

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 04.15 PM****Event 43 Boys 9-11 200 SC Meter Medley Relay**

CBT: 2:35.87 R 25/11/2012 Llanelli ASC

Llanelli

R HENWOOD, R GOODRIDGE, L DAVIES, T HENWOOD

Team	Relay	Seed Time	Finals Time	Points
1 Swim Swansea	A	NT	2:40.57	8
1) Neo Seppman 10	2) Aneurin Davies 9	3) Max Burkett 9	4) AB B Rodriguez 10	
44.21	1:27.65 (43.44)	2:07.69 (40.04)	2:40.57 (32.88)	
2 Celtic Dolphins	A	3:13.40	2:43.85	7
1) Morgan Greenway 11	2) Harry E Jones 10	3) Joshua Roberts 9	4) Dylan John 10	
41.19	1:28.05 (46.86)	2:08.39 (40.34)	2:43.85 (35.46)	
3 Llanelli Asc	A	NT	2:46.71	6
1) Rhys Partridge 9	2) Gruff Weston 11	3) Jack Southam 11	4) Connor Smart 11	
	1:28.70 ( )	2:10.85 (42.15)	2:46.71 (35.86)	
4 Pembroke & District	A	2:48.16	2:48.93	5
1) Arron Fitzsimmons 10	2) Owyn Griffiths 10	3) Toby Sturley 10	4) Lewys Kettle 11	
40.91	1:29.01 (48.10)	2:10.12 (41.11)	2:48.93 (38.81)	
5 Carmarthen	A	NT	2:51.30	4
1) Tomos I Morgan 10	2) Liam Edwards 10	3) Osian Williams 11	4) Charlie Barnwell 9	
42.73	1:30.40 (47.67)	1:46.10 (15.70)	2:51.30 (1:05.20)	
6 Haverfordwest Swimming Club	B	NT	2:59.47	3
1) Isaac Rowlands-Higgins 11	2) Henry White 10	3) Conner P Whitworth 10	4) Jack Elliott 11	
52.84	1:41.75 (48.91)	2:23.02 (41.27)	2:59.47 (36.45)	
7 Swim Swansea	B	NT	3:21.50	2
1) Woody L Francis 9	2) Adam D Jones 9	3) Harry Hewitt 9	4) Luke Greenaway 10	
46.10	1:50.39 (1:04.29)	2:42.46 (52.07)	3:21.50 (39.04)	
--- Haverfordwest Swimming Club	A	2:40.24	DQ	
1) Travis Christopher-Mullin 11	2) Sean A Barrett 11	3) William D Wilson 10	4) Jake T Powell 10	
40.17	2:02.57 ( )	DQ (37.03)		

**Event 44 Girls 9-10 200 SC Meter Medley Relay**

CBT: 2:45.63 R 04/12/2010 Swim Swansea

Team	Relay	Seed Time	Finals Time	Points
1 Swim Swansea	A	NT	2:41.43 R	8
1) Aimee Stokes 10	2) Hannah Gallagher 10	3) Chloe Pritchard 10	4) Megan B Powell 10	
42.23	1:04.14 (21.91)	2:02.87 (58.73)	2:41.43 (38.56)	
2 Swim Swansea	B	NT	3:07.36	7
1) Sian L Raby 10	2) Megan K Montgomery 10	3) Jessica Dickinson 9	4) Eve Fox 9	
46.89	1:40.84 (53.95)	2:23.64 (42.80)	3:07.36 (43.72)	
3 Llanelli Asc	A	NT	3:07.83	6
1) Ella Davies 9	2) Sara Phillips 9	3) Emily Rees 10	4) Megan Broom 10	
48.74	2:25.05 ( )	3:07.83 (42.78)		
4 Haverfordwest Swimming Club	A	3:30.10	3:09.07	5
1) Abbie Mottram 10	2) Carys W Jones 10	3) Aimee Pettit 9	4) Katie Doughty 9	
47.72	2:28.69 ( )	3:09.07 (40.38)		
5 Fishguard Flyers SC	A	NT	3:12.74	4
1) Rhiannon m Clapham 9	2) Rachael E Lewis 10	3) Libby F Rands 10	4) Nia Jones 9	
50.28	1:45.44 (55.16)	2:27.35 (41.91)	3:12.74 (45.39)	
6 Celtic Dolphins	A	NT	3:13.84	3
1) Isabel Williams 10	2) Elin Pawsey 10	3) Nia Sullivan 10	4) Llian M Curtis-Jones 9	
49.59	2:31.81 ( )	3:13.84 (42.03)		
7 Pembroke & District	A	3:20.63	3:19.04	2
1) Kasia N Cook 10	2) Georgia Lee 9	3) Lucy Rogers 10	4) Megan Griffiths 10	
52.33	2:39.69 ( )	3:19.04 (39.35)		
8 Milford Haven Swim Squad	A	3:29.81	3:23.51	1
1) Amber Yelland 9	2) Mariella Colwill 9	3) Beau Yeomans 9	4) Freya Dimond 9	
50.81	1:56.98 (1:06.17)	2:43.56 (46.58)	3:23.51 (39.95)	
9 Haverfordwest Swimming Club	B	NT	3:30.75	
1) Ishbell A McCartney 9	2) Katy Hill 9	3) Ffion Williams 10	4) Megan E Thomson 10	
56.25	1:54.39 (58.14)	2:51.11 (56.72)	3:30.75 (39.64)	

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 04.15 PM****(Event 44 Girls 9-10 200 SC Meter Medley Relay)**

Team	Relay	Seed Time	Finals Time	Points
--- Tenby Dolphins	A	2:39.36	DQ	
1) Gwen Dodd 10	2) Ffion R Barnikel 10	3) Ameya Neye 10	4) Ella Warren-Stock 10	
38.31	53.80 (15.49)	2:23.29 (1:29.49)	DQ (37.75)	

**Event 45 Boys 13 & Under 200 SC Meter Medley Relay**

CBT: 2:15.99 R 25/11/2012

Llanelli ASC

Llanelli

B BUDD-THOMAS, C Owens, I Cole, S WILLIAMS

Team	Relay	Seed Time	Finals Time	Points
1 Haverfordwest Swimming Club	A	2:21.35	2:20.88	8
1) Matthew Berry 12	2) James Hill 12	3) Daniel D Thomas 12	4) Morgan Elliott 13	
39.06	1:16.54 (37.48)	1:52.71 (36.17)	2:20.88 (28.17)	
2 Carmarthen	A	NT	2:22.77	7
1) Deian S Morgan 12	2) James Spragg 13	3) Nathaniel Harries 13	4) Joshua Jones 12	
35.71	1:18.44 (42.73)	1:51.33 (32.89)	2:22.77 (31.44)	
3 Tenby Dolphins	A	2:18.91	2:26.64	6
1) Harrison Cole-Picton 12	2) Caleb O'Neill 13	3) Billy Greenwood 13	4) Lloyd Thomas 12	
37.00	1:18.08 (41.08)	1:52.34 (34.26)	2:26.64 (34.30)	
4 Llanelli Asc	A	NT	2:28.24	5
1) Rhys Henwood 13	2) Tom Henwood 12	3) Ioan Phillips 12	4) Luke Dunning 12	
34.76	1:16.50 (41.74)	2:28.24 (1:11.74)	2:28.24 ( )	
5 Swim Swansea	A	NT	2:35.07	4
1) Max Elkin 10	2) Jack D Montgomery 12	3) Aneurin Davies 9	4) AB B Rodriguez 10	
37.19	1:21.54 (44.35)	2:01.38 (39.84)	2:35.07 (33.69)	
6 Pembroke & District	A	2:40.96	2:41.80	3
1) Kian Fitzsimmons 12	2) Ben Lewis 12	3) Ben Omnet 12	4) James Purser 12	
40.71	1:30.70 (49.99)	2:41.80 (1:11.10)		
7 Haverfordwest Swimming Club	B	NT	2:46.81	2
1) Dean L Kelly 12	2) Freddy Christopher-Barnes 13	3) Jac D Webb 12	4) Owen Rogers 12	
43.22	1:29.63 (46.41)	2:14.00 (44.37)	2:46.81 (32.81)	
8 Aberaeron SC	A	2:23.28	2:49.60	1
1) Dylan Gwynne-Jones 9	2) Morgan Evans 13	3) Ciaran Squires 13	4) Gwion Davies 10	
50.36	1:32.01 (41.65)	2:08.09 (36.08)	2:49.60 (41.51)	
9 Celtic Dolphins	A	NT	2:50.06	
1) Lewis Weaver 12	2) Carwyn Gullam 12	3) Joshua Roberts 9	4) Luke Butler 12	
43.63	1:01.03 (17.40)	1:33.60 (32.57)	2:50.06 (1:16.46)	
10 Aberystwyth	A	2:45.59	3:13.89	
1) Alex Glasser 11	2) Robert Glasser 11	3) Jacob Massey 11	4) Dylan Skym 12	
49.50	1:41.90 (52.40)	2:34.78 (52.88)	3:13.89 (39.11)	

**Event 46 Girls 12 & Under 200 SC Meter Medley Relay**

CBT: 2:22.36 R 04/12/2011

Tenby Dolphins

Tenby Dolphins

H Fox, A Willars, C Davies

Team	Relay	Seed Time	Finals Time	Points
1 Pembroke & District	A	2:01.89	2:24.10	8
1) Abigayle Williams 12	2) Rosie Llewellyn 12	3) Alice Sloan 11	4) Lauren Omnet 11	
36.41	1:15.22 (38.81)	1:49.19 (33.97)	2:24.10 (34.91)	
2 Swim Swansea	A	NT	2:31.84	7
1) Charlotte Davies 11	2) Kate E Raby 12	3) Courtney L Fellows 11	4) Chloe Pritchard 10	
40.22	1:20.75 (40.53)	2:02.14 (41.39)	2:31.84 (29.70)	
3 Carmarthen	A	NT	2:31.89	6
1) Elli Woodruff 12	2) Eva Edwards 12	3) Dyfanwen Ellison 12	4) Katie Davenport 12	
40.62	1:23.87 (43.25)	1:58.93 (35.06)	2:31.89 (32.96)	
4 Haverfordwest Swimming Club	A	2:25.75	2:31.95	5
1) Anya R Walton 12	2) Rebecca Girolami 11	3) Lily M Trueman 12	4) Poppy M Griffiths 12	
40.93	1:23.09 (42.16)	1:57.96 (34.87)	2:31.95 (33.99)	
5 Celtic Dolphins	A	2:32.10	2:34.52	4
1) Lauren Hopkins 12	2) Emily Davies 11	3) Alysia Glover 12	4) Grace Williams 12	
38.35	1:24.00 (45.65)	2:01.39 (37.39)	2:34.52 (33.13)	

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 04.15 PM****(Event 46 Girls 12 & Under 200 SC Meter Medley Relay)**

Team	Relay	Seed Time	Finals Time	Points
6 Llanelli Asc	A	NT	2:41.86	3
1) Ffion Williams 12	2) Megan Browne 11	3) Anya Roberts 12	4) Charlotte Wheel 11	
41.36	1:25.10 (43.74)	2:03.22 (38.12)	2:41.86 (38.64)	
7 Fishguard Flyers SC	A	3:20.40	2:52.07	2
1) Bethan A Bailey 12	2) Holly Heasman 11	3) Libby F Rands 10	4) Amy L Thomson 12	
45.19	1:29.66 (44.47)	2:11.87 (42.21)	2:52.07 (40.20)	
8 Haverfordwest Swimming Club	B	NT	2:53.96	1
1) Jessica C Whitworth 12	2) Hannah G Wiggins-Jeffries 12	3) Alis M James 11	4) Summer B Lincoln 12	
45.74	1:37.29 (51.55)	2:17.47 (40.18)	2:53.96 (36.49)	
9 Aberystwyth	A	2:40.43	2:54.45	
1) Cari L Davies 11	2) Tia Woolley 11	3) Lisa Davies 12	4) Alaw Davies 11	
49.97	1:34.80 (44.83)	2:17.25 (42.45)	2:54.45 (37.20)	
10 Nexus Valleys Swimming Club	A	NT	2:55.49	
1) Kacey E Lewis 10	2) Trinity B Hetherington 10	3) Sadie L Watkins 10	4) Lillie L Martin-Evans 11	
43.35	1:33.63 (50.28)	2:16.39 (42.76)	2:55.49 (39.10)	
11 Nexus Valleys Swimming Club	B	NT	3:24.90	
1) Tegen L Davies 10	2) Poppie P Martin-Evans 11	3) Verity R Hetherington 9	4) Grace Price 11	
49.02	1:44.39 (55.37)	2:41.38 (56.99)	3:24.90 (43.52)	
12 Aberaeron SC	A	NT	3:38.38	
1) Caryl Shepherd 9	2) Alyssa Miles 9	3) Celyn Nicholson 12	4) Jessica Sier 9	
55.29	1:55.09 (59.80)	2:30.09 (35.00)	3:38.38 (1:08.29)	

**Event 47 Boys 15 & Under 200 SC Meter Medley Relay**

CBT: 2:06.60 R 01/12/2013

Tenby Dolphins

Tenby Dolphins

D Davies, O Thomas, L Dedonker, H KEMP

Team	Relay	Seed Time	Finals Time	Points
1 Haverfordwest Swimming Club	A	2:32.43	2:09.63	8
1) Huw O Cooke 14	2) Tomas D Webb 14	3) Ben Mottram 14	4) Baris R Akay 15	
36.19	1:12.96 (36.77)	1:42.59 (29.63)	2:09.63 (27.04)	
2 Pembroke & District	A	2:16.23	2:10.72	7
1) Rowan Kettle 14	2) Nyle Lewis 15	3) Colm Tobin 14	4) David Radmore 15	
35.56	1:09.20 (33.64)	1:39.33 (30.13)	2:10.72 (31.39)	
3 Carmarthen	A	NT	2:18.55	6
1) James Williams 14	2) Sean Williams 14	3) Nathaniel Harries 13	4) Deian S Morgan 12	
34.63	1:12.59 (37.96)	1:46.02 (33.43)	2:18.55 (32.53)	
4 Aberystwyth	A	2:19.61	2:25.95	5
1) James Payne 13	2) Iestyn L Watson 14	3) Cameron Thomas 14	4) Dylan Skym 12	
36.89	1:20.18 (43.29)	1:49.38 (29.20)	2:25.95 (36.57)	

**Event 48 Girls 14 & Under 200 SC Meter Medley Relay**

CBT: 2:13.19 R 25/11/2012

HAVERFORDWEST SWIMMING CLUB

Haverfordwest

J HARDING, K WILLIAMS, B MEOPHAM, M COOKE

Team	Relay	Seed Time	Finals Time	Points
1 Carmarthen	A	NT	2:22.19	8
1) Dyfanwen Ellison 12	2) Gemma Davies 14	3) Bethan Edwards 13	4) Elli Woodruff 12	
36.36	1:16.91 (40.55)	1:48.81 (31.90)	2:22.19 (33.38)	
2 Tenby Dolphins	A	2:12.84	2:22.50	7
1) Arabella Haley 13	2) Jemma Hurds 14	3) Emily Dilks 13	4) Alanya Thomas 13	
32.30	1:13.56 (41.26)	1:49.69 (36.13)	2:22.50 (32.81)	
3 Aberystwyth	A	2:23.17	2:25.90	6
1) Rebecca Glasser 14	2) Alaw O'Rourke 14	3) Shannon Sayer 14	4) Mali Jones 13	
37.98	1:16.17 (38.19)	1:52.41 (36.24)	2:25.90 (33.49)	
4 Llanelli Asc	A	NT	2:28.07	5
1) Mali W Weston 13	2) Morgan Thomas 14	3) Heather E Wheel 13	4) Olivia John 13	
36.10	1:52.44 (1:16.34)	2:28.07 (35.63)	2:28.07 ( )	
5 Haverfordwest Swimming Club	A	2:13.19	2:28.80	4
1) Lucy Harding 13	2) Louisa Twigg 13	3) Margot J Lawrence 13	4) Catriona L McCartney 13	
36.88	1:13.23 (36.35)	1:51.84 (38.61)	2:28.80 (36.96)	

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 04.15 PM****(Event 48 Girls 14 & Under 200 SC Meter Medley Relay)**

Team	Relay	Seed Time	Finals Time	Points
6 Pembroke & District	A	1:56.77	2:31.06	3
1) Abbie Williams 14	2) Chloe Edwards 13	3) Ellie Williams 12	4) Nia Williams 12	
35.35	1:19.71 (44.36)	1:58.35 (38.64)	2:31.06 (32.71)	
7 Swim Swansea	A	NT	2:31.22	2
1) Sophie Davies 13	2) Rhiannon Williams 13	3) Megan Black 13	4) Jasmine Nicholls 13	
37.69	1:20.97 (43.28)	1:57.49 (36.52)	2:31.22 (33.73)	
8 Celtic Dolphins	A	2:25.88	2:33.94	1
1) Molly Williams 14	2) Rhiannon Phillips 13	3) Hannah K Johns 12	4) Rhiannon Harvey 13	
38.53	1:22.54 (44.01)	2:00.83 (38.29)	2:33.94 (33.11)	
9 Cardigan Swimming Team	A	2:35.87	2:39.06	
1) Megan Fletcher 14	2) Elin M Nicholls 13	3) Chloe Fletcher 12	4) Emily Jones 13	
38.53	1:24.24 (45.71)	2:01.79 (37.55)	2:39.06 (37.27)	

**Event 49 Boys 200 SC Meter Medley Relay**

**CBT: 2:08.04 R 01/12/2013 HAVERFORDWEST SWIMMING CLUB Haverfordwest**  
**F THOMPSON, I COOKE, J Rees, B Akay**

Team	Relay	Seed Time	Finals Time	Points
1 Carmarthen	A	NT	1:55.59 R	8
1) James Jones 17	2) Sam M Thompson 16	3) Jonah Lewis 17	4) Connah Green 16	
31.33	1:04.22 (32.89)	1:29.31 (25.09)	1:55.59 (26.28)	
2 Tenby Dolphins	A	1:55.31	2:01.72 R	7
1) Daniel Davies 16	2) Owen Thomas 15	3) Luke Dedonker 15	4) Harry Kemp 16	
27.68	1:03.57 (35.89)	1:33.39 (29.82)	2:01.72 (28.33)	
3 Aberystwyth	A	2:12.69	2:22.22	6
1) James Payne 13	2) Iestyn L Watson 14	3) Cameron Thomas 14	4) Max Glasser 16	
36.66	1:20.31 (43.65)	1:50.83 (30.52)	2:22.22 (31.39)	

**Event 50 Girls 200 SC Meter Medley Relay**

**CBT: 2:14.06 R 01/12/2013 Fishguard Flyers SC Flyers**  
**I JOHNS, A DAVIES, C Thomas, B Phillips**

Team	Relay	Seed Time	Finals Time	Points
1 Haverfordwest Swimming Club	A	2:14.23	2:10.41 R	8
1) Jordan E Harding 16	2) Mared Cooke 16	3) Kelsey Williams 16	4) Isabelle Davies 16	
30.23	1:09.00 (38.77)	1:40.69 (31.69)	2:10.41 (29.72)	
2 Fishguard Flyers SC	A	2:10.16	2:12.60 R	7
1) Isabel F Johns 17	2) Carys James 16	3) Carys A Thomas 16	4) Bethan Phillips 16	
31.41	1:11.99 (40.58)	1:42.91 (30.92)	2:12.60 (29.69)	
3 Celtic Dolphins	A	2:16.85	2:15.29	6
1) Nicola Grange 16	2) Livvi M Robson 15	3) Awen Lewis 15	4) Kate Owen 15	
34.68	1:14.48 (39.80)	1:47.08 (32.60)	2:15.29 (28.21)	
4 Carmarthen	A	NT	2:15.51	5
1) India Woodruff 15	2) Gemma Davies 14	3) Hannah Davies 16	4) Bethan Edwards 13	
35.78	1:15.79 (40.01)	1:46.12 (30.33)	2:15.51 (29.39)	
5 Swim Swansea	A	2:03.78	2:17.68	4
1) Catherine Greenaway 13	2) Chloe Davies 14	3) Ffion Davies 16	4) Rebekah Black 15	
36.24	1:16.68 (40.44)	1:47.29 (30.61)	2:17.68 (30.39)	
6 Tenby Dolphins	A	2:12.82	2:18.36	3
1) Arabella Haley 13	2) Jemma Hurds 14	3) Katie Hicks 15	4) Ashleigh Willars 14	
32.43	1:13.86 (41.43)	1:46.09 (32.23)	2:18.36 (32.27)	
7 Aberystwyth	A	2:17.50	2:20.55	2
1) Cari O'Rourke 16	2) Nansi Dingle 15	3) Talesia Janes 15	4) Bethan Benham 15	
33.33	1:15.32 (41.99)	1:49.85 (34.53)	2:20.55 (30.70)	
8 Pembroke & District	A	1:55.99	2:32.25	1
1) Lucy Omnet 15	2) Ellie Parks 15	3) Leigh White 16	4) Ellie Rogers 14	
37.84	1:18.84 (41.00)	2:32.25 (1:13.41)		

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

## Results - Warmup 04.15 PM

## Event 51 Girls 9-10 200 SC Meter Freestyle Relay

CBT: 2:29.36 R 25/11/2012 Swim Swansea

Swim Swansea

M Rees, O Poultney-Maddy, K Raby, E Norris

Team	Relay	Seed Time	Finals Time	Points
1 Swim Swansea	A	NT	2:21.59 R	8
1) Hannah Gallagher 10	2) Megan B Powell 10	3) Chloe Pritchard 10	4) Aimee Stokes 10	
35.20	1:14.66 (39.46)	1:46.40 (31.74)	2:21.59 (35.19)	
2 Llanelli Asc	A	NT	2:47.74	7
1) Sara Phillips 9	2) Ella Davies 9	3) Megan Broom 10	4) Emily Rees 10	
46.87	1:27.65 (40.78)	2:13.03 (45.38)	2:47.74 (34.71)	
3 Swim Swansea	B	NT	2:52.08	6
1) Sian L Raby 10	2) Jessica Dickinson 9	3) Eve Fox 9	4) Megan K Montgomery 10	
1:21.45	2:08.92 (47.47)	2:23.91 (14.99)	2:52.08 (28.17)	
4 Haverfordwest Swimming Club	A	2:53.91	2:52.63	5
1) Abbie Mottram 10	2) Carys W Jones 10	3) Aimee Pettit 9	4) Katie Doughty 9	
41.66	1:25.02 (43.36)	2:11.28 (46.26)	2:52.63 (41.35)	
5 Fishguard Flyers SC	A	3:12.53	2:55.89	4
1) Rhiannon m Clapham 9	2) Rachael E Lewis 10	3) Nia Jones 9	4) Libby F Rands 10	
46.37	1:30.86 (44.49)	2:19.44 (48.58)	2:55.89 (36.45)	
6 Celtic Dolphins	A	NT	2:56.30	3
1) Elin Pawsey 10	2) Isabel Williams 10	3) Nia Sullivan 10	4) Llian M Curtis-Jones 9	
46.52	1:29.94 (43.42)	2:12.95 (43.01)	2:56.30 (43.35)	
7 Milford Haven Swim Squad	A	3:06.32	2:59.40	2
1) Amber Yelland 9	2) Beau Yeomans 9	3) Mariella Colwill 9	4) Freya Dimond 9	
47.31	1:28.01 (40.70)	2:16.67 (48.66)	2:59.40 (42.73)	
8 Haverfordwest Swimming Club	B	NT	3:02.33	1
1) Ffion Williams 10	2) Katy Hill 9	3) Ishbell A McCartney 9	4) Megan E Thomson 10	
43.84	1:31.99 (48.15)	2:21.08 (49.09)	3:02.33 (41.25)	
9 Pembroke & District	A	2:51.57	3:06.14	
1) Kasia N Cook 10	2) Georgia Lee 9	3) Chloe Morris 9	4) Lucy Rogers 10	
43.90	1:32.83 (48.93)	2:21.99 (49.16)	3:06.14 (44.15)	
--- Tenby Dolphins	A	2:22.60	DQ	
1) Ella Warren-Stock 10	2) Ameya Neye 10	3) Ffion R Barnikel 10	4) Gwen Dodd 10	
37.85	1:21.54 (43.69)	2:02.47 (40.93)	DQ (34.62)	

## Event 52 Boys 9-11 200 SC Meter Freestyle Relay

CBT: 2:14.14 R 04/12/2011 Llanelli ASC

Llanelli

Team	Relay	Seed Time	Finals Time	Points
1 Llanelli Asc	A	NT	2:20.48	8
1) Gruff Weston 11	2) Jack Southam 11	3) Rhys Partridge 9	4) Connor Smart 11	
31.88	1:08.11 (36.23)	1:45.02 (36.91)	2:20.48 (35.46)	
2 Swim Swansea	A	NT	2:24.00	7
1) Max Burkett 9	2) Neo Seppman 10	3) AB B Rodriguez 10	4) Aneurin Davies 9	
37.15	1:16.07 (38.92)	1:50.29 (34.22)	2:24.00 (33.71)	
3 Haverfordwest Swimming Club	A	2:25.57	2:25.45	6
1) Travis Christopher-Mullin 11	2) Sean A Barrett 11	3) William D Wilson 10	4) Jake T Powell 10	
36.05	1:10.82 (34.77)	1:48.56 (37.74)	2:25.45 (36.89)	
4 Carmarthen	A	NT	2:29.24	5
1) Osian Williams 11	2) Liam Edwards 10	3) Charlie Barnwell 9	4) Tomos I Morgan 10	
34.35	1:12.77 (38.42)	1:52.60 (39.83)	2:29.24 (36.64)	
5 Pembroke & District	A	2:26.31	2:30.12	4
1) Toby Sturley 10	2) Arron Fitzsimmons 10	3) Harry Llewellyn 10	4) Owyn Griffiths 10	
35.55	1:11.96 (36.41)	1:54.20 (42.24)	2:30.12 (35.92)	
6 Celtic Dolphins	A	NT	2:30.70	3
1) Joshua Roberts 9	2) Harry E Jones 10	3) Dylan John 10	4) Morgan Greenway 11	
36.50	1:14.89 (38.39)	1:52.61 (37.72)	2:30.70 (38.09)	
7 Haverfordwest Swimming Club	B	NT	2:33.10	2
1) Henry White 10	2) Isaac Rowlands-Higgins 11	3) Conner P Whitworth 10	4) Jack Elliott 11	
39.62	1:20.43 (40.81)	1:57.12 (36.69)	2:33.10 (35.98)	

**West Wales Sub Regional Competition 2014 - 29/11/2014 to 30/11/2014****Results - Warmup 04.15 PM****(Event 52 Boys 9-11 200 SC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
8 Swim Swansea	B	NT	2:44.23	1
1) Adam D Jones 9	2) Luke Greenaway 10	3) Woody L Francis 9	4) Harry Hewitt 9	
42.89	1:21.53 (38.64)	2:05.40 (43.87)	2:44.23 (38.83)	
9 Milford Haven Swim Squad	A	3:06.22	3:13.78	
1) Evan Thomas 9	2) Hadyn Gough 10	3) Sam Beegan 9	4) Mathew Cole 9	
43.28	1:33.60 (50.32)	2:23.74 (50.14)	3:13.78 (50.04)	

**Event 53 Girls 12 & Under 200 SC Meter Freestyle Relay**

CBT: 2:07.82 R 04/12/2011

Tenby Dolphins

Tenby Dolphins

H Fox, A Morgan, C Davies

Team	Relay	Seed Time	Finals Time	Points
1 Haverfordwest Swimming Club	A	2:11.84	2:14.38	8
1) Rebecca Girolami 11	2) Anya R Walton 12	3) Lily M Trueman 12	4) Poppy M Griffiths 12	
33.91	1:09.11 (35.20)	1:36.99 (27.88)	2:14.38 (37.39)	
2 Carmarthen	A	NT	2:15.40	7
1) Elli Woodruff 12	2) Alice Roberts 11	3) Katie Davenport 12	4) Dyfanwen Ellison 12	
33.49	1:06.94 (33.45)	1:42.59 (35.65)	2:15.40 (32.81)	
3 Celtic Dolphins	A	2:15.97	2:16.04	6
1) Grace Williams 12	2) Hannah K Johns 12	3) Alysia Glover 12	4) Lauren Hopkins 12	
34.27	1:09.34 (35.07)	1:33.49 (24.15)	2:16.04 (42.55)	
4 Swim Swansea	A	NT	2:18.31	5
1) Kate E Raby 12	2) Charlotte Davies 11	3) Chloe Pritchard 10	4) Courtney L Fellows 11	
34.79	1:11.14 (36.35)	1:41.93 (30.79)	2:18.31 (36.38)	
5 Pembroke & District	A	2:10.58	2:23.27	4
1) Abigayle Williams 12	2) Jess M Morris 11	3) Tayla Wilson 11	4) Alice Sloan 11	
31.49	1:50.53 (1:19.04)	2:23.27 (32.74)		
6 Llanelli Asc	A	NT	2:23.51	3
1) Megan Browne 11	2) Ffion Williams 12	3) Charlotte Wheel 11	4) Anya Roberts 12	
33.81	1:11.21 (37.40)	1:50.12 (38.91)	2:23.51 (33.39)	
7 Fishguard Flyers SC	A	2:58.39	2:30.13	2
1) Bethan A Bailey 12	2) Holly Heasman 11	3) Amy L Thomson 12	4) Libby F Rands 10	
37.46	1:13.14 (35.68)	1:53.45 (40.31)	2:30.13 (36.68)	
8 Aberystwyth	A	2:19.69	2:30.59	1
1) Alaw Davies 11	2) Cari L Davies 11	3) Tia Woolley 11	4) Lisa Davies 12	
38.57	1:18.00 (39.43)	1:55.85 (37.85)	2:30.59 (34.74)	
9 Haverfordwest Swimming Club	B	NT	2:37.04	
1) Jessica C Whitworth 12	2) Hannah G Wiggins-Jeffries 12	3) Alis M James 11	4) Summer B Lincoln 12	
40.14	1:24.14 (44.00)	2:00.59 (36.45)	2:37.04 (36.45)	
10 Nexus Valleys Swimming Club	A	NT	2:38.30	
1) Lillie L Martin-Evans 11	2) Trinity B Hetherington 10	3) Kacey E Lewis 10	4) Sadie L Watkins 10	
41.17	1:21.30 (40.13)	1:59.73 (38.43)	2:38.30 (38.57)	
11 Nexus Valleys Swimming Club	B	NT	2:52.70	
1) Poppie P Martin-Evans 11	2) Verity R Hetherington 9	3) Tegen L Davies 10	4) Grace Price 11	
44.57	1:26.98 (42.41)	2:08.12 (41.14)	2:52.70 (44.58)	
12 Aberystwyth	B	2:40.18	2:53.22	
1) Ffion Duckett 12	2) Lili M Davies 9	3) Nia Benham 10	4) Holly-Ellice Jones 9	
38.64	1:23.71 (45.07)	2:12.09 (48.38)	2:53.22 (41.13)	
13 Aberaeron SC	A	NT	3:16.97	
1) Caryl Shepherd 9	2) Jessica Sier 9	3) Alyssa Miles 9	4) Celyn Nicholson 12	
35.55	1:50.58 (1:15.03)	2:47.62 (57.04)	3:16.97 (29.35)	

**Event 54 Boys 13 & Under 200 SC Meter Freestyle Relay**

CBT: 2:01.83 R 25/11/2012

Llanelli ASC

Llanelli

S WILLIAMS, B BUDD-THOMAS, C Owens, I Cole

Team	Relay	Seed Time	Finals Time	Points
1 Haverfordwest Swimming Club	A	2:03.00	2:05.25	8
1) Matthew Berry 12	2) James Hill 12	3) Daniel D Thomas 12	4) Morgan Elliott 13	
34.43	1:06.16 (31.73)	1:36.97 (30.81)	2:05.25 (28.28)	

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

## Results - Warmup 04.15 PM

**(Event 54 Boys 13 & Under 200 SC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
2 Carmarthen	A	NT	2:07.62	7
1) Joshua Jones 12	2) James Spragg 13	3) Deian S Morgan 12	4) Nathaniel Harries 13	
32.11	1:05.17 (33.06)	1:38.08 (32.91)	2:07.62 (29.54)	
3 Tenby Dolphins	A	2:01.30	2:08.31	6
1) Billy Greenwood 13	2) Harrison Cole-Picton 12	3) Lloyd Thomas 12	4) Caleb O'Neill 13	
31.35	1:04.11 (32.76)	1:38.26 (34.15)	2:08.31 (30.05)	
4 Llanelli Asc	A	NT	2:11.59	5
1) Rhys Henwood 13	2) Luke Dunning 12	3) Tom Henwood 12	4) Ioan Phillips 12	
30.85	1:08.95 (38.10)	1:40.39 (31.44)	2:11.59 (31.20)	
5 Swim Swansea	A	NT	2:18.06	4
1) Max Elkin 10	2) Jack D Montgomery 12	3) Aneurin Davies 9	4) AB B Rodriguez 10	
33.27	1:08.88 (35.61)	1:44.39 (35.51)	2:18.06 (33.67)	
6 Pembroke & District	A	2:17.69	2:21.36	3
1) James Purser 12	2) Tomas Griffiths 12	3) Owyn Griffiths 10	4) Ben Omnet 12	
35.53	1:12.20 (36.67)	1:49.36 (37.16)	2:21.36 (32.00)	
7 Haverfordwest Swimming Club	B	NT	2:22.03	2
1) Dean L Kelly 12	2) Freddy Christopher-Barnes 13	3) Jac D Webb 12	4) Owen Rogers 12	
37.36	1:13.25 (35.89)	1:48.22 (34.97)	2:22.03 (33.81)	
8 Aberaeron SC	A	2:03.61	2:29.48	1
1) Morgan Evans 13	2) Dylan Gwynne-Jones 9	3) Gwion Davies 10	4) Ciaran Squires 13	
33.02	1:14.59 (41.57)	1:57.05 (42.46)	2:29.48 (32.43)	
9 Aberystwyth	A	2:25.14	2:44.68	
1) Robert Glasser 11	2) Alex Glasser 11	3) Jacob Massey 11	4) Dylan Skym 12	
40.64	1:23.07 (42.43)	2:03.86 (40.79)	2:44.68 (40.82)	
--- Celtic Dolphins	A	NT	DQ	
1) Luke Butler 12	2) Lewis Weaver 12	3) Carwyn Gullam 12	4) Morgan Greenway 11	
39.45	1:12.54 (33.09)	1:51.60 (39.06)	DQ (37.72)	

**Event 55 Girls 14 & Under 200 SC Meter Freestyle Relay**

CBT: 2:01.65 R 25/11/2012

Tenby Dolphins

Tenby Dolphins

K Hicks, H Fox, T Merriman, F Davies

Team	Relay	Seed Time	Finals Time	Points
1 Carmarthen	A	NT	2:07.43	8
1) Gemma Davies 14	2) Elli Woodruff 12	3) Dyfanwen Ellison 12	4) Bethan Edwards 13	
32.20	1:05.34 (33.14)	1:37.62 (32.28)	2:07.43 (29.81)	
2 Tenby Dolphins	A	1:59.59	2:07.74	7
1) Alanya Thomas 13	2) Emily Dilks 13	3) Ashleigh Willars 14	4) Arabella Haley 13	
33.56	1:06.62 (33.06)	1:39.07 (32.45)	2:07.74 (28.67)	
3 Aberystwyth	A	2:05.61	2:07.88	6
1) Shannon Sayer 14	2) Rebecca Glasser 14	3) Mali Jones 13	4) Alaw O'Rourke 14	
31.76	1:04.14 (32.38)	1:38.00 (33.86)	2:07.88 (29.88)	
4 Pembroke & District	A	2:08.11	2:10.10	5
1) Rosie Llewellyn 12	2) Lauren Omnet 11	3) Nia Williams 12	4) Abbie Williams 14	
31.88	1:07.94 (36.06)	1:40.25 (32.31)	2:10.10 (29.85)	
5 Llanelli Asc	A	NT	2:11.08	4
1) Mali W Weston 13	2) Morgan Thomas 14	3) Olivia John 13	4) Heather E Wheel 13	
31.96	1:42.77 (1:10.81)	2:11.08 (28.31)	2:11.08 ( )	
6 Swim Swansea	A	NT	2:13.73	3
1) Sophie Davies 13	2) Rhiannon Williams 13	3) Jasmine Nicholls 13	4) Megan Black 13	
33.20	1:05.92 (32.72)	1:42.21 (36.29)	2:13.73 (31.52)	
7 Haverfordwest Swimming Club	A	2:01.93	2:14.98	2
1) Margot J Lawrence 13	2) Catriona L McCartney 13	3) Lucy Harding 13	4) Louisa Twigg 13	
33.89	1:13.57 (39.68)	1:45.38 (31.81)	2:14.98 (29.60)	
8 Celtic Dolphins	A	2:06.38	2:16.10	1
1) Rhiannon Harvey 13	2) Rhiannon Phillips 13	3) Molly Williams 14	4) Hannah K Johns 12	
33.94	1:07.77 (33.83)	1:41.95 (34.18)	2:16.10 (34.15)	
9 Cardigan Swimming Team	A	2:21.53	2:23.77	
1) Chloe Fletcher 12	2) Cara Jones 13	3) Elin M Nicholls 13	4) Megan Fletcher 14	
34.46	1:13.47 (39.01)	1:51.24 (37.77)	2:23.77 (32.53)	

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

## Results - Warmup 04.15 PM

## Event 56 Boys 15 &amp; Under 200 SC Meter Freestyle Relay

CBT: 1:52.21 R 01/12/2013 Tenby Dolphins

Tenby Dolphins

D Davies, H KEMP, L Dedonker, O Thomas

Team	Relay	Seed Time	Finals Time	Points
1 Haverfordwest Swimming Club	A	2:05.83	1:53.52	8
1) Huw O Cooke 14	2) Tomas D Webb 14	3) Baris R Akay 15	4) Ben Mottram 14	
30.02	58.59 (28.57)	1:26.21 (27.62)	1:53.52 (27.31)	
2 Pembroke & District	A	1:58.75	1:56.88	7
1) Colm Tobin 14	2) Rowan Kettle 14	3) David Radmore 15	4) Nyle Lewis 15	
27.81	58.18 (30.37)	1:30.23 (32.05)	1:56.88 (26.65)	
3 Carmarthen	A	NT	2:01.44	6
1) Nathaniel Harries 13	2) Deian S Morgan 12	3) James Williams 14	4) Sean Williams 14	
30.05	1:02.94 (32.89)	1:32.97 (30.03)	2:01.44 (28.47)	
4 Aberystwyth	A	2:02.93	2:07.54	5
1) Iestyn L Watson 14	2) James Payne 13	3) Dylan Skym 12	4) Cameron Thomas 14	
31.67	1:03.72 (32.05)	1:39.35 (35.63)	2:07.54 (28.19)	

## Event 57 Girls 200 SC Meter Freestyle Relay

CBT: 1:59.73 R 01/12/2013 Fishguard Flyers SC

Flyers

I JOHNS, C James, B Phillips, C Thomas

Team	Relay	Seed Time	Finals Time	Points
1 Fishguard Flyers SC	A	1:57.62	1:57.83 R	8
1) Carys A Thomas 16	2) Bethan Phillips 16	3) Carys James 16	4) Isabel F Johns 17	
28.73	58.57 (29.84)	1:29.86 (31.29)	1:57.83 (27.97)	
2 Haverfordwest Swimming Club	A	2:01.84	1:59.11 R	7
1) Jordan E Harding 16	2) Mared Cooke 16	3) Kelsey Williams 16	4) Isabelle Davies 16	
28.94	59.82 (30.88)	1:29.30 (29.48)	1:59.11 (29.81)	
3 Carmarthen	A	NT	2:00.00	6
1) India Woodruff 15	2) Gemma Davies 14	3) Bethan Edwards 13	4) Hannah Davies 16	
30.49	1:01.95 (31.46)	1:32.00 (30.05)	2:00.00 (28.00)	
4 Celtic Dolphins	A	2:01.56	2:00.33	5
1) Awen Lewis 15	2) Lauren M Johns 15	3) Livvi M Robson 15	4) Kate Owen 15	
30.03	1:00.97 (30.94)	1:31.67 (30.70)	2:00.33 (28.66)	
5 Aberystwyth	A	2:02.24	2:04.64	4
1) Cari O'Rourke 16	2) Nansi Dingle 15	3) Bethan Benham 15	4) Talesia Janes 15	
30.65	1:04.51 (33.86)	1:35.54 (31.03)	2:04.64 (29.10)	
6 Tenby Dolphins	A	1:59.76	2:05.39	3
1) Arabella Haley 13	2) Ashleigh Willars 14	3) Jemma Hurds 14	4) Katie Hicks 15	
29.34	1:02.21 (32.87)	1:35.59 (33.38)	2:05.39 (29.80)	
7 Pembroke & District	A	2:06.35	2:15.11	2
1) Leigh White 16	2) Lucy Omnet 15	3) Ellie Rogers 14	4) Ellie Parks 15	
34.51	1:06.67 (32.16)	1:40.51 (33.84)	2:15.11 (34.60)	

## Event 58 Boys 200 SC Meter Freestyle Relay

CBT: 1:51.67 R 01/12/2013

HAVERFORDWEST SWIMMING CLUB

Haverfordwest

J Rees, B Akay, F THOMPSON, I COOKE

Team	Relay	Seed Time	Finals Time	Points
1 Carmarthen	A	NT	1:43.77 R	8
1) Jonah Lewis 17	2) James Jones 17	3) Connah Green 16	4) Sam M Thompson 16	
23.46	51.20 (27.74)	1:17.86 (26.66)	1:43.77 (25.91)	
2 Tenby Dolphins	A	1:42.24	1:49.72 R	7
1) Daniel Davies 16	2) Harry Kemp 16	3) Owen Thomas 15	4) Luke Dedonker 15	
24.95	53.17 (28.22)	1:21.11 (27.94)	1:49.72 (28.61)	
3 Aberystwyth	A	1:56.67	2:00.46	6
1) Max Glasser 16	2) Iestyn L Watson 14	3) James Payne 13	4) Cameron Thomas 14	
28.81	1:00.35 (31.54)	1:32.42 (32.07)	2:00.46 (28.04)	
4 Swim Swansea	A	NT	2:11.54	5
1) AB B Rodriguez 10	2) Lewis R Quirk 16	3) Jack D Montgomery 12	4) Jason Gibson 14	
33.15	1:00.99 (27.84)	1:36.65 (35.66)	2:11.54 (34.89)	