

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

Meet Program - Session 7 (Warmup 8.00 - 8.50)

Event 301 Women 16 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 7 Prelims

1				—
2				—
3	%Rice, Lily SM8	19	Pembs Cty/A, 12+	3:11.51
4	%Jones, Lucy SM9	16	Newtown/1, 3, 5	3:03.00
5	%Letton-Jones, Ela SM13	17	Swim Gwynedd	3:05.29
6				—
7				—
8				—

Heat 2 of 7 Prelims

1	%Webb, Saskia SM14	16	Pembs Cty	3:02.94
2	%Willis, Meghan SM10	16	Torfaen D/1, 3, 5	2:44.52
3	Enoch, Megan-Jane	16	Torfaen D	2:41.40
4	Evans, Emilia	16	Millfield	2:40.94
5	Hellfeld, Beatrix	16	Nofio Bangor	2:41.20
6	David, Isabelle	16	Swansea Aq	2:42.00
7	%Lewis, Rebecca SM10	20	Rct Squad/3, 5, 12+	2:54.07
8				—

Heat 3 of 7 Prelims

1	Smart, Charlotte	16	Swansea Aq	2:40.40
2	Stenson, Isabella	16	Cirencester	2:38.30
3	Phillips, Rhianna	18	Nofio S Gar	2:36.40
4	Hammond, Lauren	18	Co Cambridge	2:36.10
5	Hellfeld, Matilda	17	Nofio Bangor	2:36.30
6	Hale, Gemma	16	Swansea Aq	2:37.60
7	Lemon, Imogen	16	Buckley	2:39.80
8	Phillips, Ruby	16	Co Cardiff	2:40.80

Heat 4 of 7 Prelims

1	Gruffydd, Mali	16	Co Cardiff	2:35.10
2	Gillett, Keira	18	Swansea Aq	2:34.60
3	Faulkner, Marie	18	Co Cardiff	2:34.40
4	Underwood, Molly	16	Co Coventry	2:33.70
5	Roberts, Megan	16	Wrexham	2:34.20
6	Marshall, Polly	18	Co Newport	2:34.48
7	Bevan, Olivia	18	Newbury	2:34.70
8	Cressey-Rodgers, Deryn	20	Nofio S Gar	2:35.10

Heat 5 of 7 Prelims

1	Tree, Charlotte	19	Swansea Uni	2:31.40
2	Lewis, Lowri	17	Neath	2:29.00
3	Davies, Sophie	16	Co Cardiff	2:23.70
4	Marshall, Holly	17	Repton	2:21.60
5	Patterson, Millie	17	Swansea Aq	2:22.60
6	Brassington, Sophie	17	Co Cardiff	2:24.90
7	O Callaghan, Faye	18	Co Cardiff	2:31.00
8	Nowell, Gabriella	18	Torfaen D	2:31.90

Heat 6 of 7 Prelims

1	Rogers, Mollie	20	Wrexham	2:31.20
2	Mustoe, Lili-May	21	Swansea Uni	2:28.40
3	Roberts, Catherine Elin	20	Swansea Uni	2:23.20
4	Green, Jennifer	20	Swansea Uni	2:21.60
5	Rathbone-Jones, Eloise	19	Co Cardiff	2:22.20
6	Croke, Carys	16	Torfaen D	2:24.50
7	Evans, Lili	16	Co Newport	2:30.60
8	Crowley, Amy	18	Co Cardiff	2:31.90

Heat 7 of 7 Prelims

1	Hammond, Katie	20	Co Cambridge	2:31.00
2	Jones, Cadi	18	Swim Gwynedd	2:27.50
3	Sharp, Laura	21	Swansea Uni	2:22.86
4	Major, Scarlet	20	Swansea Uni	2:15.86
5	Dunglinson, Kate	17	Co Cardiff	2:21.70
6	Williams-Jones, Phoebe	17	Co Cardiff	2:24.10
7	Bissicks, Ella	16	Swansea Aq	2:29.30
8	Cull, Harriett	16	Co Cardiff	2:31.70

Event 302 Men 16 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 9 Prelims

1				—
2				—
3	Fletcher, Owen	16	Pembs Cty	28.10
4	Lloyd-Roberts, Rhys	16	Milford Havn	27.90
5	Jasinski, Hubert	16	Co Newport	28.04
6	Hardy, Dewi	16	Wrexham	28.10
7				—
8				—

Heat 2 of 9 Prelims

1	Ferguson, Flynn	16	Neath	27.80
2	Pritchard, William	16	Ruthin	27.70
3	James, Ioan	16	Bridgend Cty	27.70
4	Bloomer, Ryan	17	Halesowen	27.70
5	McLain, Archie	17	Torfaen D	27.70
6	Divers, Connor	16	Co Cardiff	27.70
7	Bie, Addison	16	Connahs Quay	27.70
8	Davies, Gavin	16	Co Newport	27.90

Heat 3 of 9 Prelims

1	Baker, Ellis	17	Caradon	27.60
2	Carver, Wil	17	Swansea Aq	27.49
3	West, Zac	17	Pembs Cty	27.40
4	Caddy, Alexander	16	Caradon	27.31
5	McGuinness, Charlie	17	Torfaen D	27.40
6	Williams, Thomas	16	Guildford Ct	27.40
7	Morgan, Lewis	16	Bridgend Cty	27.60
8	Swinton, Christopher	17	Swansea Aq	27.68

Heat 4 of 9 Prelims

1	Grant, William	18	Ruthin	27.10
2	Upton-Boorman, Liam	16	Nofio S Gar	26.90
3	Fowler, Joseph	17	Mt Kelly	26.80
4	Thomas, Shay	17	Conwy	26.80
5	Bebb, Lewis	16	Newtown	26.80
6	Steven, Adam	17	Co Newport	26.80
7	Whittaker, Daniel	17	Bridgend Cty	27.00
8	Longworth, Ellis	17	Conwy	27.20

Heat 5 of 9 Prelims

1	Ingram, James	18	Heads Valley	26.70
2	Harvey, Daniel	17	Ruthin	26.46
3	Cressey-Rodgers, Ioan	18	Nofio S Gar	26.20
4	Darbey, Rhys	16	Nofio Clwyd	26.20
5	Edwards, Samuel	17	Neath	26.20
6	Pugh, Morgan	16	Torfaen D	26.45
7	Devin, Aaron	16	Nofio Clwyd	26.70
8	Senior, Jack	19	Nofio Bangor	26.72

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

Meet Program - Session 7 (Warmup 8.00 - 8.50)

Heat 6 Prelims (#302 Men 16 & Over 50 LC Meter Freestyle)

1	Vaughan, William	16	Rct Squad	26.17	_____
2	Lee, Jason	20	Swansea Uni	26.03	_____
3	George, Cian	17	Swansea Aq	25.84	_____
4	Leckonby, Dairhys	17	Penyrheol	25.80	_____
5	Green, Alex	18	Brockworth	25.80	_____
6	Preece, Toby	16	Torfaen D	25.87	_____
7	Ardern, James	16	Pembs Cty	26.09	_____
8	Edwards, Dion	16	Swim Gwynedd	26.18	_____

Heat 7 of 9 Prelims

1	Thomas, Rhys	18	Swansea Aq	25.59	_____
2	Lee, Tristan	17	Co Cardiff	25.00	_____
3	Geysen-Holley, Max	18	Co Cardiff	24.49	_____
4	Park, James	19	Swansea Uni	23.83	_____
5	Rodriguez, Antonio	19	Swansea Uni	24.39	_____
6	Davies, Evan	17	Co Cardiff	24.80	_____
7	#Broom, Dylan	21	Torfaen D	25.28	_____
8	Gillett, Oliver	16	Swansea Aq	25.72	_____

Heat 8 of 9 Prelims

1	Wells, Oliver	17	Swansea Aq	25.59	_____
2	Greenway, Morgan	20	Swansea Uni	25.00	_____
3	McCarthy, Samuel	18	Co Cardiff	24.43	_____
4	Williams, Solomon	18	Millfield	23.77	_____
5	Jones, Carwyn	17	Co Cardiff	24.19	_____
6	Raffill, Daniel	20	Swansea Uni	24.70	_____
7	Young, Alexander	16	Nofio Clwyd	25.10	_____
8	Southwood, Charlie	16	Torfaen D	25.70	_____

Heat 9 of 9 Prelims

1	Roberts, Harrison	18	Nofio Clwyd	25.50	_____
2	Jenkins, Richard	17	Millfield	24.99	_____
3	Lee, Ethan	17	Co Cardiff	24.42	_____
4	Larkin, Ryan	22	Swansea Uni	23.62	_____
5	Crew, Sam	21	Swansea Uni	24.14	_____
6	James, Harley	18	Co Cardiff	24.49	_____
7	Cusselle, Ben	20	Swansea Uni	25.03	_____
8	Ellis, Kristian	21	Wrexham	25.60	_____

Event 303 Women 16 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 8 Prelims

1	%Butt, Chloe S9	29	Caerphilly/A, 9	35.90	_____
2	%Letton-Jones, Ela S13	17	Swim Gwynedd	33.41	_____
3	Evans, Emilia	16	Millfield	30.30	_____
4	David, Isabelle	16	Swansea Aq	30.19	_____
5	Hellfeld, Beatrix	16	Nofio Bangor	30.30	_____
6	Phillips, Ruby	16	Co Cardiff	30.30	_____
7	%Abell, Eve S10	16	Neath/12,+	35.20	_____
8					_____

Heat 2 of 8 Prelims

1	Enoch, Megan-Jane	16	Torfaen D	30.10	_____
2	Richardson, Maizie	17	Conwy	29.90	_____
3	Welsby, Lily-May	16	Aberystwyth	29.67	_____
4	Lemon, Imogen	16	Buckley	29.53	_____
5	Willmore, Isabella	17	Co Newport	29.60	_____
6	Thomas, Ffion	16	Bridgend Cty	29.80	_____
7	Smart, Charlotte	16	Swansea Aq	30.02	_____
8	Williams, Hollie	16	Nofio S Gar	30.10	_____

Heat 3 of 8 Prelims

1	Bailey-Jones, Nia	18	Truro City	29.46	_____
2	Marshall, Polly	18	Co Newport	29.40	_____
3	Hellfeld, Matilda	17	Nofio Bangor	29.30	_____
4	Evans, Caitlin	19	Swansea Aq	29.25	_____
5	Goodliffe, Faith	23	C Dolphins	29.27	_____
6	Fox, Imogen	18	Co Cardiff	29.40	_____
7	Vincent, Caitlyn	17	Rct Squad	29.44	_____
8	John, Holly	16	Pembs Cty	29.49	_____

Heat 4 of 8 Prelims

1	Lewis, Hollie	16	Bridgend SC	29.20	_____
2	Cranch, Molly	20	Swansea Uni	29.12	_____
3	Williams, Emily-Grace	19	Swansea Uni	29.10	_____
4	Grant, Lucy	16	Co Newport	29.00	_____
5	Mathias, Ffion	16	Swansea Aq	29.10	_____
6	Evans, Mali	16	Swansea Aq	29.11	_____
7	Nowell, Gabriella	18	Torfaen D	29.20	_____
8	Chesworth, Lottie	17	Barnstaple	29.25	_____

Heat 5 of 8 Prelims

1	Clissold, Elizabeth	17	Pembs Cty	28.93	_____
2	Bevan, Olivia	18	Newbury	28.79	_____
3	Jones, Cadi	18	Swim Gwynedd	28.70	_____
4	Taylor, Phoebe	17	Cinderford	28.58	_____
5	White, Eleanor	17	Pembs Cty	28.59	_____
6	Keepings, Charlotte	17	Co Newport	28.70	_____
7	Lewis, Rachael	19	Pembs Cty	28.86	_____
8	Millar, Connie	16	Bridgend Cty	28.98	_____

Heat 6 of 8 Prelims

1	Marchant, Rhiannon	19	Rct Squad	28.30	_____
2	Stokes, Aimee	19	Swansea Uni	27.99	_____
3	Donovan, Kelsey	18	Co Cardiff	27.62	_____
4	Jones, Isabella	18	Nofio S Gar	27.08	_____
5	Merchant, Anna-Rose	16	Bridgend Cty	27.20	_____
6	Croke, Carys	16	Torfaen D	27.89	_____
7	Chayka, Sofia	17	Swansea Aq	28.18	_____
8	Butcher, Katherine	19	Swansea Uni	28.56	_____

Heat 7 of 8 Prelims

1	Evans, Lili	16	Co Newport	28.20	_____
2	Dunglison, Kate	17	Co Cardiff	27.90	_____
3	Cambrook, Caitlin	20	Swansea Uni	27.37	_____
4	Beynon, Annaliese	23	Co Cardiff	26.60	_____
5	Davies, Sophie	16	Co Cardiff	27.13	_____
6	Lush, Emily	21	Swansea Uni	27.84	_____
7	Linton, Sophie	20	Swansea Uni	28.13	_____
8	Lewis, Lowri	17	Neath	28.56	_____

Heat 8 of 8 Prelims

1	Leggott, Holly	21	Swansea Uni	28.20	_____
2	Martin, Molly	20	Buckley	27.90	_____
3	Tanir, Duru	21	Co Cardiff	27.28	_____
4	Broder, Libby	17	Co Cardiff	26.51	_____
5	Graville, Carys	18	Co Cardiff	27.12	_____
6	Domican, Rosie	19	Co Cardiff	27.73	_____
7	Offside, Poppy	16	Torfaen D	28.12	_____
8	Melbourne-Smith, G	20	Swansea Uni	28.30	_____

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

Meet Program - Session 7 (Warmup 8.00 - 8.50)

Event 304 Men 16 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Prelims				
1	Edwards, Dion	16	Swim Gwynedd	2:19.10
2	Wright, Ethan	21	Nofio Bangor	2:11.34
3	Burton, Luke	20	Swansea Uni	2:04.50
4	Rodriguez, Antonio	19	Swansea Uni	1:59.90
5	Edwards, Rhys	21	Swansea Uni	2:00.73
6	Arch, Rhydian	18	Co Cardiff	2:08.40
7	Prysor, Sami	16	Pembs Cty	2:13.40
8	Bebb, Lewis	16	Newtown	2:23.40

Event 305 Women 16 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims				
1				
2	Brassington, Lucy	16	Co Cardiff	2:35.60
3	Cull, Harriett	16	Co Cardiff	2:31.00
4	Dickinson, Jessica	18	Swansea Uni	2:23.41
5	Donovan, Kelsey	18	Co Cardiff	2:28.90
6	Cust, Ciara	16	Conwy	2:33.40
7				
8				
Heat 2 of 2 Prelims				
1				
2	Adams, Jaimee	17	Co Cardiff	2:34.30
3	Morgan, Isabel	19	Co Cardiff	2:28.90
4	Roberts, Catherine Elin	20	Swansea Uni	2:14.50
5	Treharne, Lara	16	Co Peterboro	2:25.90
6	Underwood, Molly	16	Co Coventry	2:32.10
7				
8				

Event 306 Men 16 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims				
1				
2	Cressey-Rodgers, Huw	16	Nofio S Gar	1:15.40
3	Baker, Ellis	17	Caradon	1:14.50
4	Edwards, Jamie	16	Nofio Clwyd	1:12.80
5	Williams, Ralph	17	Nofio Clwyd	1:13.60
6	Williams, Gethin	16	Wrexham	1:14.50
7	Clarke, Henry	16	Swansea Aq	1:15.60
8				
Heat 2 of 4 Prelims				
1	Ellis, Kristian	21	Wrexham	1:11.57
2	Patsalides, Antonis	21	Swansea Uni	1:09.60
3	Gallagher, Reagan	17	TauntonDeane	1:07.28
4	Jones, Carwyn	17	Co Cardiff	1:04.50
5	Bools, Dominic	20	Repton	1:06.30
6	Sheppard, Rhydian	16	Co Cardiff	1:08.40
7	Senior, Jack	19	Nofio Bangor	1:10.66
8	Preece, Toby	16	Torfaen D	1:12.80

Heat 3 of 4 Prelims				
1	Knowles, Elis	18	Leatherhead	1:11.50
2	George, Cian	17	Swansea Aq	1:09.08
3	Lee, Tristan	17	Co Cardiff	1:07.10
4	Panaretos, Panayiotis	21	Swansea Uni	1:01.70
5	Anderson, Maxwell	18	Co Cardiff	1:05.30
6	Lovell-Pascal, Jean-Luc	18	Holywell	1:07.40
7	Darbey, Rhys	16	Nofio Clwyd	1:10.50
8	Winstone, Evan	17	Co Cardiff	1:11.80
Heat 4 of 4 Prelims				
1	Lee, Jason	20	Swansea Uni	1:11.00
2	Ellis-Sixsmith, Ethan	20	Co Sheffield	1:08.40
3	Halliwell, Thomas	19	Swansea Uni	1:06.43
4	Newman, Brad	22	Co Cardiff	1:01.58
5	Jones, Christopher	42	Portsmouth N	1:04.90
6	Minshull, Callum	19	Swansea Uni	1:07.39
7	Williams, Thomas	16	Guildford Ct	1:10.00
8	Longworth, Ellis	17	Conwy	1:11.60

Event 307 Women 16 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims				
1				
2				
3	%Jones, Lucy SB9	16	Newtown/1, 3, 5	1:34.10
4	Hale, Gemma	16	Swansea Aq	1:22.50
5	%Willis, Meghan SB9	16	Torfaen D/1, 3, 5	1:28.90
6	%Rice, Lily SB7	19	Pembs Cty/A, 12+	1:51.22
7				
8				
Heat 2 of 4 Prelims				
1	Evans, Caitlin	17	Neath	1:20.80
2	Hallett, Isabel	20	Co Bristol	1:17.00
3	Green, Jennifer	20	Swansea Uni	1:16.10
4	Payne, Sophie	21	Swansea Uni	1:13.06
5	Martin, Molly	20	Buckley	1:14.30
6	Mustoe, Lili-May	21	Swansea Uni	1:16.75
7	O Callaghan, Faye	18	Co Cardiff	1:19.80
8	Stenson, Isabella	16	Cirencester	1:22.20

Heat 3 of 4 Prelims				
1	Welsby, Lily-May	16	Aberystwyth	1:20.70
2	Phillips, Erin	17	Swansea Aq	1:16.90
3	Rees, Katie	25	Swansea Uni	1:15.70
4	Bissicks, Ella	16	Swansea Aq	1:13.00
5	Williams-Jones, Phoebe	17	Co Cardiff	1:13.70
6	Rimmer, Kaitlin	20	Nofio Clwyd	1:16.65
7	Lewis, Rachael	19	Pembs Cty	1:18.60
8	Brassington, Lucy	16	Co Cardiff	1:21.60

Heat 4 of 4 Prelims				
1	Phillips, Rhianna	18	Nofio S Gar	1:20.50
2	Enoch, Megan-Jane	16	Torfaen D	1:16.84
3	Crowley, Amy	18	Co Cardiff	1:14.90
4	Jones, Cadi	18	Swim Gwynedd	1:12.90
5	Brassington, Sophie	17	Co Cardiff	1:13.40
6	Gorman, Helen	51	Co Cardiff	1:16.10
7	Mathias, Ffion	16	Swansea Aq	1:18.50
8	Briggs, Bailey	16	Heads Valley	1:21.47

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

Meet Program - Session 7 (Warmup 8.00 - 8.50)

Event 308 Men 16 & Over 400 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 3 Finals

1				_____
2	Fletcher, Owen	16	Pembs Cty	4:35.22 _____
3	Carver, Wil	17	Swansea Aq	4:32.70 _____
4	Upton-Boorman, Liam	16	Nofio S Gar	4:28.00 _____
5	Morgan, Lewis	16	Bridgend Cty	4:28.40 _____
6	Adam-Munar, Noah	16	Co Cardiff	4:33.60 _____
7	Hardy, Dewi	16	Wrexham	4:36.80 _____
8				_____

Heat 2 of 3 Finals

1	Davies, Evan	17	Co Cardiff	4:25.80 _____
2	McGuinness, Charlie	17	Torfaen D	4:22.00 _____
3	Wright, Ethan	21	Nofio Bangor	4:18.89 _____
4	Hughes, Cian	18	Co Cardiff	4:16.40 _____
5	Neaves, Archie	18	Swansea Aq	4:18.10 _____
6	Gallagher, Reagan	17	TauntonDeane	4:19.89 _____
7	Gillett, Oliver	16	Swansea Aq	4:22.47 _____
8	Southwood, Charlie	16	Torfaen D	4:26.30 _____

Heat 3 of 3 Finals

1	Geysen-Holley, Max	18	Co Cardiff	4:08.20 _____
2	Merriman, Ben	18	Co Cardiff	4:04.80 _____
3	O'Brien, Joshua	18	Co Cardiff	3:58.93 _____
4	Melbourne-Smith, Tyler	18	Co Liverpool	3:51.80 _____
5	Williams, Josh	21	Swansea Uni	3:55.90 _____
6	Williams, Solomon	18	Millfield	4:01.81 _____
7	Edwards, Kaden	19	Co Cardiff	4:07.54 _____
8	Davies, Anthony	18	Mt Kelly	4:15.49 _____

Event 309 Women 16 & Over 400 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 4 Finals

1	%Butt, Chloe S9	29	Caerphilly/A, 9	5:57.71 _____
2	%Lewis, Rebecca S10	20	Rct Squad/3, 5, 12+	5:18.41 _____
3	Evans, Emilia	16	Millfield	4:56.00 _____
4	Williams, Hollie	16	Nofio S Gar	4:53.50 _____
5	Beynon, Gracie	16	Bridgend Cty	4:54.60 _____
6	%Webb, Saskia S14	16	Pembs Cty	5:11.11 _____
7	%Letton-Jones, Ela S13	17	Swim Gwynedd	5:50.81 _____
8				_____

Heat 2 of 4 Finals

1	Jones, Lucy	16	Co Newport	4:49.50 _____
2	Richardson, Maizie	17	Conwy	4:48.50 _____
3	Faulkner, Marie	18	Co Cardiff	4:44.40 _____
4	Marshall, Polly	18	Co Newport	4:43.74 _____
5	Roberts, Megan	16	Wrexham	4:43.80 _____
6	Davies, Abigail	18	Bridgend Cty	4:47.20 _____
7	Cust, Ciara	16	Conwy	4:48.70 _____
8	Phillips, Ruby	16	Co Cardiff	4:52.50 _____

Heat 3 of 4 Finals

1	Cressey-Rodgers, Deryn	20	Nofio S Gar	4:42.40 _____
2	Tree, Charlotte	19	Swansea Uni	4:40.30 _____
3	Fox, Honor	16	Co Cardiff	4:39.80 _____
4	Bamborough, Katie	19	Co Cardiff	4:36.98 _____
5	Hickman, Eve	18	Bridgend Cty	4:38.70 _____
6	Gruffydd, Mali	16	Co Cardiff	4:39.80 _____
7	Linton, Sophie	20	Swansea Uni	4:40.55 _____
8	Rogers, Mollie	20	Wrexham	4:42.70 _____

Heat 4 of 4 Finals

1	Stokes, Aimee	19	Swansea Uni	4:32.40 _____
2	Sharp, Laura	21	Swansea Uni	4:30.95 _____
3	John, Emilia	16	Co Cardiff	4:28.84 _____
4	Forwood, Emily	19	Mt Kelly	4:23.02 _____
5	Davies, Sophie	16	Co Cardiff	4:28.00 _____
6	Johnson, Charlotte	20	Swansea Uni	4:30.40 _____
7	Woodhall, Alana	16	TigersJersey	4:32.20 _____
8	Lloyd, Ruby	18	Swansea Uni	4:34.69 _____