

**Amman Valley Open Meet 2023 - 23/04/2023**  
**Meet Program - Session 3 (Warmup 2.05 - 3.05)**

**Event 17 Boys 9 & Over 200 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
1				—
2	Morris, Leo	11	Llanelli	NT
3	Banner, Harry	11	Penyrheol Asc	NT
4	Hall, Ethan	13	Fishguard	NT
5	Stuart-Lavender, Jac	12	Llanelli	NT
6	George, Kieran	11	Pembroke	NT
7				—
8				—
<b>Heat 2 of 4 Finals</b>				
1	Knight, Tom	11	Hsc	3:52.48
2	Santos, Liam	13	Milford Havn	3:32.28
3	Noden, Rory	10	Milford Havn	3:23.03
4	Shelmerdine, Cory	12	Pembroke	3:19.65
5	Davies, Tyler	12	Milford Havn	3:22.33
6	Mills, Thomas	12	Llanelli	3:31.82
7	Evans, Wolfgang	9	Pembroke	3:43.28
8	Stewart, Finlay	14	Llanelli	NT
<b>Heat 3 of 4 Finals</b>				
1	Gibbs, Jenson	11	Amman Valley	3:16.25
2	Davies, Gethin	14	Milford Havn	2:59.28
3	Davies, Ellis V	11	Llanelli	2:52.41
4	King, Ethan	10	Penyrheol Asc	2:50.19
5	Backen, Henry	14	Fishguard	2:51.04
6	Harris, Toby	13	Pembroke	2:57.47
7	Chapman, Henry	11	Carmarthen	3:13.90
8	Smith, Declan	11	Amman Valley	3:19.01
<b>Heat 4 of 4 Finals</b>				
1	Burt, Caio	12	Llanelli	2:44.39
2	Williams, Thomas	12	Llanelli	2:28.82
3	Galbraith, Elian	13	Llanelli	2:25.28
4	Cleave, Joshua	14	CEDY	2:21.54
5	Price, George	14	Penyrheol Asc	2:22.10
6	Burt, Teyan	15	Llanelli	2:27.29
7	Phillips, Finley	12	Carmarthen	2:29.93
8	Elmes, Max	12	Carmarthen	2:44.40

**Event 18 Girls 9 & Over 100 SC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 7 Finals</b>				
1	Iturbe, Carys	9	PTSY	NT
2	Clement, Darcy	10	PTSY	NT
3	Williams, Eve	10	Penyrheol Asc	NT
4	Williams, Evie	10	Milford Havn	NT
5	Beall, Isabelle	10	Penyrheol Asc	NT
6	Hounsell, Isla	10	Pembroke	NT
7	Henson, Jess	9	Tenby Dolphins	NT
8				—
<b>Heat 2 of 7 Finals</b>				
1	Roberts, Arwyn	10	PTSY	NT
2	Howell, Sophie	11	Hsc	NT
3	Patterson, Hollie M	11	Carmarthen	NT
4	Stanley, Amelia	11	Tenby Dolphins	NT
5	Davies, Eva	11	PTSY	NT
6	Jones, Poppy	11	Penyrheol Asc	NT
7	Davies, Erin	11	CEDY	NT
8	Davies, Elizabeth	10	Tenby Dolphins	NT

**Heat 3 of 7 Finals**

1	Griffiths, Ffion	11	Tenby Dolphins	NT
2	Morgan, Lily	12	Tenby Dolphins	NT
3	Penfold, Robyn	12	Fishguard	NT
4	Philpott, Lowri	12	Llanelli	NT
5	Page, Jess	12	Tenby Dolphins	NT
6	Penfold, Freya	12	Fishguard	NT
7	Gale, Jasmine	12	PTSY	NT
8	Roberts, Grace	11	CEDY	NT

**Heat 4 of 7 Finals**

1	Davies, Ava-Rose	10	Llanelli	2:08.35
2	Griffiths, Scarlet	10	Hsc	1:58.53
3	Davies, Lauren	11	Llanelli	1:48.29
4	Doncaster, Lily S	12	Hsc	1:45.12
5	Edwards, Alice	12	Carmarthen	1:47.92
6	Massey, Mia	10	CEDY	1:57.72
7	Dyde, Pheobe	10	Pembroke	1:59.03
8	Snelgrove, Chloe	13	Amman Valley	NT

**Heat 5 of 7 Finals**

1	Williams, Ffion	13	Milford Havn	1:42.01
2	Thomas, Carys	11	Penyrheol Asc	1:39.32
3	Wells, Iris	11	CEDY	1:34.85
4	McFarlane, Una	11	Milford Havn	1:34.17
5	Hall, Ellena	12	Fishguard	1:34.49
6	Knight, Cerys	13	Hsc	1:38.84
7	Murphy, Alys	13	Hsc	1:39.54
8	Kenny, Jemima	12	Milford Havn	1:44.52

**Heat 6 of 7 Finals**

1	Andreassen, Freya	12	Amman Valley	1:28.77
2	Taffetsauffer, Isabella	11	Llanelli	1:27.78
3	Griffiths, Amelia	12	Fishguard	1:25.43
4	James-Evans, Lowri	14	Carmarthen	1:22.81
5	Marques-Jones, Neve	15	Amman Valley	1:22.93
6	Bruce, Keira	12	Pembroke	1:26.38
7	George, Eilir	12	Llanelli	1:28.74
8	Hall, Isabelle	12	Fishguard	1:30.88

**Heat 7 of 7 Finals**

1	Miles, Megan	14	Fishguard	1:21.56
2	Thomas, Caitlin	14	Penyrheol Asc	1:20.19
3	Pickersgill, Aoife	14	Carmarthen	1:14.92
4	Cleave, Mia	16	CEDY	1:11.40
5	Knight, Ffion L	17	Penyrheol Asc	1:13.06
6	Catling, Freya	14	CEDY	1:15.34
7	Perrott, Niamh	13	CEDY	1:21.25
8	Thomas, Nikita	14	Llanelli	1:22.03

**Event 19 Boys 9 & Over 100 SC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
1				—
2	Jones, Dafydd	11	Amman Valley	NT
3	Thomas, Ethan H	11	Amman Valley	NT
4	Mills, Thomas	12	Llanelli	NT
5	Thomas, Tristan	12	Milford Havn	NT
6	Thomas, Rhys	11	PTSY	NT
7	Collins, Thomas	10	Penyrheol Asc	NT
8				—

**Amman Valley Open Meet 2023 - 23/04/2023**  
**Meet Program - Session 3 (Warmup 2.05 - 3.05)**

**Heat 2 Finals (#19 Boys 9 & Over 100 SC Meter Backstroke)**

1	Jones, Jack	13	Tenby Dolphins	NT	___
2	Bawden, Lewis J	14	Penyrheol Asc	NT	___
3	Crotty, Beau	12	Pembroke	2:17.56	___
4	Santos, Liam	13	Milford Havn	1:43.67	___
5	George, Kieran	11	Pembroke	2:08.24	___
6	Weston, Ben	12	Pembroke	2:26.93	___
7	Maclean, Daichi	13	Llanelli	NT	___
8	Beynon, Aaron	12	Fishguard	NT	___

**Heat 3 of 4 Finals**

1	Davies, Tyler	12	Milford Havn	1:38.05	___
2	Harris, Toby	13	Pembroke	1:37.25	___
3	Burt, Caio	12	Llanelli	1:33.11	___
4	Davies, Ellis V	11	Llanelli	1:30.14	___
5	Elmes, Max	12	Carmarthen	1:30.29	___
6	Tytler, Leo	14	Milford Havn	1:35.31	___
7	Lewis, Callum	13	Milford Havn	1:38.00	___
8	Hughes-Llewellyn, David	12	Llanelli	1:38.59	___

**Heat 4 of 4 Finals**

1	Green, Charley	12	Llanelli	1:21.73	___
2	Harris, Osian	14	Fishguard	1:18.78	___
3	Dallimore, Austin	14	Llanelli	1:16.37	___
4	Grogan, Adam	16	Carmarthen	1:11.04	___
5	Richards, Aled	15	CEDY	1:13.51	___
6	Price, George	14	Penyrheol Asc	1:16.47	___
7	Chapman, Coby L	13	Penyrheol Asc	1:18.93	___
8	Davies, Gethin	14	Milford Havn	1:23.32	___

**Event 20 Girls 8 & Over 50 SC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 13 Finals**

1	Sheppard, Amelia H	8	CEDY	NT	___
2	Williams, Megan H	8	Llanelli	NT	___
3	Snelgrove, Maddison	8	Amman Valley	NT	___
4	Henson, Jess	9	Tenby Dolphins	NT	___
5	Evans, Gwenllian	8	Fishguard	NT	___
6	Shelmerdine, Holly	8	Pembroke	NT	___
7	Millard, Nel	8	Llanelli	NT	___
8					___

**Heat 2 of 13 Finals**

1	Iturbe, Carys	9	PTSY	NT	___
2	Morris, Ffion	10	Tenby Dolphins	NT	___
3	Prevel, Tilly	10	Pembroke	NT	___
4	Clement, Darcy	10	PTSY	NT	___
5	Roberts, Arwyn	10	PTSY	NT	___
6	Davies, Elizabeth	10	Tenby Dolphins	NT	___
7	Graham, Fallon	10	Tenby Dolphins	NT	___
8	Powell, Poppy	9	Llanelli	NT	___

**Heat 3 of 13 Finals**

1	Davies, Loti	10	CEDY	NT	___
2	Griffiths, Isla	10	Tenby Dolphins	NT	___
3	Pearce, Ava	11	PTSY	NT	___
4	Aggett, Coraline	11	Amman Valley	NT	___
5	Davies, Eva	11	PTSY	NT	___
6	Singleton, Sienna	11	Amman Valley	NT	___
7	Evans, Amya	10	Pembroke	NT	___
8	Jenkins, Alys	10	Amman Valley	NT	___

**Heat 4 of 13 Finals**

1	Griffiths, Ffion	11	Tenby Dolphins	NT	___
2	Jones, Ashleigh	12	Amman Valley	NT	___
3	Bessent, Mia	12	Penyrheol Asc	NT	___
4	Thomas, Nikita	14	Llanelli	NT	___
5	Gale, Jasmine	12	PTSY	NT	___
6	Tipping, Matilda	12	Amman Valley	NT	___
7	Morgan, Lily	12	Tenby Dolphins	NT	___
8	Stanley, Amelia	11	Tenby Dolphins	NT	___

**Heat 5 of 13 Finals**

1	Clissold, Bronwyn	14	Tenby Dolphins	NT	___
2	James, Evie	10	Milford Havn	1:32.17	___
3	Arnold, Olivia	9	Milford Havn	1:17.12	___
4	Bowen, Ella	9	Llanelli	1:08.59	___
5	Mason, Ezmee	10	Hsc	1:13.16	___
6	Edmunds, Paige P	13	Llanelli	1:18.86	___
7	Prosser, Eleri	15	Llanelli	NT	___
8	Lammin, Alesha	14	Pembroke	NT	___

**Heat 6 of 13 Finals**

1	Knight, Anna	9	CEDY	1:07.95	___
2	Morgan, Iolah	8	Pembroke	1:07.32	___
3	George, Erin	10	Llanelli	1:06.98	___
4	Edmunds, Freya	9	Llanelli	1:04.40	___
5	Davies, Cadi	11	CEDY	1:05.01	___
6	Baylis, Ellie	10	Penyrheol Asc	1:07.28	___
7	Titely, Lola	10	Milford Havn	1:07.66	___
8	Hounsell, Isla	10	Pembroke	1:08.50	___

**Heat 7 of 13 Finals**

1	Williams, Eve	10	Penyrheol Asc	1:03.44	___
2	Jones, Alexa	10	Llanelli	1:02.91	___
3	Millard, Effi-Mai	11	Llanelli	1:00.82	___
4	Gambell, Lowri	13	Penyrheol Asc	59.87	___
5	Jenkins, Isabella	11	Llanelli	1:00.24	___
6	Thomas, Angharad	13	Fishguard	1:01.22	___
7	Sheridan, Isla	10	Llanelli	1:03.18	___
8	Davies, Lucy-Anne	10	Amman Valley	1:04.39	___

**Heat 8 of 13 Finals**

1	Harris, Chloe	10	CEDY	59.33	___
2	Fry, Tilly	11	Llanelli	58.58	___
3	Ellis, Eve	10	CEDY	56.97	___
4	Hawkins, Betsy-May	11	Llanelli	56.19	___
5	Griffiths, Elizabeth	11	Fishguard	56.92	___
6	Thomas, Seren Haf	12	Amman Valley	57.97	___
7	Powell, Nina	10	Fishguard	58.78	___
8	Massey, Mia	10	CEDY	59.58	___

**Heat 9 of 13 Finals**

1	Doncaster, Lily S	12	Hsc	55.30	___
2	Percival, Bella	10	CEDY	54.01	___
3	Thomas, Carys	11	Penyrheol Asc	53.70	___
4	Davies, Erin	11	CEDY	53.02	___
5	Stevens, Alice	10	CEDY	53.08	___
6	Rossiter Wargent, Mia	10	Milford Havn	53.93	___
7	Jones, Hunydd	11	Carmarthen	54.82	___
8	Davies, Ava-Rose	10	Llanelli	55.92	___

**Amman Valley Open Meet 2023 - 23/04/2023**  
**Meet Program - Session 3 (Warmup 2.05 - 3.05)**

**Heat 10 Finals (#20 Girls 8 & Over 50 SC Meter Breaststroke)**

1	Rees-Davies, Saoirse	11	Llanelli	52.23	___
2	Bowen, Seren E	12	Carmarthen	51.43	___
3	Knight, Cerys	13	Hsc	50.85	___
4	Roberts, Molly	11	Llanelli	49.84	___
5	Hughes, Megan	9	CEDY	50.75	___
6	Holloway, Olivia	14	PTSY	50.87	___
7	Griffiths, Elin	13	Brecon	51.50	___
8	Snelgrove, Chloe	13	Amman Valley	52.63	___

**Heat 11 of 13 Finals**

1	Davies, Isabella	11	Llanelli	49.07	___
2	Parry, Abigail	10	Carmarthen	48.50	___
3	Beall, Magi	12	Penyrheol Asc	48.07	___
4	James-Evans, Lowri	14	Carmarthen	47.68	___
5	Hughes, Mollie	12	CEDY	47.74	___
6	Richards, Amber	14	CEDY	48.24	___
7	Morgan, Catrin	15	Amman Valley	48.90	___
8	John, Annabel	13	Pembroke	49.24	___

**Heat 12 of 13 Finals**

1	Mason, Phoebe	12	Hsc	47.06	___
2	Hall, Ellena	12	Fishguard	45.97	___
3	Taffetsauffer, Isabella	11	Llanelli	44.86	___
4	Carter, Ava	14	Penyrheol Asc	44.26	___
5	Beynon, Chloe	16	Fishguard	44.48	___
6	Dafydd, Mali	12	Fishguard	45.29	___
7	Thomas, Grace	11	Carmarthen	46.53	___
8	Webb, Efa M	12	Amman Valley	47.46	___

**Heat 13 of 13 Finals**

1	Stark, Tala	12	Fishguard	43.51	___
2	Davies, Kirsty	19	Amman Valley	42.14	___
3	Ostrowski, Julia	14	Pembroke	41.41	___
4	Gibbs, Harriet	14	Amman Valley	35.41	___
5	Miles, Megan	14	Fishguard	40.99	___
6	Knight, Lily	12	CEDY	41.79	___
7	Dafydd, Iola	13	Fishguard	42.53	___
8	Hall, Isabelle	12	Fishguard	43.63	___

**Event 21 Boys 8 & Over 50 SC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 6 Finals**

1	Murphy, Ifan	8	Hsc	NT	___
2	Price, Riley	8	Pembroke	NT	___
3	Elmes, Samuel	9	Carmarthen	NT	___
4	Tipping, Henry	10	Amman Valley	NT	___
5	Jesson, Takeo	10	Tenby Dolphins	NT	___
6	Perrin, Santino	8	Llanelli	NT	___
7	Davies, Morgan	8	Tenby Dolphins	NT	___
8	Hughes-Llewellyn, Alfie	8	Llanelli	NT	___

**Heat 2 of 6 Finals**

1	Prevel, Sebastian	11	Pembroke	NT	___
2	Thomas, Rhys	11	PTSY	NT	___
3	Jones, Dafydd	11	Amman Valley	NT	___
4	Vardill, Hedd D	13	Carmarthen	NT	___
5	Weston, Ben	12	Pembroke	NT	___
6	Bowes, James F	11	Carmarthen	NT	___
7	Bowen, Cai	11	Fishguard	NT	___
8	O'Neill, Archie	10	Penyrheol Asc	NT	___

**Heat 3 of 6 Finals**

1	Burt, Gwion	9	Llanelli	1:29.10	___
2	Maclean, Daichi	13	Llanelli	1:06.76	___
3	Crotty, Beau	12	Pembroke	1:03.56	___
4	Backen, Frederick	10	Fishguard	57.72	___
5	Thomas, Tristan	12	Milford Havn	1:00.94	___
6	George, Kieran	11	Pembroke	1:03.98	___
7	Thomas, Ethan H	11	Amman Valley	1:11.25	___
8	Jones, Jack	13	Tenby Dolphins	NT	___

**Heat 4 of 6 Finals**

1	Beynon, Aaron	12	Fishguard	57.24	___
2	Bawden, Lewis J	14	Penyrheol Asc	55.94	___
3	Collins, Thomas	10	Penyrheol Asc	55.16	___
4	Napieralla, Jacob	10	Penyrheol Asc	51.16	___
5	Noden, Rory	10	Milford Havn	53.59	___
6	Shelmerdine, Cory	12	Pembroke	55.17	___
7	Knight, Tom	11	Hsc	57.15	___
8	Smith, Declan	11	Amman Valley	57.65	___

**Heat 5 of 6 Finals**

1	Gibbs, Jenson	11	Amman Valley	50.41	___
2	Elias, Ruben	12	Carmarthen	46.57	___
3	Harris, Toby	13	Pembroke	45.03	___
4	Stuart-Lavender, Jac	12	Llanelli	44.65	___
5	Smedley, Jack	16	CEDY	44.76	___
6	Green, Charley	12	Llanelli	46.50	___
7	Lewis, Callum	13	Milford Havn	50.05	___
8	Miles, Gethin	12	Fishguard	50.84	___

**Heat 6 of 6 Finals**

1	Galbraith, Elian	13	Llanelli	43.39	___
2	Burt, Teyan	15	Llanelli	42.70	___
3	Hall, Ethan	13	Fishguard	41.01	___
4	Job, Kyle	24	Penyrheol Asc	31.65	___
5	Richards, Aled	15	CEDY	36.77	___
6	Williams, Thomas	12	Llanelli	41.34	___
7	Harris, Osian	14	Fishguard	42.80	___
8	Backen, Henry	14	Fishguard	43.80	___

**Event 22 Girls 9 & Over 100 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 13 Finals**

1	Bowen, Ella	9	Llanelli	NT	___
2	Arnold, Olivia	9	Milford Havn	NT	___
3	Iturbe, Carys	9	PTSY	NT	___
4	Roberts, Arwyn	10	PTSY	NT	___
5	Davies, Elizabeth	10	Tenby Dolphins	NT	___
6	Robinson-Wilyeo, Sophie	9	CEDY	NT	___
7	Griffiths, Lilia-Rose	9	Fishguard	NT	___
8	Henson, Jess	9	Tenby Dolphins	NT	___

**Heat 2 of 13 Finals**

1	Prevel, Tilly	10	Pembroke	NT	___
2	Clement, Darcy	10	PTSY	NT	___
3	Beall, Isabelle	10	Penyrheol Asc	NT	___
4	Graham, Fallon	10	Tenby Dolphins	NT	___
5	Griffiths, Isla	10	Tenby Dolphins	NT	___
6	Evans, Amya	10	Pembroke	NT	___
7	Baylis, Ellie	10	Penyrheol Asc	NT	___
8	Titley, Lola	10	Milford Havn	NT	___

**Amman Valley Open Meet 2023 - 23/04/2023**  
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**Heat 3 Finals (#22 Girls 9 & Over 100 SC Meter Freestyle)**

1	Griffiths, Elizabeth	11	Fishguard	NT	___
2	Stanley, Amelia	11	Tenby Dolphins	NT	___
3	Griffiths, Ffion	11	Tenby Dolphins	NT	___
4	Pearce, Ava	11	PTSY	NT	___
5	Davies, Lauren	11	Llanelli	NT	___
6	Davies, Eva	11	PTSY	NT	___
7	Kaill-Franks, Nia	11	Fishguard	NT	___
8	Place, Ava	10	Amman Valley	NT	___

**Heat 4 of 13 Finals**

1	Penfold, Freya	12	Fishguard	NT	___
2	Penfold, Robyn	12	Fishguard	NT	___
3	Jones, Ashleigh	12	Amman Valley	NT	___
4	Kaill-Franks, Eira	13	Fishguard	NT	___
5	Thomas, Cara	13	Llanelli	NT	___
6	Page, Jess	12	Tenby Dolphins	NT	___
7	Morgan, Lily	12	Tenby Dolphins	NT	___
8	Osell, Leila	12	CEDY	NT	___

**Heat 5 of 13 Finals**

1	Lammin, Alesha	14	Pembroke	NT	___
2	Morgan, Catrin	15	Amman Valley	NT	___
3	Griffiths, Scarlet	10	Hsc	1:55.51	___
4	Fry, Tilly	11	Llanelli	1:49.01	___
5	Rossiter Wargent, Mia	10	Milford Havn	1:54.41	___
6	Hounsell, Isla	10	Pembroke	2:07.91	___
7	Clissold, Bronwyn	14	Tenby Dolphins	NT	___
8	Evans, Katie	13	CEDY	NT	___

**Heat 6 of 13 Finals**

1	Mason, Ezmee	10	Hsc	1:47.30	___
2	Gambell, Lowri	13	Penyrheol Asc	1:46.55	___
3	Powell, Nina	10	Fishguard	1:42.16	___
4	Price, Seren-louise	10	Carmarthen	1:40.98	___
5	Moseley, Emily	12	Pembroke	1:41.66	___
6	Dyde, Pheobe	10	Pembroke	1:43.44	___
7	Millard, Effi-Mai	11	Llanelli	1:47.24	___
8	Williams, Evie	10	Milford Havn	1:48.16	___

**Heat 7 of 13 Finals**

1	Jenkins, Isabella	11	Llanelli	1:39.52	___
2	Howell, Sophie	11	Hsc	1:36.25	___
3	Thomas, Angharad	13	Fishguard	1:35.34	___
4	Hughes, Megan	9	CEDY	1:31.52	___
5	Kenny, Jemima	12	Milford Havn	1:32.49	___
6	Williams, Ffion	13	Milford Havn	1:35.76	___
7	Jones, Alexa	10	Llanelli	1:38.07	___
8	Percival, Bella	10	CEDY	1:40.48	___

**Heat 8 of 13 Finals**

1	Edwards, Alice	12	Carmarthen	1:29.69	___
2	Rees-Davies, Saoirse	11	Llanelli	1:28.96	___
3	Doncaster, Lily S	12	Hsc	1:28.16	___
4	Hawkins, Betsy-May	11	Llanelli	1:28.02	___
5	Thomas, Carys	11	Penyrheol Asc	1:28.06	___
6	Harris, Chloe	10	CEDY	1:28.96	___
7	McFarlane, Una	11	Milford Havn	1:29.22	___
8	Parry, Abigail	10	Carmarthen	1:31.10	___

**Heat 9 of 13 Finals**

1	Patterson, Hollie M	11	Carmarthen	1:27.13	___
2	Davies, Isabella	11	Llanelli	1:25.10	___
3	Dafydd, Iola	13	Fishguard	1:24.48	___
4	Holloway, Olivia	14	PTSY	1:21.70	___
5	Roberts, Molly	11	Llanelli	1:21.97	___
6	Bowen, Seren E	12	Carmarthen	1:24.96	___
7	Jewitt, Sophia	11	Llanelli	1:25.18	___
8	Snelgrove, Chloe	13	Amman Valley	1:27.44	___

**Heat 10 of 13 Finals**

1	Thomas, Grace	11	Carmarthen	1:21.04	___
2	Andreassen, Freya	12	Amman Valley	1:20.39	___
3	Murphy, Alys	13	Hsc	1:18.60	___
4	Davies, Erin	11	CEDY	1:17.94	___
5	Knight, Lily	12	CEDY	1:17.94	___
6	Jones, Hunydd	11	Carmarthen	1:19.77	___
7	Knight, Cerys	13	Hsc	1:20.71	___
8	Hughes, Mollie	12	CEDY	1:21.60	___

**Heat 11 of 13 Finals**

1	Upton-Boorman, Isabella	12	Carmarthen	1:16.52	___
2	Dafydd, Mali	12	Fishguard	1:15.93	___
3	John, Annabel	13	Pembroke	1:15.32	___
4	Griffiths, Amelia	12	Fishguard	1:14.43	___
5	Stark, Tala	12	Fishguard	1:14.92	___
6	Morgan, Evelyn	12	Llanelli	1:15.50	___
7	Mason, Phoebe	12	Hsc	1:16.21	___
8	George, Eilir	12	Llanelli	1:17.29	___

**Heat 12 of 13 Finals**

1	Davies, Kirsty	19	Amman Valley	1:13.17	___
2	Thomas, Nikita	14	Llanelli	1:11.20	___
3	Ostrowski, Julia	14	Pembroke	1:09.74	___
4	Catling, Freya	14	CEDY	1:08.76	___
5	Perrott, Niamh	13	CEDY	1:09.14	___
6	Webb, Efa M	12	Amman Valley	1:10.93	___
7	Beynon, Chloe	16	Fishguard	1:12.61	___
8	Marques-Jones, Neve	15	Amman Valley	1:13.84	___

**Heat 13 of 13 Finals**

1	Pickersgill, Aoife	14	Carmarthen	1:06.87	___
2	Knight, Cari	14	Penyrheol Asc	1:05.59	___
3	Grigg-Williams, Chloe	19	Penyrheol Asc	1:04.07	___
4	King, Marley	14	Penyrheol Asc	1:02.32	___
5	Gibbs, Harriet	14	Amman Valley	1:03.41	___
6	Carter, Ava	14	Penyrheol Asc	1:04.91	___
7	Baylis, Sophie	17	Penyrheol Asc	1:06.72	___
8	Thomas, Caitlin	14	Penyrheol Asc	1:07.69	___

**Event 23 Boys 9 & Over 100 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 5 Finals**

1				___
2				___
3	Backen, Frederick	10	Fishguard	NT
4	Prevel, Sebastian	11	Pembroke	NT
5	Bowen, Cai	11	Fishguard	NT
6	Treinis, Lucian	9	Pembroke	NT
7				___
8				___

**Amman Valley Open Meet 2023 - 23/04/2023**  
**Meet Program - Session 3 (Warmup 2.05 - 3.05)**

**Heat 2 Finals (#23 Boys 9 & Over 100 SC Meter Freestyle)**

1	Thomas, Rhys	11	PTSY	NT	___
2	Jones, Jack	13	Tenby Dolphins	NT	___
3	Jones, Adam	14	Penyrheol Asc	NT	___
4	Weston, Ben	12	Pembroke	2:55.88	___
5	Jones, Matthew	15	Penyrheol Asc	NT	___
6	Vardill, Hedd D	13	Carmarthen	NT	___
7	Thomas, Tristan	12	Milford Havn	NT	___
8	Bowes, James F	11	Carmarthen	NT	___

**Heat 3 of 5 Finals**

1	Evans, Wolfgang	9	Pembroke	1:54.00	___
2	Knight, Tom	11	Hsc	1:46.31	___
3	Thomas, Ethan H	11	Amman Valley	1:39.96	___
4	Maclean, Daichi	13	Llanelli	1:29.68	___
5	Jones, Dafydd	11	Amman Valley	1:38.99	___
6	Bawden, Lewis J	14	Penyrheol Asc	1:42.17	___
7	James, Arwel	10	Amman Valley	1:52.52	___
8	George, Kieran	11	Pembroke	2:00.71	___

**Heat 4 of 5 Finals**

1	Smith, Declan	11	Amman Valley	1:29.26	___
2	Stuart-Lavender, Jac	12	Llanelli	1:23.66	___
3	Davies, Ellis V	11	Llanelli	1:21.84	___
4	Cleave, Ben	12	CEDY	1:16.68	___
5	Tytler, Leo	14	Milford Havn	1:20.55	___
6	Harris, Toby	13	Pembroke	1:22.72	___
7	Hughes-Llewellyn, David	12	Llanelli	1:27.82	___
8	Shelmerdine, Cory	12	Pembroke	1:29.58	___

**Heat 5 of 5 Finals**

1	Backen, Henry	14	Fishguard	1:10.57	___
2	Dallimore, Austin	14	Llanelli	1:08.07	___
3	Galbraith, Elian	13	Llanelli	1:05.75	___
4	Grogan, Adam	16	Carmarthen	1:03.49	___
5	Chapman, Coby L	13	Penyrheol Asc	1:04.13	___
6	Cleave, Joshua	14	CEDY	1:05.80	___
7	Williams, Thomas	12	Llanelli	1:08.50	___
8	King, Ethan	10	Penyrheol Asc	1:13.91	___