

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

Meet Program - Session 5 (Warmup 8.00 - 9.00)

Event 311 Girls 11 & Over 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 10 Finals				
1	Heatley, Darcey	11	Neath	55.50
2	Rogers, Mia	11	PembrokeDist	54.93
3	Watkins, Eleanor R	11	Afan Valley	52.36
4	Prince, Edith S	11	Swansea Aq	51.33
5	Knight, Anna	12	C Dolphins	52.14
6	Shepherd, Amelia H	11	C Dolphins	54.63
7	McFarlane, Mali	11	Milford Havn	55.40
8	Hyett, Antonina	11	C Dolphins	55.77
Heat 2 of 10 Finals				
1	Roberts, Arwyn	12	Afan Valley	50.14
2	Alexander, Fflur	12	Aberystwyth	50.00
3	Mason, Ezmee	12	Haverfordwes	49.70
4	Titley, Lola	13	Milford Havn	49.13
5	Davies, Loti	12	C Dolphins	49.28
6	Besley, Freya	13	Penyrheol	49.90
7	Joseph, Ellie	13	C Dolphins	50.14
8	Allan, Imogen	12	Afan Valley	50.38
Heat 3 of 10 Finals				
1	Jenkins, Alys	13	Amman Valley	48.64
2	Emam, Lina	12	Swansea Aq	48.24
3	Fenemore, Emily G	13	Carmarthen	48.03
4	Thomas, Leah	14	Haverfordwes	47.73
5	Roberts-Truman, Betsan H	13	Neath	47.79
6	Williams, Evie	12	Milford Havn	48.11
7	Phillips, Isabelle	12	Haverfordwes	48.62
8	Iturbe, Carys	12	Afan Valley	49.00
Heat 4 of 10 Finals				
1	Heron, Edith	13	Aberystwyth	47.34
2	Clement, Darcey	13	Afan Valley	46.37
3	Lennon, Amelia-Rose	11	Carmarthen	46.16
4	Harvey-Flinn, Ruby E	12	Swansea Aq	45.99
5	Francis, Mia	12	Haverfordwes	46.10
6	Davies, Erin	14	C Dolphins	46.29
7	Price, Seren-Louise	13	Llanelli	46.79
8	Warrender, Isla	13	Aberystwyth	47.70
Heat 5 of 10 Finals				
1	Henson, Jess	12	Tenby	45.77
2	Szmigiero, Kaya	12	Aberystwyth	45.63
3	Morris, Ffion	13	Tenby	45.45
4	Duncan, Ava	13	Amman Valley	45.10
5	Harris, Chloe	13	C Dolphins	45.45
6	Massey, Mia	13	C Dolphins	45.60
7	Lloyd-Taylor, Cali	14	Fishguard	45.71
8	Davies, Betsi	13	Fishguard	45.95
Heat 6 of 10 Finals				
1	Dennison, Evie	13	Milford Havn	44.78
2	Morris, Besi	12	Amman Valley	44.47
3	Dashfield, Olivia	12	Tenby	43.55
4	Finney, Elsa	16	Aberystwyth	43.05
5	Jones, Alaw R	13	Carmarthen	43.40
6	Griffiths, Isla	12	Tenby	43.83
7	Polverino, Tilly	12	Neath	44.51
8	Williams, Grace	14	Neath	44.82

Heat 7 of 10 Finals				
1	Hughes, Seren	14	Neath	42.11
2	Beasley, Evaleigh D	12	Swansea Aq	42.00
3	Hughes, Mollie	14	C Dolphins	41.80
4	Upton-Boorman, Isabella	15	Carmarthen/Nofio Sir Gar	40.93
5	Pearce, Ava	14	Afan Valley	41.38
6	Alexander, Seren	15	Aberystwyth	41.88
7	Kaill-Franks, Nia	14	Fishguard	42.10
8	Kurys, Bonnie P	12	Carmarthen	42.50
Heat 8 of 10 Finals				
1	Coles, Aria	12	Neath	40.54
2	Dash, Amelie	14	Milford Havn	40.43
3	Williams, Paige T	13	Swansea Aq	39.41
4	Filmer, Gwennan	13	Aberystwyth	39.32
5	Gilderdale, Celyn	17	Haverfordwes	39.32
6	Summerfield, Lucy	13	Llanelli	40.05
7	Holmes, Seren	16	Afan Valley	40.50
8	Holloway, Olivia	16	Afan Valley	40.84
Heat 9 of 10 Finals				
1	Ostrowski, Julia	16	PembrokeDist	38.69
2	Davies, Isabella	14	Llanelli/Nofio Sir Gar	37.99
3	David, Isabelle	18	Swansea Aq	37.10
4	Daly, Kirsten	19	Neath	37.07
5	Jewell, Lily	23	Swansea Uni	37.08
6	Owen, Elain	20	Swansea Uni	37.28
7	Kazmiruk, Anastasiia	14	Amman Valley/Nofio Sir Gar	38.24
8	Geach, Libbie	16	Amman Valley/Nofio Sir Gar	38.81
Heat 10 of 10 Finals				
1	Bissicks, Cari	14	Neath	36.39
2	Parry, Abigail	12	Carmarthen	35.30
3	Taffetsauffer, Isabella	14	Llanelli/Nofio Sir Gar	34.61
4	Sait, Erika	19	Swansea Uni	33.00
5	Owen, Kessie	17	Neath	34.07
6	Checkley, Millie	21	Swansea Uni	35.27
7	Phillips, Emily	17	Neath	35.97
8	Berner, Lyla	12	Carmarthen/Nofio Sir Gar	37.04

Event 312 Boys 11 & Over 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 10 Finals				
1				
2	El Saghir, Karim S	11	Carmarthen	39.27
3	Lewis, Ollie	11	Afan Valley	38.80
4	Fretwell, Logan	11	Milford Havn	38.39
5	Gorvett, Blu	11	Aberavon	38.47
6	Gray, Ioan	11	Fishguard	39.10
7	Mills, Flynn	11	Milford Havn	40.53
8				
Heat 2 of 10 Finals				
1	Jones, Bobby	13	Neath	36.99
2	Phillips, Ieuan	12	Fishguard	36.57
3	Lloyd- Roberts, Harry	13	Milford Havn	36.31
4	Pirmohamed, Eshan A	12	Swansea Aq	35.67
5	Jones, Carter A	12	Swansea Aq	35.88
6	Lomas, Alexander	13	Fishguard	36.44
7	Noble, Reuben	13	Haverfordwes	36.90
8	Lummis, Arthur J	11	NexusValleys	37.40

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

Meet Program - Session 5 (Warmup 8.00 - 9.00)

Heat 3 Finals (#312 Boys 11 & Over 50 SC Meter Freestyle)

1	Mcadie, Isaac	13	Neath	35.29	_____
2	David, Ioan	13	Haverfordwes	34.96	_____
3	El Saghir, Mohamed S	14	Carmarthen	34.20	_____
4	George, Kieran	14	Milford Havn	34.03	_____
5	Evans, Wolfgang	11	PembrokeDist	34.14	_____
6	Munt, Oliver	12	Haverfordwes	34.79	_____
7	Whatmore, Finley	12	Milford Havn	35.06	_____
8	Rees, Oscar	12	Llanelli	35.64	_____

Heat 4 of 10 Finals

1	Lummis, Oscar D	13	NexusValleys	33.68	_____
2	Leahy, Herbie	11	Haverfordwes	33.14	_____
3	Jones, Tomi	13	Neath	32.81	_____
4	Phillips, Lucas	14	Haverfordwes	32.64	_____
5	Monan, Euan	12	Tenby	32.66	_____
6	Bool, Iolo	12	Haverfordwes	33.07	_____
7	Pyzer, Cyrus A	12	Carmarthen	33.17	_____
8	Jones, Dion R	14	Carmarthen	33.80	_____

Heat 5 of 10 Finals

1	Lloyd, Vincent-Owen	12	Llanelli	31.95	_____
2	Marques-Jones, Felix	13	Carmarthen	31.50	_____
3	Higgins, Finley J	14	Swansea Aq	31.41	_____
4	Lewis, Henry	13	Neath	30.77	_____
5	Foale, Jack	15	Aberystwyth	31.40	_____
6	Green, William	13	Aberystwyth	31.50	_____
7	Bowes, James F	13	Carmarthen	31.83	_____
8	Phillips, Gethin	14	Haverfordwes	32.40	_____

Heat 6 of 10 Finals

1	Moore, Hari	13	Fishguard	30.37	_____
2	Banner, Harry	13	Penyrheol	30.10	_____
3	Smith, Caelan	15	Haverfordwes	30.01	_____
4	Bevan, Driw	13	Llanelli	29.68	_____
5	Smith, Declan	14	Neath	29.82	_____
6	Williams, Efan	13	Neath	30.01	_____
7	Williams, Lucas C	11	Swansea Aq	30.36	_____
8	Lewis, Cian	16	Neath	30.65	_____

Heat 7 of 10 Finals

1	Morgan, Thomas	13	Neath	29.45	_____
2	Burt, Caio	15	Llanelli	29.34	_____
3	Lerigo, Oli	15	Aberystwyth	29.07	_____
4	Fogarty, Oliver	13	Fishguard	28.69	_____
5	Thomas, Tristan	15	Milford Havn	28.76	_____
6	Poole, Tomos	15	Afan Valley	29.10	_____
7	Mills, Thomas	14	Llanelli	29.36	_____
8	Hall, Ethan	16	Fishguard	29.46	_____

Heat 8 of 10 Finals

1	Gray, Gruffudd I	16	Swansea Aq	28.00	_____
2	Morgan, Cole	14	C Dolphins	27.84	_____
3	Piotrowski, Bartosz	16	Fishguard	27.71	_____
4	King, Ethan	13	Penyrheol	27.00	_____
5	Galbraith, Elian	16	Llanelli	27.05	_____
6	Morgan, Ben	16	Haverfordwes	27.76	_____
7	Lewis, Callum	16	Milford Havn	27.98	_____
8	Griffiths, Harri	15	C Dolphins	28.63	_____

Heat 9 of 10 Finals

1	Stuart Lavender, Jac	15	Llanelli/Nofio Sir Gar	26.87	_____
2	Elmes, Max	14	Carmarthen/Nofio Sir Gar	26.56	_____
3	Gubb, Harvey	19	Neath	26.50	_____
4	Jones, Lloyd	22	Swansea Uni	26.10	_____
5	Roberts-Truman, Harri	15	Neath	26.11	_____
6	Chapman, Coby L	16	Penyrheol	26.50	_____
7	Phillips, Finley	15	Llanelli/Nofio Sir Gar	26.67	_____
8	O'Dwyer, Pierce	21	Swansea Uni	27.00	_____

Heat 10 of 10 Finals

1	Sellick, Fenn	17	Swansea Uni	25.70	_____
2	Upton-Boorman, Liam	18	Carmarthen/Nofio Sir Gar	25.18	_____
3	Hawkins, Alfie	18	Swansea Uni	24.20	_____
4	Greenway, Morgan	22	Swansea Uni	22.90	_____
5	Silverstone, Solomon	16	Haverfordwes	23.70	_____
6	Meek, Emyr	28	Swansea Uni	24.90	_____
7	Montague, Mason	17	Haverfordwes	25.30	_____
8	Ukkash, Hayam	19	Swansea Uni	26.06	_____

Event 313 Girls 11 & Over 400 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1				
2				
3	Francis, Mia	12	Haverfordwes	6:48.75
4	Dyde, Pheobe	13	PembrokeDist	6:19.38
5	Pitans, Caitlin R	13	Swansea Aq	6:34.40
6	Morgan, Iolah	11	Haverfordwes	7:04.22
7				
8				

Heat 2 of 3 Finals

1	Hawkins, Lottie	12	Haverfordwes	6:11.39	_____
2	Kenny, Jemima	14	Milford Havn	6:06.07	_____
3	Mitrjaikina, Scarlet	13	Swansea Aq	6:05.65	_____
4	Hall, Ellena	14	Fishguard	5:54.99	_____
5	Patterson, Hollie M	14	Carmarthen	6:01.87	_____
6	Powell, Nina L	13	Carmarthen	6:06.00	_____
7	Jenkins, Elli J	14	Swansea Aq	6:08.89	_____
8	Pearce, Ava	14	Afan Valley	6:19.01	_____

Heat 3 of 3 Finals

1	Davies, Isabella	14	Llanelli/Nofio Sir Gar	5:45.24	_____
2	Hall, Isabelle	14	Fishguard	5:41.79	_____
3	Nichols, Grace	15	Haverfordwes	5:16.83	_____
4	Rees, Katie	27	Swansea Uni	4:55.70	_____
5	Williams, Jody	19	Swansea Uni	5:08.86	_____
6	Griffiths, Cerys	15	Haverfordwes	5:31.20	_____
7	Holmes, Seren	16	Afan Valley	5:43.98	_____
8	Davies, Elizabeth	12	Tenby	5:54.34	_____

Event 314 Boys 11 & Over 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals

1				
2				
3	Mills, Flynn	11	Milford Havn	3:45.64
4	Gorvett, Blu	11	Aberavon	3:40.38
5	Fretwell, Logan	11	Milford Havn	3:43.26
6				
7				
8				

Heat 2 Finals (#314 Boys 11 & Over 200 SC Meter IM)				
1	Whatmore, Finley	12	Milford Havn	3:24.19
2	Leahy, Herbie	11	Haverfordwes	3:15.05
3	Mcadie, Isaac	13	Neath	3:09.49
4	George, Kieran	14	Milford Havn	3:05.53
5	Jones, Dion R	14	Carmarthen	3:06.44
6	Pirmohamed, Eshan A	12	Swansea Aq	3:13.44
7	Rees, Oscar	12	Llanelli	3:15.35
8	Lummis, Arthur J	11	NexusValleys	3:36.90
Heat 3 of 8 Finals				
1	Bool, Iolo	12	Haverfordwes	3:05.12
2	Munt, Oliver	12	Haverfordwes	3:03.81
3	Lloyd, Vincent-Owen	12	Llanelli	3:01.65
4	Bowes, James F	13	Carmarthen	2:58.30
5	Moore, Hari	13	Fishguard	2:58.64
6	Jermin, Morgan	12	Llanelli	3:02.03
7	Monan, Euan	12	Tenby	3:04.74
8	Pyzer, Cyrus A	12	Carmarthen	3:05.48
Heat 4 of 8 Finals				
1	Foale, Jack	15	Aberystwyth	2:56.40
2	Backen, Frederick	13	Fishguard	2:54.65
3	Banner, Harry	13	Penyrheol	2:54.30
4	Thomas, Tristan	15	Milford Havn	2:50.40
5	Smith, Caelan	15	Haverfordwes	2:54.25
6	Batcup, Oliver J	13	Swansea Aq	2:54.55
7	Dadswell, Harry	12	Haverfordwes	2:54.96
8	Williams, Lucas C	11	Swansea Aq	2:57.67
Heat 5 of 8 Finals				
1	Collins, Thomas	13	Penyrheol	2:48.91
2	Poole, Tomos	15	Afan Valley	2:48.74
3	Morgan, Thomas	13	Neath	2:43.13
4	Hall, Ethan	16	Fishguard	2:40.93
5	Burt, Caio	15	Llanelli	2:42.22
6	Antwhistle, Isaac J	13	Swansea Aq	2:47.14
7	Lerigo, Oli	15	Aberystwyth	2:48.80
8	Marques-Jones, Felix	13	Carmarthen	2:49.60
Heat 6 of 8 Finals				
1	Noden, Rory	13	Haverfordwes	2:35.84
2	Morgan, Cole	14	C Dolphins	2:33.86
3	Davies, Gethin	16	Milford Havn	2:31.76
4	Morgan, Ben	16	Haverfordwes	2:29.02
5	King, Ethan	13	Penyrheol	2:31.10
6	Thomas, Rhys	15	Haverfordwes	2:32.76
7	Fogarty, Oliver	13	Fishguard	2:35.69
8	Evans, Sam	13	Haverfordwes	2:37.26
Heat 7 of 8 Finals				
1	Harwood, Jack	14	Haverfordwes	2:28.30
2	Hawkins, Alfie	18	Swansea Uni	2:22.04
3	Montague, Mason	17	Haverfordwes	2:19.50
4	Phillips, Finley	15	Llanelli/Nofio Sir Gar	2:19.14
5	Thomas, Iolo	15	Neath	2:19.26
6	Gubb, Harvey	19	Neath	2:21.56
7	Elmes, Max	14	Carmarthen/Nofio Sir Gar	2:27.94
8	Stuart Lavender, Jac	15	Llanelli/Nofio Sir Gar	2:28.78

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

Meet Program - Session 5 (Warmup 8.00 - 9.00)

Heat 8 of 8 Finals

1	Silverstone, Solomon	16	Haverfordwes	2:18.52	_____
2	Bradley, Mathew Bradley	19	Swansea Uni	2:13.01	_____
3	Lee, Jacob (Not Jake)	19	Swansea Uni	2:10.00	_____
4	Fraser, Lewis	25	Swansea Uni	2:01.45	_____
5	Gillett, Oliver	18	Swansea Uni	2:06.18	_____
6	West, Dexter	16	Fishguard	2:12.21	_____
7	Upton-Boorman, Liam	18	Carmarthen/Nofio Sir Gar	2:13.48	_____
8	Bennett, Finley	16	Haverfordwes	2:19.10	_____

Event 315 Girls 11 & Over 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 7 Finals

1					_____
2					_____
3	Williams, Evie	12	Milford Havn	1:39.61	_____
4	Foldi, Kristina	13	Haverfordwes	1:30.08	_____
5	Edmunds, Freya	12	Llanelli	1:33.05	_____
6					_____
7					_____
8					_____

Heat 2 of 7 Finals

1	Hopkins, Darcy	12	Penyrheol	1:29.80	_____
2	Davies, Ava-Rose	12	Llanelli	1:25.78	_____
3	Jones, Alexa	12	Llanelli	1:23.96	_____
4	Coles, Aria	12	Neath	1:23.56	_____
5	Roberts Mylan, Ffion C	13	Swansea Aq	1:23.70	_____
6	Kurys, Emiliese J	11	Carmarthen	1:24.24	_____
7	Szmigiero, Kaya	12	Aberystwyth	1:25.80	_____
8					_____

Heat 3 of 7 Finals

1	Price, Seren-Louise	13	Llanelli	1:21.15	_____
2	Davies, Eva	14	Afan Valley	1:21.00	_____
3	Kenny, Jemima	14	Milford Havn	1:20.41	_____
4	Davies, Erin	14	C Dolphins	1:20.26	_____
5	Griffiths, Ffion	14	Tenby	1:20.33	_____
6	Beasley, Evaleigh D	12	Swansea Aq	1:20.90	_____
7	Williams, Paige T	13	Swansea Aq	1:21.07	_____
8	Kaill-Franks, Nia	14	Fishguard	1:22.34	_____

Heat 4 of 7 Finals

1	Parry, Abigail	12	Carmarthen	1:19.00	_____
2	Mason, Phoebe	15	Haverfordwes	1:17.76	_____
3	Summerfield, Lucy	13	Llanelli	1:17.21	_____
4	Gilderdale, Celyn	17	Haverfordwes	1:16.79	_____
5	Hall, Isabelle	14	Fishguard	1:17.20	_____
6	Thompson, Freya	15	Haverfordwes	1:17.40	_____
7	Davies, Elizabeth	12	Tenby	1:17.93	_____
8	Miles, Megan	17	Fishguard	1:19.45	_____

Heat 5 of 7 Finals

1	Short, Amelia	14	Neath	1:16.05	_____
2	Morgan, Evelyn	14	Llanelli/Nofio Sir Gar	1:15.58	_____
3	Jenkins, Alexandra G	16	Swansea Aq	1:14.01	_____
4	Knight, Cari	17	Penyrheol	1:12.94	_____
5	Koo, Kathryn	16	Tenby	1:13.69	_____
6	Ostrowski, Julia	16	PembrokeDist	1:15.21	_____
7	McFarlane, Una	14	Milford Havn	1:15.77	_____
8	Evans, Cadi	13	Penyrheol	1:16.40	_____

Heat 6 Finals (#315 Girls 11 & Over 100 SC Meter Butterfly)

1	Kazmiruk, Anastasiia	14	Amman Valley/Nofio Sir Gar	1:11.85	_____
2	Bissicks, Cari	14	Neath	1:11.37	_____
3	Dash, Amelie	14	Milford Havn	1:10.56	_____
4	Williams, Marys E	16	Swansea Aq	1:09.72	_____
5	Taffetsauffer, Isabella	14	Llanelli/Nofio Sir Gar	1:10.19	_____
6	Rowland, Scarlett	13	Neath	1:11.13	_____
7	Burns, Freya	14	Amman Valley/Nofio Sir Gar	1:11.57	_____
8	Clissold, Elizabeth	19	Tenby	1:12.63	_____

Heat 7 of 7 Finals

1	Davies, Isla	12	Amman Valley/Nofio Sir Gar	1:08.64	_____
2	Goodliffe, Faith	25	C Dolphins	1:06.20	_____
3	Lewis, Lowri	19	Neath	1:06.02	_____
4	Morris, Ciara	23	Swansea Uni	1:00.10	_____
5	Geach, Libbie	16	Amman Valley/Nofio Sir Gar	1:05.52	_____
6	Blanch, Janelle	18	Swansea Uni	1:06.10	_____
7	Berner, Iyla	12	Carmarthen/Nofio Sir Gar	1:06.64	_____
8	Webb, Saskia S14	18	Haverfordwes	1:09.27	_____