

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

Meet Program - Session 7 - Warmup 2.00 - 3.00 pm

Event 701 Boys 11 & Over 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1				—
2				—
3	Silverstone, Sol	14	Haverfordwes	1:18.03
4	Morgan, Jack	16	PembrokeDist	1:15.96
5	Bennett, Finley	14	Haverfordwes	1:16.27
6	Grugel, Sam	13	C Dolphins	1:26.88
7				—
8				—

Heat 2 of 3 Finals

1	Hnoiany, Andrii	14	Swansea Aq	1:13.86
2	West, Dexter	14	Fishguard	1:12.65
3	Sellick, Fenn	15	Swansea Aq	1:08.72
4	Job, Kyle	25	Penyrheol	1:07.26
5	Cressey-Rodgers, Huw	16	Carmarthen	1:07.30
6	Jones, Garyn	18	Neath	1:11.75
7	Richardson, Osian	15	Swansea Aq	1:13.62
8	Thomas, Iolo	13	Neath	1:15.13

Heat 3 of 3 Finals

1	Andrews, Rory	18	Haverfordwes	1:04.66
2	Hedge, Thomas	18	Swansea Aq	1:04.29
3	Thomas, Rhys A	18	Swansea Aq	1:01.94
4	Cressey-Rodgers, Ioan	18	Carmarthen	58.50
5	Prysor, Sami	16	Haverfordwes	58.53
6	Gillett, Oliver	16	Swansea Aq	1:03.89
7	Gubb, Harvey	17	Neath	1:04.48
8	Fletcher, Owen	16	Haverfordwes	1:06.90

Event 702 Girls 11 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
1	Thomas, Grace	12	Carmarthen	3:56.05
2	Filmer, Gwennan	11	Aberystwyth	3:50.30
3	Williams-Kivell, Izabella	15	Swansea Aq	3:40.65
4	Taffetsauffer, Isabella	12	Llanelli	3:38.64
5	Baker, Chloe	15	Swansea Aq	3:39.00
6	Evans, Cadi R	11	Swansea Aq	3:48.63
7	Mason, Phoebe	13	Haverfordwes	3:52.44
8				—

Heat 2 of 4 Finals

1	Murphy, Alys	14	Haverfordwes	3:34.92
2	Hall, Isabelle	12	Fishguard	3:29.26
3	Montague, Keira	14	Haverfordwes	3:22.79
4	Stark, Tala	13	Fishguard	3:17.91
5	Miles, Megan	15	Fishguard	3:18.79
6	Giles, Seren M	13	NexusValleys	3:27.04
7	Fyfe, Nell	14	Haverfordwes	3:34.59
8	Thomas, Caitlyn	14	Neath	3:37.03

Heat 3 of 4 Finals

1	Owen, Kessie	15	Neath	3:14.28
2	Knight, Lily	13	C Dolphins	3:13.96
3	Marsh, Nina	15	Milford Havn	3:11.18
4	Gibbs, Harriet	15	Amman Valley	2:58.31
5	Phillips, Emily	15	Neath	3:04.70
6	Humphreys, Holly	15	Swansea Aq	3:11.21
7	Thomas, Abigail	18	Neath	3:14.07
8	Galdes-Cutting, Daisy	12	Haverfordwes	3:17.26

Heat 4 of 4 Finals

1	Jones, Eryn	14	Neath	2:55.01
2	Hale, Gemma N	16	Swansea Aq	2:53.56
3	Phillips, Rhianna	18	Carmarthen	2:46.52
4	Clissold, Bronwen	15	Tenby	2:36.45
5	Lewis, Rachael E	19	Fishguard	2:41.46
6	Evans, Caitlin	17	Neath	2:50.76
7	Wilkins, Maia	18	Swansea Aq	2:54.10
8	White, Eleanor R	17	Haverfordwes	2:57.66

Event 703 Boys 11 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
1	Diouf, Jegan W	11	Swansea Aq	1:42.00
2	Noden, Rory	11	Milford Havn	1:37.44
3	Adams, Noah	13	Fishguard	1:35.28
4	Smith, Benjamin	14	Haverfordwes	1:30.68
5	Harwood, Jack	12	Haverfordwes	1:35.08
6	Davies, Ellis V	12	Llanelli	1:35.66
7	Davies, Tyler	12	Milford Havn	1:39.19
8	Johns, Rory	12	Swansea Aq	1:43.46

Heat 2 of 4 Finals

1	Davies, Gethin	14	Milford Havn	1:28.38
2	Hetherington, Trystan	14	Neath	1:26.35
3	Marshall, Finley	14	Aberystwyth	1:21.92
4	Harris, Osian	14	Fishguard	1:18.78
5	Galbraith, Elian	14	Llanelli	1:20.18
6	Hale, Oliver S	12	Swansea Aq	1:24.77
7	Jones, Jack	14	Tenby	1:26.75
8	Morgan, Ben	14	PembrokeDist	1:29.22

Heat 3 of 4 Finals

1	Johns, Cody	14	Swansea Aq	1:17.76
2	Diouf, Kaden S	15	Swansea Aq	1:15.64
3	Thomas, Sion	14	Haverfordwes	1:14.34
4	Thomas, Iolo	13	Neath	1:12.71
5	Richards, Aled	16	C Dolphins	1:13.51
6	Morgan, Jack	16	PembrokeDist	1:15.45
7	Hedge, William	15	Swansea Aq	1:17.65
8	Lloyd-Roberts, Rhys	16	Milford Havn	1:18.01

Heat 4 of 4 Finals

1	West, Dexter	14	Fishguard	1:06.79
2	Jones, Joseph	17	Neath	1:05.93
3	Upton-Boorman, Liam	16	Carmarthen	1:04.96
4	Montgomery, Sammy	15	Haverfordwes	1:01.34
5	West, Zac	17	Fishguard	1:04.29
6	Gillett, Oliver	16	Swansea Aq	1:05.18
7	Montague, Mason	15	Haverfordwes	1:06.57
8	Koriakovtsev, Illia	16	Swansea Aq	1:11.75

Event 704 Girls 11 & Over 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Finals				
1				—
2				—
3	Graham, Fallon	11	Tenby	3:16.64
4	Evans, Annie	12	Neath	3:06.04
5	Williams, Paige T	11	Swansea Aq	3:11.31
6				—
7				—
8				—

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

Meet Program - Session 7 - Warmup 2.00 - 3.00 pm

Heat 2 Finals (#704 Girls 11 & Over 200 SC Meter Freestyle)

1	Li, Lucy Xinshi	13	Swansea Aq	3:03.60	___
2	Hughes, Mollie	12	C Dolphins	2:58.74	___
3	Morgan, Lily	13	Tenby	2:56.94	___
4	O'Connell, Cerys E	15	NexusValleys	2:55.63	___
5	James, Maisie	15	Neath	2:56.41	___
6	Davies, Erin	12	C Dolphins	2:58.52	___
7	Bruce, Keira	13	PembrokeDist	3:00.87	___
8					___

Heat 3 of 9 Finals

1	Harwood, Amelia	16	Haverfordwes	2:52.97	___
2	Mason, Phoebe	13	Haverfordwes	2:52.88	___
3	Griffiths, Amelia	13	Fishguard	2:51.91	___
4	Williams-Kivell, Izabella	15	Swansea Aq	2:47.75	___
5	Davies, Lowri	15	C Dolphins	2:49.87	___
6	Hall, Ellena	12	Fishguard	2:51.91	___
7	Jenkins, Alexandra	14	Swansea Aq	2:52.89	___
8	Macy, Peni	14	Aberystwyth	2:54.76	___

Heat 4 of 9 Finals

1	Thompson, Freya	13	Haverfordwes	2:43.50	___
2	Bruce, Skye	14	PembrokeDist	2:43.07	___
3	Thomas, Nikita	14	Llanelli	2:39.75	___
4	Beynon, Chloe	16	Fishguard	2:39.24	___
5	Cressey-Rodgers, Gwenllian	13	Carmarthen	2:39.45	___
6	Baker, Chloe	15	Swansea Aq	2:42.63	___
7	Bissicks, Cari H	12	Swansea Aq	2:43.30	___
8	Hughes, Nancy J	14	NexusValleys	2:44.14	___

Heat 5 of 9 Finals

1	Koo, Kathryn	14	Tenby	2:36.91	___
2	Edwards (New), Izzy	16	Swansea Aq	2:34.47	___
3	Clifford, Bethany	16	Neath	2:33.87	___
4	Philpott, Ffion	14	Llanelli	2:31.48	___
5	Dash, Amelie	12	Milford Havn	2:33.58	___
6	Coffey, Cora-leigh K	13	Swansea Aq	2:34.43	___
7	Phelps, Lucy	17	Neath	2:36.01	___
8	Green, Matilda	14	Haverfordwes	2:39.00	___

Heat 6 of 9 Finals

1	Cooper, Megan	15	Neath	2:29.34	___
2	Thomas, Rhian	15	Haverfordwes	2:28.30	___
3	Humphreys, Holly	15	Swansea Aq	2:26.80	___
4	Cundy, Erin	17	Swansea Aq	2:24.75	___
5	Huws, Awen G	15	NexusValleys	2:24.92	___
6	Catling, Freya	15	C Dolphins	2:27.73	___
7	Ley, Lucy	15	Swansea Aq	2:28.70	___
8	Hurley, Sienna	13	Neath	2:30.15	___

Heat 7 of 9 Finals

1	Galdes-Cutting, Daisy	12	Haverfordwes	2:24.26	___
2	Gibbs, Harriet	15	Amman Valley	2:23.86	___
3	Gilderdale, Celyn	15	Haverfordwes	2:23.10	___
4	Thomas, Grace	16	Milford Havn	2:21.63	___
5	Clissold, Elizabeth	17	Tenby	2:21.84	___
6	Griffiths, Cerys	13	Haverfordwes	2:23.70	___
7	Davies, Rhian	16	Swansea Aq	2:24.00	___
8	Kovachev, Georgie	16	Fishguard	2:24.48	___

Heat 8 of 9 Finals

1	Clapham, Rhiannon m	18	Fishguard	2:21.11	___
2	Arnold, Lily	15	Milford Havn	2:20.30	___
3	Hale, Gemma N	16	Swansea Aq	2:19.62	___
4	Nichols, Grace	13	Haverfordwes	2:16.15	___
5	Lewis, Lowri	17	Neath	2:16.18	___
6	Brown, Caitlin	16	Amman Valley	2:20.06	___
7	Webb, Saskia	16	Haverfordwes	2:20.82	___
8	Sullivan, Katie L	16	Swansea Aq	2:21.15	___

Heat 9 of 9 Finals

1	Gillett, Keira	18	Swansea Aq	2:15.72	___
2	Evans, Caitlin R	19	Swansea Aq	2:15.08	___
3	Evans, Mali R	16	Swansea Aq	2:14.95	___
4	Geach, Libbie	14	Swansea Aq	2:10.43	___
5	Owen, Gracie	15	Neath	2:11.97	___
6	O'Mahoney, Kaitlin	15	Neath	2:14.95	___
7	Tucker, Holly	15	Swansea Aq	2:15.38	___
8	Smart, Charlotte E	16	Swansea Aq	2:16.12	___

Event 705 Boys 11 & Over 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Finals

1				___	
2				___	
3	Diouf, Jegan W	11	Swansea Aq	1:00.51	___
4	Gibbs, Jenson	12	Amman Valley	59.41	___
5	Backen, Frederick	11	Fishguard	1:00.50	___
6	Lloyd Roberts, Harry	11	Milford Havn	1:00.90	___
7				___	
8				___	

Heat 2 of 9 Finals

1	Smith, Declan	12	Amman Valley	57.65	___
2	Knight, Tom	12	Haverfordwes	57.15	___
3	Petrie, Jaden	12	Haverfordwes	56.69	___
4	Chapman, Henry	12	Carmarthen	56.42	___
5	Harwood, Jack	12	Haverfordwes	56.65	___
6	Thomas, Wilf	11	Aberystwyth	56.80	___
7	Noden, Rory	11	Milford Havn	57.31	___
8	Phillips, Lucas	12	Haverfordwes	59.23	___

Heat 3 of 9 Finals

1	Burt, Caio	13	Llanelli	54.66	___
2	Patterson, Ollie	13	Milford Havn	53.96	___
3	Adams, Noah	13	Fishguard	52.30	___
4	Lewis, Callum	14	Milford Havn	51.78	___
5	Johns, Rory	12	Swansea Aq	52.00	___
6	Miles, Gethin	13	Fishguard	53.23	___
7	Lumms, Ralph J	12	NexusValleys	54.35	___
8	Davies, Tyler	12	Milford Havn	55.87	___

Heat 4 of 9 Finals

1	Parton, Frankie F	14	Carmarthen	50.08	___
2	Hale, Oliver S	12	Swansea Aq	48.58	___
3	Peach, Henry	13	Haverfordwes	48.30	___
4	Peach, Olly	13	Haverfordwes	47.90	___
5	Thomas, Rhys	13	Haverfordwes	47.98	___
6	Jones, Jack	14	Tenby	48.50	___
7	Smith, Jacob	11	Haverfordwes	49.39	___
8	Harris, Toby	14	PembrokeDist	50.77	___

West Wales Regionals 2023 - 10/02/2023 to 12/02/2023**Meet Program - Session 7 - Warmup 2.00 - 3.00 pm****Heat 5 Finals (#705 Boys 11 & Over 50 SC Meter Breaststroke)**

1	Gottwaltz, Euan	14	Tenby	47.33	___
2	Santos, Liam	14	Milford Havn	46.20	___
3	Galbraith, Elian	14	Llanelli	45.71	___
4	Smedley, Jack	16	C Dolphins	45.13	___
5	Davies, Gethin	14	Milford Havn	45.45	___
6	Lewis, Ryan	14	Llanelli	46.12	___
7	Smith, Benjamin	14	Haverfordwes	46.83	___
8	Gouda, Ali	14	Haverfordwes	47.56	___

Heat 6 of 9 Finals

1	Lloyd-Roberts, Rhys	16	Milford Havn	44.40	___
2	Johns, Cody	14	Swansea Aq	43.96	___
3	Harris, Osian	14	Fishguard	42.80	___
4	Hall, Ethan	14	Fishguard	42.61	___
5	Jones, Aaron	16	Aberystwyth	42.78	___
6	Backen, Henry	15	Fishguard	43.80	___
7	Stewart, Finlay	15	Llanelli	44.02	___
8	Lewis, Cian	14	Neath	44.90	___

Heat 7 of 9 Finals

1	Marshall, Finley	14	Aberystwyth	42.43	___
2	Diouf, Kaden S	15	Swansea Aq	40.21	___
3	Thomas, Cameron	16	Neath	39.85	___
4	Belanger, Jayden	16	Milford Havn	38.94	___
5	Phillips, Ioan	13	Neath	39.78	___
6	Willcox, Tristan	15	C Dolphins	39.97	___
7	Williams, Iestyn	16	Neath	41.28	___
8	Hetherington, Trystan	14	Neath	42.57	___

Heat 8 of 9 Finals

1	Ismail, Zarya	14	Swansea Aq	38.88	___
2	Hedge, Thomas	18	Swansea Aq	37.80	___
3	Sellick, Fenn	15	Swansea Aq	37.34	___
4	Richards, Aled	16	C Dolphins	36.77	___
5	Upton-Boorman, Liam	16	Carmarthen	36.85	___
6	Phillips, Finley	13	Carmarthen	37.59	___
7	Bennett, Finley	14	Haverfordwes	38.60	___
8	Silverstone, Sol	14	Haverfordwes	38.91	___

Heat 9 of 9 Finals

1	Cressey-Rodgers, Huw	16	Carmarthen	34.87	___
2	Fitzsimmons, Arron	19	PembrokeDist	34.41	___
3	Bevan, Sion	24	PembrokeDist	33.24	___
4	Lewis, Matthew D	38	Haverfordwes	30.34	___
5	Job, Kyle	25	Penyrheol	32.50	___
6	West, Zac	17	Fishguard	33.98	___
7	Richardson, Osian	15	Swansea Aq	34.72	___
8	Rogers, Logan A	17	Neath	36.08	___