

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

Meet Program - Session 7 (Warmup 2.15 - 3.05)

Event 331 Boys 11 & Over 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
1	Fogarty, Oliver	11	Fishguard	53.59
2	Crotty, Beau	12	PembrokeDist	48.36
3	Patterson, Ollie	13	Milford Havn	47.99
4	Hale, Oliver S	12	Swansea Aq	47.10
5	Chadwick, Thomas	13	Neath	47.99
6	Smith, Declan	12	Amman Valley	48.09
7	Knight, Tom	12	Haverfordwes	49.30
8	Williams, Efan	11	Neath	54.02
Heat 2 of 4 Finals				
1	Smith, Jacob	11	Haverfordwes	45.50
2	Gourley, Ethan	14	Penyrheol	43.78
3	Sekula, Mateusz J	12	NexusValleys	43.51
4	Thomas, Rhys	13	Haverfordwes	43.31
5	King, Ethan	11	Penyrheol	43.50
6	Smith, Benjamin	14	Haverfordwes	43.70
7	Sekula, Szymon A	12	NexusValleys	43.97
8	Elias, Ruben	13	Carmarthen	46.57
Heat 3 of 4 Finals				
1	Santos, Liam	14	Milford Havn	41.44
2	Backen, Henry	15	Fishguard	39.85
3	Williams, Thomas	13	Nofio Sir Gar	37.45
4	Belanger, Jayden	16	Milford Havn	35.68
5	Richards, Aled	16	C Dolphins	36.49
6	Hall, Ethan	14	Fishguard	39.62
7	Jones, Aaron	16	Aberystwyth	40.83
8	Lewis, Cian	14	Neath	43.30
Heat 4 of 4 Finals				
1	Phillips, Ioan	13	Neath	35.29
2	Upton-Boorman, Liam	16	Nofio Sir Gar	34.01
3	Lewis, Matthew D	38	Haverfordwes	32.38
4	Gillett, Oliver	16	Swansea Aq	31.60
5	Clarke, Henry	16	Swansea Aq	31.70
6	Richardson, Osian	15	Swansea Aq	33.50
7	Phillips, Finley	13	Nofio Sir Gar	34.15
8	Rogers, Logan L	17	Penyrheol	35.34

Event 332 Girls 11 & Over 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1				
2				
3	Roberts Mylan, Ffion C	11	Swansea Aq	3:44.93
4	Thompson, Freya	13	Haverfordwes	3:18.83
5	Dash, Amelie	12	Milford Havn	3:23.92
6				
7				
8				
Heat 2 of 2 Finals				
1	Mason, Phoebe	13	Haverfordwes	3:18.19
2	Arnold, Lily	15	Milford Havn	2:58.42
3	Kovachev, Georgie	16	Fishguard	2:46.65
4	Nichols, Grace	13	Haverfordwes	2:43.99
5	Webb, Saskia	16	Haverfordwes	2:46.57
6	Griffiths, Cerys	13	Haverfordwes	2:48.18
7	Thomas, Rhian	15	Haverfordwes	2:59.78
8				

Event 333 Boys 11 & Over 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1				
2	Morgan, Ben	14	PembrokeDist	1:21.77
3	Galbraith, Elian	14	Llanelli	1:16.65
4	Chapman, Coby L	14	Penyrheol	1:14.45
5	Harris, Osian	14	Fishguard	1:16.30
6	Smith, Benjamin	14	Haverfordwes	1:16.93
7	Grugel, Sam	13	C Dolphins	1:23.67
8				
Heat 2 of 2 Finals				
1	Montgomery, Samuel	15	Haverfordwes	1:07.80
2	Fletcher, Owen	16	Haverfordwes	1:05.54
3	Gubb, Harvey	17	Neath	1:04.35
4	Thomas, Rhys A	18	Swansea Aq	59.20
5	Carver, Wil	17	Swansea Aq	1:02.91
6	Hedge, Thomas	18	Swansea Aq	1:05.02
7	West, Dexter	14	Fishguard	1:06.16
8	Hnoianyi, Andrii	14	Swansea Aq	1:10.13

Event 334 Girls 11 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals				
1				
2				
3	Rowland, Scarlett	11	Neath	6:54.14
4	Griffiths, Ffion	12	Tenby	6:23.70
5	Jenkins, Elli J	12	Swansea Aq	6:32.70
6				
7				
8				
Heat 2 of 6 Finals				
1	Griffiths, Amelia	13	Fishguard	6:08.40
2	Martin, Phoebe O	13	Swansea Aq	5:57.50
3	Richards, Amber	14	C Dolphins	5:53.84
4	Hall, Isabelle	12	Fishguard	5:51.24
5	McFarlane, Una	12	Milford Havn	5:52.48
6	Morgan, Lily	13	Tenby	5:55.44
7	Lewis, Megan	12	Neath	6:07.43
8	May, Gwen A	11	NexusValleys	6:16.51
Heat 3 of 6 Finals				
1	Stark, Tala	13	Fishguard	5:39.31
2	Mason, Phoebe	13	Haverfordwes	5:32.85
3	Morgan, Evelyn	12	Llanelli	5:26.39
4	Thomas, Nikita	14	Llanelli	5:21.65
5	Bray, Bethan	17	C Dolphins	5:22.94
6	Sedgemore, Lola A	11	NexusValleys	5:31.90
7	Hall, Ellena	12	Fishguard	5:33.55
8	Bruce, Keira	13	PembrokeDist	5:48.96
Heat 4 of 6 Finals				
1	Green, Matilda	14	Haverfordwes	5:20.35
2	Bruce, Skye	14	PembrokeDist	5:19.36
3	Rice, Lily	19	PembrokeDist	5:10.04
4	Clissold, Bronwyn	15	Tenby	5:08.05
5	Carter, Ava	15	Penyrheol	5:08.27
6	Clifford, Bethany	16	Neath	5:16.16
7	Cressey-Rodgers, Gwenllian	13	Nofio Sir Gar	5:20.23
8	Koo, Kathryn	14	Tenby	5:20.73

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1	Burns, Freya	12	Swansea Aq	5:00.02	___
2	Philpott, Ffion	14	Nofio Sir Gar	4:53.38	___
3	Sullivan, Katie	16	Neath	4:52.85	___
4	Hale, Gemma N	16	Swansea Aq	4:51.90	___
5	Lewis, Lowri	17	Neath	4:52.19	___
6	Huws, Awen G	15	NexusValleys	4:53.05	___
7	Clissold, Elizabeth	17	Tenby	4:55.78	___
8	Arnold, Lily	15	Milford Havn	5:04.20	___

Heat 5 of 5 Finals

1	Silverstone, Solomon	14	Haverfordwes	2:09.58	___
2	Montague, Mason	15	Haverfordwes	2:06.99	___
3	Upton-Boorman, Liam	16	Nofio Sir Gar	2:04.70	___
4	Gillett, Oliver	16	Swansea Aq	1:54.68	___
5	Carver, Wil	17	Swansea Aq	2:04.15	___
6	Fletcher, Owen	16	Haverfordwes	2:06.30	___
7	Montgomery, Samuel	15	Haverfordwes	2:08.28	___
8	Bennett, Finley	14	Haverfordwes	2:10.29	___

Heat 6 of 6 Finals

1	Galdes-Cutting, Daisy	12	Haverfordwes	4:49.70	___
2	King, Marley	15	Penyrheol	4:44.50	___
3	Hatton-Ellis, Isabelle L	15	Swansea Aq	4:37.14	___
4	Stokes, Aimee	19	Swansea Uni	4:27.17	___
5	Griffiths, Cerys	13	Haverfordwes	4:36.92	___
6	O'Mahoney, Kaitlin	15	Neath	4:42.06	___
7	Williams, Hollie	16	Nofio Sir Gar	4:48.47	___
8	Smart, Charlotte E	16	Swansea Aq	4:50.40	___

Event 335 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	Hughes, Freddy J	11	NexusValleys	3:06.44	___
4	Smith, Declan	12	Amman Valley	2:53.88	___
5	Chapman, Henry	12	Carmarthen	3:02.53	___
6					___
7					___
8					___

Heat 2 of 5 Finals

1					___
2	Smith, Jacob	11	Haverfordwes	2:52.52	___
3	Thomas, Rhys	13	Haverfordwes	2:47.86	___
4	Mills, Thomas	12	Llanelli	2:44.78	___
5	Davies, Ellis V	12	Llanelli	2:45.20	___
6	Noden, Rory	11	Milford Havn	2:52.45	___
7	Smudzinski, Max M	11	Swansea Aq	2:53.61	___
8					___

Heat 3 of 5 Finals

1	Harris, Toby	14	PembrokeDist	2:40.80	___
2	Hale, Oliver S	12	Swansea Aq	2:36.14	___
3	Grugel, Sam	13	C Dolphins	2:34.73	___
4	Jones, Jack	14	Tenby	2:31.62	___
5	Warrender, Daniel I	15	Aberystwyth	2:34.44	___
6	Smith, Benjamin	14	Haverfordwes	2:35.35	___
7	Burt, Caio	13	Llanelli	2:36.79	___
8	Harwood, Jack	12	Haverfordwes	2:42.60	___

Heat 4 of 5 Finals

1	Morgan, Ben	14	PembrokeDist	2:25.80	___
2	Williams, Thomas	13	Nofio Sir Gar	2:21.25	___
3	Richardson, Osian	15	Swansea Aq	2:14.80	___
4	Willis, Morgan M	17	Neath	2:11.10	___
5	West, Dexter	14	Fishguard	2:13.08	___
6	Galbraith, Elian	14	Llanelli	2:16.45	___
7	Burt, Teyan	16	Llanelli	2:23.06	___
8	Davies, Gethin	14	Milford Havn	2:27.68	___