

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

## Meet Program - Session 4 (Warmup 2.40 - 3.30)

**Event 231 Female 11 & Over 50 SC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 12 Finals**

1	Roberts, Arwyn	11	Afan Valley	54.82
2	Smudzinska, Olivia	11	Neath	54.54
3	Hawkins, Lottie	11	Haverfordwest	53.52
4	Mason, Ezmee	11	Haverfordwest	52.37
5	Phillips, Isabelle	11	Haverfordwest	53.09
6	Knight, Anna	11	Celtic D.	53.96
7	%Philpott, Lowri SB14	13	Llanelli	54.81
8				

**Heat 2 of 12 Finals**

1	Titely, Lola	12	Milford Tigers	51.89
2	Goss, Lucia	12	Celtic D.	51.38
3	Thomas, Millie	13	Amman Valley	50.79
4	Thomas, Enlli	11	Nexus	50.05
5	Besley, Freya	12	Penyrheol Asc	50.45
6	Percival, Bella	12	Celtic D.	51.11
7	Iturbe, Carys	11	Afan Valley	51.85
8	Thomas, Lily	11	Carmarthen	52.33

**Heat 3 of 12 Finals**

1	Morris, Besi	11	Amman Valley	49.59
2	Williams, Evie	11	Milford Tigers	49.41
3	Harris, Chloe	12	Celtic D.	49.34
4	Price, Seren -louse	12	Carmarthen	49.07
5	Kasto, Evie	13	Swansea Aq	49.21
6	Lewis, Megan	13	Neath	49.38
7	Davies, Loti	11	Celtic D.	49.54
8	May, Gwen	12	Nexus	50.00

**Heat 4 of 12 Finals**

1	Williams, Fay	12	Swansea Aq	48.72
2	Dashfield, Olivia	11	Tenby Dolphins	48.67
3	Clement, Darcey	12	Afan Valley	48.35
4	Thomas, Carys	13	Penyrheol Asc	48.10
5	Massey, Mia	12	Celtic D.	48.22
6	Davies, Erin	13	Celtic D.	48.44
7	Jewitt, Sophia	13	Swansea Aq	48.72
8	Davies, Cadi	13	Celtic D.	49.04

**Heat 5 of 12 Finals**

1	Penfold, Freya	14	Fishguard	47.21
2	Wilde, Ayla-Belle	12	Nexus	46.93
3	Powell, Nina	12	Fishguard	46.75
4	Henson, Jess	11	Tenby Dolphins	46.69
5	Launder, Beatrix	11	Neath	46.74
6	Coles, Aria	11	Neath	46.77
7	Morris, Ffion	12	Tenby Dolphins	47.07
8	Griffiths, Ffion	13	Tenby Dolphins	47.97

**Heat 6 of 12 Finals**

1	Dyde, Pheobe	12	Pembroke	46.45
2	Szmigiero, Kaya	11	Aberystwyth	46.21
3	Jones, Alaw	12	Carmarthen	45.67
4	Lewis, Evie	11	Haverfordwest	45.47
5	Perrott, Hannah	14	Celtic D.	45.58
6	Thomas, Caitlyn	15	Neath	45.82
7	Griffiths, Isla	11	Tenby Dolphins	46.36
8	Malough, Holly	13	Swansea Aq	46.51

**Heat 7 of 12 Finals**

1	Dennison, Evie	12	Milford Tigers	45.33
2	Hughes, Seren	13	Neath	44.55
3	Blyth, Isobelle	14	Haverfordwest	44.40
4	Holloway, Olivia	15	Afan Valley	43.96
5	Richards, Amber	15	Celtic D.	44.32
6	Pearce, Ava	13	Afan Valley	44.46
7	Kaill-Franks, Nia	13	Fishguard	45.13
8	Finney, Elsa	15	Aberystwyth	45.46

**Heat 8 of 12 Finals**

1	Sedgemore, Lola	12	Neath	43.86
2	Alexander, Seren	14	Aberystwyth	43.81
3	Beasley, Evaleigh	11	Swansea Aq	43.22
4	Rossiter-Wargent, Mia	11	Milford Tigers	42.60
5	Kovachev, Georgie	17	Haverfordwest	43.16
6	Griffiths, Gwenan	14	Penyrheol Asc	43.25
7	Penfold, Robyn	14	Fishguard	43.82
8	Bowen, Seren	14	Carmarthen	43.93

**Heat 9 of 12 Finals**

1	Hughes, Mollie	13	Celtic D.	42.24
2	Summerfield, Lucy	12	Llanelli	42.23
3	Jewitt, Anya	13	Swansea Aq	42.00
4	Ley, Lucy	16	Swansea Aq	41.30
5	Evans, Cadi	12	Swansea Aq	41.31
6	Hanna, Jazmine	16	Haverfordwest	42.18
7	Parry, Abigail	11	Carmarthen	42.23
8	Morgan, Catrin	17	Amman Valley	42.57

**Heat 10 of 12 Finals**

1	Giles, Seren	14	Neath	40.97
2	Hughes, Nancy	15	Nexus	40.55
3	Miles, Megan	16	Fishguard	40.37
4	Ostrowski, Julia	15	Pembroke	39.81
5	Thomas, Medi	16	Llanelli	39.81
6	Hughes, Tirion	13	Swansea Aq	40.40
7	Filmer, Gwennan	12	Aberystwyth	40.81
8	Snellgrove, Chloe	14	Neath	40.99

**Heat 11 of 12 Finals**

1	Gilderdale, Celyn	16	Haverfordwest	39.55
2	Stark, Tala	14	Fishguard	38.95
3	Knight, Lily	14	Swansea Aq	38.10
4	David, Isabelle	17	Swansea Aq	37.54
5	Berner, Iyla	11	Nsg	37.95
6	Davies, Isabella	13	Nsg	38.57
7	Patterson, Hollie	13	Carmarthen	39.19
8	Dafydd, Iola	15	Carmarthen	39.64

**Heat 12 of 12 Finals**

1	Jones, Eryn	15	Neath	36.56
2	Phillips, Emily	16	Neath	36.38
3	Welsby, Lily-May	17	Aberystwyth	34.64
4	Mortimer, Constance	19	Swansea Uni	32.98
5	Gibbs, Harriet	16	Nsg	33.85
6	Owen, Kessie	16	Neath	35.43
7	Taffetsauffer, Isabella	13	Nsg	36.41
8	John, Holly	17	Haverfordwest	36.58

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

## Meet Program - Session 4 (Warmup 2.40 - 3.30)

**Event 232 Boys 11 & Over 200 SC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>				
1				—
2				—
3	Smith, Benjamin	15	Haverfordwest	2:47.67
4	West, Dexter	15	Fishguard	2:16.92
5	Burt, Teyan	17	Llanelli	2:40.23
6	Hughes, Freddy	12	Nexus	3:08.69
7				—
8				—

**Event 233 Female 11 & Over 100 SC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 7 Finals</b>				
1				—
2				—
3	Foldi, Kristina	12	Haverfordwest	1:38.31
4	Roberts Mylan, Sophie	12	Swansea Aq	1:37.45
5	Williams, Fay	12	Swansea Aq	1:38.15
6	Griffiths, Isla	11	Tenby Dolphins	1:42.89
7				—
8				—

**Heat 2 of 7 Finals**

1	Szmigiero, Kaya	11	Aberystwyth	1:35.48
2	Pitans, Caitlin	12	Swansea Aq	1:33.35
3	Mitrjaikina, Kerly-Annaly	12	Swansea Aq	1:31.09
4	Salmon, Amelia	11	Nexus	1:29.97
5	Powell, Nina	12	Fishguard	1:30.78
6	Jones, Alaw	12	Carmarthen	1:33.17
7	Parry, Abigail	11	Carmarthen	1:35.47
8	Hnoiana, Valentyna	12	Swansea Aq	1:36.21

**Heat 3 of 7 Finals**

1	Thompson, Freya	14	Haverfordwest	1:26.42
2	Bowen, Seren	14	Carmarthen	1:23.33
3	Davies, Lowri	16	Celtic D.	1:22.78
4	Ostrowski, Julia	15	Pembroke	1:22.31
5	Galdes Cutting, Daisy	13	Haverfordwest	1:22.48
6	George, Eilir	14	Llanelli	1:23.27
7	Roberts Mylan, Ffion	12	Swansea Aq	1:26.38
8	Kenny, Jemima	13	Milford Tigers	1:28.26

**Heat 4 of 7 Finals**

1	McFarlane, Una	13	Milford Tigers	1:22.19
2	Dafydd, Mali	14	Carmarthen	1:20.90
3	Summerfield, Lucy	12	Llanelli	1:20.42
4	Martin, Phoebe	14	Penyrheol Asc	1:20.31
5	Thomas, Medi	16	Llanelli	1:20.36
6	Sedgemore, Lola	12	Neath	1:20.59
7	Stark, Tala	14	Fishguard	1:21.04
8	Taffetsauffer, Isabella	13	Nsg	1:22.23

**Heat 5 of 7 Finals**

1	Rowland, Scarlett	12	Neath	1:18.85
2	Mason, Phoebe	14	Haverfordwest	1:17.89
3	Morgan, Evelyn	13	Nsg	1:17.24
4	Koo, Kathryn	15	Tenby Dolphins	1:16.19
5	Clissold, Bronwyn	16	Tenby Dolphins	1:17.11
6	Short, Amelia	13	Nexus	1:17.26
7	Jenkins, Alexandra	15	Swansea Aq	1:18.63
8	Miles, Megan	16	Fishguard	1:19.02

**Heat 6 of 7 Finals**

1	David, Isabelle	17	Swansea Aq	1:14.92
2	Knight, Cari	16	Penyrheol Asc	1:13.41
3	Griffiths, Cerys	14	Haverfordwest	1:12.33
4	Webb, Saskia	17	Haverfordwest	1:11.58
5	Catling, Freya	16	Celtic D.	1:12.22
6	Davies, Isla	11	Nsg	1:12.61
7	Kovachev, Georgie	17	Haverfordwest	1:13.43
8	Bissicks, Cari	13	Neath	1:15.34

**Heat 7 of 7 Finals**

1	Berner, Lyla	11	Nsg	1:09.68
2	Goodliffe, Faith	24	Celtic D.	1:08.44
3	Bissicks, Ella	17	Swansea Aq	1:07.90
4	Geach, Libbie	15	Neath	1:06.41
5	Smart, Charlotte	17	Swansea Aq	1:06.59
6	Nichols, Grace	14	Haverfordwest	1:07.95
7	Coffey, Cora	14	Neath	1:09.56
8	Gibbs, Harriet	16	Nsg	1:11.55

**Event 234 Boys 11 & Over 400 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Finals</b>				
1				—
2				—
3	Bool, Iolo	11	Haverfordwest	6:24.16
4	Taylor, Joshua	12	Nexus	6:06.14
5	Bowes, James	12	Carmarthen	6:07.32
6				—
7				—
8				—

**Heat 2 of 3 Finals**

1	Evans, Sam	12	Pembroke	5:51.13
2	Thomas, Rhys	14	Haverfordwest	5:14.28
3	Flynn, Asten	14	Nexus	5:01.57
4	Davies, Gethin	15	Milford Tigers	5:01.30
5	Mills, Thomas	13	Llanelli	5:01.41
6	Harwood, Jack	13	Haverfordwest	5:01.82
7	Noden, Rory	12	Haverfordwest	5:34.72
8	Sekula, Mateusz	13	Nexus	6:00.00

**Heat 3 of 3 Finals**

1	Davies, Ellis	13	Llanelli	4:58.99
2	Griffiths, Sam	16	Carmarthen	4:53.53
3	Bennett, Finley	15	Haverfordwest	4:25.71
4	Clegg, Luke	19	Swansea Uni	4:02.86
5	Keeble, Alex	20	Swansea Uni	4:08.90
6	Douglas, Lucas	13	Neath	4:34.16
7	Morgan, Ben	15	Pembroke	4:55.83
8	Burt, Caio	14	Llanelli	5:00.38

**Event 235 Female 11 & Over 200 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 10 Finals</b>				
1				—
2				—
3	%Philpott, Lowri S14	13	Llanelli	3:28.23
4	Arnold, Olivia	11	Milford Tigers	3:16.20
5	Austin, Sophie Haf	11	Celtic D.	3:18.03
6				—
7				—
8				—

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

## Meet Program - Session 4 (Warmup 2.40 - 3.30)

**Heat 2 Finals (#235 Female 11 & Over 200 SC Meter Freestyle)**

1	Dennison, Evie	12	Milford Tigers	3:07.65	___
2	Rossiter-Wargent, Mia	11	Milford Tigers	3:03.24	___
3	Kurys, Bonnie	11	Carmarthen	3:00.85	___
4	Hawkins, Lottie	11	Haverfordwest	3:00.37	___
5	Malough, Holly	13	Swansea Aq	3:00.85	___
6	Roberts, Arwyn	11	Afan Valley	3:03.20	___
7	Pitans, Caitlin	12	Swansea Aq	3:06.10	___
8	Titely, Lola	12	Milford Tigers	3:08.58	___

**Heat 3 of 10 Finals**

1	Pinnock, Betsan	12	Swansea Aq	2:58.51	___
2	Foldi, Kristina	12	Haverfordwest	2:57.67	___
3	Kaill-Franks, Nia	13	Fishguard	2:56.17	___
4	Lauder, Beatrix	11	Neath	2:55.50	___
5	Lewis, Martha	13	Carmarthen	2:55.57	___
6	Williams, Evie	11	Milford Tigers	2:56.29	___
7	Thomas, Carys	13	Penyrheol Asc	2:58.33	___
8	Clement, Darcey	12	Afan Valley	3:00.36	___

**Heat 4 of 10 Finals**

1	Jewitt, Sophia	13	Swansea Aq	2:54.60	___
2	Dafydd, Mali	14	Carmarthen	2:51.60	___
3	Jones, Ashleigh	14	Carmarthen	2:49.85	___
4	Coles, Aria	11	Neath	2:49.41	___
5	Hughes, Megan	11	Celtic D.	2:49.70	___
6	Mason, Ezmee	11	Haverfordwest	2:50.46	___
7	Henson, Jess	11	Tenby Dolphins	2:52.51	___
8	Morris, Blair	11	Neath	2:55.07	___

**Heat 5 of 10 Finals**

1	Morris, Ffion	12	Tenby Dolphins	2:46.32	___
2	Dyde, Pheobe	12	Pembroke	2:45.43	___
3	Jenkins, Elli	13	Swansea Aq	2:43.81	___
4	Richards, Amber	15	Celtic D.	2:42.21	___
5	Lewis, Evie	11	Haverfordwest	2:42.86	___
6	Andreassen, Freya	13	Amman Valley	2:43.88	___
7	Perrott, Hannah	14	Celtic D.	2:45.75	___
8	Bowen, Seren	14	Carmarthen	2:48.34	___

**Heat 6 of 10 Finals**

1	Powell, Nina	12	Fishguard	2:41.89	___
2	Lewis, Megan	13	Neath	2:40.77	___
3	Mitrjaikina, Kerly-Annaly	12	Swansea Aq	2:39.87	___
4	Griffiths, Ffion	13	Tenby Dolphins	2:37.10	___
5	Kenny, Jemima	13	Milford Tigers	2:39.21	___
6	Szmigiero, Victoria	15	Aberystwyth	2:40.67	___
7	Holloway, Olivia	15	Afan Valley	2:40.84	___
8	Williams, Eirwen	12	Swansea Aq	2:42.07	___

**Heat 7 of 10 Finals**

1	Davies, Elizabeth	11	Tenby Dolphins	2:36.72	___
2	Perrott, Niamh	15	Swansea Aq	2:34.07	___
3	Hughes, Tirion	13	Swansea Aq	2:33.16	___
4	Davies, Isabella	13	Nsg	2:29.04	___
5	Thompson, Freya	14	Haverfordwest	2:29.18	___
6	Knight, Lily	14	Swansea Aq	2:33.70	___
7	Snellgrove, Chloe	14	Neath	2:36.26	___
8	Cooper, Megan	16	Neath	2:36.77	___

**Heat 8 of 10 Finals**

1	Davies, Erin	13	Celtic D.	2:28.78	___
2	Patterson, Hollie	13	Carmarthen	2:27.47	___
3	Clifford, Bethany	17	Neath	2:26.56	___
4	Hall, Ellena	13	Fishguard	2:26.46	___
5	Upton-Boorman, Isabella	14	Nsg	2:26.47	___
6	Mason, Phoebe	14	Haverfordwest	2:27.00	___
7	Filmer, Gwennan	12	Aberystwyth	2:27.47	___
8	Giles, Seren	14	Neath	2:28.88	___

**Heat 9 of 10 Finals**

1	Cressey-Rodgers, Gwenllian	14	Nsg	2:25.61	___
2	Morgan, Evelyn	13	Nsg	2:23.79	___
3	Burns, Freya	13	Nsg	2:21.36	___
4	Webb, Saskia	17	Haverfordwest	2:19.51	___
5	Gilderdale, Celyn	16	Haverfordwest	2:21.00	___
6	Clissold, Bronwyn	16	Tenby Dolphins	2:21.85	___
7	Watkins, Mylee	14	Neath	2:24.26	___
8	Ley, Lucy	16	Swansea Aq	2:26.29	___

**Heat 10 of 10 Finals**

1	Huws, Awen	16	Nexus	2:16.93	___
2	Clissold, Elizabeth	18	Tenby Dolphins	2:14.82	___
3	Geach, Libbie	15	Neath	2:11.34	___
4	Griffiths, Cerys	14	Haverfordwest	2:04.08	___
5	Stokes, Aimee	20	Swansea Uni	2:08.68	___
6	King, Marley	16	Penyrheol Asc	2:12.28	___
7	Philpott, Ffion	15	Nsg	2:16.25	___
8	Berner, Iyla	11	Nsg	2:19.11	___