Surf Life Saving Association of Wales
Stillwater Championships

Aggregate Total 2023

	Club	Youth	Seniors	Masters	Total
1	Sker and Pink Bay	50	30	50	130
2	Pen y Bont	38	34	45	117
3	RASCALS	45	41	26	112
4	Blyth Lifesaving Club	36	32	41	109
5	Crawley Town LC	24	50	28	102
5	Vale SLSC	28	36	38	102
6	Rest Bay	32	26	32	90
7	Llantwit Major	41	18	30	89
8	Rhoose	34	28	20	82
9	Langland Bay	26	16	36	78
10	Gyllyngvase	30	38		68
11	Beacon LSC	16	45		61
12	Mumbles	14	8	34	56
13	North Worcester LSC	10	14	24	48
13	Poppit Sands	20	10	18	48
14	Aberavon		24	16	40
15	Heanor Swimming Club	18	20		38
16	South Worcestershire	12	12		24

Surf Life Saving Association of Wales Stillwater Championships

Masters Championships 2023

	Club	Manikin Relay	Manikin Carry	Manikin Carry with Fins	Manikin Tow with Fins	Rope Rescue	Rescue Medley	Medley Relay	Total
1	Sker and Pink Bay	937	97.5	131	139	152	80	119	823.5
2	Pen y Bont	559.5	75	103	136	137	96	97	768.5
3	Blyth Lifesaving Club	463	36	70	73	74	78	52	414.5
4	Vale SLSC	247.5	24	58	61	44	57	61	347
5	Langland Bay	234	21	54	60	71	19	82	346
6	Mumbles	69.5	40.5	52	41	39	30	43	263.5
7	Rest Bay	316	30	56	40	32	14	34	227
8	Llantwit Major	592	24	24	28	30	11	26	167
9	Crawley Town LC	193	0	76	36	11	20	20	163
10	RASCALS	627	0	28	30	34	0	14	106
11	North Worcester LSC	21	0	34	12	10	0	34	90
12	Rhoose	442	0	20	22	24	12	0	78
13	Poppit Sands	177	0	8	5	12	16	11	52
14	Aberavon		0	0	0	16	20	0	36
15									
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Surf Life Saving Association of Wales Stillwater Championships

Youth Championships 2023

	Club	Pool Lifesaver	Manikin Relay	Manikin Carry	Manikin Carry with Fins	Manikin Tow with Fins	Rope Rescue	Rescue Medley	Super Life Saver	Medley Relay	Total
1	Sker and Pink Bay	82.5	127.5	120	121	140	32	83	57	174	937
2	RASCALS	0	57	149	120	103	36	81	30	51	627
3	Llantwit Major	28.5	88.5	113	97	87	56	32	0	90	592
4	Pen y Bont	16.5	102	96	40	80	66	51	6	102	559.5
5	Blyth Lifesaving Club	18	36	81	88	70	58	55	24	33	463
6	Rhoose	21	43.5	62	94	94	11	24	34	58.5	442
7	Rest Bay	0	61.5	25	66	57	0	42	0	64.5	316
8	Gyllyngvase	27	21	51	44	38	28	34	37	21	301
9	Vale SLSC	0	18	49	57	76	14	17	0	16.5	247.5
10	Langland Bay	0	45	27	29	6	34	36	9	48	234
11	Crawley Town LC	0	0	46	49	18	14	48	18	0	193
12	Poppit Sands	10.5	45	21	15	18	0	19	17	31.5	177
13	Heanor Swimming Club	0	0	11	17	27	0	18	14	0	87
14	Beacon LSC	0	0	5	14	35	11	13	0	0	78
15	Mumbles	0	13.5	3	13	12	18	10	0	0	69.5
16	South Worcestershire	0	0	12	10	0	20	10	0	0	52
17	North Worcester LSC	0	0	2	2	0	0	10	7	0	21
18											
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Surf Life Saving Association of Wales Stillwater Championships

Open Championships 2023

	Club	Pool Lifesaver	Manikin Relay	Manikin Carry	Manikin Carry with Fins	Manikin Tow with Fins	Rope Rescue	Rescue Medley	Super Life Saver	Medley Relay	Total
1	Crawley Town LC	54	60	72	95	45	25	78	42	64.5	535.5
2	Beacon LSC	10.5	52.5	47	63	67	32	54	45	45	416
3	RASCALS	42	45	49	29	55	22	35	40	42	359
4	Gyllyngvase	0	30	50	46	49	14	45	56	30	320
5	Vale SLSC	30	42	37	31	39	2	31	26	45	283
6	Pen y Bont	30	36	12	10	12	35	10	19	40.5	204.5
7	Blyth Lifesaving Club	9	18	18	16	21	37	9	21	21	170
8	Sker and Pink Bay	27	36	0	0	,	0	0	5	46.5	114.5
9	Rhoose	13.5	27	0	0	2	35	0	8	19.5	105
10	Rest Bay	0	16.5	4	0	1	7	22	30	15	95.5
11	Aberavon	0	15	0	0	0	14	0	0	13.5	42.5
12	Heanor Swimming Club	3	9	0	0	0	11	3	0	10.5	36.5
13	Llantwit Major	0	15	0	0	0	15	0	0	4.5	34.5
14	Langland Bay	0	9	0	0	0	5	0	0	13.5	27.5
15	North Worcester LSC	0	7.5	0	0	0	18	0	0	0	25.5
16	South Worcestershire	0	0	9	0	0	0	4	0	0	13
17	Poppit Sands	0	3	0	0	0	0	0	0	3	6
18	Southerndown	0	0	0	2	0	0	0	0	0	2
19	Mumbles	0	0	0	0	0	0	1	0	0	1
20											
20											
20											

Welsh Stillwater Lifesaving Championships - 28/01/2023 to 29/01/2023

Results

Event 1 Girls 16-17 50 LC Meter Manikin Carry Individual

Record: 40.69 R 27/01/2018 Jessica Hancock

	Name	Age	Team	Finals Time
1	Watson, Heather	17	Rascals	40.94
2	Millar, Connie	16	Rhoose	42.43
3	Lopez, Amaia	17	Crawley	43.12
4	Hawkins, Maisy	17	Gyllyngvase	43.32
5	Stamp, Laylah	16	Vale Slsc	43.72
6	Lewis, Hollie	16	Pen y Bont	45.17
7	Roche, Lillian	17	Gyllyngvase	45.72
8	Hale, Gemma	16	Langland Bay	46.49
9	Brough, Ella	16	Rascals	46.97
10	Chayka, Sofia	17	Rest Bay	47.16
11	Thomas, Freya	16	Pen y Bont	48.36
12	Griffiths-cole, Carys	17	Sker	48.83
13	Carr, Lilly-May	17	Blyth	48.84
14	Daly, Kirsten	17	Sker	50.42
15	Davies, Rhian	16	Langland Bay	50.61
16	Lewis, Cara	16	Pen y Bont	51.50
17	Henderson, Nia	16	Langland Bay	55.22
18	Dodd, Neve	16	Langland Bay	55.33
19	Lott, Isabella	17	Rest Bay	55.58
20	Palmer, Ruby	16	Heanor	55.77
21	Crawley, Jessica	16	Rest Bay	56.71
22	Wiggins, Maisy	17	Llantwit Major	57.02
23	Marks, Abigail	16	North Worc	57.91
24	Scourfield, Ruby	16	Sker	58.07
25	Gardener, Louise	17	Pen y Bont	1:01.87
26	Stankovich, Sapphire	16	Poppit Sands	1:03.01
27	Davies, Daisy	17	Poppit Sands	1:03.50
28	Davies, Gracie	16	Sker	1:05.61
29	Newland, Molly	16	Poppit Sands	1:08.54

Event 2 Boys 16-17 50 LC Meter Manikin Carry Individual

Record: 34.41 R 27/01/2018 Jack Field

	Name	Age	Team	Finals Time
1	Williams, Cai	17	Sker	37.68
2	Morgan, Lewis	16	Sker	38.77
3	Rich, Tomas	17	Gyllyngvase	39.52
4	Davidson, Matthew	17	Sker	39.78
5	Grice, Robert	17	Rhoose	40.14
6	Middleton, Jacob	17	Heanor	40.58
7	Hyett, Ben	17	Pen y Bont	41.10
8	Graham, Lewis	17	Blyth	41.69
9	Froley, Iwan	16	Sker	43.75
10	Gilbert, Barney	16	Gyllyngvase	45.35
11	Davies, Elian	16	Llantwit Major	46.99
12	Harris, Rees	16	Llantwit Major	47.10
13	Murray, James	17	Pen y Bont	50.70
14	Thomas, Iwan	16	Pen y Bont	50.99
15	Stanway, Luke	16	North Worc	51.07
16	Nicholas, Beren	16	Mumbles	51.90
17	Chivers, Tomos	16	Mumbles	52.05
18	Caygill, Rhys	16	Poppit Sands	52.51
19	Grounds, Samuel	16	Langland Bay	56.15
20	Godsell, Dylan	16	Llantwit Major	57.22
21	Parkinson, Elias	16	Langland Bay	57.52
22	Kettleborough, Peter	16	Gyllyngvase	58.05
23	Nyom, Jack	16	Pen y Bont	1:03.63

Event 3 Girls 14-15 50 LC Meter Manikin Carry Individual

Record: 40.30 R 25/01/2020 Anya Hocking

	Name	Age	Team	Finals Time
1	Quinn, Elena	14	Rascals	43.39
2	Thomas, Josie	14	Llantwit Major	46.52
3	McDonagh, Emily	15	Llantwit Major	47.99
4	Pegrum, Martha	15	Llantwit Major	48.71
5	Bellamy, Penelope	14	Vale Slsc	50.52
6	Goodall, Evie	14	South Worc	50.64
7	Appleby, Skye	14	Blyth	51.25
8	Cope, Aydrian	14	Rascals	52.54
9	Clark, Grace	14	Rascals	52.89
10	Durrant, Annabel	15	Llantwit Major	53.29
11	Merrett, Imogen	15	Pen y Bont	53.60
12	Gibson, Bethan	15	Rhoose	53.67
13	Coombes, Cerys	15	Sker	53.73
14	Gardener, Hannah	14	Pen y Bont	53.81
15	Barber, Evie	15	Vale Slsc	54.14
16	Harding, Poppy	15	South Worc	54.95
17	Carey, Amy	14	Rest Bay	55.02
18	Wong, Ava	15	Rhoose	56.19
19	Carr, Daisy	15	Blyth	58.17
20	Morgan, Gwenan	15	Mumbles	59.30
21	Talbot, Isabel	14	Pen y Bont	59.79
22	Patrick, Thea	14	Poppit Sands	59.84
23	Cannon, Lola	15	Mumbles	1:00.08
24	Davies-Green, Summer	15	Rhoose	1:00.28
25	Davies, Calla	14	Rest Bay	1:00.78
26	Mann, Scarlett	14	Rascals	1:01.79
27	Davies, Alice	15	Poppit Sands	1:01.92
28	Carley-Smith, Olivia	15	Mumbles	1:02.14
29	Green, Bethan	14	Poppit Sands	1:03.66
30	Griffiths, Connie	14	Rest Bay	1:04.66
31	Sabine, Holly	15	Langland Bay	1:05.61
32	Evans, Lucy	14	Rest Bay	1:06.17
33	Lawrence, Hannah	15	Vale Slsc	1:07.01
34	Newland, Elsie	14	Poppit Sands	1:08.76
35	Davies, Chloe	14	Sker	1:10.06
36	Poole, Olivia	14	Pen y Bont	1:11.32
37	Woods, Evie	15	Rhoose	1:18.66
38	Heude, Naomi	15	Mumbles	1:27.13
---	Luen-Twining, Katie	14	Vale Slsc	DQ

Event 4 Boys 14-15 50 LC Meter Manikin Carry Individual

Record: 38.68 R 26/01/2019 Matthew Guy

	Name	Age	Team	Finals Time
1	Lopez, Asier	15	Crawley	39.00
2	Mowbray, James	15	Blyth	42.62
3	Bonev, Noah	14	Blyth	43.41
4	Watkins, William	15	Pen y Bont	43.60
5	Lamont, Cillian	15	Rascals	44.07
6	Lewis, Gethin	15	Sker	44.85
7	Bayliss-Cutler, Koji	15	Crawley	45.12
8	Ballantyne, Alex	14	Pen y Bont	45.92
9	Hole, Ethan	14	Rhoose	46.46
10	Roberts, Evyn	15	Pen y Bont	48.39
11	Bellamy, James	15	Vale Slsc	49.63
12	Robertson, Lachlan	15	Beacon Lsc	51.68
13	Pettigrew, Anders	15	Gyllyngvase	51.78
14	Benbow, Jonah	14	Pen y Bont	52.77
15	Martin, Haydn	15	Mumbles	53.30

Welsh Stillwater Lifesaving Championships - 28/01/2023 to 29/01/2023

Results

(Event 4 Boys 14-15 50 LC Meter Manikin Carry Individual)

	Name	Age	Team	Finals Time
16	Powell, Callum	14	Sker	54.34
17	Macklen, Harry	14	Beacon Lsc	54.54
18	Jennings, Maverick	15	Llantwit Major	54.88
19	Johns, Cody	14	Centurion Lsc	54.89
20	Lewis, Ianto	14	Llantwit Major	59.17
21	Torr, Toby	15	Heanor	59.30
22	Jones, Graydon	14	Mumbles	59.41
23	Clegg, Louie	14	Poppit Sands	1:01.80
24	Eustace, Jack	14	Llantwit Major	1:01.96
25	Wood, Ianto	15	Mumbles	1:25.67
26	Rowles, Jack	14	Llantwit Major	1:28.88

Event 5 Girls 13 & Under 50 LC Meter Manikin Carry Individual

Record: 45.84 R 28/05/2022 Elena Quinn

	Name	Age	Team	Finals Time
1	Froggatt, Sophia	13	Rascals	52.19
2	Burlingham, India	13	Rest Bay	55.95
3	Godsell, Matilda	13	Llantwit Major	58.74
4	Rees, Manon	13	Poppit Sands	59.80
5	Storey, Kayla	13	Blyth	1:02.51
6	Jones, Hannah	13	Langland Bay	1:04.35
7	Daly, Isabella	13	Sker	1:06.44
8	Allam, April	13	Vale Slsc	1:09.31
9	Filise, Elizabeth	13	Vale Slsc	1:09.87
10	Mowbray, Amy	13	Blyth	1:18.88
11	Locke, Isabelle	13	Sker	1:21.49
12	Gill, Bella	13	Langland Bay	1:21.51
13	Jenkins-Shaw, Cerys	13	Poppit Sands	1:23.20
14	Harries, Elin	13	Poppit Sands	1:23.71
15	Daly, Caitlin	13	Sker	1:23.94
16	Jenkins, Alys	13	Sker	1:24.90
17	Hughes, Branwen	13	Langland Bay	1:26.99
18	Haigh, Bella	13	Vale Slsc	1:29.14
19	Harries, Megan	13	Poppit Sands	1:32.95

Event 6 Boys 13 & Under 50 LC Meter Manikin Carry Individual

Record: 40.73 R 26/01/2019 Tristyn James

	Name	Age	Team	Finals Time
1	Watson, Tobias	13	Rascals	44.82
2	Baxter, Riley	13	Rascals	45.55
3	Bennett, Travis	13	Pen y Bont	48.74
4	Pollicott, Harry	13	Rascals	49.06
5	Bartram, Solomon	13	Rhoose	57.05
6	Burton, Finnley	13	Llantwit Major	57.25
7	Williams, Twm	13	Llantwit Major	58.12
8	Lewis, Carwyn	13	Sker	1:07.89
9	John, William	13	Sker	1:08.46
10	Anthony, Sam	13	Rhoose	1:12.16
11	Barlett-Jenkins, Beau	13	Llantwit Major	1:13.35
12	Chandler, Bailey	13	Blyth	1:14.49
13	Honychurch, Dylan	13	Llantwit Major	1:22.54
14	Thomas, Rohan	13	Pen y Bont	1:26.12

Event 7 Women 50 LC Meter Manikin Carry Individual

Record: 32.95 R 28/01/2017 Zara Williams

	Name	Age	Team	Finals Time
1	Robson, Emily	20	Crawley	38.77
2	Hocking, Anya	18	Gyllyngvase	39.38
3	Comline, Abby	20	Crawley	39.92
4	Roodhouse, Molly	24	Gyllyngvase	40.08
5	Reilly, Emma	23	Beacon Lsc	41.91
6	Kerr, Abigail	19	Rascals	42.70
7	Hobrough, Xantia	18	Vale Slsc	43.06
8	Bailey-Jones, Nia	18	Gyllyngvase	43.07
9	Carpenter, Sam	27	Blyth	43.24
10	Dickerson-Weedy, Ellie	21	Blyth	43.60
11	Peterson, Kelsea	25	Vale Slsc	43.67
12	Hawkins, Georgia	21	Gyllyngvase	44.41
13	Ezard, Emily	21	Pen y Bont	44.70
14	Parker, Emily	20	Vale Slsc	45.09
15	Bednall, Thea	20	Rascals	45.23
16	Parker, Jessica	26	Blyth	45.84
17	Davies, Ellie	19	Mumbles	46.11
18	Bayliss-Cutler, Mia	18	Crawley	46.52
19	Chandler, Cadie	24	Blyth	46.94
20	Everitt, Natasha	18	Rascals	48.26
21	Hickman, Eve	18	Rest Bay	48.27
22	Leahey, Rebecca	18	South Worc	48.28
23	Bulmer, Ella	19	Rhoose	48.39
24	Willshire, Katelyn	18	Paddlepod	48.70
25	Froley, Megan	19	Sker	49.00
26	Browning, Anna	18	Beacon Lsc	49.11
27	Cusselle, Charlotte	18	Beacon Lsc	49.83
28	Peterson, Ellie	23	Vale Slsc	50.10
29	Jones, Angharad	20	Sker	50.48
30	Cox, Emily	20	Sker	50.52
31	Voce, Lauren	19	Heanor	51.45
32	Dickerson-Weedy, Issy	19	Paddlepod	52.38
33	Scott-Taggart, Freya	18	Beacon Lsc	54.46
34	Davies, Tegan	19	Rest Bay	54.67
35	Thomas, Isabelle	19	Llantwit Major	55.32
36	Gibson, Elena	18	Rhoose	56.80
37	Bourner, Mollie	20	Llantwit Major	59.16
38	Chilvers, Harriet	18	North Worc	1:01.41
39	Grabham, Jeri-Lynne	23	Sker	1:03.68
40	Stankovich, Ruby	18	Poppit Sands	1:04.68
41	Richards, Katie	24	Mumbles	1:23.17

Event 8 Men 50 LC Meter Manikin Carry Individual

Record: 29.94 R 21/02/2015 Wieck Danny

	Name	Age	Team	Finals Time
1	Lawman, Samuel	28	Crawley	31.51
2	Cusselle, Ben	20	Beacon Lsc	31.83
3	Sadberry, Jack	19	Crawley	32.95
4	Vick, James	24	Crawley	32.98
5	Russell-Ross, Henry	19	Beacon Lsc	33.57
6	Key, Elliot	23	Beacon Lsc	33.92
7	Smith, Jack	22	Beacon Lsc	34.27
8	Jackson, Alex	22	Crawley	34.85
9	Waterfall, Luke	18	Rascals	35.18
10	Hopkin, Reuben	20	Vale Slsc	35.46
11	Lewis, Ashley	29	Pen y Bont	35.69
12	Ewington, Ben	19	Vale Slsc	36.71
13	Lester, Jack	22	Rascals	37.43
14	Postlethwaite, Freddie	18	Rascals	37.47
15	Clifford, Tom	20	South Worc	37.90
16	Screeton, Jacob	21	Rascals	38.09
17	Ewington, Declan	22	Vale Slsc	38.23
18	Delbridge, Elis	20	Sker	38.74
19	Briggs, Calum	27	Heanor	39.10
20	Goodall, Jacob	20	South Worc	39.27
21	Battell, David	27	Langland Bay	39.58
22	Rees, Tomos	21	Poppit Sands	40.31

Welsh Stillwater Lifesaving Championships - 28/01/2023 to 29/01/2023

Results

(Event 8 Men 50 LC Meter Manikin Carry Individual)

	Name	Age	Team	Finals Time
23	Grice, Jason	23	Rhoose	40.65
24	Harris, Evan	18	Llantwit Major	40.68
25	Downton, Taran	21	Llantwit Major	41.26
26	Davidson, Matthew	17	Sker	42.07
27	Parkinson, Jonah	19	Langland Bay	43.72
28	Cooper-Smith, Jordan	22	Heanor	46.70
29	Locke, Ioan	17	Sker	46.98
30	Torr, Ryan	18	Heanor	50.28
31	Powell, Jake	16	Sker	56.36
32	Kimber, Ollie	18	Poppit Sands	1:00.19
---	Schofield, Martin	24	Crawley	X35.68
---	Graham, Lewis	17	Blyth	X42.71
---	Lee, Jake	22	Vale Slsc	DQ

Event 9 Women 30-39 50 LC Meter Manikin Carry Individual

Record: 45.49 R 26/01/2019 Cerys Rudall

	Name	Age	Team	Finals Time
1	Allam, Candice	39	Vale Slsc	50.53
2	Sedgwick, Cathy	37	Blyth	1:02.46

Event 9 Women 40-49 50 LC Meter Manikin Carry Individual

Record: 48.80 R 28/05/2022 Marsha Bayliss-Culter

	Name	Age	Team	Finals Time
1	Openshaw-Rowe, Rebecca	42	Sker	46.21R
2	Bayliss-Culter, Marsha	46	Crawley	47.52R
3	Gharahlar, Emma	40	Rest Bay	50.89
4	Lane, Natasha	42	North Worc	52.90
5	Healey, Rachel	42	Rascals	53.21
6	Storey, Carole	46	Blyth	54.16
7	Bellamy, Angelina	44	Vale Slsc	54.34
8	Lewis, Emma	49	Sker	55.16
9	Ramsden-Hare, Louise	48	Mumbles	58.64
10	Hopkin, Nia	46	Vale Slsc	1:04.70
11	Etheridge, Sam	48	Mumbles	1:10.65
12	Schutte, Michelle	48	Pen y Bont	1:13.09
13	Lewis, Jaime	47	Pen y Bont	1:13.92
14	McAdie, Jenny	47	Mumbles	1:15.01
15	Joslin, Ruth	48	Mumbles	1:16.19

Event 9 Women 50-59 50 LC Meter Manikin Carry Individual

Record: 47.75 R 28/05/2022 Donna Wicken

	Name	Age	Team	Finals Time
1	Wicken, Donna	57	Crawley	48.02
2	Eagland, Vanessa	54	Crawley	59.25
3	Appleby, Liz	50	Blyth	1:00.88
4	Cox, Laura	50	Sker	1:15.62
5	Chandler, Joanne	50	Blyth	1:28.56
6	Nyom, Sarah	53	Pen y Bont	1:37.50

Event 10 Men 30-39 50 LC Meter Manikin Carry Individual

Record: 35.25 R 26/01/2019 Huw Rudall

	Name	Age	Team	Finals Time
1	Jagger, Richard	34	Crawley	35.15R
2	Rudall, Huw	36	Pen y Bont	36.16
3	Moore, Sam	39	Sker	37.69
4	Rosewell, Lloyd	38	Pen y Bont	38.44
5	Arkley, Daniel	31	Blyth	1:22.30

Event 10 Men 40-49 50 LC Meter Manikin Carry Individual

Record: 39.86 R 28/05/2022 Terry Fox

	Name	Age	Team	Finals Time
1	Lane, David	40	North Worc	36.63R
2	McDonagh, Andrew	46	Llantwit Major	38.75R
3	Fox, Terry	48	Rascals	39.44R
4	Watkins, Richard	45	Pen y Bont	40.63
5	Bell, Stephen	40	Rest Bay	41.85
6	Stamp, Jim	48	Vale Slsc	41.94
7	Carley-Smith, Alistair	40	Mumbles	43.24
8	Gill, Ned	43	Langland Bay	44.63
9	Davies, Lee	47	Sker	47.76
10	Williams, Steve	46	Sker	48.12
11	Foster, Jonathan	49	Llantwit Major	48.91
12	Locke, Craig	43	Sker	49.01
13	Nicholas, Grant	49	Mumbles	50.65
14	Henderson, Jon	49	Langland Bay	50.92
15	Allen, Mark	47	Mumbles	52.29
16	Cannon, Ritchie	40	Mumbles	56.42
17	Newman, Gavin	46	Pen y Bont	1:01.99
18	Hodges, Daniel	49	Pen y Bont	1:03.41
19	Shingler, Guy	44	Langland Bay	1:04.12

Event 10 Men 50-59 50 LC Meter Manikin Carry Individual

Record: 49.17 R 28/05/2022 Simon Parker

	Name	Age	Team	Finals Time
1	Robinson, Craig	50	Pen y Bont	39.46R
2	Millar, Nick	51	Rhoose	39.87R
3	Davies, Matthew	50	Rest Bay	44.18R
4	Lewis, Richard	50	Pen y Bont	44.48R
5	Bluck, Christopher	52	Rest Bay	47.61R
6	Parkinson, Andy	50	Langland Bay	48.70R
7	Parker, Simon	56	Vale Slsc	49.22
8	Ruddle, Ben	57	Sker	50.53
9	Davies, Paul	50	Poppit Sands	50.67
10	Pelders, Koert	56	Langland Bay	50.80
11	Davidson, Andrew	51	Sker	50.84
12	Taylor King, Christopher	50	Sker	51.41
13	Dalrymple, Andy	57	Langland Bay	53.70
14	Adams, Chris	51	Pen y Bont	1:06.72
15	Wong, Stuart	56	Rhoose	1:15.57
16	Chandler, Mark	53	Blyth	1:16.17

Event 10 Men 60 & Over 50 LC Meter Manikin Carry Individual

Record: 47.27 R 28/05/2022 Ian Yates

	Name	Age	Team	Finals Time
1	John, Chris	63	Langland Bay	50.35
2	Griffiths, Alun	64	Sker	56.49
3	Gwynn, Jon	64	Mumbles	1:01.52
4	Childs, Michael	63	Sker	1:05.16

Event 17 Girls 16-17 4x25 LC Meter Relay Manikin Relay

Record: 1:38.43 R 28/05/2022 RASCALS

	Team	Relay	Finals Time
1	Sker	A	2:07.24
2	Pen y Bont	A	2:09.80
3	Rest Bay	A	2:10.09
4	Langland Bay	A	2:16.69

Event 18 Boys 16-17 4x25 LC Meter Relay Manikin Relay

Record: 1:26.82 R 25/01/2020 Beacon LSC

	Team	Relay	Finals Time
1	Sker	A	1:35.34
2	Pen y Bont	A	1:50.99
3	Blyth	A	1:59.51
4	Gyllyngvase	A	2:04.92
5	Llantwit Major	A	2:19.88

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(Event 18 Boys 16-17 4x25 LC Meter Relay Manikin Relay)

	Team	Relay	Finals Time
---	Langland Bay	A	DQ
---	Mumbles	A	DQ

Event 19 Girls 14-15 4x25 LC Meter Relay Manikin Relay

Record: 1:57.63 R 25/01/2020 RASCALS

	Team	Relay	Finals Time
1	Llantwit Major	A	2:01.57
2	Rascals	A	2:02.73
3	Rest Bay	A	2:11.37
4	Pen y Bont	A	2:12.38
5	Vale Slsc	A	2:23.34
6	Sker	A	2:28.56
7	Poppit Sands	A	2:29.62
8	Llantwit Major	B	2:35.33
9	Blyth	A	2:39.82
10	Rest Bay	C	2:42.21
11	Rhoose	A	2:44.51
12	Mumbles	B	2:50.97
13	Mumbles	A	2:53.42
14	Rhoose	C	2:53.45
15	Rest Bay	B	2:55.98
---	Rhoose	B	DQ

Event 20 Boys 14-15 4x25 LC Meter Relay Manikin Relay

Record: 1:57.14 R 26/01/2019 Pen y Bont

	Team	Relay	Finals Time
1	Rascals	A	1:52.10R
2	Pen y Bont	A	2:00.14
3	Sker	A	2:34.05
---	Llantwit Major	A	DQ

Event 21 Girls 13 & Under 4x25 LC Meter Relay Manikin Relay

Record: 2:33.40 R 26/01/2019 Sker

	Team	Relay	Finals Time
1	Poppit Sands	A	3:17.12
2	Sker	A	3:41.54
3	Langland Bay	A	3:59.66

Event 22 Boys 13 & Under 4x25 LC Meter Relay Manikin Relay

Record: 2:42.90 R 27/01/2018 Langland Bay

	Team	Relay	Finals Time
1	Rhoose	A	3:03.40
2	Llantwit Major	A	3:09.86

Event 23 Mixed 30-39 4x25 LC Meter Relay Manikin Relay

Record: 1:38.57 R 26/01/2019 Pen y Bont

	Team	Relay	Finals Time
1	Pen y Bont	A	1:41.14
2	Sker	A	1:44.08
3	Vale Slsc	A	1:53.84
4	Blyth	A	3:12.47

Event 23 Mixed 40-49 4x25 LC Meter Relay Manikin Relay

	Team	Relay	Finals Time
1	Rest Bay	A	1:49.26
2	Mumbles	A	1:59.83
3	Llantwit Major	A	2:05.93
4	Langland Bay	A	2:12.66
5	Pen y Bont	B	2:23.92
6	Sker	A	2:24.01
7	Blyth	A	2:33.27
8	Mumbles	B	2:33.58
---	Pen y Bont	A	DQ

Event 23 Mixed 50-59 4x25 LC Meter Relay Manikin Relay

	Team	Relay	Finals Time
1	Sker	A	2:03.38
2	Pen y Bont	A	2:23.66
3	Sker	B	3:08.64
---	Langland Bay	A	DQ

Event 27 Women 4x25 LC Meter Relay Manikin Relay

Record: 1:25.63 R 21/02/2015 Netherlands

	Team	Relay	Finals Time
1	Gyllyngvase	A	1:41.45
2	Rascals	A	1:43.98
3	Crawley	A	1:45.17
4	Vale Slsc	A	1:49.48
5	Blyth	A	1:49.61
6	Rest Bay	A	1:55.83
7	Paddlepod	A	2:04.73
8	Rhoose	A	2:05.10
9	Sker	A	2:06.19
10	Beacon Lsc	A	2:09.08
11	Crawley	B	2:10.78
12	North Worc	A	2:13.70
13	Pen y Bont	A	2:18.87
14	Llantwit Major	A	2:26.37
15	Sker	B	2:30.90
---	Mumbles	A	DQ

Event 28 Men 4x25 LC Meter Relay Manikin Relay

Record: 1:10.05 R 21/02/2015 Germany

	Team	Relay	Finals Time
1	Beacon Lsc	A	1:15.93
2	Crawley	A	1:18.31
3	Pen y Bont	A	1:21.22
4	Vale Slsc	A	1:24.07
5	Rascals	A	1:27.50
6	Sker	A	1:30.03
7	Aberavon	A	1:32.28
8	Rhoose	A	1:37.09
9	Beacon Lsc	B	1:39.10
10	Llantwit Major	A	1:41.34
11	Heanor	A	1:42.21
12	Langland Bay	A	1:45.02
13	Pen y Bont	B	1:48.10
14	Sker	B	1:55.83
15	Poppit Sands	A	2:10.92
16	Langland Bay	B	2:29.49

Event 29 Girls 16-17 100 LC Meter Manikin Carry (Fins) Individual

Record: 57.89 R 28/05/2022 Heather Watson

	Name	Age	Team	Finals Time
1	Watson, Heather	17	Rascals	59.05
2	Lopez, Amaia	17	Crawley	1:05.37
3	Millar, Connie	16	Rhoose	1:07.07
4	Hawkins, Maisy	17	Gyllyngvase	1:07.43
5	Chayka, Sofia	17	Rest Bay	1:12.31
6	Carr, Lilly-May	17	Blyth	1:13.24
7	Davies, Rhian	16	Langland Bay	1:13.26
8	Stamp, Laylah	16	Vale Slsc	1:14.36
9	Brough, Ella	16	Rascals	1:14.40
10	Hale, Gemma	16	Langland Bay	1:14.61
11	Roche, Lillian	17	Gyllyngvase	1:16.00

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(Event 29 Girls 16-17 100 LC Meter Manikin Carry (Fins) Individual)

	Name	Age	Team	Finals Time
12	Daly, Kirsten	17	Sker	1:17.74
13	Lewis, Hollie	16	Pen y Bont	1:18.54
14	O`leary, Kate	16	Sker	1:19.01
15	Scourfield, Ruby	16	Sker	1:19.92
16	Palmer, Ruby	16	Heanor	1:19.94
17	Lott, Isabella	17	Rest Bay	1:20.06
18	Thomas, Freya	16	Pen y Bont	1:20.66
19	Davies, Gracie	16	Sker	1:22.98
20	Cosby, Nia	16	Pen y Bont	1:24.01
21	Henderson, Nia	16	Langland Bay	1:26.16
22	Griffiths-cole, Carys	17	Sker	1:26.84
23	Smele, Georgia	16	Sker	1:27.12
24	Wiggins, Maisy	17	Llantwit Major	1:28.32
25	Davies, Daisy	17	Poppit Sands	1:29.10
26	Gardener, Louise	17	Pen y Bont	1:33.14
27	Dodd, Neve	16	Langland Bay	1:33.47
28	Newland, Molly	16	Poppit Sands	1:36.30
29	Marks, Abigail	16	North Worc	1:36.72
30	Ruddle, Tia-layla	16	Sker	1:38.23
31	Stankovich, Sapphire	16	Poppit Sands	1:52.03
---	Crawley, Jessica	16	Rest Bay	DQ

Event 30 Boys 16-17 100 LC Meter Manikin Carry (Fins) Individual

Record: 51.30 R 25/01/2020 Thomas Trebilcock

	Name	Age	Team	Finals Time
1	Grice, Robert	17	Rhoose	58.98
2	Davidson, Matthew	17	Sker	1:02.30
3	Middleton, Jacob	17	Heanor	1:05.21
4	Graham, Lewis	17	Blyth	1:05.58
5	Rich, Tomas	17	Gyllyngvase	1:08.12
6	Morgan, Lewis	16	Sker	1:08.94
7	Chivers, Tomos	16	Mumbles	1:10.09
8	Lewis, Morgan	16	Pen y Bont	1:10.24
9	Froley, Iwan	16	Sker	1:12.34
10	Locke, Ioan	17	Sker	1:12.99
11	Davies, Elian	16	Llantwit Major	1:13.31
12	Gilbert, Barney	16	Gyllyngvase	1:14.04
13	Caygill, Rhys	16	Poppit Sands	1:15.66
14	Grounds, Samuel	16	Langland Bay	1:18.34
15	Stanway, Luke	16	North Worc	1:21.05
16	Murray, James	17	Pen y Bont	1:21.28
17	Harris, Rees	16	Llantwit Major	1:21.50
18	Powell, Jake	16	Sker	1:24.78
19	Thomas, Iwan	16	Pen y Bont	1:25.44
20	Godsell, Dylan	16	Llantwit Major	1:26.13
21	Kettleborough, Peter	16	Gyllyngvase	1:29.31

Event 31 Girls 14-15 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:04.39 R 25/01/2020 Anya Hocking

	Name	Age	Team	Finals Time
1	James, Grace	14	Rest Bay	1:10.64
2	Pegrum, Martha	15	Llantwit Major	1:10.85
3	Quinn, Elena	14	Rascals	1:13.67
4	Coombes, Cerys	15	Sker	1:15.66
5	Carey, Lucy	15	Rest Bay	1:18.13
6	Bellamy, Penelope	14	Vale Slsc	1:19.35
7	Goodall, Evie	14	South Worc	1:19.62
8	Durrant, Annabel	15	Llantwit Major	1:19.72
9	Davies-Green, Summer	15	Rhoose	1:20.14
10	Wong, Ava	15	Rhoose	1:23.33
11	Thomas, Josie	14	Llantwit Major	1:23.68
12	Appleby, Skye	14	Blyth	1:23.82
13	Carey, Amy	14	Rest Bay	1:23.83
14	Barber, Evie	15	Vale Slsc	1:25.24
15	Bartlett-Jenkins, Anais	15	Llantwit Major	1:26.71
16	Gibson, Bethan	15	Rhoose	1:27.31
17	Carr, Daisy	15	Blyth	1:27.86
18	Davies, Seren	15	Rest Bay	1:28.35
19	Williams, Taylor	14	Rhoose	1:28.50
20	Merrett, Imogen	15	Pen y Bont	1:28.57
21	McDonagh, Emily	15	Llantwit Major	1:28.94
22	Clatworthy, Maddie	14	Sker	1:28.95
23	Patrick, Thea	14	Poppit Sands	1:29.10
24	Gardener, Hannah	14	Pen y Bont	1:29.87
25	Cannon, Lola	15	Mumbles	1:30.02
26	Poole, Olivia	14	Pen y Bont	1:30.19
27	Woods, Evie	15	Rhoose	1:31.02
28	Durrant, Florence	15	Llantwit Major	1:31.11
29	Clark, Grace	14	Rascals	1:31.78
30	Duroe, Abbie	15	Vale Slsc	1:31.83
31	Mclellan, Cara	15	Rhoose	1:32.62
32	Davies, Chloe	14	Sker	1:32.84
33	Harding, Poppy	15	South Worc	1:34.40
34	Woodhall, Maude	15	Llantwit Major	1:34.77
35	Hopkin, Rebekah	14	Rhoose	1:34.85
36	Rhys-Dillon, Talar	15	Llantwit Major	1:34.99
37	Davies, Calla	14	Rest Bay	1:35.20
38	Newland, Elsie	14	Poppit Sands	1:35.78
39	Roberts, Betsan	15	Rhoose	1:36.14
40	Cinderby, Isabelle	14	Sker	1:36.22
41	Sabine, Holly	15	Langland Bay	1:36.64
42	Griffiths, Connie	14	Rest Bay	1:37.23
43	Cope, Aydrian	14	Rascals	1:37.69
44	Talbot, Isabel	14	Pen y Bont	1:38.18
45	Davies, Alice	15	Poppit Sands	1:38.45
46	Evans, Lucy	14	Rest Bay	1:39.06
47	Sansum, Charlotte	14	Mumbles	1:41.79
48	Hickman, Isla	14	Rest Bay	1:42.64
49	Morgan, Gwenan	15	Mumbles	1:43.02
50	Waggett, Anna	14	Rhoose	1:44.52
51	Lawrence, Hannah	15	Vale Slsc	1:45.26
52	Langford, Elizabeth	14	Rhoose	1:47.91
53	Gwyther, Megan	14	Mumbles	1:49.10
54	Green, Bethan	14	Poppit Sands	1:49.29
55	Heude, Naomi	15	Mumbles	1:50.11
56	Mann, Scarlett	14	Rascals	1:50.66
57	Daly, Lily	14	Pen y Bont	1:53.55
58	Burne, Anni	14	Rhoose	1:58.88
59	Davies, Mali	14	Llantwit Major	2:04.09
60	Benton, Cerys	14	Rhoose	2:30.64
---	McAdie, Imogen	14	Mumbles	DQ

Event 32 Boys 14-15 100 LC Meter Manikin Carry (Fins) Individual

Record: 58.26 R 25/01/2020 Luke Waterfall

	Name	Age	Team	Finals Time
1	Lopez, Asier	15	Crawley	1:00.24
2	Mowbray, James	15	Blyth	1:04.62
3	Hole, Ethan	14	Rhoose	1:06.48
4	Lewis, Gethin	15	Sker	1:09.97
5	Bellamy, James	15	Vale Slsc	1:13.79
6	Bayliss-Cutler, Koji	15	Crawley	1:13.82
7	Macklen, Harry	14	Beacon Lsc	1:14.86

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(Event 32 Boys 14-15 100 LC Meter Manikin Carry (Fins) Individual)

	Name	Age	Team	Finals Time
8	Lamont, Cillian	15	Rascals	1:15.06
9	Bonev, Noah	14	Blyth	1:16.13
10	Pettigrew, Anders	15	Gyllyngvase	1:17.56
11	Watkins, William	15	Pen y Bont	1:18.72
12	Ballantyne, Alex	14	Pen y Bont	1:22.18
13	Robertson, Lachlan	15	Beacon Lsc	1:22.77
14	Martin, Haydn	15	Mumbles	1:26.38
15	Hollenbach, Lewis	15	Sker	1:27.19
16	Jennings, Maverick	15	Llantwit Major	1:27.83
17	Roberts, Evyn	15	Pen y Bont	1:28.09
18	Adams, Ronan	15	Pen y Bont	1:31.00
19	Powell, Callum	14	Sker	1:31.02
20	Lewis, Ianto	14	Llantwit Major	1:31.97
21	Clegg, Louie	14	Poppit Sands	1:40.53
22	Eustace, Jack	14	Llantwit Major	1:43.42
23	Torr, Toby	15	Heanor	1:46.92
24	Rowles, Jack	14	Llantwit Major	1:50.40
25	Riddick, Max	14	Llantwit Major	2:13.26

Event 33 Girls 13 & Under 100 LC Meter Manikin Carry (Fins) Individu

Record: 1:13.16 R 26/01/2019 Kate Dunglinson

	Name	Age	Team	Finals Time
1	Godsell, Matilda	13	Llantwit Major	1:23.64
2	Burlingham, India	13	Rest Bay	1:25.79
*3	Daly, Isabella	13	Sker	1:36.96
*3	Froggatt, Sophia	13	Rascals	1:36.96
5	Mowbray, Amy	13	Blyth	1:37.33
6	Storey, Kayla	13	Blyth	1:37.69
7	Haigh, Bella	13	Vale Slsc	1:38.07
8	Locke, Isabelle	13	Sker	1:44.77
9	Rees, Manon	13	Poppit Sands	1:45.66
10	Allam, April	13	Vale Slsc	1:46.72
11	Jones, Hannah	13	Langland Bay	1:48.50
12	Filise, Elizabeth	13	Vale Slsc	1:48.96
13	Daly, Caitlin	13	Sker	1:50.63
14	Gill, Bella	13	Langland Bay	1:57.66
15	Harries, Elin	13	Poppit Sands	2:06.12
16	Jenkins-Shaw, Cerys	13	Poppit Sands	2:08.19
17	Hughes, Branwen	13	Langland Bay	2:08.96
18	Harries, Megan	13	Poppit Sands	2:34.24

Event 34 Boys 13 & Under 100 LC Meter Manikin Carry (Fins) Individu

Record: 1:16.50 R 28/05/2022 Noah Bonev

	Name	Age	Team	Finals Time
1	Watson, Tobias	13	Rascals	1:11.57R
2	Pollicott, Harry	13	Rascals	1:15.33R
3	Burton, Finnley	13	Llantwit Major	1:16.29R
4	Baxter, Riley	13	Rascals	1:17.45
5	Bennett, Travis	13	Pen y Bont	1:19.20
6	Bartram, Solomon	13	Rhoose	1:24.82
7	Williams, Twm	13	Llantwit Major	1:29.83
8	Chandler, Bailey	13	Blyth	1:30.88
9	Barlett-Jenkins, Beau	13	Llantwit Major	1:33.69
10	Trigg, Lewis	13	Rhoose	1:42.72
11	Anthony, Sam	13	Rhoose	1:45.78
12	Lewis, Carwyn	13	Sker	1:48.03
13	John, William	13	Sker	1:51.07
14	Tillott, Gabriel	13	Pen y Bont	2:04.64
15	Brewer, Evan	13	Rhoose	2:08.98
16	Honychurch, Dylan	13	Llantwit Major	2:24.97
---	Thomas, Rohan	13	Pen y Bont	DQ

Event 35 Women 100 LC Meter Manikin Carry (Fins) Individual

Record: 53.83 R 22/02/2015 Anneloes Peulen

	Name	Age	Team	Finals Time
1	Hocking, Anya	18	Gyllyngvase	1:00.22
2	Kerr, Abigail	19	Rascals	1:02.24
3	Parker, Emily	20	Vale Slsc	1:04.22
4	Roodhouse, Molly	24	Gyllyngvase	1:04.67
5	Dickerson-Weedy, Ellie	21	Blyth	1:05.74
6	Reilly, Emma	23	Beacon Lsc	1:05.84
7	Hobrough, Xantia	18	Vale Slsc	1:07.18
8	Robson, Emily	20	Crawley	1:07.63
9	Hawkins, Georgia	21	Gyllyngvase	1:08.16
10	Rule, Mia	20	Gyllyngvase	1:08.77
11	Chandler, Cadie	24	Blyth	1:10.11
12	Comline, Abby	20	Crawley	1:10.99
13	Hickman, Eve	18	Rest Bay	1:11.12
14	Leahey, Rebecca	18	South Worc	1:11.18
15	Peterson, Kelsea	25	Vale Slsc	1:11.58
16	Bailey-Jones, Nia	18	Gyllyngvase	1:11.73
17	Ezard, Emily	21	Pen y Bont	1:12.75
18	Carpenter, Sam	27	Blyth	1:12.81
19	Davies, Ellie	19	Mumbles	1:13.57
20	Voce, Lauren	19	Heanor	1:13.64
21	Parker, Jessica	26	Blyth	1:13.76
22	Bednall, Thea	20	Rascals	1:13.80
23	Peterson, Ellie	23	Vale Slsc	1:14.61
24	Jones, Angharad	20	Sker	1:14.82
25	Bayliss-Cutler, Mia	18	Crawley	1:15.33
26	Baylis, Sophie	18	Centurion Lsc	1:15.55
27	Froley, Megan	19	Sker	1:16.72
28	Browning, Anna	18	Beacon Lsc	1:17.40
29	Everitt, Natasha	18	Rascals	1:17.85
30	Willshire, Katelyn	18	Paddlepod	1:21.05
31	Peterson, Brooke	21	Vale Slsc	1:21.17
32	Jones, Emilia	18	Sker	1:21.20
33	Scourfield, Ruby	16	Sker	1:21.35
34	Davies, Tegan	19	Rest Bay	1:21.75
35	Dickerson-Weedy, Issy	19	Paddlepod	1:26.43
36	Gibson, Elena	18	Rhoose	1:28.55
37	Lewis, Meghan	18	Sker	1:31.33
38	Stankovich, Ruby	18	Poppit Sands	1:31.89
39	Grabham, Jeri-Lynne	23	Sker	1:38.59
40	Chilvers, Harriet	18	North Worc	1:40.51

Event 36 Men 100 LC Meter Manikin Carry (Fins) Individual

Record: 48.99 R 28/05/2022 Samuel Lawman

	Name	Age	Team	Finals Time
1	Sadberry, Jack	19	Crawley	47.87R
2	Lawman, Samuel	28	Crawley	49.64
3	Waterfall, Luke	18	Rascals	50.47
4	Postlethwaite, Freddie	18	Rascals	51.16
5	Lewis, Ashley	29	Pen y Bont	54.67
6	Schofield, Martin	24	Crawley	54.89
7	Russell-Ross, Henry	19	Beacon Lsc	55.02
8	Jackson, Alex	22	Crawley	55.42
9	Cusselle, Ben	20	Beacon Lsc	55.80
10	Wheeler, Ryan	28	Beacon Lsc	55.93
11	Smith, Jack	22	Beacon Lsc	56.20
12	Lee, Jake	22	Vale Slsc	56.36
13	Hopkin, Reuben	20	Vale Slsc	56.66

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(Event 36 Men 100 LC Meter Manikin Carry (Fins) Individual)

	Name	Age	Team	Finals Time
14	Ducker, Michael	26	Beacon Lsc	56.96
15	Key, Elliot	23	Beacon Lsc	57.16
16	Lester, Jack	22	Rascals	58.81
17	Delbridge, Elis	20	Sker	1:00.18
18	Reed, Adam	23	Vale Slsc	1:00.36
19	Clifford, Tom	20	South Worc	1:01.04
20	Screeton, Jacob	21	Rascals	1:01.32
21	Vick, James	24	Crawley	1:01.39
22	Screeton, Thomas	18	Rascals	1:01.43
23	Grice, Jason	23	Rhoose	1:01.66
24	Davidson, Matthew	17	Sker	1:02.13
25	Ewington, Ben	19	Vale Slsc	1:02.80
26	Chambers, Jack	21	Aberavon	1:03.68
27	Goodall, Jacob	20	South Worc	1:06.00
28	Lennox, Sam	20	Aberavon	1:07.20
29	Gubb, Harvey	17	Aberavon	1:08.26
30	Downton, Taran	21	Llantwit Major	1:08.54
31	Ewington, Declan	22	Vale Slsc	1:09.10
32	Cooper-Smith, Jordan	22	Heanor	1:09.89
33	Harris, Evan	18	Llantwit Major	1:11.77
34	Rees, Tomos	21	Poppit Sands	1:14.24
35	Chambers, Samuel	17	Aberavon	1:17.55
36	Torr, Ryan	18	Heanor	1:25.63
37	Kimber, Ollie	18	Poppit Sands	1:36.49

Event 37 Women 30-39 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:12.29 R 15/02/2014 Lindsay Lewis

	Name	Age	Team	Finals Time
1	Allam, Candice	39	Vale Slsc	1:19.69
2	Sedgwick, Cathy	37	Blyth	1:28.41

Event 37 Women 40-49 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:22.13 R 15/02/2014 Karen O'Donoghue-Harris

	Name	Age	Team	Finals Time
1	Openshaw-Rowe, Rebecca	42	Sker	1:08.95R
2	Gharahlar, Emma	40	Rest Bay	1:14.86R
3	Bayliss-Culter, Marsha	46	Crawley	1:19.34R
4	Healey, Rachel	42	Rascals	1:19.80R
5	Lane, Natasha	42	North Worc	1:23.18
6	Bellamy, Angelina	44	Vale Slsc	1:25.96
7	Lewis, Emma	49	Sker	1:26.79
8	Storey, Carole	46	Blyth	1:31.42
9	McAdie, Jenny	47	Mumbles	1:32.61
10	Ramsden-Hare, Louise	48	Mumbles	1:33.83
11	Hopkin, Nia	46	Vale Slsc	1:42.20
12	Etheridge, Sam	48	Mumbles	1:44.17
13	Lewis, Jaime	47	Pen y Bont	1:49.10

Event 37 Women 50-59 100 LC Meter Manikin Carry (Fins) Individual

Record: 2:17.63 R 28/05/2022 Sarah Nyom

	Name	Age	Team	Finals Time
1	Appleby, Liz	50	Blyth	1:32.63R
2	Phinnemore, Andrea	53	Pen y Bont	1:32.66R
3	Cox, Laura	50	Sker	1:58.25R
4	Chandler, Joanne	50	Blyth	2:16.83R
5	Nyom, Sarah	53	Pen y Bont	2:27.47

Event 38 Men 30-39 100 LC Meter Manikin Carry (Fins) Individual

Record: 58.36 R 25/01/2020 Lloyd Rosewell

	Name	Age	Team	Finals Time
1	Jagger, Richard	34	Crawley	58.25R
2	Rudall, Huw	36	Pen y Bont	1:01.77
3	Rosewell, Lloyd	38	Pen y Bont	1:04.00
4	Moore, Sam	39	Sker	1:05.87
5	Arkley, Daniel	31	Blyth	2:07.47

Event 38 Men 40-49 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:02.23 R 15/02/2014 Craig Robinson

	Name	Age	Team	Finals Time
1	Watkins, Richard	45	Pen y Bont	59.51R
2	McDonagh, Andrew	46	Llantwit Major	1:03.75
3	Fox, Terry	48	Rascals	1:05.48
4	Gill, Ned	43	Langland Bay	1:09.38
5	Stamp, Jim	48	Vale Slsc	1:09.63
6	Carley-Smith, Alistair	40	Mumbles	1:11.07
7	Foster, Jonathan	49	Llantwit Major	1:11.98
8	Cannon, Ritchie	40	Mumbles	1:13.79
9	Davies, Lee	47	Sker	1:14.00
10	Locke, Craig	43	Sker	1:16.00
11	Bell, Stephen	40	Rest Bay	1:20.28
12	Henderson, Jon	49	Langland Bay	1:21.48
13	Shingler, Guy	44	Langland Bay	1:22.99
14	Newman, Gavin	46	Pen y Bont	1:25.02
15	Hodges, Daniel	49	Pen y Bont	1:28.08
16	Allen, Mark	47	Mumbles	1:29.15
17	Connolly, Hugh	47	Vale Slsc	1:39.36
18	McAdie, Gair	47	Mumbles	1:49.20
---	Nicholas, Grant	49	Mumbles	DQ

Event 38 Men 50-59 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:16.50 R 28/05/2022 Simon Parker

	Name	Age	Team	Finals Time
1	Robinson, Craig	50	Pen y Bont	1:02.28R
2	Millar, Nick	51	Rhoose	1:08.20R
3	Davies, Matthew	50	Rest Bay	1:11.56R
4	Lewis, Richard	50	Pen y Bont	1:14.04R
5	Parker, Simon	56	Vale Slsc	1:17.96
6	Ruddle, Ben	57	Sker	1:18.83
7	Dalrymple, Andy	57	Langland Bay	1:20.26
8	Davidson, Andrew	51	Sker	1:20.63
9	Parkinson, Andy	50	Langland Bay	1:21.08
10	Wisden, Mark	52	Pen y Bont	1:22.05
11	Taylor King, Christopher	50	Sker	1:24.88
12	Davies, Paul	50	Poppit Sands	1:26.43
13	Wong, Stuart	56	Rhoose	1:30.10
14	Pelders, Koert	56	Langland Bay	1:32.66
15	Adams, Chris	51	Pen y Bont	1:33.92

Event 38 Men 60 & Over 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:30.80 R 28/05/2022 Alun Griffiths

	Name	Age	Team	Finals Time
1	Griffiths, Alun	64	Sker	1:31.18
2	Childs, Michael	63	Sker	1:35.09
3	John, Chris	63	Langland Bay	2:02.05

Event 45 Girls 16-17 LC Meter Relay Rope Rescue Pair

Record: 15.72 R 25/01/2020 Blyth

	Team	Relay	Finals Time
1	Pen y Bont	A	27.27
2	Rascals	A	28.77
3	Langland Bay	B	38.28
4	Gyllyngvase	A	39.33
---	Sker	A	DQ
---	Rest Bay	B	DNF

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(Event 45 Girls 16-17 LC Meter Relay Rope Rescue Pair)

	Team	Relay	Finals Time
---	Rest Bay	A	DNF
---	Sker	B	DNF
---	Sker	C	DNF
---	Langland Bay	A	DNF
---	Blyth	A	DNF
---	Poppit Sands	A	DNF
---	Pen y Bont	B	DNF

Event 46 Boys 16-17 LC Meter Relay Rope Rescue Pair

Record: 12.37 R 28/05/2022 RASCALS

	Team	Relay	Finals Time
1	Blyth	A	17.48
2	Langland Bay	B	20.72
3	Llantwit Major	B	21.95
4	Gyllyngvase	B	22.25
5	Llantwit Major	A	25.56
---	Poppit Sands	A	DNF
---	Sker	A	DNF
---	Pen y Bont	B	DNF
---	Sker	C	DNF
---	Sker	B	DNF
---	Gyllyngvase	A	DNF
---	Langland Bay	A	DNF
---	Mumbles	B	DNF
---	Mumbles	A	DNF

Event 47 Girls 14-15 LC Meter Relay Rope Rescue Pair

Record: 18.03 R 28/01/2018 South Worc

	Team	Relay	Finals Time
1	South Worc	A	14.24R
2	Blyth	A	23.49
3	Llantwit Major	B	26.33
4	Vale Slsc	B	31.42
5	Sker	A	42.92
6	Rhoose	C	43.23
7	Pen y Bont	A	44.83
---	Rest Bay	C	DQ
---	Rest Bay	B	DNF
---	Rest Bay	D	DNF
---	Rascals	B	DNF
---	Rascals	A	DNF
---	Rest Bay	A	DNF
---	Vale Slsc	A	DNF
---	Rhoose	B	DNF
---	Rhoose	D	DNF
---	Sker	B	DNF
---	Rhoose	A	DNF
---	Llantwit Major	D	DNF
---	Llantwit Major	C	DNF
---	Mumbles	B	DNF
---	Mumbles	A	DNF
---	Beacon Lsc	B	DNF
---	Beacon Lsc	A	DNF
---	Llantwit Major	A	DNF
---	Pen y Bont	D	DNF
---	Pen y Bont	C	DNF
---	Poppit Sands	B	DNF
---	Poppit Sands	A	DNF
---	Mumbles	D	DNF
---	Mumbles	C	DNF
---	Pen y Bont	B	DNF

Event 48 Boys 14-15 LC Meter Relay Rope Rescue Pair

Record: 14.27 R 26/01/2019 Blyth

	Team	Relay	Finals Time
1	Blyth	A	17.11
2	Mumbles	B	23.59
3	Pen y Bont	A	34.06
4	Crawley	A	35.29
5	Llantwit Major	B	38.63
6	Beacon Lsc	A	41.69
---	Sker	A	DNF
---	Beacon Lsc	C	DNF
---	Llantwit Major	A	DNF
---	Pen y Bont	B	DNF

Event 49 Girls 13 & Under LC Meter Relay Rope Rescue Pair

Record: 24.57 R 28/05/2022 Blyth

	Team	Relay	Finals Time
1	Sker	B	31.80
---	Sker	A	DNF
---	Poppit Sands	B	DNF
---	Vale Slsc	A	DNF
---	Langland Bay	A	DNF
---	Blyth	A	DNF
---	Poppit Sands	A	DNF
---	Langland Bay	B	DNF

Event 50 Boys 13 & Under LC Meter Relay Rope Rescue Pair

Record: 19.83 R 26/01/2019 Rest Bay

	Team	Relay	Finals Time
1	Pen y Bont	B	25.50
2	Rascals	A	35.00
---	Rhoose	B	DNF
---	Rhoose	A	DNF
---	Sker	A	DNF
---	Llantwit Major	B	DNF
---	Llantwit Major	A	DNF

Event 51 Women LC Meter Relay Rope Rescue Pair

Record: 13.35 R 28/01/2018 Crawley Town

	Team	Relay	Finals Time
1	Paddlepod	A	16.47
2	North Worc	A	17.30
3	Blyth	D	17.36
4	Rhoose	A	18.10
5	Blyth	A	18.69
6	Heanor	A	18.74
7	Rhoose	B	21.93
8	Gyllyngvase	A	23.66
9	Llantwit Major	B	24.12
10	Rest Bay	A	25.22
11	Rascals	A	27.06
12	Gyllyngvase	C	27.14
13	Pen y Bont	A	28.75
14	Beacon Lsc	A	29.08
15	Crawley	B	29.35
16	Beacon Lsc	B	32.23
17	Paddlepod	B	34.05
18	Poppit Sands	A	34.95
19	Crawley	A	37.64
20	Rest Bay	B	39.18
21	Blyth	B	40.52

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(Event 51 Women LC Meter Relay Rope Rescue Pair)

	Team	Relay	Finals Time
22	Pen y Bont	B	44.16
---	Vale Slsc	B	DQ
---	Sker	A	DNF
---	Sker	B	DNF
---	Langland Bay	A	DNF
---	Vale Slsc	A	DNF
---	Sker	D	DNF
---	Vale Slsc	C	DNF
---	Sker	C	DNF
---	Crawley	C	DNF
---	Mumbles	A	DNF
---	North Worc	B	DNF
---	Llantwit Major	A	DNF
---	Gyllyngvase	B	DNF
---	Rascals	B	DNF
---	Beacon Lsc	C	DNF
---	Pen y Bont	C	DNF
---	Blyth	C	DNF

Event 52 Men LC Meter Relay Rope Rescue Pair

Record: 9.08 R 28/05/2022 Crawley Town

	Team	Relay	Finals Time
1	Crawley	A	8.66R
2	Beacon Lsc	B	12.43
3	Rascals	B	12.44
4	Pen y Bont	B	13.17
5	Pen y Bont	D	13.22
6	Rhoose	A	13.37
7	Beacon Lsc	A	13.85
8	Blyth	A	14.07
9	Aberavon	A	14.97
10	Llantwit Major	A	14.99
11	Aberavon	C	15.78
12	Langland Bay	B	16.21
13	Pen y Bont	C	16.46
14	Crawley	B	16.66
15	Vale Slsc	B	17.03
16	Pen y Bont	A	17.50
17	Poppit Sands	B	20.23
18	Rascals	C	21.72
19	Vale Slsc	A	22.43
20	Sker	B	23.29
21	Rascals	A	23.46
*22	Llantwit Major	B	24.97
*22	Poppit Sands	A	24.97
24	Beacon Lsc	C	26.46
25	Crawley	C	30.50
26	Sker	C	31.51
27	Sker	A	33.59
28	Blyth	B	35.38
29	Sker	D	35.51
30	South Worc	A	37.10
31	North Worc	A	37.58
32	Heanor	A	39.47
33	Langland Bay	C	40.03
---	Llantwit Major	C	DNF
---	Langland Bay	A	DNF
---	Aberavon	B	DNF

Event 53 Women 30-39 LC Meter Relay Rope Rescue Pair

Record: 16.08 R 26/01/2019 Blyth

	Team	Relay	Finals Time
1	Blyth	A	19.53
2	Sker	A	22.37
3	Vale Slsc	A	37.82
---	Pen y Bont	A	DNF

Event 53 Women 40-49 LC Meter Relay Rope Rescue Pair

Record: 15.83 R 21/02/2015 Blyth

	Team	Relay	Finals Time
1	Crawley	A	19.72
2	Vale Slsc	A	37.23
---	Rest Bay	A	DNF
---	Pen y Bont	A	DNF
---	Sker	A	DNF
---	Mumbles	A	DNF
---	Llantwit Major	A	DNF
---	Mumbles	B	DNF

Event 53 Women 50-59 LC Meter Relay Rope Rescue Pair

Record: 24.51 R 28/05/2022 Blyth

	Team	Relay	Finals Time
1	Blyth	A	20.89R
2	Blyth	B	24.13R
---	Pen y Bont	A	DNF
---	Sker	A	DNF
---	Crawley	A	DNF

Event 54 Men 30-39 LC Meter Relay Rope Rescue Pair

Record: 11.27 R 26/01/2019 North Worc

	Team	Relay	Finals Time
1	Aberavon	A	13.33
2	Pen y Bont	A	14.22
3	Vale Slsc	B	35.87
4	Sker	A	36.85

Event 54 Men 40-49 LC Meter Relay Rope Rescue Pair

Record: 12.61 R 30/01/2016 Llanelli

	Team	Relay	Finals Time
1	Blyth	A	16.43
2	Mumbles	A	16.72
3	Pen y Bont	A	19.72
4	Pen y Bont	B	20.50
5	Mumbles	B	22.41
6	Llantwit Major	B	24.13
7	Pen y Bont	C	29.36
8	Sker	A	32.13
9	Langland Bay	A	34.70
10	Vale Slsc	A	42.66
---	Mumbles	C	DQ

Event 54 Men 50-59 LC Meter Relay Rope Rescue Pair

Record: 23.27 R 28/05/2022 Sker

	Team	Relay	Finals Time
1	Pen y Bont	B	16.84R
2	Pen y Bont	A	17.96R
3	Poppit Sands	A	20.15R
4	Rest Bay	A	23.32
5	Rhoose	B	23.56
6	Langland Bay	A	25.48
7	Sker	B	27.23

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(Event 54 Men 50-59 LC Meter Relay Rope Rescue Pair)

	Team	Relay	Finals Time
8	Sker	A	36.95
---	Rhoose	A	DQ

Event 54 Men 60 & Over LC Meter Relay Rope Rescue Pair

Record: 23.67 R 30/01/2016 Blyth

	Team	Relay	Finals Time
1	Sker	A	22.19R

Event 61 Girls 16-17 LC Meter Super Life Saver Individual

Record: 2:38.30 R 29/05/2022 Heather Watson

	Name	Age	Team	Finals Time
1	Watson, Heather	17	Rascals	2:46.06
2	Lopez, Amaia	17	Crawley	2:52.79
3	Hawkins, Maisy	17	Gyllyngvase	2:54.90
4	Millar, Connie	16	Rhoose	2:57.05
5	Daly, Kirsten	17	Sker	3:07.59
6	Roche, Lillian	17	Gyllyngvase	3:12.12
7	Brough, Ella	16	Rascals	3:16.02
8	Hale, Gemma	16	Langland Bay	3:16.39
9	Carr, Lilly-May	17	Blyth	3:35.61
10	Marks, Abigail	16	North Worc	3:42.18
11	Gardener, Louise	17	Pen y Bont	3:44.26
12	Davies, Daisy	17	Poppit Sands	3:48.24
13	Ruddle, Tia-layla	16	Sker	3:48.42
14	Stankovich, Sapphire	16	Poppit Sands	3:52.33

Event 62 Boys 16-17 LC Meter Super Life Saver Individual

Record: 2:28.70 R 26/01/2020 Thomas Trebilcock

	Name	Age	Team	Finals Time
1	Grice, Robert	17	Rhoose	2:53.12
2	Williams, Cai	17	Sker	2:54.34
3	Graham, Lewis	17	Blyth	2:54.81
4	Middleton, Jacob	17	Heanor	2:54.90
5	Froley, Iwan	16	Sker	3:02.64
6	Davidson, Matthew	17	Sker	3:07.05
7	Gilbert, Barney	16	Gyllyngvase	3:14.84
8	Caygill, Rhys	16	Poppit Sands	3:15.79
---	Stanway, Luke	16	North Worc	DQ
---	Morgan, Lewis	16	Sker	DQ

Event 63 Women LC Meter Super Life Saver Individual

Record: 2:33.47 R 28/01/2018 Emma Henderson

	Name	Age	Team	Finals Time
1	Roodhouse, Molly	24	Gyllyngvase	2:44.58
2	Hocking, Anya	18	Gyllyngvase	2:48.07
3	McCloy, Ellie	22	Rest Bay	2:48.64
4	Hickman, Eve	18	Rest Bay	2:49.00
5	Parker, Emily	20	Vale Slsc	2:57.22
6	Bailey-Jones, Nia	18	Gyllyngvase	2:57.93
7	Reilly, Emma	23	Beacon Lsc	2:58.48
8	Dickerson-Weedy, Ellie	21	Blyth	3:03.32
9	Parker, Jessica	26	Blyth	3:03.69
10	Rule, Mia	20	Gyllyngvase	3:05.77
11	Bednall, Thea	20	Rascals	3:12.70
12	Cox, Emily	20	Sker	3:13.03
13	Chandler, Cadie	24	Blyth	3:14.20
14	Hobrough, Xantia	18	Vale Slsc	3:14.84
15	Ezard, Emily	21	Pen y Bont	3:17.07
16	Bayliss-Cutler, Mia	18	Crawley	3:22.06
17	Jones, Angharad	20	Sker	3:25.20
18	Leahey, Rebecca	18	South Worc	3:26.69
19	Dickerson-Weedy, Issy	19	Paddlepod	3:28.04
20	Willshire, Katelyn	18	Paddlepod	3:31.63
21	Gibson, Elena	18	Rhoose	3:42.18

Event 64 Men LC Meter Super Life Saver Individual

Record: 2:17.00 R 29/05/2022 Samuel Lawman

	Name	Age	Team	Finals Time
1	Lawman, Samuel	28	Crawley	2:19.65
2	Wheeler, Ryan	28	Beacon Lsc	2:20.75
3	Postlethwaite, Freddie	18	Rascals	2:28.59
4	Russell-Ross, Henry	19	Beacon Lsc	2:28.86
5	Waterfall, Luke	18	Rascals	2:30.46
6	Jagger, Richard	34	Crawley	2:30.51
7	Lewis, Ashley	29	Pen y Bont	2:32.64
8	Jackson, Alex	22	Crawley	2:37.36
9	Grice, Jason	23	Rhoose	2:40.21
10	Phinnemore, Osian	19	Pen y Bont	2:40.82
11	Hopkin, Reuben	20	Vale Slsc	2:41.53
12	Lee, Jake	22	Vale Slsc	2:43.28
13	Fox, Terry	48	Rascals	2:48.21
14	Ducker, Michael	26	Beacon Lsc	2:51.73
15	Screeton, Jacob	21	Rascals	2:52.77
16	Schofield, Martin	24	Crawley	2:56.75
17	Goodall, Jacob	20	South Worc	2:56.79
18	Ingham, Conor	28	Beacon Lsc	3:02.77
19	Screeton, Thomas	18	Rascals	3:04.01
20	Chambers, Jack	21	Aberavon	3:08.31
21	James, William	21	Sker	3:08.89
22	Cooper-Smith, Jordan	22	Heanor	3:13.02
23	Carley-Smith, Alistair	40	Mumbles	3:19.75
24	Davies, Paul	50	Poppit Sands	3:24.00
---	Ewington, Declan	22	Vale Slsc	DNF

Event 65 Girls 16-17 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:03.54 R 29/05/2022 Heather Watson

	Name	Age	Team	Finals Time
1	Millar, Connie	16	Rhoose	1:11.36
2	Lopez, Amaia	17	Crawley	1:12.79
3	Daly, Kirsten	17	Sker	1:15.05
4	Scourfield, Ruby	16	Sker	1:16.85
5	Stamp, Laylah	16	Vale Slsc	1:17.02
6	Palmer, Ruby	16	Heanor	1:17.17
7	Cull, Millie	16	Rest Bay	1:17.24
8	Brough, Ella	16	Rascals	1:17.93
9	Roche, Lillian	17	Gyllyngvase	1:17.99
10	Carr, Lilly-May	17	Blyth	1:19.17
11	Davies, Rhian	16	Langland Bay	1:19.73
12	Lewis, Hollie	16	Pen y Bont	1:20.54
13	Davies, Gracie	16	Sker	1:22.25
14	Crawley, Jessica	16	Rest Bay	1:22.56
15	O`leary, Kate	16	Sker	1:23.38
16	Smele, Georgia	16	Sker	1:23.90
17	Hale, Gemma	16	Langland Bay	1:24.91
18	Henderson, Nia	16	Langland Bay	1:25.32
19	Cosby, Nia	16	Pen y Bont	1:25.66
20	Gardener, Louise	17	Pen y Bont	1:27.28
21	Dodd, Neve	16	Langland Bay	1:27.37
22	Davies, Daisy	17	Poppit Sands	1:30.08
23	Ruddle, Tia-layla	16	Sker	1:32.28
24	Stankovich, Sapphire	16	Poppit Sands	1:33.21
25	Marks, Abigail	16	North Worc	1:42.06
26	Newland, Molly	16	Poppit Sands	1:45.77

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(Event 65 Girls 16-17 100 LC Meter Manikin Tow (Fins) Individual)

	Name	Age	Team	Finals Time
---	Watson, Heather	17	Rascals	DQ
---	Hawkins, Maisy	17	Gyllyngvase	DQ
---	Wiggins, Maisy	17	Llantwit Major	DQ

Event 66 Boys 16-17 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:00.41 R 29/05/2022 Luke Waterfall

	Name	Age	Team	Finals Time
1	Grice, Robert	17	Rhoose	1:03.99
2	Hyett, Ben	17	Pen y Bont	1:07.40
3	Middleton, Jacob	17	Heanor	1:07.81
4	Graham, Lewis	17	Blyth	1:09.45
5	Williams, Cai	17	Sker	1:09.47
6	Whittaker, Daniel	17	Sker	1:10.05
7	Rich, Tomas	17	Gyllyngvase	1:12.09
8	Gilbert, Barney	16	Gyllyngvase	1:14.62
9	Locke, Ioan	17	Sker	1:14.94
10	Chivers, Tomos	16	Mumbles	1:16.31
11	Davies, Elian	16	Llantwit Major	1:16.82
12	Lewis, Morgan	16	Pen y Bont	1:17.04
13	Davidson, Matthew	17	Sker	1:17.45
14	Caygill, Rhys	16	Poppit Sands	1:17.66
15	Murray, James	17	Pen y Bont	1:20.59
16	Godsell, Dylan	16	Llantwit Major	1:22.67
17	Parkinson, Elias	16	Langland Bay	1:23.84
18	Kettleborough, Peter	16	Gyllyngvase	1:24.96
19	Nyom, Jack	16	Pen y Bont	1:25.26
20	Harris, Rees	16	Llantwit Major	1:27.64
21	Powell, Jake	16	Sker	1:38.32
---	Morgan, Lewis	16	Sker	DQ

Event 67 Girls 14-15 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:11.28 R 26/01/2020 Katie Reilly

	Name	Age	Team	Finals Time
1	James, Grace	14	Rest Bay	1:15.45
2	Pegrum, Martha	15	Llantwit Major	1:16.15
3	Quinn, Elena	14	Rascals	1:17.34
4	Frydenbo-Bruvoll, Marie	15	Beacon Lsc	1:19.35
5	Thomas, Josie	14	Llantwit Major	1:20.84
6	Barber, Evie	15	Vale Slsc	1:21.30
7	Wong, Ava	15	Rhoose	1:21.37
8	Clark, Grace	14	Rascals	1:21.56
9	Bellamy, Penelope	14	Vale Slsc	1:21.57
10	Coombes, Cerys	15	Sker	1:21.99
11	Carey, Lucy	15	Rest Bay	1:22.18
12	Luen-Twining, Katie	14	Vale Slsc	1:22.74
13	Durrant, Annabel	15	Llantwit Major	1:22.96
14	Davies-Green, Summer	15	Rhoose	1:23.18
15	Gardener, Hannah	14	Pen y Bont	1:23.82
16	Carr, Daisy	15	Blyth	1:23.85
17	Goodall, Evie	14	South Worc	1:24.68
18	Lewis, Daisy	14	Pen y Bont	1:24.72
19	Patterson, Grace	14	Rest Bay	1:25.05
20	Patrick, Thea	14	Poppit Sands	1:25.28
21	Hopkin, Rebekah	14	Rhoose	1:25.98
22	Gibson, Bethan	15	Rhoose	1:28.02
23	Appleby, Skye	14	Blyth	1:28.17
24	Hardwicke, Martha	14	Rest Bay	1:28.20
25	Woods, Evie	15	Rhoose	1:28.49
26	Williams, Taylor	14	Rhoose	1:29.10
27	Carey, Amy	14	Rest Bay	1:29.44
28	Clatworthy, Maddie	14	Sker	1:30.65
29	Cannon, Lola	15	Mumbles	1:31.00
30	Morgan, Gwenan	15	Mumbles	1:31.56
31	Cope, Aydrian	14	Rascals	1:31.95
32	Cinderby, Isabelle	14	Sker	1:32.79
33	Waggett, Anna	14	Rhoose	1:33.51
34	Davies, Chloe	14	Sker	1:33.64
35	Talbot, Isabel	14	Pen y Bont	1:35.20
36	Durrant, Florence	15	Llantwit Major	1:35.37
37	Davies, Seren	15	Rest Bay	1:35.60
38	Miles, Sophia	15	Rest Bay	1:36.95
39	Merrett, Imogen	15	Pen y Bont	1:37.84
40	Hickman, Isla	14	Rest Bay	1:39.11
41	Sims, Harriet	14	Rhoose	1:41.52
42	Gwyther, Megan	14	Mumbles	1:41.63
43	Davies, Mali	14	Llantwit Major	1:42.65
44	Green, Bethan	14	Poppit Sands	1:43.06
45	Davies, Alice	15	Poppit Sands	1:45.11
46	Hardwicke, Macey	15	Rest Bay	1:45.43
---	Sansum, Charlotte	14	Mumbles	DQ
---	Sabine, Holly	15	Langland Bay	DQ
---	Clerey, Mollie	14	Llantwit Major	DQ
---	Mann, Scarlett	14	Rascals	DQ
---	Lewis, Maiwen	14	Sker	DQ
---	Newland, Elsie	14	Poppit Sands	DNF

Event 68 Boys 14-15 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:14.18 R 29/05/2022 Lewis Morgan

	Name	Age	Team	Finals Time
1	Mowbray, James	15	Blyth	1:08.47R
2	Lewis, Gethin	15	Sker	1:08.87R
3	Hole, Ethan	14	Rhoose	1:11.43R
4	Bellamy, James	15	Vale Slsc	1:15.59
5	Robertson, Lachlan	15	Beacon Lsc	1:18.19
6	Pettigrew, Anders	15	Gyllyngvase	1:18.60
7	Bonev, Noah	14	Blyth	1:18.75
8	Macklen, Harry	14	Beacon Lsc	1:20.66
9	Lamont, Cillian	15	Rascals	1:21.96
10	Adams, Ronan	15	Pen y Bont	1:22.29
11	Watkins, William	15	Pen y Bont	1:22.46
12	Martin, Haydn	15	Mumbles	1:22.68
13	Roberts, Evyn	15	Pen y Bont	1:23.21
14	Powell, Callum	14	Sker	1:28.55
15	Jennings, Maverick	15	Llantwit Major	1:30.78
16	Clegg, Louie	14	Poppit Sands	1:36.57
17	Benbow, Jonah	14	Pen y Bont	1:36.90
18	Eustace, Jack	14	Llantwit Major	1:43.21
19	Rowles, Jack	14	Llantwit Major	1:44.00
20	Riddick, Max	14	Llantwit Major	1:59.46
---	Lopez, Asier	15	Crawley	DQ
---	James, Owain	15	Rest Bay	DQ
---	Ballantyne, Alex	14	Pen y Bont	DQ
---	James, Tomos	15	Rest Bay	DQ
---	Hollenbach, Lewis	15	Sker	DQ

Event 69 Girls 13 & Under 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:14.85 R 29/05/2022 Elena Quinn

	Name	Age	Team	Finals Time
1	Jones, Isabella	13	Pen y Bont	1:23.00
2	Burlingham, India	13	Rest Bay	1:25.02
3	Daly, Isabella	13	Sker	1:28.15
4	Godsell, Matilda	13	Llantwit Major	1:31.94

Welsh Stillwater Lifesaving Championships - 28/01/2023 to 29/01/2023

Results

(Event 69 Girls 13 & Under 100 LC Meter Manikin Tow (Fins) Individua

	Name	Age	Team	Finals Time
5	Allam, April	13	Vale Slsc	1:34.69
6	Froggatt, Sophia	13	Rascals	1:36.29
7	Rees, Manon	13	Poppit Sands	1:37.78
8	Takata, Kaiya	13	Vale Slsc	1:38.45
9	Storey, Kayla	13	Blyth	1:40.86
10	Jenkins, Alys	13	Sker	1:42.93
11	Daly, Caitlin	13	Sker	1:45.03
12	Filise, Elizabeth	13	Vale Slsc	1:56.95
13	Locke, Isabelle	13	Sker	1:57.63
14	Jenkins-Shaw, Cerys	13	Poppit Sands	2:00.65
15	Mowbray, Amy	13	Blyth	2:03.40
16	Harries, Megan	13	Poppit Sands	2:14.77
17	Haigh, Bella	13	Vale Slsc	2:19.56
---	Rees Langley, Lili	13	Poppit Sands	DQ
---	Harries, Elin	13	Poppit Sands	DQ
---	Jones, Hannah	13	Langland Bay	DQ

Event 70 Boys 13 & Under 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:23.94 R 27/01/2019 Tristyn James

	Name	Age	Team	Finals Time
1	Watson, Tobias	13	Rascals	1:17.30R
2	Baxter, Riley	13	Rascals	1:20.02R
3	Bartram, Solomon	13	Rhoose	1:21.97R
4	Burton, Finnley	13	Llantwit Major	1:25.14
5	Pollicott, Harry	13	Rascals	1:25.50
6	Bennett, Travis	13	Pen y Bont	1:25.56
7	Barlett-Jenkins, Beau	13	Llantwit Major	1:29.94
8	Anthony, Sam	13	Rhoose	1:34.63
9	Chandler, Bailey	13	Blyth	1:59.73
10	Lewis, Carwyn	13	Sker	2:14.56
11	Honychurch, Dylan	13	Llantwit Major	2:21.56
---	John, William	13	Sker	DQ
---	Williams, Twm	13	Llantwit Major	DQ

Event 71 Women 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:01.66 R 22/02/2015 Anneloes Peulen

	Name	Age	Team	Finals Time
1	Parker, Emily	20	Vale Slsc	1:06.81
2	Hocking, Anya	18	Gyllyngvase	1:07.29
3	Roodhouse, Molly	24	Gyllyngvase	1:08.00
4	Kerr, Abigail	19	Rascals	1:08.01
5	Reilly, Emma	23	Beacon Lsc	1:08.18
6	Hobrough, Xantia	18	Vale Slsc	1:08.58
7	Hawkins, Georgia	21	Gyllyngvase	1:10.68
8	Carpenter, Sam	27	Blyth	1:10.70
9	Peterson, Kelsea	25	Vale Slsc	1:11.91
10	Ezard, Emily	21	Pen y Bont	1:12.07
11	Chandler, Cadie	24	Blyth	1:12.18
12	Rule, Mia	20	Gyllyngvase	1:13.05
13	Parker, Jessica	26	Blyth	1:13.13
14	Bednall, Thea	20	Rascals	1:14.03
15	Dickerson-Weedy, Ellie	21	Blyth	1:14.90
16	Hickman, Eve	18	Rest Bay	1:15.33
17	Cox, Emily	20	Sker	1:15.49
18	Jones, Angharad	20	Sker	1:16.02
19	Voce, Lauren	19	Heanor	1:16.18
20	Peterson, Ellie	23	Vale Slsc	1:16.60
21	Bailey-Jones, Nia	18	Gyllyngvase	1:16.65
22	Jones, Emilia	18	Sker	1:18.94
23	Davies, Ellie	19	Mumbles	1:19.45
24	Baylis, Sophie	18	Centurion Lsc	1:20.13
25	Cusselle, Charlotte	18	Beacon Lsc	1:21.97
26	Everitt, Natasha	18	Rascals	1:22.36
27	Gibson, Elena	18	Rhoose	1:22.50
28	Browning, Anna	18	Beacon Lsc	1:23.31
29	Morgan, Bethan	19	Sker	1:24.34
30	Stankovich, Ruby	18	Poppit Sands	1:25.10
31	Froley, Megan	19	Sker	1:26.25
32	Dickerson-Weedy, Issy	19	Paddlepod	1:26.42
33	Benyon, Samantha	21	Beacon Lsc	1:26.78
34	Bayliss-Cutler, Mia	18	Crawley	1:27.13
35	Lewis, Meghan	18	Sker	1:30.46
36	Pelosi, Phoebe	18	Langland Bay	1:31.81
37	Grabham, Jeri-Lynne	23	Sker	1:31.98
---	Comline, Abby	20	Crawley	DQ
---	Howells-Aitken, Neve	18	Rhoose	DQ
---	Robson, Emily	20	Crawley	DQ
---	Willshire, Katelyn	18	Paddlepod	DNF

Event 72 Men 100 LC Meter Manikin Tow (Fins) Individual

Record: 55.07 R 28/01/2018 Simon Worne

	Name	Age	Team	Finals Time
1	Lawman, Samuel	28	Crawley	57.37
2	Sadberry, Jack	19	Crawley	57.82
3	Waterfall, Luke	18	Rascals	58.05
4	Wheeler, Ryan	28	Beacon Lsc	58.82
5	Postlethwaite, Freddie	18	Rascals	58.95
6	Cusselle, Ben	20	Beacon Lsc	59.93
7	Screeton, Jacob	21	Rascals	1:01.38
8	Key, Elliot	23	Beacon Lsc	1:01.47
9	Russell-Ross, Henry	19	Beacon Lsc	1:01.55
10	Smith, Jack	22	Beacon Lsc	1:02.82
11	Ducker, Michael	26	Beacon Lsc	1:03.05
12	Phinnemore, Osian	19	Pen y Bont	1:03.27
13	Jagger, Richard	34	Crawley	1:03.91
14	Jackson, Alex	22	Crawley	1:04.07
15	Grice, Jason	23	Rhoose	1:05.09
16	Delbridge, Elis	20	Sker	1:05.41
17	Ewington, Ben	19	Vale Slsc	1:06.62
18	Williams, Cai	17	Sker	1:06.83
19	Clifford, Tom	20	South Worc	1:07.05
20	Lee, Jake	22	Vale Slsc	1:07.50
21	Hopkin, Reuben	20	Vale Slsc	1:08.87
22	Worth, Brandon	20	Aberavon	1:09.36
23	Screeton, Thomas	18	Rascals	1:09.46
24	Ewington, Declan	22	Vale Slsc	1:09.94
25	Gubb, Harvey	17	Aberavon	1:10.20
26	Ingham, Conor	28	Beacon Lsc	1:10.90
27	Rees, Tomos	21	Poppit Sands	1:14.58
28	Harris, Evan	18	Llantwit Major	1:15.61
29	Chambers, Jack	21	Aberavon	1:15.83
30	Cooper-Smith, Jordan	22	Heanor	1:22.73
31	Kimber, Ollie	18	Poppit Sands	1:28.08
32	Torr, Ryan	18	Heanor	1:32.20
---	Schofield, Martin	24	Crawley	DQ
---	Chambers, Samuel	17	Aberavon	DQ
---	Lester, Jack	22	Rascals	DQ
---	Vick, James	24	Crawley	DQ

Event 73 Women 30-39 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:12.44 R 28/01/2018 Nicola Beirne

	Name	Age	Team	Finals Time
1	Sedgwick, Cathy	37	Blyth	1:27.70
---	Allam, Candice	39	Vale Slsc	DQ

Event 73 Women 40-49 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:21.63 R 29/05/2022 Angelina Bellamy

	Name	Age	Team	Finals Time
1	Openshaw-Rowe, Rebecca	42	Sker	1:10.34R
2	Healey, Rachel	42	Rascals	1:18.24R
3	Gharahlar, Emma	40	Rest Bay	1:19.96R
4	Lewis, Emma	49	Sker	1:21.66
5	Bellamy, Angelina	44	Vale Slsc	1:23.29
6	Bayliss-Culter, Marsha	46	Crawley	1:23.35
7	Lane, Natasha	42	North Worc	1:23.40
8	Storey, Carole	46	Blyth	1:32.38
9	Ramsden-Hare, Louise	48	Mumbles	1:35.76
10	Hopkin, Nia	46	Vale Slsc	1:36.16
11	Carroll, Fiona	48	Sker	1:37.34
12	Schutte, Michelle	48	Pen y Bont	1:59.02

Event 73 Women 50-59 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:32.55 R 29/05/2022 Vanessa Eagland

	Name	Age	Team	Finals Time
1	Phinnemore, Andrea	53	Pen y Bont	1:31.09R
2	Appleby, Liz	50	Blyth	1:32.34R
3	Morgan, Sarah	51	Sker	1:46.29
4	Cox, Laura	50	Sker	1:49.93
5	Nyom, Sarah	53	Pen y Bont	1:51.52
6	Chandler, Joanne	50	Blyth	1:56.41
---	Eagland, Vanessa	54	Crawley	DQ

Event 74 Men 30-39 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:02.37 R 27/01/2019 Joe Scurrah

	Name	Age	Team	Finals Time
1	Moore, Sam	39	Sker	1:06.64
2	Rosewell, Lloyd	38	Pen y Bont	1:07.32
3	Parry, Christopher	32	Aberavon	1:07.37
4	Arkley, Daniel	31	Blyth	2:10.30
---	Burlingham, Leigh	38	Rest Bay	DQ

Event 74 Men 40-49 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:04.83 R 29/05/2022 Terry Fox

	Name	Age	Team	Finals Time
1	McDonagh, Andrew	46	Llantwit Major	1:06.75
2	Watkins, Richard	45	Pen y Bont	1:07.01
3	Fox, Terry	48	Rascals	1:09.21
4	Stamp, Jim	48	Vale Slsc	1:11.20
5	Gill, Ned	43	Langland Bay	1:13.31
6	Carley-Smith, Alistair	40	Mumbles	1:13.41
7	Foster, Jonathan	49	Llantwit Major	1:15.70
8	Henderson, Jon	49	Langland Bay	1:17.22
9	Hodges, Daniel	49	Pen y Bont	1:17.84
10	Morgan, James	40	Pen y Bont	1:18.03
11	Locke, Craig	43	Sker	1:20.57
12	Shingler, Guy	44	Langland Bay	1:22.22
13	Newman, Gavin	46	Pen y Bont	1:23.73
14	Gardener, Gareth	46	Pen y Bont	1:31.97
15	Connolly, Hugh	47	Vale Slsc	1:34.92
---	Davies, Lee	47	Sker	DQ

Event 74 Men 50-59 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:17.86 R 29/05/2022 Sam McCloy

	Name	Age	Team	Finals Time
1	Robinson, Craig	50	Pen y Bont	1:06.84R
2	Millar, Nick	51	Rhoose	1:07.68R
3	Davies, Matthew	50	Rest Bay	1:14.79R
4	Lewis, Richard	50	Pen y Bont	1:15.29R
5	Davies, Paul	50	Poppit Sands	1:15.37R
6	Taylor King, Christopher	50	Sker	1:17.36R
7	Ruddle, Ben	57	Sker	1:19.63
8	Parker, Simon	56	Vale Slsc	1:20.75
9	Parkinson, Andy	50	Langland Bay	1:21.32
10	Dalrymple, Andy	57	Langland Bay	1:21.42
11	Wong, Stuart	56	Rhoose	1:23.15
12	Davidson, Andrew	51	Sker	1:24.82
13	Adams, Chris	51	Pen y Bont	1:25.93
14	Jones, Peter	52	Pen y Bont	1:26.25
15	Chandler, Mark	53	Blyth	1:38.47
16	Wisden, Mark	52	Pen y Bont	1:41.73
---	Pelders, Koert	56	Langland Bay	DQ

Event 74 Men 60 & Over 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:18.02 R 29/05/2022 Ian Yates

	Name	Age	Team	Finals Time
1	Gwynn, Jon	64	Mumbles	1:20.97
2	Griffiths, Alun	64	Sker	1:24.46
3	Williams, Paul	63	Langland Bay	1:27.89
4	John, Chris	63	Langland Bay	1:32.22
5	Childs, Michael	63	Sker	1:32.80

Event 81 Mixed 17 & Under LC Meter Relay Pool Lifesaver Relay

	Team	Relay	Finals Time
1	Sker	A	2:27.08
2	Gyllyngvase	A	2:29.93
3	Sker	B	2:30.16
4	Rhoose	A	2:32.19
5	Blyth	A	2:39.58
6	Sker	D	2:51.41
7	Llantwit Major	A	2:56.10
8	Llantwit Major	B	2:58.36
9	Sker	C	3:01.03
10	Poppit Sands	A	3:08.11
11	Pen y Bont	C	3:14.81
12	Pen y Bont	B	3:58.64
---	Pen y Bont	A	DQ
---	Pen y Bont	D	DQ

Event 82 Mixed LC Meter Relay Pool Lifesaver Relay

Record: 2:08.21 R 26/01/2020 Crawley Town

	Team	Relay	Finals Time
1	Crawley	A	2:00.43R
2	Rascals	A	2:04.67R
3	Crawley	B	2:13.41
4	Sker	A	2:15.95
5	Vale Slsc	A	2:17.55
6	Pen y Bont	A	2:18.77
7	Rascals	B	2:18.98
8	Pen y Bont	B	2:19.15
9	Vale Slsc	B	2:19.20
10	Beacon Lsc	A	2:23.46
11	Blyth	A	2:28.68
12	Rhoose	A	2:29.35

Welsh Stillwater Lifesaving Championships - 28/01/2023 to 29/01/2023

Results

(Event 82 Mixed LC Meter Relay Pool Lifesaver Relay)

	Team	Relay	Finals Time
13	Rhoose	B	2:32.42
14	Sker	C	2:34.37
15	Heanor	A	2:36.00
16	Sker	B	2:37.62
17	Llantwit Major	A	2:38.75
18	Pen y Bont	D	2:39.94
19	Rest Bay	A	2:43.27
20	Sker	D	2:59.46
21	Blyth	B	2:59.56
22	North Worc	A	3:05.99
---	Poppit Sands	A	DQ

Event 83 Girls 14-15 100 LC Meter Rescue Medley Individual

Record: 1:26.28 R 26/01/2020 Anya Hocking

	Name	Age	Team	Finals Time
1	Quinn, Elena	14	Rascals	1:33.37
2	Carey, Lucy	15	Rest Bay	1:40.14
3	Coombes, Cerys	15	Sker	1:41.20
4	James, Grace	14	Rest Bay	1:44.36
5	Gardener, Hannah	14	Pen y Bont	1:44.77
6	Pegrum, Martha	15	Llantwit Major	1:45.61
7	Goodall, Evie	14	South Worc	1:45.97
8	Cope, Aydrian	14	Rascals	1:48.05
9	Thomas, Josie	14	Llantwit Major	1:50.42
10	Frydenbo-Bruvoll, Marie	15	Beacon Lsc	1:50.74
11	Clark, Grace	14	Rascals	1:51.73
12	Durrant, Annabel	15	Llantwit Major	1:52.03
13	Hopkin, Rebekah	14	Rhoose	1:54.90
14	Talbot, Isabel	14	Pen y Bont	1:58.66
15	Morgan, Gwenan	15	Mumbles	2:02.57
16	Durrant, Florence	15	Llantwit Major	2:04.13
17	Davies, Alice	15	Poppit Sands	2:07.47
18	Appleby, Skye	14	Blyth	2:08.32
19	Patrick, Thea	14	Poppit Sands	2:12.36
20	Luen-Twining, Katie	14	Vale Slsc	2:13.61
21	Davies, Seren	15	Rest Bay	2:16.39
22	Bellamy, Penelope	14	Vale Slsc	2:16.76
23	Hickman, Isla	14	Rest Bay	2:17.05
24	Newland, Elsie	14	Poppit Sands	2:21.57
25	Gibson, Bethan	15	Rhoose	2:27.56
26	Green, Bethan	14	Poppit Sands	2:45.33
---	Davies-Green, Summer	15	Rhoose	DQ
---	Duroe, Abbie	15	Vale Slsc	DNF
---	Carr, Daisy	15	Blyth	DNF
---	Merrett, Imogen	15	Pen y Bont	DNF
---	Dixon, Mia	14	Mumbles	DNF
---	Goldsmith, Teia	15	Beacon Lsc	DNF
---	Williams, Taylor	14	Rhoose	DNF
---	Mann, Scarlett	14	Rascals	DNF

Event 84 Boys 14-15 100 LC Meter Rescue Medley Individual

Record: 1:23.14 R 26/01/2020 George Mitchell

	Name	Age	Team	Finals Time
1	Lopez, Asier	15	Crawley	1:25.33
2	Lamont, Cillian	15	Rascals	1:33.14
3	Mowbray, James	15	Blyth	1:33.95
4	Bonev, Noah	14	Blyth	1:36.50
5	Lewis, Gethin	15	Sker	1:38.93
6	Adams, Ronan	15	Pen y Bont	1:39.82
7	Hole, Ethan	14	Rhoose	1:41.57
8	Ballantyne, Alex	14	Pen y Bont	1:44.63
9	Bayliss-Cutler, Koji	15	Crawley	1:46.30
10	Pettigrew, Anders	15	Gyllyngvase	1:49.39
11	Macklen, Harry	14	Beacon Lsc	1:49.69
12	Clegg, Louie	14	Poppit Sands	2:03.51
13	Eustace, Jack	14	Llantwit Major	2:05.32
14	Bellamy, James	15	Vale Slsc	2:07.79
15	James, Owain	15	Rest Bay	2:14.73
---	Roberts, Evyn	15	Pen y Bont	DNF
---	Riddick, Max	14	Llantwit Major	DNF
---	James, Tomos	15	Rest Bay	DNF
---	Martin, Haydn	15	Mumbles	DNF

Event 85 Girls 16-17 100 LC Meter Rescue Medley Individual

Record: 1:24.87 R 29/05/2022 Heather Watson

	Name	Age	Team	Finals Time
1	Lopez, Amaia	17	Crawley	1:22.99R
2	Watson, Heather	17	Rascals	1:25.71
3	Hale, Gemma	16	Langland Bay	1:36.02
4	Stamp, Laylah	16	Vale Slsc	1:37.83
5	Daly, Kirsten	17	Sker	1:38.69
6	Carr, Lilly-May	17	Blyth	1:40.92
7	Brough, Ella	16	Rascals	1:43.64
8	Davies, Rhian	16	Langland Bay	1:44.57
9	Crawley, Jessica	16	Rest Bay	1:52.33
10	Marks, Abigail	16	North Worc	1:56.27
11	Henderson, Nia	16	Langland Bay	1:57.33
12	Cosby, Nia	16	Pen y Bont	2:00.92
13	Davies, Daisy	17	Poppit Sands	2:01.12
14	Stankovich, Sapphire	16	Poppit Sands	2:16.79
15	Gardener, Louise	17	Pen y Bont	2:19.39
16	Newland, Molly	16	Poppit Sands	2:21.81
---	Smele, Georgia	16	Sker	DNF
---	Millar, Connie	16	Rhoose	DNF
---	Ruddle, Tia-layla	16	Sker	DNF

Event 86 Boys 16-17 100 LC Meter Rescue Medley Individual

Record: 1:12.65 R 26/01/2020 Ben Cusselle

	Name	Age	Team	Finals Time
1	Morgan, Lewis	16	Sker	1:23.52
2	Middleton, Jacob	17	Heanor	1:25.02
3	Rich, Tomas	17	Gyllyngvase	1:26.12
4	Graham, Lewis	17	Blyth	1:28.23
5	Whittaker, Daniel	17	Sker	1:31.81
6	Gilbert, Barney	16	Gyllyngvase	1:32.94
7	Grice, Robert	17	Rhoose	1:33.39
8	Lewis, Morgan	16	Pen y Bont	1:38.12
9	Chivers, Tomos	16	Mumbles	1:41.26
10	Davidson, Matthew	17	Sker	1:42.37
11	Caygill, Rhys	16	Poppit Sands	1:52.55
12	Parkinson, Elias	16	Langland Bay	1:53.80
13	Locke, Ioan	17	Sker	1:59.19
14	Harris, Rees	16	Llantwit Major	2:09.68
---	Davies, Elian	16	Llantwit Major	DNF
---	Stanway, Luke	16	North Worc	DNF
---	Godsell, Dylan	16	Llantwit Major	DNF

Event 87 Women 100 LC Meter Rescue Medley Individual

Record: 1:09.60 R 27/01/2019 Zara Williams

	Name	Age	Team	Finals Time
1	Roodhouse, Molly	24	Gyllyngvase	1:18.80
2	Comline, Abby	20	Crawley	1:20.48
3	Robson, Emily	20	Crawley	1:20.56

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(Event 87 Women 100 LC Meter Rescue Medley Individual)

	Name	Age	Team	Finals Time
4	Hocking, Anya	18	Gyllyngvase	1:21.14
5	McCloy, Ellie	22	Rest Bay	1:22.45
6	Bailey-Jones, Nia	18	Gyllyngvase	1:24.41
7	Hickman, Eve	18	Rest Bay	1:24.61
8	Ezard, Emily	21	Pen y Bont	1:33.26
9	Bednall, Thea	20	Rascals	1:34.97
10	Dickerson-Weedy, Ellie	21	Blyth	1:35.00
11	Kerr, Abigail	19	Rascals	1:36.11
12	Peterson, Ellie	23	Vale Slsc	1:36.46
13	Leahey, Rebecca	18	South Worc	1:37.25
14	Parker, Emily	20	Vale Slsc	1:37.36
15	Parker, Jessica	26	Blyth	1:38.51
16	Davies, Ellie	19	Mumbles	1:40.03
17	Jones, Emilia	18	Sker	1:44.29
18	Everitt, Natasha	18	Rascals	1:45.43
19	Davies, Tegan	19	Rest Bay	1:50.28
20	Jones, Angharad	20	Sker	1:52.09
21	Froley, Megan	19	Sker	1:56.35
22	Morgan, Bethan	19	Sker	1:57.07
23	Howells-Aitken, Neve	18	Rhoose	1:58.12
24	Scott-Taggart, Freya	18	Beacon Lsc	2:01.46
25	Gibson, Elena	18	Rhoose	2:07.81
26	Voce, Lauren	19	Heanor	2:09.21
27	Stankovich, Ruby	18	Poppit Sands	2:14.61
---	Baylis, Sophie	18	Centurion Lsc	DNF

Event 88 Men 100 LC Meter Rescue Medley Individual

Record: 1:02.72 R 29/05/2022 Samuel Lawman

	Name	Age	Team	Finals Time
1	Lawman, Samuel	28	Crawley	1:07.75
2	Cusselle, Ben	20	Beacon Lsc	1:08.07
3	Sadberry, Jack	19	Crawley	1:09.64
4	Smith, Jack	22	Beacon Lsc	1:09.75
5	Wheeler, Ryan	28	Beacon Lsc	1:10.71
6	Waterfall, Luke	18	Rascals	1:11.76
7	Russell-Ross, Henry	19	Beacon Lsc	1:13.47
8	Lee, Jake	22	Vale Slsc	1:14.73
9	Vick, James	24	Crawley	1:16.11
10	Reed, Adam	23	Vale Slsc	1:16.72
11	Postlethwaite, Freddie	18	Rascals	1:16.73
12	Ewington, Ben	19	Vale Slsc	1:18.79
13	Lester, Jack	22	Rascals	1:19.26
14	Briggs, Calum	27	Heanor	1:20.49
15	Ewington, Declan	22	Vale Slsc	1:21.25
16	Phinnemore, Osian	19	Pen y Bont	1:21.75
17	Battell, David	27	Langland Bay	1:24.12
18	Williams, Cai	17	Sker	1:25.13
19	Lennox, Sam	20	Aberavon	1:26.34
20	Gubb, Harvey	17	Aberavon	1:26.77
21	Screeton, Jacob	21	Rascals	1:28.77
22	Goodall, Jacob	20	South Worc	1:29.41
23	Rees, Tomos	21	Poppit Sands	1:29.76
24	Grice, Jason	23	Rhoose	1:34.28
25	Cooper-Smith, Jordan	22	Heanor	1:37.00
26	Parkinson, Jonah	19	Langland Bay	1:39.31
27	Harris, Evan	18	Llantwit Major	1:43.02

Event 89 Women 30-39 100 LC Meter Rescue Medley Individual

Record: 1:35.83 R 27/01/2019 Cerys Rudall

	Name	Age	Team	Finals Time
1	Allam, Candice	39	Vale Slsc	1:54.02
2	Sedgwick, Cathy	37	Blyth	2:20.44

Event 89 Women 40-49 100 LC Meter Rescue Medley Individual

Record: 1:48.34 R 29/05/2022 Joanna Powell

	Name	Age	Team	Finals Time
1	Gharahlar, Emma	40	Rest Bay	1:40.78R
2	Openshaw-Rowe, Rebecca	42	Sker	1:41.57R
3	Lane, Natasha	42	North Worc	1:50.33
4	Bellamy, Angelina	44	Vale Slsc	2:09.58
5	Ramsden-Hare, Louise	48	Mumbles	2:11.20
6	Hopkin, Nia	46	Vale Slsc	2:43.59
---	Storey, Carole	46	Blyth	DQ

Event 89 Women 50-59 100 LC Meter Rescue Medley Individual

	Name	Age	Team	Finals Time
1	Wicken, Donna	57	Crawley	1:48.28
2	Appleby, Liz	50	Blyth	2:23.71
3	Cox, Laura	50	Sker	2:43.88

Event 90 Men 30-39 100 LC Meter Rescue Medley Individual

Record: 1:08.77 R 16/02/2014 Richard Watkins

	Name	Age	Team	Finals Time
1	Rosewell, Lloyd	38	Pen y Bont	1:18.46
2	Moore, Sam	39	Sker	1:24.53
3	Arkley, Daniel	31	Blyth	4:15.56

Event 90 Men 40-49 100 LC Meter Rescue Medley Individual

Record: 1:28.23 R 29/05/2022 Terry Fox

	Name	Age	Team	Finals Time
1	Watkins, Richard	45	Pen y Bont	1:14.89R
2	Lane, David	40	North Worc	1:22.88R
3	McDonagh, Andrew	46	Llantwit Major	1:24.04R
4	Fox, Terry	48	Rascals	1:27.85R
5	Gill, Ned	43	Langland Bay	1:35.70
6	Carley-Smith, Alistair	40	Mumbles	1:40.76
7	Foster, Jonathan	49	Llantwit Major	1:43.09
8	Locke, Craig	43	Sker	1:53.18
9	Hodges, Daniel	49	Pen y Bont	1:54.99
10	Henderson, Jon	49	Langland Bay	1:55.19
11	Morgan, James	40	Pen y Bont	2:07.43
12	Shingler, Guy	44	Langland Bay	2:08.10
13	Cannon, Ritchie	40	Mumbles	2:12.69
14	Newman, Gavin	46	Pen y Bont	2:28.05
15	Gardener, Gareth	46	Pen y Bont	2:34.30
---	Davies, Lee	47	Sker	DNF

Event 90 Men 50-59 100 LC Meter Rescue Medley Individual

Record: 1:44.33 R 29/05/2022 Simon Parker

	Name	Age	Team	Finals Time
1	Robinson, Craig	50	Pen y Bont	1:24.89R
2	Lewis, Richard	50	Pen y Bont	1:33.17R
3	Parker, Simon	56	Vale Slsc	1:43.03R
4	Davies, Matthew	50	Rest Bay	1:43.16R
5	Ruddle, Ben	57	Sker	1:44.26R
6	Davies, Paul	50	Poppit Sands	1:44.32R
7	Pelders, Koert	56	Langland Bay	1:46.03
8	Taylor King, Christopher	50	Sker	1:51.19
9	Parkinson, Andy	50	Langland Bay	1:52.05
10	Davidson, Andrew	51	Sker	1:56.63

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(Event 90 Men 50-59 100 LC Meter Rescue Medley Individual)

	Name	Age	Team	Finals Time
11	Dalrymple, Andy	57	Langland Bay	2:03.93
---	Adams, Chris	51	Pen y Bont	DQ

Event 90 Men 60 & Over 100 LC Meter Rescue Medley Individual

Record: 1:40.20 R 29/05/2022 Ian Yates

	Name	Age	Team	Finals Time
1	John, Chris	63	Langland Bay	1:48.94
2	Griffiths, Alun	64	Sker	2:02.06
3	Gwynn, Jon	64	Mumbles	2:08.69
4	Williams, Paul	63	Langland Bay	2:12.72
5	Childs, Michael	63	Sker	2:21.43

Event 97 Girls 16-17 4x50 LC Meter Medley Relay Relay

Record: 1:58.38 R 27/01/2019 Sker

	Team	Relay	Finals Time
1	Pen y Bont	A	2:07.16
2	Sker	A	2:08.91
3	Rest Bay	A	2:10.93
4	Langland Bay	A	2:13.12
5	Sker	B	2:24.49

Event 98 Boys 16-17 4x50 LC Meter Medley Relay Relay

Record: 1:48.89 R 26/01/2020 Beacon LSC

	Team	Relay	Finals Time
1	Sker	A	1:52.01
2	Pen y Bont	A	2:07.46
3	Blyth	A	2:09.55
4	Gyllyngvase	A	2:12.12

Event 99 Girls 14-15 4x50 LC Meter Medley Relay Relay

Record: 2:02.69 R 26/01/2020 Sker

	Team	Relay	Finals Time
1	Rest Bay	A	2:09.65
2	Llantwit Major	B	2:10.27
3	Rascals	A	2:12.49
4	Pen y Bont	A	2:13.29
5	Rhoose	A	2:14.87
6	Vale Slsc	A	2:16.70
7	Sker	A	2:18.54
8	Rhoose	B	2:27.04
9	Llantwit Major	A	2:28.48
10	Rest Bay	B	2:29.47
11	Blyth	A	2:29.81
12	Poppit Sands	A	2:40.75
---	Mumbles	A	DQ

Event 100 Boys 14-15 4x50 LC Meter Medley Relay Relay

Record: 2:04.15 R 27/01/2019 Pen y Bont

	Team	Relay	Finals Time
1	Sker	A	2:02.99R
2	Rascals	A	2:03.01R
3	Pen y Bont	A	2:03.84R
4	Llantwit Major	A	2:41.15

Event 101 Girls 13 & Under 4x50 LC Meter Medley Relay Relay

Record: 2:09.21 R 27/01/2019 Sker

	Team	Relay	Finals Time
1	Sker	A	2:32.43
2	Langland Bay	A	2:52.48
3	Poppit Sands	A	2:57.54
---	Vale Slsc	A	DQ

Event 102 Boys 13 & Under 4x50 LC Meter Medley Relay Relay

Record: 2:11.08 R 26/01/2020 Sker

	Team	Relay	Finals Time
1	Llantwit Major	A	2:20.82
2	Rhoose	A	2:26.87
3	Sker	A	2:54.23

Event 103 Mixed 30-39 4x50 LC Meter Medley Relay Relay

Record: 1:58.34 R 27/01/2019 Pen y Bont

	Team	Relay	Finals Time
1	Pen y Bont	A	2:07.78
2	Vale Slsc	A	2:12.11
3	Sker	A	2:13.12
4	Rest Bay	A	2:14.06
5	Blyth	A	2:46.76

Event 103 Mixed 40-49 4x50 LC Meter Medley Relay Relay

	Team	Relay	Finals Time
1	Sker	A	2:06.35
2	Pen y Bont	A	2:08.40
3	Llantwit Major	A	2:11.23
4	Langland Bay	A	2:16.69
5	Mumbles	A	2:27.97
6	Pen y Bont	B	2:34.95
7	Vale Slsc	A	2:47.91
8	Blyth	A	2:56.22

Event 103 Mixed 50-59 4x50 LC Meter Medley Relay Relay

	Team	Relay	Finals Time
1	Pen y Bont	A	2:08.83
2	Sker	A	2:27.70
3	Sker	B	2:33.69
4	Pen y Bont	B	2:33.98
5	Langland Bay	A	2:38.22

Event 107 Women 4x50 LC Meter Medley Relay Relay

Record: 1:43.37 R 22/02/2015 Netherlands

	Team	Relay	Finals Time
1	Gyllyngvase	A	1:54.13
2	Crawley	A	1:58.10
3	Vale Slsc	A	2:01.15
4	Blyth	A	2:01.35
5	Rascals	A	2:02.49
6	Pen y Bont	A	2:03.75
7	Rest Bay	A	2:06.06
8	Sker	A	2:07.36
9	Rhoose	A	2:15.22
10	Sker	B	2:19.16
11	Paddlepod	A	2:23.92
12	Crawley	B	2:27.74
---	Beacon Lsc	A	DQ

Event 108 Men 4x50 LC Meter Medley Relay Relay

Record: 1:34.46 R 22/02/2015 Germany

	Team	Relay	Finals Time
1	Crawley	A	1:36.33
2	Beacon Lsc	A	1:39.29
3	Rascals	A	1:43.47
4	Vale Slsc	A	1:43.70
5	Beacon Lsc	B	1:46.51
6	Sker	A	1:50.44
7	Pen y Bont	A	1:50.68
8	Aberavon	A	1:56.18

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Results

(Event 108 Men 4x50 LC Meter Medley Relay Relay)

	Team	Relay	Finals Time
9	Langland Bay	A	1:56.74
10	Heanor	A	2:00.28
11	Pen y Bont	B	2:00.78
12	Rhoose	A	2:00.83
13	Sker	B	2:01.42
14	Llantwit Major	A	2:02.82
15	Poppit Sands	A	2:06.28
16	Langland Bay	B	2:06.92
17	Llantwit Major	B	2:09.99
18	Langland Bay	C	2:26.30