

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

Meet Program - Session 8 (Warmup 12.00 - 1.00)

Event 301S Men 12 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Prelims

1	Pyzer, Cyrus	12	Carmarthen	33.10
2	Searle, Charles	12	Teddington	32.92
3	James, Taran	12	Bridgend Cty	32.85
4	Gilligan, Lucas	12	Rct Squad	32.81
5	Diakodimitris, Nicholas	12	Hackney	32.84
6	Jones, Owain	12	Torfaen D	32.88
7	McLaren, Lucas	12	Co Cardiff	33.00
8	Lunt-Sullivan, Joe	12	Holywell	33.10

Heat 2 of 9 Prelims

1	Hedin, Felix	12	Teddington	32.70
2	Jermin, Morgan	12	Nofio S Gar	32.60
3	Monan, Euan	12	Pembs Cty	32.40
4	Woodward, Ethan	13	Bridgend Cty	31.90
5	Bool, Iolo	12	Pembs Cty	32.40
6	Webber, James	12	Co Cardiff	32.50
7	McGechan, Euan	12	Hackney	32.67
8	Davies-Green, Thomas	12	Co Cardiff	32.70

Heat 3 of 9 Prelims

1	Rodrigues Martins, F	13	Okehampton	31.84
2	Martenko, Fletcher	12	Rct Squad	31.80
3	Swetman, Oliver	13	Co Cardiff	31.80
4	Tinsley, Vincent	13	Nuneaton	31.60
5	Hale, William	12	Co Newport	31.79
6	Taylor, Joshua	13	Rct Squad	31.80
7	Lloyd, Vincent-Owen	12	Nofio S Gar	31.80
8	Worrall, Teddy	13	Wrexham	31.90

Heat 4 of 9 Prelims

1	Lewis, Henry	13	Neath	31.40
2	Griffiths, Nicholas	13	Nuneaton	31.30
3	Gray-Thomas, Jayden	13	Conwy	31.20
4	Costello, Triston	13	Nuneaton	31.10
5	Collins, Thomas	13	Penyrheol	31.10
6	Garrett, Ben	12	Merthyr Tydf	31.21
7	Staples, Max	12	Rhondda	31.33
8	Davies, Jake	13	Co Newport	31.40

Heat 5 of 9 Prelims

1	Grimston, Max	13	Buckley	30.90
2	Pugh, Bryn	12	Co Hereford	30.80
3	Crawford, Kieran	12	Tonbridge	30.63
4	Lawrence, Nicholas	13	Nuneaton	30.60
5	Massimi, Daniel	13	Hackney	30.60
6	Stevens, Ben	13	Crawley	30.70
7	Lachmann, Laurence	13	Hackney	30.84
8	Moore, Hari	13	Pembs Cty	30.99

Heat 6 of 9 Prelims

1	Higgs, William	13	Caradon	30.20
2	Voice, Harry	13	Newtown	30.20
3	Banner, Harry	13	Penyrheol	30.10
4	Ataoglu, Derin	13	Teddington	30.03
5	Jones, Spencer	13	Wrexham	30.07
6	Williams, Heath	13	Wrexham	30.10
7	Morgan, Thomas	13	Neath	30.20
8	Miller, Ethan	12	Ruthin	30.50

Heat 7 of 9 Prelims

1	Bevan, Driw	13	Nofio S Gar	29.90
2	Edwards, Isaac	13	Wrexham	29.50
3	White, Jacob	14	Wells SC	29.20
4	Neimanis-Kosarevs, D	13	Nuneaton	28.80
5	Miguel-Easter, Ruben	14	Mt Kelly	29.10
6	Price-Clishem, Dyfan	14	NofioGwynedd	29.50
7	De Haan, Charlie	12	Holywell	29.60
8	King, Henri	12	Co Cardiff	29.99

Heat 8 of 9 Prelims

1	Fitzgerald, Billy	13	Hackney	29.68
2	Jones, Tom	14	Clitheroe	29.50
3	Donnan, George	14	Holywell	29.20
4	Palmer, Evan	13	Torfaen D	28.77
5	Williams, Zach	14	Torfaen D	28.90
6	Hamer, Joe	14	Co Hereford	29.40
7	Mills, Thomas	14	Nofio S Gar	29.54
8	Frampton, Rhydian	13	Millfield	29.95

Heat 9 of 9 Prelims

1	Frederick-Fatoyinbo, E	12	Hackney	29.65
2	Hewitt, Oscar	12	Monnow	29.50
3	Bowles, Osian	14	Hackney	29.12
4	Watkins, Dylan	13	Torfaen D	28.72
5	Hale, Oliver	14	Swansea Aq	28.82
6	Hughes, Fraser	13	Rhondda	29.34
7	Zaharewicz, Rhys	14	Teddington	29.51
8	Greenwalker, Wilfred	13	Teddington	29.93

Event 302S Female 12 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 11 Prelims

1	Thomas, Eden	12	Neath	34.00
2	Foster, Constance	12	Redditch	33.85
3	Maynard, Quinn	12	Co Newport	33.80
4	Alsop, Abigail	12	Nuneaton	33.79
5	Parry, Neli	12	NofioGwynedd	33.80
6	Edwards, Darcie	12	Abertillery	33.80
7	Robinson, Elizabeth	12	Torfaen D	34.00
8	Kurys, Bonnie	12	Carmarthen	34.10

Heat 2 of 11 Prelims

1	Thomas, Amelie	12	Rhondda	33.60
2	Wilman, Natalie	12	Co Cardiff	33.40
3	Jones, Alaw	13	Carmarthen	33.37
4	Skippon, Isabelle	13	Holywell	33.30
5	Gil Wood, Elena	13	Swansea Aq	33.34
6	Edwards, Beca	12	NofioGwynedd	33.37
7	Urbanska, Maya	13	Nuneaton	33.40
8	Dev, Sophia	12	Teddington	33.63

Heat 3 of 11 Prelims

1	Jones, Zoey	13	Co Newport	33.27
2	Cain, Astrid	13	Truro City	33.20
3	Cawdery, Seren	13	Bridgend SC	33.20
4	Anderson, Caitlin	12	Hackney	33.15
5	Gardner-Rolfe, Mia	13	Swansea Aq	33.20
6	Thomas, Eleanor	12	Co Newport	33.20
7	Pinnock, Betsan	13	Swansea Aq	33.21
8	Miller, Sofia	13	Teddington	33.30

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

Meet Program - Session 8 (Warmup 12.00 - 1.00)

Heat 4 Prelims (#302S Female 12 & Over 50 LC Meter Freestyle)

1	Cox, Amelia	12	Co Cardiff	33.10	___
2	Mason, Eva	13	Teddington	33.10	___
3	Moore, Summer	13	Bridgend SC	33.05	___
4	Davis, Belle	13	Teddington	33.03	___
5	Evans, Isabel	13	Caerphilly	33.05	___
6	King, Phillippa	13	Brixham	33.06	___
7	Opiniano, Francesca	12	Teddington	33.10	___
8	Francis, Mia	12	Pembs Cty	33.11	___

Heat 5 of 11 Prelims

1	Bidgood, Evie	13	Co Cardiff	32.87	___
2	James, Isabelle	13	Rhondda	32.75	___
3	Kubic, Nicola	13	Co Newport	32.70	___
4	Macneil, Evie	12	Hackney	32.70	___
5	Lauder, Beatrix	12	Neath	32.70	___
6	Mason, Ezmee	12	Pembs Cty	32.73	___
7	Morris, Besi	12	Nofio S Gar	32.86	___
8	Britton, Nahla	12	Co Cardiff	32.90	___

Heat 6 of 11 Prelims

1	Williams, Eirwen	13	Neath	32.70	___
2	Pawlowski, Isabelle	13	Corby	32.62	___
3	Hughes, Isla	13	Caerphilly	32.60	___
4	Marfell, Beau	13	Co Hereford	32.50	___
5	Price, Seren-Louise	13	Nofio S Gar	32.55	___
6	Goodey De Diego, Isabel	13	Guildford Ct	32.62	___
7	Dyde, Pheobe	13	Pembs Cty	32.65	___
8	Roberts, Phoebe	13	Conwy	32.70	___

Heat 7 of 11 Prelims

1	Lawn, Lexi	12	Torfaen D	32.40	___
2	Shephard-Morris, Tilly	13	Rhondda	32.30	___
3	Wood, Lilly	12	Neath	32.19	___
4	Searle, Natalie	12	Teddington	32.11	___
5	Foldi, Kristina	13	Pembs Cty	32.16	___
6	Brown, Thea	12	Bridgend Cty	32.20	___
7	Brown, Alyssa	12	Rct Squad	32.37	___
8	Francis, Molly	13	Newtown	32.50	___

Heat 8 of 11 Prelims

1	Rowland, Scarlett	13	Neath	32.09	___
2	Greensill, Evie	12	Co Newport	32.00	___
3	Scott, Lucy	13	Conwy	31.89	___
4	Evans, Cadi	13	Penyrheol	31.80	___
5	Roberts, Connie-Rae	12	Co Newport	31.86	___
6	Davies, Grace	13	Co Newport	31.94	___
7	Morgan, Millie	13	Teddington	32.00	___
8	Roberts, Cara-Non	13	NofioGwynedd	32.10	___

Heat 9 of 11 Prelims

1	Henderson, Darcy	13	Okehampton	31.70	___
2	Lawn, Gayle	12	Torfaen D	31.30	___
3	Hnoiana, Valya	13	Swansea Aq	31.00	___
4	Williams, Layla	13	Newtown	30.88	___
5	Munslow, Seren	13	Monnow	30.98	___
6	Morgan-Basini, Ruby-May	13	Merthyr Tydf	31.10	___
7	Jasper, Lily	13	Co Cardiff	31.42	___
8	Harris, Chloe	13	C Dolphins	31.77	___

Heat 10 of 11 Prelims

1	Magnani, Layla	12	Hackney	31.64	___
2	Willis, Ffion	13	Torfaen D	31.26	___
3	Jones, Laura	14	Clitheroe	31.00	___
4	Duggan, Grace	13	Bridgend Cty	30.83	___
5	Simons, Georgia	14	Hackney	30.90	___
6	Owen, Nel	12	NofioGwynedd	31.10	___
7	Frain, Phoebe	12	Nuneaton	31.40	___
8	Harper, Lara	13	Co Newport	31.70	___

Heat 11 of 11 Prelims

1	Jones, Amelia	13	Rct Squad	31.49	___
2	Gray-Thomas, Jessica	12	Conwy	31.19	___
3	Dash, Amelie	14	Pembs Cty	31.00	___
4	Matthews, Catrin	12	Co Cardiff	30.80	___
5	Williams, Lili	14	Rct Squad	30.90	___
6	Morris, Blair	12	Neath	31.09	___
7	Elson, Caitlin	13	Wrexham	31.32	___
8	Reqica, Amara	13	Nuneaton	31.70	___

Event 303S Men 12 & Over 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1	Webber, James	12	Co Cardiff	5:17.90	___
2	Hale, William	12	Co Newport	5:15.90	___
3	Tasker, Jacob	13	Buckley	5:12.70	___
4	Lachmann, Laurence	13	Hackney	5:11.70	___
5	Bevan, Driw	13	Nofio S Gar	5:12.50	___
6	Fitzgerald, Billy	13	Hackney	5:14.50	___
7	Davies, Jake	13	Co Newport	5:16.00	___
8	Teggarty-Sparks, Albert	12	Teddington	5:21.50	___

Heat 2 of 4 Prelims

1	Higgs, William	13	Caradon	5:09.73	___
2	Bowes, James	13	Carmarthen	5:02.80	___
3	Neimanis-Kosarevs, D	13	Nuneaton	4:58.50	___
4	Garnham, Sebastian	13	Teddington	4:51.60	___
5	Tinsley, Vincent	13	Nuneaton	4:56.60	___
6	Jenkins, Rhys	12	Co Cardiff	5:02.24	___
7	Lawrence, Nicholas	13	Nuneaton	5:04.20	___
8	Antwhistle, Isaac	13	Swansea Aq	5:10.40	___

Heat 3 of 4 Prelims

1	Chalk, Alistair	13	Co Newport	4:51.23	___
2	McCullagh, Patrick	13	Holywell	4:49.70	___
3	Evans, Sam	13	Pembs Cty	4:46.00	___
4	Evans, Jake	13	Wrexham	4:44.90	___
5	Fogarty, Oliver	13	Pembs Cty	4:45.50	___
6	Dixon, Jamie	13	Okehampton	4:48.20	___
7	Cook, Noah	12	Torfaen D	4:50.80	___
8	Lis, Maxim	14	Epsom Dist	4:51.50	___

Heat 4 of 4 Prelims

1	Woodrow, Leo	14	TauntonDeane	4:51.12	___
2	Hughes, Freddy	13	Rct Squad	4:48.60	___
3	Weiland, Lennart	14	Guildford Ct	4:45.70	___
4	Zaharewicz, Rhys	14	Teddington	4:42.56	___
5	Csoban, Benjamin	14	Co Newport	4:45.00	___
6	Donnan, George	14	Holywell	4:47.90	___
7	Samuel, Jake	14	Merthyr Tydf	4:50.70	___
8	Miguel-Easter, Ruben	14	Mt Kelly	4:51.30	___

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

Meet Program - Session 8 (Warmup 12.00 - 1.00)

Event 304S Female 12 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Prelims

1	Williams, Evie	12	Pembs Cty	39.49
2	Lawn, Lexi	12	Torfaen D	39.20
3	Roberts Mylan, Ffion	13	Swansea Aq	38.80
4	Duncan, Ava	13	Nofio S Gar	38.80
5	Bidgood, Evie	13	Co Cardiff	38.80
6	Edwards, Beca	12	NofioGwynedd	38.90
7	Thomas, Eden	12	Neath	39.26
8	Robinson, Elizabeth	12	Torfaen D	39.50

Heat 2 of 8 Prelims

1	Urbanska, Maya	13	Nuneaton	38.60
2	Karlsen, Isabella	13	Teddington	38.50
3	Cox, Amelia	12	Co Cardiff	38.50
4	Li-Little, Lotus	12	Nuneaton	38.50
5	Thomas, Amelie	12	Rhondda	38.50
6	Cole, Ivy	12	Co Cardiff	38.50
7	Kilby, Holly	13	Seagulls SC	38.50
8	King, Phillippa	13	Brixham	38.70

Heat 3 of 8 Prelims

1	Reqica, Amara	13	Nuneaton	38.40
2	Harris, Chloe	13	C Dolphins	38.40
3	Scott, Lucy	13	Conwy	38.40
4	Yau, Evie	13	Co Newport	38.30
5	Jones, Zoey	13	Co Newport	38.30
6	Price, Seren-Louise	13	Nofio S Gar	38.40
7	Taylor, Eleri	13	Co Cardiff	38.40
8	Duggan, Grace	13	Bridgend Cty	38.40

Heat 4 of 8 Prelims

1	Jones, Amelia	13	Rct Squad	38.20
2	Griffiths, Isla	12	Tenby	38.00
3	Roberts, Cara-Non	13	NofioGwynedd	37.90
4	Crump, Lily-May	13	Bridgend Cty	37.70
5	Skippon, Isabelle	13	Holywell	37.80
6	James, Isabelle	13	Rhondda	38.00
7	Morris, Ffion	13	Pembs Cty	38.15
8	Marfell, Beau	13	Co Hereford	38.30

Heat 5 of 8 Prelims

1	Morris, Besi	12	Nofio S Gar	37.60
2	Powell, Nina	13	Carmarthen	37.50
3	Brown, Thea	12	Bridgend Cty	36.90
4	Willis, Ffion	13	Torfaen D	36.76
5	Opiniano, Francesca	12	Teddington	36.77
6	Pinnock, Betsan	13	Swansea Aq	37.40
7	Llewellyn, Holly	12	Co Newport	37.60
8	Macneil, Evie	12	Hackney	37.64

Heat 6 of 8 Prelims

1	Fry, Tilly	13	Nofio S Gar	36.30
2	Jasper, Lily	13	Co Cardiff	35.94
3	Scofield, Niamh	14	Rct Squad	35.67
4	Glanville, Lauren	14	Ast Burnham	35.40
5	Kontopoulos, Elena	13	TauntonDeane	35.50
6	Francis, Molly	13	Newtown	35.80
7	Taylor, Imogen	12	Torfaen D	36.20
8	Munslow, Seren	13	Monnow	36.40

Heat 7 of 8 Prelims

1	Morgan-Basini, Ruby-May	13	Merthyr Tydf	36.20
2	Pawlowski, Isabelle	13	Corby	35.90
3	Jenkins, Elli	14	Swansea Aq	35.60
4	Goodman, Lola	14	Swansea Aq	35.40
5	Long, Sadie	14	Bridgend Cty	35.48
6	Jones, Cadi	13	Co Cardiff	35.79
7	Boxall-Leggett, A	13	Okehampton	36.20
8	Greensill, Evie	12	Co Newport	36.40

Heat 8 of 8 Prelims

1	Davies, Grace	13	Co Newport	36.20
2	Prevete, Sofia	13	Wrexham	35.90
3	Searle, Natalie	12	Teddington	35.60
4	Williams, Gwenno	14	NofioGwynedd	35.40
5	Mustey, Elizabeth	14	Monnow	35.40
6	Davies, Elizabeth	12	Pembs Cty	35.70
7	Morris, Blair	12	Neath	36.10
8	Roberts, Phoebe	13	Conwy	36.30

Event 305S Men 12 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	Davies-Green, Thomas	12	Co Cardiff	3:19.40
2	Backen, Frederick	13	Pembs Cty	3:09.80
3	Diakodimitris, Nicholas	12	Hackney	3:02.60
4	Jones, Spencer	13	Wrexham	2:57.70
5	Massimi, Daniel	13	Hackney	3:01.00
6	Tinsley, Vincent	13	Nuneaton	3:06.70
7	Miller, Ethan	12	Ruthin	3:11.70
8	Munt, Oliver	12	Pembs Cty	3:22.60

Heat 2 of 3 Prelims

1	Lloyd, Vincent-Owen	12	Nofio S Gar	3:18.50
2	Hargraves, Elliot	13	Co Hereford	3:09.20
3	Jones, Sam	12	Co Cardiff	3:01.80
4	Rodrigues Martins, F	13	Okehampton	2:56.50
5	Swetman, Oliver	13	Co Cardiff	2:59.50
6	Crawford, Kieran	12	Tonbridge	3:06.59
7	Batcup, Oliver	13	Swansea Aq	3:10.40
8	Monan, Euan	12	Pembs Cty	3:21.40

Heat 3 of 3 Prelims

1	Staples, Max	12	Rhondda	3:13.40
2	Marques-Jones, Felix	13	Carmarthen	3:06.80
3	Ataoglu, Derin	13	Teddington	3:01.80
4	Morgan, Thomas	13	Neath	2:56.30
5	McCullagh, Patrick	13	Holywell	2:58.80
6	Barrow, Charles	12	Edenbridge	3:03.30
7	Tennant, Jace	12	Eastbourne	3:10.30
8	Jones, Owain	12	Torfaen D	3:19.86

Event 306S Female 12 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Prelims

1	Cooksey-Owen, Mollie	12	Co Cardiff	2:55.60
2	Williams, Layla	13	Newtown	2:51.90
3	George, Ellie	14	Rct Squad	2:47.13
4	Lee, Seol Lucy	13	Co Cardiff	2:45.40
5	Gray-Thomas, Jessica	12	Conwy	2:46.10
6	Frain, Phoebe	12	Nuneaton	2:49.20
7	Rowland, Scarlett	13	Neath	2:53.60
8	Magnani, Layla	12	Hackney	2:58.10

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

Meet Program - Session 8 (Warmup 12.00 - 1.00)

Event 307S Men 12 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1	Frederick-Fatoyinbo, E	12	Hackney	1:20.20
2	De Haan, Charlie	12	Holywell	1:17.40
3	Garnham, Sebastian	13	Teddington	1:15.99
4	King, Henri	12	Co Cardiff	1:15.60
5	Ataoglu, Derin	13	Teddington	1:15.80
6	Williams, Heath	13	Wrexham	1:16.80
7	Hewitt, Oscar	12	Monnow	1:19.60
8	Searle, Charles	12	Teddington	1:20.36

Heat 2 of 5 Prelims

1	Nuttall, Harri	12	Rhyl Dolphin	1:15.56
2	Griffiths, Nicholas	13	Nuneaton	1:15.20
3	Frampton, Rhydian	13	Millfield	1:13.30
4	Pugh, Bryn	12	Co Hereford	1:12.00
5	Dixon, Jamie	13	Okehampton	1:12.30
6	Jenkins, Rhys	12	Co Cardiff	1:14.90
7	Stevens, Ben	13	Crawley	1:15.40
8	Hughes, Fraser	13	Rhondda	1:15.60

Heat 3 of 5 Prelims

1	Steeatson, Seth	13	Okehampton	1:10.90
2	Evans, Jake	13	Wrexham	1:09.50
3	Harwood, Jack	14	Pembs Cty	1:08.21
4	Duggan, Elliot	14	Bridgend Cty	1:06.60
5	Reece, Liam	15	Co Newport	1:07.50
6	Watkins, Dylan	13	Torfaen D	1:08.80
7	White, Jacob	14	Wells SC	1:10.20
8	Jones, Spencer	13	Wrexham	1:11.97

Heat 4 of 5 Prelims

1	Neimanis-Kosarevs, D	13	Nuneaton	1:10.90
2	Hughes, Freddy	13	Rct Squad	1:09.10
3	Bastyan, Tobias-Luke	14	Torfaen D	1:08.21
4	Harvey, Hugo	14	Co Cardiff	1:06.37
5	Parfitt, Sebastian	15	Co Cardiff	1:06.90
6	Gregory, Jaiden	14	Co Cardiff	1:08.40
7	Williams, Zach	14	Torfaen D	1:09.80
8	Palmer, Ollie	13	Okehampton	1:11.80

Heat 5 of 5 Prelims

1	Lawrence, Nicholas	13	Nuneaton	1:10.30
2	Higgs, William	13	Caradon	1:09.00
3	Castillo, Airam	14	Co Cardiff	1:07.60
4	Gwynfil, Solomon	15	Co Cardiff	1:06.34
5	Goodey De Diego, Lucas	14	Guildford Ct	1:06.60
6	Jones, Jayden	14	Caerphilly	1:08.25
7	Fogarty, Oliver	13	Pembs Cty	1:09.80
8	Evans, Sam	13	Pembs Cty	1:11.00

Event 308S Female 12 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Prelims

1	Cole, Ivy	12	Co Cardiff	3:04.47
2	Britton, Nahla	12	Co Cardiff	3:02.70
3	Morris, Blair	12	Neath	3:02.30
4	Dev, Sophia	12	Teddington	3:01.89
5	Wilman, Natalie	12	Co Cardiff	3:01.90
6	Henson, Jessica	12	Pembs Cty	3:02.70
7	Edwards, Beca	12	NofioGwynedd	3:03.93
8	Cox, Amelia	12	Co Cardiff	3:04.87

Heat 2 of 9 Prelims

1	Llewellyn, Holly	12	Co Newport	3:00.80
2	Duncan, Ava	13	Nofio S Gar	2:59.80
3	Karlsen, Isabella	13	Teddington	2:59.10
4	Bidgood, Evie	13	Co Cardiff	2:58.20
5	Price, Seren-Louise	13	Nofio S Gar	2:58.57
6	Morris, Ffion	13	Pembs Cty	2:59.10
7	Gil Wood, Elena	13	Swansea Aq	3:00.12
8	Anderson, Caitlin	12	Hackney	3:01.33

Heat 3 of 9 Prelims

1	Davis, Belle	13	Teddington	2:58.00
2	Sedgemore, Lola	13	Neath	2:57.30
3	Shephard-Morris, Tilly	13	Rhondda	2:56.80
4	Dyde, Pheobe	13	Pembs Cty	2:56.30
5	Francis, Molly	13	Newtown	2:56.80
6	Harris, Chloe	13	C Dolphins	2:57.10
7	Macneil, Evie	12	Hackney	2:57.96
8	Pinnock, Betsan	13	Swansea Aq	2:58.10

Heat 4 of 9 Prelims

1	Morris, Besi	12	Nofio S Gar	2:55.90
2	Coles, Aria	12	Neath	2:55.50
3	Sneddon, Alice	13	Caradon	2:54.80
4	King, Phillippa	13	Brixham	2:54.60
5	Powell, Nina	13	Carmarthen	2:54.70
6	Li-Little, Lotus	12	Nuneaton	2:55.40
7	Boxall-Leggett, A	13	Okehampton	2:55.55
8	Crump, Lily-May	13	Bridgend Cty	2:56.10

Heat 5 of 9 Prelims

1	James, Isabelle	13	Rhondda	2:54.20
2	Lawn, Lexi	12	Torfaen D	2:53.80
3	Szmigiero, Kaya	12	Aberystwyth	2:53.70
4	Brown, Alyssa	12	Rct Squad	2:53.20
5	Jones, Amelia	13	Rct Squad	2:53.60
6	Taylor, Imogen	12	Torfaen D	2:53.80
7	Roberts, Phoebe	13	Conwy	2:54.10
8	Greensill, Evie	12	Co Newport	2:54.30

Heat 6 of 9 Prelims

1	Miller, Sofia	13	Teddington	2:52.90
2	Harper, Lara	13	Co Newport	2:52.20
3	Kubic, Nicola	13	Co Newport	2:52.00
4	Jones, Lola-Grace	13	Torfaen D	2:51.15
5	Roberts, Connie-Rae	12	Co Newport	2:51.30
6	Willis, Ffion	13	Torfaen D	2:52.17
7	Fordham, Freya	13	Co Newport	2:52.41
8	Price, Macy	13	Heads Valley	2:53.20

Heat 7 of 9 Prelims

1	Goodman, Evie	14	Swansea Aq	2:49.70
2	Williams, Layla	13	Newtown	2:46.60
3	Filmer, Gwennan	13	Nofio S Gar	2:45.20
4	Kontopoulos, Elena	13	TauntonDeane	2:44.60
5	Ryan, Mia	14	Rct Squad	2:44.80
6	Jones, Cadi	13	Co Cardiff	2:45.70
7	Chauhan, Amber	13	Nofio Bangor	2:47.70
8	Marfell, Beau	13	Co Hereford	2:50.30

Swim Wales Winter Championships 2025 - 18/12/2025 to 21/12/2025**Meet Program - Session 8 (Warmup 12.00 - 1.00)****Heat 8 Prelims (#308S Female 12 & Over 200 LC Meter IM)**

1	Duggan, Grace	14	Rct Squad	2:49.10	___
2	Lawn, Gayle	12	Torfaen D	2:46.30	___
3	Owen, Nel	12	NofioGwynedd	2:45.10	___
4	Powell, Josie	15	Bridgend SC	2:44.60	___
5	David, Emily	13	Cockermouth	2:44.80	___
6	Williams, Paige	13	Swansea Aq	2:45.40	___
7	Price, Amie	14	Rct Squad	2:47.40	___
8	Mustey, Elizabeth	14	Monnow	2:50.00	___

Heat 9 of 9 Prelims

1	Opiniano, Francesca	12	Teddington	2:48.70	___
2	Hall, Isabelle	14	Pembs Cty	2:45.70	___
3	Graves, Abigail	15	Okehampton	2:44.80	___
4	Davies, Elizabeth	12	Pembs Cty	2:44.40	___
5	Gettins, Bethan	13	Co Newport	2:44.75	___
6	Thurston, Rene	14	Newtown	2:45.30	___
7	Hall, Ellena	14	Pembs Cty	2:47.00	___
8	Morgan, Millie	13	Teddington	2:49.70	___

Heat 5 of 6 Finals

1	Dacey, Mollie	17	Co Cardiff	9:37.10	___
2	Sherrard, Alex	13	Torfaen D	9:36.28	___
3	Devin, Erin	15	Wrexham	9:35.50	___
4	Baker, Sophie	16	Teddington	9:25.89	___
5	Allen, Isabel	14	Co Cardiff	9:33.50	___
6	Wayman, Chloe	17	Teddington	9:36.10	___
7	Slinn, Esme	16	EllesmereCSA	9:36.40	___
8	Prosser, Sofia	13	Torfaen D	9:37.94	___

Heat 6 of 6 Finals - Swimming with Finals

1	Cumner, Megan	18	Swansea Uni	9:24.00	___
2	Griffiths, Cerys	15	Pembs Cty	9:16.30	___
3	Mitchell, Abby	19	Swansea Uni	9:09.00	___
4	Gordon, Freya	16	Haslemere	9:03.70	___
5	Staines, Talia	23	Derwent&Gate	9:05.05	___
6	Toms, Emily	19	Swansea Uni	9:15.54	___
7	Chadwick, Phoebe	17	Teddington	9:21.77	___
8	Mason, Eliza	14	EllesmereCSA	9:25.80	___

Event 309 Female 12 & Over 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 6 Finals

1	Cooksey-Owen, Mollie	12	Co Cardiff	10:55.80	___
2	Frain, Phoebe	12	Nuneaton	10:50.20	___
3	Davies, Ava-Rose	12	Nofio S Gar	10:43.74	___
4	Searle, Natalie	12	Teddington	10:25.00	___
5	Evans, Cadi	13	Penyrheol	10:41.50	___
6	Roberts, Connie-Rae	12	Co Newport	10:44.50	___
7	Magnani, Layla	12	Hackney	10:54.50	___
8	Lee, Seol Lucy	13	Co Cardiff	10:55.90	___

Heat 2 of 6 Finals

1	Thompson, Freya	15	Pembs Cty	10:15.70	___
2	Morgan, Millie	13	Teddington	10:12.70	___
3	Reed, Isabella	14	Co Cardiff	10:08.12	___
4	Davies, Macy	13	Torfaen D	10:04.15	___
5	Macleod, Eilidh	14	Hackney	10:06.10	___
6	Smith, Sophie	14	Nuneaton	10:12.60	___
7	Ashby, Helena	13	TauntonDeane	10:15.57	___
8	Elson, Caitlin	13	Wrexham	10:18.20	___

Heat 3 of 6 Finals

1	Coles, Mya	15	Co Newport	9:53.30	___
2	Osele, Isabella	13	Hackney	9:48.27	___
3	Phillips, Emma	15	Teddington	9:47.50	___
4	Watts, Olivia	16	EllesmereCSA	9:43.24	___
5	Humphreys, Holly	17	Neath	9:43.70	___
6	Hands, Ava	14	Nuneaton	9:47.70	___
7	Richards, Faith	15	Co Cardiff	9:48.35	___
8	Donaldson, Evie	13	Co Newport	9:58.20	___

Heat 4 of 6 Finals

1	Teggarty-Sparks, Ida	14	Teddington	9:41.15	___
2	Klak, Nina	13	Co Newport	9:40.20	___
3	Iles, Jessica	15	Co Cardiff	9:39.40	___
4	Taswell, Paige	14	TauntonDeane	9:38.70	___
5	Ling, Olivia	15	Co Cardiff	9:39.10	___
6	Cust, Ciara	18	Conwy	9:39.60	___
7	Chadwick, Millie	15	Teddington	9:40.45	___
8	Thomas, Serenity	15	NofioGwynedd	9:42.45	___