

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	Finals Time
Finals				
1	Dwyfor-Clark, Efa	17	Nofio Gwynedd	2:21.70
2	Hall, Emily	16	Warrington W	2:23.04
3	Nichols, Grace	16	Pembs Cty	2:23.92
4	Daniel, Megan	16	Caradon	2:24.19
5	Thomas, Serenity	16	Nofio Gwynedd	2:30.52
6	Geach, Libbie	17	Nofio S Gar	2:32.69
7	Roberts, Mali	16	Nofio Gwynedd	2:34.09
8	Howson, Ellen	17	Co Newport	2:37.34

Event 104 Women 18 & Over 200 LC Meter Backstroke

	Name	Age	Team	Finals Time
Finals				
1	Titchener, Megan	18	Torfaen D	2:17.71
2	Humphreys, Ffion	18	Nofio Gwynedd	2:18.74
3	Marshall, Holly	20	Co Cardiff	2:18.88
4	Williams, Rose A	18	Co Cardiff	2:25.81
5	Blake, Emily	19	Co Cardiff	2:26.89
6	Williams, Jody	20	Swansea Uni	2:28.14
7	Hatton-Ellis, Isabelle	18	Swansea Uni	2:28.92
8	Gillingham, Grace	22	Nofio Bangor	2:31.06