

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

## Results - Session 2 (Warmup 8.00 - 8.50)

## Event 211 Boys 11-12 200 LC Meter IM

Name	Age	Team	Finals Time
1 Williams, Lucas	12	Swansea Aq	2:59.97
	37.44	47.89	51.16 43.48
2 Leahy, Herbie	12	Pembs Cty	3:04.33
	39.56	46.80	56.07 41.90
3 Wickland, Jonah	11	PembrokeDist	3:16.45
	44.37	50.30	1:01.73 40.05
4 May-John, Dylan	11	Aberystwyth	3:24.36
	45.82	51.04	1:02.27 45.23
5 El Saghir, Karim Salah	12	Carmarthen	3:27.02
	44.70	53.66	1:02.10 46.56
6 Lewis, Ollie	12	Afan Valley	3:30.20
	48.93	54.98	1:04.35 41.94
7 Treinis, Lucian	12	Tenby	3:30.86
	47.89	54.13	1:01.86 46.98
8 Fretwell, Logan	12	Milford Havn	3:36.46
	2:47.57		1:53.62
9 Mills, Flynn	12	Milford Havn	3:41.85
	54.42	57.95	1:01.70 47.78
10 Boyle, Toby Maxwell	11	Carmarthen	3:48.62
	55.21	54.16	1:10.26 48.99
11 Arnold, Dylan	11	C Dolphins	3:50.01
	52.79	58.47	1:08.88 49.87

## Event 211 Boys 13-14 200 LC Meter IM

Name	Age	Team	Finals Time
1 Evans, Sam	14	Pembs Cty	2:34.71
	32.11	40.33	48.15 34.12
2 Fogarty, Oliver	14	Pembs Cty	2:34.80
	31.19	42.81	46.85 33.95
3 Jones, Dafydd	14	Carmarthen	2:37.37
	35.14	40.60	47.25 34.38
*4 Noden, Rory	14	Pembs Cty	2:42.16
	35.02	41.26	50.82 35.06
*4 Marques-Jones, Felix	14	Carmarthen	2:42.16
	34.56	43.57	48.28 35.75
6 Bowes, James	14	Carmarthen	2:42.46
	34.74	42.36	50.33 35.03
7 Bevan, Driw	14	Llanelli	2:46.06
	33.93	43.28	50.56 38.29
8 Antwhistle, Isaac	14	Swansea Aq	2:46.51
	38.11	41.32	50.78 36.30
9 Backen, Freddie	14	Pembs Cty	2:51.95
	36.56	46.55	48.33 40.51
10 Lewis, Henry	14	Neath	2:53.62
	39.15	46.66	50.94 36.87
11 Dadswell, Harry	13	Pembs Cty	2:53.94
	35.48	44.45	53.38 40.63
12 Moore, Hari	14	Pembs Cty	2:54.90
	36.51	46.64	54.77 36.98
13 Monan, Euan	13	Pembs Cty	2:55.63
	38.08	43.78	54.96 38.81
14 Batcup, Oliver	14	Swansea Aq	3:00.43
	40.35	49.75	47.86 42.47
15 Nash, Oliver John	13	Carmarthen	3:09.25
	45.84	47.81	53.46 42.14
16 Rees, Oscar	13	Llanelli	3:09.57
	41.21	50.60	53.27 44.49
17 Phillips, Ieuan	13	Fishguard	3:17.58
	42.85	48.27	1:01.69 44.77

18 Pirmohamed, Eshan	13	Swansea Aq	3:25.11
	45.53	50.90	1:03.10 45.58
--- Jermin, Morgan	13	Llanelli	DQ
	38.11	44.76	55.36 41.39

## Event 211 Boys 15-16 200 LC Meter IM

Name	Age	Team	Finals Time
1 Stuart Lavender, Jac	16	Nofio S Gar	2:27.70
	31.22	41.85	40.03 34.60
2 Elmes, Max	15	Nofio S Gar	2:28.74
	30.20	36.83	46.49 35.22
3 Hale, Oliver	15	Swansea Aq	2:37.45
	32.67	39.78	51.03 33.97
4 Thomas, Tristan	16	Pembs Cty	2:43.38
	33.57	41.42	51.64 36.75
5 Poole, Tomos	16	Afan Valley	2:43.74
	32.44	44.25	48.99 38.06
6 Smith, Caelan	16	Haverfordwes	2:56.65
	34.01	51.12	48.39 43.13
7 Foale, Jack	16	Aberystwyth	3:02.92
	35.97	47.09	56.11 43.75

## Event 211 Boys 17 &amp; Over 200 LC Meter IM

Name	Age	Team	Finals Time
1 Barlow, Oscar	21	Swansea Uni	2:06.71
	26.03	31.45	38.98 30.25
2 Staines, Luca	22	Swansea Uni	2:10.39
	27.23	33.66	38.43 31.07
3 Docking-Smith, Frankie	22	Swansea Uni	2:17.07
	26.70	35.12	43.00 32.25
4 West, Dexter	17	Pembs Cty	2:18.38
	28.24	34.21	42.27 33.66
5 Taylor, Harry	19	Swansea Uni	2:19.60
	27.74	35.31	42.22 34.33
6 Bennett, Finley	17	Pembs Cty	2:21.23
	29.82	37.13	41.27 33.01
7 Richardson, Osian	18	Swansea Aq	2:24.59
	30.05	38.05	42.46 34.03
8 Upton-Boorman, Liam	19	Nofio S Gar	2:24.94
	29.48	36.57	43.00 35.89
9 Silverstone, Sol	17	Pembs Cty	2:25.46
	28.01	38.22	45.76 33.47
10 Galbraith, Elian	17	Llanelli	2:35.01
	30.61	37.50	50.80 36.10
11 Morgan, Ben	17	Pembs Cty	2:36.30
	32.01	41.51	46.15 36.63
12 Hall, Ethan	17	Fishguard	2:48.24
	34.27	41.58	51.78 40.61

## Event 211 Boys 200 LC Meter IM Multi-Class

Name	Age	Team	Finals Time
--- %Read, William SM14	18	Swansea Aq	DQ
	34.64	38.18	47.75 35.54

## Event 212 Girls 11-12 400 LC Meter IM

Name	Age	Team	Finals Time
1 Morgan, Iolah	12	Haverfordwes	7:10.59
	50.19	1:00.15	51.36 52.53
	1:00.55	59.92	49.47 46.42

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

## Results - Session 2 (Warmup 8.00 - 8.50)

## Event 212 Girls 13-14 400 LC Meter IM

Name	Age	Team	Finals Time	
1 Powell, Nina Lily Truda	14	Carmarthen	6:03.45	
			39.12	48.24
			46.15	44.98
			52.23	52.72
			40.06	39.95
2 Filmer, Gwennan	14	Aberystwyth	6:04.51	
			38.18	49.49
			45.82	45.58
			52.02	54.13
			40.74	38.55
3 Dyde, Pheobe	14	Pembs Cty	6:15.28	
			38.92	48.61
			51.99	49.96
			50.12	52.16
			43.95	39.57
4 Gil Wood, Elena	14	Swansea Aq	6:25.57	
			37.72	47.80
			51.41	49.92
			55.60	56.27
			44.33	42.52
5 Davies, Betsi	14	Pembs Cty	7:00.39	
			43.30	59.71
			53.54	52.21
			59.67	1:01.34
			46.81	43.81

## Event 212 Girls 15-16 400 LC Meter IM

Name	Age	Team	Finals Time	
1 Mcfarlane, Una	15	Pembs Cty	5:50.28	
			33.71	43.14
			43.69	44.30
			52.13	52.79
			40.87	39.65
2 Hall, Ellena	15	Pembs Cty	5:56.66	
			38.85	49.83
			46.33	45.95
			47.80	49.19
			39.60	39.11
3 Hall, Isabelle	15	Pembs Cty	6:01.41	
			37.40	45.35
			46.32	46.99
			52.49	52.05
			41.21	39.60
4 Mason, Phoebe	16	Pembs Cty	6:17.03	
			39.10	44.09
			46.45	46.64
			57.91	58.09
			42.51	42.24
5 Kenny, Jemima	15	Pembs Cty	6:23.61	
			38.93	49.20
			46.46	46.79
			58.24	59.73
			43.21	41.05

## Event 212 Girls 17 &amp; Over 400 LC Meter IM

Name	Age	Team	Finals Time	
1 Stephenson, Ruby	19	Swansea Uni	5:07.94	
			32.51	37.34
			40.04	39.06
			42.57	43.96
			36.47	35.99
2 Mitchell, Abby	20	Swansea Uni	5:18.42	
			33.86	39.64
			42.79	41.49
			45.31	45.72
			35.23	34.38
3 Rees, Katie	28	Swansea Uni	5:22.72	
			32.44	38.16
			44.23	43.14
			45.00	45.82
			37.80	36.13
4 Roberts, Megan	19	Swansea Uni	5:30.59	
			34.01	41.25
			43.67	42.59
			47.48	48.83
			36.66	36.10
5 Lythgoe, Manon	17	Swansea Aq	5:33.45	
			32.96	40.59
			44.12	43.73
			45.54	47.61
			40.90	38.00

## Event 213 Boys 11-12 100 LC Meter Breaststroke

Name	Age	Team	Finals Time	
1 Thomas, Gabriel	11	Llanelli	1:41.08	
			48.78	52.30
2 El Saghir, Karim Salah	12	Carmarthen	1:50.94	
			53.18	57.76
3 Filmer, Owen	11	Aberystwyth	1:51.44	
			52.05	59.39

4 Treinis, Lucian	12	Tenby	1:53.77	
			53.51	1:00.26
5 Mills, Flynn	12	Milford Havn	1:54.67	
			54.21	1:00.46
6 Taffetsauffer, Leo	11	Llanelli	1:55.76	
			54.74	1:01.02

## Event 213 Boys 13-14 100 LC Meter Breaststroke

Name	Age	Team	Finals Time	
1 Morgan, Thomas	14	Neath	1:18.78	
			36.66	42.12
2 Fogarty, Oliver	14	Pembs Cty	1:23.53	
			39.41	44.12
3 Evans, Sam	14	Pembs Cty	1:26.34	
			40.41	45.93
4 Marques-Jones, Felix	14	Carmarthen	1:26.55	
			42.29	44.26
5 Backen, Freddie	14	Pembs Cty	1:29.05	
			42.71	46.34
6 Batcup, Oliver	14	Swansea Aq	1:29.65	
			42.15	47.50
7 Antwhistle, Isaac	14	Swansea Aq	1:33.86	
			45.52	48.34
8 Nash, Oliver John	13	Carmarthen	1:38.34	
			47.66	50.68
9 Rees, Oscar	13	Llanelli	1:39.23	
			47.35	51.88

## Event 213 Boys 15-16 100 LC Meter Breaststroke

Name	Age	Team	Finals Time	
1 Phillips, Finley	16	Nofio S Gar	1:09.91	
			32.74	37.17
2 Stuart Lavender, Jac	16	Nofio S Gar	1:11.32	
			33.86	37.46
3 Thomas, Rhys	16	Pembs Cty	1:18.25	
			36.49	41.76
4 Lerigo, Oli	16	Aberystwyth	1:21.15	
			37.20	43.95
5 Morgan, Cole	15	C Dolphins	1:21.25	
			38.09	43.16
6 Smith, Caelan	16	Haverfordwes	1:22.36	
			37.78	44.58
7 Smith, Declan	15	Neath	1:30.14	
			42.22	47.92
8 Morris, Leo	15	Llanelli	1:31.51	
			44.45	47.06

## Event 213 Boys 17 &amp; Over 100 LC Meter Breaststroke

Name	Age	Team	Finals Time	
1 James, Jack	19	Swansea Uni	1:05.35	
			30.65	34.70
2 Baker, Ellis	20	Swansea Uni	1:15.10	
			34.58	40.52
3 Gubb, Harvey	20	Neath	1:16.38	
			35.62	40.76
4 Hall, Ethan	17	Fishguard	1:22.73	
			37.05	45.68
5 Lewis, Cian	17	Neath	1:28.22	
			41.14	47.08
6 Lewis, Callum	17	Milford Havn	1:33.73	
			42.05	51.68

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

## Results - Session 2 (Warmup 8.00 - 8.50)

## Event 214 Girls 11-12 200 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Kurys, Millie	12	Carmarthen	2:55.67
	40.33	45.29	46.35 43.70
2 Enoch, Erin Lois	12	Carmarthen	2:59.26
	42.92	46.72	45.59 44.03
3 Butcher, Freya	11	Swansea Aq	3:00.57
	43.07	47.49	47.52 42.49
4 Clay, Emelia	12	Swansea Aq	3:00.94
	42.65	45.95	47.53 44.81
5 Soul, Anna	12	Swansea Aq	3:06.52
	44.05	49.16	50.04 43.27
6 Morgan, Iolah	12	Haverfordwes	3:10.46
	45.51	49.30	49.59 46.06
7 Husband, Alysia	11	Haverfordwes	3:17.11
	46.20	52.13	50.52 48.26
8 McFarlane, Mali	12	Milford Havn	3:25.24
	48.42	53.58	53.81 49.43
9 Antwhistle, Esme	12	Swansea Aq	3:30.76
	52.04	53.96	53.85 50.91
10 Jermin, Martha	11	Llanelli	3:30.97
	49.48	54.25	54.89 52.35

## Event 214 Girls 13-14 200 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Davies, Isla	13	Nofio S Gar	2:29.83
	34.49	38.58	38.92 37.84
2 Beasley, Evaleigh	13	Swansea Aq	2:38.96
	38.86	41.40	40.69 38.01
3 Williams, Paige	14	Swansea Aq	2:39.98
	37.92	40.19	40.95 40.92
4 Hawkins, Lottie	13	Pembs Cty	2:43.89
	38.50	41.25	42.87 41.27
5 Davies, Elizabeth	13	Pembs Cty	2:45.10
	39.02	41.40	43.37 41.31
6 Pinnock, Betsan	14	Swansea Aq	2:47.43
	38.41	42.49	43.39 43.14
7 Morris, Ffion	14	Pembs Cty	2:52.40
	40.01	43.70	45.30 43.39
8 #Roberts Mylan, Ffion	14	Swansea Aq	2:53.10
	39.67	43.92	45.45 44.06
9 Griffiths, Isla	13	Tenby	3:00.16
	42.38	44.88	47.15 45.75
10 Jones, Alexa	13	Llanelli	3:00.17
	41.01	45.45	47.66 46.05
11 Williams, Fay	14	Swansea Aq	3:06.15
	42.81	47.01	49.39 46.94
12 Foldi, Kristina	14	Pembs Cty	3:07.77
	43.26	47.49	48.71 48.31
13 Henson, Jessica	13	Pembs Cty	3:08.08
	44.06	48.58	48.80 46.64
14 Jenkins, Olivia	13	Swansea Aq	3:12.25
	47.91	49.91	49.02 45.41
15 Arnold, Olivia	13	Milford Havn	3:15.56
	46.62	49.55	51.79 47.60
16 Bullock, Georgia May	13	Carmarthen	3:16.20
	47.59	50.83	50.91 46.87
17 Mason, Ezmee	13	Pembs Cty	3:18.97
	45.90	50.00	52.20 50.87
18 Dashfield, Olivia	13	Pembs Cty	3:20.73
	48.30	51.21	52.34 48.88

19 Emam, Lina	13	Swansea Aq	3:28.42
	49.80	54.54	54.55 49.53
--- Williams, Evie	13	Pembs Cty	DQ
	41.91	44.68	44.72 51.22

## Event 214 Girls 15-16 200 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Nichols, Grace	16	Pembs Cty	2:24.23
	33.31	36.38	37.33 37.21
2 Jones, Hunydd	15	Nofio S Gar	2:37.52
	36.70	40.42	40.88 39.52
3 Taffetsauffer, Isabella	15	Nofio S Gar	2:39.76
	36.31	40.44	41.64 41.37
4 Thompson, Freya	16	Pembs Cty	2:43.42
	36.95	42.12	42.60 41.75
5 Davies, Isabella	15	Nofio S Gar	2:45.12
	38.31	41.76	44.01 41.04
6 Dash, Amelie	15	Pembs Cty	2:46.21
	38.80	41.77	42.97 42.67
7 Griffiths, Ffion	15	Pembs Cty	2:50.55
	38.82	43.10	44.68 43.95
8 Short, Amelia	15	Neath	2:55.33
	38.79	44.85	47.78 43.91
9 Andreassen, Freya	15	Amman Valley	2:59.20
	40.58	45.44	47.29 45.89
--- Kaill-Franks, Nia	15	Pembs Cty	DQ
	41.56	44.89	46.95 45.58

## Event 214 Girls 17 &amp; Over 200 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Major, Scarlet	23	Swansea Uni	2:20.30
	32.70	35.98	36.15 35.47
2 Hatton-Ellis, Izzy	18	Swansea Uni	2:28.77
	34.09	37.60	38.57 38.51
3 Cumner, Megs	19	Swansea Uni	2:31.07
	35.22	37.51	39.39 38.95
4 Bruce, Skye	17	Pembs Cty	2:38.41
	37.31	39.54	40.45 41.11
5 Holmes, Seren	17	Afan Valley	2:43.85
	37.82	41.43	42.36 42.24
6 Lewis, Carys	19	Swansea Uni	2:48.76
	37.57	42.43	44.11 44.65
7 Jenkins, Alexandra	17	Swansea Aq	2:54.12
	41.06	44.50	44.83 43.73
8 Miles, Megan	18	Pembs Cty	2:57.08
	40.26	44.97	46.16 45.69
9 Ostrowski, Julia	17	Pembs Cty	2:58.33
	43.46	44.50	45.60 44.77

## Event 214 Girls 200 LC Meter Backstroke Multi-Class

Name	Age	Team	Finals Time
1 %Philpott, Lowri S14	15	Llanelli	3:31.03

## Event 215 Boys 11-12 50 LC Meter Freestyle

Name	Age	Team	Finals Time
1 Williams, Lucas	12	Swansea Aq	31.13
2 Thomas, Gabriel	11	Llanelli	34.42
3 Wickland, Jonah	11	PembrokeDist	34.53
4 Lewis, Ollie	12	Afan Valley	35.60
5 May-John, Dylan	11	Aberystwyth	36.23
6 Avery, Thomas	11	Afan Valley	36.72
7 Fretwell, Logan	12	Milford Havn	37.51

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

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**(Event 215 Boys 11-12 50 LC Meter Freestyle)**

Name	Age	Team	Finals Time
8 Gray, Ioan	12	Fishguard	38.14
9 Mills, Flynn	12	Milford Havn	38.21
10 Filmer, Owen	11	Aberystwyth	38.23
11 El Saghir, Karim Salah	12	Carmarthen	38.49
12 Boyle, Toby Maxwell	11	Carmarthen	39.28
13 Arnold, Dylan	11	C Dolphins	39.90
14 Fenn, William	11	Swansea Aq	40.81
15 Hopkins, Casey	11	Afan Valley	41.83

**Event 215 Boys 13-14 50 LC Meter Freestyle**

Name	Age	Team	Finals Time
1 King, Ethan	14	Penyrheol	27.23
2 Jones, Dafydd	14	Carmarthen	28.51
3 Bevan, Driw	14	Llanelli	29.10
4 Noden, Rory	14	Pembs Cty	30.27
5 Williams, Efan	14	Neath	30.58
6 Lewis, Henry	14	Neath	30.59
7 Moore, Hari	14	Pembs Cty	30.83
8 Bowes, James	14	Carmarthen	30.92
9 Antwhistle, Isaac	14	Swansea Aq	31.42
10 Marques-Jones, Felix	14	Carmarthen	31.51
11 Green, William	14	Aberystwyth	31.61
12 Sursona, Mateo	13	Carmarthen	31.74
13 Monan, Euan	13	Pembs Cty	31.75
14 Jermin, Morgan	13	Llanelli	32.79
15 Pyzer, Cyrus Alexander	13	Carmarthen	32.88
16 Abell, Ronan	14	Neath	33.51
17 Nash, Oliver John	13	Carmarthen	33.67
18 Phillips, Ieuan	13	Fishguard	35.03
19 Jones, Carter	13	Swansea Aq	35.36
20 David, Ioan	14	Haverfordwes	35.76
21 Pirmohamed, Eshan	13	Swansea Aq	35.94
22 Rees, Oscar	13	Llanelli	36.36
23 Jones, Bobby	14	Neath	37.28

**Event 215 Boys 15-16 50 LC Meter Freestyle**

Name	Age	Team	Finals Time
1 Thomas, Iolo	16	Neath	26.78
2 Phillips, Finley	16	Nofio S Gar	26.94
3 Elmes, Max	15	Nofio S Gar	27.42
4 Morgan, Cole	15	C Dolphins	28.31
5 Hale, Oliver	15	Swansea Aq	28.45
6 Morris, Leo	15	Llanelli	28.83
7 Lerigo, Oli	16	Aberystwyth	28.85
8 Thomas, Tristan	16	Pembs Cty	28.89
9 Poole, Tomos	16	Afan Valley	28.90
10 Burt, Caio	16	Llanelli	29.67
11 Smith, Caelan	16	Haverfordwes	30.41
12 Smith, Declan	15	Neath	30.47
13 Higgins, Finley	15	Swansea Aq	31.77
14 Foale, Jack	16	Aberystwyth	32.09
15 El Saghir, Mohamed Salah	15	Carmarthen	32.47
16 Jones, Dion Rees	15	Carmarthen	32.50
17 Phillips, Gethin	15	Haverfordwes	33.04

**Event 215 Boys 17 & Over 50 LC Meter Freestyle**

Name	Age	Team	Finals Time
1 Greenway, Morgan	23	Swansea Uni	23.83
2 Gillett, Oliver	19	Swansea Uni	23.96
3 Poole, Dexter	21	Swansea Uni	24.08
4 Turner, Harry	27	Swansea Uni	24.48

5 Chan, Jacky	19	Swansea Uni	24.49
6 Silverstone, Sol	17	Pembs Cty	24.79
7 Sadberry, Jack	22	Swansea Uni	24.92
8 Smith, Eamon	22	Swansea Uni	24.99
9 Stepluk, Edgar	20	Swansea Uni	25.06
10 Nikolaou, Antonio	23	Swansea Uni	25.34
*11 Kershaw, Charles	24	Swansea Uni	25.35
*11 Major, Seb	20	Swansea Uni	25.35
13 Johnstone, Dan	19	Swansea Uni	25.40
14 Meek, Emyr	29	Swansea Uni	25.56
15 Ryan, Sam	20	Swansea Uni	26.04
16 Lee, Jacob	20	Swansea Uni	26.22
17 Upton-Boorman, Liam	19	Nofio S Gar	26.55
18 Richardson, Osian	18	Swansea Aq	26.62
19 Jones, Lloyd	23	Swansea Uni	26.90
20 Stacey, Joe	22	Swansea Uni	27.05
21 Chapman, Coby	17	Penyrheol	27.37
22 Williams, Corey	20	Swansea Aq	27.64
23 Galbraith, Elian	17	Llanelli	27.79
24 Gray, Gruffudd	17	Swansea Aq	28.03
25 Hnoianyi, Andrii	17	Swansea Aq	28.43
26 Morgan, Ben	17	Pembs Cty	28.45
27 Hall, Ethan	17	Fishguard	29.07
28 Lewis, Callum	17	Milford Havn	29.36
29 Hetherington, Trystan	17	Neath	29.94
30 Reynolds, Owain	19	Llanelli	30.53
31 Lewis, Cian	17	Neath	30.73

**Event 215 Boys 50 LC Meter Freestyle Multi-Class**

Name	Age	Team	Finals Time
1 %Read, William S14	18	Swansea Aq	28.02

**Event 217 Girls 11-12 4x200 LC Meter Freestyle Relay**

Team	Relay	Finals Time	
1 Swansea Aq	A	11:27.95	
1) Jones, Myla 11	2) Butcher, Freya 11		
3) Clay, Emelia 12	4) Williams, April 12		
36.35	1:17.66	2:03.90	2:46.84
41.10	1:26.66	2:12.38	2:54.81
41.05	1:28.13	2:14.13	2:59.05
36.43	1:18.61	2:03.10	2:47.25

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

Team	Relay	Finals Time	
1 Swansea Aq	A	10:06.05	
1) Williams, Paige 14	2) Mitrjaikina, Scarlet 14		
3) Gil Wood, Elena 14	4) Beasley, Evaleigh 13		
35.46	1:13.46	1:53.95	2:34.63
33.09	1:11.24	1:51.22	2:29.38
36.27	1:16.45	1:57.01	2:38.11
33.06	1:10.41	1:47.73	2:23.93
2 Pembs Cty	A	10:10.81	
1) Davies, Elizabeth 13	2) Hawkins, Lottie 13		
3) Dyde, Pheobe 14	4) Lewis, Evie 13		
35.35	1:12.21	1:50.35	2:27.88
36.39	1:17.08	1:56.12	2:36.94
35.02	1:15.35	1:55.55	2:34.37
32.89	1:11.42	1:51.70	2:31.62

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

## Results - Session 2 (Warmup 8.00 - 8.50)

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

Team	Relay				Finals Time
1 Pembs Cty	A				9:17.73
1) Nichols, Grace 16	2) Thompson, Freya 16				
3) Mcfarlane, Una 15	4) Griffiths, Cerys 16				
30.70	1:05.42	1:41.34	2:15.57		
32.23	1:07.97	1:44.74	2:21.49		
33.50	1:11.27	1:50.28	2:28.00		
30.41	1:04.66	1:39.83	2:12.67		
2 Swansea Aq	A				10:07.16
1) Goodman, Evie 15	2) Jenkins, Elli 15				
3) Richardson, Beca 16	4) Goodman, Lola 15				
32.89	1:09.93	1:49.07	2:27.80		
33.60	1:11.84	1:49.99	2:27.98		
34.96	1:16.34	2:00.45	2:43.79		
32.05	1:09.32	1:49.06	2:27.59		