

West Wales Regional SC Championships 2025 - 14/11/2025 to 16/11/2025

Meet Program - Session 1 (Warmup 5.00 - 6.00)

Event 111 Girls 11 & Over 50 SC Meter Butterfly				
Lane	Name	Age	Team	Seed Time
Heat 1 of 14 Finals				
1				—
2				—
3	Philpott, Lowri S14	14	Llanelli	55.35
4	Bullock, Georgia M	12	Carmarthen	44.35
5	Oseng-Rees, Eira	12	Swansea Aq	44.88
6				—
7				—
8				—
Heat 2 of 14 Finals				
1	Roberts, Arwyn	12	Afan Valley	44.20
2	Arnold, Olivia	12	Milford Havn	43.19
3	Prince, Edith S	11	Swansea Aq	42.60
4	Massey, Mia	13	C Dolphins	42.26
5	Duncan, Ava	13	Amman Valley	42.40
6	Williams, Evie	12	Milford Havn	42.95
7	Davies, Loti	12	C Dolphins	43.53
8				—
Heat 3 of 14 Finals				
1	Austin, Sophie Haf	12	C Dolphins	42.05
2	Roberts Mylan, Sophie I	13	Swansea Aq	41.33
3	Francis, Mia	12	Haverfordwes	41.17
4	Iturbe, Carys	12	Afan Valley	40.90
5	Kurys, Bonnie P	12	Carmarthen	40.90
6	Edmunds, Freya	12	Llanelli	41.31
7	Roberts, Grace	13	C Dolphins	41.51
8	Enoch, Erin L	11	Carmarthen	42.10
Heat 4 of 14 Finals				
1	Mason, Ezmee	12	Haverfordwes	40.45
2	Titley, Lola	13	Milford Havn	39.97
3	Williams, Lois G	13	Swansea Aq	39.33
4	Davies, Betsi	13	Fishguard	38.69
5	Baylis, Ellie	13	Penyrheol	38.75
6	Thomas, Eden	12	Neath	39.91
7	Clement, Darcey	13	Afan Valley	40.07
8	Morris, Ffion	13	Tenby	40.57
Heat 5 of 14 Finals				
1	Henson, Jess	12	Tenby	38.41
2	Davies, Cadi	14	C Dolphins	38.17
3	Pinnock, Betsan R	13	Swansea Aq	37.87
4	Pitans, Caitlin R	13	Swansea Aq	37.60
5	Alexander, Seren	15	Aberystwyth	37.73
6	Griffiths, Elizabeth	14	Fishguard	38.11
7	Griffiths, Isla	12	Tenby	38.39
8	Hawkins, Lottie	12	Haverfordwes	38.61
Heat 6 of 14 Finals				
1	Gardner-Rolfe, Mia G	13	Swansea Aq	37.43
2	Dyde, Pheobe	13	PembrokeDist	37.34
3	Roberts Mylan, Ffion C	13	Swansea Aq	36.39
4	Perrott, Hannah	15	C Dolphins	36.09
5	Rees-Davies, Saoirse	14	Llanelli	36.18
6	Kurys, Emiliese J	11	Carmarthen	37.08
7	Foldi, Kristina	13	Haverfordwes	37.36
8	Morris, Besi	12	Amman Valley	37.50

Heat 7 of 14 Finals			
1	Jones, Alexa	12	Llanelli 35.86
2	Griffiths, Ffion	14	Tenby 35.81
3	Price, Seren-Louise	13	Llanelli 35.77
4	Kaill-Franks, Nia	14	Fishguard 35.49
5	Szmigiero, Kaya	12	Aberystwyth 35.50
6	Powell, Nina L	13	Carmarthen 35.80
7	Gwenter, Isobel	11	Neath 35.82
8	Lloyd-Taylor, Cali	14	Fishguard 35.87
Heat 8 of 14 Finals			
1	Pearce, Ava	14	Afan Valley 35.27
2	Harris, Chloe	13	C Dolphins 35.04
3	Hall, Isabelle	14	Fishguard 34.79
4	Parry, Abigail	12	Carmarthen 34.79
5	Thomas, Caitlin	17	Penyrheol 34.79
6	Bruce, Skye	16	Tenby 34.92
7	Fry, Tilly	13	Llanelli 35.12
8	George, Eilir	15	Llanelli 35.38
Heat 9 of 14 Finals			
1	Filmer, Gwennan	13	Aberystwyth 34.69
2	Cressey-Rodgers, Gwenllian	15	Carmarthen/Nofio Sir Gar 34.56
3	Davies, Eva	14	Afan Valley 34.10
4	Sedgemore, Lola	13	Neath 33.99
5	Evans, Cadi	13	Penyrheol 34.02
6	Morris, Blair	12	Neath 34.10
7	Davies, Erin	14	C Dolphins 34.62
8	Mason, Phoebe	15	Haverfordwes 34.70
Heat 10 of 14 Finals			
1	Lewis, Evie	12	Haverfordwes 33.70
2	Beasley, Evaleigh D	12	Swansea Aq 33.50
3	Daly, Kirsten	19	Neath 33.42
4	Goodman, Lola	14	Swansea Aq 33.30
5	Ostrowski, Julia	16	PembrokeDist 33.39
6	Upton-Boorman, Isabella	15	Carmarthen/Nofio Sir Gar 33.48
7	Goodman, Evie	14	Swansea Aq 33.60
8	Short, Amelia	14	Neath 33.84
Heat 11 of 14 Finals			
1	Summerfield, Lucy	13	Llanelli 33.19
2	Thompson, Freya	15	Haverfordwes 32.74
3	Rowland, Scarlett	13	Neath 32.54
4	Williams, Hollie	18	Llanelli/Nofio Sir Gar 32.27
5	Holmes, Seren	16	Afan Valley 32.50
6	Jenkins, Alexandra G	16	Swansea Aq 32.60
7	McFarlane, Una	14	Milford Havn 33.16
8	King, Marley	17	Penyrheol 33.24
Heat 12 of 14 Finals			
1	Carter, Ava	17	Penyrheol 31.90
2	Gilderdale, Celyn	17	Haverfordwes 31.70
3	Smyth, Elise	23	Swansea Uni 31.50
4	Dash, Amelie	14	Milford Havn 31.42
5	Burns, Freya	14	Amman Valley/Nofio Sir Gar 31.47
6	Koo, Kathryn	16	Tenby 31.68
7	Williams, Marys E	16	Swansea Aq 31.70
8	Miles, Megan	17	Fishguard 32.14

West Wales Regional SC Championships 2025 - 14/11/2025 to 16/11/2025

Meet Program - Session 1 (Warmup 5.00 - 6.00)

Heat 13 Finals (#111 Girls 11 & Over 50 SC Meter Butterfly)

1	Davies, Isla	12	Amman Valley/Nofio Sir Gar	30.91	___
2	Owen, Kessie	17	Neath	30.76	___
3	Stokes, Aimee	21	Swansea Uni	30.36	___
4	Griffiths, Cerys	15	Haverfordwes	29.90	___
5	Bissicks, Cari	14	Neath	29.94	___
6	Taffetsauffer, Isabella	14	Llanelli/Nofio Sir Gar	30.43	___
7	Berner, Iyla	12	Carmarthen/Nofio Sir Gar	30.87	___
8	Webb, Saskia S14	18	Haverfordwes	31.40	___

Heat 14 of 14 Finals

1	Blanch, Janelle	18	Swansea Uni	29.59	___
2	Lewis, Lowri	19	Neath	29.46	___
3	Nichols, Grace	15	Haverfordwes	29.30	___
4	Morris, Ciara	23	Swansea Uni	27.11	___
5	Lush, Emily	23	Swansea Uni	29.00	___
6	Davis, Bethan	20	Swansea Uni	29.30	___
7	Smart, Charlotte	18	Swansea Uni	29.50	___
8	Geach, Libbie	16	Amman Valley/Nofio Sir Gar	29.61	___

Event 112 Boys 11 & Over 1500 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 1 Finals

1	Bowes, James F	13	Carmarthen	20:52.30	___
2	Mills, Thomas	14	Llanelli	19:11.88	___
3	Williams, Thomas	15	Llanelli/Nofio Sir Gar	17:15.94	___
4	Mistry, Manav Mistry	18	Swansea Uni	16:43.43	___
5	Bradley, Mathew Bradley	19	Swansea Uni	16:46.50	___
6	Griffiths, Sam	17	Carmarthen	19:00.78	___
7	Morgan, Ben	16	Haverfordwes	19:18.73	___
8	Higgins, Finley J	14	Swansea Aq	21:15.99	___

Event 113 Girls 11 & Over 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 16 Finals

1	Nicholas, Annie	11	Milford Havn	50.37	___
2	Shepherd, Amelia H	11	C Dolphins	49.32	___
3	Philpott, Lowri S14	14	Llanelli	48.63	___
4	Davies, Phoebe	11	Tenby	47.82	___
5	Madge, Brianna	11	C Dolphins	48.62	___
6	McFarlane, Mali	11	Milford Havn	49.08	___
7	Llewellyn, Anwen	11	Haverfordwes	50.10	___
8					___

Heat 2 of 16 Finals

1	Green, Freya	12	Haverfordwes	47.24	___
2	Brook, Amelia	12	Aberystwyth	46.29	___
3	Bates, Rosa	12	Aberystwyth	45.65	___
4	Clement, Cialla L	12	Swansea Aq	45.48	___
5	Edmunds, Freya	12	Llanelli	45.57	___
6	Besley, Freya	13	Penyrheol	45.90	___
7	Williams, Eva M	11	Swansea Aq	46.50	___
8	Popham, Nyla C	11	Swansea Aq	47.78	___

Heat 3 of 16 Finals

1	Antwhistle, Esme W	11	Swansea Aq	44.88	___
2	Bullock, Georgia M	12	Carmarthen	44.45	___
3	Arnold, Olivia	12	Milford Havn	44.14	___
4	Williams, Eve	13	Penyrheol	43.51	___
5	Dennison, Evie	13	Milford Havn	43.61	___
6	Roberts, Grace	13	C Dolphins	44.17	___
7	Macy, Ceri	13	Aberystwyth	44.55	___
8	Roberts, Arwyn	12	Afan Valley	45.02	___

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Heat 4 of 16 Finals

1	Richards, Chloe-Elin	13	C Dolphins	43.01	_____
2	David, Emily	14	Haverfordwes	42.39	_____
3	Titley, Lola	13	Milford Havn	42.10	_____
4	Roberts Mylan, Sophie I	13	Swansea Aq	41.90	_____
5	Clement, Darcey	13	Afan Valley	42.03	_____
6	Williams, Eirwen	13	Neath	42.25	_____
7	Iturbe, Carys	12	Afan Valley	42.88	_____
8	Hope, Brooke	11	Tenby	43.50	_____

Heat 5 of 16 Finals

1	Mason, Ezmee	12	Haverfordwes	41.70	_____
2	Enoch, Erin L	11	Carmarthen	41.68	_____
3	Gwenter, Isobel	11	Neath	41.62	_____
4	Jenkins, Olivia I	12	Swansea Aq	40.88	_____
5	Warrender, Isla	13	Aberystwyth	41.27	_____
6	Francis, Mia	12	Haverfordwes	41.64	_____
7	Morgan, Iolah	11	Haverfordwes	41.70	_____
8	Davies, Loti	12	C Dolphins	41.79	_____

Heat 6 of 16 Finals

1	Couzens, Sibylla	14	Fishguard	40.73	_____
2	Williams, Lois G	13	Swansea Aq	40.53	_____
3	Davies, Betsi	13	Fishguard	40.27	_____
4	Oseng-Rees, Eira	12	Swansea Aq	40.08	_____
5	Henson, Jess	12	Tenby	40.10	_____
6	Perrott, Hannah	15	C Dolphins	40.28	_____
7	Davies, Cadi	14	C Dolphins	40.67	_____
8	Lloyd-Taylor, Cali	14	Fishguard	40.85	_____

Heat 7 of 16 Finals

1	Griffiths, Elizabeth	14	Fishguard	39.70	_____
2	Gardner-Rolfe, Mia G	13	Swansea Aq	39.68	_____
3	Baylis, Ellie	13	Penyrheol	39.48	_____
4	Harris, Chloe	13	C Dolphins	39.17	_____
5	Macy, Peni	16	Aberystwyth	39.20	_____
6	Kurys, Bonnie P	12	Carmarthen	39.52	_____
7	Williams, Evie	12	Milford Havn	39.70	_____
8	Massey, Mia	13	C Dolphins	39.93	_____

Heat 8 of 16 Finals

1	Duncan, Ava	13	Amman Valley	39.01	_____
2	Thomas, Eden	12	Neath	38.66	_____
3	Roberts Mylan, Ffion C	13	Swansea Aq	38.60	_____
4	Price, Seren-Louise	13	Llanelli	38.44	_____
5	Foldi, Kristina	13	Haverfordwes	38.54	_____
6	Dyde, Pheobe	13	PembrokeDist	38.63	_____
7	Holloway, Olivia	16	Afan Valley	38.89	_____
8	Griffiths, Isla	12	Tenby	39.14	_____

Heat 9 of 16 Finals

1	Jones, Alexa	12	Llanelli	37.93	_____
2	Powell, Nina L	13	Carmarthen	37.91	_____
3	Mason, Phoebe	15	Haverfordwes	37.78	_____
4	Parry, Abigail	12	Carmarthen	37.60	_____
5	Sedgemore, Lola	13	Neath	37.63	_____
6	Prevel, Tilly	12	PembrokeDist	37.80	_____
7	Morris, Ffion	13	Tenby	37.92	_____
8	Davies, Erin	14	C Dolphins	38.14	_____

Heat 10 Finals (#113 Girls 11 & Over 50 SC Meter Backstroke)

1	Pinnock, Betsan R	13	Swansea Aq	37.24	_____
2	Webb, Saskia S14	18	Haverfordwes	37.13	_____
3	Alexander, Seren	15	Aberystwyth	37.06	_____
4	George, Eilir	15	Llanelli	36.86	_____
5	Hawkins, Lottie	12	Haverfordwes	36.92	_____
6	Morris, Besi	12	Amman Valley	37.10	_____
7	Thomas, Caitlin	17	Penyrheol	37.22	_____
8	Kurys, Emiliese J	11	Carmarthen	37.45	_____

Heat 11 of 16 Finals

1	Andreassen, Freya	14	Amman Valley	36.58	_____
2	Jenkins, Elli J	14	Swansea Aq	36.20	_____
3	Beasley, Evaleigh D	12	Swansea Aq	35.76	_____
4	Davies, Eva	14	Afan Valley	35.70	_____
5	Fry, Tilly	13	Llanelli	35.72	_____
6	Morgan, Lily	15	Tenby	35.79	_____
7	Evans, Cadi	13	Penyrheol	36.36	_____
8	Owen, Kessie	17	Neath	36.78	_____

Heat 12 of 16 Finals

1	Short, Amelia	14	Neath	35.65	_____
2	Morris, Blair	12	Neath	35.54	_____
3	McFarlane, Una	14	Milford Havn	35.50	_____
4	Bruce, Skye	16	Tenby	35.12	_____
5	Dash, Amelie	14	Milford Havn	35.25	_____
6	Miles, Megan	17	Fishguard	35.52	_____
7	Goodman, Evie	14	Swansea Aq	35.62	_____
8	Griffiths, Ffion	14	Tenby	35.68	_____

Heat 13 of 16 Finals

1	Goodman, Lola	14	Swansea Aq	34.86	_____
2	Cressey-Rodgers, Gwenllian	15	Carmarthen/Nofio Sir Gar	34.80	_____
3	Koo, Kathryn	16	Tenby	34.66	_____
4	Williams, Paige T	13	Swansea Aq	34.42	_____
5	Filmer, Gwennan	13	Aberystwyth	34.62	_____
6	Szmigiero, Kaya	12	Aberystwyth	34.70	_____
7	Williams, Marys E	16	Swansea Aq	34.86	_____
8	Ostrowski, Julia	16	PembrokeDist	34.92	_____

Heat 14 of 16 Finals

1	Thompson, Freya	15	Haverfordwes	34.28	_____
2	Jones, Hunydd	14	Carmarthen	34.20	_____
3	Upton-Boorman, Isabella	15	Carmarthen/Nofio Sir Gar	33.77	_____
4	Taffetsauffer, Isabella	14	Llanelli/Nofio Sir Gar	33.37	_____
5	King, Marley	17	Penyrheol	33.70	_____
6	Lewis, Carys	18	Swansea Uni	34.18	_____
7	Williams, Hollie	18	Llanelli/Nofio Sir Gar	34.22	_____
8	Bissicks, Cari	14	Neath	34.36	_____

Heat 15 of 16 Finals

1	Gilderdale, Celyn	17	Haverfordwes	33.35	_____
2	Smyth, Elise	23	Swansea Uni	32.79	_____
3	Carter, Ava	17	Penyrheol	32.38	_____
4	Berner, lyla	12	Carmarthen/Nofio Sir Gar	31.98	_____
5	Griffiths, Cerys	15	Haverfordwes	32.15	_____
6	Geach, Libbie	16	Amman Valley/Nofio Sir Gar	32.72	_____
7	Burns, Freya	14	Amman Valley/Nofio Sir Gar	33.33	_____
8	Roberts, Holly	18	Swansea Uni	33.36	_____

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Heat 16 of 16 Finals

1	Davis, Bethan	20	Swansea Uni	31.72	___
2	Stokes, Aimee	21	Swansea Uni	31.61	___
3	Lush, Emily	23	Swansea Uni	30.60	___
4	Sutton, Bex	24	Swansea Uni	28.89	___
5	Nichols, Grace	15	Haverfordwes	30.10	___
6	Smart, Charlotte	18	Swansea Uni	31.33	___
7	Blanch, Janelle	18	Swansea Uni	31.66	___
8	Davies, Isla	12	Amman Valley/Nofio Sir Gar	31.74	___

Event 114 Boys 11 & Over 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1					___
2					___
3	Lawrence, Rhodri	11	Fishguard	49.68	___
4	Couzens, Sebastian	12	Fishguard	45.43	___
5	Phillips, Ieuan	12	Fishguard	45.84	___
6	Lummis, Arthur J	11	NexusValleys	49.70	___
7					___
8					___

Heat 2 of 7 Finals

1	Noble, Reuben	13	Haverfordwes	43.47	___
2	David, Ioan	13	Haverfordwes	42.60	___
3	Jones, Carter A	12	Swansea Aq	41.10	___
4	Lewis, Gethin	11	Neath	40.97	___
5	Pyzer, Cyrus A	12	Carmarthen	41.00	___
6	Munt, Oliver	12	Haverfordwes	41.25	___
7	Lummis, Oscar D	13	NexusValleys	43.45	___
8	Fretwell, Logan	11	Milford Havn	43.54	___

Heat 3 of 7 Finals

1	Leahy, Herbie	11	Haverfordwes	40.07	___
2	Antwhistle, Isaac J	13	Swansea Aq	39.60	___
3	Monan, Euan	12	Tenby	39.25	___
4	Dadswell, Harry	12	Haverfordwes	38.62	___
5	Bool, Iolo	12	Haverfordwes	39.00	___
6	George, Kieran	14	Milford Havn	39.36	___
7	Lloyd, Vincent-Owen	12	Llanelli	39.81	___
8	Backen, Frederick	13	Fishguard	40.12	___

Heat 4 of 7 Finals

1	Phillips, Gethin	14	Haverfordwes	38.54	___
2	Green, William	13	Aberystwyth	37.26	___
3	Lewis, Callum	16	Milford Havn	36.76	___
4	Evans, Sam	13	Haverfordwes	35.60	___
5	Poole, Tomos	15	Afan Valley	36.40	___
6	Marques-Jones, Felix	13	Carmarthen	36.90	___
7	Moore, Hari	13	Fishguard	37.79	___
8	Jermin, Morgan	12	Llanelli	38.55	___

Heat 5 of 7 Finals

1	Lerigo, Oli	15	Aberystwyth	35.33	___
2	Morgan, Thomas	13	Neath	34.74	___
3	Davies, Gethin	16	Milford Havn	34.59	___
4	Thomas, Rhys	15	Haverfordwes	33.31	___
5	O'Dwyer, Pierce	21	Swansea Uni	33.88	___
6	Thomas, Tristan	15	Milford Havn	34.68	___
7	Santos, Liam	16	Milford Havn	34.92	___
8	Hall, Ethan	16	Fishguard	35.34	___

Heat 6 Finals (#114 Boys 11 & Over 50 SC Meter Backstroke)

1	Morgan, Cole	14	C Dolphins	32.01	___
2	Noden, Rory	13	Haverfordwes	31.60	___
3	Harwood, Jack	14	Haverfordwes	31.10	___
4	King, Ethan	13	Penyrheol	30.00	___
5	Galbraith, Elian	16	Llanelli	31.10	___
6	Bennett, Finley	16	Haverfordwes	31.14	___
7	Gray, Gruffudd I	16	Swansea Aq	31.67	___
8	Harris, Osian	16	Fishguard	32.35	___

Heat 7 of 7 Finals

1	Thomas, Iolo	15	Neath	28.63	___
2	Silverstone, Solomon	16	Haverfordwes	28.40	___
3	West, Dexter	16	Fishguard	27.83	___
4	Turner, Harry	26	Swansea Uni	24.07	___
5	Hawkins, Alfie	18	Swansea Uni	27.06	___
6	Upton-Boorman, Liam	18	Carmarthen/Nofio Sir Gar	28.31	___
7	Montague, Mason	17	Haverfordwes	28.60	___
8	Elmes, Max	14	Carmarthen/Nofio Sir Gar	29.67	___

Event 115 Girls 11 & Over 1500 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1					___
2					___
3	Prevel, Tilly	12	PembrokeDist	24:22.55	___
4	Davies, Elizabeth	12	Tenby	22:02.81	___
5	Fenemore, Emily G	13	Carmarthen	23:47.90	___
6					___
7					___
8					___

Heat 2 of 2 Finals

1	Holmes, Seren	16	Afan Valley	21:21.29	___
2	Clissold, Bronwyn	17	Tenby	20:36.35	___
3	Hall, Ellena	14	Fishguard	20:08.70	___
4	Philpott, Ffion	16	Llanelli/Nofio Sir Gar	18:29.23	___
5	Clissold, Elizabeth	19	Tenby	19:03.95	___
6	Cooper, Megan	17	Neath	20:19.38	___
7	Patterson, Hollie M	14	Carmarthen	20:43.99	___
8					___

Event 116 Boys 11 & Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1					___
2					___
3	Lummis, Arthur J	11	NexusValleys	47.38	___
4	Monan, Euan	12	Tenby	42.03	___
5	Fretwell, Logan	11	Milford Havn	47.01	___
6					___
7					___
8					___

Heat 2 of 7 Finals

1	Lewis, Gethin	11	Neath	39.25	___
2	Leahy, Herbie	11	Haverfordwes	37.84	___
3	Antwhistle, Isaac J	13	Swansea Aq	37.48	___
4	Jermin, Morgan	12	Llanelli	36.75	___
5	Smith, Jacob	13	Haverfordwes	36.79	___
6	Munt, Oliver	12	Haverfordwes	37.72	___
7	Bool, Iolo	12	Haverfordwes	38.86	___
8	Williams-Powell, Ieuan	13	C Dolphins	41.92	___

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1	Marques-Jones, Felix	13	Carmarthen	36.16	_____
2	Dadswell, Harry	12	Haverfordwes	35.85	_____
3	Thomas, Rhys	15	Haverfordwes	35.22	_____
4	Santos, Liam	16	Milford Havn	34.40	_____
5	Foale, Jack	15	Aberystwyth	34.70	_____
6	Backen, Frederick	13	Fishguard	35.30	_____
7	Phillips, Lucas	14	Haverfordwes	35.94	_____
8	Moore, Hari	13	Fishguard	36.40	_____

Heat 4 of 7 Finals

1	Lewis, Cian	16	Neath	34.08	_____
2	Lewis, Callum	16	Milford Havn	33.39	_____
3	Hall, Ethan	16	Fishguard	32.89	_____
4	Gourley, Ethan	16	Penyrheol	32.70	_____
5	Smith, Caelan	15	Haverfordwes	32.87	_____
6	Morgan, Thomas	13	Neath	33.26	_____
7	Lerigo, Oli	15	Aberystwyth	33.70	_____
8	Williams, Lucas C	11	Swansea Aq	34.23	_____

Heat 5 of 7 Finals

1	Noden, Rory	13	Haverfordwes	32.00	_____
2	Mason, Alex	33	Haverfordwes	31.69	_____
3	Evans, Sam	13	Haverfordwes	31.24	_____
4	Poole, Tomos	15	Afan Valley	30.86	_____
5	Morgan, Cole	14	C Dolphins	31.01	_____
6	Smith, Declan	14	Neath	31.35	_____
7	King, Ethan	13	Penyrheol	32.00	_____
8	Thomas, Tristan	15	Milford Havn	32.37	_____

Heat 6 of 7 Finals

1	Harris, Osian	16	Fishguard	30.46	_____
2	Bennett, Finley	16	Haverfordwes	29.92	_____
3	Galbraith, Elian	16	Llanelli	29.20	_____
4	Jones, Lloyd	22	Swansea Uni	28.60	_____
5	Elmes, Max	14	Carmarthen/Nofio Sir Gar	28.64	_____
6	Harwood, Jack	14	Haverfordwes	29.70	_____
7	Davies, Gethin	16	Milford Havn	29.92	_____
8	Fogarty, Oliver	13	Fishguard	30.59	_____

Heat 7 of 7 Finals

1	Montague, Mason	17	Haverfordwes	27.80	_____
2	West, Dexter	16	Fishguard	27.09	_____
3	Hawkins, Alfie	18	Swansea Uni	26.86	_____
4	Greenway, Morgan	22	Swansea Uni	24.20	_____
5	Silverstone, Solomon	16	Haverfordwes	26.60	_____
6	Upton-Boorman, Liam	18	Carmarthen/Nofio Sir Gar	26.89	_____
7	Thomas, Iolo	15	Neath	27.78	_____
8	Chapman, Coby L	16	Penyrheol	28.40	_____