

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

Results - Session 6 (Warmup 3.00 - 4.00)

Event 203 Women 14-15 400 LC Meter Freestyle					3	Patterson, Millie	19	Swansea Uni	4:32.50
NameAgeTeamFinals Time						31.91	34.55	34.22	34.47
Finals						34.39	34.32	34.74	33.90
1	Griffiths, Cerys	15	Pembs Cty	4:31.87	4	Hunter, Olivia	21	Swansea Uni	4:34.58
	30.28	32.49	34.33	34.50		31.30	34.10	34.36	35.31
	35.32	35.74	35.42	33.79		34.67	35.55	35.23	34.06
2	Hall, Emily	15	Warrington W	4:41.27	5	Mitchell, Abby	19	Swansea Uni	4:35.49
	30.95	34.50	35.67	36.32		32.02	34.50	34.72	34.82
	35.94	36.25	36.44	35.20		34.85	34.87	35.04	34.67
3	Thomas, Serenity	15	NofioGwynedd	4:42.91	6	Cust, Ciara	18	Conwy	4:40.23
	32.06	34.60	36.28	36.10		31.10	34.56	35.11	35.46
	36.21	36.30	36.23	35.13		35.68	36.26	36.47	35.59
4	Allen, Isabel	14	Co Cardiff	4:44.15	7	Roberts, Megan	18	Wrexham	4:44.09
	31.03	35.09	36.44	36.49		31.38	35.30	35.12	35.72
	36.66	36.88	36.49	35.07		36.64	37.03	37.12	35.78
5	Devin, Erin	15	Wrexham	4:45.84					
	31.40	35.33	36.38	36.67					
	34.93	37.44	37.72	35.97					
6	Galdes Cutting, Daisy	14	Pembs Cty	4:52.11					
	31.19	35.52	36.89	37.20					
	37.96	38.12	38.08	37.15					
7	Coles, Mya	15	Co Newport	4:54.55					
	33.02	35.63	36.91	37.39					
	37.78	38.16	38.21	37.45					
8	Burns, Freya	14	Nofio S Gar	4:55.68					
	31.61	35.83	37.74	38.25					
	38.29	39.28	37.50	37.18					
Event 203 Women 16-17 400 LC Meter Freestyle									
NameAgeTeamFinals Time									
Finals									
1	Sherrard, Emme	16	Torfaen D	4:37.74					
	30.86	34.05	35.77	35.66					
	35.76	35.97	35.67	34.00					
2	Day, Hannah	17	Co Cardiff	4:41.57					
	30.60	33.68	34.65	35.72					
	36.49	37.28	37.00	36.15					
3	Humphreys, Holly	17	Neath	4:43.13					
	31.34	34.76	35.84	36.52					
	36.45	36.60	36.19	35.43					
4	Williams, Rose X	17	Co Cardiff	4:47.17					
	32.33	35.42	36.70	37.15					
	36.76	36.91	36.45	35.45					
5	Hempenstall, Amy	17	Guildford Ct	4:47.30					
	31.12	35.06	35.70	37.34					
	34.62	37.67	38.57	37.22					
6	O'Mahoney, Kaitlin	17	Bridgend Cty	4:52.34					
	32.27	35.05	37.05	37.20					
	38.01	37.86	37.87	37.03					
Event 203 Women 18 & Over 400 LC Meter Freestyle									
NameAgeTeamFinals Time									
Finals									
1	Forwood, Emily	21	Swansea Uni	4:26.98					
	31.55	34.00	33.87	33.95					
	34.18	34.14	33.75	31.54					
2	John, Emilia	18	Co Cardiff	4:27.14					
	31.89	33.79	34.03	33.93					
	34.00	34.11	33.48	31.91					