

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

Results - Session 4 (Warmup 8.00 - 8.50)

Event 206 Women 16-17 100 LC Meter Backstroke			
Name	Age	Team	Prelim Time
Preliminaries			
1 Dwyfor-Clark, Efa	17	SGPY	1:05.66 q
31.58	1:05.66		
2 Winstanley, Elin	17	HERM	1:06.12 q
32.10	1:06.12		
3 Nichols, Grace	16	PCPY	1:06.17 q
32.27	1:06.17		
4 Anderson, Rosalie	16	COCY	1:06.68 q
32.27	1:06.68		
5 Daniel, Megan	16	CRNW	1:07.04 q
32.43	1:07.04		
6 Hall, Emily	16	WOWN	1:07.97 q
32.94	1:07.97		
7 Duce, Charlie	17	MODT	1:09.51 q
33.70	1:09.51		
8 Andrews, Joanne	16	ECSM	1:10.48 q
33.94	1:10.48		
9 James, Grace	17	BRCY	1:11.20
33.99	1:11.20		
10 Geach, Libbie	17	NSGY	1:11.43
34.52	1:11.43		
11 Hughes-Rolls, Ava	17	TDOY	1:11.53
34.62	1:11.53		
12 Edwards, Alaw	16	SGPY	1:12.13
34.33	1:12.13		
13 Upton-Boorman, Isabella	16	NSGY	1:13.89
35.47	1:13.89		
14 Howson, Ellen	17	NWMY	1:13.92
35.95	1:13.92		
15 Ach Rhys, Esyllt	16	SGPY	1:15.07
36.09	1:15.07		
16 Synowiec, Amelia	16	SCPY	1:16.85
37.38	1:16.85		

9 Howells-Davies, Lana	18	SWAY	1:09.14
34.15	1:09.14		
10 Williams, Jody	20	SUNY	1:09.17
33.20	1:09.17		
11 Lush, Emily	24	SUNY	1:09.17
32.81	1:09.17		
12 Gillingham, Grace	22	BANY	1:09.38
33.58	1:09.38		
13 Blake, Emily	19	COCY	1:09.69
34.18	1:09.69		
14 Huws, Awen	18	RCTY	1:10.41
34.70	1:10.41		
15 Hatton-Ellis, Isabelle	18	SUNY	1:11.23
34.01	1:11.23		
16 Weaver, Poppy	19	SUNY	1:12.33
34.93	1:12.33		
17 Stork, Niamh	22	COCY	1:12.61
34.64	1:12.61		
18 Kay, Isabelle	18	RCTY	1:12.99
35.44	1:12.99		
19 Jones, Myia	18	WREY	1:13.93
35.52	1:13.93		

Event 206 Women 100 LC Meter Backstroke Multi-Class			
Name	Age	Team	Prelim Time
Preliminaries			
1 %Willis, Meghan S9	19	TDOY/1,3,5	1:19.71 q
37.86	1:19.71		
2 %Rogerson, Heidi S10	19	CAAY/A,12,+	1:22.25 q
40.62	1:22.25		
3 %Rice, Lily S8	22	COCY/A,12,+	1:25.64 q
41.60	1:25.64		
4 %Lawn, Pippa S14	16	TDOY	1:28.91 q
44.25	1:28.91		
5 %Mesher, Anwen S9	17	BREY/3,4,12,+	1:52.53 q
53.41	1:52.53		

Event 206 Women 18 & Over 100 LC Meter Backstroke			
Name	Age	Team	Prelim Time
Preliminaries			
1 Sutton, Rebecca	25	SUNY	1:02.18 q
29.88	1:02.18		
2 Humphreys, Ffion	18	SGPY	1:03.56 q
30.66	1:03.56		
3 Titchener, Megan	18	TDOY	1:05.17 q
31.55	1:05.17		
4 Owen, Gracie	18	TDOY	1:06.49 q
32.36	1:06.49		
5 Stead, Martha	21	SUNY	1:06.80 q
32.33	1:06.80		
6 Hempenstall, Amy	18	GUIS	1:07.51 q
32.75	1:07.51		
7 Salmon, Gwen	19	RCTY	1:07.84 q
32.70	1:07.84		
8 Bamborough, Katie	22	SUNY	1:08.81 q
33.66	1:08.81		