

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

Results - Session 10 (Warmup 8.00 - 8.50)

Event 405 Women 16-17 400 LC Meter IM

Name	Age	Team	Prelim Time		
Preliminaries					
1 Gordon, Freya	17	HSMS	5:06.04 q		
	31.24	1:07.65	1:48.12	2:28.23	
	3:13.22	3:58.59	4:32.97	5:06.04	
2 Thomas, Serenity	16	SGPY	5:23.13 q		
	33.21	1:11.57	1:52.36	2:32.52	
	3:22.01	4:09.21	4:47.00	5:23.13	
3 Lythgoe, Manon	17	SWAY	5:27.12 q		
	32.80	1:12.71	1:57.40	2:39.59	
	3:24.83	4:11.17	4:50.55	5:27.12	
4 Williams, Lowri	16	SWAY	5:27.46 q		
	34.77	1:14.91	1:59.91	2:44.19	
	3:28.12	4:13.62	4:52.65	5:27.46	
5 Ling, Olivia	16	COCY	5:29.35 q		
	35.11	1:15.99	2:00.33	2:43.34	
	3:28.71	4:14.75	4:52.99	5:29.35	
6 Matthews, Elin	16	COCY	5:37.71 q		
	34.73	1:17.09	2:01.31	2:45.40	
	3:31.35	4:19.99	4:59.59	5:37.71	

Event 405 Women 18 & Over 400 LC Meter IM

Name	Age	Team	Prelim Time		
Preliminaries					
1 Stephenson, Ruby	19	SUNY	5:09.72 q		
	31.95	1:09.60	1:49.31	2:28.44	
	3:12.09	3:55.95	4:33.32	5:09.72	
2 Gibson, Mari	18	COCY	5:11.13 q		
	31.62	1:08.01	1:52.25	2:34.52	
	3:16.38	3:58.31	4:35.78	5:11.13	
3 Marshall, Holly	20	COCY	5:12.53 q		
	32.23	1:08.16	1:47.65	2:25.89	
	3:10.32	3:56.04	4:35.11	5:12.53	
4 Rees, Katie	28	SUNY	5:24.19 q		
	32.12	1:10.29	1:53.72	2:36.36	
	3:21.60	4:07.49	4:46.05	5:24.19	
5 Williams, Jody	20	SUNY	5:28.56 q		
	33.24	1:13.08	1:54.36	2:35.71	
	3:22.66	4:11.90	4:50.97	5:28.56	