

**North Wales Regional Racing Series 2026 - 06/02/2026 to 08/02/2026****Results - Session 5 (Warmup 8.00 - 9.00)****Event 311 Girls 11-12 200 LC Meter IM**

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Morgado, Carolina	12	Wrexham	2:49.40	2:53.65	20
2 M'Keown, Emily	12	Holywell Amateur Swimming Club	2:52.60	3:00.04	17
3 Weatherhead, Emilie	12	Mold	3:06.50	3:01.62	16
4 Jones, Betsy	12	Holywell Amateur Swimming Club	3:12.70	3:07.56	15
5 Williams, Phoebe	11	Holywell Amateur Swimming Club	3:25.10	3:08.16	14
6 Kendall, Ella	12	Conwy	2:55.40	3:08.62	13
7 Haydon, Francesca	12	Chirk	3:16.80	3:13.98	12
8 Twist, Bella	12	Rhyl Dolphin	3:17.38	3:15.01	11
9 Nash, Amber	12	Holywell Amateur Swimming Club	3:17.70	3:18.27	9

**Event 311 Girls 13-14 200 LC Meter IM**

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Gray-Thomas, Jessica	13	Conwy	2:44.70	2:42.95	20
2 Preverte, Sofia	14	Wrexham	2:41.00	2:45.90	17
3 Chauhan, Amber	14	Nofio Bangor	2:47.70	2:47.04	16
4 O'Hara, Noelle	13	Wrexham	2:39.70	2:49.00	15
5 Elson, Caitlin	14	Wrexham	2:49.60	2:51.16	14
6 Williams, Layla	14	Newtown	2:46.60	2:51.74	13
7 Roberts, Cara-Non	14	Nofio Gwynedd	3:02.45	2:55.90	12
8 Owen, Awel	14	Nofio Gwynedd	3:03.53	2:59.59	11
9 Francis, Molly	14	Newtown	2:56.80	2:59.72	9

**Event 311 Girls 15-16 200 LC Meter IM**

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Thomas, Serenity	16	Nofio Gwynedd	2:30.35	2:32.02	20
2 Roberts, Mali	16	Nofio Gwynedd	2:35.96	2:37.58	17
3 Edwards, Alaw	16	Nofio Gwynedd	2:36.21	2:38.83	16
4 Lewis-Jones, Idele	15	Wrexham	2:37.00	2:40.12	15
5 Ach Rhys, Esyllt	16	Nofio Gwynedd	2:34.36	2:40.42	14
6 Hughes, Nel	15	Nofio Gwynedd	2:40.17	2:41.93	13
7 Jones, Mali	16	Nofio Gwynedd	2:42.15	2:43.47	12
8 Williams, Gwenno	15	Nofio Gwynedd	2:44.74	2:44.51	11
9 Williams, Leah	15	Nofio Gwynedd	2:43.41	2:44.80	9

**Event 311 Girls 17 & Over 200 LC Meter IM**

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Humphreys, Ffion	18	Nofio Gwynedd	2:29.44	2:30.31	20
2 Dwyfor-Clark, Efa	17	Nofio Gwynedd	2:30.08	2:34.14	17
3 Gillingham, Grace	22	Nofio Bangor	2:38.47	2:42.41	16
4 Jones, Myia	18	Wrexham	2:36.80	2:43.16	15
5 Carr, Jenaya Jewell	19	Holywell Amateur Swimming Club	2:42.20	2:44.26	14
6 Williams, Cari	17	Nofio Gwynedd	2:36.40	2:44.86	13
7 Cyster, Rowan	22	Nofio Bangor	2:41.54	2:48.83	12
8 Hughes, Mari	19	Nofio Bangor	2:38.80	2:49.28	11
9 Davies, Ellen	17	Chirk	2:42.63	2:53.96	9

**Event 312 Boys 11-12 400 LC Meter IM**

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Evans, Jonas	12	Mold	6:09.90	6:07.47	20
2 Hughes, George	12	Mold	6:31.50	6:15.03	17

**Event 312 Boys 13-14 400 LC Meter IM**

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Evans, Jake	14	Wrexham	5:22.00	5:28.08	20
2 Nuttall, Harri	13	Rhyl Dolphin	5:42.54	5:36.98	17
3 Miller, Ethan	13	Ruthin	5:59.78	6:02.65	16

## North Wales Regional Racing Series 2026 - 06/02/2026 to 08/02/2026

## Results - Session 5 (Warmup 8.00 - 9.00)

**(Event 312 Boys 13-14 400 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time	Points
4 Grant, Zac Anthony	14	Nofio Gwynedd	6:35.89	6:15.35	15

**Event 312 Boys 15-16 400 LC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Williams, Dylan	15	Wrexham	5:15.00	5:20.48	20

**Event 312 Boys 17 & Over 400 LC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Langridge, Oliver	17	Holywell Amateur Swimming Club	5:32.47	5:26.05	20
2 Angel, Ethan	22	Nofio Bangor	5:24.80	5:28.49	17

**Event 313 Girls 11-12 100 LC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Weatherhead, Emilie	12	Mold	1:34.90	1:33.47	20
2 Williams, Phoebe	11	Holywell Amateur Swimming Club	1:37.20	1:35.89	17
3 Batt, Charlotte	12	Holywell Amateur Swimming Club	1:37.30	1:37.82	16
4 Elson, Jessica	12	Wrexham	1:39.10	1:39.32	15
5 Elms, Darcey	11	Chirk	1:46.40	1:46.90	14
6 McPherson, Freya	11	Holywell Amateur Swimming Club	1:52.60	1:46.94	13
7 Thomas, Isabelle	12	Wrexham	1:45.40	1:47.81	12
8 Owen, Beca	12	Nofio Gwynedd	1:45.36	1:49.10	11
9 Jones, Chloe	12	Nofio Bangor	1:55.10	1:49.16	9

**Event 313 Girls 13-14 100 LC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Roberts, Phoebe	14	Conwy	1:28.10	1:28.16	20
2 Howells, Betsi	13	Newtown	1:30.10	1:32.36	17
3 Thomas, Sara	13	Nofio Bangor	1:38.00	1:36.12	16
4 Owen, Awel	14	Nofio Gwynedd	1:36.05	1:36.27	15
5 Mcpherson, Millie	13	Holywell Amateur Swimming Club	1:36.40	1:36.70	14
6 Charlesworth, Aoife	14	Wrexham	1:38.80	1:38.02	13
7 Conlin, Layla	14	Wrexham	1:38.10	1:38.69	12
8 Kenworthy, Emelia	14	Mold	1:37.80	1:39.59	11
9 Upton, Lily	13	Wrexham	1:36.60	1:39.61	9

**Event 313 Girls 15-16 100 LC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Jones, Flora	16	Holywell Amateur Swimming Club	1:19.00	1:23.84	20
2 Madra, Victoria	15	Wrexham	1:26.18	1:26.41	17
3 Marsden, Pheobe	15	Conwy	1:24.90	1:26.82	16
4 Lewis-Jones, Idele	15	Wrexham	1:23.90	1:26.91	15
5 Sutton, Emily	15	Nofio Gwynedd	1:26.33	1:29.68	14
6 Griffiths, Arwenna	15	Mold	1:32.60	1:30.34	13
7 Batt, Clemence	15	Holywell Amateur Swimming Club	1:28.60	1:33.01	12
8 Synowiec, Amelia	16	Conwy	1:30.00	1:33.30	11
9 Moulding, Edith	16	Wrexham	1:33.80	1:37.11	9

**Event 313 Girls 17 & Over 100 LC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Worthington, Emma	18	Chirk	1:18.30	1:20.38	20
2 Williams, Cari	17	Nofio Gwynedd	1:17.62	1:21.46	17
3 Davies, Ellen	17	Chirk	1:18.90	1:26.18	16
4 Jones, Emily	18	Holywell Amateur Swimming Club	1:26.00	1:28.55	15
5 Roberts, Lucy	17	Nofio Bangor	1:28.90	1:32.84	14
6 Ogbeide, Samantha	17	Wrexham	1:34.60	1:37.84	13

## North Wales Regional Racing Series 2026 - 06/02/2026 to 08/02/2026

## Results - Session 5 (Warmup 8.00 - 9.00)

**Event 314 Boys 11-12 200 LC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Over, Arran	12	Buckley	3:07.50	3:06.14	20
2 Jones, Jac	12	Nofio Bangor	3:23.20	3:12.65	17

**Event 314 Boys 13-14 200 LC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 de Haan, Charlie	13	Holywell Amateur Swimming Club	2:30.60	2:29.06	20
2 Williams, Heath	14	Wrexham	2:30.70	2:38.08	17
3 Gray-Thomas, Jayden	14	Conwy	2:46.50	2:48.60	16
4 Mckeown, Noah	14	Holywell Amateur Swimming Club	2:48.30	2:50.93	15
5 Gray-Williams, Morgan	14	Conwy	2:52.20	2:56.77	14
6 Lunt-Sullivan, Joe	13	Holywell Amateur Swimming Club	3:00.30	2:58.18	13

**Event 314 Boys 15-16 200 LC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Shiland-Griffiths, Enzo	16	Nofio Gwynedd	2:21.57	2:23.50	20
2 Williams, Dylan	15	Wrexham	2:30.10	2:30.08	17
3 Armstrong, Austin	16	Buckley	2:30.60	2:31.73	16
4 Donnan, George	15	Holywell Amateur Swimming Club	2:33.80	2:36.11	15
5 McGrath, Archie	16	Nofio Bangor	2:35.60	2:40.32	14
6 Jones, Tegid	16	Nofio Gwynedd	2:31.56	2:43.12	13

**Event 314 Boys 17 & Over 200 LC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Parry, Now	17	Nofio Gwynedd	2:28.48	2:31.76	20
2 Davies, Lewis	17	Nofio Gwynedd	2:35.36	2:40.97	17

**Event 315 Girls 11-12 50 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 M'Keown, Emily	12	Holywell Amateur Swimming Club	30.90	30.98	20
2 Jones, Betsy	12	Holywell Amateur Swimming Club	34.80	33.40	17
3 Kendall, Ella	12	Conwy	33.80	33.66	16
4 Jones, Ceti	12	Nofio Gwynedd	38.61	34.67	15
5 Twist, Bella	12	Rhyl Dolphin	34.91	35.37	14
6 Evans, Amelia	11	Wrexham	37.80	35.40	13
7 Nash, Amber	12	Holywell Amateur Swimming Club	35.10	35.87	12
8 Haydon, Francesca	12	Chirk	36.50	36.03	11
9 Halliwell, Morgan	12	Cambrian AA	35.60	36.10	9

**Event 315 Girls 13-14 50 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Mellor, Medi	14	Nofio Bangor	28.60	28.74	20
2 O'Hara, Noelle	13	Wrexham	29.80	29.46	17
3 Prevete, Sofia	14	Wrexham	29.45	30.20	16
4 Williams, Layla	14	Newtown	30.90	30.80	15
5 Elson, Caitlin	14	Wrexham	30.31	30.93	14
6 Eyre, Maiya	14	Buckley	31.00	30.98	13
7 Scott, Lucy	14	Conwy	31.70	31.40	12
8 Gray-Thomas, Jessica	13	Conwy	31.19	31.46	11
9 Roberts, Cara-Non	14	Nofio Gwynedd	31.98	31.90	9

**Event 315 Girls 15-16 50 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Edwards, Alaw	16	Nofio Gwynedd	28.62	29.01	20
2 Devin, Erin	16	Wrexham	29.06	29.33	17
3 Hughes, Nel	15	Nofio Gwynedd	29.16	29.44	16
4 Roberts, Mali	16	Nofio Gwynedd	29.65	29.45	15
5 Williams, Leah	15	Nofio Gwynedd	29.68	29.55	14

**North Wales Regional Racing Series 2026 - 06/02/2026 to 08/02/2026****Results - Session 5 (Warmup 8.00 - 9.00)****(Event 315 Girls 15-16 50 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
6	Ach Rhys, Esyllt	16	Nofio Gwynedd	29.45	29.77	13
7	Jones, Flora	16	Holywell Amateur Swimming Club	30.40	30.42	12
8	Thurston, Rene	15	Newtown	30.26	30.47	11
9	Synowiec, Amelia	16	Conwy	30.50	30.73	9

**Event 315 Girls 17 & Over 50 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Dwyfor-Clark, Efa	17	Nofio Gwynedd	27.55	27.66	20
2	Cust, Ciara	19	Conwy	28.88	28.71	17
3	Worthington, Emma	18	Chirk	28.60	28.98	16
4	Banks, Ella	17	Newtown	29.50	29.55	15
5	Goodman, Casi	17	Nofio Gwynedd	29.96	29.85	14
6	Hellfeld, Beatrix	19	Nofio Bangor	29.73	30.02	13
7	Jones, Myia	18	Wrexham	29.61	30.09	12
8	Gillingham, Grace	22	Nofio Bangor	29.40	30.14	11
9	Jones, Martha	17	Conwy	30.20	30.18	9