

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

Meet Program - Session 3 (Warmup 11.55 - 12.45)

Event 221 Boys 11 & Over 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals				
1				___
2				___
3	Fenn, William	11	Swansea Aq	1:46.00 ___
4	May-John, Dylan	11	Aberystwyth	1:39.60 ___
5	Filmer, Owen	11	Aberystwyth	1:40.00 ___
6				___
7				___
8				___
Heat 2 of 6 Finals				
1	Wickland, Jonah	11	PembrokeDist	1:36.10 ___
2	Fretwell, Logan	12	Milford Havn	1:34.61 ___
3	Leahy, Herbie	12	Pembs Cty	1:27.10 ___
4	Abell, Ronan	14	Neath	1:23.80 ___
5	Lewis, Gethin	12	Neath	1:25.97 ___
6	Nash, Oliver John	13	Carmarthen	1:28.80 ___
7	El Saghir, Karim Salah	12	Carmarthen	1:35.50 ___
8	Boyle, Toby Maxwell	11	Carmarthen	1:37.90 ___
Heat 3 of 6 Finals				
1	Backen, Freddie	14	Pembs Cty	1:21.90 ___
2	Pyzer, Cyrus Alexander	13	Carmarthen	1:21.00 ___
3	Higgins, Finley	15	Swansea Aq	1:20.00 ___
4	Evans, Sam	14	Pembs Cty	1:19.17 ___
5	Monan, Euan	13	Pembs Cty	1:19.25 ___
6	Moore, Hari	14	Pembs Cty	1:20.91 ___
7	Jermin, Morgan	13	Llanelli	1:21.80 ___
8	Dadswell, Harry	13	Pembs Cty	1:23.70 ___
Heat 4 of 6 Finals				
1	Antwhistle, Isaac	14	Swansea Aq	1:18.30 ___
2	Hall, Ethan	17	Fishguard	1:15.71 ___
3	Bowes, James	14	Carmarthen	1:15.11 ___
4	Jones, Dafydd	14	Carmarthen	1:13.90 ___
5	Morgan, Thomas	14	Neath	1:13.92 ___
6	Thomas, Tristan	16	Pembs Cty	1:15.40 ___
7	Green, William	14	Aberystwyth	1:16.50 ___
8	Marques-Jones, Felix	14	Carmarthen	1:18.60 ___
Heat 5 of 6 Finals				
1	Lerigo, Oli	16	Aberystwyth	1:13.20 ___
2	Read, William S14	18	Swansea Aq	1:10.30 ___
3	Galbraith, Elian	17	Llanelli	1:07.40 ___
4	King, Ethan	14	Penyrheol	1:05.88 ___
5	Harwood, Jack	15	Pembs Cty	1:06.90 ___
6	Gray, Gruffudd	17	Swansea Aq	1:08.40 ___
7	Noden, Rory	14	Pembs Cty	1:12.00 ___
8	Waters, Toby	15	Swansea Aq	1:13.60 ___
Heat 6 of 6 Finals				
1	Thomas, Iolo	16	Neath	1:01.67 ___
2	White, Adam	19	Swansea Uni	1:00.91 ___
3	West, Dexter	17	Pembs Cty	58.60 ___
4	Sadberry, Jack	22	Swansea Uni	56.50 ___
5	Nikolaou, Antonio	23	Swansea Uni	57.54 ___
6	Johnstone, Dan	19	Swansea Uni	59.90 ___
7	Jasinski, Hubert	19	Swansea Uni	1:01.34 ___
8	Elmes, Max	15	Nofio S Gar	1:05.30 ___

Event 222 Girls 11 & Over 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
1	Gil Wood, Sofia	11	Swansea Aq	13:58.60 ___
2	Emam, Lina	13	Swansea Aq	13:02.30 ___
3	Morgan, Iolah	12	Haverfordwes	12:41.00 ___
4	Dyde, Pheobe	14	Pembs Cty	12:04.00 ___
5	Roberts Mylan, Sophie	14	Swansea Aq	12:27.50 ___
6	Enoch, Erin Lois	12	Carmarthen	12:46.20 ___
7	Organ, Eleanor	11	Swansea Aq	13:47.70 ___
8				___
Heat 2 of 4 Finals				
1	Roberts, Arwyn	13	Afan Valley	11:52.20 ___
2	Mason, Ezmee	13	Pembs Cty	11:44.70 ___
3	Williams, Grace	15	Neath	11:37.51 ___
4	Kenny, Jemima	15	Pembs Cty	11:05.80 ___
5	Bissicks, Cari	15	Neath	11:05.94 ___
6	Hawkins, Lottie	13	Pembs Cty	11:44.50 ___
7	Gil Wood, Elena	14	Swansea Aq	11:45.30 ___
8	Morris, Ffion	14	Pembs Cty	11:52.70 ___
Heat 3 of 4 Finals				
1	Jenkins, Elli	15	Swansea Aq	10:48.20 ___
2	Mcfarlane, Una	15	Pembs Cty	10:33.13 ___
3	Patterson, Hollie May	15	Carmarthen	10:30.10 ___
4	Bruce, Skye	17	Pembs Cty	10:24.10 ___
5	Morgan, Evelyn	15	Nofio S Gar	10:25.01 ___
6	Hall, Isabelle	15	Pembs Cty	10:33.10 ___
7	Davies, Ava-Rose	13	Nofio S Gar	10:35.49 ___
8	Davies, Elizabeth	13	Pembs Cty	10:54.50 ___
Heat 4 of 4 Finals				
1	Clissold, Bronwyn	18	Pembs Cty	10:07.20 ___
2	Williams, Hollie	19	Nofio S Gar	9:57.27 ___
3	Burns, Freya	15	Nofio S Gar	9:47.32 ___
4	Toms, Emily	20	Swansea Uni	9:15.54 ___
5	Griffiths, Cerys	16	Pembs Cty	9:18.60 ___
6	Hatton-Ellis, Izzy	18	Swansea Uni	9:50.47 ___
7	Clissold, Elizabeth	20	Pembs Cty	10:06.10 ___
8	Thompson, Freya	16	Pembs Cty	10:15.70 ___

Event 223 Boys 11 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 11 Finals				
1				___
2				___
3	Arnold, Dylan	11	C Dolphins	1:31.66 ___
4	Taffetsauffer, Leo	11	Llanelli	1:28.00 ___
5	Boyle, Toby Maxwell	11	Carmarthen	1:30.80 ___
6				___
7				___
8				___
Heat 2 of 11 Finals				
1	Filmer, Owen	11	Aberystwyth	1:27.70 ___
2	May-John, Dylan	11	Aberystwyth	1:25.10 ___
3	Pirmohamed, Eshan	13	Swansea Aq	1:21.00 ___
4	Jones, Carter	13	Swansea Aq	1:19.40 ___
5	Lewis, Ollie	12	Afan Valley	1:20.36 ___
6	Fretwell, Logan	12	Milford Havn	1:25.06 ___
7	Mills, Flynn	12	Milford Havn	1:26.91 ___
8				___

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Meet Program - Session 3 (Warmup 11.55 - 12.45)

Heat 3 Finals (#223 Boys 11 & Over 100 LC Meter Freestyle)

1	Pyzer, Cyrus Alexander	13	Carmarthen	1:15.40	___
2	Thomas, Gabriel	11	Llanelli	1:15.30	___
3	Dadswell, Harry	13	Pembs Cty	1:14.50	___
4	Backen, Freddie	14	Pembs Cty	1:13.70	___
5	Evans, Wolfgang	12	PembrokeDist	1:14.45	___
6	Nash, Oliver John	13	Carmarthen	1:15.10	___
7	Leahy, Herbie	12	Pembs Cty	1:15.40	___
8	Lewis, Gethin	12	Neath	1:18.71	___

Heat 4 of 11 Finals

1	Green, William	14	Aberystwyth	1:12.10	___
2	Williams, Lucas	12	Swansea Aq	1:10.10	___
3	Foale, Jack	16	Aberystwyth	1:09.80	___
4	Marques-Jones, Felix	14	Carmarthen	1:09.50	___
5	Williams, Efan	14	Neath	1:09.68	___
6	Moore, Hari	14	Pembs Cty	1:10.05	___
7	Jermin, Morgan	13	Llanelli	1:10.71	___
8	Monan, Euan	13	Pembs Cty	1:13.40	___

Heat 5 of 11 Finals

1	Reynolds, Owain	19	Llanelli	1:08.90	___
2	Bowes, James	14	Carmarthen	1:07.60	___
3	Lewis, Callum	17	Milford Havn	1:05.92	___
4	Smith, Declan	15	Neath	1:05.60	___
5	Smith, Caelan	16	Haverfordwes	1:05.70	___
6	Thomas, Tristan	16	Pembs Cty	1:06.30	___
7	Collins, Thomas	14	Penyrheol	1:08.50	___
8	Lewis, Henry	14	Neath	1:09.00	___

Heat 6 of 11 Finals

1	Poole, Tomos	16	Afan Valley	1:05.10	___
2	Cleave, Joshua	17	C Dolphins	1:04.83	___
3	Noden, Rory	14	Pembs Cty	1:04.50	___
4	Thomas, Rhys	16	Pembs Cty	1:03.10	___
5	Burt, Caio	16	Llanelli	1:04.13	___
6	Griffiths, Harri	16	C Dolphins	1:04.81	___
7	Bevan, Driw	14	Llanelli	1:04.98	___
8	Morris, Leo	15	Llanelli	1:05.40	___

Heat 7 of 11 Finals

1	Gray, Gruffudd	17	Swansea Aq	1:02.10	___
2	Hale, Oliver	15	Swansea Aq	1:01.33	___
3	Evans, Sam	14	Pembs Cty	1:00.23	___
4	Harwood, Jack	15	Pembs Cty	1:00.10	___
5	Morgan, Ben	17	Pembs Cty	1:00.10	___
6	Read, William S14	18	Swansea Aq	1:00.30	___
7	Morgan, Cole	15	C Dolphins	1:02.05	___
8	Fogarty, Oliver	14	Pembs Cty	1:02.80	___

Heat 8 of 11 Finals

1	King, Ethan	14	Penyrheol	59.59	___
2	Galbraith, Elian	17	Llanelli	59.49	___
3	Stuart Lavender, Jac	16	Nofio S Gar	59.07	___
4	Richardson, Osian	18	Swansea Aq	58.20	___
5	Stacey, Joe	22	Swansea Uni	58.86	___
6	Bennett, Finley	17	Pembs Cty	59.23	___
7	Williams, Thomas	16	Nofio S Gar	59.51	___
8	Chapman, Coby	17	Penyrheol	59.67	___

Heat 9 of 11 Finals

1	Major, Seb	20	Swansea Uni	58.00	___
2	Jones, Lloyd	23	Swansea Uni	57.66	___
3	Taylor, Harry	19	Swansea Uni	55.96	___
4	Helps, Jacob	20	Swansea Uni	55.57	___
5	Ryan, Sam	20	Swansea Uni	55.88	___
6	Meek, Emyr	29	Swansea Uni	56.93	___
7	Sellick, Fenn	18	Swansea Uni	57.70	___
8	Thomas, Iolo	16	Neath	58.14	___

Heat 10 of 11 Finals

1	Keeble, Alex	22	Swansea Uni	55.28	___
2	Morgan, dom	21	Swansea Uni	54.54	___
3	Poole, Dexter	21	Swansea Uni	54.10	___
4	Hollinsky, Gideon	21	Swansea Uni	53.74	___
5	Lee, Jacob	20	Swansea Uni	54.05	___
6	Chan, Jacky	19	Swansea Uni	54.47	___
7	Kamel, Yassin	17	Swansea Uni	54.60	___
8	Upton-Boorman, Liam	19	Nofio S Gar	55.36	___

Heat 11 of 11 Finals

1	Staines, Luca	22	Swansea Uni	53.31	___
2	Kershaw, Charles	24	Swansea Uni	52.50	___
3	Turner, Harry	27	Swansea Uni	51.00	___
4	Gillett, Oliver	19	Swansea Uni	50.59	___
5	Williams, Josh	24	Swansea Uni	50.67	___
6	Stepliuk, Edgar	20	Swansea Uni	52.22	___
7	Silverstone, Sol	17	Pembs Cty	52.80	___
8	Broom, Broomy	24	Swansea Uni	53.47	___

Event 224 Girls 11 & Over 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1				___	
2				___	
3	Felton, Catrin	11	C Dolphins	4:14.94	___
4	Rogers, Mia	12	PembrokeDist	4:11.76	___
5	Nel, Summer	12	Haverfordwes	4:12.40	___
6	Phillips, Grace	11	Swansea Aq	4:26.30	___
7				___	
8				___	

Heat 2 of 7 Finals

1	Watkins, Eleanor	12	Afan Valley	4:08.30	___
2	Monan, Hazel	11	Tenby	4:03.95	___
3	Husband, Alysia	11	Haverfordwes	3:59.20	___
4	Gil Wood, Sofia	11	Swansea Aq	3:58.50	___
5	Evans, Cora Eirlys	12	Carmarthen	3:58.60	___
6	McFarlane, Mali	12	Milford Havn	3:59.55	___
7	Gallagher, Thia	12	Swansea Aq	4:07.40	___
8	Shepherd, Amelia	12	C Dolphins	4:11.76	___

Heat 3 of 7 Finals

1	Alexander, Fflur	13	Aberystwyth	3:53.00	___
2	Nicklin, Parker	11	Amman Valley	3:50.90	___
3	Kellaway, Evie-Rosa	13	Aberystwyth	3:40.40	___
4	Davies, Betsi	14	Pembs Cty	3:38.10	___
5	Hooper, Olivia	11	Neath	3:38.65	___
6	Heron, Edith	14	Aberystwyth	3:41.40	___
7	Ellis, Eve	14	C Dolphins	3:51.44	___
8	Allan, Imogen	13	Afan Valley	3:58.00	___

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

Meet Program - Session 3 (Warmup 11.55 - 12.45)

Heat 4 Finals (#224 Girls 11 & Over 200 LC Meter Breaststroke)

1	Henson, Jessica	13	Pembs Cty	3:36.20	___
2	Lennon, Amelia-Rose	12	Carmarthen	3:32.30	___
3	Duncan, Ava	14	Amman Valley	3:29.60	___
4	Kurys, Bonnie Phoebe	13	Carmarthen	3:24.80	___
5	Clement, Darcey	14	Afan Valley	3:29.30	___
6	Kurys, Millie	12	Carmarthen	3:30.50	___
7	Holborow, Esmay	11	Amman Valley	3:34.10	___
8	Williams, Evie	13	Pembs Cty	3:36.50	___

Heat 5 of 7 Finals

1	Coles, Aria	13	Neath	3:24.07	___
2	Dashfield, Olivia	13	Pembs Cty	3:18.90	___
3	Holloway, Olivia	17	Afan Valley	3:15.50	___
4	Ostrowski, Julia	17	Pembs Cty	3:12.20	___
5	Mason, Phoebe	16	Pembs Cty	3:13.00	___
6	Finney, Elsa	17	Aberystwyth	3:18.20	___
7	Powell, Nina Lily Truda	14	Carmarthen	3:21.60	___
8	Mitrjaikina, Scarlet	14	Swansea Aq	3:24.34	___

Heat 6 of 7 Finals

1	Lewis, Evie	13	Pembs Cty	3:08.40	___
2	Holmes, Seren	17	Afan Valley	3:07.40	___
3	Hall, Ellena	15	Pembs Cty	3:02.10	___
4	Owen, Elain	21	Swansea Uni	2:56.00	___
5	Phillips, Emily	18	Neath	2:59.02	___
6	Knight, Lily	16	C Dolphins	3:02.35	___
7	Moorby, Charlie	20	Swansea Uni	3:07.80	___
8	Summerfield, Lucy	14	Llanelli	3:09.91	___

Heat 7 of 7 Finals

1	Roberts, Megan	19	Swansea Uni	2:51.69	___
2	Parry, Abi	13	Nofio S Gar	2:49.77	___
3	Mercer, Liv	22	Swansea Uni	2:46.10	___
4	Huellou, Claire	21	Swansea Uni	2:37.77	___
5	Rees, Katie	28	Swansea Uni	2:41.69	___
6	Taffetsauffer, Isabella	15	Nofio S Gar	2:48.83	___
7	Davies, Isabella	15	Nofio S Gar	2:51.52	___
8	Berner, Iyla	13	Nofio S Gar	2:51.74	___

Event 225 Boys 11-12 4x100 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1			___
2			___
3			___
4	Llanelli	A	NT
5			___
6			___
7			___
8			___

Event 226 Boys 13-14 4x100 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1			___
2			___
3	Pembs Cty	B	NT
4	Pembs Cty	A	4:29.84
5	Llanelli	A	NT
6			___
7			___
8			___

Event 227 Boys 15-16 4x100 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1			___
2			___
3			___
4	Nofio S Gar	A	NT
5			___
6			___
7			___
8			___

Event 228 Boys 17 & Over 4x100 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1			___
2			___
3			___
4	Pembs Cty	A	NT
5	Swansea Uni	A	NT
6			___
7			___
8			___