

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

Results

Event 104 Women 16-17 200 LC Meter Backstroke

	Name	Age	Team	Prelim Time
Preliminaries				
1	Dwyfor-Clark, Efa	17	Nofio Gwynedd	2:21.79
2	Nichols, Grace	16	Pembs Cty	2:24.32
3	Daniel, Megan	16	Caradon	2:27.31
4	Hall, Emily	16	Warrington W	2:28.92
5	Thomas, Serenity	16	Nofio Gwynedd	2:31.02
6	Roberts, Mali	16	Nofio Gwynedd	2:31.93
7	Edwards, Alaw	16	Nofio Gwynedd	2:33.13
8	Geach, Libbie	17	Nofio S Gar	2:35.38
9	Howson, Ellen	17	Co Newport	2:37.51
10	Upton-Boorman, Isabella	16	Nofio S Gar	2:39.91
11	Evans, Gwennan	16	Co Cardiff	2:44.82
---	Roberts, Isabel	16	Co Cardiff	NS
---	Duce, Charlie	17	Bedford SS	NS
---	Irvine, Annabel	16	Crosby	NS

Event 104 Women 18 & Over 200 LC Meter Backstroke

	Name	Age	Team	Prelim Time
Preliminaries				
1	Marshall, Holly	20	Co Cardiff	2:19.57
2	Humphreys, Ffion	18	Nofio Gwynedd	2:20.09
3	Titchener, Megan	18	Torfaen D	2:20.36
4	Blake, Emily	19	Co Cardiff	2:25.49
5	Williams, Jody	20	Swansea Uni	2:26.67
6	Williams, Rose A	18	Co Cardiff	2:27.83
7	Hatton-Ellis, Isabelle	18	Swansea Uni	2:30.05
8	Salmon, Gwen	19	Rct Squad	2:30.68
9	Gillingham, Grace	22	Nofio Bangor	2:32.28
10	Howells-Davies, Lana	18	Swansea Aq	2:33.09
11	Huws, Awen	18	Rct Squad	2:34.43
---	Hempenstall, Amy	18	Guildford Ct	NS