

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

Results - Session 5 (Warmup 11.10 - 12.00)

Event 224 Girls 12-13 400 LC Meter Freestyle				
Name	Age	Team	Prelim Time	
Preliminaries				
1 Davies, Isla	13	NSGY	4:51.58	q
	32.90	1:10.11	1:47.82	2:25.03
	3:02.46	3:39.91	4:16.13	4:51.58
2 Gray-Thomas, Jessica	13	SCPY	4:52.78	q
	33.11	1:08.75	1:45.16	2:21.99
	2:59.91	3:37.87	4:15.96	4:52.78
3 Manship, Beatrice	12	NWMY	5:02.66	q
	34.08	1:11.14	1:50.20	2:27.92
	3:07.69	3:47.19	4:26.56	5:02.66
4 Matthews, Catrin	13	COCY	5:05.30	q
	33.81	1:11.41	1:50.44	2:29.34
	3:09.05	3:48.25	4:27.42	5:05.30
5 Pryce, Isobel	12	TDOY	5:06.10	q
	34.57	1:12.82	1:51.96	2:31.49
	3:10.26	3:49.86	4:28.52	5:06.10
6 Britton, Nahla	13	COCY	5:10.61	q
	33.68	1:12.56	1:52.21	2:32.50
	3:13.16	3:53.36	4:33.71	5:10.61
7 Davies, Ava-Rose	13	NSGY	5:11.08	q
	34.32	1:12.05	1:51.76	2:31.67
	3:11.98	3:52.67	4:32.88	5:11.08
8 Thomas, Eleanor	13	NWMY	5:14.35	q
	34.54	1:13.28	1:53.86	2:34.65
	3:15.25	3:55.43	4:35.35	5:14.35
9 Kurys, Emiliese	12	NSGY	5:17.59	
	34.64	1:13.25	1:54.53	2:35.55
	3:17.79	3:59.09	4:40.00	5:17.59
10 Roberts, Connie-Rae	13	NWMY	5:23.76	
	35.70	1:15.29	1:56.13	2:38.41
	3:19.84	4:01.93	4:43.17	5:23.76
11 M'Keown, Emily	12	HOLY	5:24.98	
	34.03	1:13.95	1:54.83	2:37.33
	3:19.72	4:02.95	4:44.45	5:24.98
12 Clements, Olivia	12	NWMY	5:31.38	
	35.07	1:15.68	1:59.62	2:42.71
	3:26.00	4:08.66	4:51.07	5:31.38
Event 224 Girls 14-15 400 LC Meter Freestyle				
Name	Age	Team	Prelim Time	
Preliminaries				
1 Donaldson, Evie	14	NWMY	4:38.06	q
	30.99	1:05.91	1:41.39	2:17.03
	2:52.04	3:27.95	4:03.45	4:38.06
2 Sherrard, Alex	14	TDOY	4:38.26	q
	30.41	1:04.52	1:40.15	2:15.89
	2:51.31	3:27.25	4:03.27	4:38.26
3 Allen, Isabel	15	COCY	4:45.95	q
	31.60	1:06.21	1:42.12	2:18.72
	2:55.36	3:32.49	4:09.69	4:45.95
4 Klak, Nina	14	NWMY	4:48.23	q
	31.98	1:07.47	1:44.50	2:21.48
	2:58.44	3:35.00	4:11.74	4:48.23

5 Burns, Freya	15	NSGY	4:48.73	q
	30.86	1:05.16	1:41.60	2:17.96
	2:55.17	3:33.20	4:11.57	4:48.73
6 Ribeiro, Ariana	15	COCY	4:51.61	q
	32.88	1:09.36	1:46.31	2:23.48
	3:00.68	3:38.39	4:15.69	4:51.61
7 Reed, Isabella	15	COCY	4:57.69	q
	32.63	1:08.57	1:45.99	2:24.20
	3:03.24	3:42.14	4:20.10	4:57.69
8 Elson, Caitlin	14	WREY	5:00.72	q
	31.39	1:07.36	1:46.08	2:25.46
	3:04.88	3:44.86	4:23.03	5:00.72
9 Innocent, Aurelia	15	COCY	5:01.90	
	33.90	1:11.27	1:49.76	2:28.33
	3:07.40	3:46.75	4:24.87	5:01.90
10 George, Ellie	15	RCTY	5:04.70	
	32.79	1:09.92	1:48.15	2:27.57
	3:07.22	3:47.74	4:27.10	5:04.70
11 Pawlowski, Isabelle	14	CORA	5:05.00	
	33.53	1:10.68	1:49.20	2:27.94
	3:07.44	3:47.43	4:27.34	5:05.00
12 Thomas, Carys	14	KETA	5:08.47	
	32.21	1:08.96	1:47.88	2:27.83
	3:08.16	3:48.53	4:28.83	5:08.47