

Swim Wales National Championships 2023 - 13/04/2023 to 16/04/2023

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Event 201 Women 16 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Prelims				
1	%Rice, Lily S8	19	Pembs Cty/A, 12+	1:17.63
2	%Lewis, Rebecca S10	20	Rct Squad/3, 5, 12+	1:10.64
3	%Webb, Saskia S14	16	Pembs Cty	1:06.59
4	Evans, Emilia	16	Millfield	1:04.73
5	Hellfeld, Beatrix	16	Nofio Bangor	1:05.00
6	%Willis, Meghan S10	16	Torfaen D/1, 3, 5	1:08.92
7	%Butt, Chloe S9	29	Caerphilly/A, 9	1:15.50
8	%Abell, Eve S10	16	Neath/12,+	1:24.79
Heat 2 of 8 Prelims				
1	Vincent, Caitlyn	17	Rct Squad	1:04.55
2	Willmore, Isabella	17	Co Newport	1:04.50
3	Williams, Hollie	16	Nofio S Gar	1:04.38
4	Millar, Connie	16	Bridgend Cty	1:04.35
5	Lewis, Hollie	16	Bridgend SC	1:04.36
6	Gruffydd, Mali	16	Co Cardiff	1:04.40
7	Chesworth, Lottie	17	Barnstaple	1:04.53
8	Clissold, Elizabeth	17	Pembs Cty	1:04.71
Heat 3 of 8 Prelims				
1	Lemon, Imogen	16	Buckley	1:04.20
2	Adams, Jaimee	17	Co Cardiff	1:04.15
3	Richardson, Maizie	17	Conwy	1:03.80
4	Marshall, Polly	18	Co Newport	1:03.55
5	Underwood, Molly	16	Co Coventry	1:03.76
6	Smart, Charlotte	16	Swansea Aq	1:04.10
7	Taylor, Phoebe	17	Cinderford	1:04.16
8	Salmon, Gwen	16	Rct Squad	1:04.30
Heat 4 of 8 Prelims				
1	Evans, Mali	16	Swansea Aq	1:03.50
2	Grant, Lucy	16	Co Newport	1:03.01
3	Leggott, Holly	21	Swansea Uni	1:02.70
4	Hickman, Eve	18	Bridgend Cty	1:02.50
5	Keepings, Charlotte	17	Co Newport	1:02.60
6	Evans, Caitlin	19	Swansea Aq	1:02.80
7	Faulkner, Marie	18	Co Cardiff	1:03.10
8	Hellfeld, Matilda	17	Nofio Bangor	1:03.50
Heat 5 of 8 Prelims				
1	Bevan, Olivia	18	Newbury	1:02.30
2	Cranch, Molly	20	Swansea Uni	1:02.20
3	Marchant, Rhiannon	19	Rct Squad	1:01.85
4	Roberts, Megan	16	Wrexham	1:01.62
5	Hammond, Katie	20	Co Cambridge	1:01.79
6	Jones, Cadi	18	Swim Gwynedd	1:02.10
7	Williams, Emily-Grace	19	Swansea Uni	1:02.28
8	Offside, Poppy	16	Torfaen D	1:02.47
Heat 6 of 8 Prelims				
1	Evans, Lili	16	Co Newport	1:01.00
2	Stokes, Aimee	19	Swansea Uni	59.66
3	Jones, Isabella	18	Nofio S Gar	59.10
4	Broder, Libby	17	Co Cardiff	58.18
5	Dunglinson, Kate	17	Co Cardiff	58.60
6	Donovan, Kelsey	18	Co Cardiff	59.32
7	Lush, Emily	21	Swansea Uni	1:00.63
8	Cross, Jessica	22	Swansea Uni	1:01.50

Heat 7 of 8 Prelims				
1	Martin, Molly	20	Buckley	1:00.70
2	Patterson, Millie	17	Swansea Aq	59.50
3	Croke, Carys	16	Torfaen D	58.80
4	Dickinson, Jessica	18	Swansea Uni	58.00
5	Graville, Carys	18	Co Cardiff	58.54
6	Tanir, Duru	21	Co Cardiff	59.22
7	Linton, Sophie	20	Swansea Uni	1:00.20
8	Chayka, Sofia	17	Swansea Aq	1:01.25
Heat 8 of 8 Prelims				
1	Woodhall, Alana	16	TigersJersey	1:00.70
2	Rathbone-Jones, Eloise	19	Co Cardiff	59.41
3	Domican, Rosie	19	Co Cardiff	58.78
4	Beynon, Annaliese	23	Co Cardiff	57.19
5	Davies, Sophie	16	Co Cardiff	58.20
6	Merchant, Anna-Rose	16	Bridgend Cty	59.10
7	Fox, Honor	16	Co Cardiff	59.99
8	Jones, Bea	17	Co Newport	1:01.07

Event 202 Men 16 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Prelims				
1				
2	Fletcher, Owen	16	Pembs Cty	1:00.06
3	Devin, Aaron	16	Nofio Clwyd	59.30
4	Bebb, Lewis	16	Newtown	59.00
5	McLain, Archie	17	Torfaen D	59.00
6	Williams, Thomas	16	Guildford Ct	59.50
7				
8				
Heat 2 of 8 Prelims				
1	Morgan, Lewis	16	Bridgend Cty	58.90
2	Upton-Boorman, Liam	16	Nofio S Gar	58.30
3	McGuinness, Charlie	17	Torfaen D	58.12
4	Fowler, Joseph	17	Mt Kelly	57.72
5	Lee, Jason	20	Swansea Uni	57.72
6	Harvey, Daniel	17	Ruthin	58.20
7	Ardern, James	16	Pembs Cty	58.50
8	Preece, Toby	16	Torfaen D	58.92
Heat 3 of 8 Prelims				
1	Cusselle, Ben	20	Swansea Uni	57.61
2	Pugh, Morgan	16	Torfaen D	57.48
3	Edwards, Dion	16	Swim Gwynedd	57.30
4	Cressey-Rodgers, Ioan	18	Nofio S Gar	57.10
5	Edwards, Samuel	17	Neath	57.20
6	John, Finlay	17	Bridgend Cty	57.40
7	Steven, Adam	17	Co Newport	57.60
8	Vaughan, William	16	Rct Squad	57.70
Heat 4 of 8 Prelims				
1	Raw, James	16	Swansea Aq	56.30
2	Leckonby, Dairhys	17	Penyrheol	56.30
3	Rosser, Alex	27	Torfaen D	56.10
4	Hughes, Cian	18	Co Cardiff	55.90
5	Southwood, Charlie	16	Torfaen D	55.90
6	Prysor, Sami	16	Pembs Cty	56.16
7	Thomas, Rhys	18	Swansea Aq	56.30
8	Davies, Anthony	18	Mt Kelly	56.44

Swim Wales National Championships 2023 - 13/04/2023 to 16/04/2023

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Heat 5 Prelims (#202 Men 16 & Over 100 LC Meter Freestyle)

1	Merriman, Ben	18	Co Cardiff	55.60	_____
2	Burns, Harry	18	Co Cardiff	55.40	_____
3	#Broom, Dylan	21	Torfaen D	55.25	_____
4	Wright, Ethan	21	Nofio Bangor	55.18	_____
5	Roberts, Harrison	18	Nofio Clwyd	55.20	_____
6	Ellis, Kristian	21	Wrexham	55.30	_____
7	Patsalides, Antonis	21	Swansea Uni	55.41	_____
8	Gillett, Oliver	16	Swansea Aq	55.76	_____

Heat 6 of 8 Prelims

1	Davies, Evan	17	Co Cardiff	54.80	_____
2	Park, James	19	Swansea Uni	53.60	_____
3	Gallagher, Dylan	20	Swansea Uni	52.88	_____
4	Speakman, Zach	21	UniOfStirl	51.90	_____
5	James, Tristyn	17	Bridgend Cty	52.60	_____
6	Jones, Carwyn	17	Co Cardiff	53.24	_____
7	Beamer, Thomas	21	Swansea Uni	53.98	_____
8	Young, Alexander	16	Nofio Clwyd	55.00	_____

Heat 7 of 8 Prelims

1	Jenkins, Richard	17	Millfield	54.28	_____
2	Crew, Sam	21	Swansea Uni	53.60	_____
3	Knight, Jack	20	Co Cardiff	52.80	_____
4	Williams, Josh	21	Swansea Uni	51.80	_____
5	James, Harley	18	Co Cardiff	52.49	_____
6	McCarthy, Samuel	18	Co Cardiff	53.23	_____
7	Fox-Wiltshire, Benjamin	18	Co Cardiff	53.90	_____
8	Bools, Dominic	20	Repton	54.96	_____

Heat 8 of 8 Prelims

1	Burton, Luke	20	Swansea Uni	54.23	_____
2	Geysen-Holley, Max	18	Co Cardiff	53.30	_____
3	Rodriguez, Antonio	19	Swansea Uni	52.70	_____
4	Elkin, Max	19	Swansea Uni	51.27	_____
5	Larkin, Ryan	22	Swansea Uni	52.40	_____
6	Raffill, Daniel	20	Swansea Uni	53.20	_____
7	Lee, Ethan	17	Co Cardiff	53.70	_____
8	Wells, Oliver	17	Swansea Aq	54.86	_____

Event 203 Women 16 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Prelims

1					_____
2					_____
3	Brassington, Lucy	16	Co Cardiff	2:58.30	_____
4	Stenson, Isabella	16	Cirencester	2:57.10	_____
5	Worthington, Heather	17	Chirk	2:58.30	_____
6					_____
7					_____
8					_____

Heat 2 of 4 Prelims

1	Faulkner, Marie	18	Co Cardiff	2:54.30	_____
2	Phillips, Erin	17	Swansea Aq	2:49.80	_____
3	Rimmer, Kaitlin	20	Nofio Clwyd	2:43.72	_____
4	Payne, Sophie	21	Swansea Uni	2:36.40	_____
5	Bissicks, Ella	16	Swansea Aq	2:40.70	_____
6	Hallett, Isabel	20	Co Bristol	2:44.53	_____
7	Treharne, Lara	16	Co Peterboro	2:53.00	_____
8					_____

Heat 3 of 4 Prelims

1	Evans, Caitlin	17	Neath	2:53.80	_____
2	Phillips, Rhianna	18	Nofio S Gar	2:48.70	_____
3	Rees, Katie	25	Swansea Uni	2:43.46	_____
4	Williams-Jones, Phoebe	17	Co Cardiff	2:35.60	_____
5	Sharp, Laura	21	Swansea Uni	2:40.14	_____
6	Gorman, Helen	51	Co Cardiff	2:44.40	_____
7	Owen, Elain	18	Chirk	2:52.50	_____
8	Hale, Gemma	16	Swansea Aq	2:56.60	_____

Heat 4 of 4 Prelims

1	Briggs, Bailey	16	Heads Valley	2:53.63	_____
2	Lewis, Rachael	19	Pembs Cty	2:47.48	_____
3	Crowley, Amy	18	Co Cardiff	2:42.90	_____
4	Brassington, Sophie	17	Co Cardiff	2:33.90	_____
5	Jones, Cadi	18	Swim Gwynedd	2:39.90	_____
6	Mustoe, Lili-May	21	Swansea Uni	2:43.96	_____
7	O Callaghan, Faye	18	Co Cardiff	2:50.20	_____
8	Cook, Seren	19	Bridgend Cty	2:55.40	_____

Event 204 Men 16 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Prelims

1	Williams, Gethin	16	Wrexham	2:42.10	_____
2	Knowles, Elis	18	Leatherhead	2:33.00	_____
3	Gallagher, Reagan	17	TauntonDeane	2:28.85	_____
4	Lee, Tristan	17	Co Cardiff	2:23.40	_____
5	Lovell-Pascal, Jean-Luc	18	Holywell	2:26.20	_____
6	Winstone, Evan	17	Co Cardiff	2:32.70	_____
7	Evans, Ieuan	16	Conwy	2:37.10	_____
8	Cressey-Rodgers, Huw	16	Nofio S Gar	2:45.90	_____

Heat 2 of 3 Prelims

1	Baker, Ellis	17	Caradon	2:40.90	_____
2	Darbey, Rhys	16	Nofio Clwyd	2:32.87	_____
3	Ellis-Sixsmith, Ethan	20	Co Sheffield	2:28.70	_____
4	Panaretos, Panayiotis	21	Swansea Uni	2:20.45	_____
5	Jones, Christopher	42	Portsmouth N	2:25.42	_____
6	Senior, Jack	19	Nofio Bangor	2:29.76	_____
7	Lee, Jason	20	Swansea Uni	2:37.00	_____
8	Bird, Charles	16	Chirk	2:44.70	_____

Heat 3 of 3 Prelims

1	Edwards, Jamie	16	Nofio Clwyd	2:38.50	_____
2	Williams, Thomas	16	Guildford Ct	2:32.70	_____
3	Sheppard, Rhydian	16	Co Cardiff	2:27.90	_____
4	Anderson, Maxwell	18	Co Cardiff	2:18.20	_____
5	Halliwell, Thomas	19	Swansea Uni	2:23.50	_____
6	Minshull, Callum	19	Swansea Uni	2:29.30	_____
7	George, Cian	17	Swansea Aq	2:36.93	_____
8	Clarke, Henry	16	Swansea Aq	2:44.30	_____

Event 205 Women 16 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Prelims

1					_____
2					_____
3	Thomas, Grace	16	Pembs Cty	34.80	_____
4	Shute, Hollie	16	Caradon	34.70	_____
5	David, Isabelle	16	Swansea Aq	34.80	_____
6	%Jones, Lucy S9	16	Newtown/1, 3, 5	38.90	_____
7					_____
8					_____

Swim Wales National Championships 2023 - 13/04/2023 to 16/04/2023

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Heat 2 Prelims (#205 Women 16 & Over 50 LC Meter Backstroke)

1	Peter, Sophie	16	Swansea Aq	34.50	_____
2	Vincent, Caitlyn	17	Rct Squad	34.20	_____
3	Lemon, Imogen	16	Buckley	33.89	_____
4	Bailey-Jones, Nia	18	Truro City	33.60	_____
5	Millar, Connie	16	Bridgend Cty	33.70	_____
6	Evans, Emilia	16	Millfield	34.00	_____
7	Phillips, Ruby	16	Co Cardiff	34.20	_____
8	Crawley, Jessica	16	Bridgend Cty	34.60	_____

Heat 3 of 6 Prelims

1	Worthington, Heather	17	Chirk	33.50	_____
2	Willmore, Isabella	17	Co Newport	33.20	_____
3	Bissicks, Ella	16	Swansea Aq	33.10	_____
4	Graville, Carys	18	Co Cardiff	33.00	_____
5	Evans, Mali	16	Swansea Aq	33.00	_____
6	Grant, Lucy	16	Co Newport	33.10	_____
7	Grigg-Williams, Chloe	20	Penyrheol	33.50	_____
8	Thomas, Ffion	16	Bridgend Cty	33.51	_____

Heat 4 of 6 Prelims

1	Smart, Charlotte	16	Swansea Aq	32.80	_____
2	Evans, Bethan	18	Neath	31.90	_____
3	Shute, Olivia	17	Caradon	31.60	_____
4	Butcher, Katherine	19	Swansea Uni	30.10	_____
5	Jones, Bea	17	Co Newport	30.80	_____
6	Nowell, Gabriella	18	Torfaen D	31.80	_____
7	Cull, Harriett	16	Co Cardiff	32.24	_____
8	Goodliffe, Faith	23	C Dolphins	32.90	_____

Heat 5 of 6 Prelims

1	O Callaghan, Faye	18	Co Cardiff	32.50	_____
2	Williams, Emily-Grace	19	Swansea Uni	31.80	_____
3	Lush, Emily	21	Swansea Uni	31.32	_____
4	Pease, Georgia	21	Swansea Uni	30.10	_____
5	Patterson, Millie	17	Swansea Aq	30.70	_____
6	Marchant, Rhiannon	19	Rct Squad	31.72	_____
7	Domican, Rosie	19	Co Cardiff	32.02	_____
8	Evans, Caitlin	19	Swansea Aq	32.90	_____

Heat 6 of 6 Prelims

1	Taylor, Phoebe	17	Cinderford	32.35	_____
2	Keepings, Charlotte	17	Co Newport	31.80	_____
3	Dallolio, Katey	19	Nofio Clwyd	31.32	_____
4	Melbourne-Smith, G	20	Swansea Uni	30.10	_____
5	Bamborough, Katie	19	Co Cardiff	30.40	_____
6	Leggott, Holly	21	Swansea Uni	31.70	_____
7	Salmon, Gwen	16	Rct Squad	31.90	_____
8	Croke, Carys	16	Torfaen D	32.83	_____

Event 206 Men 16 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1					_____
2	Evans, Isaac	16	Co Hereford	31.50	_____
3	Devin, Aaron	16	Nofio Clwyd	31.20	_____
4	Jones, Joseph	17	Neath	31.10	_____
5	Gubb, Harvey	17	Neath	31.10	_____
6	Bloomer, Ryan	17	Halesowen	31.30	_____
7	Jones, Harrison	16	Bridgend Cty	31.74	_____
8					_____

Heat 2 of 5 Prelims

1	Pugh, Morgan	16	Torfaen D	30.90	_____
2	#Broom, Dylan	21	Torfaen D	30.70	_____
3	Upton-Boorman, Liam	16	Nofio S Gar	30.50	_____
4	Edwards, Dion	16	Swim Gwynedd	30.20	_____
5	Bebb, Lewis	16	Newtown	30.38	_____
6	Vaughan, William	16	Rct Squad	30.50	_____
7	Roberts, Harrison	18	Nofio Clwyd	30.70	_____
8	Price-Davies, Owen	17	Heads Valley	31.00	_____

Heat 3 of 5 Prelims

1	Cressey-Rodgers, Ioan	18	Nofio S Gar	29.70	_____
2	Southwood, Charlie	16	Torfaen D	28.80	_____
3	Burns, Harry	18	Co Cardiff	28.30	_____
4	James, Tristyn	17	Bridgend Cty	26.80	_____
5	Davies, Evan	17	Co Cardiff	27.80	_____
6	Raffill, Daniel	20	Swansea Uni	28.60	_____
7	Thomas, Rhys	18	Swansea Aq	29.50	_____
8	Jenkins, Richard	17	Millfield	30.20	_____

Heat 4 of 5 Prelims

1	Grant, William	18	Ruthin	29.60	_____
2	Park, James	19	Swansea Uni	28.70	_____
3	Blackwell, Ieuan	19	Co Cambridge	28.10	_____
4	Mougis, Sofoklis	21	Swansea Uni	26.36	_____
5	Nikolaou, Antonio	20	Swansea Uni	27.60	_____
6	Young, Alexander	16	Nofio Clwyd	28.50	_____
7	Hughes, Cian	18	Co Cardiff	29.18	_____
8	Williams, Thomas	16	Guildford Ct	30.15	_____

Heat 5 of 5 Prelims

1	Ellis, Kristian	21	Wrexham	29.50	_____
2	West, Zac	17	Pembs Cty	28.60	_____
3	Lee, Ethan	17	Co Cardiff	28.10	_____
4	Turner, Harry	24	Swansea Uni	24.90	_____
5	Rodriguez, Antonio	19	Swansea Uni	27.10	_____
6	John, Finlay	17	Bridgend Cty	28.40	_____
7	Green, Alex	18	Brockworth	28.90	_____
8	Taylor, Adam	18	Wrexham	30.10	_____

Event 207 Women 16 & Over 800 LC Meter Freestyle (HDW)

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1					_____
2					_____
3	Phillips, Ruby	16	Co Cardiff	10:05.10	_____
4	Beynon, Gracie	16	Bridgend Cty	10:02.40	_____
5	Daly, Kirsten	17	Bridgend Cty	10:02.80	_____
6					_____
7					_____
8					_____

Heat 2 of 3 Finals

1					_____
2	Mathias, Ffion	16	Swansea Aq	9:51.10	_____
3	Jones, Lucy	16	Co Newport	9:48.20	_____
4	Marshall, Polly	18	Co Newport	9:43.30	_____
5	Gillett, Keira	18	Swansea Aq	9:47.90	_____
6	Roberts, Megan	16	Wrexham	9:50.60	_____
7	Williams, Hollie	16	Nofio S Gar	9:59.30	_____
8					_____

**Swim Wales National Championships 2023 - 13/04/2023 to 16/04/2023****Meet Program - Session 4 (Warmup 8.00 - 8.50)****Heat 3 Finals (#207 Women 16 & Over 800 LC Meter Freestyle (HDW))**

1	Rogers, Mollie	20	Wrexham	9:37.90	___
2	Tree, Charlotte	19	Swansea Uni	9:35.90	___
3	Lloyd, Ruby	18	Swansea Uni	9:24.14	___
4	Forwood, Emily	19	Mt Kelly	9:08.70	___
5	John, Emilia	16	Co Cardiff	9:17.40	___
6	Hickman, Eve	18	Bridgend Cty	9:32.00	___
7	Gruffydd, Mali	16	Co Cardiff	9:36.60	___
8	Bamborough, Katie	19	Co Cardiff	9:39.66	___

**Event 208 Men 16 & Over 1500 LC Meter Freestyle (HDW)**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1					___
2					___
3	Fletcher, Owen	16	Pembs Cty	18:16.00	___
4	Thomas, Shay	17	Conwy	17:57.80	___
5	Evans, Ieuan	16	Conwy	18:11.20	___
6	Adam-Munar, Noah	16	Co Cardiff	18:22.28	___
7					___
8					___

**Heat 2 of 2 Finals**

1	Morgan, Lewis	16	Bridgend Cty	17:41.60	___
2	Jones, Danny	20	Co Newport	17:31.90	___
3	Neaves, Archie	18	Swansea Aq	16:48.70	___
4	Melbourne-Smith, Tyler	18	Co Liverpool	15:19.30	___
5	Merriman, Ben	18	Co Cardiff	16:10.60	___
6	Davies, Anthony	18	Mt Kelly	17:03.96	___
7	Taylor, Adam	18	Wrexham	17:32.90	___
8	Carver, Wil	17	Swansea Aq	17:47.20	___