

Swim Wales National Championships 2025 - 24/04/2025 to 27/04/2025

Meet Program - Session 4 (Warmup 8.00 - 9.00)

Event 201 Female 14 & Over 50 LC Meter Butterfly				
Lane	Name	Age	Team	Seed Time
Heat 1 of 11 Prelims				
1				—
2	McCavish, Cara	14	Farnham	34.80
3	Short, Amelia	14	Neath	34.72
4	Davies, Eva	14	Afan Valley	34.60
5	Lewis-Jones, Idele	14	Wrexham	34.70
6	Pedler, Lucy	14	Bridgend Cty	34.79
7	Patterson, Hollie	14	Nofio S Gar	35.00
8				—
Heat 2 of 11 Prelims				
1	Jones, Efa	14	Co Cardiff	34.49
2	Ballinger, Scarlett	14	Rhondda	33.98
3	Goodman, Lola	14	Swansea Aq	33.90
4	Butler, Olivia	14	Bridgend Cty	33.67
5	Cooksey-Owen, Ruby-Mae	14	Co Cardiff	33.70
6	Lendnau-Moulton, Ava	14	Wrexham	33.91
7	Morgan, Evelyn	14	Nofio S Gar	34.20
8	Goodman, Evie	14	Swansea Aq	34.54
Heat 3 of 11 Prelims				
1	Williams, Lili	14	Rct Squad	33.34
2	Taylor, Rebecca	15	Wrexham	33.20
3	Grimes, Idena	14	Nofio Bangor	33.00
4	Dash, Amelie	14	Pembs Cty	32.90
5	Bates, Molly	14	Wrexham	33.00
6	Thurston, Rene	14	Newtown	33.10
7	Scofield, Niamh	14	Rct Squad	33.32
8	Williams, Leah	14	NofioGwynedd	33.56
Heat 4 of 11 Prelims				
1	Williams, Poppy	14	Nofio Bangor	32.53
2	Duggan, Grace	14	Rct Squad	32.42
3	Koo, Kathryn	16	Pembs Cty	32.38
4	Williams, Cari	16	Nofio Bangor	32.20
5	Williams, Marys	16	Swansea Aq	32.31
6	McCoole-Jones, Elen	14	Holywell	32.40
7	Givvons, Imogen	15	Co Newport	32.46
8	Fowler, Maisie	14	Rct Squad	32.57
Heat 5 of 11 Prelims				
1	Nicholls, Esther	15	Caerphilly	32.07
2	Gordon, Mabli	14	Co Cardiff	31.90
3	Griffiths, Cerys	15	Pembs Cty	31.80
4	James, Grace	16	Bridgend Cty	31.70
5	Worthington, Emma	17	Chirk	31.80
6	Tejedo, Lola	14	Co Cardiff	31.89
7	Marshall, Ffion	15	Co Cardiff	31.95
8	Brook, Cerys	17	Stourbridge	32.10
Heat 6 of 11 Prelims				
1	Roberts, Mali	15	NofioGwynedd	31.44
2	Bissicks, Cari	14	Neath	31.24
3	Jones, Myia	17	Wrexham	31.13
4	Synowiec, Amelia	15	Conwy	31.10
5	Hughes, Mari	18	Nofio Bangor	31.10
6	Fitzgerald, Mali	15	Bridgend Cty	31.20
7	Hughes-Rolls, Ava	16	Torfaen D	31.39
8	Sutton, Emily	14	NofioGwynedd	31.58

Heat 7 of 11 Prelims				
1	Parfitt, Lucy	17	Co Cardiff	31.00
2	Goodliffe, Faith	25	C Dolphins	30.91
3	Martin, Lara	17	Bridgend Cty	30.90
4	Ach Rhys, Eysyllt	15	NofioGwynedd	30.82
5	Andrews, Joanne	15	EllesmereCSA	30.84
6	Hughes, Nel	14	NofioGwynedd	30.90
7	Hellfeld, Matilda	19	Nofio Bangor	31.00
8	Cyster, Rowan	21	Nofio Bangor	31.03
Heat 8 of 11 Prelims				
1	Davies, Rachel	20	Swansea Uni	30.76
2	Knight, Bria	20	Swansea Uni	30.73
3	Matthews, Elin	15	Co Cardiff	30.57
4	Nichols, Grace	15	Pembs Cty	30.45
5	Salmon, Gwen	18	Rct Squad	30.50
6	Andrews, Bella	15	Co Newport	30.70
7	Gibbs, Harriet	17	Nofio S Gar	30.74
8	Rowlands, Charlotte	27	Nofio Bangor	30.80
Heat 9 of 11 Prelims				
1	Geach, Libbie	16	Neath	30.20
2	Willis, Hannah	20	Swansea Uni	29.62
3	Lee, Edith	15	Co Cardiff	29.26
4	Beynon, Annaliese	25	Co Cardiff	28.49
5	Roberts, Catherine Elin	22	Swansea Uni	28.71
6	Davis, Bethan	20	Swansea Uni	29.52
7	Schumm, Libby	16	Torfaen D	29.81
8	Smart, Charlotte	18	Swansea Aq	30.45
Heat 10 of 11 Prelims				
1	Butcher, Katherine	21	Swansea Uni	30.20
2	Dewsbury, Daisy	20	Swansea Uni	29.60
3	Jones, Isabella	20	Nofio S Gar	28.80
4	De Torres, Rebecca	21	Co Cardiff	28.40
5	Rose, Katie	19	Swansea Uni	28.57
6	Rees, Katie	27	Swansea Uni	29.50
7	Humphreys, Ffion	17	NofioGwynedd	29.80
8	Avraam, Neve	17	Co Cardiff	30.42
Heat 11 of 11 Prelims				
1	Day, Hannah	17	Co Cardiff	29.85
2	Dwyfor-Clark, Efa	16	NofioGwynedd	29.53
3	Morgan, Isabel	21	Co Cardiff	28.76
4	Tanir, Duru	23	Co Cardiff	27.52
5	Woodcock, Hannah	21	Swansea Uni	28.50
6	Crawley, Abigail	20	Swansea Uni	29.41
7	Daniel, Megan	15	Caradon	29.80
8	Lush, Emily	23	Swansea Uni	30.28

Event 202 Men 14 & Over 50 LC Meter Butterfly				
Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Prelims				
1	Morgan, Cole	14	C Dolphins	33.62
2	Mills, Thomas	14	Nofio S Gar	32.90
3	Jones, Noah	14	Torfaen D	32.50
4	Gregory, Jaiden	14	Co Cardiff	31.75
5	Williams, Dylan	14	Wrexham	31.79
6	Smith, Declan	14	Nofio S Gar	32.68
7	Hopkins, Luc	14	Torfaen D	33.56
8	%Williams, Dylan S14	21	Torfaen D	35.30

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Heat 2 Prelims (#202 Men 14 & Over 50 LC Meter Butterfly)

1	Taylor, Nicholas	14	Torfaen D	31.50	_____
2	Davies, Tom	15	Co Newport	31.01	_____
3	Giles, Brodie	15	Bridgend Cty	30.85	_____
4	Davies, Blake	15	Co Cardiff	30.54	_____
5	Bastyan, Tobias-Luke	14	Torfaen D	30.55	_____
6	Jones, Sebastien	15	Torfaen D	30.90	_____
7	Stanford-Jason, Samuel	14	Salisbury	31.27	_____
8	Harwood, Jack	14	Pembs Cty	31.50	_____

Heat 3 of 9 Prelims

1	Gruffydd, Ned	15	Co Cardiff	30.34	_____
2	Hughes, Cai	16	Nofio Bangor	29.98	_____
3	Jones, Jayden	14	Caerphilly	29.81	_____
4	Park, Reggie Samuel	15	Holywell	29.40	_____
5	Brock, Freddy	16	Rct Squad	29.80	_____
6	Howells, Tom	16	Newtown	29.89	_____
7	Jones, Tegid	15	NofioGwynedd	30.25	_____
8	Gilligan, Henry	15	Rct Squad	30.50	_____

Heat 4 of 9 Prelims

1	Richardson, Osian	17	Swansea Aq	29.30	_____
2	Montague, Mason	17	Pembs Cty	29.10	_____
3	Hewitt, Archie	15	Torfaen D	28.83	_____
4	Spinks, Owen	17	Torfaen D	28.70	_____
5	Bie, Alfie	17	Cambrian AA	28.81	_____
6	Sellick, Fenn	17	Swansea Aq	29.00	_____
7	Chapman, Coby	16	Penyrheol	29.30	_____
8	Williams, Thomas	15	Nofio S Gar	29.37	_____

Heat 5 of 9 Prelims

1	Douglas, Lucas	14	Neath	28.60	_____
2	Evans, Thomas	16	Kingston Roy	28.40	_____
3	McLain, Archie	19	Torfaen D	28.20	_____
4	Lennon, Danny	17	Wrexham	27.85	_____
5	Caddy, Alexander	18	Caradon	28.00	_____
6	Meilleur, Elliot	15	NofioGwynedd	28.23	_____
7	Ogden, Dylan	17	Redditch	28.40	_____
8	Clarke, Henry	18	Swansea Aq	28.64	_____

Heat 6 of 9 Prelims

1	Bebb, Lewis	18	Newtown	27.70	_____
2	Major, Maximus	15	Co Newport	27.60	_____
3	Rixon, Oliver	17	Co Newport	27.58	_____
4	John, Finlay	19	Bridgend Cty	27.32	_____
5	Prysor, Sami	18	EllesmereCSA	27.56	_____
6	Upton-Boorman, Liam	18	Nofio S Gar	27.60	_____
7	Major, Sebastian	19	Co Newport	27.70	_____
8	West, Dexter	16	Pembs Cty	27.80	_____

Heat 7 of 9 Prelims

1	Ellis-Sixsmith, Lucas	18	Cambrian AA	27.10	_____
2	Thomas, Rhys	20	Swansea Uni	26.75	_____
3	Johnstone, Daniel	18	Nofio S Gar	25.89	_____
4	Murray, Ross	20	Swansea Uni	25.58	_____
5	Larkin, Ryan	24	Swansea Uni	25.68	_____
6	McCarthy, Benedict	16	Co Cardiff	26.53	_____
7	Wright, Ethan	23	Nofio Bangor	26.92	_____
8	Silverstone, Solomon	16	Pembs Cty	27.30	_____

Heat 8 of 9 Prelims

1	Walford, Nathan	20	Swansea Uni	27.06	_____
2	Delahay, Ioan	22	Uni of Man	26.71	_____
3	Young, Alex	18	Rhyl Dolphin	25.80	_____
4	Edwards, Dion	18	NofioGwynedd	25.55	_____
5	James, Tristyn	19	Bridgend Cty	25.61	_____
6	%Darbey, Rhys S14	18	Cambrian AA	26.40	_____
7	Owen, Vinnie	17	Co Cardiff	26.90	_____
8	Watkins, William	17	Bridgend SC	27.21	_____

Heat 9 of 9 Prelims

1	Holland, Tyler	17	EllesmereCSA	26.94	_____
2	Cressey-Rodgers, Ioan	20	Nofio S Gar	26.70	_____
3	Greenway, Morgan	22	Swansea Uni	25.71	_____
4	Anderson, Maxwell	20	Co Cardiff	24.79	_____
5	Davies, Evan	19	Co Cardiff	25.60	_____
6	McCarthy, Samuel	20	Co Cardiff	26.33	_____
7	Pugh, Morgan	18	Torfaen D	26.87	_____
8	Evans, Monty	18	Gloucester	27.21	_____

Event 203 Female 14 & Over 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1					_____
2	%Philpott, Lowri S14	14	Nofio S Gar	7:08.30	_____
3	Innocent-Woodman, Aureli	14	Co Cardiff	5:05.80	_____
4	Morgan, Evelyn	14	Nofio S Gar	5:03.10	_____
5	McFarlane, Una	14	Pembs Cty	5:04.90	_____
6	%Letton-Jones, Ela S12	19	NofioGwynedd	5:27.31	_____
7					_____
8					_____

Heat 2 of 6 Prelims

1	Grimes, Idena	14	Nofio Bangor	4:59.50	_____
2	Richards, Faith	15	Co Cardiff	4:57.37	_____
3	George, Ellie	14	Rct Squad	4:57.08	_____
4	Sullivan, Ariana	15	Torfaen D	4:54.78	_____
5	Evans, Gwennan	15	Co Cardiff	4:56.60	_____
6	Upton-Boorman, Isabella	15	Nofio S Gar	4:57.20	_____
7	McQuaid, Maria	14	Co Cardiff	4:57.90	_____
8	McCavish, Cara	14	Farnham	5:01.22	_____

Heat 3 of 6 Prelims

1	Ribeiro, Ariana	14	Co Cardiff	4:52.90	_____
2	Givvons, Imogen	15	Co Newport	4:51.80	_____
3	Reed, Isabella	14	Co Cardiff	4:50.10	_____
4	Devin, Erin	15	Wrexham	4:48.20	_____
5	Roberts, Mali	15	NofioGwynedd	4:50.00	_____
6	Philpott, Ffion	16	Nofio S Gar	4:50.62	_____
7	Coles, Mya	15	Co Newport	4:52.50	_____
8	Burns, Freya	14	Nofio S Gar	4:53.90	_____

Heat 4 of 6 Prelims

1	Spence, Emilia	14	Co Birm'ham	4:47.10	_____
2	Thomas, Serenity	15	NofioGwynedd	4:45.90	_____
3	Faulkner, Marie	20	Co Cardiff	4:44.61	_____
4	Tree, Charlotte	21	Swansea Uni	4:44.30	_____
5	Jones, Maisie	15	Co Cardiff	4:44.50	_____
6	Allen, Isabel	14	Co Cardiff	4:45.13	_____
7	Humphreys, Holly	17	Neath	4:46.66	_____
8	O'Mahoney, Kaitlin	17	Bridgend Cty	4:47.30	_____

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Heat 5 Prelims (#203 Female 14 & Over 400 LC Meter Freestyle)

1	Hunter, Olivia	21	Swansea Uni	4:39.39	_____
2	Titchener, Megan	17	Torfaen D	4:33.40	_____
3	Griffiths, Cerys	15	Pembs Cty	4:27.09	_____
4	Forwood, Emily	21	Swansea Uni	4:21.60	_____
5	Hempenstall, Amy	17	Guildford Ct	4:26.94	_____
6	Hall, Emily	15	Warrington W	4:33.00	_____
7	Day, Hannah	17	Co Cardiff	4:37.90	_____
8	Galdes Cutting, Daisy	14	Pembs Cty	4:44.20	_____

Heat 6 of 6 Prelims

1	Cust, Ciara	18	Conwy	4:38.80	_____
2	Sherrard, Emme	16	Torfaen D	4:33.30	_____
3	Mitchell, Abby	19	Swansea Uni	4:27.00	_____
4	John, Emilia	18	Co Cardiff	4:21.30	_____
5	Patterson, Millie	19	Swansea Uni	4:26.58	_____
6	Barker, Macy	18	Co Liverpool	4:31.70	_____
7	%Williams, Rose S14	17	Co Cardiff	4:36.70	_____
8	Roberts, Megan	18	Wrexham	4:39.60	_____

Event 204 Men 14 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1					_____
2					_____
3	Gregory, Jaiden	14	Co Cardiff	2:34.50	_____
4	Harwood, Jack	14	Pembs Cty	2:30.00	_____
5	Caldicott, Lewis	15	Co Newport	2:31.40	_____
6	Samuel, Jake	14	Merthyr Tydf	2:35.05	_____
7					_____
8					_____

Heat 2 of 4 Prelims

1	Phillips, Finley	15	Nofio S Gar	2:23.10	_____
2	Deacon, Cameron	15	Co Cardiff	2:20.30	_____
3	Gore, Andrew	20	Co Cardiff	2:13.30	_____
4	Staines, Luca	21	Swansea Uni	2:07.20	_____
5	McCarthy, Benedict	16	Co Cardiff	2:09.60	_____
6	Leatherbarrow, Jack	17	Wrexham	2:19.10	_____
7	Brinkworth, James	16	Caradon	2:21.40	_____
8	Shiland-Griffiths, Enzo	15	NofioGwynedd	2:29.05	_____

Heat 3 of 4 Prelims

1	Wren, James	17	Cambrian AA	2:22.70	_____
2	Montague, Mason	17	Pembs Cty	2:19.90	_____
3	Davies, Iwan	17	Co Cardiff	2:12.60	_____
4	Edwards, Ross	16	Co Cardiff	2:06.00	_____
5	Nikolaou, Antonio	22	Swansea Uni	2:07.33	_____
6	Thomas, Iolo	15	Neath	2:16.40	_____
7	Rixon, Oliver	17	Co Newport	2:20.70	_____
8	Gwynfil, Solomon	15	Co Cardiff	2:27.10	_____

Heat 4 of 4 Prelims

1	Elmes, Max	14	Nofio S Gar	2:21.50	_____
2	Fletcher, Miles	15	Co Cardiff	2:19.60	_____
3	West, Dexter	16	Pembs Cty	2:10.30	_____
4	Barlow, Oscar	20	Swansea Uni	1:58.60	_____
5	Clegg, Luke	20	Swansea Uni	2:07.30	_____
6	Mills, Ioan	16	Torfaen D	2:16.30	_____
7	Davies, Brynley	15	Co Newport	2:20.40	_____
8	Linge, Reece	14	EllesmereCSA	2:23.60	_____

Event 205 Female 14 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Prelims

1					_____
2	%Mesher, Anwen S9	16	Torfaen D/3,5,12,+	1:50.80	_____
3	%Rogerson, Heidi	18	Holywell/A,12,+	1:24.60	_____
4	Jenkins, Elli	14	Swansea Aq	1:17.20	_____
5	%Willis, Meghan S9	18	Torfaen D/1,3,5	1:17.30	_____
6	%Lawn, Pippa S14	15	Torfaen D	1:29.70	_____
7					_____
8					_____

Heat 2 of 9 Prelims

1	Williams, Leah	14	NofioGwynedd	1:16.30	_____
2	Gordon, Mabli	14	Co Cardiff	1:16.00	_____
3	Taylor, Rebecca	15	Wrexham	1:14.60	_____
4	Duggan, Ella	14	Rct Squad	1:14.48	_____
5	Synowiec, Amelia	15	Conwy	1:14.50	_____
6	Sutton, Emily	14	NofioGwynedd	1:14.80	_____
7	Dash, Amelie	14	Pembs Cty	1:16.00	_____
8	Williams, Poppy	14	Nofio Bangor	1:17.00	_____

Heat 3 of 9 Prelims

1	Hughes, Nel	14	NofioGwynedd	1:14.20	_____
2	Burns, Freya	14	Nofio S Gar	1:14.00	_____
3	Jones, Hunydd	14	Nofio S Gar	1:13.30	_____
4	Roberts, Isabel	15	Co Cardiff	1:13.00	_____
5	Grimes, Idena	14	Nofio Bangor	1:13.20	_____
6	Ach Rhys, Esysllt	15	NofioGwynedd	1:13.69	_____
7	Cressey-Rodgers, Gwenllian	15	Nofio S Gar	1:14.20	_____
8	Galdes Cutting, Daisy	14	Pembs Cty	1:14.20	_____

Heat 4 of 9 Prelims

1	Jones, Evie	17	Merthyr Tydf	1:12.10	_____
2	Thurston, Rene	14	Newtown	1:12.00	_____
3	Allen, Isabel	14	Co Cardiff	1:11.67	_____
4	Fowler, Maisie	14	Rct Squad	1:11.41	_____
5	Huws, Awen	17	Rct Squad	1:11.60	_____
6	Edwards, Alaw	15	NofioGwynedd	1:11.80	_____
7	McCoole-Jones, Elen	14	Holywell	1:12.10	_____
8	Hughes-Rolls, Ava	16	Torfaen D	1:12.98	_____

Heat 5 of 9 Prelims

1	Thomas, Serenity	15	NofioGwynedd	1:11.32	_____
2	Reed, Isabella	14	Co Cardiff	1:11.24	_____
3	Parfitt, Kali	15	Torfaen D	1:10.80	_____
4	Hellfeld, Matilda	19	Nofio Bangor	1:10.40	_____
5	Lemon, Imogen	18	Buckley	1:10.60	_____
6	Carter, Ava	17	Penyrheol	1:10.90	_____
7	Fitzgerald, Mali	15	Bridgend Cty	1:11.30	_____
8	%Webb, Saskia S14	18	Pembs Cty	1:11.40	_____

Heat 6 of 9 Prelims

1	Bennett, Isla	14	Co Cardiff	1:10.30	_____
2	Hellfeld, Beatrix	18	Nofio Bangor	1:10.10	_____
3	%Williams, Rose S14	17	Co Cardiff	1:09.60	_____
4	Wardell, Cari	16	Co Cardiff	1:09.50	_____
5	Gillingham, Grace	21	Nofio Bangor	1:09.50	_____
6	Stork, Niamh	21	Co Cardiff	1:09.72	_____
7	Stokes, Aimee	21	Swansea Uni	1:10.30	_____
8	Blake, Emily	18	Co Cardiff	1:10.40	_____

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Heat 7 Prelims (#205 Female 14 & Over 100 LC Meter Backstroke)				
1	Leggott, Holly	23	Swansea Uni	1:08.30
2	Gill, Avani	23	Cardiff Mast	1:07.18
3	Nichols, Grace	15	Pembs Cty	1:05.50
4	Stead, Martha	20	Swansea Uni	1:03.80
5	Rose, Katie	19	Swansea Uni	1:04.64
6	Hall, Emily	15	Warrington W	1:05.90
7	Spence, Emilia	14	Co Birm'ham	1:07.50
8	Bamborough, Katie	21	Swansea Uni	1:08.85

Heat 8 of 9 Prelims				
1	Keepings, Charlotte	19	Swansea Uni	1:08.07
2	James, Grace	16	Bridgend Cty	1:06.80
3	Daniel, Megan	15	Caradon	1:05.50
4	Owen, Gracie	17	Torfaen D	1:03.30
5	Fox, Honor	18	Co Cardiff	1:04.60
6	Croke, Carys	18	Torfaen D	1:05.70
7	Parfitt, Lucy	17	Co Cardiff	1:07.50
8	Evans, Lili	18	Co Cardiff	1:08.75

Heat 9 of 9 Prelims				
1	Lush, Emily	23	Swansea Uni	1:07.60
2	Anderson, Rosalie	15	Co Cardiff	1:06.50
3	Dwyfor-Clark, Efa	16	NofioGwynedd	1:04.90
4	Humphreys, Ffion	17	NofioGwynedd	1:02.40
5	Titchener, Megan	17	Torfaen D	1:04.10
6	Hempenstall, Amy	17	Guildford Ct	1:05.70
7	Salmon, Gwen	18	Rct Squad	1:07.30
8	Smart, Charlotte	18	Swansea Aq	1:08.30

Event 206 Men 14 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Prelims				
1				
2				
3	Williams, Sion	14	Nofio Bangor	1:24.20
4	Stanford-Jason, Samuel	14	Salisbury	1:23.20
5	Gomery, Ethan	14	Buckley	1:23.40
6				
7				
8				

Heat 2 of 7 Prelims				
1	Price-Clishem, Dyfan	14	NofioGwynedd	1:22.70
2	Lovell, Logan	14	Swindon Dolp	1:20.17
3	Sekula, Mateusz	14	Rct Squad	1:19.25
4	Volausek, Noah	14	Co Cardiff	1:18.42
5	Taylor, Nicholas	14	Torfaen D	1:18.90
6	Shiland-Griffiths, Enzo	15	NofioGwynedd	1:19.37
7	Castillo, Airam	14	Co Cardiff	1:20.70
8				

Heat 3 of 7 Prelims				
1	Latham, Elliot	15	Winchester	1:17.90
2	Phillips, Ioan	15	Neath	1:17.40
3	Stuart-Lavender, Jac	15	Nofio S Gar	1:15.30
4	Miles, Harry	15	Co Cardiff	1:14.60
5	Leatherbarrow, Jack	17	Wrexham	1:14.81
6	Bostock, Dyfan	15	Wrexham	1:15.36
7	Warman-Powell, Ioan	15	Torfaen D	1:17.74
8	Jones, Noah	14	Torfaen D	1:18.40

Heat 4 of 7 Prelims				
1	Thomas, Archie	15	Co Cardiff	1:14.07
2	Meilleur, Elliot	15	NofioGwynedd	1:13.10
3	Hole, Ethan	16	Co Cardiff	1:12.80
4	Bennett, Finley	16	Pembs Cty	1:12.40
5	Longworth, Ellis	19	NofioGwynedd	1:12.50
6	Doyle, Alfie	17	Co Newport	1:12.90
7	Bartram, Solomon	15	Bridgend Cty	1:13.70
8	Hughes, Cai	16	Nofio Bangor	1:14.40

Heat 5 of 7 Prelims				
1	Caddy, Alexander	18	Caradon	1:11.00
2	Thomas, Lucas	17	NofioGwynedd	1:08.80
3	Stratton, Joe	21	Swansea Uni	1:07.20
4	Walford, Nathan	20	Swansea Uni	1:05.20
5	Lovell-Pascal, Jean-Luc	20	Swansea Uni	1:05.80
6	Hoe, Luke	23	Swansea Uni	1:07.40
7	Ma, Ko Kwan	16	Co Cardiff	1:10.60
8	Estrada Aburto, Diego	28	Swansea Uni	1:12.30

Heat 6 of 7 Prelims				
1	Neaves, Jake	16	EllesmereCSA	1:10.70
2	Clarke, Henry	18	Swansea Aq	1:08.50
3	Lee, Tristan	19	Co Cardiff	1:07.15
4	Anderson, Maxwell	20	Co Cardiff	1:02.90
5	Davies, Aneurin	21	Swansea Uni	1:05.74
6	James, Jack	18	Torfaen D	1:07.40
7	James, Rhys	16	Rct Squad	1:10.20
8	Williams, Luke	17	Co Newport	1:12.27

Heat 7 of 7 Prelims				
1	Song, Guangping	16	EllesmereCSA	1:10.68
2	Braddock, Patrick	21	Swansea Uni	1:08.43
3	Minshull, Callum	21	Swansea Uni	1:05.90
4	Panaretos, Panayiotis	23	Swansea Uni	1:02.00
5	Sheppard, Rhydian	18	Co Cardiff	1:05.40
6	Ellis-Sixsmith, Ethan	22	Cambrian AA	1:07.30
7	Greenslade, Benjamin	15	Tiverton	1:09.73
8	Phillips, Finley	15	Nofio S Gar	1:11.40

Event 207 Female 14 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Prelims				
1				
2				
3	Hall, Ellena	14	Pembs Cty	3:10.20
4	Williams, Lili	14	Rct Squad	3:06.60
5	Sheen, Seren	14	Co Newport	3:07.80
6				
7				
8				

Heat 2 of 7 Prelims				
1	Roberts, Isabel	15	Co Cardiff	3:04.50
2	Spence, Emilia	14	Co Birm'ham	3:02.50
3	Jones, Isabella	15	Bridgend Cty	3:01.50
4	Knight, Lily	15	Swansea Aq	2:59.60
5	Bates, Molly	14	Wrexham	3:00.50
6	Morgan-Basini, Roca-Jay	15	Merthyr Tydf	3:01.90
7	Patterson, Hollie	14	Nofio S Gar	3:03.00
8	Hall, Isabelle	14	Pembs Cty	3:06.10

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Heat 3 Prelims (#207 Female 14 & Over 200 LC Meter Breaststroke)				
1	Coles, Mya	15	Co Newport	2:59.40 ____
2	Lewis-Jones, Idele	14	Wrexham	2:58.20 ____
3	Owen, Kessie	17	Neath	2:55.00 ____
4	Johnson, Poppy	16	Holywell	2:54.70 ____
5	Owen, Elain	20	Chirk	2:54.80 ____
6	Stark, Tala	15	Pembs Cty	2:57.00 ____
7	Powell, Josie	15	Bridgend SC	2:59.28 ____
8	McQuaid, Maria	14	Co Cardiff	2:59.44 ____

Heat 4 of 7 Prelims				
1	Gibbs, Harriet	17	Nofio S Gar	2:53.65 ____
2	Worthington, Emma	17	Chirk	2:53.27 ____
3	Dowling, Abigail	14	Co Cardiff	2:52.90 ____
4	Ling, Olivia	15	Co Cardiff	2:52.49 ____
5	Roberts, Megan	18	Wrexham	2:52.82 ____
6	Lewis, Orla Rose	15	Torfaen D	2:53.01 ____
7	Davies, Isabella	14	Nofio S Gar	2:53.56 ____
8	Andrews, Bella	15	Co Newport	2:54.11 ____

Heat 5 of 7 Prelims				
1	Faulkner, Marie	20	Co Cardiff	2:50.40 ____
2	Smith, Amelia	17	Co Cardiff	2:46.73 ____
3	Evans, Gwenllian	16	Co Cardiff	2:39.80 ____
4	Crowley, Amy	20	Co Cardiff	2:32.13 ____
5	Rees, Katie	27	Swansea Uni	2:37.90 ____
6	Bissicks, Ella	18	Swansea Uni	2:45.39 ____
7	Davies, Ellen	16	Chirk	2:48.20 ____
8	Turner, Jasmine	16	Caradon	2:51.80 ____

Heat 6 of 7 Prelims				
1	Ribeiro, Ariana	14	Co Cardiff	2:50.00 ____
2	Matthews, Elin	15	Co Cardiff	2:46.60 ____
3	Hornby, Rachel	21	Swansea Uni	2:38.88 ____
4	Brassington, Sophie	19	Swansea Uni	2:30.96 ____
5	Williams-Jones, Phoebe	19	Co Cardiff	2:35.70 ____
6	Gorman, Helen	53	Co Cardiff	2:45.30 ____
7	Lythgoe, Manon	16	Swansea Aq	2:47.30 ____
8	Daniel, Megan	15	Caradon	2:51.60 ____

Heat 7 of 7 Prelims				
1	Taffetsauffer, Isabella	14	Nofio S Gar	2:48.83 ____
2	Williams, Cari	16	Nofio Bangor	2:46.60 ____
3	Wheeler, Oriana	20	Swansea Uni	2:38.20 ____
4	Stoimenova, Kameliya	22	Swansea Uni	2:30.10 ____
5	Gibson, Mari	17	Co Cardiff	2:34.50 ____
6	Andrews, Joanne	15	EllesmereCSA	2:44.60 ____
7	Williams, Lowri	15	Swansea Aq	2:46.99 ____
8	Gardener, Hannah	16	Bridgend Cty	2:51.40 ____

Event 208 Men 14 & Over 200 LC Meter IM				
Lane	Name	Age	Team	Seed Time

Heat 1 of 9 Prelims				
1	%O'Reilly, McKenzie SM8	16	Torfaen D/A,12,+	3:20.40 ____
2	Price-Clishem, Dyfan	14	NofioGwynedd	2:42.10 ____
3	%Read, William SM14	17	Swansea Aq	2:41.00 ____
4	Jones, Jayden	14	Caerphilly	2:39.22 ____
5	Harwood, Jack	14	Pembs Cty	2:39.93 ____
6	Bastyan, Tobias-Luke	14	Torfaen D	2:41.52 ____
7	Williams, Sion	14	Nofio Bangor	2:42.88 ____
8				____

Heat 2 of 9 Prelims				
1	Williams, Dylan	14	Wrexham	2:37.50 ____
2	Stanford-Jason, Samuel	14	Salisbury	2:36.94 ____
3	Duggan, Elliot	14	Bridgend Cty	2:35.54 ____
4	Stuart-Lavender, Jac	15	Nofio S Gar	2:34.70 ____
5	Reece, Liam	15	Co Newport	2:35.50 ____
6	Jones, Noah	14	Torfaen D	2:35.70 ____
7	Gregory, Jaiden	14	Co Cardiff	2:37.03 ____
8	Sekula, Mateusz	14	Rct Squad	2:38.74 ____

Heat 3 of 9 Prelims				
1	Parfitt, Sebastian	15	Co Cardiff	2:33.80 ____
2	Caldicott, Lewis	15	Co Newport	2:33.70 ____
3	Elmes, Max	14	Nofio S Gar	2:32.73 ____
4	Shiland-Griffiths, Enzo	15	NofioGwynedd	2:31.80 ____
5	Castillo, Airam	14	Co Cardiff	2:32.50 ____
6	Davies, Tom	15	Co Newport	2:33.14 ____
7	Giles, Brodie	15	Bridgend Cty	2:33.80 ____
8	Davies, Blake	15	Co Cardiff	2:34.70 ____

Heat 4 of 9 Prelims				
1	Miles, Harry	15	Co Cardiff	2:29.00 ____
2	Howells, Tom	16	Newtown	2:28.49 ____
3	Wilson, Aidan	16	Conwy	2:27.70 ____
4	Duggan, Brandon	15	Co Cardiff	2:27.50 ____
5	Linge, Reece	14	EllesmereCSA	2:27.60 ____
6	Williams, Thomas	15	Nofio S Gar	2:27.70 ____
7	Gwynfil, Solomon	15	Co Cardiff	2:28.80 ____
8	Bostock, Dyfan	15	Wrexham	2:30.50 ____

Heat 5 of 9 Prelims				
1	Thomas, Archie	15	Co Cardiff	2:26.90 ____
2	Fletcher, Miles	15	Co Cardiff	2:25.40 ____
3	Hardy, Dewi	18	Wrexham	2:24.60 ____
4	Cavill, Jack	15	Co Cardiff	2:24.04 ____
5	Lennon, Danny	17	Wrexham	2:24.50 ____
6	Bebb, Lewis	18	Newtown	2:25.30 ____
7	Brock, Freddy	16	Rct Squad	2:26.50 ____
8	Hewitt, Archie	15	Torfaen D	2:27.10 ____

Heat 6 of 9 Prelims				
1	Doyle, Alfie	17	Co Newport	2:22.80 ____
2	Bennett, Finley	16	Pembs Cty	2:22.60 ____
3	Richardson, Osian	17	Swansea Aq	2:22.50 ____
4	Meilleur, Elliot	15	NofioGwynedd	2:22.40 ____
5	Williams, Owen	16	NofioGwynedd	2:22.43 ____
6	McLain, Archie	19	Torfaen D	2:22.60 ____
7	Phillips, Finley	15	Nofio S Gar	2:22.70 ____
8	Montague, Mason	17	Pembs Cty	2:23.60 ____

Heat 7 of 9 Prelims				
1	Edwards, Dion	18	NofioGwynedd	2:17.30 ____
2	John, Finlay	19	Bridgend Cty	2:15.80 ____
3	Kendrick, Elijah	21	Swansea Uni	2:09.60 ____
4	Arch, Rhydian	20	Co Cardiff	2:06.90 ____
5	Staines, Luca	21	Swansea Uni	2:09.00 ____
6	Bamborough, Jack	17	Co Cardiff	2:13.00 ____
7	Holland, Tyler	17	EllesmereCSA	2:16.30 ____
8	Silverstone, Solomon	16	Pembs Cty	2:21.30 ____

Swim Wales National Championships 2025 - 24/04/2025 to 27/04/2025**Meet Program - Session 4 (Warmup 8.00 - 9.00)****Heat 8 Prelims (#208 Men 14 & Over 200 LC Meter IM)**

1	Ma, Ko Kwan	16	Co Cardiff	2:16.60	_____
2	Edwards, Ross	16	Co Cardiff	2:14.10	_____
3	Gillett, Oliver	18	Swansea Uni	2:09.30	_____
4	Kershaw, Charles	23	Swansea Uni	2:04.50	_____
5	Burns, Harry	20	Co Cardiff	2:08.10	_____
6	Stratton, Joe	21	Swansea Uni	2:12.60	_____
7	Pugh, Morgan	18	Torfaen D	2:16.20	_____
8	Leatherbarrow, Jack	17	Wrexham	2:20.40	_____

Heat 9 of 9 Prelims

1	Upton-Boorman, Liam	18	Nofio S Gar	2:16.40	_____
2	Sheppard, Rhydian	18	Co Cardiff	2:13.90	_____
3	Anderson, Maxwell	20	Co Cardiff	2:09.02	_____
4	Armon, Jacob	22	Swansea Uni	2:02.10	_____
5	%Darbey, Rhys SM14	18	Cambrian AA	2:07.20	_____
6	Davies, Evan	19	Co Cardiff	2:11.40	_____
7	Major, Maximus	15	Co Newport	2:16.10	_____
8	West, Dexter	16	Pembs Cty	2:18.90	_____