

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

Results - Session 6 (Warmup (12.00 - 12.50))

(Event 321 Girls 15-16 100 LC Meter Backstroke)

Name	Age	Team	Finals Time
4 Upton-Boorman, Isabella	15	Carmarthen	1:15.70
36.51	39.19		
5 Philpott, Ffion	16	Llanelli	1:17.29
37.51	39.78		
6 Chapman, Olivia	15	Swansea Aq	1:17.73
38.29	39.44		
7 George, Eilir	15	Llanelli	1:20.44
38.67	41.77		
8 Thomas, Nikita	16	Llanelli	1:21.27
39.92	41.35		
9 Hughes, Nancy	16	NexusValleys	1:21.73
40.08	41.65		
10 Edwards, Isabel	16	Penyrheol	1:22.21
39.39	42.82		
11 Giles, Seren	15	Neath	1:23.01
41.21	41.80		
12 Wilcockson, Alys	15	Aberystwyth	1:23.85
41.06	42.79		
13 Dafydd, Mali	15	Carmarthen	1:27.36
42.69	44.67		
14 Bowen, Seren	15	Carmarthen	1:31.00
43.94	47.06		

Event 321 Girls 17 & Over 100 LC Meter Backstroke

Name	Age	Team	Finals Time
1 Major, Scarlet	22	Swansea Uni	1:03.12
30.73	32.39		
2 Lush, Emily	23	Swansea Uni	1:07.83
32.60	35.23		
3 Rees, Katie	27	Swansea Uni	1:09.16
33.70	35.46		
4 Leggott, Holly	23	Swansea Uni	1:09.36
33.37	35.99		
5 Smart, Charlotte	18	Swansea Aq	1:09.44
33.69	35.75		
6 Keepings, Charlotte	19	Swansea Uni	1:12.33
34.39	37.94		
7 Huws, Awen	17	NexusValleys	1:12.61
34.90	37.71		
8 Catling, Freya	17	C Dolphins	1:16.76
37.32	39.44		
9 Clissold, Bronwyn	17	Pembs Cty	1:17.50
37.25	40.25		
10 Miles, Megan	17	Pembs Cty	1:21.91
39.50	42.41		
11 Thomas, Caitlin	17	Penyrheol	1:22.28
40.42	41.86		
12 Collins-Falconer, Alesha	17	NexusValleys	1:24.32
40.81	43.51		

Event 321 Girls 100 LC Meter Backstroke Multi-Class

Name	Age	Team	Finals Time
1 Webb, Saskia S14	18	Pembs Cty	1:16.53
37.00	39.53		
2 Rice, Lily S8	21	Pembs Cty	1:27.66
42.30	45.36		

Event 322 Boys 13-14 800 LC Meter Freestyle

Name	Age	Team	Finals Time
1 Davies, Ellis	14	Llanelli	10:23.33
34.57	38.01	39.07	39.84
39.45	39.81	40.27	39.90
39.93	39.80	39.75	39.32
39.36	40.50	38.41	35.34
2 Hughes, Freddy	13	NexusValleys	10:34.18
35.19	39.04	40.44	39.53
3:21.71		3:23.48	
3:23.40		3:21.46	
		1:15.39	
3 Bowes, James	13	Carmarthen	11:37.89
39.44	41.53	41.64	43.06
43.85	43.42	44.23	44.86
44.84	44.74	44.99	44.99
44.65	44.12	44.23	43.30
4 Chapman, Henry	14	Carmarthen	11:41.59
38.57	41.57	44.54	45.00
44.38	45.16	45.12	45.68
44.76	45.35	44.52	45.14
43.37	44.72	41.84	41.87

Event 322 Boys 15-16 800 LC Meter Freestyle

Name	Age	Team	Finals Time
1 Twigger, Owen	16	Swansea Aq	9:02.11
31.49	33.56	34.63	34.59
34.83	34.76	34.71	34.40
34.39	34.15	34.49	34.15
33.98	33.73	32.87	31.38
2 Thomas, Iolo	15	Neath	9:30.86
31.16	34.70	35.80	36.08
36.55	36.26	36.44	36.42
36.33	36.21	36.40	36.41
36.32	36.31	35.40	34.07
3 Morgan, Ben	16	Pembs Cty	10:38.46
31.68	36.10	38.49	39.44
40.06	40.78	41.06	40.93
41.04	41.52	42.39	41.19
41.78	41.32	41.28	39.40
4 Roberts-Truman, Harri	15	Neath	10:51.95
33.81	38.71	40.59	40.70
40.81	41.20	41.78	42.60
42.48	41.91	42.19	42.43
41.70	41.85	1:19.19	
5 Flynn, Asten	15	NexusValleys	11:06.60
35.11	39.64	41.48	42.03
42.47	42.49	43.03	43.48
42.54	43.61	42.35	43.43
43.02	43.29	39.01	39.62

Event 322 Boys 17 & Over 800 LC Meter Freestyle

Name	Age	Team	Finals Time
1 Adams, Max	21	Swansea Uni	8:50.83
28.68	32.42	33.43	33.90
33.67	33.92	33.38	33.76
33.48	33.22	33.88	33.34
33.96	33.69	33.19	32.91

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(Event 322 Boys 17 & Over 800 LC Meter Freestyle)

Name	Age	Team	Finals Time	
2 Keeble, Alex	21	Swansea Uni	8:58.24	
	30.58	33.79	34.31	34.06
	34.02	34.01	34.34	34.13
	33.77	34.05	33.81	34.09
	33.67	33.68	33.62	32.31
3 Staines, Luca	21	Swansea Uni	9:01.62	
	29.03	32.48	33.25	33.67
	33.57	33.72	33.59	34.21
	34.14	34.44	34.61	35.00
	34.90	34.84	35.42	34.75

Event 323 Girls 11-12 100 LC Meter Freestyle

Name	Age	Team	Finals Time	
1 Berner, Iyla	12	Carmarthen	1:02.98	
	30.48	32.50		
2 Davies, Isla	12	Amman Valley	1:05.15	
	32.12	33.03		
3 Lewis, Evie	12	Pembs Cty	1:09.64	
	33.14	36.50		
4 Davies, Elizabeth	12	Pembs Cty	1:09.98	
	33.53	36.45		
5 Beasley, Evaleigh	12	Swansea Aq	1:11.66	
	35.30	36.36		
6 Davies, Ava-Rose	12	Llanelli	1:13.30	
	35.77	37.53		
7 Mason, Ezmee	12	Pembs Cty	1:14.79	
	35.96	38.83		
8 Coles, Aria	12	Neath	1:15.17	
	36.52	38.65		
*9 Szmigiero, Kaya	12	Aberystwyth	1:16.48	
	37.60	38.88		
*9 Launder, Beatrix	12	Neath	1:16.48	
	35.41	41.07		
11 Morris, Besi	12	Amman Valley	1:17.62	
	37.31	40.31		
12 Hawkins, Lottie	12	Haverfordwes	1:18.34	
	37.21	41.13		
13 Morris, Blair	12	Neath	1:18.49	
	37.26	41.23		
14 Williams, April	11	Neath	1:18.80	
	37.53	41.27		
15 Salmon, Amelia	12	NexusValleys	1:18.93	
	38.47	40.46		
16 Thomas, Eden	12	Neath	1:19.07	
	37.11	41.96		
17 Hughes, Megan	12	C Dolphins	1:19.11	
	37.64	41.47		
18 Kurys, Emiliese	11	Carmarthen	1:19.84	
	38.06	41.78		
19 Henson, Jessica	12	Pembs Cty	1:19.94	
	36.97	42.97		
20 Gwenter, Isobel	11	Neath	1:20.73	
	38.03	42.70		
21 Rossiter-Wargent, Mia	12	Milford Havn	1:22.16	
	39.74	42.42		
22 Francis, Mia	12	Haverfordwes	1:22.76	
	40.35	42.41		
23 Iturbe, Carys	12	Afan Valley	1:22.97	
	39.67	43.30		

24 Kurys, Bonnie	12	Carmarthen	1:24.07	
	39.47	44.60		
25 Roberts, Arwyn	12	Afan Valley	1:24.34	
	40.05	44.29		
26 Enoch, Erin	11	Carmarthen	1:25.53	
	41.10	44.43		
27 Austin, Sophie Haf	12	C Dolphins	1:26.80	
	42.14	44.66		
28 Williams, Kelsey	12	NexusValleys	1:26.82	
	40.71	46.11		
29 Arnold, Olivia	12	Milford Havn	1:27.06	
	42.86	44.20		
30 Snellgrove, Maddie	11	Neath	1:27.25	
	42.04	45.21		
31 Thomas, Enlli	12	NexusValleys	1:28.27	
	41.12	47.15		
32 Owen, Maisie	12	Neath	1:30.00	
	41.99	48.01		
33 Boyle, Samantha	11	Carmarthen	1:30.57	
	42.21	48.36		
34 Edmunds, Freya	12	Llanelli	1:30.66	
	43.88	46.78		

Event 323 Girls 13-14 100 LC Meter Freestyle

Name	Age	Team	Finals Time	
1 Galdes Cutting, Daisy	14	Pembs Cty	1:05.21	
	31.10	34.11		
2 Burns, Freya	14	Amman Valley	1:05.46	
	31.29	34.17		
3 Bissicks, Cari	14	Neath	1:07.31	
	32.81	34.50		
4 Kazmiruk, Anastasiia	14	Amman Valley	1:07.59	
	32.27	35.32		
5 Morgan, Evelyn	14	Llanelli	1:07.74	
	32.95	34.79		
6 Goodman, Lola	14	Swansea Aq	1:07.99	
	32.19	35.80		
7 Goodman, Evie	14	Swansea Aq	1:08.05	
	32.21	35.84		
8 Griffiths, Elizabeth	14	Pembs Cty	1:08.41	
	33.08	35.33		
9 Layland, Seren	14	Penyrheol	1:08.51	
	33.57	34.94		
10 Jones, Hunydd	14	Carmarthen	1:08.87	
	33.27	35.60		
11 Williams, Paige	13	Swansea Aq	1:09.25	
	33.66	35.59		
12 Sedgemore, Lola	13	Neath	1:09.73	
	33.13	36.60		
13 Patterson, Hollie	14	Carmarthen	1:09.91	
	33.16	36.75		
14 Davies, Isabella	14	Llanelli	1:09.99	
	33.62	36.37		
15 Mitrjaikina, Kerly-Annaly	13	Swansea Aq	1:10.05	
	32.97	37.08		
16 Davies, Erin	14	C Dolphins	1:10.43	
	34.87	35.56		
17 Hall, Isabelle	14	Pembs Cty	1:10.55	
	33.81	36.74		
18 Hall, Ellena	14	Pembs Cty	1:10.88	
	33.60	37.28		

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(Event 323 Girls 13-14 100 LC Meter Freestyle)

Name	Age	Team	Finals Time
19 Griffiths, Ffion	14	Pembs Cty	1:10.93
33.26	37.67		
20 Evans, Cadi	13	Swansea Aq	1:11.29
34.82	36.47		
21 Short, Amelia	14	Neath	1:11.35
34.64	36.71		
22 Harris, Chloe	13	C Dolphins	1:12.36
35.28	37.08		
23 Gil Wood, Elena	13	Swansea Aq	1:12.43
35.37	37.06		
24 Kasto, Evie	14	Swansea Aq	1:12.52
35.35	37.17		
25 Powell, Nina	13	Pembs Cty	1:14.05
35.52	38.53		
26 Kaill-Franks, Nia	14	Pembs Cty	1:14.08
35.66	38.42		
27 Pitans, Caitlin	13	Swansea Aq	1:14.20
35.40	38.80		
28 Davies, Eva	14	Afan Valley	1:14.21
35.37	38.84		
29 Evans, Annie	14	Neath	1:14.35
35.32	39.03		
30 Fry, Tilly	13	Llanelli	1:15.11
36.22	38.89		
31 Andreassen, Freya	14	Amman Valley	1:15.52
36.29	39.23		
32 Hawkins, Betsy-May	14	Llanelli	1:15.85
35.98	39.87		
33 Dyde, Phoebe	13	Pembs Cty	1:15.89
35.96	39.93		
34 Thomas, Carys	14	Penyrheol	1:16.37
36.52	39.85		
35 Williams, Fay	13	Neath	1:16.64
36.62	40.02		
36 Morris, Ffion	13	Pembs Cty	1:16.65
36.72	39.93		
37 Pearce, Ava	14	Afan Valley	1:16.93
37.29	39.64		
38 Roberts Mylan, Ffion	13	Swansea Aq	1:17.13
36.26	40.87		
39 Percival, Bella	13	C Dolphins	1:17.61
37.95	39.66		
40 Roberts-Truman, Betsan	13	Neath	1:18.16
36.76	41.40		
41 David, Emily	14	Haverfordwes	1:18.94
36.99	41.95		
42 Foldi, Kristina	13	Haverfordwes	1:19.18
37.15	42.03		
43 Clement, Darcey	13	Afan Valley	1:20.16
38.48	41.68		
44 May, Gwen	13	NexusValleys	1:20.62
39.26	41.36		
45 Davies, Betsi	13	Fishguard	1:20.72
46 Fenemore, Emily	13	Carmarthen	1:20.76
37.70	43.06		
47 Thomas, Leah	14	Haverfordwes	1:21.15
37.40	43.75		
48 Duncan, Ava	13	Amman Valley	1:21.24
38.33	42.91		

49 Joseph, Ellie	13	C Dolphins	1:21.47
38.28	43.19		
50 Roberts Mylan, Sophie	13	Swansea Aq	1:22.80
38.83	43.97		
51 Jones, Rosie	14	Swansea Aq	1:23.46
38.10	45.36		
52 Baylis, Ellie	13	Penyrheol	1:23.93
38.83	45.10		
53 Davies, Alana	13	Neath	1:25.56
39.60	45.96		
54 Richards, Chloe-Elin	13	C Dolphins	1:27.58
40.75	46.83		
55 Roberts, Grace	13	C Dolphins	1:27.81
41.51	46.30		

Event 323 Girls 15-16 100 LC Meter Freestyle

Name	Age	Team	Finals Time
1 Griffiths, Cerys	15	Pembs Cty	1:00.45
29.07	31.38		
2 Geach, Libbie	16	Neath	1:02.17
29.79	32.38		
3 Nichols, Grace	15	Pembs Cty	1:03.11
29.43	33.68		
4 Lythgoe, Manon	16	Swansea Aq	1:03.49
30.41	33.08		
5 Williams, Marys	16	Swansea Aq	1:05.09
31.27	33.82		
6 Thompson, Freya	15	Pembs Cty	1:07.79
32.24	35.55		
7 Upton-Boorman, Isabella	15	Carmarthen	1:07.91
32.87	35.04		
8 Mason, Phoebe	15	Pembs Cty	1:07.94
32.59	35.35		
9 Watkins, Mylee	15	Neath	1:08.04
32.28	35.76		
10 Ostrowski, Julia	16	Pembs Cty	1:08.37
32.19	36.18		
11 Koo, Kathryn	16	Pembs Cty	1:08.54
32.04	36.50		
12 Thomas, Nikita	16	Llanelli	1:09.55
33.32	36.23		
13 Jenkins, Alexandra	16	Swansea Aq	1:09.66
33.84	35.82		
14 Philpott, Ffion	16	Llanelli	1:09.76
33.65	36.11		
15 Stark, Tala	15	Pembs Cty	1:09.87
33.23	36.64		
16 Dafydd, Mali	15	Carmarthen	1:10.62
34.07	36.55		
17 Conway, Erin	16	Swansea Aq	1:10.73
33.18	37.55		
18 Holloway, Olivia	16	Afan Valley	1:11.59
33.61	37.98		
19 Bowen, Seren	15	Carmarthen	1:12.27
34.80	37.47		
20 Martin, Phoebe	15	Penyrheol	1:12.58
34.18	38.40		
21 Giles, Seren	15	Neath	1:13.15
34.32	38.83		
22 Jones, Ashleigh	15	Carmarthen	1:15.33
35.41	39.92		

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(Event 323 Girls 15-16 100 LC Meter Freestyle)

Name	Age	Team	Finals Time
23 Gale, Jasmine	15	Afan Valley	1:15.94
	35.54	40.40	
24 Snellgrove, Chloe	15	Neath	1:16.74
	35.17	41.57	

Event 323 Girls 17 & Over 100 LC Meter Freestyle

Name	Age	Team	Finals Time
1 Major, Scarlet	22	Swansea Uni	57.85
	28.08	29.77	
2 Crawley, Abigail	20	Swansea Uni	59.22
	28.15	31.07	
3 Davies, Megan	20	Swansea Uni	59.48
	28.94	30.54	
4 Stead, Martha	20	Swansea Uni	59.92
	28.73	31.19	
5 Willis, Hannah	20	Swansea Uni	1:01.42
	29.73	31.69	
6 Dewsbury, Daisy	20	Swansea Uni	1:02.65
	29.77	32.88	
7 Humphreys, Holly	17	Swansea Aq	1:02.99
	30.37	32.62	
8 King, Marley	17	Penyrheol	1:03.22
	30.30	32.92	
9 Gilderdale, Celyn	17	Pembs Cty	1:03.26
	30.79	32.47	
10 Clissold, Elizabeth	19	Pembs Cty	1:03.92
	31.05	32.87	
11 Lewis, Lowri	19	Neath	1:05.36
	31.24	34.12	
12 Clissold, Bronwyn	17	Pembs Cty	1:05.41
	31.24	34.17	
13 Goodliffe, Faith	25	C Dolphins	1:06.60
	32.19	34.41	
14 Ley, Lucy	17	Swansea Aq	1:07.22
	32.57	34.65	
15 Knight, Cari	17	Penyrheol	1:07.33
	32.53	34.80	
16 Williams, Hollie	18	Llanelli	1:08.00
	32.28	35.72	
17 Miles, Megan	17	Pembs Cty	1:09.87
	33.38	36.49	
18 Heredia-Rowe, Rhiannon	19	Neath	1:11.22
	34.18	37.04	
19 Collins-Falconer, Alesha	17	NexusValleys	1:12.36
	35.37	36.99	

Event 323 Girls 100 LC Meter Freestyle Multi-Class

Name	Age	Team	Finals Time
1 Webb, Saskia S14	18	Pembs Cty	1:08.08
	32.41	35.67	
2 Rice, Lily S8	21	Pembs Cty	1:16.71
	36.64	40.07	
3 Philpott, Lowri S14	14	Llanelli	1:37.04
	46.01	51.03	

Event 324 Boys 11-12 200 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Lloyd, Vincent-Owen	12	Swansea Aq	3:37.18
	48.10	56.33	57.21 55.54
2 Gorvett, Blu	11	Aberavon	3:57.13
	54.91	1:00.05	1:03.40 58.77

3 Weston, Zac	11	PembrokeDist	4:10.34
	56.06	1:04.11	1:04.15 1:06.02

Event 324 Boys 13-14 200 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Sekula, Mateusz	14	NexusValleys	2:51.60
	38.48	45.50	44.52 43.10
2 Sekula, Szymon	14	NexusValleys	3:02.48
	41.08	48.75	47.69 44.96
3 Thomas, Wilf	13	Aberystwyth	3:05.55
	41.79	48.03	48.55 47.18
4 Smith, Declan	14	Amman Valley	3:11.02
	43.75	48.26	49.18 49.83
5 Marques-Jones, Felix	13	Amman Valley	3:11.90
	43.21	49.95	50.44 48.30
6 Jones, Dafydd	13	Amman Valley	3:15.53
	45.20	50.08	50.40 49.85
7 Fogarty, Oliver	13	Pembs Cty	3:16.07
	44.34	50.78	51.23 49.72
8 Batcup, Oliver	13	Swansea Aq	3:21.67
	45.65	51.65	53.52 50.85
9 Lewis, Henry	13	Neath	3:29.01
	45.86	53.33	55.65 54.17
10 Lloyd- Roberts, Harry	13	Milford Havn	3:45.10
	50.21	56.52	58.76 59.61
--- Antwhistle, Isaac	13	Swansea Aq	DQ
	48.52	51.88	52.18 50.37

Event 324 Boys 15-16 200 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Phillips, Finley	15	Carmarthen	2:38.14
	35.86	40.78	41.25 40.25
2 Bennett, Finley	16	Pembs Cty	2:40.54
	35.85	41.17	42.69 40.83
3 Stuart-Lavender, Jac	15	Llanelli	2:47.93
	37.20	43.98	44.73 42.02
4 Davies, Gethin	16	Pembs Cty	3:04.16
	41.35	47.49	48.27 47.05
5 Thomas, Rhys	15	Pembs Cty	3:04.46
	41.93	46.51	48.52 47.50
6 Burt, Caio	15	Llanelli	3:06.83
	43.09	49.21	48.55 45.98
7 Hall, Ethan	16	Fishguard	3:08.10
	40.66	48.11	50.57 48.76
8 Lewis, Cian	16	Neath	3:20.42
	42.77	50.66	52.81 54.18

Event 324 Boys 17 & Over 200 LC Meter Breaststroke

Name	Age	Team	Finals Time
1 Walford, Nathan	20	Swansea Uni	2:24.94
	33.09	37.43	37.91 36.51
2 Armon, Jacob	22	Swansea Uni	2:25.24
	33.72	37.63	37.41 36.48
3 Davies, Aneurin	21	Swansea Uni	2:28.55
	32.88	37.28	38.68 39.71
4 Lovell - Pascal, Jean Luc	20	Swansea Uni	2:28.56
	33.47	38.44	38.98 37.67
5 Hoey, Luke	23	Swansea Uni	2:32.24
	33.65	38.71	40.25 39.63
6 Kendrick, Elijah	21	Swansea Uni	2:32.53
	33.18	38.42	39.87 41.06
7 Richardson, Osian	17	Swansea Aq	2:38.65
	35.24	40.52	41.42 41.47

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Name	Age	Team	Finals Time
8 Lloyd, Thomas	17	Swansea Aq	2:53.42
	39.40	43.86 44.90 45.26	

Event 325 Girls 11-12 400 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Pembs Cty	A	4:55.44
1) Davies, Elizabeth 12	2) Henson, Jessica 12	
3) Mason, Ezmee 12	4) Lewis, Evie 12	
	33.14 1:09.88 36.87 1:19.01	
	36.12 1:17.01 32.51 1:09.54	
2 Neath	A	5:01.33
1) Wood, Lilly 12	2) Williams, April 11	
3) Coles, Aria 12	4) Morris, Blair 12	
	34.84 1:16.16 35.21 1:16.62	
	35.62 1:14.89 33.93 1:13.66	
3 Amman Valley	A	5:17.71
1) Davies, Halle 11	2) Burnett, Maggie 12	
3) Morris, Besi 12	4) Davies, Isla 12	
	36.88 1:20.96 43.90 1:35.97	
	35.83 1:16.83 30.48 1:03.95	
4 Neath	B	5:21.96
1) Gwenter, Isobel 11	2) Launder, Beatrix 12	
3) Poverino, Tilly 12	4) Thomas, Eden 12	
	37.09 1:20.12 36.04 1:18.20	
	40.42 1:25.56 35.54 1:18.08	
5 Swansea Aq	A	5:28.12
1) Beasley, Evaleigh 12	2) Soul, Anna 11	
3) Prince, Edith 11	4) Jenkins, Olivia 12	
	35.25 1:13.63 38.86 1:23.83	
	41.73 1:25.29 41.43 1:25.37	
6 Llanelli	A	5:37.23
1) Jones, Alexa 12	2) Powell, Poppy 12	
3) Edmunds, Freya 12	4) Davies, Ava-Rose 12	
	37.22 1:17.75 43.89 1:36.78	
	43.13 1:29.87 34.22 1:12.83	

Event 326 Girls 13-14 400 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Pembs Cty	A	4:32.48
1) Galdes Cutting, Daisy 14	2) Mcfarlane, Una 14	
3) Hall, Ellena 14	4) Dash, Amelie 14	
	31.36 1:04.88 32.53 1:08.70	
	33.27 1:11.39 31.98 1:07.51	
2 Neath	A	4:36.53
1) Bissicks, Cari 14	2) Short, Amelia 14	
3) Rowland, Scarlett 13	4) Sedgemore, Lola 13	
	32.64 1:06.97 34.01 1:11.53	
	33.75 1:11.11 31.10 1:06.92	
3 Swansea Aq	A	4:36.81
1) Goodman, Evie 14	2) Goodman, Lola 14	
3) Hughes, Tirion 14	4) Mitraikina, Kerly-Annaly 13	
	33.53 1:10.05 31.52 1:07.97	
	33.96 1:10.95 32.30 1:07.84	
4 C Dolphins	A	4:57.97
1) Harris, Chloe 13	2) Davies, Erin 14	
3) Hughes, Mollie 14	4) Percival, Bella 13	
	34.94 1:12.75 33.81 1:10.91	
	36.44 1:17.44 36.84 1:16.87	

5 Llanelli	A	5:03.02
1) Summerfield, Lucy 13	2) Hawkins, Betsy-May 14	
3) Rees-Davies, Saoirse 14	4) Fry, Tilly 13	
	34.68 1:11.61 36.15 1:16.15	
	37.87 1:21.05 35.47 1:14.21	

6 Amman Valley	A	5:12.23
1) Andreassen, Freya 14	2) Jenkins, Alys 13	
3) Duncan, Ava 13	4) Kazmiruk, Anastasiia 14	
	35.84 1:15.83 40.59 1:28.00	
	37.88 1:21.64 31.31 1:06.76	

Event 327 Girls 15-16 400 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Pembs Cty	A	4:18.09
1) Nichols, Grace 15	2) Bruce, Skye 16	
3) Thompson, Freya 15	4) Griffiths, Cerys 15	
	29.39 1:02.36 32.92 1:08.30	
	31.17 1:07.13 28.50 1:00.30	
2 Swansea Aq	A	4:22.01
1) Lythgoe, Manon 16	2) Arnold, Jessica 15	
3) Williams, Marys 16	4) Knight, Lily 15	
	30.56 1:04.49 30.00 1:03.70	
	31.14 1:04.06 32.60 1:09.76	
3 Neath	A	4:28.44
1) Geach, Libbie 16	2) Giles, Seren 15	
3) Watkins, Mylee 15	4) Coffey, Cora 15	
	29.97 1:01.54 34.00 1:13.01	
	31.52 1:07.83 31.36 1:06.06	
4 Llanelli	A	4:57.96
1) George, Eilir 15	2) Tucker, Lowri 16	
3) Murphy, Sienna 15	4) Thomas, Nikita 16	
	33.10 1:11.06 37.27 1:17.23	
	36.53 1:19.26 33.03 1:10.41	

Event 328 Girls 17 & Over 400 LC Meter Freestyle Relay

Team	Relay	Finals Time
1 Swansea Aq	A	4:17.47
1) Hatton-Ellis, Isabelle 17	2) Smart, Charlotte 18	
3) Bissicks, Ella 18	4) Tucker, Holly 17	
	30.81 1:03.64 31.61 1:06.18	
	31.15 1:04.79 29.86 1:02.86	
2 Pembs Cty	A	4:19.50
1) Clissold, Elizabeth 19	2) Webb, Saskia 18	
3) Gilderdale, Celyn 17	4) Clissold, Bronwyn 17	
	30.50 1:03.89 32.34 1:08.02	
	30.05 1:03.29 30.12 1:04.30	
3 Neath	A	4:32.93
1) Clifford, Bethany 18	2) Owen, Kessie 17	
3) Evans, Bethan 20	4) Lewis, Lowri 19	
	32.10 1:08.13 32.57 1:08.77	
	32.29 1:09.87 30.60 1:06.16	