

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

Results - Session 6 (Warmup 3.00 - 4.00)

Event 230 Women 12-13 4x200 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Torfaen D	A	9:15.82
1) Reasons, Darcy 13	2) Sherrard, Alex 13	
3) Sweet-Roberts, Pip 13	4) Prosser, Sofia 13	
32.04 1:06.93	1:42.87 2:17.56	
31.64 1:07.43	1:44.52 2:19.76	
31.94 1:08.40	1:45.97 2:20.94	
31.03 1:06.66	1:42.66 2:17.56	
2 Co Newport	A	9:40.60
1) Donaldson, Evie 13	2) Fordham, Freya 13	
3) Olszewska, Maya 13	4) Klak, Nina 13	
32.74 1:10.31	1:47.19 2:22.05	
34.38 1:13.48	1:52.54 2:29.43	
33.81 1:12.19	1:50.94 2:28.36	
32.51 53.00	2:20.76	
3 Co Cardiff	A	9:43.69
1) Meenagh, Mai Van 13	2) Van Zyl, Kiara 13	
3) Matthews, Catrin 12	4) Lewis, Harriet 13	
32.31 1:08.21	1:45.33 2:22.03	
32.12 1:09.23	1:47.64 2:25.98	
34.86 1:13.61	1:54.34 2:34.87	
31.35 1:06.85	1:44.03 2:20.81	
4 Co Cardiff	B	10:21.63
1) Jasper, Lily 13	2) Lee, Seol Lucy 13	
3) Emms, Ela 13	4) Cooksey-Owen, Mollie 12	
33.92 1:12.66	1:53.89 2:32.70	
33.30 1:10.89	1:50.52 2:29.43	
33.71 1:12.39	1:55.16 2:35.93	
34.10 42.77	2:43.57	
5 Nofio Bangor	A	10:22.67
1) Chauhan, Amber 13	2) Williams, Daisy 13	
3) Nagib, Leila 12	4) Mellor, Medi 13	
34.26 1:12.72	1:51.89 2:29.96	
34.75 1:15.90	1:57.38 2:37.49	
37.92 1:23.35	2:09.75 2:53.02	
32.44 1:08.82	1:46.18 2:22.20	
6 Wrexham	A	10:24.04
1) O'hara, Noelle 12	2) Elson, Caitlin 13	
3) Upton, Lily 12	4) Roberts, Bethan 13	
32.22 1:09.62	1:48.84 2:26.70	
33.20 1:12.09	1:52.63 2:32.80	
37.10 1:20.82	2:05.54 2:49.83	
33.13 1:12.01	1:53.29 2:34.71	
7 NofioGwynedd	A	10:27.01
1) Roberts, Cara-non 13	2) Edwards, Beca 12	
3) Owen, Nel 12	4) Thomas-Owen, Efa 13	
34.43 1:15.38	1:59.18 2:43.50	
36.04 1:18.20	2:01.53 2:43.52	
32.06 1:10.37	1:49.52 2:28.51	
33.60 1:12.10	1:52.03 2:31.48	