

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

Results - Warmup 08.00 AM

Event 24 Boys 9-11 400 SC Meter IM

CBT: 6:21.80		R	04/12/2011	Curtis Palmer		Pembroke			
Name	Age	Team	Seed Time	Finals Time	Points				
1	AB B Rodriguez	10	Swim Swansea	7:08.40	6:30.66	8			
	39.72	1:30.13 (50.41)	2:20.54 (50.41)	3:09.01 (48.47)					
	4:07.27 (58.26)	5:05.91 (58.64)	5:51.35 (45.44)	6:30.66 (39.31)					
2	Sean A Barrett	11	Haverfordwest Swimming Club	6:34.09	6:32.29	7			
	42.22	1:31.97 (49.75)	2:23.42 (51.45)	3:14.70 (51.28)					
	4:06.97 (52.27)	5:01.04 (54.07)	5:49.84 (48.80)	6:32.29 (42.45)					
3	Osian Williams	11	Carmarthen	NT	6:47.74	6			
	47.09	1:41.50 (54.41)	2:30.32 (48.82)	3:17.86 (47.54)					
	4:19.96 (1:02.10)	5:22.71 (1:02.75)	6:06.86 (44.15)	6:47.74 (40.88)					
4	Jake T Powell	10	Haverfordwest Swimming Club	7:16.38	7:10.17	5			
	49.34	1:49.73 (1:00.39)	2:41.33 (51.60)	3:31.53 (50.20)					
	4:35.26 (1:03.73)	5:38.44 (1:03.18)	6:27.06 (48.62)	7:10.17 (43.11)					
5	Lewys Kettle	11	Pembroke & District	8:23.19	7:10.84	4			
	53.86	1:55.28 (1:01.42)	2:50.50 (55.22)	3:43.94 (53.44)					
	4:43.97 (1:00.03)	5:41.68 (57.71)	6:28.98 (47.30)	7:10.84 (41.86)					
6	Ben J MacDougall	11	Haverfordwest Swimming Club	NT	8:14.44	3			
	58.89	2:11.80 (1:12.91)	3:11.27 (59.47)	4:10.93 (59.66)					
	5:12.37 (1:01.44)	6:16.78 (1:04.41)	7:17.02 (1:00.24)	8:14.44 (57.42)					
---	Gruff Weston	11	Llanelli Asc	6:45.22	DQ				
	43.44	1:32.24 (48.80)	2:18.56 (46.32)	3:04.31 (45.75)					
	3:59.07 (54.76)	4:54.53 (55.46)	5:35.92 (41.39)	DQ (39.83)					

Event 24 Boys 12-13 400 SC Meter IM

CBT: 5:31.22		R	05/12/2010	Samuel D Withers		Pembroke			
Name	Age	Team	Seed Time	Finals Time	Points				
1	Nathanial Harries	13	Carmarthen	NT	5:38.39	8			
	35.48	1:17.68 (42.20)	2:01.67 (43.99)	2:45.00 (43.33)					
	3:34.17 (49.17)	4:24.09 (49.92)	5:02.75 (38.66)	5:38.39 (35.64)					
2	Billy Greenwood	13	Tenby Dolphins	6:14.10	5:58.31	7			
	36.96	1:21.68 (44.72)	2:07.14 (45.46)	2:51.30 (44.16)					
	3:44.83 (53.53)	4:38.39 (53.56)	5:20.30 (41.91)	5:58.31 (38.01)					
3	Morgan Evans	13	Aberaeron SC	6:20.82	5:59.64	6			
	39.10	1:23.97 (44.87)	2:11.89 (47.92)	2:57.32 (45.43)					
	3:49.51 (52.19)	4:41.82 (52.31)	5:22.97 (41.15)	5:59.64 (36.67)					
4	Deian S Morgan	12	Carmarthen	6:12.02	5:59.74	5			
	38.83	1:26.14 (47.31)	2:09.26 (43.12)	2:52.02 (42.76)					
	3:47.24 (55.22)	4:41.61 (54.37)	5:21.56 (39.95)	5:59.74 (38.18)					
5	James Spragg	13	Carmarthen	NT	6:05.85	4			
	40.42	1:27.76 (47.34)	2:14.06 (46.30)	2:57.72 (43.66)					
	3:51.60 (53.88)	4:45.66 (54.06)	5:27.29 (41.63)	6:05.85 (38.56)					
6	Ciaran Squires	13	Aberaeron SC	6:54.43	6:38.91	3			
	40.15	1:31.86 (51.71)	2:22.89 (51.03)	3:11.71 (48.82)					
	4:11.58 (59.87)	5:13.70 (1:02.12)	5:58.47 (44.77)	6:38.91 (40.44)					
7	Tom Beegan	12	Milford Haven Swim Squad	7:19.34	7:06.98	2			
	51.25	1:53.14 (1:01.89)	2:48.36 (55.22)	3:42.54 (54.18)					
	4:40.22 (57.68)	5:38.96 (58.74)	6:23.40 (44.44)	7:06.98 (43.58)					
8	Dean L Kelly	12	Haverfordwest Swimming Club	7:15.05	7:16.75	1			
	52.49	1:53.53 (1:01.04)	2:44.37 (50.84)	3:34.92 (50.55)					
	4:41.01 (1:06.09)	5:47.28 (1:06.27)	6:33.59 (46.31)	7:16.75 (43.16)					

Event 25 Girls 9-10 200 SC Meter IM

CBT: 3:07.83		R	05/12/2010	Ashleigh Willars		Tenby			
Name	Age	Team	Seed Time	Finals Time	Points				
1	Gwen Dodd	10	Tenby Dolphins	3:23.66	3:13.19	8			
	43.36	1:29.18 (45.82)	2:30.56 (1:01.38)	3:13.19 (42.63)					
2	Aimee Stokes	10	Swim Swansea	3:16.58	3:15.61	7			
	43.78	1:29.98 (46.20)	2:32.75 (1:02.77)	3:15.61 (42.86)					

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

Results - Warmup 08.00 AM

(Event 25 Girls 9-10 200 SC Meter IM)

Name	Age	Team	Seed Time	Finals Time	Points
3 Emily Rees	10	Llanelli Asc	NT	3:15.84	6
41.39	1:31.15 (49.76)	2:30.26 (59.11)	3:15.84 (45.58)		
4 Hannah Gallagher	10	Swim Swansea	3:28.59	3:17.82	5
40.80	1:35.48 (54.68)	2:35.42 (59.94)	3:17.82 (42.40)		
5 Libby F Rands	10	Fishguard Flyers SC	3:36.81	3:19.22	4
41.40	1:31.61 (50.21)	2:32.64 (1:01.03)	3:19.22 (46.58)		
6 Kacey E Lewis	10	Nexus Valleys Swimming Club	3:32.45	3:22.17	3
46.49	1:35.22 (48.73)	2:37.39 (1:02.17)	3:22.17 (44.78)		
7 Trinity B Hetherington	10	Nexus Valleys Swimming Club	3:41.35	3:25.39	2
53.05	1:41.04 (47.99)	2:40.82 (59.78)	3:25.39 (44.57)		
8 Sophie Spragg	10	Carmarthen	3:44.47	3:29.45	1
49.91	1:44.18 (54.27)	2:42.52 (58.34)	3:29.45 (46.93)		
9 Jessica Dickinson	9	Swim Swansea	3:33.66	3:31.29	
44.20	1:38.76 (54.56)	2:45.34 (1:06.58)	3:31.29 (45.95)		
10 Megan B Powell	10	Swim Swansea	3:38.40	3:33.80	
53.90	1:41.79 (47.89)	2:50.92 (1:09.13)	3:33.80 (42.88)		
11 Sadie L Watkins	10	Nexus Valleys Swimming Club	3:41.25	3:33.87	
46.72	1:36.99 (50.27)	2:49.21 (1:12.22)	3:33.87 (44.66)		
12 Beau Yeomans	9	Milford Haven Swim Squad	3:56.38	3:39.59	
49.59	1:46.32 (56.73)	2:50.27 (1:03.95)	3:39.59 (49.32)		
13 Isabel Williams	10	Celtic Dolphins	3:59.96	3:42.70	
55.32	1:51.54 (56.22)	2:56.01 (1:04.47)	3:42.70 (46.69)		
14 Nia Sullivan	10	Celtic Dolphins	NT	3:44.97	
54.95	1:50.59 (55.64)	2:56.07 (1:05.48)	3:44.97 (48.90)		
15 Carys W Jones	10	Haverfordwest Swimming Club	3:50.83	3:46.93	
55.13	1:50.11 (54.98)	2:52.51 (1:02.40)	3:46.93 (54.42)		
16 Megan E Thomson	10	Haverfordwest Swimming Club	4:12.25	3:47.43	
54.44	1:50.55 (56.11)	2:58.24 (1:07.69)	3:47.43 (49.19)		
17 Katie Doughty	9	Haverfordwest Swimming Club	3:54.39	3:47.46	
54.88	1:52.86 (57.98)	2:59.98 (1:07.12)	3:47.46 (47.48)		
18 Holly-Ellice Jones	9	Aberystwyth	NT	3:48.54	
59.39	1:53.77 (54.38)	2:57.79 (1:04.02)	3:48.54 (50.75)		
19 Freya Dimond	9	Milford Haven Swim Squad	3:42.06	3:51.30	
53.81	1:57.18 (1:03.37)	3:02.04 (1:04.86)	3:51.30 (49.26)		
20 Kasia N Cook	10	Pembroke & District	3:42.07	3:54.08	
57.60	1:55.02 (57.42)	3:04.76 (1:09.74)	3:54.08 (49.32)		
21 Elin Pawsey	10	Celtic Dolphins	3:59.70	3:54.10	
53.44	1:51.46 (58.02)	2:55.05 (1:03.59)	3:54.10 (59.05)		
22 Llian M Curtis-Jones	9	Celtic Dolphins	NT	3:55.74	
1:03.75	2:04.72 (1:00.97)	3:07.62 (1:02.90)	3:55.74 (48.12)		
23 Ffion R Barnikel	10	Tenby Dolphins	4:16.04	3:57.57	
59.73	1:58.71 (58.98)	3:05.91 (1:07.20)	3:57.57 (51.66)		
24 Katie Glover	10	Celtic Dolphins	4:02.60	3:58.38	
1:00.26	1:56.03 (55.77)	3:05.47 (1:09.44)	3:58.38 (52.91)		
25 Nell Evans	9	Pembroke & District	4:10.04	4:00.90	
58.05	2:01.17 (1:03.12)	3:04.88 (1:03.71)	4:00.90 (56.02)		
26 Fern D Cumine	9	Pembroke & District	4:19.69	4:01.28	
58.14	2:01.96 (1:03.82)	3:05.32 (1:03.36)	4:01.28 (55.96)		
27 Katy Hill	9	Haverfordwest Swimming Club	NT	4:02.54	
59.18	2:02.07 (1:02.89)	3:07.02 (1:04.95)	4:02.54 (55.52)		
28 Aimee Pettit	9	Haverfordwest Swimming Club	NT	4:03.06	
57.49	1:56.93 (59.44)	3:04.92 (1:07.99)	4:03.06 (58.14)		
29 Ffion Williams	10	Haverfordwest Swimming Club	4:19.34	4:04.24	
58.14	1:55.76 (57.62)	3:10.00 (1:14.24)	4:04.24 (54.24)		
30 Rhiannon m Clapham	9	Fishguard Flyers SC	NT	4:06.42	
58.36	2:01.92 (1:03.56)	3:10.83 (1:08.91)	4:06.42 (55.59)		
31 Hannah Greenwood	10	Pembroke & District	4:22.41	4:07.88	
1:01.38	2:00.11 (58.73)	3:13.58 (1:13.47)	4:07.88 (54.30)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 25 Girls 9-10 200 SC Meter IM)**

Name	Age	Team	Seed Time	Finals Time	Points
32 Georgia Lee	9	Pembroke & District	4:16.33	4:11.10	
			1:04.95 2:08.81 (1:03.86) 3:17.96 (1:09.15) 4:11.10 (53.14)		
33 Amber Yelland	9	Milford Haven Swim Squad	4:15.05	4:14.49	
			2:01.66 3:15.95 () 4:14.49 (58.54)		
34 Lena Hughes	10	Pembroke & District	4:28.55	4:16.58	
			1:03.14 2:06.18 (1:03.04) 3:21.37 (1:15.19) 4:16.58 (55.21)		
35 Ishbell A McCartney	9	Haverfordwest Swimming Club	4:40.91	4:25.55	
			1:06.59 2:14.01 (1:07.42) 3:25.57 (1:11.56) 4:25.55 (59.98)		
36 Megan Cole	9	Pembroke & District	4:50.03	4:29.70	
			1:01.74 2:14.12 (1:12.38) 3:30.40 (1:16.28) 4:29.70 (59.30)		
37 Alyssa Miles	9	Aberaeron SC	NT	4:40.84	
			1:21.40 2:34.95 (1:13.55) 3:44.49 (1:09.54) 4:40.84 (56.35)		
--- Abbie Mottram	10	Haverfordwest Swimming Club	3:36.69	DQ	
			54.25 1:47.99 (53.74) 2:51.39 (1:03.40) DQ (46.82)		
--- Stacie Whitworth	9	Haverfordwest Swimming Club	4:47.15	DQ	
			1:13.30 2:19.78 (1:06.48) 3:32.96 (1:13.18) DQ (1:00.94)		
--- Eve Fox	9	Swim Swansea	4:30.40	DQ	
			52.39 3:05.58 (2:13.19) 4:00.67 (55.09) DQ (34.41)		
--- Lucy Rogers	10	Pembroke & District	3:36.69	DQ	
			47.92 1:44.01 (56.09) 2:46.45 (1:02.44) DQ (46.80)		

Event 25 Girls 11-12 200 SC Meter IM

CBT: 2:44.35 R 04/12/2011 Amy McQueen

Swim Swansea

Name	Age	Team	Seed Time	Finals Time	Points
1 Mollie Short	12	Neath Asc	3:18.76	2:56.59	8
			39.51 1:22.81 (43.30) 2:16.38 (53.57) 2:56.59 (40.21)		
2 Katie Davenport	12	Carmarthen	3:13.29	3:07.94	7
			39.54 1:28.04 (48.50) 2:23.17 (55.13) 3:07.94 (44.77)		
3 Courtney L Fellows	11	Swim Swansea	3:24.20	3:09.32	6
			41.10 1:28.67 (47.57) 2:26.91 (58.24) 3:09.32 (42.41)		
4 Charlotte Davies	11	Swim Swansea	3:12.48	3:11.43	5
			42.21 1:28.22 (46.01) 2:26.16 (57.94) 3:11.43 (45.27)		
5 Tayla Wilson	11	Pembroke & District	3:16.06	3:11.57	4
			45.08 1:32.86 (47.78) 2:27.86 (55.00) 3:11.57 (43.71)		
6 Nia Haf Conlon	11	Carmarthen	3:13.09	3:16.15	3
			43.57 1:31.31 (47.74) 2:34.80 (1:03.49) 3:16.15 (41.35)		
7 Grace E Warlow	11	Neath Asc	3:27.50	3:17.13	2
			46.10 1:36.20 (50.10) 2:34.45 (58.25) 3:17.13 (42.68)		
8 Gwen Evans	12	Haverfordwest Swimming Club	3:33.02	3:18.23	1
			43.18 1:33.36 (50.18) 2:31.66 (58.30) 3:18.23 (46.57)		
9 Anya R Walton	12	Haverfordwest Swimming Club	3:21.53	3:19.96	
			46.45 1:34.51 (48.06) 2:34.89 (1:00.38) 3:19.96 (45.07)		
10 Holly J Mathias	12	Haverfordwest Swimming Club	3:20.87	3:20.05	
			46.94 1:37.59 (50.65) 2:35.63 (58.04) 3:20.05 (44.42)		
11 Lisa Davies	12	Aberystwyth	3:36.64	3:22.15	
			44.74 1:37.05 (52.31) 2:39.69 (1:02.64) 3:22.15 (42.46)		
12 Ffion Duckett	12	Aberystwyth	3:53.24	3:23.44	
			16.50 42.15 (25.65) 1:34.22 (52.07) 3:23.44 (1:49.22)		
13 Jessica C Whitworth	12	Haverfordwest Swimming Club	3:21.31	3:26.77	
			51.51 1:44.13 (52.62) 2:40.65 (56.52) 3:26.77 (46.12)		
14 Jasmine Holdsworth	12	Aberavon	3:33.87	3:29.53	
			49.37 1:42.86 (53.49) 2:43.64 (1:00.78) 3:29.53 (45.89)		
15 Tia Woolley	11	Aberystwyth	3:33.69	3:30.72	
			49.95 1:43.10 (53.15) 2:40.82 (57.72) 3:30.72 (49.90)		
16 Alaw Davies	11	Aberystwyth	3:53.60	3:32.48	
			52.37 1:44.09 (51.72) 2:47.09 (1:03.00) 3:32.48 (45.39)		
17 Cari L Davies	11	Aberystwyth	3:40.41	3:33.26	
			54.37 1:49.40 (55.03) 2:50.52 (1:01.12) 3:33.26 (42.74)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 25 Girls 11-12 200 SC Meter IM)**

Name	Age	Team	Seed Time	Finals Time	Points
18 Megan Tyler	12	Carmarthen	3:44.93	3:35.28	
51.79	1:43.74 (51.95)	2:46.77 (1:03.03)	3:35.28 (48.51)		
19 Hannah G Wiggins-Jeffries	12	Haverfordwest Swimming Club	3:40.33	3:35.85	
51.25	1:44.31 (53.06)	2:44.97 (1:00.66)	3:35.85 (50.88)		
20 Emily Griffiths	11	Haverfordwest Swimming Club	3:43.92	3:37.34	
58.89	1:47.76 (48.87)	2:47.55 (59.79)	3:37.34 (49.79)		
21 Lillie L Martin-Evans	11	Nexus Valleys Swimming Club	3:46.57	3:39.92	
54.79	1:47.35 (52.56)	2:51.66 (1:04.31)	3:39.92 (48.26)		
22 Ffion Bevan	11	Celtic Dolphins	NT	3:43.75	
56.24	1:50.27 (54.03)	2:54.81 (1:04.54)	3:43.75 (48.94)		
23 Katie M Davies	11	Neath Asc	NT	3:43.88	
51.37	1:46.68 (55.31)	2:55.19 (1:08.51)	3:43.88 (48.69)		
24 Poppie P Martin-Evans	11	Nexus Valleys Swimming Club	3:55.25	3:52.56	
58.68	1:54.73 (56.05)	3:00.62 (1:05.89)	3:52.56 (51.94)		
25 Medi Philips	12	Celtic Dolphins	NT	3:56.26	
58.94	1:57.10 (58.16)	3:03.19 (1:06.09)	3:56.26 (53.07)		
--- Celyn Nicholson	12	Aberaeron SC	3:12.90	DQ	
39.62	1:27.22 (47.60)	2:23.18 (55.96)	DQ (41.43)		
--- Ffion Tomos	11	Celtic Dolphins	NT	DQ	
50.70	1:43.29 (52.59)	2:48.01 (1:04.72)	DQ (51.20)		
--- Casey Bellars	11	Cardigan Swimming Team	4:03.51	DQ	
54.58	1:49.68 (55.10)	2:57.72 (1:08.04)	DQ (48.66)		
--- Molly Griffiths	11	Milford Haven Swim Squad	NT	DQ	
53.12	1:55.90 (1:02.78)	3:14.31 (1:18.41)	DQ (1:05.58)		

Event 25 Girls 13-14 200 SC Meter IM

CBT: 2:37.11 R 04/12/2011		Hannah Davies		Carmarthen	
Name	Age	Team	Seed Time	Finals Time	Points
1 Mali Jones	13	Aberystwyth	3:08.87	2:59.33	8
41.51	1:25.66 (44.15)	2:23.17 (57.51)	2:59.33 (36.16)		
2 Rhiannon Harvey	13	Celtic Dolphins	3:13.40	3:00.27	7
38.63	1:24.30 (45.67)	2:20.47 (56.17)	3:00.27 (39.80)		
3 Jasmine Nicholls	13	Swim Swansea	3:07.30	3:02.50	6
41.82	1:28.66 (46.84)	2:22.33 (53.67)	3:02.50 (40.17)		
4 Chloe Edwards	13	Pembroke & District	3:07.82	3:03.52	5
40.05	1:26.85 (46.80)	2:20.85 (54.00)	3:03.52 (42.67)		
5 Bethan Wells	13	Swim Swansea	3:18.35	3:06.11	4
41.90	1:28.02 (46.12)	2:24.18 (56.16)	3:06.11 (41.93)		
6 Aliesha Job	13	Penyrheol Swimming Club	3:13.37	3:11.53	3
46.81	1:37.80 (50.99)	2:26.94 (49.14)	3:11.53 (44.59)		
7 Isobel Gowman	13	Carmarthen	3:24.24	3:14.13	2
42.10	1:31.95 (49.85)	2:27.81 (55.86)	3:14.13 (46.32)		
8 Elin M Nicholls	13	Cardigan Swimming Team	3:28.47	3:27.25	1
46.71	1:41.22 (54.51)	2:39.60 (58.38)	3:27.25 (47.65)		
9 Cara Jones	13	Cardigan Swimming Team	3:38.67	3:31.65	
49.87	1:44.85 (54.98)	2:45.71 (1:00.86)	3:31.65 (45.94)		
10 Catriona L McCartney	13	Haverfordwest Swimming Club	3:33.22	3:37.80	
55.53	1:48.50 (52.97)	2:48.17 (59.67)	3:37.80 (49.63)		
11 Emily Jones	13	Cardigan Swimming Team	3:38.82	3:40.16	
50.18	1:46.41 (56.23)	2:49.55 (1:03.14)	3:40.16 (50.61)		

Event 26 Boys 14-15 100 SC Meter Butterfly

CBT: 1:06.79 R 04/12/2011		Tomos G Watson		Aberystwyth	
Name	Age	Team	Seed Time	Finals Time	Points
1 Cameron Thomas	14	Aberystwyth	1:06.39	1:05.79 R	8
30.91	1:05.79 (34.88)				
2 Ben Mottram	14	Haverfordwest Swimming Club	1:07.26	1:06.51 R	7
30.83	1:06.51 (35.68)				

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 26 Boys 14-15 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Dafydd Nicholls	15	Cardigan Swimming Team	1:09.92	1:11.67	6
31.70	1:11.67 (39.97)				
4 Rhys R Williams	15	Llanelli Asc	1:11.65	1:12.15	5
34.05	1:12.15 (38.10)				
5 Tomas D Webb	14	Haverfordwest Swimming Club	1:16.11	1:12.34	4
34.27	1:12.34 (38.07)				
6 Jack Thompson	14	Penyrheol Swimming Club	1:17.09	1:15.65	3
34.08	1:15.65 (41.57)				
7 Rowan Kettle	14	Pembroke & District	1:22.17	1:19.31	2
36.99	1:19.31 (42.32)				
8 Iwan Tomos	15	Celtic Dolphins	2:03.69	1:24.86	1
37.46	1:24.86 (47.40)				
9 Matthew Thorne	15	Celtic Dolphins	NT	1:35.38	
42.39	1:35.38 (52.99)				
10 Jason Gibson	14	Swim Swansea	1:50.54	1:36.40	
42.76	1:36.40 (53.64)				

Event 26 Boys 16 & Over 100 SC Meter Butterfly

CBT: 1:06.85 R 01/12/2013 Samuel D Withers

Pembroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Lewis R Quirk	16	Swim Swansea	1:07.53	1:07.72	8
31.07	1:07.72 (36.65)				
2 Simon Short	16	Neath Asc	1:10.79	1:09.66	7
32.01	1:09.66 (37.65)				
3 Max Glasser	16	Aberystwyth	1:16.20	1:13.56	6
33.49	1:13.56 (40.07)				

Event 27 Girls 13-14 100 SC Meter Butterfly

CBT: 1:12.22 R 04/12/2011 Abigail Fellows

Swim Swansea

Name	Age	Team	Seed Time	Finals Time	Points
1 Gemma Davies	14	Carmarthen	1:19.08	1:17.85	8
37.15	1:17.85 (40.70)				
2 Rhiannon Williams	13	Swim Swansea	1:23.10	1:19.74	7
37.80	1:19.74 (41.94)				
3 Megan Black	13	Swim Swansea	1:22.80	1:19.76	6
37.49	1:19.76 (42.27)				
4 Menna Phillips	14	Fishguard Flyers SC	1:19.79	1:19.96	5
35.83	1:19.96 (44.13)				
5 Molly Williams	14	Celtic Dolphins	1:23.68	1:23.22	4
37.86	1:23.22 (45.36)				
6 Sophie Davies	13	Swim Swansea	1:31.00	1:24.41	3
39.58	1:24.41 (44.83)				
7 Rebecca Glasser	14	Aberystwyth	1:23.53	1:25.16	2
37.91	1:25.16 (47.25)				
8 Charlotte O'Neill	14	Tenby Dolphins	1:24.58	1:28.13	1
37.32	1:28.13 (50.81)				
9 Rhiannon Harvey	13	Celtic Dolphins	1:30.60	1:28.38	
40.21	1:28.38 (48.17)				
10 Shannon Sayer	14	Aberystwyth	1:31.66	1:31.47	
41.22	1:31.47 (50.25)				
11 Jasmine Nicholls	13	Swim Swansea	1:30.78	1:31.99	
43.32	1:31.99 (48.67)				
12 Bethan Wells	13	Swim Swansea	1:37.56	1:32.60	
42.16	1:32.60 (50.44)				
13 Mali Jones	13	Aberystwyth	1:33.33	1:34.04	
43.12	1:34.04 (50.92)				
14 Megan Fletcher	14	Cardigan Swimming Team	1:31.20	1:34.51	
40.35	1:34.51 (54.16)				

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 27 Girls 13-14 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	Points
15 Cara Jones	13	Cardigan Swimming Team	1:53.28	1:47.45	
	50.24	1:47.45 (57.21)			
16 Rhiannon Phillips	13	Celtic Dolphins	1:56.62	1:54.07	
	50.80	1:54.07 (1:03.27)			

Event 27 Girls 15 & Over 100 SC Meter Butterfly

CBT: 1:10.16 R 01/12/2013		Jordan E Harding	Haverfordwest		
Name	Age	Team	Seed Time	Finals Time	Points
1 Ffion Davies	16	Swim Swansea	1:10.25	1:08.79 R	8
	31.61	1:08.79 (37.18)			
2 Awen Lewis	15	Celtic Dolphins	1:14.38	1:11.87	7
	32.79	1:11.87 (39.08)			
3 Katie Hicks	15	Tenby Dolphins	1:13.98	1:14.88	6
	34.15	1:14.88 (40.73)			
4 Talesia Janes	15	Aberystwyth	1:16.15	1:16.70	5
	34.19	1:16.70 (42.51)			
5 Cari O'Rourke	16	Aberystwyth	1:16.57	1:17.21	4
	35.35	1:17.21 (41.86)			
6 Nansi Dingle	15	Aberystwyth	1:19.00	1:18.07	3
	36.68	1:18.07 (41.39)			
7 Bethan M Williams	15	Llanelli Asc	1:16.29	1:21.02	2
	36.37	1:21.02 (44.65)			
8 Rebecca Harris	15	Celtic Dolphins	1:18.77	1:22.74	1
	37.25	1:22.74 (45.49)			
9 Bethan Benham	15	Aberystwyth	1:28.28	1:22.90	
	37.47	1:22.90 (45.43)			
10 Lucy Omnet	15	Pembroke & District	1:31.08	1:27.08	
	38.70	1:27.08 (48.38)			

Event 28 Boys 9-11 200 SC Meter Backstroke

CBT: 2:42.02 R 04/12/2011		Lewis W Fraser	Swim Swansea		
Name	Age	Team	Seed Time	Finals Time	Points
1 Lewis Wells	11	Neath Asc	3:08.62	2:56.82	8
	42.34	1:27.50 (45.16) 2:13.47 (45.97)	2:56.82 (43.35)		
2 Travis Christopher-Mullin	11	Haverfordwest Swimming Club	3:03.86	3:01.52	7
	42.07	1:28.88 (46.81) 2:15.90 (47.02)	3:01.52 (45.62)		
3 Toby Sturley	10	Pembroke & District	3:09.78	3:03.82	6
	45.05	1:31.94 (46.89) 2:18.84 (46.90)	3:03.82 (44.98)		
4 Max Burkett	9	Swim Swansea	3:27.70	3:06.04	5
	43.54	1:30.13 (46.59) 2:18.90 (48.77)	3:06.04 (47.14)		
5 Arron Fitzsimmons	10	Pembroke & District	3:17.43	3:09.58	4
	42.18	1:31.59 (49.41) 2:22.54 (50.95)	3:09.58 (47.04)		
6 Conner P Whitworth	10	Haverfordwest Swimming Club	3:14.59	3:11.29	3
	45.18	1:33.86 (48.68) 2:23.64 (49.78)	3:11.29 (47.65)		
7 Connor Smart	11	Llanelli Asc	NT	3:11.89	2
	46.08	1:36.02 (49.94) 3:11.90 (1:35.88)	3:11.89 ()		
8 Dylan Budd-Thomas	9	Llanelli Asc	NT	3:16.00	1
	46.62	1:37.84 (51.22) 2:28.48 (50.64)	3:16.00 (47.52)		
9 William D Wilson	10	Haverfordwest Swimming Club	NT	3:16.83	
	46.26	1:37.17 (50.91) 2:29.32 (52.15)	3:16.83 (47.51)		
10 Neo Seppman	10	Swim Swansea	NT	3:18.59	
	46.67	1:37.09 (50.42) 2:28.83 (51.74)	3:18.59 (49.76)		
11 Harry Hewitt	9	Swim Swansea	NT	3:20.33	
	46.85	1:38.95 (52.10) 2:32.40 (53.45)	3:20.33 (47.93)		
12 Luke Jones	11	Cardigan Swimming Team	3:31.77	3:22.00	
	1:39.81	2:32.90 (53.09) 3:21.87 (48.97)	3:22.00 (0.13)		
13 Tomos I Morgan	10	Carmarthen	3:33.45	3:26.39	
	46.91	1:39.62 (52.71) 2:34.32 (54.70)	3:26.39 (52.07)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 28 Boys 9-11 200 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
14 Woody L Francis	9	Swim Swansea	NT	3:27.09	
46.17	1:39.43 (53.26)	2:34.19 (54.76)	3:27.09 (52.90)		
15 Alex Glasser	11	Aberystwyth	NT	3:38.49	
51.18	1:47.44 (56.26)	2:45.16 (57.72)	3:38.49 (53.33)		
16 Adam D Jones	9	Swim Swansea	NT	3:40.42	
50.54	1:48.29 (57.75)	2:46.50 (58.21)	3:40.42 (53.92)		
17 Ben J MacDougall	11	Haverfordwest Swimming Club	4:47.12	3:42.96	
52.16	1:50.23 (58.07)	2:48.39 (58.16)	3:42.96 (54.57)		
18 David Scott	11	Fishguard Flyers SC	3:49.72	3:53.92	
54.76	1:56.58 (1:01.82)	2:57.84 (1:01.26)	3:53.92 (56.08)		
19 Dylan Gwynne-Jones	9	Aberaeron SC	4:29.51	3:55.48	
55.08	1:57.83 (1:02.75)	2:59.52 (1:01.69)	3:55.48 (55.96)		
20 Hadyn Gough	10	Milford Haven Swim Squad	4:35.37	4:01.79	
58.60	1:59.38 (1:00.78)	3:01.73 (1:02.35)	4:01.79 (1:00.06)		
--- Gwion Davies	10	Aberaeron SC	NT	DQ	
	2:03.62 ()	3:08.24 (1:04.62)	DQ (1:00.66)		
--- Harry Llewellyn	10	Pembroke & District	NT	DNF	
56.11	1:58.56 (1:02.45)	2:58.47 (59.91)			

Event 28 Boys 12-13 200 SC Meter Backstroke

CBT: 2:36.53 R 05/12/2010 Steffan R Morris

Amman Valley

Name	Age	Team	Seed Time	Finals Time	Points
1 Nathaniel Harries	13	Carmarthen	3:02.78	2:40.69	8
36.97	1:18.38 (41.41)	2:00.81 (42.43)	2:40.69 (39.88)		
2 James Spragg	13	Carmarthen	2:58.65	2:47.71	7
40.46	1:23.35 (42.89)	2:06.48 (43.13)	2:47.71 (41.23)		
3 Osian W Morgan	13	Fishguard Flyers SC	3:00.22	2:48.20	6
38.12	1:21.44 (43.32)	2:05.94 (44.50)	2:48.20 (42.26)		
4 James Payne	13	Aberystwyth	2:59.52	2:49.22	5
39.27	1:23.11 (43.84)	2:07.45 (44.34)	2:49.22 (41.77)		
5 Morgan Evans	13	Aberaeron SC	3:00.10	2:52.84	4
41.78	1:25.64 (43.86)	2:10.36 (44.72)	2:52.84 (42.48)		
6 Matthew Berry	12	Haverfordwest Swimming Club	3:00.48	2:59.81	3
42.39	1:29.58 (47.19)	2:17.28 (47.70)	2:59.81 (42.53)		
7 Kian Fitzsimmons	12	Pembroke & District	3:04.08	3:01.95	2
42.24	1:29.63 (47.39)	2:16.92 (47.29)	3:01.95 (45.03)		
8 Dean L Kelly	12	Haverfordwest Swimming Club	3:12.52	3:09.28	1
45.08	1:33.53 (48.45)	2:22.28 (48.75)	3:09.28 (47.00)		
9 Patrick J Clapham	13	Fishguard Flyers SC	3:09.98	3:11.82	
44.60	1:34.92 (50.32)	2:25.06 (50.14)	3:11.82 (46.76)		
10 Jac D Webb	12	Haverfordwest Swimming Club	3:13.78	3:19.20	
46.64	1:39.07 (52.43)	2:30.85 (51.78)	3:19.20 (48.35)		
11 Tom Beegan	12	Milford Haven Swim Squad	3:27.53	3:21.09	
48.71	1:41.61 (52.90)	2:33.80 (52.19)	3:21.09 (47.29)		
--- Ben Lewis	12	Pembroke & District	3:16.06	DQ	
47.62	1:36.82 (49.20)	2:28.62 (51.80)	DQ (48.78)		
--- Dylan Skym	12	Aberystwyth	3:48.34	DQ	
46.27	1:40.60 (54.33)	2:33.71 (53.11)	DQ (51.28)		
--- Lewis Weaver	12	Celtic Dolphins	NT	DQ	
49.46	3:34.33 (2:44.87)	DQ (0.01)			

Event 29 Girls 9-10 200 SC Meter Backstroke

CBT: 3:00.04 R 04/12/2011 Mali W Weston

Llanelli

Name	Age	Team	Seed Time	Finals Time	Points
1 Aimee Stokes	10	Swim Swansea	3:10.70	2:58.64 R	8
42.31	1:27.64 (45.33)	2:14.86 (47.22)	2:58.64 (43.78)		
2 Kacey E Lewis	10	Nexus Valleys Swimming Club	3:11.27	3:05.51	7
44.72	1:32.62 (47.90)	2:20.83 (48.21)	3:05.51 (44.68)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 29 Girls 9-10 200 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Gwen Dodd	10	Tenby Dolphins	3:15.24	3:07.95	6
44.58	1:33.23 (48.65)	2:22.56 (49.33)	3:07.95 (45.39)		
4 Sadie L Watkins	10	Nexus Valleys Swimming Club	3:21.75	3:13.45	5
47.93	1:37.08 (49.15)	2:26.02 (48.94)	3:13.45 (47.43)		
5 Trinity B Hetherington	10	Nexus Valleys Swimming Club	3:17.70	3:16.30	4
45.11	1:35.07 (49.96)	2:26.61 (51.54)	3:16.30 (49.69)		
6 Sophie Spragg	10	Carmarthen	NT	3:23.95	3
50.47	1:41.56 (51.09)	2:33.55 (51.99)	3:23.95 (50.40)		
7 Abbie Mottram	10	Haverfordwest Swimming Club	3:34.00	3:29.19	2
49.80	1:43.18 (53.38)	2:37.38 (54.20)	3:29.19 (51.81)		
8 Megan E Thomson	10	Haverfordwest Swimming Club	3:45.47	3:41.11	1
52.27	1:49.98 (57.71)	2:47.20 (57.22)	3:41.11 (53.91)		
9 Katie Glover	10	Celtic Dolphins	3:48.80	3:45.47	
54.15	2:47.76 (1:53.61)	3:45.58 (57.82)	3:45.47 ()		
10 Caryl Shepherd	9	Aberaeron SC	NT	3:46.25	
55.00	1:53.30 (58.30)	2:52.87 (59.57)	3:46.25 (53.38)		
11 Alexandra Lee	9	Aberavon	NT	3:46.98	
53.79	1:52.50 (58.71)	2:51.43 (58.93)	3:46.98 (55.55)		
12 Ffion R Barnikel	10	Tenby Dolphins	NT	3:56.13	
53.42	1:56.63 (1:03.21)	2:56.39 (59.76)	3:56.13 (59.74)		
13 Ffion Williams	10	Haverfordwest Swimming Club	3:58.03	3:58.62	
54.23	1:55.33 (1:01.10)	2:59.70 (1:04.37)	3:58.62 (58.92)		
14 Lena Hughes	10	Pembroke & District	4:23.04	4:05.75	
55.51	1:59.33 (1:03.82)	3:03.58 (1:04.25)	4:05.75 (1:02.17)		
15 Maia Wilkins	9	Swim Swansea	NT	4:23.56	
1:03.62	2:11.23 (1:07.61)	3:19.78 (1:08.55)	4:23.56 (1:03.78)		
--- Kasia N Cook	10	Pembroke & District	NT	DQ	
52.31	1:50.34 (58.03)	2:49.28 (58.94)	DQ (58.89)		
--- Fern D Cumine	9	Pembroke & District	NT	DQ	
59.75	2:03.00 (1:03.25)	3:09.12 (1:06.12)	DQ (1:02.13)		
--- Holly-Ellice Jones	9	Aberystwyth	3:40.66	DQ	
51.35	1:47.89 (56.54)	2:46.33 (58.44)	DQ (56.21)		
--- Emily Rees	10	Llanelli Asc	NT	DQ	
43.68	1:32.62 (48.94)	2:21.94 (49.32)	DQ (43.63)		
--- Megan B Powell	10	Swim Swansea	NT	DQ	
47.68	1:39.97 (52.29)	2:33.84 (53.87)	DQ (51.59)		
--- Amber Yelland	9	Milford Haven Swim Squad	NT	DQ	
54.49	1:56.78 (1:02.29)	3:01.93 (1:05.15)	DQ (55.82)		

Event 29 Girls 11-12 200 SC Meter Backstroke

CBT: 2:40.63		R 25/11/2012	Georgia Brown	Carmarthen		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Anya Roberts	12	Llanelli Asc	3:09.20	2:59.52	8	
42.04	1:28.65 (46.61)	2:16.36 (47.71)	2:59.52 (43.16)			
2 Ellie Williams	12	Pembroke & District	3:18.63	3:00.58	7	
43.43	1:29.18 (45.75)	2:15.86 (46.68)	3:00.58 (44.72)			
3 Charlotte Davies	11	Swim Swansea	3:47.40	3:00.84	6	
41.33	1:28.30 (46.97)	2:15.30 (47.00)	3:00.84 (45.54)			
4 Celyn Nicholson	12	Aberaeron SC	3:15.89	3:00.90	5	
41.78	1:28.48 (46.70)	2:17.42 (48.94)	3:00.90 (43.48)			
5 Lauren Omnet	11	Pembroke & District	3:18.10	3:02.75	4	
43.88	1:31.24 (47.36)	2:17.78 (46.54)	3:02.75 (44.97)			
6 Nia Haf Conlon	11	Carmarthen	3:05.04	3:04.59	3	
43.02	1:30.34 (47.32)	2:19.09 (48.75)	3:04.59 (45.50)			
7 Tayla Wilson	11	Pembroke & District	3:09.12	3:09.31	2	
43.78	1:33.26 (49.48)	2:22.86 (49.60)	3:09.31 (46.45)			
8 Anya R Walton	12	Haverfordwest Swimming Club	NT	3:13.86	1	
43.77	1:34.14 (50.37)	2:25.30 (51.16)	3:13.86 (48.56)			

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 29 Girls 11-12 200 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	Points
9 Alice Lester	11	Celtic Dolphins	NT	3:14.24	
43.76	1:32.74 (48.98)	2:24.61 (51.87)	3:14.24 (49.63)		
10 Megan Tyler	12	Carmarthen	3:33.04	3:20.98	
48.61	1:41.03 (52.42)	2:32.25 (51.22)	3:20.98 (48.73)		
11 Jessica C Whitworth	12	Haverfordwest Swimming Club	3:25.91	3:21.61	
47.57	1:39.92 (52.35)	2:32.18 (52.26)	3:21.61 (49.43)		
12 Emily Griffiths	11	Haverfordwest Swimming Club	3:26.08	3:23.53	
48.53	1:40.62 (52.09)	2:34.01 (53.39)	3:23.53 (49.52)		
13 Gwen Evans	12	Haverfordwest Swimming Club	NT	3:23.59	
46.64	1:39.39 (52.75)	3:23.61 (1:44.22)	3:23.59 ()		
14 Alaw Davies	11	Aberystwyth	3:40.60	3:26.61	
50.19	1:43.02 (52.83)	2:36.16 (53.14)	3:26.61 (50.45)		
15 Lisa Davies	12	Aberystwyth	3:28.85	3:29.27	
49.01	1:43.66 (54.65)	2:38.87 (55.21)	3:29.27 (50.40)		
16 Hannah G Wiggins-Jeffries	12	Haverfordwest Swimming Club	NT	3:31.47	
51.39	1:44.43 (53.04)	2:40.44 (56.01)	3:31.47 (51.03)		
17 Tia Woolley	11	Aberystwyth	3:56.82	3:33.37	
50.82	1:45.24 (54.42)	2:40.84 (55.60)	3:33.37 (52.53)		
18 Katie M Davies	11	Neath Asc	NT	3:34.96	
48.40	1:44.86 (56.46)	2:43.30 (58.44)	3:34.96 (51.66)		
19 Cari L Davies	11	Aberystwyth	4:04.01	3:35.41	
51.83	1:47.35 (55.52)	2:43.71 (56.36)	3:35.41 (51.70)		
20 Poppie P Martin-Evans	11	Nexus Valleys Swimming Club	3:42.86	3:41.60	
51.38	1:48.02 (56.64)	2:45.75 (57.73)	3:41.60 (55.85)		
21 Lol Maskell	11	Cardigan Swimming Team	3:54.57	3:50.29	
54.07	1:53.06 (58.99)	2:54.28 (1:01.22)	3:50.29 (56.01)		
--- Casey Bellars	11	Cardigan Swimming Team	NT	DQ	
52.97	1:48.41 (55.44)	2:45.51 (57.10)	DQ (53.47)		
--- Courtney L Fellows	11	Swim Swansea	3:20.92	DQ	
43.60	1:31.60 (48.00)	2:20.60 (49.00)	DQ (46.96)		
--- Lillie L Martin-Evans	11	Nexus Valleys Swimming Club	3:28.94	DQ	
51.47	1:44.63 (53.16)	2:38.33 (53.70)	DQ (50.99)		

Event 30 Boys 14-15 200 SC Meter Freestyle

CBT: 2:10.57 R 04/12/2011 Jonathan Orchard

Pembroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Rhys R Williams	15	Llanelli Asc	2:17.02	2:11.32	8
30.83	1:05.09 (34.26)	1:38.94 (33.85)	2:11.32 (32.38)		
2 Cameron Thomas	14	Aberystwyth	2:14.86	2:13.49	7
30.14	1:04.63 (34.49)	1:39.48 (34.85)	2:13.49 (34.01)		
3 Ben Mottram	14	Haverfordwest Swimming Club	2:17.70	2:15.13	6
31.45	1:06.81 (35.36)	1:42.58 (35.77)	2:15.13 (32.55)		
4 Owain Gullam	14	Celtic Dolphins	2:15.10	2:15.82	5
29.38	1:04.15 (34.77)	1:40.22 (36.07)	2:15.82 (35.60)		
5 Owen Thomas	15	Tenby Dolphins	2:15.08	2:16.61	4
30.48	1:04.73 (34.25)	1:40.73 (36.00)	2:16.61 (35.88)		
6 Jack Thompson	14	Penyrheol Swimming Club	2:20.51	2:17.02	3
31.55	1:06.64 (35.09)	1:42.42 (35.78)	2:17.02 (34.60)		
7 Dafydd Nicholls	15	Cardigan Swimming Team	2:15.47	2:17.09	2
30.32	1:05.04 (34.72)	1:41.58 (36.54)	2:17.09 (35.51)		
8 Adam Robson	15	Fishguard Flyers SC	2:16.06	2:18.60	1
31.00	1:05.66 (34.66)	1:42.18 (36.52)	2:18.60 (36.42)		
9 Sean Williams	14	Carmarthen	2:37.10	2:21.02	
32.97	1:08.27 (35.30)	1:44.32 (36.05)	2:21.02 (36.70)		
10 James Williams	14	Carmarthen	3:06.29	2:22.53	
31.97	1:09.13 (37.16)	1:46.49 (37.36)	2:22.53 (36.04)		
11 Tomas D Webb	14	Haverfordwest Swimming Club	2:25.24	2:23.15	
34.25	1:10.64 (36.39)	1:48.16 (37.52)	2:23.15 (34.99)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 30 Boys 14-15 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
12 Kyle Job	15	Penyrheol Swimming Club	2:24.69	2:25.90	
32.32	1:09.65 (37.33)	1:48.72 (39.07)	2:25.90 (37.18)		
13 Iestyn L Watson	14	Aberystwyth	2:39.86	2:34.29	
35.80	1:14.96 (39.16)	1:55.14 (40.18)	2:34.29 (39.15)		
14 David Radmore	15	Pembroke & District	2:35.10	2:40.47	
35.34	1:16.11 (40.77)	1:58.36 (42.25)	2:40.47 (42.11)		
15 Jason Gibson	14	Swim Swansea	2:53.80	2:48.25	
37.90	1:20.54 (42.64)	2:05.17 (44.63)	2:48.25 (43.08)		
16 William Dauncey	14	Cardigan Swimming Team	2:48.02	2:49.22	
34.79	1:16.62 (41.83)	2:02.82 (46.20)	2:49.22 (46.40)		
17 Matthew Thorne	15	Celtic Dolphins	3:26.00	2:53.27	
38.98	1:23.93 (44.95)	2:11.45 (47.52)	2:53.27 (41.82)		

Event 30 Boys 16 & Over 200 SC Meter Freestyle

CBT: 2:07.75 R 05/12/2010 Sion T Owen

Aberystwyth

Name	Age	Team	Seed Time	Finals Time	Points
1 James Jones	17	Carmarthen	2:15.35	2:11.82	8
30.30	1:04.79 (34.49)	1:38.50 (33.71)	2:11.82 (33.32)		
2 Max Glasser	16	Aberystwyth	2:18.06	2:16.66	7
32.04	1:06.94 (34.90)	1:42.23 (35.29)	2:16.66 (34.43)		

Event 31 Girls 13-14 200 SC Meter Freestyle

CBT: 2:22.20 R 04/12/2011 Hannah Davies

Carmarthen

Name	Age	Team	Seed Time	Finals Time	Points
1 Alaw O'Rourke	14	Aberystwyth	2:27.02	2:23.56	8
32.11	1:08.55 (36.44)	1:46.55 (38.00)	2:23.56 (37.01)		
2 Abbie Williams	14	Pembroke & District	2:24.70	2:23.96	7
31.97	1:07.66 (35.69)	1:45.95 (38.29)	2:23.96 (38.01)		
3 Mali W Weston	13	Llanelli Asc	2:28.04	2:24.87	6
33.36	1:09.91 (36.55)	1:48.08 (38.17)	2:24.87 (36.79)		
4 Rachel Mayled	13	Milford Haven Swim Squad	2:24.81	2:25.63	5
34.28	1:11.76 (37.48)	1:49.84 (38.08)	2:25.63 (35.79)		
5 Bethan Edwards	13	Carmarthen	3:01.49	2:26.53	4
36.00	1:16.90 (40.90)	1:52.32 (35.42)	2:26.53 (34.21)		
6 Menna Phillips	14	Fishguard Flyers SC	2:24.50	2:28.16	3
33.62	1:10.46 (36.84)	1:49.19 (38.73)	2:28.16 (38.97)		
7 Lucy Harding	13	Haverfordwest Swimming Club	2:26.59	2:29.29	2
33.47	1:11.86 (38.39)	1:51.29 (39.43)	2:29.29 (38.00)		
8 Rebecca Glasser	14	Aberystwyth	2:32.66	2:29.31	1
34.09	1:11.52 (37.43)	1:50.32 (38.80)	2:29.31 (38.99)		
9 Catherine Greenaway	13	Swim Swansea	2:31.00	2:29.62	
34.23	1:11.96 (37.73)	1:51.32 (39.36)	2:29.62 (38.30)		
10 Mali Jones	13	Aberystwyth	2:31.91	2:29.85	
35.33	1:13.70 (38.37)	1:52.90 (39.20)	2:29.85 (36.95)		
11 Rhiannon Williams	13	Swim Swansea	2:30.80	2:31.01	
34.74	1:13.57 (38.83)	1:53.07 (39.50)	2:31.01 (37.94)		
12 Hannah F Myers	14	Fishguard Flyers SC	2:27.38	2:31.04	
33.45	1:11.23 (37.78)	1:51.54 (40.31)	2:31.04 (39.50)		
13 Megan Black	13	Swim Swansea	2:33.00	2:32.59	
35.82	1:14.64 (38.82)	1:54.56 (39.92)	2:32.59 (38.03)		
14 Emily Dilks	13	Tenby Dolphins	2:37.84	2:33.91	
35.50	1:13.64 (38.14)	1:53.79 (40.15)	2:33.91 (40.12)		
15 Ellie Rogers	14	Pembroke & District	2:49.92	2:39.58	
35.40	1:16.03 (40.63)	1:57.91 (41.88)	2:39.58 (41.67)		
16 Megan K Pullen	13	Swim Swansea	2:40.65	2:39.73	
36.36	1:17.11 (40.75)	1:59.46 (42.35)	2:39.73 (40.27)		
17 Shannon Sayer	14	Aberystwyth	2:40.78	2:39.79	
34.64	1:16.68 (42.04)	2:01.03 (44.35)	2:39.79 (38.76)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 31 Girls 13-14 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
18 Sophie Davies	13	Swim Swansea	2:51.43	2:41.82	
36.47	1:17.49 (41.02)	2:00.63 (43.14)	2:41.82 (41.19)		
19 Megan Fletcher	14	Cardigan Swimming Team	2:51.57	2:42.90	
34.95	1:16.33 (41.38)	2:00.90 (44.57)	2:42.90 (42.00)		
20 Rhiannon Harvey	13	Celtic Dolphins	2:47.70	2:44.07	
37.72	1:20.07 (42.35)	2:03.89 (43.82)	2:44.07 (40.18)		
21 Rhiannon Phillips	13	Celtic Dolphins	2:50.55	2:44.52	
36.78	1:17.79 (41.01)	2:01.43 (43.64)	2:44.52 (43.09)		
22 Chloe Edwards	13	Pembroke & District	2:51.20	2:45.89	
36.90	1:19.06 (42.16)	2:03.39 (44.33)	2:45.89 (42.50)		
23 Isobel Gowman	13	Carmarthen	3:15.00	2:53.44	
38.65	1:22.77 (44.12)	2:08.33 (45.56)	2:53.44 (45.11)		
24 Aliesha Job	13	Penyrheol Swimming Club	2:51.74	2:56.44	
39.98	1:25.58 (45.60)	2:12.75 (47.17)	2:56.44 (43.69)		
25 Catriona L McCartney	13	Haverfordwest Swimming Club	3:12.03	3:10.55	
41.21	1:29.99 (48.78)	2:22.74 (52.75)	3:10.55 (47.81)		
26 Cara Jones	13	Cardigan Swimming Team	3:17.72	3:10.80	
42.31	1:30.95 (48.64)	2:22.42 (51.47)	3:10.80 (48.38)		

Event 31 Girls 15 & Over 200 SC Meter Freestyle

CBT: 2:20.81 R 04/12/2011 Becci Witt

Carmarthen

Name	Age	Team	Seed Time	Finals Time	Points
1 Awen Lewis	15	Celtic Dolphins	2:24.31	2:19.51 R	8
31.81	1:06.59 (34.78)	1:43.11 (36.52)	2:19.51 (36.40)		
2 Bethan Benham	15	Aberystwyth	2:23.73	2:21.82	7
32.21	1:07.41 (35.20)	1:44.22 (36.81)	2:21.82 (37.60)		
3 Talesia Janes	15	Aberystwyth	2:28.64	2:25.36	6
33.07	1:10.77 (37.70)	1:48.47 (37.70)	2:25.36 (36.89)		
4 Katie Hicks	15	Tenby Dolphins	2:24.20	2:27.06	5
32.68	1:09.87 (37.19)	1:49.36 (39.49)	2:27.06 (37.70)		
5 Lucy Omnet	15	Pembroke & District	2:30.98	2:28.22	4
34.73	1:12.49 (37.76)	1:51.33 (38.84)	2:28.22 (36.89)		
6 Lauren M Johns	15	Celtic Dolphins	2:34.89	2:29.66	3
34.95	1:13.61 (38.66)	1:52.83 (39.22)	2:29.66 (36.83)		
7 Nansi Dingle	15	Aberystwyth	2:30.95	2:31.57	2
35.64	1:14.56 (38.92)	1:53.68 (39.12)	2:31.57 (37.89)		
8 Leigh White	16	Pembroke & District	2:41.66	2:46.88	1
36.67	1:20.10 (43.43)	2:04.49 (44.39)	2:46.88 (42.39)		

Event 32 Boys 9-11 100 SC Meter Breaststroke

CBT: 1:29.18 R 04/12/2011 Dan Elkin

Carmarthen

Name	Age	Team	Seed Time	Finals Time	Points
1 Aneurin Davies	9	Swim Swansea	1:40.41	1:36.27	8
47.12	1:36.27 (49.15)				
2 Charlie J Shiels	9	Pembroke & District	1:36.31	1:36.66	7
45.86	1:36.66 (50.80)				
3 Toby Sturley	10	Pembroke & District	1:43.21	1:40.99	6
49.99	1:40.99 (51.00)				
4 Alex J Preece	11	Neath Asc	1:43.69	1:41.40	5
48.64	1:41.40 (52.76)				
5 Harry E Jones	10	Celtic Dolphins	1:47.40	1:42.23	4
49.72	1:42.23 (52.51)				
6 Arron Fitzsimmons	10	Pembroke & District	1:48.05	1:42.54	3
49.51	1:42.54 (53.03)				
7 Joshua Roberts	9	Celtic Dolphins	1:50.10	1:44.42	2
51.43	1:44.42 (52.99)				
8 Travis Christopher-Mullin	11	Haverfordwest Swimming Club	1:50.28	1:44.65	1
49.41	1:44.65 (55.24)				

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 32 Boys 9-11 100 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
9 Lewys Kettle	11	Pembroke & District	1:50.98	1:46.56	
51.59				1:46.56 (54.97)	
10 Osian Williams	11	Carmarthen	1:45.92	1:46.86	
50.60				1:46.86 (56.26)	
11 AB B Rodriguez	10	Swim Swansea	1:49.70	1:47.21	
51.45				1:47.21 (55.76)	
12 Rhys Partridge	9	Llanelli Asc	1:46.40	1:50.97	
53.81				1:50.97 (57.16)	
13 William D Wilson	10	Haverfordwest Swimming Club	1:49.59	1:51.22	
53.29				1:51.22 (57.93)	
14 Ben J MacDougall	11	Haverfordwest Swimming Club	1:55.33	1:51.33	
51.79				1:51.33 (59.54)	
15 Neo Seppman	10	Swim Swansea	2:01.84	1:53.11	
55.25				1:53.11 (57.86)	
16 Cameron Williams	11	Nexus Valleys Swimming Club	2:05.42	1:53.45	
53.96				1:53.45 (59.49)	
17 Max Burkett	9	Swim Swansea	1:58.77	1:54.00	
55.07				1:54.00 (58.93)	
18 Charlie Barnwell	9	Carmarthen	1:57.42	1:56.19	
54.63				1:56.19 (1:01.56)	
19 Luke Greenaway	10	Swim Swansea	1:56.70	1:56.90	
54.98				1:56.90 (1:01.92)	
20 Jack Doughty	11	Haverfordwest Swimming Club	2:00.32	1:56.94	
55.79				1:56.94 (1:01.15)	
21 Dylan Dawes	11	Haverfordwest Swimming Club	2:20.81	1:58.96	
55.37				1:58.96 (1:03.59)	
22 Aled L Conlon	9	Carmarthen	2:03.19	1:59.68	
58.91				1:59.68 (1:00.77)	
23 Jake T Powell	10	Haverfordwest Swimming Club	2:00.07	2:00.34	
57.27				2:00.34 (1:03.07)	
24 Luke Jones	11	Cardigan Swimming Team	1:53.69	2:01.16	
57.04				2:01.16 (1:04.12)	
25 Woody L Francis	9	Swim Swansea	NT	2:02.62	
59.38				2:02.62 (1:03.24)	
26 Harry Hewitt	9	Swim Swansea	NT	2:02.76	
57.97				2:02.76 (1:04.79)	
27 Antonio Girolami	9	Haverfordwest Swimming Club	NT	2:04.01	
1:00.16				2:04.01 (1:03.85)	
28 Noah Gowman	11	Carmarthen	2:12.79	2:04.32	
1:00.77				2:04.32 (1:03.55)	
29 Jacob Massey	11	Aberystwyth	2:06.97	2:04.50	
1:00.21				2:04.50 (1:04.29)	
30 Dylan Budd-Thomas	9	Llanelli Asc	2:05.95	2:06.16	
59.63				2:06.16 (1:06.53)	
31 Harry Llewellyn	10	Pembroke & District	2:15.73	2:08.51	
1:02.22				2:08.51 (1:06.29)	
32 Sam Beegan	9	Milford Haven Swim Squad	2:32.43	2:10.28	
1:01.22				2:10.28 (1:09.06)	
33 Alex Glasser	11	Aberystwyth	2:20.44	2:14.16	
1:05.44				2:14.16 (1:08.72)	
34 Joseph I Curtis	11	Fishguard Flyers SC	NT	2:14.72	
1:03.28				2:14.72 (1:11.44)	
35 Hadyn Gough	10	Milford Haven Swim Squad	2:17.41	2:19.86	
1:05.84				2:19.86 (1:14.02)	
36 Gwion Davies	10	Aberaeron SC	NT	2:20.00	
1:08.05				2:20.00 (1:11.95)	
37 Mathew Cole	9	Milford Haven Swim Squad	2:13.07	2:20.11	
1:06.24				2:20.11 (1:13.87)	

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 32 Boys 9-11 100 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
38 Dylan Gwynne-Jones	9	Aberaeron SC	2:34.37	2:21.50	
	1:09.04	2:21.50 (1:12.46)			
39 Finley Nicholson	9	Aberaeron SC	2:46.13	2:30.32	
	1:10.99	2:30.32 (1:19.33)			

Event 32 Boys 12-13 100 SC Meter Breaststroke

CBT: 1:19.44		R 04/12/2011	Steffan R Morris	Amman Valley		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Billy Greenwood	13	Tenby Dolphins	1:37.88	1:32.34	8	
	43.24	1:32.34 (49.10)				
2 James Spragg	13	Carmarthen	1:36.37	1:35.97	7	
	45.64	1:35.97 (50.33)				
3 Ruben Krueger	13	Cardigan Swimming Team	1:42.38	1:37.43	6	
	45.40	1:37.43 (52.03)				
4 Tom Beegan	12	Milford Haven Swim Squad	1:39.66	1:38.68	5	
	47.14	1:38.68 (51.54)				
5 Jack D Montgomery	12	Swim Swansea	1:50.00	1:39.72	4	
	47.74	1:39.72 (51.98)				
6 Jac D Webb	12	Haverfordwest Swimming Club	1:44.54	1:42.38	3	
	49.24	1:42.38 (53.14)				
7 Kian Fitzsimmons	12	Pembroke & District	1:45.34	1:42.72	2	
	49.24	1:42.72 (53.48)				
8 James Payne	13	Aberystwyth	1:42.67	1:42.98	1	
	48.87	1:42.98 (54.11)				
9 Finlay J Sharratt	13	Tenby Dolphins	1:55.88	1:43.16		
	49.54	1:43.16 (53.62)				
10 Ciaran Squires	13	Aberaeron SC	1:43.31	1:44.17		
	48.90	1:44.17 (55.27)				
11 Lloyd Thomas	12	Tenby Dolphins	1:44.48	1:44.42		
	50.22	1:44.42 (54.20)				
12 Carwyn Gullam	12	Celtic Dolphins	2:11.00	1:44.98		
	49.96	1:44.98 (55.02)				
13 Patrick J Clapham	13	Fishguard Flyers SC	1:42.33	1:46.42		
	50.42	1:46.42 (56.00)				
14 Ben Lewis	12	Pembroke & District	1:52.16	1:48.53		
	52.38	1:48.53 (56.15)				
15 Matthew Berry	12	Haverfordwest Swimming Club	1:44.52	1:48.80		
	50.83	1:48.80 (57.97)				
16 Luke Dunning	12	Llanelli Asc	1:58.17	1:51.78		
	53.00	1:51.78 (58.78)				
17 Lewis Weaver	12	Celtic Dolphins	2:09.58	2:03.93		
	58.15	2:03.93 (1:05.78)				
18 Dylan Skym	12	Aberystwyth	1:59.75	2:05.69		
	57.62	2:05.69 (1:08.07)				

Event 33 Girls 9-10 100 SC Meter Breaststroke

CBT: 1:37.54		R 25/11/2012	Leah Owen	Celtic Dolphins		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Hannah Gallagher	10	Swim Swansea	1:47.31	1:41.86	8	
	47.99	1:41.86 (53.87)				
2 Libby F Rands	10	Fishguard Flyers SC	1:54.98	1:48.14	7	
	52.55	1:48.14 (55.59)				
3 Sophie Spragg	10	Carmarthen	1:49.86	1:50.65	6	
	53.51	1:50.65 (57.14)				
4 Aimee Stokes	10	Swim Swansea	1:51.55	1:51.44	5	
	51.96	1:51.44 (59.48)				
5 Sian L Raby	10	Swim Swansea	NT	1:52.21	4	
	53.49	1:52.21 (58.72)				

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 33 Girls 9-10 100 SC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	Points
6	Gwen Dodd	10	Tenby Dolphins	1:53.75	1:52.82	3
	54.56					
					1:52.82 (58.26)	
7	Tegen L Davies	10	Nexus Valleys Swimming Club	NT	1:54.09	2
	54.23					
					1:54.09 (59.86)	
8	Caryl Shepherd	9	Aberaeron SC	2:07.94	1:54.18	1
	56.00					
					1:54.18 (58.18)	
9	Freya Dimond	9	Milford Haven Swim Squad	1:59.41	1:54.19	
	53.79					
					1:54.19 (1:00.40)	
10	Trinity B Hetherington	10	Nexus Valleys Swimming Club	1:54.43	1:54.42	
	54.63					
					1:54.42 (59.79)	
11	Elin Pawsey	10	Celtic Dolphins	1:54.10	1:54.56	
	55.43					
					1:54.56 (59.13)	
12	Kacey E Lewis	10	Nexus Valleys Swimming Club	1:56.85	1:54.95	
	56.25					
					1:54.95 (58.70)	
13	Abbie Mottram	10	Haverfordwest Swimming Club	1:53.56	1:56.57	
	55.58					
					1:56.57 (1:00.99)	
14	Beau Yeomans	9	Milford Haven Swim Squad	2:00.73	1:57.67	
	56.62					
					1:57.67 (1:01.05)	
15	Lucy Rogers	10	Pembroke & District	2:00.71	1:58.49	
	58.32					
					1:58.49 (1:00.17)	
16	Rachael E Lewis	10	Fishguard Flyers SC	2:08.63	1:59.41	
	58.16					
					1:59.41 (1:01.25)	
17	Nell Evans	9	Pembroke & District	2:00.56	2:00.28	
	58.54					
					2:00.28 (1:01.74)	
18	Fern D Cumine	9	Pembroke & District	2:04.26	2:00.39	
	56.25					
					2:00.39 (1:04.14)	
19	Llian M Curtis-Jones	9	Celtic Dolphins	2:10.28	2:00.50	
	59.32					
					2:00.50 (1:01.18)	
20	Sara Phillips	9	Llanelli Asc	2:11.03	2:01.87	
	57.56					
					2:01.87 (1:04.31)	
21	Jessica Dickinson	9	Swim Swansea	2:08.26	2:02.22	
	59.46					
					2:02.22 (1:02.76)	
22	Holly-Ellice Jones	9	Aberystwyth	NT	2:02.27	
	59.42					
					2:02.27 (1:02.85)	
23	Isabel Williams	10	Celtic Dolphins	2:02.03	2:02.63	
	57.42					
					2:02.63 (1:05.21)	
24	Megan K Montgomery	10	Swim Swansea	2:03.66	2:03.14	
	58.01					
					2:03.14 (1:05.13)	
25	Aimee Pettit	9	Haverfordwest Swimming Club	2:12.53	2:03.42	
	59.06					
					2:03.42 (1:04.36)	
26	Katie Doughty	9	Haverfordwest Swimming Club	2:02.85	2:04.08	
	58.43					
					2:04.08 (1:05.65)	
27	Katy Hill	9	Haverfordwest Swimming Club	2:05.22	2:05.30	
	1:00.23					
					2:05.30 (1:05.07)	
28	Megan B Powell	10	Swim Swansea	2:07.44	2:05.39	
	1:00.73					
					2:05.39 (1:04.66)	
29	Ffion R Barnikel	10	Tenby Dolphins	2:07.47	2:06.16	
	59.14					
					2:06.16 (1:07.02)	
30	Verity R Hetherington	9	Nexus Valleys Swimming Club	2:12.17	2:08.33	
	1:02.08					
					2:08.33 (1:06.25)	
31	Alyssa Miles	9	Aberaeron SC	NT	2:08.77	
	1:01.08					
					2:08.77 (1:07.69)	
32	Ffion Evans	10	Cardigan Swimming Team	NT	2:08.90	
	57.88					
					2:08.90 (1:11.02)	
33	Kasia N Cook	10	Pembroke & District	2:10.25	2:10.39	
	1:04.17					
					2:10.39 (1:06.22)	
34	Katie Glover	10	Celtic Dolphins	2:11.76	2:10.86	
	1:01.15					
					2:10.86 (1:09.71)	

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 33 Girls 9-10 100 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
35 Ishbell A McCartney	9	Haverfordwest Swimming Club	2:18.35	2:11.14	
				1:03.29	2:11.14 (1:07.85)
36 Rhiannon m Clapham	9	Fishguard Flyers SC	2:15.13	2:12.63	
				1:04.94	2:12.63 (1:07.69)
37 Hannah Greenwood	10	Pembroke & District	NT	2:13.42	
				1:01.32	2:13.42 (1:12.10)
38 Mariella Colwill	9	Milford Haven Swim Squad	2:40.68	2:15.80	
				1:07.04	2:15.80 (1:08.76)
39 Maia Wilkins	9	Swim Swansea	NT	2:16.11	
				1:07.00	2:16.11 (1:09.11)
40 Eve Fox	9	Swim Swansea	NT	2:16.52	
				1:05.92	2:16.52 (1:10.60)
41 Lili M Davies	9	Aberystwyth	NT	2:16.73	
				1:03.37	2:16.73 (1:13.36)
42 Lena Hughes	10	Pembroke & District	NT	2:18.20	
				1:03.67	2:18.20 (1:14.53)
43 Amelia Watts	9	Celtic Dolphins	NT	2:19.09	
				1:05.09	2:19.09 (1:14.00)
44 Megan Cole	9	Pembroke & District	2:29.76	2:19.42	
				1:06.17	2:19.42 (1:13.25)
45 Stacie Whitworth	9	Haverfordwest Swimming Club	2:30.13	2:21.15	
				1:08.88	2:21.15 (1:12.27)
46 Nia Benham	10	Aberystwyth	NT	2:32.93	
				1:10.62	2:32.93 (1:22.31)
47 Jessica Sier	9	Aberaeron SC	NT	3:04.72	
				1:28.59	3:04.72 (1:36.13)

Event 33 Girls 11-12 100 SC Meter Breaststroke

CBT: 1:25.98 R 04/12/2011 Ffion Davies

Tenby Dolphins

Name	Age	Team	Seed Time	Finals Time	Points
1 Bethan A Bailey	12	Fishguard Flyers SC	1:58.24	1:42.56	8
				48.19	1:42.56 (54.37)
2 Charlotte Davies	11	Swim Swansea	2:00.79	1:43.76	7
				49.38	1:43.76 (54.38)
3 Holly J Mathias	12	Haverfordwest Swimming Club	1:49.52	1:46.84	6
				50.61	1:46.84 (56.23)
4 Hannah G Wiggins-Jeffries	12	Haverfordwest Swimming Club	1:46.00	1:47.01	5
				50.77	1:47.01 (56.24)
5 Jasmine Holdsworth	12	Aberavon	1:49.66	1:49.10	4
				51.01	1:49.10 (58.09)
6 Lisa Davies	12	Aberystwyth	1:56.67	1:49.72	3
				52.73	1:49.72 (56.99)
7 Ffion Duckett	12	Aberystwyth	2:01.93	1:50.07	2
				51.67	1:50.07 (58.40)
8 Grace E Warlow	11	Neath Asc	1:51.61	1:50.66	1
				52.51	1:50.66 (58.15)
9 Cari L Davies	11	Aberystwyth	1:50.33	1:50.76	
				53.38	1:50.76 (57.38)
10 Medi Philips	12	Celtic Dolphins	1:54.41	1:52.46	
				52.51	1:52.46 (59.95)
11 Sarah Davies	12	Carmarthen	1:56.07	1:53.90	
				51.81	1:53.90 (1:02.09)
12 Lillie L Martin-Evans	11	Nexus Valleys Swimming Club	1:57.72	1:55.73	
				55.18	1:55.73 (1:00.55)
13 Poppie P Martin-Evans	11	Nexus Valleys Swimming Club	1:54.11	1:58.38	
				56.62	1:58.38 (1:01.76)
14 Ffion Bevan	11	Celtic Dolphins	1:59.34	1:58.48	
				55.49	1:58.48 (1:02.99)

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 08.00 AM****(Event 33 Girls 11-12 100 SC Meter Breaststroke)**

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
15	Katie M Davies	11	Neath Asc	NT	2:02.27	
	58.50	2:02.27 (1:03.77)				
16	Ffion Tomos	11	Celtic Dolphins	NT	2:05.65	
	58.52	2:05.65 (1:07.13)				
---	Lol Maskell	11	Cardigan Swimming Team	1:59.94	DQ	
	57.63	DQ (1:02.29)				