

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

Meet Program - Session 4 - Warmup 1.45 - 2.45pm

Event 401 Girls 11 & Over 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals				
1				___
2				___
3	Sedgemore, Lola A	11	NexusValleys	1:43.95 ___
4	Galdes-Cutting, Daisy	12	Haverfordwes	1:34.28 ___
5	Summerfield, Lucy	11	Llanelli	1:41.65 ___
6				___
7				___
8				___
Heat 2 of 6 Finals				
1	Powell, Lottie	13	Swansea Aq	1:33.67 ___
2	Cressey-Rodgers, Gwenllian	13	Carmarthen	1:33.30 ___
3	Stark, Tala	13	Fishguard	1:32.26 ___
4	Thomas, Rhian	15	Haverfordwes	1:25.44 ___
5	Dash, Amelie	12	Milford Havn	1:30.68 ___
6	Thompson, Freya	13	Haverfordwes	1:32.54 ___
7	Richardson, Beca	13	Swansea Aq	1:33.57 ___
8				___
Heat 3 of 6 Finals				
1	Perrott, Niamh	14	C Dolphins	1:24.34 ___
2	Hurley, Sienna	13	Neath	1:23.37 ___
3	Griffiths, Cerys	13	Haverfordwes	1:19.45 ___
4	Arnold, Lily	15	Milford Havn	1:18.55 ___
5	Selby, Cerys	17	Neath	1:18.94 ___
6	David, Ava G	13	Swansea Aq	1:20.33 ___
7	Thomas, Abigail G	17	PembrokeDist	1:23.66 ___
8	Cooper, Megan	15	Neath	1:25.13 ___
Heat 4 of 6 Finals				
1	Hanna, Jazmine	15	Haverfordwes	1:18.17 ___
2	Huws, Awen G	15	NexusValleys	1:17.57 ___
3	Sullivan, Katie L	16	Swansea Aq	1:16.10 ___
4	Devonald, Niamh	16	Haverfordwes	1:15.00 ___
5	Catling, Freya	15	C Dolphins	1:15.11 ___
6	Jones, Eryn	14	Neath	1:16.63 ___
7	Williams, Marys E	14	Swansea Aq	1:18.05 ___
8	Turatto-Owen, Morgan L	17	Swansea Aq	1:18.18 ___
Heat 5 of 6 Finals				
1	Coffey, Cora-leigh K	13	Swansea Aq	1:14.56 ___
2	Webb, Saskia	16	Haverfordwes	1:13.40 ___
3	Gilligan, Gracie	16	Neath	1:13.06 ___
4	David, Isabelle	16	Swansea Aq	1:12.30 ___
5	Smart, Charlotte E	16	Swansea Aq	1:12.48 ___
6	Peter, Sophie	16	Swansea Aq	1:13.28 ___
7	Kovachev, Georgie	16	Fishguard	1:14.38 ___
8	Thomas, Grace	16	Milford Havn	1:14.62 ___
Heat 6 of 6 Finals				
1	Morgan, Elen M	18	Aberystwyth	1:11.29 ___
2	Lewis, Rachael E	19	Fishguard	1:08.61 ___
3	Tucker, Holly	15	Swansea Aq	1:07.58 ___
4	Lewis, Lowri	17	Neath	1:04.58 ___
5	Owen, Gracie	15	Neath	1:07.31 ___
6	Jones, Esyllt H	15	Carmarthen	1:08.38 ___
7	Geach, Libbie	14	Swansea Aq	1:09.01 ___
8	White, Eleanor R	17	Haverfordwes	1:11.50 ___

Event 402 Boys 11 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Hall, Ethan	14	Fishguard	3:24.03 ___
2	Harris, Osian	14	Fishguard	3:21.08 ___
3	Belanger, Jayden	16	Milford Havn	3:08.40 ___
4	Richardson, Osian	15	Swansea Aq	3:00.40 ___
5	Porter, Sior	17	Carmarthen	3:01.76 ___
6	Phillips, Ioan	13	Neath	3:11.26 ___
7	Davies, Gethin	14	Milford Havn	3:21.49 ___
8	Thomas, Rhys	13	Haverfordwes	3:35.87 ___
Heat 2 of 2 Finals				
1	Phillips, Finley	13	Carmarthen	2:52.33 ___
2	West, Dexter	14	Fishguard	2:51.09 ___
3	Burkett, Maximus	18	Swansea Aq	2:45.76 ___
4	Montague, Mason	15	Haverfordwes	2:42.69 ___
5	Cressey-Rodgers, Huw	16	Carmarthen	2:42.73 ___
6	Clarke, Henry	16	Swansea Aq	2:46.62 ___
7	Song, Guangping	14	Swansea Aq	2:52.16 ___
8	Bennett, Finley	14	Haverfordwes	2:56.75 ___

Event 403 Girls 11 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 11 Finals				
1				___
2	Percival, Bella	11	C Dolphins	1:50.17 ___
3	McFarlane, Una	12	Milford Havn	1:43.20 ___
4	Lyseight-Jones, Indya	11	PembrokeDist	1:43.06 ___
5	Thomas, Leah	12	Haverfordwes	1:43.13 ___
6	Jenkins, Isabella	11	Llanelli	1:45.16 ___
7				___
8				___
Heat 2 of 11 Finals				
1	Morgan, Gwerfyl	12	Aberystwyth	1:42.91 ___
2	Morgan, Evelyn	12	Llanelli	1:41.19 ___
3	Kasto, Evie T	12	Swansea Aq	1:36.74 ___
4	Hall, Isabelle	12	Fishguard	1:34.49 ___
5	Williams, Paige T	11	Swansea Aq	1:36.38 ___
6	Wells, Iris	12	C Dolphins	1:41.18 ___
7	Jenkins, Elli	12	Swansea Aq	1:41.45 ___
8	Graham, Fallon	11	Tenby	1:42.91 ___
Heat 3 of 11 Finals				
1	Taffetsauffer, Isabella	12	Llanelli	1:32.04 ___
2	Macy, Peni	14	Aberystwyth	1:30.67 ___
3	Hanna, Shelby	14	Haverfordwes	1:29.55 ___
4	Griffiths, Amelia	13	Fishguard	1:28.41 ___
5	O'Connell, Cerys E	15	NexusValleys	1:28.84 ___
6	Peach, Eliza M	15	Haverfordwes	1:29.65 ___
7	Morgan, Lily	13	Tenby	1:31.75 ___
8	Jones, Hunydd	12	Carmarthen	1:32.82 ___
Heat 4 of 11 Finals				
1	Hughes, Tirion H	12	Swansea Aq	1:28.07 ___
2	Green, Matilda	14	Haverfordwes	1:27.39 ___
3	Griffiths, Gwenan M	13	Swansea Aq	1:27.01 ___
4	Li, Lucy Xinshi	13	Swansea Aq	1:26.67 ___
5	Page, Jessica	13	Tenby	1:27.00 ___
6	Williams, Annabelle	14	Aberystwyth	1:27.21 ___
7	Bissicks, Cari H	12	Swansea Aq	1:27.90 ___
8	Thompson, Freya	13	Haverfordwes	1:28.16 ___

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

Meet Program - Session 4 - Warmup 1.45 - 2.45pm

Heat 5 Finals (#403 Girls 11 & Over 100 SC Meter Backstroke)

1	Richardson, Beca	13	Swansea Aq	1:26.18	___
2	Harwood, Amelia	16	Haverfordwes	1:25.47	___
3	Davies, Amelia F	13	Swansea Aq	1:25.34	___
4	Jenkins, Alexandra	14	Swansea Aq	1:24.77	___
5	Montague, Keira	14	Haverfordwes	1:25.07	___
6	Lythgoe, Manon H	14	Swansea Aq	1:25.40	___
7	Martin, Phoebe O	13	Swansea Aq	1:25.49	___
8	Hughes, Nancy J	14	NexusValleys	1:26.24	___

Heat 6 of 11 Finals

1	Phelps, Lucy	17	Neath	1:24.14	___
2	Burns, Freya	12	Swansea Aq	1:23.55	___
3	Holmes, Seren	14	Neath	1:22.67	___
4	David, Ava G	13	Swansea Aq	1:22.37	___
5	Galdes-Cutting, Daisy	12	Haverfordwes	1:22.60	___
6	Edwards, Isabel	14	Swansea Aq	1:23.48	___
7	Clissold, Bronwen	15	Tenby	1:23.76	___
8	Chapman, Olivia	13	Swansea Aq	1:24.38	___

Heat 7 of 11 Finals

1	Upton-Boorman, Isabella	13	Carmarthen	1:22.08	___
2	Miles, Megan	15	Fishguard	1:21.56	___
3	Perrott, Niamh	14	C Dolphins	1:21.25	___
4	Dash, Amelie	12	Milford Havn	1:21.06	___
5	Collyer, Tirion B	12	Swansea Aq	1:21.12	___
6	Edwards (New), Izzy	16	Swansea Aq	1:21.32	___
7	Thomas, Nikita	14	Llanelli	1:22.03	___
8	Gibbs, Harriet	15	Amman Valley	1:22.19	___

Heat 8 of 11 Finals

1	Lawler, Sadie	15	Neath	1:20.38	___
2	Clissold, Elizabeth	17	Tenby	1:18.63	___
3	Bruce, Skye	14	PembrokeDist	1:18.41	___
4	Catling, Freya	15	C Dolphins	1:17.64	___
5	Philpott, Ffion	14	Llanelli	1:17.80	___
6	John, Holly	16	Haverfordwes	1:18.61	___
7	Koo, Kathryn	14	Tenby	1:19.39	___
8	Cressey-Rodgers, Gwenllian	13	Carmarthen	1:20.93	___

Heat 9 of 11 Finals

1	Welsby, Lily-May	16	Aberystwyth	1:17.31	___
2	Thomas, Grace	16	Milford Havn	1:17.13	___
3	Arnold, Jessica R	13	Swansea Aq	1:15.74	___
4	Evans, Caitlin	17	Neath	1:15.10	___
5	O'Mahoney, Kaitlin	15	Neath	1:15.38	___
6	Black, Hollie M	14	Swansea Aq	1:16.37	___
7	Hanna, Jazmine	15	Haverfordwes	1:17.24	___
8	Gilderdale, Celyn	15	Haverfordwes	1:17.50	___

Heat 10 of 11 Finals

1	Thomas, Rhian	15	Haverfordwes	1:14.71	___
2	Geach, Libbie	14	Swansea Aq	1:14.50	___
3	Webb, Saskia	16	Haverfordwes	1:14.19	___
4	Clapham, Rhiannon m	18	Fishguard	1:13.12	___
5	Lewis, Abigail	18	Neath	1:13.68	___
6	Woodward, Angharad	15	Neath	1:14.38	___
7	Peter, Sophie	16	Swansea Aq	1:14.70	___
8	Morgan, Elen M	18	Aberystwyth	1:14.85	___

Heat 11 of 11 Finals

1	Gilligan, Gracie	16	Neath	1:10.93	___
2	Smart, Charlotte E	16	Swansea Aq	1:09.23	___
3	Hatton-Ellis, Isabelle L	15	Swansea Aq	1:07.40	___
4	Evans, Bethan	18	Neath	1:05.51	___
5	Nichols, Grace	13	Haverfordwes	1:06.27	___
6	Evans, Caitlin R	19	Swansea Aq	1:08.62	___
7	Evans, Mali R	16	Swansea Aq	1:09.90	___
8	Cleave, Mia	16	C Dolphins	1:11.40	___

Event 404 Boys 11 & Over 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1					___
2					___
3	Smudzinski, Max M	11	Swansea Aq	3:11.55	___
4	Lewis, Iestyn	12	Haverfordwes	3:07.42	___
5	Smith, Jacob	11	Haverfordwes	3:08.26	___
6					___
7					___
8					___

Heat 2 of 5 Finals

1					___
2	Evans, Rhys D	11	NexusValleys	3:02.53	___
3	Smith, Benjamin	14	Haverfordwes	2:49.45	___
4	Cleave, Ben	13	C Dolphins	2:45.37	___
5	Roberts-Truman, Harri	13	Neath	2:46.24	___
6	Elmes, Max	12	Carmarthen	2:52.19	___
7	Harwood, Jack	12	Haverfordwes	3:03.54	___
8					___

Heat 3 of 5 Finals

1	Grugel, Sam	13	C Dolphins	2:38.37	___
2	Williams, Thomas	13	Llanelli	2:34.41	___
3	Rukov, Ivan	16	Aberystwyth	2:30.33	___
4	Hetherington, Trystan	14	Neath	2:29.95	___
5	Galbraith, Elian	14	Llanelli	2:30.16	___
6	Douglas, Lucas	12	Carmarthen	2:30.63	___
7	Morgan, Ben	14	PembrokeDist	2:38.29	___
8	Hnoianyi, Andrii	14	Swansea Aq	2:39.63	___

Heat 4 of 5 Finals

1	Burt, Teyan	16	Llanelli	2:27.29	___
2	Bennett, Finley	14	Haverfordwes	2:24.40	___
3	West, Dexter	14	Fishguard	2:23.21	___
4	Jones, Joseph	17	Neath	2:12.45	___
5	Willis, Morgan M	17	Neath	2:15.05	___
6	Thomas, Iolo	13	Neath	2:23.83	___
7	Cleave, Joshua	14	C Dolphins	2:27.04	___
8	Williams, Corey B	17	Swansea Aq	2:29.78	___

Heat 5 of 5 Finals

1	Fletcher, Owen	16	Haverfordwes	2:09.03	___
2	Edwards, Sam	17	Neath	2:08.06	___
3	Montague, Mason	15	Haverfordwes	2:06.99	___
4	Prysor, Sami	16	Haverfordwes	1:58.81	___
5	Upton-Boorman, Liam	16	Carmarthen	2:05.51	___
6	Gubb, Harvey	17	Neath	2:07.66	___
7	Montgomery, Sammy	15	Haverfordwes	2:08.28	___
8	Sellick, Fenn	15	Swansea Aq	2:10.36	___

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

Meet Program - Session 4 - Warmup 1.45 - 2.45pm

Event 405 Girls 11 & Over 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 16 Finals

1				—
2				—
3	Leane, Megan	11	Haverfordwes	1:02.80
4	Davies, Betsi	11	Fishguard	1:01.88
5	Jenkins, Isabella	11	Llanelli	1:02.67
6				—
7				—
8				—

Heat 2 of 16 Finals

1	Powell, Nina	11	Fishguard	1:01.68
2	David, Emily	12	Haverfordwes	1:00.46
3	Thomas, Leah	12	Haverfordwes	1:00.00
4	Morgan, Gwerfyl	12	Aberystwyth	58.85
5	Massey, Mia	11	C Dolphins	59.65
6	May, Gwen A	11	NexusValleys	1:00.00
7	Goss, Lucia	11	C Dolphins	1:01.29
8				—

Heat 3 of 16 Finals

1	O'Connell, Cari F	11	NexusValleys	58.15
2	McFarlane, Una	12	Milford Havn	57.82
3	Couzens, Sibylla	12	Fishguard	57.31
4	Dyde, Pheobe	11	PembrokeDist	57.22
5	Lewis, Martha F	12	Carmarthen	57.28
6	Stevens, Alice	11	C Dolphins	57.62
7	Graham, Fallon	11	Tenby	58.08
8	Ellis, Eve	11	C Dolphins	58.25

Heat 4 of 16 Finals

1	Howell, Sophie	12	Haverfordwes	56.31
2	Patterson, Hollie M	12	Carmarthen	56.06
3	Williams, Ffion	14	Milford Havn	55.78
4	Doncaster, Lily S	13	Haverfordwes	55.33
5	Kasto, Evie T	12	Swansea Aq	55.51
6	Wells, Iris	12	C Dolphins	55.93
7	Williams, Paige T	11	Swansea Aq	56.24
8	Kenny, Jemima	12	Milford Havn	56.87

Heat 5 of 16 Finals

1	Davies, Erin	12	C Dolphins	54.66
2	Bowen, Seren E	13	Carmarthen	54.10
3	Penfold, Freya	13	Fishguard	54.04
4	Lyseight-Jones, Indya	11	PembrokeDist	53.82
5	Percival, Bella	11	C Dolphins	54.01
6	Kaill-Franks, Nia	12	Fishguard	54.07
7	Edwards, Ffion	12	Swansea Aq	54.48
8	Penfold, Robyn	13	Fishguard	55.24

Heat 6 of 16 Finals

1	Chapman, Olivia	13	Swansea Aq	53.10
2	Rogers, Sadie	11	Neath	52.50
3	Wilcockson, Alys	13	Aberystwyth	52.27
4	Knight, Cerys	14	Haverfordwes	50.85
5	Scully, Emersyn	12	Swansea Aq	51.50
6	Kaill-Franks, Eira	13	Fishguard	52.36
7	Clift, Meghan	12	Swansea Aq	52.93
8	James, Sara	14	Haverfordwes	53.44

Heat 7 of 16 Finals

1	O'Connell, Cerys E	15	NexusValleys	50.51
2	Snelgrove, Violet	15	Neath	50.14
3	Puglia-Walburg, Penelope	12	Haverfordwes	49.59
4	Griffiths, Amelia	13	Fishguard	49.36
5	Hall, Ellena	12	Fishguard	49.50
6	Mason, Phoebe	13	Haverfordwes	49.82
7	Evans, Cadi R	11	Swansea Aq	50.38
8	Martin, Phoebe O	13	Swansea Aq	50.76

Heat 8 of 16 Finals

1	Filmer, Gwennan	11	Aberystwyth	48.78
2	Bruce, Skye	14	PembrokeDist	48.36
3	Thomas, Grace	12	Carmarthen	48.04
4	Upton-Boorman, Isabella	13	Carmarthen	47.67
5	Hughes, Mollie	12	C Dolphins	47.74
6	Richards, Amber	14	C Dolphins	48.36
7	Gobbi, Roma	14	Haverfordwes	48.73
8	John, Annabel	14	PembrokeDist	49.24

Heat 9 of 16 Finals

1	Jones, Beca	17	Carmarthen	47.53
2	Hnoiana, Valentyna	11	Swansea Aq	47.42
3	Harwood, Amelia	16	Haverfordwes	47.24
4	Dafydd, Mali	13	Fishguard	46.86
5	Thomas, Caitlyn	14	Neath	46.87
6	Thomas, Natasha	14	Llanelli	47.35
7	Webb, Efa	13	Amman Valley	47.46
8	Holmes, Seren	14	Neath	47.56

Heat 10 of 16 Finals

1	Bissicks, Cari H	12	Swansea Aq	46.63
2	Douglas, Fabiana	15	Carmarthen	46.34
3	Collyer, Tirion B	12	Swansea Aq	46.10
4	Hall, Isabelle	12	Fishguard	45.50
5	Li, Lucy Xinshi	13	Swansea Aq	45.95
6	Fyfe, Nell	14	Haverfordwes	46.10
7	Griffiths, Gwenan M	13	Swansea Aq	46.37
8	Coffey, Cora-leigh K	13	Swansea Aq	46.70

Heat 11 of 16 Finals

1	Pascoe, Lily R	15	NexusValleys	45.21
2	Dafydd, Iola	14	Fishguard	44.41
3	Murphy, Alys	14	Haverfordwes	44.08
4	Davies, Amelia F	13	Swansea Aq	43.78
5	Geach, Libbie	14	Swansea Aq	43.80
6	Lawler, Sadie	15	Neath	44.08
7	Scully, Freya A	16	Swansea Aq	44.43
8	Hughes, Nancy J	14	NexusValleys	45.29

Heat 12 of 16 Finals

1	Peach, Eliza M	15	Haverfordwes	43.54
2	Hurley, Sienna	13	Neath	43.46
3	Giles, Seren M	13	NexusValleys	42.97
4	Selby, Cerys	17	Neath	42.75
5	Huws, Awen G	15	NexusValleys	42.86
6	Spychka, Sofiiia	15	Swansea Aq	43.25
7	Stark, Tala	13	Fishguard	43.51
8	Hughes, Tirion H	12	Swansea Aq	43.60

West Wales Regionals 2023 - 10/02/2023 to 12/02/2023**Meet Program - Session 4 - Warmup 1.45 - 2.45pm****Heat 13 Finals (#405 Girls 11 & Over 50 SC Meter Breaststroke)**

1	Owens, Annie	16	Neath	42.46	___
2	Marsh, Nina	15	Milford Havn	42.07	___
3	Hanna, Jazmine	15	Haverfordwes	41.95	___
4	Ostrowski, Julia	14	PembrokeDist	41.84	___
5	Knight, Lily	13	C Dolphins	41.93	___
6	Ley, Lucy	15	Swansea Aq	42.00	___
7	Lythgoe, Manon H	14	Swansea Aq	42.31	___
8	Koo, Kathryn	14	Tenby	42.65	___

Heat 14 of 16 Finals

1	James, Dempsey	17	Neath	41.16	___
2	Thomas, Abigail	18	Neath	40.47	___
3	Thomas, Medi A	15	Swansea Aq	40.26	___
4	Hale, Chloe	17	Haverfordwes	38.49	___
5	Davies, Rhian	16	Swansea Aq	39.94	___
6	Montague, Keira	14	Haverfordwes	40.35	___
7	Miles, Megan	15	Fishguard	40.99	___
8	Williams, Marys E	14	Swansea Aq	41.37	___

Heat 15 of 16 Finals

1	Owen, Kessie	15	Neath	38.21	___
2	Wilkins, Maia	18	Swansea Aq	37.62	___
3	John, Holly	16	Haverfordwes	37.03	___
4	Owen, Gracie	15	Neath	36.82	___
5	Evans, Caitlin	17	Neath	37.00	___
6	Phillips, Emily	15	Neath	37.22	___
7	Lewis, Abigail	18	Neath	37.85	___
8	Clapham, Rhiannon m	18	Fishguard	38.27	___

Heat 16 of 16 Finals

1	Jones, Eryn	14	Neath	36.29	___
2	Lewis, Lowri	17	Neath	36.01	___
3	Phillips, Rhianna	18	Carmarthen	35.57	___
4	Lewis, Rachael E	19	Fishguard	34.62	___
5	Gibbs, Harriet	15	Amman Valley	35.41	___
6	Gilligan, Gracie	16	Neath	35.84	___
7	Welsby, Lily-May	16	Aberystwyth	36.07	___
8	White, Eleanor R	17	Haverfordwes	36.60	___