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

Meet Program - Session 3 (Warmup 2.25 - 3.15)

Event 301 Female 11 & Over 1500 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 3 Finals					
1					____
2	Edmunds, Freya	13	Llanelli	27:02.59	____
3	Morgan, Lily	15	Tenby	26:02.41	____
4	Soul, Anna F	12	Swansea Aq	25:47.56	____
5	Emam, Lina	13	Swansea Aq	25:53.06	____
6	Oseng-Rees, Eira	13	Swansea Aq	26:20.80	____
7	Organ, Eleanor L	11	Swansea Aq	28:12.69	____
8					____
Heat 2 of 3 Finals					
1	Morgan, Iolah	12	Haverfordwes	24:34.80	____
2	#Roberts Mylan, Sophie I	14	Swansea Aq	22:40.05	____
3	Fenemore, Emily Grace	14	Carmarthen	22:31.73	____
4	Kurys, Emiliese	12	Carmarthen	21:57.46	____
5	Hawkins, Lottie	13	Haverfordwes	22:25.32	____
6	Hughes, Isla	14	Caerphilly	22:34.00	____
7	Mason, Ezmee	13	Haverfordwes	23:56.28	____
8	#Roberts Mylan, Ffion C	14	Swansea Aq	25:22.46	____
Heat 3 of 3 Finals					
1	Williams, Eirwen N	14	Swansea Aq	21:35.30	____
2	#Beasley, Evaleigh D	13	Swansea Aq	20:50.56	____
3	James, Izzy	13	Rhondda	20:32.70	____
4	Davies, Ava-Rose	13	Nofio S Gar	19:46.33	____
5	Burns, Freya	15	Nofio S Gar	19:47.59	____
6	May, Gwen	14	Rhondda	20:34.50	____
7	Davies, Macy	14	Torfaen D	21:14.50	____
8	Pinnock, Betsan R	14	Swansea Aq	21:40.61	____

Event 302 Mixed 9 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 7 Finals					
1					____
2	Jenkins, Ianto	M9	Bridgend SC	NT	____
3	Powell, Fred	M10	Haverfordwes	NT	____
4	Monan, Frances	W10	Tenby	NT	____
5	Divers, Olivia-lilly	W10	Swansea Aq	NT	____
6	Boyle, Olivia	W9	PembrokeDist	NT	____
7	Morgan, Jim	M9	Haverfordwes	NT	____
8					____
Heat 2 of 7 Finals					
1	Davies, Ezra	M10	Bridgend SC	NT	____
2	Williams, Emily	W10	Llanelli	NT	____
3	Gill, Efan	M10	Bridgend SC	NT	____
4	Nicklin, Parker	W11	Amman Valley	NT	____
5	Borthwick, Ewan	M11	Aberavon	NT	____
6	Powell, Leila	W10	Haverfordwes	NT	____
7	Shaw, Penny	W10	Tenby	NT	____
8	Hughes, Isaac W	M10	Swansea Aq	NT	____
Heat 3 of 7 Finals					
1	Rabaiotti, Orla-Rae	W11	Swansea Aq	NT	____
2	Burton, Darcie M	W12	Swansea Aq	NT	____
3	Houlding, Holly	W13	Neath	NT	____
4	Owen-Rees, Scarlett	W13	Aberavon	NT	____
5	Morris, Blair	W13	Neath	NT	____
6	Evans, Lowri Carys	W12	Carmarthen	NT	____
7	Antwhistle, Esme W	W12	Swansea Aq	NT	____
8	Taylor, Kingsley C	M11	Swansea Aq	NT	____
Heat 4 of 7 Finals					
1	Toutt, Molly	W14	Amman Valley	NT	____
2	Longar, Miriam Elena Patrci	W14	Carmarthen	NT	____
3	Arnold, Harry	M15	Pontypridd	NT	____
4	Price, James D	M16	Pontypridd	NT	____
5	Coles, Ieuan	M16	Pontypridd	NT	____
6	Goodman, Lola	W15	Swansea Aq	NT	____
7	Mitrjaikina, Scarlet	W14	Swansea Aq	NT	____
8	Williams, Alys Lowri	W13	Carmarthen	NT	____
Heat 5 of 7 Finals					
1	Mruk, Lucas	M18	Torfaen D	NT	____
2	El Saghir, Mohamed Salah	M15	Carmarthen	6:39.77	____
3	Monan, Hazel	W11	Tenby	6:22.72	____
4	%Philpott, Lowri S14	W15	Llanelli	6:20.30	____
5	Morgan, Thomas	M14	Llanelli	6:21.58	____
6	Morgan, Summer	W10	Heads Valley	6:36.16	____
7	Major, Esmee	W12	Haverfordwes	7:06.29	____
8	Rowlands, Sion	M17	Neath	NT	____
Heat 6 of 7 Finals					
1	Mcadie, Isaac	M14	Neath	5:57.72	____
2	Thomas, Caitlyn	W17	Neath	5:53.62	____
3	Morris, Megan	W13	Neath	5:42.13	____
4	Jones, Jess	W14	Pontypridd	5:27.62	____
5	Gwenter, Isobel	W12	Neath	5:31.07	____
6	Clay, Emelia S	W12	Swansea Aq	5:51.68	____
7	Jewell, Zoe	W14	Tenby	5:54.76	____
8	Lummis, Arthur	M11	Pontypridd	6:13.38	____
Heat 7 of 7 Finals					
1	Sekula, Szymon	M15	Rhondda	5:09.18	____
2	Jenkins, Elli J	W15	Swansea Aq	5:02.80	____
3	Ballinger, Scarlett	W15	Rhondda	4:56.41	____
4	Patterson, Hollie May	W14	Carmarthen	4:51.30	____
5	Davies, Isabella	W15	Nofio S Gar	4:55.12	____
6	Sekula, Mateusz	M15	Rhondda	4:58.50	____
7	Marques-Jones, Felix	M13	Carmarthen	5:04.70	____
8	Bool, Iolo	M13	Haverfordwes	5:11.62	____

Event 303 Mixed 9 & Over 200 SC Meter IM

Lane	Name	Age	Team	Seed Time	
Heat 1 of 9 Finals					
1					____
2					____
3	Bool, Lani	W10	Haverfordwes	NT	____
4	Raistrick, Evelyn	W10	Amman Valley	NT	____
5	Collins, Hudson	M10	Rhondda	NT	____
6					____
7					____
8					____
Heat 2 of 9 Finals					
1					____
2	Kania, Joshua	M11	Tenby	NT	____
3	Moseley, Mair	W11	PembrokeDist	NT	____
4	Boyle, Olivia	W9	PembrokeDist	4:32.80	____
5	Hefford, Ella	W11	Rhondda	NT	____
6	Gregory, Grace	W11	Amman Valley	NT	____
7	Danks, Una	W10	Haverfordwes	NT	____
8					____

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

Meet Program - Session 3 (Warmup 2.25 - 3.15)

Heat 3 Finals (#303 Mixed 9 & Over 200 SC Meter IM)

1	Brookman, Martha	W12	Pontypridd	4:19.87	____
2	Kelly, Freya	W13	Pontypridd	4:11.53	____
3	Burley, Florence	W11	Neath	3:59.57	____
4	Morgan, Poppy	W10	Llanelli	3:55.90	____
5	O'Hara, Gracie	W10	Aberavon	3:56.14	____
6	Dyde, Bethan	W10	PembrokeDist	4:04.75	____
7	Adams, Elizabeth	W11	Haverfordwes	4:16.15	____
8	Morgan, Jim	M9	Haverfordwes	4:25.25	____

Heat 4 of 9 Finals

1	Tree, Lois	W11	Haverfordwes	3:54.12	____
2	Weeks, Mali	W11	Pontypridd	3:50.30	____
3	Williams, Tom	M11	Haverfordwes	3:45.70	____
4	Lloyd, Freya	W14	Llanelli	3:42.71	____
5	Benson, Annabelle	W11	Pontypridd	3:43.96	____
6	Jones, Alanna	W16	Aberystwyth	3:46.05	____
7	Dalton, Daisy	W11	Haverfordwes	3:51.48	____
8	Kiernan, Emily A	W11	Swansea Aq	3:55.40	____

Heat 5 of 9 Finals

1	Harvey, Olivia	W12	PembrokeDist	3:41.19	____
2	Jones, Zara	W10	Llanelli	3:36.50	____
3	Evans, Mari	W14	Carmarthen	3:35.52	____
4	Schneiweiss Tommasin, Ber	M12	Swansea Aq	3:32.22	____
5	Danks, Toby	M12	Haverfordwes	3:35.03	____
6	Tucker, Elliot	M11	Rhondda	3:35.60	____
7	Major, Esmee	W12	Haverfordwes	3:38.74	____
8	Evans, Alys Eirie	W11	Carmarthen	3:42.38	____

Heat 6 of 9 Finals

1	Gil Wood, Sofia A	W11	Swansea Aq	3:29.60	____
2	Strong, Cerys	W15	Amman Valley	3:25.78	____
3	Treinis, Lucian	M12	Tenby	3:22.42	____
4	El Saghir, Karim Salah	M12	Carmarthen	3:20.60	____
5	Thomas, Catrin	W12	Pontypridd	3:22.36	____
6	Hawksworth Garcia, Frida	W9	Swansea Aq	3:24.60	____
7	Jenkins, Alys	W13	Amman Valley	3:27.43	____
8	Houlding, Holly	W13	Neath	3:32.06	____

Heat 7 of 9 Finals

1	Demchyshyna, Viktoriia	W11	Amman Valley	3:16.22	____
2	Pirmohamed, Eshan A	M13	Swansea Aq	3:13.44	____
3	Rabaiotti, Orla-Rae	W11	Swansea Aq	3:11.67	____
4	Glenham, Scarlett	W14	Rhondda	3:05.69	____
5	Polverino, Tilly	W13	Neath	3:07.59	____
6	Wickland, Jonah	M11	PembrokeDist	3:12.20	____
7	Holborow, Esmay	W10	Amman Valley	3:13.62	____
8	May-John, Dylan	M11	Aberystwyth	3:19.48	____

Heat 8 of 9 Finals

1	Hefford, Ava	W14	Rhondda	3:02.38	____
2	Hnoiana, Valya	W14	Swansea Aq	3:02.30	____
3	Jones, Alexa	W13	Llanelli	3:01.70	____
4	Lummis, Oscar	M13	Pontypridd	2:54.62	____
5	Price, Seren	W14	Carmarthen	2:56.30	____
6	Evans, Wolfgang	M12	PembrokeDist	3:02.29	____
7	Snellgrove, Maddie	W12	Neath	3:02.31	____
8	Shelmerdine, Molly	W11	Neath	3:02.68	____

Heat 9 of 9 Finals

1	Jenkins, Alexandra G	W16	Swansea Aq	2:50.60	____
2	Goodman, Evie	W15	Swansea Aq	2:41.60	____
3	Kazmiruk, Anastasiia	W15	Nofio S Gar	2:37.38	____
4	Hale, Oliver S	M15	Swansea Aq	2:32.40	____
5	Jones, Dafydd	M14	Carmarthen	2:33.59	____
6	Upton-Boorman, Isabella	W16	Nofio S Gar	2:40.40	____
7	Monan, Euan	M13	Tenby	2:48.71	____
8	Higgins, Finley J	M15	Swansea Aq	2:51.30	____