

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

Results - Session 7 (Warmup 8.00 - 8.50)

Event 304 Men 16-17 400 LC Meter Freestyle					Event 304 Men 400 LC Meter Freestyle Multi-Class					
Name	Age	Team	Prelim Time		Name	Age	Team	Prelim Time		
Preliminaries					Preliminaries					
1	Silverstone, Solomon	17	PCPY	4:22.29	q	9	Prysor, Sami	19	ECSM	4:19.55
	28.77	32.67	32.68	33.36			29.36	31.97	32.50	33.07
	33.52	33.99	34.27	33.03			33.71	33.43	33.04	32.47
2	Twigger, Owen	17	SWAY	4:22.36	q	10	Mistry, Manav	19	SUNY	4:22.05
	28.78	31.69	32.62	33.35			29.02	32.02	33.42	33.90
	33.81	34.01	34.33	33.77			33.98	33.73	33.46	32.52
3	Williams, Owen	17	SGPY	4:23.57	q					
	29.90	32.66	32.46	32.92						
	33.95	33.88	34.67	33.13						
4	Park, Reggie Samuel	16	SCPY	4:24.48	q					
	29.16	32.78	33.92	34.01						
	33.17	33.82	34.03	33.59						
5	Vong, Joshua	16	TDOY	4:27.47	q					
	29.98	31.94	33.64	34.17						
	34.68	34.83	34.56	33.67						
6	Davies, Tom	16	NWMY	4:33.98	q					
	29.58	34.26	34.32	35.45						
	34.07	35.53	35.85	34.92						
7	Reece, Liam	16	NWMY	4:36.85	q					
	30.40	33.52	34.45	35.48						
	35.40	36.14	35.90	35.56						
8	Williams, Thomas	16	NSGY	4:39.72	q					
	31.31	33.74	35.33	35.86						
	36.05	35.86	36.29	35.28						
Event 304 Men 18 & Over 400 LC Meter Freestyle					Event 304 Men 400 LC Meter Freestyle Multi-Class					
Name	Age	Team	Prelim Time		Name	Age	Team	Prelim Time		
Preliminaries					Preliminaries					
1	Gillett, Oliver	19	SUNY	4:09.35	q	1	%O'Reilly, McKenzie S8	17	TDOY/A,12,+	5:48.84
	28.34	31.31	31.32	31.66			40.04	43.05	44.58	43.85
	31.74	32.65	31.84	30.49			45.28	44.47	45.00	42.57
2	Nerushenko, Valeriy	21	SUNY	4:09.76	q					
	27.75	30.25	31.22	32.16						
	32.31	32.10	33.09	30.88						
3	Geysen-Holley, Max	21	COCY	4:10.62	q					
	27.75	30.66	31.09	32.03						
	32.34	32.57	32.48	31.70						
4	Bamborough, Jack	18	COCY/H	4:10.76	q					
	28.22	30.46	31.16	31.57						
	32.31	32.62	32.32	32.10						
5	Staines, Luca	22	SUNY	4:12.36	q					
	27.51	30.67	31.42	32.28						
	32.51	33.03	32.56	32.38						
6	O'Brien, Joshua	21	COCY	4:12.82	q					
	28.03	30.58	31.56	31.87						
	32.23	32.94	33.00	32.61						
7	Harris, Daniel	19	SUNY	4:15.52	q					
	28.44	32.25	31.23	32.83						
	32.34	32.88	33.06	32.49						
8	Keeble, Alex	22	SUNY	4:18.51	q					
	27.50	30.69	31.67	32.39						
	33.17	33.90	34.85	34.34						