

Swim Wales National Championships 2025 - 24/04/2025 to 27/04/2025
Meet Program - Session 1 (Warmup 8.00 - 9.00)

Event 101 Men 14 & Over 50 LC Meter Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Prelims				
1	Gomery, Ethan	14	Buckley	37.90
2	Jones, Noah	14	Torfaen D	36.50
3	Volausek, Noah	14	Co Cardiff	36.21
4	Hewitt, Archie	15	Torfaen D	35.50
5	Shiland-Griffiths, Enzo	15	NofioGwynedd	36.16
6	Lovell, Logan	14	Swindon Dolp	36.29
7	Price-Clishem, Dyfan	14	NofioGwynedd	37.60
8	Stanford-Jason, Samuel	14	Salisbury	38.74
Heat 2 of 7 Prelims				
1	Latham, Elliot	15	Winchester	34.96
2	Crump, Joshua-James	16	Bridgend Cty	34.80
3	Phillips, Ioan	15	Neath	34.20
4	Miles, Harry	15	Co Cardiff	34.10
5	James, Tristan	16	Bridgend Cty	34.14
6	Warman-Powell, Ioan	15	Torfaen D	34.65
7	Park, Reggie Samuel	15	Holywell	34.90
8	Taylor, Nicholas	14	Torfaen D	35.20
Heat 3 of 7 Prelims				
1	Meilleur, Elliot	15	NofioGwynedd	34.00
2	Bostock, Dyfan	15	Wrexham	33.57
3	Bartram, Solomon	15	Bridgend Cty	33.50
4	Doyle, Alfie	17	Co Newport	33.31
5	Hole, Ethan	16	Co Cardiff	33.36
6	Bennett, Finley	16	Pembs Cty	33.50
7	Leatherbarrow, Jack	17	Wrexham	33.70
8	Hughes, Cai	16	Nofio Bangor	34.00
Heat 4 of 7 Prelims				
1	Upton-Boorman, Liam	18	Nofio S Gar	33.06
2	Stuart-Lavender, Jac	15	Nofio S Gar	32.98
3	Montague, Mason	17	Pembs Cty	32.87
4	Richardson, Osian	17	Swansea Aq	32.80
5	Silverstone, Solomon	16	Pembs Cty	32.87
6	Williams, Luke	17	Co Newport	32.96
7	Phillips, Finley	15	Nofio S Gar	33.01
8	Neaves, Jake	16	EllesmereCSA	33.30
Heat 5 of 7 Prelims				
1	Caddy, Alexander	18	Caradon	32.02
2	Ellis-Sixsmith, Ethan	22	Cambrian AA	31.30
3	Lovell-Pascal, Jean-Luc	20	Swansea Uni	30.08
4	Anderson, Maxwell	20	Co Cardiff	29.40
5	Delahay, Ioan	22	Uni of Man	30.00
6	Stratton, Joe	21	Swansea Uni	30.70
7	Greenslade, Benjamin	15	Tiverton	31.93
8	Longworth, Ellis	19	NofioGwynedd	32.70
Heat 6 of 7 Prelims				
1	Pugh, Morgan	18	Torfaen D	32.00
2	Clarke, Henry	18	Swansea Aq	31.30
3	Hoey, Luke	23	Swansea Uni	30.02
4	Newman, Brad	24	Co Cardiff	29.30
5	James, Jack	18	Torfaen D	29.77
6	Sheppard, Rhydian	18	Co Cardiff	30.63
7	Thomas, Lucas	17	NofioGwynedd	31.60
8	Estrada Aburto, Diego	28	Swansea Uni	32.26

Heat 7 of 7 Prelims				
1	Wright, Ethan	23	Nofio Bangor	31.95
2	Lee, Tristan	19	Co Cardiff	31.00
3	Minshull, Callum	21	Swansea Uni	30.00
4	Panaretos, Panayiotis	23	Swansea Uni	28.25
5	Davies, Aneurin	21	Swansea Uni	29.75
6	Walford, Nathan	20	Swansea Uni	30.10
7	James, Rhys	16	Rct Squad	31.45
8	Song, Guangping	16	EllesmereCSA	32.17
Event 102 Female 14 & Over 50 LC Meter Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Prelims				
1				
2				
3	Williams, Lili	14	Rct Squad	40.76
4	Jones, Laura	14	Clitheroe	40.08
5	Jones, Hunydd	14	Nofio S Gar	40.55
6	%Philpott, Lowri SB14	14	Nofio S Gar	52.60
7				
8				
Heat 2 of 7 Prelims				
1	Williams, Leah	14	NofioGwynedd	39.31
2	Roberts, Isabel	15	Co Cardiff	39.20
3	Knight, Lily	15	Swansea Aq	38.90
4	Jones, Isabella	15	Bridgend Cty	38.90
5	Young, Lily	14	Chirk	38.90
6	Lewis-Jones, Idele	14	Wrexham	39.20
7	Sutton, Emily	14	NofioGwynedd	39.30
8	Madra, Victoria	14	Wrexham	39.58
Heat 3 of 7 Prelims				
1	Miller, Ailla	15	Ruthin	38.57
2	Daly, Isabella	15	Bridgend Cty	38.37
3	Stark, Tala	15	Pembs Cty	38.20
4	McNamara, Imogen	15	Co Cardiff	37.80
5	Patterson, Hollie	14	Nofio S Gar	37.90
6	Goddard, Amy	16	Rct Squad	38.30
7	McQuaid, Maria	14	Co Cardiff	38.38
8	Davies, Isabella	14	Nofio S Gar	38.80
Heat 4 of 7 Prelims				
1	Phillips, Emily	17	Neath	37.38
2	Price, Cerys	16	Heads Valley	37.28
3	Dowling, Abigail	14	Co Cardiff	36.34
4	Spence, Emilia	14	Co Birm'ham	36.10
5	Andrews, Joanne	15	EllesmereCSA	36.14
6	Turner, Jasmine	16	Caradon	36.60
7	Powell, Josie	15	Bridgend SC	37.34
8	Johnson, Poppy	16	Holywell	37.60
Heat 5 of 7 Prelims				
1	Daniel, Megan	15	Caradon	35.90
2	Davies, Ellen	16	Chirk	35.54
3	Williams, Lowri	15	Swansea Aq	34.80
4	Beynon, Annaliese	25	Co Cardiff	33.79
5	Gibson, Mari	17	Co Cardiff	33.82
6	Gorman, Helen	53	Co Cardiff	35.15
7	Rowlands, Charlotte	27	Nofio Bangor	35.70
8	Taffetsauffer, Isabella	14	Nofio S Gar	36.10

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Heat 6 Prelims (#102 Female 14 & Over 50 LC Meter Breaststroke)				
1	Day, Hannah	17	Co Cardiff	35.84
2	Andrews, Bella	15	Co Newport	35.28
3	Mercer, Olivia	21	Swansea Uni	34.69
4	Woodcock, Hannah	21	Swansea Uni	32.70
5	Huellou, Claire	20	Swansea Uni	33.81
6	Salmon, Gwen	18	Rct Squad	35.14
7	Worthington, Emma	17	Chirk	35.70
8	Lythgoe, Manon	16	Swansea Aq	35.96
Heat 7 of 7 Prelims				
1	Owen, Kessie	17	Neath	35.82
2	Smith, Amelia	17	Co Cardiff	35.21
3	Gibbs, Harriet	17	Nofio S Gar	34.53
4	Crowley, Amy	20	Co Cardiff	32.16
5	Bissicks, Ella	18	Swansea Uni	33.80
6	Williams, Cari	16	Nofio Bangor	34.96
7	Knight, Bria	20	Swansea Uni	35.66
8	Matthews, Elin	15	Co Cardiff	35.90
Event 103 Men 14 & Over 400 LC Meter IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims				
1				
2				
3	Harvey, Hugo	14	Co Cardiff	5:30.40
4	Giles, Brodie	15	Bridgend Cty	5:28.50
5	Gruffydd, Ned	15	Co Cardiff	5:28.59
6				
7				
8				
Heat 2 of 4 Prelims				
1	Duggan, Brandon	15	Co Cardiff	5:18.70
2	Reece, Liam	15	Co Newport	5:16.80
3	Linge, Reece	14	EllesmereCSA	5:15.60
4	Williams, Owen	16	NofioGwynedd	5:08.70
5	Thomas, Archie	15	Co Cardiff	5:14.29
6	Gwynfil, Solomon	15	Co Cardiff	5:15.80
7	Williams, Thomas	15	Nofio S Gar	5:18.00
8				
Heat 3 of 4 Prelims				
1	Phillips, Finley	15	Nofio S Gar	5:04.00
2	Bennett, Finley	16	Pembs Cty	4:57.80
3	Bamborough, Jack	17	Co Cardiff	4:42.20
4	Arch, Rhydian	20	Co Cardiff	4:28.00
5	Clegg, Luke	20	Swansea Uni	4:36.10
6	Evans, Ieuan	18	Cambrian AA	4:47.70
7	McLain, Archie	19	Torfaen D	5:01.60
8	Meilleur, Elliot	15	NofioGwynedd	5:05.80
Heat 4 of 4 Prelims				
1	Upton-Boorman, Liam	18	Nofio S Gar	5:02.20
2	West, Dexter	16	Pembs Cty	4:51.20
3	Neaves, Archie	20	Swansea Uni	4:37.20
4	Kershaw, Charles	23	Swansea Uni	4:22.90
5	Kendrick, Elijah	21	Swansea Uni	4:35.30
6	Edwards, Ross	16	Co Cardiff	4:46.60
7	Leatherbarrow, Jack	17	Wrexham	4:58.80
8	Cavill, Jack	15	Co Cardiff	5:05.44

Event 104 Female 14 & Over 200 LC Meter Backstroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Prelims				
1				
2				
3	%Rogerson, Heidi	18	Holywell/A,12,+	2:58.50
4	Williams, Leah	14	NofioGwynedd	2:45.60
5	Jones, Efa	14	Co Cardiff	2:48.00
6				
7				
8				
Heat 2 of 7 Prelims				
1	Ribeiro, Ariana	14	Co Cardiff	2:45.05
2	Hughes, Nel	14	NofioGwynedd	2:41.10
3	Miller, Ailla	15	Ruthin	2:40.70
4	Dash, Amelie	14	Pembs Cty	2:39.90
5	McFarlane, Una	14	Pembs Cty	2:40.20
6	Roberts, Isabel	15	Co Cardiff	2:41.10
7	Jenkins, Elli	14	Swansea Aq	2:43.27
8	Williams, Lili	14	Rct Squad	2:45.30
Heat 3 of 7 Prelims				
1	Jones, Hunydd	14	Nofio S Gar	2:38.10
2	Thurston, Rene	14	Newtown	2:37.60
3	Fitzgerald, Mali	15	Bridgend Cty	2:36.80
4	Jones, Myia	17	Wrexham	2:34.60
5	Fowler, Maisie	14	Rct Squad	2:34.70
6	Upton-Boorman, Isabella	15	Nofio S Gar	2:37.50
7	George, Ellie	14	Rct Squad	2:37.70
8	Cressey-Rodgers, Gwenllian	15	Nofio S Gar	2:38.70
Heat 4 of 7 Prelims				
1	Jones, Evie	17	Merthyr Tydf	2:34.00
2	Grimes, Idena	14	Nofio Bangor	2:33.70
3	Huws, Awen	17	Rct Squad	2:33.70
4	Reed, Isabella	14	Co Cardiff	2:33.30
5	Burns, Freya	14	Nofio S Gar	2:33.50
6	Edwards, Alaw	15	NofioGwynedd	2:33.70
7	Roberts, Mali	15	NofioGwynedd	2:33.90
8	McCoole-Jones, Elen	14	Holywell	2:34.10
Heat 5 of 7 Prelims				
1	Spence, Emilia	14	Co Birm'ham	2:31.10
2	Blake, Emily	18	Co Cardiff	2:25.80
3	Hempenstall, Amy	17	Guildford Ct	2:24.18
4	Titchener, Megan	17	Torfaen D	2:18.40
5	Dwyfor-Clark, Efa	16	NofioGwynedd	2:21.30
6	Anderson, Rosalie	15	Co Cardiff	2:24.60
7	Bennett, Isla	14	Co Cardiff	2:30.00
8	Thomas, Serenity	15	NofioGwynedd	2:33.10
Heat 6 of 7 Prelims				
1	Andrews, Joanne	15	EllesmereCSA	2:30.60
2	Gill, Avani	23	Cardiff Mast	2:25.28
3	Daniel, Megan	15	Caradon	2:24.10
4	Stead, Martha	20	Swansea Uni	2:17.00
5	Nichols, Grace	15	Pembs Cty	2:20.20
6	Salmon, Gwen	18	Rct Squad	2:24.60
7	Wardell, Cari	16	Co Cardiff	2:29.50
8	Parfitt, Kali	15	Torfaen D	2:32.30

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Heat 7 Prelims (#104 Female 14 & Over 200 LC Meter Backstroke)				
1	Hellfeld, Beatrix	18	Nofio Bangor	2:30.20
2	Parfitt, Lucy	17	Co Cardiff	2:24.60
3	Hall, Emily	15	Warrington W	2:22.40
4	Humphreys, Ffion	17	NofioGwynedd	2:15.20
5	Fox, Honor	18	Co Cardiff	2:20.20
6	%Williams, Rose S14	17	Co Cardiff	2:24.50
7	Bamborough, Katie	21	Swansea Uni	2:28.15
8	Hellfeld, Matilda	19	Nofio Bangor	2:31.20

Event 105 Men 14 & Over 100 LC Meter Backstroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims				
1				
2	%O'Reilly, McKenzie S8	16	Torfaen D/A,12,+	1:26.67
3	Williams, Sion	14	Nofio Bangor	1:13.80
4	Harwood, Jack	14	Pembs Cty	1:10.20
5	Samuel, Jake	14	Merthyr Tydf	1:12.18
6	Bastyan, Tobias-Luke	14	Torfaen D	1:14.20
7	%Hobbs, Alex S7	20	Swansea Uni	1:30.00
8				

Heat 2 of 5 Prelims				
1	Gilligan, Henry	15	Rct Squad	1:09.30
2	Meilleur, Elliot	15	NofioGwynedd	1:09.00
3	Linge, Reece	14	EllesmereCSA	1:06.30
4	Davies, Brynley	15	Co Newport	1:05.57
5	Fletcher, Miles	15	Co Cardiff	1:05.70
6	Campbell, Zac	15	Buckley	1:07.00
7	Shiland-Griffiths, Enzo	15	NofioGwynedd	1:09.27
8	Gregory, Jaiden	14	Co Cardiff	1:10.20

Heat 3 of 5 Prelims				
1	Brinkworth, James	16	Caradon	1:04.10
2	Davies, Iwan	17	Co Cardiff	1:02.70
3	Davies, Evan	19	Co Cardiff	59.00
4	Turner, Harry	26	Co Cardiff	56.40
5	Johnstone, Daniel	18	Nofio S Gar	58.15
6	Gore, Andrew	20	Co Cardiff	1:01.00
7	Major, Maximus	15	Co Newport	1:03.80
8	Hole, Ethan	16	Co Cardiff	1:05.35

Heat 4 of 5 Prelims				
1	Deacon, Cameron	15	Co Cardiff	1:04.10
2	Thomas, Iolo	15	Neath	1:02.66
3	McCarthy, Benedict	16	Co Cardiff	58.70
4	Barlow, Oscar	20	Swansea Uni	56.00
5	Sadberry, Jack	21	Swansea Uni	57.60
6	Edwards, Ross	16	Co Cardiff	59.90
7	Rixon, Oliver	17	Co Newport	1:03.70
8	Elmes, Max	14	Nofio S Gar	1:05.30

Heat 5 of 5 Prelims				
1	Mills, Ioan	16	Torfaen D	1:04.10
2	West, Dexter	16	Pembs Cty	1:01.20
3	Lee, Ethan	19	Co Cardiff	58.30
4	Knight, Jack	22	Co Cardiff	55.60
5	Nikolaou, Antonio	22	Swansea Uni	57.20
6	Jasinski, Hubert	18	Co Newport	59.40
7	Montague, Mason	17	Pembs Cty	1:02.90
8	Lennon, Danny	17	Wrexham	1:05.00

Event 106 Female 14 & Over 100 LC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 12 Prelims				
1				
2				
3	%Mesher, Anwen S9	16	Torfaen D/3,5,12,+	1:39.90
4	%Lawn, Pippa S14	15	Torfaen D	1:20.08
5	%Philpott, Lowri S14	14	Nofio S Gar	1:31.38
6				
7				
8				

Heat 2 of 12 Prelims				
1	Cooksey-Owen, Ruby-Mae	14	Co Cardiff	1:08.23
2	Ryan, Mia	14	Rct Squad	1:08.07
3	Goodman, Lola	14	Swansea Aq	1:07.99
4	Butler, Olivia	14	Bridgend Cty	1:07.71
5	Jones, Hunydd	14	Nofio S Gar	1:07.80
6	Goodman, Evie	14	Swansea Aq	1:08.05
7	Williams, Gwenno	14	NofioGwynedd	1:08.09
8	%Butt, Chloe S9	31	Caerphilly/A,9	1:18.31

Heat 3 of 12 Prelims				
1	Williams, Leah	14	NofioGwynedd	1:07.50
2	Morgan, Evelyn	14	Nofio S Gar	1:07.20
3	%Willis, Meghan S9	18	Torfaen D/1,3,5	1:06.96
4	Thurston, Rene	14	Newtown	1:06.70
5	McCoole-Jones, Elen	14	Holywell	1:06.80
6	McQuaid, Maria	14	Co Cardiff	1:07.10
7	Jones Churm, Nel	14	NofioGwynedd	1:07.24
8	Duggan, Ella	14	Rct Squad	1:07.50

Heat 4 of 12 Prelims				
1	Edwards, Carys	15	Caerphilly	1:05.98
2	McNamara, Imogen	15	Co Cardiff	1:05.86
3	Richards, Faith	15	Co Cardiff	1:05.50
4	Sutton, Emily	14	NofioGwynedd	1:05.30
5	Innocent-Woodman, Aureliu	14	Co Cardiff	1:05.41
6	Coles, Mya	15	Co Newport	1:05.50
7	Bissicks, Cari	14	Neath	1:05.91
8	Dowling, Abigail	14	Co Cardiff	1:06.24

Heat 5 of 12 Prelims				
1	Evans, Gwennan	15	Co Cardiff	1:04.60
2	Roberts, Mali	15	NofioGwynedd	1:04.30
3	Hughes, Nel	14	NofioGwynedd	1:04.16
4	Rees, Maisie	15	Rct Squad	1:03.94
5	Fitzgerald, Mali	15	Bridgend Cty	1:04.10
6	Burns, Freya	14	Nofio S Gar	1:04.20
7	Grimes, Idena	14	Nofio Bangor	1:04.38
8	Edwards, Alaw	15	NofioGwynedd	1:04.66

Heat 6 of 12 Prelims				
1	Johnson, Poppy	16	Holywell	1:03.76
2	Galdes Cutting, Daisy	14	Pembs Cty	1:03.64
3	Gilderdale, Celyn	17	Pembs Cty	1:03.26
4	Reed, Isabella	14	Co Cardiff	1:03.13
5	Marshall, Ffion	15	Co Cardiff	1:03.24
6	Sullivan, Ariana	15	Torfaen D	1:03.47
7	Gordon, Mabli	14	Co Cardiff	1:03.75
8	Devin, Erin	15	Wrexham	1:03.80

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Heat 7 Prelims (#106 Female 14 & Over 100 LC Meter Freestyle)				
1	Smith, Amelia	17	Co Cardiff	1:02.77
2	Ach Rhys, Esysllt	15	NofioGwynedd	1:02.40
3	Avraam, Neve	17	Co Cardiff	1:02.35
4	O'Mahoney, Kaitlin	17	Bridgend Cty	1:02.15
5	Givvons, Imogen	15	Co Newport	1:02.20
6	Thomas, Serenity	15	NofioGwynedd	1:02.40
7	Worthington, Emma	17	Chirk	1:02.40
8	Allen, Isabel	14	Co Cardiff	1:02.88
Heat 8 of 12 Prelims				
1	Daniel, Megan	15	Caradon	1:02.10
2	King, Marley	17	Penyrheol	1:01.90
3	Schumm, Libby	16	Torfaen D	1:01.20
4	Lush, Emily	23	Swansea Uni	1:00.99
5	%Williams, Rose S14	17	Co Cardiff	1:01.10
6	Morgan, Isabel	21	Co Cardiff	1:01.57
7	Stork, Niamh	21	Co Cardiff	1:02.08
8	Keepings, Charlotte	19	Swansea Uni	1:02.11
Heat 9 of 12 Prelims				
1	Lee, Edith	15	Co Cardiff	1:00.90
2	Dwyfor-Clark, Efa	16	NofioGwynedd	1:00.87
3	Stoimenova, Kameliya	22	Swansea Uni	1:00.80
4	Nichols, Grace	15	Pembs Cty	1:00.30
5	Hall, Emily	15	Warrington W	1:00.30
6	Stokes, Aimee	21	Swansea Uni	1:00.80
7	Geach, Libbie	16	Neath	1:00.90
8	Owen, Gracie	17	Torfaen D	1:00.93
Heat 10 of 12 Prelims				
1	Anderson, Rosalie	15	Co Cardiff	1:00.02
2	Griffiths, Cerys	15	Pembs Cty	59.50
3	Croke, Carys	18	Torfaen D	58.60
4	Woodcock, Hannah	21	Swansea Uni	57.10
5	Jones, Isabella	20	Nofio S Gar	58.10
6	Davies, Megan	20	Swansea Uni	59.13
7	Beynon, Annaliese	25	Co Cardiff	59.82
8	Evans, Gwenllian	16	Co Cardiff	1:00.13
Heat 11 of 12 Prelims				
1	Day, Hannah	17	Co Cardiff	1:00.00
2	De Torres, Rebecca	21	Co Cardiff	59.40
3	Crawley, Abigail	20	Swansea Uni	58.60
4	Broder, Libby	19	Co Cardiff	56.69
5	Hempenstall, Amy	17	Guildford Ct	58.08
6	Humphreys, Ffion	17	NofioGwynedd	59.00
7	Patterson, Millie	19	Swansea Uni	59.70
8	Willis, Hannah	20	Swansea Uni	1:00.10
Heat 12 of 12 Prelims				
1	Spence, Emilia	14	Co Birm'ham	59.94
2	Sherrard, Emme	16	Torfaen D	59.20
3	Fox, Honor	18	Co Cardiff	58.10
4	Major, Scarlet	22	Swansea Uni	56.60
5	Dickinson, Jessica	20	Swansea Uni	57.60
6	Williams-Jones, Phoebe	19	Co Cardiff	59.00
7	Jones, Maisie	15	Co Cardiff	59.56
8	Wheeler, Oriana	20	Swansea Uni	1:00.10

Event 107 Men 14 & Over 200 LC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Prelims				
1				
2	Mills, Thomas	14	Nofio S Gar	2:20.80
3	Williams, Dylan	14	Wrexham	2:20.40
4	Harvey, Hugo	14	Co Cardiff	2:19.60
5	Gregory, Jaiden	14	Co Cardiff	2:19.70
6	Baldwin, Thomas	14	Holywell	2:20.55
7				
8				
Heat 2 of 9 Prelims				
1	Taylor, Nicholas	14	Torfaen D	2:18.90
2	%Read, William S14	17	Swansea Aq	2:16.88
3	Caldicott, Lewis	15	Co Newport	2:15.80
4	Campbell, Zac	15	Buckley	2:14.80
5	Jones, Jayden	14	Caerphilly	2:15.20
6	Bastyan, Tobias-Luke	14	Torfaen D	2:16.79
7	Harwood, Jack	14	Pembs Cty	2:17.71
8	Stanford-Jason, Samuel	14	Salisbury	2:19.10
Heat 3 of 9 Prelims				
1	Shiland-Griffiths, Enzo	15	NofioGwynedd	2:14.00
2	Parfitt, Sebastian	15	Co Cardiff	2:12.99
3	Castillo, Airam	14	Co Cardiff	2:12.60
4	Duggan, Elliot	14	Bridgend Cty	2:11.56
5	Warman-Powell, Ioan	15	Torfaen D	2:12.50
6	Davies, Tom	15	Co Newport	2:12.73
7	Gwynfil, Solomon	15	Co Cardiff	2:13.52
8	Elmes, Max	14	Nofio S Gar	2:14.10
Heat 4 of 9 Prelims				
1	Brinkworth, James	16	Caradon	2:10.80
2	Douglas, Lucas	14	Neath	2:09.20
3	Leatherbarrow, Jack	17	Wrexham	2:08.60
4	Deacon, Cameron	15	Co Cardiff	2:07.20
5	Bennett, Finley	16	Pembs Cty	2:08.00
6	Williams, Thomas	15	Nofio S Gar	2:08.90
7	Wilson, Aidan	16	Conwy	2:09.40
8	Miles, Harry	15	Co Cardiff	2:10.90
Heat 5 of 9 Prelims				
1	Latham, Elliot	15	Winchester	2:06.67
2	Fletcher, Miles	15	Co Cardiff	2:06.21
3	Hewitt, Archie	15	Torfaen D	2:06.00
4	Hardy, Dewi	18	Wrexham	2:05.66
5	Bebb, Lewis	18	Newtown	2:05.80
6	Bie, Alfie	17	Cambrian AA	2:06.20
7	Evans, Monty	18	Gloucester	2:06.29
8	Watkins, William	17	Bridgend SC	2:07.12
Heat 6 of 9 Prelims				
1	Ogden, Dylan	17	Redditch	2:05.40
2	Rixon, Oliver	17	Co Newport	2:04.65
3	Davies, William	18	Co Newport	2:03.40
4	Ma, Ko Kwan	16	Co Cardiff	2:01.50
5	Morgan, Lewis	18	Bridgend Cty	2:02.59
6	Lennon, Danny	17	Wrexham	2:03.46
7	Williams, Owen	16	NofioGwynedd	2:05.40
8	Park, Reggie Samuel	15	Holywell	2:05.50

Swim Wales National Championships 2025 - 24/04/2025 to 27/04/2025**Meet Program - Session 1 (Warmup 8.00 - 9.00)****Heat 7 Prelims (#107 Men 14 & Over 200 LC Meter Freestyle)**

1	Pugh, Morgan	18	Torfaen D	2:00.50	_____
2	Ellis-Sixsmith, Lucas	18	Cambrian AA	1:57.80	_____
3	Davies, Evan	19	Co Cardiff	1:55.60	_____
4	Burns, Harry	20	Co Cardiff	1:53.90	_____
5	Nerushenko, Valeriy	20	Swansea Uni	1:54.70	_____
6	Owen, Vinnie	17	Co Cardiff	1:56.40	_____
7	Keeble, Alex	21	Swansea Uni	1:59.40	_____
8	Cressey-Rodgers, Ioan	20	Nofio S Gar	2:01.23	_____

Heat 8 of 9 Prelims

1	Holland, Tyler	17	EllesmereCSA	2:00.20	_____
2	%Broom, Dylan S14	23	Swansea Uni	1:57.30	_____
3	Lee, Jacob	19	Swansea Uni	1:54.90	_____
4	O'Brien, Joshua	20	Co Cardiff	1:52.75	_____
5	Bamborough, Jack	17	Co Cardiff	1:54.30	_____
6	Pryor, Sami	18	EllesmereCSA	1:56.10	_____
7	McCarthy, Samuel	20	Co Cardiff	1:58.92	_____
8	Major, Maximus	15	Co Newport	2:01.20	_____

Heat 9 of 9 Prelims

1	Twigger, Owen	16	Swansea Aq	2:00.10	_____
2	Ryan, Samuel	19	Swansea Uni	1:57.23	_____
3	Docking-Smith, Frankie	21	Swansea Uni	1:54.70	_____
4	Geysen-Holley, Max	20	Co Cardiff	1:52.70	_____
5	Staines, Luca	21	Swansea Uni	1:54.00	_____
6	Burton, Matt	24	Swansea Uni	1:56.10	_____
7	Parsons, Joseph	18	Co Cardiff	1:58.72	_____
8	Silverstone, Solomon	16	Pembs Cty	2:00.90	_____