

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

Results - Session 4 (Warmup 8.00 - 8.50)

Event 204 Women 16-17 400 LC Meter Freestyle					Event 204 Women 18 & Over 400 LC Meter Freestyle						
Name	Age	Team	Prelim Time		Name	Age	Team	Prelim Time			
Preliminaries					Preliminaries						
1	Gordon, Freya	17	HSMS	4:28.46	q	6	Hempenstall, Amy	18	GUIS	4:35.53	q
	29.73	1:03.21	1:37.27	2:11.87			31.08	1:04.98	1:39.32	2:14.43	
	2:46.02	3:20.93	3:55.13	4:28.46			2:49.68	3:25.03	4:00.62	4:35.53	
2	Sherrard, Emme	17	TDOY	4:37.95	q	7	Toms, Emily	20	SUNY	4:37.69	q
	30.03	1:03.32	1:38.05	2:13.47			31.46	1:05.62	1:40.53	2:15.68	
	2:49.32	3:25.51	4:02.06	4:37.95			2:51.00	3:26.61	4:02.43	4:37.69	
3	Griffiths, Cerys	16	PCPY	4:38.61	q	8	Cumner, Megan	19	SUNY	4:40.39	q
	31.80	1:05.68	1:39.97	2:15.49			31.38	1:05.58	1:40.89	2:16.55	
	2:50.33	3:26.63	4:02.56	4:38.61			2:52.35	3:28.59	4:05.07	4:40.39	
4	Thomas, Serenity	16	SGPY	4:44.49	q	9	Humphreys, Holly	18	NEAY	4:44.28	
	31.61	1:06.10	1:41.29	2:17.10			31.29	1:06.50	1:42.72	2:19.36	
	2:53.42	3:30.29	4:08.02	4:44.49			2:55.77	3:32.33	4:09.19	4:44.28	
5	Iles, Jessica	16	COCY	4:45.07	q	10	Roberts, Megan	19	SUNY	4:46.41	
	33.18	1:09.08	1:45.64	2:22.18			31.42	1:06.30	1:42.54	2:19.27	
	2:58.79	3:35.35	4:11.02	4:45.07			2:56.20	3:33.60	4:10.95	4:46.41	
6	Devin, Erin	16	WREY	4:47.98	q	11	Cust, Ciara	19	SCPY	4:48.69	
	31.07	1:05.95	1:41.67	2:18.71			31.51	1:06.34	1:42.47	2:19.17	
	2:56.20	3:33.62	4:11.38	4:47.98			2:56.19	3:34.37	4:11.83	4:48.69	
7	Roberts, Mali	16	SGPY	4:49.53	q						
	32.19	1:08.04	1:44.82	2:22.06							
	2:59.38	3:36.44	4:13.84	4:49.53							
8	Coles, Mya	16	NWMY	4:51.37	q						
	32.59	1:08.26	1:45.17	2:22.44							
	2:59.72	3:37.34	4:14.90	4:51.37							
9	Ling, Olivia	16	COCY	4:51.69							
	33.12	1:09.45	1:46.34	2:23.11							
	3:00.05	3:37.66	4:15.43	4:51.69							
10	Richards, Faith	16	COCY	4:52.03							
	32.27	1:07.93	1:45.12	2:22.73							
	3:00.60	3:38.61	4:16.27	4:52.03							
11	Sullivan, Ariana	16	TDOY	5:03.38							
	31.75	1:07.72	1:45.60	2:23.86							
	3:02.45	3:42.39	4:24.42	5:03.38							