

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

Results - Session 4 (Warmup 2.50 - 3.50)

Event 231 Girls 11-12 200 SC Meter Backstroke					8	Griffiths, Ffion		14	Tenby	2:47.53
						38.97	43.18		43.63 41.75	
					9	Short, Amelia		14	Neath	2:48.30
						38.19	43.19		45.12 41.80	
					10	Hall, Ellena		14	Fishguard	2:50.01
						40.16	42.85		43.54 43.46	
					11	Andreassen, Freya		14	Amman Valley	2:55.24
						40.27	43.89		46.79 44.29	
					12	Roberts Mylan, Ffion C		13	Swansea Aq	2:55.44
						41.01	44.64		46.37 43.42	
					13	Thomas, Leah		14	Haverfordwes	3:03.87
						43.61	46.78		48.12 45.36	
					14	Dennison, Evie		13	Milford Havn	3:12.92
						43.70	50.36		51.29 47.57	
					15	Heron, Edith		13	Aberystwyth	3:19.38
						48.29	52.14		52.30 46.65	
					---	Davies, Betsi		13	Fishguard	DQ
						45.07	49.12		49.11 46.81	
Event 231 Girls 15-16 200 SC Meter Backstroke										
					1	Nichols, Grace		15	Haverfordwes	2:20.79
						31.60	35.23		37.01 36.95	
					2	Griffiths, Cerys		15	Haverfordwes	2:33.70
						35.65	39.27		39.70 39.08	
					3	Bruce, Skye		16	Tenby	2:34.77
						36.64	38.97		39.87 39.29	
					4	Holmes, Seren		16	Afan Valley	2:36.85
						36.91	40.06		40.38 39.50	
					5	Cressey-Rodgers, Gwenllian F		15	Carmarthen/Nofio Sir G	2:38.23
						36.49	39.32		41.20 41.22	
					6	Morgan, Lily		15	Tenby	2:44.09
						36.88	41.31		43.40 42.50	
Event 231 Girls 17 & Over 200 SC Meter Backstroke										
					1	Sutton, Bex		24	Swansea Uni	2:11.89
						30.12	32.56		34.01 35.20	
					2	Williams, Jody		19	Swansea Uni	2:22.32
						33.17	35.77		36.72 36.66	
					3	Lewis, Carys		18	Swansea Uni	2:36.55
						35.25	39.28		40.88 41.14	
					4	Roberts, Holly		18	Swansea Uni	2:38.59
						36.06	39.34		41.45 41.74	
Event 232 Boys 11-12 100 SC Meter Backstroke										
					1	Monan, Euan		12	Tenby	1:18.89
						38.43	40.46			
					2	Jermin, Morgan		12	Llanelli	1:20.76
						39.60	41.16			
					3	Bool, Iolo		12	Haverfordwes	1:21.14
						39.31	41.83			
					4	Pyzer, Cyrus A		12	Carmarthen	1:21.73
						40.51	41.22			
					5	Dadswell, Harry		12	Haverfordwes	1:23.10
						40.89	42.21			
					6	Lloyd, Vincent-Owen		12	Llanelli	1:23.55
						41.25	42.30			
					7	Evans, Wolfgang		11	PembrokeDist	1:26.64
						42.11	44.53			
					8	Whatmore, Finley		12	Milford Havn	1:30.77
						45.29	45.48			
Event 231 Girls 13-14 200 SC Meter Backstroke										
					1	Taffetsauffer, Isabella		14	Llanelli/Nofio Sir Gar	2:31.40
						35.34	38.41		39.10 38.55	
					2	Jones, Hunydd		14	Carmarthen	2:34.71
						37.24	40.07		39.25 38.15	
					3	Williams, Paige T		13	Swansea Aq	2:37.59
						36.10	38.30		40.77 42.42	
					4	Powell, Nina L		13	Carmarthen	2:43.73
						38.75	42.61		43.30 39.07	
					5	Pinnock, Betsan R		13	Swansea Aq	2:44.32
						38.10	41.48		43.49 41.25	
					6	Davies, Eva		14	Afan Valley	2:44.68
						39.31	42.24		41.81 41.32	
					7	Kenny, Jemima		14	Milford Havn	2:44.91
						39.04	42.54		43.29 40.04	

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(Event 232 Boys 11-12 100 SC Meter Backstroke)					2	Hawkins, Alfie		18	Swansea Uni	1:01.71
Name		AgeTeam		Finals Time		29.58	32.13			
9	Fretwell, Logan	11	Milford Havn	1:33.41	3	Montague, Mason		17	Haverfordwes	1:03.27
	45.23	48.18				30.60	32.67			
---	Lummis, Arthur J	11	NexusValleys	DQ	Event 233 Girls 13-14 200 SC Meter Butterfly					
	46.27	46.07			Name		AgeTeam		Finals Time	
Event 232 Boys 13-14 100 SC Meter Backstroke					1	McFarlane, Una		14	Milford Havn	2:54.35
Name		AgeTeam		Finals Time		35.12	42.49	48.08	48.66	
1	King, Ethan	13	Penyrheol	1:05.07	2	Hall, Isabelle		14	Fishguard	2:55.59
	31.67	33.40				38.37	44.19	46.40	46.63	
2	Elmes, Max	14	Carmarthen/Nofio Sir G	1:05.95	3	Dyde, Pheobe		13	PembrokeDist	3:06.52
	31.55	34.40				39.74	48.32	50.04	48.42	
3	Morgan, Thomas	13	Neath	1:14.28	4	Roberts Mylan, Ffion C		13	Swansea Aq	3:07.42
	36.03	38.25				39.40	47.80	50.35	49.87	
4	Green, William	13	Aberystwyth	1:15.41	Event 233 Girls 15-16 200 SC Meter Butterfly					
	37.19	38.22			Name		AgeTeam		Finals Time	
5	Bowes, James F	13	Carmarthen	1:15.80	1	Thompson, Freya		15	Haverfordwes	2:52.21
	37.49	38.31				38.45	44.03	45.87	43.86	
6	Mills, Thomas	14	Llanelli	1:17.55	2	Mason, Phoebe		15	Haverfordwes	2:58.70
	38.19	39.36				37.77	44.37	47.92	48.64	
7	Antwhistle, Isaac J	13	Swansea Aq	1:17.56	3	George, Eilir		15	Llanelli	3:07.86
	38.54	39.02				39.56	46.79	50.04	51.47	
8	Bevan, Driw	13	Llanelli	1:17.85	Event 234 Boys 11-12 400 SC Meter Freestyle					
	38.27	39.58			Name		AgeTeam		Finals Time	
9	Moore, Hari	13	Fishguard	1:19.32	1	Jermin, Morgan		12	Llanelli	5:30.85
	39.15	40.17				36.96	40.86	42.02	43.31	
10	Marques-Jones, Felix	13	Carmarthen	1:19.39		43.08	43.35	41.97	39.30	
	38.47	40.92			2	Bool, Iolo		12	Haverfordwes	5:31.51
11	Backen, Frederick	13	Fishguard	1:20.92		37.20	40.64	41.88	43.59	
	39.36	41.56				43.61	42.42	43.25	38.92	
12	Abell, Ronan	13	Neath	1:22.60	3	Monan, Euan		12	Tenby	5:57.84
	39.31	43.29				38.36	43.14	46.54	46.88	
13	Lummis, Oscar D	13	NexusValleys	1:26.14		47.62	45.73	46.51	43.06	
	41.34	44.80			Event 234 Boys 13-14 400 SC Meter Freestyle					
---	Mcadie, Isaac	13	Neath	DQ	Name		AgeTeam		Finals Time	
	39.80	43.70			1	Harwood, Jack		14	Haverfordwes	4:30.89
Event 232 Boys 15-16 100 SC Meter Backstroke						30.31	33.71	34.03	34.62	
Name		AgeTeam		Finals Time		34.58	35.14	34.69	33.81	
1	West, Dexter	16	Fishguard	57.17	2	Fogarty, Oliver		13	Fishguard	4:40.52
	27.86	29.31				31.65	35.09	36.13	35.81	
2	Thomas, Iolo	15	Neath	1:01.35		35.76	36.30	35.77	34.01	
	29.39	31.96			3	Evans, Sam		13	Haverfordwes	4:41.05
3	Silverstone, Solomon	16	Haverfordwes	1:02.53		32.06	34.65	35.70	36.29	
	29.12	33.41				36.25	36.32	36.00	33.78	
4	Phillips, Finley	15	Llanelli/Nofio Sir Gar	1:07.17	4	Noden, Rory		13	Haverfordwes	4:53.77
	32.62	34.55				32.96	36.17	37.54	38.61	
5	Gray, Gruffudd I	16	Swansea Aq	1:07.42		37.34	38.06	37.35	35.74	
	33.30	34.12			5	Bowes, James F		13	Carmarthen	4:59.42
6	Galbraith, Elian	16	Llanelli	1:08.25		33.39	36.38	37.71	38.33	
	32.16	36.09				39.07	38.88	37.89	37.77	
7	Lerigo, Oli	15	Aberystwyth	1:12.10	6	Antwhistle, Isaac J		13	Swansea Aq	5:05.80
	34.68	37.42				36.09	38.02	40.05	38.87	
8	Davies, Gethin	16	Milford Havn	1:12.54		39.83	38.45	38.68	35.81	
	34.56	37.98			7	Smith, Declan		14	Neath	5:12.20
9	Hall, Ethan	16	Fishguard	1:14.23		34.00	37.09	38.37	39.76	
	36.71	37.52				40.84	41.39	41.26	39.49	
Event 232 Boys 17 & Over 100 SC Meter Backstroke					8	Marques-Jones, Felix		13	Carmarthen	5:13.24
Name		AgeTeam		Finals Time		34.68	39.69	40.60	41.04	
1	White, Adam	18	Swansea Uni	59.93		40.75	39.92	39.85	36.71	
	29.12	30.81								

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(Event 234 Boys 13-14 400 SC Meter Freestyle)					10	Kurys, Emiliese J	11	Carmarthen	2:39.51
NameAgeTeamFinals Time						35.3241.76		42.9839.45	
9	Jones, Tomi	13	Neath	5:53.30	11	Henson, Jess	12	Tenby	2:41.90
	37.2241.57		43.7046.15			37.3041.64		42.1340.83	
	45.8046.66		46.6245.58		12	Francis, Mia	12	Haverfordwes	2:43.01
10	Mcadie, Isaac	13	Neath	6:03.02		37.5342.42		41.8141.25	
	39.0744.02		45.8646.56		13	Austin, Sophie Haf	12	C Dolphins	2:44.67
	46.9446.90		48.2945.38			37.5242.65		43.3741.13	
Event 234 Boys 15-16 400 SC Meter Freestyle					14	Enoch, Erin L	11	Carmarthen	2:44.95
NameAgeTeamFinals Time						37.4741.78		43.3942.31	
1	Bennett, Finley	16	Haverfordwes	4:26.21	15	Kurys, Bonnie P	12	Carmarthen	2:45.08
	29.0432.46		33.0533.74			37.3643.42		43.3041.00	
	34.3834.78		34.6034.16		16	Williams, Evie	12	Milford Havn	2:46.28
2	Thomas, Iolo	15	Neath	4:29.60		39.4442.79		43.4040.65	
	29.8333.26		34.2334.82		17	Griffiths, Isla	12	Tenby	2:49.93
	34.4334.69		34.3034.04			37.4242.81		44.9244.78	
3	Morgan, Ben	16	Haverfordwes	4:33.02	18	Harvey-Flinn, Ruby E	12	Swansea Aq	2:51.61
	30.8033.30		34.3034.69			37.1444.13		46.3044.04	
	34.6635.11		35.9534.21		19	Iturbe, Carys	12	Afan Valley	2:52.26
4	Burt, Caio	15	Llanelli	4:53.02		38.6244.37		46.5042.77	
	32.3435.66		36.9937.06		20	Arnold, Olivia	12	Milford Havn	2:54.26
	37.8938.19		38.2736.62			41.8745.61		45.2541.53	
5	Poole, Tomos	15	Afan Valley	5:00.52	21	Kellaway, Evie-Rosa	12	Aberystwyth	2:56.30
	32.4436.68		38.5038.83			39.0145.27		46.5145.51	
	39.2538.75		40.0835.99		22	Morgan, Iolah	11	Haverfordwes	2:56.97
Event 234 Boys 17 & Over 400 SC Meter Freestyle						40.1245.56		46.5644.73	
NameAgeTeamFinals Time					23	McFarlane, Mali	11	Milford Havn	3:19.92
1	Gillett, Oliver	18	Swansea Uni	3:59.17		44.3152.15		53.9149.55	
	26.7329.93		30.5930.20		Event 235 Girls 13-14 200 SC Meter Freestyle				
	30.0630.57		30.7430.35		NameAgeTeamFinals Time				
2	Mistry, Manav Mistry	18	Swansea Uni	4:13.74	1	Burns, Freya	14	Amman Valley/Nofio Sir	2:15.10
	29.3331.89		31.8532.59			30.0934.61		34.9935.41	
	32.1332.32		32.1231.51		2	Filmer, Gwennan	13	Aberystwyth	2:18.35
3	Bradley, Mathew Bradley	19	Swansea Uni	4:18.91		31.5435.69		36.7734.35	
	29.1732.51		32.9233.42		3	Bissicks, Cari	14	Neath	2:21.89
	32.7932.42		32.8532.83			32.3935.67		37.3336.50	
4	Griffiths, Sam	17	Carmarthen	4:57.54	4	Davies, Isabella	14	Llanelli/Nofio Sir Gar	2:23.00
	31.7335.66		36.9238.16			33.5236.61		37.2235.65	
	38.5039.26		39.4637.85		5	Morgan, Evelyn	14	Llanelli/Nofio Sir Gar	2:25.09
Event 235 Girls 11-12 200 SC Meter Freestyle						33.1937.00		38.2536.65	
NameAgeTeamFinals Time					6	Davies, Erin	14	C Dolphins	2:26.30
1	Davies, Isla	12	Amman Valley/Nofio Sir	2:13.40		33.7937.81		38.2936.41	
	30.2834.24		34.8034.08		7	Powell, Nina L	13	Carmarthen	2:27.15
2	Berner, Iyla	12	Carmarthen/Nofio Sir G	2:13.43		33.3137.89		38.6737.28	
	31.0334.06		34.8333.51		8	Hall, Ellena	14	Fishguard	2:29.54
3	Davies, Elizabeth	12	Tenby	2:23.98		35.0437.75		38.6038.15	
	33.3737.52		37.7535.34		9	Griffiths, Ffion	14	Tenby	2:29.80
4	Beasley, Evaleigh D	12	Swansea Aq	2:24.70		33.3438.34		39.3238.80	
	34.2338.18		38.0734.22		10	Harris, Chloe	13	C Dolphins	2:31.83
5	Lewis, Evie	12	Haverfordwes	2:25.29		33.4638.55		40.6439.18	
	32.6837.19		37.7337.69		11	Kaill-Franks, Nia	14	Fishguard	2:32.13
6	Parry, Abigail	12	Carmarthen	2:32.18		35.3538.17		39.8738.74	
	34.6239.53		40.7637.27		12	Mitrjaikina, Scarlet	13	Swansea Aq	2:33.62
7	Morris, Blair	12	Neath	2:32.41		34.2238.64		40.9439.82	
	34.3039.38		40.4338.30		13	Pearce, Ava	14	Afan Valley	2:35.10
8	Launder, Beatrix	12	Neath	2:37.72		35.1839.45		41.4938.98	
	35.3039.82		42.2140.39		14	Williams, Eirwen	13	Neath	2:35.96
9	Mason, Ezmee	12	Haverfordwes	2:38.95		34.6739.79		43.4338.07	
	35.8240.72		41.5940.82		15	Williams, Grace	14	Neath	2:36.82
						35.1540.07		41.4540.15	

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(Event 235 Girls 13-14 200 SC Meter Freestyle)					9	Cooper, Megan	17	Neath	2:35.22
Name		AgeTeam		Finals Time		35.07	39.69	41.15	39.31
16	Pitans, Caitlin R	13	Swansea Aq	2:39.85	10	Owen, Elain	20	Swansea Uni	2:35.71
	35.39	41.85	41.50	41.11		34.32	38.36	40.99	42.04
17	Percival, Bella	13	C Dolphins	2:40.51	Event 235 Girls 200 SC Meter Freestyle Multi-Class				
	36.66	41.32	42.57	39.96	Name		AgeTeam		Finals Time
18	Pinnock, Betsan R	13	Swansea Aq	2:40.54	1	Webb, Saskia S14	18	Haverfordwes	2:19.02
	36.76	41.29	41.91	40.58		31.94	35.19	36.09	35.80
19	Gardner-Rolfe, Mia G	13	Swansea Aq	2:40.80					
	35.93	40.87	42.97	41.03					
20	Andreassen, Freya	14	Amman Valley	2:42.43					
	37.72	41.74	42.75	40.22					
21	Thomas, Carys	14	Penyrheol	2:44.15					
	37.84	42.18	42.76	41.37					
22	Fenemore, Emily G	13	Carmarthen	2:44.83					
	37.54	42.69	43.36	41.24					
23	Clement, Darcey	13	Afan Valley	2:46.26					
	38.12	43.52	43.54	41.08					
24	Titley, Lola	13	Milford Havn	2:49.30					
	38.60	43.65	44.48	42.57					
25	Roberts, Grace	13	C Dolphins	2:55.96					
	39.78	46.09	47.10	42.99					
26	Roberts Mylan, Sophie I	13	Swansea Aq	2:56.64					
	38.68	45.70	45.84	46.42					
Event 235 Girls 15-16 200 SC Meter Freestyle									
Name		AgeTeam		Finals Time					
1	Nichols, Grace	15	Haverfordwes	2:12.21					
	29.79	33.48	35.00	33.94					
2	Geach, Libbie	16	Amman Valley/Nofio Sir	2:12.81					
	31.10	33.79	34.05	33.87					
3	Williams, Marys E	16	Swansea Aq	2:17.72					
	31.97	35.29	36.10	34.36					
4	Koo, Kathryn	16	Tenby	2:28.12					
	32.99	37.12	38.90	39.11					
5	Jenkins, Alexandra G	16	Swansea Aq	2:29.80					
	34.13	37.80	39.00	38.87					
6	Holloway, Olivia	16	Afan Valley	2:31.34					
	33.85	37.60	40.26	39.63					
7	Cressey-Rodgers, Gwenllian F	15	Carmarthen/Nofio Sir G	2:31.51					
	34.39	38.85	40.29	37.98					
8	Gale, Jasmine	15	Afan Valley	2:40.62					
	36.15	40.99	42.38	41.10					
Event 235 Girls 17 & Over 200 SC Meter Freestyle									
Name		AgeTeam		Finals Time					
1	Harris, Medi	23	Swansea Uni	1:58.74					
	27.54	29.42	30.62	31.16					
2	Sutton, Bex	24	Swansea Uni	2:02.85					
	28.18	30.49	31.78	32.40					
3	Patterson, Millie	19	Swansea Uni	2:04.37					
	28.97	30.79	32.06	32.55					
4	King, Marley	17	Penyrheol	2:16.47					
	30.92	34.61	35.60	35.34					
5	Clissold, Bronwyn	17	Tenby	2:17.56					
	31.17	34.81	36.17	35.41					
6	Carter, Ava	17	Penyrheol	2:19.85					
	30.86	34.52	36.79	37.68					
7	Clissold, Elizabeth	19	Tenby	2:21.01					
	31.79	36.03	36.75	36.44					
8	Lewis, Carys	18	Swansea Uni	2:25.94					
	32.49	37.34	38.35	37.76					