

West Wales Regional LC Championships 2025 - 07/02/2025 to 09/02/2025

Meet Program - Session 2 (Warmup 8.00 - 8.50)

Event 211 Boys 11 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals

1				—
2				—
3	Salah, Karim	11	Carmarthen	3:52.40
4	Weston, Zac	11	PembrokeDist	3:49.43
5	Gorvett, Blu	11	Aberavon	3:49.96
6				—
7				—
8				—

Heat 2 of 8 Finals

1				—
2	Nicholas, Luca	13	Swansea Aq	3:27.70
3	Williams, Lucas	11	Swansea Aq	3:18.80
4	Jones, Dion	14	Carmarthen	3:16.60
5	Lloyd, Vincent-Owen	12	Swansea Aq	3:16.90
6	Dadswell, Harry	12	Haverfordwes	3:20.20
7	Treinis, Lucian	11	Tenby	3:43.42
8				—

Heat 3 of 8 Finals

1	Weston, Ben	14	PembrokeDist	3:14.36
2	Morris, Leo	14	Llanelli	3:13.50
3	Evans, Sam	13	Pembs Cty	3:08.00
4	Poole, Tomos	15	Afan Valley	3:07.00
5	Chapman, Henry	14	Carmarthen	3:07.30
6	Jermin, Morgan	12	Llanelli	3:08.60
7	Batcup, Oliver	13	Swansea Aq	3:14.20
8	Backen, Freddie	13	Pembs Cty	3:16.34

Heat 4 of 8 Finals

1	Sekula, Szymon	14	NexusValleys	2:55.40
2	Noden, Rory	13	Pembs Cty	2:53.20
3	Thomas, Wilf	13	Aberystwyth	2:51.01
4	Hughes, Freddy	13	NexusValleys	2:49.30
5	Waters, Toby	14	Swansea Aq	2:49.80
6	Hughes-Llewellyn, David	15	Llanelli	2:51.70
7	Lerigo, Oli	15	Aberystwyth	2:54.64
8	Fogarty, Oliver	13	Pembs Cty	2:58.80

Heat 5 of 8 Finals

1	Lewis, Cian	16	Neath	2:48.27
2	Smith, Declan	14	Amman Valley	2:46.70
3	Burt, Caio	15	Llanelli	2:45.30
4	Thomas, Rhys	15	Pembs Cty	2:43.90
5	Sekula, Mateusz	14	NexusValleys	2:44.20
6	Flynn, Asten	15	NexusValleys	2:46.50
7	Hall, Ethan	16	Fishguard	2:47.27
8	Davies, Ellis	14	Llanelli	2:48.90

Heat 6 of 8 Finals

1	Read, William	17	Swansea Aq	2:41.00
2	Harris, Osian	16	Pembs Cty	2:39.80
3	Elmes, Max	14	Carmarthen	2:34.75
4	Niland, Harrison	20	Swansea Uni	2:27.96
5	Galbraith, Elian	16	Llanelli	2:32.50
6	Morgan, Ben	16	Pembs Cty	2:37.80
7	Stuart-Lavender, Jac	15	Llanelli	2:40.80
8	Harwood, Jack	14	Pembs Cty	2:42.60

Heat 7 of 8 Finals

1	Montague, Mason	17	Pembs Cty	2:24.50
2	Murray, Ross	20	Swansea Uni	2:19.34
3	Broom, Dylan	23	Swansea Uni	2:17.75
4	Docking-Smith, Frankie	21	Swansea Uni	2:15.06
5	Upton-Boorman, Liam	18	Carmarthen	2:16.15
6	West, Dexter	16	Pembs Cty	2:18.90
7	Silverstone, Sol	16	Pembs Cty	2:21.30
8	Thomas, Iolo	15	Neath	2:24.83

Heat 8 of 8 Finals

1	Stratton, Joe	21	Swansea Uni	2:12.00
2	Clegg, Luke	20	Swansea Uni	2:10.99
3	Patsalides, Antonis	23	Swansea Uni	2:09.32
4	Kendrick, Elijah	21	Swansea Uni	2:07.44
5	Gallahger, Dylan	22	Swansea Uni	2:08.27
6	Hollinsky, Gideon	20	Swansea Uni	2:10.30
7	Staines, Luca	21	Swansea Uni	2:11.93
8	Nikolaou, Antonio	22	Swansea Uni	2:14.00

Event 212 Female 11 & Over 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1				—
2				—
3	Snellgrove, Maddie	11	Neath	7:44.77
4	Morgan, Iolah	11	PembrokeDist	7:22.92
5	Thomas, Enlli	12	NexusValleys	7:39.80
6				—
7				—
8				—

Heat 2 of 4 Finals

1	Kurys, Emiliese	11	Carmarthen	7:10.90
2	Roberts Mylan, Ffion	13	Swansea Aq	6:51.10
3	Blyth, Isobelle	15	Haverfordwes	6:46.20
4	Coles, Aria	12	Neath	6:36.20
5	Ostrowski, Julia	16	Pembs Cty	6:37.14
6	Pearce, Ava	14	Afan Valley	6:47.10
7	Pitans, Caitlin	13	Swansea Aq	7:00.40
8				—

Heat 3 of 4 Finals

1	Parry, Abigail	12	Carmarthen	6:19.20
2	Filmer, Gwennan	13	Aberystwyth	6:11.92
3	Hall, Ellena	14	Pembs Cty	6:05.80
4	Stark, Tala	15	Pembs Cty	6:00.37
5	Beasley, Evaleigh	12	Swansea Aq	6:05.60
6	Mason, Phoebe	15	Pembs Cty	6:06.80
7	Hall, Isabelle	14	Pembs Cty	6:13.30
8	Davies, Elizabeth	12	Pembs Cty	6:20.80

Heat 4 of 4 Finals

1	Knight, Lily	15	Swansea Aq	5:50.80
2	Griffiths, Cerys	15	Pembs Cty	5:40.58
3	Berner, Iyla	12	Carmarthen	5:32.62
4	Hornby, Rachel	21	Swansea Uni	5:02.89
5	Brassington, Sophie	19	Swansea Uni	5:02.93
6	Taffetsauffer, Isabella	14	Llanelli	5:36.01
7	Galdes Cutting, Daisy	14	Pembs Cty	5:48.58
8	Dash, Amelie	14	Pembs Cty	5:54.33

West Wales Regional LC Championships 2025 - 07/02/2025 to 09/02/2025

Meet Program - Session 2 (Warmup 8.00 - 8.50)

Event 213 Boys 11 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals				
1				___
2				___
3	Weston, Zac	11	PembrokeDist	2:01.10 ___
4	Dadswell, Harry	12	Haverfordwes	1:52.70 ___
5	Munt, Oliver	12	Haverfordwes	1:52.90 ___
6				___
7				___
8				___
Heat 2 of 6 Finals				
1				___
2	Pirmohamed, Eshan	12	Swansea Aq	1:47.90 ___
3	Rees, Oscar	12	Llanelli	1:44.10 ___
4	Williams, Gethin	14	NexusValleys	1:39.70 ___
5	Weston, Ben	14	PembrokeDist	1:43.05 ___
6	Lloyd- Roberts, Harry	13	Milford Havn	1:46.21 ___
7	Nash, Oliver	12	Carmarthen	1:48.20 ___
8				___
Heat 3 of 6 Finals				
1	Smudzinski, Max	13	Neath	1:38.23 ___
2	Morris, Leo	14	Llanelli	1:36.10 ___
3	Jones, Dafydd	13	Amman Valley	1:34.70 ___
4	Fogarty, Oliver	13	Pembs Cty	1:32.00 ___
5	Stephens, Charlie	15	Neath	1:32.25 ___
6	Morgan, Thomas	13	Neath	1:35.18 ___
7	Lewis, Henry	13	Neath	1:37.82 ___
8	Lloyd, Vincent-Owen	12	Swansea Aq	1:39.50 ___
Heat 4 of 6 Finals				
1	Davis, Oliver	15	Carmarthen	1:30.10 ___
2	Batcup, Oliver	13	Swansea Aq	1:29.50 ___
3	Marques-Jones, Felix	13	Amman Valley	1:28.20 ___
4	Thomas, Rhys	15	Pembs Cty	1:24.76 ___
5	Thomas, Wilf	13	Aberystwyth	1:27.53 ___
6	Sekula, Szymon	14	NexusValleys	1:28.88 ___
7	Santos, Liam	16	Milford Havn	1:29.80 ___
8	Lerigo, Oli	15	Aberystwyth	1:31.53 ___
Heat 5 of 6 Finals				
1	Sekula, Mateusz	14	NexusValleys	1:20.70 ___
2	Phillips, Ioan	15	Neath	1:17.72 ___
3	Stuart-Lavender, Jac	15	Llanelli	1:15.30 ___
4	Richardson, Osian	17	Swansea Aq	1:12.10 ___
5	Bennett, Finley	16	Pembs Cty	1:12.60 ___
6	Lloyd, Thomas	17	Swansea Aq	1:16.50 ___
7	Hall, Ethan	16	Fishguard	1:18.97 ___
8	Davies, Gethin	16	Pembs Cty	1:23.00 ___
Heat 6 of 6 Finals				
1	Lovell - Pascal, Jean Luc	20	Swansea Uni	1:08.93 ___
2	Stratton, Joe	21	Swansea Uni	1:07.00 ___
3	Hoey, Luke	23	Swansea Uni	1:06.27 ___
4	Davies, Aneurin	21	Swansea Uni	1:05.74 ___
5	Braddock, Patrick	21	Swansea Uni	1:06.06 ___
6	Walford, Nathan	20	Swansea Uni	1:06.40 ___
7	Clarke, Henry	18	Swansea Aq	1:08.50 ___
8	Phillips, Finley	15	Carmarthen	1:11.04 ___

Event 214 Female 11 & Over 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Finals				
1				___
2				___
3	Mason, Ezmee	12	Pembs Cty	3:40.26 ___
4	Kurys, Bonnie	12	Carmarthen	3:25.40 ___
5	Arnold, Olivia	12	Milford Havn	3:38.71 ___
6				___
7				___
8				___
Heat 2 of 7 Finals				
1	Clay, Emelia	11	Swansea Aq	3:24.00 ___
2	Dyde, Phoebe	13	Pembs Cty	3:20.85 ___
3	Morris, Besi	12	Amman Valley	3:16.90 ___
4	Henson, Jessica	12	Pembs Cty	3:14.40 ___
5	Middleton, Caitlin	15	Aberystwyth	3:15.77 ___
6	Roberts Mylan, Sophie	13	Swansea Aq	3:18.40 ___
7	Griffiths, Elizabeth	14	Pembs Cty	3:22.90 ___
8				___
Heat 3 of 7 Finals				
1	Hawkins, Lottie	12	Haverfordwes	3:11.10 ___
2	Morris, Blair	12	Neath	3:09.62 ___
3	May, Gwen	13	NexusValleys	3:06.80 ___
4	Salmon, Amelia	12	NexusValleys	3:04.40 ___
5	Blyth, Isobelle	15	Haverfordwes	3:05.10 ___
6	Williams, Evie	12	Milford Havn	3:09.27 ___
7	Griffiths, Isla	12	Pembs Cty	3:10.00 ___
8	Williams, Fay	13	Neath	3:13.35 ___
Heat 4 of 7 Finals				
1	Powell, Nina	13	Pembs Cty	2:59.30 ___
2	Griffiths, Ffion	14	Pembs Cty	2:55.40 ___
3	Andreassen, Freya	14	Amman Valley	2:54.20 ___
4	Short, Amelia	14	Neath	2:53.05 ___
5	Kenny, Jemima	14	Pembs Cty	2:53.70 ___
6	Price, Seren -louise	13	Carmarthen	2:54.80 ___
7	Morris, Ffion	13	Pembs Cty	2:58.40 ___
8	Rowland, Scarlett	13	Neath	3:02.11 ___
Heat 5 of 7 Finals				
1	Hughes, Nancy	16	NexusValleys	2:48.80 ___
2	Clissold, Bronwyn	17	Pembs Cty	2:48.37 ___
3	Chapman, Olivia	15	Swansea Aq	2:47.20 ___
4	Jenkins, Elli	14	Swansea Aq	2:44.60 ___
5	Mcfarlane, Una	14	Pembs Cty	2:45.53 ___
6	Thompson, Freya	15	Pembs Cty	2:47.60 ___
7	Beasley, Evaleigh	12	Swansea Aq	2:48.70 ___
8	Pinnock, Betsan	13	Swansea Aq	2:52.70 ___
Heat 6 of 7 Finals				
1	Bruce, Skye	16	Pembs Cty	2:41.00 ___
2	Holmes, Seren	16	Neath	2:39.51 ___
3	Upton-Boorman, Isabella	15	Carmarthen	2:38.50 ___
4	Coffey, Cora	15	Neath	2:34.92 ___
5	Jones, Hunydd	14	Carmarthen	2:38.10 ___
6	Cressey-Rodgers, Gwenllian	15	Carmarthen	2:39.23 ___
7	Williams, Paige	13	Swansea Aq	2:39.70 ___
8	Lythgoe, Manon	16	Swansea Aq	2:43.92 ___

West Wales Regional LC Championships 2025 - 07/02/2025 to 09/02/2025

Meet Program - Session 2 (Warmup 8.00 - 8.50)

Heat 7 Finals (#214 Female 11 & Over 200 LC Meter Backstroke)

1	Huws, Awen	17	NexusValleys	2:33.70	___
2	Lush, Emily	23	Swansea Uni	2:32.58	___
3	Nichols, Grace	15	Pembs Cty	2:24.20	___
4	Willis, Hannah	20	Swansea Uni	2:21.67	___
5	Bamborough, Katie	21	Swansea Uni	2:23.22	___
6	Arnold, Jessica	15	Swansea Aq	2:26.70	___
7	Davies, Isla	12	Amman Valley	2:33.61	___
8	Burns, Freya	14	Amman Valley	2:34.37	___

Event 215 Boys 11 & Over 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 12 Finals

1					___
2					___
3	Lewis, Ollie	11	Afan Valley	42.40	___
4	Davies, Gruffydd	11	Carmarthen	40.85	___
5	Weston, Zac	11	PembrokeDist	41.40	___
6					___
7					___
8					___

Heat 2 of 12 Finals

1	Munt, Oliver	12	Haverfordwes	39.20	___
2	McFadyen, Hamish	13	Aberystwyth	38.64	___
3	Hart, Ruaraidh	13	NexusValleys	38.40	___
4	Treinis, Lucian	11	Tenby	38.39	___
5	Nash, Oliver	12	Carmarthen	38.40	___
6	Elmes, Samuel	12	Carmarthen	38.60	___
7	Lloyd- Roberts, Harry	13	Milford Havn	38.91	___
8	Dadswell, Harry	12	Haverfordwes	40.20	___

Heat 3 of 12 Finals

1	Pirmohamed, Eshan	12	Swansea Aq	38.00	___
2	Rhead, Alex	13	Haverfordwes	37.60	___
3	David, Ioan	13	Haverfordwes	36.50	___
4	Chapman, Henry	14	Carmarthen	36.04	___
5	Taylor, Joshua	13	NexusValleys	36.32	___
6	Green, William	13	Aberystwyth	36.95	___
7	Lewis, Gethin	11	Neath	37.80	___
8	Rees, Oscar	12	Llanelli	38.30	___

Heat 4 of 12 Finals

1	El Saghir, Mohamed	14	Carmarthen	35.30	___
2	Morgan, Thomas	13	Neath	34.88	___
3	Jermin, Morgan	12	Llanelli	34.70	___
4	Jones, Taine	15	Llanelli	34.30	___
5	Phillips, Gethin	14	Haverfordwes	34.50	___
6	Weston, Ben	14	PembrokeDist	34.82	___
7	Jones, Dion	14	Carmarthen	34.90	___
8	Morris, Leo	14	Llanelli	35.50	___

Heat 5 of 12 Finals

1	Lewis, Henry	13	Neath	34.23	___
2	Stephens, Charlie	15	Neath	33.27	___
3	Lerigo, Oli	15	Aberystwyth	32.81	___
4	Jones, Dafydd	13	Amman Valley	32.50	___
5	Foale, Jack	15	Aberystwyth	32.78	___
6	Lloyd, Vincent-Owen	12	Swansea Aq	33.10	___
7	Williams, Lucas	11	Swansea Aq	33.70	___
8	Moore, Hari	13	Fishguard	34.23	___

Heat 6 of 12 Finals

1	Davies, Ellis	14	Llanelli	32.00	___
2	Lewis, Cian	16	Neath	31.95	___
3	Poole, Tomos	15	Afan Valley	31.90	___
4	Lewis, Callum	16	Milford Havn	31.77	___
5	Evans, Sam	13	Pembs Cty	31.80	___
6	Santos, Liam	16	Milford Havn	31.91	___
7	Lummis, Ralph	14	NexusValleys	32.00	___
8	Elias, Ruben	15	Carmarthen	32.36	___

Heat 7 of 12 Finals

1	Waters, Toby	14	Swansea Aq	31.50	___
2	Noden, Rory	13	Pembs Cty	31.14	___
3	Burt, Caio	15	Llanelli	31.00	___
4	Hall, Ethan	16	Fishguard	30.58	___
5	Morgan, Cole	14	C Dolphins	30.75	___
6	Flynn, Asten	15	NexusValleys	31.00	___
7	Smith, Declan	14	Amman Valley	31.47	___
8	Williams, Efan	13	Neath	31.67	___

Heat 8 of 12 Finals

1	Hughes, Freddy	13	NexusValleys	30.28	___
2	Smith, Herbie	15	Swansea Aq	30.10	___
3	Stuart-Lavender, Jac	15	Llanelli	30.00	___
4	Harwood, Jack	14	Pembs Cty	29.62	___
5	Backen, Henry	17	Haverfordwes	29.70	___
6	Hale, Oliver	14	Swansea Aq	30.00	___
7	Mills, Thomas	14	Llanelli	30.18	___
8	Griffiths, Harri	15	C Dolphins	30.47	___

Heat 9 of 12 Finals

1	Davies, Gethin	16	Pembs Cty	29.20	___
2	Hetherington, Trystan	16	Neath	28.82	___
3	Roberts-Truman, Harri	15	Neath	28.47	___
4	Phillips, Finley	15	Carmarthen	27.75	___
5	Williams, Thomas	15	Llanelli	28.36	___
6	Hedge, Tom	20	Swansea Uni	28.57	___
7	Morgan, Ben	16	Pembs Cty	28.90	___
8	King, Ethan	13	Penyrheol	29.59	___

Heat 10 of 12 Finals

1	Lloyd, Thomas	17	Swansea Aq	27.60	___
2	Thomas, Iolo	15	Neath	27.53	___
3	Williams, Corey	19	Swansea Aq	27.08	___
4	Chapman, Coby	16	Penyrheol	26.88	___
5	Sellick, Fenn	17	Swansea Aq	26.97	___
6	McIntyre, Jonah	20	Swansea Uni	27.38	___
7	Galbraith, Elian	16	Llanelli	27.60	___
8	Elmes, Max	14	Carmarthen	27.70	___

Heat 11 of 12 Finals

1	Jones, Lloyd	22	Swansea Uni	26.48	___
2	Twigger, Owen	16	Swansea Aq	26.22	___
3	Westwood, Owen	21	Swansea Uni	25.90	___
4	Broom, Dylan	23	Swansea Uni	25.28	___
5	Upton-Boorman, Liam	18	Carmarthen	25.68	___
6	Montague, Mason	17	Pembs Cty	26.07	___
7	Douglas, Lucas	14	Neath	26.34	___
8	Niland, Harrison	20	Swansea Uni	26.79	___

West Wales Regional LC Championships 2025 - 07/02/2025 to 09/02/2025

Meet Program - Session 2 (Warmup 8.00 - 8.50)

Heat 12 Finals (#215 Boys 11 & Over 50 LC Meter Freestyle)

1	Lee, Jacob	19	Swansea Uni	25.07	___
2	Sadberry, Jack	21	Swansea Uni	24.50	___
3	Burton, Matt	24	Swansea Uni	24.10	___
4	Larkin, Ryan	24	Swansea Uni	23.64	___
5	Nikolaou, Antonio	22	Swansea Uni	24.00	___
6	Rawes, Sebastian	21	Swansea Uni	24.30	___
7	Greenway, Morgan	22	Swansea Uni	24.55	___
8	Hoey, Luke	23	Swansea Uni	25.16	___

Event 216 Female 11-12 800 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1				___
2				___
3	Swansea Aq	A	12:51.00	___
4	Neath	A	12:00.39	___
5	Neath	B	12:30.00	___
6	Pembs Cty	A	NT	___
7				___
8				___

Event 217 Female 13-14 800 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1				___
2				___
3	C Dolphins	A	NT	___
4	Swansea Aq	A	10:06.00	___
5	Pembs Cty	A	NT	___
6				___
7				___
8				___

Event 218 Female 15-16 800 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1				___
2				___
3				___
4	Swansea Aq	A	9:25.00	___
5	Pembs Cty	A	NT	___
6				___
7				___
8				___

Event 219 Female 17 & Over 800 LC Meter Freestyle Relay

Team	Relay	Seed Time
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--- No entries for event