

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

## Meet Program - Session 5 - Warmup 08.00 - 9.00 am

## Event 501 Boys 11 &amp; Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 6 Finals</b>				
1				___
2				___
3	Johns, Rory	12	Swansea Aq	44.08 ___
4	Harwood, Jack	12	Haverfordwes	43.03 ___
5	Smith, Jacob	11	Haverfordwes	44.00 ___
6				___
7				___
8				___
<b>Heat 2 of 6 Finals</b>				
1	Hall, Ethan	14	Fishguard	40.33 ___
2	Johns, Cody	14	Swansea Aq	39.10 ___
3	Elmes, Max	12	Carmarthen	38.63 ___
4	Morgan, Ben	14	PembrokeDist	37.54 ___
5	Grugel, Sam	13	C Dolphins	38.04 ___
6	Backen, Henry	15	Fishguard	38.96 ___
7	Gouda, Ali	14	Haverfordwes	40.12 ___
8	Hale, Oliver S	12	Swansea Aq	41.44 ___
<b>Heat 3 of 6 Finals</b>				
1	Smith, Benjamin	14	Haverfordwes	37.25 ___
2	Thomson, Jacob	16	Haverfordwes	35.05 ___
3	Thomas, Cameron	16	Neath	34.56 ___
4	Thomas, Sion	14	Haverfordwes	33.60 ___
5	Belanger, Jayden	16	Milford Havn	33.64 ___
6	Hedge, William	15	Swansea Aq	34.94 ___
7	Marshall, Finley	14	Aberystwyth	35.60 ___
8	Williams, Thomas	13	Llanelli	37.39 ___
<b>Heat 4 of 6 Finals</b>				
1	Silverstone, Sol	14	Haverfordwes	33.54 ___
2	Hnoianyi, Andrii	14	Swansea Aq	32.61 ___
3	Richards, Aled	16	C Dolphins	31.94 ___
4	Jones, Garyn	18	Neath	30.41 ___
5	Morgan, Jack	16	PembrokeDist	30.56 ___
6	Thomas, Iolo	13	Neath	32.51 ___
7	Harris, Osian	14	Fishguard	32.99 ___
8	Diouf, Kaden S	15	Swansea Aq	33.56 ___
<b>Heat 5 of 6 Finals</b>				
1	Sellick, Fenn	15	Swansea Aq	30.22 ___
2	Koriakovtsev, Illia	16	Swansea Aq	30.02 ___
3	Carver, Wil	17	Swansea Aq	29.37 ___
4	West, Zac	17	Fishguard	28.68 ___
5	Andrews, Rory	18	Haverfordwes	29.00 ___
6	Fletcher, Owen	16	Haverfordwes	30.00 ___
7	West, Dexter	14	Fishguard	30.06 ___
8	Williams, Corey B	17	Swansea Aq	30.40 ___
<b>Heat 6 of 6 Finals</b>				
1	Job, Kyle	25	Penyrheol	28.50 ___
2	Hedge, Thomas	18	Swansea Aq	28.40 ___
3	Prysor, Sami	16	Haverfordwes	26.90 ___
4	Thomas, Rhys A	18	Swansea Aq	26.20 ___
5	Thomas, Daniel J	26	PembrokeDist	26.72 ___
6	Gubb, Harvey	17	Neath	28.34 ___
7	Gillett, Oliver	16	Swansea Aq	28.43 ___
8	Montgomery, Sammy	15	Haverfordwes	28.60 ___

## Event 502 Girls 11 &amp; Over 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 19 Finals</b>				
1				___
2	Ellis, Eve	11	C Dolphins	46.64 ___
3	Price, Seren-louise	11	Carmarthen	45.47 ___
4	May, Gwen A	11	NexusValleys	44.20 ___
5	Gardner-Rolfe, Mia G	11	Swansea Aq	45.01 ___
6	Snelgrove, Scarlett	11	Neath	46.03 ___
7	Powell, Nina	11	Fishguard	47.21 ___
8				___
<b>Heat 2 of 19 Finals</b>				
1	Roberts, Grace	11	C Dolphins	43.74 ___
2	David, Emily	12	Haverfordwes	43.10 ___
3	Kenny, Jemima	12	Milford Havn	41.68 ___
4	Joseph, Ellie	11	C Dolphins	41.19 ___
5	McFarlane, Una	12	Milford Havn	41.65 ___
6	Rogers, Sadie	11	Neath	42.00 ___
7	Berner, Kiana	12	Aberystwyth	43.29 ___
8	Thomas, Leah	12	Haverfordwes	44.01 ___
<b>Heat 3 of 19 Finals</b>				
1	Jenkins, Elli	12	Swansea Aq	40.75 ___
2	Graham, Fallon	11	Tenby	40.05 ___
3	O'Connell, Cari F	11	NexusValleys	39.98 ___
4	Wells, Iris	12	C Dolphins	39.79 ___
5	Patterson, Hollie M	12	Carmarthen	39.86 ___
6	Jenkins, Isabella	11	Llanelli	40.04 ___
7	Howell, Sophie	12	Haverfordwes	40.73 ___
8	Filmer, Gwennan	11	Aberystwyth	40.84 ___
<b>Heat 4 of 19 Finals</b>				
1	Perrott, Hannah	13	C Dolphins	39.62 ___
2	Williams, Paige T	11	Swansea Aq	38.98 ___
3	Scully, Emersyn	12	Swansea Aq	38.45 ___
4	Hnoiana, Valentyna	11	Swansea Aq	37.83 ___
5	Stacey, Jessica	13	Swansea Aq	37.97 ___
6	Bowen, Seren E	13	Carmarthen	38.48 ___
7	Cooper, Daisy	13	Fishguard	39.38 ___
8	Doncaster, Lily S	13	Haverfordwes	39.64 ___
<b>Heat 5 of 19 Finals</b>				
1	Morgan, Evelyn	12	Llanelli	37.66 ___
2	Griffiths, Ffion	12	Tenby	37.47 ___
3	Puglia-Walburg, Penelope	12	Haverfordwes	37.43 ___
4	Thomas, Grace	12	Carmarthen	37.30 ___
5	Evans, Cadi R	11	Swansea Aq	37.43 ___
6	Hughes, Mollie	12	C Dolphins	37.46 ___
7	Gobbi, Roma	14	Haverfordwes	37.59 ___
8	Evans, Annie	12	Neath	37.68 ___
<b>Heat 6 of 19 Finals</b>				
1	John, Annabel	14	PembrokeDist	37.13 ___
2	Williams, Sophie	12	Neath	36.97 ___
3	Lyseight-Jones, Indya	11	PembrokeDist	36.89 ___
4	Taffetsauffer, Isabella	12	Llanelli	36.50 ___
5	Mason, Phoebe	13	Haverfordwes	36.58 ___
6	Thomas, Natasha	14	Llanelli	36.93 ___
7	Chapman, Olivia	13	Swansea Aq	37.00 ___
8	Hall, Isabelle	12	Fishguard	37.19 ___

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

## Meet Program - Session 5 - Warmup 08.00 - 9.00 am

**Heat 7 Finals (#502 Girls 11 & Over 50 SC Meter Freestyle)**

1	Macy, Peni	14	Aberystwyth	36.30	_____
2	Li, Lucy Xinshi	13	Swansea Aq	36.16	_____
3	Williams, Annabelle	14	Aberystwyth	36.00	_____
4	Fyfe, Nell	14	Haverfordwes	35.80	_____
5	Hiles, Annabelle Z	15	Swansea Aq	35.80	_____
6	Thomas, Caitlyn	14	Neath	36.03	_____
7	Bruce, Keira	13	PembrokeDist	36.23	_____
8	Knight, Lily	13	C Dolphins	36.37	_____

**Heat 8 of 19 Finals**

1	Murphy, Alys	14	Haverfordwes	35.67	_____
2	Knight, Cerys	14	Haverfordwes	35.61	_____
3	Page, Jessica	13	Tenby	35.54	_____
4	Richardson, Beca	13	Swansea Aq	35.50	_____
5	Davies, Lowri	15	C Dolphins	35.50	_____
6	Bissicks, Cari H	12	Swansea Aq	35.60	_____
7	Hall, Ellena	12	Fishguard	35.62	_____
8	Sedgemore, Lola A	11	NexusValleys	35.79	_____

**Heat 9 of 19 Finals**

1	Snelgrove, Violet	15	Neath	35.22	_____
2	Hanna, Shelby	14	Haverfordwes	35.08	_____
3	Green, Ellie	15	Haverfordwes	34.90	_____
4	Stark, Tala	13	Fishguard	34.70	_____
5	Upton-Boorman, Isabella	13	Carmarthen	34.86	_____
6	Morgan, Lily	13	Tenby	35.04	_____
7	Giles, Seren M	13	NexusValleys	35.21	_____
8	Davies, Erin	12	C Dolphins	35.37	_____

**Heat 10 of 19 Finals**

1	Bruce, Skye	14	PembrokeDist	34.45	_____
2	Hughes, Tirion H	12	Swansea Aq	34.28	_____
3	O'Connell, Cerys E	15	NexusValleys	33.89	_____
4	Jenkins, Alexandra	14	Swansea Aq	33.80	_____
5	Thompson, Freya	13	Haverfordwes	33.80	_____
6	Baker, Chloe	15	Swansea Aq	34.10	_____
7	Holmes, Seren	14	Neath	34.29	_____
8	Griffiths, Gwenan M	13	Swansea Aq	34.56	_____

**Heat 11 of 19 Finals**

1	Griffiths, Amelia	13	Fishguard	33.42	_____
2	Collyer, Tirion B	12	Swansea Aq	33.20	_____
3	Dash, Amelie	12	Milford Havn	33.04	_____
4	Marques-Jones, Neve	16	Amman Valley	32.97	_____
5	Davies, Amelia F	13	Swansea Aq	33.00	_____
6	Puglia-Walburg, Alessia	16	Haverfordwes	33.07	_____
7	Cressey-Rodgers, Gwenllian	13	Carmarthen	33.40	_____
8	Hughes, Nancy J	14	NexusValleys	33.72	_____

**Heat 12 of 19 Finals**

1	Peach, Eliza M	15	Haverfordwes	32.95	_____
2	Williams, Efa	15	Neath	32.84	_____
3	Edwards (New), Izzy	16	Swansea Aq	32.60	_____
4	Phillips, Ellie R	16	Haverfordwes	32.25	_____
5	Selby, Cerys	17	Neath	32.39	_____
6	Clissold, Bronwen	15	Tenby	32.80	_____
7	Spychka, Sofiia	15	Swansea Aq	32.92	_____
8	Thomas, Nikita	14	Llanelli	32.96	_____

**Heat 13 of 19 Finals**

1	Perrott, Niamh	14	C Dolphins	31.99	_____
2	Beynon, Chloe	16	Fishguard	31.87	_____
3	Thomas, Abigail	18	Neath	31.70	_____
4	Marsh, Nina	15	Milford Havn	31.53	_____
5	Thomas, Abigail G	17	PembrokeDist	31.60	_____
6	Ostrowski, Julia	14	PembrokeDist	31.80	_____
7	Galdes-Cutting, Daisy	12	Haverfordwes	31.87	_____
8	Burns, Freya	12	Swansea Aq	32.20	_____

**Heat 14 of 19 Finals**

1	Miles, Megan	15	Fishguard	31.40	_____
2	Hurley, Sienna	13	Neath	31.19	_____
3	Ley, Lucy	15	Swansea Aq	30.90	_____
4	Thomas, Nyla	16	Neath	30.80	_____
5	Huws, Awen G	15	NexusValleys	30.83	_____
6	Webb, Efa	13	Amman Valley	30.97	_____
7	Humphreys, Holly	15	Swansea Aq	31.28	_____
8	Green, Matilda	14	Haverfordwes	31.50	_____

**Heat 15 of 19 Finals**

1	Brown, Caitlin	16	Amman Valley	30.71	_____
2	Kovachev, Georgie	16	Fishguard	30.62	_____
3	Thomas, Grace	16	Milford Havn	30.53	_____
4	Williams, Marys E	14	Swansea Aq	30.50	_____
5	Koo, Kathryn	14	Tenby	30.53	_____
6	Coffey, Cora-leigh K	13	Swansea Aq	30.55	_____
7	Davies, Rhian	16	Swansea Aq	30.70	_____
8	Owens, Annie	16	Neath	30.78	_____

**Heat 16 of 19 Finals**

1	Pickersgill, Aoife	15	Carmarthen	30.34	_____
2	Hale, Gemma N	16	Swansea Aq	30.28	_____
3	Davies, Helena	17	Neath	30.20	_____
4	Lewis, Abigail	18	Neath	30.00	_____
5	Devonald, Niamh	16	Haverfordwes	30.10	_____
6	Owen, Kessie	15	Neath	30.24	_____
7	Evans, Caitlin	17	Neath	30.32	_____
8	Cundy, Erin	17	Swansea Aq	30.50	_____

**Heat 17 of 19 Finals**

1	Woodward, Angharad	15	Neath	29.83	_____
2	Jones, Eryn	14	Neath	29.59	_____
3	Gilderdale, Celyn	15	Haverfordwes	29.50	_____
4	Williams, Hollie	16	Llanelli	29.44	_____
5	David, Isabelle	16	Swansea Aq	29.50	_____
6	Phillips, Rhianna	18	Carmarthen	29.58	_____
7	Arnold, Lily	15	Milford Havn	29.67	_____
8	Hanna, Jazmine	15	Haverfordwes	29.90	_____

**Heat 18 of 19 Finals**

1	Clissold, Elizabeth	17	Tenby	29.06	_____
2	Gibbs, Harriet	15	Amman Valley	28.85	_____
3	Nichols, Grace	13	Haverfordwes	28.80	_____
4	Evans, Caitlin R	19	Swansea Aq	28.50	_____
5	Evans, Bethan	18	Neath	28.54	_____
6	John, Holly	16	Haverfordwes	28.80	_____
7	Clapham, Rhiannon m	18	Fishguard	28.91	_____
8	Welsby, Lily-May	16	Aberystwyth	29.06	_____

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

## Meet Program - Session 5 - Warmup 08.00 - 9.00 am

**Heat 19 Finals (#502 Girls 11 & Over 50 SC Meter Freestyle)**

1	Geach, Libbie	14	Swansea Aq	28.40	___
2	Morgan, Elen M	18	Aberystwyth	28.06	___
3	White, Eleanor R	17	Haverfordwes	27.90	___
4	Montague, Keira	14	Haverfordwes	27.38	___
5	Lewis, Lowri	17	Neath	27.76	___
6	Owen, Gracie	15	Neath	27.93	___
7	Lewis, Rachael E	19	Fishguard	28.22	___
8	Evans, Mali R	16	Swansea Aq	28.40	___

**Event 503 Boys 11 & Over 400 SC Meter IM**

Lane	Name	Age	Team	Seed Time	
------	------	-----	------	-----------	--

**Heat 1 of 2 Finals**

1					___
2					___
3	Morgan, Ben	14	PembrokeDist	6:24.12	___
4	Twigger, Owen	14	Swansea Aq	5:43.00	___
5	Silverstone, Sol	14	Haverfordwes	6:01.81	___
6					___
7					___
8					___

**Heat 2 of 2 Finals**

1					___
2	Richardson, Osian	15	Swansea Aq	5:31.17	___
3	Fletcher, Owen	16	Haverfordwes	5:16.35	___
4	Montague, Mason	15	Haverfordwes	4:57.47	___
5	Cressey-Rodgers, Huw	16	Carmarthen	5:06.37	___
6	West, Dexter	14	Fishguard	5:17.92	___
7	Bennett, Finley	14	Haverfordwes	5:34.66	___
8					___

**Event 504 Girls 11 & Over 400 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time	
------	------	-----	------	-----------	--

**Heat 1 of 5 Finals**

1	Morgan, Evelyn	12	Llanelli	6:19.28	___
2	Chapman, Olivia	13	Swansea Aq	5:59.86	___
3	Thompson, Freya	13	Haverfordwes	5:48.39	___
4	Clissold, Bronwen	15	Tenby	5:34.73	___
5	Green, Matilda	14	Haverfordwes	5:43.46	___
6	Richards, Amber	14	C Dolphins	5:57.56	___
7	Mason, Phoebe	13	Haverfordwes	6:06.13	___
8					___

**Heat 2 of 5 Finals**

1	Bray, Bethan	17	C Dolphins	5:23.78	___
2	Pickersgill, Aoife	15	Carmarthen	5:22.62	___
3	Clifford, Bethany	16	Neath	5:19.96	___
4	Huws, Awen G	15	NexusValleys	5:17.27	___
5	Philpott, Ffion	14	Llanelli	5:17.48	___
6	Thomas, Nyla	16	Neath	5:20.97	___
7	Edwards (New), Izzy	16	Swansea Aq	5:23.44	___
8	Cressey-Rodgers, Gwenllian	13	Carmarthen	5:32.20	___

**Heat 3 of 5 Finals**

1	Cooper, Megan	15	Neath	5:15.86	___
2	Ley, Lucy	15	Swansea Aq	5:15.71	___
3	Humphreys, Holly	15	Swansea Aq	5:08.20	___
4	Arnold, Lily	15	Milford Havn	5:04.20	___
5	Kovachev, Georgie	16	Fishguard	5:07.75	___
6	Galdes-Cutting, Daisy	12	Haverfordwes	5:09.48	___
7	Owens, Annie	16	Neath	5:15.84	___
8	Cundy, Erin	17	Swansea Aq	5:17.14	___

**Heat 4 of 5 Finals**

1	Sullivan, Katie L	16	Swansea Aq	5:02.80	___
2	Gilderdale, Celyn	15	Haverfordwes	5:01.87	___
3	Williams, Marys E	14	Swansea Aq	4:59.41	___
4	Griffiths, Cerys	13	Haverfordwes	4:58.60	___
5	Cleave, Mia	16	C Dolphins	4:59.36	___
6	White, Eleanor R	17	Haverfordwes	5:00.37	___
7	Nichols, Grace	13	Haverfordwes	5:02.60	___
8	Davies, Rhian	16	Swansea Aq	5:03.30	___

**Heat 5 of 5 Finals**

1	Webb, Saskia	16	Haverfordwes	4:53.95	___
2	Phillips, Rhianna	18	Carmarthen	4:51.30	___
3	Williams, Hollie	16	Llanelli	4:50.28	___
4	O'Mahoney, Kaitlin	15	Neath	4:44.60	___
5	Gillett, Keira	18	Swansea Aq	4:45.81	___
6	Smart, Charlotte E	16	Swansea Aq	4:50.59	___
7	Clissold, Elizabeth	17	Tenby	4:51.42	___
8	Brown, Caitlin	16	Amman Valley	4:54.06	___

**Event 505 Boys 11 & Over 100 SC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time	
------	------	-----	------	-----------	--

**Heat 1 of 5 Finals**

1					___
2	Noden, Rory	11	Milford Havn	1:59.41	___
3	Gibbs, Jenson	12	Amman Valley	1:54.59	___
4	Harwood, Jack	12	Haverfordwes	1:50.61	___
5	Smith, Jacob	11	Haverfordwes	1:52.97	___
6	Smudzinski, Max M	11	Swansea Aq	1:59.37	___
7					___
8					___

**Heat 2 of 5 Finals**

1	Santos, Liam	14	Milford Havn	1:44.67	___
2	Hale, Oliver S	12	Swansea Aq	1:43.83	___
3	Gouda, Ali	14	Haverfordwes	1:42.79	___
4	Lewis, Cian	14	Neath	1:39.74	___
5	Smith, Benjamin	14	Haverfordwes	1:40.13	___
6	Peach, Henry	13	Haverfordwes	1:43.08	___
7	Jones, Jack	14	Tenby	1:44.36	___
8	Peach, Olly	13	Haverfordwes	1:44.80	___

**Heat 3 of 5 Finals**

1	Stewart, Finlay	15	Llanelli	1:38.63	___
2	Backen, Henry	15	Fishguard	1:36.36	___
3	Davies, Gethin	14	Milford Havn	1:33.86	___
4	Harris, Osian	14	Fishguard	1:32.08	___
5	Cleave, Joshua	14	C Dolphins	1:33.53	___
6	Hetherington, Trystan	14	Neath	1:34.73	___
7	Hall, Ethan	14	Fishguard	1:37.51	___
8	Lewis, Ryan	14	Llanelli	1:38.80	___

**Heat 4 of 5 Finals**

1	Marshall, Finley	14	Aberystwyth	1:31.44	___
2	Williams, Iestyn	16	Neath	1:29.78	___
3	Ismail, Zarya	14	Swansea Aq	1:27.27	___
4	Thomson, Jacob	16	Haverfordwes	1:24.99	___
5	Belanger, Jayden	16	Milford Havn	1:25.28	___
6	Phillips, Ioan	13	Neath	1:29.73	___
7	Thomas, Cameron	16	Neath	1:31.31	___
8	Diouf, Kaden S	15	Swansea Aq	1:31.80	___

**West Wales Regionals 2023 - 10/02/2023 to 12/02/2023****Meet Program - Session 5 - Warmup 08.00 - 9.00 am****Heat 5 Finals (#505 Boys 11 & Over 100 SC Meter Breaststroke)**

1	Phillips, Finley	13	Carmarthen	1:21.91	___
2	Upton-Boorman, Liam	16	Carmarthen	1:16.99	___
3	Montague, Mason	15	Haverfordwes	1:13.97	___
4	Lewis, Matthew D	38	Haverfordwes	1:10.85	___
5	Cressey-Rodgers, Huw	16	Carmarthen	1:13.74	___
6	Thomas, Rhys A	18	Swansea Aq	1:15.13	___
7	Rogers, Logan A	17	Neath	1:21.04	___
8	Richards, Aled	16	C Dolphins	1:23.12	___