Amman Valley Mid-Distance Meet 2026 - 15/11/2026

Results - Session 3 (Warmup 2.25 - 3.15)

Event 301 Girls 11-12 1500 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Kurys, Emiliese	12	Carmarthen	20:14.88
	34.37 39.31 40.37 40.33			
	40.38 41.26 40.80 41.02			
	41.36 41.31 41.52 40.97			
	40.93 41.25 41.06 40.94			
	41.00 40.45 40.44 41.49			
	40.61 42.28 41.26 41.47			
	41.05 40.60 40.94 40.28			
	39.48 36.35			
2	Soul, Anna F	12	Swansea Aq	22:12.54
	38.45 44.23 44.80 45.16			
	45.14 45.33 45.84 44.94			
	45.26 45.40 45.26 44.57			
	44.75 44.52 45.04 44.90			
	45.29 44.95 45.46 45.28			
	44.95 44.90 44.77 44.45			
	44.75 44.10 43.94 44.21			
	42.58 39.32			
3	Morgan, Iolah	12	Haverfordwes	23:19.06
	40.71 44.15 45.57 45.52			
	46.78 47.74 47.60 46.95			
	47.77 47.47 47.80 47.75			
	48.01 47.16 47.68 47.69			
	48.91 47.20 46.84 47.23			
	47.39 47.13 46.47 47.24			
	47.33 46.78 46.69 45.63			
	45.47 42.40			
4	Organ, Eleanor L	11	Swansea Aq	24:03.39
	40.47 46.23 49.22 48.11			
	49.63 49.05 49.75 48.94			
	49.63 50.04 48.94 49.19			
	49.92 48.97 49.60 48.63			
	47.59 48.31 48.05 48.92			
	49.05 48.77 47.06 49.35			
	47.08 49.30 48.92 49.01			
	44.72 40.94			

Event 301 Girls 13-14 1500 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Davies, Macy	14	Torfaen D	18:17.56
	31.15 34.83 35.83 36.58			
	36.88 36.98 36.90 36.70			
	36.89 36.83 37.10 36.98			
	37.36 36.96 36.94 36.76			
	36.90 36.78 36.94 37.07			
	36.93 37.07 37.51 37.22			
	37.29 36.92 37.19 36.97			
	36.40 34.70			
2	#Beasley, Evaleigh D	13	Swansea Aq	19:22.02
	34.89 37.89 38.69 38.82			
	39.17 38.99 38.81 39.02			
	39.86 39.53 39.05 40.21			
	39.54 39.80 39.00 39.49			
	39.53 40.16 39.47 40.04			
	38.92 40.48 38.86 38.82			
	39.68 38.42 37.92 37.00			
	36.00 33.96			
3	Pinnock, Betsan R	14	Swansea Aq	19:23.62
	33.81 37.66 38.67 39.11			
	39.02 39.20 39.02 39.15			
	39.30 39.78 39.54 39.32			
	39.78 39.44 39.46 39.38			
	39.07 39.43 39.69 39.90			
	39.16 39.47 38.73 39.10			
	39.27 38.53 38.50 37.96			
	37.41 35.76			
4	Davies, Ava-Rose	13	Nofio S Gar	19:28.83
	34.88 37.32 38.88 38.59			
	38.97 38.03 38.53 39.01			
	38.90 38.84 38.72 40.25			
	39.18 39.50 39.16 39.60			
	39.48 39.50 39.07 39.46			
	39.64 39.41 40.00 38.88			
	40.26 39.16 39.28 38.67			
	38.63 39.03			
5	James, Izzy	13	Rhondda	20:20.02
	35.26 38.60 39.77 40.37			
	40.55 40.60 41.20 40.61			
	41.16 40.97 41.56 41.91			
	41.16 41.47 41.13 41.49			
	40.91 41.60 41.49 41.37			
	42.38 39.80 41.44 41.35			
	40.99 41.02 40.61 40.91			
	40.44 37.90			
6	May, Gwen	14	Rhondda	20:32.08
	36.46 39.63 39.80 40.30			
	40.89 40.84 41.01 40.92			
	40.97 41.51 42.25 41.87			
	41.67 41.64 42.10 41.99			
	40.31 41.94 41.96 41.40			
	42.29 41.82 41.96 41.66			
	40.72 41.21 41.22 41.31			
	41.29 39.14			
7	Williams, Eirwen N	14	Swansea Aq	21:00.72
	35.85 39.64 40.52 39.99			
	41.28 40.15 42.25 42.51			
	42.50 42.50 42.83 43.13			
	41.44 42.79 43.36 40.97			
	43.98 43.47 43.12 43.98			
	43.63 43.49 43.00 42.99			
	42.26 43.31 42.94 43.02			
	41.34 38.48			
8	Mason, Ezmee	13	Haverfordwes	21:13.65
	36.65 40.50 41.91 42.58			
	42.46 42.49 42.56 42.56			
	43.33 41.74 43.00 42.76			
	42.93 42.63 42.67 43.21			
	43.38 43.65 43.07 43.56			
	43.75 43.37 43.15 44.24			
	44.22 42.49 42.63 42.12			
	41.25 38.79			

Amman Valley Mid-Distance Meet 2026 - 15/11/2026

Results - Session 3 (Warmup 2.25 - 3.15)

(Event 301 Girls 13-14 1500 SC Meter Freestyle)

	Name	Age	Team	Finals Time
9	Hawkins, Lottie	13	Haverfordwes	21:26.00
	36.48 40.71 42.44 43.26			
	43.33 43.08 42.98 43.66			
	42.10 42.55 44.11 43.97			
	43.55 43.71 43.96 44.03			
	44.02 42.67 44.42 44.12			
	44.14 44.24 43.69 43.42			
	44.36 41.89 41.87 42.64			
	23.91 56.69			
10	Oseng-Rees, Eira	13	Swansea Aq	21:45.02
	38.80 42.13 44.30 44.45			
	43.82 44.93 44.69 44.92			
	45.96 44.39 43.94 44.01			
	45.33 44.38 45.23 44.82			
	44.32 43.74 44.98 42.47			
	43.13 42.97 43.34 42.67			
	43.68 43.59 42.44 41.49			
	42.30 37.80			
11	Hughes, Isla	14	Caerphilly	21:52.14
	36.16 40.92 42.07 43.20			
	43.85 43.30 43.95 43.76			
	44.40 43.90 44.49 45.20			
	44.84 44.31 43.84 44.22			
	43.88 45.30 44.01 44.99			
	44.95 45.35 44.95 44.18			
	44.62 44.63 44.36 44.20			
	43.29 41.02			
12	#Roberts Mylan, Sophie I	14	Swansea Aq	22:20.12
	36.03 42.51 43.99 43.73			
	44.24 44.76 44.28 44.46			
	45.26 45.22 44.73 44.77			
	45.60 45.94 46.51 44.85			
	44.93 46.20 45.92 44.93			
	47.09 45.43 47.00 45.65			
	46.39 44.66 44.39 44.22			
	44.11 42.32			
13	Edmunds, Freya	13	Llanelli	22:51.86
	37.45 43.33 44.99 45.11			
	45.62 45.64 45.91 45.61			
	45.94 45.56 44.82 45.52			
	45.91 46.34 45.55 45.81			
	46.99 47.36 46.45 45.27			
	46.65 47.87 46.90 47.08			
	47.40 47.06 47.84 47.33			
	45.34 43.21			
---	#Roberts Mylan, Ffion C	14	Swansea Aq	DNF
	10.2 Did not complete the whole distance			
	36.40 41.90 42.97 43.64			
	44.07 44.69 44.35 44.83			
	44.61 45.07 49.30 46.43			
	45.86 44.53 17.95			

Event 301 Girls 15-16 1500 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Morgan, Lily	15	Tenby	21:38.74
	36.54 40.59 42.13 42.68			
	43.20 43.20 43.16 43.46			
	43.96 43.37 43.84 43.87			
	43.29 43.64 43.71 44.06			
	44.13 44.54 44.41 44.07			
	43.56 44.35 44.63 44.77			
	44.52 44.74 44.37 44.46			
	42.51 38.98			

Event 302 Girls 9-10 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Morgan, Summer	10	Heads Valley	5:46.55
	39.14 44.67 43.91 44.98			
	43.90 44.19 44.14 41.62			
2	Williams, Emily	10	Llanelli	6:35.91
	41.07 48.77 1:41.50 50.28			
	53.13 51.87 49.29			
3	Powell, Leila	10	Haverfordwes	6:37.97
	43.81 49.57 50.71 50.52			
	50.97 52.91 51.59 47.89			
4	Divers, Olivia-lilly	10	Swansea Aq	6:47.50
	43.36 50.61 52.16 52.88			
	51.71 52.17 54.50 50.11			
5	Monan, Frances	10	Tenby	7:06.72
	44.04 52.57 57.66 53.61			
	55.52 57.52 56.96 48.84			
6	Boyle, Olivia	9	PembrokeDist	8:05.54
	51.71 1:02.06 1:02.28 1:05.06			
	1:03.28 1:03.36 1:01.08 56.71			

Event 302 Girls 11-12 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Gwenter, Isobel	12	Neath	5:21.38
	35.88 41.72 42.56 41.63			
	41.82 41.58 40.25 35.94			
2	Clay, Emelia S	12	Swansea Aq	5:24.24
	36.29 41.26 40.96 41.78			
	42.43 42.48 40.64 38.40			
3	Rabaiotti, Orla-Rae	11	Swansea Aq	5:38.75
	36.41 42.43 43.70 43.55			
	44.07 44.70 43.56 40.33			
4	Nicklin, Parker	11	Amman Valley	5:41.70
	39.05 43.24 44.30 45.34			
	43.58 44.40 42.53 39.26			
5	Monan, Hazel	11	Tenby	6:07.12
	40.08 46.20 47.64 47.78			
	49.49 47.19 47.67 41.07			
6	Burton, Darcie M	12	Swansea Aq	6:15.59
	40.63 46.99 48.26 48.17			
	49.28 48.58 48.92 44.76			
7	Major, Esmee	12	Haverfordwes	6:26.70
	41.63 48.10 49.97 48.42			
	49.77 50.40 50.21 48.20			
8	Evans, Lowri Carys	12	Carmarthen	6:35.04
	42.47 49.16 50.79 50.02			
	51.26 51.75 51.43 48.16			

Amman Valley Mid-Distance Meet 2026 - 15/11/2026

Results - Session 3 (Warmup 2.25 - 3.15)

Event 302 Girls 13-14 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Patterson, Hollie May	14	Carmarthen	4:48.89
	31.99 35.98 36.68 37.09			
	37.07 37.87 37.68 34.53			
2	Morris, Blair	13	Neath	5:07.78
	34.06 38.45 39.44 39.25			
	39.44 40.02 40.46 36.66			
3	Mitrjaikina, Scarlet	14	Swansea Aq	5:18.18
	35.98 39.76 40.77 41.49			
	40.66 40.83 40.06 38.63			
4	Jones, Jess	14	Pontypridd	5:23.32
	34.56 39.94 42.07 42.01			
	42.62 42.30 41.73 38.09			
5	Toutt, Molly	14	Amman Valley	5:37.24
	36.44 42.98 43.01 43.22			
	43.89 43.41 44.03 40.26			
6	Longar, Miriam Elena Patrcia	14	Carmarthen	5:37.54
	38.81 41.94 42.91 43.39			
	43.17 43.25 43.17 40.90			
7	Morris, Megan	13	Neath	5:39.24
	36.22 42.78 42.71 44.09			
	44.46 43.60 44.62 40.76			
8	Houlding, Holly	13	Neath	6:15.99
	38.47 45.43 47.41 48.38			
	49.62 48.86 49.62 48.20			
9	Williams, Alys Lowri	13	Carmarthen	6:17.35
	38.49 44.01 48.41 49.28			
	50.54 50.05 50.21 46.36			

Event 302 Women 15-16 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Davies, Isabella	15	Nofio S Gar	4:49.98
	31.78 36.43 36.95 37.07			
	37.20 37.20 37.89 35.46			
2	Jenkins, Elli J	15	Swansea Aq	4:59.32
	34.16 37.33 37.88 37.92			
	39.04 38.32 37.94 36.73			
3	Goodman, Lola	15	Swansea Aq	5:09.37
	34.97 39.53 39.74 39.71			
	40.38 40.08 39.48 35.48			
4	Ballinger, Scarlett	15	Rhondda	5:11.12
	33.66 38.05 38.90 40.06			
	40.32 40.53 40.20 39.40			

Event 302 Women 17 & Over 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Thomas, Caitlyn	17	Neath	6:03.49
	37.18 42.47 44.30 46.07			
	48.69 49.53 48.49 46.76			

Event 302 Women 400 SC Meter Freestyle Multi-Class

	Name	Age	Team	Finals Time
1	%Philpott, Lowri S14	15	Llanelli	6:07.01
	40.53 45.38 46.29 47.02			
	47.50 47.77 47.38 45.14			

Event 302 Boys 9-10 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Powell, Fred	10	Haverfordwes	6:21.21
	43.45 48.00 48.14 49.22			
	49.63 49.86 47.73 45.18			
2	Hughes, Isaac W	10	Swansea Aq	6:38.52
	45.78 52.35 52.27 52.39			
	50.69 49.95 48.42 46.67			
3	Davies, Ezra	10	Bridgend SC	7:00.35
	46.51 53.29 55.66 54.05			
	54.46 51.50 54.60 50.28			
4	Jenkins, Ianto	9	Bridgend SC	7:03.87
	44.41 52.42 54.58 55.49			
	54.99 56.40 55.28 50.30			
5	Morgan, Jim	9	Haverfordwes	7:15.66
	45.56 54.18 57.55 56.10			
	56.98 56.63 56.55 52.11			

Event 302 Boys 11-12 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Lummis, Arthur	11	Pontypridd	5:56.51
	38.48 45.39 45.21 46.73			
	45.93 47.02 45.34 42.41			
2	Borthwick, Ewan	11	Aberavon	6:27.12
	44.08 49.19 50.03 50.41			
	50.25 49.64 49.62 43.90			
3	Taylor, Kingsley C	11	Swansea Aq	6:51.07
	44.47 52.51 53.06 53.74			
	55.00 54.56 53.62 44.11			

Event 302 Boys 13-14 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Morgan, Thomas	14	Llanelli	4:48.02
	31.80 35.50 37.15 36.18			
	37.21 37.36 37.44 35.38			
2	Marques-Jones, Felix	13	Carmarthen	4:57.14
	32.39 37.21 37.75 38.21			
	36.92 38.38 38.67 37.61			
3	Bool, Iolo	13	Haverfordwes	5:16.10
	35.70 40.65 40.58 40.06			
	40.48 41.09 40.71 36.83			

Event 302 Men 15-16 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Sekula, Szymon	15	Rhondda	4:46.59
	30.51 34.67 36.68 36.64			
	37.91 38.41 37.59 34.18			
2	Sekula, Mateusz	15	Rhondda	4:47.60
	30.69 34.89 1:14.42 37.49			
	37.83 37.24 35.04			
3	Arnold, Harry	15	Pontypridd	4:57.11
	31.98 36.10 36.47 37.66			
	38.48 39.29 39.32 37.81			
4	Coles, Ieuan	16	Pontypridd	5:18.18
	35.31 39.82 40.69 41.31			
	40.84 41.47 40.74 38.00			
5	Price, James D	16	Pontypridd	5:29.11
	35.82 40.19 42.03 41.96			
	42.46 42.76 42.54 41.35			
6	El Saghir, Mohamed Salah	15	Carmarthen	5:55.19
	38.76 43.29 45.53 46.32			
	47.70 46.50 45.71 41.38			

Event 302 Men 17 & Over 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Mruk, Lucas	18	Torfaen D	4:07.12
	26.88 31.08 31.82 32.09			
	31.82 31.87 31.83 29.73			

Amman Valley Mid-Distance Meet 2026 - 15/11/2026

Results - Session 3 (Warmup 2.25 - 3.15)

(Event 302 Men 17 & Over 400 SC Meter Freestyle)

	Name	Age	Team	Finals Time
2	Rowlands, Sion	17	Neath	5:15.33
	32.64 36.86 39.53 41.05			
	41.53 41.75 41.83 40.14			

Event 303 Girls 9-10 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Hawksworth Garcia, Frida	9	Swansea Aq	3:19.80
2	Holborow, Esmay	10	Amman Valley	3:22.93
3	Jones, Zara	10	Llanelli	3:27.99
4	O'Hara, Gracie	10	Aberavon	3:35.46
	54.62 55.94 56.96 47.94			
5	Morgan, Poppy	10	Llanelli	3:45.59
	56.12 53.19 1:07.53 48.75			
6	Raistrick, Evelyn	10	Amman Valley	3:47.15
	55.59 57.40 1:05.51 48.65			
7	Dyde, Bethan	10	PembrokeDist	3:52.25
	51.53 58.02 1:13.48 49.22			
8	Bool, Lani	10	Haverfordwes	4:01.24
	58.73 1:02.31 1:05.65 54.55			
9	Boyle, Olivia	9	PembrokeDist	4:13.82
	59.39 1:06.03 1:11.31 57.09			
10	Danks, Una	10	Haverfordwes	4:18.52
	1:05.99 1:01.66 1:11.04 59.83			

Event 303 Girls 11-12 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Snellgrove, Maddie	12	Neath	3:02.78
2	Demchyshyna, Viktoriia	11	Amman Valley	3:09.07
3	Gil Wood, Sofia A	11	Swansea Aq	3:16.22
4	Thomas, Catrin	12	Pontypridd	3:17.01
5	Gregory, Grace	11	Amman Valley	3:29.56
6	Kiernan, Emily A	11	Swansea Aq	3:31.79
	46.24 52.58 1:03.59 49.38			
7	Benson, Annabelle	11	Pontypridd	3:35.79
	50.26 53.13 1:03.79 48.61			
8	Evans, Alys Eirie	11	Carmarthen	3:38.75
9	Weeks, Mali	11	Pontypridd	3:39.38
	1:01.26 52.89 58.73 46.50			
10	Dalton, Daisy	11	Haverfordwes	3:40.41
	52.24 55.10 1:07.93 45.14			
11	Harvey, Olivia	12	PembrokeDist	3:42.65
12	Tree, Lois	11	Haverfordwes	3:43.36
	59.20 50.05 1:05.12 48.99			
13	Hefford, Ella	11	Rhondda	3:46.39
	55.70 55.08 1:07.04 48.57			
14	Moseley, Mair	11	PembrokeDist	4:28.85
	1:06.85 1:07.23 1:15.94 58.83			
---	Brookman, Martha	12	Pontypridd	DQ
	9.4 Finish of section not in accordance with rule of the stroke concerned (cc			
	55.89 53.24 1:08.25 48.90			
---	Major, Esmee	12	Haverfordwes	DQ

Event 303 Girls 13-14 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Hnoiana, Valya	14	Swansea Aq	2:43.18
2	Polverino, Tilly	13	Neath	2:55.47
3	Jones, Alexa	13	Llanelli	2:58.48
4	Hefford, Ava	14	Rhondda	3:04.14
5	Glenham, Scarlett	14	Rhondda	3:06.09
6	Lloyd, Freya	14	Llanelli	3:21.83
	42.30 48.98 1:04.79 45.76			
7	Evans, Mari	14	Carmarthen	3:26.31
8	Jenkins, Alys	13	Amman Valley	3:27.80
9	Houlding, Holly	13	Neath	3:28.96
10	Kelly, Freya	13	Pontypridd	3:47.43
	53.20 56.09 1:08.60 49.54			

Event 303 Women 15-16 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Upton-Boorman, Isabella	16	Nofio S Gar	2:45.25
2	Jenkins, Alexandra G	16	Swansea Aq	2:51.63
3	Strong, Cerys	15	Amman Valley	3:24.37
4	Jones, Alanna	16	Aberystwyth	3:42.33
	50.26 54.80 1:06.77 50.50			

Event 303 Boys 9-10 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Morgan, Jim	9	Haverfordwes	4:07.69
	2:02.12 1:12.04 53.53			
---	Collins, Hudson	10	Rhondda	DQ
	7.1 More than one butterfly kick prior to first breaststroke kick after the sta			
	54.06 57.33 1:03.54 48.61			

Event 303 Boys 11-12 200 SC Meter IM

	Name	Age	Team	Finals Time
1	May-John, Dylan	11	Aberystwyth	3:05.82
2	Evans, Wolfgang	12	PembrokeDist	3:06.10
3	Wickland, Jonah	11	PembrokeDist	3:12.97
4	Schneiweiss Tommasin, Benja	12	Swansea Aq	3:14.83
5	Danks, Toby	12	Haverfordwes	3:16.48
6	Treinis, Lucian	12	Tenby	3:21.49
7	Tucker, Elliot	11	Rhondda	3:24.36

Event 303 Boys 13-14 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Jones, Dafydd	14	Carmarthen	2:29.04
2	Monan, Euan	13	Tenby	2:49.13
3	Lummis, Oscar	13	Pontypridd	2:51.59
4	Pirmohamed, Eshan A	13	Swansea Aq	3:10.50
5	Youlden, George	13	Pontypridd	3:19.66
	47.42 1:51.45 40.79			

Event 303 Men 15-16 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Hale, Oliver S	15	Swansea Aq	2:32.35
2	Higgins, Finley J	15	Swansea Aq	2:46.59