

## Swim Wales National Championships 2026 - 02/04/2026 to 05/04/2026

## Meet Program - Session 1 (Warmup 8.00 - 8.50)

**Event 101 Men 16 & Over 50 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Prelims Starts at 09:00 AM**

1				—
2				—
3	Hewitt, Archie	16	Torfaen D	34.55
4	James, Tristan	17	Bridgend Cty	33.40
5	Park, Reggie Samuel	16	Conwy	34.02
6				—
7				—
8				—

**Heat 2 of 4 Prelims Starts at 09:02 AM**

1	Miles, Harry	16	Co Cardiff	33.25
2	Upton-Boorman, Liam	19	Nofio S Gar	32.70
3	Tennant, Cale	18	Eastbourne	31.48
4	Lovell-Pascal, Jean-Luc	21	Swansea Uni	29.60
5	Sheppard, Rhydian	19	Co Cardiff	30.33
6	Meilleur, Elliot	16	Nofio Gwynedd	32.13
7	Neaves, Jake	17	EllesmereCSA	32.82
8	Lloyd, Thomas	18	Rochford	33.40

**Heat 3 of 4 Prelims Starts at 09:03 AM**

1	Hughes, Cai	17	Nofio Bangor	33.12
2	Mruk, Lucas	18	Torfaen D	32.40
3	James, Rhys	17	Rct Squad	31.28
4	James, Jack	19	Swansea Uni	28.83
5	Thomas, Lucas	18	Nofio Gwynedd	30.20
6	Stuart-Lavender, Jac	16	Nofio S Gar	32.03
7	Twigger, Owen	17	Swansea Aq	32.80
8	Baker, Ellis	20	Swansea Uni	33.29

**Heat 4 of 4 Prelims Starts at 09:04 AM**

1	Bartram, Solomon	16	Bridgend Cty	32.90
2	Doyle, Alfie	18	Torfaen D	32.40
3	Pugh, Morgan	19	Torfaen D	30.87
4	Panaretos, Panayiotis	24	Swansea Uni	28.25
5	Staines, Luca	22	Swansea Uni	30.09
6	Phillips, Finley	16	Nofio S Gar	31.99
7	Richardson, Osian	18	Swansea Aq	32.80
8	Bennett, Finley	17	Pembs Cty	33.28

**Event 102 Female 16 & Over 50 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Prelims Starts at 09:05 AM**

1				—
2				—
3	Powell, Josie	16	Bridgend SC	37.96
4	Davies, Mae	16	Rtw Monson	36.90
5	Jones, Flora	16	Holywell	37.00
6				—
7				—
8				—

**Heat 2 of 4 Prelims Starts at 09:07 AM**

1	Schumm, Libby	17	Torfaen D	36.30
2	Davies, Ellen	17	Chirk	35.48
3	Morgan, Carys	18	Millfield	34.63
4	Huellou, Claire	21	Swansea Uni	32.86
5	Sait, Erika	20	Swansea Uni	33.57
6	Williams, Cari	17	Nofio Gwynedd	35.02
7	Worthington, Emma	18	Chirk	35.89
8				—

**Heat 3 of 4 Prelims Starts at 09:08 AM**

1	Lythgoe, Manon	17	Swansea Aq	36.28
2	Jones, Rebecca	17	Co Coventry	35.23
3	Salmon, Gwen	19	Rct Squad	34.47
4	Collyer, Mabli	18	Nofio S Gar	32.24
5	Evans, Gwenllian	17	Co Cardiff	33.42
6	Matthews, Elin	16	Co Cardiff	34.93
7	Rees, Katie	28	Swansea Uni	35.58
8				—

**Heat 4 of 4 Prelims Starts at 09:09 AM**

1	Price, Cerys	17	Heads Valley	36.16
2	Owen, Kessie	18	Neath	35.07
3	Bissicks, Ella	19	Swansea Uni	34.22
4	Crowley, Amy	21	Co Cardiff	31.79
5	Woodcock, Hannah	22	Swansea Uni	33.10
6	Williams, Lowri	16	Swansea Aq	34.80
7	Gorman, Helen	54	Co Cardiff	35.49
8	Gardener, Hannah	17	Bridgend Cty	36.56

**Event 103 Men 16 & Over 400 LC Meter IM**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Prelims Starts at 09:11 AM**

1				—
2	Gwynfil, Solomon	16	Co Cardiff	5:01.70
3	Mistry, Manav	19	Swansea Uni	4:54.47
4	Evans, Ieuan	19	Swansea Uni	4:41.86
5	Bradley, Mathew	20	Swansea Uni	4:47.72
6	Meilleur, Elliot	16	Nofio Gwynedd	4:56.59
7	Parfitt, Sebastian	16	Co Cardiff	5:07.50
8				—

**Heat 2 of 2 Prelims Starts at 09:16 AM**

1				—
2	Bennett, Finley	17	Pembs Cty	4:58.90
3	%Darbey, Rhys SM14	19	Wrexham	4:50.90
4	Neaves, Archie	21	Swansea Uni	4:41.70
5	West, Dexter	17	Pembs Cty	4:44.48
6	Cavill, Jack	16	Co Cardiff	4:55.71
7	Reece, Liam	16	Co Newport	5:04.07
8				—

**Event 104 Female 16 & Over 200 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Prelims Starts at 09:22 AM**

1				—
2				—
3	Evans, Gwennan	16	Co Cardiff	2:37.80
4	Roberts, Isabel	16	Co Cardiff	2:36.21
5	Upton-Boorman, Isabella	16	Nofio S Gar	2:37.50
6				—
7				—
8				—

**Heat 2 of 4 Prelims Starts at 09:26 AM**

1	Geach, Libbie	17	Nofio S Gar	2:30.90
2	Duce, Charlie	17	Bedford SS	2:28.60
3	Salmon, Gwen	19	Rct Squad	2:24.28
4	Hempenstall, Amy	18	Guildford Ct	2:18.70
5	Williams, Jody	20	Swansea Uni	2:21.90
6	Hall, Emily	16	Warrington W	2:26.40
7	Huws, Awen	18	Rct Squad	2:29.40
8				—

## Swim Wales National Championships 2026 - 02/04/2026 to 05/04/2026

## Meet Program - Session 1 (Warmup 8.00 - 8.50)

**Heat 3 Prelims (#104 Female 16 & Over 200 LC Meter Backstroke)**

1	%Williams, Rose S14	18	Co Cardiff	2:29.65	___
2	Thomas, Serenity	16	Nofio Gwynedd	2:28.27	___
3	Daniel, Megan	16	Caradon	2:22.86	___
4	Humphreys, Ffion	18	Nofio Gwynedd	2:17.90	___
5	Dwyfor-Clark, Efa	17	Nofio Gwynedd	2:21.61	___
6	Hatton-Ellis, Isabelle	18	Swansea Uni	2:25.96	___
7	Howells-Davies, Lana	18	Swansea Aq	2:29.00	___
8	Howson, Ellen	17	Co Newport	2:34.60	___

**Heat 4 of 4 Prelims Starts at 09:34 AM**

1	Gillingham, Grace	22	Nofio Bangor	2:29.50	___
2	Irvine, Annabel	16	Crosby	2:27.40	___
3	Nichols, Grace	16	Pembs Cty	2:22.20	___
4	Marshall, Holly	20	Co Cardiff	2:14.90	___
5	Titchener, Megan	18	Torfaen D	2:19.02	___
6	Blake, Emily	19	Co Cardiff	2:24.30	___
7	Edwards, Alaw	16	Nofio Gwynedd	2:28.80	___
8	Roberts, Mali	16	Nofio Gwynedd	2:33.72	___

**Event 105 Men 16 & Over 100 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Prelims Starts at 09:38 AM**

1					___
2	%O'Reilly, McKenzie S8	17	Torfaen D/A,12,+	1:24.23	___
3	Harris, Tom	16	Co Chester	1:08.10	___
4	Miles, Harry	16	Co Cardiff	1:07.67	___
5	Phillips, Finley	16	Nofio S Gar	1:07.94	___
6	%Read, William S14	18	Swansea Aq	1:09.30	___
7					___
8					___

**Heat 2 of 4 Prelims Starts at 09:41 AM**

1	Winstone, Evan	20	Co Cardiff	1:04.50	___
2	Rixon, Oliver	18	Co Cardiff	1:02.90	___
3	Johnstone, Daniel	19	Swansea Uni	59.90	___
4	Nikolaou, Antonio	23	Swansea Uni	57.54	___
5	Turner, Harry	27	Swansea Uni	58.68	___
6	Gore, Andrew	21	Co Cardiff	1:01.77	___
7	Davies, Brynley	16	Co Newport	1:03.50	___
8	Duggan, Brandon	16	Co Cardiff	1:07.10	___

**Heat 3 of 4 Prelims Starts at 09:43 AM**

1	Keeble, Alex	22	Swansea Uni	1:03.90	___
2	Edwards, Dion	19	Swansea Uni	1:02.06	___
3	Jasinski, Hubert	19	Swansea Uni	59.70	___
4	Edwards, Ross	17	Co Cardiff	57.49	___
5	West, Dexter	17	Pembs Cty	58.60	___
6	Foster, Henry	17	Redditch	1:00.40	___
7	Upton-Boorman, Liam	19	Nofio S Gar	1:03.40	___
8	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	1:06.10	___

**Heat 4 of 4 Prelims Starts at 09:45 AM**

1	Deacon, Cameron	16	Co Cardiff	1:03.60	___
2	Thomas, Iolo	16	Neath	1:01.80	___
3	McCarthy, Benedict	17	Co Cardiff	58.97	___
4	Knight, Jack	23	Co Cardiff	55.40	___
5	Ryley, William	28	Co Cardiff	58.50	___
6	Mills, Ioan	17	Torfaen D	1:00.10	___
7	Hole, Ethan	17	Co Cardiff	1:03.30	___
8	Gilligan, Henry	16	Rct Squad	1:05.70	___

**Event 106 Female 16 & Over 100 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 8 Prelims Starts at 09:48 AM**

1					___
2	%Mesher, Anwen S9	17	Brecon/3,4,12,+	1:35.20	___
3	%Humphrey, Eliza S11	21	Swansea Uni/TB	1:14.49	___
4	%Willis, Meghan S9	19	Torfaen D/1,3,5	1:06.68	___
5	%Rice, Lily S8	22	Co Cardiff/A,12,+	1:13.50	___
6	%Lawn, Pippa S14	16	Torfaen D	1:19.05	___
7					___
8					___

**Heat 2 of 8 Prelims Starts at 09:50 AM**

1	Rees, Maisie	16	Rct Squad	1:04.97	___
2	Fitzgerald, Mali	16	Bridgend Cty	1:04.50	___
3	Roberts, Mali	16	Nofio Gwynedd	1:03.46	___
4	Fuller, Efa	17	Colchester	1:03.14	___
5	Jones, Rebecca	17	Co Coventry	1:03.40	___
6	Lythgoe, Manon	17	Swansea Aq	1:03.49	___
7	Evans, Gwennan	16	Co Cardiff	1:04.80	___
8	Synowiec, Amelia	16	Conwy	1:05.00	___

**Heat 3 of 8 Prelims Starts at 09:52 AM**

1	Sullivan, Ariana	16	Torfaen D	1:02.92	___
2	Stork, Niamh	22	Co Cardiff	1:02.35	___
3	Thomas, Serenity	16	Nofio Gwynedd	1:02.29	___
4	Ach Rhys, Eyllt	16	Nofio Gwynedd	1:02.21	___
5	Weaver, Poppy	19	Swansea Uni	1:02.26	___
6	King, Marley	18	Penyrheol	1:02.35	___
7	Lewis, Lowri	20	Neath	1:02.40	___
8	Hughes-Rolls, Ava	17	Torfaen D	1:03.00	___

**Heat 4 of 8 Prelims Starts at 09:54 AM**

1	Bassett, Alexandra	19	Co South'ton	1:02.10	___
2	James, Grace	17	Bridgend Cty	1:01.89	___
3	Humphreys, Holly	18	Neath	1:01.81	___
4	Worthington, Emma	18	Chirk	1:01.60	___
5	Edwards, Alaw	16	Nofio Gwynedd	1:01.70	___
6	Morgan, Carys	18	Millfield	1:01.86	___
7	O'Mahoney, Kaitlin	18	Bridgend Cty	1:01.90	___
8	Cust, Ciara	19	Conwy	1:02.10	___

**Heat 5 of 8 Prelims Starts at 09:55 AM**

1	Roberts, Megan	19	Swansea Uni	1:01.40	___
2	Williams, Lowri	16	Swansea Aq	1:01.31	___
3	Cumner, Megan	19	Swansea Uni	1:01.15	___
4	Givvons, Imogen	16	Torfaen D	1:01.02	___
5	Davies, Mae	16	Rtw Monson	1:01.09	___
6	Stokes, Aimee	22	Swansea Uni	1:01.20	___
7	Geach, Libbie	17	Nofio S Gar	1:01.33	___
8	Hunter, Olivia	22	Swansea Uni	1:01.51	___

**Heat 6 of 8 Prelims Starts at 09:57 AM**

1	Hall, Emily	16	Warrington W	1:00.46	___
2	Schumm, Libby	17	Torfaen D	59.41	___
3	Croke, Carys	19	Torfaen D	58.50	___
4	Sutton, Rebecca	25	Swansea Uni	56.83	___
5	Hempenstall, Amy	18	Guildford Ct	58.21	___
6	Griffiths, Cerys	16	Pembs Cty	59.21	___
7	Lush, Emily	24	Swansea Uni	1:00.10	___
8	Willis, Hannah	21	Swansea Uni	1:00.80	___

## Swim Wales National Championships 2026 - 02/04/2026 to 05/04/2026

## Meet Program - Session 1 (Warmup 8.00 - 8.50)

**Heat 7 Prelims (#106 Female 16 & Over 100 LC Meter Freestyle)**

1	Evans, Gwenllian	17	Co Cardiff	1:00.17	___
2	Patterson, Millie	20	Swansea Uni	59.37	___
3	Fox, Honor	19	Co Cardiff	58.46	___
4	Davies, Sophie	19	Millfield	55.90	___
5	Crawley, Abigail	21	Swansea Uni	57.94	___
6	Humphreys, Ffion	18	Nofio Gwynedd	58.93	___
7	Jones, Maisie	16	Co Cardiff	59.53	___
8	Dwyfor-Clark, Efa	17	Nofio Gwynedd	1:00.77	___

**Heat 8 of 8 Prelims Starts at 10:00 AM**

1	Anderson, Rosalie	16	Co Cardiff	1:00.13	___
2	Sherrard, Emme	17	Torfaen D	59.30	___
3	Dickinson, Jessica	21	Swansea Uni	58.30	___
4	Taylor, Theodora	17	Torfaen D	54.20	___
5	Major, Scarlet	23	Swansea Uni	57.03	___
6	Winstanley, Elin	17	Co Hereford	58.56	___
7	Davies, Megan	21	Swansea Uni	59.48	___
8	Nichols, Grace	16	Pembs Cty	1:00.61	___

**Event 107 Men 16 & Over 200 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 4 Prelims Starts at 10:02 AM**

1	%Read, William S14	18	Swansea Aq	2:09.53	___
2	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	2:07.87	___
3	Brock, Freddy	17	Rct Squad	2:06.40	___
4	Foster, Henry	17	Redditch	2:04.19	___
5	Vong, Joshua	16	Torfaen D	2:05.91	___
6	Davies, Tom	16	Co Newport	2:06.50	___
7	Williams, Thomas	16	Nofio S Gar	2:08.30	___
8					___

**Heat 2 of 4 Prelims Starts at 10:05 AM**

1	Lennon, Danny	18	Wrexham	2:00.55	___
2	Ellis-Sixsmith, Lucas	19	Co Liverpool	1:58.31	___
3	Davies, Evan	20	Co Cardiff	1:54.60	___
4	O'Brien, Joshua	21	Co Cardiff	1:51.91	___
5	Staines, Luca	22	Swansea Uni	1:53.30	___
6	%Broom, Dylan S14	24	Swansea Uni	1:56.58	___
7	Twigger, Owen	17	Swansea Aq	1:58.60	___
8	Williams, Owen	17	Nofio Gwynedd	2:03.00	___

**Heat 3 of 4 Prelims Starts at 10:08 AM**

1	Keeble, Alex	22	Swansea Uni	1:59.46	___
2	Parsons, Joseph	19	Co Cardiff	1:58.05	___
3	Nerushenko, Valeriy	21	Swansea Uni	1:53.80	___
4	James, Harley	21	Co Cardiff	1:51.90	___
5	Ryley, William	28	Co Cardiff	1:53.11	___
6	Lee, Jacob	20	Swansea Uni	1:55.96	___
7	Harris, Daniel	19	Swansea Uni	1:58.50	___
8	Park, Reggie Samuel	16	Conwy	2:02.06	___

**Heat 4 of 4 Prelims Starts at 10:10 AM**

1	Major, Maximus	16	Torfaen D	1:58.83	___
2	Silverstone, Solomon	17	Pembs Cty	1:57.37	___
3	Bamborough, Jack	18	Co Cardiff/H	1:53.50	___
4	Gillett, Oliver	19	Swansea Uni	1:51.70	___
5	Geysen-Holley, Max	21	Co Cardiff	1:52.60	___
6	Mruk, Lucas	18	Torfaen D	1:55.70	___
7	Pugh, Morgan	19	Torfaen D	1:58.36	___
8	Ma, Ko Kwan	17	Co Cardiff	2:00.95	___

**Event 108 Female 16 & Over 1500 LC Meter Freestyle (HDW)**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 2 Finals Starts at 10:13 AM**

1					___
2	Coles, Mya	16	Co Newport	19:10.90	___
3	Ling, Olivia	16	Co Cardiff	18:53.71	___
4	Iles, Jessica	16	Co Cardiff	18:47.85	___
5	Philpott, Ffion	17	Nofio S Gar	18:48.94	___
6	Richards, Faith	16	Co Cardiff	19:08.60	___
7					___
8					___

**Heat 2 of 2 Finals Starts at 10:33 AM**

1	Dacey, Mollie	18	Co Cardiff	18:37.36	___
2	Roberts, Megan	19	Swansea Uni	18:25.70	___
3	Mitchell, Abby	20	Swansea Uni	17:46.08	___
4	Gordon, Freya	17	Haslemere	17:09.00	___
5	Toms, Emily	20	Swansea Uni	17:45.96	___
6	Irvine, Annabel	16	Crosby	17:54.60	___
7	Devin, Erin	16	Wrexham	18:26.10	___
8	Cust, Ciara	19	Conwy	18:41.84	___