
Meet Results
**West Wales Sub Regional Competition 2015 27-Nov-15 to 29-Nov-15 [Ageup: 31/12/2015] SC Meters
Haverfordwest Swimming Club [HAVY]**

Time	F/P/S	Relay	Place	Points	Improv
Event # 1B Boys 1500 Free 11-11					
22:03.16S	F	Powell, Jake T.	5	---	---
Event # 2C Girls 800 Free 12-12					
13:49.37S	F	James, Alis M.	9	---	---
Event # 2E Girls 800 Free 14-14					
9:51.77S	F	Harding, Lucy	1	---	-50.08
Event # 3A Boys 50 Free 10-10					
40.74S	F	Andrews, Rory	6	3	-2.98
44.53S	F	Ralph, Robbie	9	---	-2.33
45.43S	F	Blayney, Rhys	12	---	---
Event # 3B Boys 50 Free 11-11					
33.76S	F	Powell, Jake T.	3	6	-0.45
35.30S	F	White, Henry	8	1	-1.54
44.34S	F	Kessels, Hugo H.	16	---	-1.92
Event # 3C Boys 50 Free 12-12					
34.61S	F	MacDougall, Ben	6	3	-0.82
Event # 3D Boys 50 Free 13-13					
28.45S	F	Thomas, Daniel D.	1	8	---
30.30S	F	Barrett, Sean A.	2	7	0.18
NS	F	Hill, James T.	---	---	---
Event # 3F Boys 50 Free 15 & Over					
26.39S	F	Mottram, Ben	1	8	-0.52
Event # 4A Girls 50 Free 10-10					
40.51S	F	Pettit, Aimee	18	---	-1.78
40.86S	F	Hill, Katy	20	---	-7.30
41.36S	F	Moses, Ffion M.	23	---	-5.34
41.73S	F	White, Amy V.	24	---	-0.23
42.92S	F	Krol, Sophie	30	---	-0.67
Event # 4B Girls 50 Free 11-11					
38.05S	F	Thomson, Megan E.	8	---	-0.90
38.40S	F	Shepherd, Charlotte	9	---	0.05
38.55S	F	Mottram, Abbie	10	---	-0.14
40.46S	F	Bennett, Briony	15	---	-1.32
42.03S	F	Owen, Jade	18	---	---
Event # 4C Girls 50 Free 12-12					
35.85S	F	Long, Anna F.	13	---	-0.94
38.15S	F	Jones, Carys W.	20	---	-0.36
NS	F	Griffiths, Emily	---	---	---
Event # 4D Girls 50 Free 13-13					
33.07S	F	Griffiths, Poppy M.	8	---	-0.49
Event # 5A Boys 200 IM 10-10					
3:41.82S	F	Girolami, Antonio	5	---	-3.66
3:42.10S	F	Andrews, Rory	6	---	-20.68
4:24.20S	F	Blayney, Rhys	11	---	---

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Time	F/P/S	Relay	Place	Points	Improv
Event # 5B Boys 200 IM 11-11					
3:06.70S	F	Powell, Jake T.	6	---	-0.68
3:18.58S	F	White, Henry	9	---	-6.24
4:12.64S	F	Kessels, Hugo H.	18	---	---
Event # 5C Boys 200 IM 12-12					
3:14.99S	F	MacDougall, Ben	6	---	-2.29
Event # 5D Boys 200 IM 13-13					
2:40.64S	F	Thomas, Daniel D.	1	---	3.30
2:43.45S	F	Barrett, Sean A.	2	---	-1.65
2:55.52S	F	Webb, Jac D.	5	---	-5.13
2:56.69S	F	Berry, Matthew	6	---	-5.28
3:07.40S	F	Kelly, Dean L.	7	---	-3.13
3:19.13S	F	Rowland-Higgins, Issac	9	---	-0.70
3:55.66S	F	Morgan, Gryff	12	---	---
NS	F	Hill, James T.	---	---	---
Event # 5F Boys 200 IM 15 & Over					
2:26.43S	F	Webb, Tomas D.	2	---	-0.61
Event # 6B Girls 400 IM 11-11					
7:10.17S	F	Shepherd, Charlotte	5	---	-2.79
Event # 6C Girls 400 IM 12-12					
6:05.45S	F	Girolami, Rebecca	1	---	---
Event # 8A Girls 100 Fly 10-10					
1:51.07S	F	Pettit, Aimee	6	---	-9.57
1:55.63S	F	White, Amy V.	7	---	---
Event # 8B Girls 100 Fly 11-11					
1:40.55S	F	Thomson, Megan E.	3	---	-10.26
1:40.66S	F	Shepherd, Charlotte	4	---	-4.12
1:59.75S	F	Williams, Ffion	9	---	---
Event # 8C Girls 100 Fly 12-12					
NS	F	Griffiths, Emily	---	---	---
NS	F	James, Alis M.	---	---	---
Event # 9A Boys 200 Back 13-13					
2:53.84S	F	Berry, Matthew	4	---	2.45
3:01.92S	F	Kelly, Dean L.	6	---	-2.40
3:19.49S	F	Webb, Jac D.	8	---	17.53
3:36.27S	F	Morgan, Gryff	11	---	---
Event # 9C Boys 200 Back 15 & Over					
2:30.98S	F	Webb, Tomas D.	3	---	6.24
Event # 10A Girls 200 Back 13-13					
2:51.69S	F	Evans, Gwen	4	---	-31.90
Event # 11A Boys 50 Breast 10-10					
55.52S	F	Girolami, Antonio	5	---	1.02
58.42S	F	Andrews, Rory	11	---	-8.94

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Time	F/P/S	Relay	Place	Points	Improv
59.73S	F	Blayney, Rhys	13	---	-4.42
1:01.60S	F	Ralph, Robbie	17	---	-5.69
Event # 11B Boys 50 Breast 11-11					
46.83S	F	White, Henry	4	---	-1.01
Event # 11C Boys 50 Breast 12-12					
46.79S	F	MacDougall, Ben	5	---	-1.75
Event # 11D Boys 50 Breast 13-13					
43.84S	F	Webb, Jac D.	4	---	0.38
47.09S	F	Rowland-Higgins, Issac	7	---	0.41
NS	F	Hill, James T.	---	---	---
Event # 11F Boys 50 Breast 15 & Over					
35.97S	F	Webb, Tomas D.	2	---	---
Event # 12A Girls 50 Breast 10-10					
51.23S	F	Pettit, Aimee	13	---	0.87
53.73S	F	Krol, Sophie	20	---	-1.65
54.60S	F	Hill, Katy	24	---	1.37
56.28S	F	White, Amy V.	28	---	1.02
57.57S	F	Moses, Ffion M.	33	---	0.33
Event # 12B Girls 50 Breast 11-11					
51.00S	F	Thomson, Megan E.	9	---	-3.11
51.13S	F	Bennett, Briony	10	---	-0.49
51.21S	F	Owen, Jade	11	---	-3.57
52.57S	F	Mottram, Abbie	14	---	-0.26
Event # 12C Girls 50 Breast 12-12					
46.86S	F	Long, Anna F.	5	---	-1.84
48.88S	F	Jones, Carys W.	9	---	-0.50
Event # 12D Girls 50 Breast 13-13					
42.56S	F	Griffiths, Poppy M.	2	---	-2.22
Event # 13A Boys 200 Free 10-10					
3:23.12S	F	Girolami, Antonio	6	---	-1.09
NS	F	David, Tom	---	---	---
Event # 13B Boys 200 Free 11-11					
2:40.65S	F	Powell, Jake T.	3	---	-1.26
3:06.05S	F	White, Henry	8	---	-2.14
3:48.28S	F	Kessels, Hugo H.	13	---	0.38
Event # 13C Boys 200 Free 12-12					
2:53.16S	F	MacDougall, Ben	6	---	-4.28
Event # 14A Girls 200 Free 10-10					
3:22.85S	F	White, Amy V.	15	---	7.47
3:23.80S	F	Hill, Katy	17	---	1.92
3:23.80S	F	Moses, Ffion M.	17	---	0.08
3:26.21S	F	Pettit, Aimee	21	---	-6.04
Event # 14B Girls 200 Free 11-11					

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Time	F/P/S	Relay	Place	Points	Improv
2:58.38S	F	Thomson, Megan E.	4	---	-3.12
3:04.89S	F	Shepherd, Charlotte	11	---	1.43
3:14.02S	F	Mottram, Abbie	15	---	5.91
3:25.90S	F	Bennett, Briony	19	---	4.40
Event # 14C Girls 200 Free 12-12					
2:46.64S	F	James, Alis M.	8	---	-11.65
3:13.07S	F	Jones, Carys W.	21	---	-1.22
NS	F	Griffiths, Emily	---	---	---
DNF	F	Long, Anna F.	---	---	---
Event # 15A Boys 100 Breast 13-13					
1:22.41S	F	Barrett, Sean A.	1	---	-1.21
1:35.39S	F	Webb, Jac D.	5	---	1.24
1:41.77S	F	Berry, Matthew	7	---	-0.54
1:43.30S	F	Rowland-Higgins, Issac	8	---	2.33
1:48.16S	F	Kelly, Dean L.	10	---	1.33
2:00.33S	F	Morgan, Gryff	12	---	---
NS	F	Hill, James T.	---	---	---
Event # 15C Boys 100 Breast 15 & Over					
1:17.76S	F	Webb, Tomas D.	4	---	1.33
Event # 16A Girls 100 Breast 13-13					
1:34.59S	F	Griffiths, Poppy M.	6	---	2.16
Event # 16B Girls 100 Breast 14-14					
1:23.74S	F	Harding, Lucy	1	---	-0.79
Event # 17A Boys 100 Back 10-10					
1:38.50S	F	Andrews, Rory	3	---	-10.54
NS	F	David, Tom	---	---	---
Event # 17B Boys 100 Back 11-11					
1:26.22S	F	Powell, Jake T.	4	---	0.23
1:35.03S	F	White, Henry	11	---	-1.34
Event # 18A Girls 100 Back 10-10					
1:41.08S	F	Pettit, Aimee	11	---	1.01
1:44.40S	F	Moses, Ffion M.	14	---	0.09
1:45.75S	F	White, Amy V.	15	---	0.93
1:46.42S	F	Hill, Katy	16	---	-3.33
1:52.64S	F	Krol, Sophie	22	---	4.22
Event # 18B Girls 100 Back 11-11					
1:32.33S	F	Thomson, Megan E.	6	---	-5.79
1:34.80S	F	Williams, Ffion	8	---	-4.25
1:35.68S	F	Shepherd, Charlotte	10	---	0.93
1:41.82S	F	Mottram, Abbie	15	---	4.01
1:45.40S	F	Owen, Jade	18	---	1.35
Event # 18C Girls 100 Back 12-12					
1:37.48S	F	Jones, Carys W.	18	---	2.56
NS	F	Griffiths, Emily	---	---	---
1:34.60S	DQ	F Long, Anna F.	---	---	---

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Time	F/P/S	Relay	Place	Points	Improv
Event # 19C Boys 200 Fly 15 & Over					
2:27.32S	F	Mottram, Ben	2	---	-4.93
Event # 21A Boys 50 Back 10-10					
46.66S	F	Andrews, Rory	5	---	-5.76
49.45S	F	Girolami, Antonio	7	---	-0.27
56.11S	F	Ralph, Robbie	11	---	0.70
Event # 21B Boys 50 Back 11-11					
40.37S	F	Powell, Jake T.	2	---	0.35
43.83S	F	White, Henry	6	---	1.17
Event # 21D Boys 50 Back 13-13					
32.82S	F	Thomas, Daniel D.	1	---	-15.11
39.60S	F	Barrett, Sean A.	3	---	-0.74
Event # 22A Girls 50 Back 10-10					
45.56S	F	White, Amy V.	9	---	-2.53
46.97S	F	Pettit, Aimee	13	---	0.09
48.68S	F	Krol, Sophie	16	---	-0.24
49.67S	F	Moses, Ffion M.	21	---	1.22
Event # 22B Girls 50 Back 11-11					
44.44S	F	Shepherd, Charlotte	7	---	1.07
44.60S	F	Thomson, Megan E.	8	---	-1.99
48.10S	F	Mottram, Abbie	15	---	2.44
48.78S	F	Owen, Jade	16	---	-5.93
49.41S	F	Bennett, Briony	17	---	0.60
Event # 22C Girls 50 Back 12-12					
44.15S	F	Long, Anna F.	10	---	-2.92
44.17S	F	Jones, Carys W.	11	---	1.80
Event # 22D Girls 50 Back 13-13					
38.55S	F	Griffiths, Poppy M.	5	---	-0.24
Event # 23B Boys 400 Free 11-11					
5:30.79S	F	Powell, Jake T.	4	---	-6.02
Event # 23F Boys 400 Free 15 & Over					
4:31.33S	F	Mottram, Ben	3	---	-9.42
Event # 24A Girls 200 Breast 10-10					
4:11.73S	F	Hill, Katy	11	---	8.62
Event # 24B Girls 200 Breast 11-11					
3:45.80S	F	Shepherd, Charlotte	8	---	5.30
3:48.62S	F	Thomson, Megan E.	9	---	-15.36
4:01.26S	F	Bennett, Briony	15	---	0.25
Event # 24C Girls 200 Breast 12-12					
3:36.33S	F	James, Alis M.	9	---	-13.96
3:51.33S	F	Long, Anna F.	12	---	1.80
NS	F	Griffiths, Emily	---	---	---
Event # 25A Boys 200 Breast 10-10					

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4:04.88S	F	Girolami, Antonio		3	---	-9.44
4:15.14S	F	Andrews, Rory		8	---	-10.98
Event # 25B Boys 200 Breast 11-11						
3:48.22S	F	White, Henry		6	---	9.20
4:42.46S	F	Kessels, Hugo H.		10	---	-0.88
Event # 25C Boys 200 Breast 12-12						
3:32.71S	F	MacDougall, Ben		2	---	-0.29
Event # 26A Girls 100 Free 13-13						
1:12.83S	F	Griffiths, Poppy M.		9	---	0.39
1:12.10S	DQ	F Evans, Gwen		---	---	---
Event # 27A Boys 100 Free 13-13						
1:05.73S	F	Barrett, Sean A.		1	---	-1.18
1:11.59S	F	Webb, Jac D.		5	---	1.88
1:12.72S	F	Berry, Matthew		6	---	0.20
1:17.36S	F	Kelly, Dean L.		8	---	1.11
1:23.76S	F	Rowland-Higgins, Issac		10	---	-0.79
1:36.12S	F	Morgan, Gryff		12	---	-2.46
NS	F	Hill, James T.		---	---	---
Event # 27C Boys 100 Free 15 & Over						
59.60S	F	Webb, Tomas D.		3	---	0.42
Event # 28A Girls 50 Fly 10-10						
50.24S	F	Moses, Ffion M.		11	---	0.90
50.66S	F	Hill, Katy		12	---	2.95
50.76S	F	White, Amy V.		13	---	2.30
51.13S	F	Pettit, Aimee		16	---	3.20
Event # 28B Girls 50 Fly 11-11						
44.81S	F	Thomson, Megan E.		5	---	-0.72
46.19S	F	Bennett, Briony		8	---	-0.16
49.95S	F	Mottram, Abbie		12	---	2.23
NS	F	Macdonald-Wright, Isla		---	---	---
NS	F	Shepherd, Charlotte		---	---	---
Event # 28C Girls 50 Fly 12-12						
35.85S	F	Girolami, Rebecca		1	---	-0.65
47.25S	F	Long, Anna F.		14	---	-3.47
NS	F	Griffiths, Emily		---	---	---
NS	F	Jones, Carys W.		---	---	---
Event # 28D Girls 50 Fly 13-13						
38.50S	F	Griffiths, Poppy M.		5	---	-0.72
39.20S	F	Evans, Gwen		6	---	0.62
Event # 28E Girls 50 Fly 14-14						
33.17S	F	Harding, Lucy		1	---	-5.90
Event # 29A Boys 50 Fly 10-10						
55.35S	F	Andrews, Rory		7	---	-5.92
56.36S	F	Girolami, Antonio		8	---	6.12
1:05.78S	F	Ralph, Robbie		9	---	---

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Event # 29B Boys 50 Fly 11-11					
39.91S	F	Powell, Jake T.	3	---	-0.08
NS	F	Kessels, Hugo H.	---	---	---
NS	F	White, Henry	---	---	---
Event # 29D Boys 50 Fly 13-13					
31.43S	F	Thomas, Daniel D.	1	---	-10.37
34.65S	F	Barrett, Sean A.	4	---	1.03
43.20S	F	Rowland-Higgins, Issac	6	---	2.19
Event # 30B Boys 400 IM 11-11					
6:17.86S	F	Powell, Jake T.	3	---	-12.04
Event # 30D Boys 400 IM 13-13					
5:52.86S	F	Hill, James T.	1	---	5.56
Event # 31A Girls 200 IM 10-10					
3:40.95S	F	Moses, Ffion M.	12	---	-8.86
3:42.17S	F	White, Amy V.	13	---	-0.57
3:40.11S	DQ	F Hill, Katy	---	---	---
3:38.65S	DQ	F Pettit, Aimee	---	---	---
Event # 31B Girls 200 IM 11-11					
3:15.74S	F	Thomson, Megan E.	4	---	-15.46
3:20.87S	F	Shepherd, Charlotte	6	---	-0.22
3:31.55S	F	Mottram, Abbie	10	---	3.92
NS	F	Bennett, Briony	---	---	---
Event # 31C Girls 200 IM 12-12					
3:13.42S	F	James, Alis M.	13	---	-7.00
3:20.10S	F	Long, Anna F.	15	---	-6.39
3:31.58S	F	Jones, Carys W.	19	---	1.14
NS	F	Griffiths, Emily	---	---	---
Event # 32A Boys 100 Fly 13-13					
1:11.89S	F	Thomas, Daniel D.	1	---	0.29
1:15.10S	F	Barrett, Sean A.	2	---	-4.73
1:27.77S	F	Webb, Jac D.	3	---	-3.82
1:32.27S	F	Berry, Matthew	4	---	-4.58
1:35.95S	F	Kelly, Dean L.	5	---	1.32
1:43.55S	F	Rowland-Higgins, Issac	7	---	2.53
2:16.67S	DQ	F Morgan, Gryff	---	---	---
Event # 32C Boys 100 Fly 15 & Over					
1:09.32S	F	Webb, Tomas D.	7	---	-0.83
Event # 33B Girls 100 Fly 14-14					
1:12.43S	F	Harding, Lucy	1	---	-0.87
Event # 34A Boys 200 Back 10-10					
3:35.91S	F	Andrews, Rory	5	---	-8.15
3:31.59S	DQ	F Girolami, Antonio	---	---	---
Event # 34C Boys 200 Back 12-12					
3:00.20S	F	MacDougall, Ben	4	---	-20.47

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Event # 35A Girls 200 Back 10-10					
3:36.47S	F	Pettit, Aimee	7	---	-1.94
Event # 35B Girls 200 Back 11-11					
3:14.32S	F	Thomson, Megan E.	3	---	-15.50
3:48.37S	DQ	F Owen, Jade	---	---	---
Event # 35C Girls 200 Back 12-12					
3:19.56S	F	Jones, Carys W.	12	---	0.18
NS	F	Griffiths, Emily	---	---	---
Event # 36A Boys 200 Free 13-13					
2:20.20S	F	Barrett, Sean A.	2	---	-4.28
2:21.42S	F	Thomas, Daniel D.	3	---	-24.60
2:37.93S	F	Webb, Jac D.	7	---	9.55
2:38.62S	F	Berry, Matthew	8	---	0.92
2:43.82S	F	Kelly, Dean L.	10	---	-0.44
3:40.60S	F	Morgan, Gryff	12	---	---
Event # 36C Boys 200 Free 15 & Over					
2:13.20S	F	Webb, Tomas D.	6	---	0.97
Event # 37A Girls 200 Free 13-13					
2:36.27S	F	Evans, Gwen	6	---	-10.35
Event # 38A Boys 100 Breast 10-10					
1:59.43S	F	Girolami, Antonio	7	---	2.37
2:01.37S	F	Andrews, Rory	10	---	-14.62
Event # 38B Boys 100 Breast 11-11					
2:13.35S	F	Kessels, Hugo H.	13	---	-0.56
NS	F	White, Henry	---	---	---
Event # 38C Boys 100 Breast 12-12					
1:38.56S	F	MacDougall, Ben	4	---	-2.14
Event # 39A Girls 100 Breast 10-10					
1:51.00S	F	Pettit, Aimee	10	---	2.80
1:51.59S	F	Krol, Sophie	11	---	-5.91
1:54.77S	F	Hill, Katy	15	---	-3.17
2:00.26S	F	White, Amy V.	17	---	2.85
2:03.72S	F	Moses, Ffion M.	20	---	1.19
Event # 39B Girls 100 Breast 11-11					
1:48.90S	F	Thomson, Megan E.	4	---	-4.54
1:52.11S	F	Owen, Jade	6	---	0.63
1:56.46S	F	Williams, Ffion	13	---	-4.47
NS	F	Bennett, Briony	---	---	---
NS	F	Mottram, Abbie	---	---	---
Event # 39C Girls 100 Breast 12-12					
1:43.65S	F	Long, Anna F.	10	---	-1.19
1:44.55S	F	James, Alis M.	11	---	-0.28
NS	F	Jones, Carys W.	---	---	---

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Event # 40A Girls 400 Free 10-10					
7:16.45S	F	Moses, Ffion M.	6	---	-0.49
Event # 40B Girls 400 Free 11-11					
6:29.56S	F	Thomson, Megan E.	5	---	-51.73
6:43.18S	F	Williams, Ffion	8	---	1.65
7:13.96S	F	Owen, Jade	11	---	---
Event # 40C Girls 400 Free 12-12					
5:10.29S	F	Girolami, Rebecca	2	---	-15.52
5:45.09S	F	Thomas, Lucy E.	8	---	---
Event # 40D Girls 400 Free 13-13					
5:30.17S	F	Evans, Gwen	7	---	---
Event # 41A Boys 100 Back 13-13					
1:10.64S	F	Thomas, Daniel D.	1	---	-0.86
1:21.93S	F	Berry, Matthew	4	---	0.87
1:26.77S	F	Kelly, Dean L.	5	---	-0.96
1:30.56S	F	Webb, Jac D.	6	---	2.94
1:44.10S	F	Morgan, Gryff	8	---	---
Event # 41C Boys 100 Back 15 & Over					
1:07.06S	F	Webb, Tomas D.	2	---	-1.31
Event # 42A Girls 100 Back 13-13					
1:21.84S	F	Evans, Gwen	7	---	-1.87
1:22.65S	F	Griffiths, Poppy M.	9	---	-1.32
Event # 43B Boys 200 Fly 11-11					
3:22.26S	F	Powell, Jake T.	4	---	---
Event # 44C Girls 200 Fly 12-12					
3:16.45S	F	Thomas, Lucy E.	1	---	-1.46
3:50.95S	F	James, Alis M.	4	---	0.22
Event # 45A Boys 200 Breast 13-13					
2:57.08S	F	Barrett, Sean A.	1	---	0.95
2:57.81S	F	Hill, James T.	2	---	-2.56
3:24.78S	F	Webb, Jac D.	4	---	1.74
3:39.19S	F	Berry, Matthew	5	---	6.09
4:13.07S	DQ	F Morgan, Gryff	---	---	---
Event # 45C Boys 200 Breast 15 & Over					
2:55.31S	F	Webb, Tomas D.	5	---	6.33
Event # 47A Boys 100 Free 10-10					
1:30.98S	F	Girolami, Antonio	7	---	-6.90
1:32.21S	F	Andrews, Rory	8	---	-6.08
NS	F	David, Tom	---	---	---
Event # 47B Boys 100 Free 11-11					
1:41.44S	F	Kessels, Hugo H.	13	---	-5.90
NS	F	White, Henry	---	---	---
Event # 48A Girls 100 Free 10-10					

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Time	F/P/S	Relay		Place	Points	Improv
1:33.38S	F		White, Amy V.	17	---	-0.61
1:33.47S	F		Hill, Katy	18	---	-0.90
1:35.54S	F		Pettit, Aimee	20	---	-2.11
1:36.58S	F		Krol, Sophie	23	---	-5.56
Event # 48B Girls 100 Free 11-11						
1:25.01S	F		Thomson, Megan E.	8	---	-0.62
1:25.90S	F		Mottram, Abbie	9	---	-1.79
1:35.88S	F		Owen, Jade	19	---	-2.73
NS	F		Bennett, Briony	---	---	---
Event # 48C Girls 100 Free 12-12						
1:08.25S	F		Girolami, Rebecca	5	---	-0.34
1:18.18S	F		Long, Anna F.	15	---	-3.21
1:19.94S	F		James, Alis M.	17	---	-1.06
NS	F		Griffiths, Emily	---	---	---
NS	F		Jones, Carys W.	---	---	---
Event # 49 Boys 200 Medley Relay 10-11						
2:59.08S	F	A Relay	Haverfordwest Swimming Club	5	---	
			Rory Andrews (10)			
			Harrison J. Goddard (11)	Antonio Girolami (10)	Jake T. Powell (11)	
NS	F	B Relay	Haverfordwest Swimming Club	---	---	
Event # 49 Boys 200 Medley Relay 10-11 - Lead-Off Legs (50 Back)						
46.31S	F		Andrews, Rory	---	---	-6.11
Event # 50 Girls 200 Medley Relay 10-11						
2:53.15S	F	A Relay	Haverfordwest Swimming Club	2	---	
			Charlotte Shepherd (11)			
			Sydney P. Barber (11)	Megan E. Thomson (11)	Abbie Mottram (11)	
3:04.16S	F	B Relay	Haverfordwest Swimming Club	9	---	
			Amy V. White (10)	Aimee Pettit (10)	Ffion Williams (11)	
			Jade Owen (11)			
Event # 50 Girls 200 Medley Relay 10-11 - Lead-Off Legs (50 Back)						
43.37S	F		Shepherd, Charlotte	---	---	---
49.96S	F		White, Amy V.	---	---	1.87
Event # 51 Boys 200 Medley Relay13 & Under						
2:17.47S	F	A Relay	Haverfordwest Swimming Club	1	---	
			Matthew Berry (13)			
			Sean A. Barrett (13)	Daniel D. Thomas (13)	Jac D. Webb (13)	
2:40.84S	F	B Relay	Haverfordwest Swimming Club	5	---	
			Dean L. Kelly (13)	Jake T. Powell (11)	Issac Rowland-Higgins (13)	
			Ben MacDougall (12)			
Event # 51 Boys 200 Medley Relay13 & Under - Lead-Off Legs (50 Back)						
38.25S	F		Berry, Matthew	---	---	0.21
40.42S	F		Kelly, Dean L.	---	---	-2.80
Event # 52 Girls 200 Medley Relay13 & Under						
2:23.82S	F	A Relay	Haverfordwest Swimming Club	1	---	
			Poppy M. Griffiths (13)			
			Rebecca Girolami (12)	Lucy E. Thomas (12)	Gwen Evans (13)	
2:37.40S	F	B Relay	Haverfordwest Swimming Club	5	---	
			Carys W. Jones (12)	Alis M. James (12)	Anna F. Long (12)	
			Anya R. Walton (13)			
Event # 52 Girls 200 Medley Relay13 & Under - Lead-Off Legs (50 Back)						
37.49S	F		Griffiths, Poppy M.	---	---	-1.30
41.06S	F		Jones, Carys W.	---	---	-1.31
Event # 57 Boys 200 Free Relay 10-11						

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Time	F/P/S	Relay			Place	Points	Improv
2:38.99S	F	A Relay	Haverfordwest Swimming Club		5	---	
			Harrison J. Goddard (11)	Antonio Girolami (10)			
				Rory Andrews (10)			Jake T. Powell (11)
Event # 57 Boys 200 Free Relay 10-11 - Lead-Off Legs (50 Free)							
43.22S		F	Goddard, Harrison J.		---	---	-3.41
Event # 58 Girls 200 Free Relay 10-11							
2:33.08S	F	A Relay	Haverfordwest Swimming Club		5	---	
			Charlotte Shepherd (11)	Abbie Mottram (11)			Megan E. Thomson (11)
2:43.71S	F	B Relay	Haverfordwest Swimming Club		9	---	
			Sophie Krol (10)	Ffion M. Moses (10)			Amy V. White (10)
Event # 58 Girls 200 Free Relay 10-11 - Lead-Off Legs (50 Free)							
38.99S		F	Shepherd, Charlotte		---	---	0.64
1:22.07S		F	Krol, Sophie		---	---	38.48
Event # 59 Boys 200 Free Relay13 & Under							
1:56.71S	F	A Relay	Haverfordwest Swimming Club		1	---	
			Sean A. Barrett (13)	Jac D. Webb (13)			Daniel D. Thomas (13)
2:21.38S	F	B Relay	Haverfordwest Swimming Club		4	---	
			Dean L. Kelly (13)	Issac Rowland-Higgins (13)			Ben MacDougall (12)
Event # 59 Boys 200 Free Relay13 & Under - Lead-Off Legs (50 Free)							
31.06S		F	Barrett, Sean A.		---	---	0.94
34.66S		F	Kelly, Dean L.		---	---	-2.70
Event # 60 Girls 200 Free Relay13 & Under							
2:08.67S	F	A Relay	Haverfordwest Swimming Club		1	---	
			Lucy E. Thomas (12)	Poppy M. Griffiths (13)			Rebecca Girolami (12)
2:22.96S	F	B Relay	Haverfordwest Swimming Club		6	---	
			Anna F. Long (12)	Alis M. James (12)			Carys W. Jones (12)
Event # 60 Girls 200 Free Relay13 & Under - Lead-Off Legs (50 Free)							
32.91S		F	Thomas, Lucy E.		---	---	-0.08
34.21S		F	Long, Anna F.		---	---	-2.58
Event # 65 Mixed 200 Free Relay 10-11							
2:32.72S	F	A Relay	Haverfordwest Swimming Club		3	---	
			Megan E. Thomson (11)	Sydney P. Barber (11)			Antonio Girolami (10)
Event # 65 Mixed 200 Free Relay 10-11 - Lead-Off Legs (50 Free)							
37.87S		F	Thomson, Megan E.		---	---	-1.08
Event # 66 Mixed 200 Free Relay13 & Under							
2:05.18S	F	A Relay	Haverfordwest Swimming Club		1	---	
			Daniel D. Thomas (13)	Poppy M. Griffiths (13)			Lucy E. Thomas (12)
2:11.96S	F	B Relay	Haverfordwest Swimming Club		3	---	
			Anya R. Walton (13)	Gwen Evans (13)			Matthew Berry (13)
Event # 66 Mixed 200 Free Relay13 & Under - Lead-Off Legs (50 Free)							
28.64S		F	Thomas, Daniel D.		---	---	---
34.05S		F	Walton, Anya R.		---	---	-13.49
Event # 67 Mixed 200 Free Relay15 & Under							
1:53.51S	F	A Relay	Haverfordwest Swimming Club		1	---	
			Tomas D. Webb (15)	Lucy Harding (14)			Rebecca Girolami (12)
Event # 67 Mixed 200 Free Relay15 & Under - Lead-Off Legs (50 Free)							
							Ben Mottram (15)

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26.68S	F	Webb, Tomas D.	---	---	-2.06
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