

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

Meet Program - Session 4 - Warmup 1.30 - 2.30pm

Event 401 Girls 10 & Over 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1				___
2				___
3	Summerfield, Lucy	10	Llanelli	NT ___
4	Green, Matilda	13	Haverfordwes	NT ___
5	Stark, Tala	12	Fishguard	NT ___
6				___
7				___
8				___

Heat 2 of 4 Finals

1				___
2	Perrott, Niamh	13	C Dolphins	NT ___
3	Knight, Ffion L	17	Penyrheol Asc	NT ___
4	Mason, Phoebe	12	Haverfordwes	2:03.69 ___
5	Green, Ellie	14	Haverfordwes	2:12.88 ___
6	Miles, Megan	14	Fishguard	NT ___
7	Ostrowski, Julia	13	PembrokeDist	NT ___
8				___

Heat 3 of 4 Finals

1	Blyth, Isobelle	12	Haverfordwes	1:50.25 ___
2	Hanna, Shelby	13	Haverfordwes	1:40.51 ___
3	Thompson, Freya	12	Haverfordwes	1:32.54 ___
4	Beynon, Chloe	15	Fishguard	1:29.06 ___
5	Collyer, Tirion B	11	Swansea Aq	1:32.27 ___
6	Richardson, Beca	12	Swansea Aq	1:39.70 ___
7	Powell, Lottie	12	Swansea Aq	1:47.57 ___
8	Li, Lucy Xinshi	12	Swansea Aq	1:54.80 ___

Heat 4 of 4 Finals

1	Huws, Awen G	14	NexusValleys	1:23.02 ___
2	Koo, Kathryn	13	Tenby	1:19.03 ___
3	Morgan, Elen M	17	Aberystwyth	1:18.69 ___
4	Kovachev, Georgie	15	Fishguard	1:16.72 ___
5	Hanna, Jazmine	14	Haverfordwes	1:18.17 ___
6	Knight, Cari	14	Penyrheol Asc	1:18.70 ___
7	Thomas, Caitlin	14	Penyrheol Asc	1:22.86 ___
8	Douglas, Fabiana	14	Carmarthen	1:27.89 ___

Event 402 Boys 10 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1				___
2				___
3	Lummis, Oscar D	10	NexusValleys	NT ___
4	Knight, Tom	11	Haverfordwes	NT ___
5	Harwood, Jack	11	Haverfordwes	NT ___
6				___
7				___
8				___

Heat 2 of 3 Finals

1	Lummis, Ralph J	11	NexusValleys	NT ___
2	Peach, Olly	12	Haverfordwes	NT ___
3	Piotrowski, Bartosz	13	Fishguard	NT ___
4	Backen, Henry	14	Fishguard	NT ___
5	Chapman, Coby L	13	Penyrheol Asc	NT ___
6	Davies, Gethin	13	Milford Havn	NT ___
7	Phillips, Lucas	11	Haverfordwes	NT ___
8				___

Heat 3 of 3 Finals

1	Smudzinski, Max M	10	Swansea Aq	4:01.93 ___
2	Hall, Ethan	13	Fishguard	3:42.48 ___
3	Harris, Osian	13	Fishguard	3:37.75 ___
4	Belanger, Jayden	15	Milford Havn	3:08.40 ___
5	Silverstone, Sol	13	Haverfordwes	3:16.30 ___
6	Morgan, Ben	13	PembrokeDist	3:38.99 ___
7	Douglas, Lucas	11	Carmarthen	3:52.65 ___
8	Thomas, Rhys	12	Haverfordwes	4:02.55 ___

Event 403 Girls 10 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Finals

1				___
2				___
3	Massey, Mia	10	C Dolphins	NT ___
4	Joseph, Ellie	10	C Dolphins	NT ___
5	Parker, Calleigh	10	PembrokeDist	NT ___
6				___
7				___
8				___

Heat 2 of 10 Finals

1	Heron, Edith	10	Aberystwyth	NT ___
2	Davies, Anni	11	Aberystwyth	NT ___
3	Jones, Hunydd	11	Carmarthen	NT ___
4	McFarlane, Una	11	Milford Havn	NT ___
5	Wells, Iris	11	C Dolphins	NT ___
6	Malough, Holly V	11	Swansea Aq	NT ___
7	Griffiths, Ffion	11	Tenby	NT ___
8	Ellis, Eve	10	C Dolphins	NT ___

Heat 3 of 10 Finals

1	Taffetsauffer, Isabella	11	Llanelli	NT ___
2	Griffiths, Gwenan M	12	Swansea Aq	NT ___
3	De Melo, Lilia S	12	Swansea Aq	NT ___
4	Mason, Phoebe	12	Haverfordwes	NT ___
5	Page, Jessica	12	Tenby	NT ___
6	Plimmer, Betsan M	12	Carmarthen	NT ___
7	Piotrowska, Julia	11	Fishguard	NT ___
8	Bissicks, Cari H	11	Swansea Aq	NT ___

Heat 4 of 10 Finals

1	Perrott, Niamh	13	C Dolphins	NT ___
2	Montague, Keira	13	Haverfordwes	NT ___
3	Mills, Molly	14	Haverfordwes	NT ___
4	Roberts Mylan, Ffion C	10	Swansea Aq	2:11.30 ___
5	Roberts Mylan, Sophie I	10	Swansea Aq	2:27.50 ___
6	James, Sara	13	Haverfordwes	NT ___
7	Fyfe, Nell	13	Haverfordwes	NT ___
8	Boggis, Mali I	12	NexusValleys	NT ___

Heat 5 of 10 Finals

1	Williams, Lois G	10	Swansea Aq	2:00.20 ___
2	Hall, Ellena	11	Fishguard	1:53.81 ___
3	Williams, Ffion	13	Milford Havn	1:47.75 ___
4	Thomas, Carys	11	Penyrheol Asc	1:46.05 ___
5	Doncaster, Lily S	12	Haverfordwes	1:46.66 ___
6	Jewitt, Sophia	11	Llanelli	1:49.60 ___
7	Price, Seren-louise	10	Carmarthen	1:56.41 ___
8	John, Rebekah	11	PembrokeDist	2:03.00 ___

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

Meet Program - Session 4 - Warmup 1.30 - 2.30pm

Heat 6 Finals (#403 Girls 10 & Over 100 SC Meter Backstroke)

1	Scully, Emersyn	11	Swansea Aq	1:45.45	___
2	Lyseight-Jones, Indya	10	PembrokeDist	1:43.08	___
3	Williams, Fay P	10	Swansea Aq	1:42.60	___
4	Knight, Cerys	13	Haverfordwes	1:40.28	___
5	Williams, Paige T	10	Swansea Aq	1:41.91	___
6	Jenkins, Cadi	11	NexusValleys	1:43.00	___
7	Thomas, Leah	11	Haverfordwes	1:44.26	___
8	Kasto, Evie T	11	Swansea Aq	1:45.90	___

Heat 7 of 10 Finals

1	Armstrong, Holly	14	Milford Havn	1:37.89	___
2	O'Connell, Cerys E	14	NexusValleys	1:33.50	___
3	Griffiths, Amelia	12	Fishguard	1:33.09	___
4	Hanna, Shelby	13	Haverfordwes	1:30.85	___
5	Scully, Freya A	15	Swansea Aq	1:31.70	___
6	Upton-Boorman, Isabella	12	Carmarthen	1:33.16	___
7	Knight, Lily	12	C Dolphins	1:35.51	___
8	Hall, Isabelle	11	Fishguard	1:38.62	___

Heat 8 of 10 Finals

1	Bruce, Keira	12	PembrokeDist	1:30.63	___
2	Hughes, Nancy J	13	NexusValleys	1:30.31	___
3	Green, Matilda	13	Haverfordwes	1:28.46	___
4	Chapman, Olivia	12	Swansea Aq	1:27.60	___
5	Catling, Freya	14	C Dolphins	1:28.23	___
6	Peach, Eliza M	14	Haverfordwes	1:29.72	___
7	Thompson, Freya	12	Haverfordwes	1:30.44	___
8	Li, Lucy Xinshi	12	Swansea Aq	1:30.69	___

Heat 9 of 10 Finals

1	Moseley, Sophie	16	PembrokeDist	1:26.31	___
2	Beynon, Chloe	15	Fishguard	1:23.26	___
3	Marsh, Nina	14	Milford Havn	1:21.85	___
4	Thomas, Caitlin	14	Penyrheol Asc	1:21.35	___
5	Bruce, Skye	13	PembrokeDist	1:21.52	___
6	John, Holly	15	Haverfordwes	1:22.86	___
7	Clissold, Bronwyn	14	Tenby	1:23.76	___
8	Davies, Amelia F	12	Swansea Aq	1:27.40	___

Heat 10 of 10 Finals

1	Philpott, Ffion	13	Llanelli	1:20.46	___
2	Black, Hollie M	13	Swansea Aq	1:18.23	___
3	Devonald, Niamh	15	Haverfordwes	1:17.20	___
4	Morgan, Elen M	17	Aberystwyth	1:14.85	___
5	Clapham, Rhiannon m	17	Fishguard	1:16.16	___
6	Hanna, Jazmine	14	Haverfordwes	1:17.24	___
7	King, Marley	14	Penyrheol Asc	1:18.79	___
8	Koo, Kathryn	13	Tenby	1:20.97	___

Event 404 Boys 10 & Over 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1					___
2					___
3	King, Ethan	10	Penyrheol Asc	NT	___
4	Elmes, Max	11	Carmarthen	NT	___
5	Antwhistle, Isaac J	10	Swansea Aq	NT	___
6					___
7					___
8					___

Heat 2 of 5 Finals

1	Gouda, ali	13	Haverfordwes	NT	___
2	Santos, Liam	13	Milford Havn	NT	___
3	Gottwaltz, Euan	13	Tenby	NT	___
4	Knight, Tom	11	Haverfordwes	4:22.10	___
5	Backen, Henry	14	Fishguard	NT	___
6	Griffiths, Evan	13	Haverfordwes	NT	___
7	Piotrowski, Bartosz	13	Fishguard	NT	___
8	Peach, Henry	12	Haverfordwes	NT	___

Heat 3 of 5 Finals

1	Evans, Evan L	12	NexusValleys	3:38.80	___
2	Lewis, Iestyn	11	Haverfordwes	3:35.10	___
3	Davies, Ellis V	11	Llanelli	3:31.50	___
4	Smith, Herbie C	12	Swansea Aq	3:26.60	___
5	Davies, Tyler	11	Milford Havn	3:31.41	___
6	Noden, Rory	10	Milford Havn	3:31.68	___
7	Patterson, Ollie	12	Milford Havn	3:37.53	___
8	Lewis, Callum	13	Milford Havn	3:43.76	___

Heat 4 of 5 Finals

1	Evans, Rhys D	10	NexusValleys	3:20.50	___
2	Harwood, Jack	11	Haverfordwes	3:13.83	___
3	Cleave, Ben	12	C Dolphins	2:56.94	___
4	Rukov, Ivan	15	Aberystwyth	2:51.40	___
5	Gray, Gruff	13	C Dolphins	2:51.47	___
6	Tytler, Leo	14	Milford Havn	3:13.03	___
7	Smudzinski, Max M	10	Swansea Aq	3:17.70	___
8	Burt, Caio	12	Llanelli	3:21.53	___

Heat 5 of 5 Finals

1	Morgan, Ben	13	PembrokeDist	2:45.41	___
2	Burt, Teyan	15	Llanelli	2:27.29	___
3	Porter, Sior	16	Carmarthen	2:25.44	___
4	Bowen, Ifan	16	Carmarthen	2:20.73	___
5	Price, George	14	Penyrheol Asc	2:21.62	___
6	Read, William	14	Swansea Aq	2:26.34	___
7	Harris, Osian	13	Fishguard	2:43.77	___
8	Grugel, Sam	12	C Dolphins	2:49.00	___

Event 405 Girls 10 & Over 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 13 Finals

1					___
2					___
3	Griffiths, Scarlet	10	Haverfordwes	NT	___
4	Leane, Megan	10	Haverfordwes	NT	___
5	Gardner-Rolfe, Mia G	10	Swansea Aq	NT	___
6					___
7					___
8					___

Heat 2 of 13 Finals

1	Roberts Mylan, Ffion C	10	Swansea Aq	NT	___
2	Parker, Calleigh	10	PembrokeDist	NT	___
3	Malough, Holly V	11	Swansea Aq	NT	___
4	John, Rebekah	11	PembrokeDist	NT	___
5	Jewitt, Sophia	11	Llanelli	NT	___
6	Kent, Florence	11	Aberystwyth	NT	___
7	Goss, Lucia	10	C Dolphins	NT	___
8	Heron, Edith	10	Aberystwyth	NT	___

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

Meet Program - Session 4 - Warmup 1.30 - 2.30pm

Heat 3 Finals (#405 Girls 10 & Over 50 SC Meter Breaststroke)

1	Jenkins, Cadi	11	NexusValleys	NT	___
2	Francis, Emily-Rose	12	Haverfordwes	NT	___
3	Bowen, Seren E	12	Carmarthen	NT	___
4	Stacey, Jessica	12	Swansea Aq	NT	___
5	Evans, Beca	12	Aberystwyth	NT	___
6	Boggis, Mali I	12	NexusValleys	NT	___
7	Page, Jessica	12	Tenby	NT	___
8	Couzens, Sibylla	11	Fishguard	NT	___

Heat 4 of 13 Finals

1	Spychka, Sofiiia	14	Swansea Aq	NT	___
2	Mills, Molly	14	Haverfordwes	NT	___
3	Roberts Mylan, Sophie I	10	Swansea Aq	1:30.61	___
4	Dyde, Pheobe	10	PembrokeDist	1:11.69	___
5	Davies, Betsi	10	Fishguard	1:11.85	___
6	Davies, Anni	11	Aberystwyth	1:31.38	___
7	Tilling, Evie G	14	NexusValleys	NT	___
8	Clissold, Bronwyn	14	Tenby	NT	___

Heat 5 of 13 Finals

1	Philpott, Lowri	11	Llanelli	1:08.09	___
2	Williams, Paige T	10	Swansea Aq	1:07.40	___
3	Moseley, Emily	12	PembrokeDist	1:03.24	___
4	Masse, Mia	10	C Dolphins	1:02.14	___
5	De Melo, Lilia S	12	Swansea Aq	1:02.69	___
6	Williams, Grace O	11	NexusValleys	1:05.47	___
7	Williams, Lois G	10	Swansea Aq	1:07.98	___
8	Piotrowska, Julia	11	Fishguard	1:08.38	___

Heat 6 of 13 Finals

1	Joseph, Ellie	10	C Dolphins	1:01.54	___
2	May, Gwen A	10	NexusValleys	1:00.00	___
3	Ellis, Eve	10	C Dolphins	59.50	___
4	Armstrong, Holly	14	Milford Havn	57.81	___
5	Plimmer, Betsan M	12	Carmarthen	58.13	___
6	Harris, Chloe	10	C Dolphins	59.53	___
7	Griffiths, Elizabeth	11	Fishguard	1:01.41	___
8	Griffiths, Ffion	11	Tenby	1:01.97	___

Heat 7 of 13 Finals

1	Kaill-Franks, Nia	11	Fishguard	57.53	___
2	Penfold, Robyn	12	Fishguard	57.13	___
3	Mason, Phoebe	12	Haverfordwes	56.60	___
4	Howell, Sophie	11	Haverfordwes	56.31	___
5	Jewitt, Anya	11	Llanelli	56.32	___
6	Kasto, Evie T	11	Swansea Aq	57.11	___
7	Iddon, Steph	14	Tenby	57.26	___
8	Thomas, Carys	11	Penyrheol Asc	57.61	___

Heat 8 of 13 Finals

1	McDonnell, Megan C	11	Swansea Aq	56.00	___
2	Davies, Erin	11	C Dolphins	55.52	___
3	O'Connell, Cerys E	14	NexusValleys	54.25	___
4	Lyseight-Jones, Indya	10	PembrokeDist	53.82	___
5	Penfold, Freya	12	Fishguard	54.04	___
6	Wilcockson, Alys	12	Aberystwyth	55.04	___
7	Wells, Iris	11	C Dolphins	55.93	___
8	Chan, Sheung Yin Zoe	11	Swansea Aq	56.10	___

Heat 9 of 13 Finals

1	Edwards, Alice	12	Carmarthen	52.85	___
2	Evans, Cadi R	10	Swansea Aq	52.09	___
3	Scully, Emersyn	11	Swansea Aq	51.50	___
4	Bruce, Keira	12	PembrokeDist	50.66	___
5	Hall, Ellena	11	Fishguard	51.43	___
6	Knight, Cerys	13	Haverfordwes	51.55	___
7	Kaill-Franks, Eira	12	Fishguard	52.48	___
8	Chapman, Olivia	12	Swansea Aq	53.10	___

Heat 10 of 13 Finals

1	Upton-Boorman, Isabella	12	Carmarthen	49.69	___
2	Richardson, Beca	12	Swansea Aq	49.21	___
3	Bruce, Skye	13	PembrokeDist	48.36	___
4	Thomas, Grace	11	Carmarthen	48.04	___
5	Hall, Isabelle	11	Fishguard	48.07	___
6	Diamond, Ellie M	14	NexusValleys	48.70	___
7	Griffiths, Amelia	12	Fishguard	49.43	___
8	Kovachev, Georgie	15	Fishguard	50.47	___

Heat 11 of 13 Finals

1	Hughes, Mollie	11	C Dolphins	47.74	___
2	Murphy, Alys	13	Haverfordwes	47.12	___
3	Dafydd, Mali	12	Fishguard	46.86	___
4	Collyer, Tirion B	11	Swansea Aq	46.74	___
5	Fyfe, Nell	13	Haverfordwes	46.81	___
6	Curtis, Tabitha	11	Fishguard	46.89	___
7	Harwood, Amelia	15	Haverfordwes	47.24	___
8	Bissicks, Cari H	11	Swansea Aq	47.90	___

Heat 12 of 13 Finals

1	Li, Lucy Xinshi	12	Swansea Aq	46.30	___
2	Dafydd, Iola	13	Fishguard	45.90	___
3	Davies, Amelia F	12	Swansea Aq	44.80	___
4	Scully, Freya A	15	Swansea Aq	44.43	___
5	Beynon, Chloe	15	Fishguard	44.48	___
6	Knight, Cari	14	Penyrheol Asc	45.11	___
7	Hughes, Nancy J	13	NexusValleys	46.08	___
8	Griffiths, Gwenan M	12	Swansea Aq	46.37	___

Heat 13 of 13 Finals

1	Knight, Ffion L	17	Penyrheol Asc	43.23	___
2	Hanna, Jazmine	14	Haverfordwes	42.07	___
3	Miles, Megan	14	Fishguard	40.99	___
4	Clapham, Rhiannon m	17	Fishguard	40.53	___
5	Morgan, Elen M	17	Aberystwyth	40.89	___
6	Marsh, Nina	14	Milford Havn	42.07	___
7	Huws, Awen G	14	NexusValleys	42.86	___
8	Peach, Eliza M	14	Haverfordwes	43.54	___