

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

## Results - Session 9 (Warmup 4.20 - 5.20)

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

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Staskus, Daniel	13	Millfield	4:29.72	
	29.72	32.38	34.07	35.18
	34.30	35.28	34.80	33.99
2 Chalk, Alistair	13	Co Newport	4:44.83	
	31.56	35.67	36.05	37.18
	36.79	37.21	36.30	34.07
*3 Hughes, Freddy	13	Rct Squad	4:45.03	
	31.62	36.07	36.58	37.28
	36.13	37.07	36.36	33.92
*3 Evans, Jake	13	Wrexham	4:45.03	
	31.68	35.82	36.71	36.69
	36.72	37.02	36.09	34.30
5 Evans, Sam	13	Pembs Cty	4:45.73	
	31.98	35.47	36.21	37.03
	37.13	37.30	37.03	33.58
6 Higgs, William	13	Caradon	4:47.10	
	31.78	35.93	37.92	37.15
	37.15	37.14	35.80	34.23
7 Garnham, Sebastian	13	Teddington	4:48.87	
	32.86	36.04	36.92	37.14
	36.95	36.96	36.10	35.90
8 Neimanis-Kosarevs, D	13	Nuneaton	4:51.28	
	31.64	36.38	36.64	37.71
	37.92	37.82	37.91	35.26

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

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Morgan, Charlie	15	Teddington	4:20.43	
	29.02	31.49	32.17	33.26
	33.30	33.77	34.00	33.42
2 Ma, Perrin	14	Hatfield	4:23.77	
	30.99	33.07	33.90	33.83
	34.23	32.91	33.14	31.70
3 Scholes, James	15	Haslemere	4:23.87	
	29.79	33.27	34.17	34.19
	33.70	33.62	33.64	31.49
4 Vong, Joshua	15	Torfaen D	4:27.32	
	29.63	32.11	33.38	33.49
	34.76	34.91	35.04	34.00
5 Davies, Callum	14	Okehampton	4:30.03	
	30.39	32.78	34.13	34.41
	34.72	34.90	35.01	33.69
6 Park, Reggie Samuel	15	Holywell	4:31.24	
	29.59	32.75	33.94	34.59
	34.98	35.50	35.15	34.74
7 Davies, Tom	15	Co Newport	4:34.77	
	30.98	34.92	34.17	34.25
	34.94	35.25	35.69	34.57
8 Godden, Finlay	15	Nuneaton	4:39.76	
	29.85	33.50	34.81	35.66
	36.32	36.69	37.08	35.85

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

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Twigger, Owen	16	Swansea Aq	4:13.60	
	29.92	31.35	31.80	31.90
	32.11	31.94	32.65	31.93
2 Silverstone, Solomon	16	Pembs Cty	4:14.96	
	28.32	32.62	32.94	33.31
	32.76	33.66	32.66	28.69
3 Ashman, Beau	16	Millfield	4:14.99	
	28.99	32.50	33.24	33.27
	32.62	31.97	32.67	29.73
4 Sochovsky, Max	16	Millfield	4:15.30	
	28.86	32.10	32.66	33.02
	32.95	32.77	32.90	30.04
5 Brown, Layton	17	Nuneaton	4:29.91	
	29.23	33.00	33.58	34.28
	34.86	35.21	35.45	34.30

## Event 303 Men 400 LC Meter Freestyle Super Final

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Melbourne-Smith, Tyler	20	Lboro Uni	3:48.14	
	26.08	28.50	28.98	29.26
	29.26	29.16	29.00	27.90
2 Trebilcock, Thomas	22	Swansea Uni	3:55.98	
	26.94	29.05	30.09	30.53
	30.45	30.62	30.18	28.12
3 Williams, Josh	23	Swansea Uni	3:56.99	
	26.47	29.33	29.64	30.32
	30.27	30.47	30.42	30.07
4 Bird, Kieran	26	Wycombe Dist	3:59.33	
	27.08	29.64	30.48	30.63
	30.66	31.08	30.39	29.37
5 Kershaw, Charles	23	Swansea Uni	4:01.25	
	27.53	28.97	30.27	30.46
	30.77	31.07	31.28	30.90
6 Owen, Vinnie	17	Co Cardiff	4:04.52	
	27.72	30.27	30.96	31.54
	30.94	31.61	31.11	30.37
7 Sansome, Thomas	22	Wycombe Dist	4:09.57	
	27.62	30.31	31.48	31.67
	32.14	32.45	32.40	31.50
8 Nerushenko, Valeriy	20	Swansea Uni	4:10.47	
	27.68	30.62	31.16	31.87
	32.39	32.49	33.14	31.12