

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

## Meet Program - Session 7 (Warmup 3.35 - 4.25)

**Event 331 Boys 11 & Over 50 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 6 Finals</b>				
1				___
2	Salah, Karim	11	Carmarthen	53.90 ___
3	Munt, Oliver	12	Haverfordwes	52.90 ___
4	Davis, Max	12	Carmarthen	52.80 ___
5	Gorvett, Blu	11	Aberavon	52.86 ___
6	Treinis, Lucian	11	Tenby	53.45 ___
7				___
8				___
<b>Heat 2 of 6 Finals</b>				
1	Lloyd- Roberts, Harry	13	Milford Havn	48.43 ___
2	Lummis, Ralph	14	NexusValleys	46.30 ___
3	Williams, Lucas	11	Swansea Aq	45.60 ___
4	Hughes, Freddy	13	NexusValleys	44.00 ___
5	Lewis, Henry	13	Neath	45.46 ___
6	Jermin, Morgan	12	Llanelli	46.20 ___
7	Rees, Oscar	12	Llanelli	46.80 ___
8	Evans, Sam	13	Pembs Cty	48.80 ___
<b>Heat 3 of 6 Finals</b>				
1	Elias, Ruben	15	Carmarthen	43.46 ___
2	Poole, Tomos	15	Afan Valley	42.70 ___
3	Davis, Oliver	15	Carmarthen	41.00 ___
4	Fogarty, Oliver	13	Pembs Cty	40.51 ___
5	Lerigo, Oli	15	Aberystwyth	40.56 ___
6	Morgan, Thomas	13	Neath	41.43 ___
7	Lloyd, Vincent-Owen	12	Swansea Aq	42.90 ___
8	Jones, Dafydd	13	Amman Valley	43.90 ___
<b>Heat 4 of 6 Finals</b>				
1	Lewis, Cian	16	Neath	40.46 ___
2	Batcup, Oliver	13	Swansea Aq	40.30 ___
3	Burt, Caio	15	Llanelli	40.00 ___
4	Thomas, Rhys	15	Pembs Cty	38.57 ___
5	Santos, Liam	16	Milford Havn	38.60 ___
6	Marques-Jones, Felix	13	Amman Valley	40.30 ___
7	Backen, Henry	17	Haverfordwes	40.40 ___
8	Sekula, Szymon	14	NexusValleys	40.50 ___
<b>Heat 5 of 6 Finals</b>				
1	Twigger, Owen	16	Swansea Aq	35.60 ___
2	Hall, Ethan	16	Fishguard	35.18 ___
3	Phillips, Ioan	15	Neath	34.30 ___
4	Upton-Boorman, Liam	18	Carmarthen	32.88 ___
5	Phillips, Finley	15	Carmarthen	32.88 ___
6	Stuart-Lavender, Jac	15	Llanelli	34.40 ___
7	Lloyd, Thomas	17	Swansea Aq	35.30 ___
8	Sekula, Mateusz	14	NexusValleys	37.14 ___
<b>Heat 6 of 6 Finals</b>				
1	Clarke, Henry	18	Swansea Aq	31.30 ___
2	Walford, Nathan	20	Swansea Uni	30.23 ___
3	Hoey, Luke	23	Swansea Uni	30.02 ___
4	Kendrick, Elijah	21	Swansea Uni	29.50 ___
5	Davies, Aneurin	21	Swansea Uni	29.75 ___
6	Lovell - Pascal, Jean Luc	20	Swansea Uni	30.20 ___
7	Stratton, Joe	21	Swansea Uni	30.71 ___
8	Corani, Kalaum	21	Swansea Uni	31.90 ___

**Event 332 Female 11 & Over 200 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Finals</b>				
1				___
2				___
3	Dyde, Phoebe	13	Pembs Cty	3:30.30 ___
4	Hughes, Nancy	16	NexusValleys	3:03.90 ___
5	Lewis, Evie	12	Pembs Cty	3:28.16 ___
6				___
7				___
8				___
<b>Heat 2 of 2 Finals</b>				
1	Huws, Awen	17	NexusValleys	2:52.50 ___
2	Nichols, Grace	15	Pembs Cty	2:40.35 ___
3	Davies, Megan	20	Swansea Uni	2:19.91 ___
4	Roberts, Catherine	22	Swansea Uni	2:14.38 ___
5	Hunter, Olivia	21	Swansea Uni	2:19.67 ___
6	Hornby, Rachel	21	Swansea Uni	2:22.35 ___
7	Dash, Amelie	14	Pembs Cty	2:47.00 ___
8	Mason, Phoebe	15	Pembs Cty	2:59.40 ___

**Event 333 Boys 11 & Over 100 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
1				___
2				___
3	Bowes, James	13	Carmarthen	1:33.50 ___
4	Hughes-Llewellyn, David	15	Llanelli	1:20.20 ___
5	Jermin, Morgan	12	Llanelli	1:32.10 ___
6				___
7				___
8				___
<b>Heat 2 of 4 Finals</b>				
1				___
2	Hughes, Freddy	13	NexusValleys	1:16.98 ___
3	Mills, Thomas	14	Llanelli	1:15.90 ___
4	Davies, Gethin	16	Pembs Cty	1:12.80 ___
5	Morgan, Ben	16	Pembs Cty	1:14.90 ___
6	Smith, Declan	14	Amman Valley	1:16.60 ___
7	Burt, Caio	15	Llanelli	1:18.10 ___
8				___
<b>Heat 3 of 4 Finals</b>				
1	Galbraith, Elian	16	Llanelli	1:10.10 ___
2	Chapman, Coby	16	Penyrheol	1:07.92 ___
3	Williams, Thomas	15	Llanelli	1:06.81 ___
4	McIntyre, Jonah	20	Swansea Uni	1:05.96 ___
5	Jones, Lloyd	22	Swansea Uni	1:06.32 ___
6	Hnoianyi, Andrii	16	Swansea Aq	1:07.40 ___
7	Richardson, Osian	17	Swansea Aq	1:08.73 ___
8	Harris, Osian	16	Pembs Cty	1:11.30 ___
<b>Heat 4 of 4 Finals</b>				
1	Silverstone, Sol	16	Pembs Cty	1:01.50 ___
2	Murray, Ross	20	Swansea Uni	59.38 ___
3	Burton, Luke	22	Swansea Uni	58.41 ___
4	Rodriguez, Antionio	21	Swansea Uni	55.08 ___
5	Docking-Smith, Frankie	21	Swansea Uni	58.25 ___
6	Chapman, Nathan	21	Swansea Uni	58.99 ___
7	Stratton, Joe	21	Swansea Uni	1:00.21 ___
8	West, Dexter	16	Pembs Cty	1:01.60 ___

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

## Meet Program - Session 7 (Warmup 3.35 - 4.25)

**Event 334 Female 11 & Over 400 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 7 Finals**

1				___
2	Philpott, Lowri S14	14	Llanelli	7:39.98 ___
3	Morgan, Iolah	11	PembrokeDist	6:38.84 ___
4	Roberts Mylan, Sophie	13	Swansea Aq	6:27.40 ___
5	Thomas, Enlli	12	NexusValleys	6:38.20 ___
6	Enoch, Erin	11	Carmarthen	6:51.30 ___
7				___
8				___

**Heat 2 of 7 Finals**

1	Davies, Eva	14	Afan Valley	6:08.50 ___
2	Coles, Aria	12	Neath	6:03.98 ___
3	Kaill-Franks, Nia	14	Pembs Cty	6:02.26 ___
4	Fenemore, Emily	13	Carmarthen	5:59.70 ___
5	Griffiths, Elizabeth	14	Pembs Cty	6:01.11 ___
6	Roberts Mylan, Ffion	13	Swansea Aq	6:03.40 ___
7	Roberts, Arwyn	12	Afan Valley	6:08.10 ___
8	Beasley, Evaleigh	12	Swansea Aq	6:13.89 ___

**Heat 3 of 7 Finals**

1	Kurys, Emiliese	11	Carmarthen	5:57.10 ___
2	Jones, Ashleigh	15	Carmarthen	5:56.60 ___
3	Hughes, Megan	12	C Dolphins	5:51.07 ___
4	Williams, Eirwen	13	Neath	5:47.75 ___
5	Chapman, Olivia	15	Swansea Aq	5:49.19 ___
6	May, Gwen	13	NexusValleys	5:53.60 ___
7	Evans, Annie	14	Neath	5:56.95 ___
8	Pinnock, Betsan	13	Swansea Aq	5:57.40 ___

**Heat 4 of 7 Finals**

1	Thompson, Freya	15	Pembs Cty	5:39.38 ___
2	Kenny, Jemima	14	Pembs Cty	5:33.00 ___
3	Thomas, Nikita	16	Llanelli	5:24.10 ___
4	Williams, Paige	13	Swansea Aq	5:23.20 ___
5	Cooper, Megan	17	Neath	5:23.98 ___
6	Davies, Elizabeth	12	Pembs Cty	5:31.40 ___
7	Jenkins, Elli	14	Swansea Aq	5:34.50 ___
8	Heredia-Rowe, Rhiannon	19	Neath	5:42.02 ___

**Heat 5 of 7 Finals**

1	Patterson, Hollie	14	Carmarthen	5:18.20 ___
2	Clifford, Bethany	18	Neath	5:15.19 ___
3	Watkins, Mylee	15	Neath	5:14.67 ___
4	Cressey-Rodgers, Gwenllian	15	Carmarthen	5:08.62 ___
5	Bruce, Skye	16	Pembs Cty	5:11.81 ___
6	Mcfarlane, Una	14	Pembs Cty	5:15.12 ___
7	Hall, Ellena	14	Pembs Cty	5:17.70 ___
8	Davies, Ava-Rose	12	Llanelli	5:19.40 ___

**Heat 6 of 7 Finals**

1	Williams, Marys	16	Swansea Aq	5:06.32 ___
2	Morgan, Evelyn	14	Llanelli	5:04.41 ___
3	Upton-Boorman, Isabella	15	Carmarthen	4:58.29 ___
4	Burns, Freya	14	Amman Valley	4:54.88 ___
5	Berner, Iyla	12	Carmarthen	4:57.97 ___
6	Gilderdale, Celyn	17	Pembs Cty	5:02.27 ___
7	Clissold, Bronwyn	17	Pembs Cty	5:04.80 ___
8	Davies, Isabella	14	Llanelli	5:06.35 ___

**Heat 7 of 7 Finals**

1	Galdes Cutting, Daisy	14	Pembs Cty	4:54.04 ___
2	Humphreys, Holly	17	Swansea Aq	4:46.70 ___
3	Griffiths, Cerys	15	Pembs Cty	4:39.41 ___
4	Johnson, Charlotte	22	Swansea Uni	4:32.20 ___
5	Hunter, Olivia	21	Swansea Uni	4:32.82 ___
6	Tree, Charlotte	21	Swansea Uni	4:45.44 ___
7	Philpott, Ffion	16	Llanelli	4:50.62 ___
8	Clissold, Elizabeth	19	Pembs Cty	4:54.56 ___

**Event 335 Boys 11 & Over 200 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 7 Finals**

1				___
2				___
3	Weston, Zac	11	PembrokeDist	3:22.74 ___
4	Gorvett, Blu	11	Aberavon	3:17.33 ___
5	Treinis, Lucian	11	Tenby	3:20.44 ___
6				___
7				___
8				___

**Heat 2 of 7 Finals**

1	Munt, Oliver	12	Haverfordwes	3:11.00 ___
2	Backen, Freddie	13	Pembs Cty	2:53.98 ___
3	Lumms, Ralph	14	NexusValleys	2:51.70 ___
4	Jones, Dion	14	Carmarthen	2:46.20 ___
5	Weston, Ben	14	PembrokeDist	2:51.21 ___
6	Jones, Tomi	13	Neath	2:52.74 ___
7	Lloyd, Vincent-Owen	12	Swansea Aq	3:08.89 ___
8	Davies, Gruffydd	11	Carmarthen	3:11.30 ___

**Heat 3 of 7 Finals**

1	Antwhistle, Isaac	13	Swansea Aq	2:43.92 ___
2	Stephens, Charlie	15	Neath	2:42.50 ___
3	Evans, Sam	13	Pembs Cty	2:41.20 ___
4	Morris, Leo	14	Llanelli	2:36.60 ___
5	Gray, Gruffudd	16	Swansea Aq	2:37.95 ___
6	Marques-Jones, Felix	13	Amman Valley	2:41.40 ___
7	Hill, Alexander Ralph	15	Carmarthen	2:42.70 ___
8	Phillips, Gethin	14	Haverfordwes	2:45.70 ___

**Heat 4 of 7 Finals**

1	Noden, Rory	13	Pembs Cty	2:32.00 ___
2	Thomas, Rhys	15	Pembs Cty	2:28.40 ___
3	Smith, Herbie	15	Swansea Aq	2:26.69 ___
4	Flynn, Asten	15	NexusValleys	2:24.10 ___
5	Stuart-Lavender, Jac	15	Llanelli	2:25.40 ___
6	Hale, Oliver	14	Swansea Aq	2:27.68 ___
7	Grugel, Sam	15	C Dolphins	2:30.07 ___
8	Fogarty, Oliver	13	Pembs Cty	2:34.49 ___

**Heat 5 of 7 Finals**

1	Harwood, Jack	14	Pembs Cty	2:21.70 ___
2	King, Ethan	13	Penyrheol	2:20.10 ___
3	Read, William	17	Swansea Aq	2:17.60 ___
4	Elmes, Max	14	Carmarthen	2:14.10 ___
5	Lloyd, Thomas	17	Swansea Aq	2:14.70 ___
6	Morgan, Ben	16	Pembs Cty	2:18.80 ___
7	Mills, Thomas	14	Llanelli	2:20.80 ___
8	Davies, Ellis	14	Llanelli	2:23.10 ___

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

**Meet Program - Session 7 (Warmup 3.35 - 4.25)**

**Heat 6 Finals (#335 Boys 11 & Over 200 LC Meter Freestyle)**

1	Williams, Thomas	15	Llanelli	2:08.73	___
2	Upton-Boorman, Liam	18	Carmarthen	2:02.54	___
3	Burton, Luke	22	Swansea Uni	1:58.46	___
4	Burton, Matt	24	Swansea Uni	1:57.56	___
5	Broom, Dylan	23	Swansea Uni	1:58.02	___
6	Keeble, Alex	21	Swansea Uni	2:00.13	___
7	Silverstone, Sol	16	Pembs Cty	2:02.90	___
8	Galbraith, Elian	16	Llanelli	2:13.20	___

**Heat 7 of 7 Finals**

1	Ryan, Sam	19	Swansea Uni	1:57.23	___
2	Gallahger, Dylan	22	Swansea Uni	1:55.46	___
3	Armon, Jacob	22	Swansea Uni	1:54.97	___
4	Adams, Max	21	Swansea Uni	1:54.26	___
5	Lee, Jacob	19	Swansea Uni	1:54.90	___
6	Kershaw, Charles	23	Swansea Uni	1:55.00	___
7	Staines, Luca	21	Swansea Uni	1:55.55	___
8	Neroshenko, Valeriy	20	Swansea Uni	1:57.39	___

**Event 336 Female 11-12 400 LC Meter Medley Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

1			___
2			___
3	Pembs Cty	A	NT
4	Neath	A	6:07.34
5	Neath	B	6:32.00
6	Llanelli	A	NT
7			___
8			___

**Event 337 Female 13-14 400 LC Meter Medley Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

1			___
2	Pembs Cty	A	NT
3	Llanelli	A	NT
4	Neath	A	4:55.98
	1) Lewis, Megan 14	2) Bissicks, Cari 14	
	3) Rowland, Scarlett 13	4) Sedgemore, Lola 13	
5	Swansea Aq	A	5:04.00
6	C Dolphins	A	NT
7			___
8			___

**Event 338 Female 15-16 400 LC Meter Medley Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

1			___
2			___
3	Pembs Cty	A	NT
4	Swansea Aq	A	4:53.00
5	Neath	A	5:30.78
	1) Coffey, Cora 15	2) Holmes, Seren 16	
	3) Geach, Libbie 16	4) Watkins, Mylee 15	
6	Llanelli	A	NT
7			___
8			___

**Event 339 Female 17 & Over 400 LC Meter Medley 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	4:35.00
5	Neath	A	5:25.90
	1) Ezard, Emily 23	2) Owen, Kessie 17	
	3) Lewis, Lowri 19	4) Phillips, Emily 17	
6			___
7			___
8			___