

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

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Event 101 Men 16 & Over 200 LC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Prelims				
1				___
2				___
3	James, Ioan	16	Bridgend Cty	2:11.92 ___
4	Bebb, Lewis	16	Newtown	2:11.00 ___
5	Fletcher, Owen	16	Pembs Cty	2:11.70 ___
6				___
7				___
8				___
Heat 2 of 6 Prelims				
1	Winstone, Evan	17	Co Cardiff	2:10.00 ___
2	Thomas, Shay	17	Conwy	2:08.60 ___
3	Upton-Boorman, Liam	16	Nofio S Gar	2:08.20 ___
4	Carver, Wil	17	Swansea Aq	2:07.71 ___
5	McLain, Archie	17	Torfaen D	2:07.90 ___
6	Vaughan, William	16	Rct Squad	2:08.20 ___
7	Leckonby, Dairhys	17	Penyrheol	2:09.19 ___
8	Adam-Munar, Noah	16	Co Cardiff	2:10.90 ___
Heat 3 of 6 Prelims				
1	Pugh, Morgan	16	Torfaen D	2:07.15 ___
2	Morgan, Lewis	16	Bridgend Cty	2:06.30 ___
3	Southwood, Charlie	16	Torfaen D	2:03.20 ___
4	Davies, Anthony	18	Mt Kelly	2:01.59 ___
5	Burns, Harry	18	Co Cardiff	2:01.60 ___
6	McGuinness, Charlie	17	Torfaen D	2:05.40 ___
7	Taylor, Adam	18	Wrexham	2:06.40 ___
8	Sheppard, Rhydian	16	Co Cardiff	2:07.50 ___
Heat 4 of 6 Prelims				
1	Wells, Oliver	17	Swansea Aq	2:00.30 ___
2	Lee, Ethan	17	Co Cardiff	1:57.90 ___
3	Beamer, Thomas	21	Swansea Uni	1:55.95 ___
4	James, Tristyn	17	Bridgend Cty	1:53.60 ___
5	Speakman, Zach	21	UniOfStirl	1:54.88 ___
6	Merriman, Ben	18	Co Cardiff	1:57.35 ___
7	Davies, Evan	17	Co Cardiff	1:58.90 ___
8	Roberts, Harrison	18	Nofio Clwyd	2:01.40 ___
Heat 5 of 6 Prelims				
1	Jenkins, Richard	17	Millfield	2:00.10 ___
2	Lee, Tristan	17	Co Cardiff	1:57.50 ___
3	Rodriguez, Antonio	19	Swansea Uni	1:55.74 ___
4	O'Brien, Joshua	18	Co Cardiff	1:52.22 ___
5	Elkin, Max	19	Swansea Uni	1:54.30 ___
6	Raw, James	16	Swansea Aq	1:57.18 ___
7	Gillett, Oliver	16	Swansea Aq	1:58.72 ___
8	Prysor, Sami	16	Pembs Cty	2:01.39 ___
Heat 6 of 6 Prelims				
1	Hughes, Cian	18	Co Cardiff	2:00.04 ___
2	Burton, Luke	20	Swansea Uni	1:57.40 ___
3	Geysen-Holley, Max	18	Co Cardiff	1:55.03 ___
4	Williams, Josh	21	Swansea Uni	1:49.80 ___
5	Gallagher, Dylan	20	Swansea Uni	1:54.00 ___
6	Raffill, Daniel	20	Swansea Uni	1:56.90 ___
7	#Broom, Dylan	21	Torfaen D	1:58.02 ___
8	Gallagher, Reagan	17	TauntonDeane	2:00.57 ___

Event 102 Women 16 & Over 200 LC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims				
1	Hellfeld, Beatrix	16	Nofio Bangor	2:20.10 ___
2	Evans, Emilia	16	Millfield	2:19.13 ___
3	Chayka, Sofia	17	Swansea Aq	2:17.58 ___
4	Tree, Charlotte	19	Swansea Uni	2:15.10 ___
5	Evans, Mali	16	Swansea Aq	2:17.50 ___
6	Underwood, Molly	16	Co Coventry	2:18.40 ___
7	Phillips, Ruby	16	Co Cardiff	2:19.60 ___
8	%Webb, Saskia S14	16	Pembs Cty	2:26.49 ___
Heat 2 of 4 Prelims				
1	Hammond, Katie	20	Co Cambridge	2:12.90 ___
2	Roberts, Catherine Elin	20	Swansea Uni	2:09.40 ___
3	Forwood, Emily	19	Mt Kelly	2:07.60 ___
4	Beynon, Annaliese	23	Co Cardiff	2:05.60 ___
5	Broder, Libby	17	Co Cardiff	2:07.30 ___
6	Croke, Carys	16	Torfaen D	2:08.70 ___
7	Evans, Lili	16	Co Newport	2:11.00 ___
8	Jones, Lucy	16	Co Newport	2:14.80 ___
Heat 3 of 4 Prelims				
1	Roberts, Megan	16	Wrexham	2:11.80 ___
2	Woodhall, Alana	16	TigersJersey	2:09.10 ___
3	Rathbone-Jones, Eloise	19	Co Cardiff	2:07.40 ___
4	Dickinson, Jessica	18	Swansea Uni	2:05.16 ___
5	Domican, Rosie	19	Co Cardiff	2:07.18 ___
6	Sharp, Laura	21	Swansea Uni	2:08.03 ___
7	Lloyd, Ruby	18	Swansea Uni	2:10.65 ___
8	Gruffydd, Mali	16	Co Cardiff	2:14.80 ___
Heat 4 of 4 Prelims				
1	Fox, Honor	16	Co Cardiff	2:11.00 ___
2	Stokes, Aimee	19	Swansea Uni	2:08.90 ___
3	John, Emilia	16	Co Cardiff	2:07.36 ___
4	Davies, Sophie	16	Co Cardiff	2:04.20 ___
5	Major, Scarlet	20	Swansea Uni	2:06.99 ___
6	Patterson, Millie	17	Swansea Aq	2:07.80 ___
7	Linton, Sophie	20	Swansea Uni	2:10.30 ___
8	Mustoe, Lili-May	21	Swansea Uni	2:12.92 ___
Event 103 Men 16 & Over 50 LC Meter Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Prelims				
1				___
2				___
3	Cressey-Rodgers, Huw	16	Nofio S Gar	35.80 ___
4	Bird, Charles	16	Chirk	35.50 ___
5	Szwarnog, Filip	16	Conwy	35.50 ___
6				___
7				___
8				___
Heat 2 of 6 Prelims				
1				___
2	McGuinness, Charlie	17	Torfaen D	34.90 ___
3	Lee, Aeron	18	Wrexham	34.40 ___
4	Baker, Ellis	17	Caradon	34.00 ___
5	Pugh, Morgan	16	Torfaen D	34.20 ___
6	Clarke, Henry	16	Swansea Aq	34.54 ___
7	West, Zac	17	Pembs Cty	34.90 ___
8				___

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

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Heat 3 Prelims (#103 Men 16 & Over 50 LC Meter Breaststroke)

1	Williams, Ralph	17	Nofio Clwyd	33.90	_____
2	Winstone, Evan	17	Co Cardiff	33.61	_____
3	Darbey, Rhys	16	Nofio Clwyd	33.50	_____
4	Edwards, Samuel	17	Neath	33.30	_____
5	Swinton, Christopher	17	Swansea Aq	33.50	_____
6	Knowles, Elis	18	Leatherhead	33.60	_____
7	Caddy, Alexander	16	Caradon	33.76	_____
8	Ardern, James	16	Pembs Cty	34.00	_____

Heat 4 of 6 Prelims

1	Ellis, Kristian	21	Wrexham	32.80	_____
2	Senior, Jack	19	Nofio Bangor	32.12	_____
3	Anderson, Maxwell	18	Co Cardiff	30.60	_____
4	Larkin, Ryan	22	Swansea Uni	29.70	_____
5	George, Cian	17	Swansea Aq	30.30	_____
6	Lovell-Pascal, Jean-Luc	18	Holywell	31.13	_____
7	Lee, Jason	20	Swansea Uni	32.50	_____
8	Edwards, Jamie	16	Nofio Clwyd	33.20	_____

Heat 5 of 6 Prelims

1	Davies, Evan	17	Co Cardiff	32.60	_____
2	Sheppard, Rhydian	16	Co Cardiff	32.00	_____
3	Halliwel, Thomas	19	Swansea Uni	30.49	_____
4	Jones, Carwyn	17	Co Cardiff	29.65	_____
5	Bools, Dominic	20	Repton	30.12	_____
6	Gallagher, Reagan	17	TauntonDeane	31.10	_____
7	Preece, Toby	16	Torfaen D	32.40	_____
8	Young, Alexander	16	Nofio Clwyd	33.00	_____

Heat 6 of 6 Prelims

1	Jenkins, Richard	17	Millfield	32.50	_____
2	Longworth, Ellis	17	Conwy	31.80	_____
3	Park, James	19	Swansea Uni	30.41	_____
4	Panaretos, Panayiotis	21	Swansea Uni	28.17	_____
5	Elkin, Max	19	Swansea Uni	29.88	_____
6	Minshull, Callum	19	Swansea Uni	30.69	_____
7	Williams, Thomas	16	Guildford Ct	32.30	_____
8	Job, Kyle	25	Penyrheol	32.98	_____

Event 104 Women 16 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1					_____
2					_____
3	%Jones, Lucy SB9	16	Newtown/1, 3, 5	43.00	_____
4	Williams, Hollie	16	Nofio S Gar	38.70	_____
5	Fox, Honor	16	Co Cardiff	39.02	_____
6					_____
7					_____
8					_____

Heat 2 of 6 Prelims

1					_____
2	Roberts, Megan	16	Wrexham	38.62	_____
3	Robinson, Carys	16	Co Cardiff	38.20	_____
4	Lewis, Cara	16	Bridgend SC	38.00	_____
5	Daly, Kirsten	17	Bridgend Cty	38.07	_____
6	Shute, Olivia	17	Caradon	38.57	_____
7	Hale, Gemma	16	Swansea Aq	38.70	_____
8					_____

Heat 3 of 6 Prelims

1	John, Holly	16	Pembs Cty	37.90	_____
2	Walker, Carys	17	Plymouth Lea	37.70	_____
3	O Callaghan, Faye	18	Co Cardiff	37.61	_____
4	Sweeney, Jessica	18	Co Newport	37.44	_____
5	Cressey-Rodgers, Deryn	20	Nofio S Gar	37.60	_____
6	Stenson, Isabella	16	Cirencester	37.65	_____
7	Worthington, Heather	17	Chirk	37.90	_____
8	Briggs, Bailey	16	Heads Valley	37.94	_____

Heat 4 of 6 Prelims

1	Rimmer, Kaitlin	20	Nofio Clwyd	36.44	_____
2	Mathias, Ffion	16	Swansea Aq	35.70	_____
3	Hallett, Isabel	20	Co Bristol	35.07	_____
4	Payne, Sophie	21	Swansea Uni	33.66	_____
5	Crowley, Amy	18	Co Cardiff	34.43	_____
6	Mustoe, Lili-May	21	Swansea Uni	35.40	_____
7	Welsby, Lily-May	16	Aberystwyth	36.20	_____
8	White, Eleanor	17	Pembs Cty	37.41	_____

Heat 5 of 6 Prelims

1	Phillips, Rhianna	18	Nofio S Gar	36.40	_____
2	Nowell, Gabriella	18	Torfaen D	35.64	_____
3	Phillips, Erin	17	Swansea Aq	35.00	_____
4	Bissicks, Ella	16	Swansea Aq	33.40	_____
5	Dunglison, Kate	17	Co Cardiff	34.03	_____
6	Shute, Hollie	16	Caradon	35.33	_____
7	Morgan, Isabel	19	Co Cardiff	36.15	_____
8	Lewis, Rachael	19	Pembs Cty	36.62	_____

Heat 6 of 6 Prelims

1	Minogue, Ella	20	Swansea Uni	36.23	_____
2	Enoch, Megan-Jane	16	Torfaen D	35.47	_____
3	Gorman, Helen	51	Co Cardiff	34.79	_____
4	Martin, Molly	20	Buckley	33.17	_____
5	Jones, Cadi	18	Swim Gwynedd	33.70	_____
6	Rees, Katie	25	Swansea Uni	35.20	_____
7	Treharne, Lara	16	Co Peterboro	36.03	_____
8	Salmon, Gwen	16	Rct Squad	36.60	_____

Event 105 Men 16 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	Bebb, Lewis	16	Newtown	1:07.00	_____
2	West, Zac	17	Pembs Cty	1:02.80	_____
3	John, Finlay	17	Bridgend Cty	59.80	_____
4	Mougis, Sofoklis	21	Swansea Uni	56.90	_____
5	Fox-Wiltshire, Benjamin	18	Co Cardiff	59.10	_____
6	Southwood, Charlie	16	Torfaen D	1:01.10	_____
7	Jenkins, Richard	17	Millfield	1:03.90	_____
8					_____

Heat 2 of 3 Prelims

1	Williams, Thomas	16	Guildford Ct	1:06.63	_____
2	Cressey-Rodgers, Ioan	18	Nofio S Gar	1:02.30	_____
3	James, Tristyn	17	Bridgend Cty	59.22	_____
4	Knight, Jack	20	Co Cardiff	56.30	_____
5	Nikolaou, Antonio	20	Swansea Uni	58.78	_____
6	Blackwell, Ieuan	19	Co Cambridge	1:00.40	_____
7	Young, Alexander	16	Nofio Clwyd	1:03.44	_____
8					_____

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

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Heat 3 Prelims (#105 Men 16 & Over 100 LC Meter Backstroke)

1	Upton-Boorman, Liam	16	Nofio S Gar	1:06.20	_____
2	Burns, Harry	18	Co Cardiff	1:01.10	_____
3	Rodriguez, Antonio	19	Swansea Uni	59.20	_____
4	Turner, Harry	24	Swansea Uni	54.40	_____
5	Edwards, Kaden	19	Co Cardiff	58.71	_____
6	Lee, Ethan	17	Co Cardiff	1:00.30	_____
7	Taylor, Adam	18	Wrexham	1:03.00	_____
8					_____

Event 106 Women 16 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1					_____
2					_____
3	%Jones, Lucy S9	16	Newtown/1, 3, 5	1:23.80	_____
4	%Rice, Lily S8	19	Pembs Cty/A, 12+	1:22.32	_____
5	%Lewis, Rebecca S10	20	Rct Squad/3, 5, 12+	1:23.22	_____
6	%Butt, Chloe S9	29	Caerphilly/A, 9	1:32.95	_____
7					_____
8					_____

Heat 2 of 5 Prelims

1	Gruffydd, Mali	16	Co Cardiff	1:12.40	_____
2	Willmore, Isabella	17	Co Newport	1:11.90	_____
3	Evans, Mali	16	Swansea Aq	1:11.00	_____
4	O Callaghan, Faye	18	Co Cardiff	1:10.80	_____
5	Bailey-Jones, Nia	18	Truro City	1:10.90	_____
6	Hellfeld, Matilda	17	Nofio Bangor	1:11.80	_____
7	Thomas, Ffion	16	Bridgend Cty	1:12.30	_____
8	%Willis, Meghan S10	16	Torfaen D/1, 3, 5	1:20.70	_____

Heat 3 of 5 Prelims

1	Hammond, Lauren	18	Co Cambridge	1:10.00	_____
2	Fox, Honor	16	Co Cardiff	1:07.90	_____
3	John, Emilia	16	Co Cardiff	1:07.10	_____
4	Jones, Bea	17	Co Newport	1:05.50	_____
5	Domican, Rosie	19	Co Cardiff	1:07.00	_____
6	Evans, Lili	16	Co Newport	1:07.50	_____
7	Evans, Bethan	18	Neath	1:08.70	_____
8	Grigg-Williams, Chloe	20	Penyrheol	1:10.60	_____

Heat 4 of 5 Prelims

1	Evans, Caitlin	19	Swansea Aq	1:09.80	_____
2	Rathbone-Jones, Eloise	19	Co Cardiff	1:07.70	_____
3	Dallolio, Katey	19	Nofio Clwyd	1:07.10	_____
4	Bamborough, Katie	19	Co Cardiff	1:04.80	_____
5	Broder, Libby	17	Co Cardiff	1:06.10	_____
6	Williams, Emily-Grace	19	Swansea Uni	1:07.50	_____
7	Keepings, Charlotte	17	Co Newport	1:08.60	_____
8	Smart, Charlotte	16	Swansea Aq	1:10.40	_____

Heat 5 of 5 Prelims

1	Salmon, Gwen	16	Rct Squad	1:09.00	_____
2	Donovan, Kelsey	18	Co Cardiff	1:07.57	_____
3	Leggott, Holly	21	Swansea Uni	1:07.00	_____
4	Patterson, Millie	17	Swansea Aq	1:04.60	_____
5	Butcher, Katherine	19	Swansea Uni	1:05.80	_____
6	Nowell, Gabriella	18	Torfaen D	1:07.40	_____
7	Croke, Carys	16	Torfaen D	1:08.10	_____
8	Shute, Olivia	17	Caradon	1:10.25	_____

Event 107 Men 16 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1					_____
2					_____
3	George, Cian	17	Swansea Aq	1:04.80	_____
4	Pugh, Morgan	16	Torfaen D	1:04.70	_____
5	Bloomer, Ryan	17	Halesowen	1:04.70	_____
6					_____
7					_____
8					_____

Heat 2 of 4 Prelims

1	Bebb, Lewis	16	Newtown	1:03.70	_____
2	Wells, Oliver	17	Swansea Aq	1:01.10	_____
3	Cressey-Rodgers, Ioan	18	Nofio S Gar	59.81	_____
4	James, Harley	18	Co Cardiff	56.86	_____
5	Lee, Ethan	17	Co Cardiff	58.70	_____
6	McCarthy, Samuel	18	Co Cardiff	1:00.90	_____
7	Stefanski, Oskar	22	Swansea Uni	1:01.91	_____
8					_____

Heat 3 of 4 Prelims

1	Thomas, Rhys	18	Swansea Aq	1:02.70	_____
2	Fowler, Joseph	17	Mt Kelly	1:01.00	_____
3	Ellis, Kristian	21	Wrexham	59.80	_____
4	Gallagher, Dylan	20	Swansea Uni	55.18	_____
5	Burton, Luke	20	Swansea Uni	57.80	_____
6	Edwards, Dion	16	Swim Gwynedd	1:00.28	_____
7	Lovell-Pascal, Jean-Luc	18	Holywell	1:01.89	_____
8	Harvey, Daniel	17	Ruthin	1:04.39	_____

Heat 4 of 4 Prelims

1	Gillett, Oliver	16	Swansea Aq	1:02.05	_____
2	Darbey, Rhys	16	Nofio Clwyd	1:00.95	_____
3	Prysor, Sami	16	Pembs Cty	59.80	_____
4	Rodriguez, Antonio	19	Swansea Uni	55.08	_____
5	James, Tristyn	17	Bridgend Cty	57.45	_____
6	Davies, Evan	17	Co Cardiff	59.90	_____
7	Gallagher, Reagan	17	TauntonDeane	1:01.25	_____
8	Williams, Thomas	16	Guildford Ct	1:04.37	_____

Event 108 Women 16 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1	%Willis, Meghan S10	16	Torfaen D/1, 3, 5	1:19.27	_____
2	%Webb, Saskia S14	16	Pembs Cty	1:14.41	_____
3	Shute, Hollie	16	Caradon	1:12.50	_____
4	White, Eleanor	17	Pembs Cty	1:11.40	_____
5	Brassington, Lucy	16	Co Cardiff	1:11.50	_____
6	Evans, Emilia	16	Millfield	1:12.50	_____
7	%Lewis, Rebecca S10	20	Rct Squad/3, 5, 12+	1:18.93	_____
8	%Rice, Lily S8	19	Pembs Cty/A, 12+	1:37.08	_____

Heat 2 of 5 Prelims

1	Underwood, Molly	16	Co Coventry	1:10.30	_____
2	Chesworth, Lottie	17	Barnstaple	1:09.92	_____
3	Hammond, Lauren	18	Co Cambridge	1:09.30	_____
4	Chayka, Sofia	17	Swansea Aq	1:08.94	_____
5	Grant, Lucy	16	Co Newport	1:09.16	_____
6	Lewis, Rachael	19	Pembs Cty	1:09.80	_____
7	Goodliffe, Faith	23	C Dolphins	1:09.98	_____
8	Cust, Ciara	16	Conwy	1:11.20	_____

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

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Heat 3 Prelims (#108 Women 16 & Over 100 LC Meter Butterfly)

1	Davies, Abigail	18	Bridgend Cty	1:08.30	_____
2	Melbourne-Smith, G	20	Swansea Uni	1:06.20	_____
3	Cross, Jessica	22	Swansea Uni	1:05.10	_____
4	Dickinson, Jessica	18	Swansea Uni	1:03.23	_____
5	Pease, Georgia	21	Swansea Uni	1:04.30	_____
6	Johnson, Charlotte	20	Swansea Uni	1:05.58	_____
7	Croke, Carys	16	Torfaen D	1:07.20	_____
8	Davis, Bethan	18	Frome	1:08.63	_____

Heat 4 of 5 Prelims

1	O Callaghan, Faye	18	Co Cardiff	1:07.58	_____
2	Lewis, Lowri	17	Neath	1:05.98	_____
3	Williams-Jones, Phoebe	17	Co Cardiff	1:04.60	_____
4	Roberts, Catherine Elin	20	Swansea Uni	1:02.90	_____
5	Dunglinson, Kate	17	Co Cardiff	1:04.00	_____
6	Morgan, Isabel	19	Co Cardiff	1:05.10	_____
7	Donovan, Kelsey	18	Co Cardiff	1:06.70	_____
8	Adams, Jaimee	17	Co Cardiff	1:08.60	_____

Heat 5 of 5 Prelims

1	Hammond, Katie	20	Co Cambridge	1:07.33	_____
2	Jones, Isabella	18	Nofio S Gar	1:05.72	_____
3	Rathbone-Jones, Eloise	19	Co Cardiff	1:04.42	_____
4	Tanir, Duru	21	Co Cardiff	1:02.60	_____
5	Green, Jennifer	20	Swansea Uni	1:03.39	_____
6	Treharne, Lara	16	Co Peterboro	1:05.10	_____
7	Cull, Harriett	16	Co Cardiff	1:06.40	_____
8	Rogers, Mollie	20	Wrexham	1:08.30	_____

Heat 2 of 2 Finals

1	Faulkner, Marie	18	Co Cardiff	5:27.20	_____
2	Rogers, Mollie	20	Wrexham	5:16.20	_____
3	Brassington, Sophie	17	Co Cardiff	5:06.90	_____
4	Green, Jennifer	20	Swansea Uni	4:58.30	_____
5	Sharp, Laura	21	Swansea Uni	5:03.78	_____
6	Bissicks, Ella	16	Swansea Aq	5:07.90	_____
7	Cull, Harriett	16	Co Cardiff	5:19.60	_____
8	Mathias, Ffion	16	Swansea Aq	5:31.60	_____

Event 109 Men 16 & Over 400 LC Meter IM (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1	Thomas, Shay	17	Conwy	5:09.00	_____
2	McLain, Archie	17	Torfaen D	5:07.00	_____
3	Knowles, Elis	18	Leatherhead	4:55.40	_____
4	Gallagher, Reagan	17	TauntonDeane	4:48.90	_____
5	Ellis-Sixsmith, Ethan	20	Co Sheffield	4:49.53	_____
6	Lovell-Pascal, Jean-Luc	18	Holywell	4:57.00	_____
7	Evans, Ieuan	16	Conwy	5:08.50	_____
8	Cressey-Rodgers, Huw	16	Nofio S Gar	5:12.00	_____

Heat 2 of 2 Finals

1	Neaves, Archie	18	Swansea Aq	4:47.20	_____
2	Lee, Tristan	17	Co Cardiff	4:38.10	_____
3	Armon, Jacob	20	Swansea Uni	4:37.30	_____
4	Edwards, Kaden	19	Co Cardiff	4:22.83	_____
5	Arch, Rhydian	18	Co Cardiff	4:35.30	_____
6	Fox-Wiltshire, Benjamin	18	Co Cardiff	4:37.30	_____
7	Wright, Ethan	21	Nofio Bangor	4:41.86	_____
8	Senior, Jack	19	Nofio Bangor	4:47.69	_____

Event 110 Women 16 & Over 400 LC Meter IM (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1					_____
2					_____
3	Evans, Emilia	16	Millfield	5:35.65	_____
4	Cust, Ciara	16	Conwy	5:33.00	_____
5	Hale, Gemma	16	Swansea Aq	5:34.90	_____
6	Hellfeld, Matilda	17	Nofio Bangor	5:36.10	_____
7					_____
8					_____