

SURF LIFE SAVING ASSOCIATION OF WALES STILLWATER CHAMPIONSHIPS

Aggregate Total 2025

	Club	Youth	Seniors	Masters	Total
1	Pen y Bont	50	30	45	125
2	Rest Bay	41	38	41	120
3	RASCALS	38	45	32	115
4	Blyth Lifesaving Club	32	32	38	102
5	Langland Bay	26	14	50	90
6	Beacon LSC	36	34	16	86
6	Sker and Pink Bay	30	26	30	86
7	Vale SLSC	24	24	36	84
8	Rhose	45	20	14	79
9	Crawley Town LC	16	41	18	75
10	Llantwit Major	34	6	26	66
11	Poppit Sands	28	8	28	64
12	Mumbles	10	10	34	54
13	Loughborough		50		50
14	Aberavon	14	12	20	46
15	Heanor Swimming Club		16	24	40
16	Gyllyngvase	18	18		36
16	RPY		36		36
17	WS Ireland		28		28
18	Whitmore Bay	20			20
19	Southerndown	12			12
20	South Worcestershire	8			8



SURF LIFE SAVING ASSOCIATION OF WALES STILLWATER CHAMPIONSHIPS

Masters Championships 2025

	Club	Manikin Relay	Manikin Carry	Manikin Carry with Fins	Manikin Tow with Fins	Rope Rescue	Rescue Medley	Medley Relay	Total
1	Langland Bay	139	102	241	238	197	98	173.5	1166.5
2	Pen y Bont	784	74	256	260	217	108	146	1159
3	Rest Bay	641.5	56	129	124	117	66	68.5	605.5
4	Blyth Lifesaving Club	254	38	67	44	79	40	16	318
5	Vale SLSC	135	20	56	60	60	20	58	285
6	Mumbles	45	11	61	49	46	16	61	254
7	RASCALS	613.5	9	42	41	41	20	32	193
8	Sker and Pink Bay	245	20	44	36	38	16	18	192
9	Poppit Sands	151	10	38	27	11	47	14	153
10	Llantwit Major	403	0	30	31	26	28	19	146
11	Heanor Swimming Club		0	29	34	34	12	18	127
12	Aberavon	51.5	0	22	25	21	16	20	118
12	Crawley Town LC	57	0	58	0	20	20	20	118
13	Beacon LSC	549.5	0	27	27	30	18	0	102
14	Rhose	748	0	26	8	27	11	20	92
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SURF LIFE SAVING ASSOCIATION OF WALES STILLWATER CHAMPIONSHIPS

Youth Championships 2025

	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	24	66	148	136	78	83	123	21	105	784
2	Rhose	0	81	166	127	130	45	96	5	98	748
3	Rest Bay	6	58	116	88.5	113	45	93	28	94	641.5
4	RASCALS	47	52	89	121	132.5	23	47	55	47	613.5
5	Beacon LSC	16	48	90	65.5	63	96	50	69	52	549.5
6	Llantwit Major	8	59	67	66	66	32	42	21	42	403
7	Blyth Lifesaving Club	19	26	32	32	38	54	8	37	8	254
8	Skер and Pink Bay	11	26	56	63	42	11	12	10	14	245
9	Poppit Sands	0	18	8	36	33	9	21	5	21	151
10	Langland Bay	0	0	35	41	35	0	14	0	14	139
11	Vale SLSC	0	12	20	32	27	16	11	6	11	135
12	Whitmore Bay	0	11	4	11	11	10	12	0	12	71
13	Gyllyngvase	0	0	24	13	26	0	0	0	0	63
14	Crawley Town LC	0	0	5	7	20	0	0	25	0	57
15	Aberavon	0	0	1	7	9.5	14	10	0	10	51.5
16	Southerndown	0	0	8	15	0	0	12	0	12	47
17	Mumbles	0	7	0	0	20	18	0	0	0	45
18	South Worcestershire	0	0	4	0	0	20	0	0	0	24
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19											
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SURF LIFE SAVING ASSOCIATION OF WALES STILLWATER CHAMPIONSHIPS

Open Championships 2025

	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	27	38	63	54	55	9	55	59	37	397
2	RASCALS	25	38	55	34.5	44	24	35	51	36	342.5
3	Crawley Town LC	23	32	58	39	25	38	34	30	34	313
4	Rest Bay	20	30	14	32	12	21	39	15	39	222
5	RPY	0	0	26	38	18	0	38	42	0	162
6	Beacon LSC	0	0	14	31.5	28	23	32	21	0	149.5
7	Blyth Lifesaving Club	11	27	9	4	12	65	3	4	11	146
8	Pen y Bont	23	36	0	0	0	21	11	2	47	140
9	WS Ireland	0	0	31	28	23	0	18	32	0	132
10	Skerr and Pink Bay	4	13	0	0	12	25	6	25	17	102
10	Vale SLSC	8	20	8	7	15	15	2	6	21	102
11	Rhose	2	22	0	14	6	0	12	5	13	74
12	Gyllyngvase	0	11	14	10	10	5	7	0	16	73
13	Heanor Swimming Club	3	13	0	0	2	16	0	0	11	45
14	Langland Bay	0	6	0	0	0	8	0	0	5	19
15	Aberavon	0	2	0	0	0	7	0	0	3	12
16	Mumbles	0	0	0	0	0	9	0	0	0	9
17	Poppit Sands	0	0	0	0	0	6	0	0	0	6
18	Llantwit Major	0	0	0	0	0	0	0	0	1	1
19											
19											
19											



Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

Event 1 Female 13 & Under 50 LC Meter Manikin Carry Individual

Record: 45.84 R 28/05/2022 Elena Quinn

Name	AgeTeam	Finals Time
1 Moore, Summer	13 Pen y Bont	46.60
2 Jones-Ellis, Olivia	13 Rest Bay	50.23
3 Hale, Mali-Rae	13 Rhoose	50.56
4 O'Herlihy, Ffion	13 Rhoose	51.79
5 Mason, Lilly	13 Rhoose	52.59
6 Schutte, Alice	13 Pen y Bont	52.85
7 Antrobus, Annabel	13 Langland Bay	54.57
8 Difrancesco, Bella	13 Langland Bay	55.10
9 Nolan, Joanie	13 Rhoose	56.35
10 Payne, Vivienne	13 Southerndown	56.45
11 Payne, Jessica	13 Llantwit Major	57.67
12 Jennings, Tula Starr	13 Llantwit Major	57.99
13 Jenkins-Shaw, Megan	13 Poppit Sands	58.40
14 Rees, Nia	13 Poppit Sands	59.37
15 Padbury, Alana	13 Gyllyngvase	1:00.89
16 Greig, Nevaeh	13 Southerndown	1:06.76
17 Pelders, Sofia	13 Langland Bay	1:09.88
18 Neilson, Brooke	13 Llantwit Major	1:14.79
19 Jack, Layla	13 Rest Bay	1:15.23
20 Lyne, Anwen	13 Llantwit Major	1:16.57
--- Parkinson, Elodie	13 Langland Bay	DQ
--- Done, Isabelle	13 Rest Bay	NS

Event 2 Male 13 & Under 50 LC Meter Manikin Carry Individual

Record: 40.73 R 26/01/2019 Tristyn James

Name	AgeTeam	Finals Time
1 Jones, Indi	13 Pen y Bont	45.00
2 Phillips, Steffan	13 Rhoose	48.50
3 Shingler, Griff	13 Langland Bay	51.77
4 Collis, Thomas	13 Beacon	52.13
5 Yardley, Josh	13 Rest Bay	52.81
6 Mohamed, Adam	13 Rest Bay	53.15
7 Bailey, Reuben	13 Pen y Bont	54.65
8 Powell, Jacob	13 Rhoose	56.96
9 Chitty, Joshua	13 Sker & Pink Bay	57.86
10 Evans, Charlie	13 Rest Bay	1:00.10
11 Marshall, Evan	13 Rhoose	1:00.12
12 Marshall, Sebastian	13 Rhoose	1:03.21
13 Gregory, Sebastian	13 Rest Bay	1:10.98
14 Bentick, Liam	13 Llantwit Major	1:12.93
--- Archbold, Beauden	13 Beacon	NS

Event 3 Female 16-17 50 LC Meter Manikin Carry Individual

Record: 39.80 R 27/01/2024 Connie Millar

Name	AgeTeam	Finals Time
1 James, Grace	16 Rest Bay	39.52R
2 Lawson, Isla	16 Beacon	42.50
3 Thomas, Josie	16 Llantwit Major	43.28
4 Quinn, Elena	16 Rascals	43.58
5 Collis, Elizabeth	16 Beacon	43.87
6 Carey, Lucy	17 Rest Bay	44.49
7 Pegrum, Martha	17 Llantwit Major	44.83
8 Wong, Ava	17 Rhoose	45.09
9 Chick, Rosie	17 Rhoose	45.43
10 Bellamy, Penelope	16 Vale	45.93
11 Frydenbo-Bruvoll, Marie	17 Beacon	46.06
12 Laing, Indigo	17 Crawley Town	46.53
13 Goodall, Evie	16 South Worc	46.84
14 Durrant, Annabel	17 Llantwit Major	48.01

15 Carey, Amy	16 Rest Bay	48.28
16 Lewis, Daisy	16 Pen y Bont	48.37
17 Merrett, Imogen	17 Pen y Bont	48.79
18 Appleby, Skye	16 Blyth	49.19
19 Goldsmith, Teia	17 Beacon	49.50
20 Duroe, Abbie	17 Vale	49.88
21 Sims, Harriet	16 Rhoose	50.46
22 Davies, Alice	17 Poppit Sands	50.48
23 Hodgkinson, Sophie	16 Rascals	51.51
24 Green, Bethan	16 Poppit Sands	52.35
25 Robinson, Bethan	17 Blyth	52.54
26 Mann, Scarlett	16 Rascals	52.59
27 Carr, Daisy	17 Blyth	53.47
28 Eagland, Scarlett	16 South Worc	53.83
29 Burton, Lois	17 Llantwit Major	54.26
30 Hickman, Isla	16 Rest Bay	54.69
31 Davies-Green, Summer	17 Rhoose	55.40
32 Postlethwaite, Ruby	17 Rascals	56.07
33 Carley-Smith, Olivia	17 Mumbles	58.14
34 Cannon, Lola	17 Mumbles	58.33
35 Patrick, Thea	16 Poppit Sands	59.92
36 Newland, Elsie	16 Poppit Sands	59.93
37 Heude, Naomi	17 Mumbles	1:01.56
38 Poole, Anna	16 Blyth	1:26.75
--- Watkins, Amy	16 Pen y Bont	DQ
--- Davies, Chloe	16 Pen y Bont	DQ
--- Hodgkinson, Emily	14 Rascals	NS
--- Luen-Twining, Katie	16 Vale	NS

Event 4 Male 16-17 50 LC Meter Manikin Carry Individual

Record: 34.41 R 27/01/2018 Jack Field

Name	AgeTeam	Finals Time
1 Watkins, William	17 Pen y Bont	34.32R
2 Mowbray, James	17 Blyth	36.00
3 Johnson, Alfie	17 Beacon	36.19
4 Bonev, Noah	16 Blyth	36.65
5 Lamont, Cillian	17 Rascals	37.13
6 Macklen, Harry	16 Beacon	37.35
7 Roberts, Ewyn	17 Pen y Bont	38.27
8 Robertson, Lachlan	17 Beacon	38.49
9 Adams, Ronan	17 Pen y Bont	38.97
10 Lewis, Gethin	17 Sker & Pink Bay	39.10
11 Pettigrew, Anders	17 Gyllyngvase	39.47
12 Hole, Ethan	16 Rhoose	39.72
13 Padbury, Ezekiel	17 Gyllyngvase	40.72
14 Ballantyne, Alex	16 Pen y Bont	40.85
15 McLoughlin, Keiran	17 Rascals	41.47
16 Powell, Callum	16 Sker & Pink Bay	42.89
17 Bellamy, James	17 Vale	43.14
18 Martin, Haydn	17 Mumbles	43.91
19 Bail-Braunton, Dylan	17 Southerndown	44.05
20 Abbott, Theo	17 Rhoose	44.26
21 Davies, Osian	16 Rhoose	44.72
22 Bell, Ryan	16 Blyth	45.64
23 Nolan, Oliver	16 Rhoose	45.68
24 Jones, Graydon	16 Mumbles	52.19
25 Bentick, Ryan	16 Llantwit Major	54.70
26 Hammett, Morgan	17 Southerndown	1:07.26
--- Bentick, Kian	17 Llantwit Major	DQ

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

Event 5 Female 14-15 50 LC Meter Manikin Carry Individual

Record: 40.30 R 25/01/2020 Anya Hocking

Name	Age	Team	Finals Time
1 Daly, Isabella	15	Sker & Pink Bay	43.32
2 Fitzgerald, Mali	15	Rest Bay	43.94
3 Godsell, Matilda	15	Llantwit Major	44.16
4 Gordon, Mabli	14	Rhoose	44.37
5 Ashwin, Maisie	15	Gyllyngvase	44.63
6 Froggatt, Sophia	15	Rascals	45.28
7 Jones, Isabella	15	Rest Bay	45.59
8 Coles, Sophie	15	Pen y Bont	46.16
9 Takata, Kaiya	15	Vale	47.05
10 Moores, Harriet	14	Rascals	47.82
11 Long, Sadie	14	Sker & Pink Bay	47.85
12 Murphy, Hannah	15	Rascals	47.93
13 Britton, Seren	15	Whitmore Bay	48.04
14 Burlingham, India	15	Rest Bay	48.32
15 Powell, Josie	15	Pen y Bont	48.37
16 James, Martha	14	Poppit Sands	49.13
17 Thomas, Lily	14	Rest Bay	49.32
18 Benbow, Maya	14	Pen y Bont	49.51
19 Haigh, Bella	15	Vale	49.78
20 Rees, Manon	15	Poppit Sands	50.37
21 Jarrett, Phoebe	15	Llantwit Major	50.81
22 Thompson, Isla	14	Rhoose	51.38
23 Watkins, Mylee	15	Aberavon	51.94
24 Morgan, Freya	14	Pen y Bont	54.25
25 Mowbray, Amy	15	Blyth	54.60
26 Hill, Poppy	15	Whitmore Bay	54.83
27 Poole, Natasha	14	Blyth	55.98
28 Cooper, Annabelle	14	Vale	56.91
29 Harries, Elin	15	Poppit Sands	57.67
30 Lloyd, Ruby	14	Rhoose	58.06
31 Hillard, Taylor	15	Vale	58.40
32 David, Sienna	15	Aberavon	59.02
33 McKenzie, Bu	15	Mumbles	1:00.15
34 Davies-Green, Lilly	14	Rhoose	1:00.55
35 Powell, Lauren	14	Llantwit Major	1:01.68
36 Woodhall, Ellen	14	Llantwit Major	1:02.16
37 Rogers, Elyse	15	Aberavon	1:02.63
38 Harries, Megan	15	Poppit Sands	1:03.34
39 Moli, Evans	15	Aberavon	1:04.89
40 Barham, Ruby	14	Sker & Pink Bay	1:08.17
41 Shadrach, Connie	15	Langland Bay	1:08.37
42 Monaghan, Sophia	14	Aberavon	1:16.29
--- Hodgkinson, Emily	14	Rascals	DQ
--- Sanders, Heaven-Leigh	14	Sker & Pink Bay	DQ

Event 6 Male 14-15 50 LC Meter Manikin Carry Individual

Record: 38.68 R 26/01/2019 Matthew Guy

Name	Age	Team	Finals Time
1 Pollicott, Harry	15	Rascals	38.18R
2 Bartram, Solomon	15	Rhoose	38.84
3 Burton, Finnley	15	Pen y Bont	40.16
4 Whittaker, Luke	15	Sker & Pink Bay	41.40
5 Bennett, Travis	15	Pen y Bont	41.67
6 Pound, Leon	14	Rhoose	43.15
7 Brewer, Evan	15	Rhoose	43.39
8 Nightingale, Dylan	15	Rascals	43.64
9 Bartlett-Jenkins, Beau	15	Llantwit Major	44.57
10 Brough, Jack	14	Rascals	44.89

11 Ellams, Jake	15	Pen y Bont	45.59
12 Mazey, Jackson	14	Vale	46.14
13 Goldsmith, Oscar	15	Beacon	46.21
14 Trigg, Lewis	15	Rhoose	46.54
15 Renshaw, Oliver	14	Rascals	47.05
16 Rines, Harri	14	Aberavon	48.44
17 Chandler, Bailey	15	Blyth	49.66
18 James, Edward	15	Rest Bay	50.22
19 Wood, Sam	15	Beacon	51.26
20 Honychurch, Dylan	15	Llantwit Major	51.46
21 Clement, Cai	14	Langland Bay	52.08
22 Robertson, Jack	15	Beacon	53.20
23 Szamocki, Olaf	14	Llantwit Major	56.40
24 Williams, Rafferty	15	Pen y Bont	57.94
25 Chitty, Oliver	14	Sker & Pink Bay	59.38
26 Martin, Elys	14	Mumbles	59.61
27 Duke Jones, Sam	15	Mumbles	1:00.14
28 Byrne, Tristan	14	Aberavon	1:01.46
29 Hedges, Joshua	14	Southerndown	1:01.61
30 Hooper, Joshua	14	Southerndown	1:05.69
31 Howell, Rhydian	14	Rest Bay	1:07.52
32 Chislett, Thomas	14	Rest Bay	1:18.50
--- Williams, Osian	14	Sker & Pink Bay	DQ
--- Rowan, Dylan	14	Vale	DQ
--- Jones, Noah	15	Rest Bay	DQ
--- Pettigrew, Carsten	14	Gyllyngvase	DQ
--- Archbold, Saxon	15	Beacon	NS

Event 7 Women 50 LC Meter Manikin Carry Individual

Record: 32.95 R 28/01/2017 Zara Williams

Name	Age	Team	Finals Time
1 Lopez, Amaia	19	Crawley Town	37.92
2 Comline, Abby	22	Loughborough	37.94
3 Robson, Emily	22	Loughborough	38.16
4 Liddane, Leana	19	WS Ireland	38.31
5 Millar, Connie	18	Rhoose	38.61
6 Blake, Elin	20	WS Ireland	39.24
7 Carter, Sally	29	Rascals	40.24
8 Watson, Heather	19	Loughborough	40.37
9 Fisher, Mimi	18	Rascals	40.75
10 Stamp, Laylah	18	Vale	40.80
11 Davies, Abigail	20	Rest Bay	41.25
12 Goodwin, Emily	29	Crawley Town	41.34
13 Carpenter, Sam	29	Blyth	41.35
14 Blake, Aoibh	18	WS Ireland	42.12
15 Wong, Evie	21	Rhoose	42.54
16 Davies, Alaw	22	Loughborough	42.76
17 Daly, Kirsten	19	Sker & Pink Bay	42.77
18 Dickerson Weedy, Ellie	23	Blyth	42.90
19 Lewis, Hollie	18	Pen y Bont	43.19
20 Parker, Emily	22	Vale	43.24
21 Bednall, Thea	22	Rascals	43.59
22 Carson, Abigail	25	Pen y Bont	43.77
23 Hale, Gemma	18	Langland Bay	45.16
24 Everitt, Natasha	20	Rascals	45.51
25 Pelders, Pam	25	Langland Bay	46.05
26 Gordon, Lauren	24	Blyth	47.67
27 Voce, Lauren	21	Heanor	48.68
28 Massey, Kenley	20	Heanor	50.74
29 Davies, Tegan	21	Rest Bay	51.03
30 Davies, Seren	17	Rest Bay	52.14
31 Gardener, Louise	19	Pen y Bont	53.78

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 7 Women 50 LC Meter Manikin Carry Individual)

Name	AgeTeam	Finals Time
32 O'Malley, Abbie	19 Blyth	53.92
33 Dodd, Ellie Mae	18 Blyth	57.91
34 Byrne, Lacey	18 Aberavon	59.12
35 Aritzan, Bertzoui	22 South Worc	1:00.40
36 McDonnell, Caitlin	19 Blyth	1:04.34
--- Crawley, Jessica	18 Rest Bay	DQ
--- Kent, Emily	18 Crawley Town	DQ
--- Bayliss-Cutler, Mia	20 Crawley Town	DQ
--- Richards, Katie	26 Mumbles	NS
--- Ezard, Emily	23 Pen y Bont	NS
--- Davies, Gracie	18 Sker & Pink Bay	NS

Event 8 Male/Open 50 LC Meter Manikin Carry Individual

Record: 29.94 R 21/02/2015 Wieck Danny

Name	AgeTeam	Finals Time
1 Lawman, Samuel	30 RPY	30.40
2 James, Blaby	28 RPY	31.05
3 Cusselle, Ben	22 Beacon	31.36
4 Sadberry, Jack	21 Crawley Town	31.46
5 James, Tristyn	19 Rest Bay	31.51
6 Browning, Ben	22 Beacon	32.23
7 Waterfall, Luke	20 Rascals	32.82
8 Gray, Edward	22 Loughborough	33.32
9 Geysen-Holley, Max	20 Rest Bay	33.95
10 O'Sullivan, Raffy	19 Gyllyngvase	34.15
11 James, Ioan	18 Rest Bay	34.29
*12 Postlethwaite, Freddie	20 Rascals	34.31
*12 Russell-Ross, Henry	21 Beacon	34.31
14 Rich, Tomas	19 Gyllyngvase	34.82
15 Lester, Jack	24 Rascals	34.96
16 Addis, Robert	21 Loughborough	35.10
17 Morgan, Lewis	18 Sker & Pink Bay	35.62
18 Hyett, Ben	19 Pen y Bont	35.66
19 Wheeler, Ryan	30 Beacon	35.77
20 Middleton, Jacob	19 Heanor	35.93
21 Skinner, Joshua	22 Loughborough	36.36
22 Jacob, Lee	24 RPY	36.56
23 Ewington, Ben	21 Vale	36.90
24 Jackson, Alex	24 Crawley Town	37.03
25 Screeton, Jacob	23 Blyth	37.06
26 Stanley, Charles	19 Loughborough	37.34
27 Whittaker, Daniel	19 Sker & Pink Bay	37.64
28 Goodall, Jacob	22 Crawley Town	37.84
29 Briggs, Calum	29 Heanor	38.95
30 Graham, Lewis	19 Blyth	40.28
31 Schofield, Martin	26 Crawley Town	40.30
32 Ewington, Declan	24 Vale	40.99
33 Stephenson, Ben	19 Blyth	41.10
34 Bridgewood, Andrew	20 Heanor	41.61
35 Meek, Emyr	28 Langland Bay	41.76
36 Kettleborough, Peter	18 Gyllyngvase	42.52
37 Grice, Robert	19 Rhoose	42.73
38 Smith, Reuben	18 Blyth	42.76
39 Benbow, Jonah	16 Pen y Bont	44.36
40 Chambers, Samuel	19 Aberavon	46.02
41 Cooper-Smith, Jordan	24 Heanor	46.05
42 Nicholas, Beren	18 Mumbles	46.16
43 Harrison, Tomos	18 Poppit Sands	46.39
44 James, Gruffydd	18 Sker & Pink Bay	50.46
45 Triscott, Rhys	16 Pen y Bont	55.72

--- Battell, David 29 Langland Bay NS

Event 9 Women 30-34 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Maddock, Ruby	33 Mumbles	53.47
2 Beavis, Nadine	32 Rest Bay	1:12.29

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

Record: 48.50 R 27/01/2024 Amy Horrigan

Name	AgeTeam	Finals Time
1 Evans, Katie	38 Pen y Bont	50.04
2 Mosley, Isobel	39 Heanor	51.16
3 Stallard, Kathryn	39 Langland Bay	55.42
4 Sedgwick, Cathy	39 Blyth	1:01.19
5 Dinmore, Danielle	37 Rest Bay	1:05.03

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

Record: 48.75 R 27/01/2024 Emma Gharahlar

Name	AgeTeam	Finals Time
1 Openshaw-Rowe, Rebecca	44 Rest Bay	42.86R
2 Watkins, Emily	42 Aberavon	45.47R
3 Clement, Virginia	42 Langland Bay	48.53R
4 Gharahlar, Emma	42 Rest Bay	49.76
5 Healey, Rachel	44 Rascals	54.44
6 Seals, Emily	42 Heanor	57.20
7 Crook, Polly	41 Langland Bay	1:02.57
8 Daniel, Kirsty	44 Rest Bay	1:08.38
9 Whittaker, Gillian	44 Llantwit Major	1:19.59
--- Costello, Rhian	40 Langland Bay	DQ
--- Whitcombe, Sarah	43 Rest Bay	DQ

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

Record: 48.44 R 27/01/2024 Marsha Bayliss-Cutler

Name	AgeTeam	Finals Time
1 Bayliss, Marsha	48 Crawley Town	48.25R
2 Bellamy, Angelina	46 Vale	48.27R
3 Harries, Liwsi	49 Poppit Sands	1:23.38
--- Evans, Natasha	47 Rest Bay	DQ
--- Clement, Sian	48 Aberavon	NS

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

Record: 52.66 R 27/01/2024 Emma Lewis

Name	AgeTeam	Finals Time
1 Powell, Joanna	52 Pen y Bont	47.42R
2 Lewis, Emma	51 Sker & Pink Bay	52.99
3 Appleby, Liz	52 Blyth	1:02.18
4 Packman, Helen	52 Pen y Bont	1:03.15
5 Schutte, Michelle	50 Pen y Bont	1:05.28
6 Ramsden-Hare, Louise	50 Mumbles	1:06.09
7 Green, Rhian	52 Poppit Sands	1:08.87
8 Chandler, Joanne	52 Blyth	1:21.44

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

Record: 47.95 R 27/01/2024 Donna Wickens

Name	AgeTeam	Finals Time
1 Wickens, Donna	59 Crawley Town	48.42
2 Eagland, Vanessa	56 Crawley Town	57.32
3 Nyom, Sarah	55 Pen y Bont	1:28.58
--- Pelders, Natalie	57 Langland Bay	NS
--- Phinnemore, Andrea	55 Pen y Bont	NS

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

Record: 1:02.38 R 27/01/2024 Sue Vaughan

Name	AgeTeam	Finals Time
1 Vaughan, Sue	61 Langland Bay	1:02.36R

Event 9 Women 65 & Over 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
--- Carpenter, Sam	29 Blyth	X41.35

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

Record: 34.13 R 27/01/2024 Ashley Lewis

Name	AgeTeam	Finals Time
1 Lewis, Ashley	31 Pen y Bont	34.38
2 Ingham, Conor	30 Beacon	41.29
3 Edwards, Tomos	34 Langland Bay	43.25
4 Arkley, Daniel	33 Blyth	1:32.29

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

Record: 37.05 R 27/01/2024 Huw Rudall

Name	AgeTeam	Finals Time
1 Rudall, Huw	38 Pen y Bont	35.23R
2 Abbott-Haigh, Gareth	38 Vale	39.11
3 Lugg, Elliot	36 Pen y Bont	43.01

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

Record: 42.26 R 27/01/2024 Stephen Bell

Name	AgeTeam	Finals Time
1 Rosewell, Lloyd	40 Pen y Bont	38.91R
2 Bayliss, Alan	42 Rest Bay	41.38R
3 Gray, Stuart	40 Langland Bay	41.99R
4 Carley-Smith, Alistar	42 Mumbles	42.18R
5 De-Schoolmeester, Ian	44 Pen y Bont	45.53
6 Gilpin, Andrew	43 Langland Bay	45.72
7 Clement, Rhys	42 Langland Bay	46.59
8 Payne, Adam	40 Beacon	47.35
9 Howells, Glenn	43 Pen y Bont	51.12
10 James, Daniel	42 Rest Bay	53.99
11 Hale, James	41 Rhoose	54.75
12 Harrison, Alex	44 Poppit Sands	1:02.37
13 Rines, Andrew	43 Aberavon	1:21.48

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

Record: 39.97 R 27/01/2024 Terry Fox

Name	AgeTeam	Finals Time
1 Watkins, Richard	47 Pen y Bont	34.16R
2 Grounds, Darren	47 Langland Bay	45.29
3 Mann, Edward	47 Rascals	47.34
4 Taylor, Stephen	47 Rest Bay	47.69
5 Davies, Lee	49 Pen y Bont	50.52
6 Woodhall, Tom	47 Llantwit Major	51.77
7 Davies, Daniel	49 Langland Bay	52.40
8 Hughes, Simon	47 Langland Bay	54.96
9 Newman, Gavin	48 Pen y Bont	57.46
10 Gardener, Gareth	48 Pen y Bont	59.76
--- Montenegro, David	48 Langland Bay	NS

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

Record: 39.67 R 27/01/2024 Craig Robinson

Name	AgeTeam	Finals Time
1 Millar, Nick	53 Rhoose	37.85R
2 Robinson, Craig	52 Pen y Bont	39.18R
3 Nicholas, Grant	51 Mumbles	40.40
4 Fox, Terry	50 Rascals	40.85

5 Davies, Matthew	52 Rest Bay	44.70
6 Foster, Jon	51 Llantwit Major	44.80
7 Henderson, Jon	51 Langland Bay	45.29
8 Wisden, Mark	54 Pen y Bont	46.46
9 Parkinson, Andy	54 Langland Bay	47.10
10 Davies, Paul	52 Poppit Sands	47.14
11 Edwards, Mark	53 Sker & Pink Bay	49.55
12 Jones, Peter	54 Rest Bay	50.01
13 Morgan, Richard	52 Pen y Bont	50.47
14 Massignani, Lucio	53 Langland Bay	55.09
--- Poiner, Leigh	52 Langland Bay	DQ

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

Record: 46.60 R 27/01/2024 Simon Parker

Name	AgeTeam	Finals Time
1 Parker, Simon	58 Vale	47.04
2 Pelders, Koert	58 Langland Bay	51.38
3 Dalrymple, Andy	59 Langland Bay	51.98
4 Chandler, Mark	55 Blyth	1:47.38

Event 10 Male 65 & Over 50 LC Meter Manikin Carry Individual

Name	AgeTeam	Finals Time
1 Griffiths, Alun	66 Sker & Pink Bay	50.95
2 John, Chris	65 Langland Bay	53.21
3 Williams, Paul	65 Langland Bay	55.79
--- Graham, Lewis	19 Blyth	X40.28
--- Stephenson, Ben	19 Blyth	X41.10

Event 16 Female 13 & Under 4x25 LC Meter Relay Manikin Relay

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

Team	Relay	Finals Time
1 Rhoose	A	2:11.14R
	15.95 2:11.14	
2 Llantwit Major	A	3:09.55
	28.17 3:09.55	
--- Langland Bay	A	DQ
	39.32 DQ	
--- Rest Bay	A	NS

Event 17 Male 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	2:21.16R
	1:19.29 2:21.16	
--- Rest Bay	A	DQ
	1:06.49 DQ	
--- Langland Bay	A	NS

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

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

Team	Relay	Finals Time
1 Llantwit Major	A	1:48.40
	54.16 1:48.40	
2 Rest Bay	A	1:49.92
	58.59 1:49.92	
3 Beacon	A	1:50.89
	57.85 1:50.89	
4 Rascals	A	1:55.79
	31.79 1:55.79	
5 Rhoose	A	1:57.05
	15.46 1:57.05	
6 Whitmore Bay	A	2:04.44
	17.39 2:04.44	

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

Team	Relay	Finals Time
7 Blyth	A	2:08.27
15.02	2:08.27	
8 Rest Bay	B	2:11.23
20.53	2:11.23	
9 Poppit Sands	A	2:15.33
1:02.12	2:15.33	
10 Mumbles	A	2:42.25
18.69	2:42.25	
--- Pen y Bont	B	DQ
1:10.23	DQ	
--- Pen y Bont	A	DQ
1:04.03	DQ	
--- Vale	A	NS
--- Llantwit Major	B	NS

Event 19 Male 16-17 4x25 LC Meter Relay Manikin Relay

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

Team	Relay	Finals Time
1 Pen y Bont	A	1:30.66
42.76	1:30.66	
2 Beacon	A	1:35.48
48.54	1:35.48	
3 Blyth	A	1:40.86
36.20	1:40.86	
4 Pen y Bont	B	2:02.54
33.56	2:02.54	
5 Llantwit Major	A	2:03.55
1:04.07	2:03.55	
--- GBR	A	X1:12.24R
2:10.20	1:12.24	
--- Southerndown	A	DQ
57.81	DQ	
--- Rhoose	A	DQ
54.61	DQ	
--- Mumbles	A	DQ
38.37	DQ	
--- Rascals	A	NS

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

Record: 1:55.55 R 27/01/2024 Rest Bay

Team	Relay	Finals Time
1 Rest Bay	A	1:54.48R
58.01	1:54.48	
2 Rascals	A	2:01.08
1:04.54	2:01.08	
3 Pen y Bont	A	2:04.31
16.07	2:04.31	
4 Sker & Pink Bay	A	2:05.78
28.72	2:05.78	
5 Vale	A	2:07.57
1:04.63	2:07.57	
6 Rhoose	A	2:08.09
15.19	2:08.09	
7 Poppit Sands	B	2:13.78
15.15	2:13.78	
8 Llantwit Major	A	2:25.70
16.23	2:25.70	
--- Aberavon	A	DQ
15.52	DQ	
--- Mumbles	A	NS

--- Poppit Sands A NS

Event 21 Male 14-15 4x25 LC Meter Relay Manikin Relay

Record: 1:43.24 R 27/01/2024 Rascals

Team	Relay	Finals Time
1 Rascals	A	1:36.07R
53.03	1:36.07	
2 Rhoose	A	1:40.76R
20.97	1:40.76	
3 Pen y Bont	A	1:49.48
16.36	1:49.48	
4 Beacon	A	2:07.15
15.33	2:07.15	
5 Sker & Pink Bay	A	2:25.43
24.26	2:25.43	
6 Rest Bay	A	2:40.75
1:30.55	2:40.75	

Event 22 Women 20-39 4x25 LC Meter Relay Manikin Relay

Team	Relay	Finals Time
1 Langland Bay	A	2:11.52
27.82	2:11.52	

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

Team	Relay	Finals Time
1 Rest Bay	A	2:03.36
30.17	2:03.36	

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

Record: 2:23.90 R 27/01/2024 Blyth

Team	Relay	Finals Time
1 Blyth	A	2:28.49
15.34	2:28.49	
2 Rest Bay	A	3:11.63
1:33.59	3:11.63	

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

Record: 2:08.06 R 27/01/2024 Crawley Town

Team	Relay	Finals Time
1 Pen y Bont	A	2:14.94
17.25	2:14.94	
2 Langland Bay	A	2:57.59
1:24.40	2:57.59	
--- Crawley Town	A	NS

Event 22 Male/Open 20-39 4x25 LC Meter Relay Manikin Relay

Team	Relay	Finals Time
1 Pen y Bont	A	1:37.43
44.65	1:37.43	
2 Langland Bay	A	2:11.33
15.13	2:11.33	

Event 22 Male/Open 40-69 4x25 LC Meter Relay Manikin Relay

Record: 2:17.87 R 27/01/2024 Pen y bont

Team	Relay	Finals Time
1 Langland Bay	A	1:44.72R
24.45	1:44.72	
2 Pen y Bont	A	1:47.38R
54.92	1:47.38	

Event 22 Male/Open 70-99 4x25 LC Meter Relay Manikin Relay

Record: 1:35.24 R 27/01/2024 Pen y bont

Team	Relay	Finals Time
1 Vale	A	1:41.81
16.21	1:41.81	

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 22 Male/Open 70-99 4x25 LC Meter Relay Manikin Relay)

Team	Relay	Finals Time
2 Rest Bay	A	1:44.65
51.42	1:44.65	
3 Pen y Bont	A	1:48.45
50.24	1:48.45	
4 Langland Bay	A	1:56.02
50.24	1:56.02	
5 Langland Bay	B	1:59.32
15.70	1:59.32	
6 Mumbles	A	2:06.09
1:05.72	2:06.09	
7 Poppit Sands	A	2:21.52
33.46	2:21.52	
8 Rascals	A	2:27.89
17.63	2:27.89	
--- Llantwit Major	A	NS
--- Aberavon	A	NS

Event 22 Male/Open 100 & Over 4x25 LC Meter Relay Manikin Relay

Record: 1:41.45 R 27/01/2024 Pen y bont

Team	Relay	Finals Time
1 Sker & Pink Bay	A	2:05.46
1:03.54	2:05.46	
2 Blyth	A	3:51.24
--- Langland Bay	A	DQ
17.16	DQ	
--- Poppit Sands	A	NS

Event 26 Women 4x25 LC Meter Relay Manikin Relay

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

Team	Relay	Finals Time
1 Loughborough	A	1:31.98
45.81	1:31.98	
2 Rascals	A	1:40.35
48.08	1:40.35	
3 Rhoose	A	1:41.22
23.89	1:41.22	
4 Crawley Town	A	1:42.23
53.01	1:42.23	
5 Blyth	A	1:47.00
53.75	1:47.00	
6 Rest Bay	A	1:47.65
19.82	1:47.65	
7 Vale	A	1:48.10
55.38	1:48.10	
8 Pen y Bont	A	1:51.68
1:00.09	1:51.68	
9 Sker & Pink Bay	A	1:54.30
56.52	1:54.30	
10 Rest Bay	B	2:01.66
1:04.75	2:01.66	
11 Blyth	B	2:03.89
22.98	2:03.89	
12 Heanor	A	2:06.10
34.94	2:06.10	
13 Pen y Bont	B	2:08.18
32.27	2:08.18	
14 Langland Bay	A	2:11.82
15.67	2:11.82	
--- Aberavon	A	NS

Event 27 Male/Open 4x25 LC Meter Relay Manikin Relay

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

Team	Relay	Finals Time
1 Rascals	A	1:20.38
18.69	1:20.38	
2 Crawley Town	A	1:21.19
43.49	1:21.19	
3 Pen y Bont	A	1:22.21
30.34	1:22.21	
4 Loughborough	A	1:22.79
40.17	1:22.79	
5 Rest Bay	A	1:27.24
30.15	1:27.24	
6 Gyllyngvase	A	1:29.42
40.20	1:29.42	
7 Vale	A	1:32.93
15.05	1:32.93	
8 Blyth	A	1:34.80
40.22	1:34.80	
9 Heanor	A	1:36.40
53.39	1:36.40	
10 Pen y Bont	B	1:38.82
20.68	1:38.82	
11 Rhoose	A	1:39.97
24.44	1:39.97	
12 Sker & Pink Bay	A	1:40.05
15.25	1:40.05	
13 Loughborough	B	1:42.52
20.79	1:42.52	
14 Langland Bay	A	1:50.81
55.05	1:50.81	
15 Aberavon	A	2:08.56
1:14.40	2:08.56	

Event 28 Female 13 & Under 100 LC Meter Manikin Carry (Fins) Individual

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

Name	Age	Team	Finals Time
1 Moore, Summer	13	Pen y Bont	1:21.51
2 Rees, Nia	13	Poppit Sands	1:21.67
3 Antrobus, Annabel	13	Langland Bay	1:25.94
33.86	1:25.94		
4 Payne, Vivienne	13	Southerndown	1:27.01
34.63	1:27.01		
5 Schutte, Alice	13	Pen y Bont	1:28.71
6 Jenkins-Shaw, Megan	13	Poppit Sands	1:29.55
7 Hamonet, Evie	13	Rhoose	1:30.11
8 Payne, Jessica	13	Llantwit Major	1:31.53
9 Mason, Lilly	13	Rhoose	1:32.90
10 Difrancesco, Bella	13	Langland Bay	1:35.14
11 Nolan, Joanie	13	Rhoose	1:35.72
12 O'Herlihy, Ffion	13	Rhoose	1:36.00
13 Jennings, Tula Starr	13	Llantwit Major	1:38.64
14 Braddon, Abby	13	Rhoose	1:42.57
15 Pelders, Sofia	13	Langland Bay	1:42.99
16 Greig, Nevaeh	13	Southerndown	1:44.96
17 Jack, Layla	13	Rest Bay	1:48.20
18 Padbury, Alana	13	Gyllyngvase	1:50.88
19 Neilson, Brooke	13	Llantwit Major	1:55.17
20 Lyne, Anwen	13	Llantwit Major	1:59.39
--- Jones-Ellis, Olivia	13	Rest Bay	DQ
--- Hale, Mali-Rae	13	Rhoose	DQ

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 28 Female 13 & Under 100 LC Meter Manikin Carry (Fins) Individual)

Name	Age	Team	Finals Time
--- Done, Isabelle	13	Rest Bay	NS

Event 29 Male 13 & Under 100 LC Meter Manikin Carry (Fins) Individual

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

Name	Age	Team	Finals Time
1 Jones, Indi	13	Pen y Bont	1:12.17
2 Bailey, Reuben	13	Pen y Bont	1:23.85
3 Shingler, Griff	13	Langland Bay	1:24.68
4 Phillips, Steffan	13	Rhoose	1:24.71
	36.96	1:24.71	
5 Chitty, Joshua	13	Skер & Pink Bay	1:29.18
6 Powell, Jacob	13	Rhoose	1:31.63
7 Marshall, Sebastian	13	Rhoose	1:36.06
8 Mohamed, Adam	13	Rest Bay	1:36.15
9 Marshall, Evan	13	Rhoose	1:38.47
10 Gregory, Sebastian	13	Rest Bay	1:59.28
11 Bentick, Liam	13	Llantwit Major	2:19.27
--- Yardley, Josh	13	Rest Bay	DQ
--- Evans, Charlie	13	Rest Bay	DQ
--- Gill, Jacob	13	Langland Bay	NS

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

Record: 57.89 R 28/05/2022 Heather Watson

Name	Age	Team	Finals Time
1 James, Grace	16	Rest Bay	1:05.42
2 Quinn, Elena	16	Rascals	1:06.00
3 Pegrum, Martha	17	Llantwit Major	1:07.11
4 Bellamy, Penelope	16	Vale	1:07.89
5 Coombes, Cerys	17	Skер & Pink Bay	1:08.47
*6 Carey, Lucy	17	Rest Bay	1:09.00
*6 Lawson, Isla	16	Beacon	1:09.00
8 Collis, Elizabeth	16	Beacon	1:11.60
9 Frydenbo-Bruvoll, Marie	17	Beacon	1:12.30
10 Laing, Indigo	17	Crawley Town	1:12.88
11 Cope, Ayrrian	16	Rascals	1:13.72
12 Thomas, Josie	16	Llantwit Major	1:14.90
13 Wong, Ava	17	Rhoose	1:15.29
14 Postlethwaite, Ruby	17	Rascals	1:15.82
15 Chick, Rosie	17	Rhoose	1:16.87
16 Carey, Amy	16	Rest Bay	1:16.92
17 Durrant, Florence	17	Llantwit Major	1:17.34
18 Clark, Grace	16	Rascals	1:17.93
19 Goodall, Evie	16	South Worc	1:18.56
20 Poole, Olivia	16	Pen y Bont	1:18.74
21 Mann, Scarlett	16	Rascals	1:18.90
22 Durrant, Annabel	17	Llantwit Major	1:18.96
23 Merrett, Imogen	17	Pen y Bont	1:19.31
24 Robinson, Bethan	17	Blyth	1:19.42
25 Hodgkinson, Sophie	16	Rascals	1:20.89
26 Davies, Alice	17	Poppit Sands	1:21.92
27 Green, Bethan	16	Poppit Sands	1:22.27
28 Cannon, Lola	17	Mumbles	1:22.40
29 Bazley, Caitlin	16	Whitmore Bay	1:22.41
30 Patrick, Thea	16	Poppit Sands	1:22.61
31 Carr, Daisy	17	Blyth	1:23.84
32 Smith, Emme	17	Rascals	1:25.60
33 Davies-Green, Summer	17	Rhoose	1:25.77
34 Goldsmith, Teia	17	Beacon	1:25.92
35 Sims, Harriet	16	Rhoose	1:25.96
36 Miles, Sophia	17	Rest Bay	1:26.32

37 Davies, Seren	17	Rest Bay	1:26.34
38 Newland, Elsie	16	Poppit Sands	1:26.78
39 Burton, Lois	17	Llantwit Major	1:27.62
	29.27	1:27.62	
40 Gibson, Bethan	17	Rhoose	1:28.00
41 Heude, Naomi	17	Mumbles	1:31.04
42 Hickman, Isla	16	Rest Bay	1:35.13
43 Poole, Anna	16	Blyth	1:56.02
--- Davies, Chloe	16	Pen y Bont	DQ
--- Duroe, Abbie	17	Vale	DQ
--- Mcdonagh, Emily	17	Llantwit Major	NS
--- Lewis, Daisy	16	Pen y Bont	NS
--- Hodgkinson, Emily	14	Rascals	NS
--- Hopkin, Rebekah	16	Rhoose	NS
--- Partridge, Gwen	17	Aberavon	NS

Event 31 Male 16-17 100 LC Meter Manikin Carry (Fins) Individual

Record: 51.30 R 25/01/2020 Thomas Trebilcock

Name	Age	Team	Finals Time
1 Mowbray, James	17	Blyth	56.50
2 Johnson, Alfie	17	Beacon	57.65
3 Macklen, Harry	16	Beacon	59.90
4 Watkins, William	17	Pen y Bont	1:00.15
5 Bonev, Noah	16	Blyth	1:02.60
6 Lamont, Cillian	17	Rascals	1:03.01
7 Bellamy, James	17	Vale	1:04.67
8 Pettigrew, Anders	17	Gyllyngvase	1:04.68
9 Adams, Ronan	17	Pen y Bont	1:04.71
10 Lewis, Gethin	17	Skер & Pink Bay	1:05.18
11 McLoughlin, Keiran	17	Rascals	1:06.62
12 Roberts, Eryn	17	Pen y Bont	1:08.59
13 Robertson, Lachlan	17	Beacon	1:08.72
14 Padbury, Ezekiel	17	Gyllyngvase	1:08.83
15 Abbott, Theo	17	Rhoose	1:09.63
16 Hole, Ethan	16	Rhoose	1:10.97
17 Ballantyne, Alex	16	Pen y Bont	1:11.42
18 Martin, Haydn	17	Mumbles	1:12.99
19 Powell, Callum	16	Skер & Pink Bay	1:13.24
20 Bell, Ryan	16	Blyth	1:13.36
21 White, Samuel	17	Mumbles	1:14.26
22 Nolan, Oliver	16	Rhoose	1:16.92
23 Davies, Osian	16	Rhoose	1:17.47
24 Benbow, Jonah	16	Pen y Bont	1:23.03
25 Bail-Braunton, Dylan	17	Southerndown	1:24.07
26 Bentick, Kian	17	Llantwit Major	1:25.81
27 Triscott, Rhys	16	Pen y Bont	1:38.97
	32.42	1:38.97	
28 Bentick, Ryan	16	Llantwit Major	1:45.39
	40.27	1:45.39	

Event 32 Female 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 Daly, Isabella	15	Skер & Pink Bay	1:06.86
2 Godsell, Matilda	15	Llantwit Major	1:08.11
3 Fitzgerald, Mali	15	Rest Bay	1:09.43
4 Jones, Isabella	15	Rest Bay	1:10.96
5 Gordon, Mabli	14	Rhoose	1:13.01
6 Hill, Poppy	15	Whitmore Bay	1:15.35
7 Murphy, Hannah	15	Rascals	1:15.43
8 Coles, Sophie	15	Pen y Bont	1:15.44
9 Burlingham, India	15	Rest Bay	1:15.80

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

Name	Age	Team	Finals Time
10 Harries, Elin	15	Poppit Sands	1:16.68
11 Long, Sadie	14	Skер & Pink Bay	1:17.32
12 Watkins, Mylee	15	Aberavon	1:17.78
13 Takata, Kaiya	15	Vale	1:18.04
14 Thomas, Lily	14	Rest Bay	1:18.57
15 Froggatt, Sophia	15	Rascals	1:18.69
16 Ashwin, Maisie	15	Gyllyngvase	1:18.98
17 Moores, Harriet	14	Rascals	1:19.07
18 Haigh, Bella	15	Vale	1:20.71
19 Nolan, Harriet	14	Pen y Bont	1:21.29
20 Powell, Josie	15	Pen y Bont	1:21.82
21 Jarrett, Phoebe	15	Llantwit Major	1:22.03
22 Whitcombe, Lili	14	Rest Bay	1:22.78
23 Benbow, Maya	14	Pen y Bont	1:23.06
24 Mowbray, Amy	15	Blyth	1:23.08
25 Hillard, Taylor	15	Vale	1:23.44
26 James, Martha	14	Poppit Sands	1:24.44
27 Sanders, Heaven-Leigh	14	Skер & Pink Bay	1:26.57
28 Hurley, Summer	14	Vale	1:26.71
29 David, Sienna	15	Aberavon	1:26.87
	29.98	1:26.87	
30 Harries, Megan	15	Poppit Sands	1:26.97
	35.06	1:26.97	
31 Rees Langley, Lili	15	Poppit Sands	1:27.01
32 Hodgkinson, Emily	14	Rascals	1:27.28
33 Poole, Natasha	14	Blyth	1:28.27
34 Morgan, Freya	14	Pen y Bont	1:29.23
35 Thomas, Annelise	15	Pen y Bont	1:30.25
36 Woodhall, Ellen	14	Llantwit Major	1:30.40
37 Monaghan, Sophia	14	Aberavon	1:32.34
	34.72	1:32.34	
38 Lloyd, Ruby	14	Rhoose	1:33.22
39 Davies-Green, Lilly	14	Rhoose	1:33.34
40 Jones, Menna	14	Llantwit Major	1:34.02
41 Barham, Ruby	14	Skер & Pink Bay	1:34.51
	36.70	1:34.51	
42 Shadrach, Connie	15	Langland Bay	1:34.62
	37.50	1:34.62	
43 Jenkins-Shaw, Cerys	15	Poppit Sands	1:35.08
44 Powell, Lauren	14	Llantwit Major	1:36.28
45 McKenzie, Bu	15	Mumbles	1:38.75
46 Harrison, Cerys	15	Poppit Sands	1:46.94
47 Moli, Evans	15	Aberavon	1:47.89
48 Thomas Lorencova, Jasmine	14	Poppit Sands	1:50.85
	40.00	1:50.85	
--- Thompson, Isla	14	Rhoose	NS
--- Nathwani, Mya	14	Rest Bay	NS
--- Cooper, Annabelle	14	Vale	NS
--- Jones, Farron	14	Whitmore Bay	NS
--- Rees, Manon	15	Poppit Sands	NS
--- Rogers, Elyse	15	Aberavon	NS
--- Thomas, Lottie	14	Llantwit Major	NS
--- Gill, Bella	15	Langland Bay	NS

Event 33 Male 14-15 100 LC Meter Manikin Carry (Fins) Individual

Record: 58.26 R 25/01/2020 Luke Waterfall

Name	Age	Team	Finals Time
1 Watson, Tobias	15	Rascals	1:00.33
2 Burton, Finnley	15	Pen y Bont	1:00.47
3 Pollicott, Harry	15	Rascals	1:02.27

4 Baxter, Riley	15	Rascals	1:05.55
5 Bartram, Solomon	15	Rhoose	1:06.55
6 Bennett, Travis	15	Pen y Bont	1:07.35
7 Nightingale, Dylan	15	Rascals	1:08.33
8 Pound, Leon	14	Rhoose	1:10.50
9 Bartlett-Jenkins, Beau	15	Llantwit Major	1:11.30
10 Brewer, Evan	15	Rhoose	1:13.03
11 Whittaker, Luke	15	Skер & Pink Bay	1:14.10
12 Brough, Jack	14	Rascals	1:14.22
13 Mazey, Jackson	14	Vale	1:15.61
14 Trigg, Lewis	15	Rhoose	1:16.38
15 Rines, Harri	14	Aberavon	1:17.45
	28.22	1:17.45	
16 Roberts, Iestyn	14	Pen y Bont	1:17.65
17 Chandler, Bailey	15	Blyth	1:17.67
18 Renshaw, Oliver	14	Rascals	1:19.31
19 Nicholas, Harry	14	Rhoose	1:20.74
20 Byrne, Tristan	14	Aberavon	1:21.83
21 Ellams, Jake	15	Pen y Bont	1:23.63
	31.35	1:23.63	
22 Coles, Tom	14	Pen y Bont	1:24.98
23 Chitty, Oliver	14	Skер & Pink Bay	1:25.36
24 James, Edward	15	Rest Bay	1:25.79
25 Duke Jones, Sam	15	Mumbles	1:26.39
26 Honychurch, Dylan	15	Llantwit Major	1:27.98
27 Wood, Sam	15	Beacon	1:30.41
28 Williams, Rafferty	15	Pen y Bont	1:33.34
29 Pettigrew, Carsten	14	Gyllyngvase	1:34.07
	1:09.35	1:34.07	
30 Jones, Noah	15	Rest Bay	1:34.35
31 Szamocki, Olaf	14	Llantwit Major	1:35.89
32 Robertson, Jack	15	Beacon	1:39.71
33 Atkin, Patrick	14	Rest Bay	1:40.04
34 Williams, Osian	14	Skер & Pink Bay	1:46.76
	41.63	1:46.76	
35 Howell, Rhydian	14	Rest Bay	2:00.13
	38.04	2:00.13	
--- Clement, Cai	14	Langland Bay	DQ
	1:21.99	DQ	
--- Rowan, Dylan	14	Vale	DQ
--- Butwell, Ollie	14	Rhoose	NS
--- Martin, Elys	14	Mumbles	NS
--- Chislett, Thomas	14	Rest Bay	NS
--- Archbold, Saxon	15	Beacon	NS

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

Record: 53.83 R 22/02/2015 Anneloes Peulen

Name	Age	Team	Finals Time
1 Watson, Heather	19	Loughborough	58.59
2 Carter, Sally	29	Rascals	59.79
3 Liddane, Leana	19	WS Ireland	1:00.13
4 Robson, Emily	22	Loughborough	1:00.52
5 Lopez, Amaia	19	Crawley Town	1:01.44
6 Comline, Abby	22	Loughborough	1:01.52
7 Fisher, Mimi	18	Rascals	1:01.93
8 Blake, Elin	20	WS Ireland	1:02.96
9 Dickerson Weedy, Ellie	23	Blyth	1:03.24
10 Marchant, Rhiannon	21	Loughborough	1:04.72
11 Blake, Aoihb	18	WS Ireland	1:06.02
12 Parker, Emily	22	Vale	1:06.12
13 Goodwin, Emily	29	Crawley Town	1:07.46
14 Stamp, Laylah	18	Vale	1:08.70

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

Name	Age	Team	Finals Time
15 Davies, Abigail	20	Rest Bay	1:08.85
16 Jordan, Lucy	22	Loughborough	1:08.91
17 Crawley, Jessica	18	Rest Bay	1:09.22
18 Carpenter, Sam	29	Blyth	1:09.44
19 Carson, Abigail	25	Pen y Bont	1:09.51
20 Gordon, Lauren	24	Blyth	1:10.97
21 Millar, Connie	18	Rhoose	1:10.98
22 Davies, Alaw	22	Loughborough	1:12.31
23 Morgan, Beth	21	Loughborough	1:12.50
24 Voce, Lauren	21	Heanor	1:13.87
25 Bednall, Thea	22	Rascals	1:14.06
26 Davies, Gracie	18	Skер & Pink Bay	1:14.47
27 Scourfield, Ruby	18	Skер & Pink Bay	1:14.57
28 Kent, Emily	18	Crawley Town	1:16.77
29 O'Malley, Abbie	19	Blyth	1:18.54
30 Everitt, Natasha	20	Rascals	1:19.67
31 Pelders, Pam	25	Langland Bay	1:22.46
32 Davies, Tegan	21	Rest Bay	1:22.54
33 Maddock, Ruby	33	Mumbles	1:25.45
34 Dodd, Ellie Mae	18	Blyth	1:31.25
35 McDonnell, Caitlin	19	Blyth	1:31.59
	35.59	1:31.59	
36 Aritzan, Bertzoui	22	South Worc	1:32.58
37 Byrne, Lacey	18	Aberavon	1:37.27
--- Wong, Evie	21	Rhoose	NS
--- Ezard, Emily	23	Pen y Bont	NS

(Event 35 Male/Open 100 LC Meter Manikin Carry (Fins) Individual)

Record: 47.13 R 27/01/2024 Jack Sadberry

Name	Age	Team	Finals Time
1 Sadberry, Jack	21	Crawley Town	46.84R
2 Postlethwaite, Freddie	20	Rascals	48.88
3 Lopez, Ruben	19	Crawley Town	49.91
4 James, Blaby	28	RPY	49.92
5 Lawman, Samuel	30	RPY	50.57
6 O'Sullivan, Raffy	19	Gyllyngvase	51.26
7 Browning, Ben	22	Beacon	51.63
8 Waterfall, Luke	20	Rascals	52.54
9 Gray, Edward	22	Loughborough	53.95
10 Geysen-Holley, Max	20	Rest Bay	55.00
11 Jackson, Alex	24	Crawley Town	56.01
12 James, Tristyn	19	Rest Bay	56.07
13 Russell-Ross, Henry	21	Beacon	56.17
14 Rich, Tomas	19	Gyllyngvase	57.08
15 Stanley, Charles	19	Loughborough	57.15
16 Screeton, Jacob	23	Blyth	57.49
17 Cusselle, Ben	22	Beacon	57.90
18 Lester, Jack	24	Rascals	57.96
19 Middleton, Jacob	19	Heanor	58.36
20 Jacob, Lee	24	RPY	58.70
21 Ewington, Ben	21	Vale	58.73
22 Graham, Lewis	19	Blyth	58.99
23 Addis, Robert	21	Loughborough	59.97
24 Grice, Robert	19	Rhoose	1:00.45
25 Goodall, Jacob	22	Crawley Town	1:01.48
26 Hyett, Ben	19	Pen y Bont	1:02.18
27 Kettleborough, Peter	18	Gyllyngvase	1:02.48
28 Meek, Emyr	28	Langland Bay	1:02.63
29 Bridgewood, Andrew	20	Heanor	1:04.18
30 Smith, Reuben	18	Blyth	1:05.14

31 Stephenson, Ben	19	Blyth	1:06.85
32 Cooper-Smith, Jordan	24	Heanor	1:12.15
33 Dawson, Finlay	19	Loughborough	1:12.72
34 Chambers, Samuel	19	Aberavon	1:13.14
35 Whittaker, Daniel	19	Skер & Pink Bay	1:16.12
36 James, Gruffydd	18	Skер & Pink Bay	1:19.21
37 Harrison, Tomos	18	Poppit Sands	1:20.78
--- Schofield, Martin	26	Crawley Town	DQ

(Event 36 Women 30-34 100 LC Meter Manikin Carry (Fins) Individual)

Name	Age	Team	Finals Time
1 Beavis, Nadine	32	Rest Bay	1:29.49

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

Record: 1:28.12 R 27/01/2024 Amy Horrigan

Name	Age	Team	Finals Time
1 Mosley, Isobel	39	Heanor	1:19.61R
2 Stallard, Kathryn	39	Langland Bay	1:20.74R
3 Sedgwick, Cathy	39	Blyth	1:25.95R

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

Record: 1:16.01 R 27/01/2024 Emma Gharahlar

Name	Age	Team	Finals Time
1 Openshaw-Rowe, Rebecca	44	Rest Bay	1:06.55R
2 Watkins, Emily	42	Aberavon	1:14.03R
3 Gharahlar, Emma	42	Rest Bay	1:17.02
4 Seals, Emily	42	Heanor	1:22.49
5 Crook, Polly	41	Langland Bay	1:23.56
6 Healey, Rachel	44	Rascals	1:25.20
7 Clement, Virginia	42	Langland Bay	1:29.67
	33.51	1:29.67	
8 Costello, Rhian	40	Langland Bay	1:36.68
9 Whittaker, Gillian	44	Llantwit Major	1:47.61
10 Daniel, Kirsty	44	Rest Bay	1:49.69

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

Record: 1:23.63 R 27/01/2024 Angelina Bellamy

Name	Age	Team	Finals Time
1 Bellamy, Angelina	46	Vale	1:17.73R
--- Clement, Sian	48	Aberavon	NS

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

Record: 1:23.59 R 27/01/2024 Emma Lewis

Name	Age	Team	Finals Time
1 Powell, Joanna	52	Pen y Bont	1:24.97
2 Lewis, Emma	51	Skер & Pink Bay	1:25.70
3 Packman, Helen	52	Pen y Bont	1:31.35
4 Appleby, Liz	52	Blyth	1:35.22
5 Ramsden-Hare, Louise	50	Mumbles	1:40.21
6 Schutte, Michelle	50	Pen y Bont	1:47.19
7 Green, Rhian	52	Poppit Sands	1:48.50

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

Record: 1:24.37 R 27/01/2024 Karen O'Donoghue-Harris

Name	Age	Team	Finals Time
1 Phinnemore, Andrea	55	Pen y Bont	1:34.74
2 Nyom, Sarah	55	Pen y Bont	1:55.11
--- Pelders, Natalie	57	Langland Bay	NS
--- Wickens, Donna	59	Crawley Town	NS

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

Record: 1:40.74 R 27/01/2024 Sue Vaughan

Name	Age	Team	Finals Time
1 Vaughan, Sue	61	Langland Bay	1:43.69

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

Event 37 Male/Open 30-34 100 LC Meter Manikin Carry (Fins) Individual

Record: 54.03 R 27/01/2024 Ashley Lewis

Name	Age	Team	Finals Time
1 Lewis, Ashley	31	Pen y Bont	54.60
2 Ingham, Conor	30	Beacon	1:04.40
3 Edwards, Tomos	34	Langland Bay	1:14.51
4 Arkley, Daniel	33	Blyth	2:26.19
--- Parry, Christopher	34	Aberavon	NS

Event 37 Male/Open 35-39 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:04.08 R 27/01/2024 Gareth Abbott Haigh

Name	Age	Team	Finals Time
1 Abbott-Haigh, Gareth	38	Vale	1:03.92R
2 Rudall, Huw	38	Pen y Bont	1:04.18
3 Lugg, Elliot	36	Pen y Bont	1:10.90

Event 37 Male/Open 40-44 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:07.03 R 27/01/2024 Ned Gill

Name	Age	Team	Finals Time
1 Rosewell, Lloyd	40	Pen y Bont	1:05.25R
2 Bayliss, Alan	42	Rest Bay	1:06.58R
3 Carley-Smith, Alistar	42	Mumbles	1:07.04
4 Clement, Rhys	42	Langland Bay	1:12.05
5 De-Schoolmeester, Ian	44	Pen y Bont	1:12.06
6 Gray, Stuart	40	Langland Bay	1:12.88
7 Howells, Glenn	43	Pen y Bont	1:16.14
8 Payne, Adam	40	Beacon	1:27.45
9 Hale, James	41	Rhose	1:27.78
10 James, Daniel	42	Rest Bay	1:28.03
11 Harrison, Alex	44	Poppit Sands	1:31.41
12 Rines, Andrew	43	Aberavon	1:34.15

Event 37 Male/Open 45-49 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:03.68 R 27/01/2024 Terry Fox

Name	Age	Team	Finals Time
1 Watkins, Richard	47	Pen y Bont	1:00.35R
2 Gill, Ned	45	Langland Bay	1:10.11
3 Davies, Lee	49	Pen y Bont	1:14.56
4 Montenegro, David	48	Langland Bay	1:17.24
5 Mann, Edward	47	Rascals	1:18.15
6 Woodhall, Tom	47	Llantwit Major	1:18.18
7 Hughes, Simon	47	Langland Bay	1:18.34
8 Taylor, Stephen	47	Rest Bay	1:18.75
9 Davies, Daniel	49	Langland Bay	1:25.14
	36.85	1:25.14	
10 Atkin, Rob	45	Rest Bay	1:28.04
11 Newman, Gavin	48	Pen y Bont	1:37.45

Event 37 Male/Open 50-54 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:06.83 R 27/01/2024 Grant Nicholas

Name	Age	Team	Finals Time
1 Robinson, Craig	52	Pen y Bont	1:04.08R
2 Fox, Terry	50	Rascals	1:04.43R
3 Nicholas, Grant	51	Mumbles	1:07.40
4 Davies, Matthew	52	Rest Bay	1:11.54
5 Foster, Jon	51	Llantwit Major	1:11.81
6 Davies, Paul	52	Poppit Sands	1:13.71
7 Henderson, Jon	51	Langland Bay	1:16.45
8 Wisden, Mark	54	Pen y Bont	1:17.39
9 Morgan, Richard	52	Pen y Bont	1:19.13
10 Parkinson, Andy	54	Langland Bay	1:19.61
11 Jones, Peter	54	Rest Bay	1:20.48
12 White, Chris	53	Mumbles	1:22.23

13 Massignani, Lucio	53	Langland Bay	1:24.76
14 Poiner, Leigh	52	Langland Bay	1:30.06
15 Chambers, Darren	54	Aberavon	1:43.11

Event 37 Male/Open 55-59 100 LC Meter Manikin Carry (Fins) Individual

Record: 1:18.38 R 27/01/2024 Simon Parker

Name	Age	Team	Finals Time
1 Parker, Simon	58	Vale	1:16.85R
2 Dalrymple, Andy	59	Langland Bay	1:20.02

Event 37 Male/Open 65 & Over 100 LC Meter Manikin Carry (Fins) Individual

Name	Age	Team	Finals Time
1 Williams, Paul	65	Langland Bay	1:29.50
2 Griffiths, Alun	66	Skер & Pink Bay	1:31.56
3 John, Chris	65	Langland Bay	1:52.58

Event 43 Female 13 & Under LC Meter Relay Rope Rescue Pair

Record: 24.57 R 28/05/2022 Blyth

Team	Relay	Finals Time
1 Llantwit Major	A	30.38
--- Rest Bay	A	DQ
--- Pen y Bont	A	DQ
--- Rhose	B	DQ
--- Rhose	A	DQ
--- Langland Bay	A	DQ
--- Llantwit Major	B	DNF
--- Rhose	C	DNF
--- Southerndown	A	DNF
--- Langland Bay	B	DNF
--- Poppit Sands	A	DNF

Event 44 Male 13 & Under LC Meter Relay Rope Rescue Pair

Record: 19.83 R 26/01/2019 Rest Bay

Team	Relay	Finals Time
1 Beacon	A	39.48
--- Rhose	A	DQ
--- Rest Bay	B	DNF
--- Rhose	B	DNF
--- Pen y Bont	A	DNF
--- Langland Bay	A	DNF
--- Rest Bay	A	DNF

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

Record: 15.72 R 25/01/2020 Blyth

Team	Relay	Finals Time
1 South Worc	A	16.21
2 Blyth	A	18.31
3 Rest Bay	B	21.99
4 Beacon	A	22.90
5 Llantwit Major	A	25.21
6 Pen y Bont	C	26.00
7 Whitmore Bay	A	27.35
8 Poppit Sands	B	27.66
9 Pen y Bont	A	37.77
10 Mumbles	A	39.00
11 Beacon	B	40.64
12 Rest Bay	A	41.94
13 Rest Bay	D	42.57
--- Rhose	A	DQ
--- Rascals	C	DQ
--- Llantwit Major	B	DQ
--- Vale	A	DQ
--- Blyth	B	DNF
--- Sker & Pink Bay	A	DNF

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

Team	Relay	Finals Time
--- Rhoose	C	DNF
--- Rhoose	B	DNF
--- Mumbles	B	DNF
--- Rascals	A	DNF
--- Pen y Bont	B	DNF
--- Rest Bay	C	DNF
--- Llantwit Major	C	DNF
--- Poppit Sands	A	DNF
--- Rascals	B	DNF

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

Record: 12.37 R 28/05/2022 RASCALS

Team	Relay	Finals Time
1 Pen y Bont	A	16.61
2 Blyth	B	18.05
3 Rhoose	A	21.34
4 Beacon	A	28.21
5 Beacon	B	30.52
6 Sker & Pink Bay	A	34.21
7 Pen y Bont	B	35.67
8 Rhoose	B	44.46
--- Blyth	A	DNF
--- Gyllyngvase	A	DNF
--- Pen y Bont	C	DNF
--- Llantwit Major	A	DNF
--- Mumbles	A	DNF
--- Southerndown	A	DNF

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

Record: 14.24 R 28/01/2023 South Worc

Team	Relay	Finals Time
1 Rest Bay	A	20.33
2 Blyth	A	30.74
3 Vale	A	31.27
4 Rascals	A	33.39
--- Poppit Sands	B	DQ
--- Rest Bay	C	DQ
--- Sker & Pink Bay	B	DQ
--- Aberavon	A	DQ
--- Poppit Sands	A	DQ
--- Poppit Sands	C	DNF
--- Sker & Pink Bay	A	DNF
--- Gyllyngvase	A	DNF
--- Whitmore Bay	A	DNF
--- Rhoose	A	DNF
--- Poppit Sands	D	DNF
--- Rhoose	B	DNF
--- Pen y Bont	A	DNF
--- Llantwit Major	B	DNF
--- Pen y Bont	B	DNF
--- Vale	B	DNF
--- Llantwit Major	A	DNF
--- Mumbles	A	DNF
--- Aberavon	B	DNF
--- Rascals	B	DNF
--- Pen y Bont	C	DNF
--- Rest Bay	B	DNF
--- Llantwit Major	C	NS

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

Record: 14.27 R 26/01/2019 Blyth

Team	Relay	Finals Time
1 Beacon	A	17.14
2 Pen y Bont	B	20.44
3 Pen y Bont	C	21.81
4 Aberavon	A	24.45
5 Rhoose	A	24.81
6 Mumbles	A	25.76
7 Beacon	C	25.94
8 Rascals	A	31.88
9 Rhoose	B	42.45
--- Southerndown	A	DQ
--- Llantwit Major	A	DNF
--- Pen y Bont	A	DNF
--- Sker & Pink Bay	B	DNF
--- Sker & Pink Bay	A	DNF
--- Rest Bay	B	DNF
--- Rest Bay	A	DNF
--- Rascals	C	DNF
--- Rascals	B	DNF
--- Beacon	B	NS
--- Rhoose	C	NS

Event 49 Women LC Meter Relay Rope Rescue Pair

Record: 13.35 R 28/01/2018 Crawley Town

Team	Relay	Finals Time
1 Blyth	A	12.81R
2 Blyth	B	16.52
3 Sker & Pink Bay	B	18.97
4 Pen y Bont	B	20.97
5 Rascals	A	21.02
6 Rest Bay	A	21.24
7 Blyth	C	22.20
8 Sker & Pink Bay	A	24.11
9 Langland Bay	A	24.26
10 Pen y Bont	A	24.49
11 Rest Bay	C	25.75
12 Loughborough	A	27.16
13 Mumbles	B	28.36
14 Loughborough	B	33.88
15 Rascals	B	34.29
16 Vale	A	37.61
17 Crawley Town	C	43.14
18 Rest Bay	D	44.54
--- Heanor	A	DNF
--- Crawley Town	B	DNF
--- Crawley Town	A	DNF
--- Rhoose	A	DNF
--- Aberavon	A	DNF
--- Pen y Bont	C	DNF
--- Rest Bay	B	DNF
--- Poppit Sands	B	DNF
--- Mumbles	A	DNF
--- Aberavon	B	DNF
--- Poppit Sands	A	DNF

Event 50 Male/Open LC Meter Relay Rope Rescue Pair

Record: 8.66 R 28/01/2023 Crawley

Team	Relay	Finals Time
1 Crawley Town	A	8.86
2 Crawley Town	B	11.09

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 50 Male/Open LC Meter Relay Rope Rescue Pair)

Team	Relay	Finals Time
3 Heanor	A	11.12
4 Vale	A	11.91
5 Beacon	A	13.51
6 Beacon	B	13.52
7 Rascals	A	13.88
8 Blyth	A	13.90
9 Blyth	B	14.69
10 Aberavon	A	14.85
11 Poppit Sands	A	15.80
12 Gyllyngvase	B	19.03
13 Rest Bay	B	19.42
14 Mumbles	A	21.18
15 Mumbles	C	22.14
16 Loughborough	B	22.19
17 Mumbles	D	22.27
18 Loughborough	C	22.39
19 Rest Bay	A	23.32
20 Rascals	B	23.68
21 Pen y Bont	B	24.51
22 Crawley Town	C	25.93
23 Gyllyngvase	C	26.14
24 Poppit Sands	B	26.22
25 Blyth	C	30.37
26 Rhoose	B	31.89
27 Rhoose	A	36.60
28 Vale	C	38.13
29 Gyllyngvase	A	38.52
30 Langland Bay	B	41.46
31 Sker & Pink Bay	A	44.31
--- Pen y Bont	C	DQ
--- Heanor	B	DNF
--- Langland Bay	A	DNF
--- Vale	B	DNF
--- Sker & Pink Bay	B	DNF
--- Loughborough	A	DNF
--- Pen y Bont	A	DNF
--- Aberavon	B	NS
--- Mumbles	B	NS

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

Team	Relay	Finals Time
1 Rest Bay	A	41.69
--- Mumbles	A	DNF

Event 51 Women 35-39 LC Meter Relay Rope Rescue Pair

Team	Relay	Finals Time
1 Blyth	A	17.54
2 Pen y Bont	A	25.46

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

Record: 16.28 R 27/01/2024 Crawley Town

Team	Relay	Finals Time
1 Rascals	A	17.67
2 Langland Bay	B	19.27
3 Rest Bay	B	19.47
4 Langland Bay	A	19.64
5 Heanor	A	34.08
--- Rest Bay	A	DNF
--- Pen y Bont	A	NS
--- Aberavon	A	NS

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

Record: 18.36 R 27/01/2024 Vale

Team	Relay	Finals Time
1 Poppit Sands	A	23.85
--- Rest Bay	A	DQ
--- Crawley Town	A	DQ

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

Record: 20.67 R 27/01/2024 Blyth

Team	Relay	Finals Time
--- Pen y Bont	A	DNF
--- Sker & Pink Bay	A	DNF
--- Blyth	A	DNF

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

Record: 29.88 R 27/01/2024 Crawley Town

Team	Relay	Finals Time
1 Crawley Town	A	32.00
--- Rest Bay	A	DNF
--- Pen y Bont	B	DNF
--- Blyth	A	DNF
--- Langland Bay	A	NS

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

Team	Relay	Finals Time
1 Pen y Bont	A	13.78
2 Beacon	A	13.97
3 Aberavon	A	15.69
4 Langland Bay	A	17.04

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

Record: 10.68 R 27/01/2024 Vale

Team	Relay	Finals Time
1 Vale	A	11.79
2 Pen y Bont	A	22.16
--- Mumbles	A	NS

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

Record: 19.14 R 27/01/2024 Rest Bay

Team	Relay	Finals Time
1 Langland Bay	A	15.32R
2 Pen y Bont	A	16.79R
3 Mumbles	A	17.00R
4 Rest Bay	A	17.94R
5 Langland Bay	B	18.39R
6 Rhoose	A	32.94
7 Llantwit Major	A	36.27
8 Poppit Sands	A	42.75

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

Record: 17.82 R 27/01/2024 Langland Bay

Team	Relay	Finals Time
1 Langland Bay	B	19.50
2 Llantwit Major	A	20.75
3 Rest Bay	A	24.11
4 Pen y Bont	A	39.21
--- Pen y Bont	B	DQ
--- Rascals	A	DNF
--- Langland Bay	A	NS

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

Record: 22.46 R 27/01/2024 Poppit Sands

Team	Relay	Finals Time
1 Pen y Bont	A	19.71R

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 52 Male 50-54 LC Meter Relay Rope Rescue Pair)

Team	Relay	Finals Time
2 Poppit Sands	A	22.46R
3 Sker & Pink Bay	A	36.36
--- Langland Bay	A	DNF
--- Rest Bay	A	DNF
--- Langland Bay	B	DNF

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

Record: 17.24 R 27/01/2024 Pen y bont

Team	Relay	Finals Time
1 Blyth	A	17.02R
--- Langland Bay	A	DQ

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

Team	Relay	Finals Time
--- Langland Bay	A	DNF

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

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

Name	Age	Team	Finals Time
1 James, Grace	16	Rest Bay	2:51.65
	30.46	1:18.38	2:04.08
			2:51.65
2 Quinn, Elena	16	Rascals	2:57.47
	32.52	1:24.76	2:07.58
			2:57.47
3 Collis, Elizabeth	16	Beacon	3:00.36
	33.14	1:23.95	48.35
			3:00.36
4 Cope, Aydrian	16	Rascals	3:05.61
	34.77	1:31.93	2:17.55
			3:05.61
5 Thomas, Josie	16	Llantwit Major	3:06.27
	34.57	1:28.47	2:16.99
			3:06.27
6 Lawson, Isla	16	Beacon	3:06.58
	33.23	1:24.47	2:17.13
			3:06.58
7 Coombes, Cerys	17	Sker & Pink Bay	3:07.00
	35.09	1:30.88	3:07.00
8 Pegrum, Martha	17	Llantwit Major	3:07.10
	39.75	1:37.71	1:05.04
			3:07.10
9 Carey, Lucy	17	Rest Bay	3:07.14
	33.27	1:28.56	2:13.18
			3:07.14
10 Clark, Grace	16	Rascals	3:09.45
	35.89	1:32.33	2:15.89
			3:09.45
11 Bellamy, Penelope	16	Vale	3:16.63
	39.76	1:36.96	2:23.69
			3:16.63
12 Laing, Indigo	17	Crawley Town	3:24.99
	35.00	1:30.87	2:24.99
			3:24.99
13 Appleby, Skye	16	Blyth	3:31.49
	41.10	1:45.54	2:40.40
			3:31.49
14 Davies, Alice	17	Poppit Sands	3:37.09
	40.03	1:50.31	55.10
			3:37.09
15 Newland, Elsie	16	Poppit Sands	3:49.52
	40.76	1:46.73	1:00.79
			3:49.52
16 Robinson, Bethan	17	Blyth	3:50.22
	40.90	1:51.17	1:03.59
			3:50.22
17 Smith, Emme	17	Rascals	3:51.81
	29.11	1:54.36	45.33
			3:51.81
18 Green, Bethan	16	Poppit Sands	3:54.64
	38.03	1:42.82	2:36.96
			3:54.64
--- Duroe, Abbie	17	Vale	DQ
	40.34	1:47.21	DQ
--- Carr, Daisy	17	Blyth	DQ
	39.77	1:47.09	2:34.68
			DQ
--- Goodall, Evie	16	South Worc	NS
--- Frydenbo-Bruvoll, Marie	17	Beacon	NS

--- Mcdonagh, Emily	17	Llantwit Major	NS
--- Patrick, Thea	16	Poppit Sands	NS

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

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

Name	Age	Team	Finals Time
1 Lopez, Asier	17	Crawley Town	2:25.15R
	1:43.16	1:09.30	2:25.15
2 Mowbray, James	17	Blyth	2:34.98
	30.82	1:17.36	46.17
			2:34.98
3 Johnson, Alfie	17	Beacon	2:35.55
	30.23	1:15.07	1:57.38
			2:35.55
4 Robertson, Lachlan	17	Beacon	2:40.06
	31.28	1:15.56	54.39
			2:40.06
5 Macklen, Harry	16	Beacon	2:42.01
	30.25	1:17.47	1:58.18
			2:42.01
6 Roberts, Ewyn	17	Pen y Bont	2:45.27
	30.89	1:17.71	1:58.51
			2:45.27
7 Adams, Ronan	17	Pen y Bont	2:46.00
	31.21	1:18.80	2:02.17
			2:46.00
8 Lamont, Cillian	17	Rascals	2:47.14
	31.45	1:19.19	2:01.12
			2:47.14
9 Bonev, Noah	16	Blyth	2:50.09
	31.34	1:15.91	2:05.81
			2:50.09
10 McLoughlin, Keiran	17	Rascals	3:05.54
	33.38	1:24.95	2:09.93
			3:05.54
11 Bell, Ryan	16	Blyth	3:17.55
	33.93	1:41.08	2:27.60
			3:17.55
12 Nolan, Oliver	16	Rhooose	3:24.15
	33.34	1:29.08	2:27.64
			3:24.15
--- Davies, Osian	16	Rhooose	DQ
	33.91	1:29.83	2:19.29
			DQ
--- Hole, Ethan	16	Rhooose	NS

Event 60 Women LC Meter Super Life Saver Individual

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

Name	Age	Team	Finals Time
1 Liddane, Leana	19	WS Ireland	2:30.24R
	30.07	1:15.01	1:51.23
			2:30.24
2 Robson, Emily	22	Loughborough	2:33.80
	30.66	1:16.65	1:53.01
			2:33.80
3 Carter, Sally	29	Rascals	2:34.76
	31.77		1:53.59
			2:34.76
4 Comline, Abby	22	Loughborough	2:34.81
	29.35	1:13.69	1:51.45
			2:34.81
5 Lopez, Amaia	19	Crawley Town	2:38.13
	30.57	1:17.30	1:53.27
			2:38.13
6 Fisher, Mimi	18	Rascals	2:45.37
	15.11		1:59.34
			2:45.37
7 McCloy, Ellie	24	Rest Bay	2:46.32
	31.35	1:18.42	1:59.37
			2:46.32
8 Watson, Heather	19	Loughborough	2:47.85
	32.10	1:19.48	2:02.09
			2:47.85
9 Blake, Elin	20	WS Ireland	2:48.54
	31.77	1:20.61	2:05.35
			2:48.54
10 Daly, Kirsten	19	Sker & Pink Bay	2:53.94
	31.80	1:22.28	2:05.64
			2:53.94
11 Parker, Emily	22	Vale	2:54.27
	33.38	1:24.59	2:07.78
			2:54.27
12 Davies, Abigail	20	Rest Bay	2:54.97
	30.99	1:19.48	2:54.97

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 60 Women LC Meter Super Life Saver Individual)				
Name	Age	Team	Finals Time	
13 Blake, Aoibh	18	WS Ireland	2:57.19	
	34.08	1:25.30	2:10.37	2:57.19
14 Gordon, Lauren	24	Blyth	3:02.97	
	28.92	2:16.00	3:02.97	
15 Lewis, Hollie	18	Pen y Bont	3:05.30	
	33.93	1:27.72	2:16.23	3:05.30
16 Dickerson Weedy, Ellie	23	Blyth	3:08.12	
	28.87	1:34.37	2:19.34	3:08.12
17 Davies, Alaw	22	Loughborough	3:09.83	
	32.61	1:24.25	2:14.58	3:09.83
18 Hale, Gemma	18	Langland Bay	3:17.25	
	15.08	2:18.23	3:17.25	
19 Bednall, Thea	22	Rascals	3:18.62	
	35.91	1:33.41	1:09.54	3:18.62
20 Pelders, Pam	25	Langland Bay	3:25.17	
	39.84	1:55.29	3:25.17	
21 Kent, Emily	18	Crawley Town	3:27.51	
	37.41	1:35.78	2:32.35	3:27.51
22 Dodd, Ellie Mae	18	Blyth	3:52.54	
	41.51	1:59.29	2:51.81	3:52.54
23 Gardener, Louise	19	Pen y Bont	3:58.87	
	43.87	1:53.76	2:18.93	3:58.87
24 McDonnell, Caitlin	19	Blyth	4:33.56	
	44.37	2:02.42	3:14.25	4:33.56
--- Stamp, Laylah	18	Vale	DQ	
	32.52	1:26.54	50.66	DQ
--- Voce, Lauren	21	Heanor	DNF	
	38.51	1:38.20	DNF	
--- Ezard, Emily	23	Pen y Bont	NS	
--- Millar, Connie	18	Rhoose	NS	

Event 61 Male/Open LC Meter Super Life Saver Individual

Record: 2:14.64 R 27/01/2024 Samuel Lawman

Name	Age	Team	Finals Time	
1 James, Blaby	28	RPY	2:11.35R	
	26.89	1:03.00	1:34.51	2:11.35
2 Lawman, Samuel	30	RPY	2:15.35	
	28.01	1:05.89	1:38.24	2:15.35
3 Sadberry, Jack	21	Crawley Town	2:18.12	
	26.61	1:06.93	1:39.41	2:18.12
4 Postlethwaite, Freddie	20	Rascals	2:21.42	
	28.71	1:10.58	1:44.13	2:21.42
5 Wheeler, Ryan	30	Beacon	2:21.60	
	28.37	1:09.45	1:43.95	2:21.60
6 Skinner, Joshua	22	Loughborough	2:27.52	
	29.86	1:14.18	1:48.90	2:27.52
7 Morgan, Lewis	18	Sker & Pink Bay	2:27.65	
	29.63	1:11.50	44.81	2:27.65
8 Russell-Ross, Henry	21	Beacon	2:29.77	
	28.92	1:08.85	44.81	2:29.77
9 Whittaker, Daniel	19	Sker & Pink Bay	2:36.25	
	30.55	1:13.86	1:01.97	2:36.25
10 Lester, Jack	24	Rascals	2:40.69	
	31.57	1:16.09	1:53.20	2:40.69
11 Stanley, Charles	19	Loughborough	2:41.44	
	30.08	1:12.38	1:55.60	2:41.44
12 Grice, Jason	25	Rhoose	2:43.66	
	31.69	1:21.25	2:00.81	2:43.66
13 Jacob, Lee	24	RPY	2:45.70	
	31.48	1:17.19	2:00.54	2:45.70

14 Fox, Terry	50	Rascals	2:45.84	
	32.62	1:21.25	2:03.53	2:45.84
15 Goodall, Jacob	22	Crawley Town	2:48.19	
	32.44	1:21.81	2:03.29	2:48.19
16 Addis, Robert	21	Loughborough	2:48.53	
	30.92	1:17.40	2:05.02	2:48.53
17 Grice, Robert	19	Rhoose	2:49.79	
	15.07	1:22.90	32.39	2:49.79
18 Stephenson, Ben	19	Blyth	2:55.29	
	33.36	1:23.16	1:00.44	2:55.29
19 Bridgewood, Andrew	20	Heanor	2:58.24	
	32.12	1:24.82	2:09.36	2:58.24
20 Gilbert, Barnaby	18	Gyllyngvase	2:58.98	
	34.28	2:12.26	2:58.98	
21 Cooper-Smith, Jordan	24	Heanor	3:10.62	
	28.67	1:32.66	56.52	3:10.62
22 Harrison, Tomos	18	Poppit Sands	3:32.26	
	37.60	1:36.13	1:00.55	3:32.26
--- Middleton, Jacob	19	Heanor	DQ	
	30.82	1:18.74	2:11.58	DQ
--- Schofield, Martin	26	Crawley Town	DQ	
	31.57	1:20.92	2:09.06	DQ
--- Waterfall, Luke	20	Rascals	NS	
--- Lewis, Ashley	31	Pen y Bont	NS	
--- Adams, Roman	17	Pen y Bont	NS	
--- Padbury, Ezekiel	17	Gyllyngvase	NS	
--- Graham, Lewis	19	Blyth	NS	
--- Screeton, Jacob	23	Blyth	NS	
--- O'Sullivan, Raffy	19	Gyllyngvase	NS	

Event 62 Female 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 Moore, Summer	13	Pen y Bont	1:25.07	
	32.10	1:25.07	1:25.07	
2 Hale, Mali-Rae	13	Rhoose	1:27.36	
	33.35	1:27.36	1:27.36	
3 Jenkins-Shaw, Megan	13	Poppit Sands	1:28.38	
	33.50	1:28.38	1:28.38	
4 Antrobus, Annabel	13	Langland Bay	1:28.89	
	34.31	1:28.89	1:28.89	
5 Schutte, Alice	13	Pen y Bont	1:29.68	
	35.94	1:29.68	1:29.68	
6 Hamonet, Evie	13	Rhoose	1:36.17	
	36.58	1:36.17	1:36.17	
7 Jones-Ellis, Olivia	13	Rest Bay	1:38.24	
	34.69	1:38.24	1:38.24	
8 Difrancesco, Bella	13	Langland Bay	1:44.03	
	37.87	1:44.03	1:44.03	
9 Rees, Nia	13	Poppit Sands	1:44.62	
	33.16	1:44.62	1:44.62	
10 Payne, Jessica	13	Llantwit Major	1:44.69	
	33.48	1:44.69	1:44.69	
11 Jennings, Tula Starr	13	Llantwit Major	1:47.17	
	37.12	1:47.17	1:47.17	
12 Done, Isabelle	13	Rest Bay	1:52.24	
	33.64	1:52.24	1:52.24	
13 Padbury, Alana	13	Gyllyngvase	1:53.19	
	41.90	1:53.19	1:53.19	
14 Parkinson, Elodie	13	Langland Bay	1:53.35	
	39.09	1:53.35	1:53.35	

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 62 Female 13 & Under 100 LC Meter Manikin Tow (Fins) Individ

Name	Age	Team	Finals Time
15 O'Herlihy, Ffion	13	Rhoose	1:55.90
33.81	1:55.90		
16 Neilson, Brooke	13	Llantwit Major	1:57.82
37.08	1:57.82		
17 Jack, Layla	13	Rest Bay	2:10.40
41.98	2:10.40		
18 Lyne, Anwen	13	Llantwit Major	2:46.75
39.50	2:46.75		
--- Mason, Lilly	13	Rhoose	DQ
17.05	DQ		
--- Nolan, Joanie	13	Rhoose	DNF
34.68			
--- Braddon, Abby	13	Rhoose	NS

Event 63 Male 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 McAdie, Isaac	13	Mumbles	1:37.07
35.74	1:37.07		
2 Yardley, Josh	13	Rest Bay	1:43.60
36.53	1:43.60		
3 Marshall, Sebastian	13	Rhoose	1:50.53
4 Phillips, Steffan	13	Rhoose	1:51.12
34.25	1:51.12		
5 Mohamed, Adam	13	Rest Bay	1:53.17
38.93	1:53.17		
6 Gregory, Sebastian	13	Rest Bay	1:55.08
41.85	1:55.08		
7 Powell, Jacob	13	Rhoose	1:59.06
15.04	1:59.06		
8 Shingler, Griff	13	Langland Bay	2:01.96
34.11	2:01.96		
9 Marshall, Evan	13	Rhoose	2:14.13
39.34	2:14.13		
--- Evans, Charlie	13	Rest Bay	DQ
40.76	DQ		
--- Chitty, Joshua	13	Skер & Pink Bay	DQ
37.84	DQ		
--- Jones, Indi	13	Pen y Bont	DQ
--- Bailey, Reuben	13	Pen y Bont	DQ
33.31	DQ		
--- Jones, Tomi	13	Langland Bay	DNF
34.14			

Event 64 Female 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 Quinn, Elena	16	Rascals	1:06.44
27.82	1:06.44		
2 Pegrum, Martha	17	Llantwit Major	1:11.05
30.11	1:11.05		
3 Lawson, Isla	16	Beacon	1:12.41
28.97	1:12.41		
4 James, Grace	16	Rest Bay	1:12.77
28.68	1:12.77		
5 Cope, Aydrian	16	Rascals	1:12.96
29.69	1:12.96		
6 Bellamy, Penelope	16	Vale	1:15.49
28.84	1:15.49		

7 Hardwicke, Martha	16	Rest Bay	1:16.46
30.98	1:16.46		
8 Coombes, Cerys	17	Skер & Pink Bay	1:17.26
17.33	1:17.26		
9 Appleby, Skye	16	Blyth	1:17.56
31.67	1:17.56		
10 Thomas, Josie	16	Llantwit Major	1:18.51
30.40	1:18.51		
11 Carey, Amy	16	Rest Bay	1:19.25
30.83	1:19.25		
12 Collis, Elizabeth	16	Beacon	1:19.28
19.58	1:19.28		
13 Goodall, Evie	16	South Worc	1:19.66
30.04	1:19.66		
14 Postlethwaite, Ruby	17	Rascals	1:20.29
31.22	1:20.29		
15 Lewis, Daisy	16	Pen y Bont	1:20.93
30.83	1:20.93		
16 Patrick, Thea	16	Poppit Sands	1:21.25
30.92	1:21.25		
17 Davies, Chloe	16	Pen y Bont	1:21.74
31.95	1:21.74		
18 Wong, Ava	17	Rhoose	1:21.75
29.26	1:21.75		
19 Laing, Indigo	17	Crawley Town	1:21.93
33.09	1:21.93		
20 Carr, Daisy	17	Blyth	1:22.13
32.23	1:22.13		
21 Davies-Green, Summer	17	Rhoose	1:22.61
31.00	1:22.61		
22 Hodgkinson, Sophie	16	Rascals	1:22.62
32.33	1:22.62		
23 Carey, Lucy	17	Rest Bay	1:23.28
29.62	1:23.28		
24 Clark, Grace	16	Rascals	1:24.73
32.91	1:24.73		
25 Sims, Harriet	16	Rhoose	1:25.60
33.63	1:25.60		
26 Robinson, Bethan	17	Blyth	1:25.67
32.33	1:25.67		
27 Duroe, Abbie	17	Vale	1:26.76
32.91	1:26.76		
28 Gibson, Bethan	17	Rhoose	1:27.43
32.30	1:27.43		
29 Smith, Emme	17	Rascals	1:27.90
34.12	1:27.90		
30 Davies, Alice	17	Poppit Sands	1:27.98
34.45	1:27.98		
31 Mann, Scarlett	16	Rascals	1:28.16
19.24	1:28.16		
32 Mcdonagh, Emily	17	Llantwit Major	1:28.68
31.40	1:28.68		
33 Newland, Elsie	16	Poppit Sands	1:28.79
33.63	1:28.79		
34 Bazley, Caitlin	16	Whitmore Bay	1:29.59
35 Eagland, Scarlett	16	South Worc	1:29.87
34.09	1:29.87		
36 Miles, Sophia	17	Rest Bay	1:30.13
35.03	1:30.13		
37 Poole, Olivia	16	Pen y Bont	1:30.22
30.98	1:30.22		

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 64 Female 16-17 100 LC Meter Manikin Tow (Fins) Individual)

Name	Age	Team	Finals Time
38 Durrant, Annabel	17	Llantwit Major	1:30.23
	30.94	1:30.23	
39 Green, Bethan	16	Poppit Sands	1:30.25
	30.35	1:30.25	
40 Goldsmith, Teia	17	Beacon	1:31.54
	33.57	1:31.54	
41 McAdie, Imogen	16	Mumbles	1:34.83
	32.24	1:34.83	
42 Hickman, Isla	16	Rest Bay	1:36.08
	36.72	1:36.08	
43 Poole, Anna	16	Blyth	1:39.35
	36.18	1:39.35	
44 Burton, Lois	17	Llantwit Major	1:41.15
	32.07	1:41.15	
--- Durrant, Florence	17	Llantwit Major	DQ
	32.61	DQ	
--- Chick, Rosie	17	Rhoose	DQ
	31.35	DQ	
--- Frydenbo-Bruvoll, Marie	17	Beacon	DNF
--- Luen-Twining, Katie	16	Vale	NS
--- Davies, Seren	17	Rest Bay	NS
--- Partridge, Gwen	17	Aberavon	NS
--- Hodgkinson, Emily	14	Rascals	NS
--- Hopkin, Rebekah	16	Rhoose	NS

Event 65 Male 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 Lopez, Asier	17	Crawley Town	59.35R
2 Johnson, Alfie	17	Beacon	1:01.10
	24.98	1:01.10	
3 Mowbray, James	17	Blyth	1:02.53
	24.15	1:02.53	
4 Macklen, Harry	16	Beacon	1:04.28
	26.49	1:04.28	
5 Watkins, William	17	Pen y Bont	1:04.94
	25.37	1:04.94	
6 Bellamy, James	17	Vale	1:05.64
	15.81	1:05.64	
7 Lamont, Cillian	17	Rascals	1:05.76
	26.42	1:05.76	
8 Robertson, Lachlan	17	Beacon	1:06.82
	28.14	1:06.82	
9 Padbury, Ezekiel	17	Gyllyngvase	1:07.04
	27.07	1:07.04	
10 Lewis, Gethin	17	Skер & Pink Bay	1:07.99
	24.40	1:07.99	
11 Bonev, Noah	16	Blyth	1:08.26
	27.56	1:08.26	
12 Hole, Ethan	16	Rhoose	1:08.98
	26.66	1:08.98	
13 Ballantyne, Alex	16	Pen y Bont	1:10.85
	27.77	1:10.85	
14 McLoughlin, Keiran	17	Rascals	1:12.26
	26.52	1:12.26	
15 Abbott, Theo	17	Rhoose	1:12.40
	28.50	1:12.40	
16 Bell, Ryan	16	Blyth	1:12.78
	29.27	1:12.78	

17 Adams, Ronan	17	Pen y Bont	1:14.26
	26.85	1:14.26	
18 Martin, Haydn	17	Mumbles	1:14.81
	28.90	1:14.81	
19 Powell, Callum	16	Skер & Pink Bay	1:15.00
	30.23	1:15.00	
20 Nolan, Oliver	16	Rhoose	1:16.20
	30.45	1:16.20	
21 Davies, Osian	16	Rhoose	1:16.62
	29.06	1:16.62	
22 Greig, Taylor	16	Southerndown	1:24.33
	30.40	1:24.33	
23 Triscott, Rhys	16	Pen y Bont	1:25.73
	30.61	1:25.73	
24 Benbow, Jonah	16	Pen y Bont	1:26.91
	20.65	1:26.91	
25 Bail-Braunton, Dylan	17	Southerndown	1:33.12
	31.53	1:33.12	
26 Hammett, Morgan	17	Southerndown	1:35.16
	32.56	1:35.16	
--- Roberts, Evyn	17	Pen y Bont	DQ
	26.48	DQ	
--- Pettigrew, Anders	17	Gyllyngvase	DQ
	26.89	DQ	

Event 66 Female 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 Daly, Isabella	15	Skер & Pink Bay	1:11.96
	29.14	1:11.96	
2 Godsell, Matilda	15	Llantwit Major	1:16.31
	31.15	1:16.31	
3 Murphy, Hannah	15	Rascals	1:16.48
	30.13	1:16.48	
4 Ashwin, Maisie	15	Gyllyngvase	1:16.52
	29.88	1:16.52	
5 Jones, Isabella	15	Rest Bay	1:16.65
	29.49	1:16.65	
6 Britton, Seren	15	Whitmore Bay	1:17.50
	31.92	1:17.50	
7 Burlingham, India	15	Rest Bay	1:19.12
	28.40	1:19.12	
8 Gordon, Mabli	14	Rhoose	1:19.88
	30.69	1:19.88	
9 Rees Langley, Lili	15	Poppit Sands	1:20.47
	31.04	1:20.47	
*10 Watkins, Mylee	15	Aberavon	1:22.34
	29.98	1:22.34	
*10 Froggatt, Sophia	15	Rascals	1:22.34
	31.61	1:22.34	
12 Thomas, Lily	14	Rest Bay	1:22.91
	30.13	1:22.91	
13 Takata, Kaiya	15	Vale	1:23.36
	30.73	1:23.36	
14 Benbow, Maya	14	Pen y Bont	1:23.39
	32.75	1:23.39	
15 Coles, Sophie	15	Pen y Bont	1:23.50
	28.79	1:23.50	
16 Haigh, Bella	15	Vale	1:23.91
	34.29	1:23.91	
17 Mowbray, Amy	15	Blyth	1:25.19
	32.65	1:25.19	

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 66 Female 14-15 100 LC Meter Manikin Tow (Fins) Individual)

Name	Age	Team	Finals Time
18 Poole, Natasha	14	Blyth	1:26.28
33.54	1:26.28		
19 Long, Sadie	14	Skerr & Pink Bay	1:26.42
31.87	1:26.42		
20 Harries, Elin	15	Poppit Sands	1:27.61
30.57	1:27.61		
21 Whitcombe, Lili	14	Rest Bay	1:27.65
30.09	1:27.65		
22 Nolan, Harriet	14	Pen y Bont	1:29.06
30.96	1:29.06		
23 Jarrett, Phoebe	15	Llantwit Major	1:29.77
33.49	1:29.77		
24 Hillard, Taylor	15	Vale	1:29.92
32.04	1:29.92		
25 James, Martha	14	Poppit Sands	1:30.01
31.22	1:30.01		
26 Hurley, Summer	14	Vale	1:30.89
34.95	1:30.89		
27 Sanders, Heaven-Leigh	14	Skerr & Pink Bay	1:31.40
33.02	1:31.40		
28 Jenkins-Shaw, Cerys	15	Poppit Sands	1:31.55
35.19	1:31.55		
29 Lloyd, Ruby	14	Rhoose	1:32.36
34.08	1:32.36		
30 Thomas, Annelise	15	Pen y Bont	1:32.40
15.76	1:32.40		
31 Harries, Megan	15	Poppit Sands	1:32.96
31.63	1:32.96		
32 Hodgkinson, Emily	14	Rascals	1:35.36
35.69	1:35.36		
33 Thompson, Isla	14	Rhoose	1:36.46
34.22	1:36.46		
34 Woodhall, Ellen	14	Llantwit Major	1:36.50
19.84	1:36.50		
35 Jones, Menna	14	Llantwit Major	1:36.54
36.90	1:36.54		
36 Shadrach, Connie	15	Langland Bay	1:38.75
33.56	1:38.75		
37 Cooper, Annabelle	14	Vale	1:38.95
32.62	1:38.95		
38 Thomas Lorencova, Jasmine	14	Poppit Sands	1:41.67
37.26	1:41.67		
39 Stephens-Hughes, Florence	14	Pen y Bont	1:41.78
32.12	1:41.78		
40 Morgan, Freya	14	Pen y Bont	1:42.45
39.20	1:42.45		
41 Powell, Lauren	14	Llantwit Major	1:43.27
34.79	1:43.27		
42 Thomas, Lottie	14	Llantwit Major	1:43.78
34.92	1:43.78		
43 Monaghan, Sophia	14	Aberavon	1:51.44
36.35	1:51.44		
--- Moores, Harriet	14	Rascals	DQ
32.44	DQ		
--- Harrison, Cerys	15	Poppit Sands	DQ
35.16	DQ		
--- Barham, Ruby	14	Skerr & Pink Bay	DQ
37.94	DQ		
--- Powell, Josie	15	Pen y Bont	DQ
31.75	DQ		

--- Moli, Evans	15	Aberavon	DNF
--- Nathwani, Mya	14	Rest Bay	NS
--- Fitzgerald, Mali	15	Rest Bay	NS
--- Hill, Poppy	15	Whitmore Bay	NS
--- Gill, Bella	15	Langland Bay	NS
--- Rees, Manon	15	Poppit Sands	NS
--- Rogers, Elyse	15	Aberavon	NS
--- Davies-Green, Lilly	14	Rhoose	NS
--- David, Sienna	15	Aberavon	NS

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

Record: 1:06.72 R 28/01/2024 Tobias Watson

Name	Age	Team	Finals Time
1 Watson, Tobias	15	Rascals	1:04.35R
26.29	1:04.35		
2 Bartram, Solomon	15	Rhoose	1:04.43R
26.83	1:04.43		
3 Pollicott, Harry	15	Rascals	1:05.77R
26.67	1:05.77		
4 Baxter, Riley	15	Rascals	1:05.85R
25.72	1:05.85		
5 Bennett, Travis	15	Pen y Bont	1:07.83
27.92	1:07.83		
6 Burton, Finnley	15	Pen y Bont	1:09.88
26.55	1:09.88		
7 Nightingale, Dylan	15	Rascals	1:13.09
27.45	1:13.09		
8 Bartlett-Jenkins, Beau	15	Llantwit Major	1:14.75
28.45	1:14.75		
9 Pound, Leon	14	Rhoose	1:14.98
30.22	1:14.98		
10 Chandler, Bailey	15	Blyth	1:16.24
29.68	1:16.24		
11 Whittaker, Luke	15	Skerr & Pink Bay	1:17.36
29.19	1:17.36		
12 Brewer, Evan	15	Rhoose	1:17.85
30.97	1:17.85		
13 Trigg, Lewis	15	Rhoose	1:19.82
30.65	1:19.82		
14 Rines, Harri	14	Aberavon	1:22.67
31.08	1:22.67		
15 Brough, Jack	14	Rascals	1:23.70
32.80	1:23.72		
16 Wood, Sam	15	Beacon	1:23.72
31.00	1:24.24		
17 James, Edward	15	Rest Bay	1:24.24
31.06	1:27.75		
18 Renshaw, Oliver	14	Rascals	1:27.75
31.21	1:28.32		
19 Roberts, Iestyn	14	Pen y Bont	1:28.32
29.15	1:28.82		
20 Mazey, Jackson	14	Vale	1:28.82
31.53	1:28.94		
21 Byrne, Tristan	14	Aberavon	1:28.94
31.22	1:32.41		
22 Honychurch, Dylan	15	Llantwit Major	1:32.41
24.20	1:32.42		
23 Chitty, Oliver	14	Skerr & Pink Bay	1:32.42
35.26	1:34.95		
24 Robertson, Jack	15	Beacon	1:34.95
31.89	1:35.53		
25 Greig, Nate	14	Southerndown	1:35.53

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

Name	Age	Team	Finals Time
26 Coles, Tom	14	Pen y Bont	1:37.24
35.55			1:37.24
27 Ellams, Jake	15	Pen y Bont	1:39.54
30.70			1:39.54
28 Jones, Noah	15	Rest Bay	1:41.32
35.01			1:41.32
29 Williams, Rafferty	15	Pen y Bont	1:46.39
34.80			1:46.39
30 Pettigrew, Carsten	14	Gyllyngvase	1:52.08
36.98			1:52.08
31 Atkin, Patrick	14	Rest Bay	2:06.55
38.51			2:06.55
32 Nicholas, Harry	14	Rhoose	2:07.73
30.79			2:07.73
--- Howell, Rhydian	14	Rest Bay	DQ
39.04			DQ
--- Williams, Osian	14	Skер & Pink Bay	DNF
--- Cobbold, Oliver	14	Mumbles	NS
--- Szamocki, Olaf	14	Llantwit Major	NS
--- Archbold, Saxon	15	Beacon	NS
--- Butwell, Ollie	14	Rhoose	NS
--- Clement, Cai	14	Langland Bay	NS

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

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

Name	Age	Team	Finals Time
1 Carter, Sally	29	Rascals	1:04.25
26.78			1:04.25
2 Liddane, Leana	19	WS Ireland	1:04.50
25.33			1:04.50
3 Watson, Heather	19	Loughborough	1:05.27
26.15			1:05.27
4 Comline, Abby	22	Loughborough	1:06.14
26.47			1:06.14
5 Robson, Emily	22	Loughborough	1:07.43
27.16			1:07.43
6 Parker, Emily	22	Vale	1:07.70
27.41			1:07.70
7 Fisher, Mimi	18	Rascals	1:08.19
27.52			1:08.19
8 Goodwin, Emily	29	Crawley Town	1:08.34
27.88			1:08.34
9 Lopez, Amaia	19	Crawley Town	1:09.26
27.00			1:09.26
10 Daly, Kirsten	19	Skер & Pink Bay	1:09.82
28.68			1:09.82
11 Millar, Connie	18	Rhoose	1:10.10
28.19			1:10.10
12 Blake, Elin	20	WS Ireland	1:10.21
27.05			1:10.21
13 Stamp, Laylah	18	Vale	1:11.03
29.66			1:11.03
14 Dickerson Weedy, Ellie	23	Blyth	1:12.59
28.66			1:12.59
15 Jordan, Lucy	22	Loughborough	1:13.08
28.94			1:13.08
16 Voce, Lauren	21	Heanor	1:13.62
29.86			1:13.62
17 Carpenter, Sam	29	Blyth	1:13.78
20.38			1:13.78

18 Davies, Abigail	29.53	1:15.78	20 Rest Bay	1:15.78
19 Bednall, Thea	29.15	1:16.22	22 Rascals	1:16.22
20 Morgan, Beth	28.81	1:17.17	21 Loughborough	1:17.17
21 Davies, Gracie	30.69	1:17.32	18 Skер & Pink Bay	1:17.32
22 Gordon, Lauren	30.90	1:18.03	24 Blyth	1:18.03
23 Blake, Aoibh	30.62	1:19.39	18 WS Ireland	1:19.39
24 Davies, Alaw	30.96	1:19.90	22 Loughborough	1:19.90
25 Everitt, Natasha	30.75	1:22.00	20 Rascals	1:22.00
26 O'Malley, Abbie	33.56	1:22.43	19 Blyth	1:22.43
27 Marchant, Rhiannon	28.31	1:24.15	21 Loughborough	1:24.15
28 Dodd, Ellie Mae	31.84	1:25.93	18 Blyth	1:25.93
29 Maddock, Ruby	33.09	1:29.11	33 Mumbles	1:29.11
30 Massey, Kenley	32.89	1:30.33	20 Heanor	1:30.33
31 Aritzan, Bertzoui	36.41	1:35.67	22 South Worc	1:35.67
32 Thomas, Zoe	31.84	1:43.28	18 Poppit Sands	1:43.28
33 McDonnell, Caitlin	36.94	1:50.08	19 Blyth	1:50.08
--- Crawley, Jessica	29.18	DQ	18 Rest Bay	DQ
--- Kent, Emily			18 Crawley Town	NS
--- Wong, Evie			21 Rhoose	NS
--- Ezard, Emily			23 Pen y Bont	NS

Event 69 Male/Open 100 LC Meter Manikin Tow (Fins) Individual

Record: 54.23 R 28/01/2024 Samuel Lawman

Name	Age	Team	Finals Time
1 Sadberry, Jack	21	Crawley Town	52.30R
19.61			52.30
2 James, Blaby	28	RPY	52.51R
20.41			52.51
3 Lopez, Ruben	19	Crawley Town	55.48
21.56			55.48
4 Postlethwaite, Freddie	20	Rascals	57.70
22.35			57.70
5 James, Tristyn	19	Rest Bay	58.31
23.65			58.31
6 Wheeler, Ryan	30	Beacon	58.49
24.14			58.49
7 O'Sullivan, Raffy	19	Gyllyngvase	58.83
24.98			58.83
8 Screeton, Jacob	23	Blyth	59.59
23.52			59.59
9 Gray, Edward	22	Loughborough	59.73
23.41			59.73
10 Cusselle, Ben	22	Beacon	59.81
23.16			59.81

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 69 Male/Open 100 LC Meter Manikin Tow (Fins) Individual)

Name	Age	Team	Finals Time
11 Browning, Ben	22	Beacon	1:00.10
15.51	1:00.10		
12 Whittaker, Daniel	19	Skер & Pink Bay	1:02.56
25.75	1:02.56		
13 Russell-Ross, Henry	21	Beacon	1:02.95
25.07	1:02.95		
14 Skinner, Joshua	22	Loughborough	1:03.09
25.21	1:03.09		
15 Jackson, Alex	24	Crawley Town	1:03.90
25.67	1:03.90		
16 Middleton, Jacob	19	Heanor	1:04.00
24.50	1:04.00		
17 Goodall, Jacob	22	Crawley Town	1:04.34
26.17	1:04.34		
18 Hyett, Ben	19	Pen y Bont	1:04.69
15.38	1:04.69		
*19 Padbury, Ezekiel	17	Gyllyngvase	1:04.70
26.25	1:04.70		
*19 Geysen-Holley, Max	20	Rest Bay	1:04.70
24.54	1:04.70		
21 Lester, Jack	24	Rascals	1:04.72
25.71	1:04.72		
22 Ewington, Ben	21	Vale	1:04.84
26.57	1:04.84		
23 Graham, Lewis	19	Blyth	1:05.04
25.45	1:05.04		
24 Stephenson, Ben	19	Blyth	1:05.18
26.58	1:05.18		
25 Jacob, Lee	24	RPY	1:05.20
26.35	1:05.20		
26 Schofield, Martin	26	Crawley Town	1:05.79
26.05	1:05.79		
27 Grice, Jason	25	Rhoose	1:06.43
27.79	1:06.43		
28 Grice, Robert	19	Rhoose	1:06.54
26.11	1:06.54		
29 Kettleborough, Peter	18	Gyllyngvase	1:07.18
26.54	1:07.18		
30 Briggs, Calum	29	Heanor	1:07.25
21.92	1:07.25		
31 Waterfall, Luke	20	Rascals	1:07.42
22.56	1:07.42		
32 Morgan, Lewis	18	Skер & Pink Bay	1:07.49
27.17	1:07.49		
33 Addis, Robert	21	Loughborough	1:07.90
25.13	1:07.90		
34 Langdown, Ben	21	Vale	1:08.27
26.73	1:08.27		
35 Stanley, Charles	19	Loughborough	1:09.34
26.11	1:09.34		
36 Smith, Reuben	18	Blyth	1:09.60
27.87	1:09.60		
37 Meek, Emyr	28	Langland Bay	1:10.62
28.29	1:10.62		
38 Bridgewood, Andrew	20	Heanor	1:13.11
28.51	1:13.11		
39 Dawson, Finlay	19	Loughborough	1:15.36
30.52	1:15.36		
40 Hutchings, Max	21	Loughborough	1:15.80
28.82	1:15.80		

41 Gilbert, Barnaby	18	Gyllyngvase	1:16.79
30.26	1:16.79		
42 Chambers, Samuel	19	Aberavon	1:19.50
31.38	1:19.50		
43 Cooper-Smith, Jordan	24	Heanor	1:23.00
30.09	1:23.00		
44 Harrison, Tomos	18	Poppit Sands	1:28.54
31.99	1:28.54		
--- Rich, Tomas	19	Gyllyngvase	DNF

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

Record: 1:23.09 R 28/01/2024 Cathy Sedgwick

Name	Age	Team	Finals Time
1 Sedgwick, Cathy	39	Blyth	1:25.16
31.81	1:25.16		
2 Mosley, Isobel	39	Heanor	1:29.78
36.53	1:29.78		
--- Stallard, Kathryn	39	Langland Bay	DQ
32.55	DQ		

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

Record: 1:15.59 R 28/01/2024 Helen Jenkins

Name	Age	Team	Finals Time
1 Openshaw-Rowe, Rebecca	44	Rest Bay	1:13.20R
27.42	1:13.20		
2 Watkins, Emily	42	Aberavon	1:17.79
29.60	1:17.79		
3 Seals, Emily	42	Heanor	1:19.43
31.51	1:19.43		
4 Crook, Polly	41	Langland Bay	1:20.25
31.64	1:20.25		
5 Healey, Rachel	44	Rascals	1:22.75
33.12	1:22.75		
6 Whitcombe, Sarah	43	Rest Bay	1:29.95
34.42	1:29.95		
7 Costello, Rhian	40	Langland Bay	1:33.49
35.15	1:33.49		
8 Whittaker, Gillian	44	Llantwit Major	1:39.03
36.99	1:39.03		
9 Daniel, Kirsty	44	Rest Bay	1:42.90
40.74	1:42.90		
10 Clement, Virginia	42	Langland Bay	1:46.11
24.26	1:46.11		
--- Jenkins, Helen	41	Pen y Bont	DQ
29.54	DQ		
--- Gharahlar, Emma	42	Rest Bay	DNF

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

Record: 1:26.54 R 28/01/2024 Joanne Voce

Name	Age	Team	Finals Time
1 Bellamy, Angelina	46	Vale	1:22.91R
31.74	1:22.91		
--- Clement, Sian	48	Aberavon	DNF
--- Bayliss, Marsha	48	Crawley Town	NS

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

Record: 1:20.79 R 28/01/2024 Emma Lewis

Name	Age	Team	Finals Time
1 Lewis, Emma	51	Skер & Pink Bay	1:25.29
16.75	1:25.29		
2 Powell, Joanna	52	Pen y Bont	1:26.71
31.94	1:26.71		

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

Name	Age	Team	Finals Time
3 Appleby, Liz	52	Blyth	1:32.50
	37.83	1:32.50	
4 Schutte, Michelle	50	Pen y Bont	1:40.93
	39.69	1:40.93	
5 Ramsden-Hare, Louise	50	Mumbles	1:41.87
	40.57	1:41.87	
6 Chandler, Joanne	52	Blyth	1:50.69
	45.68	1:50.69	
--- Packman, Helen	52	Pen y Bont	DQ
	35.65	DQ	

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

Record: 1:27.98 R 28/01/2024 Karen O'Donoghue-Harris

Name	Age	Team	Finals Time
1 Eagland, Vanessa	56	Crawley Town	1:35.27
	35.85	1:35.27	
2 Gregory, Simone	56	Rest Bay	1:55.23
3 Nyom, Sarah	55	Pen y Bont	1:58.31
	16.94	1:58.31	
4 Phinmore, Andrea	55	Pen y Bont	1:59.99
	38.24	1:59.99	

Event 70 Women 60-64 100 LC Meter Manikin Tow (Fins) Individual

Name	Age	Team	Finals Time
1 Vaughan, Sue	61	Langland Bay	1:53.54
	41.39	1:53.54	

Event 71 Male/Open 30-34 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:01.93 R 28/01/2024 Ashley Lewis

Name	Age	Team	Finals Time
1 Lewis, Ashley	31	Pen y Bont	1:03.54
	25.38	1:03.54	
2 Ingham, Conon	30	Beacon	1:07.62
	27.12	1:07.62	
3 Arkley, Daniel	33	Blyth	2:11.92
	51.21	2:11.92	
--- Parry, Christopher	34	Aberavon	DQ
	26.94	DQ	
--- Edwards, Tomos	34	Langland Bay	DQ
	15.18	DQ	
--- Morgans, Owain	34	Langland Bay	NS

Event 71 Male/Open 35-39 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:05.62 R 28/01/2024 Gareth Abbott Haigh

Name	Age	Team	Finals Time
1 Abbott-Haigh, Gareth	38	Vale	1:07.65
	28.18	1:07.65	
2 Rudall, Huw	38	Pen y Bont	1:07.81
	26.75	1:07.81	
3 Lugg, Elliot	36	Pen y Bont	1:15.77
	15.22	1:15.77	

Event 71 Male/Open 40-44 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:10.96 R 28/01/2024 Alistair Carley-Smith

Name	Age	Team	Finals Time
1 Rosewell, Lloyd	40	Pen y Bont	1:07.70R
	28.28	1:07.70	
2 Bayliss, Alan	42	Rest Bay	1:12.32
	28.96	1:12.32	
3 Carley-Smith, Alistar	42	Mumbles	1:13.42
	28.19	1:13.42	

4 Clement, Rhys	42	Langland Bay	1:14.82
	28.58	1:14.82	
5 Payne, Adam	40	Beacon	1:16.38
	31.01	1:16.38	
6 Hale, James	41	Rhoose	1:23.09
	32.78	1:23.09	
7 James, Daniel	42	Rest Bay	1:28.78
	32.83	1:28.78	
8 Gray, Stuart	40	Langland Bay	1:43.76
	32.52	1:43.76	
--- Rines, Andrew	43	Aberavon	DQ
	37.57	DQ	
--- De-Schoolmeester, Ian	44	Pen y Bont	DQ
	30.62	DQ	
--- Bell, Stephen	42	Rest Bay	DQ
	30.59	DQ	
--- Howells, Glenn	43	Pen y Bont	NS
--- Harrison, Alex	44	Poppit Sands	NS

Event 71 Male/Open 45-49 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:04.93 R 28/01/2024 Terry Fox

Name	Age	Team	Finals Time
1 Watkins, Richard	47	Pen y Bont	1:05.77
	20.77	1:05.77	
2 Davies, Lee	49	Pen y Bont	1:12.11
	30.40	1:12.11	
3 Montenegro, David	48	Langland Bay	1:13.06
	30.55	1:13.06	
4 Davies, Daniel	49	Langland Bay	1:17.61
	33.23	1:17.61	
5 Taylor, Stephen	47	Rest Bay	1:17.81
	30.23	1:17.81	
6 Newman, Gavin	48	Pen y Bont	1:20.42
	34.11	1:20.42	
7 Shingler, Guy	46	Langland Bay	1:22.75
	30.02	1:22.75	
8 Mann, Edward	47	Rascals	1:23.28
	20.32	1:23.28	
9 Woodhall, Tom	47	Llantwit Major	1:23.31
	33.31	1:23.31	
10 Atkin, Rob	45	Rest Bay	1:31.09
	35.86	1:31.09	
11 McAdie, Gair	49	Mumbles	1:33.54
	38.79	1:33.54	
--- Hughes, Simon	47	Langland Bay	DQ
	32.62	DQ	
--- Gill, Ned	45	Langland Bay	NS

Event 71 Male/Open 50-54 100 LC Meter Manikin Tow (Fins) Individual

Record: 1:07.26 R 28/01/2024 Craig Robinson

Name	Age	Team	Finals Time
1 Fox, Terry	50	Rascals	1:06.49R
	27.85	1:06.49	
2 Robinson, Craig	52	Pen y Bont	1:09.17
	27.44	1:09.17	
3 Millar, Nick	53	Rhoose	1:11.63
	30.33	1:11.63	
4 Henderson, Jon	51	Langland Bay	1:14.87
	30.35	1:14.87	
5 Nicholas, Grant	51	Mumbles	1:15.70
	29.06	1:15.70	

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 71 Male/Open 50-54 100 LC Meter Manikin Tow (Fins) Individu

Name	Age	Team	Finals Time
6 Davies, Paul	52	Poppit Sands	1:17.58
31.37	1:17.58		
7 Morgan, Richard	52	Pen y Bont	1:17.69
31.50	1:17.69		
8 Foster, Jon	51	Llantwit Major	1:18.31
30.93	1:18.31		
9 Parkinson, Andy	54	Langland Bay	1:19.78
20.71	1:19.78		
10 Davies, Matthew	52	Rest Bay	1:21.98
29.86	1:21.98		
11 Jones, Peter	54	Rest Bay	1:23.04
34.69	1:23.04		
12 Massignani, Lucio	53	Langland Bay	1:24.70
34.28	1:24.70		
13 Wisden, Mark	54	Pen y Bont	1:25.05
15.10	1:25.05		
14 Chambers, Darren	54	Aberavon	1:29.02
15 Poiner, Leigh	52	Langland Bay	1:36.06
34.29	1:36.06		

Event 71 Male/Open 55-59 100 LC Meter Manikin Tow (Fins) Individua

Record: 1:18.59 R 28/01/2024 Jonathan Bridgewood

Name	Age	Team	Finals Time
1 Parker, Simon	58	Vale	1:20.59
32.88	1:20.59		
2 Dalrymple, Andy	59	Langland Bay	1:35.05
15.27	1:35.05		
3 Chandler, Mark	55	Blyth	1:47.19
39.39	1:47.19		

Event 71 Male/Open 65 & Over 100 LC Meter Manikin Tow (Fins) Indiv

Name	Age	Team	Finals Time
1 Williams, Paul	65	Langland Bay	1:24.71
34.75	1:24.71		
2 Griffiths, Alun	66	Skер & Pink Bay	1:29.73
36.04	1:29.73		
3 John, Chris	65	Langland Bay	1:43.29
40.27	1:43.29		

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

Record: 2:22.74 R 28/01/2024 Pen y bont

Team	Relay	Finals Time
1 Rascals	B	2:19.08R
31.25	42.17	2:19.08
2 Rascals	A	2:19.60R
28.85	21.72	2:19.60
3 Beacon	A	2:22.00R
1:48.44	45.54	2:21.36
4 Pen y Bont	A	2:22.85
1:48.75	16.04	2:22.85
5 Blyth	A	2:25.79
34.53	1:07.40	59.64
6 Sker & Pink Bay	A	2:28.69
30.64	53.43	59.42
7 Pen y Bont	B	2:31.98
33.45	53.19	1:08.36
8 Rascals	C	2:33.94
28.61	1:00.48	1:00.61
9 Llantwit Major	A	2:47.01
30.90	1:06.06	1:21.91
		2:47.01

10 Blyth	B	2:56.51
2:14.85	31.91	2:30.34
2:56.51		
11 Rest Bay	A	3:05.13
40.52	17.43	3:05.13
--- GBR	A	X1:50.73R
24.40	26.64	43.76
--- Rhoose	B	DQ
35.91	36.01	55.17
--- Rhoose	A	DQ
33.68	42.79	DQ
--- Mumbles	A	DQ
32.49	33.35	DQ
--- Poppit Sands	A	NS
--- Southerndown	A	NS
--- Poppit Sands	C	NS
--- Poppit Sands	B	NS

Event 82 Mixed LC Meter Relay Pool Lifesaver Relay

Record: 1:57.58 R 28/01/2024 Rascals

Team	Relay	Finals Time
1 Rascals	A	1:57.30R
29.28	20.74	1:57.30
2 Loughborough	A	2:02.10
26.25	28.63	48.74
2:02.10		
3 Crawley Town	A	2:03.39
28.83	33.08	2:03.39
4 Rest Bay	A	2:11.78
23.61	1:35.01	2:11.78
5 Pen y Bont	A	2:15.82
25.59	49.88	51.80
2:15.82		
6 Pen y Bont	B	2:16.26
28.81	23.64	2:16.26
7 Blyth	A	2:16.50
28.64	1:32.52	2:16.50
8 Loughborough	B	2:17.35
27.66	18.44	2:17.35
9 Vale	A	2:18.93
30.67	56.90	58.82
2:18.93		
10 Crawley Town	B	2:20.55
32.34	20.70	2:20.55
11 Rest Bay	B	2:20.64
30.73	38.64	2:20.64
12 Rascals	B	2:21.00
1:46.38	16.94	2:21.00
13 Sker & Pink Bay	A	2:21.75
32.14	58.45	1:46.47
2:21.75		
14 Heanor	A	2:24.11
34.20	21.59	2:24.11
15 Rhoose	A	2:26.73
29.30	27.36	2:26.73
16 Blyth	B	2:29.10
33.46	1:08.20	1:13.14
2:29.10		
17 Heanor	B	2:29.43
33.04	38.76	2:29.43
18 Pen y Bont	C	2:35.31
30.68	37.61	2:35.31
19 Blyth	C	2:45.85
37.61	24.31	2:45.85
--- Langland Bay	A	DQ
37.39	1:18.33	1:17.18
DQ		
--- Mumbles	A	NS

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

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

Name	Age	Team	Finals Time
1 Fitzgerald, Mali	15	Rest Bay	1:27.78
	34.04	1:27.78	
2 Gordon, Mabli	14	Rhoose	1:30.28
	34.81	1:30.28	
3 Godsell, Matilda	15	Llantwit Major	1:33.09
	34.92	1:33.09	
4 Powell, Josie	15	Pen y Bont	1:33.47
	36.33	1:33.47	
5 Jones, Isabella	15	Rest Bay	1:35.31
	35.39	1:35.31	
6 Murphy, Hannah	15	Rascals	1:37.65
	36.30	1:37.65	
7 Daly, Isabella	15	Skер & Pink Bay	1:37.95
	35.56	1:37.95	
8 Froggatt, Sophia	15	Rascals	1:38.60
	35.15	1:38.60	
9 Burlingham, India	15	Rest Bay	1:42.77
	39.50	1:42.77	
10 Moores, Harriet	14	Rascals	1:45.55
	37.76	1:45.55	
11 Watkins, Mylee	15	Aberavon	1:47.66
	34.57	1:47.66	
12 Takata, Kaiya	15	Vale	1:47.81
	41.93	1:47.81	
13 Thomas, Lily	14	Rest Bay	1:48.62
	39.16	1:48.62	
14 Nolan, Harriet	14	Pen y Bont	1:53.51
	39.72	1:53.51	
15 James, Martha	14	Poppit Sands	1:55.70
	37.03	1:55.70	
16 Poole, Natasha	14	Blyth	1:58.39
	37.75	1:58.39	
17 Jarrett, Phoebe	15	Llantwit Major	2:01.07
	44.08	2:01.07	
18 Haigh, Bella	15	Vale	2:04.60
	50.21	2:04.60	
19 Stephens-Hughes, Florence	14	Pen y Bont	2:09.46
	39.72	2:09.46	
20 Cooper, Annabelle	14	Vale	2:12.61
	49.49	2:12.61	
21 Harries, Elin	15	Poppit Sands	2:19.17
	42.72	2:19.17	
22 Harries, Megan	15	Poppit Sands	2:25.41
	46.13	2:25.41	
23 Thomas, Annelise	15	Pen y Bont	2:32.65
	1:03.36	2:32.65	
24 Jenkins-Shaw, Cerys	15	Poppit Sands	2:32.93
	45.69	2:32.93	
--- Hodgkinson, Emily	14	Rascals	DQ
	40.21	DQ	
--- Dineen, Leila	14	Llantwit Major	DNF
--- Mowbray, Amy	15	Blyth	NS
--- Ashwin, Maisie	15	Gyllyngvase	NS
--- Powell, Lauren	14	Llantwit Major	NS
--- Hillard, Taylor	15	Vale	NS
--- Lloyd, Ruby	14	Rhoose	NS

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

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

Name	Age	Team	Finals Time
1 Pollicott, Harry	15	Rascals	1:22.32R
	33.91	1:22.32	
2 Baxter, Riley	15	Rascals	1:22.41R
	32.20	1:22.41	
3 Watson, Tobias	15	Rascals	1:25.96
	35.58	1:25.96	
4 Burton, Finnley	15	Pen y Bont	1:29.75
	34.30	1:29.75	
5 Whittaker, Luke	15	Skер & Pink Bay	1:29.82
	33.60	1:29.82	
6 Bennett, Travis	15	Pen y Bont	1:32.22
	34.62	1:32.22	
7 Nightingale, Dylan	15	Rascals	1:33.78
	34.49	1:33.78	
8 Pound, Leon	14	Rhoose	1:34.63
	36.21	1:34.63	
9 Bartlett-Jenkins, Beau	15	Llantwit Major	1:37.48
	35.28	1:37.48	
10 Brewer, Evan	15	Rhoose	1:43.73
	37.31	1:43.73	
11 Goldsmith, Oscar	15	Beacon	1:43.82
	42.29	1:43.82	
12 Rines, Harri	14	Aberavon	1:44.96
	36.32	1:44.96	
13 Chandler, Bailey	15	Blyth	1:47.04
	39.93	1:47.04	
14 Mazey, Jackson	14	Vale	1:47.98
	37.38	1:47.98	
15 Roberts, Iestyn	14	Pen y Bont	1:53.25
	40.33	1:53.25	
16 Robertson, Jack	15	Beacon	2:05.51
	56.09	2:05.51	
17 Jones, Noah	15	Rest Bay	2:09.69
	1:07.37	2:09.69	
18 Byrne, Tristan	14	Aberavon	2:12.80
	42.96	2:12.80	
19 Coles, Tom	14	Pen y Bont	2:16.96
	46.18	2:16.96	
--- James, Edward	15	Rest Bay	DQ
	49.05	DQ	
--- Butwell, Ollie	14	Rhoose	NS
--- Trigg, Lewis	15	Rhoose	NS
--- Honychurch, Dylan	15	Llantwit Major	NS
--- Cobbold, Oliver	14	Mumbles	NS
--- Clement, Cai	14	Langland Bay	NS
--- Szamocki, Olaf	14	Llantwit Major	NS

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

Record: 1:22.42 R 28/01/2024 Connie Millar

Name	Age	Team	Finals Time
1 James, Grace	16	Rest Bay	1:20.39R
	31.32	1:20.39	
2 Lawson, Isla	16	Beacon	1:25.96
	33.41	1:25.96	
3 Quinn, Elena	16	Rascals	1:28.85
	33.00	1:28.85	
4 Collis, Elizabeth	16	Beacon	1:29.70
	33.42	1:29.70	

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

Name	Age	Team	Finals Time
5 Carey, Lucy	17	Rest Bay	1:32.49
34.08			1:32.49
6 Gardener, Hannah	16	Pen y Bont	1:33.15
36.28			1:33.15
7 Thomas, Josie	16	Llantwit Major	1:34.81
36.65			1:34.81
8 Coombes, Cerys	17	Sker & Pink Bay	1:35.48
36.55			1:35.48
9 Cope, Aydrian	16	Rascals	1:37.45
34.76			1:37.45
10 Mcdonagh, Emily	17	Llantwit Major	1:37.78
35.38			1:37.78
11 Laing, Indigo	17	Crawley Town	1:40.52
36.11			1:40.52
12 Clark, Grace	16	Rascals	1:40.90
38.59			1:40.90
13 Pegrum, Martha	17	Llantwit Major	1:41.19
14 Carey, Amy	16	Rest Bay	1:42.39
39.69			1:42.39
15 Davies, Alice	17	Poppit Sands	1:44.56
38.98			1:44.56
16 Durrant, Florence	17	Llantwit Major	1:47.35
40.14			1:47.35
17 Goldsmith, Teia	17	Beacon	1:53.01
43.33			1:53.01
18 Hickman, Isla	16	Rest Bay	1:54.78
44.54			1:54.78
19 Green, Bethan	16	Poppit Sands	1:57.91
41.74			1:57.91
20 Appleby, Skye	16	Blyth	1:58.10
45.22			1:58.10
21 Gibson, Bethan	17	Rhoose	2:03.78
38.57			2:03.78
22 Newland, Elsie	16	Poppit Sands	2:04.25
43.08			2:04.25
23 Smith, Emme	17	Rascals	2:06.25
46.69			2:06.25
24 Patrick, Thea	16	Poppit Sands	2:17.99
46.53			2:17.99
25 Poole, Olivia	16	Pen y Bont	2:19.06
42.55			2:19.06
--- McAdie, Imogen	16	Mumbles	DNF
45.41			
--- Duroe, Abbie	17	Vale	DNF
45.00			
--- Robinson, Bethan	17	Blyth	DNF
44.65			
--- Carr, Daisy	17	Blyth	NS
--- Merrett, Imogen	17	Pen y Bont	NS
--- Hopkin, Rebekah	16	Rhoose	NS

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

Record: 1:12.43 R 28/01/2024 Asie Lopez

Name	Age	Team	Finals Time
1 Lopez, Asier	17	Crawley Town	1:10.50R
2 Watkins, William	17	Pen y Bont	1:14.77
28.71			1:14.77
3 Johnson, Alfie	17	Beacon	1:16.61
32.74			1:16.61

4 Robertson, Lachlan	17	Beacon	1:18.44
32.30			1:18.44
5 Macklen, Harry	16	Beacon	1:18.82
31.21			1:18.82
6 Lamont, Cillian	17	Rascals	1:19.04
28.91			1:19.04
7 Mowbray, James	17	Blyth	1:20.26
31.76			1:20.26
8 Hole, Ethan	16	Rhoose	1:22.13
33.73			1:22.13
9 Roberts, Ewyn	17	Pen y Bont	1:22.15
31.47			1:22.15
10 Pettigrew, Anders	17	Gyllyngvase	1:22.25
31.26			1:22.25
11 Ballantyne, Alex	16	Pen y Bont	1:26.15
34.29			1:26.15
12 Bellamy, James	17	Vale	1:33.29
36.11			1:33.29
13 Padbury, Ezekiel	17	Gyllyngvase	1:33.72
34.24			1:33.72
14 Benbow, Jonah	16	Pen y Bont	1:38.94
34.31			1:38.94
15 Abbott, Theo	17	Rhoose	1:42.83
37.41			1:42.83
--- Lewis, Gethin	17	Sker & Pink Bay	NS
--- Jones, Graydon	16	Mumbles	NS
--- McLoughlin, Keiran	17	Rascals	NS
--- Bell, Ryan	16	Blyth	NS
--- Nolan, Oliver	16	Rhoose	NS
--- Bonev, Noah	16	Blyth	NS

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 Lopez, Amaia	19	Crawley Town	1:15.59
30.40			1:15.59
2 Comline, Abby	22	Loughborough	1:17.61
30.83			1:17.61
3 Robson, Emily	22	Loughborough	1:18.18
31.12			1:18.18
4 Blake, Elin	20	WS Ireland	1:22.00
32.40			1:22.00
5 Millar, Connie	18	Rhoose	1:22.62
32.39			1:22.62
6 Carter, Sally	29	Rascals	1:22.87
32.51			1:22.87
7 Fisher, Mimi	18	Rascals	1:22.96
32.14			1:22.96
8 Watson, Heather	19	Loughborough	1:23.93
33.62			1:23.93
9 McCloy, Ellie	24	Rest Bay	1:23.94
32.85			1:23.94
10 Carson, Abigail	25	Pen y Bont	1:27.93
32.82			1:27.93
11 Daly, Kirsten	19	Sker & Pink Bay	1:30.13
32.22			1:30.13
12 Davies, Alaw	22	Loughborough	1:30.37
34.73			1:30.37
13 Blake, Aoibh	18	WS Ireland	1:30.97
36.05			1:30.97
14 Carpenter, Sam	29	Blyth	1:30.98
39.95			1:30.98

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 87 Women 100 LC Meter Rescue Medley Individual)

Name	Age	Team	Finals Time
15 Parker, Emily	22	Vale	1:31.63
34.99	1:31.63		
16 Lewis, Hollie	18	Pen y Bont	1:32.07
35.93	1:32.07		
17 Bednall, Thea	22	Rascals	1:34.21
35.31	1:34.21		
18 Crawley, Jessica	18	Rest Bay	1:34.43
36.15	1:34.43		
19 Hale, Gemma	18	Langland Bay	1:34.77
36.75	1:34.77		
20 Miles, Sophia	17	Rest Bay	1:57.89
43.32	1:57.89		
21 Maddock, Ruby	33	Mumbles	2:02.16
45.80	2:02.16		
--- Kent, Emily	18	Crawley Town	NS
--- Everitt, Natasha	20	Rascals	NS
--- Thomas, Zoe	18	Poppit Sands	NS
--- Ezard, Emily	23	Pen y Bont	NS
--- Dodd, Ellie Mae	18	Blyth	NS

Event 88 Male/Open 100 LC Meter Rescue Medley Individual

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

Name	Age	Team	Finals Time
1 Lawman, Samuel	30	RPY	1:03.70
26.77	1:03.70		
2 James, Blaby	28	RPY	1:03.77
26.41	1:03.77		
3 James, Tristyn	19	Rest Bay	1:05.07
26.78	1:05.07		
4 Waterfall, Luke	20	Rascals	1:07.61
28.40	1:07.61		
5 Browning, Ben	22	Beacon	1:08.00
28.92	1:08.00		
6 Cusselle, Ben	22	Beacon	1:08.47
27.92	1:08.47		
7 Geysen-Holley, Max	20	Rest Bay	1:09.46
26.60	1:09.46		
8 Russell-Ross, Henry	21	Beacon	1:10.75
29.24	1:10.75		
9 SADBERRY, Jack	21	Crawley Town	1:11.51
26.64	1:11.51		
10 O'Sullivan, Raffy	19	Gyllyngvase	1:13.17
29.34	1:13.17		
11 Lopez, Ruben	19	Crawley Town	1:13.57
30.95	1:13.57		
12 James, Ioan	18	Rest Bay	1:14.14
27.61	1:14.14		
13 Stanley, Charles	19	Loughborough	1:14.86
29.09	1:14.86		
14 Hyett, Ben	19	Pen y Bont	1:15.05
29.46	1:15.05		
15 Skinner, Joshua	22	Loughborough	1:15.99
29.74	1:15.99		
16 Gray, Edward	22	Loughborough	1:16.81
29.09	1:16.81		
17 Middleton, Jacob	19	Heanor	1:18.53
30.62	1:18.53		
18 Whittaker, Daniel	19	Skerr & Pink Bay	1:18.60
29.35	1:18.60		

19 Langdown, Ben	21	Vale	1:18.76
31.03	1:18.76		
20 Adams, Ronan	17	Pen y Bont	1:19.46
32.86	1:19.46		
21 Screeton, Jacob	23	Blyth	1:20.36
31.40	1:20.36		
22 Lester, Jack	24	Rascals	1:21.23
30.00	1:21.23		
23 Meek, Emyr	28	Langland Bay	1:24.33
31.97	1:24.33		
24 Schofield, Martin	26	Crawley Town	1:26.63
33.36	1:26.63		
25 Grice, Robert	19	Rhoose	1:26.98
31.05	1:26.98		
26 Dawson, Finlay	19	Loughborough	1:28.04
32.69	1:28.04		
27 Stephenson, Ben	19	Blyth	1:29.43
34.44	1:29.43		
28 Kettleborough, Peter	18	Gyllyngvase	1:32.19
32.72	1:32.19		
29 Harrison, Tomos	18	Poppit Sands	1:38.55
37.99	1:38.55		
30 Nicholas, Beren	18	Mumbles	1:40.11
34.74	1:40.11		
31 Cooper-Smith, Jordan	24	Heanor	1:40.25
37.69	1:40.25		
32 Smith, Reuben	18	Blyth	1:44.55
36.79	1:44.55		
--- Postlethwaite, Freddie	20	Rascals	NS
--- Gilbert, Barnaby	18	Gyllyngvase	NS
--- Wheeler, Ryan	30	Beacon	NS
--- Battell, David	29	Langland Bay	NS
--- Morgan, Lewis	18	Skerr & Pink Bay	NS

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

Record: 2:37.49 R 28/01/2024 Aimee Boneva

Name	Age	Team	Finals Time
1 Stallard, Kathryn	39	Langland Bay	1:59.47R
2 Mosley, Isobel	39	Heanor	2:01.23R
40.23	2:01.23		
3 Sedgwick, Cathy	39	Blyth	2:06.92R
44.93	2:06.92		
4 Evans, Katie	38	Pen y Bont	2:13.86R

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

Record: 1:35.43 R 28/01/2024 Emily Watkins

Name	Age	Team	Finals Time
1 Watkins, Emily	42	Aberavon	1:36.26
34.60	1:36.26		
2 Costello, Rhian	40	Langland Bay	2:05.53
--- Gharahlar, Emma	42	Rest Bay	NS
--- Crook, Polly	41	Langland Bay	NS
--- Seals, Emily	42	Heanor	NS
--- Daniel, Kirsty	44	Rest Bay	NS

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

Record: 2:07.42 R 28/01/2024 Angelina Bellamy

Name	Age	Team	Finals Time
1 Bellamy, Angelina	46	Vale	2:04.95R
46.58	2:04.95		

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

Record: 2:01.45 R 28/01/2024 Sarah Morgan

Name	AgeTeam	Finals Time
1 Ramsden-Hare, Louise	50 Mumbles	2:17.87

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

Record: 1:39.11 R 28/01/2024 Donna Wickens

Name	AgeTeam	Finals Time
1 Wickens, Donna	59 Crawley Town	1:43.12
	39.78 1:43.12	

Event 90 Male/Open 30-34 100 LC Meter Rescue Medley Individual

Record: 1:11.55 R 28/01/2024 Ashley Lewis

Name	AgeTeam	Finals Time
1 Lewis, Ashley	31 Pen y Bont	1:12.73
	29.75 1:12.73	
--- Edwards, Tomos	34 Langland Bay	DQ
--- Arkley, Daniel	33 Blyth	DNF

Event 90 Male/Open 35-39 100 LC Meter Rescue Medley Individual

Record: 1:17.41 R 28/01/2024 Huw Rudall

Name	AgeTeam	Finals Time
1 Rudall, Huw	38 Pen y Bont	1:18.45
	30.36 1:18.45	
2 Abbott-Haigh, Gareth	38 Vale	1:32.14
	36.46 1:32.14	

Event 90 Male/Open 40-44 100 LC Meter Rescue Medley Individual

Record: 1:30.42 R 28/01/2024 Ned Gill

Name	AgeTeam	Finals Time
1 Rosewell, Lloyd	40 Pen y Bont	1:21.70R
	32.31 1:21.70	
2 Gray, Stuart	40 Langland Bay	1:33.74
	34.29 1:33.74	
3 Carley-Smith, Alistar	42 Mumbles	1:34.54
	37.11 1:34.54	
4 Bell, Stephen	42 Rest Bay	1:36.40
	34.81 1:36.40	
5 Gilpin, Andrew	43 Langland Bay	1:36.51
	38.64 1:36.51	
6 De-Schoolmeester, Ian	44 Pen y Bont	1:37.87
	33.47 1:37.87	
7 James, Daniel	42 Rest Bay	2:18.06
	46.58 2:18.06	
--- Payne, Adam	40 Beacon	NS
--- Clement, Rhys	42 Langland Bay	NS
--- Bayliss, Alan	42 Rest Bay	NS
--- Harrison, Alex	44 Poppit Sands	NS

Event 90 Male/Open 45-49 100 LC Meter Rescue Medley Individual

Record: 1:25.53 R 28/01/2024 Terry Fox

Name	AgeTeam	Finals Time
1 Watkins, Richard	47 Pen y Bont	1:13.85R
	30.85 1:13.85	
2 Taylor, Stephen	47 Rest Bay	1:43.14
	37.41 1:43.14	
3 Mann, Edward	47 Rascals	1:46.47
	37.32 1:46.47	
4 Hughes, Simon	47 Langland Bay	2:03.83
	44.00 2:03.83	
5 Davies, Daniel	49 Langland Bay	2:05.21
	46.13 2:05.21	

6 Atkin, Rob	45 Rest Bay	2:07.41
	47.55 2:07.41	
7 Shingler, Guy	46 Langland Bay	2:08.08
	46.69 2:08.08	
8 Gardener, Gareth	48 Pen y Bont	2:26.90
	48.46 2:26.90	
9 Woodhall, Tom	47 Llantwit Major	2:27.17
	46.93 2:27.17	
10 McAdie, Gair	49 Mumbles	2:32.00
	47.21 2:32.00	
11 Newman, Gavin	48 Pen y Bont	2:38.14
	52.65 2:38.14	
--- Montenegro, David	48 Langland Bay	DNF
--- Gill, Ned	45 Langland Bay	NS

Event 90 Male/Open 50-54 100 LC Meter Rescue Medley Individual

Record: 1:26.80 R 28/01/2024 Craig Robinson

Name	AgeTeam	Finals Time
1 Millar, Nick	53 Rhoose	1:26.28R
	33.23 1:26.28	
2 Robinson, Craig	52 Pen y Bont	1:26.29R
	33.23 1:26.29	
3 Fox, Terry	50 Rascals	1:28.70
	33.80 1:28.70	
4 Davies, Paul	52 Poppit Sands	1:42.76
	38.13 1:42.76	
5 Henderson, Jon	51 Langland Bay	1:44.10
	39.38 1:44.10	
6 Foster, Jon	51 Llantwit Major	1:46.24
	38.83 1:46.24	
*7 Davies, Matthew	52 Rest Bay	1:48.04
	37.61 1:48.04	
*7 Poiner, Leigh	52 Langland Bay	1:48.04
	39.59 1:48.04	
9 Morgan, Richard	52 Pen y Bont	1:49.76
	40.01 1:49.76	
10 Parkinson, Andy	54 Langland Bay	1:50.14
	40.74 1:50.14	
11 Jones, Peter	54 Rest Bay	2:15.36
	43.70 2:15.36	
12 Massignani, Lucio	53 Langland Bay	2:26.12
	44.71 2:26.12	

Event 90 Male/Open 55-59 100 LC Meter Rescue Medley Individual

Record: 1:44.70 R 28/01/2024 Simon Parker

Name	AgeTeam	Finals Time
1 Parker, Simon	58 Vale	1:46.16
	42.09 1:46.16	
2 Faulkner, Tony	58 Mumbles	2:10.98
	47.70 2:10.98	

Event 90 Male/Open 65 & Over 100 LC Meter Rescue Medley Individual

Name	AgeTeam	Finals Time
1 John, Chris	65 Langland Bay	1:58.38
	41.04 1:58.38	
2 Griffiths, Alun	66 Sker & Pink Bay	2:00.57
	42.79 2:00.57	
3 Williams, Paul	65 Langland Bay	2:04.90
	48.01 2:04.90	

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

Event 97 Female 13 & Under 4x50 LC Meter Medley Relay Relay

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

Team	Relay			Finals Time
1 Pen y Bont	A			2:17.59
	34.19	1:03.93	58.35	2:17.59
2 Rhoose	A			2:28.08
	35.78	1:07.10	1:47.85	2:28.08
3 Rest Bay	A			2:35.92
	37.73	1:12.99	59.20	2:35.92
4 Langland Bay	A			2:40.47
	44.05	1:17.57	1:05.30	2:40.47
5 Llantwit Major	A			2:44.51
	39.97	1:14.32	56.90	2:44.51

Event 98 Male 13 & Under 4x50 LC Meter Medley Relay Relay

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

Team	Relay			Finals Time
1 Pen y Bont	A			2:26.51
	33.23	1:05.45	57.71	2:26.51
2 Rhoose	A			2:37.11
	39.41	1:11.77	54.93	2:37.11
3 Rest Bay	A			2:45.15
	45.02	1:20.71	2:45.15	
--- GBR	A			X1:32.46R
	24.58	40.74	53.49	1:32.46
--- Langland Bay	A			NS

Event 99 Female 16-17 4x50 LC Meter Medley Relay Relay

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

Team	Relay			Finals Time
1 Rest Bay	A			2:00.13
	29.93	56.22	53.86	2:00.13
2 Beacon	A			2:01.91
	30.56	57.41	45.63	2:01.91
3 Llantwit Major	A			2:05.16
	31.53	58.67	2:05.16	
4 Rhoose	A			2:11.33
	33.89	1:01.45	1:01.57	2:11.33
5 Whitmore Bay	A			2:13.05
	33.27	1:00.62	1:04.14	2:13.05
6 Rascals	A			2:13.50
	35.55	1:02.54	1:08.31	2:13.50
7 Rest Bay	B			2:19.12
	37.04	1:07.29	1:43.25	2:19.12
8 Poppit Sands	A			2:19.62
	38.01	1:05.10	1:02.40	2:19.62
9 Blyth	A			2:19.91
	36.43	1:06.23	59.30	2:19.91
10 Pen y Bont	A			2:20.38
	37.44	1:05.76	1:02.09	2:20.38
11 Pen y Bont	B			2:24.36
	51.21	1:07.37	1:10.97	2:24.36
12 Llantwit Major	B			2:27.34
	34.04	1:02.99	1:45.71	2:27.34
--- Mumbles	A			NS
--- Vale	A			NS

Event 100 Male 16-17 4x50 LC Meter Medley Relay Relay

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

Team	Relay			Finals Time
1 Pen y Bont	A			1:49.17
	28.06	51.85	55.30	1:49.17

2 Beacon	A			1:50.98
	32.47	52.71	49.39	1:50.98
3 Rhoose	A			1:59.75
	29.98	56.16	53.79	1:59.75
4 Pen y Bont	B			2:13.91
	34.47	59.63	50.37	2:13.91
5 Southerndown	A			2:20.42
	35.49	1:03.47	52.88	2:20.42
--- Blyth	A			X2:06.35
	32.10	59.57	1:37.95	2:06.35
--- Rascals	A			X2:06.40
	30.66	1:01.70	56.12	2:06.40
--- Mumbles	A			NS

Event 101 Female 14-15 4x50 LC Meter Medley Relay Relay

Record: 2:02.66 R 28/01/2024 Rest Bay

Team	Relay			Finals Time
1 Rest Bay	A			2:04.76
	33.90	58.59	59.12	2:04.76
2 Pen y Bont	A			2:07.38
	30.67	55.95	1:04.46	2:07.38
3 Rascals	A			2:14.24
	32.34	1:00.88	1:00.51	2:14.24
4 Rhoose	A			2:14.83
	33.92	1:02.80	1:14.87	2:14.83
5 Poppit Sands	A			2:16.41
	31.47	1:00.43	51.20	2:16.41
6 Vale	A			2:24.26
	39.58	1:09.07	1:05.07	2:24.26
7 Aberavon	A			2:25.93
	31.49	1:00.67	1:00.43	2:25.93
8 Llantwit Major	A			2:26.22
	41.01	1:12.28	1:03.29	2:26.22
--- Sker & Pink Bay	A			DQ
	33.22	1:06.71	51.75	DQ
--- Poppit Sands	B			NS

Event 102 Male 14-15 4x50 LC Meter Medley Relay Relay

Record: 1:57.44 R 28/01/2024 Rascals

Team	Relay			Finals Time
1 Rascals	A			1:50.76R
	28.58	50.86	51.80	1:50.76
2 Rhoose	A			2:04.22
	32.43	58.38	1:06.74	2:04.22
3 Beacon	A			2:21.25
	38.34	1:04.46	1:02.93	2:21.25
4 Sker & Pink Bay	A			2:22.65
	30.52	59.82	59.49	2:22.65
5 Rest Bay	A			2:40.64
	40.73	1:13.49	1:23.05	2:40.64
--- Pen y Bont	A			DQ
	32.47	54.30	1:13.20	DQ

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

Team	Relay			Finals Time
1 Pen y Bont	A			2:07.95
	31.91	59.74	1:33.87	2:07.95
2 Langland Bay	A			2:15.86
	34.40	1:03.15	1:01.09	2:15.86

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

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

Record: 2:53.92 R 28/01/2024 Blyth

Team	Relay				Finals Time
1 Rest Bay	A				2:25.34R
	38.07	1:15.33	1:13.32	2:25.34	
2 Blyth	A				2:54.14
	46.99	1:26.95	1:15.55	2:54.14	

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

Record: 2:25.34 R 28/01/2024 Crawley Town

Team	Relay				Finals Time
1 Langland Bay	A				2:41.20
	39.56	1:10.74	55.13	2:41.20	
2 Pen y Bont	A				2:44.99
	40.86	1:19.36	57.44	2:44.99	
--- Crawley Town	A				NS

Event 103 Male/Open 20-39 4x50 LC Meter Medley Relay Relay

Team	Relay				Finals Time
1 Pen y Bont	A				1:54.65
	26.53	50.44	51.50	1:54.65	
2 Langland Bay	A				2:08.03

Event 103 Male/Open 40-69 4x50 LC Meter Medley Relay Relay

Record: 2:17.42 R 28/01/2024 Pen y bont

Team	Relay				Finals Time
1 Pen y Bont	A				2:07.14R
	28.53	57.39	1:09.12	2:07.14	
2 Langland Bay	A				2:17.16R
	36.89	1:05.24	1:05.46	2:17.16	

Event 103 Male/Open 70-99 4x50 LC Meter Medley Relay Relay

Record: 1:55.81 R 28/01/2024 Pen y bont

Team	Relay				Finals Time
1 Pen y Bont	A				2:01.38
	26.64	54.74	1:04.22	2:01.38	
2 Rest Bay	A				2:05.82
	33.57	59.20	1:05.48	2:05.82	
3 Langland Bay	B				2:08.40
	31.75	57.98	53.87	2:08.40	
4 Aberavon	A				2:09.84
	35.43	1:07.77	2:09.84		
5 Llantwit Major	A				2:10.67
	33.89	1:01.86	1:16.94	2:10.67	
6 Vale	A				2:10.90
	30.76	58.60	58.32	2:10.90	
7 Mumbles	A				2:12.04
	38.03	1:05.66	1:16.88	2:12.04	
8 Langland Bay	A				2:16.58
	37.99	1:04.01	1:11.50	2:16.58	
9 Rascals	A				2:28.36
	54.30	1:22.27	1:19.34	2:28.36	
10 Rest Bay	B				2:31.30
	41.24	1:10.11	59.64	2:31.30	
11 Poppit Sands	A				2:39.23
	50.41	1:22.80	1:22.12	2:39.23	

Event 103 Male/Open 100 & Over 4x50 LC Meter Medley Relay Relay

Record: 2:03.92 R 28/01/2024 Pen y bont

Team	Relay				Finals Time
1 Sker & Pink Bay	A				2:23.14
	38.06	1:06.52	1:13.25	2:23.14	

2 Langland Bay	A				2:35.36
	39.55	1:13.01	1:00.16	2:35.36	
3 Blyth	A				3:39.32
	46.07	1:18.65	2:19.98	3:39.32	
--- Poppit Sands	A				NS

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				1:49.76
	31.64	51.62	49.09	1:49.76	
2 Rascals	A				1:54.30
	31.55	53.79	48.15	1:54.30	
3 Rest Bay	A				1:56.76
	31.18	55.52	55.55	1:56.76	
4 Crawley Town	A				1:57.85
	31.99	57.13	56.30	1:57.85	
5 Pen y Bont	C				2:03.70
	31.99	57.81	47.62	2:03.70	
6 Vale	A				2:03.73
	34.20	57.94	59.94	2:03.73	
7 Pen y Bont	B				2:04.48
	28.90	56.84	1:29.06	2:04.48	
8 Rest Bay	B				2:06.22
	33.62	1:00.62	52.27	2:06.22	
9 Sker & Pink Bay	A				2:06.77
	30.42	55.96	51.77	2:06.77	
10 Rhoose	A				2:07.95
	31.38	59.26	1:32.92	2:07.95	
11 Pen y Bont	A				2:08.63
	31.89	58.52	52.77	2:08.63	
12 Blyth	A				2:09.86
	32.78	1:02.23	1:37.18	2:09.86	
13 Heanor	A				2:14.27
	33.11	1:01.60	54.85	2:14.27	
14 Langland Bay	A				2:18.84
	34.61	1:04.29	1:06.81	2:18.84	
15 Blyth	B				2:31.28
	42.35	1:09.81	1:00.12	2:31.28	

Event 108 Male/Open 4x50 LC Meter Medley Relay Relay

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

Team	Relay				Finals Time
1 Crawley Town	A				1:38.41
	28.19	44.69	45.25	1:38.41	
2 Rascals	A				1:39.11
	27.07	46.85	52.96	1:39.11	
3 Gyllyngvase	A				1:40.07
	26.38	45.92	51.20	1:40.07	
4 Rest Bay	A				1:40.90
	25.59	47.78	58.42	1:40.90	
5 Loughborough	A				1:41.32
	26.80	46.23	47.80	1:41.32	
6 Pen y Bont	A				1:46.10
	25.64	46.38	47.29	1:46.10	
7 Vale	A				1:49.56
	29.75	54.26	54.84	1:49.56	
8 Sker & Pink Bay	A				1:51.42
	26.99	49.00	53.64	1:51.42	
9 Pen y Bont	C				1:52.23
	28.83	1:52.23	1:01.61	1:52.23	

Welsh Stillwater Lifesaving Championships - 25/01/2025 to 26/01/2025

Results

(Event 108 Male/Open 4x50 LC Meter Medley Relay Relay)

Team		Relay		Finals Time
10	Heanor	A		1:52.42
	28.54	1:52.42	1:01.87	1:52.42
11	Rhoose	A		1:52.43
	26.48	49.34	52.94	1:52.43
12	Loughborough	B		1:56.20
	29.39	52.80	56.34	1:56.20
13	Blyth	A		1:59.80
	28.99	54.36	52.98	1:59.80
14	Aberavon	A		2:03.44
	30.65	54.78	56.47	2:03.44
15	Langland Bay	A		2:03.61
	30.16	54.94	59.85	2:03.61
16	Llantwit Major	B		2:12.82
	34.10	1:00.16	1:01.14	2:12.82
17	Llantwit Major	A		2:13.52
	31.77	1:06.83	1:40.14	2:13.52
18	Poppit Sands	A		2:16.73
	34.42	1:00.76	1:00.85	2:16.73
19	Llantwit Major	C		2:25.47
	35.34	1:01.81	58.80	2:25.47
---	Pen y Bont	B		DQ
	28.39	56.58	53.99	DQ