



**Swim Wales Winter Championships**  
**Swansea – 5<sup>th</sup> – 8<sup>th</sup> December 2024**

Date		Meet	Venue	Level	Time
Isabelle Pawlowski		Corby	1630085		
Male/Female 200 Freestyle					
1	08/12/2024	Swim Wales Winter Championships 2024	Swansea	2	02:31.53
Male/Female 50 Backstroke					
1	08/12/2024	Swim Wales Winter Championships 2024	Swansea	2	00:37.58
Male/Female 100 Backstroke					
1	06/12/2024	Swim Wales Winter Championships 2024	Swansea	2	01:17.88
Male/Female 200 Backstroke					
1	05/12/2024	Swim Wales Winter Championships 2024	Swansea	2	02:43.38
Male/Female 400 Individual Medley					
1	08/12/2024	Swim Wales Winter Championships 2024	Swansea	2	06:03.01