

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

Meet Program - Session 3 (Warmup 3.05 - 4.05)

Event 121 Boys 12-15 50 LC Meter Breaststroke

Lane	Name	Age	Team	Prelims
Heat 1 12-13 Finals Starts at 04:15 PM				
1	Hewitt, Oscar	13	Monnow	38.49
2	Williams, Lucas	12	Swansea Aq	37.83
3	Barrow, Charles	13	Edenbridge	37.13
4	Tennant, Zeke	13	Eastbourne	36.16
5	Fordyce, Dewi	13	Berkhamsted	36.30
6	Jones, Zac	12	Co Cardiff	37.19
7	Tennant, Jace	13	Eastbourne	38.07
8	Staples, Max	13	Rhondda	39.37

Alternates 12-13

1	Lloyd, Dylan	13	Rhondda	39.50
2	Bishop, Harrison	13	Barnstaple	39.77

Heat 2 14-15 Finals Starts at 04:17 PM

1	Csoban, Benjamin	15	Co Newport	35.37
2	Woodrow, Leo	15	TauntonDeane	34.72
3	Lovell, Logan	15	Swindon Dolp	34.21
4	Sekula, Mateusz	15	Rhondda	33.36
5	Taylor, Nicholas	15	Torfaen D	33.36
6	Edwards, Isaac	14	Wrexham	34.48
7	Jones, Noah	15	Torfaen D	34.92
8	Sekula, Szymon	15	Rhondda	35.38

Alternates 14-15

1	Price-Clissem, Dyfan	15	Nofio Gwynedd	35.95
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Event 101 Men 16 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Prelims
Heat 1 16-17 Finals Starts at 04:19 PM				
1	Bennett, Finley	17	Pembs Cty	33.62
2	Hughes, Cai	17	Nofio Bangor	33.22
3	Meilleur, Elliot	16	Nofio Gwynedd	31.87
4	Phillips, Finley	16	Nofio S Gar	31.59
5	Stuart-Lavender, Jac	16	Nofio S Gar	31.84
6	James, Rhys	17	Rct Squad	32.56
7	Bartram, Solomon	16	Bridgend Cty	33.28
8	Neaves, Jake	17	EllesmereCSA	33.76

Alternates 16-17

1	Twigger, Owen	17	Swansea Aq	33.79
2	James, Tristan	17	Bridgend Cty	33.86

Heat 2 18 & Over Finals Starts at 04:21 PM

1	Tennant, Cale	18	Eastbourne	32.48
2	Pugh, Morgan	19	Torfaen D	30.66
3	Staines, Luca	22	Swansea Uni	30.22
4	Panaretos, Panayiotis	24	Swansea Uni	29.01
5	James, Jack	19	Swansea Uni	29.02
6	Sheppard, Rhydian	19	Co Cardiff	30.65
7	Lovell-Pascal, Jean-Luc	21	Swansea Uni	30.92
8	Doyle, Alfie	18	Torfaen D	32.52

Alternates 18 & Over

1	Baker, Ellis	20	Swansea Uni	32.85
2	Richardson, Osian	18	Swansea Aq	33.01

Event 122 Girls 12-15 50 LC Meter Breaststroke

Lane	Name	Age	Team	Prelims
Heat 1 12-13 Finals Starts at 04:23 PM				
1	Lovell, Amabel	12	Swindon Dolp	39.37
2	Lawn, Lexi	13	Torfaen D	38.44
3	Lawn, Gayle	13	Torfaen D	37.45
4	Parry, Abigail	13	Nofio S Gar	35.15
5	Berner, Iyla	13	Nofio S Gar	37.30
6	Charrington, Lucy	13	Heads Valley	38.44
7	Ryan, Ellie	13	Co Cardiff	38.87
8	Howells, Betsi	13	Newtown	39.45

Alternates 12-13

1	Van Zyl, Giada	12	Co Cardiff	39.53
2	O'hara, Noelle	13	Wrexham	39.93

Heat 2 14-15 Finals Starts at 04:25 PM

1	Williams, Leah	15	Nofio Gwynedd	37.26
2	Van Zyl, Kiara	14	Co Cardiff	37.13
3	Taffetsauffer, Isabella	15	Nofio S Gar	36.81
4	McQuaid, Maria	15	Co Cardiff	35.62
5	Dowling, Abigail	15	Co Cardiff	36.52
6	Reasons, Darcy	14	Torfaen D	36.83
7	Kindred, Ella	15	Co Hereford	37.18
8	Davies, Macy	14	Torfaen D	37.50

Alternates 14-15

1	Davies, Isabella	15	Nofio S Gar	37.79
2	Evans, Cadi	14	Penyrheol	37.81

Event 102 Women 16 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Prelims
Heat 1 16-17 Finals Starts at 04:27 PM				
1	Jones, Flora	16	Holywell	37.16
2	Williams, Lowri	16	Swansea Aq	36.35
3	Williams, Cari	17	Nofio Gwynedd	36.19
4	Evans, Gwenllian	17	Co Cardiff	33.67
5	Jones, Rebecca	17	Co Coventry	35.82
6	Matthews, Elin	16	Co Cardiff	36.31
7	Davies, Ellen	17	Chirk	36.90
8	Price, Cerys	17	Heads Valley	37.18

Heat 2 18 & Over Finals Starts at 04:29 PM

1	Morgan, Carys	18	Millfield	34.99
2	Collyer, Mabli	18	Nofio S Gar	34.83
3	Huellou, Claire	21	Swansea Uni	33.07
4	Crowley, Amy	21	Co Cardiff	32.24
5	Woodcock, Hannah	22	Swansea Uni	32.91
6	Sait, Erika	20	Swansea Uni	34.45
7	Bissicks, Ella	19	Swansea Uni	34.96
8	Owen, Kessie	18	Neath	35.07

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Meet Program - Session 3 (Warmup 3.05 - 4.05)

Event 123 Boys 12-15 400 LC Meter IM

Lane	Name	Age	Team	Prelims
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Heat 1 12-13 Finals Starts at 04:30 PM

1				—
2				—
3	Miller, Ethan	13	Ruthin	6:05.33
4	Nuttall, Harri	13	Rhyl Dolphin	5:39.74
5	Evans, Jonas	12	Mold	5:58.11
6	Hughes, George	12	Mold	6:09.67
7				—
8				—

Heat 2 14-15 Finals Starts at 04:38 PM

1	Evans, Jake	14	Wrexham	5:24.83
2	Evans, Sam	14	Pembs Cty	5:22.55
3	Williams, Dylan	15	Wrexham	5:20.61
4	Davies, Callum	15	Okehampton	5:04.78
5	Hughes, Freddy	14	Rct Squad	5:19.07
6	Harwood, Jack	15	Pembs Cty	5:21.00
7	Csoban, Benjamin	15	Co Newport	5:23.45
8	Noden, Rory	14	Pembs Cty	5:42.65

Event 103 Men 16 & Over 400 LC Meter IM

Lane	Name	Age	Team	Prelims
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Heat 1 16-17 Finals Starts at 04:45 PM

1				—
2				—
3	Bennett, Finley	17	Pembs Cty	5:06.41
4	Meilleur, Elliot	16	Nofio Gwynedd	4:57.46
5	Cavill, Jack	16	Co Cardiff	4:59.97
6	Gwynfil, Solomon	16	Co Cardiff	5:16.41
7				—
8				—

Heat 2 18 & Over Finals Starts at 04:51 PM

1				—
2	Mistry, Manav	19	Swansea Uni	4:58.43
3	Neaves, Archie	21	Swansea Uni	4:47.60
4	Darbey, Rhys A	19	Wrexham	4:46.25
5	Evans, Ieuan	19	Swansea Uni	4:46.74
6	Bradley, Mathew	20	Swansea Uni	4:51.99
7				—
8				—

Event 124 Girls 12-15 200 LC Meter Backstroke

Lane	Name	Age	Team	Prelims
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Heat 1 12-13 Finals Starts at 04:58 PM

1	Bate, Chloe	13	Co Cardiff	2:43.44
2	Beasley, Evaleigh	13	Swansea Aq	2:40.14
3	Hawkins, Lottie	13	Pembs Cty	2:39.57
4	Davies, Isla	13	Nofio S Gar	2:32.22
5	Gray-Thomas, Jessica	13	Conwy	2:38.62
6	Owen, Nel	13	Nofio Gwynedd	2:40.08
7	Davies, Elizabeth	13	Pembs Cty	2:43.13
8	Manship, Beatrice	12	Co Newport	2:43.54

Alternates 12-13

1	Pryce, Isobel	12	Torfaen D	2:43.85
2	Taylor, Imogen	13	Torfaen D	2:44.15

Heat 2 14-15 Finals Starts at 05:02 PM

1	Jenkins, Elli	15	Swansea Aq	2:38.35
2	Fowler, Maisie	15	Rct Squad	2:37.26
3	Jones, Hunydd	15	Nofio S Gar	2:34.91
4	Roberts, Rosie	14	Torfaen D	2:26.21
5	Bennett, Isla	15	Co Cardiff	2:29.53
6	Williams, Lili	15	Rct Squad	2:37.19
7	Taffetsauffer, Isabella	15	Nofio S Gar	2:37.72
8	Ribeiro, Ariana	15	Co Cardiff	2:38.48

Alternates 14-15

1	Williams, Paige	14	Swansea Aq	2:38.59
2	McCoole-Jones, Elen	15	Holywell	2:38.89

Event 104 Women 16 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Prelims
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Heat 1 16-17 Finals Starts at 05:07 PM

1	Geach, Libbie	17	Nofio S Gar	2:35.38
2	Thomas, Serenity	16	Nofio Gwynedd	2:31.02
3	Daniel, Megan	16	Caradon	2:27.31
4	Dwyfor-Clark, Efa	17	Nofio Gwynedd	2:21.79
5	Nichols, Grace	16	Pembs Cty	2:24.32
6	Hall, Emily	16	Warrington W	2:28.92
7	Roberts, Mali	16	Nofio Gwynedd	2:31.93
8	Howson, Ellen	17	Co Newport	2:37.51

Alternates 16-17

1	Upton-Boorman, Isabella	16	Nofio S Gar	2:39.91
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Heat 2 18 & Over Finals Starts at 05:11 PM

1	Hatton-Ellis, Isabelle	18	Swansea Uni	2:30.05
2	Williams, Jody	20	Swansea Uni	2:26.67
3	Titchener, Megan	18	Torfaen D	2:20.36
4	Marshall, Holly	20	Co Cardiff	2:19.57
5	Humphreys, Ffion	18	Nofio Gwynedd	2:20.09
6	Blake, Emily	19	Co Cardiff	2:25.49
7	Williams, Rose A	18	Co Cardiff	2:27.83
8	Gillingham, Grace	22	Nofio Bangor	2:32.28

Event 125P Men 100 LC Meter Backstroke (Para Final)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 05:16 PM

1				—
2				—
3				—
4	%Read, William S14	18	Swansea Aq	1:10.36
5	%O'Reilly, McKenzie S8	17	Torfaen D/A,12,+	1:28.10
6				—
7				—
8				—

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Event 125 Boys 12-15 100 LC Meter Backstroke

Lane	Name	Age	Team	Prelims
Heat 1 12-13 Finals Starts at 05:19 PM				
1	Martenko, Fletcher	13	Rct Squad	1:15.43
2	King, Henri	13	Co Cardiff	1:14.42
3	Cook, Noah	13	Torfaen D	1:12.30
4	Jenkins, Rhys	13	Co Cardiff	1:06.81
5	De Haan, Charlie	13	Holywell	1:08.51
6	Staples, Max	13	Rhondda	1:13.62
7	Garrett, Ben	13	Merthyr Tydf	1:15.11
8	Leigh, Jacob	13	Co Cardiff	1:15.52

Alternates 12-13

1	Monan, Euan	13	Pembs Cty	1:16.70
2	Hughes, Elis	13	Southwold	1:17.85

Heat 2 14-15 Finals Starts at 05:22 PM

1	Williams, Dylan	15	Wrexham	1:10.98
2	Harwood, Jack	15	Pembs Cty	1:06.83
3	Samuel, Jake	15	Merthyr Tydf	1:06.55
4	Elmes, Max	15	Nofio S Gar	1:04.36
5	King, Ethan	14	Penyrheol	1:05.34
6	Hamer, Joe	15	Co Hereford	1:06.79
7	Noden, Rory	14	Pembs Cty	1:09.31
8	Williams, Sion	15	Nofio Gwynedd	1:12.01

Event 105 Men 16 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Prelims
Heat 1 16-17 Finals Starts at 05:26 PM				
1	Hole, Ethan	17	Co Cardiff	1:02.94
2	West, Dexter	17	Pembs Cty	1:02.17
3	Foster, Henry	17	Redditch	1:00.81
4	McCarthy, Benedict	17	Co Cardiff	58.42
5	Edwards, Ross	17	Co Cardiff	59.23
6	Mills, Ioan	17	Torfaen D	1:01.08
7	Thomas, Iolo	16	Neath	1:02.27
8	Davies, Brynley	16	Co Newport	1:03.98

Alternates 16-17

1	Deacon, Cameron	16	Co Cardiff	1:04.76
2	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	1:05.48

Heat 2 18 & Over Finals Starts at 05:28 PM

1	Keeble, Alex	22	Swansea Uni	1:02.06
2	Jasinski, Hubert	19	Swansea Uni	1:01.32
3	Turner, Harry	27	Swansea Uni	59.53
4	Knight, Jack	23	Co Cardiff	56.35
5	Ryley, William	28	Co Cardiff	57.02
6	Edwards, Dion	19	Swansea Uni	1:00.29
7	Johnstone, Daniel	19	Swansea Uni	1:01.92
8	Rixon, Oliver	18	Co Cardiff	1:02.89

Alternates 18 & Over

1	Gore, Andrew	21	Co Cardiff	1:03.20
2	Winstone, Evan	20	Co Cardiff	1:05.19

Event 126P Women 100 LC Meter Freestyle (Para Final)

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 05:31 PM				
1				
2	%Mesher, Anwen S9	17	Brecon/3,4,12,+	1:42.82
3	%Humphrey, Eliza S11	21	Swansea Uni/TB	1:16.00
4	%Willis, Meghan S9	19	Torfaen D/1,3,5	1:09.40
5	%Rice, Lily S8	22	Co Cardiff/A,12,+	1:13.01
6	%Lawn, Pippa S14	16	Torfaen D	1:20.34
7				
8				

Event 126 Girls 12-15 100 LC Meter Freestyle

Lane	Name	Age	Team	Prelims
Heat 1 12-13 Finals Starts at 05:34 PM				
1	Cooksey-Owen, Mollie	13	Co Cardiff	1:06.01
2	Lawn, Gayle	13	Torfaen D	1:05.48
3	O'hara, Noelle	13	Wrexham	1:04.11
4	Davies, Isla	13	Nofio S Gar	1:02.19
5	Berner, Iyla	13	Nofio S Gar	1:03.28
6	Matthews, Catrin	13	Co Cardiff	1:04.79
7	Ryan, Ellie	13	Co Cardiff	1:06.01
8	Mustey, Caroline	12	Monnow	1:06.30

Alternates 12-13

1	Lawn, Lexi	13	Torfaen D	1:06.37
2	Van Zyl, Giada	12	Co Cardiff	1:06.58

Heat 2 14-15 Finals Starts at 05:37 PM

1	Layland, Seren	15	Penyrheol	1:02.75
2	Reasons, Darcy	14	Torfaen D	1:01.97
3	Kindred, Ella	15	Co Hereford	1:01.31
4	Spence, Emilia	15	Co Birn'ham	1:00.92
5	Donaldson, Evie	14	Co Newport	1:01.30
6	Sweet-Roberts, Pip	14	Torfaen D	1:01.45
7	Sherrard, Alex	14	Torfaen D	1:02.32
8	Mellor, Medi	14	Nofio Bangor	1:02.99

Alternates 14-15

1	Hughes, Nel	15	Nofio Gwynedd	1:03.23
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Event 106 Women 16 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Prelims
Heat 1 16-17 Finals Starts at 05:39 PM				
1	Davies, Mae	16	Rtw Monson	1:00.93
2	Hall, Emily	16	Warrington W	1:00.52
3	Sherrard, Emme	17	Torfaen D	59.69
4	Taylor, Theodora	17	Torfaen D	54.94
5	Winstanley, Elin	17	Co Hereford	58.27
6	Jones, Maisie	16	Co Cardiff	59.87
7	Schumm, Libby	17	Torfaen D	1:00.80
8	Griffiths, Cerys	16	Pembs Cty	1:01.19

Alternates 16-17

1	Nichols, Grace	16	Pembs Cty	1:01.22
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Heat 2 18 & Over Finals (#106)

1	Fox, Honor	19	Co Cardiff	59.00	___
2	Dickinson, Jessica	21	Swansea Uni	58.22	___
3	Davies, Sophie	19	Millfield	57.20	___
4	Major, Scarlet	23	Swansea Uni	56.73	___
5	Sutton, Rebecca	25	Swansea Uni	56.88	___
6	Hempenstall, Amy	18	Guildford Ct	58.00	___
7	Crawley, Abigail	21	Swansea Uni	58.92	___
8	Croke, Carys	19	Torfaen D	59.05	___

Alternates 18 & Over

1	Patterson, Millie	20	Swansea Uni	59.35	___
2	Cummer, Megan	19	Swansea Uni	1:00.66	___

Event 127P Men 200 LC Meter Freestyle (Para Final)

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 1 Finals Starts at 05:44 PM

1					___
2					___
3					___
4	%Broom, Dylan S14	24	Swansea Uni	2:02.68	___
5	%Read, William S14	18	Swansea Aq	2:12.12	___
6					___
7					___
8					___

Event 127 Boys 12-15 200 LC Meter Freestyle

Lane	Name	Age	Team	Prelims	
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Heat 1 12-13 Finals Starts at 05:47 PM

1	Stanford-Jason, Matthew	13	Salisbury	2:29.17	___
2	King, Henri	13	Co Cardiff	2:24.92	___
3	Pugh, Bryn	13	Torfaen D	2:21.66	___
4	Jones, Sam	13	Co Cardiff	2:13.08	___
5	Cook, Noah	13	Torfaen D	2:19.69	___
6	Evans, Jonas	12	Mold	2:24.38	___
7	Tennant, Zeke	13	Eastbourne	2:27.30	___
8	Jones, Zac	12	Co Cardiff	2:29.53	___

Alternates 12-13

1	Hughes, George	12	Mold	2:29.60	___
2	Garrett, Ben	13	Merthyr Tydf	2:29.79	___

Heat 2 14-15 Finals Starts at 05:51 PM

1	Woodrow, Leo	15	TauntonDeane	2:09.62	___
2	Evans, Sam	14	Pembs Cty	2:06.17	___
3	Davies, Callum	15	Okehampton	2:05.30	___
4	Douglas, Lucas	15	Neath	2:03.76	___
5	Duggan, Elliot	15	Bridgend Cty	2:05.24	___
6	Castillo, Airam	15	Co Cardiff	2:05.93	___
7	Elmes, Max	15	Nofio S Gar	2:06.86	___
8	Linge, Reece	15	EllesmereCSA	2:09.86	___

Alternates 14-15

1	Hughes, Freddy	14	Rct Squad	2:14.37	___
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Event 107 Men 16 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Prelims	
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Heat 1 16-17 Finals Starts at 05:54 PM

1	Vong, Joshua	16	Torfaen D	2:05.49	___
2	Park, Reggie Samuel	16	Conwy	2:03.45	___
3	Twigger, Owen	17	Swansea Aq	2:02.89	___
4	Silverstone, Solomon	17	Pembs Cty	1:59.19	___
5	Major, Maximus	16	Torfaen D	2:01.73	___
6	Ma, Ko Kwan	17	Co Cardiff	2:02.97	___
7	Williams, Owen	17	Nofio Gwynedd	2:05.34	___
8	Davies, Tom	16	Co Newport	2:05.50	___

Alternates 16-17

1	Foster, Henry	17	Redditch	2:06.06	___
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Heat 2 18 & Over Finals Starts at 05:58 PM

1	Geysen-Holley, Max	21	Co Cardiff	1:56.97	___
2	James, Harley	21	Co Cardiff	1:55.77	___
3	Nerushenko, Valeriy	21	Swansea Uni	1:54.75	___
4	Gillett, Oliver	19	Swansea Uni	1:51.98	___
5	Bamborough, Jack	18	Co Cardiff/H	1:53.31	___
6	O'Brien, Joshua	21	Co Cardiff	1:54.78	___
7	Staines, Luca	22	Swansea Uni	1:56.00	___
8	Pugh, Morgan	19	Torfaen D	1:58.52	___

Alternates 18 & Over

1	Parsons, Joseph	19	Co Cardiff	1:59.19	___
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Event 130 Women 12-13 4x100 LC Meter Medley Relay

Lane	Team	Relay	Seed Time	
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Heat 1 of 2 Finals Starts at 06:01 PM

1				___
2				___
3	Neath	B		NT ___
	1) Thomas, Eden 13		2) Polverino, Tilly 13	
	3) Snellgrove, Madalaine 12		4) Wood, Lilly 13	
4	Co Newport	B		NT ___
	1) Smith, Emily 12		2) Greensill, Evie 13	
	3) Pasinskaite, Amelia 12		4) Evans, Hannah 12	
5	Co Cardiff	B		NT ___
	1) Cole, Ivy 13		2) Wilman, Natalie 13	
	3) Cooksey-Owen, Mollie 13		4) Britton, Nahla 13	
6				___
7				___
8				___

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1	Co Newport	A	NT	_____
	1) Manship, Beatrice 12		2) Thomas, Eleanor 13	
	3) Roberts, Connie-Rae 13		4) Clements, Olivia 12	
2	Wrexham	A	NT	_____
	1) Morgado, Carolina 12		2) Upton, Lily 13	
	3) O'hara, Noelle 13		4) Elson, Jessica 12	
3	Co Cardiff	A	NT	_____
	1) Bate, Chloe 13		2) Van Zyl, Giada 12	
	3) Matthews, Catrin 13		4) Ryan, Ellie 13	
4	Pembs Cty	A	NT	_____
	1) Hawkins, Lottie 13		2) Lewis, Evie 13	
	3) Davies, Elizabeth 13		4) Francis, Mia 13	
5	Neath	A	NT	_____
	1) Morris, Blair 13		2) Coles, Aria 13	
	3) Gwenter, Isobel 12		4) Launder, Beatrix 13	
6	Torfaen D	A	NT	_____
	1) Taylor, Imogen 13		2) Lawn, Gayle 13	
	3) Pryce, Isobel 12		4) Lawn, Lexi 13	
7	Nofio S Gar	A	NT	_____
	1) Davies, Isla 13		2) Parry, Abigail 13	
	3) Berner, Iyla 13		4) Davies, Ava-Rose 13	
8	Swansea Aq	A	NT	_____
	1) Clay, Emelia 12		2) Williams, April 12	
	3) Beasley, Evaleigh 13		4) Prince, Edith 12	

Event 131 Women 14-16 4x100 LC Meter Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals Starts at 06:18 PM			
1			_____
2			_____
3	Co Cardiff	B	NT
	1) Bennett, Isla 15		2) Dowling, Abigail 15
	3) Iles, Jessica 16		4) Allen, Isabel 15
4	Nofio S Gar	A	NT
	1) Jones, Hunydd 15		2) Davies, Isabella 15
	3) Kazmiruk, Anastasiia 15		4) Burns, Freya 15
5	Torfaen D	B	NT
	1) Sherrard, Alex 14		2) Lewis, Orla Rose 16
	3) Jones, Lola-Grace 14		4) Davies, Macy 14
6			_____
7			_____
8			_____

Heat 2 of 2 Finals Starts at 06:26 PM

1			_____
2	Co Newport	A	NT
	1) Fordham, Freya 14		2) Coles, Mya 16
	3) Klak, Nina 14		4) Donaldson, Evie 14
3	Swansea Aq	A	NT
	1) Jenkins, Elli 15		2) Williams, Paige 14
	3) Goodman, Evie 15		4) Goodman, Lola 15
4	Torfaen D	A	NT
	1) Roberts, Rosie 14		2) Reasons, Darcy 14
	3) Sweet-Roberts, Pip 14		4) Givvons, Imogen 16
5	Wrexham	A	NT
	1) Lendnau-Moulton, Ava 15		2) Devin, Erin 16
	3) Prevette, Sofia 14		4) Elson, Caitlin 14
6	Co Cardiff	A	NT
	1) Anderson, Rosalie 16		2) Matthews, Elin 16
	3) Lee, Edith 16		4) Jones, Maisie 16
7	Nofio Gwynedd	A	NT
	1) Edwards, Alaw 16		2) Thomas, Serenity 16
	3) Roberts, Mali 16		4) Ach Rhys, Elyllt 16
8			_____

Event 132 Women 17 & Over 4x100 LC Meter Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals Starts at 06:35 PM			
1	Swansea Uni	B	NT
	1) Stead, Martha 21		2) Stephenson, Ruby 19
	3) Dickinson, Jessica 21		4) Davies, Megan 21
2	Neath	A	NT
	1) Daly, Kirsten 20		2) Owen, Kessie 18
	3) Lewis, Lowri 20		4) Humphreys, Holly 18
3	Swansea Uni	A	NT
	1) Harris, Medi 24		2) Huellou, Claire 21
	3) Morris, Ciara 24		4) Crawley, Abigail 21
4	Torfaen D	A	NT
	1) Titchener, Megan 18		2) Taylor, Theodora 17
	3) Owen, Gracie 18		4) Croke, Carys 19
5	Co Cardiff	A	NT
	1) Marshall, Holly 20		2) Crowley, Amy 21
	3) Gibson, Mari 18		4) Fox, Honor 19
6	Swansea Aq	A	NT
	1) Lythgoe, Manon 17		2) David, Isabelle 19
	3) Williams, Marys 17		4) Ley, Lucy 18
7	Co Cardiff	B	NT
8			_____

Swim Wales National Championships 2026 - 02/04/2026 to 05/04/2026**Meet Program - Session 3 (Warmup 3.05 - 4.05)****Event 133 Men 12-13 4x100 LC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals Starts at 06:43 PM

1			___
2			___
3	Co Newport	A	NT ___
	1) Hale, William 13	2) Millman, Edward 13	
	3) Bunn, Cameron 13	4) Griffiths, Dylan 12	
4	Co Cardiff	A	NT ___
	1) Jones, Sam 13	2) King, Henri 13	
	3) Berry-Martin, Finnlay 12	4) Jenkins, Rhys 13	
5	Torfaen D	A	NT ___
	1) Cook, Noah 13	2) Pugh, Bryn 13	
	3) Jones, Owain 13	4) Edwards, Owen 12	
6	Co Cardiff	B	NT ___
	1) Davies-Green, Tom 13	2) Leigh, Jacob 13	
	3) Jenkins, Llew 13	4) McLaren, Lucas 13	
7			___
8			___

Event 134 Men 14-16 4x100 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals Starts at 06:52 PM

1			___
2			___
3	Torfaen D	B	NT ___
	1) Williams, Zach 15	2) Taylor, Nicholas 15	
	3) Jones, Noah 15	4) Watkins, Dylan 14	
4	Nofio S Gar	A	NT ___
	1) Phillips, Finley 16	2) Elmes, Max 15	
	3) Stuart-Lavender, Jac 16	4) Williams, Thomas 16	
5	Co Cardiff	B	NT ___
	1) Gwynfil, Solomon 16	2) Miles, Harry 16	
	3) Parfitt, Sebastian 16	4) Duggan, Brandon 16	
6			___
7			___
8			___

Heat 2 of 2 Finals Starts at 07:00 PM

1	Co Cardiff	A	NT ___
	1) Castillo, Airam 15	2) Cavill, Jack 16	
	3) Deacon, Cameron 16	4) Davies, Blake 16	
2	Nofio Gwynedd	A	NT ___
	1) Shiland-Griffiths, Enzo 16	2) Williams, Sion 15	
	3) Price-Clisem, Dyfan 15	4) Meilleur, Elliot 16	
3	Co Newport	A	NT ___
	1) Davies, Brynley 16	2) Reece, Liam 16	
	3) Everson, Sonny 16	4) Davies, Tom 16	
4	Pembs Cty	A	NT ___
	1) Evans, Sam 14	2) Thomas, Rhys 16	
	3) Moore, Hari 14	4) Harwood, Jack 15	
5	Torfaen D	A	NT ___
	1) Major, Maximus 16	2) Hewitt, Archie 16	
	3) Vong, Joshua 16	4) Bastyan, Tobias-Luke 15	
6	Neath	A	NT ___
	1) Thomas, Iolo 16	2) Phillips, Ioan 16	
	3) Robert-Truman, Harri 16	4) Douglas, Lucas 15	
7	Wrexham	A	NT ___
	1) Evans, Jake 14	2) Edwards, Isaac 14	
	3) Williams, Heath 14	4) Williams, Dylan 15	
8			___

Event 135 Men 17 & Over 4x100 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals Starts at 07:08 PM

1			___
2	Swansea Uni	B	NT ___
	1) Gillett, Oliver 19	2) Staines, Luca 22	
	3) Stepliuik, Edgar 20	4) Hollinsky, Gideon 21	
3	Torfaen D	A	NT ___
	1) Mruk, Lucas 18	2) Pugh, Morgan 19	
	3) Mills, Ioan 17	4) Doyle, Alfie 18	
4	Co Cardiff	A	NT ___
	1) Knight, Jack 23	2) Davies, Evan 20	
	3) Geysen-Holley, Max 21	4) Bamborough, Jack 18	
5	Swansea Aq	A	NT ___
	1) Richardson, Osian 18	2) Gray, Gruff 17	
	3) Williams, Cory 20	4) Twigger, Owen 17	
6	Swansea Uni	A	NT ___
	1) Williams, Josh 24	2) Barlow, Oscar 21	
	3) Sadberry, Jack 22	4) Kershaw, Charles 24	
7	Co Cardiff	B	NT ___
	1) McCarthy, Benedict 17	2) Owen, Vinnie 18	
	3) O'Brien, Joshua 21	4) Parsons, Joseph 19	
8			___