

West Wales Regionals 2023 - 10/02/2023 to 12/02/2023

Meet Program - Session 1 - Warmup 5.30 - 5.55 pm

Event 101 Girls 11 & Over 1500 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1	Thomas, Abigail	18	Neath	21:23.38
2	Galdes-Cutting, Daisy	12	Haverfordwes	20:56.83
3	White, Eleanor R	17	Haverfordwes	19:56.34
4	Clissold, Elizabeth	17	Tenby	19:18.62
5	O'Mahoney, Kaitlin	15	Neath	19:38.92
6	Griffiths, Cerys	13	Haverfordwes	20:09.80
7	Black, Hollie M	14	Swansea Aq	21:21.48
8				

Event 102 Boys 11 & Over 1500 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1	Thomas, Iolo	13	Neath	20:33.82
2	Twigger, Owen	14	Swansea Aq	18:37.29
3	Carver, Wil	17	Swansea Aq	17:56.38
4	Southam, Jack	20	Llanelli	17:06.65
5	Prysor, Sami	16	Haverfordwes	17:16.74
6	Fletcher, Owen	16	Haverfordwes	17:56.99
7	Richardson, Osian	15	Swansea Aq	18:44.89
8	Morgan, Ben	14	PembrokeDist	21:18.06

Event 103 Girls 11 & Over 800 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1				
2	Coffey, Cora-leigh K	13	Swansea Aq	11:23.83
3	Dash, Amelie	12	Milford Havn	11:09.85
4	Clifford, Bethany	16	Neath	11:07.85
5	Bray, Bethan	17	C Dolphins	11:09.32
6	Cooper, Megan	15	Neath	11:11.77
7	Richards, Amber	14	C Dolphins	12:22.50
8				
Heat 2 of 3 Finals				
1	Philpott, Ffion	14	Llanelli	10:52.11
2	Ley, Lucy	15	Swansea Aq	10:46.01
3	Owens, Annie	16	Neath	10:41.03
4	Williams, Marys E	14	Swansea Aq	10:15.79
5	Kovachev, Georgie	16	Fishguard	10:25.87
6	Selby, Cerys	17	Neath	10:45.98
7	Arnold, Lily	15	Milford Havn	10:46.77
8	Edwards (New), Izzy	16	Swansea Aq	11:05.25
Heat 3 of 3 Finals				
1	Gilderdale, Celyn	15	Haverfordwes	10:11.09
2	Phillips, Rhianna	18	Carmarthen	10:04.13
3	Gillett, Keira	18	Swansea Aq	9:45.54
4	Owen, Gracie	15	Neath	9:22.68
5	Hatton-Ellis, Isabelle L	15	Swansea Aq	9:45.12
6	Williams, Hollie	16	Llanelli	9:57.71
7	Nichols, Grace	13	Haverfordwes	10:05.35
8	Sullivan, Katie L	16	Swansea Aq	10:15.18

Event 104 Boys 11 & Over 800 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1				
2				
3	Phillips, Finley	13	Carmarthen	11:07.11
4	Cleave, Joshua	14	C Dolphins	10:42.77
5	Williams, Thomas	13	Llanelli	10:54.16
6				
7				
8				
Heat 2 of 2 Finals				
1	Willis, Morgan M	17	Neath	10:20.87
2	Bennett, Finley	14	Haverfordwes	9:54.90
3	Montague, Mason	15	Haverfordwes	9:39.27
4	Upton-Boorman, Liam	16	Carmarthen	9:03.95
5	Gillett, Oliver	16	Swansea Aq	9:19.17
6	Montgomery, Sammy	15	Haverfordwes	9:42.56
7	Jones, Joseph	17	Neath	10:11.33
8	Douglas, Lucas	12	Carmarthen	10:42.35