

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

Meet Program - Session 2 - Warmup 8.00 - 9.00am

Event 201 Girls 11 & Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 14 Finals

1				—
2	O'Connell, Cari F	11	NexusValleys	57.61
3	Howell, Sophie	12	Haverfordwes	55.40
4	McFarlane, Una	12	Milford Havn	53.62
5	Thomas, Leah	12	Haverfordwes	54.82
6	May, Gwen A	11	NexusValleys	55.66
7	Rogers, Sadie	11	Neath	59.10
8				—

Heat 2 of 14 Finals

1	Williams, Sophie	12	Neath	52.61
2	Scully, Emersyn	12	Swansea Aq	51.51
3	Morgan, Gwerfyl	12	Aberystwyth	51.17
4	Wells, Iris	12	C Dolphins	49.14
5	Clift, Meghan	12	Swansea Aq	50.32
6	Edwards, Ffion	12	Swansea Aq	51.34
7	Dyde, Pheobe	11	PembrokeDist	51.54
8	Jenkins, Elli	12	Swansea Aq	52.83

Heat 3 of 14 Finals

1	Hall, Ellena	12	Fishguard	46.05
2	Mason, Phoebe	13	Haverfordwes	45.53
3	Thomas, Caitlyn	14	Neath	45.12
4	Evans, Cadi R	11	Swansea Aq	45.07
5	Macy, Peni	14	Aberystwyth	45.08
6	Davies, Erin	12	C Dolphins	45.28
7	Sedgemore, Lola A	11	NexusValleys	45.93
8	Kasto, Evie T	12	Swansea Aq	48.36

Heat 4 of 14 Finals

1	Murphy, Alys	14	Haverfordwes	44.61
2	Hall, Isabelle	12	Fishguard	44.24
3	Summerfield, Lucy	11	Llanelli	43.56
4	Fyfe, Nell	14	Haverfordwes	43.00
5	Pascoe, Lily R	15	NexusValleys	43.10
6	Thomas, Grace	12	Carmarthen	43.97
7	Griffiths, Amelia	13	Fishguard	44.40
8	Williams, Paige T	11	Swansea Aq	44.98

Heat 5 of 14 Finals

1	Wilcockson, Alys	13	Aberystwyth	42.47
2	Powell, Lottie	13	Swansea Aq	41.69
3	Page, Jessica	13	Tenby	41.37
4	Harwood, Amelia	16	Haverfordwes	41.17
5	Griffiths, Gwenan M	13	Swansea Aq	41.33
6	Davies, Lowri	15	C Dolphins	41.59
7	Morgan, Lily	13	Tenby	42.33
8	Green, Ellie	15	Haverfordwes	42.80

Heat 6 of 14 Finals

1	Scully, Freya A	16	Swansea Aq	40.97
2	Cooper, Daisy	13	Fishguard	40.88
3	Hanna, Shelby	14	Haverfordwes	40.60
4	Collyer, Tirion B	12	Swansea Aq	40.17
5	Peach, Eliza M	15	Haverfordwes	40.49
6	Hughes, Nancy J	14	NexusValleys	40.62
7	Puglia-Walburg, Alessia	16	Haverfordwes	40.90
8	Green, Matilda	14	Haverfordwes	41.14

Heat 7 of 14 Finals

1	Taffetsauffer, Isabella	12	Llanelli	39.99
2	Montague, Keira	14	Haverfordwes	39.09
3	Bruce, Skye	14	PembrokeDist	38.96
4	Edwards, Isabel	14	Swansea Aq	38.80
5	Cundy, Erin	17	Swansea Aq	38.82
6	Galdes-Cutting, Daisy	12	Haverfordwes	39.00
7	Li, Lucy Xinshi	13	Swansea Aq	39.20
8	Bissicks, Cari H	12	Swansea Aq	40.10

Heat 8 of 14 Finals

1	Williams, Efa	15	Neath	38.75
2	Stark, Tala	13	Fishguard	38.64
3	Martin, Phoebe O	13	Swansea Aq	38.61
4	Miles, Megan	15	Fishguard	37.85
5	Richardson, Beca	13	Swansea Aq	38.30
6	Hnoiana, Valentyna	11	Swansea Aq	38.63
7	Dash, Amelie	12	Milford Havn	38.70
8	Thompson, Freya	13	Haverfordwes	38.80

Heat 9 of 14 Finals

1	Marques-Jones, Neve	16	Amman Valley	37.51
2	Jenkins, Alexandra	14	Swansea Aq	36.00
3	Douglas, Fabiana	15	Carmarthen	35.21
4	Thomas, Rhian	15	Haverfordwes	35.07
5	Brown, Caitlin	16	Amman Valley	35.16
6	Perrott, Niamh	14	C Dolphins	35.62
7	Thomas, Medi A	15	Swansea Aq	36.66
8	Clissold, Bronwen	15	Tenby	37.84

Heat 10 of 14 Finals

1	Thomas, Abigail G	17	PembrokeDist	34.76
2	Lewis, Abigail	18	Neath	34.66
3	Selby, Cerys	17	Neath	34.60
4	Hurley, Sienna	13	Neath	34.48
5	Huws, Awen G	15	NexusValleys	34.58
6	Phillips, Ellie R	16	Haverfordwes	34.61
7	Hanna, Jazmine	15	Haverfordwes	34.70
8	James, Dempsey	17	Neath	34.91

Heat 11 of 14 Finals

1	Ley, Lucy	15	Swansea Aq	34.40
2	Gibbs, Harriet	15	Amman Valley	34.10
3	Clissold, Elizabeth	17	Tenby	33.61
4	Webb, Saskia	16	Haverfordwes	33.40
5	John, Holly	16	Haverfordwes	33.58
6	Hale, Chloe	17	Haverfordwes	33.73
7	Lythgoe, Manon H	14	Swansea Aq	34.30
8	Koo, Kathryn	14	Tenby	34.45

Heat 12 of 14 Finals

1	Thomas, Grace	16	Milford Havn	32.99
2	Sullivan, Katie L	16	Swansea Aq	32.80
3	Evans, Caitlin	17	Neath	32.59
4	Kovachev, Georgie	16	Fishguard	32.52
5	Williams, Hollie	16	Llanelli	32.57
6	Coffey, Cora-leigh K	13	Swansea Aq	32.64
7	Arnold, Lily	15	Milford Havn	32.99
8	Catling, Freya	15	C Dolphins	33.19

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Heat 13 Finals (#201 Girls 11 & Over 50 SC Meter Butterfly)

1	Turatto-Owen, Morgan L	17	Swansea Aq	32.40	___
2	Clapham, Rhiannon m	18	Fishguard	32.01	___
3	Gilligan, Gracie	16	Neath	31.75	___
4	Devonald, Niamh	16	Haverfordwes	31.20	___
5	David, Isabelle	16	Swansea Aq	31.40	___
6	Peter, Sophie	16	Swansea Aq	32.00	___
7	Smart, Charlotte E	16	Swansea Aq	32.30	___
8	Hatton-Ellis, Isabelle L	15	Swansea Aq	32.45	___

Heat 14 of 14 Finals

1	White, Eleanor R	17	Haverfordwes	30.70	___
2	Jones, Esyllt H	15	Carmarthen	30.22	___
3	Lewis, Rachael E	19	Fishguard	30.06	___
4	Lewis, Lowri	17	Neath	28.82	___
5	Owen, Gracie	15	Neath	29.79	___
6	Evans, Mali R	16	Swansea Aq	30.20	___
7	Morgan, Elen M	18	Aberystwyth	30.51	___
8	Geach, Libbie	14	Swansea Aq	31.00	___

Event 202 Boys 11 & Over 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 11 Finals

1					___
2	Cousins, Rory	11	Neath	42.78	___
3	Smith, Declan	12	Amman Valley	40.96	___
4	Noden, Rory	11	Milford Havn	39.26	___
5	Davies, Ellis V	12	Llanelli	39.28	___
6	Williams, Efan	11	Neath	41.31	___
7	Hughes, Freddy J	11	NexusValleys	44.52	___
8					___

Heat 2 of 11 Finals

1	Lewis, Iestyn	12	Haverfordwes	39.05	___
2	Lummis, Ralph J	12	NexusValleys	38.77	___
3	Davies, Tyler	12	Milford Havn	37.15	___
4	Lewis, Callum	14	Milford Havn	36.93	___
5	Peach, Henry	13	Haverfordwes	36.97	___
6	Evans, Rhys D	11	NexusValleys	37.21	___
7	Harwood, Jack	12	Haverfordwes	39.01	___
8	Gibbs, Jenson	12	Amman Valley	39.25	___

Heat 3 of 11 Finals

1	Beynon, Aaron	13	Fishguard	36.83	___
2	Harris, Toby	14	PembrokeDist	36.58	___
3	Davies, Gethin	14	Milford Havn	36.43	___
4	Griffiths, Lloyd	14	Haverfordwes	35.89	___
5	Hall, Ethan	14	Fishguard	35.91	___
6	Smith, Jacob	11	Haverfordwes	36.50	___
7	Santos, Liam	14	Milford Havn	36.82	___
8	Thomas, Rhys	13	Haverfordwes	36.90	___

Heat 4 of 11 Finals

1	Grugel, Sam	13	C Dolphins	34.59	___
2	Smith, Benjamin	14	Haverfordwes	34.47	___
3	Gouda, Ali	14	Haverfordwes	34.22	___
4	Williams, Thomas	13	Llanelli	33.24	___
5	Jones, Aaron	16	Aberystwyth	33.46	___
6	Elmes, Max	12	Carmarthen	34.36	___
7	Cleave, Ben	13	C Dolphins	34.56	___
8	Lewis, Ryan	14	Llanelli	35.04	___

Heat 5 of 11 Finals

1	Johns, Cody	14	Swansea Aq	32.83	___
2	Hedge, William	15	Swansea Aq	32.50	___
3	Cleave, Joshua	14	C Dolphins	31.98	___
4	Hnoianyi, Andrii	14	Swansea Aq	31.58	___
5	Phillips, Finley	13	Carmarthen	31.89	___
6	Backen, Henry	15	Fishguard	32.49	___
7	Marshall, Finley	14	Aberystwyth	32.75	___
8	Smedley, Jack	16	C Dolphins	33.24	___

Heat 6 of 11 Finals

1	Davies, Bradley	15	Llanelli	31.42	___
2	Griffiths, Harry	16	Haverfordwes	30.71	___
3	Belanger, Jayden	16	Milford Havn	30.67	___
4	Bruce, Finley	16	Tenby	30.55	___
5	Burt, Teyan	16	Llanelli	30.64	___
6	Harris, Osian	14	Fishguard	30.70	___
7	Phillips, Ioan	13	Neath	30.95	___
8	Song, Guangping	14	Swansea Aq	31.51	___

Heat 7 of 11 Finals

1	Willcox, Tristan	15	C Dolphins	30.22	___
2	Galbraith, Elian	14	Llanelli	30.07	___
3	Richards, Aled	16	C Dolphins	29.59	___
4	Thomson, Jacob	16	Haverfordwes	28.98	___
5	Porter, Sior	17	Carmarthen	29.03	___
6	Diouf, Kaden S	15	Swansea Aq	29.90	___
7	Hetherington, Trystan	14	Neath	30.15	___
8	Dallimore, Austin	14	Llanelli	30.53	___

Heat 8 of 11 Finals

1	Rogers, Logan A	17	Neath	28.72	___
2	Williams, Iestyn	16	Neath	28.69	___
3	Lloyd-Roberts, Rhys	16	Milford Havn	28.57	___
4	Morgan, Jack	16	PembrokeDist	28.40	___
5	West, Dexter	14	Fishguard	28.55	___
6	Douglas, Lucas	12	Carmarthen	28.58	___
7	Bruce, Jack	18	Tenby	28.71	___
8	Rukov, Ivan	16	Aberystwyth	28.81	___

Heat 9 of 11 Finals

1	Koriakovtsev, Illia	16	Swansea Aq	27.75	___
2	Williams, Corey B	17	Swansea Aq	27.50	___
3	Davies, Dominic	19	Llanelli	27.31	___
4	Jones, Joseph	17	Neath	27.14	___
5	Swinton, Christopher J	17	Swansea Aq	27.22	___
6	Fletcher, Owen	16	Haverfordwes	27.38	___
7	Jones, Garyn	18	Neath	27.56	___
8	Clarke, Henry	16	Swansea Aq	28.00	___

Heat 10 of 11 Finals

1	West, Zac	17	Fishguard	27.11	___
2	Fitzsimmons, Arron	19	PembrokeDist	26.91	___
3	Andrews, Rory	18	Haverfordwes	26.80	___
4	Montague, Mason	15	Haverfordwes	26.80	___
5	Hedge, Thomas	18	Swansea Aq	26.80	___
6	Sellick, Fenn	15	Swansea Aq	26.89	___
7	Gubb, Harvey	17	Neath	26.93	___
8	Richardson, Osian	15	Swansea Aq	27.13	___

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

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Heat 11 Finals (#202 Boys 11 & Over 50 SC Meter Freestyle)

1	Thomas, Daniel J	26	PembrokeDist	26.49	___
2	Bevan, Sion	24	PembrokeDist	25.88	___
3	Edwards, Sam	17	Neath	25.40	___
4	Prysor, Sami	16	Haverfordwes	25.20	___
5	Hillary, Benjamin	17	PembrokeDist	25.22	___
6	Montgomery, Sammy	15	Haverfordwes	25.70	___
7	Upton-Boorman, Liam	16	Carmarthen	26.13	___
8	Burkett, Maximus	18	Swansea Aq	26.71	___

Event 203 Girls 11 & Over 400 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1					___
2					___
3	Powell, Lottie	13	Swansea Aq	6:46.84	___
4	Dash, Amelie	12	Milford Havn	6:11.70	___
5	Edwards, Isabel	14	Swansea Aq	6:37.70	___
6					___
7					___
8					___

Heat 2 of 2 Finals

1					___
2	Griffiths, Cerys	13	Haverfordwes	6:01.44	___
3	Nichols, Grace	13	Haverfordwes	5:32.80	___
4	Owen, Gracie	15	Neath	5:10.96	___
5	Williams, Marys E	14	Swansea Aq	5:32.66	___
6	Catling, Freya	15	C Dolphins	5:53.67	___
7	Gilderdale, Celyn	15	Haverfordwes	6:05.15	___
8					___

Event 204 Boys 11 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1					___
2	Roberts-Truman, Harri	13	Neath	5:59.21	___
3	Williams, Thomas	13	Llanelli	5:26.70	___
4	Cleave, Joshua	14	C Dolphins	5:15.59	___
5	Galbraith, Elian	14	Llanelli	5:21.18	___
6	Phillips, Finley	13	Carmarthen	5:27.50	___
7	Evans, Rhys D	11	NexusValleys	6:04.71	___
8					___

Heat 2 of 2 Finals

1	Willis, Morgan M	17	Neath	4:50.17	___
2	Bennett, Finley	14	Haverfordwes	4:45.94	___
3	Montgomery, Sammy	15	Haverfordwes	4:37.00	___
4	Prysor, Sami	16	Haverfordwes	4:12.71	___
5	Fletcher, Owen	16	Haverfordwes	4:30.10	___
6	Davies, Dominic	19	Llanelli	4:41.09	___
7	Twigger, Owen	14	Swansea Aq	4:50.10	___
8	Bruce, Finley	16	Tenby	5:06.00	___

Event 205 Girls 11 & Over 100 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals

1					___
2					___
3	Rogers, Sadie	11	Neath	2:00.27	___
4	Lyseight-Jones, Indya	11	PembrokeDist	1:59.66	___
5	Sedgemore, Lola A	11	NexusValleys	2:00.24	___
6					___
7					___
8					___

Heat 2 of 8 Finals

1					___
2	Hnoiana, Valentyna	11	Swansea Aq	1:52.87	___
3	Filmer, Gwennan	11	Aberystwyth	1:50.27	___
4	Evans, Cadi R	11	Swansea Aq	1:47.51	___
5	Patterson, Hollie M	12	Carmarthen	1:49.73	___
6	Scully, Emersyn	12	Swansea Aq	1:52.04	___
7	Williams, Paige T	11	Swansea Aq	1:58.57	___
8					___

Heat 3 of 8 Finals

1	Mason, Phoebe	13	Haverfordwes	1:44.87	___
2	Fyfe, Nell	14	Haverfordwes	1:43.05	___
3	Thomas, Caitlyn	14	Neath	1:41.62	___
4	Hughes, Nancy J	14	NexusValleys	1:39.92	___
5	Griffiths, Gwenan M	13	Swansea Aq	1:40.04	___
6	Hughes, Mollie	12	C Dolphins	1:41.83	___
7	Collyer, Tirion B	12	Swansea Aq	1:44.00	___
8	Hall, Ellena	12	Fishguard	1:45.37	___

Heat 4 of 8 Finals

1	Pascoe, Lily R	15	NexusValleys	1:39.14	___
2	Scully, Freya A	16	Swansea Aq	1:37.99	___
3	Bissicks, Cari H	12	Swansea Aq	1:37.14	___
4	Giles, Seren M	13	NexusValleys	1:36.89	___
5	Beynon, Chloe	16	Fishguard	1:37.10	___
6	Galdes-Cutting, Daisy	12	Haverfordwes	1:37.92	___
7	Hall, Isabelle	12	Fishguard	1:38.80	___
8	Murphy, Alys	14	Haverfordwes	1:39.23	___

Heat 5 of 8 Finals

1	Hanna, Jazmine	15	Haverfordwes	1:36.42	___
2	Peach, Eliza M	15	Haverfordwes	1:35.64	___
3	Spychka, Sofiiia	15	Swansea Aq	1:35.03	___
4	Stark, Tala	13	Fishguard	1:33.84	___
5	Selby, Cerys	17	Neath	1:34.77	___
6	Lawler, Sadie	15	Neath	1:35.10	___
7	Hughes, Tirion H	12	Swansea Aq	1:36.16	___
8	Webb, Efa	13	Amman Valley	1:36.65	___

Heat 6 of 8 Finals

1	Lythgoe, Manon H	14	Swansea Aq	1:33.30	___
2	Knight, Lily	13	C Dolphins	1:32.65	___
3	Marsh, Nina	15	Milford Havn	1:30.99	___
4	James, Dempsey	17	Neath	1:29.45	___
5	Miles, Megan	15	Fishguard	1:30.98	___
6	Montague, Keira	14	Haverfordwes	1:31.07	___
7	Hurley, Sienna	13	Neath	1:33.19	___
8	Ostrowski, Julia	14	PembrokeDist	1:33.37	___

West Wales Regionals 2023 - 10/02/2023 to 12/02/2023**Meet Program - Session 2 - Warmup 8.00 - 9.00am****Heat 7 Finals (#205 Girls 11 & Over 100 SC Meter Breaststroke)**

1	O'Mahoney, Kaitlin	15	Neath	1:28.39	___
2	Owen, Kessie	15	Neath	1:23.97	___
3	John, Holly	16	Haverfordwes	1:23.11	___
4	Jones, Eryn	14	Neath	1:21.90	___
5	Phillips, Emily	15	Neath	1:22.50	___
6	White, Eleanor R	17	Haverfordwes	1:23.42	___
7	Williams, Hollie	16	Llanelli	1:24.19	___
8	Thomas, Abigail	18	Neath	1:29.11	___

Heat 8 of 8 Finals

1	Welsby, Lily-May	16	Aberystwyth	1:21.05	___
2	Evans, Caitlin	17	Neath	1:19.27	___
3	Gilligan, Gracie	16	Neath	1:18.91	___
4	Lewis, Rachael E	19	Fishguard	1:15.07	___
5	Lewis, Lowri	17	Neath	1:18.42	___
6	Phillips, Rhianna	18	Carmarthen	1:19.08	___
7	Gibbs, Harriet	15	Amman Valley	1:19.78	___
8	Lewis, Abigail	18	Neath	1:21.30	___