

## West Wales Regional LC Championships 2024 - 09/02/2024 to 11/02/2024

## Meet Program - Session 6 (Warmup (12.10 - 13.00))

## Event 321 Female 11 &amp; Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 12 Finals Starts at 01:10 PM

1				—
2				—
3	Philpott, Lowri S14	13	Llanelli	2:05.76
4	Mason, Ezmee	11	Hsc	1:43.70
5	Coles, Aria	11	NTVY	1:49.00
6				—
7				—
8				—

## Heat 2 of 12 Finals Starts at 01:14 PM

1				—
2	Henson, Jess	11	Tenby Dolphins	1:42.30
3	Heron, Edith	12	Aberystwyth	1:41.50
4	Polverino, Tilly	11	SWAY	1:40.90
5	Massey, Mia	12	CEDY	1:41.05
6	Williams, Evie	11	Milford Tigers	1:42.25
7	Salmon, Amelia	11	NTVY	1:43.01
8				—

## Heat 3 of 12 Finals Starts at 01:17 PM

1	Roberts Mylan, Sophie	12	SWAY	1:39.20
2	Joseph, Ellie	12	CEDY	1:37.94
3	Kasto, Evie	13	SWAY	1:37.60
4	Lewis, Evie	11	Hsc	1:35.90
5	Morris, Blair	11	NTVY	1:36.20
6	Szmigiero, Kaya	11	Aberystwyth	1:37.88
7	Dyde, Pheobe	12	Pembroke	1:38.18
8	Griffiths, Isla	11	Tenby Dolphins	1:40.40

## Heat 4 of 12 Finals Starts at 01:20 PM

1	Kenny, Jemima	13	Milford Tigers	1:33.04
2	Price, Seren -louise	12	CAMY	1:31.30
3	Berner, Kiana	13	Aberystwyth	1:30.55
4	Pinnock, Betsan	12	SWAY	1:30.20
5	Szmigiero, Victoria	15	Aberystwyth	1:30.30
6	Jones, Alexa	11	Llanelli	1:31.02
7	Perrott, Hannah	14	CEDY	1:32.49
8	Roberts Mylan, Ffion	12	SWAY	1:33.90

## Heat 5 of 12 Finals Starts at 01:23 PM

1	Sedgemore, Lola	12	NEAY	1:28.13
2	O'Connell, Cerys	16	NTVY	1:27.40
3	Snelgrove, Violet	16	NEAY	1:26.21
4	Collins-Falconer, Alesha	16	NTVY	1:25.80
5	Filmer, Gwennan	12	Aberystwyth	1:25.87
6	Morgan, Catrin	17	AMMY	1:26.33
7	Lewis, Megan	13	NEAY	1:27.99
8	Wells, Iris	13	CEDY	1:29.43

## Heat 6 of 12 Finals Starts at 01:26 PM

1	Beasley, Evaleigh	11	SWAY	1:25.00
2	Macy, Peni	15	Aberystwyth	1:24.62
3	Beynon, Chloe	17	Flyers	1:24.43
4	Griffiths, Amelia	14	Pembs Cty	1:23.30
5	Williams, Paige	12	SWAY	1:24.40
6	Stark, Tala	14	Pembs Cty	1:24.57
7	Hanna, Shelby	15	Hsc	1:24.90
8	Davies, Elizabeth	11	Tenby Dolphins	1:25.26

## Heat 7 of 12 Finals Starts at 01:29 PM

1	Hnoiana, Valentyna	12	SWAY	1:22.80
2	Mcfarlane, Una	13	Pembs Cty	1:22.20
3	Richardson, Beca	14	SWAY	1:21.60
4	Hughes, Nancy	15	NTVY	1:21.30
5	Lewis, Alisha	17	ABVY	1:21.36
6	Thomas, Nikita	15	Llanelli	1:21.89
7	Griffiths, Ffion	13	Tenby Dolphins	1:22.42
8	Rice, Lily	20	Pembroke	1:23.08

## Heat 8 of 12 Finals Starts at 01:32 PM

1	Thompson, Freya	14	Pembs Cty	1:21.00
2	Thomas, Grace	17	Milford Tigers	1:20.06
3	Galdes-Cutting, Daisy	13	Pembs Cty	1:18.90
4	Cressey-Rodgers, Gwenllian	14	NSGY	1:18.49
5	Thomas, Caitlin	16	Penyrheol Asc	1:18.60
6	Bruce, Kiera	14	Pembs Cty	1:19.60
7	Hanna, Jazmine	16	Hsc	1:20.40
8	Kazmiruk, Anastasiia	13	AMMY	1:21.20

## Heat 9 of 12 Finals Starts at 01:35 PM

1	Miles, Megan	16	Pembs Cty	1:17.50
2	Taffetsauffer, Isabella	13	Llanelli	1:16.97
3	Upton-Boorman, Isabella	14	CAMY	1:16.30
4	Holmes, Seren	15	NEAY	1:16.22
5	Evans, Caitlin	18	NEAY	1:16.30
6	Williams, Marys	15	SWAY	1:16.70
7	Douglas, Fabiana	16	NEAY	1:17.33
8	Perrott, Niamh	15	CEDY	1:17.73

## Heat 10 of 12 Finals Starts at 01:37 PM

1	Philpott, Ffion	15	NSGY	1:15.62
2	Carter, Ava	16	Penyrheol Asc	1:14.00
3	Griffiths, Cerys	14	Pembs Cty	1:13.30
4	Thomas, Ffion	17	NEAY	1:12.38
5	Morgan, Elen	19	Aberystwyth	1:13.15
6	Gillett, Keira	19	Swansea Uni	1:13.61
7	Bruce, Skye	15	Pembs Cty	1:15.50
8	Koo, Kathryn	15	Pembs Cty	1:15.90

## Heat 11 of 12 Finals Starts at 01:40 PM

1	Arnold, Jessica	14	SWAY	1:11.70
2	Goodliffe, Faith	24	CEDY	1:11.17
3	Smart, Charlotte	17	SWAY	1:09.00
4	Hatton-Ellis, Isabelle	16	SWAY	1:07.70
5	Gulliver, Caitlin	20	Swansea Uni	1:07.88
6	Rees, Katie	26	Swansea Uni	1:10.08
7	Thomas, Rhian	16	Hsc	1:11.19
8	Smyth, Elise	22	Swansea Uni	1:11.74

## Heat 12 of 12 Finals Starts at 01:43 PM

1	Lush, Emily	22	Swansea Uni	1:06.59
2	Stead, Martha	19	Swansea Uni	1:06.10
3	Butcher, Katherine	20	Swansea Uni	1:05.49
4	Major, Scarlet	21	Swansea Uni	1:02.80
5	Patterson, Millie	18	SWAY	1:05.30
6	Leggott, Holly	22	Swansea Uni	1:05.82
7	Bamborough, Katie	20	Swansea Uni	1:06.13
8	Pease, Georgia	22	Swansea Uni	1:06.71

## West Wales Regional LC Championships 2024 - 09/02/2024 to 11/02/2024

## Meet Program - Session 6 (Warmup (12.10 - 13.00))

**Event 322 Male/Open 11 & Over 800 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals Starts at 01:45 PM**

1				—
2	Thomas, Rhys	14	Hsc	12:08.90
3	Burt, Caio	14	Llanelli	11:14.47
4	Morgan, Ben	15	Pembs Cty	10:43.00
5	Burt, Teyan	17	Llanelli	10:49.39
6	Davies, Ellis	13	Llanelli	11:58.56
7	Harwood, Jack	13	Hsc	12:19.00
8				—

**Heat 2 of 2 Finals Starts at 01:58 PM**

1	Gubb, Harvey	18	NEAY	9:26.52
2	Fletcher, Owen	17	Pembs Cty	9:03.60
3	Chapman, Nathan	20	Swansea Uni	8:37.00
4	Staines, Luca	20	Swansea Uni	8:17.06
5	Adams, Max	20	Swansea Uni	8:25.67
6	Neaves, Archie	19	Swansea Uni	8:51.48
7	Twigger, Owen	15	SWAY	9:11.00
8	Thomas, Iolo	14	NEAY	9:46.74

**Event 323 Female 11 & Over 100 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 18 Finals Starts at 02:09 PM**

1				—
2				—
3	Philpott, Lowri S14	13	Llanelli	1:54.69
4	Morris, Besi-Jane	11	AMMY	1:32.00
5	Lauder, Beatrix	11	NEAY	1:32.36
6				—
7				—
8				—

**Heat 2 of 18 Finals Starts at 02:11 PM**

1				—
2	Coles, Aria	11	NTVY	1:30.20
3	Percival, Bella	12	CEDY	1:29.57
4	Price, Seren -louse	12	CAMY	1:28.50
5	Morris, Blair	11	NTVY	1:29.00
6	Griffiths, Isla	11	Tenby Dolphins	1:30.20
7	Francis, Mia	11	Hsc	1:31.90
8				—

**Heat 3 of 18 Finals Starts at 02:13 PM**

1	Gardner-Rolfe, Mia	12	SWAY	1:27.60
2	Mason, Ezmee	11	Hsc	1:27.30
3	Deganello, Isabella	13	SWAY	1:26.90
4	May, Gwen	12	NTVY	1:26.70
5	Roberts-Truman, Betsan	12	NEAY	1:26.82
6	Hawkins, Betsy-May	13	Llanelli	1:27.10
7	Rees-Davies, Saoirse	13	Llanelli	1:27.34
8	Joseph, Ellie	12	CEDY	1:28.23

**Heat 4 of 18 Finals Starts at 02:16 PM**

1	Szmigiero, Kaya	11	Aberystwyth	1:26.00
2	Pearce, Ava	13	AVSY	1:24.58
3	Jenkins, Isabella	12	Llanelli	1:23.78
4	Thomas, Carys	13	Penyrheol Asc	1:23.57
5	Rowland, Scarlett	12	NEAY	1:23.62
6	Williams, Sophie	13	NEAY	1:24.18
7	Kenny, Jemima	13	Milford Tigers	1:24.78
8	Williams, Grace	13	NTVY	1:26.40

**Heat 5 of 18 Finals Starts at 02:18 PM**

1	Wells, Iris	13	CEDY	1:22.98
2	Henson, Jess	11	Tenby Dolphins	1:22.80
3	Jewitt, Sophia	13	SWAY	1:22.00
4	Gale, Jasmine	14	AVSY	1:21.29
5	Berner, Kiana	13	Aberystwyth	1:21.86
6	Morris, Ffion	12	Tenby Dolphins	1:22.49
7	Davies, Lowri	13	NTVY	1:22.90
8	Griffiths, Elizabeth	13	Flyers	1:23.52

**Heat 6 of 18 Finals Starts at 02:20 PM**

1	Lewis, Evie	11	Hsc	1:19.70
2	Kasto, Evie	13	SWAY	1:19.30
3	Wood, Lilly	11	NEAY	1:18.96
4	Filmer, Gwennan	12	Aberystwyth	1:18.85
5	Davies, Ava-Rose	11	Llanelli	1:18.94
6	Lewis, Megan	13	NEAY	1:19.16
7	Summerfield, Lucy	12	Llanelli	1:19.38
8	Wilcockson, Alys	14	Aberystwyth	1:19.98

**Heat 7 of 18 Finals Starts at 02:22 PM**

1	Davies, Isabella	13	Llanelli	1:17.32
2	Hanna, Shelby	15	Hsc	1:17.10
3	Bessent, Mia	13	Penyrheol Asc	1:16.70
4	Conway, Erin	15	SWAY	1:16.30
5	Short, Amelia	13	NTVY	1:16.52
6	Holloway, Olivia	15	AVSY	1:16.71
7	Jones, Hannah	14	SWAY	1:17.20
8	Perrott, Hannah	14	CEDY	1:17.37

**Heat 8 of 18 Finals Starts at 02:24 PM**

1	Patterson, Hollie	13	CAMY	1:15.90
2	Thomas, Grace	13	CAMY	1:15.60
3	Williams, Paige	12	SWAY	1:15.40
4	Collins-Falconer, Alesha	16	NTVY	1:14.90
5	Davies, Megan	15	NTVY	1:15.10
6	O'Connell, Cerys	16	NTVY	1:15.50
7	Davies, Erin	13	CEDY	1:15.73
8	Snellgrove, Chloe	14	NEAY	1:16.28

**Heat 9 of 18 Finals Starts at 02:26 PM**

1	Davies, Elizabeth	11	Tenby Dolphins	1:14.71
2	Williams-Kivell, Izabella	16	SWAY	1:14.40
3	Knight, Lily	14	CEDY	1:14.21
4	Macy, Peni	15	Aberystwyth	1:13.97
5	Stacey, Jessica	14	AMMY	1:14.04
6	Griffiths, Ffion	13	Tenby Dolphins	1:14.30
7	Hall, Isabelle	13	Pembs Cty	1:14.47
8	Heredia-Rowe, Rhiannon	18	NEAY	1:14.74

**Heat 10 of 18 Finals Starts at 02:28 PM**

1	John, Annabel	15	Pembroke	1:13.61
2	Beynon, Chloe	17	Flyers	1:12.91
3	Hughes, Tirion	13	SWAY	1:11.60
4	Mason, Phoebe	14	Pembs Cty	1:11.27
5	Kazmiruk, Anastasiia	13	AMMY	1:11.49
6	Morgan, Lily	14	Pembs Cty	1:12.62
7	Hall, Ellena	13	Pembs Cty	1:13.00
8	Szmigiero, Victoria	15	Aberystwyth	1:13.75

## West Wales Regional LC Championships 2024 - 09/02/2024 to 11/02/2024

## Meet Program - Session 6 (Warmup (12.10 - 13.00))

**Heat 11 Finals (#323 Female 11 & Over 100 LC Meter Freestyle)**

1	Thomas, Medi	16	Llanelli	1:11.15	___
2	Clifford, Bethany	17	NEAY	1:10.80	___
3	Griffiths, Amelia	14	Pembs Cty	1:10.40	___
4	Thomas, Nyla	17	NEAY	1:10.27	___
5	Douglas, Fabiana	16	NEAY	1:10.33	___
6	Thomas, Grace	17	Milford Tigers	1:10.52	___
7	Morgan, Evelyn	13	Llanelli	1:10.98	___
8	Bruce, Skye	15	Pembs Cty	1:11.22	___

**Heat 12 of 18 Finals Starts at 02:31 PM**

1	Thomas, Nikita	15	Llanelli	1:09.92	___
2	Cressey-Rodgers, Gwenllian	14	NSGY	1:09.87	___
3	Sedgemore, Lola	12	NEAY	1:09.28	___
4	Lewis, Alisha	17	ABVY	1:08.47	___
5	Hanna, Jazmine	16	Hsc	1:09.00	___
6	Davies, Isla	11	SWAY	1:09.44	___
7	Green, Matilda	15	Pembs Cty	1:09.87	___
8	Miles, Megan	16	Pembs Cty	1:10.00	___

**Heat 13 of 18 Finals Starts at 02:33 PM**

1	Ley, Lucy	16	SWAY	1:08.11	___
2	Gilligan, Gracie	17	NEAY	1:08.04	___
3	Thomas, Ffion	17	NEAY	1:07.73	___
4	Coffey, Cora-leigh	14	SWAY	1:07.50	___
5	Berner, Iyla	11	Aberystwyth	1:07.69	___
6	Thomas, Caitlin	16	Penyrheol Asc	1:07.90	___
7	Bissicks, Cari	13	SWAY	1:08.10	___
8	Webb, Efa	14	AMMY	1:08.39	___

**Heat 14 of 18 Finals Starts at 02:35 PM**

1	Philpott, Ffion	15	NSGY	1:07.38	___
2	Knight, Cari	16	Penyrheol Asc	1:06.90	___
3	Koo, Kathryn	15	Pembs Cty	1:06.63	___
4	Burns, Freya	13	SWAY	1:06.48	___
5	Gilderdale, Celyn	16	Pembs Cty	1:06.60	___
6	Sullivan, Katie	17	NEAY	1:06.69	___
7	Clissold, Bronwyn	16	Pembs Cty	1:07.00	___
8	Jones, Eryn	15	NEAY	1:07.43	___

**Heat 15 of 18 Finals Starts at 02:37 PM**

1	Williams, Marys	15	SWAY	1:06.20	___
2	Davies, Rachel	19	Swansea Uni	1:05.89	___
3	Galdes-Cutting, Daisy	13	Pembs Cty	1:05.69	___
4	Turatto-Owen, Morgan	18	SWAY	1:05.00	___
5	Humphreys, Holly	16	SWAY	1:05.10	___
6	Carter, Ava	16	Penyrheol Asc	1:05.73	___
7	Owen, Kessie	16	NEAY	1:06.04	___
8	David, Isabelle	17	SWAY	1:06.30	___

**Heat 16 of 18 Finals Starts at 02:39 PM**

1	Gillett, Keira	19	Swansea Uni	1:04.91	___
2	Arnold, Lily	16	Pembs Cty	1:04.60	___
3	Welsby, Lily-May	17	Aberystwyth	1:04.19	___
4	Huws, Awen	16	NTVY	1:03.90	___
5	Clissold, Elizabeth	18	Pembs Cty	1:04.16	___
6	Gibbs, Harriet	16	NSGY	1:04.43	___
7	Goodliffe, Faith	24	CEDY	1:04.63	___
8	Clapham, Rhiannon	19	Pembs Cty	1:05.00	___

**Heat 17 of 18 Finals Starts at 02:40 PM**

1	Williams, Hollie	17	NSGY	1:03.42	___
2	Wheeler, Oriana	19	Swansea Uni	1:03.28	___
3	Nichols, Grace	14	Pembs Cty	1:02.30	___
4	Geach, Libbie	15	SWAY	1:02.00	___
5	King, Marley	16	Penyrheol Asc	1:02.27	___
6	Lewis, Lowri	18	NEAY	1:02.54	___
7	Morgan, Elen	19	Aberystwyth	1:03.30	___
8	Bissicks, Ella	17	SWAY	1:03.60	___

**Heat 18 of 18 Finals Starts at 02:42 PM**

1	Chayka, Sofia	18	SWAY	1:01.25	___
2	Forwood, Emily	20	Swansea Uni	1:00.05	___
3	Stokes, Aimee	20	Swansea Uni	58.23	___
4	Major, Scarlet	21	Swansea Uni	57.33	___
5	Dickinson, Jessica	19	Swansea Uni	58.00	___
6	Woodcock, Hannah	20	Swansea Uni	58.39	___
7	Williams, Emily	20	Swansea Uni	1:00.44	___
8	Tucker, Holly	16	SWAY	1:01.30	___

**Event 324 Male/Open 11 & Over 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals Starts at 02:44 PM**

1	Lloyd, Vincent-Owen	11	SWAY	4:02.00	___
2	Antwhistle, Isaac	12	SWAY	3:51.20	___
3	Batcup, Oliver	12	SWAY	3:47.80	___
4	Smith, Jacob	12	Hsc	3:39.80	___
5	Thomas, Wilf	12	Aberystwyth	3:46.17	___
6	Noden, Rory	12	Milford Tigers	3:48.47	___
7	Monan, Euan	11	Tenby Dolphins	3:53.14	___
8					___

**Heat 2 of 4 Finals Starts at 02:48 PM**

1	Hale, Oliver	13	SWAY	3:29.10	___
2	Sekula, Mateusz	13	NTVY	3:25.10	___
3	Douglas, Lucas	13	NEAY	3:20.80	___
4	Hall, Ethan	15	Flyers	3:13.63	___
5	Galbraith, Elian	15	Llanelli	3:18.75	___
6	Thomas, Rhys	14	Hsc	3:24.27	___
7	Sekula, Szymon	13	NTVY	3:28.40	___
8	Smith, Declan	13	AMMY	3:33.24	___

**Heat 3 of 4 Finals Starts at 02:53 PM**

1	Davies, Gethin	15	Pembs Cty	3:11.20	___
2	West, Dexter	15	Pembs Cty	2:51.40	___
3	Richardson, Osian	16	SWAY	2:41.20	___
4	Phillips, Finley	14	NSGY	2:40.35	___
5	Bennett, Finley	15	Pembs Cty	2:40.45	___
6	Song, Guangping	15	SWAY	2:44.30	___
7	Phillips, Ioan	14	NEAY	3:02.75	___
8	Stuart-Lavender, Jac	14	Llanelli	3:13.08	___

**Heat 4 of 4 Finals Starts at 02:57 PM**

1	Barlow, Oscar	19	Swansea Uni	2:33.98	___
2	Zawada, Isaac	19	Swansea Uni	2:27.54	___
3	Gallahger, Dylan	21	Swansea Uni	2:24.89	___
4	Davies, Aneurin	20	Swansea Uni	2:16.24	___
5	Stratton, Joe	20	Swansea Uni	2:22.40	___
6	Lovell - Pascal, Jean Luc	19	Swansea Uni	2:25.76	___
7	Hoey, Luke	22	Swansea Uni	2:28.68	___
8	Clarke, Henry	17	SWAY	2:34.10	___

## West Wales Regional LC Championships 2024 - 09/02/2024 to 11/02/2024

## Meet Program - Session 6 (Warmup (12.10 - 13.00))

**Event 325 Female 11-12 400 LC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals Starts at 03:00 PM</b>			
1	Llanelli	A	NT
2	Tenby Dolphins	A	NT
	1) Griffiths, Isla 11	2) Morris, Ffion 12	
	3) Henson, Jess 11	4) Davies, Elizabeth 11	
3	Aberystwyth	A	5:44.98
	1) Filmer, Gwennan 12	2) Heron, Edith 12	
	3) Szmigiero, Kaya 11	4) Berner, Iyla 11	
4	SWAY	A	5:02.04
5	NEAY	A	5:20.00
	1) Wood, Lilly 11	2) Rowland, Scarlett 12	
	3) Roberts-Truman, Betsan 12	4) Sedgemore, Lola 12	
6	NTVY	A	5:54.10
	1) Salmon, Amelia 11	2) Coles, Aria 11	
	3) Morris, Blair 11	4) May, Gwen 12	
7	CEDY	A	NT
8			

**Event 328 Female 17 & Over 400 LC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals Starts at 03:18 PM</b>			
1			
2			
3	Swansea Uni	A	NT
4	SWAY	A	4:08.33
5	NEAY	A	4:34.00
	1) Lewis, Lowri 18	2) Sullivan, Katie 17	
	3) Thomas, Ffion 17	4) Lewis, Abigail 19	
6	Pembs Cty	A	NT
7			
8			

**Event 326 Female 13-14 400 LC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals Starts at 03:06 PM</b>			
1			
2	CEDY	A	NT
3	Llanelli	A	NT
4	SWAY	A	4:31.58
5	NEAY	A	5:12.00
	1) Snellgrove, Chloe 14	2) Lewis, Megan 13	
	3) David, Sienna 14	4) Potts, Daisy 14	
6	Pembs Cty	A	NT
7	Pembs Cty	B	NT
8			

**Event 327 Female 15-16 400 LC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals Starts at 03:12 PM</b>			
1			
2			
3	NTVY	A	4:45.90
	1) Hughes, Nancy 15	2) O'Connell, Cerys 16	
	3) Davies, Megan 15	4) Huws, Awen 16	
4	SWAY	A	4:11.06
5	NEAY	A	4:40.00
	1) Owen, Kessie 16	2) Phillips, Emily 16	
	3) Douglas, Fabiana 16	4) Jones, Eryn 15	
6	Pembs Cty	A	NT
7			
8			