



Pembrokeshire County Swimming  
CLOSED CHAMPIONSHIPS 2023  
(Licensed Meet)

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Saturday 21st & Sunday 22nd October 2022

Haverfordwest Leisure Centre

License No: 3WL231394



*Fishguard*  
**Flyers**





# Pembrokeshire County Swimming CLOSED CHAMPIONSHIPS 2023

Warm up: 8:00am, Start 9:00am.

## Programme of Events:

Pembrokeshire County Swimming reserve the right to amend the order of events if necessary.

Saturday 21st October	Sunday 22nd October
Session 1	Session 4
101) Mixed 200 Individual Medley 102) Mixed 50 Butterfly 103) Mixed 100 Breaststroke 104&105) Female Medley Relay (13/Under & Open)	401) Mixed 200 Freestyle 402) Mixed 100 Individual Medley 403) Mixed 50 Breast 404&405) Female Free Relay (13/Under & Open)
Session 2	Session 5
201) Mixed 400 Free 202) Mixed 50 Backstroke 203) Mixed 100 Butterfly 204&205) Male Medley Relay (13/Under & Open)	501) Mixed 400 Individual Medley 502) Mixed 100 Backstroke 503) Mixed 200 Breaststroke 504&505) Male Free Relay (13/Under & Open)
Session 3	Session 6
301&302) Mixed Jnr Skins finals for 200 IM 303) Mixed 200 Fly 304) Mixed 100 Free 305&306) Mixed Medley Relay (13/Under & Open)	601&602) Open Skins Finals for 200 IM 603) Mixed 200 Back 604) Mixed 50 Freestyle 605&606) Mixed Free Relay (13/Under & Open)

# Pembrokeshire County Championships 2023

## Session Times

Date	Session	Warm-up Time	Start Time	Estimated Finish
Sat.21 <sup>st</sup> October	1	8.00 – 8.50	9.00	11.20
	2	11.30 – 12.20	12.30	2.45
	3	3.00 – 3.50	4.00	6.00
Sun. 22 <sup>nd</sup> October	4	8.00 – 8.50	9.00	11.28
	5	11.45 – 12.35	12.45	2.45
	6	3.00 – 3.50	4.00	6.10



Pembrokeshire County Swimming  
County Championships 2023

Chairman's welcome

After the awesome return of this event last year, I'm so pleased to welcome you back for yet another improved Pembrokeshire County Championships! We've targeted peak excitement and volume in previous years but with an optimised schedule, we are confident this year will take it a step further!

Thank you for your contribution to the event, as supporters, and also to local swimming in general. Every drop of effort you give to help swimmers in our county thrive is appreciated. Thank you for making a difference for every swimmer you support in any way.

Once again I urge you to celebrate the excellent progress made by swimmers since last year's event. You don't have to pay much attention to notice the successes and opportunities around us; Pembrokeshire swimmers have done exceptionally well and have so much to be thankful for. There is vital work going on in PCS squads and in every development club, developing each swimmer, and ideally fostering a lifelong love of the sport. Performance swimming is another level but I hope every swimmer can enjoy this weekend whichever level they are at. Giving your best is always to be celebrated. On that note, a special thanks goes to the volunteers giving their time to make this event happen and to a greater extent, the volunteers and professionals combining on a daily basis throughout the year to help swimming across Pembrokeshire be the best it can be.

Thank you to Craig Nelson and Nick Russell for steering the county in the right direction but also for continuing to embrace and foster such a positive and competitive environment in Pembrokeshire swimming. The recent competition against Swansea and this championships will undoubtedly be highlights of the year for many of our swimmers. I'm hopeful that we will see even more team events between now and next year's county champs!

Once again the swimmers are able to enjoy this event thanks to the brilliant team of volunteers running the show. We appreciate you all. Thank you to our events man, Gareth Bennett for leading the way and continually striving to make improvements for us.

My final thanks are for the generous event sponsors: thank you to every sponsor for contributing to make our special event possible. In addition, thank you to the Haverfordwest Swimming Pool Trust for funding our new timing pads. With these, we can continue to hold top quality events with the latest equipment for the benefit of our swimmers and others in the region.

Before I conclude, if you are reading this and think you have any time to offer in support of Pembrokeshire swimming, please contact us and/or your development club. Every volunteer helps to spread the workload so that we can improve faster and offer more to each swimmer. If you can offer something, please make contact as soon as you can.

Best wishes to everyone for another awesome weekend. Let's celebrate the best efforts of every swimmer throughout the meet.

Matthew Lewis - Chairman of Pembrokeshire County Swimming

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 1 (Warmup 8.00 - 8.50)

**Event 101 Mixed 200 SC Meter IM**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 15 Finals</b>				
2	Harvey, Olivia	W8	PembrokeDist	NT
3	Mason, Ezmee	W10	Haverfordwes	NT
4	Prevel, Tilly	W10	PembrokeDist	NT
5	Williams, Evie	W10	Milford Havn	NT
6	Henson, Jess	W10	Tenby	NT
7				
<b>Heat 2 of 15 Finals</b>				
2	Thomas, Tristan	M12	Milford Havn	NT
3	Robinson, Oshan	M12	Fishguard	NT
4	George, Kieran	M12	Milford Havn	NT
5	John, Rebekah	W12	PembrokeDist	NT
6	Thomas, Harry	M12	Haverfordwes	NT
7	Leane, Megan	W11	Haverfordwes	NT
<b>Heat 3 of 15 Finals</b>				
2	Phillips, Isabelle	W10	Haverfordwes	4:34.01
3	Knight, Tom	M12	Haverfordwes	3:59.31
4	Morgan, Iolah	W9	PembrokeDist	3:51.70
5	Howell, Sophie	W12	Haverfordwes	3:55.40
6	Lewis, Roisin	W11	Haverfordwes	4:19.22
7	Treinis, Lucian	M9	PembrokeDist	4:48.40
<b>Heat 4 of 15 Finals</b>				
2	Thomas, Leah	W12	Haverfordwes	3:48.92
3	Williams, Ffion	W13	Milford Havn	3:38.56
4	Gobbi, Roma	W14	Haverfordwes	3:37.18
5	Lewis, Evie	W10	Haverfordwes	3:37.80
6	Doncaster, Lily S	W13	Haverfordwes	3:45.78
7	Evans, Wolfgang	M9	PembrokeDist	3:49.51
<b>Heat 5 of 15 Finals</b>				
2	Davies, Elizabeth	W10	Tenby	3:35.57
3	Noden, Rory	M11	Milford Havn	3:34.76
4	Knight, Cerys	W14	Haverfordwes	3:28.70
5	Dyde, Pheobe	W11	PembrokeDist	3:32.09
6	Griffiths, Amelia	W12	Fishguard	3:35.46
7	Kenny, Jemima	W12	Milford Havn	3:36.53
<b>Heat 6 of 15 Finals</b>				
2	Griffiths, Ffion	W12	Tenby	3:22.70
3	Moseley, Sophie	W16	PembrokeDist	3:19.64
4	Thomas, Rhys	M12	Haverfordwes	3:16.60
5	Blyth, Isobelle	W13	Haverfordwes	3:18.90
6	Patterson, Ollie	M13	Milford Havn	3:21.45
7	Lewis, Callum	M14	Milford Havn	3:27.38
<b>Heat 7 of 15 Finals</b>				
2	Smith, Jacob	M11	Haverfordwes	3:14.70
3	Murphy, Alys	W14	Haverfordwes	3:12.50
4	Thompson, Freya	W13	Haverfordwes	3:10.18
5	Bruce, Keira	W13	PembrokeDist	3:12.16
6	McFarlane, Una	W12	Milford Havn	3:13.14
7	Santos, Liam	M14	Milford Havn	3:14.94
<b>Heat 8 of 15 Finals</b>				
2	Harwood, Jack	M12	Haverfordwes	3:09.30
3	Arnold, Lily	W15	Milford Havn	3:09.02
4	Hall, Ethan	M13	Fishguard	3:08.64
5	Phillips, Ellie R	W16	Haverfordwes	3:08.77
6	Peach, Eliza M	W15	Haverfordwes	3:09.29
7	Hall, Ellena	W12	Fishguard	3:10.00

**Heat 9 of 15 Finals**

2	Green, Matilda	W14	Haverfordwes	3:06.08
3	Ostrowski, Julia	W14	PembrokeDist	3:05.86
4	Morgan, Lily	W12	Tenby	3:04.80
5	Rice, Lily	W19	PembrokeDist	3:05.60
6	Morgan, Ben	M13	PembrokeDist	3:05.90
7	Clissold, Bronwyn	W15	Tenby	3:06.70

**Heat 10 of 15 Finals**

2	Miles, Megan	W15	Fishguard	3:02.71
3	Hall, Isabelle	W12	Fishguard	3:00.60
4	Smith, Benjamin	M13	Haverfordwes	2:58.76
5	Mason, Phoebe	W13	Haverfordwes	2:59.90
6	Stark, Tala	W13	Fishguard	3:02.45
7	Montague, Keira	W13	Haverfordwes	3:03.17

**Heat 11 of 15 Finals**

2	Scott, Andrew	M17	Fishguard	2:57.28
3	Galdes-Cutting, Daisy	W12	Haverfordwes	2:56.10
4	Lloyd-Roberts, Rhys	M16	Milford Havn	2:54.26
5	Dash, Amelie	W11	Milford Havn	2:55.26
6	Bruce, Skye	W14	PembrokeDist	2:56.13
7	Jones, Jack	M14	Tenby	2:58.40

**Heat 12 of 15 Finals**

2	Harris, Osian	M14	Fishguard	2:51.51
3	Hanna, Jazmine	W15	Haverfordwes	2:50.80
4	Davies, Gethin	M14	Milford Havn	2:49.18
5	Kovachev, Georgie	W16	Fishguard	2:49.22
6	Thomas, Rhian	W15	Haverfordwes	2:51.00
7	Koo, Kathryn	W14	Tenby	2:53.07

**Heat 13 of 15 Finals**

2	Clapham, Rhiannon m	W18	Fishguard	2:41.96
3	Mountain, Sophie	W36	Haverfordwes	2:46.79
4	Thomas, Grace	W16	Milford Havn	2:39.96
5	Clissold, Elizabeth	W17	Tenby	2:46.00
6	Webb, Saskia	W16	Haverfordwes	2:47.40
7	Belanger, Jayden	M16	Milford Havn	2:47.67

**Heat 14 of 15 Finals**

2	Griffiths, Cerys	W13	Haverfordwes	2:39.00
3	Nichols, Grace	W13	Haverfordwes	2:36.00
4	Lewis, Matthew D	M38	Haverfordwes	2:34.00
5	Silverstone, Solomon	M13	Haverfordwes	2:34.30
6	Ardern, James	M16	Tenby	2:36.68
7	White, Eleanor R	W17	Haverfordwes	2:39.85

**Heat 15 of 15 Finals**

2	West, Dexter	M14	Fishguard	2:28.50
3	Bennett, Finley	M14	Haverfordwes	2:26.90
4	Montague, Mason	M15	Haverfordwes	2:22.76
5	Montgomery, Samuel	M15	Haverfordwes	2:26.87
6	West, Zac	M17	Fishguard	2:27.75
7	Fletcher, Owen	M16	Haverfordwes	2:28.60

**Event 102 Mixed 50 SC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 14 Finals</b>				
2				
3	Cutting, Beatrice	W8	Haverfordwes	NT
4	Jarrold, Tilly	W9	PembrokeDist	NT
5	Hearne, Logan	M8	PembrokeDist	NT
6				
7				

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 1 (Warmup 8.00 - 8.50)

**Heat 2 Finals (#102 Mixed 50 SC Meter Butterfly)**

2					
3	Lloyd Roberts, Harry	M10	Milford Havn	NT	___
4	Rudder, Frankie	M11	Haverfordwes	NT	___
5	Kaill-Franks, Nia	W11	Fishguard	NT	___
6	Curtis, Carly	W10	Milford Havn	NT	___
7					___

**Heat 3 of 14 Finals**

2	Oliver, Freya	W11	Haverfordwes	NT	___
3	Morgan, Lily	W12	Tenby	NT	___
4	Iddon, Steph	W15	Tenby	NT	___
5	Harris, Toby	M13	PembrokeDist	NT	___
6	Titely, Lola	W11	Milford Havn	NT	___
7	Dennison, Evie	W11	Milford Havn	NT	___

**Heat 4 of 14 Finals**

2	Murphy, Ifan	M9	Haverfordwes	1:21.24	___
3	Treinis, Lucian	M9	PembrokeDist	1:12.33	___
4	Arnold, Olivia	W9	Milford Havn	1:08.13	___
5	Davies, Morgan	M8	Tenby	1:11.71	___
6	John, Rebekah	W12	PembrokeDist	1:18.64	___
7	Nash, Sylvia	W9	Haverfordwes	1:22.20	___

**Heat 5 of 14 Finals**

2	Griffiths, Scarlet	W11	Haverfordwes	1:07.99	___
3	Davies, Betsi	W11	Fishguard	1:06.39	___
4	Phillips, Isabelle	W10	Haverfordwes	1:01.57	___
5	Weston, Ben	M12	PembrokeDist	1:04.10	___
6	Barn, Freya	W11	Milford Havn	1:06.51	___
7	Phillips, Lucas	M12	Haverfordwes	1:08.00	___

**Heat 6 of 14 Finals**

2	Rossiter Wargent, Mia	W10	Milford Havn	59.77	___
3	Thomas, Tristan	M12	Milford Havn	57.51	___
4	Doncaster, Lily S	W13	Haverfordwes	52.07	___
5	Henson, Jess	W10	Tenby	53.78	___
6	Mason, Ezmee	W10	Haverfordwes	58.70	___
7	Backen, Frederick	M11	Fishguard	1:00.20	___

**Heat 7 of 14 Finals**

2	Thomas, Leah	W12	Haverfordwes	50.18	___
3	Williams, Ffion	W13	Milford Havn	48.84	___
4	Knight, Cerys	W14	Haverfordwes	47.21	___
5	Griffiths, Isla	W10	Tenby	47.25	___
6	Kenny, Jemima	W12	Milford Havn	49.29	___
7	Lewis, Evie	W10	Haverfordwes	50.70	___

**Heat 8 of 14 Finals**

2	Griffiths, Ffion	W12	Tenby	46.80	___
3	Peach, Olly	M13	Haverfordwes	43.02	___
4	McFarlane, Una	W12	Milford Havn	42.58	___
5	Dyde, Pheobe	W11	PembrokeDist	42.59	___
6	Davies, Elizabeth	W10	Tenby	44.63	___
7	Santos, Liam	M14	Milford Havn	47.01	___

**Heat 9 of 14 Finals**

2	John, Annabel	W13	PembrokeDist	41.33	___
3	Hanna, Shelby	W14	Haverfordwes	40.60	___
4	Hall, Ellena	W12	Fishguard	39.78	___
5	Jones, Jack	M14	Tenby	39.90	___
6	Lewis, Callum	M14	Milford Havn	41.05	___
7	Green, Ellie	W15	Haverfordwes	41.74	___

**Heat 10 of 14 Finals**

2	Harwood, Jack	M12	Haverfordwes	38.20	___
3	Thompson, Freya	W13	Haverfordwes	37.10	___
4	Morgan, Ben	M13	PembrokeDist	35.98	___
5	Galdes-Cutting, Daisy	W12	Haverfordwes	36.01	___
6	Green, Matilda	W14	Haverfordwes	37.50	___
7	Mason, Phoebe	W13	Haverfordwes	39.45	___

**Heat 11 of 14 Finals**

2	Smith, Benjamin	M13	Haverfordwes	35.60	___
3	Ostrowski, Julia	W14	PembrokeDist	34.83	___
4	Mason, Alex	M31	Haverfordwes	34.00	___
5	Hanna, Jazmine	W15	Haverfordwes	34.37	___
6	Davies, Gethin	M14	Milford Havn	34.86	___
7	Backen, Henry	M15	Fishguard	35.68	___

**Heat 12 of 14 Finals**

2	Lloyd-Roberts, Rhys	M16	Milford Havn	33.61	___
3	John, Holly	W16	Haverfordwes	33.34	___
4	Allen, April	W25	Haverfordwes	33.01	___
5	Clissold, Elizabeth	W17	Tenby	33.20	___
6	Koo, Kathryn	W14	Tenby	33.49	___
7	Phillips, Ellie R	W16	Haverfordwes	33.94	___

**Heat 13 of 14 Finals**

2	Arnold, Lily	W15	Milford Havn	32.64	___
3	Clapham, Rhiannon m	W18	Fishguard	32.01	___
4	White, Eleanor R	W17	Haverfordwes	30.70	___
5	Webb, Saskia	W16	Haverfordwes	30.90	___
6	Kovachev, Georgie	W16	Fishguard	32.52	___
7	Thomas, Grace	W16	Milford Havn	32.99	___

**Heat 14 of 14 Finals**

2	West, Dexter	M14	Fishguard	29.61	___
3	Arden, James	M16	Tenby	28.70	___
4	Thomas, Daniel J	M26	PembrokeDist	26.72	___
5	West, Zac	M17	Fishguard	28.68	___
6	Fletcher, Owen	M16	Haverfordwes	29.10	___
7	Devonald, Niamh	W15	Haverfordwes	30.70	___

**Event 103 Mixed 100 SC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 15 Finals**

2					
3	Cutting, Beatrice	W8	Haverfordwes	NT	___
4	Bool, Iolo	M9	Haverfordwes	NT	___
5	Nash, Sylvia	W9	Haverfordwes	NT	___
6	Davies, Morgan	M8	Tenby	NT	___
7					___

**Heat 2 of 15 Finals**

2	Evans, Wolfgang	M9	PembrokeDist	NT	___
3	Weston, Zac	M9	PembrokeDist	NT	___
4	Francis, Mia	W10	Haverfordwes	NT	___
5	Jarrold, Tilly	W9	PembrokeDist	NT	___
6	Green, Freya	W9	Haverfordwes	NT	___
7	Murphy, Ifan	M9	Haverfordwes	NT	___

**Heat 3 of 15 Finals**

2	Griffiths, Isla	W10	Tenby	NT	___
3	Monan, Euan	M10	Tenby	NT	___
4	Rudder, Frankie	M11	Haverfordwes	NT	___
5	Phillips, Isabelle	W10	Haverfordwes	NT	___
6	Henson, Jess	W10	Tenby	NT	___
7	Dashfield, Olivia	W10	Tenby	NT	___

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 1 (Warmup 8.00 - 8.50)

**Heat 4 Finals (#103 Mixed 100 SC Meter Breaststroke)**

2	Scott, Georgia	W11	Fishguard	NT	___
3	Lewis, Roisin	W11	Haverfordwes	NT	___
4	Noble, Reuben	M11	Haverfordwes	NT	___
5	David, Ioan	M11	Haverfordwes	NT	___
6	Oliver, Freya	W11	Haverfordwes	NT	___
7	Morris, Ffion	W11	Tenby	NT	___

**Heat 5 of 15 Finals**

2	Dennison, Evie	W11	Milford Havn	NT	___
3	Couzens, Sibylla	W12	Fishguard	NT	___
4	Morgan, Iolah	W9	PembrokeDist	2:21.39	___
5	Griffiths, Scarlet	W11	Haverfordwes	2:50.91	___
6	Penfold, Freya	W12	Fishguard	NT	___
7	Backen, Frederick	M11	Fishguard	NT	___

**Heat 6 of 15 Finals**

2	Williams, Evie	W10	Milford Havn	2:11.73	___
3	Davies, Betsi	W11	Fishguard	2:08.77	___
4	John, Rebekah	W12	PembrokeDist	2:05.17	___
5	Moseley, Emily	W13	PembrokeDist	2:06.80	___
6	George, Kieran	M12	Milford Havn	2:10.70	___
7	Weston, Ben	M12	PembrokeDist	2:20.69	___

**Heat 7 of 15 Finals**

2	Griffiths, Elizabeth	W11	Fishguard	2:02.77	___
3	Lloyd Roberts, Harry	M10	Milford Havn	2:00.85	___
4	Thomas, Rhys	M12	Haverfordwes	2:00.46	___
5	Crotty, Beau	M12	PembrokeDist	2:00.80	___
6	Monan, Sofia	W12	Tenby	2:01.32	___
7	Thomas, Harry	M12	Haverfordwes	2:04.87	___

**Heat 8 of 15 Finals**

2	Graham, Fallon	W11	Tenby	1:58.71	___
3	David, Emily	W12	Haverfordwes	1:57.58	___
4	Doncaster, Lily S	W13	Haverfordwes	1:57.18	___
5	Griffiths, Evan	M14	Haverfordwes	1:57.19	___
6	Powell, Nina	W10	Fishguard	1:57.83	___
7	Beynon, Aaron	M13	Fishguard	1:58.94	___

**Heat 9 of 15 Finals**

2	Patterson, Ollie	M13	Milford Havn	1:55.19	___
3	Penfold, Robyn	W12	Fishguard	1:53.95	___
4	Lewis, Evie	W10	Haverfordwes	1:53.60	___
5	Kaill-Franks, Eira	W13	Fishguard	1:53.66	___
6	Knight, Tom	M12	Haverfordwes	1:55.12	___
7	Noden, Rory	M11	Milford Havn	1:55.43	___

**Heat 10 of 15 Finals**

2	Griffiths, Amelia	W12	Fishguard	1:51.17	___
3	John, Annabel	W13	PembrokeDist	1:50.49	___
4	Moseley, Sophie	W16	PembrokeDist	1:47.28	___
5	Bruce, Skye	W14	PembrokeDist	1:49.10	___
6	Rossiter Wargent, Mia	W10	Milford Havn	1:50.68	___
7	Kaill-Franks, Nia	W11	Fishguard	1:52.73	___

**Heat 11 of 15 Finals**

2	Rice, Lily	W19	PembrokeDist	1:46.80	___
3	Blyth, Isobelle	W13	Haverfordwes	1:45.34	___
4	Peach, Olly	M13	Haverfordwes	1:41.10	___
5	Morgan, Lily	W12	Tenby	1:41.50	___
6	Harris, Toby	M13	PembrokeDist	1:45.78	___
7	Gobbi, Roma	W14	Haverfordwes	1:46.94	___

**Heat 12 of 15 Finals**

2	Smith, Jacob	M11	Haverfordwes	1:37.78	___
3	Peach, Henry	M13	Haverfordwes	1:36.31	___
4	Murphy, Alys	W14	Haverfordwes	1:34.80	___
5	Peach, Eliza M	W15	Haverfordwes	1:35.64	___
6	Dash, Amelie	W11	Milford Havn	1:37.53	___
7	Santos, Liam	M14	Milford Havn	1:38.95	___

**Heat 13 of 15 Finals**

2	Hall, Isabelle	W12	Fishguard	1:33.34	___
3	Griffiths, Cerys	W13	Haverfordwes	1:32.30	___
4	Ostrowski, Julia	W14	PembrokeDist	1:31.79	___
5	Harris, Osian	M14	Fishguard	1:31.87	___
6	Hall, Ethan	M13	Fishguard	1:32.53	___
7	Clissold, Bronwyn	W15	Tenby	1:33.60	___

**Heat 14 of 15 Finals**

2	Montague, Keira	W13	Haverfordwes	1:31.07	___
3	Stark, Tala	W13	Fishguard	1:30.20	___
4	Mountain, Sophie	W36	Haverfordwes	1:22.12	___
5	John, Holly	W16	Haverfordwes	1:23.11	___
6	Miles, Megan	W15	Fishguard	1:30.98	___
7	Hanna, Jazmine	W15	Haverfordwes	1:31.71	___

**Heat 15 of 15 Finals**

2	Silverstone, Solomon	M13	Haverfordwes	1:20.00	___
3	Bennett, Finley	M14	Haverfordwes	1:14.40	___
4	Lewis, Matthew D	M38	Haverfordwes	1:12.99	___
5	Montague, Mason	M15	Haverfordwes	1:13.32	___
6	Ardern, James	M16	Tenby	1:15.26	___
7	Belanger, Jayden	M16	Milford Havn	1:21.43	___

**Event 104 Girls 13 & Under 200 SC Meter Medley Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 3 Finals**

2			___
3	Haverfordwes	F	NT
4	Haverfordwes	D	NT
5	Haverfordwes	E	NT
6			___
7			___

**Heat 2 of 3 Finals**

2	Fishguard	C	NT
3	Milford Havn	B	NT
4	Haverfordwes	B	NT
5	PembrokeDist	B	NT
	1) John, Rebekah 12		
	3) Moseley, Emily 13		
	2) Dyde, Bethan 7		
	4) Harvey, Olivia 8		
6	Fishguard	B	NT
7	Haverfordwes	C	NT

**Heat 3 of 3 Finals**

2	Fishguard	A	NT
3	Haverfordwes	A	NT
4	Milford Havn	A	NT
5	Tenby	A	NT
6	PembrokeDist	A	NT
	1) Bruce, Keira 13		
	3) Dyde, Pheobe 11		
	2) John, Annabel 13		
	4) Morgan, Iolah 9		
7	Tenby	B	NT

**Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023**

Sanction #: 3WL231394

**Meet Program - Session 1 (Warmup 8.00 - 8.50)****Event 105 Girls 200 SC Meter Medley Relay**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals</b>			
2			___
3	Haverfordwes	D	NT ___
4	Haverfordwes	B	NT ___
5	Haverfordwes	C	NT ___
6			___
7			___
<b>Heat 2 of 2 Finals</b>			
2			___
3	Fishguard	A	NT ___
4	PembrokeDist	A	NT ___
	1) Rice, Lily 19	2) Ostrowski, Julia 14	
	3) Bruce, Skye 14	4) Moseley, Sophie 16	
5	Tenby	A	NT ___
6	Haverfordwes	A	NT ___
7			___





## PCS COUNTY CHAMPS 2023 RAFFLE

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## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 2 (Warmup 11.30 - 12.20)

**Event 201 Mixed 9 & Over 400 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 10 Finals**

2	Lewis, Evie	W10	Haverfordwes	NT
3	Davies, Elizabeth	W10	Tenby	NT
4	Noden, Rory	M11	Milford Havn	NT
5	Smith, Jacob	M11	Haverfordwes	NT
6	Morgan, Iolah	W9	PembrokeDist	NT
7				

**Heat 2 of 10 Finals**

2	Leane, Megan	W11	Haverfordwes	NT
3	Hall, Isabelle	W12	Fishguard	NT
4	Griffiths, Ffion	W12	Tenby	NT
5	McFarlane, Una	W12	Milford Havn	NT
6	Griffiths, Scarlet	W11	Haverfordwes	NT
7	Graham, Fallon	W11	Tenby	NT

**Heat 3 of 10 Finals**

2	Morgan, Lily	W12	Tenby	NT
3	Jones, Jack	M14	Tenby	NT
4	Santos, Liam	M14	Milford Havn	NT
5	Knight, Cerys	W14	Haverfordwes	NT
6	Peach, Henry	M13	Haverfordwes	NT
7	Griffiths, Amelia	W12	Fishguard	NT

**Heat 4 of 10 Finals**

2	Peach, Eliza M	W15	Haverfordwes	NT
3	Weston, Ben	M12	PembrokeDist	7:57.70
4	Murphy, Alys	W14	Haverfordwes	7:00.60
5	Thomas, Rhys	M12	Haverfordwes	7:01.20
6	Phillips, Ellie R	W16	Haverfordwes	NT
7	Backen, Henry	M15	Fishguard	NT

**Heat 5 of 10 Finals**

2	Davies, Gethin	M14	Milford Havn	6:26.71
3	Smith, Benjamin	M13	Haverfordwes	6:08.43
4	Bruce, Keira	W13	PembrokeDist	6:05.13
5	Hall, Ellena	W12	Fishguard	6:05.14
6	Harwood, Jack	M12	Haverfordwes	6:11.94
7	Harris, Toby	M13	PembrokeDist	6:36.88

**Heat 6 of 10 Finals**

2	Griffiths, Harry	M15	Haverfordwes	5:54.53
3	Stark, Tala	W13	Fishguard	5:53.52
4	Mason, Phoebe	W13	Haverfordwes	5:46.50
5	Belanger, Jayden	M16	Milford Havn	5:47.30
6	Harris, Osian	M14	Fishguard	5:53.65
7	Koo, Kathryn	W14	Tenby	6:04.75

**Heat 7 of 10 Finals**

2	Morgan, Ben	M13	PembrokeDist	5:28.32
3	Green, Matilda	W14	Haverfordwes	5:22.60
4	Bruce, Skye	W14	PembrokeDist	5:21.87
5	Clissold, Bronwyn	W15	Tenby	5:22.20
6	Rice, Lily	W19	PembrokeDist	5:23.37
7	Thompson, Freya	W13	Haverfordwes	5:34.70

**Heat 8 of 10 Finals**

2	Clapham, Rhiannon m	W18	Fishguard	5:03.35
3	Robinson, Ellis	M18	Haverfordwes	5:09.55
4	Arnold, Lily	W15	Milford Havn	5:04.20
5	Kovachev, Georgie	W16	Fishguard	5:05.51
6	Dash, Amelie	W11	Milford Havn	5:16.04
7	Thomas, Rhian	W15	Haverfordwes	5:19.21

**Heat 9 of 10 Finals**

2	White, Eleanor R	W17	Haverfordwes	5:00.37
3	Bruce, Finley	M16	Tenby	4:55.91
4	Silverstone, Solomon	M13	Haverfordwes	4:53.10
5	Webb, Saskia	W16	Haverfordwes	4:53.95
6	Clissold, Elizabeth	W17	Tenby	4:57.50
7	West, Dexter	M14	Fishguard	5:02.25

**Heat 10 of 10 Finals**

2	Nichols, Grace	W13	Haverfordwes	4:46.70
3	Bennett, Finley	M14	Haverfordwes	4:38.50
4	Fletcher, Owen	M16	Haverfordwes	4:30.10
5	Griffiths, Cerys	W13	Haverfordwes	4:37.10
6	Montague, Mason	M15	Haverfordwes	4:43.14
7	Galdes-Cutting, Daisy	W12	Haverfordwes	4:49.70

**Event 202 Mixed 50 SC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 18 Finals**

2				
3	Monan, Hazel	W8	Tenby	NT
4	Weston, Zac	M9	PembrokeDist	NT
5	McFarlane, Mali	W9	Milford Havn	NT
6	Dyde, Bethan	W7	PembrokeDist	NT
7				

**Heat 2 of 18 Finals**

2	Jarrold, Tilly	W9	PembrokeDist	NT
3	Dashfield, Olivia	W10	Tenby	NT
4	Hawkins, Charlotte	W10	Haverfordwes	NT
5	Monan, Euan	M10	Tenby	NT
6	Coates, Betsy	W10	Haverfordwes	NT
7	Evans, William	W9	Fishguard	NT

**Heat 3 of 18 Finals**

2	Grota-Gurney, Jasmine	W11	Haverfordwes	NT
3	David, Ioan	M11	Haverfordwes	NT
4	Rudder, Frankie	M11	Haverfordwes	NT
5	Oliver, Freya	W11	Haverfordwes	NT
6	Dennison, Evie	W11	Milford Havn	NT
7	Parsons, Reuben	M11	Fishguard	NT

**Heat 4 of 18 Finals**

2	Davies, Betsi	W11	Fishguard	NT
3	Harding, Maisie	W11	Fishguard	NT
4	Moore, Hari	M11	Fishguard	NT
5	Noble, Reuben	M11	Haverfordwes	NT
6	Morris, Ffion	W11	Tenby	NT
7	Barn, Freya	W11	Milford Havn	NT

**Heat 5 of 18 Finals**

2	Smith, Caelan	M13	Haverfordwes	NT
3	Bool, Iolo	M9	Haverfordwes	1:09.00
4	Cutting, Beatrice	W8	Haverfordwes	1:05.78
5	Price, Riley	M9	PembrokeDist	1:06.33
6	Murphy, Ifan	M9	Haverfordwes	1:09.40
7	Thomas, Harry	M12	Haverfordwes	NT

**Heat 6 of 18 Finals**

2	Phillips, Isabella	W10	Haverfordwes	1:04.27
3	Hearne, Logan	M8	PembrokeDist	1:03.36
4	Curtis, Carly	W10	Milford Havn	59.49
5	Griffiths, Evan	M14	Haverfordwes	1:03.22
6	Lloyd Roberts, Harry	M10	Milford Havn	1:03.70
7	Nash, Sylvia	W9	Haverfordwes	1:04.60

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 2 (Warmup 11.30 - 12.20)

**Heat 7 Finals (#202 Mixed 50 SC Meter Backstroke)**

2	Green, Freya	W9	Haverfordwes	58.30	___
3	Griffiths, Lilia-Rose	W10	Fishguard	58.20	___
4	Williams, Evie	W10	Milford Havn	56.04	___
5	Rossiter Wargent, Mia	W10	Milford Havn	56.41	___
6	Lake, Freddie	M11	Haverfordwes	58.27	___
7	Davies, Morgan	M8	Tenby	58.79	___

**Heat 8 of 18 Finals**

2	Couzens, Sibylla	W12	Fishguard	54.93	___
3	George, Kieran	M12	Milford Havn	54.73	___
4	Kaill-Franks, Eira	W13	Fishguard	53.69	___
5	John, Rebekah	W12	PembrokeDist	53.78	___
6	Crotty, Beau	M12	PembrokeDist	54.82	___
7	Harvey, Olivia	W8	PembrokeDist	55.54	___

**Heat 9 of 18 Finals**

2	David, Emily	W12	Haverfordwes	50.79	___
3	Treinis, Lucian	M9	PembrokeDist	50.56	___
4	Griffiths, Scarlet	W11	Haverfordwes	50.14	___
5	Moseley, Emily	W13	PembrokeDist	50.31	___
6	Arnold, Olivia	W9	Milford Havn	50.73	___
7	Mason, Ezmee	W10	Haverfordwes	52.30	___

**Heat 10 of 18 Finals**

2	Penfold, Robyn	W12	Fishguard	50.03	___
3	Morgan, Iolah	W9	PembrokeDist	49.60	___
4	Knight, Tom	M12	Haverfordwes	49.10	___
5	Henson, Jess	W10	Tenby	49.48	___
6	Penfold, Freya	W12	Fishguard	49.70	___
7	Titley, Lola	W11	Milford Havn	50.05	___

**Heat 11 of 18 Finals**

2	Thomas, Tristan	M12	Milford Havn	48.73	___
3	Weston, Ben	M12	PembrokeDist	48.21	___
4	Powell, Nina	W10	Fishguard	47.67	___
5	Howell, Sophie	W12	Haverfordwes	47.74	___
6	Lloyd-Taylor, Cali	W12	Fishguard	48.45	___
7	Thomas, Angharad	W13	Fishguard	48.80	___

**Heat 12 of 18 Finals**

2	Griffiths, Isla	W10	Tenby	47.56	___
3	Thomas, Leah	W12	Haverfordwes	46.77	___
4	Dyde, Pheobe	W11	PembrokeDist	46.28	___
5	Evans, Wolfgang	M9	PembrokeDist	46.62	___
6	Doncaster, Lily S	W13	Haverfordwes	46.94	___
7	Williams, Ffion	W13	Milford Havn	47.63	___

**Heat 13 of 18 Finals**

2	Harris, Toby	M13	PembrokeDist	44.79	___
3	Davies, Tyler	M12	Milford Havn	44.13	___
4	Patterson, Ollie	M13	Milford Havn	43.99	___
5	Clifford, Hannah	W13	PembrokeDist	44.05	___
6	Kenny, Jemima	W12	Milford Havn	44.17	___
7	Griffiths, Elizabeth	W11	Fishguard	46.11	___

**Heat 14 of 18 Finals**

2	Graham, Fallon	W11	Tenby	43.24	___
3	Gobbi, Roma	W14	Haverfordwes	42.13	___
4	Lewis, Callum	M14	Milford Havn	41.68	___
5	John, Annabel	W13	PembrokeDist	41.96	___
6	Murphy, Alys	W14	Haverfordwes	43.10	___
7	Beynon, Aaron	M13	Fishguard	43.70	___

**Heat 15 of 18 Finals**

2	Peach, Eliza M	W15	Haverfordwes	40.49	___
3	Santos, Liam	M14	Milford Havn	40.34	___
4	Harwood, Jack	M12	Haverfordwes	40.10	___
5	Hanna, Shelby	W14	Haverfordwes	40.15	___
6	Rice, Lily	W19	PembrokeDist	40.40	___
7	Hall, Ethan	M13	Fishguard	41.07	___

**Heat 16 of 18 Finals**

2	Moseley, Sophie	W16	PembrokeDist	39.47	___
3	Ostrowski, Julia	W14	PembrokeDist	38.40	___
4	Griffiths, Amelia	W12	Fishguard	37.96	___
5	Phillips, Ellie R	W16	Haverfordwes	38.30	___
6	Morgan, Lily	W12	Tenby	38.90	___
7	Bruce, Keira	W13	PembrokeDist	39.52	___

**Heat 17 of 18 Finals**

2	Miles, Megan	W15	Fishguard	36.37	___
3	Bruce, Skye	W14	PembrokeDist	35.72	___
4	Hanna, Jazmine	W15	Haverfordwes	34.96	___
5	John, Holly	W16	Haverfordwes	35.50	___
6	Jones, Jack	M14	Tenby	36.10	___
7	Montague, Keira	W13	Haverfordwes	37.20	___

**Heat 18 of 18 Finals**

2	Lloyd-Roberts, Rhys	M16	Milford Havn	32.99	___
3	Ardern, James	M16	Tenby	32.04	___
4	West, Zac	M17	Fishguard	27.90	___
5	Montgomery, Samuel	M15	Haverfordwes	28.30	___
6	Harding, Lucy	W21	Haverfordwes	32.60	___
7	Devonald, Niamh	W15	Haverfordwes	34.90	___

**Event 203 Mixed 100 SC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 9 Finals**

2					___
3	Evans, Wolfgang	M9	PembrokeDist	NT	___
4	Mason, Ezmee	W10	Haverfordwes	NT	___
5	Lewis, Evie	W10	Haverfordwes	NT	___
6					___
7					___

**Heat 2 of 9 Finals**

2					___
3	Davies, Elizabeth	W10	Tenby	NT	___
4	Backen, Frederick	M11	Fishguard	NT	___
5	Griffiths, Isla	W10	Tenby	NT	___
6	Henson, Jess	W10	Tenby	NT	___
7					___

**Heat 3 of 9 Finals**

2	Robinson, Oshan	M12	Fishguard	NT	___
3	Hall, Ellena	W12	Fishguard	NT	___
4	Lewis, Callum	M14	Milford Havn	NT	___
5	Jones, Jack	M14	Tenby	NT	___
6	Kenny, Jemima	W12	Milford Havn	NT	___
7	Morgan, Lily	W12	Tenby	NT	___

**Heat 4 of 9 Finals**

2	Clissold, Bronwyn	W15	Tenby	NT	___
3	Scott, Andrew	M17	Fishguard	2:39.62	___
4	Dyde, Pheobe	W11	PembrokeDist	1:53.35	___
5	Griffiths, Scarlet	W11	Haverfordwes	2:35.95	___
6	Clissold, Elizabeth	W17	Tenby	NT	___
7	Davies, Gethin	M14	Milford Havn	NT	___

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 2 (Warmup 11.30 - 12.20)

**Heat 5 Finals (#203 Mixed 100 SC Meter Butterfly)**

2	Thomas, Rhys	M12	Haverfordwes	1:42.73	___
3	Hall, Isabelle	W12	Fishguard	1:33.73	___
4	Mason, Phoebe	W13	Haverfordwes	1:30.55	___
5	Stark, Tala	W13	Fishguard	1:32.26	___
6	Miles, Megan	W15	Fishguard	1:39.19	___
7	Blyth, Isobelle	W13	Haverfordwes	1:47.62	___

**Heat 6 of 9 Finals**

2	Ostrowski, Julia	W14	PembrokeDist	1:29.71	___
3	Dash, Amelie	W11	Milford Havn	1:27.29	___
4	Thomas, Rhian	W15	Haverfordwes	1:25.44	___
5	Thompson, Freya	W13	Haverfordwes	1:26.10	___
6	Galdes-Cutting, Daisy	W12	Haverfordwes	1:29.01	___
7	Morgan, Ben	M13	PembrokeDist	1:29.93	___

**Heat 7 of 9 Finals**

2	Green, Matilda	W14	Haverfordwes	1:25.30	___
3	Harris, Osian	M14	Fishguard	1:21.66	___
4	Arnold, Lily	W15	Milford Havn	1:17.72	___
5	Koo, Kathryn	W14	Tenby	1:18.16	___
6	Belanger, Jayden	M16	Milford Havn	1:25.21	___
7	Smith, Benjamin	M13	Haverfordwes	1:25.43	___

**Heat 8 of 9 Finals**

2	Thomas, Grace	W16	Milford Havn	1:14.62	___
3	Kovachev, Georgie	W16	Fishguard	1:13.43	___
4	Bennett, Finley	M14	Haverfordwes	1:13.30	___
5	Webb, Saskia	W16	Haverfordwes	1:13.40	___
6	Griffiths, Cerys	W13	Haverfordwes	1:14.50	___
7	Devonald, Niamh	W15	Haverfordwes	1:15.00	___

**Heat 9 of 9 Finals**

2	Silverstone, Solomon	M13	Haverfordwes	1:12.50	___
3	West, Dexter	M14	Fishguard	1:06.16	___
4	Thomas, Daniel J	M26	PembrokeDist	59.84	___
5	Fletcher, Owen	M16	Haverfordwes	1:05.70	___
6	White, Eleanor R	W17	Haverfordwes	1:10.20	___
7	Nichols, Grace	W13	Haverfordwes	1:13.00	___

**Event 204 Boys 13 & Under 200 SC Meter Medley Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

2			___
3	Haverfordwes	D	NT
4	Haverfordwes	B	NT
5	Haverfordwes	C	NT
6			___
7			___

**Heat 2 of 2 Finals**

2			___
3	Milford Havn	A	NT
4	Fishguard	A	NT
5	Haverfordwes	A	NT
6	PembrokeDist	A	NT
	1) Weston, Ben 12	2) Harris, Toby 13	
	3) Morgan, Ben 13	4) Evans, Wolfgang 9	
7			___

**Event 205 Boys 200 SC Meter Medley Relay**

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

2			___
3	Milford Havn	A	NT
4	Haverfordwes	A	NT
5	Fishguard	A	NT
6	Haverfordwes	B	NT
7			___



## 2023 Review

January – RCT Meet

February – WW Regionals & Swansea Uni Meet

March – Sheffield Meet & Masters Long Course

April – Easter Break 😊

May – City of Swansea Aquatics Meet & World Para Series

June – Torfaen Meet & Masters Meet.

July – Long Course Weekend Volunteering & British Summer Champs

August – Summer Champs (34 Medals, 69 Finals, 2<sup>nd</sup> biggest team)

September – Llys Y Fran Open Water & Clash of the Counties.

October – PCS County Champs

Still to come – Majorca, Stockport Meet, Short Course Regionals & Welsh Champs!



## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 3 (Warmup 3.00 - 3.50)

**Event 301 Boys 50 SC Meter Freestyle (Skins)**

Name	Age	Team	Seed Time
--- No entries for event			

**Event 302 Girls 50 SC Meter Freestyle (Skins)**

Name	Age	Team	Seed Time
--- No entries for event			

**Event 303 Mixed 200 SC Meter Butterfly**

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

2				___
3	Morgan, Iolah	W9	PembrokeDist	NT ___
4	Silverstone, Solomon	M13	Haverfordwes	NT ___
5	Smith, Benjamin	M13	Haverfordwes	NT ___
6				___
7				___

**Heat 2 of 4 Finals**

2	Clissold, Elizabeth	W17	Tenby	NT ___
3	Mason, Phoebe	W13	Haverfordwes	3:23.25 ___
4	Thomas, Rhian	W15	Haverfordwes	3:04.77 ___
5	Thompson, Freya	W13	Haverfordwes	3:22.08 ___
6	Morgan, Ben	M13	PembrokeDist	3:23.37 ___
7				___

**Heat 3 of 4 Finals**

2	Griffiths, Cerys	W13	Haverfordwes	3:02.54 ___
3	Arnold, Lily	W15	Milford Havn	2:58.42 ___
4	Thomas, Grace	W16	Milford Havn	2:49.72 ___
5	Bennett, Finley	M14	Haverfordwes	2:52.48 ___
6	Nichols, Grace	W13	Haverfordwes	2:58.64 ___
7	Koo, Kathryn	W14	Tenby	3:03.03 ___

**Heat 4 of 4 Finals**

2	Webb, Saskia	W16	Haverfordwes	2:46.57 ___
3	White, Eleanor R	W17	Haverfordwes	2:38.98 ___
4	Fletcher, Owen	M16	Haverfordwes	2:31.00 ___
5	Montague, Mason	M15	Haverfordwes	2:32.00 ___
6	West, Dexter	M14	Fishguard	2:43.87 ___
7	Kovachev, Georgie	W16	Fishguard	2:46.65 ___

**Event 304 Mixed 100 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 23 Finals**

2				___
3	Davies, Morgan	M8	Tenby	NT ___
4	Harvey, Olivia	W8	PembrokeDist	NT ___
5	Cutting, Beatrice	W8	Haverfordwes	NT ___
6	Hearne, Logan	M8	PembrokeDist	NT ___
7				___

**Heat 2 of 23 Finals**

2	McFarlane, Mali	W9	Milford Havn	NT ___
3	Weston, Zac	M9	PembrokeDist	NT ___
4	Jarrold, Tilly	W9	PembrokeDist	NT ___
5	Murphy, Ifan	M9	Haverfordwes	NT ___
6	Nash, Sylvia	W9	Haverfordwes	NT ___
7	Price, Riley	M9	PembrokeDist	NT ___

**Heat 3 of 23 Finals**

2	Lloyd Roberts, Harry	M10	Milford Havn	NT ___
3	Coates, Betsy	W10	Haverfordwes	NT ___
4	Phillips, Isabella	W10	Haverfordwes	NT ___
5	Monan, Euan	M10	Tenby	NT ___
6	Phillips, Isabelle	W10	Haverfordwes	NT ___
7	Hawkins, Charlotte	W10	Haverfordwes	NT ___

**Heat 4 of 23 Finals**

2	Rudder, Frankie	M11	Haverfordwes	NT ___
3	Davies, Betsi	W11	Fishguard	NT ___
4	Oliver, Freya	W11	Haverfordwes	NT ___
5	Barn, Freya	W11	Milford Havn	NT ___
6	Slowgrove, Toby	M11	Haverfordwes	NT ___
7	Curtis, Carly	W10	Milford Havn	NT ___

**Heat 5 of 23 Finals**

2	Morris, Ffion	W11	Tenby	NT ___
3	Leane, Megan	W11	Haverfordwes	NT ___
4	Lewis, Roisin	W11	Haverfordwes	NT ___
5	Grota-Gurney, Jasmine	W11	Haverfordwes	NT ___
6	Dennison, Evie	W11	Milford Havn	NT ___
7	Scott, Georgia	W11	Fishguard	NT ___

**Heat 6 of 23 Finals**

2	Robinson, Oshan	M12	Fishguard	NT ___
3	Iddon, Steph	W15	Tenby	NT ___
4	Morgan, Iolah	W9	PembrokeDist	2:14.10 ___
5	Bruce, Finley	M16	Tenby	NT ___
6	Lammin, Alesha	W14	PembrokeDist	NT ___
7	Thomas, Harry	M12	Haverfordwes	NT ___

**Heat 7 of 23 Finals**

2	Lake, Freddie	M11	Haverfordwes	1:57.86 ___
3	Prevel, Sebastian	M12	PembrokeDist	1:54.56 ___
4	Arnold, Olivia	W9	Milford Havn	1:53.39 ___
5	Rossiter Wargent, Mia	W10	Milford Havn	1:54.41 ___
6	Phillips, Lucas	M12	Haverfordwes	1:56.63 ___
7	Crotty, Beau	M12	PembrokeDist	2:07.90 ___

**Heat 8 of 23 Finals**

2	Griffiths, Lilia-Rose	W10	Fishguard	1:52.72 ___
3	George, Kieran	M12	Milford Havn	1:48.14 ___
4	Titely, Lola	W11	Milford Havn	1:45.25 ___
5	Weston, Ben	M12	PembrokeDist	1:46.54 ___
6	David, Ioan	M11	Haverfordwes	1:51.14 ___
7	Treinis, Lucian	M9	PembrokeDist	1:53.26 ___

**Heat 9 of 23 Finals**

2	Bool, Iolo	M9	Haverfordwes	1:44.60 ___
3	Griffiths, Evan	M14	Haverfordwes	1:42.37 ___
4	Knight, Tom	M12	Haverfordwes	1:41.98 ___
5	Bowen, Cai	M11	Fishguard	1:42.03 ___
6	John, Rebekah	W12	PembrokeDist	1:43.25 ___
7	Backen, Frederick	M11	Fishguard	1:45.10 ___

**Heat 10 of 23 Finals**

2	Penfold, Freya	W12	Fishguard	1:40.98 ___
3	Griffiths, Isla	W10	Tenby	1:39.91 ___
4	Evans, Wolfgang	M9	PembrokeDist	1:36.74 ___
5	Moseley, Emily	W13	PembrokeDist	1:39.29 ___
6	David, Emily	W12	Haverfordwes	1:40.26 ___
7	Griffiths, Elizabeth	W11	Fishguard	1:41.13 ___

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 3 (Warmup 3.00 - 3.50)

**Heat 11 Finals (#304 Mixed 100 SC Meter Freestyle)**

2	Mason, Ezmee	W10	Haverfordwes	1:36.00	___
3	Thomas, Angharad	W13	Fishguard	1:35.34	___
4	Thomas, Leah	W12	Haverfordwes	1:34.22	___
5	Henson, Jess	W10	Tenby	1:35.33	___
6	Penfold, Robyn	W12	Fishguard	1:35.57	___
7	Williams, Evie	W10	Milford Havn	1:36.61	___

**Heat 12 of 23 Finals**

2	Powell, Nina	W10	Fishguard	1:32.80	___
3	Kaill-Franks, Nia	W11	Fishguard	1:31.54	___
4	Patterson, Ollie	M13	Milford Havn	1:30.90	___
5	Peach, Olly	M13	Haverfordwes	1:31.44	___
6	Thomas, Tristan	M12	Milford Havn	1:32.32	___
7	Dyde, Pheobe	W11	PembrokeDist	1:32.83	___

**Heat 13 of 23 Finals**

2	Doncaster, Lily S	W13	Haverfordwes	1:28.16	___
3	Beynon, Aaron	M13	Fishguard	1:25.86	___
4	Graham, Fallon	W11	Tenby	1:25.08	___
5	Lewis, Evie	W10	Haverfordwes	1:25.60	___
6	McFarlane, Una	W12	Milford Havn	1:27.62	___
7	Williams, Ffion	W13	Milford Havn	1:30.79	___

**Heat 14 of 23 Finals**

2	Noden, Rory	M11	Milford Havn	1:24.14	___
3	Santos, Liam	M14	Milford Havn	1:21.38	___
4	Davies, Elizabeth	W10	Tenby	1:20.49	___
5	Green, Ellie	W15	Haverfordwes	1:21.01	___
6	Griffiths, Ffion	W12	Tenby	1:23.04	___
7	Kenny, Jemima	W12	Milford Havn	1:24.31	___

**Heat 15 of 23 Finals**

2	Davies, Tyler	M12	Milford Havn	1:19.77	___
3	Hall, Ethan	M13	Fishguard	1:19.55	___
4	Moseley, Sophie	W16	PembrokeDist	1:18.84	___
5	Lewis, Callum	M14	Milford Havn	1:19.33	___
6	Knight, Cerys	W14	Haverfordwes	1:19.55	___
7	Smith, Jacob	M11	Haverfordwes	1:19.88	___

**Heat 16 of 23 Finals**

2	Harris, Toby	M13	PembrokeDist	1:18.04	___
3	Peach, Eliza M	W15	Haverfordwes	1:17.05	___
4	Thomas, Rhys	M12	Haverfordwes	1:15.37	___
5	Murphy, Alys	W14	Haverfordwes	1:15.92	___
6	Hall, Isabelle	W12	Fishguard	1:17.95	___
7	Hanna, Shelby	W14	Haverfordwes	1:18.37	___

**Heat 17 of 23 Finals**

2	Jones, Jack	M14	Tenby	1:15.03	___
3	Rice, Lily	W19	PembrokeDist	1:14.72	___
4	Phillips, Ellie R	W16	Haverfordwes	1:13.79	___
5	Harwood, Jack	M12	Haverfordwes	1:14.70	___
6	John, Annabel	W13	PembrokeDist	1:14.94	___
7	Hall, Ellena	W12	Fishguard	1:15.09	___

**Heat 18 of 23 Finals**

2	Morgan, Lily	W12	Tenby	1:12.10	___
3	Stark, Tala	W13	Fishguard	1:11.40	___
4	Thompson, Freya	W13	Haverfordwes	1:11.10	___
5	Griffiths, Amelia	W12	Fishguard	1:11.27	___
6	Miles, Megan	W15	Fishguard	1:11.78	___
7	Montague, Keira	W13	Haverfordwes	1:12.80	___

**Heat 19 of 23 Finals**

2	Harwood, Jon	M42	Haverfordwes	1:10.41	___
3	Devonald, Niamh	W15	Haverfordwes	1:09.66	___
4	Ostrowski, Julia	W14	PembrokeDist	1:09.22	___
5	Dash, Amelie	W11	Milford Havn	1:09.47	___
6	Morgan, Ben	M13	PembrokeDist	1:09.93	___
7	Bruce, Skye	W14	PembrokeDist	1:10.82	___

**Heat 20 of 23 Finals**

2	Green, Matilda	W14	Haverfordwes	1:08.70	___
3	Harris, Osian	M14	Fishguard	1:07.52	___
4	John, Holly	W16	Haverfordwes	1:06.70	___
5	Davies, Gethin	M14	Milford Havn	1:06.91	___
6	Hanna, Jazmine	W15	Haverfordwes	1:08.06	___
7	Allen, April	W25	Haverfordwes	1:09.02	___

**Heat 21 of 23 Finals**

2	Backen, Henry	M15	Fishguard	1:06.12	___
3	Belanger, Jayden	M16	Milford Havn	1:04.95	___
4	Mason, Alex	M31	Haverfordwes	1:04.00	___
5	Galdes-Cutting, Daisy	W12	Haverfordwes	1:04.40	___
6	Clissold, Bronwyn	W15	Tenby	1:05.80	___
7	Koo, Kathryn	W14	Tenby	1:06.63	___

**Heat 22 of 23 Finals**

2	Clissold, Elizabeth	W17	Tenby	1:02.60	___
3	Nichols, Grace	W13	Haverfordwes	1:00.90	___
4	Griffiths, Cerys	W13	Haverfordwes	59.60	___
5	Robinson, Ellis	M18	Haverfordwes	1:00.68	___
6	Bennett, Finley	M14	Haverfordwes	1:02.20	___
7	Clapham, Rhiannon m	W18	Fishguard	1:03.73	___

**Heat 23 of 23 Finals**

2	Montague, Mason	M15	Haverfordwes	58.72	___
3	Silverstone, Solomon	M13	Haverfordwes	58.20	___
4	Ardern, James	M16	Tenby	57.09	___
5	Montgomery, Samuel	M15	Haverfordwes	57.84	___
6	Fletcher, Owen	M16	Haverfordwes	58.65	___
7	West, Zac	M17	Fishguard	59.21	___

**Event 305 Mixed 13 & Under 200 SC Meter Medley Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 4 Finals**

2				
3	Haverfordwes	I		NT
4	Haverfordwes	G		NT
5	Haverfordwes	H		NT
6	Haverfordwes	J		NT
7				

**Heat 2 of 4 Finals**

2	Haverfordwes	E		NT
3	Haverfordwes	D		NT
4	PembrokeDist	C		NT
	1) Moseley, Emily W13		2) Crotty, Beau M12	
	3) John, Rebekah W12		4) Hearne, Logan M8	
5	Fishguard	C		NT
6	Fishguard	D		NT
7	Haverfordwes	F		NT

**Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023**

Sanction #: 3WL231394

**Meet Program - Session 3 (Warmup 3.00 - 3.50)****Heat 3 Finals (#305 Mixed 13 & Under 200 SC Meter Medley Relay)**

2	Haverfordwes	C	NT	___
3	Milford Havn	B	NT	___
4	Fishguard	B	NT	___
5	Tenby	B	NT	___
6	Haverfordwes	B	NT	___
7	Tenby	C	NT	___

**Heat 4 of 4 Finals**

2	Haverfordwes	A	NT	___
3	Tenby	A	NT	___
4	PembrokeDist	A	NT	___
	1) Bruce, Keira W13		2) John, Annabel W13	
	3) Morgan, Ben M13		4) Harris, Toby M13	
5	Milford Havn	A	NT	___
6	Fishguard	A	NT	___
7	PembrokeDist	B	NT	___
	1) Evans, Wolfgang M9		2) Weston, Ben M12	
	3) Dyde, Pheobe W11		4) Morgan, Iolah W9	

**Event 306 Mixed 200 SC Meter Medley Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

2			___	
3	Haverfordwes	D	NT	___
4	Milford Havn	B	NT	___
5	Haverfordwes	C	NT	___
6			___	
7			___	

**Heat 2 of 2 Finals**

2	Haverfordwes	B	NT	___
3	Milford Havn	A	NT	___
4	Haverfordwes	A	NT	___
5	Tenby	A	NT	___
6	Fishguard	A	NT	___
7	Fishguard	B	NT	___





# Get Involved.

In order for these meets to run we need an army of volunteers.

Why not get involved for the next meet?

All meets require a number of officials for the meet to run and adhere to the licence.

These courses are online and are the first step to getting involved. For more information speak to an official at your club or email

[pcs.galas@gmail.com](mailto:pcs.galas@gmail.com)

Time Keeping -

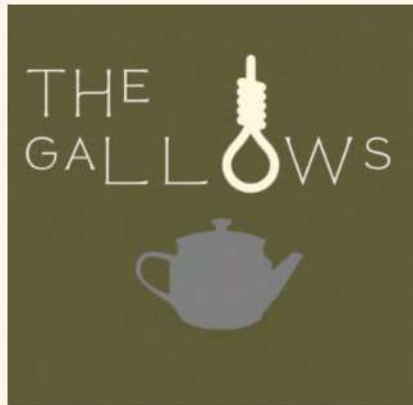
<https://www.swimming.org/ios/course/3847>

Swim Judge 1 (Recommended Course) –

<https://www.swimming.org/ios/course/3143>



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## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 4 (Warmup 8.00 - 8.50)

## Event 401 Mixed 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

## Heat 1 of 15 Finals

2				___
3	Phillips, Isabelle	W10	Haverfordwes	NT ___
4	Curtis, Carly	W10	Milford Havn	NT ___
5	Powell, Nina	W10	Fishguard	NT ___
6	Arnold, Olivia	W9	Milford Havn	NT ___
7				___

## Heat 2 of 15 Finals

2	Howell, Sophie	W12	Haverfordwes	NT ___
3	Weston, Ben	M12	PembrokeDist	NT ___
4	Gobbi, Roma	W14	Haverfordwes	NT ___
5	Peach, Olly	M13	Haverfordwes	NT ___
6	Thomas, Tristan	M12	Milford Havn	NT ___
7	Kaill-Franks, Nia	W11	Fishguard	NT ___

## Heat 3 of 15 Finals

2	Shelmerdine, Holly	W9	PembrokeDist	5:05.62 ___
3	Hounsell, Isla	W11	PembrokeDist	4:28.66 ___
4	George, Kieran	M12	Milford Havn	3:57.60 ___
5	Harvey, Olivia	W8	PembrokeDist	4:27.74 ___
6	Treinis, Lucian	M9	PembrokeDist	4:58.40 ___
7	Bruce, Finley	M16	Tenby	NT ___

## Heat 4 of 15 Finals

2	Knight, Tom	M12	Haverfordwes	3:48.94 ___
3	Williams, Evie	W10	Milford Havn	3:43.25 ___
4	Griffiths, Harry	M15	Haverfordwes	3:37.05 ___
5	Morgan, Iolah	W9	PembrokeDist	3:39.80 ___
6	Griffiths, Evan	M14	Haverfordwes	3:46.90 ___
7	Prevel, Tilly	W10	PembrokeDist	3:50.90 ___

## Heat 5 of 15 Finals

2	Patterson, Ollie	M13	Milford Havn	3:34.65 ___
3	Dyde, Pheobe	W11	PembrokeDist	3:24.61 ___
4	Griffiths, Scarlet	W11	Haverfordwes	3:20.50 ___
5	Williams, Ffion	W13	Milford Havn	3:24.45 ___
6	Evans, Wolfgang	M9	PembrokeDist	3:29.62 ___
7	Mason, Ezmee	W10	Haverfordwes	3:36.16 ___

## Heat 6 of 15 Finals

2	Shelmerdine, Cory	M13	PembrokeDist	3:19.65 ___
3	Peach, Henry	M13	Haverfordwes	3:05.69 ___
4	Lewis, Callum	M14	Milford Havn	3:04.73 ___
5	Blyth, Isobelle	W13	Haverfordwes	3:05.14 ___
6	Griffiths, Ffion	W12	Tenby	3:11.21 ___
7	Henson, Jess	W10	Tenby	3:20.40 ___

## Heat 7 of 15 Finals

2	Lewis, Evie	W10	Haverfordwes	3:04.20 ___
3	Smith, Jacob	M11	Haverfordwes	3:02.35 ___
4	Noden, Rory	M11	Milford Havn	3:01.25 ___
5	Davies, Elizabeth	W10	Tenby	3:02.06 ___
6	Davies, Tyler	M12	Milford Havn	3:03.58 ___
7	Kenny, Jemima	W12	Milford Havn	3:04.26 ___

## Heat 8 of 15 Finals

2	Hanna, Shelby	W14	Haverfordwes	2:57.12 ___
3	Jones, Jack	M14	Tenby	2:53.80 ___
4	Harris, Toby	M13	PembrokeDist	2:50.71 ___
5	Thomas, Rhys	M12	Haverfordwes	2:52.70 ___
6	Knight, Cerys	W14	Haverfordwes	2:54.88 ___
7	McFarlane, Una	W12	Milford Havn	3:00.77 ___

## Heat 9 of 15 Finals

2	Phillips, Ellie R	W16	Haverfordwes	2:49.22 ___
3	Stark, Tala	W13	Fishguard	2:47.16 ___
4	Morgan, Lily	W12	Tenby	2:45.30 ___
5	Griffiths, Amelia	W12	Fishguard	2:45.82 ___
6	Hall, Isabelle	W12	Fishguard	2:48.61 ___
7	Murphy, Alys	W14	Haverfordwes	2:50.50 ___

## Heat 10 of 15 Finals

2	Hall, Ellena	W12	Fishguard	2:42.61 ___
3	Ostrowski, Julia	W14	PembrokeDist	2:38.92 ___
4	Harwood, Jon	M42	Haverfordwes	2:38.58 ___
5	Devonald, Niamh	W15	Haverfordwes	2:38.70 ___
6	Beynon, Chloe	W16	Fishguard	2:39.24 ___
7	Harwood, Jack	M12	Haverfordwes	2:45.00 ___

## Heat 11 of 15 Finals

2	Davies, Gethin	M14	Milford Havn	2:37.08 ___
3	Harris, Osian	M14	Fishguard	2:34.90 ___
4	Morgan, Ben	M13	PembrokeDist	2:32.15 ___
5	Mason, Phoebe	W13	Haverfordwes	2:33.90 ___
6	Thompson, Freya	W13	Haverfordwes	2:35.60 ___
7	Smith, Benjamin	M13	Haverfordwes	2:37.94 ___

## Heat 12 of 15 Finals

2	Green, Matilda	W14	Haverfordwes	2:31.30 ___
3	Thomas, Rhian	W15	Haverfordwes	2:28.30 ___
4	Clissold, Bronwyn	W15	Tenby	2:27.70 ___
5	Koo, Kathryn	W14	Tenby	2:28.24 ___
6	Dash, Amelie	W11	Milford Havn	2:30.11 ___
7	Bruce, Skye	W14	PembrokeDist	2:32.07 ___

## Heat 13 of 15 Finals

2	West, Dexter	M14	Fishguard	2:23.21 ___
3	Kovachev, Georgie	W16	Fishguard	2:21.52 ___
4	Webb, Saskia	W16	Haverfordwes	2:20.82 ___
5	White, Eleanor R	W17	Haverfordwes	2:21.42 ___
6	Thomas, Grace	W16	Milford Havn	2:21.63 ___
7	Rice, Lily	W19	PembrokeDist	2:26.83 ___

## Heat 14 of 15 Finals

2	Clapham, Rhiannon m	W18	Fishguard	2:18.98 ___
3	Galdes-Cutting, Daisy	W12	Haverfordwes	2:17.60 ___
4	West, Zac	M17	Fishguard	2:16.85 ___
5	Ardern, James	M16	Tenby	2:17.11 ___
6	Arnold, Lily	W15	Milford Havn	2:20.30 ___
7	Clissold, Elizabeth	W17	Tenby	2:20.50 ___

## Heat 15 of 15 Finals

2	Silverstone, Solomon	M13	Haverfordwes	2:14.50 ___
3	Griffiths, Cerys	W13	Haverfordwes	2:10.80 ___
4	Montague, Mason	M15	Haverfordwes	2:06.99 ___
5	Fletcher, Owen	M16	Haverfordwes	2:07.20 ___
6	Bennett, Finley	M14	Haverfordwes	2:12.00 ___
7	Nichols, Grace	W13	Haverfordwes	2:15.80 ___

## Event 402 Mixed 100 SC Meter IM

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 19 Finals

2				___
3	Cutting, Beatrice	W8	Haverfordwes	NT ___
4	Treinis, Lucian	M9	PembrokeDist	NT ___
5	Davies, Morgan	M8	Tenby	NT ___
6				___
7				___

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 4 (Warmup 8.00 - 8.50)

## Heat 2 Finals (#402 Mixed 100 SC Meter IM)

2				___
3	Murphy, Ifan	M9	Haverfordwes	NT ___
4	McFarlane, Mali	W9	Milford Havn	NT ___
5	Weston, Zac	M9	PembrokeDist	NT ___
6	Jarrold, Tilly	W9	PembrokeDist	NT ___
7				___

## Heat 3 of 19 Finals

2	Bool, Iolo	M9	Haverfordwes	NT ___
3	Lloyd Roberts, Harry	M10	Milford Havn	NT ___
4	Francis, Mia	W10	Haverfordwes	NT ___
5	Powell, Nina	W10	Fishguard	NT ___
6	Curtis, Carly	W10	Milford Havn	NT ___
7	Nash, Sylvia	W9	Haverfordwes	NT ___

## Heat 4 of 19 Finals

2	Rudder, Frankie	M11	Haverfordwes	NT ___
3	Oliver, Freya	W11	Haverfordwes	NT ___
4	Bowen, Cai	M11	Fishguard	NT ___
5	David, Ioan	M11	Haverfordwes	NT ___
6	Titley, Lola	W11	Milford Havn	NT ___
7	Griffiths, Lilia-Rose	W10	Fishguard	NT ___

## Heat 5 of 19 Finals

2	Davies, Betsi	W11	Fishguard	NT ___
3	Leane, Megan	W11	Haverfordwes	NT ___
4	Graham, Fallon	W11	Tenby	NT ___
5	Dennison, Evie	W11	Milford Havn	NT ___
6	Scott, Georgia	W11	Fishguard	NT ___
7	Griffiths, Elizabeth	W11	Fishguard	NT ___

## Heat 6 of 19 Finals

2	George, Kieran	M12	Milford Havn	NT ___
3	Lloyd-Taylor, Cali	W12	Fishguard	NT ___
4	Weston, Ben	M12	PembrokeDist	NT ___
5	Prevel, Sebastian	M12	PembrokeDist	NT ___
6	Penfold, Freya	W12	Fishguard	NT ___
7	Barn, Freya	W11	Milford Havn	NT ___

## Heat 7 of 19 Finals

2	Dafydd, Iola	W14	Fishguard	NT ___
3	Montague, Mason	M15	Haverfordwes	NT ___
4	Shelmerdine, Holly	W9	PembrokeDist	2:40.56 ___
5				___
6	Mills, Molly	W14	Haverfordwes	NT ___
7	Penfold, Robyn	W12	Fishguard	NT ___

## Heat 8 of 19 Finals

2	Arnold, Olivia	W9	Milford Havn	2:21.56 ___
3	Morgan, Iolah	W9	PembrokeDist	2:16.00 ___
4	Rossiter Wargent, Mia	W10	Milford Havn	2:13.68 ___
5	Mason, Ezmee	W10	Haverfordwes	2:13.80 ___
6	Evans, Wolfgang	M9	PembrokeDist	2:19.31 ___
7	Hounsell, Isla	W11	PembrokeDist	2:26.47 ___

## Heat 9 of 19 Finals

2	Griffiths, Evan	M14	Haverfordwes	2:12.47 ___
3	Phillips, Lucas	M12	Haverfordwes	2:07.44 ___
4	Thomas, Harry	M12	Haverfordwes	2:03.85 ___
5	Backen, Frederick	M11	Fishguard	2:04.16 ___
6	Williams, Evie	W10	Milford Havn	2:11.66 ___
7	Griffiths, Scarlet	W11	Haverfordwes	2:12.85 ___

## Heat 10 of 19 Finals

2	Thomas, Tristan	M12	Milford Havn	2:01.43 ___
3	David, Emily	W12	Haverfordwes	1:59.01 ___
4	Kaill-Franks, Eira	W13	Fishguard	1:56.26 ___
5	Scott, Andrew	M17	Fishguard	1:58.27 ___
6	Knight, Tom	M12	Haverfordwes	1:59.77 ___
7	Moseley, Emily	W13	PembrokeDist	2:02.69 ___

## Heat 11 of 19 Finals

2	John, Rebekah	W12	PembrokeDist	1:54.15 ___
3	Lewis, Callum	M14	Milford Havn	1:53.63 ___
4	Henson, Jess	W10	Tenby	1:53.20 ___
5	Dyde, Pheobe	W11	PembrokeDist	1:53.38 ___
6	Thomas, Angharad	W13	Fishguard	1:53.75 ___
7	Kenny, Jemima	W12	Milford Havn	1:54.75 ___

## Heat 12 of 19 Finals

2	Shelmerdine, Cory	M13	PembrokeDist	1:52.32 ___
3	Gobbi, Roma	W14	Haverfordwes	1:46.99 ___
4	Kaill-Franks, Nia	W11	Fishguard	1:44.83 ___
5	McFarlane, Una	W12	Milford Havn	1:45.34 ___
6	Griffiths, Isla	W10	Tenby	1:50.83 ___
7	Lewis, Evie	W10	Haverfordwes	1:53.04 ___

## Heat 13 of 19 Finals

2	Davies, Tyler	M12	Milford Havn	1:44.28 ___
3	Griffiths, Ffion	W12	Tenby	1:42.58 ___
4	Elcock, Freya	W13	Fishguard	1:41.69 ___
5	Patterson, Ollie	M13	Milford Havn	1:42.01 ___
6	Noden, Rory	M11	Milford Havn	1:43.33 ___
7	Williams, Ffion	W13	Milford Havn	1:44.58 ___

## Heat 14 of 19 Finals

2	Cooper, Daisy	W12	Fishguard	1:37.68 ___
3	Peach, Olly	M13	Haverfordwes	1:37.15 ___
4	Smith, Jacob	M11	Haverfordwes	1:37.07 ___
5	John, Annabel	W13	PembrokeDist	1:37.10 ___
6	Peach, Henry	M13	Haverfordwes	1:37.58 ___
7	Harwood, Jack	M12	Haverfordwes	1:41.13 ___

## Heat 15 of 19 Finals

2	Davies, Elizabeth	W10	Tenby	1:36.80 ___
3	Murphy, Alys	W14	Haverfordwes	1:36.36 ___
4	Green, Ellie	W15	Haverfordwes	1:35.91 ___
5	Harris, Toby	M13	PembrokeDist	1:36.22 ___
6	Hall, Ellena	W12	Fishguard	1:36.36 ___
7	Knight, Cerys	W14	Haverfordwes	1:36.99 ___

## Heat 16 of 19 Finals

2	Mason, Phoebe	W13	Haverfordwes	1:35.50 ___
3	Moseley, Sophie	W16	PembrokeDist	1:34.56 ___
4	Hall, Ethan	M13	Fishguard	1:33.00 ___
5	Bruce, Keira	W13	PembrokeDist	1:33.98 ___
6	Thomas, Rhys	M12	Haverfordwes	1:34.57 ___
7	Jones, Jack	M14	Tenby	1:35.87 ___

## Heat 17 of 19 Finals

2	Griffiths, Amelia	W12	Fishguard	1:32.08 ___
3	Green, Matilda	W14	Haverfordwes	1:30.94 ___
4	Peach, Eliza M	W15	Haverfordwes	1:29.08 ___
5	Dafydd, Mali	W13	Fishguard	1:30.24 ___
6	Hanna, Jazmine	W15	Haverfordwes	1:30.96 ___
7	Davies, Gethin	M14	Milford Havn	1:32.36 ___

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 4 (Warmup 8.00 - 8.50)

## Heat 18 Finals (#402 Mixed 100 SC Meter IM)

2	Backen, Henry	M15	Fishguard	1:27.93	___
3	Smith, Benjamin	M13	Haverfordwes	1:27.54	___
4	Montague, Keira	W13	Haverfordwes	1:26.79	___
5	Morgan, Lily	W12	Tenby	1:27.43	___
6	Bruce, Skye	W14	PembrokeDist	1:27.81	___
7	Hall, Isabelle	W12	Fishguard	1:28.43	___

## Heat 19 of 19 Finals

2	Beynon, Chloe	W16	Fishguard	1:24.36	___
3	West, Dexter	M14	Fishguard	1:18.30	___
4	Montgomery, Samuel	M15	Haverfordwes	1:12.10	___
5	Belanger, Jayden	M16	Milford Havn	1:16.68	___
6	Miles, Megan	W15	Fishguard	1:23.13	___
7	Phillips, Ellie R	W16	Haverfordwes	1:25.74	___

## Event 403 Mixed 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 18 Finals

2					___
3	Dyde, Bethan	W7	PembrokeDist	NT	___
4	Nash, Sylvia	W9	Haverfordwes	NT	___
5	Monan, Hazel	W8	Tenby	NT	___
6					___
7					___

## Heat 2 of 18 Finals

2	Duckett, Frankie	M9	Tenby	NT	___
3	Dennison, Chloe	W9	PembrokeDist	NT	___
4	Weston, Zac	M9	PembrokeDist	NT	___
5	Bowen, Cerys	W9	Fishguard	NT	___
6	Jarrold, Tilly	W9	PembrokeDist	NT	___
7	McFarlane, Mali	W9	Milford Havn	NT	___

## Heat 3 of 18 Finals

2	Bool, Iolo	M9	Haverfordwes	NT	___
3	Dashfield, Olivia	W10	Tenby	NT	___
4	Cooper, Millie	W10	Fishguard	NT	___
5	Phillips, Isabella	W10	Haverfordwes	NT	___
6	Monan, Euan	M10	Tenby	NT	___
7	Evans, William	W9	Fishguard	NT	___

## Heat 4 of 18 Finals

2	Coates, Betsy	W10	Haverfordwes	NT	___
3	Dennison, Evie	W11	Milford Havn	NT	___
4	Rudder, Frankie	M11	Haverfordwes	NT	___
5	Oliver, Freya	W11	Haverfordwes	NT	___
6	Jesson, Takeo	M11	Tenby	NT	___
7	Hawkins, Charlotte	W10	Haverfordwes	NT	___

## Heat 5 of 18 Finals

2	Fogerty, Oliver	M11	Fishguard	NT	___
3	David, Ioan	M11	Haverfordwes	NT	___
4	Lloyd-Taylor, Cali	W12	Fishguard	NT	___
5	Slowgrove, Toby	M11	Haverfordwes	NT	___
6	Harding, Maisie	W11	Fishguard	NT	___
7	Noble, Reuben	M11	Haverfordwes	NT	___

## Heat 6 of 18 Finals

2	Smith, Caelan	M13	Haverfordwes	NT	___
3	Hearne, Logan	M8	PembrokeDist	1:32.11	___
4	Cutting, Beatrice	W8	Haverfordwes	1:19.75	___
5	Price, Riley	M9	PembrokeDist	1:21.22	___
6	Iddon, Steph	W15	Tenby	NT	___
7	Clifford, Hannah	W13	PembrokeDist	NT	___

## Heat 7 of 18 Finals

2	Murphy, Ifan	M9	Haverfordwes	1:15.03	___
3	Scott, Georgia	W11	Fishguard	1:12.58	___
4	Piotrowska, Julia	W12	Fishguard	1:08.38	___
5	Hounsell, Isla	W11	PembrokeDist	1:08.50	___
6	Barn, Freya	W11	Milford Havn	1:13.77	___
7	Harvey, Olivia	W8	PembrokeDist	1:18.72	___

## Heat 8 of 18 Finals

2	Davies, Morgan	M8	Tenby	1:07.88	___
3	Lake, Freddie	M11	Haverfordwes	1:05.98	___
4	Evans, Gwenllian	W9	Fishguard	1:03.25	___
5	Bowen, Cai	M11	Fishguard	1:04.36	___
6	Treinis, Lucian	M9	PembrokeDist	1:06.98	___
7	Shelmerdine, Holly	W9	PembrokeDist	1:08.12	___

## Heat 9 of 18 Finals

2	Thomas, Angharad	W13	Fishguard	1:01.22	___
3	Morgan, Iolah	W9	PembrokeDist	1:01.07	___
4	Davies, Betsi	W11	Fishguard	59.64	___
5	Moseley, Emily	W13	PembrokeDist	1:00.49	___
6	Lammin, Alesha	W14	PembrokeDist	1:01.11	___
7	Mason, Ezmee	W10	Haverfordwes	1:02.79	___

## Heat 10 of 18 Finals

2	Thomas, Harry	M12	Haverfordwes	58.01	___
3	Griffiths, Isla	W10	Tenby	57.49	___
4	Leane, Megan	W11	Haverfordwes	57.00	___
5	Weston, Ben	M12	PembrokeDist	57.13	___
6	Backen, Frederick	M11	Fishguard	57.72	___
7	Phillips, Lucas	M12	Haverfordwes	59.23	___

## Heat 11 of 18 Finals

2	Henson, Jess	W10	Tenby	56.50	___
3	Crotty, Beau	M12	PembrokeDist	56.32	___
4	Shelmerdine, Cory	M13	PembrokeDist	54.69	___
5	Lloyd Roberts, Harry	M10	Milford Havn	55.99	___
6	Elcock, Freya	W13	Fishguard	56.35	___
7	Griffiths, Elizabeth	W11	Fishguard	56.92	___

## Heat 12 of 18 Finals

2	Knight, Tom	M12	Haverfordwes	54.40	___
3	Penfold, Robyn	W12	Fishguard	53.94	___
4	Dyde, Pheobe	W11	PembrokeDist	53.63	___
5	Davies, Tyler	M12	Milford Havn	53.86	___
6	Graham, Fallon	W11	Tenby	53.95	___
7	Monan, Sofia	W12	Tenby	54.42	___

## Heat 13 of 18 Finals

2	Doncaster, Lily S	W13	Haverfordwes	52.20	___
3	Rossiter Wargent, Mia	W10	Milford Havn	51.87	___
4	Penfold, Freya	W12	Fishguard	51.09	___
5	Patterson, Ollie	M13	Milford Havn	51.81	___
6	Kaill-Franks, Eira	W13	Fishguard	51.93	___
7	David, Emily	W12	Haverfordwes	53.25	___

## Heat 14 of 18 Finals

2	Howell, Sophie	W12	Haverfordwes	50.80	___
3	Peach, Henry	M13	Haverfordwes	48.30	___
4	Dash, Amelie	W11	Milford Havn	46.93	___
5	Peach, Olly	M13	Haverfordwes	47.90	___
6	Lewis, Callum	M14	Milford Havn	50.05	___
7	Kaill-Franks, Nia	W11	Fishguard	50.88	___

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 4 (Warmup 8.00 - 8.50)

**Heat 15 Finals (#403 Mixed 50 SC Meter Breaststroke)**

2	Dafydd, Mali	W13	Fishguard	45.29	___
3	Harris, Toby	M13	PembrokeDist	45.03	___
4	Koo, Kathryn	W14	Tenby	44.75	___
5	Gobbi, Roma	W14	Haverfordwes	44.97	___
6	John, Annabel	W13	PembrokeDist	45.26	___
7	Phillips, Ellie R	W16	Haverfordwes	46.61	___

**Heat 16 of 18 Finals**

2	Harris, Osian	M14	Fishguard	42.66	___
3	Stark, Tala	W13	Fishguard	41.94	___
4	Ostrowski, Julia	W14	PembrokeDist	41.41	___
5	Backen, Henry	M15	Fishguard	41.61	___
6	Hanna, Jazmine	W15	Haverfordwes	41.95	___
7	Peach, Eliza M	W15	Haverfordwes	43.54	___

**Heat 17 of 18 Finals**

2	Hall, Ethan	M13	Fishguard	40.63	___
3	Dafydd, Iola	W14	Fishguard	40.34	___
4	Lloyd-Roberts, Rhys	M16	Milford Havn	37.88	___
5	Mason, Alex	M31	Haverfordwes	38.00	___
6	Montague, Keira	W13	Haverfordwes	40.35	___
7	Miles, Megan	W15	Fishguard	40.99	___

**Heat 18 of 18 Finals**

2	John, Holly	W16	Haverfordwes	37.03	___
3	West, Zac	M17	Fishguard	33.98	___
4	Lewis, Matthew D	M38	Haverfordwes	32.80	___
5	Ardern, James	M16	Tenby	33.08	___
6	Belanger, Jayden	M16	Milford Havn	35.68	___
7	Mountain, Sophie	W36	Haverfordwes	37.11	___

**Event 404 Girls 13 & Under 200 SC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 3 Finals**

2	Haverfordwes	E	NT	___
3	Haverfordwes	D	NT	___
4	Fishguard	C	NT	___
5	Fishguard	D	NT	___
6	Fishguard	E	NT	___
7	Haverfordwes	F	NT	___

**Heat 2 of 3 Finals**

2	Haverfordwes	C	NT	___
3	Fishguard	B	NT	___
4	Milford Havn	B	NT	___
5	PembrokeDist	B	NT	___
	1) John, Rebekah 12		2) Moseley, Emily 13	
	3) Prevel, Tilly 10		4) Hounsell, Isla 11	
6	Tenby	B	NT	___
7	PembrokeDist	C	NT	___
	1) Shelmerdine, Holly 9		2) Dyde, Bethan 7	
	3) Harvey, Olivia 8		4) Dennison, Chloe 9	

**Heat 3 of 3 Finals**

2	Tenby	A	NT	___
3	PembrokeDist	A	NT	___
	1) Bruce, Keira 13		2) Dyde, Pheobe 11	
	3) Morgan, Iolah 9		4) John, Annabel 13	
4	Fishguard	A	NT	___
5	Haverfordwes	A	NT	___
6	Milford Havn	A	NT	___
7	Haverfordwes	B	NT	___

**Event 405 Girls 200 SC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

2				___
3	Haverfordwes	D	NT	___
4	Haverfordwes	B	NT	___
5	Haverfordwes	C	NT	___
6				___
7				___

**Heat 2 of 2 Finals**

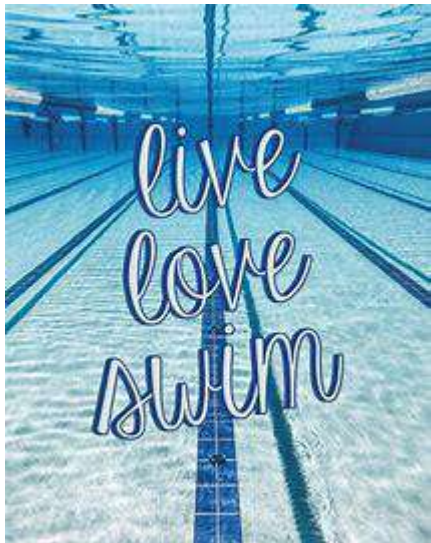
2	Fishguard	B	NT	___
3	Haverfordwes	A	NT	___
4	Tenby	A	NT	___
5	Fishguard	A	NT	___
6	PembrokeDist	A	NT	___
	1) Bruce, Skye 14		2) Moseley, Sophie 16	
	3) Rice, Lily 19		4) Ostrowski, Julia 14	
7				___





November 24<sup>th</sup>-26 – West Wales Regionals SC  
Champs  
December 2<sup>nd</sup> – Swim Wales Masters SC Champs  
December 10<sup>th</sup> Carmarthen Xmas Cracker  
December 15<sup>th</sup> – Swim Wales Winter Champs  
2024  
January 6<sup>th</sup> – 7<sup>th</sup> – RCT Open  
March 22<sup>nd</sup> -25<sup>th</sup> Swim Wales LC Champs

New Meet – PCS Invitational 2024 – June 22<sup>nd</sup> – 23<sup>rd</sup>  
More details to follow!



## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 5 (Warmup 11.45 - 12.35)

**Event 501 Mixed 11 & Over 400 SC Meter IM**

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

2				—
3	Thomas, Rhys	M12	Haverfordwes	NT
4	Hall, Ellena	W12	Fishguard	NT
5	John, Rebekah	W12	PembrokeDist	NT
6				—
7				—

**Heat 2 of 5 Finals**

2	Hall, Isabelle	W12	Fishguard	NT
3	Smith, Benjamin	M13	Haverfordwes	NT
4	Jones, Jack	M14	Tenby	NT
5	Thompson, Freya	W13	Haverfordwes	NT
6	Blyth, Isobelle	W13	Haverfordwes	NT
7				—

**Heat 3 of 5 Finals**

2	Scott, Andrew	M17	Fishguard	NT
3	Dyde, Pheobe	W11	PembrokeDist	7:50.18
4	Clissold, Bronwyn	W15	Tenby	6:27.64
5	Mason, Phoebe	W13	Haverfordwes	7:22.31
6	Clissold, Elizabeth	W17	Tenby	NT
7	Davies, Gethin	M14	Milford Havn	NT

**Heat 4 of 5 Finals**

2	Morgan, Ben	M13	PembrokeDist	6:16.06
3	Silverstone, Solomon	M13	Haverfordwes	6:01.81
4	Galdes-Cutting, Daisy	W12	Haverfordwes	5:57.30
5	Koo, Kathryn	W14	Tenby	6:00.48
6	Dash, Amelie	W11	Milford Havn	6:11.70
7	Stark, Tala	W13	Fishguard	6:23.40

**Heat 5 of 5 Finals**

2	Nichols, Grace	W13	Haverfordwes	5:30.40
3	Bennett, Finley	M14	Haverfordwes	5:15.60
4	Montague, Mason	M15	Haverfordwes	4:57.47
5	West, Dexter	M14	Fishguard	5:09.85
6	Fletcher, Owen	M16	Haverfordwes	5:16.35
7	Griffiths, Cerys	W13	Haverfordwes	5:35.90

**Event 502 Mixed 100 SC Meter Backstroke**

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

2	Davies, Morgan	M8	Tenby	NT
3	Cutting, Beatrice	W8	Haverfordwes	NT
4	Morgan, Iolah	W9	PembrokeDist	NT
5	Treinis, Lucian	M9	PembrokeDist	NT
6	Hearne, Logan	M8	PembrokeDist	NT
7				—

**Heat 2 of 14 Finals**

2	Evans, Wolfgang	M9	PembrokeDist	NT
3	Phillips, Isabelle	W10	Haverfordwes	NT
4	Monan, Euan	M10	Tenby	NT
5	Curtis, Carly	W10	Milford Havn	NT
6	Murphy, Ifan	M9	Haverfordwes	NT
7	Bool, Iolo	M9	Haverfordwes	NT

**Heat 3 of 14 Finals**

2	Powell, Nina	W10	Fishguard	NT
3	Mason, Ezmee	W10	Haverfordwes	NT
4	Scott, Georgia	W11	Fishguard	NT
5	David, Ioan	M11	Haverfordwes	NT
6	Griffiths, Isla	W10	Tenby	NT
7	Lewis, Evie	W10	Haverfordwes	NT

**Heat 4 of 14 Finals**

2	Slowgrove, Toby	M11	Haverfordwes	NT
3	Barn, Freya	W11	Milford Havn	NT
4	Lake, Freddie	M11	Haverfordwes	NT
5	Smith, Jacob	M11	Haverfordwes	NT
6	Rudder, Frankie	M11	Haverfordwes	NT
7	Oliver, Freya	W11	Haverfordwes	NT

**Heat 5 of 14 Finals**

2	Thomas, Harry	M12	Haverfordwes	NT
3	David, Emily	W12	Haverfordwes	2:02.14
4	George, Kieran	M12	Milford Havn	1:59.07
5	Arnold, Olivia	W9	Milford Havn	2:00.07
6	Prevel, Sebastian	M12	PembrokeDist	NT
7	Titley, Lola	W11	Milford Havn	NT

**Heat 6 of 14 Finals**

2	Williams, Evie	W10	Milford Havn	1:52.96
3	Griffiths, Scarlet	W11	Haverfordwes	1:50.38
4	Thomas, Angharad	W13	Fishguard	1:49.33
5	Dyde, Pheobe	W11	PembrokeDist	1:49.74
6	Lewis, Roisin	W11	Haverfordwes	1:51.40
7	Weston, Ben	M12	PembrokeDist	1:57.17

**Heat 7 of 14 Finals**

2	Thomas, Tristan	M12	Milford Havn	1:44.48
3	Patterson, Ollie	M13	Milford Havn	1:43.60
4	Williams, Ffion	W13	Milford Havn	1:42.01
5	Graham, Fallon	W11	Tenby	1:42.91
6	Knight, Tom	M12	Haverfordwes	1:44.45
7	Henson, Jess	W10	Tenby	1:44.87

**Heat 8 of 14 Finals**

2	Knight, Cerys	W14	Haverfordwes	1:38.84
3	Cooper, Daisy	W12	Fishguard	1:37.31
4	Noden, Rory	M11	Milford Havn	1:36.72
5	Kenny, Jemima	W12	Milford Havn	1:37.22
6	Davies, Tyler	M12	Milford Havn	1:37.48
7	Doncaster, Lily S	W13	Haverfordwes	1:41.89

**Heat 9 of 14 Finals**

2	Lewis, Callum	M14	Milford Havn	1:35.62
3	Davies, Elizabeth	W10	Tenby	1:32.02
4	Peach, Eliza M	W15	Haverfordwes	1:29.51
5	Hanna, Shelby	W14	Haverfordwes	1:29.55
6	Griffiths, Ffion	W12	Tenby	1:33.52
7	Mills, Molly	W14	Haverfordwes	1:36.32

**Heat 10 of 14 Finals**

2	Ostrowski, Julia	W14	PembrokeDist	1:27.49
3	Moseley, Sophie	W16	PembrokeDist	1:26.31
4	Green, Matilda	W14	Haverfordwes	1:25.18
5	Griffiths, Amelia	W12	Fishguard	1:25.43
6	Bruce, Keira	W13	PembrokeDist	1:26.38
7	McFarlane, Una	W12	Milford Havn	1:29.10



## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 5 (Warmup 11.45 - 12.35)

**Heat 11 Finals (#502 Mixed 100 SC Meter Backstroke)**

2	Morgan, Lily	W12	Tenby	1:24.60	___
3	Thompson, Freya	W13	Haverfordwes	1:23.20	___
4	Montague, Keira	W13	Haverfordwes	1:22.55	___
5	Rice, Lily	W19	PembrokeDist	1:23.03	___
6	Beynon, Chloe	W16	Fishguard	1:23.26	___
7	Morgan, Ben	M13	PembrokeDist	1:24.87	___

**Heat 12 of 14 Finals**

2	Clissold, Bronwyn	W15	Tenby	1:21.50	___
3	Harwood, Jack	M12	Haverfordwes	1:19.10	___
4	Kovachev, Georgie	W16	Fishguard	1:18.40	___
5	Dash, Amelie	W11	Milford Havn	1:18.63	___
6	Miles, Megan	W15	Fishguard	1:19.48	___
7	Galdes-Cutting, Daisy	W12	Haverfordwes	1:22.13	___

**Heat 13 of 14 Finals**

2	Bruce, Skye	W14	PembrokeDist	1:17.60	___
3	Devonald, Niamh	W15	Haverfordwes	1:17.00	___
4	Webb, Saskia	W16	Haverfordwes	1:14.19	___
5	Harris, Osian	M14	Fishguard	1:16.74	___
6	Hanna, Jazmine	W15	Haverfordwes	1:17.24	___
7	Arnold, Lily	W15	Milford Havn	1:17.85	___

**Heat 14 of 14 Finals**

2	Thomas, Rhian	W15	Haverfordwes	1:10.10	___
3	Montague, Mason	M15	Haverfordwes	1:02.90	___
4	Montgomery, Samuel	M15	Haverfordwes	1:01.34	___
5	West, Zac	M17	Fishguard	1:01.55	___
6	Nichols, Grace	W13	Haverfordwes	1:06.27	___
7	Clapham, Rhiannon m	W18	Fishguard	1:13.12	___

**Event 503 Mixed 200 SC Meter Breaststroke**

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

2					___
3	Powell, Nina	W10	Fishguard	NT	___
4	Davies, Elizabeth	W10	Tenby	NT	___
5	Prevel, Tilly	W10	PembrokeDist	NT	___
6					___
7					___

**Heat 2 of 8 Finals**

2	Griffiths, Isla	W10	Tenby	NT	___
3	Monan, Euan	M10	Tenby	NT	___
4	Noden, Rory	M11	Milford Havn	NT	___
5	Leane, Megan	W11	Haverfordwes	NT	___
6	Rossiter Wargent, Mia	W10	Milford Havn	NT	___
7					___

**Heat 3 of 8 Finals**

2	McFarlane, Una	W12	Milford Havn	NT	___
3	George, Kieran	M12	Milford Havn	NT	___
4	Griffiths, Ffion	W12	Tenby	NT	___
5	Weston, Ben	M12	PembrokeDist	NT	___
6	David, Emily	W12	Haverfordwes	NT	___
7	Lewis, Roisin	W11	Haverfordwes	NT	___

**Heat 4 of 8 Finals**

2	Francis, Emily-Rose	W13	Haverfordwes	NT	___
3	Peach, Henry	M13	Haverfordwes	NT	___
4	Ardern, James	M16	Tenby	NT	___
5	Griffiths, Evan	M14	Haverfordwes	NT	___
6	Kaill-Franks, Eira	W13	Fishguard	NT	___
7	Peach, Olly	M13	Haverfordwes	NT	___

**Heat 5 of 8 Finals**

2	Lewis, Evie	W10	Haverfordwes	4:23.55	___
3	Henson, Jess	W10	Tenby	4:21.82	___
4	Knight, Cerys	W14	Haverfordwes	4:09.74	___
5	Howell, Sophie	W12	Haverfordwes	4:21.60	___
6	Crotty, Beau	M12	PembrokeDist	4:22.22	___
7	Morgan, Iolah	W9	PembrokeDist	4:48.66	___

**Heat 6 of 8 Finals**

2	Smith, Jacob	M11	Haverfordwes	3:44.68	___
3	Ostrowski, Julia	W14	PembrokeDist	3:28.40	___
4	Beynon, Chloe	W16	Fishguard	3:25.63	___
5	Murphy, Alys	W14	Haverfordwes	3:26.36	___
6	Dafydd, Iola	W14	Fishguard	3:32.26	___
7	Blyth, Isobelle	W13	Haverfordwes	3:47.15	___

**Heat 7 of 8 Finals**

2	Hall, Ethan	M13	Fishguard	3:22.24	___
3	Griffiths, Cerys	W13	Haverfordwes	3:20.47	___
4	Miles, Megan	W15	Fishguard	3:17.20	___
5	Montague, Keira	W13	Haverfordwes	3:17.40	___
6	Harris, Osian	M14	Fishguard	3:21.08	___
7	Peach, Eliza M	W15	Haverfordwes	3:23.78	___

**Heat 8 of 8 Finals**

2	Belanger, Jayden	M16	Milford Havn	3:05.37	___
3	Silverstone, Solomon	M13	Haverfordwes	3:02.00	___
4	Bennett, Finley	M14	Haverfordwes	2:37.10	___
5	White, Eleanor R	W17	Haverfordwes	2:57.66	___
6	Thomas, Grace	W16	Milford Havn	3:04.37	___
7	Stark, Tala	W13	Fishguard	3:11.37	___

**Event 504 Boys 13 & Under 200 SC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

2				___	
3	Haverfordwes	D		NT	___
4	Haverfordwes	B		NT	___
5	Haverfordwes	C		NT	___
6					___
7					___

**Heat 2 of 2 Finals**

2	Tenby	A		NT	___
3	PembrokeDist	A		NT	___
	1) Evans, Wolfgang 9		2) Weston, Ben 12		
	3) Shelmerdine, Cory 13		4) Morgan, Ben 13		
4	Milford Havn	A		NT	___
5	Haverfordwes	A		NT	___
6	Fishguard	A		NT	___
7	PembrokeDist	B		NT	___
	1) Treinis, Lucian 9		2) Hearne, Logan 8		
	3) Crotty, Beau 12		4) Prevel, Sebastian 12		

**Event 505 Boys 200 SC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
------	------	-------	-----------

**Heat 1 of 1 Finals**

2				___	
3	Milford Havn	A		NT	___
4	Fishguard	A		NT	___
5	Haverfordwes	A		NT	___
6	Haverfordwes	B		NT	___
7					___

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## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 6 (Warmup 3.00 - 3.50)

**Event 601 Girls 50 SC Meter Freestyle (Skins)**

Name	Age	Team	Seed Time
--- No entries for event			

**Event 602 Boys 50 SC Meter Freestyle (Skins)**

Name	Age	Team	Seed Time
--- No entries for event			

**Event 603 Mixed 200 SC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Finals**

2				___
3	Henson, Jess	W10	Tenby	NT ___
4	Powell, Nina	W10	Fishguard	NT ___
5	Phillips, Isabelle	W10	Haverfordwes	NT ___
6				___
7				___

**Heat 2 of 9 Finals**

2	Davies, Elizabeth	W10	Tenby	NT ___
3	Lewis, Roisin	W11	Haverfordwes	NT ___
4	Leane, Megan	W11	Haverfordwes	NT ___
5	Smith, Jacob	M11	Haverfordwes	NT ___
6	Williams, Evie	W10	Milford Havn	NT ___
7				___

**Heat 3 of 9 Finals**

2	Thomas, Tristan	M12	Milford Havn	NT ___
3	Morgan, Lily	W12	Tenby	NT ___
4	Davies, Gethin	M14	Milford Havn	NT ___
5	Mason, Phoebe	W13	Haverfordwes	NT ___
6	Griffiths, Ffion	W12	Tenby	NT ___
7	Weston, Ben	M12	PembrokeDist	NT ___

**Heat 4 of 9 Finals**

2	Morgan, Iolah	W9	PembrokeDist	3:57.51 ___
3	Murphy, Alys	W14	Haverfordwes	3:35.80 ___
4	Kenny, Jemima	W12	Milford Havn	3:32.02 ___
5	Hall, Ellena	W12	Fishguard	3:32.67 ___
6	Doncaster, Lily S	W13	Haverfordwes	3:46.61 ___
7	George, Kieran	M12	Milford Havn	4:09.59 ___

**Heat 5 of 9 Finals**

2	Noden, Rory	M11	Milford Havn	3:24.38 ___
3	Thomas, Rhys	M12	Haverfordwes	3:20.99 ___
4	Blyth, Isobelle	W13	Haverfordwes	3:11.57 ___
5	McFarlane, Una	W12	Milford Havn	3:18.94 ___
6	Hall, Isabelle	W12	Fishguard	3:21.92 ___
7	Knight, Cerys	W14	Haverfordwes	3:29.93 ___

**Heat 6 of 9 Finals**

2	Moseley, Sophie	W16	PembrokeDist	3:06.07 ___
3	Smith, Benjamin	M13	Haverfordwes	3:02.25 ___
4	Koo, Kathryn	W14	Tenby	2:54.81 ___
5	Thompson, Freya	W13	Haverfordwes	2:55.80 ___
6	Griffiths, Amelia	W12	Fishguard	3:04.92 ___
7	Harwood, Jack	M12	Haverfordwes	3:06.94 ___

**Heat 7 of 9 Finals**

2	Harris, Osian	M14	Fishguard	2:54.60 ___
3	Rice, Lily	W19	PembrokeDist	2:53.78 ___
4	Fletcher, Owen	M16	Haverfordwes	2:49.81 ___
5	Jones, Jack	M14	Tenby	2:51.66 ___
6	Miles, Megan	W15	Fishguard	2:53.94 ___
7	Bruce, Keira	W13	PembrokeDist	2:54.80 ___

**Heat 8 of 9 Finals**

2	Clissold, Elizabeth	W17	Tenby	2:48.60 ___
3	Arnold, Lily	W15	Milford Havn	2:47.75 ___
4	Webb, Saskia	W16	Haverfordwes	2:38.58 ___
5	Dash, Amelie	W11	Milford Havn	2:45.49 ___
6	Bruce, Skye	W14	PembrokeDist	2:48.33 ___
7	Galdes-Cutting, Daisy	W12	Haverfordwes	2:49.20 ___

**Heat 9 of 9 Finals**

2	Thomas, Rhian	W15	Haverfordwes	2:30.90 ___
3	West, Dexter	M14	Fishguard	2:23.76 ___
4	Montgomery, Samuel	M15	Haverfordwes	2:13.78 ___
5	Montague, Mason	M15	Haverfordwes	2:21.10 ___
6	Nichols, Grace	W13	Haverfordwes	2:24.91 ___
7	Griffiths, Cerys	W13	Haverfordwes	2:37.95 ___

**Event 604 Mixed 50 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 29 Finals**

2	Dyde, Bethan	W7	PembrokeDist	NT ___
3	Weston, Zac	M9	PembrokeDist	NT ___
4	Green, Freya	W9	Haverfordwes	NT ___
5	Bowen, Cerys	W9	Fishguard	NT ___
6	Monan, Hazel	W8	Tenby	NT ___
7				___

**Heat 2 of 29 Finals**

2	Duckett, Frankie	M9	Tenby	NT ___
3	Prevel, Vinnie	M9	PembrokeDist	NT ___
4	Shelmerdine, Holly	W9	PembrokeDist	NT ___
5	Evans, William	W9	Fishguard	NT ___
6	McFarlane, Mali	W9	Milford Havn	NT ___
7	Dadswell, Harry	M9	Haverfordwes	NT ___

**Heat 3 of 29 Finals**

2	Jarrold, Tilly	W9	PembrokeDist	NT ___
3	Hawkins, Charlotte	W10	Haverfordwes	NT ___
4	Francis, Mia	W10	Haverfordwes	NT ___
5	Coates, Betsy	W10	Haverfordwes	NT ___
6	Cooper, Millie	W10	Fishguard	NT ___
7	Bool, Iolo	M9	Haverfordwes	NT ___

**Heat 4 of 29 Finals**

2	Lamb, Joe	M10	Fishguard	NT ___
3	Moore, Hari	M11	Fishguard	NT ___
4	Jesson, Takeo	M11	Tenby	NT ___
5	Oliver, Freya	W11	Haverfordwes	NT ___
6	Dashfield, Olivia	W10	Tenby	NT ___
7	Monan, Euan	M10	Tenby	NT ___

**Heat 5 of 29 Finals**

2	Noble, Reuben	M11	Haverfordwes	NT ___
3	Harding, Maisie	W11	Fishguard	NT ___
4	Fogerty, Oliver	M11	Fishguard	NT ___
5	Parsons, Reuben	M11	Fishguard	NT ___
6	Dennison, Evie	W11	Milford Havn	NT ___
7	Rudder, Frankie	M11	Haverfordwes	NT ___

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 6 (Warmup 3.00 - 3.50)

## Heat 6 Finals (#604 Mixed 50 SC Meter Freestyle)

2	Lamb, Billy	M12	Fishguard	NT	___
3	Iddon, Steph	W15	Tenby	NT	___
4	Nash, Sylvia	W9	Haverfordwes	1:02.30	___
5	Dennison, Chloe	W9	PembrokeDist	1:12.20	___
6	Smith, Caelan	M13	Haverfordwes	NT	___
7	Phillips, Gethin	M12	Haverfordwes	NT	___

## Heat 7 of 29 Finals

2	Scott, Georgia	W11	Fishguard	56.66	___
3	Hounsell, Isla	W11	PembrokeDist	56.00	___
4	Curtis, Carly	W10	Milford Havn	54.88	___
5	Harvey, Olivia	W8	PembrokeDist	55.65	___
6	Murphy, Ifan	M9	Haverfordwes	56.58	___
7	Cutting, Beatrice	W8	Haverfordwes	59.37	___

## Heat 8 of 29 Finals

2	Hearne, Logan	M8	PembrokeDist	53.20	___
3	Griffiths, Lilia-Rose	W10	Fishguard	51.64	___
4	Phillips, Isabella	W10	Haverfordwes	51.06	___
5	Lloyd Roberts, Harry	M10	Milford Havn	51.11	___
6	Crotty, Beau	M12	PembrokeDist	51.96	___
7	Price, Riley	M9	PembrokeDist	54.85	___

## Heat 9 of 29 Finals

2	Davies, Morgan	M8	Tenby	49.65	___
3	Couzens, Sibylla	W12	Fishguard	48.97	___
4	Lake, Freddie	M11	Haverfordwes	47.70	___
5	Thomas, Harry	M12	Haverfordwes	48.38	___
6	Phillips, Lucas	M12	Haverfordwes	49.00	___
7	Barn, Freya	W11	Milford Havn	50.58	___

## Heat 10 of 29 Finals

2	Penfold, Robyn	W12	Fishguard	46.84	___
3	David, Ioan	M11	Haverfordwes	46.62	___
4	Rossiter Wargent, Mia	W10	Milford Havn	45.10	___
5	Arnold, Olivia	W9	Milford Havn	45.22	___
6	Davies, Betsi	W11	Fishguard	46.76	___
7	Treinis, Lucian	M9	PembrokeDist	47.29	___

## Heat 11 of 29 Finals

2	Lammin, Alesha	W14	PembrokeDist	44.52	___
3	Titley, Lola	W11	Milford Havn	44.02	___
4	Leane, Megan	W11	Haverfordwes	43.50	___
5	Williams, Evie	W10	Milford Havn	43.84	___
6	Backen, Frederick	M11	Fishguard	44.36	___
7	Kaill-Franks, Eira	W13	Fishguard	44.91	___

## Heat 12 of 29 Finals

2	Griffiths, Isla	W10	Tenby	43.08	___
3	Mason, Ezmee	W10	Haverfordwes	42.70	___
4	Penfold, Freya	W12	Fishguard	42.57	___
5	Weston, Ben	M12	PembrokeDist	42.61	___
6	Lloyd-Taylor, Cali	W12	Fishguard	42.73	___
7	David, Emily	W12	Haverfordwes	43.10	___

## Heat 13 of 29 Finals

2	Bowen, Cai	M11	Fishguard	41.99	___
3	Thomas, Tristan	M12	Milford Havn	41.78	___
4	Griffiths, Elizabeth	W11	Fishguard	40.65	___
5	Howell, Sophie	W12	Haverfordwes	40.73	___
6	Moseley, Emily	W13	PembrokeDist	41.99	___
7	Morgan, Iolah	W9	PembrokeDist	42.32	___

## Heat 14 of 29 Finals

2	Evans, Wolfgang	M9	PembrokeDist	40.33	___
3	Williams, Ffion	W13	Milford Havn	39.88	___
4	Doncaster, Lily S	W13	Haverfordwes	39.20	___
5	Henson, Jess	W10	Tenby	39.73	___
6	Clifford, Hannah	W13	PembrokeDist	40.20	___
7	Thomas, Angharad	W13	Fishguard	40.52	___

## Heat 15 of 29 Finals

2	Dyde, Pheobe	W11	PembrokeDist	38.89	___
3	Elcock, Freya	W13	Fishguard	38.13	___
4	Gobbi, Roma	W14	Haverfordwes	37.59	___
5	Patterson, Ollie	M13	Milford Havn	38.07	___
6	Kenny, Jemima	W12	Milford Havn	38.20	___
7	Shelmerdine, Cory	M13	PembrokeDist	38.89	___

## Heat 16 of 29 Finals

2	Graham, Fallon	W11	Tenby	37.36	___
3	Kaill-Franks, Nia	W11	Fishguard	37.30	___
4	Cooper, Daisy	W12	Fishguard	37.05	___
5	Davies, Tyler	M12	Milford Havn	37.07	___
6	Mills, Molly	W14	Haverfordwes	37.31	___
7	Noden, Rory	M11	Milford Havn	37.56	___

## Heat 17 of 29 Finals

2	Davies, Elizabeth	W10	Tenby	36.81	___
3	McFarlane, Una	W12	Milford Havn	36.71	___
4	Hall, Isabelle	W12	Fishguard	36.41	___
5	Griffiths, Ffion	W12	Tenby	36.61	___
6	Peach, Henry	M13	Haverfordwes	36.74	___
7	Lewis, Evie	W10	Haverfordwes	37.00	___

## Heat 18 of 29 Finals

2	Moseley, Sophie	W16	PembrokeDist	35.63	___
3	Hanna, Shelby	W14	Haverfordwes	35.08	___
4	Green, Ellie	W15	Haverfordwes	34.90	___
5	Harwood, Jack	M12	Haverfordwes	35.00	___
6	Rice, Lily	W19	PembrokeDist	35.14	___
7	Dafydd, Iola	W14	Fishguard	35.75	___

## Heat 19 of 29 Finals

2	Knight, Cerys	W14	Haverfordwes	34.70	___
3	Bruce, Keira	W13	PembrokeDist	34.37	___
4	Smith, Jacob	M11	Haverfordwes	34.30	___
5	Hall, Ethan	M13	Fishguard	34.31	___
6	Dafydd, Mali	W13	Fishguard	34.52	___
7	Lewis, Callum	M14	Milford Havn	34.74	___

## Heat 20 of 29 Finals

2	Murphy, Alys	W14	Haverfordwes	34.10	___
3	Stark, Tala	W13	Fishguard	33.42	___
4	Peach, Eliza M	W15	Haverfordwes	32.95	___
5	Mason, Phoebe	W13	Haverfordwes	33.40	___
6	David, Katie	W16	Haverfordwes	33.64	___
7	Hall, Ellena	W12	Fishguard	34.26	___

## Heat 21 of 29 Finals

2	Jones, Jack	M14	Tenby	32.80	___
3	Griffiths, Amelia	W12	Fishguard	32.67	___
4	Thomas, Rhys	M12	Haverfordwes	32.40	___
5	Goddard, Evie E	W16	Haverfordwes	32.50	___
6	Bruce, Skye	W14	PembrokeDist	32.74	___
7	Thompson, Freya	W13	Haverfordwes	32.90	___

## Pembrokeshire County Championships 2023 - 21/10/2023 to 22/10/2023

Sanction #: 3WL231394

## Meet Program - Session 6 (Warmup 3.00 - 3.50)

**Heat 22 Finals (#604 Mixed 50 SC Meter Freestyle)**

2	Morgan, Ben	M13	PembrokeDist	32.21	___
3	Thomas, Rhian	W15	Haverfordwes	31.90	___
4	Beynon, Chloe	W16	Fishguard	31.87	___
5	Smith, Benjamin	M13	Haverfordwes	31.90	___
6	John, Annabel	W13	PembrokeDist	31.92	___
7	Dash, Amelie	W11	Milford Havn	32.21	___

**Heat 23 of 29 Finals**

2	Morgan, Lily	W12	Tenby	31.50	___
3	Montague, Keira	W13	Haverfordwes	31.40	___
4	Green, Matilda	W14	Haverfordwes	30.80	___
5	Allen, April	W25	Haverfordwes	31.10	___
6	Miles, Megan	W15	Fishguard	31.40	___
7	Phillips, Ellie R	W16	Haverfordwes	31.54	___

**Heat 24 of 29 Finals**

2	Thomas, Grace	W16	Milford Havn	30.53	___
3	Davies, Gethin	M14	Milford Havn	30.44	___
4	Kovachev, Georgie	W16	Fishguard	30.33	___
5	Goddard, Harrison J	M19	Haverfordwes	30.40	___
6	Clissold, Bronwyn	W15	Tenby	30.50	___
7	Ostrowski, Julia	W14	PembrokeDist	30.72	___

**Heat 25 of 29 Finals**

2	Scott, Andrew	M17	Fishguard	30.08	___
3	Devonald, Niamh	W15	Haverfordwes	29.80	___
4	Arnold, Lily	W15	Milford Havn	29.67	___
5	Koo, Kathryn	W14	Tenby	29.78	___
6	Hanna, Jazmine	W15	Haverfordwes	29.90	___
7	Webb, Saskia	W16	Haverfordwes	30.20	___

**Heat 26 of 29 Finals**

2	Harris, Osian	M14	Fishguard	29.47	___
3	David, Tom	M17	Haverfordwes	29.41	___
4	Mason, Alex	M31	Haverfordwes	29.00	___
5	Bruce, Finley	M16	Tenby	29.32	___
6	Backen, Henry	M15	Fishguard	29.47	___
7	Galdes-Cutting, Daisy	W12	Haverfordwes	29.50	___

**Heat 27 of 29 Finals**

2	Harding, Lucy	W21	Haverfordwes	28.80	___
3	Bennett, Finley	M14	Haverfordwes	28.60	___
4	Morgan, Jack	M16	PembrokeDist	28.40	___
5	Clissold, Elizabeth	W17	Tenby	28.60	___
6	Clapham, Rhiannon m	W18	Fishguard	28.71	___
7	John, Holly	W16	Haverfordwes	28.80	___

**Heat 28 of 29 Finals**

2	Griffiths, Cerys	W13	Haverfordwes	28.20	___
3	Nichols, Grace	W13	Haverfordwes	28.00	___
4	Fletcher, Owen	M16	Haverfordwes	27.38	___
5	White, Eleanor R	W17	Haverfordwes	27.90	___
6	Belanger, Jayden	M16	Milford Havn	28.12	___
7	West, Dexter	M14	Fishguard	28.24	___

**Heat 29 of 29 Finals**

2	Montague, Mason	M15	Haverfordwes	26.75	___
3	Silverstone, Solomon	M13	Haverfordwes	26.20	___
4	Montgomery, Samuel	M15	Haverfordwes	25.50	___
5	Ardern, James	M16	Tenby	25.58	___
6	West, Zac	M17	Fishguard	26.65	___
7	Lloyd-Roberts, Rhys	M16	Milford Havn	27.19	___

**Event 605 Mixed 13 & Under 200 SC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 4 Finals**

2			___
3	Haverfordwes	H	NT
4	Haverfordwes	F	NT
5	Haverfordwes	G	NT
6			___
7			___

**Heat 2 of 4 Finals**

2	PembrokeDist	D	NT
	1) Crotty, Beau M12		2) Dyde, Bethan W7
	3) Price, Riley M9		4) Harvey, Olivia W8
3	Fishguard	D	NT
4	Haverfordwes	C	NT
5	PembrokeDist	C	NT
	1) Treinis, Lucian M9		2) Morgan, Iolah W9
	3) Moseley, Emily W13		4) Hearne, Logan M8
6	Haverfordwes	D	NT
7	Haverfordwes	E	NT

**Heat 3 of 4 Finals**

2	Tenby	C	NT
3	Haverfordwes	B	NT
4	Milford Havn	B	NT
5	Tenby	B	NT
6	PembrokeDist	B	NT
	1) Weston, Ben M12		2) Dyde, Pheobe W11
	3) Evans, Wolfgang M9		4) John, Annabel W13
7	Fishguard	C	NT

**Heat 4 of 4 Finals**

2	Tenby	A	NT
3	Fishguard	A	NT
4	Milford Havn	A	NT
5	Haverfordwes	A	NT
6	PembrokeDist	A	NT
	1) Bruce, Keira W13		2) Shelmerdine, Cory M13
	3) Clifford, Hannah W13		4) Morgan, Ben M13
7	Fishguard	B	NT

**Event 606 Mixed 200 SC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
------	------	-------	-----------

**Heat 1 of 2 Finals**

2	Haverfordwes	D	NT
3	Fishguard	C	NT
4	Haverfordwes	B	NT
5	Tenby	B	NT
6	Haverfordwes	C	NT
7			___

**Heat 2 of 2 Finals**

2	Milford Havn	A	NT
3	Fishguard	A	NT
4	Haverfordwes	A	NT
5	Tenby	A	NT
6	PembrokeDist	A	NT
	1) Rice, Lily W19		2) Ostrowski, Julia W14
	3) Morgan, Jack M16		4) Thomas, Daniel J M26
7	Fishguard	B	NT

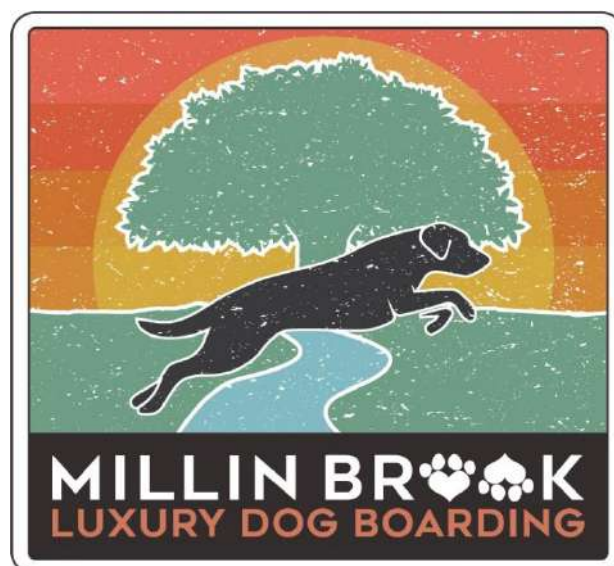
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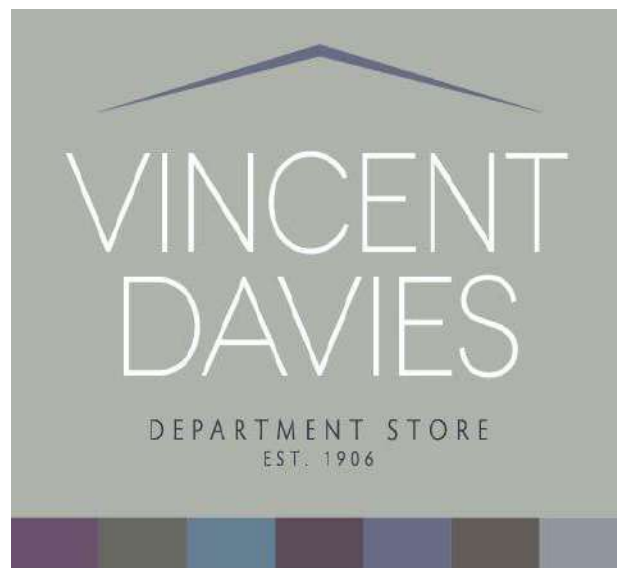
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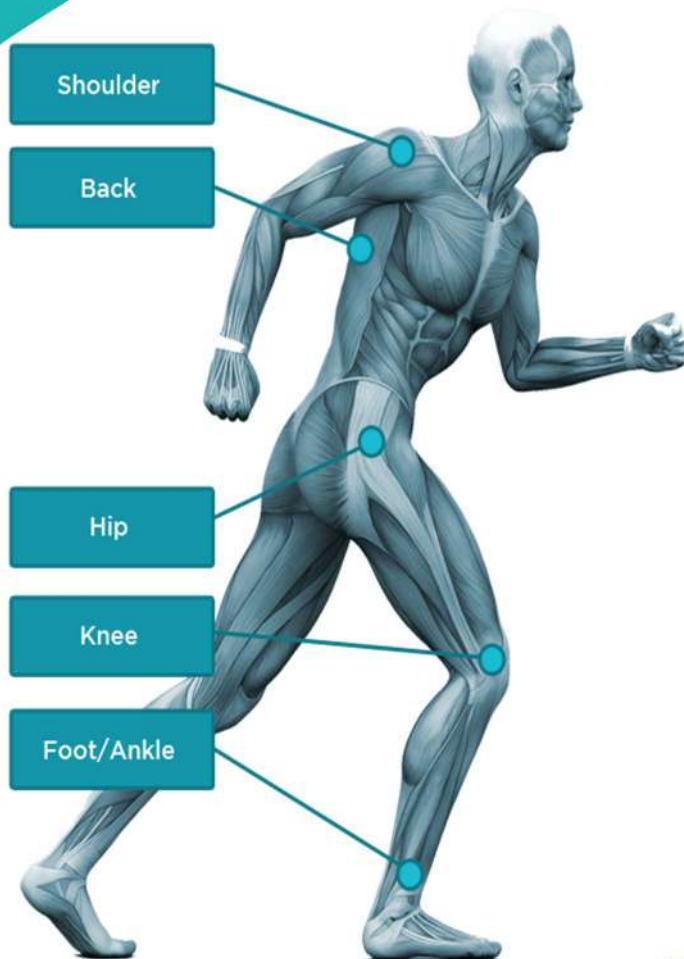




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