



**COLOURS GALA - HAVERFORDWEST SEALS**  
 Sunday 7th September - 2pm to 5pm - Hwest Pool  
 Theme: Independence Day



Team Manager



RED	BLUE	GREEN	YELLOW
<b>Makala</b>	<b>Eilidh</b>	<b>Dai Webb</b>	<b>Simon Mottram</b>
Hollie Thomas	<b>Mared</b>		
Cara Watson	Liam	Jack Rees	Ieuan
<b>Ben Mottram</b>	Baris	Issy davis	Finn
Lily	Rebecca	Poppy	Louisa
Huw	Dan Thomas	Matthew Berry	Tom W
Sean B	Margot	Travis	James H
Holly M	Grace	Lotty	Catriona
Freddy	Owen R	Jac W	Dean
Jessica W	Alis James	Anya	<b>Abbie Mottram</b>
Catrin R	Emily G	Hannah WJ	Summer
Gwenllian	Carys	Anna Long	Lucy Thomas
Hannah Pettit	Francesca	Sydney	Amber
Ffion Williams	Megan T	Ishbel	Katie Doughty
William L	Nia L	Isobel O	Ffion Moses
Briony	Stacie w	Deborah	Nihar
Sky L	Hugo	Antonio	Jessie Powell
William Wilson	Conner	<b>Jake Powell</b>	Dylan Heaton
Isaac	Henry White	Jack Doughty	Harrison
Dylan Dawes	Ianto	Asher L	Ben Mc Dougall
Gabriel Thicker	Eleanor White	Amy White	Matthew Hill
Amelia Palmer	Cleo Canton	Amy Knowles	Alys Webb
Kathryn Hill	Isla MW	Evie Goddard	Amelia Pettit



If you cannot make it, please tell your team manager and also email: [teammanagerhwestsc@gmail.com](mailto:teammanagerhwestsc@gmail.com)

This is a fun Gala. Dress up on the theme of Independence Day and wear your colours