

## West Wales Regional SC Championships 2024 - 15/11/2024 to 17/11/2024

## Results - Session 2 (Warmup 8.00 - 8.50)

## Event 211 Boys 11-12 200 SC Meter IM

Name	Age	Team	Finals Time
1 King, Ethan	12	Penyrheol Asc	2:35.71
	35.04	37.56 48.48 34.63	
2 Noden, Rory	12	Haverfordwest	2:50.93
	37.45	42.09 54.02 37.37	
3 Antwhistle, Isaac	12	Swansea Aq	2:56.21
	43.03	42.96 51.56 38.66	
4 Banner, Harry	12	Penyrheol Asc	3:02.24
	39.22	47.38 53.81 41.83	
5 Evans, Sam	12	Pembroke	3:05.88
	37.90	49.04 58.37 40.57	
6 Taylor, Joshua	12	Nexus	3:08.77
	42.29	46.16 58.81 41.51	
7 Morgan, Thomas	12	Neath	3:09.14
	43.00	46.41 54.31 45.42	
8 Lloyd, Vincent-Owen	11	Swansea Aq	3:14.93
	46.95	48.11 56.90 42.97	
9 Bowes, James	12	Carmarthen	3:15.94
	42.69	49.59 59.90 43.76	
10 Monan, Euan	11	Tenby Dolphins	3:16.11
	42.34	49.71 57.64 46.42	
11 Jermin, Morgan	11	Llanelli	3:16.48
	43.34	49.83 1:00.77 42.54	
12 Backen, Frederick	12	Fishguard	3:21.59
	46.53	51.01 58.46 45.59	
13 Elmes, Samuel	11	Carmarthen	3:33.16
	48.76	55.28 1:01.60 47.52	
14 Bool, Iolo	11	Haverfordwest	3:44.55
	56.70	50.05 1:08.33 49.47	
--- Dadswell, Harry	11	Haverfordwest	DQ
	46.81	52.56 1:03.08 46.21	
--- Hughes, Freddy	12	Nexus	DQ
	38.17	42.96 50.94 37.70	

## Event 211 Boys 13-14 200 SC Meter IM

Name	Age	Team	Finals Time
1 Phillips, Finley	14	Nsg	2:21.08
	31.12	35.79 41.50 32.67	
2 Thomas, Iolo	14	Neath	2:21.63
	30.01	35.63 43.36 32.63	
3 Douglas, Lucas	13	Neath	2:29.46
	30.04	37.86 47.09 34.47	
4 Elmes, Max	13	Nsg	2:31.72
	33.19	35.95 47.67 34.91	
5 Stuart-Lavender, Jac	14	Llanelli	2:39.12
	36.21	43.32 44.22 35.37	
6 Harwood, Jack	13	Haverfordwest	2:40.10
	33.71	36.84 53.44 36.11	
7 Morgan, Cole	13	Celtic D.	2:41.34
	34.84	42.49 48.07 35.94	
8 Thomas, Rhys	14	Haverfordwest	2:41.43
	35.80	39.91 48.33 37.39	
9 Burt, Caio	14	Llanelli	2:42.91
	36.21	42.47 47.19 37.04	
10 Flynn, Asten	14	Nexus	2:44.16
	36.68	42.71 49.89 34.88	
11 Smith, Declan	13	Amman Valley	2:44.81
	36.77	43.23 48.30 36.51	
12 Davies, Ellis	13	Llanelli	2:46.61
	36.72	40.65 53.21 36.03	

13 Mills, Thomas	13	Llanelli	2:49.81
	35.79	42.89 56.06 35.07	
14 Lerigo, Oli	14	Aberystwyth	2:51.22
	37.07	44.14 51.78 38.23	
15 Sekula, Mateusz	13	Nexus	2:51.37
	39.39	46.37 46.08 39.53	
16 Sekula, Szymon	13	Nexus	2:59.45
	44.04	49.37 47.93 38.11	
17 Chapman, Henry	13	Carmarthen	3:05.15
	43.80	47.35 54.29 39.71	
18 George, Kieran	13	Milford Tigers	3:17.88
	46.78	47.75 58.31 45.04	
--- Thomas, Tristan	14	Milford Tigers	DQ
	39.59	43.55 56.94 39.14	
--- Jones, Dion	13	Carmarthen	DQ
	46.46	49.52 57.51 42.59	

## Event 211 Boys 15-16 200 SC Meter IM

Name	Age	Team	Finals Time
1 West, Dexter	15	Fishguard	2:16.03
	28.46	33.81 41.54 32.22	
2 Silverstone, Solomon	15	Haverfordwest	2:18.52
	28.54	35.34 42.59 32.05	
3 Montague, Mason	16	Haverfordwest	2:21.79
	29.64	36.05 42.80 33.30	
4 Bennett, Finley	15	Haverfordwest	2:22.46
	30.36	37.75 41.15 33.20	
5 Davies, Gethin	15	Milford Tigers	2:33.11
	30.62	38.65 47.74 36.10	
6 Smith, Benjamin	15	Haverfordwest	2:34.79
	31.83	39.41 47.68 35.87	
7 Morgan, Ben	15	Pembroke	2:35.23
	33.64	40.45 45.90 35.24	
8 Price, George	16	Penyrheol Asc	2:37.13
	31.63	39.65 51.04 34.81	
9 Harris, Osian	15	Fishguard	2:37.30
	32.10	39.01 47.34 38.85	
10 Hnoianyi, Andrii	15	Swansea Aq	2:40.24
	31.80	42.20 48.19 38.05	
11 Hall, Ethan	15	Fishguard	2:44.51
	35.07	41.74 46.97 40.73	

## Event 211 Boys 17 &amp; Over 200 SC Meter IM

Name	Age	Team	Finals Time
1 Clegg, Luke	19	Swansea Uni	2:14.39
	29.26	34.38 38.92 31.83	
2 Lee, Jacob	18	Swansea Uni	2:16.37
	27.66	34.24 43.40 31.07	
3 Upton-Boorman, Liam	17	Nsg	2:17.44
	29.17	34.64 40.55 33.08	
4 Wu, Kevin	20	Swansea Uni	2:20.91
	30.78	36.41 41.64 32.08	
5 Burt, Teyan	17	Llanelli	2:41.46
	35.23	42.39 47.97 35.87	

## Event 212 Girls 11-12 400 SC Meter IM

Name	Age	Team	Finals Time
1 Berner, Iyla	11	Nsg	5:35.92
	35.05	40.14 45.36 43.81	
	47.79	48.58 39.06 36.13	
2 Beasley, Evaleigh	11	Swansea Aq	6:00.73
	39.02	47.62 46.47 45.86	
	51.00	52.21 42.04 36.51	

## West Wales Regional SC Championships 2024 - 15/11/2024 to 17/11/2024

## Results - Session 2 (Warmup 8.00 - 8.50)

**(Event 212 Girls 11-12 400 SC Meter IM)**

Name	Age	Team	Finals Time	
3 Davies, Elizabeth	11	Tenby Dolphins	6:16.11	
	40.42	49.45	47.24	46.40
	55.67	55.42	42.16	39.35
4 Rowland, Scarlett	12	Neath	6:27.52	
	39.29	46.71	49.74	48.54
	56.19	57.62	45.72	43.71
5 Dyde, Pheobe	12	Pembroke	6:29.74	
	41.85	55.49	51.25	46.39
	53.65	53.41	45.48	42.22
6 Kurys, Bonnie	11	Carmarthen	7:39.33	
	54.64	1:08.03	54.53	56.12
	1:03.36	1:03.98	51.30	47.37

**Event 212 Girls 13-14 400 SC Meter IM**

Name	Age	Team	Finals Time	
1 Coffey, Cora	14	Neath	5:38.05	
	34.22	40.28	42.95	41.76
	49.70	49.84	41.14	38.16
2 Bissicks, Cari	13	Neath	5:47.39	
	35.12	42.18	46.69	46.00
	47.87	49.84	41.36	38.33
3 Hall, Ellena	13	Fishguard	6:00.98	
	40.01	48.21	46.73	45.51
	50.33	50.35	40.62	39.22
4 Short, Amelia	13	Nexus	6:08.69	
	37.98	46.21	46.02	45.79
	53.82	54.51	43.09	41.27
5 Pearce, Ava	13	Afan Valley	6:42.71	
	43.60	54.59	54.30	50.73
	57.87	58.51	43.54	39.57

**Event 213 Boys 11-12 100 SC Meter Breaststroke**

Name	Age	Team	Finals Time	
1 Thomas, Wilf	12	Aberystwyth	1:27.56	
	41.49	46.07		
2 Fogarty, Oliver	12	Fishguard	1:30.61	
	42.99	47.62		
3 Marques-Jones, Felix	12	Amman Valley	1:30.95	
	43.21	47.74		
4 Jones, Dafydd	12	Amman Valley	1:33.32	
	43.43	49.89		
5 Smith, Jacob	12	Haverfordwest	1:35.54	
	44.43	51.11		
6 Antwhistle, Isaac	12	Swansea Aq	1:38.04	
	46.97	51.07		
7 Lloyd, Vincent-Owen	11	Swansea Aq	1:41.55	
	46.99	54.56		
8 Evans, Sam	12	Pembroke	1:41.85	
	48.98	52.87		
9 Rees, Oscar	11	Llanelli	1:42.84	
	48.16	54.68		
10 Monan, Euan	11	Tenby Dolphins	1:43.95	
	50.30	53.65		
11 Pirmohamed, Eshan	11	Swansea Aq	1:46.75	
	51.28	55.47		
12 Jermin, Morgan	11	Llanelli	1:47.07	
	50.84	56.23		
13 Elmes, Samuel	11	Carmarthen	1:54.40	
	53.97	1:00.43		

14 Jones, Carter	11	Swansea Aq	1:55.20	
	54.11	1:01.09		

**Event 213 Boys 13-14 100 SC Meter Breaststroke**

Name	Age	Team	Finals Time	
1 Phillips, Finley	14	Nsg	1:11.22	
	33.94	37.28		
2 Stuart-Lavender, Jac	14	Llanelli	1:18.17	
	36.59	41.58		
3 Thomas, Rhys	14	Haverfordwest	1:24.65	
	39.74	44.91		
4 Sekula, Mateusz	13	Nexus	1:27.60	
	42.03	45.57		
5 Lerigo, Oli	14	Aberystwyth	1:31.19	
	42.44	48.75		
6 Sekula, Szymon	13	Nexus	1:31.70	
	43.96	47.74		
7 Chapman, Henry	13	Carmarthen	1:42.87	
	50.08	52.79		

**Event 213 Boys 15-16 100 SC Meter Breaststroke**

Name	Age	Team	Finals Time	
1 Lloyd, Thomas	16	Swansea Aq	1:14.82	
	35.36	39.46		
2 Hall, Ethan	15	Fishguard	1:20.14	
	37.55	42.59		
3 Lewis, Cian	15	Neath	1:27.10	
	39.46	47.64		
4 Backen, Henry	16	Haverfordwest	1:27.63	
	40.06	47.57		
5 Santos, Liam	15	Milford Tigers	1:27.80	
	40.06	47.74		
6 Stewart, Finlay	16	Llanelli	1:33.69	
	43.76	49.93		

**Event 213 Boys 17 & Over 100 SC Meter Breaststroke**

Name	Age	Team	Finals Time	
1 Ukkash, Hayam	18	Swansea Uni	1:11.95	
	32.78	39.17		
2 Gubb, Harvey	18	Neath	1:14.89	
	34.92	39.97		
3 Lewis, Matthew	39	Haverfordwest	1:14.94	
	34.37	40.57		

**Event 214 Girls 11-12 200 SC Meter Backstroke**

Name	Age	Team	Finals Time	
1 Parry, Abigail	11	Carmarthen	2:51.63	
	40.03	43.90	44.59	43.11
2 Pinnock, Betsan	12	Swansea Aq	2:53.21	
	40.12	43.70	45.28	44.11
3 Morris, Ffion	12	Tenby Dolphins	2:56.49	
	42.72	44.32	45.34	44.11
4 Powell, Nina	12	Fishguard	2:57.41	
	41.76	44.64	46.23	44.78
5 Davies, Ava-Rose	11	Llanelli	2:59.10	
	42.46	45.39	46.44	44.81
6 Williams, Fay	12	Swansea Aq	3:00.39	
	41.71	46.13	47.35	45.20
7 Salmon, Amelia	11	Nexus	3:02.53	
	44.39	47.52	47.59	43.03
8 Lewis, Evie	11	Haverfordwest	3:05.69	
	43.56	47.79	48.23	46.11

## West Wales Regional SC Championships 2024 - 15/11/2024 to 17/11/2024

## Results - Session 2 (Warmup 8.00 - 8.50)

**(Event 214 Girls 11-12 200 SC Meter Backstroke)**

Name	Age	Team	Finals Time
9 May, Gwen	12	Nexus	3:05.94
44.30	47.28	48.86	45.50
10 Williams, Evie	11	Milford Tigers	3:06.87
46.05	48.16	48.25	44.41
11 Griffiths, Isla	11	Tenby Dolphins	3:08.18
41.51	46.75	50.72	49.20
12 Hawkins, Lottie	11	Haverfordwest	3:09.33
43.51	47.49	50.13	48.20
13 Roberts Mylan, Ffion	12	Swansea Aq	3:12.32
42.81	49.17	51.72	48.62
14 Henson, Jess	11	Tenby Dolphins	3:12.62
45.66	50.64	50.07	46.25
15 Gardner-Rolfe, Mia	12	Swansea Aq	3:15.04
45.60	49.30	50.80	49.34
16 Thomas, Enlli	11	Nexus	3:18.76
47.99	51.57	51.22	47.98
17 Roberts Mylan, Sophie	12	Swansea Aq	3:23.72
45.56	53.67	54.69	49.80
--- Jenkins, Olivia	11	Swansea Aq	DQ
50.16	53.73	54.17	58.12

**Event 214 Girls 13-14 200 SC Meter Backstroke**

Name	Age	Team	Finals Time
1 Nichols, Grace	14	Haverfordwest	2:21.89
32.24	35.05	37.41	37.19
2 Taffetsauffer, Isabella	13	Nsg	2:29.17
35.65	37.48	38.09	37.95
3 Burns, Freya	13	Nsg	2:32.84
35.47	38.99	39.51	38.87
4 Galdes Cutting, Daisy	13	Haverfordwest	2:34.98
35.98	38.89	40.17	39.94
5 Jones, Hunydd	13	Carmarthen	2:35.98
36.36	39.55	40.81	39.26
6 Upton-Boorman, Isabella	14	Nsg	2:37.28
36.40	38.92	40.81	41.15
7 Coffey, Cora	14	Neath	2:37.64
35.89	40.58	41.64	39.53
8 Cressey-Rodgers, Gwenllian	14	Nsg	2:39.26
36.11	39.45	41.58	42.12
9 Stark, Tala	14	Fishguard	2:44.04
37.49	41.21	42.58	42.76
10 Davies, Isabella	13	Nsg	2:45.39
39.56	42.01	42.54	41.28
11 Thompson, Freya	14	Haverfordwest	2:45.62
39.08	42.56	42.57	41.41
12 Jenkins, Elli	13	Swansea Aq	2:45.67
37.49	40.54	43.17	44.47
13 Chapman, Olivia	14	Swansea Aq	2:47.89
38.64	42.54	43.48	43.23
14 Kenny, Jemima	13	Milford Tigers	2:51.72
40.11	43.98	45.57	42.06
15 Andreassen, Freya	13	Amman Valley	2:52.28
39.46	43.36	45.25	44.21
16 Morgan, Evelyn	13	Nsg	2:52.41
40.23	43.51	44.44	44.23
17 Patterson, Hollie	13	Carmarthen	2:52.57
39.43	44.29	46.88	41.97
18 Griffiths, Ffion	13	Tenby Dolphins	2:53.45
38.35	43.98	46.33	44.79

19 George, Eilir	14	Llanelli	2:56.14
39.43	45.33	46.95	44.43
20 Davies, Eva	13	Afan Valley	2:57.55
41.87	45.04	46.05	44.59
21 Blyth, Isobelle	14	Haverfordwest	3:08.16
40.50	46.77	50.87	50.02

**Event 214 Girls 15-16 200 SC Meter Backstroke**

Name	Age	Team	Finals Time
1 Huws, Awen	16	Nexus	2:32.00
35.60	38.52	40.03	37.85
2 Philpott, Ffion	15	Nsg	2:36.56
35.89	38.88	40.90	40.89
3 Holmes, Seren	15	Neath	2:39.30
35.77	40.52	42.04	40.97
4 Bruce, Skye	15	Pembroke	2:39.52
36.07	39.26	41.77	42.42
5 Carter, Ava	16	Penyrheol Asc	2:40.71
34.81	39.51	43.11	43.28
6 Hughes, Nancy	15	Nexus	2:46.81
39.36	42.85	43.33	41.27
7 Jenkins, Alexandra	15	Swansea Aq	2:49.77
40.64	42.48	43.84	42.81
8 Koo, Kathryn	15	Tenby Dolphins	2:56.51
38.40	43.86	46.87	47.38
9 Hanna, Jazmine	16	Haverfordwest	3:00.19
38.33	44.41	47.52	49.93

**Event 215 Boys 11-12 50 SC Meter Freestyle**

Name	Age	Team	Finals Time
1 King, Ethan	12	Penyrheol Asc	28.96
2 Fogarty, Oliver	12	Fishguard	31.01
3 Smith, Jacob	12	Haverfordwest	31.06
4 Evans, Sam	12	Pembroke	31.11
5 Williams, Efan	12	Neath	31.16
6 Hughes, Freddy	12	Nexus	31.56
7 Jones, Dafydd	12	Amman Valley	31.80
8 Banner, Harry	12	Penyrheol Asc	32.47
9 Marques-Jones, Felix	12	Amman Valley	33.36
10 Moore, Hari	12	Fishguard	33.56
11 Thomas, Wilf	12	Aberystwyth	33.91
12 Lloyd, Vincent-Owen	11	Swansea Aq	34.00
13 Antwhistle, Isaac	12	Swansea Aq	34.76
14 Morgan, Thomas	12	Neath	35.05
15 Jermin, Morgan	11	Llanelli	35.09
16 Green, William	12	Aberystwyth	37.04
17 Bool, Iolo	11	Haverfordwest	37.06
18 David, Ioan	12	Haverfordwest	37.39
19 Bowes, James	12	Carmarthen	37.62
20 Rees, Oscar	11	Llanelli	37.74
21 Hart, Ruaraidh	12	Nexus	37.83
22 Pirmohamed, Eshan	11	Swansea Aq	38.07
23 Whatmore, Finley	11	Milford Tigers	39.29
24 Lloyd- Roberts, Harry	12	Milford Tigers	39.43
25 Dadswell, Harry	11	Haverfordwest	39.70
26 Munt, Oliver	11	Haverfordwest	41.80
27 Pyzer, Cyrus	11	Carmarthen	43.07

**Event 215 Boys 13-14 50 SC Meter Freestyle**

Name	Age	Team	Finals Time
1 Douglas, Lucas	13	Neath	25.90
2 Phillips, Ioan	14	Neath	26.61
3 Thomas, Iolo	14	Neath	26.80

## West Wales Regional SC Championships 2024 - 15/11/2024 to 17/11/2024

## Results - Session 2 (Warmup 8.00 - 8.50)

**(Event 215 Boys 13-14 50 SC Meter Freestyle)**

	<b>Name</b>	<b>AgeTeam</b>	<b>Finals Time</b>
4	Elmes, Max	13 Nsg	27.78
5	Williams, Thomas	14 Nsg	27.80
6	Stuart-Lavender, Jac	14 Llanelli	29.33
7	Harwood, Jack	13 Haverfordwest	29.68
8	Morgan, Cole	13 Celtic D.	29.95
9	Burt, Caio	14 Llanelli	30.42
10	Mills, Thomas	13 Llanelli	30.46
11	Flynn, Asten	14 Nexus	30.96
12	Smith, Declan	13 Amman Valley	31.04
13	Hill, Alexander Ralph	14 Carmarthen	31.23
14	Thomas, Tristan	14 Milford Tigers	31.31
15	Lummis, Ralph	13 Nexus	31.37
16	Davies, Ellis	13 Llanelli	31.40
17	Poole, Tomos	14 Afan Valley	31.61
18	Lerigo, Oli	14 Aberystwyth	32.17
19	Smith, Caelan	14 Haverfordwest	33.07
20	Phillips, Gethin	13 Haverfordwest	33.96
21	El Saghir, Mohamed	13 Carmarthen	34.70
22	Griffiths, Harri	14 Celtic D.	35.07
23	Jones, Dion	13 Carmarthen	35.54
24	Sekula, Szymon	13 Nexus	36.20
25	George, Kieran	13 Milford Tigers	36.56

**Event 215 Boys 15-16 50 SC Meter Freestyle**

	<b>Name</b>	<b>AgeTeam</b>	<b>Finals Time</b>
1	Silverstone, Solomon	15 Haverfordwest	24.77
2	Montgomery, Samuel	16 Haverfordwest	25.55
3	Montague, Mason	16 Haverfordwest	25.96
4	Lloyd, Thomas	16 Swansea Aq	26.84
5	Bennett, Finley	15 Haverfordwest	27.24
6	Chapman, Coby	15 Penyrheol Asc	27.34
7	Griffiths, Sam	16 Carmarthen	27.59
8	Price, George	16 Penyrheol Asc	27.68
9	Smith, Benjamin	15 Haverfordwest	27.90
10	Piotrowski, Bartosz	15 Fishguard	28.26
11	Morgan, Ben	15 Pembroke	28.69
12	Harris, Osian	15 Fishguard	29.03
13	Jenkins, Lloyd	15 Milford Tigers	29.17
14	Davies, Gethin	15 Milford Tigers	29.30
15	Backen, Henry	16 Haverfordwest	29.36
16	Hall, Ethan	15 Fishguard	30.25
17	Lewis, Callum	15 Milford Tigers	30.97
18	Santos, Liam	15 Milford Tigers	31.11
19	Lewis, Cian	15 Neath	32.01

**Event 215 Boys 17 & Over 50 SC Meter Freestyle**

	<b>Name</b>	<b>AgeTeam</b>	<b>Finals Time</b>
1	Johnstone, Daniel	17 Nsg	23.78
2	Wu, Kevin	20 Swansea Uni	25.15
3	Upton-Boorman, Liam	17 Nsg	25.43
4	Ukkash, Hayam	18 Swansea Uni	26.06
5	Hedge, Tom	19 Swansea Uni	27.40
6	Rukov, Ivan	17 Aberystwyth	27.67
7	Burt, Teyan	17 Llanelli	29.55