

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

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Event 201 Men 16 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims Starts at 09:00 AM

1				—
2				—
3	%O'Reilly, McKenzie SM8	17	Torfaen D/A,12,+	3:09.01
4	Duggan, Brandon	16	Co Cardiff	2:26.80
5	%Read, William SM14	18	Swansea Aq	2:30.90
6				—
7				—
8				—

Heat 2 of 5 Prelims Starts at 09:04 AM

1	Parfitt, Sebastian	16	Co Cardiff	2:26.60
2	Davies, Tom	16	Co Newport	2:26.50
3	Stuart-Lavender, Jac	16	Nofio S Gar	2:26.30
4	Gwynfil, Solomon	16	Co Cardiff	2:25.30
5	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	2:25.50
6	Davies, Blake	16	Co Cardiff	2:26.40
7	Reece, Liam	16	Co Newport	2:26.53
8				—

Heat 3 of 5 Prelims Starts at 09:07 AM

1	Phillips, Finley	16	Nofio S Gar	2:21.70
2	Brock, Freddy	17	Rct Squad	2:19.53
3	Major, Maximus	16	Torfaen D	2:14.80
4	Staines, Luca	22	Swansea Uni	2:05.54
5	West, Dexter	17	Pembs Cty	2:14.30
6	Meilleur, Elliot	16	Nofio Gwynedd	2:17.28
7	McLain, Archie	20	Torfaen D	2:20.90
8	Thomas, Archie	16	Co Cardiff	2:23.90

Heat 4 of 5 Prelims Starts at 09:11 AM

1	Bennett, Finley	17	Pembs Cty	2:21.23
2	Doyle, Alfie	18	Torfaen D	2:19.30
3	Mills, Ioan	17	Torfaen D	2:14.80
4	Kershaw, Charles	24	Swansea Uni	2:03.80
5	%Broom, Dylan SM14	24	Swansea Uni	2:12.80
6	Ma, Ko Kwan	17	Co Cardiff	2:16.30
7	Richardson, Osian	18	Swansea Aq	2:20.90
8	Miles, Harry	16	Co Cardiff	2:22.30

Heat 5 of 5 Prelims Starts at 09:14 AM

1	Silverstone, Solomon	17	Pembs Cty	2:21.09
2	Upton-Boorman, Liam	19	Nofio S Gar	2:18.90
3	Greenslade, Benjamin	16	Tiverton	2:14.70
4	Ryley, William	28	Co Cardiff	2:03.34
5	Bamborough, Jack	18	Co Cardiff/H	2:11.51
6	Pugh, Morgan	19	Torfaen D	2:15.11
7	Cavill, Jack	16	Co Cardiff	2:20.36
8	Williams, Owen	17	Nofio Gwynedd	2:22.30

Event 202 Female 16 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims Starts at 09:17 AM

1				—
2	%Rogerson, Heidi S10	19	Cambrian AA/A,12,+	40.00
3	Givvons, Imogen	16	Torfaen D	32.00
4	Fuller, Efa	17	Colchester	31.53
5	Jones, Martha	17	Conwy	31.60
6	Davies, Mae	16	Rtw Monson	32.01
7				—
8				—

Heat 2 of 6 Prelims Starts at 09:18 AM

1	Gardener, Hannah	17	Bridgend Cty	31.27
2	Gillingham, Grace	22	Nofio Bangor	30.84
3	Hall, Emily	16	Warrington W	30.80
4	James, Grace	17	Bridgend Cty	30.67
5	Bissicks, Ella	19	Swansea Uni	30.77
6	Edwards, Alaw	16	Nofio Gwynedd	30.80
7	Jones, Myia	18	Wrexham	30.90
8	Fitzgerald, Mali	16	Bridgend Cty	31.50

Heat 3 of 6 Prelims Starts at 09:19 AM

1	Jones, Rebecca	17	Co Coventry	30.55
2	Salmon, Gwen	19	Rct Squad	30.47
3	Croke, Carys	19	Torfaen D	30.39
4	Geach, Libbie	17	Nofio S Gar	30.19
5	Hughes-Rolls, Ava	17	Torfaen D	30.30
6	Roberts, Mali	16	Nofio Gwynedd	30.40
7	Griffiths, Cerys	16	Pembs Cty	30.48
8	Ach Rhys, Eysyllt	16	Nofio Gwynedd	30.60

Heat 4 of 6 Prelims Starts at 09:20 AM

1	Synowiec, Amelia	16	Conwy	29.99
2	Lush, Emily	24	Swansea Uni	29.66
3	Schumm, Libby	17	Torfaen D	28.86
4	Morgan, Isabel	22	Co Cardiff	28.18
5	Owen, Gracie	18	Torfaen D	28.41
6	Daniel, Megan	16	Caradon	29.45
7	Jones, Maisie	16	Co Cardiff	29.80
8	Lewis, Lowri	20	Neath	30.14

Heat 5 of 6 Prelims Starts at 09:22 AM

1	Nichols, Grace	16	Pembs Cty	29.96
2	Dewsbury, Daisy	21	Swansea Uni	29.60
3	Crawley, Abigail	21	Swansea Uni	28.76
4	De Torres, Rebecca	22	Co Cardiff	27.75
5	Dwyfor-Clark, Efa	17	Nofio Gwynedd	28.26
6	Willis, Hannah	21	Swansea Uni	29.24
7	Rees, Katie	28	Swansea Uni	29.78
8	Blanch, Janelle	19	Swansea Uni	30.10

Heat 6 of 6 Prelims Starts at 09:23 AM

1	Humphreys, Ffion	18	Nofio Gwynedd	29.89
2	Bassett, Alexandra	19	Co South'ton	29.57
3	Lee, Edith	16	Co Cardiff	28.52
4	Taylor, Theodora	17	Torfaen D	26.88
5	Grant, Lucy	19	Swansea Uni	28.19
6	McGrath, Izzy	20	Swansea Uni	29.20
7	Andrews, Joanne	16	EllesmereCSA	29.67
8	Morgan, Carys	18	Millfield	30.05

Event 203 Men 16 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims Starts at 09:24 AM

1				—
2				—
3	%Johnstone, Isaac S7	20	Swansea Uni	38.22
4	Dixon, Samuel	16	Reed's SC	29.30
5	Gruffydd, Ned	16	Co Cardiff	29.37
6				—
7				—
8				—

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

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Heat 2 Prelims (#203 Men 16 & Over 50 LC Meter Butterfly)

1	Williams, Thomas	16	Nofio S Gar	29.27	___
2	Hewitt, Archie	16	Torfaen D	28.47	___
3	Mruk, Lucas	18	Torfaen D	28.30	___
4	Twigger, Owen	17	Swansea Aq	28.20	___
5	Foster, Henry	17	Redditch	28.28	___
6	Evans, Thomas	17	Kingston Roy	28.40	___
7	Hughes, Cai	17	Nofio Bangor	28.53	___
8	Duggan, Brandon	16	Co Cardiff	29.28	___

Heat 3 of 5 Prelims Starts at 09:26 AM

1	Park, Reggie Samuel	16	Conwy	27.78	___
2	Hawkins, Alfie	19	Swansea Uni	26.90	___
3	Johnstone, Daniel	19	Swansea Uni	26.20	___
4	Greenway, Morgan	23	Swansea Uni	24.95	___
5	Davies, Evan	20	Co Cardiff	25.36	___
6	Taylor, Harry	19	Swansea Uni	26.68	___
7	Major, Sebastian	20	Swansea Uni	27.12	___
8	James, Matt	19	Worcester	28.00	___

Heat 4 of 5 Prelims Starts at 09:27 AM

1	McLain, Archie	20	Torfaen D	27.54	___
2	Cressey-Rodgers, Ioan	21	Nofio S Gar	26.81	___
3	Staines, Luca	22	Swansea Uni	25.92	___
4	Edwards, Rhys	24	Swansea Uni	24.40	___
5	Poole, Dexter	21	Swansea Uni	25.13	___
6	Pugh, Morgan	19	Torfaen D	26.38	___
7	Silverstone, Solomon	17	Pembs Cty	26.94	___
8	Mills, Ioan	17	Torfaen D	27.90	___

Heat 5 of 5 Prelims Starts at 09:29 AM

1	Lennon, Danny	18	Wrexham	27.44	___
2	Davies, Blake	16	Co Cardiff	26.78	___
3	Docking-Smith, Frankie	22	Swansea Uni	25.51	___
4	Fraser, Lewis	26	Swansea Uni	23.53	___
5	Murray, Ross	21	Swansea Uni	24.95	___
6	McCarthy, Benedict	17	Co Cardiff	26.23	___
7	Major, Maximus	16	Torfaen D	26.90	___
8	Helps, Jacob	20	Swansea Uni	27.84	___

Event 204 Female 16 & Over 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 3 Prelims Starts at 09:30 AM

1	Roberts, Mali	16	Nofio Gwynedd	4:49.40	___
2	Ach Rhys, ESYLLT	16	Nofio Gwynedd	4:46.50	___
3	Richards, Faith	16	Co Cardiff	4:44.20	___
4	Humphreys, Holly	18	Neath	4:41.70	___
5	Ling, Olivia	16	Co Cardiff	4:43.60	___
6	Iles, Jessica	16	Co Cardiff	4:45.60	___
7	Coles, Mya	16	Co Newport	4:48.10	___
8	Sullivan, Ariana	16	Torfaen D	4:53.70	___

Heat 2 of 3 Prelims Starts at 09:35 AM

1	Devin, Erin	16	Wrexham	4:41.10	___
2	Sherrard, Emme	17	Torfaen D	4:33.20	___
3	Toms, Emily	20	Swansea Uni	4:30.54	___
4	Gordon, Freya	17	Haslemere	4:23.70	___
5	Hempenstall, Amy	18	Guildford Ct	4:28.70	___
6	Hornby, Rachel	22	Swansea Uni	4:32.32	___
7	Cust, Ciara	19	Conwy	4:36.30	___
8	Roberts, Megan	19	Swansea Uni	4:41.30	___

Heat 3 of 3 Prelims Starts at 09:41 AM

1	Davies, Sophie	19	Millfield	4:36.50	___
2	Hunter, Olivia	22	Swansea Uni	4:32.89	___
3	Mitchell, Abby	20	Swansea Uni	4:30.04	___
4	Griffiths, Cerys	16	Pembs Cty	4:22.59	___
5	Patterson, Millie	20	Swansea Uni	4:28.30	___
6	Irvine, Annabel	16	Crosby	4:32.27	___
7	Cummer, Megan	19	Swansea Uni	4:36.00	___
8	Thomas, Serenity	16	Nofio Gwynedd	4:41.28	___

Event 205 Men 16 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 2 Prelims Starts at 09:46 AM

1					___
2	Davies, Brynley	16	Co Newport	2:17.60	___
3	Thomas, Iolo	16	Neath	2:13.14	___
4	Nikolaou, Antonio	23	Swansea Uni	2:06.22	___
5	Foster, Henry	17	Redditch	2:11.30	___
6	Rixon, Oliver	18	Co Cardiff	2:14.80	___
7	Deacon, Cameron	16	Co Cardiff	2:20.40	___
8					___

Heat 2 of 2 Prelims Starts at 09:50 AM

1	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	2:21.20	___
2	Keeble, Alex	22	Swansea Uni	2:15.79	___
3	Gore, Andrew	21	Co Cardiff	2:12.20	___
4	Morgan, Dominic	21	Swansea Uni	2:02.64	___
5	West, Dexter	17	Pembs Cty	2:06.80	___
6	Jasinski, Hubert	19	Swansea Uni	2:14.30	___
7	Hole, Ethan	17	Co Cardiff	2:18.80	___
8					___

Event 206 Female 16 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 6 Prelims Starts at 09:53 AM

1					___
2	%Lawn, Pippa S14	16	Torfaen D	1:24.97	___
3	%Rogerson, Heidi S10	19	Cambrian AA/A,12,+	1:21.00	___
4	Upton-Boorman, Isabella	16	Nofio S Gar	1:13.70	___
5	%Willis, Meghan S9	19	Torfaen D/1,3,5	1:16.14	___
6	%Rice, Lily S8	22	Co Cardiff/A,12,+	1:23.40	___
7	%Mesher, Anwen S9	17	Brecon/3,4,12,+	1:47.90	___
8					___

Heat 2 of 6 Prelims Starts at 09:57 AM

1	Synowiec, Amelia	16	Conwy	1:12.30	___
2	Hughes-Rolls, Ava	17	Torfaen D	1:12.00	___
3	Kay, Isabelle	18	Rct Squad	1:11.40	___
4	Jones, Myia	18	Wrexham	1:11.10	___
5	Weaver, Poppy	19	Swansea Uni	1:11.26	___
6	Fitzgerald, Mali	16	Bridgend Cty	1:11.80	___
7	Ach Rhys, ESYLLT	16	Nofio Gwynedd	1:12.30	___
8	Howson, Ellen	17	Co Newport	1:12.60	___

Heat 3 of 6 Prelims Starts at 09:59 AM

1	Geach, Libbie	17	Nofio S Gar	1:10.60	___
2	Stork, Niamh	22	Co Cardiff	1:10.00	___
3	Huws, Awen	18	Rct Squad	1:08.70	___
4	Gillingham, Grace	22	Nofio Bangor	1:08.20	___
5	Blake, Emily	19	Co Cardiff	1:08.46	___
6	Roberts, Isabel	16	Co Cardiff	1:09.20	___
7	Duce, Charlie	17	Bedford SS	1:10.43	___
8	Stokes, Aimee	22	Swansea Uni	1:10.90	___

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

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Heat 4 Prelims (#206 Female 16 & Over 100 LC Meter Backstroke)

1	Williams, Jody	20	Swansea Uni	1:07.80	___
2	Salmon, Gwen	19	Rct Squad	1:06.90	___
3	Nichols, Grace	16	Pembs Cty	1:05.00	___
4	Anderson, Rosalie	16	Co Cardiff	1:04.20	___
5	Owen, Gracie	18	Torfaen D	1:04.50	___
6	Schumm, Libby	17	Torfaen D	1:06.10	___
7	Bamborough, Katie	22	Swansea Uni	1:07.40	___
8	Edwards, Alaw	16	Nofio Gwynedd	1:08.10	___

Heat 5 of 6 Prelims Starts at 10:04 AM

1	Hatton-Ellis, Isabelle	18	Swansea Uni	1:07.80	___
2	Hall, Emily	16	Warrington W	1:06.20	___
3	Daniel, Megan	16	Caradon	1:05.00	___
4	Humphreys, Ffion	18	Nofio Gwynedd	1:03.18	___
5	Titchener, Megan	18	Torfaen D	1:04.38	___
6	Winstanley, Elin	17	Co Hereford	1:05.70	___
7	Howells-Davies, Lana	18	Swansea Aq	1:07.30	___
8	Lush, Emily	24	Swansea Uni	1:07.83	___

Heat 6 of 6 Prelims Starts at 10:07 AM

1	James, Grace	17	Bridgend Cty	1:07.40	___
2	Fox, Honor	19	Co Cardiff	1:06.10	___
3	Dwyfor-Clark, Efa	17	Nofio Gwynedd	1:04.72	___
4	Sutton, Rebecca	25	Swansea Uni	1:01.80	___
5	Stead, Martha	21	Swansea Uni	1:04.20	___
6	Hempenstall, Amy	18	Guildford Ct	1:05.60	___
7	Willis, Hannah	21	Swansea Uni	1:06.91	___
8	Andrews, Joanne	16	EllesmereCSA	1:07.80	___

Event 207 Men 16 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims Starts at 10:09 AM

1					___
2	James, Tristan	17	Bridgend Cty	1:14.60	___
3	Miles, Harry	16	Co Cardiff	1:13.80	___
4	Ma, Ko Kwan	17	Co Cardiff	1:12.38	___
5	Baker, Ellis	20	Swansea Uni	1:13.40	___
6	Lloyd, Thomas	18	Rochford	1:14.22	___
7	Hewitt, Archie	16	Torfaen D	1:16.95	___
8					___

Heat 2 of 4 Prelims Starts at 10:11 AM

1	Doyle, Alfie	18	Torfaen D	1:11.92	___
2	Phillips, Finley	16	Nofio S Gar	1:09.91	___
3	Lee, Tristan	20	Co Cardiff	1:07.30	___
4	Ryley, William	28	Co Cardiff	1:03.67	___
5	Thomas, Lucas	18	Nofio Gwynedd	1:05.90	___
6	Tennant, Cale	18	Eastbourne	1:09.00	___
7	Hole, Ethan	17	Co Cardiff	1:11.80	___
8	Upton-Boorman, Liam	19	Nofio S Gar	1:12.20	___

Heat 3 of 4 Prelims Starts at 10:13 AM

1	Richardson, Osian	18	Swansea Aq	1:11.90	___
2	Stuart-Lavender, Jac	16	Nofio S Gar	1:09.80	___
3	Lovell-Pascal, Jean-Luc	21	Swansea Uni	1:06.42	___
4	Anderson, Maxwell	21	Co Cardiff	1:02.50	___
5	Sheppard, Rhydian	19	Co Cardiff	1:05.31	___
6	James, Rhys	17	Rct Squad	1:08.61	___
7	Brock, Freddy	17	Rct Squad	1:11.08	___
8	Thomas, Archie	16	Co Cardiff	1:12.05	___

Heat 4 of 4 Prelims Starts at 10:15 AM

1	Bartram, Solomon	16	Bridgend Cty	1:11.81	___
2	Meilleur, Elliot	16	Nofio Gwynedd	1:09.49	___
3	Greenslade, Benjamin	16	Tiverton	1:06.17	___
4	Panaretos, Panayiotis	24	Swansea Uni	1:01.70	___
5	James, Jack	19	Swansea Uni	1:04.79	___
6	%Darbey, Rhys SB14	19	Wrexham	1:07.90	___
7	Neaves, Jake	17	EllesmereCSA	1:10.84	___
8	Hughes, Cai	17	Nofio Bangor	1:12.00	___

Event 208 Female 16 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims Starts at 10:17 AM

1	Goddard, Amy	17	Rct Squad	2:54.30	___
2	Davies, Ellen	17	Chirk	2:49.60	___
3	Matthews, Elin	16	Co Cardiff	2:45.32	___
4	Gibson, Mari	18	Co Cardiff	2:35.77	___
5	Rees, Katie	28	Swansea Uni	2:41.80	___
6	Jones, Rebecca	17	Co Coventry	2:47.20	___
7	Gardener, Hannah	17	Bridgend Cty	2:52.21	___
8					___

Heat 2 of 3 Prelims Starts at 10:20 AM

1	Devin, Erin	16	Wrexham	2:54.20	___
2	Daniel, Megan	16	Caradon	2:48.10	___
3	Williams, Lowri	16	Swansea Aq	2:44.56	___
4	Brassington, Sophie	20	Swansea Uni	2:28.95	___
5	Huellou, Claire	21	Swansea Uni	2:40.60	___
6	Gorman, Helen	54	Co Cardiff	2:47.10	___
7	Owen, Kessie	18	Neath	2:51.80	___
8	Powell, Josie	16	Bridgend SC	2:58.80	___

Heat 3 of 3 Prelims Starts at 10:24 AM

1	Ling, Olivia	16	Co Cardiff	2:52.70	___
2	Lythgoe, Manon	17	Swansea Aq	2:48.10	___
3	Morgan, Carys	18	Millfield	2:43.20	___
4	Taylor, Theodora	17	Torfaen D	2:28.17	___
5	Evans, Gwenllian	17	Co Cardiff	2:40.20	___
6	Williams, Cari	17	Nofio Gwynedd	2:46.48	___
7	Davies, Mae	16	Rtw Monson	2:49.90	___
8	Lewis, Orla Rose	16	Torfaen D	2:57.48	___

Event 209 Men 16 & Over 800 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals Starts at 10:28 AM

1					___
2					___
3	Vong, Joshua	16	Torfaen D	9:11.70	___
4	Davies, Brynley	16	Co Newport	9:05.90	___
5	Reece, Liam	16	Co Newport	9:06.00	___
6					___
7					___
8					___

Heat 2 of 3 Finals Starts at 10:37 AM

1					___
2	Williams, Owen	17	Nofio Gwynedd	8:59.70	___
3	Evans, Ieuan	19	Swansea Uni	8:53.62	___
4	Mistry, Manav	19	Swansea Uni	8:47.04	___
5	Bradley, Mathew	20	Swansea Uni	8:53.20	___
6	Park, Reggie Samuel	16	Conwy	8:57.80	___
7	Bennett, Finley	17	Pembs Cty	9:05.30	___
8					___

Swim Wales National Championships 2026 - 02/04/2026 to 05/04/2026**Meet Program - Session 4 (Warmup 8.00 - 8.50)****Heat 3 Finals (#209 Men 16 & Over 800 LC Meter Freestyle (HDW))**

1	Keeble, Alex	22	Swansea Uni	8:42.80	___
2	Ellis-Sixsmith, Lucas	19	Co Liverpool	8:37.64	___
3	Parsons, Joseph	19	Co Cardiff	8:32.40	___
4	Nerushenko, Valeriy	21	Swansea Uni	8:29.10	___
5	Bamborough, Jack	18	Co Cardiff/H	8:29.90	___
6	Geysen-Holley, Max	21	Co Cardiff	8:34.40	___
7	Twigger, Owen	17	Swansea Aq	8:39.70	___
8	Harris, Daniel	19	Swansea Uni	8:43.10	___