

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

## Results - Session 7 (Warmup 7.45 - 8.45)

## Event 303 Boys 12-13 400 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Staskus, Daniel	13	MILW	4:32.60
	30.31	33.00	33.81
	34.96	35.82	35.22
			34.20

## Event 303 Men 14-15 400 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Morgan, Charlie	15	TEDL	4:21.20
	28.92	32.09	33.06
	33.25	33.48	34.20
			33.02
2 Ma, Perrin	14	HATT	4:28.60
	30.64	33.33	34.07
	33.92	34.43	33.99
			34.64
			33.58
3 Godden, Finlay	15	NUNM	4:31.04
	30.09	33.66	34.82
	34.84	35.10	34.62
			34.73
			33.18
4 Scholes, James	15	HSMS	4:31.31
	29.41	33.85	34.90
	35.36	35.05	34.67
			32.81
5 Davies, Callum	14	OKEW	4:31.53
	30.04		35.12
	34.55	35.38	35.33
			34.08
6 Park, Reggie Samuel	15	HOLY	4:32.16
	29.77	33.50	34.30
	34.90	35.39	34.70
			35.11
			34.49
7 Davies, Tom	15	NWMY	4:32.24
	31.20	33.74	34.37
	34.59	35.28	34.82
			35.25
			32.99
8 Vong, Joshua	15	TDOY	4:32.45
	30.24	33.70	34.84
	34.93	34.95	35.58
			34.81
			33.40
9 Reece, Liam	15	NWMY	4:34.01
	31.18	33.94	34.38
	35.02	35.36	35.03
			34.21
10 Glanville, Harry	14	TDSW	4:37.24
	30.51	34.22	35.03
	35.80	35.48	35.91
			34.72
11 Gwynfil, Solomon	15	COCY	4:39.48
	29.66	33.14	35.06
	37.23	37.50	36.77
			33.59
12 Baldwin, Thomas	14	HOLY	4:40.06
	30.85	33.44	35.23
	36.69	37.49	36.96
			33.76
13 Bowles, Osian	14	HAGL	4:40.94
	29.91	33.53	35.94
	37.54	36.58	36.16
			36.95
			34.33
14 White, Jacob	14	WELW	4:43.61
	31.99	35.58	36.57
	36.75	36.25	35.97
			36.76
			33.74
15 Iffland, Noah	14	HAGL	4:46.17
	30.89	35.03	36.44
	37.44	37.69	36.28
			37.23
			35.17
16 Harvey, Hugo	14	COCY	4:47.86
	32.72	35.74	36.62
	36.60	36.94	36.69
			36.99
			35.56

17 Duggan, Brandon	15	COCY	4:48.20
	30.96	35.07	36.66
	37.97	37.80	36.29
			37.54
			35.91
18 Castillo, Airam	14	COCY	4:55.45
	31.00	37.01	38.49
	38.08	38.41	38.60
			38.31
			35.55

## Event 303 Men 16-17 400 LC Meter Freestyle

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Bamborough, Jack	17	COCY	4:12.77
	28.42	30.71	31.14
	32.51	33.19	32.93
			31.69
			32.18
2 Sochovsky, Max	16	MILW	4:19.26
	29.16	32.08	32.63
	33.42	33.36	33.42
			33.16
			32.03
3 Silverstone, Solomon	16	PCPY	4:19.32
	28.66	33.28	34.14
	34.41	32.70	32.37
			33.63
			30.13
4 Twigger, Owen	16	SWAY	4:19.40
	30.02	32.47	32.70
	33.00	33.33	32.86
			32.73
			32.29
5 Ashman, Beau	16	MILW	4:19.48
	28.67	32.90	33.56
	32.67	33.25	32.41
			33.68
			32.34
6 Brown, Layton	17	NUNM	4:35.20
	31.06	33.78	34.42
	36.42	35.37	34.89
			35.15
			34.11
7 Ghetu, Marcu	17	HARE	4:36.21
	28.62	33.39	35.12
	37.12	36.66	34.97
			36.12
			34.21
8 Rixon, Oliver	17	COCY	4:37.93
	29.93	33.88	35.39
	35.85	35.55	36.53
			35.68
			35.12

## Event 303 Men 400 LC Meter Freestyle Super Final

Name	Age	Team	Prelim Time
<b>Preliminaries Super Final</b>			
1 Pardoe, Hector	24	LCLA	3:55.48
	27.31	29.17	29.96
	30.23	30.39	30.10
			29.82
			28.50
2 Melbourne-Smith, Tyler	20	LCLA	3:58.16
	26.33	29.14	29.98
	30.82	30.40	30.97
			30.29
			30.23
3 Williams, Josh	23	SUNY	3:59.44
	26.51	29.43	29.93
	30.93	31.31	30.95
			30.41
			29.97
4 Trebilcock, Thomas	22	SUNY	3:59.49
	27.09	29.33	30.42
	31.03	30.93	30.31
			30.79
			29.59
5 Bird, Kieran	26	WYCS	4:02.75
	27.53	29.66	30.78
	31.26	31.54	31.40
			31.04
			29.54
6 Kershaw, Charles	23	SUNY	4:03.25
	28.34	30.28	30.72
	30.67	31.10	30.89
			30.80
			30.45
7 Owen, Vinnie	17	COCY	4:07.67
	27.86	30.62	31.21
	31.93	31.88	31.78
			31.69
			30.70
8 Sansome, Thomas	22	WYCS	4:09.89
	28.22	31.12	31.28
	31.58	31.86	32.21
			31.76
			31.86

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## Preliminaries Super Final ... (Event 303 Men 400 LC Meter Freestyle S

Name	Age	Team	Prelim Time	
9 Nerushenko, Valeriy	20	SUNY	4:10.17	
	28.38	30.30	31.80	31.88
	32.69	32.49	32.65	29.98
10 O'Brien, Joshua	20	COCY	4:11.43	
	27.67	29.94	30.89	31.24
	32.02	32.75	33.53	33.39
11 Geysen-Holley, Max	20	COCY	4:12.35	
	28.25	31.07	31.92	32.43
	32.08	32.83	32.06	31.71
12 Parsons, Joseph	18	COCY	4:13.07	
	28.17	30.71	31.53	32.07
	32.80	32.96	33.26	31.57
13 Gillett, Oliver	18	SUNY	4:13.35	
	28.32	30.39	31.42	31.90
	32.91	33.09	32.96	32.36
14 Harris, Daniel	18	SUNY	4:13.36	
	28.63	31.42	31.94	32.77
	32.46	32.77	32.59	30.78
15 Keeble, Alex	21	SUNY	4:14.47	
	28.91	31.16	32.13	32.70
	33.25	32.53	32.49	31.30
16 Staines, Luca	21	SUNY	4:15.77	
	28.31	31.09	31.68	32.47
	33.16	33.01	33.14	32.91
17 Prysor, Sami	18	ECSM	4:16.90	
	28.79	31.64	32.11	32.81
	32.92	33.12	32.86	32.65
18 Mistry, Manav	18	SUNY	4:17.83	
	29.43	31.59	32.70	33.19
	33.03	32.78	32.81	32.30