

**SESSION 1 Warm up 5.30pm Start 6.30pm****Event 111 Boys 11 & Over 50 SC Meter Butterfly**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 8 Finals**

2 Ban Jona, Krisztian	12	Co Newport	43.48
3 Palmer, Evan L	11	Torfaen Dol	42.98
4 Swetman, Oliver	11	Co Cardiff	40.77
5 Johnson, Cai	12	Cwmbran	42.84
6 Samuel, Jake	12	Abertillery	43.25
7 Bick, Morgan T	11	Torfaen Dol	46.60

**Heat 2 of 8 Finals**

1 Hopkins, Luc P	12	Torfaen Dol	40.35
2 Csoban, Benjamin	12	Co Newport	39.32
3 Davies, Blake	13	Co Cardiff	38.84
4 Jones, Noah B	12	Torfaen Dol	37.80
5 Davies, Tom M	13	Co Newport	38.38
6 Williams, Tomos M	13	Chepstow	38.88
7 Frampton, Rhydian	11	Rct Squad	39.59
8 Timbrell, George H	12	Co Newport	40.51

**Heat 3 of 8 Finals**

1 Reece, Liam A	13	Co Newport	37.70
2 Harvey, Jack	13	Co Cardiff	37.30
3 Everson, Sonny R	13	Co Newport	36.82
4 Gregory, Jaiden	12	Rhondda	36.41
5 Caldicott, Lewis W	13	Co Newport	36.54
6 Theron, Izak	13	Co Cardiff	37.13
7 Arnold, David	14	Cwmbran	37.63
8 Duggan, Elliot A	12	Bridgend Cty	37.77

**Heat 4 of 8 Finals**

1 Lawler, Neil	15	Monnow	36.26
2 Jones, Jayden	12	Caerphilly	35.38
3 Gruffydd, Ned	13	Co Cardiff	34.80
4 Hewitt, Archie E	13	Torfaen Dol	33.80
5 Barry, Benjamin	16	Cwmbran	34.64
6 Bartram, Solomon	13	Co Cardiff	35.11
7 Howe, Inigo W	14	Torfaen Dol	35.99
8 Harvey, Hugo	12	Co Cardiff	36.39

**Heat 5 of 8 Finals**

1 James, Owain	15	Rct Squad	33.72
2 Jones, Sebastien M	13	Torfaen Dol	32.86
3 Bastyan, Tobias-Luke	12	Torfaen Dol	32.24
4 James, Rhys	14	Rct Squad	31.65
5 Rixon, Noah J	15	Co Newport	31.67
6 Ballantyne, Alex	14	Bridgend Swim	32.69
7 Warman-Powell, Ioan G	13	Torfaen Dol	33.70
8 Fudge, Marcus	15	Rct Squad	33.75

**Heat 6 of 8 Finals**

1 Williams, Luke T	15	Co Newport	31.31
2 Spinks, Owen H	15	Torfaen Dol	30.93
3 Nemtsov, Alexandros	15	Co Cardiff	30.60
4 Nash, Charlie	17	Rhondda	30.24
5 Watkins, Will	15	Bridgend Swim	30.26
6 Davies, Gavin	16	Co Newport	30.66
7 Hole, Ethan	14	Co Cardiff	31.25
8 Brock, Freddy	14	Rct Squad	31.58

**Heat 7 of 8 Finals**

1 Mills, Ioan R	14	Torfaen Dol	30.00
2 Davies, Iwan	15	Co Cardiff	29.40
3 Mruk, Lucas J	15	Torfaen Dol	29.30
4 Williams, Cai M	17	Bridgend Cty	29.17
5 Davies, William D	16	Co Newport	29.28
6 Ma, Ko Kwan	14	Co Cardiff	29.40
7 Hyett, Benjamin	17	Bridgend Swim	30.00
8 Cooksey, Regan	17	Rhondda	30.11

**Heat 8 of 8 Finals**

1 Vaughan, William	16	Rct Squad	29.03
2 Jasinski, Hubert	16	Co Newport	28.46
3 Preece, Toby	16	Cwmbran	27.89
4 Davies, Evan	17	Co Cardiff	25.74
5 Jones, Daniel	24	Cwmbran	26.85
6 McLain, Archie J	17	Torfaen Dol	28.30
7 Lewis, Gethin R	15	Bridgend Cty	28.80
8 Deacon, Cameron	13	Co Cardiff	29.17

**Event 112 Girls 11 & Over 1500 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1 Morgan, Isabelle L	15	Co Newport	21:41.52
2 Williams, Olivia	15	Co Cardiff	19:44.86
3 Gardener, Hannah B	14	Bridgend Cty	19:10.91
4 Jones, Lucy K	16	Co Newport	18:39.50
5 Evans, Ella	15	Co Cardiff	18:50.23
6 Jones, Evie	15	Merthyr Tydf	19:29.32
7 Coombes, Cerys	15	Bridgend Cty	20:45.56

**Event 113 Boys 11 & Over 50 SC Meter Backstroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 8 Finals**

2 Lee, Oliver	11	Monnow	48.68
3 Schofield, Lewis	11	Heads Valley	46.88
4 Johnson, Cai	12	Cwmbran	44.84
5 Watkins, Iolo	11	Heads Valley	45.25
6 Nicholas, Luca	11	Bridgend Swim	47.19

**Heat 2 of 8 Finals**

1 Hopkins, Luc P	12	Torfaen Dol	43.68
2 Nemtsov, Andreas	12	Co Cardiff	43.08
3 Ban Jona, Krisztian	12	Co Newport	42.51
4 Chalk, Alistair H	11	Co Newport	41.54
5 Harvey, Jack	13	Co Cardiff	41.69
6 Csoban, Benjamin	12	Co Newport	43.00
7 Harris, Max	11	Bridgend Swim	43.62
8 Woodward, Ethan H	11	Bridgend Cty	44.01

**Heat 3 of 8 Finals**

1 Davies, Tom M	13	Co Newport	41.09
2 Bick, Morgan T	11	Torfaen Dol	40.70
3 Theron, Izak	13	Co Cardiff	40.60
4 Palmer, Evan L	11	Torfaen Dol	40.43
5 Everson, Sonny R	13	Co Newport	40.46
6 Samuel, Jake	12	Abertillery	40.67
7 Spinks, Rhys H	13	Torfaen Dol	40.84
8 Timbrell, George H	12	Co Newport	41.23

**Heat 4 of 8 Finals**

1 Jones, Noah B	12	Torfaen Dol	39.99
2 James, Owain	15	Rct Squad	37.21
3 Caldicott, Lewis W	13	Co Newport	37.00
4 Davies, Blake	13	Co Cardiff	36.43
5 Watkins, Ffinian	13	Heads Valley	36.99
6 Bastyan, Tobias-Luke	12	Torfaen Dol	37.14
7 Jones, Jayden	12	Caerphilly	38.39
8 Arnold, David	14	Cwmbran	40.01

**Heat 5 of 8 Finals**

1	Davies, William D	16	Co Newport	36.22
2	Williams, Tomos M	13	Chepstow	35.92
3	Gregory, Jaiden	12	Rhondda	35.81
4	Bartram, Solomon	13	Co Cardiff	34.65
5	Gilligan, Henry	13	Rct Squad	34.66
6	Hewitt, Archie E	13	Torfaen Dol	35.90
7	Hopkins, Charlie T	15	Co Newport	36.10
8	Schofield, Thomas	14	Heads Valley	36.33

**Heat 6 of 8 Finals**

1	Davies, Brynley	13	Co Newport	33.85
2	Howe, Albie S	16	Torfaen Dol	33.22
3	Fudge, Marcus	15	Rct Squad	32.64
4	Williams, Luke T	15	Co Newport	32.52
5	Nash, Charlie	17	Rhondda	32.57
6	Lawler, Neil	15	Monnow	32.80
7	Watkins, Will	15	Bridgend Swim	33.50
8	Whittaker, Luke A	13	Bridgend Cty	34.23

**Heat 7 of 8 Finals**

1	Lewis, Gethin R	15	Bridgend Cty	32.05
2	Rixon, Oliver R	15	Co Newport	31.32
3	Deacon, Cameron	13	Co Cardiff	30.94
4	Spinks, Owen H	15	Torfaen Dol	30.89
5	Jones, Harrison L	16	Bridgend Cty	30.92
6	Aylen, James E	16	Bridgend Cty	31.05
7	Ballantyne, Alex	14	Bridgend Swim	31.63
8	Rees, Daniel	13	Co Cardiff	32.10

**Heat 8 of 8 Finals**

1	Davies, Iwan	15	Co Cardiff	29.99
2	Price-Davies, Owen	17	Heads Valley	29.86
3	Vaughan, William	16	Rct Squad	29.25
4	Davies, Evan	17	Co Cardiff	27.36
5	John, Finlay T	17	Bridgend Cty	27.65
6	Hole, Ethan	14	Co Cardiff	29.70
7	Jasinski, Hubert	16	Co Newport	29.94
8	Mills, Ioan R	14	Torfaen Dol	30.80

**Event 114 Girls 11 & Over 50 SC Meter Butterfly****Lane Name                      Age      Team                      Seed Time****Heat 1 of 14 Finals**

3	Crump, Lily-May R	11	Bridgend Cty	47.58
4	Faulds, Emily G	12	Co Newport	45.58
5	Carre, Isabelle	11	Rhondda	46.55
6	Klak, Nina	11	Co Newport	47.68

**Heat 2 of 14 Finals**

1	Martin, Seren	12	Cwmbran	44.98
2	Sanders, Heaven-Leigh A	12	Bridgend Cty	44.55
3	Close, Lydia	13	Monnow	43.70
4	Alexander, Ruby J	13	Co Newport	43.22
5	Wood, Zarah-Evelyn	13	Rhondda	43.37
6	Munslow, Seren	11	Monnow	44.20
7	Davies, Indie B	11	Co Newport	44.92
8	John, Ella-Rose	12	Co Cardiff	45.20

**Heat 3 of 14 Finals**

1	Sommerin, Elin	13	Co Cardiff	42.79
2	Owen, Gwen	12	Merthyr Tydf	41.82
3	James, Izzy	11	Rhondda	41.35
4	Jasper, Lily	11	Co Cardiff	40.62
5	Jones, Ffion	12	Co Cardiff	41.00
6	Walters, Tegan K	13	Bridgend Cty	41.63
7	Young, Caitlin	12	Cwmbran	42.75
8	Cann, Emily B	12	Co Newport	43.05

**Heat 4 of 14 Finals**

1	Richards, Faith	13	Merthyr Tydf	40.39
2	Edwards, Nia	12	Caerphilly	39.88
3	Garrett, Ruby	15	Merthyr Tydf	39.25
4	Bevan, Ellie	14	Bridgend Swim	39.17
5	Elliott, Phoebe	15	Cwmbran	39.21
6	Jones, Jessica .	11	Rct Squad	39.34
7	Gettins, Bethan G	11	Co Newport	39.94
8	Daly, Isabella B	13	Bridgend Cty	40.49

**Heat 5 of 14 Finals**

1	Butler, Olivia	12	Bridgend Swim	39.02
2	Scofield, Niamh	12	Rct Squad	38.74
3	Zyniewicz, Anna	12	Co Newport	38.35
4	Meenagh, Mai Van	11	Co Cardiff	37.97
5	Ames, Cici	15	Co Newport	38.30
6	Davies, Sophia	11	Rct Squad	38.59
7	Jones, Lola-Grace	11	Merthyr Tydf	38.94
8	Ballinger, Scarlett	12	Rhondda	39.02

**Heat 6 of 14 Finals**

1	Beecham, Grace E	12	Co Newport	37.72
2	Bryant, Penelope	13	Co Cardiff	37.34
3	Batrick, Alexa C	13	Co Newport	37.19
4	Godsell, Matilda L	13	Bridgend Cty	37.17
5	Radu, Natalia	13	Rhondda	37.19
6	Reasons, Darcy	11	Abertillery	37.32
7	Jones, Lily-Rose	14	Co Cardiff	37.65
8	Stephenson, Lucy	15	Heads Valley	37.72

**Heat 7 of 14 Finals**

1	Carter, Bella	14	Monnow	37.15
2	Boyd, Chloe	13	Co Cardiff	37.00
3	Evans, Gwennan M	13	Co Newport	36.89
4	Pesevska, Monika	15	Co Cardiff	36.40
5	Rees, Maisie	13	Rct Squad	36.70
6	Davies, Darcey	14	Rct Squad	36.92
7	Macintyre-Jones, Arwen	14	Heads Valley	37.12
8	Cooksey-Owen, Ruby-Ma	12	Rhondda	37.15

**Heat 8 of 14 Finals**

1	Fowler, Maisie	12	Rct Squad	36.31
2	Morgan-Basini, Ruby-Ma	11	Abertillery	36.02
3	Clayton, Jasmine I	13	Co Newport	35.73
4	Reed, Isabella	12	Co Cardiff	35.69
5	Morgan-Basini, Roca-Jay	13	Abertillery	35.71
6	Williams, Lili	12	Rct Squad	35.83
7	Bendon, Megan	15	Cwmbran	36.09
8	Harmer, Gracy	15	Caerphilly	36.32

**Heat 9 of 14 Finals**

1	Williams, Olivia	14	Rct Squad	35.44
2	Sullivan, Ariana	13	Caerphilly	35.19
3	Nicholls, Esther	13	Caerphilly	34.90
4	Walker, Emily J	16	Chepstow	34.82
5	Ling, Olivia	13	Co Cardiff	34.90
6	Thomas, Holly L	16	Bridgend Cty	35.04
7	Hardwicke, Martha G	14	Bridgend Cty	35.19
8	Gordon, Mabli	12	Co Cardiff	35.59

**Heat 10 of 14 Finals**

1	James, Grace E	14	Bridgend Cty	34.59
2	Sweet-Roberts, Pip	11	Torfaen Dol	34.49
3	Jones, Lola H	14	Torfaen Dol	33.59
4	Palmer-Jones, Evie	18	Co Cardiff	33.50
5	Parfitt, Kali L	13	Torfaen Dol	33.50
6	Reilly, Manon	15	Rct Squad	34.46
7	Smith, Summer	14	Rct Squad	34.50
8	George, Ellie	12	Rct Squad	34.71

**Heat 11 of 14 Finals**

1 Lloyd, Ffion H	16 Co Newport	33.42
2 Nutt, Kira	16 Caerphilly	33.32
3 Hurley, Sienna-Grace	13 Bridgend Cty	33.26
4 Sweeney, Jessica A	18 Co Newport	33.12
5 Tejado, Lola	12 Co Cardiff	33.20
6 Andrews, Bella R	13 Co Newport	33.28
7 Givvons, Imogen G	13 Co Newport	33.39
8 Banning, Lilwen	16 Merthyr Tydf	33.43

**Heat 12 of 14 Finals**

1 Goddard, Amy R	14 Rhondda	32.84
2 Barr, Angharad	16 Caerphilly	32.56
3 Brassington, Lucy	16 Co Cardiff	32.00
4 Jones, Maisie	13 Co Cardiff	31.70
5 Francis-Parker, Tesni	17 Torfaen Dol	31.72
6 Hughes-Rolls, Ava L	14 Torfaen Dol	32.23
7 Haddrell, Eva Lily	15 Bridgend Cty	32.74
8 Davies-Jones, Hannah Z	14 Bridgend Cty	33.05

**Heat 13 of 14 Finals**

1 Matthews, Elin	13 Co Cardiff	31.56
2 Sweet-Roberts, Rosie	15 Torfaen Dol	31.40
3 Adams, Jaimee	17 Co Cardiff	31.25
4 Powell, Ava L	14 Co Newport	30.01
5 Offside, Poppy L	16 Torfaen Dol	30.35
6 Dacey, Mollie	15 Co Cardiff	31.37
7 Martin, Lara E	15 Bridgend Cty	31.45
8 Salmon, Gwen	16 Rct Squad	31.66

**Heat 14 of 14 Finals**

1 Gibson, Mari	15 Co Cardiff	29.70
2 Harness, Meredith	20 Co Cardiff	28.90
3 Grant, Lucy E	16 Co Newport	28.52
4 Beynon, Annaliese	23 Co Cardiff	27.50
5 Lee, Edith	13 Co Cardiff	28.10
6 Morgan, Isabel	19 Co Cardiff	28.60
7 O Callaghan, Faye	18 Co Cardiff	29.60
8 Titchener, Megan L	15 Torfaen Dol	29.90

**Event 115 Boys 11 & Over 1500 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

3 Banning, Arthen	13 Merthyr Tydf	24:14.00
4 Rees, Daniel	13 Co Cardiff	20:23.38
5 Barry, Isaac T	14 Co Newport	22:27.76

**Heat 2 of 2 Finals**

2 Whittaker, Luke A	13 Bridgend Cty	19:32.98
3 Davies, Brynley	13 Co Newport	18:55.75
4 McGuinness, Charlie D	17 Torfaen Dol	16:28.40
5 Whittaker, Daniel R	17 Bridgend Cty	18:15.77
6 Brock, Freddy	14 Rct Squad	19:16.42
7 Chalk, William I	15 Co Newport	19:49.93

**Event 116 Girls 11 & Over 50 SC Meter Backstroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 15 Finals**

1 Carre, Isabelle	11 Rhondda	49.04
2 Jenkins, Francesca	12 Co Cardiff	47.38
3 Martin, Seren	12 Cwmbran	46.79
4 Smith, Cariad	11 Cwmbran	46.47
5 Newey, Amelia V	11 Torfaen Dol	46.60
6 Bateman, Mercy	11 Rct Squad	46.91
7 Baulch, Aderyn L	11 Co Newport	47.83
8 Offers, Nancie	11 Abertillery	49.27

**Heat 2 of 15 Finals**

1 Williams, Isabella	11 Rct Squad	45.73
2 Duggan, Grace L	11 Bridgend Cty	45.34
3 Jasinska, Maria	11 Co Newport	44.78
4 Davies, Bethan	13 Rct Squad	44.41
5 Walters, Tegan K	13 Bridgend Cty	44.65
6 Collins, Evie	12 Rct Squad	45.33
7 Munslow, Seren	11 Monnow	45.40
8 Davies, Lowri R	12 Co Newport	45.99

**Heat 3 of 15 Finals**

1 Hopkins, Ava	11 Rct Squad	43.90
2 Sommerin, Elin	13 Co Cardiff	43.55
3 Rothwell, Emily	12 Co Cardiff	43.22
4 Crump, Lily-May R	11 Bridgend Cty	43.04
5 Llewellyn, Mali	11 Bridgend Cty	43.22
6 John, Ella-Rose	12 Co Cardiff	43.40
7 Santoro, Bianca	11 Co Cardiff	43.70
8 Willis, Ffion L	11 Torfaen Dol	43.94

**Heat 4 of 15 Finals**

1 Young, Caitlin	12 Cwmbran	42.78
2 Cartwright, Bridget	13 Rct Squad	42.49
3 Davies, Indie B	11 Co Newport	42.33
4 Williams, Taylor	14 Caerphilly	42.31
5 Mitrjaikina, Kerly S	11 Co Newport	42.32
6 Jones, Ffion	12 Co Cardiff	42.40
7 Wood, Zarah-Evelyn	13 Rhondda	42.60
8 Ryan, Mia	12 Rct Squad	42.89

**Heat 5 of 15 Finals**

1 Sanders, Heaven-Leigh A	12 Bridgend Cty	41.91
2 Price, Amie	12 Rct Squad	41.84
3 James, Izzy	11 Rhondda	41.57
4 Ames, Cici	15 Co Newport	41.15
5 Meenagh, Mai Van	11 Co Cardiff	41.47
6 Edwards, Nia	12 Caerphilly	41.70
7 Jasper, Lily	11 Co Cardiff	41.86
8 Faulds, Emily G	12 Co Newport	42.02

**Heat 6 of 15 Finals**

1 Ralph, Ffion E	14 Co Newport	40.64
2 Arnold, Jessica	16 Cwmbran	40.56
3 Jones, Lola-Grace	11 Merthyr Tydf	40.40
4 Zyniewicz, Anna	12 Co Newport	40.33
5 Morgan-Basini, Ruby-Ma	11 Abertillery	40.34
6 Gettins, Bethan G	11 Co Newport	40.56
7 Cann, Emily B	12 Co Newport	40.59
8 Radu, Natalia	13 Rhondda	40.86

**Heat 7 of 15 Finals**

1 Carre, Jasmine	16 Rhondda	39.84
2 Garrett, Ruby	15 Merthyr Tydf	39.46
3 Macintyre-Jones, Arwen	14 Heads Valley	39.30
4 Davies, Sophia	11 Rct Squad	39.17
5 Boyd, Chloe	13 Co Cardiff	39.30
6 Donaldson, Evie M	11 Co Newport	39.38
7 Butler, Olivia	12 Bridgend Swim	39.84
8 Ballinger, Scarlett	12 Rhondda	40.26

**Heat 8 of 15 Finals**

1 Cooksey-Owen, Ruby-Ma	12 Rhondda	38.82
2 Richards, Faith	13 Merthyr Tydf	38.74
3 Jones, Jessica .	11 Rct Squad	38.66
4 Andrews, Bella R	13 Co Newport	38.25
5 Cox, Isabelle	13 Co Cardiff	38.65
6 Sullivan, Ariana	13 Caerphilly	38.66
7 Williams, Olivia	14 Rct Squad	38.82
8 Scofield, Niamh	12 Rct Squad	38.95

**Heat 9 of 15 Finals**

1 Williams, Lili	12 Rct Squad	38.14
2 Jones, Lily-Rose	14 Co Cardiff	37.96
3 Coles, Mya E	13 Co Newport	37.93
4 Eyre, Gracie	11 Co Cardiff	37.88
5 Banning, Lilwen	16 Merthyr Tydf	37.89
6 Battrick, Alexa C	13 Co Newport	37.94
7 Harmer, Gracy	15 Caerphilly	38.11
8 Roberts, Rosie A	11 Torfaen Dol	38.24

**Heat 10 of 15 Finals**

1 Gordon, Mabli	12 Co Cardiff	37.58
2 Thomas, Hannah	14 Rct Squad	37.51
3 McNamara, Imogen	13 Co Cardiff	36.97
4 Walker, Emily J	16 Chepstow	36.89
5 Givvons, Imogen G	13 Co Newport	36.96
6 Hardwicke, Martha G	14 Bridgend Cty	37.29
7 Clayton, Jasmine I	13 Co Newport	37.56
8 Ling, Olivia	13 Co Cardiff	37.63

**Heat 11 of 15 Finals**

1 Reasons, Darcy	11 Abertillery	36.83
2 Weston, Grace	14 Rct Squad	36.49
3 Bastyan, Ava-Rose	14 Torfaen Dol	36.30
4 Hurley, Sienna-Grace	13 Bridgend Cty	35.87
5 Reed, Isabella	12 Co Cardiff	35.94
6 Bastyan, Emily-Grace	14 Torfaen Dol	36.46
7 Stephenson, Lucy	15 Heads Valley	36.75
8 Godsell, Matilda L	13 Bridgend Cty	36.83

**Heat 12 of 15 Finals**

1 Thomas, Holly L	16 Bridgend Cty	35.82
2 Nicholls, Esther	13 Caerphilly	35.79
3 Palmer-Jones, Evie	18 Co Cardiff	35.38
4 Matthews, Elin	13 Co Cardiff	35.20
5 Barr, Angharad	16 Caerphilly	35.28
6 Hughes-Rolls, Ava L	14 Torfaen Dol	35.71
7 Davies, Darcey	14 Rct Squad	35.81
8 Reilly, Manon	15 Rct Squad	35.85

**Heat 13 of 15 Finals**

1 George, Ellie	12 Rct Squad	34.98
2 Schumm, Libby	14 Torfaen Dol	34.64
3 Lloyd, Ffion H	16 Co Newport	34.57
4 Blake, Emily	16 Co Cardiff	34.28
5 Haddrell, Eva Lily	15 Bridgend Cty	34.36
6 Rees, Maisie	13 Rct Squad	34.62
7 Fowler, Maisie	12 Rct Squad	34.97
8 Jones, Maisie	13 Co Cardiff	35.15

**Heat 14 of 15 Finals**

1 Howson, Ellen M	14 Co Newport	33.82
2 Martin, Lara E	15 Bridgend Cty	33.48
3 Offside, Poppy L	16 Torfaen Dol	33.08
4 Thomas, Ffion L	16 Bridgend Cty	33.00
5 Stork, Niamh	19 Co Cardiff	33.07
6 Williams, Rose	15 Co Cardiff	33.30
7 Parfitt, Kali L	13 Torfaen Dol	33.74
8 Smith, Summer	14 Rct Squad	34.22

**Heat 15 of 15 Finals**

1 Willmore, Isabella R	17 Co Newport	32.19
2 James, Grace E	14 Bridgend Cty	31.93
3 Powell, Ava L	14 Co Newport	31.41
4 Keepings, Charlotte A	17 Co Newport	30.67
5 Salmon, Gwen	16 Rct Squad	31.27
6 O Callaghan, Faye	18 Co Cardiff	31.86
7 Dacey, Mollie	15 Co Cardiff	32.07
8 Grant, Lucy E	16 Co Newport	32.50

**SESSION 2 Warm up 8.30am Start 9.35am****Event 211 Boys 11 & Over 200 SC Meter IM**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 9 Finals**

1 Woodward, Ethan H	11	Bridgend Cty	3:37.54
2 Harris, Max	11	Bridgend Swim	3:28.79
3 Sutton, Harry	12	Co Cardiff	3:24.68
4 Frampton, Rhydian	11	Rct Squad	3:16.79
5 Hopkins, Luc P	12	Torfaen Dol	3:21.98
6 D'Cruz, Dylan	12	Rct Squad	3:26.21
7 Ban Jona, Krisztian	12	Co Newport	3:29.25
8 Nicholas, Luca	11	Bridgend Swim	3:42.53

**Heat 2 of 9 Finals**

1 Chalk, Alistair H	11	Co Newport	3:14.59
2 Theron, Izak	13	Co Cardiff	3:09.36
3 Richards, Daniel	14	Merthyr Tydf	3:06.92
4 Howe, Inigo W	14	Torfaen Dol	3:06.40
5 Arnold, David	14	Cwmbran	3:06.54
6 Altordai, Junnosuke	12	Co Cardiff	3:07.14
7 Harvey, Hugo	12	Co Cardiff	3:11.90
8 Watkins, Ffinian	13	Heads Valley	3:16.31

**Heat 3 of 9 Finals**

1 Volausek, Noah	12	Co Cardiff	3:05.16
2 Everson, Sonny R	13	Co Newport	3:04.54
3 Davies, Tom M	13	Co Newport	3:02.06
4 Jones, Jayden	12	Caerphilly	2:59.59
5 Reece, Liam A	13	Co Newport	2:59.78
6 Butwell, Ollie	12	Co Cardiff	3:03.89
7 Timbrell, George H	12	Co Newport	3:05.14
8 Csoban, Benjamin	12	Co Newport	3:06.20

**Heat 4 of 9 Finals**

1 Gruffydd, Ned	13	Co Cardiff	2:59.13
2 Duggan, Elliot A	12	Bridgend Cty	2:57.29
3 Jones, Luke S	14	Co Newport	2:54.57
4 Jones, Noah B	12	Torfaen Dol	2:51.32
5 Davies, Blake	13	Co Cardiff	2:53.19
6 Williams, Tomos M	13	Chepstow	2:56.19
7 Davies, Rhodri	13	Co Cardiff	2:58.41
8 Castillo, Airam	12	Co Cardiff	2:59.50

**Heat 5 of 9 Finals**

1 Davies, William D	16	Co Newport	2:49.69
2 Jones, Sebastien M	13	Torfaen Dol	2:46.60
3 Tucker, Ethan H	15	Chepstow	2:45.49
4 Vinh, Joshua	14	Co Newport	2:43.31
5 Deacon, Cameron	13	Co Cardiff	2:44.40
6 Whittaker, Luke A	13	Bridgend Cty	2:46.38
7 Parfitt, Sebastian	13	Co Cardiff	2:49.40
8 Miles, Harry	13	Co Cardiff	2:51.01

**Heat 6 of 9 Finals**

1 Lewis, Gethin R	15	Bridgend Cty	2:43.05
2 Mansfield, Harry E	14	Bridgend Cty	2:37.93
3 Gwynfil, Solomon	13	Co Cardiff	2:37.35
4 Brock, Freddy	14	Rct Squad	2:34.75
5 Nemtsov, Alexandros	15	Co Cardiff	2:34.88
6 Chalk, William I	15	Co Newport	2:37.87
7 Hewitt, Archie E	13	Torfaen Dol	2:41.40
8 Vong, Joshua J	13	Co Newport	2:43.22

**Heat 7 of 9 Finals**

1 Temby, Jacob	15	Co Cardiff	2:29.07
2 Hole, Ethan	14	Co Cardiff	2:26.70
3 Henschell, Logan	15	Co Cardiff	2:24.30
4 Major, Maximus J	13	Co Newport	2:23.58
5 Davies, Gavin	16	Co Newport	2:24.24
6 Hines, Thomas	15	Co Cardiff	2:25.09
7 Spinks, Owen H	15	Torfaen Dol	2:28.55
8 Fletcher, Miles	13	Co Cardiff	2:34.54

**Heat 8 of 9 Finals**

1 McLain, Archie J	17	Torfaen Dol	2:20.10
2 Edwards, Ross	14	Co Cardiff	2:19.50
3 Ma, Ko Kwan	14	Co Cardiff	2:16.42
4 John, Finlay T	17	Bridgend Cty	2:15.65
5 Sheppard, Rhydian	16	Co Cardiff	2:16.10
6 Winstone, Evan	17	Co Cardiff	2:16.70
7 Broom, Dylan H	21	Torfaen Dol	2:20.00
8 Davies, Iwan	15	Co Cardiff	2:20.27

**Heat 9 of 9 Finals**

1 Davies, Evan	17	Co Cardiff	2:14.40
2 O'Brien, Joshua	18	Co Cardiff	2:11.99
3 Burns, Harry	18	Co Cardiff	2:11.00
4 Lee, Tristan	17	Co Cardiff	2:05.28
5 Arch, Rhydian	18	Co Cardiff	2:07.45
6 Geysen-Holley, Max	18	Co Cardiff	2:11.80
7 Lee, Ethan	17	Co Cardiff	2:12.51
8 Bamborough, Jack	15	Co Cardiff	2:14.55

**Event 212 Girls 11 & Over 400 SC Meter IM**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

3 Goss, Eden	16	Bridgend Swim	6:20.62
4 Dowling, Abigail	12	Co Cardiff	5:57.50
5 Carre, Jasmine	16	Rhondda	6:19.47
6 Pesevska, Monika	15	Co Cardiff	6:31.25

**Heat 2 of 2 Finals**

1 Lewis, Orla Rose	13	Co Cardiff	5:26.37
2 Evans, Gwenllian	14	Co Cardiff	5:19.04
3 Owen, Gracie E	15	Torfaen Dol	5:11.25
4 Rathbone-Jones, Eloise	19	Co Cardiff	4:52.65
5 Gibson, Mari	15	Co Cardiff	5:09.50
6 Hickman, Eve R	18	Bridgend Cty	5:18.50
7 Faulkner, Marie	18	Co Cardiff	5:21.78
8 Ribeiro, Ariana	12	Co Cardiff	5:49.55

**Event 213 Boys 11 & Over 100 SC Meter****Breaststroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 6 Finals**

3 Jones, Jayden	12	Caerphilly	1:44.05
4 Swetman, Oliver	11	Co Cardiff	1:41.47
5 D'Cruz, Dylan	12	Rct Squad	1:42.69
6 Palmer, Evan L	11	Torfaen Dol	1:48.63

**Heat 2 of 6 Finals**

1 Miles, Harry	13	Co Cardiff	1:36.80
2 Davies, Brynley	13	Co Newport	1:34.54
3 Davies, Rhodri	13	Co Cardiff	1:33.70
4 Csoban, Benjamin	12	Co Newport	1:32.27
5 Harvey, Jack	13	Co Cardiff	1:32.40
6 Wratten, Finnley	14	Cwmbran	1:33.89
7 Willis, Samuel M	14	Torfaen Dol	1:34.85
8 Frampton, Rhydian	11	Rct Squad	1:41.18

**Heat 3 of 6 Finals**

1 Jones, Luke S	14 Co Newport	1:32.03
2 Jenkins, Gethin R	14 Bridgend Cty	1:29.65
3 Fudge, Marcus	15 Rct Squad	1:28.00
4 Vong, Joshua J	13 Co Newport	1:27.47
5 Herron, Noah A	13 Co Newport	1:27.82
6 Schofield, Thomas	14 Heads Valley	1:28.24
7 Jones, Noah B	12 Torfaen Dol	1:31.04
8 Volausek, Noah	12 Co Cardiff	1:32.17

**Heat 4 of 6 Finals**

1 Giles, Brodie	13 Bridgend Swim	1:26.62
2 Henley, Lewis	14 Heads Valley	1:25.60
3 Cooksey, Regan	17 Rhondda	1:22.38
4 Rees-Jones, Jack	17 Merthyr Tydf	1:20.84
5 Rees, Daniel	13 Co Cardiff	1:21.17
6 Warman-Powell, Ioan G	13 Torfaen Dol	1:22.91
7 Adams, Ronan	15 Bridgend Swim	1:26.25
8 Hewitt, Archie E	13 Torfaen Dol	1:27.30

**Heat 5 of 6 Finals**

1 Hole, Ethan	14 Co Cardiff	1:16.12
2 Rosser, Dewi	18 Cwmbran	1:15.20
3 James, Rhys	14 Rct Squad	1:14.04
4 James, Jack S	16 Torfaen Dol	1:11.05
5 Temby, Jacob	15 Co Cardiff	1:13.20
6 Henschell, Logan	15 Co Cardiff	1:14.30
7 Doyle, Alfie	15 Co Newport	1:15.23
8 Nemtsov, Alexandros	15 Co Cardiff	1:16.27

**Heat 6 of 6 Finals**

1 Williams, Luke T	15 Co Newport	1:10.18
2 Ma, Ko Kwan	14 Co Cardiff	1:09.82
3 Fox-Wiltshire, Benjamin	18 Co Cardiff	1:05.93
4 Anderson, Maxwell	18 Co Cardiff	1:02.40
5 Lee, Tristan	17 Co Cardiff	1:05.00
6 Sheppard, Rhydian	16 Co Cardiff	1:06.50
7 Winstone, Evan	17 Co Cardiff	1:10.04
8 Preece, Toby	16 Cwmbran	1:11.02

**Event 214 Girls 11 & Over 200 SC Meter Backstroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 7 Finals**

3 Soffe, Bronwyn E	11 Co Newport	3:30.80
4 John, Ella-Rose	12 Co Cardiff	3:17.90
5 Roberts, Leah	13 Cwmbran	3:21.54

**Heat 2 of 7 Finals**

2 Sommerin, Elin	13 Co Cardiff	3:11.50
3 Jones, Ffion	12 Co Cardiff	3:07.09
4 Scofield, Niamh	12 Rct Squad	3:06.31
5 Pesevska, Monika	15 Co Cardiff	3:06.69
6 Wilsher, Suki	12 Co Cardiff	3:09.26
7 Faulds, Emily G	12 Co Newport	3:16.86

**Heat 3 of 7 Finals**

1 Colcombe, Liv	13 Co Cardiff	3:03.19
2 Altordai, Yume	14 Co Cardiff	3:01.00
3 Morgan-Basini, Ruby-Ma	11 Abertillery	2:59.97
4 Prosser, Sofia	11 Merthyr Tydf	2:56.81
5 Adams, Sian	13 Co Cardiff	2:58.10
6 Eyre, Gracie	11 Co Cardiff	3:00.09
7 Elliott, Phoebe	15 Cwmbran	3:02.87
8 Ralph, Ffion E	14 Co Newport	3:05.96

**Heat 4 of 7 Finals**

1 Cox, Isabelle	13 Co Cardiff	2:55.30
2 Lewis, Harriet	11 Co Cardiff	2:50.01
3 Fowler, Maisie	12 Rct Squad	2:47.95
4 Thomas, Hannah	14 Rct Squad	2:46.62
5 Givvons, Imogen G	13 Co Newport	2:46.73
6 Reasons, Darcy	11 Abertillery	2:48.76
7 Stephenson, Lucy	15 Heads Valley	2:51.89
8 Roberts, Rosie A	11 Torfaen Dol	2:56.40

**Heat 5 of 7 Finals**

1 Howson, Ellen M	14 Co Newport	2:43.08
2 Lloyd, Ffion H	16 Co Newport	2:39.41
3 Curkovic, Lota	13 Co Cardiff	2:37.39
4 Haddrell, Eva Lily	15 Bridgend Cty	2:35.69
5 George, Ellie	12 Rct Squad	2:37.34
6 Marshall, Ffion	13 Co Cardiff	2:37.86
7 Ling, Olivia	13 Co Cardiff	2:39.61
8 Bendon, Megan	15 Cwmbran	2:46.37

**Heat 6 of 7 Finals**

1 Blake, Emily	16 Co Cardiff	2:33.33
2 Parfitt, Lucy	15 Co Cardiff	2:31.61
3 Crawshay-Williams, Emil	15 Torfaen Dol	2:29.70
4 Anderson, Rosalie	13 Co Cardiff	2:27.60
5 Gruffydd, Mali	16 Co Cardiff	2:29.70
6 Kay, Isabelle	15 Rct Squad	2:30.68
7 Wardell, Cari	14 Co Cardiff	2:32.29
8 Jones, Evie	15 Merthyr Tydf	2:34.66

**Heat 7 of 7 Finals**

1 Salmon, Gwen	16 Rct Squad	2:27.35
2 Donovan, Kelsey	18 Co Cardiff	2:22.84
3 Cull, Harriett	16 Co Cardiff	2:22.04
4 Fox, Honor	16 Co Cardiff	2:19.48
5 Titchener, Megan L	15 Torfaen Dol	2:21.36
6 John, Emilia	16 Co Cardiff	2:22.72
7 Dacey, Mollie	15 Co Cardiff	2:25.90
8 Nowell, Gabriella J	18 Torfaen Dol	2:27.60

**Event 215 Boys 11 & Over 50 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 16 Finals**

1 Lee, Oliver	11 Monnow	41.40
2 Davies, Jake E	11 Co Newport	40.45
3 Williams, Zach J	12 Torfaen Dol	39.57
4 Woodward, Ethan H	11 Bridgend Cty	39.26
5 Schofield, Lewis	11 Heads Valley	39.50
6 Banks, Oliver	11 Torfaen Dol	39.83
7 Nicholas, Luca	11 Bridgend Swim	40.60
8 Watkins, Iolo	11 Heads Valley	41.87

**Heat 2 of 16 Finals**

1 D'Cruz, Dylan	12 Rct Squad	38.13
2 Johnson, Cai	12 Cwmbran	37.15
3 Swetman, Oliver	11 Co Cardiff	36.50
4 Pound, Leon	12 Rct Squad	35.68
5 Hopkins, Luc P	12 Torfaen Dol	35.72
6 Theron, Izak	13 Co Cardiff	36.70
7 Ban Jona, Krisztian	12 Co Newport	37.97
8 Nemtsov, Andreas	12 Co Cardiff	38.23

**Heat 3 of 16 Finals**

1 Harris, Max	11 Bridgend Swim	34.91
2 Bick, Morgan T	11 Torfaen Dol	34.69
3 Volausek, Noah	12 Co Cardiff	34.19
4 Palmer, Evan L	11 Torfaen Dol	34.00
5 Altordai, Junnosuke	12 Co Cardiff	34.10
6 Timbrell, George H	12 Co Newport	34.23
7 Sutton, Harry	12 Co Cardiff	34.70
8 Chalk, Alistair H	11 Co Newport	35.01

**Heat 4 of 16 Finals**

1 Gruffydd, Ned	13 Co Cardiff	33.90
2 Edwards, Evan L	13 Torfaen Dol	33.82
3 Everson, Sonny R	13 Co Newport	33.35
4 Jones, Noah B	12 Torfaen Dol	33.10
5 Reece, Liam A	13 Co Newport	33.32
6 Harvey, Jack	13 Co Cardiff	33.80
7 Csoban, Benjamin	12 Co Newport	33.83
8 Butwell, Ollie	12 Co Cardiff	33.90

**Heat 5 of 16 Finals**

1 Spinks, Rhys H	13 Torfaen Dol	32.71
2 Davies, Tom M	13 Co Newport	32.46
3 Caldicott, Lewis W	13 Co Newport	32.05
4 James, Tristan H	14 Bridgend Cty	31.91
5 Cates, James	14 Merthyr Tydf	32.02
6 Watts, Macsen	13 Heads Valley	32.21
7 Davies, Rhodri	13 Co Cardiff	32.51
8 Arnold, David	14 Cwmbran	32.89

**Heat 6 of 16 Finals**

1 Gregory, Jaiden	12 Rhondda	31.72
2 Gilligan, Henry	13 Rct Squad	31.34
3 Willis, Samuel M	14 Torfaen Dol	31.24
4 Harvey, Hugo	12 Co Cardiff	31.20
5 Williams, Tomos M	13 Chepstow	31.20
6 Hopkins, Charlie T	15 Co Newport	31.32
7 Duggan, Elliot A	12 Bridgend Cty	31.65
8 Parfitt, Sebastian	13 Co Cardiff	31.80

**Heat 7 of 16 Finals**

1 Watkins, Ffinian	13 Heads Valley	31.12
2 Taylor, Nicholas A	12 Torfaen Dol	31.07
3 Miles, Harry	13 Co Cardiff	30.90
4 Davies, Brynley	13 Co Newport	30.74
5 James, Owain	15 Rct Squad	30.87
6 Chalk, William I	15 Co Newport	31.05
7 Adams, Ronan	15 Bridgend Swim	31.10
8 Henley, Lewis	14 Heads Valley	31.17

**Heat 8 of 16 Finals**

1 Bastyan, Tobias-Luke	12 Torfaen Dol	30.12
2 Jones, Jayden	12 Caerphilly	30.09
3 Price, Evan	14 Bridgend Swim	29.95
4 Davies, Blake	13 Co Cardiff	29.92
5 Gwynfil, Solomon	13 Co Cardiff	29.94
6 Howe, Inigo W	14 Torfaen Dol	30.05
7 Vong, Joshua J	13 Co Newport	30.09
8 Schofield, Thomas	14 Heads Valley	30.43

**Heat 9 of 16 Finals**

1 Warman-Powell, Ioan G	13 Torfaen Dol	29.68
2 Jones, Luke S	14 Co Newport	29.51
3 Whittaker, Luke A	13 Bridgend Cty	29.41
4 Frole, Iwan C	16 Bridgend Cty	29.10
5 Caldicott, Elliot F	15 Co Newport	29.29
6 Brock, Freddy	14 Rct Squad	29.45
7 Hiscox, Jac	14 Rct Squad	29.57
8 Jones, Sebastien M	13 Torfaen Dol	29.88

**Heat 10 of 16 Finals**

1 Herron, Noah A	13 Co Newport	29.07
2 Tucker, Ethan H	15 Chepstow	28.88
3 Fudge, Marcus	15 Rct Squad	28.48
4 Jones, Harrison L	16 Bridgend Cty	28.36
5 Lawler, Neil	15 Monnow	28.39
6 Vinh, Joshua	14 Co Newport	28.59
7 Castillo, Airam	12 Co Cardiff	29.0
8 Hewitt, Archie E	13 Torfaen Dol	29.10

**Heat 11 of 16 Finals**

1 Nemtsov, Alexandros	15 Co Cardiff	28.30
2 White, Alex	17 Rhondda	28.09
3 Fletcher, Miles	13 Co Cardiff	28.00
4 Howe, Albie S	16 Torfaen Dol	27.96
5 Aylen, James E	16 Bridgend Cty	27.99
6 Ballantyne, Alex	14 Bridgend Swim	28.03
7 Doyle, Alfie	15 Co Newport	28.24
8 Mansfield, Harry E	14 Bridgend Cty	28.32

**Heat 12 of 16 Finals**

1 Williams, Luke T	15 Co Newport	27.72
2 Cooksey, Regan	17 Rhondda	27.65
3 Deacon, Cameron	13 Co Cardiff	27.30
4 Price-Davies, Owen	17 Heads Valley	27.13
5 Lewis, Gethin R	15 Bridgend Cty	27.13
6 Temby, Jacob	15 Co Cardiff	27.34
7 James, Rhys	14 Rct Squad	27.67
8 Rees, Daniel	13 Co Cardiff	27.74

**Heat 13 of 16 Finals**

1 Evans, Owen L	15 Bridgend Cty	26.93
2 Williams, Cai M	17 Bridgend Cty	26.83
3 James, Jack S	16 Torfaen Dol	26.60
4 Willis, Kofi	14 Co Cardiff	26.50
5 Jasinski, Hubert	16 Co Newport	26.56
6 Rees-Jones, Jack	17 Merthyr Tydf	26.77
7 Hyett, Benjamin	17 Bridgend Swim	26.84
8 Divers, Connor	16 Caerphilly	27.06

**Heat 14 of 16 Finals**

1 Major, Maximus J	13 Co Newport	26.34
2 Davies, Iwan	15 Co Cardiff	26.20
3 McLain, Archie J	17 Torfaen Dol	26.00
4 Haines, Thomas	15 Co Cardiff	25.84
5 McGuinness, Charlie D	17 Torfaen Dol	25.90
6 Davies, William D	16 Co Newport	26.15
7 Whittaker, Daniel R	17 Bridgend Cty	26.20
8 Spinks, Owen H	15 Torfaen Dol	26.48

**Heat 15 of 16 Finals**

1 Ma, Ko Kwan	14 Co Cardiff	25.50
2 Bamborough, Jack	15 Co Cardiff	25.23
3 Broom, Dylan H	21 Torfaen Dol	25.00
4 Owen, Vinnie	15 Co Cardiff	24.90
5 Southwood, Charlie M	16 Torfaen Dol	24.90
6 Preece, Toby	16 Cwmbran	25.16
7 Vaughan, William	16 Rct Squad	25.27
8 Winstone, Evan	17 Co Cardiff	25.68

**Heat 16 of 16 Finals**

1 Mruk, Lucas J	15 Torfaen Dol	24.70
2 Jones, Daniel	24 Cwmbran	24.42
3 Geysen-Holley, Max	18 Co Cardiff	23.65
4 Davies, Evan	17 Co Cardiff	23.06
5 James, Harley	18 Co Cardiff	23.20
6 Lee, Ethan	17 Co Cardiff	23.90
7 Pugh, Morgan R	16 Torfaen Dol	24.50
8 Hughes, Cian	18 Co Cardiff	24.80

**SESSION 3 Warm up 11.40am Start 12.40pm****Event 221 Boys 11 & Over 100 SC Meter Backstroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 8 Finals**

3 Woodward, Ethan H	11	Bridgend Cty	1:38.66
4 Samuel, Jake	12	Abertillery	1:37.17
5 James, Joshua	11	Co Cardiff	1:38.05
6 Watkins, Iolo	11	Heads Valley	1:41.13

**Heat 2 of 8 Finals**

2 Nemtsov, Andreas	12	Co Cardiff	1:33.24
3 Ban Jona, Krisztian	12	Co Newport	1:30.51
4 Davies, Rhodri	13	Co Cardiff	1:28.40
5 Bick, Morgan T	11	Torfaen Dol	1:29.90
6 Sutton, Harry	12	Co Cardiff	1:31.20
7 Hopkins, Luc P	12	Torfaen Dol	1:36.47

**Heat 3 of 8 Finals**

1 Palmer, Evan L	11	Torfaen Dol	1:27.54
2 Jones, Jayden	12	Caerphilly	1:25.83
3 Williams, Tomos M	13	Chepstow	1:24.88
4 Schofield, Thomas	14	Heads Valley	1:22.21
5 Butwell, Ollie	12	Co Cardiff	1:24.35
6 Theron, Izak	13	Co Cardiff	1:25.29
7 George, Declan	12	Caerphilly	1:26.18
8 Timbrell, George H	12	Co Newport	1:27.77

**Heat 4 of 8 Finals**

1 Watkins, Ffinian	13	Heads Valley	1:20.09
2 Parfitt, Sebastian	13	Co Cardiff	1:19.70
3 Gilligan, Henry	13	Rct Squad	1:17.50
4 Howe, Albie S	16	Torfaen Dol	1:14.36
5 Hewitt, Archie E	13	Torfaen Dol	1:17.11
6 Gregory, Jaiden	12	Rhondda	1:18.21
7 Herron, Noah A	13	Co Newport	1:19.84
8 Miles, Harry	13	Co Cardiff	1:20.99

**Heat 5 of 8 Finals**

1 Wratten, Joshua	15	Cwmbran	1:13.37
2 Davies, Brynley	13	Co Newport	1:11.15
3 Lewis, Gethin R	15	Bridgend Cty	1:09.89
4 Whittaker, Daniel R	17	Bridgend Cty	1:09.16
5 Fudge, Marcus	15	Rct Squad	1:09.51
6 Davies, Gavin	16	Co Newport	1:10.39
7 Ballantyne, Alex	14	Bridgend Swim	1:13.04
8 Gwynfil, Solomon	13	Co Cardiff	1:13.50

**Heat 6 of 8 Finals**

1 Rees, Daniel	13	Co Cardiff	1:08.54
2 Spinks, Owen H	15	Torfaen Dol	1:07.82
3 Winstone, Evan	17	Co Cardiff	1:07.40
4 Hole, Ethan	14	Co Cardiff	1:06.00
5 Mills, Ioan R	14	Torfaen Dol	1:06.67
6 Jones, Harrison L	16	Bridgend Cty	1:07.72
7 Rixon, Oliver R	15	Co Newport	1:07.84
8 Vinh, Joshua	14	Co Newport	1:09.10

**Heat 7 of 8 Finals**

1 Price-Davies, Owen	17	Heads Valley	1:05.61
2 Major, Maximus J	13	Co Newport	1:05.09
3 Davies, Iwan	15	Co Cardiff	1:03.30
4 Arch, Rhydian	18	Co Cardiff	1:02.46
5 Edwards, Ross	14	Co Cardiff	1:02.66
6 Sheppard, Rhydian	16	Co Cardiff	1:04.60
7 Broom, Dylan H	21	Torfaen Dol	1:05.60
8 Aylen, James E	16	Bridgend Cty	1:05.78

**Heat 8 of 8 Finals**

1 Lee, Tristan	17	Co Cardiff	1:00.74
2 Southwood, Charlie M	16	Torfaen Dol	59.77
3 Bamborough, Jack	15	Co Cardiff	59.75
4 Knight, Jack	20	Co Cardiff	54.91
5 Fox-Wiltshire, Benjamin	18	Co Cardiff	58.07
6 Parsons, Joseph	16	Co Cardiff	59.77
7 Burns, Harry	18	Co Cardiff	59.81
8 Hughes, Cian	18	Co Cardiff	1:01.00

**Event 222 Girls 11 & Over 800 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

2 Lewis, Harriet	11	Co Cardiff	11:44.38
3 Adams, Sian	13	Co Cardiff	11:29.00
4 Bendon, Megan	15	Cwmbran	11:15.27
5 McQuaid, Maria	12	Co Cardiff	11:26.48
6 Boyd, Chloe	13	Co Cardiff	11:44.00

**Heat 2 of 3 Finals**

1 Hughes, Carys	13	Bridgend Cty	11:10.17
2 Richards, Faith	13	Merthyr Tydf	10:58.43
3 Jones, Isabella S	13	Bridgend Cty	10:19.53
4 Sweeney, Jessica A	18	Co Newport	10:11.58
5 Lewis, Hollie	16	Bridgend Swim	10:13.90
6 Howson, Ellen M	14	Co Newport	10:29.66
7 Morgan, Isabelle L	15	Co Newport	11:05.86
8 Edwards, Carys	13	Caerphilly	11:10.88

**Heat 3 of 3 Finals**

1 Iles, Jessica	13	Co Cardiff	9:57.7
2 Kay, Isabelle	15	Rct Squad	9:50.32
3 Jones, Lucy K	16	Co Newport	9:38.30
4 Gruffydd, Mali	16	Co Cardiff	9:25.50
5 Marshall, Polly H	18	Co Newport	9:33.27
6 Ingram, Olivia	15	Co Cardiff	9:40.03
7 Daly, Kirsten E	17	Bridgend Cty	9:53.09
8 Williams, Olivia	15	Co Cardiff	10:02.20

**Event 223 Boys 11 & Over 100 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 14 Finals**

3 Schofield, Lewis	11	Heads Valley	1:31.28
4 Woodward, Ethan H	11	Bridgend Cty	1:26.85
5 James, Joshua	11	Co Cardiff	1:31.07

**Heat 2 of 14 Finals**

1 Johnson, Cai	12	Cwmbran	1:24.70
2 D'Cruz, Dylan	12	Rct Squad	1:23.78
3 Harris, Max	11	Bridgend Swim	1:21.74
4 Spinks, Rhys H	13	Torfaen Dol	1:18.88
5 Sutton, Harry	12	Co Cardiff	1:19.70
6 Samuel, Jake	12	Abertillery	1:23.05
7 Nemtsov, Andreas	12	Co Cardiff	1:24.69
8 Watkins, Iolo	11	Heads Valley	1:26.60

**Heat 3 of 14 Finals**

1 Palmer, Evan L	11	Torfaen Dol	1:17.88
2 Timbrell, George H	12	Co Newport	1:16.22
3 Bick, Morgan T	11	Torfaen Dol	1:15.90
4 Edwards, Evan L	13	Torfaen Dol	1:15.02
5 Duggan, Elliot A	12	Bridgend Cty	1:15.44
6 Watkins, Ffinian	13	Heads Valley	1:16.05
7 Altordai, Junnosuke	12	Co Cardiff	1:17.17
8 Banning, Arthen	13	Merthyr Tydf	1:18.55



**Heat 4 of 14 Finals**

1 Gilligan, Henry	13 Rct Squad	1:14.54
2 Csoban, Benjamin	12 Co Newport	1:14.15
3 Wratten, Finnley	14 Cwmbran	1:13.70
4 Davies, Tom M	13 Co Newport	1:12.47
5 Jones, Noah B	12 Torfaen Dol	1:12.61
6 Gruffydd, Ned	13 Co Cardiff	1:14.10
7 Arnold, David	14 Cwmbran	1:14.36
8 Frampton, Rhydian	11 Rct Squad	1:14.90

**Heat 5 of 14 Finals**

1 Miles, Harry	13 Co Cardiff	1:10.95
2 Caldicott, Lewis W	13 Co Newport	1:10.57
3 Willis, Samuel M	14 Torfaen Dol	1:09.99
4 Cates, James	14 Merthyr Tydf	1:09.85
5 Gregory, Jaiden	12 Rhondda	1:09.94
6 Williams, Tomos M	13 Chepstow	1:10.03
7 Davies, Rhodri	13 Co Cardiff	1:10.80
8 Volausek, Noah	12 Co Cardiff	1:11.35

**Heat 6 of 14 Finals**

1 Schofield, Thomas	14 Heads Valley	1:09.15
2 James, Owain	15 Rct Squad	1:07.67
3 Bastyan, Tobias-Luke	12 Torfaen Dol	1:06.45
4 Price, Evan	14 Bridgend Swim	1:05.64
5 Castillo, Airam	12 Co Cardiff	1:06.40
6 Wratten, Joshua	15 Cwmbran	1:07.38
7 Adams, Ronan	15 Bridgend Swim	1:08.67
8 Harvey, Hugo	12 Co Cardiff	1:09.44

**Heat 7 of 14 Finals**

1 Herron, Noah A	13 Co Newport	1:05.43
2 Nemtsov, Alexandros	15 Co Cardiff	1:05.20
3 Vong, Joshua J	13 Co Newport	1:05.16
4 Hiscox, Jac	14 Rct Squad	1:04.83
5 Davies, Brynley	13 Co Newport	1:04.90
6 Jones, Jayden	12 Caerphilly	1:05.18
7 Howe, Inigo W	14 Torfaen Dol	1:05.26
8 Fudge, Marcus	15 Rct Squad	1:05.58

**Heat 8 of 14 Finals**

1 Ballantyne, Alex	14 Bridgend Swim	1:04.35
2 Hewitt, Archie E	13 Torfaen Dol	1:04.30
3 Caldicott, Elliot F	15 Co Newport	1:04.15
4 Roberts, Eryn	15 Bridgend Swim	1:04.00
5 Lawler, Neil	15 Monnow	1:04.15
6 Brock, Freddy	14 Rct Squad	1:04.20
7 Whittaker, Luke A	13 Bridgend Cty	1:04.30
8 Jones, Sebastien M	13 Torfaen Dol	1:04.40

**Heat 9 of 14 Finals**

1 Warman-Powell, Ioan G	13 Torfaen Dol	1:02.50
2 Gwynfil, Solomon	13 Co Cardiff	1:02.20
3 Doyle, Alfie	15 Co Newport	1:01.34
4 Evans, Owen L	15 Bridgend Cty	1:00.64
5 Lewis, Gethin R	15 Bridgend Cty	1:00.74
6 Jones, Harrison L	16 Bridgend Cty	1:01.84
7 Williams, Luke T	15 Co Newport	1:02.49
8 Cooksey, Regan	17 Rhondda	1:03.86

**Heat 10 of 14 Finals**

1 Divers, Connor	16 Caerphilly	1:00.44
2 Temby, Jacob	15 Co Cardiff	59.60
3 Hole, Ethan	14 Co Cardiff	59.30
4 James, Jack S	16 Torfaen Dol	58.76
5 Spinks, Owen H	15 Torfaen Dol	58.93
6 Fletcher, Miles	13 Co Cardiff	59.34
7 Deacon, Cameron	13 Co Cardiff	1:00.41
8 James, Rhys	14 Rct Squad	1:00.60

**Heat 11 of 14 Finals**

1 Vinh, Joshua	14 Co Newport	58.66
2 Rees-Jones, Jack	17 Merthyr Tydf	58.48
3 Preece, Toby	16 Cwmbran	58.02
4 Henschell, Logan	15 Co Cardiff	57.90
5 Major, Maximus J	13 Co Newport	58.00
6 Davies, William D	16 Co Newport	58.03
7 Williams, Cai M	17 Bridgend Cty	58.56
8 Hyett, Benjamin	17 Bridgend Swim	58.74

**Heat 12 of 14 Finals**

1 Jasinski, Hubert	16 Co Newport	57.22
2 Davies, Iwan	15 Co Cardiff	56.70
3 John, Finlay T	17 Bridgend Cty	56.35
4 Haines, Thomas	15 Co Cardiff	56.20
5 Parsons, Joseph	16 Co Cardiff	56.30
6 McLain, Archie J	17 Torfaen Dol	56.50
7 Morgan, Lewis R	16 Bridgend Cty	56.75
8 Willis, Kofi	14 Co Cardiff	57.70

**Heat 13 of 14 Finals**

1 Vaughan, William	16 Rct Squad	55.68
2 McGuinness, Charlie D	17 Torfaen Dol	55.19
3 Anderson, Maxwell	18 Co Cardiff	54.48
4 Hughes, Cian	18 Co Cardiff	53.30
5 Southwood, Charlie M	16 Torfaen Dol	53.90
6 Mruk, Lucas J	15 Torfaen Dol	54.70
7 Ma, Ko Kwan	14 Co Cardiff	55.45
8 Owen, Vinnie	15 Co Cardiff	55.70

**Heat 14 of 14 Finals**

1 Jones, Daniel	24 Cwmbran	53.24
2 Lee, Ethan	17 Co Cardiff	52.00
3 O'Brien, Joshua	18 Co Cardiff	51.60
4 James, Harley	18 Co Cardiff	50.20
5 Davies, Evan	17 Co Cardiff	51.03
6 Geysen-Holley, Max	18 Co Cardiff	51.67
7 Bamborough, Jack	15 Co Cardiff	52.70
8 Pugh, Morgan R	16 Torfaen Dol	53.30

**Event 224 Girls 11 & Over 200 SC Meter****Breaststroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 6 Finals**

3 Jones, Zoey E	11 Co Newport	4:13.44
4 Eyre, Gracie	11 Co Cardiff	3:52.60
5 Hikary, Lena	12 Co Cardiff	3:56.59

**Heat 2 of 6 Finals**

1 Roberts, Leah	13 Cwmbran	3:48.64
2 Williams, Natasha	13 Co Newport	3:34.72
3 Davies, Macy L	11 Torfaen Dol	3:33.00
4 Owen, Gwen	12 Merthyr Tydf	3:32.11
5 Reasons, Darcy	11 Abertillery	3:32.16
6 Pesevska, Monika	15 Co Cardiff	3:33.90
7 Mustey, Elizabeth	12 Monnow	3:43.54
8 Jenkins, Francesca	12 Co Cardiff	3:49.13

**Heat 3 of 6 Finals**

1 Cook, Bronwyn	12 Co Cardiff	3:28.60
2 Evans, Gwennan M	13 Co Newport	3:22.36
3 Harding, Chloe	12 Cwmbran	3:21.80
4 Bendon, Ruby-Mai	13 Cwmbran	3:19.41
5 Price, Cerys	14 Heads Valley	3:20.67
6 Bradley, Evie	14 Cwmbran	3:22.01
7 Jones, Lily-Rose	14 Co Cardiff	3:24.80
8 Morgan-Basini, Ruby-Ma	11 Abertillery	3:28.61

**Heat 4 of 6 Finals**

1	Daly, Isabella B	13	Bridgend Cty	3:18.57
2	Kersley, Holly	13	Cwmbran	3:14.28
3	Powell, Josie	13	Bridgend Swim	3:11.86
4	Haddrell, Eva Lily	15	Bridgend Cty	3:03.21
5	Adams, Sian	13	Co Cardiff	3:10.10
6	Morgan-Basini, Roca-Jay	13	Abertillery	3:13.81
7	Sheen, Seren L	12	Co Newport	3:16.93
8	Coles, Mya E	13	Co Newport	3:19.37

**Heat 5 of 6 Finals**

1	Dowling, Abigail	12	Co Cardiff	2:53.10
2	Ribeiro, Ariana	12	Co Cardiff	2:52.00
3	Faulkner, Marie	18	Co Cardiff	2:51.21
4	Palmer-Jones, Evie	18	Co Cardiff	2:49.79
5	Lewis, Orla Rose	13	Co Cardiff	2:51.19
6	Lee, Edith	13	Co Cardiff	2:51.32
7	Gardener, Hannah B	14	Bridgend Cty	2:52.53
8	Ling, Olivia	13	Co Cardiff	3:01.00

**Heat 6 of 6 Finals**

1	Jones, Emily G	18	Co Newport	2:46.61
2	Evans, Gwenllian	14	Co Cardiff	2:43.63
3	Williams-Jones, Phoebe	17	Co Cardiff	2:32.15
4	Taylor, Theodora A	14	Torfaen Dol	2:29.80
5	Gibson, Mari	15	Co Cardiff	2:31.95
6	Crowley, Amy	18	Co Cardiff	2:34.50
7	Smith, Amelia	15	Co Cardiff	2:45.10
8	O Callaghan, Faye	18	Co Cardiff	2:47.12

**Event 225 Boys 11-14 SKINS****Event 226 Boys 15-17/over SKINS**

**SESSION 4 Warm up 3.15pm Start 4.15pm****Event 231 Girls 11 & Over 50 SC Meter Breaststroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 11 Finals**

1 Klak, Nina	11	Co Newport	54.65
2 Duggan, Grace L	11	Bridgend Cty	53.28
3 Munslow, Seren	11	Monnow	52.40
4 Martin, Seren	12	Cwmbran	51.68
5 John, Ella-Rose	12	Co Cardiff	52.30
6 Jones, Zoey E	11	Co Newport	52.84
7 Newey, Amelia V	11	Torfaen Dol	54.51
8 Jasper, Lily	11	Co Cardiff	55.18

**Heat 2 of 11 Finals**

1 Hikary, Lena	12	Co Cardiff	51.57
2 Gettins, Bethan G	11	Co Newport	50.50
3 Kaleta, Lena	12	Co Newport	50.03
4 Roberts, Rosie A	11	Torfaen Dol	49.84
5 Wells, May	13	Caerphilly	49.99
6 Faulds, Emily G	12	Co Newport	50.38
7 Scofield, Niamh	12	Rct Squad	51.33
8 Jenkins, Francesca	12	Co Cardiff	51.60

**Heat 3 of 11 Finals**

1 Llewellyn, Mali	11	Bridgend Cty	49.04
2 Beecham, Grace E	12	Co Newport	48.73
3 Wilsher, Suki	12	Co Cardiff	48.32
4 Hardwicke, Martha G	14	Bridgend Cty	47.80
5 Higgs, Cerys	14	Caerphilly	47.80
6 Richards, Faith	13	Merthyr Tydf	48.56
7 Young, Caitlin	12	Cwmbran	48.92
8 Shephard-Morris, Tilly	11	Rhondda	49.26

**Heat 4 of 11 Finals**

1 Close, Lydia	13	Monnow	47.50
2 Radu, Natalia	13	Rhondda	47.40
3 Eyre, Gracie	11	Co Cardiff	47.30
4 Moores, Jaymie A	13	Co Newport	46.67
5 Williams, Mali	12	Rhondda	46.96
6 Jones, Elsie G	14	Co Newport	47.34
7 Butler, Olivia	12	Bridgend Swim	47.41
8 Pritchard, Abbie	14	Cwmbran	47.68

**Heat 5 of 11 Finals**

1 Mustey, Elizabeth	12	Monnow	46.32
2 Garrett, Ruby	15	Merthyr Tydf	45.80
3 Edwards, Nia	12	Caerphilly	45.48
4 Carter, Bella	14	Monnow	45.16
5 Wood, Zarah-Evelyn	13	Rhondda	45.19
6 Smith, Cariad	11	Cwmbran	45.58
7 Morgan-Basini, Ruby-Ma	11	Abertillery	45.95
8 Walters, Tegan K	13	Bridgend Cty	46.34

**Heat 6 of 11 Finals**

1 Cook, Bronwyn	12	Co Cardiff	44.60
2 Edwards, Carys	13	Caerphilly	44.46
3 Macintyre-Jones, Arwen	14	Heads Valley	44.22
4 Zyniewicz, Anna	12	Co Newport	43.44
5 Williams, Natasha	13	Co Newport	43.54
6 Jones, Lily-Rose	14	Co Cardiff	44.41
7 Owen, Gwen	12	Merthyr Tydf	44.53
8 Davies, Sophia	11	Rct Squad	45.04

**Heat 7 of 11 Finals**

1 McQuaid, Maria	12	Co Cardiff	43.36
2 Reasons, Darcy	11	Abertillery	43.30
3 Bendon, Ruby-Mai	13	Cwmbran	42.98
4 Morgan-Basini, Roca-Jay	13	Abertillery	42.18
5 Sheen, Seren L	12	Co Newport	42.86
6 Sullivan, Ariana	13	Caerphilly	43.10
7 Evans, Gwennan M	13	Co Newport	43.31
8 Davies, Macy L	11	Torfaen Dol	43.37

**Heat 8 of 11 Finals**

1 Harding, Chloe	12	Cwmbran	41.63
2 Williams, Seren	15	Rhondda	41.39
3 Adams, Sian	13	Co Cardiff	41.10
4 McNamara, Imogen	13	Co Cardiff	40.80
5 Hughes-Rolls, Ava L	14	Torfaen Dol	41.05
6 Parfitt, Kali L	13	Torfaen Dol	41.29
7 Walker, Emily J	16	Chepstow	41.56
8 Ling, Olivia	13	Co Cardiff	42.04

**Heat 9 of 11 Finals**

1 Lewis, Daisy	14	Bridgend Swim	40.79
2 Daly, Isabella B	13	Bridgend Cty	40.15
3 Powell, Josie	13	Bridgend Swim	38.93
4 Stork, Niamh	19	Co Cardiff	38.16
5 Ribeiro, Ariana	12	Co Cardiff	38.40
6 Jones, Isabella S	13	Bridgend Cty	39.11
7 Price, Cerys	14	Heads Valley	40.66
8 Bradley, Evie	14	Cwmbran	40.79

**Heat 10 of 11 Finals**

1 Goddard, Amy R	14	Rhondda	37.68
2 Faulkner, Marie	18	Co Cardiff	37.13
3 Sweeney, Jessica A	18	Co Newport	36.84
4 Smith, Amelia	15	Co Cardiff	36.30
5 Lee, Edith	13	Co Cardiff	36.50
6 Dowling, Abigail	12	Co Cardiff	36.90
7 Daly, Kirsten E	17	Bridgend Cty	37.44
8 Lewis, Orla Rose	13	Co Cardiff	37.70

**Heat 12 of 12 Finals**

1 Nowell, Gabriella J	18	Torfaen Dol	35.20
2 Salmon, Gwen	16	Rct Squad	34.97
3 Enoch, Megan-Jane	16	Torfaen Dol	34.00
4 Gibson, Mari	15	Co Cardiff	33.40
5 Crowley, Amy	18	Co Cardiff	33.40
6 Jones, Emily G	18	Co Newport	34.64
7 Beynon, Annaliese	23	Co Cardiff	35.07
8 Palmer-Jones, Evie	18	Co Cardiff	35.39

**Event 232 Boys 11 & Over 200 SC Meter Butterfly**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

3 Gruffydd, Ned	13	Co Cardiff	2:53.53
4 Davies, Gavin	16	Co Newport	2:43.04
5 Parfitt, Sebastian	13	Co Cardiff	2:48.66
6 Williams, Tomos M	13	Chepstow	3:15.52

**Heat 2 of 2 Finals**

2 Mills, Ioan R	14	Torfaen Dol	2:41.40
3 Lee, Tristan	17	Co Cardiff	2:08.07
4 Arch, Rhyddian	18	Co Cardiff	2:03.90
5 Lee, Ethan	17	Co Cardiff	2:07.80
6 Davies, Iwan	15	Co Cardiff	2:26.83
7 Spinks, Owen H	15	Torfaen Dol	2:42.43

**Event 233 Girls 11 & Over 100 SC Meter Butterfly**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 7 Finals**

1 Jasper, Lily	11	Co Cardiff	1:37.62
2 James, Izzy	11	Rhondda	1:35.72
3 Jones, Jessica .	11	Rct Squad	1:32.99
4 Williams, Lili	12	Rct Squad	1:30.58
5 Scofield, Niamh	12	Rct Squad	1:30.99
6 Ryan, Mia	12	Rct Squad	1:33.55
7 Cook, Bronwyn	12	Co Cardiff	1:36.61
8 Hopkins, Ava	11	Rct Squad	1:40.41

**Heat 2 of 7 Finals**

1 Colcombe, Liv	13	Co Cardiff	1:28.22
2 Pritchard, Abbie	14	Cwmbran	1:26.51
3 Fowler, Maisie	12	Rct Squad	1:25.80
4 Harmer, Gracy	15	Caerphilly	1:24.36
5 Macintyre-Jones, Arwen	14	Heads Valley	1:25.72
6 Prosser, Sofia	11	Merthyr Tydf	1:26.15
7 Lewis, Harriet	11	Co Cardiff	1:27.10
8 Davies, Sophia	11	Rct Squad	1:29.89

**Heat 3 of 7 Finals**

1 Givvons, Imogen G	13	Co Newport	1:22.47
2 Edwards, Amber	13	Co Cardiff	1:20.93
3 Andrews, Bella R	13	Co Newport	1:18.81
4 Banning, Lilwen	16	Merthyr Tydf	1:17.24
5 Williams, Olivia	15	Co Cardiff	1:17.80
6 George, Ellie	12	Rct Squad	1:19.55
7 Cooksey-Owen, Ruby-Ma	12	Rhondda	1:22.01
8 Goss, Eden	16	Bridgend Swim	1:23.37

**Heat 4 of 7 Finals**

1 Reed, Isabella	12	Co Cardiff	1:16.85
2 Hurley, Sienna-Grace	13	Bridgend Cty	1:16.73
3 Haddrell, Eva Lily	15	Bridgend Cty	1:16.29
4 Davies-Jones, Hannah Z	14	Bridgend Cty	1:15.59
5 Sweet-Roberts, Pip	11	Torfaen Dol	1:15.70
6 Willis, Meghan	16	Torfaen Dol	1:16.34
7 Goddard, Amy R	14	Rhondda	1:16.79
8 Tejedo, Lola	12	Co Cardiff	1:16.90

**Heat 5 of 7 Finals**

1 Jones, Maisie	13	Co Cardiff	1:14.76
2 Matthews, Elin	13	Co Cardiff	1:13.64
3 Francis-Parker, Tesni	17	Torfaen Dol	1:12.75
4 Brassington, Lucy	16	Co Cardiff	1:10.20
5 Crawshay-Williams, Emil	15	Torfaen Dol	1:10.50
6 Nutt, Kira	16	Caerphilly	1:13.08
7 Iles, Jessica	13	Co Cardiff	1:14.50
8 Curkovic, Lota	13	Co Cardiff	1:15.10

**Heat 6 of 7 Finals**

1 Powell, Ava L	14	Co Newport	1:08.63
2 Adams, Jaimee	17	Co Cardiff	1:07.51
3 Lee, Edith	13	Co Cardiff	1:06.21
4 Cull, Harriett	16	Co Cardiff	1:05.21
5 Titchener, Megan L	15	Torfaen Dol	1:05.40
6 Marshall, Polly H	18	Co Newport	1:06.94
7 Enoch, Megan-Jane	16	Torfaen Dol	1:08.32
8 Parfitt, Lucy	15	Co Cardiff	1:10.02

**Heat 7 of 7 Finals**

1 Harness, Meredith	20	Co Cardiff	1:04.34
2 Grant, Lucy E	16	Co Newport	1:03.62
3 Owen, Gracie E	15	Torfaen Dol	1:03.50
4 Taylor, Theodora A	14	Torfaen Dol	1:01.34
5 Williams-Jones, Phoebe	17	Co Cardiff	1:03.44
6 Beynon, Annaliese	23	Co Cardiff	1:03.50
7 Donovan, Kelsey	18	Co Cardiff	1:03.70
8 Morgan, Isabel	19	Co Cardiff	1:04.50

**Event 234 Boys 11 & Over 400 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 6 Finals**

1 Sutton, Harry	12	Co Cardiff	6:12.80
2 Banning, Arthen	13	Merthyr Tydf	6:04.39
3 Chalk, Alistair H	11	Co Newport	5:55.59
4 Frampton, Rhydian	11	Rct Squad	5:40.47
5 Arnold, David	14	Cwmbran	5:45.81
6 Castillo, Airam	12	Co Cardiff	6:00.30
7 Davies, Tom M	13	Co Newport	6:10.70

**Heat 2 of 6 Finals**

1 Robins, Ethan L	14	Bridgend Cty	5:38.57
2 Williams, Tomos M	13	Chepstow	5:32.19
3 Deacon, Cameron	13	Co Cardiff	5:22.50
4 James, Owain	15	Rct Squad	5:19.05
5 Roberts, Evyn	15	Bridgend Swim	5:20.75
6 Jones, Sebastien M	13	Torfaen Dol	5:29.00
7 Barry, Isaac T	14	Co Newport	5:37.51
8 Butwell, Ollie	12	Co Cardiff	5:39.15

**Heat 3 of 6 Finals**

1 Hiscox, Jac	14	Rct Squad	5:15.68
2 Price, Evan	14	Bridgend Swim	5:10.55
3 Ballantyne, Alex	14	Bridgend Swim	4:57.87
4 Vong, Joshua J	13	Co Newport	4:54.51
5 Froley, Iwan C	16	Bridgend Cty	4:55.42
6 Fletcher, Miles	13	Co Cardiff	5:00.04
7 Watts, Macsen	13	Heads Valley	5:15.67
8 Thomas, Archie	13	Co Cardiff	5:17.78

**Heat 4 of 6 Finals**

1 Caldicott, Elliot F	15	Co Newport	4:54.40
2 Brock, Freddy	14	Rct Squad	4:53.33
3 Whittaker, Luke A	13	Bridgend Cty	4:52.73
4 Mansfield, Harry E	14	Bridgend Cty	4:51.75
5 Davies, Brynley	13	Co Newport	4:51.95
6 Rees-Jones, Jack	17	Merthyr Tydf	4:53.01
7 Chalk, William I	15	Co Newport	4:53.79
8 Howe, Albie S	16	Torfaen Dol	4:54.50

**Heat 5 of 6 Finals**

1 Davies, William D	16	Co Newport	4:47.00
2 Jones, Daniel	24	Cwmbran	4:34.22
3 Major, Maximus J	13	Co Newport	4:30.57
4 Edwards, Ross	14	Co Cardiff	4:27.40
5 Henschell, Logan	15	Co Cardiff	4:30.10
6 Willis, Kofi	14	Co Cardiff	4:31.87
7 Vaughan, William	16	Rct Squad	4:38.22
8 Rixon, Oliver R	15	Co Newport	4:50.24

**Heat 6 of 6 Finals**

1 Haines, Thomas	15	Co Cardiff	4:22.00
2 Morgan, Lewis R	16	Bridgend Cty	4:18.42
3 Bamborough, Jack	15	Co Cardiff	4:04.95
4 O'Brien, Joshua	18	Co Cardiff	3:52.10
5 Geysen-Holley, Max	18	Co Cardiff	4:01.13
6 Parsons, Joseph	16	Co Cardiff	4:09.71
7 Owen, Vinnie	15	Co Cardiff	4:20.20
8 Southwood, Charlie M	16	Torfaen Dol	4:22.00

**Event 235 Girls 11 & Over 200 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 11 Finals**

1 Scofield, Niamh	12	Rct Squad	3:00.58
2 Donaldson, Arianwen H	12	Co Newport	2:57.63
3 Butler, Olivia	12	Bridgend Swim	2:56.69
4 Picton, Emelia	12	Merthyr Tydf	2:54.81
5 Williams, Lili	12	Rct Squad	2:55.01
6 Wilsher, Suki	12	Co Cardiff	2:57.33
7 Jasper, Lily	11	Co Cardiff	2:59.73
8 Bennett, Isla	12	Co Cardiff	3:06.10

**Heat 2 of 11 Finals**

1 Sheen, Isabelle R	13	Torfaen Dol	2:51.90
2 Colcombe, Liv	13	Co Cardiff	2:50.90
3 Williams, Mali	12	Rhondda	2:49.76
4 Radu, Natalia	13	Rhondda	2:45.32
5 Ralph, Ffion E	14	Co Newport	2:49.64
6 Pritchard, Abbie	14	Cwmbran	2:50.82
7 Higgs, Cerys	14	Caerphilly	2:51.03
8 Roberts, Leah	13	Cwmbran	2:52.65

**Heat 3 of 11 Finals**

1 Faulds, Emily G	12	Co Newport	2:42.90
2 Banning, Lilwen	16	Merthyr Tydf	2:42.22
3 Williams, Natasha	13	Co Newport	2:40.22
4 Roberts, Rosie A	11	Torfaen Dol	2:38.60
5 Cox, Isabelle	13	Co Cardiff	2:39.40
6 Stephenson, Lucy	15	Heads Valley	2:40.91
7 Kersley, Holly	13	Cwmbran	2:42.84
8 Jones, Jessica .	11	Rct Squad	2:45.27

**Heat 4 of 11 Finals**

1 Williams, Taylor	14	Caerphilly	2:38.03
2 Hopkin, Rebekah E	14	Bridgend Cty	2:36.95
3 Boyd, Chloe	13	Co Cardiff	2:36.71
4 Richards, Faith	13	Merthyr Tydf	2:34.06
5 Matthews, Elin	13	Co Cardiff	2:34.80
6 Carey, Amy R	14	Bridgend Cty	2:36.74
7 Garrett, Ruby	15	Merthyr Tydf	2:37.58
8 Daly, Isabella B	13	Bridgend Cty	2:38.20

**Heat 5 of 11 Finals**

1 McQuaid, Maria	12	Co Cardiff	2:33.35
2 Edwards, Carys	13	Caerphilly	2:32.46
3 Davies, Darcey	14	Rct Squad	2:31.74
4 Davies, Macy L	11	Torfaen Dol	2:29.59
5 Hardwicke, Martha G	14	Bridgend Cty	2:31.24
6 McNamara, Imogen	13	Co Cardiff	2:32.39
7 Lewis, Harriet	11	Co Cardiff	2:33.10
8 Morgan-Basini, Roca-Jay	13	Abertillery	2:33.65

**Heat 6 of 11 Finals**

1 Ribeiro, Ariana	12	Co Cardiff	2:26.70
2 Reilly, Manon	15	Rct Squad	2:25.73
3 Buckland, Eleanor	14	Co Cardiff	2:25.50
4 Hurley, Sienna-Grace	13	Bridgend Cty	2:24.17
5 Coles, Mya E	13	Co Newport	2:25.29
6 Sullivan, Ariana	13	Caerphilly	2:25.66
7 Jones, Isabella S	13	Bridgend Cty	2:26.23
8 Clatworthy, Maddie	14	Bridgend Swim	2:27.39

**Heat 7 of 11 Finals**

1 Davies-Jones, Hannah Z	14	Bridgend Cty	2:23.15
2 Willis, Meghan	16	Torfaen Dol	2:22.35
3 Haddrell, Eva Lily	15	Bridgend Cty	2:22.09
4 Morgan, Isabelle L	15	Co Newport	2:21.33
5 Howson, Ellen M	14	Co Newport	2:21.50
6 Daly, Kirsten E	17	Bridgend Cty	2:22.21
7 Sherrard, Alex H	11	Torfaen Dol	2:23.04
8 George, Ellie	12	Rct Squad	2:23.99

**Heat 8 of 11 Finals**

1 Jones, Evie	15	Merthyr Tydf	2:21.09
2 Wardell, Cari	14	Co Cardiff	2:20.60
3 Marshall, Ffion	13	Co Cardiff	2:19.50
4 Jones, Lola H	14	Torfaen Dol	2:18.87
5 Iles, Jessica	13	Co Cardiff	2:19.10
6 Williams, Olivia	15	Co Cardiff	2:19.80
7 Carey, Lucy J	15	Bridgend Cty	2:21.04
8 Jones, Maisie	13	Co Cardiff	2:21.24

**Heat 9 of 11 Finals**

1 Blake, Emily	16	Co Cardiff	2:18.07
2 Schumm, Libby	14	Torfaen Dol	2:17.00
3 Smith, Amelia	15	Co Cardiff	2:15.20
4 Stork, Niamh	19	Co Cardiff	2:15.08
5 Kay, Isabelle	15	Rct Squad	2:15.09
6 Williams, Rose	15	Co Cardiff	2:15.60
7 Gardener, Hannah B	14	Bridgend Cty	2:17.81
8 Parfitt, Lucy	15	Co Cardiff	2:18.70

**Heat 10 of 11 Finals**

1 Anderson, Rosalie	13	Co Cardiff	2:14.31
2 James, Grace E	14	Bridgend Cty	2:12.16
3 Gruffydd, Mali	16	Co Cardiff	2:10.90
4 Marshall, Polly H	18	Co Newport	2:10.27
5 Ingram, Olivia	15	Co Cardiff	2:10.50
6 Faulkner, Marie	18	Co Cardiff	2:11.80
7 Evans, Gwenllian	14	Co Cardiff	2:14.28
8 Lewis, Hollie	16	Bridgend Swim	2:14.86

**Heat 11 of 11 Finals**

1 Grant, Lucy E	16	Co Newport	2:09.56
2 Titchener, Megan L	15	Torfaen Dol	2:07.50
3 Broder, Libby	17	Co Cardiff	2:04.57
4 Rathbone-Jones, Eloise	19	Co Cardiff	2:03.40
5 John, Emilia	16	Co Cardiff	2:04.30
6 Croke, Carys S	16	Torfaen Dol	2:05.97
7 Fox, Honor	16	Co Cardiff	2:08.00
8 Sherrard, Emme I	14	Torfaen Dol	2:10.03

**SESSION 5 Warm up 8.30am Start 9.35am****Event 311 Girls 11 & Over 200 SC Meter IM**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 15 Finals**

3 Carre, Isabelle	11	Rhondda	3:38.53
4 Donaldson, Arianwen H	12	Co Newport	3:37.01
5 Munslow, Seren	11	Monnow	3:38.30
6 Crump, Lily-May R	11	Bridgend Cty	3:39.17

**Heat 2 of 15 Finals**

2 Picton, Emelia	12	Merthyr Tydf	3:33.46
3 Beecham, Grace E	12	Co Newport	3:32.27
4 Sheen, Isabelle R	13	Torfaen Dol	3:25.60
5 Davies, Indie B	11	Co Newport	3:25.76
6 Williams, Isabella	11	Rct Squad	3:33.08
7 Richards, Erin	11	Co Cardiff	3:34.55

**Heat 3 of 15 Finals**

1 John, Ella-Rose	12	Co Cardiff	3:22.75
2 Sommerin, Elin	13	Co Cardiff	3:20.97
3 Higgs, Cerys	14	Caerphilly	3:19.09
4 Bradley, Evie	14	Cwmbran	3:17.59
5 Mustey, Elizabeth	12	Monnow	3:19.00
6 Jasper, Lily	11	Co Cardiff	3:20.05
7 Cann, Emily B	12	Co Newport	3:21.97
8 Hopkins, Ava	11	Rct Squad	3:24.84

**Heat 4 of 15 Finals**

1 Edwards, Nia	12	Caerphilly	3:16.58
2 Ryan, Mia	12	Rct Squad	3:13.46
3 Scofield, Niamh	12	Rct Squad	3:12.61
4 Elliott, Phoebe	15	Cwmbran	3:12.41
5 Jones, Ffion	12	Co Cardiff	3:12.55
6 Cooksey-Owen, Ruby-Ma	12	Rhondda	3:12.77
7 Butler, Olivia	12	Bridgend Swim	3:13.70
8 Virgin, Eva	12	Co Cardiff	3:16.61

**Heat 5 of 15 Finals**

1 Ralph, Ffion E	14	Co Newport	3:09.99
2 Davies, Sophia	11	Rct Squad	3:08.61
3 Altordai, Yume	14	Co Cardiff	3:05.15
4 Garrett, Ruby	15	Merthyr Tydf	3:04.38
5 Bennett, Isla	12	Co Cardiff	3:04.75
6 Cooper, Caitlin E	14	Co Newport	3:06.23
7 Bevan, Ellie	14	Bridgend Swim	3:09.90
8 Roberts, Rosie A	11	Torfaen Dol	3:10.40

**Heat 6 of 15 Finals**

1 Carey, Amy R	14	Bridgend Cty	3:03.15
2 Daly, Isabella B	13	Bridgend Cty	3:02.12
3 Bryant, Penelope	13	Co Cardiff	2:59.21
4 Harmer, Gracy	15	Caerphilly	2:57.24
5 Weston, Grace	14	Rct Squad	2:57.70
6 Davies-Jones, Hannah Z	14	Bridgend Cty	2:59.80
7 Macintyre-Jones, Arwen	14	Heads Valley	3:02.51
8 Meenagh, Mai Van	11	Co Cardiff	3:03.90

**Heat 7 of 15 Finals**

1 Richards, Faith	13	Merthyr Tydf	2:55.81
2 Goss, Eden	16	Bridgend Swim	2:54.66
3 Adams, Sian	13	Co Cardiff	2:53.70
4 Reed, Isabella	12	Co Cardiff	2:53.38
5 Sherrard, Alex H	11	Torfaen Dol	2:53.60
6 Lewis, Harriet	11	Co Cardiff	2:54.30
7 Godsell, Matilda L	13	Bridgend Cty	2:55.68
8 Boyd, Chloe	13	Co Cardiff	2:56.95

**Heat 8 of 15 Finals**

1 Powell, Josie	13	Bridgend Swim	2:53.10
2 Edwards, Amber	13	Co Cardiff	2:51.55
3 Sullivan, Ariana	13	Caerphilly	2:50.44
4 FitzGerald, Mali J	13	Bridgend Cty	2:48.85
5 Evans, Gwennan M	13	Co Newport	2:48.97
6 Coles, Mya E	13	Co Newport	2:51.28
7 Fowler, Maisie	12	Rct Squad	2:51.86
8 Arlow, Grace E	14	Torfaen Dol	2:53.25

**Heat 9 of 15 Finals**

1 Sweet-Roberts, Pip	11	Torfaen Dol	2:48.19
2 Jones, Lola H	14	Torfaen Dol	2:47.88
3 Goddard, Amy R	14	Rhondda	2:47.41
4 Nutt, Kira	16	Caerphilly	2:44.49
5 Hurley, Sienna-Grace	13	Bridgend Cty	2:45.89
6 McQuaid, Maria	12	Co Cardiff	2:47.73
7 Smith, Summer	14	Rct Squad	2:47.99
8 Brady, Grace	14	Rct Squad	2:48.70

**Heat 10 of 15 Finals**

1 Tejado, Lola	12	Co Cardiff	2:44.39
2 Givvons, Imogen G	13	Co Newport	2:43.48
3 Ribeiro, Ariana	12	Co Cardiff	2:43.00
4 Lewis, Cara	16	Bridgend Swim	2:42.86
5 Morgan, Isabelle L	15	Co Newport	2:42.92
6 Dowling, Abigail	12	Co Cardiff	2:43.43
7 George, Ellie	12	Rct Squad	2:44.07
8 Jones, Maisie	13	Co Cardiff	2:44.40

**Heat 11 of 15 Finals**

1 Marshall, Ffion	13	Co Cardiff	2:41.70
2 Nicholls, Esther	13	Caerphilly	2:41.43
3 Jones, Evie	15	Merthyr Tydf	2:39.71
4 Williams, Rose	15	Co Cardiff	2:38.20
5 Haddrell, Eva Lily	15	Bridgend Cty	2:39.45
6 Lloyd, Ffion H	16	Co Newport	2:40.32
7 Curkovic, Lota	13	Co Cardiff	2:41.51
8 Willis, Meghan	16	Torfaen Dol	2:42.79

**Heat 12 of 15 Finals**

1 Lewis, Orla Rose	13	Co Cardiff	2:37.42
2 Parfitt, Lucy	15	Co Cardiff	2:37.30
3 Willmore, Isabella R	17	Co Newport	2:36.53
4 Salmon, Gwen	16	Rct Squad	2:35.77
5 Gardener, Hannah B	14	Bridgend Cty	2:36.30
6 Avraam, Neve	15	Co Cardiff	2:36.72
7 Brassington, Lucy	16	Co Cardiff	2:37.40
8 Sherrard, Emme I	14	Torfaen Dol	2:37.80

**Heat 13 of 15 Finals**

1 Sweet-Roberts, Rosie	15	Torfaen Dol	2:34.95
2 Wardell, Cari	14	Co Cardiff	2:33.20
3 Faulkner, Marie	18	Co Cardiff	2:31.79
4 Anderson, Rosalie	13	Co Cardiff	2:31.50
5 Crawshay-Williams, Emil	15	Torfaen Dol	2:31.70
6 Gruffydd, Mali	16	Co Cardiff	2:32.54
7 Powell, Ava L	14	Co Newport	2:34.61
8 Kay, Isabelle	15	Rct Squad	2:35.62

**Heat 14 of 15 Finals**

1 Smith, Amelia	15	Co Cardiff	2:30.92
2 Fox, Honor	16	Co Cardiff	2:29.97
3 Marshall, Polly H	18	Co Newport	2:29.19
4 Gibson, Mari	15	Co Cardiff	2:25.49
5 O Callaghan, Faye	18	Co Cardiff	2:28.36
6 Crowley, Amy	18	Co Cardiff	2:29.31
7 Evans, Gwenllian	14	Co Cardiff	2:30.40
8 Lee, Edith	13	Co Cardiff	2:31.07

**Heat 15 of 15 Finals**

1	Titchener, Megan L	15	Torfaen Dol	2:24.20
2	Donovan, Kelsey	18	Co Cardiff	2:22.20
3	Williams-Jones, Phoebe	17	Co Cardiff	2:21.37
4	Rathbone-Jones, Eloise	19	Co Cardiff	2:17.40
5	Taylor, Theodora A	14	Torfaen Dol	2:18.94
6	Croke, Carys S	16	Torfaen Dol	2:21.70
7	Owen, Gracie E	15	Torfaen Dol	2:22.20
8	Broder, Libby	17	Co Cardiff	2:24.90

**Event 312 Boys 11 & Over 400 SC Meter IM**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

3	Gruffydd, Ned	13	Co Cardiff	6:23.40
4	Thomas, Archie	13	Co Cardiff	5:28.28
5	Parfitt, Sebastian	13	Co Cardiff	6:00.08
6	Deacon, Cameron	13	Co Cardiff	6:24.17

**Heat 2 of 2 Finals**

2	Burns, Harry	18	Co Cardiff	4:55.76
3	Bamborough, Jack	15	Co Cardiff	4:41.37
4	Arch, Rhydian	18	Co Cardiff	4:25.10
5	Lee, Tristan	17	Co Cardiff	4:31.73
6	Ma, Ko Kwan	14	Co Cardiff	4:53.00
7	McLain, Archie J	17	Torfaen Dol	4:57.59

**Event 313 Girls 11 & Over 100 SC Meter****Breaststroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 10 Finals**

1	Crump, Lily-May R	11	Bridgend Cty	1:55.47
2	Santoro, Bianca	11	Co Cardiff	1:54.70
3	Jenkins, Francesca	12	Co Cardiff	1:52.30
4	Faulds, Emily G	12	Co Newport	1:51.77
5	Picton, Emelia	12	Merthyr Tydf	1:52.13
6	Soffe, Bronwyn E	11	Co Newport	1:54.46
7	Jones, Zoey E	11	Co Newport	1:55.37

**Heat 2 of 10 Finals**

1	Pedler, Lucy J	12	Bridgend Cty	1:49.85
2	Close, Lydia	13	Monnow	1:47.68
3	Williams, Mali	12	Rhondda	1:46.84
4	Davies, Efa	13	Merthyr Tydf	1:46.59
5	Meenagh, Mai Van	11	Co Cardiff	1:46.70
6	Davies, Indie B	11	Co Newport	1:46.98
7	Bessant-Evans, Emily	12	Caerphilly	1:47.96
8	Richards, Erin	11	Co Cardiff	1:49.94

**Heat 3 of 10 Finals**

1	Moore, Jaymie A	13	Co Newport	1:46.18
2	Davies, Briallen	12	Rct Squad	1:44.65
3	Eyre, Gracie	11	Co Cardiff	1:41.50
4	Bendon, Ruby-Mai	13	Cwmbran	1:40.40
5	Mustey, Elizabeth	12	Monnow	1:40.85
6	Smith, Cariad	11	Cwmbran	1:42.24
7	Wilsher, Suki	12	Co Cardiff	1:45.54
8	Jones, Jessica	11	Rct Squad	1:46.19

**Heat 4 of 10 Finals**

1	Alexander, Ruby J	13	Co Newport	1:39.44
2	Stubbs, Harriet D	12	Chepstow	1:38.86
3	Edwards, Nia	12	Caerphilly	1:38.23
4	Owen, Gwen	12	Merthyr Tydf	1:37.28
5	Williams, Lili	12	Rct Squad	1:37.67
6	Macintyre-Jones, Arwen	14	Heads Valley	1:38.47
7	Morgan-Basini, Ruby-Ma	11	Abertillery	1:39.35
8	Radu, Natalia	13	Rhondda	1:39.72

**Heat 5 of 10 Finals**

1	Zyniewicz, Anna	12	Co Newport	1:36.93
2	Cooper, Caitlin E	14	Co Newport	1:36.25
3	Williams, Seren	15	Rhondda	1:35.45
4	Reasons, Darcy	11	Abertillery	1:35.24
5	Davies, Darcey	14	Rct Squad	1:35.35
6	Williams, Natasha	13	Co Newport	1:36.01
7	Davies, Macy L	11	Torfaen Dol	1:36.93
8	Taylor, Violet	14	Caerphilly	1:37.08

**Heat 6 of 10 Finals**

1	Clayton, Jasmine I	13	Co Newport	1:34.64
2	Harding, Chloe	12	Cwmbran	1:33.59
3	Daly, Isabella B	13	Bridgend Cty	1:32.33
4	Bennett, Isla	12	Co Cardiff	1:32.00
5	Bradley, Evie	14	Cwmbran	1:32.24
6	Kersley, Holly	13	Cwmbran	1:32.52
7	Sheen, Seren L	12	Co Newport	1:34.22
8	Weston, Grace	14	Rct Squad	1:35.04

**Heat 7 of 10 Finals**

1	Lewis, Hollie	16	Bridgend Swim	1:31.87
2	Cheeseman, Rhyannon	15	Co Cardiff	1:31.50
3	Lewis, Harriet	11	Co Cardiff	1:30.70
4	Price, Cerys	14	Heads Valley	1:30.40
5	Adams, Sian	13	Co Cardiff	1:30.50
6	Bendon, Megan	15	Cwmbran	1:31.08
7	McQuaid, Maria	12	Co Cardiff	1:31.81
8	Hardwicke, Martha G	14	Bridgend Cty	1:31.94

**Heat 8 of 10 Finals**

1	Walker, Emily J	16	Chepstow	1:29.50
2	Ling, Olivia	13	Co Cardiff	1:27.67
3	Lloyd, Ffion H	16	Co Newport	1:27.05
4	Willis, Meghan	16	Torfaen Dol	1:25.91
5	Matthews, Elin	13	Co Cardiff	1:26.27
6	McNamara, Imogen	13	Co Cardiff	1:27.10
7	Brady, Grace	14	Rct Squad	1:28.00
8	Morgan-Basini, Roca-Jay	13	Abertillery	1:30.04

**Heat 9 of 10 Finals**

1	Goddard, Amy R	14	Rhondda	1:24.45
2	Faulkner, Marie	18	Co Cardiff	1:21.37
3	Lewis, Cara	16	Bridgend Swim	1:20.54
4	Lewis, Orla Rose	13	Co Cardiff	1:19.18
5	Dowling, Abigail	12	Co Cardiff	1:19.41
6	Daly, Kirsten E	17	Bridgend Cty	1:20.96
7	Ribeiro, Ariana	12	Co Cardiff	1:21.60
8	Powell, Josie	13	Bridgend Swim	1:25.63

**Heat 10 of 10 Finals**

1	Smith, Amelia	15	Co Cardiff	1:18.10
2	Evans, Gwenllian	14	Co Cardiff	1:15.60
3	Beynon, Annaliese	23	Co Cardiff	1:12.04
4	Gibson, Mari	15	Co Cardiff	1:11.80
5	Williams-Jones, Phoebe	17	Co Cardiff	1:12.00
6	Enoch, Megan-Jane	16	Torfaen Dol	1:14.45
7	Jones, Emily G	18	Co Newport	1:15.69
8	Palmer-Jones, Evie	18	Co Cardiff	1:18.50

**Event 314 Boys 11 & Over 200 SC Meter Backstroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1 Davies, Rhodri	13	Co Cardiff	3:15.76
2 Timbrell, George H	12	Co Newport	2:59.84
3 Hiscox, Jac	14	Rct Squad	2:54.79
4 Lawler, Neil	15	Monnow	2:36.96
5 Spinks, Owen H	15	Torfaen Dol	2:37.50
6 Butwell, Ollie	12	Co Cardiff	2:59.03
7 Ban Jona, Krisztian	12	Co Newport	3:11.34
8 Nemtsov, Andreas	12	Co Cardiff	3:23.01

**Heat 2 of 3 Finals**

1 Rees, Daniel	13	Co Cardiff	2:29.46
2 Wratten, Joshua	15	Cwmbran	2:28.80
3 Jones, Harrison L	16	Bridgend Cty	2:26.11
4 Mills, Ioan R	14	Torfaen Dol	2:23.20
5 Major, Maximus J	13	Co Newport	2:23.61
6 Rixon, Oliver R	15	Co Newport	2:26.62
7 Davies, Brynley	13	Co Newport	2:29.19
8 Fletcher, Miles	13	Co Cardiff	2:32.70

**Heat 3 of 3 Finals**

1 Price-Davies, Owen	17	Heads Valley	2:20.03
2 Edwards, Ross	14	Co Cardiff	2:11.75
3 Lee, Ethan	17	Co Cardiff	2:08.69
4 Fox-Wiltshire, Benjamin	18	Co Cardiff	2:04.53
5 Parsons, Joseph	16	Co Cardiff	2:08.59
6 Bamborough, Jack	15	Co Cardiff	2:09.92
7 Davies, Iwan	15	Co Cardiff	2:15.87
8 Aylen, James E	16	Bridgend Cty	2:20.90

**Event 315 Girls 11 & Over 50 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 24 Finals**

1 Carre, Isabelle	11	Rhondda	41.10
2 Jones, Zoey	11	Co Newport	40.44
3 Martin, Seren	12	Cwmbran	40.21
4 Davies, Lowri	12	Co Newport	39.72
5 Davies, Briallen	12	Rct Squad	40.15
6 Jasinska, Maria	11	Co Newport	40.34
7 Jenkins, Francesca	12	Co Cardiff	40.89
8 Payne, Vivienne	11	Bridgend Cty	41.67

**Heat 2 of 24 Finals**

1 Hilton, Nina	12	Co Newport	39.17
2 Allcock, Olivia	13	Co Newport	39.13
3 Willis, Ffion	11	Torfaen Dol	38.90
4 Crump, Lily-May	11	Bridgend Cty	38.67
5 Williams, Isabella	11	Rct Squad	38.68
6 Picton, Emelia	12	Merthyr Tydf	39.05
7 Collins, Evie	12	Rct Squad	39.15
8 Newey, Amelia	11	Torfaen Dol	39.30

**Heat 3 of 24 Finals**

1 Cann, Emily	12	Co Newport	38.20
2 Santoro, Bianca	11	Co Cardiff	38.00
3 Sommerin, Elin	13	Co Cardiff	37.90
4 Davies, Bethan	13	Rct Squad	37.43
5 Wilcox, Ellie	12	Co Newport	37.54
6 Richards, Erin	11	Co Cardiff	37.95
7 Llewellyn, Mali	11	Bridgend Cty	38.02
8 Hikary, Lena	12	Co Cardiff	38.23

**Heat 4 of 24 Finals**

1 Klak, Nina	11	Co Newport	37.37
2 Carter, Layla	12	Monnow	37.09
3 Walters, Tegan	13	Bridgend Cty	37.06
4 Shephard-Morris, Tilly	11	Rhondda	37.00
5 Pedler, Lucy	12	Bridgend Cty	37.00
6 Hopkins, Ava	11	Rct Squad	37.08
7 Ryan, Harriet	12	Chepstow	37.24
8 Close, Lydia	13	Monnow	37.40

**Heat 5 of 24 Finals**

1 Moores, Jaymie	13	Co Newport	36.93
2 Donaldson, Arianwen	12	Co Newport	36.87
3 Bessant-Evans, Emily	12	Caerphilly	36.59
4 Jasper, Lily	11	Co Cardiff	36.42
5 Duggan, Grace	11	Bridgend Cty	36.42
6 Fordham, Freya	11	Co Newport	36.81
7 Ryan, Mia	12	Rct Squad	36.92
8 Jones, Ffion	12	Co Cardiff	37.00

**Heat 6 of 24 Finals**

1 Kaleta, Lena	12	Co Newport	36.27
2 Young, Caitlin	12	Cwmbran	36.16
3 Rothwell, Emily	12	Co Cardiff	35.95
4 John, Ella-Rose	12	Co Cardiff	35.90
5 Morris, Eva	13	Chepstow	35.94
6 Smith, Cariad	11	Cwmbran	36.11
7 Alexander, Ruby	13	Co Newport	36.22
8 Gettins, Bethan	11	Co Newport	36.31

**Heat 7 of 24 Finals**

1 Stubbs, Harriet	12	Chepstow	35.61
2 Clayton, Jasmine	13	Co Newport	35.49
3 Weston, Grace	14	Rct Squad	35.45
4 Mitrjaikina, Kerly	11	Co Newport	35.39
5 Davies, Indie	11	Co Newport	35.41
6 Cartwright, Bridget	13	Rct Squad	35.47
7 Davies, Efa	13	Merthyr Tydf	35.60
8 Eyre, Gracie	11	Co Cardiff	35.90

**Heat 8 of 24 Finals**

1 Pogonowski, Isabella	13	Co Newport	35.22
2 Williams, Mali	12	Rhondda	34.92
3 Higgs, Cerys	14	Caerphilly	34.73
4 Wilsher, Suki	12	Co Cardiff	34.60
5 Donaldson, Evie	11	Co Newport	34.70
6 Munslow, Seren	11	Monnow	34.80
7 Arnold, Jessica	16	Cwmbran	35.12
8 James, Isabelle	11	Rhondda	35.30

**Heat 9 of 24 Finals**

1 Roberts, Rosie	11	Torfaen Dol	34.38
2 Mustey, Elizabeth	12	Monnow	34.20
3 Elliott, Phoebe	15	Cwmbran	34.13
4 Morgan-Basini, Ruby-Ma	11	Abertillery	33.94
5 Bevan, Ellie	14	Bridgend Swim	33.94
6 Williams, Taylor	14	Caerphilly	34.16
7 Evans, Brooke	13	Caerphilly	34.33
8 Ballinger, Scarlett	12	Rhondda	34.52

**Heat 10 of 24 Finals**

1 Owen, Gwen	12	Merthyr Tydf	33.79
2 Virgin, Eva	12	Co Cardiff	33.60
3 Carey, Amy	14	Bridgend Cty	33.56
4 Butler, Olivia	12	Bridgend Swim	33.50
5 Williams, Seren	15	Rhondda	33.54
6 Jones, Jessica	11	Rct Squad	33.59
7 Faulds, Emily	12	Co Newport	33.70
8 Scofield, Niamh	12	Rct Squad	33.79



**Heat 11 of 24 Finals**

1 Cooper, Caitlin	14 Co Newport	33.27
2 Ralph, Ffion	14 Co Newport	33.24
3 Morgan-Basini, Roca-Jay	13 Abertillery	33.07
4 Mulford, Ffion	14 Rct Squad	32.99
5 Sheen, Seren	12 Co Newport	33.00
6 Edwards, Nia	12 Caerphilly	33.21
7 Jones, Lily-Rose	14 Co Cardiff	33.27
8 Thomas, Isabella	13 Co Cardiff	33.38

**Heat 12 of 24 Finals**

1 Jones, Elsie	14 Co Newport	32.97
2 Daly, Isabella	13 Bridgend Cty	32.87
3 Davies, Macy	11 Torfaen Dol	32.65
4 Powell, Josie	13 Bridgend Swim	32.55
5 Williams, Lili	12 Rct Squad	32.56
6 Williams, Natasha	13 Co Newport	32.81
7 Cox, Isabelle	13 Co Cardiff	32.90
8 Macintyre-Jones, Arwen	14 Heads Valley	32.97

**Heat 13 of 24 Finals**

1 Thomas, Hannah	14 Rct Squad	32.51
2 Adams, Sian	13 Co Cardiff	32.41
3 Ames, Cici	15 Co Newport	32.35
4 Davies, Sophia	11 Rct Squad	32.32
5 Zyniewicz, Anna	12 Co Newport	32.34
6 Battrick, Alexa	13 Co Newport	32.40
7 Harford, Libby	13 Caerphilly	32.46
8 Carre, Jasmine	16 Rhondda	32.54

**Heat 14 of 24 Finals**

1 Edwards, Carys	13 Caerphilly	32.23
2 Radu, Natalia	13 Rhondda	32.12
3 Bastyan, Emily-Grace	14 Torfaen Dol	32.04
4 Thomas, Holly	16 Bridgend Cty	31.94
5 Garrett, Ruby	15 Merthyr Tydf	31.97
6 Fletcher, Holly	17 Co Cardiff	32.10
7 Reasons, Darcy	11 Abertillery	32.17
8 Harmer, Gracy	15 Caerphilly	32.26

**Heat 15 of 24 Finals**

1 Carter, Bella	14 Monnow	31.82
2 Walker, Emily	16 Chepstow	31.71
3 Davies, Darcey	14 Rct Squad	31.67
4 Brady, Grace	14 Rct Squad	31.64
5 Godsell, Matilda	13 Bridgend Cty	31.66
6 Stephenson, Lucy	15 Heads Valley	31.69
7 Lewis, Daisy	14 Bridgend Swim	31.75
8 George, Ellie	12 Rct Squad	31.91

**Heat 16 of 24 Finals**

1 Cooksey-Owen, Ruby-Ma	12 Rhondda	31.51
2 Nutt, Kira	16 Caerphilly	31.35
3 Sherrard, Alex	11 Torfaen Dol	31.20
4 Coles, Mya	13 Co Newport	31.03
5 Morgan, Isabelle	15 Co Newport	31.04
6 McNamara, Imogen	13 Co Cardiff	31.27
7 Reed, Isabella	12 Co Cardiff	31.39
8 Andrews, Bella	13 Co Newport	31.53

**Heat 17 of 24 Finals**

1 Lloyd, Ffion	16 Co Newport	31.00
2 Fowler, Maisie	12 Rct Squad	30.98
3 Buckland, Eleanor	14 Co Cardiff	30.77
4 Sweet-Roberts, Pip	11 Torfaen Dol	30.70
5 Sweeney, Jessica	18 Co Newport	30.75
6 Price, Bethan	15 Bridgend Swim	30.89
7 Cheeseman, Rhyannon	15 Co Cardiff	31.00
8 Sullivan, Ariana	13 Caerphilly	31.02

**Heat 18 of 24 Finals**

1 Crawley, Jessica	16 Bridgend Cty	30.62
2 Nicholls, Esther	13 Caerphilly	30.46
3 Howson, Ellen	14 Co Newport	30.39
4 Evans, Gwennan	13 Co Newport	30.35
5 Matthews, Elin	13 Co Cardiff	30.37
6 Bastyan, Ava-Rose	14 Torfaen Dol	30.40
7 Palmer-Jones, Evie	18 Co Cardiff	30.56
8 Williams, Olivia	14 Rct Squad	30.66

**Heat 19 of 24 Finals**

1 Daly, Kirsten	17 Bridgend Cty	30.26
2 Richards, Faith	13 Merthyr Tydf	30.21
3 Hardwicke, Martha	14 Bridgend Cty	30.12
4 Barr, Angharad	16 Caerphilly	30.02
5 FitzGerald, Mali	13 Bridgend Cty	30.08
6 Haddrell, Eva Lily	15 Bridgend Cty	30.18
7 Reilly, Manon	15 Rct Squad	30.22
8 Hurley, Sienna-Grace	13 Bridgend Cty	30.32

**Heat 20 of 24 Finals**

1 Jones, Evie	15 Merthyr Tydf	29.94
2 Smith, Summer	14 Rct Squad	29.87
3 Carey, Lucy	15 Bridgend Cty	29.59
4 Blake, Emily	16 Co Cardiff	29.30
5 Curkovic, Lota	13 Co Cardiff	29.50
6 Parfitt, Kali	13 Torfaen Dol	29.70
7 Hughes-Rolls, Ava	14 Torfaen Dol	29.90
8 Kay, Isabelle	15 Rct Squad	29.95

**Heat 21 of 24 Finals**

1 Clatworthy, Maddie	14 Bridgend Swim	29.18
2 Givvons, Imogen	13 Co Newport	28.94
3 Willmore, Isabella	17 Co Newport	28.73
4 Stork, Niamh	19 Co Cardiff	28.63
5 Williams, Rose	15 Co Cardiff	28.70
6 Jones, Maisie	13 Co Cardiff	28.80
7 Thomas, Ffion	16 Bridgend Cty	29.08
8 Parfitt, Lucy	15 Co Cardiff	29.20

**Heat 22 of 24 Finals**

1 James, Grace	14 Bridgend Cty	28.59
2 Enoch, Megan-Jane	16 Torfaen Dol	28.49
3 Avraam, Neve	15 Co Cardiff	28.40
4 Jones, Lola	14 Torfaen Dol	28.40
5 Harness, Meredith	20 Co Cardiff	28.40
6 Powell, Ava	14 Co Newport	28.46
7 Marshall, Polly	18 Co Newport	28.50
8 Marshall, Ffion	13 Co Cardiff	28.60

**Heat 23 of 24 Finals**

1 Sweet-Roberts, Rosie	15 Torfaen Dol	28.30
2 Salmon, Gwen	16 Rct Squad	28.11
3 Owen, Gracie	15 Torfaen Dol	28.05
4 Sherrard, Emme	14 Torfaen Dol	27.70
5 Keepings, Charlotte	17 Co Newport	27.98
6 Crawshay-Williams, Emil	15 Torfaen Dol	28.10
7 Nowell, Gabriella	18 Torfaen Dol	28.20
8 Lewis, Hollie	16 Bridgend Swim	28.37

**Heat 24 of 24 Finals**

1 Grant, Lucy	16 Co Newport	27.45
2 Fox, Honor	16 Co Cardiff	27.10
3 Donovan, Kelsey	18 Co Cardiff	26.40
4 Taylor, Theodora	14 Torfaen Dol	25.52
5 Beynon, Annaliese	23 Co Cardiff	25.76
6 Croke, Carys	16 Torfaen Dol	26.80
7 Offside, Poppy	16 Torfaen Dol	27.30
8 Dacey, Mollie	15 Co Cardiff	27.60

**SESSION 6 Warm up 1205pm Start 1.05pm****Event 321 Girls 11 & Over 100 SC Meter Backstroke**

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 14 Finals</b>			
3 Soffe, Bronwyn	11	Co Newport	1:40.59
4 Willis, Ffion	11	Torfaen Dol	1:39.46
5 Crump, Lily-May	11	Bridgend Cty	1:40.35
<b>Heat 2 of 14 Finals</b>			
2 Ballinger, Scarlett	12	Rhondda	1:38.43
3 Santoro, Bianca	11	Co Cardiff	1:36.73
4 Sommerin, Elin	13	Co Cardiff	1:35.40
5 Davies, Briallen	12	Rct Squad	1:36.45
6 Williams, Isabella	11	Rct Squad	1:36.96
7 Picton, Emelia	12	Merthyr Tydf	1:38.53
<b>Heat 3 of 14 Finals</b>			
1 Davies, Bethan	13	Rct Squad	1:34.21
2 Gettins, Bethan	11	Co Newport	1:34.00
3 Meenagh, Mai Van	11	Co Cardiff	1:31.80
4 Hilton, Nina	12	Co Newport	1:31.17
5 Hopkins, Ava	11	Rct Squad	1:31.18
6 Jasper, Lily	11	Co Cardiff	1:32.47
7 John, Ella-Rose	12	Co Cardiff	1:34.20
8 Pogonowski, Isabella	13	Co Newport	1:34.56
<b>Heat 4 of 14 Finals</b>			
1 Jones, Ffion	12	Co Cardiff	1:30.36
2 Evans, Brooke	13	Caerphilly	1:29.80
3 Gordon, Mabli	12	Co Cardiff	1:28.70
4 Pritchard, Abbie	14	Cwmbran	1:28.46
5 Williams, Taylor	14	Caerphilly	1:28.56
6 Cartwright, Bridget	13	Rct Squad	1:29.35
7 Virgin, Eva	12	Co Cardiff	1:30.10
8 Collins, Evie	12	Rct Squad	1:30.72
<b>Heat 5 of 14 Finals</b>			
1 James, Izzy	11	Rhondda	1:28.31
2 Ryan, Mia	12	Rct Squad	1:27.77
3 Elliott, Phoebe	15	Cwmbran	1:26.82
4 Williams, Lili	12	Rct Squad	1:25.91
5 Sheen, Isabelle R	13	Torfaen Dol	1:26.39
6 Wilsher, Suki	12	Co Cardiff	1:27.30
7 Rothwell, Emily	12	Co Cardiff	1:28.29
8 Wood, Zarah-Evelyn	13	Rhondda	1:28.43
<b>Heat 6 of 14 Finals</b>			
1 Donaldson, Evie M	11	Co Newport	1:25.29
2 Colcombe, Liv	13	Co Cardiff	1:24.79
3 Cox, Isabelle	13	Co Cardiff	1:23.95
4 Jones, Lily-Rose	14	Co Cardiff	1:23.14
5 Roberts, Rosie A	11	Torfaen Dol	1:23.80
6 Boyd, Chloe	13	Co Cardiff	1:24.41
7 Eyre, Gracie	11	Co Cardiff	1:25.04
8 Altordai, Yume	14	Co Cardiff	1:25.50
<b>Heat 7 of 14 Finals</b>			
1 Scofield, Niamh	12	Rct Squad	1:22.37
2 Godsell, Matilda L	13	Bridgend Cty	1:22.15
3 McQuaid, Maria	12	Co Cardiff	1:22.12
4 Cheeseman, Rhyannon	15	Co Cardiff	1:21.90
5 Battrick, Alexa C	13	Co Newport	1:21.97
6 Clayton, Jasmine I	13	Co Newport	1:22.15
7 Adams, Sian	13	Co Cardiff	1:22.32
8 Stephenson, Lucy	15	Heads Valley	1:22.63

**Heat 8 of 14 Finals**

1 Jones, Jessica .	11	Rct Squad	1:21.36
2 McNamara, Imogen	13	Co Cardiff	1:21.00
3 Reasons, Darcy	11	Abertillery	1:19.84
4 Thomas, Hannah	14	Rct Squad	1:19.38
5 Bastyan, Ava-Rose	14	Torfaen Dol	1:19.55
6 Williams, Olivia	14	Rct Squad	1:20.50
7 Bennett, Isla	12	Co Cardiff	1:21.31
8 Carre, Jasmine	16	Rhondda	1:21.73

**Heat 9 of 14 Finals**

1 Prosser, Sofia	11	Merthyr Tydf	1:19.32
2 Bastyan, Emily-Grace	14	Torfaen Dol	1:19.18
3 Richards, Faith	13	Merthyr Tydf	1:18.91
4 Reilly, Manon	15	Rct Squad	1:17.67
5 Matthews, Elin	13	Co Cardiff	1:18.35
6 Thomas, Holly L	16	Bridgend Cty	1:19.15
7 Weston, Grace	14	Rct Squad	1:19.28
8 Lewis, Harriet	11	Co Cardiff	1:19.36

**Heat 10 of 14 Finals**

1 Buckland, Eleanor	14	Co Cardiff	1:17.20
2 Willis, Meghan	16	Torfaen Dol	1:17.11
3 Ling, Olivia	13	Co Cardiff	1:16.20
4 Fowler, Maisie	12	Rct Squad	1:15.94
5 Palmer-Jones, Evie	18	Co Cardiff	1:15.98
6 Davies, Darcey	14	Rct Squad	1:16.72
7 Reed, Isabella	12	Co Cardiff	1:17.18
8 Parfitt, Kali L	13	Torfaen Dol	1:17.34

**Heat 11 of 14 Finals**

1 Lewis, Cara	16	Bridgend Swim	1:15.39
2 Haddrell, Eva Lily	15	Bridgend Cty	1:14.79
3 Curkovic, Lota	13	Co Cardiff	1:14.51
4 George, Ellie	12	Rct Squad	1:14.45
5 Lloyd, Ffion H	16	Co Newport	1:14.46
6 Smith, Summer	14	Rct Squad	1:14.79
7 FitzGerald, Mali J	13	Bridgend Cty	1:14.91
8 Nicholls, Esther	13	Caerphilly	1:15.65

**Heat 12 of 14 Finals**

1 Crawley, Jessica R	16	Bridgend Cty	1:13.48
2 Jones, Evie	15	Merthyr Tydf	1:12.01
3 Blake, Emily	16	Co Cardiff	1:11.84
4 Williams, Rose	15	Co Cardiff	1:11.05
5 Thomas, Ffion L	16	Bridgend Cty	1:11.18
6 Parfitt, Lucy	15	Co Cardiff	1:11.84
7 Hughes-Rolls, Ava L	14	Torfaen Dol	1:12.08
8 Howson, Ellen M	14	Co Newport	1:13.86

**Heat 13 of 14 Finals**

1 Kay, Isabelle	15	Rct Squad	1:10.95
2 Harness, Meredith	20	Co Cardiff	1:10.53
3 Wardell, Cari	14	Co Cardiff	1:09.80
4 Crawshay-Williams, Emil	15	Torfaen Dol	1:08.02
5 Stork, Niamh	19	Co Cardiff	1:09.51
6 Hickman, Eve R	18	Bridgend Cty	1:09.89
7 Willmore, Isabella R	17	Co Newport	1:10.86
8 James, Grace E	14	Bridgend Cty	1:10.99

**Heat 14 of 14 Finals**

1 Powell, Ava L	14	Co Newport	1:07.80
2 Croke, Carys S	16	Torfaen Dol	1:06.86
3 Nowell, Gabriella J	18	Torfaen Dol	1:06.10
4 Broder, Libby	17	Co Cardiff	1:04.89
5 Titchener, Megan L	15	Torfaen Dol	1:05.42
6 Anderson, Rosalie	13	Co Cardiff	1:06.22
7 Keepings, Charlotte A	17	Co Newport	1:07.58
8 Salmon, Gwen	16	Rct Squad	1:07.85

**Event 322 Boys 11 & Over 800 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
3 Watts, Macsen	13	Heads Valley	11:07.15
4 Chalk, William I	15	Co Newport	10:44.86
5 Howe, Albie S	16	Torfaen Dol	10:47.76
6 Howe, Inigo W	14	Torfaen Dol	11:15.05

**Heat 2 of 2 Finals**

1 Mills, Ioan R	14	Torfaen Dol	9:37.23
2 Henschell, Logan	15	Co Cardiff	9:12.30
3 Morgan, Lewis R	16	Bridgend Cty	8:56.14
4 Geysen-Holley, Max	18	Co Cardiff	8:26.88
5 Bamborough, Jack	15	Co Cardiff	8:31.14
6 Parsons, Joseph	16	Co Cardiff	9:04.27
7 Edwards, Ross	14	Co Cardiff	9:30.80
8 Spinks, Owen H	15	Torfaen Dol	10:24.56

**Event 323 Girls 11 & Over 100 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 22 Finals</b>			
3 Santoro, Bianca	11	Co Cardiff	1:28.84
4 John, Ella-Rose	12	Co Cardiff	1:27.40
5 Soffe, Bronwyn	11	Co Newport	1:27.71
6 Smith, Cariad	11	Cwmbran	1:31.84

**Heat 2 of 22 Finals**

1 Ryan, Harriet	12	Chepstow	1:26.92
2 Willis, Ffion	11	Torfaen Dol	1:26.44
3 Richards, Erin	11	Co Cardiff	1:25.66
4 Collins, Evie	12	Rct Squad	1:25.00
5 Rothwell, Emily	12	Co Cardiff	1:25.53
6 Munslow, Seren	11	Monnow	1:26.33
7 Crump, Lily-May	11	Bridgend Cty	1:26.88
8 Davies, Briallen	12	Rct Squad	1:26.97

**Heat 3 of 22 Finals**

1 Gettins, Bethan	11	Co Newport	1:24.27
2 Davies, Efa	13	Merthyr Tydf	1:23.70
3 Shephard-Morris, Tilly	11	Rhondda	1:23.15
4 Jasper, Lily	11	Co Cardiff	1:22.99
5 Jones, Ffion	12	Co Cardiff	1:23.10
6 Moores, Jaymie	13	Co Newport	1:23.27
7 Fordham, Freya	11	Co Newport	1:24.03
8 Hopkins, Ava	11	Rct Squad	1:24.40

**Heat 4 of 22 Finals**

1 Donaldson, Arianwen	12	Co Newport	1:22.32
2 Davies, Indie	11	Co Newport	1:21.47
3 Meenagh, Mai Van	11	Co Cardiff	1:20.90
4 Bendon, Ruby-Mai	13	Cwmbran	1:19.90
5 Picton, Emelia	12	Merthyr Tydf	1:20.74
6 Kaleta, Lena	12	Co Newport	1:21.06
7 Walters, Tegan	13	Bridgend Cty	1:22.01
8 Bessant-Evans, Emily	12	Caerphilly	1:22.41

**Heat 5 of 22 Finals**

1 Evans, Brooke	13	Caerphilly	1:19.04
2 Scofield, Niamh	12	Rct Squad	1:18.81
3 Cartwright, Bridget	13	Rct Squad	1:17.89
4 Pritchard, Abbie	14	Cwmbran	1:17.50
5 Ballinger, Scarlett	12	Rhondda	1:17.59
6 Thomas, Isabella	13	Co Cardiff	1:18.00
7 James, Isabelle	11	Rhondda	1:18.89
8 Sheen, Isabelle	13	Torfaen Dol	1:19.11

**Heat 6 of 22 Finals**

1 Ryan, Mia	12	Rct Squad	1:17.39
2 Donaldson, Evie	11	Co Newport	1:17.08
3 Williams, Mali	12	Rhondda	1:16.53
4 Mustey, Elizabeth	12	Monnow	1:16.29
5 Edwards, Nia	12	Caerphilly	1:16.48
6 Williams, Seren	15	Rhondda	1:16.70
7 Virgin, Eva	12	Co Cardiff	1:17.30
8 Wilsher, Suki	12	Co Cardiff	1:17.46

**Heat 7 of 22 Finals**

1 Ralph, Ffion	14	Co Newport	1:15.91
2 Weston, Grace	14	Rct Squad	1:15.54
3 Kersley, Holly	13	Cwmbran	1:15.17
4 Altordai, Yume	14	Co Cardiff	1:14.90
5 Williams, Taylor	14	Caerphilly	1:15.15
6 Faulds, Emily	12	Co Newport	1:15.26
7 Roberts, Rosie	11	Torfaen Dol	1:15.70
8 Bevan, Ellie	14	Bridgend Swim	1:16.01

**Heat 8 of 22 Finals**

1 Higgs, Cerys	14	Caerphilly	1:14.41
2 Taylor, Violet	14	Caerphilly	1:14.15
3 Morgan-Basini, Ruby-Ma	11	Abertillery	1:13.97
4 Butler, Olivia	12	Bridgend Swim	1:13.75
5 Macintyre-Jones, Arwen	14	Heads Valley	1:13.76
6 Williams, Natasha	13	Co Newport	1:14.03
7 Owen, Gwen	12	Merthyr Tydf	1:14.38
8 Bennett, Isla	12	Co Cardiff	1:14.79

**Heat 9 of 22 Finals**

1 Cooksey-Owen, Ruby-Ma	12	Rhondda	1:13.34
2 Carre, Jasmine	16	Rhondda	1:13.02
3 Cox, Isabelle	13	Co Cardiff	1:12.70
4 Daly, Isabella B	13	Bridgend Cty	1:12.62
5 Carey, Amy R	14	Bridgend Cty	1:12.69
6 Jones, Jessica	11	Rct Squad	1:13.02
7 Cooper, Caitlin E	14	Co Newport	1:13.28
8 Williams, Lili	12	Rct Squad	1:13.67

**Heat 10 of 22 Finals**

1 Davies, Sophia	11	Rct Squad	1:12.39
2 Stephenson, Lucy	15	Heads Valley	1:12.22
3 Sheen, Seren L	12	Co Newport	1:11.93
4 Zyniewicz, Anna	12	Co Newport	1:11.71
5 Bendon, Megan	15	Cwmbran	1:11.93
6 Jones, Lily-Rose	14	Co Cardiff	1:12.00
7 Adams, Sian	13	Co Cardiff	1:12.30
8 Price, Bethan	15	Bridgend Swim	1:12.40

**Heat 11 of 22 Finals**

1 Davies, Macy L	11	Torfaen Dol	1:11.53
2 Fletcher, Holly	17	Co Cardiff	1:11.49
3 Sweet-Roberts, Pip	11	Torfaen Dol	1:11.27
4 Bastyan, Emily-Grace	14	Torfaen Dol	1:10.94
5 Godsell, Matilda L	13	Bridgend Cty	1:11.25
6 Gordon, Mabli	12	Co Cardiff	1:11.38
7 Boyd, Chloe	13	Co Cardiff	1:11.50
8 Colcombe, Liv	13	Co Cardiff	1:11.63

**Heat 12 of 22 Finals**

1 Garrett, Ruby	15	Merthyr Tydf	1:10.93
2 McQuaid, Maria	12	Co Cardiff	1:10.81
3 Harmer, Gracy	15	Caerphilly	1:10.27
4 Thomas, Holly L	16	Bridgend Cty	1:09.79
5 Carter, Bella	14	Monnow	1:09.95
6 Morgan-Basini, Roca-Jay	13	Abertillery	1:10.79
7 Mulford, Ffion	14	Rct Squad	1:10.89
8 Radu, Natalia	13	Rhondda	1:10.93

**Heat 13 of 22 Finals**

1	Edwards, Carys	13	Caerphilly	1:09.46
2	Reasons, Darcy	11	Abertillery	1:09.37
3	Andrews, Bella R	13	Co Newport	1:09.21
4	Thomas, Hannah	14	Rct Squad	1:08.98
5	Reed, Isabella	12	Co Cardiff	1:09.16
6	Arlow, Grace E	14	Torfaen Dol	1:09.30
7	Lewis, Harriet	11	Co Cardiff	1:09.42
8	Edwards, Amber	13	Co Cardiff	1:09.71

**Heat 14 of 22 Finals**

1	Davies, Darcey	14	Rct Squad	1:08.88
2	Hardwicke, Martha G	14	Bridgend Cty	1:08.24
3	Sullivan, Ariana	13	Caerphilly	1:07.86
4	Goddard, Amy R	14	Rhondda	1:07.84
5	Fowler, Maisie	12	Rct Squad	1:07.85
6	McNamara, Imogen	13	Co Cardiff	1:08.00
7	Brady, Grace	14	Rct Squad	1:08.72
8	Cheeseman, Rhyannon	15	Co Cardiff	1:08.90

**Heat 15 of 22 Finals**

1	Buckland, Eleanor	14	Co Cardiff	1:07.60
2	Davies-Jones, Hannah Z	14	Bridgend Cty	1:07.38
3	George, Ellie	12	Rct Squad	1:07.11
4	Coles, Mya E	13	Co Newport	1:06.97
5	Sherrard, Alex H	11	Torfaen Dol	1:07.10
6	Jones, Isabella S	13	Bridgend Cty	1:07.37
7	Dowling, Abigail	12	Co Cardiff	1:07.54
8	Williams, Olivia	14	Rct Squad	1:07.66

**Heat 16 of 22 Finals**

1	Smith, Summer	14	Rct Squad	1:06.79
2	Morgan, Isabelle L	15	Co Newport	1:06.53
3	Crawley, Jessica R	16	Bridgend Cty	1:06.18
4	Howson, Ellen M	14	Co Newport	1:05.92
5	Richards, Faith	13	Merthyr Tydf	1:05.99
6	Haddrell, Eva Lily	15	Bridgend Cty	1:06.37
7	Reilly, Manon	15	Rct Squad	1:06.56
8	Bastyan, Ava-Rose	14	Torfaen Dol	1:06.85

**Heat 17 of 22 Finals**

1	Jones, Evie	15	Merthyr Tydf	1:05.59
2	Hurley, Sienna-Grace	13	Bridgend Cty	1:05.52
3	Schumm, Libby	14	Torfaen Dol	1:05.24
4	Nicholls, Esther	13	Caerphilly	1:05.17
5	Cull, Harriett	16	Co Cardiff	1:05.22
6	Evans, Gwennan M	13	Co Newport	1:05.48
7	FitzGerald, Mali J	13	Bridgend Cty	1:05.55
8	Daly, Kirsten E	17	Bridgend Cty	1:05.76

**Heat 18 of 22 Finals**

1	Hughes-Rolls, Ava L	14	Torfaen Dol	1:04.30
2	Clatworthy, Maddie	14	Bridgend Swim	1:04.13
3	Givvons, Imogen G	13	Co Newport	1:03.89
4	Carey, Lucy J	15	Bridgend Cty	1:03.29
5	Blake, Emily	16	Co Cardiff	1:03.86
6	Kay, Isabelle	15	Rct Squad	1:03.91
7	Jones, Maisie	13	Co Cardiff	1:04.30
8	Gardener, Hannah B	14	Bridgend Cty	1:04.82

**Heat 19 of 22 Finals**

1	Parfitt, Lucy	15	Co Cardiff	1:03.00
2	Morgan, Isabel	19	Co Cardiff	1:02.91
3	Jones, Lola H	14	Torfaen Dol	1:02.60
4	Smith, Amelia	15	Co Cardiff	1:02.30
5	Marshall, Ffion	13	Co Cardiff	1:02.60
6	Willmore, Isabella R	17	Co Newport	1:02.83
7	Curkovic, Lota	13	Co Cardiff	1:02.93
8	Crowley, Amy	18	Co Cardiff	1:03.18

**Heat 20 of 22 Finals**

1	Avraam, Neve	15	Co Cardiff	1:01.87
2	Gruffydd, Mali	16	Co Cardiff	1:01.70
3	Enoch, Megan-Jane	16	Torfaen Dol	1:01.29
4	Owen, Gracie E	15	Torfaen Dol	1:01.16
5	Marshall, Polly H	18	Co Newport	1:01.18
6	Williams, Rose	15	Co Cardiff	1:01.40
7	Sweet-Roberts, Rosie	15	Torfaen Dol	1:01.80
8	Stork, Niamh	19	Co Cardiff	1:02.00

**Heat 21 of 22 Finals**

1	Hickman, Eve R	18	Bridgend Cty	1:01.13
2	Lewis, Hollie	16	Bridgend Swim	1:00.81
3	Ezard, Emily	21	Bridgend Swim	1:00.68
4	Sherrard, Emme I	14	Torfaen Dol	59.70
5	Dacey, Mollie	15	Co Cardiff	1:00.30
6	James, Grace E	14	Bridgend Cty	1:00.72
7	Faulkner, Marie	18	Co Cardiff	1:01.00
8	Keepings, Charlotte A	17	Co Newport	1:01.14

**Heat 22 of 22 Finals**

1	Grant, Lucy E	16	Co Newport	59.59
2	Fox, Honor	16	Co Cardiff	58.30
3	Domican, Rosie	19	Co Cardiff	57.10
4	Taylor, Theodora A	14	Torfaen Dol	55.46
5	Beynon, Annaliese	23	Co Cardiff	55.73
6	Donovan, Kelsey	18	Co Cardiff	57.50
7	Titchener, Megan L	15	Torfaen Dol	58.80
8	Anderson, Rosalie	13	Co Cardiff	59.63

**Event 324 Boys 11 & Over 200 SC Meter****Breaststroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

3	D'Cruz, Dylan	12	Rct Squad	3:53.05
4	Harvey, Hugo	12	Co Cardiff	3:50.20
5	Frampton, Rhydian	11	Rct Squad	3:51.67
6	Nemtsov, Andreas	12	Co Cardiff	3:54.76

**Heat 2 of 4 Finals**

1	Chalk, Alistair H	11	Co Newport	3:36.81
2	Swetman, Oliver	11	Co Cardiff	3:32.22
3	Hewitt, Archie E	13	Torfaen Dol	3:21.80
4	Nolan, Oliver	14	Co Cardiff	3:10.34
5	Csoban, Benjamin	12	Co Newport	3:19.55
6	Davies, Rhodri	13	Co Cardiff	3:23.96
7	Jones, Noah B	12	Torfaen Dol	3:36.73
8	Altordai, Junnosuke	12	Co Cardiff	3:44.40

**Heat 3 of 4 Finals**

1	Henley, Lewis	14	Heads Valley	3:02.77
2	James, Rhys	14	Rct Squad	2:49.86
3	Nemtsov, Alexandros	15	Co Cardiff	2:45.90
4	Doyle, Alfie	15	Co Newport	2:42.65
5	Temby, Jacob	15	Co Cardiff	2:45.90
6	Thomas, Archie	13	Co Cardiff	2:48.69
7	Rixon, Noah J	15	Co Newport	2:57.28
8	Rees, Daniel	13	Co Cardiff	3:05.40

**Heat 4 of 4 Finals**

1	Burns, Harry	18	Co Cardiff	2:36.07
2	Geysen-Holley, Max	18	Co Cardiff	2:30.80
3	Sheppard, Rhydian	16	Co Cardiff	2:24.34
4	Anderson, Maxwell	18	Co Cardiff	2:12.10
5	Lee, Tristan	17	Co Cardiff	2:18.73
6	Arch, Rhydian	18	Co Cardiff	2:24.79
7	Williams, Luke T	15	Co Newport	2:32.74
8	James, Jack S	16	Torfaen Dol	2:41.11

**SESSION 7 Warm up 3.55pm Start 4.40pm****Event 331 Boys 11 & Over 50 SC Meter Breaststroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 8 Finals**

3 Banks, Oliver	11	Torfaen Dol	54.34
4 Harris, Max	11	Bridgend Swim	50.92
5 Ban Jona, Krisztian	12	Co Newport	51.02
6 Nicholas, Luca	11	Bridgend Swim	54.47

**Heat 2 of 8 Finals**

2 D'Cruz, Dylan	12	Rct Squad	50.15
3 Timbrell, George H	12	Co Newport	47.44
4 Chalk, Alistair H	11	Co Newport	47.13
5 Everson, Sonny R	13	Co Newport	47.19
6 Morgan, Josh A	11	Co Newport	50.12
7 Nemtsov, Andreas	12	Co Cardiff	50.63

**Heat 3 of 8 Finals**

1 Swetman, Oliver	11	Co Cardiff	45.88
2 Taylor, Nicholas A	12	Torfaen Dol	45.02
3 Wratten, Finnley	14	Cwmbran	44.30
4 Csoban, Benjamin	12	Co Newport	43.67
5 Davies, Brynley	13	Co Newport	44.18
6 Volausk, Noah	12	Co Cardiff	44.66
7 Deacon, Cameron	13	Co Cardiff	45.08
8 Davies, Tom M	13	Co Newport	46.34

**Heat 4 of 8 Finals**

1 Gregory, Jaiden	12	Rhondda	42.76
2 Willis, Samuel M	14	Torfaen Dol	42.34
3 Hopkins, Charlie T	15	Co Newport	42.08
4 Miles, Harry	13	Co Cardiff	41.65
5 Jenkins, Gethin R	14	Bridgend Cty	41.70
6 Harvey, Jack	13	Co Cardiff	42.10
7 Jones, Noah B	12	Torfaen Dol	42.40
8 Davies, Rhodri	13	Co Cardiff	43.10

**Heat 5 of 8 Finals**

1 Richards, Daniel	14	Merthyr Tydf	41.38
2 Jones, Sebastien M	13	Torfaen Dol	40.20
3 Vong, Joshua J	13	Co Newport	39.92
4 James, Tristan H	14	Bridgend Cty	39.34
5 Adams, Ronan	15	Bridgend Swim	39.63
6 Hewitt, Archie E	13	Torfaen Dol	40.20
7 Nolan, Oliver	14	Co Cardiff	41.06
8 Hiscox, Jac	14	Rct Squad	41.55

**Heat 6 of 8 Finals**

1 Herron, Noah A	13	Co Newport	39.03
2 Schofield, Thomas	14	Heads Valley	38.40
3 Bartram, Solomon	13	Co Cardiff	37.88
4 Divers, Connor	16	Caerphilly	37.28
5 Warman-Powell, Ioan G	13	Torfaen Dol	37.62
6 Chalk, William I	15	Co Newport	38.33
7 Fudge, Marcus	15	Rct Squad	38.60
8 Henley, Lewis	14	Heads Valley	39.23

**Heat 7 of 8 Finals**

1 Cooksey, Regan	17	Rhondda	35.31
2 Nemtsov, Alexandros	15	Co Cardiff	34.30
3 McGuinness, Charlie D	17	Torfaen Dol	33.70
4 James, Rhys	14	Rct Squad	33.16
5 Ma, Ko Kwan	14	Co Cardiff	33.20
6 Doyle, Alfie	15	Co Newport	34.00
7 Rixon, Noah J	15	Co Newport	35.29
8 Fletcher, Miles	13	Co Cardiff	37.25

**Heat 8 of 8 Finals**

1 Rosser, Dewi	18	Cwmbran	32.86
2 Preece, Toby	16	Cwmbran	31.15
3 Sheppard, Rhydian	16	Co Cardiff	30.70
4 Anderson, Maxwell	18	Co Cardiff	29.00
5 Lee, Tristan	17	Co Cardiff	30.41
6 Jones, Daniel	24	Cwmbran	30.82
7 James, Jack S	16	Torfaen Dol	32.29
8 Temby, Jacob	15	Co Cardiff	32.90

**Event 332 Girls 11 & Over 200 SC Meter Butterfly**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1 Cooksey-Owen, Ruby-Ma	12	Rhondda	3:08.36
2 Ling, Olivia	13	Co Cardiff	2:53.40
3 Tejed, Lola	12	Co Cardiff	2:52.56
4 Evans, Ella	15	Co Cardiff	2:38.00
5 Parfitt, Lucy	15	Co Cardiff	2:45.14
6 Coombes, Cerys	15	Bridgend Cty	2:52.94
7 Cheeseman, Rhyannon	15	Co Cardiff	3:07.13

**Heat 2 of 2 Finals**

1 Brassington, Lucy	16	Co Cardiff	2:33.59
2 Adams, Jaimee	17	Co Cardiff	2:32.24
3 Morgan, Isabel	19	Co Cardiff	2:26.70
4 Owen, Gracie E	15	Torfaen Dol	2:17.25
5 Titchener, Megan L	15	Torfaen Dol	2:25.33
6 John, Emilia	16	Co Cardiff	2:29.84
7 O Callaghan, Faye	18	Co Cardiff	2:33.29
8 Avraam, Neve	15	Co Cardiff	2:34.72

**Event 333 Boys 11 & Over 100 SC Meter Butterfly**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 5 Finals**

3 Johnson, Cai	12	Cwmbran	1:35.62
4 Castillo, Airam	12	Co Cardiff	1:28.81
5 Morgan, Josh A	11	Co Newport	1:34.81
6 Harvey, Hugo	12	Co Cardiff	1:35.70

**Heat 2 of 5 Finals**

2 Everson, Sonny R	13	Co Newport	1:27.57
3 Miles, Harry	13	Co Cardiff	1:25.03
4 Giles, Brodie	13	Bridgend Swim	1:19.25
5 Gruffydd, Ned	13	Co Cardiff	1:19.30
6 Gregory, Jaiden	12	Rhondda	1:26.65
7 Williams, Tomos M	13	Chepstow	1:28.64

**Heat 3 of 5 Finals**

1 Parfitt, Sebastian	13	Co Cardiff	1:15.63
2 Rixon, Noah J	15	Co Newport	1:15.40
3 Gwynfil, Solomon	13	Co Cardiff	1:12.30
4 Rixon, Oliver R	15	Co Newport	1:10.25
5 Brock, Freddy	14	Rct Squad	1:11.97
6 Ballantyne, Alex	14	Bridgend Swim	1:12.98
7 James, Owain	15	Rct Squad	1:15.42
8 Bastyan, Tobias-Luke	12	Torfaen Dol	1:17.97

**Heat 4 of 5 Finals**

1 Deacon, Cameron	13	Co Cardiff	1:07.52
2 Davies, Iwan	15	Co Cardiff	1:04.70
3 McLain, Archie J	17	Torfaen Dol	1:04.50
4 Ma, Ko Kwan	14	Co Cardiff	1:01.60
5 Haines, Thomas	15	Co Cardiff	1:03.82
6 Owen, Vinnie	15	Co Cardiff	1:04.60
7 Lewis, Gethin R	15	Bridgend Cty	1:06.86
8 Mills, Ioan R	14	Torfaen Dol	1:08.90

**Heat 5 of 5 Finals**

1 Burns, Harry	18	Co Cardiff	1:00.67
2 Davies, Evan	17	Co Cardiff	57.00
3 Lee, Ethan	17	Co Cardiff	56.67
4 Knight, Jack	20	Co Cardiff	54.00
5 James, Harley	18	Co Cardiff	55.20
6 Arch, Rhydian	18	Co Cardiff	56.70
7 Fox-Wiltshire, Benjamin	18	Co Cardiff	59.20
8 Bamborough, Jack	15	Co Cardiff	1:00.80

**Heat 7 of 7 Finals**

1 Marshall, Ffion	13	Co Cardiff	4:48.44
2 Cull, Harriett	16	Co Cardiff	4:46.32
3 Ingram, Olivia	15	Co Cardiff	4:39.30
4 Gruffydd, Mali	16	Co Cardiff	4:34.75
5 Davies, Abigail H	18	Bridgend Cty	4:36.86
6 Jones, Lucy K	16	Co Newport	4:39.39
7 Lewis, Hollie	16	Bridgend Swim	4:48.12
8 Iles, Jessica	13	Co Cardiff	4:50.26

**Event 334 Girls 11 & Over 400 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 7 Finals**

3 Donaldson, Arianwen H	12	Co Newport	6:34.28
4 Wilsher, Suki	12	Co Cardiff	6:21.30
5 Davies, Indie B	11	Co Newport	6:34.22

**Heat 2 of 7 Finals**

2 Picton, Emelia	12	Merthyr Tydf	6:14.40
3 Thomas, Isabella	13	Co Cardiff	5:58.71
4 Jones, Jessica .	11	Rct Squad	5:53.83
5 Fowler, Maisie	12	Rct Squad	5:56.33
6 Williams, Lili	12	Rct Squad	6:12.44
7 Sommerin, Elin	13	Co Cardiff	6:17.87

**Heat 3 of 7 Finals**

1 Pritchard, Abbie	14	Cwmbran	5:49.18
2 Reed, Isabella	12	Co Cardiff	5:40.03
3 Gordon, Mabli	12	Co Cardiff	5:38.94
4 Cox, Isabelle	13	Co Cardiff	5:29.82
5 Garrett, Ruby	15	Merthyr Tydf	5:37.26
6 Williams, Taylor	14	Caerphilly	5:39.57
7 Prosser, Sofia	11	Merthyr Tydf	5:45.98
8 Colcombe, Liv	13	Co Cardiff	5:51.34

**Heat 4 of 7 Finals**

1 Boyd, Chloe	13	Co Cardiff	5:26.00
2 Edwards, Carys	13	Caerphilly	5:20.72
3 Dacey, Mollie	15	Co Cardiff	5:11.90
4 Brady, Grace	14	Rct Squad	5:11.43
5 Coombes, Cerys	15	Bridgend Cty	5:11.80
6 Thomas, Hannah	14	Rct Squad	5:18.18
7 Lewis, Harriet	11	Co Cardiff	5:23.98
8 Morgan-Basini, Roca-Jay	13	Abertillery	5:26.63

**Heat 5 of 7 Finals**

1 Morgan, Isabelle L	15	Co Newport	5:10.42
2 Coles, Mya E	13	Co Newport	5:04.38
3 Jones, Maisie	13	Co Cardiff	5:04.00
4 Givvons, Imogen G	13	Co Newport	5:00.39
5 Jones, Isabella S	13	Bridgend Cty	5:02.67
6 Haddrell, Eva Lily	15	Bridgend Cty	5:04.27
7 Ribeiro, Ariana	12	Co Cardiff	5:05.10
8 Reilly, Manon	15	Rct Squad	5:10.61

**Heat 6 of 7 Finals**

1 George, Ellie	12	Rct Squad	4:57.39
2 Williams, Olivia	15	Co Cardiff	4:52.10
3 Daly, Kirsten E	17	Bridgend Cty	4:51.40
4 Williams, Rose	15	Co Cardiff	4:51.40
5 Wardell, Cari	14	Co Cardiff	4:51.40
6 Jones, Lola H	14	Torfaen Dol	4:51.67
7 Howson, Ellen M	14	Co Newport	4:55.20
8 Evans, Gwennan M	13	Co Newport	4:59.72

**Event 335 Boys 11 & Over 200 SC Meter Freestyle**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 9 Finals**

3 Hopkins, Luc P	12	Torfaen Dol	2:59.30
4 Chalk, Alistair H	11	Co Newport	2:52.55
5 Gregory, Jaiden	12	Rhondda	2:56.02

**Heat 2 of 9 Finals**

1 Morgan, Josh A	11	Co Newport	2:48.44
2 Timbrell, George H	12	Co Newport	2:44.16
3 Arnold, David	14	Cwmbran	2:42.62
4 Davies, Tom M	13	Co Newport	2:39.26
5 Frampton, Rhydian	11	Rct Squad	2:41.70
6 Barry, Isaac T	14	Co Newport	2:43.67
7 Altordai, Junnosuke	12	Co Cardiff	2:44.31
8 Williams, Tomos M	13	Chepstow	2:50.07

**Heat 3 of 9 Finals**

1 Gruffydd, Ned	13	Co Cardiff	2:38.97
2 Jones, Sebastien M	13	Torfaen Dol	2:36.90
3 Harvey, Hugo	12	Co Cardiff	2:35.23
4 Bartram, Solomon	13	Co Cardiff	2:33.30
5 Nolan, Oliver	14	Co Cardiff	2:35.20
6 Castillo, Airam	12	Co Cardiff	2:36.80
7 Cates, James	14	Merthyr Tydf	2:38.37
8 Miles, Harry	13	Co Cardiff	2:39.08

**Heat 4 of 9 Finals**

1 James, Owain	15	Rct Squad	2:32.43
2 Watts, Macsen	13	Heads Valley	2:28.64
3 Parfitt, Sebastian	13	Co Cardiff	2:27.07
4 Nemtsov, Alexandros	15	Co Cardiff	2:25.14
5 Hiscox, Jac	14	Rct Squad	2:25.52
6 Ballantyne, Alex	14	Bridgend Swim	2:28.39
7 Duggan, Elliot A	12	Bridgend Cty	2:29.65
8 Caldicott, Lewis W	13	Co Newport	2:32.81

**Heat 5 of 9 Finals**

1 Price, Evan	14	Bridgend Swim	2:22.65
2 Hewitt, Archie E	13	Torfaen Dol	2:21.80
3 Robins, Ethan L	14	Bridgend Cty	2:19.97
4 Roberts, Evyn	15	Bridgend Swim	2:19.73
5 Gwynfil, Solomon	13	Co Cardiff	2:19.80
6 Vong, Joshua J	13	Co Newport	2:20.01
7 Doyle, Alfie	15	Co Newport	2:22.03
8 Herron, Noah A	13	Co Newport	2:23.62

**Heat 6 of 9 Finals**

1 Davies, Brynley	13	Co Newport	2:18.55
2 Chalk, William I	15	Co Newport	2:17.84
3 Lewis, Gethin R	15	Bridgend Cty	2:16.83
4 Spinks, Owen H	15	Torfaen Dol	2:14.40
5 Jasinski, Hubert	16	Co Newport	2:16.53
6 James, Rhys	14	Rct Squad	2:17.51
7 Brock, Freddy	14	Rct Squad	2:17.92
8 Caldicott, Elliot F	15	Co Newport	2:19.07

**Heat 7 of 9 Finals**

1 Williams, Luke T	15 Co Newport	2:13.52
2 Davies, Gavin	16 Co Newport	2:09.57
3 Davies, William D	16 Co Newport	2:06.51
4 Sheppard, Rhydian	16 Co Cardiff	2:04.70
5 Vaughan, William	16 Rct Squad	2:05.43
6 Willis, Kofi	14 Co Cardiff	2:07.60
7 Deacon, Cameron	13 Co Cardiff	2:13.10
8 Temby, Jacob	15 Co Cardiff	2:13.95

**Heat 8 of 9 Finals**

1 John, Finlay T	17 Bridgend Cty	2:02.01
2 Haines, Thomas	15 Co Cardiff	2:01.20
3 Southwood, Charlie M	16 Torfaen Dol	2:00.30
4 McGuinness, Charlie D	17 Torfaen Dol	1:59.40
5 Mruk, Lucas J	15 Torfaen Dol	2:00.20
6 Morgan, Lewis R	16 Bridgend Cty	2:00.95
7 Owen, Vinnie	15 Co Cardiff	2:01.60
8 Davies, Iwan	15 Co Cardiff	2:04.19

**Heat 9 of 9 Finals**

1 Parsons, Joseph	16 Co Cardiff	1:58.69
2 Broom, Dylan H	21 Torfaen Dol	1:57.62
3 Bamborough, Jack	15 Co Cardiff	1:54.43
4 James, Harley	18 Co Cardiff	1:50.98
5 Geysen-Holley, Max	18 Co Cardiff	1:52.56
6 Lee, Ethan	17 Co Cardiff	1:54.90
7 Anderson, Maxwell	18 Co Cardiff	1:58.10
8 Pugh, Morgan R	16 Torfaen Dol	1:58.73