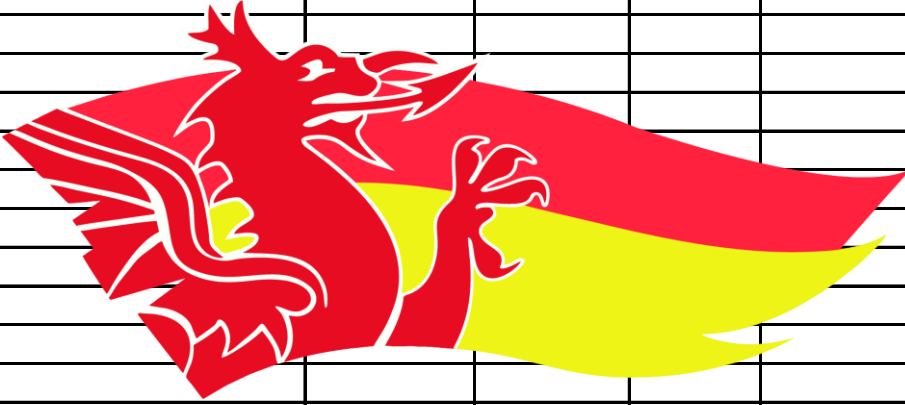


SURF LIFE SAVING ASSOCIATION OF WALES STILLWATER CHAMPIONSHIPS

Aggregate Total 2024

	Club	Youth	Seniors	Masters	Total
1	Pen y Bont	50	38	50	138
2	RASCALS	45	45	24	114
3	Rest Bay	34	41	36	111
4	Blyth Lifesaving Club	30	32	41	103
5	Rhose	36	24	28	88
6	Crawley Town LC	20	36	30	86
7	Sker and Pink Bay	38	26	20	84
7	Vale SLSC	26	20	38	84
8	Llantwit Major	41	14	26	81
9	retford	28	16	34	78
10	Langland Bay	8	12	45	65
11	Mumbles	24	8	32	64
12	Beacon LSC	32	28		60
13	Loughborough		50		50
14	Gyllyngvase	18	30		48
15	Aberavon	14	10	16	40
16	Heanor Swimming Club		18	18	36
17	Poppit Sands	16		14	30
18	Whitmore Bay	12			12
19	Southerndown	10			10
20	South Worcestershire		6		6
21					
21					
21					
21					
21					
21					
21					
21					
21					
21					
21					
17					
18					
19					
20					
21					
22					



SURF LIFE SAVING ASSOCIATION OF WALES STILLWATER CHAMPIONSHIPS

Masters Championships 2024

	Club	Manikin Relay	Manikin Carry	Manikin Carry with Fins	Manikin Tow with Fins	Rope Rescue	Rescue Medley	Medley Relay	Total
1	Pen y Bont	966.5	75	208	185	233	83	170	1104
2	Langland Bay	14	30	108	111	121	54	93	581.5
3	Blyth Lifesaving Club	301	51	86	68	85	68	36	451
4	Vale SLSC	180	24	67	72	65	40	56	348
5	Rest Bay	431	21	78	68	49	20	68	331
6	retford	431	21	78	68	49	20	68	283.5
7	Mumbles	155	15	44	63	46	0	50	234.5
8	Crawley Town LC	100	30	66	0	28	40	20	214
9	Rhose	529.5	13.5	57	45	31	14	16	191.5
10	Llantwit Major	540.5	9	12	18	12	34	12	118
11	RASCALS	957	0	20	20	36	18	20	114
11	Sker and Pink Bay	534	0	38	20	20	16	20	114
12	Heanor Swimming Club		0	28	34	40	0	0	102
13	Aberavon	37	0	20	20	18	0	20	96
14	Poppit Sands	83.5	0	9	12	14	20	16	71
15									
15									
15									
15									
15									
15									
15									



SURF LIFE SAVING ASSOCIATION OF WALES STILLWATER CHAMPIONSHIPS

Youth Championships 2024

	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	Pen y Bont	48	156	156	129	122	85	76	34	160.5	966.5
2	RASCALS	64.5	87	140	148.5	147	86	147.5	60	76.5	957
3	Llantwit Major	16.5	112.5	56	87	66	62	53.5	0	87	540.5
4	Skер and Pink Bay	0	63	89	104	72	34	54	16	102	534
5	Rhose	12	73.5	85	92	111	42	34	8	72	529.5
6	Rest Bay	0	64.5	81	85	59	33	44	0	64.5	431
7	Beacon LSC	0	42	45	50	43	48	46	28	39	341
8	Blyth Lifesaving Club	21	37.5	39	26	58	38	29	27	25.5	301
9	retford	0	64.5	81	85	59	33	44	0	64.5	276
10	Vale SLSC	0	15	31	33	30	16	20	20	15	180
11	Mumbles	25.5	36	15	14	5	23	5	3	28.5	155
12	Crawley Town LC	0	0	20	20	20	0	20	20	0	100
13	Gyllyngvase	0	0	4	11.5	22	8	12	7	27	91.5
14	Poppit Sands	0	21	0	5	4	10	4	5	34.5	83.5
15	Aberavon	0	10.5	0	0	12	0	1	0	13.5	37
16	Whitmore Bay	0	13.5	12	4	0	0	0	0	0	29.5
17	Southerndown	0	0	0	0	11	9	0	0	0	20
18	Langland Bay	0	0	0	0	0	14	0	0	0	14
19											
19											
19											
19											



SURF LIFE SAVING ASSOCIATION OF WALES STILLWATER CHAMPIONSHIPS

Open Championships 2024

	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	Loughborough	0	15	0	0	0	0	0	0	24	475
2	RASCALS	30	33	56	28	54	10	30	53	43.5	337.5
3	Rest Bay	21	42	24	50	21	14	67	30	36	305
4	Pen y Bont	34.5	58.5	18	5	15	43	2	11	64.5	251.5
5	Crawley Town LC	0	18	40	27	26	51	12	0	24	198
6	Race Pace	0	0	0	0	0	0	0	0	0	196
7	Blyth Lifesaving Club	19.5	36	21	17	19	16	7	3	40.5	179
8	Gyllyngvase	16.5	31.5	33	16	36	3	1	38	0	175
9	Beacon LSC	0	27	5	29	22	0	19	16	0	118
10	Sker and Pink Bay	13.5	27	0	0	5	11	12	12	36	116.5
11	Rhoose	7.5	24	4	4	9	14	5	14	28.5	110
12	Vale SLSC	0	15	14	2	14	26	8	9	18	106
13	Heanor Swimming Club	9	16.5	3	0	1	18	0	0	16.5	64
14	retford	21	42	24	50	21	14	67	30	36	42
15	Llantwit Major	0	15	0	0	0	0	0	0	24	39
16	Langland Bay	0	7.5	0	0	0	17	0	0	7.5	32
17	Aberavon	12	4.5	0	0	0	0	0	0	9	25.5
18	Mumbles	3	0	0	0	0	0	4	0	0	7
19	South Worcestershire	0	0	0	0	0	0	0	4	0	4
20											
20											
20											



Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

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

Record: 40.69 R 27/01/2018 Jessica Hancock

Name	AgeTeam	Finals Time
1 Millar, Connie	17 Rhoose	39.80R
2 Stamp, Laylah	17 Vale	40.93
3 Fisher, Mimi	17 Rascals	41.85
4 Lewis, Hollie	17 Pen y Bont	42.54
5 Chick, Rosie	16 Whitmore Bay	45.65
6 Chapman, Eva	17 Retford	46.06
7 Carey, Lucy	16 Rest Bay	46.07
8 Coombes, Cerys	16 Sker	46.61
9 Crawley, Jessica	17 Rest Bay	46.65
10 Cull, Millie	17 Rest Bay	46.74
11 Davies, Gracie	17 Sker	47.41
12 Pegrum, Martha	16 Llantwit	47.65
13 Lewis, Cara	17 Pen y Bont	47.70
14 Osborne, Georgia	17 Gyllyngvase	48.49
15 Brough, Ella	17 Rascals	48.68
16 Smele, Georgia	17 Sker	48.77
17 Wong, Ava	16 Rhoose	49.06
18 Frydenbo-Bruvoll, Marie	16 Beacon	49.12
19 Thomas, Freya	17 Pen y Bont	49.14
20 Merrett, Imogen	16 Pen y Bont	49.38
21 Durrant, Annabel	16 Llantwit	50.72
22 Murray, Rebecca	17 Blyth	50.87
23 Corrance, Abi	17 Retford	51.43
24 Davies-Green, Summer	16 Rhoose	52.76
25 Davies, Alice	16 Poppit Sands	52.81
26 Smith, Emme	16 Rascals	53.08
27 Carr, Daisy	16 Blyth	53.93
28 Duroe, Abbie	16 Vale	53.97
29 Goldsmith, Teia	16 Beacon	54.08
30 Woods, Evie	16 Rhoose	54.30
31 Wilkinson, Isobel	17 Retford	55.79
32 Burton, Lois	16 Llantwit	55.84
33 Foscolo, Lily	17 Whitmore Bay	57.52
34 Morgan, Gwenan	16 Mumbles	59.31
35 Wride, Evie	17 Whitmore Bay	1:01.41
36 Woodhall, Maude	16 Llantwit	1:02.59
37 Cavendish, Nancy	17 Mumbles	1:04.29
38 Cooper, Phoebe	17 Blyth	1:04.91
39 Carley-Smith, Olivia	16 Mumbles	1:06.37
40 Byrne, Lacey	17 Aberavon	1:08.91
41 Thomas, Zoe	17 Poppit Sands	1:14.69
--- Sansum, Harriet	16 Mumbles	DQ

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

Record: 34.41 R 27/01/2018 Jack Field

Name	AgeTeam	Finals Time
1 Lopez, Asie	16 Crawley Town	34.97
2 Morgan, Lewis	17 Sker	36.23
3 Watkins, William	16 Pen y Bont	36.53
4 Mowbray, James	16 Blyth	40.25
5 Lamont, Cillian	16 Rascals	40.91
6 Baguley, Tom	17 Retford	40.95
7 Grayson, Seth	17 Retford	41.23
8 Chilvers, Ben	17 Retford	41.34
9 Roberts, Eryn	16 Pen y Bont	41.49
10 Lewis, Gethin	16 Sker	41.79
11 Froley, Iwan	17 Sker	42.76
12 Robertson, Lachlan	16 Beacon	43.13

13 Chivers, Tomos	17 Mumbles	44.23
14 Adams, Ronan	16 Pen y Bont	44.58
15 Bellamy, James	16 Vale	44.65
16 Padbury, Ezekiel	16 Gyllyngvase	44.70
17 Lewis, Zak	17 Retford	45.43
18 Harris, Rees	17 Llantwit	45.84
19 McLoughlin, Keiran	16 Rascals	46.11
20 Nicholas, Beren	17 Mumbles	46.47
21 Thomas, Joseph	16 Rhoose	47.19
22 Smith, Reuben	17 Blyth	47.40
23 Parkinson, Elias	17 Langland Bay	47.64
24 Pettigrew, Anders	16 Gyllyngvase	47.78
25 Kettleborough, Peter	17 Gyllyngvase	47.90
26 Jennings, Maverick	16 Llantwit	48.30
27 Abbott, Theo	16 Rhoose	48.56
28 Weeks, Owen	17 Llantwit	48.88
29 Godsell, Dylan	17 Llantwit	51.71
30 Hollenbach, Lewis	16 Sker	53.32
--- Martin, Haydn	16 Mumbles	DQ

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

Record: 40.30 R 25/01/2020 Anya Hocking

Name	AgeTeam	Finals Time
1 James, Grace	15 Rest Bay	41.44
2 Quinn, Elena	15 Rascals	43.20
3 Thomas, Josie	15 Llantwit	43.55
4 Daly, Isabella	14 Sker	45.99
5 Godsell, Matilda	14 Llantwit	46.70
6 Collis, Elizabeth	15 Beacon	47.10
7 Luen-Twining, Katie	15 Vale	47.29
8 Fitzgerald, Mali	14 Rest Bay	48.02
9 Jones, Isabella	14 Rest Bay	48.06
10 Froggatt, Sophia	14 Rascals	48.48
11 Cope, Aydrian	15 Rascals	49.33
12 Appleby, Skye	15 Blyth	50.53
13 Hopkin, Rebekah	15 Rhoose	51.53
14 Carey, Amy	15 Rest Bay	51.71
15 Talbot, Isabel	15 Pen y Bont	51.89
16 Takata, Kaiya	14 Vale	52.34
17 Thomas, Isabella	14 Rhoose	53.00
18 Jarrett, Phoebe	14 Llantwit	53.28
19 Bazley, Caitlin	15 Whitmore Bay	53.47
20 Sims, Harriet	15 Rhoose	53.94
21 Potts, Daisy	14 Aberavon	53.97
22 Hodgkinson, Sophie	15 Rascals	54.24
23 Davies, Chloe	15 Sker	54.76
24 Waggett, Anna	15 Rhoose	55.27
25 Lewis, Daisy	15 Pen y Bont	55.33
26 Mowbray, Amy	15 Blyth	56.03
27 Poole, Olivia	15 Pen y Bont	56.56
28 Morgan, Mari	14 Mumbles	58.29
29 Storey, Kayla	14 Blyth	58.44
30 Dixon, Mia	15 Mumbles	1:00.03
31 Newland, Elsie	15 Poppit Sands	1:01.17
32 Beckingsale, Freya	14 Blyth	1:01.46
33 Mckanzie, Bu	14 Mumbles	1:01.84
34 Sansum, Charlotte	15 Mumbles	1:02.98
35 McAdie, Imogen	15 Mumbles	1:04.51
36 Haigh, Bella	14 Vale	1:04.64
37 Bodenham, Hollie	14 Aberavon	1:05.15
38 Watkins, Amy	15 Pen y Bont	1:05.44
39 Jones, Hannah	14 Langland Bay	1:06.83

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

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

Name	AgeTeam	Finals Time
40 Turner, Chloe	15 Retford	1:08.91
41 Ferguson, Grace	14 Aberavon	1:11.44
42 Harries, Megan	14 Poppit Sands	1:38.32
--- Hillard, Taylor	14 Vale	DQ
--- Patrick, Thea	15 Poppit Sands	DQ
--- Harries, Elin	14 Poppit Sands	DQ
--- Mann, Scarlett	15 Rascals	DQ
--- Bellamy, Penelope	15 Vale	DQ

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

Record: 38.68 R 26/01/2019 Matthew Guy

Name	AgeTeam	Finals Time
1 Bonev, Noah	15 Blyth	40.34
2 Watson, Tobias	14 Rascals	40.66
3 Baxter, Riley	14 Rascals	40.96
4 Pollicott, Harry	14 Rascals	41.04
5 Ballantyne, Alex	15 Pen y Bont	42.64
6 Merrills, Callum	15 Retford	43.30
7 Bennett, Travis	14 Pen y Bont	44.23
8 Burton, Finnley	14 Llantwit	44.27
9 Macklen, Harry	15 Beacon	44.30
10 Whittaker, Luke	14 Sker	44.59
11 Bartram, Solomon	14 Rhoose	44.67
12 Nightingale, Dylan	14 Rascals	45.21
13 Barlett-Jenkins, Beau	14 Llantwit	47.57
14 Benbow, Jonah	15 Pen y Bont	49.60
15 Merchant, Lucas	15 Sker	50.08
16 Goldsmith, Oscar	14 Beacon	50.81
17 Brewer, Evan	14 Rhoose	50.91
18 Trigg, Lewis	14 Rhoose	51.11
19 John, William	14 Sker	52.29
20 Jones, Graydon	15 Mumbles	55.39
21 Williams, Twm	14 Llantwit	55.87
22 Chandler, Bailey	14 Blyth	56.89
23 Greig, Taylor	15 Southerndown	1:00.59
24 Thomas, Rohan David	14 Pen y Bont	1:01.15
25 Honychurch, Dylan	14 Llantwit	1:04.01
26 Porter, Noah	14 Mumbles	1:22.00
--- Powell, Callum	15 Sker	DQ
--- Robertson, Jack	14 Beacon	DQ
--- Davies, Osian	15 Rhoose	DQ

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

Record: 45.84 R 28/05/2022 Elena Quinn

Name	AgeTeam	Finals Time
1 Benbow, Maya	13 Pen y Bont	46.92
2 Moores, Harriet	13 Rascals	47.32
3 Thomas, Lily	13 Rest Bay	48.64
4 Long, Sadie	13 Sker	50.26
5 Davies-Green, Lilly	13 Rhoose	52.08
6 Morgan, Freya	13 Pen y Bont	54.80
7 Nolan, Harriet	13 Pen y Bont	55.10
8 Lloyd, Ruby	13 Rhoose	56.55
9 Hodgkinson, Emily	13 Rascals	56.89
10 Daly, Eve	13 Pen y Bont	1:02.24
11 Jones, Menna	13 Llantwit	1:06.77
12 Hollenbach, Otilie	13 Sker	1:11.33
13 Powell, Lauren	13 Llantwit	1:12.18
--- Woodhall, Ellen	13 Llantwit	DQ

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

Record: 40.73 R 26/01/2019 Tristyn James

Name	AgeTeam	Finals Time
1 Russell-Ross, Freddie	13 Beacon	41.97
2 Pound, Leon	13 Rhoose	46.56
3 Butwell, Ollie	13 Rhoose	51.20
4 Roberts, Iestyn	13 Pen y Bont	52.03
5 Lewis, Logan	13 Pen y Bont	54.46
6 Martin, Elys	13 Mumbles	56.35
7 Coles, Tom	13 Pen y Bont	56.38
--- Byrne, Tristan	13 Aberavon	DQ
--- Nicholas, Harry	13 Rhoose	DQ
--- Lane, Louie	13 Pen y Bont	DQ

Event 7 Women 50 LC Meter Manikin Carry Individual

Record: 32.95 R 28/01/2017 Zara Williams

Name	AgeTeam	Finals Time
1 Robson, Emily	21 Loughborough	38.28
2 Comline, Abby	21 Loughborough	38.29
3 Carpenter, Sam	28 Blyth	40.20
4 Hickman, Eve	19 Rest Bay	40.26
5 Davies, Abigail	19 Rest Bay	41.01
6 Sheavills, Naomi	20 Loughborough	41.37
7 Hawkins, Maisy	18 Gyllyngvase	41.99
8 Chayka, Sofia	18 Rest Bay	42.35
9 Watson, Heather	18 Rascals	42.42
10 Goodwin, Emily	28 Crawley Town	42.58
11 Davies, Alaw	21 Loughborough	43.19
12 Ezard, Emily	22 Pen y Bont	43.74
13 Wong, Evie	20 Rhoose	43.81
14 Roche, Lillian	18 Gyllyngvase	44.01
15 Parker, Emily	21 Vale	44.03
16 Chandler, Cadie	25 Blyth	45.03
17 Daly, Kirsten	18 Sker	46.12
18 Peterson, Kelsea	26 Vale	46.24
19 Dickerson Weedy, Ellie	22 Blyth	46.61
20 Gibson, Elena	19 Rhoose	48.00
21 Froley, Megan	20 Sker	48.25
22 Davies, Tegan	20 Rest Bay	50.38
23 Shelly, Bea	18 Retford	52.27
24 Gardener, Louise	18 Pen y Bont	52.96
25 Richards, Katie	25 Mumbles	1:26.06
--- Firm, Lily	19 Retford	DQ
--- Voce, Lauren	20 Heanor	DNF

Event 8 Men 50 LC Meter Manikin Carry Individual

Record: 29.94 R 21/02/2015 Wieck Danny

Name	AgeTeam	Finals Time
1 Lawman, Samuel	29 Race Yorkshire	30.41
2 Sadberry, Jack	20 Crawley Town	31.13
3 Blaby, James	27 Race Yorkshire	31.14
4 Browning, Ben	21 Beacon	32.52
5 Waterfall, Luke	19 Rascals	33.00
6 James, Tristyn	18 Rest Bay	33.36
7 Cusselle, Ben	21 Beacon	33.45
8 Skinner, Joshua	21 Loughborough	33.88
9 Ewington, Ben	20 Loughborough	34.88
10 Postlethwaite, Freddie	19 Rascals	35.43
11 Anderson, Dominic	20 Loughborough	35.64
12 Wheeler, Ryan	29 Beacon	35.78
13 Geysen-Holley, Max	19 Rest Bay	35.90
14 Rich, Tomas	18 Gyllyngvase	36.05

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 8 Men 50 LC Meter Manikin Carry Individual)

Name	AgeTeam	Finals Time
15 Schofield, Martin	25 Crawley Town	36.11
16 Lester, Jack	23 Rascals	36.29
17 Jackson, Alex	23 Crawley Town	36.48
18 Lee, Jake	23 Race Yorkshire	36.65
19 Hyett, Ben	18 Pen y Bont	36.72
20 Kenworthy, Matthew	23 Heanor	37.00
21 Middleton, Jacob	18 Heanor	37.11
22 Williams, Cai	18 Sker	37.38
23 Screeton, Jacob	22 Rascals	37.82
24 Briggs, Calum	28 Heanor	38.05
25 O'Sullivan, Raffy	18 Gyllyngvase	38.43
26 Grice, Robert	18 Rhoose	38.68
27 Holmes, Dan	22 Loughborough	38.69
*28 Worth, Brandon	21 Aberavon	38.85
*28 Goodall, Jacob	21 SWLC	38.85
*30 Battell, David	28 Langland Bay	39.45
*30 Davidson, Matthew	18 Sker	39.45
32 Mowbray, James	16 Blyth	39.75
33 Grice, Jason	24 Rhoose	39.91
34 Wilkinson, Sebastian	19 Retford	40.38
35 Roberts, Ewyn	16 Pen y Bont	40.53
36 Tomlinson, Ben	21 Retford	41.26
37 Rees, Tomos	22 Poppit Sands	41.42
38 Bridgewood, Andrew	19 Heanor	43.28
39 Battell, James	26 Langland Bay	43.54
40 Gillett, Ralph	18 Langland Bay	43.56
41 Smith, Reuben	17 Blyth	49.78
42 Perkins, Tomos	18 Whitmore Bay	59.73

Event 9 Women 35-39 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Horrigan, Amy	37 Aberavon	48.50
2 Sedgwick, Cathy	38 Blyth	59.45

Event 9 Women 40-44 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Gharahlar, Emma	41 Rest Bay	48.75
2 Tasker, Nicola	42 Retford	50.93

Event 9 Women 45-49 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Bayliss-Cutler, Marsha	47 Crawley Town	48.44
2 Bellamy, Angelina	45 Vale	52.01
3 Storey, Carole	47 Blyth	54.41
4 Ramsden-Hare, Louise	49 Mumbles	1:00.01
5 Voce, Joanne	49 Heanor	1:02.35
6 Hopkin, Nia	47 Vale	1:06.59
--- McAdie, Jenny	48 Mumbles	DQ

Event 9 Women 50-54 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Lewis, Emma	50 Sker	52.66
2 Morgan, Sarah	52 Sker	57.88
3 Appleby, Liz	51 Blyth	1:03.01
4 Tomlinson, Theresa	53 Retford	1:06.74
5 Chandler, Joanne	51 Blyth	1:31.04
6 Nyom, Sarah	54 Pen y Bont	1:33.10

Event 9 Women 55-59 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Wickens, Donna	58 Crawley Town	47.95
2 O'Donoghue-Harris, Karen	56 Rhoose	56.80

3 Ealand, Vanessa	55 Crawley Town	58.00
-------------------	-----------------	-------

Event 9 Women 60-64 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Vaughan, Sue	60 Langland Bay	1:02.38

Event 10 Men 30-34 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Lewis, Ashley	30 Pen y Bont	34.13
2 Arkley, Daniel	32 Blyth	1:40.43

Event 10 Men 35-39 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Rudall, Huw	37 Pen y Bont	37.05
2 Abbott Haigh, Gareth	37 Vale	38.48
3 Tuck, Chris	38 Pen y Bont	46.70
4 Harris, Ceri	39 Pen y Bont	47.12

Event 10 Men 40-44 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Bell, Stephen	41 Rest Bay	42.26
2 Gill, Ned	44 Langland Bay	43.20
3 Carley-Smith, Alistair	41 Mumbles	43.58
4 Watkins, David	44 Pen y Bont	43.69
5 Bayliss, Alan	41 Rest Bay	43.73
6 Howells, Glenn	42 Pen y Bont	50.17
7 Marsh, Phillip	44 Crawley Town	55.34
8 Hale, James	40 Rhoose	1:09.97

Event 10 Men 45-49 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Fox, Terry	49 Rascals	39.97
2 Taylor, Stephen	46 Rest Bay	44.89
3 Hughes, Simon	46 Langland Bay	57.45
4 Gibson, Damon	49 Rhoose	58.04
5 Newman, Gavin	47 Pen y Bont	1:05.60

Event 10 Men 50-54 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Robinson, Craig	51 Pen y Bont	39.67
2 Lewis, Richard	51 Pen y Bont	41.00
3 Millar, Nick	52 Rhoose	41.76
4 Nicholas, Grant	50 Mumbles	42.49
5 Foster, Jon	50 Llantwit	44.77
6 Parkinson, Andy	51 Langland Bay	46.67
7 Henderson, Jon	50 Langland Bay	47.31
8 Davies, Paul	51 Poppit Sands	52.13
9 Jones, Peter	53 Rest Bay	54.19
10 Massignani, Lucio	52 Langland Bay	56.15
11 Chandler, Mark	54 Blyth	1:15.53

Event 10 Men 55-59 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Parker, Simon	57 Vale	46.60
2 Baguley, Jeremy	59 Retford	52.91
3 Bridgewood, Jonathan	58 Heanor	54.74
4 McNALLY, David	57 Pen y Bont	55.87

Event 10 Men 60-64 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Morris, Adrian	62 Pen y Bont	47.23
2 Yates, Ian	62 Pen y Bont	49.89
3 Moyes, Peter	63 Retford	51.16
4 John, Chris	64 Langland Bay	52.76
5 Williams, Paul	64 Langland Bay	54.53

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

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

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

Team	Relay	Finals Time
1 Rascals	A	1:49.09
18.09		
2 Llantwit	A	1:49.20
10.46		
3 Pen y Bont	A	1:55.30
40.82		
4 Sker	A	1:55.75
21.71		
5 Rest Bay	A	1:57.81
15.27		
6 Rhoose	A	2:03.04
41.20		
7 Llantwit	B	2:12.16
1:43.71		
8 Whitmore Bay	A	2:27.90
10.09		
9 Mumbles	B	2:51.59
10.91		
--- Poppit Sands	A	DQ
31.91		
--- Retford	A	DQ
1:13.98		
--- Mumbles	A	DQ
19.99		

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

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

Team	Relay	Finals Time
1 Retford	A	1:41.39
18.55		
2 Pen y Bont	A	1:43.85
30.04		
3 Blyth	A	1:44.17
49.96		
4 Beacon	A	1:46.28
53.38		
5 Sker	A	1:47.32
7.30		
6 Llantwit	A	1:55.81
55.82		
7 Rhoose	A	2:03.92
1:01.40		
--- Mumbles	A	DQ
1:08.58		

Event 18 Girls 14-15 4x25 LC Meter Relay Manikin Relay

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

Team	Relay	Finals Time
1 Rest Bay	A	1:55.55R
58.20		
2 Rascals	A	2:01.92
56.79		
3 Sker	B	2:02.87
59.68		
4 Pen y Bont	A	2:03.81
1:00.75		
5 Rhoose	A	2:07.01
15.75		
6 Rest Bay	B	2:09.25

7 Vale	A	2:09.75
9.20		
8 Blyth	A	2:13.54
19.06		
9 Poppit Sands	A	2:27.19
19.86		
10 Aberavon	A	2:36.36
26.61		
11 Poppit Sands	B	2:39.43
13.55		
12 Mumbles	A	2:48.64
10.97		
13 Pen y Bont	C	2:53.43
32.41		
--- Pen y Bont	B	DQ
1:13.27		

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

Record: 1:52.10 R 28/01/2023 RASCALS

Team	Relay	Finals Time
1 Rascals	A	1:43.24R
7.61		
2 Llantwit	A	1:55.07
46.38		
3 Rhoose	A	2:02.79
16.26		
4 Beacon	B	2:23.32
1:09.08		
5 Pen y Bont	A	2:32.47
6 Mumbles	A	2:52.60
24.27		
--- Sker	A	DQ
10.87		

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

Team	Relay	Finals Time
1 Pen y Bont	A	2:12.33
27.76		
2 Llantwit	A	2:48.52
8.80		

Event 21A Boys 13 & Under 4x25 LC Meter Relay Manikin Relay

Team	Relay	Finals Time
1 Pen y Bont	A	2:48.03
8.04		

Event 22 Women 70-99 4x25 LC Meter Relay Manikin Relay

Team	Relay	Finals Time
1 Blyth	A	2:23.90
1:07.90		

Event 22 Women 100 & Over 4x25 LC Meter Relay Manikin Relay

Team	Relay	Finals Time
1 Crawley Town	A	2:08.06
59.25		
2 Blyth	A	3:08.56

Event 22 Men 30-39 4x25 LC Meter Relay Manikin Relay

Record: 2:21.52 R 28/05/2022 Sker

Team	Relay	Finals Time
1 Langland Bay	A	1:55.24R
22.06		
2 Pen y Bont	A	2:51.54
11.27		

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

Event 22 Men 40-69 4x25 LC Meter Relay Manikin Relay

Team	Relay	Finals Time
1 Pen y Bont 8.44	A	2:17.87

Event 22 Men 70-99 4x25 LC Meter Relay Manikin Relay

Team	Relay	Finals Time
1 Pen y Bont 7.43	A	1:35.24
2 Vale 52.83	A	1:44.94
3 Rest Bay 12.74	A	1:48.27
4 Mumbles 1:03.05	A	2:06.69
5 Rhoose	A	2:13.23
6 Llantwit 6.98	A	2:38.75

Event 22 Men 100 & Over 4x25 LC Meter Relay Manikin Relay

Team	Relay	Finals Time
1 Pen y Bont 27.12	A	1:41.45
2 Retford 58.26	A	2:03.80
3 Langland Bay 9.29	C	2:14.09

Event 26 Women 4x25 LC Meter Relay Manikin Relay

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

Team	Relay	Finals Time
1 Loughborough 27.23	A	1:31.39
2 Rest Bay 48.29	A	1:43.97
3 Blyth 30.91	A	1:46.95
4 Gyllyngvase	A	1:48.25
5 Rhoose 52.10	A	1:50.52
6 Pen y Bont 1:02.63	A	1:56.56
7 Vale 1:09.85	A	2:01.07
8 Sker	A	2:03.82
9 Blyth 1:02.92	B	2:06.96
10 Llantwit 57.60	A	2:12.26
11 Pen y Bont 17.51	B	3:23.38

Event 27 Men 4x25 LC Meter Relay Manikin Relay

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

Team	Relay	Finals Time
1 Loughborough 40.04	A	1:21.78
2 Beacon 39.68	A	1:22.68
3 Rascals 11.53	A	1:23.54
4 Pen y Bont 41.96	A	1:23.71

5 Crawley Town	A	1:25.47
6 Heanor 43.33	A	1:29.02
7 Rest Bay 47.58	A	1:29.26
8 Sker 14.99	A	1:30.31
9 Pen y Bont 15.43	B	1:39.58
10 Gyllyngvase 15.58	A	1:40.10
11 Rascals 51.83	B	1:41.42
12 Langland Bay 47.17	A	1:42.85
13 Rhoose	A	1:43.52
14 Aberavon 56.92	A	1:49.92
15 Llantwit 33.01	A	1:58.13
16 Llantwit 59.02	B	2:04.22
--- Blyth 1:18.04	A	DQ

Event 28 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 Fisher, Mimi	17	Rascals	1:01.43
2 Stamp, Laylah	17	Vale	1:04.88
3 Pegrum, Martha	16	Llantwit	1:06.52
4 Millar, Connie	17	Rhoose	1:07.95
5 Coombes, Cerys	16	Skер	1:10.58
6 Crawley, Jessica	17	Rest Bay	1:14.09
7 Brough, Ella	17	Rascals	1:14.12
8 Carey, Lucy	16	Rest Bay	1:14.61
9 Scourfield, Ruby	17	Skер	1:14.88
10 Frydenbo-Bruvoll, Marie	16	Beacon	1:15.91
11 Smele, Georgia	17	Skер	1:16.02
12 Davies, Gracie	17	Skер	1:16.50
13 Chick, Rosie	16	Whitmore Bay	1:17.45
14 Lewis, Hollie	17	Pen y Bont	1:17.55
15 Cull, Millie	17	Rest Bay	1:18.22
16 Wong, Ava	16	Rhoose	1:19.69
17 Wilkinson, Isobel	17	Retford	1:20.55
18 Woods, Evie	16	Rhoose	1:20.86
19 Burton, Lois 31.17	16	Llantwit	1:21.66
20 Durrant, Annabel	16	Llantwit	1:21.85
21 Osborne, Georgia	17	Gyllyngvase	1:22.07
22 Corrance, Abi	17	Retford	1:22.48
23 Murray, Rebecca	17	Blyth	1:22.62
24 Chapman, Eva	17	Retford	1:22.69
25 Davies-Green, Summer	16	Rhoose	1:22.92
26 Durrant, Florence	16	Llantwit	1:23.93
27 Carr, Daisy	16	Blyth	1:24.05
28 Thomas, Freya	17	Pen y Bont	1:24.44
29 Davies, Alice	16	Poppit Sands	1:25.62
30 Merrett, Imogen	16	Pen y Bont	1:25.64
31 Duroe, Abbie	16	Vale	1:26.73
32 Foscolo, Lily 30.04	17	Whitmore Bay	1:26.90

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 28 Girls 16-17 100 LC Meter Manikin Carry (Fins) Individual)

Name	AgeTeam	Finals Time
33 Heude, Naomi	16 Mumbles	1:27.20
34 Wride, Evie	17 Whitmore Bay	1:27.36
35 Gibson, Bethan	16 Rhoose	1:27.58
36 Smith, Emme	16 Rascals	1:29.23
37 Woodhall, Maude	16 Llantwit	1:30.63
38 Cannon, Lola	16 Mumbles	1:31.71
39 Morgan, Gwenan	16 Mumbles	1:31.76
		33.29
40 Thomas, Zoe	17 Poppit Sands	1:35.98
41 Cavendish, Nancy	17 Mumbles	1:38.47
42 Sansum, Harriet	16 Mumbles	1:40.00
		38.43
43 Cooper, Phoebe	17 Blyth	1:40.24
44 Byrne, Lacey	17 Aberavon	1:44.66
--- Partridge, Gwen	16 Aberavon	DNF
		36.31

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

Record: 51.30 R 25/01/2020 Thomas Trebilcock

Name	AgeTeam	Finals Time
1 Lopez, Asie	16 Crawley Town	57.10
2 Mowbray, James	16 Blyth	1:02.36
3 Morgan, Lewis	17 Sker	1:02.53
4 Chivers, Tomos	17 Mumbles	1:03.81
5 Grayson, Seth	17 Retford	1:07.38
6 Watkins, William	16 Pen y Bont	1:07.54
7 Lewis, Gethin	16 Sker	1:08.66
8 Jennings, Maverick	16 Llantwit	1:08.71
*9 McLoughlin, Keiran	16 Rascals	1:09.13
*9 Pettigrew, Anders	16 Gyllyngvase	1:09.13
11 Bellamy, James	16 Vale	1:09.65
12 Lamont, Cillian	16 Rascals	1:09.92
13 Padbury, Ezekiel	16 Gyllyngvase	1:10.41
14 Chilvers, Ben	17 Retford	1:11.17
15 Adams, Ronan	16 Pen y Bont	1:11.88
16 Roberts, Eryn	16 Pen y Bont	1:12.53
17 Kettleborough, Peter	17 Gyllyngvase	1:13.03
18 Baguley, Tom	17 Retford	1:13.74
19 Hollenbach, Lewis	16 Sker	1:14.18
20 Parkinson, Elias	17 Langland Bay	1:14.20
21 Lewis, Zak	17 Retford	1:16.22
22 Robertson, Lachlan	16 Beacon	1:16.43
23 Abbott, Theo	16 Rhoose	1:17.45
24 Martin, Haydn	16 Mumbles	1:17.89
25 Thomas, Joseph	16 Rhoose	1:18.98
26 Weeks, Owen	17 Llantwit	1:19.12
27 Froley, Iwan	17 Sker	1:19.59
28 Harris, Rees	17 Llantwit	1:20.32
29 Godsell, Dylan	17 Llantwit	1:21.00
--- Smith, Reuben	17 Blyth	DQ

Event 30 Girls 14-15 100 LC Meter Manikin Carry (Fins) Individual

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

Name	AgeTeam	Finals Time
1 James, Grace	15 Rest Bay	1:08.79
2 Quinn, Elena	15 Rascals	1:11.69
3 Godsell, Matilda	14 Llantwit	1:11.91
4 Daly, Isabella	14 Sker	1:13.26
5 Collis, Elizabeth	15 Beacon	1:14.08
6 Jones, Isabella	14 Rest Bay	1:14.14

7 Thomas, Josie	15 Llantwit	1:14.19
8 Bellamy, Penelope	15 Vale	1:15.46
9 Fitzgerald, Mali	14 Rest Bay	1:16.13
10 Coles, Sophie	14 Pen y Bont	1:17.49
11 Burlingham, India	14 Rest Bay	1:17.85
12 Froggatt, Sophia	14 Rascals	1:20.61
13 Rees, Manon	14 Poppit Sands	1:21.32
14 Clark, Grace	15 Rascals	1:21.41
15 Appleby, Skye	15 Blyth	1:21.64
16 Dafydd, Mali	14 Poppit Sands	1:21.67
17 Takata, Kaiya	14 Vale	1:21.70
18 Patrick, Thea	15 Poppit Sands	1:22.53
19 Bazley, Caitlin	15 Whitmore Bay	1:23.18
20 Cope, Ayrrian	15 Rascals	1:23.49
21 Carey, Amy	15 Rest Bay	1:23.53
22 Mann, Scarlett	15 Rascals	1:24.30
23 Cinderby, Isabelle	15 Sker	1:24.46
24 Murphy, Hannah	14 Rascals	1:24.59
25 Talbot, Isabel	15 Pen y Bont	1:25.56
26 Hodgkinson, Sophie	15 Rascals	1:26.98
27 Hillard, Taylor	14 Vale	1:28.42
		34.99
28 Hopkin, Rebekah	15 Rhoose	1:29.19
29 Haigh, Bella	14 Vale	1:29.50
		36.86
30 Newland, Elsie	15 Poppit Sands	1:30.52
		36.86
31 Thomas, Annelise	14 Pen y Bont	1:30.65
32 Poole, Olivia	15 Pen y Bont	1:31.06
33 Jarrett, Phoebe	14 Llantwit	1:31.65
34 Daly, Lily	15 Pen y Bont	1:32.15
35 Potts, Daisy	14 Aberavon	1:32.53
		34.15
36 Mowbray, Amy	15 Blyth	1:33.30
37 Jones, Nerys	15 Pen y Bont	1:33.54
38 Ferguson, Grace	14 Aberavon	1:33.88
39 Harries, Elin	14 Poppit Sands	1:34.06
40 Turner, Chloe	15 Retford	1:34.07
41 McAdie, Imogen	15 Mumbles	1:34.50
42 Rogers, Elyse	14 Aberavon	1:34.75
43 Rees Langley, Lili	14 Poppit Sands	1:35.33
		31.66
44 Morgan, Mari	14 Mumbles	1:36.49
45 Sansum, Charlotte	15 Mumbles	1:36.83
		34.68
46 Green, Bethan	15 Poppit Sands	1:38.71
47 Beckingsale, Freya	14 Blyth	1:42.47
48 Dixon, Mia	15 Mumbles	1:43.04
49 Dafydd, Iola	15 Poppit Sands	1:43.83
50 Bodenham, Hollie	14 Aberavon	1:46.69
51 Hampton, Lili	14 Pen y Bont	1:48.45
52 Mckanzie, Bu	14 Mumbles	1:50.98
53 Brown, Iris	14 Pen y Bont	1:52.79
54 Jenkins-Shaw, Cerys	14 Poppit Sands	1:55.65
55 Evans, Moli	14 Aberavon	2:04.35
		38.42
--- Tuck, Faith	14 Pen y Bont	DQ
--- Harries, Megan	14 Poppit Sands	DQ
--- Gould, Amelia	14 Pen y Bont	DQ

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

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

Record: 58.26 R 25/01/2020 Luke Waterfall

Name	AgeTeam	Finals Time
1 Watson, Tobias	14 Rascals	1:04.35
2 Burton, Finnley	14 Llantwit	1:07.09
3 Pollicott, Harry	14 Rascals	1:07.41
4 Baxter, Riley	14 Rascals	1:09.87
5 Bartram, Solomon	14 Rhoose	1:09.99
6 Macklen, Harry	15 Beacon	1:10.78
7 Merrills, Callum	15 Retford	1:11.49
8 Powell, Callum	15 Sker	1:11.57
9 Ballantyne, Alex	15 Pen y Bont	1:11.96
10 Whittaker, Luke	14 Sker	1:15.80
11 Bonev, Noah	15 Blyth	1:15.82
12 Barlett-Jenkins, Beau	14 Llantwit	1:15.86
13 Bennett, Travis	14 Pen y Bont	1:16.61
14 Williams, Twm	14 Llantwit	1:17.24
15 Nolan, Oliver	15 Rhoose	1:20.50
16 Nightingale, Dylan	14 Rascals	1:22.36
17 Trigg, Lewis	14 Rhoose	1:24.23
18 Anthony, Sam	14 Rhoose	1:25.85
19 Benbow, Jonah	15 Pen y Bont	1:26.47
20 Brewer, Evan	14 Rhoose	1:27.72
21 Davies, Osian	15 Rhoose	1:29.50
22 Eustace, Jack	15 Llantwit	1:29.77
23 Thomas, Rohan David	14 Pen y Bont	1:31.56
24 Riddick, Max	15 Llantwit	1:33.57
25 Chandler, Bailey	14 Blyth	1:34.10
26 Rowles, Jack	15 Llantwit	1:38.27
27 Robertson, Jack	14 Beacon	1:40.36
28 Williams, Rafferty	14 Pen y Bont	1:42.91
29 Criger, Oliver	15 Pen y Bont	1:52.19
30 Porter, Noah	14 Mumbles	1:55.73
31 Duke Jones, Sam	14 Mumbles	2:10.00
--- Muller, Max	14 Aberavon	DQ
--- Merchant, Lucas	15 Sker	DQ
--- John, William	14 Sker	DQ
--- Honychurch, Dylan	14 Llantwit	DQ

Event 32 Girls 13 & Under 100 LC Meter Manikin Carry (Fins) Individual

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

Name	AgeTeam	Finals Time
1 Moores, Harriet	13 Rascals	1:16.76
2 Thomas, Lily	13 Rest Bay	1:19.17
3 Nolan, Harriet	13 Pen y Bont	1:19.68
4 Benbow, Maya	13 Pen y Bont	1:19.84
5 Long, Sadie	13 Sker	1:20.18
6 Davies-Green, Lilly	13 Rhoose	1:24.64
7 Morgan, Freya	13 Pen y Bont	1:26.68
8 Hodgkinson, Emily	13 Rascals	1:27.96
9 Lloyd, Ruby	13 Rhoose	1:31.36
10 Daly, Eve	13 Pen y Bont	1:34.56
11 Jones, Menna	13 Llantwit	1:38.70
12 Hollenbach, Otilie	13 Sker	1:43.23
13 Powell, Lauren	13 Llantwit	1:53.33

Event 33 Boys 13 & Under 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:11.57 R 28/01/2023 Tobias Watson

Name	AgeTeam	Finals Time
1 Russell-Ross, Freddie	13 Beacon	1:13.19
2 Pound, Leon	13 Rhoose	1:19.05
3 Lewis, Logan	13 Pen y Bont	1:23.97

4 Butwell, Ollie	13 Rhoose	1:25.17
5 Nicholas, Harry	13 Rhoose	1:27.76
6 Roberts, Iestyn	13 Pen y Bont	1:29.77
7 Coles, Tom	13 Pen y Bont	1:37.96
8 Lane, Louie	13 Pen y Bont	1:39.72
--- Byrne, Tristan	13 Aberavon	DQ
--- Martin, Elys	13 Mumbles	DQ

Event 34 Women 100 LC Meter Manikin Carry (Fins) Individual

Record: 53.83 R 22/02/2015 Anneloes Peulen

Name	AgeTeam	Finals Time
1 Watson, Heather	18 Rascals	57.61
2 Roodhouse, Molly	25 Gyllyngvase	58.43
3 Robson, Emily	21 Loughborough	1:02.82
4 Parker, Emily	21 Vale	1:04.24
5 Hawkins, Maisy	18 Gyllyngvase	1:05.27
6 Carpenter, Sam	28 Blyth	1:05.71
7 Goodwin, Emily	28 Crawley Town	1:07.22
8 Ezard, Emily	22 Pen y Bont	1:08.01
9 Dickerson Weedy, Ellie	22 Blyth	1:09.13
10 Hickman, Eve	19 Rest Bay	1:10.33
11 Davies, Abigail	19 Rest Bay	1:10.82
12 Davies, Alaw	21 Loughborough	1:12.18
13 Chayka, Sofia	18 Rest Bay	1:12.20
14 Voce, Lauren	20 Heanor	1:13.81
15 Chandler, Cadie	25 Blyth	1:14.05
16 Lau, Tisha	19 Loughborough	1:14.06
17 Daly, Kirsten	18 Sker	1:14.13
18 Antonopoulou, Amaryllis	19 Loughborough	1:14.49
19 Roche, Lillian	18 Gyllyngvase	1:15.39
20 Froley, Megan	20 Sker	1:16.03
21 Firm, Lily	19 Retford	1:21.04
22 Davies, Tegan	20 Rest Bay	1:21.06
23 Gibson, Elena	19 Rhoose	1:26.36
24 Gardener, Louise	18 Pen y Bont	1:28.77
25 Shelly, Bea	18 Retford	1:30.00
26 Richards, Katie	25 Mumbles	2:07.75

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

Record: 47.87 R 28/01/2023 Jack Sadberry

Name	AgeTeam	Finals Time
1 Sadberry, Jack	20 Crawley Town	47.13R
2 Lawman, Samuel	29 Race Yorkshire	49.44
3 Waterfall, Luke	19 Rascals	49.70
4 Blaby, James	27 Race Yorkshire	50.14
5 Postlethwaite, Freddie	19 Rascals	50.77
6 Ewington, Ben	20 Loughborough	53.77
7 Jackson, Alex	23 Crawley Town	55.77
8 Lewis, Ashley	30 Pen y Bont	56.74
9 Lester, Jack	23 Rascals	57.08
10 James, Tristyn	18 Rest Bay	57.10
11 Lee, Jake	23 Race Yorkshire	57.29
12 Cusselle, Ben	21 Beacon	57.53
13 Grice, Robert	18 Rhoose	57.99
14 Rich, Tomas	18 Gyllyngvase	58.11
15 Anderson, Dominic	20 Loughborough	58.12
16 Holmes, Dan	22 Loughborough	59.08
17 Schofield, Martin	25 Crawley Town	59.38
18 Screeton, Jacob	22 Rascals	59.40
19 O'Sullivan, Raffy	18 Gyllyngvase	59.60
20 Mowbray, James	16 Blyth	1:00.93
21 Middleton, Jacob	18 Heanor	1:01.52

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

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

Name	AgeTeam	Finals Time
22 Kenworthy, Matthew	23 Heanor	1:02.29
23 Hyett, Ben	18 Pen y Bont	1:02.66
24 Ingham, Conor	29 Beacon	1:03.00
25 Grice, Jason	24 Rhoose	1:03.22
26 Chambers, Jack	22 Aberavon	1:03.84
27 Geysen-Holley, Max	19 Rest Bay	1:04.01
28 Williams, Cai	18 Sker	1:04.18
29 Tomlinson, Ben	21 Retford	1:05.20
30 Wilkinson, Sebastian	19 Retford	1:05.27
31 Goodall, Jacob	21 SWLC	1:06.29
32 Worth, Brandon	21 Aberavon	1:08.02
33 Davidson, Matthew	18 Sker	1:08.90
34 Chambers, Samuel	18 Aberavon	1:11.92
35 Rees, Tomos	22 Poppit Sands	1:12.69
36 Perkins, Tomos	18 Whitmore Bay	1:27.34

Event 36 Women 35-39 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Horrigan, Amy	37 Aberavon	1:28.12
2 Sedgwick, Cathy	38 Blyth	1:33.08

Event 36 Women 40-44 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Gharahlar, Emma	41 Rest Bay	1:16.01
2 Tasker, Nicola	42 Retford	1:17.36

Event 36 Women 45-49 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Bellamy, Angelina	45 Vale	1:23.63
2 Storey, Carole	47 Blyth	1:26.22
3 Voce, Joanne	49 Heanor	1:29.37
4 McAdie, Jenny	48 Mumbles	1:34.54
5 Hopkin, Nia	47 Vale	1:44.71
6 Ramsden-Hare, Louise	49 Mumbles	1:47.78

Event 36 Women 50-54 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Lewis, Emma	50 Sker	1:23.59
2 Phinnemore, Andrea	54 Pen y Bont	1:26.08
3 Tomlinson, Theresa	53 Retford	1:33.82
4 Appleby, Liz	51 Blyth	1:37.78
5 Nyom, Sarah	54 Pen y Bont	2:05.62

Event 36 Women 55-59 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 O'Donoghue-Harris, Karen	56 Rhoose	1:24.37

Event 36 Women 60-64 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Vaughan, Sue	60 Langland Bay	1:40.74

Event 37 Men 30-34 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Lewis, Ashley	30 Pen y Bont	54.03
2 Arkley, Daniel	32 Blyth	3:12.56

Event 37 Men 35-39 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Abbott Haigh, Gareth	37 Vale	1:04.08
2 Rudall, Huw	37 Pen y Bont	1:06.71
3 Tuck, Chris	38 Pen y Bont	1:10.26

Event 37 Men 40-44 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Gill, Ned	44 Langland Bay	1:07.03
2 Carley-Smith, Alistair	41 Mumbles	1:07.19
3 Bayliss, Alan	41 Rest Bay	1:08.63
4 Bell, Stephen	41 Rest Bay	1:14.54
5 Watkins, David	44 Pen y Bont	1:15.83
6 Hale, James	40 Rhoose	2:03.11

43.83

Event 37 Men 45-49 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Fox, Terry	49 Rascals	1:03.68
2 Taylor, Stephen	46 Rest Bay	1:14.65
3 Newman, Gavin	47 Pen y Bont	1:19.79
4 Hughes, Simon	46 Langland Bay	1:33.71

Event 37 Men 50-54 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Nicholas, Grant	50 Mumbles	1:06.83
2 Foster, Jon	50 Llantwit	1:10.67
3 Lewis, Richard	51 Pen y Bont	1:15.47
4 Millar, Nick	52 Rhoose	1:17.03
5 Davies, Paul	51 Poppit Sands	1:17.17
6 Parkinson, Andy	51 Langland Bay	1:17.34
7 Henderson, Jon	50 Langland Bay	1:17.59
8 Wisden, Mark	53 Pen y Bont	1:20.05
9 Massignani, Lucio	52 Langland Bay	1:38.23
--- Jones, Peter	53 Rest Bay	DQ

Event 37 Men 55-59 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Parker, Simon	57 Vale	1:18.38
2 Bridgewood, Jonathan	58 Heanor	1:19.17
3 Baguley, Jeremy	59 Retford	1:19.53
4 McNALLY, David	57 Pen y Bont	1:34.70

Event 37 Men 60-64 100 LC Meter Manikin Carry (Fins) Individual

Name	AgeTeam	Finals Time
1 Morris, Adrian	62 Pen y Bont	1:12.72
2 Moyes, Peter	63 Retford	1:23.98
3 Williams, Paul	64 Langland Bay	1:28.95
4 Yates, Ian	62 Pen y Bont	1:30.18
5 John, Chris	64 Langland Bay	1:50.90

Event 43 Girls 16-17 LC Meter Relay Rope Rescue Pair

Record: 15.72 R 25/01/2020 Blyth

Team	Relay	Finals Time
1 Blyth	A	17.84
2 Pen y Bont	A	22.18
3 Sker	A	23.23
4 Llantwit	C	24.13
5 Pen y Bont	B	26.26
6 Rascals	A	27.37
7 Rest Bay	C	28.34
8 Rest Bay	A	29.43
9 Mumbles	C	39.36
10 Llantwit	B	40.84
11 Rhoose	B	41.61
12 Retford	B	43.66
--- Sker	B	DNF
--- Mumbles	A	DNF
--- Mumbles	B	DNF

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 43 Girls 16-17 LC Meter Relay Rope Rescue Pair)

Team	Relay	Finals Time
--- Beacon	A	DNF
--- Aberavon	A	DNF
--- Whitmore Bay	A	DNF
--- Rest Bay	B	DNF
--- Rhoose	A	DNF
--- Rhoose	C	DNF
--- Retford	A	DNF
--- Llantwit	A	DNF
--- Poppit Sands	A	DNF

Event 44 Boys 16-17 LC Meter Relay Rope Rescue Pair

Record: 12.37 R 28/05/2022 RASCALS

Team	Relay	Finals Time
1 Retford	A	13.90
2 Blyth	A	15.89
3 Rascals	A	16.47
4 Langland Bay	B	16.69
5 Llantwit	A	18.15
6 Beacon	A	19.84
7 Pen y Bont	A	20.57
8 Southerndown	A	21.41
9 Gyllyngvase	A	23.31
10 Llantwit	B	24.79
11 Mumbles	A	24.84
12 Rhoose	A	30.30
13 Retford	B	33.21
--- Pen y Bont	B	DQ
--- Mumbles	B	DQ
--- Langland Bay	A	DNF
--- Gyllyngvase	B	DNF
--- Sker	B	DNF
--- Mumbles	C	DNF
--- Sker	A	DNF

Event 45 Girls 14-15 LC Meter Relay Rope Rescue Pair

Record: 14.24 R 28/01/2023 South Worc

Team	Relay	Finals Time
1 Rascals	B	19.82
2 Sker	C	21.75
3 Vale	A	23.28
4 Rest Bay	C	23.41
5 Llantwit	A	23.54
6 Beacon	B	24.19
7 Poppit Sands	D	27.62
8 Mumbles	B	28.88
9 Rascals	A	31.14
10 Pen y Bont	B	33.41
11 Rascals	C	37.86
--- Whitmore Bay	A	DQ
--- Mumbles	C	DNF
--- Pen y Bont	C	DNF
--- Mumbles	A	DNF
--- Aberavon	A	DNF
--- Langland Bay	A	DNF
--- Aberavon	B	DNF
--- Blyth	A	DNF
--- Langland Bay	B	DNF
--- Beacon	A	DNF
--- Sker	A	DNF
--- Rhoose	B	DNF

--- Sker	B	DNF
--- Vale	C	DNF
--- Vale	B	DNF
--- Rhoose	A	DNF
--- Poppit Sands	C	DNF
--- Poppit Sands	B	DNF
--- Pen y Bont	A	DNF
--- Rest Bay	B	DNF
--- Rest Bay	A	DNF
--- Poppit Sands	A	DNF

Event 46 Boys 14-15 LC Meter Relay Rope Rescue Pair

Record: 14.27 R 26/01/2019 Blyth

Team	Relay	Finals Time
1 Pen y Bont	B	21.36
2 Pen y Bont	A	22.36
3 Rascals	A	28.81
4 Beacon	B	30.36
5 Beacon	C	30.60
6 Rhoose	C	31.96
7 Llantwit	B	37.46
8 Rascals	B	41.78
--- Blyth	A	DQ
--- Beacon	A	DQ
--- Sker	A	DQ
--- Llantwit	C	DQ
--- Sker	B	DQ
--- Mumbles	B	DNF
--- Aberavon	A	DNF
--- Rhoose	B	DNF
--- Pen y Bont	C	DNF
--- Southerndown	A	DNF
--- Rhoose	A	DNF
--- Mumbles	C	DNF
--- Llantwit	A	DNF
--- Pen y Bont	D	DNF
--- Mumbles	A	DNF

Event 47 Girls 13 & Under LC Meter Relay Rope Rescue Pair

Record: 24.57 R 28/05/2022 Blyth

Team	Relay	Finals Time
--- Pen y Bont	B	DNF
--- Pen y Bont	A	DNF
--- Llantwit	B	DNF
--- Llantwit	A	DNF
--- Sker	A	DNF
--- Rhoose	A	DNF
--- Rascals	A	DNF

Event 48 Boys 13 & Under LC Meter Relay Rope Rescue Pair

Record: 19.83 R 26/01/2019 Rest Bay

Team	Relay	Finals Time
1 Rhoose	A	27.68
--- Pen y Bont	A	DQ
--- Pen y Bont	B	DNF

Event 49 Women LC Meter Relay Rope Rescue Pair

Record: 13.35 R 28/01/2018 Crawley Town

Team	Relay	Finals Time
1 Loughborough	A	15.47
2 Crawley Town	A	15.49
3 Pen y Bont	B	16.09
4 Retford	A	16.47

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 49 Women LC Meter Relay Rope Rescue Pair)

Team	Relay	Finals Time
5 Crawley Town	B	18.05
6 Rest Bay	A	18.51
7 Vale	B	19.93
8 Pen y Bont	A	21.08
9 Rhoose	A	21.69
10 Loughborough	C	23.94
11 Blyth	A	31.35
12 Blyth	C	37.54
13 Blyth	B	37.69
14 Gyllyngvase	A	45.65
--- Mumbles	B	DQ
--- Rest Bay	B	DNF
--- Llantwit	C	DNF
--- Rascals	A	DNF
--- Loughborough	B	DNF
--- Gyllyngvase	B	DNF
--- Blyth	D	DNF
--- Loughborough	D	DNF
--- Pen y Bont	C	DNF
--- Mumbles	D	DNF
--- Rhoose	B	DNF
--- Pen y Bont	D	DNF
--- Mumbles	A	DNF
--- Aberavon	A	DNF
--- Mumbles	C	DNF
--- Vale	A	DNF
--- Sker	D	DNF
--- Llantwit	B	DNF
--- Llantwit	A	DNF
--- Sker	B	DNF
--- Sker	A	DNF
--- Sker	C	DNF

Event 50 Men LC Meter Relay Rope Rescue Pair

Record: 8.66 R 28/01/2023 Crawley

Team	Relay	Finals Time
1 Retford	A	11.30
2 Heanor	A	11.84
3 Vale	A	13.21
4 Crawley Town	B	13.25
5 Pen y Bont	B	13.61
6 Sker	A	13.63
7 Rascals	A	14.40
8 Langland Bay	A	15.89
9 Langland Bay	B	16.23
10 Crawley Town	A	16.46
11 Rhoose	B	17.31
12 Loughborough	A	17.58
13 Pen y Bont	D	19.49
14 Rest Bay	B	19.88
15 Pen y Bont	C	19.99
16 Blyth	A	20.09
17 Mumbles	A	21.11
18 Llantwit	B	21.64
19 Llantwit	A	21.99
20 Rest Bay	A	22.55
21 Rascals	B	23.99
22 Llantwit	C	24.23
*23 Mumbles	B	25.95
*23 Langland Bay	C	25.95

25 Blyth	B	28.52
26 Heanor	B	29.81
27 Poppit Sands	A	38.19
28 Gyllyngvase	A	41.20
--- Beacon	A	DNF
--- Race Yorkshire	A	DNF
--- Pen y Bont	A	DNF
--- Race Yorkshire	B	DNF
--- Mumbles	C	DNF
--- Aberavon	A	DNF
--- Mumbles	D	DNF
--- Vale	B	DNF
--- Sker	D	DNF
--- Aberavon	B	DNF
--- Sker	B	DNF
--- Rhoose	A	DNF
--- Sker	C	DNF

Event 51 Women 30-34 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
--- Pen y Bont	A	DNF
--- Pen y Bont	B	DNF
--- Blyth	A	DNF

Event 51 Women 40-44 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
1 Crawley Town	B	16.28
--- Retford	A	DNF
--- Rascals	A	DNF
--- Rest Bay	A	DNF

Event 51 Women 45-49 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
1 Vale	A	18.36
2 Blyth	A	24.41
3 Sker	A	27.10
--- Mumbles	A	DNF

Event 51 Women 50-54 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
1 Blyth	B	20.67
2 Blyth	A	22.47
--- Pen y Bont	B	DNF
--- Pen y Bont	A	DNF

Event 51 Women 55-59 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
1 Crawley Town	A	29.88
--- Rhoose	A	DNF
--- Langland Bay	A	DNF

Event 51 Women 60-64 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
--- Pen y Bont	B	DNF
--- Pen y Bont	A	DNF

Event 52 Men 30-34 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
--- Pen y Bont	A	DNF
--- Aberavon	A	DNF

Event 52 Men 35-39 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
1 Vale	A	10.68
2 Pen y Bont	B	37.45

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 52 Men 35-39 LC Meter Relay Rope Rescue Pair)

Team	Relay	Finals Time
--- Pen y Bont	C	DNF

Event 52 Men 40-44 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
1 Rest Bay	A	19.14
2 Rascals	A	31.29
--- Pen y Bont	B	DNF
--- Poppit Sands	A	DNF
--- Mumbles	A	DNF
--- Crawley Town	A	DNF
--- Pen y Bont	A	DNF

Event 52 Men 45-49 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
1 Langland Bay	A	17.82
2 Llantwit	B	22.05
3 Llantwit	A	22.98
4 Rhoose	A	23.97
5 Blyth	A	27.48
6 Pen y Bont	D	37.86
--- Pen y Bont	C	DNF

Event 52 Men 50-54 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
1 Poppit Sands	A	22.46
2 Pen y Bont	B	25.46
3 Langland Bay	A	26.22
--- Pen y Bont	A	DNF

Event 52 Men 55-59 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
1 Pen y Bont	D	17.24
2 Langland Bay	B	19.65
3 Pen y Bont	C	21.00
4 Retford	A	34.96

Event 52 Men 60-64 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
--- Langland Bay	A	DNF

Event 52 Men 65 & Over LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
--- Rest Bay	B	DNF

Event 58 Girls 16-17 LC Meter Super Life Saver Individual

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

Name	AgeTeam	Finals Time
1 Stamp, Laylah	17 Vale	2:46.74
		31.99
2 Fisher, Mimi	17 Rascals	2:46.99
		30.81
3 Coombes, Cerys	16 Sker	3:06.29
		36.69
4 Lewis, Hollie	17 Pen y Bont	3:07.61
		32.33
5 Frydenbo-Bruvoll, Marie	16 Beacon	3:07.80
6 Brough, Ella	17 Rascals	3:21.17
		32.95
7 Chapman, Eva	17 Retford	3:22.36
		33.20

8 Carr, Daisy	16 Blyth	3:25.26
		40.83
9 Davies-Green, Summer	16 Rhoose	3:40.06
10 Wilkinson, Isobel	17 Retford	3:42.13
		41.89
11 Smith, Emme	16 Rascals	3:46.27
		41.31
12 Davies, Alice	16 Poppit Sands	3:46.58
		40.12
13 Corrance, Abi	17 Retford	3:51.44
		40.55
14 Cannon, Lola	16 Mumbles	3:53.37
		43.31

Event 59 Boys 16-17 LC Meter Super Life Saver Individual

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

Name	AgeTeam	Finals Time
1 Lopez, Asie	16 Crawley Town	2:30.69
		29.85
2 Mowbray, James	16 Blyth	2:46.48
		32.67
3 Robertson, Lachlan	16 Beacon	2:48.38
		34.59
4 Lamont, Cillian	16 Rascals	2:54.41
		32.32
5 Adams, Ronan	16 Pen y Bont	2:58.47
		34.28
6 McLoughlin, Keiran	16 Rascals	3:01.12
		33.69
7 Grayson, Seth	17 Retford	3:01.36
		34.92
8 Chilvers, Ben	17 Retford	3:02.16
		34.29
9 Roberts, Eryn	16 Pen y Bont	3:06.38
		34.28
10 Kettleborough, Peter	17 Gyllyngvase	3:16.09
		35.28
11 Baguley, Tom	17 Retford	3:21.35
		35.26
12 Lewis, Zak	17 Retford	3:30.03
--- Morgan, Lewis	17 Sker	DNF
		29.85

Event 60 Women LC Meter Super Life Saver Individual

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

Name	AgeTeam	Finals Time
1 Roodhouse, Molly	25 Gyllyngvase	2:34.82
		29.18
2 Robson, Emily	21 Loughborough	2:35.43
		31.00
3 Comline, Abby	21 Loughborough	2:41.54
		29.94
4 Watson, Heather	18 Rascals	2:42.81
		31.27
5 Hawkins, Maisy	18 Gyllyngvase	2:44.60
		32.39
6 McCloy, Ellie	23 Rest Bay	2:45.98
		31.38
7 Hickman, Eve	19 Rest Bay	2:50.00

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 60 Women LC Meter Super Life Saver Individual)			
Name	AgeTeam	Finals Time	
8 Parker, Emily	21 Vale	2:50.25	
		33.69	
9 Ezard, Emily	22 Pen y Bont	2:52.21	
		31.35	
10 Daly, Kirsten	18 Sker	3:01.14	
		33.35	
11 Roche, Lillian	18 Gyllyngvase	3:02.10	
		35.22	
12 Davies, Abigail	19 Rest Bay	3:04.13	
13 Chayka, Sofia	18 Rest Bay	3:08.43	
		30.83	
14 Dickerson Weedy, Ellie	22 Blyth	3:12.36	
		34.56	
15 Tasker, Nicola	42 Retford	3:22.74	
		39.33	
16 Healey, Rachel	43 Rascals	3:30.35	
		40.33	
17 Voce, Lauren	20 Heanor	3:41.24	
		39.54	
18 Gardener, Louise	18 Pen y Bont	3:41.57	
19 Firm, Lily	19 Retford	3:44.74	
		40.42	
20 Storey, Carole	47 Blyth	3:47.61	
		40.91	
--- Carpenter, Sam	28 Blyth	DNF	
		24.34	

Event 61 Men LC Meter Super Life Saver Individual
Record: 2:17.00 R 29/05/2022 Samuel Lawman

Name	AgeTeam	Finals Time	
1 Lawman, Samuel	29 Race Yorkshire	2:14.64R	
		26.87	
2 Blaby, James	27 Race Yorkshire	2:15.68R	
		27.15	
3 Wheeler, Ryan	29 Beacon	2:20.98	
		28.76	
4 Waterfall, Luke	19 Rascals	2:25.60	
5 Postlethwaite, Freddie	19 Rascals	2:26.80	
		29.42	
6 Holmes, Dan	22 Loughborough	2:35.57	
		31.41	
7 Ferrie, Patrick	20 Loughborough	2:37.59	
		30.53	
8 Screeton, Jacob	22 Rascals	2:39.05	
9 Grice, Jason	24 Rhoose	2:39.96	
		31.53	
10 Lee, Jake	23 Race Yorkshire	2:40.17	
		32.60	
11 Grice, Robert	18 Rhoose	2:45.14	
		32.30	
12 Williams, Cai	18 Sker	2:46.47	
13 Goodall, Jacob	21 SWLC	2:47.03	
		31.63	
14 Phinmore, Osian	20 Pen y Bont	2:47.04	
		28.93	

15 Lester, Jack	23 Rascals	2:49.08	
		31.34	
16 Fox, Terry	49 Rascals	2:50.12	
		32.80	
17 Schofield, Martin	25 Crawley Town	2:52.63	
		32.63	
18 Rich, Tomas	18 Gyllyngvase	2:53.38	
		31.67	
19 James, William	22 Sker	2:53.43	
		31.01	
20 Tomlinson, Ben	21 Retford	2:55.70	
		33.35	
21 Middleton, Jacob	18 Heanor	2:56.13	
		32.33	
22 Bridgewood, Andrew	19 Heanor	2:58.62	
		33.05	
23 Wilkinson, Sebastian	19 Retford	2:59.22	
		31.35	
24 Rees, Tomos	22 Poppit Sands	3:20.32	
		34.43	
25 Carley-Smith, Alistair	41 Mumbles	3:24.78	
26 Davies, Paul	51 Poppit Sands	3:36.79	
		36.14	
27 Baguley, Jeremy	59 Retford	4:04.51	
--- Skinner, Joshua	21 Loughborough	DQ	
		28.32	
--- O'Sullivan, Raffy	18 Gyllyngvase	DQ	
		32.96	

Event 62 Girls 16-17 100 LC Meter Manikin Tow (Fins) Individual
Record: 1:03.54 R 29/05/2022 Heather Watson

Name	AgeTeam	Finals Time	
1 Pegrum, Martha	16 Llantwit	1:07.79	
		28.79	
2 Millar, Connie	17 Rhoose	1:08.93	
		27.68	
3 Fisher, Mimi	17 Rascals	1:10.66	
		27.78	
4 Stamp, Laylah	17 Vale	1:11.65	
		29.21	
5 Wong, Ava	16 Rhoose	1:15.22	
		29.32	
6 Coombes, Cerys	16 Sker	1:15.25	
		30.61	
7 Scourfield, Ruby	17 Sker	1:15.30	
		29.99	
8 Carey, Lucy	16 Rest Bay	1:16.42	
		28.00	
9 Osborne, Georgia	17 Gyllyngvase	1:16.78	
		30.81	
10 Frydenbo-Bruvoll, Marie	16 Beacon	1:17.75	
		29.18	
11 Davies-Green, Summer	16 Rhoose	1:18.92	
		31.20	
12 Davies, Gracie	17 Sker	1:19.81	
		22.00	
13 Brough, Ella	17 Rascals	1:20.62	
		29.89	
14 Wilkinson, Isobel	17 Retford	1:21.23	
		33.34	

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 62 Girls 16-17 100 LC Meter Manikin Tow (Fins) Individual)

Name	AgeTeam	Finals Time
15 Cull, Millie	17 Rest Bay	1:21.59
32.22		
16 Crawley, Jessica	17 Rest Bay	1:21.67
1:05.98		
17 Woods, Evie	16 Rhoose	1:22.07
31.34		
18 Chick, Rosie	16 Whitmore Bay	1:22.48
33.05		
19 Burton, Lois	16 Llantwit	1:25.14
30.98		
20 McDonagh, Emily	16 Llantwit	1:25.53
30.49		
21 Lewis, Hollie	17 Pen y Bont	1:25.87
30.34		
22 Smele, Georgia	17 Sker	1:25.92
32.70		
23 Durrant, Annabel	16 Llantwit	1:26.74
31.51		
24 Rhys-Dillon, Talar	16 Llantwit	1:26.87
35.18		
25 Merrett, Imogen	16 Pen y Bont	1:26.91
33.63		
26 Gibson, Bethan	16 Rhoose	1:27.12
31.98		
27 Murray, Rebecca	17 Blyth	1:27.38
30.71		
28 Smith, Emme	16 Rascals	1:27.43
33.91		
29 Wride, Evie	17 Whitmore Bay	1:27.60
30 Chapman, Eva	17 Retford	1:27.70
33.56		
31 Thomas, Freya	17 Pen y Bont	1:28.13
32.71		
32 Davies, Alice	16 Poppit Sands	1:28.40
33.95		
33 Thomas, Zoe	17 Poppit Sands	1:28.53
32.53		
34 Corrance, Abi	17 Retford	1:29.46
32.64		
35 Cooper, Phoebe	17 Blyth	1:31.81
34.99		
36 Miles, Sophia	16 Rest Bay	1:32.67
34.01		
37 Partridge, Gwen	16 Aberavon	1:33.38
34.62		
38 Cannon, Lola	16 Mumbles	1:33.73
35.44		
39 Durrant, Florence	16 Llantwit	1:34.39
32.08		
40 Goldsmith, Teia	16 Beacon	1:34.43
34.45		
41 Byrne, Lacey	17 Aberavon	1:40.60
38.16		
--- Carr, Daisy	16 Blyth	DQ
32.69		
--- Heude, Naomi	16 Mumbles	DQ
34.69		

Event 63 Boys 16-17 100 LC Meter Manikin Tow (Fins) Individual

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

Name	AgeTeam	Finals Time
1 Lopez, Asie	16 Crawley Town	1:03.58
25.31		
2 Mowbray, James	16 Blyth	1:04.10
27.14		
3 Morgan, Lewis	17 Sker	1:06.24
26.17		
4 Padbury, Ezekiel	16 Gyllyngvase	1:08.02
28.06		
5 Smith, Reuben	17 Blyth	1:08.92
29.50		
6 Lamont, Cillian	16 Rascals	1:09.28
27.67		
7 Watkins, William	16 Pen y Bont	1:11.54
28.37		
8 Davies, Elian	17 Llantwit	1:12.36
27.85		
9 Grayson, Seth	17 Retford	1:12.82
10.58		
10 McLoughlin, Keiran	16 Rascals	1:13.71
28.13		
11 Bellamy, James	16 Vale	1:14.06
27.68		
12 Lewis, Gethin	16 Sker	1:14.42
27.66		
13 Adams, Ronan	16 Pen y Bont	1:14.62
30.42		
14 Jennings, Maverick	16 Llantwit	1:14.79
28.04		
15 Roberts, Ewyn	16 Pen y Bont	1:15.04
29.70		
16 Martin, Haydn	16 Mumbles	1:16.70
29.65		
17 Godsell, Dylan	17 Llantwit	1:16.72
29.73		
18 Chilvers, Ben	17 Retford	1:17.83
29.08		
19 Thomas, Joseph	16 Rhoose	1:18.38
29.39		
20 Robertson, Lachlan	16 Beacon	1:19.16
31.08		
21 Parkinson, Elias	17 Langland Bay	1:19.78
32.58		
22 Lewis, Zak	17 Retford	1:20.37
5.00		
23 Abbott, Theo	16 Rhoose	1:22.00
27.54		
24 Harris, Rees	17 Llantwit	1:23.72
29.94		
25 Baguley, Tom	17 Retford	1:23.91
30.33		
26 Hammett, Morgan	16 Southerndown	1:44.89
35.64		
--- Weeks, Owen	17 Llantwit	DQ
28.87		
--- Bail-Braunton, Dylan	16 Southerndown	DQ
33.63		
--- Kettleborough, Peter	17 Gyllyngvase	DQ
29.67		

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 63 Boys 16-17 100 LC Meter Manikin Tow (Fins) Individual)

Name	Age	Team	Finals Time
--- Chivers, Tomos	17	Mumbles	DQ
			27.89

Event 64 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	15	Rest Bay	1:12.66
			29.58
2 Daly, Isabella	14	Skер	1:15.74
			30.61
3 Jones, Isabella	14	Rest Bay	1:16.28
			30.42
4 Quinn, Elena	15	Rascals	1:16.78
			29.21
5 Appleby, Skye	15	Blyth	1:17.28
			31.70
6 Thomas, Josie	15	Llantwit	1:18.06
			29.28
7 Bellamy, Penelope	15	Vale	1:18.12
			28.77
8 Hardwicke, Martha	15	Rest Bay	1:18.47
			31.36
9 Cope, Aydrian	15	Rascals	1:18.51
			31.19
10 Collis, Elizabeth	15	Beacon	1:19.15
			30.38
11 Murphy, Hannah	14	Rascals	1:19.71
			31.67
12 Clark, Grace	15	Rascals	1:20.00
			32.14
13 Rees Langley, Lili	14	Poppit Sands	1:20.22
			31.68
14 McAdie, Imogen	15	Mumbles	1:21.13
			33.39
15 Fitzgerald, Mali	14	Rest Bay	1:21.24
			29.37
16 Lewis, Daisy	15	Pen y Bont	1:22.05
			31.47
17 Patrick, Thea	15	Poppit Sands	1:23.20
			31.49
18 Patterson, Grace	15	Rest Bay	1:23.84
			30.88
19 Gardener, Hannah	15	Pen y Bont	1:24.66
			29.67
20 Burlingham, India	14	Rest Bay	1:24.94
			31.81
21 Takata, Kaiya	14	Vale	1:25.10
			31.33
22 Froggatt, Sophia	14	Rascals	1:25.15
			33.26
23 Rees, Manon	14	Poppit Sands	1:25.65
			33.53
24 Mann, Scarlett	15	Rascals	1:25.80
			31.66
25 Carey, Amy	15	Rest Bay	1:26.18
			31.79
26 Hodgkinson, Sophie	15	Rascals	1:27.22
			34.22
27 Hopkin, Rebekah	15	Rhoose	1:27.60
			33.38

28 Waggett, Anna	15	Rhoose	1:30.93
			33.85
29 Mowbray, Amy	15	Blyth	1:31.88
			33.16
30 Newland, Elsie	15	Poppit Sands	1:32.48
			33.78
31 Thomas, Isabella	14	Rhoose	1:32.53
			33.84
32 Beckingsale, Freya	14	Blyth	1:33.59
			35.89
33 Haigh, Bella	14	Vale	1:33.84
			33.72
34 Green, Bethan	15	Poppit Sands	1:34.41
			33.61
35 Watkins, Mylee	14	Aberavon	1:35.21
36 Dafydd, Mali	14	Poppit Sands	1:35.77
			35.84
37 Hickman, Isla	15	Rest Bay	1:36.00
			36.30
38 Mckanzie, Bu	14	Mumbles	1:36.17
			38.16
39 Turner, Chloe	15	Retford	1:37.08
			35.18
40 Godsell, Matilda	14	Llantwit	1:38.53
			31.07
41 Davies, Chloe	15	Skер	1:38.84
			33.86
42 Poole, Olivia	15	Pen y Bont	1:39.30
			35.63
43 Ferguson, Grace	14	Aberavon	1:40.00
			38.75
44 Daly, Lily	15	Pen y Bont	1:40.58
			36.42
45 Potts, Daisy	14	Aberavon	1:40.84
			31.85
46 Harries, Megan	14	Poppit Sands	1:41.07
			37.22
47 Hillard, Taylor	14	Vale	1:42.70
			34.13
48 Thomas, Annelise	14	Pen y Bont	1:44.94
			39.39
49 Jenkins-Shaw, Cerys	14	Poppit Sands	1:46.25
			38.10
50 Harries, Elin	14	Poppit Sands	1:46.36
			33.77
51 Hampton, Lili	14	Pen y Bont	1:49.33
			40.19
52 Evans, Moli	14	Aberavon	1:49.81
			39.47
53 David, Sienna	14	Aberavon	1:51.01
			34.42
54 Brown, Iris	14	Pen y Bont	1:57.44
			37.53
55 Dafydd, Iola	15	Poppit Sands	1:58.14
			39.59
56 Gould, Amelia	14	Pen y Bont	2:13.48
			39.22
--- Jarrett, Phoebe	14	Llantwit	DQ
			34.82
--- Rogers, Elyse	14	Aberavon	DQ
			35.54

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 64 Girls 14-15 100 LC Meter Manikin Tow (Fins) Individual)

Name	Age	Team	Finals Time
--- Bodenham, Hollie	14	Aberavon	DQ
35.34			
--- Bazley, Caitlin	15	Whitmore Bay	DQ
37.93			
--- Tuck, Faith	14	Pen y Bont	DQ
32.22			
--- Storey, Kayla	14	Blyth	DNF
35.85			

Event 65 Boys 14-15 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:08.47 R 29/01/2023 James Mowbray

Name	Age	Team	Finals Time
1 Watson, Tobias	14	Rascals	1:06.72R
26.87			
2 Pollicott, Harry	14	Rascals	1:09.93
28.79			
3 Bartram, Solomon	14	Rhosee	1:10.22
28.91			
4 Bonev, Noah	15	Blyth	1:10.29
29.62			
5 Baxter, Riley	14	Rascals	1:12.81
28.69			
6 Merrills, Callum	15	Retford	1:13.95
29.22			
7 Barlett-Jenkins, Beau	14	Llantwit	1:15.19
29.39			
8 Macklen, Harry	15	Beacon	1:16.57
29.70			
9 Ballantyne, Alex	15	Pen y Bont	1:17.04
30.42			
10 Powell, Callum	15	Sker	1:18.63
30.38			
11 Burton, Finnley	14	Llantwit	1:19.38
26.91			
12 Nightingale, Dylan	14	Rascals	1:21.32
29.50			
13 Eustace, Jack	15	Llantwit	1:23.61
31.12			
14 Williams, Twm	14	Llantwit	1:23.80
29.62			
15 Chandler, Bailey	14	Blyth	1:25.03
33.54			
16 Cross, Sam	15	Mumbles	1:25.38
32.94			
17 Benbow, Jonah	15	Pen y Bont	1:25.55
32.44			
18 Rowles, Jack	15	Llantwit	1:26.89
33.09			
19 John, William	14	Sker	1:27.60
32.83			
20 Jones, Graydon	15	Mumbles	1:30.31
25.87			
21 Riddick, Max	15	Llantwit	1:30.70
35.13			
22 Whittaker, Luke	14	Sker	1:30.84
30.69			
23 Trigg, Lewis	14	Rhosee	1:31.78
32.66			
24 Roberts, Joseph	15	Pen y Bont	1:32.18
30.97			

25 Criger, Oliver	15	Pen y Bont	1:34.86
37.56			
26 Williams, Rafferty	14	Pen y Bont	1:35.25
37.00			
27 Duke Jones, Sam	14	Mumbles	1:41.09
35.98			
28 Brewer, Evan	14	Rhosee	1:52.57
36.42			
--- Honychurch, Dylan	14	Llantwit	DQ
37.30			
--- Greig, Taylor	15	Southerndown	DQ
32.42			
--- Nolan, Oliver	15	Rhosee	DQ
32.93			
--- Muller, Max	14	Aberavon	DQ
34.62			
--- Bennett, Travis	14	Pen y Bont	DQ
30.21			
--- Robertson, Jack	14	Beacon	DQ
39.67			

Event 66 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 Benbow, Maya	13	Pen y Bont	1:26.44
30.73			
2 Lloyd, Ruby	13	Rhosee	1:29.92
34.31			
3 Nolan, Harriet	13	Pen y Bont	1:36.14
32.93			
4 Davies-Green, Lilly	13	Rhosee	1:36.77
34.11			
5 Hodgkinson, Emily	13	Rascals	1:40.27
36.94			
6 Richards, Evie	13	Rhosee	1:40.54
35.01			
7 Daly, Eve	13	Pen y Bont	1:41.09
38.19			
8 Moores, Harriet	13	Rascals	1:41.97
34.84			
--- Gordon, Mabli	13	Rhosee	DQ
30.62			
--- Long, Sadie	13	Sker	DQ
31.40			
--- Morgan, Freya	13	Pen y Bont	DQ

Event 67 Boys 13 & Under 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:17.30 R 29/01/2023 Tobias Watson

Name	Age	Team	Finals Time
1 Russell-Ross, Freddie	13	Beacon	1:20.25
32.94			
2 Lewis, Logan	13	Pen y Bont	1:28.87
32.88			
3 Pound, Leon	13	Rhosee	1:32.80
32.57			
4 Coles, Tom	13	Pen y Bont	1:39.75
39.22			
5 Byrne, Tristan	13	Aberavon	1:43.34
35.96			
6 Greig, Nate	13	Southerndown	1:46.35
35.32			

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 67 Boys 13 & Under 100 LC Meter Manikin Tow (Fins) Individual

Name	AgeTeam	Finals Time
7 Roberts, Iestyn	13 Pen y Bont	1:46.91
		36.70
8 Lane, Louie	13 Pen y Bont	2:03.41
		39.30
--- Martin, Elys	13 Mumbles	DQ
		37.78

Event 68 Women 100 LC Meter Manikin Tow (Fins) Individual

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

Name	AgeTeam	Finals Time
1 Roodhouse, Molly	25 Gyllyngvase	1:04.86
		26.53
2 Watson, Heather	18 Rascals	1:05.07
		26.13
3 Robson, Emily	21 Loughborough	1:05.57
		26.30
4 Parker, Emily	21 Vale	1:06.21
		27.62
5 Goodwin, Emily	28 Crawley Town	1:07.58
		28.02
6 Carpenter, Sam	28 Blyth	1:07.73
		29.22
7 Hawkins, Maisy	18 Gyllyngvase	1:08.97
		27.77
8 Wong, Evie	20 Rhoose	1:09.68
		28.57
9 Chandler, Cadie	25 Blyth	1:12.75
		28.85
10 Chayka, Sofia	18 Rest Bay	1:13.83
		28.02
11 Davies, Alaw	21 Loughborough	1:14.29
		29.29
12 Hickman, Eve	19 Rest Bay	1:14.43
		28.55
13 Lau, Tisha	19 Loughborough	1:15.18
		30.30
14 Daly, Kirsten	18 Sker	1:15.84
		29.72
15 Froley, Megan	20 Sker	1:16.72
		30.04
16 Voce, Lauren	20 Heanor	1:17.55
		29.98
17 Ezard, Emily	22 Pen y Bont	1:19.70
		28.44
18 Roche, Lillian	18 Gyllyngvase	1:20.13
		31.16
19 Jordan, Lucy	22 Loughborough	1:23.01
		29.27
20 Gibson, Elena	19 Rhoose	1:23.08
		33.57
21 Firm, Lily	19 Retford	1:23.44
		33.91
22 Antonopoulou, Amaryllis	19 Loughborough	1:23.85
23 Shelly, Bea	18 Retford	1:31.96
		32.34
24 Gardener, Louise	18 Pen y Bont	1:32.72
		34.35
--- Comline, Abby	21 Loughborough	DQ
		26.48

--- Dickerson Weedy, Ellie	22 Blyth	DQ
		28.30
--- Richards, Katie	25 Mumbles	DQ
		40.80

Event 69 Men 100 LC Meter Manikin Tow (Fins) Individual

Record: 55.07 R 28/01/2018 Simon Worne

Name	AgeTeam	Finals Time
1 Lawman, Samuel	29 Race Yorkshire	54.23R
		21.60
2 Blaby, James	27 Race Yorkshire	55.80
		22.87
3 Waterfall, Luke	19 Rascals	55.96
		23.12
4 Sadberry, Jack	20 Crawley Town	56.28
		22.28
5 Cusselle, Ben	21 Beacon	57.77
		24.77
6 Postlethwaite, Freddie	19 Rascals	58.00
		23.41
7 Wheeler, Ryan	29 Beacon	1:00.04
		24.34
8 James, Tristyn	18 Rest Bay	1:01.28
		23.93
9 Phinnemore, Osian	20 Pen y Bont	1:01.38
		25.39
10 Lewis, Ashley	30 Pen y Bont	1:01.39
		25.48
11 Screeton, Jacob	22 Rascals	1:01.92
		24.29
12 Ewington, Ben	20 Loughborough	1:02.73
		21.05
13 Rich, Tomas	18 Gyllyngvase	1:03.01
		26.25
14 Lester, Jack	23 Rascals	1:03.48
		25.72
15 O'Sullivan, Raffy	18 Gyllyngvase	1:03.60
		25.97
16 Lee, Jake	23 Race Yorkshire	1:03.85
17 Anderson, Dominic	20 Loughborough	1:03.99
		26.34
18 Goodall, Jacob	21 SWLC	1:04.66
		27.10
19 Mowbray, James	16 Blyth	1:04.80
		27.32
20 Jackson, Alex	23 Crawley Town	1:04.84
		26.23
21 Wilkinson, Sebastian	19 Retford	1:04.90
		27.90
22 Grice, Robert	18 Rhoose	1:05.16
		26.08
23 Briggs, Calum	28 Heanor	1:05.56
		26.11
24 Middleton, Jacob	18 Heanor	1:07.15
		27.25
25 Addis, Robert	20 Loughborough	1:07.36
		26.37
26 Ingham, Conor	29 Beacon	1:07.48
		26.85
27 Chambers, Jack	22 Aberavon	1:07.68
		26.88

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 69 Men 100 LC Meter Manikin Tow (Fins) Individual)

Name	AgeTeam	Finals Time
28 Hyett, Ben	18 Pen y Bont	1:08.03
27.95		
29 Kenworthy, Matthew	23 Heanor	1:08.52
27.49		
30 Bridgewood, Andrew	19 Heanor	1:09.14
27.50		
31 Williams, Cai	18 Sker	1:09.42
26.92		
32 Gubb, Harvey	18 Aberavon	1:09.67
27.27		
33 Worth, Brandon	21 Aberavon	1:10.87
28.43		
34 SchoField, Martin	25 Crawley Town	1:11.27
26.31		
35 Rees, Tomos	22 Poppit Sands	1:13.40
29.74		
36 Tomlinson, Ben	21 Retford	1:14.07
22.80		
37 Chambers, Samuel	18 Aberavon	1:18.29
30.35		
38 Perkins, Tomos	18 Whitmore Bay	1:24.52
34.69		
--- Grice, Jason	24 Rhoose	DQ
26.17		
--- Gillett, Ralph	18 Langland Bay	DQ
25.82		
--- Browning, Ben	21 Beacon	DQ
24.80		

Event 70 Women 35-39 100 LC Meter Manikin Tow (Fins) Individual

Name	AgeTeam	Finals Time
1 Sedgwick, Cathy	38 Blyth	1:23.09
32.69		

Event 70 Women 40-44 100 LC Meter Manikin Tow (Fins) Individual

Name	AgeTeam	Finals Time
1 Jenkins, Helen	40 Pen y Bont	1:15.59
30.69		
2 Watkins, Emily	41 Aberavon	1:17.87
31.03		
3 Healey, Rachel	43 Rascals	1:19.01
31.90		
4 Gharahlar, Emma	41 Rest Bay	1:19.05
33.17		
5 Tasker, Nicola	42 Retford	1:20.54
33.35		

Event 70 Women 45-49 100 LC Meter Manikin Tow (Fins) Individual

Name	AgeTeam	Finals Time
1 Voce, Joanne	49 Heanor	1:26.54
35.12		
2 Bellamy, Angelina	45 Vale	1:27.30
34.79		
3 Storey, Carole	47 Blyth	1:30.64
37.00		
4 McAdie, Jenny	48 Mumbles	1:36.30
37.45		
5 Ramsden-Hare, Louise	49 Mumbles	1:37.82
37.33		
6 Hopkin, Nia	47 Vale	1:39.04
41.28		

Event 70 Women 50-54 100 LC Meter Manikin Tow (Fins) Individual

Name	AgeTeam	Finals Time
1 Lewis, Emma	50 Sker	1:20.79
34.28		
2 Phinnemore, Andrea	54 Pen y Bont	1:28.05
24.35		
3 Tomlinson, Theresa	53 Retford	1:32.69
35.03		
4 Appleby, Liz	51 Blyth	1:37.91
40.06		
5 Chandler, Joanne	51 Blyth	1:51.60
46.94		
6 Nyom, Sarah	54 Pen y Bont	1:54.00
45.25		

Event 70 Women 55-59 100 LC Meter Manikin Tow (Fins) Individual

Name	AgeTeam	Finals Time
1 O'Donoghue-Harris, Karen	56 Rhoose	1:27.98
35.00		
2 Eagland, Vanessa	55 Crawley Town	1:29.12
37.19		

Event 71 Men 30-34 100 LC Meter Manikin Tow (Fins) Individual

Name	AgeTeam	Finals Time
1 Lewis, Ashley	30 Pen y Bont	1:01.93
25.65		
2 Turner, Tomi	32 Pen y Bont	1:12.49
29.15		
3 Arkley, Daniel	32 Blyth	2:08.38
51.58		

Event 71 Men 35-39 100 LC Meter Manikin Tow (Fins) Individual

Name	AgeTeam	Finals Time
1 Abbott Haigh, Gareth	37 Vale	1:05.62
26.08		
2 Rosewell, Lloyd	39 Pen y Bont	1:07.16
27.71		
3 Tuck, Chris	38 Pen y Bont	1:12.09
28.83		
--- Harris, Ceri	39 Pen y Bont	DQ
30.17		

Event 71 Men 40-44 100 LC Meter Manikin Tow (Fins) Individual

Name	AgeTeam	Finals Time
1 Carley-Smith, Alistair	41 Mumbles	1:10.96
10.83		
2 Gill, Ned	44 Langland Bay	1:13.46
17.27		
3 Watkins, David	44 Pen y Bont	1:13.96
28.92		
4 Bell, Stephen	41 Rest Bay	1:14.82
30.96		
5 Bayliss, Alan	41 Rest Bay	1:15.53
29.71		
6 Hale, James	40 Rhoose	1:25.65
32.84		
7 Marsh, Phillip	44 Crawley Town	1:41.43
32.38		

Event 71 Men 45-49 100 LC Meter Manikin Tow (Fins) Individual

Name	AgeTeam	Finals Time
1 Fox, Terry	49 Rascals	1:04.93
27.05		

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 71 Men 45-49 100 LC Meter Manikin Tow (Fins) Individual)

Name	Age	Team	Finals Time
2 Hughes, Simon	46	Langland Bay	1:22.44
			11.14
3 Newman, Gavin	47	Pen y Bont	1:29.64
			31.61
--- Taylor, Stephen	46	Rest Bay	DQ
			30.64

Event 71 Men 50-54 100 LC Meter Manikin Tow (Fins) Individual

Name	Age	Team	Finals Time
1 Robinson, Craig	51	Pen y Bont	1:07.26
			28.11
2 Henderson, Jon	50	Langland Bay	1:14.07
			31.08
3 Lewis, Richard	51	Pen y Bont	1:14.32
			29.71
4 Davies, Paul	51	Poppit Sands	1:16.55
			31.02
5 Foster, Jon	50	Llantwit	1:17.76
			30.88
6 Parkinson, Andy	51	Langland Bay	1:18.91
			30.62
7 Wisden, Mark	53	Pen y Bont	1:23.10
			35.01
8 Jones, Peter	53	Rest Bay	1:28.26
			33.59
9 Massignani, Lucio	52	Langland Bay	1:36.97
			36.30
10 Chandler, Mark	54	Blyth	1:42.10
			38.70

Event 71 Men 55-59 100 LC Meter Manikin Tow (Fins) Individual

Name	Age	Team	Finals Time
1 Bridgewood, Jonathan	58	Heanor	1:18.59
			31.81
2 Dalrymple, Andy	58	Langland Bay	1:18.83
			29.83
3 Parker, Simon	57	Vale	1:19.77
			32.76
4 Baguley, Jeremy	59	Retford	1:22.09
			32.77
--- McNALLY, David	57	Pen y Bont	DQ
			36.86

Event 71 Men 60-64 100 LC Meter Manikin Tow (Fins) Individual

Name	Age	Team	Finals Time
1 Morris, Adrian	62	Pen y Bont	1:17.46
			30.30
2 Williams, Paul	64	Langland Bay	1:20.77
			33.64
3 Moyes, Peter	63	Retford	1:25.50
			36.62
4 Yates, Ian	62	Pen y Bont	1:25.54
			34.96
5 John, Chris	64	Langland Bay	1:38.43
			38.94

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

Record: 2:27.08 R 29/01/2023 Sker

Team	Relay	Finals Time
1 Pen y Bont	A	2:22.74R
		29.20

2 Rascals	A	2:26.02R
		29.16
3 Rascals	B	2:31.27
		31.72
4 Blyth	A	2:33.31
		34.18
5 Pen y Bont	B	2:39.02
		30.25
6 Llantwit	A	2:40.70
		30.11
7 Mumbles	A	2:46.49
		30.76
8 Rascals	C	2:47.99
		31.45
9 Rhoose	A	2:54.99
		32.15
10 Mumbles	B	3:20.61
		37.17
--- Retford	B	DQ
		31.35
--- Sker	A	DQ
		27.70
--- Llantwit	C	DQ
		33.36
--- Llantwit	B	DQ
		41.87
--- Retford	A	DQ
		30.93
--- Blyth	B	DQ
		37.83
--- Sker	B	DQ
		32.58

Event 82 Mixed LC Meter Relay Pool Lifesaver Relay

Record: 2:00.43 R 29/01/2023 Crawley

Team	Relay	Finals Time
1 Rascals	A	1:57.58R
		29.33
2 Loughborough	A	2:02.31
		27.63
3 Pen y Bont	A	2:09.36
		29.07
4 Rest Bay	A	2:11.80
		28.58
5 Loughborough	B	2:14.72
		29.96
6 Gyllyngvase	A	2:17.87
7 Blyth	A	2:20.19
		28.84
8 Sker	A	2:23.24
9 Aberavon	A	2:26.08
		30.66
10 Pen y Bont	B	2:26.10
		30.70
11 Heanor	A	2:31.52
		38.60
12 Rhoose	A	2:34.55
		31.26
13 Retford	A	2:40.30
		27.51

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 82 Mixed LC Meter Relay Pool Lifesaver Relay)

Team	Relay	Finals Time
14 Blyth	B	2:40.90
35.62		
15 Mumbles	A	2:58.01
42.94		
--- Vale	A	DQ
29.86		
--- Sker	B	DQ
32.38		

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

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

Name	AgeTeam	Finals Time
1 Quinn, Elena	15 Rascals	1:26.64
34.20		
2 Collis, Elizabeth	15 Beacon	1:33.47
33.99		
3 James, Grace	15 Rest Bay	1:33.99
42.16		
4 Daly, Isabella	14 Sker	1:34.33
35.48		
5 Gardener, Hannah	15 Pen y Bont	1:36.62
35.97		
6 Cope, Aydrion	15 Rascals	1:40.37
35.03		
7 Thomas, Josie	15 Llantwit	1:40.39
35.34		
8 Fitzgerald, Mali	14 Rest Bay	1:40.59
35.54		
*9 Godsell, Matilda	14 Llantwit	1:42.12
38.62		
*9 Clark, Grace	15 Rascals	1:42.12
38.29		
11 Hopkin, Rebekah	15 Rhoose	1:47.85
39.87		
12 Murphy, Hannah	14 Rascals	1:49.09
40.55		
13 Dafydd, Mali	14 Poppit Sands	1:49.53
38.96		
14 Takata, Kaiya	14 Vale	1:51.14
38.44		
15 Burlingham, India	14 Rest Bay	1:55.37
40.32		
16 Watkins, Mylee	14 Aberavon	2:00.42
37.87		
17 Gill, Bella	14 Langland Bay	2:02.87
45.60		
18 Appleby, Skye	15 Blyth	2:04.80
57.99		
19 Hickman, Isla	15 Rest Bay	2:08.89
54.59		
20 Daly, Lily	15 Pen y Bont	2:09.31
48.06		
21 Green, Bethan	15 Poppit Sands	2:10.10
45.04		
22 Jenkins-Shaw, Cerys	14 Poppit Sands	2:48.70
59.49		
--- Hodgkinson, Sophie	15 Rascals	DQ
51.76		
--- Luen-Twining, Katie	15 Vale	DNF
--- McAdie, Imogen	15 Mumbles	DNF

--- Jarrett, Phoebe 14 Llantwit DNF

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

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

Name	AgeTeam	Finals Time
1 Baxter, Riley	14 Rascals	1:24.27
33.76		
2 Watson, Tobias	14 Rascals	1:27.80
35.11		
3 Bonev, Noah	15 Blyth	1:28.65
37.28		
4 Pollicott, Harry	14 Rascals	1:30.53
35.56		
5 Ballantyne, Alex	15 Pen y Bont	1:32.19
33.70		
6 Macklen, Harry	15 Beacon	1:33.32
36.26		
7 Merrills, Callum	15 Retford	1:35.87
36.83		
8 Bennett, Travis	14 Pen y Bont	1:39.33
36.49		
9 Whittaker, Luke	14 Sker	1:40.37
35.35		
10 Barlett-Jenkins, Beau	14 Llantwit	1:43.65
37.63		
11 Eustace, Jack	15 Llantwit	1:45.90
36.68		
12 Trigg, Lewis	14 Rhoose	1:49.21
44.73		
13 Nightingale, Dylan	14 Rascals	1:52.70
48.76		
14 Brewer, Evan	14 Rhoose	2:02.83
45.66		
15 Riddick, Max	15 Llantwit	2:08.32
42.85		
--- Bartram, Solomon	14 Rhoose	DQ
36.50		
--- Powell, Callum	15 Sker	DQ
41.29		
--- Nolan, Oliver	15 Rhoose	DQ
40.53		

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

Record: 1:22.99 R 29/01/2023 Amaia Lopez

Name	AgeTeam	Finals Time
1 Millar, Connie	17 Rhoose	1:22.42R
33.10		
2 Fisher, Mimi	17 Rascals	1:25.13
33.78		
3 Stamp, Laylah	17 Vale	1:25.36
34.57		
4 Coombes, Cerys	16 Sker	1:33.18
36.98		
5 McDonagh, Emily	16 Llantwit	1:33.65
37.72		
6 Frydenbo-Bruvoll, Marie	16 Beacon	1:35.56
38.77		
7 Crawley, Jessica	17 Rest Bay	1:36.05
35.54		
8 Lewis, Cara	17 Pen y Bont	1:37.73
39.86		

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

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

Name	AgeTeam	Finals Time
9 Chapman, Eva	17 Retford	1:38.48
37.67		
10 Carey, Lucy	16 Rest Bay	1:38.90
35.44		
11 Brough, Ella	17 Rascals	1:41.53
35.38		
12 Osborne, Georgia	17 Gyllyngvase	1:43.70
36.02		
13 Pegrum, Martha	16 Llantwit	1:48.83
45.24		
14 Durrant, Florence	16 Llantwit	1:48.88
45.51		
15 Durrant, Annabel	16 Llantwit	1:49.47
40.97		
16 Merrett, Imogen	16 Pen y Bont	1:49.87
40.51		
17 Wilkinson, Isobel	17 Retford	1:56.40
40.64		
18 Gibson, Bethan	16 Rhoose	2:00.84
38.46		
19 Cannon, Lola	16 Mumbles	2:09.43
45.13		
20 Duroe, Abbie	16 Vale	2:31.95
41.17		
21 Thomas, Zoe	17 Poppit Sands	2:34.05
43.26		
--- Miles, Sophia	16 Rest Bay	DQ
48.32		
--- Davies, Alice	16 Poppit Sands	DQ
42.20		
--- Heude, Naomi	16 Mumbles	DQ
44.17		
--- Carr, Daisy	16 Blyth	DNF
--- Smith, Emme	16 Rascals	DNF

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

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

Name	AgeTeam	Finals Time
1 Lopez, Asie	16 Crawley Town	1:12.43R
29.61		
2 Morgan, Lewis	17 Sker	1:15.34
30.11		
3 Lamont, Cillian	16 Rascals	1:21.69
31.88		
4 Watkins, William	16 Pen y Bont	1:22.26
30.56		
5 Baguley, Tom	17 Retford	1:24.83
37.10		
6 Mowbray, James	16 Blyth	1:27.24
35.19		
7 Roberts, Ewyn	16 Pen y Bont	1:27.64
33.86		
8 Adams, Ronan	16 Pen y Bont	1:28.78
34.72		
9 McLoughlin, Keiran	16 Rascals	1:29.83
34.52		
10 Grayson, Seth	17 Retford	1:30.48
35.43		
11 Robertson, Lachlan	16 Beacon	1:31.59
37.71		

12 Chivers, Tomos	17 Mumbles	1:34.59
34.40		
13 Padbury, Ezekiel	16 Gyllyngvase	1:38.82
37.29		
14 Kettleborough, Peter	17 Gyllyngvase	1:39.54
37.35		
15 Smith, Reuben	17 Blyth	1:45.44
38.51		
16 Bellamy, James	16 Vale	1:48.45
35.43		
17 Abbott, Theo	16 Rhoose	1:51.33
44.38		
18 Martin, Haydn	16 Mumbles	1:55.71
41.58		
19 White, Samuel	16 Mumbles	1:59.32
41.73		
20 Harris, Rees	17 Llantwit	2:00.64
40.83		
21 Weeks, Owen	17 Llantwit	2:03.53
40.91		
--- Chilvers, Ben	17 Retford	DQ
37.28		
--- Froley, Iwan	17 Sker	DQ
32.66		

Event 87 Women 100 LC Meter Rescue Medley Individual

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

Name	AgeTeam	Finals Time
1 Robson, Emily	21 Loughborough	1:16.73
31.64		
2 Comline, Abby	21 Loughborough	1:18.75
30.92		
3 Sheavills, Naomi	20 Loughborough	1:23.14
33.02		
4 Hickman, Eve	19 Rest Bay	1:23.39
32.95		
5 McCloy, Ellie	23 Rest Bay	1:23.83
32.85		
6 Davies, Abigail	19 Rest Bay	1:25.64
31.49		
7 Watson, Heather	18 Rascals	1:27.07
32.46		
8 Daly, Kirsten	18 Sker	1:31.71
33.48		
9 Parker, Emily	21 Vale	1:31.73
35.83		
10 Dickerson Weedy, Ellie	22 Blyth	1:37.87
36.68		
11 Davies, Tegan	20 Rest Bay	1:46.53
36.56		
12 Gibson, Elena	19 Rhoose	1:52.56
38.56		
13 Richards, Katie	25 Mumbles	2:59.81
52.82		

Event 88 Men 100 LC Meter Rescue Medley Individual

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

Name	AgeTeam	Finals Time
1 Lawman, Samuel	29 Race Yorkshire	1:03.01
26.12		
2 Blaby, James	27 Race Yorkshire	1:03.73
27.09		

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

(Event 88 Men 100 LC Meter Rescue Medley Individual)

Name	AgeTeam	Finals Time
3 James, Tristyn 26.11	18 Rest Bay	1:07.33
4 Skinner, Joshua 27.71	21 Loughborough	1:08.17
5 Sadberry, Jack 27.23	20 Crawley Town	1:08.64
6 Waterfall, Luke 27.84	19 Rascals	1:09.33
7 Browning, Ben 28.38	21 Beacon	1:09.40
8 Cusselle, Ben 27.84	21 Beacon	1:10.75
9 Geysen-Holley, Max 27.61	19 Rest Bay	1:12.16
10 Anderson, Dominic 29.23	20 Loughborough	1:13.51
11 Ewington, Ben 30.61	20 Loughborough	1:14.83
12 Lester, Jack 30.18	23 Rascals	1:15.59
13 Postlethwaite, Freddie 28.69	19 Rascals	1:15.88
14 Williams, Cai 30.51	18 Sker	1:16.05
15 Hyett, Ben 31.84	18 Pen y Bont	1:17.78
16 Rich, Tomas 32.56	18 Gyllyngvase	1:17.79
17 Middleton, Jacob 31.82	18 Hearnor	1:18.90
18 Ferrie, Patrick 30.70	20 Loughborough	1:19.60
19 Goodall, Jacob 30.90	21 SWLC	1:21.31
20 Screeton, Jacob 32.09	22 Rascals	1:21.61
21 Schofield, Martin 32.78	25 Crawley Town	1:23.87
22 Grice, Robert 31.11	18 Rhoose	1:24.03
23 Battell, David 31.56	28 Langland Bay	1:24.12
24 O'Sullivan, Raffy 35.38	18 Gyllyngvase	1:24.50
25 Gubb, Harvey 33.91	18 Aberavon	1:25.92
26 Tomlinson, Ben 34.57	21 Retford	1:26.03
27 Grice, Jason 34.04	24 Rhoose	1:26.78
28 Gillett, Ralph 30.97	18 Langland Bay	1:32.84
29 Rees, Tomos 33.83	22 Poppit Sands	1:32.98
30 Wilkinson, Sebastian 31.98	19 Retford	1:34.58

Event 89 Women 35-39 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Boneva, Aimee 53.50	38 Blyth	2:37.49

Event 89 Women 40-44 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Watkins, Emily 34.65	41 Aberavon	1:35.43
2 Gharahlar, Emma 40.29	41 Rest Bay	1:40.78
3 Tasker, Nicola 43.85	42 Retford	1:54.27

Event 89 Women 45-49 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Bellamy, Angelina 46.18	45 Vale	2:07.42
2 Ramsden-Hare, Louise 50.39	49 Mumbles	2:07.58
3 McAdie, Jenny 52.21	48 Mumbles	2:20.15
--- Hopkin, Nia	47 Vale	DNF

Event 89 Women 50-54 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Morgan, Sarah 43.36	52 Sker	2:01.45

Event 89 Women 55-59 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Wickens, Donna 38.81	58 Crawley Town	1:39.11

Event 90 Men 30-34 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Lewis, Ashley 28.91	30 Pen y Bont	1:11.55
2 Turner, Tomi 35.75	32 Pen y Bont	1:42.65
3 Arkley, Daniel 1:04.28	32 Blyth	5:11.19

Event 90 Men 35-39 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Rudall, Huw 29.50	37 Pen y Bont	1:17.41
2 Rosewell, Lloyd 31.73	39 Pen y Bont	1:18.98
3 Abbott Haigh, Gareth 37.18	37 Vale	1:29.59
4 Tuck, Chris 37.02	38 Pen y Bont	1:40.44

Event 90 Men 40-44 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Gill, Ned 35.75	44 Langland Bay	1:30.42
2 Bayliss, Alan 37.01	41 Rest Bay	1:32.95
3 Carley-Smith, Alistair 37.02	41 Mumbles	1:34.50
4 Bell, Stephen 34.98	41 Rest Bay	1:37.36

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

Event 90 Men 45-49 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Fox, Terry	49 Rascals	1:25.53 32.49
2 Taylor, Stephen	46 Rest Bay	1:48.85 47.06
3 Gibson, Damon	49 Rhoose	2:01.37 42.49
4 Hughes, Simon	46 Langland Bay	2:02.41 43.36
5 Newman, Gavin	47 Pen y Bont	2:27.67 49.08

Event 90 Men 50-54 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Robinson, Craig	51 Pen y Bont	1:26.80 33.18
2 Lewis, Richard	51 Pen y Bont	1:37.77 36.30
3 Davies, Paul	51 Poppit Sands	1:43.82 37.47
4 Parkinson, Andy	51 Langland Bay	1:43.94 41.01
5 Foster, Jon	50 Llantwit	1:45.21 38.71
6 Henderson, Jon	50 Langland Bay	1:46.88 41.02
7 Adams, Chris	52 Pen y Bont	2:10.80 49.68

Event 90 Men 55-59 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Parker, Simon	57 Vale	1:44.70 42.49
2 Baguley, Jeremy	59 Retford	1:58.94 45.59

Event 90 Men 60-64 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 Yates, Ian	62 Pen y Bont	1:39.80 39.69
2 John, Chris	64 Langland Bay	1:51.83 39.22
3 Williams, Paul	64 Langland Bay	2:00.75 45.52

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 Rascals	A	1:59.10 31.61
2 Llantwit	A	2:03.69 31.00
3 Sker	A	2:04.86 32.40
4 Rhoose	A	2:06.40 30.64
5 Pen y Bont	A	2:08.29 33.85
6 Rest Bay	A	2:13.85 34.38
7 Poppit Sands	A	2:19.76 36.17

8 Retford	A	2:24.85 31.25
9 Llantwit	B	2:28.11 39.89
10 Mumbles	A	2:39.37 37.58

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	1:54.96 29.93
2 Gyllyngvase	A	1:58.22 29.59
3 Pen y Bont	A	2:02.58 33.17
4 Beacon	A	2:03.50 30.69
5 Mumbles	A	2:06.15 31.70
6 Retford	A	2:06.67 29.58
7 Llantwit	A	2:07.09 34.17
8 Blyth	A	2:08.96 34.29
9 Llantwit	B	2:15.55 35.30

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	2:02.66R 31.61
2 Pen y Bont	A	2:05.80 33.33
3 Sker	A	2:07.94 32.87
4 Rhoose	A	2:16.75 34.39
5 Rest Bay	B	2:17.25 38.47
6 Rascals	A	2:18.82 42.97
7 Vale	A	2:20.02 32.55
8 Aberavon	A	2:22.53 34.51
9 Blyth	A	2:27.65 38.02
10 Poppit Sands	A	2:33.36 39.74
11 Poppit Sands	B	2:36.46 39.38
12 Pen y Bont	B	2:38.80 38.60

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

Record: 2:02.99 R 29/01/2023 Sker

Team	Relay	Finals Time
1 Rascals	A	1:57.44R 31.23

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

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

Team	Relay	Finals Time
2 Pen y Bont	A	1:59.51R
30.37		
3 Sker	A	2:04.76
34.51		
4 Llantwit	A	2:09.99
29.57		
5 Beacon	B	2:18.94
31.15		
--- Rhoose	A	DQ
33.34		

Event 102A Girls 13 & Under 4x50 LC Meter Medley Relay Relay

Team	Relay	Finals Time
1 Rhoose	A	2:25.58
40.85		
2 Pen y Bont	A	2:28.84
36.14		

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

Team	Relay	Finals Time
1 Pen y Bont	A	2:42.43
48.37		

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

Team	Relay	Finals Time
1 Pen y Bont	A	2:32.17
40.59		

Event 103 Women 70-99 4x50 LC Meter Medley Relay Relay

Team	Relay	Finals Time
1 Blyth	A	2:53.92
56.81		

Event 103 Women 100 & Over 4x50 LC Meter Medley Relay Relay

Team	Relay	Finals Time
1 Crawley Town	A	2:25.34
34.09		
2 Blyth	A	3:23.41

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

Record: 1:57.33 R 29/05/2022 South Worc

Team	Relay	Finals Time
1 Pen y Bont	A	1:56.36R
29.44		
2 Langland Bay	A	2:05.95
32.62		

Event 103 Men 40-69 4x50 LC Meter Medley Relay Relay

Team	Relay	Finals Time
1 Pen y Bont	A	2:17.42
33.49		

Event 103 Men 70-99 4x50 LC Meter Medley Relay Relay

Team	Relay	Finals Time
1 Pen y Bont	A	1:55.81
29.10		
2 Rest Bay	A	2:09.86
34.05		
3 Vale	A	2:12.03
30.20		
4 Llantwit	A	2:14.14
29.94		

5 Aberavon	A	2:15.21
30.63		
6 Mumbles	A	2:20.01
42.48		
7 Rhoose	A	2:30.83
44.94		
8 Langland Bay	B	2:41.28
37.52		

Event 103 Men 100 & Over 4x50 LC Meter Medley Relay Relay

Team	Relay	Finals Time
1 Pen y Bont	A	2:03.92
33.84		
2 Retford	A	2:19.60
33.96		
3 Langland Bay	C	2:24.77
35.46		

Event 107 Women 4x50 LC Meter Medley Relay Relay

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

Team	Relay	Finals Time
1 Loughborough	A	1:52.26
27.78		
2 Blyth	A	1:57.52
31.93		
3 Pen y Bont	A	1:58.79
28.90		
4 Rest Bay	A	2:01.60
31.88		
5 Vale	A	2:04.13
31.63		
6 Rhoose	A	2:07.80
30.74		
7 Sker	A	2:09.89
32.15		
8 Llantwit	A	2:14.08
33.71		
9 Pen y Bont	B	2:16.92
34.15		
10 Blyth	B	2:26.59
35.72		

Event 108 Men 4x50 LC Meter Medley Relay Relay

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

Team	Relay	Finals Time
1 Rascals	A	1:39.09
27.18		
2 Loughborough	A	1:39.57
26.30		
3 Crawley Town	A	1:42.02
28.60		
4 Sker	A	1:44.00
26.88		
5 Pen y Bont	A	1:46.17
26.24		
6 Heanor	A	1:48.12
27.14		
7 Rest Bay	A	1:49.07
28.23		
8 Rascals	B	1:51.07
29.84		
9 Rhoose	A	1:54.83
29.08		

Welsh Stillwater Lifesaving Championships - 27/01/2024 to 28/01/2024

Results

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

Team	Relay	Finals Time
10 Pen y Bont 27.29	B	1:56.40
11 Aberavon 28.52	A	1:57.54
12 Langland Bay 28.98	A	2:04.25
13 Llantwit 30.33	A	2:05.66
14 Llantwit 33.23	B	2:05.71
15 Blyth 46.11	A	2:23.49