

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

## Meet Program - Session 5 (Warmup 8.00 - 9.00)

## Event 311 Female 11 &amp; Over 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 14 Finals</b>				
1	Roberts, Arwyn	11	Afan Valley	3:37.33
2	Wilde, Ayla-Belle	12	Nexus	3:36.29
3	Mason, Ezmee	11	Haverfordwest	3:35.41
4	Edmunds, Freya	11	Llanelli	3:33.17
5	Davies, Alana	12	Neath	3:35.04
6	Hawkins, Lottie	11	Haverfordwest	3:35.95
7	Davies, Betsi	12	Fishguard	3:36.53
8	Thomas, Enlli	11	Nexus	3:43.20
<b>Heat 2 of 14 Finals</b>				
1	Baylis, Ellie	12	Penyrheol Asc	3:32.88
2	Hopkins, Darcy	11	Penyrheol Asc	3:31.77
3	Foldi, Kristina	12	Haverfordwest	3:30.52
4	Roberts Mylan, Sophie	12	Swansea Aq	3:27.10
5	Williams, Lois	12	Swansea Aq	3:28.22
6	Titley, Lola	12	Milford Tigers	3:31.11
7	Iturbe, Carys	11	Afan Valley	3:31.84
8	Morris, Blair	11	Neath	3:32.92
<b>Heat 3 of 14 Finals</b>				
1	Edwards, Ffion	13	Penyrheol Asc	3:26.80
2	Pinnock, Betsan	12	Swansea Aq	3:22.50
3	Salmon, Amelia	11	Nexus	3:21.30
4	Rossiter-Wargent, Mia	11	Milford Tigers	3:19.82
5	Lewis, Martha	13	Carmarthen	3:21.26
6	Clement, Darcey	12	Afan Valley	3:21.43
7	Percival, Bella	12	Celtic D.	3:24.22
8	Morgan, Gwerfyl	13	Aberystwyth	3:26.85
<b>Heat 4 of 14 Finals</b>				
1	Jewitt, Sophia	13	Swansea Aq	3:17.64
2	Henson, Jess	11	Tenby Dolphins	3:15.36
3	Jones, Alaw	12	Carmarthen	3:14.43
4	Williams, Fay	12	Swansea Aq	3:13.20
5	Roberts Mylan, Ffion	12	Swansea Aq	3:13.35
6	Williams, Evie	11	Milford Tigers	3:15.20
7	Jones, Ashleigh	14	Carmarthen	3:17.35
8	May, Gwen	12	Nexus	3:18.80
<b>Heat 5 of 14 Finals</b>				
1	Kasto, Evie	13	Swansea Aq	3:12.86
2	Alexander, Seren	14	Aberystwyth	3:11.23
3	Perrott, Hannah	14	Celtic D.	3:10.64
4	Morris, Ffion	12	Tenby Dolphins	3:10.11
5	Dafydd, Iola	15	Carmarthen	3:10.51
6	Richards, Amber	15	Celtic D.	3:10.65
7	Wilcockson, Alys	14	Aberystwyth	3:11.28
8	Pitans, Caitlin	12	Swansea Aq	3:12.97
<b>Heat 6 of 14 Finals</b>				
1	Kaill-Franks, Nia	13	Fishguard	3:09.14
2	Holloway, Olivia	15	Afan Valley	3:08.53
3	Dyde, Pheobe	12	Pembroke	3:06.19
4	Coles, Aria	11	Neath	3:05.81
5	Layland, Seren	13	Penyrheol Asc	3:06.06
6	Harris, Chloe	12	Celtic D.	3:06.38
7	Powell, Nina	12	Fishguard	3:08.77
8	Griffiths, Isla	11	Tenby Dolphins	3:09.87

## Heat 7 of 14 Finals

1	Bowen, Seren	14	Carmarthen	3:05.53
2	Griffiths, Ffion	13	Tenby Dolphins	3:04.27
3	Jenkins, Elli	13	Swansea Aq	3:03.03
4	Jewitt, Anya	13	Swansea Aq	2:59.17
5	Rowland, Scarlett	12	Neath	3:01.27
6	Martin, Phoebe	14	Penyrheol Asc	3:03.80
7	Chapman, Olivia	14	Swansea Aq	3:04.30
8	Kenny, Jemima	13	Milford Tigers	3:05.74

## Heat 8 of 14 Finals

1	Griffiths, Gwenan	14	Penyrheol Asc	2:58.02
2	Short, Amelia	13	Nexus	2:57.40
3	Summerfield, Lucy	12	Llanelli	2:57.26
4	Sedgemore, Lola	12	Neath	2:55.03
5	Davies, Erin	13	Celtic D.	2:56.98
6	Davies, Ava-Rose	11	Llanelli	2:57.31
7	Davies, Elizabeth	11	Tenby Dolphins	2:57.62
8	Goodman, Lola	13	Swansea Aq	2:58.14

## Heat 9 of 14 Finals

1	Goodman, Evie	13	Swansea Aq	2:54.11
2	Morgan, Evelyn	13	Nsg	2:52.81
3	Filmer, Gwennan	12	Aberystwyth	2:52.20
4	Koo, Kathryn	15	Tenby Dolphins	2:51.36
5	Thomas, Medi	16	Llanelli	2:51.81
6	Jenkins, Alexandra	15	Swansea Aq	2:52.77
7	Bruce, Skye	15	Pembroke	2:54.04
8	Ostrowski, Julia	15	Pembroke	2:54.20

## Heat 10 of 14 Finals

1	Beasley, Evaleigh	11	Swansea Aq	2:50.65
2	Cressey-Rodgers, Gwenllian	14	Nsg	2:49.88
3	Kovachev, Georgie	17	Haverfordwest	2:49.22
4	Kazmiruk, Anastasiia	13	Amman Valley	2:48.30
5	Thompson, Freya	14	Haverfordwest	2:49.00
6	Phillips, Emily	16	Neath	2:49.53
7	Hall, Ellena	13	Fishguard	2:50.30
8	Richardson, Beca	14	Swansea Aq	2:50.69

## Heat 11 of 14 Finals

1	Stark, Tala	14	Fishguard	2:47.80
2	McFarlane, Una	13	Milford Tigers	2:47.66
3	Perrott, Niamh	15	Swansea Aq	2:46.49
4	Upton-Boorman, Isabella	14	Nsg	2:45.26
5	Knight, Lily	14	Swansea Aq	2:45.90
6	Williams, Paige	12	Swansea Aq	2:47.12
7	Mason, Phoebe	14	Haverfordwest	2:47.76
8	Hughes, Tirion	13	Swansea Aq	2:47.96

## Heat 12 of 14 Finals

1	Holmes, Seren	15	Neath	2:44.98
2	Welsby, Lily-May	17	Aberystwyth	2:44.08
3	Clissold, Bronwyn	16	Tenby Dolphins	2:43.57
4	Gilderdale, Celyn	16	Haverfordwest	2:42.86
5	Davies, Isabella	13	Nsg	2:42.94
6	Bissicks, Cari	13	Neath	2:43.89
7	Dash, Amelie	13	Milford Tigers	2:44.33
8	Ley, Lucy	16	Swansea Aq	2:45.19

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

## Meet Program - Session 5 (Warmup 8.00 - 9.00)

**Heat 13 Finals (#311 Female 11 & Over 200 SC Meter IM)**

1	Philpott, Ffion	15	Nsg	2:41.72	___
2	Galdes Cutting, Daisy	13	Haverfordwest	2:41.04	___
3	Berner, Iyla	11	Nsg	2:39.76	___
4	Clissold, Elizabeth	18	Tenby Dolphins	2:39.29	___
5	Coffey, Cora	14	Neath	2:39.57	___
6	Webb, Saskia	17	Haverfordwest	2:40.19	___
7	Davies, Isla	11	Nsg	2:41.43	___
8	Burns, Freya	13	Nsg	2:42.00	___

**Heat 14 of 14 Finals**

1	Huws, Awen	16	Nexus	2:36.30	___
2	Gibbs, Harriet	16	Nsg	2:32.95	___
3	Geach, Libbie	15	Neath	2:31.25	___
4	Bissicks, Ella	17	Swansea Aq	2:25.97	___
5	Nichols, Grace	14	Haverfordwest	2:27.51	___
6	Smart, Charlotte	17	Swansea Aq	2:31.87	___
7	Griffiths, Cerys	14	Haverfordwest	2:33.64	___
8	Taffetsauffer, Isabella	13	Nsg	2:37.18	___

**Event 312 Boys 11 & Over 400 SC Meter IM**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 2 Finals**

1					___
2					___
3	Sekula, Mateusz	13	Nexus	6:09.97	___
4	Smith, Declan	13	Amman Valley	6:02.36	___
5	Thomas, Rhys	14	Haverfordwest	6:05.40	___
6					___
7					___
8					___

**Heat 2 of 2 Finals**

1	Smith, Benjamin	15	Haverfordwest	5:43.32	___
2	Davies, Gethin	15	Milford Tigers	5:35.44	___
3	Montague, Mason	16	Haverfordwest	5:04.79	___
4	Clegg, Luke	19	Swansea Uni	4:29.78	___
5	West, Dexter	15	Fishguard	4:52.32	___
6	Williams, Thomas	14	Nsg	5:16.25	___
7	Douglas, Lucas	13	Neath	5:42.30	___
8	Burt, Caio	14	Llanelli	5:52.98	___

**Event 313 Female 11 & Over 100 SC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 8 Finals**

1					___
2					___
3	Alexander, Fflur	11	Aberystwyth	1:58.41	___
4	Phillips, Isabelle	11	Haverfordwest	1:55.90	___
5	Davies, Loti	11	Celtic D.	1:57.96	___
6	Jenkins, Olivia	11	Swansea Aq	1:59.21	___
7					___
8					___

**Heat 2 of 8 Finals**

1	Thomas, Lily	11	Carmarthen	1:52.67	___
2	Iturbe, Carys	11	Afan Valley	1:52.02	___
3	Lauder, Beatrix	11	Neath	1:50.41	___
4	Dashfield, Olivia	11	Tenby Dolphins	1:49.96	___
5	Harris, Chloe	12	Celtic D.	1:50.32	___
6	Davies, Betsi	12	Fishguard	1:50.60	___
7	Williams, Lois	12	Swansea Aq	1:52.54	___
8	Mason, Ezmee	11	Haverfordwest	1:54.69	___

**Heat 3 of 8 Finals**

1	Morgan, Gwerfyl	13	Aberystwyth	1:47.99	___
2	Wilde, Ayla-Belle	12	Nexus	1:47.13	___
3	Griffiths, Isla	11	Tenby Dolphins	1:42.24	___
4	Powell, Nina	12	Fishguard	1:41.24	___
5	Kurys, Bonnie	11	Carmarthen	1:41.38	___
6	Lewis, Evie	11	Haverfordwest	1:42.75	___
7	Pitans, Caitlin	12	Swansea Aq	1:47.30	___
8	Heron, Edith	12	Aberystwyth	1:49.13	___

**Heat 4 of 8 Finals**

1	Pearce, Ava	13	Afan Valley	1:40.27	___
2	Hughes, Seren	13	Neath	1:39.36	___
3	Finney, Elsa	15	Aberystwyth	1:38.86	___
4	Dyde, Pheobe	12	Pembroke	1:38.57	___
5	Rossiter-Wargent, Mia	11	Milford Tigers	1:38.81	___
6	Kaill-Franks, Nia	13	Fishguard	1:39.33	___
7	Dennison, Evie	12	Milford Tigers	1:39.54	___
8	Wilcockson, Alys	14	Aberystwyth	1:40.47	___

**Heat 5 of 8 Finals**

1	Thomas, Nikita	15	Llanelli	1:36.70	___
2	Blyth, Isobelle	14	Haverfordwest	1:35.12	___
3	Hughes, Mollie	13	Celtic D.	1:32.73	___
4	Snellgrove, Chloe	14	Neath	1:31.81	___
5	Filmer, Gwennan	12	Aberystwyth	1:32.02	___
6	Dafydd, Mali	14	Carmarthen	1:33.04	___
7	Hughes, Megan	11	Celtic D.	1:36.30	___
8	Alexander, Seren	14	Aberystwyth	1:37.36	___

**Heat 6 of 8 Finals**

1	Giles, Seren	14	Neath	1:31.63	___
2	Hall, Ellena	13	Fishguard	1:30.32	___
3	Summerfield, Lucy	12	Llanelli	1:30.09	___
4	Ley, Lucy	16	Swansea Aq	1:29.38	___
5	Dafydd, Iola	15	Carmarthen	1:29.56	___
6	Evans, Cadi	12	Swansea Aq	1:30.12	___
7	Galdes Cutting, Daisy	13	Haverfordwest	1:30.40	___
8	Jewitt, Anya	13	Swansea Aq	1:31.73	___

**Heat 7 of 8 Finals**

1	Patterson, Hollie	13	Carmarthen	1:27.70	___
2	Hughes, Tirion	13	Swansea Aq	1:26.29	___
3	Knight, Lily	14	Swansea Aq	1:24.29	___
4	David, Isabelle	17	Swansea Aq	1:23.76	___
5	Davies, Isabella	13	Nsg	1:23.90	___
6	Parry, Abigail	11	Carmarthen	1:25.96	___
7	Miles, Megan	16	Fishguard	1:27.12	___
8	Ostrowski, Julia	15	Pembroke	1:28.14	___

**Heat 8 of 8 Finals**

1	Stark, Tala	14	Fishguard	1:22.91	___
2	Welsby, Lily-May	17	Aberystwyth	1:19.47	___
3	Taffetsauffer, Isabella	13	Nsg	1:18.05	___
4	Mortimer, Constance	19	Swansea Uni	1:12.91	___
5	Gibbs, Harriet	16	Nsg	1:16.47	___
6	Owen, Kessie	16	Neath	1:18.12	___
7	John, Holly	17	Haverfordwest	1:22.25	___
8	Bissicks, Cari	13	Neath	1:22.95	___

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

## Meet Program - Session 5 (Warmup 8.00 - 9.00)

**Event 314 Boys 11 & Over 200 SC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 4 Finals**

1				—
2	Jones, Carter	11	Swansea Aq	3:25.10
3	Lloyd, Vincent-Owen	11	Swansea Aq	3:17.84
4	George, Kieran	13	Milford Tigers	3:13.11
5	Lummis, Ralph	13	Nexus	3:15.84
6	Bool, Iolo	11	Haverfordwest	3:19.93
7	Dadswell, Harry	11	Haverfordwest	3:28.62
8				—

**Heat 2 of 4 Finals**

1	McAdie, Isaac	12	Swansea Aq	3:11.84
2	Marques-Jones, Felix	12	Amman Valley	3:10.18
3	Smudzinski, Max	12	Neath	2:59.33
4	Taylor, Joshua	12	Nexus	2:56.30
5	Flynn, Asten	14	Nexus	2:58.70
6	Lerigo, Oli	14	Aberystwyth	3:01.86
7	Monan, Euan	11	Tenby Dolphins	3:10.34
8	Bowes, James	12	Carmarthen	3:12.16

**Heat 3 of 4 Finals**

1	Mills, Thomas	13	Llanelli	2:48.65
2	Hale, Oliver	13	Swansea Aq	2:47.20
3	Hall, Ethan	15	Fishguard	2:43.62
4	Davies, Ellis	13	Llanelli	2:40.22
5	Harris, Osian	15	Fishguard	2:41.30
6	Noden, Rory	12	Haverfordwest	2:44.81
7	Stuart-Lavender, Jac	14	Llanelli	2:47.54
8	Hughes, Freddy	12	Nexus	2:53.58

**Heat 4 of 4 Finals**

1	King, Ethan	12	Penyrheol Asc	2:28.60
2	Elmes, Max	13	Nsg	2:21.91
3	Montgomery, Samuel	16	Haverfordwest	2:15.38
4	Johnstone, Daniel	17	Nsg	2:03.91
5	West, Dexter	15	Fishguard	2:12.45
6	Thomas, Iolo	14	Neath	2:16.45
7	Phillips, Finley	14	Nsg	2:24.24
8	Harwood, Jack	13	Haverfordwest	2:30.44

**Event 315 Female 11 & Over 50 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 21 Finals**

1				—
2				—
3	%Philpott, Lowri S14	13	Llanelli	43.78
4	Arnold, Olivia	11	Milford Tigers	40.61
5	Smudzinska, Olivia	11	Neath	42.24
6				—
7				—
8				—

**Heat 2 of 21 Finals**

1	Williams, Grace	13	Nexus	39.53
2	Jenkins, Olivia	11	Swansea Aq	39.02
3	Goss, Lucia	12	Celtic D.	38.85
4	Duncan, Ava	12	Amman Valley	38.74
5	Roberts, Arwyn	11	Afan Valley	38.78
6	Davies, Betsi	12	Fishguard	38.88
7	Austin, Sophie Haf	11	Celtic D.	39.22
8	Phillips, Isabelle	11	Haverfordwest	39.65

**Heat 3 of 21 Finals**

1	Davies, Loti	11	Celtic D.	38.59
2	Hopkins, Darcy	11	Penyrheol Asc	38.33
3	Francis, Mia	11	Haverfordwest	38.10
4	Clement, Darcey	12	Afan Valley	37.97
5	Thomas, Enlli	11	Nexus	38.01
6	Richards, Chloe-Elin	12	Celtic D.	38.25
7	Williams, Lois	12	Swansea Aq	38.39
8	Edmunds, Freya	11	Llanelli	38.64

**Heat 4 of 21 Finals**

1	Roberts, Grace	12	Celtic D.	37.75
2	Baylis, Ellie	12	Penyrheol Asc	37.60
3	Davies, Alana	12	Neath	37.55
4	Edwards, Ffion	13	Penyrheol Asc	37.53
5	Williams, Evie	11	Milford Tigers	37.54
6	Pinnock, Betsan	12	Swansea Aq	37.60
7	Thomas, Millie	13	Amman Valley	37.66
8	Dennison, Evie	12	Milford Tigers	37.89

**Heat 5 of 21 Finals**

1	Joseph, Ellie	12	Celtic D.	37.33
2	Hawkins, Lottie	11	Haverfordwest	37.03
3	Massey, Mia	12	Celtic D.	36.98
4	Morris, Ffion	12	Tenby Dolphins	36.86
5	Haslam, Tia	14	Carmarthen	36.94
6	Roberts Mylan, Sophie	12	Swansea Aq	37.00
7	Pitans, Caitlin	12	Swansea Aq	37.30
8	Jewitt, Sophia	13	Swansea Aq	37.51

**Heat 6 of 21 Finals**

1	Morgan, Gwerfyl	13	Aberystwyth	36.60
2	Davies, Cadi	13	Celtic D.	36.37
3	Foldi, Kristina	12	Haverfordwest	36.11
4	Morris, Besi	11	Amman Valley	35.90
5	Titley, Lola	12	Milford Tigers	36.00
6	Iturbe, Carys	11	Afan Valley	36.29
7	Alexander, Seren	14	Aberystwyth	36.45
8	Mason, Ezmee	11	Haverfordwest	36.74

**Heat 7 of 21 Finals**

1	Berner, Kiana	13	Carmarthen	35.82
2	Hughes, Megan	11	Celtic D.	35.62
3	McAdie, Imogen	15	Swansea Aq	35.51
4	Thomas, Leah	13	Haverfordwest	35.26
5	Parkes, Lucia	13	Fishguard	35.42
6	Dafydd, Iola	15	Carmarthen	35.56
7	Kaill-Franks, Nia	13	Fishguard	35.66
8	Griffiths, Isla	11	Tenby Dolphins	35.87

**Heat 8 of 21 Finals**

1	Kenny, Jemima	13	Milford Tigers	35.10
2	Launder, Beatrix	11	Neath	34.95
3	Richards, Amber	15	Celtic D.	34.71
4	Morris, Blair	11	Neath	34.70
5	Roberts Mylan, Ffion	12	Swansea Aq	34.70
6	Perrott, Hannah	14	Celtic D.	34.71
7	David, Emily	13	Haverfordwest	35.04
8	Henson, Jess	11	Tenby Dolphins	35.15

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

## Meet Program - Session 5 (Warmup 8.00 - 9.00)

**Heat 9 Finals (#315 Female 11 & Over 50 SC Meter Freestyle)**

1	Williams, Eirwen	12	Swansea Aq	34.68	_____
2	Finney, Elsa	15	Aberystwyth	34.55	_____
3	Davies, Ava-Rose	11	Llanelli	34.23	_____
4	Jenkins, Elli	13	Swansea Aq	34.19	_____
5	Williams, Fay	12	Swansea Aq	34.20	_____
6	Thomas, Carys	13	Penyrheol Asc	34.40	_____
7	Hughes, Mollie	13	Celtic D.	34.61	_____
8	Gale, Jasmine	14	Afan Valley	34.68	_____

**Heat 10 of 21 Finals**

1	Thomas, Caitlyn	15	Neath	34.16	_____
2	Morgan, Catrin	17	Amman Valley	34.01	_____
3	Parry, Abigail	11	Carmarthen	33.93	_____
4	Jones, Ashleigh	14	Carmarthen	33.80	_____
5	Dyde, Pheobe	12	Pembroke	33.87	_____
6	Kasto, Evie	13	Swansea Aq	33.98	_____
7	Davies, Eva	13	Afan Valley	34.01	_____
8	Coles, Aria	11	Neath	34.16	_____

**Heat 11 of 21 Finals**

1	Hanna, Shelby	15	Haverfordwest	33.72	_____
2	Jones, Alaw	12	Carmarthen	33.69	_____
3	Pearce, Ava	13	Afan Valley	33.31	_____
4	Davies, Alice	16	Fishguard	33.16	_____
5	Wilcockson, Alys	14	Aberystwyth	33.17	_____
6	Harris, Chloe	12	Celtic D.	33.45	_____
7	Powell, Nina	12	Fishguard	33.72	_____
8	Szmigiero, Kaya	11	Aberystwyth	33.76	_____

**Heat 12 of 21 Finals**

1	Szmigiero, Victoria	15	Aberystwyth	32.84	_____
2	Price, Seren -louise	12	Carmarthen	32.60	_____
3	James, Martha	13	Fishguard	32.52	_____
4	Evans, Cadi	12	Swansea Aq	32.49	_____
5	Bessent, Mia	13	Penyrheol Asc	32.50	_____
6	Lewis, Evie	11	Haverfordwest	32.54	_____
7	Powell, Lottie	14	Neath	32.63	_____
8	Bowen, Seren	14	Carmarthen	32.85	_____

**Heat 13 of 21 Finals**

1	Lewis, Megan	13	Neath	32.40	_____
2	Knight, Lily	14	Swansea Aq	32.28	_____
3	Hnoiana, Valentyna	12	Swansea Aq	32.20	_____
4	Dafydd, Mali	14	Carmarthen	32.14	_____
5	Holloway, Olivia	15	Afan Valley	32.16	_____
6	Snellgrove, Chloe	14	Neath	32.26	_____
7	Griffiths, Gwenan	14	Penyrheol Asc	32.30	_____
8	Giles, Seren	14	Neath	32.44	_____

**Heat 14 of 21 Finals**

1	Bruce, Keira	14	Pembroke	32.09	_____
2	Williams, Paige	12	Swansea Aq	31.87	_____
3	Jones, Hunydd	13	Carmarthen	31.84	_____
4	Beasley, Evaleigh	11	Swansea Aq	31.78	_____
5	Davies, Elizabeth	11	Tenby Dolphins	31.80	_____
6	Griffiths, Elizabeth	13	Fishguard	31.84	_____
7	Filmer, Gwennan	12	Aberystwyth	32.07	_____
8	Bruce, Skye	15	Pembroke	32.13	_____

**Heat 15 of 21 Finals**

1	Hughes, Nancy	15	Nexus	31.57	_____
2	Philpott, Ffion	15	Nsg	31.43	_____
3	Davies, Erin	13	Celtic D.	31.25	_____
4	Thomas, Medi	16	Llanelli	31.14	_____
5	Hughes, Tirion	13	Swansea Aq	31.20	_____
6	Patterson, Hollie	13	Carmarthen	31.39	_____
7	Martin, Phoebe	14	Penyrheol Asc	31.55	_____
8	Jenkins, Alexandra	15	Swansea Aq	31.60	_____

**Heat 16 of 21 Finals**

1	Dash, Amelie	13	Milford Tigers	30.97	_____
2	Goodman, Lola	13	Swansea Aq	30.89	_____
3	Perrott, Niamh	15	Swansea Aq	30.85	_____
4	Watkins, Mylee	14	Neath	30.77	_____
5	Thompson, Freya	14	Haverfordwest	30.78	_____
6	Richardson, Beca	14	Swansea Aq	30.87	_____
7	Davis, Olivia	15	Penyrheol Asc	30.90	_____
8	Griffiths, Ffion	13	Tenby Dolphins	30.99	_____

**Heat 17 of 21 Finals**

1	Hanna, Jazmine	16	Haverfordwest	30.54	_____
2	Thomas, Caitlin	16	Penyrheol Asc	30.50	_____
3	Layland, Seren	13	Penyrheol Asc	30.40	_____
4	Kovachev, Georgie	17	Haverfordwest	30.33	_____
5	Cressey-Rodgers, Gwenllian	14	Nsg	30.36	_____
6	Thomas, Nikita	15	Llanelli	30.42	_____
7	Douglas, Fabiana	16	Neath	30.53	_____
8	Goodman, Evie	13	Swansea Aq	30.70	_____

**Heat 18 of 21 Finals**

1	Burns, Freya	13	Nsg	30.03	_____
2	Kazmiruk, Anastasiia	13	Amman Valley	30.00	_____
3	Owen, Kessie	16	Neath	29.68	_____
4	David, Isabelle	17	Swansea Aq	29.60	_____
5	Knight, Cari	16	Penyrheol Asc	29.60	_____
6	Miles, Megan	16	Fishguard	29.87	_____
7	Upton-Boorman, Isabella	14	Nsg	30.02	_____
8	Sullivan, Katie	17	Neath	30.17	_____

**Heat 19 of 21 Finals**

1	Sedgemore, Lola	12	Neath	29.52	_____
2	Koo, Kathryn	15	Tenby Dolphins	29.43	_____
3	Davies, Isla	11	Nsg	29.16	_____
4	Thomas, Ffion	17	Neath	29.08	_____
5	Clissold, Bronwyn	16	Tenby Dolphins	29.11	_____
6	Welsby, Lily-May	17	Aberystwyth	29.21	_____
7	Coffey, Cora	14	Neath	29.46	_____
8	Gilderdale, Celyn	16	Haverfordwest	29.57	_____

**Heat 20 of 21 Finals**

1	Clissold, Elizabeth	18	Tenby Dolphins	28.94	_____
2	Smart, Charlotte	17	Swansea Aq	28.67	_____
3	Gibbs, Harriet	16	Nsg	28.56	_____
4	Berner, Iyla	11	Nsg	28.50	_____
5	Goodliffe, Faith	24	Celtic D.	28.55	_____
6	Williams, Hollie	17	Nsg	28.65	_____
7	Huws, Awen	16	Nexus	28.89	_____
8	Clapham, Rhiannon	19	Fishguard	28.97	_____

**West Wales Regional SC Championships 2024 - 15/11/2024 to 17/11/2024****Meet Program - Session 5 (Warmup 8.00 - 9.00)****Heat 21 Finals (#315 Female 11 & Over 50 SC Meter Freestyle)**

1	Carter, Ava	16	Penyrheol Asc	28.27	___
2	Geach, Libbie	15	Neath	28.10	___
3	Mortimer, Constance	19	Swansea Uni	27.96	___
4	Stokes, Aimee	20	Swansea Uni	27.40	___
5	Nichols, Grace	14	Haverfordwest	27.40	___
6	King, Marley	16	Penyrheol Asc	28.10	___
7	John, Holly	17	Haverfordwest	28.20	___
8	Ford, Katie	18	Swansea Uni	28.34	___