

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****Event 3 Boys 15 Year Olds 50 SC Meter Freestyle**

CBT: 26.35 R 24/11/2012 Jonathan Orchard		Pembroke			
Name	Age	Team	Seed Time	Finals Time	Points
1 Baris R Akay	15	Haverfordwest Swimming Club	27.65	27.04	8
2 Dafydd Nicholls	15	Cardigan Swimming Team	27.61	27.87	7
3 Cas Pelders	15	Swim Swansea	27.80	28.01	6
4 Kyle Job	15	Penyrheol Swimming Club	28.25	28.58	5
5 Iwan Tomos	15	Celtic Dolphins	31.09	30.43	4
6 David Radmore	15	Pembroke & District	30.60	32.34	3

Event 3 Boys 16 & Over 50 SC Meter Freestyle

CBT: 27.07 R 04/12/2010 Matt C Davie		Tenby			
Name	Age	Team	Seed Time	Finals Time	Points
1 Daniel J Thomas	17	Pembroke & District	26.79	26.72 R	8
2 Lewis R Quirk	16	Swim Swansea	28.50	28.26	7

Event 4 Girls 14 Year Olds 50 SC Meter Freestyle

CBT: 29.31 R 24/11/2012 Kate Owen		Celtic Dolphins			
Name	Age	Team	Seed Time	Finals Time	Points
1 Caitlin Dwyer	14	Swim Swansea	30.53	29.58	8
2 Abbie Williams	14	Pembroke & District	31.31	29.81	7
3 Shannon Sayer	14	Aberystwyth	31.20	30.78	6
4 Hannah F Myers	14	Fishguard Flyers SC	30.72	30.86	5
5 Menna Phillips	14	Fishguard Flyers SC	31.06	30.92	4
6 Alaw O'Rourke	14	Aberystwyth	30.40	31.28	3
7 Megan Fletcher	14	Cardigan Swimming Team	31.50	31.55	2
8 Pam Pelders	14	Swim Swansea	31.50	31.68	1
9 Rebecca Glasser	14	Aberystwyth	32.16	32.00	
10 Eluned Schadeberg	14	Carmarthen	32.51	33.11	
11 Charlotte O'Neill	14	Tenby Dolphins	34.80	34.78	

Event 4 Girls 15 & Over 50 SC Meter Freestyle

CBT: 29.66 R 30/11/2013 Alexandra Sack		Neath			
Name	Age	Team	Seed Time	Finals Time	Points
1 Katie Hicks	15	Tenby Dolphins	29.70	29.91	8
2 Holly L Thomas	16	Amman Valley Swimming Club	29.72	30.31	7
3 Talesia Janes	15	Aberystwyth	30.19	30.33	6
4 India Woodruff	15	Carmarthen	30.63	30.48	5
5 Cari O'Rourke	16	Aberystwyth	30.45	30.54	4
6 Bethan Phillips	16	Fishguard Flyers SC	30.58	30.60	3
7 Francesca M Golding	22	Neath Asc	30.12	31.13	2
8 Rebekah Black	15	Swim Swansea	30.70	31.18	1
9 Bethan Benham	15	Aberystwyth	31.51	31.50	
10 Laura Nix	17	Carmarthen	31.10	31.74	
11 Olivia Michael	15	Celtic Dolphins	31.89	31.76	
12 Ellie Parks	15	Pembroke & District	31.11	33.74	
13 Leigh White	16	Pembroke & District	33.49	34.21	

Event 5 Boys 9-11 200 SC Meter IM

CBT: 2:55.97 R 24/11/2012 Jake Scott		Milford Haven				
Name	Age	Team	Seed Time	Finals Time	Points	
1 Toby Sturley	10	Pembroke & District	3:17.65	3:06.85	8	
			43.51	1:29.16 (45.65)	2:26.42 (57.26)	3:06.85 (40.43)
2 Dylan Lewis	10	Swim Swansea	3:10.49	3:08.56	7	
			40.57	1:27.26 (46.69)	2:29.86 (1:02.60)	3:08.56 (38.70)
3 Lewis Wells	11	Neath Asc	3:12.87	3:09.26	6	
			43.93	1:30.74 (46.81)	2:29.44 (58.70)	3:09.26 (39.82)

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 5 Boys 9-11 200 SC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time	Points
4	Conner P Whitworth	10	Haverfordwest Swimming Club	3:30.81	3:11.85	5
	42.81	1:32.48 (49.67)	2:29.27 (56.79)	3:11.85 (42.58)		
5	Travis Christopher-Mullin	11	Haverfordwest Swimming Club	3:18.14	3:12.15	4
	44.15	1:30.43 (46.28)	2:30.51 (1:00.08)	3:12.15 (41.64)		
6	Owyn Griffiths	10	Pembroke & District	3:16.17	3:13.58	3
	45.28	1:33.35 (48.07)	2:29.52 (56.17)	3:13.58 (44.06)		
7	William D Wilson	10	Haverfordwest Swimming Club	3:28.45	3:16.84	2
	42.03	1:33.97 (51.94)	2:32.72 (58.75)	3:16.84 (44.12)		
8	Joshua Cooper	10	Neath Asc	3:19.76	3:17.35	1
	46.12	1:33.48 (47.36)	2:37.87 (1:04.39)	3:17.35 (39.48)		
9	Arron Fitzsimmons	10	Pembroke & District	3:23.86	3:19.73	
	47.26	1:35.09 (47.83)	2:35.33 (1:00.24)	3:19.73 (44.40)		
10	Connor Smart	11	Llanelli Asc	NT	3:20.67	
	43.68	1:36.23 (52.55)	2:38.76 (1:02.53)	3:20.67 (41.91)		
11	Joshua Thomas	11	Swim Swansea	3:31.60	3:21.75	
	45.68	1:31.59 (45.91)	2:35.39 (1:03.80)	3:21.75 (46.36)		
12	Jack Elliott	11	Haverfordwest Swimming Club	3:28.37	3:23.80	
	15.52	47.71 (32.19)	1:38.07 (50.36)	3:23.80 (1:45.73)		
13	Jake T Powell	10	Haverfordwest Swimming Club	3:26.75	3:24.88	
	47.50	1:39.16 (51.66)	2:39.92 (1:00.76)	3:24.88 (44.96)		
14	Archie Dilks	10	Tenby Dolphins	3:35.99	3:27.17	
	49.14	1:40.94 (51.80)	2:44.04 (1:03.10)	3:27.17 (43.13)		
15	Rhys Partridge	9	Llanelli Asc	3:17.52	3:28.35	
	50.63	1:42.40 (51.77)	2:42.18 (59.78)	3:28.35 (46.17)		
16	Neo Seppman	10	Swim Swansea	3:58.37	3:31.11	
	47.90	1:38.76 (50.86)	2:42.71 (1:03.95)	3:31.11 (48.40)		
17	Robert Glasser	11	Aberystwyth	3:44.50	3:33.37	
	56.02	1:48.57 (52.55)	2:48.13 (59.56)	3:33.37 (45.24)		
18	Jacob Massey	11	Aberystwyth	3:57.17	3:35.31	
	51.05	1:47.66 (56.61)	2:51.79 (1:04.13)	3:35.31 (43.52)		
19	Luke Jones	11	Cardigan Swimming Team	3:41.15	3:36.52	
	54.99	1:45.74 (50.75)	2:51.93 (1:06.19)	3:36.52 (44.59)		
20	Liam Edwards	10	Carmarthen	3:53.12	3:37.03	
	53.87	1:51.64 (57.77)	2:46.97 (55.33)	3:37.03 (50.06)		
21	Luke Greenaway	10	Swim Swansea	3:43.34	3:37.21	
	53.46	1:46.32 (52.86)	2:52.45 (1:06.13)	3:37.21 (44.76)		
22	Alec Larsen	11	Milford Haven Swim Squad	3:55.26	3:40.22	
	54.77	1:51.86 (57.09)	2:50.77 (58.91)	3:40.22 (49.45)		
23	Harry Hewitt	9	Swim Swansea	NT	3:45.37	
	53.63	1:47.83 (54.20)	2:54.19 (1:06.36)	3:45.37 (51.18)		
24	Jack Doughty	11	Haverfordwest Swimming Club	4:16.12	3:49.11	
	58.36	1:56.80 (58.44)	3:01.05 (1:04.25)	3:49.11 (48.06)		
25	Dylan Dawes	11	Haverfordwest Swimming Club	4:28.44	3:50.83	
	51.04	1:49.78 (58.74)	2:57.86 (1:08.08)	3:50.83 (52.97)		
26	Alex Glasser	11	Aberystwyth	4:43.62	3:55.43	
	57.91	1:55.97 (58.06)	3:06.64 (1:10.67)	3:55.43 (48.79)		
27	David Scott	11	Fishguard Flyers SC	3:53.25	3:56.17	
	58.68	1:57.05 (58.37)	3:06.99 (1:09.94)	3:56.17 (49.18)		
28	Ben J MacDougall	11	Haverfordwest Swimming Club	4:02.31	3:56.69	
	1:00.21	2:01.02 (1:00.81)	3:00.84 (59.82)	3:56.69 (55.85)		
29	Adam D Jones	9	Swim Swansea	NT	3:59.29	
	55.64	1:53.00 (57.36)	3:07.51 (1:14.51)	3:59.29 (51.78)		
30	Woody L Francis	9	Swim Swansea	NT	3:59.70	
	57.49	1:55.06 (57.57)	3:06.74 (1:11.68)	3:59.70 (52.96)		
31	Morgan Williams	9	Pembroke & District	4:26.69	4:05.37	
	58.25	1:59.58 (1:01.33)	3:13.87 (1:14.29)	4:05.37 (51.50)		
32	Antonio Girolami	9	Haverfordwest Swimming Club	4:17.10	4:07.80	
	1:03.00	2:04.51 (1:01.51)	3:11.84 (1:07.33)	4:07.80 (55.96)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 5 Boys 9-11 200 SC Meter IM)**

Name	Age	Team	Seed Time	Finals Time	Points
33 Dylan Gwynne-Jones	9	Aberaeron SC	NT	4:15.10	
1:05.19	2:07.50 (1:02.31)	3:27.33 (1:19.83)	4:15.10 (47.77)		
34 Morgan Jones	9	Nexus Valleys Swimming Club	NT	4:16.05	
1:04.09	2:08.42 (1:04.33)	3:19.39 (1:10.97)	4:16.05 (56.66)		
35 Mathew Cole	9	Milford Haven Swim Squad	4:49.22	4:24.12	
1:01.58	2:08.67 (1:07.09)	3:29.53 (1:20.86)	4:24.12 (54.59)		
36 Hadyn Gough	10	Milford Haven Swim Squad	4:29.83	4:30.93	
1:05.99	2:10.13 (1:04.14)	3:29.30 (1:19.17)	4:30.93 (1:01.63)		
--- Harry Llewellyn	10	Pembroke & District	4:11.36	DQ	
55.51	1:57.06 (1:01.55)	3:02.86 (1:05.80)	DQ (50.38)		
--- Evan Thomas	9	Milford Haven Swim Squad	4:02.19	DQ	
54.70	1:53.84 (59.14)	3:02.94 (1:09.10)	DQ (52.02)		
--- Cameron Williams	11	Nexus Valleys Swimming Club	3:35.64	DQ	
46.50	1:40.12 (53.62)	2:46.32 (1:06.20)	DQ (46.73)		
--- Max Burkett	9	Swim Swansea	3:21.80	DQ	
40.95	1:32.34 (51.39)	2:35.34 (1:03.00)	DQ (48.88)		

Event 5 Boys 12-13 200 SC Meter IM

CBT: 2:30.80 R 04/12/2010 Jordan Hughes

Nexus Valleys S

Name	Age	Team	Seed Time	Finals Time	Points
1 James Payne	13	Aberystwyth	3:12.21	2:59.74	8
39.94	1:24.42 (44.48)	2:20.98 (56.56)	2:59.74 (38.76)		
2 Kian Fitzsimmons	12	Pembroke & District	3:18.90	3:06.27	7
44.93	1:30.32 (45.39)	2:28.06 (57.74)	3:06.27 (38.21)		
3 Matthew Berry	12	Haverfordwest Swimming Club	3:10.70	3:06.47	6
41.17	1:27.59 (46.42)	2:27.23 (59.64)	3:06.47 (39.24)		
4 Jac D Webb	12	Haverfordwest Swimming Club	3:13.34	3:11.85	5
45.35	1:31.56 (46.21)	2:29.57 (58.01)	3:11.85 (42.28)		
5 Jack D Montgomery	12	Swim Swansea	3:39.10	3:14.07	4
46.84	1:36.22 (49.38)	2:32.77 (56.55)	3:14.07 (41.30)		
6 Patrick J Clapham	13	Fishguard Flyers SC	3:12.18	3:16.80	3
43.43	1:32.78 (49.35)	2:30.61 (57.83)	3:16.80 (46.19)		
7 Tom Beegan	12	Milford Haven Swim Squad	3:38.97	3:17.43	2
48.50	1:40.69 (52.19)	2:35.31 (54.62)	3:17.43 (42.12)		
8 Ben Lewis	12	Pembroke & District	3:30.42	3:17.68	1
47.90	1:38.83 (50.93)	2:37.54 (58.71)	3:17.68 (40.14)		
9 Dean L Kelly	12	Haverfordwest Swimming Club	3:22.32	3:19.68	
46.91	1:35.58 (48.67)	2:38.92 (1:03.34)	3:19.68 (40.76)		
10 Tomas Griffiths	12	Pembroke & District	NT	3:21.16	
50.95	1:42.05 (51.10)	2:38.33 (56.28)	3:21.16 (42.83)		
11 Owen Rogers	12	Haverfordwest Swimming Club	3:26.21	3:23.93	
45.10	1:39.21 (54.11)	2:38.01 (58.80)	3:23.93 (45.92)		
12 James Purser	12	Pembroke & District	3:27.21	3:25.21	
47.10	1:39.12 (52.02)	2:39.60 (1:00.48)	3:25.21 (45.61)		
13 Dylan Skym	12	Aberystwyth	3:59.29	3:29.16	
48.16	1:41.33 (53.17)	2:43.71 (1:02.38)	3:29.16 (45.45)		
14 Zac Thomas	12	Milford Haven Swim Squad	3:53.32	3:56.68	
1:00.52	1:59.06 (58.54)	3:07.62 (1:08.56)	3:56.68 (49.06)		
--- Ciaran Squires	13	Aberaeron SC	3:19.10	DQ	
37.77	1:24.89 (47.12)	2:21.35 (56.46)	DQ (40.85)		
--- Luke Dunning	12	Llanelli Asc	3:48.46	DQ	
50.99	1:49.74 (58.75)	2:53.42 (1:03.68)	DQ (48.81)		
--- Lewis Weaver	12	Celtic Dolphins	NT	DQ	
57.41	1:51.90 (54.49)	2:59.78 (1:07.88)	DQ (50.23)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****Event 5 Boys 14-15 200 SC Meter IM**

		CBT: 2:31.18	R 03/12/2011	Jonathan Orchard		Pembroke		
Name	Age	Team	Seed Time	Finals Time	Points			
1 Iwan Tomos	15	Celtic Dolphins	3:44.66	2:55.79	8			
	37.39	1:20.55 (43.16)	2:14.98 (54.43)	2:55.79 (40.81)				
2 Jason Gibson	14	Swim Swansea	3:27.62	3:11.41	7			
	42.76	1:30.02 (47.26)	2:28.18 (58.16)	3:11.41 (43.23)				
3 Matthew Thorne	15	Celtic Dolphins	NT	3:19.10	6			
	42.11	1:35.34 (53.23)	2:36.75 (1:01.41)	3:19.10 (42.35)				

Event 6 Girls 9-10 400 SC Meter IM

		CBT: 6:25.38	R 03/12/2011	Megan Rogers		Pembroke		
Name	Age	Team	Seed Time	Finals Time	Points			
1 Amelia Tucker	10	Swim Swansea	NT	6:39.83	8			
	43.15	1:35.36 (52.21)	2:27.27 (51.91)	3:17.80 (50.53)				
	4:15.23 (57.43)	5:11.18 (55.95)	5:56.03 (44.85)	6:39.83 (43.80)				
2 Kacey E Lewis	10	Nexus Valleys Swimming Club	7:21.09	7:01.25	7			
	45.28	1:44.16 (58.88)	2:33.75 (49.59)	3:24.12 (50.37)				
	4:24.60 (1:00.48)	5:26.76 (1:02.16)	6:16.20 (49.44)	7:01.25 (45.05)				
3 Gwen Dodd	10	Tenby Dolphins	NT	7:02.13	6			
	44.61	1:38.66 (54.05)	2:30.32 (51.66)	3:21.06 (50.74)				
	4:23.14 (1:02.08)	5:24.15 (1:01.01)	6:13.55 (49.40)	7:02.13 (48.58)				
4 Trinity B Hetherington	10	Nexus Valleys Swimming Club	7:21.81	7:14.18	5			
	56.27	2:01.77 (1:05.50)	2:50.77 (49.00)	3:39.24 (48.47)				
	4:39.32 (1:00.08)	5:40.64 (1:01.32)	6:28.61 (47.97)	7:14.18 (45.57)				
5 Sadie L Watkins	10	Nexus Valleys Swimming Club	7:26.26	7:20.39	4			
	46.97	1:43.87 (56.90)	2:36.94 (53.07)	3:26.96 (50.02)				
	4:37.14 (1:10.18)	5:47.69 (1:10.55)	6:36.74 (49.05)	7:20.39 (43.65)				

Event 6 Girls 11-12 400 SC Meter IM

		CBT: 5:43.02	R 04/12/2010	Ffion R Davies		Nexus Valleys S		
Name	Age	Team	Seed Time	Finals Time	Points			
1 Millie Rees	12	Swim Swansea	6:17.87	6:03.32	8			
	34.83	1:18.67 (43.84)	2:05.54 (46.87)	2:52.54 (47.00)				
	3:44.41 (51.87)	4:40.30 (55.89)	5:23.16 (42.86)	6:03.32 (40.16)				
2 Chloe Fletcher	12	Cardigan Swimming Team	6:41.66	6:14.89	7			
	38.65	1:28.84 (50.19)	2:16.95 (48.11)	3:04.17 (47.22)				
	3:57.92 (53.75)	4:51.92 (54.00)	5:34.20 (42.28)	6:14.89 (40.69)				
3 Anya Roberts	12	Llanelli Asc	NT	6:32.37	6			
	40.37	1:29.21 (48.84)	2:18.36 (49.15)	3:06.58 (48.22)				
	4:06.23 (59.65)	5:06.17 (59.94)	5:49.95 (43.78)	6:32.37 (42.42)				
4 Jessica C Whitworth	12	Haverfordwest Swimming Club	7:26.39	6:55.71	5			
	51.69	1:54.06 (1:02.37)	2:44.49 (50.43)	3:34.82 (50.33)				
	4:27.59 (52.77)	5:22.22 (54.63)	6:09.47 (47.25)	6:55.71 (46.24)				
5 Holly J Mathias	12	Haverfordwest Swimming Club	7:03.24	6:58.54	4			
	46.59	1:44.29 (57.70)	2:36.63 (52.34)	3:29.15 (52.52)				
	4:25.75 (56.60)	5:24.26 (58.51)	6:12.38 (48.12)	6:58.54 (46.16)				
6 Alis M James	11	Haverfordwest Swimming Club	7:22.00	7:03.09	3			
	44.69	1:42.89 (58.20)	2:37.00 (54.11)	3:30.45 (53.45)				
	4:29.15 (58.70)	5:28.92 (59.77)	6:18.49 (49.57)	7:03.09 (44.60)				
7 Summer B Lincoln	12	Haverfordwest Swimming Club	7:37.78	7:29.00	2			
	49.43	1:51.84 (1:02.41)	2:51.58 (59.74)	3:47.49 (55.91)				
	4:49.82 (1:02.33)	5:54.47 (1:04.65)	6:43.89 (49.42)	7:29.00 (45.11)				
8 Tia Woolley	11	Aberystwyth	7:40.39	7:34.39	1			
	49.28	1:52.09 (1:02.81)	2:49.24 (57.15)	3:44.79 (55.55)				
	4:43.84 (59.05)	5:44.73 (1:00.89)	6:40.43 (55.70)	7:34.39 (53.96)				
9 Lisa Davies	12	Aberystwyth	NT	7:47.67				
	52.06	1:59.54 (1:07.48)	2:58.72 (59.18)	3:59.29 (1:00.57)				
	5:01.64 (1:02.35)	6:09.72 (1:08.08)	6:57.54 (47.82)	7:47.67 (50.13)				

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Name	Age	Team	Seed Time	Finals Time	Points
--- Eva Edwards	12	Carmarthen	NT	DQ	
	48.79	1:47.17 (58.38)	2:42.07 (54.90)	3:42.82 (1:00.75)	
	4:34.94 (52.12)	5:30.36 (55.42)	6:19.69 (49.33)	DQ (47.11)	

Event 6 Girls 13-14 400 SC Meter IM

CBT: 5:29.59 R 03/12/2011		Tegan Galbraith		Llanelli	
Name	Age	Team	Seed Time	Finals Time	Points
1 Heather E Wheel	13	Llanelli Asc	NT	5:25.16 R	8
	32.52	1:10.55 (38.03)	1:51.80 (41.25)	2:32.23 (40.43)	
	3:20.17 (47.94)	4:09.49 (49.32)	4:48.59 (39.10)	5:25.16 (36.57)	
2 Rebecca Glasser	14	Aberystwyth	NT	6:06.28	7
	38.24	1:25.78 (47.54)	2:13.78 (48.00)	3:00.32 (46.54)	
	3:53.19 (52.87)	4:46.57 (53.38)	5:27.30 (40.73)	6:06.28 (38.98)	
3 Sophie Davies	13	Swim Swansea	6:43.30	6:20.14	6
	40.09	1:30.50 (50.41)	2:17.95 (47.45)	3:03.08 (45.13)	
	3:56.95 (53.87)	4:51.67 (54.72)	5:36.29 (44.62)	6:20.14 (43.85)	
4 Alanya Thomas	13	Tenby Dolphins	6:27.01	6:29.43	5
	39.69	1:31.16 (51.47)	2:18.84 (47.68)	3:05.22 (46.38)	
	4:00.56 (55.34)	4:59.50 (58.94)	5:46.19 (46.69)	6:29.43 (43.24)	
5 Mali Jones	13	Aberystwyth	NT	6:34.05	4
	44.60	1:39.80 (55.20)	2:29.16 (49.36)	3:16.55 (47.39)	
	4:16.72 (1:00.17)	5:15.10 (58.38)	5:54.95 (39.85)	6:34.05 (39.10)	
6 Megan Fletcher	14	Cardigan Swimming Team	7:12.53	6:36.40	3
	39.75	1:35.72 (55.97)	2:24.58 (48.86)	3:10.96 (46.38)	
	4:10.07 (59.11)	5:07.59 (57.52)	5:53.35 (45.76)	6:36.40 (43.05)	
7 Shannon Sayer	14	Aberystwyth	6:55.29	6:48.72	2
	41.49	1:38.53 (57.04)	2:28.36 (49.83)	3:16.32 (47.96)	
	4:16.52 (1:00.20)	5:17.46 (1:00.94)	6:04.53 (47.07)	6:48.72 (44.19)	

Event 6 Girls 15 & Over 400 SC Meter IM

CBT: 5:32.39 R 04/12/2010		Jessica M Evans		Nexus Valleys S	
Name	Age	Team	Seed Time	Finals Time	Points
1 Ffion Davies	16	Swim Swansea	NT	5:30.03 R	8
	34.10	1:13.50 (39.40)	1:57.27 (43.77)	2:38.97 (41.70)	
	3:25.24 (46.27)	4:12.49 (47.25)	4:52.64 (40.15)	5:30.03 (37.39)	

Event 7 Boys 9-11 100 SC Meter Butterfly

CBT: 1:23.69 R 03/12/2011		Jake Scott		Milford Haven	
Name	Age	Team	Seed Time	Finals Time	Points
1 Charlie J Shiels	9	Pembroke & District	1:33.27	1:26.33	8
	39.45	1:26.33 (46.88)			
2 Max Burkett	9	Swim Swansea	1:39.25	1:31.73	7
	41.37	1:31.73 (50.36)			
3 Joshua Roberts	9	Celtic Dolphins	1:38.20	1:35.61	6
	43.12	1:35.61 (52.49)			
4 William D Wilson	10	Haverfordwest Swimming Club	NT	1:37.58	5
	45.32	1:37.58 (52.26)			
5 Aneurin Davies	9	Swim Swansea	1:33.58	1:37.74	4
	42.93	1:37.74 (54.81)			
6 Joshua Cooper	10	Neath Asc	1:48.42	1:41.78	3
	48.32	1:41.78 (53.46)			
7 Carwyn Hancock	11	Carmarthen	1:51.53	1:42.85	2
	45.09	1:42.85 (57.76)			
8 Cameron Williams	11	Nexus Valleys Swimming Club	NT	1:45.50	1
	47.41	1:45.50 (58.09)			
9 Neo Seppman	10	Swim Swansea	2:04.09	1:52.30	
	50.77	1:52.30 (1:01.53)			
10 Arron Fitzsimmons	10	Pembroke & District	1:53.35	1:54.99	
	48.71	1:54.99 (1:06.28)			

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 7 Boys 9-11 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
11 Robert Glasser	11	Aberystwyth	2:00.15	1:57.58	
56.48	1:57.58 (1:01.10)				
12 Jacob Massey	11	Aberystwyth	1:52.27	1:58.77	
53.19	1:58.77 (1:05.58)				
13 Harry Hewitt	9	Swim Swansea	NT	2:03.78	
54.81	2:03.78 (1:08.97)				
14 Dylan Dawes	11	Haverfordwest Swimming Club	NT	2:11.41	
58.94	2:11.41 (1:12.47)				
15 Morgan Jones	9	Nexus Valleys Swimming Club	NT	2:29.27	
1:07.24	2:29.27 (1:22.03)				
16 Hadyn Gough	10	Milford Haven Swim Squad	2:31.54	2:37.90	
1:10.21	2:37.90 (1:27.69)				
--- Evan Thomas	9	Milford Haven Swim Squad	2:08.90	DQ	
57.41	DQ (1:05.52)				
--- Jacob Cole	10	Llanelli Asc	NT	DQ	
51.45	DQ (1:12.26)				
--- Luke Greenaway	10	Swim Swansea	NT	DQ	
55.52	DQ (1:08.33)				
--- Mathew Cole	9	Milford Haven Swim Squad	2:26.93	DQ	
1:05.70	DQ (1:21.93)				

Event 7 Boys 12-13 100 SC Meter Butterfly

CBT: 1:07.70 R 03/12/2011 Steffan R Morris

Amman Valley

Name	Age	Team	Seed Time	Finals Time	Points
1 Ruben Krueger	13	Cardigan Swimming Team	1:31.40	1:26.15	8
37.24	1:26.15 (48.91)				
2 Ciaran Squires	13	Aberaeron SC	1:35.91	1:29.62	7
39.78	1:29.62 (49.84)				
3 James Payne	13	Aberystwyth	1:33.47	1:29.63	6
40.30	1:29.63 (49.33)				
4 William Dwyer	12	Swim Swansea	1:45.71	1:33.06	5
40.52	1:33.06 (52.54)				
5 Kian Fitzsimmons	12	Pembroke & District	1:39.48	1:41.93	4
45.28	1:41.93 (56.65)				
6 Dylan Skym	12	Aberystwyth	1:51.82	1:51.00	3
50.98	1:51.00 (1:00.02)				
7 Zac Thomas	12	Milford Haven Swim Squad	1:56.91	2:03.64	2
57.94	2:03.64 (1:05.70)				
--- Lewis Weaver	12	Celtic Dolphins	NT	DQ	
56.79	DQ (1:11.59)				
--- Tom Beegan	12	Milford Haven Swim Squad	NT	DQ	
52.80	DQ (1:01.81)				

Event 8 Girls 9-10 100 SC Meter Butterfly

CBT: 1:26.98 R 04/12/2010 Lowri S Evans

Swim Swansea

Name	Age	Team	Seed Time	Finals Time	Points
1 Charlotte C Whalley	10	Haverfordwest Swimming Club	1:28.74	1:19.78 R	8
36.79	1:19.78 (42.99)				
2 Jessica Dickinson	9	Swim Swansea	1:37.29	1:35.52	7
44.74	1:35.52 (50.78)				
3 Gwen Dodd	10	Tenby Dolphins	NT	1:38.53	6
46.40	1:38.53 (52.13)				
4 Megan Dwyer	10	Swim Swansea	1:37.21	1:40.10	5
43.99	1:40.10 (56.11)				
5 Aimee Stokes	10	Swim Swansea	1:45.00	1:41.11	4
44.05	1:41.11 (57.06)				
6 Phoebe G Davies	9	Carmarthen	NT	1:44.86	3
46.99	1:44.86 (57.87)				

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 8 Girls 9-10 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
7 Kacey E Lewis	10	Nexus Valleys Swimming Club	1:48.87	1:45.94	2
49.93	1:45.94 (56.01)				
8 Lucy Rogers	10	Pembroke & District	1:53.03	1:50.42	1
51.10	1:50.42 (59.32)				
9 Elin Pawsey	10	Celtic Dolphins	NT	1:59.34	
54.30	1:59.34 (1:05.04)				
10 Isabel Williams	10	Celtic Dolphins	NT	1:59.85	
52.88	1:59.85 (1:06.97)				
11 Katie Doughty	9	Haverfordwest Swimming Club	2:16.20	2:03.42	
55.45	2:03.42 (1:07.97)				
--- Caryl Shepherd	9	Aberaeron SC	2:24.45	DQ	
54.75	DQ (1:10.45)				
--- Eve Fox	9	Swim Swansea	NT	DQ	
53.88	DQ (1:11.85)				
--- Alyssa Miles	9	Aberaeron SC	NT	DQ	
1:16.27	DQ (1:43.12)				
--- Stacie Whitworth	9	Haverfordwest Swimming Club	NT	DQ	
1:08.69	DQ (1:26.05)				
--- Trinity B Hetherington	10	Nexus Valleys Swimming Club	2:02.58	DQ	
57.48	DQ (1:06.17)				

Event 8 Girls 11-12 100 SC Meter Butterfly

CBT: 1:18.33 R 05/12/2009 Hawys Hatley

Carmarthen

Name	Age	Team	Seed Time	Finals Time	Points
1 Dyfanwen Ellison	12	Carmarthen	1:30.06	1:22.13	8
38.07	1:22.13 (44.06)				
2 Lauren Hopkins	12	Celtic Dolphins	1:31.39	1:26.54	7
38.09	1:26.54 (48.45)				
3 Mollie Short	12	Neath Asc	1:44.49	1:26.64	6
38.13	1:26.64 (48.51)				
4 Alice Roberts	11	Carmarthen	1:29.76	1:26.70	5
40.63	1:26.70 (46.07)				
5 Ashleigh Willis	12	Swim Swansea	1:33.35	1:28.54	4
39.48	1:28.54 (49.06)				
6 Charlotte Davies	11	Swim Swansea	1:40.60	1:28.81	3
41.72	1:28.81 (47.09)				
7 Celyn Nicholson	12	Aberaeron SC	1:34.04	1:29.50	2
39.25	1:29.50 (50.25)				
8 Courtney L Fellows	11	Swim Swansea	1:33.50	1:30.13	1
40.44	1:30.13 (49.69)				
9 Hannah K Johns	12	Celtic Dolphins	1:38.53	1:30.93	
40.36	1:30.93 (50.57)				
10 Poppy M Griffiths	12	Haverfordwest Swimming Club	1:34.97	1:35.46	
41.20	1:35.46 (54.26)				
11 Tayla Wilson	11	Pembroke & District	1:44.61	1:40.42	
43.14	1:40.42 (57.28)				
12 Georgia Shiels	11	Pembroke & District	1:46.39	1:42.19	
45.21	1:42.19 (56.98)				
13 Mia Phillips	11	Tenby Dolphins	2:25.77	1:42.84	
47.27	1:42.84 (55.57)				
14 Anya R Walton	12	Haverfordwest Swimming Club	1:46.26	1:43.91	
45.13	1:43.91 (58.78)				
15 Lisa Davies	12	Aberystwyth	1:43.70	1:47.42	
47.79	1:47.42 (59.63)				
16 Tia Woolley	11	Aberystwyth	1:55.67	1:50.60	
51.79	1:50.60 (58.81)				
17 Casey Bellars	11	Cardigan Swimming Team	1:57.47	1:51.03	
51.38	1:51.03 (59.65)				

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 8 Girls 11-12 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
18 Megan Tyler	12	Carmarthen	1:52.81	1:51.71	
50.53	1:51.71 (1:01.18)				
19 Cari L Davies	11	Aberystwyth	2:02.22	1:53.60	
53.28	1:53.60 (1:00.32)				
20 Alaw Davies	11	Aberystwyth	1:53.94	1:59.07	
55.12	1:59.07 (1:03.95)				
21 Lillie L Martin-Evans	11	Nexus Valleys Swimming Club	2:16.43	2:01.18	
53.08	2:01.18 (1:08.10)				
22 Jessica C Whitworth	12	Haverfordwest Swimming Club	1:53.94	2:03.82	
57.01	2:03.82 (1:06.81)				
23 Emily Griffiths	11	Haverfordwest Swimming Club	NT	2:05.90	
56.05	2:05.90 (1:09.85)				
24 Poppie P Martin-Evans	11	Nexus Valleys Swimming Club	2:09.46	2:09.22	
58.55	2:09.22 (1:10.67)				
--- Sarah Davies	12	Carmarthen	1:53.77	DQ	
51.56	DQ (1:04.93)				

Event 9 Boys 14-15 200 SC Meter Backstroke

CBT: 2:19.25 R 30/11/2013 Connah Green

Carmarthen

Name	Age	Team	Seed Time	Finals Time	Points
1 Ben Mottram	14	Haverfordwest Swimming Club	2:30.40	2:26.44	8
34.52	1:11.83 (37.31)	1:50.08 (38.25)	2:26.44 (36.36)		
2 Colm Tobin	14	Pembroke & District	2:35.10	2:28.54	7
34.48	1:12.51 (38.03)	1:50.68 (38.17)	2:28.54 (37.86)		
3 Adam Robson	15	Fishguard Flyers SC	2:34.59	2:30.39	6
34.31	1:12.37 (38.06)	1:51.93 (39.56)	2:30.39 (38.46)		
4 Cameron Thomas	14	Aberystwyth	2:35.30	2:34.03	5
35.27	1:14.77 (39.50)	1:55.45 (40.68)	2:34.03 (38.58)		
5 Steffan Rhys Herdman	15	Aberystwyth	2:45.85	2:40.78	4
37.47	1:18.38 (40.91)	2:00.32 (41.94)	2:40.78 (40.46)		
6 Baris R Akay	15	Haverfordwest Swimming Club	2:35.46	2:48.73	3
39.74	1:22.62 (42.88)	2:06.31 (43.69)	2:48.73 (42.42)		
7 William Dauncey	14	Cardigan Swimming Team	3:09.29	2:50.95	2
39.06	1:21.79 (42.73)	2:06.80 (45.01)	2:50.95 (44.15)		
8 Jason Gibson	14	Swim Swansea	3:14.00	3:11.12	1
44.33	1:33.63 (49.30)	2:22.80 (49.17)	3:11.12 (48.32)		

Event 9 Boys 16 & Over 200 SC Meter Backstroke

CBT: 2:18.98 R 30/11/2013 Samuel D Withers

Pembroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Max Glasser	16	Aberystwyth	2:39.69	2:39.98	8
36.22	1:16.25 (40.03)	1:58.12 (41.87)	2:39.98 (41.86)		

Event 10 Girls 13-14 200 SC Meter Backstroke

CBT: 2:35.77 R 03/12/2011 Rachel A Richards

Amman Valley

Name	Age	Team	Seed Time	Finals Time	Points
1 Caitlin Dwyer	14	Swim Swansea	2:34.90	2:34.09 R	8
35.40	1:13.88 (38.48)	1:54.13 (40.25)	2:34.09 (39.96)		
2 Abbie Williams	14	Pembroke & District	2:42.28	2:38.94	7
37.03	1:16.74 (39.71)	1:58.32 (41.58)	2:38.94 (40.62)		
3 Catherine Greenaway	13	Swim Swansea	2:39.90	2:40.64	6
37.26	1:17.64 (40.38)	2:00.01 (42.37)	2:40.64 (40.63)		
4 Alaw O'Rourke	14	Aberystwyth	2:44.09	2:43.29	5
37.60	1:19.56 (41.96)	2:02.82 (43.26)	2:43.29 (40.47)		
5 Megan K Pullen	13	Swim Swansea	2:47.90	2:49.19	4
40.41	1:23.11 (42.70)	2:06.51 (43.40)	2:49.19 (42.68)		
6 Shannon Sayer	14	Aberystwyth	2:54.55	2:51.66	3
39.53	1:24.05 (44.52)	2:09.31 (45.26)	2:51.66 (42.35)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 10 Girls 13-14 200 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
7 Sophie Davies	13	Swim Swansea	3:01.60	2:51.82	2
41.13	1:24.44 (43.31)	2:08.92 (44.48)	2:51.82 (42.90)		
8 Eluned Schadeberg	14	Carmarthen	2:59.72	2:52.37	1
42.43	1:27.61 (45.18)	2:09.85 (42.24)	2:52.37 (42.52)		
9 Chloe Edwards	13	Pembroke & District	3:03.98	2:55.03	
41.38	1:26.29 (44.91)	2:11.70 (45.41)	2:55.03 (43.33)		
10 Mali Jones	13	Aberystwyth	3:01.23	2:58.46	
41.91	1:26.97 (45.06)	2:13.05 (46.08)	2:58.46 (45.41)		
11 Bethan Wells	13	Swim Swansea	3:09.90	2:59.87	
43.27	1:28.80 (45.53)	2:14.72 (45.92)	2:59.87 (45.15)		
12 Jasmine Nicholls	13	Swim Swansea	3:11.00	3:00.30	
44.78	1:30.90 (46.12)	2:17.35 (46.45)	3:00.30 (42.95)		
13 Rhiannon Harvey	13	Celtic Dolphins	3:13.40	3:00.35	
42.79	1:29.14 (46.35)	2:16.20 (47.06)	3:00.35 (44.15)		
14 Ellie Rogers	14	Pembroke & District	3:05.92	3:03.06	
42.51	1:28.92 (46.41)	2:16.82 (47.90)	3:03.06 (46.24)		
15 Megan Fletcher	14	Cardigan Swimming Team	3:04.54	3:04.45	
42.15	1:29.17 (47.02)	2:18.77 (49.60)	3:04.45 (45.68)		
16 Cara Jones	13	Cardigan Swimming Team	NT	3:34.79	
50.24	1:45.14 (54.90)	2:40.61 (55.47)	3:34.79 (54.18)		

Event 10 Girls 15 & Over 200 SC Meter Backstroke

CBT: 2:33.50 R 24/11/2012 Kira L Golding

Neath

Name	Age	Team	Seed Time	Finals Time	Points
1 Livvi M Robson	15	Celtic Dolphins	2:34.23	2:32.27 R	8
35.13	1:12.98 (37.85)	1:52.40 (39.42)	2:32.27 (39.87)		
2 Olivia Michael	15	Celtic Dolphins	2:55.11	2:42.57	7
37.81	1:19.84 (42.03)	2:01.97 (42.13)	2:42.57 (40.60)		
3 Talesia Janes	15	Aberystwyth	2:43.90	2:44.08	6
39.24	1:21.23 (41.99)	2:02.01 (40.78)	2:44.08 (42.07)		
4 Bethan Benham	15	Aberystwyth	2:47.90	2:45.56	5
38.87	1:20.61 (41.74)	2:03.35 (42.74)	2:45.56 (42.21)		
5 Lauren M Johns	15	Celtic Dolphins	2:45.95	2:45.94	4
38.73	1:21.11 (42.38)	2:04.59 (43.48)	2:45.94 (41.35)		

Event 11 Boys 9-11 200 SC Meter Freestyle

CBT: 2:32.59 R 03/12/2011 Brandon Budd-Thomas

Llanelli

Name	Age	Team	Seed Time	Finals Time	Points
1 Max Elkin	10	Swim Swansea	2:50.59	2:38.78	8
35.08	1:16.90 (41.82)	1:59.75 (42.85)	2:38.78 (39.03)		
2 Sean A Barrett	11	Haverfordwest Swimming Club	2:45.04	2:42.11	7
37.82	1:20.03 (42.21)	2:02.97 (42.94)	2:42.11 (39.14)		
3 AB B Rodriguez	10	Swim Swansea	2:55.30	2:42.59	6
37.25	1:19.45 (42.20)	2:03.12 (43.67)	2:42.59 (39.47)		
4 Dylan Lewis	10	Swim Swansea	2:49.69	2:44.61	5
38.36	1:20.37 (42.01)	2:03.85 (43.48)	2:44.61 (40.76)		
5 Lewis Wells	11	Neath Asc	2:46.99	2:45.15	4
38.56	1:20.82 (42.26)	2:03.94 (43.12)	2:45.15 (41.21)		
6 Toby Sturley	10	Pembroke & District	2:53.62	2:45.39	3
37.90	1:20.81 (42.91)	2:05.55 (44.74)	2:45.39 (39.84)		
7 Charlie J Shiels	9	Pembroke & District	2:48.05	2:46.68	2
37.03	1:19.31 (42.28)	2:04.54 (45.23)	2:46.68 (42.14)		
8 Travis Christopher-Mullin	11	Haverfordwest Swimming Club	2:48.46	2:47.79	1
37.37	1:20.72 (43.35)	2:05.82 (45.10)	2:47.79 (41.97)		
9 Owyn Griffiths	10	Pembroke & District	2:58.18	2:50.66	
38.30	1:23.30 (45.00)	2:09.53 (46.23)	2:50.66 (41.13)		
10 Connor Smart	11	Llanelli Asc	3:04.10	2:53.77	
39.76	1:25.09 (45.33)	2:10.63 (45.54)	2:53.77 (43.14)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 11 Boys 9-11 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
11 Jake T Powell	10	Haverfordwest Swimming Club	3:01.56	2:54.98	
41.40	1:26.99 (45.59)	2:12.88 (45.89)	2:54.98 (42.10)		
12 Max Burkett	9	Swim Swansea	3:11.30	2:56.28	
40.78	1:26.07 (45.29)	2:13.57 (47.50)	2:56.28 (42.71)		
13 Conner P Whitworth	10	Haverfordwest Swimming Club	3:10.00	3:00.09	
39.90	1:26.20 (46.30)	2:14.54 (48.34)	3:00.09 (45.55)		
14 Carwyn Hancock	11	Carmarthen	3:00.96	3:00.33	
43.69	1:29.68 (45.99)	2:15.52 (45.84)	3:00.33 (44.81)		
15 Archie Dilks	10	Tenby Dolphins	3:22.10	3:02.04	
41.95	1:29.07 (47.12)	2:16.60 (47.53)	3:02.04 (45.44)		
16 Jack Elliott	11	Haverfordwest Swimming Club	2:45.90	3:02.28	
39.68	1:26.41 (46.73)	2:15.35 (48.94)	3:02.28 (46.93)		
17 Harry E Jones	10	Celtic Dolphins	3:17.12	3:02.54	
39.02	1:25.65 (46.63)	2:12.98 (47.33)	3:02.54 (49.56)		
18 Arron Fitzsimmons	10	Pembroke & District	3:01.10	3:03.38	
39.90	1:25.95 (46.05)	2:15.60 (49.65)	3:03.38 (47.78)		
19 Lewys Kettle	11	Pembroke & District	3:14.08	3:04.30	
40.71	1:28.58 (47.87)	2:19.12 (50.54)	3:04.30 (45.18)		
20 Jacob Massey	11	Aberystwyth	NT	3:06.37	
42.45	1:31.64 (49.19)	2:21.40 (49.76)	3:06.37 (44.97)		
21 Luke Jones	11	Cardigan Swimming Team	3:12.83	3:07.58	
41.86	1:30.48 (48.62)	2:20.36 (49.88)	3:07.58 (47.22)		
22 Joshua Thomas	11	Swim Swansea	3:02.50	3:07.94	
38.94	1:23.06 (44.12)	2:07.96 (44.90)	3:07.94 (59.98)		
23 Dylan Budd-Thomas	9	Llanelli Asc	3:15.40	3:10.36	
43.57	1:32.74 (49.17)	2:22.69 (49.95)	3:10.36 (47.67)		
24 Liam Edwards	10	Carmarthen	3:43.01	3:10.93	
44.77	1:34.20 (49.43)	2:25.25 (51.05)	3:10.93 (45.68)		
25 William D Wilson	10	Haverfordwest Swimming Club	2:58.00	3:13.08	
43.40	1:31.38 (47.98)	2:23.02 (51.64)	3:13.08 (50.06)		
26 Luke Greenaway	10	Swim Swansea	3:19.99	3:15.46	
42.80	1:33.70 (50.90)	2:26.06 (52.36)	3:15.46 (49.40)		
27 Alex Glasser	11	Aberystwyth	3:20.05	3:16.09	
45.33	1:36.94 (51.61)	2:28.49 (51.55)	3:16.09 (47.60)		
28 Neo Seppman	10	Swim Swansea	3:19.67	3:16.32	
45.14	1:37.21 (52.07)	2:28.16 (50.95)	3:16.32 (48.16)		
29 Harry Hewitt	9	Swim Swansea	NT	3:16.37	
43.70	1:36.18 (52.48)	2:28.83 (52.65)	3:16.37 (47.54)		
30 Jacob Cole	10	Llanelli Asc	NT	3:28.23	
47.17	1:40.91 (53.74)	2:36.37 (55.46)	3:28.23 (51.86)		
31 Dylan Gwynne-Jones	9	Aberaeron SC	3:44.47	3:28.50	
46.60	1:45.41 (58.81)	3:28.50 (1:43.09)	3:28.50 ()		
32 Jack Doughty	11	Haverfordwest Swimming Club	3:34.88	3:28.96	
48.75	1:45.15 (56.40)	2:41.10 (55.95)	3:28.96 (47.86)		
33 Morgan Jones	9	Nexus Valleys Swimming Club	NT	3:30.78	
45.51	1:41.62 (56.11)	2:38.30 (56.68)	3:30.78 (52.48)		
34 David Scott	11	Fishguard Flyers SC	3:22.70	3:33.83	
50.04	1:48.01 (57.97)	2:44.15 (56.14)	3:33.83 (49.68)		
35 Harry Llewellyn	10	Pembroke & District	3:41.95	3:36.95	
49.61	1:46.65 (57.04)	2:43.59 (56.94)	3:36.95 (53.36)		
36 Finley Nicholson	9	Aberaeron SC	4:10.37	3:39.07	
47.81	1:46.94 (59.13)	2:43.32 (56.38)	3:39.07 (55.75)		
37 Mathew Cole	9	Milford Haven Swim Squad	4:00.32	3:52.53	
50.05	1:50.16 (1:00.11)	2:50.01 (59.85)	3:52.53 (1:02.52)		
38 Morgan Williams	9	Pembroke & District	3:53.52	3:54.14	
51.63	1:50.27 (58.64)	2:51.58 (1:01.31)	3:54.14 (1:02.56)		
39 Hadyn Gough	10	Milford Haven Swim Squad	4:00.38	4:07.65	
53.90	1:57.37 (1:03.47)	3:03.59 (1:06.22)	4:07.65 (1:04.06)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****Event 11 Boys 12-13 200 SC Meter Freestyle**

CBT: 2:21.81		R	04/12/2010	Callum Beare	Llanelli		
Name	Age	Team	Seed Time	Finals Time	Points		
1 James Payne	13	Aberystwyth	2:47.01	2:29.73	8		
34.97	1:13.88 (38.91)	1:53.14 (39.26)	2:29.73 (36.59)				
2 Ciaran Squires	13	Aberaeron SC	2:46.97	2:40.54	7		
36.34	1:18.08 (41.74)	2:01.22 (43.14)	2:40.54 (39.32)				
3 Kian Fitzsimmons	12	Pembroke & District	2:47.49	2:41.52	6		
39.08	1:21.00 (41.92)	2:03.88 (42.88)	2:41.52 (37.64)				
4 William Dwyer	12	Swim Swansea	2:48.60	2:41.69	5		
37.82	1:20.29 (42.47)	2:02.17 (41.88)	2:41.69 (39.52)				
5 Matthew Berry	12	Haverfordwest Swimming Club	2:46.20	2:43.04	4		
38.25	1:21.32 (43.07)	2:04.55 (43.23)	2:43.04 (38.49)				
6 Ruben Krueger	13	Cardigan Swimming Team	2:45.74	2:45.68	3		
35.01	1:18.71 (43.70)	2:04.08 (45.37)	2:45.68 (41.60)				
7 Jac D Webb	12	Haverfordwest Swimming Club	3:01.68	2:50.87	2		
39.60	1:23.60 (44.00)	2:09.14 (45.54)	2:50.87 (41.73)				
8 Luke Butler	12	Celtic Dolphins	2:55.70	2:52.58	1		
38.93	1:22.47 (43.54)	2:07.67 (45.20)	2:52.58 (44.91)				
9 Owen Rogers	12	Haverfordwest Swimming Club	2:54.50	2:54.33			
38.11	1:20.92 (42.81)	2:08.66 (47.74)	2:54.33 (45.67)				
10 Dean L Kelly	12	Haverfordwest Swimming Club	2:49.67	2:54.71			
39.92	1:26.25 (46.33)	2:12.17 (45.92)	2:54.71 (42.54)				
11 Dylan Skym	12	Aberystwyth	3:08.06	2:55.40			
39.13	1:24.91 (45.78)	2:12.31 (47.40)	2:55.40 (43.09)				
12 Ben Lewis	12	Pembroke & District	2:58.21	2:55.72			
39.81	1:24.15 (44.34)	2:09.97 (45.82)	2:55.72 (45.75)				
13 Carwyn Gullam	12	Celtic Dolphins	3:17.40	2:56.53			
38.89	1:23.32 (44.43)	2:10.34 (47.02)	2:56.53 (46.19)				
14 Jack D Montgomery	12	Swim Swansea	3:18.70	2:57.96			
39.71	1:25.75 (46.04)	2:12.08 (46.33)	2:57.96 (45.88)				
15 Tom Beegan	12	Milford Haven Swim Squad	3:04.31	2:59.31			
41.17	1:27.25 (46.08)	2:15.33 (48.08)	2:59.31 (43.98)				
16 Tomas Griffiths	12	Pembroke & District	2:57.05	3:01.38			
39.44	1:26.20 (46.76)	2:12.58 (46.38)	3:01.38 (48.80)				
17 Patrick J Clapham	13	Fishguard Flyers SC	3:01.41	3:03.73			
40.86	1:29.89 (49.03)	2:18.92 (49.03)	3:03.73 (44.81)				
18 James Purser	12	Pembroke & District	2:58.50	3:06.50			
43.13	1:31.67 (48.54)	2:21.49 (49.82)	3:06.50 (45.01)				
19 Lewis Weaver	12	Celtic Dolphins	3:27.41	3:08.71			
40.63	1:30.09 (49.46)	2:21.63 (51.54)	3:08.71 (47.08)				

Event 12 Girls 9-10 200 SC Meter Freestyle

CBT: 2:43.03		R	04/12/2010	Lowri S Evans	Swim Swansea		
Name	Age	Team	Seed Time	Finals Time	Points		
1 Emily Rees	10	Llanelli Asc	NT	2:53.19	8		
39.34	1:24.02 (44.68)	2:09.54 (45.52)	2:53.19 (43.65)				
2 Libby F Rands	10	Fishguard Flyers SC	3:07.24	2:55.03	7		
39.20	1:24.28 (45.08)	2:11.03 (46.75)	2:55.03 (44.00)				
3 Kacey E Lewis	10	Nexus Valleys Swimming Club	3:07.31	2:56.90	6		
41.72	1:28.16 (46.44)	2:14.54 (46.38)	2:56.90 (42.36)				
4 Sadie L Watkins	10	Nexus Valleys Swimming Club	3:06.57	2:57.06	5		
41.77	1:28.25 (46.48)	2:14.93 (46.68)	2:57.06 (42.13)				
5 Gwen Dodd	10	Tenby Dolphins	2:59.60	3:00.79	4		
40.97	1:28.19 (47.22)	2:16.43 (48.24)	3:00.79 (44.36)				
6 Megan Dwyer	10	Swim Swansea	3:02.50	3:01.11	3		
41.04	1:28.10 (47.06)	2:16.03 (47.93)	3:01.11 (45.08)				
7 Trinity B Hetherington	10	Nexus Valleys Swimming Club	3:07.64	3:03.34	2		
42.39	1:31.52 (49.13)	2:18.74 (47.22)	3:03.34 (44.60)				

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 12 Girls 9-10 200 SC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	Points
8	Jessica Dickinson	9	Swim Swansea	3:07.61	3:05.37	1
	41.68	1:29.46 (47.78)	2:19.51 (50.05)	3:05.37 (45.86)		
9	Abbie Mottram	10	Haverfordwest Swimming Club	3:16.10	3:08.11	
	40.96	1:30.77 (49.81)	2:21.05 (50.28)	3:08.11 (47.06)		
10	Isabel Williams	10	Celtic Dolphins	3:26.76	3:15.05	
	45.38	1:35.88 (50.50)	2:27.91 (52.03)	3:15.05 (47.14)		
11	Nia Sullivan	10	Celtic Dolphins	NT	3:15.18	
	44.59	1:36.24 (51.65)	2:27.80 (51.56)	3:15.18 (47.38)		
12	Lucy Rogers	10	Pembroke & District	3:13.27	3:19.22	
	46.01	1:37.76 (51.75)	2:29.31 (51.55)	3:19.22 (49.91)		
13	Megan E Thomson	10	Haverfordwest Swimming Club	3:26.32	3:19.61	
	45.96	1:39.31 (53.35)	2:32.89 (53.58)	3:19.61 (46.72)		
14	Holly-Ellice Jones	9	Aberystwyth	NT	3:20.19	
	43.97	1:35.32 (51.35)	2:28.84 (53.52)	3:20.19 (51.35)		
15	Katie Doughty	9	Haverfordwest Swimming Club	3:22.82	3:20.34	
	46.55	1:40.25 (53.70)	2:32.84 (52.59)	3:20.34 (47.50)		
16	Llian M Curtis-Jones	9	Celtic Dolphins	NT	3:21.42	
	44.83	1:40.94 (56.11)	2:34.93 (53.99)	3:21.42 (46.49)		
17	Caryl Shepherd	9	Aberaeron SC	3:30.27	3:22.62	
	46.52	1:39.61 (53.09)	2:32.37 (52.76)	3:22.62 (50.25)		
18	Megan Griffiths	10	Pembroke & District	3:28.19	3:22.88	
	43.50	1:35.04 (51.54)	2:30.01 (54.97)	3:22.88 (52.87)		
19	Katie Glover	10	Celtic Dolphins	3:36.80	3:23.63	
	46.44	1:39.08 (52.64)	2:34.84 (55.76)	3:23.63 (48.79)		
20	Verity R Hetherington	9	Nexus Valleys Swimming Club	NT	3:26.73	
	50.45	1:42.81 (52.36)	2:37.42 (54.61)	3:26.73 (49.31)		
21	Nell Evans	9	Pembroke & District	3:36.32	3:28.07	
	46.65	1:40.26 (53.61)	2:35.14 (54.88)	3:28.07 (52.93)		
22	Hanna M Bowen	9	Carmarthen	NT	3:29.19	
	48.66	1:43.82 (55.16)	2:39.73 (55.91)	3:29.19 (49.46)		
23	Sydney P Barber	10	Haverfordwest Swimming Club	3:59.65	3:33.20	
	46.14	1:40.50 (54.36)	2:35.12 (54.62)	3:33.20 (58.08)		
24	Georgia Lee	9	Pembroke & District	3:49.30	3:35.27	
	47.92	1:43.28 (55.36)	2:43.02 (59.74)	3:35.27 (52.25)		
25	Fern D Cumine	9	Pembroke & District	3:45.13	3:35.75	
	46.88	1:43.71 (56.83)	2:42.00 (58.29)	3:35.75 (53.75)		
26	Hannah Greenwood	10	Pembroke & District	3:39.28	3:35.80	
	45.87	1:41.44 (55.57)	2:41.16 (59.72)	3:35.80 (54.64)		
27	Lena Hughes	10	Pembroke & District	3:57.65	3:37.55	
	45.51	1:40.23 (54.72)	2:37.27 (57.04)	3:37.55 (1:00.28)		
28	Elena Philipps-Waring	10	Tenby Dolphins	3:49.69	3:43.98	
	49.59	1:48.07 (58.48)	2:48.26 (1:00.19)	3:43.98 (55.72)		
29	Ishbell A McCartney	9	Haverfordwest Swimming Club	4:05.08	3:50.06	
	50.07	1:49.52 (59.45)	2:51.00 (1:01.48)	3:50.06 (59.06)		
30	Chloe Morris	9	Pembroke & District	4:18.63	3:50.86	
	52.17	1:52.60 (1:00.43)	2:54.32 (1:01.72)	3:50.86 (56.54)		
31	Katy Hill	9	Haverfordwest Swimming Club	4:05.66	3:53.00	
	49.52	1:52.53 (1:03.01)	2:56.06 (1:03.53)	3:53.00 (56.94)		
32	Rhiannon m Clapham	9	Fishguard Flyers SC	3:49.86	3:56.26	
	51.57	1:55.81 (1:04.24)	2:59.73 (1:03.92)	3:56.26 (56.53)		
33	Bryony Smith-Watts	10	Milford Haven Swim Squad	4:23.03	4:06.78	
	50.39	1:56.46 (1:06.07)	3:05.88 (1:09.42)	4:06.78 (1:00.90)		
34	Nia Benham	10	Aberystwyth	NT	4:13.64	
	52.73	1:58.89 (1:06.16)	3:07.21 (1:08.32)	4:13.64 (1:06.43)		
35	Maia Wilkins	9	Swim Swansea	NT	4:32.87	
	58.88	2:09.17 (1:10.29)	3:22.22 (1:13.05)	4:32.87 (1:10.65)		
36	Jessica Sier	9	Aberaeron SC	NT	4:56.62	
	1:05.48	2:21.34 (1:15.86)	3:41.08 (1:19.74)	4:56.62 (1:15.54)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****Event 12 Girls 11-12 200 SC Meter Freestyle**

CBT: 2:24.69		R 04/12/2010	Gabi Cable	Nexus Valleys S		Points
Name	Age	Team	Seed Time	Finals Time		
1 Nia Haf Conlon	11	Carmarthen	2:56.26	2:46.88		8
38.54	1:21.61 (43.07)	2:06.42 (44.81)	2:46.88 (40.46)			
2 Courtney L Fellows	11	Swim Swansea	3:02.10	2:50.32		7
38.87	1:22.74 (43.87)	2:07.43 (44.69)	2:50.32 (42.89)			
3 Charlotte Davies	11	Swim Swansea	3:10.93	2:50.42		6
38.66	1:22.19 (43.53)	2:06.78 (44.59)	2:50.42 (43.64)			
4 Grace E Warlow	11	Neath Asc	3:05.84	2:52.28		5
37.22	1:20.93 (43.71)	2:08.65 (47.72)	2:52.28 (43.63)			
5 Eva Edwards	12	Carmarthen	3:02.12	2:52.67		4
38.66	1:23.58 (44.92)	2:09.75 (46.17)	2:52.67 (42.92)			
6 Tayla Wilson	11	Pembroke & District	2:56.59	2:55.55		3
39.08	1:24.76 (45.68)	2:12.45 (47.69)	2:55.55 (43.10)			
7 Georgia Shiels	11	Pembroke & District	2:59.91	2:55.61		2
39.18	1:25.02 (45.84)	2:12.32 (47.30)	2:55.61 (43.29)			
8 Lisa Davies	12	Aberystwyth	3:05.57	2:56.41		1
42.91	1:31.38 (48.47)	2:16.46 (45.08)	2:56.41 (39.95)			
9 Charlotte Wheel	11	Llanelli Asc	NT	2:58.23		
39.41	1:25.97 (46.56)	2:14.15 (48.18)	2:58.23 (44.08)			
10 Alice Lester	11	Celtic Dolphins	3:20.19	2:58.94		
39.21	1:24.43 (45.22)	2:12.68 (48.25)	2:58.94 (46.26)			
11 Katie M Davies	11	Neath Asc	NT	3:00.40		
39.48	1:25.27 (45.79)	2:12.97 (47.70)	3:00.40 (47.43)			
12 Cari L Davies	11	Aberystwyth	3:11.31	3:01.19		
42.46	1:30.28 (47.82)	2:18.78 (48.50)	3:01.19 (42.41)			
13 Rachel Fice	12	Carmarthen	3:09.18	3:01.71		
41.22	1:27.61 (46.39)	2:16.07 (48.46)	3:01.71 (45.64)			
14 Anya R Walton	12	Haverfordwest Swimming Club	3:00.69	3:03.63		
39.89	1:27.43 (47.54)	2:17.03 (49.60)	3:03.63 (46.60)			
15 Alaw Davies	11	Aberystwyth	3:22.50	3:06.40		
43.55	1:33.57 (50.02)	2:19.52 (45.95)	3:06.40 (46.88)			
16 Megan Tyler	12	Carmarthen	3:12.63	3:06.98		
42.12	1:30.47 (48.35)	2:19.98 (49.51)	3:06.98 (47.00)			
17 Lillie L Martin-Evans	11	Nexus Valleys Swimming Club	3:13.75	3:08.27		
43.77	1:32.50 (48.73)	2:21.17 (48.67)	3:08.27 (47.10)			
18 Gwen Evans	12	Haverfordwest Swimming Club	NT	3:09.65		
40.72	1:29.38 (48.66)	2:20.60 (51.22)	3:09.65 (49.05)			
19 Tia Woolley	11	Aberystwyth	3:38.84	3:12.06		
43.81	1:33.89 (50.08)	2:23.98 (50.09)	3:12.06 (48.08)			
20 Jessica C Whitworth	12	Haverfordwest Swimming Club	3:02.71	3:13.03		
43.14	1:33.20 (50.06)	2:24.20 (51.00)	3:13.03 (48.83)			
21 Emily Griffiths	11	Haverfordwest Swimming Club	3:19.74	3:13.14		
44.55	1:33.95 (49.40)	2:24.74 (50.79)	3:13.14 (48.40)			
22 Ffion Tomos	11	Celtic Dolphins	3:36.36	3:13.49		
42.64	1:32.17 (49.53)	2:24.22 (52.05)	3:13.49 (49.27)			
23 Sarah Davies	12	Carmarthen	3:15.96	3:19.11		
44.62	1:36.14 (51.52)	2:28.54 (52.40)	3:19.11 (50.57)			
24 Lol Maskell	11	Cardigan Swimming Team	3:48.67	3:22.74		
44.92	1:37.66 (52.74)	2:33.80 (56.14)	3:22.74 (48.94)			
25 Poppie P Martin-Evans	11	Nexus Valleys Swimming Club	3:37.96	3:25.94		
46.24	1:40.33 (54.09)	2:34.77 (54.44)	3:25.94 (51.17)			
26 Casey Bellars	11	Cardigan Swimming Team	3:41.59	3:26.65		
45.55	1:39.65 (54.10)	2:34.94 (55.29)	3:26.65 (51.71)			
27 Mia Phillips	11	Tenby Dolphins	3:51.33	3:33.93		
46.98	1:39.60 (52.62)	2:30.58 (50.98)	3:33.93 (1:03.35)			
28 Mia Childs	12	Milford Haven Swim Squad	NT	3:39.27		
41.20	1:37.54 (56.34)	2:38.40 (1:00.86)	3:39.27 (1:00.87)			

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 12 Girls 11-12 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
29 Seren S Thorne	11	Fishguard Flyers SC	NT	3:41.58	
47.45	1:45.86 (58.41)	2:46.26 (1:00.40)	3:41.58 (55.32)		
30 Jess M Morris	11	Pembroke & District	4:30.36	3:49.30	
49.51	1:49.42 (59.91)	2:52.78 (1:03.36)	3:49.30 (56.52)		
--- Danielle R Williams	11	Llanelli Asc	4:04.78	DNF	
46.14					

Event 13 Boys 14-15 100 SC Meter Breaststroke

CBT: 1:17.06		R 30/11/2013	Dafydd Burton	Llanelli		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Nyle Lewis	15	Pembroke & District	1:15.14	1:13.58 R	8	
35.05	1:13.58 (38.53)					
2 Cas Pelders	15	Swim Swansea	1:16.30	1:18.08	7	
36.81	1:18.08 (41.27)					
3 Cameron Thomas	14	Aberystwyth	1:23.18	1:18.09	6	
36.53	1:18.09 (41.56)					
4 Dafydd Nicholls	15	Cardigan Swimming Team	1:17.30	1:18.25	5	
37.13	1:18.25 (41.12)					
5 Owen Thomas	15	Tenby Dolphins	1:19.69	1:19.46	4	
37.75	1:19.46 (41.71)					
6 Kyle Job	15	Penyrheol Swimming Club	1:18.85	1:19.93	3	
37.51	1:19.93 (42.42)					
7 Tomas D Webb	14	Haverfordwest Swimming Club	1:22.56	1:20.34	2	
38.84	1:20.34 (41.50)					
8 Jack Thompson	14	Penyrheol Swimming Club	1:25.58	1:26.94	1	
39.94	1:26.94 (47.00)					
9 Rowan Kettle	14	Pembroke & District	1:28.66	1:29.99		
42.36	1:29.99 (47.63)					
10 William Dauncey	14	Cardigan Swimming Team	1:31.38	1:30.60		
43.07	1:30.60 (47.53)					
11 David Radmore	15	Pembroke & District	1:31.90	1:31.49		
43.61	1:31.49 (47.88)					
12 Iwan Tomos	15	Celtic Dolphins	1:56.50	1:33.39		
44.49	1:33.39 (48.90)					
13 Iestyn L Watson	14	Aberystwyth	1:46.68	1:35.22		
44.83	1:35.22 (50.39)					
14 Baris R Akay	15	Haverfordwest Swimming Club	1:30.21	1:35.38		
44.81	1:35.38 (50.57)					
15 Matthew Thorne	15	Celtic Dolphins	NT	1:48.44		
51.66	1:48.44 (56.78)					
16 Jason Gibson	14	Swim Swansea	1:52.90	1:48.68		
51.96	1:48.68 (56.72)					

Event 13 Boys 16 & Over 100 SC Meter Breaststroke

CBT: 1:15.09		R 04/12/2010	Sion T Owen	Aberystwyth		
Name	Age	Team	Seed Time	Finals Time	Points	
1 James Jones	17	Carmarthen	1:16.26	1:15.68	8	
36.28	1:15.68 (39.40)					
2 Daniel J Thomas	17	Pembroke & District	1:16.31	1:17.79	7	
36.66	1:17.79 (41.13)					
3 Simon Short	16	Neath Asc	1:21.11	1:19.95	6	
38.03	1:19.95 (41.92)					

Event 14 Girls 13-14 100 SC Meter Breaststroke

CBT: 1:22.15		R 03/12/2011	Hannah Davies	Carmarthen		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Alaw O'Rourke	14	Aberystwyth	1:25.96	1:24.43	8	
38.91	1:24.43 (45.52)					

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 14 Girls 13-14 100 SC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
2	Gemma Davies	14	Carmarthen	1:26.99	1:24.94	7
	40.92			1:24.94 (44.02)		
3	Menna Phillips	14	Fishguard Flyers SC	1:31.89	1:29.39	6
	42.05			1:29.39 (47.34)		
4	Emily Dilks	13	Tenby Dolphins	1:32.22	1:29.48	5
	42.58			1:29.48 (46.90)		
5	Caitlin Dwyer	14	Swim Swansea	1:30.49	1:30.25	4
	42.67			1:30.25 (47.58)		
6	Rhiannon Williams	13	Swim Swansea	1:31.98	1:31.16	3
	43.40			1:31.16 (47.76)		
7	Aliesha Job	13	Penyrheol Swimming Club	1:26.75	1:31.49	2
	43.72			1:31.49 (47.77)		
8	Lucy Harding	13	Haverfordwest Swimming Club	1:31.56	1:32.14	1
	44.40			1:32.14 (47.74)		
9	Rebecca Glasser	14	Aberystwyth	1:34.24	1:32.95	
	44.04			1:32.95 (48.91)		
10	Charlotte O'Neill	14	Tenby Dolphins	1:31.76	1:32.98	
	43.81			1:32.98 (49.17)		
11	Hannah F Myers	14	Fishguard Flyers SC	1:30.50	1:34.06	
	43.82			1:34.06 (50.24)		
12	Megan K Pullen	13	Swim Swansea	1:35.55	1:34.55	
	45.09			1:34.55 (49.46)		
13	Ellie Rogers	14	Pembroke & District	1:33.42	1:35.11	
	44.87			1:35.11 (50.24)		
14	Shannon Sayer	14	Aberystwyth	1:39.17	1:35.80	
	44.22			1:35.80 (51.58)		
15	Megan Black	13	Swim Swansea	1:33.99	1:36.48	
	45.30			1:36.48 (51.18)		
16	Elin M Nicholls	13	Cardigan Swimming Team	1:38.85	1:36.65	
	45.20			1:36.65 (51.45)		
17	Jasmine Nicholls	13	Swim Swansea	1:40.74	1:36.72	
	46.55			1:36.72 (50.17)		
18	Sophie Davies	13	Swim Swansea	1:35.60	1:37.72	
	47.18			1:37.72 (50.54)		
19	Catherine Greenaway	13	Swim Swansea	1:37.91	1:37.76	
	46.27			1:37.76 (51.49)		
20	Chloe Edwards	13	Pembroke & District	1:36.57	1:38.55	
	46.79			1:38.55 (51.76)		
21	Megan Fletcher	14	Cardigan Swimming Team	1:36.41	1:41.42	
	47.49			1:41.42 (53.93)		
22	Bethan Wells	13	Swim Swansea	1:41.47	1:42.76	
	48.90			1:42.76 (53.86)		
23	Catriona L McCartney	13	Haverfordwest Swimming Club	1:40.51	1:43.20	
	46.94			1:43.20 (56.26)		
24	Mali Jones	13	Aberystwyth	1:43.44	1:45.64	
	49.85			1:45.64 (55.79)		
25	Katrina Binnion	13	Llanelli Asc	1:50.66	1:48.64	
	50.38			1:48.64 (58.26)		
26	Cara Jones	13	Cardigan Swimming Team	1:50.69	1:52.46	
	54.14			1:52.46 (58.32)		
---	Emily Jones	13	Cardigan Swimming Team	1:47.62	DQ	
	51.59			DQ (58.45)		

Event 14 Girls 15 & Over 100 SC Meter Breaststroke

CBT: 1:21.74 R 03/12/2011 Christie McCallum

Swim Swansea

	Name	Age	Team	Seed Time	Finals Time	Points
1	Cari O'Rourke	16	Aberystwyth	1:26.07	1:25.82	8
	40.64			1:25.82 (45.18)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 11.00 AM****(Event 14 Girls 15 & Over 100 SC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
2	Bethan Phillips 40.66	16	Fishguard Flyers SC	1:25.91	1:26.10	7
3	Katie Hicks 41.23	15	Tenby Dolphins	1:27.13	1:27.79	6
4	Lauren M Johns 43.57	15	Celtic Dolphins	1:35.12	1:31.43	5
5	Rebekah Black 43.87	15	Swim Swansea	1:30.87	1:31.72	4
6	Bethan Benham 44.61	15	Aberystwyth	1:31.84	1:33.26	3
7	Talesia Janes 43.61	15	Aberystwyth	1:34.90	1:33.86	2
8	Holly L Thomas 45.27	16	Amman Valley Swimming Club	1:34.67	1:38.06	1