

Swim Wales National Championships 2025 - 24/04/2025 to 27/04/2025
Meet Program - Session 10 (Warmup 8.00 - 9.00)

Event 401 Female 14 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
Heat 1 of 7 Prelims					
1	%Rogerson, Heidi	18	Holywell/A,12,+	39.30	_____
2	Scofield, Niamh	14	Rct Squad	36.17	_____
3	Williams, Leah	14	NofioGwynedd	35.80	_____
4	Jones, Hunydd	14	Nofio S Gar	34.70	_____
5	Williams, Poppy	14	Nofio Bangor	35.00	_____
6	Layland, Seren	14	Penyrheol	36.10	_____
7	Davies, Eva	14	Afan Valley	36.26	_____
8	%Rice, Lily S8	21	Pembs Cty/A,12,+	39.60	_____

Heat 2 of 7 Prelims					
1	Sutton, Emily	14	NofioGwynedd	34.50	_____
2	Duggan, Ella	14	Rct Squad	34.07	_____
3	Reed, Isabella	14	Co Cardiff	34.00	_____
4	Hughes-Rolls, Ava	16	Torfaen D	33.65	_____
5	Burns, Freya	14	Nofio S Gar	33.90	_____
6	McCoole-Jones, Elen	14	Holywell	34.00	_____
7	Upton-Boorman, Isabella	15	Nofio S Gar	34.40	_____
8	Rees, Maisie	15	Rct Squad	34.70	_____

Heat 3 of 7 Prelims					
1	Hughes, Nel	14	NofioGwynedd	33.60	_____
2	Worthington, Emma	17	Chirk	33.40	_____
3	Grimes, Idena	14	Nofio Bangor	33.30	_____
4	Carter, Ava	17	Penyrheol	33.00	_____
5	Allen, Isabel	14	Co Cardiff	33.30	_____
6	Gibbs, Harriet	17	Nofio S Gar	33.30	_____
7	Jones, Evie	17	Merthyr Tydf	33.50	_____
8	Fowler, Maisie	14	Rct Squad	33.60	_____

Heat 4 of 7 Prelims					
1	Edwards, Alaw	15	NofioGwynedd	32.90	_____
2	Goodliffe, Faith	25	C Dolphins	32.80	_____
3	Lemon, Imogen	18	Buckley	32.60	_____
4	Thurston, Rene	14	Newtown	32.40	_____
5	Stork, Niamh	21	Co Cardiff	32.42	_____
6	Jones, Myia	17	Wrexham	32.70	_____
7	Hellfeld, Beatrix	18	Nofio Bangor	32.80	_____
8	Parfitt, Kali	15	Torfaen D	32.90	_____

Heat 5 of 7 Prelims					
1	Huws, Awen	17	Rct Squad	32.20	_____
2	Taylor, Phoebe	19	ForestofDean	31.87	_____
3	Daniel, Megan	15	Caradon	31.00	_____
4	Rose, Katie	19	Swansea Uni	30.00	_____
5	Dwyfor-Clark, Efa	16	NofioGwynedd	30.20	_____
6	Keepings, Charlotte	19	Swansea Uni	31.44	_____
7	Smart, Charlotte	18	Swansea Aq	32.00	_____
8	Wardell, Cari	16	Co Cardiff	32.30	_____

Heat 6 of 7 Prelims					
1	Croke, Carys	18	Torfaen D	32.10	_____
2	Parfitt, Lucy	17	Co Cardiff	31.60	_____
3	Salmon, Gwen	18	Rct Squad	31.00	_____
4	Stead, Martha	20	Swansea Uni	29.60	_____
5	Butcher, Katherine	21	Swansea Uni	30.10	_____
6	Lush, Emily	23	Swansea Uni	31.24	_____
7	Leggott, Holly	23	Swansea Uni	31.90	_____
8	Evans, Lili	18	Co Cardiff	32.20	_____

Heat 7 of 7 Prelims					
1	Bamborough, Katie	21	Swansea Uni	32.10	_____
2	Anderson, Rosalie	15	Co Cardiff	31.50	_____
3	Nichols, Grace	15	Pembs Cty	30.40	_____
4	Humphreys, Ffion	17	NofioGwynedd	29.20	_____
5	Fox, Honor	18	Co Cardiff	30.00	_____
6	Hempenstall, Amy	17	Guildford Ct	31.18	_____
7	Beynon, Annaliese	25	Co Cardiff	31.90	_____
8	Stokes, Aimee	21	Swansea Uni	32.20	_____

Event 402 Men 14 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
Heat 1 of 6 Prelims					
1					_____
2	Williams, Sion	14	Nofio Bangor	34.80	_____
3	Samuel, Jake	14	Merthyr Tydf	34.17	_____
4	Taylor, Nicholas	14	Torfaen D	33.40	_____
5	Bastyan, Tobias-Luke	14	Torfaen D	33.80	_____
6	Duggan, Elliot	14	Bridgend Cty	34.20	_____
7					_____
8					_____

Heat 2 of 6 Prelims					
1	Shiland-Griffiths, Enzo	15	NofioGwynedd	32.30	_____
2	Gregory, Jaiden	14	Co Cardiff	31.80	_____
3	Gilligan, Henry	15	Rct Squad	31.61	_____
4	Phillips, Finley	15	Nofio S Gar	31.30	_____
5	Miles, Harry	15	Co Cardiff	31.50	_____
6	Campbell, Zac	15	Buckley	31.70	_____
7	Hewitt, Archie	15	Torfaen D	32.10	_____
8	Harwood, Jack	14	Pembs Cty	33.13	_____

Heat 3 of 6 Prelims					
1	Davies, Brynley	15	Co Newport	30.60	_____
2	Linge, Reece	14	EllesmereCSA	30.40	_____
3	Douglas, Lucas	14	Neath	30.20	_____
4	Deacon, Cameron	15	Co Cardiff	30.10	_____
5	Wren, James	17	Cambrian AA	30.14	_____
6	Elmes, Max	14	Nofio S Gar	30.30	_____
7	Spinks, Owen	17	Torfaen D	30.40	_____
8	Meilleur, Elliot	15	NofioGwynedd	31.30	_____

Heat 4 of 6 Prelims					
1	Thomas, Iolo	15	Neath	29.50	_____
2	West, Dexter	16	Pembs Cty	28.70	_____
3	McCarthy, Benedict	16	Co Cardiff	27.30	_____
4	Barlow, Oscar	20	Swansea Uni	25.90	_____
5	Johnstone, Daniel	18	Nofio S Gar	26.80	_____
6	Rixon, Oliver	17	Co Newport	28.30	_____
7	Major, Maximus	15	Co Newport	29.10	_____
8	Brinkworth, James	16	Caradon	30.00	_____

Heat 5 of 6 Prelims					
1	Mills, Ioan	16	Torfaen D	29.40	_____
2	Gore, Andrew	20	Co Cardiff	28.50	_____
3	Nikolaou, Antonio	22	Swansea Uni	27.03	_____
4	Knight, Jack	22	Co Cardiff	25.80	_____
5	John, Finlay	19	Bridgend Cty	26.50	_____
6	Jasinski, Hubert	18	Co Newport	28.10	_____
7	Upton-Boorman, Liam	18	Nofio S Gar	29.00	_____
8	Bebb, Lewis	18	Newtown	29.90	_____

Swim Wales National Championships 2025 - 24/04/2025 to 27/04/2025
Meet Program - Session 10 (Warmup 8.00 - 9.00)

Heat 6 Prelims (#402 Men 14 & Over 50 LC Meter Backstroke)

1	Montague, Mason	17	Pembs Cty	29.25	_____
2	Silverstone, Solomon	16	Pembs Cty	28.50	_____
3	Sadberry, Jack	21	Swansea Uni	26.90	_____
4	Turner, Harry	26	Co Cardiff	25.30	_____
5	Burton, Matt	24	Swansea Uni	26.20	_____
6	Wright, Ethan	23	Nofio Bangor	27.70	_____
7	Thomas, Rhys	20	Swansea Uni	28.90	_____
8	Lennon, Danny	17	Wrexham	29.70	_____

Event 403 Female 14 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Prelims

1					_____
2	%Letton-Jones, Ela S12	19	NofioGwynedd	1:18.00	_____
3	Short, Amelia	14	Neath	1:17.00	_____
4	%Willis, Meghan S9	18	Torfaen D/1,3,5	1:15.60	_____
5	Morgan, Evelyn	14	Nofio S Gar	1:16.60	_____
6	Duggan, Grace	14	Rct Squad	1:17.20	_____
7	%Lawn, Pippa S14	15	Torfaen D	1:30.82	_____
8					_____

Heat 2 of 8 Prelims

1	McCavish, Cara	14	Farnham	1:14.93	_____
2	Cooksey-Owen, Ruby-Mae	14	Co Cardiff	1:13.31	_____
3	Williams, Poppy	14	Nofio Bangor	1:13.00	_____
4	Marshall, Ffion	15	Co Cardiff	1:12.60	_____
5	Scofield, Niamh	14	Rct Squad	1:12.79	_____
6	McCoole-Jones, Elen	14	Holywell	1:13.10	_____
7	Bissicks, Cari	14	Neath	1:13.90	_____
8	Daniel, Isobel	14	Sevenoaks	1:15.40	_____

Heat 3 of 8 Prelims

1	Williams, Marys	16	Swansea Aq	1:12.30	_____
2	Taylor, Rebecca	15	Wrexham	1:12.15	_____
3	Matthews, Elin	15	Co Cardiff	1:11.59	_____
4	Gibbs, Harriet	17	Nofio S Gar	1:11.20	_____
5	Jones, Myia	17	Wrexham	1:11.48	_____
6	Tejedo, Lola	14	Co Cardiff	1:11.60	_____
7	Dash, Amelie	14	Pembs Cty	1:12.20	_____
8	Sutton, Emily	14	NofioGwynedd	1:12.40	_____

Heat 4 of 8 Prelims

1	Roberts, Mali	15	NofioGwynedd	1:10.95	_____
2	Goodliffe, Faith	25	C Dolphins	1:10.30	_____
3	Hughes, Mari	18	Nofio Bangor	1:10.10	_____
4	Griffiths, Cerys	15	Pembs Cty	1:09.40	_____
5	%Webb, Saskia S14	18	Pembs Cty	1:09.70	_____
6	Synowiec, Amelia	15	Conwy	1:10.20	_____
7	Hughes, Nel	14	NofioGwynedd	1:10.40	_____
8	Bates, Molly	14	Wrexham	1:11.12	_____

Heat 5 of 8 Prelims

1	Andrews, Bella	15	Co Newport	1:08.10	_____
2	Dwyfor-Clark, Efa	16	NofioGwynedd	1:07.79	_____
3	Nichols, Grace	15	Pembs Cty	1:07.70	_____
4	Martin, Lara	17	Bridgend Cty	1:07.10	_____
5	Cust, Ciara	18	Conwy	1:07.70	_____
6	Cyster, Rowan	21	Nofio Bangor	1:07.71	_____
7	Avraam, Neve	17	Co Cardiff	1:08.04	_____
8	Ach Rhys, Esyllt	15	NofioGwynedd	1:08.70	_____

Heat 6 of 8 Prelims

1	Jones, Maisie	15	Co Cardiff	1:06.66	_____
2	Lee, Edith	15	Co Cardiff	1:05.50	_____
3	Rose, Katie	19	Swansea Uni	1:04.01	_____
4	Owen, Gracie	17	Torfaen D	1:01.90	_____
5	Willis, Hannah	20	Swansea Uni	1:03.64	_____
6	Titchener, Megan	17	Torfaen D	1:04.65	_____
7	Hall, Emily	15	Warrington W	1:06.40	_____
8	Davis, Bethan	20	Swansea Uni	1:06.86	_____

Heat 7 of 8 Prelims

1	Humphreys, Ffion	17	NofioGwynedd	1:06.60	_____
2	Hunter, Olivia	21	Swansea Uni	1:05.44	_____
3	Dewsbury, Daisy	20	Swansea Uni	1:03.85	_____
4	Roberts, Catherine Elin	22	Swansea Uni	1:01.88	_____
5	Davies, Megan	20	Swansea Uni	1:03.55	_____
6	Wheeler, Oriana	20	Swansea Uni	1:04.64	_____
7	Day, Hannah	17	Co Cardiff	1:06.10	_____
8	Daniel, Megan	15	Caradon	1:06.80	_____

Heat 8 of 8 Prelims

1	Andrews, Joanne	15	EllesmereCSA	1:06.50	_____
2	Crawley, Abigail	20	Swansea Uni	1:05.10	_____
3	De Torres, Rebecca	21	Co Cardiff	1:03.80	_____
4	Tanir, Duru	23	Co Cardiff	1:01.06	_____
5	Dickinson, Jessica	20	Swansea Uni	1:02.00	_____
6	Morgan, Isabel	21	Co Cardiff	1:04.45	_____
7	Schumm, Libby	16	Torfaen D	1:05.68	_____
8	Geach, Libbie	16	Neath	1:06.70	_____

Event 404 Men 14 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1					_____
2	Gruffydd, Ned	15	Co Cardiff	2:24.59	_____
3	Bamborough, Jack	17	Co Cardiff	2:12.86	_____
4	Edwards, Dion	18	NofioGwynedd	2:07.30	_____
5	Cressey-Rodgers, Ioan	20	Nofio S Gar	2:09.00	_____
6	Kendrick, Elijah	21	Swansea Uni	2:18.47	_____
7	Reece, Liam	15	Co Newport	2:32.50	_____
8					_____

Heat 2 of 3 Prelims

1	Williams, Dylan	14	Wrexham	2:41.22	_____
2	Neaves, Jake	16	EllesmereCSA	2:23.50	_____
3	Ryan, Samuel	19	Swansea Uni	2:11.30	_____
4	Arch, Rhydian	20	Co Cardiff	2:02.82	_____
5	Prysor, Sami	18	EllesmereCSA	2:07.60	_____
6	Bebb, Lewis	18	Newtown	2:14.70	_____
7	Gwynfil, Solomon	15	Co Cardiff	2:31.60	_____
8					_____

Heat 3 of 3 Prelims

1	Harwood, Jack	14	Pembs Cty	2:38.40	_____
2	Cavill, Jack	15	Co Cardiff	2:20.65	_____
3	Holland, Tyler	17	EllesmereCSA	2:09.40	_____
4	Rodriguez, Antonio	21	Swansea Uni	2:00.50	_____
5	Chapman, Nathan	21	Swansea Uni	2:07.30	_____
6	West, Dexter	16	Pembs Cty	2:14.20	_____
7	Thomas, Archie	15	Co Cardiff	2:29.60	_____
8					_____

Swim Wales National Championships 2025 - 24/04/2025 to 27/04/2025
Meet Program - Session 10 (Warmup 8.00 - 9.00)

Event 405 Female 14 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1				—
2	Dash, Amelie	14	Pembs Cty	5:53.50 —
3	Galdes Cutting, Daisy	14	Pembs Cty	5:48.58 —
4	McCavish, Cara	14	Farnham	5:42.06 —
5	Matthews, Elin	15	Co Cardiff	5:43.00 —
6	Jones, Hunydd	14	Nofio S Gar	5:51.50 —
7				—
8				—

Heat 2 of 4 Prelims

1	Worthington, Emma	17	Chirk	5:35.70 —
2	Jones, Myia	17	Wrexham	5:34.20 —
3	Ling, Olivia	15	Co Cardiff	5:31.04 —
4	Tejedo, Lola	14	Co Cardiff	5:28.70 —
5	Lewis, Orla Rose	15	Torfaen D	5:30.29 —
6	Dowling, Abigail	14	Co Cardiff	5:32.20 —
7	Taffetsauffer, Isabella	14	Nofio S Gar	5:34.70 —
8	George, Ellie	14	Rct Squad	5:39.90 —

Heat 3 of 4 Prelims

1	Williams, Lowri	15	Swansea Aq	5:19.90 —
2	Andrews, Joanne	15	EllesmereCSA	5:15.80 —
3	Hornby, Rachel	21	Swansea Uni	5:02.89 —
4	Rees, Katie	27	Swansea Uni	5:01.60 —
5	John, Emilia	18	Co Cardiff	5:02.42 —
6	Anderson, Rosalie	15	Co Cardiff	5:09.50 —
7	Thomas, Serenity	15	NofioGwynedd	5:18.80 —
8	Bates, Molly	14	Wrexham	5:27.80 —

Heat 4 of 4 Prelims

1	Lythgoe, Manon	16	Swansea Aq	5:19.60 —
2	Johnson, Charlotte	22	Swansea Uni	5:09.51 —
3	Gibson, Mari	17	Co Cardiff	5:02.50 —
4	Wheeler, Oriana	20	Swansea Uni	4:59.40 —
5	Mitchell, Abby	19	Swansea Uni	5:02.10 —
6	Hall, Emily	15	Warrington W	5:08.80 —
7	Cust, Ciara	18	Conwy	5:16.60 —
8	Daniel, Megan	15	Caradon	5:20.90 —

Event 406 Men 14 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Prelims

1	Jones, Noah	14	Torfaen D	1:03.90 —
2	Gregory, Jaiden	14	Co Cardiff	1:03.30 —
3	Taylor, Nicholas	14	Torfaen D	1:01.85 —
4	Warman-Powell, Ioan	15	Torfaen D	1:01.20 —
5	Roberts-Truman, Harri	15	Neath	1:01.20 —
6	Bastyan, Tobias-Luke	14	Torfaen D	1:02.58 —
7	%Read, William S14	17	Swansea Aq	1:03.82 —
8	Williams, Dylan	14	Wrexham	1:04.16 —

Heat 2 of 9 Prelims

1	Campbell, Zac	15	Buckley	1:00.70 —
2	Duggan, Brandon	15	Co Cardiff	1:00.48 —
3	Williams, Thomas	15	Nofio S Gar	1:00.04 —
4	Shiland-Griffiths, Enzo	15	NofioGwynedd	1:00.00 —
5	Phillips, Finley	15	Nofio S Gar	1:00.00 —
6	Elmes, Max	14	Nofio S Gar	1:00.10 —
7	Phillips, Ioan	15	Neath	1:00.50 —
8	Gwynfil, Solomon	15	Co Cardiff	1:00.73 —

Heat 3 of 9 Prelims

1	Castillo, Airam	14	Co Cardiff	59.70 —
2	Miles, Harry	15	Co Cardiff	59.30 —
3	Hewitt, Archie	15	Torfaen D	58.90 —
4	Meilleur, Elliot	15	NofioGwynedd	58.89 —
5	Wilson, Aidan	16	Conwy	58.90 —
6	Jones, Jayden	14	Caerphilly	59.12 —
7	Duggan, Elliot	14	Bridgend Cty	59.57 —
8	Davies, Tom	15	Co Newport	59.95 —

Heat 4 of 9 Prelims

1	Latham, Elliot	15	Winchester	58.75 —
2	Deacon, Cameron	15	Co Cardiff	58.44 —
3	Douglas, Lucas	14	Neath	58.00 —
4	Spinks, Owen	17	Torfaen D	57.72 —
5	Park, Reggie Samuel	15	Holywell	57.88 —
6	Thomas, Iolo	15	Neath	58.14 —
7	Linge, Reece	14	EllesmereCSA	58.70 —
8	Brinkworth, James	16	Caradon	58.80 —

Heat 5 of 9 Prelims

1	Fletcher, Miles	15	Co Cardiff	57.65 —
2	Bie, Alfie	17	Cambrian AA	57.00 —
3	Evans, Monty	18	Gloucester	56.50 —
4	Major, Maximus	15	Co Newport	55.90 —
5	Ma, Ko Kwan	16	Co Cardiff	56.05 —
6	Williams, Noa	17	Nofio Bangor	56.79 —
7	Davies, Iwan	17	Co Cardiff	57.09 —
8	Ogden, Dylan	17	Redditch	57.71 —

Heat 6 of 9 Prelims

1	Jasinski, Hubert	18	Co Newport	55.60 —
2	Lennon, Danny	17	Wrexham	55.02 —
3	Prysor, Sami	18	EllesmereCSA	55.00 —
4	Wright, Ethan	23	Nofio Bangor	54.83 —
5	John, Finlay	19	Bridgend Cty	54.90 —
6	Twigger, Owen	16	Swansea Aq	55.00 —
7	Pugh, Morgan	18	Torfaen D	55.21 —
8	Upton-Boorman, Liam	18	Nofio S Gar	55.80 —

Heat 7 of 9 Prelims

1	Thomas, Lucas	17	NofioGwynedd	54.11 —
2	Sadberry, Jack	21	Swansea Uni	53.63 —
3	Lee, Ethan	19	Co Cardiff	52.81 —
4	Larkin, Ryan	24	Swansea Uni	51.90 —
5	Burton, Matt	24	Swansea Uni	52.30 —
6	%Broom, Dylan S14	23	Swansea Uni	53.30 —
7	%Darbey, Rhys S14	18	Cambrian AA	53.84 —
8	Ellis-Sixsmith, Lucas	18	Cambrian AA	54.70 —

Heat 8 of 9 Prelims

1	Anderson, Maxwell	20	Co Cardiff	54.00 —
2	Nerushenko, Valeriy	20	Swansea Uni	53.50 —
3	Geysen-Holley, Max	20	Co Cardiff	52.40 —
4	Barlow, Oscar	20	Swansea Uni	51.50 —
5	James, Harley	20	Co Cardiff	52.00 —
6	McCarthy, Samuel	20	Co Cardiff	53.22 —
7	Edwards, Dion	18	NofioGwynedd	53.83 —
8	Silverstone, Solomon	16	Pembs Cty	54.20 —

Swim Wales National Championships 2025 - 24/04/2025 to 27/04/2025

Meet Program - Session 10 (Warmup 8.00 - 9.00)

Heat 9 Prelims (#406 Men 14 & Over 100 LC Meter Freestyle)

1	McCarthy, Benedict	16	Co Cardiff	53.87	_____
2	Lee, Jacob	19	Swansea Uni	53.41	_____
3	Docking-Smith, Frankie	21	Swansea Uni	52.30	_____
4	Davies, Evan	19	Co Cardiff	51.20	_____
5	Knight, Jack	22	Co Cardiff	51.90	_____
6	Burns, Harry	20	Co Cardiff	52.88	_____
7	Bamborough, Jack	17	Co Cardiff	53.70	_____
8	Owen, Vinnie	17	Co Cardiff	54.20	_____

Event 407 Female 14 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Prelims

1	McFarlane, Una	14	Pembs Cty	2:27.21	_____
2	Williams, Gwenno	14	NofioGwynedd	2:26.02	_____
3	Morgan, Evelyn	14	Nofio S Gar	2:25.02	_____
4	McQuaid, Maria	14	Co Cardiff	2:23.57	_____
5	McCoole-Jones, Elen	14	Holywell	2:24.00	_____
6	Daniel, Isobel	14	Sevenoaks	2:25.80	_____
7	Davies, Isabella	14	Nofio S Gar	2:26.40	_____
8	%Philpott, Lowri S14	14	Nofio S Gar	3:24.20	_____

Heat 2 of 8 Prelims

1	Innocent-Woodman, Aurelia	14	Co Cardiff	2:22.41	_____
2	Taylor, Rebecca	15	Wrexham	2:21.20	_____
3	Sullivan, Ariana	15	Torfaen D	2:19.65	_____
4	Ling, Olivia	15	Co Cardiff	2:19.50	_____
5	Coles, Mya	15	Co Newport	2:19.50	_____
6	Grimes, Idena	14	Nofio Bangor	2:19.70	_____
7	Edwards, Alaw	15	NofioGwynedd	2:21.65	_____
8	Jones, Annabelle	15	Wrexham	2:22.90	_____

Heat 3 of 8 Prelims

1	Richards, Faith	15	Co Cardiff	2:19.41	_____
2	Evans, Gwennan	15	Co Cardiff	2:19.20	_____
3	Philpott, Ffion	16	Nofio S Gar	2:18.97	_____
4	%Webb, Saskia S14	18	Pembs Cty	2:18.60	_____
5	Johnson, Poppy	16	Holywell	2:18.87	_____
6	Gardener, Hannah	16	Bridgend Cty	2:19.02	_____
7	Roberts, Mali	15	NofioGwynedd	2:19.40	_____
8	Hughes, Nel	14	NofioGwynedd	2:19.42	_____

Heat 4 of 8 Prelims

1	Wardell, Cari	16	Co Cardiff	2:18.55	_____
2	Reed, Isabella	14	Co Cardiff	2:18.29	_____
3	Marshall, Ffion	15	Co Cardiff	2:17.30	_____
4	Galdes Cutting, Daisy	14	Pembs Cty	2:15.80	_____
5	Burns, Freya	14	Nofio S Gar	2:16.70	_____
6	Givvons, Imogen	15	Co Newport	2:17.70	_____
7	Devin, Erin	15	Wrexham	2:18.30	_____
8	Ribeiro, Ariana	14	Co Cardiff	2:18.60	_____

Heat 5 of 8 Prelims

1	Dwyfor-Clark, Efa	16	NofioGwynedd	2:15.40	_____
2	Humphreys, Holly	17	Neath	2:14.90	_____
3	Allen, Isabel	14	Co Cardiff	2:14.69	_____
4	King, Marley	17	Penyrheol	2:14.50	_____
5	Ach Rhys, Elylt	15	NofioGwynedd	2:14.60	_____
6	Smith, Amelia	17	Co Cardiff	2:14.73	_____
7	O'Mahoney, Kaitlin	17	Bridgend Cty	2:15.28	_____
8	Parfitt, Lucy	17	Co Cardiff	2:15.60	_____

Heat 6 of 8 Prelims

1	Evans, Gwenllian	16	Co Cardiff	2:11.99	_____
2	Hall, Emily	15	Warrington W	2:08.90	_____
3	Williams-Jones, Phoebe	19	Co Cardiff	2:06.55	_____
4	Dickinson, Jessica	20	Swansea Uni	2:04.85	_____
5	John, Emilia	18	Co Cardiff	2:05.20	_____
6	Davies, Megan	20	Swansea Uni	2:08.37	_____
7	Stokes, Aimee	21	Swansea Uni	2:11.30	_____
8	Thomas, Serenity	15	NofioGwynedd	2:14.50	_____

Heat 7 of 8 Prelims

1	Jones, Maisie	15	Co Cardiff	2:11.75	_____
2	Day, Hannah	17	Co Cardiff	2:08.80	_____
3	Forwood, Emily	21	Swansea Uni	2:06.20	_____
4	Broder, Libby	19	Co Cardiff	2:04.40	_____
5	Fox, Honor	18	Co Cardiff	2:05.10	_____
6	Humphreys, Ffion	17	NofioGwynedd	2:07.40	_____
7	%Williams, Rose S14	17	Co Cardiff	2:10.70	_____
8	Nichols, Grace	15	Pembs Cty	2:14.26	_____

Heat 8 of 8 Prelims

1	Wheeler, Oriana	20	Swansea Uni	2:11.37	_____
2	Titchener, Megan	17	Torfaen D	2:08.70	_____
3	Patterson, Millie	19	Swansea Uni	2:06.07	_____
4	Hempenstall, Amy	17	Guildford Ct	2:04.28	_____
5	Griffiths, Cerys	15	Pembs Cty	2:05.06	_____
6	Croke, Carys	18	Torfaen D	2:07.24	_____
7	Sherrard, Emme	16	Torfaen D	2:09.00	_____
8	Davis, Bethan	20	Swansea Uni	2:14.03	_____