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

Results - Session 4 (Warmup 3.10 - 4.10)

Event 231 Girls 11-12 200 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	Clay, Emelia S	12	Swansea Aq	2:44.43
2	Rabaiotti, Orla-Rae	11	Swansea Aq	2:48.93
3	Nicklin, Parker	11	Amman Valley	2:53.96
4	Morgan, Iolah	12	Haverfordwest	2:59.67
5	Lennon, Amelia-Rose	12	Carmarthen	3:00.29
6	Williams, Eva M	12	Swansea Aq	3:01.59
7	McFarlane, Mali	12	Milford Tigers	3:07.00
8	Prosser, Mia S	11	Tenby Dolphins	3:07.50
9	Antwhistle, Esme W	12	Swansea Aq	3:09.16
10	Davies, Phoebe	12	Tenby Dolphins	3:14.55
11	Jermin, Martha	11	Llanelli	3:19.28
12	Popham, Nyla C	12	Swansea Aq	3:25.20
13	Evans, Lowri Carys	12	Carmarthen	3:28.85
---	Monan, Hazel	11	Tenby Dolphins	DQ

6.4 Did not start executing the turn immediately after turning onto the brea

Event 231 Girls 13-14 200 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	#Beasley, Evaleigh D	13	Swansea Aq	2:30.35
2	Williams, Paige T	14	Swansea Aq	2:31.65
3	Davies, Elizabeth	13	Tenby Dolphins	2:32.72
4	Morris, Blair	13	Neath	2:39.94
5	Williams, Evie	13	Milford Tigers	2:45.32
6	Morris, Ffion	14	Tenby Dolphins	2:47.29
7	Price, Seren	14	Carmarthen	2:48.27
8	Kellaway, Evie-Rosa	13	Aberystwyth	2:49.82
9	Foldi, Kristina	14	Haverfordwest	2:51.42
10	Jones, Alexa	13	Llanelli	2:51.99
11	Oseng-Rees, Eira	13	Swansea Aq	2:52.21
12	Morris, Besi	13	Amman Valley	2:52.79
13	Prevel, Tilly	13	Pembroke	2:57.62
14	Bullock, Georgia May	13	Carmarthen	2:59.03
15	Macy, Ceri	14	Aberystwyth	3:02.12
16	Mason, Ezmee	13	Haverfordwest	3:04.07
17	Dennison, Evie	14	Milford Tigers	3:05.30
18	Arnold, Olivia	13	Milford Tigers	3:20.58
---	Titley, Lola	14	Milford Tigers	DQ

6.4 Turn not initiated at completion of the arm pull after leaving position or

Event 231 Girls 15-16 200 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	Nichols, Grace	16	Haverfordwest	2:22.17
2	Jones, Hunydd	15	Carmarthen	2:31.03
3	Layland, Seren	15	Penyrheol	2:31.94
4	Upton-Boorman, Isabella	16	Carmarthen	2:37.11
5	Bissicks, Cari	15	Neath	2:39.03
6	Griffiths, Ffion	15	Tenby Dolphins	2:40.96
7	Hall, Ellena	15	Fishguard	2:42.44
8	Alexander, Seren	16	Aberystwyth	2:43.27
9	Thomas, Leah	15	Haverfordwest	2:51.96
---	Jenkins, Elli J	15	Swansea Aq	DQ

6.4 Did not start executing the turn immediately after turning onto the brea

Event 231 Girls 17 & Over 200 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	Williams, Jody	20	Swansea Uni	2:24.04
2	Howells-Davies, Lana	18	Swansea Uni	2:26.68
3	Ridley, Madeleine	20	Swansea Uni	2:29.81
4	Bruce, Skye	17	Tenby Dolphins	2:34.25
5	Holmes, Seren	17	Neath	2:37.00

Event 232 Boys 11-12 100 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	Leahy, Herbie	12	Haverfordwest	1:19.22
2	El Saghir, Karim Salah	12	Carmarthen	1:24.34
3	Evans, Wolfgang	12	Pembroke	1:24.89
4	Moore, Freddy	11	Fishguard	1:26.08
5	Treinis, Lucian	12	Tenby Dolphins	1:27.38
6	Lawrence, Rhodri	12	Fishguard	1:28.26
7	Fretwell, Logan	12	Milford Tigers	1:28.62
8	Lee, Ioan	11	Llanelli	1:29.22
9	Gray, Ioan	12	Fishguard	1:30.02
10	Wickland, Jonah	11	Pembroke	1:30.36
11	Falconer, Jacob	12	Neath	1:31.69
12	Hearne, Logan	11	Tenby Dolphins	1:34.02
13	Kummer, Seb	11	Milford Tigers	1:34.74
14	Marques-Jones, Idris	12	Carmarthen	1:36.70
15	Taylor, Kingsley C	11	Swansea Aq	1:37.21
---	Lewis, Ollie	12	Afan Valley	DQ

6.4 Did not start executing the turn immediately after turning onto the brea

Event 232 Boys 13-14 100 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	King, Ethan	14	Penyrheol	1:04.29
2	Noden, Rory	14	Haverfordwest	1:07.50
3	Jones, Dafydd	14	Carmarthen	1:10.28
4	Antwhistle, Isaac J	14	Swansea Aq	1:11.10
5	Bowes, James	14	Carmarthen	1:11.85
6	Abell, Ronan	14	Neath	1:13.80
7	Pyzer, Cyrus Alexander	13	Carmarthen	1:13.86
8	Marques-Jones, Felix	14	Carmarthen	1:14.01
9	Dadswell, Harry	13	Haverfordwest	1:14.77
10	King, Hamish	14	Aberystwyth	1:16.24
11	Jermin, Morgan	13	Llanelli	1:18.08
12	David, Ioan	14	Haverfordwest	1:18.81
13	Phillips, Ieuan	13	Fishguard	1:20.83
14	Whatmore, Finley	13	Milford Tigers	1:22.58
15	Couzens, Sebastian	13	Fishguard	1:25.17
16	Jones, Carter A	13	Swansea Aq	1:27.13
---	Morgan, Thomas	14	Llanelli	DQ

6.4 Did not start executing the turn immediately after turning onto the brea

Event 232 Boys 15-16 100 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	Morgan, Cole	15	Celtic D.	1:04.78
2	Harwood, Jack	15	Haverfordwest	1:06.22
3	Thomas, Tristan	16	Milford Tigers	1:07.87
4	Hale, Oliver S	15	Swansea Aq	1:10.30
5	Lerigo, Oli	16	Aberystwyth	1:11.42

Event 232 Boys 17 & Over 100 SC Meter Backstroke

	Name	Age	Team	Finals Time
1	Edwards, Rhys	24	Swansea Uni	56.06
2	West, Dexter	17	Fishguard	56.20
3	Mottram, Joseph	19	Swansea Uni	58.16
4	Johnstone, Daniel	19	Swansea Uni	59.14
5	Gray, Gruffudd I	17	Swansea Aq	1:06.94
6	Galbraith, Elian	17	Llanelli	1:07.51
7	Hall, Ethan	17	Fishguard	1:13.33

Event 233 Girls 11-12 200 SC Meter Butterfly

	Name	Age	Team	Finals Time
1	Kurys, Emiliese	12	Carmarthen	2:48.59
2	Snellgrove, Maddie	12	Neath	3:05.14

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

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Event 233 Girls 13-14 200 SC Meter Butterfly

	Name	Age	Team	Finals Time
1	Berner, Iyla	13	Carmarthen	2:30.17
2	#Roberts Mylan, Ffion C	14	Swansea Aq	2:55.83
3	Hawkins, Lottie	13	Haverfordwest	3:04.14

Event 233 Girls 15-16 200 SC Meter Butterfly

	Name	Age	Team	Finals Time
1	McFarlane, Una	15	Milford Tigers	2:45.95
2	Kaill-Franks, Nia	15	Fishguard	3:02.28
---	Hall, Isabelle	15	Fishguard	DQ

8.5 Did not touch at the turn or finish with both hands, separated, simultane

Event 233 Girls 17 & Over 200 SC Meter Butterfly

	Name	Age	Team	Finals Time
1	Deakin, Ellena	18	Swansea Uni	2:24.54

Event 234 Boys 11-12 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Lewis, Ollie	12	Afan Valley	5:23.54
2	Fretwell, Logan	12	Milford Tigers	6:07.00
3	Treinis, Lucian	12	Tenby Dolphins	6:11.29
4	Gray, Ioan	12	Fishguard	6:22.91
5	Arnold, Dylan	11	Celtic D.	6:32.78
6	Avery, Thomas	11	Afan Valley	6:38.16

Event 234 Boys 13-14 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Evans, Sam	14	Haverfordwest	4:30.56
2	Lewis, Henry	14	Neath	4:47.98
3	Backen, Frederick	14	Fishguard	4:55.20
4	Moore, Hari	14	Fishguard	5:01.66
5	Munt, Oliver	13	Haverfordwest	5:11.48
6	Monan, Euan	13	Tenby Dolphins	5:16.10
7	Jones, Tomi	14	Neath	5:20.89
8	Abell, Ronan	14	Neath	5:28.07
9	David, Ioan	14	Haverfordwest	5:40.27
10	Phillips, Ieuan	13	Fishguard	5:49.02

Event 234 Boys 15-16 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Williams, Thomas	16	Llanelli	4:22.79
2	Thomas, Rhys	16	Haverfordwest	4:43.30
3	Burt, Caio	16	Llanelli	4:44.27
4	Higgins, Finley J	15	Swansea Aq	5:05.41

Event 234 Boys 17 & Over 400 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Gillett, Oliver	19	Swansea Uni	3:59.76
2	Twigger, Owen P	17	Swansea Aq	4:04.63
3	Silverstone, Solomon	17	Haverfordwest	4:10.15
4	Bradley, Mathew	20	Swansea Uni	4:12.57
5	Mistry, Manav	19	Swansea Uni	4:16.19
6	Evans, Ieuan	19	Swansea Uni	4:20.32
7	Morgan, Ben	17	Haverfordwest	4:38.84
8	James, Matthew	19	Swansea Uni	4:41.36

Event 235 Girls 11-12 200 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Enoch, Erin Lois	12	Carmarthen	2:30.87
2	Husband, Alysia	11	Haverfordwest	2:47.88
3	Davies, Phoebe	12	Tenby Dolphins	2:53.91
4	Monan, Hazel	11	Tenby Dolphins	2:54.25
5	Rogers, Mia	12	Pembroke	2:56.15
6	Antwhistle, Esme W	12	Swansea Aq	2:57.29
7	Watkins, Eleanor R	12	Afan Valley	2:57.74
8	Symmonds, Taya	11	Haverfordwest	2:58.89
9	Major, Esmee	12	Haverfordwest	3:02.00
10	Llewellyn, Anwen	12	Haverfordwest	3:02.05
11	Milsom, Scarlet	11	Afan Valley	3:10.34
12	Tree, Lois	11	Haverfordwest	3:10.94
13	Prosser, Mia S	11	Tenby Dolphins	3:13.57
14	Beecham, Emelia-May	12	Fishguard	3:17.94

Event 235 Girls 13-14 200 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Davies, Isla	13	Amman Valley	2:08.66
2	Parry, Abigail	13	Carmarthen	2:19.71
3	Pinnock, Betsan R	14	Swansea Aq	2:20.33
4	Szmigiero, Kaya	13	Aberystwyth	2:20.49
5	#Beasley, Evaleigh D	13	Swansea Aq	2:20.85
6	Davies, Elizabeth	13	Tenby Dolphins	2:21.49
7	Powell, Nina	14	Haverfordwest	2:21.82
8	Austin, Sophie Haf	13	Celtic D.	2:27.87
9	Hughes, Megan	13	Celtic D.	2:29.10
10	Williams, Eirwen N	14	Swansea Aq	2:29.28
11	Dyde, Pheobe	14	Pembroke	2:29.60
12	Mason, Ezmee	13	Haverfordwest	2:30.00
13	Harris, Chloe	14	Celtic D.	2:30.67
14	Mitrjaikina, Scarlet	14	Swansea Aq	2:32.24
15	Clement, Darcey	14	Afan Valley	2:34.13
16	Roberts, Arwyn	13	Afan Valley	2:34.28
17	Oseng-Rees, Eira	13	Swansea Aq	2:35.52
18	#Roberts Mylan, Ffion C	14	Swansea Aq	2:36.92
19	Foldi, Kristina	14	Haverfordwest	2:37.13
20	Prevel, Tilly	13	Pembroke	2:37.66
21	Kellaway, Evie-Rosa	13	Aberystwyth	2:37.68
22	Roberts-Truman, Betsan H	14	Neath	2:38.00
23	Williams, Evie	13	Milford Tigers	2:38.24
24	Toutt, Molly	14	Amman Valley	2:38.93
25	Iturbe, Carys	13	Neath	2:39.56
26	Fenemore, Emily Grace	14	Carmarthen	2:41.01
*27	#Roberts Mylan, Sophie I	14	Swansea Aq	2:41.63
*27	Kurys, Bonnie Phoebe	13	Carmarthen	2:41.63
29	Harvey-Flinn, Ruby E	13	Swansea Aq	2:43.17
30	Jewell, Zoe	14	Tenby Dolphins	2:43.23
31	Titley, Lola	14	Milford Tigers	2:45.16
32	Arnold, Olivia	13	Milford Tigers	2:45.59
33	Dashfield, Olivia	13	Tenby Dolphins	2:46.34
34	Bullock, Georgia May	13	Carmarthen	2:49.55
35	Allan, Imogen	13	Afan Valley	2:49.86
36	Knight, Anna	13	Celtic D.	2:51.49
37	Roberts, macy	13	Afan Valley	2:55.66
38	Fincher, Cari	13	Llanelli	2:58.09

Event 235 Girls 15-16 200 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Griffiths, Cerys	16	Haverfordwest	2:06.26
2	Nichols, Grace	16	Haverfordwest	2:11.31
3	Patterson, Hollie May	15	Carmarthen	2:16.77
4	Watkins, Mylee	16	Neath	2:17.95
5	Burns, Freya	15	Amman Valley	2:19.95
6	Goodman, Lola	15	Swansea Aq	2:20.43
7	Dash, Amelie	15	Milford Tigers	2:22.55
8	Layland, Seren	15	Penyrheol	2:23.21
9	Hall, Ellena	15	Fishguard	2:25.35

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

Results - Session 4 (Warmup 3.10 - 4.10)

(Event 235 Girls 15-16 200 SC Meter Freestyle)

	Name	Age	Team	Finals Time
10	Goodman, Evie	15	Swansea Aq	2:30.08
11	Knight, Lily	16	Celtic D.	2:31.28
12	Alexander, Seren	16	Aberystwyth	2:31.85
13	Williams, Grace	15	Neath	2:32.23
14	David, Emily	15	Haverfordwest	2:48.66
15	Gale, Jasmine	16	Afan Valley	2:49.23

Event 235 Girls 17 & Over 200 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Cumner, Megan	19	Swansea Uni	2:08.33
2	Geach, Libbie	17	Amman Valley	2:10.82
3	Roberts, Megan	19	Swansea Uni	2:11.48
4	Clissold, Bronwyn	18	Tenby Dolphins	2:15.31
5	Koo, Kathryn	17	Tenby Dolphins	2:24.44
6	Jenkins, Alexandra G	17	Swansea Aq	2:26.43
7	Holloway, Olivia	17	Afan Valley	2:32.04

Event 235 Girls 200 SC Meter Freestyle Multi-Class

	Name	Age	Team	Finals Time
1	%Webb, Saskia S14	19	Haverfordwest	2:19.79