

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

Results - Session 9 (Warmup 2.50 - 3.50)

Event 304 Men 16-17 400 LC Meter Freestyle

Name	Age	Team	Finals Time	
Finals				
1 Silverstone, Solomon	17	PCPY	4:12.22	
	27.80	59.17	1:31.23	2:03.91
	2:36.85	3:10.07	3:43.50	4:12.22
2 Twigger, Owen	17	SWAY	4:16.25	
	29.71	1:00.63	1:32.67	2:04.66
	2:37.07	3:10.34	3:43.43	4:16.25
3 Park, Reggie Samuel	16	SCPY	4:19.18	
	28.22	1:00.12	1:33.18	2:06.50
	2:39.68	3:13.57	3:46.79	4:19.18
4 Williams, Owen	17	SGPY	4:23.04	
	29.22	1:01.36	1:33.67	2:06.39
	2:39.84	3:14.06	3:49.02	4:23.04
5 Vong, Joshua	16	TDOY	4:25.63	
	29.55	1:02.36	1:36.30	2:11.04
	2:44.56	3:18.78	3:52.31	4:25.63
6 Davies, Tom	16	NWMY	4:31.92	
	28.93	1:01.41	1:34.70	2:08.97
	2:43.95	3:20.18	3:56.73	4:31.92
7 Reece, Liam	16	NWMY	4:34.81	
	30.85	1:04.41	1:38.50	2:13.16
	2:48.03	3:23.44	3:59.04	4:34.81
8 Williams, Thomas	16	NSGY	4:38.50	
	30.62	1:04.04	1:39.09	2:14.89
	2:51.18	3:27.64	4:03.65	4:38.50

Event 304 Men 18 & Over 400 LC Meter Freestyle

Name	Age	Team	Finals Time	
Finals				
1 Bamborough, Jack	18	COCY/H	4:01.94	
	27.63	57.34	1:27.63	1:58.58
	2:29.43	3:01.33	3:32.35	4:01.94
2 Gillett, Oliver	19	SUNY	4:03.79	
	27.65	57.76	1:28.27	1:59.54
	2:30.30	3:02.10	3:33.34	4:03.79
3 Nerushenko, Valeriy	21	SUNY	4:05.33	
	27.56	57.69	1:28.54	2:00.03
	2:31.66	3:03.68	3:35.37	4:05.33
4 O'Brien, Joshua	21	COCY	4:06.45	
	27.81	57.80	1:28.40	1:59.64
	2:31.33	3:02.98	3:34.44	4:06.45
5 Staines, Luca	22	SUNY	4:07.20	
	27.66	58.10	1:29.26	2:00.83
	2:32.33	3:04.16	3:36.00	4:07.20
6 Harris, Daniel	19	SUNY	4:11.61	
	28.28	59.90	1:31.61	2:03.69
	2:35.06	3:06.51	3:38.81	4:11.61
7 Prysor, Sami	19	ECSM	4:15.83	
	29.03	1:00.97	1:33.30	2:06.12
	2:38.68	3:11.81	3:44.44	4:15.83
8 Keeble, Alex	22	SUNY	4:16.44	
	29.42	1:02.23	1:35.41	2:08.72
	2:41.34	3:13.50	3:45.53	4:16.44