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

Results - Session 5 (Warmup 8.00 - 9.00)

Event 311 Girls 11-12 50 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Lennon, Amelia-Rose	12	Carmarthen	38.23
2	Jones, Myla	11	Swansea Aq	38.70
3	Holness, Camille S	12	Swansea Aq	41.66
4	Holborow, Esmay	11	Amman Valley	42.48
5	Nicklin, Parker	11	Amman Valley	43.89
6	Enoch, Erin Lois	12	Carmarthen	43.96
7	Hooper, Olivia R	11	Swansea Aq	43.97
8	Evans, Cora Eirlys	12	Carmarthen	44.43
9	Prince, Edith S	12	Swansea Aq	44.47
10	McFarlane, Mali	12	Milford Tigers	45.34
11	Jones, Gwenllian	11	Carmarthen	45.50
12	Husband, Alysia	11	Haverfordwest	48.10
13	Demchyshyna, Viktoriia	11	Amman Valley	48.12
14	Shearan, Imogen	11	Afan Valley	48.50
15	Duncan, Miriam Grug	11	Carmarthen	48.62
16	Symmonds, Taya	11	Haverfordwest	48.92
17	Rogers, Mia	12	Pembroke	48.94
18	Prosser, Mia S	11	Tenby Dolphins	49.08
19	Hyett, Antonina	12	Celtic D.	49.69
20	Evans, Lowri Carys	12	Carmarthen	50.06
21	Felton, Catrin	11	Celtic D.	50.35
22	Monan, Hazel	11	Tenby Dolphins	50.72
23	Madge, Brianna	12	Celtic D.	50.76
24	Wilkins, Ameila	11	Afan Valley	50.82
25	Roscoe, Evelyn	11	Haverfordwest	51.32
26	Shepherd, Amelia H	12	Celtic D.	52.00
27	Griffith, Ariana M	11	Swansea Aq	52.88
28	Jermin, Martha	11	Llanelli	54.86
29	Morgan, Poppy	11	Llanelli	57.86
---	Watkins, Eleanor R	12	Afan Valley	DQ

7.1 Head did not break the surface before the hands turned inward at the w

Event 311 Girls 13-14 50 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Parry, Abigail	13	Carmarthen	34.15
2	Summerfield, Lucy	14	Llanelli	36.47
3	Gil Wood, Elena	14	Swansea Aq	38.45
4	Williams, Paige T	14	Swansea Aq	38.66
5	Kurys, Bonnie Phoebe	13	Carmarthen	39.64
6	Mitrjaikina, Scarlet	14	Swansea Aq	39.82
7	Coles, Aria	13	Neath	40.18
8	Davies, Ava-Rose	13	Llanelli	40.22
9	Dashfield, Olivia	13	Tenby Dolphins	40.61
10	Longar, Miriam Elena Patrcia	14	Carmarthen	40.63
11	Morris, Megan	13	Neath	42.89
12	Clement, Darcey	14	Afan Valley	43.22
13	Toutt, Molly	14	Amman Valley	43.38
14	Dennison, Evie	14	Milford Tigers	43.67
15	Iturbe, Carys	13	Neath	43.75
16	Sharpe, Lillie	14	Llanelli	43.98
17	Griffiths, Isla	13	Tenby Dolphins	44.14
18	Harris, Chloe	14	Celtic D.	44.19
19	Williams, Lois G	14	Swansea Aq	45.00
20	Roberts, Arwyn	13	Afan Valley	45.23
21	Allan, Imogen	13	Afan Valley	45.85
22	Jarrold, Tilly	13	Pembroke	46.09
23	Alexander, Fflur	13	Aberystwyth	46.19
24	Harrison, Abigail	14	Neath	46.60
25	Jenkins, Olivia I	13	Swansea Aq	46.61
26	Williams, Alys Lowri	13	Carmarthen	46.95
27	Price, Seren	14	Carmarthen	47.16
28	Roberts, macy	13	Afan Valley	47.45
29	Bullock, Georgia May	13	Carmarthen	47.55
30	Fenemore, Emily Grace	14	Carmarthen	47.71
31	Titley, Lola	14	Milford Tigers	47.81
32	Oseng-Rees, Eira	13	Swansea Aq	48.05
33	Fincher, Cari	13	Llanelli	49.61
---	Kellaway, Evie-Rosa	13	Aberystwyth	DQ

Event 311 Girls 15-16 50 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Davies, Isabella	15	Llanelli	37.29
2	Patterson, Hollie May	15	Carmarthen	37.74
3	Dash, Amelie	15	Milford Tigers	38.91
4	Kaill-Franks, Nia	15	Fishguard	39.73
5	Snellgrove, Chloe	16	Amman Valley	40.59
6	Hughes, Seren	15	Neath	41.16
7	Hughes, Mollie	15	Celtic D.	41.42
8	Pearce, Ava	15	Afan Valley	42.24
9	Williams, Grace	15	Neath	44.77

Event 311 Girls 17 & Over 50 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Snook, Vanessa	18	Swansea Uni	34.10
2	Sait, Erika	20	Swansea Uni	34.13
3	Oliver, Phoebe	18	Swansea Uni	36.07
4	Williams, Marys E	17	Swansea Aq	38.05
5	English, Lacey	18	Swansea Uni	39.35
6	Ostrowski, Julia	17	Milford Tigers	39.77
7	Holloway, Olivia	17	Afan Valley	41.29

Event 312 Boys 11-12 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Williams, Lucas C	12	Swansea Aq	28.27
2	Thomas, Gabriel	11	Llanelli	32.25
3	Zheng, Ryan	11	Neath	32.33
4	Moore, Freddy	11	Fishguard	32.46
5	Hindle, Finn C	11	Swansea Aq	33.11
6	Edmunds, Rhys T	12	Swansea Aq	33.13
7	Lewis, Ollie	12	Afan Valley	33.15
8	Treinis, Lucian	12	Tenby Dolphins	33.23
9	Gray, Ioan	12	Fishguard	33.98
10	Fretwell, Logan	12	Milford Tigers	34.01
11	May-John, Dylan	11	Aberystwyth	34.26
12	Wickland, Jonah	11	Pembroke	34.38
13	Gorvett, Blu	12	Aberavon	34.57
14	Filmer, Owen	11	Aberystwyth	35.77
15	Avery, Thomas	11	Afan Valley	35.80
16	Lawrence, Rhodri	12	Fishguard	36.01
17	Hearne, Logan	11	Tenby Dolphins	36.19
18	Kummer, Seb	11	Milford Tigers	36.99
19	Taylor, Kingsley C	11	Swansea Aq	37.29
20	Kilvington, Aston J	12	Aberystwyth	37.31
21	Mowbray-Rees, Myles	11	Swansea Aq	39.15
22	Thomas, Henry	11	Haverfordwest	39.81

Event 312 Boys 13-14 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	King, Ethan	14	Penyrheol	26.58
2	Bevan, Driw	14	Llanelli	27.46
3	Jones, Dafydd	14	Carmarthen	27.70
4	Lewis, Henry	14	Neath	27.71

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

Results - Session 5 (Warmup 8.00 - 9.00)

(Event 312 Boys 13-14 50 SC Meter Freestyle)

	Name	Age	Team	Finals Time
5	Morgan, Thomas	14	Llanelli	28.39
6	Collins, Thomas	14	Penyrheol	28.80
7	Moore, Hari	14	Fishguard	28.97
8	King, Hamish	14	Aberystwyth	29.04
9	Sursona, Mateo	13	Carmarthen	29.07
10	Banner, Harry	14	Penyrheol	29.08
11	Bowes, James	14	Carmarthen	29.49
12	Dadswell, Harry	13	Haverfordwest	29.70
13	Marques-Jones, Felix	14	Carmarthen	29.76
14	Monan, Euan	13	Tenby Dolphins	29.78
15	Green, William	14	Aberystwyth	29.80
16	Jermin, Morgan	13	Llanelli	30.53
17	David, Ioan	14	Haverfordwest	30.66
18	Jackowiak, Oliver	14	Swansea Aq	31.45
19	Whatmore, Finley	13	Milford Tigers	31.80
20	Phillips, Ieuan	13	Fishguard	32.18
21	Lomas, Alexander	14	Fishguard	32.62
22	Taylor, Jasper B	14	Swansea Aq	33.34
23	Rees, Oscar	13	Llanelli	33.85
24	Schneiweiss Tommasin, Benja	13	Swansea Aq	33.86
25	Akers, Finnley	14	Afan Valley	34.37
26	Jones, Bobby	14	Neath	34.94
27	Hughes, Dylan R	13	Swansea Aq	37.03

Event 312 Boys 15-16 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Phillips, Finley	16	Llanelli	25.77
2	Morgan, Cole	15	Celtic D.	25.95
3	Elmes, Max	15	Carmarthen	26.44
4	Stuart-Lavender, Jac	16	Llanelli	26.53
5	Thomas, Tristan	16	Milford Tigers	26.73
6	Lerigo, Oli	16	Aberystwyth	27.26
7	Poole, Tomos	16	Afan Valley	28.18
8	Griffiths, Harri	16	Celtic D.	28.32
9	Higgins, Finley J	15	Swansea Aq	28.97
10	Smith, Caelan	16	Haverfordwest	29.08
11	Jones, Dion	15	Carmarthen	29.42
12	Phillips, Lucas	15	Haverfordwest	30.36
13	El Saghir, Mohamed Salah	15	Carmarthen	30.88
14	Downie, William M	15	Swansea Aq	31.05

Event 312 Boys 17 & Over 50 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Silverstone, Solomon	17	Haverfordwest	23.42
2	Greenway, Morgan	23	Swansea Uni	23.64
3	Fisher, Nahum	20	Swansea Uni	23.71
4	Colyer, Oscar	18	Swansea Uni	24.10
5	Bamborough, Jack	18	Swansea Uni	24.37
6	Johnstone, Daniel	19	Swansea Uni	24.43
7	Jones, Timothy	18	Swansea Uni	24.59
8	Evans, Monty	19	Swansea Uni	24.71
9	Mottram, Joseph	19	Swansea Uni	24.97
10	Holland, James	20	Swansea Uni	25.78
11	James, Matthew	19	Swansea Uni	25.97
12	Gray, Gruffudd I	17	Swansea Aq	26.83
13	Morgan, Ben	17	Haverfordwest	26.87
14	Bury, James	19	Swansea Uni	26.94
15	Lewis, Callum	17	Fishguard	26.99
16	Chapman, Coby L	17	Penyrheol	27.13
17	Galbraith, Elian	17	Llanelli	27.85
18	Hall, Ethan	17	Fishguard	28.41
19	Lewis, Cian	17	Neath	29.06
20	Johnstone, Isaac	20	Swansea Uni	37.87

Event 313 Girls 11-12 400 SC Meter IM

	Name	Age	Team	Finals Time
1	Enoch, Erin Lois	12	Carmarthen	6:05.57
2	Morgan, Iolah	12	Haverfordwest	6:39.69

Event 313 Girls 13-14 400 SC Meter IM

	Name	Age	Team	Finals Time
1	Parry, Abigail	13	Carmarthen	5:25.36
2	#Beasley, Evaleigh D	13	Swansea Aq	5:36.13
3	Davies, Elizabeth	13	Tenby Dolphins	5:38.93
4	Powell, Nina	14	Haverfordwest	5:42.82
5	Szmigiero, Kaya	13	Aberystwyth	5:42.83
6	Gil Wood, Elena	14	Swansea Aq	5:46.91
7	Dyde, Pheobe	14	Pembroke	5:49.69
8	Hawkins, Lottie	13	Haverfordwest	5:52.31
9	Coles, Aria	13	Neath	6:04.39
10	Morris, Ffion	14	Tenby Dolphins	6:07.37
11	Williams, Evie	13	Milford Tigers	6:12.06
12	Foldi, Kristina	14	Haverfordwest	6:21.33
13	Mason, Ezmee	13	Haverfordwest	6:25.20

Event 313 Girls 15-16 400 SC Meter IM

	Name	Age	Team	Finals Time
1	Griffiths, Cerys	16	Haverfordwest	5:11.57
2	Davies, Isabella	15	Llanelli	5:30.18
3	Jenkins, Elli J	15	Swansea Aq	5:32.18
4	Hall, Ellena	15	Fishguard	5:42.04
5	Hall, Isabelle	15	Fishguard	5:46.95
6	Kaill-Franks, Nia	15	Fishguard	6:08.07
7	Pearce, Ava	15	Afan Valley	6:13.22

Event 313 Girls 17 & Over 400 SC Meter IM

	Name	Age	Team	Finals Time
1	Williams, Jody	20	Swansea Uni	5:17.81
2	Lovelock, Hannah	18	Swansea Uni	5:37.86
3	Holmes, Seren	17	Neath	5:55.91

Event 314 Boys 11-12 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Williams, Lucas C	12	Swansea Aq	2:41.34
2	Lewis, Gethin	12	Neath	2:43.41
3	Leahy, Herbie	12	Haverfordwest	2:51.18
4	May-John, Dylan	11	Aberystwyth	3:04.08
5	Zheng, Ryan	11	Neath	3:04.27
6	Hindle, Finn C	11	Swansea Aq	3:05.33
7	Moore, Freddy	11	Fishguard	3:05.47
8	El Saghir, Karim Salah	12	Carmarthen	3:06.45
9	Lewis, Ollie	12	Afan Valley	3:10.03
10	Hearne, Logan	11	Tenby Dolphins	3:13.03
11	Fretwell, Logan	12	Milford Tigers	3:13.57
12	Wickland, Jonah	11	Pembroke	3:15.68
13	Lawrence, Rhodri	12	Fishguard	3:19.34
14	Filmer, Owen	11	Aberystwyth	3:19.44
15	Treinis, Lucian	12	Tenby Dolphins	3:21.19
16	Taylor, Kingsley C	11	Swansea Aq	3:28.70
---	Gray, Ioan	12	Fishguard	DQ

8.3 Arms not brought forward simultaneously over the water - fly

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

Results - Session 5 (Warmup 8.00 - 9.00)

Event 314 Boys 13-14 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Evans, Sam	14	Haverfordwest	2:23.81
2	Morgan, Thomas	14	Llanelli	2:27.71
3	King, Ethan	14	Penyrheol	2:29.14
4	Noden, Rory	14	Haverfordwest	2:29.92
5	Jones, Dafydd	14	Carmarthen	2:30.39
6	Antwhistle, Isaac J	14	Swansea Aq	2:30.87
7	Bowes, James	14	Carmarthen	2:33.56
8	Dadswell, Harry	13	Haverfordwest	2:35.21
9	Collins, Thomas	14	Penyrheol	2:36.50
10	Marques-Jones, Felix	14	Carmarthen	2:37.29
11	Munt, Oliver	13	Haverfordwest	2:37.52
12	Backen, Frederick	14	Fishguard	2:37.56
13	Monan, Euan	13	Tenby Dolphins	2:40.06
14	Banner, Harry	14	Penyrheol	2:40.82
15	Moore, Hari	14	Fishguard	2:41.97
16	Green, William	14	Aberystwyth	2:51.51
17	Rees, Oscar	13	Llanelli	2:52.80
18	Jermin, Morgan	13	Llanelli	2:54.73
19	Phillips, Ieuan	13	Fishguard	2:58.00

Event 314 Boys 15-16 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Phillips, Finley	16	Llanelli	2:19.43
2	Elmes, Max	15	Carmarthen	2:21.95
3	Thomas, Rhys	16	Haverfordwest	2:27.04
4	Thomas, Tristan	16	Milford Tigers	2:30.96
5	Lerigo, Oli	16	Aberystwyth	2:34.57
6	Poole, Tomos	16	Afan Valley	2:39.15
7	Smith, Caelan	16	Haverfordwest	2:46.75

Event 314 Boys 17 & Over 200 SC Meter IM

	Name	Age	Team	Finals Time
1	Armon, Jacob	23	Swansea Uni	2:03.29
2	Fraser, Lewis	26	Swansea Uni	2:03.44
3	West, Dexter	17	Fishguard	2:07.57
4	Bamborough, Jack	18	Swansea Uni	2:08.10
5	Twigger, Owen P	17	Swansea Aq	2:11.01
6	Bradley, Mathew	20	Swansea Uni	2:14.84
7	Cressey-Rodgers, Ioan	21	Swansea Uni	2:15.44
8	Evans, Ieuan	19	Swansea Uni	2:16.87
9	Silverstone, Solomon	17	Haverfordwest	2:17.84
10	Herbert, Blake	19	Swansea Aq	2:20.54
11	Galbraith, Elian	17	Llanelli	2:28.23

Event 314 Boys 200 SC Meter IM Multi-Class

	Name	Age	Team	Finals Time
1	%Read, William SM14	18	Swansea Aq	2:29.07

Event 315 Girls 11-12 100 SC Meter Butterfly

	Name	Age	Team	Finals Time
1	Kurys, Emiliese	12	Carmarthen	1:14.05
2	Snellgrove, Maddie	12	Neath	1:18.78
3	Gwenter, Isobel	12	Neath	1:20.42
4	Enoch, Erin Lois	12	Carmarthen	1:23.80
5	Demchyshyna, Viktoriia	11	Amman Valley	1:28.53

Event 315 Girls 13-14 100 SC Meter Butterfly

	Name	Age	Team	Finals Time
1	Berner, Iyla	13	Carmarthen	1:07.42
2	Rowland, Scarlett	14	Llanelli	1:11.16
3	Williams, Paige T	14	Swansea Aq	1:11.95
4	Summerfield, Lucy	14	Llanelli	1:13.72
5	Morris, Blair	13	Neath	1:18.32
6	Davies, Ava-Rose	13	Llanelli	1:18.41
7	Morris, Besi	13	Amman Valley	1:19.56
8	Mitrjaikina, Scarlet	14	Swansea Aq	1:22.63
9	Jones, Alexa	13	Llanelli	1:22.82
10	Hawkins, Lottie	13	Haverfordwest	1:23.09
11	Edmunds, Freya	13	Llanelli	1:23.73
12	Hopkins, Darcy	13	Penyrheol	1:24.97
13	Bullock, Georgia May	13	Carmarthen	1:32.55
14	Duncan, Ava	14	Amman Valley	1:32.90

Event 315 Girls 15-16 100 SC Meter Butterfly

	Name	Age	Team	Finals Time
1	Nichols, Grace	16	Haverfordwest	1:10.13
2	Bissicks, Cari	15	Neath	1:10.80
3	Dash, Amelie	15	Milford Tigers	1:12.67
4	McFarlane, Una	15	Milford Tigers	1:14.89
5	Griffiths, Ffion	15	Tenby Dolphins	1:17.39
6	Hall, Isabelle	15	Fishguard	1:17.48
7	Goodman, Evie	15	Swansea Aq	1:18.52

Event 315 Girls 17 & Over 100 SC Meter Butterfly

	Name	Age	Team	Finals Time
1	Titchener, Megan	18	Swansea Uni	1:04.15
2	Deakin, Ellena	18	Swansea Uni	1:04.43
3	Cumner, Megan	19	Swansea Uni	1:05.66
4	Snook, Vanessa	18	Swansea Uni	1:05.90
5	Lewis, Lowri	20	Neath	1:05.92
6	Geach, Libbie	17	Amman Valley	1:07.19
7	Blanch, Janelle Ashley	19	Swansea Uni	1:07.66
8	Williams, Marys E	17	Swansea Aq	1:10.94
9	Koo, Kathryn	17	Tenby Dolphins	1:16.26
10	Jenkins, Alexandra G	17	Swansea Aq	1:16.93
11	Ostrowski, Julia	17	Milford Tigers	1:19.50

Event 315 Girls 100 SC Meter Butterfly Multi-Class

	Name	Age	Team	Finals Time
1	%Webb, Saskia S14	19	Haverfordwest	1:12.99
2	%Humphrey, Eliza S11	21	Swansea Uni	1:27.48