

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

Meet Program - Session 4 (Warmup (3.35 - 4.25))

Event 231 Girls 11 & Over 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 11 Finals

1				—
2				—
3	Monan, Hazel	11	Tenby	57.10
4	Felton, Catrin	11	C Dolphins	55.38
5	Phillips, Grace	11	Swansea Aq	56.70
6				—
7				—
8				—

Heat 2 of 11 Finals

1	Nel, Summer	12	Haverfordwes	54.00
2	McFarlane, Mali	12	Milford Havn	52.89
3	Watkins, Eleanor	12	Afan Valley	52.60
4	Philpott, Lowri SB14	15	Llanelli	51.84
5	Evans, Cora Eirlys	12	Carmarthen	52.00
6	Thomas, Lili-rose	13	Neath	52.74
7	Husband, Alysia	11	Haverfordwes	53.50
8	Gil Wood, Sofia	11	Swansea Aq	54.50

Heat 3 of 11 Finals

1	Rogers, Mia	12	PembrokeDist	50.74
2	Nicklin, Parker	11	Amman Valley	49.70
3	Alexander, Fflur	13	Aberystwyth	49.50
4	Jenkins, Alys	14	Amman Valley	48.90
5	Emam, Lina	13	Swansea Aq	48.90
6	Iturbe, Carys	13	Afan Valley	49.60
7	Organ, Eleanor	11	Swansea Aq	50.60
8	Roberts, macy	13	Afan Valley	51.80

Heat 4 of 11 Finals

1	Fenemore, Emily Grace	14	Carmarthen	48.70
2	Gardner-Rolfe, Mia	14	Swansea Aq	47.70
3	Holborow, Esmay	11	Amman Valley	47.40
4	Mason, Ezmee	13	Pembs Cty	46.60
5	Lloyd-Taylor, Cali	15	Fishguard	46.62
6	Kellaway, Evie-Rosa	13	Aberystwyth	47.40
7	Holness, Camille	12	Swansea Aq	48.70
8	Allan, Imogen	13	Afan Valley	48.75

Heat 5 of 11 Finals

1	Griffiths, Elizabeth	15	Fishguard	46.05
2	Heron, Edith	14	Aberystwyth	45.90
3	Jones, Myla	11	Swansea Aq	45.40
4	Morris, Ffion	14	Pembs Cty	45.40
5	Davies, Betsi	14	Pembs Cty	45.40
6	Kasto, Evie	15	Swansea Aq	45.90
7	Clement, Darcey	14	Afan Valley	46.00
8	Kurys, Millie	12	Carmarthen	46.10

Heat 6 of 11 Finals

1	Morris, Megan	13	Neath	45.31
2	Griffiths, Isla	13	Tenby	44.83
3	Wood, Lilly	13	Neath	44.38
4	Humphrey, Eliza	21	Swansea Uni	43.94
5	Duncan, Ava	14	Amman Valley	44.00
6	Francis, Mia	13	Pembs Cty	44.40
7	Hooper, Olivia	11	Neath	45.26
8	Lennon, Amelia-Rose	12	Carmarthen	45.40

Heat 7 of 11 Finals

1	Henson, Jessica	13	Pembs Cty	43.70
2	Hughes, Seren	15	Neath	43.11
3	Gil Wood, Elena	14	Swansea Aq	42.70
4	Dashfield, Olivia	13	Pembs Cty	42.10
5	Hnoiana, Valya	14	Swansea Aq	42.40
6	Jenkins, Elli	15	Swansea Aq	43.00
7	Longar, Miriam Elena Patrci	14	Carmarthen	43.56
8	Finney, Elsa	17	Aberystwyth	43.80

Heat 8 of 11 Finals

1	Kurys, Bonnie Phoebe	13	Carmarthen	41.96
2	Mitrjaikina, Scarlet	14	Swansea Aq	41.90
3	Jenkins, Alexandra	17	Swansea Aq	41.40
4	Miles, Megan	18	Pembs Cty	41.10
5	Hughes, Mollie	15	C Dolphins	41.27
6	Coles, Aria	13	Neath	41.54
7	Pearce, Ava	15	Afan Valley	41.90
8	Potts, Daisy	16	Neath	42.06

Heat 9 of 11 Finals

1	Holmes, Seren	17	Afan Valley	40.50
2	Moorby, Charlie	20	Swansea Uni	40.20
3	Filmer, Gwennan	14	Aberystwyth	40.00
4	Hall, Isabelle	15	Pembs Cty	39.44
5	Hall, Ellena	15	Pembs Cty	39.80
6	Gilderdale, Celyn	18	Pembs Cty	40.10
7	Ley, Lucy	18	Swansea Aq	40.40
8	Holloway, Olivia	17	Afan Valley	40.50

Heat 10 of 11 Finals

1	Patterson, Hollie May	15	Carmarthen	39.09
2	Owen, Elain	21	Swansea Uni	38.17
3	David, Isabelle	19	Swansea Aq	37.98
4	Phillips, Emily	18	Neath	36.97
5	Davies, Isabella	15	Nofio S Gar	37.52
6	Jones, Hunydd	15	Nofio S Gar	38.15
7	Kazmiruk, Anastasiia	15	Nofio S Gar	39.00
8	Summerfield, Lucy	14	Llanelli	39.13

Heat 11 of 11 Finals

1	Parry, Abi	13	Nofio S Gar	36.17
2	Owen, Kessie	18	Neath	35.07
3	Bissicks, Ella	19	Swansea Uni	34.22
4	Huellou, Claire	21	Swansea Uni	33.25
5	Stephenson, Ruby	19	Swansea Uni	33.29
6	Mercer, Liv	22	Swansea Uni	34.69
7	Taffetsauffer, Isabella	15	Nofio S Gar	35.30
8	Berner, Iyla	13	Nofio S Gar	36.59

Event 232 Boys 11 & Over 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				—
2				—
3	Dadswell, Harry	13	Pembs Cty	3:04.30
4	Bowes, James	14	Carmarthen	2:54.10
5	Lerigo, Oli	16	Aberystwyth	2:56.30
6				—
7				—
8				—

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

Meet Program - Session 4 (Warmup (3.35 - 4.25))

Heat 2 Finals (#232 Boys 11 & Over 200 LC Meter Butterfly)

1	Evans, Sam	14	Pembs Cty	2:45.50	___
2	Jones, Lloyd	23	Swansea Uni	2:32.54	___
3	Keeble, Alex	22	Swansea Uni	2:10.22	___
4	Chapman, Nathan	22	Swansea Uni	2:06.64	___
5	Bradley, Mathew Bradley	20	Swansea Uni	2:08.96	___
6	West, Dexter	17	Pembs Cty	2:11.63	___
7	Harwood, Jack	15	Pembs Cty	2:36.66	___
8					___

Event 233 Girls 11 & Over 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 7 Finals

1					___
2					___
3	Prosser, Mia	11	Tenby	1:46.46	___
4	Snellgrove, Maddie	12	Neath	1:34.71	___
5	Williams, Evie	13	Pembs Cty	1:37.60	___
6					___
7					___
8					___

Heat 2 of 7 Finals

1	Hopkins, Darcy	13	Penyrheol	1:30.20	___
2	Hawkins, Lottie	13	Pembs Cty	1:27.90	___
3	Jones, Alexa	13	Llanelli	1:25.64	___
4	Dyde, Pheobe	14	Pembs Cty	1:24.40	___
5	Kurys, Millie	12	Carmarthen	1:25.10	___
6	Gwenter, Isobel	12	Neath	1:27.81	___
7	Foldi, Kristina	14	Pembs Cty	1:29.50	___
8	Gardner-Rolfe, Mia	14	Swansea Aq	1:32.40	___

Heat 3 of 7 Finals

1	Kaill-Franks, Nia	15	Pembs Cty	1:23.30	___
2	Kenny, Jemima	15	Pembs Cty	1:21.40	___
3	Miles, Megan	18	Pembs Cty	1:21.11	___
4	Goodman, Evie	15	Swansea Aq	1:20.50	___
5	Beasley, Evaleigh	13	Swansea Aq	1:20.60	___
6	Davies, Erin	15	C Dolphins	1:21.35	___
7	Roberts Mylan, Ffion	14	Swansea Aq	1:23.00	___
8	Gil Wood, Elena	14	Swansea Aq	1:23.60	___

Heat 4 of 7 Finals

1	Mason, Phoebe	16	Pembs Cty	1:19.97	___
2	Lewis, Evie	13	Pembs Cty	1:18.29	___
3	Morgan, Evelyn	15	Nofio S Gar	1:17.09	___
4	Ostrowski, Julia	17	Pembs Cty	1:16.10	___
5	Summerfield, Lucy	14	Llanelli	1:16.60	___
6	Davies, Elizabeth	13	Pembs Cty	1:17.70	___
7	Griffiths, Ffion	15	Pembs Cty	1:19.80	___
8	Powell, Nina Lily Truda	14	Carmarthen	1:20.20	___

Heat 5 of 7 Finals

1	Koo, Kathryn	17	Pembs Cty	1:15.09	___
2	Mcfarlane, Una	15	Pembs Cty	1:14.27	___
3	Goodliffe, Faith	26	C Dolphins	1:12.40	___
4	Bissicks, Cari	15	Neath	1:12.06	___
5	Kazmiruk, Anastasiia	15	Nofio S Gar	1:12.31	___
6	Rowland, Scarlett	14	Neath	1:12.53	___
7	Knight, Cari	18	Penyrheol	1:14.40	___
8	Richardson, Beca	16	Swansea Aq	1:16.00	___

Heat 6 of 7 Finals

1	Dash, Amelie	15	Pembs Cty	1:11.60	___
2	Webb, Saskia S14	19	Pembs Cty	1:10.35	___
3	Blanch, Janelle	19	Swansea Uni	1:07.60	___
4	Lewis, Lowri	20	Neath	1:07.42	___
5	Geach, Libbie	17	Nofio S Gar	1:07.44	___
6	Berner, Iyla	13	Nofio S Gar	1:07.97	___
7	Taffetsauffer, Isabella	15	Nofio S Gar	1:11.59	___
8	Lythgoe, Manon	17	Swansea Aq	1:11.72	___

Heat 7 of 7 Finals

1	Hunter, Liv	22	Swansea Uni	1:05.68	___
2	Willis, Hannah	21	Swansea Uni	1:04.33	___
3	Johnson, Charlotte	23	Swansea Uni	1:04.09	___
4	Morris, Ciara	24	Swansea Uni	1:01.10	___
5	Davies, Megan	21	Swansea Uni	1:04.02	___
6	Crawley, Abi	21	Swansea Uni	1:04.33	___
7	Dewsbury, Daisy	21	Swansea Uni	1:04.94	___
8	McGrath, Izzy	20	Swansea Uni	1:05.82	___

Event 234 Boys 11 & Over 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 5 Finals

1					___
2					___
3	Mills, Flynn	12	Milford Havn	6:45.03	___
4	May-John, Dylan	11	Aberystwyth	6:33.40	___
5	Fretwell, Logan	12	Milford Havn	6:33.79	___
6					___
7					___
8					___

Heat 2 of 5 Finals

1					___
2	Evans, Wolfgang	12	PembrokeDist	5:57.85	___
3	Jermin, Morgan	13	Llanelli	5:35.10	___
4	Higgins, Finley	15	Swansea Aq	5:25.50	___
5	Backen, Freddie	14	Pembs Cty	5:28.50	___
6	Monan, Euan	13	Pembs Cty	5:54.20	___
7	Leahy, Herbie	12	Pembs Cty	6:01.70	___
8					___

Heat 3 of 5 Finals

1	Mitcham, Isaac	19	Swansea Uni	5:17.80	___
2	Thomas, Tristan	16	Pembs Cty	5:15.40	___
3	Antwhistle, Isaac	14	Swansea Aq	4:59.86	___
4	Noden, Rory	14	Pembs Cty	4:58.50	___
5	Thomas, Rhys	16	Pembs Cty	4:58.90	___
6	Poole, Tomos	16	Afan Valley	5:05.20	___
7	Marques-Jones, Felix	14	Carmarthen	5:17.70	___
8	Jones, Dafydd	14	Carmarthen	5:24.30	___

Heat 4 of 5 Finals

1	Burt, Caio	16	Llanelli	4:53.34	___
2	Morgan, Ben	17	Pembs Cty	4:38.10	___
3	Bennett, Finley	17	Pembs Cty	4:30.46	___
4	Evans, Ieuan Evans	19	Swansea Uni	4:19.90	___
5	Williams, Thomas	16	Nofio S Gar	4:28.54	___
6	Elmes, Max	15	Nofio S Gar	4:30.97	___
7	Galbraith, Elian	17	Llanelli	4:42.04	___
8	Roberts-Truman, Harri	16	Neath	4:53.49	___

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

Meet Program - Session 4 (Warmup (3.35 - 4.25))

Heat 5 Finals (#234 Boys 11 & Over 400 LC Meter Freestyle)

1	Silverstone, Sol	17	Pembs Cty	4:14.96	___
2	Twigger, Owen	17	Swansea Aq	4:12.80	___
3	Staines, Luca	22	Swansea Uni	4:04.43	___
4	Nerushenko, Valeriy	21	Swansea Uni	4:01.00	___
5	Gillett, Oliver	19	Swansea Uni	4:03.95	___
6	Harris, Dan or Daniel	19	Swansea Uni	4:10.42	___
7	Keeble, Alex	22	Swansea Uni	4:12.88	___
8	Mistry, Manav Mistry	19	Swansea Uni	4:17.26	___

Event 235 Girls 11 & Over 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 12 Finals

1	Monan, Hazel	11	Tenby	3:20.02	___
2	Evans, Liliana	11	Llanelli	3:14.80	___
3	Philpott, Lowri S14	15	Llanelli	3:06.60	___
4	Husband, Alysia	11	Haverfordwes	3:05.50	___
5	McFarlane, Mali	12	Milford Havn	3:06.39	___
6	Organ, Eleanor	11	Swansea Aq	3:10.30	___
7	Felton, Catrin	11	C Dolphins	3:16.20	___
8	Roberts, Xyla	11	Afan Valley	3:24.30	___

Heat 2 of 12 Finals

1	Jenkins, Olivia	13	Swansea Aq	3:02.20	___
2	Humphreys, Mali	13	Swansea Aq	3:01.10	___
3	Lennon, Amelia-Rose	12	Carmarthen	3:00.40	___
4	Arnold, Olivia	13	Milford Havn	2:57.46	___
5	Hopkins, Darcy	13	Penyrheol	2:58.70	___
6	Nicklin, Parker	11	Amman Valley	3:00.80	___
7	Hooper, Olivia	11	Neath	3:01.44	___
8	Dashfield, Olivia	13	Pembs Cty	3:04.00	___

Heat 3 of 12 Finals

1	Owen-Rees, Scarlett	13	Aberavon	2:52.86	___
2	Roberts Mylan, Sophie	14	Swansea Aq	2:49.40	___
3	Butcher, Freya	11	Swansea Aq	2:48.22	___
4	Roberts-Truman, Betsan	14	Neath	2:47.26	___
5	Iturbe, Carys	13	Afan Valley	2:48.00	___
6	Roberts Mylan, Ffion	14	Swansea Aq	2:49.10	___
7	Gwenter, Isobel	12	Neath	2:49.88	___
8	Davies, Betsi	14	Pembs Cty	2:54.40	___

Heat 4 of 12 Finals

1	Baylis, Ellie	14	Penyrheol	2:46.80	___
2	Alexander, Seren	16	Aberystwyth	2:44.50	___
3	Francis, Mia	13	Pembs Cty	2:44.00	___
4	Williams, Evie	13	Pembs Cty	2:43.80	___
5	Henson, Jessica	13	Pembs Cty	2:44.00	___
6	Austin, Sophie Haf	13	C Dolphins	2:44.04	___
7	Roberts, Arwyn	13	Afan Valley	2:45.60	___
8	Fenemore, Emily Grace	14	Carmarthen	2:46.90	___

Heat 5 of 12 Finals

1	Gale, Jasmine	16	Afan Valley	2:42.80	___
2	Andreassen, Freya	15	Amman Valley	2:41.90	___
3	Launder, Beatrix	13	Neath	2:40.89	___
4	Griffiths, Elizabeth	15	Fishguard	2:40.02	___
5	Morris, Ffion	14	Pembs Cty	2:40.40	___
6	Mason, Ezmee	13	Pembs Cty	2:41.00	___
7	Enoch, Erin Lois	12	Carmarthen	2:42.50	___
8	Foldi, Kristina	14	Pembs Cty	2:43.60	___

Heat 6 of 12 Finals

1	Humphrey, Eliza	21	Swansea Uni	2:38.54	___
2	Williams, Eirwen	14	Neath	2:37.55	___
3	Kenny, Jemima	15	Pembs Cty	2:35.45	___
4	Morris, Blair	13	Neath	2:35.04	___
5	Parry, Abi	13	Nofio S Gar	2:35.22	___
6	Dyde, Pheobe	14	Pembs Cty	2:35.60	___
7	Short, Amelia	15	Neath	2:37.91	___
8	Kasto, Evie	15	Swansea Aq	2:39.91	___

Heat 7 of 12 Finals

1	Kaill-Franks, Nia	15	Pembs Cty	2:34.40	___
2	Hawkins, Lottie	13	Pembs Cty	2:33.90	___
3	Pinnock, Betsan	14	Swansea Aq	2:33.00	___
4	Ley, Lucy	18	Swansea Aq	2:30.55	___
5	Mitrjaikina, Scarlet	14	Swansea Aq	2:30.77	___
6	Holloway, Olivia	17	Afan Valley	2:33.60	___
7	Morris, Besi	13	Amman Valley	2:34.30	___
8	Ostrowski, Julia	17	Pembs Cty	2:34.77	___

Heat 8 of 12 Finals

1	Jones, Hunydd	15	Nofio S Gar	2:28.31	___
2	Cressey-Rodgers, Gwenllian	16	Nofio S Gar	2:28.13	___
3	Lewis, Evie	13	Pembs Cty	2:27.70	___
4	Hall, Ellena	15	Pembs Cty	2:27.30	___
5	Griffiths, Ffion	15	Pembs Cty	2:27.60	___
6	Mason, Phoebe	16	Pembs Cty	2:27.83	___
7	Powell, Nina Lily Truda	14	Carmarthen	2:28.23	___
8	Davies, Erin	15	C Dolphins	2:28.86	___

Heat 9 of 12 Finals

1	Hall, Isabelle	15	Pembs Cty	2:26.84	___
2	Davies, Elizabeth	13	Pembs Cty	2:26.40	___
3	Thompson, Freya	16	Pembs Cty	2:24.70	___
4	Patterson, Hollie May	15	Carmarthen	2:22.30	___
5	Mcfarlane, Una	15	Pembs Cty	2:23.64	___
6	Bruce, Skye	17	Pembs Cty	2:25.00	___
7	Goodman, Lola	15	Swansea Aq	2:26.60	___
8	Lewis, Carys	19	Swansea Uni	2:27.30	___

Heat 10 of 12 Finals

1	Filmer, Gwennan	14	Aberystwyth	2:20.80	___
2	Clissold, Bronwyn	18	Pembs Cty	2:19.60	___
3	Clissold, Elizabeth	20	Pembs Cty	2:17.80	___
4	Davies, Isla	13	Nofio S Gar	2:16.07	___
5	Blanch, Janelle	19	Swansea Uni	2:17.70	___
6	Philpott, Ffion	17	Nofio S Gar	2:19.02	___
7	Stanley, Esmee	20	Swansea Uni	2:20.22	___
8	Gilderdale, Celyn	18	Pembs Cty	2:21.20	___

Heat 11 of 12 Finals

1	Hatton-Ellis, Izzy	18	Swansea Uni	2:15.23	___
2	Berner, Iyla	13	Nofio S Gar	2:14.95	___
3	Nichols, Grace	16	Pembs Cty	2:13.84	___
4	Roberts, Megan	19	Swansea Uni	2:13.05	___
5	Rees, Katie	28	Swansea Uni	2:13.75	___
6	Burns, Freya	15	Nofio S Gar	2:14.76	___
7	Grant, Lucy	19	Swansea Uni	2:15.01	___
8	Geach, Libbie	17	Nofio S Gar	2:15.47	___

West Wales Regional LC Championships 2026 - 06/02/2026 to 08/02/2026**Meet Program - Session 4 (Warmup (3.35 - 4.25))****Heat 12 Finals (#235 Girls 11 & Over 200 LC Meter Freestyle)**

1	Hunter, Liv	22	Swansea Uni	2:12.53	___
2	Cumner, Megs	19	Swansea Uni	2:10.62	___
3	Griffiths, Cerys	16	Pembs Cty	2:07.66	___
4	Patterson, Millie	20	Swansea Uni	2:06.20	___
5	Major, Scarlet	23	Swansea Uni	2:06.99	___
6	Davies, Megan	21	Swansea Uni	2:08.37	___
7	Hornby, Rachel	22	Swansea Uni	2:12.25	___
8	Dewsbury, Daisy	21	Swansea Uni	2:12.98	___

Event 236 Boys 11-12 4x100 LC Meter Medley 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 237 Boys 13-14 4x100 LC Meter Medley Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1			___
2			___
3	Pembs Cty	A	NT ___
4	Llanelli	A	NT ___
5	Carmarthen	A	NT ___
	1) Pyzer, Cyrus Alexander 13	2) Marques-Jones, Felix 14	
	3) Bowes, James 14	4) Jones, Dafydd 14	
6			___
7			___
8			___

Event 238 Boys 15-16 4x100 LC Meter Medley 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 239 Boys 17 & Over 4x100 LC Meter Medley 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			___