

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

Meet Program - Session 3 (Warmup 11.10 - 12.10)

Event 221 Girls 11 & Over 100 SC Meter Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Finals				
1				—
2				—
3	Shepherd, Amelia H	11	C Dolphins	1:59.24
4	Soul, Anna F	11	Swansea Aq	1:52.50
5	Watkins, Eleanor R	11	Afan Valley	1:57.40
6				—
7				—
8				—
Heat 2 of 9 Finals				
1	Alexander, Fflur	12	Aberystwyth	1:50.70
2	Besley, Freya	13	Penyrheol	1:47.90
3	Kellaway, Evie-Rosa	12	Aberystwyth	1:45.47
4	Lennon, Amelia-Rose	11	Carmarthen	1:44.84
5	Heron, Edith	13	Aberystwyth	1:45.13
6	Fenemore, Emily G	13	Carmarthen	1:47.62
7	Jenkins, Olivia I	12	Swansea Aq	1:50.24
8				—
Heat 3 of 9 Finals				
1	Percival, Bella	13	C Dolphins	1:43.84
2	Jones, Alaw R	13	Carmarthen	1:42.60
3	Massey, Mia	13	C Dolphins	1:42.22
4	Henson, Jess	12	Tenby	1:40.96
5	Williams, Lois G	13	Swansea Aq	1:41.66
6	Harvey-Flinn, Ruby E	12	Swansea Aq	1:42.38
7	Williams, Evie	12	Milford Havn	1:43.49
8	Francis, Mia	12	Haverfordwes	1:44.30
Heat 4 of 9 Finals				
1	Davies, Betsi	13	Fishguard	1:40.47
2	Dennison, Evie	13	Milford Havn	1:39.54
3	Morris, Ffion	13	Tenby	1:38.96
4	Polverino, Tilly	12	Neath	1:38.30
5	Warrender, Isla	13	Aberystwyth	1:38.59
6	Hughes, Seren	14	Neath	1:39.36
7	Morris, Megan	12	Neath	1:40.22
8	Hawkins, Lottie	12	Haverfordwes	1:40.52
Heat 5 of 9 Finals				
1	Duncan, Ava	13	Amman Valley	1:37.60
2	Pearce, Ava	14	Afan Valley	1:37.10
3	Clement, Darcey	13	Afan Valley	1:36.41
4	Mitrjaikina, Scarlet	13	Swansea Aq	1:35.18
5	Malough, Holly V	14	Swansea Aq	1:35.61
6	Griffiths, Isla	12	Tenby	1:37.00
7	Williams, Grace	14	Neath	1:37.38
8	Dashfield, Olivia	12	Tenby	1:38.10
Heat 6 of 9 Finals				
1	Longar, Miriam E	13	Carmarthen	1:33.12
2	Hughes, Mollie	14	C Dolphins	1:30.08
3	Coles, Aria	12	Neath	1:29.64
4	Ostrowski, Julia	16	PembrokeDist	1:29.17
5	Kaill-Franks, Nia	14	Fishguard	1:29.58
6	Alexander, Seren	15	Aberystwyth	1:29.94
7	Finney, Elsa	16	Aberystwyth	1:32.30
8	Kurys, Bonnie P	12	Carmarthen	1:34.32

Heat 7 of 9 Finals				
1	Dash, Amelie	14	Milford Havn	1:28.35
2	Hall, Ellena	14	Fishguard	1:26.89
3	Gilderdale, Celyn	17	Haverfordwes	1:26.23
4	Summerfield, Lucy	13	Llanelli	1:25.54
5	Geach, Libbie	16	Amman Valley/Nofio Sir Gar	1:25.69
6	Holmes, Seren	16	Afan Valley	1:26.81
7	Lewis, Evie	12	Haverfordwes	1:27.44
8	Davies, Elizabeth	12	Tenby	1:28.87
Heat 8 of 9 Finals				
1	Knight, Lily E	15	C Dolphins	1:24.29
2	Davies, Isabella	14	Llanelli/Nofio Sir Gar	1:21.99
3	Owen, Elain	20	Swansea Uni	1:20.57
4	Phillips, Emily	17	Neath	1:19.61
5	Jewell, Lily	23	Swansea Uni	1:20.08
6	David, Isabelle	18	Swansea Aq	1:20.82
7	Kazmiruk, Anastasiia	14	Amman Valley/Nofio Sir Gar	1:23.90
8	Hall, Isabelle	14	Fishguard	1:24.91
Heat 9 of 9 Finals				
1	Lewis, Lowri	19	Neath	1:18.70
2	Taffetsauffer, Isabella	14	Llanelli/Nofio Sir Gar	1:16.34
3	Owen, Kessie	17	Neath	1:15.82
4	Sait, Erika	19	Swansea Uni	1:12.91
5	Rees, Katie	27	Swansea Uni	1:13.69
6	Parry, Abigail	12	Carmarthen	1:15.87
7	Checkley, Millie	21	Swansea Uni	1:17.68
8	Berner, Iyla	12	Carmarthen/Nofio Sir Gar	1:19.52
Event 222 Boys 11 & Over 100 SC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Finals				
1	Fretwell, Logan	11	Milford Havn	1:31.39
2	Mills, Flynn	11	Milford Havn	1:29.34
3	Gorvett, Blu	11	Aberavon	1:24.37
4	Jones, Carter A	12	Swansea Aq	1:19.97
5	Whatmore, Finley	12	Milford Havn	1:22.88
6	Lummis, Arthur J	11	NexusValleys	1:29.00
7	Lewis, Ollie	11	Afan Valley	1:30.00
8				—
Heat 2 of 9 Finals				
1	Munt, Oliver	12	Haverfordwes	1:18.85
2	Evans, Wolfgang	11	PembrokeDist	1:18.20
3	Leahy, Herbie	11	Haverfordwes	1:16.32
4	Abell, Ronan	13	Neath	1:15.25
5	Dadswell, Harry	12	Haverfordwes	1:16.27
6	Batcup, Oliver J	13	Swansea Aq	1:17.32
7	Lummis, Oscar D	13	NexusValleys	1:18.70
8	Monan, Euan	12	Tenby	1:18.87
Heat 3 of 9 Finals				
1	Jones, Tomi	13	Neath	1:13.58
2	Phillips, Gethin	14	Haverfordwes	1:13.30
3	Lloyd, Vincent-Owen	12	Llanelli	1:11.79
4	Green, William	13	Aberystwyth	1:11.04
5	Williams, Lucas C	11	Swansea Aq	1:11.08
6	Phillips, Lucas	14	Haverfordwes	1:12.83
7	Bool, Iolo	12	Haverfordwes	1:13.44
8	Pyzer, Cyrus A	12	Carmarthen	1:14.81

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Heat 4 Finals (#222 Boys 11 & Over 100 SC Meter Freestyle)

1	Lewis, Henry	13	Neath	1:10.43	___
2	Foale, Jack	15	Aberystwyth	1:10.22	___
3	Moore, Hari	13	Fishguard	1:09.42	___
4	Higgins, Finley J	14	Swansea Aq	1:08.79	___
5	Antwhistle, Isaac J	13	Swansea Aq	1:09.16	___
6	Marques-Jones, Felix	13	Carmarthen	1:09.50	___
7	Jermin, Morgan	12	Llanelli	1:10.37	___
8	Williams, Efan	13	Neath	1:10.98	___

Heat 5 of 9 Finals

1	Bowes, James F	13	Carmarthen	1:08.19	___
2	Grugel, Sam	15	C Dolphins	1:07.70	___
3	Bevan, Driw	13	Llanelli	1:06.62	___
4	Smith, Caelan	15	Haverfordwes	1:05.13	___
5	Lerigo, Oli	15	Aberystwyth	1:06.50	___
6	Smith, Jacob	13	Haverfordwes	1:07.01	___
7	Hall, Ethan	16	Fishguard	1:07.91	___
8	Collins, Thomas	13	Penyrheol	1:08.78	___

Heat 6 of 9 Finals

1	Griffiths, Harri	15	C Dolphins	1:04.01	___
2	Noden, Rory	13	Haverfordwes	1:03.82	___
3	Burt, Caio	15	Llanelli	1:03.05	___
4	Gray, Gruffudd I	16	Swansea Aq	1:02.40	___
5	Mills, Thomas	14	Llanelli	1:03.02	___
6	Poole, Tomos	15	Afan Valley	1:03.80	___
7	Smith, Declan	14	Neath	1:04.00	___
8	Lewis, Callum	16	Milford Havn	1:04.89	___

Heat 7 of 9 Finals

1	Morgan, Cole	14	C Dolphins	1:01.38	___
2	Evans, Sam	13	Haverfordwes	1:01.11	___
3	Harwood, Jack	14	Haverfordwes	59.60	___
4	Morgan, Ben	16	Haverfordwes	58.64	___
5	King, Ethan	13	Penyrheol	58.80	___
6	Davies, Gethin	16	Milford Havn	1:01.03	___
7	Fogarty, Oliver	13	Fishguard	1:01.29	___
8	Thomas, Rhys	15	Haverfordwes	1:01.90	___

Heat 8 of 9 Finals

1	Galbraith, Elian	16	Llanelli	58.32	___
2	Stuart Lavender, Jac	15	Llanelli/Nofio Sir Gar	57.91	___
3	Jones, Lloyd	22	Swansea Uni	57.65	___
4	Montague, Mason	17	Haverfordwes	57.10	___
5	Elmes, Max	14	Carmarthen/Nofio Sir Gar	57.37	___
6	Bennett, Finley	16	Haverfordwes	57.80	___
7	Chapman, Coby L	16	Penyrheol	58.30	___
8	Williams, Thomas	15	Llanelli/Nofio Sir Gar	58.48	___

Heat 9 of 9 Finals

1	Thomas, Iolo	15	Neath	56.54	___
2	Meek, Emyr	28	Swansea Uni	56.20	___
3	Silverstone, Solomon	16	Haverfordwes	51.90	___
4	Jones, Dan	29	Swansea Uni	47.41	___
5	Gillett, Oliver	18	Swansea Uni	49.64	___
6	Upton-Boorman, Liam	18	Carmarthen/Nofio Sir Gar	54.27	___
7	Sellick, Fenn	17	Swansea Uni	56.27	___
8	West, Dexter	16	Fishguard	57.09	___

Event 223 Girls 11 & Over 800 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 3 Finals					
1	Emam, Lina	12	Swansea Aq	13:25.54	___
2	Mason, Ezmee	12	Haverfordwes	12:35.13	___
3	Jenkins, Elli J	14	Swansea Aq	12:10.89	___
4	Roberts, Arwyn	12	Afan Valley	11:57.72	___
5	Hughes, Megan	12	C Dolphins	11:59.25	___
6	Roberts Mylan, Sophie I	13	Swansea Aq	12:26.00	___
7	Morgan, Iolah	11	Haverfordwes	12:46.49	___
8					___

Heat 2 of 3 Finals

1	Gardner-Rolfe, Mia G	13	Swansea Aq	11:24.82	___
2	Patterson, Hollie M	14	Carmarthen	11:06.10	___
3	Cooper, Megan	17	Neath	10:43.50	___
4	Evans, Cadi	13	Penyrheol	10:32.46	___
5	Clifford, Bethany	18	Neath	10:34.59	___
6	Davies, Ava-Rose	12	Llanelli	10:55.34	___
7	Price, Seren-Louise	13	Llanelli	11:14.68	___
8	Holloway, Olivia	16	Afan Valley	11:42.33	___

Heat 3 of 3 Finals

1	McFarlane, Una	14	Milford Havn	10:24.65	___
2	Clissold, Bronwyn	17	Tenby	10:08.91	___
3	Clissold, Elizabeth	19	Tenby	9:49.01	___
4	Griffiths, Cerys	15	Haverfordwes	9:08.20	___
5	Burns, Freya	14	Amman Valley/Nofio Sir Gar	9:35.80	___
6	Williams, Marys E	16	Swansea Aq	10:00.30	___
7	Morgan, Evelyn	14	Llanelli/Nofio Sir Gar	10:13.34	___
8	Bruce, Skye	16	Tenby	10:30.99	___

Event 224 Boys 11 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
Heat 1 of 4 Finals					
1					___
2					___
3	Mills, Flynn	11	Milford Havn	4:08.66	___
4	Lummis, Arthur J	11	NexusValleys	4:05.00	___
5	Williams, Tom	11	Haverfordwes	4:05.70	___
6					___
7					___
8					___

Heat 2 of 4 Finals

1	Caprilli, Valentino	11	Fishguard	4:04.12	___
2	Leahy, Herbie	11	Haverfordwes	3:52.17	___
3	Lloyd, Vincent-Owen	12	Llanelli	3:33.75	___
4	Monan, Euan	12	Tenby	3:27.97	___
5	Munt, Oliver	12	Haverfordwes	3:32.65	___
6	Lloyd- Roberts, Harry	13	Milford Havn	3:38.80	___
7	Gorvett, Blu	11	Aberavon	3:56.74	___
8					___

Heat 3 of 4 Finals

1	Lewis, Henry	13	Neath	3:17.23	___
2	Lewis, Cian	16	Neath	3:09.94	___
3	Crotty, Beau	14	PembrokeDist	3:07.16	___
4	Marques-Jones, Felix	13	Carmarthen	3:04.90	___
5	Lerigo, Oli	15	Aberystwyth	3:06.62	___
6	Batcup, Oliver J	13	Swansea Aq	3:07.63	___
7	Backen, Frederick	13	Fishguard	3:15.13	___
8	Rees, Oscar	12	Llanelli	3:19.96	___

Heat 4 Finals (#224 Boys 11 & Over 200 SC Meter Breaststroke)				
1	Hall, Ethan	16	Fishguard	2:57.35
2	Thomas, Rhys	15	Haverfordwes	2:48.08
3	Stuart Lavender, Jac	15	Llanelli/Nofio Sir Gar	2:33.32
4	Lovell-Pascal, Jean-Luc	20	Swansea Uni	2:24.10
5	Phillips, Finley	15	Llanelli/Nofio Sir Gar	2:29.68
6	Gubb, Harvey	19	Neath	2:35.19
7	Morgan, Thomas	13	Neath	2:56.10
8	Smith, Caelan	15	Haverfordwes	3:00.72

Event 225 Girls 11-12 50 SC Meter Freestyle (Skins)			
	Name	Age	Team
---	No entries for event		

Event 226 Girls 13-14 50 SC Meter Freestyle (Skins)			
	Name	Age	Team
---	No entries for event		

Event 227 Girls 15-16 50 SC Meter Freestyle (Skins)			
	Name	Age	Team
---	No entries for event		

Event 228 Girls 17 & Over 50 SC Meter Freestyle (Skins)			
	Name	Age	Team
---	No entries for event		