

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

Results

Event 206 Women 16-17 100 LC Meter Backstroke

	Name	Age	Team	Finals Time
Finals				
1	Winstanley, Elin	17	Co Hereford	1:03.91
	31.30	32.61		
2	Dwyfor-Clark, Efa	17	Nofio Gwynedd	1:04.78
	31.13	33.65		
3	Daniel, Megan	16	Caradon	1:05.77
	32.00	33.77		
4	Nichols, Grace	16	Pembs Cty	1:06.14
	32.05	34.09		
5	Hall, Emily	16	Warrington W	1:06.83
	31.95	34.88		
6	Anderson, Rosalie	16	Co Cardiff	1:06.98
	32.48	34.50		
7	James, Grace	17	Bridgend Cty	1:11.53
	34.04	37.49		
8	Duce, Charlie	17	Bedford SS	1:11.73
	35.33	36.40		

Event 206 Women 18 & Over 100 LC Meter Backstroke

	Name	Age	Team	Finals Time
Finals				
1	Sutton, Rebecca	25	Swansea Uni	1:02.13
	29.83	32.30		
2	Humphreys, Ffion	18	Nofio Gwynedd	1:03.21
	30.87	32.34		
3	Titchener, Megan	18	Torfaen D	1:04.93
	31.26	33.67		
4	Stead, Martha	21	Swansea Uni	1:05.16
	31.49	33.67		
5	Hempenstall, Amy	18	Guildford Ct	1:06.41
	31.97	34.44		
6	Owen, Gracie	18	Torfaen D	1:06.68
	32.06	34.62		
7	Salmon, Gwen	19	Rct Squad	1:07.71
	32.19	35.52		
8	Howells-Davies, Lana	18	Swansea Aq	1:09.11
	34.14	34.97		