

West Wales Sub Regionals 2022 - 25/11/2022 to 27/11/2022

Meet Program - Session 2 - Warmup 8.00 - 9.00am

Event 201 Girls 10 & Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Finals

1				—
2				—
3	Lyseight-Jones, Indya	10	PembrokeDist	NT
4	Hnoiana, Valentyna	10	Swansea Aq	NT
5	Hounsell, Isla	10	PembrokeDist	NT
6				—
7				—
8				—

Heat 2 of 9 Finals

1	Roberts Mylan, Sophie I	10	Swansea Aq	NT
2	Roberts, Molly	11	Llanelli	NT
3	Clift, Meghan	11	Swansea Aq	NT
4	Evans, Beca	12	Aberystwyth	NT
5	De Melo, Lilia S	12	Swansea Aq	NT
6	Kasto, Evie T	11	Swansea Aq	NT
7	Howell, Sophie	11	Haverfordwes	NT
8				—

Heat 3 of 9 Finals

1	Gobbi, Roma	13	Haverfordwes	NT
2	Harwood, Amelia	15	Haverfordwes	NT
3	Jenkins, Cadi	11	NexusValleys	1:09.58
4	Williams, Fay P	10	Swansea Aq	1:01.70
5	Roberts Mylan, Ffion C	10	Swansea Aq	1:05.85
6	Ellis, Eve	10	C Dolphins	1:13.08
7	Iddon, Steph	14	Tenby	NT
8	James, Sara	13	Haverfordwes	NT

Heat 4 of 9 Finals

1	Price, Seren-louise	10	Carmarthen	1:00.24
2	Moseley, Emily	12	PembrokeDist	58.69
3	Bowen, Seren E	12	Carmarthen	54.61
4	Diamond, Ellie M	14	NexusValleys	53.97
5	Williams, Paige T	10	Swansea Aq	54.00
6	May, Gwen A	10	NexusValleys	56.85
7	McDonnell, Megan C	11	Swansea Aq	58.83
8	Gardner-Rolfe, Mia G	10	Swansea Aq	1:01.16

Heat 5 of 9 Finals

1	Chan, Sheung Yin Zoe	11	Swansea Aq	52.40
2	Dyde, Pheobe	10	PembrokeDist	51.54
3	Hughes, Tirion H	11	Swansea Aq	50.17
4	Plimmer, Betsan M	12	Carmarthen	49.39
5	Hall, Ellena	11	Fishguard	49.55
6	Curtis, Tabitha	11	Fishguard	50.31
7	Hall, Isabelle	11	Fishguard	51.91
8	Scully, Emersyn	11	Swansea Aq	53.80

Heat 6 of 9 Finals

1	Griffiths, Amelia	12	Fishguard	47.57
2	Wilcockson, Alys	12	Aberystwyth	45.87
3	Lord, Fleur	15	PembrokeDist	45.56
4	Mills, Molly	14	Haverfordwes	45.20
5	Davies, Erin	11	C Dolphins	45.28
6	Evans, Cadi R	10	Swansea Aq	45.62
7	Page, Jessica	12	Tenby	46.80
8	Murphy, Alys	13	Haverfordwes	49.20

Heat 7 of 9 Finals

1	Peach, Eliza M	14	Haverfordwes	43.83
2	Green, Ellie	14	Haverfordwes	42.80
3	Davies, Lowri	14	C Dolphins	41.59
4	Hughes, Nancy J	13	NexusValleys	41.20
5	Griffiths, Gwenan M	12	Swansea Aq	41.46
6	Dafydd, Mali	12	Fishguard	42.23
7	Hanna, Shelby	13	Haverfordwes	43.35
8	Green, Matilda	13	Haverfordwes	44.42

Heat 8 of 9 Finals

1	Montague, Keira	13	Haverfordwes	40.90
2	Philpott, Ffion	13	Llanelli	40.53
3	Collyer, Tirion B	11	Swansea Aq	40.17
4	Stark, Tala	12	Fishguard	39.68
5	Li, Lucy Xinshi	12	Swansea Aq	39.90
6	Bissicks, Cari H	11	Swansea Aq	40.20
7	Chapman, Olivia	12	Swansea Aq	40.70
8	Scully, Freya A	15	Swansea Aq	40.97

Heat 9 of 9 Finals

1	Ostrowski, Julia	13	PembrokeDist	38.50
2	Beynon, Chloe	15	Fishguard	37.01
3	John, Holly	15	Haverfordwes	35.77
4	Huws, Awen G	14	NexusValleys	35.31
5	King, Marley	14	Penyrheol Asc	35.60
6	Douglas, Fabiana	14	Carmarthen	36.68
7	Richardson, Beca	12	Swansea Aq	38.30
8	Thompson, Freya	12	Haverfordwes	39.48

Event 202 Boys 10 & Over 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals

1				—
2	Backen, Frederick	10	Fishguard	NT
3	Collins, Thomas	10	Penyrheol Asc	NT
4	Koriakovtsev, Illia	15	C Dolphins	NT
5	Hnoianyi, Andrii	13	Swansea Aq	NT
6	Lumms, Oscar D	10	NexusValleys	NT
7	Harris, Emyr	10	Fishguard	NT
8				—

Heat 2 of 6 Finals

1	Green, William	10	Aberystwyth	54.86
2	Hughes, Freddy J	10	NexusValleys	50.40
3	Higgins, Finley J	11	Swansea Aq	48.00
4	Patterson, Ollie	12	Milford Havn	45.12
5	Miles, Gethin	12	Fishguard	47.67
6	El Saghier, Mohamed S	11	Carmarthen	48.60
7	Piotrowski, Bartosz	13	Fishguard	52.10
8	Crotty, Beau	11	PembrokeDist	58.47

Heat 3 of 6 Finals

1	Rukov, Ivan	15	Aberystwyth	44.22
2	Santos, Liam	13	Milford Havn	43.22
3	Noden, Rory	10	Milford Havn	40.50
4	Evans, Evan L	12	NexusValleys	40.33
5	Shelmerdine, Cory	12	PembrokeDist	40.34
6	Rees, Tomos P	15	Swansea Aq	41.94
7	Antwhistle, Isaac J	10	Swansea Aq	44.10
8	Chapman, Henry	11	Carmarthen	45.05

West Wales Sub Regionals 2022 - 25/11/2022 to 27/11/2022

Meet Program - Session 2 - Warmup 8.00 - 9.00am

Heat 4 Finals (#202 Boys 10 & Over 50 SC Meter Freestyle)

1	Lewis, Callum	13	Milford Havn	39.71	___
2	Davies, Ellis V	11	Llanelli	39.28	___
3	King, Ethan	10	Penyrheol Asc	38.08	___
4	Harris, Toby	13	PembrokeDist	37.33	___
5	Hall, Ethan	13	Fishguard	37.82	___
6	Burt, Caio	12	Llanelli	39.13	___
7	Evans, Rhys D	10	NexusValleys	39.54	___
8	Davies, Tyler	11	Milford Havn	39.77	___

Heat 5 of 6 Finals

1	Beynon, Aaron	12	Fishguard	36.83	___
2	Gray, Gruff	13	C Dolphins	34.81	___
3	Grugel, Sam	12	C Dolphins	34.59	___
4	Morgan, Ben	13	PembrokeDist	33.71	___
5	Elias, Ruben	12	Carmarthen	34.10	___
6	Gottwaltz, Euan	13	Tenby	34.62	___
7	Price, Cayle	15	Llanelli	35.59	___
8	Elmes, Max	11	Carmarthen	37.25	___

Heat 6 of 6 Finals

1	Song, Guangping	13	Swansea Aq	32.60	___
2	Burt, Teyan	15	Llanelli	30.64	___
3	Scott, Andrew	16	Fishguard	30.08	___
4	Porter, Sior	16	Carmarthen	29.03	___
5	Richards, Aled	15	C Dolphins	29.71	___
6	Read, William	14	Swansea Aq	30.54	___
7	Thomson, Jacob	15	Haverfordwes	30.77	___
8	Marshall, Finley	13	Aberystwyth	33.60	___

Event 203 Girls 10 & Over 400 SC Meter IM

Lane	Name	Age	Team	Seed Time	
Heat 1 of 1 Finals					
1					___
2	Mason, Phoebe	12	Haverfordwes	NT	___
3	Knight, Ffion L	17	Penyrheol Asc	NT	___
4	Catling, Freya	14	C Dolphins	6:06.22	___
5	Powell, Lottie	12	Swansea Aq	6:48.50	___
6	Knight, Cari	14	Penyrheol Asc	NT	___
7	Galdes-Cutting, Daisy	11	Haverfordwes	NT	___
8					___

Event 204 Boys 10 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 2 Finals					
1					___
2	Evans, Rhys D	10	NexusValleys	NT	___
3	Douglas, Lucas	11	Carmarthen	NT	___
4	Cleave, Ben	12	C Dolphins	NT	___
5	Evans, Evan L	12	NexusValleys	NT	___
6	Lumms, Ralph J	11	NexusValleys	NT	___
7	Smudzinski, Max M	10	Swansea Aq	NT	___
8					___
Heat 2 of 2 Finals					
1	Davies, Gethin	13	Milford Havn	NT	___
2	Harris, Toby	13	PembrokeDist	6:36.88	___
3	Burt, Teyan	15	Llanelli	5:48.78	___
4	Bowen, Ifan	16	Carmarthen	4:53.02	___
5	Williams, Thomas	12	Llanelli	5:37.26	___
6	Cleave, Joshua	13	C Dolphins	5:57.99	___
7	Belanger, Jayden	15	Milford Havn	NT	___
8	Burt, Caio	12	Llanelli	NT	___

Event 205 Girls 10 & Over 100 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
Heat 1 of 10 Finals					
1					___
2	Morgan, Seren	10	Haverfordwes	NT	___
3	Heron, Edith	10	Aberystwyth	NT	___
4	Lyseight-Jones, Indya	10	PembrokeDist	NT	___
5	Hounsell, Isla	10	PembrokeDist	NT	___
6	Dyde, Pheobe	10	PembrokeDist	NT	___
7					___
8					___
Heat 2 of 10 Finals					
1	Parker, Calleigh	10	PembrokeDist	NT	___
2	Joseph, Ellie	10	C Dolphins	NT	___
3	Williams, Lois G	10	Swansea Aq	NT	___
4	Hnoiana, Valentyna	10	Swansea Aq	NT	___
5	Price, Seren-louise	10	Carmarthen	NT	___
6	Williams, Fay P	10	Swansea Aq	NT	___
7	Massey, Mia	10	C Dolphins	NT	___
8	Griffiths, Scarlet	10	Haverfordwes	NT	___
Heat 3 of 10 Finals					
1	Clift, Meghan	11	Swansea Aq	NT	___
2	Malough, Holly V	11	Swansea Aq	NT	___
3	David, Emily	11	Haverfordwes	NT	___
4	Thomas, Leah	11	Haverfordwes	NT	___
5	John, Rebekah	11	PembrokeDist	NT	___
6	Piotrowska, Julia	11	Fishguard	NT	___
7	Kenny, Jemima	11	Milford Havn	NT	___
8	Kaill-Franks, Nia	11	Fishguard	NT	___
Heat 4 of 10 Finals					
1	Kaill-Franks, Eira	12	Fishguard	NT	___
2	Plimmer, Betsan M	12	Carmarthen	NT	___
3	Dafydd, Iola	13	Fishguard	NT	___
4	Spychka, Sofia	14	Swansea Aq	NT	___
5	Hughes, Nancy J	13	NexusValleys	NT	___
6	Gobbi, Roma	13	Haverfordwes	NT	___
7	De Melo, Lilia S	12	Swansea Aq	NT	___
8	Evans, Beca	12	Aberystwyth	NT	___
Heat 5 of 10 Finals					
1	Clissold, Bronwyn	14	Tenby	NT	___
2	May, Gwen A	10	NexusValleys	2:14.85	___
3	Doncaster, Lily S	12	Haverfordwes	2:05.33	___
4	Jewitt, Anya	11	Llanelli	2:03.62	___
5	Williams, Ffion	13	Milford Havn	2:04.60	___
6	Lord, Fleur	15	PembrokeDist	2:11.79	___
7	Williams, Grace O	11	NexusValleys	2:19.93	___
8	King, Marley	14	Penyrheol Asc	NT	___
Heat 6 of 10 Finals					
1	Hall, Ellena	11	Fishguard	2:00.64	___
2	Iddon, Steph	14	Tenby	2:00.34	___
3	McDonnell, Megan C	11	Swansea Aq	1:58.73	___
4	Howell, Sophie	11	Haverfordwes	1:58.69	___
5	Kasto, Evie T	11	Swansea Aq	1:58.70	___
6	Francis, Emily-Rose	12	Haverfordwes	2:00.20	___
7	Chan, Sheung Yin Zoe	11	Swansea Aq	2:00.41	___
8	Thompson, Freya	12	Haverfordwes	2:01.20	___

West Wales Sub Regionals 2022 - 25/11/2022 to 27/11/2022**Meet Program - Session 2 - Warmup 8.00 - 9.00am****Heat 7 Finals (#205 Girls 10 & Over 100 SC Meter Breaststroke)**

1	Gilderdale, Celyn	14	Haverfordwes	1:56.73	___
2	Mason, Phoebe	12	Haverfordwes	1:52.06	___
3	Edwards, Alice	12	Carmarthen	1:50.54	___
4	Diamond, Ellie M	14	NexusValleys	1:49.07	___
5	Evans, Cadi R	10	Swansea Aq	1:49.68	___
6	Scully, Emersyn	11	Swansea Aq	1:52.04	___
7	Griffiths, Amelia	12	Fishguard	1:52.43	___
8	Roberts, Molly	11	Llanelli	1:57.73	___

Heat 8 of 10 Finals

1	Richardson, Beca	12	Swansea Aq	1:47.91	___
2	Moseley, Sophie	16	PembrokeDist	1:47.28	___
3	Harwood, Amelia	15	Haverfordwes	1:45.72	___
4	Hall, Isabelle	11	Fishguard	1:44.16	___
5	Taffetsauffer, Isabella	11	Llanelli	1:45.37	___
6	Hughes, Mollie	11	C Dolphins	1:45.78	___
7	Thomas, Grace	11	Carmarthen	1:47.40	___
8	Galdes-Cutting, Daisy	11	Haverfordwes	1:48.64	___

Heat 9 of 10 Finals

1	Bissicks, Cari H	11	Swansea Aq	1:42.03	___
2	Curtis, Tabitha	11	Fishguard	1:40.60	___
3	Griffiths, Gwenan M	12	Swansea Aq	1:40.04	___
4	Giles, Seren M	12	NexusValleys	1:37.88	___
5	Scully, Freya A	15	Swansea Aq	1:37.99	___
6	Li, Lucy Xinshi	12	Swansea Aq	1:40.32	___
7	Murphy, Alys	13	Haverfordwes	1:41.68	___
8	Collyer, Tirion B	11	Swansea Aq	1:44.00	___

Heat 10 of 10 Finals

1	Knight, Lily	12	C Dolphins	1:35.80	___
2	Ostrowski, Julia	13	PembrokeDist	1:34.75	___
3	Miles, Megan	14	Fishguard	1:30.98	___
4	Hale, Chloe	16	Haverfordwes	1:25.37	___
5	Williams, Hollie	15	Llanelli	1:26.53	___
6	Marsh, Nina	14	Milford Havn	1:30.99	___
7	Peach, Eliza M	14	Haverfordwes	1:35.64	___
8	Beynon, Chloe	15	Fishguard	1:37.10	___