

Swim Wales National Championships 2023 - 13/04/2023 to 16/04/2023

Meet Program - Session 8 (Warmup 11.00 - 11.50)

Event 321 Girls 12-15 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Prelims

1				—
2				—
3	Hughes, Nel	12	Swim Gwynedd	3:00.70
4	McCoole-Jones, Elen	12	Ruthin	3:00.00
5	McQuaid, Maria	12	Co Cardiff	3:00.20
6				—
7				—
8				—

Heat 2 of 10 Prelims

1	Reed, Isabella	12	Rhondda	3:00.00
2	Dash, Amelie	12	Pembs Cty	2:59.60
3	Atkins, Amelia	12	Holywell	2:57.70
4	George, Ellie	12	Rct Squad	2:55.83
5	Bates, Molly	12	Wrexham	2:56.50
6	Galdes-Cutting, Daisy	12	Pembs Cty	2:58.30
7	Lewis-Jones, Idele	12	Buckley	2:59.90
8				—

Heat 3 of 10 Prelims

1	Wilson, Ellie	13	Co Cardiff	2:54.68
2	Roberts, Mali	13	Swim Gwynedd	2:54.00
3	Forgrave, Sophie	13	Wrexham	2:53.40
4	Nicholls, Esther	13	Caerphilly	2:51.40
5	Hurley, Sienna-Grace	13	Neath	2:52.42
6	Ling, Olivia	13	Co Cardiff	2:53.81
7	Evans, Gwennan	13	Co Newport	2:54.60
8	Dymond, Matilda	13	Biggleswade	2:55.08

Heat 4 of 10 Prelims

1	Dowling, Abigail	12	Co Cardiff	2:50.40
2	Jones, Rebecca	14	Co Coventry	2:49.40
3	Ribeiro, Ariana	12	Co Cardiff	2:49.10
4	Ach Rhys, Esysllt	13	Swim Gwynedd	2:48.10
5	Matthews, Elin	13	Co Cardiff	2:48.20
6	Coffey, Cora-Leigh	13	Swansea Aq	2:49.20
7	Goddard, Amy	14	Rhondda	2:49.80
8	Parfitt, Kali	13	Torfaen D	2:50.60

Heat 5 of 10 Prelims

1	Jones, Martha	14	Conwy	2:47.90
2	Quinn, Erin	13	Swim Gwynedd	2:47.40
3	Williams, Cari	14	Nofio Bangor	2:46.80
4	Perni, Veronica	14	Co Cardiff	2:46.60
5	Johnson, Poppy	14	Holywell	2:46.60
6	Grimes, Idena	12	Repton	2:47.16
7	Miller, Ailla	13	Ruthin	2:47.50
8	Roberts, Lexi	14	Oswestry Ott	2:48.00

Heat 6 of 10 Prelims

1	Majczak, Zuzanna	15	Wrexham	2:45.90
2	Lythgoe, Manon	14	Swansea Aq	2:45.57
3	Davies, Sian	14	Mt Kelly	2:45.10
4	Griffiths, Cerys	13	Pembs Cty	2:44.30
5	Marshall, Ffion	13	Co Cardiff	2:44.50
6	Mahoney, Isabella	14	Co Peterboro	2:45.10
7	Hastings, Ella-May	15	Conwy	2:45.80
8	Williams, Martha	15	Nofio Bangor	2:46.20

Heat 7 of 10 Prelims

1	Humphreys, Holly	15	Swansea Aq	2:43.80
2	Gibbs, Harriet	15	Nofio S Gar	2:43.00
3	Jones, Myia	15	Wrexham	2:42.50
4	Haddrell, Eva Lily	15	Rct Squad	2:41.90
5	Jones, Evie	15	Merthyr Tydf	2:42.20
6	Lee, Edith	13	Co Cardiff	2:42.70
7	Iles, Jessica	13	Co Cardiff	2:43.70
8	Jones, Annabelle	13	Wrexham	2:44.00

Heat 8 of 10 Prelims

1	Daniel, Megan	13	Caradon	2:39.95
2	Kay, Isabelle	15	Rct Squad	2:38.90
3	Andrews, Joanne	13	Wrexham	2:34.10
4	Day, Hannah	15	Co Cardiff	2:29.10
5	Humphreys, Ffion	15	Swim Gwynedd	2:32.30
6	Scholze, Jenna	15	Holywell	2:36.10
7	Nichols, Grace	13	Pembs Cty	2:39.30
8	Lewis, Orla Rose	13	Co Cardiff	2:41.60

Heat 9 of 10 Prelims

1	Parfitt, Lucy	15	Co Cardiff	2:39.80
2	Williams, Marys	14	Swansea Aq	2:38.70
3	Hatton-Ellis, Isabelle	15	Swansea Aq	2:33.03
4	Collyer, Mabli	15	Swansea Aq	2:24.64
5	Titchener, Megan	15	Torfaen D	2:32.20
6	Anderson, Rosalie	13	Co Cardiff	2:35.70
7	Hall, Emily	13	Warrington W	2:39.00
8	Davies, Brianna	14	Mt Kelly	2:41.10

Heat 10 of 10 Prelims

1	Smith, Amelia	15	Co Cardiff	2:39.50
2	Evans, Gwenllian	14	Co Cardiff	2:36.80
3	Dwyfor-Clark, Efa	14	Swim Gwynedd	2:32.70
4	Taylor, Theodora	14	Torfaen D	2:23.42
5	Gibson, Mari	15	Co Cardiff	2:31.50
6	Ingram, Olivia	15	Co Cardiff	2:34.70
7	Sweet-Roberts, Myha	15	Torfaen D	2:38.90
8	Evans, Ella	15	Co Cardiff	2:40.70

Event 322 Boys 12-15 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Prelims

1				—
2				—
3	Taylor, Nicholas	12	Torfaen D	33.90
4	Mruk, Niall	12	Torfaen D	33.30
5	Elmes, Max	12	Nofio S Gar	33.70
6	%O'Reilly, McKenzie S8	14	Gloucester/A, 12+	41.49
7				—
8				—

Heat 2 of 10 Prelims

1	Gregory, Jaiden	12	Rhondda	33.20
2	Hale, Oliver	12	Swansea Aq	33.05
3	Phillips, Finley	13	Nofio S Gar	32.20
4	Deacon, Cameron	13	Rhondda	32.10
5	Herron, Noah	13	Co Newport	32.10
6	Jones, Jayden	12	Caerphilly	32.90
7	Lovell, Logan	12	Marlborough	33.10
8	Linge, Reece	12	Wrexham	33.20

Swim Wales National Championships 2023 - 13/04/2023 to 16/04/2023
Meet Program - Session 8 (Warmup 11.00 - 11.50)

Heat 3 Prelims (#322 Boys 12-15 50 LC Meter Freestyle)

1	Shiland-Griffiths, Enzo	13	Conwy	31.80	_____
2	Whittaker, Luke	13	Bridgend Cty	31.70	_____
3	Campbell, Zac	13	Wrexham	30.90	_____
4	Woodrow, Leo	12	Ast Burnham	30.81	_____
5	Bartram, Solomon	13	Co Cardiff	30.90	_____
6	Hewitt, Archie	13	Torfaen D	31.60	_____
7	Jones, Sebastien	13	Torfaen D	31.72	_____
8	Bastyan, Tobias-Luke	12	Caerphilly	32.00	_____

Heat 4 of 10 Prelims

1	Hiscox, Jac	14	Rct Squad	30.60	_____
2	Popa, David	14	Conwy	30.50	_____
3	Meilleur, Elliot	13	Swim Gwynedd	30.30	_____
4	Ballantyne, Alex	14	Bridgend SC	30.12	_____
5	Park, Reggie Samuel	13	Holywell	30.30	_____
6	Warman-Powell, Ioan	13	Torfaen D	30.50	_____
7	Hetherington, Sonny	14	Neath	30.58	_____
8	Galbraith, Elian	14	Nofio S Gar	30.70	_____

Heat 5 of 10 Prelims

1	Song, Guangping	14	Swansea Aq	29.92	_____
2	Phillips, Ioan	13	Neath	29.86	_____
3	Wilson, Aidan	14	Conwy	29.60	_____
4	Major, Maximus	13	Co Newport	29.30	_____
5	James, Rhys	14	Rct Squad	29.50	_____
6	Willis, Kofi	14	Co Cardiff	29.70	_____
7	Freebury, William	14	Torfaen D	29.90	_____
8	Thomas, Iolo	13	Neath	30.10	_____

Heat 6 of 10 Prelims

1	Mansfield, Harry	14	Bridgend Cty	29.12	_____
2	Owen, Vinnie	15	Co Cardiff	29.00	_____
3	Thomas, Sion	14	Pembs Cty	28.97	_____
4	Dossett, Samson	14	Mt Kelly	28.86	_____
5	Rosser, Ellis	14	Torfaen D	28.96	_____
6	West, Dexter	14	Pembs Cty	29.00	_____
7	Cheshire, Lucas	15	Leatherhead	29.08	_____
8	Douglas, Lucas	12	Nofio S Gar	29.30	_____

Heat 7 of 10 Prelims

1	Bie, Alfie	15	Nofio Clwyd	28.80	_____
2	Silverstone, Solomon	14	Pembs Cty	28.77	_____
3	Clarke, Tomas	15	Holywell	28.47	_____
4	Henschell, Logan	15	Co Cardiff	28.39	_____
5	Stewart, Finlay	15	Nofio S Gar	28.45	_____
6	Evans, Owen	15	Bridgend Cty	28.60	_____
7	Temby, Jacob	15	Co Cardiff	28.80	_____
8	Chapman, Coby	14	Penyrheol	28.84	_____

Heat 8 of 10 Prelims

1	Watkins, Murphy	15	Swansea Aq	28.27	_____
2	Arch, Dewi	15	Northgate	27.70	_____
3	Thairs, Noah	15	Tiverton	27.26	_____
4	Montgomery, Samuel	15	Pembs Cty	26.46	_____
5	Hardy, Ryan	15	Wrexham	26.84	_____
6	Montague, Mason	15	Pembs Cty	27.50	_____
7	Richardson, Osian	15	Swansea Aq	27.82	_____
8	Lewis, Gethin	15	Bridgend Cty	28.33	_____

Heat 9 of 10 Prelims

1	Spinks, Owen	15	Torfaen D	28.12	_____
2	Williams, Noa	15	Nofio Bangor	27.62	_____
3	Arnold, Jack	15	Swansea Aq	27.16	_____
4	Mruk, Lucas	15	Torfaen D	26.20	_____
5	Holland, Tyler	15	Wrexham	26.80	_____
6	Cozma, Samuel	14	Co Cardiff	27.36	_____
7	Wren, James	15	Nofio Clwyd	27.80	_____
8	Griffiths, Oliver	15	Nofio Clwyd	28.30	_____

Heat 10 of 10 Prelims

1	Ogden, Dylan	15	Redditch	27.90	_____
2	Cooper, Harry	15	Nofio Clwyd	27.55	_____
3	Sinfield, Ben	15	Conwy	27.00	_____
4	Bamborough, Jack	15	Co Cardiff	26.00	_____
5	Sellick, Fenn	15	Swansea Aq	26.80	_____
6	Davies, Iwan	15	Co Cardiff	27.30	_____
7	Lennon, Danny	15	Wrexham	27.70	_____
8	Twigger, Owen	14	Swansea Aq	28.30	_____

Event 323 Girls 12-15 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 15 Prelims

1				
2	Bissicks, Cari	12	Swansea Aq	34.10
3	Hughes, Tirion	12	Swansea Aq	33.90
4	Williams, Poppy	12	Nofio Bangor	33.79
5	Collyer, Tirion	12	Swansea Aq	33.80
6	McCoole-Jones, Elen	12	Ruthin	34.00
7	Sheen, Seren	12	Co Newport	34.30
8				

Heat 2 of 15 Prelims

1	Thurston, Rene	12	Newtown	33.70	_____
2	Reed, Isabella	12	Rhondda	33.60	_____
3	Bates, Molly	12	Wrexham	33.46	_____
4	Hughes, Nel	12	Swim Gwynedd	33.20	_____
5	Harford, Libby	13	Caerphilly	33.20	_____
6	Cooksey-Owen, Ruby	12	Rhondda	33.50	_____
7	Forman, Pippa	12	Newtown	33.70	_____
8	Fowler, Maisie	12	Rct Squad	33.70	_____

Heat 3 of 15 Prelims

1	Richards, Faith	13	Merthyr Tydf	33.00	_____
2	Duggan, Ella	12	Merthyr Tydf	33.00	_____
3	Dash, Amelie	12	Pembs Cty	32.87	_____
4	Edwards, Alaw	13	Swim Gwynedd	32.69	_____
5	George, Ellie	12	Rct Squad	32.71	_____
6	Evans, Gwennan	13	Co Newport	32.90	_____
7	Atkins, Amelia	12	Holywell	33.00	_____
8	Vincent, Felicity	12	Clevedon	33.09	_____

Heat 4 of 15 Prelims

1	Forgrave, Sophie	13	Wrexham	32.60	_____
2	Arnold, Jessica	13	Swansea Aq	32.50	_____
3	Blassberg, Imogen	13	C Dolphins	32.30	_____
4	Devin, Erin	13	Nofio Clwyd	32.30	_____
5	Jones, Erin	14	Wrexham	32.30	_____
6	Wilson, Ellie	13	Co Cardiff	32.50	_____
7	Burns, Freya	12	Swansea Aq	32.50	_____
8	Davies, Amelia	13	Swansea Aq	32.68	_____

Swim Wales National Championships 2023 - 13/04/2023 to 16/04/2023

Meet Program - Session 8 (Warmup 11.00 - 11.50)

Heat 5 Prelims (#323 Girls 12-15 50 LC Meter Freestyle)

1	Montague, Keira	14	Pembs Cty	32.30	_____
2	Miller, Ailla	13	Ruthin	32.30	_____
3	Hopkin, Rebekah	14	Bridgend Cty	32.19	_____
4	Richardson, Amelie	14	Conwy	32.10	_____
5	Green, Matilda	14	Pembs Cty	32.17	_____
6	Sullivan, Ariana	13	Caerphilly	32.20	_____
7	Davies, Darcey	14	Rct Squad	32.30	_____
8	Williams, Olivia	14	Rct Squad	32.30	_____

Heat 6 of 15 Prelims

1	Dowling, Abigail	12	Co Cardiff	32.06	_____
2	Roberts, Mali	13	Swim Gwynedd	32.00	_____
3	Howson, Ellen	14	Co Newport	31.90	_____
4	Goddard, Amy	14	Rhondda	31.83	_____
5	Davies, Ellen	14	Chirk	31.90	_____
6	Jones, Maisie	13	Co Cardiff	32.00	_____
7	Lythgoe, Manon	14	Swansea Aq	32.03	_____
8	Matthews, Elin	13	Co Cardiff	32.10	_____

Heat 7 of 15 Prelims

1	Parfitt, Kali	13	Torfaen D	31.60	_____
2	Hughes-Rolls, Ava	14	Torfaen D	31.60	_____
3	Castle, Maya	14	Co Cardiff	31.60	_____
4	Jones, Martha	14	Conwy	31.50	_____
5	Ach Rhys, Esyllt	13	Swim Gwynedd	31.50	_____
6	Webb, Efa	13	Nofio S Gar	31.60	_____
7	David, Ava	13	Swansea Aq	31.60	_____
8	Quinn, Erin	13	Swim Gwynedd	31.70	_____

Heat 8 of 15 Prelims

1	Hurley, Sienna-Grace	13	Neath	31.47	_____
2	Coffey, Cora-Leigh	13	Swansea Aq	31.20	_____
3	Nicholls, Esther	13	Caerphilly	31.10	_____
4	Ostrowski, Julia	14	Pembs Cty	31.02	_____
5	Jones, Isabella	13	Bridgend Cty	31.06	_____
6	Grimes, Idena	12	Repton	31.17	_____
7	Smith, Summer	14	Rct Squad	31.40	_____
8	Rees, Maisie	13	Rct Squad	31.49	_____

Heat 9 of 15 Prelims

1	Owen, Kessie	15	Neath	30.90	_____
2	Roberts, Lexi	14	Oswestry Ott	30.80	_____
3	Hale, Libby	14	Swansea Aq	30.80	_____
4	Dymond, Matilda	13	Biggleswade	30.76	_____
5	Givvons, Imogen	13	Co Newport	30.80	_____
6	Humphreys, Holly	15	Swansea Aq	30.80	_____
7	Clatworthy, Maddie	14	Bridgend SC	30.84	_____
8	Haddrell, Eva Lily	15	Rct Squad	31.00	_____

Heat 10 of 15 Prelims

1	Kay, Isabelle	15	Rct Squad	30.70	_____
2	Hanna, Jazmine	15	Pembs Cty	30.61	_____
3	Majczak, Zuzanna	15	Wrexham	30.60	_____
4	Knight, Cari	15	Penyrheol	30.57	_____
5	Jones, Evie	15	Merthyr Tydf	30.60	_____
6	Johnson, Poppy	14	Holywell	30.61	_____
7	Marshall, Ffion	13	Co Cardiff	30.64	_____
8	Carter, Ava	15	Penyrheol	30.74	_____

Heat 11 of 15 Prelims

1	Woodward, Angharad	15	Neath	30.50	_____
2	Williams, Marys	14	Swansea Aq	30.36	_____
3	Huws, Awen	15	NexusValleys	30.35	_____
4	Andrews, Joanne	13	Wrexham	30.30	_____
5	Jones, Eryn	14	Neath	30.31	_____
6	Jones, Lola	14	Torfaen D	30.36	_____
7	Davies, Brianna	14	Mt Kelly	30.46	_____
8	Adams, Sydney	15	Nofio Clwyd	30.50	_____

Heat 12 of 15 Prelims

1	Gilderdale, Celyn	15	Pembs Cty	30.22	_____
2	Carey, Lucy	15	Bridgend Cty	30.20	_____
3	Koo, Kathryn	14	Pembs Cty	30.15	_____
4	Williams, Martha	15	Nofio Bangor	30.00	_____
5	Parfitt, Lucy	15	Co Cardiff	30.10	_____
6	Arnold, Lily	15	Pembs Cty	30.16	_____
7	Griffiths, Cerys	13	Pembs Cty	30.20	_____
8	Scholze, Jenna	15	Holywell	30.28	_____

Heat 13 of 15 Prelims

1	James, Grace	14	Bridgend Cty	29.60	_____
2	Crawshay-Williams, E	15	Torfaen D	29.50	_____
3	Sherrard, Emme	14	Torfaen D	29.14	_____
4	Winstanley, Elin	14	Co Hereford	28.54	_____
5	Evans, Sian	15	Holywell	28.90	_____
6	Lewis, Amelia	14	TeamIpswich	29.30	_____
7	McDonagh, Emily	15	Bridgend Cty	29.50	_____
8	Worthington, Emma	15	Chirk	29.90	_____

Heat 14 of 15 Prelims

1	Hall, Emily	13	Warrington W	29.60	_____
2	King, Marley	15	Penyrheol	29.40	_____
3	Tucker, Holly	15	Swansea Aq	29.10	_____
4	Humphreys, Ffion	15	Swim Gwynedd	27.90	_____
5	Day, Hannah	15	Co Cardiff	28.79	_____
6	Nichols, Grace	13	Pembs Cty	29.30	_____
7	Williams, Rose	15	Co Cardiff	29.50	_____
8	Vincent, Amelia	14	Clevedon	29.80	_____

Heat 15 of 15 Prelims

1	Gibbs, Harriet	15	Nofio S Gar	29.55	_____
2	Dwyfor-Clark, Efa	14	Swim Gwynedd	29.30	_____
3	Anderson, Rosalie	13	Co Cardiff	29.10	_____
4	Taylor, Theodora	14	Torfaen D	26.68	_____
5	Titchener, Megan	15	Torfaen D	28.77	_____
6	Sweet-Roberts, Myha	15	Torfaen D	29.20	_____
7	Avraam, Neve	15	Co Cardiff	29.50	_____
8	Jones, Emily	15	Holywell	29.79	_____

Event 324 Boys 12-15 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Prelims

1				_____
2				_____
3	Edwards, Ross	14	Co Cardiff	2:41.52
4	Hardy, Ryan	15	Wrexham	2:18.87
5	Holland, Tyler	15	Wrexham	2:27.88
6	Thomas, Iolo	13	Neath	2:49.70
7				_____
8				_____

Swim Wales National Championships 2023 - 13/04/2023 to 16/04/2023

Meet Program - Session 8 (Warmup 11.00 - 11.50)

Event 325 Girls 12-15 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

1				—
2	Jones, Annabelle	13	Wrexham	2:53.50
3	Daniel, Megan	13	Caradon	2:41.80
4	Morgan, Carys	15	Wrexham	2:31.70
5	Avraam, Neve	15	Co Cardiff	2:36.70
6	Lewis, Orla Rose	13	Co Cardiff	2:49.40
7				—
8				—

Heat 2 of 2 Prelims

1				—
2	Taylor, Rebecca	13	Wrexham	2:53.10
3	Jones, Myia	15	Wrexham	2:41.00
4	Owen, Gracie	15	Neath	2:25.11
5	Andrews, Joanne	13	Wrexham	2:33.50
6	Jones, Rebecca	14	Co Coventry	2:48.80
7	Iles, Jessica	13	Co Cardiff	2:53.57
8				—

Event 326 Boys 12-15 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1				—
2				—
3	Lovell, Logan	12	Marlborough	1:34.40
4	Phillips, Ioan	13	Neath	1:27.19
5	Price-Clishem, Dyfan	12	Swim Gwynedd	1:33.90
6				—
7				—
8				—

Heat 2 of 4 Prelims

1	Phillips, Finley	13	Nofio S Gar	1:23.40
2	Hole, Ethan	14	Co Cardiff	1:20.82
3	Thomas, Lucas	15	Conwy	1:16.60
4	Ma, Ko Kwan	14	Co Cardiff	1:14.50
5	Montague, Mason	15	Pembs Cty	1:15.00
6	Richardson, Osian	15	Swansea Aq	1:19.03
7	James, Rhys	14	Rct Squad	1:22.00
8				—

Heat 3 of 4 Prelims

1	Williams, Owen	14	Nofio Bangor	1:22.50
2	Song, Guangping	14	Swansea Aq	1:20.12
3	Cozma, Samuel	14	Co Cardiff	1:16.30
4	Lee, Aled	15	Royal Wolv	1:12.90
5	Bamborough, Jack	15	Co Cardiff	1:14.85
6	West, Dexter	14	Pembs Cty	1:18.90
7	Thomas, Archie	13	Co Cardiff	1:22.00
8				—

Heat 4 of 4 Prelims

1	Bennett, Finley	14	Pembs Cty	1:22.50
2	Thairs, Noah	15	Tiverton	1:19.33
3	Temby, Jacob	15	Co Cardiff	1:15.80
4	Williams, Luke	15	Co Newport	1:12.50
5	Cheshire, Lucas	15	Leatherhead	1:14.80
6	Henschell, Logan	15	Co Cardiff	1:18.20
7	Meilleur, Elliot	13	Swim Gwynedd	1:20.90
8	Bostock, Dyfan	13	Wrexham	1:24.60

Event 327 Girls 12-15 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1				—
2				—
3	Williams, Poppy	12	Nofio Bangor	1:36.10
4	Harding, Chloe	12	Cwmbran	1:35.80
5	Hall, Isabelle	12	Pembs Cty	1:35.94
6				—
7				—
8				—

Heat 2 of 6 Prelims

1	Bates, Molly	12	Wrexham	1:34.60
2	Hughes, Tirion	12	Swansea Aq	1:34.10
3	Matthews, Elin	13	Co Cardiff	1:30.80
4	Ling, Olivia	13	Co Cardiff	1:29.10
5	Miller, Ailla	13	Ruthin	1:30.20
6	Knight, Lily	13	C Dolphins	1:31.40
7	Lewis-Jones, Idele	12	Buckley	1:34.28
8	Forman, Pippa	12	Newtown	1:35.60

Heat 3 of 6 Prelims

1	Jones, Annabelle	13	Wrexham	1:28.80
2	Dowling, Abigail	12	Co Cardiff	1:28.50
3	Ribeiro, Ariana	12	Co Cardiff	1:27.60
4	Goddard, Amy	14	Rhondda	1:26.60
5	Davies, Sian	14	Mt Kelly	1:27.40
6	Jones, Isabella	13	Bridgend Cty	1:28.00
7	Lythgoe, Manon	14	Swansea Aq	1:28.59
8	Quinn, Erin	13	Swim Gwynedd	1:29.00

Heat 4 of 6 Prelims

1	Owen, Kessie	15	Neath	1:24.70
2	Jones, Eryn	14	Neath	1:23.40
3	Daniel, Megan	13	Caradon	1:21.74
4	Morgan, Carys	15	Wrexham	1:14.50
5	Worthington, Emma	15	Chirk	1:18.10
6	Williams, Lowri	13	Rtw Monson	1:22.76
7	Phillips, Emily	15	Neath	1:24.00
8	Davies, Ellen	14	Chirk	1:26.30

Heat 5 of 6 Prelims

1	Jones, Emily	15	Holywell	1:24.70
2	Scholze, Jenna	15	Holywell	1:22.90
3	Gibbs, Harriet	15	Nofio S Gar	1:21.30
4	Collyer, Mabli	15	Swansea Aq	1:11.51
5	Gibson, Mari	15	Co Cardiff	1:16.63
6	Smith, Amelia	15	Co Cardiff	1:22.67
7	Hastings, Ella-May	15	Conwy	1:24.00
8	Williams, Cari	14	Nofio Bangor	1:25.50

Heat 6 of 6 Prelims

1	Lewis, Orla Rose	13	Co Cardiff	1:24.60
2	Jones, Rebecca	14	Co Coventry	1:22.84
3	Andrews, Joanne	13	Wrexham	1:21.10
4	Taylor, Theodora	14	Torfaen D	1:10.55
5	Winstanley, Elin	14	Co Hereford	1:16.60
6	Perni, Veronica	14	Co Cardiff	1:22.10
7	Lee, Edith	13	Co Cardiff	1:23.90
8	Johnson, Poppy	14	Holywell	1:25.00

Swim Wales National Championships 2023 - 13/04/2023 to 16/04/2023

Meet Program - Session 8 (Warmup 11.00 - 11.50)

Event 328 Boys 12-15 400 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1				_____
2	%O'Reilly, McKenzie S8	14	Gloucester/A, 12+	6:49.62 _____
3	Baldwin, Thomas	12	Rhyl Dolphin	5:26.90 _____
4	Douglas, Lucas	12	Nofio S Gar	5:05.86 _____
5	Cavill, Jack	13	Co Cardiff	5:08.38 _____
6	Woodrow, Leo	12	Ast Burnham	5:30.33 _____
7				_____
8				_____

Heat 2 of 4 Finals

1	Thomas, Iolo	13	Neath	5:00.29 _____
2	Park, Reggie Samuel	13	Holywell	4:57.10 _____
3	Williams, Owen	14	Nofio Bangor	4:50.90 _____
4	Willis, Kofi	14	Co Cardiff	4:50.70 _____
5	Bennett, Finley	14	Pembs Cty	4:50.80 _____
6	Dossett, Samson	14	Mt Kelly	4:55.90 _____
7	Whittaker, Luke	13	Bridgend Cty	4:57.50 _____
8	Wilson, Aidan	14	Conwy	5:01.20 _____

Heat 3 of 4 Finals

1	Arch, Dewi	15	Northgate	4:48.90 _____
2	Edwards, Ross	14	Co Cardiff	4:44.40 _____
3	Sinfield, Ben	15	Conwy	4:43.80 _____
4	Montgomery, Samuel	15	Pembs Cty	4:42.03 _____
5	Leatherbarrow, Jack	15	Wrexham	4:43.30 _____
6	Griffiths, Oliver	15	Nofio Clwyd	4:44.20 _____
7	Major, Maximus	13	Co Newport	4:44.54 _____
8	Mills, Ioan	14	Torfaen D	4:49.40 _____

Heat 4 of 4 Finals

1	Ogden, Dylan	15	Redditch	4:37.40 _____
2	Owen, Vinnie	15	Co Cardiff	4:35.94 _____
3	Holland, Tyler	15	Wrexham	4:28.20 _____
4	Bamborough, Jack	15	Co Cardiff	4:12.70 _____
5	Davies, Iwan	15	Co Cardiff	4:27.50 _____
6	Lawson, Oliver	15	Portsmouth N	4:33.71 _____
7	Twigger, Owen	14	Swansea Aq	4:37.40 _____
8	Henschell, Logan	15	Co Cardiff	4:39.80 _____

Event 329 Girls 12-15 400 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals

1				_____
2				_____
3	Dowling, Abigail	12	Co Cardiff	5:24.24 _____
4	Quinn, Erin	13	Swim Gwynedd	5:21.10 _____
5	Grimes, Idena	12	Repton	5:24.09 _____
6				_____
7				_____
8				_____

Heat 2 of 6 Finals

1	Ribeiro, Ariana	12	Co Cardiff	5:19.90 _____
2	Devin, Erin	13	Nofio Clwyd	5:17.50 _____
3	Jones, Isabella	13	Bridgend Cty	5:15.00 _____
4	Sullivan, Ariana	13	Caerphilly	5:13.10 _____
5	Davies, Sian	14	Mt Kelly	5:14.23 _____
6	Miller, Ailla	13	Ruthin	5:15.80 _____
7	George, Ellie	12	Rct Squad	5:19.39 _____
8	Atkins, Amelia	12	Holywell	5:20.90 _____

Heat 3 of 6 Finals

1	Jones, Lola	14	Torfaen D	5:10.80 _____
2	Jones, Annabelle	13	Wrexham	5:06.30 _____
3	Worthington, Emma	15	Chirk	5:03.20 _____
4	Parfitt, Lucy	15	Co Cardiff	5:01.90 _____
5	Humphreys, Holly	15	Swansea Aq	5:02.60 _____
6	Williams, Marys	14	Swansea Aq	5:04.10 _____
7	Taylor, Rebecca	13	Wrexham	5:06.90 _____
8	Galdes-Cutting, Daisy	12	Pembs Cty	5:11.80 _____

Heat 4 of 6 Finals

1	Coombes, Seren	15	Wirral Metro	5:01.40 _____
2	Griffiths, Cerys	13	Pembs Cty	4:59.00 _____
3	Lewis, Amelia	14	TeamIpswich	4:57.50 _____
4	Smith, Amelia	15	Co Cardiff	4:56.60 _____
5	James, Grace	14	Bridgend Cty	4:57.50 _____
6	Vincent, Amelia	14	Clevedon	4:57.52 _____
7	Williams, Olivia	15	Co Cardiff	5:00.20 _____
8	Williams, Rose	15	Co Cardiff	5:01.80 _____

Heat 5 of 6 Finals

1	Kay, Isabelle	15	Rct Squad	4:56.10 _____
2	Iles, Jessica	13	Co Cardiff	4:55.10 _____
3	Marshall, Ffion	13	Co Cardiff	4:53.30 _____
4	Anderson, Rosalie	13	Co Cardiff	4:51.50 _____
5	Davies, Brianna	14	Mt Kelly	4:51.94 _____
6	Hall, Emily	13	Warrington W	4:53.90 _____
7	Dwyfor-Clark, Efa	14	Swim Gwynedd	4:55.40 _____
8	Duce, Charlie	14	Modernian	4:56.35 _____

Heat 6 of 6 Finals

1	Evans, Gwenllian	14	Co Cardiff	4:49.30 _____
2	Ingram, Olivia	15	Co Cardiff	4:47.48 _____
3	Sherrard, Emme	14	Torfaen D	4:45.10 _____
4	Hatton-Ellis, Isabelle	15	Swansea Aq	4:42.20 _____
5	Day, Hannah	15	Co Cardiff	4:43.80 _____
6	O'Mahoney, Kaitlin	15	Neath	4:47.00 _____
7	Humphreys, Ffion	15	Swim Gwynedd	4:48.40 _____
8	King, Marley	15	Penyrheol	4:51.30 _____