

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

Results - Session 12 (Warmup 2.50 - 3.50)

Event 405 Women 16-17 400 LC Meter IM

	Name	Age	Team	Finals Time		
Finals						
1	Thomas, Serenity	16	SGPY	5:16.51		
	32.71	1:10.77	1:50.75	2:30.18		
	3:18.49	4:06.02	4:42.82	5:16.51		
2	Lythgoe, Manon	17	SWAY	5:16.72		
	31.74	1:10.17	1:52.47	2:34.31		
	3:18.41	4:03.95	4:41.00	5:16.72		
3	Ling, Olivia	16	COCY	5:21.11		
	33.48	1:12.94	1:55.46	2:37.78		
	3:22.33	4:08.66	4:46.18	5:21.11		
4	Williams, Lowri	16	SWAY	5:24.68		
	33.41	1:13.96	1:58.12	2:40.31		
	3:24.67	4:10.10	4:48.11	5:24.68		
5	Matthews, Elin	16	COCY	5:32.23		
	34.64	1:15.79	2:00.49	2:43.95		
	3:29.37	4:14.98	4:54.53	5:32.23		

Event 405 Women 18 & Over 400 LC Meter IM

	Name	Age	Team	Finals Time		
Finals						
1	Stephenson, Ruby	19	SUNY	5:03.72		
	31.85	1:08.90	1:48.24	2:26.71		
	3:08.56	3:51.58	4:27.87	5:03.72		
2	Gibson, Mari	18	COCY	5:08.12		
	31.79	1:08.95	1:52.57	2:35.09		
	3:15.55	3:56.94	4:33.88	5:08.12		
3	Marshall, Holly	20	COCY	5:09.74		
	32.11	1:08.05	1:46.57	2:24.69		
	3:09.28	3:55.14	4:32.81	5:09.74		
4	Rees, Katie	28	SUNY	5:15.73		
	31.23	1:07.50	1:49.72	2:32.34		
	3:16.71	4:02.35	4:38.83	5:15.73		
5	Williams, Jody	20	SUNY	5:30.24		
	33.30	1:12.72	1:54.83	2:35.64		
	3:24.02	4:12.69	4:52.05	5:30.24		