

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

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Event 101 Men 16 & Over 50 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 09:00 AM

| | | | | |
|---|---------------------|----|--------------|-------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | Hewitt, Archie | 16 | Torfaen D | 34.55 |
| 4 | James, Tristan | 17 | Bridgend Cty | 33.40 |
| 5 | Park, Reggie Samuel | 16 | Conwy | 34.02 |
| 6 | | | | — |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 4 Prelims Starts at 09:02 AM

| | | | | |
|---|-------------------------|----|---------------|-------|
| 1 | Miles, Harry | 16 | Co Cardiff | 33.25 |
| 2 | Upton-Boorman, Liam | 19 | Nofio S Gar | 32.70 |
| 3 | Tennant, Cale | 18 | Eastbourne | 31.48 |
| 4 | Lovell-Pascal, Jean-Luc | 21 | Swansea Uni | 29.60 |
| 5 | Sheppard, Rhydian | 19 | Co Cardiff | 30.33 |
| 6 | Meilleur, Elliot | 16 | Nofio Gwynedd | 32.13 |
| 7 | Neaves, Jake | 17 | EllesmereCSA | 32.82 |
| 8 | Lloyd, Thomas | 18 | Rochford | 33.40 |

Heat 3 of 4 Prelims Starts at 09:03 AM

| | | | | |
|---|----------------------|----|---------------|-------|
| 1 | Hughes, Cai | 17 | Nofio Bangor | 33.12 |
| 2 | Mruk, Lucas | 18 | Torfaen D | 32.40 |
| 3 | James, Rhys | 17 | Rct Squad | 31.28 |
| 4 | James, Jack | 19 | Swansea Uni | 28.83 |
| 5 | Thomas, Lucas | 18 | Nofio Gwynedd | 30.20 |
| 6 | Stuart-Lavender, Jac | 16 | Nofio S Gar | 32.03 |
| 7 | Twigger, Owen | 17 | Swansea Aq | 32.80 |
| 8 | Baker, Ellis | 20 | Swansea Uni | 33.29 |

Heat 4 of 4 Prelims Starts at 09:04 AM

| | | | | |
|---|-----------------------|----|--------------|-------|
| 1 | Bartram, Solomon | 16 | Bridgend Cty | 32.90 |
| 2 | Doyle, Alfie | 18 | Torfaen D | 32.40 |
| 3 | Pugh, Morgan | 19 | Torfaen D | 30.87 |
| 4 | Panaretos, Panayiotis | 24 | Swansea Uni | 28.25 |
| 5 | Staines, Luca | 22 | Swansea Uni | 30.09 |
| 6 | Phillips, Finley | 16 | Nofio S Gar | 31.99 |
| 7 | Richardson, Osian | 18 | Swansea Aq | 32.80 |
| 8 | Bennett, Finley | 17 | Pembs Cty | 33.28 |

Event 102 Female 16 & Over 50 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 09:05 AM

| | | | | |
|---|---------------|----|-------------|-------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | Powell, Josie | 16 | Bridgend SC | 37.96 |
| 4 | Davies, Mae | 16 | Rtw Monson | 36.90 |
| 5 | Jones, Flora | 16 | Holywell | 37.00 |
| 6 | | | | — |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 4 Prelims Starts at 09:07 AM

| | | | | |
|---|-------------------|----|---------------|-------|
| 1 | Schumm, Libby | 17 | Torfaen D | 36.30 |
| 2 | Davies, Ellen | 17 | Chirk | 35.48 |
| 3 | Morgan, Carys | 18 | Millfield | 34.63 |
| 4 | Huellou, Claire | 21 | Swansea Uni | 32.86 |
| 5 | Sait, Erika | 20 | Swansea Uni | 33.57 |
| 6 | Williams, Cari | 17 | Nofio Gwynedd | 35.02 |
| 7 | Worthington, Emma | 18 | Chirk | 35.89 |
| 8 | | | | — |

Heat 3 of 4 Prelims Starts at 09:08 AM

| | | | | |
|---|------------------|----|-------------|-------|
| 1 | Lythgoe, Manon | 17 | Swansea Aq | 36.28 |
| 2 | Jones, Rebecca | 17 | Co Coventry | 35.23 |
| 3 | Salmon, Gwen | 19 | Rct Squad | 34.47 |
| 4 | Collyer, Mabli | 18 | Nofio S Gar | 32.24 |
| 5 | Evans, Gwenllian | 17 | Co Cardiff | 33.42 |
| 6 | Matthews, Elin | 16 | Co Cardiff | 34.93 |
| 7 | Rees, Katie | 28 | Swansea Uni | 35.58 |
| 8 | | | | — |

Heat 4 of 4 Prelims Starts at 09:09 AM

| | | | | |
|---|------------------|----|--------------|-------|
| 1 | Price, Cerys | 17 | Heads Valley | 36.16 |
| 2 | Owen, Kessie | 18 | Neath | 35.07 |
| 3 | Bissicks, Ella | 19 | Swansea Uni | 34.22 |
| 4 | Crowley, Amy | 21 | Co Cardiff | 31.79 |
| 5 | Woodcock, Hannah | 22 | Swansea Uni | 33.10 |
| 6 | Williams, Lowri | 16 | Swansea Aq | 34.80 |
| 7 | Gorman, Helen | 54 | Co Cardiff | 35.49 |
| 8 | Gardener, Hannah | 17 | Bridgend Cty | 36.56 |

Event 103 Men 16 & Over 400 LC Meter IM

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 2 Prelims Starts at 09:11 AM

| | | | | |
|---|--------------------|----|---------------|---------|
| 1 | | | | — |
| 2 | Gwynfil, Solomon | 16 | Co Cardiff | 5:01.70 |
| 3 | Mistry, Manav | 19 | Swansea Uni | 4:54.47 |
| 4 | Evans, Ieuan | 19 | Swansea Uni | 4:41.86 |
| 5 | Bradley, Mathew | 20 | Swansea Uni | 4:47.72 |
| 6 | Meilleur, Elliot | 16 | Nofio Gwynedd | 4:56.59 |
| 7 | Parfitt, Sebastian | 16 | Co Cardiff | 5:07.50 |
| 8 | | | | — |

Heat 2 of 2 Prelims Starts at 09:16 AM

| | | | | |
|---|--------------------|----|-------------|---------|
| 1 | | | | — |
| 2 | Bennett, Finley | 17 | Pembs Cty | 4:58.90 |
| 3 | %Darbey, Rhys SM14 | 19 | Wrexham | 4:50.90 |
| 4 | Neaves, Archie | 21 | Swansea Uni | 4:41.70 |
| 5 | West, Dexter | 17 | Pembs Cty | 4:44.48 |
| 6 | Cavill, Jack | 16 | Co Cardiff | 4:55.71 |
| 7 | Reece, Liam | 16 | Co Newport | 5:04.07 |
| 8 | | | | — |

Event 104 Female 16 & Over 200 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 09:22 AM

| | | | | |
|---|-------------------------|----|-------------|---------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | Evans, Gwennan | 16 | Co Cardiff | 2:37.80 |
| 4 | Roberts, Isabel | 16 | Co Cardiff | 2:36.21 |
| 5 | Upton-Boorman, Isabella | 16 | Nofio S Gar | 2:37.50 |
| 6 | | | | — |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 4 Prelims Starts at 09:26 AM

| | | | | |
|---|------------------|----|--------------|---------|
| 1 | Geach, Libbie | 17 | Nofio S Gar | 2:30.90 |
| 2 | Duce, Charlie | 17 | Bedford SS | 2:28.60 |
| 3 | Salmon, Gwen | 19 | Rct Squad | 2:24.28 |
| 4 | Hempenstall, Amy | 18 | Guildford Ct | 2:18.70 |
| 5 | Williams, Jody | 20 | Swansea Uni | 2:21.90 |
| 6 | Hall, Emily | 16 | Warrington W | 2:26.40 |
| 7 | Huws, Awen | 18 | Rct Squad | 2:29.40 |
| 8 | | | | — |

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

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Heat 3 Prelims (#104 Female 16 & Over 200 LC Meter Backstroke)

| | | | | | |
|---|------------------------|----|---------------|---------|-----|
| 1 | %Williams, Rose S14 | 18 | Co Cardiff | 2:29.65 | ___ |
| 2 | Thomas, Serenity | 16 | Nofio Gwynedd | 2:28.27 | ___ |
| 3 | Daniel, Megan | 16 | Caradon | 2:22.86 | ___ |
| 4 | Humphreys, Ffion | 18 | Nofio Gwynedd | 2:17.90 | ___ |
| 5 | Dwyfor-Clark, Efa | 17 | Nofio Gwynedd | 2:21.61 | ___ |
| 6 | Hatton-Ellis, Isabelle | 18 | Swansea Uni | 2:25.96 | ___ |
| 7 | Howells-Davies, Lana | 18 | Swansea Aq | 2:29.00 | ___ |
| 8 | Howson, Ellen | 17 | Co Newport | 2:34.60 | ___ |

Heat 4 of 4 Prelims Starts at 09:34 AM

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Gillingham, Grace | 22 | Nofio Bangor | 2:29.50 | ___ |
| 2 | Irvine, Annabel | 16 | Crosby | 2:27.40 | ___ |
| 3 | Nichols, Grace | 16 | Pembs Cty | 2:22.20 | ___ |
| 4 | Marshall, Holly | 20 | Co Cardiff | 2:14.90 | ___ |
| 5 | Titchener, Megan | 18 | Torfaen D | 2:19.02 | ___ |
| 6 | Blake, Emily | 19 | Co Cardiff | 2:24.30 | ___ |
| 7 | Edwards, Alaw | 16 | Nofio Gwynedd | 2:28.80 | ___ |
| 8 | Roberts, Mali | 16 | Nofio Gwynedd | 2:33.72 | ___ |

Event 105 Men 16 & Over 100 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 09:38 AM

| | | | | | |
|---|------------------------|----|------------------|---------|-----|
| 1 | | | | | ___ |
| 2 | %O'Reilly, McKenzie S8 | 17 | Torfaen D/A,12,+ | 1:24.23 | ___ |
| 3 | Harris, Tom | 16 | Co Chester | 1:08.10 | ___ |
| 4 | Miles, Harry | 16 | Co Cardiff | 1:07.67 | ___ |
| 5 | Phillips, Finley | 16 | Nofio S Gar | 1:07.94 | ___ |
| 6 | %Read, William S14 | 18 | Swansea Aq | 1:09.30 | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 4 Prelims Starts at 09:41 AM

| | | | | | |
|---|-------------------|----|-------------|---------|-----|
| 1 | Winstone, Evan | 20 | Co Cardiff | 1:04.50 | ___ |
| 2 | Rixon, Oliver | 18 | Co Cardiff | 1:02.90 | ___ |
| 3 | Johnstone, Daniel | 19 | Swansea Uni | 59.90 | ___ |
| 4 | Nikolaou, Antonio | 23 | Swansea Uni | 57.54 | ___ |
| 5 | Turner, Harry | 27 | Swansea Uni | 58.68 | ___ |
| 6 | Gore, Andrew | 21 | Co Cardiff | 1:01.77 | ___ |
| 7 | Davies, Brynley | 16 | Co Newport | 1:03.50 | ___ |
| 8 | Duggan, Brandon | 16 | Co Cardiff | 1:07.10 | ___ |

Heat 3 of 4 Prelims Starts at 09:43 AM

| | | | | | |
|---|-------------------------|----|---------------|---------|-----|
| 1 | Keeble, Alex | 22 | Swansea Uni | 1:03.90 | ___ |
| 2 | Edwards, Dion | 19 | Swansea Uni | 1:02.06 | ___ |
| 3 | Jasinski, Hubert | 19 | Swansea Uni | 59.70 | ___ |
| 4 | Edwards, Ross | 17 | Co Cardiff | 57.49 | ___ |
| 5 | West, Dexter | 17 | Pembs Cty | 58.60 | ___ |
| 6 | Foster, Henry | 17 | Redditch | 1:00.40 | ___ |
| 7 | Upton-Boorman, Liam | 19 | Nofio S Gar | 1:03.40 | ___ |
| 8 | Shiland-Griffiths, Enzo | 16 | Nofio Gwynedd | 1:06.10 | ___ |

Heat 4 of 4 Prelims Starts at 09:45 AM

| | | | | | |
|---|--------------------|----|------------|---------|-----|
| 1 | Deacon, Cameron | 16 | Co Cardiff | 1:03.60 | ___ |
| 2 | Thomas, Iolo | 16 | Neath | 1:01.80 | ___ |
| 3 | McCarthy, Benedict | 17 | Co Cardiff | 58.97 | ___ |
| 4 | Knight, Jack | 23 | Co Cardiff | 55.40 | ___ |
| 5 | Ryley, William | 28 | Co Cardiff | 58.50 | ___ |
| 6 | Mills, Ioan | 17 | Torfaen D | 1:00.10 | ___ |
| 7 | Hole, Ethan | 17 | Co Cardiff | 1:03.30 | ___ |
| 8 | Gilligan, Henry | 16 | Rct Squad | 1:05.70 | ___ |

Event 106 Female 16 & Over 100 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 8 Prelims Starts at 09:48 AM

| | | | | | |
|---|----------------------|----|-------------------|---------|-----|
| 1 | | | | | ___ |
| 2 | %Mesher, Anwen S9 | 17 | Brecon/3,4,12,+ | 1:35.20 | ___ |
| 3 | %Humphrey, Eliza S11 | 21 | Swansea Uni/TB | 1:14.49 | ___ |
| 4 | %Willis, Meghan S9 | 19 | Torfaen D/1,3,5 | 1:06.68 | ___ |
| 5 | %Rice, Lily S8 | 22 | Co Cardiff/A,12,+ | 1:13.50 | ___ |
| 6 | %Lawn, Pippa S14 | 16 | Torfaen D | 1:19.05 | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 8 Prelims Starts at 09:50 AM

| | | | | | |
|---|------------------|----|---------------|---------|-----|
| 1 | Rees, Maisie | 16 | Rct Squad | 1:04.97 | ___ |
| 2 | Fitzgerald, Mali | 16 | Bridgend Cty | 1:04.50 | ___ |
| 3 | Roberts, Mali | 16 | Nofio Gwynedd | 1:03.46 | ___ |
| 4 | Fuller, Efa | 17 | Colchester | 1:03.14 | ___ |
| 5 | Jones, Rebecca | 17 | Co Coventry | 1:03.40 | ___ |
| 6 | Lythgoe, Manon | 17 | Swansea Aq | 1:03.49 | ___ |
| 7 | Evans, Gwennan | 16 | Co Cardiff | 1:04.80 | ___ |
| 8 | Synowiec, Amelia | 16 | Conwy | 1:05.00 | ___ |

Heat 3 of 8 Prelims Starts at 09:52 AM

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Sullivan, Ariana | 16 | Torfaen D | 1:02.92 | ___ |
| 2 | Stork, Niamh | 22 | Co Cardiff | 1:02.35 | ___ |
| 3 | Thomas, Serenity | 16 | Nofio Gwynedd | 1:02.29 | ___ |
| 4 | Ach Rhys, Eyllt | 16 | Nofio Gwynedd | 1:02.21 | ___ |
| 5 | Weaver, Poppy | 19 | Swansea Uni | 1:02.26 | ___ |
| 6 | King, Marley | 18 | Penyrheol | 1:02.35 | ___ |
| 7 | Lewis, Lowri | 20 | Neath | 1:02.40 | ___ |
| 8 | Hughes-Rolls, Ava | 17 | Torfaen D | 1:03.00 | ___ |

Heat 4 of 8 Prelims Starts at 09:54 AM

| | | | | | |
|---|--------------------|----|---------------|---------|-----|
| 1 | Bassett, Alexandra | 19 | Co South'ton | 1:02.10 | ___ |
| 2 | James, Grace | 17 | Bridgend Cty | 1:01.89 | ___ |
| 3 | Humphreys, Holly | 18 | Neath | 1:01.81 | ___ |
| 4 | Worthington, Emma | 18 | Chirk | 1:01.60 | ___ |
| 5 | Edwards, Alaw | 16 | Nofio Gwynedd | 1:01.70 | ___ |
| 6 | Morgan, Carys | 18 | Millfield | 1:01.86 | ___ |
| 7 | O'Mahoney, Kaitlin | 18 | Bridgend Cty | 1:01.90 | ___ |
| 8 | Cust, Ciara | 19 | Conwy | 1:02.10 | ___ |

Heat 5 of 8 Prelims Starts at 09:55 AM

| | | | | | |
|---|-----------------|----|-------------|---------|-----|
| 1 | Roberts, Megan | 19 | Swansea Uni | 1:01.40 | ___ |
| 2 | Williams, Lowri | 16 | Swansea Aq | 1:01.31 | ___ |
| 3 | Cumner, Megan | 19 | Swansea Uni | 1:01.15 | ___ |
| 4 | Givvons, Imogen | 16 | Torfaen D | 1:01.02 | ___ |
| 5 | Davies, Mae | 16 | Rtw Monson | 1:01.09 | ___ |
| 6 | Stokes, Aimee | 22 | Swansea Uni | 1:01.20 | ___ |
| 7 | Geach, Libbie | 17 | Nofio S Gar | 1:01.33 | ___ |
| 8 | Hunter, Olivia | 22 | Swansea Uni | 1:01.51 | ___ |

Heat 6 of 8 Prelims Starts at 09:57 AM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | Hall, Emily | 16 | Warrington W | 1:00.46 | ___ |
| 2 | Schumm, Libby | 17 | Torfaen D | 59.41 | ___ |
| 3 | Croke, Carys | 19 | Torfaen D | 58.50 | ___ |
| 4 | Sutton, Rebecca | 25 | Swansea Uni | 56.83 | ___ |
| 5 | Hempenstall, Amy | 18 | Guildford Ct | 58.21 | ___ |
| 6 | Griffiths, Cerys | 16 | Pembs Cty | 59.21 | ___ |
| 7 | Lush, Emily | 24 | Swansea Uni | 1:00.10 | ___ |
| 8 | Willis, Hannah | 21 | Swansea Uni | 1:00.80 | ___ |

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

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Heat 7 Prelims (#106 Female 16 & Over 100 LC Meter Freestyle)

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Evans, Gwenllian | 17 | Co Cardiff | 1:00.17 | ___ |
| 2 | Patterson, Millie | 20 | Swansea Uni | 59.37 | ___ |
| 3 | Fox, Honor | 19 | Co Cardiff | 58.46 | ___ |
| 4 | Davies, Sophie | 19 | Millfield | 55.90 | ___ |
| 5 | Crawley, Abigail | 21 | Swansea Uni | 57.94 | ___ |
| 6 | Humphreys, Ffion | 18 | Nofio Gwynedd | 58.93 | ___ |
| 7 | Jones, Maisie | 16 | Co Cardiff | 59.53 | ___ |
| 8 | Dwyfor-Clark, Efa | 17 | Nofio Gwynedd | 1:00.77 | ___ |

Heat 8 of 8 Prelims Starts at 10:00 AM

| | | | | | |
|---|--------------------|----|-------------|---------|-----|
| 1 | Anderson, Rosalie | 16 | Co Cardiff | 1:00.13 | ___ |
| 2 | Sherrard, Emme | 17 | Torfaen D | 59.30 | ___ |
| 3 | Dickinson, Jessica | 21 | Swansea Uni | 58.30 | ___ |
| 4 | Taylor, Theodora | 17 | Torfaen D | 54.20 | ___ |
| 5 | Major, Scarlet | 23 | Swansea Uni | 57.03 | ___ |
| 6 | Winstanley, Elin | 17 | Co Hereford | 58.56 | ___ |
| 7 | Davies, Megan | 21 | Swansea Uni | 59.48 | ___ |
| 8 | Nichols, Grace | 16 | Pembs Cty | 1:00.61 | ___ |

Event 107 Men 16 & Over 200 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 4 Prelims Starts at 10:02 AM

| | | | | | |
|---|-------------------------|----|---------------|---------|-----|
| 1 | %Read, William S14 | 18 | Swansea Aq | 2:09.53 | ___ |
| 2 | Shiland-Griffiths, Enzo | 16 | Nofio Gwynedd | 2:07.87 | ___ |
| 3 | Brock, Freddy | 17 | Rct Squad | 2:06.40 | ___ |
| 4 | Foster, Henry | 17 | Redditch | 2:04.19 | ___ |
| 5 | Vong, Joshua | 16 | Torfaen D | 2:05.91 | ___ |
| 6 | Davies, Tom | 16 | Co Newport | 2:06.50 | ___ |
| 7 | Williams, Thomas | 16 | Nofio S Gar | 2:08.30 | ___ |
| 8 | | | | | ___ |

Heat 2 of 4 Prelims Starts at 10:05 AM

| | | | | | |
|---|-----------------------|----|---------------|---------|-----|
| 1 | Lennon, Danny | 18 | Wrexham | 2:00.55 | ___ |
| 2 | Ellis-Sixsmith, Lucas | 19 | Co Liverpool | 1:58.31 | ___ |
| 3 | Davies, Evan | 20 | Co Cardiff | 1:54.60 | ___ |
| 4 | O'Brien, Joshua | 21 | Co Cardiff | 1:51.91 | ___ |
| 5 | Staines, Luca | 22 | Swansea Uni | 1:53.30 | ___ |
| 6 | %Broom, Dylan S14 | 24 | Swansea Uni | 1:56.58 | ___ |
| 7 | Twigger, Owen | 17 | Swansea Aq | 1:58.60 | ___ |
| 8 | Williams, Owen | 17 | Nofio Gwynedd | 2:03.00 | ___ |

Heat 3 of 4 Prelims Starts at 10:08 AM

| | | | | | |
|---|---------------------|----|-------------|---------|-----|
| 1 | Keeble, Alex | 22 | Swansea Uni | 1:59.46 | ___ |
| 2 | Parsons, Joseph | 19 | Co Cardiff | 1:58.05 | ___ |
| 3 | Nerushenko, Valeriy | 21 | Swansea Uni | 1:53.80 | ___ |
| 4 | James, Harley | 21 | Co Cardiff | 1:51.90 | ___ |
| 5 | Ryley, William | 28 | Co Cardiff | 1:53.11 | ___ |
| 6 | Lee, Jacob | 20 | Swansea Uni | 1:55.96 | ___ |
| 7 | Harris, Daniel | 19 | Swansea Uni | 1:58.50 | ___ |
| 8 | Park, Reggie Samuel | 16 | Conwy | 2:02.06 | ___ |

Heat 4 of 4 Prelims Starts at 10:10 AM

| | | | | | |
|---|----------------------|----|--------------|---------|-----|
| 1 | Major, Maximus | 16 | Torfaen D | 1:58.83 | ___ |
| 2 | Silverstone, Solomon | 17 | Pembs Cty | 1:57.37 | ___ |
| 3 | Bamborough, Jack | 18 | Co Cardiff/H | 1:53.50 | ___ |
| 4 | Gillett, Oliver | 19 | Swansea Uni | 1:51.70 | ___ |
| 5 | Geysen-Holley, Max | 21 | Co Cardiff | 1:52.60 | ___ |
| 6 | Mruk, Lucas | 18 | Torfaen D | 1:55.70 | ___ |
| 7 | Pugh, Morgan | 19 | Torfaen D | 1:58.36 | ___ |
| 8 | Ma, Ko Kwan | 17 | Co Cardiff | 2:00.95 | ___ |

Event 108 Female 16 & Over 1500 LC Meter Freestyle (HDW)

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 2 Finals Starts at 10:13 AM

| | | | | | |
|---|-----------------|----|-------------|----------|-----|
| 1 | | | | | ___ |
| 2 | Coles, Mya | 16 | Co Newport | 19:10.90 | ___ |
| 3 | Ling, Olivia | 16 | Co Cardiff | 18:53.71 | ___ |
| 4 | Iles, Jessica | 16 | Co Cardiff | 18:47.85 | ___ |
| 5 | Philpott, Ffion | 17 | Nofio S Gar | 18:48.94 | ___ |
| 6 | Richards, Faith | 16 | Co Cardiff | 19:08.60 | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 2 Finals Starts at 10:33 AM

| | | | | | |
|---|-----------------|----|-------------|----------|-----|
| 1 | Dacey, Mollie | 18 | Co Cardiff | 18:37.36 | ___ |
| 2 | Roberts, Megan | 19 | Swansea Uni | 18:25.70 | ___ |
| 3 | Mitchell, Abby | 20 | Swansea Uni | 17:46.08 | ___ |
| 4 | Gordon, Freya | 17 | Haslemere | 17:09.00 | ___ |
| 5 | Toms, Emily | 20 | Swansea Uni | 17:45.96 | ___ |
| 6 | Irvine, Annabel | 16 | Crosby | 17:54.60 | ___ |
| 7 | Devin, Erin | 16 | Wrexham | 18:26.10 | ___ |
| 8 | Cust, Ciara | 19 | Conwy | 18:41.84 | ___ |

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

Meet Program - Session 2 (Warmup 11.05 - 11.55)

Event 121 Boys 12-15 50 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 5 Prelims Starts at 12:05 PM

| | | | | |
|---|----------------|----|------------|-------|
| 1 | | | | — |
| 2 | Picken, Luke | 12 | Sandwell | 43.47 |
| 3 | Groves, Jasper | 12 | Conwy | 42.45 |
| 4 | Leigh, Jacob | 13 | Co Cardiff | 40.90 |
| 5 | Howell, Harry | 13 | Chirk | 40.91 |
| 6 | Mander, Toby | 12 | Conwy | 43.10 |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 5 Prelims Starts at 12:07 PM

| | | | | |
|---|---------------------|----|-------------|-------|
| 1 | Pugh, Bryn | 13 | Torfaen D | 40.85 |
| 2 | Bishop, Harrison | 13 | Barnstaple | 40.44 |
| 3 | Lloyd, Vincent-Owen | 13 | Nofio S Gar | 39.33 |
| 4 | Grimston, Max | 14 | Buckley | 38.70 |
| 5 | Hewitt, Oscar | 13 | Monnow | 38.90 |
| 6 | De Haan, Charlie | 13 | Holywell | 39.80 |
| 7 | Lloyd, Dylan | 13 | Rhondda | 40.82 |
| 8 | Staples, Max | 13 | Rhondda | 40.88 |

Heat 3 of 5 Prelims Starts at 12:08 PM

| | | | | |
|---|----------------------|----|--------------|-------|
| 1 | Jones, Zac | 12 | Co Cardiff | 38.20 |
| 2 | Hughes, Freddy | 14 | Rct Squad | 36.22 |
| 3 | Csoban, Benjamin | 15 | Co Newport | 35.45 |
| 4 | Woodrow, Leo | 15 | TauntonDeane | 33.64 |
| 5 | Edwards, Isaac | 14 | Wrexham | 35.20 |
| 6 | Fordyce, Dewi | 13 | Berkhamsted | 36.00 |
| 7 | Wynne, Jasper | 14 | Royal Wolv | 37.38 |
| 8 | Marques-Jones, Felix | 14 | Carmarthen | 38.64 |

Heat 4 of 5 Prelims Starts at 12:10 PM

| | | | | |
|---|----------------------|----|---------------|-------|
| 1 | McCullagh, Patrick | 14 | Holywell | 37.75 |
| 2 | Morgan, Thomas | 14 | Neath | 36.20 |
| 3 | Volaussek, Noah | 15 | Co Cardiff | 35.33 |
| 4 | Taylor, Nicholas | 15 | Torfaen D | 33.37 |
| 5 | Jones, Noah | 15 | Torfaen D | 35.10 |
| 6 | Price-Clishem, Dyfan | 15 | Nofio Gwynedd | 35.60 |
| 7 | Jones, Dafydd | 14 | Carmarthen | 37.20 |
| 8 | Williams, Lucas | 12 | Swansea Aq | 38.30 |

Heat 5 of 5 Prelims Starts at 12:11 PM

| | | | | |
|---|-----------------|----|--------------|-------|
| 1 | Barrow, Charles | 13 | Edenbridge | 37.40 |
| 2 | Morgan, Cole | 15 | C Dolphins | 36.11 |
| 3 | Lovell, Logan | 15 | Swindon Dolp | 35.32 |
| 4 | Sekula, Mateusz | 15 | Rhondda | 33.30 |
| 5 | Sekula, Szymon | 15 | Rhondda | 34.74 |
| 6 | Tennant, Zeke | 13 | Eastbourne | 35.60 |
| 7 | Gregory, Jaiden | 15 | Rct Squad | 36.25 |
| 8 | Tennant, Jace | 13 | Eastbourne | 38.20 |

Event 122 Female 12-15 50 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 6 Prelims Starts at 12:12 PM

| | | | | |
|---|-----------------------|----|-------------|-------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | %Philpott, Lowri SB14 | 15 | Nofio S Gar | 51.84 |
| 4 | Weatherhead, Emilie | 12 | Mold | 43.10 |
| 5 | M'Keown, Emily | 12 | Holywell | 43.50 |
| 6 | | | | — |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 6 Prelims Starts at 12:14 PM

| | | | | |
|---|---------------------|----|--------------|-------|
| 1 | Mustey, Caroline | 12 | Monnow | 42.93 |
| 2 | Morgado, Carolina | 12 | Wrexham | 41.90 |
| 3 | Coles, Aria | 13 | Neath | 41.30 |
| 4 | Greensill, Evie | 13 | Co Newport | 40.90 |
| 5 | Ryan, Ellie | 13 | Co Cardiff | 41.23 |
| 6 | Lovell, Amabel | 12 | Swindon Dolp | 41.80 |
| 7 | Lennon, Amelia-Rose | 12 | Nofio S Gar | 42.68 |
| 8 | | | | — |

Heat 3 of 6 Prelims Starts at 12:15 PM

| | | | | |
|---|---------------------|----|------------|-------|
| 1 | Howells, Betsi | 13 | Newtown | 39.71 |
| 2 | Prickett, Chloe | 14 | Co Cardiff | 39.57 |
| 3 | Lawn, Lexi | 13 | Torfaen D | 39.32 |
| 4 | Roberts, Connie-Rae | 13 | Co Newport | 39.18 |
| 5 | O'hara, Noelle | 13 | Wrexham | 39.30 |
| 6 | Williams, Paige | 14 | Swansea Aq | 39.50 |
| 7 | Lewis, Evie | 13 | Pembs Cty | 39.58 |
| 8 | Van Zyl, Giada | 12 | Co Cardiff | 40.00 |

Heat 4 of 6 Prelims Starts at 12:16 PM

| | | | | |
|---|-------------------|----|--------------|-------|
| 1 | Manship, Beatrice | 12 | Co Newport | 38.60 |
| 2 | Kinnaird, Darcy | 14 | Co Cardiff | 38.06 |
| 3 | Kindred, Ella | 15 | Co Hereford | 36.66 |
| 4 | Dowling, Abigail | 15 | Co Cardiff | 35.83 |
| 5 | Reasons, Darcy | 14 | Torfaen D | 36.33 |
| 6 | Charrington, Lucy | 13 | Heads Valley | 37.38 |
| 7 | Jones, Hunydd | 15 | Nofio S Gar | 38.15 |
| 8 | Summerfield, Lucy | 14 | Nofio S Gar | 39.13 |

Heat 5 of 6 Prelims Starts at 12:18 PM

| | | | | |
|---|-------------------|----|---------------|-------|
| 1 | Patterson, Hollie | 15 | Carmarthen | 38.42 |
| 2 | Williams, Leah | 15 | Nofio Gwynedd | 37.77 |
| 3 | Lawn, Gayle | 13 | Torfaen D | 36.65 |
| 4 | McQuaid, Maria | 15 | Co Cardiff | 35.48 |
| 5 | Parry, Abigail | 13 | Nofio S Gar | 36.17 |
| 6 | Spence, Emilia | 15 | Co Birm'ham | 37.30 |
| 7 | Davies, Macy | 14 | Torfaen D | 38.10 |
| 8 | Evans, Cadi | 14 | Penyrheol | 38.90 |

Heat 6 of 6 Prelims Starts at 12:19 PM

| | | | | |
|---|-------------------------|----|--------------|-------|
| 1 | Jones, Cadi | 14 | Co Cardiff | 38.27 |
| 2 | Davies, Isabella | 15 | Nofio S Gar | 37.52 |
| 3 | Berner, Iyla | 13 | Nofio S Gar | 36.59 |
| 4 | Taffetsauffer, Isabella | 15 | Nofio S Gar | 35.30 |
| 5 | Van Zyl, Kiara | 14 | Co Cardiff | 36.13 |
| 6 | Mellor, Medi | 14 | Nofio Bangor | 37.00 |
| 7 | Madra, Victoria | 15 | Wrexham | 38.09 |
| 8 | Young, Lily | 15 | Chirk | 38.63 |

Event 123 Boys 12-15 400 LC Meter IM

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 2 Prelims Starts at 12:20 PM

| | | | | |
|---|----------------------|----|------------|---------|
| 1 | Hughes, George | 12 | Mold | 6:15.03 |
| 2 | Marques-Jones, Felix | 14 | Carmarthen | 5:44.85 |
| 3 | Evans, Jake | 14 | Wrexham | 5:22.00 |
| 4 | Williams, Dylan | 15 | Wrexham | 5:15.00 |
| 5 | Csoban, Benjamin | 15 | Co Newport | 5:17.40 |
| 6 | Evans, Sam | 14 | Pembs Cty | 5:35.50 |
| 7 | Evans, Jonas | 12 | Mold | 6:07.47 |
| 8 | | | | — |

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

Meet Program - Session 2 (Warmup 11.05 - 11.55)

Heat 2 Prelims (#123 Boys 12-15 400 LC Meter IM)

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | Irish, Alexander | 12 | Newmarket | 6:12.40 | ___ |
| 2 | Nuttall, Harri | 13 | Rhyl Dolphin | 5:36.98 | ___ |
| 3 | Hughes, Freddy | 14 | Rct Squad | 5:20.78 | ___ |
| 4 | Davies, Callum | 15 | Okehampton | 5:07.09 | ___ |
| 5 | Harwood, Jack | 15 | Pembs Cty | 5:15.10 | ___ |
| 6 | Noden, Rory | 14 | Pembs Cty | 5:28.50 | ___ |
| 7 | Miller, Ethan | 13 | Ruthin | 5:58.30 | ___ |
| 8 | | | | | ___ |

Event 124 Female 12-15 200 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 8 Prelims Starts at 12:34 PM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Jones, Lola | 12 | Heads Valley | 3:02.70 | ___ |
| 4 | Clements, Olivia | 12 | Co Newport | 3:01.00 | ___ |
| 5 | Smith, Emily | 12 | Co Newport | 3:01.60 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 8 Prelims Starts at 12:39 PM

| | | | | | |
|---|-----------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Vinh, Elsa | 12 | Co Newport | 2:59.30 | ___ |
| 3 | Clay, Emelia | 12 | Swansea Aq | 2:58.10 | ___ |
| 4 | Kurys, Emiliese | 12 | Nofio S Gar | 2:55.67 | ___ |
| 5 | Enoch, Erin | 12 | Nofio S Gar | 2:57.40 | ___ |
| 6 | Butwell, Evie | 12 | Co Cardiff | 2:58.60 | ___ |
| 7 | Foxwell, Emilia | 12 | Co Cardiff | 3:00.97 | ___ |
| 8 | | | | | ___ |

Heat 3 of 8 Prelims Starts at 12:43 PM

| | | | | | |
|---|-------------------|----|--------------|---------|-----|
| 1 | Thomas, Phoebe | 12 | Co Cardiff | 2:54.04 | ___ |
| 2 | Manship, Beatrice | 12 | Co Newport | 2:52.62 | ___ |
| 3 | Pease, Una | 13 | Io Man | 2:52.10 | ___ |
| 4 | Bate, Chloe | 13 | Co Cardiff | 2:51.00 | ___ |
| 5 | Jones, Cora | 13 | Heads Valley | 2:51.40 | ___ |
| 6 | Greensill, Evie | 13 | Co Newport | 2:52.56 | ___ |
| 7 | Morgado, Carolina | 12 | Wrexham | 2:53.79 | ___ |
| 8 | Jones, Betsy | 12 | Holywell | 2:55.56 | ___ |

Heat 4 of 8 Prelims Starts at 12:47 PM

| | | | | | |
|---|---------------------|----|-------------|---------|-----|
| 1 | Swatman, Violet | 13 | Berkhamsted | 2:48.30 | ___ |
| 2 | Watts, Amelia | 13 | Keynsham | 2:48.13 | ___ |
| 3 | Pryce, Isobel | 12 | Torfaen D | 2:46.45 | ___ |
| 4 | Powell, Nina | 14 | Carmarthen | 2:45.80 | ___ |
| 5 | Morris, Besi | 13 | Nofio S Gar | 2:45.80 | ___ |
| 6 | Parry, Abigail | 13 | Nofio S Gar | 2:48.00 | ___ |
| 7 | Roberts, Connie-Rae | 13 | Co Newport | 2:48.20 | ___ |
| 8 | M'Keown, Emily | 12 | Holywell | 2:50.50 | ___ |

Heat 5 of 8 Prelims Starts at 12:51 PM

| | | | | | |
|---|---------------------|----|--------------|---------|-----|
| 1 | Roberts, Phoebe | 14 | Conwy | 2:44.30 | ___ |
| 2 | Chauhan, Amber | 14 | Nofio Bangor | 2:44.00 | ___ |
| 3 | Taylor, Imogen | 13 | Torfaen D | 2:40.90 | ___ |
| 4 | Pawlowski, Isabelle | 14 | Corby | 2:40.87 | ___ |
| 5 | Ryan, Mia | 15 | Rct Squad | 2:40.90 | ___ |
| 6 | Hawkins, Lottie | 13 | Pembs Cty | 2:43.89 | ___ |
| 7 | Pinnock, Betsan | 14 | Swansea Aq | 2:44.00 | ___ |
| 8 | Jones, Cadi | 14 | Co Cardiff | 2:44.90 | ___ |

Heat 6 of 8 Prelims Starts at 12:55 PM

| | | | | | |
|---|-------------------------|----|---------------|---------|-----|
| 1 | Jenkins, Elli | 15 | Swansea Aq | 2:39.80 | ___ |
| 2 | Gray-Thomas, Jessica | 13 | Conwy | 2:36.79 | ___ |
| 3 | Dillon, Maiah | 15 | Bo Stockton | 2:34.20 | ___ |
| 4 | Bennett, Isla | 15 | Co Cardiff | 2:26.61 | ___ |
| 5 | Taffetsauffer, Isabella | 15 | Nofio S Gar | 2:33.60 | ___ |
| 6 | Emms, Ela | 14 | Co Cardiff | 2:35.72 | ___ |
| 7 | Beasley, Evaleigh | 13 | Swansea Aq | 2:38.96 | ___ |
| 8 | Williams, Leah | 15 | Nofio Gwynedd | 2:40.70 | ___ |

Heat 7 of 8 Prelims Starts at 01:00 PM

| | | | | | |
|---|---------------------|----|---------------|---------|-----|
| 1 | Williams, Paige | 14 | Swansea Aq | 2:39.70 | ___ |
| 2 | Owen, Nel | 13 | Nofio Gwynedd | 2:36.50 | ___ |
| 3 | McCoole-Jones, Elen | 15 | Holywell | 2:34.00 | ___ |
| 4 | Allen, Isabel | 15 | Co Cardiff | 2:25.00 | ___ |
| 5 | Davies, Isla | 13 | Nofio S Gar | 2:28.28 | ___ |
| 6 | Layland, Seren | 15 | Penyrheol | 2:35.59 | ___ |
| 7 | Davies, Elizabeth | 13 | Pembs Cty | 2:38.80 | ___ |
| 8 | Eyre, Maiya | 14 | Buckley | 2:40.28 | ___ |

Heat 8 of 8 Prelims Starts at 01:04 PM

| | | | | | |
|---|-----------------|----|-------------|---------|-----|
| 1 | Thomas, Carys | 14 | Kettering | 2:39.04 | ___ |
| 2 | Ribeiro, Ariana | 15 | Co Cardiff | 2:36.30 | ___ |
| 3 | Fowler, Maisie | 15 | Rct Squad | 2:33.80 | ___ |
| 4 | Prosser, Sofia | 14 | Torfaen D | 2:23.60 | ___ |
| 5 | Roberts, Rosie | 14 | Torfaen D | 2:27.80 | ___ |
| 6 | Jones, Hunydd | 15 | Nofio S Gar | 2:34.52 | ___ |
| 7 | Williams, Lili | 15 | Rct Squad | 2:36.90 | ___ |
| 8 | McFarlane, Una | 15 | Pembs Cty | 2:40.20 | ___ |

Event 125 Boys 12-15 100 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 6 Prelims Starts at 01:08 PM

| | | | | | |
|---|------------------|----|--------------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | %Thomas, Ifan S8 | 14 | Cambrian AA/A,12,+ | 1:32.40 | ___ |
| 4 | Groves, Jasper | 12 | Conwy | 1:23.10 | ___ |
| 5 | Griffiths, Dylan | 12 | Co Newport | 1:25.40 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 6 Prelims Starts at 01:10 PM

| | | | | | |
|---|------------------|----|-------------|---------|-----|
| 1 | Hamer, Tom | 12 | Co Hereford | 1:22.31 | ___ |
| 2 | Pawlowski, Oscar | 12 | Corby | 1:21.88 | ___ |
| 3 | Owens, Steffan | 13 | Co Cardiff | 1:20.30 | ___ |
| 4 | Hale, William | 13 | Co Newport | 1:19.20 | ___ |
| 5 | Pyzer, Cyrus | 13 | Nofio S Gar | 1:19.63 | ___ |
| 6 | Gilligan, Lucas | 13 | Rct Squad | 1:20.60 | ___ |
| 7 | Lewis, Gethin | 12 | Neath | 1:22.02 | ___ |
| 8 | | | | | ___ |

Heat 3 of 6 Prelims Starts at 01:13 PM

| | | | | | |
|---|-------------------------|----|--------------|---------|-----|
| 1 | Monan, Euan | 13 | Pembs Cty | 1:17.95 | ___ |
| 2 | Leigh, Jacob | 13 | Co Cardiff | 1:17.38 | ___ |
| 3 | Garrett, Ben | 13 | Merthyr Tydf | 1:17.14 | ___ |
| 4 | Bowes, James | 14 | Nofio S Gar | 1:15.11 | ___ |
| 5 | King, Henri | 13 | Co Cardiff | 1:15.91 | ___ |
| 6 | Martenko, Fletcher | 13 | Rct Squad | 1:17.31 | ___ |
| 7 | Stanford-Jason, Matthew | 13 | Salisbury | 1:17.50 | ___ |
| 8 | Hewitt, Oscar | 13 | Monnow | 1:18.40 | ___ |

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

Meet Program - Session 2 (Warmup 11.05 - 11.55)

Heat 4 Prelims (#125 Boys 12-15 100 LC Meter Backstroke)

| | | | | | |
|---|-----------------|----|--------------|---------|-----|
| 1 | Staples, Max | 13 | Rhondda | 1:14.10 | ___ |
| 2 | Williams, Heath | 14 | Wrexham | 1:11.40 | ___ |
| 3 | Jenkins, Rhys | 13 | Co Cardiff | 1:08.70 | ___ |
| 4 | Woodrow, Leo | 15 | TauntonDeane | 1:05.70 | ___ |
| 5 | Harwood, Jack | 15 | Pembs Cty | 1:06.90 | ___ |
| 6 | Morgan, Cole | 15 | C Dolphins | 1:10.60 | ___ |
| 7 | Jones, Dafydd | 14 | Carmarthen | 1:13.39 | ___ |
| 8 | Ogden, George | 14 | Redditch | 1:15.10 | ___ |

Heat 5 of 6 Prelims Starts at 01:18 PM

| | | | | | |
|---|------------------------|----|--------------|---------|-----|
| 1 | Harvey-Sullivan, Oscar | 14 | Swansea Aq | 1:13.85 | ___ |
| 2 | Noden, Rory | 14 | Pembs Cty | 1:11.24 | ___ |
| 3 | Samuel, Jake | 15 | Merthyr Tydf | 1:07.92 | ___ |
| 4 | Elmes, Max | 15 | Nofio S Gar | 1:05.70 | ___ |
| 5 | Hamer, Joe | 15 | Co Hereford | 1:06.30 | ___ |
| 6 | Mrozinski, Michal | 14 | Conwy | 1:10.40 | ___ |
| 7 | Palmer, Evan | 14 | Torfaen D | 1:12.70 | ___ |
| 8 | Hughes, Fraser | 14 | Rhondda | 1:14.37 | ___ |

Heat 6 of 6 Prelims Starts at 01:21 PM

| | | | | | |
|---|------------------------|----|---------------|---------|-----|
| 1 | Morgan, Thomas | 14 | Neath | 1:13.80 | ___ |
| 2 | Williams, Sion | 15 | Nofio Gwynedd | 1:11.20 | ___ |
| 3 | Williams, Dylan | 15 | Wrexham | 1:07.80 | ___ |
| 4 | Goodey De Diego, Lucas | 15 | Guildford Ct | 1:05.60 | ___ |
| 5 | King, Ethan | 14 | Penyrheol | 1:05.88 | ___ |
| 6 | De Haan, Charlie | 13 | Holywell | 1:08.79 | ___ |
| 7 | Cook, Noah | 13 | Torfaen D | 1:12.00 | ___ |
| 8 | Hughes, Elis | 13 | Southwold | 1:14.14 | ___ |

Event 126 Female 12-15 100 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 9 Prelims Starts at 01:24 PM

| | | | | | |
|---|---------------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Thomas, Phoebe | 12 | Co Cardiff | 1:14.38 | ___ |
| 3 | Enoch, Erin | 12 | Nofio S Gar | 1:13.78 | ___ |
| 4 | Jones, Betsy | 12 | Holywell | 1:12.70 | ___ |
| 5 | Pasinskaite, Amelia | 12 | Co Newport | 1:12.72 | ___ |
| 6 | Sullivan, Myla | 12 | Torfaen D | 1:14.33 | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 9 Prelims Starts at 01:25 PM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | Clements, Olivia | 12 | Co Newport | 1:12.16 | ___ |
| 2 | Thomas, Eleanor | 13 | Co Newport | 1:10.34 | ___ |
| 3 | Hawkins, Lottie | 13 | Pembs Cty | 1:10.20 | ___ |
| 4 | Morris, Blair | 13 | Neath | 1:09.25 | ___ |
| 5 | Francis, Mia | 13 | Pembs Cty | 1:10.14 | ___ |
| 6 | Britton, Nahla | 13 | Co Cardiff | 1:10.34 | ___ |
| 7 | Kurys, Emiliese | 12 | Nofio S Gar | 1:10.77 | ___ |
| 8 | Healy, Madelyn | 12 | Bridgend Cty | 1:12.27 | ___ |

Heat 3 of 9 Prelims Starts at 01:27 PM

| | | | | | |
|---|----------------------|----|--------------|---------|-----|
| 1 | M'Keown, Emily | 12 | Holywell | 1:09.00 | ___ |
| 2 | Charrington, Lucy | 13 | Heads Valley | 1:07.79 | ___ |
| 3 | Cooksey-Owen, Mollie | 13 | Co Cardiff | 1:07.69 | ___ |
| 4 | Rowland, Scarlett | 14 | Nofio S Gar | 1:07.52 | ___ |
| 5 | Lewis, Evie | 13 | Pembs Cty | 1:07.53 | ___ |
| 6 | Willis, Ffion | 14 | Torfaen D | 1:07.70 | ___ |
| 7 | Lawn, Lexi | 13 | Torfaen D | 1:08.10 | ___ |
| 8 | Van Zyl, Giada | 12 | Co Cardiff | 1:09.13 | ___ |

Heat 4 of 9 Prelims Starts at 01:29 PM

| | | | | | |
|---|----------------------|----|------------|---------|-----|
| 1 | Morfey, Megan | 14 | Cwmbran | 1:07.00 | ___ |
| 2 | Van Zyl, Kiara | 14 | Co Cardiff | 1:06.47 | ___ |
| 3 | Eyre, Maiya | 14 | Buckley | 1:06.40 | ___ |
| 4 | Goodman, Evie | 15 | Swansea Aq | 1:06.30 | ___ |
| 5 | Griffiths, Ffion | 15 | Pembs Cty | 1:06.38 | ___ |
| 6 | Manship, Beatrice | 12 | Co Newport | 1:06.44 | ___ |
| 7 | Gray-Thomas, Jessica | 13 | Conwy | 1:06.91 | ___ |
| 8 | Mustey, Caroline | 12 | Monnow | 1:07.40 | ___ |

Heat 5 of 9 Prelims Starts at 01:31 PM

| | | | | | |
|---|-------------------|----|-------------|---------|-----|
| 1 | Davies, Elizabeth | 13 | Pembs Cty | 1:06.21 | ___ |
| 2 | Ryan, Ellie | 13 | Co Cardiff | 1:06.13 | ___ |
| 3 | George, Ellie | 15 | Rct Squad | 1:06.00 | ___ |
| 4 | Davies, Macy | 14 | Torfaen D | 1:05.91 | ___ |
| 5 | Dash, Amelie | 15 | Pembs Cty | 1:06.00 | ___ |
| 6 | Morgan, Evelyn | 15 | Nofio S Gar | 1:06.03 | ___ |
| 7 | Ryan, Mia | 15 | Rct Squad | 1:06.19 | ___ |
| 8 | Fordham, Freya | 14 | Co Newport | 1:06.30 | ___ |

Heat 6 of 9 Prelims Starts at 01:33 PM

| | | | | | |
|---|----------------------|----|---------------|---------|-----|
| 1 | Kazmiruk, Anastasiia | 15 | Nofio S Gar | 1:05.63 | ___ |
| 2 | Lawn, Gayle | 13 | Torfaen D | 1:05.56 | ___ |
| 3 | McCoole-Jones, Elen | 15 | Holywell | 1:05.40 | ___ |
| 4 | Matthews, Catrin | 13 | Co Cardiff | 1:05.10 | ___ |
| 5 | Williams, Leah | 15 | Nofio Gwynedd | 1:05.19 | ___ |
| 6 | Jones, Lola-Grace | 14 | Torfaen D | 1:05.46 | ___ |
| 7 | Thomas, Carys | 14 | Kettering | 1:05.58 | ___ |
| 8 | Goodman, Lola | 15 | Swansea Aq | 1:05.90 | ___ |

Heat 7 of 9 Prelims Starts at 01:35 PM

| | | | | | |
|---|--------------------|----|---------------|---------|-----|
| 1 | McQuaid, Maria | 15 | Co Cardiff | 1:04.54 | ___ |
| 2 | Prevete, Sofia | 14 | Wrexham | 1:03.52 | ___ |
| 3 | Burns, Freya | 15 | Nofio S Gar | 1:02.40 | ___ |
| 4 | Sweet-Roberts, Pip | 14 | Torfaen D | 1:00.56 | ___ |
| 5 | Reasons, Darcy | 14 | Torfaen D | 1:01.70 | ___ |
| 6 | Hughes, Nel | 15 | Nofio Gwynedd | 1:02.90 | ___ |
| 7 | Meenagh, Mai Van | 14 | Co Cardiff | 1:04.16 | ___ |
| 8 | Patterson, Hollie | 15 | Carmarthen | 1:04.80 | ___ |

Heat 8 of 9 Prelims Starts at 01:36 PM

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Pitt, Seren | 14 | Co Cardiff | 1:04.26 | ___ |
| 2 | Innocent, Aurelia | 15 | Co Cardiff | 1:03.23 | ___ |
| 3 | Sherrard, Alex | 14 | Torfaen D | 1:02.32 | ___ |
| 4 | Kindred, Ella | 15 | Co Hereford | 1:00.29 | ___ |
| 5 | Mellor, Medi | 14 | Nofio Bangor | 1:00.90 | ___ |
| 6 | Layland, Seren | 15 | Penyrheol | 1:02.68 | ___ |
| 7 | Bissicks, Cari | 15 | Neath | 1:03.86 | ___ |
| 8 | Sutton, Emily | 15 | Nofio Gwynedd | 1:04.80 | ___ |

Heat 9 of 9 Prelims Starts at 01:38 PM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | O'hara, Noelle | 13 | Wrexham | 1:04.19 | ___ |
| 2 | Reed, Isabella | 15 | Co Cardiff | 1:03.13 | ___ |
| 3 | Berner, Iyla | 13 | Nofio S Gar | 1:02.29 | ___ |
| 4 | Spence, Emilia | 15 | Co Birm'ham | 59.24 | ___ |
| 5 | Donaldson, Evie | 14 | Co Newport | 1:00.79 | ___ |
| 6 | Davies, Isla | 13 | Nofio S Gar | 1:02.42 | ___ |
| 7 | Gordon, Mabli | 15 | Bridgend Cty | 1:03.75 | ___ |
| 8 | Dowling, Abigail | 15 | Co Cardiff | 1:04.73 | ___ |

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

Meet Program - Session 2 (Warmup 11.05 - 11.55)

Event 127 Boys 12-15 200 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 5 Prelims Starts at 01:40 PM

| | | | | |
|---|------------------|----|-----------|---------|
| 1 | | | | --- |
| 2 | | | | --- |
| 3 | Hughes, George | 12 | Mold | 2:36.80 |
| 4 | Pawlowski, Oscar | 12 | Corby | 2:34.82 |
| 5 | Picken, Luke | 12 | Sandwell | 2:36.27 |
| 6 | Edwards, Owen | 12 | Torfaen D | 2:38.99 |
| 7 | | | | --- |
| 8 | | | | --- |

Heat 2 of 5 Prelims Starts at 01:43 PM

| | | | | |
|---|-------------------------|----|--------------|---------|
| 1 | Irish, Alexander | 12 | Newmarket | 2:29.60 |
| 2 | Jones, Owain | 13 | Torfaen D | 2:28.60 |
| 3 | King, Henri | 13 | Co Cardiff | 2:25.78 |
| 4 | Pugh, Bryn | 13 | Torfaen D | 2:22.74 |
| 5 | Stanford-Jason, Matthew | 13 | Salisbury | 2:24.60 |
| 6 | Evans, Jonas | 12 | Mold | 2:26.79 |
| 7 | Garrett, Ben | 13 | Merthyr Tydf | 2:29.08 |
| 8 | Jones, Zac | 12 | Co Cardiff | 2:34.07 |

Heat 3 of 5 Prelims Starts at 01:46 PM

| | | | | |
|---|--------------------|----|--------------|---------|
| 1 | Cook, Noah | 13 | Torfaen D | 2:18.50 |
| 2 | Hughes, Freddy | 14 | Rct Squad | 2:15.60 |
| 3 | Evans, Sam | 14 | Pembs Cty | 2:10.37 |
| 4 | Linge, Reece | 15 | EllesmereCSA | 2:05.80 |
| 5 | Elmes, Max | 15 | Nofio S Gar | 2:07.10 |
| 6 | Baldwin, Thomas | 15 | Holywell | 2:14.13 |
| 7 | McCullagh, Patrick | 14 | Holywell | 2:17.84 |
| 8 | Wynne, Jasper | 14 | Royal Wolv | 2:22.10 |

Heat 4 of 5 Prelims Starts at 01:49 PM

| | | | | |
|---|------------------|----|--------------|---------|
| 1 | Chalk, Alistair | 14 | Co Newport | 2:18.38 |
| 2 | Csoban, Benjamin | 15 | Co Newport | 2:14.60 |
| 3 | Woodrow, Leo | 15 | TauntonDeane | 2:09.90 |
| 4 | Duggan, Elliot | 15 | Bridgend Cty | 2:05.28 |
| 5 | Davies, Callum | 15 | Okehampton | 2:06.60 |
| 6 | Jones, Sam | 13 | Co Cardiff | 2:12.60 |
| 7 | Evans, Jake | 14 | Wrexham | 2:16.46 |
| 8 | Jones, Dafydd | 14 | Carmarthen | 2:19.96 |

Heat 5 of 5 Prelims Starts at 01:52 PM

| | | | | |
|---|------------------------|----|--------------|---------|
| 1 | Harvey-Sullivan, Oscar | 14 | Swansea Aq | 2:18.10 |
| 2 | Bastyan, Tobias-Luke | 15 | Torfaen D | 2:14.50 |
| 3 | Goodey De Diego, Lucas | 15 | Guildford Ct | 2:07.88 |
| 4 | Douglas, Lucas | 15 | Neath | 2:04.86 |
| 5 | Castillo, Airam | 15 | Co Cardiff | 2:06.05 |
| 6 | Taylor, Nicholas | 15 | Torfaen D | 2:12.30 |
| 7 | Tennant, Zeke | 13 | Eastbourne | 2:16.09 |
| 8 | Mrozinski, Michal | 14 | Conwy | 2:19.60 |

Event 128 Female 12-15 1500 LC Meter Freestyle (HDW)

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 2 Finals Starts at 01:55 PM

| | | | | |
|---|------------------|----|--------------|----------|
| 1 | | | | --- |
| 2 | | | | --- |
| 3 | Llewellyn, Holly | 13 | Co Newport | 20:43.44 |
| 4 | Chauhan, Amber | 14 | Nofio Bangor | 20:09.12 |
| 5 | Thomas, Carys | 14 | Kettering | 20:14.26 |
| 6 | | | | --- |
| 7 | | | | --- |
| 8 | | | | --- |

Heat 2 of 2 Finals Starts at 02:17 PM

| | | | | |
|---|------------------|----|--------------|----------|
| 1 | | | | --- |
| 2 | Morgan, Evelyn | 15 | Nofio S Gar | 19:46.10 |
| 3 | Bates, Molly | 15 | EllesmereCSA | 18:40.80 |
| 4 | Klak, Nina | 14 | Co Newport | 18:22.30 |
| 5 | Allen, Isabel | 15 | Co Cardiff | 18:30.41 |
| 6 | Elson, Caitlin | 14 | Wrexham | 19:36.90 |
| 7 | Davies, Ava-Rose | 13 | Nofio S Gar | 20:03.60 |
| 8 | | | | --- |

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

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Event 201 Men 16 & Over 200 LC Meter IM

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 5 Prelims Starts at 09:00 AM

| | | | | |
|---|-------------------------|----|------------------|---------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | %O'Reilly, McKenzie SM8 | 17 | Torfaen D/A,12,+ | 3:09.01 |
| 4 | Duggan, Brandon | 16 | Co Cardiff | 2:26.80 |
| 5 | %Read, William SM14 | 18 | Swansea Aq | 2:30.90 |
| 6 | | | | — |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 5 Prelims Starts at 09:04 AM

| | | | | |
|---|-------------------------|----|---------------|---------|
| 1 | Parfitt, Sebastian | 16 | Co Cardiff | 2:26.60 |
| 2 | Davies, Tom | 16 | Co Newport | 2:26.50 |
| 3 | Stuart-Lavender, Jac | 16 | Nofio S Gar | 2:26.30 |
| 4 | Gwynfil, Solomon | 16 | Co Cardiff | 2:25.30 |
| 5 | Shiland-Griffiths, Enzo | 16 | Nofio Gwynedd | 2:25.50 |
| 6 | Davies, Blake | 16 | Co Cardiff | 2:26.40 |
| 7 | Reece, Liam | 16 | Co Newport | 2:26.53 |
| 8 | | | | — |

Heat 3 of 5 Prelims Starts at 09:07 AM

| | | | | |
|---|------------------|----|---------------|---------|
| 1 | Phillips, Finley | 16 | Nofio S Gar | 2:21.70 |
| 2 | Brock, Freddy | 17 | Rct Squad | 2:19.53 |
| 3 | Major, Maximus | 16 | Torfaen D | 2:14.80 |
| 4 | Staines, Luca | 22 | Swansea Uni | 2:05.54 |
| 5 | West, Dexter | 17 | Pembs Cty | 2:14.30 |
| 6 | Meilleur, Elliot | 16 | Nofio Gwynedd | 2:17.28 |
| 7 | McLain, Archie | 20 | Torfaen D | 2:20.90 |
| 8 | Thomas, Archie | 16 | Co Cardiff | 2:23.90 |

Heat 4 of 5 Prelims Starts at 09:11 AM

| | | | | |
|---|--------------------|----|-------------|---------|
| 1 | Bennett, Finley | 17 | Pembs Cty | 2:21.23 |
| 2 | Doyle, Alfie | 18 | Torfaen D | 2:19.30 |
| 3 | Mills, Ioan | 17 | Torfaen D | 2:14.80 |
| 4 | Kershaw, Charles | 24 | Swansea Uni | 2:03.80 |
| 5 | %Broom, Dylan SM14 | 24 | Swansea Uni | 2:12.80 |
| 6 | Ma, Ko Kwan | 17 | Co Cardiff | 2:16.30 |
| 7 | Richardson, Osian | 18 | Swansea Aq | 2:20.90 |
| 8 | Miles, Harry | 16 | Co Cardiff | 2:22.30 |

Heat 5 of 5 Prelims Starts at 09:14 AM

| | | | | |
|---|----------------------|----|---------------|---------|
| 1 | Silverstone, Solomon | 17 | Pembs Cty | 2:21.09 |
| 2 | Upton-Boorman, Liam | 19 | Nofio S Gar | 2:18.90 |
| 3 | Greenslade, Benjamin | 16 | Tiverton | 2:14.70 |
| 4 | Ryley, William | 28 | Co Cardiff | 2:03.34 |
| 5 | Bamborough, Jack | 18 | Co Cardiff/H | 2:11.51 |
| 6 | Pugh, Morgan | 19 | Torfaen D | 2:15.11 |
| 7 | Cavill, Jack | 16 | Co Cardiff | 2:20.36 |
| 8 | Williams, Owen | 17 | Nofio Gwynedd | 2:22.30 |

Event 202 Female 16 & Over 50 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 6 Prelims Starts at 09:17 AM

| | | | | |
|---|----------------------|----|--------------------|-------|
| 1 | | | | — |
| 2 | %Rogerson, Heidi S10 | 19 | Cambrian AA/A,12,+ | 40.00 |
| 3 | Givvons, Imogen | 16 | Torfaen D | 32.00 |
| 4 | Fuller, Efa | 17 | Colchester | 31.53 |
| 5 | Jones, Martha | 17 | Conwy | 31.60 |
| 6 | Davies, Mae | 16 | Rtw Monson | 32.01 |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 6 Prelims Starts at 09:18 AM

| | | | | |
|---|-------------------|----|---------------|-------|
| 1 | Gardener, Hannah | 17 | Bridgend Cty | 31.27 |
| 2 | Gillingham, Grace | 22 | Nofio Bangor | 30.84 |
| 3 | Hall, Emily | 16 | Warrington W | 30.80 |
| 4 | James, Grace | 17 | Bridgend Cty | 30.67 |
| 5 | Bissicks, Ella | 19 | Swansea Uni | 30.77 |
| 6 | Edwards, Alaw | 16 | Nofio Gwynedd | 30.80 |
| 7 | Jones, Myia | 18 | Wrexham | 30.90 |
| 8 | Fitzgerald, Mali | 16 | Bridgend Cty | 31.50 |

Heat 3 of 6 Prelims Starts at 09:19 AM

| | | | | |
|---|-------------------|----|---------------|-------|
| 1 | Jones, Rebecca | 17 | Co Coventry | 30.55 |
| 2 | Salmon, Gwen | 19 | Rct Squad | 30.47 |
| 3 | Croke, Carys | 19 | Torfaen D | 30.39 |
| 4 | Geach, Libbie | 17 | Nofio S Gar | 30.19 |
| 5 | Hughes-Rolls, Ava | 17 | Torfaen D | 30.30 |
| 6 | Roberts, Mali | 16 | Nofio Gwynedd | 30.40 |
| 7 | Griffiths, Cerys | 16 | Pembs Cty | 30.48 |
| 8 | Ach Rhys, Esyllt | 16 | Nofio Gwynedd | 30.60 |

Heat 4 of 6 Prelims Starts at 09:20 AM

| | | | | |
|---|------------------|----|-------------|-------|
| 1 | Synowiec, Amelia | 16 | Conwy | 29.99 |
| 2 | Lush, Emily | 24 | Swansea Uni | 29.66 |
| 3 | Schumm, Libby | 17 | Torfaen D | 28.86 |
| 4 | Morgan, Isabel | 22 | Co Cardiff | 28.18 |
| 5 | Owen, Gracie | 18 | Torfaen D | 28.41 |
| 6 | Daniel, Megan | 16 | Caradon | 29.45 |
| 7 | Jones, Maisie | 16 | Co Cardiff | 29.80 |
| 8 | Lewis, Lowri | 20 | Neath | 30.14 |

Heat 5 of 6 Prelims Starts at 09:22 AM

| | | | | |
|---|--------------------|----|---------------|-------|
| 1 | Nichols, Grace | 16 | Pembs Cty | 29.96 |
| 2 | Dewsbury, Daisy | 21 | Swansea Uni | 29.60 |
| 3 | Crawley, Abigail | 21 | Swansea Uni | 28.76 |
| 4 | De Torres, Rebecca | 22 | Co Cardiff | 27.75 |
| 5 | Dwyfor-Clark, Efa | 17 | Nofio Gwynedd | 28.26 |
| 6 | Willis, Hannah | 21 | Swansea Uni | 29.24 |
| 7 | Rees, Katie | 28 | Swansea Uni | 29.78 |
| 8 | Blanch, Janelle | 19 | Swansea Uni | 30.10 |

Heat 6 of 6 Prelims Starts at 09:23 AM

| | | | | |
|---|--------------------|----|---------------|-------|
| 1 | Humphreys, Ffion | 18 | Nofio Gwynedd | 29.89 |
| 2 | Bassett, Alexandra | 19 | Co South'ton | 29.57 |
| 3 | Lee, Edith | 16 | Co Cardiff | 28.52 |
| 4 | Taylor, Theodora | 17 | Torfaen D | 26.88 |
| 5 | Grant, Lucy | 19 | Swansea Uni | 28.19 |
| 6 | McGrath, Izzy | 20 | Swansea Uni | 29.20 |
| 7 | Andrews, Joanne | 16 | EllesmereCSA | 29.67 |
| 8 | Morgan, Carys | 18 | Millfield | 30.05 |

Event 203 Men 16 & Over 50 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 5 Prelims Starts at 09:24 AM

| | | | | |
|---|----------------------|----|-------------|-------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | %Johnstone, Isaac S7 | 20 | Swansea Uni | 38.22 |
| 4 | Dixon, Samuel | 16 | Reed's SC | 29.30 |
| 5 | Gruffydd, Ned | 16 | Co Cardiff | 29.37 |
| 6 | | | | — |
| 7 | | | | — |
| 8 | | | | — |

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

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Heat 2 Prelims (#203 Men 16 & Over 50 LC Meter Butterfly)

| | | | | | |
|---|------------------|----|--------------|-------|-----|
| 1 | Williams, Thomas | 16 | Nofio S Gar | 29.27 | ___ |
| 2 | Hewitt, Archie | 16 | Torfaen D | 28.47 | ___ |
| 3 | Mruk, Lucas | 18 | Torfaen D | 28.30 | ___ |
| 4 | Twigger, Owen | 17 | Swansea Aq | 28.20 | ___ |
| 5 | Foster, Henry | 17 | Redditch | 28.28 | ___ |
| 6 | Evans, Thomas | 17 | Kingston Roy | 28.40 | ___ |
| 7 | Hughes, Cai | 17 | Nofio Bangor | 28.53 | ___ |
| 8 | Duggan, Brandon | 16 | Co Cardiff | 29.28 | ___ |

Heat 3 of 5 Prelims Starts at 09:26 AM

| | | | | | |
|---|---------------------|----|-------------|-------|-----|
| 1 | Park, Reggie Samuel | 16 | Conwy | 27.78 | ___ |
| 2 | Hawkins, Alfie | 19 | Swansea Uni | 26.90 | ___ |
| 3 | Johnstone, Daniel | 19 | Swansea Uni | 26.20 | ___ |
| 4 | Greenway, Morgan | 23 | Swansea Uni | 24.95 | ___ |
| 5 | Davies, Evan | 20 | Co Cardiff | 25.36 | ___ |
| 6 | Taylor, Harry | 19 | Swansea Uni | 26.68 | ___ |
| 7 | Major, Sebastian | 20 | Swansea Uni | 27.12 | ___ |
| 8 | James, Matt | 19 | Worcester | 28.00 | ___ |

Heat 4 of 5 Prelims Starts at 09:27 AM

| | | | | | |
|---|-----------------------|----|-------------|-------|-----|
| 1 | McLain, Archie | 20 | Torfaen D | 27.54 | ___ |
| 2 | Cressey-Rodgers, Ioan | 21 | Nofio S Gar | 26.81 | ___ |
| 3 | Staines, Luca | 22 | Swansea Uni | 25.92 | ___ |
| 4 | Edwards, Rhys | 24 | Swansea Uni | 24.40 | ___ |
| 5 | Poole, Dexter | 21 | Swansea Uni | 25.13 | ___ |
| 6 | Pugh, Morgan | 19 | Torfaen D | 26.38 | ___ |
| 7 | Silverstone, Solomon | 17 | Pembs Cty | 26.94 | ___ |
| 8 | Mills, Ioan | 17 | Torfaen D | 27.90 | ___ |

Heat 5 of 5 Prelims Starts at 09:29 AM

| | | | | | |
|---|------------------------|----|-------------|-------|-----|
| 1 | Lennon, Danny | 18 | Wrexham | 27.44 | ___ |
| 2 | Davies, Blake | 16 | Co Cardiff | 26.78 | ___ |
| 3 | Docking-Smith, Frankie | 22 | Swansea Uni | 25.51 | ___ |
| 4 | Fraser, Lewis | 26 | Swansea Uni | 23.53 | ___ |
| 5 | Murray, Ross | 21 | Swansea Uni | 24.95 | ___ |
| 6 | McCarthy, Benedict | 17 | Co Cardiff | 26.23 | ___ |
| 7 | Major, Maximus | 16 | Torfaen D | 26.90 | ___ |
| 8 | Helps, Jacob | 20 | Swansea Uni | 27.84 | ___ |

Event 204 Female 16 & Over 400 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 3 Prelims Starts at 09:30 AM

| | | | | | |
|---|------------------|----|---------------|---------|-----|
| 1 | Roberts, Mali | 16 | Nofio Gwynedd | 4:49.40 | ___ |
| 2 | Ach Rhys, ESYLLT | 16 | Nofio Gwynedd | 4:46.50 | ___ |
| 3 | Richards, Faith | 16 | Co Cardiff | 4:44.20 | ___ |
| 4 | Humphreys, Holly | 18 | Neath | 4:41.70 | ___ |
| 5 | Ling, Olivia | 16 | Co Cardiff | 4:43.60 | ___ |
| 6 | Iles, Jessica | 16 | Co Cardiff | 4:45.60 | ___ |
| 7 | Coles, Mya | 16 | Co Newport | 4:48.10 | ___ |
| 8 | Sullivan, Ariana | 16 | Torfaen D | 4:53.70 | ___ |

Heat 2 of 3 Prelims Starts at 09:35 AM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | Devin, Erin | 16 | Wrexham | 4:41.10 | ___ |
| 2 | Sherrard, Emme | 17 | Torfaen D | 4:33.20 | ___ |
| 3 | Toms, Emily | 20 | Swansea Uni | 4:30.54 | ___ |
| 4 | Gordon, Freya | 17 | Haslemere | 4:23.70 | ___ |
| 5 | Hempenstall, Amy | 18 | Guildford Ct | 4:28.70 | ___ |
| 6 | Hornby, Rachel | 22 | Swansea Uni | 4:32.32 | ___ |
| 7 | Cust, Ciara | 19 | Conwy | 4:36.30 | ___ |
| 8 | Roberts, Megan | 19 | Swansea Uni | 4:41.30 | ___ |

Heat 3 of 3 Prelims Starts at 09:41 AM

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Davies, Sophie | 19 | Millfield | 4:36.50 | ___ |
| 2 | Hunter, Olivia | 22 | Swansea Uni | 4:32.89 | ___ |
| 3 | Mitchell, Abby | 20 | Swansea Uni | 4:30.04 | ___ |
| 4 | Griffiths, Cerys | 16 | Pembs Cty | 4:22.59 | ___ |
| 5 | Patterson, Millie | 20 | Swansea Uni | 4:28.30 | ___ |
| 6 | Irvine, Annabel | 16 | Crosby | 4:32.27 | ___ |
| 7 | Cummer, Megan | 19 | Swansea Uni | 4:36.00 | ___ |
| 8 | Thomas, Serenity | 16 | Nofio Gwynedd | 4:41.28 | ___ |

Event 205 Men 16 & Over 200 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 2 Prelims Starts at 09:46 AM

| | | | | | |
|---|-------------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Davies, Brynley | 16 | Co Newport | 2:17.60 | ___ |
| 3 | Thomas, Iolo | 16 | Neath | 2:13.14 | ___ |
| 4 | Nikolaou, Antonio | 23 | Swansea Uni | 2:06.22 | ___ |
| 5 | Foster, Henry | 17 | Redditch | 2:11.30 | ___ |
| 6 | Rixon, Oliver | 18 | Co Cardiff | 2:14.80 | ___ |
| 7 | Deacon, Cameron | 16 | Co Cardiff | 2:20.40 | ___ |
| 8 | | | | | ___ |

Heat 2 of 2 Prelims Starts at 09:50 AM

| | | | | | |
|---|-------------------------|----|---------------|---------|-----|
| 1 | Shiland-Griffiths, Enzo | 16 | Nofio Gwynedd | 2:21.20 | ___ |
| 2 | Keeble, Alex | 22 | Swansea Uni | 2:15.79 | ___ |
| 3 | Gore, Andrew | 21 | Co Cardiff | 2:12.20 | ___ |
| 4 | Morgan, Dominic | 21 | Swansea Uni | 2:02.64 | ___ |
| 5 | West, Dexter | 17 | Pembs Cty | 2:06.80 | ___ |
| 6 | Jasinski, Hubert | 19 | Swansea Uni | 2:14.30 | ___ |
| 7 | Hole, Ethan | 17 | Co Cardiff | 2:18.80 | ___ |
| 8 | | | | | ___ |

Event 206 Female 16 & Over 100 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 6 Prelims Starts at 09:53 AM

| | | | | | |
|---|-------------------------|----|--------------------|---------|-----|
| 1 | | | | | ___ |
| 2 | %Lawn, Pippa S14 | 16 | Torfaen D | 1:24.97 | ___ |
| 3 | %Rogerson, Heidi S10 | 19 | Cambrian AA/A,12,+ | 1:21.00 | ___ |
| 4 | Upton-Boorman, Isabella | 16 | Nofio S Gar | 1:13.70 | ___ |
| 5 | %Willis, Meghan S9 | 19 | Torfaen D/1,3,5 | 1:16.14 | ___ |
| 6 | %Rice, Lily S8 | 22 | Co Cardiff/A,12,+ | 1:23.40 | ___ |
| 7 | %Mesher, Anwen S9 | 17 | Brecon/3,4,12,+ | 1:47.90 | ___ |
| 8 | | | | | ___ |

Heat 2 of 6 Prelims Starts at 09:57 AM

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Synowiec, Amelia | 16 | Conwy | 1:12.30 | ___ |
| 2 | Hughes-Rolls, Ava | 17 | Torfaen D | 1:12.00 | ___ |
| 3 | Kay, Isabelle | 18 | Rct Squad | 1:11.40 | ___ |
| 4 | Jones, Myia | 18 | Wrexham | 1:11.10 | ___ |
| 5 | Weaver, Poppy | 19 | Swansea Uni | 1:11.26 | ___ |
| 6 | Fitzgerald, Mali | 16 | Bridgend Cty | 1:11.80 | ___ |
| 7 | Ach Rhys, ESYLLT | 16 | Nofio Gwynedd | 1:12.30 | ___ |
| 8 | Howson, Ellen | 17 | Co Newport | 1:12.60 | ___ |

Heat 3 of 6 Prelims Starts at 09:59 AM

| | | | | | |
|---|-------------------|----|--------------|---------|-----|
| 1 | Geach, Libbie | 17 | Nofio S Gar | 1:10.60 | ___ |
| 2 | Stork, Niamh | 22 | Co Cardiff | 1:10.00 | ___ |
| 3 | Huws, Awen | 18 | Rct Squad | 1:08.70 | ___ |
| 4 | Gillingham, Grace | 22 | Nofio Bangor | 1:08.20 | ___ |
| 5 | Blake, Emily | 19 | Co Cardiff | 1:08.46 | ___ |
| 6 | Roberts, Isabel | 16 | Co Cardiff | 1:09.20 | ___ |
| 7 | Duce, Charlie | 17 | Bedford SS | 1:10.43 | ___ |
| 8 | Stokes, Aimee | 22 | Swansea Uni | 1:10.90 | ___ |

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

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Heat 4 Prelims (#206 Female 16 & Over 100 LC Meter Backstroke)

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Williams, Jody | 20 | Swansea Uni | 1:07.80 | ___ |
| 2 | Salmon, Gwen | 19 | Rct Squad | 1:06.90 | ___ |
| 3 | Nichols, Grace | 16 | Pembs Cty | 1:05.00 | ___ |
| 4 | Anderson, Rosalie | 16 | Co Cardiff | 1:04.20 | ___ |
| 5 | Owen, Gracie | 18 | Torfaen D | 1:04.50 | ___ |
| 6 | Schumm, Libby | 17 | Torfaen D | 1:06.10 | ___ |
| 7 | Bamborough, Katie | 22 | Swansea Uni | 1:07.40 | ___ |
| 8 | Edwards, Alaw | 16 | Nofio Gwynedd | 1:08.10 | ___ |

Heat 5 of 6 Prelims Starts at 10:04 AM

| | | | | | |
|---|------------------------|----|---------------|---------|-----|
| 1 | Hatton-Ellis, Isabelle | 18 | Swansea Uni | 1:07.80 | ___ |
| 2 | Hall, Emily | 16 | Warrington W | 1:06.20 | ___ |
| 3 | Daniel, Megan | 16 | Caradon | 1:05.00 | ___ |
| 4 | Humphreys, Ffion | 18 | Nofio Gwynedd | 1:03.18 | ___ |
| 5 | Titchener, Megan | 18 | Torfaen D | 1:04.38 | ___ |
| 6 | Winstanley, Elin | 17 | Co Hereford | 1:05.70 | ___ |
| 7 | Howells-Davies, Lana | 18 | Swansea Aq | 1:07.30 | ___ |
| 8 | Lush, Emily | 24 | Swansea Uni | 1:07.83 | ___ |

Heat 6 of 6 Prelims Starts at 10:07 AM

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | James, Grace | 17 | Bridgend Cty | 1:07.40 | ___ |
| 2 | Fox, Honor | 19 | Co Cardiff | 1:06.10 | ___ |
| 3 | Dwyfor-Clark, Efa | 17 | Nofio Gwynedd | 1:04.72 | ___ |
| 4 | Sutton, Rebecca | 25 | Swansea Uni | 1:01.80 | ___ |
| 5 | Stead, Martha | 21 | Swansea Uni | 1:04.20 | ___ |
| 6 | Hempenstall, Amy | 18 | Guildford Ct | 1:05.60 | ___ |
| 7 | Willis, Hannah | 21 | Swansea Uni | 1:06.91 | ___ |
| 8 | Andrews, Joanne | 16 | EllesmereCSA | 1:07.80 | ___ |

Event 207 Men 16 & Over 100 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 10:09 AM

| | | | | | |
|---|----------------|----|--------------|---------|-----|
| 1 | | | | | ___ |
| 2 | James, Tristan | 17 | Bridgend Cty | 1:14.60 | ___ |
| 3 | Miles, Harry | 16 | Co Cardiff | 1:13.80 | ___ |
| 4 | Ma, Ko Kwan | 17 | Co Cardiff | 1:12.38 | ___ |
| 5 | Baker, Ellis | 20 | Swansea Uni | 1:13.40 | ___ |
| 6 | Lloyd, Thomas | 18 | Rochford | 1:14.22 | ___ |
| 7 | Hewitt, Archie | 16 | Torfaen D | 1:16.95 | ___ |
| 8 | | | | | ___ |

Heat 2 of 4 Prelims Starts at 10:11 AM

| | | | | | |
|---|---------------------|----|---------------|---------|-----|
| 1 | Doyle, Alfie | 18 | Torfaen D | 1:11.92 | ___ |
| 2 | Phillips, Finley | 16 | Nofio S Gar | 1:09.91 | ___ |
| 3 | Lee, Tristan | 20 | Co Cardiff | 1:07.30 | ___ |
| 4 | Ryley, William | 28 | Co Cardiff | 1:03.67 | ___ |
| 5 | Thomas, Lucas | 18 | Nofio Gwynedd | 1:05.90 | ___ |
| 6 | Tennant, Cale | 18 | Eastbourne | 1:09.00 | ___ |
| 7 | Hole, Ethan | 17 | Co Cardiff | 1:11.80 | ___ |
| 8 | Upton-Boorman, Liam | 19 | Nofio S Gar | 1:12.20 | ___ |

Heat 3 of 4 Prelims Starts at 10:13 AM

| | | | | | |
|---|-------------------------|----|-------------|---------|-----|
| 1 | Richardson, Osian | 18 | Swansea Aq | 1:11.90 | ___ |
| 2 | Stuart-Lavender, Jac | 16 | Nofio S Gar | 1:09.80 | ___ |
| 3 | Lovell-Pascal, Jean-Luc | 21 | Swansea Uni | 1:06.42 | ___ |
| 4 | Anderson, Maxwell | 21 | Co Cardiff | 1:02.50 | ___ |
| 5 | Sheppard, Rhydian | 19 | Co Cardiff | 1:05.31 | ___ |
| 6 | James, Rhys | 17 | Rct Squad | 1:08.61 | ___ |
| 7 | Brock, Freddy | 17 | Rct Squad | 1:11.08 | ___ |
| 8 | Thomas, Archie | 16 | Co Cardiff | 1:12.05 | ___ |

Heat 4 of 4 Prelims Starts at 10:15 AM

| | | | | | |
|---|-----------------------|----|---------------|---------|-----|
| 1 | Bartram, Solomon | 16 | Bridgend Cty | 1:11.81 | ___ |
| 2 | Meilleur, Elliot | 16 | Nofio Gwynedd | 1:09.49 | ___ |
| 3 | Greenslade, Benjamin | 16 | Tiverton | 1:06.17 | ___ |
| 4 | Panaretos, Panayiotis | 24 | Swansea Uni | 1:01.70 | ___ |
| 5 | James, Jack | 19 | Swansea Uni | 1:04.79 | ___ |
| 6 | %Darbey, Rhys SB14 | 19 | Wrexham | 1:07.90 | ___ |
| 7 | Neaves, Jake | 17 | EllesmereCSA | 1:10.84 | ___ |
| 8 | Hughes, Cai | 17 | Nofio Bangor | 1:12.00 | ___ |

Event 208 Female 16 & Over 200 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 3 Prelims Starts at 10:17 AM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | Goddard, Amy | 17 | Rct Squad | 2:54.30 | ___ |
| 2 | Davies, Ellen | 17 | Chirk | 2:49.60 | ___ |
| 3 | Matthews, Elin | 16 | Co Cardiff | 2:45.32 | ___ |
| 4 | Gibson, Mari | 18 | Co Cardiff | 2:35.77 | ___ |
| 5 | Rees, Katie | 28 | Swansea Uni | 2:41.80 | ___ |
| 6 | Jones, Rebecca | 17 | Co Coventry | 2:47.20 | ___ |
| 7 | Gardener, Hannah | 17 | Bridgend Cty | 2:52.21 | ___ |
| 8 | | | | | ___ |

Heat 2 of 3 Prelims Starts at 10:20 AM

| | | | | | |
|---|---------------------|----|-------------|---------|-----|
| 1 | Devin, Erin | 16 | Wrexham | 2:54.20 | ___ |
| 2 | Daniel, Megan | 16 | Caradon | 2:48.10 | ___ |
| 3 | Williams, Lowri | 16 | Swansea Aq | 2:44.56 | ___ |
| 4 | Brassington, Sophie | 20 | Swansea Uni | 2:28.95 | ___ |
| 5 | Huellou, Claire | 21 | Swansea Uni | 2:40.60 | ___ |
| 6 | Gorman, Helen | 54 | Co Cardiff | 2:47.10 | ___ |
| 7 | Owen, Kessie | 18 | Neath | 2:51.80 | ___ |
| 8 | Powell, Josie | 16 | Bridgend SC | 2:58.80 | ___ |

Heat 3 of 3 Prelims Starts at 10:24 AM

| | | | | | |
|---|------------------|----|---------------|---------|-----|
| 1 | Ling, Olivia | 16 | Co Cardiff | 2:52.70 | ___ |
| 2 | Lythgoe, Manon | 17 | Swansea Aq | 2:48.10 | ___ |
| 3 | Morgan, Carys | 18 | Millfield | 2:43.20 | ___ |
| 4 | Taylor, Theodora | 17 | Torfaen D | 2:28.17 | ___ |
| 5 | Evans, Gwenllian | 17 | Co Cardiff | 2:40.20 | ___ |
| 6 | Williams, Cari | 17 | Nofio Gwynedd | 2:46.48 | ___ |
| 7 | Davies, Mae | 16 | Rtw Monson | 2:49.90 | ___ |
| 8 | Lewis, Orla Rose | 16 | Torfaen D | 2:57.48 | ___ |

Event 209 Men 16 & Over 800 LC Meter Freestyle (HDW)

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 3 Finals Starts at 10:28 AM

| | | | | | |
|---|-----------------|----|------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Vong, Joshua | 16 | Torfaen D | 9:11.70 | ___ |
| 4 | Davies, Brynley | 16 | Co Newport | 9:05.90 | ___ |
| 5 | Reece, Liam | 16 | Co Newport | 9:06.00 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 3 Finals Starts at 10:37 AM

| | | | | | |
|---|---------------------|----|---------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Williams, Owen | 17 | Nofio Gwynedd | 8:59.70 | ___ |
| 3 | Evans, Ieuan | 19 | Swansea Uni | 8:53.62 | ___ |
| 4 | Mistry, Manav | 19 | Swansea Uni | 8:47.04 | ___ |
| 5 | Bradley, Mathew | 20 | Swansea Uni | 8:53.20 | ___ |
| 6 | Park, Reggie Samuel | 16 | Conwy | 8:57.80 | ___ |
| 7 | Bennett, Finley | 17 | Pembs Cty | 9:05.30 | ___ |
| 8 | | | | | ___ |

Swim Wales National Championships 2026 - 02/04/2026 to 05/04/2026**Meet Program - Session 4 (Warmup 8.00 - 8.50)****Heat 3 Finals (#209 Men 16 & Over 800 LC Meter Freestyle (HDW))**

| | | | | | |
|---|-----------------------|----|--------------|---------|-----|
| 1 | Keeble, Alex | 22 | Swansea Uni | 8:42.80 | ___ |
| 2 | Ellis-Sixsmith, Lucas | 19 | Co Liverpool | 8:37.64 | ___ |
| 3 | Parsons, Joseph | 19 | Co Cardiff | 8:32.40 | ___ |
| 4 | Nerushenko, Valeriy | 21 | Swansea Uni | 8:29.10 | ___ |
| 5 | Bamborough, Jack | 18 | Co Cardiff/H | 8:29.90 | ___ |
| 6 | Geysen-Holley, Max | 21 | Co Cardiff | 8:34.40 | ___ |
| 7 | Twigger, Owen | 17 | Swansea Aq | 8:39.70 | ___ |
| 8 | Harris, Daniel | 19 | Swansea Uni | 8:43.10 | ___ |

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

Meet Program - Session 5 (Warmup 11.10 - 12.00)

Event 221 Boys 12-15 200 LC Meter IM

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 5 Prelims Starts at 12:10 PM

| | | | | |
|---|--------------------|----|--------------------|---------|
| 1 | | | | — |
| 2 | Pawlowski, Oscar | 12 | Corby | 3:02.51 |
| 3 | Irish, Alexander | 12 | Newmarket | 2:56.40 |
| 4 | Martenko, Fletcher | 13 | Rct Squad | 2:52.92 |
| 5 | Hale, William | 13 | Co Newport | 2:53.00 |
| 6 | Hughes, George | 12 | Mold | 3:01.06 |
| 7 | %Thomas, Ifan SM8 | 14 | Cambrian AA/A,12,+ | 3:53.60 |
| 8 | | | | — |

Heat 2 of 5 Prelims Starts at 12:15 PM

| | | | | |
|---|----------------|----|--------------|---------|
| 1 | Garrett, Ben | 13 | Merthyr Tydf | 2:51.70 |
| 2 | Jones, Zac | 12 | Co Cardiff | 2:51.30 |
| 3 | Mander, Toby | 12 | Conwy | 2:49.60 |
| 4 | Pugh, Bryn | 13 | Torfaen D | 2:42.33 |
| 5 | Leigh, Jacob | 13 | Co Cardiff | 2:48.37 |
| 6 | Jones, Owain | 13 | Torfaen D | 2:51.10 |
| 7 | Owens, Steffan | 13 | Co Cardiff | 2:51.49 |
| 8 | Jenkins, Llew | 13 | Co Cardiff | 2:52.30 |

Heat 3 of 5 Prelims Starts at 12:19 PM

| | | | | |
|---|----------------------|----|--------------|---------|
| 1 | Nuttall, Harri | 13 | Rhyl Dolphin | 2:40.53 |
| 2 | Wynne, Jasper | 14 | Royal Wolv | 2:36.20 |
| 3 | Sekula, Mateusz | 15 | Rhondda | 2:31.51 |
| 4 | Williams, Dylan | 15 | Wrexham | 2:26.80 |
| 5 | King, Ethan | 14 | Penyrheol | 2:30.20 |
| 6 | Jones, Sam | 13 | Co Cardiff | 2:34.10 |
| 7 | Tennant, Zeke | 13 | Eastbourne | 2:38.90 |
| 8 | Marques-Jones, Felix | 14 | Carmarthen | 2:42.16 |

Heat 4 of 5 Prelims Starts at 12:22 PM

| | | | | |
|---|-----------------|----|--------------|---------|
| 1 | Morgan, Thomas | 14 | Neath | 2:39.97 |
| 2 | Noden, Rory | 14 | Pembs Cty | 2:35.40 |
| 3 | Gregory, Jaiden | 15 | Rct Squad | 2:31.40 |
| 4 | Woodrow, Leo | 15 | TauntonDeane | 2:23.10 |
| 5 | Harwood, Jack | 15 | Pembs Cty | 2:30.00 |
| 6 | Evans, Jake | 14 | Wrexham | 2:33.40 |
| 7 | Palmer, Evan | 14 | Torfaen D | 2:38.60 |
| 8 | Watkins, Dylan | 14 | Torfaen D | 2:40.70 |

Heat 5 of 5 Prelims Starts at 12:25 PM

| | | | | |
|---|------------------------|----|------------|---------|
| 1 | De Haan, Charlie | 13 | Holywell | 2:39.20 |
| 2 | Evans, Sam | 14 | Pembs Cty | 2:34.42 |
| 3 | Jones, Noah | 15 | Torfaen D | 2:30.30 |
| 4 | Castillo, Airam | 15 | Co Cardiff | 2:22.95 |
| 5 | Hughes, Freddy | 14 | Rct Squad | 2:29.74 |
| 6 | Stanford-Jason, Samuel | 15 | Salisbury | 2:32.30 |
| 7 | Jones, Dafydd | 14 | Carmarthen | 2:37.37 |
| 8 | Mrozinski, Michal | 14 | Conwy | 2:40.65 |

Event 222 Female 12-15 50 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 8 Prelims Starts at 12:29 PM

| | | | | |
|---|-------------------|----|-------------|-------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | Kurys, Emiliese | 12 | Nofio S Gar | 36.13 |
| 4 | Morgado, Carolina | 12 | Wrexham | 35.52 |
| 5 | Clements, Olivia | 12 | Co Newport | 35.80 |
| 6 | | | | — |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 8 Prelims Starts at 12:30 PM

| | | | | |
|---|------------------|----|------------|-------|
| 1 | Thomas, Phoebe | 12 | Co Cardiff | 35.28 |
| 2 | M'Keown, Emily | 12 | Holywell | 35.03 |
| 3 | Mustey, Caroline | 12 | Monnow | 34.88 |
| 4 | Ryan, Ellie | 13 | Co Cardiff | 34.13 |
| 5 | Wood, Lilly | 13 | Neath | 34.43 |
| 6 | Gwenter, Isobel | 12 | Neath | 35.02 |
| 7 | Kendall, Ella | 12 | Conwy | 35.10 |
| 8 | | | | — |

Heat 3 of 8 Prelims Starts at 12:31 PM

| | | | | |
|---|---------------------|----|-------------|-------|
| 1 | Davies, Elizabeth | 13 | Pembs Cty | 33.90 |
| 2 | Cartwright, Thea | 13 | N Cornwall | 33.60 |
| 3 | Summerfield, Lucy | 14 | Nofio S Gar | 33.15 |
| 4 | Morris, Blair | 13 | Neath | 33.06 |
| 5 | Kinnaird, Darcy | 14 | Co Cardiff | 33.11 |
| 6 | Williams, Paige | 14 | Swansea Aq | 33.50 |
| 7 | Parry, Abigail | 13 | Nofio S Gar | 33.90 |
| 8 | Roberts, Connie-Rae | 13 | Co Newport | 34.09 |

Heat 4 of 8 Prelims Starts at 12:32 PM

| | | | | |
|---|-------------------------|----|--------------|-------|
| 1 | Willis, Ffion | 14 | Torfaen D | 32.95 |
| 2 | Lewis, Evie | 13 | Pembs Cty | 32.79 |
| 3 | Morgan-Basini, Ruby-May | 14 | Merthyr Tydf | 32.75 |
| 4 | Beasley, Evaleigh | 13 | Swansea Aq | 32.67 |
| 5 | Cooksey-Owen, Ruby-Mae | 15 | Co Cardiff | 32.69 |
| 6 | Fordham, Freya | 14 | Co Newport | 32.78 |
| 7 | Ballinger, Scarlett | 15 | Rhondda | 32.83 |
| 8 | Pryce, Isobel | 12 | Torfaen D | 33.05 |

Heat 5 of 8 Prelims Starts at 12:34 PM

| | | | | |
|---|-------------------|----|---------------|-------|
| 1 | Duggan, Grace | 15 | Rct Squad | 32.42 |
| 2 | Jones, Lola-Grace | 14 | Torfaen D | 32.40 |
| 3 | Williams, Layla | 14 | Newtown | 32.23 |
| 4 | Williams, Leah | 15 | Nofio Gwynedd | 32.01 |
| 5 | Eyre, Maiya | 14 | Buckley | 32.12 |
| 6 | Rowland, Scarlett | 14 | Nofio S Gar | 32.32 |
| 7 | McFarlane, Una | 15 | Pembs Cty | 32.41 |
| 8 | Lawn, Lexi | 13 | Torfaen D | 32.46 |

Heat 6 of 8 Prelims Starts at 12:35 PM

| | | | | |
|---|----------------|----|--------------|-------|
| 1 | Roberts, Rosie | 14 | Torfaen D | 31.90 |
| 2 | O'hara, Noelle | 13 | Wrexham | 31.50 |
| 3 | Mellor, Medi | 14 | Nofio Bangor | 31.21 |
| 4 | Bissicks, Cari | 15 | Neath | 30.64 |
| 5 | Bates, Molly | 15 | EllesmereCSA | 31.03 |
| 6 | Klak, Nina | 14 | Co Newport | 31.43 |
| 7 | Morfey, Megan | 14 | Cwmbran | 31.75 |
| 8 | Duggan, Ella | 15 | Rct Squad | 31.96 |

Heat 7 of 8 Prelims Starts at 12:36 PM

| | | | | |
|---|----------------------|----|---------------|-------|
| 1 | Gordon, Mabli | 15 | Bridgend Cty | 31.88 |
| 2 | Emms, Ela | 14 | Co Cardiff | 31.47 |
| 3 | Berner, Iyla | 13 | Nofio S Gar | 31.11 |
| 4 | Hughes, Nel | 15 | Nofio Gwynedd | 30.23 |
| 5 | Matthews, Catrin | 13 | Co Cardiff | 30.71 |
| 6 | Kazmiruk, Anastasiia | 15 | Nofio S Gar | 31.39 |
| 7 | Williams, Lili | 15 | Rct Squad | 31.67 |
| 8 | Dash, Amelie | 15 | Pembs Cty | 31.93 |

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

Meet Program - Session 5 (Warmup 11.10 - 12.00)

Heat 8 Prelims (#222 Female 12-15 50 LC Meter Butterfly)

| | | | | | |
|---|--------------------|----|---------------|-------|-----|
| 1 | Pitt, Seren | 14 | Co Cardiff | 31.80 | ___ |
| 2 | Tejedo, Lola | 15 | Co Cardiff | 31.43 | ___ |
| 3 | Davies, Isla | 13 | Nofio S Gar | 31.10 | ___ |
| 4 | Sweet-Roberts, Pip | 14 | Torfaen D | 29.72 | ___ |
| 5 | Meenagh, Mai Van | 14 | Co Cardiff | 30.67 | ___ |
| 6 | Sutton, Emily | 15 | Nofio Gwynedd | 31.32 | ___ |
| 7 | Hnoiana, Valya | 14 | Swansea Aq | 31.55 | ___ |
| 8 | Prevete, Sofia | 14 | Wrexham | 31.90 | ___ |

Event 223 Boys 12-15 50 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 5 Prelims Starts at 12:39 PM

| | | | | | |
|---|------------------|----|------------|-------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Baulch, Llywelyn | 12 | Co Newport | 36.42 | ___ |
| 4 | Williams, Lucas | 12 | Swansea Aq | 34.80 | ___ |
| 5 | Pawlowski, Oscar | 12 | Corby | 36.31 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 5 Prelims Starts at 12:40 PM

| | | | | | |
|---|--------------------|----|------------|-------|-----|
| 1 | Hewitt, Oscar | 13 | Monnow | 34.43 | ___ |
| 2 | Dadswell, Harry | 13 | Pembs Cty | 33.88 | ___ |
| 3 | De Haan, Charlie | 13 | Holywell | 33.40 | ___ |
| 4 | King, Henri | 13 | Co Cardiff | 32.94 | ___ |
| 5 | Miller, Ethan | 13 | Ruthin | 33.17 | ___ |
| 6 | Leigh, Jacob | 13 | Co Cardiff | 33.57 | ___ |
| 7 | Martenko, Fletcher | 13 | Rct Squad | 34.23 | ___ |
| 8 | Mander, Toby | 12 | Conwy | 34.46 | ___ |

Heat 3 of 5 Prelims Starts at 12:41 PM

| | | | | | |
|---|------------------------|----|--------------|-------|-----|
| 1 | Bevan, Driw | 14 | Nofio S Gar | 32.05 | ___ |
| 2 | Morgan, Cole | 15 | C Dolphins | 30.55 | ___ |
| 3 | Gregory, Jaiden | 15 | Rct Squad | 29.67 | ___ |
| 4 | Goodey De Diego, Lucas | 15 | Guildford Ct | 28.24 | ___ |
| 5 | Castillo, Airam | 15 | Co Cardiff | 29.25 | ___ |
| 6 | Duggan, Elliot | 15 | Bridgend Cty | 30.10 | ___ |
| 7 | Jones, Sam | 13 | Co Cardiff | 31.15 | ___ |
| 8 | Marques-Jones, Felix | 14 | Carmarthen | 32.65 | ___ |

Heat 4 of 5 Prelims Starts at 12:42 PM

| | | | | | |
|---|------------------------|----|--------------|-------|-----|
| 1 | Griffiths, Nicholas | 14 | Nuneaton | 31.93 | ___ |
| 2 | Pugh, Bryn | 13 | Torfaen D | 30.32 | ___ |
| 3 | Bastyan, Tobias-Luke | 15 | Torfaen D | 29.58 | ___ |
| 4 | Linge, Reece | 15 | EllesmereCSA | 27.58 | ___ |
| 5 | Watkins, Dylan | 14 | Torfaen D | 29.23 | ___ |
| 6 | Hughes, Fraser | 14 | Rhondda | 30.06 | ___ |
| 7 | Evans, Jake | 14 | Wrexham | 31.13 | ___ |
| 8 | Harvey-Sullivan, Oscar | 14 | Swansea Aq | 32.44 | ___ |

Heat 5 of 5 Prelims Starts at 12:44 PM

| | | | | | |
|---|-----------------|----|--------------|-------|-----|
| 1 | Williams, Heath | 14 | Wrexham | 31.75 | ___ |
| 2 | Hughes, Freddy | 14 | Rct Squad | 30.21 | ___ |
| 3 | Williams, Dylan | 15 | Wrexham | 29.50 | ___ |
| 4 | Douglas, Lucas | 15 | Neath | 27.51 | ___ |
| 5 | Elmes, Max | 15 | Nofio S Gar | 29.21 | ___ |
| 6 | Williams, Zach | 15 | Torfaen D | 29.83 | ___ |
| 7 | Bancroft, Theo | 14 | Monnow | 30.76 | ___ |
| 8 | Nuttall, Harri | 13 | Rhyl Dolphin | 32.43 | ___ |

Event 224 Female 12-15 400 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 12:45 PM

| | | | | | |
|---|------------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | M'Keown, Emily | 12 | Holywell | 5:30.58 | ___ |
| 4 | Kurys, Emiliese | 12 | Nofio S Gar | 5:28.60 | ___ |
| 5 | Clements, Olivia | 12 | Co Newport | 5:29.03 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 4 Prelims Starts at 12:51 PM

| | | | | | |
|---|---------------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Roberts, Connie-Rae | 13 | Co Newport | 5:16.61 | ___ |
| 3 | Manship, Beatrice | 12 | Co Newport | 5:08.20 | ___ |
| 4 | Pawlowski, Isabelle | 14 | Corby | 5:06.02 | ___ |
| 5 | Davies, Ava-Rose | 13 | Nofio S Gar | 5:06.59 | ___ |
| 6 | Thomas, Eleanor | 13 | Co Newport | 5:14.99 | ___ |
| 7 | Britton, Nahla | 13 | Co Cardiff | 5:17.92 | ___ |
| 8 | | | | | ___ |

Heat 3 of 4 Prelims Starts at 12:57 PM

| | | | | | |
|---|----------------------|----|------------|---------|-----|
| 1 | Matthews, Catrin | 13 | Co Cardiff | 5:01.90 | ___ |
| 2 | Innocent, Aurelia | 15 | Co Cardiff | 4:54.75 | ___ |
| 3 | Klak, Nina | 14 | Co Newport | 4:47.71 | ___ |
| 4 | Donaldson, Evie | 14 | Co Newport | 4:35.79 | ___ |
| 5 | Allen, Isabel | 15 | Co Cardiff | 4:37.80 | ___ |
| 6 | Gray-Thomas, Jessica | 13 | Conwy | 4:53.87 | ___ |
| 7 | O'hara, Noelle | 13 | Wrexham | 4:58.90 | ___ |
| 8 | Elson, Caitlin | 14 | Wrexham | 5:04.21 | ___ |

Heat 4 of 4 Prelims Starts at 01:03 PM

| | | | | | |
|---|-----------------|----|-------------|---------|-----|
| 1 | Thomas, Carys | 14 | Kettering | 4:59.11 | ___ |
| 2 | Reed, Isabella | 15 | Co Cardiff | 4:54.70 | ___ |
| 3 | Burns, Freya | 15 | Nofio S Gar | 4:43.75 | ___ |
| 4 | Sherrard, Alex | 14 | Torfaen D | 4:34.53 | ___ |
| 5 | Davies, Isla | 13 | Nofio S Gar | 4:36.75 | ___ |
| 6 | Ribeiro, Ariana | 15 | Co Cardiff | 4:49.16 | ___ |
| 7 | George, Ellie | 15 | Rct Squad | 4:56.20 | ___ |
| 8 | Pryce, Isobel | 12 | Torfaen D | 5:03.87 | ___ |

Event 225 Boys 12-15 200 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 01:08 PM

| | | | | | |
|---|------------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Pawlowski, Oscar | 12 | Corby | 2:52.21 | ___ |
| 3 | McLaren, Lucas | 13 | Co Cardiff | 2:50.40 | ___ |
| 4 | Hale, William | 13 | Co Newport | 2:47.69 | ___ |
| 5 | Owens, Steffan | 13 | Co Cardiff | 2:48.50 | ___ |
| 6 | Pyzer, Cyrus | 13 | Nofio S Gar | 2:51.60 | ___ |
| 7 | Hamer, Tom | 12 | Co Hereford | 2:56.98 | ___ |
| 8 | | | | | ___ |

Heat 2 of 4 Prelims Starts at 01:13 PM

| | | | | | |
|---|-----------------|----|--------------|---------|-----|
| 1 | Leigh, Jacob | 13 | Co Cardiff | 2:43.01 | ___ |
| 2 | Nuttall, Harri | 13 | Rhyl Dolphin | 2:35.70 | ___ |
| 3 | Samuel, Jake | 15 | Merthyr Tydf | 2:27.82 | ___ |
| 4 | Harwood, Jack | 15 | Pembs Cty | 2:22.60 | ___ |
| 5 | Hamer, Joe | 15 | Co Hereford | 2:27.10 | ___ |
| 6 | Williams, Heath | 14 | Wrexham | 2:30.70 | ___ |
| 7 | Staples, Max | 13 | Rhondda | 2:41.20 | ___ |
| 8 | Monan, Euan | 13 | Pembs Cty | 2:47.32 | ___ |

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

Meet Program - Session 5 (Warmup 11.10 - 12.00)

Heat 3 Prelims (#225 Boys 12-15 200 LC Meter Backstroke)

| | | | | | |
|---|---------------------|----|------------|---------|-----|
| 1 | Hughes, Elis | 13 | Southwold | 2:41.71 | ___ |
| 2 | Jones, Dafydd | 14 | Carmarthen | 2:34.70 | ___ |
| 3 | Jenkins, Rhys | 13 | Co Cardiff | 2:27.45 | ___ |
| 4 | Davies, Callum | 15 | Okehampton | 2:22.10 | ___ |
| 5 | Rees, Gwyn | 15 | Wantage | 2:25.60 | ___ |
| 6 | Ban Jona, Krisztian | 15 | Co Newport | 2:30.30 | ___ |
| 7 | Morgan, Thomas | 14 | Neath | 2:38.10 | ___ |
| 8 | Irish, Alexander | 12 | Newmarket | 2:47.30 | ___ |

Heat 4 of 4 Prelims Starts at 01:21 PM

| | | | | | |
|---|------------------------|----|--------------|---------|-----|
| 1 | King, Henri | 13 | Co Cardiff | 2:41.41 | ___ |
| 2 | Noden, Rory | 14 | Pembs Cty | 2:34.41 | ___ |
| 3 | Goodey De Diego, Lucas | 15 | Guildford Ct | 2:27.30 | ___ |
| 4 | Elmes, Max | 15 | Nofio S Gar | 2:19.60 | ___ |
| 5 | King, Ethan | 14 | Penyrheol | 2:23.40 | ___ |
| 6 | De Haan, Charlie | 13 | Holywell | 2:29.06 | ___ |
| 7 | Ogden, George | 14 | Redditch | 2:37.60 | ___ |
| 8 | Garrett, Ben | 13 | Merthyr Tydf | 2:44.12 | ___ |

Event 226 Female 12-15 100 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 8 Prelims Starts at 01:25 PM

| | | | | | |
|---|------------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Sullivan, Myla | 12 | Torfaen D | 1:25.29 | ___ |
| 4 | Enoch, Erin | 12 | Nofio S Gar | 1:24.68 | ___ |
| 5 | Liberyte, Gabija | 12 | Torfaen D | 1:25.00 | ___ |
| 6 | Foxwell, Emilia | 12 | Co Cardiff | 1:25.61 | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 8 Prelims Starts at 01:28 PM

| | | | | | |
|---|---------------------|----|--------------|---------|-----|
| 1 | Lovell, Amabel | 12 | Swindon Dolp | 1:24.10 | ___ |
| 2 | Clay, Emelia | 12 | Swansea Aq | 1:23.70 | ___ |
| 3 | Jones, Betsy | 12 | Holywell | 1:23.60 | ___ |
| 4 | Kurys, Emiliese | 12 | Nofio S Gar | 1:21.70 | ___ |
| 5 | Smith, Emily | 12 | Co Newport | 1:22.22 | ___ |
| 6 | Evans, Hannah | 12 | Co Newport | 1:23.70 | ___ |
| 7 | Kendall, Ella | 12 | Conwy | 1:24.00 | ___ |
| 8 | Pasinskaite, Amelia | 12 | Co Newport | 1:24.22 | ___ |

Heat 3 of 8 Prelims Starts at 01:31 PM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | Thomas, Phoebe | 12 | Co Cardiff | 1:20.69 | ___ |
| 2 | Griffiths, Isla | 13 | Tenby | 1:20.50 | ___ |
| 3 | Ryan, Ellie | 13 | Co Cardiff | 1:20.34 | ___ |
| 4 | Mustey, Caroline | 12 | Monnow | 1:19.10 | ___ |
| 5 | Bate, Chloe | 13 | Co Cardiff | 1:19.16 | ___ |
| 6 | Jones, Cora | 13 | Heads Valley | 1:20.40 | ___ |
| 7 | Morris, Besi | 13 | Nofio S Gar | 1:20.60 | ___ |
| 8 | M'Keown, Emily | 12 | Holywell | 1:21.40 | ___ |

Heat 4 of 8 Prelims Starts at 01:33 PM

| | | | | | |
|---|---------------------|----|--------------|---------|-----|
| 1 | Swatman, Violet | 13 | Berkhamsted | 1:18.30 | ___ |
| 2 | Hawkins, Lottie | 13 | Pembs Cty | 1:17.00 | ___ |
| 3 | Chauhan, Amber | 14 | Nofio Bangor | 1:16.40 | ___ |
| 4 | Taylor, Imogen | 13 | Torfaen D | 1:15.60 | ___ |
| 5 | Pawlowski, Isabelle | 14 | Corby | 1:15.91 | ___ |
| 6 | Roberts, Phoebe | 14 | Conwy | 1:17.00 | ___ |
| 7 | Pinnock, Betsan | 14 | Swansea Aq | 1:17.30 | ___ |
| 8 | Morris, Blair | 13 | Neath | 1:18.50 | ___ |

Heat 5 of 8 Prelims Starts at 01:36 PM

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Davies, Elizabeth | 13 | Pembs Cty | 1:15.20 | ___ |
| 2 | Willis, Ffion | 14 | Torfaen D | 1:14.98 | ___ |
| 3 | Jenkins, Elli | 15 | Swansea Aq | 1:14.80 | ___ |
| 4 | Owen, Nel | 13 | Nofio Gwynedd | 1:14.50 | ___ |
| 5 | Thomas, Carys | 14 | Kettering | 1:14.51 | ___ |
| 6 | Dash, Amelie | 15 | Pembs Cty | 1:14.90 | ___ |
| 7 | Prevete, Sofia | 14 | Wrexham | 1:15.10 | ___ |
| 8 | Williams, Layla | 14 | Newtown | 1:15.40 | ___ |

Heat 6 of 8 Prelims Starts at 01:38 PM

| | | | | | |
|---|----------------------|----|-------------|---------|-----|
| 1 | Beasley, Evaleigh | 13 | Swansea Aq | 1:13.90 | ___ |
| 2 | O'hara, Noelle | 13 | Wrexham | 1:12.50 | ___ |
| 3 | Fowler, Maisie | 15 | Rct Squad | 1:09.80 | ___ |
| 4 | Sweet-Roberts, Pip | 14 | Torfaen D | 1:07.80 | ___ |
| 5 | Davies, Isla | 13 | Nofio S Gar | 1:08.50 | ___ |
| 6 | McCoole-Jones, Elen | 15 | Holywell | 1:11.40 | ___ |
| 7 | Lewis-Jones, Idele | 15 | Wrexham | 1:13.40 | ___ |
| 8 | Lendnau-Moulton, Ava | 15 | Wrexham | 1:14.50 | ___ |

Heat 7 of 8 Prelims Starts at 01:41 PM

| | | | | | |
|---|-----------------|----|---------------|---------|-----|
| 1 | Williams, Paige | 14 | Swansea Aq | 1:13.90 | ___ |
| 2 | Thurston, Rene | 15 | Newtown | 1:12.00 | ___ |
| 3 | Berner, Iyla | 13 | Nofio S Gar | 1:09.30 | ___ |
| 4 | Prosser, Sofia | 14 | Torfaen D | 1:07.40 | ___ |
| 5 | Roberts, Rosie | 14 | Torfaen D | 1:08.49 | ___ |
| 6 | Layland, Seren | 15 | Penyrheol | 1:11.40 | ___ |
| 7 | Hughes, Nel | 15 | Nofio Gwynedd | 1:13.20 | ___ |
| 8 | Sutton, Emily | 15 | Nofio Gwynedd | 1:14.30 | ___ |

Heat 8 of 8 Prelims Starts at 01:44 PM

| | | | | | |
|---|----------------|----|---------------|---------|-----|
| 1 | Eyre, Maiya | 14 | Buckley | 1:13.70 | ___ |
| 2 | Jones, Hunydd | 15 | Nofio S Gar | 1:11.97 | ___ |
| 3 | Reasons, Darcy | 14 | Torfaen D | 1:08.60 | ___ |
| 4 | Spence, Emilia | 15 | Co Birm'ham | 1:07.30 | ___ |
| 5 | Bennett, Isla | 15 | Co Cardiff | 1:07.92 | ___ |
| 6 | Emms, Ela | 14 | Co Cardiff | 1:11.20 | ___ |
| 7 | Williams, Leah | 15 | Nofio Gwynedd | 1:13.19 | ___ |
| 8 | Dillon, Maiah | 15 | Bo Stockton | 1:14.00 | ___ |

Event 227 Boys 12-15 100 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 6 Prelims Starts at 01:46 PM

| | | | | | |
|---|----------------|----|----------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Mander, Toby | 12 | Conwy | 1:34.63 | ___ |
| 4 | Groves, Jasper | 12 | Conwy | 1:32.31 | ___ |
| 5 | Picken, Luke | 12 | Sandwell | 1:34.52 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 6 Prelims Starts at 01:48 PM

| | | | | | |
|---|-------------------|----|------------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Hughes, George | 12 | Mold | 1:31.60 | ___ |
| 3 | Bishop, Harrison | 13 | Barnstaple | 1:30.73 | ___ |
| 4 | Hughes, Elis | 13 | Southwold | 1:30.26 | ___ |
| 5 | Jones, Owain | 13 | Torfaen D | 1:30.30 | ___ |
| 6 | Jenkins, Llew | 13 | Co Cardiff | 1:30.90 | ___ |
| 7 | %Hopkins, Luc SB9 | 15 | Torfaen D/A,12,+ | 1:31.60 | ___ |
| 8 | | | | | ___ |

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

Meet Program - Session 5 (Warmup 11.10 - 12.00)

Heat 3 Prelims (#227 Boys 12-15 100 LC Meter Breaststroke)

| | | | | | |
|---|---------------------|----|-------------|---------|-----|
| 1 | Howell, Harry | 13 | Chirk | 1:30.03 | ___ |
| 2 | Staples, Max | 13 | Rhondda | 1:28.50 | ___ |
| 3 | Williams, Lucas | 12 | Swansea Aq | 1:27.30 | ___ |
| 4 | Jones, Zac | 12 | Co Cardiff | 1:26.20 | ___ |
| 5 | Hewitt, Oscar | 13 | Monnow | 1:26.90 | ___ |
| 6 | Miller, Ethan | 13 | Ruthin | 1:28.40 | ___ |
| 7 | Lloyd, Dylan | 13 | Rhondda | 1:28.69 | ___ |
| 8 | Lloyd, Vincent-Owen | 13 | Nofio S Gar | 1:30.20 | ___ |

Heat 4 of 6 Prelims Starts at 01:53 PM

| | | | | | |
|---|----------------------|----|---------------|---------|-----|
| 1 | Palmer, Evan | 14 | Torfaen D | 1:24.00 | ___ |
| 2 | Fordyce, Dewi | 13 | Berkhamsted | 1:18.90 | ___ |
| 3 | Price-Clissem, Dyfan | 15 | Nofio Gwynedd | 1:18.20 | ___ |
| 4 | Woodrow, Leo | 15 | TauntonDeane | 1:15.80 | ___ |
| 5 | Edwards, Isaac | 14 | Wrexham | 1:16.90 | ___ |
| 6 | Wynne, Jasper | 14 | Royal Wolv | 1:18.70 | ___ |
| 7 | McCullagh, Patrick | 14 | Holywell | 1:21.53 | ___ |
| 8 | Tennant, Jace | 13 | Eastbourne | 1:25.89 | ___ |

Heat 5 of 6 Prelims Starts at 01:55 PM

| | | | | | |
|---|---------------------|----|-------------|---------|-----|
| 1 | Jones, Dafydd | 14 | Carmarthen | 1:22.90 | ___ |
| 2 | Hamer, Joe | 15 | Co Hereford | 1:18.81 | ___ |
| 3 | Volausek, Noah | 15 | Co Cardiff | 1:18.18 | ___ |
| 4 | Sekula, Mateusz | 15 | Rhondda | 1:14.13 | ___ |
| 5 | Jones, Noah | 15 | Torfaen D | 1:16.80 | ___ |
| 6 | Morgan, Thomas | 14 | Neath | 1:18.70 | ___ |
| 7 | Tennant, Zeke | 13 | Eastbourne | 1:19.74 | ___ |
| 8 | Gray-Thomas, Jayden | 14 | Conwy | 1:25.40 | ___ |

Heat 6 of 6 Prelims Starts at 01:57 PM

| | | | | | |
|---|------------------------|----|--------------|---------|-----|
| 1 | Barrow, Charles | 13 | Edenbridge | 1:22.24 | ___ |
| 2 | Stanford-Jason, Samuel | 15 | Salisbury | 1:18.80 | ___ |
| 3 | Sekula, Szymon | 15 | Rhondda | 1:17.26 | ___ |
| 4 | Taylor, Nicholas | 15 | Torfaen D | 1:13.06 | ___ |
| 5 | Csoban, Benjamin | 15 | Co Newport | 1:16.79 | ___ |
| 6 | Lovell, Logan | 15 | Swindon Dolp | 1:18.52 | ___ |
| 7 | Jones, Tom | 15 | Clitheroe | 1:19.30 | ___ |
| 8 | Marques-Jones, Felix | 14 | Carmarthen | 1:24.30 | ___ |

Event 228 Female 12-15 200 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 01:59 PM

| | | | | | |
|---|---------------------|----|--------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Lovell, Amabel | 12 | Swindon Dolp | 3:21.11 | ___ |
| 3 | Van Zyl, Giada | 12 | Co Cardiff | 3:15.85 | ___ |
| 4 | Tooby, Martha | 13 | Torfaen D | 3:14.54 | ___ |
| 5 | Weatherhead, Emilie | 12 | Mold | 3:15.64 | ___ |
| 6 | Morgado, Carolina | 12 | Wrexham | 3:16.20 | ___ |
| 7 | Elson, Jessica | 12 | Wrexham | 3:27.50 | ___ |
| 8 | | | | | ___ |

Heat 2 of 4 Prelims Starts at 02:03 PM

| | | | | | |
|---|-------------------|----|------------|---------|-----|
| 1 | Manship, Beatrice | 12 | Co Newport | 3:06.98 | ___ |
| 2 | Harding, Chloe | 15 | Cwmbran | 3:02.20 | ___ |
| 3 | Van Zyl, Kiara | 14 | Co Cardiff | 2:59.20 | ___ |
| 4 | McQuaid, Maria | 15 | Co Cardiff | 2:50.27 | ___ |
| 5 | Lawn, Gayle | 13 | Torfaen D | 2:55.06 | ___ |
| 6 | Jones, Cadi | 14 | Co Cardiff | 3:00.69 | ___ |
| 7 | Lee, Seol Lucy | 14 | Co Cardiff | 3:05.75 | ___ |
| 8 | Jones, Habiba | 13 | Bebington | 3:13.68 | ___ |

Heat 3 of 4 Prelims Starts at 02:07 PM

| | | | | | |
|---|-------------------------|----|--------------|---------|-----|
| 1 | Roberts, Phoebe | 14 | Conwy | 3:06.20 | ___ |
| 2 | Hall, Ellena | 15 | Pembs Cty | 3:02.10 | ___ |
| 3 | Lewis-Jones, Idele | 15 | Wrexham | 2:57.90 | ___ |
| 4 | Taffetsauffer, Isabella | 15 | Nofio S Gar | 2:48.83 | ___ |
| 5 | Davies, Isabella | 15 | Nofio S Gar | 2:51.30 | ___ |
| 6 | Williams, Lili | 15 | Rct Squad | 3:00.00 | ___ |
| 7 | Harris, Charlotte | 14 | Morpeth | 3:05.62 | ___ |
| 8 | Charrington, Lucy | 13 | Heads Valley | 3:10.80 | ___ |

Heat 4 of 4 Prelims Starts at 02:11 PM

| | | | | | |
|---|------------------|----|-------------|---------|-----|
| 1 | Lawn, Lexi | 13 | Torfaen D | 3:06.00 | ___ |
| 2 | Prickett, Chloe | 14 | Co Cardiff | 3:01.46 | ___ |
| 3 | Davies, Macy | 14 | Torfaen D | 2:56.53 | ___ |
| 4 | Parry, Abigail | 13 | Nofio S Gar | 2:46.49 | ___ |
| 5 | Dowling, Abigail | 15 | Co Cardiff | 2:50.31 | ___ |
| 6 | Marsden, Phoebe | 15 | Conwy | 2:59.40 | ___ |
| 7 | Jones, Hunydd | 15 | Nofio S Gar | 3:02.70 | ___ |
| 8 | Lewis, Evie | 13 | Pembs Cty | 3:08.40 | ___ |

Event 229 Boys 12-15 800 LC Meter Freestyle (HDW)

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 2 Finals Starts at 02:15 PM

| | | | | | |
|---|-------------------------|----|-----------|----------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Irish, Alexander | 12 | Newmarket | 10:58.68 | ___ |
| 4 | Evans, Jonas | 12 | Mold | 10:33.42 | ___ |
| 5 | Stanford-Jason, Matthew | 13 | Salisbury | 10:49.70 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 2 Finals Starts at 02:26 PM

| | | | | | |
|---|---------------------|----|-------------|----------|-----|
| 1 | Cook, Noah | 13 | Torfaen D | 9:55.20 | ___ |
| 2 | Ban Jona, Krisztian | 15 | Co Newport | 9:41.85 | ___ |
| 3 | McCullagh, Patrick | 14 | Holywell | 9:36.33 | ___ |
| 4 | Davies, Callum | 15 | Okehampton | 9:13.89 | ___ |
| 5 | Baldwin, Thomas | 15 | Holywell | 9:34.25 | ___ |
| 6 | Chalk, Alistair | 14 | Co Newport | 9:36.57 | ___ |
| 7 | Evans, Sam | 14 | Pembs Cty | 9:52.60 | ___ |
| 8 | Bowes, James | 14 | Nofio S Gar | 10:12.90 | ___ |

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

Meet Program - Session 7 (Warmup 8.00 - 8.50)

Event 301 Female 16 & Over 200 LC Meter IM

| Lane | Name | Age | Team | Seed Time |
|---|---------------------|-----|-----------------|-----------|
| Heat 1 of 4 Prelims Starts at 09:00 AM | | | | |
| 1 | %Lawn, Pippa SM14 | 16 | Torfaen D | 3:07.68 |
| 2 | Sullivan, Ariana | 16 | Torfaen D | 2:40.33 |
| 3 | Lewis, Orla Rose | 16 | Torfaen D | 2:38.73 |
| 4 | Gardener, Hannah | 17 | Bridgend Cty | 2:37.02 |
| 5 | Williams, Marys | 17 | Swansea Aq | 2:37.40 |
| 6 | Synowiec, Amelia | 16 | Conwy | 2:40.30 |
| 7 | %Willis, Meghan SM9 | 19 | Torfaen D/1,3,5 | 2:44.20 |
| 8 | %Mesher, Anwen SM9 | 17 | Brecon/3,4,12,+ | 4:13.10 |

Heat 2 of 4 Prelims Starts at 09:05 AM

| | | | | |
|---|------------------|----|---------------|---------|
| 1 | Nichols, Grace | 16 | Pembs Cty | 2:33.60 |
| 2 | Irvine, Annabel | 16 | Crosby | 2:30.62 |
| 3 | Croke, Carys | 19 | Torfaen D | 2:27.19 |
| 4 | Stephenson, Ruby | 19 | Swansea Uni | 2:20.10 |
| 5 | Hornby, Rachel | 22 | Swansea Uni | 2:24.96 |
| 6 | Bissicks, Ella | 19 | Swansea Uni | 2:29.95 |
| 7 | Weaver, Poppy | 19 | Swansea Uni | 2:31.25 |
| 8 | Williams, Cari | 17 | Nofio Gwynedd | 2:35.90 |

Heat 3 of 4 Prelims Starts at 09:09 AM

| | | | | |
|---|------------------|----|---------------|---------|
| 1 | Dewsbury, Daisy | 21 | Swansea Uni | 2:33.34 |
| 2 | Thomas, Serenity | 16 | Nofio Gwynedd | 2:30.35 |
| 3 | Daniel, Megan | 16 | Caradon | 2:26.21 |
| 4 | Major, Scarlet | 23 | Swansea Uni | 2:15.90 |
| 5 | Rees, Katie | 28 | Swansea Uni | 2:24.00 |
| 6 | Williams, Lowri | 16 | Swansea Aq | 2:29.18 |
| 7 | Roberts, Megan | 19 | Swansea Uni | 2:31.20 |
| 8 | Edwards, Alaw | 16 | Nofio Gwynedd | 2:35.70 |

Heat 4 of 4 Prelims Starts at 09:12 AM

| | | | | |
|---|-------------------|----|---------------|---------|
| 1 | Morgan, Carys | 18 | Millfield | 2:32.10 |
| 2 | Lythgoe, Manon | 17 | Swansea Aq | 2:30.25 |
| 3 | Anderson, Rosalie | 16 | Co Cardiff | 2:25.86 |
| 4 | Taylor, Theodora | 17 | Torfaen D | 2:13.80 |
| 5 | Titchener, Megan | 18 | Torfaen D | 2:22.69 |
| 6 | Salmon, Gwen | 19 | Rct Squad | 2:28.30 |
| 7 | Williams, Jody | 20 | Swansea Uni | 2:31.00 |
| 8 | Roberts, Mali | 16 | Nofio Gwynedd | 2:35.50 |

Event 302 Men 16 & Over 50 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|---|-------------------------|-----|---------------|-----------|
| Heat 1 of 4 Prelims Starts at 09:15 AM | | | | |
| 1 | %Johnstone, Isaac S7 | 20 | Swansea Uni | 37.69 |
| 2 | Miles, Harry | 16 | Co Cardiff | 26.20 |
| 3 | Hewitt, Archie | 16 | Torfaen D | 26.05 |
| 4 | Dowty, Oliver | 17 | Mt Kelly | 25.80 |
| 5 | Meilleur, Elliot | 16 | Nofio Gwynedd | 25.82 |
| 6 | Shiland-Griffiths, Enzo | 16 | Nofio Gwynedd | 26.13 |
| 7 | Thomas, Iolo | 16 | Neath | 26.60 |
| 8 | | | | |

Heat 2 of 4 Prelims Starts at 09:16 AM

| | | | | |
|---|----------------------|----|-------------|-------|
| 1 | Meek, Emyr | 29 | Swansea Uni | 25.56 |
| 2 | Major, Maximus | 16 | Torfaen D | 25.04 |
| 3 | Silverstone, Solomon | 17 | Pembs Cty | 24.53 |
| 4 | Greenway, Morgan | 23 | Swansea Uni | 23.58 |
| 5 | Poole, Dexter | 21 | Swansea Uni | 23.97 |
| 6 | McCarthy, Benedict | 17 | Co Cardiff | 24.69 |
| 7 | Hawkins, Alfie | 19 | Swansea Uni | 25.15 |
| 8 | Helps, Jacob | 20 | Swansea Uni | 25.77 |

Heat 3 of 4 Prelims Starts at 09:18 AM

| | | | | |
|---|---------------------|----|---------------|-------|
| 1 | Foster, Henry | 17 | Redditch | 25.43 |
| 2 | Thomas, Lucas | 18 | Nofio Gwynedd | 24.83 |
| 3 | Lennon, Danny | 18 | Wrexham | 24.38 |
| 4 | Davies, Evan | 20 | Co Cardiff | 23.40 |
| 5 | Mruk, Lucas | 18 | Torfaen D | 23.90 |
| 6 | Johnstone, Daniel | 19 | Swansea Uni | 24.69 |
| 7 | Davies, Blake | 16 | Co Cardiff | 25.13 |
| 8 | Park, Reggie Samuel | 16 | Conwy | 25.75 |

Heat 4 of 4 Prelims Starts at 09:19 AM

| | | | | |
|---|------------------------|----|-------------|-------|
| 1 | Major, Sebastian | 20 | Swansea Uni | 25.25 |
| 2 | Friday, Macsen | 23 | Co Cardiff | 24.80 |
| 3 | James, Harley | 21 | Co Cardiff | 24.14 |
| 4 | Docking-Smith, Frankie | 22 | Swansea Uni | 23.30 |
| 5 | Gillett, Oliver | 19 | Swansea Uni | 23.88 |
| 6 | Stepliuk, Edgar | 20 | Swansea Uni | 24.57 |
| 7 | Pugh, Morgan | 19 | Torfaen D | 25.11 |
| 8 | Mills, Ioan | 17 | Torfaen D | 25.60 |

Event 303 Female 16 & Over 50 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|---|----------------------|-----|--------------------|-----------|
| Heat 1 of 5 Prelims Starts at 09:20 AM | | | | |
| 1 | %Rogerson, Heidi S10 | 19 | Cambrian AA/A,12,+ | 35.57 |
| 2 | Rees, Maisie | 16 | Rct Squad | 29.75 |
| 3 | Roberts, Mali | 16 | Nofio Gwynedd | 29.45 |
| 4 | Williams, Lowri | 16 | Swansea Aq | 29.18 |
| 5 | Ach Rhys, Elyllt | 16 | Nofio Gwynedd | 29.22 |
| 6 | Fitzgerald, Mali | 16 | Bridgend Cty | 29.54 |
| 7 | Evans, Gwennan | 16 | Co Cardiff | 29.87 |
| 8 | %Mesher, Anwen S9 | 17 | Brecon/3,4,12,+ | 43.50 |

Heat 2 of 5 Prelims Starts at 09:21 AM

| | | | | |
|---|--------------------|----|---------------|-------|
| 1 | Devin, Erin | 16 | Wrexham | 29.06 |
| 2 | Edwards, Alaw | 16 | Nofio Gwynedd | 28.80 |
| 3 | Carter, Ava | 18 | Penyrheol | 28.69 |
| 4 | Bassett, Alexandra | 19 | Co South'ton | 28.60 |
| 5 | Worthington, Emma | 18 | Chirk | 28.60 |
| 6 | Geach, Libbie | 17 | Nofio S Gar | 28.73 |
| 7 | Sullivan, Ariana | 16 | Torfaen D | 28.92 |
| 8 | Hughes-Rolls, Ava | 17 | Torfaen D | 29.10 |

Heat 3 of 5 Prelims Starts at 09:22 AM

| | | | | |
|---|------------------|----|--------------|-------|
| 1 | Givvons, Imogen | 16 | Torfaen D | 28.07 |
| 2 | Nichols, Grace | 16 | Pembs Cty | 27.57 |
| 3 | Lush, Emily | 24 | Swansea Uni | 27.34 |
| 4 | Stead, Martha | 21 | Swansea Uni | 26.95 |
| 5 | Croke, Carys | 19 | Torfaen D | 27.04 |
| 6 | Hempenstall, Amy | 18 | Guildford Ct | 27.37 |
| 7 | Hall, Emily | 16 | Warrington W | 27.91 |
| 8 | James, Grace | 17 | Bridgend Cty | 28.51 |

Heat 4 of 5 Prelims Starts at 09:24 AM

| | | | | |
|---|--------------------|----|---------------|-------|
| 1 | Morgan, Isabel | 22 | Co Cardiff | 27.99 |
| 2 | Dwyfor-Clark, Efa | 17 | Nofio Gwynedd | 27.55 |
| 3 | Dickinson, Jessica | 21 | Swansea Uni | 27.30 |
| 4 | Davies, Sophie | 19 | Millfield | 26.42 |
| 5 | De Torres, Rebecca | 22 | Co Cardiff | 27.00 |
| 6 | Jones, Maisie | 16 | Co Cardiff | 27.36 |
| 7 | Collyer, Mabli | 18 | Nofio S Gar | 27.59 |
| 8 | Andrews, Joanne | 16 | EllesmereCSA | 28.50 |

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

Meet Program - Session 7 (Warmup 8.00 - 8.50)

Heat 5 Prelims (#303 Female 16 & Over 50 LC Meter Freestyle)

| | | | | | |
|---|---------------------|----|---------------|-------|-----|
| 1 | Griffiths, Cerys | 16 | Pembs Cty | 27.99 | ___ |
| 2 | Sherrard, Emme | 17 | Torfaen D | 27.51 | ___ |
| 3 | Humphreys, Ffion | 18 | Nofio Gwynedd | 27.28 | ___ |
| 4 | Woodcock, Hannah | 22 | Swansea Uni | 26.31 | ___ |
| 5 | Crawley, Abigail | 21 | Swansea Uni | 26.96 | ___ |
| 6 | Fox, Honor | 19 | Co Cardiff | 27.35 | ___ |
| 7 | Schumm, Libby | 17 | Torfaen D | 27.59 | ___ |
| 8 | %Williams, Rose S14 | 18 | Co Cardiff | 28.36 | ___ |

Event 304 Men 16 & Over 400 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 3 Prelims Starts at 09:26 AM

| | | | | | |
|---|------------------------|----|------------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Davies, Tom | 16 | Co Newport | 4:30.20 | ___ |
| 3 | Reece, Liam | 16 | Co Newport | 4:27.80 | ___ |
| 4 | Park, Reggie Samuel | 16 | Conwy | 4:20.81 | ___ |
| 5 | Vong, Joshua | 16 | Torfaen D | 4:22.70 | ___ |
| 6 | Williams, Thomas | 16 | Nofio S Gar | 4:28.50 | ___ |
| 7 | %O'Reilly, McKenzie S8 | 17 | Torfaen D/A,12,+ | 5:37.25 | ___ |
| 8 | | | | | ___ |

Heat 2 of 3 Prelims Starts at 09:32 AM

| | | | | | |
|---|-----------------------|----|---------------|---------|-----|
| 1 | Mistry, Manav | 19 | Swansea Uni | 4:17.26 | ___ |
| 2 | Twigger, Owen | 17 | Swansea Aq | 4:12.80 | ___ |
| 3 | Ellis-Sixsmith, Lucas | 19 | Co Liverpool | 4:04.69 | ___ |
| 4 | Nerushenko, Valeriy | 21 | Swansea Uni | 4:02.10 | ___ |
| 5 | Geysen-Holley, Max | 21 | Co Cardiff | 4:03.90 | ___ |
| 6 | Parsons, Joseph | 19 | Co Cardiff | 4:08.10 | ___ |
| 7 | Prysor, Sami | 19 | EllesmereCSA | 4:14.00 | ___ |
| 8 | Williams, Owen | 17 | Nofio Gwynedd | 4:19.70 | ___ |

Heat 3 of 3 Prelims Starts at 09:37 AM

| | | | | | |
|---|----------------------|----|--------------|---------|-----|
| 1 | Silverstone, Solomon | 17 | Pembs Cty | 4:14.96 | ___ |
| 2 | Harris, Daniel | 19 | Swansea Uni | 4:09.00 | ___ |
| 3 | Staines, Luca | 22 | Swansea Uni | 4:04.43 | ___ |
| 4 | O'Brien, Joshua | 21 | Co Cardiff | 3:59.28 | ___ |
| 5 | Bamborough, Jack | 18 | Co Cardiff/H | 4:02.30 | ___ |
| 6 | Gillett, Oliver | 19 | Swansea Uni | 4:04.90 | ___ |
| 7 | Keeble, Alex | 22 | Swansea Uni | 4:13.50 | ___ |
| 8 | Merriman, Ben | 21 | Co Cardiff | 4:19.20 | ___ |

Event 305 Female 16 & Over 100 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 09:42 AM

| | | | | | |
|---|---------------------|----|-------------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | %Rice, Lily SB7 | 22 | Co Cardiff/A,12,+ | 1:45.72 | ___ |
| 4 | %Willis, Meghan SB9 | 19 | Torfaen D/1,3,5 | 1:27.68 | ___ |
| 5 | %Lawn, Pippa SB14 | 16 | Torfaen D | 1:38.20 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 4 Prelims Starts at 09:45 AM

| | | | | | |
|---|------------------|----|-------------|---------|-----|
| 1 | Lythgoe, Manon | 17 | Swansea Aq | 1:20.06 | ___ |
| 2 | Owen, Kessie | 18 | Neath | 1:17.50 | ___ |
| 3 | Sait, Erika | 20 | Swansea Uni | 1:14.90 | ___ |
| 4 | Woodcock, Hannah | 22 | Swansea Uni | 1:10.50 | ___ |
| 5 | Winstanley, Elin | 17 | Co Hereford | 1:13.70 | ___ |
| 6 | Williams, Lowri | 16 | Swansea Aq | 1:16.15 | ___ |
| 7 | Jones, Flora | 16 | Holywell | 1:19.00 | ___ |
| 8 | | | | | ___ |

Heat 3 of 4 Prelims Starts at 09:47 AM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | Gardener, Hannah | 17 | Bridgend Cty | 1:19.90 | ___ |
| 2 | Gorman, Helen | 54 | Co Cardiff | 1:16.60 | ___ |
| 3 | Matthews, Elin | 16 | Co Cardiff | 1:14.80 | ___ |
| 4 | Crowley, Amy | 21 | Co Cardiff | 1:09.34 | ___ |
| 5 | Gibson, Mari | 18 | Co Cardiff | 1:12.54 | ___ |
| 6 | Morgan, Carys | 18 | Millfield | 1:15.88 | ___ |
| 7 | Davies, Ellen | 17 | Chirk | 1:18.90 | ___ |
| 8 | Powell, Josie | 16 | Bridgend SC | 1:23.50 | ___ |

Heat 4 of 4 Prelims Starts at 09:49 AM

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Goddard, Amy | 17 | Rct Squad | 1:19.10 | ___ |
| 2 | Williams, Cari | 17 | Nofio Gwynedd | 1:16.26 | ___ |
| 3 | Bissicks, Ella | 19 | Swansea Uni | 1:14.39 | ___ |
| 4 | Taylor, Theodora | 17 | Torfaen D | 1:07.70 | ___ |
| 5 | Evans, Gwenllian | 17 | Co Cardiff | 1:12.52 | ___ |
| 6 | Jones, Rebecca | 17 | Co Coventry | 1:15.60 | ___ |
| 7 | Worthington, Emma | 18 | Chirk | 1:18.30 | ___ |
| 8 | Lewis, Orla Rose | 16 | Torfaen D | 1:23.30 | ___ |

Event 306 Men 16 & Over 200 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 3 Prelims Starts at 09:51 AM

| | | | | | |
|---|---------------------|----|---------------|---------|-----|
| 1 | Doyle, Alfie | 18 | Torfaen D | 2:37.70 | ___ |
| 2 | Hole, Ethan | 17 | Co Cardiff | 2:35.20 | ___ |
| 3 | Brock, Freddy | 17 | Rct Squad | 2:31.68 | ___ |
| 4 | Lee, Tristan | 20 | Co Cardiff | 2:25.25 | ___ |
| 5 | Meilleur, Elliot | 16 | Nofio Gwynedd | 2:27.03 | ___ |
| 6 | Upton-Boorman, Liam | 19 | Nofio S Gar | 2:33.30 | ___ |
| 7 | Hughes, Cai | 17 | Nofio Bangor | 2:36.40 | ___ |
| 8 | | | | | ___ |

Heat 2 of 3 Prelims Starts at 09:54 AM

| | | | | | |
|---|-------------------------|----|--------------|---------|-----|
| 1 | Thomas, Archie | 16 | Co Cardiff | 2:37.35 | ___ |
| 2 | Evans, Ieuan | 19 | Swansea Uni | 2:33.60 | ___ |
| 3 | Neaves, Jake | 17 | EllesmereCSA | 2:31.18 | ___ |
| 4 | Sheppard, Rhydian | 19 | Co Cardiff | 2:20.08 | ___ |
| 5 | Lovell-Pascal, Jean-Luc | 21 | Swansea Uni | 2:26.70 | ___ |
| 6 | Stuart-Lavender, Jac | 16 | Nofio S Gar | 2:32.30 | ___ |
| 7 | Richardson, Osian | 18 | Swansea Aq | 2:35.70 | ___ |
| 8 | | | | | ___ |

Heat 3 of 3 Prelims Starts at 09:57 AM

| | | | | | |
|---|-----------------------|----|---------------|---------|-----|
| 1 | Bennett, Finley | 17 | Pembs Cty | 2:36.41 | ___ |
| 2 | Tennant, Cale | 18 | Eastbourne | 2:33.60 | ___ |
| 3 | Thomas, Lucas | 18 | Nofio Gwynedd | 2:28.30 | ___ |
| 4 | Anderson, Maxwell | 21 | Co Cardiff | 2:12.72 | ___ |
| 5 | Panaretos, Panayiotis | 24 | Swansea Uni | 2:25.85 | ___ |
| 6 | Phillips, Finley | 16 | Nofio S Gar | 2:32.30 | ___ |
| 7 | James, Rhys | 17 | Rct Squad | 2:35.30 | ___ |
| 8 | Baker, Ellis | 20 | Swansea Uni | 2:38.80 | ___ |

Event 307 Female 16 & Over 200 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 3 Prelims Starts at 10:01 AM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Blanch, Janelle | 19 | Swansea Uni | 2:34.20 | ___ |
| 3 | Daniel, Megan | 16 | Caradon | 2:25.30 | ___ |
| 4 | Wheeler, Oriana | 21 | Swansea Uni | 2:18.80 | ___ |
| 5 | Andrews, Joanne | 16 | EllesmereCSA | 2:21.05 | ___ |
| 6 | Jones, Rebecca | 17 | Co Coventry | 2:33.20 | ___ |
| 7 | Synowiec, Amelia | 16 | Conwy | 2:37.10 | ___ |
| 8 | | | | | ___ |

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

Meet Program - Session 7 (Warmup 8.00 - 8.50)

Heat 2 Prelims (#307 Female 16 & Over 200 LC Meter Butterfly)

| | | | | | |
|---|--------------------|----|--------------|---------|-----|
| 1 | Brady, Grace | 17 | Rct Squad | 2:39.90 | ___ |
| 2 | Bassett, Alexandra | 19 | Co South'ton | 2:33.90 | ___ |
| 3 | Cust, Ciara | 19 | Conwy | 2:25.00 | ___ |
| 4 | Owen, Gracie | 18 | Torfaen D | 2:17.30 | ___ |
| 5 | Davies, Megan | 21 | Swansea Uni | 2:20.32 | ___ |
| 6 | Geach, Libbie | 17 | Nofio S Gar | 2:32.80 | ___ |
| 7 | Jones, Myia | 18 | Wrexham | 2:36.80 | ___ |
| 8 | | | | | ___ |

Heat 3 of 3 Prelims Starts at 10:07 AM

| | | | | | |
|---|-------------------------|----|---------------|---------|-----|
| 1 | Ach Rhys, ESYLLT | 16 | Nofio Gwynedd | 2:37.70 | ___ |
| 2 | Iles, Jessica | 16 | Co Cardiff | 2:33.20 | ___ |
| 3 | Hall, Emily | 16 | Warrington W | 2:24.60 | ___ |
| 4 | Roberts, Catherine Elin | 23 | Swansea Uni | 2:14.84 | ___ |
| 5 | Hunter, Olivia | 22 | Swansea Uni | 2:19.75 | ___ |
| 6 | Griffiths, Cerys | 16 | Pembs Cty | 2:26.01 | ___ |
| 7 | Taylor, Rebecca | 16 | Wrexham | 2:36.03 | ___ |
| 8 | | | | | ___ |

Event 308 Men 16 & Over 100 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 5 Prelims Starts at 10:11 AM

| | | | | | |
|---|------------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Hewitt, Archie | 16 | Torfaen D | 1:06.02 | ___ |
| 4 | Hnoianyi, Andrii | 17 | Swansea Aq | 1:05.20 | ___ |
| 5 | Phillips, Finley | 16 | Nofio S Gar | 1:05.46 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 5 Prelims Starts at 10:12 AM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | Evans, Thomas | 17 | Kingston Roy | 1:05.20 | ___ |
| 2 | Dixon, Samuel | 16 | Reed's SC | 1:04.30 | ___ |
| 3 | Helps, Jacob | 20 | Swansea Uni | 1:03.80 | ___ |
| 4 | Thomas, Archie | 16 | Co Cardiff | 1:03.26 | ___ |
| 5 | Dowty, Oliver | 17 | Mt Kelly | 1:03.50 | ___ |
| 6 | Gruffydd, Ned | 16 | Co Cardiff | 1:04.20 | ___ |
| 7 | Williams, Thomas | 16 | Nofio S Gar | 1:05.00 | ___ |
| 8 | | | | | ___ |

Heat 3 of 5 Prelims Starts at 10:14 AM

| | | | | | |
|---|--------------------|----|--------------|---------|-----|
| 1 | Foster, Henry | 17 | Redditch | 1:03.04 | ___ |
| 2 | Rixon, Oliver | 18 | Co Cardiff | 59.91 | ___ |
| 3 | Bamborough, Jack | 18 | Co Cardiff/H | 58.82 | ___ |
| 4 | James, Harley | 21 | Co Cardiff | 56.14 | ___ |
| 5 | McCarthy, Benedict | 17 | Co Cardiff | 57.81 | ___ |
| 6 | Pugh, Morgan | 19 | Torfaen D | 59.39 | ___ |
| 7 | Mills, Ioan | 17 | Torfaen D | 1:01.79 | ___ |
| 8 | Miles, Harry | 16 | Co Cardiff | 1:03.20 | ___ |

Heat 4 of 5 Prelims Starts at 10:16 AM

| | | | | | |
|---|--------------------|----|--------------|---------|-----|
| 1 | Davies, Blake | 16 | Co Cardiff | 1:03.00 | ___ |
| 2 | Pryor, Sami | 19 | EllesmereCSA | 59.89 | ___ |
| 3 | Bradley, Mathew | 20 | Swansea Uni | 58.33 | ___ |
| 4 | Rodriguez, Antonio | 22 | Swansea Uni | 54.88 | ___ |
| 5 | Murray, Ross | 21 | Swansea Uni | 57.50 | ___ |
| 6 | Major, Maximus | 16 | Torfaen D | 59.22 | ___ |
| 7 | Deacon, Cameron | 16 | Co Cardiff | 1:01.51 | ___ |
| 8 | Spinks, Owen | 18 | Torfaen D | 1:03.10 | ___ |

Heat 5 of 5 Prelims Starts at 10:18 AM

| | | | | | |
|---|-----------------------|----|-------------|---------|-----|
| 1 | Gwynfil, Solomon | 16 | Co Cardiff | 1:02.99 | ___ |
| 2 | Major, Sebastian | 20 | Swansea Uni | 59.49 | ___ |
| 3 | Cressey-Rodgers, Ioan | 21 | Nofio S Gar | 58.10 | ___ |
| 4 | Edwards, Rhys | 24 | Swansea Uni | 54.36 | ___ |
| 5 | Taylor, Harry | 19 | Swansea Uni | 57.40 | ___ |
| 6 | West, Dexter | 17 | Pembs Cty | 59.20 | ___ |
| 7 | Cavill, Jack | 16 | Co Cardiff | 1:01.06 | ___ |
| 8 | Thomas, Iolo | 16 | Neath | 1:03.05 | ___ |

Event 309 Female 16 & Over 800 LC Meter Freestyle (HDW)

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 2 Finals Starts at 10:19 AM

| | | | | | |
|---|------------------|----|---------------|----------|-----|
| 1 | Philpott, Ffion | 17 | Nofio S Gar | 9:57.49 | ___ |
| 2 | Richards, Faith | 16 | Co Cardiff | 9:48.35 | ___ |
| 3 | Thomas, Serenity | 16 | Nofio Gwynedd | 9:42.45 | ___ |
| 4 | Ling, Olivia | 16 | Co Cardiff | 9:39.10 | ___ |
| 5 | Cust, Ciara | 19 | Conwy | 9:39.60 | ___ |
| 6 | Humphreys, Holly | 18 | Neath | 9:43.87 | ___ |
| 7 | Coles, Mya | 16 | Co Newport | 9:53.30 | ___ |
| 8 | Thompson, Freya | 16 | Pembs Cty | 10:09.29 | ___ |

Heat 2 of 2 Finals Starts at 10:30 AM

| | | | | | |
|---|--------------------|----|-------------|---------|-----|
| 1 | Devin, Erin | 16 | Wrexham | 9:35.50 | ___ |
| 2 | Irvine, Annabel | 16 | Crosby | 9:20.17 | ___ |
| 3 | Johnson, Charlotte | 23 | Swansea Uni | 9:15.57 | ___ |
| 4 | Gordon, Freya | 17 | Haslemere | 8:59.60 | ___ |
| 5 | Toms, Emily | 20 | Swansea Uni | 9:15.54 | ___ |
| 6 | Griffiths, Cerys | 16 | Pembs Cty | 9:16.30 | ___ |
| 7 | Cumner, Megan | 19 | Swansea Uni | 9:28.00 | ___ |
| 8 | Dacey, Mollie | 18 | Co Cardiff | 9:37.10 | ___ |

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

Meet Program - Session 8 (Warmup 10.55 - 11.45)

Event 321 Female 12-15 200 LC Meter IM

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 7 Prelims Starts at 11:55 AM

| | | | | | |
|---|-----------------------|----|--------------|---------|-----|
| 1 | %Philpott, Lowri SM14 | 15 | Nofio S Gar | 3:35.10 | ___ |
| 2 | Weatherhead, Emilie | 12 | Mold | 3:01.62 | ___ |
| 3 | Lovell, Amabel | 12 | Swindon Dolp | 3:00.30 | ___ |
| 4 | Kendall, Ella | 12 | Conwy | 2:55.40 | ___ |
| 5 | Kurys, Emiliese | 12 | Nofio S Gar | 2:57.50 | ___ |
| 6 | Thomas, Phoebe | 12 | Co Cardiff | 3:01.36 | ___ |
| 7 | Williams, April | 12 | Swansea Aq | 3:01.80 | ___ |
| 8 | | | | | ___ |

Heat 2 of 7 Prelims Starts at 12:00 PM

| | | | | | |
|---|----------------------|----|-------------|---------|-----|
| 1 | M'Keown, Emily | 12 | Holywell | 2:52.60 | ___ |
| 2 | Ryan, Ellie | 13 | Co Cardiff | 2:51.11 | ___ |
| 3 | Cooksey-Owen, Mollie | 13 | Co Cardiff | 2:49.92 | ___ |
| 4 | Parry, Abigail | 13 | Nofio S Gar | 2:49.30 | ___ |
| 5 | Morgado, Carolina | 12 | Wrexham | 2:49.40 | ___ |
| 6 | Lewis, Evie | 13 | Pembs Cty | 2:50.70 | ___ |
| 7 | Thomas, Eleanor | 13 | Co Newport | 2:52.46 | ___ |
| 8 | Taylor, Imogen | 13 | Torfaen D | 2:52.93 | ___ |

Heat 3 of 7 Prelims Starts at 12:03 PM

| | | | | | |
|---|-------------------|----|--------------|---------|-----|
| 1 | Willis, Ffion | 14 | Torfaen D | 2:47.20 | ___ |
| 2 | Eyre, Maiya | 14 | Buckley | 2:46.80 | ___ |
| 3 | Jones, Cadi | 14 | Co Cardiff | 2:45.70 | ___ |
| 4 | Manship, Beatrice | 12 | Co Newport | 2:45.26 | ___ |
| 5 | Thomas, Carys | 14 | Kettering | 2:45.60 | ___ |
| 6 | Lee, Seol Lucy | 14 | Co Cardiff | 2:46.13 | ___ |
| 7 | Chauhan, Amber | 14 | Nofio Bangor | 2:47.04 | ___ |
| 8 | Lawn, Lexi | 13 | Torfaen D | 2:48.70 | ___ |

Heat 4 of 7 Prelims Starts at 12:07 PM

| | | | | | |
|---|---------------------|----|---------------|---------|-----|
| 1 | Davies, Elizabeth | 13 | Pembs Cty | 2:44.40 | ___ |
| 2 | Williams, Paige | 14 | Swansea Aq | 2:43.00 | ___ |
| 3 | Dash, Amelie | 15 | Pembs Cty | 2:42.80 | ___ |
| 4 | McFarlane, Una | 15 | Pembs Cty | 2:42.30 | ___ |
| 5 | Williams, Leah | 15 | Nofio Gwynedd | 2:42.70 | ___ |
| 6 | Beasley, Evaleigh | 13 | Swansea Aq | 2:42.85 | ___ |
| 7 | Pryce, Isobel | 12 | Torfaen D | 2:43.25 | ___ |
| 8 | Pawlowski, Isabelle | 14 | Corby | 2:44.40 | ___ |

Heat 5 of 7 Prelims Starts at 12:10 PM

| | | | | | |
|---|----------------------|----|--------------|---------|-----|
| 1 | Prevete, Sofia | 14 | Wrexham | 2:41.00 | ___ |
| 2 | Matthews, Catrin | 13 | Co Cardiff | 2:39.24 | ___ |
| 3 | Ribeiro, Ariana | 15 | Co Cardiff | 2:36.48 | ___ |
| 4 | Reasons, Darcy | 14 | Torfaen D | 2:31.10 | ___ |
| 5 | Mellor, Medi | 14 | Nofio Bangor | 2:33.30 | ___ |
| 6 | Emms, Ela | 14 | Co Cardiff | 2:38.84 | ___ |
| 7 | Kazmiruk, Anastasiia | 15 | Nofio S Gar | 2:39.90 | ___ |
| 8 | Patterson, Hollie | 15 | Carmarthen | 2:42.20 | ___ |

Heat 6 of 7 Prelims Starts at 12:14 PM

| | | | | | |
|---|-------------------------|----|-------------|---------|-----|
| 1 | Jones, Hunydd | 15 | Nofio S Gar | 2:40.77 | ___ |
| 2 | Kindred, Ella | 15 | Co Hereford | 2:39.02 | ___ |
| 3 | Davies, Isabella | 15 | Nofio S Gar | 2:35.90 | ___ |
| 4 | Bennett, Isla | 15 | Co Cardiff | 2:30.41 | ___ |
| 5 | Roberts, Rosie | 14 | Torfaen D | 2:33.20 | ___ |
| 6 | Taffetsauffer, Isabella | 15 | Nofio S Gar | 2:37.00 | ___ |
| 7 | O'hara, Noelle | 13 | Wrexham | 2:39.70 | ___ |
| 8 | Lawn, Gayle | 13 | Torfaen D | 2:41.81 | ___ |

Heat 7 of 7 Prelims Starts at 12:17 PM

| | | | | | |
|---|--------------------|----|---------------|---------|-----|
| 1 | George, Ellie | 15 | Rct Squad | 2:40.63 | ___ |
| 2 | Williams, Lili | 15 | Rct Squad | 2:38.90 | ___ |
| 3 | Spence, Emilia | 15 | Co Birm'ham | 2:34.02 | ___ |
| 4 | Berner, Iyla | 13 | Nofio S Gar | 2:30.30 | ___ |
| 5 | Bates, Molly | 15 | EllesmereCSA | 2:31.97 | ___ |
| 6 | Lewis-Jones, Idele | 15 | Wrexham | 2:37.00 | ___ |
| 7 | Hughes, Nel | 15 | Nofio Gwynedd | 2:39.50 | ___ |
| 8 | Sutton, Emily | 15 | Nofio Gwynedd | 2:41.70 | ___ |

Event 322 Boys 12-15 50 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 7 Prelims Starts at 12:20 PM

| | | | | | |
|---|------------------|----|--------------------|-------|-----|
| 1 | %Thomas, Ifan S8 | 14 | Cambrian AA/A,12,+ | 42.45 | ___ |
| 2 | Mander, Toby | 12 | Conwy | 33.50 | ___ |
| 3 | Hughes, George | 12 | Mold | 33.20 | ___ |
| 4 | Pawlowski, Oscar | 12 | Corby | 32.16 | ___ |
| 5 | Hamer, Tom | 12 | Co Hereford | 32.68 | ___ |
| 6 | Griffiths, Dylan | 12 | Co Newport | 33.34 | ___ |
| 7 | Evans, Wolfgang | 12 | Pembs Cty | 33.70 | ___ |
| 8 | | | | | ___ |

Heat 2 of 7 Prelims Starts at 12:22 PM

| | | | | | |
|---|-------------------------|----|--------------|-------|-----|
| 1 | Prince, Taylor | 13 | Conwy | 31.65 | ___ |
| 2 | Berry-Martin, Finnlay | 12 | Co Cardiff | 31.43 | ___ |
| 3 | Williams, Lucas | 12 | Swansea Aq | 31.00 | ___ |
| 4 | Garrett, Ben | 13 | Merthyr Tydf | 30.74 | ___ |
| 5 | Bool, Iolo | 13 | Pembs Cty | 30.84 | ___ |
| 6 | Irish, Alexander | 12 | Newmarket | 31.20 | ___ |
| 7 | Stanford-Jason, Matthew | 13 | Salisbury | 31.60 | ___ |
| 8 | Gilligan, Lucas | 13 | Rct Squad | 31.69 | ___ |

Heat 3 of 7 Prelims Starts at 12:23 PM

| | | | | | |
|---|--------------------|----|--------------|-------|-----|
| 1 | Barrow, Charles | 13 | Edenbridge | 30.56 | ___ |
| 2 | Miller, Ethan | 13 | Ruthin | 30.23 | ___ |
| 3 | Tennant, Zeke | 13 | Eastbourne | 30.10 | ___ |
| 4 | De Haan, Charlie | 13 | Holywell | 29.60 | ___ |
| 5 | Pugh, Bryn | 13 | Torfaen D | 29.78 | ___ |
| 6 | Staples, Max | 13 | Rhondda | 30.19 | ___ |
| 7 | Martenko, Fletcher | 13 | Rct Squad | 30.46 | ___ |
| 8 | Nuttall, Harri | 13 | Rhyl Dolphin | 30.60 | ___ |

Heat 4 of 7 Prelims Starts at 12:24 PM

| | | | | | |
|---|-----------------|----|-------------|-------|-----|
| 1 | Williams, Heath | 14 | Wrexham | 29.53 | ___ |
| 2 | Price, Jj | 14 | Buckley | 29.36 | ___ |
| 3 | Edwards, Isaac | 14 | Wrexham | 29.16 | ___ |
| 4 | Jones, Geraint | 14 | Amersham | 29.06 | ___ |
| 5 | Bevan, Driw | 14 | Nofio S Gar | 29.10 | ___ |
| 6 | Hewitt, Oscar | 13 | Monnow | 29.31 | ___ |
| 7 | King, Henri | 13 | Co Cardiff | 29.42 | ___ |
| 8 | Moore, Hari | 14 | Pembs Cty | 29.57 | ___ |

Heat 5 of 7 Prelims Starts at 12:25 PM

| | | | | | |
|---|----------------------|----|--------------|-------|-----|
| 1 | Hughes, Freddy | 14 | Rct Squad | 28.45 | ___ |
| 2 | Bancroft, Theo | 14 | Monnow | 27.89 | ___ |
| 3 | Bastyan, Tobias-Luke | 15 | Torfaen D | 27.26 | ___ |
| 4 | Linge, Reece | 15 | EllesmereCSA | 25.99 | ___ |
| 5 | King, Ethan | 14 | Penyrheol | 27.08 | ___ |
| 6 | Williams, Zach | 15 | Torfaen D | 27.71 | ___ |
| 7 | Evans, Sam | 14 | Pembs Cty | 28.08 | ___ |
| 8 | Palmer, Evan | 14 | Torfaen D | 28.77 | ___ |

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

Meet Program - Session 8 (Warmup 10.55 - 11.45)

Heat 6 Prelims (#322 Boys 12-15 50 LC Meter Freestyle)

| | | | | | |
|---|------------------------|----|--------------|-------|-----|
| 1 | Zhen, Bosco | 14 | Co Newport | 28.40 | ___ |
| 2 | Rees, Gwyn | 15 | Wantage | 27.80 | ___ |
| 3 | Elmes, Max | 15 | Nofio S Gar | 27.20 | ___ |
| 4 | Castillo, Airam | 15 | Co Cardiff | 25.43 | ___ |
| 5 | Goodey De Diego, Lucas | 15 | Guildford Ct | 26.96 | ___ |
| 6 | Stanford-Jason, Samuel | 15 | Salisbury | 27.52 | ___ |
| 7 | Taylor, Nicholas | 15 | Torfaen D | 28.00 | ___ |
| 8 | Hughes, Fraser | 14 | Rhondda | 28.56 | ___ |

Heat 7 of 7 Prelims Starts at 12:28 PM

| | | | | | |
|---|------------------------|----|--------------|-------|-----|
| 1 | Mrozinski, Michal | 14 | Conwy | 28.19 | ___ |
| 2 | Williams, Dylan | 15 | Wrexham | 27.76 | ___ |
| 3 | Duggan, Elliot | 15 | Bridgend Cty | 27.10 | ___ |
| 4 | Woodrow, Leo | 15 | TauntonDeane | 25.11 | ___ |
| 5 | Jones, Sam | 13 | Co Cardiff | 26.67 | ___ |
| 6 | Harvey-Sullivan, Oscar | 14 | Swansea Aq | 27.42 | ___ |
| 7 | Watkins, Dylan | 14 | Torfaen D | 27.89 | ___ |
| 8 | Jones, Dafydd | 14 | Carmarthen | 28.51 | ___ |

Event 323 Female 12-15 50 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 9 Prelims Starts at 12:29 PM

| | | | | | |
|---|-------------------------|----|--------------|-------|-----|
| 1 | | | | | ___ |
| 2 | Jones, Lola | 12 | Heads Valley | 33.98 | ___ |
| 3 | Butwell, Evie | 12 | Co Cardiff | 33.66 | ___ |
| 4 | Enoch, Erin | 12 | Nofio S Gar | 33.57 | ___ |
| 5 | Lovell, Amabel | 12 | Swindon Dolp | 33.60 | ___ |
| 6 | Soul, Anna Florence Rew | 12 | Swansea Aq | 33.80 | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 9 Prelims Starts at 12:30 PM

| | | | | | |
|---|---------------------|----|------------|-------|-----|
| 1 | Jones, Betsy | 12 | Holywell | 33.40 | ___ |
| 2 | Williams, April | 12 | Swansea Aq | 33.00 | ___ |
| 3 | Morgado, Carolina | 12 | Wrexham | 32.90 | ___ |
| 4 | Clements, Olivia | 12 | Co Newport | 32.33 | ___ |
| 5 | Mason, Ezmee | 13 | Pembs Cty | 32.38 | ___ |
| 6 | Sullivan, Myla | 12 | Torfaen D | 32.92 | ___ |
| 7 | Thomas, Phoebe | 12 | Co Cardiff | 33.09 | ___ |
| 8 | Pasinskaite, Amelia | 12 | Co Newport | 33.40 | ___ |

Heat 3 of 9 Prelims Starts at 12:31 PM

| | | | | | |
|---|-------------------|----|---------------|-------|-----|
| 1 | Lauder, Beatrix | 13 | Neath | 32.21 | ___ |
| 2 | Greensill, Evie | 13 | Co Newport | 32.00 | ___ |
| 3 | Kurys, Emiliese | 12 | Nofio S Gar | 31.70 | ___ |
| 4 | Owen, Nel | 13 | Nofio Gwynedd | 31.10 | ___ |
| 5 | Beasley, Evaleigh | 13 | Swansea Aq | 31.51 | ___ |
| 6 | Francis, Mia | 13 | Pembs Cty | 31.98 | ___ |
| 7 | Britton, Nahla | 13 | Co Cardiff | 32.20 | ___ |
| 8 | Healy, Madelyn | 12 | Bridgend Cty | 32.32 | ___ |

Heat 4 of 9 Prelims Starts at 12:32 PM

| | | | | | |
|---|----------------------|----|------------|-------|-----|
| 1 | Mitrjaikina, Scarlet | 14 | Swansea Aq | 31.06 | ___ |
| 2 | Van Zyl, Giada | 12 | Co Cardiff | 30.96 | ___ |
| 3 | Eyre, Maiya | 14 | Buckley | 30.84 | ___ |
| 4 | Willis, Ffion | 14 | Torfaen D | 30.83 | ___ |
| 5 | Harper, Lara | 14 | Co Newport | 30.84 | ___ |
| 6 | M'Keown, Emily | 12 | Holywell | 30.90 | ___ |
| 7 | Wood, Lilly | 13 | Neath | 31.02 | ___ |
| 8 | Davies, Grace | 14 | Co Newport | 31.09 | ___ |

Heat 5 of 9 Prelims Starts at 12:34 PM

| | | | | | |
|---|-------------------------|----|--------------|-------|-----|
| 1 | Williams, Layla | 14 | Newtown | 30.80 | ___ |
| 2 | Hnoiana, Valya | 14 | Swansea Aq | 30.62 | ___ |
| 3 | Ryan, Ellie | 13 | Co Cardiff | 30.48 | ___ |
| 4 | Fordham, Freya | 14 | Co Newport | 30.45 | ___ |
| 5 | Charrington, Lucy | 13 | Heads Valley | 30.46 | ___ |
| 6 | Manship, Beatrice | 12 | Co Newport | 30.49 | ___ |
| 7 | Morgan-Basini, Ruby-May | 14 | Merthyr Tydf | 30.74 | ___ |
| 8 | Jones, Lola-Grace | 14 | Torfaen D | 30.80 | ___ |

Heat 6 of 9 Prelims Starts at 12:35 PM

| | | | | | |
|---|------------------|----|-----------|-------|-----|
| 1 | Dash, Amelie | 15 | Pembs Cty | 30.40 | ___ |
| 2 | Morris, Blair | 13 | Neath | 30.38 | ___ |
| 3 | Griffiths, Ffion | 15 | Pembs Cty | 30.30 | ___ |
| 4 | Thurston, Rene | 15 | Newtown | 30.26 | ___ |
| 5 | Madra, Victoria | 15 | Wrexham | 30.30 | ___ |
| 6 | Elson, Caitlin | 14 | Wrexham | 30.31 | ___ |
| 7 | Duggan, Grace | 15 | Rct Squad | 30.40 | ___ |
| 8 | Fowler, Maisie | 15 | Rct Squad | 30.41 | ___ |

Heat 7 of 9 Prelims Starts at 12:36 PM

| | | | | | |
|---|------------------|----|---------------|-------|-----|
| 1 | Sutton, Emily | 15 | Nofio Gwynedd | 29.80 | ___ |
| 2 | O'hara, Noelle | 13 | Wrexham | 29.46 | ___ |
| 3 | Hughes, Nel | 15 | Nofio Gwynedd | 29.16 | ___ |
| 4 | Kindred, Ella | 15 | Co Hereford | 28.22 | ___ |
| 5 | Reasons, Darcy | 14 | Torfaen D | 28.63 | ___ |
| 6 | Duggan, Ella | 15 | Rct Squad | 29.38 | ___ |
| 7 | Gordon, Mabli | 15 | Bridgend Cty | 29.58 | ___ |
| 8 | Mustey, Caroline | 12 | Monnow | 30.03 | ___ |

Heat 8 of 9 Prelims Starts at 12:37 PM

| | | | | | |
|---|----------------------|----|--------------|-------|-----|
| 1 | Kazmiruk, Anastasiia | 15 | Nofio S Gar | 29.80 | ___ |
| 2 | Prosser, Sofia | 14 | Torfaen D | 29.45 | ___ |
| 3 | Innocent, Aurelia | 15 | Co Cardiff | 29.08 | ___ |
| 4 | Sweet-Roberts, Pip | 14 | Torfaen D | 27.92 | ___ |
| 5 | Mellor, Medi | 14 | Nofio Bangor | 28.60 | ___ |
| 6 | Prevete, Sofia | 14 | Wrexham | 29.31 | ___ |
| 7 | Bissicks, Cari | 15 | Neath | 29.57 | ___ |
| 8 | McCoole-Jones, Elen | 15 | Holywell | 29.99 | ___ |

Heat 9 of 9 Prelims Starts at 12:38 PM

| | | | | | |
|---|-----------------|----|---------------|-------|-----|
| 1 | Thomas, Carys | 14 | Kettering | 29.75 | ___ |
| 2 | Burns, Freya | 15 | Nofio S Gar | 29.40 | ___ |
| 3 | Davies, Isla | 13 | Nofio S Gar | 28.84 | ___ |
| 4 | Spence, Emilia | 15 | Co Birm'ham | 27.73 | ___ |
| 5 | Donaldson, Evie | 14 | Co Newport | 28.53 | ___ |
| 6 | Layland, Seren | 15 | Penyrheol | 29.16 | ___ |
| 7 | Williams, Leah | 15 | Nofio Gwynedd | 29.55 | ___ |
| 8 | Williams, Lili | 15 | Rct Squad | 29.91 | ___ |

Event 324 Boys 12-15 400 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 4 Prelims Starts at 12:39 PM

| | | | | | |
|---|------------------|----|--------------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | %Thomas, Ifan S8 | 14 | Cambrian AA/A,12,+ | 6:47.40 | ___ |
| 4 | Hughes, George | 12 | Mold | 5:35.40 | ___ |
| 5 | Picken, Luke | 12 | Sandwell | 5:36.55 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

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

Meet Program - Session 8 (Warmup 10.55 - 11.45)

Heat 2 Prelims (#324 Boys 12-15 400 LC Meter Freestyle)

| | | | | | |
|---|-------------------------|----|------------|---------|-----|
| 1 | Jones, Zac | 12 | Co Cardiff | 5:20.33 | ___ |
| 2 | Irish, Alexander | 12 | Newmarket | 5:15.10 | ___ |
| 3 | Jones, Owain | 13 | Torfaen D | 5:09.60 | ___ |
| 4 | Stanford-Jason, Matthew | 13 | Salisbury | 5:06.30 | ___ |
| 5 | Evans, Jonas | 12 | Mold | 5:07.20 | ___ |
| 6 | Bellew, Sebastian | 13 | Torfaen D | 5:12.80 | ___ |
| 7 | Hale, William | 13 | Co Newport | 5:15.90 | ___ |
| 8 | Pawlowski, Oscar | 12 | Corby | 5:31.28 | ___ |

Heat 3 of 4 Prelims Starts at 12:53 PM

| | | | | | |
|---|------------------|----|------------|---------|-----|
| 1 | Noden, Rory | 14 | Pembs Cty | 4:58.50 | ___ |
| 2 | Evans, Sam | 14 | Pembs Cty | 4:45.73 | ___ |
| 3 | Baldwin, Thomas | 15 | Holywell | 4:39.20 | ___ |
| 4 | Payne, Sebastian | 15 | Droitwich | 4:32.53 | ___ |
| 5 | Harwood, Jack | 15 | Pembs Cty | 4:36.00 | ___ |
| 6 | Evans, Jake | 14 | Wrexham | 4:44.90 | ___ |
| 7 | Jenkins, Rhys | 13 | Co Cardiff | 4:55.61 | ___ |
| 8 | Tennant, Zeke | 13 | Eastbourne | 5:02.00 | ___ |

Heat 4 of 4 Prelims Starts at 12:59 PM

| | | | | | |
|---|--------------------|----|--------------|---------|-----|
| 1 | Bowes, James | 14 | Nofio S Gar | 4:55.83 | ___ |
| 2 | McCullagh, Patrick | 14 | Holywell | 4:45.28 | ___ |
| 3 | Taylor, Nicholas | 15 | Torfaen D | 4:37.07 | ___ |
| 4 | Davies, Callum | 15 | Okehampton | 4:30.03 | ___ |
| 5 | Duggan, Elliot | 15 | Bridgend Cty | 4:35.68 | ___ |
| 6 | Chalk, Alistair | 14 | Co Newport | 4:44.83 | ___ |
| 7 | Cook, Noah | 13 | Torfaen D | 4:50.80 | ___ |
| 8 | Jones, Geraint | 14 | Amersham | 4:58.80 | ___ |

Event 325 Female 12-15 100 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 01:04 PM

| | | | | | |
|---|------------------------|----|-------------|---------|-----|
| 1 | M'Keown, Emily | 12 | Holywell | 1:36.40 | ___ |
| 2 | Lennon, Amelia-Rose | 12 | Nofio S Gar | 1:35.98 | ___ |
| 3 | Coles, Aria | 13 | Neath | 1:31.00 | ___ |
| 4 | Williams-Jones, Eloise | 13 | Co Cardiff | 1:30.60 | ___ |
| 5 | Pease, Una | 13 | Io Man | 1:30.80 | ___ |
| 6 | Weatherhead, Emilie | 12 | Mold | 1:33.47 | ___ |
| 7 | Mustey, Caroline | 12 | Monnow | 1:36.19 | ___ |
| 8 | | | | | ___ |

Heat 2 of 4 Prelims Starts at 01:07 PM

| | | | | | |
|---|-------------------------|----|-------------|---------|-----|
| 1 | Greensill, Evie | 13 | Co Newport | 1:28.40 | ___ |
| 2 | Jones, Cadi | 14 | Co Cardiff | 1:25.20 | ___ |
| 3 | Davies, Macy | 14 | Torfaen D | 1:22.70 | ___ |
| 4 | Taffetsauffer, Isabella | 15 | Nofio S Gar | 1:17.87 | ___ |
| 5 | Lawn, Gayle | 13 | Torfaen D | 1:20.91 | ___ |
| 6 | Jones, Hunydd | 15 | Nofio S Gar | 1:24.30 | ___ |
| 7 | Prickett, Chloe | 14 | Co Cardiff | 1:25.89 | ___ |
| 8 | Van Zyl, Giada | 12 | Co Cardiff | 1:30.27 | ___ |

Heat 3 of 4 Prelims Starts at 01:09 PM

| | | | | | |
|---|--------------------|----|--------------|---------|-----|
| 1 | Charrington, Lucy | 13 | Heads Valley | 1:27.38 | ___ |
| 2 | Marsden, Phoebe | 15 | Conwy | 1:24.90 | ___ |
| 3 | Davies, Isabella | 15 | Nofio S Gar | 1:21.30 | ___ |
| 4 | Dowling, Abigail | 15 | Co Cardiff | 1:17.51 | ___ |
| 5 | Van Zyl, Kiara | 14 | Co Cardiff | 1:20.51 | ___ |
| 6 | Lewis-Jones, Idele | 15 | Wrexham | 1:23.90 | ___ |
| 7 | Lewis, Evie | 13 | Pembs Cty | 1:25.50 | ___ |
| 8 | Howells, Betsi | 13 | Newtown | 1:30.10 | ___ |

Heat 4 of 4 Prelims Starts at 01:11 PM

| | | | | | |
|---|-------------------|----|--------------|---------|-----|
| 1 | Summerfield, Lucy | 14 | Nofio S Gar | 1:27.00 | ___ |
| 2 | Williams, Paige | 14 | Swansea Aq | 1:24.40 | ___ |
| 3 | Kindred, Ella | 15 | Co Hereford | 1:21.11 | ___ |
| 4 | Parry, Abigail | 13 | Nofio S Gar | 1:16.27 | ___ |
| 5 | McQuaid, Maria | 15 | Co Cardiff | 1:18.91 | ___ |
| 6 | Williams, Lili | 15 | Rct Squad | 1:23.60 | ___ |
| 7 | Lawn, Lexi | 13 | Torfaen D | 1:25.45 | ___ |
| 8 | Lovell, Amabel | 12 | Swindon Dolp | 1:29.90 | ___ |

Event 326 Boys 12-15 200 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 01:13 PM

| | | | | | |
|---|----------------|----|-----------|---------|-----|
| 1 | Edwards, Owen | 12 | Torfaen D | 3:25.40 | ___ |
| 2 | Mander, Toby | 12 | Conwy | 3:21.50 | ___ |
| 3 | Groves, Jasper | 12 | Conwy | 3:18.20 | ___ |
| 4 | Lloyd, Dylan | 13 | Rhondda | 3:15.31 | ___ |
| 5 | Monan, Euan | 13 | Pembs Cty | 3:16.36 | ___ |
| 6 | Hughes, George | 12 | Mold | 3:18.77 | ___ |
| 7 | Picken, Luke | 12 | Sandwell | 3:21.70 | ___ |
| 8 | | | | | ___ |

Heat 2 of 4 Prelims Starts at 01:17 PM

| | | | | | |
|---|------------------------|----|-------------|---------|-----|
| 1 | Tennant, Jace | 13 | Eastbourne | 3:10.30 | ___ |
| 2 | Morgan, Thomas | 14 | Neath | 2:54.06 | ___ |
| 3 | Hamer, Joe | 15 | Co Hereford | 2:50.69 | ___ |
| 4 | Stanford-Jason, Samuel | 15 | Salisbury | 2:44.70 | ___ |
| 5 | Wynne, Jasper | 14 | Royal Wolv | 2:49.10 | ___ |
| 6 | Fordyce, Dewi | 13 | Berkhamsted | 2:51.12 | ___ |
| 7 | Barrow, Charles | 13 | Edenbridge | 3:00.78 | ___ |
| 8 | Bishop, Harrison | 13 | Barnstaple | 3:12.30 | ___ |

Heat 3 of 4 Prelims Starts at 01:21 PM

| | | | | | |
|---|----------------------|----|--------------|---------|-----|
| 1 | Staples, Max | 13 | Rhondda | 3:09.95 | ___ |
| 2 | Volausek, Noah | 15 | Co Cardiff | 2:53.31 | ___ |
| 3 | Castillo, Airam | 15 | Co Cardiff | 2:50.40 | ___ |
| 4 | Jones, Noah | 15 | Torfaen D | 2:41.50 | ___ |
| 5 | Sekula, Szymon | 15 | Rhondda | 2:46.23 | ___ |
| 6 | Lovell, Logan | 15 | Swindon Dolp | 2:51.10 | ___ |
| 7 | Marques-Jones, Felix | 14 | Carmarthen | 2:58.92 | ___ |
| 8 | Owens, Steffan | 13 | Co Cardiff | 3:11.19 | ___ |

Heat 4 of 4 Prelims Starts at 01:25 PM

| | | | | | |
|---|----------------------|----|---------------|---------|-----|
| 1 | Jones, Dafydd | 14 | Carmarthen | 3:01.30 | ___ |
| 2 | Price-Clishem, Dyfan | 15 | Nofio Gwynedd | 2:51.30 | ___ |
| 3 | Edwards, Isaac | 14 | Wrexham | 2:50.00 | ___ |
| 4 | Sekula, Mateusz | 15 | Rhondda | 2:36.20 | ___ |
| 5 | Csoban, Benjamin | 15 | Co Newport | 2:45.03 | ___ |
| 6 | McCullagh, Patrick | 14 | Holywell | 2:50.97 | ___ |
| 7 | Jones, Zac | 12 | Co Cardiff | 2:57.38 | ___ |
| 8 | Miller, Ethan | 13 | Ruthin | 3:10.40 | ___ |

Event 327 Female 12-15 200 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 3 Prelims Starts at 01:29 PM

| | | | | | |
|---|---------------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Berner, Iyla | 13 | Nofio S Gar | 2:57.36 | ___ |
| 3 | Ballinger, Scarlett | 15 | Rhondda | 2:47.10 | ___ |
| 4 | Pitt, Seren | 14 | Co Cardiff | 2:37.40 | ___ |
| 5 | Lee, Seol Lucy | 14 | Co Cardiff | 2:42.56 | ___ |
| 6 | Cartwright, Thea | 13 | N Cornwall | 2:50.00 | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

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

Meet Program - Session 8 (Warmup 10.55 - 11.45)

Heat 2 Prelims (#327 Female 12-15 200 LC Meter Butterfly)

| | | | | | |
|---|------------------------|----|------------|---------|--|
| 1 | | | | | |
| 2 | Williams, Layla | 14 | Newtown | 2:51.90 | |
| 3 | Cooksey-Owen, Ruby-Mae | 15 | Co Cardiff | 2:45.10 | |
| 4 | Tejedo, Lola | 15 | Co Cardiff | 2:32.80 | |
| 5 | Gray-Thomas, Jessica | 13 | Conwy | 2:41.96 | |
| 6 | O'hara, Noelle | 13 | Wrexham | 2:49.30 | |
| 7 | Kendall, Ella | 12 | Conwy | 3:09.70 | |
| 8 | | | | | |

Heat 3 of 3 Prelims Starts at 01:36 PM

| | | | | | |
|---|----------------------|----|--------------|---------|--|
| 1 | | | | | |
| 2 | Cooksey-Owen, Mollie | 13 | Co Cardiff | 2:51.52 | |
| 3 | Morgan, Evelyn | 15 | Nofio S Gar | 2:43.70 | |
| 4 | Bates, Molly | 15 | EllesmereCSA | 2:26.17 | |
| 5 | Meenagh, Mai Van | 14 | Co Cardiff | 2:37.78 | |
| 6 | George, Ellie | 15 | Rct Squad | 2:47.13 | |
| 7 | Morgado, Carolina | 12 | Wrexham | 3:09.12 | |
| 8 | | | | | |

Event 328 Boys 12-15 100 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 4 Prelims Starts at 01:40 PM

| | | | | | |
|---|------------------|----|------------|---------|--|
| 1 | | | | | |
| 2 | | | | | |
| 3 | De Haan, Charlie | 13 | Holywell | 1:17.40 | |
| 4 | King, Henri | 13 | Co Cardiff | 1:15.32 | |
| 5 | Dadswell, Harry | 13 | Pembs Cty | 1:16.95 | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |

Heat 2 of 4 Prelims Starts at 01:42 PM

| | | | | | |
|---|------------------------|----|--------------|---------|--|
| 1 | Griffiths, Nicholas | 14 | Nuneaton | 1:12.70 | |
| 2 | Evans, Jake | 14 | Wrexham | 1:08.56 | |
| 3 | Bastyan, Tobias-Luke | 15 | Torfaen D | 1:06.64 | |
| 4 | Goodey De Diego, Lucas | 15 | Guildford Ct | 1:02.88 | |
| 5 | Elmes, Max | 15 | Nofio S Gar | 1:04.90 | |
| 6 | Williams, Zach | 15 | Torfaen D | 1:08.04 | |
| 7 | Hughes, Fraser | 14 | Rhondda | 1:10.84 | |
| 8 | | | | | |

Heat 3 of 4 Prelims Starts at 01:44 PM

| | | | | | |
|---|------------------|----|--------------|---------|--|
| 1 | Bancroft, Theo | 14 | Monnow | 1:11.99 | |
| 2 | Gregory, Jaiden | 15 | Rct Squad | 1:08.27 | |
| 3 | Duggan, Elliot | 15 | Bridgend Cty | 1:06.44 | |
| 4 | Douglas, Lucas | 15 | Neath | 1:01.91 | |
| 5 | Payne, Sebastian | 15 | Droitwich | 1:04.85 | |
| 6 | Hughes, Freddy | 14 | Rct Squad | 1:07.70 | |
| 7 | Pugh, Bryn | 13 | Torfaen D | 1:09.42 | |
| 8 | | | | | |

Heat 4 of 4 Prelims Starts at 01:46 PM

| | | | | | |
|---|-----------------|----|--------------|---------|--|
| 1 | Nuttall, Harri | 13 | Rhyl Dolphin | 1:10.98 | |
| 2 | Harwood, Jack | 15 | Pembs Cty | 1:08.21 | |
| 3 | Woodrow, Leo | 15 | TauntonDeane | 1:06.30 | |
| 4 | Linge, Reece | 15 | EllesmereCSA | 1:01.71 | |
| 5 | Williams, Dylan | 15 | Wrexham | 1:04.60 | |
| 6 | Watkins, Dylan | 14 | Torfaen D | 1:06.87 | |
| 7 | Zhen, Bosco | 14 | Co Newport | 1:09.00 | |
| 8 | Noden, Rory | 14 | Pembs Cty | 1:13.00 | |

Event 329 Female 12-15 800 LC Meter Freestyle (HDW)

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 3 Finals Starts at 01:48 PM

| | | | | | |
|---|------------------|----|-------------|----------|--|
| 1 | | | | | |
| 2 | | | | | |
| 3 | Kurys, Emiliese | 12 | Nofio S Gar | 11:40.80 | |
| 4 | Thomas, Eleanor | 13 | Co Newport | 11:00.32 | |
| 5 | Clements, Olivia | 12 | Co Newport | 11:19.15 | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |

Heat 2 of 3 Finals Starts at 02:00 PM

| | | | | | |
|---|----------------------|----|--------------|----------|--|
| 1 | Davies, Elizabeth | 13 | Pembs Cty | 10:54.50 | |
| 2 | Davies, Ava-Rose | 13 | Nofio S Gar | 10:32.20 | |
| 3 | Pawlowski, Isabelle | 14 | Corby | 10:28.10 | |
| 4 | Gray-Thomas, Jessica | 13 | Conwy | 10:21.82 | |
| 5 | Thomas, Carys | 14 | Kettering | 10:23.67 | |
| 6 | Chauhan, Amber | 14 | Nofio Bangor | 10:31.90 | |
| 7 | Roberts, Connie-Rae | 13 | Co Newport | 10:44.50 | |
| 8 | Britton, Nahla | 13 | Co Cardiff | 10:58.54 | |

Heat 3 of 3 Finals Starts at 02:12 PM

| | | | | | |
|---|-------------------|----|-------------|----------|--|
| 1 | Innocent, Aurelia | 15 | Co Cardiff | 10:15.70 | |
| 2 | Burns, Freya | 15 | Nofio S Gar | 9:45.70 | |
| 3 | Klak, Nina | 14 | Co Newport | 9:40.20 | |
| 4 | Sherrard, Alex | 14 | Torfaen D | 9:30.50 | |
| 5 | Allen, Isabel | 15 | Co Cardiff | 9:33.50 | |
| 6 | Donaldson, Evie | 14 | Co Newport | 9:44.87 | |
| 7 | Reed, Isabella | 15 | Co Cardiff | 10:08.12 | |
| 8 | Elson, Caitlin | 14 | Wrexham | 10:18.20 | |

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

Meet Program - Session 10 (Warmup 8.00 - 8.50)

Event 401 Female 16 & Over 50 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 5 Prelims Starts at 09:00 AM

| | | | | |
|---|-------------------------|----|-----------------|-------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | %Willis, Meghan S9 | 19 | Torfaen D/1,3,5 | 36.20 |
| 4 | Fitzgerald, Mali | 16 | Bridgend Cty | 33.20 |
| 5 | Upton-Boorman, Isabella | 16 | Nofio S Gar | 34.40 |
| 6 | | | | — |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 5 Prelims Starts at 09:02 AM

| | | | | |
|---|---------------------|----|-------------|-------|
| 1 | Worthington, Emma | 18 | Chirk | 32.96 |
| 2 | Blake, Emily | 19 | Co Cardiff | 32.80 |
| 3 | Jones, Myia | 18 | Wrexham | 32.40 |
| 4 | Blanch, Janelle | 19 | Swansea Uni | 32.20 |
| 5 | %Williams, Rose S14 | 18 | Co Cardiff | 32.31 |
| 6 | Stork, Niamh | 22 | Co Cardiff | 32.40 |
| 7 | Hughes-Rolls, Ava | 17 | Torfaen D | 32.92 |
| 8 | Williams, Jody | 20 | Swansea Uni | 33.00 |

Heat 3 of 5 Prelims Starts at 09:04 AM

| | | | | |
|---|------------------------|----|--------------|-------|
| 1 | Hatton-Ellis, Isabelle | 18 | Swansea Uni | 31.60 |
| 2 | Winstanley, Elin | 17 | Co Hereford | 31.10 |
| 3 | Fox, Honor | 19 | Co Cardiff | 30.80 |
| 4 | Hempenstall, Amy | 18 | Guildford Ct | 30.00 |
| 5 | Daniel, Megan | 16 | Caradon | 30.50 |
| 6 | Willis, Hannah | 21 | Swansea Uni | 31.00 |
| 7 | Salmon, Gwen | 19 | Rct Squad | 31.30 |
| 8 | Gillingham, Grace | 22 | Nofio Bangor | 32.09 |

Heat 4 of 5 Prelims Starts at 09:06 AM

| | | | | |
|---|----------------------|----|---------------|-------|
| 1 | Edwards, Alaw | 16 | Nofio Gwynedd | 31.56 |
| 2 | Howells-Davies, Lana | 18 | Swansea Aq | 31.10 |
| 3 | Anderson, Rosalie | 16 | Co Cardiff | 30.51 |
| 4 | Collyer, Mabli | 18 | Nofio S Gar | 29.70 |
| 5 | Stead, Martha | 21 | Swansea Uni | 30.10 |
| 6 | Schumm, Libby | 17 | Torfaen D | 30.90 |
| 7 | Roberts, Isabel | 16 | Co Cardiff | 31.30 |
| 8 | Huws, Awen | 18 | Rct Squad | 32.00 |

Heat 5 of 5 Prelims Starts at 09:08 AM

| | | | | |
|---|-------------------|----|---------------|-------|
| 1 | Bamborough, Katie | 22 | Swansea Uni | 31.50 |
| 2 | McGrath, Izzy | 20 | Swansea Uni | 31.10 |
| 3 | Nichols, Grace | 16 | Pembs Cty | 30.50 |
| 4 | Humphreys, Ffion | 18 | Nofio Gwynedd | 29.20 |
| 5 | Dwyfor-Clark, Efa | 17 | Nofio Gwynedd | 30.00 |
| 6 | Lush, Emily | 24 | Swansea Uni | 30.90 |
| 7 | Hall, Emily | 16 | Warrington W | 31.14 |
| 8 | James, Grace | 17 | Bridgend Cty | 31.70 |

Event 402 Men 16 & Over 50 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 3 Prelims Starts at 09:10 AM

| | | | | |
|---|-------------------|----|---------------|-------|
| 1 | Meilleur, Elliot | 16 | Nofio Gwynedd | 30.10 |
| 2 | Thomas, Iolo | 16 | Neath | 29.00 |
| 3 | Jasinski, Hubert | 19 | Swansea Uni | 28.00 |
| 4 | Morgan, Dominic | 21 | Swansea Uni | 26.30 |
| 5 | Johnstone, Daniel | 19 | Swansea Uni | 27.44 |
| 6 | Foster, Henry | 17 | Redditch | 28.48 |
| 7 | Payne, Alexander | 18 | Droitwich | 29.27 |
| 8 | Gilligan, Henry | 16 | Rct Squad | 30.74 |

Heat 2 of 3 Prelims Starts at 09:12 AM

| | | | | |
|---|-------------------------|----|---------------|-------|
| 1 | Miles, Harry | 16 | Co Cardiff | 29.91 |
| 2 | Dowty, Oliver | 17 | Mt Kelly | 28.94 |
| 3 | West, Dexter | 17 | Pembs Cty | 27.90 |
| 4 | Knight, Jack | 23 | Co Cardiff | 26.10 |
| 5 | McCarthy, Benedict | 17 | Co Cardiff | 27.15 |
| 6 | Mills, Ioan | 17 | Torfaen D | 28.30 |
| 7 | Lennon, Danny | 18 | Wrexham | 29.10 |
| 8 | Shiland-Griffiths, Enzo | 16 | Nofio Gwynedd | 30.60 |

Heat 3 of 3 Prelims Starts at 09:14 AM

| | | | | |
|---|----------------------|----|-------------|-------|
| 1 | Deacon, Cameron | 16 | Co Cardiff | 29.78 |
| 2 | Silverstone, Solomon | 17 | Pembs Cty | 28.90 |
| 3 | Hawkins, Alfie | 19 | Swansea Uni | 27.80 |
| 4 | Turner, Harry | 27 | Swansea Uni | 25.30 |
| 5 | Nikolaou, Antonio | 23 | Swansea Uni | 27.03 |
| 6 | Major, Maximus | 16 | Torfaen D | 28.20 |
| 7 | Upton-Boorman, Liam | 19 | Nofio S Gar | 29.00 |
| 8 | Davies, Brynley | 16 | Co Newport | 30.20 |

Event 403 Female 16 & Over 100 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 5 Prelims Starts at 09:15 AM

| | | | | |
|---|----------------------|----|--------------------|---------|
| 1 | | | | — |
| 2 | %Lawn, Pippa S14 | 16 | Torfaen D | 1:26.35 |
| 3 | %Willis, Meghan S9 | 19 | Torfaen D/1,3,5 | 1:15.75 |
| 4 | Williams, Marys | 17 | Swansea Aq | 1:10.80 |
| 5 | Taylor, Rebecca | 16 | Wrexham | 1:12.15 |
| 6 | %Rogerson, Heidi S10 | 19 | Cambrian AA/A,12,+ | 1:24.09 |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 5 Prelims Starts at 09:18 AM

| | | | | |
|---|-------------------|----|---------------|---------|
| 1 | Lythgoe, Manon | 17 | Swansea Aq | 1:10.32 |
| 2 | Jones, Myia | 18 | Wrexham | 1:09.40 |
| 3 | Morgan, Carys | 18 | Millfield | 1:08.92 |
| 4 | Ach Rhys, Eysyllt | 16 | Nofio Gwynedd | 1:08.64 |
| 5 | Roberts, Mali | 16 | Nofio Gwynedd | 1:08.90 |
| 6 | Hughes-Rolls, Ava | 17 | Torfaen D | 1:09.30 |
| 7 | Jones, Martha | 17 | Conwy | 1:10.20 |
| 8 | %Webb, Saskia S14 | 19 | Pembs Cty | 1:10.35 |

Heat 3 of 5 Prelims Starts at 09:19 AM

| | | | | |
|---|--------------------|----|-------------|---------|
| 1 | Geach, Libbie | 17 | Nofio S Gar | 1:07.44 |
| 2 | Hunter, Olivia | 22 | Swansea Uni | 1:05.68 |
| 3 | Lee, Edith | 16 | Co Cardiff | 1:04.43 |
| 4 | Dickinson, Jessica | 21 | Swansea Uni | 1:02.73 |
| 5 | Davies, Megan | 21 | Swansea Uni | 1:04.02 |
| 6 | Dewsbury, Daisy | 21 | Swansea Uni | 1:04.90 |
| 7 | Iles, Jessica | 16 | Co Cardiff | 1:06.32 |
| 8 | Cust, Ciara | 19 | Conwy | 1:08.05 |

Heat 4 of 5 Prelims Starts at 09:21 AM

| | | | | |
|---|-------------------|----|---------------|---------|
| 1 | Jones, Rebecca | 17 | Co Coventry | 1:07.30 |
| 2 | Jones, Maisie | 16 | Co Cardiff | 1:05.53 |
| 3 | Willis, Hannah | 21 | Swansea Uni | 1:04.33 |
| 4 | Owen, Gracie | 18 | Torfaen D | 1:02.40 |
| 5 | Grant, Lucy | 19 | Swansea Uni | 1:03.31 |
| 6 | Griffiths, Cerys | 16 | Pembs Cty | 1:04.84 |
| 7 | Dwyfor-Clark, Efa | 17 | Nofio Gwynedd | 1:06.14 |
| 8 | Blanch, Janelle | 19 | Swansea Uni | 1:07.60 |

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

Meet Program - Session 10 (Warmup 8.00 - 8.50)

Heat 5 Prelims (#403 Female 16 & Over 100 LC Meter Butterfly)

| | | | | | |
|---|-------------------------|----|--------------|---------|-----|
| 1 | Lewis, Lowri | 20 | Neath | 1:07.20 | ___ |
| 2 | Schumm, Libby | 17 | Torfaen D | 1:05.23 | ___ |
| 3 | Morgan, Isabel | 22 | Co Cardiff | 1:04.03 | ___ |
| 4 | Roberts, Catherine Elin | 23 | Swansea Uni | 1:01.02 | ___ |
| 5 | De Torres, Rebecca | 22 | Co Cardiff | 1:02.95 | ___ |
| 6 | Daniel, Megan | 16 | Caradon | 1:04.70 | ___ |
| 7 | Bassett, Alexandra | 19 | Co South'ton | 1:06.10 | ___ |
| 8 | Synowiec, Amelia | 16 | Conwy | 1:07.52 | ___ |

Event 404 Men 16 & Over 200 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 2 Prelims Starts at 09:25 AM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | Dixon, Samuel | 16 | Reed's SC | 2:28.30 | ___ |
| 2 | Cavill, Jack | 16 | Co Cardiff | 2:17.83 | ___ |
| 3 | Prysor, Sami | 19 | EllesmereCSA | 2:09.60 | ___ |
| 4 | Arch, Rhydian | 21 | Co Cardiff | 2:05.90 | ___ |
| 5 | Taylor, Harry | 19 | Swansea Uni | 2:09.20 | ___ |
| 6 | Bamborough, Jack | 18 | Co Cardiff/H | 2:12.86 | ___ |
| 7 | Gwynfil, Solomon | 16 | Co Cardiff | 2:26.39 | ___ |
| 8 | | | | | ___ |

Heat 2 of 2 Prelims Starts at 09:28 AM

| | | | | | |
|---|-----------------------|----|--------------|---------|-----|
| 1 | Reece, Liam | 16 | Co Newport | 2:26.62 | ___ |
| 2 | Gruffydd, Ned | 16 | Co Cardiff | 2:17.80 | ___ |
| 3 | Cressey-Rodgers, Ioan | 21 | Nofio S Gar | 2:09.30 | ___ |
| 4 | Rodriguez, Antonio | 22 | Swansea Uni | 1:59.80 | ___ |
| 5 | Bradley, Mathew | 20 | Swansea Uni | 2:08.96 | ___ |
| 6 | West, Dexter | 17 | Pembs Cty | 2:11.44 | ___ |
| 7 | Parfitt, Sebastian | 16 | Co Cardiff | 2:21.90 | ___ |
| 8 | Neaves, Jake | 17 | EllesmereCSA | 2:28.67 | ___ |

Event 405 Female 16 & Over 400 LC Meter IM

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 2 Prelims Starts at 09:31 AM

| | | | | | |
|---|------------------|----|-------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Williams, Lowri | 16 | Swansea Aq | 5:18.93 | ___ |
| 3 | Rees, Katie | 28 | Swansea Uni | 5:09.90 | ___ |
| 4 | Stephenson, Ruby | 19 | Swansea Uni | 4:56.50 | ___ |
| 5 | Gordon, Freya | 17 | Haslemere | 4:58.00 | ___ |
| 6 | Lythgoe, Manon | 17 | Swansea Aq | 5:18.55 | ___ |
| 7 | Matthews, Elin | 16 | Co Cardiff | 5:35.33 | ___ |
| 8 | | | | | ___ |

Heat 2 of 2 Prelims Starts at 09:37 AM

| | | | | | |
|---|---------------------|----|---------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Thomas, Serenity | 16 | Nofio Gwynedd | 5:18.80 | ___ |
| 3 | Gibson, Mari | 18 | Co Cardiff | 5:05.31 | ___ |
| 4 | Marshall, Holly | 20 | Co Cardiff | 4:53.70 | ___ |
| 5 | Brassington, Sophie | 20 | Swansea Uni | 4:57.43 | ___ |
| 6 | Williams, Jody | 20 | Swansea Uni | 5:14.50 | ___ |
| 7 | Ling, Olivia | 16 | Co Cardiff | 5:23.83 | ___ |
| 8 | | | | | ___ |

Event 406 Men 16 & Over 100 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 6 Prelims Starts at 09:44 AM

| | | | | | |
|---|------------------------|----|------------------|---------|-----|
| 1 | %O'Reilly, McKenzie S8 | 17 | Torfaen D/A,12,+ | 1:22.55 | ___ |
| 2 | Stuart-Lavender, Jac | 16 | Nofio S Gar | 59.30 | ___ |
| 3 | Duggan, Brandon | 16 | Co Cardiff | 59.10 | ___ |
| 4 | Davies, Tom | 16 | Co Newport | 58.28 | ___ |
| 5 | Vong, Joshua | 16 | Torfaen D | 58.32 | ___ |
| 6 | Williams, Thomas | 16 | Nofio S Gar | 59.16 | ___ |
| 7 | %Read, William S14 | 18 | Swansea Aq | 59.66 | ___ |
| 8 | %Johnstone, Isaac S7 | 20 | Swansea Uni | 1:24.78 | ___ |

Heat 2 of 6 Prelims Starts at 09:46 AM

| | | | | | |
|---|-------------------------|----|---------------|-------|-----|
| 1 | Thomas, Iolo | 16 | Neath | 57.95 | ___ |
| 2 | Deacon, Cameron | 16 | Co Cardiff | 57.82 | ___ |
| 3 | Hewitt, Archie | 16 | Torfaen D | 57.63 | ___ |
| 4 | Parsons, Joseph | 19 | Co Cardiff | 56.20 | ___ |
| 5 | Miles, Harry | 16 | Co Cardiff | 57.60 | ___ |
| 6 | Shiland-Griffiths, Enzo | 16 | Nofio Gwynedd | 57.80 | ___ |
| 7 | Davies, Blake | 16 | Co Cardiff | 57.91 | ___ |
| 8 | Bennett, Finley | 17 | Pembs Cty | 58.09 | ___ |

Heat 3 of 6 Prelims Starts at 09:47 AM

| | | | | | |
|---|---------------------|----|---------------|-------|-----|
| 1 | Park, Reggie Samuel | 16 | Conwy | 55.99 | ___ |
| 2 | Major, Sebastian | 20 | Swansea Uni | 55.89 | ___ |
| 3 | Ma, Ko Kwan | 17 | Co Cardiff | 55.69 | ___ |
| 4 | Helps, Jacob | 20 | Swansea Uni | 55.57 | ___ |
| 5 | Foster, Henry | 17 | Redditch | 55.66 | ___ |
| 6 | Upton-Boorman, Liam | 19 | Nofio S Gar | 55.80 | ___ |
| 7 | Meilleur, Elliot | 16 | Nofio Gwynedd | 55.92 | ___ |
| 8 | Dowty, Oliver | 17 | Mt Kelly | 56.10 | ___ |

Heat 4 of 6 Prelims Starts at 09:49 AM

| | | | | | |
|---|-------------------|----|-------------|-------|-----|
| 1 | Major, Maximus | 16 | Torfaen D | 54.60 | ___ |
| 2 | %Broom, Dylan S14 | 24 | Swansea Uni | 53.47 | ___ |
| 3 | Ryley, William | 28 | Co Cardiff | 52.43 | ___ |
| 4 | Knight, Jack | 23 | Co Cardiff | 50.77 | ___ |
| 5 | James, Harley | 21 | Co Cardiff | 51.48 | ___ |
| 6 | Stepliuk, Edgar | 20 | Swansea Uni | 52.80 | ___ |
| 7 | Greenway, Morgan | 23 | Swansea Uni | 53.87 | ___ |
| 8 | Mills, Ioan | 17 | Torfaen D | 55.40 | ___ |

Heat 5 of 6 Prelims Starts at 09:50 AM

| | | | | | |
|---|----------------------|----|-------------|-------|-----|
| 1 | Poole, Dexter | 21 | Swansea Uni | 54.44 | ___ |
| 2 | McCarthy, Benedict | 17 | Co Cardiff | 53.30 | ___ |
| 3 | Geysen-Holley, Max | 21 | Co Cardiff | 52.26 | ___ |
| 4 | Gillett, Oliver | 19 | Swansea Uni | 50.59 | ___ |
| 5 | Davies, Evan | 20 | Co Cardiff | 51.30 | ___ |
| 6 | Silverstone, Solomon | 17 | Pembs Cty | 52.80 | ___ |
| 7 | Lennon, Danny | 18 | Wrexham | 53.70 | ___ |
| 8 | Jasinski, Hubert | 19 | Swansea Uni | 55.17 | ___ |

Heat 6 of 6 Prelims Starts at 09:52 AM

| | | | | | |
|---|------------------------|----|-------------|-------|-----|
| 1 | Lee, Jacob | 20 | Swansea Uni | 54.05 | ___ |
| 2 | Staines, Luca | 22 | Swansea Uni | 52.94 | ___ |
| 3 | Mruk, Lucas | 18 | Torfaen D | 51.86 | ___ |
| 4 | Jones, Dan | 30 | Swansea Uni | 49.50 | ___ |
| 5 | Docking-Smith, Frankie | 22 | Swansea Uni | 51.30 | ___ |
| 6 | Panaretos, Panayiotis | 24 | Swansea Uni | 52.77 | ___ |
| 7 | Edwards, Dion | 19 | Swansea Uni | 53.68 | ___ |
| 8 | Pugh, Morgan | 19 | Torfaen D | 55.00 | ___ |

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

Meet Program - Session 10 (Warmup 8.00 - 8.50)

Event 407 Female 16 & Over 200 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 6 Prelims Starts at 09:54 AM

| | | | | |
|---|-------------------|----|------------|-------------|
| 1 | | | | ___ |
| 2 | | | | ___ |
| 3 | %Webb, Saskia S14 | 19 | Pembs Cty | 2:20.82 ___ |
| 4 | Givvons, Imogen | 16 | Torfaen D | 2:16.90 ___ |
| 5 | Coles, Mya | 16 | Co Newport | 2:17.50 ___ |
| 6 | | | | ___ |
| 7 | | | | ___ |
| 8 | | | | ___ |

Heat 2 of 6 Prelims Starts at 09:57 AM

| | | | | |
|---|------------------------|----|---------------|-------------|
| 1 | | | | ___ |
| 2 | Sullivan, Ariana | 16 | Torfaen D | 2:16.78 ___ |
| 3 | Roberts, Mali | 16 | Nofio Gwynedd | 2:15.90 ___ |
| 4 | Hatton-Ellis, Isabelle | 18 | Swansea Uni | 2:15.20 ___ |
| 5 | Ach Rhys, Esyllt | 16 | Nofio Gwynedd | 2:15.50 ___ |
| 6 | Edwards, Alaw | 16 | Nofio Gwynedd | 2:16.03 ___ |
| 7 | Fuller, Efa | 17 | Colchester | 2:16.87 ___ |
| 8 | | | | ___ |

Heat 3 of 6 Prelims Starts at 10:00 AM

| | | | | |
|---|--------------------|----|--------------|-------------|
| 1 | Blake, Emily | 19 | Co Cardiff | 2:14.10 ___ |
| 2 | Humphreys, Holly | 18 | Neath | 2:13.92 ___ |
| 3 | Iles, Jessica | 16 | Co Cardiff | 2:13.40 ___ |
| 4 | Richards, Faith | 16 | Co Cardiff | 2:13.20 ___ |
| 5 | Geach, Libbie | 17 | Nofio S Gar | 2:13.20 ___ |
| 6 | O'Mahoney, Kaitlin | 18 | Bridgend Cty | 2:13.40 ___ |
| 7 | Devin, Erin | 16 | Wrexham | 2:14.00 ___ |
| 8 | Worthington, Emma | 18 | Chirk | 2:14.70 ___ |

Heat 4 of 6 Prelims Starts at 10:03 AM

| | | | | |
|---|--------------------|----|---------------|-------------|
| 1 | Bassett, Alexandra | 19 | Co South'ton | 2:13.00 ___ |
| 2 | Nichols, Grace | 16 | Pembs Cty | 2:10.74 ___ |
| 3 | Humphreys, Ffion | 18 | Nofio Gwynedd | 2:08.10 ___ |
| 4 | Griffiths, Cerys | 16 | Pembs Cty | 2:04.06 ___ |
| 5 | Hempenstall, Amy | 18 | Guildford Ct | 2:06.40 ___ |
| 6 | Irvine, Annabel | 16 | Crosby | 2:09.47 ___ |
| 7 | Hunter, Olivia | 22 | Swansea Uni | 2:11.21 ___ |
| 8 | Cust, Ciara | 19 | Conwy | 2:13.11 ___ |

Heat 5 of 6 Prelims Starts at 10:05 AM

| | | | | |
|---|-------------------|----|--------------|-------------|
| 1 | Weaver, Poppy | 19 | Swansea Uni | 2:12.45 ___ |
| 2 | Cumner, Megan | 19 | Swansea Uni | 2:10.20 ___ |
| 3 | Croke, Carys | 19 | Torfaen D | 2:07.99 ___ |
| 4 | Davies, Sophie | 19 | Millfield | 2:01.20 ___ |
| 5 | Patterson, Millie | 20 | Swansea Uni | 2:06.20 ___ |
| 6 | Sherrard, Emme | 17 | Torfaen D | 2:09.20 ___ |
| 7 | Hall, Emily | 16 | Warrington W | 2:10.95 ___ |
| 8 | Roberts, Megan | 19 | Swansea Uni | 2:13.10 ___ |

Heat 6 of 6 Prelims Starts at 10:08 AM

| | | | | |
|---|--------------------|----|-------------|-------------|
| 1 | Winstanley, Elin | 17 | Co Hereford | 2:11.71 ___ |
| 2 | Crawley, Abigail | 21 | Swansea Uni | 2:09.63 ___ |
| 3 | Titchener, Megan | 18 | Torfaen D | 2:07.59 ___ |
| 4 | Taylor, Theodora | 17 | Torfaen D | 2:00.60 ___ |
| 5 | Dickinson, Jessica | 21 | Swansea Uni | 2:05.97 ___ |
| 6 | Fox, Honor | 19 | Co Cardiff | 2:08.30 ___ |
| 7 | Jones, Maisie | 16 | Co Cardiff | 2:10.90 ___ |
| 8 | Dewsbury, Daisy | 21 | Swansea Uni | 2:13.00 ___ |

Event 408 Men 16 & Over 1500 LC Meter Freestyle (HDW)

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 2 Finals Starts at 10:11 AM

| | | | | |
|---|------------------|----|-------------|--------------|
| 1 | | | | ___ |
| 2 | | | | ___ |
| 3 | Williams, Thomas | 16 | Nofio S Gar | 17:46.60 ___ |
| 4 | Davies, Brynley | 16 | Co Newport | 17:19.00 ___ |
| 5 | Reece, Liam | 16 | Co Newport | 17:44.40 ___ |
| 6 | | | | ___ |
| 7 | | | | ___ |
| 8 | | | | ___ |

Heat 2 of 2 Finals Starts at 10:30 AM

| | | | | |
|---|---------------------|----|---------------|--------------|
| 1 | Park, Reggie Samuel | 16 | Conwy | 16:54.10 ___ |
| 2 | Mistry, Manav | 19 | Swansea Uni | 16:43.03 ___ |
| 3 | Harris, Daniel | 19 | Swansea Uni | 16:35.80 ___ |
| 4 | Neaves, Archie | 21 | Swansea Uni | 16:32.30 ___ |
| 5 | Bamborough, Jack | 18 | Co Cardiff/H | 16:32.75 ___ |
| 6 | Twigger, Owen | 17 | Swansea Aq | 16:42.30 ___ |
| 7 | Evans, Ieuan | 19 | Swansea Uni | 16:52.34 ___ |
| 8 | Williams, Owen | 17 | Nofio Gwynedd | 17:07.20 ___ |

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

Meet Program - Session 11 (Warmup 11.05 - 11.55)

Event 421 Female 12-15 50 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 8 Prelims Starts at 12:05 PM

| | | | | |
|---|------------------|----|-------------|-------|
| 1 | | | | — |
| 2 | | | | — |
| 3 | Sullivan, Myla | 12 | Torfaen D | 39.70 |
| 4 | Enoch, Erin | 12 | Nofio S Gar | 39.38 |
| 5 | Clements, Olivia | 12 | Co Newport | 39.58 |
| 6 | | | | — |
| 7 | | | | — |
| 8 | | | | — |

Heat 2 of 8 Prelims Starts at 12:07 PM

| | | | | |
|---|---------------------|----|--------------|-------|
| 1 | Pasinskaite, Amelia | 12 | Co Newport | 39.03 |
| 2 | Foxwell, Emilia | 12 | Co Cardiff | 38.70 |
| 3 | Clay, Emelia | 12 | Swansea Aq | 38.60 |
| 4 | Williams, April | 12 | Swansea Aq | 38.31 |
| 5 | Evans, Hannah | 12 | Co Newport | 38.50 |
| 6 | Lovell, Amabel | 12 | Swindon Dolp | 38.60 |
| 7 | Smith, Emily | 12 | Co Newport | 39.00 |
| 8 | Jones, Lola | 12 | Heads Valley | 39.30 |

Heat 3 of 8 Prelims Starts at 12:09 PM

| | | | | |
|---|-------------------------|----|-------------|-------|
| 1 | Kurys, Emiliese | 12 | Nofio S Gar | 38.00 |
| 2 | Thomas, Phoebe | 12 | Co Cardiff | 37.70 |
| 3 | Hawkins, Lottie | 13 | Pembs Cty | 37.00 |
| 4 | Greensill, Evie | 13 | Co Newport | 36.40 |
| 5 | Parry, Abigail | 13 | Nofio S Gar | 36.50 |
| 6 | Roberts, Connie-Rae | 13 | Co Newport | 37.30 |
| 7 | Van Zyl, Giada | 12 | Co Cardiff | 37.90 |
| 8 | Soul, Anna Florence Rew | 12 | Swansea Aq | 38.12 |

Heat 4 of 8 Prelims Starts at 12:11 PM

| | | | | |
|---|-------------------------|----|---------------|-------|
| 1 | Morris, Blair | 13 | Neath | 36.10 |
| 2 | Pawlowski, Isabelle | 14 | Corby | 35.90 |
| 3 | Davies, Elizabeth | 13 | Pembs Cty | 35.70 |
| 4 | Owen, Nel | 13 | Nofio Gwynedd | 35.40 |
| 5 | Mustey, Caroline | 12 | Monnow | 35.50 |
| 6 | Morgan-Basini, Ruby-May | 14 | Merthyr Tydf | 35.83 |
| 7 | Morris, Besi | 13 | Nofio S Gar | 36.00 |
| 8 | Swatman, Violet | 13 | Berkhamsted | 36.30 |

Heat 5 of 8 Prelims Starts at 12:13 PM

| | | | | |
|---|----------------------|----|------------|-------|
| 1 | Ballinger, Scarlett | 15 | Rhondda | 35.10 |
| 2 | Beasley, Evaleigh | 13 | Swansea Aq | 34.50 |
| 3 | Fordham, Freya | 14 | Co Newport | 34.30 |
| 4 | Thomas, Carys | 14 | Kettering | 34.29 |
| 5 | McCooole-Jones, Elen | 15 | Holywell | 34.30 |
| 6 | Lendnau-Moulton, Ava | 15 | Wrexham | 34.30 |
| 7 | Williams, Paige | 14 | Swansea Aq | 34.95 |
| 8 | M'Keown, Emily | 12 | Holywell | 35.40 |

Heat 6 of 8 Prelims Starts at 12:15 PM

| | | | | |
|---|-----------------|----|---------------|-------|
| 1 | Burns, Freya | 15 | Nofio S Gar | 33.91 |
| 2 | Hughes, Nel | 15 | Nofio Gwynedd | 33.50 |
| 3 | Layland, Seren | 15 | Penyrheol | 33.00 |
| 4 | Davies, Isla | 13 | Nofio S Gar | 31.50 |
| 5 | Fowler, Maisie | 15 | Rct Squad | 32.59 |
| 6 | Van Zyl, Kiara | 14 | Co Cardiff | 33.40 |
| 7 | Williams, Layla | 14 | Newtown | 33.70 |
| 8 | Mellor, Medi | 14 | Nofio Bangor | 34.10 |

Heat 7 of 8 Prelims Starts at 12:17 PM

| | | | | |
|---|-----------------|----|---------------|-------|
| 1 | Duggan, Ella | 15 | Rct Squad | 33.76 |
| 2 | Williams, Leah | 15 | Nofio Gwynedd | 33.49 |
| 3 | Donaldson, Evie | 14 | Co Newport | 33.00 |
| 4 | Spence, Emilia | 15 | Co Birm'ham | 31.47 |
| 5 | Reasons, Darcy | 14 | Torfaen D | 32.09 |
| 6 | Jones, Hunydd | 15 | Nofio S Gar | 33.36 |
| 7 | Eyre, Maiya | 14 | Buckley | 33.60 |
| 8 | Sutton, Emily | 15 | Nofio Gwynedd | 34.10 |

Heat 8 of 8 Prelims Starts at 12:19 PM

| | | | | |
|---|-------------------------|----|--------------|-------|
| 1 | Bissicks, Cari | 15 | Neath | 33.75 |
| 2 | Emms, Ela | 14 | Co Cardiff | 33.46 |
| 3 | Roberts, Rosie | 14 | Torfaen D | 32.67 |
| 4 | Sweet-Roberts, Pip | 14 | Torfaen D | 31.10 |
| 5 | Prosser, Sofia | 14 | Torfaen D | 32.00 |
| 6 | Taffetsauffer, Isabella | 15 | Nofio S Gar | 33.20 |
| 7 | Thurston, Rene | 15 | Newtown | 33.50 |
| 8 | Gordon, Mabli | 15 | Bridgend Cty | 34.00 |

Event 422 Boys 12-15 50 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 6 Prelims Starts at 12:21 PM

| | | | | |
|---|-----------------------|----|------------|-------|
| 1 | Jones, Zac | 12 | Co Cardiff | 39.00 |
| 2 | Pawlowski, Oscar | 12 | Corby | 38.57 |
| 3 | Irish, Alexander | 12 | Newmarket | 37.20 |
| 4 | Williams, Lucas | 12 | Swansea Aq | 37.07 |
| 5 | Berry-Martin, Finnlay | 12 | Co Cardiff | 37.10 |
| 6 | Leahy, Herbie | 12 | Pembs Cty | 38.54 |
| 7 | Griffiths, Dylan | 12 | Co Newport | 39.00 |
| 8 | | | | — |

Heat 2 of 6 Prelims Starts at 12:23 PM

| | | | | |
|---|-------------------------|----|-------------|-------|
| 1 | Leigh, Jacob | 13 | Co Cardiff | 36.70 |
| 2 | Hewitt, Oscar | 13 | Monnow | 36.29 |
| 3 | Tennant, Zeke | 13 | Eastbourne | 36.12 |
| 4 | King, Henri | 13 | Co Cardiff | 35.75 |
| 5 | Stanford-Jason, Matthew | 13 | Salisbury | 35.80 |
| 6 | Gilligan, Lucas | 13 | Rct Squad | 36.14 |
| 7 | Hale, William | 13 | Co Newport | 36.67 |
| 8 | Hamer, Tom | 12 | Co Hereford | 37.01 |

Heat 3 of 6 Prelims Starts at 12:25 PM

| | | | | |
|---|---------------------|----|--------------|-------|
| 1 | Garrett, Ben | 13 | Merthyr Tydf | 35.54 |
| 2 | Martenko, Fletcher | 13 | Rct Squad | 34.84 |
| 3 | Ogden, George | 14 | Redditch | 34.32 |
| 4 | Gray-Thomas, Jayden | 14 | Conwy | 34.20 |
| 5 | Jones, Dafydd | 14 | Carmarthen | 34.30 |
| 6 | Collins, Thomas | 14 | Penyrheol | 34.40 |
| 7 | Miller, Ethan | 13 | Ruthin | 35.50 |
| 8 | Monan, Euan | 13 | Pembs Cty | 35.65 |

Heat 4 of 6 Prelims Starts at 12:27 PM

| | | | | |
|---|------------------------|----|--------------|-------|
| 1 | Pugh, Bryn | 13 | Torfaen D | 33.92 |
| 2 | Mrozinski, Michal | 14 | Conwy | 32.50 |
| 3 | Noden, Rory | 14 | Pembs Cty | 32.09 |
| 4 | Goodey De Diego, Lucas | 15 | Guildford Ct | 30.32 |
| 5 | Jenkins, Rhys | 13 | Co Cardiff | 30.89 |
| 6 | Williams, Zach | 15 | Torfaen D | 32.30 |
| 7 | Palmer, Evan | 14 | Torfaen D | 33.51 |
| 8 | Bevan, Driw | 14 | Nofio S Gar | 34.20 |

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

Meet Program - Session 11 (Warmup 11.05 - 11.55)

Heat 5 Prelims (#422 Boys 12-15 50 LC Meter Backstroke)

| | | | | | |
|---|------------------------|----|--------------|-------|-----|
| 1 | Staples, Max | 13 | Rhondda | 33.90 | ___ |
| 2 | Stanford-Jason, Samuel | 15 | Salisbury | 32.50 | ___ |
| 3 | Samuel, Jake | 15 | Merthyr Tydf | 32.04 | ___ |
| 4 | Linge, Reece | 15 | EllesmereCSA | 30.03 | ___ |
| 5 | Hamer, Joe | 15 | Co Hereford | 30.40 | ___ |
| 6 | De Haan, Charlie | 13 | Holywell | 32.26 | ___ |
| 7 | Watkins, Dylan | 14 | Torfaen D | 33.46 | ___ |
| 8 | Hughes, Fraser | 14 | Rhondda | 34.19 | ___ |

Heat 6 of 6 Prelims Starts at 12:31 PM

| | | | | | |
|---|------------------------|----|-------------|-------|-----|
| 1 | Hughes, Elis | 13 | Southwold | 33.88 | ___ |
| 2 | Rees, Gwyn | 15 | Wantage | 32.30 | ___ |
| 3 | Harwood, Jack | 15 | Pembs Cty | 31.20 | ___ |
| 4 | Elmes, Max | 15 | Nofio S Gar | 29.50 | ___ |
| 5 | King, Ethan | 14 | Penyrheol | 30.33 | ___ |
| 6 | Morgan, Cole | 15 | C Dolphins | 32.10 | ___ |
| 7 | Williams, Heath | 14 | Wrexham | 33.10 | ___ |
| 8 | Harvey-Sullivan, Oscar | 14 | Swansea Aq | 34.13 | ___ |

Event 423 Female 12-15 100 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 5 Prelims Starts at 12:33 PM

| | | | | | |
|---|------------------|----|------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Clements, Olivia | 12 | Co Newport | 1:23.70 | ___ |
| 4 | Kendall, Ella | 12 | Conwy | 1:20.10 | ___ |
| 5 | Mustey, Caroline | 12 | Monnow | 1:21.49 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 5 Prelims Starts at 12:35 PM

| | | | | | |
|---|----------------------|----|------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Lewis, Evie | 13 | Pembs Cty | 1:18.29 | ___ |
| 3 | Cartwright, Thea | 13 | N Cornwall | 1:15.90 | ___ |
| 4 | Ballinger, Scarlett | 15 | Rhondda | 1:13.75 | ___ |
| 5 | Lee, Seol Lucy | 14 | Co Cardiff | 1:14.23 | ___ |
| 6 | Cooksey-Owen, Mollie | 13 | Co Cardiff | 1:17.59 | ___ |
| 7 | Morgado, Carolina | 12 | Wrexham | 1:18.80 | ___ |
| 8 | | | | | ___ |

Heat 3 of 5 Prelims Starts at 12:37 PM

| | | | | | |
|---|-------------------------|----|---------------|---------|-----|
| 1 | Pryce, Isobel | 12 | Torfaen D | 1:12.73 | ___ |
| 2 | Taffetsauffer, Isabella | 15 | Nofio S Gar | 1:11.59 | ___ |
| 3 | Hughes, Nel | 15 | Nofio Gwynedd | 1:10.15 | ___ |
| 4 | Berner, Iyla | 13 | Nofio S Gar | 1:07.80 | ___ |
| 5 | Matthews, Catrin | 13 | Co Cardiff | 1:09.48 | ___ |
| 6 | O'hara, Noelle | 13 | Wrexham | 1:11.00 | ___ |
| 7 | Williams, Lili | 15 | Rct Squad | 1:11.81 | ___ |
| 8 | Williams, Layla | 14 | Newtown | 1:13.34 | ___ |

Heat 4 of 5 Prelims Starts at 12:39 PM

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Rowland, Scarlett | 14 | Nofio S Gar | 1:12.20 | ___ |
| 2 | Sutton, Emily | 15 | Nofio Gwynedd | 1:11.40 | ___ |
| 3 | Pitt, Seren | 14 | Co Cardiff | 1:09.80 | ___ |
| 4 | Bennett, Isla | 15 | Co Cardiff | 1:06.59 | ___ |
| 5 | Bates, Molly | 15 | EllesmereCSA | 1:08.63 | ___ |
| 6 | Emms, Ela | 14 | Co Cardiff | 1:10.85 | ___ |
| 7 | Bissicks, Cari | 15 | Neath | 1:11.70 | ___ |
| 8 | Jones, Lola-Grace | 14 | Torfaen D | 1:13.26 | ___ |

Heat 5 of 5 Prelims Starts at 12:41 PM

| | | | | | |
|---|------------------------|----|-------------|---------|-----|
| 1 | Kazmiruk, Anastasiia | 15 | Nofio S Gar | 1:12.00 | ___ |
| 2 | Dash, Amelie | 15 | Pembs Cty | 1:11.07 | ___ |
| 3 | Tejedo, Lola | 15 | Co Cardiff | 1:09.59 | ___ |
| 4 | Sweet-Roberts, Pip | 14 | Torfaen D | 1:05.50 | ___ |
| 5 | Meenagh, Mai Van | 14 | Co Cardiff | 1:08.62 | ___ |
| 6 | Klak, Nina | 14 | Co Newport | 1:10.50 | ___ |
| 7 | Cooksey-Owen, Ruby-Mae | 15 | Co Cardiff | 1:11.69 | ___ |
| 8 | McFarlane, Una | 15 | Pembs Cty | 1:13.07 | ___ |

Event 424 Boys 12-15 200 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 2 Prelims Starts at 12:42 PM

| | | | | | |
|---|------------------|----|--------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Nuttall, Harri | 13 | Rhyl Dolphin | 2:44.47 | ___ |
| 3 | Harwood, Jack | 15 | Pembs Cty | 2:31.33 | ___ |
| 4 | Payne, Sebastian | 15 | Droitwich | 2:23.83 | ___ |
| 5 | Evans, Jake | 14 | Wrexham | 2:29.13 | ___ |
| 6 | Sekula, Mateusz | 15 | Rhondda | 2:36.20 | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 2 Prelims Starts at 12:46 PM

| | | | | | |
|---|------------------------|----|--------------|---------|-----|
| 1 | | | | | ___ |
| 2 | Ban Jona, Krisztian | 15 | Co Newport | 2:37.69 | ___ |
| 3 | Zhen, Bosco | 14 | Co Newport | 2:29.40 | ___ |
| 4 | Goodey De Diego, Lucas | 15 | Guildford Ct | 2:22.89 | ___ |
| 5 | Williams, Dylan | 15 | Wrexham | 2:25.42 | ___ |
| 6 | Hughes, Freddy | 14 | Rct Squad | 2:32.62 | ___ |
| 7 | Griffiths, Nicholas | 14 | Nuneaton | 2:46.08 | ___ |
| 8 | | | | | ___ |

Event 425 Female 12-15 400 LC Meter IM

| Lane | Name | Age | Team | Seed Time | |
|------|------|-----|------|-----------|--|
|------|------|-----|------|-----------|--|

Heat 1 of 3 Prelims Starts at 12:49 PM

| | | | | | |
|---|---------------------|----|------------|---------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | M'Keown, Emily | 12 | Holywell | 6:21.10 | ___ |
| 4 | Davies, Elizabeth | 13 | Pembs Cty | 5:55.70 | ___ |
| 5 | Roberts, Connie-Rae | 13 | Co Newport | 6:03.69 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 3 Prelims Starts at 12:56 PM

| | | | | | |
|---|----------------------|----|--------------|---------|-----|
| 1 | Beasley, Evaleigh | 13 | Swansea Aq | 5:53.20 | ___ |
| 2 | Chauhan, Amber | 14 | Nofio Bangor | 5:42.43 | ___ |
| 3 | George, Ellie | 15 | Rct Squad | 5:39.21 | ___ |
| 4 | Mellor, Medi | 14 | Nofio Bangor | 5:23.20 | ___ |
| 5 | Dowling, Abigail | 15 | Co Cardiff | 5:27.90 | ___ |
| 6 | Davies, Macy | 14 | Torfaen D | 5:41.70 | ___ |
| 7 | Gray-Thomas, Jessica | 13 | Conwy | 5:43.73 | ___ |
| 8 | | | | | ___ |

Heat 3 of 3 Prelims Starts at 01:03 PM

| | | | | | |
|---|---------------------|----|---------------|---------|-----|
| 1 | Pawlowski, Isabelle | 14 | Corby | 5:46.20 | ___ |
| 2 | Williams, Lili | 15 | Rct Squad | 5:42.20 | ___ |
| 3 | Lewis-Jones, Idele | 15 | Wrexham | 5:33.50 | ___ |
| 4 | Bates, Molly | 15 | EllesmereCSA | 5:17.95 | ___ |
| 5 | Tejedo, Lola | 15 | Co Cardiff | 5:27.00 | ___ |
| 6 | McQuaid, Maria | 15 | Co Cardiff | 5:39.46 | ___ |
| 7 | Williams, Leah | 15 | Nofio Gwynedd | 5:43.70 | ___ |
| 8 | | | | | ___ |

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

Meet Program - Session 11 (Warmup 11.05 - 11.55)

Event 426 Boys 12-15 100 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 7 Prelims Starts at 01:09 PM

| | | | | |
|---|-----------------------|----|--------------------|---------|
| 1 | Edwards, Owen | 12 | Torfaen D | 1:14.32 |
| 2 | Hughes, George | 12 | Mold | 1:12.74 |
| 3 | Mander, Toby | 12 | Conwy | 1:11.50 |
| 4 | Berry-Martin, Finnlay | 12 | Co Cardiff | 1:10.63 |
| 5 | Pawlowski, Oscar | 12 | Corby | 1:10.76 |
| 6 | Leahy, Herbie | 12 | Pembs Cty | 1:12.41 |
| 7 | Jones, Zac | 12 | Co Cardiff | 1:13.11 |
| 8 | %Thomas, Ifan S8 | 14 | Cambrian AA/A,12,+ | 1:33.40 |

Heat 2 of 7 Prelims Starts at 01:12 PM

| | | | | |
|---|--------------------|----|--------------|---------|
| 1 | Martenko, Fletcher | 13 | Rct Squad | 1:09.80 |
| 2 | Jones, Owain | 13 | Torfaen D | 1:08.70 |
| 3 | Garrett, Ben | 13 | Merthyr Tydf | 1:07.09 |
| 4 | Miller, Ethan | 13 | Ruthin | 1:06.60 |
| 5 | Hewitt, Oscar | 13 | Monnow | 1:06.90 |
| 6 | Evans, Jonas | 12 | Mold | 1:07.98 |
| 7 | Irish, Alexander | 12 | Newmarket | 1:09.30 |
| 8 | Williams, Lucas | 12 | Swansea Aq | 1:10.10 |

Heat 3 of 7 Prelims Starts at 01:13 PM

| | | | | |
|---|----------------|----|-------------|---------|
| 1 | Jenkins, Rhys | 13 | Co Cardiff | 1:05.22 |
| 2 | Hughes, Fraser | 14 | Rhondda | 1:05.19 |
| 3 | Noden, Rory | 14 | Pembs Cty | 1:04.50 |
| 4 | Jones, Dafydd | 14 | Carmarthen | 1:03.83 |
| 5 | Bevan, Driw | 14 | Nofio S Gar | 1:04.07 |
| 6 | Jones, Geraint | 14 | Amersham | 1:05.00 |
| 7 | King, Henri | 13 | Co Cardiff | 1:05.20 |
| 8 | Pugh, Bryn | 13 | Torfaen D | 1:05.93 |

Heat 4 of 7 Prelims Starts at 01:15 PM

| | | | | |
|---|-------------------|----|------------|---------|
| 1 | Williams, Heath | 14 | Wrexham | 1:03.62 |
| 2 | Mrozinski, Michal | 14 | Conwy | 1:03.00 |
| 3 | Zhen, Bosco | 14 | Co Newport | 1:02.20 |
| 4 | Hughes, Freddy | 14 | Rct Squad | 1:02.03 |
| 5 | Evans, Jake | 14 | Wrexham | 1:02.10 |
| 6 | Palmer, Evan | 14 | Torfaen D | 1:02.65 |
| 7 | De Haan, Charlie | 13 | Holywell | 1:03.50 |
| 8 | Cook, Noah | 13 | Torfaen D | 1:03.80 |

Heat 5 of 7 Prelims Starts at 01:17 PM

| | | | | |
|---|------------------------|----|--------------|---------|
| 1 | Hale, Oliver | 15 | Swansea Aq | 1:01.33 |
| 2 | Williams, Dylan | 15 | Wrexham | 1:00.20 |
| 3 | Payne, Sebastian | 15 | Droitwich | 58.78 |
| 4 | Woodrow, Leo | 15 | TauntonDeane | 56.40 |
| 5 | Elmes, Max | 15 | Nofio S Gar | 58.21 |
| 6 | Rees, Gwyn | 15 | Wantage | 59.90 |
| 7 | Harvey-Sullivan, Oscar | 14 | Swansea Aq | 1:00.63 |
| 8 | Bancroft, Theo | 14 | Monnow | 1:02.00 |

Heat 6 of 7 Prelims Starts at 01:19 PM

| | | | | |
|---|------------------|----|--------------|---------|
| 1 | Taylor, Nicholas | 15 | Torfaen D | 1:01.24 |
| 2 | Harwood, Jack | 15 | Pembs Cty | 1:00.10 |
| 3 | Jones, Sam | 13 | Co Cardiff | 58.57 |
| 4 | Castillo, Airam | 15 | Co Cardiff | 55.82 |
| 5 | Duggan, Elliot | 15 | Bridgend Cty | 58.08 |
| 6 | Evans, Sam | 14 | Pembs Cty | 59.67 |
| 7 | Williams, Zach | 15 | Torfaen D | 1:00.63 |
| 8 | Jones, Noah | 15 | Torfaen D | 1:01.72 |

Heat 7 of 7 Prelims Starts at 01:20 PM

| | | | | |
|---|------------------------|----|--------------|---------|
| 1 | Morgan, Cole | 15 | C Dolphins | 1:01.21 |
| 2 | Bastyan, Tobias-Luke | 15 | Torfaen D | 59.98 |
| 3 | Goodey De Diego, Lucas | 15 | Guildford Ct | 58.29 |
| 4 | Douglas, Lucas | 15 | Neath | 55.54 |
| 5 | Linge, Reece | 15 | EllesmereCSA | 57.74 |
| 6 | King, Ethan | 14 | Penyrheol | 59.59 |
| 7 | Gregory, Jaiden | 15 | Rct Squad | 1:00.55 |
| 8 | Stanford-Jason, Samuel | 15 | Salisbury | 1:01.64 |

Event 427 Female 12-15 200 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 6 Prelims Starts at 01:22 PM

| | | | | |
|---|------------------|----|--------------|---------|
| 1 | | | | |
| 2 | | | | |
| 3 | Clements, Olivia | 12 | Co Newport | 2:42.30 |
| 4 | Thomas, Phoebe | 12 | Co Cardiff | 2:41.69 |
| 5 | Healy, Madelyn | 12 | Bridgend Cty | 2:41.93 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Heat 2 of 6 Prelims Starts at 01:25 PM

| | | | | |
|---|-------------------|----|-------------|---------|
| 1 | Sullivan, Myla | 12 | Torfaen D | 2:39.20 |
| 2 | M'Keown, Emily | 12 | Holywell | 2:36.20 |
| 3 | Morgado, Carolina | 12 | Wrexham | 2:33.70 |
| 4 | Britton, Nahla | 13 | Co Cardiff | 2:32.67 |
| 5 | Thomas, Eleanor | 13 | Co Newport | 2:33.19 |
| 6 | Kendall, Ella | 12 | Conwy | 2:35.60 |
| 7 | Kurys, Emiliese | 12 | Nofio S Gar | 2:37.90 |
| 8 | Enoch, Erin | 12 | Nofio S Gar | 2:41.52 |

Heat 3 of 6 Prelims Starts at 01:29 PM

| | | | | |
|---|-------------------|----|---------------|---------|
| 1 | Ryan, Ellie | 13 | Co Cardiff | 2:28.58 |
| 2 | Lewis, Evie | 13 | Pembs Cty | 2:27.70 |
| 3 | Pryce, Isobel | 12 | Torfaen D | 2:25.50 |
| 4 | Owen, Nel | 13 | Nofio Gwynedd | 2:25.40 |
| 5 | Lawn, Lexi | 13 | Torfaen D | 2:25.40 |
| 6 | Jones, Lola-Grace | 14 | Torfaen D | 2:26.12 |
| 7 | Davies, Ava-Rose | 13 | Nofio S Gar | 2:28.18 |
| 8 | Van Zyl, Giada | 12 | Co Cardiff | 2:32.16 |

Heat 4 of 6 Prelims Starts at 01:32 PM

| | | | | |
|---|-------------------|----|--------------|---------|
| 1 | McFarlane, Una | 15 | Pembs Cty | 2:23.58 |
| 2 | Thomas, Carys | 14 | Kettering | 2:20.94 |
| 3 | Innocent, Aurelia | 15 | Co Cardiff | 2:16.40 |
| 4 | Reasons, Darcy | 14 | Torfaen D | 2:12.70 |
| 5 | Davies, Isla | 13 | Nofio S Gar | 2:14.00 |
| 6 | Reed, Isabella | 15 | Co Cardiff | 2:18.29 |
| 7 | Gordon, Mabli | 15 | Bridgend Cty | 2:22.24 |
| 8 | Eyre, Maiya | 14 | Buckley | 2:25.36 |

Heat 5 of 6 Prelims Starts at 01:35 PM

| | | | | |
|---|---------------------|----|-------------|---------|
| 1 | McCoole-Jones, Elen | 15 | Holywell | 2:22.98 |
| 2 | O'hara, Noelle | 13 | Wrexham | 2:19.97 |
| 3 | Berner, Iyla | 13 | Nofio S Gar | 2:14.90 |
| 4 | Sherrard, Alex | 14 | Torfaen D | 2:11.31 |
| 5 | Spence, Emilia | 15 | Co Birm'ham | 2:13.15 |
| 6 | Roberts, Rosie | 14 | Torfaen D | 2:17.80 |
| 7 | Lawn, Gayle | 13 | Torfaen D | 2:21.97 |
| 8 | Elson, Caitlin | 14 | Wrexham | 2:25.05 |

Swim Wales National Championships 2026 - 02/04/2026 to 05/04/2026**Meet Program - Session 11 (Warmup 11.05 - 11.55)****Heat 6 Prelims (#427 Female 12-15 200 LC Meter Freestyle)**

| | | | | | |
|---|-------------------|----|---------------|---------|-----|
| 1 | Morgan, Evelyn | 15 | Nofio S Gar | 2:22.24 | ___ |
| 2 | Ribeiro, Ariana | 15 | Co Cardiff | 2:18.44 | ___ |
| 3 | Burns, Freya | 15 | Nofio S Gar | 2:14.76 | ___ |
| 4 | Allen, Isabel | 15 | Co Cardiff | 2:10.89 | ___ |
| 5 | Donaldson, Evie | 14 | Co Newport | 2:12.95 | ___ |
| 6 | Hughes, Nel | 15 | Nofio Gwynedd | 2:17.30 | ___ |
| 7 | Patterson, Hollie | 15 | Carmarthen | 2:21.36 | ___ |
| 8 | Ryan, Mia | 15 | Rct Squad | 2:23.76 | ___ |

Event 428 Boys 12-15 1500 LC Meter Freestyle (HDW)

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 2 Finals Starts at 01:41 PM

| | | | | | |
|---|-------------------------|----|-------------|----------|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Irish, Alexander | 12 | Newmarket | 20:57.33 | ___ |
| 4 | Bowes, James | 14 | Nofio S Gar | 19:28.40 | ___ |
| 5 | Stanford-Jason, Matthew | 13 | Salisbury | 20:39.30 | ___ |
| 6 | | | | | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 2 Finals Starts at 02:03 PM

| | | | | | |
|---|--------------------|----|------------|----------|-----|
| 1 | Tennant, Zeke | 13 | Eastbourne | 19:12.98 | ___ |
| 2 | Chalk, Alistair | 14 | Co Newport | 18:29.53 | ___ |
| 3 | Csoban, Benjamin | 15 | Co Newport | 18:20.00 | ___ |
| 4 | Davies, Callum | 15 | Okehampton | 17:39.70 | ___ |
| 5 | Baldwin, Thomas | 15 | Holywell | 18:08.00 | ___ |
| 6 | McCullagh, Patrick | 14 | Holywell | 18:27.91 | ___ |
| 7 | Evans, Sam | 14 | Pembs Cty | 19:02.69 | ___ |
| 8 | | | | | ___ |