

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

Meet Program - Session 3 - Warmup 10.50 - 11.50am

Event 301 Boys 11 & Over 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1				_____
2	Gibbs, Jenson	12	Amman Valley	49.73 _____
3	Williams, Efan	11	Neath	47.87 _____
4	Lewis, Iestyn	12	Haverfordwes	46.63 _____
5	Lummis, Ralph J	12	NexusValleys	47.72 _____
6	Chapman, Henry	12	Carmarthen	47.87 _____
7				_____
8				_____

Heat 2 of 7 Finals

1	Smith, Jacob	11	Haverfordwes	45.40 _____
2	Davies, Tyler	12	Milford Havn	44.80 _____
3	Beynon, Aaron	13	Fishguard	44.25 _____
4	Gouda, Ali	14	Haverfordwes	41.32 _____
5	Thomas, Rhys	13	Haverfordwes	41.40 _____
6	Davies, Ellis V	12	Llanelli	44.28 _____
7	Noden, Rory	11	Milford Havn	44.94 _____
8	Harwood, Jack	12	Haverfordwes	45.91 _____

Heat 3 of 7 Finals

1	Morgan, Ben	14	PembrokeDist	40.47 _____
2	Smith, Benjamin	14	Haverfordwes	40.00 _____
3	Williams, Iestyn	16	Neath	38.35 _____
4	Belanger, Jayden	16	Milford Havn	37.98 _____
5	Griffiths, Harry	16	Haverfordwes	38.31 _____
6	Hetherington, Trystan	14	Neath	39.18 _____
7	Jones, Jack	14	Tenby	40.36 _____
8	Elmes, Max	12	Carmarthen	40.89 _____

Heat 4 of 7 Finals

1	Davies, Bradley	15	Llanelli	37.81 _____
2	Hedge, William	15	Swansea Aq	36.02 _____
3	Dallimore, Austin	14	Llanelli	35.68 _____
4	Johns, Cody	14	Swansea Aq	35.21 _____
5	Galbraith, Elian	14	Llanelli	35.27 _____
6	Thomson, Jacob	16	Haverfordwes	35.89 _____
7	Porter, Sior	17	Carmarthen	36.40 _____
8	Marshall, Finley	14	Aberystwyth	37.98 _____

Heat 5 of 7 Finals

1	Thomas, Iolo	13	Neath	35.19 _____
2	Lloyd-Roberts, Rhys	16	Milford Havn	34.95 _____
3	Douglas, Lucas	12	Carmarthen	34.55 _____
4	Diouf, Kaden S	15	Swansea Aq	34.44 _____
5	Morgan, Jack	16	PembrokeDist	34.52 _____
6	Hedge, Thomas	18	Swansea Aq	34.76 _____
7	Harris, Osian	14	Fishguard	35.07 _____
8	Rogers, Logan A	17	Neath	35.19 _____

Heat 6 of 7 Finals

1	Richards, Aled	16	C Dolphins	33.34 _____
2	Koriakovtsev, Illia	16	Swansea Aq	32.41 _____
3	Richardson, Osian	15	Swansea Aq	31.88 _____
4	West, Dexter	14	Fishguard	31.21 _____
5	Davies, Dominic	19	Llanelli	31.48 _____
6	Twigger, Owen	14	Swansea Aq	32.28 _____
7	Rukov, Ivan	16	Aberystwyth	33.33 _____
8	Jones, Garyn	18	Neath	33.85 _____

Heat 7 of 7 Finals

1	Fitzsimmons, Arron	19	PembrokeDist	31.00 _____
2	Upton-Boorman, Liam	16	Carmarthen	30.08 _____
3	Burkett, Maximus	18	Swansea Aq	29.47 _____
4	Montgomery, Sammy	15	Haverfordwes	28.38 _____
5	West, Zac	17	Fishguard	28.44 _____
6	Thomas, Daniel J	26	PembrokeDist	29.49 _____
7	Jones, Joseph	17	Neath	30.46 _____
8	Montague, Mason	15	Haverfordwes	31.20 _____

Event 302 Girls 11 & Over 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1	Williams, Paige T	11	Swansea Aq	3:23.84 _____
2	Williams, Annabelle	14	Aberystwyth	3:14.63 _____
3	Taffetsauffer, Isabella	12	Llanelli	3:12.88 _____
4	Moseley, Sophie	17	PembrokeDist	3:06.07 _____
5	Montague, Keira	14	Haverfordwes	3:10.90 _____
6	Hanna, Shelby	14	Haverfordwes	3:13.98 _____
7	Morgan, Evelyn	12	Llanelli	3:20.50 _____
8	McFarlane, Una	12	Milford Havn	3:27.79 _____

Heat 2 of 5 Finals

1	Thompson, Freya	13	Haverfordwes	3:05.08 _____
2	Thomas, Nikita	14	Llanelli	3:00.94 _____
3	Holmes, Seren	14	Neath	2:59.83 _____
4	Clissold, Bronwen	15	Tenby	2:56.19 _____
5	Chapman, Olivia	13	Swansea Aq	2:58.19 _____
6	Marsh, Nina	15	Milford Havn	3:00.03 _____
7	Green, Matilda	14	Haverfordwes	3:01.91 _____
8	Scully, Freya A	16	Swansea Aq	3:05.97 _____

Heat 3 of 5 Finals

1	Miles, Megan	15	Fishguard	2:53.94 _____
2	Cressey-Rodgers, Gwenllian	13	Carmarthen	2:53.52 _____
3	Black, Hollie M	14	Swansea Aq	2:48.44 _____
4	Gilderdale, Celyn	15	Haverfordwes	2:46.18 _____
5	Marques-Jones, Neve	16	Amman Valley	2:48.03 _____
6	Bruce, Skye	14	PembrokeDist	2:50.22 _____
7	Phelps, Lucy	17	Neath	2:53.85 _____
8	Lythgoe, Manon H	14	Swansea Aq	2:55.09 _____

Heat 4 of 5 Finals

1	Koo, Kathryn	14	Tenby	2:45.93 _____
2	Geach, Libbie	14	Swansea Aq	2:45.62 _____
3	Griffiths, Cerys	13	Haverfordwes	2:42.62 _____
4	Woodward, Angharad	15	Neath	2:40.66 _____
5	Arnold, Jessica R	13	Swansea Aq	2:40.72 _____
6	Hanna, Jazmine	15	Haverfordwes	2:42.90 _____
7	Philpott, Ffion	14	Llanelli	2:45.67 _____
8	Dash, Amelie	12	Milford Havn	2:46.07 _____

Heat 5 of 5 Finals

1	Thomas, Rhian	15	Haverfordwes	2:35.38 _____
2	Cleave, Mia	16	C Dolphins	2:30.82 _____
3	Nichols, Grace	13	Haverfordwes	2:24.91 _____
4	Evans, Bethan	18	Neath	2:21.28 _____
5	Hatton-Ellis, Isabelle L	15	Swansea Aq	2:23.60 _____
6	Smart, Charlotte E	16	Swansea Aq	2:28.20 _____
7	Evans, Mali R	16	Swansea Aq	2:31.63 _____
8	Webb, Saskia	16	Haverfordwes	2:38.58 _____

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

Meet Program - Session 3 - Warmup 10.50 - 11.50am

Event 303 Boys 11 & Over 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1				—
2				—
3	Smith, Jacob	11	Haverfordwes	3:40.56
4	Harwood, Jack	12	Haverfordwes	3:22.34
5	Smudzinski, Max M	11	Swansea Aq	3:38.90
6				—
7				—
8				—

Heat 2 of 5 Finals

1				—
2	Williams, Thomas	13	Llanelli	3:02.71
3	Galbraith, Elian	14	Llanelli	2:58.12
4	Hnoiany, Andrii	14	Swansea Aq	2:57.18
5	Dallimore, Austin	14	Llanelli	2:57.86
6	Marshall, Finley	14	Aberystwyth	3:02.60
7	Elmes, Max	12	Carmarthen	3:21.91
8				—

Heat 3 of 5 Finals

1	Thomas, Iolo	13	Neath	2:53.10
2	Harris, Osian	14	Fishguard	2:51.51
3	Douglas, Lucas	12	Carmarthen	2:49.79
4	Bennett, Finley	14	Haverfordwes	2:41.10
5	Diouf, Kaden S	15	Swansea Aq	2:45.47
6	Rukov, Ivan	16	Aberystwyth	2:50.76
7	Belanger, Jayden	16	Milford Havn	2:51.70
8	Burt, Teyan	16	Llanelli	2:54.34

Heat 4 of 5 Finals

1	Morgan, Jack	16	PembrokeDist	2:40.21
2	Williams, Corey B	17	Swansea Aq	2:38.58
3	Clarke, Henry	16	Swansea Aq	2:36.52
4	Edwards, Sam	17	Neath	2:30.11
5	Swinton, Christopher J	17	Swansea Aq	2:35.66
6	Porter, Sior	17	Carmarthen	2:37.61
7	Koriakovtsev, Illia	16	Swansea Aq	2:39.00
8	Phillips, Finley	13	Carmarthen	2:40.74

Heat 5 of 5 Finals

1	West, Dexter	14	Fishguard	2:28.50
2	Thomas, Rhys A	18	Swansea Aq	2:26.56
3	Montague, Mason	15	Haverfordwes	2:22.76
4	Prysor, Sami	16	Haverfordwes	2:16.73
5	Burkett, Maximus	18	Swansea Aq	2:18.99
6	Gubb, Harvey	17	Neath	2:25.25
7	Sellick, Fenn	15	Swansea Aq	2:28.35
8	Fletcher, Owen	16	Haverfordwes	2:28.60

Event 304 Girls 11 & Over 100 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 17 Finals

1				—
2				—
3	O'Connell, Cari F	11	NexusValleys	1:35.60
4	Jenkins, Elli	12	Swansea Aq	1:30.50
5	Kenny, Jemima	12	Milford Havn	1:32.49
6				—
7				—
8				—

Heat 2 of 17 Finals

1	Graham, Fallon	11	Tenby	1:30.23
2	McFarlane, Una	12	Milford Havn	1:29.22
3	Doncaster, Lily S	13	Haverfordwes	1:28.16
4	Puglia-Walburg, Penelope	12	Haverfordwes	1:27.82
5	Williams, Paige T	11	Swansea Aq	1:27.89
6	Kasto, Evie T	12	Swansea Aq	1:28.19
7	Lyseight-Jones, Indya	11	PembrokeDist	1:29.95
8	Scully, Emersyn	12	Swansea Aq	1:30.37

Heat 3 of 17 Finals

1	Williams, Sophie	12	Neath	1:27.19
2	Morgan, Evelyn	12	Llanelli	1:27.02
3	Wells, Iris	12	C Dolphins	1:26.87
4	Griffiths, Ffion	12	Tenby	1:24.54
5	Bowen, Seren E	13	Carmarthen	1:24.96
6	Hnoiana, Valentyna	11	Swansea Aq	1:27.00
7	Summerfield, Lucy	11	Llanelli	1:27.09
8	Evans, Cadi R	11	Swansea Aq	1:27.37

Heat 4 of 17 Finals

1	Hughes, Mollie	12	C Dolphins	1:24.10
2	Hall, Isabelle	12	Fishguard	1:21.87
3	Sedgemore, Lola A	11	NexusValleys	1:21.62
4	Green, Ellie	15	Haverfordwes	1:21.01
5	Chapman, Olivia	13	Swansea Aq	1:21.03
6	John, Annabel	14	PembrokeDist	1:21.63
7	Powell, Lottie	13	Swansea Aq	1:22.32
8	Davies, Erin	12	C Dolphins	1:24.36

Heat 5 of 17 Finals

1	Lord, Fleur	16	PembrokeDist	1:20.82
2	Richardson, Beca	13	Swansea Aq	1:20.63
3	Harwood, Amelia	16	Haverfordwes	1:20.07
4	Jones, Hunydd	12	Carmarthen	1:19.77
5	Wilcockson, Alys	13	Aberystwyth	1:19.78
6	Murphy, Alys	14	Haverfordwes	1:20.58
7	Knight, Cerys	14	Haverfordwes	1:20.71
8	Martin, Phoebe O	13	Swansea Aq	1:21.00

Heat 6 of 17 Finals

1	Mason, Phoebe	13	Haverfordwes	1:19.29
2	Moseley, Sophie	17	PembrokeDist	1:19.11
3	Morgan, Lily	13	Tenby	1:18.93
4	Harris, Lili	16	Carmarthen	1:18.81
5	Davies, Lowri	15	C Dolphins	1:18.88
6	Richards, Amber	14	C Dolphins	1:18.99
7	Hall, Ellena	12	Fishguard	1:19.20
8	Macy, Peni	14	Aberystwyth	1:19.45

Heat 7 of 17 Finals

1	Hanna, Shelby	14	Haverfordwes	1:18.37
2	Page, Jessica	13	Tenby	1:18.00
3	Pascoe, Lily R	15	NexusValleys	1:17.44
4	Peach, Eliza M	15	Haverfordwes	1:17.05
5	Dafydd, Mali	13	Fishguard	1:17.14
6	Thomas, Caitlyn	14	Neath	1:17.96
7	Williams, Annabelle	14	Aberystwyth	1:18.22
8	Knight, Lily	13	C Dolphins	1:18.41

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

Meet Program - Session 3 - Warmup 10.50 - 11.50am

Heat 8 Finals (#304 Girls 11 & Over 100 SC Meter Freestyle)

1	O'Connell, Cerys E	15	NexusValleys	1:16.65	___
2	Lawler, Sadie	15	Neath	1:16.25	___
3	Griffiths, Amelia	13	Fishguard	1:15.56	___
4	Stark, Tala	13	Fishguard	1:14.92	___
5	Bissicks, Cari H	12	Swansea Aq	1:15.14	___
6	Hughes, Nancy J	14	NexusValleys	1:15.92	___
7	Puglia-Walburg, Alessia	16	Haverfordwes	1:16.40	___
8	Thompson, Freya	13	Haverfordwes	1:16.73	___

Heat 9 of 17 Finals

1	Spychka, Sofiia	15	Swansea Aq	1:14.48	___
2	Bruce, Skye	14	PembrokeDist	1:13.55	___
3	David, Ava G	13	Swansea Aq	1:12.99	___
4	Marques-Jones, Neve	16	Amman Valley	1:12.72	___
5	Cressey-Rodgers, Gwenllian	13	Carmarthen	1:12.73	___
6	Davies, Amelia F	13	Swansea Aq	1:13.35	___
7	Edwards, Isabel	14	Swansea Aq	1:14.16	___
8	Hughes, Tirion H	12	Swansea Aq	1:14.49	___

Heat 10 of 17 Finals

1	Edwards (New), Izzy	16	Swansea Aq	1:12.50	___
2	Burns, Freya	12	Swansea Aq	1:12.20	___
3	Thomas, Nikita	14	Llanelli	1:11.75	___
4	Clissold, Bronwen	15	Tenby	1:11.06	___
5	Cooper, Megan	15	Neath	1:11.57	___
6	Lythgoe, Manon H	14	Swansea Aq	1:11.96	___
7	Green, Matilda	14	Haverfordwes	1:12.25	___
8	Thomas, Medi A	15	Swansea Aq	1:12.57	___

Heat 11 of 17 Finals

1	James, Dempsey	17	Neath	1:10.90	___
2	Perrott, Niamh	14	C Dolphins	1:10.37	___
3	Devonald, Niamh	16	Haverfordwes	1:10.00	___
4	Philpott, Ffion	14	Llanelli	1:09.95	___
5	Thomas, Abigail G	17	PembrokeDist	1:09.96	___
6	Douglas, Fabiana	15	Carmarthen	1:10.15	___
7	Ostrowski, Julia	14	PembrokeDist	1:10.49	___
8	Webb, Efa	13	Amman Valley	1:10.93	___

Heat 12 of 17 Finals

1	Selby, Cerys	17	Neath	1:08.64	___
2	Thomas, Rhian	15	Haverfordwes	1:08.10	___
3	Hanna, Jazmine	15	Haverfordwes	1:08.06	___
4	Peter, Sophie	16	Swansea Aq	1:07.77	___
5	Cundy, Erin	17	Swansea Aq	1:07.92	___
6	Koo, Kathryn	14	Tenby	1:08.08	___
7	Owens, Annie	16	Neath	1:08.56	___
8	Jones, Eryn	14	Neath	1:09.15	___

Heat 13 of 17 Finals

1	Hurley, Sienna	13	Neath	1:07.66	___
2	Galdes-Cutting, Daisy	12	Haverfordwes	1:07.17	___
3	Ley, Lucy	15	Swansea Aq	1:06.90	___
4	Huws, Awen G	15	NexusValleys	1:06.73	___
5	Coffey, Cora-leigh K	13	Swansea Aq	1:06.77	___
6	Evans, Caitlin	17	Neath	1:07.02	___
7	Kovachev, Georgie	16	Fishguard	1:07.20	___
8	Black, Hollie M	14	Swansea Aq	1:07.75	___

Heat 14 of 17 Finals

1	Owen, Kessie	15	Neath	1:06.54	___
2	Arnold, Lily	15	Milford Havn	1:06.12	___
3	Williams, Marys E	14	Swansea Aq	1:05.70	___
4	Lewis, Abigail	18	Neath	1:05.14	___
5	Woodward, Angharad	15	Neath	1:05.20	___
6	Sullivan, Katie L	16	Swansea Aq	1:05.70	___
7	Davies, Rhian	16	Swansea Aq	1:06.13	___
8	John, Holly	16	Haverfordwes	1:06.70	___

Heat 15 of 17 Finals

1	David, Isabelle	16	Swansea Aq	1:05.07	___
2	Phillips, Rhianna	18	Carmarthen	1:04.99	___
3	Thomas, Grace	16	Milford Havn	1:04.73	___
4	Clissold, Elizabeth	17	Tenby	1:04.55	___
5	Griffiths, Cerys	13	Haverfordwes	1:04.63	___
6	Gilligan, Gracie	16	Neath	1:04.78	___
7	White, Eleanor R	17	Haverfordwes	1:05.07	___
8	Brown, Caitlin	16	Amman Valley	1:05.08	___

Heat 16 of 17 Finals

1	Gilderdale, Celyn	15	Haverfordwes	1:04.40	___
2	Williams, Hollie	16	Llanelli	1:04.00	___
3	Clapham, Rhiannon m	18	Fishguard	1:03.73	___
4	Lewis, Rachael E	19	Fishguard	1:03.12	___
5	Gibbs, Harriet	15	Amman Valley	1:03.41	___
6	Welsby, Lily-May	16	Aberystwyth	1:03.85	___
7	Turatto-Owen, Morgan L	17	Swansea Aq	1:04.40	___
8	Webb, Saskia	16	Haverfordwes	1:04.47	___

Heat 17 of 17 Finals

1	Morgan, Elen M	18	Aberystwyth	1:02.90	___
2	Owen, Gracie	15	Neath	1:01.37	___
3	Jones, Eyllt H	15	Carmarthen	1:00.81	___
4	Tucker, Holly	15	Swansea Aq	59.90	___
5	Geach, Libbie	14	Swansea Aq	1:00.64	___
6	Lewis, Lowri	17	Neath	1:00.95	___
7	Evans, Caitlin R	19	Swansea Aq	1:01.46	___
8	O'Mahoney, Kaitlin	15	Neath	1:02.94	___

Event 305 Boys 11 & Over 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1					___
2	Richardson, Osian	15	Swansea Aq	2:55.20	___
3	Cressey-Rodgers, Huw	16	Carmarthen	2:27.80	___
4	Prysor, Sami	16	Haverfordwes	2:10.99	___
5	Andrews, Rory	18	Haverfordwes	2:22.03	___
6	Fletcher, Owen	16	Haverfordwes	2:33.80	___
7					___
8					___