

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

## Meet Program - Session 7 (Warmup 8.00 - 8.50)

**Event 301 Female 16 & Over 200 LC Meter IM**

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

1	%Lawn, Pippa SM14	16	Torfaen D	3:07.68
2	Sullivan, Ariana	16	Torfaen D	2:40.33
3	Lewis, Orla Rose	16	Torfaen D	2:38.73
4	Gardener, Hannah	17	Bridgend Cty	2:37.02
5	Williams, Marys	17	Swansea Aq	2:37.40
6	Synowiec, Amelia	16	Conwy	2:40.30
7	%Willis, Meghan SM9	19	Torfaen D/1,3,5	2:44.20
8	%Mesher, Anwen SM9	17	Brecon/3,4,12,+	4:13.10

**Heat 2 of 4 Prelims Starts at 09:05 AM**

1	Nichols, Grace	16	Pembs Cty	2:33.60
2	Irvine, Annabel	16	Crosby	2:30.62
3	Croke, Carys	19	Torfaen D	2:27.19
4	Stephenson, Ruby	19	Swansea Uni	2:20.10
5	Hornby, Rachel	22	Swansea Uni	2:24.96
6	Bissicks, Ella	19	Swansea Uni	2:29.95
7	Weaver, Poppy	19	Swansea Uni	2:31.25
8	Williams, Cari	17	Nofio Gwynedd	2:35.90

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

1	Dewsbury, Daisy	21	Swansea Uni	2:33.34
2	Thomas, Serenity	16	Nofio Gwynedd	2:30.35
3	Daniel, Megan	16	Caradon	2:26.21
4	Major, Scarlet	23	Swansea Uni	2:15.90
5	Rees, Katie	28	Swansea Uni	2:24.00
6	Williams, Lowri	16	Swansea Aq	2:29.18
7	Roberts, Megan	19	Swansea Uni	2:31.20
8	Edwards, Alaw	16	Nofio Gwynedd	2:35.70

**Heat 4 of 4 Prelims Starts at 09:12 AM**

1	Morgan, Carys	18	Millfield	2:32.10
2	Lythgoe, Manon	17	Swansea Aq	2:30.25
3	Anderson, Rosalie	16	Co Cardiff	2:25.86
4	Taylor, Theodora	17	Torfaen D	2:13.80
5	Titchener, Megan	18	Torfaen D	2:22.69
6	Salmon, Gwen	19	Rct Squad	2:28.30
7	Williams, Jody	20	Swansea Uni	2:31.00
8	Roberts, Mali	16	Nofio Gwynedd	2:35.50

**Event 302 Men 16 & Over 50 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Prelims Starts at 09:15 AM**

1	%Johnstone, Isaac S7	20	Swansea Uni	37.69
2	Miles, Harry	16	Co Cardiff	26.20
3	Hewitt, Archie	16	Torfaen D	26.05
4	Dowty, Oliver	17	Mt Kelly	25.80
5	Meilleur, Elliot	16	Nofio Gwynedd	25.82
6	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	26.13
7	Thomas, Iolo	16	Neath	26.60
8				

**Heat 2 of 4 Prelims Starts at 09:16 AM**

1	Meek, Emyr	29	Swansea Uni	25.56
2	Major, Maximus	16	Torfaen D	25.04
3	Silverstone, Solomon	17	Pembs Cty	24.53
4	Greenway, Morgan	23	Swansea Uni	23.58
5	Poole, Dexter	21	Swansea Uni	23.97
6	McCarthy, Benedict	17	Co Cardiff	24.69
7	Hawkins, Alfie	19	Swansea Uni	25.15
8	Helps, Jacob	20	Swansea Uni	25.77

**Heat 3 of 4 Prelims Starts at 09:18 AM**

1	Foster, Henry	17	Redditch	25.43
2	Thomas, Lucas	18	Nofio Gwynedd	24.83
3	Lennon, Danny	18	Wrexham	24.38
4	Davies, Evan	20	Co Cardiff	23.40
5	Mruk, Lucas	18	Torfaen D	23.90
6	Johnstone, Daniel	19	Swansea Uni	24.69
7	Davies, Blake	16	Co Cardiff	25.13
8	Park, Reggie Samuel	16	Conwy	25.75

**Heat 4 of 4 Prelims Starts at 09:19 AM**

1	Major, Sebastian	20	Swansea Uni	25.25
2	Friday, Macsen	23	Co Cardiff	24.80
3	James, Harley	21	Co Cardiff	24.14
4	Docking-Smith, Frankie	22	Swansea Uni	23.30
5	Gillett, Oliver	19	Swansea Uni	23.88
6	Stepliuk, Edgar	20	Swansea Uni	24.57
7	Pugh, Morgan	19	Torfaen D	25.11
8	Mills, Ioan	17	Torfaen D	25.60

**Event 303 Female 16 & Over 50 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 5 Prelims Starts at 09:20 AM**

1	%Rogerson, Heidi S10	19	Cambrian AA/A,12,+	35.57
2	Rees, Maisie	16	Rct Squad	29.75
3	Roberts, Mali	16	Nofio Gwynedd	29.45
4	Williams, Lowri	16	Swansea Aq	29.18
5	Ach Rhys, Esyllt	16	Nofio Gwynedd	29.22
6	Fitzgerald, Mali	16	Bridgend Cty	29.54
7	Evans, Gwennan	16	Co Cardiff	29.87
8	%Mesher, Anwen S9	17	Brecon/3,4,12,+	43.50

**Heat 2 of 5 Prelims Starts at 09:21 AM**

1	Devin, Erin	16	Wrexham	29.06
2	Edwards, Alaw	16	Nofio Gwynedd	28.80
3	Carter, Ava	18	Penyrheol	28.69
4	Bassett, Alexandra	19	Co South'ton	28.60
5	Worthington, Emma	18	Chirk	28.60
6	Geach, Libbie	17	Nofio S Gar	28.73
7	Sullivan, Ariana	16	Torfaen D	28.92
8	Hughes-Rolls, Ava	17	Torfaen D	29.10

**Heat 3 of 5 Prelims Starts at 09:22 AM**

1	Givvons, Imogen	16	Torfaen D	28.07
2	Nichols, Grace	16	Pembs Cty	27.57
3	Lush, Emily	24	Swansea Uni	27.34
4	Stead, Martha	21	Swansea Uni	26.95
5	Croke, Carys	19	Torfaen D	27.04
6	Hempenstall, Amy	18	Guildford Ct	27.37
7	Hall, Emily	16	Warrington W	27.91
8	James, Grace	17	Bridgend Cty	28.51

**Heat 4 of 5 Prelims Starts at 09:24 AM**

1	Morgan, Isabel	22	Co Cardiff	27.99
2	Dwyfor-Clark, Efa	17	Nofio Gwynedd	27.55
3	Dickinson, Jessica	21	Swansea Uni	27.30
4	Davies, Sophie	19	Millfield	26.42
5	De Torres, Rebecca	22	Co Cardiff	27.00
6	Jones, Maisie	16	Co Cardiff	27.36
7	Collyer, Mabli	18	Nofio S Gar	27.59
8	Andrews, Joanne	16	EllesmereCSA	28.50

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

## Meet Program - Session 7 (Warmup 8.00 - 8.50)

**Heat 5 Prelims (#303 Female 16 & Over 50 LC Meter Freestyle)**

1	Griffiths, Cerys	16	Pembs Cty	27.99	___
2	Sherrard, Emme	17	Torfaen D	27.51	___
3	Humphreys, Ffion	18	Nofio Gwynedd	27.28	___
4	Woodcock, Hannah	22	Swansea Uni	26.31	___
5	Crawley, Abigail	21	Swansea Uni	26.96	___
6	Fox, Honor	19	Co Cardiff	27.35	___
7	Schumm, Libby	17	Torfaen D	27.59	___
8	%Williams, Rose S14	18	Co Cardiff	28.36	___

**Event 304 Men 16 & Over 400 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Prelims Starts at 09:26 AM**

1					___
2	Davies, Tom	16	Co Newport	4:30.20	___
3	Reece, Liam	16	Co Newport	4:27.80	___
4	Park, Reggie Samuel	16	Conwy	4:20.81	___
5	Vong, Joshua	16	Torfaen D	4:22.70	___
6	Williams, Thomas	16	Nofio S Gar	4:28.50	___
7	%O'Reilly, McKenzie S8	17	Torfaen D/A,12,+	5:37.25	___
8					___

**Heat 2 of 3 Prelims Starts at 09:32 AM**

1	Mistry, Manav	19	Swansea Uni	4:17.26	___
2	Twigger, Owen	17	Swansea Aq	4:12.80	___
3	Ellis-Sixsmith, Lucas	19	Co Liverpool	4:04.69	___
4	Nerushenko, Valeriy	21	Swansea Uni	4:02.10	___
5	Geysen-Holley, Max	21	Co Cardiff	4:03.90	___
6	Parsons, Joseph	19	Co Cardiff	4:08.10	___
7	Prysor, Sami	19	EllesmereCSA	4:14.00	___
8	Williams, Owen	17	Nofio Gwynedd	4:19.70	___

**Heat 3 of 3 Prelims Starts at 09:37 AM**

1	Silverstone, Solomon	17	Pembs Cty	4:14.96	___
2	Harris, Daniel	19	Swansea Uni	4:09.00	___
3	Staines, Luca	22	Swansea Uni	4:04.43	___
4	O'Brien, Joshua	21	Co Cardiff	3:59.28	___
5	Bamborough, Jack	18	Co Cardiff/H	4:02.30	___
6	Gillett, Oliver	19	Swansea Uni	4:04.90	___
7	Keeble, Alex	22	Swansea Uni	4:13.50	___
8	Merriman, Ben	21	Co Cardiff	4:19.20	___

**Event 305 Female 16 & Over 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Prelims Starts at 09:42 AM**

1					___
2					___
3	%Rice, Lily SB7	22	Co Cardiff/A,12,+	1:45.72	___
4	%Willis, Meghan SB9	19	Torfaen D/1,3,5	1:27.68	___
5	%Lawn, Pippa SB14	16	Torfaen D	1:38.20	___
6					___
7					___
8					___

**Heat 2 of 4 Prelims Starts at 09:45 AM**

1	Lythgoe, Manon	17	Swansea Aq	1:20.06	___
2	Owen, Kessie	18	Neath	1:17.50	___
3	Sait, Erika	20	Swansea Uni	1:14.90	___
4	Woodcock, Hannah	22	Swansea Uni	1:10.50	___
5	Winstanley, Elin	17	Co Hereford	1:13.70	___
6	Williams, Lowri	16	Swansea Aq	1:16.15	___
7	Jones, Flora	16	Holywell	1:19.00	___
8					___

**Heat 3 of 4 Prelims Starts at 09:47 AM**

1	Gardener, Hannah	17	Bridgend Cty	1:19.90	___
2	Gorman, Helen	54	Co Cardiff	1:16.60	___
3	Matthews, Elin	16	Co Cardiff	1:14.80	___
4	Crowley, Amy	21	Co Cardiff	1:09.34	___
5	Gibson, Mari	18	Co Cardiff	1:12.54	___
6	Morgan, Carys	18	Millfield	1:15.88	___
7	Davies, Ellen	17	Chirk	1:18.90	___
8	Powell, Josie	16	Bridgend SC	1:23.50	___

**Heat 4 of 4 Prelims Starts at 09:49 AM**

1	Goddard, Amy	17	Rct Squad	1:19.10	___
2	Williams, Cari	17	Nofio Gwynedd	1:16.26	___
3	Bissicks, Ella	19	Swansea Uni	1:14.39	___
4	Taylor, Theodora	17	Torfaen D	1:07.70	___
5	Evans, Gwenllian	17	Co Cardiff	1:12.52	___
6	Jones, Rebecca	17	Co Coventry	1:15.60	___
7	Worthington, Emma	18	Chirk	1:18.30	___
8	Lewis, Orla Rose	16	Torfaen D	1:23.30	___

**Event 306 Men 16 & Over 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Prelims Starts at 09:51 AM**

1	Doyle, Alfie	18	Torfaen D	2:37.70	___
2	Hole, Ethan	17	Co Cardiff	2:35.20	___
3	Brock, Freddy	17	Rct Squad	2:31.68	___
4	Lee, Tristan	20	Co Cardiff	2:25.25	___
5	Meilleur, Elliot	16	Nofio Gwynedd	2:27.03	___
6	Upton-Boorman, Liam	19	Nofio S Gar	2:33.30	___
7	Hughes, Cai	17	Nofio Bangor	2:36.40	___
8					___

**Heat 2 of 3 Prelims Starts at 09:54 AM**

1	Thomas, Archie	16	Co Cardiff	2:37.35	___
2	Evans, Ieuan	19	Swansea Uni	2:33.60	___
3	Neaves, Jake	17	EllesmereCSA	2:31.18	___
4	Sheppard, Rhydian	19	Co Cardiff	2:20.08	___
5	Lovell-Pascal, Jean-Luc	21	Swansea Uni	2:26.70	___
6	Stuart-Lavender, Jac	16	Nofio S Gar	2:32.30	___
7	Richardson, Osian	18	Swansea Aq	2:35.70	___
8					___

**Heat 3 of 3 Prelims Starts at 09:57 AM**

1	Bennett, Finley	17	Pembs Cty	2:36.41	___
2	Tennant, Cale	18	Eastbourne	2:33.60	___
3	Thomas, Lucas	18	Nofio Gwynedd	2:28.30	___
4	Anderson, Maxwell	21	Co Cardiff	2:12.72	___
5	Panaretos, Panayiotis	24	Swansea Uni	2:25.85	___
6	Phillips, Finley	16	Nofio S Gar	2:32.30	___
7	James, Rhys	17	Rct Squad	2:35.30	___
8	Baker, Ellis	20	Swansea Uni	2:38.80	___

**Event 307 Female 16 & Over 200 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Prelims Starts at 10:01 AM**

1					___
2	Blanch, Janelle	19	Swansea Uni	2:34.20	___
3	Daniel, Megan	16	Caradon	2:25.30	___
4	Wheeler, Oriana	21	Swansea Uni	2:18.80	___
5	Andrews, Joanne	16	EllesmereCSA	2:21.05	___
6	Jones, Rebecca	17	Co Coventry	2:33.20	___
7	Synowiec, Amelia	16	Conwy	2:37.10	___
8					___

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

## Meet Program - Session 7 (Warmup 8.00 - 8.50)

**Heat 2 Prelims (#307 Female 16 & Over 200 LC Meter Butterfly)**

1	Brady, Grace	17	Rct Squad	2:39.90	___
2	Bassett, Alexandra	19	Co South'ton	2:33.90	___
3	Cust, Ciara	19	Conwy	2:25.00	___
4	Owen, Gracie	18	Torfaen D	2:17.30	___
5	Davies, Megan	21	Swansea Uni	2:20.32	___
6	Geach, Libbie	17	Nofio S Gar	2:32.80	___
7	Jones, Myia	18	Wrexham	2:36.80	___
8					___

**Heat 3 of 3 Prelims Starts at 10:07 AM**

1	Ach Rhys, ESYLLT	16	Nofio Gwynedd	2:37.70	___
2	Iles, Jessica	16	Co Cardiff	2:33.20	___
3	Hall, Emily	16	Warrington W	2:24.60	___
4	Roberts, Catherine Elin	23	Swansea Uni	2:14.84	___
5	Hunter, Olivia	22	Swansea Uni	2:19.75	___
6	Griffiths, Cerys	16	Pembs Cty	2:26.01	___
7	Taylor, Rebecca	16	Wrexham	2:36.03	___
8					___

**Event 308 Men 16 & Over 100 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 5 Prelims Starts at 10:11 AM**

1					___
2					___
3	Hewitt, Archie	16	Torfaen D	1:06.02	___
4	Hnoianyi, Andrii	17	Swansea Aq	1:05.20	___
5	Phillips, Finley	16	Nofio S Gar	1:05.46	___
6					___
7					___
8					___

**Heat 2 of 5 Prelims Starts at 10:12 AM**

1	Evans, Thomas	17	Kingston Roy	1:05.20	___
2	Dixon, Samuel	16	Reed's SC	1:04.30	___
3	Helps, Jacob	20	Swansea Uni	1:03.80	___
4	Thomas, Archie	16	Co Cardiff	1:03.26	___
5	Dowty, Oliver	17	Mt Kelly	1:03.50	___
6	Gruffydd, Ned	16	Co Cardiff	1:04.20	___
7	Williams, Thomas	16	Nofio S Gar	1:05.00	___
8					___

**Heat 3 of 5 Prelims Starts at 10:14 AM**

1	Foster, Henry	17	Redditch	1:03.04	___
2	Rixon, Oliver	18	Co Cardiff	59.91	___
3	Bamborough, Jack	18	Co Cardiff/H	58.82	___
4	James, Harley	21	Co Cardiff	56.14	___
5	McCarthy, Benedict	17	Co Cardiff	57.81	___
6	Pugh, Morgan	19	Torfaen D	59.39	___
7	Mills, Ioan	17	Torfaen D	1:01.79	___
8	Miles, Harry	16	Co Cardiff	1:03.20	___

**Heat 4 of 5 Prelims Starts at 10:16 AM**

1	Davies, Blake	16	Co Cardiff	1:03.00	___
2	Pryor, Sami	19	EllesmereCSA	59.89	___
3	Bradley, Mathew	20	Swansea Uni	58.33	___
4	Rodriguez, Antonio	22	Swansea Uni	54.88	___
5	Murray, Ross	21	Swansea Uni	57.50	___
6	Major, Maximus	16	Torfaen D	59.22	___
7	Deacon, Cameron	16	Co Cardiff	1:01.51	___
8	Spinks, Owen	18	Torfaen D	1:03.10	___

**Heat 5 of 5 Prelims Starts at 10:18 AM**

1	Gwynfil, Solomon	16	Co Cardiff	1:02.99	___
2	Major, Sebastian	20	Swansea Uni	59.49	___
3	Cressey-Rodgers, Ioan	21	Nofio S Gar	58.10	___
4	Edwards, Rhys	24	Swansea Uni	54.36	___
5	Taylor, Harry	19	Swansea Uni	57.40	___
6	West, Dexter	17	Pembs Cty	59.20	___
7	Cavill, Jack	16	Co Cardiff	1:01.06	___
8	Thomas, Iolo	16	Neath	1:03.05	___

**Event 309 Female 16 & Over 800 LC Meter Freestyle (HDW)**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 2 Finals Starts at 10:19 AM**

1	Philpott, Ffion	17	Nofio S Gar	9:57.49	___
2	Richards, Faith	16	Co Cardiff	9:48.35	___
3	Thomas, Serenity	16	Nofio Gwynedd	9:42.45	___
4	Ling, Olivia	16	Co Cardiff	9:39.10	___
5	Cust, Ciara	19	Conwy	9:39.60	___
6	Humphreys, Holly	18	Neath	9:43.87	___
7	Coles, Mya	16	Co Newport	9:53.30	___
8	Thompson, Freya	16	Pembs Cty	10:09.29	___

**Heat 2 of 2 Finals Starts at 10:30 AM**

1	Devin, Erin	16	Wrexham	9:35.50	___
2	Irvine, Annabel	16	Crosby	9:20.17	___
3	Johnson, Charlotte	23	Swansea Uni	9:15.57	___
4	Gordon, Freya	17	Haslemere	8:59.60	___
5	Toms, Emily	20	Swansea Uni	9:15.54	___
6	Griffiths, Cerys	16	Pembs Cty	9:16.30	___
7	Cumner, Megan	19	Swansea Uni	9:28.00	___
8	Dacey, Mollie	18	Co Cardiff	9:37.10	___