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

Results - Session 6 (Warmup 10.55 - 11.55)

Event 321 Boys 11-12 100 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Williams, Lucas C	12	Swansea Aq	1:18.88
2	Thomas, Gabriel	11	Llanelli	1:31.24
3	Leahy, Herbie	12	Haverfordwest	1:31.63
4	Edmunds, Rhys T	12	Swansea Aq	1:35.12
5	Gorvett, Blu	12	Aberavon	1:39.31
6	El Saghir, Karim Salah	12	Carmarthen	1:40.08
7	Moore, Freddy	11	Fishguard	1:40.61
8	May-John, Dylan	11	Aberystwyth	1:41.91
9	Filmer, Owen	11	Aberystwyth	1:42.13
10	Caprilli, Valentino	12	Fishguard	1:45.72
11	Fretwell, Logan	12	Milford Tigers	1:47.84
12	Taylor, Kingsley C	11	Swansea Aq	1:49.72
13	Mowbray-Rees, Myles	11	Swansea Aq	1:50.92
14	Hearne, Logan	11	Tenby Dolphins	1:53.33
15	Kummer, Seb	11	Milford Tigers	1:57.05

Event 321 Boys 13-14 100 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Morgan, Thomas	14	Llanelli	1:12.99
2	Jones, Dafydd	14	Carmarthen	1:16.33
3	Backen, Frederick	14	Fishguard	1:19.68
4	Noden, Rory	14	Haverfordwest	1:20.12
5	Marques-Jones, Felix	14	Carmarthen	1:21.96
6	Munt, Oliver	13	Haverfordwest	1:22.91
7	King, Hamish	14	Aberystwyth	1:23.85
8	Dadswell, Harry	13	Haverfordwest	1:23.99
9	Monan, Euan	13	Tenby Dolphins	1:24.44
10	Bowes, James	14	Carmarthen	1:27.53
11	Moore, Hari	14	Fishguard	1:28.29
12	Rees, Oscar	13	Llanelli	1:33.19
13	Taylor, Jasper B	14	Swansea Aq	1:35.97
14	Phillips, Ieuan	13	Fishguard	1:37.99

Event 321 Boys 15-16 100 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Stuart-Lavender, Jac	16	Llanelli	1:06.20
2	Phillips, Finley	16	Llanelli	1:08.92
3	Thomas, Rhys	16	Haverfordwest	1:14.43
4	Smith, Caelan	16	Haverfordwest	1:18.09
5	Lerigo, Oli	16	Aberystwyth	1:18.32
6	Thomas, Tristan	16	Milford Tigers	1:19.41

Event 321 Boys 17 & Over 100 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Fraser, Lewis	26	Swansea Uni	1:01.08
2	West, Dexter	17	Fishguard	1:09.91
3	Herbert, Blake	19	Swansea Aq	1:12.09
4	Morgan, Ben	17	Haverfordwest	1:12.72
5	Lewis, Matthew D	41	Haverfordwest	1:15.74
6	Hall, Ethan	17	Fishguard	1:15.80
7	Lewis, Cian	17	Neath	1:21.80

Event 322 Girls 11-12 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Kurys, Emiliese	12	Carmarthen	1:06.00
2	Jones, Myla	11	Swansea Aq	1:06.81
3	Gwenter, Isobel	12	Neath	1:09.11
4	Clay, Emelia S	12	Swansea Aq	1:09.63
5	Soul, Anna F	12	Swansea Aq	1:09.76
6	Rabaiotti, Orla-Rae	11	Swansea Aq	1:12.96
7	Holness, Camille S	12	Swansea Aq	1:12.99
8	Snellgrove, Maddie	12	Neath	1:13.78
9	Demchyshyna, Viktoriia	11	Amman Valley	1:13.85
10	Prince, Edith S	12	Swansea Aq	1:14.08
11	Hooper, Olivia R	11	Swansea Aq	1:14.84
12	Husband, Alysia	11	Haverfordwest	1:16.84
13	Monan, Hazel	11	Tenby Dolphins	1:17.51
14	McFarlane, Mali	12	Milford Tigers	1:17.56
15	Loring, Cerys	12	Llanelli	1:17.78
16	Felton, Catrin	11	Celtic D.	1:18.00
17	Davies, Phoebe	12	Tenby Dolphins	1:18.30
18	Evans, Cora Eirlys	12	Carmarthen	1:18.53
19	Rogers, Mia	12	Pembroke	1:19.51
20	Walters, Grace E	12	Swansea Aq	1:20.18
21	Symmonds, Taya	11	Haverfordwest	1:21.79
22	Shearan, Imogen	11	Afan Valley	1:21.84
23	Shepherd, Amelia H	12	Celtic D.	1:22.96
24	Williams, Eva M	12	Swansea Aq	1:23.01
25	Antwhistle, Esme W	12	Swansea Aq	1:23.16
26	Llewellyn, Anwen	12	Haverfordwest	1:23.32
27	Prosser, Mia S	11	Tenby Dolphins	1:25.26
28	Madge, Brianna	12	Celtic D.	1:25.43
29	Evans, Lowri Carys	12	Carmarthen	1:27.11
30	Milsom, Scarlet	11	Afan Valley	1:29.33
---	Lennon, Amelia-Rose	12	Carmarthen	DQ

4.4 Initiating a start before the signal

Event 322 Girls 13-14 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Davies, Isla	13	Amman Valley	1:00.83
2	Berner, Iyla	13	Carmarthen	1:01.77
3	Szmigiero, Kaya	13	Aberystwyth	1:02.92
4	#Beasley, Evaleigh D	13	Swansea Aq	1:05.24
5	Gil Wood, Elena	14	Swansea Aq	1:05.72
6	Morris, Blair	13	Neath	1:05.91
7	Davies, Ava-Rose	13	Llanelli	1:06.09
8	Hnoiana, Valya	14	Swansea Aq	1:06.84
9	Rowland, Scarlett	14	Llanelli	1:06.88
10	Dyde, Pheobe	14	Pembroke	1:07.09
*11	Powell, Nina	14	Haverfordwest	1:07.12
*11	Pinnock, Betsan R	14	Swansea Aq	1:07.12
13	Summerfield, Lucy	14	Llanelli	1:07.13
14	Wood, Lilly	13	Neath	1:07.29
15	Mason, Ezmee	13	Haverfordwest	1:07.68
16	Hawkins, Lottie	13	Haverfordwest	1:07.88
17	Hughes, Megan	13	Celtic D.	1:08.08
18	Harris, Chloe	14	Celtic D.	1:08.28
19	Mitrjaikina, Scarlet	14	Swansea Aq	1:08.91
20	Foldi, Kristina	14	Haverfordwest	1:09.03
21	Williams, Eirwen N	14	Swansea Aq	1:09.04
22	Launder, Beatrix	13	Neath	1:09.42
23	Austin, Sophie Haf	13	Celtic D.	1:09.45
24	Morris, Ffion	14	Tenby Dolphins	1:09.66
25	Price, Seren	14	Carmarthen	1:09.69
26	Williams, Evie	13	Milford Tigers	1:10.38
27	Oseng-Rees, Eira	13	Swansea Aq	1:11.08
28	Roberts, Arwyn	13	Afan Valley	1:11.36
29	Toutt, Molly	14	Amman Valley	1:11.52
30	Clement, Darcey	14	Afan Valley	1:11.85
31	Iturbe, Carys	13	Neath	1:12.27
32	Duncan, Ava	14	Amman Valley	1:12.32
33	#Roberts Mylan, Ffion C	14	Swansea Aq	1:12.41
34	Morris, Megan	13	Neath	1:12.89

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(Event 322 Girls 13-14 100 SC Meter Freestyle)

	Name	Age	Team	Finals Time
35	Macy, Ceri	14	Aberystwyth	1:13.12
36	Morris, Besi	13	Amman Valley	1:13.36
37	Longar, Miriam Elena Patrcia	14	Carmarthen	1:13.67
38	Titley, Lola	14	Milford Tigers	1:13.77
39	Fenemore, Emily Grace	14	Carmarthen	1:14.52
40	Baylis, Ellie	14	Penyrheol	1:14.56
41	Hopkins, Darcy	13	Penyrheol	1:14.74
42	Jewell, Zoe	14	Tenby Dolphins	1:14.87
43	Edmunds, Freya	13	Llanelli	1:15.02
44	Williams, Lois G	14	Swansea Aq	1:15.34
45	#Roberts Mylan, Sophie I	14	Swansea Aq	1:15.46
46	Jarrold, Tilly	13	Pembroke	1:15.95
47	Jenkins, Olivia I	13	Swansea Aq	1:16.30
48	Arnold, Olivia	13	Milford Tigers	1:16.41
49	Bullock, Georgia May	13	Carmarthen	1:17.88
50	Watson, Isabelle	13	Neath	1:18.37
51	Roberts, macy	13	Afan Valley	1:19.33
52	Williams, Alys Lowri	13	Carmarthen	1:20.19
53	Fincher, Cari	13	Llanelli	1:21.23
54	Allan, Imogen	13	Afan Valley	1:21.30
55	Alexander, Fflur	13	Aberystwyth	1:23.46

Event 322 Girls 15-16 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Nichols, Grace	16	Haverfordwest	58.24
2	Griffiths, Cerys	16	Haverfordwest	1:01.07
3	Patterson, Hollie May	15	Carmarthen	1:03.56
4	Goodman, Evie	15	Swansea Aq	1:04.00
5	Layland, Seren	15	Penyrheol	1:04.21
6	Goodman, Lola	15	Swansea Aq	1:04.55
7	Dash, Amelie	15	Milford Tigers	1:04.80
8	Jones, Hunydd	15	Carmarthen	1:05.61
9	Griffiths, Ffion	15	Tenby Dolphins	1:06.05
10	Jenkins, Elli J	15	Swansea Aq	1:06.11
11	Davies, Erin	15	Celtic D.	1:06.33
12	Davies, Eva	15	Afan Valley	1:07.48
13	Upton-Boorman, Isabella	16	Carmarthen	1:08.17
14	Griffiths, Elizabeth	15	Fishguard	1:08.35
15	McFarlane, Una	15	Milford Tigers	1:08.36
16	Williams, Grace	15	Neath	1:08.82
17	Alexander, Seren	16	Aberystwyth	1:09.76
18	Pearce, Ava	15	Afan Valley	1:10.77
19	David, Emily	15	Haverfordwest	1:13.62
20	Hughes, Seren	15	Neath	1:13.64
21	Gale, Jasmine	16	Afan Valley	1:17.40
---	Burns, Freya	15	Amman Valley	DQ

4.4 Initiating a start before the signal

Event 322 Girls 17 & Over 100 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Patterson, Millie	20	Swansea Uni	59.12
2	Lewis, Lowri	20	Neath	1:00.27
3	Roberts, Megan	19	Swansea Uni	1:00.45
4	Cumner, Megan	19	Swansea Uni	1:00.78
5	Deakin, Ellena	18	Swansea Uni	1:00.80
6	Hansford, Chloe	18	Swansea Uni	1:00.92
7	Geach, Libbie	17	Amman Valley	1:01.18
8	King, Marley	18	Penyrheol	1:01.73
9	Clissold, Bronwyn	18	Tenby Dolphins	1:02.24
10	Howells-Davies, Lana	18	Swansea Uni	1:03.34
11	Koo, Kathryn	17	Tenby Dolphins	1:06.05
12	Williams, Marys E	17	Swansea Aq	1:06.63
13	Jenkins, Alexandra G	17	Swansea Aq	1:07.53
14	Holloway, Olivia	17	Afan Valley	1:08.87
15	Ostrowski, Julia	17	Milford Tigers	1:10.06
16	Old, Seren	18	Swansea Uni	1:11.26

Event 322 Girls 100 SC Meter Freestyle Multi-Class

	Name	Age	Team	Finals Time
1	%Webb, Saskia S14	19	Haverfordwest	1:06.53
2	%Humphrey, Eliza S11	21	Swansea Uni	1:13.86
3	%Edmunds, Jessica S14	17	Llanelli	1:47.20

Event 323 Boys 11-12 800 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	May-John, Dylan	11	Aberystwyth	12:14.73

Event 323 Boys 13-14 800 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Antwhistle, Isaac J	14	Swansea Aq	9:40.56

Event 323 Boys 15-16 800 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Higgins, Finley J	15	Swansea Aq	10:29.00

Event 323 Boys 17 & Over 800 SC Meter Freestyle

	Name	Age	Team	Finals Time
1	Mistry, Manav	19	Swansea Uni	8:55.31
2	Morgan, Ben	17	Haverfordwest	9:30.95

Event 324 Girls 11-12 200 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Jones, Myla	11	Swansea Aq	3:00.16
2	Lennon, Amelia-Rose	12	Carmarthen	3:06.30
3	Enoch, Erin Lois	12	Carmarthen	3:16.55
4	Soul, Anna F	12	Swansea Aq	3:17.24
5	Nicklin, Parker	11	Amman Valley	3:18.32
6	Hooper, Olivia R	11	Swansea Aq	3:18.40
7	Holborow, Esmay	11	Amman Valley	3:23.46
8	Morgan, Iolah	12	Haverfordwest	3:32.00
9	Evans, Cora Eirlys	12	Carmarthen	3:34.04
10	Jones, Gwenllian	11	Carmarthen	3:37.12
11	Rogers, Mia	12	Pembroke	3:42.03
12	Gallagher, Thia C	12	Swansea Aq	3:42.92
13	Watkins, Eleanor R	12	Afan Valley	3:46.05
14	Antwhistle, Esme W	12	Swansea Aq	3:46.49
15	Roscoe, Evelyn	11	Haverfordwest	3:49.97
16	Hyett, Antonina	12	Celtic D.	3:50.71
17	Beecham, Emelia-May	12	Fishguard	3:50.77
18	Griffith, Ariana M	11	Swansea Aq	3:52.65
19	Felton, Catrin	11	Celtic D.	3:55.49
20	Shepherd, Amelia H	12	Celtic D.	3:59.06
---	Monan, Hazel	11	Tenby Dolphins	DQ

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

Event 324 Girls 13-14 200 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Parry, Abigail	13	Carmarthen	2:37.88
2	Summerfield, Lucy	14	Llanelli	2:54.89
3	Williams, Paige T	14	Swansea Aq	2:56.27
4	Davies, Elizabeth	13	Tenby Dolphins	3:02.58
5	Gil Wood, Elena	14	Swansea Aq	3:03.10
6	Dashfield, Olivia	13	Tenby Dolphins	3:08.02
7	Kurys, Bonnie Phoebe	13	Carmarthen	3:08.65

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(Event 324 Girls 13-14 200 SC Meter Breaststroke)

	Name	Age	Team	Finals Time
8	Mitrjaikina, Scarlet	14	Swansea Aq	3:09.84
9	Longar, Miriam Elena Patrcia	14	Carmarthen	3:10.22
10	Hughes, Megan	13	Celtic D.	3:11.51
11	Clement, Darcey	14	Afan Valley	3:19.28
12	Sharpe, Lillie	14	Llanelli	3:33.14
13	Dennison, Evie	14	Milford Tigers	3:34.76
14	Allan, Imogen	13	Afan Valley	3:40.78
15	Alexander, Fflur	13	Aberystwyth	3:46.15
16	Fincher, Cari	13	Llanelli	3:52.50
---	Iturbe, Carys	13	Neath	DQ

7.3 Stroke cycle not 1 arm stroke to 1 leg kick in that order

Event 324 Girls 15-16 200 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Davies, Isabella	15	Llanelli	2:48.84
2	Hall, Ellena	15	Fishguard	2:57.52
3	Hall, Isabelle	15	Fishguard	3:01.53
4	Kaill-Franks, Nia	15	Fishguard	3:06.06

Event 324 Girls 17 & Over 200 SC Meter Breaststroke

	Name	Age	Team	Finals Time
1	Snook, Vanessa	18	Swansea Uni	2:41.56
2	Oliver, Phoebe	18	Swansea Uni	2:42.70
3	Holmes, Seren	17	Neath	3:05.71

Event 325 Boys 11-12 50 SC Meter Backstroke (Skins)

	Name	Age	Team	Finals Time
1	Lewis, Gethin	12	Neath	35.23
2	Williams, Lucas C	12	Swansea Aq	36.07
3	Leahy, Herbie	12	Haverfordwest	37.20
4	El Saghir, Karim Salah	12	Carmarthen	37.77
5	Hindle, Finn C	11	Swansea Aq	38.18
6	Zheng, Ryan	11	Neath	39.44
7	Moore, Freddy	11	Fishguard	39.49
8	Lewis, Ollie	12	Afan Valley	40.71

Event 326 Boys 13-14 50 SC Meter Butterfly (Skins)

	Name	Age	Team	Finals Time
1	Evans, Sam	14	Haverfordwest	30.12
2	King, Ethan	14	Penyrheol	30.28
3	Noden, Rory	14	Haverfordwest	30.49
4	Jones, Dafydd	14	Carmarthen	30.58
5	Morgan, Thomas	14	Llanelli	30.61
6	Bowes, James	14	Carmarthen	30.82
7	Dadswell, Harry	13	Haverfordwest	32.13
8	Antwhistle, Isaac J	14	Swansea Aq	33.10

Event 327 Boys 15-16 50 SC Meter Backstroke (Skins)

	Name	Age	Team	Finals Time
1	Elmes, Max	15	Carmarthen	30.30
2	Phillips, Finley	16	Llanelli	31.10
3	Thomas, Tristan	16	Milford Tigers	31.72
4	Thomas, Rhys	16	Haverfordwest	31.92
5	Lerigo, Oli	16	Aberystwyth	32.87
6	Poole, Tomos	16	Afan Valley	33.78
7	Smith, Caelan	16	Haverfordwest	35.19

Event 328 Boys 17 & Over 50 SC Meter Backstroke (Skins)

	Name	Age	Team	Finals Time
1	Silverstone, Solomon	17	Haverfordwest	27.61
2	Bamborough, Jack	18	Swansea Uni	28.21
3	Cressey-Rodgers, Ioan	21	Swansea Uni	28.37
4	West, Dexter	17	Fishguard	28.42
5	Armon, Jacob	23	Swansea Uni	28.84
6	Twigger, Owen P	17	Swansea Aq	29.17
7	Fraser, Lewis	26	Swansea Uni	29.25
8	Evans, Ieuan	19	Swansea Uni	29.61