

## SEW Regional Championships 2023

### **FRIDAY SESSION 1 Warm up 5.30pm Start 6.00pm**

#### **Event 101 Girls 11 & Over 800 SC Meter Freestyle**

<b>Lane Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
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##### **Heat 1 of 3 Finals**

3 Richards, Faith	13	Merthyr Tydf	11:38.26
4 Carre, Jasmine	16	Merthyr Tydf	11:24.65
5 Edwards, Carys	13	Caerphilly	11:31.85
6 Lewis, Harriet	11	Co Cardiff	12:00.99

##### **Heat 2 of 3 Finals**

1 Sweeney, Jessica A	18	Co Newport	10:51.62
2 Lewis, Hollie	16	Bridgend Swim	10:29.94
3 Jones, Chloe J	18	Bridgend Cty	10:06.27
4 Sherrard, Emme I	14	Torfaen Dol	10:04.57
5 Daly, Kirsten E	17	Bridgend Cty	10:05.29
6 Phillips, Ruby	16	Co Cardiff	10:13.50
7 McDonagh, Emily M	15	Bridgend Cty	10:36.44
8 Iles, Jessica	13	Co Cardiff	10:58.93

##### **Heat 3 of 3 Finals**

1 Beynon, Gracie L	16	Bridgend Cty	9:52.76
2 Ingram, Olivia	15	Co Cardiff	9:48.89
3 Gruffydd, Mali	16	Co Cardiff	9:37.81
4 John, Emilia	16	Co Cardiff	9:08.68
5 Hickman, Eve R	18	Bridgend Cty	9:36.53
6 Marshall, Polly H	18	Co Newport	9:40.50
7 Jones, Lucy K	16	Co Newport	9:49.73
8 James, Ffion M	18	Bridgend Cty	9:53.82

#### **Event 102 Boys 11 & Over 1500 SC Meter Freestyle**

<b>Lane Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
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##### **Heat 1 of 1 Finals**

1 Cumberland, Tristan	18	Heads Valley	19:31.59
2 McLain, Archie J	17	Torfaen Dol	18:34.41
3 Haines, Thomas	15	Co Cardiff	17:53.50
4 Geysen-Holley, Max	18	Co Cardiff	16:23.81
5 McGuinness, Charlie D	17	Torfaen Dol	17:09.85
6 Henschell, Logan	15	Co Cardiff	18:10.50
7 Jones, Harrison L	16	Bridgend Cty	19:28.56
8 Chalk, William I	15	Co Newport	20:39.62

#### **Event 103 Girls 11 & Over 1500 SC Meter Freestyle**

<b>Lane Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
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##### **Heat 1 of 1 Finals**

3 Morgan, Isabelle L	15	Co Newport	21:57.83
4 Evans, Ella	15	Co Cardiff	19:00.12
5 Jones, Evie	15	Merthyr Tydf	19:44.61

#### **Event 104 Boys 11 & Over 800 SC Meter Freestyle**

<b>Lane Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
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##### **Heat 1 of 2 Finals**

2 Watts, Macsen	13	Heads Valley	11:32.21
3 Howe, Albie S	16	Torfaen Dol	10:49.74
4 Edwards, Ross	14	Co Cardiff	10:04.41
5 Bryant, Tomos G	15	Bridgend Cty	10:34.45
6 Howe, Inigo W	14	Torfaen Dol	11:29.36
7 Rees, Daniel	13	Co Cardiff	11:45.14

##### **Heat 2 of 2 Finals**

1 Jay, Dafyd R	22	Torfaen Dol	9:36.08
2 Ma, Ko Kwan	14	Co Cardiff	9:29.85
3 Morgan, Lewis R	16	Bridgend Cty	9:03.81
4 Merriman, Ben	18	Co Cardiff	8:15.61
5 Bamborough, Jack	15	Co Cardiff	8:41.10
6 Watts, Morgan	19	Heads Valley	9:29.48
7 Davies, Gavin	16	Co Newport	9:35.67
8 Mills, Ioan R	14	Torfaen Dol	9:48.60

## SEW Regional Championships 2023

### SATURDAY SESSION 2 Warm up 8.30am Start 9.35am

#### Event 201 Girls 11 & Over 50 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 13 Finals

3 Jones, Jessica .	11	Rct Squad	42.32
4 Duggan, Grace	12	Merthyr Tydf	41.69
5 Davies, Sophia	11	Rct Squad	41.89
6 Jones, Lola-Grace	11	Merthyr Tydf	42.75

##### Heat 2 of 13 Finals

2 Williams, Lili	12	Rct Squad	40.89
3 Sweet-Roberts, Pip	11	Torfaen Dol	39.86
4 Duggan, Ella	12	Merthyr Tydf	39.18
5 Morgan-Basini, Ruby-M	11	Abertillery	39.79
6 Lloyd, Kaitlyn	13	Cwmbran	40.01
7 Sherrard, Alex H	11	Torfaen Dol	41.60

##### Heat 3 of 13 Finals

1 Coles, Sophie E	13	Bridgend Cty	38.90
2 Dowling, Abigail	12	Co Cardiff	38.75
3 Powell, Josie	13	Bridgend Swim	38.69
4 Lewis, Harriet	11	Co Cardiff	38.50
5 McQuaid, Maria	12	Co Cardiff	38.53
6 Scofield, Niamh	12	Rct Squad	38.74
7 Fowler, Maisie	12	Rct Squad	38.77
8 George, Ellie	12	Rct Squad	38.96

##### Heat 4 of 13 Finals

1 Hardwicke, Martha G	14	Bridgend Cty	38.26
2 Davies, Shannon	14	Cwmbran	38.06
3 Sullivan, Ariana	13	Caerphilly	37.79
4 Morgan-Basini, Roca-Jay	13	Abertillery	37.61
5 Cooksey-Owen, Ruby	12	Rhondda	37.76
6 Kersley, Holly	13	Cwmbran	37.91
7 Ebenezzer, Anni	13	Co Cardiff	38.10
8 Boyd, Chloe	13	Co Cardiff	38.26

##### Heat 5 of 13 Finals

1 Tejedo, Lola	12	Co Cardiff	37.58
2 Carter, Bella	14	Monnow	37.50
3 Clayton, Jasmine I	13	Co Newport	37.22
4 Newton, Florence E	13	Torfaen Dol	37.14
5 Rees, Maisie	13	Rct Squad	37.15
6 Thomas, Holly L	16	Bridgend Cty	37.37
7 Woolf, Livvi R	13	Heads Valley	37.51
8 Pesevska, Monika	15	Co Cardiff	37.61

##### Heat 6 of 13 Finals

1 Nicholls, Esther	13	Caerphilly	36.92
2 Brady, Grace	14	Rct Squad	36.71
3 Morgan, Isabelle L	15	Co Newport	36.55
4 Williams, Olivia	14	Rct Squad	36.41
5 Aherne, Elise	15	Co Cardiff	36.50
6 Givvons, Imogen G	13	Co Newport	36.62
7 Price, Bethan	15	Bridgend Swim	36.74
8 Reilly, Manon	15	Rct Squad	37.00

##### Heat 7 of 13 Finals

1 Daly, Kirsten E	17	Bridgend Cty	36.13
2 Parfitt, Kali L	13	Torfaen Dol	35.98
3 Lewis, Becky	20	Rct Squad	35.39
4 Evans, Ella	15	Co Cardiff	35.20
5 Henshall, Chloe	16	Co Cardiff	35.30
6 Reed, Bella	12	Rhondda	35.80
7 Howson, Ellen M	14	Co Newport	36.02
8 Harmer, Gracy	15	Caerphilly	36.32

#### Heat 8 of 13 Finals

1 Willmore, Isabella R	17	Co Newport	35.10
2 Goddard, Amy R	14	Rhondda	34.90
3 Jones, Maisie	13	Co Cardiff	34.80
4 Kay, Isabelle	15	Rct Squad	34.57
5 James, Ffion M	18	Bridgend Cty	34.73
6 Coombes, Cerys	15	Bridgend Cty	34.82
7 Blake, Emily	16	Co Cardiff	35.00
8 Davies, Tegan M	19	Bridgend Cty	35.13

#### Heat 9 of 13 Finals

1 Curkovic, Lota	13	Co Cardiff	34.50
2 Marshall, Hannah	19	Merthyr Tydf	33.87
3 Brasington, Lucy	17	Heads Valley	33.69
4 Barr, Angharad	16	Caerphilly	33.46
5 Nutt, Kira	16	Caerphilly	33.56
6 Jones, Evie	15	Merthyr Tydf	33.74
7 Castle, Maya	14	Co Cardiff	34.10
8 Banning, Lilwen	16	Merthyr Tydf	34.53

#### Heat 10 of 13 Finals

1 Lewis, Hollie	16	Bridgend Swim	33.34
2 Matthews, Elin	13	Co Cardiff	33.18
3 Crowley, Amy	18	Co Cardiff	32.80
4 Iles, Georgia	17	Co Cardiff	32.60
5 Haddrell, Eva Lily	15	Rct Squad	32.74
6 Szychowicz, Latoyah	14	Co Cardiff	32.92
7 Marshall, Ffion	13	Co Cardiff	33.30
8 Thomas, Ffion L	16	Bridgend Cty	33.43

#### Heat 11 of 13 Finals

1 George, Caitlin	18	Co Cardiff	32.50
2 Watkins, Amelia M	15	Torfaen Dol	32.15
3 Sherrard, Emme I	14	Torfaen Dol	32.13
4 Francis-Parker, Tesni	17	Torfaen Dol	31.87
5 Sweet-Roberts, Rosie	15	Torfaen Dol	32.12
6 Williams, Mali	17	Rct Squad	32.14
7 Morgan, Hannah	18	Co Cardiff	32.40
8 Martin, Lara E	15	Bridgend Cty	32.59

#### Heat 12 of 13 Finals

1 Vincent, Caitlyn	17	Rct Squad	31.38
2 Dacey, Mollie	15	Co Cardiff	31.20
3 Adams, Jaimee	17	Co Cardiff	30.70
4 Lee, Edith	13	Co Cardiff	30.60
5 Schumm, Libby	14	Torfaen Dol	30.69
6 Beynon, Gracie L	16	Bridgend Cty	31.12
7 Nowell, Gabriella J	18	Torfaen Dol	31.31
8 Titchener, Megan L	15	Torfaen Dol	31.55

#### Heat 13 of 13 Finals

1 Avraam, Neve	15	Co Cardiff	30.30
2 Dunglinson, Kate	17	Co Cardiff	29.00
3 Morgan, Isabel	19	Co Cardiff	28.60
4 Tanir, Duru	21	Co Cardiff	27.20
5 Rathbone-Jones, Eloise	19	Co Cardiff	28.50
6 Beynon, Annaliese	23	Co Cardiff	28.80
7 Grant, Lucy E	16	Co Newport	29.80
8 Offside, Poppy L	16	Torfaen Dol	30.35

#### Event 202 Boys 11 & Over 50 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 14 Finals

3 Watkins, Charlie M	11	Torfaen Dol	38.05
4 Chalk, Alistair H	11	Co Newport	37.47
5 Palmer, Evan L	11	Torfaen Dol	37.89

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### Heat 2 of 14 Finals

2	Timbrell, George H	12	Co Newport	37.10
3	Csoban, Benjamin	12	Co Newport	36.67
4	Gilligan, Henry	13	Rct Squad	35.19
5	Jones, Noah B	12	Torfaen Dol	36.40
6	Morgan, Josh A	11	Co Newport	36.97
7	Frampton, Rhydian	11	Rct Squad	37.11

### Heat 3 of 14 Finals

1	Davies, Brynley	13	Co Newport	34.51
2	Williams, Dylan	19	Torfaen Dol	34.14
3	Parfitt, Sebastian	13	Co Cardiff	34.10
4	Mruk, Niall	12	Torfaen Dol	33.97
5	Gruffydd, Ned	13	Co Cardiff	34.00
6	Gregory, Jaiden	12	Rhondda	34.12
7	Miles, Harry	13	Co Cardiff	34.30
8	Banning, Arthen	13	Merthyr Tydf	34.87

### Heat 4 of 14 Finals

1	Davies, Rhodri	13	Co Cardiff	33.80
2	Vong, Joshua J	13	Co Newport	33.54
3	Deacon, Cameron	13	Rhondda	33.39
4	Jones, Jayden	12	Caerphilly	33.11
5	Henley, Lewis	14	Heads Valley	33.33
6	Taylor, Nicholas A	12	Torfaen Dol	33.43
7	Willis, Sam	14	Monnow	33.73
8	Giles, Brodie	13	Bridgend Swim	33.93

### Heat 5 of 14 Finals

1	Schofield, Thomas	14	Heads Valley	32.88
2	Howe, Inigo W	14	Torfaen Dol	32.53
3	Tihiiev, Milan	13	Co Cardiff	32.20
4	Bastyan, Tobias-Luke	12	Caerphilly	31.82
5	Herron, Noah A	13	Co Newport	32.14
6	Crump, Joshua-James J	14	Bridgend Cty	32.23
7	Hewitt, Archie E	13	Torfaen Dol	32.55
8	Arnold, David	14	Cwmbran	33.01

### Heat 6 of 14 Finals

1	Jones, Sebastien M	13	Torfaen Dol	31.66
2	Bartram, Solomon	13	Co Cardiff	31.41
3	Chamberlain, Frederick	14	Co Cardiff	31.30
4	Nemtsov, Alexandros	15	Co Cardiff	30.65
5	Hole, Ethan	14	Co Cardiff	30.80
6	Castillo, Airam	12	Co Cardiff	31.41
7	Roberts, Evyn	15	Bridgend Swim	31.45
8	Rees, Daniel	13	Co Cardiff	31.80

### Heat 7 of 14 Finals

1	Pike, Twm-Fon E	16	Pontypridd	30.52
2	Smith, Kian	16	Cwmbran	30.28
3	Yokwe, Pallo	15	Heads Valley	30.20
4	Hiscox, Jac	14	Rct Squad	30.07
5	Ballantyne, Alex	14	Bridgend Swim	30.12
6	Fudge, Marcus	15	Rct Squad	30.26
7	Doyle, Alfie	15	Co Newport	30.45
8	Brock, Freddy	14	Rct Squad	30.64

### Heat 8 of 14 Finals

1	Cumberland, Tristan	18	Heads Valley	29.92
2	Warman-Powell, Ioan G	13	Torfaen Dol	29.77
3	Davies, William D	16	Co Newport	29.27
4	Freebury, William	14	Torfaen Dol	29.18
5	Willis, Kofi	14	Co Cardiff	29.20
6	Gwynfil, Solomon	13	Co Cardiff	29.50
7	Howe, Albie S	16	Torfaen Dol	29.88
8	Mansfield, Harry E	14	Bridgend Cty	30.03

### Heat 9 of 14 Finals

1	Mills, Ioan R	14	Torfaen Dol	29.07
2	Lawler, Neil	15	Monnow	28.92
3	Jones, Harrison L	16	Bridgend Cty	28.66
4	Aylen, James E	16	Bridgend Cty	28.52
5	White, Alex	17	Rhondda	28.61
6	James, Rhys	14	Rct Squad	28.79
7	Nash, Charlie	17	Rhondda	29.06
8	Watkins, Will	15	Bridgend Swim	29.14

### Heat 10 of 14 Finals

1	Rixon, Oliver R	15	Co Newport	28.39
2	McLain, Archie J	17	Torfaen Dol	28.28
3	Jay, Dafyd R	22	Torfaen Dol	28.23
4	Evans, Owen L	15	Bridgend Cty	27.89
5	Temby, Jacob	15	Co Cardiff	28.20
6	Lewis, Gethin R	15	Bridgend Cty	28.24
7	Adam-Munar, Noah	16	Co Cardiff	28.28
8	Cooksey, Regan	17	Rhondda	28.46

### Heat 11 of 14 Finals

1	Spinks, Owen H	15	Torfaen Dol	27.69
2	Price-Davies, Owen	17	Heads Valley	27.59
3	Mamedov, Ravid	15	Co Cardiff	27.49
4	Jones, Lloyd D	20	Merthyr Tydf	27.26
5	Rees-Jones, Jack	17	Merthyr Tydf	27.41
6	Hyett, Benjamin	17	Bridgend Swim	27.57
7	Warman-Powell, Iolo R	16	Torfaen Dol	27.61
8	Jasinski, Hubert	16	Co Newport	27.71

### Heat 12 of 14 Finals

1	Davies, Iwan	15	Co Cardiff	26.94
2	Divers, Connor	16	Co Cardiff	26.93
3	Ingram, James	18	Heads Valley	26.65
4	Whittaker, Daniel R	17	Bridgend Cty	26.20
5	Cozma, Sam	14	Co Cardiff	26.60
6	Williams, Cai M	17	Bridgend Cty	26.66
7	James, Ioan D	16	Bridgend Cty	26.93
8	Davies, Gavin	16	Co Newport	27.18

### Heat 13 of 14 Finals

1	Newton, Oscar	18	Torfaen Dol	25.89
2	Preece, Toby H	16	Torfaen Dol	25.72
3	Bamborough, Jack	15	Co Cardiff	25.40
4	Hughes, Cian	18	Co Cardiff	25.10
5	Mruk, Lucas J	15	Torfaen Dol	25.40
6	Vaughan, William	16	Rct Squad	25.59
7	McCarthy, Benedict	14	Co Cardiff	25.78
8	Steven, Adam J	17	Co Newport	26.19

### Heat 14 of 14 Finals

1	Broom, Dylan H	21	Torfaen Dol	25.03
2	Jones, Daniel	24	Cwmbran	24.70
3	Lee, Ethan	17	Co Cardiff	23.60
4	McCarthy, Samuel	18	Co Cardiff	23.50
5	James, Harley	18	Co Cardiff	23.60
6	Davies, Evan	17	Co Cardiff	24.00
7	Southwood, Charlie M	16	Torfaen Dol	24.97
8	Lee, Tristan	17	Co Cardiff	25.07

### Event 203 Girls 11 & Over 400 SC Meter IM

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
2	Jones, Maddie	13	Merthyr Tydf	6:36.21
3	Richards, Faith	13	Merthyr Tydf	6:31.51
4	Ribeiro, Ariana	12	Co Cardiff	6:26.24
5	Bryant, Penelope	13	Co Cardiff	6:31.20
6	Kersley, Holly	13	Cwmbran	6:35.66

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### Heat 2 of 4 Finals

1 Dowling, Abigail	12	Co Cardiff	6:15.10
2 Carre, Jasmine	16	Merthyr Tydf	6:13.94
3 Sullivan, Ariana	13	Caerphilly	6:12.69
4 Ling, Olivia	13	Co Cardiff	6:04.36
5 Banning, Lilwen	16	Merthyr Tydf	6:09.11
6 Tejedo, Lola	12	Co Cardiff	6:12.80
7 Matthews, Elin	13	Co Cardiff	6:14.10
8 Cheeseman, Rhyannon	15	Co Cardiff	6:19.10

### Heat 3 of 4 Finals

1 Coombes, Cerys	15	Bridgend Cty	5:53.59
2 Brasington, Lucy	17	Heads Valley	5:44.69
3 Lewis, Orla Rose	13	Co Cardiff	5:33.44
4 Parfitt, Lucy	15	Co Cardiff	5:30.66
5 Evans, Gwenllian	14	Co Cardiff	5:32.13
6 Iles, Jessica	13	Co Cardiff	5:33.97
7 Evans, Ella	15	Co Cardiff	5:45.28
8 Crawshay-Williams, E	15	Torfaen Dol	5:58.30

### Heat 4 of 4 Finals

1 Anderson, Rosalie	13	Co Cardiff	5:29.78
2 Faulkner, Marie	18	Co Cardiff	5:21.78
3 Cull, Harriett	16	Co Cardiff	5:20.79
4 Rathbone-Jones, Eloise	19	Co Cardiff	5:01.20
5 Gibson, Mari	15	Co Cardiff	5:14.95
6 Broder, Libby	17	Co Cardiff	5:21.07
7 Beynon, Gracie L	16	Bridgend Cty	5:27.30
8 O Callaghan, Faye	18	Co Cardiff	5:30.46

### Event 204 Boys 11 & Over 400 SC Meter Freestyle

#### Lane Name                      Age      Team                      Seed Time

#### Heat 1 of 5 Finals

2 Watts, Macsen	13	Heads Valley	5:42.89
3 Rees, Daniel	13	Co Cardiff	5:36.48
4 Parfitt, Sebastian	13	Co Cardiff	5:34.97
5 Gwynfil, Solomon	13	Co Cardiff	5:36.30
6 Davies, Brynley	13	Co Newport	5:40.43
7 Gregory, Jaiden	12	Rhondda	6:06.56

#### Heat 2 of 5 Finals

1 Ballantyne, Alex	14	Bridgend Swim	5:13.61
2 Temby, Jacob	15	Co Cardiff	5:02.72
3 Willis, Kofi	14	Co Cardiff	4:59.20
4 Rixon, Oliver R	15	Co Newport	4:50.24
5 Spinks, Owen H	15	Torfaen Dol	4:58.56
6 Williams, Samuel	15	Co Cardiff	5:00.48
7 Whittaker, Luke A	13	Bridgend Cty	5:06.47
8 Vong, Joshua J	13	Co Newport	5:23.38

#### Heat 3 of 5 Finals

1 Whittaker, Daniel R	17	Bridgend Cty	4:47.51
2 Cozma, Sam	14	Co Cardiff	4:46.00
3 Ma, Ko Kwan	14	Co Cardiff	4:43.64
4 Sheppard, Rhydian	16	Co Cardiff	4:41.04
5 McLain, Archie J	17	Torfaen Dol	4:41.29
6 Mills, Ioan R	14	Torfaen Dol	4:44.48
7 Cumberland, Tristan	18	Heads Valley	4:46.77
8 Edwards, Ross	14	Co Cardiff	4:48.82

#### Heat 4 of 5 Finals

1 Owen, Vinnie	15	Co Cardiff	4:37.26
2 Jay, Dafyd R	22	Torfaen Dol	4:35.94
3 Henschell, Logan	15	Co Cardiff	4:34.71
4 Haines, Thomas	15	Co Cardiff	4:23.79
5 Davies, Iwan	15	Co Cardiff	4:29.59
6 Williams, Cai M	17	Bridgend Cty	4:35.77
7 Adam-Munar, Noah	16	Co Cardiff	4:36.02
8 Vaughan, William	16	Rct Squad	4:40.29

### Heat 5 of 5 Finals

1 Southwood, Charlie M	16	Torfaen Dol	4:20.98
2 Broom, Dylan H	21	Torfaen Dol	4:11.29
3 Geysen-Holley, Max	18	Co Cardiff	4:02.45
4 O'Brien, Joshua	18	Co Cardiff	3:53.00
5 Merriman, Ben	18	Co Cardiff	3:59.88
6 Bamborough, Jack	15	Co Cardiff	4:07.06
7 Arch, Rhydian	18	Co Cardiff	4:17.07
8 Morgan, Lewis R	16	Bridgend Cty	4:23.14

### Event 205 Girls 11 & Over 100 SC Meter Breaststroke

#### Lane Name                      Age      Team                      Seed Time

#### Heat 1 of 7 Finals

1 Morgan-Basini, Ruby-M	11	Abertillery	1:46.11
2 McQuaid, Maria	12	Co Cardiff	1:43.44
3 Fowler, Maisie	12	Rct Squad	1:40.25
4 George, Ellie	12	Rct Squad	1:38.78
5 Harding, Chloe	12	Cwmbran	1:39.83
6 Davies, Sophia	11	Rct Squad	1:43.25
7 Reasons, Darcy	11	Abertillery	1:45.49
8 Davies, Macy L	11	Torfaen Dol	1:47.40

#### Heat 2 of 7 Finals

1 Bendon, Ruby-Mai	13	Cwmbran	1:37.40
2 Bryant, Penelope	13	Co Cardiff	1:37.00
3 Ebenezer, Anni	13	Co Cardiff	1:36.43
4 Powell, Josie	13	Bridgend Swim	1:35.01
5 Kersley, Holly	13	Cwmbran	1:35.88
6 Lewis, Harriet	11	Co Cardiff	1:36.61
7 Morgan-Basini, Roca-Jay	13	Abertillery	1:37.13
8 Sheen, Seren L	12	Co Newport	1:37.92

#### Heat 3 of 7 Finals

1 Clayton, Jasmine I	13	Co Newport	1:34.64
2 Marshall, Ffion	13	Co Cardiff	1:33.60
3 Tejedo, Lola	12	Co Cardiff	1:33.43
4 Bendon, Megan	15	Cwmbran	1:32.82
5 McNamara, Imogen	13	Co Cardiff	1:33.35
6 Cheeseman, Rhyannon	15	Co Cardiff	1:33.50
7 Andrews, Bella R	13	Co Newport	1:34.53
8 Bradley, Evie	14	Cwmbran	1:34.91

#### Heat 4 of 7 Finals

1 Goddard, Amy R	14	Rhondda	1:32.26
2 Brady, Grace	14	Rct Squad	1:30.36
3 Vaisey, Cerys R	20	Abertillery	1:28.39
4 Williams, Rose	15	Co Cardiff	1:27.71
5 Lloyd, Ffion H	16	Co Newport	1:28.39
6 Wardell, Cari	14	Co Cardiff	1:28.90
7 Henshall, Chloe	16	Co Cardiff	1:32.10
8 Adams, Sian	13	Co Cardiff	1:32.62

#### Heat 5 of 7 Finals

1 Dowling, Abigail	12	Co Cardiff	1:27.10
2 Kay, Isabelle	15	Rct Squad	1:26.94
3 Adams, Jaimee	17	Co Cardiff	1:26.74
4 Brassington, Lucy	16	Co Cardiff	1:24.20
5 Ribeiro, Ariana	12	Co Cardiff	1:26.11
6 Haddrell, Eva Lily	15	Rct Squad	1:26.82
7 Willis, Meghan R	16	Torfaen Dol	1:27.03
8 Ling, Olivia	13	Co Cardiff	1:27.67

#### Heat 6 of 7 Finals

1 Fox, Imogen	18	Co Cardiff	1:22.94
2 Faulkner, Marie	18	Co Cardiff	1:22.80
3 Iles, Georgia	17	Co Cardiff	1:21.54
4 Daly, Kirsten E	17	Bridgend Cty	1:20.96
5 Smith, Amelia	15	Co Cardiff	1:21.10
6 Lee, Edith	13	Co Cardiff	1:22.40
7 Lewis, Cara	16	Bridgend Swim	1:22.82
8 George, Caitlin	18	Co Cardiff	1:23.91

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### Heat 7 of 7 Finals

1 Perni, Veronica	14 Co Cardiff	1:20.52
2 Nowell, Gabriella J	18 Torfaen Dol	1:18.27
3 Crowley, Amy	18 Co Cardiff	1:13.27
4 Taylor, Theodora A	14 Torfaen Dol	1:09.14
5 Williams-Jones, Phoebe	17 Co Cardiff	1:12.00
6 Gibson, Mari	15 Co Cardiff	1:15.15
7 Briggs, Bailey	16 Heads Valley	1:20.40
8 Cook, Seren M	19 Bridgend Cty	1:20.56

## SEW Regional Championships 2023

### SATURDAY SESSION 3 Warm up 11.35am Start 12.40pm

#### Event 301 Boys 11 & Over 50 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 8 Finals

3 Palmer, Evan L	11	Torfaen Dol	44.27
4 Morgan, Josh A	11	Co Newport	43.32
5 Bick, Morgan T	11	Torfaen Dol	43.50
6 Chalk, Alistair H	11	Co Newport	45.19

##### Heat 2 of 8 Finals

2 Castillo, Airam	12	Co Cardiff	41.24
3 Jones, Jayden	12	Caerphilly	40.92
4 Deacon, Cameron	13	Rhondda	39.42
5 Miles, Harry	13	Co Cardiff	40.00
6 Warman-Powell, Ioan G	13	Torfaen Dol	41.12
7 Mruk, Niall	12	Torfaen Dol	42.49

##### Heat 3 of 8 Finals

1 Gilligan, Henry	13	Rct Squad	38.93
2 Davies, Brynley	13	Co Newport	38.77
3 Bastyan, Tobias-Luke	12	Caerphilly	37.88
4 Gregory, Jaiden	12	Rhondda	37.55
5 Rees, Daniel	13	Co Cardiff	37.70
6 Herron, Noah A	13	Co Newport	37.94
7 Taylor, Nicholas A	12	Torfaen Dol	38.90
8 Bartram, Solomon	13	Co Cardiff	39.19

##### Heat 4 of 8 Finals

1 Tihiev, Milan	13	Co Cardiff	37.10
2 Brock, Freddy	14	Rct Squad	36.41
3 Nemtsov, Alexandros	15	Co Cardiff	36.20
4 Temby, Jacob	15	Co Cardiff	35.56
5 Gwynfil, Solomon	13	Co Cardiff	36.01
6 Mansfield, Harry E	14	Bridgend Cty	36.30
7 Whittaker, Luke A	13	Bridgend Cty	37.03
8 James, Rhys	14	Rct Squad	37.24

##### Heat 5 of 8 Finals

1 Ballantyne, Alex	14	Bridgend Swim	34.97
2 Lawler, Neil	15	Monnow	34.38
3 Cozma, Sam	14	Co Cardiff	34.20
4 Rosser, Ellis R	14	Torfaen Dol	33.83
5 Nash, Charlie	17	Rhondda	33.85
6 Watkins, Will	15	Bridgend Swim	34.31
7 Rees-Jones, Jack	17	Merthyr Tydf	34.43
8 Fudge, Marcus	15	Rct Squad	35.32

##### Heat 6 of 8 Finals

1 Davies, Gavin	16	Co Newport	33.05
2 Spinks, Owen H	15	Torfaen Dol	32.45
3 Hole, Ethan	14	Co Cardiff	32.18
4 Jones, Harrison L	16	Bridgend Cty	32.03
5 Mamedov, Ravid	15	Co Cardiff	32.16
6 Lewis, Gethin R	15	Bridgend Cty	32.37
7 Warman-Powell, Iolo R	16	Torfaen Dol	32.80
8 Jones, Lloyd D	20	Merthyr Tydf	33.32

##### Heat 7 of 8 Finals

1 Aylen, James E	16	Bridgend Cty	31.60
2 Jasinski, Hubert	16	Co Newport	31.43
3 Mruk, Lucas J	15	Torfaen Dol	30.95
4 Sheppard, Rhydian	16	Co Cardiff	30.51
5 Price-Davies, Owen	17	Heads Valley	30.62
6 Winstone, Evan	17	Co Cardiff	31.29
7 Mills, Ioan R	14	Torfaen Dol	31.47
8 Rixon, Oliver R	15	Co Newport	31.63

#### Heat 8 of 8 Finals

1 Bamborough, Jack	15	Co Cardiff	29.06
2 Hughes, Cian	18	Co Cardiff	28.47
3 John, Finlay T	17	Bridgend Cty	27.82
4 Davies, Evan	17	Co Cardiff	27.36
5 Burns, Harry	18	Co Cardiff	27.57
6 Southwood, Charlie M	16	Torfaen Dol	28.14
7 McCarthy, Benedict	14	Co Cardiff	28.52
8 Vaughan, William	16	Rct Squad	29.81

#### Event 302 Girls 11 & Over 200 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 8 Finals

1 Gordon, Mabli	12	Co Cardiff	3:12.30
2 Lewis, Harriet	11	Co Cardiff	3:05.60
3 Edwards, Amber	13	Co Cardiff	3:04.60
4 Richards, Faith	13	Merthyr Tydf	3:03.09
5 Prosser, Sofia	11	Merthyr Tydf	3:03.63
6 Davies, Macy L	11	Torfaen Dol	3:05.56
7 Reasons, Darcy	11	Abertillery	3:05.81
8 Jones, Lola-Grace	11	Merthyr Tydf	3:13.80

##### Heat 2 of 8 Finals

1 George, Ellie	12	Rct Squad	2:59.23
2 Davies, Darcey	14	Rct Squad	2:56.55
3 Evans, Gwennan M	13	Co Newport	2:54.46
4 Lewis, Becky	20	Rct Squad	2:53.75
5 Tejedo, Lola	12	Co Cardiff	2:54.01
6 Howson, Ellen M	14	Co Newport	2:55.23
7 Adams, Sian	13	Co Cardiff	2:58.10
8 Davies, Shannon	14	Cwmbran	3:00.64

##### Heat 3 of 8 Finals

1 Carre, Jasmine	16	Merthyr Tydf	2:52.95
2 Lewis, Orla Rose	13	Co Cardiff	2:50.43
3 Woolf, Livvi R	13	Heads Valley	2:48.18
4 Matthews, Elin	13	Co Cardiff	2:46.89
5 Ribeiro, Ariana	12	Co Cardiff	2:47.99
6 Hughes-Rolls, Ava L	14	Torfaen Dol	2:48.82
7 Thomas, Holly L	16	Bridgend Cty	2:52.37
8 Bendon, Megan	15	Cwmbran	2:53.61

##### Heat 4 of 8 Finals

1 Ling, Olivia	13	Co Cardiff	2:46.01
2 Carey, Lucy J	15	Bridgend Cty	2:43.95
3 Curkovic, Lota	13	Co Cardiff	2:43.30
4 Smith, Amelia	15	Co Cardiff	2:41.54
5 Evans, Porscha	15	Co Cardiff	2:42.00
6 Lloyd, Ffion H	16	Co Newport	2:43.32
7 Smith, Summer	14	Rct Squad	2:44.38
8 Buckland, Eleanor	14	Co Cardiff	2:46.76

##### Heat 5 of 8 Finals

1 McDonagh, Emily M	15	Bridgend Cty	2:39.74
2 Morgan, Hannah	18	Co Cardiff	2:37.66
3 Parfitt, Lucy	15	Co Cardiff	2:37.07
4 Williams, Rose	15	Co Cardiff	2:36.91
5 Wardell, Cari	14	Co Cardiff	2:36.94
6 Ingram, Olivia	15	Co Cardiff	2:37.20
7 Martin, Lara E	15	Bridgend Cty	2:37.89
8 Coombes, Cerys	15	Bridgend Cty	2:41.24

##### Heat 6 of 8 Finals

1 Jones, Evie	15	Merthyr Tydf	2:36.06
2 Keepings, Charlotte A	17	Co Newport	2:35.56
3 Iles, Jessica	13	Co Cardiff	2:34.49
4 Dacey, Mollie	15	Co Cardiff	2:32.30
5 Phillips, Ruby	16	Co Cardiff	2:33.09
6 Evans, Gwenllian	14	Co Cardiff	2:34.50
7 Haddrell, Eva Lily	15	Rct Squad	2:35.69
8 Briggs, Bailey	16	Heads Valley	2:36.56

## SEW Regional Championships 2023

### Heat 7 of 8 Finals

1 Evans, Lili M	16	Co Newport	2:32.21
2 Grant, Lucy E	16	Co Newport	2:31.27
3 Hickman, Eve R	18	Bridgend Cty	2:29.75
4 Broder, Libby	17	Co Cardiff	2:29.23
5 Gruffydd, Mali	16	Co Cardiff	2:29.70
6 Davies, Tegan M	19	Bridgend Cty	2:30.34
7 Kay, Isabelle	15	Rct Squad	2:31.68
8 Fox, Honor	16	Co Cardiff	2:32.30

### Heat 8 of 8 Finals

1 Nowell, Gabriella J	18	Torfaen Dol	2:28.55
2 Cull, Harriett	16	Co Cardiff	2:27.20
3 Domican, Rosie	19	Co Cardiff	2:23.60
4 Donovan, Kelsey	18	Co Cardiff	2:22.84
5 Titchener, Megan L	15	Torfaen Dol	2:22.89
6 John, Emilia	16	Co Cardiff	2:25.50
7 Salmon, Gwen	16	Rct Squad	2:27.80
8 Stork, Niamh	19	Co Cardiff	2:29.10

### Event 303 Boys 11 & Over 200 SC Meter IM

#### Lane Name      Age      Team      Seed Time

#### Heat 1 of 8 Finals

3 Frampton, Rhydian	11	Rct Squad	3:26.42
4 Gregory, Jaiden	12	Rhondda	3:13.66
5 Jones, Noah B	12	Torfaen Dol	3:15.31
6 Williams, Dylan	19	Torfaen Dol	4:10.68

#### Heat 2 of 8 Finals

1 Parfitt, Sebastian	13	Co Cardiff	3:06.10
2 Gruffydd, Ned	13	Co Cardiff	3:03.89
3 Watts, Macsen	13	Heads Valley	2:58.67
4 Ballantyne, Alex	14	Bridgend Swim	2:56.35
5 Cavill, Jack	13	Co Cardiff	2:57.93
6 Davies, Rhodri	13	Co Cardiff	3:03.80
7 Vong, Joshua J	13	Co Newport	3:04.91
8 Giles, Brodie	13	Bridgend Swim	3:06.71

#### Heat 3 of 8 Finals

1 Rees, Daniel	13	Co Cardiff	2:51.18
2 Brock, Freddy	14	Rct Squad	2:48.86
3 Willis, Kofi	14	Co Cardiff	2:46.70
4 Gwynfil, Solomon	13	Co Cardiff	2:46.30
5 Bryant, Tomos G	15	Bridgend Cty	2:46.44
6 Nemtsov, Alexandros	15	Co Cardiff	2:47.99
7 Warman-Powell, Ioan G	13	Torfaen Dol	2:50.51
8 Jones, Sebastien M	13	Torfaen Dol	2:53.60

#### Heat 4 of 8 Finals

1 James, Rhys	14	Rct Squad	2:43.49
2 Hole, Ethan	14	Co Cardiff	2:43.19
3 Edwards, Ross	14	Co Cardiff	2:40.70
4 Spinks, Owen H	15	Torfaen Dol	2:38.97
5 Rees-Jones, Jack	17	Merthyr Tydf	2:40.00
6 Adam-Munar, Noah	16	Co Cardiff	2:42.30
7 Aylen, James E	16	Bridgend Cty	2:43.23
8 Mansfield, Harry E	14	Bridgend Cty	2:45.13

#### Heat 5 of 8 Finals

1 Jasinski, Hubert	16	Co Newport	2:36.98
2 Rixon, Oliver R	15	Co Newport	2:35.59
3 Jones, Lloyd D	20	Merthyr Tydf	2:33.30
4 Davies, Gavin	16	Co Newport	2:32.53
5 Whittaker, Daniel R	17	Bridgend Cty	2:32.57
6 Temby, Jacob	15	Co Cardiff	2:34.82
7 Owen, Vinnie	15	Co Cardiff	2:35.76
8 Major, Maximus J	13	Co Newport	2:38.61

### Heat 6 of 8 Finals

1 Williams, Luke T	15	Co Newport	2:29.75
2 James, Ioan D	16	Bridgend Cty	2:29.14
3 Vaughan, William	16	Rct Squad	2:28.18
4 Williams, Samuel	15	Co Cardiff	2:27.46
5 Cozma, Sam	14	Co Cardiff	2:27.76
6 McLain, Archie J	17	Torfaen Dol	2:28.55
7 Mamedov, Ravid	15	Co Cardiff	2:29.55
8 Warman-Powell, Iolo R	16	Torfaen Dol	2:30.73

### Heat 7 of 8 Finals

1 Haines, Thomas	15	Co Cardiff	2:25.09
2 Ingram, James	18	Heads Valley	2:23.88
3 Davies, Iwan	15	Co Cardiff	2:22.26
4 Winstone, Evan	17	Co Cardiff	2:20.54
5 Sheppard, Rhydian	16	Co Cardiff	2:20.57
6 McCarthy, Samuel	18	Co Cardiff	2:22.36
7 McCarthy, Benedict	14	Co Cardiff	2:24.90
8 Henschell, Logan	15	Co Cardiff	2:26.27

### Heat 8 of 8 Finals

1 Jones, Daniel	24	Cwmbran	2:19.43
2 Bamborough, Jack	15	Co Cardiff	2:14.55
3 Geysen-Holley, Max	18	Co Cardiff	2:11.60
4 Lee, Tristan	17	Co Cardiff	2:05.62
5 Fox-Wiltshire, Benjamin	18	Co Cardiff	2:08.05
6 Burns, Harry	18	Co Cardiff	2:13.30
7 Ma, Ko Kwan	14	Co Cardiff	2:18.95
8 Davies, Evan	17	Co Cardiff	2:19.70

### Event 304 Girls 11 & Over 100 SC Meter Freestyle

#### Lane Name      Age      Team      Seed Time

#### Heat 1 of 18 Finals

1 Sweet-Roberts, Pip	11	Torfaen Dol	1:23.17
2 Jones, Lola-Grace	11	Merthyr Tydf	1:22.45
3 Young, Caitlin	12	Cwmbran	1:21.35
4 Morgan-Basini, Ruby-M	11	Abertillery	1:20.53
5 Davies, Macy L	11	Torfaen Dol	1:21.03
6 Prosser, Sofia	11	Merthyr Tydf	1:21.95
7 Price, Macy	11	Heads Valley	1:23.01

#### Heat 2 of 18 Finals

1 Scofield, Niamh	12	Rct Squad	1:20.35
2 Price, Amie	12	Rct Squad	1:18.80
3 Reed, Bella	12	Rhondda	1:18.20
4 Davies, Sophia	11	Rct Squad	1:18.19
5 Ebenezzer, Anni	13	Co Cardiff	1:18.20
6 Lloyd, Kaitlyn	13	Cwmbran	1:18.32
7 Gordon, Mabli	12	Co Cardiff	1:19.68
8 Jones, Jessica .	11	Rct Squad	1:20.46

#### Heat 3 of 18 Finals

1 Cooksey-Owen, Ruby	12	Rhondda	1:17.93
2 Powell, Josie	13	Bridgend Swim	1:17.25
3 Battrick, Alexa C	13	Co Newport	1:16.74
4 Cooper, Caitlin E	14	Co Newport	1:16.22
5 Pritchard, Abbie	14	Cwmbran	1:16.24
6 McNamara, Imogen	13	Co Cardiff	1:17.22
7 Harford, Libby M	13	Caerphilly	1:17.34
8 Duggan, Ella	12	Merthyr Tydf	1:17.96

#### Heat 4 of 18 Finals

1 Ling, Olivia	13	Co Cardiff	1:16.10
2 Higgs, Cerys	14	Caerphilly	1:15.79
3 Boyd, Chloe	13	Co Cardiff	1:15.50
4 Sherrard, Alex H	11	Torfaen Dol	1:14.81
5 Elliott, Phoebe	15	Cwmbran	1:15.06
6 Macintyre-Jones, Arwen	14	Heads Valley	1:15.74
7 Kersley, Holly	13	Cwmbran	1:15.85
8 McQuaid, Maria	12	Co Cardiff	1:16.18

## SEW Regional Championships 2023

### Heat 5 of 18 Finals

1 Fowler, Maisie	12 Rct Squad	1:14.56
2 Newton, Florence E	13 Torfaen Dol	1:14.44
3 Butt, Chloe	29 Caerphilly	1:14.41
4 Lewis, Daisy	14 Bridgend Swim	1:13.85
5 Edwards, Amber	13 Co Cardiff	1:13.88
6 Jones, Maisie	13 Co Cardiff	1:14.42
7 Lewis, Harriet	11 Co Cardiff	1:14.49
8 Richards, Faith	13 Merthyr Tydf	1:14.71

### Heat 6 of 18 Finals

1 Morgan-Basini, Roca-Jay	13 Abertillery	1:13.75
2 Carey, Amy R	14 Bridgend Cty	1:13.56
3 Dowling, Abigail	12 Co Cardiff	1:13.20
4 George, Ellie	12 Rct Squad	1:12.70
5 Adams, Sian	13 Co Cardiff	1:13.10
6 Williams, Georgia	16 Rct Squad	1:13.35
7 Edwards, Carys	13 Caerphilly	1:13.72
8 Cheeseman, Rhyannon	15 Co Cardiff	1:13.80

### Heat 7 of 18 Finals

1 Howson, Ellen M	14 Co Newport	1:12.28
2 Harmer, Gracy	15 Caerphilly	1:11.91
3 Rees, Maisie	13 Rct Squad	1:11.69
4 Garrett, Ruby	15 Merthyr Tydf	1:11.53
5 Davies-Jones, Hannah Z	14 Bridgend Cty	1:11.69
6 Thomas, Hannah	14 Rct Squad	1:11.77
7 Brady, Grace	14 Rct Squad	1:12.05
8 Woolf, Livvi R	13 Heads Valley	1:12.50

### Heat 8 of 18 Finals

1 Williams, Olivia	14 Rct Squad	1:11.35
2 Carter, Bella	14 Monnow	1:11.15
3 Hurn, Isabella	14 Cwmbran	1:10.79
4 Morgan, Isabelle L	15 Co Newport	1:10.39
5 Matthews, Elin	13 Co Cardiff	1:10.74
6 Carre, Jasmine	16 Merthyr Tydf	1:10.95
7 Givvons, Imogen G	13 Co Newport	1:11.16
8 Davies, Darcey	14 Rct Squad	1:11.52

### Heat 9 of 18 Finals

1 Colmsee, Grace	16 Co Cardiff	1:10.30
2 Smith, Summer	14 Rct Squad	1:10.21
3 Bastyan, Ava-Rose	14 Caerphilly	1:09.77
4 Evans, Gwennan M	13 Co Newport	1:09.49
5 Buckland, Eleanor	14 Co Cardiff	1:09.60
6 Perni, Veronica	14 Co Cardiff	1:10.14
7 Reilly, Manon	15 Rct Squad	1:10.22
8 Coombes, Cerys	15 Bridgend Cty	1:10.36

### Heat 10 of 18 Finals

1 Lewis, Becky	20 Rct Squad	1:09.37
2 Goddard, Amy R	14 Rhondda	1:09.22
3 Sullivan, Ariana	13 Caerphilly	1:08.74
4 Kay, Isabelle	15 Rct Squad	1:08.45
5 Willis, Meghan R	16 Torfaen Dol	1:08.59
6 Castle, Maya	14 Co Cardiff	1:09.00
7 Ribeiro, Ariana	12 Co Cardiff	1:09.34
8 Marshall, Hannah	19 Merthyr Tydf	1:09.39

### Heat 11 of 18 Finals

1 Lloyd, Ffion H	16 Co Newport	1:08.42
2 Haddrell, Eva Lily	15 Rct Squad	1:08.20
3 Lewis, Orla Rose	13 Co Cardiff	1:07.94
4 Barr, Angharad	16 Caerphilly	1:07.69
5 Williams, Mali	17 Rct Squad	1:07.75
6 Curkovic, Lota	13 Co Cardiff	1:07.98
7 Henshall, Chloe	16 Co Cardiff	1:08.40
8 Evans, Porscha	15 Co Cardiff	1:08.43

### Heat 12 of 18 Finals

1 Nutt, Kira	16 Caerphilly	1:07.50
2 Wardell, Cari	14 Co Cardiff	1:07.48
3 Parfitt, Kali L	13 Torfaen Dol	1:06.86
4 Brassington, Lucy	16 Co Cardiff	1:06.77
5 Nicholls, Esther	13 Caerphilly	1:06.84
6 Gardener, Hannah B	14 Bridgend Cty	1:06.95
7 Vaisey, Cerys R	20 Abertillery	1:07.50
8 Blake, Emily	16 Co Cardiff	1:07.50

### Heat 13 of 18 Finals

1 Thomas, Ffion L	16 Bridgend Cty	1:06.34
2 Jones, Evie	15 Merthyr Tydf	1:06.00
3 Marshall, Ffion	13 Co Cardiff	1:05.21
4 Pengelly, Leia	17 Rct Squad	1:04.87
5 Lewis, Hollie	16 Bridgend Swim	1:05.10
6 Enoch, Megan-Jane	16 Torfaen Dol	1:05.76
7 Daly, Kirsten E	17 Bridgend Cty	1:06.10
8 Willmore, Isabella R	17 Co Newport	1:06.57

### Heat 14 of 18 Finals

1 Bick, Teagan E	15 Torfaen Dol	1:04.49
2 Phillips, Ruby	16 Co Cardiff	1:04.34
3 Schumm, Libby	14 Torfaen Dol	1:04.10
4 Jones, Chloe J	18 Bridgend Cty	1:03.77
5 Morgan, Hannah	18 Co Cardiff	1:04.00
6 Vincent, Caitlyn	17 Rct Squad	1:04.21
7 Smith, Amelia	15 Co Cardiff	1:04.42
8 Crowley, Amy	18 Co Cardiff	1:04.84

### Heat 15 of 18 Finals

1 O Callaghan, Faye	18 Co Cardiff	1:03.60
2 Evans, Gwenllian	14 Co Cardiff	1:03.58
3 James, Ffion M	18 Bridgend Cty	1:03.23
4 Faulkner, Marie	18 Co Cardiff	1:03.08
5 Gruffydd, Mali	16 Co Cardiff	1:03.10
6 Watkins, Amelia M	15 Torfaen Dol	1:03.36
7 Avraam, Neve	15 Co Cardiff	1:03.60
8 Williams, Rose	15 Co Cardiff	1:03.76

### Heat 16 of 18 Finals

1 Salmon, Gwen	16 Rct Squad	1:02.98
2 Adams, Jaimee	17 Co Cardiff	1:02.80
3 Ingram, Olivia	15 Co Cardiff	1:02.60
4 Sweet-Roberts, Rosie	15 Torfaen Dol	1:02.41
5 Stork, Niamh	19 Co Cardiff	1:02.43
6 Hickman, Eve R	18 Bridgend Cty	1:02.72
7 James, Grace E	14 Bridgend Cty	1:02.96
8 McDonagh, Emily M	15 Bridgend Cty	1:03.08

### Heat 17 of 18 Finals

1 Dacey, Mollie	15 Co Cardiff	1:02.00
2 Anderson, Rosalie	13 Co Cardiff	1:01.13
3 Evans, Lili M	16 Co Newport	59.82
4 John, Emilia	16 Co Cardiff	58.60
5 Fox, Honor	16 Co Cardiff	58.60
6 Titchener, Megan L	15 Torfaen Dol	1:00.86
7 Keepings, Charlotte A	17 Co Newport	1:01.40
8 Sherrard, Emme I	14 Torfaen Dol	1:02.36

### Heat 18 of 18 Finals

1 Donovan, Kelsey	18 Co Cardiff	57.90
2 Croke, Carys S	16 Torfaen Dol	57.40
3 Broder, Libby	17 Co Cardiff	56.70
4 Beynon, Annaliese	23 Co Cardiff	55.70
5 Taylor, Theodora A	14 Torfaen Dol	56.07
6 Dunglinson, Kate	17 Co Cardiff	57.13
7 Domican, Rosie	19 Co Cardiff	57.80
8 Rathbone-Jones, Eloise	19 Co Cardiff	58.00



## SEW Regional Championships 2023

### Event 305 Boys 11 & Over 200 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
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#### Heat 1 of 1 Finals

3 O'Brien, Joshua	18	Co Cardiff	2:13.44
4 Arch, Rhydian	18	Co Cardiff	2:06.10
5 Lee, Ethan	17	Co Cardiff	2:12.55
6 Lee, Tristan	17	Co Cardiff	2:15.78

## SEW Regional Championships 2023

### SATURDAY SESSION 4 Warm up 2.40pm Start 3.45pm

#### Event 401 Girls 11 & Over 100 SC Meter Butterfly

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

2 McQuaid, Maria	12	Co Cardiff	1:30.18
3 Reed, Bella	12	Rhondda	1:25.63
4 Jones, Maisie	13	Co Cardiff	1:23.60
5 Tejedo, Lola	12	Co Cardiff	1:25.44
6 Cooksey-Owen, Ruby	12	Rhondda	1:29.11
7 Butt, Chloe	29	Caerphilly	1:39.81

##### Heat 2 of 7 Finals

1 Ling, Olivia	13	Co Cardiff	1:22.81
2 Brady, Grace	14	Rct Squad	1:20.92
3 Henshall, Chloe	16	Co Cardiff	1:20.00
4 Davies-Jones, Hannah Z	14	Bridgend Cty	1:18.93
5 Cook, Seren M	19	Bridgend Cty	1:19.07
6 Matthews, Elin	13	Co Cardiff	1:20.20
7 Iles, Jessica	13	Co Cardiff	1:21.20
8 Sullivan, Ariana	13	Caerphilly	1:23.13

##### Heat 3 of 7 Finals

1 Lewis, Becky	20	Rct Squad	1:18.68
2 Evans, Gwenllian	14	Co Cardiff	1:18.36
3 Castle, Maya	14	Co Cardiff	1:18.00
4 Faulkner, Marie	18	Co Cardiff	1:16.95
5 Haddrell, Eva Lily	15	Rct Squad	1:17.64
6 Willis, Meghan R	16	Torfaen Dol	1:18.33
7 George, Caitlin	18	Co Cardiff	1:18.40
8 Marshall, Ffion	13	Co Cardiff	1:18.90

##### Heat 4 of 7 Finals

1 Smith, Amelia	15	Co Cardiff	1:16.46
2 Wardell, Cari	14	Co Cardiff	1:16.01
3 Williams, Mali	17	Rct Squad	1:13.92
4 Parfitt, Lucy	15	Co Cardiff	1:13.75
5 Anderson, Rosalie	13	Co Cardiff	1:13.84
6 Crowley, Amy	18	Co Cardiff	1:14.81
7 Lewis, Orla Rose	13	Co Cardiff	1:16.20
8 Coombes, Cerys	15	Bridgend Cty	1:16.78

##### Heat 5 of 7 Finals

1 Nutt, Kira	16	Caerphilly	1:13.39
2 Lee, Edith	13	Co Cardiff	1:12.63
3 Marchant, Rhiannon	19	Rct Squad	1:12.05
4 Schumm, Libby	14	Torfaen Dol	1:10.07
5 Brassington, Lucy	16	Co Cardiff	1:11.90
6 Martin, Lara E	15	Bridgend Cty	1:12.39
7 Francis-Parker, Tesni	17	Torfaen Dol	1:12.75
8 Croke, Carys S	16	Torfaen Dol	1:13.44

##### Heat 6 of 7 Finals

1 Ingram, Olivia	15	Co Cardiff	1:09.80
2 Gibson, Mari	15	Co Cardiff	1:09.41
3 Beynon, Gracie L	16	Bridgend Cty	1:09.23
4 Fox, Honor	16	Co Cardiff	1:08.30
5 Avraam, Neve	15	Co Cardiff	1:09.20
6 Grant, Lucy E	16	Co Newport	1:09.39
7 Watkins, Amelia M	15	Torfaen Dol	1:09.42
8 Dacey, Mollie	15	Co Cardiff	1:10.00

##### Heat 7 of 7 Finals

1 Donovan, Kelsey	18	Co Cardiff	1:06.80
2 O Callaghan, Faye	18	Co Cardiff	1:06.40
3 Williams-Jones, Phoebe	17	Co Cardiff	1:03.44
4 Dunglison, Kate	17	Co Cardiff	1:02.81
5 Rathbone-Jones, Eloise	19	Co Cardiff	1:03.20
6 Broder, Libby	17	Co Cardiff	1:05.44
7 Cull, Harriett	16	Co Cardiff	1:06.48
8 Adams, Jaimee	17	Co Cardiff	1:07.51

#### Event 402 Boys 11 & Over 200 SC Meter Breaststroke

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 3 Finals

3 Chalk, Alistair H	11	Co Newport	3:54.32
4 Rees, Daniel	13	Co Cardiff	3:12.24
5 Jones, Noah B	12	Torfaen Dol	3:36.73

##### Heat 2 of 3 Finals

1 Rixon, Noah J	15	Co Newport	3:07.09
2 Brock, Freddy	14	Rct Squad	2:59.30
3 Hole, Ethan	14	Co Cardiff	2:53.05
4 Williams, Samuel	15	Co Cardiff	2:44.73
5 Temby, Jacob	15	Co Cardiff	2:46.99
6 Rees-Jones, Jack	17	Merthyr Tydf	2:56.55
7 James, Rhys	14	Rct Squad	3:01.05
8 Doyle, Alfie	15	Co Newport	3:08.21

##### Heat 3 of 3 Finals

1 Pursey, Mike	18	Heads Valley	2:42.94
2 Williams, Luke T	15	Co Newport	2:38.41
3 Arch, Rhydian	18	Co Cardiff	2:24.79
4 Lee, Tristan	17	Co Cardiff	2:20.87
5 Sheppard, Rhydian	16	Co Cardiff	2:24.34
6 Winstone, Evan	17	Co Cardiff	2:29.22
7 Ma, Ko Kwan	14	Co Cardiff	2:40.40
8 Cozma, Sam	14	Co Cardiff	2:43.44

#### Event 403 Girls 11 & Over 100 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 12 Finals

3 McShane, Anya	11	Co Cardiff	1:36.12
4 Williams, Lili	12	Rct Squad	1:30.46
5 Jones, Lola-Grace	11	Merthyr Tydf	1:33.77
6 Mesher, Anwen	14	Torfaen Dol	1:47.90

##### Heat 2 of 12 Finals

2 Prosser, Sofia	11	Merthyr Tydf	1:29.99
3 Reed, Bella	12	Rhondda	1:29.20
4 Davies, Macy L	11	Torfaen Dol	1:28.11
5 Roberts, Rosie A	11	Torfaen Dol	1:28.85
6 Davies, Sophia	11	Rct Squad	1:29.95
7 Price, Amie	12	Rct Squad	1:30.04

##### Heat 3 of 12 Finals

1 Edwards, Amber	13	Co Cardiff	1:26.75
2 Duggan, Ella	12	Merthyr Tydf	1:26.51
3 Carey, Amy R	14	Bridgend Cty	1:24.65
4 Scofield, Niamh	12	Rct Squad	1:24.17
5 Lewis, Harriet	11	Co Cardiff	1:24.49
6 Reasons, Darcy	11	Abertillery	1:25.38
7 Jones, Jessica .	11	Rct Squad	1:26.73
8 McQuaid, Maria	12	Co Cardiff	1:27.47

##### Heat 4 of 12 Finals

1 Ribeiro, Ariana	12	Co Cardiff	1:23.90
2 Williams, Olivia	14	Rct Squad	1:23.36
3 Tejedo, Lola	12	Co Cardiff	1:22.78
4 Richards, Faith	13	Merthyr Tydf	1:22.48
5 Bendon, Megan	15	Cwmbran	1:22.49
6 Dowling, Abigail	12	Co Cardiff	1:22.90
7 Adams, Sian	13	Co Cardiff	1:23.70
8 Jones, Maisie	13	Co Cardiff	1:23.90

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### Heat 5 of 12 Finals

1 Woolf, Livvi R	13	Heads Valley	1:22.28
2 Thomas, Hannah	14	Rct Squad	1:21.44
3 Hughes-Rolls, Ava L	14	Torfaen Dol	1:20.83
4 Willis, Meghan R	16	Torfaen Dol	1:19.90
5 Evans, Gwennan M	13	Co Newport	1:20.17
6 Davies, Darcey	14	Rct Squad	1:21.08
7 Ling, Olivia	13	Co Cardiff	1:21.60
8 Elliott, Phoebe	15	Cwmbran	1:22.43

### Heat 6 of 12 Finals

1 Perni, Veronica	14	Co Cardiff	1:19.32
2 Reilly, Manon	15	Rct Squad	1:18.94
3 Szychowicz, Latoyah	14	Co Cardiff	1:18.90
4 Avraam, Neve	15	Co Cardiff	1:18.80
5 Carre, Jasmine	16	Merthyr Tydf	1:18.82
6 Marshall, Ffion	13	Co Cardiff	1:18.93
7 Gardener, Hannah B	14	Bridgend Cty	1:19.09
8 Lewis, Becky	20	Rct Squad	1:19.62

### Heat 7 of 12 Finals

1 Buckland, Eleanor	14	Co Cardiff	1:18.03
2 James, Grace E	14	Bridgend Cty	1:17.62
3 McDonagh, Emily M	15	Bridgend Cty	1:17.46
4 Barr, Angharad	16	Caerphilly	1:16.99
5 Blake, Emily	16	Co Cardiff	1:17.06
6 George, Ellie	12	Rct Squad	1:17.61
7 Bick, Teagan E	15	Torfaen Dol	1:17.92
8 Williams, Mali	17	Rct Squad	1:18.30

### Heat 8 of 12 Finals

1 Nicholls, Esther	13	Caerphilly	1:16.51
2 Curkovic, Lota	13	Co Cardiff	1:15.20
3 Haddrell, Eva Lily	15	Rct Squad	1:15.10
4 Williams, Rose	15	Co Cardiff	1:13.58
5 Parfitt, Lucy	15	Co Cardiff	1:14.65
6 Evans, Porscha	15	Co Cardiff	1:15.13
7 Lloyd, Ffion H	16	Co Newport	1:15.27
8 Smith, Summer	14	Rct Squad	1:16.84

### Heat 9 of 12 Finals

1 Anderson, Rosalie	13	Co Cardiff	1:13.18
2 Evans, Gwenllian	14	Co Cardiff	1:12.75
3 Martin, Lara E	15	Bridgend Cty	1:12.65
4 Kay, Isabelle	15	Rct Squad	1:11.86
5 Jones, Chloe J	18	Bridgend Cty	1:12.57
6 Phillips, Ruby	16	Co Cardiff	1:12.71
7 Iles, Jessica	13	Co Cardiff	1:12.79
8 Carey, Lucy J	15	Bridgend Cty	1:13.57

### Heat 10 of 12 Finals

1 Ingram, Olivia	15	Co Cardiff	1:11.33
2 Thomas, Ffion L	16	Bridgend Cty	1:11.18
3 Willmore, Isabella R	17	Co Newport	1:10.73
4 Rathbone-Jones, Eloise	19	Co Cardiff	1:10.38
5 Wardell, Cari	14	Co Cardiff	1:10.68
6 Hickman, Eve R	18	Bridgend Cty	1:11.11
7 Gruffydd, Mali	16	Co Cardiff	1:11.31
8 Davies, Tegan M	19	Bridgend Cty	1:11.43

### Heat 11 of 12 Finals

1 Watkins, Amelia M	15	Torfaen Dol	1:09.82
2 Salmon, Gwen	16	Rct Squad	1:07.85
3 Keepings, Charlotte A	17	Co Newport	1:07.42
4 Evans, Lili M	16	Co Newport	1:06.82
5 Dunglinson, Kate	17	Co Cardiff	1:07.33
6 Cull, Harriett	16	Co Cardiff	1:07.72
7 Dacey, Mollie	15	Co Cardiff	1:08.92
8 Stork, Niamh	19	Co Cardiff	1:10.30

### Heat 12 of 12 Finals

1 Fox, Honor	16	Co Cardiff	1:06.67
2 Marchant, Rhiannon	19	Rct Squad	1:06.31
3 John, Emilia	16	Co Cardiff	1:05.86
4 Broder, Libby	17	Co Cardiff	1:04.89
5 Titchener, Megan L	15	Torfaen Dol	1:05.42
6 Nowell, Gabriella J	18	Torfaen Dol	1:06.19
7 Donovan, Kelsey	18	Co Cardiff	1:06.40
8 Domican, Rosie	19	Co Cardiff	1:06.74

### Event 404 Boys 11 & Over 200 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
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#### Heat 1 of 8 Finals

3 Frampton, Rhydian	11	Rct Squad	2:52.44
4 Gruffydd, Ned	13	Co Cardiff	2:39.58
5 Davies, Brynley	13	Co Newport	2:40.33
6 Williams, Dylan	19	Torfaen Dol	3:19.97

#### Heat 2 of 8 Finals

1 Vong, Joshua J	13	Co Newport	2:36.37
2 Rees, Daniel	13	Co Cardiff	2:34.54
3 Cavill, Jack	13	Co Cardiff	2:32.13
4 Whittaker, Luke A	13	Bridgend Cty	2:31.38
5 Gwynfil, Solomon	13	Co Cardiff	2:31.40
6 Herron, Noah A	13	Co Newport	2:34.43
7 Bastyan, Tobias-Luke	12	Caerphilly	2:35.03
8 Parfitt, Sebastian	13	Co Cardiff	2:36.47

#### Heat 3 of 8 Finals

1 Ballantyne, Alex	14	Bridgend Swim	2:29.04
2 Bryant, Tomos G	15	Bridgend Cty	2:27.46
3 Lewis, Gethin R	15	Bridgend Cty	2:26.93
4 Brock, Freddy	14	Rct Squad	2:24.68
5 Davies, William D	16	Co Newport	2:26.16
6 Hole, Ethan	14	Co Cardiff	2:27.30
7 Mansfield, Harry E	14	Bridgend Cty	2:28.78
8 Hiscox, Jac	14	Rct Squad	2:29.41

#### Heat 4 of 8 Finals

1 Edwards, Ross	14	Co Cardiff	2:23.48
2 Jones, Harrison L	16	Bridgend Cty	2:20.74
3 Rosser, Ellis R	14	Torfaen Dol	2:18.52
4 Spinks, Owen H	15	Torfaen Dol	2:16.81
5 Willis, Kofi	14	Co Cardiff	2:16.90
6 Mills, Ioan R	14	Torfaen Dol	2:19.54
7 Divers, Connor	16	Co Cardiff	2:21.78
8 Major, Maximus J	13	Co Newport	2:23.76

#### Heat 5 of 8 Finals

1 Whittaker, Daniel R	17	Bridgend Cty	2:14.50
2 Owen, Vinnie	15	Co Cardiff	2:13.82
3 Cozma, Sam	14	Co Cardiff	2:13.50
4 Rees-Jones, Jack	17	Merthyr Tydf	2:12.06
5 McLain, Archie J	17	Torfaen Dol	2:12.21
6 Adam-Munar, Noah	16	Co Cardiff	2:13.62
7 Temby, Jacob	15	Co Cardiff	2:14.43
8 Williams, Samuel	15	Co Cardiff	2:16.33

#### Heat 6 of 8 Finals

1 McCarthy, Benedict	14	Co Cardiff	2:08.14
2 Steven, Adam J	17	Co Newport	2:05.79
3 Davies, Iwan	15	Co Cardiff	2:05.46
4 Mruk, Lucas J	15	Torfaen Dol	2:04.34
5 Vaughan, William	16	Rct Squad	2:05.43
6 Morgan, Lewis R	16	Bridgend Cty	2:05.58
7 Sheppard, Rhydian	16	Co Cardiff	2:07.20
8 Henschell, Logan	15	Co Cardiff	2:10.05

## SEW Regional Championships 2023

### Heat 7 of 8 Finals

1	McGuinness, Charlie D	17	Torfaen Dol	2:02.63
2	Southwood, Charlie M	16	Torfaen Dol	2:00.36
3	Jones, Daniel	24	Cwmbran	1:58.43
4	Hughes, Cian	18	Co Cardiff	1:57.10
5	Davies, Evan	17	Co Cardiff	1:57.73
6	Burns, Harry	18	Co Cardiff	1:58.77
7	John, Finlay T	17	Bridgend Cty	2:02.03
8	Ma, Ko Kwan	14	Co Cardiff	2:04.18

### Heat 8 of 8 Finals

1	Fox-Wiltshire, Benjamin	18	Co Cardiff	1:55.60
2	Lee, Ethan	17	Co Cardiff	1:54.93
3	Lee, Tristan	17	Co Cardiff	1:54.48
4	O'Brien, Joshua	18	Co Cardiff	1:49.10
5	Geysen-Holley, Max	18	Co Cardiff	1:52.00
6	McCarthy, Samuel	18	Co Cardiff	1:54.91
7	Broom, Dylan H	21	Torfaen Dol	1:55.29
8	Bamborough, Jack	15	Co Cardiff	1:56.51

### Event 405 Girls 11 & Over 50 SC Meter Breaststroke

#### Lane Name                      Age      Team                      Seed Time

#### Heat 1 of 10 Finals

3	Sweet-Roberts, Pip	11	Torfaen Dol	50.35
4	Smith, Cariad	11	Cwmbran	48.89
5	Jones, Jessica .	11	Rct Squad	49.25
6	Davies, Indie B	11	Co Newport	51.07

#### Heat 2 of 10 Finals

2	Cooksey-Owen, Ruby	12	Rhondda	48.32
3	Cook, Bronwyn	12	Co Cardiff	47.41
4	Zyniewicz, Anna	12	Co Newport	47.35
5	Harding, Chloe	12	Cwmbran	47.40
6	Powell, Kirsten S	12	Torfaen Dol	48.24
7	Reasons, Darcy	11	Abertillery	48.65

#### Heat 3 of 10 Finals

1	Fowler, Maisie	12	Rct Squad	46.75
2	George, Ellie	12	Rct Squad	46.31
3	Roberts, Leah	13	Cwmbran	46.22
4	Duggan, Grace	12	Merthyr Tydf	46.05
5	Lloyd, Kaitlyn	13	Cwmbran	46.16
6	Daly, Isabella B	13	Bridgend Cty	46.27
7	Davies, Sophia	11	Rct Squad	46.36
8	Morgan-Basini, Ruby-M	11	Abertillery	47.21

#### Heat 4 of 10 Finals

1	Newton, Florence E	13	Torfaen Dol	45.96
2	Harford, Libby M	13	Caerphilly	45.67
3	Powell, Josie	13	Bridgend Swim	44.94
4	Davies, Darcey	14	Rct Squad	43.71
5	Morgan-Basini, Roca-Jay	13	Abertillery	44.24
6	Sheen, Seren L	12	Co Newport	45.31
7	Lewis, Harriet	11	Co Cardiff	45.70
8	Bendon, Ruby-Mai	13	Cwmbran	46.02

#### Heat 5 of 10 Finals

1	Curkovic, Lota	13	Co Cardiff	43.50
2	Tejedo, Lola	12	Co Cardiff	43.38
3	Adams, Sian	13	Co Cardiff	43.06
4	Brady, Grace	14	Rct Squad	42.94
5	Andrews, Bella R	13	Co Newport	42.96
6	McNamara, Imogen	13	Co Cardiff	43.32
7	Bryant, Penelope	13	Co Cardiff	43.50
8	Abramova, Agata	13	Caerphilly	43.65

### Heat 6 of 10 Finals

1	Reilly, Manon	15	Rct Squad	42.61
2	Rees, Maisie	13	Rct Squad	42.57
3	Nutt, Kira	16	Caerphilly	41.83
4	Cheeseman, Rhyannon	15	Co Cardiff	41.23
5	Jones, Evie	15	Merthyr Tydf	41.55
6	Bradley, Evie	14	Cwmbran	42.12
7	Davies, Tegan M	19	Bridgend Cty	42.60
8	Howson, Ellen M	14	Co Newport	42.85

### Heat 7 of 10 Finals

1	Nicholls, Esther	13	Caerphilly	40.96
2	Lloyd, Ffion H	16	Co Newport	40.09
3	Ribeiro, Ariana	12	Co Cardiff	39.73
4	Dowling, Abigail	12	Co Cardiff	39.18
5	Faulkner, Marie	18	Co Cardiff	39.60
6	Haddrell, Eva Lily	15	Rct Squad	40.05
7	Lewis, Daisy	14	Bridgend Swim	40.90
8	Matthews, Elin	13	Co Cardiff	41.17

### Heat 8 of 10 Finals

1	Willmore, Isabella R	17	Co Newport	38.78
2	Cook, Seren M	19	Bridgend Cty	38.37
3	Goddard, Amy R	14	Rhondda	38.35
4	Robinson, Carys	16	Co Cardiff	38.10
5	George, Caitlin	18	Co Cardiff	38.20
6	Lee, Edith	13	Co Cardiff	38.36
7	Grant, Lucy E	16	Co Newport	38.67
8	Vaisey, Cerys R	20	Abertillery	38.85

### Heat 9 of 10 Finals

1	Perni, Veronica	14	Co Cardiff	37.84
2	Evans, Lili M	16	Co Newport	37.46
3	Lewis, Cara	16	Bridgend Swim	37.21
4	Nowell, Gabriella J	18	Torfaen Dol	36.02
5	Smith, Amelia	15	Co Cardiff	36.30
6	Daly, Kirsten E	17	Bridgend Cty	37.44
7	Briggs, Bailey	16	Heads Valley	37.78
8	Lewis, Orla Rose	13	Co Cardiff	37.90

### Heat 10 of 10 Finals

1	Salmon, Gwen	16	Rct Squad	35.74
2	Williams-Jones, Phoebe	17	Co Cardiff	34.03
3	Gibson, Mari	15	Co Cardiff	33.70
4	Taylor, Theodora A	14	Torfaen Dol	32.20
5	Crowley, Amy	18	Co Cardiff	33.50
6	Gorman, Helen	51	Co Cardiff	33.90
7	Enoch, Megan-Jane	16	Torfaen Dol	35.31
8	Iles, Georgia	17	Co Cardiff	35.83

## SEW Regional Championships 2023

### SUNDAY SESSION 5 Warm up 8.30am Start 9.35am

#### Event 501 Boys 11 & Over 50 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 8 Finals

3 Jones, Noah B	12	Torfaen Dol	40.48
4 Gregory, Jaiden	12	Rhondda	38.60
5 Castillo, Airam	12	Co Cardiff	38.66

##### Heat 2 of 8 Finals

2 Parfitt, Sebastian	13	Co Cardiff	38.28
3 Deacon, Cameron	13	Rhondda	37.22
4 Hole, Ethan	14	Co Cardiff	36.30
5 Jones, Sebastien M	13	Torfaen Dol	36.75
6 Hewitt, Archie E	13	Torfaen Dol	37.83
7 Williams, Dylan	19	Torfaen Dol	38.42

##### Heat 3 of 8 Finals

1 Warman-Powell, Ioan G	13	Torfaen Dol	35.26
2 Fudge, Marcus	15	Rct Squad	34.65
3 Vinh, Joshua	14	Co Newport	34.27
4 Spinks, Owen H	15	Torfaen Dol	33.47
5 Smith, Kian	16	Cwmbran	33.48
6 Bastyan, Tobias-Luke	12	Caerphilly	34.28
7 Tihiev, Milan	13	Co Cardiff	34.90
8 Gruffydd, Ned	13	Co Cardiff	35.95

##### Heat 4 of 8 Finals

1 Ballantyne, Alex	14	Bridgend Swim	33.24
2 Brock, Freddy	14	Rct Squad	33.07
3 Thomas, Archie	13	Co Cardiff	32.79
4 White, Alex	17	Rhondda	32.51
5 Major, Maximus J	13	Co Newport	32.71
6 James, Rhys	14	Rct Squad	32.82
7 Nemtsov, Alexandros	15	Co Cardiff	33.10
8 Rixon, Noah J	15	Co Newport	33.44

##### Heat 5 of 8 Finals

1 Davies, William D	16	Co Newport	32.28
2 Warman-Powell, Iolo R	16	Torfaen Dol	32.11
3 McGuinness, Charlie D	17	Torfaen Dol	31.68
4 Adam-Munar, Noah	16	Co Cardiff	31.40
5 Mills, Ioan R	14	Torfaen Dol	31.55
6 Cooksey, Regan	17	Rhondda	31.71
7 Divers, Connor	16	Co Cardiff	32.24
8 Gwynfil, Solomon	13	Co Cardiff	32.30

##### Heat 6 of 8 Finals

1 Nash, Charlie	17	Rhondda	31.23
2 Henschell, Logan	15	Co Cardiff	31.10
3 Evans, Emrys	17	Co Cardiff	30.40
4 Lewis, Gethin R	15	Bridgend Cty	30.00
5 Jasinski, Hubert	16	Co Newport	30.31
6 Jones, Lloyd D	20	Merthyr Tydf	30.57
7 Watkins, Will	15	Bridgend Swim	31.20
8 Williams, Harry	17	Monnow	31.30

##### Heat 7 of 8 Finals

1 Mamedov, Ravid	15	Co Cardiff	29.73
2 Sheppard, Rhydian	16	Co Cardiff	29.10
3 Bamborough, Jack	15	Co Cardiff	28.50
4 Preece, Toby H	16	Torfaen Dol	27.89
5 Ingram, James	18	Heads Valley	28.37
6 Williams, Cai M	17	Bridgend Cty	28.80
7 McLain, Archie J	17	Torfaen Dol	29.54
8 Vaughan, William	16	Rct Squad	29.92

#### Heat 8 of 8 Finals

1 Steven, Adam J	17	Co Newport	27.69
2 Lee, Ethan	17	Co Cardiff	26.22
3 Geysen-Holley, Max	18	Co Cardiff	25.80
4 Knight, Jack	20	Co Cardiff	24.60
5 James, Harley	18	Co Cardiff	24.90
6 Davies, Evan	17	Co Cardiff	26.20
7 Hughes, Cian	18	Co Cardiff	27.40
8 McCarthy, Benedict	14	Co Cardiff	27.80

#### Event 502 Girls 11 & Over 50 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 22 Finals

2 Prosser, Sofia	11	Merthyr Tydf	39.31
3 Donaldson, Evie M	11	Co Newport	38.68
4 Young, Caitlin	12	Cwmbran	38.06
5 Moore, Summer-Marie	11	Bridgend Swim	38.19
6 Smith, Cariad	11	Cwmbran	38.74
7 James, Izzy	11	Rhondda	39.68

##### Heat 2 of 22 Finals

1 Carter, Layla	12	Monnow	37.79
2 Jones, Lola-Grace	11	Merthyr Tydf	37.43
3 Roberts, Rosie A	11	Torfaen Dol	37.25
4 Edwards, Nia	12	Caerphilly	37.07
5 Davies, Indie B	11	Co Newport	37.23
6 Price, Macy	11	Heads Valley	37.35
7 James, Ruby	11	Rct Squad	37.54
8 Williams, Mali	12	Rhondda	37.86

##### Heat 3 of 22 Finals

1 Butler, Olivia	12	Bridgend Swim	36.61
2 Edge, Emily	13	Co Cardiff	36.40
3 Williams, Lili	12	Rct Squad	36.37
4 Jones, Jessica .	11	Rct Squad	35.84
5 Radu, Natalia	13	Rhondda	35.93
6 Faulds, Emily G	12	Co Newport	36.40
7 Watson, Isabella	13	Co Cardiff	36.48
8 Powell, Kirsten S	12	Torfaen Dol	36.75

##### Heat 4 of 22 Finals

1 Long, Sadie E	12	Bridgend Cty	35.64
2 Morgan-Basini, Ruby-May	11	Abertillery	35.63
3 Higgs, Cerys	14	Caerphilly	35.55
4 Bennett, Isla	12	Co Cardiff	35.48
5 Zyniewicz, Anna	12	Co Newport	35.52
6 Wilden, Ruby	13	Brecon	35.59
7 Williams, Taylor	14	Caerphilly	35.64
8 Price, Amie	12	Rct Squad	35.71

##### Heat 5 of 22 Finals

1 Duggan, Grace	12	Merthyr Tydf	35.38
2 Lloyd, Kaitlyn	13	Cwmbran	35.30
3 Davies, Macy L	11	Torfaen Dol	35.18
4 Lewis, Orla Rose	13	Co Cardiff	35.10
5 Pritchard, Abbie	14	Cwmbran	35.15
6 Andrews, Bella R	13	Co Newport	35.25
7 Butt, Chloe	29	Caerphilly	35.35
8 Mustey, Elizabeth	12	Monnow	35.46

##### Heat 6 of 22 Finals

1 Reasons, Darcy	11	Abertillery	34.99
2 Daly, Isabella B	13	Bridgend Cty	34.92
3 Sweet-Roberts, Pip	11	Torfaen Dol	34.83
4 Boyd, Chloe	13	Co Cardiff	34.72
5 Davies, Shannon	14	Cwmbran	34.79
6 Offers, Macy G	15	Abertillery	34.86
7 Iles, Jessica	13	Co Cardiff	34.99
8 Sheen, Seren L	12	Co Newport	35.04

## SEW Regional Championships 2023

### Heat 7 of 22 Finals

1	Carey, Amy R	14	Bridgend Cty	34.55
2	Cooksey-Owen, Ruby	12	Rhondda	34.41
3	Macintyre-Jones, Arwen	14	Heads Valley	34.39
4	Bastyan, Emily-Grace	14	Caerphilly	34.35
5	Edwards, Carys	13	Caerphilly	34.37
6	McQuaid, Maria	12	Co Cardiff	34.40
7	Aherne, Elise	15	Co Cardiff	34.50
8	Davies, Sophia	11	Rct Squad	34.57

### Heat 8 of 22 Finals

1	Elliott, Phoebe	15	Cwmbran	34.26
2	Cooper, Caitlin E	14	Co Newport	34.22
3	Adams, Sian	13	Co Cardiff	33.99
4	Lewis, Harriet	11	Co Cardiff	33.85
5	Duggan, Ella	12	Merthyr Tydf	33.92
6	Scofield, Niamh	12	Rct Squad	34.00
7	Thomas, Holly L	16	Bridgend Cty	34.25
8	Battrick, Alexa C	13	Co Newport	34.27

### Heat 9 of 22 Finals

1	Jones, Maddie	13	Merthyr Tydf	33.71
2	Reed, Bella	12	Rhondda	33.68
3	Altordai, Yume	14	Co Cardiff	33.67
4	Newton, Florence E	13	Torfaen Dol	33.39
5	Morgan-Basini, Roca-Jay	13	Abertillery	33.63
6	McNamara, Imogen	13	Co Cardiff	33.68
7	George, Ellie	12	Rct Squad	33.70
8	Sherrard, Alex H	11	Torfaen Dol	33.82

### Heat 10 of 22 Finals

1	Jones, Maisie	13	Co Cardiff	33.30
2	Price, Bethan	15	Bridgend Swim	33.15
3	Thomas, Hannah	14	Rct Squad	33.12
4	Fowler, Maisie	12	Rct Squad	33.03
5	Davies-Jones, Hannah Z	14	Bridgend Cty	33.11
6	Stephenson, Lucy M	15	Brecon	33.13
7	Arlow, Grace E	14	Torfaen Dol	33.21
8	Dowling, Abigail	12	Co Cardiff	33.36

### Heat 11 of 22 Finals

1	Parsons, Zoe H	16	Bridgend Cty	32.95
2	Lewis, Becky	20	Rct Squad	32.90
3	Harford, Libby M	13	Caerphilly	32.82
4	Evans, Skye C	14	Bridgend Cty	32.74
5	Colmsee, Grace	16	Co Cardiff	32.80
6	Harmer, Gracy	15	Caerphilly	32.87
7	Jones, Elsie G	14	Co Newport	32.93
8	Richards, Faith	13	Merthyr Tydf	33.01

### Heat 12 of 22 Finals

1	Wolf, Livvi R	13	Heads Valley	32.63
2	Davies, Darcey	14	Rct Squad	32.56
3	Lewis, Daisy	14	Bridgend Swim	32.47
4	Smith, Summer	14	Rct Squad	32.39
5	Nicklin, Isabelle R	14	Bridgend Cty	32.42
6	Bastyan, Ava-Rose	14	Caerphilly	32.51
7	Hardwicke, Martha G	14	Bridgend Cty	32.56
8	Jones, Isabella S	13	Bridgend Cty	32.68

### Heat 13 of 22 Finals

1	Hughes-Rolls, Ava L	14	Torfaen Dol	32.30
2	Garrett, Ruby	15	Merthyr Tydf	32.29
3	Dubberley, Anwen	17	Rct Squad	32.26
4	Jala, Eliana	15	Rhondda	32.11
5	Ribeiro, Ariana	12	Co Cardiff	32.14
6	James, Jennifer	16	Rct Squad	32.28
7	Howson, Ellen M	14	Co Newport	32.29
8	Carter, Bella	14	Monnow	32.38

### Heat 14 of 22 Finals

1	Williams, Olivia	14	Rct Squad	31.94
2	Abramova, Agata	13	Caerphilly	31.91
3	Matthews, Elin	13	Co Cardiff	31.87
4	Sullivan, Ariana	13	Caerphilly	31.79
5	Brassington, Lucy	16	Co Cardiff	31.80
6	Cheeseman, Rhyannon	15	Co Cardiff	31.89
7	Brady, Grace	14	Rct Squad	31.93
8	Thomas, Freya	16	Bridgend Swim	31.95

### Heat 15 of 22 Finals

1	Buckland, Eleanor	14	Co Cardiff	31.70
2	Rees, Maisie	13	Rct Squad	31.69
3	Morgan, Isabelle L	15	Co Newport	31.52
4	Lloyd, Ffion H	16	Co Newport	31.32
5	Nutt, Kira	16	Caerphilly	31.47
6	Willis, Meghan R	16	Torfaen Dol	31.59
7	Evans, Ella	15	Co Cardiff	31.70
8	Carre, Jasmine	16	Merthyr Tydf	31.72

### Heat 16 of 22 Finals

1	Castle, Maya	14	Co Cardiff	31.00
2	Parfitt, Kali L	13	Torfaen Dol	30.89
3	Vaisey, Cerys R	20	Abertillery	30.76
4	Haddrell, Eva Lily	15	Rct Squad	30.54
5	Clatworthy, Maddie	14	Bridgend Swim	30.66
6	Blake, Emily	16	Co Cardiff	30.85
7	Bound, Caitlin	17	Heads Valley	30.91
8	Reilly, Manon	15	Rct Squad	31.29

### Heat 17 of 22 Finals

1	Jenkins, Bethany	17	Bridgend Swim	30.48
2	Marshall, Hannah	19	Merthyr Tydf	30.17
3	Barr, Angharad	16	Caerphilly	30.11
4	Pengelly, Leia	17	Rct Squad	29.96
5	Kay, Isabelle	15	Rct Squad	30.06
6	Solosy, Zahara E	15	Co Newport	30.13
7	Givvons, Imogen G	13	Co Newport	30.19
8	Nicholls, Esther	13	Caerphilly	30.53

### Heat 18 of 22 Finals

1	Lee, Edith	13	Co Cardiff	29.80
2	Jones, Chloe J	18	Bridgend Cty	29.55
3	Vincent, Caitlyn	17	Rct Squad	29.46
4	Crawshay-Williams, E	15	Torfaen Dol	29.41
5	Watkins, Amelia M	15	Torfaen Dol	29.45
6	Carey, Lucy J	15	Bridgend Cty	29.51
7	Parfitt, Lucy	15	Co Cardiff	29.67
8	Jones, Evie	15	Merthyr Tydf	29.94

### Heat 19 of 22 Finals

1	James, Grace E	14	Bridgend Cty	29.40
2	Avraam, Neve	15	Co Cardiff	29.28
3	Szychowicz, Latoyah	14	Co Cardiff	29.20
4	Thomas, Ffion L	16	Bridgend Cty	29.08
5	Lewis, Hollie	16	Bridgend Swim	29.11
6	Williams, Rose	15	Co Cardiff	29.25
7	Enoch, Megan-Jane	16	Torfaen Dol	29.36
8	Gruffydd, Mali	16	Co Cardiff	29.40

### Heat 20 of 22 Finals

1	Willmore, Isabella R	17	Co Newport	28.97
2	Stork, Niamh	19	Co Cardiff	28.70
3	Dacey, Mollie	15	Co Cardiff	28.70
4	Sweet-Roberts, Rosie	15	Torfaen Dol	28.52
5	Sherrard, Emme I	14	Torfaen Dol	28.69
6	Marshall, Polly H	18	Co Newport	28.70
7	Fox, Imogen	18	Co Cardiff	28.73
8	James, Ffion M	18	Bridgend Cty	29.01

## SEW Regional Championships 2023

### Heat 21 of 22 Finals

1	Millar, Connie M	16	Bridgend Cty	28.44
2	Titchener, Megan L	15	Torfaen Dol	28.25
3	Keepings, Charlotte A	17	Co Newport	27.98
4	Offside, Poppy L	16	Torfaen Dol	27.48
5	John, Emilia	16	Co Cardiff	27.90
6	Grant, Lucy E	16	Co Newport	28.24
7	Nowell, Gabriella J	18	Torfaen Dol	28.42
8	Jones, Lucy K	16	Co Newport	28.51

### Heat 22 of 22 Finals

1	Croke, Carys S	16	Torfaen Dol	27.25
2	Domican, Rosie	19	Co Cardiff	27.00
3	Beynon, Annaliese	23	Co Cardiff	25.76
4	Taylor, Theodora A	14	Torfaen Dol	25.52
5	Broder, Libby	17	Co Cardiff	25.70
6	Donovan, Kelsey	18	Co Cardiff	26.90
7	Dunglison, Kate	17	Co Cardiff	27.11
8	Marchant, Rhiannon	19	Rct Squad	27.45

### Event 503 Boys 11 & Over 400 SC Meter IM

Lane Name	Age	Team	Seed Time
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#### Heat 1 of 2 Finals

2	Gwynfil, Solomon	13	Co Cardiff	6:17.60
3	Thomas, Archie	13	Co Cardiff	5:56.90
4	Willis, Kofi	14	Co Cardiff	5:52.12
5	Hole, Ethan	14	Co Cardiff	5:55.25
6	Owen, Vinnie	15	Co Cardiff	5:58.20

#### Heat 2 of 2 Finals

1	McLain, Archie J	17	Torfaen Dol	5:13.07
2	Merriman, Ben	18	Co Cardiff	4:54.70
3	Lee, Tristan	17	Co Cardiff	4:32.56
4	Edwards, Kaden	19	Co Cardiff	4:16.10
5	Arch, Rhydian	18	Co Cardiff	4:29.22
6	Bamborough, Jack	15	Co Cardiff	4:46.79
7	Davies, Iwan	15	Co Cardiff	5:06.58
8	Edwards, Ross	14	Co Cardiff	5:17.41

### Event 504 Girls 11 & Over 400 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
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#### Heat 1 of 8 Finals

3	Jones, Lola-Grace	11	Merthyr Tydf	6:20.18
4	Adams, Sian	13	Co Cardiff	5:47.00
5	Lewis, Harriet	11	Co Cardiff	5:48.14

#### Heat 2 of 8 Finals

2	Edwards, Carys	13	Caerphilly	5:38.79
3	Thomas, Hannah	14	Rct Squad	5:33.63
4	Richards, Faith	13	Merthyr Tydf	5:32.46
5	Jones, Isabella S	13	Bridgend Cty	5:32.59
6	Goddard, Amy R	14	Rhondda	5:35.52
7	Jones, Maddie	13	Merthyr Tydf	5:46.90

#### Heat 3 of 8 Finals

1	Colmsee, Grace	16	Co Cardiff	5:28.86
2	Carey, Lucy J	15	Bridgend Cty	5:25.97
3	Brady, Grace	14	Rct Squad	5:24.11
4	Clatworthy, Maddie	14	Bridgend Swim	5:21.70
5	Evans, Porscha	15	Co Cardiff	5:21.75
6	Evans, Gwennan M	13	Co Newport	5:25.53
7	Reilly, Manon	15	Rct Squad	5:26.94
8	George, Ellie	12	Rct Squad	5:29.11

### Heat 4 of 8 Finals

1	Pengelly, Leia	17	Rct Squad	5:18.55
2	Haddrell, Eva Lily	15	Rct Squad	5:16.52
3	Brassington, Lucy	16	Co Cardiff	5:12.09
4	Willis, Meghan R	16	Torfaen Dol	5:09.54
5	Lewis, Becky	20	Rct Squad	5:09.65
6	Sullivan, Ariana	13	Caerphilly	5:12.29
7	Parfitt, Lucy	15	Co Cardiff	5:18.10
8	Bendon, Megan	15	Cwmbran	5:20.34

### Heat 5 of 8 Finals

1	Sherrard, Emme I	14	Torfaen Dol	5:02.59
2	Williams, Rose	15	Co Cardiff	5:01.42
3	Daly, Kirsten E	17	Bridgend Cty	5:00.52
4	Avraam, Neve	15	Co Cardiff	4:58.32
5	Lewis, Hollie	16	Bridgend Swim	4:59.16
6	Lewis, Orla Rose	13	Co Cardiff	5:00.76
7	Marshall, Ffion	13	Co Cardiff	5:02.42
8	Anderson, Rosalie	13	Co Cardiff	5:07.80

### Heat 6 of 8 Finals

1	Jones, Chloe J	18	Bridgend Cty	4:57.28
2	Millar, Connie M	16	Bridgend Cty	4:56.97
3	Smith, Amelia	15	Co Cardiff	4:53.80
4	Evans, Gwenllian	14	Co Cardiff	4:51.77
5	Szychowicz, Latoyah	14	Co Cardiff	4:52.99
6	Iles, Jessica	13	Co Cardiff	4:55.14
7	James, Grace E	14	Bridgend Cty	4:57.19
8	Jones, Evie	15	Merthyr Tydf	4:58.05

### Heat 7 of 8 Finals

1	Beynon, Gracie L	16	Bridgend Cty	4:49.54
2	Phillips, Ruby	16	Co Cardiff	4:47.71
3	Gibson, Mari	15	Co Cardiff	4:46.35
4	Faulkner, Marie	18	Co Cardiff	4:45.55
5	Cull, Harriett	16	Co Cardiff	4:46.32
6	Jones, Lucy K	16	Co Newport	4:47.11
7	James, Ffion M	18	Bridgend Cty	4:47.95
8	Kay, Isabelle	15	Rct Squad	4:51.35

### Heat 8 of 8 Finals

1	Hickman, Eve R	18	Bridgend Cty	4:41.44
2	Gruffydd, Mali	16	Co Cardiff	4:40.06
3	Fox, Honor	16	Co Cardiff	4:34.75
4	John, Emilia	16	Co Cardiff	4:23.60
5	Domican, Rosie	19	Co Cardiff	4:30.90
6	Evans, Lili M	16	Co Newport	4:37.89
7	Marshall, Polly H	18	Co Newport	4:40.36
8	Ingram, Olivia	15	Co Cardiff	4:42.60

### Event 505 Boys 11 & Over 100 SC Meter Breaststroke

Lane Name	Age	Team	Seed Time
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#### Heat 1 of 5 Finals

1	Frampton, Rhydian	11	Rct Squad	1:45.68
2	Jones, Noah B	12	Torfaen Dol	1:40.87
3	Rees, Daniel	13	Co Cardiff	1:30.72
4	Haines, William	14	Co Cardiff	1:28.08
5	Warman-Powell, Ioan G	13	Torfaen Dol	1:29.69
6	Davies, Rhodri	13	Co Cardiff	1:34.40
7	Chalk, Alistair H	11	Co Newport	1:45.46
8	Williams, Dylan	19	Torfaen Dol	1:55.65

#### Heat 2 of 5 Finals

1	Nemtsov, Alexandros	15	Co Cardiff	1:25.73
2	Brock, Freddy	14	Rct Squad	1:23.71
3	Jones, Lloyd D	20	Merthyr Tydf	1:22.02
4	Mills, Ioan R	14	Torfaen Dol	1:21.33
5	Williams, Harry	17	Monnow	1:21.33
6	Rixon, Noah J	15	Co Newport	1:23.15
7	Doyle, Alfie	15	Co Newport	1:24.34
8	Major, Maximus J	13	Co Newport	1:27.64

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### Heat 3 of 5 Finals

1 Williams, Samuel	15 Co Cardiff	1:20.44
2 Morgan, Lewis R	16 Bridgend Cty	1:19.36
3 Warman-Powell, Iolo R	16 Torfaen Dol	1:19.18
4 Henschell, Logan	15 Co Cardiff	1:16.59
5 McGuinness, Charlie D	17 Torfaen Dol	1:17.21
6 Mamedov, Ravid	15 Co Cardiff	1:19.20
7 James, Rhys	14 Rct Squad	1:20.44
8 Thomas, Archie	13 Co Cardiff	1:20.45

### Heat 4 of 5 Finals

1 Burns, Harry	18 Co Cardiff	1:14.57
2 Williams, Luke T	15 Co Newport	1:14.23
3 Preece, Toby H	16 Torfaen Dol	1:12.91
4 Pursey, Mike	18 Heads Valley	1:11.86
5 Ma, Ko Kwan	14 Co Cardiff	1:12.75
6 Temby, Jacob	15 Co Cardiff	1:14.11
7 James, Jack S	16 Torfaen Dol	1:14.42
8 Cozma, Sam	14 Co Cardiff	1:14.63

### Heat 5 of 5 Finals

1 Winstone, Evan	17 Co Cardiff	1:10.80
2 Geysen-Holley, Max	18 Co Cardiff	1:08.17
3 Sheppard, Rhydian	16 Co Cardiff	1:06.50
4 Anderson, Maxwell	18 Co Cardiff	1:03.32
5 Lee, Tristan	17 Co Cardiff	1:05.18
6 Fox-Wiltshire, Benjamin	18 Co Cardiff	1:06.85
7 Davies, Evan	17 Co Cardiff	1:09.63
8 Rosser, Dewi J	18 Torfaen Dol	1:11.35



## SEW Regional Championships 2023

### SUNDAY SESSION 6 Warm up 11.30am Start 12.35pm

#### Event 601 Girls 11 & Over 50 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 14 Finals

2 Smith, Cariad	11	Cwmbran	45.44
3 Jones, Lola-Grace	11	Merthyr Tydf	43.77
4 McShane, Anya	11	Co Cardiff	43.15
5 Young, Caitlin	12	Cwmbran	43.16
6 Meenagh, Mai Van	11	Co Cardiff	45.21
7 James, Ruby	11	Rct Squad	45.82

##### Heat 2 of 14 Finals

1 Mustey, Elizabeth	12	Monnow	43.09
2 Prosser, Sofia	11	Merthyr Tydf	42.47
3 Zyniewicz, Anna	12	Co Newport	42.14
4 Davies, Macy L	11	Torfaen Dol	41.77
5 Sherrard, Alex H	11	Torfaen Dol	41.87
6 Morgan-Basini, Ruby-M	11	Abertillery	42.18
7 Jones, Jessica .	11	Rct Squad	42.98
8 Davies, Sophia	11	Rct Squad	43.10

##### Heat 3 of 14 Finals

1 McQuaid, Maria	12	Co Cardiff	41.73
2 Price, Amie	12	Rct Squad	41.61
3 Rees, Maisie	13	Rct Squad	41.20
4 Roberts, Rosie A	11	Torfaen Dol	41.01
5 Williams, Lili	12	Rct Squad	41.07
6 Duggan, Grace	12	Merthyr Tydf	41.48
7 Donaldson, Evie M	11	Co Newport	41.70
8 Cooksey-Owen, Ruby	12	Rhondda	41.74

##### Heat 4 of 14 Finals

1 Lloyd, Kaitlyn	13	Cwmbran	40.80
2 Battrick, Alexa C	13	Co Newport	40.61
3 Scofield, Niamh	12	Rct Squad	40.43
4 McNamara, Imogen	13	Co Cardiff	40.40
5 Long, Sadie E	12	Bridgend Cty	40.41
6 Bennett, Isla	12	Co Cardiff	40.43
7 Boyd, Chloe	13	Co Cardiff	40.65
8 Tejedo, Lola	12	Co Cardiff	40.90

##### Heat 5 of 14 Finals

1 Pritchard, Abbie	14	Cwmbran	40.06
2 Morgan-Basini, Roca-Jay	13	Abertillery	39.78
3 Reasons, Darcy	11	Abertillery	39.41
4 Thomas, Hannah	14	Rct Squad	39.40
5 Newton, Florence E	13	Torfaen Dol	39.40
6 Evans, Skye C	14	Bridgend Cty	39.65
7 Jones, Maddie	13	Merthyr Tydf	39.98
8 Brady, Grace	14	Rct Squad	40.27

##### Heat 6 of 14 Finals

1 Davies, Shannon	14	Cwmbran	39.35
2 Carey, Amy R	14	Bridgend Cty	38.98
3 Pesevska, Monika	15	Co Cardiff	38.90
4 Williams, Olivia	14	Rct Squad	38.86
5 Harmer, Gracy	15	Caerphilly	38.90
6 Jala, Eliana	15	Rhondda	38.92
7 Cheeseman, Rhyannon	15	Co Cardiff	39.30
8 Stephenson, Lucy M	15	Brecon	39.37

##### Heat 7 of 14 Finals

1 Elliott, Phoebe	15	Cwmbran	38.75
2 Adams, Sian	13	Co Cardiff	38.73
3 Thomas, Holly L	16	Bridgend Cty	38.37
4 Fowler, Maisie	12	Rct Squad	38.15
5 Jones, Maisie	13	Co Cardiff	38.31
6 Lewis, Harriet	11	Co Cardiff	38.55
7 Richards, Faith	13	Merthyr Tydf	38.74
8 Reed, Bella	12	Rhondda	38.79

### Heat 8 of 14 Finals

1 Duggan, Ella	12	Merthyr Tydf	37.93
2 Dowling, Abigail	12	Co Cardiff	37.79
3 Givvons, Imogen G	13	Co Newport	37.48
4 Hughes-Rolls, Ava L	14	Torfaen Dol	37.22
5 Parfitt, Kali L	13	Torfaen Dol	37.23
6 Vaisey, Cerys R	20	Abertillery	37.69
7 Carre, Jasmine	16	Merthyr Tydf	37.92
8 Bastyan, Ava-Rose	14	Caerphilly	38.05

### Heat 9 of 14 Finals

1 Iles, Jessica	13	Co Cardiff	36.91
2 Dubberley, Anwen	17	Rct Squad	36.61
3 Edwards, Amber	13	Co Cardiff	36.42
4 Evans, Porscha	15	Co Cardiff	36.35
5 Buckland, Eleanor	14	Co Cardiff	36.40
6 Solosy, Zahara E	15	Co Newport	36.44
7 Reilly, Manon	15	Rct Squad	36.79
8 Davies, Darcey	14	Rct Squad	36.99

### Heat 10 of 14 Finals

1 Blake, Emily	16	Co Cardiff	36.07
2 Howson, Ellen M	14	Co Newport	36.00
3 Wardell, Cari	14	Co Cardiff	35.80
4 George, Ellie	12	Rct Squad	35.68
5 Smith, Summer	14	Rct Squad	35.77
6 Bick, Teagan E	15	Torfaen Dol	35.83
7 Woolf, Livvi R	13	Heads Valley	36.07
8 Matthews, Elin	13	Co Cardiff	36.09

### Heat 11 of 14 Finals

1 Adams, Jaimee	17	Co Cardiff	35.44
2 Nicholls, Esther	13	Caerphilly	35.25
3 Sherrard, Emme I	14	Torfaen Dol	34.82
4 Lewis, Cara	16	Bridgend Swim	34.76
5 James, Ffion M	18	Bridgend Cty	34.78
6 Lloyd, Ffion H	16	Co Newport	34.91
7 Barr, Angharad	16	Caerphilly	35.28
8 Vincent, Caitlyn	17	Rct Squad	35.52

### Heat 12 of 14 Finals

1 James, Grace E	14	Bridgend Cty	34.38
2 Martin, Lara E	15	Bridgend Cty	33.92
3 Kay, Isabelle	15	Rct Squad	33.61
4 Davies, Tegan M	19	Bridgend Cty	33.32
5 Broder, Libby	17	Co Cardiff	33.45
6 Jones, Chloe J	18	Bridgend Cty	33.71
7 Williams, Rose	15	Co Cardiff	34.04
8 Haddrell, Eva Lily	15	Rct Squad	34.46

### Heat 13 of 14 Finals

1 Anderson, Rosalie	13	Co Cardiff	33.07
2 Szychowicz, Latoyah	14	Co Cardiff	32.92
3 Hickman, Eve R	18	Bridgend Cty	32.77
4 O Callaghan, Faye	18	Co Cardiff	31.86
5 Carey, Lucy J	15	Bridgend Cty	32.69
6 Willmore, Isabella R	17	Co Newport	32.86
7 Thomas, Ffion L	16	Bridgend Cty	33.00
8 Millar, Connie M	16	Bridgend Cty	33.10

### Heat 14 of 14 Finals

1 Marchant, Rhiannon	19	Rct Squad	31.54
2 Keepings, Charlotte A	17	Co Newport	31.26
3 Titchener, Megan L	15	Torfaen Dol	30.96
4 Beynon, Annaliese	23	Co Cardiff	30.34
5 Donovan, Kelsey	18	Co Cardiff	30.92
6 Nowell, Gabriella J	18	Torfaen Dol	31.22
7 Salmon, Gwen	16	Rct Squad	31.31
8 Fox, Honor	16	Co Cardiff	31.84

## SEW Regional Championships 2023

### Event 602 Boys 11 & Over 200 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
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#### Heat 1 of 4 Finals

3 Chalk, Alistair H	11	Co Newport	3:23.67
4 Rees, Daniel	13	Co Cardiff	2:57.68
5 Parfitt, Sebastian	13	Co Cardiff	3:01.40

#### Heat 2 of 4 Finals

2 Whittaker, Luke A	13	Bridgend Cty	2:50.51
3 Wratten, Joshua	15	Cwmbran	2:44.92
4 Brock, Freddy	14	Rct Squad	2:42.21
5 Lawler, Neil	15	Monnow	2:44.36
6 Gwynfil, Solomon	13	Co Cardiff	2:47.72
7 Davies, Brynley	13	Co Newport	2:55.89

#### Heat 3 of 4 Finals

1 Vinh, Joshua	14	Co Newport	2:39.24
2 Mills, Ioan R	14	Torfaen Dol	2:30.12
3 Jones, Harrison L	16	Bridgend Cty	2:28.85
4 Aylen, James E	16	Bridgend Cty	2:23.24
5 Edwards, Ross	14	Co Cardiff	2:27.34
6 Adam-Munar, Noah	16	Co Cardiff	2:29.79
7 Rixon, Oliver R	15	Co Newport	2:30.23
8 Major, Maximus J	13	Co Newport	2:40.34

#### Heat 4 of 4 Finals

1 Haines, Thomas	15	Co Cardiff	2:22.26
2 Davies, Iwan	15	Co Cardiff	2:15.87
3 Lee, Ethan	17	Co Cardiff	2:14.81
4 Fox-Wiltshire, Benjamin	18	Co Cardiff	2:05.31
5 Bamborough, Jack	15	Co Cardiff	2:13.12
6 McCarthy, Benedict	14	Co Cardiff	2:14.90
7 Price-Davies, Owen	17	Heads Valley	2:20.31
8 Winstone, Evan	17	Co Cardiff	2:22.60

### Event 603 Girls 11 & Over 200 SC Meter IM

Lane Name	Age	Team	Seed Time
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#### Heat 1 of 13 Finals

3 Morgan-Basini, Ruby-M	11	Abertillery	3:19.47
4 Reed, Bella	12	Rhondda	3:16.81
5 Sweet-Roberts, Pip	11	Torfaen Dol	3:17.45
6 Jones, Jessica .	11	Rct Squad	3:20.33

#### Heat 2 of 13 Finals

2 Jones, Maddie	13	Merthyr Tydf	3:08.52
3 Harford, Libby M	13	Caerphilly	3:05.93
4 Williams, Olivia	14	Rct Squad	3:05.01
5 Lewis, Harriet	11	Co Cardiff	3:05.12
6 Boyd, Chloe	13	Co Cardiff	3:06.00
7 Davies, Macy L	11	Torfaen Dol	3:10.35

#### Heat 3 of 13 Finals

1 Rees, Maisie	13	Rct Squad	3:04.25
2 Buckland, Eleanor	14	Co Cardiff	3:03.40
3 Thomas, Hannah	14	Rct Squad	3:03.06
4 Evans, Skye C	14	Bridgend Cty	3:02.27
5 Bryant, Penelope	13	Co Cardiff	3:02.45
6 Adams, Sian	13	Co Cardiff	3:03.20
7 Clayton, Jasmine I	13	Co Newport	3:04.08
8 McNamara, Imogen	13	Co Cardiff	3:04.30

#### Heat 4 of 13 Finals

1 Harmer, Gracy	15	Caerphilly	3:01.97
2 George, Ellie	12	Rct Squad	3:01.72
3 Newton, Florence E	13	Torfaen Dol	2:59.94
4 Morgan-Basini, Roca-Jay	13	Abertillery	2:59.54
5 Jones, Maisie	13	Co Cardiff	2:59.80
6 Ribeiro, Ariana	12	Co Cardiff	3:00.93
7 Davies, Darcey	14	Rct Squad	3:01.72
8 Carter, Bella	14	Monnow	3:02.20

### Heat 5 of 13 Finals

1 Cheeseman, Rhyannon	15	Co Cardiff	2:58.50
2 McQuaid, Maria	12	Co Cardiff	2:58.04
3 Arlow, Grace E	14	Torfaen Dol	2:56.83
4 Solosy, Zahara E	15	Co Newport	2:56.54
5 Hughes-Rolls, Ava L	14	Torfaen Dol	2:56.55
6 Morgan, Isabelle L	15	Co Newport	2:57.76
7 Sullivan, Ariana	13	Caerphilly	2:58.28
8 Evans, Gwennan M	13	Co Newport	2:59.50

### Heat 6 of 13 Finals

1 Nicholls, Esther	13	Caerphilly	2:55.76
2 Reilly, Manon	15	Rct Squad	2:55.47
3 Tejado, Lola	12	Co Cardiff	2:54.60
4 Castle, Maya	14	Co Cardiff	2:54.30
5 Blake, Emily	16	Co Cardiff	2:54.49
6 Marshall, Hannah	19	Merthyr Tydf	2:55.25
7 Willis, Meghan R	16	Torfaen Dol	2:55.61
8 Bendon, Megan	15	Cwmbran	2:56.49

### Heat 7 of 13 Finals

1 Lewis, Becky	20	Rct Squad	2:53.36
2 Smith, Summer	14	Rct Squad	2:52.74
3 Howson, Ellen M	14	Co Newport	2:51.67
4 Parfitt, Kali L	13	Torfaen Dol	2:50.70
5 Brady, Grace	14	Rct Squad	2:51.00
6 Goddard, Amy R	14	Rhondda	2:52.03
7 Henshall, Chloe	16	Co Cardiff	2:52.80
8 Dowling, Abigail	12	Co Cardiff	2:53.70

### Heat 8 of 13 Finals

1 Lewis, Hollie	16	Bridgend Swim	2:50.16
2 Nutt, Kira	16	Caerphilly	2:46.30
3 Lloyd, Ffion H	16	Co Newport	2:45.81
4 Marshall, Ffion	13	Co Cardiff	2:45.20
5 Bound, Caitlin	17	Heads Valley	2:45.65
6 Bick, Teagan E	15	Torfaen Dol	2:45.98
7 Matthews, Elin	13	Co Cardiff	2:48.65
8 Evans, Porscha	15	Co Cardiff	2:50.63

### Heat 9 of 13 Finals

1 Daly, Kirsten E	17	Bridgend Cty	2:43.77
2 Brasington, Lucy	17	Heads Valley	2:43.51
3 George, Caitlin	18	Co Cardiff	2:42.43
4 Davies, Tegan M	19	Bridgend Cty	2:41.93
5 Phillips, Ruby	16	Co Cardiff	2:42.10
6 Lewis, Cara	16	Bridgend Swim	2:43.26
7 Martin, Lara E	15	Bridgend Cty	2:43.56
8 Curkovic, Lota	13	Co Cardiff	2:43.90

### Heat 10 of 13 Finals

1 Iles, Jessica	13	Co Cardiff	2:41.23
2 Lee, Edith	13	Co Cardiff	2:40.28
3 Haddrell, Eva Lily	15	Rct Squad	2:39.45
4 Evans, Ella	15	Co Cardiff	2:38.24
5 Enoch, Megan-Jane	16	Torfaen Dol	2:39.39
6 Williams, Rose	15	Co Cardiff	2:40.25
7 Millar, Connie M	16	Bridgend Cty	2:41.22
8 Jones, Evie	15	Merthyr Tydf	2:41.79

### Heat 11 of 13 Finals

1 Sweet-Roberts, Rosie	15	Torfaen Dol	2:36.42
2 Wardell, Cari	14	Co Cardiff	2:36.34
3 Crowley, Amy	18	Co Cardiff	2:35.88
4 Evans, Gwenllian	14	Co Cardiff	2:34.27
5 Grant, Lucy E	16	Co Newport	2:34.87
6 Gruffydd, Mali	16	Co Cardiff	2:35.97
7 Kay, Isabelle	15	Rct Squad	2:36.36
8 Smith, Amelia	15	Co Cardiff	2:37.00

## SEW Regional Championships 2023

### Heat 12 of 13 Finals

1 Dacey, Mollie	15	Co Cardiff	2:33.70
2 Titchener, Megan L	15	Torfaen Dol	2:33.01
3 Ingram, Olivia	15	Co Cardiff	2:32.12
4 Fox, Honor	16	Co Cardiff	2:29.97
5 Faulkner, Marie	18	Co Cardiff	2:32.10
6 Hickman, Eve R	18	Bridgend Cty	2:32.37
7 Anderson, Rosalie	13	Co Cardiff	2:33.19
8 Nowell, Gabriella J	18	Torfaen Dol	2:33.72

### Heat 13 of 13 Finals

1 Gibson, Mari	15	Co Cardiff	2:29.25
2 Croke, Carys S	16	Torfaen Dol	2:21.78
3 Taylor, Theodora A	14	Torfaen Dol	2:20.03
4 Dungleinson, Kate	17	Co Cardiff	2:18.88
5 Rathbone-Jones, Eloise	19	Co Cardiff	2:19.45
6 Williams-Jones, Phoebe	17	Co Cardiff	2:21.37
7 John, Emilia	16	Co Cardiff	2:26.20
8 Evans, Lili M	16	Co Newport	2:29.60

### Event 604 Boys 11 & Over 100 SC Meter Freestyle

#### Lane Name      Age      Team      Seed Time

#### Heat 1 of 12 Finals

3 Chalk, Alistair H	11	Co Newport	1:25.40
4 Palmer, Evan L	11	Torfaen Dol	1:24.69
5 Morgan, Josh A	11	Co Newport	1:24.87

#### Heat 2 of 12 Finals

1 Williams, Dylan	19	Torfaen Dol	1:22.35
2 Harvey, Hugo	12	Co Cardiff	1:20.41
3 Taylor, Nicholas A	12	Torfaen Dol	1:16.89
4 Davies, Brynley	13	Co Newport	1:15.73
5 Mruk, Niall	12	Torfaen Dol	1:16.47
6 Gregory, Jaiden	12	Rhondda	1:20.07
7 Frampton, Rhydian	11	Rct Squad	1:20.82
8 Bick, Morgan T	11	Torfaen Dol	1:23.79

#### Heat 3 of 12 Finals

1 Jones, Jayden	12	Caerphilly	1:15.12
2 Herron, Noah A	13	Co Newport	1:12.51
3 Haines, William	14	Co Cardiff	1:11.73
4 Howe, Inigo W	14	Torfaen Dol	1:11.63
5 Castillo, Airam	12	Co Cardiff	1:11.65
6 Watts, Macsen	13	Heads Valley	1:12.45
7 Gruffydd, Ned	13	Co Cardiff	1:14.91
8 Hewitt, Archie E	13	Torfaen Dol	1:15.26

#### Heat 4 of 12 Finals

1 Cavill, Jack	13	Co Cardiff	1:09.80
2 Edwards, Ross	14	Co Cardiff	1:09.42
3 Rees, Daniel	13	Co Cardiff	1:08.55
4 Wratten, Joshua	15	Cwmbran	1:08.44
5 Ballantyne, Alex	14	Bridgend Swim	1:08.45
6 Yokwe, Pallo	15	Heads Valley	1:09.23
7 Jones, Sebastien M	13	Torfaen Dol	1:09.43
8 Bastyan, Tobias-Luke	12	Caerphilly	1:10.70

#### Heat 5 of 12 Finals

1 Whittaker, Luke A	13	Bridgend Cty	1:06.93
2 Watkins, Will	15	Bridgend Swim	1:06.05
3 Brock, Freddy	14	Rct Squad	1:05.62
4 Gwynfil, Solomon	13	Co Cardiff	1:05.30
5 Hole, Ethan	14	Co Cardiff	1:05.48
6 Warman-Powell, Ioan G	13	Torfaen Dol	1:05.76
7 Howe, Albie S	16	Torfaen Dol	1:06.28
8 Fudge, Marcus	15	Rct Squad	1:07.85

### Heat 6 of 12 Finals

1 Nash, Charlie	17	Rhondda	1:04.18
2 Rosser, Ellis R	14	Torfaen Dol	1:03.24
3 James, Rhys	14	Rct Squad	1:03.12
4 Willis, Kofi	14	Co Cardiff	1:03.00
5 Jones, Harrison L	16	Bridgend Cty	1:03.02
6 Aylen, James E	16	Bridgend Cty	1:03.20
7 White, Alex	17	Rhondda	1:03.30
8 Vinh, Joshua	14	Co Newport	1:04.34

### Heat 7 of 12 Finals

1 Lewis, Gethin R	15	Bridgend Cty	1:02.68
2 Major, Maximus J	13	Co Newport	1:02.31
3 Jasinski, Hubert	16	Co Newport	1:01.62
4 Warman-Powell, Iolo R	16	Torfaen Dol	1:01.38
5 Adam-Munar, Noah	16	Co Cardiff	1:01.47
6 Hyett, Benjamin	17	Bridgend Swim	1:01.64
7 Jones, Lloyd D	20	Merthyr Tydf	1:02.52
8 Davies, William D	16	Co Newport	1:02.94

### Heat 8 of 12 Finals

1 Owen, Vinnie	15	Co Cardiff	1:00.76
2 Temby, Jacob	15	Co Cardiff	1:00.25
3 Williams, Samuel	15	Co Cardiff	59.96
4 McLain, Archie J	17	Torfaen Dol	59.52
5 Davies, Gavin	16	Co Newport	59.89
6 Divers, Connor	16	Co Cardiff	1:00.13
7 Mamedov, Ravid	15	Co Cardiff	1:00.64
8 Spinks, Owen H	15	Torfaen Dol	1:01.25

### Heat 9 of 12 Finals

1 Evans, Emrys	17	Co Cardiff	59.30
2 Whittaker, Daniel R	17	Bridgend Cty	58.94
3 Haines, Thomas	15	Co Cardiff	58.25
4 Davies, Iwan	15	Co Cardiff	58.18
5 Rosser, Dewi J	18	Torfaen Dol	58.21
6 Cozma, Sam	14	Co Cardiff	58.70
7 Williams, Cai M	17	Bridgend Cty	59.17
8 James, Jack S	16	Torfaen Dol	59.42

### Heat 10 of 12 Finals

1 Preece, Toby H	16	Torfaen Dol	57.69
2 Ingram, James	18	Heads Valley	57.17
3 McCarthy, Benedict	14	Co Cardiff	56.85
4 Vaughan, William	16	Rct Squad	56.25
5 Steven, Adam J	17	Co Newport	56.75
6 Ma, Ko Kwan	14	Co Cardiff	56.90
7 Morgan, Lewis R	16	Bridgend Cty	57.50
8 McGuinness, Charlie D	17	Torfaen Dol	57.83

### Heat 11 of 12 Finals

1 Merriman, Ben	18	Co Cardiff	55.53
2 Barnett, Jacob	17	Co Cardiff	54.90
3 Hughes, Cian	18	Co Cardiff	54.70
4 Burns, Harry	18	Co Cardiff	53.89
5 Bamborough, Jack	15	Co Cardiff	54.01
6 Southwood, Charlie M	16	Torfaen Dol	54.81
7 Mruk, Lucas J	15	Torfaen Dol	54.91
8 Arch, Rhydian	18	Co Cardiff	55.60

### Heat 12 of 12 Finals

1 Lee, Tristan	17	Co Cardiff	53.37
2 Fox-Wiltshire, Benjamin	18	Co Cardiff	52.70
3 Geysen-Holley, Max	18	Co Cardiff	51.67
4 James, Harley	18	Co Cardiff	50.90
5 Knight, Jack	20	Co Cardiff	51.24
6 Lee, Ethan	17	Co Cardiff	52.08
7 Davies, Evan	17	Co Cardiff	53.21
8 Jones, Daniel	24	Cwmbran	53.75

## SEW Regional Championships 2023

### Event 605 Girls 11 & Over 200 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
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#### Heat 1 of 2 Finals

1 Ling, Olivia	13	Co Cardiff	3:08.00
2 Castle, Maya	14	Co Cardiff	2:57.85
3 Lewis, Orla Rose	13	Co Cardiff	2:48.91
4 Donovan, Kelsey	18	Co Cardiff	2:42.45
5 Evans, Ella	15	Co Cardiff	2:42.99
6 Haddrell, Eva Lily	15	Rct Squad	2:55.04
7 Parfitt, Lucy	15	Co Cardiff	2:58.21

#### Heat 2 of 2 Finals

1 Avraam, Neve	15	Co Cardiff	2:41.40
2 Adams, Jaimee	17	Co Cardiff	2:33.49
3 Cull, Harriett	16	Co Cardiff	2:32.43
4 Williams-Jones, Phoebe	17	Co Cardiff	2:28.00
5 Morgan, Isabel	19	Co Cardiff	2:31.34
6 Tanir, Duru	21	Co Cardiff	2:32.65
7 O Callaghan, Faye	18	Co Cardiff	2:36.17
8 Brassington, Lucy	16	Co Cardiff	2:42.00

## SEW Regional Championships 2023

### SUNDAY SESSION 7 Warm up 2.35pm Start 3.40pm

#### Event 701 Boys 11 & Over 100 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 4 Finals

1 Bastyan, Tobias-Luke	12	Caerphilly	1:21.28
2 Lewis, Gethin R	15	Bridgend Cty	1:15.42
3 Brock, Freddy	14	Rct Squad	1:14.74
4 Cozma, Sam	14	Co Cardiff	1:11.50
5 Thomas, Archie	13	Co Cardiff	1:14.24
6 James, Rhys	14	Rct Squad	1:15.35
7 Gwynfil, Solomon	13	Co Cardiff	1:17.50
8 Cavill, Jack	13	Co Cardiff	1:23.06

##### Heat 2 of 4 Finals

1 Owen, Vinnie	15	Co Cardiff	1:10.46
2 Mamedov, Ravid	15	Co Cardiff	1:08.09
3 Vaughan, William	16	Rct Squad	1:06.93
4 Davies, Iwan	15	Co Cardiff	1:06.20
5 Jones, Lloyd D	20	Merthyr Tydf	1:06.55
6 McLain, Archie J	17	Torfaen Dol	1:08.08
7 Mills, Ioan R	14	Torfaen Dol	1:10.41
8 Davies, Gavin	16	Co Newport	1:11.12

##### Heat 3 of 4 Finals

1 Steven, Adam J	17	Co Newport	1:03.70
2 Ingram, James	18	Heads Valley	1:02.91
3 McCarthy, Benedict	14	Co Cardiff	1:02.17
4 Hughes, Cian	18	Co Cardiff	1:01.42
5 Jones, Daniel	24	Cwmbran	1:01.96
6 Bamborough, Jack	15	Co Cardiff	1:02.69
7 Ma, Ko Kwan	14	Co Cardiff	1:03.22
8 John, Finlay T	17	Bridgend Cty	1:03.85

##### Heat 4 of 4 Finals

1 Arch, Rhydian	18	Co Cardiff	59.70
2 Lee, Ethan	17	Co Cardiff	57.63
3 Lee, Tristan	17	Co Cardiff	56.68
4 Knight, Jack	20	Co Cardiff	54.90
5 James, Harley	18	Co Cardiff	55.60
6 Geysen-Holley, Max	18	Co Cardiff	57.50
7 Barnett, Jacob	17	Co Cardiff	59.40
8 Davies, Evan	17	Co Cardiff	59.77

#### Event 702 Girls 11 & Over 200 SC Meter Breaststroke

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 5 Finals

3 Reasons, Darcy	11	Abertillery	3:47.14
4 Harding, Chloe	12	Cwmbran	3:37.27
5 Morgan-Basini, Ruby-M	11	Abertillery	3:38.61

##### Heat 2 of 5 Finals

2 Sheen, Seren L	12	Co Newport	3:29.84
3 Lewis, Harriet	11	Co Cardiff	3:27.10
4 Bradley, Evie	14	Cwmbran	3:24.49
5 Bryant, Penelope	13	Co Cardiff	3:24.82
6 Clayton, Jasmine I	13	Co Newport	3:29.46
7 Bendon, Ruby-Mai	13	Cwmbran	3:31.16

##### Heat 3 of 5 Finals

1 Adams, Sian	13	Co Cardiff	3:20.31
2 Tejado, Lola	12	Co Cardiff	3:16.30
3 Haddrell, Eva Lily	15	Rct Squad	3:06.16
4 George, Caitlin	18	Co Cardiff	3:02.96
5 Ribeiro, Ariana	12	Co Cardiff	3:05.87
6 Ling, Olivia	13	Co Cardiff	3:06.25
7 Cheeseman, Rhyannon	15	Co Cardiff	3:20.00
8 McNamara, Imogen	13	Co Cardiff	3:22.52

#### Heat 4 of 5 Finals

1 Faulkner, Marie	18	Co Cardiff	2:59.60
2 Lewis, Orla Rose	13	Co Cardiff	2:56.00
3 Cook, Seren M	19	Bridgend Cty	2:52.41
4 Evans, Gwenllian	14	Co Cardiff	2:51.10
5 Perni, Veronica	14	Co Cardiff	2:51.26
6 Lee, Edith	13	Co Cardiff	2:53.03
7 Smith, Amelia	15	Co Cardiff	2:57.10
8 Dowling, Abigail	12	Co Cardiff	3:00.11

#### Heat 5 of 5 Finals

1 Enoch, Megan-Jane	16	Torfaen Dol	2:47.56
2 Gibson, Mari	15	Co Cardiff	2:44.60
3 Gorman, Helen	51	Co Cardiff	2:41.59
4 Taylor, Theodora A	14	Torfaen Dol	2:30.85
5 Williams-Jones, Phoebe	17	Co Cardiff	2:32.15
6 Crowley, Amy	18	Co Cardiff	2:42.89
7 O Callaghan, Faye	18	Co Cardiff	2:47.12
8 Briggs, Bailey	16	Heads Valley	2:50.99

#### Event 703 Boys 11 & Over 100 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
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##### Heat 1 of 5 Finals

2 Chalk, Alistair H	11	Co Newport	1:36.30
3 Gregory, Jaiden	12	Rhondda	1:27.96
4 Herron, Noah A	13	Co Newport	1:23.53
5 Parfitt, Sebastian	13	Co Cardiff	1:24.43
6 Harvey, Hugo	12	Co Cardiff	1:29.08
7 Williams, Dylan	19	Torfaen Dol	1:39.66

##### Heat 2 of 5 Finals

1 Willis, Kofi	14	Co Cardiff	1:19.02
2 Wratten, Joshua	15	Cwmbran	1:15.41
3 Vinh, Joshua	14	Co Newport	1:14.81
4 Rosser, Ellis R	14	Torfaen Dol	1:12.76
5 Fudge, Marcus	15	Rct Squad	1:14.48
6 Gwynfil, Solomon	13	Co Cardiff	1:15.00
7 Ballantyne, Alex	14	Bridgend Swim	1:17.88
8 Davies, Brynley	13	Co Newport	1:23.23

##### Heat 3 of 5 Finals

1 Warman-Powell, Iolo R	16	Torfaen Dol	1:12.04
2 Hole, Ethan	14	Co Cardiff	1:11.20
3 Davies, Gavin	16	Co Newport	1:10.39
4 Adam-Munar, Noah	16	Co Cardiff	1:10.14
5 Rixon, Oliver R	15	Co Newport	1:10.36
6 Edwards, Ross	14	Co Cardiff	1:10.72
7 Jones, Lloyd D	20	Merthyr Tydf	1:11.82
8 Spinks, Owen H	15	Torfaen Dol	1:12.07

##### Heat 4 of 5 Finals

1 Williams, Samuel	15	Co Cardiff	1:09.87
2 Jones, Harrison L	16	Bridgend Cty	1:08.08
3 Aylen, James E	16	Bridgend Cty	1:07.06
4 Price-Davies, Owen	17	Heads Valley	1:05.89
5 Vaughan, William	16	Rct Squad	1:06.37
6 Mills, Ioan R	14	Torfaen Dol	1:08.06
7 Morgan, Lewis R	16	Bridgend Cty	1:09.16
8 Owen, Vinnie	15	Co Cardiff	1:09.94

##### Heat 5 of 5 Finals

1 McCarthy, Benedict	14	Co Cardiff	1:02.49
2 Burns, Harry	18	Co Cardiff	59.81
3 Lee, Ethan	17	Co Cardiff	59.38
4 Knight, Jack	20	Co Cardiff	54.91
5 John, Finlay T	17	Bridgend Cty	58.47
6 Southwood, Charlie M	16	Torfaen Dol	59.77
7 Bamborough, Jack	15	Co Cardiff	1:01.08
8 Davies, Iwan	15	Co Cardiff	1:04.09

## SEW Regional Championships 2023

### Event 704 Girls 11 & Over 200 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 10 Finals</b>			
3 Price, Macy	11	Heads Valley	3:03.46
4 Cooksey-Owen, Ruby	12	Rhondda	2:52.19
5 Jones, Lola-Grace	11	Merthyr Tydf	3:00.18
<b>Heat 2 of 10 Finals</b>			
1 Adams, Sian	13	Co Cardiff	2:43.90
2 Boyd, Chloe	13	Co Cardiff	2:43.57
3 Evans, Skye C	14	Bridgend Cty	2:43.42
4 Jones, Maddie	13	Merthyr Tydf	2:41.38
5 Edwards, Carys	13	Caerphilly	2:42.36
6 Reed, Bella	12	Rhondda	2:43.46
7 Davies, Macy L	11	Torfaen Dol	2:43.61
8 McNamara, Imogen	13	Co Cardiff	2:44.11
<b>Heat 3 of 10 Finals</b>			
1 Carter, Bella	14	Monnow	2:39.90
2 Williams, Georgia	16	Rct Squad	2:38.60
3 Barry, Olivia	17	Cwmbran	2:37.04
4 Richards, Faith	13	Merthyr Tydf	2:36.94
5 George, Ellie	12	Rct Squad	2:37.03
6 Lewis, Harriet	11	Co Cardiff	2:38.52
7 Bendon, Megan	15	Cwmbran	2:39.20
8 Matthews, Elin	13	Co Cardiff	2:40.70
<b>Heat 4 of 10 Finals</b>			
1 Reilly, Manon	15	Rct Squad	2:36.15
2 Evans, Gwennan M	13	Co Newport	2:35.93
3 Morgan-Basini, Roca-Jay	13	Abertillery	2:35.72
4 Lewis, Becky	20	Rct Squad	2:35.19
5 Harmer, Gracy	15	Caerphilly	2:35.34
6 Sherrard, Alex H	11	Torfaen Dol	2:35.91
7 Rees, Maisie	13	Rct Squad	2:36.14
8 Morgan, Isabelle L	15	Co Newport	2:36.37
<b>Heat 5 of 10 Finals</b>			
1 Thomas, Hannah	14	Rct Squad	2:33.81
2 Colmsee, Grace	16	Co Cardiff	2:31.90
3 Sullivan, Ariana	13	Caerphilly	2:29.22
4 Evans, Ella	15	Co Cardiff	2:28.30
5 Ribeiro, Ariana	12	Co Cardiff	2:29.14
6 Solosy, Zahara E	15	Co Newport	2:31.51
7 Lloyd, Ffion H	16	Co Newport	2:32.75
8 Williams, Olivia	14	Rct Squad	2:35.13
<b>Heat 6 of 10 Finals</b>			
1 Clatworthy, Maddie	14	Bridgend Swim	2:27.71
2 Curkovic, Lota	13	Co Cardiff	2:24.20
3 Parfitt, Lucy	15	Co Cardiff	2:23.54
4 Lewis, Hollie	16	Bridgend Swim	2:22.82
5 Davies, Tegan M	19	Bridgend Cty	2:23.49
6 George, Caitlin	18	Co Cardiff	2:23.60
7 Jones, Evie	15	Merthyr Tydf	2:25.92
8 Haddrell, Eva Lily	15	Rct Squad	2:27.74
<b>Heat 7 of 10 Finals</b>			
1 Brassington, Lucy	16	Co Cardiff	2:22.50
2 Kay, Isabelle	15	Rct Squad	2:20.87
3 Smith, Amelia	15	Co Cardiff	2:20.01
4 Pengelly, Leia	17	Rct Squad	2:19.40
5 Marshall, Ffion	13	Co Cardiff	2:19.91
6 Evans, Gwenllian	14	Co Cardiff	2:20.80
7 Iles, Jessica	13	Co Cardiff	2:21.65
8 Wardell, Cari	14	Co Cardiff	2:22.51

### Heat 8 of 10 Finals

1 Phillips, Ruby	16	Co Cardiff	2:17.75
2 Anderson, Rosalie	13	Co Cardiff	2:16.65
3 Sherrard, Emme I	14	Torfaen Dol	2:15.31
4 Stork, Niamh	19	Co Cardiff	2:14.74
5 Ingram, Olivia	15	Co Cardiff	2:14.90
6 Faulkner, Marie	18	Co Cardiff	2:15.50
7 Adams, Jaimee	17	Co Cardiff	2:16.90
8 James, Grace E	14	Bridgend Cty	2:18.59

### Heat 9 of 10 Finals

1 Gibson, Mari	15	Co Cardiff	2:14.60
2 Hickman, Eve R	18	Bridgend Cty	2:14.10
3 Donovan, Kelsey	18	Co Cardiff	2:12.60
4 Evans, Lili M	16	Co Newport	2:08.31
5 Titchener, Megan L	15	Torfaen Dol	2:10.17
6 Dunglison, Kate	17	Co Cardiff	2:13.88
7 Gruffydd, Mali	16	Co Cardiff	2:14.40
8 Jones, Lucy K	16	Co Newport	2:14.70

### Heat 10 of 10 Finals

1 Tanir, Duru	21	Co Cardiff	2:07.03
2 Domican, Rosie	19	Co Cardiff	2:05.60
3 John, Emilia	16	Co Cardiff	2:04.60
4 Beynon, Annaliese	23	Co Cardiff	2:02.78
5 Broder, Libby	17	Co Cardiff	2:04.57
6 Rathbone-Jones, Eloise	19	Co Cardiff	2:04.90
7 Croke, Carys S	16	Torfaen Dol	2:05.97
8 Fox, Honor	16	Co Cardiff	2:08.31

### Event 705 Boys 11 & Over 50 SC Meter Breaststroke

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 6 Finals</b>			
2 Chalk, Alistair H	11	Co Newport	49.56
3 Harvey, Hugo	12	Co Cardiff	47.91
4 Csoban, Benjamin	12	Co Newport	47.35
5 Gregory, Jaiden	12	Rhondda	47.82
6 Frampton, Rhydian	11	Rct Squad	48.97
<b>Heat 2 of 6 Finals</b>			
1 Castillo, Airam	12	Co Cardiff	45.67
2 Jones, Sebastien M	13	Torfaen Dol	44.66
3 Warman-Powell, Ioan G	13	Torfaen Dol	42.37
4 Bartram, Solomon	13	Co Cardiff	42.13
5 Thomas, Archie	13	Co Cardiff	42.30
6 Davies, Rhodri	13	Co Cardiff	44.30
7 Jones, Noah B	12	Torfaen Dol	45.15
8 Taylor, Nicholas A	12	Torfaen Dol	46.84
<b>Heat 3 of 6 Finals</b>			
1 Crump, Joshua-James J	14	Bridgend Cty	41.92
2 Schofield, Thomas	14	Heads Valley	41.71
3 Haines, William	14	Co Cardiff	40.39
4 Smith, Kian	16	Cwmbran	39.04
5 Kletta, Ioan	15	Bridgend Swim	39.58
6 Tihiiiev, Milan	13	Co Cardiff	41.58
7 Chamberlain, Frederick	14	Co Cardiff	41.90
8 Henley, Lewis	14	Heads Valley	42.01
<b>Heat 4 of 6 Finals</b>			
1 Warman-Powell, Iolo R	16	Torfaen Dol	38.44
2 Nemtsov, Alexandros	15	Co Cardiff	38.36
3 Vaughan, William	16	Rct Squad	37.19
4 Cooksey, Regan	17	Rhondda	36.82
5 Jones, Lloyd D	20	Merthyr Tydf	37.06
6 Doyle, Alfie	15	Co Newport	38.10
7 Brock, Freddy	14	Rct Squad	38.37
8 Jasinski, Hubert	16	Co Newport	38.65

## SEW Regional Championships 2023

### Heat 5 of 6 Finals

1 Rixon, Noah J	15 Co Newport	36.70
2 James, Rhys	14 Rct Squad	36.00
3 Williams, Samuel	15 Co Cardiff	35.40
4 Cozma, Sam	14 Co Cardiff	34.03
5 Temby, Jacob	15 Co Cardiff	34.10
6 Mamedov, Ravid	15 Co Cardiff	35.91
7 Hole, Ethan	14 Co Cardiff	36.58
8 Adam-Munar, Noah	16 Co Cardiff	36.72

### Heat 6 of 6 Finals

1 Arch, Rhydian	18 Co Cardiff	33.82
2 Pursey, Mike	18 Heads Valley	32.95
3 Rosser, Dewi J	18 Torfaen Dol	31.81
4 Davies, Evan	17 Co Cardiff	31.71
5 Preece, Toby H	16 Torfaen Dol	31.79
6 Williams, Luke T	15 Co Newport	32.62
7 Ma, Ko Kwan	14 Co Cardiff	33.20
8 James, Jack S	16 Torfaen Dol	33.99