea Uni	51.50	_____
6	Rodriguez, Antonio	20	Swansea Uni	52.90	_____
7	McCarthy, Samuel	19	Co Cardiff	53.43	_____
8	Pugh, Morgan	17	Torfaen D	54.81	_____

Event 203 Female 16 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 3 Prelims

1					_____
2	Jones, Emily	19	Co Newport	2:50.10	_____
3	Morgan, Carys	16	Wrexham	2:43.90	_____
4	Crowley, Amy	19	Co Cardiff	2:35.63	_____
5	Hornby, Rachel	20	Swansea Uni	2:42.06	_____
6	O Callaghan, Faye	19	Co Cardiff	2:48.10	_____
7	Owen, Kessie	16	Neath	2:55.40	_____
8					_____

Heat 2 of 3 Prelims

1	Roberts, Ellie	16	Nofio Bangor	2:59.40	_____
2	Spence, Eva	18	Orion	2:48.50	_____
3	Mustoe, Lili-May	22	Swansea Uni	2:43.20	_____
4	Gibson, Mari	16	Co Cardiff	2:35.40	_____
5	Bissicks, Ella	17	Swansea Aq	2:40.90	_____
6	Mathias, Ffion	17	Swansea Aq	2:47.90	_____
7	Faulkner, Marie	19	Co Cardiff	2:53.00	_____
8					_____

Heat 3 of 3 Prelims

1	Stenson, Isabella	17	Cirencester	2:56.80	_____
2	Smith, Amelia	16	Co Cardiff	2:48.26	_____
3	Rees, Katie	26	Swansea Uni	2:42.40	_____
4	Williams-Jones, Phoebe	18	Co Cardiff	2:34.10	_____
5	Payne, Sophie	22	Swansea Uni	2:36.95	_____
6	Gorman, Helen	52	Co Cardiff	2:44.40	_____
7	Gibbs, Harriet	16	Nofio S Gar	2:52.92	_____
8					_____

Event 204 Men 16 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 3 Prelims

1	Leatherbarrow, Jack	16	Wrexham	2:45.30	_____
2	Baker, Ellis	18	Caradon	2:39.30	_____
3	Hoey, Luke	22	Swansea Uni	2:25.90	_____
4	Panaretos, Panayiotis	22	Swansea Uni	2:21.10	_____
5	Kendrick, Elijah	20	Swansea Uni	2:22.30	_____
6	Clarke, Henry	17	Swansea Aq	2:34.10	_____
7	Richardson, Osian	16	Swansea Aq	2:41.20	_____
8					_____

Heat 2 of 3 Prelims

1	James, Jack	17	Torfaen D	2:43.60	_____
2	Evans, Ieuan	17	Conwy	2:37.37	_____
3	Lovell-Pascal, Jean-Luc	19	Swansea Uni	2:25.76	_____
4	Davies, Aneurin	20	Swansea Uni	2:20.10	_____
5	Gallagher, Reagan	18	TauntonDeane	2:22.10	_____
6	Patsalides, Antonis	22	Swansea Uni	2:32.59	_____
7	Thomas, Lucas	16	Conwy	2:39.90	_____
8					_____

Heat 3 of 3 Prelims

1	Doyle, Alfie	16	Co Newport	2:42.50	_____
2	Winstone, Evan	18	Co Cardiff	2:34.30	_____
3	Sheppard, Rhydian	17	Co Cardiff	2:25.60	_____
4	Anderson, Maxwell	19	Co Cardiff	2:16.03	_____
5	Lee, Tristan	18	Co Cardiff	2:21.90	_____
6	Zawada, Isaac	19	Swansea Uni	2:28.86	_____
7	Sockett, Harley	16	Torfaen D	2:39.40	_____
8					_____

Event 205 Female 16 & Over 1500 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 1 Finals

1					_____
2	Jones, Lucy	17	Co Newport	18:46.90	_____
3	Roberts, Megan	17	Wrexham	18:17.70	_____
4	Forwood, Emily	20	Swansea Uni	17:40.44	_____
5	Day, Hannah	16	Co Cardiff	18:08.00	_____
6	Hempenstall, Amy	16	Elmbridge	18:17.79	_____
7	O'Mahoney, Kaitlin	16	Bridgend Cty	19:00.50	_____
8					_____

Event 206 Men 16 & Over 800 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 2 Finals

1					_____
2	Ogden, Dylan	16	Redditch	9:24.00	_____
3	Hardy, Ryan	16	Wrexham	9:14.69	_____
4	Morgan, Lewis	17	Bridgend Cty	9:03.60	_____
5	Fletcher, Owen	17	Pembs Cty	9:03.60	_____
6	Henschell, Logan	16	Co Cardiff	9:20.20	_____
7					_____
8					_____

Heat 2 of 2 Finals

1	Lawson, Oliver	16	Co Cardiff	8:54.20	_____
2	Neaves, Archie	19	Swansea Uni	8:51.48	_____
3	Parsons, Joseph	17	Co Cardiff	8:38.40	_____
4	Staines, Luca	20	Swansea Uni	8:28.50	_____
5	Bamborough, Jack	16	Co Cardiff	8:36.70	_____
6	Cressey-Rodgers, Ioan	19	Oxford Uni	8:46.40	_____
7	Chapman, Nathan	20	Swansea Uni	8:52.80	_____
8	Keeble, Alex	20	Swansea Uni	9:01.62	_____

Event 207 Female 16 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 5 Prelims

1					_____
2					_____
3	Williams, Martha	16	Nofio Bangor	34.02	_____
4	Gibbs, Harriet	16	Nofio S Gar	33.70	_____
5	Jones, Evie	16	Merthyr Tydf	33.80	_____
6	%Rogerson, Heidi S10	17	Buckley	45.24	_____
7					_____
8					_____

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Meet Program - Session 4 (Warmup 8.00 - 8.50)

Heat 2 Prelims (#207 Female 16 & Over 50 LC Meter Backstroke)

1	Huws, Awen	16	NexusValleys	33.20	_____
2	Bissicks, Ella	17	Swansea Aq	32.89	_____
3	Stokes, Aimee	20	Swansea Uni	32.78	_____
4	Griffin, Charlotte	20	Co Cardiff	32.70	_____
5	Goodliffe, Faith	24	C Dolphins	32.70	_____
6	Jones, Emily	18	Bath Dolphin	32.83	_____
7	Carey, Lucy	16	Bridgend Cty	32.90	_____
8	Hellfeld, Beatrix	17	Nofio Bangor	33.30	_____

Heat 3 of 5 Prelims

1	Martin, Lara	16	Bridgend Cty	32.50	_____
2	Shute, Olivia	18	Caradon	31.50	_____
3	Crawshay-Williams, E	16	Torfaen D	31.20	_____
4	Stead, Martha	19	Swansea Uni	30.20	_____
5	Bamborough, Katie	20	Swansea Uni	30.70	_____
6	Titchener, Megan	16	Torfaen D	31.30	_____
7	O Callaghan, Faye	19	Co Cardiff	32.20	_____
8	Williams, Rose	16	Co Cardiff	32.50	_____

Heat 4 of 5 Prelims

1	Smart, Charlotte	17	Swansea Aq	32.46	_____
2	Dacey, Mollie	16	Co Cardiff	31.40	_____
3	Lush, Emily	22	Swansea Uni	31.00	_____
4	Butcher, Katherine	20	Swansea Uni	29.80	_____
5	Pease, Georgia	22	Swansea Uni	30.20	_____
6	Keepings, Charlotte	18	Co Newport	31.30	_____
7	Willmore, Isabella	18	Co Newport	31.90	_____
8	Wade-Jones, Georgia	18	Holywell	32.50	_____

Heat 5 of 5 Prelims

1	Gill, Avani	22	Cardiff Mast	32.45	_____
2	Nowell, Gabriella	19	Torfaen D	31.40	_____
3	Fox, Honor	17	Co Cardiff	31.00	_____
4	Major, Scarlet	21	Swansea Uni	29.30	_____
5	Humphreys, Ffion	16	Swim Gwynedd	30.20	_____
6	Leggott, Holly	22	Swansea Uni	31.20	_____
7	Salmon, Gwen	17	Rct Squad	31.60	_____
8	Jones, Myia	16	Wrexham	32.50	_____

Event 208 Men 16 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1					_____
2	Leatherbarrow, Jack	16	Wrexham	31.00	_____
3	Bebb, Lewis	17	Newtown	30.70	_____
4	Upton-Boorman, Liam	17	Nofio S Gar	30.50	_____
5	Jasinski, Hubert	17	Co Newport	30.60	_____
6	Spinks, Owen	16	Torfaen D	30.80	_____
7	Bie, Alfie	16	Nofio Clwyd	31.20	_____
8					_____

Heat 2 of 4 Prelims

1	Vaughan, William	17	Rct Squad	29.85	_____
2	Hughes, Cian	19	Co Cardiff	29.21	_____
3	Burton, Matt	23	Swansea Uni	27.69	_____
4	Hollinsky, Gideon	19	Swansea Uni	26.90	_____
5	John, Finlay	18	Bridgend Cty	27.30	_____
6	Raffill, Daniel	21	Swansea Uni	28.60	_____
7	Gore, Andrew	19	Co Cardiff	29.52	_____
8	Lennon, Danny	16	Wrexham	30.40	_____

Heat 3 of 4 Prelims

1	Davies, Iwan	16	Co Cardiff	29.80	_____
2	Thomas, Rhys	19	Swansea Aq	28.80	_____
3	Johnstone, Daniel	17	Nofio S Gar	27.61	_____
4	James, Tristyn	18	Bridgend Cty	26.80	_____
5	Rodriguez, Antonio	20	Swansea Uni	27.20	_____
6	Montgomery, Samuel	16	Pembs Cty	28.20	_____
7	Rhys, Gruff	16	Swim Gwynedd	29.51	_____
8	Montague, Mason	16	Pembs Cty	29.90	_____

Heat 4 of 4 Prelims

1	Jenkins, Richard	18	Millfield	29.70	_____
2	Southwood, Charlie	17	Torfaen D	28.80	_____
3	Nikolaou, Antonio	21	Swansea Uni	27.34	_____
4	Turner, Harry	25	Swansea Uni	25.93	_____
5	Morgan, Dominic	19	Swansea Uni	27.17	_____
6	Burston, Jack	17	Swansea Aq	27.80	_____
7	Socket, Harley	16	Torfaen D	29.50	_____
8	Edwards, Dion	17	Swim Gwynedd	29.88	_____

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Meet Program - Session 5 (Warmup 10.55 - 11.45)

Event 209 Female 12-15 100 LC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Prelims				
1				_____
2				_____
3	Roberts, Rosie	12	Torfaen D	1:12.40 _____
4	Sweet-Roberts, Pip	12	Torfaen D	1:11.15 _____
5	Davies, Sophia	12	Rct Squad	1:11.70 _____
6				_____
7				_____
8				_____
Heat 2 of 9 Prelims				
1	Davies, Macy	12	Torfaen D	1:10.89 _____
2	Reasons, Darcy	12	Torfaen D	1:10.60 _____
3	Williams, Poppy	13	Nofio Bangor	1:09.70 _____
4	Duggan, Grace	13	Merthyr Tydf	1:08.80 _____
5	Sedgemore, Lola	12	Neath	1:09.28 _____
6	Thomas-Owen, Efa	12	Swim Gwynedd	1:10.30 _____
7	Lewis, Harriet	12	Co Cardiff	1:10.60 _____
8				_____
Heat 3 of 9 Prelims				
1	Thurston, Rene	13	Newtown	1:08.40 _____
2	Bissicks, Cari	13	Neath	1:08.10 _____
3	George, Ellie	13	Rct Squad	1:08.00 _____
4	Coles, Mya	14	Co Newport	1:07.70 _____
5	Roberts, Isabel	14	Co Cardiff	1:07.79 _____
6	Jones, Annabelle	14	Wrexham	1:08.10 _____
7	Webb, Efa	14	Nofio S Gar	1:08.30 _____
8	Godfrey, Wynnifred	13	Msc Dubai	1:08.63 _____
Heat 4 of 9 Prelims				
1	Miller, Ailla	14	Ruthin	1:07.60 _____
2	Duggan, Ella	13	Merthyr Tydf	1:07.26 _____
3	Richards, Faith	14	Merthyr Tydf	1:07.20 _____
4	Jones, Isabella	14	Bridgend Cty	1:07.10 _____
5	Matthews, Elin	14	Co Cardiff	1:07.20 _____
6	Coffey, Cora-Leigh	14	Swansea Aq	1:07.24 _____
7	Bates, Molly	13	Wrexham	1:07.56 _____
8	Fowler, Maisie	13	Rct Squad	1:07.60 _____
Heat 5 of 9 Prelims				
1	Reed, Isabella	13	Co Cardiff	1:07.00 _____
2	Devin, Erin	14	Nofio Clwyd	1:06.70 _____
3	McNamara, Imogen	14	Co Cardiff	1:06.60 _____
4	Burns, Freya	13	Swansea Aq	1:06.48 _____
5	Fitzgerald, Mali	14	Bridgend Cty	1:06.50 _____
6	Thomas, Serenity	14	Conwy	1:06.60 _____
7	Hurley, Sienna-Grace	14	Bridgend Cty	1:06.83 _____
8	Sherrard, Alex	12	Torfaen D	1:07.09 _____
Heat 6 of 9 Prelims				
1	Keylock, Seren	13	Amersham	1:06.19 _____
2	Edwards, Alaw	14	Swim Gwynedd	1:06.00 _____
3	Andrews, Joanne	14	Wrexham	1:05.80 _____
4	Hughes-Rolls, Ava	15	Torfaen D	1:05.61 _____
5	Hughes, Nel	13	Swim Gwynedd	1:05.68 _____
6	Gordon, Freya	15	Haslemere	1:05.80 _____
7	Evans, Gwennan	14	Co Newport	1:06.00 _____
8	Iles, Jessica	14	Co Cardiff	1:06.31 _____

Heat 7 of 9 Prelims				
1	Roberts, Mali	14	Swim Gwynedd	1:05.40 _____
2	Rees, Maisie	14	Rct Squad	1:04.60 _____
3	Nichols, Grace	14	Pembs Cty	1:02.29 _____
4	Griffiths, Cerys	14	Pembs Cty	1:00.70 _____
5	Hall, Emily	14	Warrington W	1:01.40 _____
6	Jones, Lola	15	Torfaen D	1:03.90 _____
7	Ach Rhys, Esyllt	14	Swim Gwynedd	1:04.90 _____
8	Jones, Martha	15	Conwy	1:05.60 _____
Heat 8 of 9 Prelims				
1	Parfitt, Kali	14	Torfaen D	1:05.22 _____
2	Schumm, Libby	15	Torfaen D	1:04.20 _____
3	Geach, Libbie	15	Neath	1:02.00 _____
4	Evans, Gwenllian	15	Co Cardiff	1:00.40 _____
5	Sherrard, Emme	15	Torfaen D	1:01.11 _____
6	Marshall, Ffion	14	Co Cardiff	1:02.80 _____
7	Wardell, Cari	15	Co Cardiff	1:04.66 _____
8	Galdes-Cutting, Daisy	13	Pembs Cty	1:05.47 _____
Heat 9 of 9 Prelims				
1	Givvons, Imogen	14	Co Newport	1:05.00 _____
2	Jones, Maisie	14	Co Cardiff	1:04.10 _____
3	James, Grace	15	Bridgend Cty	1:01.93 _____
4	Anderson, Rosalie	14	Co Cardiff	1:00.30 _____
5	Spence, Emilia	13	Co Birm'ham	1:00.80 _____
6	Dwyfor-Clark, Efa	15	Swim Gwynedd	1:02.80 _____
7	Curkovic, Lota	14	Co Cardiff	1:04.60 _____
8	Kindred, Ella	13	Co Hereford	1:05.40 _____

Event 210 Boys 12-15 100 LC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims				
1				_____
2	El-Taha, Henry	12	Wrexham	1:10.81 _____
3	Jones, Spencer	12	Wrexham	1:08.92 _____
4	Woodrow, Leo	13	Ast Burnham	1:06.63 _____
5	Gregory, Jaiden	13	Co Cardiff	1:08.02 _____
6	King, Ethan	12	Penyrheol	1:10.80 _____
7				_____
8				_____
Heat 2 of 4 Prelims				
1	Meilleur, Elliot	14	Swim Gwynedd	1:03.94 _____
2	Chapman, Coby	15	Penyrheol	1:01.00 _____
3	Evans, Oscar	15	Co Hereford	59.50 _____
4	Twigger, Owen	15	Swansea Aq	57.70 _____
5	Willis, Kofi	15	Co Cardiff	59.09 _____
6	Park, Reggie Samuel	14	Holywell	1:00.60 _____
7	Jones, Jayden	13	Caerphilly	1:03.60 _____
8	Bastyan, Tobias-Luke	13	Torfaen D	1:06.42 _____
Heat 3 of 4 Prelims				
1	Castillo, Airam	13	Co Cardiff	1:03.85 _____
2	Deacon, Cameron	14	Co Cardiff	1:00.80 _____
3	Douglas, Lucas	13	Neath	59.20 _____
4	Ma, Ko Kwan	15	Co Cardiff	56.80 _____
5	Silverstone, Solomon	15	Pembs Cty	58.90 _____
6	West, Dexter	15	Pembs Cty	1:00.30 _____
7	Hewitt, Archie	14	Torfaen D	1:03.57 _____
8	Rees, Gwyn	13	Wantage	1:05.70 _____

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Meet Program - Session 5 (Warmup 10.55 - 11.45)

Heat 4 Prelims (#210 Boys 12-15 100 LC Meter Freestyle)

1	Williams, Thomas	14	Nofio S Gar	1:03.70	_____
2	Hole, Ethan	15	Co Cardiff	1:00.66	_____
3	Fletcher, Miles	14	Co Cardiff	59.10	_____
4	McCarthy, Benedict	15	Co Cardiff	55.40	_____
5	Major, Maximus	14	Co Newport	57.70	_____
6	Vinh, Joshua	15	Co Newport	1:00.10	_____
7	Warman-Powell, Ioan	14	Torfaen D	1:03.50	_____
8	Linge, Reece	13	Wrexham	1:04.80	_____

Event 211 Female 12-15 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1					_____
2					_____
3	%Philpott, Lowri SB14	13	Nofio S Gar	4:31.50	_____
4	Lee, Seol Lucy	12	Co Cardiff	3:21.81	_____
5	Prickett, Chloe	12	Co Cardiff	3:22.42	_____
6					_____
7					_____
8					_____

Heat 2 of 6 Prelims

1	Sheen, Seren	13	Co Newport	3:14.10	_____
2	%Adams, Sian SB14	14	Co Cardiff	3:12.85	_____
3	Dash, Amelie	13	Pembs Cty	3:11.52	_____
4	Bennett, Isla	13	Co Cardiff	3:09.80	_____
5	McQuaid, Maria	13	Co Cardiff	3:10.10	_____
6	Hopton, Evelyn	13	Amersham	3:12.10	_____
7	Bissicks, Cari	13	Neath	3:12.90	_____
8	Filmer, Gwennan	12	Aberystwyth	3:19.67	_____

Heat 3 of 6 Prelims

1	Bates, Molly	13	Wrexham	3:06.60	_____
2	Taffetsauffer, Isabella	13	Nofio S Gar	3:06.35	_____
3	Lewis, Harriet	12	Co Cardiff	3:05.50	_____
4	Miller, Ailla	14	Ruthin	3:05.00	_____
5	Jones, Annabelle	14	Wrexham	3:05.50	_____
6	Davies, Isabella	13	Nofio S Gar	3:06.26	_____
7	McNamara, Imogen	14	Co Cardiff	3:06.60	_____
8	Williams, Lily	13	Newtown	3:08.70	_____

Heat 4 of 6 Prelims

1	Stark, Tala	14	Pembs Cty	3:02.70	_____
2	Matthews, Elin	14	Co Cardiff	2:59.30	_____
3	Dowling, Abigail	13	Co Cardiff	2:55.50	_____
4	Andrews, Joanne	14	Wrexham	2:47.99	_____
5	Daniel, Megan	14	Caradon	2:53.40	_____
6	Lythgoe, Manon	15	Swansea Aq	2:57.12	_____
7	Ling, Olivia	14	Co Cardiff	3:01.95	_____
8	Hughes, Tirion	13	Swansea Aq	3:04.90	_____

Heat 5 of 6 Prelims

1	Jones, Isabella	14	Bridgend Cty	3:02.60	_____
2	Glynn-Jones, Manon	13	Guildford Ct	2:58.59	_____
3	Ribeiro, Ariana	13	Co Cardiff	2:55.02	_____
4	Williams, Lowri	14	Swansea Aq	2:47.60	_____
5	Lewis, Orla Rose	14	Co Cardiff	2:51.90	_____
6	Spence, Emilia	13	Co Birm'ham	2:56.20	_____
7	Knight, Lily	14	Swansea Aq	3:01.80	_____
8	Lewis-Jones, Idele	13	Buckley	3:03.62	_____

Heat 6 of 6 Prelims

1	Johnson, Poppy	15	Holywell	3:02.40	_____
2	Jones, Rebecca	15	Co Coventry	2:57.42	_____
3	Gardener, Hannah	15	Bridgend Cty	2:54.80	_____
4	Evans, Gwenllian	15	Co Cardiff	2:44.10	_____
5	Perni, Veronica	15	Co Cardiff	2:48.30	_____
6	Williams, Cari	15	Nofio Bangor	2:56.00	_____
7	Andrews, Bella	14	Co Newport	3:01.29	_____
8	Powell, Josie	14	Bridgend SC	3:03.00	_____

Event 212 Boys 12-15 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1					_____
2	Warman-Powell, Ioan	14	Torfaen D	2:59.42	_____
3	Thomas, Archie	14	Co Cardiff	2:45.00	_____
4	Meilleur, Elliot	14	Swim Gwynedd	2:39.50	_____
5	James, Rhys	15	Rct Squad	2:43.70	_____
6	Bostock, Dyfan	14	Wrexham	2:49.02	_____
7	Csoban, Benjamin	13	Co Newport	3:09.72	_____
8					_____

Heat 2 of 3 Prelims

1	El-Taha, Henry	12	Wrexham	3:23.80	_____
2	Linge, Reece	13	Wrexham	2:58.60	_____
3	Greenslade, Benjamin	14	Tiverton	2:44.48	_____
4	Neaves, Jake	15	Leic Sharks	2:37.90	_____
5	Phillips, Finley	14	Nofio S Gar	2:40.50	_____
6	Evans, Oscar	15	Co Hereford	2:46.10	_____
7	Stanford-Jason, Samuel	13	Salisbury	3:07.70	_____
8					_____

Heat 3 of 3 Prelims

1	Jones, Spencer	12	Wrexham	3:12.30	_____
2	Williams, Owen	15	Nofio Bangor	2:51.80	_____
3	Song, Guangping	15	Swansea Aq	2:44.30	_____
4	Ma, Ko Kwan	15	Co Cardiff	2:37.90	_____
5	Bennett, Finley	15	Pembs Cty	2:40.45	_____
6	Hole, Ethan	15	Co Cardiff	2:45.10	_____
7	Miles, Harry	14	Co Cardiff	3:02.13	_____
8					_____

Event 213 Female 12-15 1500 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1	McCavish, Cara	13	Guildford Ct	19:56.70	_____
2	Gardener, Hannah	15	Bridgend Cty	19:18.20	_____
3	Philpott, Ffion	15	Nofio S Gar	18:51.10	_____
4	Hall, Emily	14	Warrington W	18:02.00	_____
5	Duce, Charlie	15	Swansea Aq	18:40.30	_____
6	Galdes-Cutting, Daisy	13	Pembs Cty	18:54.90	_____
7	Winstanley, Elin	15	Co Hereford	19:23.20	_____
8					_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 5 (Warmup 10.55 - 11.45)

Event 214 Boys 12-15 800 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1				—
2				—
3	Frampton, Rhydian	12	Rct Squad	11:19.10
4	Williams, Thomas	14	Nofio S Gar	10:00.00
5	Baldwin, Thomas	13	Rhyl Dolphin	10:23.10
6				—
7				—
8				—
Heat 2 of 2 Finals				
1				—
2	Thomas, Iolo	14	Neath	9:43.90
3	Bennett, Finley	15	Pembs Cty	9:11.30
4	Edwards, Ross	15	Co Cardiff	9:08.00
5	Twigger, Owen	15	Swansea Aq	9:11.00
6	Brinkworth, James	15	Caradon	9:42.00
7	Park, Reggie Samuel	14	Holywell	9:52.40
8				—

Event 215 Female 12-15 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Prelims				
1				—
2				—
3	Davies, Macy	12	Torfaen D	39.21
4	Filmer, Gwennan	12	Aberystwyth	39.18
5	Donaldson, Evie	12	Co Newport	39.20
6				—
7				—
8				—
Heat 2 of 9 Prelims				
1	Evans, Cadi	12	Swansea Aq	39.00
2	Hnoiana, Valentyna	12	Swansea Aq	38.20
3	Thomas, Carys	12	Northampton	37.99
4	Williams, Poppy	13	Nofio Bangor	37.80
5	Williams, Paige	12	Swansea Aq	37.90
6	Jones, Alice	12	Maidenhead	38.16
7	Thomas-Owen, Efa	12	Swim Gwynedd	38.75
8				—
Heat 3 of 9 Prelims				
1	Kazmiruk, Anastasiia	13	Nofio S Gar	37.55
2	Williams, Leah	13	Swim Gwynedd	37.21
3	Allen, Isabel	13	Co Cardiff	36.85
4	Coles, Mya	14	Co Newport	36.70
5	Dash, Amelie	13	Pembs Cty	36.70
6	Jones, Hunydd	13	Nofio S Gar	36.90
7	Roberts, Bethan	12	Wrexham	37.42
8	Duggan, Grace	13	Merthyr Tydf	37.70
Heat 4 of 9 Prelims				
1	Forman, Pippa	13	Newtown	36.30
2	Richards, Faith	14	Merthyr Tydf	36.10
3	Lewis, Harriet	12	Co Cardiff	36.00
4	Evans, Gwennan	14	Co Newport	35.83
5	Reasons, Darcy	12	Torfaen D	35.89
6	Burns, Freya	13	Swansea Aq	36.10
7	Hurley, Sienna-Grace	14	Bridgend Cty	36.20
8	Roberts, Rosie	12	Torfaen D	36.60

Heat 5 of 9 Prelims				
1	Taffetsauffer, Isabella	13	Nofio S Gar	35.70
2	Ling, Olivia	14	Co Cardiff	35.60
3	Upton-Boorman, Isabella	14	Nofio S Gar	35.50
4	Reed, Isabella	13	Co Cardiff	35.44
5	Fowler, Maisie	13	Rct Squad	35.45
6	Roberts, Mali	14	Swim Gwynedd	35.50
7	Grant, Lucy Margaret	14	Swim Gwynedd	35.60
8	Cressey-Rodgers, G	14	Nofio S Gar	35.80

Heat 6 of 9 Prelims				
1	George, Ellie	13	Rct Squad	35.40
2	Prosser, Sofia	12	Torfaen D	35.20
3	Thurston, Rene	13	Newtown	35.10
4	Fitzgerald, Mali	14	Bridgend Cty	35.10
5	McCoolle-Jones, Elen	13	Ruthin	35.10
6	Thomas, Serenity	14	Conwy	35.20
7	Givvons, Imogen	14	Co Newport	35.40
8	Miller, Ailla	14	Ruthin	35.40

Heat 7 of 9 Prelims				
1	Roberts, Isabel	14	Co Cardiff	34.80
2	Kindred, Ella	13	Co Hereford	34.00
3	Parfitt, Kali	14	Torfaen D	33.00
4	Hall, Emily	14	Warrington W	31.60
5	Spence, Emilia	13	Co Birm'ham	32.55
6	Howson, Ellen	15	Co Newport	33.70
7	Griffiths, Cerys	14	Pembs Cty	34.20
8	Duggan, Ella	13	Merthyr Tydf	35.02

Heat 8 of 9 Prelims				
1	Keylock, Seren	13	Amersham	34.78
2	Arnold, Jessica	14	Swansea Aq	33.90
3	Wardell, Cari	15	Co Cardiff	32.90
4	Nichols, Grace	14	Pembs Cty	31.10
5	Daniel, Megan	14	Caradon	32.30
6	Hughes-Rolls, Ava	15	Torfaen D	33.60
7	Curkovic, Lota	14	Co Cardiff	34.10
8	Rees, Maisie	14	Rct Squad	35.00

Heat 9 of 9 Prelims				
1	Ach Rhys, Esysllt	14	Swim Gwynedd	34.40
2	Andrews, Joanne	14	Wrexham	33.80
3	James, Grace	15	Bridgend Cty	32.57
4	Dwyfor-Clark, Efa	15	Swim Gwynedd	30.90
5	Anderson, Rosalie	14	Co Cardiff	32.30
6	Geach, Libbie	15	Neath	33.20
7	Hughes, Nel	13	Swim Gwynedd	34.05
8	Smith, Summer	15	Merthyr Tydf	34.80

Event 216 Boys 12-15 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims				
1				—
2				—
3	Noden, Rory	12	Pembs Cty	38.70
4	Leonard, Harrison	13	Conwy	36.60
5	Taylor, Nicholas	13	Torfaen D	36.70
6				—
7				—
8				—

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024**Meet Program - Session 5 (Warmup 10.55 - 11.45)****Heat 2 Prelims (#216 Boys 12-15 50 LC Meter Backstroke)**

1	Whittaker, Luke	14	Bridgend Cty	34.80	_____
2	Hamer, Joe	13	Co Hereford	34.30	_____
3	Vinh, Joshua	15	Co Newport	31.80	_____
4	West, Dexter	15	Pembs Cty	30.10	_____
5	Mills, Ioan	15	Torfaen D	30.60	_____
6	Gilligan, Henry	14	Rct Squad	33.70	_____
7	Elmes, Max	13	Nofio S Gar	34.60	_____
8					_____

Heat 3 of 4 Prelims

1	Woodrow, Leo	13	Ast Burnham	34.70	_____
2	Meilleur, Elliot	14	Swim Gwynedd	34.20	_____
3	Silverstone, Solomon	15	Pembs Cty	31.20	_____
4	Major, Maximus	14	Co Newport	30.10	_____
5	Deacon, Cameron	14	Co Cardiff	30.60	_____
6	Gregory, Jaiden	13	Co Cardiff	33.30	_____
7	Shiland-Griffiths, Enzo	14	Swim Gwynedd	34.50	_____
8	Bastyan, Tobias-Luke	13	Torfaen D	36.40	_____

Heat 4 of 4 Prelims

1	Hewitt, Archie	14	Torfaen D	34.69	_____
2	Phillips, Finley	14	Nofio S Gar	33.86	_____
3	Brinkworth, James	15	Caradon	30.60	_____
4	McCarthy, Benedict	15	Co Cardiff	27.90	_____
5	Hole, Ethan	15	Co Cardiff	30.37	_____
6	Douglas, Lucas	13	Neath	31.90	_____
7	Herron, Noah	14	Co Newport	34.40	_____
8	King, Ethan	12	Penyrheol	36.30	_____

Event 217 Men 12-13 4x200 LC Meter Freestyle Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			_____
2			_____
3			_____
4	Co Cardiff	A	NT _____
5			_____
6			_____
7			_____
8			_____

Event 218 Men 14-16 4x200 LC Meter Freestyle Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			_____
2			_____
3	Pembs Cty	A	NT _____
4	Torfaen D	A	NT _____
5	Co Cardiff	A	NT _____
6			_____
7			_____
8			_____

Event 219 Men 17 & Over 4x200 LC Meter Freestyle Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			_____
2			_____
3	Torfaen D	A	NT _____
4	Co Cardiff	A	NT _____
5	Swansea Uni	A	NT _____
6			_____
7			_____
8			_____

Event 220 Mixed 12-13 4x100 LC Meter Medley Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			_____
2			_____
3	Neath	A	NT _____
4	Wrexham	A	NT _____
5	Nofio S Gar	A	NT _____
6	Swansea Aq	A	NT _____
7			_____
8			_____

Event 221 Mixed 14-16 4x100 LC Meter Medley Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Nofio Bangor	A	NT _____
2	Swansea Aq	A	NT _____
3	Neath	A	NT _____
4	Swim Gwynedd	A	NT _____
5	Torfaen D	A	NT _____
6	Wrexham	A	NT _____
7	Nofio S Gar	A	NT _____
8			_____

Event 222 Mixed 17 & Over 4x100 LC Meter Medley Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			_____
2			_____
3	Caradon	A	NT _____
4	Neath	A	NT _____
5	Swansea Aq	A	NT _____
6			_____
7			_____
8			_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 7 (Warmup 8.30 - 9.20)

Event 301 Men 16 & Over 400 LC Meter Freestyle					
Lane	Name	Age	Team	Seed Time	
Heat 1 of 3 Prelims					
1	%Hobbs, Alex S7	19	Swansea Uni	6:28.10	_____
2	Fletcher, Owen	17	Pembs Cty	4:29.20	_____
3	Henschell, Logan	16	Co Cardiff	4:28.20	_____
4	Haines, Thomas	16	Co Cardiff	4:26.60	_____
5	Davies, William	17	Co Newport	4:28.10	_____
6	Ogden, Dylan	16	Redditch	4:29.10	_____
7	Upton-Boorman, Liam	17	Nofio S Gar	4:30.40	_____
8					_____
Heat 2 of 3 Prelims					
1	Morgan, Lewis	17	Bridgend Cty	4:23.59	_____
2	%Broom, Dylan S14	22	Torfaen D	4:16.89	_____
3	Clegg, Luke	19	Swansea Uni	4:12.49	_____
4	Geysen-Holley, Max	19	Co Cardiff	4:04.10	_____
5	Bamborough, Jack	16	Co Cardiff	4:05.90	_____
6	Keeble, Alex	20	Swansea Uni	4:14.60	_____
7	Gillett, Oliver	17	Swansea Aq	4:17.40	_____
8	Leatherbarrow, Jack	16	Wrexham	4:25.60	_____
Heat 3 of 3 Prelims					
1	Lawson, Oliver	16	Co Cardiff	4:20.70	_____
2	McGuinness, Charlie	18	Torfaen D	4:16.67	_____
3	Parsons, Joseph	17	Co Cardiff	4:11.40	_____
4	O'Brien, Joshua	19	Co Cardiff	3:58.01	_____
5	Staines, Luca	20	Swansea Uni	4:04.70	_____
6	Prysor, Sami	17	Leic Sharks	4:14.50	_____
7	Hardy, Ryan	16	Wrexham	4:17.30	_____
8	Owen, Vinnie	16	Co Cardiff	4:23.60	_____
Event 302 Female 16 & Over 400 LC Meter Freestyle					
Lane	Name	Age	Team	Seed Time	
Heat 1 of 4 Prelims					
1					_____
2	%Letton-Jones, Ela S12	18	Swim Gwynedd	5:19.70	_____
3	%Lewis, Rebecca S10	21	Rct Squad	5:12.20	_____
4	Williams, Rose	16	Co Cardiff	4:53.20	_____
5	Worthington, Emma	16	Chirk	4:54.00	_____
6	%Rice, Lily S8	20	Pembs Cty	5:14.50	_____
7					_____
8					_____
Heat 2 of 4 Prelims					
1	Parfitt, Lucy	16	Co Cardiff	4:52.80	_____
2	Humphreys, Holly	16	Swansea Aq	4:47.74	_____
3	Dacey, Mollie	16	Co Cardiff	4:46.96	_____
4	Williams, Hollie	17	Nofio S Gar	4:46.20	_____
5	Hatton-Ellis, Isabelle	16	Swansea Aq	4:46.52	_____
6	O'Mahoney, Kaitlin	16	Bridgend Cty	4:47.00	_____
7	Hellfeld, Beatrix	17	Nofio Bangor	4:48.80	_____
8	Kay, Isabelle	16	Rct Squad	4:53.01	_____
Heat 3 of 4 Prelims					
1	Roberts, Megan	17	Wrexham	4:44.20	_____
2	Ingram, Olivia	16	Co Cardiff	4:42.80	_____
3	Day, Hannah	16	Co Cardiff	4:33.90	_____
4	Patterson, Millie	18	Swansea Uni	4:29.68	_____
5	Hempenstall, Amy	16	Elmbridge	4:30.90	_____
6	Humphreys, Ffion	16	Swim Gwynedd	4:41.00	_____
7	Marshall, Polly	19	Co Newport	4:43.74	_____
8	King, Marley	16	Penyrheol	4:45.80	_____

Heat 4 of 4 Prelims					
1	Tree, Charlotte	20	Swansea Uni	4:43.90	_____
2	Jones, Lucy	17	Co Newport	4:42.27	_____
3	Gill, Avani	22	Cardiff Mast	4:33.30	_____
4	John, Emilia	17	Co Cardiff	4:25.37	_____
5	Forwood, Emily	20	Swansea Uni	4:30.74	_____
6	Gruffydd, Mali	17	Co Cardiff	4:39.50	_____
7	Cull, Harriett	17	Co Cardiff	4:43.00	_____
8	Faulkner, Marie	19	Co Cardiff	4:44.40	_____
Event 303 Men 16 & Over 100 LC Meter Breaststroke					
Lane	Name	Age	Team	Seed Time	
Heat 1 of 5 Prelims					
1					_____
2					_____
3	Leatherbarrow, Jack	16	Wrexham	1:16.10	_____
4	Richardson, Osian	16	Swansea Aq	1:15.22	_____
5	Henschell, Logan	16	Co Cardiff	1:15.95	_____
6					_____
7					_____
8					_____
Heat 2 of 5 Prelims					
1	Montague, Mason	16	Pembs Cty	1:15.00	_____
2	Caddy, Alexander	17	Caradon	1:14.70	_____
3	Owen, Tomos	17	Swim Gwynedd	1:14.30	_____
4	Thomas, Lucas	16	Conwy	1:13.65	_____
5	Jones, Jay	17	Holywell	1:14.20	_____
6	Evans, Ieuan	17	Conwy	1:14.70	_____
7	Temby, Jacob	16	Co Cardiff	1:14.93	_____
8	Doyle, Alfie	16	Co Newport	1:15.02	_____
Heat 3 of 5 Prelims					
1	Orr, Toby	18	Trowbridge	1:11.90	_____
2	Clarke, Henry	17	Swansea Aq	1:10.10	_____
3	Minshull, Callum	20	Swansea Uni	1:06.10	_____
4	Kendrick, Elijah	20	Swansea Uni	1:04.32	_____
5	Davies, Aneurin	20	Swansea Uni	1:04.80	_____
6	Hoey, Luke	22	Swansea Uni	1:06.62	_____
7	Jones, Benjamin	33	Cardiff Mast	1:11.07	_____
8	Teasdale, Oliver	17	Swim Gwynedd	1:12.70	_____
Heat 4 of 5 Prelims					
1	Estrada Aburto, Diego	27	Swansea Uni	1:11.80	_____
2	Sheppard, Rhydian	17	Co Cardiff	1:07.30	_____
3	Zawada, Isaac	19	Swansea Uni	1:05.90	_____
4	Panaretos, Panayiotis	22	Swansea Uni	1:02.20	_____
5	Jones, Carwyn	18	Mt Kelly	1:04.60	_____
6	Lee, Tristan	18	Co Cardiff	1:06.50	_____
7	James, Jack	17	Torfaen D	1:10.90	_____
8	Baker, Ellis	18	Caradon	1:12.50	_____
Heat 5 of 5 Prelims					
1	Winstone, Evan	18	Co Cardiff	1:11.80	_____
2	Lovell-Pascal, Jean-Luc	19	Swansea Uni	1:07.10	_____
3	Gallagher, Reagan	18	TauntonDeane	1:05.40	_____
4	Newman, Brad	23	Co Cardiff	1:01.83	_____
5	Elkin, Max	20	Swansea Uni	1:04.40	_____
6	Stratton, Joe	20	Swansea Uni	1:06.40	_____
7	Sockett, Harley	16	Torfaen D	1:10.80	_____
8	Preece, Toby	17	Bridgend Cty	1:12.20	_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 7 (Warmup 8.30 - 9.20)

Event 304 Female 16 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims				
1	Brassington, Lucy	17	Co Cardiff	1:21.60
2	Laraman, Angharad	21	Leeds Uni	1:18.88
3	Rees, Katie	26	Swansea Uni	1:16.90
4	Bissicks, Ella	17	Swansea Aq	1:13.10
5	Morgan, Carys	16	Wrexham	1:16.20
6	Gibbs, Harriet	16	Nofio S Gar	1:17.74
7	Nowell, Gabriella	19	Torfaen D	1:20.10
8				
Heat 2 of 3 Prelims				
1	Shute, Hollie	17	Caradon	1:21.60
2	Smith, Amelia	16	Co Cardiff	1:17.90
3	Gorman, Helen	52	Co Cardiff	1:16.77
4	Payne, Sophie	22	Swansea Uni	1:13.06
5	Enoch, Megan-Jane	17	Torfaen D	1:15.40
6	Jones, Emily	19	Co Newport	1:17.30
7	Owen, Kessie	16	Neath	1:19.70
8	%Rice, Lily SB7	20	Pembs Cty	1:43.70
Heat 3 of 3 Prelims				
1	O Callaghan, Faye	19	Co Cardiff	1:20.20
2	Spence, Eva	18	Orion	1:17.80
3	Mathias, Ffion	17	Swansea Aq	1:16.70
4	Woodcock, Hannah	20	Swansea Uni	1:11.10
5	Gibson, Mari	16	Co Cardiff	1:13.50
6	Mustoe, Lili-May	22	Swansea Uni	1:17.20
7	Lewis, Lowri	18	Neath	1:19.40
8	%Letton-Jones, Ela SB12	18	Swim Gwynedd	1:37.10

Event 305 Men 16 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims				
1	Davies, Iwan	16	Co Cardiff	2:21.60
2	Bebb, Lewis	17	Newtown	2:17.20
3	Hardy, Ryan	16	Wrexham	2:10.90
4	Arch, Rhydian	19	Co Cardiff	2:04.20
5	Chapman, Nathan	20	Swansea Uni	2:06.98
6	Prysor, Sami	17	Leic Sharks	2:14.08
7	Pugh, Morgan	17	Torfaen D	2:18.60
8	Fletcher, Owen	17	Pembs Cty	2:22.60
Heat 2 of 2 Prelims				
1	Fowler, Joseph	18	Mt Kelly	2:19.10
2	Edwards, Dion	17	Swim Gwynedd	2:15.10
3	Cressey-Rodgers, Ioan	19	Oxford Uni	2:07.50
4	Rodriguez, Antonio	20	Swansea Uni	2:00.30
5	Morgan, Dominic	19	Swansea Uni	2:05.14
6	Keeble, Alex	20	Swansea Uni	2:12.80
7	Sockett, Harley	16	Torfaen D	2:18.30
8	Holland, Tyler	16	Wrexham	2:22.40

Event 306 Female 16 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims				
1	Avraam, Neve	16	Co Cardiff	2:34.10
2	Treharne, Lara	17	Co Peterboro	2:26.60
3	Wheeler, Oriana	19	Swansea Uni	2:21.00
4	Johnson, Charlotte	21	Swansea Uni	2:18.32
5	Dickinson, Jessica	19	Swansea Uni	2:20.10
6	Williams-Jones, Phoebe	18	Co Cardiff	2:23.00
7	Cust, Ciara	17	Conwy	2:32.20
8				
Heat 2 of 2 Prelims				
1	Morgan, Carys	16	Wrexham	2:33.20
2	Grant, Lucy	17	Co Newport	2:23.40
3	Owen, Gracie	16	Torfaen D	2:20.20
4	Roberts, Catherine Elin	21	Swansea Uni	2:15.40
5	Hunter, Olivia	20	Swansea Uni	2:19.40
6	Hornby, Rachel	20	Swansea Uni	2:21.80
7	Morgan, Isabel	20	Co Cardiff	2:27.90
8	Brassington, Lucy	17	Co Cardiff	2:35.60

Event 307 Men 16 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Prelims				
1				
2				
3	%Hobbs, Alex S7	19	Swansea Uni	40.38
4	Rhys, Gruff	16	Swim Gwynedd	27.02
5	Evans, Owen	16	Bridgend Cty	27.47
6				
7				
8				
Heat 2 of 8 Prelims				
1				
2	Richardson, Osian	16	Swansea Aq	27.00
3	Montague, Mason	16	Pembs Cty	26.96
4	Davies, William	17	Co Newport	26.74
5	Davies, Iwan	16	Co Cardiff	26.94
6	Bie, Alfie	16	Nofio Clwyd	26.99
7	Jones, Jay	17	Holywell	27.00
8				
Heat 3 of 8 Prelims				
1	Steven, Adam	18	Co Newport	26.70
2	Holland, Tyler	16	Wrexham	26.62
3	Haines, Thomas	16	Co Cardiff	26.60
4	Ogden, Dylan	16	Redditch	26.40
5	Estrada Aburto, Diego	27	Swansea Uni	26.59
6	Edwards, Samuel	18	Neath	26.60
7	McGuinness, Charlie	18	Torfaen D	26.70
8	Spinks, Owen	16	Torfaen D	26.70
Heat 4 of 8 Prelims				
1	Bie, Addison	17	Nofio Clwyd	26.34
2	Lennon, Danny	16	Wrexham	26.04
3	Williams, Noa	16	Nofio Bangor	25.97
4	Sockett, Harley	16	Torfaen D	25.90
5	Montgomery, Samuel	16	Pembs Cty	25.90
6	Vaughan, William	17	Rct Squad	26.02
7	Bebb, Lewis	17	Newtown	26.23
8	Upton-Boorman, Liam	17	Nofio S Gar	26.40

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Meet Program - Session 7 (Warmup 8.30 - 9.20)

Heat 5 Prelims (#307 Men 16 & Over 50 LC Meter Freestyle)

1	Owen, Vinnie	16	Co Cardiff	25.76	_____
2	Hardy, Ryan	16	Wrexham	25.57	_____
3	Pugh, Morgan	17	Torfaen D	25.36	_____
4	Nikolaou, Antonio	21	Swansea Uni	25.31	_____
5	Preece, Toby	17	Bridgend Cty	25.33	_____
6	Westwood, Owen	20	Swansea Uni	25.50	_____
7	Poole, Dexter	19	Swansea Uni	25.69	_____
8	Hollinsky, Gideon	19	Swansea Uni	25.80	_____

Heat 6 of 8 Prelims

1	Thomas, Rhys	19	Swansea Aq	25.08	_____
2	McCarthy, Samuel	19	Co Cardiff	24.66	_____
3	Nicholl, Finn	22	Swansea Uni	24.10	_____
4	Jones, Carwyn	18	Mt Kelly	23.70	_____
5	Docking-Smith, Frankie	20	Swansea Uni	23.80	_____
6	Geysen-Holley, Max	19	Co Cardiff	24.50	_____
7	Edwards, Dion	17	Swim Gwynedd	24.83	_____
8	Southwood, Charlie	17	Torfaen D	25.20	_____

Heat 7 of 8 Prelims

1	Johnstone, Daniel	17	Nofio S Gar	24.86	_____
2	James, Tristyn	18	Bridgend Cty	24.60	_____
3	Burton, Matt	23	Swansea Uni	23.90	_____
4	Elkin, Max	20	Swansea Uni	23.30	_____
5	Larkin, Ryan	23	Swansea Uni	23.78	_____
6	Jenkins, Richard	18	Millfield	24.50	_____
7	Gillett, Oliver	17	Swansea Aq	24.77	_____
8	Wells, Oliver	18	Swansea Aq	25.20	_____

Heat 8 of 8 Prelims

1	Zawada, Isaac	19	Swansea Uni	24.84	_____
2	Raffill, Daniel	21	Swansea Uni	24.50	_____
3	Davies, Evan	18	Co Cardiff	23.90	_____
4	Chan, Nathan	21	Swansea Uni	23.10	_____
5	Crew, Sam	22	Swansea Uni	23.77	_____
6	Greenway, Morgan	21	Swansea Uni	24.46	_____
7	Lee, Ethan	18	Co Cardiff	24.70	_____
8	Mruk, Lucas	16	Torfaen D	25.10	_____

Event 308 Female 16 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1					_____
2					_____
3	%Rogerson, Heidi S10	17	Buckley	40.20	_____
4	%Butt, Chloe S9	30	Caerphilly	35.27	_____
5	%Abell, Eve S10	17	Neath	35.96	_____
6					_____
7					_____
8					_____

Heat 2 of 5 Prelims

1					_____
2	%Letton-Jones, Ela S12	18	Swim Gwynedd	31.62	_____
3	Gibbs, Harriet	16	Nofio S Gar	29.30	_____
4	O'Mahoney, Kaitlin	16	Bridgend Cty	29.20	_____
5	King, Marley	16	Penyrheol	29.22	_____
6	McDonagh, Emily	16	Bridgend Cty	29.45	_____
7	%Lewis, Rebecca S10	21	Rct Squad	32.80	_____
8					_____

Heat 3 of 5 Prelims

1	Worthington, Emma	16	Chirk	29.10	_____
2	Lewis, Lowri	18	Neath	28.58	_____
3	Stead, Martha	19	Swansea Uni	27.70	_____
4	Beynon, Annaliese	24	Co Cardiff	26.80	_____
5	Lush, Emily	22	Swansea Uni	27.37	_____
6	Owen, Gracie	16	Torfaen D	28.18	_____
7	John, Holly	17	Pembs Cty	28.90	_____
8	Treharne, Lara	17	Co Peterboro	29.20	_____

Heat 4 of 5 Prelims

1	Sweet-Roberts, Myha	16	Torfaen D	29.03	_____
2	Enoch, Megan-Jane	17	Torfaen D	28.50	_____
3	Fox, Honor	17	Co Cardiff	27.63	_____
4	Woodcock, Hannah	20	Swansea Uni	26.66	_____
5	Donovan, Kelsey	19	Co Cardiff	27.16	_____
6	Hempenstall, Amy	16	Elmbridge	27.74	_____
7	Morgan, Carys	16	Wrexham	28.85	_____
8	Humphreys, Holly	16	Swansea Aq	29.20	_____

Heat 5 of 5 Prelims

1	Tucker, Holly	16	Swansea Aq	28.90	_____
2	Stokes, Aimee	20	Swansea Uni	28.18	_____
3	Humphreys, Ffion	16	Swim Gwynedd	27.50	_____
4	Broder, Libby	18	Co Cardiff	26.37	_____
5	Croke, Carys	17	Torfaen D	27.04	_____
6	Leggott, Holly	22	Swansea Uni	27.74	_____
7	Williams, Rose	16	Co Cardiff	28.80	_____
8	Avraam, Neve	16	Co Cardiff	29.15	_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 8 (Warmup 11.05 - 11.55)

Event 309 Boys 12-15 400 LC Meter Freestyle (HDW)				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1				—
2				—
3	Frampton, Rhydian	12	Rct Squad	5:28.41
4	Baldwin, Thomas	13	Rhyl Dolphin	5:03.80
5	Jones, Spencer	12	Wrexham	5:19.84
6				—
7				—
8				—
Heat 2 of 3 Finals				
1	Whittaker, Luke	14	Bridgend Cty	4:57.50
2	Vong, Joshua	14	Co Newport	4:51.98
3	Williams, Thomas	14	Nofio S Gar	4:48.64
4	Williams, Owen	15	Nofio Bangor	4:44.20
5	McCarthy, Benedict	15	Co Cardiff	4:44.56
6	Douglas, Lucas	13	Neath	4:50.30
7	Cavill, Jack	14	Co Cardiff	4:54.18
8	Deacon, Cameron	14	Co Cardiff	4:58.60
Heat 3 of 3 Finals				
1	Brinkworth, James	15	Caradon	4:40.50
2	Fletcher, Miles	14	Co Cardiff	4:37.11
3	Willis, Kofi	15	Co Cardiff	4:30.00
4	Twigger, Owen	15	Swansea Aq	4:25.00
5	Edwards, Ross	15	Co Cardiff	4:29.45
6	Major, Maximus	14	Co Newport	4:34.86
7	Bennett, Finley	15	Pembs Cty	4:40.20
8	Park, Reggie Samuel	14	Holywell	4:41.50
Event 310 Female 12-15 400 LC Meter Freestyle (HDW)				
Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals				
1				—
2				—
3	Thomas-Owen, Efa	12	Swim Gwynedd	5:28.80
4	McQuaid, Maria	13	Co Cardiff	5:15.54
5	Prosser, Sofia	12	Torfaen D	5:17.20
6				—
7				—
8				—
Heat 2 of 5 Finals				
1				—
2	Reed, Isabella	13	Co Cardiff	5:11.20
3	Lewis, Harriet	12	Co Cardiff	5:08.41
4	Jones, Maisie	14	Co Cardiff	5:06.40
5	McCavish, Cara	13	Guildford Ct	5:08.40
6	Ribeiro, Ariana	13	Co Cardiff	5:09.68
7	Davies, Macy	12	Torfaen D	5:13.18
8				—
Heat 3 of 5 Finals				
1	Coles, Mya	14	Co Newport	5:04.60
2	Devin, Erin	14	Nofio Clwyd	5:00.50
3	Evans, Gwennan	14	Co Newport	5:00.20
4	Jones, Isabella	14	Bridgend Cty	4:59.50
5	Howson, Ellen	15	Co Newport	4:59.90
6	Roberts, Mali	14	Swim Gwynedd	5:00.20
7	Jones, Annabelle	14	Wrexham	5:01.90
8	Thomas, Serenity	14	Conwy	5:05.00

Heat 4 of 5 Finals				
1	George, Ellie	13	Rct Squad	4:57.90
2	Dwyfor-Clark, Efa	15	Swim Gwynedd	4:55.40
3	Marshall, Ffion	14	Co Cardiff	4:53.30
4	Philpott, Ffion	15	Nofio S Gar	4:50.62
5	Wardell, Cari	15	Co Cardiff	4:50.90
6	Galdes-Cutting, Daisy	13	Pembs Cty	4:53.90
7	Davies-Jones, Hannah	15	Bridgend Cty	4:57.70
8	Givvons, Imogen	14	Co Newport	4:59.00
Heat 5 of 5 Finals				
1	Jones, Lola	15	Torfaen D	4:50.20
2	Anderson, Rosalie	14	Co Cardiff	4:48.60
3	Sherrard, Emme	15	Torfaen D	4:40.99
4	Hall, Emily	14	Warrington W	4:38.80
5	Griffiths, Cerys	14	Pembs Cty	4:39.10
6	Duce, Charlie	15	Swansea Aq	4:47.55
7	Gordon, Freya	15	Haslemere	4:49.95
8	Iles, Jessica	14	Co Cardiff	4:50.40
Event 311 Boys 12-15 100 LC Meter Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims				
1	Stanford-Jason, Samuel	13	Salisbury	1:28.20
2	Warman-Powell, Ioan	14	Torfaen D	1:19.00
3	Song, Guangping	15	Swansea Aq	1:16.50
4	Evans, Oscar	15	Co Hereford	1:14.10
5	Neaves, Jake	15	Leic Sharks	1:15.50
6	Williams, Owen	15	Nofio Bangor	1:18.50
7	Spruce, Noah	13	AbingdonVale	1:24.60
8				—
Heat 2 of 3 Prelims				
1	Wynne, Jasper	12	Redditch	1:27.90
2	Silverstone, Solomon	15	Pembs Cty	1:18.90
3	Greenslade, Benjamin	14	Tiverton	1:16.02
4	James, Rhys	15	Rct Squad	1:13.55
5	Phillips, Finley	14	Nofio S Gar	1:15.50
6	Hole, Ethan	15	Co Cardiff	1:17.80
7	Douglas, Lucas	13	Neath	1:24.18
8	Csoban, Benjamin	13	Co Newport	1:28.88
Heat 3 of 3 Prelims				
1	Miles, Harry	14	Co Cardiff	1:24.68
2	Bostock, Dyfan	14	Wrexham	1:18.80
3	Meilleur, Elliot	14	Swim Gwynedd	1:15.60
4	Ma, Ko Kwan	15	Co Cardiff	1:10.80
5	Bennett, Finley	15	Pembs Cty	1:14.40
6	Thomas, Archie	14	Co Cardiff	1:16.80
7	Bartram, Solomon	14	Co Cardiff	1:21.30
8	Linge, Reece	13	Wrexham	1:28.70
Event 312 Female 12-15 100 LC Meter Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Prelims				
1				—
2				—
3	%Soffe, Bronwyn SB9	12	Co Newport	1:51.13
4	Filmer, Gwennan	12	Aberystwyth	1:33.90
5	Roberts, Rosie	12	Torfaen D	1:36.20
6				—
7				—
8				—

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Heat 2 Prelims (#312 Female 12-15 100 LC Meter Breaststroke)

1	%Adams, Sian SB14	14	Co Cardiff	1:31.85	_____
2	Williams, Lily	13	Newtown	1:30.80	_____
3	Jones, Darcey	13	Wrexham	1:30.40	_____
4	Bissicks, Cari	13	Neath	1:29.70	_____
5	Bennett, Isla	13	Co Cardiff	1:29.70	_____
6	Kindred, Ella	13	Co Hereford	1:30.70	_____
7	Dash, Amelie	13	Pembs Cty	1:31.27	_____
8	Reasons, Darcy	12	Torfaen D	1:33.75	_____

Heat 3 of 6 Prelims

1	Hopton, Evelyn	13	Amersham	1:29.50	_____
2	McQuaid, Maria	13	Co Cardiff	1:28.60	_____
3	Taffetsauffer, Isabella	13	Nofio S Gar	1:27.58	_____
4	Lewis-Jones, Idele	13	Buckley	1:26.67	_____
5	Powell, Josie	14	Bridgend SC	1:26.95	_____
6	Webb, Efa	14	Nofio S Gar	1:28.50	_____
7	Hughes, Tirion	13	Swansea Aq	1:29.00	_____
8	Davies, Isabella	13	Nofio S Gar	1:29.60	_____

Heat 4 of 6 Prelims

1	Jones, Isabella	14	Bridgend Cty	1:25.40	_____
2	Lythgoe, Manon	15	Swansea Aq	1:22.20	_____
3	Lewis, Orla Rose	14	Co Cardiff	1:20.80	_____
4	Perni, Veronica	15	Co Cardiff	1:16.70	_____
5	Jones, Eryn	15	Neath	1:19.85	_____
6	Jones, Rebecca	15	Co Coventry	1:21.40	_____
7	McNamara, Imogen	14	Co Cardiff	1:24.20	_____
8	Knight, Lily	14	Swansea Aq	1:25.90	_____

Heat 5 of 6 Prelims

1	Johnson, Poppy	15	Holywell	1:24.40	_____
2	Spence, Emilia	13	Co Birm'ham	1:21.88	_____
3	Andrews, Joanne	14	Wrexham	1:20.40	_____
4	Winstanley, Elin	15	Co Hereford	1:15.90	_____
5	Daniel, Megan	14	Caradon	1:19.40	_____
6	Dowling, Abigail	13	Co Cardiff	1:21.00	_____
7	Glynn-Jones, Manon	13	Guildford Ct	1:22.98	_____
8	Lee, Edith	14	Co Cardiff	1:25.89	_____

Heat 6 of 6 Prelims

1	Stark, Tala	14	Pembs Cty	1:24.40	_____
2	Gardener, Hannah	15	Bridgend Cty	1:21.60	_____
3	Matthews, Elin	14	Co Cardiff	1:20.30	_____
4	Evans, Gwenllian	15	Co Cardiff	1:15.80	_____
5	Williams, Lowri	14	Swansea Aq	1:17.80	_____
6	Williams, Cari	15	Nofio Bangor	1:21.00	_____
7	Andrews, Bella	14	Co Newport	1:22.35	_____
8	Miller, Ailla	14	Ruthin	1:25.50	_____

Event 313 Boys 12-15 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims				
1				_____
2				_____
3	Jones, Spencer	12	Wrexham	2:49.80
4	Leonard, Ewan	15	Conwy	2:32.20
5	Gruffydd, Ned	14	Co Cardiff	2:39.20
6				_____
7				_____
8				_____

Event 314 Female 12-15 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims				
1				_____
2	McCavish, Cara	13	Guildford Ct	2:49.70
3	Nichols, Grace	14	Pembs Cty	2:40.30
4	Andrews, Joanne	14	Wrexham	2:30.60
5	Hall, Emily	14	Warrington W	2:37.60
6	Lewis, Orla Rose	14	Co Cardiff	2:44.10
7	Hughes, Nel	13	Swim Gwynedd	2:55.37
8				_____
Heat 2 of 2 Prelims				
1				_____
2	Roberts, Mali	14	Swim Gwynedd	2:46.20
3	Daniel, Megan	14	Caradon	2:39.10
4	Elsby-Adams, Ffion	15	Millfield	2:25.60
5	Bates, Molly	13	Wrexham	2:37.00
6	Gordon, Freya	15	Haslemere	2:43.00
7	Tejedo, Lola	13	Co Cardiff	2:49.90
8				_____

Event 315 Boys 12-15 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 5 Prelims					
1	Volausek, Noah	13	Co Cardiff	31.60	_____
2	Stanford-Jason, Samuel	13	Salisbury	31.25	_____
3	Elmes, Max	13	Nofio S Gar	30.80	_____
4	Gregory, Jaiden	13	Co Cardiff	30.20	_____
5	Rees, Gwyn	13	Wantage	30.40	_____
6	Spruce, Noah	13	AbingdonVale	31.00	_____
7	King, Ethan	12	Penyrheol	31.54	_____
8					_____
Heat 2 of 5 Prelims					
1	Woodrow, Leo	13	Ast Burnham	30.10	_____
2	Shiland-Griffiths, Enzo	14	Swim Gwynedd	30.00	_____
3	Bartram, Solomon	14	Co Cardiff	29.95	_____
4	Herron, Noah	14	Co Newport	29.80	_____
5	Warman-Powell, Ioan	14	Torfaen D	29.90	_____
6	Bastyan, Tobias-Luke	13	Torfaen D	30.00	_____
7	Phillips, Finley	14	Nofio S Gar	30.08	_____
8	Whittaker, Luke	14	Bridgend Cty	30.10	_____
Heat 3 of 5 Prelims					
1	Roberts-Truman, Harri	14	Neath	29.53	_____
2	Davies, Lewis	15	Swim Gwynedd	28.42	_____
3	Dossett, Samson	15	Mt Kelly	27.90	_____
4	Major, Maximus	14	Co Newport	26.88	_____
5	Vinh, Joshua	15	Co Newport	27.20	_____
6	Chapman, Coby	15	Penyrheol	28.20	_____
7	Castillo, Airam	13	Co Cardiff	28.90	_____
8	Vong, Joshua	14	Co Newport	29.80	_____
Heat 4 of 5 Prelims					
1	Linge, Reece	13	Wrexham	29.35	_____
2	Brinkworth, James	15	Caradon	28.30	_____
3	Deacon, Cameron	14	Co Cardiff	27.70	_____
4	Silverstone, Solomon	15	Pembs Cty	26.58	_____
5	Douglas, Lucas	13	Neath	26.97	_____
6	Park, Reggie Samuel	14	Holywell	28.00	_____
7	Thomas, Iolo	14	Neath	28.55	_____
8	Hewitt, Archie	14	Torfaen D	29.77	_____

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Heat 5 Prelims (#315 Boys 12-15 50 LC Meter Freestyle)

1	Jones, Jayden	13	Caerphilly	29.20	_____
2	Meilleur, Elliot	14	Swim Gwynedd	28.20	_____
3	Willis, Kofi	15	Co Cardiff	27.30	_____
4	McCarthy, Benedict	15	Co Cardiff	25.47	_____
5	Twigger, Owen	15	Swansea Aq	26.90	_____
6	Evans, Oscar	15	Co Hereford	27.90	_____
7	Howells, Tom	15	Newtown	28.44	_____
8	Williams, Thomas	14	Nofio S Gar	29.75	_____

Event 316 Female 12-15 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Prelims

1					_____
2					_____
3	Donaldson, Evie	12	Co Newport	33.34	_____
4	Lewis, Harriet	12	Co Cardiff	32.90	_____
5	Davies, Macy	12	Torfaen D	33.10	_____
6	%Adams, Sian S14	14	Co Cardiff	33.85	_____
7					_____
8					_____

Heat 2 of 9 Prelims

1	Thomas-Owen, Efa	12	Swim Gwynedd	32.60	_____
2	Mellor, Medi	12	Nofio Bangor	32.26	_____
3	Sheen, Seren	13	Co Newport	32.20	_____
4	Williams, Leah	13	Swim Gwynedd	32.16	_____
5	Duggan, Grace	13	Merthyr Tydf	32.20	_____
6	Reasons, Darcy	12	Torfaen D	32.21	_____
7	Thomas, Carys	12	Northampton	32.51	_____
8	Davies, Sophia	12	Rct Squad	32.70	_____

Heat 3 of 9 Prelims

1	Sutton, Emily	13	Swim Gwynedd	31.95	_____
2	Bates, Molly	13	Wrexham	31.84	_____
3	Griffiths, Ffion	13	Pembs Cty	31.70	_____
4	Fowler, Maisie	13	Rct Squad	31.55	_____
5	Godfrey, Wynnifred	13	Msc Dubai	31.68	_____
6	Sedgemore, Lola	12	Neath	31.84	_____
7	Kazmiruk, Anastasiia	13	Nofio S Gar	31.85	_____
8	Gordon, Mabli	13	Co Cardiff	32.05	_____

Heat 4 of 9 Prelims

1	Sweet-Roberts, Pip	12	Torfaen D	31.40	_____
2	Cooksey-Owen, Ruby	13	Co Cardiff	31.36	_____
3	McNamara, Imogen	14	Co Cardiff	31.24	_____
4	Ribeiro, Ariana	13	Co Cardiff	31.06	_____
5	Matthews, Elin	14	Co Cardiff	31.10	_____
6	Jones, Annabelle	14	Wrexham	31.27	_____
7	Thurston, Rene	13	Newtown	31.40	_____
8	Sherrard, Alex	12	Torfaen D	31.49	_____

Heat 5 of 9 Prelims

1	Hurley, Sienna-Grace	14	Bridgend Cty	30.93	_____
2	Bissicks, Cari	13	Neath	30.80	_____
3	Coffey, Cora-Leigh	14	Swansea Aq	30.72	_____
4	Devin, Erin	14	Nofio Clwyd	30.70	_____
5	Miller, Ailla	14	Ruthin	30.70	_____
6	Dymond, Matilda	14	Biggleswade	30.76	_____
7	Edwards, Alaw	14	Swim Gwynedd	30.80	_____
8	Webb, Efa	14	Nofio S Gar	30.99	_____

Heat 6 of 9 Prelims

1	Richards, Faith	14	Merthyr Tydf	30.50	_____
2	Parfitt, Kali	14	Torfaen D	30.37	_____
3	Galdes-Cutting, Daisy	13	Pembs Cty	30.23	_____
4	Duggan, Ella	13	Merthyr Tydf	30.20	_____
5	Jones, Martha	15	Conwy	30.20	_____
6	Williams, Marys	15	Swansea Aq	30.28	_____
7	Fitzgerald, Mali	14	Bridgend Cty	30.50	_____
8	Roberts, Mali	14	Swim Gwynedd	30.52	_____

Heat 7 of 9 Prelims

1	Ach Rhys, Esylt	14	Swim Gwynedd	30.07	_____
2	Kindred, Ella	13	Co Hereford	29.80	_____
3	Griffiths, Cerys	14	Pembs Cty	28.93	_____
4	Spence, Emilia	13	Co Birm'ham	28.50	_____
5	Dwyfor-Clark, Efa	15	Swim Gwynedd	28.66	_____
6	Marshall, Ffion	14	Co Cardiff	29.30	_____
7	Schumm, Libby	15	Torfaen D	30.00	_____
8	Hughes-Rolls, Ava	15	Torfaen D	30.19	_____

Heat 8 of 9 Prelims

1	Jones, Eryn	15	Neath	30.07	_____
2	Koo, Kathryn	15	Pembs Cty	29.78	_____
3	Hall, Emily	14	Warrington W	28.80	_____
4	Sherrard, Emme	15	Torfaen D	28.10	_____
5	Nichols, Grace	14	Pembs Cty	28.60	_____
6	Jones, Lola	15	Torfaen D	29.11	_____
7	Hughes, Nel	13	Swim Gwynedd	29.98	_____
8	Johnson, Poppy	15	Holywell	30.17	_____

Heat 9 of 9 Prelims

1	Andrews, Joanne	14	Wrexham	30.00	_____
2	Jones, Maisie	14	Co Cardiff	29.30	_____
3	Givvons, Imogen	14	Co Newport	28.70	_____
4	Taylor, Theodora	15	Torfaen D	25.54	_____
5	Anderson, Rosalie	14	Co Cardiff	28.56	_____
6	James, Grace	15	Bridgend Cty	29.00	_____
7	Keylock, Seren	13	Amersham	29.95	_____
8	Rees, Maisie	14	Rct Squad	30.10	_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 9 (Warmup 2.10 - 3.00)

Event 317 Men 12-13 4x100 LC Meter Medley Relay (HDW)

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			_____
2			_____
3			_____
4	Co Cardiff	A	NT _____
5	Swansea Aq	A	NT _____
6			_____
7			_____
8			_____

Event 318 Men 14-16 4x100 LC Meter Medley Relay (HDW)

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			_____
2	Pembs Cty	A	NT _____
3	Nofio S Gar	A	NT _____
4	Co Newport	A	NT _____
5	Co Cardiff	A	NT _____
6	Torfaen D	A	NT _____
7	Co Cardiff	B	NT _____
8			_____

Event 319 Men 17 & Over 4x100 LC Meter Medley Relay (HDW)

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			_____
2			_____
3	Swansea Aq	A	NT _____
4	Co Cardiff	A	NT _____
5	Swansea Uni	A	NT _____
6	Co Cardiff	B	NT _____
7			_____
8			_____

Event 320 Female 12-13 4x100 LC Meter Freestyle Relay (HDW)

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Co Cardiff	B	NT _____
2	Merthyr Tydf	A	NT _____
3	Nofio S Gar	A	NT _____
4	Torfaen D	A	NT _____
5	Swansea Aq	A	NT _____
6	Co Cardiff	A	NT _____
7	Pembs Cty	A	NT _____
8			_____

Event 321 Female 14-16 4x100 LC Meter Freestyle Relay (HDW)

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals			
1			_____
2	Bridgend Cty	B	NT _____
3	Torfaen D	B	NT _____
4	Pembs Cty	A	NT _____
5	Co Cardiff	A	NT _____
6	Co Cardiff	B	NT _____
7			_____
8			_____

Heat 2 of 2 Finals			
1	Bridgend Cty	A	NT _____
2	Co Newport	A	NT _____
3	Wrexham	A	NT _____
4	Nofio S Gar	A	NT _____
5	Nofio Bangor	A	NT _____
6	Torfaen D	A	NT _____
7	Merthyr Tydf	A	NT _____
8	Swansea Aq	A	NT _____

Event 322 Female 17 & Over 4x100 LC Meter Freestyle Relay (HDW)

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			_____
2	Co Cardiff	B	NT _____
3	Swansea Uni	A	NT _____
4	Nofio Bangor	A	NT _____
5	Co Newport	A	NT _____
6	Co Cardiff	A	NT _____
7			_____
8			_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 10 (Warmup 8.00 - 8.50)

Event 401 Female 16 & Over 200 LC Meter IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Prelims				
1				___
2				___
3	%Rice, Lily SM8	20	Pembs Cty	3:00.51 ___
4	%Willis, Meghan SM9	17	Torfaen D	2:45.40 ___
5	%Letton-Jones, Ela SM12	18	Swim Gwynedd	2:53.90 ___
6				___
7				___
8				___
Heat 2 of 6 Prelims				
1	Williams, Martha	16	Nofio Bangor	2:42.00 ___
2	%Webb, Saskia SM14	17	Pembs Cty	2:40.50 ___
3	Cust, Ciara	17	Conwy	2:38.40 ___
4	Kay, Isabelle	16	Rct Squad	2:38.10 ___
5	Stenson, Isabella	17	Cirencester	2:38.30 ___
6	Brassington, Lucy	17	Co Cardiff	2:39.84 ___
7	Jones, Evie	16	Merthyr Tydf	2:41.20 ___
8	Worthington, Emma	16	Chirk	2:42.20 ___
Heat 3 of 6 Prelims				
1	Parfitt, Lucy	16	Co Cardiff	2:37.10 ___
2	Hellfeld, Matilda	18	Nofio Bangor	2:36.30 ___
3	Gillett, Keira	19	Swansea Uni	2:34.60 ___
4	Davis, Bethan	19	Swansea Uni	2:34.36 ___
5	Faulkner, Marie	19	Co Cardiff	2:34.40 ___
6	Gibbs, Harriet	16	Nofio S Gar	2:35.50 ___
7	Jones, Myia	16	Wrexham	2:36.60 ___
8	Hellfeld, Beatrix	17	Nofio Bangor	2:37.70 ___
Heat 4 of 6 Prelims				
1	Morgan, Carys	16	Wrexham	2:32.90 ___
2	O Callaghan, Faye	19	Co Cardiff	2:29.90 ___
3	Gibson, Mari	16	Co Cardiff	2:25.10 ___
4	Williams-Jones, Phoebe	18	Co Cardiff	2:22.50 ___
5	Hornby, Rachel	20	Swansea Uni	2:23.70 ___
6	Bissicks, Ella	17	Swansea Aq	2:28.60 ___
7	Dacey, Mollie	16	Co Cardiff	2:31.10 ___
8	Treharne, Lara	17	Co Peterboro	2:34.20 ___
Heat 5 of 6 Prelims				
1	Ingram, Olivia	16	Co Cardiff	2:32.80 ___
2	Lewis, Lowri	18	Neath	2:29.19 ___
3	Donovan, Kelsey	19	Co Cardiff	2:24.98 ___
4	Rathbone-Jones, Eloise	20	Co Cardiff	2:20.21 ___
5	Owen, Gracie	16	Torfaen D	2:23.70 ___
6	Rees, Katie	26	Swansea Uni	2:26.50 ___
7	Roberts, Megan	17	Wrexham	2:30.80 ___
8	Tree, Charlotte	20	Swansea Uni	2:33.80 ___
Heat 6 of 6 Prelims				
1	Nowell, Gabriella	19	Torfaen D	2:31.90 ___
2	Mustoe, Lili-May	22	Swansea Uni	2:28.89 ___
3	Day, Hannah	16	Co Cardiff	2:24.70 ___
4	Sharp, Laura	22	Swansea Uni	2:19.20 ___
5	Croke, Carys	17	Torfaen D	2:23.30 ___
6	Stoimenova, Kameliya	21	Swansea Uni	2:26.49 ___
7	Mathias, Ffion	17	Swansea Aq	2:30.70 ___
8	Smith, Amelia	16	Co Cardiff	2:33.50 ___

Event 402 Men 16 & Over 200 LC Meter IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims				
1				___
2				___
3	Davies, William	17	Co Newport	2:27.80 ___
4	Hardy, Dewi	17	Wrexham	2:26.50 ___
5	Teasdale, Oliver	17	Swim Gwynedd	2:27.63 ___
6				___
7				___
8				___
Heat 2 of 5 Prelims				
1				___
2	Richardson, Osian	16	Swansea Aq	2:26.40 ___
3	Clarke, Henry	17	Swansea Aq	2:24.60 ___
4	Leatherbarrow, Jack	16	Wrexham	2:24.00 ___
5	Montague, Mason	16	Pembs Cty	2:24.40 ___
6	Henschell, Logan	16	Co Cardiff	2:25.49 ___
7	Owen, Tomos	17	Swim Gwynedd	2:26.50 ___
8				___
Heat 3 of 5 Prelims				
1	Upton-Boorman, Liam	17	Nofio S Gar	2:21.30 ___
2	Hardy, Ryan	16	Wrexham	2:16.66 ___
3	James, Tristyn	18	Bridgend Cty	2:12.77 ___
4	Patsalides, Antonis	22	Swansea Uni	2:07.70 ___
5	Clegg, Luke	19	Swansea Uni	2:10.90 ___
6	Gillett, Oliver	17	Swansea Aq	2:14.70 ___
7	Morgan, Dominic	19	Swansea Uni	2:18.56 ___
8	Edwards, Dion	17	Swim Gwynedd	2:22.80 ___
Heat 4 of 5 Prelims				
1	Winstone, Evan	18	Co Cardiff	2:19.55 ___
2	Sheppard, Rhydian	17	Co Cardiff	2:16.00 ___
3	Bamborough, Jack	16	Co Cardiff	2:11.80 ___
4	Lee, Tristan	18	Co Cardiff	2:07.50 ___
5	Hollinsky, Gideon	19	Swansea Uni	2:10.10 ___
6	Keeble, Alex	20	Swansea Uni	2:14.40 ___
7	Cressey-Rodgers, Ioan	19	Oxford Uni	2:18.20 ___
8	Owen, Vinnie	16	Co Cardiff	2:22.50 ___
Heat 5 of 5 Prelims				
1	Fowler, Joseph	18	Mt Kelly	2:18.90 ___
2	O'Brien, Joshua	19	Co Cardiff	2:14.90 ___
3	Burns, Harry	19	Co Cardiff	2:11.20 ___
4	Kendrick, Elijah	20	Swansea Uni	2:06.40 ___
5	Fox-Wiltshire, Benjamin	19	Co Cardiff	2:09.50 ___
6	Gallagher, Reagan	18	TauntonDeane	2:12.84 ___
7	John, Finlay	18	Bridgend Cty	2:17.10 ___
8	Socket, Harley	16	Torfaen D	2:21.80 ___
Event 403 Female 16 & Over 800 LC Meter Freestyle (HDW)				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Humphreys, Holly	16	Swansea Aq	10:10.30 ___
2	O'Mahoney, Kaitlin	16	Bridgend Cty	9:59.70 ___
3	Williams, Hollie	17	Nofio S Gar	9:54.70 ___
4	Day, Hannah	16	Co Cardiff	9:50.43 ___
5	Roberts, Megan	17	Wrexham	9:50.60 ___
6	Hellfeld, Beatrix	17	Nofio Bangor	9:55.60 ___
7	Kay, Isabelle	16	Rct Squad	10:03.12 ___
8				___

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024

Meet Program - Session 10 (Warmup 8.00 - 8.50)

Heat 2 Finals (#403 Female 16 & Over 800 LC Meter Freestyle (HDW))

1	Hatton-Ellis, Isabelle	16	Swansea Aq	9:39.00	_____
2	Gruffydd, Mali	17	Co Cardiff	9:35.63	_____
3	Johnson, Charlotte	21	Swansea Uni	9:20.40	_____
4	John, Emilia	17	Co Cardiff	9:00.00	_____
5	Forwood, Emily	20	Swansea Uni	9:18.05	_____
6	Marshall, Polly	19	Co Newport	9:27.80	_____
7	Jones, Lucy	17	Co Newport	9:39.00	_____
8	Tree, Charlotte	20	Swansea Uni	9:48.17	_____

Event 404 Men 16 & Over 1500 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1	Chapman, Nathan	20	Swansea Uni	17:25.20	_____
2	Lawson, Oliver	16	Co Cardiff	16:56.30	_____
3	McGuinness, Charlie	18	Torfaen D	16:49.00	_____
4	Staines, Luca	20	Swansea Uni	16:16.30	_____
5	Neaves, Archie	19	Swansea Uni	16:47.81	_____
6	Parsons, Joseph	17	Co Cardiff	16:52.97	_____
7	Fletcher, Owen	17	Pembs Cty	17:20.20	_____
8	Evans, Ieuan	17	Conwy	17:44.09	_____

Event 405 Female 16 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1					_____
2	Martin, Lara	16	Bridgend Cty	31.87	_____
3	Shute, Hollie	17	Caradon	31.63	_____
4	Stokes, Aimee	20	Swansea Uni	31.56	_____
5	Hughes, Mari	17	Nofio Bangor	31.59	_____
6	Williams, Martha	16	Nofio Bangor	31.66	_____
7	Gibbs, Harriet	16	Nofio S Gar	32.30	_____
8					_____

Heat 2 of 5 Prelims

1	Jones, Myia	16	Wrexham	31.40	_____
2	Vincent, Caitlyn	18	Rct Squad	31.20	_____
3	Marshall, Polly	19	Co Newport	31.10	_____
4	Goodliffe, Faith	24	C Dolphins	30.90	_____
5	Nowell, Gabriella	19	Torfaen D	31.07	_____
6	Hellfeld, Matilda	18	Nofio Bangor	31.10	_____
7	Devonald, Niamh	17	Pembs Cty	31.30	_____
8	%Webb, Saskia S14	17	Pembs Cty	31.48	_____

Heat 3 of 5 Prelims

1	Avraam, Neve	16	Co Cardiff	30.42	_____
2	Smart, Charlotte	17	Swansea Aq	30.15	_____
3	Davis, Bethan	19	Swansea Uni	29.67	_____
4	Woodcock, Hannah	20	Swansea Uni	28.30	_____
5	Major, Scarlet	21	Swansea Uni	28.97	_____
6	Lewis, Lowri	18	Neath	29.73	_____
7	Butcher, Katherine	20	Swansea Uni	30.30	_____
8	Tucker, Holly	16	Swansea Aq	30.87	_____

Heat 4 of 5 Prelims

1	Enoch, Megan-Jane	17	Torfaen D	30.40	_____
2	Lush, Emily	22	Swansea Uni	29.86	_____
3	Donovan, Kelsey	19	Co Cardiff	29.41	_____
4	Beynon, Annaliese	24	Co Cardiff	28.22	_____
5	Fry, Caitlyn	20	Swansea Uni	28.90	_____
6	Hunter, Olivia	20	Swansea Uni	29.71	_____
7	O Callaghan, Faye	19	Co Cardiff	30.21	_____
8	Davies, Rachel	19	Swansea Uni	30.82	_____

Heat 5 of 5 Prelims

1	Rees, Katie	26	Swansea Uni	30.40	_____
2	Cull, Harriett	17	Co Cardiff	29.76	_____
3	Morgan, Isabel	20	Co Cardiff	29.29	_____
4	Tanir, Duru	22	Co Cardiff	27.75	_____
5	Pease, Georgia	22	Swansea Uni	28.35	_____
6	Treharne, Lara	17	Co Peterboro	29.70	_____
7	Cranch, Molly	21	Swansea Uni	30.18	_____
8	Morgan, Carys	16	Wrexham	30.79	_____

Event 406 Men 16 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1					_____
2	Rixon, Noah	16	Co Newport	29.80	_____
3	Rixon, Oliver	16	Co Newport	29.49	_____
4	Vaughan, William	17	Rct Squad	29.30	_____
5	Lennon, Danny	16	Wrexham	29.40	_____
6	Teasdale, Oliver	17	Swim Gwynedd	29.50	_____
7	Spinks, Owen	16	Torfaen D	30.01	_____
8					_____

Heat 2 of 6 Prelims

1	Davies, William	17	Co Newport	29.12	_____
2	Upton-Boorman, Liam	17	Nofio S Gar	28.89	_____
3	Bie, Addison	17	Nofio Clwyd	28.86	_____
4	Gore, Andrew	19	Co Cardiff	28.73	_____
5	Thomas, Lucas	16	Conwy	28.80	_____
6	Clarke, Henry	17	Swansea Aq	28.88	_____
7	Bie, Alfie	16	Nofio Clwyd	29.00	_____
8	Caddy, Alexander	17	Caradon	29.20	_____

Heat 3 of 6 Prelims

1	Jasinski, Hubert	17	Co Newport	28.50	_____
2	Socket, Harley	16	Torfaen D	28.16	_____
3	Evans, Monty	17	Gloucester	27.71	_____
4	Cressey-Rodgers, Ioan	19	Oxford Uni	27.25	_____
5	Preece, Toby	17	Bridgend Cty	27.60	_____
6	Bebb, Lewis	17	Newtown	28.13	_____
7	Steven, Adam	18	Co Newport	28.50	_____
8	Montgomery, Samuel	16	Pembs Cty	28.50	_____

Heat 4 of 6 Prelims

1	Fowler, Joseph	18	Mt Kelly	26.76	_____
2	Greenway, Morgan	21	Swansea Uni	26.40	_____
3	Jones, Carwyn	18	Mt Kelly	25.90	_____
4	Anderson, Maxwell	19	Co Cardiff	25.57	_____
5	Murray, Ross	19	Swansea Uni	25.79	_____
6	Thomas, Rhys	19	Swansea Aq	26.25	_____
7	Johnstone, Daniel	17	Nofio S Gar	26.62	_____
8	Hardy, Ryan	16	Wrexham	27.24	_____

Heat 5 of 6 Prelims

1	Westwood, Owen	20	Swansea Uni	26.74	_____
2	Geysen-Holley, Max	19	Co Cardiff	26.29	_____
3	Davies, Evan	18	Co Cardiff	25.80	_____
4	Nicholl, Finn	22	Swansea Uni	25.50	_____
5	Crew, Sam	22	Swansea Uni	25.72	_____
6	James, Tristyn	18	Bridgend Cty	25.92	_____
7	McCarthy, Samuel	19	Co Cardiff	26.56	_____
8	Wells, Oliver	18	Swansea Aq	26.88	_____

Swim Wales National Championships 2024 - 22/03/2024 to 25/03/2024
Meet Program - Session 10 (Warmup 8.00 - 8.50)

Heat 6 Prelims (#406 Men 16 & Over 50 LC Meter Butterfly)

1	Pugh, Morgan	17	Torfaen D	26.69	_____
2	Panaretos, Panayiotis	22	Swansea Uni	26.28	_____
3	Docking-Smith, Frankie	20	Swansea Uni	25.80	_____
4	Rodriguez, Antonio	20	Swansea Uni	25.40	_____
5	Morgan, Dominic	19	Swansea Uni	25.68	_____
6	Edwards, Dion	17	Swim Gwynedd	25.91	_____
7	Lee, Ethan	18	Co Cardiff	26.44	_____
8	Poole, Dexter	19	Swansea Uni	26.78	_____

Heat 3 of 3 Prelims

1	Evans, Ieuan	17	Conwy	2:22.79	_____
2	Gore, Andrew	19	Co Cardiff	2:17.57	_____
3	Arnold, Jack	16	Swansea Aq	2:09.50	_____
4	Barlow, Oscar	19	Swansea Uni	2:00.00	_____
5	Johnstone, Daniel	17	Nofio S Gar	2:06.60	_____
6	Taylor, Adam	19	Wrexham	2:14.60	_____
7	Montague, Mason	16	Pembs Cty	2:20.40	_____
8	%Hobbs, Alex S7	19	Swansea Uni	3:12.50	_____

Event 407 Female 16 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1					_____
2	Jones, Evie	16	Merthyr Tydf	2:34.60	_____
3	Smart, Charlotte	17	Swansea Aq	2:29.20	_____
4	Titchener, Megan	16	Torfaen D	2:21.80	_____
5	Cull, Harriett	17	Co Cardiff	2:23.50	_____
6	Wade-Jones, Georgia	18	Holywell	2:31.90	_____
7					_____
8					_____

Heat 2 of 3 Prelims

1					_____
2	Kay, Isabelle	16	Rct Squad	2:32.90	_____
3	Williams, Rose	16	Co Cardiff	2:28.40	_____
4	Fox, Honor	17	Co Cardiff	2:20.90	_____
5	Dacey, Mollie	16	Co Cardiff	2:22.20	_____
6	Thomas, Rhian	16	Pembs Cty	2:31.80	_____
7	Jones, Myia	16	Wrexham	2:36.60	_____
8					_____

Heat 3 of 3 Prelims

1					_____
2	Parfitt, Lucy	16	Co Cardiff	2:31.90	_____
3	Gill, Avani	22	Cardiff Mast	2:25.37	_____
4	Stead, Martha	19	Swansea Uni	2:18.00	_____
5	Bamborough, Katie	20	Swansea Uni	2:22.10	_____
6	Salmon, Gwen	17	Rct Squad	2:29.60	_____
7	Haldane, Abigail	16	Worcester	2:34.80	_____
8					_____

Event 408 Men 16 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	Bebb, Lewis	17	Newtown	2:23.10	_____
2	Rhys, Gruff	16	Swim Gwynedd	2:20.33	_____
3	Parsons, Joseph	17	Co Cardiff	2:10.00	_____
4	John, Finlay	18	Bridgend Cty	2:06.40	_____
5	Staines, Luca	20	Swansea Uni	2:09.20	_____
6	Davies, Iwan	16	Co Cardiff	2:16.40	_____
7	Aylen, James	17	Bridgend Cty	2:22.60	_____
8					_____

Heat 2 of 3 Prelims

1	Leatherbarrow, Jack	16	Wrexham	2:22.90	_____
2	Montgomery, Samuel	16	Pembs Cty	2:17.80	_____
3	Arch, Rhydian	19	Co Cardiff	2:09.80	_____
4	Fox-Wiltshire, Benjamin	19	Co Cardiff	2:04.90	_____
5	Clegg, Luke	19	Swansea Uni	2:06.80	_____
6	Winstone, Evan	18	Co Cardiff	2:15.70	_____
7	Owen, Tomos	17	Swim Gwynedd	2:20.70	_____
8					_____

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Event 409 Female 12-15 200 LC Meter IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Prelims				
1	Donaldson, Evie	12	Co Newport	3:00.80
2	Meenagh, Mai Van	12	Co Cardiff	3:00.13
3	Lee, Seol Lucy	12	Co Cardiff	2:59.12
4	Reasons, Darcy	12	Torfaen D	2:56.50
5	Davies, Macy	12	Torfaen D	2:58.03
6	%Adams, Sian SM14	14	Co Cardiff	2:59.52
7	Sedgemore, Lola	12	Neath	3:00.69
8				
Heat 2 of 8 Prelims				
1	Williams, Poppy	13	Nofio Bangor	2:54.00
2	Thomas-Owen, Efa	12	Swim Gwynedd	2:53.50
3	Bennett, Isla	13	Co Cardiff	2:51.54
4	Taffetsauffer, Isabella	13	Nofio S Gar	2:50.80
5	Forman, Pippa	13	Newtown	2:51.50
6	Hughes, Tirion	13	Swansea Aq	2:52.70
7	Williams, Lily	13	Newtown	2:53.79
8	Sherrard, Alex	12	Torfaen D	2:55.84
Heat 3 of 8 Prelims				
1	Glynn-Jones, Manon	13	Guildford Ct	2:50.20
2	Fitzgerald, Mali	14	Bridgend Cty	2:50.10
3	Dash, Amelie	13	Pembs Cty	2:49.17
4	Hurley, Sienna-Grace	14	Bridgend Cty	2:47.20
5	McQuaid, Maria	13	Co Cardiff	2:47.50
6	Rees, Maisie	14	Rct Squad	2:50.06
7	Stark, Tala	14	Pembs Cty	2:50.10
8	Bissicks, Cari	13	Neath	2:50.60
Heat 4 of 8 Prelims				
1	Jones, Maisie	14	Co Cardiff	2:46.80
2	Fowler, Maisie	13	Rct Squad	2:46.30
3	Matthews, Elin	14	Co Cardiff	2:45.60
4	Thomas, Serenity	14	Conwy	2:44.80
5	Lewis, Harriet	12	Co Cardiff	2:45.49
6	Davies-Jones, Hannah	15	Bridgend Cty	2:45.70
7	McCavish, Cara	13	Guildford Ct	2:46.60
8	Edwards, Alaw	14	Swim Gwynedd	2:47.00
Heat 5 of 8 Prelims				
1	Miller, Ailla	14	Ruthin	2:44.50
2	Hughes, Nel	13	Swim Gwynedd	2:44.10
3	Jones, Rebecca	15	Co Coventry	2:43.54
4	Bates, Molly	13	Wrexham	2:42.47
5	Tejedo, Lola	13	Co Cardiff	2:42.70
6	Johnson, Poppy	15	Holywell	2:43.80
7	Hughes-Rolls, Ava	15	Torfaen D	2:44.50
8	Ling, Olivia	14	Co Cardiff	2:44.58
Heat 6 of 8 Prelims				
1	Dowling, Abigail	13	Co Cardiff	2:42.00
2	Griffiths, Cerys	14	Pembs Cty	2:38.30
3	Wardell, Cari	15	Co Cardiff	2:35.40
4	Lee, Edith	14	Co Cardiff	2:27.80
5	Dwyfor-Clark, Efa	15	Swim Gwynedd	2:32.70
6	Gordon, Freya	15	Haslemere	2:36.47
7	Marshall, Ffion	14	Co Cardiff	2:40.30
8	Roberts, Mali	14	Swim Gwynedd	2:42.30

Heat 7 of 8 Prelims				
1	Coffey, Cora-Leigh	14	Swansea Aq	2:42.00
2	Williams, Lowri	14	Swansea Aq	2:37.90
3	Geach, Libbie	15	Neath	2:33.20
4	Evans, Gwenllian	15	Co Cardiff	2:27.50
5	Andrews, Joanne	14	Wrexham	2:31.31
6	Lewis, Orla Rose	14	Co Cardiff	2:36.30
7	Ribeiro, Ariana	13	Co Cardiff	2:39.10
8	Lythgoe, Manon	15	Swansea Aq	2:42.30
Heat 8 of 8 Prelims				
1	Jones, Martha	15	Conwy	2:42.00
2	Williams, Marys	15	Swansea Aq	2:37.30
3	Spence, Emilia	13	Co Birm'ham	2:32.90
4	Anderson, Rosalie	14	Co Cardiff	2:27.20
5	Hall, Emily	14	Warrington W	2:29.90
6	Daniel, Megan	14	Caradon	2:36.04
7	Gardener, Hannah	15	Bridgend Cty	2:38.40
8	George, Ellie	13	Rct Squad	2:42.10
Event 410 Boys 12-15 200 LC Meter IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims				
1	Jones, Noah	13	Torfaen D	2:51.66
2	Williams, Dylan	13	Wrexham	2:51.03
3	Castillo, Airam	13	Co Cardiff	2:49.69
4	Elmes, Max	13	Nofio S Gar	2:48.50
5	Stanford-Jason, Samuel	13	Salisbury	2:49.55
6	Rees, Gwyn	13	Wantage	2:50.60
7	Bastyan, Tobias-Luke	13	Torfaen D	2:51.40
8	King, Ethan	12	Penyrheol	2:58.60
Heat 2 of 5 Prelims				
1	Jones, Spencer	12	Wrexham	2:44.80
2	Shiland-Griffiths, Enzo	14	Swim Gwynedd	2:43.10
3	Bartram, Solomon	14	Co Cardiff	2:40.50
4	Davies, Brynley	14	Co Newport	2:39.08
5	Cavill, Jack	14	Co Cardiff	2:40.40
6	Vong, Joshua	14	Co Newport	2:42.71
7	Miles, Harry	14	Co Cardiff	2:43.11
8	Payne, Sebastian	13	Droitwich	2:47.90
Heat 3 of 5 Prelims				
1	Bostock, Dyfan	14	Wrexham	2:37.80
2	Silverstone, Solomon	15	Pembs Cty	2:33.70
3	Thomas, Archie	14	Co Cardiff	2:29.90
4	Edwards, Ross	15	Co Cardiff	2:20.00
5	Major, Maximus	14	Co Newport	2:25.40
6	Phillips, Finley	14	Nofio S Gar	2:32.20
7	James, Rhys	15	Rct Squad	2:35.40
8	Jones, Sebastien	14	Torfaen D	2:38.60
Heat 4 of 5 Prelims				
1	Park, Reggie Samuel	14	Holywell	2:36.20
2	Douglas, Lucas	13	Neath	2:33.40
3	Fletcher, Miles	14	Co Cardiff	2:26.90
4	McCarthy, Benedict	15	Co Cardiff	2:18.94
5	Twigger, Owen	15	Swansea Aq	2:25.00
6	Williams, Owen	15	Nofio Bangor	2:31.50
7	Deacon, Cameron	14	Co Cardiff	2:34.80
8	Warman-Powell, Ioan	14	Torfaen D	2:38.10

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Heat 5 Prelims (#410 Boys 12-15 200 LC Meter IM)

1	Linge, Reece	13	Wrexham	2:35.50	___
2	Brinkworth, James	15	Caradon	2:33.30	___
3	Greenslade, Benjamin	14	Tiverton	2:26.37	___
4	Ma, Ko Kwan	15	Co Cardiff	2:15.00	___
5	West, Dexter	15	Pembs Cty	2:24.50	___
6	Evans, Oscar	15	Co Hereford	2:30.50	___
7	Brock, Freddy	15	Rct Squad	2:34.60	___
8	Hewitt, Archie	14	Torfaen D	2:38.10	___

Event 411 Female 12-15 800 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1					___
2					___
3	McQuaid, Maria	13	Co Cardiff	10:46.60	___
4	Richards, Faith	14	Merthyr Tydf	10:30.50	___
5	Bates, Molly	13	Wrexham	10:34.60	___
6					___
7					___
8					___

Heat 2 of 3 Finals

1	McCavish, Cara	13	Guildford Ct	10:25.00	___
2	Jones, Annabelle	14	Wrexham	10:18.00	___
3	Philpott, Ffion	15	Nofio S Gar	10:13.10	___
4	Jones, Lola	15	Torfaen D	10:10.30	___
5	Jones, Isabella	14	Bridgend Cty	10:10.90	___
6	Devin, Erin	14	Nofio Clwyd	10:16.20	___
7	Howson, Ellen	15	Co Newport	10:19.80	___
8					___

Heat 3 of 3 Finals

1	George, Ellie	13	Rct Squad	10:03.90	___
2	Iles, Jessica	14	Co Cardiff	9:50.50	___
3	Sherrard, Emme	15	Torfaen D	9:45.34	___
4	Hall, Emily	14	Warrington W	9:30.60	___
5	Winstanley, Elin	15	Co Hereford	9:45.10	___
6	Duce, Charlie	15	Swansea Aq	9:49.21	___
7	Galdes-Cutting, Daisy	13	Pembs Cty	10:01.11	___
8	Gordon, Freya	15	Haslemere	10:06.52	___

Event 412 Boys 12-15 1500 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1					___
2					___
3	Spruce, Noah	13	AbingdonVale	20:12.50	___
4	Baldwin, Thomas	13	Rhyl Dolphin	19:50.95	___
5	Whittaker, Luke	14	Bridgend Cty	19:56.44	___
6					___
7					___
8					___

Heat 2 of 2 Finals

1					___
2	Williams, Thomas	14	Nofio S Gar	18:57.40	___
3	Brinkworth, James	15	Caradon	18:29.30	___
4	Bennett, Finley	15	Pembs Cty	18:03.60	___
5	Park, Reggie Samuel	14	Holywell	18:26.10	___
6	Leonard, Ewan	15	Conwy	18:44.30	___
7	Brock, Freddy	15	Rct Squad	19:07.30	___
8					___

Event 413 Female 12-15 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Prelims

1	Lee, Seol Lucy	12	Co Cardiff	37.06	___
2	Williams, Paige	12	Swansea Aq	36.49	___
3	Sedgemore, Lola	12	Neath	36.20	___
4	Pitt, Seren	12	Co Cardiff	36.14	___
5	Godfrey, Wynnifred	13	Msc Dubai	36.16	___
6	Mellor, Medi	12	Nofio Bangor	36.37	___
7	Jasper, Lily	12	Co Cardiff	36.98	___
8	Davies, Sophia	12	Rct Squad	37.30	___

Heat 2 of 8 Prelims

1	Morgan, Evelyn	13	Nofio S Gar	36.10	___
2	Lendnau-Moulton, Ava	13	Wrexham	36.06	___
3	Owen, Gwen	13	Merthyr Tydf	36.00	___
4	Meenagh, Mai Van	12	Co Cardiff	35.86	___
5	Thomas-Owen, Efa	12	Swim Gwynedd	35.88	___
6	Morgan-Basini, Ruby-May	12	Abertillery	36.05	___
7	Cooksey-Owen, Ruby	13	Co Cardiff	36.07	___
8	McFarlane, Una	13	Pembs Cty	36.12	___

Heat 3 of 8 Prelims

1	Jones, Lola-Grace	12	Merthyr Tydf	35.67	___
2	Gordon, Mabli	13	Co Cardiff	35.50	___
3	Morgan-Basini, Roca-Jay	14	Abertillery	35.10	___
4	McCoole-Jones, Elen	13	Ruthin	34.98	___
5	Upton-Boorman, Isabella	14	Nofio S Gar	35.01	___
6	Sutton, Emily	13	Swim Gwynedd	35.17	___
7	Jones, Alice	12	Maidenhead	35.56	___
8	Williams, Layla	12	Newtown	35.80	___

Heat 4 of 8 Prelims

1	Williams, Lili	13	Rct Squad	34.26	___
2	Lewis, Orla Rose	14	Co Cardiff	34.06	___
3	Lewis, Harriet	12	Co Cardiff	34.01	___
4	Bissicks, Cari	13	Neath	33.93	___
5	Fitzgerald, Mali	14	Bridgend Cty	34.00	___
6	Williams, Poppy	13	Nofio Bangor	34.03	___
7	Williams, Leah	13	Swim Gwynedd	34.22	___
8	Dymond, Matilda	14	Biggleswade	34.80	___

Heat 5 of 8 Prelims

1	Parfitt, Kali	14	Torfaen D	33.80	___
2	Rees, Maisie	14	Rct Squad	33.79	___
3	Forman, Pippa	13	Newtown	33.70	___
4	Tejedo, Lola	13	Co Cardiff	33.49	___
5	Keylock, Seren	13	Amersham	33.69	___
6	Duggan, Grace	13	Merthyr Tydf	33.78	___
7	Givvons, Imogen	14	Co Newport	33.80	___
8	Hurley, Sienna-Grace	14	Bridgend Cty	33.93	___

Heat 6 of 8 Prelims

1	Jones, Rebecca	15	Co Coventry	32.61	___
2	Griffiths, Cerys	14	Pembs Cty	31.90	___
3	Coffey, Cora-Leigh	14	Swansea Aq	31.50	___
4	Daniel, Megan	14	Caradon	30.37	___
5	Geach, Libbie	15	Neath	31.08	___
6	Jones, Maisie	14	Co Cardiff	31.81	___
7	Hughes-Rolls, Ava	15	Torfaen D	32.28	___
8	Miller, Ailla	14	Ruthin	33.20	___

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Heat 7 Prelims (#413 Female 12-15 50 LC Meter Butterfly)

1	James, Grace	15	Bridgend Cty	32.50	_____
2	Hughes, Nel	13	Swim Gwynedd	31.85	_____
3	Nichols, Grace	14	Pembs Cty	31.30	_____
4	Dwyfor-Clark, Efa	15	Swim Gwynedd	29.53	_____
5	Schumm, Libby	15	Torfaen D	30.93	_____
6	Ach Rhys, Esyllt	14	Swim Gwynedd	31.80	_____
7	Marshall, Ffion	14	Co Cardiff	32.19	_____
8	Gordon, Freya	15	Haslemere	32.93	_____

Heat 8 of 8 Prelims

1	Jones, Eryn	15	Neath	32.40	_____
2	Roberts, Mali	14	Swim Gwynedd	31.84	_____
3	Matthews, Elin	14	Co Cardiff	31.10	_____
4	Lee, Edith	14	Co Cardiff	28.81	_____
5	Andrews, Joanne	14	Wrexham	30.84	_____
6	Jones, Martha	15	Conwy	31.71	_____
7	Lythgoe, Manon	15	Swansea Aq	32.11	_____
8	Andrews, Bella	14	Co Newport	32.71	_____

Event 414 Boys 12-15 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1					_____
2					_____
3	Morgan, Josh	12	Co Newport	37.30	_____
4	Stanford-Jason, Samuel	13	Salisbury	35.21	_____
5	Frampton, Rhydian	12	Rct Squad	37.05	_____
6					_____
7					_____
8					_____

Heat 2 of 5 Prelims

1	Jones, Noah	13	Torfaen D	34.96	_____
2	Jones, Spencer	12	Wrexham	33.76	_____
3	Payne, Sebastian	13	Droitwich	33.50	_____
4	Miles, Harry	14	Co Cardiff	33.22	_____
5	Roberts-Truman, Harri	14	Neath	33.42	_____
6	Parfitt, Sebastian	14	Co Cardiff	33.65	_____
7	Elmes, Max	13	Nofio S Gar	34.75	_____
8					_____

Heat 3 of 5 Prelims

1	Jones, Sebastien	14	Torfaen D	32.89	_____
2	Castillo, Airam	13	Co Cardiff	31.68	_____
3	Twigger, Owen	15	Swansea Aq	30.60	_____
4	Deacon, Cameron	14	Co Cardiff	29.30	_____
5	Major, Maximus	14	Co Newport	30.10	_____
6	Chapman, Coby	15	Penyrheol	31.16	_____
7	Hewitt, Archie	14	Torfaen D	32.01	_____
8	Gruffydd, Ned	14	Co Cardiff	33.22	_____

Heat 4 of 5 Prelims

1	Davies, Blake	14	Co Cardiff	32.60	_____
2	Bastyan, Tobias-Luke	13	Torfaen D	31.43	_____
3	Mills, Ioan	15	Torfaen D	30.43	_____
4	Douglas, Lucas	13	Neath	28.94	_____
5	Silverstone, Solomon	15	Pembs Cty	29.97	_____
6	James, Rhys	15	Rct Squad	31.14	_____
7	Williams, Thomas	14	Nofio S Gar	31.98	_____
8	Gregory, Jaiden	13	Co Cardiff	33.10	_____

Heat 5 of 5 Prelims

1	Bartram, Solomon	14	Co Cardiff	32.55	_____
2	Galbraith, Elian	15	Nofio S Gar	31.17	_____
3	Hnoianyi, Andrii	15	Swansea Aq	30.41	_____
4	McCarthy, Benedict	15	Co Cardiff	27.21	_____
5	Leonard, Ewan	15	Conwy	29.53	_____
6	Howells, Tom	15	Newtown	31.14	_____
7	Phillips, Finley	14	Nofio S Gar	31.91	_____
8	Jones, Jayden	13	Caerphilly	32.90	_____

Event 415 Female 12-15 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1					_____
2					_____
3	Williams, Paige	12	Swansea Aq	2:55.30	_____
4	McQuaid, Maria	13	Co Cardiff	2:50.70	_____
5	McFarlane, Una	13	Pembs Cty	2:52.10	_____
6					_____
7					_____
8					_____

Heat 2 of 6 Prelims

1					_____
2	Bennett, Isla	13	Co Cardiff	2:49.29	_____
3	Roberts, Rosie	12	Torfaen D	2:47.60	_____
4	Galdes-Cutting, Daisy	13	Pembs Cty	2:44.40	_____
5	Evans, Gwennan	14	Co Newport	2:45.61	_____
6	Allen, Isabel	13	Co Cardiff	2:47.90	_____
7	Thomas-Owen, Efa	12	Swim Gwynedd	2:50.70	_____
8					_____

Heat 3 of 6 Prelims

1	Dash, Amelie	13	Pembs Cty	2:44.20	_____
2	Thomas, Serenity	14	Conwy	2:42.80	_____
3	Lewis, Harriet	12	Co Cardiff	2:41.50	_____
4	Upton-Boorman, Isabella	14	Nofio S Gar	2:40.90	_____
5	Holmes, Seren	15	Neath	2:40.99	_____
6	Reed, Isabella	13	Co Cardiff	2:41.60	_____
7	McCoole-Jones, Elen	13	Ruthin	2:44.20	_____
8	Hughes, Nel	13	Swim Gwynedd	2:44.40	_____

Heat 4 of 6 Prelims

1	Fowler, Maisie	13	Rct Squad	2:40.60	_____
2	Cressey-Rodgers, G	14	Nofio S Gar	2:38.20	_____
3	Daniel, Megan	14	Caradon	2:33.00	_____
4	Winstanley, Elin	15	Co Hereford	2:23.30	_____
5	Arnold, Jessica	14	Swansea Aq	2:30.20	_____
6	George, Ellie	13	Rct Squad	2:36.00	_____
7	Edwards, Alaw	14	Swim Gwynedd	2:38.43	_____
8	Roberts, Mali	14	Swim Gwynedd	2:40.80	_____

Heat 5 of 6 Prelims

1	Bruce, Skye	15	Pembs Cty	2:39.90	_____
2	Prosser, Sofia	12	Torfaen D	2:37.90	_____
3	Andrews, Joanne	14	Wrexham	2:32.80	_____
4	Nichols, Grace	14	Pembs Cty	2:23.10	_____
5	Hall, Emily	14	Warrington W	2:26.20	_____
6	James, Grace	15	Bridgend Cty	2:35.40	_____
7	Ach Rhys, Esyllt	14	Swim Gwynedd	2:38.30	_____
8	Taffetsauffer, Isabella	13	Nofio S Gar	2:40.70	_____

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Heat 6 Prelims (#415 Female 12-15 200 LC Meter Backstroke)

1	Buckland, Eleanor	15	Co Cardiff	2:39.90	_____
2	Spence, Emilia	13	Co Birm'ham	2:36.45	_____
3	Duce, Charlie	15	Swansea Aq	2:31.17	_____
4	Dwyfor-Clark, Efa	15	Swim Gwynedd	2:22.30	_____
5	Anderson, Rosalie	14	Co Cardiff	2:24.50	_____
6	Wardell, Cari	15	Co Cardiff	2:33.30	_____
7	Gordon, Freya	15	Haslemere	2:38.20	_____
8	Fitzgerald, Mali	14	Bridgend Cty	2:40.70	_____

Event 416 Boys 12-15 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1					_____
2	Woodrow, Leo	13	Ast Burnham	2:41.74	_____
3	Davies, Brynley	14	Co Newport	2:28.00	_____
4	Fletcher, Miles	14	Co Cardiff	2:21.50	_____
5	Brinkworth, James	15	Caradon	2:24.90	_____
6	Phillips, Finley	14	Nofio S Gar	2:32.20	_____
7	King, Ethan	12	Penyrheol	2:47.70	_____
8					_____

Heat 2 of 3 Prelims

1					_____
2	Elmes, Max	13	Nofio S Gar	2:41.70	_____
3	Greenslade, Benjamin	14	Tiverton	2:26.92	_____
4	West, Dexter	15	Pembs Cty	2:16.50	_____
5	Thomas, Iolo	14	Neath	2:23.30	_____
6	Linge, Reece	13	Wrexham	2:30.50	_____
7	Hamer, Joe	13	Co Hereford	2:44.00	_____
8					_____

Heat 3 of 3 Prelims

1					_____
2	Thomas, Archie	14	Co Cardiff	2:34.40	_____
3	Vinh, Joshua	15	Co Newport	2:25.50	_____
4	Edwards, Ross	15	Co Cardiff	2:12.10	_____
5	Mills, Ioan	15	Torfaen D	2:22.70	_____
6	Williams, Owen	15	Nofio Bangor	2:29.00	_____
7	Rees, Gwyn	13	Wantage	2:42.00	_____
8					_____

Event 417 Female 200 LC Meter IM (MC)			
Name	Age	Team	Seed Time
--- No entries for event			

Event 418 Men 200 LC Meter IM (MC)			
Name	Age	Team	Seed Time
--- No entries for event			

Event 419 Female 12-13 4x100 LC Meter Medley Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Co Cardiff	B	NT
2	Co Cardiff	A	NT
3	Swansea Aq	A	NT
4	Merthyr Tydf	A	NT
5	Nofio S Gar	A	NT
6	Pembs Cty	A	NT
7	Torfaen D	A	NT
8			

Event 420 Female 14-16 4x100 LC Meter Medley Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals			
1			
2			
3	Torfaen D	B	NT
4	Pembs Cty	A	NT
5	Co Cardiff	B	NT
6	Bridgend Cty	B	NT
7			
8			
Heat 2 of 2 Finals			
1	Co Cardiff	A	NT
2	Bridgend Cty	A	NT
3	Torfaen D	A	NT
4	Swansea Aq	A	NT
5	Nofio S Gar	A	NT
6	Wrexham	A	NT
7	Merthyr Tydf	A	NT
8	Co Newport	A	NT

Event 421 Female 17 & Over 4x100 LC Meter Medley Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			
2			
3	Swansea Uni	A	NT
4	Co Newport	A	NT
5	Co Cardiff	A	NT
6	Co Cardiff	B	NT
7			
8			

Event 422 Men 12-13 4x100 LC Meter Freestyle Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			
2			
3			
4	Swansea Aq	A	NT
5	Co Cardiff	A	NT
6			
7			
8			

Event 423 Men 14-16 4x100 LC Meter Freestyle Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			
2	Pembs Cty	A	NT
3	Co Cardiff	A	NT
4	Nofio S Gar	A	NT
5	Co Newport	A	NT
6	Torfaen D	A	NT
7	Co Cardiff	B	NT
8			

Event 424 Men 17 & Over 4x100 LC Meter Freestyle Relay (HDW)			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			
2	Co Cardiff	B	NT
3	Swansea Aq	A	NT
4	Torfaen D	A	NT
5	Co Cardiff	A	NT
6	Swansea Uni	A	NT
7			
8			