

Swim Wales National Championships 2026 - 02/04/2026 to 05/04/2026

Meet Program - Session 9 (Warmup 2.50 - 3.50)

Event 321P Women 200 LC Meter IM (Para Final)

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 04:00 PM				
1				___
2				___
3	%Mesher, Anwen SM9	17	Brecon/3,4,12,+	4:22.58 ___
4	%Lawn, Pippa SM14	16	Torfaen D	3:23.40 ___
5	%Philpott, Lowri SM14	15	Nofio S Gar	3:27.66 ___
6				___
7				___
8				___

Event 321 Girls 12-15 200 LC Meter IM

Lane	Name	Age	Team	Prelims
Heat 1 12-13 Finals Starts at 04:06 PM				
1	Parry, Abigail	13	Nofio S Gar	2:45.24 ___
2	Matthews, Catrin	13	Co Cardiff	2:43.96 ___
3	Lawn, Gayle	13	Torfaen D	2:42.60 ___
4	Berner, Iyla	13	Nofio S Gar	2:30.69 ___
5	Manship, Beatrice	12	Co Newport	2:41.51 ___
6	Ryan, Ellie	13	Co Cardiff	2:42.95 ___
7	Pryce, Isobel	12	Torfaen D	2:44.51 ___
8	Davies, Elizabeth	13	Pembs Cty	2:45.97 ___

Alternates 12-13

1	O'Hara, Noelle	13	Wrexham	2:46.41 ___
2	Beasley, Evaleigh	13	Swansea Aq	2:46.52 ___

Heat 2 14-15 Finals Starts at 04:11 PM

1	Emms, Ela	14	Co Cardiff	2:39.84 ___
2	Kindred, Ella	15	Co Hereford	2:37.32 ___
3	Reasons, Darcy	14	Torfaen D	2:33.52 ___
4	Bennett, Isla	15	Co Cardiff	2:29.48 ___
5	Roberts, Rosie	14	Torfaen D	2:33.14 ___
6	Mellor, Medi	14	Nofio Bangor	2:36.88 ___
7	Lewis-Jones, Idele	15	Wrexham	2:38.97 ___
8	Ribeiro, Ariana	15	Co Cardiff	2:40.67 ___

Event 301 Women 16 & Over 200 LC Meter IM

Lane	Name	Age	Team	Prelims
Heat 1 16-17 Finals Starts at 04:15 PM				
1	Sullivan, Ariana	16	Torfaen D	2:41.10 ___
2	Roberts, Mali	16	Nofio Gwynedd	2:36.87 ___
3	Lythgoe, Manon	17	Swansea Aq	2:32.99 ___
4	Daniel, Megan	16	Caradon	2:28.21 ___
5	Anderson, Rosalie	16	Co Cardiff	2:32.30 ___
6	Thomas, Serenity	16	Nofio Gwynedd	2:33.13 ___
7	Gardener, Hannah	17	Bridgend Cty	2:40.61 ___
8				___

Heat 2 18 & Over Finals Starts at 04:19 PM

1	Bissicks, Ella	19	Swansea Uni	2:32.19 ___
2	Rees, Katie	28	Swansea Uni	2:27.60 ___
3	Stephenson, Ruby	19	Swansea Uni	2:24.81 ___
4	Major, Scarlet	23	Swansea Uni	2:18.73 ___
5	Titchener, Megan	18	Torfaen D	2:23.51 ___
6	Croke, Carys	19	Torfaen D	2:25.72 ___
7	Hornby, Rachel	22	Swansea Uni	2:27.70 ___
8	Salmon, Gwen	19	Rct Squad	2:33.02 ___

Alternates 18 & Over

1	Williams, Jody	20	Swansea Uni	2:33.96
2	Morgan, Carys	18	Millfield	2:34.30

Event 322P Men 50 LC Meter Freestyle (Para Final)

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 04:23 PM				
1				___
2				___
3				___
4	%Johnstone, Isaac S7	20	Swansea Uni	38.81 ___
5				___
6				___
7				___
8				___

Event 322 Boys 12-15 50 LC Meter Freestyle

Lane	Name	Age	Team	Prelims
Heat 1 12-13 Finals Starts at 04:25 PM				
1	Miller, Ethan	13	Ruthin	29.60 ___
2	King, Henri	13	Co Cardiff	28.78 ___
3	Hewitt, Oscar	13	Monnow	28.63 ___
4	Jones, Sam	13	Co Cardiff	26.75 ___
5	De Haan, Charlie	13	Holywell	28.56 ___
6	Nuttall, Harri	13	Rhyl Dolphin	28.77 ___
7	Pugh, Bryn	13	Torfaen D	29.37 ___
8	Staples, Max	13	Rhondda	29.79 ___

Alternates 12-13

1	Martenko, Fletcher	13	Rct Squad	29.83
2	Garrett, Ben	13	Merthyr Tydf	29.95

Heat 2 14-15 Finals Starts at 04:27 PM

1	Duggan, Elliot	15	Bridgend Cty	27.42 ___
2	King, Ethan	14	Penyrheol	26.82 ___
3	Linge, Reece	15	EllesmereCSA	25.87 ___
4	Woodrow, Leo	15	TauntonDeane	25.49 ___
5	Castillo, Airam	15	Co Cardiff	25.61 ___
6	Bastyan, Tobias-Luke	15	Torfaen D	26.76 ___
7	Elmes, Max	15	Nofio S Gar	27.24 ___
8	Williams, Zach	15	Torfaen D	27.58 ___

Alternates 14-15

1	Rees, Gwyn	15	Wantage	27.61
2	Evans, Sam	14	Pembs Cty	27.73

Event 302 Men 16 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Prelims
Heat 1 16-17 Finals Starts at 04:29 PM				
1	Davies, Blake	16	Co Cardiff	25.66 ___
2	Dowty, Oliver	17	Mt Kelly	25.57 ___
3	Major, Maximus	16	Torfaen D	25.16 ___
4	McCarthy, Benedict	17	Co Cardiff	24.11 ___
5	Silverstone, Solomon	17	Pembs Cty	24.46 ___
6	Meilleur, Elliot	16	Nofio Gwynedd	25.36 ___
7	Foster, Henry	17	Redditch	25.63 ___
8	Mills, Ioan	17	Torfaen D	25.70 ___

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Alternates 16-17...(#302 Men 16 & Over 50 LC Meter Freestyle)

1	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	25.70
2	Miles, Harry	16	Co Cardiff	26.08

Heat 2 18 & Over Finals Starts at 04:31 PM

1	James, Harley	21	Co Cardiff	24.12	___
2	Greenway, Morgan	23	Swansea Uni	23.93	___
3	Lennon, Danny	18	Wrexham	23.85	___
4	Davies, Evan	20	Co Cardiff	23.19	___
5	Docking-Smith, Frankie	22	Swansea Uni	23.83	___
6	Gillett, Oliver	19	Swansea Uni	23.88	___
7	Poole, Dexter	21	Swansea Uni	24.10	___
8	Mruk, Lucas	18	Torfaen D	24.28	___

Alternates 18 & Over

1	Friday, Macsen	23	Co Cardiff	24.38
2	Stepliuk, Edgar	20	Swansea Uni	24.69

Event 323P Women 50 LC Meter Freestyle (Para Final)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 04:33 PM

1					___
2					___
3					___
4	%Rogerson, Heidi S10	19	Cambrian AA/A,12,+	36.69	___
5	%Mesher, Anwen S9	17	Brecon/3,4,12,+	46.46	___
6					___
7					___
8					___

Event 323 Girls 12-15 50 LC Meter Freestyle

Lane	Name	Age	Team	Prelims
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Heat 1 12-13 Finals Starts at 04:35 PM

1	Morris, Blair	13	Neath	30.51	___
2	M'Keown, Emily	12	Holywell	30.39	___
3	O'Hara, Noelle	13	Wrexham	29.87	___
4	Davies, Isla	13	Nofio S Gar	28.81	___
5	Mustey, Caroline	12	Monnow	29.55	___
6	Ryan, Ellie	13	Co Cardiff	30.05	___
7	Van Zyl, Giada	12	Co Cardiff	30.46	___
8	Charrington, Lucy	13	Heads Valley	30.71	___

Alternates 12-13

1	Manship, Beatrice	12	Co Newport	30.87
2	Kurys, Emiliese	12	Nofio S Gar	30.99

Heat 2 14-15 Finals Starts at 04:37 PM

1	Reasons, Darcy	14	Torfaen D	29.31	___
2	Layland, Seren	15	Penyrheol	29.06	___
3	Sweet-Roberts, Pip	14	Torfaen D	28.59	___
4	Spence, Emilia	15	Co Birm'ham	28.23	___
5	Kindred, Ella	15	Co Hereford	28.38	___
6	Hughes, Nel	15	Nofio Gwynedd	28.90	___
7	Mellor, Medi	14	Nofio Bangor	29.25	___
8	Thomas, Carys	14	Kettering	29.34	___

Alternates 14-15

1	Innocent, Aurelia	15	Co Cardiff	29.41
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Event 303 Women 16 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Prelims
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Heat 1 16-17 Finals Starts at 04:39 PM

1	Sullivan, Ariana	16	Torfaen D	28.67	___
2	Nichols, Grace	16	Pembs Cty	28.13	___
3	Dwyfor-Clark, Efa	17	Nofio Gwynedd	27.91	___
4	Jones, Maisie	16	Co Cardiff	27.77	___
5	Schumm, Libby	17	Torfaen D	27.89	___
6	Givvons, Imogen	16	Torfaen D	28.09	___
7	Hall, Emily	16	Warrington W	28.37	___
8	Geach, Libbie	17	Nofio S Gar	28.72	___

Alternates 16-17

1	Sherrard, Emme	17	Torfaen D	28.74
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Heat 2 18 & Over Finals Starts at 04:41 PM

1	Fox, Honor	19	Co Cardiff	27.60	___
2	Stead, Martha	21	Swansea Uni	27.42	___
3	De Torres, Rebecca	22	Co Cardiff	26.88	___
4	Woodcock, Hannah	22	Swansea Uni	26.38	___
5	Davies, Sophie	19	Millfield	26.65	___
6	Crawley, Abigail	21	Swansea Uni	27.38	___
7	Croke, Carys	19	Torfaen D	27.59	___
8	Collyer, Mabli	18	Nofio S Gar	27.83	___

Event 324P Men 400 LC Meter Freestyle (Para Final)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 04:43 PM

1					___
2					___
3					___
4	%O'Reilly, McKenzie S8	17	Torfaen D/A,12,+	5:48.84	___
5					___
6					___
7					___
8					___

Event 324 Boys 12-15 400 LC Meter Freestyle

Lane	Name	Age	Team	Prelims
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Heat 1 12-13 Finals Starts at 04:51 PM

1	Bellew, Sebastian	13	Torfaen D	5:15.04	___
2	Stanford-Jason, Matthew	13	Salisbury	5:14.31	___
3	Tennant, Zeke	13	Eastbourne	5:04.42	___
4	Jenkins, Rhys	13	Co Cardiff	4:48.20	___
5	Cook, Noah	13	Torfaen D	4:51.89	___
6	Evans, Jonas	12	Mold	5:13.13	___
7	Irish, Alexander	12	Newmarket	5:14.37	___
8	Hughes, George	12	Mold	5:18.03	___

Alternates 12-13

1	Jones, Owain	13	Torfaen D	5:18.67
2	Hale, William	13	Co Newport	5:19.12

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Heat 2 14-15 Finals (#324 Boys 12-15 400 LC Meter Freestyle)

1	Harwood, Jack	15	Pembs Cty	4:42.53	___
2	Baldwin, Thomas	15	Holywell	4:39.88	___
3	Duggan, Elliot	15	Bridgend Cty	4:35.09	___
4	Davies, Callum	15	Okehampton	4:25.63	___
5	Evans, Sam	14	Pembs Cty	4:31.88	___
6	Payne, Sebastian	15	Droitwich	4:38.90	___
7	Evans, Jake	14	Wrexham	4:40.43	___
8	Taylor, Nicholas	15	Torfaen D	4:43.13	___

Alternates 14-15

1	Chalk, Alistair	14	Co Newport	4:44.69	___
2	McCullagh, Patrick	14	Holywell	4:45.90	___

Event 304 Men 16 & Over 400 LC Meter Freestyle

Lane	Name	Age	Team	Prelims
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Heat 1 16-17 Finals Starts at 05:04 PM

1	Reece, Liam	16	Co Newport	4:36.85	___
2	Vong, Joshua	16	Torfaen D	4:27.47	___
3	Williams, Owen	17	Nofio Gwynedd	4:23.57	___
4	Silverstone, Solomon	17	Pembs Cty	4:22.29	___
5	Twigger, Owen	17	Swansea Aq	4:22.36	___
6	Park, Reggie Samuel	16	Conwy	4:24.48	___
7	Davies, Tom	16	Co Newport	4:33.98	___
8	Williams, Thomas	16	Nofio S Gar	4:39.72	___

Heat 2 18 & Over Finals Starts at 05:10 PM

1	Keeble, Alex	22	Swansea Uni	4:18.51	___
2	O'Brien, Joshua	21	Co Cardiff	4:12.82	___
3	Bamborough, Jack	18	Co Cardiff/H	4:10.76	___
4	Gillett, Oliver	19	Swansea Uni	4:09.35	___
5	Nerushenko, Valeriy	21	Swansea Uni	4:09.76	___
6	Staines, Luca	22	Swansea Uni	4:12.36	___
7	Harris, Daniel	19	Swansea Uni	4:15.52	___
8	Prysor, Sami	19	EllesmereCSA	4:19.55	___

Alternates 18 & Over

1	Mistry, Manav	19	Swansea Uni	4:22.05	___
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Event 325P Women 100 LC Meter Breaststroke (Para Final)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 05:16 PM

1					___
2					___
3	%Rice, Lily SB7	22	Co Cardiff/A,12,+	1:50.16	___
4	%Willis, Meghan SB9	19	Torfaen D/1,3,5	1:32.73	___
5	%Lawn, Pippa SB14	16	Torfaen D	1:46.57	___
6					___
7					___
8					___

Event 325 Girls 12-15 100 LC Meter Breaststroke

Lane	Name	Age	Team	Prelims
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Heat 1 12-13 Finals Starts at 05:19 PM

1	Van Zyl, Giada	12	Co Cardiff	1:29.44	___
2	Williams-Jones, Eloise	13	Co Cardiff	1:28.74	___
3	Lawn, Lexi	13	Torfaen D	1:23.18	___
4	Parry, Abigail	13	Nofio S Gar	1:15.82	___
5	Lawn, Gayle	13	Torfaen D	1:21.94	___
6	Charrington, Lucy	13	Heads Valley	1:27.49	___
7	Howells, Betsi	13	Newtown	1:28.84	___
8	Weatherhead, Emilie	12	Mold	1:29.70	___

Alternates 12-13

1	Lennon, Amelia-Rose	12	Nofio S Gar	1:30.64	___
2	Lewis, Evie	13	Pembs Cty	1:30.65	___

Heat 2 14-15 Finals Starts at 05:22 PM

1	Davies, Isabella	15	Nofio S Gar	1:24.81	___
2	Kindred, Ella	15	Co Hereford	1:22.92	___
3	Van Zyl, Kiara	14	Co Cardiff	1:21.47	___
4	McQuaid, Maria	15	Co Cardiff	1:18.21	___
5	Dowling, Abigail	15	Co Cardiff	1:21.03	___
6	Davies, Macy	14	Torfaen D	1:21.66	___
7	Taffetsauffer, Isabella	15	Nofio S Gar	1:24.19	___
8	Williams, Lili	15	Rct Squad	1:25.65	___

Alternates 14-15

1	Jones, Hunydd	15	Nofio S Gar	1:25.70	___
2	Lewis-Jones, Idele	15	Wrexham	1:26.09	___

Event 305 Women 16 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Prelims
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Heat 1 16-17 Finals Starts at 05:25 PM

1	Williams, Lowri	16	Swansea Aq	1:21.21	___
2	Lythgoe, Manon	17	Swansea Aq	1:20.18	___
3	Winstanley, Elin	17	Co Hereford	1:16.44	___
4	Evans, Gwenllian	17	Co Cardiff	1:14.15	___
5	Jones, Rebecca	17	Co Coventry	1:15.88	___
6	Matthews, Elin	16	Co Cardiff	1:19.58	___
7	Gardener, Hannah	17	Bridgend Cty	1:20.25	___
8	Williams, Cari	17	Nofio Gwynedd	1:21.59	___

Heat 2 18 & Over Finals Starts at 05:28 PM

1	Gorman, Helen	54	Co Cardiff	1:19.11	___
2	Morgan, Carys	18	Millfield	1:18.90	___
3	Gibson, Mari	18	Co Cardiff	1:13.98	___
4	Crowley, Amy	21	Co Cardiff	1:09.03	___
5	Woodcock, Hannah	22	Swansea Uni	1:11.83	___
6	Bissicks, Ella	19	Swansea Uni	1:17.02	___
7	Sait, Erika	20	Swansea Uni	1:19.01	___
8	Owen, Kessie	18	Neath	1:19.57	___

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Event 326 Boys 12-15 200 LC Meter Breaststroke

Lane	Name	Age	Team	Prelims
Heat 1 12-13 Finals Starts at 05:31 PM				
1	Groves, Jasper	12	Conwy	3:10.65
2	Owens, Steffan	13	Co Cardiff	3:08.83
3	Barrow, Charles	13	Edenbridge	2:59.27
4	Fordyce, Dewi	13	Berkhamsted	2:47.46
5	Jones, Zac	12	Co Cardiff	2:54.71
6	Staples, Max	13	Rhondda	3:05.29
7	Tennant, Jace	13	Eastbourne	3:10.21
8	Monan, Euan	13	Pembs Cty	3:12.13

Alternates 12-13

1	Lloyd, Dylan	13	Rhondda	3:13.86
2	Mander, Toby	12	Conwy	3:14.02

Heat 2 14-15 Finals Starts at 05:35 PM

1	Csoban, Benjamin	15	Co Newport	2:48.68
2	Lovell, Logan	15	Swindon Dolp	2:48.13
3	Jones, Noah	15	Torfaen D	2:44.45
4	Sekula, Mateusz	15	Rhondda	2:38.68
5	Sekula, Szymon	15	Rhondda	2:43.65
6	Stanford-Jason, Samuel	15	Salisbury	2:46.44
7	Edwards, Isaac	14	Wrexham	2:48.61
8	Wynne, Jasper	14	Royal Wolv	2:50.08

Alternates 14-15

1	Castillo, Airam	15	Co Cardiff	2:51.23
2	McCullagh, Patrick	14	Holywell	2:53.45

Event 306 Men 16 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Prelims
Heat 1 16-17 Finals Starts at 05:40 PM				
1	Thomas, Archie	16	Co Cardiff	2:40.23
2	Stuart-Lavender, Jac	16	Nofio S Gar	2:35.74
3	Brock, Freddy	17	Rct Squad	2:35.69
4	Meilleur, Elliot	16	Nofio Gwynedd	2:25.57
5	Neaves, Jake	17	EllesmereCSA	2:34.50
6	Phillips, Finley	16	Nofio S Gar	2:35.72
7	Hole, Ethan	17	Co Cardiff	2:38.29
8	Bennett, Finley	17	Pembs Cty	2:41.98

Alternates 16-17

1	Hughes, Cai	17	Nofio Bangor	2:44.29
2	James, Rhys	17	Rct Squad	2:49.05

Heat 2 18 & Over Finals Starts at 05:44 PM

1	Richardson, Osian	18	Swansea Aq	2:39.99
2	Tennant, Cale	18	Eastbourne	2:36.36
3	Thomas, Lucas	18	Nofio Gwynedd	2:31.88
4	Anderson, Maxwell	21	Co Cardiff	2:22.58
5	Sheppard, Rhydian	19	Co Cardiff	2:26.01
6	Evans, Ieuan	19	Swansea Uni	2:33.32
7	Lovell-Pascal, Jean-Luc	21	Swansea Uni	2:36.52
8	Doyle, Alfie	18	Torfaen D	2:43.12

Event 327 Girls 12-15 200 LC Meter Butterfly

Lane	Name	Age	Team	Prelims
Heat 1 12-13 Finals Starts at 05:48 PM				
1				
2	Kendall, Ella	12	Conwy	3:08.61
3	Cartwright, Thea	13	N Cornwall	2:59.83
4	Gray-Thomas, Jessica	13	Conwy	2:43.23
5	Cooksey-Owen, Mollie	13	Co Cardiff	2:51.19
6	Morgado, Carolina	12	Wrexham	3:06.13
7				
8				

Heat 2 14-15 Finals Starts at 05:53 PM

1	Cooksey-Owen, Ruby-Mae	15	Co Cardiff	2:47.00
2	Morgan, Evelyn	15	Nofio S Gar	2:43.27
3	Tejedo, Lola	15	Co Cardiff	2:38.38
4	Bates, Molly	15	EllesmereCSA	2:31.10
5	Meenagh, Mai Van	14	Co Cardiff	2:37.07
6	Lee, Seol Lucy	14	Co Cardiff	2:42.20
7	Pitt, Seren	14	Co Cardiff	2:44.96
8	Ballinger, Scarlett	15	Rhondda	2:48.81

Alternates 14-15

1	Williams, Layla	14	Newtown	3:01.13
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Event 307 Women 16 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Prelims
Heat 1 16-17 Finals Starts at 05:57 PM				
1	Synowiec, Amelia	16	Conwy	2:43.09
2	Geach, Libbie	17	Nofio S Gar	2:36.90
3	Hall, Emily	16	Warrington W	2:31.21
4	Andrews, Joanne	16	EllesmereCSA	2:26.87
5	Griffiths, Cerys	16	Pembs Cty	2:30.88
6	Daniel, Megan	16	Caradon	2:35.94
7	Iles, Jessica	16	Co Cardiff	2:38.63
8	Brady, Grace	17	Rct Squad	2:45.71

Alternates 16-17

1	Taylor, Rebecca	16	Wrexham	2:48.31
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Heat 2 18 & Over Finals Starts at 06:01 PM

1	Blanch, Janelle	19	Swansea Uni	2:47.77
2	Cust, Ciara	19	Conwy	2:35.39
3	Hunter, Olivia	22	Swansea Uni	2:23.83
4	Roberts, Catherine Elin	23	Swansea Uni	2:19.08
5	Wheeler, Oriana	21	Swansea Uni	2:21.96
6	Davies, Megan	21	Swansea Uni	2:29.33
7	Jones, Myia	18	Wrexham	2:46.84
8				

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Event 328 Boys 12-15 100 LC Meter Butterfly

Lane	Name	Age	Team	Prelims
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Heat 1 12-13 Finals Starts at 06:06 PM

1				_____
2	De Haan, Charlie	13	Holywell	1:17.14 _____
3	King, Henri	13	Co Cardiff	1:13.18 _____
4	Pugh, Bryn	13	Torfaen D	1:09.46 _____
5	Nuttall, Harri	13	Rhyl Dolphin	1:10.19 _____
6	Dadswell, Harry	13	Pembs Cty	1:13.27 _____
7				_____
8				_____

Heat 2 14-15 Finals Starts at 06:08 PM

1	Williams, Zach	15	Torfaen D	1:06.23 _____
2	Watkins, Dylan	14	Torfaen D	1:04.82 _____
3	Goodey De Diego, Lucas	15	Guildford Ct	1:02.50 _____
4	Linge, Reece	15	EllesmereCSA	1:01.76 _____
5	Douglas, Lucas	15	Neath	1:02.21 _____
6	Williams, Dylan	15	Wrexham	1:03.40 _____
7	Payne, Sebastian	15	Droitwich	1:05.86 _____
8	Harwood, Jack	15	Pembs Cty	1:06.41 _____

Event 308 Men 16 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Prelims
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Heat 1 16-17 Finals Starts at 06:11 PM

1	Foster, Henry	17	Redditch	1:02.73 _____
2	Mills, Ioan	17	Torfaen D	1:02.10 _____
3	West, Dexter	17	Pembs Cty	1:00.11 _____
4	McCarthy, Benedict	17	Co Cardiff	57.34 _____
5	Major, Maximus	16	Torfaen D	58.43 _____
6	Cavill, Jack	16	Co Cardiff	1:01.03 _____
7	Dixon, Samuel	16	Reed's SC	1:02.55 _____
8	Thomas, Iolo	16	Neath	1:02.91 _____

Alternates 16-17

1	Gruffydd, Ned	16	Co Cardiff	1:03.03 _____
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Heat 2 18 & Over Finals Starts at 06:14 PM

1	Bamborough, Jack	18	Co Cardiff/H	58.03 _____
2	Taylor, Harry	19	Swansea Uni	57.80 _____
3	James, Harley	21	Co Cardiff	56.82 _____
4	Edwards, Rhys	24	Swansea Uni	54.79 _____
5	Rodriguez, Antonio	22	Swansea Uni	56.33 _____
6	Murray, Ross	21	Swansea Uni	57.70 _____
7	Bradley, Mathew	20	Swansea Uni	57.99 _____
8	Major, Sebastian	20	Swansea Uni	58.82 _____

Alternates 18 & Over

1	Cressey-Rodgers, Ioan	21	Nofio S Gar	59.04 _____
2	Pugh, Morgan	19	Torfaen D	59.64 _____

Event 330 Men 12-13 4x200 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals Starts at 06:16 PM

1			_____
2			_____
3			_____
4	Torfaen D	A	NT _____
	1) Cook, Noah 13		2) Pugh, Bryn 13
	3) Bellew, Sebastian 13		4) Jones, Owain 13
5	Co Cardiff	A	NT _____
	1) Jones, Sam 13		2) King, Henri 13
	3) Jones, Zac 12		4) Jenkins, Rhys 13
6			_____
7			_____
8			_____

Event 331 Men 14-16 4x200 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals Starts at 06:32 PM

1			_____
2	Wrexham	A	NT _____
	1) Evans, Jake 14		2) Edwards, Isaac 14
	3) Williams, Heath 14		4) Williams, Dylan 15
3	Neath	A	NT _____
	1) Thomas, Iolo 16		2) Smith, Declan 15
	3) Robert-Truman, Harri 16		4) Douglas, Lucas 15
4	Nofio Gwynedd	A	NT _____
	1) Meilleur, Elliot 16		2) Shiland-Griffiths, Enzo 16
	3) Price-Clissem, Dyfan 15		4) Shiland-Griffiths, Enzo 16
5	Torfaen D	A	NT _____
	1) Major, Maximus 16		2) Vong, Joshua 16
	3) Taylor, Nicholas 15		4) Jones, Noah 15
6	Co Cardiff	A	NT _____
	1) Castillo, Airam 15		2) Cavill, Jack 16
	3) Parfitt, Sebastian 16		4) Duggan, Brandon 16
7			_____
8			_____

Event 332 Men 17 & Over 4x200 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals Starts at 06:47 PM

1			_____
2			_____
3	Co Cardiff	A	NT _____
	1) Ryley, William 28		2) Bamborough, Jack 18
	3) O'Brien, Joshua 21		4) Owen, Vinnie 18
4	Torfaen D	A	NT _____
	1) Mruk, Lucas 18		2) Pugh, Morgan 19
	3) Mills, Ioan 17		4) Doyle, Alfie 18
5	Swansea Uni	A	NT _____
	1) Williams, Josh 24		2) Gillett, Oliver 19
	3) Staines, Luca 22		4) Trebilcock, Thomas 23
6			_____
7			_____
8			_____