

**Amman Valley Open Meet 2024 - 07/04/2024**  
**Meet Program - Session 2 (Warmup 11.45 - 12.45)**

**Event 10 Female 9 & Over 200 SC Meter Freestyle**

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

1	Harvey, Ruby E	10	Swansea Aq	NT
2	Owen, Molly	10	Penyrheol	NT
3	Humphreys, Mali G	11	Swansea Aq	NT
4	Rossiter Wargent, Mia	11	Milford Havn	NT
5	Roberts, Arwyn	11	Afan Valley	NT
6	Sysuieva, Anna	11	Swansea Aq	NT
7	Thomas, Enlli M	10	NexusValleys	NT
8	Coates, Betsy	10	Haverfordwes	NT

**Heat 2 of 8 Finals**

1	Leane, Megan	11	Haverfordwes	NT
2	Lewis, Martha F	12	Carmarthen	NT
3	Sysuieva, Oleksandra	13	Swansea Aq	NT
4	Perrott, Hannah	13	C Dolphins	NT
5	Gale, Jasmine	13	Afan Valley	NT
6	Davies, Cadi	12	C Dolphins	NT
7	Martin, Sydney G	11	Swansea Aq	NT
8	Kurys, Bonnie P	11	Carmarthen	NT

**Heat 3 of 8 Finals**

1	Stacey, Jessica	14	Amman Valley	NT
2	Jones, Ashleigh R	13	Carmarthen	3:45.22
3	Thomas, Cara	14	Llanelli	3:23.76
4	Goss, Lucia	11	C Dolphins	3:21.18
5	Francis, Mia	10	Haverfordwes	3:22.73
6	Jones, Alanna	14	Aberystwyth	3:42.45
7	Haslam, Tia	13	Carmarthen	3:56.76
8	Owen, Annabelle	13	Penyrheol	NT

**Heat 4 of 8 Finals**

1	Williams, Eirwen N	11	Swansea Aq	3:18.38
2	Morgan, Iolah	9	PembrokeDist	3:15.38
3	Pitans, Caitlin R	11	Swansea Aq	3:10.02
4	Griffiths, Isla	11	Tenby	3:09.47
5	Lauder, Beatrix	10	Neath	3:09.78
6	David, Emily	13	Haverfordwes	3:13.74
7	Percival, Bella	11	C Dolphins	3:17.92
8	Millard, Effi-Mai	12	Llanelli	3:20.15

**Heat 5 of 8 Finals**

1	Joseph, Ellie	11	C Dolphins	3:07.87
2	Edwards, Ffion	12	Swansea Aq	3:06.48
3	Roberts Mylan, Sophie I	11	Swansea Aq	3:03.85
4	Pinnock, Betsan R	11	Swansea Aq	3:02.40
5	Thomas, Carys	12	Penyrheol	3:02.60
6	Morris, Blair	10	Neath	3:05.64
7	Gil Wood, Elena	11	Swansea Aq	3:06.90
8	Griffiths, Elizabeth	12	Fishguard	3:08.00

**Heat 6 of 8 Finals**

1	Mason, Ezmee	11	Haverfordwes	3:01.50
2	May, Gwen A	11	NexusValleys	2:57.19
3	Powell, Nina	11	Fishguard	2:55.62
4	Hughes, Megan	10	C Dolphins	2:55.23
5	Kasto, Evie T	12	Swansea Aq	2:55.37
6	Henson, Jess	10	Tenby	2:56.37
7	Williams, Summer	12	C Dolphins	3:00.80
8	Rowland, Scarlett	11	Neath	3:01.63

**Heat 7 of 8 Finals**

1	Beasley, Evaleigh D	10	Swansea Aq	2:53.20
2	Potts, Daisy	13	Neath	2:51.21
3	Miles, Megan	15	Fishguard	2:49.53
4	Kenny, Jemima	13	Milford Havn	2:47.71
5	Dyde, Pheobe	11	PembrokeDist	2:47.99
6	Richards, Amber	14	C Dolphins	2:50.68
7	Lewis, Evie	10	Haverfordwes	2:51.89
8	Jenkins, Elli J	13	Swansea Aq	2:53.33

**Heat 8 of 8 Finals**

1	Hall, Isabelle	13	Fishguard	2:45.91
2	Beynon, Chloe	17	Fishguard	2:39.43
3	Davies, Elizabeth	11	Tenby	2:38.42
4	Filmer, Gwennan	11	Aberystwyth	2:37.42
5	Williams-Kivell, Izabella	15	Swansea Aq	2:37.66
6	Davies, Ava-Rose	11	Llanelli	2:38.77
7	Lewis, Megan	12	Neath	2:40.77
8	Price, Seren -louise	11	Carmarthen	2:46.10

**Event 11 Boys 8 & Over 50 SC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Finals**

1	Filmer, Owen	8	Aberystwyth	NT
2	Avery, Thomas	9	Afan Valley	NT
3	Gooding, William	11	C Dolphins	NT
4	Alexander, Stanley	12	Amman Valley	NT
5	Thomas, Rhys	12	Afan Valley	NT
6	Fretwell, Logan	9	Milford Havn	NT
7	Powell, Finley	8	Afan Valley	NT
8	Boyle, Toby M	8	Carmarthen	NT

**Heat 2 of 9 Finals**

1	Frost, Charlie B	15	Swansea Aq	NT
2	Batcup, Charlie W	8	Swansea Aq	1:15.53
3	Fenn, William G	8	Swansea Aq	1:05.10
4	Murphy, Ifan	9	Haverfordwes	1:03.32
5	Carrozza Kaill, Morlo	10	Haverfordwes	1:03.87
6	Weston, Zac	10	PembrokeDist	1:07.20
7	Grogan, Adam A	17	Carmarthen	NT
8	Ni, Yongtang	13	Swansea Aq	NT

**Heat 3 of 9 Finals**

1	Noble, Reuben	11	Haverfordwes	1:01.54
2	Jones, Shaw	9	C Dolphins	58.82
3	Richards, McKenzie H	11	NexusValleys	58.15
4	Bray, Gwilym	12	C Dolphins	56.72
5	Dadswell, Harry	10	Haverfordwes	57.43
6	Lewis, Ollie	10	Afan Valley	58.33
7	Hopkins, Casey	8	Afan Valley	1:00.15
8	Hann, Damien J	10	Swansea Aq	1:01.62

**Heat 4 of 9 Finals**

1	Burt, Gwion	10	Llanelli	56.20
2	Hughes-Llewellyn, Alfie	9	Llanelli	54.81
3	Abell, Ronan	12	Neath	53.94
4	Downie, William M	12	Swansea Aq	52.32
5	Hearne, Logan	8	PembrokeDist	53.82
6	Lloyd- Roberts, Harry	11	Milford Havn	54.33
7	Donaldson, Jack	11	Amman Valley	55.85
8	Laktionov, Illia	11	C Dolphins	56.43

**Amman Valley Open Meet 2024 - 07/04/2024**  
**Meet Program - Session 2 (Warmup 11.45 - 12.45)**

**Heat 5 Finals (#11 Boys 8 & Over 50 SC Meter Backstroke)**

1	Jones, Bobby	11	Neath	51.83	___
2	Davies, Morgan	9	Tenby	50.90	___
3	El Saghir, Karim S	10	Carmarthen	49.39	___
4	Jones, Gethin Wyn	11	Aberystwyth	48.65	___
5	Donnelly, Matthew J	12	Swansea Aq	49.04	___
6	Moore, Hari	11	Fishguard	49.91	___
7	Napieralla, Jacob	11	Penyrheol	50.99	___
8	Bool, Iolo	10	Haverfordwes	52.32	___

**Heat 6 of 9 Finals**

1	Weston, Ben	13	PembrokeDist	47.34	___
2	Backen, Frederick	11	Fishguard	47.21	___
3	Jermin, Morgan	10	Llanelli	45.62	___
4	Thomas, Tristan	13	Milford Havn	44.47	___
5	Nash, Oliver J	10	Carmarthen	45.32	___
6	Jones, Carter A	10	Swansea Aq	45.70	___
7	Fogarty, Oliver	11	Fishguard	47.28	___
8	Morgan, Thomas W	11	Swansea Aq	47.62	___

**Heat 7 of 9 Finals**

1	Evans, Wolfgang	10	PembrokeDist	44.19	___
2	Morris, Leo	12	Llanelli	43.32	___
3	Abraham, A-Jay	13	Neath	43.13	___
4	Williams, Lucas C	9	Swansea Aq	42.71	___
5	Marques Jones, Felix	11	Amman Valley	42.83	___
6	Lummis, Ralph J	12	NexusValleys	43.18	___
7	Chapman, Henry	12	Carmarthen	43.57	___
8	David, Ioan	11	Haverfordwes	44.28	___

**Heat 8 of 9 Finals**

1	Lewis, Cian	14	Neath	42.60	___
2	Evans, Sam	12	PembrokeDist	41.54	___
3	Williams, Efan	12	Neath	41.17	___
4	Davies, Tyler	13	Milford Havn	41.05	___
5	Monan, Euan	11	Tenby	41.11	___
6	Williams, Ryan	15	Llanelli	41.30	___
7	Collins, Thomas	11	Penyrheol	42.08	___
8	Twynam, Philip	13	PembrokeDist	42.69	___

**Heat 9 of 9 Finals**

1	Thomas, Rhys	13	Haverfordwes	39.27	___
2	Noden, Rory	11	Milford Havn	38.11	___
3	Davies, Ellis V	12	Llanelli	37.05	___
4	Hetherington, Trystan	14	Neath	35.90	___
5	Santos, Liam	14	Milford Havn	36.32	___
6	Stewart, Finlay	15	Llanelli	37.32	___
7	Hall, Ethan	14	Fishguard	38.72	___
8	Hughes-Llewellyn, David	13	Llanelli	39.74	___

**Event 12 Female 8 & Over 50 SC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 16 Finals**

1	Evans, Sylvie	8	Llanelli	NT	___
2	Gil Wood, Sofia A	8	Swansea Aq	NT	___
3	Wilkins, Ameila	8	Afan Valley	NT	___
4	Roberts, Xyla	9	Afan Valley	NT	___
5	Nuttall, Isabelle	9	Milford Havn	NT	___
6	Reed, Erin	8	Afan Valley	NT	___
7	Donaldson, Maisy	8	Amman Valley	NT	___
8	Shelmerdine, Molly	8	Neath	NT	___

**Heat 2 of 16 Finals**

1	Harris, Aimee	9	C Dolphins	NT	___
2	Soul, Anna F	9	Swansea Aq	NT	___
3	Owen, Edie	9	Llanelli	NT	___
4	Williams, Alys L	10	Carmarthen	NT	___
5	Evans, Ellie	10	Penyrheol	NT	___
6	Rogers, Mia	9	PembrokeDist	NT	___
7	Jones, Autumn	9	Afan Valley	NT	___
8	Sinfield, Alis	9	Llanelli	NT	___

**Heat 3 of 16 Finals**

1	Wolverson, Mela	10	Tenby	NT	___
2	Edwards, Isla	10	C Dolphins	NT	___
3	Jewell, Zoe	11	Tenby	NT	___
4	Ryan, Isobel	11	C Dolphins	NT	___
5	Duncan, Ava	11	Amman Valley	NT	___
6	Lewis, Alice	10	Afan Valley	NT	___
7	Dennison, Chloe	10	PembrokeDist	NT	___
8	Harris, Isla M	10	Carmarthen	NT	___

**Heat 4 of 16 Finals**

1	Monan, Sofia	13	Tenby	NT	___
2	David, Isabelle	16	Swansea Aq	NT	___
3	Williams, Sunnie	8	Afan Valley	1:10.97	___
4	Watkins, Eleanor R	9	Afan Valley	1:05.67	___
5	Milsom, Scarlet	8	Afan Valley	1:09.82	___
6	Holloway, Amelie	8	Afan Valley	1:15.40	___
7	Middleton, Caitlin	14	Aberystwyth	NT	___
8	Jones, Rosie E	12	Swansea Aq	NT	___

**Heat 5 of 16 Finals**

1	Giffard, Alyssa S10	12	Neath	1:04.93	___
2	Knight, Anna	10	C Dolphins	1:01.45	___
3	Coates, Betsy	10	Haverfordwes	1:00.97	___
4	Nash, Sylvia	9	Milford Havn	59.36	___
5	Cutting, Beatrice	9	Haverfordwes	1:00.02	___
6	Jermin, Martha	8	Llanelli	1:01.32	___
7	Rasheed, Leah	9	Swansea Aq	1:01.78	___
8	Mirghany, Bushra	11	Penyrheol	1:05.12	___

**Heat 6 of 16 Finals**

1	Owen, Molly	10	Penyrheol	57.69	___
2	Rabaiotti, Orla-Rae	9	Swansea Aq	56.88	___
3	Jones, Elisa	13	Aberystwyth	55.74	___
4	Thomas, Cara	14	Llanelli	55.34	___
5	Jenkins, Olivia I	10	Swansea Aq	55.42	___
6	Nicklin, Parker	9	Amman Valley	56.36	___
7	Green, Freya	10	Haverfordwes	57.56	___
8	Shearan, Imogen	9	Neath	59.29	___

**Heat 7 of 16 Finals**

1	Foldi, Kristina	12	Haverfordwes	54.82	___
2	Monan, Hazel	9	Tenby	54.52	___
3	Roberts, Arwyn	11	Afan Valley	53.67	___
4	Dashfield, Olivia	10	Tenby	53.15	___
5	Philpott, Lowri	13	Llanelli	53.17	___
6	Lancaster, Molly	12	Penyrheol	54.16	___
7	Leane, Megan	11	Haverfordwes	54.70	___
8	Beynon, Eila	10	Penyrheol	55.33	___

**Amman Valley Open Meet 2024 - 07/04/2024**  
**Meet Program - Session 2 (Warmup 11.45 - 12.45)**

**Heat 8 Finals (#12 Female 8 & Over 50 SC Meter Backstroke)**

1	Oseng-Rees, Eira	10	Swansea Aq	52.91	___
2	Symmons, Bronwen D	8	Carmarthen	52.68	___
3	Humphreys, Mali G	11	Swansea Aq	51.76	___
4	Sheppard, Autumn	10	Milford Havn	51.63	___
5	Evans, Mari	11	Aberystwyth	51.63	___
6	Sharpe, Lillie	11	Llanelli	52.19	___
7	Alexander, Fflur	10	Aberystwyth	52.83	___
8	Griffiths, Lilia-Rose	10	Fishguard	53.07	___

**Heat 9 of 16 Finals**

1	Williams, Eirwen N	11	Swansea Aq	51.26	___
2	Emam, Lina	10	Swansea Aq	50.73	___
3	Clement, Darcey	11	Afan Valley	50.43	___
4	Arnold, Olivia	10	Milford Havn	50.14	___
5	Snellgrove, Maddie	9	Neath	50.42	___
6	Selby, Chloe	13	Neath	50.56	___
7	Martin, Sydney G	11	Swansea Aq	50.80	___
8	Smudzinska, Olivia M	10	Swansea Aq	51.43	___

**Heat 10 of 16 Finals**

1	Boyle, Samantha J	10	Carmarthen	49.34	___
2	Rees-Davies, Saoirse	12	Llanelli	48.91	___
3	Phillips, Isabelle	10	Haverfordwes	48.66	___
4	Simon, Meg	12	Tenby	48.53	___
5	Jones, Alanna	14	Aberystwyth	48.65	___
6	Sysuieva, Anna	11	Swansea Aq	48.82	___
7	Dennison, Evie	11	Milford Havn	49.07	___
8	Pitans, Caitlin R	11	Swansea Aq	49.65	___

**Heat 11 of 16 Finals**

1	Williams, Efa L	11	Carmarthen	48.26	___
2	Williams, Ffion	14	Milford Havn	47.14	___
3	Bystram, Freya	12	Llanelli	46.95	___
4	Gil Wood, Elena	11	Swansea Aq	46.80	___
5	Baylis, Ellie	11	Penyrheol	46.92	___
6	Mason, Ezmee	11	Haverfordwes	47.10	___
7	Thomas, Angharad	14	Fishguard	47.15	___
8	Coles, Aria	11	Neath	48.33	___

**Heat 12 of 16 Finals**

1	Williams, Lois G	12	Swansea Aq	46.56	___
2	Davies, Lauren	12	Llanelli	46.30	___
3	Alexander, Seren	13	Aberystwyth	45.53	___
4	Titley, Lola	11	Milford Havn	45.16	___
5	Iturbe, Carys	10	Afan Valley	45.51	___
6	David, Emily	13	Haverfordwes	45.99	___
7	Thomas, Eden	10	Neath	46.54	___
8	Davies, Loti	10	C Dolphins	46.57	___

**Heat 13 of 16 Finals**

1	Massey, Mia	11	C Dolphins	44.78	___
2	Morris, Besi-Jane	10	Amman Valley	44.01	___
3	Gardner-Rolfe, Mia G	11	Swansea Aq	43.86	___
4	Collins-Falconer, Alesha G	15	NexusValleys	42.99	___
5	Pearce, Ava	12	Afan Valley	43.73	___
6	Hughes, Seren	12	Neath	43.92	___
7	Joseph, Ellie	11	C Dolphins	44.62	___
8	Richards, Chloe-Elin	12	C Dolphins	44.95	___

**Heat 14 of 16 Finals**

1	Kasto, Evie T	12	Swansea Aq	42.52	___
2	Williams-Kivell, Izabella	15	Swansea Aq	42.35	___
3	Hill, Lilliann	11	C Dolphins	42.23	___
4	Dafydd, Iola	14	Fishguard	41.62	___
5	Morris, Ffion	11	Tenby	41.69	___
6	Vlasceanu, Maia	12	Carmarthen	42.26	___
7	Williams, Summer	12	C Dolphins	42.50	___
8	Conway, Erin J	14	Swansea Aq	42.78	___

**Heat 15 of 16 Finals**

1	Goodman, Evie	12	Swansea Aq	41.44	___
2	Wood, Lilly	10	Neath	40.94	___
3	Potts, Daisy	13	Neath	40.34	___
4	Morgan, Gwerfyl	12	Aberystwyth	40.07	___
5	Pinnock, Betsan R	11	Swansea Aq	40.20	___
6	Goodman, Lola	12	Swansea Aq	40.35	___
7	Thomas, Caitlyn	14	Neath	41.43	___
8	Fry, Tilly	11	Llanelli	41.62	___

**Heat 16 of 16 Finals**

1	Sysuieva, Oleksandra	13	Swansea Aq	39.69	___
2	Layland, Seren	12	Penyrheol	39.45	___
3	Morgan, Catrin	16	Amman Valley	38.36	___
4	Kazmiruk, Anastasiia	12	Amman Valley	36.80	___
5	Andreassen, Freya	13	Amman Valley	38.19	___
6	Stacey, Jessica	14	Amman Valley	39.27	___
7	Davies, Cadi	12	C Dolphins	39.48	___
8	Martin, Phoebe O	13	Swansea Aq	39.70	___

**Event 13 Boys 9 & Over 100 SC Meter Butterfly**

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

1	Burt, Gwion	10	Llanelli	NT	___
2	Banner, Harry	12	Penyrheol	NT	___
3	Mills, Thomas	13	Llanelli	NT	___
4	Backen, Frederick	11	Fishguard	2:12.06	___
5	Jones, Adam	15	Penyrheol	NT	___
6	Jones, Dafydd	12	Amman Valley	NT	___
7	Marques Jones, Felix	11	Amman Valley	NT	___
8	El Saghir, Karim S	10	Carmarthen	NT	___

**Heat 2 of 3 Finals**

1	Jermin, Morgan	10	Llanelli	1:46.45	___
2	Robinson, Oshan	13	Fishguard	1:45.20	___
3	Kelly, Henri J	12	Carmarthen	1:33.72	___
4	Smith, Declan	12	Amman Valley	1:27.46	___
5	Lloyd-West, Finley	15	Neath	1:28.59	___
6	Flynn, Asten P	13	NexusValleys	1:39.40	___
7	Evans, Wolfgang	10	PembrokeDist	1:46.41	___
8	Hughes, Freddy J	11	NexusValleys	1:55.94	___

**Heat 3 of 3 Finals**

1	Frost, Charlie B	15	Swansea Aq	1:21.90	___
2	Grugel, Sam	13	C Dolphins	1:20.09	___
3	Galbraith, Elian	14	Llanelli	1:12.93	___
4	Hnoianyi, Andrii	15	Swansea Aq	1:09.10	___
5	Chapman, Coby L	14	Penyrheol	1:11.15	___
6	Giles, Brodie	14	Bridgend SC	1:14.26	___
7	Jones, Matthew	16	Penyrheol	1:21.37	___
8	Hughes-Llewellyn, David	13	Llanelli	1:23.89	___

**Amman Valley Open Meet 2024 - 07/04/2024**  
**Meet Program - Session 2 (Warmup 11.45 - 12.45)**

**Event 14 Female 9 & Over 100 SC Meter Butterfly**

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

1	Thomas, Eden	10	Neath	NT
2	Pitans, Caitlin R	11	Swansea Aq	NT
3	Williams, Evie	11	Milford Havn	NT
4	Davies, Betsi	11	Fishguard	NT
5	Griffiths, Isla	11	Tenby	NT
6	Powell, Nina	11	Fishguard	NT
7	Coles, Aria	11	Neath	NT
8	Kurys, Emiliese J	9	Carmarthen	NT

**Heat 2 of 5 Finals**

1	Kazmiruk, Anastasiia	12	Amman Valley	NT
2	Jones, Rosie E	12	Swansea Aq	NT
3	Carter, Ava	15	Penyrheol	NT
4	Thomas, Cara	14	Llanelli	2:13.13
5	Gilligan, Gracie	16	Neath	NT
6	Roberts, Grace	12	C Dolphins	NT
7	Butler, Olivia	12	Bridgend SC	NT
8	Price, Seren -louse	11	Carmarthen	NT

**Heat 3 of 5 Finals**

1	Williams, Fay P	11	Swansea Aq	2:01.07
2	Henson, Jess	10	Tenby	1:58.72
3	Lewis, Evie	10	Haverfordwes	1:46.02
4	Gil Wood, Elena	11	Swansea Aq	1:43.13
5	Kenny, Jemima	13	Milford Havn	1:43.70
6	Morris, Blair	10	Neath	1:51.29
7	Gardner-Rolfe, Mia G	11	Swansea Aq	1:59.00
8	Williams, April M	9	Swansea Aq	2:04.65

**Heat 4 of 5 Finals**

1	Jones, Alexa	11	Llanelli	1:42.10
2	Dyde, Pheobe	11	PembrokeDist	1:40.48
3	Snellgrove, Chloe	14	Neath	1:33.08
4	Sysuieva, Oleksandra	13	Swansea Aq	1:32.04
5	Davies, Elizabeth	11	Tenby	1:32.89
6	Vlasceanu, Maia	12	Carmarthen	1:40.04
7	Roberts Mylan, Sophie I	11	Swansea Aq	1:41.44
8	Williams, Summer	12	C Dolphins	1:42.25

**Heat 5 of 5 Finals**

1	Hall, Ellena	13	Fishguard	1:29.25
2	Martin, Phoebe O	13	Swansea Aq	1:28.00
3	Davies, Lowri	15	C Dolphins	1:26.07
4	Knight, Cari	15	Penyrheol	1:15.69
5	Perrott, Niamh	14	Swansea Aq	1:19.60
6	Roberts Mylan, Ffion C	11	Swansea Aq	1:26.70
7	Collins-Falconer, Alesha G	15	NexusValleys	1:28.18
8	Miles, Megan	15	Fishguard	1:29.26

**Event 15 Boys 9 & Over 200 SC Meter Breaststroke**

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

1	Elmes, Samuel	10	Carmarthen	NT
2	Lloyd- Roberts, Harry	11	Milford Havn	NT
3	Jones, Bobby	11	Neath	NT
4	Rood, Rowan	14	NexusValleys	NT
5	Taylor, Jasper B	11	Swansea Aq	NT
6	Donaldson, Jack	11	Amman Valley	NT
7	Fogarty, Oliver	11	Fishguard	NT
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**Heat 2 of 3 Finals**

1	Hughes, Freddy J	11	NexusValleys	4:15.19
2	Morgan, Thomas W	11	Swansea Aq	4:05.28
3	Lloyd, Vincent-Owen N	10	Swansea Aq	3:58.80
4	Batcup, Oliver J	11	Swansea Aq	3:45.43
5	Napieralla, Jacob	11	Penyrheol	3:55.59
6	Weston, Ben	13	PembrokeDist	4:03.59
7	Morris, Leo	12	Llanelli	4:09.99
8	Treinis, Lucian	10	PembrokeDist	4:23.93

**Heat 3 of 3 Finals**

1	Harris, Toby	14	PembrokeDist	3:31.20
2	Stewart, Finlay	15	Llanelli	3:18.68
3	Parton, Frankie F	15	Carmarthen	3:12.75
4	Galbraith, Elian	14	Llanelli	3:03.97
5	Hall, Ethan	14	Fishguard	3:05.30
6	Burt, Caio	13	Llanelli	3:17.50
7	Thomas, Rhys	13	Haverfordwes	3:21.70
8	Thomas, Wilf	11	Aberystwyth	3:41.74

**Event 16 Female 8 & Over 50 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 24 Finals**

1	Gil Wood, Sofia A	8	Swansea Aq	NT
2	Evans, Sylvie	8	Llanelli	NT
3	Reed, Erin	8	Afan Valley	NT
4	Soul, Anna F	9	Swansea Aq	NT
5	Roberts, Xyla	9	Afan Valley	NT
6	Wilkins, Ameila	8	Afan Valley	NT
7	Donaldson, Maisy	8	Amman Valley	NT
8	Shelmerdine, Molly	8	Neath	NT

**Heat 2 of 24 Finals**

1	Owen, Edie	9	Llanelli	NT
2	Sinfield, Alis	9	Llanelli	NT
3	Wolverson, Mela	10	Tenby	NT
4	Williams, Alys L	10	Carmarthen	NT
5	Harris, Isla M	10	Carmarthen	NT
6	Rogers, Mia	9	PembrokeDist	NT
7	Jones, Autumn	9	Afan Valley	NT
8	Nuttall, Isabelle	9	Milford Havn	NT

**Heat 3 of 24 Finals**

1	Lewis, Alice	10	Afan Valley	NT
2	Duncan, Ava	11	Amman Valley	NT
3	Roberts, Rowan	13	Penyrheol	NT
4	Middleton, Caitlin	14	Aberystwyth	NT
5	Monan, Sofia	13	Tenby	NT
6	Bystram, Freya	12	Llanelli	NT
7	Jewell, Zoe	11	Tenby	NT
8	Dennison, Chloe	10	PembrokeDist	NT

**Heat 4 of 24 Finals**

1	Edwards, Megan	13	Afan Valley	1:17.93
2	Williams, Sunnie	8	Afan Valley	1:10.20
3	Green, Freya	10	Haverfordwes	58.97
4	Percival, Kitty-Rae	10	C Dolphins	58.35
5	Milsom, Scarlet	8	Afan Valley	58.51
6	Watkins, Eleanor R	9	Afan Valley	1:00.14
7	Holloway, Amelie	8	Afan Valley	1:12.45
8	Allister, Martha E	14	Swansea Aq	NT

**Amman Valley Open Meet 2024 - 07/04/2024**  
**Meet Program - Session 2 (Warmup 11.45 - 12.45)**

**Heat 5 Finals (#16 Female 8 & Over 50 SC Meter Freestyle)**

1	Rasheed, Leah	9	Swansea Aq	57.72	___
2	Jones, Elisa	13	Aberystwyth	55.86	___
3	Jermin, Martha	8	Llanelli	54.19	___
4	Giffard, Alyssa S10	12	Neath	53.56	___
5	Shearan, Imogen	9	Neath	54.00	___
6	Cutting, Beatrice	9	Haverfordwes	54.79	___
7	Mirghany, Bushra	11	Penyrheol	56.60	___
8	Evans, Ellie	10	Penyrheol	58.02	___

**Heat 6 of 24 Finals**

1	Beynon, Eila	10	Penyrheol	51.20	___
2	Symmons, Bronwen D	8	Carmarthen	50.17	___
3	Nash, Sylvia	9	Milford Havn	49.81	___
4	Griffiths, Lilia-Rose	10	Fishguard	49.47	___
5	Rabaiotti, Orla-Rae	9	Swansea Aq	49.59	___
6	Rowland, Delilah	8	Neath	49.97	___
7	Williams, Megan H	9	Llanelli	50.28	___
8	Nicklin, Parker	9	Amman Valley	53.21	___

**Heat 7 of 24 Finals**

1	Edwards, Isla	10	C Dolphins	48.92	___
2	Sheppard, Autumn	10	Milford Havn	48.79	___
3	Millard, Nel	9	Llanelli	48.74	___
4	Oseng-Rees, Eira	10	Swansea Aq	48.38	___
5	Felton, Catrin	9	C Dolphins	48.70	___
6	Thomas, Ffion G	10	Llanelli	48.79	___
7	Osell, Alice	11	Neath	48.84	___
8	Martin, Sydney G	11	Swansea Aq	48.99	___

**Heat 8 of 24 Finals**

1	Felton, Gwennan	11	C Dolphins	48.13	___
2	Lancaster, Molly	12	Penyrheol	47.97	___
3	Monan, Hazel	9	Tenby	47.56	___
4	Owen, Charlotte	12	Penyrheol	47.11	___
5	Hooper, Olivia	9	Neath	47.39	___
6	Owen, Molly	10	Penyrheol	47.61	___
7	Jenkins, Olivia I	10	Swansea Aq	48.00	___
8	Coates, Betsy	10	Haverfordwes	48.38	___

**Heat 9 of 24 Finals**

1	Foldi, Kristina	12	Haverfordwes	46.68	___
2	Knight, Anna	10	C Dolphins	46.18	___
3	Jones, Alanna	14	Aberystwyth	46.04	___
4	Boyle, Samantha J	10	Carmarthen	45.85	___
5	Vanstone, Holly M	11	Swansea Aq	45.92	___
6	Philpott, Lowri	13	Llanelli	46.04	___
7	Sharpe, Lillie	11	Llanelli	46.52	___
8	Alexander, Fflur	10	Aberystwyth	46.95	___

**Heat 10 of 24 Finals**

1	Phillips, Isabella	11	Haverfordwes	45.54	___
2	Phillips, Isabelle	10	Haverfordwes	45.37	___
3	Selby, Chloe	13	Neath	45.05	___
4	Clement, Darcey	11	Afan Valley	44.12	___
5	Arnold, Olivia	10	Milford Havn	44.30	___
6	Smudzinska, Olivia M	10	Swansea Aq	45.07	___
7	Owen, Annabelle	13	Penyrheol	45.49	___
8	Snellgrove, Maddie	9	Neath	45.70	___

**Heat 11 of 24 Finals**

1	Harvey, Ruby E	10	Swansea Aq	43.76	___
2	Dennison, Evie	11	Milford Havn	42.86	___
3	Rossiter Wargent, Mia	11	Milford Havn	42.56	___
4	Davies, Loti	10	C Dolphins	42.55	___
5	Davies, Lauren	12	Llanelli	42.55	___
6	Emam, Lina	10	Swansea Aq	42.84	___
7	Koszalski, Soffia L	11	Llanelli	43.37	___
8	Shepherd, Amelia H	9	C Dolphins	43.79	___

**Heat 12 of 24 Finals**

1	Jayne, Lowri	12	Llanelli	42.47	___
2	Goss, Lucia	11	C Dolphins	41.83	___
3	Thomas, Enlli M	10	NexusValleys	41.62	___
4	Richards, Chloe-Elin	12	C Dolphins	41.45	___
5	Jones, Ashleigh R	13	Carmarthen	41.60	___
6	Davies, Alana	11	Neath	41.81	___
7	Baylis, Ellie	11	Penyrheol	42.28	___
8	Longar, Miriam E	11	Carmarthen	42.49	___

**Heat 13 of 24 Finals**

1	Thomas, Angharad	14	Fishguard	41.16	___
2	Williams, Efa L	11	Carmarthen	40.97	___
3	Pitans, Caitlin R	11	Swansea Aq	40.50	___
4	Morgan, Iolah	9	PembrokeDist	40.25	___
5	Howell, Sophie	12	Haverfordwes	40.32	___
6	Evans, Mari	11	Aberystwyth	40.75	___
7	Millard, Effi-Mai	12	Llanelli	41.15	___
8	Simon, Meg	12	Tenby	41.21	___

**Heat 14 of 24 Finals**

1	Williams, Lois G	12	Swansea Aq	40.10	___
2	Osell, Leila	13	Neath	39.98	___
3	Williams, Evie	11	Milford Havn	39.44	___
4	Leane, Megan	11	Haverfordwes	39.05	___
5	Tucker, Lowri	14	Llanelli	39.41	___
6	Thomas, Eden	10	Neath	39.81	___
7	Thomas, Cara	14	Llanelli	40.04	___
8	Titely, Lola	11	Milford Havn	40.16	___

**Heat 15 of 24 Finals**

1	Roberts, Arwyn	11	Afan Valley	38.78	___
2	Williams, Ffion	14	Milford Havn	38.72	___
3	Mason, Ezmee	11	Haverfordwes	38.56	___
4	Gil Wood, Elena	11	Swansea Aq	38.40	___
5	Iturbe, Carys	10	Afan Valley	38.50	___
6	May, Gwen A	11	NexusValleys	38.60	___
7	Sysuieva, Anna	11	Swansea Aq	38.77	___
8	Hill, Lilliann	11	C Dolphins	38.99	___

**Heat 16 of 24 Finals**

1	Massey, Mia	11	C Dolphins	38.07	___
2	Lewis, Martha F	12	Carmarthen	37.88	___
3	Morris, Ffion	11	Tenby	37.69	___
4	Alexander, Seren	13	Aberystwyth	37.49	___
5	Pinnock, Betsan R	11	Swansea Aq	37.60	___
6	Joseph, Ellie	11	C Dolphins	37.81	___
7	Roberts Mylan, Sophie I	11	Swansea Aq	37.90	___
8	Morris, Besi-Jane	10	Amman Valley	38.37	___

**Amman Valley Open Meet 2024 - 07/04/2024**  
**Meet Program - Session 2 (Warmup 11.45 - 12.45)**

**Heat 17 Finals (#16 Female 8 & Over 50 SC Meter Freestyle)**

1	Aggett, Coraline	12	Amman Valley	36.74	___
2	Rees-Davies, Saoirse	12	Llanelli	36.60	___
3	Fry, Tilly	11	Llanelli	36.23	___
4	Powell, Nina	11	Fishguard	35.98	___
5	Thomas, Carys	12	Penyrheol	36.10	___
6	David, Emily	13	Haverfordwes	36.54	___
7	Roberts Mylan, Ffion C	11	Swansea Aq	36.70	___
8	Morgan, Gwerfyl	12	Aberystwyth	36.98	___

**Heat 18 of 24 Finals**

1	Hughes, Megan	10	C Dolphins	35.79	___
2	Davies, Ava-Rose	11	Llanelli	35.44	___
3	Hughes, Mollie	12	C Dolphins	35.39	___
4	Bailey-Thomas, Mali	12	Tenby	35.29	___
5	Richards, Amber	14	C Dolphins	35.32	___
6	Collins-Falconer, Alesha G	15	NexusValleys	35.40	___
7	Gale, Jasmine	13	Afan Valley	35.63	___
8	Harris, Chloe	11	C Dolphins	35.98	___

**Heat 19 of 24 Finals**

1	Abell, Eve S10	16	Neath	35.16	___
2	Sysuieva, Oleksandra	13	Swansea Aq	35.03	___
3	Pearce, Ava	12	Afan Valley	34.90	___
4	Perrott, Hannah	13	C Dolphins	34.71	___
5	Griffiths, Elizabeth	12	Fishguard	34.74	___
6	Beasley, Evaleigh D	10	Swansea Aq	35.00	___
7	Henson, Jess	10	Tenby	35.15	___
8	Launder, Beatrix	10	Neath	35.17	___

**Heat 20 of 24 Finals**

1	Davies, Isabella	12	Llanelli	34.52	___
2	Williams-Kivell, Izabella	15	Swansea Aq	34.30	___
3	Andreassen, Freya	13	Amman Valley	34.15	___
4	Kasto, Evie T	12	Swansea Aq	34.00	___
5	Jones, Rosie E	12	Swansea Aq	34.10	___
6	Thomas, Caitlyn	14	Neath	34.16	___
7	Morgan, Catrin	16	Amman Valley	34.50	___
8	Lewis, Evie	10	Haverfordwes	34.55	___

**Heat 21 of 24 Finals**

1	Wilcockson, Alys	13	Aberystwyth	33.80	___
2	Davies, Elizabeth	11	Tenby	33.59	___
3	Filmer, Gwennan	11	Aberystwyth	33.42	___
4	Layland, Seren	12	Penyrheol	33.27	___
5	Martin, Phoebe O	13	Swansea Aq	33.30	___
6	Snellgrove, Chloe	14	Neath	33.46	___
7	Giles, Seren	13	Neath	33.72	___
8	Wood, Lilly	10	Neath	33.84	___

**Heat 22 of 24 Finals**

1	Davies, Erin	12	C Dolphins	33.07	___
2	Davis, Olivia	14	Penyrheol	32.73	___
3	Lewis, Megan	12	Neath	32.61	___
4	O'Connell, Cerys E	15	NexusValleys	32.50	___
5	Conway, Erin J	14	Swansea Aq	32.60	___
6	Williams, Efa	16	Neath	32.64	___
7	Stacey, Jessica	14	Amman Valley	32.88	___
8	Potts, Daisy	13	Neath	33.25	___

**Heat 23 of 24 Finals**

1	Holloway, Olivia	15	Afan Valley	32.16	___
2	Jenkins, Alexandra G	14	Swansea Aq	31.60	___
3	Kazmiruk, Anastasiia	12	Amman Valley	31.21	___
4	Thomas, Medi A	15	Llanelli	31.14	___
5	Griffiths, Amelia	13	Fishguard	31.17	___
6	Hughes, Nancy J	14	NexusValleys	31.56	___
7	Goodman, Lola	12	Swansea Aq	31.60	___
8	Beynon, Chloe	17	Fishguard	32.24	___

**Heat 24 of 24 Finals**

1	Goodman, Evie	12	Swansea Aq	30.70	___
2	Ostrowski, Julia	15	PembrokeDist	30.63	___
3	Arnold, Lily	16	Milford Havn	29.26	___
4	Huws, Awen G	15	NexusValleys	28.89	___
5	Thomas, Ffion	17	Neath	29.08	___
6	Thomas, Nikita	15	Llanelli	30.61	___
7	Thomas, Caitlin	15	Penyrheol	30.68	___
8	Griffiths, Ffion	12	Tenby	30.99	___

**Event 17 Boys 11 & Over 200 SC Meter IM**

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

1	Lummis, Oscar D	11	NexusValleys	NT	___
2	Mills, Thomas	13	Llanelli	NT	___
3	Piotrowski, Bartosz	14	Fishguard	NT	___
4	Huws, Lleu I	12	NexusValleys	4:04.01	___
5	Read, William	16	Swansea Aq	NT	___
6	Harris, Toby	14	PembrokeDist	NT	___
7	Phillips, Lucas	13	Haverfordwes	NT	___
8	Monan, Euan	11	Tenby	NT	___

**Heat 2 of 3 Finals**

1	Napieralla, Jacob	11	Penyrheol	3:48.23	___
2	Batcup, Oliver J	11	Swansea Aq	3:43.87	___
3	Thomas, Tristan	13	Milford Havn	3:34.83	___
4	Collins, Thomas	11	Penyrheol	3:27.20	___
5	Marques Jones, Felix	11	Amman Valley	3:33.58	___
6	Robinson, Oshan	13	Fishguard	3:40.27	___
7	Weston, Ben	13	PembrokeDist	3:48.21	___
8	Evans, Sam	12	PembrokeDist	3:49.18	___

**Heat 3 of 3 Finals**

1	Jones, Dafydd	12	Amman Valley	3:19.68	___
2	Santos, Liam	14	Milford Havn	3:10.56	___
3	Noden, Rory	11	Milford Havn	3:04.46	___
4	Thomas, Rhys	13	Haverfordwes	3:00.10	___
5	Hughes-Llewellyn, David	13	Llanelli	3:01.75	___
6	Lewis, Cian	14	Neath	3:10.02	___
7	Flynn, Asten P	13	NexusValleys	3:17.66	___
8	Backen, Henry	15	Fishguard	3:20.82	___