

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

Meet Program - Session 10 (Warmup 8.00 - 8.50)

Event 401 Men 16 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Prelims

1	Upton-Boorman, Liam	16	Nofio S Gar	2:29.90	_____
2	Clarke, Henry	16	Swansea Aq	2:29.70	_____
3	James, Ioan	16	Bridgend Cty	2:28.70	_____
4	Adam-Munar, Noah	16	Co Cardiff	2:28.70	_____
5	Cressey-Rodgers, Huw	16	Nofio S Gar	2:28.70	_____
6	Bebb, Lewis	16	Newtown	2:29.10	_____
7	Owen, Tomos	16	Nofio Bangor	2:29.90	_____
8					_____

Heat 2 of 5 Prelims

1	Davies, Gavin	16	Co Newport	2:27.20	_____
2	Evans, Ieuan	16	Conwy	2:26.20	_____
3	Williams, Thomas	16	Guildford Ct	2:24.10	_____
4	Pugh, Morgan	16	Torfaen D	2:23.50	_____
5	McLain, Archie	17	Torfaen D	2:23.90	_____
6	Thomas, Shay	17	Conwy	2:24.60	_____
7	Longworth, Ellis	17	Conwy	2:26.30	_____
8	Gubb, Harvey	17	Neath	2:27.30	_____

Heat 3 of 5 Prelims

1	#Broom, Dylan	21	Torfaen D	2:20.15	_____
2	Davies, Evan	17	Co Cardiff	2:17.29	_____
3	Wright, Ethan	21	Nofio Bangor	2:13.80	_____
4	Lee, Tristan	17	Co Cardiff	2:08.70	_____
5	Newman, Brad	22	Co Cardiff	2:10.29	_____
6	Burns, Harry	18	Co Cardiff	2:15.50	_____
7	Gillett, Oliver	16	Swansea Aq	2:18.78	_____
8	Winstone, Evan	17	Co Cardiff	2:22.90	_____

Heat 4 of 5 Prelims

1	Knowles, Elis	18	Leatherhead	2:19.70	_____
2	Senior, Jack	19	Nofio Bangor	2:16.77	_____
3	Darbey, Rhys	16	Nofio Clwyd	2:13.00	_____
4	James, Tristyn	17	Bridgend Cty	2:08.10	_____
5	Patsalides, Antonis	21	Swansea Uni	2:09.60	_____
6	Ellis-Sixsmith, Ethan	20	Co Sheffield	2:14.80	_____
7	John, Finlay	17	Bridgend Cty	2:18.50	_____
8	Sheppard, Rhydian	16	Co Cardiff	2:20.40	_____

Heat 5 of 5 Prelims

1	Williams, Ralph	17	Nofio Clwyd	2:19.00	_____
2	Gallagher, Reagan	17	TauntonDeane	2:16.09	_____
3	Arch, Rhydian	18	Co Cardiff	2:10.50	_____
4	Edwards, Kaden	19	Co Cardiff	2:03.52	_____
5	Fox-Wiltshire, Benjamin	18	Co Cardiff	2:09.40	_____
6	Anderson, Maxwell	18	Co Cardiff	2:14.60	_____
7	Lovell-Pascal, Jean-Luc	18	Holywell	2:17.30	_____
8	Jenkins, Richard	17	Millfield	2:20.28	_____

Event 402 Women 16 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Prelims

1					_____
2					_____
3	Evans, Emilia	16	Millfield	32.91	_____
4	Hughes, Mari	16	Nofio Bangor	32.88	_____
5	Williams, Hollie	16	Nofio S Gar	32.90	_____
6	Sullivan, Katie	16	Swansea Aq	33.10	_____
7					_____
8					_____

Heat 2 of 7 Prelims

1	Smart, Charlotte	16	Swansea Aq	32.60	_____
2	Brassington, Lucy	16	Co Cardiff	32.57	_____
3	Williams, Mali	17	Rct Squad	32.08	_____
4	Evans, Caitlin	19	Swansea Aq	31.82	_____
5	David, Isabelle	16	Swansea Aq	32.04	_____
6	Bailey-Jones, Nia	18	Truro City	32.20	_____
7	Kovachev, Georgie	16	Pembs Cty	32.58	_____
8	Peter, Sophie	16	Swansea Aq	32.63	_____

Heat 3 of 7 Prelims

1	Taylor, Phoebe	17	Cinderford	31.58	_____
2	Beynon, Gracie	16	Bridgend Cty	31.41	_____
3	Rogers, Mollie	20	Wrexham	31.40	_____
4	Bissicks, Ella	16	Swansea Aq	31.34	_____
5	Cressey-Rodgers, Deryn	20	Nofio S Gar	31.36	_____
6	Davies, Abigail	18	Bridgend Cty	31.40	_____
7	Nowell, Gabriella	18	Torfaen D	31.50	_____
8	Chesworth, Lottie	17	Barnstaple	31.68	_____

Heat 4 of 7 Prelims

1	Enoch, Megan-Jane	16	Torfaen D	31.32	_____
2	White, Eleanor	17	Pembs Cty	31.29	_____
3	Hellfeld, Matilda	17	Nofio Bangor	31.10	_____
4	Goodliffe, Faith	23	C Dolphins	30.90	_____
5	Fox, Honor	16	Co Cardiff	31.08	_____
6	Vincent, Caitlyn	17	Rct Squad	31.24	_____
7	Adams, Jaimee	17	Co Cardiff	31.30	_____
8	Devonald, Niamh	16	Pembs Cty	31.33	_____

Heat 5 of 7 Prelims

1	Cranch, Molly	20	Swansea Uni	30.23	_____
2	Dunglinson, Kate	17	Co Cardiff	29.80	_____
3	Jones, Isabella	18	Nofio S Gar	29.31	_____
4	Melbourne-Smith, G	20	Swansea Uni	28.60	_____
5	Cross, Jessica	22	Swansea Uni	29.10	_____
6	Patterson, Millie	17	Swansea Aq	29.70	_____
7	Grant, Lucy	16	Co Newport	30.09	_____
8	Hammond, Lauren	18	Co Cambridge	30.74	_____

Heat 6 of 7 Prelims

1	Cull, Harriett	16	Co Cardiff	30.19	_____
2	Butcher, Katherine	19	Swansea Uni	29.79	_____
3	Morgan, Isabel	19	Co Cardiff	29.21	_____
4	Fry, Caitlyn	19	Swansea Uni	28.51	_____
5	Pease, Georgia	21	Swansea Uni	28.65	_____
6	Donovan, Kelsey	18	Co Cardiff	29.54	_____
7	O Callaghan, Faye	18	Co Cardiff	29.87	_____
8	Lush, Emily	21	Swansea Uni	30.44	_____

Heat 7 of 7 Prelims

1	Chayka, Sofia	17	Swansea Aq	30.19	_____
2	Treharne, Lara	16	Co Peterboro	29.70	_____
3	Merchant, Anna-Rose	16	Bridgend Cty	29.19	_____
4	Tanir, Duru	21	Co Cardiff	27.75	_____
5	Cambrook, Caitlin	20	Swansea Uni	28.60	_____
6	Lewis, Lowri	17	Neath	29.52	_____
7	Davis, Bethan	18	Frome	29.80	_____
8	Martin, Molly	20	Buckley	30.26	_____

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

Meet Program - Session 10 (Warmup 8.00 - 8.50)

Event 403 Men 16 & Over 50 LC Meter Butterfly				
Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Prelims				
1				—
2	Koriakovtsev, Illia	16	Swansea Aq	30.80 —
3	Szwarnog, Filip	16	Conwy	30.60 —
4	Cressey-Rodgers, Huw	16	Nofio S Gar	30.47 —
5	James, Ioan	16	Bridgend Cty	30.50 —
6	Fletcher, Owen	16	Pembs Cty	30.66 —
7	Hardy, Dewi	16	Wrexham	30.80 —
8				—
Heat 2 of 8 Prelims				
1	McGuinness, Charlie	17	Torfaen D	30.07 —
2	Jasinski, Hubert	16	Co Newport	30.00 —
3	McLain, Archie	17	Torfaen D	29.87 —
4	Vaughan, William	16	Rct Squad	29.70 —
5	Williams, Ralph	17	Nofio Clwyd	29.80 —
6	Devin, Aaron	16	Nofio Clwyd	29.90 —
7	Pritchard, William	16	Ruthin	30.00 —
8	Davies, Sean	16	Holywell	30.39 —
Heat 3 of 8 Prelims				
1	West, Zac	17	Pembs Cty	29.30 —
2	Grant, William	18	Ruthin	29.15 —
3	Gubb, Harvey	17	Neath	29.00 —
4	Jenkins, Richard	17	Millfield	28.76 —
5	Ingram, James	18	Heads Valley	29.00 —
6	Bloomer, Ryan	17	Halesowen	29.10 —
7	Hedge, Thomas	18	Swansea Aq	29.16 —
8	Caddy, Alexander	16	Caradon	29.48 —
Heat 4 of 8 Prelims				
1	Bebb, Lewis	16	Newtown	28.61 —
2	#Broom, Dylan	21	Torfaen D	28.54 —
3	Steven, Adam	17	Co Newport	28.40 —
4	Preece, Toby	16	Torfaen D	28.20 —
5	Harvey, Daniel	17	Ruthin	28.30 —
6	Southwood, Charlie	16	Torfaen D	28.51 —
7	Roberts, Harrison	18	Nofio Clwyd	28.60 —
8	Ardern, James	16	Pembs Cty	28.70 —
Heat 5 of 8 Prelims				
1	Fowler, Joseph	17	Mt Kelly	28.00 —
2	Lee, Jason	20	Swansea Uni	27.92 —
3	Wright, Ethan	21	Nofio Bangor	27.73 —
4	Williams, Thomas	16	Guildford Ct	27.52 —
5	Green, Alex	18	Brockworth	27.61 —
6	Wells, Oliver	17	Swansea Aq	27.76 —
7	Stefanski, Oskar	22	Swansea Uni	27.94 —
8	Pugh, Morgan	16	Torfaen D	28.00 —
Heat 6 of 8 Prelims				
1	Ellis, Kristian	21	Wrexham	27.27 —
2	Davies, Evan	17	Co Cardiff	26.90 —
3	Crew, Sam	21	Swansea Uni	25.97 —
4	Williams, Solomon	18	Millfield	25.55 —
5	Gallagher, Dylan	20	Swansea Uni	25.70 —
6	Geysen-Holley, Max	18	Co Cardiff	26.56 —
7	Young, Alexander	16	Nofio Clwyd	26.90 —
8	Cressey-Rodgers, Ioan	18	Nofio S Gar	27.40 —

Heat 7 of 8 Prelims				
1	Gallagher, Reagan	17	TauntonDeane	27.15 —
2	Lee, Tristan	17	Co Cardiff	26.70 —
3	Larkin, Ryan	22	Swansea Uni	25.90 —
4	Edwards, Rhys	21	Swansea Uni	25.33 —
5	James, Harley	18	Co Cardiff	25.66 —
6	Park, James	19	Swansea Uni	26.18 —
7	Lee, Ethan	17	Co Cardiff	26.90 —
8	George, Cian	17	Swansea Aq	27.33 —
Heat 8 of 8 Prelims				
1	Edwards, Dion	16	Swim Gwynedd	27.00 —
2	Greenway, Morgan	20	Swansea Uni	26.58 —
3	Jones, Carwyn	17	Co Cardiff	25.90 —
4	Rodriguez, Antonio	19	Swansea Uni	25.30 —
5	Mougis, Sofoklis	21	Swansea Uni	25.61 —
6	James, Tristyn	17	Bridgend Cty	26.00 —
7	Thomas, Rhys	18	Swansea Aq	26.90 —
8	McCarthy, Samuel	18	Co Cardiff	27.29 —
Event 404 Women 16 & Over 200 LC Meter Backstroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims				
1				—
2	Salmon, Gwen	16	Rct Squad	2:29.60 —
3	Leggott, Holly	21	Swansea Uni	2:25.10 —
4	Bamborough, Katie	19	Co Cardiff	2:20.90 —
5	Cull, Harriett	16	Co Cardiff	2:24.40 —
6	Keepings, Charlotte	17	Co Newport	2:29.00 —
7	Hellfeld, Matilda	17	Nofio Bangor	2:33.40 —
8				—
Heat 2 of 3 Prelims				
1	Phillips, Ruby	16	Co Cardiff	2:35.30 —
2	Hammond, Lauren	18	Co Cambridge	2:29.60 —
3	John, Emilia	16	Co Cardiff	2:25.00 —
4	Patterson, Millie	17	Swansea Aq	2:19.70 —
5	Jones, Bea	17	Co Newport	2:23.40 —
6	Nowell, Gabriella	18	Torfaen D	2:27.44 —
7	Gruffydd, Mali	16	Co Cardiff	2:31.90 —
8				—
Heat 3 of 3 Prelims				
1	Fox, Honor	16	Co Cardiff	2:34.45 —
2	Rogers, Mollie	20	Wrexham	2:29.30 —
3	Evans, Lili	16	Co Newport	2:24.70 —
4	Marshall, Holly	17	Repton	2:16.00 —
5	Domican, Rosie	19	Co Cardiff	2:22.10 —
6	Evans, Bethan	18	Neath	2:27.00 —
7	Smart, Charlotte	16	Swansea Aq	2:30.40 —
8				—
Event 405 Men 16 & Over 200 LC Meter Backstroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims				
1				—
2	Evans, Ieuan	16	Conwy	2:23.30 —
3	Arch, Rhydian	18	Co Cardiff	2:10.40 —
4	Williams, Solomon	18	Millfield	2:05.10 —
5	Fox-Wiltshire, Benjamin	18	Co Cardiff	2:07.20 —
6	Winstone, Evan	17	Co Cardiff	2:20.30 —
7	Adam-Munar, Noah	16	Co Cardiff	2:24.90 —
8				—

**Swim Wales National Championships 2023 - 13/04/2023 to 16/04/2023****Meet Program - Session 10 (Warmup 8.00 - 8.50)****Heat 2 Prelims (#405 Men 16 & Over 200 LC Meter Backstroke)**

1	Bebb, Lewis	16	Newtown	2:25.70	___
2	Upton-Boorman, Liam	16	Nofio S Gar	2:23.10	___
3	John, Finlay	17	Bridgend Cty	2:10.00	___
4	Rodriguez, Antonio	19	Swansea Uni	2:04.30	___
5	Nikolaou, Antonio	20	Swansea Uni	2:06.90	___
6	Southwood, Charlie	16	Torfaen D	2:17.20	___
7	Aylen, James	16	Bridgend Cty	2:24.80	___
8					___

**Heat 3 of 3 Prelims**

1	Owen, Tomos	16	Nofio Bangor	2:25.10	___
2	Price-Davies, Owen	17	Heads Valley	2:22.40	___
3	Knight, Jack	20	Co Cardiff	2:08.56	___
4	Edwards, Kaden	19	Co Cardiff	2:02.33	___
5	Beamer, Thomas	21	Swansea Uni	2:05.10	___
6	Taylor, Adam	18	Wrexham	2:15.60	___
7	Fowler, Joseph	17	Mt Kelly	2:23.70	___
8					___

**Event 406 Women 16 & Over 1500 LC Meter Freestyle (HDW)**

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

1					___
2					___
3	Jones, Lucy	16	Co Newport	19:03.50	___
4	Forwood, Emily	19	Mt Kelly	17:32.40	___
5	Roberts, Megan	16	Wrexham	18:29.90	___
6					___
7					___
8					___

**Event 407 Men 16 & Over 800 LC Meter Freestyle (HDW)**

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

1					___
2	McGuinness, Charlie	17	Torfaen D	8:58.90	___
3	Geysen-Holley, Max	18	Co Cardiff	8:38.10	___
4	O'Brien, Joshua	18	Co Cardiff	8:23.70	___
5	Merriman, Ben	18	Co Cardiff	8:27.10	___
6	Davies, Anthony	18	Mt Kelly	8:55.07	___
7	Morgan, Lewis	16	Bridgend Cty	9:06.80	___
8					___