

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 12.20 PM****Event 34 Girls 9-10 400 SC Meter Freestyle**

CBT: 5:39.22 R 05/12/2010 Hazel Fox

Tenby

Name	Age	Team	Seed Time	Finals Time	Points
1 Chloe Pritchard	10	Swim Swansea	NT	5:04.57R	8
33.36	1:11.03 (37.67)	1:49.91 (38.88)	2:28.70 (38.79)		
3:07.54 (38.84)	3:46.79 (39.25)	4:26.44 (39.65)	5:04.57 (38.13)		
2 Charlotte C Whalley	10	Haverfordwest Swimming Club	NT	5:26.06R	7
36.24	1:17.55 (41.31)	1:59.40 (41.85)	2:41.39 (41.99)		
3:23.39 (42.00)	4:05.39 (42.00)	4:46.50 (41.11)	5:26.06 (39.56)		
3 Aimee Stokes	10	Swim Swansea	6:07.50	5:54.95	6
40.96	1:26.49 (45.53)	2:11.52 (45.03)	2:56.95 (45.43)		
3:41.10 (44.15)	4:26.23 (45.13)	5:11.80 (45.57)	5:54.95 (43.15)		
4 Sadie L Watkins	10	Nexus Valleys Swimming Club	7:26.26	6:10.37	5
44.33	1:31.30 (46.97)	2:19.06 (47.76)	3:07.05 (47.99)		
3:53.47 (46.42)	4:41.03 (47.56)	5:27.82 (46.79)	6:10.37 (42.55)		
5 Emily Rees	10	Llanelli Asc	NT	6:13.94	4
39.78	1:27.13 (47.35)	2:16.95 (49.82)	3:06.62 (49.67)		
3:55.91 (49.29)	4:44.55 (48.64)	5:31.34 (46.79)	6:13.94 (42.60)		
6 Kacey E Lewis	10	Nexus Valleys Swimming Club	7:21.09	6:16.73	3
44.34	1:32.41 (48.07)	2:21.39 (48.98)	3:09.66 (48.27)		
3:57.47 (47.81)	4:45.41 (47.94)	5:32.91 (47.50)	6:16.73 (43.82)		
7 Trinity B Hetherington	10	Nexus Valleys Swimming Club	6:34.68	6:18.29	2
41.32	1:29.67 (48.35)	2:18.46 (48.79)	3:07.15 (48.69)		
3:56.22 (49.07)	4:45.29 (49.07)	5:33.68 (48.39)	6:18.29 (44.61)		
8 Lucy Rogers	10	Pembroke & District	NT	6:53.20	1
49.70	1:42.19 (52.49)	2:35.01 (52.82)	3:28.98 (53.97)		
4:22.61 (53.63)	5:14.94 (52.33)	6:06.44 (51.50)	6:53.20 (46.76)		
9 Alexandra Lee	9	Aberavon	NT	7:17.22	
48.33	1:44.17 (55.84)	2:40.29 (56.12)	3:38.41 (58.12)		
4:36.02 (57.61)	5:32.11 (56.09)	6:26.81 (54.70)	7:17.22 (50.41)		
10 Caryl Shepherd	9	Aberaeron SC	7:18.43	7:27.63	
47.75	1:42.29 (54.54)	2:39.87 (57.58)	3:36.35 (56.48)		
4:35.10 (58.75)	5:33.31 (58.21)	6:32.12 (58.81)	7:27.63 (55.51)		
11 Ffion Williams	10	Haverfordwest Swimming Club	NT	7:38.01	
49.05	1:47.86 (58.81)	2:47.38 (59.52)	3:46.85 (59.47)		
4:46.33 (59.48)	5:44.56 (58.23)	6:40.26 (55.70)	7:38.01 (57.75)		

Event 34 Girls 11-12 400 SC Meter Freestyle

CBT: 4:56.17 R 04/12/2011 Ffion Davies

Tenby Dolphins

Name	Age	Team	Seed Time	Finals Time	Points
1 Rosie Llewellyn	12	Pembroke & District	6:22.48	5:13.46	8
35.89	1:15.92 (40.03)	1:56.17 (40.25)	2:36.33 (40.16)		
3:17.21 (40.88)	3:56.94 (39.73)	4:35.89 (38.95)	5:13.46 (37.57)		
2 Lauren Hopkins	12	Celtic Dolphins	5:23.73	5:19.62	7
35.12	1:14.93 (39.81)	1:55.98 (41.05)	2:37.05 (41.07)		
3:18.79 (41.74)	4:00.13 (41.34)	4:41.97 (41.84)	5:19.62 (37.65)		
3 Hannah K Johns	12	Celtic Dolphins	NT	5:22.19	6
36.55	1:16.46 (39.91)	1:57.56 (41.10)	2:39.19 (41.63)		
3:20.02 (40.83)	4:01.13 (41.11)	4:42.20 (41.07)	5:22.19 (39.99)		
4 Alice Sloan	11	Pembroke & District	5:21.28	5:23.87	5
35.57	1:15.28 (39.71)	1:56.22 (40.94)	2:37.89 (41.67)		
3:19.47 (41.58)	4:01.44 (41.97)	4:43.09 (41.65)	5:23.87 (40.78)		
5 Dyfanwen Ellison	12	Carmarthen	5:33.17	5:24.94	4
36.05	1:16.03 (39.98)	1:57.51 (41.48)	2:38.73 (41.22)		
3:20.13 (41.40)	4:01.75 (41.62)	4:43.94 (42.19)	5:24.94 (41.00)		
6 Chloe Fletcher	12	Cardigan Swimming Team	5:51.69	5:28.76	3
36.70	1:17.30 (40.60)	1:59.33 (42.03)	2:42.04 (42.71)		
3:24.34 (42.30)	4:07.33 (42.99)	4:49.68 (42.35)	5:28.76 (39.08)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 12.20 PM****(Event 34 Girls 11-12 400 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
7 Alysia Glover	12	Celtic Dolphins	5:42.84	5:29.44	2
36.74	1:16.95 (40.21)	1:59.43 (42.48)	2:42.01 (42.58)		
3:24.37 (42.36)	4:07.25 (42.88)	4:50.38 (43.13)	5:29.44 (39.06)		
8 Nia Williams	12	Pembroke & District	5:58.85	5:31.82	1
36.32	1:17.82 (41.50)	2:00.63 (42.81)	2:43.63 (43.00)		
3:27.11 (43.48)	4:10.79 (43.68)	4:52.63 (41.84)	5:31.82 (39.19)		
9 Bethan Jones	11	Milford Haven Swim Squad	5:34.87	5:32.16	
36.34	1:18.17 (41.83)	2:01.49 (43.32)	2:44.62 (43.13)		
3:28.43 (43.81)	4:11.58 (43.15)	4:53.16 (41.58)	5:32.16 (39.00)		
10 Rebecca Girolami	11	Haverfordwest Swimming Club	5:55.92	5:35.91	
38.73	1:20.71 (41.98)	2:03.88 (43.17)	2:47.31 (43.43)		
3:31.26 (43.95)	4:15.10 (43.84)	4:58.08 (42.98)	5:35.91 (37.83)		
11 Anya Roberts	12	Llanelli Asc	6:00.87	5:42.73	
38.32	1:21.34 (43.02)	2:05.92 (44.58)	2:50.00 (44.08)		
3:34.98 (44.98)	4:19.93 (44.95)	5:03.46 (43.53)	5:42.73 (39.27)		
12 Ellie Williams	12	Pembroke & District	5:43.40	5:44.02	
38.32	1:21.21 (42.89)	2:05.42 (44.21)	2:50.66 (45.24)		
3:35.43 (44.77)	4:20.70 (45.27)	5:04.56 (43.86)	5:44.02 (39.46)		
13 Megan Browne	11	Llanelli Asc	NT	5:45.26	
39.07	1:22.50 (43.43)	2:06.96 (44.46)	2:51.08 (44.12)		
3:34.65 (43.57)	4:19.10 (44.45)	5:03.19 (44.09)	5:45.26 (42.07)		
14 Celyn Nicholson	12	Aberaeron SC	6:02.54	5:46.16	
37.92	1:18.79 (40.87)	2:02.93 (44.14)	2:48.69 (45.76)		
3:33.33 (44.64)	4:17.88 (44.55)	5:02.93 (45.05)	5:46.16 (43.23)		
15 Nia Haf Conlon	11	Carmarthen	NT	6:01.81	
39.72	1:25.52 (45.80)	2:12.48 (46.96)	2:59.76 (47.28)		
3:46.98 (47.22)	4:32.45 (45.47)	5:19.16 (46.71)	6:01.81 (42.65)		
16 Courtney L Fellows	11	Swim Swansea	NT	6:07.01	
40.06	1:26.61 (46.55)	2:14.21 (47.60)	3:01.80 (47.59)		
3:49.28 (47.48)	4:37.60 (48.32)	5:25.06 (47.46)	6:07.01 (41.95)		
17 Tayla Wilson	11	Pembroke & District	6:28.53	6:11.53	
41.16	1:29.51 (48.35)	2:18.00 (48.49)	3:06.35 (48.35)		
3:54.67 (48.32)	4:42.92 (48.25)	5:29.86 (46.94)	6:11.53 (41.67)		
18 Jasmine Holdsworth	12	Aberavon	6:12.14	6:16.33	
42.24	1:30.12 (47.88)	2:18.52 (48.40)	3:06.64 (48.12)		
3:55.43 (48.79)	4:43.48 (48.05)	5:32.30 (48.82)	6:16.33 (44.03)		
19 Holly J Mathias	12	Haverfordwest Swimming Club	7:04.90	6:24.18	
43.11	1:30.62 (47.51)	2:19.28 (48.66)	3:08.60 (49.32)		
3:57.66 (49.06)	4:47.42 (49.76)	5:36.89 (49.47)	6:24.18 (47.29)		
20 Megan Tyler	12	Carmarthen	6:54.37	6:28.83	
43.40	1:32.26 (48.86)	2:22.41 (50.15)	3:13.05 (50.64)		
4:02.35 (49.30)	4:51.98 (49.63)	5:41.46 (49.48)	6:28.83 (47.37)		
21 Cari L Davies	11	Aberystwyth	8:00.73	6:29.52	
44.27	1:32.82 (48.55)	2:22.42 (49.60)	3:12.40 (49.98)		
4:02.61 (50.21)	4:53.95 (51.34)	5:44.76 (50.81)	6:29.52 (44.76)		
22 Alaw Davies	11	Aberystwyth	6:52.37	6:38.73	
42.12	1:31.06 (48.94)	2:22.42 (51.36)	3:14.05 (51.63)		
4:05.57 (51.52)	4:58.13 (52.56)	5:48.94 (50.81)	6:38.73 (49.79)		
23 Emily Griffiths	11	Haverfordwest Swimming Club	NT	6:46.66	
45.54	1:37.76 (52.22)	2:30.61 (52.85)	3:23.16 (52.55)		
4:15.56 (52.40)	5:07.86 (52.30)	5:59.10 (51.24)	6:46.66 (47.56)		
24 Lisa Davies	12	Aberystwyth	NT	6:46.72	
45.38	1:36.11 (50.73)	2:28.05 (51.94)	3:20.59 (52.54)		
4:15.00 (54.41)	5:06.45 (51.45)	5:58.54 (52.09)	6:46.72 (48.18)		
25 Tia Woolley	11	Aberystwyth	6:59.83	6:57.15	
45.19	1:38.00 (52.81)	2:32.37 (54.37)	3:24.83 (52.46)		
4:18.13 (53.30)	5:12.78 (54.65)	6:07.18 (54.40)	6:57.15 (49.97)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 12.20 PM****(Event 34 Girls 11-12 400 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
26 Amy L Thomson	12	Fishguard Flyers SC	NT	7:27.14	
	46.80	1:40.09 (53.29)	2:36.43 (56.34)	3:34.93 (58.50)	
	4:34.95 (1:00.02)	5:33.93 (58.98)	6:27.81 (53.88)	7:27.14 (59.33)	

Event 34 Girls 13-14 400 SC Meter Freestyle

CBT: 4:47.53		R	25/11/2012	Jordan E Harding	Haverfordwest	
Name	Age	Team	Seed Time	Finals Time	Points	
1 Mali Jones	13	Aberystwyth	5:15.29	5:08.28	8	
	34.92	1:13.26 (38.34)	1:52.59 (39.33)	2:32.64 (40.05)		
	3:12.71 (40.07)	3:51.82 (39.11)	4:30.32 (38.50)	5:08.28 (37.96)		
2 Mali W Weston	13	Llanelli Asc	5:22.92	5:10.40	7	
	34.25	1:12.50 (38.25)	1:52.20 (39.70)	2:32.11 (39.91)		
	3:12.40 (40.29)	3:52.86 (40.46)	4:32.80 (39.94)	5:10.40 (37.60)		
3 Gemma Davies	14	Carmarthen	5:36.78	5:12.65	6	
	36.80	1:16.50 (39.70)	1:56.92 (40.42)	2:37.72 (40.80)		
	3:16.99 (39.27)	3:56.69 (39.70)	4:36.05 (39.36)	5:12.65 (36.60)		
4 Catherine Greenaway	13	Swim Swansea	5:19.60	5:16.76	5	
	34.77	1:14.11 (39.34)	1:54.33 (40.22)	2:34.86 (40.53)		
	3:15.66 (40.80)	3:55.90 (40.24)	4:36.92 (41.02)	5:16.76 (39.84)		
5 Chloe Davies	14	Swim Swansea	5:22.77	5:18.26	4	
	35.54	1:16.26 (40.72)	1:56.51 (40.25)	2:37.34 (40.83)		
	3:18.34 (41.00)	3:59.32 (40.98)	4:38.84 (39.52)	5:18.26 (39.42)		
6 Megan Black	13	Swim Swansea	5:19.40	5:20.72	3	
	36.04	1:16.44 (40.40)	1:57.61 (41.17)	2:38.00 (40.39)		
	3:18.41 (40.41)	3:59.53 (41.12)	4:40.31 (40.78)	5:20.72 (40.41)		
7 Alanya Thomas	13	Tenby Dolphins	5:45.30	5:31.54	2	
	36.68	1:17.71 (41.03)	1:59.70 (41.99)	2:42.87 (43.17)		
	3:25.53 (42.66)	4:07.88 (42.35)	4:50.00 (42.12)	5:31.54 (41.54)		
8 Megan Fletcher	14	Cardigan Swimming Team	5:53.05	5:34.19	1	
	36.81	1:17.51 (40.70)	2:00.59 (43.08)	2:43.82 (43.23)		
	3:27.28 (43.46)	4:11.05 (43.77)	4:53.72 (42.67)	5:34.19 (40.47)		
9 Molly Williams	14	Celtic Dolphins	NT	5:34.76		
	36.89	1:18.88 (41.99)	2:01.83 (42.95)	2:44.85 (43.02)		
	3:27.99 (43.14)	4:12.05 (44.06)	4:54.06 (42.01)	5:34.76 (40.70)		
10 Morgan Thomas	14	Llanelli Asc	NT	5:41.79		
	38.01	1:20.18 (42.17)	2:03.96 (43.78)	2:48.37 (44.41)		
	3:32.23 (43.86)	4:16.68 (44.45)	5:00.88 (44.20)	5:41.79 (40.91)		
11 Shannon Sayer	14	Aberystwyth	5:39.66	5:42.18		
	36.53	1:19.33 (42.80)	2:03.51 (44.18)	2:48.86 (45.35)		
	3:34.61 (45.75)	4:19.30 (44.69)	5:02.56 (43.26)	5:42.18 (39.62)		
12 Olivia John	13	Llanelli Asc	5:40.51	5:46.95		
	36.26	1:18.04 (41.78)	2:01.58 (43.54)	2:46.30 (44.72)		
	3:32.17 (45.87)	4:16.87 (44.70)	5:02.14 (45.27)	5:46.95 (44.81)		
13 Bethan Wells	13	Swim Swansea	6:08.00	5:53.05		
	39.51	1:22.99 (43.48)	2:07.36 (44.37)	2:52.15 (44.79)		
	3:37.60 (45.45)	4:23.41 (45.81)	5:09.05 (45.64)	5:53.05 (44.00)		
14 Charlotte O'Neill	14	Tenby Dolphins	5:45.58	5:54.19		
	38.59	1:21.20 (42.61)	2:05.53 (44.33)	2:50.89 (45.36)		
	3:36.76 (45.87)	4:22.25 (45.49)	5:08.83 (46.58)	5:54.19 (45.36)		
15 Chloe Edwards	13	Pembroke & District	6:20.87	6:01.27		
	39.27	1:24.16 (44.89)	2:10.72 (46.56)	2:57.76 (47.04)		
	3:44.79 (47.03)	4:31.59 (46.80)	5:17.66 (46.07)	6:01.27 (43.61)		
16 Catriona L McCartney	13	Haverfordwest Swimming Club	7:19.88	7:04.09		
	44.98	1:37.67 (52.69)	2:32.04 (54.37)	3:25.67 (53.63)		
	4:20.64 (54.97)	5:16.89 (56.25)	6:12.50 (55.61)	7:04.09 (51.59)		
17 Elisha Rodway	13	Amman Valley Swimming Club	NT	7:04.33		
	43.51	1:35.08 (51.57)	2:30.13 (55.05)	3:25.44 (55.31)		
	4:19.82 (54.38)	5:13.72 (53.90)	6:12.92 (59.20)	7:04.33 (51.41)		

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 12.20 PM****Event 34 Girls 15 & Over 400 SC Meter Freestyle**

		CBT: 4:41.67	R 01/12/2013	Carys A Thomas	Flyers		
Name	Age	Team	Seed Time	Finals Time	Points		
1 Livvi M Robson	15	Celtic Dolphins	5:18.19	4:59.96	8		
	33.06	1:09.05 (35.99)	1:46.42 (37.37)	2:24.00 (37.58)			
	3:02.01 (38.01)	3:41.05 (39.04)	4:20.30 (39.25)	4:59.96 (39.66)			
2 Nicola Grange	16	Celtic Dolphins	5:20.36	5:08.70	7		
	35.21	1:13.89 (38.68)	1:53.38 (39.49)	2:32.79 (39.41)			
	3:11.89 (39.10)	3:52.23 (40.34)	4:31.77 (39.54)	5:08.70 (36.93)			
3 Rebecca Harris	15	Celtic Dolphins	5:28.10	5:19.77	6		
	35.79	1:14.78 (38.99)	1:55.57 (40.79)	2:36.47 (40.90)			
	3:17.42 (40.95)	3:58.46 (41.04)	4:39.48 (41.02)	5:19.77 (40.29)			
4 Carys Lyall	15	Swim Swansea	5:32.35	5:48.30	5		
	39.07	1:22.70 (43.63)	2:07.02 (44.32)	2:52.57 (45.55)			
	3:35.49 (42.92)	4:20.38 (44.89)	5:04.77 (44.39)	5:48.30 (43.53)			

Event 35 Boys 14-15 100 SC Meter Backstroke

		CBT: 1:03.66	R 01/12/2013	Connah Green	Carmarthen			
Name	Age	Team	Seed Time	Finals Time	Points			
1 Nyle Lewis	15	Pembroke & District	1:11.18	1:07.11	8			
	33.26	1:07.11 (33.85)						
2 Ben Mottram	14	Haverfordwest Swimming Club	1:08.78	1:08.34	7			
	33.59	1:08.34 (34.75)						
*3 Adam Robson	15	Fishguard Flyers SC	1:13.79	1:09.41	5.50			
	34.33	1:09.41 (35.08)						
*3 Colm Tobin	14	Pembroke & District	1:13.49	1:09.41	5.50			
	33.98	1:09.41 (35.43)						
5 Dafydd Nicholls	15	Cardigan Swimming Team	1:13.40	1:11.14	4			
	34.20	1:11.14 (36.94)						
6 Tomas D Webb	14	Haverfordwest Swimming Club	1:15.29	1:11.30	3			
	35.73	1:11.30 (35.57)						
7 Kyle Job	15	Penyrheol Swimming Club	1:12.72	1:11.95	2			
	35.57	1:11.95 (36.38)						
8 Cameron Thomas	14	Aberystwyth	1:13.96	1:13.43	1			
	35.42	1:13.43 (38.01)						
9 Baris R Akay	15	Haverfordwest Swimming Club	1:12.57	1:14.81				
	36.24	1:14.81 (38.57)						
10 Owain Gullam	14	Celtic Dolphins	1:18.80	1:15.49				
	36.52	1:15.49 (38.97)						
11 Sean Williams	14	Carmarthen	1:17.53	1:17.01				
	37.27	1:17.01 (39.74)						
*12 Iwan Tomos	15	Celtic Dolphins	NT	1:19.31				
	38.61	1:19.31 (40.70)						
*12 William Dauncey	14	Cardigan Swimming Team	1:20.06	1:19.31				
	37.52	1:19.31 (41.79)						
14 David Radmore	15	Pembroke & District	1:21.69	1:22.49				
	39.47	1:22.49 (43.02)						
15 Iestyn L Watson	14	Aberystwyth	1:27.85	1:27.77				
	42.16	1:27.77 (45.61)						
16 Jason Gibson	14	Swim Swansea	1:34.10	1:29.68				
	43.29	1:29.68 (46.39)						

Event 35 Boys 16 & Over 100 SC Meter Backstroke

		CBT: 1:05.10	R 01/12/2013	Samuel D Withers	Pembroke			
Name	Age	Team	Seed Time	Finals Time	Points			
1 Lewis R Quirk	16	Swim Swansea	1:11.22	1:10.92	8			
	34.84	1:10.92 (36.08)						
2 Max Glasser	16	Aberystwyth	1:13.66	1:13.27	7			
	35.31	1:13.27 (37.96)						

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 12.20 PM****Event 36 Girls 13-14 100 SC Meter Backstroke**

CBT: 1:12.36		R 01/12/2013	Lowri Mathias	Amman Valley		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Alaw O'Rourke	14	Aberystwyth	1:17.18	1:14.51	8	
	36.47	1:14.51 (38.04)				
2 Lucy Harding	13	Haverfordwest Swimming Club	1:15.42	1:15.53	7	
	37.32	1:15.53 (38.21)				
3 Mali W Weston	13	Llanelli Asc	1:18.33	1:16.58	6	
	37.71	1:16.58 (38.87)				
4 Catherine Greenaway	13	Swim Swansea	1:14.88	1:16.73	5	
	37.52	1:16.73 (39.21)				
5 Hannah F Myers	14	Fishguard Flyers SC	1:15.37	1:17.47	4	
	37.22	1:17.47 (40.25)				
6 Shannon Sayer	14	Aberystwyth	1:19.72	1:18.55	3	
	37.89	1:18.55 (40.66)				
7 Rebecca Glasser	14	Aberystwyth	1:22.14	1:20.23	2	
	39.50	1:20.23 (40.73)				
8 Chloe Davies	14	Swim Swansea	1:19.87	1:20.26	1	
	39.36	1:20.26 (40.90)				
9 Rhiannon Williams	13	Swim Swansea	1:22.70	1:20.43		
	39.48	1:20.43 (40.95)				
10 Sophie Davies	13	Swim Swansea	1:24.35	1:21.34		
	39.14	1:21.34 (42.20)				
11 Menna Phillips	14	Fishguard Flyers SC	1:21.04	1:21.38		
	39.50	1:21.38 (41.88)				
12 Molly Williams	14	Celtic Dolphins	1:24.40	1:23.83		
	41.05	1:23.83 (42.78)				
13 Megan K Pullen	13	Swim Swansea	1:21.40	1:23.96		
	40.81	1:23.96 (43.15)				
14 Megan Fletcher	14	Cardigan Swimming Team	1:22.77	1:25.14		
	40.73	1:25.14 (44.41)				
15 Rhiannon Harvey	13	Celtic Dolphins	1:28.17	1:25.78		
	42.60	1:25.78 (43.18)				
16 Jasmine Nicholls	13	Swim Swansea	1:28.33	1:25.99		
	43.73	1:25.99 (42.26)				
17 Ellie Rogers	14	Pembroke & District	1:26.12	1:26.71		
	42.27	1:26.71 (44.44)				
18 Mali Jones	13	Aberystwyth	1:26.49	1:27.06		
	43.14	1:27.06 (43.92)				
19 Bethan Wells	13	Swim Swansea	1:28.24	1:27.75		
	42.96	1:27.75 (44.79)				
20 Emily Jones	13	Cardigan Swimming Team	1:45.65	1:38.92		
	47.63	1:38.92 (51.29)				
21 Elin M Nicholls	13	Cardigan Swimming Team	1:41.64	1:39.05		
	47.09	1:39.05 (51.96)				
22 Cara Jones	13	Cardigan Swimming Team	1:39.68	1:43.12		
	1:43.15	1:43.12 ()				

Event 36 Girls 15 & Over 100 SC Meter Backstroke

CBT: 1:08.18		R 01/12/2013	Hannah Davies	Carmarthen		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Cari O'Rourke	16	Aberystwyth	1:11.39	1:09.26	8	
	33.41	1:09.26 (35.85)				
2 Olivia Michael	15	Celtic Dolphins	1:14.70	1:12.88	7	
	35.57	1:12.88 (37.31)				
3 Lauren M Johns	15	Celtic Dolphins	1:16.48	1:15.20	6	
	36.36	1:15.20 (38.84)				
4 Nicola Grange	16	Celtic Dolphins	1:14.35	1:15.61	5	
	37.26	1:15.61 (38.35)				

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(Event 36 Girls 15 & Over 100 SC Meter Backstroke)

Name	Age	Team	Seed Time	Finals Time	Points
5 Talesia Janes	15	Aberystwyth	1:17.58	1:16.53	4
37.07	1:16.53 (39.46)				
6 India Woodruff	15	Carmarthen	1:17.48	1:16.73	3
38.12	1:16.73 (38.61)				
7 Bethan Benham	15	Aberystwyth	1:19.19	1:17.34	2
38.19	1:17.34 (39.15)				
8 Ellie Parks	15	Pembroke & District	1:16.51	1:18.57	1
37.69	1:18.57 (40.88)				
9 Katie Hicks	15	Tenby Dolphins	1:15.80	1:19.99	
38.66	1:19.99 (41.33)				
10 Nansi Dingle	15	Aberystwyth	1:17.50	1:20.33	
39.58	1:20.33 (40.75)				
11 Leigh White	16	Pembroke & District	1:26.03	1:27.76	
42.15	1:27.76 (45.61)				

Event 37 Boys 9-11 200 SC Meter Butterfly

CBT: 2:46.57 R 25/11/2012 Llew Davies

Llanelli

Name	Age	Team	Seed Time	Finals Time	Points
1 Conner P Whitworth	10	Haverfordwest Swimming Club	4:07.42	3:40.62	8
43.24	1:41.01 (57.77)	2:39.02 (58.01)	3:40.62 (1:01.60)		
--- Osian Williams	11	Carmarthen	3:37.32	DNF	
47.33	1:44.85 (57.52)	2:46.95 (1:02.10)			

Event 37 Boys 12-13 200 SC Meter Butterfly

CBT: 2:36.82 R 04/12/2011 Steffan R Morris

Amman Valley

Name	Age	Team	Seed Time	Finals Time	Points
1 Nathaniel Harries	13	Carmarthen	3:02.58	2:46.34	8
35.78	1:18.79 (43.01)	2:02.90 (44.11)	2:46.34 (43.44)		
2 Billy Greenwood	13	Tenby Dolphins	3:08.68	2:52.33	7
37.69	1:21.03 (43.34)	2:08.09 (47.06)	2:52.33 (44.24)		
3 Ioan Phillips	12	Llanelli Asc	NT	2:59.84	6
36.54	1:22.20 (45.66)	2:10.41 (48.21)	2:59.84 (49.43)		
--- Tom Beegan	12	Milford Haven Swim Squad	NT	DQ	
53.95	1:57.79 (1:03.84)	3:06.93 (1:09.14)	DQ (1:07.33)		

Event 38 Girls 9-10 200 SC Meter Butterfly

CBT: 3:24.52 R 05/12/2010 Ashleigh Willars

Tenby

Name	Age	Team	Seed Time	Finals Time	Points
1 Sadie L Watkins	10	Nexus Valleys Swimming Club	3:48.68	3:37.50	8
46.92	1:44.57 (57.65)	2:41.96 (57.39)	3:37.50 (55.54)		
2 Kacey E Lewis	10	Nexus Valleys Swimming Club	NT	4:06.17	7
53.99	1:59.36 (1:05.37)	3:06.80 (1:07.44)	4:06.17 (59.37)		

Event 38 Girls 11-12 200 SC Meter Butterfly

CBT: 2:44.16 R 04/12/2011 Talia Merriman

Tenby Dolphins

Name	Age	Team	Seed Time	Finals Time	Points
1 Chloe Fletcher	12	Cardigan Swimming Team	3:27.47	3:11.00	8
39.45	1:30.06 (50.61)	2:22.81 (52.75)	3:11.00 (48.19)		
2 Anya Roberts	12	Llanelli Asc	3:17.02	3:11.80	7
41.76	1:31.00 (49.24)	2:23.19 (52.19)	3:11.80 (48.61)		
3 Elli Woodruff	12	Carmarthen	3:15.59	3:11.89	6
44.05	1:32.43 (48.38)	2:23.36 (50.93)	3:11.89 (48.53)		
4 Celyn Nicholson	12	Aberaeron SC	3:36.53	3:15.27	5
40.79	1:31.75 (50.96)	2:22.97 (51.22)	3:15.27 (52.30)		
5 Alis M James	11	Haverfordwest Swimming Club	3:57.45	3:50.73	4
44.95	1:47.66 (1:02.71)	2:50.75 (1:03.09)	3:50.73 (59.98)		
6 Lillie L Martin-Evans	11	Nexus Valleys Swimming Club	4:23.57	4:10.71	3
53.48	2:00.81 (1:07.33)	3:07.27 (1:06.46)	4:10.71 (1:03.44)		

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Name	Age	Team	Seed Time	Finals Time	Points
7 Casey Bellars	11	Cardigan Swimming Team	4:10.25	4:23.75	2
	55.25	2:03.21 (1:07.96)	3:15.24 (1:12.03)	4:23.75 (1:08.51)	
--- Sarah Davies	12	Carmarthen	4:02.11	DQ	
	51.86	1:58.31 (1:06.45)	3:06.85 (1:08.54)	DQ (1:05.79)	

Event 39 Boys 14-15 200 SC Meter Breaststroke

CBT: 2:46.30 R 01/12/2013 Dafydd Burton		Llanelli			
Name	Age	Team	Seed Time	Finals Time	Points
1 Dafydd Nicholls	15	Cardigan Swimming Team	2:55.43	2:49.40	8
	37.90	1:21.98 (44.08)	2:07.15 (45.17)	2:49.40 (42.25)	
2 Cameron Thomas	14	Aberystwyth	2:55.97	2:54.71	7
	38.99	1:24.13 (45.14)	2:09.14 (45.01)	2:54.71 (45.57)	
3 Rhys R Williams	15	Llanelli Asc	2:57.56	2:55.58	6
	40.20	1:25.29 (45.09)	2:11.32 (46.03)	2:55.58 (44.26)	
4 Tomas D Webb	14	Haverfordwest Swimming Club	3:05.25	2:55.73	5
	41.66	1:26.86 (45.20)	2:12.10 (45.24)	2:55.73 (43.63)	
5 James Williams	14	Carmarthen	3:11.12	2:59.26	4
	41.75	1:28.31 (46.56)	2:14.02 (45.71)	2:59.26 (45.24)	
6 Sean Williams	14	Carmarthen	3:07.59	2:59.59	3
	42.20	1:29.43 (47.23)	2:15.58 (46.15)	2:59.59 (44.01)	
7 Rowan Kettle	14	Pembroke & District	3:05.03	3:02.71	2
	41.79	1:28.38 (46.59)	2:16.07 (47.69)	3:02.71 (46.64)	
8 Jack Thompson	14	Penyrheol Swimming Club	3:08.01	3:08.07	1
	42.70	1:31.28 (48.58)	2:19.35 (48.07)	3:08.07 (48.72)	
9 William Dauncey	14	Cardigan Swimming Team	3:13.69	3:15.28	
	43.56	1:33.13 (49.57)	2:25.19 (52.06)	3:15.28 (50.09)	
10 Owain Gullam	14	Celtic Dolphins	3:21.62	3:18.14	
	44.07	1:35.73 (51.66)	2:28.11 (52.38)	3:18.14 (50.03)	
11 David Radmore	15	Pembroke & District	3:21.26	3:28.33	
	45.42	1:37.75 (52.33)	2:32.59 (54.84)	3:28.33 (55.74)	
12 Baris R Akay	15	Haverfordwest Swimming Club	3:23.50	3:30.92	
	48.45	1:43.00 (54.55)	2:38.52 (55.52)	3:30.92 (52.40)	
13 Iestyn L Watson	14	Aberystwyth	NT	3:36.29	
	49.08	1:44.83 (55.75)	2:41.07 (56.24)	3:36.29 (55.22)	

Event 39 Boys 16 & Over 200 SC Meter Breaststroke

CBT: 2:44.87 R 25/11/2012 James Jones		Carmarthen			
Name	Age	Team	Seed Time	Finals Time	Points
1 James Jones	17	Carmarthen	2:44.87	2:41.68 R	8
	36.75	1:19.05 (42.30)	2:00.78 (41.73)	2:41.68 (40.90)	
2 Sam M Thompson	16	Carmarthen	2:45.58	2:42.16 R	7
	37.25	1:20.36 (43.11)	2:01.41 (41.05)	2:42.16 (40.75)	

Event 40 Girls 13-14 200 SC Meter Breaststroke

CBT: 2:54.41 R 25/11/2012 Ffion Davies		Tenby Dolphins			
Name	Age	Team	Seed Time	Finals Time	Points
1 Mali W Weston	13	Llanelli Asc	3:03.47	2:58.99	8
	41.74	1:26.91 (45.17)	2:14.04 (47.13)	2:58.99 (44.95)	
2 Gemma Davies	14	Carmarthen	3:05.72	3:01.17	7
	42.72	1:29.12 (46.40)	2:15.31 (46.19)	3:01.17 (45.86)	
3 Alaw O'Rourke	14	Aberystwyth	3:08.37	3:03.39	6
	40.57	1:28.00 (47.43)	2:16.76 (48.76)	3:03.39 (46.63)	
4 Jemma Hurds	14	Tenby Dolphins	3:06.14	3:09.20	5
	42.56	1:30.27 (47.71)	2:20.20 (49.93)	3:09.20 (49.00)	
5 Bethan Edwards	13	Carmarthen	3:29.85	3:09.70	4
	41.70	1:30.14 (48.44)	2:21.87 (51.73)	3:09.70 (47.83)	
6 Rhiannon Williams	13	Swim Swansea	3:12.30	3:10.37	3
	45.42	1:34.25 (48.83)	2:22.54 (48.29)	3:10.37 (47.83)	

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Name	Age	Team	Seed Time	Finals Time	Points
7 Emily Dilks	13	Tenby Dolphins	3:19.07	3:13.31	2
43.56	1:33.22 (49.66)	2:23.47 (50.25)	3:13.31 (49.84)		
8 Aliesha Job	13	Penyrheol Swimming Club	3:13.67	3:16.20	1
46.27	1:36.69 (50.42)	2:28.50 (51.81)	3:16.20 (47.70)		
*9 Lucy Harding	13	Haverfordwest Swimming Club	3:09.96	3:17.41	
44.92	1:36.64 (51.72)	2:26.53 (49.89)	3:17.41 (50.88)		
*9 Megan K Pullen	13	Swim Swansea	3:16.90	3:17.41	
45.27	1:34.90 (49.63)	2:26.01 (51.11)	3:17.41 (51.40)		
11 Rhiannon Phillips	13	Celtic Dolphins	3:23.90	3:20.78	
45.90	1:37.02 (51.12)	2:29.62 (52.60)	3:20.78 (51.16)		
12 Sophie Davies	13	Swim Swansea	3:28.30	3:21.27	
46.68	1:38.92 (52.24)	2:30.47 (51.55)	3:21.27 (50.80)		
13 Alanya Thomas	13	Tenby Dolphins	3:18.12	3:21.72	
46.26	1:38.10 (51.84)	2:30.08 (51.98)	3:21.72 (51.64)		
14 Morgan Thomas	14	Llanelli Asc	3:27.37	3:25.68	
48.12	1:41.03 (52.91)	2:34.85 (53.82)	3:25.68 (50.83)		
15 Ellie Rogers	14	Pembroke & District	3:23.36	3:30.74	
46.13	1:39.87 (53.74)	2:36.11 (56.24)	3:30.74 (54.63)		
16 Jasmine Nicholls	13	Swim Swansea	3:30.40	3:32.03	
49.13	1:42.67 (53.54)	2:38.17 (55.50)	3:32.03 (53.86)		
17 Elin M Nicholls	13	Cardigan Swimming Team	3:45.40	3:32.76	
46.86	1:43.12 (56.26)	2:38.57 (55.45)	3:32.76 (54.19)		
18 Shannon Sayer	14	Aberystwyth	3:30.74	3:38.32	
47.38	1:44.54 (57.16)	2:42.87 (58.33)	3:38.32 (55.45)		
19 Megan Fletcher	14	Cardigan Swimming Team	3:45.53	3:39.05	
49.91	1:46.79 (56.88)	2:43.54 (56.75)	3:39.05 (55.51)		
20 Catriona L McCartney	13	Haverfordwest Swimming Club	3:50.33	3:44.89	
51.41	1:48.37 (56.96)	2:46.99 (58.62)	3:44.89 (57.90)		
21 Emily Jones	13	Cardigan Swimming Team	3:50.28	3:48.60	
51.79	1:51.55 (59.76)	2:51.33 (59.78)	3:48.60 (57.27)		
22 Cara Jones	13	Cardigan Swimming Team	3:53.30	3:49.14	
53.30	1:52.03 (58.73)	2:51.69 (59.66)	3:49.14 (57.45)		
--- Chloe Davies	14	Swim Swansea	3:02.94	DQ	
41.81	1:28.14 (46.33)	2:15.67 (47.53)	DQ (46.73)		

Event 40 Girls 15 & Over 200 SC Meter Breaststroke

CBT: 2:54.88 R 05/12/2010 Jessica M Evans

Nexus Valleys S

Name	Age	Team	Seed Time	Finals Time	Points
1 Hannah Davies	16	Carmarthen	2:54.81	2:53.39 R	8
40.40	1:24.91 (44.51)	2:09.19 (44.28)	2:53.39 (44.20)		
2 Ffion Davies	16	Swim Swansea	2:53.57	2:54.06 R	7
40.38	1:25.00 (44.62)	2:09.74 (44.74)	2:54.06 (44.32)		
3 Cari O'Rourke	16	Aberystwyth	3:11.05	3:09.98	6
43.69	1:33.70 (50.01)	2:21.89 (48.19)	3:09.98 (48.09)		
4 Nansi Dingle	15	Aberystwyth	3:05.44	3:10.45	5
43.08	1:31.12 (48.04)	2:21.00 (49.88)	3:10.45 (49.45)		
5 Olivia Michael	15	Celtic Dolphins	3:37.14	3:14.21	4
44.22	1:34.18 (49.96)	2:26.38 (52.20)	3:14.21 (47.83)		
6 Bethan Benham	15	Aberystwyth	3:19.58	3:17.31	3
45.11	1:36.54 (51.43)	2:27.84 (51.30)	3:17.31 (49.47)		
7 Talesia Janes	15	Aberystwyth	3:44.68	3:26.01	2
44.62	1:37.39 (52.77)	2:32.56 (55.17)	3:26.01 (53.45)		
8 Carys Lyall	15	Swim Swansea	3:25.52	3:26.36	1
48.16	1:38.22 (50.06)	2:32.46 (54.24)	3:26.36 (53.90)		

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CBT: 1:09.81		R 25/11/2012	Morgan Elliott	Milford Haven		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Max Elkin	10	Swim Swansea	1:18.00	1:13.05	8	
	34.33	1:13.05 (38.72)				
2 Sean A Barrett	11	Haverfordwest Swimming Club	1:14.13	1:13.50	7	
	35.77	1:13.50 (37.73)				
3 Alex J Preece	11	Neath Asc	1:15.72	1:13.79	6	
	36.35	1:13.79 (37.44)				
4 Osian Williams	11	Carmarthen	1:12.16	1:14.49	5	
	35.14	1:14.49 (39.35)				
5 Charlie J Shiels	9	Pembroke & District	1:17.26	1:15.12	4	
	36.57	1:15.12 (38.55)				
6 Travis Christopher-Mullin	11	Haverfordwest Swimming Club	1:15.84	1:16.13	3	
	36.63	1:16.13 (39.50)				
7 AB B Rodriguez	10	Swim Swansea	1:19.30	1:16.76	2	
	37.75	1:16.76 (39.01)				
8 Aneurin Davies	9	Swim Swansea	1:19.06	1:17.90	1	
	37.61	1:17.90 (40.29)				
9 Lewis Wells	11	Neath Asc	1:16.92	1:18.12		
	36.76	1:18.12 (41.36)				
10 Joshua Roberts	9	Celtic Dolphins	1:20.30	1:18.15		
	37.77	1:18.15 (40.38)				
11 Connor Smart	11	Llanelli Asc	1:25.42	1:18.80		
	37.42	1:18.80 (41.38)				
12 Max Burkett	9	Swim Swansea	1:20.64	1:19.59		
	37.88	1:19.59 (41.71)				
13 William D Wilson	10	Haverfordwest Swimming Club	1:21.75	1:20.94		
	40.06	1:20.94 (40.88)				
14 Morgan Greenway	11	Celtic Dolphins	1:23.29	1:21.77		
	39.40	1:21.77 (42.37)				
15 Luke Jones	11	Cardigan Swimming Team	1:28.53	1:22.43		
	38.86	1:22.43 (43.57)				
16 Rhys Partridge	9	Llanelli Asc	1:29.34	1:23.06		
	40.82	1:23.06 (42.24)				
17 Tomos I Morgan	10	Carmarthen	1:27.93	1:23.17		
	39.75	1:23.17 (43.42)				
18 Lewys Kettle	11	Pembroke & District	1:30.29	1:23.30		
	39.59	1:23.30 (43.71)				
19 Arron Fitzsimmons	10	Pembroke & District	1:22.27	1:23.70		
	38.80	1:23.70 (44.90)				
20 Archie Dilks	10	Tenby Dolphins	1:30.75	1:23.85		
	40.86	1:23.85 (42.99)				
21 Cameron Williams	11	Nexus Valleys Swimming Club	1:32.61	1:25.05		
	40.28	1:25.05 (44.77)				
22 Jake T Powell	10	Haverfordwest Swimming Club	1:22.35	1:25.33		
	40.96	1:25.33 (44.37)				
23 Neo Seppman	10	Swim Swansea	1:31.84	1:26.18		
	40.77	1:26.18 (45.41)				
24 Jacob Massey	11	Aberystwyth	1:25.09	1:26.43		
	41.33	1:26.43 (45.10)				
25 Robert Glasser	11	Aberystwyth	1:30.87	1:26.87		
	41.70	1:26.87 (45.17)				
26 Harry E Jones	10	Celtic Dolphins	1:28.74	1:27.04		
	40.77	1:27.04 (46.27)				
27 Jack Doughty	11	Haverfordwest Swimming Club	1:34.78	1:27.97		
	41.61	1:27.97 (46.36)				
28 Luke Greenaway	10	Swim Swansea	1:24.90	1:28.33		
	40.99	1:28.33 (47.34)				

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Name	Age	Team	Seed Time	Finals Time	Points
*29 Ethan Butler	9	Celtic Dolphins	NT	1:29.09	
41.01				1:29.09 (48.08)	
*29 Harry Hewitt	9	Swim Swansea	1:44.88	1:29.09	
42.03				1:29.09 (47.06)	
31 Dylan Budd-Thomas	9	Llanelli Asc	1:31.49	1:29.89	
42.05				1:29.89 (47.84)	
32 Dylan Gwynne-Jones	9	Aberaeron SC	1:38.00	1:31.13	
42.28				1:31.13 (48.85)	
33 Alex Glasser	11	Aberystwyth	1:31.53	1:31.46	
44.36				1:31.46 (47.10)	
34 Dylan Dawes	11	Haverfordwest Swimming Club	1:47.10	1:31.67	
42.55				1:31.67 (49.12)	
35 Charlie Barnwell	9	Carmarthen	1:32.11	1:33.15	
43.82				1:33.15 (49.33)	
36 Aled L Conlon	9	Carmarthen	1:48.40	1:36.32	
45.22				1:36.32 (51.10)	
37 Adam D Jones	9	Swim Swansea	NT	1:37.63	
45.77				1:37.63 (51.86)	
38 Gwion Davies	10	Aberaeron SC	NT	1:37.74	
43.97				1:37.74 (53.77)	
39 Harry Llewellyn	10	Pembroke & District	1:43.85	1:37.90	
46.07				1:37.90 (51.83)	
40 Ben J MacDougall	11	Haverfordwest Swimming Club	1:44.82	1:38.53	
45.13				1:38.53 (53.40)	
41 Woody L Francis	9	Swim Swansea	1:40.79	1:39.83	
44.47				1:39.83 (55.36)	
42 Mathew Cole	9	Milford Haven Swim Squad	1:43.73	1:42.76	
45.17				1:42.76 (57.59)	
43 Matty Fox	9	Pembroke & District	1:49.55	1:43.77	
49.56				1:43.77 (54.21)	
44 Antonio Girolami	9	Haverfordwest Swimming Club	NT	1:45.71	
50.28				1:45.71 (55.43)	
45 Joseph I Curtis	11	Fishguard Flyers SC	NT	1:46.99	
48.92				1:46.99 (58.07)	
46 Finley Nicholson	9	Aberaeron SC	1:48.38	1:48.44	
50.28				1:48.44 (58.16)	
47 Hadyn Gough	10	Milford Haven Swim Squad	1:54.24	1:50.36	
51.91				1:50.36 (58.45)	
48 Sam Beegan	9	Milford Haven Swim Squad	2:15.99	1:54.19	
52.30				1:54.19 (1:01.89)	

Event 41 Boys 12-13 100 SC Meter Freestyle

CBT: 1:01.38 R 05/12/2010 Jordan Hughes

Nexus Valleys S

Name	Age	Team	Seed Time	Finals Time	Points
1 James Payne	13	Aberystwyth	1:10.87	1:07.10	8
33.18				1:07.10 (33.92)	
2 Ioan Phillips	12	Llanelli Asc	1:15.19	1:07.90	7
33.17				1:07.90 (34.73)	
3 Billy Greenwood	13	Tenby Dolphins	1:11.82	1:08.10	6
32.91				1:08.10 (35.19)	
4 Morgan Evans	13	Aberaeron SC	1:11.53	1:10.80	5
34.42				1:10.80 (36.38)	
5 Ciaran Squires	13	Aberaeron SC	1:42.72	1:13.40	4
34.21				1:13.40 (39.19)	
6 Ruben Krueger	13	Cardigan Swimming Team	1:15.73	1:13.57	3
34.88				1:13.57 (38.69)	
7 Kian Fitzsimmons	12	Pembroke & District	1:16.28	1:15.25	2
36.42				1:15.25 (38.83)	

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 12.20 PM****(Event 41 Boys 12-13 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
8 Matthew Berry	12	Haverfordwest Swimming Club	1:16.10	1:15.71	1
36.35	1:15.71 (39.36)				
9 Lloyd Thomas	12	Tenby Dolphins	1:17.97	1:16.65	
36.45	1:16.65 (40.20)				
10 Ben Lewis	12	Pembroke & District	1:17.83	1:16.83	
37.38	1:16.83 (39.45)				
11 Luke Butler	12	Celtic Dolphins	1:19.90	1:17.78	
37.40	1:17.78 (40.38)				
12 Tom Beegan	12	Milford Haven Swim Squad	1:23.41	1:18.52	
37.68	1:18.52 (40.84)				
13 Jac D Webb	12	Haverfordwest Swimming Club	1:22.56	1:19.67	
38.47	1:19.67 (41.20)				
14 Dean L Kelly	12	Haverfordwest Swimming Club	1:24.32	1:19.77	
38.32	1:19.77 (41.45)				
15 Jack D Montgomery	12	Swim Swansea	1:28.44	1:20.50	
38.71	1:20.50 (41.79)				
16 Dylan Skym	12	Aberystwyth	1:24.65	1:21.85	
38.10	1:21.85 (43.75)				
17 Finlay J Sharratt	13	Tenby Dolphins	1:35.25	1:22.39	
38.26	1:22.39 (44.13)				
18 Carwyn Gullam	12	Celtic Dolphins	1:29.34	1:22.76	
39.92	1:22.76 (42.84)				
19 Patrick J Clapham	13	Fishguard Flyers SC	1:22.78	1:23.80	
39.58	1:23.80 (44.22)				
20 Lewis Weaver	12	Celtic Dolphins	1:39.29	1:25.74	
39.35	1:25.74 (46.39)				
21 Luke Dunning	12	Llanelli Asc	1:33.61	1:25.98	
40.28	1:25.98 (45.70)				
22 Michael J Lewis	13	Fishguard Flyers SC	1:33.44	1:29.29	
41.90	1:29.29 (47.39)				

Event 42 Girls 9-10 100 SC Meter Freestyle

CBT: 1:14.29 R 25/11/2012 Leah Owen

Celtic Dolphins

Name	Age	Team	Seed Time	Finals Time	Points
1 Hannah Gallagher	10	Swim Swansea	1:21.20	1:16.20	8
37.36	1:16.20 (38.84)				
2 Aimee Stokes	10	Swim Swansea	1:19.70	1:16.78	7
37.05	1:16.78 (39.73)				
3 Gwen Dodd	10	Tenby Dolphins	1:21.84	1:16.87	6
36.75	1:16.87 (40.12)				
4 Libby F Rands	10	Fishguard Flyers SC	1:25.23	1:20.23	5
39.14	1:20.23 (41.09)				
5 Trinity B Hetherington	10	Nexus Valleys Swimming Club	1:25.59	1:22.65	4
39.54	1:22.65 (43.11)				
6 Kacey E Lewis	10	Nexus Valleys Swimming Club	1:29.53	1:22.95	3
40.77	1:22.95 (42.18)				
7 Sadie L Watkins	10	Nexus Valleys Swimming Club	1:30.73	1:25.26	2
41.56	1:25.26 (43.70)				
8 Megan B Powell	10	Swim Swansea	1:27.90	1:26.49	1
41.35	1:26.49 (45.14)				
9 Nia Sullivan	10	Celtic Dolphins	1:42.63	1:27.19	
42.34	1:27.19 (44.85)				
10 Kasia N Cook	10	Pembroke & District	1:36.43	1:27.66	
42.65	1:27.66 (45.01)				
11 Beau Yeomans	9	Milford Haven Swim Squad	1:42.56	1:27.77	
42.21	1:27.77 (45.56)				
12 Tegen L Davies	10	Nexus Valleys Swimming Club	NT	1:27.88	
41.63	1:27.88 (46.25)				

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 12.20 PM****(Event 42 Girls 9-10 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
13 Abbie Mottram 42.46	10	Haverfordwest Swimming Club	1:33.69	1:28.97	
14 Jessica Dickinson 42.07	9	Swim Swansea	1:28.30	1:29.55	
15 Freya Dimond 43.82	9	Milford Haven Swim Squad	1:29.93	1:31.54	
16 Isabel Williams 43.47	10	Celtic Dolphins	1:35.74	1:31.73	
17 Caryl Shepherd 43.76	9	Aberaeron SC	1:36.47	1:32.00	
18 Holly-Ellice Jones 43.60	9	Aberystwyth	1:34.06	1:32.21	
19 Lucy Rogers 45.96	10	Pembroke & District	1:29.92	1:34.30	
20 Llian M Curtis-Jones 46.48	9	Celtic Dolphins	1:52.36	1:34.53	
21 Verity R Hetherington 47.89	9	Nexus Valleys Swimming Club	1:47.89	1:36.32	
22 Hannah Greenwood 44.49	10	Pembroke & District	1:31.80	1:36.36	
23 Katie Glover 46.94	10	Celtic Dolphins	1:36.00	1:36.80	
24 Georgia Lee 44.22	9	Pembroke & District	1:43.65	1:37.21	
25 Elin Pawsey 47.37	10	Celtic Dolphins	1:40.50	1:39.35	
26 Ffion Williams 46.60	10	Haverfordwest Swimming Club	1:46.30	1:39.36	
27 Lena Hughes 47.18	10	Pembroke & District	1:41.63	1:40.19	
28 Nell Evans 48.81	9	Pembroke & District	1:42.00	1:40.70	
29 Eve Fox 49.05	9	Swim Swansea	1:48.65	1:42.95	
30 Rachael E Lewis 49.27	10	Fishguard Flyers SC	1:50.32	1:43.08	
31 Aimee Pettit 48.78	9	Haverfordwest Swimming Club	1:53.24	1:43.94	
32 Sara Phillips 48.24	9	Llanelli Asc	NT	1:44.09	
33 Ishbell A McCartney 48.60	9	Haverfordwest Swimming Club	1:53.13	1:44.67	
34 Alexandra Lee 50.34	9	Aberavon	1:34.28	1:45.06	
35 Amelia Watts 50.39	9	Celtic Dolphins	NT	1:45.31	
36 Alyssa Miles 52.68	9	Aberaeron SC	NT	1:46.44	
37 Amber Yelland 49.04	9	Milford Haven Swim Squad	NT	1:46.93	
38 Katy Hill 49.12	9	Haverfordwest Swimming Club	1:42.17	1:47.69	
39 Lili M Davies 49.90	9	Aberystwyth	NT	1:48.68	
40 Megan K Montgomery 50.69	10	Swim Swansea	1:55.69	1:48.81	
41 Rhiannon m Clapham 52.95	9	Fishguard Flyers SC	1:42.56	1:50.06	

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 12.20 PM****(Event 42 Girls 9-10 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
42 Ffion Evans	10	Cardigan Swimming Team	2:01.78	1:50.76	
48.74	1:50.76 (1:02.02)				
43 Stacie Whitworth	9	Haverfordwest Swimming Club	2:05.17	1:54.46	
52.78	1:54.46 (1:01.68)				
44 Mariella Colwill	9	Milford Haven Swim Squad	2:07.78	1:55.79	
53.81	1:55.79 (1:01.98)				
45 Nia Benham	10	Aberystwyth	1:57.93	1:56.89	
54.29	1:56.89 (1:02.60)				
46 Maia Wilkins	9	Swim Swansea	NT	2:03.05	
55.99	2:03.05 (1:07.06)				
47 Jessica Sier	9	Aberaeron SC	NT	2:24.66	
1:07.59	2:24.66 (1:17.07)				

Event 42 Girls 11-12 100 SC Meter Freestyle

CBT: 1:08.16 R 25/11/2012 Heather E Wheel

Llanelli

Name	Age	Team	Seed Time	Finals Time	Points
1 Millie Rees	12	Swim Swansea	1:11.60	1:08.44	8
32.81	1:08.44 (35.63)				
2 Rosie Llewellyn	12	Pembroke & District	1:10.83	1:09.43	7
33.58	1:09.43 (35.85)				
3 Alannah Thompson	12	Penyrheol Swimming Club	1:10.70	1:09.92	6
33.15	1:09.92 (36.77)				
4 Lily M Trueman	12	Haverfordwest Swimming Club	1:11.99	1:10.19	5
34.27	1:10.19 (35.92)				
5 Mollie Short	12	Neath Asc	1:16.42	1:11.90	4
35.14	1:11.90 (36.76)				
6 Nia Williams	12	Pembroke & District	1:13.13	1:12.75	3
34.69	1:12.75 (38.06)				
7 Alysia Glover	12	Celtic Dolphins	1:14.09	1:13.38	2
35.21	1:13.38 (38.17)				
8 Chloe Fletcher	12	Cardigan Swimming Team	1:14.33	1:13.58	1
35.66	1:13.58 (37.92)				
9 Rebecca Girolami	11	Haverfordwest Swimming Club	1:13.22	1:13.69	
36.05	1:13.69 (37.64)				
10 Bethan Jones	11	Milford Haven Swim Squad	1:14.24	1:13.93	
35.44	1:13.93 (38.49)				
11 Katie Davenport	12	Carmarthen	1:17.17	1:14.12	
35.83	1:14.12 (38.29)				
12 Poppy M Griffiths	12	Haverfordwest Swimming Club	1:14.94	1:14.88	
35.12	1:14.88 (39.76)				
13 Elli Woodruff	12	Carmarthen	1:14.94	1:14.96	
35.97	1:14.96 (38.99)				
14 Ffion Williams	12	Llanelli Asc	1:19.78	1:18.08	
37.11	1:18.08 (40.97)				
15 Courtney L Fellows	11	Swim Swansea	1:22.42	1:18.64	
37.54	1:18.64 (41.10)				
16 Lauren Omnet	11	Pembroke & District	1:17.57	1:19.19	
37.67	1:19.19 (41.52)				
17 Tayla Wilson	11	Pembroke & District	1:21.79	1:19.60	
37.80	1:19.60 (41.80)				
18 Grace E Warlow	11	Neath Asc	1:26.22	1:19.65	
37.27	1:19.65 (42.38)				
19 Charlotte Davies	11	Swim Swansea	1:24.78	1:19.75	
38.12	1:19.75 (41.63)				
20 Charlotte Wheel	11	Llanelli Asc	1:26.95	1:22.20	
39.03	1:22.20 (43.17)				
21 Lisa Davies	12	Aberystwyth	1:20.46	1:22.24	
39.49	1:22.24 (42.75)				

West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014**Results - Warmup 12.20 PM****(Event 42 Girls 11-12 100 SC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	Points
22	Bethan A Bailey	12	Fishguard Flyers SC	1:28.04	1:22.38	
	38.25	1:22.38 (44.13)				
23	Alis M James	11	Haverfordwest Swimming Club	1:23.58	1:22.50	
	39.39	1:22.50 (43.11)				
24	Katie M Davies	11	Neath Asc	NT	1:22.63	
	39.56	1:22.63 (43.07)				
25	Jasmine Holdsworth	12	Aberavon	1:21.93	1:22.81	
	38.99	1:22.81 (43.82)				
26	Ffion Duckett	12	Aberystwyth	1:35.22	1:23.24	
	40.35	1:23.24 (42.89)				
27	Alaw Davies	11	Aberystwyth	1:25.20	1:23.88	
	39.64	1:23.88 (44.24)				
28	Ffion Tomos	11	Celtic Dolphins	NT	1:25.80	
	41.01	1:25.80 (44.79)				
29	Cari L Davies	11	Aberystwyth	1:26.05	1:26.23	
	41.22	1:26.23 (45.01)				
30	Tia Woolley	11	Aberystwyth	1:28.58	1:27.15	
	41.53	1:27.15 (45.62)				
31	Holly J Mathias	12	Haverfordwest Swimming Club	1:27.91	1:28.08	
	41.40	1:28.08 (46.68)				
32	Lillie L Martin-Evans	11	Nexus Valleys Swimming Club	1:30.75	1:28.70	
	40.96	1:28.70 (47.74)				
33	Medi Philips	12	Celtic Dolphins	1:33.56	1:29.56	
	42.11	1:29.56 (47.45)				
34	Casey Bellars	11	Cardigan Swimming Team	1:34.28	1:31.32	
	43.49	1:31.32 (47.83)				
35	Sarah Davies	12	Carmarthen	1:28.80	1:34.09	
	43.88	1:34.09 (50.21)				
36	Poppie P Martin-Evans	11	Nexus Valleys Swimming Club	1:41.47	1:34.57	
	44.75	1:34.57 (49.82)				
37	Lol Maskell	11	Cardigan Swimming Team	1:30.44	1:34.86	
	44.08	1:34.86 (50.78)				
38	Grace Price	11	Nexus Valleys Swimming Club	NT	1:35.64	
	45.76	1:35.64 (49.88)				
39	Hannah G Wiggins-Jeffries	12	Haverfordwest Swimming Club	1:39.78	1:36.58	
	46.87	1:36.58 (49.71)				
40	Molly Griffiths	11	Milford Haven Swim Squad	NT	1:46.32	
	47.94	1:46.32 (58.38)				