

West Wales Regional LC Championships 2026 - 06/02/2026 to 08/02/2026

Meet Program - Session 2 (Warmup 8.00 - 8.50)

Event 211 Boys 11 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1				—
2	Lewis, Ollie	12	Afan Valley	3:43.56
3	Fretwell, Logan	12	Milford Havn	3:39.37
4	El Saghir, Karim Salah	12	Carmarthen	3:37.10
5	Boyle, Toby Maxwell	11	Carmarthen	3:38.30
6	Mills, Flynn	12	Milford Havn	3:39.89
7	Arnold, Dylan	11	C Dolphins	3:48.80
8				—

Heat 2 of 7 Finals

1	Treinis, Lucian	12	Tenby	3:31.51
2	Phillips, Ieuan	13	Fishguard	3:26.74
3	Pirmohamed, Eshan	13	Swansea Aq	3:15.50
4	Leahy, Herbie	12	Pembs Cty	3:10.40
5	Rees, Oscar	13	Llanelli	3:11.60
6	Nash, Oliver John	13	Carmarthen	3:24.50
7	May-John, Dylan	11	Aberystwyth	3:28.00
8	Wickland, Jonah	11	PembrokeDist	3:32.56

Heat 3 of 7 Finals

1	Moore, Hari	14	Pembs Cty	3:01.11
2	Monan, Euan	13	Pembs Cty	2:59.60
3	Lewis, Henry	14	Neath	2:58.27
4	Batcup, Oliver	14	Swansea Aq	2:56.80
5	Dadswell, Harry	13	Pembs Cty	2:56.90
6	Foale, Jack	16	Aberystwyth	2:58.60
7	Williams, Lucas	12	Swansea Aq	2:59.90
8	Evans, Wolfgang	12	PembrokeDist	3:08.77

Heat 4 of 7 Finals

1	Backen, Freddie	14	Pembs Cty	2:52.70
2	Smith, Caelan	16	Haverfordwes	2:49.20
3	Bowes, James	14	Carmarthen	2:46.70
4	Hall, Ethan	17	Fishguard	2:44.15
5	Marques-Jones, Felix	14	Carmarthen	2:45.45
6	Antwhistle, Isaac	14	Swansea Aq	2:48.29
7	Smith, Herbie	16	Swansea Aq	2:49.29
8	Jermin, Morgan	13	Llanelli	2:55.00

Heat 5 of 7 Finals

1	Thomas, Tristan	16	Pembs Cty	2:43.90
2	Poole, Tomos	16	Afan Valley	2:42.50
3	Fogarty, Oliver	14	Pembs Cty	2:38.70
4	Evans, Sam	14	Pembs Cty	2:34.42
5	Noden, Rory	14	Pembs Cty	2:35.40
6	Jones, Dafydd	14	Carmarthen	2:39.70
7	Hale, Oliver	15	Swansea Aq	2:42.60
8	Bevan, Driw	14	Llanelli	2:43.90

Heat 6 of 7 Finals

1	Read, William SM14	18	Swansea Aq	2:30.90
2	Galbraith, Elian	17	Llanelli	2:29.90
3	Elmes, Max	15	Nofio S Gar	2:25.66
4	Bennett, Finley	17	Pembs Cty	2:21.86
5	Helps, Jacob	20	Swansea Uni	2:24.92
6	Stuart Lavender, Jac	16	Nofio S Gar	2:26.46
7	Harwood, Jack	15	Pembs Cty	2:30.00
8	Morgan, Ben	17	Pembs Cty	2:31.10

Heat 7 of 7 Finals

1	Richardson, Osian	18	Swansea Aq	2:20.90
2	Docking-Smith, Frankie	22	Swansea Uni	2:15.88
3	Barlow, Oscar	21	Swansea Uni	2:10.34
4	Staines, Luca	22	Swansea Uni	2:04.76
5	Taylor, Harry	19	Swansea Uni	2:09.90
6	West, Dexter	17	Pembs Cty	2:14.40
7	Upton-Boorman, Liam	19	Nofio S Gar	2:16.15
8	Silverstone, Sol	17	Pembs Cty	2:21.09

Event 212 Girls 11 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1				—
2				—
3	Davies, Betsi	14	Pembs Cty	6:59.60
4	Gil Wood, Elena	14	Swansea Aq	6:21.60
5	Morgan, Iolah	12	Haverfordwes	6:57.80
6				—
7				—
8				—

Heat 2 of 3 Finals

1				—
2	Dyde, Pheobe	14	Pembs Cty	6:07.20
3	Powell, Nina Lily Truda	14	Carmarthen	6:03.00
4	Hall, Ellena	15	Pembs Cty	5:53.40
5	Mason, Phoebe	16	Pembs Cty	6:01.22
6	Filmer, Gwennan	14	Aberystwyth	6:04.20
7	Kenny, Jemima	15	Pembs Cty	6:10.90
8				—

Heat 3 of 3 Finals

1	Mcfarlane, Una	15	Pembs Cty	5:44.50
2	Lythgoe, Manon	17	Swansea Aq	5:24.83
3	Rees, Katie	28	Swansea Uni	5:10.25
4	Stephenson, Ruby	19	Swansea Uni	4:56.31
5	Mitchell, Abby	20	Swansea Uni	5:02.87
6	Berner, Iyla	13	Nofio S Gar	5:23.27
7	Roberts, Megan	19	Swansea Uni	5:27.99
8	Hall, Isabelle	15	Pembs Cty	5:46.90

Event 213 Boys 11 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1				—
2				—
3	Filmer, Owen	11	Aberystwyth	1:57.30
4	Treinis, Lucian	12	Tenby	1:54.58
5	Taffetsauffer, Leo	11	Llanelli	1:55.06
6				—
7				—
8				—

Heat 2 of 5 Finals

1				—
2	Jones, Osian	13	Aberystwyth	1:49.60
3	Thomas, Gabriel	11	Llanelli	1:45.80
4	Nash, Oliver John	13	Carmarthen	1:35.80
5	Rees, Oscar	13	Llanelli	1:40.20
6	El Saghir, Karim Salah	12	Carmarthen	1:49.20
7	Mills, Flynn	12	Milford Havn	1:52.38
8				—

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Heat 3 Finals (#213 Boys 11 & Over 100 LC Meter Breaststroke)

1	Morris, Leo	15	Llanelli	1:30.42	___
2	Lewis, Callum	17	Milford Havn	1:28.64	___
3	Batcup, Oliver	14	Swansea Aq	1:26.90	___
4	Smith, Declan	15	Neath	1:26.41	___
5	Lewis, Cian	17	Neath	1:26.70	___
6	Williams, Lucas	12	Swansea Aq	1:27.30	___
7	Backen, Freddie	14	Pembs Cty	1:29.90	___
8	Antwhistle, Isaac	14	Swansea Aq	1:32.90	___

Heat 4 of 5 Finals

1	Evans, Sam	14	Pembs Cty	1:24.00	___
2	Lerigo, Oli	16	Aberystwyth	1:21.80	___
3	Morgan, Cole	15	C Dolphins	1:21.25	___
4	Hall, Ethan	17	Fishguard	1:19.42	___
5	Smith, Caelan	16	Haverfordwes	1:20.90	___
6	Fogarty, Oliver	14	Pembs Cty	1:21.28	___
7	Crotty, Beau	15	PembrokeDist	1:22.22	___
8	Marques-Jones, Felix	14	Carmarthen	1:24.30	___

Heat 5 of 5 Finals

1	Thomas, Rhys	16	Pembs Cty	1:19.00	___
2	Gubb, Harvey	20	Neath	1:12.33	___
3	Stuart Lavender, Jac	16	Nofio S Gar	1:09.37	___
4	Panaretos, Pani	24	Swansea Uni	1:00.84	___
5	James, Jack	19	Swansea Uni	1:04.44	___
6	Phillips, Finley	16	Nofio S Gar	1:10.18	___
7	Baker, Ellis	20	Swansea Uni	1:13.84	___
8	Morgan, Thomas	14	Neath	1:19.07	___

Event 214 Girls 11 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
Heat 1 of 7 Finals					
1	Jermin, Martha	11	Llanelli	3:39.70	___
2	McFarlane, Mali	12	Milford Havn	3:33.10	___
3	Mason, Ezmee	13	Pembs Cty	3:27.94	___
4	Emam, Lina	13	Swansea Aq	3:23.60	___
5	Williams, Eva	12	Swansea Aq	3:24.40	___
6	Antwhistle, Esme	12	Swansea Aq	3:29.51	___
7	Dashfield, Olivia	13	Pembs Cty	3:33.26	___
8	Philpott, Lowri S14	15	Llanelli	NT	___

Heat 2 of 7 Finals

1	Husband, Alysia	11	Haverfordwes	3:18.00	___
2	Jenkins, Olivia	13	Swansea Aq	3:14.60	___
3	Foldi, Kristina	14	Pembs Cty	3:10.90	___
4	Kaill-Franks, Nia	15	Pembs Cty	3:05.50	___
5	Henson, Jessica	13	Pembs Cty	3:10.27	___
6	Soul, Anna	12	Swansea Aq	3:12.10	___
7	Arnold, Olivia	13	Milford Havn	3:17.88	___
8	Bullock, Georgia May	13	Carmarthen	3:22.30	___

Heat 3 of 7 Finals

1	Butcher, Freya	11	Swansea Aq	3:00.60	___
2	Griffiths, Isla	13	Tenby	2:59.26	___
3	Enoch, Erin Lois	12	Carmarthen	2:57.40	___
4	Andreassen, Freya	15	Amman Valley	2:56.60	___
5	Jones, Alexa	13	Llanelli	2:57.10	___
6	Clay, Emelia	12	Swansea Aq	2:58.10	___
7	Williams, Fay	14	Swansea Aq	2:59.90	___
8	Morgan, Iolah	12	Haverfordwes	3:04.90	___

Heat 4 of 7 Finals

1	Williams, Evie	13	Pembs Cty	2:56.29	___
2	Roberts Mylan, Ffion	14	Swansea Aq	2:53.43	___
3	Short, Amelia	15	Neath	2:50.70	___
4	Griffiths, Ffion	15	Pembs Cty	2:49.50	___
5	Thompson, Freya	16	Pembs Cty	2:50.14	___
6	Morris, Ffion	14	Pembs Cty	2:51.61	___
7	Ostrowski, Julia	17	Pembs Cty	2:53.90	___
8	Kurys, Millie	12	Carmarthen	2:56.50	___

Heat 5 of 7 Finals

1	Jenkins, Alexandra	17	Swansea Aq	2:47.80	___
2	Hawkins, Lottie	13	Pembs Cty	2:44.30	___
3	Pinnock, Betsan	14	Swansea Aq	2:44.00	___
4	Dash, Amelie	15	Pembs Cty	2:39.90	___
5	Cressey-Rodgers, Gwenllian	16	Nofio S Gar	2:40.54	___
6	Beasley, Evaleigh	13	Swansea Aq	2:44.20	___
7	Morris, Besi	13	Amman Valley	2:45.80	___
8	Miles, Megan	18	Pembs Cty	2:49.20	___

Heat 6 of 7 Finals

1	Lewis, Carys	19	Swansea Uni	2:39.68	___
2	Holmes, Seren	17	Afan Valley	2:39.00	___
3	Upton-Boorman, Isabella	16	Nofio S Gar	2:38.50	___
4	Philpott, Ffion	17	Nofio S Gar	2:36.66	___
5	Bruce, Skye	17	Pembs Cty	2:36.90	___
6	Davies, Elizabeth	13	Pembs Cty	2:38.80	___
7	Davies, Isabella	15	Nofio S Gar	2:39.31	___
8	Williams, Paige	14	Swansea Aq	2:39.70	___

Heat 7 of 7 Finals

1	Taffetsauffer, Isabella	15	Nofio S Gar	2:32.15	___
2	Berner, Iyla	13	Nofio S Gar	2:28.12	___
3	Hatton-Ellis, Izzy	18	Swansea Uni	2:25.96	___
4	Major, Scarlet	23	Swansea Uni	2:15.63	___
5	Nichols, Grace	16	Pembs Cty	2:22.20	___
6	Cummer, Megs	19	Swansea Uni	2:27.62	___
7	Davies, Isla	13	Nofio S Gar	2:28.28	___
8	Jones, Hunydd	15	Nofio S Gar	2:34.52	___

Event 215 Boys 11 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 12 Finals

1					___
2	Hopkins, Casey	11	Afan Valley	42.81	___
3	Arnold, Dylan	11	C Dolphins	42.03	___
4	Mills, Flynn	12	Milford Havn	39.43	___
5	Avery, Thomas	11	Afan Valley	41.00	___
6	Fenn, William	11	Swansea Aq	42.30	___
7					___
8					___

Heat 2 of 12 Finals

1	El Saghir, Karim Salah	12	Carmarthen	38.80	___
2	Fretwell, Logan	12	Milford Havn	37.95	___
3	Lewis, Ollie	12	Afan Valley	36.98	___
4	Jones, Carter	13	Swansea Aq	36.50	___
5	Wickland, Jonah	11	PembrokeDist	36.85	___
6	Gray, Ioan	12	Fishguard	37.39	___
7	Boyle, Toby Maxwell	11	Carmarthen	38.40	___
8	Filmer, Owen	11	Aberystwyth	38.80	___

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Heat 3 Finals (#215 Boys 11 & Over 50 LC Meter Freestyle)

1	Jones, Bobby	14	Neath	36.20	___
2	May-John, Dylan	11	Aberystwyth	36.10	___
3	Phillips, Ieuan	13	Fishguard	34.75	___
4	Thomas, Gabriel	11	Llanelli	33.90	___
5	Nash, Oliver John	13	Carmarthen	33.90	___
6	David, Ioan	14	Haverfordwes	35.10	___
7	Rees, Oscar	13	Llanelli	36.20	___
8	Pirmohamed, Eshan	13	Swansea Aq	36.30	___

Heat 4 of 12 Finals

1	Abell, Ronan	14	Neath	33.77	___
2	Pyzer, Cyrus Alexander	13	Carmarthen	33.10	___
3	Jones, Dion Rees	15	Carmarthen	32.80	___
4	Sursona, Mateo	13	Carmarthen	32.40	___
5	Phillips, Gethin	15	Haverfordwes	32.50	___
6	Antwhistle, Isaac	14	Swansea Aq	33.00	___
7	Evans, Wolfgang	12	PembrokeDist	33.74	___
8	El Saghir, Mohamed Salah	15	Carmarthen	33.80	___

Heat 5 of 12 Finals

1	Green, William	14	Aberystwyth	32.00	___
2	Higgins, Finley	15	Swansea Aq	31.80	___
3	Marques-Jones, Felix	14	Carmarthen	31.60	___
4	Lewis, Cian	17	Neath	31.20	___
5	Grugel, Sam	16	C Dolphins	31.32	___
6	Monan, Euan	13	Pembs Cty	31.75	___
7	Bowes, James	14	Carmarthen	32.00	___
8	Jermin, Morgan	13	Llanelli	32.11	___

Heat 6 of 12 Finals

1	Reynolds, Owain	19	Llanelli	31.00	___
2	Foale, Jack	16	Aberystwyth	30.60	___
3	Lewis, Henry	14	Neath	30.20	___
4	Smith, Caelan	16	Haverfordwes	29.90	___
5	Hall, Ethan	17	Fishguard	29.95	___
6	Smith, Declan	15	Neath	30.21	___
7	Williams, Efan	14	Neath	30.81	___
8	Williams, Lucas	12	Swansea Aq	31.00	___

Heat 7 of 12 Finals

1	Burt, Caio	16	Llanelli	29.76	___
2	Poole, Tomos	16	Afan Valley	29.51	___
3	Morris, Leo	15	Llanelli	29.47	___
4	Griffiths, Harri	16	C Dolphins	29.26	___
5	Thomas, Tristan	16	Pembs Cty	29.30	___
6	Bevan, Driw	14	Llanelli	29.48	___
7	Moore, Hari	14	Pembs Cty	29.57	___
8	Noden, Rory	14	Pembs Cty	29.80	___

Heat 8 of 12 Finals

1	Hetherington, Trystan	17	Neath	28.82	___
2	Lewis, Callum	17	Milford Havn	28.70	___
3	Morgan, Ben	17	Pembs Cty	28.50	___
4	Morgan, Cole	15	C Dolphins	28.26	___
5	Gray, Gruffudd	17	Swansea Aq	28.40	___
6	Hale, Oliver	15	Swansea Aq	28.61	___
7	Jones, Dafydd	14	Carmarthen	28.80	___
8	Lerigo, Oli	16	Aberystwyth	29.00	___

Heat 9 of 12 Finals

1	Williams, Thomas	16	Nofio S Gar	27.88	___
2	Galbraith, Elian	17	Llanelli	27.59	___
3	Chapman, Coby	17	Penyrheol	27.23	___
4	King, Ethan	14	Penyrheol	27.08	___
5	Elmes, Max	15	Nofio S Gar	27.09	___
6	Phillips, Finley	16	Nofio S Gar	27.56	___
7	Read, William S14	18	Swansea Aq	27.70	___
8	Hnoianyi, Andrii	17	Swansea Aq	28.10	___

Heat 10 of 12 Finals

1	Williams, Corey	20	Swansea Aq	26.82	___
2	Stacey, Joe	22	Swansea Uni	26.63	___
3	Richardson, Osian	18	Swansea Aq	26.50	___
4	Lee, Jacob	20	Swansea Uni	25.90	___
5	Sellick, Fenn	18	Swansea Uni	26.46	___
6	Thomas, Iolo	16	Neath	26.57	___
7	Jones, Lloyd	23	Swansea Uni	26.77	___
8	Ryan, Sam	20	Swansea Uni	26.93	___

Heat 11 of 12 Finals

1	Meek, Emyr	29	Swansea Uni	25.38	___
2	Major, Seb	20	Swansea Uni	25.25	___
3	Kershaw, Charles	24	Swansea Uni	25.10	___
4	Johnstone, Dan	19	Swansea Uni	24.69	___
5	Smith, Eamon	22	Swansea Uni	25.08	___
6	Hawkins, Alfie	19	Swansea Uni	25.15	___
7	Nikolaou, Antonio	23	Swansea Uni	25.27	___
8	Upton-Boorman, Liam	19	Nofio S Gar	25.68	___

Heat 12 of 12 Finals

1	Stepliuk, Edgar	20	Swansea Uni	24.57	___
2	Sadberry, Jack	22	Swansea Uni	24.19	___
3	Gillett, Oliver	19	Swansea Uni	23.88	___
4	Turner, Harry	27	Swansea Uni	23.40	___
5	Greenway, Morgan	23	Swansea Uni	23.58	___
6	Poole, Dexter	21	Swansea Uni	23.97	___
7	Silverstone, Sol	17	Pembs Cty	24.53	___
8	Chan, Jacky	19	Swansea Uni	24.60	___

Event 216 Girls 11-12 4x200 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1			___
2			___
3			___
4	Swansea Aq	A	NT
	1) Jones, Myla 11	2) Butcher, Freya 11	
	3) Clay, Emelia 12	4) Williams, April 12	
5			___
6			___
7			___
8			___

West Wales Regional LC Championships 2026 - 06/02/2026 to 08/02/2026

Meet Program - Session 2 (Warmup 8.00 - 8.50)

Event 217 Girls 13-14 4x200 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			---
2			---
3	Nofio S Gar	A	NT
4	Pembs Cty	A	9:55.89
5	Swansea Aq	A	NT
	1) Williams, Paige 14	2) Mitrjaikina, Scarlet 14	
	3) Gil Wood, Elena 14	4) Beasley, Evaleigh 13	
6			---
7			---
8			---

Event 218 Girls 15-16 4x200 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			---
2			---
3	Nofio S Gar	A	NT
4	Pembs Cty	A	9:30.24
5	Swansea Aq	A	NT
	1) Goodman, Evie 15	2) Jenkins, Elli 15	
	3) Richardson, Beca 16	4) Goodman, Lola 15	
6			---
7			---
8			---

Event 219 Girls 17 & Over 4x200 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			---
2			---
3			---
4	Swansea Uni	A	NT
5			---
6			---
7			---
8			---