West Wales Regional SC Championships 2026 - 06/11/2026 to 08/11/2026

Meet Program - Session 4 (Warmup 3.10 - 4.10)

Event 231 Female 11 & Over 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
Heat 1 of 7 Finals					
1					____
2	Evans, Lowri Carys	12	Carmarthen	3:32.08	____
3	Jermin, Martha	11	Llanelli	3:29.40	____
4	Davies, Phoebe	12	Tenby Dolphins	3:24.78	____
5	Antwhistle, Esme W	12	Swansea Aq	3:28.52	____
6	Popham, Nyla C	12	Swansea Aq	3:31.39	____
7					____
8					____
Heat 2 of 7 Finals					
1	Monan, Hazel	11	Tenby Dolphins	3:19.47	____
2	Phillips, Isabelle	13	Haverfordwest	3:14.70	____
3	Prosser, Mia S	11	Tenby Dolphins	3:11.24	____
4	Titley, Lola	14	Milford Tigers	3:09.89	____
5	Mason, Ezmee	13	Haverfordwest	3:10.03	____
6	Arnold, Olivia	13	Milford Tigers	3:13.80	____
7	McFarlane, Mali	12	Milford Tigers	3:16.04	____
8	Harding, Esmee	12	Neath	3:21.82	____
Heat 3 of 7 Finals					
1	Williams, Eva M	12	Swansea Aq	3:05.97	____
2	Oseng-Rees, Eira	13	Swansea Aq	3:00.27	____
3	Nicklin, Parker	11	Amman Valley	2:59.68	____
4	Foldi, Kristina	14	Haverfordwest	2:55.91	____
5	Morgan, Iolah	12	Haverfordwest	2:57.63	____
6	Thomas, Leah	15	Haverfordwest	2:59.97	____
7	Dennison, Evie	14	Milford Tigers	3:02.16	____
8	Macy, Ceri	14	Aberystwyth	3:07.54	____
Heat 4 of 7 Finals					
1	Bullock, Georgia May	13	Carmarthen	2:53.85	____
2	Kellaway, Evie-Rosa	13	Aberystwyth	2:52.49	____
3	Rabaiotti, Orla-Rae	11	Swansea Aq	2:51.68	____
4	Clay, Emelia S	12	Swansea Aq	2:50.10	____
5	Miles, Megan	18	Fishguard	2:51.49	____
6	Prevel, Tilly	13	Pembroke	2:51.77	____
7	Williams, Evie	13	Milford Tigers	2:53.78	____
8	Lennon, Amelia-Rose	12	Carmarthen	2:54.08	____
Heat 5 of 7 Finals					
1	Jones, Alexa	13	Llanelli	2:50.00	____
2	Alexander, Seren	16	Aberystwyth	2:48.05	____
3	Price, Seren	14	Carmarthen	2:45.18	____
4	Griffiths, Ffion	15	Tenby Dolphins	2:43.55	____
5	Morris, Besi	13	Amman Valley	2:43.74	____
6	Morris, Blair	13	Neath	2:47.68	____
7	Morris, Ffion	14	Tenby Dolphins	2:48.79	____
8	Hall, Ellena	15	Fishguard	2:50.01	____
Heat 6 of 7 Finals					
1	Holmes, Seren	17	Neath	2:36.85	____
2	Davies, Elizabeth	13	Tenby Dolphins	2:35.26	____
3	Pinnock, Betsan R	14	Swansea Aq	2:33.02	____
4	Williams, Paige T	14	Swansea Aq	2:31.82	____
5	Bruce, Skye	17	Tenby Dolphins	2:32.75	____
6	Layland, Seren	15	Penyrheol	2:34.54	____
7	Bissicks, Cari	15	Neath	2:35.36	____
8	Upton-Boorman, Isabella	16	Carmarthen	2:37.67	____
Heat 7 of 7 Finals					
1	Jones, Hunydd	15	Carmarthen	2:28.26	____
2	Howells-Davies, Lana	18	Swansea Uni	2:26.75	____
3	Davies, Isla	13	Amman Valley	2:22.72	____
4	Nichols, Grace	16	Haverfordwest	2:19.85	____
5	Williams, Jody	20	Swansea Uni	2:20.81	____
6	Ridley, Madeleine	20	Swansea Uni	2:26.47	____
7	#Beasley, Evaleigh D	13	Swansea Aq	2:28.10	____
8	Jenkins, Elli J	15	Swansea Aq	2:31.19	____

Event 232 Boys 11 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time	
Heat 1 of 6 Finals					
1	Kummer, Seb	11	Milford Tigers	1:38.50	____
2	Taylor, Kingsley C	11	Swansea Aq	1:36.48	____
3	Lewis, Ollie	12	Afan Valley	1:33.78	____
4	Rees, Derryn H	12	Swansea Aq	1:32.85	____
5	Marques-Jones, Idris	12	Carmarthen	1:33.24	____
6	Gray, Ioan	12	Fishguard	1:36.32	____
7	Hearne, Logan	11	Tenby Dolphins	1:37.48	____
8	Mowbray-Rees, Myles	11	Swansea Aq	1:41.98	____
Heat 2 of 6 Finals					
1	Wickland, Jonah	11	Pembroke	1:31.27	____
2	Fretwell, Logan	12	Milford Tigers	1:29.19	____
3	Jones, Carter A	13	Swansea Aq	1:28.18	____
4	Lawrence, Rhodri	12	Fishguard	1:26.40	____
5	Moore, Freddy	11	Fishguard	1:26.70	____
6	Lee, Ioan	11	Llanelli	1:28.43	____
7	Falconer, Jacob	12	Neath	1:30.13	____
8	Treinis, Lucian	12	Tenby Dolphins	1:32.31	____
Heat 3 of 6 Finals					
1	El Saghir, Karim Salah	12	Carmarthen	1:25.06	____
2	Whatmore, Finley	13	Milford Tigers	1:23.00	____
3	Phillips, Ieuan	13	Fishguard	1:20.38	____
4	Jermin, Morgan	13	Llanelli	1:19.67	____
5	Leahy, Herbie	12	Haverfordwest	1:20.04	____
6	David, Ioan	14	Haverfordwest	1:20.45	____
7	Couzens, Sebastian	13	Fishguard	1:24.16	____
8	Evans, Wolfgang	12	Pembroke	1:25.98	____
Heat 4 of 6 Finals					
1	Dadswell, Harry	13	Haverfordwest	1:16.62	____
2	Green, William	14	Aberystwyth	1:13.78	____
3	Marques-Jones, Felix	14	Carmarthen	1:13.24	____
4	Morgan, Thomas	14	Llanelli	1:12.72	____
5	Hall, Ethan	17	Fishguard	1:12.86	____
6	Pyzer, Cyrus Alexander	13	Carmarthen	1:13.56	____
7	Abell, Ronan	14	Neath	1:14.87	____
8	King, Hamish	14	Aberystwyth	1:17.55	____
Heat 5 of 6 Finals					
1	Antwhistle, Isaac J	14	Swansea Aq	1:12.40	____
2	Bowes, James	14	Carmarthen	1:12.00	____
3	Thomas, Tristan	16	Milford Tigers	1:09.80	____
4	Gray, Gruffudd I	17	Swansea Aq	1:07.20	____
5	Noden, Rory	14	Haverfordwest	1:08.10	____
6	Jones, Dafydd	14	Carmarthen	1:10.04	____
7	Lerigo, Oli	16	Aberystwyth	1:12.10	____
8	Hale, Oliver S	15	Swansea Aq	1:12.70	____

West Wales Regional SC Championships 2026 - 06/11/2026 to 08/11/2026

Meet Program - Session 4 (Warmup 3.10 - 4.10)

Heat 6 Finals (#232 Boys 11 & Over 100 SC Meter Backstroke)

1	Galbraith, Elian	17	Llanelli	1:06.16	____
2	Harwood, Jack	15	Haverfordwest	1:03.43	____
3	Mottram, Joseph	19	Swansea Uni	57.25	____
4	Edwards, Rhys	24	Swansea Uni	55.93	____
5	West, Dexter	17	Fishguard	57.17	____
6	Johnstone, Daniel	19	Swansea Uni	58.80	____
7	King, Ethan	14	Penyrheol	1:03.80	____
8	Morgan, Cole	15	Celtic D.	1:06.30	____

Event 233 Female 11 & Over 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time	
Heat 1 of 2 Finals					
1					____
2					____
3	Kurys, Emiliese	12	Carmarthen	3:10.18	____
4	Hawkins, Lottie	13	Haverfordwest	3:05.81	____
5	Kaill-Franks, Nia	15	Fishguard	3:09.56	____
6					____
7					____
8					____
Heat 2 of 2 Finals					
1	Snellgrove, Maddie	12	Neath	3:01.81	____
2	George, Eilir	16	Llanelli	2:56.80	____
3	McFarlane, Una	15	Milford Tigers	2:48.20	____
4	Deakin, Ellena	18	Swansea Uni	2:20.20	____
5	Berner, Iyla	13	Carmarthen	2:28.46	____
6	Hall, Isabelle	15	Fishguard	2:54.46	____
7	#Roberts Mylan, Ffion C	14	Swansea Aq	2:59.40	____
8					____

Event 234 Boys 11 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 4 Finals					
1	Avery, Thomas	11	Afan Valley	6:52.37	____
2	Hearne, Logan	11	Tenby Dolphins	6:29.11	____
3	Treinis, Lucian	12	Tenby Dolphins	6:21.30	____
4	Munt, Oliver	13	Haverfordwest	5:56.56	____
5	Gray, Ioan	12	Fishguard	6:17.54	____
6	Fretwell, Logan	12	Milford Tigers	6:27.39	____
7	Arnold, Dylan	11	Celtic D.	6:41.71	____
8					____
Heat 2 of 4 Finals					
1	Phillips, Ieuan	13	Fishguard	5:49.20	____
2	Lewis, Ollie	12	Afan Valley	5:32.62	____
3	Abell, Ronan	14	Neath	5:12.78	____
4	Backen, Frederick	14	Fishguard	5:08.08	____
5	Moore, Hari	14	Fishguard	5:11.57	____
6	Jones, Tomi	14	Neath	5:17.70	____
7	David, Ioan	14	Haverfordwest	5:42.59	____
8	Monan, Euan	13	Tenby Dolphins	5:50.24	____
Heat 3 of 4 Finals					
1	Lewis, Henry	14	Neath	4:45.80	____
2	Burt, Caio	16	Llanelli	4:42.75	____
3	Morgan, Ben	17	Haverfordwest	4:32.81	____
4	Williams, Thomas	16	Llanelli	4:21.30	____
5	Evans, Sam	14	Haverfordwest	4:25.80	____
6	James, Matthew	19	Swansea Uni	4:39.80	____
7	Thomas, Rhys	16	Haverfordwest	4:44.07	____
8	Higgins, Finley J	15	Swansea Aq	5:07.47	____
Heat 4 of 4 Finals					
1	Cressey-Rodgers, Ioan	21	Swansea Uni	4:15.42	____
2	Mistry, Manav	19	Swansea Uni	4:12.30	____
3	Silverstone, Solomon	17	Haverfordwest	4:06.94	____
4	Gillett, Oliver	19	Swansea Uni	3:59.17	____
5	Twigger, Owen P	17	Swansea Aq	4:04.60	____
6	Broom, Dylan	24	Swansea Uni	4:08.80	____
7	Evans, Ieuan	19	Swansea Uni	4:14.80	____
8	Bradley, Mathew	20	Swansea Uni	4:18.91	____

Event 235 Female 11 & Over 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 10 Finals					
1	Milsom, Scarlet	11	Afan Valley	3:11.26	____
2	Beecham, Emelia-May	12	Fishguard	3:06.58	____
3	Watkins, Eleanor R	12	Afan Valley	3:04.94	____
4	Allan, Imogen	13	Afan Valley	3:02.64	____
5	Prosser, Mia S	11	Tenby Dolphins	3:03.53	____
6	Llewellyn, Anwen	12	Haverfordwest	3:05.04	____
7	Major, Esmee	12	Haverfordwest	3:09.47	____
8	Tree, Lois	11	Haverfordwest	3:18.08	____
Heat 2 of 10 Finals					
1	Roberts, macy	13	Afan Valley	3:01.68	____
2	Monan, Hazel	11	Tenby Dolphins	2:58.19	____
3	Rogers, Mia	12	Pembroke	2:57.59	____
4	Knight, Anna	13	Celtic D.	2:55.69	____
5	Harding, Esmee	12	Neath	2:56.38	____
6	Symmonds, Taya	11	Haverfordwest	2:58.17	____
7	Fincher, Cari	13	Llanelli	2:59.91	____
8	Antwhistle, Esme W	12	Swansea Aq	3:01.96	____
Heat 3 of 10 Finals					
1	Toutt, Molly	14	Amman Valley	2:51.84	____
2	Harvey-Flinn, Ruby E	13	Swansea Aq	2:48.57	____
3	Dashfield, Olivia	13	Tenby Dolphins	2:46.98	____
4	Clement, Darcey	14	Afan Valley	2:46.26	____
5	Jewell, Zoe	14	Tenby Dolphins	2:46.36	____
6	Arnold, Olivia	13	Milford Tigers	2:47.30	____
7	Titley, Lola	14	Milford Tigers	2:49.30	____
8	Davies, Phoebe	12	Tenby Dolphins	2:53.70	____
Heat 4 of 10 Finals					
1	Iturbe, Carys	13	Neath	2:45.43	____
2	Kurys, Bonnie Phoebe	13	Carmarthen	2:45.08	____
3	#Roberts Mylan, Sophie I	14	Swansea Aq	2:40.77	____
4	Kellaway, Evie-Rosa	13	Aberystwyth	2:40.56	____
5	Gale, Jasmine	16	Afan Valley	2:40.62	____
6	David, Emily	15	Haverfordwest	2:44.86	____
7	Bullock, Georgia May	13	Carmarthen	2:45.15	____
8	Husband, Alysia	11	Haverfordwest	2:46.21	____
Heat 5 of 10 Finals					
1	Alexander, Seren	16	Aberystwyth	2:39.50	____
2	#Roberts Mylan, Ffion C	14	Swansea Aq	2:38.12	____
3	Foldi, Kristina	14	Haverfordwest	2:37.39	____
4	Williams, Evie	13	Milford Tigers	2:36.70	____
5	Roberts-Truman, Betsan H	14	Neath	2:36.78	____
6	Roberts, Arwyn	13	Afan Valley	2:37.99	____
7	Prevel, Tilly	13	Pembroke	2:38.31	____
8	Fenemore, Emily Grace	14	Carmarthen	2:40.45	____

West Wales Regional SC Championships 2026 - 06/11/2026 to 08/11/2026

Meet Program - Session 4 (Warmup 3.10 - 4.10)

Heat 6 Finals (#235 Female 11 & Over 200 SC Meter Freestyle)

1	Hughes, Megan	13	Celtic D.	2:33.79	____
2	Williams, Grace	15	Neath	2:32.45	____
3	Parry, Abigail	13	Carmarthen	2:32.00	____
4	Holloway, Olivia	17	Afan Valley	2:31.34	____
5	Harris, Chloe	14	Celtic D.	2:31.83	____
6	Knight, Lily	16	Celtic D.	2:32.10	____
7	Enoch, Erin Lois	12	Carmarthen	2:33.10	____
8	Oseng-Rees, Eira	13	Swansea Aq	2:36.53	____

Heat 7 of 10 Finals

1	Mitrjaikina, Scarlet	14	Swansea Aq	2:29.00	____
2	Austin, Sophie Haf	13	Celtic D.	2:28.76	____
3	Jenkins, Alexandra G	17	Swansea Aq	2:27.86	____
4	Upton-Boorman, Isabella	16	Carmarthen	2:26.60	____
5	Williams, Eirwen N	14	Swansea Aq	2:27.78	____
6	Koo, Kathryn	17	Tenby Dolphins	2:28.12	____
7	Dyde, Pheobe	14	Pembroke	2:28.96	____
8	Mason, Ezmee	13	Haverfordwest	2:29.31	____

Heat 8 of 10 Finals

1	#Beasley, Evaleigh D	13	Swansea Aq	2:24.10	____
2	Szmigiero, Kaya	13	Aberystwyth	2:23.64	____
3	Powell, Nina	14	Haverfordwest	2:22.60	____
4	Pinnock, Betsan R	14	Swansea Aq	2:21.95	____
5	Dash, Amelie	15	Milford Tigers	2:22.45	____
6	Davies, Erin	15	Celtic D.	2:23.42	____
7	Goodman, Evie	15	Swansea Aq	2:23.80	____
8	Hall, Ellena	15	Fishguard	2:24.93	____

Heat 9 of 10 Finals

1	Layland, Seren	15	Penyrheol	2:19.30	____
2	Goodman, Lola	15	Swansea Aq	2:18.97	____
3	Patterson, Hollie May	15	Carmarthen	2:16.60	____
4	Gray, Edith	18	Swansea Uni	2:13.30	____
5	Clissold, Bronwyn	18	Tenby Dolphins	2:15.88	____
6	Davies, Elizabeth	13	Tenby Dolphins	2:17.32	____
7	%Webb, Saskia S14	19	Haverfordwest	2:19.00	____
8	Watkins, Mylee	16	Neath	2:21.11	____

Heat 10 of 10 Finals

1	Roberts, Megan	19	Swansea Uni	2:10.44	____
2	Nichols, Grace	16	Haverfordwest	2:09.10	____
3	Cumner, Megan	19	Swansea Uni	2:07.50	____
4	Monks, Aimee	21	Swansea Uni	1:56.76	____
5	Griffiths, Cerys	16	Haverfordwest	2:04.72	____
6	Davies, Isla	13	Amman Valley	2:09.00	____
7	Geach, Libbie	17	Amman Valley	2:10.11	____
8	Burns, Freya	15	Amman Valley	2:12.96	____