

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 8.00AM****Event 1 Boys 9-11 1500 SC Meter Freestyle**

CBT: 20:33.19 R 03/12/2011 Dan Elkin

Carmarthen

Name	Age	Team	Seed Time	Finals Time	Points
1 Alex J Preece	11	Neath Asc	23:45.67	20:46.70	8
38.64	1:20.09 (41.45)	2:02.01 (41.92)	2:43.08 (41.07)		
3:24.75 (41.67)	4:07.91 (43.16)	4:49.35 (41.44)	5:31.09 (41.74)		
6:12.36 (41.27)	6:53.83 (41.47)	7:35.01 (41.18)	8:17.07 (42.06)		
8:59.23 (42.16)	9:41.12 (41.89)	10:22.77 (41.65)	11:04.22 (41.45)		
11:46.10 (41.88)	12:28.14 (42.04)	13:09.65 (41.51)	13:51.73 (42.08)		
14:33.94 (42.21)	15:16.75 (42.81)	15:58.81 (42.06)	16:41.10 (42.29)		
17:22.09 (40.99)	18:03.74 (41.65)	18:44.86 (41.12)	19:26.69 (41.83)		
20:07.95 (41.26)	20:46.70 (38.75)				

**Event 1 Boys 12-13 1500 SC Meter Freestyle**

CBT: 18:24.96 R 24/11/2012 Thomas Stephens

Swansea Sharks

Name	Age	Team	Seed Time	Finals Time	Points
1 Llewelyn W Davies	13	Swim Swansea	NT	18:12.04R	8
32.13	1:07.50 (35.37)	1:43.44 (35.94)	2:20.21 (36.77)		
2:56.33 (36.12)	3:33.98 (37.65)	4:10.22 (36.24)	4:46.60 (36.38)		
5:23.18 (36.58)	6:00.06 (36.88)	6:36.19 (36.13)	7:13.63 (37.44)		
7:51.11 (37.48)	8:27.61 (36.50)	9:03.84 (36.23)	9:40.48 (36.64)		
10:17.28 (36.80)	10:54.31 (37.03)	11:30.36 (36.05)	12:07.52 (37.16)		
12:44.33 (36.81)	13:21.18 (36.85)	13:57.52 (36.34)	14:33.92 (36.40)		
15:11.16 (37.24)	15:48.26 (37.10)	16:24.99 (36.73)	17:01.65 (36.66)		
17:37.58 (35.93)	18:12.04 (34.46)				
2 Rhys Davies	13	Fishguard Flyers SC	22:30.32	19:25.66	7
33.83	1:11.26 (37.43)	1:49.21 (37.95)	2:26.83 (37.62)		
3:05.29 (38.46)	3:43.94 (38.65)	4:22.16 (38.22)	5:01.49 (39.33)		
5:40.00 (38.51)	6:18.45 (38.45)	6:57.34 (38.89)	7:37.06 (39.72)		
8:15.72 (38.66)	8:55.12 (39.40)	9:34.64 (39.52)	10:14.30 (39.66)		
10:53.44 (39.14)	11:32.81 (39.37)	12:12.95 (40.14)	12:52.06 (39.11)		
13:31.86 (39.80)	14:13.80 (41.94)	14:54.02 (40.22)	15:34.31 (40.29)		
16:13.90 (39.59)	16:54.26 (40.36)	17:34.05 (39.79)	18:12.30 (38.25)		
18:52.45 (40.15)	19:25.66 (33.21)				
3 Jake Scott	13	Fishguard Flyers SC	21:31.58	20:50.90	6
34.71	1:14.23 (39.52)	1:56.54 (42.31)	2:38.99 (42.45)		
3:22.03 (43.04)	4:03.48 (41.45)	4:45.60 (42.12)	5:27.37 (41.77)		
6:08.83 (41.46)	6:51.19 (42.36)	7:33.49 (42.30)	8:16.29 (42.80)		
8:58.24 (41.95)	9:40.79 (42.55)	10:24.43 (43.64)	11:06.60 (42.17)		
11:48.66 (42.06)	12:31.96 (43.30)	13:14.44 (42.48)	13:57.82 (43.38)		
14:40.88 (43.06)	15:22.68 (41.80)	16:05.28 (42.60)	16:47.75 (42.47)		
17:29.99 (42.24)	18:10.43 (40.44)	18:51.45 (41.02)	19:32.68 (41.23)		
20:13.73 (41.05)	20:50.90 (37.17)				
4 Morgan Evans	13	Aberaeron SC	NT	21:24.74	5
37.75	1:18.30 (40.55)	1:59.43 (41.13)	2:41.13 (41.70)		
3:23.15 (42.02)	4:05.41 (42.26)	4:47.45 (42.04)	5:29.84 (42.39)		
6:12.85 (43.01)	6:55.41 (42.56)	7:38.23 (42.82)	8:22.31 (44.08)		
9:05.31 (43.00)	9:49.01 (43.70)	10:32.02 (43.01)	11:16.46 (44.44)		
12:01.68 (45.22)	12:44.85 (43.17)	13:30.17 (45.32)	14:14.53 (44.36)		
14:58.89 (44.36)	15:42.17 (43.28)	16:25.12 (42.95)	17:09.05 (43.93)		
17:53.64 (44.59)	18:36.24 (42.60)	19:19.46 (43.22)	20:03.02 (43.56)		
20:45.15 (42.13)	21:24.74 (39.59)				
5 Deian S Morgan	12	Carmarthen	NT	21:58.58	4
38.65	1:21.49 (42.84)	2:04.59 (43.10)	2:49.63 (45.04)		
3:34.77 (45.14)	4:20.27 (45.50)	5:05.69 (45.42)	5:52.40 (46.71)		
6:36.76 (44.36)	7:21.86 (45.10)	8:08.26 (46.40)	8:54.03 (45.77)		
9:40.20 (46.17)	10:27.04 (46.84)	11:13.77 (46.73)	11:59.91 (46.14)		
12:42.76 (42.85)	13:25.83 (43.07)	14:09.98 (44.15)	14:53.32 (43.34)		
15:36.94 (43.62)	16:19.62 (42.68)	17:03.78 (44.16)	17:47.96 (44.18)		
18:31.25 (43.29)	19:13.92 (42.67)	19:57.01 (43.09)	20:38.71 (41.70)		
21:20.82 (42.11)	21:58.58 (37.76)				

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 8.00AM****(Event 1 Boys 12-13 1500 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
6 Ben Omnet	12	Pembroke & District	NT	22:02.31	3
39.71	1:23.33 (43.62)	2:07.01 (43.68)	2:51.96 (44.95)		
3:36.64 (44.68)	4:24.99 (48.35)	5:10.28 (45.29)	5:55.20 (44.92)		
6:41.30 (46.10)	7:26.50 (45.20)	8:11.69 (45.19)	8:56.96 (45.27)		
9:41.97 (45.01)	10:27.46 (45.49)	11:12.42 (44.96)	11:59.26 (46.84)		
12:45.70 (46.44)	13:31.97 (46.27)	14:15.17 (43.20)	14:59.47 (44.30)		
15:44.03 (44.56)	16:28.28 (44.25)	17:13.26 (44.98)	17:55.09 (41.83)		
18:39.16 (44.07)	19:22.82 (43.66)	20:05.72 (42.90)	20:42.45 (36.73)		
21:25.60 (43.15)	22:02.31 (36.71)				
7 Louie Liguz	12	Amman Valley Swimming Club	NT	23:29.91	2
39.86	1:24.64 (44.78)	2:11.34 (46.70)	2:58.69 (47.35)		
3:45.82 (47.13)	4:33.16 (47.34)	5:21.15 (47.99)	6:08.15 (47.00)		
6:56.04 (47.89)	7:45.64 (49.60)	8:33.00 (47.36)	9:21.34 (48.34)		
10:08.87 (47.53)	10:55.67 (46.80)	11:43.01 (47.34)	12:31.01 (48.00)		
13:18.62 (47.61)	14:06.97 (48.35)	14:56.65 (49.68)	15:43.69 (47.04)		
16:31.03 (47.34)	17:18.42 (47.39)	18:05.46 (47.04)	18:53.52 (48.06)		
19:40.20 (46.68)	20:28.06 (47.86)	21:14.88 (46.82)	22:01.46 (46.58)		
22:47.13 (45.67)	23:29.91 (42.78)				
8 Benjamin Mainwaring	12	Amman Valley Swimming Club	NT	24:59.79	1
39.86	1:26.69 (46.83)	2:17.11 (50.42)	3:06.31 (49.20)		
3:56.19 (49.88)	4:46.58 (50.39)	5:36.86 (50.28)	6:27.52 (50.66)		
7:18.41 (50.89)	8:08.76 (50.35)	9:00.24 (51.48)	9:50.20 (49.96)		
10:40.38 (50.18)	11:31.05 (50.67)	12:20.59 (49.54)	13:13.64 (53.05)		
14:04.89 (51.25)	14:56.55 (51.66)	15:47.92 (51.37)	16:39.92 (52.00)		
17:32.36 (52.44)	18:23.12 (50.76)	19:14.83 (51.71)	20:05.31 (50.48)		
20:55.87 (50.56)	21:46.25 (50.38)	22:35.57 (49.32)	23:25.76 (50.19)		
24:15.69 (49.93)	24:59.79 (44.10)				

**Event 1 Boys 14-15 1500 SC Meter Freestyle**

CBT: 16:55.10 R 04/12/2010 Matthew Jayne

Swim Swansea

Name	Age	Team	Seed Time	Finals Time	Points
1 Colm Tobin	14	Pembroke & District	18:22.85	17:59.38	8
31.75	1:06.27 (34.52)	1:41.86 (35.59)	2:17.48 (35.62)		
2:54.02 (36.54)	3:30.59 (36.57)	4:06.91 (36.32)	4:42.58 (35.67)		
5:18.71 (36.13)	5:55.25 (36.54)	6:31.39 (36.14)	7:08.12 (36.73)		
7:44.18 (36.06)	8:20.91 (36.73)	8:56.51 (35.60)	9:32.55 (36.04)		
10:08.74 (36.19)	10:45.42 (36.68)	11:21.44 (36.02)	11:58.15 (36.71)		
12:34.53 (36.38)	13:10.96 (36.43)	13:47.25 (36.29)	14:24.07 (36.82)		
15:00.14 (36.07)	15:36.04 (35.90)	16:12.37 (36.33)	16:48.92 (36.55)		
17:25.44 (36.52)	17:59.38 (33.94)				
2 Rhys R Williams	15	Llanelli Asc	19:22.21	18:35.01	7
	12:30.69 ( )	14:12.89 (1:42.20)	14:31.95 (19.06)		
14:47.57 (15.62)					
15:26.45 ( )	16:06.35 (39.90)	16:46.29 (39.94)	17:23.75 (37.46)		
17:59.62 (35.87)	18:35.01 (35.39)				
3 Owain Gullam	14	Celtic Dolphins	18:58.00	18:40.00	6
29.64	1:04.08 (34.44)	1:40.65 (36.57)	2:17.30 (36.65)		
2:54.05 (36.75)	3:30.43 (36.38)	4:07.18 (36.75)	4:44.45 (37.27)		
5:23.82 (39.37)	6:02.38 (38.56)	6:41.85 (39.47)	7:20.46 (38.61)		
7:59.86 (39.40)	8:37.40 (37.54)	9:15.87 (38.47)	9:53.02 (37.15)		
10:31.76 (38.74)	11:10.08 (38.32)	11:47.69 (37.61)	12:25.17 (37.48)		
13:03.07 (37.90)	13:41.43 (38.36)	14:18.70 (37.27)	14:56.09 (37.39)		
15:34.43 (38.34)	16:12.65 (38.22)	16:50.92 (38.27)	17:28.02 (37.10)		
18:04.37 (36.35)	18:40.00 (35.63)				

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 8.00AM****(Event 1 Boys 14-15 1500 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
4 Steffan Rhys Herdman	15	Aberystwyth	19:28.94	18:52.88	5
31.22	1:06.71 (35.49)	1:44.14 (37.43)	2:22.04 (37.90)		
2:59.73 (37.69)	3:38.15 (38.42)	4:15.21 (37.06)	4:53.79 (38.58)		
5:32.35 (38.56)	6:11.01 (38.66)	6:49.07 (38.06)	7:26.77 (37.70)		
8:04.79 (38.02)	8:44.52 (39.73)	9:21.70 (37.18)	9:59.54 (37.84)		
10:38.01 (38.47)	11:15.80 (37.79)	11:52.92 (37.12)	12:30.70 (37.78)		
13:08.19 (37.49)	13:46.81 (38.62)	14:25.00 (38.19)	15:03.93 (38.93)		
15:43.30 (39.37)	16:21.73 (38.43)	17:00.36 (38.63)	17:39.61 (39.25)		
18:18.53 (38.92)	18:52.88 (34.35)				
5 Cas Pelders	15	Swim Swansea	18:42.10	19:03.96	4
31.94	1:07.50 (35.56)	1:43.89 (36.39)	2:20.82 (36.93)		
2:58.39 (37.57)	3:35.69 (37.30)	4:13.22 (37.53)	4:50.75 (37.53)		
5:28.95 (38.20)	6:07.05 (38.10)	6:45.19 (38.14)	7:23.56 (38.37)		
8:02.50 (38.94)	8:41.22 (38.72)	9:19.71 (38.49)	9:58.35 (38.64)		
10:36.66 (38.31)	11:15.77 (39.11)	11:54.21 (38.44)	12:32.85 (38.64)		
13:12.68 (39.83)	13:52.26 (39.58)	14:31.84 (39.58)	15:11.34 (39.50)		
15:51.56 (40.22)	16:31.23 (39.67)	17:10.32 (39.09)	17:48.98 (38.66)		
18:27.45 (38.47)	19:03.96 (36.51)				
6 Jack Thompson	14	Penyrheol Swimming Club	NT	19:26.28	3
33.50	1:11.09 (37.59)	1:49.18 (38.09)	2:27.18 (38.00)		
3:05.69 (38.51)	3:44.03 (38.34)	4:22.78 (38.75)	5:01.70 (38.92)		
5:40.91 (39.21)	6:20.32 (39.41)	6:59.58 (39.26)	7:38.90 (39.32)		
8:18.84 (39.94)	8:58.50 (39.66)	9:38.67 (40.17)	10:17.97 (39.30)		
10:57.64 (39.67)	11:37.69 (40.05)	12:16.85 (39.16)	12:57.04 (40.19)		
13:36.58 (39.54)	14:16.83 (40.25)	14:57.14 (40.31)	15:36.82 (39.68)		
16:16.41 (39.59)	16:55.91 (39.50)	17:34.27 (38.36)	18:13.36 (39.09)		
18:51.57 (38.21)	19:26.28 (34.71)				
7 Rowan Kettle	14	Pembroke & District	22:04.49	19:50.95	2
34.56	1:13.38 (38.82)	1:52.73 (39.35)	2:33.49 (40.76)		
3:13.82 (40.33)	3:54.17 (40.35)	4:34.88 (40.71)	5:15.57 (40.69)		
5:56.25 (40.68)	6:36.72 (40.47)	7:16.56 (39.84)	7:56.88 (40.32)		
8:36.64 (39.76)	9:17.29 (40.65)	9:57.81 (40.52)	10:38.19 (40.38)		
11:18.66 (40.47)	11:58.80 (40.14)	12:39.34 (40.54)	13:20.31 (40.97)		
14:01.28 (40.97)	14:41.81 (40.53)	15:20.36 (38.55)	15:59.68 (39.32)		
16:38.42 (38.74)	17:18.54 (40.12)	17:57.16 (38.62)	18:36.08 (38.92)		
19:14.24 (38.16)	19:50.95 (36.71)				
8 Luc Bartlett	14	Neath Asc	23:05.78	20:45.22	1
38.17	1:18.88 (40.71)	2:00.53 (41.65)	2:42.25 (41.72)		
3:24.27 (42.02)	4:06.19 (41.92)	4:48.47 (42.28)	5:29.80 (41.33)		
6:12.05 (42.25)	6:54.65 (42.60)	7:36.76 (42.11)	8:18.87 (42.11)		
9:01.03 (42.16)	9:42.51 (41.48)	10:24.45 (41.94)	11:05.64 (41.19)		
11:47.93 (42.29)	12:30.20 (42.27)	13:11.89 (41.69)	13:53.84 (41.95)		
14:37.55 (43.71)	15:19.11 (41.56)	16:01.48 (42.37)	16:42.51 (41.03)		
17:22.68 (40.17)	18:03.92 (41.24)	18:43.50 (39.58)	19:25.65 (42.15)		
20:06.64 (40.99)	20:45.22 (38.58)				
9 Llyr Jenkins	14	Amman Valley Swimming Club	NT	21:05.30	
36.31	1:16.68 (40.37)	1:58.42 (41.74)	2:40.57 (42.15)		
3:22.89 (42.32)	4:05.43 (42.54)	4:46.72 (41.29)	5:28.86 (42.14)		
6:11.46 (42.60)	6:53.30 (41.84)	7:35.67 (42.37)	8:17.84 (42.17)		
9:01.13 (43.29)	9:43.93 (42.80)	10:26.76 (42.83)	11:09.93 (43.17)		
11:53.60 (43.67)	12:36.98 (43.38)	13:18.90 (41.92)	14:02.46 (43.56)		
14:45.41 (42.95)	15:28.04 (42.63)	16:11.41 (43.37)	16:54.28 (42.87)		
17:37.33 (43.05)	18:21.67 (44.34)	19:02.64 (40.97)	19:45.30 (42.66)		
20:26.79 (41.49)	21:05.30 (38.51)				

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 8.00AM****(Event 1 Boys 14-15 1500 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
10 Ben Bartlett	14	Neath Asc	23:45.87	21:28.28	
37.21	1:19.24 (42.03)	2:01.40 (42.16)	2:44.50 (43.10)		
3:27.26 (42.76)	4:10.20 (42.94)	4:52.34 (42.14)	5:35.53 (43.19)		
6:18.83 (43.30)	7:01.35 (42.52)	7:43.68 (42.33)	8:26.64 (42.96)		
9:09.88 (43.24)	9:52.30 (42.42)	10:35.63 (43.33)	11:18.49 (42.86)		
12:01.64 (43.15)	12:44.70 (43.06)	13:28.26 (43.56)	14:12.58 (44.32)		
14:56.29 (43.71)	15:40.03 (43.74)	16:24.22 (44.19)	17:06.34 (42.12)		
17:49.96 (43.62)	18:34.12 (44.16)	19:18.02 (43.90)	20:02.55 (44.53)		
20:46.54 (43.99)	21:28.28 (41.74)				
11 David Radmore	15	Pembroke & District	22:23.28	24:44.46	
38.41	1:21.10 (42.69)	2:05.56 (44.46)	2:50.11 (44.55)		
3:35.53 (45.42)	4:21.76 (46.23)	5:07.50 (45.74)	5:53.37 (45.87)		
6:40.09 (46.72)	7:26.12 (46.03)	8:13.26 (47.14)	8:59.72 (46.46)		
9:46.97 (47.25)	10:33.94 (46.97)	11:20.54 (46.60)	12:07.73 (47.19)		
12:55.40 (47.67)	13:42.60 (47.20)	14:29.76 (47.16)	15:17.91 (48.15)		
16:05.44 (47.53)	16:53.77 (48.33)	17:42.24 (48.47)	18:29.33 (47.09)		
19:16.46 (47.13)	20:04.02 (47.56)	20:51.34 (47.32)	21:38.15 (46.81)		
23:58.54 (2:20.39)	24:44.46 (45.92)				

**Event 1 Boys 16 & Over 1500 SC Meter Freestyle**

CBT: 18:04.07 R 30/11/2013 Ieuan D Cooke

Haverfordwest

Name	Age	Team	Seed Time	Finals Time	Points
1 Harry Kemp	16	Tenby Dolphins	19:38.15	19:46.45	8
32.71	1:08.42 (35.71)	1:45.87 (37.45)	2:24.66 (38.79)		
3:04.78 (40.12)	3:43.78 (39.00)	4:23.34 (39.56)	5:03.59 (40.25)		
5:43.29 (39.70)	6:23.04 (39.75)	7:03.15 (40.11)	7:43.51 (40.36)		
8:23.02 (39.51)	9:03.71 (40.69)	9:43.42 (39.71)	10:24.24 (40.82)		
11:03.86 (39.62)	11:43.67 (39.81)	12:23.97 (40.30)	13:04.37 (40.40)		
13:44.28 (39.91)	14:25.68 (41.40)	15:06.54 (40.86)	15:47.57 (41.03)		
16:27.42 (39.85)	17:07.84 (40.42)	17:48.21 (40.37)	18:29.06 (40.85)		
19:09.28 (40.22)	19:46.45 (37.17)				

**Event 2 Girls 11-12 800 SC Meter Freestyle**

CBT: 10:21.70 R 04/12/2010 Billie-Jo Barrow

Swansea Sharks

Name	Age	Team	Seed Time	Finals Time	Points
1 Ashleigh Willis	12	Swim Swansea	11:02.70	10:46.12	8
36.29	1:16.07 (39.78)	1:57.08 (41.01)	2:38.00 (40.92)		
3:19.22 (41.22)	4:00.10 (40.88)	4:40.89 (40.79)	5:22.29 (41.40)		
6:03.55 (41.26)	6:44.94 (41.39)	7:26.57 (41.63)	8:07.28 (40.71)		
8:48.30 (41.02)	9:29.30 (41.00)	10:09.64 (40.34)	10:46.12 (36.48)		
2 Sioned Wallwork	12	Aberystwyth	11:01.57	10:50.03	7
35.87	1:15.85 (39.98)	1:56.03 (40.18)	2:36.85 (40.82)		
3:17.70 (40.85)	3:59.13 (41.43)	4:40.72 (41.59)	5:22.41 (41.69)		
6:03.77 (41.36)	6:45.30 (41.53)	7:26.02 (40.72)	8:07.30 (41.28)		
8:49.01 (41.71)	9:30.97 (41.96)	10:12.40 (41.43)	10:50.03 (37.63)		
3 Rosie Llewellyn	12	Pembroke & District	12:53.81	10:59.86	6
4 Alannah Thompson	12	Penyrheol Swimming Club	NT	11:12.46	5
36.16	1:17.41 (41.25)	2:00.21 (42.80)	2:42.99 (42.78)		
3:25.34 (42.35)	4:07.78 (42.44)	4:50.49 (42.71)	5:33.50 (43.01)		
6:16.72 (43.22)	6:59.71 (42.99)	7:42.90 (43.19)	8:25.59 (42.69)		
9:08.88 (43.29)	9:51.68 (42.80)	10:34.01 (42.33)	11:12.46 (38.45)		
5 Chloe Fletcher	12	Cardigan Swimming Team	12:17.86	11:33.04	4
36.31	1:17.80 (41.49)	2:01.36 (43.56)	2:44.99 (43.63)		
3:29.58 (44.59)	4:13.43 (43.85)	4:58.25 (44.82)	5:43.19 (44.94)		
6:28.17 (44.98)	7:13.48 (45.31)	7:57.77 (44.29)	8:42.06 (44.29)		
9:25.29 (43.23)	10:10.13 (44.84)	10:53.12 (42.99)	11:33.04 (39.92)		

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 8.00AM****(Event 2 Girls 11-12 800 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
6 Celyn Nicholson	12	Aberaeron SC	NT	11:52.78	3
36.81	1:19.10 (42.29)	2:04.44 (45.34)	2:49.93 (45.49)		
3:36.26 (46.33)	4:22.76 (46.50)	5:07.20 (44.44)	5:54.32 (47.12)		
6:40.43 (46.11)	7:27.46 (47.03)	8:12.25 (44.79)	8:57.71 (45.46)		
9:44.16 (46.45)	10:29.57 (45.41)	11:13.84 (44.27)	11:52.78 (38.94)		
7 Lauren Omnet	11	Pembroke & District	11:52.49	12:08.45	2
41.17	1:26.45 (45.28)	2:12.37 (45.92)	2:58.94 (46.57)		
3:45.91 (46.97)	4:32.03 (46.12)	5:18.33 (46.30)	6:04.32 (45.99)		
6:51.31 (46.99)	7:37.42 (46.11)	8:23.35 (45.93)	9:08.71 (45.36)		
9:54.69 (45.98)	10:41.69 (47.00)	11:26.19 (44.50)	12:08.45 (42.26)		
8 Elli Woodruff	12	Carmarthen	12:49.08	13:05.53	1
39.25	1:23.57 (44.32)	2:09.89 (46.32)	2:56.94 (47.05)		
3:44.33 (47.39)	4:32.92 (48.59)	5:22.00 (49.08)	6:12.02 (50.02)		
7:02.41 (50.39)	7:53.02 (50.61)	8:40.13 (47.11)	9:34.77 (54.64)		
10:31.37 (56.60)	11:27.86 (56.49)	12:24.46 (56.60)	13:05.53 (41.07)		
9 Cari L Davies	11	Aberystwyth	13:34.91	13:20.37	
10 Alaw Davies	11	Aberystwyth	14:46.47	13:47.93	
11 Amy Cole	12	Llanelli Asc	NT	14:55.70	
43.48	1:35.89 (52.41)	2:30.41 (54.52)	3:26.61 (56.20)		
4:23.61 (57.00)	5:21.34 (57.73)	6:17.64 (56.30)	7:15.45 (57.81)		
8:15.68 (1:00.23)	9:16.40 (1:00.72)	10:13.79 (57.39)	11:12.42 (58.63)		
12:11.00 (58.58)	13:07.20 (56.20)	14:04.24 (57.04)	14:55.70 (51.46)		

**Event 2 Girls 13-14 800 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Arabella Haley	13	Tenby Dolphins	10:39.82	9:55.21	8
32.86	1:09.88 (37.02)	1:48.06 (38.18)	2:25.84 (37.78)		
3:04.18 (38.34)	3:42.12 (37.94)	4:20.29 (38.17)	4:58.77 (38.48)		
5:36.54 (37.77)	6:14.89 (38.35)	6:52.77 (37.88)	7:30.58 (37.81)		
8:08.25 (37.67)	8:45.55 (37.30)	9:21.93 (36.38)	9:55.21 (33.28)		
2 Mali Jones	13	Aberystwyth	11:08.88	10:30.34	7
34.87	1:13.24 (38.37)	1:52.97 (39.73)	2:32.65 (39.68)		
3:13.20 (40.55)	3:53.30 (40.10)	4:34.07 (40.77)	5:14.45 (40.38)		
5:55.20 (40.75)	6:35.33 (40.13)	7:15.40 (40.07)	7:55.25 (39.85)		
8:35.14 (39.89)	9:15.38 (40.24)	9:54.63 (39.25)	10:30.34 (35.71)		
3 Cara J Davies	13	Swim Swansea	10:49.00	10:34.79	6
35.14	1:14.49 (39.35)	1:54.99 (40.50)	2:35.11 (40.12)		
3:14.61 (39.50)	3:54.54 (39.93)	4:35.17 (40.63)	5:16.02 (40.85)		
5:56.76 (40.74)	6:36.56 (39.80)	7:16.85 (40.29)	7:57.10 (40.25)		
8:37.37 (40.27)	9:17.13 (39.76)	9:56.92 (39.79)	10:34.79 (37.87)		
4 Chloe Davies	14	Swim Swansea	NT	10:41.49	5
5 Rhiannon Williams	13	Swim Swansea	10:41.70	10:45.67	4
36.10	1:14.69 (38.59)	1:55.23 (40.54)	2:36.04 (40.81)		
3:16.08 (40.04)	3:57.08 (41.00)	4:38.90 (41.82)	5:19.89 (40.99)		
6:01.18 (41.29)	6:42.64 (41.46)	7:24.11 (41.47)	8:05.64 (41.53)		
8:46.95 (41.31)	9:28.30 (41.35)	10:07.94 (39.64)	10:45.67 (37.73)		
6 Pam Pelders	14	Swim Swansea	NT	10:46.33	3
7 Catherine Greenaway	13	Swim Swansea	11:14.71	10:46.45	2
34.65	1:13.55 (38.90)	1:53.21 (39.66)	2:32.83 (39.62)		
3:12.45 (39.62)	3:52.46 (40.01)	4:33.23 (40.77)	5:13.97 (40.74)		
5:55.02 (41.05)	6:36.42 (41.40)	7:17.64 (41.22)	7:59.03 (41.39)		
8:41.51 (42.48)	9:23.02 (41.51)	10:05.87 (42.85)	10:46.45 (40.58)		
8 Megan Black	13	Swim Swansea	11:01.44	10:46.68	1
35.97	1:15.75 (39.78)	1:56.58 (40.83)	2:37.72 (41.14)		
3:18.90 (41.18)	4:00.21 (41.31)	4:41.04 (40.83)	5:22.11 (41.07)		
6:03.12 (41.01)	6:44.83 (41.71)	7:26.25 (41.42)	8:06.81 (40.56)		
8:47.98 (41.17)	9:28.98 (41.00)	10:09.46 (40.48)	10:46.68 (37.22)		

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 8.00AM****(Event 2 Girls 13-14 800 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
9 Menna Phillips	14	Fishguard Flyers SC	11:20.13	10:51.33	
35.02	1:13.50 (38.48)	1:53.00 (39.50)	2:33.31 (40.31)		
3:13.90 (40.59)	3:55.11 (41.21)	4:36.66 (41.55)	5:19.34 (42.68)		
6:01.30 (41.96)	6:43.10 (41.80)	7:25.72 (42.62)	8:07.23 (41.51)		
8:49.39 (42.16)	9:31.23 (41.84)	10:12.68 (41.45)	10:51.33 (38.65)		
10 Gemma Davies	14	Carmarthen	11:29.65	10:55.89	
36.88	1:18.00 (41.12)	1:59.57 (41.57)	2:41.53 (41.96)		
3:23.33 (41.80)	4:05.13 (41.80)	4:46.20 (41.07)	5:27.46 (41.26)		
6:08.90 (41.44)	6:49.96 (41.06)	7:31.08 (41.12)	8:13.01 (41.93)		
8:54.40 (41.39)	9:36.22 (41.82)	10:17.40 (41.18)	10:55.89 (38.49)		
11 Bethan Wells	13	Swim Swansea	NT	12:07.45	
38.82	1:21.60 (42.78)	2:06.23 (44.63)	2:50.99 (44.76)		
3:37.32 (46.33)	4:24.07 (46.75)	5:10.14 (46.07)	5:57.30 (47.16)		
6:44.44 (47.14)	7:30.91 (46.47)	8:17.66 (46.75)	9:04.10 (46.44)		
9:51.29 (47.19)	10:37.73 (46.44)	11:24.87 (47.14)	12:07.45 (42.58)		
12 Olivia John	13	Llanelli Asc	12:08.94	12:09.32	
37.52	1:20.55 (43.03)	2:04.33 (43.78)	2:48.71 (44.38)		
3:33.73 (45.02)	4:19.03 (45.30)	5:04.51 (45.48)	5:51.45 (46.94)		
6:38.70 (47.25)	7:25.23 (46.53)	8:13.56 (48.33)	9:01.69 (48.13)		
9:50.03 (48.34)	10:37.61 (47.58)	11:26.10 (48.49)	12:09.32 (43.22)		
13 Ellie Rogers	14	Pembroke & District	15:37.93	12:18.03	

**Event 2 Girls 15 & Over 800 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Rebekah Black	15	Swim Swansea	9:55.80	9:57.68	8
33.29	1:09.97 (36.68)	1:47.66 (37.69)	2:25.27 (37.61)		
3:03.26 (37.99)	3:40.74 (37.48)	4:18.52 (37.78)	4:56.62 (38.10)		
5:33.74 (37.12)	6:11.54 (37.80)	6:49.76 (38.22)	7:28.16 (38.40)		
8:05.94 (37.78)	8:44.23 (38.29)	9:21.68 (37.45)	9:57.68 (36.00)		
2 Hannah Davies	16	Carmarthen	9:53.52	10:26.82	7
31.73	1:07.55 (35.82)	1:45.53 (37.98)	2:23.19 (37.66)		
3:01.56 (38.37)	3:40.06 (38.50)	4:17.50 (37.44)	4:57.00 (39.50)		
5:35.00 (38.00)	6:16.12 (41.12)	6:57.68 (41.56)	7:37.87 (40.19)		
8:19.71 (41.84)	9:02.57 (42.86)	9:44.96 (42.39)	10:26.82 (41.86)		
3 Nicola Grange	16	Celtic Dolphins	11:01.20	10:28.75	6
35.44	1:15.37 (39.93)	1:55.45 (40.08)	2:35.43 (39.98)		
3:15.41 (39.98)	3:55.21 (39.80)	4:35.45 (40.24)	5:15.13 (39.68)		
5:54.77 (39.64)	6:34.14 (39.37)	7:13.40 (39.26)	7:53.28 (39.88)		
8:33.23 (39.95)	9:12.85 (39.62)	9:51.56 (38.71)	10:28.75 (37.19)		
4 Bethan Benham	15	Aberystwyth	10:53.14	10:32.52	5
33.44	1:11.24 (37.80)	1:52.35 (41.11)	2:32.36 (40.01)		
3:12.37 (40.01)	3:52.67 (40.30)	4:32.71 (40.04)	5:13.12 (40.41)		
5:54.12 (41.00)	6:34.26 (40.14)	7:14.43 (40.17)	7:55.07 (40.64)		
8:35.22 (40.15)	9:14.87 (39.65)	9:54.39 (39.52)	10:32.52 (38.13)		
5 India Woodruff	15	Carmarthen	11:28.95	10:37.30	4
34.90	1:14.18 (39.28)	1:54.21 (40.03)	2:34.86 (40.65)		
3:15.91 (41.05)	3:56.35 (40.44)	4:36.97 (40.62)	5:18.13 (41.16)		
5:58.13 (40.00)	6:37.70 (39.57)	7:17.89 (40.19)	7:58.14 (40.25)		
8:38.91 (40.77)	9:19.58 (40.67)	9:59.48 (39.90)	10:37.30 (37.82)		
6 Rebecca Harris	15	Celtic Dolphins	NT	10:53.36	3
7 Bethan Phillips	16	Fishguard Flyers SC	11:07.36	10:59.25	2
35.72	1:14.18 (38.46)	1:53.72 (39.54)	2:35.10 (41.38)		
3:16.35 (41.25)	3:57.98 (41.63)	4:40.08 (42.10)	5:21.53 (41.45)		
6:03.68 (42.15)	6:46.08 (42.40)	7:29.54 (43.46)	8:12.17 (42.63)		
8:54.77 (42.60)	9:37.93 (43.16)	10:19.87 (41.94)	10:59.25 (39.38)		
8 Lucy Omnet	15	Pembroke & District	13:39.51	11:00.34	1

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 8.00AM****(Event 2 Girls 15 & Over 800 SC Meter Freestyle)**

<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
9 Carys James	16	Fishguard Flyers SC	10:33.34	11:06.24	
35.82	1:15.68 (39.86)	1:57.69 (42.01)	2:40.04 (42.35)		
3:22.06 (42.02)	4:03.93 (41.87)	4:46.08 (42.15)	5:28.40 (42.32)		
6:11.57 (43.17)	6:53.87 (42.30)	7:36.34 (42.47)	8:19.13 (42.79)		
9:01.37 (42.24)	9:43.53 (42.16)	10:25.99 (42.46)	11:06.24 (40.25)		