

West Wales Regional SC Championships 2025 - 14/11/2025 to 16/11/2025

Results - Session 3 (Warmup 11.10 - 12.10)

Event 221 Girls 11-12 100 SC Meter Breaststroke					7	Hughes, Mollie		14	C Dolphins	1:30.82
						42.68	48.14			
					8	Pearce, Ava		14	Afan Valley	1:31.06
						42.66	48.40			
					9	Mitrjaikina, Scarlet		13	Swansea Aq	1:32.19
						42.88	49.31			
					10	Longar, Miriam E		13	Carmarthen	1:33.76
						44.14	49.62			
					11	Jones, Alaw R		13	Carmarthen	1:35.51
						45.23	50.28			
					12	Duncan, Ava		13	Amman Valley	1:36.42
						44.62	51.80			
					13	Percival, Bella		13	C Dolphins	1:36.86
						45.79	51.07			
					14	Hughes, Seren		14	Neath	1:37.05
						45.14	51.91			
					15	Clement, Darcey		13	Afan Valley	1:37.10
						46.00	51.10			
					16	Williams, Grace		14	Neath	1:38.23
						46.66	51.57			
					17	Malough, Holly V		14	Swansea Aq	1:39.38
						47.59	51.79			
					18	Warrender, Isla		13	Aberystwyth	1:39.47
						43.67	55.80			
					19	Dennison, Evie		13	Milford Havn	1:39.69
						47.16	52.53			
					20	Davies, Betsi		13	Fishguard	1:40.01
						47.49	52.52			
					21	Williams, Lois G		13	Swansea Aq	1:40.73
						47.23	53.50			
					22	Heron, Edith		13	Aberystwyth	1:44.13
						49.66	54.47			
					23	Fenemore, Emily G		13	Carmarthen	1:45.85
						48.99	56.86			
					24	Massey, Mia		13	C Dolphins	1:47.93
						51.55	56.38			
					25	Besley, Freya		13	Penyrheol	1:48.61
						51.22	57.39			
Event 221 Girls 15-16 100 SC Meter Breaststroke										
					Name		AgeTeam		Finals Time	
					1	Geach, Libbie		16	Amman Valley/Nofio Sir	1:22.43
						39.59	42.84			
					2	Knight, Lily E		15	C Dolphins	1:26.26
						40.42	45.84			
					3	Holmes, Seren		16	Afan Valley	1:26.80
						41.26	45.54			
					4	Ostrowski, Julia		16	PembrokeDist	1:27.02
						41.49	45.53			
					5	Alexander, Seren		15	Aberystwyth	1:32.86
						45.07	47.79			
					6	Finney, Elsa		16	Aberystwyth	1:33.35
						43.73	49.62			
Event 221 Girls 17 & Over 100 SC Meter Breaststroke										
					Name		AgeTeam		Finals Time	
					1	Rees, Katie		27	Swansea Uni	1:14.00
						34.82	39.18			
					2	Sait, Erika		19	Swansea Uni	1:14.59
						34.23	40.36			
					3	Owen, Kessie		17	Neath	1:17.24
						36.50	40.74			

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(Event 221 Girls 17 & Over 100 SC Meter Breaststroke)				
Name	Age	Team	Finals Time	
4 Lewis, Lowri	19	Neath	1:20.31	
37.73	42.58			
5 Phillips, Emily	17	Neath	1:20.81	
37.69	43.12			
6 Jewell, Lily	23	Swansea Uni	1:21.15	
38.14	43.01			
7 Owen, Elain	20	Swansea Uni	1:24.25	
39.57	44.68			
Event 222 Boys 11-12 100 SC Meter Freestyle				
Name	Age	Team	Finals Time	
1 Williams, Lucas C	11	Swansea Aq	1:08.94	
33.24	35.70			
2 Lloyd, Vincent-Owen	12	Llanelli	1:10.10	
34.62	35.48			
3 Jermin, Morgan	12	Llanelli	1:10.28	
33.74	36.54			
4 Bool, Iolo	12	Haverfordwes	1:11.57	
34.01	37.56			
5 Monan, Euan	12	Tenby	1:12.22	
35.38	36.84			
6 Evans, Wolfgang	11	PembrokeDist	1:12.99	
35.07	37.92			
7 Dadswell, Harry	12	Haverfordwes	1:13.33	
35.72	37.61			
8 Leahy, Herbie	11	Haverfordwes	1:14.23	
36.25	37.98			
9 Pyzer, Cyrus A	12	Carmarthen	1:14.30	
35.89	38.41			
10 Munt, Oliver	12	Haverfordwes	1:14.96	
36.56	38.40			
11 Whatmore, Finley	12	Milford Havn	1:18.06	
39.23	38.83			
12 Lummis, Arthur J	11	NexusValleys	1:18.31	
38.34	39.97			
13 Jones, Carter A	12	Swansea Aq	1:18.35	
36.69	41.66			
14 Gorvett, Blu	11	Aberavon	1:20.28	
38.23	42.05			
15 Lewis, Ollie	11	Afan Valley	1:21.97	
39.25	42.72			
16 Fretwell, Logan	11	Milford Havn	1:23.46	
39.13	44.33			
17 Mills, Flynn	11	Milford Havn	1:25.43	
40.61	44.82			
Event 222 Boys 13-14 100 SC Meter Freestyle				
Name	Age	Team	Finals Time	
1 Elmes, Max	14	Carmarthen/Nofio Sir G	58.64	
28.25	30.39			
2 Harwood, Jack	14	Haverfordwes	58.68	
28.15	30.53			
3 Evans, Sam	13	Haverfordwes	59.58	
29.02	30.56			
4 King, Ethan	13	Penyrheol	59.91	
28.56	31.35			
5 Morgan, Cole	14	C Dolphins	1:00.58	
29.11	31.47			
6 Fogarty, Oliver	13	Fishguard	1:01.40	
29.92	31.48			

7 Noden, Rory		13 Haverfordwes	1:03.23
29.89	33.34		
8 Bevan, Driw		13 Llanelli	1:04.56
31.37	33.19		
9 Mills, Thomas		14 Llanelli	1:04.60
30.80	33.80		
10 Smith, Declan		14 Neath	1:05.59
31.18	34.41		
11 Bowes, James F		13 Carmarthen	1:06.39
32.07	34.32		
12 Antwhistle, Isaac J		13 Swansea Aq	1:06.91
32.89	34.02		
13 Collins, Thomas		13 Penyrheol	1:07.30
32.26	35.04		
14 Smith, Jacob		13 Haverfordwes	1:07.54
32.20	35.34		
15 Higgins, Finley J		14 Swansea Aq	1:08.15
32.66	35.49		
16 Marques-Jones, Felix		13 Carmarthen	1:08.45
32.78	35.67		
17 Moore, Hari		13 Fishguard	1:08.68
32.95	35.73		
18 Lewis, Henry		13 Neath	1:09.00
33.51	35.49		
19 Williams, Efan		13 Neath	1:10.68
33.32	37.36		
20 Green, William		13 Aberystwyth	1:10.91
34.31	36.60		
21 Phillips, Gethin		14 Haverfordwes	1:12.47
34.03	38.44		
22 Jones, Tomi		13 Neath	1:13.02
34.58	38.44		
23 Lummis, Oscar D		13 NexusValleys	1:13.16
35.46	37.70		
24 Abell, Ronan		13 Neath	1:15.83
35.18	40.65		
25 Phillips, Lucas		14 Haverfordwes	1:15.87
36.32	39.55		
26 Batcup, Oliver J		13 Swansea Aq	1:18.09
37.39	40.70		
Event 222 Boys 15-16 100 SC Meter Freestyle			
Name	Age	Team	Finals Time
1 Silverstone, Solomon	16	Haverfordwes	52.54
25.03	27.51		
2 West, Dexter	16	Fishguard	56.80
27.27	29.53		
3 Thomas, Iolo	15	Neath	57.02
27.26	29.76		
4 Bennett, Finley	16	Haverfordwes	58.18
28.24	29.94		
5 Williams, Thomas	15	Llanelli/Nofio Sir Gar	58.34
28.33	30.01		
6 Morgan, Ben	16	Haverfordwes	58.76
28.69	30.07		
7 Galbraith, Elian	16	Llanelli	58.89
27.68	31.21		
8 Gray, Gruffudd I	16	Swansea Aq	1:00.78
29.23	31.55		
9 Davies, Gethin	16	Milford Havn	1:01.33
28.91	32.42		

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(Event 222 Boys 15-16 100 SC Meter Freestyle)					5	Morgan, Iolah	11	Haverfordwes	12:33.38
Name		AgeTeam		Finals Time		40.91	46.25	47.50	47.75
10	Thomas, Rhys	15	Haverfordwes	1:01.79		48.23	50.26	47.83	48.88
	30.57	31.22				48.02	48.69	47.06	47.93
11	Griffiths, Harri	15	C Dolphins	1:03.21		47.04	46.49	47.01	43.53
	31.35	31.86							
12	Lerigo, Oli	15	Aberystwyth	1:03.79					
	30.25	33.54							
13	Poole, Tomos	15	Afan Valley	1:04.00					
	30.29	33.71							
14	Burt, Caio	15	Llanelli	1:04.31					
	29.96	34.35							
15	Smith, Caelan	15	Haverfordwes	1:04.36					
	30.72	33.64							
16	Lewis, Callum	16	Milford Havn	1:04.72					
	30.11	34.61							
17	Hall, Ethan	16	Fishguard	1:08.20					
	33.19	35.01							
18	Foale, Jack	15	Aberystwyth	1:08.62					
	32.21	36.41							
Event 222 Boys 17 & Over 100 SC Meter Freestyle					Event 223 Girls 13-14 800 SC Meter Freestyle				
Name		AgeTeam		Finals Time	Name		AgeTeam		Finals Time
1	Jones, Dan	29	Swansea Uni	49.07	1	Burns, Freya	14	Amman Valley/Nofio Sir	9:42.30
	23.57	25.50				31.59	35.03	36.26	37.14
2	Gillett, Oliver	18	Swansea Uni	49.43		36.82	36.26	36.30	37.07
	24.08	25.35				37.15	37.42	37.24	36.91
3	Upton-Boorman, Liam	18	Carmarthen/Nofio Sir G	55.04		36.92	37.50	36.63	36.06
	25.88	29.16			2	Patterson, Hollie M	14	Carmarthen	10:20.82
4	Meek, Emyr	28	Swansea Uni	55.93		34.24	38.75	39.96	39.81
	26.46	29.47				39.63	39.46	39.21	39.38
5	Jones, Lloyd	22	Swansea Uni	56.53		39.86	39.17	39.44	39.25
	27.52	29.01				39.04	38.49	38.54	36.59
6	Montague, Mason	17	Haverfordwes	58.33	3	Morgan, Evelyn	14	Llanelli/Nofio Sir Gar	10:33.01
	27.90	30.43				33.83	37.65	39.03	40.02
Event 223 Girls 11-12 800 SC Meter Freestyle						39.74	39.78	40.38	40.14
Name		AgeTeam		Finals Time		40.69	40.50	40.63	40.21
1	Davies, Ava-Rose	12	Llanelli	10:55.08		40.55	40.72	40.21	38.93
	36.29	40.44	41.49	41.78	4	McFarlane, Una	14	Milford Havn	10:38.90
	42.57	42.86	42.61	42.06		33.96	38.10	38.99	40.03
	41.47	41.19	41.19	40.84		39.66	40.91	41.17	41.20
	40.89	41.11	40.19	38.10		40.27	41.63	40.28	41.17
2	Mason, Ezmee	12	Haverfordwes	11:36.38		41.41	40.84	40.54	38.74
	37.12	41.21	44.15	44.25	5	Jenkins, Elli J	14	Swansea Aq	10:39.19
	43.96	44.31	44.33	44.98		36.17	39.62	40.54	41.23
	44.98	44.78	45.88	44.08		40.75	41.46	40.97	40.73
	44.96	43.43	43.29	40.67		39.70	40.35	41.27	39.74
3	Roberts, Arwyn	12	Afan Valley	11:44.03		40.77	39.82	39.61	36.46
	37.53	43.69	43.75	44.61	6	Evans, Cadi	13	Penyrheol	10:46.05
	45.18	44.25	44.52	45.56		33.79	39.76	40.75	40.43
	45.34	43.99	45.05	44.96		40.41	40.91	40.70	41.12
	45.20	44.24	43.91	42.25		40.86	41.62	41.21	41.17
4	Hughes, Megan	12	C Dolphins	11:55.32		41.32	41.83	40.98	39.19
	37.95	43.08	45.20	44.54	7	Gardner-Rolfe, Mia G	13	Swansea Aq	11:26.91
	45.93	45.87	45.69	47.08		36.68	42.58	43.92	43.81
	46.12	46.36	44.89	45.70		43.96	44.05	44.29	43.85
	45.59	44.79	45.17	41.36		44.42	43.58	43.52	43.94
						43.32	43.03	43.24	38.72
					8	Price, Seren-Louise	13	Llanelli	11:28.35
						38.35	42.26	43.55	43.68
						44.68	44.16	44.16	44.30
						43.62	43.77	44.05	43.75
						43.23	43.21	42.71	38.87
					9	Roberts Mylan, Sophie I	13	Swansea Aq	12:19.66
						38.79	44.73	45.59	45.49
						45.77	46.02	46.41	46.51
						47.44	48.37	47.22	47.32
						48.39	47.76	47.91	45.94

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Event 223 Girls 15-16 800 SC Meter Freestyle					--- Rees, Oscar12 LlanelliDQ 47.2252.6252.8253.64							
Name		AgeTeam		Finals Time		Event 224 Boys 13-14 200 SC Meter Breaststroke						
1	Griffiths, Cerys	15	Haverfordwes	9:13.68		Name		AgeTeam		Finals Time		
	31.24	33.64	34.75	34.82	1		Morgan, Thomas	13	Neath	2:53.28		
	34.54	35.07	34.39	34.57	38.23		43.85	45.21	45.99			
	35.34	34.78	35.31	36.20	2		Crotty, Beau	14	PembrokeDist	3:01.95		
	35.23	34.96	35.03	33.81	40.38		47.11	48.38	46.08			
2	Williams, Marys E	16	Swansea Aq	9:58.46		3		Backen, Frederick	13	Fishguard	3:07.00	
	33.20	36.66	37.50	37.86	43.13		47.40	48.69	47.78			
	38.20	37.99	37.91	38.06	4		Marques-Jones, Felix	13	Carmarthen	3:07.44		
	37.81	37.94	37.83	38.10	42.81		48.49	48.42	47.72			
	38.09	37.91	37.65	35.75	5		Batcup, Oliver J	13	Swansea Aq	3:12.09		
3	Bruce, Skye	16	Tenby	10:14.73		43.19		49.69	49.89	49.32		
	34.58	37.89	38.72	39.28	6		Lewis, Henry	13	Neath	3:20.99		
	38.77	38.47	38.32	38.68	44.58		51.20	53.28	51.93			
	38.83	39.10	38.61	39.34	7		Lloyd- Roberts, Harry	13	Milford Havn	3:35.11		
	38.43	39.20	38.96	37.55	47.11		54.63	56.29	57.08			
4	Holloway, Olivia	16	Afan Valley	11:22.18		Event 224 Boys 15-16 200 SC Meter Breaststroke						
	37.66	41.42	43.18	44.04	Name		AgeTeam		Finals Time			
	43.94	43.69	43.80	43.34	1		Phillips, Finley	15	Llanelli/Nofio Sir Gar	2:28.81		
	43.07	43.25	43.70	42.93	33.91		37.86	38.62	38.42			
	44.07	42.89	42.49	38.71	2		Thomas, Rhys	15	Haverfordwes	2:48.31		
Event 223 Girls 17 & Over 800 SC Meter Freestyle					36.82		43.29	43.86	44.34			
Name		AgeTeam		Finals Time		3		Lerigo, Oli	15	Aberystwyth	2:59.56	
1	Clissold, Elizabeth	19	Tenby	9:56.45		39.16		46.79	48.66	44.95		
	33.28	36.96	37.54	38.18	4		Hall, Ethan	16	Fishguard	3:03.33		
	37.48	37.83	37.85	37.93	38.84		46.57	49.34	48.58			
	37.79	37.37	37.37	38.26	5		Smith, Caelan	15	Haverfordwes	3:03.63		
	38.01	37.64	37.38	35.58	38.91		46.27	49.20	49.25			
2	Clissold, Bronwyn	17	Tenby	9:57.63		40.02		46.62	50.08	50.70	3:07.42	
	32.21	37.31	37.75	38.15	Event 224 Boys 17 & Over 200 SC Meter Breaststroke							
	38.19	38.26	38.10	38.12	Name		AgeTeam		Finals Time			
	37.35	37.73	38.10	38.02	1		Lovell-Pascal, Jean-Luc	20	Swansea Uni	2:23.07		
	37.96	37.85	36.84	35.69	32.44		36.64	37.17	36.82			
3	Cooper, Megan	17	Neath	10:49.51		2		Gubb, Harvey	19	Neath	2:35.28	
	36.25	39.79	40.41	40.10	35.26		39.63	40.24	40.15			
	40.49	40.89	42.11	41.41	Event 225 Girls 11-12 50 SC Meter Backstroke (Skins)							
	41.87	41.20	41.27	41.08	Name		AgeTeam		Finals Time			
	41.33	41.18	41.08	39.05	1		Davies, Isla	12	Amman Valley/Nofio Sir	33.73		
Event 224 Boys 11-12 200 SC Meter Breaststroke					2		Beasley, Evaleigh D	12	Swansea Aq	33.93		
Name		AgeTeam		Finals Time		3		Berner, Iyla	12	Carmarthen/Nofio Sir G	34.43	
1	Lloyd, Vincent-Owen	12	Llanelli	3:15.77		4		Davies, Elizabeth	12	Tenby	35.11	
	45.62	51.03	52.39	46.73	5		Davies, Ava-Rose	12	Llanelli	36.20		
2	Monan, Euan	12	Tenby	3:18.80		6		Parry, Abigail	12	Carmarthen	36.44	
	45.21	52.16	52.53	48.90	7		Lewis, Evie	12	Haverfordwes	37.01		
3	Munt, Oliver	12	Haverfordwes	3:20.02		8		Szmigiero, Kaya	12	Aberystwyth	37.26	
	45.59	51.42	51.84	51.17	Event 226 Girls 13-14 50 SC Meter Butterfly (Skins)							
4	Leahy, Herbie	11	Haverfordwes	3:40.35		Name		AgeTeam		Finals Time		
	50.81	55.79	57.99	55.76	1		Bissicks, Cari	14	Neath	31.72		
5	Gorvett, Blu	11	Aberavon	3:43.47		2		Burns, Freya	14	Amman Valley/Nofio Sir	32.38	
	52.34	57.96	58.87	54.30	3		Layland, Seren	14	Penyrheol	33.18		
6	Lummis, Arthur J	11	NexusValleys	3:46.17		4		Taffetsauffer, Isabella	14	Llanelli/Nofio Sir Gar	33.57	
	51.49	58.26	59.63	56.79	5		Filmer, Gwennan	13	Aberystwyth	33.68		
7	Mills, Flynn	11	Milford Havn	3:54.62		6		Jones, Hunydd	14	Carmarthen	34.42	
	54.37	59.88	1:01.43	58.94	7		Hall, Isabelle	14	Fishguard	35.10		
8	Williams, Tom	11	Haverfordwes	4:02.95		8		McFarlane, Una	14	Milford Havn	36.05	
	56.21	1:02.54	1:03.26	1:00.94								
9	Caprilli, Valentino	11	Fishguard	4:04.71								
	57.12	1:02.68	1:02.85	1:02.06								

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	Name	AgeTeam	Finals Time
1	Geach, Libbie	16 Amman Valley/Nofio Sir	38.77
2	Nichols, Grace	15 Haverfordwes	38.82
3	Knight, Lily E	15 C Dolphins	39.42
4	Holmes, Seren	16 Afan Valley	39.73
5	Griffiths, Cerys	15 Haverfordwes	40.72
6	Thompson, Freya	15 Haverfordwes	41.77
7	Mason, Phoebe	15 Haverfordwes	42.11
8	Bruce, Skye	16 Tenby	42.75

Event 228 Girls 17 & Over 50 SC Meter Freestyle (Skins)

	Name	AgeTeam	Finals Time
1	King, Marley	17 Penyrheol	28.32
2	Rees, Katie	27 Swansea Uni	28.33
3	Lewis, Lowri	19 Neath	28.37
4	Clissold, Bronwyn	17 Tenby	29.14
5	Clissold, Elizabeth	19 Tenby	30.05
6	Webb, Saskia A	18 Haverfordwes	30.14
7	Owen, Kessie	17 Neath	30.45
8	Stokes, Aimee	21 Swansea Uni	38.32

Event 500 Women 17 & Over 50 SC Meter Backstroke

	Name	AgeTeam	Finals Time
1	Lewis, Lowri	19 Neath	32.71
2	Rees, Katie	27 Swansea Uni	32.72
3	King, Marley	17 Penyrheol	33.55
4	Stokes, Aimee	21 Swansea Uni	33.87
5	Webb, Saskia A	18 Haverfordwes	34.02
6	Clissold, Bronwyn	17 Tenby	35.67
7	Clissold, Elizabeth	19 Tenby	35.78
8	Owen, Kessie	17 Neath	37.79
9	Phillips, Emily	17 Neath	38.28