

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

## Meet Program - Session 10 (Warmup 8.00 - 8.50)

**Event 401 Female 16 & Over 50 LC Meter Backstroke**

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

1				—
2				—
3	%Willis, Meghan S9	19	Torfaen D/1,3,5	36.20
4	Fitzgerald, Mali	16	Bridgend Cty	33.20
5	Upton-Boorman, Isabella	16	Nofio S Gar	34.40
6				—
7				—
8				—

**Heat 2 of 5 Prelims Starts at 09:02 AM**

1	Worthington, Emma	18	Chirk	32.96
2	Blake, Emily	19	Co Cardiff	32.80
3	Jones, Myia	18	Wrexham	32.40
4	Blanch, Janelle	19	Swansea Uni	32.20
5	%Williams, Rose S14	18	Co Cardiff	32.31
6	Stork, Niamh	22	Co Cardiff	32.40
7	Hughes-Rolls, Ava	17	Torfaen D	32.92
8	Williams, Jody	20	Swansea Uni	33.00

**Heat 3 of 5 Prelims Starts at 09:04 AM**

1	Hatton-Ellis, Isabelle	18	Swansea Uni	31.60
2	Winstanley, Elin	17	Co Hereford	31.10
3	Fox, Honor	19	Co Cardiff	30.80
4	Hempenstall, Amy	18	Guildford Ct	30.00
5	Daniel, Megan	16	Caradon	30.50
6	Willis, Hannah	21	Swansea Uni	31.00
7	Salmon, Gwen	19	Rct Squad	31.30
8	Gillingham, Grace	22	Nofio Bangor	32.09

**Heat 4 of 5 Prelims Starts at 09:06 AM**

1	Edwards, Alaw	16	Nofio Gwynedd	31.56
2	Howells-Davies, Lana	18	Swansea Aq	31.10
3	Anderson, Rosalie	16	Co Cardiff	30.51
4	Collyer, Mabli	18	Nofio S Gar	29.70
5	Stead, Martha	21	Swansea Uni	30.10
6	Schumm, Libby	17	Torfaen D	30.90
7	Roberts, Isabel	16	Co Cardiff	31.30
8	Huws, Awen	18	Rct Squad	32.00

**Heat 5 of 5 Prelims Starts at 09:08 AM**

1	Bamborough, Katie	22	Swansea Uni	31.50
2	McGrath, Izzy	20	Swansea Uni	31.10
3	Nichols, Grace	16	Pembs Cty	30.50
4	Humphreys, Ffion	18	Nofio Gwynedd	29.20
5	Dwyfor-Clark, Efa	17	Nofio Gwynedd	30.00
6	Lush, Emily	24	Swansea Uni	30.90
7	Hall, Emily	16	Warrington W	31.14
8	James, Grace	17	Bridgend Cty	31.70

**Event 402 Men 16 & Over 50 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Prelims Starts at 09:10 AM**

1	Meilleur, Elliot	16	Nofio Gwynedd	30.10
2	Thomas, Iolo	16	Neath	29.00
3	Jasinski, Hubert	19	Swansea Uni	28.00
4	Morgan, Dominic	21	Swansea Uni	26.30
5	Johnstone, Daniel	19	Swansea Uni	27.44
6	Foster, Henry	17	Redditch	28.48
7	Payne, Alexander	18	Droitwich	29.27
8	Gilligan, Henry	16	Rct Squad	30.74

**Heat 2 of 3 Prelims Starts at 09:12 AM**

1	Miles, Harry	16	Co Cardiff	29.91
2	Dowty, Oliver	17	Mt Kelly	28.94
3	West, Dexter	17	Pembs Cty	27.90
4	Knight, Jack	23	Co Cardiff	26.10
5	McCarthy, Benedict	17	Co Cardiff	27.15
6	Mills, Ioan	17	Torfaen D	28.30
7	Lennon, Danny	18	Wrexham	29.10
8	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	30.60

**Heat 3 of 3 Prelims Starts at 09:14 AM**

1	Deacon, Cameron	16	Co Cardiff	29.78
2	Silverstone, Solomon	17	Pembs Cty	28.90
3	Hawkins, Alfie	19	Swansea Uni	27.80
4	Turner, Harry	27	Swansea Uni	25.30
5	Nikolaou, Antonio	23	Swansea Uni	27.03
6	Major, Maximus	16	Torfaen D	28.20
7	Upton-Boorman, Liam	19	Nofio S Gar	29.00
8	Davies, Brynley	16	Co Newport	30.20

**Event 403 Female 16 & Over 100 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 5 Prelims Starts at 09:15 AM**

1				—
2	%Lawn, Pippa S14	16	Torfaen D	1:26.35
3	%Willis, Meghan S9	19	Torfaen D/1,3,5	1:15.75
4	Williams, Marys	17	Swansea Aq	1:10.80
5	Taylor, Rebecca	16	Wrexham	1:12.15
6	%Rogerson, Heidi S10	19	Cambrian AA/A,12,+	1:24.09
7				—
8				—

**Heat 2 of 5 Prelims Starts at 09:18 AM**

1	Lythgoe, Manon	17	Swansea Aq	1:10.32
2	Jones, Myia	18	Wrexham	1:09.40
3	Morgan, Carys	18	Millfield	1:08.92
4	Ach Rhys, Eysyllt	16	Nofio Gwynedd	1:08.64
5	Roberts, Mali	16	Nofio Gwynedd	1:08.90
6	Hughes-Rolls, Ava	17	Torfaen D	1:09.30
7	Jones, Martha	17	Conwy	1:10.20
8	%Webb, Saskia S14	19	Pembs Cty	1:10.35

**Heat 3 of 5 Prelims Starts at 09:19 AM**

1	Geach, Libbie	17	Nofio S Gar	1:07.44
2	Hunter, Olivia	22	Swansea Uni	1:05.68
3	Lee, Edith	16	Co Cardiff	1:04.43
4	Dickinson, Jessica	21	Swansea Uni	1:02.73
5	Davies, Megan	21	Swansea Uni	1:04.02
6	Dewsbury, Daisy	21	Swansea Uni	1:04.90
7	Iles, Jessica	16	Co Cardiff	1:06.32
8	Cust, Ciara	19	Conwy	1:08.05

**Heat 4 of 5 Prelims Starts at 09:21 AM**

1	Jones, Rebecca	17	Co Coventry	1:07.30
2	Jones, Maisie	16	Co Cardiff	1:05.53
3	Willis, Hannah	21	Swansea Uni	1:04.33
4	Owen, Gracie	18	Torfaen D	1:02.40
5	Grant, Lucy	19	Swansea Uni	1:03.31
6	Griffiths, Cerys	16	Pembs Cty	1:04.84
7	Dwyfor-Clark, Efa	17	Nofio Gwynedd	1:06.14
8	Blanch, Janelle	19	Swansea Uni	1:07.60

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

## Meet Program - Session 10 (Warmup 8.00 - 8.50)

**Heat 5 Prelims (#403 Female 16 & Over 100 LC Meter Butterfly)**

1	Lewis, Lowri	20	Neath	1:07.20	___
2	Schumm, Libby	17	Torfaen D	1:05.23	___
3	Morgan, Isabel	22	Co Cardiff	1:04.03	___
4	Roberts, Catherine Elin	23	Swansea Uni	1:01.02	___
5	De Torres, Rebecca	22	Co Cardiff	1:02.95	___
6	Daniel, Megan	16	Caradon	1:04.70	___
7	Bassett, Alexandra	19	Co South'ton	1:06.10	___
8	Synowiec, Amelia	16	Conwy	1:07.52	___

**Event 404 Men 16 & Over 200 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Prelims Starts at 09:25 AM**

1	Dixon, Samuel	16	Reed's SC	2:28.30	___
2	Cavill, Jack	16	Co Cardiff	2:17.83	___
3	Prysor, Sami	19	EllesmereCSA	2:09.60	___
4	Arch, Rhydian	21	Co Cardiff	2:05.90	___
5	Taylor, Harry	19	Swansea Uni	2:09.20	___
6	Bamborough, Jack	18	Co Cardiff/H	2:12.86	___
7	Gwynfil, Solomon	16	Co Cardiff	2:26.39	___
8					___

**Heat 2 of 2 Prelims Starts at 09:28 AM**

1	Reece, Liam	16	Co Newport	2:26.62	___
2	Gruffydd, Ned	16	Co Cardiff	2:17.80	___
3	Cressey-Rodgers, Ioan	21	Nofio S Gar	2:09.30	___
4	Rodriguez, Antonio	22	Swansea Uni	1:59.80	___
5	Bradley, Mathew	20	Swansea Uni	2:08.96	___
6	West, Dexter	17	Pembs Cty	2:11.44	___
7	Parfitt, Sebastian	16	Co Cardiff	2:21.90	___
8	Neaves, Jake	17	EllesmereCSA	2:28.67	___

**Event 405 Female 16 & Over 400 LC Meter IM**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Prelims Starts at 09:31 AM**

1					___
2	Williams, Lowri	16	Swansea Aq	5:18.93	___
3	Rees, Katie	28	Swansea Uni	5:09.90	___
4	Stephenson, Ruby	19	Swansea Uni	4:56.50	___
5	Gordon, Freya	17	Haslemere	4:58.00	___
6	Lythgoe, Manon	17	Swansea Aq	5:18.55	___
7	Matthews, Elin	16	Co Cardiff	5:35.33	___
8					___

**Heat 2 of 2 Prelims Starts at 09:37 AM**

1					___
2	Thomas, Serenity	16	Nofio Gwynedd	5:18.80	___
3	Gibson, Mari	18	Co Cardiff	5:05.31	___
4	Marshall, Holly	20	Co Cardiff	4:53.70	___
5	Brassington, Sophie	20	Swansea Uni	4:57.43	___
6	Williams, Jody	20	Swansea Uni	5:14.50	___
7	Ling, Olivia	16	Co Cardiff	5:23.83	___
8					___

**Event 406 Men 16 & Over 100 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 6 Prelims Starts at 09:44 AM**

1	%O'Reilly, McKenzie S8	17	Torfaen D/A,12,+	1:22.55	___
2	Stuart-Lavender, Jac	16	Nofio S Gar	59.30	___
3	Duggan, Brandon	16	Co Cardiff	59.10	___
4	Davies, Tom	16	Co Newport	58.28	___
5	Vong, Joshua	16	Torfaen D	58.32	___
6	Williams, Thomas	16	Nofio S Gar	59.16	___
7	%Read, William S14	18	Swansea Aq	59.66	___
8	%Johnstone, Isaac S7	20	Swansea Uni	1:24.78	___

**Heat 2 of 6 Prelims Starts at 09:46 AM**

1	Thomas, Iolo	16	Neath	57.95	___
2	Deacon, Cameron	16	Co Cardiff	57.82	___
3	Hewitt, Archie	16	Torfaen D	57.63	___
4	Parsons, Joseph	19	Co Cardiff	56.20	___
5	Miles, Harry	16	Co Cardiff	57.60	___
6	Shiland-Griffiths, Enzo	16	Nofio Gwynedd	57.80	___
7	Davies, Blake	16	Co Cardiff	57.91	___
8	Bennett, Finley	17	Pembs Cty	58.09	___

**Heat 3 of 6 Prelims Starts at 09:47 AM**

1	Park, Reggie Samuel	16	Conwy	55.99	___
2	Major, Sebastian	20	Swansea Uni	55.89	___
3	Ma, Ko Kwan	17	Co Cardiff	55.69	___
4	Helps, Jacob	20	Swansea Uni	55.57	___
5	Foster, Henry	17	Redditch	55.66	___
6	Upton-Boorman, Liam	19	Nofio S Gar	55.80	___
7	Meilleur, Elliot	16	Nofio Gwynedd	55.92	___
8	Dowty, Oliver	17	Mt Kelly	56.10	___

**Heat 4 of 6 Prelims Starts at 09:49 AM**

1	Major, Maximus	16	Torfaen D	54.60	___
2	%Broom, Dylan S14	24	Swansea Uni	53.47	___
3	Ryley, William	28	Co Cardiff	52.43	___
4	Knight, Jack	23	Co Cardiff	50.77	___
5	James, Harley	21	Co Cardiff	51.48	___
6	Stepliuk, Edgar	20	Swansea Uni	52.80	___
7	Greenway, Morgan	23	Swansea Uni	53.87	___
8	Mills, Ioan	17	Torfaen D	55.40	___

**Heat 5 of 6 Prelims Starts at 09:50 AM**

1	Poole, Dexter	21	Swansea Uni	54.44	___
2	McCarthy, Benedict	17	Co Cardiff	53.30	___
3	Geysen-Holley, Max	21	Co Cardiff	52.26	___
4	Gillett, Oliver	19	Swansea Uni	50.59	___
5	Davies, Evan	20	Co Cardiff	51.30	___
6	Silverstone, Solomon	17	Pembs Cty	52.80	___
7	Lennon, Danny	18	Wrexham	53.70	___
8	Jasinski, Hubert	19	Swansea Uni	55.17	___

**Heat 6 of 6 Prelims Starts at 09:52 AM**

1	Lee, Jacob	20	Swansea Uni	54.05	___
2	Staines, Luca	22	Swansea Uni	52.94	___
3	Mruk, Lucas	18	Torfaen D	51.86	___
4	Jones, Dan	30	Swansea Uni	49.50	___
5	Docking-Smith, Frankie	22	Swansea Uni	51.30	___
6	Panaretos, Panayiotis	24	Swansea Uni	52.77	___
7	Edwards, Dion	19	Swansea Uni	53.68	___
8	Pugh, Morgan	19	Torfaen D	55.00	___

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

## Meet Program - Session 10 (Warmup 8.00 - 8.50)

**Event 407 Female 16 & Over 200 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 6 Prelims Starts at 09:54 AM**

1				___
2				___
3	%Webb, Saskia S14	19	Pembs Cty	2:20.82 ___
4	Givvons, Imogen	16	Torfaen D	2:16.90 ___
5	Coles, Mya	16	Co Newport	2:17.50 ___
6				___
7				___
8				___

**Heat 2 of 6 Prelims Starts at 09:57 AM**

1				___
2	Sullivan, Ariana	16	Torfaen D	2:16.78 ___
3	Roberts, Mali	16	Nofio Gwynedd	2:15.90 ___
4	Hatton-Ellis, Isabelle	18	Swansea Uni	2:15.20 ___
5	Ach Rhys, Esyllt	16	Nofio Gwynedd	2:15.50 ___
6	Edwards, Alaw	16	Nofio Gwynedd	2:16.03 ___
7	Fuller, Efa	17	Colchester	2:16.87 ___
8				___

**Heat 3 of 6 Prelims Starts at 10:00 AM**

1	Blake, Emily	19	Co Cardiff	2:14.10 ___
2	Humphreys, Holly	18	Neath	2:13.92 ___
3	Iles, Jessica	16	Co Cardiff	2:13.40 ___
4	Richards, Faith	16	Co Cardiff	2:13.20 ___
5	Geach, Libbie	17	Nofio S Gar	2:13.20 ___
6	O'Mahoney, Kaitlin	18	Bridgend Cty	2:13.40 ___
7	Devin, Erin	16	Wrexham	2:14.00 ___
8	Worthington, Emma	18	Chirk	2:14.70 ___

**Heat 4 of 6 Prelims Starts at 10:03 AM**

1	Bassett, Alexandra	19	Co South'ton	2:13.00 ___
2	Nichols, Grace	16	Pembs Cty	2:10.74 ___
3	Humphreys, Ffion	18	Nofio Gwynedd	2:08.10 ___
4	Griffiths, Cerys	16	Pembs Cty	2:04.06 ___
5	Hempenstall, Amy	18	Guildford Ct	2:06.40 ___
6	Irvine, Annabel	16	Crosby	2:09.47 ___
7	Hunter, Olivia	22	Swansea Uni	2:11.21 ___
8	Cust, Ciara	19	Conwy	2:13.11 ___

**Heat 5 of 6 Prelims Starts at 10:05 AM**

1	Weaver, Poppy	19	Swansea Uni	2:12.45 ___
2	Cumner, Megan	19	Swansea Uni	2:10.20 ___
3	Croke, Carys	19	Torfaen D	2:07.99 ___
4	Davies, Sophie	19	Millfield	2:01.20 ___
5	Patterson, Millie	20	Swansea Uni	2:06.20 ___
6	Sherrard, Emme	17	Torfaen D	2:09.20 ___
7	Hall, Emily	16	Warrington W	2:10.95 ___
8	Roberts, Megan	19	Swansea Uni	2:13.10 ___

**Heat 6 of 6 Prelims Starts at 10:08 AM**

1	Winstanley, Elin	17	Co Hereford	2:11.71 ___
2	Crawley, Abigail	21	Swansea Uni	2:09.63 ___
3	Titchener, Megan	18	Torfaen D	2:07.59 ___
4	Taylor, Theodora	17	Torfaen D	2:00.60 ___
5	Dickinson, Jessica	21	Swansea Uni	2:05.97 ___
6	Fox, Honor	19	Co Cardiff	2:08.30 ___
7	Jones, Maisie	16	Co Cardiff	2:10.90 ___
8	Dewsbury, Daisy	21	Swansea Uni	2:13.00 ___

**Event 408 Men 16 & Over 1500 LC Meter Freestyle (HDW)**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals Starts at 10:11 AM**

1				___
2				___
3	Williams, Thomas	16	Nofio S Gar	17:46.60 ___
4	Davies, Brynley	16	Co Newport	17:19.00 ___
5	Reece, Liam	16	Co Newport	17:44.40 ___
6				___
7				___
8				___

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

1	Park, Reggie Samuel	16	Conwy	16:54.10 ___
2	Mistry, Manav	19	Swansea Uni	16:43.03 ___
3	Harris, Daniel	19	Swansea Uni	16:35.80 ___
4	Neaves, Archie	21	Swansea Uni	16:32.30 ___
5	Bamborough, Jack	18	Co Cardiff/H	16:32.75 ___
6	Twigger, Owen	17	Swansea Aq	16:42.30 ___
7	Evans, Ieuan	19	Swansea Uni	16:52.34 ___
8	Williams, Owen	17	Nofio Gwynedd	17:07.20 ___