

Swim Wales Summer Meet 2025 - 30/07/2025 to 03/08/2025

Meet Program - Session 10 - Warmup 7.45 - 8.45

Event 411 Boys 15 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Prelims

1	%Read, William SM14	17	Swansea Aq	2:39.54	___
2	Noakes, Ben	16	Bolton	2:36.66	___
3	Giles, Brodie	15	Bridgend Cty	2:34.84	___
4	Crump, Joshua-James	16	Bridgend Cty	2:33.88	___
5	Stuart-Lavender, Jac	15	Nofio S Gar	2:34.70	___
6	Warman-Powell, Ioan	15	Torfaen D	2:36.05	___
7	Jones, Sebastien	15	Torfaen D	2:37.08	___
8	%O'Reilly, McKenzie SM8	16	Torfaen D/A, 12+	3:22.07	___

Heat 2 of 7 Prelims

1	Wilson, Aidan	16	Conwy	2:32.93	___
2	Chauhan, Jai	16	Nofio Bangor	2:32.50	___
3	Thomas, Archie	15	Co Cardiff	2:31.74	___
4	Shiland-Griffiths, Enzo	15	NofioGwynedd	2:30.97	___
5	Martin-Young, Freddie	16	Rtw Monson	2:31.13	___
6	James, Rhys	16	Rct Squad	2:31.80	___
7	Davies, Lewis	16	NofioGwynedd	2:32.63	___
8	Parry, Now	16	NofioGwynedd	2:32.99	___

Heat 3 of 7 Prelims

1	Reece, Liam	15	Co Newport	2:30.19	___
2	Owen, Luca	18	Holywell	2:28.70	___
3	Gwynfil, Solomon	15	Co Cardiff	2:27.43	___
4	Brock, Freddy	16	Rct Squad	2:26.74	___
5	Miles, Harry	15	Co Cardiff	2:27.33	___
6	Howells, Tom	16	Newtown	2:28.49	___
7	Evans, Oscar	16	Co Hereford	2:29.46	___
8	Jones, Jay	18	Holywell	2:30.60	___

Heat 4 of 7 Prelims

1	Phillips, Finley	15	Nofio S Gar	2:25.63	___
2	Doyle, Alfie	17	Co Newport	2:24.70	___
3	Neaves, Jake	16	EllesmereCSA	2:24.35	___
4	Hardy, Dewi	18	Wrexham	2:24.00	___
5	James, Jack	18	Torfaen D	2:24.26	___
6	Silverstone, Solomon	16	Pembs Cty	2:24.43	___
7	Bebb, Lewis	18	Newtown	2:25.30	___
8	Davies, Brynley	15	Co Newport	2:25.70	___

Heat 5 of 7 Prelims

1	Foster, Henry	16	Redditch	2:22.90	___
2	Twigger, Owen	16	Swansea Aq	2:21.34	___
3	Thomas, Lucas	17	NofioGwynedd	2:16.70	___
4	Burns, Harry	20	Co Cardiff	2:10.00	___
5	Keeble, Alex	21	Swansea Uni	2:14.70	___
6	Pugh, Morgan	18	Torfaen D	2:17.30	___
7	Bennett, Finley	16	Pembs Cty	2:21.86	___
8	Lennon, Danny	17	Wrexham	2:23.79	___

Heat 6 of 7 Prelims

1	Montague, Mason	17	Pembs Cty	2:22.33	___
2	Sheppard, Rhydian	18	Co Cardiff	2:20.30	___
3	Edwards, Dion	18	NofioGwynedd	2:16.69	___
4	Staines, Luca	21	Swansea Uni	2:06.92	___
5	Lee, Ethan	19	Co Cardiff	2:12.40	___
6	Ma, Ko Kwan	16	Co Cardiff	2:17.16	___
7	Upton-Boorman, Liam	18	Nofio S Gar	2:21.78	___
8	Leatherbarrow, Jack	17	Wrexham	2:23.39	___

Heat 7 of 7 Prelims

1	Williams, Owen	16	NofioGwynedd	2:22.30	___
2	Meilleur, Elliot	15	NofioGwynedd	2:19.76	___
3	Anderson, Maxwell	20	Co Cardiff	2:14.91	___
4	Lee, Tristan	19	Co Cardiff	2:06.50	___
5	Arch, Rhydian	20	Co Cardiff	2:10.40	___
6	West, Dexter	16	Pembs Cty	2:17.03	___
7	Cummings-Candal, James	20	Co Cardiff	2:21.70	___
8	Richardson, Osian	17	Swansea Aq	2:23.21	___

Event 412 Female 15 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Prelims

1					___
2					___
3	Mason, Phoebe	15	Pembs Cty	35.20	___
4	Sullivan, Ariana	15	Torfaen D	34.60	___
5	Honeywell, Chloe	16	Evesham	35.20	___
6	Brazier, Jessica	16	Mt Kelly	36.20	___
7					___
8					___

Heat 2 of 10 Prelims

1	Grant, Lucy Margaret	15	NofioGwynedd	34.20	___
2	Stenson, Amelia	16	Cirencester	33.43	___
3	Davies-Jones, Hannah	16	Bridgend Cty	33.07	___
4	Williams, Hollie	18	Nofio S Gar	32.90	___
5	Jones, Rebecca	16	Co Coventry	32.98	___
6	Haddrell, Eva Lily	17	Bridgend Cty	33.42	___
7	Upton-Boorman, Isabella	15	Nofio S Gar	34.00	___
8	Morgan-Basini, Roca-Jay	15	Merthyr Tydf	34.50	___

Heat 3 of 10 Prelims

1	Knight, Cari	17	Penyrheol	32.80	___
2	Carter, Ava	17	Penyrheol	32.52	___
3	Clissold, Elizabeth	19	Pembs Cty	32.50	___
4	Koo, Kathryn	16	Pembs Cty	32.38	___
5	Jones, Evie	17	Merthyr Tydf	32.46	___
6	Brook, Cerys	17	Stourbridge	32.52	___
7	Miles, Megan	17	Pembs Cty	32.80	___
8	Taylor, Rebecca	15	Wrexham	32.85	___

Heat 4 of 10 Prelims

1	Gilderdale, Celyn	17	Pembs Cty	32.27	___
2	Williams, Cari	16	Nofio Bangor	32.20	___
3	Fox, Honor	18	Co Cardiff	31.80	___
4	Carr, Jenaya	18	Holywell	31.74	___
5	Fitzgerald, Mali	15	Bridgend Cty	31.77	___
6	Worthington, Emma	17	Chirk	31.84	___
7	Huws, Awen	17	Rct Squad	32.23	___
8	Hughes-Rolls, Ava	16	Torfaen D	32.27	___

Heat 5 of 10 Prelims

1	Jones, Martha	16	Conwy	31.70	___
2	Swan, Lottie	16	Harrogate	31.57	___
3	Roberts, Mali	15	NofioGwynedd	31.44	___
4	Martin, Lara	17	Bridgend Cty	31.30	___
5	Skinner, Nia	32	ForestofDean	31.34	___
6	Roberts, Lexi	16	Oswestry Ott	31.52	___
7	Hughes, Mari	18	Nofio Bangor	31.69	___
8	Hall, Emily	15	Warrington W	31.73	___

Swim Wales Summer Meet 2025 - 30/07/2025 to 03/08/2025

Meet Program - Session 10 - Warmup 7.45 - 8.45

Heat 6 Prelims (#412 Female 15 & Over 50 LC Meter Butterfly)

1	Shute, Olivia	19	Caradon	31.20	___
2	Davies, Rachel	20	Swansea Uni	31.10	___
3	Hellfeld, Matilda	19	Nofio Bangor	31.00	___
4	McNicholas, Hannah	18	Deben	30.91	___
5	Cust, Ciara	18	Conwy	30.98	___
6	Smart, Charlotte	18	Swansea Uni	31.10	___
7	Flanagan, Evelyn	15	Co Liverpool	31.12	___
8	Blake, Emily	18	Co Cardiff	31.29	___

Heat 7 of 10 Prelims

1	Shute, Hollie	18	Caradon	30.90	___
2	Matthews, Elin	15	Co Cardiff	30.72	___
3	Avraam, Neve	17	Co Cardiff	30.69	___
4	Ach Rhys, Esyllt	15	NofioGwynedd	30.60	___
5	Cyster, Rowan	21	Nofio Bangor	30.67	___
6	Andrews, Bella	15	Co Newport	30.72	___
7	Gillingham, Grace	21	Nofio Bangor	30.84	___
8	Jones, Myia	17	Wrexham	30.90	___

Heat 8 of 10 Prelims

1	Synowiec, Amelia	15	Conwy	30.42	___
2	Rees, Katie	27	Swansea Uni	30.19	___
3	Daniel, Megan	15	Caradon	29.52	___
4	Roberts, Catherine	22	Swansea Uni	28.40	___
5	Crawley, Abigail	20	Swansea Uni	29.13	___
6	Dewsbury, Daisy	20	Swansea Uni	29.98	___
7	Robinson, Scarlett	17	Copeland	30.38	___
8	Griffiths, Cerys	15	Pembs Cty	30.53	___

Heat 9 of 10 Prelims

1	Davis, Bethan	20	Swansea Uni	30.40	___
2	Lush, Emily	23	Swansea Uni	30.08	___
3	Dilks, Gemma	20	Tiverton	29.50	___
4	Morgan, Isabel	21	Co Cardiff	28.18	___
5	Jones, Isabella	20	Nofio S Gar	28.80	___
6	Dwyfor-Clark, Efa	16	NofioGwynedd	29.73	___
7	Lewis, Lowri	19	Neath	30.27	___
8	Geach, Libbie	16	Neath	30.52	___

Heat 10 of 10 Prelims

1	Nichols, Grace	15	Pembs Cty	30.38	___
2	Evans, Sian	17	Holywell	30.00	___
3	Willis, Hannah	20	Swansea Uni	29.24	___
4	De Torres, Rebecca	21	Co Cardiff	28.02	___
5	Collyer, Mabli	17	Nofio S Gar	28.54	___
6	Anderson, Rosalie	15	Co Cardiff	29.67	___
7	Gibbs, Harriet	17	Nofio S Gar	30.26	___
8	Salmon, Gwen	18	Rct Squad	30.47	___

Event 413 Boys 15 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Prelims

1	Jones, Sebastien	15	Torfaen D	32.39	___
2	Howells, Tom	16	Newtown	30.89	___
3	Gilligan, Henry	15	Rct Squad	30.64	___
4	Giles, Brodie	15	Bridgend Cty	30.43	___
5	Hughes, Cai	16	Nofio Bangor	30.50	___
6	Ballantyne, Alex	16	Bridgend SC	30.86	___
7	Davies, Blake	15	Co Cardiff	31.36	___
8	Parfitt, Sebastian	15	Co Cardiff	33.10	___

Heat 2 of 8 Prelims

1	Divers, Connor	18	Caerphilly	30.31	___
2	Galbraith, Elian	16	Nofio S Gar	30.23	___
3	Jones, Stanley	17	Newbury	30.14	___
4	Doyle, Alfie	17	Co Newport	29.71	___
5	Davies, Tom	15	Co Newport	29.95	___
6	Payne, Alexander	17	Droitwich	30.22	___
7	Bryant, Tomos	17	Bridgend Cty	30.24	___
8	Gruffydd, Ned	15	Co Cardiff	30.34	___

Heat 3 of 8 Prelims

1	Jones, Jay	18	Holywell	29.70	___
2	Meek, Emyr	28	Swansea Uni	29.54	___
3	Hedge, Thomas	20	Swansea Uni	29.40	___
4	Williams, Thomas	15	Nofio S Gar	29.37	___
5	Park, Reggie Samuel	15	Holywell	29.40	___
6	Chapman, Coby	16	Penyrheol	29.42	___
7	Brock, Freddy	16	Rct Squad	29.66	___
8	Dixon, Sam	15	Reed's SC	29.70	___

Heat 4 of 8 Prelims

1	James, Owain	17	Rct Squad	29.32	___
2	Sellick, Fenn	17	Swansea Aq	29.21	___
3	Hardy, Dewi	18	Wrexham	29.13	___
4	Gubb, Harvey	19	Neath	28.83	___
5	Richardson, Osian	17	Swansea Aq	29.02	___
6	Jones, Lloyd	22	Swansea Uni	29.21	___
7	Spinks, Owen	17	Torfaen D	29.31	___
8	Thomas, Iolo	15	Neath	29.36	___

Heat 5 of 8 Prelims

1	Cleary, Ethan	17	Salisbury	28.65	___
2	Montague, Mason	17	Pembs Cty	28.52	___
3	Ogden, Dylan	17	Redditch	28.47	___
4	Meilleur, Elliot	15	NofioGwynedd	28.11	___
5	Bamborough, Jack	17	Co Cardiff	28.20	___
6	Hewitt, Archie	15	Torfaen D	28.47	___
7	Foster, Henry	16	Redditch	28.55	___
8	Sadler, Adam	17	Salisbury	28.74	___

Heat 6 of 8 Prelims

1	Upton-Boorman, Liam	18	Nofio S Gar	27.60	___
2	Evans, Monty	18	Gloucester	26.96	___
3	Geysen-Holley, Max	20	Co Cardiff	26.18	___
4	Poole, Dexter	20	Swansea Uni	25.13	___
5	James, Harley	20	Co Cardiff	25.71	___
6	Lee, Ethan	19	Co Cardiff	26.67	___
7	Silverstone, Solomon	16	Pembs Cty	27.27	___
8	Prysor, Sami	18	EllesmereCSA	27.82	___

Heat 7 of 8 Prelims

1	Clarke, Tomas	17	Holywell	27.50	___
2	Rixon, Oliver	17	Co Newport	26.93	___
3	Davies, Evan	19	Co Cardiff	26.06	___
4	Edwards, Rhys	23	Swansea Uni	24.90	___
5	Greenway, Morgan	22	Swansea Uni	25.41	___
6	Pugh, Morgan	18	Torfaen D	26.48	___
7	Owen, Vinnie	17	Co Cardiff	27.07	___
8	Bebb, Lewis	18	Newtown	27.70	___

Swim Wales Summer Meet 2025 - 30/07/2025 to 03/08/2025

Meet Program - Session 10 - Warmup 7.45 - 8.45

Heat 8 Prelims (#413 Boys 15 & Over 50 LC Meter Butterfly)

1	Lennon, Danny	17	Wrexham	27.44	___
2	Cressey-Rodgers, Ioan	20	Nofio S Gar	26.70	___
3	Anderson, Maxwell	20	Co Cardiff	25.79	___
4	Jones, Dan	29	Swansea Uni	24.10	___
5	Murray, Ross	20	Swansea Uni	25.25	___
6	Johnstone, Daniel	18	Nofio S Gar	26.20	___
7	Holland, Tyler	17	EllesmereCSA	27.03	___
8	West, Dexter	16	Pembs Cty	27.64	___

Event 414 Female 15 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 5 Prelims

1	Banks, Ella	16	Newtown	2:51.27	___
2	Haddrell, Eva Lily	17	Bridgend Cty	2:49.86	___
3	Davies, Darcey	16	Rct Squad	2:49.07	___
4	Cox, Isabelle	15	Co Cardiff	2:47.94	___
5	Brazier, Jessica	16	Mt Kelly	2:48.84	___
6	Lewis, Carys-Elizabeth	18	Oswestry Ott	2:49.48	___
7	Thompson, Freya	15	Pembs Cty	2:50.14	___
8	Bendon, Ruby-Mai	15	Cwmbran	2:58.93	___

Heat 2 of 5 Prelims

1	Stark, Tala	15	Pembs Cty	2:46.10	___
2	Cressey-Rodgers, G	15	Nofio S Gar	2:44.31	___
3	Swan, Lottie	16	Harrogate	2:43.66	___
4	Richards, Faith	15	Co Cardiff	2:43.09	___
5	Cartmell, Peggy	17	Flitwick	2:43.35	___
6	Evans, Gwennan	15	Co Cardiff	2:43.85	___
7	Rose, Isabelle	16	Co Leicester	2:44.58	___
8	Grant, Lucy Margaret	15	NofioGwynedd	2:46.60	___

Heat 3 of 5 Prelims

1	Bruce, Skye	16	Pembs Cty	2:39.79	___
2	Lidgett, Isabella	17	Co Cardiff	2:35.60	___
3	Wheeler, Oriana	20	Swansea Uni	2:31.13	___
4	Parfitt, Lucy	17	Co Cardiff	2:27.54	___
5	Hellfeld, Beatrix	18	Nofio Bangor	2:30.20	___
6	Spence, Clara	17	Carnforth	2:33.52	___
7	Jones, Myia	17	Wrexham	2:38.73	___
8	McDonagh, Emily	17	Bridgend Cty	2:42.86	___

Heat 4 of 5 Prelims

1	Kay, Isabelle	17	Rct Squad	2:39.42	___
2	Parfitt, Kali	15	Torfaen D	2:35.45	___
3	%Williams, Rose S14	17	Co Cardiff	2:30.86	___
4	Jones, Bea	19	Co Hereford	2:26.51	___
5	Thomas, Serenity	15	NofioGwynedd	2:28.27	___
6	Gillingham, Grace	21	Nofio Bangor	2:33.20	___
7	Huws, Awen	17	Rct Squad	2:37.24	___
8	Upton-Boorman, Isabella	15	Nofio S Gar	2:42.09	___

Heat 5 of 5 Prelims

1	Jones, Evie	17	Merthyr Tydf	2:39.35	___
2	Howson, Ellen	16	Co Newport	2:34.40	___
3	Wardell, Cari	16	Co Cardiff	2:30.68	___
4	Hall, Emily	15	Warrington W	2:26.49	___
5	Blake, Emily	18	Co Cardiff	2:27.60	___
6	Edwards, Alaw	15	NofioGwynedd	2:32.65	___
7	Roberts, Mali	15	NofioGwynedd	2:35.99	___
8	Roberts, Isabel	15	Co Cardiff	2:41.41	___

Event 415 Boys 15 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 4 Prelims

1					___
2					___
3	Gilligan, Henry	15	Rct Squad	2:34.99	___
4	Martin-Young, Freddie	16	Rtw Monson	2:33.60	___
5	Whittaker, Luke	15	Bridgend Cty	2:34.70	___
6	McGrath, Archie	15	Nofio Bangor	2:35.70	___
7					___
8					___

Heat 2 of 4 Prelims

1	Bebb, Lewis	18	Newtown	2:30.39	___
2	Leatherbarrow, Jack	17	Wrexham	2:25.29	___
3	Davies, Iwan	17	Co Cardiff	2:17.89	___
4	Morgan, Dominic	20	Swansea Uni	2:10.88	___
5	Mills, Ioan	16	Torfaen D	2:16.83	___
6	Sadler, Adam	17	Salisbury	2:20.94	___
7	Birdsall, Charlie	15	Co Cambridge	2:28.02	___
8	Davies, Blake	15	Co Cardiff	2:32.54	___

Heat 3 of 4 Prelims

1	Miles, Harry	15	Co Cardiff	2:29.70	___
2	Hole, Ethan	16	Co Cardiff	2:25.13	___
3	Rixon, Oliver	17	Co Newport	2:17.77	___
4	Arch, Rhydian	20	Co Cardiff	2:09.75	___
5	Bamborough, Jack	17	Co Cardiff	2:16.28	___
6	Montague, Mason	17	Pembs Cty	2:20.12	___
7	Shiland-Griffiths, Enzo	15	NofioGwynedd	2:27.31	___
8	Davies, Lewis	16	NofioGwynedd	2:32.30	___

Heat 4 of 4 Prelims

1	Noakes, Ben	16	Bolton	2:29.01	___
2	Deacon, Cameron	15	Co Cardiff	2:23.16	___
3	Clarke, Tomas	17	Holywell	2:17.00	___
4	John, Finlay	19	Bridgend Cty	2:07.58	___
5	Clegg, Luke	20	Swansea Uni	2:11.07	___
6	Davies, Brynley	15	Co Newport	2:19.30	___
7	Winstone, Evan	19	Co Cardiff	2:26.91	___
8	Caldicott, Lewis	15	Co Newport	2:30.61	___

Event 416 Female 15 & Over 1500 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 3 Finals

1					___
2					___
3	Banks, Ella	16	Newtown	20:19.79	___
4	Clissold, Elizabeth	19	Pembs Cty	19:21.90	___
5	Thompson, Cerys	17	Nuneaton	20:15.02	___
6					___
7					___
8					___

Heat 2 of 3 Finals

1	Ling, Olivia	15	Co Cardiff	19:21.68	___
2	Coles, Mya	15	Co Newport	19:20.90	___
3	Field, Abigail	18	Co Hereford	19:10.98	___
4	Skinner, Nia	32	ForestofDean	18:59.60	___
5	Hall, Emily	15	Warrington W	19:02.71	___
6	O'Mahoney, Kaitlin	17	Bridgend Cty	19:14.59	___
7	Morgan, Isabelle	17	Co Newport	19:21.02	___
8					___

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Heat 3 Finals (#416 Female 15 & Over 1500 LC Meter Freestyle (HDW))

1	Robinson, Scarlett	17	Copeland	18:51.15	___
2	Humphreys, Holly	17	Neath	18:45.63	___
3	Roberts, Megan	18	Wrexham	18:31.64	___
4	Mitchell, Abby	19	Swansea Uni	17:55.90	___
5	Griffiths, Cerys	15	Pembs Cty	18:29.69	___
6	Devin, Erin	15	Wrexham	18:43.29	___
7	Philpott, Ffion	16	Nofio S Gar	18:48.94	___
8	Marshall, Polly	20	Birm'ham Uni	18:52.20	___

Heat 6 of 6 Finals

1	Neaves, Archie	20	Swansea Uni	4:20.54	___
2	Morgan, Lewis	18	Bridgend Cty	4:15.82	___
3	Prysor, Sami	18	EllesmereCSA	4:10.60	___
4	Staines, Luca	21	Swansea Uni	4:04.43	___
5	Geysen-Holley, Max	20	Co Cardiff	4:04.74	___
6	Clegg, Luke	20	Swansea Uni	4:13.77	___
7	Gallagher, Reagan	19	TauntonDeane	4:19.52	___
8	Davies, William	18	Co Newport	4:20.82	___

Event 417 Boys 15 & Over 400 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 6 Finals

1					___
2					___
3	%O'Reilly, McKenzie S8	16	Torfaen D/A, 12+	6:03.44	___
4	Flynn, Asten	15	Rct Squad	5:00.28	___
5	Whittaker, Luke	15	Bridgend Cty	5:12.72	___
6					___
7					___
8					___

Heat 2 of 6 Finals

1					___
2	Gruffydd, Ned	15	Co Cardiff	4:53.82	___
3	Morgan, Ben	16	Pembs Cty	4:53.31	___
4	James, Rhys	16	Rct Squad	4:45.63	___
5	Watts, Macsen	15	Torfaen D	4:51.50	___
6	Burt, Caio	15	Nofio S Gar	4:53.34	___
7	Caldicott, Lewis	15	Co Newport	4:56.91	___
8					___

Heat 3 of 6 Finals

1	Clark, Casper	16	Amersham	4:44.17	___
2	Chauhan, Jai	16	Nofio Bangor	4:39.80	___
3	Thomas, Iolo	15	Neath	4:38.20	___
4	Parfitt, Sebastian	15	Co Cardiff	4:37.06	___
5	Birdsall, Charlie	15	Co Cambridge	4:37.60	___
6	Wilson, Aidan	16	Conwy	4:39.72	___
7	Gwynfil, Solomon	15	Co Cardiff	4:41.81	___
8	Parry, Now	16	NofioGwynedd	4:45.54	___

Heat 4 of 6 Finals

1	Duggan, Brandon	15	Co Cardiff	4:35.28	___
2	Hewitt, Archie	15	Torfaen D	4:34.53	___
3	Cavill, Jack	15	Co Cardiff	4:33.14	___
4	Leatherbarrow, Jack	17	Wrexham	4:31.90	___
5	Vong, Joshua	15	Co Newport	4:32.00	___
6	Page, Alfie	16	Co Cambridge	4:34.07	___
7	Davies, Tom	15	Co Newport	4:35.26	___
8	Reece, Liam	15	Co Newport	4:35.80	___

Heat 5 of 6 Finals

1	Latham, Elliot	15	Winchester	4:30.72	___
2	Williams, Owen	16	NofioGwynedd	4:27.78	___
3	Park, Reggie Samuel	15	Holywell	4:26.73	___
4	Silverstone, Solomon	16	Pembs Cty	4:24.13	___
5	Rixon, Oliver	17	Co Newport	4:26.23	___
6	Edwards, Ross	16	Co Cardiff	4:26.80	___
7	Bennett, Finley	16	Pembs Cty	4:30.46	___
8	Williams, Thomas	15	Nofio S Gar	4:30.96	___