

Swim Wales National Championships 2026 - 02/04/2026 to 05/04/2026**Results - Session 12 (Warmup 2.50 - 3.50)****Event 407 Women 16-17 200 LC Meter Freestyle**

	Name	Age	Team	Finals Time
Finals				
1	Taylor, Theodora	17	TDOY	1:58.73
	27.56	57.53	1:28.33	1:58.73
2	Sherrard, Emme	17	TDOY	2:07.22
	29.40	1:01.54	1:34.70	2:07.22
3	Winstanley, Elin	17	HERM	2:07.87
	29.75	1:02.40	1:35.87	2:07.87
4	Jones, Maisie	16	COCY	2:11.17
	30.02	1:03.17	1:37.73	2:11.17
5	Iles, Jessica	16	COCY	2:11.83
	31.13	1:04.70	1:38.57	2:11.83
6	Nichols, Grace	16	PCPY	2:12.94
	30.56	1:04.29	1:38.57	2:12.94
7	Fuller, Efa	17	COLT	2:15.75
	31.05	1:04.94	1:40.11	2:15.75
8	Ach Rhys, Eswyllt	16	SGPY	2:15.98
	31.89	1:05.41	1:40.25	2:15.98

Event 407 Women 18 & Over 200 LC Meter Freestyle

	Name	Age	Team	Finals Time
Finals				
1	Davies, Sophie	19	MILW	2:02.55
	28.16	59.18	1:30.81	2:02.55
2	Dickinson, Jessica	21	SUNY	2:04.42
	29.13	1:00.70	1:32.62	2:04.42
3	Fox, Honor	19	COCY	2:07.79
	28.79	1:00.72	1:33.89	2:07.79
4	Hempenstall, Amy	18	GUIS	2:08.08
	28.32	59.55	1:33.09	2:08.08
5	Titchener, Megan	18	TDOY	2:08.52
	29.55	1:01.77	1:35.44	2:08.52
6	Hunter, Olivia	22	SUNY	2:10.99
	30.24	1:03.25	1:37.31	2:10.99