

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

## Meet Program - Session 5 (Warmup 8.00 - 8.50)

## Event 311 Girls 11 &amp; Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 14 Finals</b>				
1	Antwhistle, Esme	12	Swansea Aq	3:43.90
2	Monan, Hazel	11	Tenby	3:40.87
3	Husband, Alysia	11	Haverfordwes	3:35.50
4	Snellgrove, Maddie	12	Neath	3:34.59
5	Philpott, Lowri SM14	15	Llanelli	3:35.10
6	Watson, Isabelle	13	Neath	3:39.67
7	McFarlane, Mali	12	Milford Havn	3:41.96
8	Watkins, Eleanor	12	Afan Valley	3:45.00
<b>Heat 2 of 14 Finals</b>				
1	Arnold, Olivia	13	Milford Havn	3:32.89
2	Bullock, Georgia May	13	Carmarthen	3:31.00
3	Emam, Lina	13	Swansea Aq	3:30.90
4	Organ, Eleanor	11	Swansea Aq	3:30.70
5	Prince, Edith	12	Swansea Aq	3:30.86
6	Phillips, Isabelle	13	Haverfordwes	3:31.00
7	Humphreys, Mali	13	Swansea Aq	3:32.60
8	Gil Wood, Sofia	11	Swansea Aq	3:32.90
<b>Heat 3 of 14 Finals</b>				
1	Davies, Loti	13	C Dolphins	3:26.71
2	Lennon, Amelia-Rose	12	Carmarthen	3:23.00
3	Dashfield, Olivia	13	Pembs Cty	3:22.00
4	David, Emily	15	Haverfordwes	3:20.80
5	Titley, Lola	14	Milford Havn	3:21.31
6	Edmunds, Freya	13	Llanelli	3:22.20
7	Jenkins, Olivia	13	Swansea Aq	3:24.20
8	Davies, Alana	14	Neath	3:27.51
<b>Heat 4 of 14 Finals</b>				
1	Jarrold, Tilly	13	PembrokeDist	3:19.99
2	Kellaway, Evie-Rosa	13	Aberystwyth	3:18.80
3	Fenemore, Emily Grace	14	Carmarthen	3:18.00
4	Austin, Sophie Haf	13	C Dolphins	3:14.20
5	Morgan, Iolah	12	Haverfordwes	3:15.90
6	Harvey-Flinn, Ruby	13	Swansea Aq	3:18.30
7	Butcher, Freya	11	Swansea Aq	3:19.19
8	Nicklin, Parker	11	Amman Valley	3:20.40
<b>Heat 5 of 14 Finals</b>				
1	Gale, Jasmine	16	Afan Valley	3:13.40
2	Mason, Ezmee	13	Pembs Cty	3:12.00
3	Baylis, Ellie	14	Penyrheol	3:11.30
4	Griffiths, Isla	13	Tenby	3:09.81
5	Malough, Holly	15	Swansea Aq	3:10.00
6	Beall, Isabelle	14	Penyrheol	3:11.40
7	Davies, Betsi	14	Pembs Cty	3:13.00
8	Oseng-Rees, Eira	13	Swansea Aq	3:13.40
<b>Heat 6 of 14 Finals</b>				
1	Francis, Mia	13	Pembs Cty	3:09.70
2	Williams, Lois	14	Swansea Aq	3:09.10
3	Hopkins, Darcy	13	Penyrheol	3:08.80
4	Clement, Darcey	14	Afan Valley	3:07.30
5	Foldi, Kristina	14	Pembs Cty	3:08.40
6	Williams, Fay	14	Swansea Aq	3:09.10
7	Enoch, Erin Lois	12	Carmarthen	3:09.20
8	Williams, Evie	13	Pembs Cty	3:09.80

## Heat 7 of 14 Finals

1	Roberts Mylan, Ffion	14	Swansea Aq	3:04.70
2	Jones, Myla	11	Swansea Aq	3:03.00
3	Williams, April	12	Swansea Aq	3:01.80
4	Morris, Ffion	14	Pembs Cty	2:59.20
5	Williams, Grace	15	Neath	3:00.06
6	Henson, Jessica	13	Pembs Cty	3:02.70
7	Percival, Bella	14	C Dolphins	3:03.51
8	Humphrey, Eliza	21	Swansea Uni	3:04.95

## Heat 8 of 14 Finals

1	Kurys, Millie	12	Carmarthen	2:57.50
2	Gil Wood, Elena	14	Swansea Aq	2:56.33
3	Morris, Besi	13	Amman Valley	2:55.90
4	Hawkins, Lottie	13	Pembs Cty	2:54.90
5	Dyde, Pheobe	14	Pembs Cty	2:55.44
6	Kenny, Jemima	15	Pembs Cty	2:56.10
7	Coles, Aria	13	Neath	2:56.47
8	Kaill-Franks, Nia	15	Pembs Cty	2:58.27

## Heat 9 of 14 Finals

1	Griffiths, Ffion	15	Pembs Cty	2:53.80
2	Mitrjaikina, Scarlet	14	Swansea Aq	2:52.90
3	Davies, Ava-Rose	13	Nofio S Gar	2:52.43
4	Summerfield, Lucy	14	Llanelli	2:51.20
5	Koo, Kathryn	17	Pembs Cty	2:51.70
6	Pinnock, Betsan	14	Swansea Aq	2:52.80
7	Jenkins, Alexandra	17	Swansea Aq	2:52.90
8	Powell, Nina Lily Truda	14	Carmarthen	2:54.70

## Heat 10 of 14 Finals

1	Lewis, Evie	13	Pembs Cty	2:50.70
2	Ostrowski, Julia	17	Pembs Cty	2:49.90
3	Bruce, Skye	17	Pembs Cty	2:48.10
4	Philpott, Ffion	17	Nofio S Gar	2:47.44
5	Thompson, Freya	16	Pembs Cty	2:47.80
6	Mason, Phoebe	16	Pembs Cty	2:48.90
7	Davies, Erin	15	C Dolphins	2:50.68
8	Richardson, Beca	16	Swansea Aq	2:50.90

## Heat 11 of 14 Finals

1	Hall, Isabelle	15	Pembs Cty	2:45.70
2	Beasley, Evaleigh	13	Swansea Aq	2:45.50
3	Holmes, Seren	17	Afan Valley	2:45.30
4	Davies, Elizabeth	13	Pembs Cty	2:44.40
5	Daly, Kirsten	20	Neath	2:44.93
6	Williams, Paige	14	Swansea Aq	2:45.40
7	Ley, Lucy	18	Swansea Aq	2:45.50
8	Hall, Ellena	15	Pembs Cty	2:47.00

## Heat 12 of 14 Finals

1	Mcfarlane, Una	15	Pembs Cty	2:42.40
2	Kazmiruk, Anastasiia	15	Nofio S Gar	2:41.83
3	Clissold, Bronwyn	18	Pembs Cty	2:41.30
4	Clissold, Elizabeth	20	Pembs Cty	2:40.00
5	Jones, Hunydd	15	Nofio S Gar	2:40.77
6	Webb, Saskia SM14	19	Pembs Cty	2:41.50
7	Patterson, Hollie May	15	Carmarthen	2:42.20
8	Upton-Boorman, Isabella	16	Nofio S Gar	2:43.67

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

## Meet Program - Session 5 (Warmup 8.00 - 8.50)

**Heat 13 Finals (#311 Girls 11 & Over 200 LC Meter IM)**

1	Williams, Marys	17	Swansea Aq	2:37.40	___
2	Blanch, Janelle	19	Swansea Uni	2:36.77	___
3	Davies, Isabella	15	Nofio S Gar	2:36.46	___
4	Davies, Isla	13	Nofio S Gar	2:33.20	___
5	Nichols, Grace	16	Pembs Cty	2:33.60	___
6	Burns, Freya	15	Nofio S Gar	2:36.71	___
7	King, Marley	18	Penyrheol	2:36.90	___
8	Taffetsauffer, Isabella	15	Nofio S Gar	2:37.52	___

**Heat 14 of 14 Finals**

1	Roberts, Megan	19	Swansea Uni	2:31.57	___
2	Griffiths, Cerys	16	Pembs Cty	2:30.40	___
3	Mitchell, Abby	20	Swansea Uni	2:26.42	___
4	Rees, Katie	28	Swansea Uni	2:24.05	___
5	Hornby, Rachel	22	Swansea Uni	2:24.96	___
6	Cumner, Megs	19	Swansea Uni	2:30.12	___
7	Berner, Iyla	13	Nofio S Gar	2:30.64	___
8	Lythgoe, Manon	17	Swansea Aq	2:31.90	___

**Event 312 Boys 11 & Over 400 LC Meter IM**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1					___
2					___
3	Wickland, Jonah	11	PembrokeDist	7:28.41	___
4	Dadswell, Harry	13	Pembs Cty	6:12.50	___
5	Marques-Jones, Felix	14	Carmarthen	6:18.54	___
6					___
7					___
8					___

**Heat 2 of 2 Finals**

1	Burt, Caio	16	Llanelli	5:46.70	___
2	Thomas, Rhys	16	Pembs Cty	5:32.10	___
3	Bradley, Mathew Bradley	20	Swansea Uni	4:47.72	___
4	Neaves, Archie	21	Swansea Uni	4:40.87	___
5	West, Dexter	17	Pembs Cty	4:44.48	___
6	Bennett, Finley	17	Pembs Cty	4:58.90	___
7	Evans, Sam	14	Pembs Cty	5:35.50	___
8	Thomas, Tristan	16	Pembs Cty	5:58.90	___

**Event 313 Girls 11 & Over 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 8 Finals**

1					___
2					___
3	Dashfield, Lottie	11	Tenby	2:05.59	___
4	Hyett, Antonina	12	C Dolphins	1:59.31	___
5	Phillips, Grace	11	Swansea Aq	2:04.00	___
6					___
7					___
8					___

**Heat 2 of 8 Finals**

1	McFarlane, Mali	12	Milford Havn	1:57.56	___
2	Gil Wood, Sofia	11	Swansea Aq	1:55.40	___
3	Organ, Eleanor	11	Swansea Aq	1:55.00	___
4	Madge, Brianna	12	C Dolphins	1:52.39	___
5	Allan, Imogen	13	Afan Valley	1:52.90	___
6	Watkins, Eleanor	12	Afan Valley	1:55.21	___
7	Edwards, Mali	11	Amman Valley	1:57.20	___
8	Monan, Hazel	11	Tenby	1:58.93	___

**Heat 3 of 8 Finals**

1	Alexander, Fflur	13	Aberystwyth	1:49.50	___
2	Holness, Camille	12	Swansea Aq	1:48.49	___
3	Heron, Edith	14	Aberystwyth	1:45.30	___
4	Harvey-Flinn, Ruby	13	Swansea Aq	1:43.60	___
5	Massey, Mia	14	C Dolphins	1:44.22	___
6	Roberts, Arwyn	13	Afan Valley	1:47.55	___
7	Rabaiotti, Orla-Rae	11	Swansea Aq	1:48.80	___
8	Evans, Cora Eirlys	12	Carmarthen	1:51.10	___

**Heat 4 of 8 Finals**

1	Holborow, Esmay	11	Amman Valley	1:40.90	___
2	Morris, Ffion	14	Pembs Cty	1:40.20	___
3	Lennon, Amelia-Rose	12	Carmarthen	1:38.90	___
4	Fry, Tilly	14	Llanelli	1:38.00	___
5	Hughes, Seren	15	Neath	1:38.44	___
6	Griffiths, Elizabeth	15	Fishguard	1:40.13	___
7	Kurys, Millie	12	Carmarthen	1:40.80	___
8	Kasto, Evie	15	Swansea Aq	1:41.60	___

**Heat 5 of 8 Finals**

1	Clement, Darcey	14	Afan Valley	1:37.70	___
2	Henson, Jessica	13	Pembs Cty	1:35.74	___
3	Dashfield, Olivia	13	Pembs Cty	1:33.90	___
4	Finney, Elsa	17	Aberystwyth	1:33.70	___
5	Longar, Miriam Elena Patrci	14	Carmarthen	1:33.90	___
6	Kurys, Bonnie Phoebe	13	Carmarthen	1:34.04	___
7	Malough, Holly	15	Swansea Aq	1:36.90	___
8	Duncan, Ava	14	Amman Valley	1:37.70	___

**Heat 6 of 8 Finals**

1	Pearce, Ava	15	Afan Valley	1:32.40	___
2	Rowland, Scarlett	14	Neath	1:31.45	___
3	Ostrowski, Julia	17	Pembs Cty	1:28.50	___
4	Knight, Lily	16	C Dolphins	1:27.31	___
5	Davies, Elizabeth	13	Pembs Cty	1:28.30	___
6	Alexander, Seren	16	Aberystwyth	1:31.30	___
7	Hughes, Mollie	15	C Dolphins	1:31.85	___
8	Holloway, Olivia	17	Afan Valley	1:32.74	___

**Heat 7 of 8 Finals**

1	Hall, Ellena	15	Pembs Cty	1:26.60	___
2	Owen, Elain	21	Swansea Uni	1:25.70	___
3	Daly, Kirsten	20	Neath	1:23.56	___
4	Phillips, Emily	18	Neath	1:21.61	___
5	David, Isabelle	19	Swansea Aq	1:22.40	___
6	Lewis, Evie	13	Pembs Cty	1:25.50	___
7	Hall, Isabelle	15	Pembs Cty	1:26.40	___
8	Summerfield, Lucy	14	Llanelli	1:27.00	___

**Heat 8 of 8 Finals**

1	Lythgoe, Manon	17	Swansea Aq	1:19.41	___
2	Owen, Kessie	18	Neath	1:17.82	___
3	Mercer, Liv	22	Swansea Uni	1:15.98	___
4	Stephenson, Ruby	19	Swansea Uni	1:11.26	___
5	Bissicks, Ella	19	Swansea Uni	1:14.39	___
6	Parry, Abi	13	Nofio S Gar	1:17.39	___
7	Roberts, Megan	19	Swansea Uni	1:18.74	___
8	Davies, Isabella	15	Nofio S Gar	1:21.28	___

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

## Meet Program - Session 5 (Warmup 8.00 - 8.50)

**Event 314 Boys 11 & Over 200 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
1				—
2				—
3	Fretwell, Logan	12	Milford Havn	3:24.49
4	Backen, Freddie	14	Pembs Cty	3:12.23
5	Phillips, Ieuan	13	Fishguard	3:22.42
6	Marques-Jones, Idris	12	Carmarthen	3:30.80
7				—
8				—
<b>Heat 2 of 4 Finals</b>				
1	Evans, Wolfgang	12	PembrokeDist	3:04.45
2	Jermin, Morgan	13	Llanelli	2:52.60
3	Monan, Euan	13	Pembs Cty	2:48.00
4	Hale, Oliver	15	Swansea Aq	2:45.90
5	Green, William	14	Aberystwyth	2:47.70
6	Pyzer, Cyrus Alexander	13	Carmarthen	2:51.60
7	Leahy, Herbie	12	Pembs Cty	3:00.10
8	Jones, Carter	13	Swansea Aq	3:09.10
<b>Heat 3 of 4 Finals</b>				
1	Antwhistle, Isaac	14	Swansea Aq	2:41.90
2	Morgan, Thomas	14	Neath	2:38.33
3	Jones, Dafydd	14	Carmarthen	2:34.70
4	Gray, Gruffudd	17	Swansea Aq	2:29.10
5	Galbraith, Elian	17	Llanelli	2:32.19
6	Noden, Rory	14	Pembs Cty	2:36.20
7	Lerigo, Oli	16	Aberystwyth	2:39.30
8	Thomas, Tristan	16	Pembs Cty	2:45.30
<b>Heat 4 of 4 Finals</b>				
1	King, Ethan	14	Penyrheol	2:23.40
2	Jasinski, Hubert	19	Swansea Uni	2:17.26
3	White, Adam	19	Swansea Uni	2:14.79
4	Hollinsky, Gideon	21	Swansea Uni	2:03.19
5	Thomas, Iolo	16	Neath	2:13.14
6	Johnstone, Dan	19	Swansea Uni	2:16.75
7	Harwood, Jack	15	Pembs Cty	2:22.60
8	Phillips, Finley	16	Nofio S Gar	2:23.56

**Event 315 Girls 11 & Over 50 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 21 Finals</b>				
1	Symmonds, Taya	11	Haverfordwes	44.10
2	Phillips, Grace	11	Swansea Aq	43.50
3	Gregory, Grace	11	Amman Valley	42.60
4	Watkins, Eleanor	12	Afan Valley	41.50
5	Kiernan, Emily	12	Swansea Aq	41.50
6	Burley, Florence	11	Neath	43.20
7	Griffiths, Mari	11	Amman Valley	43.50
8	Edmunds, Jessica S14	17	Llanelli	55.60
<b>Heat 2 of 21 Finals</b>				
1	Antwhistle, Esme	12	Swansea Aq	41.00
2	Monan, Hazel	11	Tenby	40.01
3	Roberts, Xyla	11	Afan Valley	39.81
4	Bullock, Georgia May	13	Carmarthen	39.60
5	Lewis, Poppy	11	Amman Valley	39.60
6	Madge, Brianna	12	C Dolphins	39.82
7	Llewellyn, Anwen	12	Haverfordwes	40.20
8	Williams, Eva	12	Swansea Aq	41.40

**Heat 3 of 21 Finals**

1	Evans, Liliana	11	Llanelli	39.40
2	Roberts, Macy	13	Afan Valley	39.02
3	Burton, Darcie	12	Swansea Aq	38.90
4	Organ, Eleanor	11	Swansea Aq	38.70
5	Shepherd, Amelia	12	C Dolphins	38.83
6	Hope, Brooke	12	Tenby	38.99
7	McFarlane, Mali	12	Milford Havn	39.40
8	Knight, Anna	13	C Dolphins	39.58

**Heat 4 of 21 Finals**

1	Davies, Phoebe	12	Tenby	38.57
2	Watson, Isabelle	13	Neath	38.16
3	Nicklin, Parker	11	Amman Valley	38.00
4	Heron, Edith	14	Aberystwyth	37.90
5	Husband, Alysia	11	Haverfordwes	37.90
6	Felton, Catrin	11	C Dolphins	38.16
7	Allan, Imogen	13	Afan Valley	38.34
8	Evans, Cora Eirlys	12	Carmarthen	38.60

**Heat 5 of 21 Finals**

1	Davies, Loti	13	C Dolphins	37.81
2	Demchyshyna, Viktoriia	11	Amman Valley	37.50
3	Toult, Molly	14	Amman Valley	37.20
4	Jenkins, Alys	14	Amman Valley	36.76
5	Beall, Isabelle	14	Penyrheol	37.10
6	Kellaway, Evie-Rosa	13	Aberystwyth	37.20
7	Phillips, Isabelle	13	Haverfordwes	37.60
8	Brook, Amelia	13	Aberystwyth	37.90

**Heat 6 of 21 Finals**

1	Davies, Alana	14	Neath	36.43
2	Jewell, Zoe	14	Tenby	36.28
3	Arnold, Olivia	13	Milford Havn	36.19
4	Hopkins, Darcy	13	Penyrheol	35.90
5	Owen-Rees, Scarlett	13	Aberavon	35.98
6	Edmunds, Freya	13	Llanelli	36.20
7	Lennon, Amelia-Rose	12	Carmarthen	36.30
8	Holborow, Esmay	11	Amman Valley	36.60

**Heat 7 of 21 Finals**

1	Oseng-Rees, Eira	13	Swansea Aq	35.90
2	Humphreys, Mali	13	Swansea Aq	35.80
3	Longar, Miriam Elena Patrici	14	Carmarthen	35.50
4	Fenemore, Emily Grace	14	Carmarthen	35.40
5	Prince, Edith	12	Swansea Aq	35.50
6	Roberts Mylan, Sophie	14	Swansea Aq	35.70
7	Rabaiotti, Orla-Rae	11	Swansea Aq	35.80
8	Roberts, Arwyn	13	Afan Valley	35.90

**Heat 8 of 21 Finals**

1	Iturbe, Carys	13	Afan Valley	35.25
2	Massey, Mia	14	C Dolphins	35.07
3	Jarrold, Tilly	13	PembrokeDist	34.91
4	Austin, Sophie Haf	13	C Dolphins	34.86
5	Enoch, Erin Lois	12	Carmarthen	34.90
6	Butcher, Freya	11	Swansea Aq	34.92
7	Clement, Darcey	14	Afan Valley	35.20
8	Titley, Lola	14	Milford Havn	35.35

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

## Meet Program - Session 5 (Warmup 8.00 - 8.50)

**Heat 9 Finals (#315 Girls 11 & Over 50 LC Meter Freestyle)**

1	Davies, Betsi	14	Pembs Cty	34.80	_____
2	Roberts-Truman, Betsan	14	Neath	34.75	_____
3	Baylis, Ellie	14	Penyrheol	34.54	_____
4	Williams, Evie	13	Pembs Cty	34.50	_____
5	Henson, Jessica	13	Pembs Cty	34.50	_____
6	Thomas, Leah	15	Haverfordwes	34.65	_____
7	Joseph, Ellie	14	C Dolphins	34.76	_____
8	Holness, Camille	12	Swansea Aq	34.80	_____

**Heat 10 of 21 Finals**

1	David, Emily	15	Haverfordwes	34.10	_____
2	Thomas, Eden	13	Neath	34.00	_____
3	Jones, Ashleigh Rebecca	16	Carmarthen	33.82	_____
4	Hawkins, Lottie	13	Pembs Cty	33.70	_____
5	Duncan, Ava	14	Amman Valley	33.79	_____
6	Malough, Holly	15	Swansea Aq	34.00	_____
7	Kurys, Bonnie Phoebe	13	Carmarthen	34.00	_____
8	Griffiths, Isla	13	Tenby	34.36	_____

**Heat 11 of 21 Finals**

1	Gale, Jasmine	16	Afan Valley	33.50	_____
2	Williams, Fay	14	Swansea Aq	33.50	_____
3	Kaill-Franks, Nia	15	Pembs Cty	33.34	_____
4	Alexander, Seren	16	Aberystwyth	33.20	_____
5	Coles, Aria	13	Neath	33.31	_____
6	Finney, Elsa	17	Aberystwyth	33.50	_____
7	Thomas, Carys	15	Penyrheol	33.50	_____
8	Hughes, Seren	15	Neath	33.59	_____

**Heat 12 of 21 Finals**

1	Hughes, Megan	13	C Dolphins	33.08	_____
2	Williams, April	12	Swansea Aq	33.00	_____
3	Fry, Tilly	14	Llanelli	32.80	_____
4	Powell, Nina Lily Truda	14	Carmarthen	32.61	_____
5	Morris, Besi	13	Amman Valley	32.70	_____
6	Williams, Eirwen	14	Neath	32.87	_____
7	Short, Amelia	15	Neath	33.05	_____
8	Jones, Myla	11	Swansea Aq	33.10	_____

**Heat 13 of 21 Finals**

1	Shelmerdine, Molly	11	Neath	32.54	_____
2	Davies, Ava-Rose	13	Nofio S Gar	32.41	_____
3	Mason, Ezmee	13	Pembs Cty	32.39	_____
4	Giles, Seren	16	Neath	32.33	_____
5	Foldi, Kristina	14	Pembs Cty	32.39	_____
6	Pearce, Ava	15	Afan Valley	32.40	_____
7	Parry, Abi	13	Nofio S Gar	32.47	_____
8	Kasto, Evie	15	Swansea Aq	32.59	_____

**Heat 14 of 21 Finals**

1	Knight, Lily	16	C Dolphins	32.28	_____
2	Launder, Beatrix	13	Neath	32.21	_____
3	Williams, Grace	15	Neath	32.06	_____
4	Jenkins, Elli	15	Swansea Aq	32.00	_____
5	Gil Wood, Elena	14	Swansea Aq	32.02	_____
6	Mason, Phoebe	16	Pembs Cty	32.18	_____
7	Dyde, Pheobe	14	Pembs Cty	32.25	_____
8	Kurys, Millie	12	Carmarthen	32.30	_____

**Heat 15 of 21 Finals**

1	Holloway, Olivia	17	Afan Valley	31.96	_____
2	Mitrjaikina, Scarlet	14	Swansea Aq	31.83	_____
3	Beasley, Evaleigh	13	Swansea Aq	31.70	_____
4	Upton-Boorman, Isabella	16	Nofio S Gar	31.55	_____
5	Thomas, Caitlin	18	Penyrheol	31.65	_____
6	Williams, Paige	14	Swansea Aq	31.80	_____
7	Philpott, Ffion	17	Nofio S Gar	31.85	_____
8	Francis, Mia	13	Pembs Cty	31.98	_____

**Heat 16 of 21 Finals**

1	Lewis, Carys	19	Swansea Uni	31.20	_____
2	Richardson, Beca	16	Swansea Aq	31.10	_____
3	Wood, Lilly	13	Neath	31.02	_____
4	Cressey-Rodgers, Gwenllian	16	Nofio S Gar	30.97	_____
5	Holmes, Seren	17	Afan Valley	31.00	_____
6	Mcfarlane, Una	15	Pembs Cty	31.10	_____
7	Jones, Hunydd	15	Nofio S Gar	31.12	_____
8	Davies, Erin	15	C Dolphins	31.29	_____

**Heat 17 of 21 Finals**

1	Koo, Kathryn	17	Pembs Cty	30.80	_____
2	Ley, Lucy	18	Swansea Aq	30.70	_____
3	Griffiths, Elizabeth	15	Fishguard	30.64	_____
4	Patterson, Hollie May	15	Carmarthen	30.60	_____
5	Goodman, Lola	15	Swansea Aq	30.60	_____
6	Griffiths, Ffion	15	Pembs Cty	30.70	_____
7	Daly, Kirsten	20	Neath	30.72	_____
8	Dash, Amelie	15	Pembs Cty	30.90	_____

**Heat 18 of 21 Finals**

1	Watkins, Mylee	16	Neath	30.58	_____
2	Miles, Megan	18	Pembs Cty	30.56	_____
3	Williams, Hollie	19	Nofio S Gar	30.07	_____
4	Owen, Kessie	18	Neath	30.03	_____
5	Williams, Marys	17	Swansea Aq	30.06	_____
6	Moorby, Charlie	20	Swansea Uni	30.16	_____
7	Morris, Blair	13	Neath	30.57	_____
8	Goodman, Evie	15	Swansea Aq	30.60	_____

**Heat 19 of 21 Finals**

1	Taffetsauffer, Isabella	15	Nofio S Gar	29.86	_____
2	Kazmiruk, Anastasiia	15	Nofio S Gar	29.66	_____
3	Goodliffe, Faith	26	C Dolphins	29.48	_____
4	Burns, Freya	15	Nofio S Gar	29.28	_____
5	Clissold, Elizabeth	20	Pembs Cty	29.38	_____
6	Gilderdale, Celyn	18	Pembs Cty	29.60	_____
7	Bissicks, Cari	15	Neath	29.80	_____
8	Filmer, Gwennan	14	Aberystwyth	29.99	_____

**Heat 20 of 21 Finals**

1	Weaver, Poppy	19	Swansea Uni	29.22	_____
2	Lewis, Lowri	20	Neath	28.97	_____
3	Blanch, Janelle	19	Swansea Uni	28.80	_____
4	Davies, Isla	13	Nofio S Gar	28.76	_____
5	Stokes, Aimee	22	Swansea Uni	28.80	_____
6	King, Marley	18	Penyrheol	28.86	_____
7	McGrath, Izzy	20	Swansea Uni	29.01	_____
8	Davies, Rachel	21	Swansea Uni	29.26	_____

**West Wales Regional LC Championships 2026 - 06/02/2026 to 08/02/2026****Meet Program - Session 5 (Warmup 8.00 - 8.50)****Heat 21 Finals (#315 Girls 11 & Over 50 LC Meter Freestyle)**

1	Carter, Ava	18	Penyrheol	28.69	___
2	Griffiths, Cerys	16	Pembs Cty	28.07	___
3	Lush, Emily	24	Swansea Uni	27.34	___
4	Stead, Martha	21	Swansea Uni	26.95	___
5	Dickinson, Jess	21	Swansea Uni	27.06	___
6	Nichols, Grace	16	Pembs Cty	27.59	___
7	Berner, Iyla	13	Nofio S Gar	28.61	___
8	Geach, Libbie	17	Nofio S Gar	28.73	___

**Event 316 Boys 11-12 4x200 LC Meter Freestyle Relay**

Team	Relay	Seed Time
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--- No entries for event

**Event 317 Boys 13-14 4x200 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			___
6			___
7			___
8			___

**Event 318 Boys 15-16 4x200 LC Meter Freestyle Relay**

Team	Relay	Seed Time
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--- No entries for event

**Event 319 Boys 17 & Over 4x200 LC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

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