

## Swim Wales Winter Championships 2025 - 18/12/2025 to 21/12/2025

## Results - Session 10 (Warmup 7.45 - 8.45)

Event 405 Girls 12-13 400 LC Meter IM					Event 405 Women 16-17 400 LC Meter IM				
Name	Age	Team	Prelim Time		Name	Age	Team	Prelim Time	
<b>Preliminaries</b>					<b>Preliminaries</b>				
1	Lewis, Harriet	13	Co Cardiff	5:36.21	1	Jones, Myia	17	Wrexham	5:41.30
	35.05	41.92				35.56	42.85	44.88	43.13
	48.22	48.53	39.15	38.08		48.19	50.17	38.68	37.84
2	Morgan, Millie	13	Teddington	5:40.48					
	33.92	40.53	43.98	43.75					
	51.74	52.60	38.40	35.56					
3	Scales, Eve	13	EllesmereCSA	5:41.44					
	34.30	40.85	45.95	45.47					
	48.64	50.68	38.31	37.24					
4	Mellor, Medi	13	Nofio Bangor	5:44.66					
	35.77	42.12	45.57	46.41					
	48.37	49.72	38.79	37.91					
5	Osele, Isabella	13	Hackney	5:46.64					
	34.69	42.12	44.19	44.26					
	50.01	52.84	39.98	38.55					
6	Gray-Thomas, Jessica	12	Conwy	5:49.31					
	37.32	43.23	45.49	40.66					
	53.06	51.41	41.38	36.76					
7	Lee, Seol Lucy	13	Co Cardiff	5:53.85					
	34.83	40.94	47.44	48.67					
	49.73	52.79	39.91	39.54					
8	Pawlowski, Isabelle	13	Corby	5:55.71					
	37.96	45.81	44.47	43.76					
	51.85	50.99	41.34	39.53					
9	Chauhan, Amber	13	Nofio Bangor	5:57.19					
	36.17	44.07	45.61	43.97					
	53.47	53.66	40.84	39.40					
10	Jones, Cadi	13	Co Cardiff	6:00.10					
	35.45	43.14	47.53	46.35					
	51.08	51.78	43.44	41.33					
<b>Event 405 Women 14-15 400 LC Meter IM</b>					<b>Event 405 Women 400 LC Meter IM Super Final</b>				
Name	Age	Team	Prelim Time		Name	Age	Team	Prelim Time	
<b>Preliminaries</b>					<b>Preliminaries Super Final</b>				
1	Ling, Olivia	15	Co Cardiff	5:29.26	1	Brassington, Sophie	19	Swansea Uni	5:03.54
	34.57	41.19	44.37	43.15		33.63	38.05		
	44.67	46.03	38.84	36.44		39.37	35.93	35.43	
2	Bates, Molly	14	EllesmereCSA	5:30.95	2	Gordon, Freya	16	Haslemere	5:03.55
	33.82	39.76	43.39	42.56		30.78	36.12	40.57	39.25
	49.19	49.68	36.18	36.37		43.50	43.72	35.36	34.25
3	McFarlane, Una	14	Pembs Cty	5:52.20	3	Winstanley, Elin	16	Co Hereford	5:11.95
	34.52	43.96	45.25	44.18		31.97	38.12		
	52.92	51.67	39.98	39.72		47.25	35.53	32.57	
4	George, Ellie	14	Rct Squad	5:54.19	4	Wheeler, Oriana	20	Swansea Uni	5:12.64
	37.81	45.54	45.30	45.33		32.89	37.18	43.31	41.24
	50.31	51.46	40.32	38.12		43.18	43.12	37.15	34.57
5	Jones, Hunydd	14	Nofio S Gar	5:56.59	5	Rees, Katie	27	Swansea Uni	5:13.62
	38.79	47.84	42.60	42.28		32.19	38.27	42.64	40.89
	50.23	52.40	42.42	40.03		44.16	44.73	35.73	35.01
6	Hall, Isabelle	14	Pembs Cty	5:57.45	6	Mitchell, Abby	19	Swansea Uni	5:13.76
	36.82	43.93	47.11	46.30		33.08	39.12		
	50.79	51.08	41.52	39.90		45.76	35.47	34.38	
7	Williams, Leah	14	NofioGwynedd	5:57.95	7	Lythgoe, Manon	16	Swansea Aq	5:24.38
	36.58	46.97	46.53	44.47		32.67	39.27	43.47	41.58
	55.52	52.37	38.17	37.34		46.21	46.14	38.61	36.43
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	35.72	43.28	46.17	44.84		32.80	39.26		
	48.74	49.61	40.71	40.01		50.80	36.96	35.48	
					9	Williams, Jody	19	Swansea Uni	5:29.03
						33.94	40.20	41.27	41.34
						46.23	48.74	39.40	37.91