

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

## Meet Program - Session 11 - Warmup 11.55 - 12.55

## Event 421 Boys 12-14 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 8 Prelims

1	Godfrey, Griffydd	12	Nofio Cymru	3:06.50
2	Lloyd, Vincent-Owen	12	Swansea Aq	3:05.28
3	Owens, Steffan	12	Co Cardiff	3:03.55
4	Leigh, Jacob	12	Co Cardiff	3:00.93
5	Bellew, Sebastian	12	Torfaen D	3:03.36
6	Staples, Max	12	Rhondda	3:03.95
7	Dadswell, Harry	12	Pembs Cty	3:05.37
8	Jermin, Morgan	12	Nofio S Gar	3:09.69

## Heat 2 of 8 Prelims

1	Garrett, Ben	12	Merthyr Tydf	2:59.88
2	Collins, Thomas	13	Penyrheol	2:58.20
3	Antwhistle, Isaac	13	Swansea Aq	2:56.23
4	King, Henri	12	Co Cardiff	2:55.69
5	Gray-Thomas, Jayden	13	Conwy	2:56.00
6	Hale, William	12	Co Newport	2:57.50
7	Banner, Harry	13	Penyrheol	2:59.50
8	Jones, Owain	12	Torfaen D	3:00.19

## Heat 3 of 8 Prelims

1	De Haan, Charlie	12	Holywell	2:55.07
2	Morgan, Thomas	13	Neath	2:52.85
3	Hewitt, Oscar	12	Monnow	2:52.21
4	Pugh, Bryn	12	Co Hereford	2:50.47
5	Evans, Sam	13	Pembs Cty	2:50.72
6	Marques-Jones, Felix	13	Nofio S Gar	2:52.82
7	McCullagh, Patrick	13	Holywell	2:54.73
8	Hogg, Zachary	13	Co Bradford	2:55.64

## Heat 4 of 8 Prelims

1	Swetman, Oliver	13	Co Cardiff	2:49.41
2	D'Cruz, Dylan	14	Rct Squad	2:46.50
3	Evans, Jake	13	Wrexham	2:45.05
4	Bancroft, Theo	13	Monnow	2:44.85
5	Noden, Rory	13	Pembs Cty	2:44.91
6	Mills, Thomas	14	Nofio S Gar	2:45.70
7	Fogarty, Oliver	13	Pembs Cty	2:49.23
8	Chalk, Alistair	13	Co Newport	2:50.44

## Heat 5 of 8 Prelims

1	Sekula, Szymon	14	Rct Squad	2:44.49
2	Cook, Noah	12	Torfaen D	2:44.01
3	Taylor, Nicholas	14	Torfaen D	2:42.90
4	Hughes, Freddy	13	Rct Squad	2:42.41
5	Tennant, Zeke	12	Eastbourne	2:42.53
6	Donnan, George	14	Holywell	2:43.23
7	Jones, Dafydd	13	Nofio S Gar	2:44.39
8	Altordai, Junnosuke	14	Co Cardiff	2:44.72

## Heat 6 of 8 Prelims

1	Hamer, Joe	14	Co Hereford	2:41.60
2	Baldwin, Thomas	14	Holywell	2:38.73
3	Duggan, Elliot	14	Bridgend Cty	2:36.08
4	Woodrow, Leo	14	TauntonDeane	2:30.29
5	Harwood, Jack	14	Pembs Cty	2:32.75
6	Stanford-Jason, Samuel	14	Salisbury	2:36.71
7	Bastyan, Tobias-Luke	14	Torfaen D	2:40.88
8	Williams, Sion	14	Nofio Bangor	2:42.21

## Heat 7 of 8 Prelims

1	Samuel, Jake	14	Merthyr Tydf	2:41.23
2	Volausek, Noah	14	Co Cardiff	2:38.41
3	Williams, Dylan	14	Wrexham	2:34.18
4	Castillo, Airam	14	Co Cardiff	2:28.74
5	Williams, Dylan	14	Cambrian AA	2:31.03
6	Gregory, Jaiden	14	Co Cardiff	2:36.56
7	Palmer, Evan	13	Torfaen D	2:40.15
8	Price-Clishem, Dyfan	14	NofioGwynedd	2:42.10

## Heat 8 of 8 Prelims

1	Timbrell, George	14	Co Newport	2:41.00
2	Jones, Noah	14	Torfaen D	2:38.10
3	Sekula, Mateusz	14	Rct Squad	2:33.79
4	Linge, Reece	14	EllesmereCSA	2:27.82
5	Davies, Callum	14	Okehampton	2:30.94
6	Harvey, Hugo	14	Co Cardiff	2:36.47
7	Jones, Sam	12	Co Cardiff	2:39.75
8	Jones, Spencer	13	Wrexham	2:41.86

## Event 422 Female 12-14 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 10 Prelims

1	Francis, Molly	13	Newtown	38.60
2	Pitans, Caitlin	13	Swansea Aq	38.14
3	Price, Seren-Louise	13	Nofio S Gar	37.61
4	Gil Wood, Elena	13	Swansea Aq	37.27
5	Wood, Lilly	12	Neath	37.30
6	Szmigiero, Kaya	12	Aberystwyth	37.91
7	Jones, Alexa	12	Nofio S Gar	38.44
8	Salmon, Amelia	12	Rct Squad	39.60

## Heat 2 of 10 Prelims

1	Cooksey-Owen, Mollie	12	Co Cardiff	37.18
2	James, Isabelle	13	Rhondda	36.90
3	Roberts, Cara-Non	13	NofioGwynedd	36.40
4	Jones, Amelia	13	Rct Squad	36.03
5	Evans, Cadi	13	Penyrheol	36.10
6	Hall, Isabelle	14	Pembs Cty	36.47
7	Roberts Mylan, Ffion	13	Swansea Aq	36.92
8	Powell, Nina	13	Pembs Cty	37.20

## Heat 3 of 10 Prelims

1	Roberts, Bethan	13	Wrexham	35.70
2	McCavish, Cara	14	Farnham	35.47
3	Jasper, Lily	13	Co Cardiff	35.40
4	George, Ellie	14	Rct Squad	35.17
5	Williams, Gwenno	14	NofioGwynedd	35.30
6	Thruswell, Ella	13	Oswestry Ott	35.40
7	Thomas-Owen, Efa	13	NofioGwynedd	35.50
8	David, Emily	13	Cockermouth	35.90

## Heat 4 of 10 Prelims

1	Williams, Paige	13	Swansea Aq	34.80
2	Owen, Nel	12	NofioGwynedd	34.64
3	Davies, Elizabeth	12	Pembs Cty	34.46
4	Williams, Kiera	14	Conwy	34.40
5	Willis, Ffion	13	Torfaen D	34.43
6	Short, Amelia	14	Neath	34.54
7	Parry, Abigail	12	Nofio S Gar	34.75
8	Williams, Layla	13	Newtown	34.83

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

## Meet Program - Session 11 - Warmup 11.55 - 12.55

**Heat 5 Prelims (#422 Female 12-14 50 LC Meter Butterfly)**

1	Roberts, Connie-Rae	12	Co Newport	34.34	___
2	Kinnaird, Darcy	13	Co Cardiff	34.23	___
3	McFarlane, Una	14	Pembs Cty	34.20	___
4	Hnoiana, Valentyna	13	Swansea Aq	33.90	___
5	Summerfield, Lucy	13	Nofio S Gar	33.97	___
6	Fordham, Freya	13	Co Newport	34.20	___
7	Lee, Seol Lucy	13	Co Cardiff	34.30	___
8	Lewis, Evie	12	Pembs Cty	34.35	___

**Heat 6 of 10 Prelims**

1	Williams, Leah	14	NofioGwynedd	33.80	___
2	Rowland, Scarlett	13	Neath	33.67	___
3	Taffetsauffer, Isabella	14	Nofio S Gar	33.60	___
4	Pitt, Seren	13	Co Cardiff	33.60	___
5	Morgan-Basini, Ruby-May	13	Merthyr Tydf	33.60	___
6	Beasley, Evaleigh	12	Swansea Aq	33.66	___
7	Butler, Olivia	14	Bridgend Cty	33.70	___
8	Ballinger, Scarlett	14	Rhondda	33.81	___

**Heat 7 of 10 Prelims**

1	Scofield, Niamh	14	Rct Squad	33.32	___
2	Thurston, Rene	14	Newtown	33.10	___
3	Lendnau-Moulton, Ava	14	Wrexham	33.03	___
4	Burns, Freya	14	Nofio S Gar	32.90	___
5	Williams, Poppy	14	Nofio Bangor	33.00	___
6	Williams, Lili	14	Rct Squad	33.05	___
7	Griffiths, Jessica	14	Evesham	33.16	___
8	Williams, Daisy	13	Nofio Bangor	33.38	___

**Heat 8 of 10 Prelims**

1	Duggan, Grace	14	Rct Squad	32.70	___
2	Davies, Isla	12	Nofio S Gar	32.25	___
3	Berner, Iyla	12	Nofio S Gar	31.68	___
4	Bissicks, Cari	14	Neath	31.24	___
5	Prosser, Sofia	13	Torfaen D	31.45	___
6	Kazmiruk, Anastasiia	14	Nofio S Gar	32.00	___
7	McCooole-Jones, Elen	14	Holywell	32.40	___
8	Dash, Amelie	14	Pembs Cty	32.90	___

**Heat 9 of 10 Prelims**

1	Cooksey-Owen, Ruby-Mae	14	Co Cardiff	32.69	___
2	Klak, Nina	13	Co Newport	32.22	___
3	Mellor, Medi	13	Nofio Bangor	31.62	___
4	Sweet-Roberts, Pip	13	Torfaen D	30.58	___
5	Matthews, Catrin	12	Co Cardiff	31.38	___
6	Tejedo, Lola	14	Co Cardiff	31.89	___
7	O'Hara, Noelle	12	Wrexham	32.37	___
8	Carrington-Abraham, X	14	Worcester	32.70	___

**Heat 10 of 10 Prelims**

1	Jones, Lola-Grace	13	Torfaen D	32.68	___
2	Bates, Molly	14	Wrexham	32.10	___
3	Sutton, Emily	14	NofioGwynedd	31.58	___
4	Hughes, Nel	14	NofioGwynedd	30.55	___
5	Meenagh, Mai Van	13	Co Cardiff	31.37	___
6	Fowler, Maisie	14	Rct Squad	31.68	___
7	Gordon, Mabli	14	Bridgend Cty	32.34	___
8	Emms, Ela	13	Co Cardiff	32.70	___

**Event 423 Boys 12-14 50 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 5 Prelims**

1				___	
2				___	
3	Palmer, Evan	13	Torfaen D	38.54	___
4	Miller, Ethan	12	Ruthin	37.20	___
5	Godfrey, Griffydd	12	Nofio Cymru	37.50	___
6				___	
7				___	
8				___	

**Heat 2 of 5 Prelims**

1	Swetman, Oliver	13	Co Cardiff	36.36	___
2	King, Henri	12	Co Cardiff	34.27	___
3	Hopkins, Luc	14	Torfaen D	33.05	___
4	Jones, Spencer	13	Wrexham	32.82	___
5	Mills, Thomas	14	Nofio S Gar	32.84	___
6	Frampton, Rhydian	13	Millfield	33.80	___
7	Pugh, Bryn	12	Co Hereford	35.81	___
8				___	

**Heat 3 of 5 Prelims**

1	Jones, Noah	14	Torfaen D	32.50	___
2	Morgan, Cole	14	C Dolphins	32.04	___
3	Duggan, Elliot	14	Bridgend Cty	30.75	___
4	Linge, Reece	14	EllesmereCSA	28.98	___
5	Elmes, Max	14	Nofio S Gar	30.40	___
6	Williams, Dylan	14	Wrexham	31.04	___
7	Hughes, Fraser	13	Rhondda	32.24	___
8	Bancroft, Theo	13	Monnow	32.78	___

**Heat 4 of 5 Prelims**

1	Hughes, Freddy	13	Rct Squad	32.45	___
2	Stanford-Jason, Samuel	14	Salisbury	31.90	___
3	Bastyan, Tobias-Luke	14	Torfaen D	30.55	___
4	Page, Edward	14	Co Cambridge	28.78	___
5	Beddoes, Oliver	14	Salisbury	30.36	___
6	Gregory, Jaiden	14	Co Cardiff	30.94	___
7	Evans, Sam	13	Pembs Cty	32.05	___
8	Evans, Jake	13	Wrexham	32.76	___

**Heat 5 of 5 Prelims**

1	Jones, Sam	12	Co Cardiff	32.26	___
2	Watkins, Dylan	13	Torfaen D	31.68	___
3	Payne, Sebastian	14	Droitwich	30.52	___
4	Douglas, Lucas	14	Neath	28.44	___
5	Castillo, Airam	14	Co Cardiff	29.52	___
6	Williams, Dylan	14	Cambrian AA	30.93	___
7	Smith, Declan	14	Neath	32.05	___
8	Sekula, Mateusz	14	Rct Squad	32.72	___

**Event 424 Female 12-14 200 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 10 Prelims**

1	Kurys, Bonnie	12	Nofio S Gar	3:10.10	___
2	Griffiths, Isla	12	Tenby	3:08.95	___
3	Cooksey-Owen, Mollie	12	Co Cardiff	3:04.95	___
4	Duncan, Ava	13	Nofio S Gar	3:04.23	___
5	Morris, Blair	12	Neath	3:04.66	___
6	Hopkins, Ava	13	Rct Squad	3:05.70	___
7	Gotobed, Elizabeth	12	Torfaen D	3:09.47	___
8	Henson, Jessica	12	Pembs Cty	3:10.27	___

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

## Meet Program - Session 11 - Warmup 11.55 - 12.55

**Heat 2 Prelims (#424 Female 12-14 200 LC Meter Backstroke)**

1	Salmon, Amelia	12	Rct Squad	3:03.25	___
2	Blythe, Eva	12	Co Newport	3:02.71	___
3	Crump, Lily-May	13	Bridgend Cty	3:00.83	___
4	Morgan, Amelia	12	Bridgend Cty	3:00.30	___
5	Bate, Chloe	12	Co Cardiff	3:00.65	___
6	Roberts, Cara-Non	13	NofioGwynedd	3:01.10	___
7	Cole, Ivy	12	Co Cardiff	3:03.11	___
8	Hamonet, Evie	13	Co Cardiff	3:03.55	___

**Heat 3 of 10 Prelims**

1	Williams, Fay	13	Swansea Aq	2:59.90	___
2	Davies, Indie	13	Cwmbran	2:58.30	___
3	Davies, Grace	13	Co Newport	2:57.20	___
4	Morris, Ffion	13	Pembs Cty	2:56.70	___
5	Pease, Una	12	Io Man	2:56.80	___
6	Morris, Besi	12	Nofio S Gar	2:58.04	___
7	Jones, Alexa	12	Nofio S Gar	2:58.70	___
8	Roberts Mylan, Ffion	13	Swansea Aq	3:00.00	___

**Heat 4 of 10 Prelims**

1	Jones, Amelia	13	Rct Squad	2:55.50	___
2	Jones, Cora	12	Heads Valley	2:54.10	___
3	Francis, Molly	13	Newtown	2:52.70	___
4	Price, Seren-Louise	13	Nofio S Gar	2:51.70	___
5	Roberts, Connie-Rae	12	Co Newport	2:52.48	___
6	James, Isabelle	13	Rhondda	2:53.70	___
7	Hawkins, Lottie	12	Pembs Cty	2:55.03	___
8	Powell, Nina	13	Pembs Cty	2:56.11	___

**Heat 5 of 10 Prelims**

1	Pinnock, Betsan	13	Swansea Aq	2:51.54	___
2	Williams, Gwenno	14	NofioGwynedd	2:49.30	___
3	Davies, Lowri	14	Co Newport	2:48.64	___
4	Jones, Cadi	13	Co Cardiff	2:48.04	___
5	Gray-Thomas, Jessica	12	Conwy	2:48.39	___
6	Roberts, Bethan	13	Wrexham	2:48.97	___
7	Griffiths, Jessica	14	Evesham	2:50.80	___
8	Llewellyn, Holly	12	Co Newport	2:51.58	___

**Heat 6 of 10 Prelims**

1	Scofield, Niamh	14	Rct Squad	2:46.91	___
2	Thomas-Owen, Efa	13	NofioGwynedd	2:46.70	___
3	Williams, Daisy	13	Nofio Bangor	2:46.30	___
4	Williams, Leah	14	NofioGwynedd	2:45.60	___
5	Harris, Betsi	12	Torfaen D	2:46.01	___
6	Davies, Elizabeth	12	Pembs Cty	2:46.61	___
7	Layland, Seren	14	Penyrheol	2:46.80	___
8	Jones, Efa	14	Co Cardiff	2:48.00	___

**Heat 7 of 10 Prelims**

1	Thurston, Rene	14	Newtown	2:45.32	___
2	Gettins, Bethan	13	Co Newport	2:45.30	___
3	Jasper, Lily	13	Co Cardiff	2:45.20	___
4	Beasley, Evaleigh	12	Swansea Aq	2:44.11	___
5	Galdes Cutting, Daisy	14	Pembs Cty	2:44.38	___
6	Williams, Lili	14	Rct Squad	2:45.28	___
7	Davies, Isabella	14	Nofio S Gar	2:45.30	___
8	Morgan-Basini, Ruby-May	13	Merthyr Tydf	2:45.40	___

**Heat 8 of 10 Prelims**

1	David, Emily	13	Cockermouth	2:42.47	___
2	Dash, Amelie	14	Pembs Cty	2:39.90	___
3	Reasons, Darcy	13	Torfaen D	2:36.48	___
4	Taffetsauffer, Isabella	14	Nofio S Gar	2:31.50	___
5	Roberts, Rosie	13	Torfaen D	2:34.27	___
6	Burns, Freya	14	Nofio S Gar	2:38.42	___
7	Thomas, Carys	13	Northampton	2:42.07	___
8	McFarlane, Una	14	Pembs Cty	2:43.61	___

**Heat 9 of 10 Prelims**

1	Owen, Nel	12	NofioGwynedd	2:42.39	___
2	Jones, Hunydd	14	Nofio S Gar	2:39.30	___
3	Reed, Isabella	14	Co Cardiff	2:34.76	___
4	Bennett, Isla	14	Co Cardiff	2:30.82	___
5	Lewis, Harriet	13	Co Cardiff	2:33.86	___
6	Fowler, Maisie	14	Rct Squad	2:37.28	___
7	Emms, Ela	13	Co Cardiff	2:41.69	___
8	Williams, Paige	13	Swansea Aq	2:42.69	___

**Heat 10 of 10 Prelims**

1	Van Zyl, Kiara	13	Co Cardiff	2:42.25	___
2	McCoole-Jones, Elen	14	Holywell	2:38.85	___
3	Berner, Iyla	12	Nofio S Gar	2:34.50	___
4	Sweet-Roberts, Pip	13	Torfaen D	2:30.37	___
5	Allen, Isabel	14	Co Cardiff	2:32.01	___
6	Olszewska, Maya	13	Co Newport	2:36.72	___
7	Ribeiro, Ariana	14	Co Cardiff	2:41.54	___
8	Jenkins, Elli	14	Swansea Aq	2:42.60	___

**Event 425 Boys 12-14 200 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 5 Prelims**

1	Stanford-Jason, Matthew	12	Salisbury	3:05.32	___
2	Bowes, James	13	Nofio S Gar	3:03.39	___
3	Bunn, Cameron	12	Co Newport	3:01.31	___
4	Jones, Owain	12	Torfaen D	2:57.90	___
5	Godfrey, Griffydd	12	Nofio Cymru	2:59.30	___
6	Miller, Ethan	12	Ruthin	3:02.28	___
7	Boyd, Isaac	12	Co Cardiff	3:05.12	___
8	McCavish, Hugo	12	Farnham	3:10.26	___

**Heat 2 of 5 Prelims**

1	Hughes, Elis	12	Southwold	2:53.40	___
2	Staples, Max	12	Rhondda	2:52.82	___
3	Evans, Sam	13	Pembs Cty	2:52.49	___
4	Davies-Green, Thomas	12	Co Cardiff	2:50.13	___
5	Hale, William	12	Co Newport	2:51.70	___
6	Marques-Jones, Felix	13	Nofio S Gar	2:52.70	___
7	Gray-Thomas, Jayden	13	Conwy	2:53.10	___
8	Jones, Tom	14	Clitheroe	2:57.65	___

**Heat 3 of 5 Prelims**

1	Butwell, Ollie	14	Co Cardiff	2:47.45	___
2	Williams, Sion	14	Nofio Bangor	2:40.00	___
3	Beddoes, Oliver	14	Salisbury	2:33.47	___
4	Harwood, Jack	14	Pembs Cty	2:27.50	___
5	Woodrow, Leo	14	TauntonDeane	2:31.13	___
6	Jones, Dafydd	13	Nofio S Gar	2:38.73	___
7	Williams, Heath	13	Wrexham	2:41.22	___
8	King, Henri	12	Co Cardiff	2:49.64	___

**Swim Wales Summer Meet 2025 - 30/07/2025 to 03/08/2025****Meet Program - Session 11 - Warmup 11.55 - 12.55****Heat 4 Prelims (#425 Boys 12-14 200 LC Meter Backstroke)**

1	Ban Jona, Krisztian	14	Co Newport	2:42.92	___
2	Donnan, George	14	Holywell	2:39.10	___
3	Jenkins, Rhys	12	Co Cardiff	2:32.99	___
4	Davies, Callum	14	Okehampton	2:27.03	___
5	Linge, Reece	14	EllesmereCSA	2:28.22	___
6	De Haan, Charlie	12	Holywell	2:35.95	___
7	Leonard, Harrison	14	Conwy	2:40.30	___
8	Antwhistle, Isaac	13	Swansea Aq	2:48.88	___

**Heat 5 of 5 Prelims**

1	Sekula, Mateusz	14	Rct Squad	2:41.29	___
2	Noden, Rory	13	Pembs Cty	2:38.80	___
3	Hamer, Joe	14	Co Hereford	2:32.77	___
4	King, Ethan	13	Penyrheol	2:26.66	___
5	Elmes, Max	14	Nofio S Gar	2:27.93	___
6	Samuel, Jake	14	Merthyr Tydf	2:33.92	___
7	Ogden, George	13	Redditch	2:40.19	___
8	Leigh, Jacob	12	Co Cardiff	2:47.63	___

**Heat 3 of 4 Finals**

1	Timbrell, George	14	Co Newport	5:00.02	___
2	Mills, Thomas	14	Nofio S Gar	4:58.05	___
3	Hughes, Freddy	13	Rct Squad	4:57.21	___
4	Harwood, Jack	14	Pembs Cty	4:52.67	___
5	Chalk, Alistair	13	Co Newport	4:56.45	___
6	McCullagh, Patrick	13	Holywell	4:58.03	___
7	Stanford-Jason, Samuel	14	Salisbury	4:59.57	___
8	Jenkins, Rhys	12	Co Cardiff	5:02.24	___

**Heat 4 of 4 Finals**

1	Duggan, Elliot	14	Bridgend Cty	4:46.75	___
2	Harvey, Hugo	14	Co Cardiff	4:45.25	___
3	Payne, Sebastian	14	Droitwich	4:42.57	___
4	Davies, Callum	14	Okehampton	4:40.04	___
5	Williams, Dylan	14	Cambrian AA	4:41.51	___
6	Taylor, Nicholas	14	Torfaen D	4:44.49	___
7	Baldwin, Thomas	14	Holywell	4:45.93	___
8	Woodrow, Leo	14	TauntonDeane	4:51.51	___

**Event 426 Female 12-14 1500 LC Meter Freestyle (HDW)**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1					___
2	Elson, Caitlin	13	Wrexham	21:46.57	___
3	Davies, Ava-Rose	12	Nofio S Gar	20:44.79	___
4	Hall, Ellena	14	Pembs Cty	20:36.36	___
5	Ballinger, Scarlett	14	Rhondda	20:40.10	___
6	James, Isabelle	13	Rhondda	21:10.92	___
7	Scott, Lucy	13	Conwy	22:02.90	___
8					___

**Heat 2 of 2 Finals**

1	Thomas, Carys	13	Northampton	20:27.88	___
2	Jones, Alice	13	Maidenhead	20:00.99	___
3	Davies, Macy	13	Torfaen D	19:19.28	___
4	Bates, Molly	14	Wrexham	18:45.77	___
5	Galdes Cutting, Daisy	14	Pembs Cty	18:52.84	___
6	McCavish, Cara	14	Farnham	19:33.75	___
7	Chauhan, Amber	13	Nofio Bangor	20:21.81	___
8	Morgan, Evelyn	14	Nofio S Gar	20:35.31	___

**Event 427 Boys 12-14 400 LC Meter Freestyle (HDW)**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

1	Garrett, Ben	12	Merthyr Tydf	5:47.40	___
2	Marques-Jones, Felix	13	Nofio S Gar	5:30.70	___
3	Williams, Heath	13	Wrexham	5:20.10	___
4	Noden, Rory	13	Pembs Cty	5:11.69	___
5	Bowes, James	13	Nofio S Gar	5:19.30	___
6	Stanford-Jason, Matthew	12	Salisbury	5:27.71	___
7	Bunn, Cameron	12	Co Newport	5:35.99	___
8	%Thomas, Ifan S8	13	Cambrian AA	6:51.10	___

**Heat 2 of 4 Finals**

1	Cook, Noah	12	Torfaen D	5:08.86	___
2	Frampton, Rhydian	13	Millfield	5:07.30	___
3	Altordai, Junnosuke	14	Co Cardiff	5:04.99	___
4	Donnan, George	14	Holywell	5:04.28	___
5	Csoban, Benjamin	14	Co Newport	5:04.29	___
6	Ban Jona, Krisztian	14	Co Newport	5:05.34	___
7	Jones, Spencer	13	Wrexham	5:08.28	___
8	Hopkins, Luc	14	Torfaen D	5:10.10	___