

## West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

## Meet Program - Session 6 (Warmup 11.00 - 11.50)

**Event 321 Girls 11 & Over 100 SC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 8 Finals**

1	Heron, Edith	11	Aberystwyth	1:41.62
2	Joseph, Ellie	11	C Dolphins	1:39.34
3	Price, Seren -louse	11	Carmarthen	1:38.57
4	Roberts Mylan, Ffion C	11	Swansea Aq	1:35.92
5	Powell, Nina	11	Fishguard	1:37.44
6	Roberts Mylan, Sophie I	11	Swansea Aq	1:38.96
7	Massey, Mia	11	C Dolphins	1:39.85
8	Dyde, Pheobe	11	PembrokeDist	1:42.46

**Heat 2 of 8 Finals**

1	Thomas, Carys	12	Penyrheol	1:34.53
2	Kenny, Jemima	12	Milford Havn	1:32.22
3	Wells, Iris	12	C Dolphins	1:30.58
4	Andreassen, Freya	12	Amman Valley	1:28.75
5	Szmigiero, Victoria	14	Aberystwyth	1:29.74
6	Morgan, Gwerfyl	12	Aberystwyth	1:31.70
7	Blyth, Isobelle	13	Haverfordwes	1:32.30
8	Lewis, Megan	12	Neath	1:34.92

**Heat 3 of 8 Finals**

1	McFarlane, Una	12	Milford Havn	1:27.48
2	O'Connell, Cerys E	15	NexusValleys	1:26.52
3	Hnoiana, Valentyna	11	Swansea Aq	1:25.63
4	Jones, Hunydd	12	Carmarthen	1:25.27
5	Martin, Phoebe O	13	Swansea Aq	1:25.49
6	Macy, Peni	14	Aberystwyth	1:26.28
7	Hanna, Shelby	14	Haverfordwes	1:27.47
8	Filmer, Gwennan	11	Aberystwyth	1:27.70

**Heat 4 of 8 Finals**

1	Bissicks, Cari H	12	Swansea Aq	1:24.40
2	Williams, Paige T	11	Swansea Aq	1:23.41
3	Thompson, Freya	13	Haverfordwes	1:23.20
4	Morgan, Evelyn	12	Llanelli	1:22.49
5	Montague, Keira	14	Haverfordwes	1:22.55
6	Griffiths, Amelia	13	Fishguard	1:23.29
7	Griffiths, Ffion	12	Tenby	1:23.68
8	Powell, Lottie	13	Swansea Aq	1:24.50

**Heat 5 of 8 Finals**

1	Griffiths, Gwennan M	13	Swansea Aq	1:21.73
2	Collyer, Tirion	12	Swansea Aq	1:21.00
3	Morgan, Lily	13	Tenby	1:20.85
4	Bray, Bethan	17	C Dolphins	1:20.18
5	Hughes, Nancy J	14	NexusValleys	1:20.34
6	Taffetsauffer, Isabella	12	Llanelli	1:20.93
7	Thomas, Nikita	14	Llanelli	1:21.45
8	Rice, Lily	19	PembrokeDist	1:21.87

**Heat 6 of 8 Finals**

1	Hanna, Jazmine	15	Haverfordwes	1:19.38
2	Koo, Kathryn	14	Tenby	1:19.09
3	Miles, Megan	15	Fishguard	1:18.49
4	Dash, Amelie	12	Milford Havn	1:17.90
5	Upton-Boorman, Isabella	13	Carmarthen	1:18.06
6	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	1:18.68
7	Bruce, Keira	13	PembrokeDist	1:19.15
8	Holmes, Seren	14	Neath	1:20.00

**Heat 7 of 8 Finals**

1	Douglas, Fabiana	15	Neath	1:16.73
2	Welsby, Lily-May	16	Aberystwyth	1:15.75
3	Pickersgill, Aoife	15	Carmarthen	1:14.92
4	Bruce, Skye	14	PembrokeDist	1:14.41
5	Lythgoe, Manon H	14	Swansea Aq	1:14.67
6	Lewis, Abigail	18	Neath	1:15.30
7	Perrott, Niamh	14	C Dolphins	1:16.53
8	Thomas, Caitlin	15	Penyrheol	1:17.56

**Heat 8 of 8 Finals**

1	Carter, Ava	15	Penyrheol	1:13.03
2	Arnold, Jessica R	13	Swansea Aq	1:12.44
3	Goodliffe, Faith R	23	C Dolphins	1:09.97
4	Nichols, Grace	13	Haverfordwes	1:06.27
5	Hatton-Ellis, Isabelle L	15	Swansea Aq	1:07.00
6	Thomas, Rhian	15	Haverfordwes	1:10.10
7	Devonald, Niamh	16	Haverfordwes	1:12.59
8	Philpott, Ffion	14	Nofio Sir Gar	1:14.27

**Event 322 Boys 11 & Over 800 SC Meter Freestyle**

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

1				
2	Bennett, Finley	14	Haverfordwes	9:43.40
3	Gubb, Harvey	17	Neath	9:35.44
4	Gillett, Oliver	16	Swansea Aq	9:02.26
5	Fletcher, Owen	16	Haverfordwes	9:30.10
6	Thomas, Iolo	13	Neath	9:42.74
7	Williams, Thomas	13	Nofio Sir Gar	10:22.29
8				

**Event 323 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	Percival, Bella	11	C Dolphins	1:29.27
4	Rees-Davies, Saoirse	12	Llanelli	1:27.35
5	Gardner-Rolfe, Mia G	11	Swansea Aq	1:27.70
6				
7				
8				

**Heat 2 of 17 Finals**

1	Powell, Nina	11	Fishguard	1:27.23
2	Williams, Grace O	12	NexusValleys	1:26.71
3	Morris, Ffion	11	Tenby	1:26.53
4	May, Gwen A	11	NexusValleys	1:25.75
5	Kaill-Franks, Nia	12	Fishguard	1:26.44
6	Jenkins, Elli J	12	Swansea Aq	1:26.53
7	Hawkins, Betsy-May	12	Llanelli	1:26.78
8				

**Heat 3 of 17 Finals**

1	Pearce, Ava	12	Afan Valley	1:25.58
2	Kenny, Jemima	12	Milford Havn	1:24.31
3	Gale, Jasmine	13	Afan Valley	1:23.48
4	Williams, Fay P	11	Swansea Aq	1:22.72
5	Clift, Meghan	12	Swansea Aq	1:22.98
6	Bessent, Mia	12	Penyrheol	1:24.00
7	Filmer, Gwennan	11	Aberystwyth	1:24.44
8	Griffiths, Elizabeth	12	Fishguard	1:25.69

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**Heat 4 Finals (#323 Girls 11 & Over 100 SC Meter Freestyle)**

1	Bruce, Keira	13	PembrokeDist	1:22.20	_____
2	Short, Amelia L	12	NexusValleys	1:21.90	_____
3	Jewitt, Sophia	12	Llanelli	1:21.00	_____
4	Berner, Kiana	12	Aberystwyth	1:20.25	_____
5	Bowen, Seren E	13	Carmarthen	1:20.31	_____
6	Kasto, Evie T	12	Swansea Aq	1:21.10	_____
7	Davies, Cadi	12	C Dolphins	1:22.00	_____
8	Dyde, Pheobe	11	PembrokeDist	1:22.45	_____

**Heat 5 of 17 Finals**

1	Abell, Eve S10	16	Neath	1:19.74	_____
2	Scully, Emersyn	12	Llanelli	1:19.47	_____
3	Hughes, Mollie	12	C Dolphins	1:19.03	_____
4	Hanna, Shelby	14	Haverfordwes	1:18.37	_____
5	Richards, Amber	14	C Dolphins	1:18.99	_____
6	Perrott, Hannah	13	C Dolphins	1:19.32	_____
7	Knight, Cerys	14	Haverfordwes	1:19.55	_____
8	Wilcockson, Alys	13	Aberystwyth	1:19.78	_____

**Heat 6 of 17 Finals**

1	Patterson, Hollie M	12	Carmarthen	1:18.02	_____
2	Evans, Cadi R	11	Swansea Aq	1:17.72	_____
3	Peach, Eliza M	15	Haverfordwes	1:17.01	_____
4	Thomas, Grace	12	Carmarthen	1:16.90	_____
5	Jones, Hunydd	12	Carmarthen	1:16.90	_____
6	Davies, Lowri	15	C Dolphins	1:17.44	_____
7	Hall, Isabelle	12	Fishguard	1:17.95	_____
8	Lewis, Megan	12	Neath	1:18.11	_____

**Heat 7 of 17 Finals**

1	Davis, Olivia	14	Penyrheol	1:16.49	_____
2	Dafydd, Mali	13	Fishguard	1:15.93	_____
3	Martin, Phoebe O	13	Swansea Aq	1:15.10	_____
4	Powell, Lottie	13	Swansea Aq	1:14.93	_____
5	Hall, Ellena	12	Fishguard	1:15.09	_____
6	Andreassen, Freya	12	Amman Valley	1:15.75	_____
7	Upton-Boorman, Isabella	13	Carmarthen	1:16.34	_____
8	Holloway, Olivia	14	Afan Valley	1:16.76	_____

**Heat 8 of 17 Finals**

1	John, Annabel	14	PembrokeDist	1:14.69	_____
2	Griffiths, Ffion	12	Tenby	1:14.59	_____
3	Rice, Lily	19	PembrokeDist	1:14.51	_____
4	O'Connell, Cerys E	15	NexusValleys	1:14.35	_____
5	Szmigiero, Victoria	14	Aberystwyth	1:14.39	_____
6	Davies, Erin	12	C Dolphins	1:14.59	_____
7	Snellgrove, Chloe	13	Amman Valley	1:14.68	_____
8	Thomas, Caitlyn	14	Neath	1:14.74	_____

**Heat 9 of 17 Finals**

1	Harwood, Amelia	16	Haverfordwes	1:13.67	_____
2	Kazmiruk, Anastasiia	12	Amman Valley	1:13.17	_____
3	Stacey, Jessica	13	Amman Valley	1:12.59	_____
4	Giles, Seren M	13	NexusValleys	1:11.44	_____
5	Morgan, Lily	13	Tenby	1:11.66	_____
6	Sedgemore, Lola A	11	NexusValleys	1:12.83	_____
7	Macy, Peni	14	Aberystwyth	1:13.61	_____
8	Williams, Paige T	11	Swansea Aq	1:14.32	_____

**Heat 10 of 17 Finals**

1	Stark, Tala	13	Fishguard	1:10.85	_____
2	Bruce, Skye	14	PembrokeDist	1:10.24	_____
3	Mason, Phoebe	13	Haverfordwes	1:10.10	_____
4	Griffiths, Amelia	13	Fishguard	1:09.92	_____
5	Thomas, Medi A	15	Llanelli	1:09.97	_____
6	Clifford, Bethany	16	Neath	1:10.18	_____
7	Hughes, Nancy J	14	NexusValleys	1:10.82	_____
8	Thompson, Freya	13	Haverfordwes	1:11.10	_____

**Heat 11 of 17 Finals**

1	Jenkins, Alexandra G	14	Swansea Aq	1:09.42	_____
2	Ostrowski, Julia	14	PembrokeDist	1:09.22	_____
3	Thomas, Grace	16	Milford Havn	1:08.92	_____
4	Thomas, Nikita	14	Llanelli	1:08.64	_____
5	Green, Matilda	14	Haverfordwes	1:08.70	_____
6	Miles, Megan	15	Fishguard	1:08.96	_____
7	Hanna, Jazmine	15	Haverfordwes	1:09.33	_____
8	Dash, Amelie	12	Milford Havn	1:09.47	_____

**Heat 12 of 17 Finals**

1	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	1:08.50	_____
2	Perrott, Niamh	14	C Dolphins	1:08.08	_____
3	Lythgoe, Manon H	14	Swansea Aq	1:07.61	_____
4	Webb, Efa M	13	Amman Valley	1:07.02	_____
5	Ley, Lucy	15	Swansea Aq	1:07.42	_____
6	Bissicks, Cari H	12	Swansea Aq	1:07.94	_____
7	Devonald, Niamh	16	Haverfordwes	1:08.26	_____
8	Selby, Cerys	17	Neath	1:08.64	_____

**Heat 13 of 17 Finals**

1	Thomas, Rhian	15	Haverfordwes	1:06.80	_____
2	David, Isabelle	16	Swansea Aq	1:06.59	_____
3	John, Holly	16	Haverfordwes	1:06.54	_____
4	Arnold, Lily	15	Milford Havn	1:06.12	_____
5	Coffey, Cora-leigh K	13	Swansea Aq	1:06.20	_____
6	Philpott, Ffion	14	Nofio Sir Gar	1:06.56	_____
7	Thomas, Caitlin	15	Penyrheol	1:06.63	_____
8	Pickersgill, Aoife	15	Carmarthen	1:06.87	_____

**Heat 14 of 17 Finals**

1	Jones, Eryn	14	Neath	1:05.89	_____
2	Knight, Cari	15	Penyrheol	1:05.59	_____
3	Woodward, Angharad	15	Neath	1:05.20	_____
4	Brown, Caitlin	16	Nofio Sir Gar	1:05.08	_____
5	Burns, Freya	12	Swansea Aq	1:05.20	_____
6	Gilderdale, Celyn	15	Haverfordwes	1:05.35	_____
7	Kovachev, Georgie	16	Fishguard	1:05.68	_____
8	Clissold, Bronwyn	15	Tenby	1:06.11	_____

**Heat 15 of 17 Finals**

1	Sullivan, Katie	16	Neath	1:04.95	_____
2	Owen, Kessie	15	Neath	1:04.44	_____
3	Galdes-Cutting, Daisy	12	Haverfordwes	1:04.40	_____
4	Hale, Libby R	14	Swansea Aq	1:04.20	_____
5	Phillips, Rhianna	18	Nofio Sir Gar	1:04.24	_____
6	Carter, Ava	15	Penyrheol	1:04.40	_____
7	Webb, Saskia	16	Haverfordwes	1:04.47	_____
8	Koo, Kathryn	14	Tenby	1:05.03	_____

## West Wales Regional SC Championships 2023 - 24/11/2023 to 26/11/2023

## Meet Program - Session 6 (Warmup 11.00 - 11.50)

**Heat 16 Finals (#323 Girls 11 & Over 100 SC Meter Freestyle)**

1	Welsby, Lily-May	16	Aberystwyth	1:03.83	___
2	Turatto-Owen, Morgan L	17	Swansea Aq	1:03.70	___
3	Huws, Awen G	15	NexusValleys	1:02.60	___
4	Clissold, Elizabeth	17	Tenby	1:02.56	___
5	Smart, Charlotte E	16	Swansea Aq	1:02.59	___
6	Gibbs, Harriet	15	Nofio Sir Gar	1:03.14	___
7	Clapham, Rhiannon m	18	Fishguard	1:03.73	___
8	Knight, Ffion L	18	Penyrheol	1:04.00	___

**Heat 17 of 17 Finals**

1	Williams, Hollie	16	Nofio Sir Gar	1:02.18	___
2	Lewis, Lowri	17	Neath	1:00.94	___
3	Nichols, Grace	13	Haverfordwes	1:00.90	___
4	Griffiths, Cerys	13	Haverfordwes	59.60	___
5	Geach, Libbie	14	Swansea Aq	1:00.70	___
6	King, Marley	15	Penyrheol	1:00.90	___
7	Morgan, Elen M	18	Aberystwyth	1:02.11	___
8	O'Mahoney, Kaitlin	15	Neath	1:02.40	___

**Event 324 Boys 11 & Over 200 SC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1					___
2					___
3	Noden, Rory	11	Milford Havn	4:00.89	___
4	Burt, Caio	13	Llanelli	3:42.89	___
5	Crotty, Beau	12	PembrokeDist	3:53.91	___
6					___
7					___
8					___

**Heat 2 of 3 Finals**

1	Smith, Jacob	11	Haverfordwes	3:37.63	___
2	Sekula, Szymon A	12	NexusValleys	3:27.39	___
3	Thomas, Rhys	13	Haverfordwes	3:21.70	___
4	Hall, Ethan	14	Fishguard	3:19.14	___
5	Harris, Osian	14	Fishguard	3:21.08	___
6	Sekula, Mateusz J	12	NexusValleys	3:26.81	___
7	Hale, Oliver S	12	Swansea Aq	3:35.49	___
8	Smudzinski, Max M	11	Swansea Aq	3:38.96	___

**Heat 3 of 3 Finals**

1	Phillips, Ioan	13	Neath	2:58.75	___
2	Richardson, Osian	15	Swansea Aq	2:43.46	___
3	Phillips, Finley	13	Nofio Sir Gar	2:41.14	___
4	Clarke, Henry	16	Swansea Aq	2:32.58	___
5	Bennett, Finley	14	Haverfordwes	2:37.10	___
6	Montague, Mason	15	Haverfordwes	2:42.69	___
7	Silverstone, Solomon	14	Haverfordwes	2:57.74	___
8	Davies, Gethin	14	Milford Havn	3:14.85	___

**Event 325 Girls 11-12 50 SC Meter Freestyle (Skins)**

Name	Age	Team	Seed Time
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--- No entries for event

**Event 326 Girls 13-14 50 SC Meter Freestyle (Skins)**

Name	Age	Team	Seed Time
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--- No entries for event

**Event 327 Girls 15-16 50 SC Meter Freestyle (Skins)**

Name	Age	Team	Seed Time
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--- No entries for event

**Event 328 Girls 17 & Over 50 SC Meter Freestyle (Skins)**

Name	Age	Team	Seed Time
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--- No entries for event