

Swim Wales Winter Championships 2025 - 18/12/2025 to 21/12/2025

Meet Program - Session 3 (Warmup 4.15 - 5.15)

Event 108 Women 12 & Over 1500 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 4 of 4 Finals Starts at 05:25 PM					
1	Klak, Nina	13	Co Newport	18:22.30	___
2	Mason, Eliza	14	EllesmereCSA	18:07.30	___
3	Toms, Emily	19	Swansea Uni	17:45.96	___
4	Gordon, Freya	16	Haslemere	17:20.30	___
5	Mitchell, Abby	19	Swansea Uni	17:22.60	___
6	Baker, Sophie	16	Teddington	18:03.10	___
7	Griffiths, Cerys	15	Pembs Cty	18:18.00	___
8	Taswell, Paige	14	TauntonDeane	18:25.00	___

Event 101 Men 12 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Prelims	
Heat 1 12-13 Finals Starts at 05:45 PM					
1	Crawford, Kieran	12	Tonbridge	37.36	___
2	Greenwalker, Wilfred	13	Teddington	36.58	___
3	Tennant, Zeke	12	Eastbourne	36.24	___
4	Thomas, Wilf	13	Millfield	34.84	___
5	Massimi, Daniel	13	Hackney	36.20	___
6	Hargraves, Elliot	13	Co Hereford	36.42	___
7	Costello, Triston	13	Nuneaton	36.69	___
8	Barrow, Charles	12	Edenbridge	37.54	___

Alternates 12-13

1	Swetman, Oliver	13	Co Cardiff	37.67	
2	Rodrigues Martins, F	13	Okehampton	38.50	

Heat 2 14-15 Finals Starts at 05:47 PM

1	Webber, George	15	TauntonDeane	33.31	___
2	Murphy, Rocco	15	Nuneaton	33.05	___
3	Phillips, Finley	15	Nofio S Gar	32.19	___
4	Bale, Joseph	14	Mt Kelly	31.41	___
5	Meilleur, Elliot	15	NofioGwynedd	32.13	___
6	Murphy, Heath	14	Nuneaton	32.39	___
7	Bostock, Dyfan	15	Wrexham	33.26	___
8	Miskiewicz, Patryk	15	Hackney	33.35	___

Alternates 14-15

1	Silvey, Harry	15	Millfield	33.66	
2	Miles, Harry	15	Co Cardiff	33.71	

Heat 3 16-17 Finals Starts at 05:49 PM

1	Williams, Luke	17	Cwmbran	32.44	___
2	Saukko-Paavola, Niklas	17	Leic Sharks	32.17	___
3	Greenwalker, Arthur	16	Teddington	31.72	___
4	Thomas, Lucas	17	NofioGwynedd	30.36	___
5	Milne, Harry	17	Repton	31.31	___
6	James, Rhys	16	Rct Squad	31.78	___
7	Doyle, Alfie	17	Torfaen D	32.40	___
8	Molyneux, Finley	17	Okehampton	32.66	___

Alternates 16-17

1	Silverstone, Solomon	16	Pembs Cty	32.70	
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Heat 4 Super Final Finals Starts at 05:51 PM

1	Armitage, Edward	22	Derwent&Gate	29.71	___
2	Inglis, Joshua	18	Swansea Uni	28.79	___
3	Armon, Jacob	22	Swansea Uni	28.52	___
4	Fraser, Lewis	25	Swansea Uni	28.35	___
5	Panaretos, Panayiotis	23	Swansea Uni	28.51	___
6	Booth, Kyle	24	Raf Swim	28.58	___
7	James, Jack	18	Swansea Uni	28.94	___
8	Sheppard, Rhydian	18	Co Cardiff	30.33	___

Event 102 Women 12 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Prelims	
Heat 1 12-13 Finals Starts at 05:52 PM					
1	Parry, Abigail	12	Nofio S Gar	36.96	___
2	Henderson, Darcy	13	Okehampton	36.94	___
3	Lawn, Gayle	12	Torfaen D	36.65	___
4	Bloomer, Molly	13	Hackney	35.41	___
5	Jones, Aimee	13	Okehampton	36.21	___
6	Reasons, Darcy	13	Torfaen D	36.81	___
7	Berner, Iyla	12	Nofio S Gar	36.96	___
8	Van Zyl, Kiara	13	Co Cardiff	37.03	___

Alternates 12-13

1	Charrington, Lucy	12	Heads Valley	37.38	
2	Davies, Sophia	13	Co Cardiff	37.60	

Heat 2 14-15 Finals Starts at 05:54 PM

1	Flanagan, Evelyn	15	Mt Kelly	36.37	___
2	Williams, Lowri	15	Swansea Aq	36.14	___
3	Matthews, Elin	15	Co Cardiff	35.40	___
4	Kilby, Sophie	15	Mt Kelly	35.20	___
5	Sundsbo, Klara	14	Hackney	35.39	___
6	Andrews, Bella	15	Co Newport	35.93	___
7	Dowling, Abigail	14	Co Cardiff	36.24	___
8	McQuaid, Maria	14	Co Cardiff	36.49	___

Alternates 14-15

1	Sneddon, Anna	15	Caradon	36.62	
2	Hill, Emma	14	Teddington	37.02	

Heat 3 16-17 Finals Starts at 05:56 PM

1	Turner, Jaz	16	Caradon	36.46	___
2	Mahon, Elizabeth	16	Millfield	36.05	___
3	Morgan, Carys	17	Millfield	35.81	___
4	Wood, Sophie	16	TauntonDeane	34.70	___
5	Daw, Alexandra	16	Okehampton	35.03	___
6	Owen, Kessie	17	Neath	35.85	___
7	Robinson, Scarlett	17	Ulverston	36.11	___
8	Day, Hannah	17	Co Cardiff	36.58	___

Alternates 16-17

1	Johnson, Poppy	16	Holywell	36.79	
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Heat 4 Super Final Finals Starts at 05:58 PM

1	Sait, Erika	19	Swansea Uni	34.06	___
2	Stephenson, Ruby	18	Swansea Uni	33.54	___
3	Riggott, Amelia	21	Mt Kelly	32.74	___
4	Taylor, Theodora	16	Torfaen D	31.79	___
5	Crowley, Amy	20	Co Cardiff	32.30	___
6	Winstanley, Elin	16	Co Hereford	33.35	___
7	Gibson, Mari	17	Co Cardiff	33.62	___
8	Evans, Gwenllian	16	Co Cardiff	34.36	___

Event 103 Men 12 & Over 400 LC Meter IM

Lane	Name	Age	Team	Prelims	
Heat 1 12-13 Finals Starts at 06:00 PM					
1	Lawrence, Nicholas	13	Nuneaton	5:43.64	___
2	Jones, Spencer	13	Wrexham	5:40.34	___
3	Garnham, Sebastian	13	Teddington	5:36.58	___
4	Hughes, Freddy	13	Rct Squad	5:30.18	___
5	Evans, Jake	13	Wrexham	5:31.55	___
6	Evans, Sam	13	Pembs Cty	5:39.21	___
7	Neimanis-Kosarevs, D	13	Nuneaton	5:43.57	___
8	Nuttall, Harri	12	Rhyl Dolphin	5:44.47	___

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Meet Program - Session 3 (Warmup 4.15 - 5.15)

Alternates 12-13...(#103 Men 12 & Over 400 LC Meter IM)

1	Swetman, Oliver	13	Co Cardiff	5:51.18
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Heat 2 14-15 Finals Starts at 06:07 PM

1	Murphy, Rocco	15	Nuneaton	5:12.59	___
2	Davies, Callum	14	Okehampton	5:10.01	___
3	Cavill, Jack	15	Co Cardiff	5:06.96	___
4	Meilleur, Elliot	15	NofioGwynedd	5:02.89	___
5	Opiniano, Nathaniel	15	Teddington	5:06.55	___
6	Reece, Liam	15	Co Newport	5:08.35	___
7	Burnell, Rory	14	Mt Kelly	5:10.66	___
8	Drury-Tew, Archie	15	Co Birm'ham	5:13.27	___

Alternates 14-15

1	Phillips, Finley	15	Nofio S Gar	5:16.72
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Heat 3 16-17 Finals Starts at 06:13 PM

1					___
2					___
3					___
4	Bennett, Finley	16	Pembs Cty	5:02.34	___
5	Saukko-Paavola, Niklas	17	Leic Sharks	5:02.50	___
6					___
7					___
8					___

Heat 4 Super Final Finals Starts at 06:20 PM

1	Bradley, Mathew	19	Swansea Uni	4:53.56	___
2	Taylor, Harry	18	Swansea Uni	4:49.22	___
3	West, Dexter	16	Pembs Cty	4:47.40	___
4	Kershaw, Charles	23	Swansea Uni	4:29.64	___
5	Evans, Ieuan	18	Swansea Uni	4:46.45	___
6	Neaves, Archie	20	Swansea Uni	4:47.74	___
7	Bamborough, Jack	17	Co Cardiff	4:52.04	___
8	Pike, Harvey	18	Co Cardiff	5:01.20	___

Event 104 Women 12 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Prelims
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Heat 1 12-13 Finals Starts at 06:26 PM

1	Morgan, Millie	13	Teddington	2:42.02	___
2	Emms, Ela	13	Co Cardiff	2:41.05	___
3	Davies, Isla	12	Nofio S Gar	2:34.16	___
4	Roberts, Rosie	13	Torfaen D	2:29.59	___
5	Tovey, Lyra	13	Mt Kelly	2:31.09	___
6	Owen, Nel	12	NofioGwynedd	2:39.38	___
7	Williams, Paige	13	Swansea Aq	2:41.17	___
8	Gray-Thomas, Jessica	12	Conwy	2:42.02	___

Alternates 12-13

1	Scales, Eve	13	EllesmereCSA	2:42.35
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Heat 2 14-15 Finals Starts at 06:31 PM

1	Spence, Emilia	14	Co Birm'ham	2:33.44	___
2	Hutchon, Annie	14	EllesmereCSA	2:33.00	___
3	Thomas, Serenity	15	NofioGwynedd	2:31.66	___
4	Bennett, Isla	14	Co Cardiff	2:28.75	___
5	Hall, Emily	15	Warrington W	2:30.86	___
6	Edwards, Alaw	15	NofioGwynedd	2:31.92	___
7	Allen, Isabel	14	Co Cardiff	2:33.17	___
8	Roberts, Mali	15	NofioGwynedd	2:33.72	___

Alternates 14-15

1	Arnold, Jessica	15	Swansea Uni	2:34.45
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Heat 3 16-17 Finals Starts at 06:35 PM

1	Howson, Ellen	16	Co Newport	2:37.91	___
2	Parfitt, Lucy	17	Co Cardiff	2:33.81	___
3	Darby, Daisy	17	Teddington	2:32.49	___
4	Hatton-Ellis, Isabelle	17	Swansea Aq	2:30.05	___
5	Hernandez Taylor, Ivy	16	Hackney	2:32.23	___
6	Slinn, Esme	16	EllesmereCSA	2:33.32	___
7	Huws, Awen	17	Rct Squad	2:34.13	___
8	Woodruff, Aimee	16	Crawley	2:38.36	___

Heat 4 Super Final Finals Starts at 06:40 PM

1	Winstanley, Elin	16	Co Hereford	2:25.67	___
2	Daniel, Megan	15	Caradon	2:23.85	___
3	Humphreys, Ffion	17	NofioGwynedd	2:22.89	___
4	Marshall, Holly	19	Co Cardiff	2:21.12	___
5	Logan, Constance	17	Co B'Ton & H	2:21.79	___
6	Titchener, Megan	17	Torfaen D	2:23.55	___
7	Stephenson, Ruby	18	Swansea Uni	2:24.07	___
8	Prosser, Sofia	13	Torfaen D	2:25.99	___

Event 105M Men 100 LC Meter Backstroke (MC Final)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 06:44 PM

1					___
2					___
3					___
4	%Read, William S14	17	Swansea Aq		NT
5	%O'Reilly, McKenzie S8	16	Torfaen D/A, 12 +		NT
6					___
7					___
8					___

Event 105 Men 12 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Prelims
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Heat 1 12-13 Finals Starts at 06:48 PM

1	Zhen, Bosco	13	Co Newport	1:11.98	___
2	De Haan, Charlie	12	Holywell	1:10.11	___
3	Jenkins, Rhys	12	Co Cardiff	1:09.66	___
4	King, Ethan	13	Penyrheol	1:06.57	___
5	Staskus, Daniel	13	Millfield	1:08.06	___
6	Steeatson, Seth	13	Okehampton	1:09.97	___
7	Winpenny, Billy	13	Teddington	1:10.65	___
8	Mrozinski, Michal	13	Conwy	1:12.40	___

Alternates 12-13

1	Williams, Heath	13	Wrexham	1:12.49
2	Wright, Jack	13	Teddington	1:13.16

Heat 2 14-15 Finals Starts at 06:51 PM

1	Gwynfil, Solomon	15	Co Cardiff	1:06.30	___
2	Meilleur, Elliot	15	NofioGwynedd	1:05.18	___
3	Fidan, Zachary	15	Teddington	1:04.71	___
4	Biddick, James	15	Okehampton	1:03.52	___
5	Thomas, Iolo	15	Neath	1:03.88	___
6	Opiniano, Nathaniel	15	Teddington	1:04.75	___
7	Deacon, Cameron	15	Co Cardiff	1:05.78	___
8	Powell, Xander	15	TauntonDeane	1:06.85	___

Alternates 14-15

1	Linge, Reece	14	EllesmereCSA	1:07.06
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Meet Program - Session 3 (Warmup 4.15 - 5.15)

Heat 3 16-17 Finals (#105 Men 12 & Over 100 LC Meter Backstroke)

1	Brown, Layton	17	Nuneaton	1:03.38	___
2	Mills, Ioan	16	Torfaen D	1:02.68	___
3	West, Dexter	16	Pembs Cty	1:01.49	___
4	Milne, Harry	17	Repton	58.80	___
5	Edwards, Ross	16	Co Cardiff	1:00.24	___
6	Foster, Henry	16	Redditch	1:01.69	___
7	Walker, Freddie	17	EllesmereCSA	1:02.70	___
8	Rixon, Oliver	17	Co Cardiff	1:03.97	___

Alternates 16-17

1	Atherton, Morgan	16	Nuneaton	1:04.46	___
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Heat 4 Super Final Finals Starts at 06:57 PM

1	Hollinsky, Gideon	20	Swansea Uni	57.87	___
2	Sadberry, Jack	21	Swansea Uni	57.71	___
3	Armon, Jacob	22	Swansea Uni	57.54	___
4	Knight, Jack	22	Co Cardiff	56.00	___
5	Morgan, Dominic	20	Swansea Uni	57.41	___
6	Dietz, Fritz	21	Okehampton	57.57	___
7	Nikolaou, Antonio	22	Swansea Uni	57.76	___
8	Tovey, Xander	15	Millfield	57.94	___

Event 106M Women 100 LC Meter Freestyle (MC Final)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 07:00 PM

1	%Hughes, Chloe S9	31	Caerphilly/A, 9	NT	___
2	%Humphrey, Eliza S11	20	Swansea Uni/TB	NT	___
3	%Willis, Meghan S9	18	Torfaen D/1, 3, 5	NT	___
4	%Warrington, Callie-Ann S1	25	Hackney/A, 12 +	NT	___
5	%Williams, Rose S14	17	Co Cardiff	NT	___
6	%Rice, Lily S8	21	Co Cardiff/A, 12+	NT	___
7	%Kane, Abby S13	22	UniOfStirl	NT	___
8	%Rogerson, Heidi S10	18	Holywell/A, 12 +	NT	___

Event 106 Women 12 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Prelims
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Heat 1 12-13 Finals Starts at 07:03 PM

1	Mellor, Medi	13	Nofio Bangor	1:02.61	___
2	Sherrard, Alex	13	Torfaen D	1:02.32	___
3	Reasons, Darcy	13	Torfaen D	1:01.93	___
4	Donaldson, Evie	13	Co Newport	1:01.12	___
5	Sweet-Roberts, Pip	13	Torfaen D	1:01.73	___
6	Ashby, Helena	13	TauntonDeane	1:02.10	___
7	Berner, Iyla	12	Nofio S Gar	1:02.45	___
8	Lewis, Harriet	13	Co Cardiff	1:02.86	___

Alternates 12-13

1	Davies, Sophia	13	Co Cardiff	1:03.85	___
2	Bloomer, Molly	13	Hackney	1:03.86	___

Heat 2 14-15 Finals Starts at 07:05 PM

1	Daniel, Megan	15	Caradon	1:01.77	___
2	Spence, Emilia	14	Co Birm'ham	1:01.10	___
3	Mason, Eliza	14	EllesmereCSA	1:00.97	___
4	Griffiths, Cerys	15	Pembs Cty	1:00.15	___
5	Jones, Liberty	15	TauntonDeane	1:00.45	___
6	Hall, Emily	15	Warrington W	1:01.06	___
7	Nichols, Grace	15	Pembs Cty	1:01.29	___
8	Devin, Erin	15	Wrexham	1:02.39	___

Alternates 14-15

1	Marshall, Ffion	15	Co Cardiff	1:02.58	___
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Heat 3 16-17 Finals Starts at 07:08 PM

1	Darby, Daisy	17	Teddington	1:01.95	___
2	Evans, Gwenllian	16	Co Cardiff	1:01.11	___
3	Day, Hannah	17	Co Cardiff	1:00.60	___
4	Gordon, Freya	16	Haslemere	59.49	___
5	Sherrard, Emme	16	Torfaen D	59.72	___
6	Winstanley, Elin	16	Co Hereford	1:00.73	___
7	Schumm, Libby	16	Torfaen D	1:01.22	___
8	Robinson, Scarlett	17	Ulverston	1:02.03	___

Heat 4 Super Final Finals Starts at 07:10 PM

1	Davies, Sophie	18	Millfield	57.41	___
2	Sutton, Rebecca	24	Swansea Uni	56.87	___
3	Monks, Aimee	20	Swansea Uni	56.67	___
4	Taylor, Theodora	16	Torfaen D	54.68	___
5	Harris, Medi	23	Swansea Uni	56.35	___
6	Higgs, Meghan	17	Millfield	56.77	___
7	Major, Scarlet	22	Swansea Uni	57.22	___
8	Broder, Libby	19	Birm'ham Uni	58.25	___

Event 107M Men 200 LC Meter Freestyle (MC Final)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 07:12 PM

1					___
2					___
3					___
4	%Darbey, Rhys S14	18	Wrexham	NT	___
5	%Read, William S14	17	Swansea Aq	NT	___
6					___
7					___
8					___

Event 107 Men 12 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Prelims
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Heat 1 12-13 Finals Starts at 07:16 PM

1	Dixon, Jamie	13	Okehampton	2:18.13	___
2	Evans, Jake	13	Wrexham	2:16.74	___
3	Hughes, Freddy	13	Rct Squad	2:15.60	___
4	Staskus, Daniel	13	Millfield	2:12.08	___
5	Evans, Sam	13	Pembs Cty	2:13.51	___
6	Greenwalker, Wilfred	13	Teddington	2:15.86	___
7	Jones, Sam	12	Co Cardiff	2:17.21	___
8	Chalk, Alistair	13	Co Newport	2:18.73	___

Alternates 12-13

1	Cook, Noah	12	Torfaen D	2:18.85	___
2	Zhen, Bosco	13	Co Newport	2:19.35	___

Heat 2 14-15 Finals Starts at 07:20 PM

1	Davies, Tom	15	Co Newport	2:06.71	___
2	Douglas, Lucas	14	Atlantis	2:05.73	___
3	Major, Maximus	15	Torfaen D	2:03.60	___
4	Biddick, James	15	Okehampton	1:59.96	___
5	Morgan, Charlie	15	Teddington	2:03.09	___
6	Duggan, Elliot	14	Bridgend Cty	2:05.28	___
7	Vong, Joshua	15	Torfaen D	2:05.98	___
8	Castillo, Airam	14	Co Cardiff	2:07.41	___

Alternates 14-15

1	Scholes, James	15	Haslemere	2:07.75	___
2	Davies, Callum	14	Okehampton	2:07.85	___

Swim Wales Winter Championships 2025 - 18/12/2025 to 21/12/2025**Meet Program - Session 3 (Warmup 4.15 - 5.15)****Heat 3 16-17 Finals (#107 Men 12 & Over 200 LC Meter Freestyle)**

1	Ashman, Beau	16	Millfield	2:01.88	___
2	Sochovsky, Max	16	Millfield	2:00.41	___
3	Mruk, Lucas	17	Torfaen D	1:58.64	___
4	Bamborough, Jack	17	Co Cardiff	1:54.84	___
5	Owen, Vinnie	17	Co Cardiff	1:54.93	___
6	Silverstone, Solomon	16	Pembs Cty	1:59.13	___
7	Twigger, Owen	16	Swansea Aq	2:01.50	___
8	Ghetu, Marcu	17	Harrogate	2:04.73	___

Alternates 16-17

1	Walker, Freddie	17	EllesmereCSA	2:04.83	
2	Lennon, Danny	17	Wrexham	2:05.29	

Heat 4 Super Final Finals Starts at 07:27 PM

1	Gillett, Oliver	18	Swansea Uni	1:52.55	___
2	Trebilcock, Thomas	22	Swansea Uni	1:52.23	___
3	Ashley-Sparks, F	23	Wycombe Dist	1:49.71	___
4	Jones, Dan	29	Swansea Uni	1:49.48	___
5	Melbourne-Smith, Tyler	20	Lboro Uni	1:49.60	___
6	Williams, Josh	23	Swansea Uni	1:50.61	___
7	Bird, Kieran	26	Wycombe Dist	1:52.42	___
8	O'Brien, Joshua	20	Co Cardiff	1:53.50	___