

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

## Meet Program - Session 6 (Warmup 3.05 - 4.05)

**Event 221P Men 200 LC Meter IM (Para Final)**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals Starts at 04:15 PM</b>				
1				—
2				—
3	%O'Reilly, McKenzie SM8	17	Torfaen D/A,12,+	3:13.27
4	%Broom, Dylan SM14	24	Swansea Uni	2:20.59
5	%Read, William SM14	18	Swansea Aq	2:35.61
6				—
7				—
8				—

**Event 221 Boys 12-15 200 LC Meter IM**

Lane	Name	Age	Team	Prelims
<b>Heat 1 12-13 Finals Starts at 04:20 PM</b>				
1	Leigh, Jacob	13	Co Cardiff	2:45.53
2	Nuttall, Harri	13	Rhyl Dolphin	2:40.49
3	Pugh, Bryn	13	Torfaen D	2:39.47
4	Jones, Sam	13	Co Cardiff	2:30.56
5	De Haan, Charlie	13	Holywell	2:37.68
6	Tennant, Zeke	13	Eastbourne	2:40.10
7	Jones, Zac	12	Co Cardiff	2:44.39
8	Owens, Steffan	13	Co Cardiff	2:48.49

**Alternates 12-13**

1	Jones, Owain	13	Torfaen D	2:48.71
2	Martenko, Fletcher	13	Rct Squad	2:51.40

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

1	Stanford-Jason, Samuel	15	Salisbury	2:31.49
2	Harwood, Jack	15	Pembs Cty	2:30.36
3	Williams, Dylan	15	Wrexham	2:28.97
4	Castillo, Airam	15	Co Cardiff	2:24.68
5	Woodrow, Leo	15	TauntonDeane	2:27.85
6	Hughes, Freddy	14	Rct Squad	2:29.04
7	Jones, Noah	15	Torfaen D	2:31.10
8	Sekula, Mateusz	15	Rhondda	2:31.99

**Alternates 14-15**

1	Evans, Sam	14	Pembs Cty	2:32.08
2	Watkins, Dylan	14	Torfaen D	2:33.34

**Event 201 Men 16 & Over 200 LC Meter IM**

Lane	Name	Age	Team	Prelims
<b>Heat 1 16-17 Finals Starts at 04:29 PM</b>				
1	Cavill, Jack	16	Co Cardiff	2:20.52
2	Major, Maximus	16	Torfaen D	2:18.81
3	Mills, Ioan	17	Torfaen D	2:16.68
4	West, Dexter	17	Pembs Cty	2:14.20
5	Meilleur, Elliot	16	Nofio Gwynedd	2:16.60
6	Silverstone, Solomon	17	Pembs Cty	2:18.08
7	Ma, Ko Kwan	17	Co Cardiff	2:19.14
8	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	2:22.98

**Heat 2 18 & Over Finals Starts at 04:32 PM**

1	McLain, Archie	20	Torfaen D	2:24.78
2	Doyle, Alfie	18	Torfaen D	2:23.38
3	Bamborough, Jack	18	Co Cardiff/H	2:15.11
4	Kershaw, Charles	24	Swansea Uni	2:08.03
5	Staines, Luca	22	Swansea Uni	2:11.50
6	Pugh, Morgan	19	Torfaen D	2:15.44
7	Richardson, Osian	18	Swansea Aq	2:23.70
8	Upton-Boorman, Liam	19	Nofio S Gar	2:26.17

**Event 222 Girls 12-15 50 LC Meter Butterfly**

Lane	Name	Age	Team	Prelims
<b>Heat 1 12-13 Finals Starts at 04:36 PM</b>				
1	Cartwright, Thea	13	N Cornwall	32.91
2	Lawn, Lexi	13	Torfaen D	32.77
3	Berner, Iyla	13	Nofio S Gar	31.13
4	Davies, Isla	13	Nofio S Gar	30.74
5	Matthews, Catrin	13	Co Cardiff	30.99
6	O'hara, Noelle	13	Wrexham	31.54
7	Pryce, Isobel	12	Torfaen D	32.85
8	Davies, Elizabeth	13	Pembs Cty	33.00

**Alternates 12-13**

1	Kurys, Emiliese	12	Nofio S Gar	33.73
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**Heat 2 14-15 Finals Starts at 04:38 PM**

1	Williams, Leah	15	Nofio Gwynedd	31.09
2	Hnoiana, Valya	14	Swansea Aq	30.91
3	Bissicks, Cari	15	Neath	30.56
4	Sweet-Roberts, Pip	14	Torfaen D	29.76
5	Hughes, Nel	15	Nofio Gwynedd	30.54
6	Morfey, Megan	14	Cwmbran	30.81
7	Roberts, Rosie	14	Torfaen D	31.08
8	Kazmiruk, Anastasiia	15	Nofio S Gar	31.12

**Alternates 14-15**

1	Tejedo, Lola	15	Co Cardiff	31.14
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**Event 202 Women 16 & Over 50 LC Meter Butterfly**

Lane	Name	Age	Team	Prelims
<b>Heat 1 16-17 Finals Starts at 04:40 PM</b>				
1	Jones, Maisie	16	Co Cardiff	30.23
2	Daniel, Megan	16	Caradon	29.77
3	Lee, Edith	16	Co Cardiff	29.20
4	Taylor, Theodora	17	Torfaen D	27.42
5	Dwyfor-Clark, Efa	17	Nofio Gwynedd	28.75
6	Schumm, Libby	17	Torfaen D	29.35
7	Andrews, Joanne	16	EllesmereCSA	29.96
8	Hughes-Rolls, Ava	17	Torfaen D	30.48

**Alternates 16-17**

1	Nichols, Grace	16	Pembs Cty	30.53
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**Heat 2 18 & Over Finals Starts at 04:43 PM**

1	Bassett, Alexandra	19	Co South'ton	29.13
2	Crawley, Abigail	21	Swansea Uni	29.09
3	Grant, Lucy	19	Swansea Uni	28.65
4	De Torres, Rebecca	22	Co Cardiff	28.19
5	Morgan, Isabel	22	Co Cardiff	28.49
6	Owen, Gracie	18	Torfaen D	28.88
7	Willis, Hannah	21	Swansea Uni	29.11
8	McGrath, Izzy	20	Swansea Uni	29.40

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

## Meet Program - Session 6 (Warmup 3.05 - 4.05)

**Alternates 18 & Over...(#202 Women 16 & Over 50 LC Meter Butterfly)**

1	Dewsbury, Daisy	21	Swansea Uni	29.83
2	Rees, Katie	28	Swansea Uni	30.00

**Event 223P Men 50 LC Meter Butterfly (Para Final)**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals Starts at 04:45 PM</b>				
1				—
2				—
3				—
4	%Johnstone, Isaac S7	20	Swansea Uni	38.93
5				—
6				—
7				—
8				—

**Event 223 Boys 12-15 50 LC Meter Butterfly**

Lane	Name	Age	Team	Prelims
<b>Heat 1 12-13 Finals Starts at 04:47 PM</b>				
1	Miller, Ethan	13	Ruthin	32.82
2	Dadswell, Harry	13	Pembs Cty	32.36
3	De Haan, Charlie	13	Holywell	32.20
4	Pugh, Bryn	13	Torfaen D	30.83
5	Nuttall, Harri	13	Rhyl Dolphin	31.97
6	Hewitt, Oscar	13	Monnow	32.36
7	Jones, Sam	13	Co Cardiff	32.42
8	King, Henri	13	Co Cardiff	33.03

**Alternates 12-13**

1	Martenko, Fletcher	13	Rct Squad	33.07
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**Heat 2 14-15 Finals Starts at 04:49 PM**

1	Williams, Zach	15	Torfaen D	29.45
2	Elmes, Max	15	Nofio S Gar	28.86
3	Bastyan, Tobias-Luke	15	Torfaen D	28.57
4	Douglas, Lucas	15	Neath	27.34
5	Linge, Reece	15	EllesmereCSA	27.49
6	Watkins, Dylan	14	Torfaen D	28.75
7	Williams, Dylan	15	Wrexham	29.34
8	Gregory, Jaiden	15	Rct Squad	29.65

**Alternates 14-15**

1	Hughes, Fraser	14	Rhondda	29.97
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**Event 203 Men 16 & Over 50 LC Meter Butterfly**

Lane	Name	Age	Team	Prelims
<b>Heat 1 16-17 Finals Starts at 04:51 PM</b>				
1	Mills, Ioan	17	Torfaen D	28.19
2	Davies, Blake	16	Co Cardiff	28.11
3	Silverstone, Solomon	17	Pembs Cty	27.20
4	McCarthy, Benedict	17	Co Cardiff	25.64
5	Major, Maximus	16	Torfaen D	26.62
6	Twigger, Owen	17	Swansea Aq	27.68
7	Park, Reggie Samuel	16	Conwy	28.18
8	Hewitt, Archie	16	Torfaen D	28.21

**Alternates 16-17**

1	Dixon, Samuel	16	Reed's SC	28.37
2	Evans, Thomas	17	Kingston Roy	28.77

**Heat 2 18 & Over Finals Starts at 04:53 PM**

1	Poole, Dexter	21	Swansea Uni	25.89
2	Davies, Evan	20	Co Cardiff	25.29
3	Edwards, Rhys	24	Swansea Uni	24.90
4	Fraser, Lewis	26	Swansea Uni	23.79
5	Murray, Ross	21	Swansea Uni	24.78
6	Docking-Smith, Frankie	22	Swansea Uni	24.98
7	Greenway, Morgan	23	Swansea Uni	25.51
8	Taylor, Harry	19	Swansea Uni	26.34

**Alternates 18 & Over**

1	Major, Sebastian	20	Swansea Uni	26.51
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**Event 224 Girls 12-15 400 LC Meter Freestyle**

Lane	Name	Age	Team	Prelims
<b>Heat 1 12-13 Finals Starts at 04:55 PM</b>				
1	Thomas, Eleanor	13	Co Newport	5:14.35
2	Britton, Nahla	13	Co Cardiff	5:10.61
3	Manship, Beatrice	12	Co Newport	5:02.66
4	Davies, Isla	13	Nofio S Gar	4:51.58
5	Gray-Thomas, Jessica	13	Conwy	4:52.78
6	Pryce, Isobel	12	Torfaen D	5:06.10
7	Davies, Ava-Rose	13	Nofio S Gar	5:11.08
8	Kurys, Emiliese	12	Nofio S Gar	5:17.59

**Heat 2 14-15 Finals Starts at 05:01 PM**

1	Reed, Isabella	15	Co Cardiff	4:57.69
2	Burns, Freya	15	Nofio S Gar	4:48.73
3	Allen, Isabel	15	Co Cardiff	4:45.95
4	Donaldson, Evie	14	Co Newport	4:38.06
5	Sherrard, Alex	14	Torfaen D	4:38.26
6	Klak, Nina	14	Co Newport	4:48.23
7	Ribeiro, Ariana	15	Co Cardiff	4:51.61
8	Elson, Caitlin	14	Wrexham	5:00.72

**Alternates 14-15**

1	Innocent, Aurelia	15	Co Cardiff	5:01.90
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**Event 204 Women 16 & Over 400 LC Meter Freestyle**

Lane	Name	Age	Team	Prelims
<b>Heat 1 16-17 Finals Starts at 05:08 PM</b>				
1	Roberts, Mali	16	Nofio Gwynedd	4:49.53
2	Iles, Jessica	16	Co Cardiff	4:45.07
3	Griffiths, Cerys	16	Pembs Cty	4:38.61
4	Gordon, Freya	17	Haslemere	4:28.46
5	Sherrard, Emme	17	Torfaen D	4:37.95
6	Thomas, Serenity	16	Nofio Gwynedd	4:44.49
7	Devin, Erin	16	Wrexham	4:47.98
8	Coles, Mya	16	Co Newport	4:51.37

**Alternates 16-17**

1	Richards, Faith	16	Co Cardiff	4:52.03
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**Heat 2 18 & Over Finals Starts at 05:14 PM**

1	Roberts, Megan	19	Swansea Uni	4:46.41
2	Toms, Emily	20	Swansea Uni	4:37.69
3	Hornby, Rachel	22	Swansea Uni	4:35.06
4	Patterson, Millie	20	Swansea Uni	4:29.90
5	Mitchell, Abby	20	Swansea Uni	4:30.51
6	Hunter, Olivia	22	Swansea Uni	4:35.32
7	Cumner, Megan	19	Swansea Uni	4:40.39
8				—

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

## Meet Program - Session 6 (Warmup 3.05 - 4.05)

**Event 225 Boys 12-15 200 LC Meter Backstroke**

Lane	Name	Age	Team	Prelims
<b>Heat 1 12-13 Finals Starts at 05:21 PM</b>				
1	Pyzer, Cyrus	13	Nofio S Gar	2:47.56
2	Monan, Euan	13	Pembs Cty	2:42.47
3	Nuttall, Harri	13	Rhyl Dolphin	2:34.80
4	Jenkins, Rhys	13	Co Cardiff	2:26.37
5	De Haan, Charlie	13	Holywell	2:29.24
6	Garrett, Ben	13	Merthyr Tydf	2:42.16
7	King, Henri	13	Co Cardiff	2:42.89
8	McLaren, Lucas	13	Co Cardiff	2:48.15

**Alternates 12-13**

1	Owens, Steffan	13	Co Cardiff	2:49.46
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**Heat 2 14-15 Finals Starts at 05:26 PM**

1	Rees, Gwyn	15	Wantage	2:31.36
2	Ban Jona, Krisztian	15	Co Newport	2:28.60
3	King, Ethan	14	Penyrheol	2:24.57
4	Elmes, Max	15	Nofio S Gar	2:21.09
5	Harwood, Jack	15	Pembs Cty	2:24.41
6	Samuel, Jake	15	Merthyr Tydf	2:27.31
7	Hamer, Joe	15	Co Hereford	2:28.86
8	Noden, Rory	14	Pembs Cty	2:34.10

**Alternates 14-15**

1	Williams, Heath	14	Wrexham	2:34.40
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**Event 205 Men 16 & Over 200 LC Meter Backstroke**

Lane	Name	Age	Team	Prelims
<b>Heat 1 16-17 Finals Starts at 05:30 PM</b>				
1	Deacon, Cameron	16	Co Cardiff	2:24.44
2	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	2:22.75
3	Thomas, Iolo	16	Neath	2:15.60
4	West, Dexter	17	Pembs Cty	2:12.20
5	Foster, Henry	17	Redditch	2:13.52
6	Davies, Brynley	16	Co Newport	2:16.85
7	Hole, Ethan	17	Co Cardiff	2:23.66
8				
<b>Heat 2 18 &amp; Over Finals Starts at 05:35 PM</b>				
1				
2	Keeble, Alex	22	Swansea Uni	2:22.03
3	Gore, Andrew	21	Co Cardiff	2:18.89
4	Morgan, Dominic	21	Swansea Uni	2:06.97
5	Jasinski, Hubert	19	Swansea Uni	2:16.38
6	Rixon, Oliver	18	Co Cardiff	2:20.06
7				
8				

**Event 226P Women 100 LC Meter Backstroke (Para Final)**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals Starts at 05:39 PM</b>				
1				
2	%Mesher, Anwen S9	17	Brecon/3,4,12,+	1:52.53
3	%Rice, Lily S8	22	Co Cardiff/A,12,+	1:25.64
4	%Willis, Meghan S9	19	Torfaen D/1,3,5	1:19.71
5	%Rogerson, Heidi S10	19	Cambrian AA/A,12,+	1:22.25
6	%Lawn, Pippa S14	16	Torfaen D	1:28.91
7				
8				

**Event 226 Girls 12-15 100 LC Meter Backstroke**

Lane	Name	Age	Team	Prelims
<b>Heat 1 12-13 Finals Starts at 05:44 PM</b>				
1	Beasley, Evaleigh	13	Swansea Aq	1:15.86
2	Owen, Nel	13	Nofio Gwynedd	1:15.45
3	O'hara, Noelle	13	Wrexham	1:14.28
4	Davies, Isla	13	Nofio S Gar	1:10.11
5	Berner, Iyla	13	Nofio S Gar	1:10.55
6	Davies, Elizabeth	13	Pembs Cty	1:15.41
7	Hawkins, Lottie	13	Pembs Cty	1:15.70
8	Taylor, Imogen	13	Torfaen D	1:15.98

**Alternates 12-13**

1	Bate, Chloe	13	Co Cardiff	1:16.46
2	Ryan, Ellie	13	Co Cardiff	1:17.79

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

1	Fowler, Maisie	15	Rct Squad	1:12.95
2	Sweet-Roberts, Pip	14	Torfaen D	1:11.60
3	Spence, Emilia	15	Co Birm'ham	1:08.15
4	Bennett, Isla	15	Co Cardiff	1:07.60
5	Roberts, Rosie	14	Torfaen D	1:07.95
6	Reasons, Darcy	14	Torfaen D	1:09.88
7	Jones, Hunydd	15	Nofio S Gar	1:12.28
8	Layland, Seren	15	Penyrheol	1:13.01

**Alternates 14-15**

1	Emms, Ela	14	Co Cardiff	1:13.15
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**Event 206 Women 16 & Over 100 LC Meter Backstroke**

Lane	Name	Age	Team	Prelims
<b>Heat 1 16-17 Finals Starts at 05:50 PM</b>				
1	Duce, Charlie	17	Bedford SS	1:09.51
2	Daniel, Megan	16	Caradon	1:07.04
3	Nichols, Grace	16	Pembs Cty	1:06.17
4	Dwyfor-Clark, Efa	17	Nofio Gwynedd	1:05.66
5	Winstanley, Elin	17	Co Hereford	1:06.12
6	Anderson, Rosalie	16	Co Cardiff	1:06.68
7	Hall, Emily	16	Warrington W	1:07.97
8	James, Grace	17	Bridgend Cty	1:11.20
<b>Alternates 16-17</b>				
1	Geach, Libbie	17	Nofio S Gar	1:11.43

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

## Meet Program - Session 6 (Warmup 3.05 - 4.05)

**Heat 2 18 & Over Finals (#206)**

1	Salmon, Gwen	19	Rct Squad	1:07.84	___
2	Stead, Martha	21	Swansea Uni	1:06.80	___
3	Titchener, Megan	18	Torfaen D	1:05.17	___
4	Sutton, Rebecca	25	Swansea Uni	1:02.18	___
5	Humphreys, Ffion	18	Nofio Gwynedd	1:03.56	___
6	Owen, Gracie	18	Torfaen D	1:06.49	___
7	Hempenstall, Amy	18	Guildford Ct	1:07.51	___
8	Howells-Davies, Lana	18	Swansea Aq	1:09.14	___

**Alternates 18 & Over**

1	Williams, Jody	20	Swansea Uni	1:09.17	___
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**Event 227P Men 100 LC Meter Breaststroke (Para Final)**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 1 Finals Starts at 05:57 PM**

1					___
2					___
3					___
4	%Darbey, Rhys SB14	19	Wrexham	1:09.01	___
5	%Hopkins, Luc SB9	15	Torfaen D/A,12,+	1:34.80	___
6					___
7					___
8					___

**Event 227 Boys 12-15 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Prelims	
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**Heat 1 12-13 Finals Starts at 06:00 PM**

1	Lloyd, Dylan	13	Rhondda	1:27.25	___
2	Williams, Lucas	12	Swansea Aq	1:24.50	___
3	Barrow, Charles	13	Edenbridge	1:22.38	___
4	Fordyce, Dewi	13	Berkhamsted	1:19.15	___
5	Jones, Zac	12	Co Cardiff	1:22.08	___
6	Tennant, Zeke	13	Eastbourne	1:22.97	___
7	Tennant, Jace	13	Eastbourne	1:26.36	___
8	Staples, Max	13	Rhondda	1:27.35	___

**Alternates 12-13**

1	Hewitt, Oscar	13	Monnow	1:28.95	___
2	Bishop, Harrison	13	Barnstaple	1:28.99	___

**Heat 2 14-15 Finals Starts at 06:03 PM**

1	Jones, Noah	15	Torfaen D	1:18.84	___
2	Sekula, Szymon	15	Rhondda	1:17.25	___
3	Taylor, Nicholas	15	Torfaen D	1:16.45	___
4	Sekula, Mateusz	15	Rhondda	1:12.25	___
5	Edwards, Isaac	14	Wrexham	1:16.07	___
6	Lovell, Logan	15	Swindon Dolp	1:17.17	___
7	Csoban, Benjamin	15	Co Newport	1:17.66	___
8	Stanford-Jason, Samuel	15	Salisbury	1:19.73	___

**Alternates 14-15**

1	Price-Clishem, Dyfan	15	Nofio Gwynedd	1:19.87	___
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**Event 207 Men 16 & Over 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Prelims	
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**Heat 1 16-17 Finals Starts at 06:06 PM**

1	Hole, Ethan	17	Co Cardiff	1:12.02	___
2	Brock, Freddy	17	Rct Squad	1:11.40	___
3	Stuart-Lavender, Jac	16	Nofio S Gar	1:10.49	___
4	Meilleur, Elliot	16	Nofio Gwynedd	1:08.12	___
5	Greenslade, Benjamin	16	Tiverton	1:10.02	___
6	Phillips, Finley	16	Nofio S Gar	1:10.90	___
7	James, Rhys	17	Rct Squad	1:11.49	___
8	Neaves, Jake	17	EllesmereCSA	1:12.25	___

**Alternates 16-17**

1	Thomas, Archie	16	Co Cardiff	1:13.15	___
2	Hughes, Cai	17	Nofio Bangor	1:14.80	___

**Heat 2 18 & Over Finals Starts at 06:09 PM**

1	Lovell-Pascal, Jean-Luc	21	Swansea Uni	1:08.53	___
2	Sheppard, Rhydian	19	Co Cardiff	1:06.40	___
3	Panaretos, Panayiotis	24	Swansea Uni	1:04.27	___
4	Ryley, William	28	Co Cardiff	1:03.79	___
5	Anderson, Maxwell	21	Co Cardiff	1:03.95	___
6	James, Jack	19	Swansea Uni	1:04.68	___
7	Thomas, Lucas	18	Nofio Gwynedd	1:06.98	___
8	Lee, Tristan	20	Co Cardiff	1:09.77	___

**Alternates 18 & Over**

1	Tennant, Cale	18	Eastbourne	1:09.95	___
2	Doyle, Alfie	18	Torfaen D	1:12.48	___

**Event 228 Girls 12-15 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Prelims	
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**Heat 1 12-13 Finals Starts at 06:11 PM**

1	Lovell, Amabel	12	Swindon Dolp	3:16.58	___
2	Weatherhead, Emilie	12	Mold	3:11.51	___
3	Lawn, Lexi	13	Torfaen D	3:04.56	___
4	Parry, Abigail	13	Nofio S Gar	2:46.73	___
5	Lawn, Gayle	13	Torfaen D	2:55.34	___
6	Charrington, Lucy	13	Heads Valley	3:09.00	___
7	Van Zyl, Giada	12	Co Cardiff	3:15.39	___
8	Lewis, Evie	13	Pembs Cty	3:16.99	___

**Heat 2 14-15 Finals Starts at 06:16 PM**

1	Hall, Ellena	15	Pembs Cty	3:01.22	___
2	Dowling, Abigail	15	Co Cardiff	2:58.42	___
3	Davies, Macy	14	Torfaen D	2:56.22	___
4	McQuaid, Maria	15	Co Cardiff	2:49.84	___
5	Davies, Isabella	15	Nofio S Gar	2:52.45	___
6	Van Zyl, Kiara	14	Co Cardiff	2:56.59	___
7	Lewis-Jones, Idele	15	Wrexham	3:00.22	___
8	Williams, Lili	15	Rct Squad	3:01.39	___

**Alternates 14-15**

1	Harding, Chloe	15	Cwmbran	3:03.59	___
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## Swim Wales National Championships 2026 - 02/04/2026 to 05/04/2026

## Meet Program - Session 6 (Warmup 3.05 - 4.05)

**Event 208 Women 16 & Over 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Prelims
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**Heat 1 16-17 Finals Starts at 06:21 PM**

1	Gardener, Hannah	17	Bridgend Cty	2:55.63	___
2	Matthews, Elin	16	Co Cardiff	2:52.99	___
3	Williams, Lowri	16	Swansea Aq	2:49.63	___
4	Taylor, Theodora	17	Torfaen D	2:29.43	___
5	Evans, Gwenllian	17	Co Cardiff	2:38.34	___
6	Lythgoe, Manon	17	Swansea Aq	2:52.08	___
7	Daniel, Megan	16	Caradon	2:53.48	___
8	Williams, Cari	17	Nofio Gwynedd	2:55.89	___

**Heat 2 18 & Over Finals Starts at 06:25 PM**

1					___
2	Morgan, Carys	18	Millfield	2:48.40	___
3	Huellou, Claire	21	Swansea Uni	2:44.11	___
4	Brassington, Sophie	20	Swansea Uni	2:32.15	___
5	Gibson, Mari	18	Co Cardiff	2:36.84	___
6	Rees, Katie	28	Swansea Uni	2:45.51	___
7					___
8					___

**Event 230 Women 12-13 4x200 LC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals Starts at 06:29 PM**

1					___
2					___
3	Wrexham	A		NT	___
	1) Morgado, Carolina 12		2) Upton, Lily 13		
	3) Elson, Jessica 12		4) O'hara, Noelle 13		
4	Neath	A		NT	___
	1) Morris, Blair 13		2) Launder, Beatrix 13		
	3) Coles, Aria 13		4) Wood, Lilly 13		
5	Pembs Cty	A		NT	___
	1) Davies, Elizabeth 13		2) Hawkins, Lottie 13		
	3) Mason, Ezmee 13		4) Lewis, Evie 13		
6	Co Cardiff	A		NT	___
	1) Matthews, Catrin 13		2) Van Zyl, Giada 12		
	3) Britton, Nahla 13		4) Ryan, Ellie 13		
7					___
8					___

**Event 231 Women 14-16 4x200 LC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals Starts at 06:45 PM**

1					___
2					___
3	Co Cardiff	A		NT	___
	1) Allen, Isabel 15		2) Jones, Maisie 16		
	3) Richards, Faith 16		4) Anderson, Rosalie 16		
4	Wrexham	A		NT	___
	1) Prevete, Sofia 14		2) Elson, Caitlin 14		
	3) Lewis-Jones, Idele 15		4) Devin, Erin 16		
5	Pembs Cty	A		NT	___
	1) Nichols, Grace 16		2) Thompson, Freya 16		
	3) Dash, Amelie 15		4) Griffiths, Cerys 16		
6	Torfaen D	A		NT	___
	1) Roberts, Rosie 14		2) Reasons, Darcy 14		
	3) Davies, Macy 14		4) Sweet-Roberts, Pip 14		
7					___
8					___

**Event 232 Women 17 & Over 4x200 LC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals Starts at 07:00 PM**

1					___
2					___
3	Swansea Uni	B		NT	___
	1) Crawley, Abigail 21		2) Hunter, Olivia 22		
	3) Davies, Megan 21		4) Cumner, Megan 19		
4	Torfaen D	A		NT	___
	1) Taylor, Theodora 17		2) Titchener, Megan 18		
	3) Croke, Carys 19		4) Sherrard, Emme 17		
5	Swansea Uni	A		NT	___
	1) Monks, Aimee 21		2) Dickinson, Jessica 21		
	3) Johnson, Charlotte 23		4) Patterson, Millie 20		
6					___
7					___
8					___