

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 03.15 PM****Event 15 Boys 9-11 400 SC Meter Freestyle**

CBT: 5:25.16 R 24/11/2012 Llew Davies

Llanelli

Name	Age	Team	Seed Time	Finals Time	Points
1 Gruff Weston	11	Llanelli Asc	5:29.86	5:16.56 R	8
	35.49	1:14.51 (39.02)	1:55.06 (40.55)	2:35.38 (40.32)	
	3:16.01 (40.63)	3:57.46 (41.45)	4:37.95 (40.49)	5:16.56 (38.61)	
2 Alex J Preece	11	Neath Asc	5:31.17	5:17.12 R	7
	36.12	1:15.29 (39.17)	1:55.81 (40.52)	2:35.96 (40.15)	
	3:16.49 (40.53)	3:56.88 (40.39)	4:38.09 (41.21)	5:17.12 (39.03)	
3 Joshua Cooper	10	Neath Asc	5:53.23	5:47.29	6
	40.19	1:24.49 (44.30)	2:07.92 (43.43)	2:52.64 (44.72)	
	3:36.30 (43.66)	4:21.20 (44.90)	5:03.02 (41.82)	5:47.29 (44.27)	
4 Dylan Lewis	10	Swim Swansea	5:52.95	5:53.21	5
	39.41	1:24.17 (44.76)	2:07.81 (43.64)	2:53.40 (45.59)	
	3:39.44 (46.04)	4:24.18 (44.74)	5:09.97 (45.79)	5:53.21 (43.24)	
5 Connor Smart	11	Llanelli Asc	NT	6:17.08	4
	40.87	1:27.91 (47.04)	2:16.13 (48.22)	3:03.76 (47.63)	
	3:52.48 (48.72)	4:41.12 (48.64)	5:29.78 (48.66)	6:17.08 (47.30)	
6 Tomos I Morgan	10	Carmarthen	NT	6:28.60	3
	40.88	1:26.71 (45.83)	2:16.33 (49.62)	3:06.56 (50.23)	
	3:57.89 (51.33)	4:49.48 (51.59)	5:39.89 (50.41)	6:28.60 (48.71)	
7 Jacob Massey	11	Aberystwyth	6:54.69	6:30.77	2
	44.95	1:35.24 (50.29)	2:25.18 (49.94)	3:15.57 (50.39)	
	4:04.91 (49.34)	4:54.73 (49.82)	5:44.11 (49.38)	6:30.77 (46.66)	
8 Archie Dilks	10	Tenby Dolphins	6:54.65	6:36.94	1
	45.63	1:37.27 (51.64)	2:28.53 (51.26)	3:19.48 (50.95)	
	4:11.13 (51.65)	5:02.25 (51.12)	5:52.27 (50.02)	6:36.94 (44.67)	
9 Dylan Budd-Thomas	9	Llanelli Asc	NT	6:37.12	
	44.68	1:35.57 (50.89)	2:27.36 (51.79)	3:20.14 (52.78)	
	4:10.05 (49.91)	5:00.84 (50.79)	5:52.95 (52.11)	6:37.12 (44.17)	
10 Finley Nicholson	9	Aberaeron SC	8:50.52	7:59.40	
	53.33	1:54.90 (1:01.57)	2:55.71 (1:00.81)	3:59.42 (1:03.71)	
	5:01.18 (1:01.76)	6:04.63 (1:03.45)	7:05.13 (1:00.50)	7:59.40 (54.27)	

**Event 15 Boys 12-13 400 SC Meter Freestyle**

CBT: 4:29.75 R 24/11/2012 Iestyn Cole

Llanelli

Name	Age	Team	Seed Time	Finals Time	Points
1 Nathaniel Harries	13	Carmarthen	5:31.46	4:55.57	8
	33.16	1:10.22 (37.06)	1:48.12 (37.90)	2:26.32 (38.20)	
	3:04.09 (37.77)	3:42.29 (38.20)	4:17.48 (35.19)	4:55.57 (38.09)	
2 Morgan Elliott	13	Haverfordwest Swimming Club	4:57.14	5:01.39	7
	32.49	1:08.59 (36.10)	1:46.45 (37.86)	2:25.74 (39.29)	
	3:04.77 (39.03)	3:44.80 (40.03)	4:24.24 (39.44)	5:01.39 (37.15)	
3 Arthur J Peters	12	Swim Swansea	5:16.70	5:12.42	6
4 Morgan Evans	13	Aberaeron SC	5:26.80	5:18.95	5
5 James Payne	13	Aberystwyth	6:24.08	5:25.72	4
	35.33	1:15.81 (40.48)	1:58.00 (42.19)	2:40.19 (42.19)	
	3:22.90 (42.71)	4:06.02 (43.12)	4:48.06 (42.04)	5:25.72 (37.66)	
6 Joshua Jones	12	Carmarthen	NT	5:41.97	3
	36.01	1:17.86 (41.85)	2:01.03 (43.17)	2:45.60 (44.57)	
	3:29.91 (44.31)	4:15.11 (45.20)	4:59.60 (44.49)	5:41.97 (42.37)	
7 Ciaran Squires	13	Aberaeron SC	NT	6:04.66	2
	37.36	1:20.61 (43.25)	2:05.72 (45.11)	2:49.89 (44.17)	
	3:31.65 (41.76)	4:16.40 (44.75)	5:43.10 (1:26.70)	6:04.66 (21.56)	
8 Tomas Griffiths	12	Pembroke & District	NT	6:11.41	1
	40.26	1:27.14 (46.88)	2:14.64 (47.50)	3:02.11 (47.47)	
	3:50.27 (48.16)	4:38.51 (48.24)	5:24.54 (46.03)	6:11.41 (46.87)	
9 Tom Beegan	12	Milford Haven Swim Squad	NT	6:15.68	
	41.93	1:30.26 (48.33)	2:17.30 (47.04)	3:06.32 (49.02)	
	3:55.33 (49.01)	4:44.81 (49.48)	5:33.86 (49.05)	6:15.68 (41.82)	

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Name	Age	Team	Seed Time	Finals Time	Points
10 Dean L Kelly	12	Haverfordwest Swimming Club	6:29.83	6:18.88	
	42.61	1:30.67 (48.06)	2:19.24 (48.57)	3:07.82 (48.58)	
	3:57.39 (49.57)	4:46.19 (48.80)	5:34.50 (48.31)	6:18.88 (44.38)	
11 Dylan Skym	12	Aberystwyth	7:03.60	6:25.22	
	40.39	1:28.88 (48.49)	2:18.44 (49.56)	3:07.61 (49.17)	
	3:58.34 (50.73)	4:46.73 (48.39)	5:36.49 (49.76)	6:25.22 (48.73)	

**Event 15 Boys 14-15 400 SC Meter Freestyle**

CBT: 4:36.02 R 24/11/2012 Rhys Thomas-Burgess

Swim Swansea

Name	Age	Team	Seed Time	Finals Time	Points
1 Rhys R Williams	15	Llanelli Asc	4:55.51	4:35.42 R	8
	29.77	1:03.15 (33.38)	1:38.55 (35.40)	2:14.34 (35.79)	
	2:51.07 (36.73)	3:26.99 (35.92)	4:02.32 (35.33)	4:35.42 (33.10)	
2 Owain Gullam	14	Celtic Dolphins	4:51.00	4:47.57	7
	30.12	1:04.02 (33.90)	1:41.46 (37.44)	2:19.01 (37.55)	
	2:56.93 (37.92)	3:33.85 (36.92)	4:10.80 (36.95)	4:47.57 (36.77)	
3 Jason Gibson	14	Swim Swansea	6:10.16	5:48.83	6
	38.93	1:22.77 (43.84)	2:07.38 (44.61)	2:52.10 (44.72)	
	3:36.60 (44.50)	4:21.10 (44.50)	5:05.57 (44.47)	5:48.83 (43.26)	
4 Matthew Thorne	15	Celtic Dolphins	NT	6:15.35	5
	40.35	1:27.65 (47.30)	2:16.31 (48.66)	3:06.49 (50.18)	
	3:56.47 (49.98)	4:46.77 (50.30)	5:35.47 (48.70)	6:15.35 (39.88)	

**Event 15 Boys 16 & Over 400 SC Meter Freestyle**

CBT: 4:35.78 R 04/12/2010 Sion T Owen

Aberystwyth

Name	Age	Team	Seed Time	Finals Time	Points
1 Max Glasser	16	Aberystwyth	5:05.89	5:00.75	8
	31.90	1:07.89 (35.99)	1:46.42 (38.53)	2:25.90 (39.48)	
	3:04.27 (38.37)	3:43.87 (39.60)	4:23.58 (39.71)	5:00.75 (37.17)	

**Event 16 Girls 9-10 100 SC Meter Backstroke**

CBT: 1:25.83 R 03/12/2011 Mali W Weston

Llanelli

Name	Age	Team	Seed Time	Finals Time	Points
1 Kacey E Lewis	10	Nexus Valleys Swimming Club	1:34.07	1:29.21	8
	44.97	1:29.21 (44.24)			
2 Megan Dwyer	10	Swim Swansea	1:40.90	1:32.28	7
	45.85	1:32.28 (46.43)			
3 Sadie L Watkins	10	Nexus Valleys Swimming Club	1:36.52	1:33.24	6
	46.31	1:33.24 (46.93)			
4 Trinity B Hetherington	10	Nexus Valleys Swimming Club	1:35.61	1:35.25	5
	46.85	1:35.25 (48.40)			
5 Hannah Gallagher	10	Swim Swansea	1:39.02	1:35.41	4
	46.89	1:35.41 (48.52)			
6 Holly-Ellice Jones	9	Aberystwyth	NT	1:35.87	3
	47.84	1:35.87 (48.03)			
7 Sophie Spragg	10	Carmarthen	1:46.06	1:37.96	2
8 Tegen L Davies	10	Nexus Valleys Swimming Club	NT	1:40.55	1
	48.90	1:40.55 (51.65)			
9 Megan E Thomson	10	Haverfordwest Swimming Club	1:48.50	1:40.96	
	49.54	1:40.96 (51.42)			
10 Elin Pawsey	10	Celtic Dolphins	NT	1:43.06	
	50.50	1:43.06 (52.56)			
11 Isabel Williams	10	Celtic Dolphins	1:49.57	1:44.04	
	52.90	1:44.04 (51.14)			
12 Jessica Dickinson	9	Swim Swansea	1:46.73	1:45.14	
	52.05	1:45.14 (53.09)			
13 Megan Lewis	10	Milford Haven Swim Squad	NT	1:45.15	
	51.20	1:45.15 (53.95)			

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 03.15 PM****(Event 16 Girls 9-10 100 SC Meter Backstroke)**

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
14	Megan Griffiths	10	Pembroke & District	2:08.98	1:45.37	
	51.63				1:45.37 (53.74)	
15	Lucy Rogers	10	Pembroke & District	1:39.35	1:45.54	
	51.14				1:45.54 (54.40)	
16	Phoebe G Davies	9	Carmarthen	1:57.66	1:45.87	
	51.11				1:45.87 (54.76)	
17	Amelia Watts	9	Celtic Dolphins	NT	1:46.37	
	51.73				1:46.37 (54.64)	
18	Hannah Greenwood	10	Pembroke & District	1:45.04	1:46.75	
	48.93				1:46.75 (57.82)	
19	Verity R Hetherington	9	Nexus Valleys Swimming Club	NT	1:47.95	
	51.43				1:47.95 (56.52)	
20	Katie Doughty	9	Haverfordwest Swimming Club	1:47.82	1:48.20	
	53.43				1:48.20 (54.77)	
21	Katie Glover	10	Celtic Dolphins	1:46.40	1:48.50	
	53.83				1:48.50 (54.67)	
22	Nia Sullivan	10	Celtic Dolphins	NT	1:49.56	
	53.25				1:49.56 (56.31)	
23	Alexandra Lee	9	Aberavon	1:51.54	1:49.73	
	54.10				1:49.73 (55.63)	
24	Chloe Morris	9	Pembroke & District	NT	1:50.88	
	54.42				1:50.88 (56.46)	
25	Eve Fox	9	Swim Swansea	NT	1:51.42	
	53.65				1:51.42 (57.77)	
26	Llian M Curtis-Jones	9	Celtic Dolphins	NT	1:51.63	
	55.12				1:51.63 (56.51)	
27	Aimee Pettit	9	Haverfordwest Swimming Club	2:10.24	1:52.28	
	53.70				1:52.28 (58.58)	
28	Caryl Shepherd	9	Aberaeron SC	1:51.28	1:54.78	
	56.05				1:54.78 (58.73)	
29	Rhiannon m Clapham	9	Fishguard Flyers SC	1:58.60	1:56.54	
	57.09				1:56.54 (59.45)	
30	Lena Hughes	10	Pembroke & District	2:03.62	1:57.39	
	53.58				1:57.39 (1:03.81)	
31	Fern D Cumine	9	Pembroke & District	1:56.69	1:57.93	
	56.17				1:57.93 (1:01.76)	
32	Georgia Lee	9	Pembroke & District	NT	1:59.24	
	57.66				1:59.24 (1:01.58)	
33	Lili M Davies	9	Aberystwyth	NT	1:59.76	
	55.71				1:59.76 (1:04.05)	
34	Megan K Montgomery	10	Swim Swansea	NT	2:00.12	
	58.43				2:00.12 (1:01.69)	
35	Nell Evans	9	Pembroke & District	2:05.79	2:03.05	
	1:02.51				2:03.05 (1:00.54)	
36	Elena Philipps-Waring	10	Tenby Dolphins	2:06.71	2:06.46	
	1:01.78				2:06.46 (1:04.68)	
37	Stacie Whitworth	9	Haverfordwest Swimming Club	2:15.16	2:07.28	
	1:02.24				2:07.28 (1:05.04)	
38	Seren Griffiths	9	Milford Haven Swim Squad	NT	2:09.42	
	1:02.43				2:09.42 (1:06.99)	
39	Jessica Sier	9	Aberaeron SC	NT	2:26.89	
	1:12.74				2:26.89 (1:14.15)	
---	Alyssa Miles	9	Aberaeron SC	NT	DQ	
	1:01.86				DQ (1:04.05)	
---	Maia Wilkins	9	Swim Swansea	NT	DQ	
	1:01.18				DQ (1:04.28)	
---	Bryony Smith-Watts	10	Milford Haven Swim Squad	NT	DQ	
	1:05.14				DQ (1:15.99)	

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Name	Age	Team	Seed Time	Finals Time	Points
--- Ffion Evans	10	Cardigan Swimming Team	NT	DQ	
1:01.20		DQ (1:10.02)			
--- Nia Benham	10	Aberystwyth	2:31.98	DQ	
1:06.64		DQ (1:06.43)			

**Event 16 Girls 11-12 100 SC Meter Backstroke**

CBT: 1:15.95 R 24/11/2012		Lowri Mathias	Amman Valley		
Name	Age	Team	Seed Time	Finals Time	Points
1 Charlotte Davies	11	Swim Swansea	1:31.89	1:25.97	8
41.72		1:25.97 (44.25)			
2 Celyn Nicholson	12	Aberaeron SC	1:31.14	1:26.39	7
42.17		1:26.39 (44.22)			
3 Elli Woodruff	12	Carmarthen	1:31.33	1:29.91	6
45.21		1:29.91 (44.70)			
4 Tayla Wilson	11	Pembroke & District	1:31.46	1:30.21	5
43.53		1:30.21 (46.68)			
5 Rachel Fice	12	Carmarthen	1:35.28	1:31.74	4
45.65		1:31.74 (46.09)			
6 Bethan A Bailey	12	Fishguard Flyers SC	1:37.73	1:31.97	3
43.93		1:31.97 (48.04)			
7 Georgia Shiels	11	Pembroke & District	1:30.74	1:32.57	2
45.23		1:32.57 (47.34)			
8 Grace E Warlow	11	Neath Asc	1:33.48	1:32.58	1
45.18		1:32.58 (47.40)			
9 Lisa Davies	12	Aberystwyth	1:36.67	1:34.92	
48.25		1:34.92 (46.67)			
10 Jasmine Holdsworth	12	Aberavon	1:40.86	1:35.70	
11 Summer B Lincoln	12	Haverfordwest Swimming Club	1:39.31	1:39.52	
48.85		1:39.52 (50.67)			
12 Tia Woolley	11	Aberystwyth	1:39.93	1:40.57	
49.17		1:40.57 (51.40)			
13 Lillie L Martin-Evans	11	Nexus Valleys Swimming Club	1:43.46	1:41.00	
50.63		1:41.00 (50.37)			
14 Holly J Mathias	12	Haverfordwest Swimming Club	1:39.23	1:41.90	
49.77		1:41.90 (52.13)			
15 Alaw Davies	11	Aberystwyth	1:44.49	1:43.52	
49.92		1:43.52 (53.60)			
16 Cari L Davies	11	Aberystwyth	1:40.47	1:44.45	
51.55		1:44.45 (52.90)			
17 Sarah Davies	12	Carmarthen	1:42.00	1:46.76	
51.81		1:46.76 (54.95)			
18 Poppie P Martin-Evans	11	Nexus Valleys Swimming Club	1:46.48	1:48.88	
53.33		1:48.88 (55.55)			
19 Molly Griffiths	11	Milford Haven Swim Squad	NT	1:51.50	
49.95		1:51.50 (1:01.55)			
20 Danielle R Williams	11	Llanelli Asc	1:57.87	1:54.46	
55.72		1:54.46 (58.74)			
21 Jess M Morris	11	Pembroke & District	NT	1:59.08	
57.28		1:59.08 (1:01.80)			
--- Casey Bellars	11	Cardigan Swimming Team	1:43.34	DQ	
50.74		DQ (56.25)			
--- Ffion Tomos	11	Celtic Dolphins	1:42.16	DQ	
49.22		DQ (51.24)			
--- Katie M Davies	11	Neath Asc	NT	DQ	
47.10		DQ (53.83)			
--- Eva Edwards	12	Carmarthen	1:56.06	DQ	
47.16		DQ (50.25)			

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Name	Age	Team	Seed Time	Finals Time	Points
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Lol Maskell	11	Cardigan Swimming Team	1:51.06	DQ	
1:08.21	DQ (39.46)				

**Event 17 Boys 9-11 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1	10	Swim Swansea	1:29.08	1:24.71	8
Max Elkin	41.36	1:24.71 (43.35)			
2	11	Neath Asc	1:28.06	1:25.22	7
Lewis Wells	41.44	1:25.22 (43.78)			
3	9	Pembroke & District	1:29.48	1:27.06	6
Charlie J Shiels	42.24	1:27.06 (44.82)			
4	10	Pembroke & District	1:35.89	1:27.31	5
Owyn Griffiths	43.55	1:27.31 (43.76)			
5	10	Swim Swansea	1:30.17	1:27.89	4
AB B Rodriguez	43.17	1:27.89 (44.72)			
6	11	Swim Swansea	1:32.10	1:28.81	3
Joshua Thomas	43.72	1:28.81 (45.09)			
7	11	Celtic Dolphins	1:31.10	1:29.20	2
Morgan Greenway	42.49	1:29.20 (46.71)			
8	10	Pembroke & District	1:31.91	1:29.70	1
Arron Fitzsimmons	43.23	1:29.70 (46.47)			
9	10	Pembroke & District	1:31.30	1:29.83	
Toby Sturley	44.89	1:29.83 (44.94)			
10	9	Celtic Dolphins	1:35.83	1:30.59	
Joshua Roberts	44.10	1:30.59 (46.49)			
11	11	Haverfordwest Swimming Club	1:33.06	1:32.69	
Sean A Barrett	46.16	1:32.69 (46.53)			
12	9	Swim Swansea	1:32.48	1:34.20	
Aneurin Davies	47.18	1:34.20 (47.02)			
13	10	Swim Swansea	1:42.12	1:34.22	
Neo Seppman	45.85	1:34.22 (48.37)			
14	10	Haverfordwest Swimming Club	1:32.90	1:34.39	
Jake T Powell	47.14	1:34.39 (47.25)			
15	11	Carmarthen	1:38.72	1:35.22	
Carwyn Hancock	46.64	1:35.22 (48.58)			
16	11	Haverfordwest Swimming Club	1:35.79	1:35.39	
Jack Elliott	45.61	1:35.39 (49.78)			
17	11	Cardigan Swimming Team	1:39.13	1:36.61	
Luke Jones	47.44	1:36.61 (49.17)			
18	9	Llanelli Asc	1:38.73	1:37.00	
Dylan Budd-Thomas	46.98	1:37.00 (50.02)			
19	9	Llanelli Asc	1:40.70	1:38.00	
Rhys Partridge	48.44	1:38.00 (49.56)			
20	10	Carmarthen	1:48.52	1:39.27	
Liam Edwards	48.14	1:39.27 (51.13)			
21	10	Haverfordwest Swimming Club	1:37.49	1:39.45	
William D Wilson	48.61	1:39.45 (50.84)			
22	10	Tenby Dolphins	1:39.90	1:39.52	
Archie Dilks	50.22	1:39.52 (49.30)			
23	11	Carmarthen	1:43.90	1:40.08	
Noah Gowman	49.34	1:40.08 (50.74)			
24	9	Swim Swansea	1:43.58	1:40.32	
Harry Hewitt	49.10	1:40.32 (51.22)			
25	11	Aberystwyth	1:41.70	1:40.50	
Robert Glasser	50.04	1:40.50 (50.46)			
26	11	Nexus Valleys Swimming Club	1:40.69	1:41.15	
Cameron Williams	49.37	1:41.15 (51.78)			

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Name	Age	Team	Seed Time	Finals Time	Points
27 Luke Greenaway	10	Swim Swansea	1:45.72	1:42.80	
49.40	1:42.80 (53.40)				
28 Ben J MacDougall	11	Haverfordwest Swimming Club	1:48.62	1:44.16	
50.99	1:44.16 (53.17)				
29 Woody L Francis	9	Swim Swansea	NT	1:44.48	
50.05	1:44.48 (54.43)				
30 Adam D Jones	9	Swim Swansea	NT	1:44.91	
50.14	1:44.91 (54.77)				
31 Morgan Jones	9	Nexus Valleys Swimming Club	NT	1:51.32	
54.63	1:51.32 (56.69)				
32 Dylan Gwynne-Jones	9	Aberaeron SC	2:01.91	1:51.93	
53.57	1:51.93 (58.36)				
33 Dylan Dawes	11	Haverfordwest Swimming Club	2:03.37	1:52.29	
55.60	1:52.29 (56.69)				
34 Antonio Girolami	9	Haverfordwest Swimming Club	NT	1:54.84	
57.38	1:54.84 (57.46)				
35 Evan Thomas	9	Milford Haven Swim Squad	2:01.42	1:59.34	
59.55	1:59.34 (59.79)				
36 Finley Nicholson	9	Aberaeron SC	NT	2:09.70	
1:03.50	2:09.70 (1:06.20)				
37 Mathew Cole	9	Milford Haven Swim Squad	2:05.67	2:18.05	
1:07.08	2:18.05 (1:10.97)				
--- Ethan Butler	9	Celtic Dolphins	NT	DQ	
49.51	DQ (59.94)				
--- Alex Glasser	11	Aberystwyth	1:48.62	DQ	
53.04	DQ (52.41)				
--- Harry Llewellyn	10	Pembroke & District	2:02.73	DQ	
57.62	DQ (1:01.14)				
--- Joshua W Porter	10	Celtic Dolphins	NT	DQ	
53.78	DQ (57.80)				
--- Sam Beegan	9	Milford Haven Swim Squad	NT	DQ	
1:02.64	DQ (1:13.69)				
--- Max Burkett	9	Swim Swansea	1:34.28	DQ	
45.01	DQ (47.11)				
--- Jack Doughty	11	Haverfordwest Swimming Club	1:49.07	DQ	
55.54	DQ (54.25)				
--- Hadyn Gough	10	Milford Haven Swim Squad	2:03.15	DQ	
1:00.65	DQ (1:02.13)				

**Event 17 Boys 12-13 100 SC Meter Backstroke**

CBT: 1:10.79		R 04/12/2010	Jordan Hughes	Nexus Valleys S		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Ciaran Squires	13	Aberaeron SC	1:28.52	1:25.85	8	
42.41	1:25.85 (43.44)					
2 Ruben Krueger	13	Cardigan Swimming Team	1:28.66	1:27.60	7	
40.61	1:27.60 (46.99)					
3 Jack D Montgomery	12	Swim Swansea	1:39.66	1:28.79	6	
43.34	1:28.79 (45.45)					
4 Jac D Webb	12	Haverfordwest Swimming Club	1:35.85	1:31.20	5	
45.30	1:31.20 (45.90)					
5 Dean L Kelly	12	Haverfordwest Swimming Club	1:32.63	1:34.60	4	
45.52	1:34.60 (49.08)					
6 Tom Beegan	12	Milford Haven Swim Squad	1:38.18	1:36.19	3	
46.57	1:36.19 (49.62)					
7 Dylan Skym	12	Aberystwyth	1:38.64	1:38.78	2	
46.66	1:38.78 (52.12)					
8 Carwyn Gullam	12	Celtic Dolphins	1:47.01	1:41.16	1	
1:41.24	1:41.16 ( )					

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Name	Age	Team	Seed Time	Finals Time	Points
9 Luke Dunning	12	Llanelli Asc	NT	1:45.56	
50.78	1:45.56 (54.78)				
10 Zac Thomas	12	Milford Haven Swim Squad	1:47.26	2:51.13	
1:49.52	2:51.13 (1:01.61)				
--- Lewis Weaver	12	Celtic Dolphins	NT	DQ	
47.65	DQ (51.36)				
--- Ben Lewis	12	Pembroke & District	1:33.06	DQ	
48.74	DQ (47.91)				
--- Luke Butler	12	Celtic Dolphins	1:36.51	DQ	

**Event 18 Girls 13-14 200 SC Meter Butterfly**

CBT: 2:34.00 R 24/11/2012		Jordan E Harding		Haverfordwest	
Name	Age	Team	Seed Time	Finals Time	Points
1 Gemma Davies	14	Carmarthen	3:07.71	2:52.73	8
38.84	1:24.58 (45.74)	2:09.85 (45.27)	2:52.73 (42.88)		
2 Bethan Edwards	13	Carmarthen	NT	2:55.30	7
36.73	1:22.54 (45.81)	2:09.80 (47.26)	2:55.30 (45.50)		
3 Rachel Mayled	13	Milford Haven Swim Squad	2:59.28	2:56.68	6
37.50	1:23.73 (46.23)	2:13.05 (49.32)	2:56.68 (43.63)		
4 Rebecca Glasser	14	Aberystwyth	NT	3:10.99	5
39.35	1:28.80 (49.45)	2:20.54 (51.74)	3:10.99 (50.45)		
5 Alaw O'Rourke	14	Aberystwyth	NT	3:16.64	4
41.27	1:31.43 (50.16)	2:23.83 (52.40)	3:16.64 (52.81)		
6 Chloe Edwards	13	Pembroke & District	3:53.98	3:34.31	3
42.54	1:35.84 (53.30)	2:36.79 (1:00.95)	3:34.31 (57.52)		
7 Megan Fletcher	14	Cardigan Swimming Team	3:43.11	3:38.01	2
43.06	1:40.89 (57.83)	2:41.12 (1:00.23)	3:38.01 (56.89)		

**Event 18 Girls 15 & Over 200 SC Meter Butterfly**

CBT: 2:30.24 R 30/11/2013		Hannah Davies		Carmarthen	
Name	Age	Team	Seed Time	Finals Time	Points
1 Ffion Davies	16	Swim Swansea	NT	2:35.00	8
34.30	1:13.74 (39.44)	1:56.43 (42.69)	2:35.00 (38.57)		
2 Hannah Davies	16	Carmarthen	2:30.24	2:36.00	7
32.61	1:10.69 (38.08)	1:52.23 (41.54)	2:36.00 (43.77)		
3 Cari O'Rourke	16	Aberystwyth	2:58.46	2:55.23	6
37.56	1:22.73 (45.17)	2:10.43 (47.70)	2:55.23 (44.80)		
4 Talesia Janes	15	Aberystwyth	3:05.22	2:56.88	5
36.98	1:22.24 (45.26)	2:09.59 (47.35)	2:56.88 (47.29)		

**Event 19 Boys 14-15 200 SC Meter Butterfly**

CBT: 2:29.87 R 24/11/2012		Daniel Davies		Tenby Dolphins	
Name	Age	Team	Seed Time	Finals Time	Points
1 Cameron Thomas	14	Aberystwyth	2:28.91	2:26.94 R	8
31.28	1:08.46 (37.18)	1:47.36 (38.90)	2:26.94 (39.58)		
2 Ben Mottram	14	Haverfordwest Swimming Club	NT	2:39.60	7
34.20	1:14.98 (40.78)	1:57.26 (42.28)	2:39.60 (42.34)		

**Event 20 Girls 9-10 200 SC Meter Breaststroke**

CBT: 3:25.86 R 04/12/2010		Lowri Mathias		Amman Valley	
Name	Age	Team	Seed Time	Finals Time	Points
1 Megan Dwyer	10	Swim Swansea	3:38.57	3:35.09	8
49.24	1:45.55 (56.31)	2:42.06 (56.51)	3:35.09 (53.03)		
2 Hannah Gallagher	10	Swim Swansea	3:47.40	3:35.97	7
49.93	1:46.63 (56.70)	2:41.89 (55.26)	3:35.97 (54.08)		
3 Sophie Spragg	10	Carmarthen	NT	3:45.29	6
54.20	1:52.75 (58.55)	2:49.88 (57.13)	3:45.29 (55.41)		

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Name	Age	Team	Seed Time	Finals Time	Points
4 Emily Rees	10	Llanelli Asc	NT	3:49.78	5
52.19	1:50.48 (58.29)	2:50.47 (59.99)	3:49.78 (59.31)		
5 Kacey E Lewis	10	Nexus Valleys Swimming Club	4:01.95	3:54.98	4
56.28	1:56.02 (59.74)	2:57.15 (1:01.13)	3:54.98 (57.83)		
6 Seren Thomas	10	Amman Valley Swimming Club	NT	3:57.06	3
55.47	1:55.25 (59.78)	2:57.40 (1:02.15)	3:57.06 (59.66)		
7 Trinity B Hetherington	10	Nexus Valleys Swimming Club	3:56.70	3:58.80	2
55.41	1:56.08 (1:00.67)	2:58.90 (1:02.82)	3:58.80 (59.90)		
8 Lucy Rogers	10	Pembroke & District	4:12.32	4:04.66	1
59.52	2:01.62 (1:02.10)	3:02.69 (1:01.07)	4:04.66 (1:01.97)		
9 Carys W Jones	10	Haverfordwest Swimming Club	NT	4:05.10	
54.72	1:57.77 (1:03.05)	3:01.63 (1:03.86)	4:05.10 (1:03.47)		
10 Elin Pawsey	10	Celtic Dolphins	4:10.90	4:07.54	
56.61	2:00.65 (1:04.04)	3:05.38 (1:04.73)	4:07.54 (1:02.16)		
11 Caryl Shepherd	9	Aberaeron SC	NT	4:09.22	
1:00.67	2:03.45 (1:02.78)	3:07.64 (1:04.19)	4:09.22 (1:01.58)		
12 Fern D Cumine	9	Pembroke & District	NT	4:12.94	
56.42	2:00.31 (1:03.89)	3:07.81 (1:07.50)	4:12.94 (1:05.13)		
13 Holly-Ellice Jones	9	Aberystwyth	NT	4:14.26	
18.66	59.26 (40.60)	2:04.36 (1:05.10)	4:14.26 (2:09.90)		
14 Jessica Dickinson	9	Swim Swansea	NT	4:14.46	
59.73	2:04.60 (1:04.87)	3:12.77 (1:08.17)	4:14.46 (1:01.69)		
15 Megan Griffiths	10	Pembroke & District	4:13.89	4:15.12	
59.83	2:04.26 (1:04.43)	3:11.55 (1:07.29)	4:15.12 (1:03.57)		
16 Isabel Williams	10	Celtic Dolphins	NT	4:15.22	
59.63	2:05.81 (1:06.18)	3:12.04 (1:06.23)	4:15.22 (1:03.18)		
17 Nell Evans	9	Pembroke & District	NT	4:15.75	
1:01.14	2:06.92 (1:05.78)	3:11.67 (1:04.75)	4:15.75 (1:04.08)		
18 Megan K Montgomery	10	Swim Swansea	NT	4:16.54	
57.59	2:03.30 (1:05.71)	3:09.39 (1:06.09)	4:16.54 (1:07.15)		
19 Llian M Curtis-Jones	9	Celtic Dolphins	NT	4:22.19	
1:03.08	2:11.75 (1:08.67)	3:16.92 (1:05.17)	4:22.19 (1:05.27)		
20 Alexandra Lee	9	Aberavon	NT	4:25.80	
1:01.07	2:10.93 (1:09.86)	3:18.32 (1:07.39)	4:25.80 (1:07.48)		
21 Georgia Lee	9	Pembroke & District	NT	4:25.91	
1:01.29	2:10.22 (1:08.93)	3:19.43 (1:09.21)	4:25.91 (1:06.48)		
22 Katy Hill	9	Haverfordwest Swimming Club	4:36.37	4:29.81	
1:03.72	2:13.19 (1:09.47)	3:21.80 (1:08.61)	4:29.81 (1:08.01)		
23 Maia Wilkins	9	Swim Swansea	NT	4:31.51	
1:04.52	2:14.44 (1:09.92)	3:25.63 (1:11.19)	4:31.51 (1:05.88)		
24 Elena Philipps-Waring	10	Tenby Dolphins	4:57.23	4:40.94	
1:06.84	2:19.48 (1:12.64)	3:30.92 (1:11.44)	4:40.94 (1:10.02)		
25 Alyssa Miles	9	Aberaeron SC	NT	4:42.15	
1:06.82	2:22.17 (1:15.35)	3:31.85 (1:09.68)	4:42.15 (1:10.30)		
26 Ishbell A McCartney	9	Haverfordwest Swimming Club	4:56.45	4:42.36	
1:03.51	2:16.75 (1:13.24)	3:30.93 (1:14.18)	4:42.36 (1:11.43)		
27 Lena Hughes	10	Pembroke & District	NT	4:45.58	
1:03.86	2:17.72 (1:13.86)	3:33.33 (1:15.61)	4:45.58 (1:12.25)		
28 Chloe Morris	9	Pembroke & District	NT	4:45.91	
1:07.62	2:20.80 (1:13.18)	3:34.76 (1:13.96)	4:45.91 (1:11.15)		
29 Lili M Davies	9	Aberystwyth	NT	4:47.60	
1:04.01	2:17.80 (1:13.79)	3:33.33 (1:15.53)	4:47.60 (1:14.27)		
--- Rachael E Lewis	10	Fishguard Flyers SC	4:20.03	DQ	
57.99	2:04.04 (1:06.05)	3:09.70 (1:05.66)	DQ (1:01.97)		
--- Hanna M Bowen	9	Carmarthen	NT	DQ	
58.24	2:02.35 (1:04.11)	3:05.67 (1:03.32)	DQ (58.39)		
--- Seren Griffiths	9	Milford Haven Swim Squad	NT	DQ	
1:04.54	2:21.87 (1:17.33)	3:38.31 (1:16.44)	DQ (1:13.13)		



**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 03.15 PM****(Event 20 Girls 9-10 200 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
--- Bryony Smith-Watts	10	Milford Haven Swim Squad	NT	DQ	
1:12.58	2:33.88 (1:21.30)	4:03.40 (1:29.52)	DQ (1:16.07)		
--- Megan Lewis	10	Milford Haven Swim Squad	NT	DQ	
59.69	2:05.05 (1:05.36)	3:12.08 (1:07.03)	DQ (1:07.44)		

**Event 20 Girls 11-12 200 SC Meter Breaststroke**

CBT: 3:00.05		R 30/11/2013	Louisa Twigg	Haverfordwest		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Bethan Jones	11	Milford Haven Swim Squad	3:35.34	3:17.65	8	
43.56	1:35.13 (51.57)	2:27.31 (52.18)	3:17.65 (50.34)			
2 Mollie Short	12	Neath Asc	3:48.98	3:29.25	7	
49.45	1:42.00 (52.55)	2:36.04 (54.04)	3:29.25 (53.21)			
3 Alice Roberts	11	Carmarthen	4:00.12	3:31.47	6	
48.64	1:44.95 (56.31)	2:40.32 (55.37)	3:31.47 (51.15)			
4 Tayla Wilson	11	Pembroke & District	3:39.32	3:34.21	5	
51.00	1:46.30 (55.30)	2:39.80 (53.50)	3:34.21 (54.41)			
5 Courtney L Fellows	11	Swim Swansea	3:47.70	3:34.88	4	
50.28	2:40.87 ( )	3:34.88 (54.01)				
6 Charlotte Davies	11	Swim Swansea	4:24.90	3:38.79	3	
49.85	1:46.81 (56.96)	2:43.71 (56.90)	3:38.79 (55.08)			
7 Georgia Shiels	11	Pembroke & District	3:36.25	3:39.09	2	
48.52	1:45.73 (57.21)	2:43.00 (57.27)	3:39.09 (56.09)			
8 Alice Lester	11	Celtic Dolphins	NT	3:39.32	1	
50.67	1:45.51 (54.84)	2:42.96 (57.45)	3:39.32 (56.36)			
9 Anya R Walton	12	Haverfordwest Swimming Club	NT	3:42.37		
50.60	1:47.69 (57.09)	2:45.51 (57.82)	3:42.37 (56.86)			
10 Tia Woolley	11	Aberystwyth	3:48.24	3:44.22		
49.82	1:47.31 (57.49)	2:46.75 (59.44)	3:44.22 (57.47)			
11 Emily Griffiths	11	Haverfordwest Swimming Club	4:06.59	3:44.73		
52.37	1:48.60 (56.23)	2:45.37 (56.77)	3:44.73 (59.36)			
12 Jessica C Whitworth	12	Haverfordwest Swimming Club	3:38.28	3:45.63		
50.95	1:48.94 (57.99)	2:46.68 (57.74)	3:45.63 (58.95)			
13 Nia Haf Conlon	11	Carmarthen	4:04.47	3:48.08		
52.97	1:53.11 (1:00.14)	2:52.02 (58.91)	3:48.08 (56.06)			
14 Rachel Fice	12	Carmarthen	NT	3:51.47		
53.34	1:52.57 (59.23)	2:53.36 (1:00.79)	3:51.47 (58.11)			
15 Cari L Davies	11	Aberystwyth	3:51.75	3:56.27		
54.80	1:56.80 (1:02.00)	2:57.30 (1:00.50)	3:56.27 (58.97)			
16 Megan Tyler	12	Carmarthen	NT	3:58.84		
56.32	2:00.00 (1:03.68)	2:59.83 (59.83)	3:58.84 (59.01)			
17 Alaw Davies	11	Aberystwyth	4:23.89	3:59.67		
56.68	1:57.97 (1:01.29)	2:59.51 (1:01.54)	3:59.67 (1:00.16)			
18 Jess M Morris	11	Pembroke & District	NT	3:59.96		
53.27	1:55.19 (1:01.92)	2:59.16 (1:03.97)	3:59.96 (1:00.80)			
19 Mia Childs	12	Milford Haven Swim Squad	NT	4:08.84		
53.41	1:57.00 (1:03.59)	3:02.93 (1:05.93)	4:08.84 (1:05.91)			
20 Lisa Davies	12	Aberystwyth	3:57.40	4:13.25		
56.76	2:02.88 (1:06.12)	3:08.87 (1:05.99)	4:13.25 (1:04.38)			
21 Poppie P Martin-Evans	11	Nexus Valleys Swimming Club	4:12.49	4:13.58		
57.99	2:02.90 (1:04.91)	3:09.85 (1:06.95)	4:13.58 (1:03.73)			
22 Lol Maskell	11	Cardigan Swimming Team	NT	4:14.66		
58.91	2:07.20 (1:08.29)	3:09.45 (1:02.25)	4:14.66 (1:05.21)			
23 Katie M Davies	11	Neath Asc	NT	4:15.22		
55.77	2:02.63 (1:06.86)	3:10.67 (1:08.04)	4:15.22 (1:04.55)			
--- Danielle R Williams	11	Llanelli Asc	NT	DQ		
1:03.71	2:12.94 (1:09.23)	3:23.50 (1:10.56)	DQ (1:06.69)			

## West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014

## Results - Warmup 03.15 PM

## Event 21 Boys 9-11 200 SC Meter Breaststroke

CBT: 3:20.20		R 30/11/2013	James T Hill	Haverfordwest		Points
Name	Age	Team	Seed Time	Finals Time		
1 Sean A Barrett	11	Haverfordwest Swimming Club	3:29.38	3:18.38 R		8
46.40	1:36.82 (50.42)	2:27.10 (50.28)	3:18.38 (51.28)			
2 Gruff Weston	11	Llanelli Asc	3:32.92	3:24.15		7
47.56	1:39.77 (52.21)	2:33.24 (53.47)	3:24.15 (50.91)			
3 Charlie J Shiels	9	Pembroke & District	3:38.00	3:28.13		6
47.01	1:40.70 (53.69)	2:37.04 (56.34)	3:28.13 (51.09)			
4 Max Elkin	10	Swim Swansea	3:43.47	3:31.51		5
46.68	1:41.23 (54.55)	2:37.34 (56.11)	3:31.51 (54.17)			
5 Aneurin Davies	9	Swim Swansea	3:26.10	3:34.35		4
49.44	1:44.91 (55.47)	2:41.33 (56.42)	3:34.35 (53.02)			
6 Liam Edwards	10	Carmarthen	3:42.93	3:38.52		3
49.94	1:46.78 (56.84)	2:43.64 (56.86)	3:38.52 (54.88)			
7 Toby Sturley	10	Pembroke & District	3:38.91	3:39.65		2
50.18	1:47.64 (57.46)	2:43.53 (55.89)	3:39.65 (56.12)			
8 AB B Rodriguez	10	Swim Swansea	3:53.40	3:41.36		1
51.60	1:47.59 (55.99)	2:46.29 (58.70)	3:41.36 (55.07)			
9 Arron Fitzsimmons	10	Pembroke & District	3:47.32	3:42.63		
49.51	1:46.99 (57.48)	2:47.45 (1:00.46)	3:42.63 (55.18)			
10 Conner P Whitworth	10	Haverfordwest Swimming Club	4:10.14	3:49.53		
54.66	1:51.93 (57.27)	2:51.94 (1:00.01)	3:49.53 (57.59)			
11 Joshua Thomas	11	Swim Swansea	4:05.90	3:49.89		
52.33	1:52.53 (1:00.20)	2:52.21 (59.68)	3:49.89 (57.68)			
12 Harry E Jones	10	Celtic Dolphins	3:53.90	3:50.62		
53.66	1:54.16 (1:00.50)	2:54.30 (1:00.14)	3:50.62 (56.32)			
13 Robert Glasser	11	Aberystwyth	4:01.04	3:52.10		
54.56	1:54.17 (59.61)	2:55.01 (1:00.84)	3:52.10 (57.09)			
14 William D Wilson	10	Haverfordwest Swimming Club	3:53.18	3:55.93		
55.29	1:56.63 (1:01.34)	2:58.77 (1:02.14)	3:55.93 (57.16)			
15 Tomos I Morgan	10	Carmarthen	3:49.30	3:56.58		
53.20	1:54.45 (1:01.25)	2:56.34 (1:01.89)	3:56.58 (1:00.24)			
16 Ben J MacDougall	11	Haverfordwest Swimming Club	4:09.66	4:02.79		
53.24	1:56.07 (1:02.83)	3:01.51 (1:05.44)	4:02.79 (1:01.28)			
17 Luke Greenaway	10	Swim Swansea	4:18.40	4:06.37		
56.56	2:02.25 (1:05.69)	3:05.02 (1:02.77)	4:06.37 (1:01.35)			
18 Max Burkett	9	Swim Swansea	4:26.70	4:06.44		
56.92	1:59.65 (1:02.73)	3:04.14 (1:04.49)	4:06.44 (1:02.30)			
19 Carwyn Hancock	11	Carmarthen	NT	4:09.34		
57.63	2:00.30 (1:02.67)	3:08.00 (1:07.70)	4:09.34 (1:01.34)			
20 Jake T Powell	10	Haverfordwest Swimming Club	4:19.77	4:14.19		
58.30	2:02.96 (1:04.66)	3:10.63 (1:07.67)	4:14.19 (1:03.56)			
21 Connor Smart	11	Llanelli Asc	NT	4:17.09		
58.81	2:04.70 (1:05.89)	3:10.35 (1:05.65)	4:17.09 (1:06.74)			
22 Woody L Francis	9	Swim Swansea	NT	4:21.98		
1:02.40	2:07.83 (1:05.43)	3:13.92 (1:06.09)	4:21.98 (1:08.06)			
23 Antonio Girolami	9	Haverfordwest Swimming Club	NT	4:22.02		
1:01.29	2:08.55 (1:07.26)	3:16.85 (1:08.30)	4:22.02 (1:05.17)			
24 Harry Llewellyn	10	Pembroke & District	NT	4:32.59		
1:03.81	2:13.68 (1:09.87)	3:24.57 (1:10.89)	4:32.59 (1:08.02)			
25 Morgan Jones	9	Nexus Valleys Swimming Club	NT	4:33.85		
1:01.43	2:14.41 (1:12.98)	3:26.33 (1:11.92)	4:33.85 (1:07.52)			
26 Evan Thomas	9	Milford Haven Swim Squad	NT	4:44.06		
1:07.19	2:20.30 (1:13.11)	3:33.08 (1:12.78)	4:44.06 (1:10.98)			
27 David Scott	11	Fishguard Flyers SC	4:30.44	4:46.10		
1:06.33	2:20.86 (1:14.53)	3:36.16 (1:15.30)	4:46.10 (1:09.94)			
28 Dylan Gwynne-Jones	9	Aberaeron SC	NT	5:03.39		
1:11.50	2:32.07 (1:20.57)	3:48.99 (1:16.92)	5:03.39 (1:14.40)			

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 03.15 PM****(Event 21 Boys 9-11 200 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
29 Hadyn Gough	10	Milford Haven Swim Squad	NT	5:05.81	
			1:12.72 2:31.79 (1:19.07) 3:47.19 (1:15.40) 5:05.81 (1:18.62)		
--- Neo Seppman	10	Swim Swansea	NT	DQ	
			55.43 1:55.30 (59.87) 2:56.33 (1:01.03) DQ (59.87)		
--- Owyn Griffiths	10	Pembroke & District	3:41.82	DQ	
			50.75 1:46.86 (56.11) 2:43.22 (56.36) DQ (55.09)		

**Event 21 Boys 12-13 200 SC Meter Breaststroke**

CBT: 2:48.16 R 03/12/2011 Steffan R Morris

Amman Valley

Name	Age	Team	Seed Time	Finals Time	Points
1 Daniel Marotta	13	Swim Swansea	3:20.64	2:45.84R	8
			37.72 1:20.08 (42.36) 2:03.16 (43.08) 2:45.84 (42.68)		
2 Osian W Morgan	13	Fishguard Flyers SC	3:11.71	2:57.75	7
			39.38 1:24.61 (45.23) 2:10.80 (46.19) 2:57.75 (46.95)		
3 Nathaniel Harries	13	Carmarthen	3:22.14	3:00.58	6
			41.40 1:27.95 (46.55) 2:14.60 (46.65) 3:00.58 (45.98)		
4 Morgan Evans	13	Aberaeron SC	3:37.06	3:17.22	5
			43.97 1:34.78 (50.81) 2:27.19 (52.41) 3:17.22 (50.03)		
5 James Spragg	13	Carmarthen	3:40.57	3:17.99	4
			45.04 1:36.13 (51.09) 2:27.35 (51.22) 3:17.99 (50.64)		
6 William Dwyer	12	Swim Swansea	3:30.50	3:20.40	3
			47.22 1:39.29 (52.07) 2:30.33 (51.04) 3:20.40 (50.07)		
7 Tomas Griffiths	12	Pembroke & District	3:38.76	3:31.31	2
			48.80 1:44.54 (55.74) 2:37.21 (52.67) 3:31.31 (54.10)		
8 Tom Beegan	12	Milford Haven Swim Squad	3:39.81	3:31.40	1
			47.35 1:43.29 (55.94) 2:38.37 (55.08) 3:31.40 (53.03)		
9 Jack D Montgomery	12	Swim Swansea	3:46.78	3:34.06	
			50.86 1:46.02 (55.16) 2:41.75 (55.73) 3:34.06 (52.31)		
10 Joshua Jones	12	Carmarthen	NT	3:37.95	
			48.45 1:44.41 (55.96) 2:39.75 (55.34) 3:37.95 (58.20)		
11 Kian Fitzsimmons	12	Pembroke & District	3:44.43	3:40.75	
			50.53 1:47.06 (56.53) 2:44.26 (57.20) 3:40.75 (56.49)		
12 Matthew Berry	12	Haverfordwest Swimming Club	3:52.25	3:40.78	
			50.93 1:49.19 (58.26) 2:46.58 (57.39) 3:40.78 (54.20)		
13 Lloyd Thomas	12	Tenby Dolphins	3:46.94	3:41.11	
			51.26 1:46.44 (55.18) 2:44.88 (58.44) 3:41.11 (56.23)		
14 Jac D Webb	12	Haverfordwest Swimming Club	3:46.95	3:43.41	
			52.19 1:51.07 (58.88) 2:49.96 (58.89) 3:43.41 (53.45)		
15 Patrick J Clapham	13	Fishguard Flyers SC	3:43.52	3:44.86	
			52.87 1:51.27 (58.40) 2:50.18 (58.91) 3:44.86 (54.68)		
16 Carwyn Gullam	12	Celtic Dolphins	4:01.00	3:51.58	
			53.16 1:54.56 (1:01.40) 2:54.15 (59.59) 3:51.58 (57.43)		
17 Michael J Lewis	13	Fishguard Flyers SC	4:32.41	4:07.45	
			55.29 1:59.00 (1:03.71) 3:03.12 (1:04.12) 4:07.45 (1:04.33)		
18 Lewis Weaver	12	Celtic Dolphins	NT	4:14.47	
			57.16 2:01.74 (1:04.58) 3:09.11 (1:07.37) 4:14.47 (1:05.36)		
19 Luke Dunning	12	Llanelli Asc	NT	4:14.97	
			57.74 2:03.17 (1:05.43) 3:12.11 (1:08.94) 4:14.97 (1:02.86)		
20 Zac Thomas	12	Milford Haven Swim Squad	NT	4:30.72	
			1:05.17 2:14.79 (1:09.62) 3:24.03 (1:09.24) 4:30.72 (1:06.69)		

**Event 22 Girls 13-14 100 SC Meter Freestyle**

CBT: 1:03.71 R 30/11/2013 Heather E Wheel

Llanelli

Name	Age	Team	Seed Time	Finals Time	Points
1 Caitlin Dwyer	14	Swim Swansea	1:06.80	1:04.08	8
			31.19 1:04.08 (32.89)		
2 Abbie Williams	14	Pembroke & District	1:06.23	1:05.26	7
			31.47 1:05.26 (33.79)		

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 03.15 PM****(Event 22 Girls 13-14 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Menna Phillips 32.18	14	Fishguard Flyers SC	1:06.27	1:06.46	6
4 Alaw O'Rourke 31.77	14	Aberystwyth	1:06.64	1:06.52	5
5 Rachel Mayled 32.72	13	Milford Haven Swim Squad	1:08.49	1:07.33	4
6 Mali W Weston 32.89	13	Llanelli Asc	1:09.48	1:07.58	3
7 Hannah F Myers 32.48	14	Fishguard Flyers SC	1:06.83	1:08.78	2
8 Lucy Harding 33.32	13	Haverfordwest Swimming Club	1:08.28	1:09.33	1
9 Emily Dilks 33.91	13	Tenby Dolphins	1:12.47	1:09.50	
10 Rebecca Glasser 33.18	14	Aberystwyth	1:09.42	1:09.52	
11 Shannon Sayer 32.77	14	Aberystwyth	1:09.12	1:09.58	
12 Eluned Schadeberg 34.51	14	Carmarthen	1:10.13	1:10.18	
13 Catherine Greenaway 33.57	13	Swim Swansea	1:09.67	1:10.30	
14 Megan Black 33.69	13	Swim Swansea	1:11.25	1:10.55	
15 Rhiannon Williams 34.00	13	Swim Swansea	1:10.89	1:10.81	
16 Mali Jones 34.04	13	Aberystwyth	1:10.88	1:10.83	
17 Molly Williams 34.62	14	Celtic Dolphins	1:12.50	1:11.76	
18 Rhiannon Harvey 35.31	13	Celtic Dolphins	1:16.00	1:11.91	
19 Ellie Rogers 35.87	14	Pembroke & District	1:14.07	1:13.84	
20 Sophie Davies 35.04	13	Swim Swansea	1:16.92	1:14.96	
21 Megan Fletcher 34.68	14	Cardigan Swimming Team	1:11.28	1:15.33	
22 Charlotte O'Neill 35.78	14	Tenby Dolphins	1:13.04	1:16.73	
23 Jasmine Nicholls 37.74	13	Swim Swansea	1:17.71	1:17.03	
24 Aliesha Job 38.36	13	Penyrheol Swimming Club	1:15.98	1:20.33	
25 Bethan Wells 38.53	13	Swim Swansea	1:21.03	1:20.43	
26 Elin M Nicholls 38.15	13	Cardigan Swimming Team	1:25.43	1:22.53	
27 Cara Jones 40.62	13	Cardigan Swimming Team	1:31.43	1:25.91	
28 Emily Jones 40.80	13	Cardigan Swimming Team	1:26.62	1:26.09	

**Event 22 Girls 15 & Over 100 SC Meter Freestyle**

CBT: 1:02.51 R 30/11/2013 Kate Owen

Celtic Dolphins

Name	Age	Team	Seed Time	Finals Time	Points
1 Ffion Davies 30.75	16	Swim Swansea	1:03.60	1:03.20	8

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 03.15 PM****(Event 22 Girls 15 & Over 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
2 Katie Hicks	15	Tenby Dolphins	1:04.90	1:05.58	7
31.67	1:05.58 (33.91)				
3 Francesca M Golding	22	Neath Asc	1:05.34	1:05.59	6
32.17	1:05.59 (33.42)				
4 Bethan Benham	15	Aberystwyth	1:06.94	1:05.65	5
31.74	1:05.65 (33.91)				
5 Cari O'Rourke	16	Aberystwyth	1:05.67	1:05.82	4
31.74	1:05.82 (34.08)				
6 India Woodruff	15	Carmarthen	1:08.51	1:06.19	3
33.15	1:06.19 (33.04)				
7 Bethan Phillips	16	Fishguard Flyers SC	1:06.64	1:06.41	2
32.16	1:06.41 (34.25)				
8 Rebecca Harris	15	Celtic Dolphins	1:09.70	1:08.90	1
33.63	1:08.90 (35.27)				
9 Rebekah Black	15	Swim Swansea	1:05.70	1:09.05	
32.80	1:09.05 (36.25)				
10 Lauren M Johns	15	Celtic Dolphins	1:09.93	1:09.70	
33.77	1:09.70 (35.93)				
11 Laura Nix	17	Carmarthen	1:08.54	1:10.34	
35.00	1:10.34 (35.34)				
12 Carys James	16	Fishguard Flyers SC	1:07.46	1:10.47	
33.63	1:10.47 (36.84)				
13 Leigh White	16	Pembroke & District	1:13.14	1:16.19	
36.22	1:16.19 (39.97)				

**Event 23 Boys 14-15 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Nyle Lewis	15	Pembroke & District	1:00.07	57.17 R	8
27.61	57.17 (29.56)				
2 Owen Thomas	15	Tenby Dolphins	1:00.76	1:00.26	7
28.98	1:00.26 (31.28)				
3 Ben Mottram	14	Haverfordwest Swimming Club	1:00.89	1:00.36	6
29.65	1:00.36 (30.71)				
4 Cameron Thomas	14	Aberystwyth	1:02.31	1:00.53	5
29.67	1:00.53 (30.86)				
5 Dafydd Nicholls	15	Cardigan Swimming Team	1:00.50	1:01.67	4
29.43	1:01.67 (32.24)				
6 Rhys R Williams	15	Llanelli Asc	1:02.10	1:02.14	3
30.37	1:02.14 (31.77)				
7 Tomas D Webb	14	Haverfordwest Swimming Club	1:03.64	1:02.43	2
31.48	1:02.43 (30.95)				
8 Kyle Job	15	Penyrheol Swimming Club	1:02.71	1:02.66	1
30.82	1:02.66 (31.84)				
9 Adam Robson	15	Fishguard Flyers SC	1:03.62	1:03.43	
30.72	1:03.43 (32.71)				
10 Jack Thompson	14	Penyrheol Swimming Club	1:03.86	1:03.49	
30.99	1:03.49 (32.50)				
11 Iwan Tomos	15	Celtic Dolphins	1:10.55	1:07.42	
31.96	1:07.42 (35.46)				
12 Iestyn L Watson	14	Aberystwyth	1:13.29	1:08.35	
32.05	1:08.35 (36.30)				
13 David Radmore	15	Pembroke & District	1:08.59	1:12.01	
33.90	1:12.01 (38.11)				
14 William Dauncey	14	Cardigan Swimming Team	1:18.88	1:14.39	
33.72	1:14.39 (40.67)				
15 Jason Gibson	14	Swim Swansea	1:20.00	1:17.88	
37.02	1:17.88 (40.86)				

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 03.15 PM****(Event 23 Boys 14-15 100 SC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
16	Matthew Thorne	15	Celtic Dolphins	1:17.30	1:18.42	
	36.94	1:18.42 (41.48)				

**Event 23 Boys 16 & Over 100 SC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
	<b>CBT: 59.10 R 30/11/2013 Kai A Green</b>					
			<b>Llanelli</b>			
1	Harry Kemp	16	Tenby Dolphins	1:00.46	59.90	8
	28.79	59.90 (31.11)				
2	Simon Short	16	Neath Asc	1:00.77	1:00.21	7
	29.26	1:00.21 (30.95)				
3	Lewis R Quirk	16	Swim Swansea	1:00.52	1:00.49	6
	28.88	1:00.49 (31.61)				
4	James Jones	17	Carmarthen	1:00.94	1:00.70	5
	30.39	1:00.70 (30.31)				
5	Max Glasser	16	Aberystwyth	1:03.39	1:02.66	4
	30.16	1:02.66 (32.50)				