

Swim Wales Summer Meet 2024 - 01/08/2024 to 05/08/2024

Meet Program - Session 1 - Warmup 7.45 - 8.45

Event 111 Boys 15 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Prelims				
1				—
2				—
3	Chalk, William	16	Co Newport	2:25.69
4	Howells, Tom	15	Newtown	2:19.49
5	Davies, Gethin	15	Pembs Cty	2:19.80
6				—
7				—
8				—
Heat 2 of 9 Prelims				
1	Ballantyne, Alex	15	Bridgend SC	2:18.54
2	Davies, Lewis	15	NofioGwynedd	2:17.77
3	Leatherbarrow, Jack	16	Wrexham	2:16.57
4	Brock, Freddy	15	Rct Squad	2:15.78
5	Galbraith, Elian	15	Nofio S Gar	2:16.29
6	Dossett, Samson	15	Mt Kelly	2:16.62
7	Chauhan, Jai	15	Nofio Bangor	2:18.27
8				—
Heat 3 of 9 Prelims				
1	Caldicott, Elliot	16	Co Newport	2:14.84
2	Lennon, Danny	16	Wrexham	2:14.37
3	Wilson, Aidan	15	Conwy	2:13.04
4	Spinks, Owen	16	Torfaen D	2:11.68
5	Evans, Oscar	15	Co Hereford	2:11.86
6	Page, Alfie	15	Co Cambridge	2:13.74
7	Williams, Owen	15	NofioGwynedd	2:14.83
8	Chapman, Coby	15	Penyrheol	2:15.30
Heat 4 of 9 Prelims				
1	Hole, Ethan	15	Co Cardiff	2:11.46
2	Bie, Addison	17	Nofio Clwyd	2:10.90
3	Bie, Alfie	16	Nofio Clwyd	2:10.60
4	Vinh, Joshua	15	Co Newport	2:10.51
5	Evans, Monty	17	Gloucester	2:10.60
6	Socket, Harley	16	Torfaen D	2:10.75
7	Baker, Ellis	18	Caradon	2:11.20
8	Holland, Tyler	16	Wrexham	2:11.54
Heat 5 of 9 Prelims				
1	Vaughan, William	17	Rct Squad	2:09.10
2	Davies, Iwan	16	Co Cardiff	2:07.76
3	Hardy, Dewi	17	Wrexham	2:07.40
4	James, Ioan	17	Bridgend Cty	2:07.00
5	Davies, William	17	Co Newport	2:07.14
6	Steven, Adam	18	Co Newport	2:07.70
7	Silverstone, Solomon	15	Pembs Cty	2:08.45
8	Bennett, Finley	15	Pembs Cty	2:09.58
Heat 6 of 9 Prelims				
1	Clark, Casper	15	Amersham	2:06.76
2	Jasinski, Hubert	17	Co Newport	2:05.83
3	Cummings-Candal, James	19	Co Cardiff	2:05.32
4	Thomas, Lucas	16	Conwy	2:04.76
5	Willis, Kofi	15	Co Cardiff	2:04.97
6	Bebb, Lewis	17	Newtown	2:05.80
7	Ogden, Dylan	16	Redditch	2:06.71
8	Edwards, Ross	15	Co Cardiff	2:06.90

Heat 7 of 9 Prelims

1	Sheppard, Rhydian	17	Co Cardiff	2:03.50
2	Burton, Matt	23	Swansea Uni	1:59.74
3	Adams, Max	20	Swansea Uni	1:58.29
4	O'Brien, Joshua	19	Co Cardiff	1:54.79
5	Gallagher, Dylan	21	Swansea Uni	1:55.64
6	Jenkins, Richard	18	Millfield	1:59.50
7	Hardy, Ryan	16	Wrexham	2:00.54
8	Ma, Ko Kwan	15	Co Cardiff	2:04.32

Heat 8 of 9 Prelims

1	McGuinness, Charlie	18	Torfaen D	2:03.05
2	Pryor, Sami	17	Pembs Cty	1:59.70
3	Broom, Dylan	22	Torfaen D	1:58.28
4	Braddock, Patrick	20	Swansea Uni	1:54.58
5	Staines, Luca	20	Swansea Uni	1:55.55
6	Raw, James	17	Leic Sharks	1:59.46
7	Pugh, Morgan	17	Torfaen D	2:00.50
8	Twigger, Owen	15	Swansea Aq	2:03.96

Heat 9 of 9 Prelims

1	Haines, Thomas	16	Co Cardiff	2:02.21
2	Gallagher, Reagan	18	TauntonDeane	1:59.61
3	Davies, Evan	18	Co Cardiff	1:56.80
4	Geysen-Holley, Max	19	Co Cardiff	1:53.71
5	Burns, Harry	19	Co Cardiff	1:54.99
6	Lee, Ethan	18	Co Cardiff	1:59.15
7	Parsons, Joseph	17	Co Cardiff	1:59.80
8	Johnstone, Daniel	17	Nofio S Gar	2:03.50

Event 112 Girls 15 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Prelims				
1				—
2	Banks, Ella	15	Oswestry Ott	2:27.60
3	Jones, Erin	15	Wrexham	2:27.50
4	Honeywell, Chloe	15	Evesham	2:26.80
5	Davies-Jones, Hannah	15	Bridgend Cty	2:27.34
6	Johnson, Poppy	15	Holywell	2:27.54
7				—
8				—
Heat 2 of 7 Prelims				
1	Jones, Martha	15	Conwy	2:23.70
2	Davies, Brianna	15	Mt Kelly	2:22.25
3	Parfitt, Lucy	16	Co Cardiff	2:22.00
4	Gillett, Keira	19	Swansea Uni	2:20.10
5	Morgan, Isabelle	16	Co Newport	2:21.23
6	McDonagh, Emily	16	Bridgend Cty	2:22.09
7	Howson, Ellen	15	Co Newport	2:22.49
8	Schumm, Libby	15	Torfaen D	2:24.96
Heat 3 of 7 Prelims				
1	Huws, Awen	16	NexusValleys	2:19.40
2	Philpott, Ffion	15	Nofio S Gar	2:18.97
3	Worthington, Emma	16	Chirk	2:18.12
4	Williams, Hollie	17	Nofio S Gar	2:17.90
5	Humphreys, Holly	16	Swansea Aq	2:17.94
6	Dwyfor-Clark, Efa	15	NofioGwynedd	2:18.90
7	Gardener, Hannah	15	Bridgend Cty	2:19.02
8	Clissold, Elizabeth	18	Pembs Cty	2:19.47

Swim Wales Summer Meet 2024 - 01/08/2024 to 05/08/2024

Meet Program - Session 1 - Warmup 7.45 - 8.45

Heat 4 Prelims (#112 Girls 15 & Over 200 LC Meter Freestyle)

1	Blake, Emily	17	Co Cardiff	2:17.80	___
2	Sweet-Roberts, Rosie	16	Torfaen D	2:17.50	___
3	King, Marley	16	Penyrheol	2:16.97	___
4	Hellfeld, Beatrix	17	Nofio Bangor	2:16.20	___
5	Cust, Ciara	17	Conwy	2:16.31	___
6	Gibson, Mari	16	Co Cardiff	2:17.00	___
7	Mustoe, Lili-May	22	Swansea Uni	2:17.76	___
8	O'Mahoney, Kaitlin	16	Bridgend Cty	2:17.86	___

Heat 5 of 7 Prelims

1	Roberts, Megan	17	Wrexham	2:15.47	___
2	Williams, Rose	16	Co Cardiff	2:14.04	___
3	Grant, Lucy	17	Co Newport	2:11.60	___
4	Williams-Jones, Phoebe	18	Co Cardiff	2:08.77	___
5	Humphreys, Ffion	16	NofioGwynedd	2:10.20	___
6	Hunter, Olivia	20	Swansea Uni	2:12.65	___
7	Marshall, Polly	19	Co Newport	2:14.93	___
8	Faulkner, Marie	19	Co Cardiff	2:15.99	___

Heat 6 of 7 Prelims

1	Ingram, Olivia	16	Co Cardiff	2:15.19	___
2	Gruffydd, Mali	17	Co Cardiff	2:13.78	___
3	Sherrard, Emme	15	Torfaen D	2:11.53	___
4	Sharp, Laura	22	Swansea Uni	2:07.65	___
5	Day, Hannah	16	Co Cardiff	2:10.15	___
6	Croke, Carys	17	Torfaen D	2:12.39	___
7	Smith, Amelia	16	Co Cardiff	2:14.73	___
8	Davis, Bethan	19	Swansea Uni	2:15.97	___

Heat 7 of 7 Prelims

1	Geach, Libbie	15	Neath	2:15.12	___
2	Morgan, Carys	16	Wrexham	2:13.51	___
3	Wheeler, Oriana	19	Swansea Uni	2:11.37	___
4	Jones, Isabella	19	Nofio S Gar	2:07.50	___
5	Titchener, Megan	16	Torfaen D	2:09.62	___
6	Evans, Gwenllian	15	Co Cardiff	2:11.99	___
7	Winstanley, Elin	15	Co Hereford	2:14.72	___
8	Stokes, Aimee	20	Swansea Uni	2:15.52	___

Event 113 Boys 15 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1					___
2					___
3	Payne, Alexander	16	Droitwich	38.48	___
4	Crump, Joshua-James	15	Bridgend Cty	37.66	___
5	Chalk, William	16	Co Newport	37.93	___
6					___
7					___
8					___

Heat 2 of 6 Prelims

1					___
2	Williams, Owen	15	NofioGwynedd	36.36	___
3	Leatherbarrow, Jack	16	Wrexham	35.48	___
4	Cooksey, Regan	18	Rhondda	35.10	___
5	Morgan, Dean	54	C Dolphins	35.35	___
6	Hughes, Cai	15	Nofio Bangor	36.30	___
7	Brock, Freddy	15	Rct Squad	37.06	___
8					___

Heat 3 of 6 Prelims

1	Silverstone, Solomon	15	Pembs Cty	34.61	___
2	Temby, Jacob	16	Co Cardiff	34.47	___
3	Bamborough, Jack	16	Co Cardiff	34.03	___
4	Jones, Jay	17	Holywell	33.90	___
5	Thomas, Rhys	19	Swansea Aq	33.90	___
6	Bie, Addison	17	Nofio Clwyd	34.20	___
7	Owen, Luca	17	Holywell	34.50	___
8	Evans, Oscar	15	Co Hereford	34.74	___

Heat 4 of 6 Prelims

1	Owen, Tomos	17	NofioGwynedd	33.47	___
2	Thomas, Lucas	16	Conwy	32.72	___
3	Lee, Tristan	18	Co Cardiff	31.32	___
4	Lovell-Pascal, Jean-Luc	19	Swansea Uni	30.20	___
5	Gallagher, Reagan	18	TauntonDeane	30.65	___
6	Caddy, Alexander	17	Caradon	32.02	___
7	Montague, Mason	16	Pembs Cty	33.01	___
8	Tennant, Cale	16	Eastbourne	33.80	___

Heat 5 of 6 Prelims

1	Doyle, Alfie	16	Co Newport	33.31	___
2	Preece, Toby	17	Bridgend Cty	32.30	___
3	Stratton, Joe	20	Swansea Uni	30.81	___
4	Larkin, Ryan	23	Swansea Uni	30.14	___
5	Jones, Carwyn	18	Co Cardiff	30.60	___
6	Corani, Kalaum	20	Swansea Uni	31.90	___
7	Song, Guangping	15	Swansea Aq	32.97	___
8	Neaves, Jake	15	Leic Sharks	33.53	___

Heat 6 of 6 Prelims

1	Pugh, Morgan	17	Torfaen D	33.10	___
2	Burton, Luke	21	Swansea Uni	32.21	___
3	James, Jack	17	Torfaen D	30.75	___
4	Minshull, Callum	20	Swansea Uni	30.10	___
5	Hoey, Luke	22	Swansea Uni	30.54	___
6	Jenkins, Richard	18	Millfield	31.68	___
7	James, Rhys	15	Rct Squad	32.95	___
8	Baker, Ellis	18	Caradon	33.50	___

Event 114 Girls 15 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1					___
2	Haddrell, Eva Lily	16	Bridgend Cty	42.22	___
3	Reilly, Manon	16	Rct Squad	41.78	___
4	Penge, Carys	15	Chirk	41.30	___
5	Williams, Marys	15	Swansea Aq	41.40	___
6	Miles, Megan	16	Pembs Cty	41.84	___
7	Brady, Grace	15	Rct Squad	42.59	___
8					___

Heat 2 of 6 Prelims

1	Roberts, Ellie	16	Nofio Bangor	40.00	___
2	Goddard, Amy	15	Rct Squad	39.60	___
3	Lockley, Saskia	15	Oswestry Ott	39.22	___
4	Wade-Jones, Georgia	18	Holywell	39.00	___
5	Carr, Jenaya	17	Holywell	39.06	___
6	Clatworthy, Maddie	15	Bridgend SC	39.54	___
7	Davies, Sian	15	Mt Kelly	39.92	___
8	Brook, Cerys	16	Stourbridge	40.21	___

Swim Wales Summer Meet 2024 - 01/08/2024 to 05/08/2024

Meet Program - Session 1 - Warmup 7.45 - 8.45

Heat 3 Prelims (#114 Girls 15 & Over 50 LC Meter Breaststroke)

1	Taylor-Bernard, Rose	16	Trafford Met	38.94	___
2	Owen, Elain	19	Chirk	38.17	___
3	Marshall, Hannah	20	Merthyr Tydf	38.06	___
4	Palmer-Jones, Evie	19	Co Cardiff	37.71	___
5	Evans, Sian	16	Holywell	38.00	___
6	Shute, Olivia	18	Caradon	38.12	___
7	Johnson, Poppy	15	Holywell	38.77	___
8	Price, Cerys	15	Heads Valley	38.96	___

Heat 4 of 6 Prelims

1	Lewis, Lowri	18	Neath	37.50	___
2	McNicholas, Caitlin	19	Deben	36.61	___
3	Salmon, Gwen	17	Rct Squad	36.09	___
4	Gorman, Helen	52	Co Cardiff	35.15	___
5	Hunt, Amelie	16	Eastbourne	35.68	___
6	Lewis, Cara	17	Bridgend SC	36.37	___
7	Lythgoe, Manon	15	Swansea Aq	37.12	___
8	Jones, Rebecca	15	Co Coventry	37.66	___

Heat 5 of 6 Prelims

1	Phillips, Emily	16	Neath	37.38	___
2	Davies, Ellen	15	Chirk	36.60	___
3	Rees, Katie	26	Swansea Uni	36.08	___
4	Enoch, Megan-Jane	17	Torfaen D	35.09	___
5	Smith, Amelia	16	Co Cardiff	35.61	___
6	Perni, Veronica	15	Co Cardiff	36.29	___
7	Jones, Sophie	18	Bath Dolphin	37.10	___
8	Gardener, Hannah	15	Bridgend Cty	37.60	___

Heat 6 of 6 Prelims

1	Stenson, Isabella	17	Cirencester	37.21	___
2	Owen, Kessie	16	Neath	36.43	___
3	Williams, Cari	15	Nofio Bangor	35.88	___
4	Gibbs, Harriet	16	Nofio S Gar	34.53	___
5	Morgan, Carys	16	Wrexham	35.21	___
6	Worthington, Emma	16	Chirk	36.26	___
7	Nowell, Gabriella	19	Torfaen D	36.70	___
8	Robinson, Scarlett	16	Copeland	37.54	___

Event 115 Boys 15 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 6 Prelims

1					___
2	%Hobbs, Alexander S7	19	Swansea Uni/A, 1, 3, 5, 12	1:28.30	___
3	Fudge, Marcus	16	Rct Squad	1:16.50	___
4	Jones, Jack	15	Pembs Cty	1:14.03	___
5	Ballantyne, Alex	15	Bridgend SC	1:16.12	___
6	Harris, Osian	15	Pembs Cty	1:16.53	___
7	%O'Reilly, McKenzie S8	15	Gloucester/A, 12+	1:29.69	___
8					___

Heat 2 of 6 Prelims

1	Payne, Alexander	16	Droitwich	1:11.46	___
2	Vinh, Joshua	15	Co Newport	1:10.75	___
3	Williams, Owen	15	NofioGwynedd	1:09.61	___
4	Rixon, Oliver	16	Co Newport	1:08.88	___
5	Howells, Tom	15	Newtown	1:09.35	___
6	Lennon, Danny	16	Wrexham	1:09.81	___
7	Rosser, Ellis	15	Torfaen D	1:11.00	___
8	Galbraith, Elian	15	Nofio S Gar	1:11.73	___

Heat 3 of 6 Prelims

1	Griffiths, Oliver	16	Nofio Clwyd	1:07.66	___
2	Spinks, Owen	16	Torfaen D	1:07.06	___
3	Clark, Casper	15	Amersham	1:06.94	___
4	Bebb, Lewis	17	Newtown	1:06.10	___
5	Price Davies, Owen	18	Heads Valley	1:06.70	___
6	Aylen, James	17	Bridgend Cty	1:07.00	___
7	Wren, James	16	Nofio Clwyd	1:07.20	___
8	Twigger, Owen	15	Swansea Aq	1:08.15	___

Heat 4 of 6 Prelims

1	Edwards, Dion	17	NofioGwynedd	1:05.78	___
2	Sheppard, Rhydian	17	Co Cardiff	1:04.00	___
3	Hughes, Cian	19	Co Cardiff	1:02.90	___
4	Davies, Evan	18	Co Cardiff	59.93	___
5	Burston, Jack	17	Swansea Aq	1:01.36	___
6	Montgomery, Samuel	16	Pembs Cty	1:03.29	___
7	Winstone, Evan	18	Co Cardiff	1:04.70	___
8	Hole, Ethan	15	Co Cardiff	1:06.01	___

Heat 5 of 6 Prelims

1	Mills, Ioan	15	Torfaen D	1:05.50	___
2	Montague, Mason	16	Pembs Cty	1:03.94	___
3	Arnold, Jack	16	Swansea Aq	1:02.06	___
4	John, Finlay	18	Bridgend Cty	59.30	___
5	Southwood, Charlie	17	Torfaen D	1:00.90	___
6	Davies, Iwan	16	Co Cardiff	1:03.13	___
7	West, Dexter	15	Pembs Cty	1:04.42	___
8	Fowler, Joseph	18	Rct Squad	1:05.90	___

Heat 6 of 6 Prelims

1	Owen, Tomos	17	NofioGwynedd	1:05.05	___
2	Gillett, Oliver	17	Swansea Aq	1:03.40	___
3	Taylor, Adam	19	Wrexham	1:01.50	___
4	Morgan, Dominic	19	Swansea Uni	57.78	___
5	Lee, Ethan	18	Co Cardiff	1:00.41	___
6	Bamborough, Jack	16	Co Cardiff	1:02.95	___
7	Rhys, Gruff	16	NofioGwynedd	1:04.04	___
8	Vaughan, William	17	Rct Squad	1:05.80	___

Event 116 Girls 15 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 8 Prelims

1	%Rogerson, Heidi S10	17	Holywell/A, 12+	1:38.26	___
2	Perrott, Niamh	15	Swansea Aq	1:18.10	___
3	Johnson, Poppy	15	Holywell	1:17.70	___
4	Howson, Ellen	15	Co Newport	1:16.65	___
5	Smith, Summer	15	Merthyr Tydf	1:17.49	___
6	Davies, Ellen	15	Chirk	1:17.85	___
7	Jenkins, Alexandra	15	Swansea Aq	1:18.10	___
8					___

Heat 2 of 8 Prelims

1	Davies, Darcey	15	Rct Squad	1:16.00	___
2	Gibbs, Harriet	16	Nofio S Gar	1:15.62	___
3	Bruce, Skye	15	Pembs Cty	1:15.28	___
4	Thompson, Cerys	16	Boldmere	1:15.25	___
5	Davies, Brianna	15	Mt Kelly	1:15.25	___
6	Humphreys, Holly	16	Swansea Aq	1:15.44	___
7	Koo, Kathryn	15	Pembs Cty	1:15.90	___
8	Holmes, Seren	15	Neath	1:16.33	___

Swim Wales Summer Meet 2024 - 01/08/2024 to 05/08/2024

Meet Program - Session 1 - Warmup 7.45 - 8.45

Heat 3 Prelims (#116 Girls 15 & Over 100 LC Meter Backstroke)

1	Philpott, Ffion	15	Nofio S Gar	1:15.19	_____
2	Kay, Isabelle	16	Rct Squad	1:14.76	_____
3	Jones, Emily	18	Bath Dolphin	1:14.30	_____
4	McDonagh, Emily	16	Bridgend Cty	1:14.10	_____
5	Jones, Myia	16	Wrexham	1:14.29	_____
6	Roberts, Lexi	15	Oswestry Ott	1:14.70	_____
7	Jones, Erin	15	Wrexham	1:14.80	_____
8	Davies, Sian	15	Mt Kelly	1:15.20	_____

Heat 4 of 8 Prelims

1	Jones, Evie	16	Merthyr Tydf	1:13.94	_____
2	Haldane, Abigail	16	Worcester	1:13.40	_____
3	Hughes-Rolls, Ava	15	Torfaen D	1:12.98	_____
4	John, Emilia	17	Co Cardiff	1:12.70	_____
5	Crawley, Jessica	17	Bridgend Cty	1:12.70	_____
6	Gruffydd, Mali	17	Co Cardiff	1:13.00	_____
7	Williams, Hollie	17	Nofio S Gar	1:13.50	_____
8	Carter, Ava	16	Penyrheol	1:14.00	_____

Heat 5 of 8 Prelims

1	Martin, Lara	16	Bridgend Cty	1:12.24	_____
2	Huws, Awen	16	NexusValleys	1:11.40	_____
3	Griffin, Charlotte	20	Co Cardiff	1:11.30	_____
4	Goodliffe, Faith	24	C Dolphins	1:11.10	_____
5	Williams, Rose	16	Co Cardiff	1:11.20	_____
6	Wardell, Cari	15	Co Cardiff	1:11.35	_____
7	Stokes, Aimee	20	Swansea Uni	1:12.13	_____
8	Lewis, Cara	17	Bridgend SC	1:12.40	_____

Heat 6 of 8 Prelims

1	Lush, Emily	22	Swansea Uni	1:10.46	_____
2	Shute, Olivia	18	Caradon	1:09.90	_____
3	Bamborough, Katie	20	Swansea Uni	1:08.89	_____
4	Dacey, Mollie	16	Co Cardiff	1:07.52	_____
5	Nowell, Gabriella	19	Torfaen D	1:08.06	_____
6	Collyer, Mabli	16	Nofio S Gar	1:09.21	_____
7	Wade-Jones, Georgia	18	Holywell	1:10.20	_____
8	Winstanley, Elin	15	Co Hereford	1:11.04	_____

Heat 7 of 8 Prelims

1	Leggott, Holly	22	Swansea Uni	1:10.45	_____
2	Stork, Niamh	20	Co Cardiff	1:09.78	_____
3	Keepings, Charlotte	18	Co Newport	1:08.66	_____
4	Stead, Martha	19	Swansea Uni	1:05.80	_____
5	Evans, Sian	16	Holywell	1:07.80	_____
6	Roberts, Megan	17	Wrexham	1:09.10	_____
7	Parfitt, Lucy	16	Co Cardiff	1:10.17	_____
8	Hellfeld, Beatrix	17	Nofio Bangor	1:10.80	_____

Heat 8 of 8 Prelims

1	Croke, Carys	17	Torfaen D	1:10.39	_____
2	Spence, Clara	16	Carnforth	1:09.55	_____
3	Duce, Charlie	15	Swansea Aq	1:08.60	_____
4	Domican, Rosie	20	Co Cardiff	1:05.79	_____
5	Owen, Gracie	16	Torfaen D	1:07.75	_____
6	Smart, Charlotte	17	Swansea Aq	1:09.00	_____
7	Salmon, Gwen	17	Rct Squad	1:09.93	_____
8	Evans, Gwenllian	15	Co Cardiff	1:10.50	_____

Event 117 Boys 15 & Over 400 LC Meter IM (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1					_____
2	Williams, Owen	15	NofioGwynedd	5:25.50	_____
3	Leonard, Ewan	15	Conwy	5:14.81	_____
4	Leatherbarrow, Jack	16	Wrexham	5:13.11	_____
5	West, Dexter	15	Pembs Cty	5:13.92	_____
6	Sockett, Harley	16	Torfaen D	5:16.45	_____
7	Chauhan, Jai	15	Nofio Bangor	5:39.20	_____
8					_____

Heat 2 of 2 Finals

1	Upton-Boorman, Liam	17	Nofio S Gar	5:07.70	_____
2	Cummings-Candal, James	19	Co Cardiff	5:00.29	_____
3	Evans, Ieuan	17	Conwy	4:52.69	_____
4	Clegg, Luke	19	Swansea Uni	4:39.82	_____
5	Neaves, Archie	19	Swansea Uni	4:46.71	_____
6	Gallagher, Reagan	18	TauntonDeane	4:54.71	_____
7	Bennett, Finley	15	Pembs Cty	5:07.09	_____
8	Neaves, Jake	15	Leic Sharks	5:09.19	_____

Event 118 Girls 15 & Over 400 LC Meter IM (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1					_____
2	Holmes, Seren	15	Neath	6:04.10	_____
3	Brady, Grace	15	Rct Squad	5:50.64	_____
4	Williams, Cari	15	Nofio Bangor	5:48.90	_____
5	Morgan, Isabelle	16	Co Newport	5:50.39	_____
6	Davies, Sian	15	Mt Kelly	5:52.71	_____
7					_____
8					_____

Heat 2 of 3 Finals

1	Brook, Cerys	16	Stourbridge	5:47.70	_____
2	Jones, Myia	16	Wrexham	5:39.30	_____
3	Williams, Marys	15	Swansea Aq	5:38.25	_____
4	Cust, Ciara	17	Conwy	5:35.75	_____
5	Lythgoe, Manon	15	Swansea Aq	5:36.99	_____
6	Robinson, Scarlett	16	Copeland	5:39.15	_____
7	Jones, Rebecca	15	Co Coventry	5:47.20	_____
8	Clissold, Elizabeth	18	Pembs Cty	5:48.54	_____

Heat 3 of 3 Finals

1	Westlake, Nia	31	Cinderford	5:25.00	_____
2	Day, Hannah	16	Co Cardiff	5:22.39	_____
3	Lewis, Lowri	18	Neath	5:22.00	_____
4	Dacey, Mollie	16	Co Cardiff	5:20.93	_____
5	Bissicks, Ella	17	Swansea Aq	5:21.33	_____
6	Smith, Amelia	16	Co Cardiff	5:22.20	_____
7	Evans, Gwenllian	15	Co Cardiff	5:22.70	_____
8	Gordon, Freya	15	Haslemere	5:27.40	_____