

SESSION 1 Warm Up 5.30pm Start 6.40pm**Event 111 Boys 11 & Over 50 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1	Jones, Sam	11	Co Cardiff	47.90
2	Davies, Jake	12	Co Newport	45.73
3	Sheen, Evan	11	Co Newport	42.00
4	Samuel, Jake	13	Abertillery	41.79
5	Boyd, Isaac	11	Co Cardiff	41.90
6	Garrett, Ben	11	Merthyr Tydf	44.88
7	Perry, Charlie	11	Co Newport	45.81
8	Brady, Isaac	11	Rct Squad	47.95

Heat 2 of 7 Finals

0	Palmer, Evan	12	Torfaen D	40.70
1	Swetman, Oliver	12	Co Cardiff	39.60
2	Volausek, Noah	13	Co Cardiff	39.00
3	Hopkins, Luc	13	Torfaen D	37.80
4	Davies, Tom	14	Co Newport	36.86
5	Morgan, Josh	12	Co Newport	37.55
6	Frampton, Rhydian	12	Rct Squad	38.21
7	Ridge-Williams, Byron	13	Rhondda	39.04
8	Altordai, Junnosuke	13	Co Cardiff	39.80
9	Johnson, Cai	13	Cwmbran	41.56

Heat 3 of 7 Finals

0	Jones, Noah	13	Torfaen D	36.60
1	Cates, James	15	Merthyr Tydf	36.20
2	Howe, Inigo	15	Torfaen D	35.64
3	Reece, Liam	14	Co Newport	35.02
4	Gilligan, Henry	14	Rct Squad	34.85
5	Miles, Harry	14	Co Cardiff	35.00
6	Hopkins, Charlie	16	Co Newport	35.33
7	Williams, Tomos	14	Chepstow	36.09
8	Pesevski, Alexander	11	Co Cardiff	36.60
9	Everson, Sonny	14	Co Newport	36.62

Heat 4 of 7 Finals

0	Gregory, Jaiden	13	Rhondda	34.42
1	Giles, Brodie	14	Bridgend Swim	33.80
2	James, Owain	16	Rct Squad	33.60
3	Bartram, Solomon	14	Co Cardiff	33.28
4	Castillo, Airam	13	Co Cardiff	33.10
5	Jones, Sebastien	14	Torfaen D	33.10
6	Theron, Izak	14	Co Cardiff	33.46
7	Parfitt, Sebastian	14	Co Cardiff	33.70
8	Gruffydd, Ned	14	Co Cardiff	33.90
9	Duggan, Brandon	14	Co Cardiff	34.60

Heat 5 of 7 Finals

0	Tihiev, Milan	14	Co Cardiff	32.99
1	Davies, Blake	14	Co Cardiff	32.60
2	Rixon, Noah	16	Co Newport	32.05
3	Ballantyne, Alex	15	Bridgend Swim	31.92
4	James, Rhys	15	Rct Squad	31.20
5	Vinh, Joshua	15	Co Newport	31.72
6	Brock, Freddy	15	Rct Squad	32.04
7	Bastyan, Tobias-Luke	13	Torfaen D	32.60
8	Fudge, Marcus	16	Rct Squad	32.93
9	Hewitt, Archie	14	Torfaen D	33.00

Heat 6 of 7 Finals

0	Cooksey, Regan	18	Rhondda	30.70
1	Mills, Ioan	15	Torfaen D	30.60
2	Vaughan, William	17	Rct Squad	29.38
3	Davies, William	17	Co Newport	29.12
4	Jasinski, Hubert	17	Co Newport	28.36
5	Steven, Adam	18	Co Newport	28.37
6	Hyett, Benjamin	18	Bridgend Swim	29.23
7	Rixon, Oliver	16	Co Newport	30.16
8	Spinks, Owen	16	Torfaen D	30.60
9	Nemtsov, Alexandros	16	Co Cardiff	30.79

Heat 7 of 7 Finals

0	Pugh, Morgan	17	Torfaen D	26.69
1	McCarthy, Samuel	19	Co Cardiff	26.56
2	Geysen-Holley, Max	19	Co Cardiff	26.29
3	Davies, Evan	18	Co Cardiff	25.80
4	Knight, Jack	21	Co Cardiff	25.22
5	Price, Brad	32	Co Cardiff	25.40
6	James, Harley	19	Co Cardiff	25.93
7	Anderson, Maxwell	19	Co Cardiff	26.40
8	Lee, Ethan	18	Co Cardiff	26.60
9	McCarthy, Benedict	15	Co Cardiff	27.28

Event 112 Girls 11 & Over 1500 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1	Sweeney, Jessica	19	Co Newport	20:31.82
2	Lewis, Hollie	17	Bridgend Swim	19:41.01
3	O'Mahoney, Kaitlin	16	Bridgend Cty	19:21.97
4	John, Emilia	17	Co Cardiff	17:48.51
5	Jones, Lucy	17	Co Newport	18:50.59
6	Williams, Olivia	16	Co Cardiff	19:23.80
7	Morgan, Isabelle	16	Co Newport	20:02.87

Event 113 Boys 11 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1	Balint, Tyler	11	Rhondda	49.49
2	Brady, Isaac	11	Rct Squad	47.35
3	Banks, Oliver	12	Torfaen D	46.24
4	Bellew, Sebastian	11	Torfaen D	45.80
5	Jones, Owain	11	Co Cardiff	46.08
6	Martenko, Fletcher	11	Rct Squad	47.13
7	Staples, Max	11	Rhondda	47.86

Heat 2 of 7 Finals

0	Frampton, Rhydian	12	Rct Squad	44.35
1	Woodward, Ethan	12	Bridgend Cty	44.10
2	Davies-Green, Thomas	11	Co Cardiff	43.40
3	Jenkins Roberts, Frank	13	Co Cardiff	43.17
4	Hopkins, Luc	13	Torfaen D	42.70
5	Swetman, Oliver	12	Co Cardiff	43.00
6	Garrett, Ben	11	Merthyr Tydf	43.37
7	Jones, Sam	11	Co Cardiff	43.90
8	Williams, Zach	13	Torfaen D	44.18
9	Perry, Charlie	11	Co Newport	44.83

Heat 3 of 7 Finals

0 Johnson, Cai	13 Cwmbra	42.56
1 Boyd, Isaac	11 Co Cardiff	41.80
2 Nemtsov, Andreas	13 Co Cardiff	41.50
3 Pound, Leon	13 Rct Squad	40.56
4 Palmer, Evan	12 Torfaen D	40.10
5 Samuel, Jake	13 Abertillery	40.48
6 Morgan, Josh	12 Co Newport	40.90
7 Timbrell, George	13 Co Newport	41.58
8 Volausek, Noah	13 Co Cardiff	42.30
9 Ridge-Williams, Byron	13 Rhondda	42.58

Heat 4 of 7 Finals

0 Bick, Morgan	12 Torfaen D	39.80
1 Lloyd-Roberts, Elis	11 Bridgend Cty	39.49
2 Jones, Sebastien	14 Torfaen D	38.70
3 Cates, James	15 Merthyr Tydf	37.65
4 Cooksey, Regan	18 Rhondda	36.70
5 Pesevski, Alexander	11 Co Cardiff	37.50
6 Davies, Tom	14 Co Newport	38.35
7 Sheen, Evan	11 Co Newport	38.90
8 Reece, Liam	14 Co Newport	39.60
9 Spinks, Rhys	14 Torfaen D	40.00

Heat 5 of 7 Finals

0 Theron, Izak	14 Co Cardiff	36.60
1 Duggan, Brandon	14 Co Cardiff	36.50
2 Davies, Blake	14 Co Cardiff	36.10
3 Miles, Harry	14 Co Cardiff	35.80
4 Hewitt, Archie	14 Torfaen D	35.20
5 Gregory, Jaiden	13 Rhondda	35.27
6 Hopkins, Charlie	16 Co Newport	36.06
7 Bastyan, Tobias-Luke	13 Torfaen D	36.40
8 James, Owain	16 Rct Squad	36.53
9 Taylor, Nicholas	13 Torfaen D	36.70

Heat 6 of 7 Finals

0 Williams, Tomos	14 Chepstow	34.98
1 Tihiev, Milan	14 Co Cardiff	34.48
2 Fudge, Marcus	16 Rct Squad	33.24
3 Vinh, Joshua	15 Co Newport	31.79
4 Spinks, Owen	16 Torfaen D	30.80
5 Rixon, Oliver	16 Co Newport	31.50
6 Davies, Brynley	14 Co Newport	33.12
7 Wratten, Joshua	16 Cwmbra	33.49
8 Ballantyne, Alex	15 Bridgend Swim	34.66
9 Bartram, Solomon	14 Co Cardiff	35.20

Heat 7 of 7 Finals

0 Jasinski, Hubert	17 Co Newport	30.54
1 Hole, Ethan	15 Co Cardiff	30.37
2 Fox-Wiltshire, Benjamin	19 Co Cardiff	29.11
3 McCarthy, Benedict	15 Co Cardiff	27.90
4 Knight, Jack	21 Co Cardiff	25.80
5 Golsby-Taylor, Josh	20 Co Cardiff	27.40
6 Burns, Harry	19 Co Cardiff	28.76
7 Vaughan, William	17 Rct Squad	29.85
8 Price Davies, Owen	18 Heads Valley	30.46
9 Mills, Ioan	15 Torfaen D	30.60

Event 114 Girls 11 & Over 50 LC Meter Butterfly

Lane Name	Age	Team	Seed Time
Heat 1 of 10 Finals			
1 Cox, Amelia	11	Co Cardiff	48.70
2 Lawn, Lexi	11	Torfaen D	48.00
3 Huang, Emma	11	Cwmbra	46.53
4 Jasinska, Maria	12	Co Newport	46.19
5 Williams, Nel	12	Co Cardiff	46.20
6 Greensill, Evie	11	Co Newport	47.37
7 Jones, Cora	11	Heads Valley	48.22
Heat 2 of 10 Finals			
0 Roberts, Connie-Rae	11	Co Newport	45.39
1 Williams, Hazel	12	Monnow	44.60
2 Cann, Emily	13	Co Newport	43.91
3 Cooksey-Owen, Mollie	11	Rhondda	43.60
4 Fordham, Freya	12	Co Newport	43.41
5 Brown, Alyssa	11	Rct Squad	43.45
6 Matthews, Catrin	11	Co Cardiff	43.70
7 John, Ella-Rose	13	Co Cardiff	44.30
8 Lawn, Gayle	11	Torfaen D	44.60
9 Emms, Ela	12	Co Cardiff	46.10
Heat 3 of 10 Finals			
0 Rothwell, Emily	13	Co Cardiff	42.50
1 Richards, Erin	12	Co Cardiff	42.35
2 Ryan, Mia	13	Rct Squad	41.04
3 Hill, Poppy	14	Barry	40.86
4 Jasper, Lily	12	Co Cardiff	40.80
5 Harris, Scarlett	14	Rhondda	40.80
6 James, Isabelle	12	Rhondda	41.00
7 Munslow, Seren	12	Monnow	42.20
8 Moore, Summer	12	Bridgend Swim	42.43
9 Bidgood, Evie	12	Co Cardiff	42.53
Heat 4 of 10 Finals			
0 Price, Amie	13	Rct Squad	40.36
1 Lee, Seol Lucy	12	Co Cardiff	39.20
2 Innocent-Woodman, Au	13	Co Cardiff	38.87
3 Reasons, Darcy	12	Torfaen D	38.40
4 Ribeiro, Ariana	13	Co Cardiff	37.86
5 Jones, Jessica	12	Rct Squad	38.07
6 Zyniewicz, Anna	13	Co Newport	38.63
7 Sheen, Seren	13	Co Newport	39.07
8 Ballinger, Scarlett	13	Rhondda	39.40
9 Jones, Ffion	13	Co Cardiff	40.70
Heat 5 of 10 Finals			
0 Macintyre-Jones, Arwen	15	Heads Valley	37.63
1 Carre, Jasmine	17	Rhondda	37.52
2 Merrett, Imogen	16	Bridgend Swim	37.42
3 Meenagh, Mai Van	12	Co Cardiff	37.30
4 Scofield, Niamh	13	Rct Squad	37.07
5 Battrick, Alexa	14	Co Newport	37.21
6 Owen, Gwen	13	Merthyr Tydf	37.36
7 Boyd, Chloe	14	Co Cardiff	37.47
8 Ebenezer, Anni	14	Co Cardiff	37.57
9 Bryant, Penelope	14	Co Cardiff	37.80

Heat 6 of 10 Finals

0	Wood, Zarah-Evelyn	14	Rhondda	36.70
1	Morgan-Basini, Roca-J	14	Abertillery	36.41
2	Jones, Lola-Grace	12	Merthyr Tydf	36.29
3	Cooksey-Owen, Ruby-M	13	Co Cardiff	36.07
4	George, Ellie	13	Rct Squad	35.41
5	Fowler, Maisie	13	Rct Squad	35.53
6	McQuaid, Maria	13	Co Cardiff	36.10
7	Morgan-Basini, Ruby-M	12	Abertillery	36.34
8	Davies, Darcey	15	Rct Squad	36.56
9	Butler, Olivia	13	Bridgend Swim	36.99

Heat 7 of 10 Finals

0	Reilly, Manon	16	Rct Squad	35.16
1	Lewis, Harriet	12	Co Cardiff	35.00
2	Williams, Lili	13	Rct Squad	34.74
3	Duggan, Ella	13	Merthyr Tydf	34.41
4	Duggan, Grace	13	Merthyr Tydf	34.12
5	Rees, Maisie	14	Rct Squad	34.31
6	Dowling, Abigail	13	Co Cardiff	34.70
7	Sweet-Roberts, Pip	12	Torfaen D	35.00
8	Clayton, Jasmine	14	Co Newport	35.16
9	Smith, Summer	15	Rct Squad	35.20

Heat 8 of 10 Finals

0	Cheeseman, Rhyannon	16	Co Cardiff	34.00
1	Andrews, Bella	14	Co Newport	33.93
2	Morgan, Hannah	19	Co Cardiff	33.80
3	Evans, Porscha	16	Co Cardiff	33.50
4	Britton, Seren	14	Barry	33.20
5	Goddard, Amy	15	Rhondda	33.40
6	Blake, Emily	17	Co Cardiff	33.70
7	Tejedo, Lola	13	Co Cardiff	33.80
8	Givvons, Imogen	14	Co Newport	33.94
9	Jones, Lola	15	Torfaen D	34.10

Heat 9 of 10 Finals

0	Hughes-Rolls, Ava	15	Torfaen D	32.79
1	Jones, Maisie	14	Co Cardiff	32.28
2	Adams, Jaimee	18	Co Cardiff	32.00
3	Matthews, Elin	14	Co Cardiff	31.10
4	Dacey, Mollie	16	Co Cardiff	31.00
5	Nowell, Gabriella	19	Torfaen D	31.07
6	Schumm, Libby	15	Torfaen D	31.60
7	Sweet-Roberts, Rosie	16	Torfaen D	32.04
8	Brassington, Lucy	17	Co Cardiff	32.57
9	Edwards, Amber	14	Co Cardiff	32.99

Heat 10 of 10 Finals

0	O Callaghan, Faye	19	Co Cardiff	30.21
1	Cull, Harriett	17	Co Cardiff	29.76
2	Morgan, Isabel	20	Co Cardiff	29.29
3	Lee, Edith	14	Co Cardiff	28.81
4	Jones, Harriet	27	Co Cardiff	26.49
5	Tanir, Duru	22	Co Cardiff	27.75
6	Grant, Lucy	17	Co Newport	29.09
7	Donovan, Kelsey	19	Co Cardiff	29.49
8	Broder, Libby	18	Co Cardiff	30.00
9	Avraam, Neve	16	Co Cardiff	30.42

Event 115 Boys 11 & Over 1500 LC Meter Freestyle

Lane Name	Age	Team	Seed Time	
Heat 1 of 1 Finals				
0	Cavill, Jack	14	Co Cardiff	19:51.50
1	Brock, Freddy	15	Rct Squad	19:13.16
2	Edwards, Ross	15	Co Cardiff	18:05.61
3	Parsons, Joseph	17	Co Cardiff	17:34.20
4	Bamborough, Jack	16	Co Cardiff	16:30.90
5	McGuinness, Charlie	18	Torfaen D	16:49.00
6	Davies, Iwan	16	Co Cardiff	18:02.44
7	Davies, Brynley	14	Co Newport	18:51.48
8	Howe, Albie	17	Torfaen D	19:39.90

Event 116 Girls 11 & Over 50 LC Meter Backstroke

Lane Name	Age	Team	Seed Time	
Heat 1 of 12 Finals				
0	Mcintosh, Catrin	11	Rct Squad	51.02
1	Cox, Amelia	11	Co Cardiff	50.89
2	Mahilal, Neili	11	Pontypridd	49.12
3	Varley, Gracie	12	Co Cardiff	48.50
4	Baulch, Aderyn	12	Co Newport	48.20
5	Partridge, Lillie-Mae	12	Abertillery	48.24
6	Wilman, Natalie	11	Co Cardiff	48.56
7	Robinson, Elizabeth	11	Co Newport	50.08
8	Pocknell, Scarlett	11	Merthyr Tydf	51.01
9	Thomas, Neeve	11	Rhondda	51.20
Heat 2 of 12 Finals				
0	Jones, Zoey	12	Co Newport	47.80
1	Bidgood, Evie	12	Co Cardiff	47.41
2	Atkinson, Anna	12	Co Cardiff	47.20
3	Williams, Nel	12	Co Cardiff	46.20
4	Cooksey-Owen, Mollie	11	Rhondda	45.60
5	Picton, Emelia	13	Merthyr Tydf	45.71
6	Griffiths, Gwennie	11	Pontypridd	46.77
7	Willis, Chloe	12	Abertillery	47.32
8	Bateman, Mercy	12	Rct Squad	47.77
9	Cole, Ivy	11	Co Cardiff	47.90
Heat 3 of 12 Finals				
0	Lawn, Gayle	11	Torfaen D	45.16
1	Ryan, Harriet	13	Chepstow	44.75
2	Richards, Erin	12	Co Cardiff	44.50
3	Olszewska, Maya	12	Co Newport	44.17
4	Donaldson, Arianwen	13	Co Newport	43.87
5	Davies, Lowri	13	Co Newport	44.13
6	Lawn, Lexi	11	Torfaen D	44.40
7	Huang, Emma	11	Cwmbran	44.73
8	Jones, Amelia	12	Pontypridd	45.02
9	Greensill, Evie	11	Co Newport	45.47
Heat 4 of 12 Finals				
0	Jasinska, Maria	12	Co Newport	43.80
1	Roberts, Connie-Rae	11	Co Newport	42.98
2	Davies, Bethan	14	Rct Squad	42.83
3	John, Ella-Rose	13	Co Cardiff	42.67
4	Sommerin, Elin	14	Co Cardiff	42.60
5	Brown, Alyssa	11	Rct Squad	42.62
6	Jones, Cora	11	Heads Valley	42.70
7	Matthews, Catrin	11	Co Cardiff	42.90
8	Hill, Poppy	14	Barry	43.38
9	Thomas, Amelie	11	Rhondda	43.80

Heat 5 of 12 Finals

0 Rothwell, Emily	13 Co Cardiff	41.60
1 Davies, Indie	12 Co Newport	41.55
2 James, Isabelle	12 Rhondda	41.50
3 Curran, Halle-Marie	13 Co Cardiff	41.40
4 Mitrjaikina, Kerly	12 Co Newport	41.23
5 Cann, Emily	13 Co Newport	41.40
6 Price, Amie	13 Rct Squad	41.41
7 Robinson, Isla	13 Co Cardiff	41.50
8 Jones, Ffion	13 Co Cardiff	41.60
9 Harris, Freya	14 Barry	42.11

Heat 6 of 12 Finals

0 Jasper, Lily	12 Co Cardiff	40.50
1 Fordham, Freya	12 Co Newport	40.48
2 Munslow, Seren	12 Monnow	40.20
3 Meenagh, Mai Van	12 Co Cardiff	40.10
4 Butler, Olivia	13 Bridgend Swim	39.81
5 Virgin, Eva	13 Co Cardiff	40.00
6 Jones, Lola-Grace	12 Merthyr Tydf	40.14
7 Zyniewicz, Anna	13 Co Newport	40.29
8 Ballinger, Scarlett	13 Rhondda	40.50
9 Ryan, Mia	13 Rct Squad	40.58

Heat 7 of 12 Finals

0 Boyd, Chloe	14 Co Cardiff	39.60
1 McQuaid, Maria	13 Co Cardiff	39.44
2 Harris, Scarlett	14 Rhondda	39.41
3 Roberts, Rosie	12 Torfaen D	38.80
4 Bryant, Penelope	14 Co Cardiff	38.35
5 Williams, Lili	13 Rct Squad	38.74
6 Wilsher, Suki	13 Co Cardiff	39.40
7 Sheen, Seren	13 Co Newport	39.42
8 Donaldson, Evie	12 Co Newport	39.47
9 Altordai, Yume	15 Co Cardiff	39.80

Heat 8 of 12 Finals

0 Garrett, Ruby	16 Merthyr Tydf	38.14
1 Battrick, Alexa	14 Co Newport	38.09
2 Jones, Jessica	12 Rct Squad	37.93
3 Ames, Cici	16 Co Newport	37.52
4 Reasons, Darcy	12 Torfaen D	37.30
5 Eyre, Gracie	12 Co Cardiff	37.50
6 Clayton, Jasmine	14 Co Newport	37.79
7 Duggan, Grace	13 Merthyr Tydf	37.93
8 Cheeseman, Rhyannon	16 Co Cardiff	38.10
9 Cox, Isabelle	14 Co Cardiff	38.30

Heat 9 of 12 Finals

0 Bastyan, Emily-Grace	15 Torfaen D	37.00
1 Coles, Mya	14 Co Newport	36.84
2 Scofield, Niamh	13 Rct Squad	36.77
3 McNamara, Imogen	14 Co Cardiff	36.60
4 Richards, Faith	14 Merthyr Tydf	36.20
5 Dowling, Abigail	13 Co Cardiff	36.60
6 Evans, Gwennan	14 Co Newport	36.63
7 Bastyan, Ava-Rose	15 Torfaen D	36.80
8 Allen, Isabel	13 Co Cardiff	36.90
9 Britton, Seren	14 Barry	37.26

Heat 10 of 12 Finals

0 Reed, Isabella	13 Co Cardiff	36.00
1 Matthews, Elin	14 Co Cardiff	35.80
2 Fowler, Maisie	13 Rct Squad	35.57
3 George, Ellie	13 Rct Squad	35.42
4 Jones, Evie	16 Merthyr Tydf	35.11
5 Lloyd, Ffion	17 Co Newport	35.20
6 Givvons, Imogen	14 Co Newport	35.53
7 Duggan, Ella	13 Merthyr Tydf	35.70
8 Evans, Porscha	16 Co Cardiff	35.90
9 Davies, Darcey	15 Rct Squad	36.20

Heat 11 of 12 Finals

0 Blake, Emily	17 Co Cardiff	34.80
1 Edwards, Amber	14 Co Cardiff	34.40
2 Morgan, Hannah	19 Co Cardiff	34.30
3 Grant, Lucy	17 Co Newport	33.85
4 Hughes-Rolls, Ava	15 Torfaen D	33.60
5 Howson, Ellen	15 Co Newport	33.75
6 Kay, Isabelle	16 Rct Squad	34.21
7 Lewis, Cara	17 Bridgend Swim	34.35
8 Smith, Summer	15 Rct Squad	34.79
9 Rees, Maisie	14 Rct Squad	35.06

Heat 12 of 12 Finals

0 Parfitt, Kali	14 Torfaen D	33.00
1 Williams, Rose	16 Co Cardiff	32.50
2 Salmon, Gwen	17 Rct Squad	31.58
3 Nowell, Gabriella	19 Torfaen D	31.40
4 Keepings, Charlotte	18 Co Newport	31.28
5 Dacey, Mollie	16 Co Cardiff	31.40
6 Croke, Carys	17 Torfaen D	31.50
7 Willmore, Isabella	18 Co Newport	31.94
8 Cull, Harriett	17 Co Cardiff	32.50
9 Stork, Niamh	20 Co Cardiff	33.30

SESSION 2 Warm Up 8.30am Start 9.40am**Event 211 Boys 11 & Over 200 LC Meter IM**

Lane Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

0 Brady, Isaac	11	Rct Squad	3:37.43
1 Clarander, William	12	Co Cardiff	3:33.50
2 Boyd, Isaac	11	Co Cardiff	3:32.30
3 Garrett, Ben	11	Merthyr Tydf	3:29.71
4 Palmer, Evan	12	Torfaen D	3:21.40
5 Samuel, Jake	13	Abertillery	3:27.09
6 Woodward, Ethan	12	Bridgend Cty	3:30.30
7 Swetman, Oliver	12	Co Cardiff	3:32.49
8 Perry, Charlie	11	Co Newport	3:35.38
9 Jones, Owain	11	Co Cardiff	3:38.50

Heat 2 of 7 Finals

0 Pound, Leon	13	Rct Squad	3:17.93
1 Davies-Green, Thomas	11	Co Cardiff	3:16.60
2 Everson, Sonny	14	Co Newport	3:06.78
3 Yeo, Erik	14	Co Cardiff	3:05.25
4 Butwell, Ollie	13	Co Cardiff	3:04.70
5 Cates, James	15	Merthyr Tydf	3:04.98
6 Rendall, Nathaniel	15	Co Cardiff	3:05.30
7 Sutton, Harry	13	Co Cardiff	3:13.80
8 D'Cruz, Dylan	13	Rct Squad	3:17.43
9 Ban Jona, Krisztian	13	Co Newport	3:20.55

Heat 3 of 7 Finals

0 Pesevski, Alexander	11	Co Cardiff	3:02.80
1 Volaussek, Noah	13	Co Cardiff	2:59.20
2 Theron, Izak	14	Co Cardiff	2:55.80
3 Howe, Inigo	15	Torfaen D	2:54.36
4 Jones, Noah	13	Torfaen D	2:53.60
5 Williams, Tomos	14	Chepstow	2:53.96
6 Gilligan, Henry	14	Rct Squad	2:55.48
7 Gruffydd, Ned	14	Co Cardiff	2:57.50
8 Timbrell, George	13	Co Newport	3:01.42
9 Altordai, Junnosuke	13	Co Cardiff	3:04.60

Heat 4 of 7 Finals

0 Davies, Tom	14	Co Newport	2:52.60
1 Reece, Liam	14	Co Newport	2:51.33
2 Duggan, Brandon	14	Co Cardiff	2:45.50
3 Davies, Blake	14	Co Cardiff	2:45.30
4 Vong, Joshua	14	Co Newport	2:43.87
5 James, Owain	16	Rct Squad	2:44.34
6 Parfitt, Sebastian	14	Co Cardiff	2:45.40
7 Miles, Harry	14	Co Cardiff	2:49.30
8 Bastyan, Tobias-Luke	13	Torfaen D	2:51.40
9 Castillo, Airam	13	Co Cardiff	2:53.00

Heat 5 of 7 Finals

0 Howe, Albie	17	Torfaen D	2:42.80
1 Jones, Sebastien	14	Torfaen D	2:38.60
2 Nemtsov, Alexandros	16	Co Cardiff	2:37.40
3 Willis, Kofi	15	Co Cardiff	2:33.70
4 Temby, Jacob	16	Co Cardiff	2:31.70
5 Gwynfil, Solomon	14	Co Cardiff	2:33.60
6 Hyett, Benjamin	18	Bridgend Swim	2:35.66
7 Warman-Powell, Ioan	14	Torfaen D	2:38.10
8 Giles, Brodie	14	Bridgend Swim	2:40.79
9 Rees, Daniel	14	Co Cardiff	2:43.84

Heat 6 of 7 Finals

0 Spinks, Owen	16	Torfaen D	2:30.90
1 Henschell, Logan	16	Co Cardiff	2:25.80
2 Davies, Iwan	16	Co Cardiff	2:23.00
3 McCarthy, Benedict	15	Co Cardiff	2:22.70
4 Edwards, Ross	15	Co Cardiff	2:20.00
5 Owen, Vinnie	16	Co Cardiff	2:22.50
6 Broom, Dylan	22	Torfaen D	2:22.74
7 Major, Maximus	14	Co Newport	2:25.53
8 Thomas, Archie	14	Co Cardiff	2:29.90
9 Vaughan, William	17	Rct Squad	2:31.38

Heat 7 of 7 Finals

0 Sheppard, Rhydian	17	Co Cardiff	2:16.00
1 Burns, Harry	19	Co Cardiff	2:13.94
2 Geysen-Holley, Max	19	Co Cardiff	2:10.10
3 Lee, Tristan	18	Co Cardiff	2:07.50
4 Ryley, William	26	Co Cardiff	2:01.97
5 Arch, Rhydian	19	Co Cardiff	2:06.50
6 Fox-Wiltshire, Benjamin	19	Co Cardiff	2:09.50
7 Bamborough, Jack	16	Co Cardiff	2:11.80
8 Ma, Ko Kwan	15	Co Cardiff	2:15.00
9 Winstone, Evan	18	Co Cardiff	2:19.55

Event 212 Girls 11 & Over 400 LC Meter IM

Lane Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

4 James, Isabelle	12	Rhondda	6:49.26
5 Brady, Grace	15	Rct Squad	6:07.59

Heat 2 of 2 Finals

0 Lewis, Harriet	12	Co Cardiff	6:00.79
1 Tejedo, Lola	13	Co Cardiff	5:44.50
2 Ling, Olivia	14	Co Cardiff	5:39.90
3 Smith, Amelia	16	Co Cardiff	5:22.20
4 Owen, Gracie	16	Torfaen D	5:00.10
5 Gibson, Mari	16	Co Cardiff	5:06.80
6 Lewis, Orla Rose	14	Co Cardiff	5:30.10
7 Lee, Edith	14	Co Cardiff	5:44.28
8 Ribeiro, Ariana	13	Co Cardiff	5:46.40
9 McQuaid, Maria	13	Co Cardiff	6:01.00

Event 213 Boys 11 & Over 100 LC Meter Breaststroke

Lane Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

3 Hale, William	11	Co Newport	1:59.02
4 Boyd, Isaac	11	Co Cardiff	1:52.00
5 Bellew, Sebastian	11	Torfaen D	1:56.10

Heat 2 of 5 Finals

0 Clarander, William	12	Co Cardiff	1:50.36
1 Palmer, Evan	12	Torfaen D	1:46.50
2 Sutton, Harry	13	Co Cardiff	1:44.40
3 Swetman, Oliver	12	Co Cardiff	1:39.80
4 Taylor, Nicholas	13	Torfaen D	1:36.60
5 Yeo, Erik	14	Co Cardiff	1:37.10
6 D'Cruz, Dylan	13	Rct Squad	1:41.95
7 Davies-Green, Thomas	11	Co Cardiff	1:45.50
8 Sheen, Evan	11	Co Newport	1:49.58

Heat 3 of 5 Finals

0 Jones, Noah	13 Torfaen D	1:32.40
1 Willis, Samuel	15 Torfaen D	1:30.10
2 Herron, Noah	14 Co Newport	1:29.58
3 Miles, Harry	14 Co Cardiff	1:28.50
4 Fudge, Marcus	16 Rct Squad	1:26.28
5 Henley, Lewis	15 Heads Valley	1:26.77
6 Hewitt, Archie	14 Torfaen D	1:28.69
7 Schofield, Thomas	15 Heads Valley	1:29.80
8 Nolan, Oliver	15 Co Cardiff	1:32.08
9 Volausek, Noah	13 Co Cardiff	1:33.20

Heat 4 of 5 Finals

0 Brock, Freddy	15 Rct Squad	1:25.03
1 Rees-Jones, Jack	18 Merthyr Tydf	1:21.31
2 Hole, Ethan	15 Co Cardiff	1:17.80
3 Thomas, Archie	14 Co Cardiff	1:16.80
4 Nemtsov, Alexandros	16 Co Cardiff	1:16.40
5 Doyle, Alfie	16 Co Newport	1:16.57
6 Rees, Daniel	14 Co Cardiff	1:17.30
7 Warman-Powell, Ioan	14 Torfaen D	1:19.20
8 Cooksey, Regan	18 Rhondda	1:23.90
9 Giles, Brodie	14 Bridgend Swim	1:26.16

Heat 5 of 5 Finals

0 James, Rhys	15 Rct Squad	1:13.87
1 James, Jack	17 Torfaen D	1:10.90
2 McGregor, Drew	21 Co Cardiff	1:07.84
3 Lee, Tristan	18 Co Cardiff	1:06.50
4 Ryley, William	26 Co Cardiff	1:02.60
5 Anderson, Maxwell	19 Co Cardiff	1:04.00
6 Sheppard, Rhydian	17 Co Cardiff	1:07.30
7 Ma, Ko Kwan	15 Co Cardiff	1:10.80
8 Winstone, Evan	18 Co Cardiff	1:11.80
9 Temby, Jacob	16 Co Cardiff	1:14.93

Event 214 Girls 11 & Over 200 LC Meter Backstroke**Lane Name Age Team Seed Time****Heat 1 of 6 Finals**

2 Blythe, Eva	11 Co Newport	3:31.44
3 Jones, Cora	11 Heads Valley	3:21.75
4 Cook, Bronwyn	13 Co Cardiff	3:16.10
5 Griffiths, Megan	14 Merthyr Tydf	3:18.64
6 Santoro, Bianca	12 Co Cardiff	3:23.30
7 Robinson, Elizabeth	11 Co Newport	3:38.63

Heat 2 of 6 Finals

0 Matthews, Catrin	11 Co Cardiff	3:15.40
1 Littlechild, Charlotte	14 Co Cardiff	3:12.70
2 Sommerin, Elin	14 Co Cardiff	3:10.80
3 Brown, Alyssa	11 Rct Squad	3:09.86
4 Ballinger, Scarlett	13 Rhondda	3:04.50
5 Wilsher, Suki	13 Co Cardiff	3:08.60
6 Jones, Jessica	12 Rct Squad	3:10.20
7 Cartwright, Bridget	14 Rct Squad	3:11.27
8 Griffiths, Sofie	14 Merthyr Tydf	3:13.56
9 McShane, Anya	12 Co Cardiff	3:16.00

Heat 3 of 6 Finals

0 Ralph, Ffion	15 Co Newport	3:03.04
1 Eyre, Gracie	12 Co Cardiff	3:00.50
2 Roberts, Rosie	12 Torfaen D	2:58.24
3 Scofield, Niamh	13 Rct Squad	2:55.11
4 Bennett, Isla	13 Co Cardiff	2:53.20
5 Allen, Isabel	13 Co Cardiff	2:54.10
6 Richards, Faith	14 Merthyr Tydf	2:55.85
7 Altordai, Yume	15 Co Cardiff	3:00.40
8 Virgin, Eva	13 Co Cardiff	3:00.80
9 Jasper, Lily	12 Co Cardiff	3:03.90

Heat 4 of 6 Finals

0 Reasons, Darcy	12 Torfaen D	2:50.90
1 McNamara, Imogen	14 Co Cardiff	2:49.50
2 Prosser, Sofia	12 Torfaen D	2:48.23
3 Reed, Isabella	13 Co Cardiff	2:41.60
4 Fowler, Maisie	13 Rct Squad	2:40.95
5 Givvons, Imogen	14 Co Newport	2:41.17
6 Lloyd, Ffion	17 Co Newport	2:42.60
7 Davies, Darcey	15 Rct Squad	2:48.80
8 Edwards, Amber	14 Co Cardiff	2:50.87
9 Evans, Gwennan	14 Co Newport	2:51.52

Heat 5 of 6 Finals

0 Buckland, Eleanor	15 Co Cardiff	2:39.90
1 George, Ellie	13 Rct Squad	2:36.25
2 Blake, Emily	17 Co Cardiff	2:34.50
3 Kay, Isabelle	16 Rct Squad	2:33.08
4 Iles, Jessica	14 Co Cardiff	2:32.00
5 Gruffydd, Mali	17 Co Cardiff	2:32.80
6 Wardell, Cari	15 Co Cardiff	2:33.30
7 Curkovic, Lota	14 Co Cardiff	2:36.10
8 Marshall, Ffion	14 Co Cardiff	2:39.50
9 Jones, Evie	16 Merthyr Tydf	2:39.96

Heat 6 of 6 Finals

0 Evans, Gwenllian	15 Co Cardiff	2:31.50
1 Anderson, Rosalie	14 Co Cardiff	2:24.50
2 John, Emilia	17 Co Cardiff	2:23.20
3 Titchener, Megan	16 Torfaen D	2:21.80
4 Domican, Rosie	20 Co Cardiff	2:19.90
5 Fox, Honor	17 Co Cardiff	2:20.90
6 Dacey, Mollie	16 Co Cardiff	2:22.20
7 Cull, Harriett	17 Co Cardiff	2:23.50
8 Williams, Rose	16 Co Cardiff	2:28.40
9 Parfitt, Lucy	16 Co Cardiff	2:31.90

Event 215 Boys 11 & Over 50 LC Meter Freestyle**Lane Name Age Team Seed Time****Heat 1 of 11 Finals**

2 Martenko, Fletcher	11 Rct Squad	41.66
3 Hughes, Fraser	12 Rhondda	40.60
4 Schofield, Lewis	12 Heads Valley	40.30
5 Clarander, William	12 Co Cardiff	40.58
6 Brady, Isaac	11 Rct Squad	41.62
7 Gilligan, Lucas	11 Rct Squad	41.86

Heat 2 of 11 Finals

0	Watkins, Dylan	12	Torfaen D	39.90
1	Jones, Owain	11	Co Cardiff	39.50
2	Perry, Charlie	11	Co Newport	39.35
3	Hale, William	11	Co Newport	38.49
4	Ban Jona, Krisztian	13	Co Newport	38.46
5	Arnold, Harry	13	Pontypridd	38.46
6	Banks, Oliver	12	Torfaen D	38.70
7	Richards, Cael	12	Monnow	39.40
8	Davies, Jake	12	Co Newport	39.62
9	Balint, Tyler	11	Rhondda	40.10

Heat 3 of 11 Finals

0	Boyd, Isaac	11	Co Cardiff	38.20
1	Davies-Green, Thomas	11	Co Cardiff	37.50
2	Sheen, Evan	11	Co Newport	36.98
3	Williams, Zach	13	Torfaen D	36.80
4	D'Cruz, Dylan	13	Rct Squad	36.61
5	Garrett, Ben	11	Merthyr Tydf	36.77
6	Jenkins Roberts, Frank	13	Co Cardiff	36.83
7	Samuel, Jake	13	Abertillery	37.46
8	Nemtsov, Andreas	13	Co Cardiff	37.50
9	Bellew, Sebastian	11	Torfaen D	38.44

Heat 4 of 11 Finals

0	Hopkins, Luc	13	Torfaen D	35.90
1	Ridge-Williams, Byron	13	Rhondda	35.72
2	Bick, Morgan	12	Torfaen D	35.10
3	Altordai, Junnosuke	13	Co Cardiff	34.25
4	Everson, Sonny	14	Co Newport	33.93
5	Palmer, Evan	12	Torfaen D	34.00
6	Timbrell, George	13	Co Newport	34.41
7	Pound, Leon	13	Rct Squad	35.40
8	Lloyd-Roberts, Elis	11	Bridgend Cty	35.75
9	Swetman, Oliver	12	Co Cardiff	36.30

Heat 5 of 11 Finals

0	Morgan, Josh	12	Co Newport	33.70
1	Price, James	14	Pontypridd	32.90
2	Gruffydd, Ned	14	Co Cardiff	32.80
3	Gilligan, Henry	14	Rct Squad	32.14
4	Henley, Lewis	15	Heads Valley	31.97
5	Nolan, Oliver	15	Co Cardiff	32.09
6	Pesevski, Alexander	11	Co Cardiff	32.60
7	Wratten, Finnley	15	Cwmbran	32.80
8	Spinks, Rhys	14	Torfaen D	33.30
9	Jones, Noah	13	Torfaen D	33.74

Heat 6 of 11 Finals

0	Volausk, Noah	13	Co Cardiff	31.60
1	Theron, Izak	14	Co Cardiff	31.50
2	Miles, Harry	14	Co Cardiff	31.40
3	Gregory, Jaiden	13	Rhondda	30.93
4	Cates, James	15	Merthyr Tydf	30.77
5	Willis, Samuel	15	Torfaen D	30.80
6	Schofield, Thomas	15	Heads Valley	31.23
7	Reece, Liam	14	Co Newport	31.41
8	Davies, Tom	14	Co Newport	31.57
9	Taylor, Nicholas	13	Torfaen D	31.70

Heat 7 of 11 Finals

0	Williams, Tomos	14	Chepstow	30.61
1	James, Owain	16	Rct Squad	30.52
2	Jones, Sebastien	14	Torfaen D	30.20
3	Wratten, Joshua	16	Cwmbran	30.18
4	Bastyan, Tobias-Luke	13	Torfaen D	30.00
5	Howe, Inigo	15	Torfaen D	30.08
6	Davies, Blake	14	Co Cardiff	30.19
7	Adams, Ronan	16	Bridgend Swim	30.43
8	Gwynfil, Solomon	14	Co Cardiff	30.60
9	Tihiiev, Milan	14	Co Cardiff	30.65

Heat 8 of 11 Finals

0	Hewitt, Archie	14	Torfaen D	29.77
1	Herron, Noah	14	Co Newport	29.65
2	Brock, Freddy	15	Rct Squad	29.44
3	Freebury, William	15	Cwmbran	29.13
4	Nemtsov, Alexandros	16	Co Cardiff	28.60
5	Castillo, Airam	13	Co Cardiff	28.90
6	Fudge, Marcus	16	Rct Squad	29.28
7	Roberts, Ewyn	16	Bridgend Swim	29.61
8	Vong, Joshua	14	Co Newport	29.72
9	Warman-Powell, Ioan	14	Torfaen D	29.90

Heat 9 of 11 Finals

0	Cooksey, Regan	18	Rhondda	28.40
1	Howe, Albie	17	Torfaen D	28.20
2	Price Davies, Owen	18	Heads Valley	27.92
3	James, Jack	17	Torfaen D	27.36
4	Willis, Kofi	15	Co Cardiff	27.30
5	Watkins, William	16	Bridgend Swim	27.32
6	Ballantyne, Alex	15	Bridgend Swim	27.89
7	Temby, Jacob	16	Co Cardiff	28.10
8	James, Rhys	15	Rct Squad	28.36
9	Doyle, Alfie	16	Co Newport	28.51

Heat 10 of 11 Finals

0	Jasinski, Hubert	17	Co Newport	27.09
1	Major, Maximus	14	Co Newport	26.87
2	Davies, William	17	Co Newport	26.66
3	Hyett, Benjamin	18	Bridgend Swim	26.35
4	Anderson, Maxwell	19	Co Cardiff	25.70
5	Vaughan, William	17	Rct Squad	26.02
6	Steven, Adam	18	Co Newport	26.45
7	Spinks, Owen	16	Torfaen D	26.70
8	Vinh, Joshua	15	Co Newport	26.99
9	Rees-Jones, Jack	18	Merthyr Tydf	27.17

Heat 11 of 11 Finals

0	Bamborough, Jack	16	Co Cardiff	25.50
1	Southwood, Charlie	17	Torfaen D	25.20
2	Lee, Ethan	18	Co Cardiff	24.70
3	James, Harley	19	Co Cardiff	24.08
4	Davies, Evan	18	Co Cardiff	23.90
5	Price, Brad	32	Co Cardiff	24.00
6	McCarthy, Samuel	19	Co Cardiff	24.66
7	Mruk, Lucas	16	Torfaen D	25.10
8	Pugh, Morgan	17	Torfaen D	25.36
9	McCarthy, Benedict	15	Co Cardiff	25.57

Event 216 Girls 11 & Over 800 LC Meter Freestyle**Relay****Lane Team Relay Seed Time****Heat 1 of 4 Finals**

3 Co Cardiff	W12 A	NT
4 Torfaen D	W12 A	11:20.00
5 Rhondda	W12 A	12:12.60

Heat 2 of 4 Finals

4 Rhondda	W14 A	NT
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Heat 3 of 4 Finals

3 Bridgend Swim	W16 A	NT
4 Torfaen D	W16 A	9:00.00
5 Torfaen D	W16 B	9:20.00

Heat 4 of 4 Finals

4 Torfaen D	W109A	9:20.00
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SESSION 3 Warm Up 12.10pm Start 1.20pm**Event 221 Boys 11 & Over 100 LC Meter Backstroke**

Lane Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

3 Perry, Charlie	11	Co Newport	1:41.25
4 Brady, Isaac	11	Rct Squad	1:39.34
5 Banks, Oliver	12	Torfaen D	1:40.00

Heat 2 of 7 Finals

1 Woodward, Ethan	12	Bridgend Cty	1:37.60
2 Garrett, Ben	11	Merthyr Tydf	1:35.76
3 King, Henri	11	Co Cardiff	1:34.40
4 Hopkins, Luc	13	Torfaen D	1:31.90
5 James, Joshua	12	Co Cardiff	1:33.60
6 Jenkins Roberts, Frank	13	Co Cardiff	1:35.02
7 Hale, William	11	Co Newport	1:36.49
8 Gilligan, Lucas	11	Rct Squad	1:39.30

Heat 3 of 7 Finals

0 Morgan, Josh	12	Co Newport	1:31.22
1 Samuel, Jake	13	Abertillery	1:29.57
2 Sutton, Harry	13	Co Cardiff	1:28.60
3 Palmer, Evan	12	Torfaen D	1:27.60
4 Spinks, Rhys	14	Torfaen D	1:26.80
5 Bick, Morgan	12	Torfaen D	1:26.80
6 Altordai, Junnosuke	13	Co Cardiff	1:28.40
7 Boyd, Isaac	11	Co Cardiff	1:29.00
8 Ban Jona, Krisztian	13	Co Newport	1:30.75
9 Nemtsov, Andreas	13	Co Cardiff	1:31.80

Heat 4 of 7 Finals

0 Taylor, Nicholas	13	Torfaen D	1:23.89
1 Butwell, Ollie	13	Co Cardiff	1:23.50
2 Pesevski, Alexander	11	Co Cardiff	1:21.50
3 Gregory, Jaiden	13	Rhondda	1:19.20
4 Williams, Tomos	14	Chepstow	1:18.58
5 Davies, Blake	14	Co Cardiff	1:18.79
6 Schofield, Thomas	15	Heads Valley	1:19.79
7 Cates, James	15	Merthyr Tydf	1:22.86
8 Sheen, Evan	11	Co Newport	1:23.61
9 Price, James	14	Pontypridd	1:24.20

Heat 5 of 7 Finals

0 Thomas, Archie	14	Co Cardiff	1:17.49
1 Duggan, Brandon	14	Co Cardiff	1:15.80
2 Wratten, Joshua	16	Cwmbran	1:14.77
3 Gilligan, Henry	14	Rct Squad	1:14.46
4 Howe, Albie	17	Torfaen D	1:12.80
5 Ballantyne, Alex	15	Bridgend Swim	1:13.37
6 Gwynfil, Solomon	14	Co Cardiff	1:14.60
7 Hewitt, Archie	14	Torfaen D	1:15.20
8 Brock, Freddy	15	Rct Squad	1:16.07
9 Miles, Harry	14	Co Cardiff	1:18.30

Heat 6 of 7 Finals

0 Vinh, Joshua	15	Co Newport	1:10.48
1 Rixon, Oliver	16	Co Newport	1:08.88
2 Price Davies, Owen	18	Heads Valley	1:06.72
3 Major, Maximus	14	Co Newport	1:05.91
4 Hole, Ethan	15	Co Cardiff	1:05.70
5 Vaughan, William	17	Rct Squad	1:05.80
6 Mills, Ioan	15	Torfaen D	1:06.30
7 Spinks, Owen	16	Torfaen D	1:07.20
8 Rees, Daniel	14	Co Cardiff	1:09.20
9 Rees-Jones, Jack	18	Merthyr Tydf	1:12.01

Heat 7 of 7 Finals

0 Broom, Dylan	22	Torfaen D	1:03.97
1 Edwards, Ross	15	Co Cardiff	1:02.00
2 Southwood, Charlie	17	Torfaen D	1:00.90
3 Fox-Wiltshire, Benjamin	19	Co Cardiff	59.30
4 Knight, Jack	21	Co Cardiff	55.50
5 Golsby-Taylor, Josh	20	Co Cardiff	58.50
6 Parsons, Joseph	17	Co Cardiff	1:00.40
7 Bamborough, Jack	16	Co Cardiff	1:01.10
8 Burns, Harry	19	Co Cardiff	1:02.13
9 Davies, Iwan	16	Co Cardiff	1:04.10

Event 222 Girls 11 & Over 800 LC Meter Freestyle

Lane Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1 Price, Macy	12	Heads Valley	13:10.76
2 Boyd, Chloe	14	Co Cardiff	11:12.80
3 Morgan, Isabelle	16	Co Newport	10:32.76
4 Sweeney, Jessica	19	Co Newport	10:23.81
5 Marshall, Ffion	14	Co Cardiff	10:30.55
6 Brady, Grace	15	Rct Squad	10:55.61
7 Bendon, Megan	16	Cwmbran	11:22.42

Heat 2 of 2 Finals

0 Jones, Lola	15	Torfaen D	10:10.30
1 George, Ellie	13	Rct Squad	10:07.02
2 Iles, Jessica	14	Co Cardiff	9:50.50
3 Jones, Lucy	17	Co Newport	9:40.34
4 Marshall, Polly	19	Co Newport	9:28.73
5 Gruffydd, Mali	17	Co Cardiff	9:35.63
6 Ingram, Olivia	16	Co Cardiff	9:47.70
7 Evans, Gwenllian	15	Co Cardiff	10:06.70
8 O'Mahoney, Kaitlin	16	Bridgend Cty	10:07.11
9 Howson, Ellen	15	Co Newport	10:22.59

Event 223 Boys 11 & Over 100 LC Meter Freestyle

Lane Name	Age	Team	Seed Time
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Heat 1 of 10 Finals

2 Jones, Owain	11	Co Cardiff	1:29.60
3 King, Henri	11	Co Cardiff	1:27.30
4 Garrett, Ben	11	Merthyr Tydf	1:25.00
5 Perry, Charlie	11	Co Newport	1:25.71
6 James, Joshua	12	Co Cardiff	1:27.50

Heat 2 of 10 Finals

0 Hale, William	11	Co Newport	1:24.33
1 Sheen, Evan	11	Co Newport	1:22.75
2 Rines, Harri	13	Bridgend Swim	1:21.86
3 D'Cruz, Dylan	13	Rct Squad	1:21.02
4 Ridge-Williams, Byron	13	Rhondda	1:19.69
5 Lloyd-Roberts, Elis	11	Bridgend Cty	1:20.72
6 Johnson, Cai	13	Cwmbran	1:21.75
7 Samuel, Jake	13	Abertillery	1:22.00
8 Davies-Green, Thomas	11	Co Cardiff	1:23.50
9 Watkins, Dylan	12	Torfaen D	1:24.72

Heat 3 of 10 Finals

0 Hopkins, Luc	13 Torfaen D	1:18.70
1 Morgan, Josh	12 Co Newport	1:16.87
2 Altordai, Junnosuke	13 Co Cardiff	1:16.30
3 Timbrell, George	13 Co Newport	1:13.86
4 Pesevski, Alexander	11 Co Cardiff	1:13.30
5 Frampton, Rhydian	12 Rct Squad	1:13.59
6 Palmer, Evan	12 Torfaen D	1:15.50
7 Spinks, Rhys	14 Torfaen D	1:16.60
8 Sutton, Harry	13 Co Cardiff	1:18.00
9 Pound, Leon	13 Rct Squad	1:19.43

Heat 4 of 10 Finals

0 Price, James	14 Pontypridd	1:12.38
1 Gruffydd, Ned	14 Co Cardiff	1:11.80
2 Schofield, Thomas	15 Heads Valley	1:10.75
3 Reece, Liam	14 Co Newport	1:10.55
4 Miles, Harry	14 Co Cardiff	1:10.30
5 Gilligan, Henry	14 Rct Squad	1:10.50
6 Williams, Tomos	14 Chepstow	1:10.69
7 Nolan, Oliver	15 Co Cardiff	1:10.83
8 Davies, Tom	14 Co Newport	1:11.89
9 Volausek, Noah	13 Co Cardiff	1:12.50

Heat 5 of 10 Finals

0 Freebury, William	15 Cwmbrian	1:09.79
1 Willis, Samuel	15 Torfaen D	1:08.90
2 Wratten, Joshua	16 Cwmbrian	1:08.73
3 Adams, Ronan	16 Bridgend Swim	1:07.03
4 Davies, Blake	14 Co Cardiff	1:06.80
5 Bastyan, Tobias-Luke	13 Torfaen D	1:06.90
6 Gregory, Jaiden	13 Rhondda	1:08.02
7 Cates, James	15 Merthyr Tydf	1:08.76
8 Duggan, Brandon	14 Co Cardiff	1:09.70
9 Taylor, Nicholas	13 Torfaen D	1:09.80

Heat 6 of 10 Finals

0 Vong, Joshua	14 Co Newport	1:05.80
1 Cooksey, Regan	18 Rhondda	1:05.20
2 Roberts, Eryn	16 Bridgend Swim	1:05.08
3 Cavill, Jack	14 Co Cardiff	1:04.30
4 Castillo, Airam	13 Co Cardiff	1:04.09
5 Hewitt, Archie	14 Torfaen D	1:04.20
6 Brock, Freddy	15 Rct Squad	1:04.72
7 Jones, Sebastien	14 Torfaen D	1:05.10
8 Howe, Inigo	15 Torfaen D	1:05.70
9 Herron, Noah	14 Co Newport	1:06.48

Heat 7 of 10 Finals

0 Warman-Powell, Ioan	14 Torfaen D	1:03.50
1 Doyle, Alfie	16 Co Newport	1:02.57
2 James, Rhys	15 Rct Squad	1:02.20
3 Price Davies, Owen	18 Heads Valley	1:00.80
4 Vinh, Joshua	15 Co Newport	59.83
5 Hole, Ethan	15 Co Cardiff	1:00.66
6 Temby, Jacob	16 Co Cardiff	1:01.03
7 Howe, Albie	17 Torfaen D	1:02.20
8 Gwynfil, Solomon	14 Co Cardiff	1:03.50
9 Ballantyne, Alex	15 Bridgend Swim	1:03.67

Heat 8 of 10 Finals

0 Willis, Kofi	15 Co Cardiff	59.09
1 Spinks, Owen	16 Torfaen D	58.50
2 Jasinski, Hubert	17 Co Newport	58.21
3 Davies, Iwan	16 Co Cardiff	58.18
4 Haines, Thomas	16 Co Cardiff	57.50
5 McLain, Archie	18 Torfaen D	57.96
6 Davies, William	17 Co Newport	58.20
7 Rees-Jones, Jack	18 Merthyr Tydf	58.23
8 Hyett, Benjamin	18 Bridgend Swim	58.57
9 Henschell, Logan	16 Co Cardiff	59.20

Heat 9 of 10 Finals

0 Steven, Adam	18 Co Newport	57.26
1 Owen, Vinnie	16 Co Cardiff	56.80
2 Sheppard, Rhydian	17 Co Cardiff	56.70
3 Southwood, Charlie	17 Torfaen D	55.30
4 Anderson, Maxwell	19 Co Cardiff	54.50
5 Pugh, Morgan	17 Torfaen D	54.81
6 McCarthy, Benedict	15 Co Cardiff	55.40
7 Ma, Ko Kwan	15 Co Cardiff	56.80
8 Vaughan, William	17 Rct Squad	57.26
9 Major, Maximus	14 Co Newport	57.31

Heat 10 of 10 Finals

0 Mruk, Lucas	16 Torfaen D	53.90
1 McCarthy, Samuel	19 Co Cardiff	53.43
2 O'Brien, Joshua	19 Co Cardiff	53.18
3 Davies, Evan	18 Co Cardiff	52.40
4 James, Harley	19 Co Cardiff	51.79
5 Knight, Jack	21 Co Cardiff	52.06
6 Geysen-Holley, Max	19 Co Cardiff	52.60
7 Bamborough, Jack	16 Co Cardiff	53.30
8 Lee, Ethan	18 Co Cardiff	53.60
9 Burns, Harry	19 Co Cardiff	54.04

Event 224 Girls 11 & Over 200 LC Meter Breaststroke

Lane Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

3 Thomas, Amelie	11 Rhondda	4:13.12
4 Hamonet, Evie	12 Co Cardiff	4:07.10
5 Harding, Thea	11 Cwmbrian	4:07.19

Heat 2 of 7 Finals

0 Charrington, Lucy	11 Heads Valley	3:56.83
1 Jones, Jessica	12 Rct Squad	3:51.89
2 Griffiths, Sofie	14 Merthyr Tydf	3:49.65
3 Shephard-Morris, Tilly	12 Rhondda	3:46.70
4 Davies, Indie	12 Co Newport	3:43.82
5 Wilsher, Suki	13 Co Cardiff	3:45.40
6 Molloy, Elizabeth	13 Co Cardiff	3:46.95
7 John, Ella-Rose	13 Co Cardiff	3:49.70
8 Picton, Emelia	13 Merthyr Tydf	3:55.94
9 Jones, Zoey	12 Co Newport	3:58.00

Heat 3 of 7 Finals

0 Littlechild, Charlotte	14 Co Cardiff	3:39.30
1 Eyre, Gracie	12 Co Cardiff	3:34.80
2 Prickett, Chloe	12 Co Cardiff	3:31.60
3 Clayton, Jasmine	14 Co Newport	3:29.32
4 Williams, Lili	13 Rct Squad	3:28.82
5 Owen, Gwen	13 Merthyr Tydf	3:29.05
6 Davies, Briallen	13 Rct Squad	3:30.24
7 Morgan-Basini, Ruby-M	12 Abertillery	3:32.61
8 Matthews, Catrin	11 Co Cardiff	3:37.00
9 Ralph, Ffion	15 Co Newport	3:42.38

Heat 4 of 7 Finals

0 Reasons, Darcy	12 Torfaen D	3:24.40
1 Cook, Bronwyn	13 Co Cardiff	3:22.10
2 Price, Cerys	15 Heads Valley	3:21.58
3 Reilly, Manon	16 Rct Squad	3:21.18
4 Harding, Chloe	13 Cwmbbran	3:18.82
5 Kersley, Holly	14 Cwmbbran	3:18.82
6 Davies, Darcey	15 Rct Squad	3:21.55
7 Bendon, Ruby-Mai	14 Cwmbbran	3:21.74
8 Bryant, Penelope	14 Co Cardiff	3:24.10
9 Lee, Seol Lucy	12 Co Cardiff	3:24.80

Heat 5 of 7 Finals

0 Sheen, Seren	13 Co Newport	3:15.14
1 Cheeseman, Rhyannon	16 Co Cardiff	3:13.20
2 McQuaid, Maria	13 Co Cardiff	3:10.10
3 Jones, Evie	16 Merthyr Tydf	3:08.33
4 Lewis, Harriet	12 Co Cardiff	3:05.50
5 Powell, Josie	14 Bridgend Swim	3:08.02
6 Bennett, Isla	13 Co Cardiff	3:09.80
7 Adams, Sian	14 Co Cardiff	3:12.85
8 Coles, Mya	14 Co Newport	3:14.16
9 Morgan-Basini, Roca-J	14 Abertillery	3:15.32

Heat 6 of 7 Finals

0 Ling, Olivia	14 Co Cardiff	3:02.20
1 Brassington, Lucy	17 Co Cardiff	2:58.58
2 Dowling, Abigail	13 Co Cardiff	2:55.50
3 Faulkner, Marie	19 Co Cardiff	2:53.00
4 Jones, Emily	19 Co Newport	2:50.27
5 Lewis, Orla Rose	14 Co Cardiff	2:51.90
6 Ribeiro, Ariana	13 Co Cardiff	2:55.02
7 Williams, Olivia	16 Co Cardiff	2:56.59
8 Matthews, Elin	14 Co Cardiff	2:59.30
9 Andrews, Bella	14 Co Newport	3:02.48

Heat 7 of 7 Finals

0 Smith, Amelia	16 Co Cardiff	2:48.26
1 Gorman, Helen	52 Co Cardiff	2:44.40
2 Crowley, Amy	19 Co Cardiff	2:37.60
3 Williams-Jones, Phoebe	18 Co Cardiff	2:34.10
4 Taylor, Theodora	15 Torfaen D	2:30.90
5 Brassington, Sophie	18 Co Cardiff	2:32.28
6 Gibson, Mari	16 Co Cardiff	2:35.40
7 Evans, Gwenllian	15 Co Cardiff	2:44.10
8 O Callaghan, Faye	19 Co Cardiff	2:48.10
9 Perni, Veronica	15 Co Cardiff	2:48.30

Event 225 Boys 11 & Over 400 LC Meter Freestyle**Relay**

Lane Team	Relay	Seed Time
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Heat 1 of 4 Finals

2 Co Cardiff	M12 A	NT
3 Co Newport	M12 A	NT
4 Torfaen D	M12 A	5:40.80
5 Torfaen D	M12 B	5:54.80
6 Co Newport	M12 B	NT

Heat 2 of 4 Finals

3 Co Newport	M14 A	NT
4 Torfaen D	M14 A	4:24.40
5 Torfaen D	M14 B	4:50.00
6 Co Newport	M14 B	NT

Heat 3 of 4 Finals

3 Co Newport	M16 B	NT
4 Torfaen D	M16 A	3:59.90
5 Co Newport	M16 A	NT
6 Bridgend Swim	M16 A	NT

Heat 4 of 4 Finals

4 Torfaen D	M109A	3:45.72
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SESSION 4 Warm Up 3.25pm Start 4.35pm**Event 231 Girls 11 & Over 50 LC Meter Breaststroke**

Lane Name	Age	Team	Seed Time
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Heat 1 of 12 Finals

3 Davies, Connie	11	Heads Valley	55.30
4 Blythe, Eva	11	Co Newport	54.57
5 Harding, Thea	11	Cwmbran	55.03

Heat 2 of 12 Finals

0 Wilman, Natalie	11	Co Cardiff	53.84
1 Lawn, Lexi	11	Torfaen D	53.30
2 Jasper, Lily	12	Co Cardiff	53.00
3 Jones, Zoey	12	Co Newport	52.73
4 Burnett, Ellie	13	Pontypridd	52.35
5 Greensill, Evie	11	Co Newport	52.62
6 Jasinska, Maria	12	Co Newport	52.93
7 Thomas, Amelie	11	Rhondda	53.30
8 Jeanes, Sienna	12	Co Cardiff	53.80

Heat 3 of 12 Finals

0 Griffiths, Gwennie	11	Pontypridd	51.61
1 Davies-Green, Lilly	13	Co Cardiff	51.20
2 Munslow, Seren	12	Monnow	50.30
3 Jones, Ffion	13	Co Cardiff	49.97
4 John, Ella-Rose	13	Co Cardiff	49.69
5 Robinson, Isla	13	Co Cardiff	49.70
6 Ryan, Harriet	13	Chepstow	50.25
7 Emms, Ela	12	Co Cardiff	51.10
8 Huang, Emma	11	Cwmbran	51.48
9 Donaldson, Arianwen	13	Co Newport	51.79

Heat 4 of 12 Finals

0 Rothwell, Emily	13	Co Cardiff	49.50
1 Matthews, Catrin	11	Co Cardiff	49.30
2 Soffe, Bronwyn	12	Co Newport	49.01
3 Wilsher, Suki	13	Co Cardiff	49.00
4 Lawn, Gayle	11	Torfaen D	48.90
5 Faulds, Emily	13	Co Newport	48.98
6 Littlechild, Charlotte	14	Co Cardiff	49.00
7 Ballinger, Scarlett	13	Rhondda	49.10
8 Jones, Jessica	12	Rct Squad	49.42
9 Mitrijaikina, Kerly	12	Co Newport	49.63

Heat 5 of 12 Finals

0 Shephard-Morris, Tilly	12	Rhondda	47.90
1 Allen, Isabel	13	Co Cardiff	47.70
2 Williams, Mali	13	Rhondda	47.60
3 Curran, Halle-Marie	13	Co Cardiff	47.40
4 Hill, Poppy	14	Barry	46.91
5 Morgan-Basini, Ruby-M	12	Abertillery	46.95
6 Molloy, Elizabeth	13	Co Cardiff	47.51
7 Charrington, Lucy	11	Heads Valley	47.65
8 Roberts, Connie-Rae	11	Co Newport	47.85
9 Davies, Indie	12	Co Newport	48.10

Heat 6 of 12 Finals

0 Close, Lydia	14	Monnow	46.50
1 Harris, Freya	14	Barry	46.03
2 Alexander, Ruby	14	Co Newport	45.84
3 Davies, Briallen	13	Rct Squad	45.54
4 Moores, Jaymie	14	Co Newport	45.47
5 Meenagh, Mai Van	12	Co Cardiff	45.50
6 Prickett, Chloe	12	Co Cardiff	45.60
7 Duggan, Ella	13	Merthyr Tydf	45.90
8 Gordon, Mabli	13	Co Cardiff	46.30
9 Richards, Erin	12	Co Cardiff	46.91

Heat 7 of 12 Finals

0 Bennett, Isla	13	Co Cardiff	45.22
1 Ebenezer, Anni	14	Co Cardiff	44.70
2 Lee, Seol Lucy	12	Co Cardiff	44.40
3 Davies, Macy	12	Torfaen D	44.10
4 Ames, Cici	16	Co Newport	43.94
5 Reasons, Darcy	12	Torfaen D	44.00
6 Davies, Clemmie	16	Heads Valley	44.33
7 Williams, Lili	13	Rct Squad	44.69
8 Harris, Scarlett	14	Rhondda	45.00
9 Macintyre-Jones, Arwen	15	Heads Valley	45.22

Heat 8 of 12 Finals

0 Bendon, Ruby-Mai	14	Cwmbran	43.84
1 Zyniewicz, Anna	13	Co Newport	43.55
2 Garrett, Ruby	16	Merthyr Tydf	43.33
3 Curkovic, Lota	14	Co Cardiff	43.20
4 Sheen, Seren	13	Co Newport	42.77
5 Bastyan, Emily-Grace	15	Torfaen D	43.02
6 Smith, Cariad	12	Cwmbran	43.33
7 Davies, Darcey	15	Rct Squad	43.47
8 Bastyan, Ava-Rose	15	Torfaen D	43.70
9 Jones, Elsie	15	Co Newport	43.89

Heat 9 of 12 Finals

0 Owen, Gwen	13	Merthyr Tydf	42.60
1 Morgan-Basini, Roca-J	14	Abertillery	42.39
2 Adams, Sian	14	Co Cardiff	41.88
3 Lewis, Daisy	15	Bridgend Swim	41.50
4 Hughes-Rolls, Ava	15	Torfaen D	41.30
5 Price, Cerys	15	Heads Valley	41.40
6 Duggan, Grace	13	Merthyr Tydf	41.53
7 Williams, Seren	16	Rhondda	42.10
8 Harding, Chloe	13	Cwmbran	42.46
9 Evans, Porscha	16	Co Cardiff	42.60

Heat 10 of 12 Finals

0 Rees, Maisie	14	Rct Squad	41.00
1 McQuaid, Maria	13	Co Cardiff	40.60
2 Lloyd, Ffion	17	Co Newport	40.06
3 Matthews, Elin	14	Co Cardiff	39.20
4 Sweeney, Jessica	19	Co Newport	38.98
5 Brassington, Lucy	17	Co Cardiff	39.12
6 Vincent, Caitlyn	18	Rct Squad	39.76
7 Lewis, Harriet	12	Co Cardiff	40.60
8 Jones, Lola	15	Torfaen D	40.80
9 Reilly, Manon	16	Rct Squad	41.26

Heat 11 of 12 Finals

0	Goddard, Amy	15	Rhondda	38.50
1	Faulkner, Marie	19	Co Cardiff	38.00
2	Andrews, Bella	14	Co Newport	37.46
3	Lewis, Cara	17	Bridgend Swim	36.48
4	Nowell, Gabriella	19	Torfaen D	36.12
5	Perni, Veronica	15	Co Cardiff	36.20
6	Smith, Amelia	16	Co Cardiff	36.80
7	Dowling, Abigail	13	Co Cardiff	37.72
8	Williams, Olivia	16	Co Cardiff	38.35
9	Powell, Josie	14	Bridgend Swim	38.87

Heat 12 of 12 Finals

0	Palmer-Jones, Evie	19	Co Cardiff	35.97
1	Grant, Lucy	17	Co Newport	35.68
2	Evans, Gwenllian	15	Co Cardiff	34.64
3	Crowley, Amy	19	Co Cardiff	34.30
4	Beynon, Annaliese	24	Co Cardiff	33.60
5	Gibson, Mari	16	Co Cardiff	34.20
6	Enoch, Megan-Jane	17	Torfaen D	34.50
7	Gorman, Helen	52	Co Cardiff	35.11
8	Jones, Emily	19	Co Newport	35.82
9	Salmon, Gwen	17	Rct Squad	35.97

Event 232 Boys 11 & Over 200 LC Meter Butterfly**Lane Name Age Team Seed Time****Heat 1 of 1 Finals**

0	Giles, Brodie	14	Bridgend Swim	2:54.08
1	Thomas, Archie	14	Co Cardiff	2:39.44
2	Brock, Freddy	15	Rct Squad	2:38.34
3	Davies, Iwan	16	Co Cardiff	2:21.60
4	Arch, Rhydian	19	Co Cardiff	2:04.20
5	Lee, Ethan	18	Co Cardiff	2:10.20
6	Spinks, Owen	16	Torfaen D	2:33.30
7	Gruffydd, Ned	14	Co Cardiff	2:39.20
8	Parfitt, Sebastian	14	Co Cardiff	2:43.00
9	Williams, Tomos	14	Chepstow	3:05.84

Event 233 Girls 11 & Over 100 LC Meter Butterfly**Lane Name Age Team Seed Time****Heat 1 of 6 Finals**

1	Matthews, Catrin	11	Co Cardiff	1:40.90
2	McShane, Anya	12	Co Cardiff	1:40.20
3	Ryan, Mia	13	Rct Squad	1:34.95
4	Cook, Bronwyn	13	Co Cardiff	1:33.50
5	Klak, Nina	12	Co Newport	1:33.84
6	Jasper, Lily	12	Co Cardiff	1:38.40
7	Richards, Erin	12	Co Cardiff	1:40.50
8	Cooksey-Owen, Mollie	11	Rhondda	1:45.58

Heat 2 of 6 Finals

0	Lee, Seol Lucy	12	Co Cardiff	1:33.00
1	Macintyre-Jones, Arwen	15	Heads Valley	1:27.12
2	Ebenezer, Anni	14	Co Cardiff	1:24.90
3	Pritchard, Abbie	15	Cwmbrian	1:22.56
4	Fowler, Maisie	13	Rct Squad	1:21.28
5	Brady, Grace	15	Rct Squad	1:21.82
6	Williams, Lili	13	Rct Squad	1:23.20
7	Meenagh, Mai Van	12	Co Cardiff	1:26.20
8	Jones, Lola-Grace	12	Merthyr Tydf	1:30.18
9	James, Isabelle	12	Rhondda	1:33.24

Heat 3 of 6 Finals

0	Givvons, Imogen	14	Co Newport	1:20.92
1	Cooksey-Owen, Ruby-M	13	Co Cardiff	1:20.26
2	Hughes-Rolls, Ava	15	Torfaen D	1:18.52
3	Goddard, Amy	15	Rhondda	1:17.80
4	Sweet-Roberts, Rosie	16	Torfaen D	1:17.17
5	Willis, Meghan	17	Torfaen D	1:17.30
6	Lewis, Rebecca	21	Rct Squad	1:18.32
7	Ling, Olivia	14	Co Cardiff	1:18.63
8	Smith, Summer	15	Rct Squad	1:20.67
9	Prosser, Sofia	12	Torfaen D	1:20.96

Heat 4 of 6 Finals

0	Tejedo, Lola	13	Co Cardiff	1:15.30
1	Jones, Maisie	14	Co Cardiff	1:14.50
2	Evans, Porscha	16	Co Cardiff	1:14.10
3	Wardell, Cari	15	Co Cardiff	1:13.20
4	Vincent, Caitlyn	18	Rct Squad	1:12.23
5	Anderson, Rosalie	14	Co Cardiff	1:12.30
6	Perni, Veronica	15	Co Cardiff	1:13.40
7	Andrews, Bella	14	Co Newport	1:14.19
8	Iles, Jessica	14	Co Cardiff	1:15.20
9	Sweet-Roberts, Pip	12	Torfaen D	1:16.70

Heat 5 of 6 Finals

0	Ingram, Olivia	16	Co Cardiff	1:11.13
1	Matthews, Elin	14	Co Cardiff	1:10.70
2	Schumm, Libby	15	Torfaen D	1:08.90
3	O Callaghan, Faye	19	Co Cardiff	1:07.90
4	Dacey, Mollie	16	Co Cardiff	1:07.85
5	Avraam, Neve	16	Co Cardiff	1:07.90
6	Marshall, Polly	19	Co Newport	1:08.28
7	Adams, Jaimee	18	Co Cardiff	1:09.50
8	Parfitt, Lucy	16	Co Cardiff	1:11.10
9	Brassington, Lucy	17	Co Cardiff	1:11.30

Heat 6 of 6 Finals

0	Lee, Edith	14	Co Cardiff	1:05.70
1	Williams-Jones, Phoebe	18	Co Cardiff	1:05.14
2	Grant, Lucy	17	Co Newport	1:04.89
3	Taylor, Theodora	15	Torfaen D	1:02.60
4	Jones, Harriet	27	Co Cardiff	58.10
5	Tanir, Duru	22	Co Cardiff	1:01.50
6	Owen, Gracie	16	Torfaen D	1:03.60
7	Donovan, Kelsey	19	Co Cardiff	1:04.90
8	Morgan, Isabel	20	Co Cardiff	1:05.60
9	Cull, Harriett	17	Co Cardiff	1:06.40

Event 234 Boys 11 & Over 400 LC Meter Freestyle**Lane Name Age Team Seed Time****Heat 1 of 4 Finals**

3	D'Cruz, Dylan	13	Rct Squad	6:18.20
4	Morgan, Josh	12	Co Newport	5:57.54
5	Sutton, Harry	13	Co Cardiff	5:59.90

Heat 2 of 4 Finals

0	Butwell, Ollie	13	Co Cardiff	5:34.80
1	Miles, Harry	14	Co Cardiff	5:33.80
2	Williams, Tomos	14	Chepstow	5:20.60
3	Howe, Inigo	15	Torfaen D	5:14.58
4	Adams, Ronan	16	Bridgend Swim	5:13.55
5	Parfitt, Sebastian	14	Co Cardiff	5:13.90
6	Davies, Tom	14	Co Newport	5:16.43
7	Reece, Liam	14	Co Newport	5:25.19
8	Frampton, Rhydian	12	Rct Squad	5:34.09

Heat 3 of 4 Finals

0	Vong, Joshua	14	Co Newport	4:59.79
1	Howe, Albie	17	Torfaen D	4:55.50
2	Mills, Ioan	15	Torfaen D	4:53.18
3	Brock, Freddy	15	Rct Squad	4:51.27
4	Willis, Kofi	15	Co Cardiff	4:30.00
5	Jones, Lloyd	21	Merthyr Tydf	4:45.92
6	Davies, Brynley	14	Co Newport	4:51.73
7	Cavill, Jack	14	Co Cardiff	4:55.16
8	Ballantyne, Alex	15	Bridgend Swim	4:57.08
9	Roberts, Evyn	16	Bridgend Swim	5:02.18

Heat 4 of 4 Finals

0	Henschell, Logan	16	Co Cardiff	4:28.20
1	Haines, Thomas	16	Co Cardiff	4:26.60
2	Southwood, Charlie	17	Torfaen D	4:20.70
3	Bamborough, Jack	16	Co Cardiff	4:05.90
4	O'Brien, Joshua	19	Co Cardiff	3:58.01
5	Geysen-Holley, Max	19	Co Cardiff	4:04.10
6	Parsons, Joseph	17	Co Cardiff	4:11.40
7	Owen, Vinnie	16	Co Cardiff	4:23.60
8	Davies, William	17	Co Newport	4:28.06
9	Edwards, Ross	15	Co Cardiff	4:29.70

Event 235 Girls 11 & Over 200 LC Meter Freestyle**Lane Name Age Team Seed Time****Heat 1 of 9 Finals**

0	Blythe, Eva	11	Co Newport	3:19.73
1	Huang, Emma	11	Cwmbran	3:11.92
2	Charrington, Lucy	11	Heads Valley	3:07.16
3	Emms, Ela	12	Co Cardiff	3:06.68
4	Allen, Isabel	13	Co Cardiff	3:05.76
5	Britton, Nahla	11	Co Cardiff	3:06.20
6	Davies-Green, Lilly	13	Co Cardiff	3:06.90
7	Matthews, Catrin	11	Co Cardiff	3:07.20
8	Griffiths, Gwennie	11	Pontypridd	3:16.40
9	Jones, Cora	11	Heads Valley	3:20.37

Heat 2 of 9 Finals

0	Nolan, Joanie	12	Co Cardiff	3:01.40
1	Picton, Emelia	13	Merthyr Tydf	2:57.93
2	Wilsher, Suki	13	Co Cardiff	2:56.90
3	Jasper, Lily	12	Co Cardiff	2:55.80
4	Alexander, Ruby	14	Co Newport	2:53.86
5	Donaldson, Arianwen	13	Co Newport	2:54.08
6	Shephard-Morris, Tilly	12	Rhondda	2:56.60
7	Davies, Indie	12	Co Newport	2:57.23
8	Jones, Ffion	13	Co Cardiff	2:58.00
9	Davies, Briallen	13	Rct Squad	3:02.94

Heat 3 of 9 Finals

0	John, Ella-Rose	13	Co Cardiff	2:50.22
1	Brown, Alyssa	11	Rct Squad	2:48.13
2	Pritchard, Abbie	15	Cwmbran	2:46.85
3	Klak, Nina	12	Co Newport	2:45.98
4	Cartwright, Bridget	14	Rct Squad	2:45.03
5	Jones, Lola-Grace	12	Merthyr Tydf	2:45.55
6	Faulds, Emily	13	Co Newport	2:46.16
7	Ryan, Mia	13	Rct Squad	2:47.88
8	Fordham, Freya	12	Co Newport	2:49.68
9	Williams, Mali	13	Rhondda	2:51.80

Heat 4 of 9 Finals

0	Smith, Lucy	15	Rct Squad	2:42.86
1	Altordai, Yume	15	Co Cardiff	2:42.10
2	Garrett, Ruby	16	Merthyr Tydf	2:40.73
3	Ralph, Ffion	15	Co Newport	2:39.79
4	Boyd, Chloe	14	Co Cardiff	2:35.90
5	Cheeseman, Rhyannon	16	Co Cardiff	2:36.57
6	Butler, Olivia	13	Bridgend Swim	2:39.80
7	Adams, Sian	14	Co Cardiff	2:40.74
8	Jones, Jessica	12	Rct Squad	2:42.76
9	Cooksey-Owen, Ruby-M	13	Co Cardiff	2:44.79

Heat 5 of 9 Finals

0	Cox, Isabelle	14	Co Cardiff	2:35.30
1	Davies, Macy	12	Torfaen D	2:31.90
2	Smith, Summer	15	Rct Squad	2:31.21
3	Fowler, Maisie	13	Rct Squad	2:29.74
4	Ribeiro, Ariana	13	Co Cardiff	2:29.07
5	Dowling, Abigail	13	Co Cardiff	2:29.30
6	Brady, Grace	15	Rct Squad	2:30.90
7	McQuaid, Maria	13	Co Cardiff	2:31.60
8	Gordon, Mabli	13	Co Cardiff	2:34.80
9	Bendon, Megan	16	Cwmbran	2:35.31

Heat 6 of 9 Finals

0	Reed, Isabella	13	Co Cardiff	2:27.40
1	Lewis, Orla Rose	14	Co Cardiff	2:26.65
2	Sherrard, Alex	12	Torfaen D	2:25.40
3	Rees, Maisie	14	Rct Squad	2:24.18
4	Evans, Gwennan	14	Co Newport	2:24.05
5	Howson, Ellen	15	Co Newport	2:24.13
6	Coles, Mya	14	Co Newport	2:25.25
7	McNamara, Imogen	14	Co Cardiff	2:26.20
8	Jones, Evie	16	Merthyr Tydf	2:26.79
9	Parfitt, Kali	14	Torfaen D	2:27.87

Heat 7 of 9 Finals

0	Buckland, Eleanor	15	Co Cardiff	2:22.50
1	Williams, Olivia	16	Co Cardiff	2:22.28
2	Parfitt, Lucy	16	Co Cardiff	2:21.22
3	Blake, Emily	17	Co Cardiff	2:19.90
4	Marshall, Ffion	14	Co Cardiff	2:18.30
5	Keepings, Charlotte	18	Co Newport	2:19.20
6	Wardell, Cari	15	Co Cardiff	2:20.10
7	Jones, Maisie	14	Co Cardiff	2:22.19
8	George, Ellie	13	Rct Squad	2:22.31
9	Morgan, Isabelle	16	Co Newport	2:22.91

Heat 8 of 9 Finals

0	O'Mahoney, Kaitlin	16	Bridgend Cty	2:17.08
1	Williams, Rose	16	Co Cardiff	2:15.80
2	Faulkner, Marie	19	Co Cardiff	2:14.41
3	Ingram, Olivia	16	Co Cardiff	2:13.10
4	Sherrard, Emme	15	Torfaen D	2:12.70
5	Marshall, Polly	19	Co Newport	2:12.88
6	Gruddydd, Mali	17	Co Cardiff	2:13.52
7	Smith, Amelia	16	Co Cardiff	2:15.20
8	Gibson, Mari	16	Co Cardiff	2:17.00
9	Lewis, Hollie	17	Bridgend Swim	2:17.56

Heat 9 of 9 Finals

0	Crawshay-Williams, Em	16	Torfaen D	2:11.70
1	Fox, Honor	17	Co Cardiff	2:09.50
2	Domican, Rosie	20	Co Cardiff	2:07.18
3	John, Emilia	17	Co Cardiff	2:06.50
4	Rathbone-Jones, Eloise	20	Co Cardiff	2:04.30
5	Broder, Libby	18	Co Cardiff	2:05.10
6	Croke, Carys	17	Torfaen D	2:06.90
7	Williams-Jones, Phoebe	18	Co Cardiff	2:07.80
8	Titchener, Megan	16	Torfaen D	2:10.10
9	Evans, Gwenllian	15	Co Cardiff	2:12.30

Event 236 Boys 11 & Over 400 LC Meter Medley Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 4 Finals

3	Co Cardiff	M12 A	NT
4	Torfaen D	M12 A	7:30.00
5	Torfaen D	M12 B	8:00.00
6	Co Newport	M12 A	NT

Heat 2 of 4 Finals

3	Co Newport	M14 A	NT
4	Torfaen D	M14 A	5:00.30
5	Torfaen D	M14 B	5:16.00
6	Co Newport	M14 B	NT

Heat 3 of 4 Finals

2	Co Newport	M16 A	NT
3	Rct Squad	M16 A	4:41.52
4	Torfaen D	M16 A	4:41.73
5	Bridgend Swim	M16 A	NT
6	Co Newport	M16 B	NT

Heat 4 of 4 Finals

4	Torfaen D	M109A	4:16.86
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SESSION 5 Warm Up 8.30am Start 9.40am**Event 311 Girls 11 & Over 200 LC Meter IM**

Lane Name	Age	Team	Seed Time
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Heat 1 of 11 Finals

1 Griffiths, Gwennie	11	Pontypridd	3:52.01
2 Prickett, Chloe	12	Co Cardiff	3:46.00
3 Cooksey-Owen, Mollie	11	Rhondda	3:44.20
4 Williams, Nel	12	Co Cardiff	3:40.73
5 Emms, Ela	12	Co Cardiff	3:43.20
6 Roberts, Eleri	11	Rct Squad	3:44.52
7 Jones, Cora	11	Heads Valley	3:48.88
8 Blythe, Eva	11	Co Newport	3:53.75

Heat 2 of 11 Finals

0 Lawn, Lexi	11	Torfaen D	3:37.70
1 Olszewska, Maya	12	Co Newport	3:35.71
2 Morris, Eva	11	Torfaen D	3:32.64
3 Charrington, Lucy	11	Heads Valley	3:30.67
4 Rawlinson, Martha	11	Co Newport	3:29.54
5 Picton, Emelia	13	Merthyr Tydf	3:30.34
6 Willis, Ffion	12	Torfaen D	3:31.32
7 Davies, Lowri	13	Co Newport	3:33.23
8 Thomas, Amelie	11	Rhondda	3:37.30
9 Carre, Isabelle	12	Rhondda	3:40.30

Heat 3 of 11 Finals

0 Roberts, Connie-Rae	11	Co Newport	3:27.94
1 Donaldson, Arianwen	13	Co Newport	3:26.30
2 Wilsher, Suki	13	Co Cardiff	3:26.20
3 Griffiths, Sofie	14	Merthyr Tydf	3:25.18
4 Rothwell, Emily	13	Co Cardiff	3:23.50
5 Close, Lydia	14	Monnow	3:23.90
6 Cann, Emily	13	Co Newport	3:25.94
7 McShane, Anya	12	Co Cardiff	3:26.30
8 Mitrjaikina, Kerly	12	Co Newport	3:26.47
9 Lawn, Gayle	11	Torfaen D	3:28.60

Heat 4 of 11 Finals

0 Sommerin, Elin	14	Co Cardiff	3:21.40
1 Littlechild, Charlotte	14	Co Cardiff	3:19.02
2 Ebenezer, Anni	14	Co Cardiff	3:16.04
3 Ryan, Mia	13	Rct Squad	3:15.86
4 Cook, Bronwyn	13	Co Cardiff	3:15.10
5 Alexander, Ruby	14	Co Newport	3:15.50
6 Cartwright, Bridget	14	Rct Squad	3:16.00
7 Brown, Alyssa	11	Rct Squad	3:18.67
8 Mustey, Elizabeth	13	Monnow	3:21.03
9 Richards, Erin	12	Co Cardiff	3:22.90

Heat 5 of 11 Finals

0 Jones, Lola-Grace	12	Merthyr Tydf	3:14.36
1 Jasper, Lily	12	Co Cardiff	3:13.40
2 Eyre, Gracie	12	Co Cardiff	3:11.48
3 Ballinger, Scarlett	13	Rhondda	3:10.80
4 Butler, Olivia	13	Bridgend Swim	3:09.76
5 Harris, Scarlett	14	Rhondda	3:10.30
6 Davies, Clemmie	16	Heads Valley	3:11.38
7 Coles, Sophie	14	Bridgend Swim	3:11.96
8 Lovering, Sophie	13	Co Cardiff	3:14.00
9 Jones, Ffion	13	Co Cardiff	3:14.60

Heat 6 of 11 Finals

0 Allen, Isabel	13	Co Cardiff	3:08.90
1 Lee, Seol Lucy	12	Co Cardiff	3:06.97
2 Klak, Nina	12	Co Newport	3:05.23
3 Donaldson, Evie	12	Co Newport	3:04.52
4 Williams, Lili	13	Rct Squad	3:03.38
5 Garrett, Ruby	16	Merthyr Tydf	3:04.45
6 Jones, Jessica	12	Rct Squad	3:05.23
7 Morgan-Basini, Ruby-M	12	Abertillery	3:06.17
8 Winterflood, Angelica	16	Cwmbran	3:08.52
9 Wilden, Ruby	14	Heads Valley	3:09.16

Heat 7 of 11 Finals

0 Britton, Seren	14	Barry	3:02.62
1 Meenagh, Mai Van	12	Co Cardiff	3:02.60
2 Duggan, Grace	13	Merthyr Tydf	3:01.29
3 Merrett, Imogen	16	Bridgend Swim	3:01.22
4 Price, Bethan	16	Bridgend Swim	2:59.92
5 Richards, Faith	14	Merthyr Tydf	3:00.93
6 Williams, Natasha	14	Co Newport	3:01.24
7 Cooksey-Owen, Ruby-M	13	Co Cardiff	3:02.10
8 Wood, Zarah-Evelyn	14	Rhondda	3:02.60
9 Scofield, Niamh	13	Rct Squad	3:02.62

Heat 8 of 11 Finals

0 Goss, Eden	17	Bridgend Swim	2:58.15
1 Boyd, Chloe	14	Co Cardiff	2:56.90
2 Bendon, Megan	16	Cwmbran	2:54.62
3 Bennett, Isla	13	Co Cardiff	2:52.10
4 Rees, Maisie	14	Rct Squad	2:51.90
5 Brady, Grace	15	Rct Squad	2:51.90
6 Lewis, Rebecca	21	Rct Squad	2:52.99
7 Adams, Sian	14	Co Cardiff	2:56.00
8 Kersley, Holly	14	Cwmbran	2:57.47
9 Gordon, Mabli	13	Co Cardiff	2:58.30

Heat 9 of 11 Finals

0 Sweet-Roberts, Pip	12	Torfaen D	2:50.50
1 Fowler, Maisie	13	Rct Squad	2:47.10
2 Lewis, Harriet	12	Co Cardiff	2:46.20
3 Willis, Meghan	17	Torfaen D	2:45.40
4 Morgan, Isabelle	16	Co Newport	2:44.63
5 Evans, Gwennan	14	Co Newport	2:44.70
6 Andrews, Bella	14	Co Newport	2:45.44
7 Howson, Ellen	15	Co Newport	2:46.77
8 Cheeseman, Rhyannon	16	Co Cardiff	2:50.40
9 Dickinson, Alexis	15	Bridgend Swim	2:50.73

Heat 10 of 11 Finals

0 Evans, Porscha	16	Co Cardiff	2:44.30
1 Lloyd, Ffion	17	Co Newport	2:43.53
2 Williams, Olivia	16	Co Cardiff	2:40.51
3 Curkovic, Lota	14	Co Cardiff	2:39.50
4 Kay, Isabelle	16	Rct Squad	2:38.82
5 Ribeiro, Ariana	13	Co Cardiff	2:39.10
6 Brassington, Lucy	17	Co Cardiff	2:39.84
7 George, Ellie	13	Rct Squad	2:42.80
8 Jones, Evie	16	Merthyr Tydf	2:43.97
9 Ling, Olivia	14	Co Cardiff	2:44.60

Heat 11 of 11 Finals

0 Parfitt, Lucy	16	Co Cardiff	2:37.10
1 O Callaghan, Faye	19	Co Cardiff	2:29.90
2 Owen, Gracie	16	Torfaen D	2:23.70
3 Croke, Carys	17	Torfaen D	2:23.30
4 Rathbone-Jones, Eloise	20	Co Cardiff	2:20.21
5 Williams-Jones, Phoebe	18	Co Cardiff	2:22.50
6 Brassington, Sophie	18	Co Cardiff	2:23.50
7 Titchener, Megan	16	Torfaen D	2:26.92
8 Marshall, Polly	19	Co Newport	2:32.17
9 Sweet-Roberts, Rosie	16	Torfaen D	2:37.50

Heat 5 of 10 Finals

0 Richards, Erin	12	Co Cardiff	1:44.05
1 Wilden, Ruby	14	Heads Valley	1:41.27
2 Radu, Natalia	14	Rhondda	1:41.00
3 Morgan-Basini, Ruby-M	12	Abertillery	1:39.72
4 Moores, Jaymie	14	Co Newport	1:38.31
5 Innocent-Woodman, Au	13	Co Cardiff	1:39.00
6 Prickett, Chloe	12	Co Cardiff	1:40.10
7 Mustey, Elizabeth	13	Monnow	1:41.00
8 Eyre, Gracie	12	Co Cardiff	1:42.70
9 Pedler, Lucy	13	Bridgend Cty	1:44.10

Event 312 Boys 11 & Over 400 LC Meter IM

Lane Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1 Giles, Brodie	14	Bridgend Swim	5:57.43
2 McLain, Archie	18	Torfaen D	5:03.40
3 Bamborough, Jack	16	Co Cardiff	4:47.50
4 Ryley, William	26	Co Cardiff	4:19.11
5 Lee, Tristan	18	Co Cardiff	4:38.10
6 Haines, Thomas	16	Co Cardiff	5:02.40
7 Parfitt, Sebastian	14	Co Cardiff	5:46.80
8 Gruffydd, Ned	14	Co Cardiff	6:27.96

Heat 6 of 10 Finals

0 Davies, Macy	12	Torfaen D	1:38.20
1 Lee, Seol Lucy	12	Co Cardiff	1:37.60
2 Williams, Lili	13	Rct Squad	1:37.01
3 Zyniewicz, Anna	13	Co Newport	1:36.26
4 Reasons, Darcy	12	Torfaen D	1:35.60
5 Owen, Gwen	13	Merthyr Tydf	1:35.97
6 Williams, Seren	16	Rhondda	1:36.80
7 Cook, Bronwyn	13	Co Cardiff	1:37.32
8 Ralph, Ffion	15	Co Newport	1:37.93
9 Meenagh, Mai Van	12	Co Cardiff	1:38.20

Event 313 Girls 11 & Over 100 LC Meter Breaststroke

Lane Name	Age	Team	Seed Time
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Heat 1 of 10 Finals

3 Hearne, Leila	11	Bridgend Swim	2:04.87
4 Wilman, Natalie	11	Co Cardiff	1:59.90
5 Britton, Nahla	11	Co Cardiff	2:01.78

Heat 2 of 10 Finals

0 Kean, Joseline	11	Co Cardiff	1:58.90
1 Varley, Gracie	12	Co Cardiff	1:58.50
2 Atkinson, Anna	12	Co Cardiff	1:56.80
3 Jones, Zoey	12	Co Newport	1:56.04
4 Hamonet, Evie	12	Co Cardiff	1:54.70
5 Santoro, Bianca	12	Co Cardiff	1:55.81
6 Huang, Emma	11	Cwmbran	1:56.05
7 Rawlinson, Martha	11	Co Newport	1:57.37
8 Greensill, Evie	11	Co Newport	1:58.59

Heat 3 of 10 Finals

0 Brown, Alyssa	11	Rct Squad	1:53.98
1 Griffiths, Gwennie	11	Pontypridd	1:53.25
2 Soffe, Bronwyn	12	Co Newport	1:51.13
3 Bidgood, Evie	12	Co Cardiff	1:49.88
4 Kaleta, Lena	13	Co Newport	1:47.99
5 Munslow, Seren	12	Monnow	1:49.80
6 McShane, Anya	12	Co Cardiff	1:50.20
7 John, Ella-Rose	13	Co Cardiff	1:52.60
8 Yau, Evie	12	Co Newport	1:53.32
9 Morris, Eva	11	Torfaen D	1:54.10

Heat 4 of 10 Finals

0 Faulds, Emily	13	Co Newport	1:47.62
1 Williams, Mali	13	Rhondda	1:46.40
2 Molloy, Elizabeth	13	Co Cardiff	1:45.99
3 Smith, Cariad	12	Cwmbran	1:44.96
4 Charrington, Lucy	11	Heads Valley	1:44.20
5 Shephard-Morris, Tilly	12	Rhondda	1:44.68
6 Close, Lydia	14	Monnow	1:45.00
7 Jones, Ffion	13	Co Cardiff	1:46.20
8 Lawn, Gayle	11	Torfaen D	1:47.07
9 Davies, Indie	12	Co Newport	1:47.92

Heat 7 of 10 Finals

0 Bendon, Ruby-Mai	14	Cwmbran	1:34.02
1 Rees, Maisie	14	Rct Squad	1:33.31
2 Harding, Chloe	13	Cwmbran	1:33.09
3 Sheen, Seren	13	Co Newport	1:32.86
4 Morgan-Basini, Roca-J	14	Abertillery	1:31.98
5 Price, Cerys	15	Heads Valley	1:32.40
6 Bendon, Megan	16	Cwmbran	1:32.90
7 Kersley, Holly	14	Cwmbran	1:33.09
8 Coles, Mya	14	Co Newport	1:33.48
9 Williams, Natasha	14	Co Newport	1:35.37

Heat 8 of 10 Finals

0 Arlow, Grace	15	Torfaen D	1:31.40
1 Clayton, Jasmine	14	Co Newport	1:30.47
2 Lloyd, Ffion	17	Co Newport	1:28.79
3 Powell, Josie	14	Bridgend Swim	1:28.04
4 Willis, Meghan	17	Torfaen D	1:27.40
5 Reilly, Manon	16	Rct Squad	1:28.02
6 McQuaid, Maria	13	Co Cardiff	1:28.60
7 Lewis, Harriet	12	Co Cardiff	1:29.00
8 Adams, Sian	14	Co Cardiff	1:30.90
9 Davies, Darcey	15	Rct Squad	1:31.58

Heat 9 of 10 Finals

0 Goddard, Amy	15	Rhondda	1:25.90
1 Williams, Olivia	16	Co Cardiff	1:24.16
2 Faulkner, Marie	19	Co Cardiff	1:21.80
3 Dowling, Abigail	13	Co Cardiff	1:21.00
4 Lewis, Cara	17	Bridgend Swim	1:19.47
5 O Callaghan, Faye	19	Co Cardiff	1:20.20
6 Brassington, Lucy	17	Co Cardiff	1:21.60
7 Andrews, Bella	14	Co Newport	1:23.11
8 McNamara, Imogen	14	Co Cardiff	1:24.20
9 Ling, Olivia	14	Co Cardiff	1:26.20

Heat 10 of 10 Finals

0	Rathbone-Jones, Eloise	20	Co Cardiff	1:18.60
1	Gorman, Helen	52	Co Cardiff	1:16.77
2	Beynon, Annaliese	24	Co Cardiff	1:12.60
3	Brassington, Sophie	18	Co Cardiff	1:12.30
4	Taylor, Theodora	15	Torfaen D	1:10.10
5	Crowley, Amy	19	Co Cardiff	1:12.20
6	Williams-Jones, Phoebe	18	Co Cardiff	1:12.40
7	Enoch, Megan-Jane	17	Torfaen D	1:15.40
8	Jones, Emily	19	Co Newport	1:17.20
9	Palmer-Jones, Evie	19	Co Cardiff	1:19.19

Event 314 Boys 11 & Over 200 LC Meter Backstroke

Lane Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

2	Woodward, Ethan	12	Bridgend Cty	3:21.90
3	Boyd, Isaac	11	Co Cardiff	3:12.70
4	Ban Jona, Krisztian	13	Co Newport	3:09.60
5	Sutton, Harry	13	Co Cardiff	3:12.10
6	Nemtsov, Andreas	13	Co Cardiff	3:13.50
7	Gilligan, Lucas	11	Rct Squad	3:39.09

Heat 2 of 3 Finals

0	Timbrell, George	13	Co Newport	3:03.44
1	Altordai, Junnosuke	13	Co Cardiff	3:02.60
2	Pesevski, Alexander	11	Co Cardiff	2:56.20
3	Miles, Harry	14	Co Cardiff	2:49.50
4	Duggan, Brandon	14	Co Cardiff	2:40.20
5	Gregory, Jaiden	13	Rhondda	2:49.40
6	Butwell, Ollie	13	Co Cardiff	2:54.00
7	Reece, Liam	14	Co Newport	2:56.64
8	Gilligan, Henry	14	Rct Squad	3:02.97
9	Lloyd-Roberts, Elis	11	Bridgend Cty	3:08.15

Heat 3 of 3 Finals

0	Davies, Brynley	14	Co Newport	2:28.63
1	Vinh, Joshua	15	Co Newport	2:26.03
2	Mills, Ioan	15	Torfaen D	2:22.70
3	Winstone, Evan	18	Co Cardiff	2:15.70
4	Arch, Rhydian	19	Co Cardiff	2:09.80
5	Parsons, Joseph	17	Co Cardiff	2:10.00
6	Price Davies, Owen	18	Heads Valley	2:22.43
7	Major, Maximus	14	Co Newport	2:24.69
8	Rixon, Oliver	16	Co Newport	2:28.52
9	Rees, Daniel	14	Co Cardiff	2:31.70

Event 315 Girls 11 & Over 50 LC Meter Freestyle

Lane Name	Age	Team	Seed Time
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Heat 1 of 18 Finals

3	Thomas, Neeve	11	Rhondda	43.60
4	Mahilal, Neili	11	Pontypridd	42.79
5	Wilman, Natalie	11	Co Cardiff	42.98

Heat 2 of 18 Finals

0	Roberts, Eleri	11	Rct Squad	42.05
1	Rawlinson, Martha	11	Co Newport	41.04
2	Prickett, Chloe	12	Co Cardiff	40.60
3	Yau, Evie	12	Co Newport	40.55
4	Wray, Anaya	13	Rct Squad	40.15
5	Jones, Cora	11	Heads Valley	40.36
6	Morris, Eva	11	Torfaen D	40.60
7	Cox, Amelia	11	Co Cardiff	40.80
8	Blythe, Eva	11	Co Newport	41.47
9	Cole, Ivy	11	Co Cardiff	42.10

Heat 3 of 18 Finals

0	Griffiths, Gwennie	11	Pontypridd	40.01
1	Huang, Emma	11	Cwmbran	39.86
2	Molloy, Elizabeth	13	Co Cardiff	39.73
3	Jones, Zoey	12	Co Newport	39.63
4	Davies, Lowri	13	Co Newport	39.48
5	Atkinson, Anna	12	Co Cardiff	39.60
6	Tinca, Maya	13	Co Cardiff	39.64
7	Lawn, Lexi	11	Torfaen D	39.82
8	Kean, Joseline	11	Co Cardiff	39.90
9	Varley, Gracie	12	Co Cardiff	40.10

Heat 4 of 18 Finals

0	Davies-Green, Lilly	13	Co Cardiff	39.20
1	Nolan, Joanie	12	Co Cardiff	38.91
2	Partridge, Lillie-Mae	12	Abertillery	38.67
3	Santoro, Bianca	12	Co Cardiff	38.55
4	Willis, Ffion	12	Torfaen D	38.40
5	Robinson, Isla	13	Co Cardiff	38.40
6	Hamonet, Evie	12	Co Cardiff	38.60
7	Thomas, Amelie	11	Rhondda	38.90
8	Jasinska, Maria	12	Co Newport	39.02
9	Williams, Nel	12	Co Cardiff	39.30

Heat 5 of 18 Finals

0	Willis, Chloe	12	Abertillery	38.18
1	Picton, Emelia	13	Merthyr Tydf	38.08
2	Jones, Amelia	12	Pontypridd	37.83
3	Pedler, Lucy	13	Bridgend Cty	37.20
4	Smith, Cariad	12	Cwmbran	37.14
5	Emms, Ela	12	Co Cardiff	37.19
6	Roberts, Connie-Rae	11	Co Newport	37.58
7	Ryan, Harriet	13	Chepstow	37.98
8	Greensill, Evie	11	Co Newport	38.17
9	Cooksey-Owen, Mollie	11	Rhondda	38.29

Heat 6 of 18 Finals

0	Moore, Summer	12	Bridgend Swim	37.07
1	Sommerin, Elin	14	Co Cardiff	36.90
2	Lovering, Sophie	13	Co Cardiff	36.60
3	Donaldson, Arianwen	13	Co Newport	36.52
4	Charrington, Lucy	11	Heads Valley	36.49
5	Rothwell, Emily	13	Co Cardiff	36.50
6	Griffiths, Megan	14	Merthyr Tydf	36.52
7	Shephard-Morris, Tilly	12	Rhondda	36.70
8	Lawn, Gayle	11	Torfaen D	37.00
9	Olszewska, Maya	12	Co Newport	37.12

Heat 7 of 18 Finals

0	Brown, Alyssa	11	Rct Squad	36.30
1	Cann, Emily	13	Co Newport	36.02
2	Price, Cerys	15	Heads Valley	35.89
3	Curran, Halle-Marie	13	Co Cardiff	35.70
4	John, Ella-Rose	13	Co Cardiff	35.56
5	Meenagh, Mai Van	12	Co Cardiff	35.60
6	Morris, Eva	14	Chepstow	35.85
7	Kaleta, Lena	13	Co Newport	36.01
8	Davies, Indie	12	Co Newport	36.12
9	Close, Lydia	14	Monnow	36.40

Heat 8 of 18 Finals

0 Alexander, Ruby	14 Co Newport	35.42
1 Littlechild, Charlotte	14 Co Cardiff	35.40
2 Hill, Poppy	14 Barry	35.37
3 Moores, Jaymie	14 Co Newport	35.18
4 Harris, Scarlett	14 Rhondda	35.10
5 Jones, Lola-Grace	12 Merthyr Tydf	35.16
6 Mitrjaikina, Kerly	12 Co Newport	35.27
7 Ryan, Mia	13 Rct Squad	35.37
8 James, Isabelle	12 Rhondda	35.40
9 Jasper, Lily	12 Co Cardiff	35.50

Heat 9 of 18 Finals

0 Klak, Nina	12 Co Newport	35.05
1 Coles, Sophie	14 Bridgend Swim	34.85
2 Ballinger, Scarlett	13 Rhondda	34.70
3 Allen, Isabel	13 Co Cardiff	34.50
4 Griffiths, Sofie	14 Merthyr Tydf	34.45
5 Altordai, Yume	15 Co Cardiff	34.46
6 Smith, Lucy	15 Rct Squad	34.58
7 Wilsher, Suki	13 Co Cardiff	34.80
8 Fordham, Freya	12 Co Newport	34.99
9 Williams, Mali	13 Rhondda	35.09

Heat 10 of 18 Finals

0 Scofield, Niamh	13 Rct Squad	34.28
1 Williams, Seren	16 Rhondda	34.20
2 Morgan-Basini, Ruby-M	12 Abertillery	34.15
3 Donaldson, Evie	12 Co Newport	34.02
4 Innocent-Woodman, Au	13 Co Cardiff	33.69
5 Jones, Jessica	12 Rct Squad	33.96
6 Munslow, Seren	12 Monnow	34.10
7 Virgin, Eva	13 Co Cardiff	34.19
8 Trapp, Lara	15 Merthyr Tydf	34.23
9 Faulds, Emily	13 Co Newport	34.37

Heat 11 of 18 Finals

0 Macintyre-Jones, Arwen	15 Heads Valley	33.54
1 Mustey, Elizabeth	13 Monnow	33.40
2 Carre, Jasmine	17 Rhondda	33.20
3 Williams, Natasha	14 Co Newport	33.16
4 Adams, Sian	14 Co Cardiff	33.00
5 Cox, Isabelle	14 Co Cardiff	33.00
6 Morgan-Basini, Roca-Jay	14 Abertillery	33.18
7 Williams, Lili	13 Rct Squad	33.36
8 Wood, Zarah-Evelyn	14 Rhondda	33.50
9 Wilden, Ruby	14 Heads Valley	33.68

Heat 12 of 18 Finals

0 Lewis, Rebecca	21 Rct Squad	32.97
1 Butler, Olivia	13 Bridgend Swim	32.94
2 Long, Sadie	13 Bridgend Cty	32.80
3 Battrick, Alexa	14 Co Newport	32.56
4 Davies, Darcey	15 Rct Squad	32.47
5 Reasons, Darcy	12 Torfaen D	32.50
6 George, Ellie	13 Rct Squad	32.77
7 Thomas, Isabella	14 Co Cardiff	32.80
8 Owen, Gwen	13 Merthyr Tydf	32.94
9 Zyniewicz, Anna	13 Co Newport	32.99

Heat 13 of 18 Finals

0 McQuaid, Maria	13 Co Cardiff	32.23
1 Ames, Cici	16 Co Newport	32.20
2 Sheen, Seren	13 Co Newport	32.18
3 Bastyan, Emily-Grace	15 Torfaen D	32.00
4 Dickinson, Alexis	15 Bridgend Swim	31.92
5 Reed, Isabella	13 Co Cardiff	32.00
6 Ribeiro, Ariana	13 Co Cardiff	32.00
7 Duggan, Grace	13 Merthyr Tydf	32.18
8 Powell, Josie	14 Bridgend Swim	32.20
9 Lewis, Daisy	15 Bridgend Swim	32.39

Heat 14 of 18 Finals

0 Evans, Porscha	16 Co Cardiff	31.76
1 Cheeseman, Rhyannon	16 Co Cardiff	31.60
2 Jones, Elsie	15 Co Newport	31.54
3 Britton, Seren	14 Barry	31.51
4 Sweet-Roberts, Pip	12 Torfaen D	31.40
5 Price, Bethan	16 Bridgend Swim	31.51
6 Coles, Mya	14 Co Newport	31.54
7 Fowler, Maisie	13 Rct Squad	31.55
8 Lloyd, Ffion	17 Co Newport	31.62
9 Sherrard, Alex	12 Torfaen D	31.82

Heat 15 of 18 Finals

0 Garrett, Ruby	16 Merthyr Tydf	31.36
1 McNamara, Imogen	14 Co Cardiff	31.30
2 Bastyan, Ava-Rose	15 Torfaen D	31.10
3 Reilly, Manon	16 Rct Squad	31.02
4 Hughes-Rolls, Ava	15 Torfaen D	30.51
5 Smith, Summer	15 Rct Squad	30.67
6 Stephenson, Lucy	16 Heads Valley	31.08
7 Edwards, Amber	14 Co Cardiff	31.29
8 Cooksey-Owen, Ruby-M	13 Co Cardiff	31.36
9 Goddard, Amy	15 Rhondda	31.40

Heat 16 of 18 Finals

0 Clatworthy, Maddie	15 Bridgend Swim	30.36
1 O'Mahoney, Kaitlin	16 Bridgend Cty	30.19
2 Rees, Maisie	14 Rct Squad	30.10
3 Morgan, Hannah	19 Co Cardiff	30.00
4 Vincent, Caitlyn	18 Rct Squad	29.92
5 Schumm, Libby	15 Torfaen D	30.00
6 Blake, Emily	17 Co Cardiff	30.04
7 Duggan, Ella	13 Merthyr Tydf	30.13
8 Kay, Isabelle	16 Rct Squad	30.28
9 Parfitt, Kali	14 Torfaen D	30.42

Heat 17 of 18 Finals

0 Stork, Niamh	20 Co Cardiff	29.20
1 Marshall, Polly	19 Co Newport	29.07
2 Lewis, Hollie	17 Bridgend Swim	28.94
3 Givvons, Imogen	14 Co Newport	28.57
4 Enoch, Megan-Jane	17 Torfaen D	28.50
5 Owen, Gracie	16 Torfaen D	28.50
6 Nowell, Gabriella	19 Torfaen D	28.94
7 Sweet-Roberts, Rosie	16 Torfaen D	29.03
8 Jones, Lola	15 Torfaen D	29.11
9 Willmore, Isabella	18 Co Newport	29.25

Heat 18 of 18 Finals

0 Sherrard, Emme	15 Torfaen D	28.10
1 Fox, Honor	17 Co Cardiff	27.80
2 Donovan, Kelsey	19 Co Cardiff	27.16
3 Beynon, Annaliese	24 Co Cardiff	26.80
4 Broder, Libby	18 Co Cardiff	26.37
5 Taylor, Theodora	15 Torfaen D	26.40
6 Domican, Rosie	20 Co Cardiff	27.10
7 Croke, Carys	17 Torfaen D	27.59
8 Grant, Lucy	17 Co Newport	28.00
9 Williams-Jones, Phoebe	18 Co Cardiff	28.47

Event 316 Boys 11 & Over 800 LC Meter Freestyle**Relay****Lane Team Relay Seed Time****Heat 1 of 4 Finals**

4 Torfaen D	M12 A	12:00.00
5 Co Cardiff	M12 A	NT

Heat 2 of 4 Finals

4 Torfaen D	M14 A	11:45.00
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Heat 3 of 4 Finals

4 Torfaen D	M16 A	8:50.00
5 Bridgend Swim	M16 A	NT

Heat 4 of 4 Finals

4 Torfaen D	M109A	8:14.40
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SESSION 6 Warm Up 12.25pm Start 1.35pm**Event 321 Girls 11 & Over 100 LC Meter Backstroke**

Lane Name	Age	Team	Seed Time
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Heat 1 of 11 Finals

2 Roberts, Eleri	11	Rct Squad	1:44.34
3 Soffe, Bronwyn	12	Co Newport	1:40.22
4 Lawn, Lexi	11	Torfaen D	1:39.60
5 Rawlinson, Martha	11	Co Newport	1:39.77
6 Robinson, Elizabeth	11	Co Newport	1:42.53
7 Cole, Ivy	11	Co Cardiff	1:45.20

Heat 2 of 11 Finals

0 Hamonet, Evie	12	Co Cardiff	1:39.20
1 Huang, Emma	11	Cwmbran	1:38.82
2 Tinca, Maya	13	Co Cardiff	1:38.09
3 Morris, Eva	11	Torfaen D	1:37.33
4 Santoro, Bianca	12	Co Cardiff	1:36.40
5 Cook, Bronwyn	13	Co Cardiff	1:37.27
6 Jones, Cora	11	Heads Valley	1:37.83
7 Jones, Amelia	12	Pontypridd	1:38.37
8 Blythe, Eva	11	Co Newport	1:38.91
9 Greensill, Evie	11	Co Newport	1:39.41

Heat 3 of 11 Finals

0 Roberts, Connie-Rae	11	Co Newport	1:35.04
1 Donaldson, Arianwen	13	Co Newport	1:34.29
2 Willis, Ffion	12	Torfaen D	1:33.10
3 McShane, Anya	12	Co Cardiff	1:33.00
4 Kersley, Holly	14	Cwmbran	1:32.30
5 Davies, Indie	12	Co Newport	1:32.64
6 Littlechild, Charlotte	14	Co Cardiff	1:33.08
7 Munslow, Seren	12	Monnow	1:33.40
8 John, Ella-Rose	13	Co Cardiff	1:35.03
9 Lovering, Sophie	13	Co Cardiff	1:35.93

Heat 4 of 11 Finals

0 Roberts, Leah	14	Cwmbran	1:31.76
1 Faulds, Emily	13	Co Newport	1:31.20
2 Brown, Alyssa	11	Rct Squad	1:30.51
3 James, Isabelle	12	Rhondda	1:29.20
4 Cann, Emily	13	Co Newport	1:28.56
5 Sommerin, Elin	14	Co Cardiff	1:28.60
6 Griffiths, Sofie	14	Merthyr Tydf	1:29.78
7 Griffiths, Megan	14	Merthyr Tydf	1:31.19
8 Harris, Scarlett	14	Rhondda	1:31.31
9 Mustey, Elizabeth	13	Monnow	1:31.80

Heat 5 of 11 Finals

0 Jones, Ffion	13	Co Cardiff	1:27.60
1 Pritchard, Abbie	15	Cwmbran	1:27.10
2 Donaldson, Evie	12	Co Newport	1:26.73
3 Long, Sadie	13	Bridgend Cty	1:26.20
4 Price, Amie	13	Rct Squad	1:25.54
5 Altordai, Yume	15	Co Cardiff	1:25.90
6 Wilden, Ruby	14	Heads Valley	1:26.42
7 Wilsher, Suki	13	Co Cardiff	1:26.80
8 Ryan, Mia	13	Rct Squad	1:27.42
9 Rothwell, Emily	13	Co Cardiff	1:28.30

Heat 6 of 11 Finals

0 Jasper, Lily	12	Co Cardiff	1:25.10
1 Garrett, Ruby	16	Merthyr Tydf	1:25.03
2 Smith, Lucy	15	Rct Squad	1:24.83
3 Virgin, Eva	13	Co Cardiff	1:24.30
4 Eyre, Gracie	12	Co Cardiff	1:23.30
5 Allen, Isabel	13	Co Cardiff	1:23.30
6 Williams, Lili	13	Rct Squad	1:24.42
7 Roberts, Rosie	12	Torfaen D	1:24.90
8 Klak, Nina	12	Co Newport	1:25.08
9 Meenagh, Mai Van	12	Co Cardiff	1:25.40

Heat 7 of 11 Finals

0 Boyd, Chloe	14	Co Cardiff	1:22.90
1 Radu, Natalia	14	Rhondda	1:22.80
2 Jones, Jessica	12	Rct Squad	1:22.56
3 Britton, Seren	14	Barry	1:21.86
4 Gordon, Mabli	13	Co Cardiff	1:21.40
5 Cox, Isabelle	14	Co Cardiff	1:21.70
6 Richards, Faith	14	Merthyr Tydf	1:22.56
7 Carre, Jasmine	17	Rhondda	1:22.70
8 Bendon, Megan	16	Cwmbran	1:22.84
9 Adams, Sian	14	Co Cardiff	1:23.30

Heat 8 of 11 Finals

0 Clayton, Jasmine	14	Co Newport	1:21.10
1 Dowling, Abigail	13	Co Cardiff	1:20.10
2 Reilly, Manon	16	Rct Squad	1:18.87
3 Dickinson, Alexis	15	Bridgend Swim	1:18.60
4 Cheeseman, Rhyannon	16	Co Cardiff	1:17.90
5 Rees, Maisie	14	Rct Squad	1:18.33
6 Evans, Gwennan	14	Co Newport	1:18.71
7 Stephenson, Lucy	16	Heads Valley	1:19.94
8 Reasons, Darcy	12	Torfaen D	1:20.40
9 Scofield, Niamh	13	Rct Squad	1:21.16

Heat 9 of 11 Finals

0 Edwards, Amber	14	Co Cardiff	1:17.00
1 Prosser, Sofia	12	Torfaen D	1:16.10
2 Lloyd, Ffion	17	Co Newport	1:15.95
3 Reed, Isabella	13	Co Cardiff	1:15.80
4 Jones, Evie	16	Merthyr Tydf	1:15.02
5 Fowler, Maisie	13	Rct Squad	1:15.62
6 Willis, Meghan	17	Torfaen D	1:15.80
7 Smith, Summer	15	Rct Squad	1:15.99
8 Davies, Darcey	15	Rct Squad	1:16.18
9 Ling, Olivia	14	Co Cardiff	1:17.20

Heat 10 of 11 Finals

0 Buckland, Eleanor	15	Co Cardiff	1:14.00
1 Hughes-Rolls, Ava	15	Torfaen D	1:13.20
2 Lewis, Cara	17	Bridgend Swim	1:12.74
3 Parfitt, Lucy	16	Co Cardiff	1:12.20
4 Willmore, Isabella	18	Co Newport	1:10.19
5 Kay, Isabelle	16	Rct Squad	1:12.15
6 Morgan, Hannah	19	Co Cardiff	1:12.60
7 Blake, Emily	17	Co Cardiff	1:12.80
8 Parfitt, Kali	14	Torfaen D	1:13.50
9 George, Ellie	13	Rct Squad	1:14.56

Heat 11 of 11 Finals

0	Keepings, Charlotte	18	Co Newport	1:08.93
1	Crawshay-Williams, Em	16	Torfaen D	1:07.10
2	Cull, Harriett	17	Co Cardiff	1:06.40
3	Grant, Lucy	17	Co Newport	1:05.77
4	Domican, Rosie	20	Co Cardiff	1:04.90
5	Fox, Honor	17	Co Cardiff	1:05.60
6	Titchener, Megan	16	Torfaen D	1:05.80
7	Nowell, Gabriella	19	Torfaen D	1:06.80
8	Salmon, Gwen	17	Rct Squad	1:08.88
9	Stork, Niamh	20	Co Cardiff	1:09.40

Heat 5 of 15 Finals

0	Ryan, Mia	13	Rct Squad	1:18.99
1	Ballinger, Scarlett	13	Rhondda	1:18.40
2	Cann, Emily	13	Co Newport	1:18.08
3	Wilsher, Suki	13	Co Cardiff	1:17.70
4	Price, Amie	13	Rct Squad	1:17.53
5	Klak, Nina	12	Co Newport	1:17.59
6	Griffiths, Sofie	14	Merthyr Tydf	1:18.04
7	Lee, Seol Lucy	12	Co Cardiff	1:18.12
8	Bendon, Ruby-Mai	14	Cwmbran	1:18.97
9	Meenagh, Mai Van	12	Co Cardiff	1:19.10

Event 322 Boys 11 & Over 800 LC Meter Freestyle

Lane Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1	Williams, Tomos	14	Chepstow	11:19.42
2	Howe, Inigo	15	Torfaen D	10:34.40
3	Mills, Ioan	15	Torfaen D	9:47.20
4	Bamborough, Jack	16	Co Cardiff	8:36.70
5	Parsons, Joseph	17	Co Cardiff	8:38.40
6	Davies, Brynley	14	Co Newport	10:16.23
7	Price, Evan	15	Bridgend Swim	10:36.43

Heat 6 of 15 Finals

0	Fordham, Freya	12	Co Newport	1:16.86
1	Cartwright, Bridget	14	Rct Squad	1:16.60
2	Trapp, Lara	15	Merthyr Tydf	1:16.36
3	Mustey, Elizabeth	13	Monnow	1:16.30
4	Allen, Isabel	13	Co Cardiff	1:15.80
5	Jones, Lola-Grace	12	Merthyr Tydf	1:15.93
6	Faulds, Emily	13	Co Newport	1:16.34
7	Pritchard, Abbie	15	Cwmbran	1:16.57
8	Roberts, Rosie	12	Torfaen D	1:16.78
9	Jasper, Lily	12	Co Cardiff	1:17.00

Event 323 Girls 11 & Over 100 LC Meter Freestyle

Lane Name	Age	Team	Seed Time
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Heat 1 of 15 Finals

3	Roberts, Eleri	11	Rct Squad	1:32.23
4	Kean, Joseline	11	Co Cardiff	1:31.20
5	Morris, Eva	11	Torfaen D	1:31.20

Heat 2 of 15 Finals

0	Jones, Cora	11	Heads Valley	1:30.66
1	Thomas, Amelie	11	Rhondda	1:28.40
2	Lawn, Lexi	11	Torfaen D	1:26.56
3	Williams, Nel	12	Co Cardiff	1:26.20
4	Cooksey-Owen, Mollie	11	Rhondda	1:25.50
5	Jones, Amelia	12	Pontypridd	1:26.19
6	Huang, Emma	11	Cwmbran	1:26.43
7	Nolan, Joanie	12	Co Cardiff	1:27.00
8	Lawn, Gayle	11	Torfaen D	1:28.45
9	Griffiths, Gwennie	11	Pontypridd	1:31.03

Heat 7 of 15 Finals

0	Donaldson, Evie	12	Co Newport	1:15.55
1	Altordai, Yume	15	Co Cardiff	1:15.30
2	Ralph, Ffion	15	Co Newport	1:15.13
3	Thomas, Isabella	14	Co Cardiff	1:15.00
4	Jones, Jessica	12	Rct Squad	1:14.77
5	Williams, Lili	13	Rct Squad	1:14.96
6	Butler, Olivia	13	Bridgend Swim	1:15.05
7	Virgin, Eva	13	Co Cardiff	1:15.20
8	Kaleta, Lena	13	Co Newport	1:15.51
9	Wilden, Ruby	14	Heads Valley	1:15.60

Heat 8 of 15 Finals

0	Battrick, Alexa	14	Co Newport	1:13.75
1	Scofield, Niamh	13	Rct Squad	1:13.59
2	Adams, Sian	14	Co Cardiff	1:13.41
3	Britton, Seren	14	Barry	1:12.72
4	Morgan-Basini, Roca-J	14	Abertillery	1:12.39
5	Sweet-Roberts, Pip	12	Torfaen D	1:12.40
6	Innocent-Woodman, Au	13	Co Cardiff	1:13.11
7	Owen, Gwen	13	Merthyr Tydf	1:13.49
8	Carre, Jasmine	17	Rhondda	1:13.61
9	Smith, Lucy	15	Rct Squad	1:14.58

Heat 3 of 15 Finals

0	Santoro, Bianca	12	Co Cardiff	1:25.20
1	McShane, Anya	12	Co Cardiff	1:24.50
2	Richards, Erin	12	Co Cardiff	1:24.30
3	Britton, Nahla	11	Co Cardiff	1:23.47
4	John, Ella-Rose	13	Co Cardiff	1:22.40
5	Jones, Ffion	13	Co Cardiff	1:23.30
6	Charrington, Lucy	11	Heads Valley	1:23.86
7	Willis, Ffion	12	Torfaen D	1:24.30
8	Soffe, Bronwyn	12	Co Newport	1:25.14
9	Davies-Green, Lilly	13	Co Cardiff	1:25.30

Heat 9 of 15 Finals

0	Zyniewicz, Anna	13	Co Newport	1:12.24
1	Radu, Natalia	14	Rhondda	1:12.10
2	Price, Bethan	16	Bridgend Swim	1:12.04
3	Gordon, Mabli	13	Co Cardiff	1:11.70
4	Jones, Elsie	15	Co Newport	1:11.62
5	Sheen, Seren	13	Co Newport	1:11.65
6	Cox, Isabelle	14	Co Cardiff	1:11.80
7	Davies, Macy	12	Torfaen D	1:12.10
8	Boyd, Chloe	14	Co Cardiff	1:12.20
9	Williams, Natasha	14	Co Newport	1:12.35

Heat 4 of 15 Finals

0	Lovering, Sophie	13	Co Cardiff	1:21.80
1	Munslow, Seren	12	Monnow	1:21.10
2	Harris, Scarlett	14	Rhondda	1:20.80
3	Griffiths, Megan	14	Merthyr Tydf	1:19.70
4	Brown, Alyssa	11	Rct Squad	1:19.16
5	Rothwell, Emily	13	Co Cardiff	1:19.60
6	Littlechild, Charlotte	14	Co Cardiff	1:20.60
7	Donaldson, Arianwen	13	Co Newport	1:20.81
8	Shephard-Morris, Tilly	12	Rhondda	1:21.16
9	Picton, Emelia	13	Merthyr Tydf	1:22.35

Heat 10 of 15 Finals

0	Cooksey-Owen, Ruby-M	13	Co Cardiff	1:10.83
1	Garrett, Ruby	16	Merthyr Tydf	1:10.64
2	Brady, Grace	15	Rct Squad	1:10.13
3	Stephenson, Lucy	16	Heads Valley	1:09.98
4	Ribeiro, Ariana	13	Co Cardiff	1:09.42
5	Richards, Faith	14	Merthyr Tydf	1:09.55
6	McQuaid, Maria	13	Co Cardiff	1:10.10
7	Bastyan, Emily-Grace	15	Torfaen D	1:10.20
8	Lewis, Rebecca	21	Rct Squad	1:10.74
9	Reasons, Darcy	12	Torfaen D	1:10.90

Heat 11 of 15 Finals

0	Goddard, Amy	15	Rhondda	1:09.10
1	Willis, Meghan	17	Torfaen D	1:08.70
2	Sherrard, Alex	12	Torfaen D	1:08.37
3	Fowler, Maisie	13	Rct Squad	1:07.98
4	Bastyan, Ava-Rose	15	Torfaen D	1:07.60
5	Coles, Mya	14	Co Newport	1:07.82
6	Reilly, Manon	16	Rct Squad	1:08.16
7	Dowling, Abigail	13	Co Cardiff	1:08.40
8	Arlow, Grace	15	Torfaen D	1:09.10
9	Smith, Summer	15	Rct Squad	1:09.35

Heat 12 of 15 Finals

0	Andrews, Bella	14	Co Newport	1:07.21
1	Brassington, Lucy	17	Co Cardiff	1:06.90
2	McNamara, Imogen	14	Co Cardiff	1:06.60
3	Morgan, Isabelle	16	Co Newport	1:06.04
4	Morgan, Hannah	19	Co Cardiff	1:05.70
5	Evans, Gwennan	14	Co Newport	1:05.96
6	Buckland, Eleanor	15	Co Cardiff	1:06.50
7	Clatworthy, Maddie	15	Bridgend Swim	1:06.72
8	Reed, Isabella	13	Co Cardiff	1:07.00
9	Duggan, Ella	13	Merthyr Tydf	1:07.26

Heat 13 of 15 Finals

0	Adams, Jaimee	18	Co Cardiff	1:05.60
1	Vincent, Caitlyn	18	Rct Squad	1:05.38
2	Blake, Emily	17	Co Cardiff	1:05.00
3	O'Mahoney, Kaitlin	16	Bridgend Cty	1:04.70
4	Curkovic, Lota	14	Co Cardiff	1:04.20
5	Parfitt, Lucy	16	Co Cardiff	1:04.36
6	Rees, Maisie	14	Rct Squad	1:04.81
7	Givvons, Imogen	14	Co Newport	1:05.00
8	Kay, Isabelle	16	Rct Squad	1:05.51
9	Hughes-Rolls, Ava	15	Torfaen D	1:05.61

Heat 14 of 15 Finals

0	Jones, Lola	15	Torfaen D	1:03.90
1	Sweet-Roberts, Rosie	16	Torfaen D	1:03.10
2	Marshall, Polly	19	Co Newport	1:02.40
3	Keepings, Charlotte	18	Co Newport	1:02.36
4	Crawshay-Williams, Em	16	Torfaen D	1:01.74
5	Lewis, Hollie	17	Bridgend Swim	1:02.03
6	Faulkner, Marie	19	Co Cardiff	1:02.39
7	Enoch, Megan-Jane	17	Torfaen D	1:02.60
8	Stork, Niamh	20	Co Cardiff	1:03.30
9	Willmore, Isabella	18	Co Newport	1:04.00

Heat 15 of 15 Finals

0	Williams-Jones, Phoebe	18	Co Cardiff	1:00.78
1	Donovan, Kelsey	19	Co Cardiff	58.94
2	Rathbone-Jones, Eloise	20	Co Cardiff	58.65
3	Domican, Rosie	20	Co Cardiff	58.10
4	Taylor, Theodora	15	Torfaen D	56.90
5	Broder, Libby	18	Co Cardiff	57.00
6	Croke, Carys	17	Torfaen D	58.40
7	Fox, Honor	17	Co Cardiff	58.80
8	John, Emilia	17	Co Cardiff	59.46
9	Sherrard, Emme	15	Torfaen D	1:01.11

Event 324 Boys 11 & Over 200 LC Meter Breaststroke**Lane Name Age Team Seed Time****Heat 1 of 4 Finals**

3	Clarander, William	12	Co Cardiff	3:55.20
4	Nemtsov, Andreas	13	Co Cardiff	3:48.10
5	Boyd, Isaac	11	Co Cardiff	3:54.30

Heat 2 of 4 Finals

0	Jones, Sam	11	Co Cardiff	3:46.58
1	D'Cruz, Dylan	13	Rct Squad	3:36.32
2	Swetman, Oliver	12	Co Cardiff	3:34.70
3	Willis, Samuel	15	Torfaen D	3:19.77
4	Schofield, Thomas	15	Heads Valley	3:18.81
5	Kersley, Sam	16	Cwmbran	3:19.19
6	Altordai, Junnosuke	13	Co Cardiff	3:24.30
7	Frampton, Rhydian	12	Rct Squad	3:35.39
8	Davies-Green, Thomas	11	Co Cardiff	3:38.20

Heat 3 of 4 Finals

0	Volausek, Noah	13	Co Cardiff	3:16.70
1	Miles, Harry	14	Co Cardiff	3:10.80
2	Henley, Lewis	15	Heads Valley	3:06.74
3	Giles, Brodie	14	Bridgend Swim	3:02.76
4	Bartram, Solomon	14	Co Cardiff	2:59.70
5	Warman-Powell, Ioan	14	Torfaen D	3:00.00
6	Brock, Freddy	15	Rct Squad	3:03.30
7	Hewitt, Archie	14	Torfaen D	3:07.20
8	Jones, Noah	13	Torfaen D	3:16.20
9	Rendall, Nathaniel	15	Co Cardiff	3:17.00

Heat 4 of 4 Finals

0	Nemtsov, Alexandros	16	Co Cardiff	2:49.10
1	James, Rhys	15	Rct Squad	2:44.44
2	Doyle, Alfie	16	Co Newport	2:42.39
3	McGregor, Drew	21	Co Cardiff	2:25.40
4	Anderson, Maxwell	19	Co Cardiff	2:16.03
5	Lee, Tristan	18	Co Cardiff	2:21.90
6	Winstone, Evan	18	Co Cardiff	2:34.30
7	James, Jack	17	Torfaen D	2:43.60
8	Temby, Jacob	16	Co Cardiff	2:49.10
9	Rees, Daniel	14	Co Cardiff	2:50.20

Event 325 Girls 11 & Over 400 LC Meter Freestyle**Relay**

Lane Team	Relay	Seed Time
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Heat 1 of 4 Finals

2 Co Newport	W12 B	NT
3 Co Cardiff	W12 A	NT
4 Torfaen D	W12 A	5:16.01
5 Torfaen D	W12 B	5:30.00
6 Co Newport	W12 A	NT

Heat 2 of 4 Finals

4 Co Newport	W14 A	NT
5 Co Newport	W14 B	NT

Heat 3 of 4 Finals

3 Bridgend Swim	W16 A	NT
4 Torfaen D	W16 A	3:58.72
5 Torfaen D	W16 B	4:28.64
6 Co Newport	W16 A	NT

Heat 4 of 4 Finals

4 Torfaen D	W109A	4:01.30
5 Co Newport	W109A	NT

SESSION 7 Warm Up 3.40pm Start 4.45pm**Event 331 Boys 11 & Over 50 LC Meter Breaststroke**

Lane Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

3 Hale, William	11	Co Newport	53.39
4 Sheen, Evan	11	Co Newport	50.27
5 Jones, Owain	11	Co Cardiff	52.30
6 Garrett, Ben	11	Merthyr Tydf	53.40

Heat 2 of 5 Finals

0 Boyd, Isaac	11	Co Cardiff	48.90
1 Davies-Green, Thomas	11	Co Cardiff	47.50
2 D'Cruz, Dylan	13	Rct Squad	46.59
3 Everson, Sonny	14	Co Newport	45.61
4 Williams, Tomos	14	Chepstow	44.26
5 Pesevski, Alexander	11	Co Cardiff	45.00
6 Swetman, Oliver	12	Co Cardiff	46.40
7 Pound, Leon	13	Rct Squad	47.01
8 Jones, Sam	11	Co Cardiff	48.50
9 Clarander, William	12	Co Cardiff	49.38

Heat 3 of 5 Finals

0 Taylor, Nicholas	13	Torfaen D	42.90
1 Wratten, Finnley	15	Cwmbran	42.68
2 Volausek, Noah	13	Co Cardiff	41.90
3 Jones, Sebastien	14	Torfaen D	40.50
4 Hewitt, Archie	14	Torfaen D	40.30
5 Miles, Harry	14	Co Cardiff	40.40
6 Nolan, Oliver	15	Co Cardiff	41.80
7 Howe, Inigo	15	Torfaen D	41.90
8 Jones, Noah	13	Torfaen D	42.90
9 Goddard, Benjamin	15	Rhondda	43.20

Heat 4 of 5 Finals

0 Herron, Noah	14	Co Newport	39.78
1 Howe, Albie	17	Torfaen D	39.50
2 Giles, Brodie	14	Bridgend Swim	38.82
3 Henley, Lewis	15	Heads Valley	38.45
4 Jones, Lloyd	21	Merthyr Tydf	36.24
5 Fudge, Marcus	16	Rct Squad	37.82
6 Tihiev, Milan	14	Co Cardiff	38.80
7 Schofield, Thomas	15	Heads Valley	39.17
8 Willis, Samuel	15	Torfaen D	39.70
9 Vong, Joshua	14	Co Newport	39.92

Heat 5 of 5 Finals

0 Cooksey, Regan	18	Rhondda	36.10
1 Warman-Powell, Ioan	14	Torfaen D	35.00
2 Temby, Jacob	16	Co Cardiff	33.81
3 Doyle, Alfie	16	Co Newport	33.52
4 McGregor, Drew	21	Co Cardiff	30.91
5 James, Jack	17	Torfaen D	31.30
6 James, Rhys	15	Rct Squad	33.71
7 Nemtsov, Alexandros	16	Co Cardiff	34.66
8 Rixon, Noah	16	Co Newport	36.00
9 Bartram, Solomon	14	Co Cardiff	36.10

Event 332 Girls 11 & Over 200 LC Meter Butterfly

Lane Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

0 Jones, Lola-Grace	12	Merthyr Tydf	3:35.11
1 Ballinger, Scarlett	13	Rhondda	3:20.10
2 Tejedo, Lola	13	Co Cardiff	2:49.90
3 O Callaghan, Faye	19	Co Cardiff	2:35.30
4 Owen, Gracie	16	Torfaen D	2:20.20
5 Adams, Jaimee	18	Co Cardiff	2:34.30
6 Parfitt, Lucy	16	Co Cardiff	2:43.00
7 Ling, Olivia	14	Co Cardiff	2:55.22
8 James, Isabelle	12	Rhondda	3:21.19

Event 333 Boys 11 & Over 100 LC Meter Butterfly

Lane Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

2 Johnson, Cai	13	Cwmbran	1:32.07
3 Frampton, Rhydian	12	Rct Squad	1:28.48
4 Everson, Sonny	14	Co Newport	1:25.19
5 Davies, Blake	14	Co Cardiff	1:25.80
6 Hopkins, Luc	13	Torfaen D	1:30.05
7 Morgan, Josh	12	Co Newport	1:36.71

Heat 2 of 4 Finals

0 Hewitt, Archie	14	Torfaen D	1:19.59
1 Gregory, Jaiden	13	Rhondda	1:17.72
2 Gruffydd, Ned	14	Co Cardiff	1:15.90
3 Parfitt, Sebastian	14	Co Cardiff	1:15.00
4 Rixon, Noah	16	Co Newport	1:14.36
5 James, Owain	16	Rct Squad	1:14.84
6 Giles, Brodie	14	Bridgend Swim	1:15.75
7 Bastyan, Tobias-Luke	13	Torfaen D	1:16.50
8 Fudge, Marcus	16	Rct Squad	1:18.65
9 Williams, Tomos	14	Chepstow	1:21.98

Heat 3 of 4 Finals

0 Ballantyne, Alex	15	Bridgend Swim	1:13.09
1 Doyle, Alfie	16	Co Newport	1:13.06
2 Brock, Freddy	15	Rct Squad	1:11.74
3 Spinks, Owen	16	Torfaen D	1:07.23
4 Broom, Dylan	22	Torfaen D	1:04.10
5 Major, Maximus	14	Co Newport	1:04.80
6 Mills, Ioan	15	Torfaen D	1:08.20
7 James, Rhys	15	Rct Squad	1:12.66
8 Nemtsov, Alexandros	16	Co Cardiff	1:13.09
9 Gwynfil, Solomon	14	Co Cardiff	1:13.33

Heat 4 of 4 Finals

0 Bamborough, Jack	16	Co Cardiff	1:01.60
1 Geysen-Holley, Max	19	Co Cardiff	58.68
2 Arch, Rhydian	19	Co Cardiff	58.05
3 Lee, Ethan	18	Co Cardiff	56.79
4 Knight, Jack	21	Co Cardiff	55.37
5 James, Harley	19	Co Cardiff	56.51
6 Lee, Tristan	18	Co Cardiff	57.98
7 Davies, Evan	18	Co Cardiff	58.30
8 Pugh, Morgan	17	Torfaen D	1:00.11
9 McLain, Archie	18	Torfaen D	1:04.10

Event 334 Girls 11 & Over 400 LC Meter Freestyle

Lane Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

3 Cooksey-Owen, Mollie	11	Rhondda	6:24.20
4 Wilsher, Suki	13	Co Cardiff	6:16.00
5 Picton, Emelia	13	Merthyr Tydf	6:19.32

Heat 2 of 5 Finals

1 Williams, Mali	13	Rhondda	6:08.60
2 Alexander, Ruby	14	Co Newport	6:01.39
3 Cartwright, Bridget	14	Rct Squad	5:58.68
4 Klak, Nina	12	Co Newport	5:42.48
5 Pritchard, Abbie	15	Cwmbran	5:56.16
6 Price, Macy	12	Heads Valley	6:00.78
7 Ryan, Mia	13	Rct Squad	6:02.83
8 Cook, Bronwyn	13	Co Cardiff	6:15.90

Heat 3 of 5 Finals

0 Davies, Macy	12	Torfaen D	5:32.32
1 Cox, Isabelle	14	Co Cardiff	5:27.10
2 Gordon, Mabli	13	Co Cardiff	5:25.70
3 McQuaid, Maria	13	Co Cardiff	5:20.60
4 Lewis, Harriet	12	Co Cardiff	5:15.10
5 Brady, Grace	15	Rct Squad	5:15.81
6 Dowling, Abigail	13	Co Cardiff	5:24.24
7 Boyd, Chloe	14	Co Cardiff	5:27.00
8 McNamara, Imogen	14	Co Cardiff	5:28.40
9 Stephenson, Lucy	16	Heads Valley	5:39.02

Heat 4 of 5 Finals

0 Prosser, Sofia	12	Torfaen D	5:14.20
1 Reed, Isabella	13	Co Cardiff	5:11.20
2 Coles, Mya	14	Co Newport	5:05.96
3 Morgan, Isabelle	16	Co Newport	5:03.31
4 Howson, Ellen	15	Co Newport	5:01.10
5 Evans, Gwennan	14	Co Newport	5:01.35
6 Buckland, Eleanor	15	Co Cardiff	5:04.90
7 Jones, Evie	16	Merthyr Tydf	5:06.27
8 Sweeney, Jessica	19	Co Newport	5:13.20
9 Richards, Faith	14	Merthyr Tydf	5:14.89

Heat 5 of 5 Finals

0 George, Ellie	13	Rct Squad	4:59.51
1 Lewis, Hollie	17	Bridgend Swim	4:53.83
2 Jones, Lola	15	Torfaen D	4:50.20
3 Marshall, Polly	19	Co Newport	4:43.74
4 Sherrard, Emme	15	Torfaen D	4:42.08
5 Cull, Harriett	17	Co Cardiff	4:43.00
6 Jones, Lucy	17	Co Newport	4:44.98
7 O'Mahoney, Kaitlin	16	Bridgend Cty	4:50.68
8 Kay, Isabelle	16	Rct Squad	4:57.75
9 Givvons, Imogen	14	Co Newport	5:00.20

Event 335 Boys 11 & Over 200 LC Meter Freestyle

Lane Name	Age	Team	Seed Time
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Heat 1 of 6 Finals

1 Jones, Owain	11	Co Cardiff	3:14.13
2 Hale, William	11	Co Newport	3:06.66
3 Bick, Morgan	12	Torfaen D	2:54.57
4 Morgan, Josh	12	Co Newport	2:49.34
5 Hopkins, Luc	13	Torfaen D	2:50.80
6 Pound, Leon	13	Rct Squad	2:55.19
7 Garrett, Ben	11	Merthyr Tydf	3:08.32

Heat 2 of 6 Finals

0 Pesevski, Alexander	11	Co Cardiff	2:45.20
1 Frampton, Rhydian	12	Rct Squad	2:41.05
2 Gregory, Jaiden	13	Rhondda	2:39.32
3 Bastyan, Tobias-Luke	13	Torfaen D	2:37.36
4 Reece, Liam	14	Co Newport	2:35.19
5 Miles, Harry	14	Co Cardiff	2:36.10
6 Nolan, Oliver	15	Co Cardiff	2:37.40
7 Butwell, Ollie	13	Co Cardiff	2:39.89
8 Timbrell, George	13	Co Newport	2:42.43
9 Lloyd-Roberts, Elis	11	Bridgend Cty	2:47.21

Heat 3 of 6 Finals

0 Williams, Tomos	14	Chepstow	2:33.35
1 Davies, Tom	14	Co Newport	2:30.60
2 Jones, Sebastien	14	Torfaen D	2:27.50
3 Herron, Noah	14	Co Newport	2:26.49
4 James, Owain	16	Rct Squad	2:24.57
5 Castillo, Airam	13	Co Cardiff	2:26.06
6 Rees, Daniel	14	Co Cardiff	2:27.30
7 Parfitt, Sebastian	14	Co Cardiff	2:29.40
8 Bartram, Solomon	14	Co Cardiff	2:32.70
9 Gruffydd, Ned	14	Co Cardiff	2:34.90

Heat 4 of 6 Finals

0 Roberts, Eryn	16	Bridgend Swim	2:22.52
1 Vong, Joshua	14	Co Newport	2:19.61
2 Ballantyne, Alex	15	Bridgend Swim	2:19.30
3 Cavill, Jack	14	Co Cardiff	2:18.45
4 Warman-Powell, Ioan	14	Torfaen D	2:14.60
5 Vinh, Joshua	15	Co Newport	2:15.87
6 Davies, Brynley	14	Co Newport	2:18.98
7 Brock, Freddy	15	Rct Squad	2:19.33
8 Gwynfil, Solomon	14	Co Cardiff	2:22.29
9 Howe, Albie	17	Torfaen D	2:22.83

Heat 5 of 6 Finals

0 Vaughan, William	17	Rct Squad	2:08.63
1 Spinks, Owen	16	Torfaen D	2:08.30
2 Davies, William	17	Co Newport	2:07.44
3 Winstone, Evan	18	Co Cardiff	2:04.50
4 Pugh, Morgan	17	Torfaen D	2:00.50
5 Haines, Thomas	16	Co Cardiff	2:04.00
6 Major, Maximus	14	Co Newport	2:05.03
7 Steven, Adam	18	Co Newport	2:07.45
8 Jasinski, Hubert	17	Co Newport	2:08.35
9 Jones, Lloyd	21	Merthyr Tydf	2:10.00

Heat 6 of 6 Finals

0 Parsons, Joseph	17	Co Cardiff	1:59.80
1 Broom, Dylan	22	Torfaen D	1:59.37
2 Lee, Ethan	18	Co Cardiff	1:57.90
3 Bamborough, Jack	16	Co Cardiff	1:55.50
4 Geysen-Holley, Max	19	Co Cardiff	1:53.60
5 James, Harley	19	Co Cardiff	1:54.10
6 Davies, Evan	18	Co Cardiff	1:56.80
7 McCarthy, Samuel	19	Co Cardiff	1:58.30
8 Burns, Harry	19	Co Cardiff	1:59.65
9 Mruk, Lucas	16	Torfaen D	1:59.80

Event 336 Girls 11 & Over 400 LC Meter Medley Relay

Lane Team	Relay	Seed Time
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Heat 1 of 4 Finals

1 Co Newport	W12 B	NT
2 Co Newport	W12 A	NT
3 Torfaen D	W12 B	6:20.00
4 Rct Squad	W12 A	5:56.37
5 Torfaen D	W12 A	6:00.00
6 Rhondda	W12 A	NT
7 Co Cardiff	W12 A	NT

Heat 2 of 4 Finals

3 Rhondda	W14 A	NT
4 Rct Squad	W14 A	5:17.43
5 Co Newport	W14 A	NT
6 Co Newport	W14 B	NT

Heat 3 of 4 Finals

2 Co Newport	W16 A	NT
3 Rct Squad	W16 A	5:10.10
4 Torfaen D	W16 A	4:20.61
5 Torfaen D	W16 B	4:55.00
6 Bridgend Swim	W16 A	NT

Heat 4 of 4 Finals

4 Torfaen D	W109A	5:00.00
5 Co Newport	W109A	NT