

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 1 (Warmup 5.00 - 5.50)

Event 111 Boys 11 & Over 50 SC Meter Butterfly				
Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals				
1				_____
2				_____
3	Taylor, Joshua M	11	NexusValleys	45.74 _____
4	Peach, Olly	13	Haverfordwes	42.06 _____
5	Collins, Thomas	11	Penyrheol	44.22 _____
6				_____
7				_____
8				_____
Heat 2 of 6 Finals				
1				_____
2	Smudzinski, Max M	11	Swansea Aq	41.55 _____
3	Smith, Jacob	11	Haverfordwes	40.34 _____
4	Burt, Caio	13	Llanelli	38.77 _____
5	King, Ethan	11	Penyrheol	39.80 _____
6	Flynn, Asten P	13	NexusValleys	40.37 _____
7	Patterson, Ollie	13	Milford Havn	41.63 _____
8				_____
Heat 3 of 6 Finals				
1	Smith, Declan	12	Amman Valley	37.75 _____
2	Grugel, Sam	13	C Dolphins	37.51 _____
3	Smith, Benjamin	14	Haverfordwes	35.11 _____
4	Hedge, William	15	Swansea Aq	34.82 _____
5	Morgan, Ben	14	PembrokeDist	35.05 _____
6	Elmes, Max	12	Carmarthen	35.90 _____
7	Hall, Ethan	14	Fishguard	37.74 _____
8	Hale, Oliver S	12	Swansea Aq	38.60 _____
Heat 4 of 6 Finals				
1	Backen, Henry	15	Fishguard	34.33 _____
2	Galbraith, Elian	14	Llanelli	33.01 _____
3	Tweed, Ifan	15	C Dolphins	32.94 _____
4	Chapman, Coby L	14	Penyrheol	31.09 _____
5	Belanger, Jayden	16	Milford Havn	32.34 _____
6	Harris, Osian	14	Fishguard	32.99 _____
7	Dallimore, Austin	14	Llanelli	33.67 _____
8	Burt, Teyan	16	Llanelli	34.78 _____
Heat 5 of 6 Finals				
1	Richards, Aled	16	C Dolphins	30.88 _____
2	Rukov, Ivan	16	Aberystwyth	30.31 _____
3	Douglas, Lucas	12	Neath	29.69 _____
4	Clarke, Henry	16	Swansea Aq	29.51 _____
5	West, Dexter	14	Fishguard	29.61 _____
6	Montague, Mason	15	Haverfordwes	29.80 _____
7	Silverstone, Solomon	14	Haverfordwes	30.60 _____
8	Thomas, Iolo	13	Neath	30.98 _____
Heat 6 of 6 Finals				
1	Fletcher, Owen	16	Haverfordwes	29.10 _____
2	Montgomery, Samuel	15	Haverfordwes	28.60 _____
3	Gubb, Harvey	17	Neath	28.34 _____
4	Thomas, Rhys A	18	Swansea Aq	25.50 _____
5	Gillett, Oliver	16	Swansea Aq	27.22 _____
6	Hedge, Thomas	18	Swansea Aq	28.40 _____
7	Koriakovtsev, Illia	16	Swansea Aq	28.75 _____
8	Sellick, Fenn	15	Swansea Aq	29.34 _____

Event 112 Girls 11 & Over 1500 SC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1				_____
2	Cooper, Megan	15	Neath	19:51.92 _____
3	Galdes-Cutting, Daisy	12	Haverfordwes	19:00.10 _____
4	Hatton-Ellis, Isabelle L	15	Swansea Aq	18:12.84 _____
5	O'Mahoney, Kaitlin	15	Neath	18:42.23 _____
6	Clissold, Elizabeth	17	Tenby	19:40.09 _____
7	Philpott, Ffion	14	Nofio Sir Gar	19:53.89 _____
8				_____
Event 113 Boys 11 & Over 50 SC Meter Backstroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals				
1	Chapman, Henry	12	Carmarthen	45.23 _____
2	Lummis, Ralph J	12	NexusValleys	44.37 _____
3	Collins, Thomas	11	Penyrheol	44.26 _____
4	Williams, Efan	11	Neath	43.57 _____
5	Beynon, Aaron	13	Fishguard	43.70 _____
6	Knight, Tom	12	Haverfordwes	44.36 _____
7	Hughes, Freddy J	11	NexusValleys	45.04 _____
8				_____
Heat 2 of 6 Finals				
1	Taylor, Joshua M	11	NexusValleys	43.45 _____
2	Smudzinski, Max M	11	Swansea Aq	42.62 _____
3	Smith, Declan	12	Amman Valley	41.50 _____
4	Flynn, Asten P	13	NexusValleys	40.81 _____
5	Burt, Caio	13	Llanelli	41.20 _____
6	Noden, Rory	11	Milford Havn	42.55 _____
7	Abraham, A-Jay	12	Neath	43.33 _____
8	Patterson, Ollie	13	Milford Havn	43.56 _____
Heat 3 of 6 Finals				
1	Santos, Liam	14	Milford Havn	39.57 _____
2	Hale, Oliver S	12	Swansea Aq	38.90 _____
3	Smith, Benjamin	14	Haverfordwes	38.51 _____
4	Gray, Gruff	14	C Dolphins	37.24 _____
5	Elmes, Max	12	Carmarthen	38.00 _____
6	Harwood, Jack	12	Haverfordwes	38.66 _____
7	Hall, Ethan	14	Fishguard	39.36 _____
8	Thomas, Rhys	13	Haverfordwes	39.86 _____
Heat 4 of 6 Finals				
1	Davies, Gethin	14	Milford Havn	36.25 _____
2	Huang, Peidong	13	Swansea Aq	35.97 _____
3	Harris, Osian	14	Fishguard	35.07 _____
4	Hedge, William	15	Swansea Aq	34.80 _____
5	Jones, Jack	14	Tenby	35.03 _____
6	King, Ethan	11	Penyrheol	35.94 _____
7	Warrender, Daniel I	15	Aberystwyth	36.14 _____
8	Hetherington, Trystan	14	Neath	37.17 _____
Heat 5 of 6 Finals				
1	Galbraith, Elian	14	Llanelli	34.35 _____
2	Price, George	15	Penyrheol	33.02 _____
3	Dallimore, Austin	14	Llanelli	32.39 _____
4	Silverstone, Solomon	14	Haverfordwes	31.63 _____
5	Thomas, Iolo	13	Neath	31.65 _____
6	Rukov, Ivan	16	Aberystwyth	32.56 _____
7	Richards, Aled	16	C Dolphins	33.12 _____
8	Belanger, Jayden	16	Milford Havn	34.70 _____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 1 (Warmup 5.00 - 5.50)

Heat 6 Finals (#113 Boys 11 & Over 50 SC Meter Backstroke)

1	West, Dexter	14	Fishguard	30.97	_____
2	Upton-Boorman, Liam	16	Nofio Sir Gar	29.85	_____
3	Gillett, Oliver	16	Swansea Aq	28.69	_____
4	Johnstone, Daniel	16	Nofio Sir Gar	27.39	_____
5	Montgomery, Samuel	15	Haverfordwes	28.30	_____
6	Montague, Mason	15	Haverfordwes	29.60	_____
7	Koriakovtsev, Illia	16	Swansea Aq	30.91	_____
8	Douglas, Lucas	12	Neath	31.50	_____

Event 114 Girls 11 & Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 11 Finals

1					_____
2	Williams, Eirwen N	11	Swansea Aq	47.44	_____
3	Kenny, Jemima	12	Milford Havn	45.34	_____
4	Filmer, Gwennan	11	Aberystwyth	44.05	_____
5	Kaill-Franks, Nia	12	Fishguard	44.94	_____
6	Rogers, Sadie	11	Penyrheol	46.58	_____
7	Roberts Mylan, Sophie I	11	Swansea Aq	47.57	_____
8					_____

Heat 2 of 11 Finals

1	Rice, Lily X S8	19	PembrokeDist/A, 12, +	43.05	_____
2	Williams, Fay P	11	Swansea Aq	42.59	_____
3	Davies, Cadi	12	C Dolphins	42.47	_____
4	Snellgrove, Chloe	13	Amman Valley	41.80	_____
5	Roberts Mylan, Ffion C	11	Swansea Aq	42.42	_____
6	Dyde, Pheobe	11	PembrokeDist	42.53	_____
7	Pearce, Ava	12	Afan Valley	42.79	_____
8	Morgan, Gwerfyl	12	Aberystwyth	43.44	_____

Heat 3 of 11 Finals

1	Short, Amelia L	12	NexusValleys	41.47	_____
2	Scully, Emersyn	12	Llanelli	40.93	_____
3	Griffiths, Amelia	13	Fishguard	40.88	_____
4	Davies, Erin	12	C Dolphins	40.47	_____
5	Wells, Iris	12	C Dolphins	40.78	_____
6	Rowland, Scarlett	11	Neath	40.93	_____
7	Bruce, Keira	13	PembrokeDist	41.08	_____
8	Bowen, Seren E	13	Carmarthen	41.55	_____

Heat 4 of 11 Finals

1	Hall, Ellena	12	Fishguard	39.78	_____
2	Holloway, Olivia	14	Afan Valley	39.46	_____
3	Dafydd, Mali	13	Fishguard	39.33	_____
4	Hall, Isabelle	12	Fishguard	38.68	_____
5	Davis, Olivia	14	Penyrheol	39.24	_____
6	Mason, Phoebe	13	Haverfordwes	39.45	_____
7	Wilcockson, Alys	13	Aberystwyth	39.66	_____
8	Thomas, Grace	12	Carmarthen	40.14	_____

Heat 5 of 11 Finals

1	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	37.88	_____
2	Collyer, Tirion	12	Swansea Aq	37.60	_____
3	Upton-Boorman, Isabella	13	Carmarthen	37.36	_____
4	Webb, Efa M	13	Amman Valley	37.24	_____
5	Hughes, Nancy J	14	NexusValleys	37.31	_____
6	Bruce, Skye	14	PembrokeDist	37.40	_____
7	Thomas, Nikita	14	Llanelli	37.75	_____
8	Hanna, Shelby	14	Haverfordwes	38.12	_____

Heat 6 of 11 Finals

1	Thompson, Freya	13	Haverfordwes	37.10	_____
2	Williams, Efa	15	Neath	36.87	_____
3	Stark, Tala	13	Fishguard	36.53	_____
4	Miles, Megan	15	Fishguard	36.17	_____
5	Dash, Amelie	12	Milford Havn	36.29	_____
6	Green, Matilda	14	Haverfordwes	36.58	_____
7	Williams, Paige T	11	Swansea Aq	36.95	_____
8	Sedgemore, Lola A	11	NexusValleys	37.23	_____

Heat 7 of 11 Finals

1	Thomas, Medi A	15	Llanelli	35.49	_____
2	King, Marley	15	Penyrheol	34.99	_____
3	Bissicks, Cari H	12	Swansea Aq	34.62	_____
4	Selby, Cerys	17	Neath	34.38	_____
5	Jenkins, Alexandra G	14	Swansea Aq	34.52	_____
6	Thomas, Caitlin	15	Penyrheol	34.70	_____
7	Holmes, Seren	14	Neath	35.00	_____
8	Taffetsauffer, Isabella	12	Llanelli	35.92	_____

Heat 8 of 11 Finals

1	Carter, Ava	15	Penyrheol	34.32	_____
2	Clissold, Bronwyn	15	Tenby	33.76	_____
3	Ostrowski, Julia	14	PembrokeDist	33.66	_____
4	Turatto-Owen, Morgan L	17	Swansea Aq	33.41	_____
5	Williams, Marys E	14	Swansea Aq	33.60	_____
6	Thomas, Grace	16	Milford Havn	33.74	_____
7	Douglas, Fabiana	15	Neath	33.87	_____
8	Hanna, Jazmine	15	Haverfordwes	34.37	_____

Heat 9 of 11 Finals

1	Evans, Caitlin	17	Neath	33.38	_____
2	Knight, Cari	15	Penyrheol	33.33	_____
3	Koo, Kathryn	14	Tenby	32.79	_____
4	Huws, Awen G	15	NexusValleys	32.56	_____
5	Arnold, Lily	15	Milford Havn	32.64	_____
6	Clissold, Elizabeth	17	Tenby	33.09	_____
7	John, Holly	16	Haverfordwes	33.34	_____
8	Perrott, Niamh	14	C Dolphins	33.40	_____

Heat 10 of 11 Finals

1	Clapham, Rhiannon m	18	Fishguard	32.19	_____
2	Jones, Eryn	14	Neath	32.01	_____
3	Nichols, Grace	13	Haverfordwes	31.80	_____
4	Gibbs, Harriet	15	Nofio Sir Gar	31.75	_____
5	Catling, Freya	15	C Dolphins	31.77	_____
6	Lythgoe, Manon H	14	Swansea Aq	31.90	_____
7	Williams, Hollie	16	Nofio Sir Gar	32.13	_____
8	Kovachev, Georgie	16	Fishguard	32.52	_____

Heat 11 of 11 Finals

1	Griffiths, Cerys	13	Haverfordwes	31.30	_____
2	Devonald, Niamh	16	Haverfordwes	30.70	_____
3	Morgan, Elen M	18	Aberystwyth	30.40	_____
4	Lewis, Lowri	17	Neath	29.03	_____
5	Goodliffe, Faith R	23	C Dolphins	30.36	_____
6	White, Eleanor R	17	Haverfordwes	30.70	_____
7	Webb, Saskia	16	Haverfordwes	30.90	_____
8	Sullivan, Katie	16	Neath	31.58	_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 1 (Warmup 5.00 - 5.50)

Event 115 Boys 11 & Over 1500 SC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1				—
2				—
3	Morgan, Ben	14	PembrokeDist	21:13.31
4	Cleave, Joshua	14	C Dolphins	19:58.24
5	Williams, Thomas	13	Nofio Sir Gar	20:46.59
6				—
7				—
8				—
Heat 2 of 2 Finals				
1	Willis, Morgan M	17	Neath	19:37.44
2	Bennett, Finley	14	Haverfordwes	18:49.66
3	Fletcher, Owen	16	Haverfordwes	18:09.50
4	Twigger, Owen	14	Swansea Aq	17:47.00
5	Upton-Boorman, Liam	16	Nofio Sir Gar	17:52.17
6	Bowen, Ifan	17	Carmarthen	18:41.67
7	Galbraith, Elian	14	Llanelli	19:32.84
8				—
Event 116 Girls 11 & Over 50 SC Meter Backstroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 13 Finals				
1	Curtis, Carley	11	Milford Havn	49.86
2	Davies, Betsi	11	Fishguard	49.16
3	Heron, Edith	11	Aberystwyth	47.76
4	Pearce, Ava	12	Afan Valley	46.95
5	Titley, Lola	11	Milford Havn	47.01
6	Snelgrove, Scarlett	11	Neath	48.09
7	Griffiths, Scarlet	11	Haverfordwes	49.51
8				—
Heat 2 of 13 Finals				
1	Macy, Lili A	12	Aberystwyth	46.66
2	Powell, Nina	11	Fishguard	46.21
3	May, Gwen A	11	NexusValleys	46.12
4	Gardner-Rolfe, Mia G	11	Swansea Aq	45.18
5	Hughes, Seren	12	Neath	45.34
6	Morris, Brooke	11	Penyrheol	46.14
7	Dyde, Pheobe	11	PembrokeDist	46.28
8	Jenkins, Isabella	11	Llanelli	46.94
Heat 3 of 13 Finals				
1	Roberts Mylan, Ffion C	11	Swansea Aq	44.95
2	Lloyd-Taylor, Cali	12	Fishguard	44.73
3	Morgan, Gwerfyl	12	Aberystwyth	44.39
4	Bowen, Seren E	13	Carmarthen	44.24
5	Griffiths, Elizabeth	12	Fishguard	44.30
6	Roberts Mylan, Sophie I	11	Swansea Aq	44.43
7	Howell, Sophie	12	Haverfordwes	44.74
8	Morris, Ffion	11	Tenby	45.00
Heat 4 of 13 Finals				
1	Thomas, Carys	12	Penyrheol	43.86
2	Clifford, Hannah	13	PembrokeDist	43.68
3	Thomas, Leah	12	Haverfordwes	43.14
4	Snellgrove, Chloe	13	Amman Valley	42.83
5	Kenny, Jemima	12	Milford Havn	43.04
6	Hall, Ellena	12	Fishguard	43.57
7	Thomas, Grace	12	Carmarthen	43.75
8	Sedgemore, Lola A	11	NexusValleys	43.86

Heat 5 of 13 Finals				
1	Perrott, Hannah	13	C Dolphins	42.39
2	Wells, Iris	12	C Dolphins	41.67
3	Rogers, Sadie	11	Penyrheol	41.57
4	Thomas, Caitlyn	14	Neath	41.43
5	John, Annabel	14	PembrokeDist	41.56
6	Williams, Fay P	11	Swansea Aq	41.67
7	Davies, Erin	12	C Dolphins	41.69
8	Short, Amelia L	12	NexusValleys	42.65
Heat 6 of 13 Finals				
1	McFarlane, Una	12	Milford Havn	41.15
2	Dafydd, Mali	13	Fishguard	40.72
3	Peach, Eliza M	15	Haverfordwes	40.49
4	Macy, Peni	14	Aberystwyth	40.16
5	Davis, Olivia	14	Penyrheol	40.29
6	Filmer, Gwennan	11	Aberystwyth	40.70
7	Jenkins, Elli J	12	Swansea Aq	41.03
8	Scully, Emersyn	12	Llanelli	41.26
Heat 7 of 13 Finals				
1	Mason, Phoebe	13	Haverfordwes	39.56
2	Davies, Cadi	12	C Dolphins	39.48
3	Wilcockson, Alys	13	Aberystwyth	39.30
4	Green, Matilda	14	Haverfordwes	38.90
5	O'Connell, Cerys E	15	NexusValleys	39.08
6	Griffiths, Ffion	12	Tenby	39.46
7	Webb, Efa M	13	Amman Valley	39.51
8	Galdes-Cutting, Daisy	12	Haverfordwes	39.60
Heat 8 of 13 Finals				
1	Thompson, Freya	13	Haverfordwes	38.50
2	Bruce, Keira	13	PembrokeDist	38.07
3	Harwood, Amelia	16	Haverfordwes	37.79
4	Morgan, Lily	13	Tenby	37.72
5	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	37.74
6	Collyer, Tirion	12	Swansea Aq	37.83
7	Ostrowski, Julia	14	PembrokeDist	38.40
8	Hanna, Shelby	14	Haverfordwes	38.88
Heat 9 of 13 Finals				
1	Thomas, Nikita	14	Llanelli	37.42
2	Griffiths, Amelia	13	Fishguard	37.29
3	Hughes, Nancy J	14	NexusValleys	37.15
4	Holmes, Seren	14	Neath	36.96
5	Jenkins, Alexandra G	14	Swansea Aq	37.04
6	Montague, Keira	14	Haverfordwes	37.20
7	Williams, Paige T	11	Swansea Aq	37.37
8	Clissold, Bronwyn	15	Tenby	37.65
Heat 10 of 13 Finals				
1	Taffetsauffer, Isabella	12	Llanelli	36.62
2	Koo, Kathryn	14	Tenby	36.27
3	Dash, Amelie	12	Milford Havn	36.18
4	Upton-Boorman, Isabella	13	Carmarthen	36.08
5	Clapham, Rhiannon m	18	Fishguard	36.12
6	Thomas, Caitlin	15	Penyrheol	36.19
7	Douglas, Fabiana	15	Neath	36.57
8	Bissicks, Cari H	12	Swansea Aq	36.72

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023**Meet Program - Session 1 (Warmup 5.00 - 5.50)****Heat 11 Finals (#116 Girls 11 & Over 50 SC Meter Backstroke)**

1	Perrott, Niamh	14	C Dolphins	36.06	_____
2	Bruce, Skye	14	PembrokeDist	35.72	_____
3	Lythgoe, Manon H	14	Swansea Aq	35.59	_____
4	Webb, Saskia	16	Haverfordwes	35.20	_____
5	Miles, Megan	15	Fishguard	35.46	_____
6	Hanna, Jazmine	15	Haverfordwes	35.65	_____
7	Williams, Marys E	14	Swansea Aq	36.00	_____
8	Philpott, Ffion	14	Nofio Sir Gar	36.07	_____

Heat 12 of 13 Finals

1	Jones, Eryn	14	Neath	34.79	_____
2	King, Marley	15	Penyrheol	34.50	_____
3	Griffiths, Cerys	13	Haverfordwes	34.10	_____
4	Welsby, Lily-May	16	Aberystwyth	33.57	_____
5	Devonald, Niamh	16	Haverfordwes	34.10	_____
6	Carter, Ava	15	Penyrheol	34.25	_____
7	Gilderdale, Celyn	15	Haverfordwes	34.68	_____
8	Evans, Caitlin	17	Neath	35.00	_____

Heat 13 of 13 Finals

1	Williams, Hollie	16	Nofio Sir Gar	33.30	_____
2	Gibbs, Harriet	15	Nofio Sir Gar	33.07	_____
3	Goodliffe, Faith R	23	C Dolphins	32.04	_____
4	Nichols, Grace	13	Haverfordwes	30.84	_____
5	Hatton-Ellis, Isabelle L	15	Swansea Aq	31.84	_____
6	Morgan, Elen M	18	Aberystwyth	32.86	_____
7	Thomas, Rhian	15	Haverfordwes	33.20	_____
8	Huws, Awen G	15	NexusValleys	33.48	_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 2 (Warmup 8.00 - 8.50)

Event 211 Boys 11 & Over 200 SC Meter IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals				
1				_____
2	Collins, Thomas	11	Penyrheol	3:42.02 _____
3	Chapman, Henry	12	Carmarthen	3:32.76 _____
4	Sekula, Mateusz J	12	NexusValleys	3:23.82 _____
5	Taylor, Joshua M	11	NexusValleys	3:29.80 _____
6	Hughes, Freddy J	11	NexusValleys	3:41.14 _____
7				_____
8				_____
Heat 2 of 6 Finals				
1	Flynn, Asten P	13	NexusValleys	3:17.66 _____
2	Davies, Ellis V	12	Llanelli	3:16.11 _____
3	Sekula, Szymon A	12	NexusValleys	3:14.41 _____
4	Smith, Declan	12	Amman Valley	3:07.99 _____
5	Antwhistle, Isaac J	11	Swansea Aq	3:13.42 _____
6	Smith, Jacob	11	Haverfordwes	3:14.70 _____
7	Patterson, Ollie	13	Milford Havn	3:16.54 _____
8	Noden, Rory	11	Milford Havn	3:20.65 _____
Heat 3 of 6 Finals				
1	Harwood, Jack	12	Haverfordwes	3:01.46 _____
2	Hall, Ethan	14	Fishguard	3:00.28 _____
3	Smith, Benjamin	14	Haverfordwes	2:52.91 _____
4	Morgan, Ben	14	PembrokeDist	2:49.01 _____
5	Jones, Jack	14	Tenby	2:49.33 _____
6	Elmes, Max	12	Carmarthen	2:56.20 _____
7	Burt, Caio	13	Llanelli	3:00.87 _____
8	Smudzinski, Max M	11	Swansea Aq	3:04.11 _____
Heat 4 of 6 Finals				
1	Davies, Gethin	14	Milford Havn	2:46.32 _____
2	Thomas, Iolo	13	Neath	2:42.59 _____
3	Chapman, Coby L	14	Penyrheol	2:41.10 _____
4	Price, George	15	Penyrheol	2:39.22 _____
5	Galbraith, Elian	14	Llanelli	2:41.05 _____
6	Douglas, Lucas	12	Neath	2:41.83 _____
7	Burt, Teyan	16	Llanelli	2:44.48 _____
8	Harris, Osian	14	Fishguard	2:48.50 _____
Heat 5 of 6 Finals				
1	Williams, Thomas	13	Nofio Sir Gar	2:36.78 _____
2	Phillips, Finley	13	Nofio Sir Gar	2:31.31 _____
3	Jones, Joseph	17	Neath	2:31.11 _____
4	Fletcher, Owen	16	Haverfordwes	2:26.22 _____
5	Bennett, Finley	14	Haverfordwes	2:26.89 _____
6	Silverstone, Solomon	14	Haverfordwes	2:31.11 _____
7	Koriakovtsev, Illia	16	Swansea Aq	2:34.28 _____
8	Richards, Aled	16	C Dolphins	2:38.20 _____
Heat 6 of 6 Finals				
1	Gubb, Harvey	17	Neath	2:23.01 _____
2	Upton-Boorman, Liam	16	Nofio Sir Gar	2:22.92 _____
3	Montague, Mason	15	Haverfordwes	2:22.76 _____
4	Gillett, Oliver	16	Swansea Aq	2:12.73 _____
5	Thomas, Rhys A	18	Swansea Aq	2:18.61 _____
6	Williams, Corey B	17	Swansea Aq	2:22.79 _____
7	West, Dexter	14	Fishguard	2:22.92 _____
8	Sellick, Fenn	15	Swansea Aq	2:24.74 _____

Event 212 Girls 11 & Over 400 SC Meter IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1				_____
2	Jenkins, Elli J	12	Swansea Aq	7:17.22 _____
3	Hall, Ellena	12	Fishguard	6:33.14 _____
4	Mason, Phoebe	13	Haverfordwes	6:17.14 _____
5	Hall, Isabelle	12	Fishguard	6:23.43 _____
6	Blyth, Isobelle	13	Haverfordwes	6:53.38 _____
7	Dyde, Pheobe	11	PembrokeDist	7:17.35 _____
8				_____
Heat 2 of 2 Finals				
1	Coffey, Cora-leigh K	13	Swansea Aq	6:00.44 _____
2	Galdes-Cutting, Daisy	12	Haverfordwes	5:41.60 _____
3	Nichols, Grace	13	Haverfordwes	5:29.58 _____
4	Lewis, Lowri	17	Neath	5:24.71 _____
5	Williams, Marys E	14	Swansea Aq	5:29.04 _____
6	Griffiths, Cerys	13	Haverfordwes	5:34.63 _____
7	Knight, Cari	15	Penyrheol	5:55.63 _____
8	Stark, Tala	13	Fishguard	6:10.25 _____
Event 213 Boys 11 & Over 100 SC Meter Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1				_____
2	Thomas, Wilf	11	Aberystwyth	1:50.09 _____
3	Antwhistle, Isaac J	11	Swansea Aq	1:46.64 _____
4	Peach, Olly	13	Haverfordwes	1:40.67 _____
5	Patterson, Ollie	13	Milford Havn	1:43.43 _____
6	Smith, Declan	12	Amman Valley	1:46.71 _____
7				_____
8				_____
Heat 2 of 3 Finals				
1	Smith, Jacob	11	Haverfordwes	1:37.78 _____
2	Thomas, Rhys	13	Haverfordwes	1:35.93 _____
3	Stuart-Lavender, Jac	13	Llanelli	1:32.57 _____
4	Richards, Aled	16	C Dolphins	1:21.43 _____
5	Hall, Ethan	14	Fishguard	1:29.41 _____
6	Sekula, Mateusz J	12	NexusValleys	1:35.90 _____
7	Peach, Henry	13	Haverfordwes	1:36.31 _____
8	Sekula, Szymon A	12	NexusValleys	1:39.51 _____
Heat 3 of 3 Finals				
1	Rogers, Logan L	17	Penyrheol	1:18.27 _____
2	Phillips, Finley	13	Nofio Sir Gar	1:13.79 _____
3	Bennett, Finley	14	Haverfordwes	1:12.65 _____
4	Clarke, Henry	16	Swansea Aq	1:09.20 _____
5	Gillett, Oliver	16	Swansea Aq	1:09.42 _____
6	Lewis, Matthew D	38	Haverfordwes	1:12.99 _____
7	Richardson, Osian	15	Swansea Aq	1:15.30 _____
8	Twigger, Owen	14	Swansea Aq	1:19.71 _____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 2 (Warmup 8.00 - 8.50)

Event 214 Girls 11 & Over 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1				
2	Wells, Iris	12	C Dolphins	3:17.26
3	Hanna, Shelby	14	Haverfordwes	3:13.98
4	Blyth, Isobelle	13	Haverfordwes	3:11.57
5	Andreassen, Freya	12	Amman Valley	3:12.86
6	Kenny, Jemima	12	Milford Havn	3:15.76
7				
8				

Heat 2 of 5 Finals

1	Green, Matilda	14	Haverfordwes	3:01.91
2	Griffiths, Amelia	13	Fishguard	2:57.10
3	Williams, Paige T	11	Swansea Aq	2:56.02
4	Clissold, Bronwyn	15	Tenby	2:55.16
5	Rice, Lily	19	PembrokeDist	2:55.80
6	Douglas, Fabiana	15	Neath	2:56.70
7	McFarlane, Una	12	Milford Havn	2:57.94
8	Griffiths, Ffion	12	Tenby	3:06.58

Heat 3 of 5 Finals

1	Thompson, Freya	13	Haverfordwes	2:53.85
2	Hanna, Jazmine	15	Haverfordwes	2:50.51
3	Thomas, Caitlin	15	Penyrheol	2:48.45
4	Clissold, Elizabeth	17	Tenby	2:46.45
5	Miles, Megan	15	Fishguard	2:47.62
6	Bruce, Keira	13	PembrokeDist	2:49.98
7	Taffetsauffer, Isabella	12	Llanelli	2:52.76
8	Morgan, Lily	13	Tenby	2:54.56

Heat 4 of 5 Finals

1	Bruce, Skye	14	PembrokeDist	2:44.96
2	Carter, Ava	15	Penyrheol	2:42.80
3	Dash, Amelie	12	Milford Havn	2:42.57
4	Williams, Hollie	16	Nofio Sir Gar	2:39.94
5	Upton-Boorman, Isabella	13	Carmarthen	2:41.84
6	Koo, Kathryn	14	Tenby	2:42.72
7	Holmes, Seren	14	Neath	2:43.22
8	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	2:45.14

Heat 5 of 5 Finals

1	King, Marley	15	Penyrheol	2:37.19
2	Arnold, Jessica R	13	Swansea Aq	2:36.06
3	Thomas, Rhian	15	Haverfordwes	2:30.90
4	Hatton-Ellis, Isabelle L	15	Swansea Aq	2:22.24
5	Nichols, Grace	13	Haverfordwes	2:24.91
6	Geach, Libbie	14	Swansea Aq	2:31.80
7	Philpott, Ffion	14	Nofio Sir Gar	2:36.86
8	Webb, Saskia	16	Haverfordwes	2:37.29

Event 215 Boys 11 & Over 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Finals

1	Lake, Freddie	11	Haverfordwes	42.08
2	Lummis, Oscar D	11	NexusValleys	41.53
3	Thomas, Wilf	11	Aberystwyth	40.62
4	Sekula, Szymon A	12	NexusValleys	39.13
5	Collins, Thomas	11	Penyrheol	40.08
6	David, Ioan	11	Haverfordwes	40.99
7	Fogarty, Oliver	11	Fishguard	41.62
8				

Heat 2 of 10 Finals

1	Chapman, Henry	12	Carmarthen	38.07
2	Taylor, Joshua M	11	NexusValleys	37.60
3	Antwhistle, Isaac J	11	Swansea Aq	36.96
4	Chadwick, Thomas	13	Neath	36.76
5	Abraham, A-Jay	12	Neath	36.93
6	Williams, Efan	11	Neath	37.23
7	Hughes, Freddy J	11	NexusValleys	37.69
8	Sekula, Mateusz J	12	NexusValleys	38.74

Heat 3 of 10 Finals

1	Patterson, Ollie	13	Milford Havn	36.74
2	Mills, Thomas	12	Llanelli	36.62
3	Lummis, Ralph J	12	NexusValleys	36.40
4	Flynn, Asten P	13	NexusValleys	35.65
5	Griffiths, Harri	13	C Dolphins	35.96
6	Noden, Rory	11	Milford Havn	36.51
7	Peach, Olly	13	Haverfordwes	36.68
8	Peach, Henry	13	Haverfordwes	36.74

Heat 4 of 10 Finals

1	Shelmerdine, Cory	13	PembrokeDist	34.67
2	Lewis, Callum	14	Milford Havn	34.39
3	Grugel, Sam	13	C Dolphins	33.39
4	Harwood, Jack	12	Haverfordwes	33.08
5	Stuart-Lavender, Jac	13	Llanelli	33.29
6	Elias, Ruben	13	Carmarthen	34.30
7	Smudzinski, Max M	11	Swansea Aq	34.39
8	Beynon, Aaron	13	Fishguard	35.61

Heat 5 of 10 Finals

1	Thomas, Rhys	13	Haverfordwes	32.40
2	Jones, Aaron	16	Aberystwyth	31.96
3	King, Ethan	11	Penyrheol	31.70
4	Smedley, Jack	16	C Dolphins	31.59
5	Warrender, Daniel I	15	Aberystwyth	31.65
6	Hedge, William	15	Swansea Aq	31.72
7	Huang, Peidong	13	Swansea Aq	32.04
8	Gray, Gruff	14	C Dolphins	33.04

Heat 6 of 10 Finals

1	Morgan, Ben	14	PembrokeDist	31.25
2	Jones, Jack	14	Tenby	30.63
3	Burt, Teyan	16	Llanelli	30.12
4	Williams, Thomas	13	Nofio Sir Gar	29.97
5	Phillips, Finley	13	Nofio Sir Gar	30.03
6	Davies, Gethin	14	Milford Havn	30.44
7	Elmes, Max	12	Carmarthen	30.95
8	Smith, Benjamin	14	Haverfordwes	31.49

Heat 7 of 10 Finals

1	Harris, Osian	14	Fishguard	29.47
2	Galbraith, Elian	14	Llanelli	29.38
3	Hnoianyi, Andrii	14	Swansea Aq	29.30
4	Rogers, Logan L	17	Penyrheol	29.01
5	Richards, Aled	16	C Dolphins	29.15
6	Hetherington, Trystan	14	Neath	29.36
7	Backen, Henry	15	Fishguard	29.47
8	Roberts-Truman, Harri	13	Neath	29.82

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023**Meet Program - Session 2 (Warmup 8.00 - 8.50)****Heat 8 Finals (#215 Boys 11 & Over 50 SC Meter Freestyle)**

1	Price, George	15	Penyrheol	28.58	_____
2	Belanger, Jayden	16	Milford Havn	28.12	_____
3	Douglas, Lucas	12	Neath	27.60	_____
4	Gubb, Harvey	17	Neath	26.92	_____
5	Chapman, Coby L	14	Penyrheol	27.50	_____
6	Rukov, Ivan	16	Aberystwyth	27.96	_____
7	Thomas, Iolo	13	Neath	28.25	_____
8	Dallimore, Austin	14	Llanelli	28.70	_____

Heat 9 of 10 Finals

1	Hedge, Thomas	18	Swansea Aq	26.80	_____
2	Twigger, Owen	14	Swansea Aq	26.73	_____
3	Jones, Joseph	17	Neath	26.68	_____
4	Clarke, Henry	16	Swansea Aq	26.40	_____
5	Williams, Corey B	17	Swansea Aq	26.53	_____
6	Willis, Morgan M	17	Neath	26.73	_____
7	Montague, Mason	15	Haverfordwes	26.75	_____
8	Robinson, Ellis	18	Haverfordwes	26.90	_____

Heat 10 of 10 Finals

1	Silverstone, Solomon	14	Haverfordwes	26.20	_____
2	Upton-Boorman, Liam	16	Nofio Sir Gar	25.59	_____
3	Edwards, Sam	17	Neath	25.40	_____
4	Thomas, Rhys A	18	Swansea Aq	24.20	_____
5	Johnstone, Daniel	16	Nofio Sir Gar	24.51	_____
6	Montgomery, Samuel	15	Haverfordwes	25.50	_____
7	Sellick, Fenn	15	Swansea Aq	26.20	_____
8	Koriakovtsev, Illia	16	Swansea Aq	26.21	_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 3 (Warmup 10.35 - 11.25)

Event 221 Boys 11 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1				_____
2	Hughes, Freddy J	11	NexusValleys	1:38.29 _____
3	Knight, Tom	12	Haverfordwes	1:35.17 _____
4	Antwhistle, Isaac J	11	Swansea Aq	1:31.50 _____
5	Taylor, Joshua M	11	NexusValleys	1:32.74 _____
6	Lummis, Ralph J	12	NexusValleys	1:36.08 _____
7				_____
8				_____

Heat 2 of 4 Finals

1	Smudzinski, Max M	11	Swansea Aq	1:28.05 _____
2	Jones, Jack	14	Tenby	1:20.25 _____
3	Gray, Gruff	14	C Dolphins	1:19.25 _____
4	Harwood, Jack	12	Haverfordwes	1:18.91 _____
5	Elmes, Max	12	Carmarthen	1:19.18 _____
6	Davies, Gethin	14	Milford Havn	1:20.17 _____
7	Davies, Ellis V	12	Llanelli	1:26.17 _____
8	Mills, Thomas	12	Llanelli	1:29.53 _____

Heat 3 of 4 Finals

1	Harris, Osian	14	Fishguard	1:15.12 _____
2	Galbraith, Elian	14	Llanelli	1:14.22 _____
3	Price, George	15	Penyrheol	1:13.31 _____
4	Rukov, Ivan	16	Aberystwyth	1:11.52 _____
5	Richards, Aled	16	C Dolphins	1:12.07 _____
6	Dallimore, Austin	14	Llanelli	1:13.32 _____
7	Phillips, Finley	13	Nofio Sir Gar	1:14.74 _____
8	Hedge, William	15	Swansea Aq	1:16.22 _____

Heat 4 of 4 Finals

1	Thomas, Iolo	13	Neath	1:09.34 _____
2	West, Dexter	14	Fishguard	1:06.79 _____
3	Montague, Mason	15	Haverfordwes	1:02.90 _____
4	Johnstone, Daniel	16	Nofio Sir Gar	59.41 _____
5	Montgomery, Samuel	15	Haverfordwes	1:01.34 _____
6	Jones, Joseph	17	Neath	1:04.21 _____
7	Twigger, Owen	14	Swansea Aq	1:07.40 _____
8	Koriakovtsev, Illia	16	Swansea Aq	1:09.85 _____

Event 222 Girls 11 & Over 800 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1	Richards, Amber	14	C Dolphins	12:17.27 _____
2	Thompson, Freya	13	Haverfordwes	11:49.95 _____
3	Thomas, Rhian	15	Haverfordwes	11:08.20 _____
4	Arnold, Lily	15	Milford Havn	10:46.77 _____
5	Dash, Amelie	12	Milford Havn	11:06.26 _____
6	Bray, Bethan	17	C Dolphins	11:15.68 _____
7	Green, Matilda	14	Haverfordwes	12:11.67 _____
8				_____

Heat 2 of 2 Finals

1	Selby, Cerys	17	Neath	10:40.21 _____
2	Kovachev, Georgie	16	Fishguard	10:25.87 _____
3	O'Mahoney, Kaitlin	15	Neath	9:43.21 _____
4	Stokes, Aimee	19	Swansea Uni	9:16.73 _____
5	Hatton-Ellis, Isabelle L	15	Swansea Aq	9:28.90 _____
6	Williams, Marys E	14	Swansea Aq	10:12.62 _____
7	Huws, Awen G	15	NexusValleys	10:28.70 _____
8	Clifford, Bethany	16	Neath	10:40.68 _____

Event 223 Boys 11 & Over 100 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals

1				_____
2	Hughes, Freddy J	11	NexusValleys	1:25.30 _____
3	Chapman, Henry	12	Carmarthen	1:24.70 _____
4	Noden, Rory	11	Milford Havn	1:24.14 _____
5	Lummis, Ralph J	12	NexusValleys	1:24.60 _____
6	Taylor, Joshua M	11	NexusValleys	1:24.80 _____
7				_____
8				_____

Heat 2 of 8 Finals

1	Smith, Declan	12	Amman Valley	1:20.89 _____
2	Mills, Thomas	12	Llanelli	1:18.88 _____
3	Smudzinski, Max M	11	Swansea Aq	1:17.07 _____
4	Harwood, Jack	12	Haverfordwes	1:14.70 _____
5	Thomas, Rhys	13	Haverfordwes	1:15.37 _____
6	Smith, Jacob	11	Haverfordwes	1:18.42 _____
7	Flynn, Asten P	13	NexusValleys	1:19.29 _____
8	Antwhistle, Isaac J	11	Swansea Aq	1:22.83 _____

Heat 3 of 8 Finals

1	Gray, Gruff	14	C Dolphins	1:13.25 _____
2	Burt, Caio	13	Llanelli	1:12.74 _____
3	Elmes, Max	12	Carmarthen	1:10.90 _____
4	Morgan, Ben	14	PembrokeDist	1:09.93 _____
5	King, Ethan	11	Penyrheol	1:10.80 _____
6	Huang, Peidong	13	Swansea Aq	1:12.10 _____
7	Grugel, Sam	13	C Dolphins	1:13.16 _____
8	Stuart-Lavender, Jac	13	Llanelli	1:13.80 _____

Heat 4 of 8 Finals

1	Jones, Jack	14	Tenby	1:09.22 _____
2	Dallimore, Austin	14	Llanelli	1:08.07 _____
3	Davies, Gethin	14	Milford Havn	1:06.91 _____
4	Roberts-Truman, Harri	13	Neath	1:06.23 _____
5	Hnoianyi, Andrii	14	Swansea Aq	1:06.40 _____
6	Harris, Osian	14	Fishguard	1:07.52 _____
7	Warrender, Daniel I	15	Aberystwyth	1:08.95 _____
8	Hedge, William	15	Swansea Aq	1:09.80 _____

Heat 5 of 8 Finals

1	Hetherington, Trystan	14	Neath	1:05.04 _____
2	Burt, Teyan	16	Llanelli	1:04.42 _____
3	Phillips, Finley	13	Nofio Sir Gar	1:03.49 _____
4	Rogers, Logan L	17	Penyrheol	1:02.67 _____
5	West, Dexter	14	Fishguard	1:03.29 _____
6	Rukov, Ivan	16	Aberystwyth	1:03.63 _____
7	Williams, Thomas	13	Nofio Sir Gar	1:04.54 _____
8	Backen, Henry	15	Fishguard	1:06.12 _____

Heat 6 of 8 Finals

1	Thomas, Iolo	13	Neath	1:01.80 _____
2	Williams, Corey B	17	Swansea Aq	1:00.36 _____
3	Chapman, Coby L	14	Penyrheol	1:00.10 _____
4	Robinson, Ellis	18	Haverfordwes	59.58 _____
5	Douglas, Lucas	12	Neath	59.82 _____
6	Koriakovtsev, Illia	16	Swansea Aq	1:00.14 _____
7	Bennett, Finley	14	Haverfordwes	1:01.10 _____
8	Galbraith, Elian	14	Llanelli	1:02.13 _____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 3 (Warmup 10.35 - 11.25)

Heat 7 Finals (#223 Boys 11 & Over 100 SC Meter Freestyle)				
1	Hedge, Thomas	18	Swansea Aq	59.00
2	Fletcher, Owen	16	Haverfordwes	58.63
3	Gubb, Harvey	17	Neath	58.17
4	Montgomery, Samuel	15	Haverfordwes	57.84
5	Silverstone, Solomon	14	Haverfordwes	57.88
6	Richardson, Osian	15	Swansea Aq	58.50
7	Jones, Joseph	17	Neath	58.99
8	Clarke, Henry	16	Swansea Aq	59.01

Heat 8 of 8 Finals				
1	Carver, Wil	17	Swansea Aq	57.40
2	Sellick, Fenn	15	Swansea Aq	56.69
3	Johnstone, Daniel	16	Nofio Sir Gar	55.57
4	Gillett, Oliver	16	Swansea Aq	52.28
5	Thomas, Rhys A	18	Swansea Aq	53.50
6	Edwards, Sam	17	Neath	55.70
7	Upton-Boorman, Liam	16	Nofio Sir Gar	56.83
8	Willis, Morgan M	17	Neath	57.68

Event 224 Girls 11 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals				
1				
2				
3	Williams, Fay P	11	Swansea Aq	4:09.67
4	May, Gwen A	11	NexusValleys	4:06.75
5	Ellis, Eve	11	C Dolphins	4:08.35
6	Stevens, Alice	11	C Dolphins	4:17.12
7				
8				

Heat 2 of 5 Finals				
1	Williams, Paige T	11	Swansea Aq	3:49.40
2	McFarlane, Una	12	Milford Havn	3:45.34
3	Filmer, Gwennan	11	Aberystwyth	3:41.19
4	Thomas, Caitlyn	14	Neath	3:36.79
5	Evans, Cadi R	11	Swansea Aq	3:37.94
6	Patterson, Hollie M	12	Carmarthen	3:41.36
7	Blyth, Isobelle	13	Haverfordwes	3:45.70
8	Percival, Bella	11	C Dolphins	4:03.19

Heat 3 of 5 Finals				
1	Hughes, Mollie	12	C Dolphins	3:32.20
2	Hall, Ellena	12	Fishguard	3:29.41
3	Murphy, Alys	14	Haverfordwes	3:25.43
4	Hall, Isabelle	12	Fishguard	3:21.41
5	Dafydd, Iola	14	Fishguard	3:22.67
6	Webb, Efa M	13	Amman Valley	3:28.65
7	Bissicks, Cari H	12	Swansea Aq	3:31.40
8	Francis, Emily-Rose	13	Haverfordwes	3:34.34

Heat 4 of 5 Finals				
1	Galdes-Cutting, Daisy	12	Haverfordwes	3:17.26
2	Ostrowski, Julia	14	PembrokeDist	3:14.98
3	Griffiths, Cerys	13	Haverfordwes	3:09.48
4	Stark, Tala	13	Fishguard	3:06.94
5	Hughes, Tirion H	12	Swansea Aq	3:09.30
6	Taffetsauffer, Isabella	12	Llanelli	3:13.75
7	Miles, Megan	15	Fishguard	3:15.60
8	Montague, Keira	14	Haverfordwes	3:17.40

Heat 5 of 5 Finals				
1	Thomas, Grace	16	Milford Havn	3:04.37
2	Jones, Eryn	14	Neath	2:55.01
3	Evans, Caitlin	17	Neath	2:50.76
4	Phillips, Rhianna	18	Nofio Sir Gar	2:45.58
5	Gibbs, Harriet	15	Nofio Sir Gar	2:49.46
6	Owen, Kessie	15	Neath	2:52.37
7	Lewis, Abigail	18	Neath	2:58.78
8	Knight, Lily	13	C Dolphins	3:05.05

Event 225 Boys 11-12 50 SC Meter Freestyle (Skins)

Name	Age	Team	Seed Time
---	No entries for event		

Event 226 Boys 13-14 50 SC Meter Freestyle (Skins)

Name	Age	Team	Seed Time
---	No entries for event		

Event 227 Boys 15-16 50 SC Meter Freestyle (Skins)

Name	Age	Team	Seed Time
---	No entries for event		

Event 228 Boys 17 & Over 50 SC Meter Freestyle (Skins)

Name	Age	Team	Seed Time
---	No entries for event		

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 4 (Warmup 1.45 - 2.35)

Event 231 Girls 11 & Over 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Finals

1				—
2				—
3	Snelgrove, Scarlett	11	Neath	54.60
4	Ellis, Eve	11	C Dolphins	53.22
5	Leane, Megan	11	Haverfordwes	53.83
6	Heron, Edith	11	Aberystwyth	54.66
7				—
8				—

Heat 2 of 10 Finals

1	Dennison, Evie	11	Milford Havn	51.31
2	Rowland, Scarlett	11	Neath	50.75
3	Williams, Fay P	11	Swansea Aq	50.65
4	Hughes, Seren	12	Neath	49.78
5	Doncaster, Lily S	13	Haverfordwes	50.27
6	Thomas, Carys	12	Penyrheol	50.73
7	Dyde, Pheobe	11	PembrokeDist	51.02
8	Massey, Mia	11	C Dolphins	52.96

Heat 3 of 10 Finals

1	Andreassen, Freya	12	Amman Valley	49.49
2	Howell, Sophie	12	Haverfordwes	49.29
3	Davies, Cadi	12	C Dolphins	49.06
4	Martin, Phoebe O	13	Swansea Aq	48.74
5	Davies, Erin	12	C Dolphins	48.75
6	Rice, Lily X SB7	19	PembrokeDist/A, 12, +	49.24
7	Penfold, Robyn	13	Fishguard	49.48
8	Kaill-Franks, Nia	12	Fishguard	49.75

Heat 4 of 10 Finals

1	Stevens, Alice	11	C Dolphins	47.60
2	McFarlane, Una	12	Milford Havn	47.21
3	Scully, Emersyn	12	Llanelli	46.40
4	Richards, Amber	14	C Dolphins	46.28
5	Thomas, Caitlyn	14	Neath	46.29
6	Hnoiana, Valentyna	11	Swansea Aq	46.68
7	Perrott, Niamh	14	C Dolphins	47.53
8	Sedgemore, Lola A	11	NexusValleys	48.62

Heat 5 of 10 Finals

1	Snellgrove, Chloe	13	Amman Valley	46.19
2	Filmer, Gwennan	11	Aberystwyth	45.91
3	Peach, Eliza M	15	Haverfordwes	45.15
4	Thomas, Nikita	14	Llanelli	44.78
5	Collyer, Tirion	12	Swansea Aq	45.02
6	John, Annabel	14	PembrokeDist	45.26
7	Rogers, Sadie	11	Penyrheol	46.18
8	Williams, Paige T	11	Swansea Aq	46.25

Heat 6 of 10 Finals

1	Richardson, Beca	13	Swansea Aq	44.54
2	Philpott, Ffion	14	Nofio Sir Gar	44.44
3	Thomas, Grace	12	Carmarthen	43.88
4	Evans, Cadi R	11	Swansea Aq	43.60
5	Hall, Isabelle	12	Fishguard	43.63
6	Hall, Ellena	12	Fishguard	44.07
7	Dafydd, Mali	13	Fishguard	44.46
8	Joyce, Lily K	14	Swansea Aq	44.60

Heat 7 of 10 Finals

1	Patterson, Hollie M	12	Carmarthen	43.45
2	Williams, Efa	15	Neath	42.73
3	Hanna, Jazmine	15	Haverfordwes	41.95
4	Giles, Seren M	13	NexusValleys	41.68
5	Brown, Caitlin	16	Nofio Sir Gar	41.81
6	Ley, Lucy	15	Swansea Aq	41.96
7	Murphy, Alys	14	Haverfordwes	43.10
8	Hughes, Mollie	12	C Dolphins	43.60

Heat 8 of 10 Finals

1	Williams, Marys E	14	Swansea Aq	40.82
2	Webb, Efa M	13	Amman Valley	40.49
3	Miles, Megan	15	Fishguard	40.41
4	Dafydd, Iola	14	Fishguard	40.34
5	Montague, Keira	14	Haverfordwes	40.35
6	Smart, Charlotte E	16	Swansea Aq	40.48
7	Ostrowski, Julia	14	PembrokeDist	40.74
8	Bissicks, Cari H	12	Swansea Aq	41.20

Heat 9 of 10 Finals

1	Knight, Lily	13	C Dolphins	39.91
2	Geach, Libbie	14	Swansea Aq	39.58
3	Lewis, Abigail	18	Neath	37.92
4	John, Holly	16	Haverfordwes	36.58
5	Evans, Caitlin	17	Neath	37.00
6	Mountain, Sophie	36	Haverfordwes	38.22
7	Stark, Tala	13	Fishguard	39.80
8	Thomas, Medi A	15	Llanelli	40.09

Heat 10 of 10 Finals

1	Goodliffe, Faith R	23	C Dolphins	36.37
2	Lewis, Lowri	17	Neath	36.01
3	Phillips, Rhianna	18	Nofio Sir Gar	35.57
4	Gibbs, Harriet	15	Nofio Sir Gar	34.01
5	Jones, Eryn	14	Neath	35.13
6	Owen, Kessie	15	Neath	35.88
7	Welsby, Lily-May	16	Aberystwyth	36.13
8	Lythgoe, Manon H	14	Swansea Aq	36.40

Event 232 Boys 11 & Over 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1				—
2	Smudzinski, Max M	11	Swansea Aq	3:36.65
3	Bennett, Finley	14	Haverfordwes	2:37.83
4	Fletcher, Owen	16	Haverfordwes	2:31.00
5	West, Dexter	14	Fishguard	2:34.54
6	Hnoianyi, Andrii	14	Swansea Aq	2:55.16
7				—
8				—

Event 233 Girls 11 & Over 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1	Hnoiana, Valentyna	11	Swansea Aq	1:41.50
2	Hall, Isabelle	12	Fishguard	1:29.82
3	Bissicks, Cari H	12	Swansea Aq	1:27.60
4	Mason, Phoebe	13	Haverfordwes	1:25.87
5	Taffetsauffer, Isabella	12	Llanelli	1:26.09
6	Martin, Phoebe O	13	Swansea Aq	1:28.00
7	Summerfield, Lucy	11	Llanelli	1:35.63
8	Dyde, Pheobe	11	PembrokeDist	1:41.74

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 4 (Warmup 1.45 - 2.35)

Heat 2 Finals (#233 Girls 11 & Over 100 SC Meter Butterfly)

1	Hughes, Nancy J	14	NexusValleys	1:25.22	_____
2	Jenkins, Alexandra G	14	Swansea Aq	1:22.38	_____
3	Dash, Amelie	12	Milford Havn	1:21.25	_____
4	Thomas, Grace	16	Milford Havn	1:19.05	_____
5	Hanna, Jazmine	15	Haverfordwes	1:20.92	_____
6	Stark, Tala	13	Fishguard	1:21.58	_____
7	Thomas, Medi A	15	Llanelli	1:24.44	_____
8	Richardson, Beca	13	Swansea Aq	1:25.23	_____

Heat 3 of 4 Finals

1	Clissold, Elizabeth	17	Tenby	1:16.18	_____
2	Devonald, Niamh	16	Haverfordwes	1:15.61	_____
3	Selby, Cerys	17	Neath	1:15.21	_____
4	Pickersgill, Aoife	15	Carmarthen	1:14.02	_____
5	Sullivan, Katie	16	Neath	1:14.12	_____
6	David, Isabelle	16	Swansea Aq	1:15.21	_____
7	Knight, Cari	15	Penyrheol	1:15.69	_____
8	Jones, Eryn	14	Neath	1:16.57	_____

Heat 4 of 4 Finals

1	Kovachev, Georgie	16	Fishguard	1:13.43	_____
2	Catling, Freya	15	C Dolphins	1:12.22	_____
3	White, Eleanor R	17	Haverfordwes	1:10.20	_____
4	Lewis, Lowri	17	Neath	1:04.64	_____
5	Goodliffe, Faith R	23	C Dolphins	1:08.44	_____
6	Lythgoe, Manon H	14	Swansea Aq	1:11.90	_____
7	Coffey, Cora-leigh K	13	Swansea Aq	1:12.71	_____
8	Webb, Saskia	16	Haverfordwes	1:13.63	_____

Event 234 Boys 11 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 3 Finals					
1	Noden, Rory	11	Milford Havn	6:16.17	_____
2	Davies, Ellis V	12	Llanelli	6:06.02	_____
3	Harwood, Jack	12	Haverfordwes	5:51.74	_____
4	Huang, Peidong	13	Swansea Aq	5:33.19	_____
5	Jones, Jack	14	Tenby	5:38.34	_____
6	Thomas, Rhys	13	Haverfordwes	6:05.56	_____
7	Smith, Jacob	11	Haverfordwes	6:12.01	_____
8					_____

Heat 2 of 3 Finals

1	Morgan, Ben	14	PembrokeDist	5:07.97	_____
2	Robinson, Ellis	18	Haverfordwes	4:57.16	_____
3	Galbraith, Elian	14	Llanelli	4:50.29	_____
4	Willis, Morgan M	17	Neath	4:45.00	_____
5	Douglas, Lucas	12	Neath	4:45.89	_____
6	Williams, Thomas	13	Nofio Sir Gar	4:51.33	_____
7	Price, George	15	Penyrheol	5:00.41	_____
8	Davies, Gethin	14	Milford Havn	5:15.06	_____

Heat 3 of 3 Finals

1	Gubb, Harvey	17	Neath	4:37.25	_____
2	Fletcher, Owen	16	Haverfordwes	4:29.52	_____
3	Twigger, Owen	14	Swansea Aq	4:25.50	_____
4	Gillett, Oliver	16	Swansea Aq	4:11.85	_____
5	Carver, Wil	17	Swansea Aq	4:24.10	_____
6	Sellick, Fenn	15	Swansea Aq	4:29.50	_____
7	Bennett, Finley	14	Haverfordwes	4:35.14	_____
8	Silverstone, Solomon	14	Haverfordwes	4:42.47	_____

Event 235 Girls 11 & Over 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 11 Finals					
1					_____
2					_____
3	Rowland, Scarlett	11	Neath	3:14.91	_____
4	Thomas, Carys	12	Penyrheol	3:08.33	_____
5	Gardner-Rolfe, Mia G	11	Swansea Aq	3:12.63	_____
6	Percival, Bella	11	C Dolphins	3:26.28	_____
7					_____
8					_____
Heat 2 of 11 Finals					
1	Kasto, Evie T	12	Swansea Aq	3:05.22	_____
2	Dyde, Pheobe	11	PembrokeDist	3:04.48	_____
3	Price, Seren -louise	11	Carmarthen	3:00.94	_____
4	Kenny, Jemima	12	Milford Havn	2:58.25	_____
5	May, Gwen A	11	NexusValleys	3:00.64	_____
6	Patterson, Hollie M	12	Carmarthen	3:02.26	_____
7	Summerfield, Lucy	11	Llanelli	3:05.09	_____
8	Howell, Sophie	12	Haverfordwes	3:07.27	_____
Heat 3 of 11 Finals					
1	Murphy, Alys	14	Haverfordwes	2:50.50	_____
2	McFarlane, Una	12	Milford Havn	2:50.07	_____
3	Andreassen, Freya	12	Amman Valley	2:49.28	_____
4	Griffiths, Ffion	12	Tenby	2:46.21	_____
5	Hanna, Shelby	14	Haverfordwes	2:47.46	_____
6	Snellgrove, Chloe	13	Amman Valley	2:49.48	_____
7	Scully, Emersyn	12	Llanelli	2:50.22	_____
8	Jenkins, Elli J	12	Swansea Aq	2:58.19	_____
Heat 4 of 11 Finals					
1	Davies, Erin	12	C Dolphins	2:44.92	_____
2	Morgan, Lily	13	Tenby	2:40.98	_____
3	Williams, Paige T	11	Swansea Aq	2:40.12	_____
4	Knight, Lily	13	C Dolphins	2:38.85	_____
5	Martin, Phoebe O	13	Swansea Aq	2:39.74	_____
6	Macy, Peni	14	Aberystwyth	2:40.14	_____
7	Kazmiruk, Anastasiia	12	Amman Valley	2:43.19	_____
8	Davies, Lowri	15	C Dolphins	2:45.60	_____
Heat 5 of 11 Finals					
1	Hall, Ellena	12	Fishguard	2:38.00	_____
2	Jenkins, Alexandra G	14	Swansea Aq	2:37.16	_____
3	Hughes, Nancy J	14	NexusValleys	2:35.90	_____
4	Giles, Seren M	13	NexusValleys	2:35.59	_____
5	Thompson, Freya	13	Haverfordwes	2:35.60	_____
6	Griffiths, Amelia	13	Fishguard	2:36.78	_____
7	Blue, Macy	14	Carmarthen	2:37.99	_____
8	Sedgemore, Lola A	11	NexusValleys	2:38.08	_____
Heat 6 of 11 Finals					
1	Bissicks, Cari H	12	Swansea Aq	2:34.74	_____
2	Rice, Lily	19	PembrokeDist	2:34.69	_____
3	Hughes, Tirion H	12	Swansea Aq	2:33.16	_____
4	Thomas, Nikita	14	Llanelli	2:32.91	_____
5	Thomas, Caitlin	15	Penyrheol	2:33.05	_____
6	Morgan, Evelyn	12	Llanelli	2:33.66	_____
7	Webb, Efa M	13	Amman Valley	2:34.73	_____
8	Ostrowski, Julia	14	PembrokeDist	2:35.43	_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023**Meet Program - Session 4 (Warmup 1.45 - 2.35)****Heat 7 Finals (#235 Girls 11 & Over 200 SC Meter Freestyle)**

1	Mason, Phoebe	13	Haverfordwes	2:31.99	_____
2	Bray, Bethan	17	C Dolphins	2:31.19	_____
3	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	2:30.55	_____
4	Green, Matilda	14	Haverfordwes	2:29.84	_____
5	Dash, Amelie	12	Milford Havn	2:30.11	_____
6	Lythgoe, Manon H	14	Swansea Aq	2:30.70	_____
7	Coffey, Cora-leigh K	13	Swansea Aq	2:31.52	_____
8	Bruce, Skye	14	PembrokeDist	2:32.07	_____

Heat 8 of 11 Finals

1	Owen, Kessie	15	Neath	2:29.22	_____
2	Clifford, Bethany	16	Neath	2:28.55	_____
3	Clissold, Bronwyn	15	Tenby	2:25.24	_____
4	Gilderdale, Celyn	15	Haverfordwes	2:24.34	_____
5	Koo, Kathryn	14	Tenby	2:25.04	_____
6	Thomas, Rhian	15	Haverfordwes	2:28.22	_____
7	Ley, Lucy	15	Swansea Aq	2:28.85	_____
8	Cooper, Megan	15	Neath	2:29.34	_____

Heat 9 of 11 Finals

1	Pickersgill, Aoife	15	Carmarthen	2:24.25	_____
2	Kovachev, Georgie	16	Fishguard	2:21.52	_____
3	Williams, Marys E	14	Swansea Aq	2:21.16	_____
4	Arnold, Lily	15	Milford Havn	2:20.30	_____
5	Philpott, Ffion	14	Nofio Sir Gar	2:21.13	_____
6	Carter, Ava	15	Penyrheol	2:21.36	_____
7	Lewis, Abigail	18	Neath	2:22.28	_____
8	Turatto-Owen, Morgan L	17	Swansea Aq	2:24.30	_____

Heat 10 of 11 Finals

1	Sullivan, Katie	16	Neath	2:19.87	_____
2	Gibbs, Harriet	15	Nofio Sir Gar	2:19.52	_____
3	Clapham, Rhiannon m	18	Fishguard	2:18.98	_____
4	Huws, Awen G	15	NexusValleys	2:16.93	_____
5	Galdes-Cutting, Daisy	12	Haverfordwes	2:17.60	_____
6	Webb, Saskia	16	Haverfordwes	2:19.51	_____
7	Clissold, Elizabeth	17	Tenby	2:19.73	_____
8	Brown, Caitlin	16	Nofio Sir Gar	2:20.06	_____

Heat 11 of 11 Finals

1	Nichols, Grace	13	Haverfordwes	2:15.80	_____
2	King, Marley	15	Penyrheol	2:12.98	_____
3	Griffiths, Cerys	13	Haverfordwes	2:10.80	_____
4	Stokes, Aimee	19	Swansea Uni	2:06.17	_____
5	Hatton-Ellis, Isabelle L	15	Swansea Aq	2:10.50	_____
6	Geach, Libbie	14	Swansea Aq	2:11.45	_____
7	O'Mahoney, Kaitlin	15	Neath	2:13.88	_____
8	Williams, Hollie	16	Nofio Sir Gar	2:16.39	_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 5 (Warmup 8.00 - 8.50)

Event 311 Girls 11 & Over 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 11 Finals

1	Roberts Mylan, Sophie I	11	Swansea Aq	3:39.48	_____
2	Percival, Bella	11	C Dolphins	3:36.83	_____
3	Morgan, Gwerfyl	12	Aberystwyth	3:35.37	_____
4	Roberts Mylan, Ffion C	11	Swansea Aq	3:33.06	_____
5	May, Gwen A	11	NexusValleys	3:33.54	_____
6	Gardner-Rolfe, Mia G	11	Swansea Aq	3:35.74	_____
7	Massey, Mia	11	C Dolphins	3:38.63	_____
8	Roberts, Grace	11	C Dolphins	3:40.12	_____

Heat 2 of 11 Finals

1	Kasto, Evie T	12	Swansea Aq	3:29.39	_____
2	Hawkins, Betsy-May	12	Llanelli	3:27.82	_____
3	Dyde, Pheobe	11	PembrokeDist	3:25.34	_____
4	Davies, Cadi	12	C Dolphins	3:23.54	_____
5	Williams, Fay P	11	Swansea Aq	3:23.90	_____
6	Wilcockson, Alys	13	Aberystwyth	3:27.48	_____
7	Kenny, Jemima	12	Milford Havn	3:27.87	_____
8	Thomas, Leah	12	Haverfordwes	3:30.68	_____

Heat 3 of 11 Finals

1	Rogers, Sadie	11	Penyrheol	3:22.02	_____
2	Evans, Beca	13	Aberystwyth	3:21.33	_____
3	Jenkins, Elli J	12	Swansea Aq	3:20.08	_____
4	Scully, Emersyn	12	Llanelli	3:15.77	_____
5	Jewitt, Anya	12	Llanelli	3:16.92	_____
6	Short, Amelia L	12	NexusValleys	3:20.27	_____
7	Griffiths, Ffion	12	Tenby	3:21.35	_____
8	Bowen, Seren E	13	Carmarthen	3:22.03	_____

Heat 4 of 11 Finals

1	Szmigiero, Victoria	14	Aberystwyth	3:14.06	_____
2	Stacey, Jessica	13	Amman Valley	3:11.94	_____
3	Morgan, Evelyn	12	Llanelli	3:11.50	_____
4	Davies, Erin	12	C Dolphins	3:11.18	_____
5	Jones, Hunydd	12	Carmarthen	3:11.28	_____
6	Blue, Macy	14	Carmarthen	3:11.64	_____
7	Hnoiana, Valentyna	11	Swansea Aq	3:13.06	_____
8	Wells, Iris	12	C Dolphins	3:14.99	_____

Heat 5 of 11 Finals

1	Snellgrove, Chloe	13	Amman Valley	3:09.54	_____
2	Peach, Eliza M	15	Haverfordwes	3:09.29	_____
3	Griffiths, Amelia	13	Fishguard	3:06.24	_____
4	Hall, Ellena	12	Fishguard	3:05.97	_____
5	Filmer, Gwennan	11	Aberystwyth	3:06.02	_____
6	Dafydd, Mali	13	Fishguard	3:08.49	_____
7	Martin, Phoebe O	13	Swansea Aq	3:09.49	_____
8	McFarlane, Una	12	Milford Havn	3:10.08	_____

Heat 6 of 11 Finals

1	Giles, Seren M	13	NexusValleys	3:04.96	_____
2	Evans, Cadi R	11	Swansea Aq	3:01.04	_____
3	Richardson, Beca	13	Swansea Aq	3:00.50	_____
4	Sedgemore, Lola A	11	NexusValleys	3:00.01	_____
5	Williams, Paige T	11	Swansea Aq	3:00.39	_____
6	Hall, Isabelle	12	Fishguard	3:00.60	_____
7	Bruce, Keira	13	PembrokeDist	3:04.31	_____
8	Harwood, Amelia	16	Haverfordwes	3:05.74	_____

Heat 7 of 11 Finals

1	Morgan, Lily	13	Tenby	2:59.41	_____
2	Kazmiruk, Anastasiia	12	Amman Valley	2:58.42	_____
3	Upton-Boorman, Isabella	13	Carmarthen	2:57.09	_____
4	Jenkins, Alexandra G	14	Swansea Aq	2:56.30	_____
5	Hughes, Nancy J	14	NexusValleys	2:56.44	_____
6	Mason, Phoebe	13	Haverfordwes	2:58.27	_____
7	Griffiths, Gwenan M	13	Swansea Aq	2:58.75	_____
8	Powell, Lottie	13	Swansea Aq	2:59.41	_____

Heat 8 of 11 Finals

1	Webb, Efa M	13	Amman Valley	2:55.10	_____
2	Dash, Amelie	12	Milford Havn	2:51.93	_____
3	Stark, Tala	13	Fishguard	2:51.36	_____
4	Ley, Lucy	15	Swansea Aq	2:48.71	_____
5	Holmes, Seren	14	Neath	2:50.28	_____
6	Knight, Lily	13	C Dolphins	2:51.85	_____
7	Taffetsauffer, Isabella	12	Llanelli	2:52.89	_____
8	Bruce, Skye	14	PembrokeDist	2:56.08	_____

Heat 9 of 11 Finals

1	Bissicks, Cari H	12	Swansea Aq	2:48.29	_____
2	Selby, Cerys	17	Neath	2:46.81	_____
3	Galdes-Cutting, Daisy	12	Haverfordwes	2:46.09	_____
4	Clissold, Bronwyn	15	Tenby	2:45.61	_____
5	Morgan, Elen M	18	Aberystwyth	2:45.85	_____
6	Carter, Ava	15	Penyrheol	2:46.40	_____
7	Welsby, Lily-May	16	Aberystwyth	2:47.95	_____
8	Perrott, Niamh	14	C Dolphins	2:48.31	_____

Heat 10 of 11 Finals

1	Brown, Caitlin	16	Nofio Sir Gar	2:44.45	_____
2	Thomas, Rhian	15	Haverfordwes	2:42.90	_____
3	Clissold, Elizabeth	17	Tenby	2:40.54	_____
4	Griffiths, Cerys	13	Haverfordwes	2:38.71	_____
5	Lythgoe, Manon H	14	Swansea Aq	2:39.84	_____
6	Webb, Saskia	16	Haverfordwes	2:42.24	_____
7	Philpott, Ffion	14	Nofio Sir Gar	2:44.20	_____
8	Thomas, Grace	16	Milford Havn	2:45.19	_____

Heat 11 of 11 Finals

1	Williams, Hollie	16	Nofio Sir Gar	2:35.82	_____
2	Nichols, Grace	13	Haverfordwes	2:33.22	_____
3	Geach, Libbie	14	Swansea Aq	2:30.62	_____
4	Lewis, Lowri	17	Neath	2:25.99	_____
5	Hatton-Ellis, Isabelle L	15	Swansea Aq	2:30.40	_____
6	Smart, Charlotte E	16	Swansea Aq	2:31.87	_____
7	Hale, Gemma N	16	Swansea Aq	2:35.06	_____
8	Huws, Awen G	15	NexusValleys	2:37.52	_____

Event 312 Boys 11 & Over 400 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1	Morgan, Ben	14	PembrokeDist	5:59.03	_____
2	Bennett, Finley	14	Haverfordwes	5:15.60	_____
3	Upton-Boorman, Liam	16	Nofio Sir Gar	5:06.89	_____
4	Montague, Mason	15	Haverfordwes	4:57.47	_____
5	West, Dexter	14	Fishguard	5:00.39	_____
6	Fletcher, Owen	16	Haverfordwes	5:09.55	_____
7	Silverstone, Solomon	14	Haverfordwes	5:24.28	_____
8					_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 5 (Warmup 8.00 - 8.50)

Event 313 Girls 11 & Over 100 SC Meter Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Finals				
1				_____
2				_____
3	Joseph, Ellie	11	C Dolphins	1:58.85 _____
4	Snelgrove, Scarlett	11	Neath	1:57.71 _____
5	Heron, Edith	11	Aberystwyth	1:57.72 _____
6				_____
7				_____
8				_____
Heat 2 of 8 Finals				
1	Morris, Ffion	11	Tenby	1:54.78 _____
2	Griffiths, Elizabeth	12	Fishguard	1:53.33 _____
3	Kasto, Evie T	12	Swansea Aq	1:51.42 _____
4	Kaill-Franks, Nia	12	Fishguard	1:49.67 _____
5	Andreassen, Freya	12	Amman Valley	1:50.02 _____
6	Rees-Davies, Saoirse	12	Llanelli	1:51.66 _____
7	Powell, Nina	11	Fishguard	1:53.64 _____
8	James, Josie	11	Llanelli	1:57.10 _____
Heat 3 of 8 Finals				
1	Wilcockson, Alys	13	Aberystwyth	1:46.57 _____
2	Thompson, Freya	13	Haverfordwes	1:44.30 _____
3	Blyth, Isobelle	13	Haverfordwes	1:43.92 _____
4	Rogers, Sadie	11	Penyrheol	1:42.16 _____
5	Clift, Meghan	12	Swansea Aq	1:42.38 _____
6	Jewitt, Anya	12	Llanelli	1:44.13 _____
7	Rice, Lily X SB7	19	PembrokeDist/A, 12, +	1:45.28 _____
8	Scully, Emersyn	12	Llanelli	1:47.24 _____
Heat 4 of 8 Finals				
1	Thomas, Nikita	14	Llanelli	1:41.83 _____
2	John, Annabel	14	PembrokeDist	1:41.05 _____
3	Richards, Amber	14	C Dolphins	1:40.86 _____
4	Patterson, Hollie M	12	Carmarthen	1:39.68 _____
5	Filmer, Gwennan	11	Aberystwyth	1:40.31 _____
6	Thomas, Caitlyn	14	Neath	1:40.98 _____
7	Evans, Beca	13	Aberystwyth	1:41.17 _____
8	Snellgrove, Chloe	13	Amman Valley	1:42.01 _____
Heat 5 of 8 Finals				
1	Hughes, Mollie	12	C Dolphins	1:38.21 _____
2	Hall, Ellena	12	Fishguard	1:37.75 _____
3	Collyer, Tirion	12	Swansea Aq	1:37.23 _____
4	Webb, Efa M	13	Amman Valley	1:32.80 _____
5	Joyce, Lily K	14	Swansea Aq	1:36.50 _____
6	Thomas, Grace	12	Carmarthen	1:37.47 _____
7	Williams, Efa	15	Neath	1:37.99 _____
8	Evans, Cadi R	11	Swansea Aq	1:38.47 _____
Heat 6 of 8 Finals				
1	Blue, Macy	14	Carmarthen	1:32.33 _____
2	Montague, Keira	14	Haverfordwes	1:31.07 _____
3	Thomas, Medi A	15	Llanelli	1:30.45 _____
4	Brown, Caitlin	16	Nofio Sir Gar	1:30.06 _____
5	Dafydd, Iola	14	Fishguard	1:30.35 _____
6	Ostrowski, Julia	14	PembrokeDist	1:30.70 _____
7	Giles, Seren M	13	NexusValleys	1:32.10 _____
8	Hall, Isabelle	12	Fishguard	1:32.55 _____

Heat 7 of 8 Finals				
1	Bissicks, Cari H	12	Swansea Aq	1:28.32 _____
2	Knight, Lily	13	C Dolphins	1:25.78 _____
3	Mountain, Sophie	36	Haverfordwes	1:24.18 _____
4	Lewis, Abigail	18	Neath	1:22.26 _____
5	John, Holly	16	Haverfordwes	1:23.11 _____
6	Stark, Tala	13	Fishguard	1:25.09 _____
7	Miles, Megan	15	Fishguard	1:27.12 _____
8	Hughes, Tirion H	12	Swansea Aq	1:28.75 _____
Heat 8 of 8 Finals				
1	Hale, Gemma N	16	Swansea Aq	1:20.99 _____
2	Evans, Caitlin	17	Neath	1:19.27 _____
3	Owen, Kessie	15	Neath	1:18.12 _____
4	Gibbs, Harriet	15	Nofio Sir Gar	1:16.19 _____
5	Jones, Eryn	14	Neath	1:17.85 _____
6	Phillips, Rhianna	18	Nofio Sir Gar	1:18.88 _____
7	Welsby, Lily-May	16	Aberystwyth	1:19.97 _____
8	Phillips, Emily	15	Neath	1:21.93 _____
Event 314 Boys 11 & Over 200 SC Meter Backstroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1	George, Kieran	12	Milford Havn	3:25.90 _____
2	Noden, Rory	11	Milford Havn	3:12.10 _____
3	Davies, Ellis V	12	Llanelli	3:08.27 _____
4	Harris, Osian	14	Fishguard	2:54.60 _____
5	Huang, Peidong	13	Swansea Aq	2:55.67 _____
6	Burt, Caio	13	Llanelli	3:10.74 _____
7	Mills, Thomas	12	Llanelli	3:19.16 _____
8				_____
Heat 2 of 3 Finals				
1	Elmes, Max	12	Carmarthen	2:53.92 _____
2	Harwood, Jack	12	Haverfordwes	2:52.44 _____
3	Davies, Gethin	14	Milford Havn	2:49.87 _____
4	Hedge, William	15	Swansea Aq	2:41.91 _____
5	Burt, Teyan	16	Llanelli	2:46.12 _____
6	King, Ethan	11	Penyrheol	2:51.83 _____
7	Hale, Oliver S	12	Swansea Aq	2:53.90 _____
8	Smith, Benjamin	14	Haverfordwes	2:54.06 _____
Heat 3 of 3 Finals				
1	Galbraith, Elian	14	Llanelli	2:38.68 _____
2	Thomas, Iolo	13	Neath	2:23.84 _____
3	West, Dexter	14	Fishguard	2:17.80 _____
4	Johnstone, Daniel	16	Nofio Sir Gar	2:09.85 _____
5	Montgomery, Samuel	15	Haverfordwes	2:13.78 _____
6	Montague, Mason	15	Haverfordwes	2:21.10 _____
7	Jones, Jack	14	Tenby	2:37.97 _____
8	Phillips, Finley	13	Nofio Sir Gar	2:39.59 _____
Event 315 Girls 11 & Over 50 SC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 20 Finals				
1				_____
2	Williams, Eirwen N	11	Swansea Aq	42.37 _____
3	Davies, Betsi	11	Fishguard	41.25 _____
4	James, Josie	11	Llanelli	40.61 _____
5	Roberts Mylan, Sophie I	11	Swansea Aq	40.81 _____
6	Leane, Megan	11	Haverfordwes	42.30 _____
7	Philpott, Lowri S14	12	Llanelli	46.04 _____
8				_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 5 (Warmup 8.00 - 8.50)

Heat 2 Finals (#315 Girls 11 & Over 50 SC Meter Freestyle)

1	Roberts, Grace	11	C Dolphins	40.20	_____
2	Lloyd-Taylor, Cali	12	Fishguard	39.66	_____
3	Massey, Mia	11	C Dolphins	39.65	_____
4	Doncaster, Lily S	13	Haverfordwes	39.20	_____
5	Thomas, Leah	12	Haverfordwes	39.63	_____
6	Powell, Nina	11	Fishguard	39.66	_____
7	Snelgrove, Scarlett	11	Neath	39.83	_____
8	Howell, Sophie	12	Haverfordwes	40.32	_____

Heat 3 of 20 Finals

1	Roberts Mylan, Ffion C	11	Swansea Aq	39.07	_____
2	Joseph, Ellie	11	C Dolphins	38.50	_____
3	Penfold, Robyn	13	Fishguard	38.16	_____
4	Rogers, Sadie	11	Penyrheol	37.70	_____
5	David, Emily	12	Haverfordwes	37.96	_____
6	Morgan, Gwerfyl	12	Aberystwyth	38.49	_____
7	Gardner-Rolfe, Mia G	11	Swansea Aq	39.06	_____
8	Penfold, Freya	13	Fishguard	39.16	_____

Heat 4 of 20 Finals

1	Macy, Lili A	12	Aberystwyth	37.65	_____
2	Gale, Jasmine	13	Afan Valley	37.50	_____
3	Clifford, Hannah	13	PembrokeDist	37.43	_____
4	Kaill-Franks, Nia	12	Fishguard	37.30	_____
5	Rees-Davies, Saoirse	12	Llanelli	37.42	_____
6	Hawkins, Betsy-May	12	Llanelli	37.49	_____
7	Kenny, Jemima	12	Milford Havn	37.65	_____
8	Rowland, Scarlett	11	Neath	37.67	_____

Heat 5 of 20 Finals

1	Pearce, Ava	12	Afan Valley	36.83	_____
2	Berner, Kiana	12	Aberystwyth	36.79	_____
3	Clift, Meghan	12	Swansea Aq	36.60	_____
4	Wells, Iris	12	C Dolphins	36.36	_____
5	Thomas, Carys	12	Penyrheol	36.50	_____
6	Price, Seren -louise	11	Carmarthen	36.72	_____
7	Dyde, Pheobe	11	PembrokeDist	36.81	_____
8	Davies, Cadi	12	C Dolphins	37.08	_____

Heat 6 of 20 Finals

1	Kasto, Evie T	12	Swansea Aq	36.13	_____
2	Griffiths, Elizabeth	12	Fishguard	36.03	_____
3	Bessent, Mia	12	Penyrheol	35.85	_____
4	Williams, Fay P	11	Swansea Aq	35.78	_____
5	Jewitt, Sophia	12	Llanelli	35.82	_____
6	Evans, Beca	13	Aberystwyth	36.01	_____
7	Hughes, Mollie	12	C Dolphins	36.13	_____
8	Joyce, Lily K	14	Swansea Aq	36.20	_____

Heat 7 of 20 Finals

1	Richards, Amber	14	C Dolphins	35.69	_____
2	Short, Amelia L	12	NexusValleys	35.60	_____
3	McFarlane, Una	12	Milford Havn	35.15	_____
4	Patterson, Hollie M	12	Carmarthen	35.02	_____
5	Harris, Lili	16	Carmarthen	35.04	_____
6	Bowen, Seren E	13	Carmarthen	35.30	_____
7	Collins-Falconer, Alesha G	15	NexusValleys	35.62	_____
8	Dafydd, Iola	14	Fishguard	35.75	_____

Heat 8 of 20 Finals

1	Green, Ellie	15	Haverfordwes	34.90	_____
2	Harwood, Amelia	16	Haverfordwes	34.71	_____
3	Knight, Cerys	14	Haverfordwes	34.70	_____
4	Holloway, Olivia	14	Afan Valley	34.58	_____
5	Evans, Cadi R	11	Swansea Aq	34.60	_____
6	Perrott, Hannah	13	C Dolphins	34.71	_____
7	Wilcockson, Alys	13	Aberystwyth	34.88	_____
8	Filmer, Gwennan	11	Aberystwyth	34.96	_____

Heat 9 of 20 Finals

1	Macy, Peni	14	Aberystwyth	34.24	_____
2	Davies, Lowri	15	C Dolphins	34.16	_____
3	Andreassen, Freya	12	Amman Valley	34.15	_____
4	Snellgrove, Chloe	13	Amman Valley	33.84	_____
5	Hanna, Shelby	14	Haverfordwes	34.05	_____
6	Thomas, Caitlyn	14	Neath	34.16	_____
7	Jones, Hunydd	12	Carmarthen	34.21	_____
8	Williams, Paige T	11	Swansea Aq	34.50	_____

Heat 10 of 20 Finals

1	Thomas, Grace	12	Carmarthen	33.67	_____
2	Collyer, Tirion	12	Swansea Aq	33.40	_____
3	Dafydd, Mali	13	Fishguard	33.34	_____
4	Griffiths, Gwenan M	13	Swansea Aq	33.10	_____
5	Martin, Phoebe O	13	Swansea Aq	33.30	_____
6	Griffiths, Ffion	12	Tenby	33.39	_____
7	Mason, Phoebe	13	Haverfordwes	33.40	_____
8	Davies, Erin	12	C Dolphins	33.70	_____

Heat 11 of 20 Finals

1	Peach, Eliza M	15	Haverfordwes	32.95	_____
2	Morgan, Evelyn	12	Llanelli	32.93	_____
3	Stacey, Jessica	13	Amman Valley	32.88	_____
4	Upton-Boorman, Isabella	13	Carmarthen	32.76	_____
5	Williams, Efa	15	Neath	32.78	_____
6	Powell, Lottie	13	Swansea Aq	32.88	_____
7	Bruce, Keira	13	PembrokeDist	32.95	_____
8	Davis, Olivia	14	Penyrheol	32.96	_____

Heat 12 of 20 Finals

1	O'Connell, Cerys E	15	NexusValleys	32.70	_____
2	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	32.55	_____
3	Taffetsauffer, Isabella	12	Llanelli	32.29	_____
4	John, Annabel	14	PembrokeDist	31.92	_____
5	Sedgemore, Lola A	11	NexusValleys	32.09	_____
6	Szmigiero, Victoria	14	Aberystwyth	32.44	_____
7	Richardson, Beca	13	Swansea Aq	32.63	_____
8	Bruce, Skye	14	PembrokeDist	32.74	_____

Heat 13 of 20 Finals

1	Kazmiruk, Anastasiia	12	Amman Valley	31.77	_____
2	Jenkins, Alexandra G	14	Swansea Aq	31.60	_____
3	Philpott, Ffion	14	Nofio Sir Gar	31.54	_____
4	Selby, Cerys	17	Neath	31.48	_____
5	Perrott, Niamh	14	C Dolphins	31.49	_____
6	Hughes, Nancy J	14	NexusValleys	31.56	_____
7	Hughes, Tirion H	12	Swansea Aq	31.69	_____
8	Thompson, Freya	13	Haverfordwes	31.90	_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023**Meet Program - Session 5 (Warmup 8.00 - 8.50)****Heat 14 Finals (#315 Girls 11 & Over 50 SC Meter Freestyle)**

1	Morgan, Lily	13	Tenby	31.34	_____
2	Bissicks, Cari H	12	Swansea Aq	31.27	_____
3	Ley, Lucy	15	Swansea Aq	31.20	_____
4	Sullivan, Katie	16	Neath	31.10	_____
5	Evans, Caitlin	17	Neath	31.15	_____
6	Thomas, Medi A	15	Llanelli	31.20	_____
7	Griffiths, Amelia	13	Fishguard	31.31	_____
8	Montague, Keira	14	Haverfordwes	31.40	_____

Heat 15 of 20 Finals

1	Thomas, Grace	16	Milford Havn	31.06	_____
2	Green, Matilda	14	Haverfordwes	30.80	_____
3	Ostrowski, Julia	14	PembrokeDist	30.72	_____
4	Phillips, Emily	15	Neath	30.68	_____
5	Brown, Caitlin	16	Nofio Sir Gar	30.71	_____
6	Thomas, Caitlin	15	Penyrheol	30.80	_____
7	Douglas, Fabiana	15	Neath	30.87	_____
8	Thomas, Nikita	14	Llanelli	31.09	_____

Heat 16 of 20 Finals

1	Lewis, Abigail	18	Neath	30.58	_____
2	Webb, Efa M	13	Amman Valley	30.50	_____
3	Kovachev, Georgie	16	Fishguard	30.33	_____
4	Lythgoe, Manon H	14	Swansea Aq	30.20	_____
5	Burns, Freya	12	Swansea Aq	30.20	_____
6	Hanna, Jazmine	15	Haverfordwes	30.45	_____
7	Miles, Megan	15	Fishguard	30.52	_____
8	Coffey, Cora-leigh K	13	Swansea Aq	30.65	_____

Heat 17 of 20 Finals

1	Hale, Gemma N	16	Swansea Aq	30.10	_____
2	Arnold, Lily	15	Milford Havn	29.86	_____
3	Devonald, Niamh	16	Haverfordwes	29.80	_____
4	Woodward, Angharad	15	Neath	29.74	_____
5	Owen, Kessie	15	Neath	29.78	_____
6	Clissold, Bronwyn	15	Tenby	29.84	_____
7	Knight, Cari	15	Penyrheol	29.90	_____
8	Hale, Libby R	14	Swansea Aq	30.19	_____

Heat 18 of 20 Finals

1	Galdes-Cutting, Daisy	12	Haverfordwes	29.50	_____
2	Phillips, Rhianna	18	Nofio Sir Gar	29.41	_____
3	Huws, Awen G	15	NexusValleys	29.29	_____
4	Turatto-Owen, Morgan L	17	Swansea Aq	29.20	_____
5	Jones, Eryn	14	Neath	29.27	_____
6	Gilderdale, Celyn	15	Haverfordwes	29.40	_____
7	Knight, Ffion L	18	Penyrheol	29.50	_____
8	David, Isabelle	16	Swansea Aq	29.60	_____

Heat 19 of 20 Finals

1	Carter, Ava	15	Penyrheol	29.10	_____
2	Hatton-Ellis, Isabelle L	15	Swansea Aq	29.00	_____
3	White, Eleanor R	17	Haverfordwes	28.90	_____
4	Clapham, Rhiannon m	18	Fishguard	28.71	_____
5	O'Mahoney, Kaitlin	15	Neath	28.72	_____
6	Koo, Kathryn	14	Tenby	28.98	_____
7	Welsby, Lily-May	16	Aberystwyth	29.06	_____
8	Williams, Hollie	16	Nofio Sir Gar	29.12	_____

Heat 20 of 20 Finals

1	Gibbs, Harriet	15	Nofio Sir Gar	28.56	_____
2	King, Marley	15	Penyrheol	28.50	_____
3	John, Holly	16	Haverfordwes	28.20	_____
4	Lewis, Lowri	17	Neath	27.78	_____
5	Morgan, Elen M	18	Aberystwyth	28.04	_____
6	Griffiths, Cerys	13	Haverfordwes	28.20	_____
7	Clissold, Elizabeth	17	Tenby	28.52	_____
8	Goodliffe, Faith R	23	C Dolphins	28.69	_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 6 (Warmup 11.00 - 11.50)

Event 321 Girls 11 & Over 100 SC Meter Backstroke					
Lane	Name	Age	Team	Seed Time	
Heat 1 of 8 Finals					
1	Heron, Edith	11	Aberystwyth	1:41.62	___
2	Joseph, Ellie	11	C Dolphins	1:39.34	___
3	Price, Seren -louse	11	Carmarthen	1:38.57	___
4	Roberts Mylan, Ffion C	11	Swansea Aq	1:35.92	___
5	Powell, Nina	11	Fishguard	1:37.44	___
6	Roberts Mylan, Sophie I	11	Swansea Aq	1:38.96	___
7	Massey, Mia	11	C Dolphins	1:39.85	___
8	Dyde, Pheobe	11	PembrokeDist	1:42.46	___
Heat 2 of 8 Finals					
1	Thomas, Carys	12	Penyrheol	1:34.53	___
2	Kenny, Jemima	12	Milford Havn	1:32.22	___
3	Wells, Iris	12	C Dolphins	1:30.58	___
4	Andreassen, Freya	12	Amman Valley	1:28.75	___
5	Szmigiero, Victoria	14	Aberystwyth	1:29.74	___
6	Morgan, Gwerfyl	12	Aberystwyth	1:31.70	___
7	Blyth, Isobelle	13	Haverfordwes	1:32.30	___
8	Lewis, Megan	12	Neath	1:34.92	___
Heat 3 of 8 Finals					
1	McFarlane, Una	12	Milford Havn	1:27.48	___
2	O'Connell, Cerys E	15	NexusValleys	1:26.52	___
3	Hnoiana, Valentyna	11	Swansea Aq	1:25.63	___
4	Jones, Hunydd	12	Carmarthen	1:25.27	___
5	Martin, Phoebe O	13	Swansea Aq	1:25.49	___
6	Macy, Peni	14	Aberystwyth	1:26.28	___
7	Hanna, Shelby	14	Haverfordwes	1:27.47	___
8	Filmer, Gwennan	11	Aberystwyth	1:27.70	___
Heat 4 of 8 Finals					
1	Bissicks, Cari H	12	Swansea Aq	1:24.40	___
2	Williams, Paige T	11	Swansea Aq	1:23.41	___
3	Thompson, Freya	13	Haverfordwes	1:23.20	___
4	Morgan, Evelyn	12	Llanelli	1:22.49	___
5	Montague, Keira	14	Haverfordwes	1:22.55	___
6	Griffiths, Amelia	13	Fishguard	1:23.29	___
7	Griffiths, Ffion	12	Tenby	1:23.68	___
8	Powell, Lottie	13	Swansea Aq	1:24.50	___
Heat 5 of 8 Finals					
1	Griffiths, Gwenan M	13	Swansea Aq	1:21.73	___
2	Collyer, Tirion	12	Swansea Aq	1:21.00	___
3	Morgan, Lily	13	Tenby	1:20.85	___
4	Bray, Bethan	17	C Dolphins	1:20.18	___
5	Hughes, Nancy J	14	NexusValleys	1:20.34	___
6	Taffetsauffer, Isabella	12	Llanelli	1:20.93	___
7	Thomas, Nikita	14	Llanelli	1:21.45	___
8	Rice, Lily	19	PembrokeDist	1:21.87	___
Heat 6 of 8 Finals					
1	Hanna, Jazmine	15	Haverfordwes	1:19.38	___
2	Koo, Kathryn	14	Tenby	1:19.09	___
3	Miles, Megan	15	Fishguard	1:18.49	___
4	Dash, Amelie	12	Milford Havn	1:17.90	___
5	Upton-Boorman, Isabella	13	Carmarthen	1:18.06	___
6	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	1:18.68	___
7	Bruce, Keira	13	PembrokeDist	1:19.15	___
8	Holmes, Seren	14	Neath	1:20.00	___

Heat 7 of 8 Finals					
1	Douglas, Fabiana	15	Neath	1:16.73	___
2	Welsby, Lily-May	16	Aberystwyth	1:15.75	___
3	Pickersgill, Aoife	15	Carmarthen	1:14.92	___
4	Bruce, Skye	14	PembrokeDist	1:14.41	___
5	Lythgoe, Manon H	14	Swansea Aq	1:14.67	___
6	Lewis, Abigail	18	Neath	1:15.30	___
7	Perrott, Niamh	14	C Dolphins	1:16.53	___
8	Thomas, Caitlin	15	Penyrheol	1:17.56	___
Heat 8 of 8 Finals					
1	Carter, Ava	15	Penyrheol	1:13.03	___
2	Arnold, Jessica R	13	Swansea Aq	1:12.44	___
3	Goodliffe, Faith R	23	C Dolphins	1:09.97	___
4	Nichols, Grace	13	Haverfordwes	1:06.27	___
5	Hatton-Ellis, Isabelle L	15	Swansea Aq	1:07.00	___
6	Thomas, Rhian	15	Haverfordwes	1:10.10	___
7	Devonald, Niamh	16	Haverfordwes	1:12.59	___
8	Philpott, Ffion	14	Nofio Sir Gar	1:14.27	___
Event 322 Boys 11 & Over 800 SC Meter Freestyle					
Lane	Name	Age	Team	Seed Time	
Heat 1 of 1 Finals					
1					___
2	Bennett, Finley	14	Haverfordwes	9:43.40	___
3	Gubb, Harvey	17	Neath	9:35.44	___
4	Gillett, Oliver	16	Swansea Aq	9:02.26	___
5	Fletcher, Owen	16	Haverfordwes	9:30.10	___
6	Thomas, Iolo	13	Neath	9:42.74	___
7	Williams, Thomas	13	Nofio Sir Gar	10:22.29	___
8					___
Event 323 Girls 11 & Over 100 SC Meter Freestyle					
Lane	Name	Age	Team	Seed Time	
Heat 1 of 17 Finals					
1					___
2					___
3	Percival, Bella	11	C Dolphins	1:29.27	___
4	Rees-Davies, Saoirse	12	Llanelli	1:27.35	___
5	Gardner-Rolfe, Mia G	11	Swansea Aq	1:27.70	___
6					___
7					___
8					___
Heat 2 of 17 Finals					
1	Powell, Nina	11	Fishguard	1:27.23	___
2	Williams, Grace O	12	NexusValleys	1:26.71	___
3	Morris, Ffion	11	Tenby	1:26.53	___
4	May, Gwen A	11	NexusValleys	1:25.75	___
5	Kaill-Franks, Nia	12	Fishguard	1:26.44	___
6	Jenkins, Elli J	12	Swansea Aq	1:26.53	___
7	Hawkins, Betsy-May	12	Llanelli	1:26.78	___
8					___
Heat 3 of 17 Finals					
1	Pearce, Ava	12	Afan Valley	1:25.58	___
2	Kenny, Jemima	12	Milford Havn	1:24.31	___
3	Gale, Jasmine	13	Afan Valley	1:23.48	___
4	Williams, Fay P	11	Swansea Aq	1:22.72	___
5	Clift, Meghan	12	Swansea Aq	1:22.98	___
6	Bessent, Mia	12	Penyrheol	1:24.00	___
7	Filmer, Gwennan	11	Aberystwyth	1:24.44	___
8	Griffiths, Elizabeth	12	Fishguard	1:25.69	___

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023**Meet Program - Session 6 (Warmup 11.00 - 11.50)****Heat 4 Finals (#323 Girls 11 & Over 100 SC Meter Freestyle)**

1	Bruce, Keira	13	PembrokeDist	1:22.20	_____
2	Short, Amelia L	12	NexusValleys	1:21.90	_____
3	Jewitt, Sophia	12	Llanelli	1:21.00	_____
4	Berner, Kiana	12	Aberystwyth	1:20.25	_____
5	Bowen, Seren E	13	Carmarthen	1:20.31	_____
6	Kasto, Evie T	12	Swansea Aq	1:21.10	_____
7	Davies, Cadi	12	C Dolphins	1:22.00	_____
8	Dyde, Pheobe	11	PembrokeDist	1:22.45	_____

Heat 5 of 17 Finals

1	Abell, Eve S10	16	Neath	1:19.74	_____
2	Scully, Emersyn	12	Llanelli	1:19.47	_____
3	Hughes, Mollie	12	C Dolphins	1:19.03	_____
4	Hanna, Shelby	14	Haverfordwes	1:18.37	_____
5	Richards, Amber	14	C Dolphins	1:18.99	_____
6	Perrott, Hannah	13	C Dolphins	1:19.32	_____
7	Knight, Cerys	14	Haverfordwes	1:19.55	_____
8	Wilcockson, Alys	13	Aberystwyth	1:19.78	_____

Heat 6 of 17 Finals

1	Patterson, Hollie M	12	Carmarthen	1:18.02	_____
2	Evans, Cadi R	11	Swansea Aq	1:17.72	_____
3	Peach, Eliza M	15	Haverfordwes	1:17.01	_____
4	Thomas, Grace	12	Carmarthen	1:16.90	_____
5	Jones, Hunydd	12	Carmarthen	1:16.90	_____
6	Davies, Lowri	15	C Dolphins	1:17.44	_____
7	Hall, Isabelle	12	Fishguard	1:17.95	_____
8	Lewis, Megan	12	Neath	1:18.11	_____

Heat 7 of 17 Finals

1	Davis, Olivia	14	Penyrheol	1:16.49	_____
2	Dafydd, Mali	13	Fishguard	1:15.93	_____
3	Martin, Phoebe O	13	Swansea Aq	1:15.10	_____
4	Powell, Lottie	13	Swansea Aq	1:14.93	_____
5	Hall, Ellena	12	Fishguard	1:15.09	_____
6	Andreassen, Freya	12	Amman Valley	1:15.75	_____
7	Upton-Boorman, Isabella	13	Carmarthen	1:16.34	_____
8	Holloway, Olivia	14	Afan Valley	1:16.76	_____

Heat 8 of 17 Finals

1	John, Annabel	14	PembrokeDist	1:14.69	_____
2	Griffiths, Ffion	12	Tenby	1:14.59	_____
3	Rice, Lily	19	PembrokeDist	1:14.51	_____
4	O'Connell, Cerys E	15	NexusValleys	1:14.35	_____
5	Szmigiero, Victoria	14	Aberystwyth	1:14.39	_____
6	Davies, Erin	12	C Dolphins	1:14.59	_____
7	Snellgrove, Chloe	13	Amman Valley	1:14.68	_____
8	Thomas, Caitlyn	14	Neath	1:14.74	_____

Heat 9 of 17 Finals

1	Harwood, Amelia	16	Haverfordwes	1:13.67	_____
2	Kazmiruk, Anastasiia	12	Amman Valley	1:13.17	_____
3	Stacey, Jessica	13	Amman Valley	1:12.59	_____
4	Giles, Seren M	13	NexusValleys	1:11.44	_____
5	Morgan, Lily	13	Tenby	1:11.66	_____
6	Sedgemore, Lola A	11	NexusValleys	1:12.83	_____
7	Macy, Peni	14	Aberystwyth	1:13.61	_____
8	Williams, Paige T	11	Swansea Aq	1:14.32	_____

Heat 10 of 17 Finals

1	Stark, Tala	13	Fishguard	1:10.85	_____
2	Bruce, Skye	14	PembrokeDist	1:10.24	_____
3	Mason, Phoebe	13	Haverfordwes	1:10.10	_____
4	Griffiths, Amelia	13	Fishguard	1:09.92	_____
5	Thomas, Medi A	15	Llanelli	1:09.97	_____
6	Clifford, Bethany	16	Neath	1:10.18	_____
7	Hughes, Nancy J	14	NexusValleys	1:10.82	_____
8	Thompson, Freya	13	Haverfordwes	1:11.10	_____

Heat 11 of 17 Finals

1	Jenkins, Alexandra G	14	Swansea Aq	1:09.42	_____
2	Ostrowski, Julia	14	PembrokeDist	1:09.22	_____
3	Thomas, Grace	16	Milford Havn	1:08.92	_____
4	Thomas, Nikita	14	Llanelli	1:08.64	_____
5	Green, Matilda	14	Haverfordwes	1:08.70	_____
6	Miles, Megan	15	Fishguard	1:08.96	_____
7	Hanna, Jazmine	15	Haverfordwes	1:09.33	_____
8	Dash, Amelie	12	Milford Havn	1:09.47	_____

Heat 12 of 17 Finals

1	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	1:08.50	_____
2	Perrott, Niamh	14	C Dolphins	1:08.08	_____
3	Lythgoe, Manon H	14	Swansea Aq	1:07.61	_____
4	Webb, Efa M	13	Amman Valley	1:07.02	_____
5	Ley, Lucy	15	Swansea Aq	1:07.42	_____
6	Bissicks, Cari H	12	Swansea Aq	1:07.94	_____
7	Devonald, Niamh	16	Haverfordwes	1:08.26	_____
8	Selby, Cerys	17	Neath	1:08.64	_____

Heat 13 of 17 Finals

1	Thomas, Rhian	15	Haverfordwes	1:06.80	_____
2	David, Isabelle	16	Swansea Aq	1:06.59	_____
3	John, Holly	16	Haverfordwes	1:06.54	_____
4	Arnold, Lily	15	Milford Havn	1:06.12	_____
5	Coffey, Cora-leigh K	13	Swansea Aq	1:06.20	_____
6	Philpott, Ffion	14	Nofio Sir Gar	1:06.56	_____
7	Thomas, Caitlin	15	Penyrheol	1:06.63	_____
8	Pickersgill, Aoife	15	Carmarthen	1:06.87	_____

Heat 14 of 17 Finals

1	Jones, Eryn	14	Neath	1:05.89	_____
2	Knight, Cari	15	Penyrheol	1:05.59	_____
3	Woodward, Angharad	15	Neath	1:05.20	_____
4	Brown, Caitlin	16	Nofio Sir Gar	1:05.08	_____
5	Burns, Freya	12	Swansea Aq	1:05.20	_____
6	Gilderdale, Celyn	15	Haverfordwes	1:05.35	_____
7	Kovachev, Georgie	16	Fishguard	1:05.68	_____
8	Clissold, Bronwyn	15	Tenby	1:06.11	_____

Heat 15 of 17 Finals

1	Sullivan, Katie	16	Neath	1:04.95	_____
2	Owen, Kessie	15	Neath	1:04.44	_____
3	Galdes-Cutting, Daisy	12	Haverfordwes	1:04.40	_____
4	Hale, Libby R	14	Swansea Aq	1:04.20	_____
5	Phillips, Rhianna	18	Nofio Sir Gar	1:04.24	_____
6	Carter, Ava	15	Penyrheol	1:04.40	_____
7	Webb, Saskia	16	Haverfordwes	1:04.47	_____
8	Koo, Kathryn	14	Tenby	1:05.03	_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 6 (Warmup 11.00 - 11.50)

Heat 16 Finals (#323 Girls 11 & Over 100 SC Meter Freestyle)

1	Welsby, Lily-May	16	Aberystwyth	1:03.83	_____
2	Turatto-Owen, Morgan L	17	Swansea Aq	1:03.70	_____
3	Huws, Awen G	15	NexusValleys	1:02.60	_____
4	Clissold, Elizabeth	17	Tenby	1:02.56	_____
5	Smart, Charlotte E	16	Swansea Aq	1:02.59	_____
6	Gibbs, Harriet	15	Nofio Sir Gar	1:03.14	_____
7	Clapham, Rhiannon m	18	Fishguard	1:03.73	_____
8	Knight, Ffion L	18	Penyrheol	1:04.00	_____

Heat 17 of 17 Finals

1	Williams, Hollie	16	Nofio Sir Gar	1:02.18	_____
2	Lewis, Lowri	17	Neath	1:00.94	_____
3	Nichols, Grace	13	Haverfordwes	1:00.90	_____
4	Griffiths, Cerys	13	Haverfordwes	59.60	_____
5	Geach, Libbie	14	Swansea Aq	1:00.70	_____
6	King, Marley	15	Penyrheol	1:00.90	_____
7	Morgan, Elen M	18	Aberystwyth	1:02.11	_____
8	O'Mahoney, Kaitlin	15	Neath	1:02.40	_____

Event 324 Boys 11 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1					_____
2					_____
3	Noden, Rory	11	Milford Havn	4:00.89	_____
4	Burt, Caio	13	Llanelli	3:42.89	_____
5	Crotty, Beau	12	PembrokeDist	3:53.91	_____
6					_____
7					_____
8					_____

Heat 2 of 3 Finals

1	Smith, Jacob	11	Haverfordwes	3:37.63	_____
2	Sekula, Szymon A	12	NexusValleys	3:27.39	_____
3	Thomas, Rhys	13	Haverfordwes	3:21.70	_____
4	Hall, Ethan	14	Fishguard	3:19.14	_____
5	Harris, Osian	14	Fishguard	3:21.08	_____
6	Sekula, Mateusz J	12	NexusValleys	3:26.81	_____
7	Hale, Oliver S	12	Swansea Aq	3:35.49	_____
8	Smudzinski, Max M	11	Swansea Aq	3:38.96	_____

Heat 3 of 3 Finals

1	Phillips, Ioan	13	Neath	2:58.75	_____
2	Richardson, Osian	15	Swansea Aq	2:43.46	_____
3	Phillips, Finley	13	Nofio Sir Gar	2:41.14	_____
4	Clarke, Henry	16	Swansea Aq	2:32.58	_____
5	Bennett, Finley	14	Haverfordwes	2:37.10	_____
6	Montague, Mason	15	Haverfordwes	2:42.69	_____
7	Silverstone, Solomon	14	Haverfordwes	2:57.74	_____
8	Davies, Gethin	14	Milford Havn	3:14.85	_____

Event 325 Girls 11-12 50 SC Meter Freestyle (Skins)

Name	Age	Team	Seed Time
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--- No entries for event

Event 326 Girls 13-14 50 SC Meter Freestyle (Skins)

Name	Age	Team	Seed Time
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--- No entries for event

Event 327 Girls 15-16 50 SC Meter Freestyle (Skins)

Name	Age	Team	Seed Time
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--- No entries for event

Event 328 Girls 17 & Over 50 SC Meter Freestyle (Skins)

Name	Age	Team	Seed Time
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--- No entries for event

Event 331 Boys 11 & Over 50 SC Meter Breaststroke					
Lane	Name	Age	Team	Seed Time	
Heat 1 of 4 Finals					
1	Fogarty, Oliver	11	Fishguard	53.59	_____
2	Crotty, Beau	12	PembrokeDist	48.36	_____
3	Patterson, Ollie	13	Milford Havn	47.99	_____
4	Hale, Oliver S	12	Swansea Aq	47.10	_____
5	Chadwick, Thomas	13	Neath	47.99	_____
6	Smith, Declan	12	Amman Valley	48.09	_____
7	Knight, Tom	12	Haverfordwes	49.30	_____
8	Williams, Efan	11	Neath	54.02	_____
Heat 2 of 4 Finals					
1	Smith, Jacob	11	Haverfordwes	45.50	_____
2	Gourley, Ethan	14	Penyrheol	43.78	_____
3	Sekula, Mateusz J	12	NexusValleys	43.51	_____
4	Thomas, Rhys	13	Haverfordwes	43.31	_____
5	King, Ethan	11	Penyrheol	43.50	_____
6	Smith, Benjamin	14	Haverfordwes	43.70	_____
7	Sekula, Szymon A	12	NexusValleys	43.97	_____
8	Elias, Ruben	13	Carmarthen	46.57	_____
Heat 3 of 4 Finals					
1	Santos, Liam	14	Milford Havn	41.44	_____
2	Backen, Henry	15	Fishguard	39.85	_____
3	Williams, Thomas	13	Nofio Sir Gar	37.45	_____
4	Belanger, Jayden	16	Milford Havn	35.68	_____
5	Richards, Aled	16	C Dolphins	36.49	_____
6	Hall, Ethan	14	Fishguard	39.62	_____
7	Jones, Aaron	16	Aberystwyth	40.83	_____
8	Lewis, Cian	14	Neath	43.30	_____
Heat 4 of 4 Finals					
1	Phillips, Ioan	13	Neath	35.29	_____
2	Upton-Boorman, Liam	16	Nofio Sir Gar	34.01	_____
3	Lewis, Matthew D	38	Haverfordwes	32.38	_____
4	Gillett, Oliver	16	Swansea Aq	31.60	_____
5	Clarke, Henry	16	Swansea Aq	31.70	_____
6	Richardson, Osian	15	Swansea Aq	33.50	_____
7	Phillips, Finley	13	Nofio Sir Gar	34.15	_____
8	Rogers, Logan L	17	Penyrheol	35.34	_____

Event 332 Girls 11 & Over 200 SC Meter Butterfly					
Lane	Name	Age	Team	Seed Time	
Heat 1 of 2 Finals					
1					_____
2					_____
3	Roberts Mylan, Ffion C	11	Swansea Aq	3:44.93	_____
4	Thompson, Freya	13	Haverfordwes	3:18.83	_____
5	Dash, Amelie	12	Milford Havn	3:23.92	_____
6					_____
7					_____
8					_____
Heat 2 of 2 Finals					
1	Mason, Phoebe	13	Haverfordwes	3:18.19	_____
2	Arnold, Lily	15	Milford Havn	2:58.42	_____
3	Kovachev, Georgie	16	Fishguard	2:46.65	_____
4	Nichols, Grace	13	Haverfordwes	2:43.99	_____
5	Webb, Saskia	16	Haverfordwes	2:46.57	_____
6	Griffiths, Cerys	13	Haverfordwes	2:48.18	_____
7	Thomas, Rhian	15	Haverfordwes	2:59.78	_____
8					_____

Event 333 Boys 11 & Over 100 SC Meter Butterfly					
Lane	Name	Age	Team	Seed Time	
Heat 1 of 2 Finals					
1					_____
2	Morgan, Ben	14	PembrokeDist	1:21.77	_____
3	Galbraith, Elian	14	Llanelli	1:16.65	_____
4	Chapman, Coby L	14	Penyrheol	1:14.45	_____
5	Harris, Osian	14	Fishguard	1:16.30	_____
6	Smith, Benjamin	14	Haverfordwes	1:16.93	_____
7	Grugel, Sam	13	C Dolphins	1:23.67	_____
8					_____
Heat 2 of 2 Finals					
1	Montgomery, Samuel	15	Haverfordwes	1:07.80	_____
2	Fletcher, Owen	16	Haverfordwes	1:05.54	_____
3	Gubb, Harvey	17	Neath	1:04.35	_____
4	Thomas, Rhys A	18	Swansea Aq	59.20	_____
5	Carver, Wil	17	Swansea Aq	1:02.91	_____
6	Hedge, Thomas	18	Swansea Aq	1:05.02	_____
7	West, Dexter	14	Fishguard	1:06.16	_____
8	Hnoianyi, Andrii	14	Swansea Aq	1:10.13	_____

Event 334 Girls 11 & Over 400 SC Meter Freestyle					
Lane	Name	Age	Team	Seed Time	
Heat 1 of 6 Finals					
1					_____
2					_____
3	Rowland, Scarlett	11	Neath	6:54.14	_____
4	Griffiths, Ffion	12	Tenby	6:23.70	_____
5	Jenkins, Elli J	12	Swansea Aq	6:32.70	_____
6					_____
7					_____
8					_____
Heat 2 of 6 Finals					
1	Griffiths, Amelia	13	Fishguard	6:08.40	_____
2	Martin, Phoebe O	13	Swansea Aq	5:57.50	_____
3	Richards, Amber	14	C Dolphins	5:53.84	_____
4	Hall, Isabelle	12	Fishguard	5:51.24	_____
5	McFarlane, Una	12	Milford Havn	5:52.48	_____
6	Morgan, Lily	13	Tenby	5:55.44	_____
7	Lewis, Megan	12	Neath	6:07.43	_____
8	May, Gwen A	11	NexusValleys	6:16.51	_____
Heat 3 of 6 Finals					
1	Stark, Tala	13	Fishguard	5:39.31	_____
2	Mason, Phoebe	13	Haverfordwes	5:32.85	_____
3	Morgan, Evelyn	12	Llanelli	5:26.39	_____
4	Thomas, Nikita	14	Llanelli	5:21.65	_____
5	Bray, Bethan	17	C Dolphins	5:22.94	_____
6	Sedgemore, Lola A	11	NexusValleys	5:31.90	_____
7	Hall, Ellena	12	Fishguard	5:33.55	_____
8	Bruce, Keira	13	PembrokeDist	5:48.96	_____
Heat 4 of 6 Finals					
1	Green, Matilda	14	Haverfordwes	5:20.35	_____
2	Bruce, Skye	14	PembrokeDist	5:19.36	_____
3	Rice, Lily	19	PembrokeDist	5:10.04	_____
4	Clissold, Bronwyn	15	Tenby	5:08.05	_____
5	Carter, Ava	15	Penyrheol	5:08.27	_____
6	Clifford, Bethany	16	Neath	5:16.16	_____
7	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	5:20.23	_____
8	Koo, Kathryn	14	Tenby	5:20.73	_____

West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

Meet Program - Session 7 (Warmup 2.15 - 3.05)

Heat 5 Finals (#334 Girls 11 & Over 400 SC Meter Freestyle)

1	Burns, Freya	12	Swansea Aq	5:00.02	_____
2	Philpott, Ffion	14	Nofio Sir Gar	4:53.38	_____
3	Sullivan, Katie	16	Neath	4:52.85	_____
4	Hale, Gemma N	16	Swansea Aq	4:51.90	_____
5	Lewis, Lowri	17	Neath	4:52.19	_____
6	Huws, Awen G	15	NexusValleys	4:53.05	_____
7	Clissold, Elizabeth	17	Tenby	4:55.78	_____
8	Arnold, Lily	15	Milford Havn	5:04.20	_____

Heat 6 of 6 Finals

1	Galdes-Cutting, Daisy	12	Haverfordwes	4:49.70	_____
2	King, Marley	15	Penyrheol	4:44.50	_____
3	Hatton-Ellis, Isabelle L	15	Swansea Aq	4:37.14	_____
4	Stokes, Aimee	19	Swansea Uni	4:27.17	_____
5	Griffiths, Cerys	13	Haverfordwes	4:36.92	_____
6	O'Mahoney, Kaitlin	15	Neath	4:42.06	_____
7	Williams, Hollie	16	Nofio Sir Gar	4:48.47	_____
8	Smart, Charlotte E	16	Swansea Aq	4:50.40	_____

Event 335 Boys 11 & Over 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1					_____
2					_____
3	Hughes, Freddy J	11	NexusValleys	3:06.44	_____
4	Smith, Declan	12	Amman Valley	2:53.88	_____
5	Chapman, Henry	12	Carmarthen	3:02.53	_____
6					_____
7					_____
8					_____

Heat 2 of 5 Finals

1					_____
2	Smith, Jacob	11	Haverfordwes	2:52.52	_____
3	Thomas, Rhys	13	Haverfordwes	2:47.86	_____
4	Mills, Thomas	12	Llanelli	2:44.78	_____
5	Davies, Ellis V	12	Llanelli	2:45.20	_____
6	Noden, Rory	11	Milford Havn	2:52.45	_____
7	Smudzinski, Max M	11	Swansea Aq	2:53.61	_____
8					_____

Heat 3 of 5 Finals

1	Harris, Toby	14	PembrokeDist	2:40.80	_____
2	Hale, Oliver S	12	Swansea Aq	2:36.14	_____
3	Grugel, Sam	13	C Dolphins	2:34.73	_____
4	Jones, Jack	14	Tenby	2:31.62	_____
5	Warrender, Daniel I	15	Aberystwyth	2:34.44	_____
6	Smith, Benjamin	14	Haverfordwes	2:35.35	_____
7	Burt, Caio	13	Llanelli	2:36.79	_____
8	Harwood, Jack	12	Haverfordwes	2:42.60	_____

Heat 4 of 5 Finals

1	Morgan, Ben	14	PembrokeDist	2:25.80	_____
2	Williams, Thomas	13	Nofio Sir Gar	2:21.25	_____
3	Richardson, Osian	15	Swansea Aq	2:14.80	_____
4	Willis, Morgan M	17	Neath	2:11.10	_____
5	West, Dexter	14	Fishguard	2:13.08	_____
6	Galbraith, Elian	14	Llanelli	2:16.45	_____
7	Burt, Teyan	16	Llanelli	2:23.06	_____
8	Davies, Gethin	14	Milford Havn	2:27.68	_____

Heat 5 of 5 Finals

1	Silverstone, Solomon	14	Haverfordwes	2:09.58	_____
2	Montague, Mason	15	Haverfordwes	2:06.99	_____
3	Upton-Boorman, Liam	16	Nofio Sir Gar	2:04.70	_____
4	Gillett, Oliver	16	Swansea Aq	1:54.68	_____
5	Carver, Wil	17	Swansea Aq	2:04.15	_____
6	Fletcher, Owen	16	Haverfordwes	2:06.30	_____
7	Montgomery, Samuel	15	Haverfordwes	2:08.28	_____
8	Bennett, Finley	14	Haverfordwes	2:10.29	_____