
Individual Meet Results

West Wales Sub Regional Competition 2017 24-Nov-17 to 26-Nov-17 [Ageup: 31/12/2017] SC Meters
Sanction: 3WL170090 Location: Haverfordwest Leisure Centre
Haverfordwest Swimming Club [HAVY]

Time	F/P/S	Event	Place	Points	Improv
Erin Allen (10) G					
7:10.75S	F # 19A	Girls 10-10 400 Free	8	---	-133.50
1:40.83S	F # 35A	Girls 10-10 100 Back	12	---	1.93
4:10.22S	F # 39A	Girls 10-10 200 Breast	7	---	-20.81
Rory Andrews (12) B					
1:28.68S	F # 7C	Boys 12-12 100 Breast	1	---	-3.58
2:42.90S	F # 11C	Boys 12-12 200 Back	1	---	0.08
1:17.48S	F # 16C	Boys 12-12 100 Fly	4	---	-0.29
35.20S	F # 27C	Boys 12-12 50 Fly	3	---	0.30
Sean Barrett (15) B					
26.52S	F # 34C	Boys 15 & Over 50 Free	1	---	-1.12
28.98S	F # 38C	Boys 15 & Over 50 Fly	2	---	-4.18
Briony Bennett (13) G					
3:31.18S	DQ F # 10A	Girls 13-13 200 Fly	---	---	---
3:30.83S	F # 13A	Girls 13-13 200 Breast	4	---	3.53
3:09.69S	DQ F # 21A	Girls 13-13 200 IM	---	---	---
1:37.36S	F # 30A	Girls 13-13 100 Breast	2	---	2.41
40.73S	F # 37A	Girls 13-13 50 Fly	4	---	1.30
1:31.33S	F # 46A	Girls 13-13 100 Fly	2	---	1.74
44.26S	F # 57A	Girls 13-13 50 Breast	3	---	0.56
1:20.09S	F # 61A	Girls 13-13 100 Free	7	---	2.11
Matthew Berry (15) B					
1:10.01S	F # 5C	Boys 15 & Over 100 Back	3	---	-0.06
32.46S	F # 18C	Boys 15 & Over 50 Back	3	---	-0.97
2:36.97S	F # 22C	Boys 15 & Over 200 IM	3	---	-0.27
2:36.06S	F # 25C	Boys 15 & Over 200 Back	2	---	3.84
1:26.26S	F # 29C	Boys 15 & Over 100 Breast	3	---	-0.48
28.66S	F # 34C	Boys 15 & Over 50 Free	4	---	-1.39
2:17.94S	F # 42C	Boys 15 & Over 200 Free	3	---	-2.71
5:36.66S	F # 54C	Boys 15 & Over 400 IM	1	---	-49.48
Steffan Bridger (12) B					
43.36S	F # 3C	Boys 12-12 50 Free	10	---	-3.26
1:53.54S	F # 7C	Boys 12-12 100 Breast	6	---	-3.27
57.54S	F # 27C	Boys 12-12 50 Fly	9	---	---
4:09.80S	F # 40C	Boys 12-12 200 Breast	3	---	---
50.35S	F # 43C	Boys 12-12 50 Breast	7	---	-3.54
Benjamin Butcher (10) B					
1:40.65S	F # 7A	Boys 10-10 100 Breast	1	---	1.22
1:51.21S	F # 16A	Boys 10-10 100 Fly	4	---	---
3:10.85S	F # 23A	Boys 10-10 200 Free	6	---	-12.71
3:33.38S	F # 40A	Boys 10-10 200 Breast	1	---	-4.37
3:26.76S	F # 51A	Boys 10-10 200 IM	4	---	-23.58
Debora Calocane (12) G					
NS	F # 52C	Girls 12-12 200 IM	---	---	---
James Devonald (11) B					
40.59S	F # 3B	Boys 11-11 50 Free	5	---	1.23
56.03S	F # 27B	Boys 11-11 50 Fly	5	---	1.43
1:41.55S	F # 36B	Boys 11-11 100 Back	7	---	-1.52
1:01.75S	F # 43B	Boys 11-11 50 Breast	6	---	-1.80

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Time	F/P/S	Event	Place	Points	Improv
4:08.79S	F # 51B	Boys 11-11 200 IM	5	---	8.16
Niamh Devonald (10) G					
3:44.13S	F # 12A	Girls 10-10 200 Back	7	---	---
3:33.37S	F # 24A	Girls 10-10 200 Free	12	---	-21.65
58.55S	F # 28A	Girls 10-10 50 Fly	12	---	6.66
47.20S	F # 48A	Girls 10-10 50 Back	11	---	-1.18
1:36.27S	F # 59A	Girls 10-10 100 Free	11	---	-5.41
Megan Fletcher (17) G					
NS	F # 33C	Girls 15 & Over 50 Free	---	---	---
NS	F # 37C	Girls 15 & Over 50 Fly	---	---	---
NS	F # 41C	Girls 15 & Over 200 Free	---	---	---
NS	F # 57C	Girls 15 & Over 50 Breast	---	---	---
NS	F # 61C	Girls 15 & Over 100 Free	---	---	---
Owen Fletcher (10) B					
40.02S	F # 3A	Boys 10-10 50 Free	6	---	-0.06
1:51.13S	F # 7A	Boys 10-10 100 Breast	2	---	1.98
1:50.00S	F # 16A	Boys 10-10 100 Fly	3	---	-2.93
6:53.65S	F # 20A	Boys 10-10 400 Free	3	---	-1.47
3:17.81S	F # 23A	Boys 10-10 200 Free	7	---	10.68
48.44S	F # 27A	Boys 10-10 50 Fly	4	---	4.47
7:32.20S	F # 31A	Boys 10-10 400 IM	1	---	---
1:39.96S	F # 36A	Boys 10-10 100 Back	8	---	1.90
3:46.49S	F # 40A	Boys 10-10 200 Breast	3	---	-9.13
51.34S	F # 43A	Boys 10-10 50 Breast	4	---	-0.88
3:29.47S	F # 51A	Boys 10-10 200 IM	5	---	4.63
3:56.68S	F # 56A	Boys 10-10 200 Fly	1	---	-12.62
1:31.54S	F # 60A	Boys 10-10 100 Free	8	---	4.38
Evie Goddard (11) G					
38.53S	F # 4B	Girls 11-11 50 Free	18	---	0.75
1:48.86S	F # 8B	Girls 11-11 100 Breast	13	---	2.67
NS	F # 15B	Girls 11-11 100 Fly	---	---	---
3:06.98S	F # 24B	Girls 11-11 200 Free	18	---	0.04
46.40S	F # 28B	Girls 11-11 50 Fly	13	---	2.18
1:36.40S	F # 35B	Girls 11-11 100 Back	11	---	-1.07
3:49.53S	F # 39B	Girls 11-11 200 Breast	15	---	-2.17
49.19S	F # 44B	Girls 11-11 50 Breast	12	---	-0.75
NS	F # 52B	Girls 11-11 200 IM	---	---	---
NS	F # 59B	Girls 11-11 100 Free	---	---	---
Harrison Goddard (13) B					
NS	F # 22A	Boys 13-13 200 IM	---	---	---
2:47.80S	F # 42A	Boys 13-13 200 Free	7	---	-5.81
1:34.39S	F # 45A	Boys 13-13 100 Fly	9	---	-2.96
NS	F # 54A	Boys 13-13 400 IM	---	---	---
Enfys Griffiths (11) G					
3:09.81S	F # 12B	Girls 11-11 200 Back	3	---	-49.84
3:36.16S	F # 39B	Girls 11-11 200 Breast	9	---	-25.50
Seren Griffiths (13) G					
3:24.49S	F # 10A	Girls 13-13 200 Fly	5	---	---
3:34.16S	F # 13A	Girls 13-13 200 Breast	6	---	-21.01

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Time	F/P/S	Event	Place	Points	Improv
3:05.68S	F # 26A	Girls 13-13 200 Back	2	---	-37.55
NS	F # 53A	Girls 13-13 400 IM	---	---	---
Chloe Hale (11) G					
NS	F # 4B	Girls 11-11 50 Free	---	---	---
1:43.86S	F # 8B	Girls 11-11 100 Breast	10	---	-3.01
3:10.72S	F # 12B	Girls 11-11 200 Back	4	---	-5.10
NS	F # 15B	Girls 11-11 100 Fly	---	---	---
3:00.85S	F # 24B	Girls 11-11 200 Free	15	---	-11.96
NS	F # 28B	Girls 11-11 50 Fly	---	---	---
1:33.32S	F # 35B	Girls 11-11 100 Back	10	---	-2.22
3:35.99S	F # 39B	Girls 11-11 200 Breast	8	---	-15.81
NS	F # 44B	Girls 11-11 50 Breast	---	---	---
43.29S	F # 48B	Girls 11-11 50 Back	8	---	-1.35
3:19.76S	DQ F # 52B	Girls 11-11 200 IM	---	---	---
1:22.18S	F # 59B	Girls 11-11 100 Free	9	---	-3.36
Lucy Harding (16) G					
NS	F # 2F	Girls 15 & Over 800 Free	---	---	---
Mollie Harding (10) G					
47.36S	F # 4A	Girls 10-10 50 Free	22	---	0.29
2:07.30S	F # 8A	Girls 10-10 100 Breast	10	---	-0.44
2:29.18S	DQ F # 15A	Girls 10-10 100 Fly	---	---	---
4:07.40S	F # 24A	Girls 10-10 200 Free	17	---	-0.46
1:00.77S	F # 28A	Girls 10-10 50 Fly	13	---	-2.51
NS	F # 39A	Girls 10-10 200 Breast	---	---	---
NS	F # 44A	Girls 10-10 50 Breast	---	---	---
NS	F # 48A	Girls 10-10 50 Back	---	---	---
NS	F # 52A	Girls 10-10 200 IM	---	---	---
Matthew Hill (11) B					
1:49.62S	F # 7B	Boys 11-11 100 Breast	1	---	-4.44
1:38.74S	DQ F # 16B	Boys 11-11 100 Fly	---	---	---
1:30.22S	F # 36B	Boys 11-11 100 Back	3	---	-13.03
3:24.58S	F # 51B	Boys 11-11 200 IM	4	---	-10.29
Nia James (11) G					
36.88S	F # 4B	Girls 11-11 50 Free	13	---	-1.16
3:18.90S	F # 12B	Girls 11-11 200 Back	10	---	-24.62
3:03.57S	F # 24B	Girls 11-11 200 Free	17	---	-1.30
49.04S	F # 28B	Girls 11-11 50 Fly	16	---	2.37
1:32.68S	F # 35B	Girls 11-11 100 Back	9	---	-3.43
52.06S	F # 44B	Girls 11-11 50 Breast	18	---	-1.28
3:26.64S	F # 52B	Girls 11-11 200 IM	12	---	-7.56
1:27.96S	F # 59B	Girls 11-11 100 Free	12	---	4.05
Holly John (10) G					
43.82S	F # 4A	Girls 10-10 50 Free	18	---	1.80
1:53.59S	F # 8A	Girls 10-10 100 Breast	4	---	---
3:44.58S	F # 24A	Girls 10-10 200 Free	14	---	---
54.12S	F # 28A	Girls 10-10 50 Fly	9	---	---
1:44.98S	F # 35A	Girls 10-10 100 Back	13	---	-1.93
4:03.02S	F # 39A	Girls 10-10 200 Breast	6	---	-13.26

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Time	F/P/S	Event	Place	Points	Improv
Lucy John (11) G					
36.15S	F # 4B	Girls 11-11 50 Free	11	---	-1.40
1:43.28S	F # 8B	Girls 11-11 100 Breast	9	---	2.45
3:17.75S	F # 12B	Girls 11-11 200 Back	9	---	---
1:30.71S	F # 35B	Girls 11-11 100 Back	6	---	-5.19
3:33.34S	F # 39B	Girls 11-11 200 Breast	5	---	-4.17
46.13S	F # 44B	Girls 11-11 50 Breast	4	---	-0.91
41.84S	F # 48B	Girls 11-11 50 Back	3	---	-1.79
3:15.37S	F # 52B	Girls 11-11 200 IM	6	---	-8.34
Dean Kelly (15) B					
2:43.03S	F # 22C	Boys 15 & Over 200 IM	4	---	2.75
1:31.79S	F # 29C	Boys 15 & Over 100 Breast	5	---	2.78
29.32S	F # 34C	Boys 15 & Over 50 Free	7	---	-0.06
33.25S	F # 38C	Boys 15 & Over 50 Fly	6	---	-16.49
1:15.97S	F # 45C	Boys 15 & Over 100 Fly	4	---	1.75
Amy Knowles (10) G					
3:05.06S	F # 12A	Girls 10-10 200 Back	1	---	-55.40
7:01.45S	F # 32A	Girls 10-10 400 IM	1	---	---
Sophie Krol (12) G					
1:32.97S	F # 8C	Girls 12-12 100 Breast	3	---	-2.32
3:03.08S	F # 12C	Girls 12-12 200 Back	13	---	5.35
NS	F # 24C	Girls 12-12 200 Free	---	---	---
1:22.95S	F # 35C	Girls 12-12 100 Back	8	---	-0.87
3:22.68S	F # 39C	Girls 12-12 200 Breast	5	---	-3.63
42.51S	F # 44C	Girls 12-12 50 Breast	7	---	-0.20
38.29S	F # 48C	Girls 12-12 50 Back	7	---	-0.01
NS	F # 52C	Girls 12-12 200 IM	---	---	---
Matthew Lewis (32) B					
2:41.71S	F # 14C	Boys 15 & Over 200 Breast	2	---	0.45
31.56S	F # 18C	Boys 15 & Over 50 Back	2	---	0.03
27.04S	F # 34C	Boys 15 & Over 50 Free	2	---	0.49
31.89S	F # 38C	Boys 15 & Over 50 Fly	4	---	-5.14
Nia Llewellyn (11) G					
1:35.86S	F # 8B	Girls 11-11 100 Breast	1	---	0.40
2:40.20S	F # 24B	Girls 11-11 200 Free	2	---	-16.06
38.59S	F # 28B	Girls 11-11 50 Fly	2	---	-1.95
3:29.01S	F # 39B	Girls 11-11 200 Breast	2	---	0.76
43.94S	F # 44B	Girls 11-11 50 Breast	1	---	0.38
1:12.86S	F # 59B	Girls 11-11 100 Free	1	---	0.16
Benjamin MacDougall (14) B					
1:21.08S	F # 5B	Boys 14-14 100 Back	2	---	1.99
36.68S	F # 18B	Boys 14-14 50 Back	2	---	-4.25
2:50.06S	F # 22B	Boys 14-14 200 IM	2	---	2.51
NS	F # 29B	Boys 14-14 100 Breast	---	---	---
35.58S	F # 38B	Boys 14-14 50 Fly	4	---	-12.61
2:30.99S	F # 42B	Boys 14-14 200 Free	4	---	-17.36
40.41S	F # 58B	Boys 14-14 50 Breast	1	---	-3.66
1:07.56S	F # 62B	Boys 14-14 100 Free	1	---	1.25

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Time	F/P/S	Event	Place	Points	Improv
Erin McDonald (10) G					
15:03.63S	F # 2A	Girls 10-10 800 Free	3	---	---
2:00.65S	F # 8A	Girls 10-10 100 Breast	7	---	---
7:24.72S	F # 19A	Girls 10-10 400 Free	9	---	---
3:29.25S	F # 24A	Girls 10-10 200 Free	10	---	-24.30
57.44S	F # 44A	Girls 10-10 50 Breast	12	---	0.58
48.92S	F # 48A	Girls 10-10 50 Back	12	---	-2.03
1:35.04S	F # 59A	Girls 10-10 100 Free	9	---	-4.40
Pippa Moore (10) G					
1:55.73S	F # 8A	Girls 10-10 100 Breast	5	---	-13.84
2:02.64S	DQ F # 15A	Girls 10-10 100 Fly	---	---	---
3:49.50S	F # 24A	Girls 10-10 200 Free	16	---	---
4:21.73S	F # 39A	Girls 10-10 200 Breast	10	---	---
Ffion Moses (12) G					
31.93S	F # 4C	Girls 12-12 50 Free	3	---	-1.40
2:39.27S	F # 12C	Girls 12-12 200 Back	1	---	-4.99
NS	F # 15C	Girls 12-12 100 Fly	---	---	---
5:17.07S	F # 19C	Girls 12-12 400 Free	2	---	-13.75
NS	F # 24C	Girls 12-12 200 Free	---	---	---
35.72S	F # 28C	Girls 12-12 50 Fly	2	---	-1.75
NS	F # 35C	Girls 12-12 100 Back	---	---	---
NS	F # 48C	Girls 12-12 50 Back	---	---	---
NS	F # 52C	Girls 12-12 200 IM	---	---	---
NS	F # 55C	Girls 12-12 200 Fly	---	---	---
NS	F # 59C	Girls 12-12 100 Free	---	---	---
Betsy Owen (10) G					
1:48.53S	DQ F # 35A	Girls 10-10 100 Back	---	---	---
4:02.74S	F # 39A	Girls 10-10 200 Breast	5	---	---
50.58S	F # 48A	Girls 10-10 50 Back	14	---	-3.26
3:51.11S	F # 52A	Girls 10-10 200 IM	14	---	---
1:35.80S	F # 59A	Girls 10-10 100 Free	10	---	---
Cai Owen (11) B					
36.71S	F # 3B	Boys 11-11 50 Free	3	---	-0.78
6:17.12S	F # 20B	Boys 11-11 400 Free	2	---	-16.56
42.63S	F # 27B	Boys 11-11 50 Fly	2	---	-0.46
3:13.30S	F # 51B	Boys 11-11 200 IM	2	---	-8.64
1:23.07S	F # 60B	Boys 11-11 100 Free	4	---	-0.58
Ellie Phillips (10) G					
50.20S	F # 4A	Girls 10-10 50 Free	25	---	0.98
49.81S	F # 48A	Girls 10-10 50 Back	13	---	-4.59
1:50.10S	F # 59A	Girls 10-10 100 Free	15	---	---
Jessica Powell (11) G					
1:38.59S	F # 15B	Girls 11-11 100 Fly	4	---	-7.62
3:10.97S	F # 24B	Girls 11-11 200 Free	20	---	3.52
40.53S	F # 28B	Girls 11-11 50 Fly	6	---	-1.36
50.02S	F # 44B	Girls 11-11 50 Breast	15	---	-11.11
3:31.80S	F # 52B	Girls 11-11 200 IM	13	---	-2.01
Kara Pugh (11) G					
37.87S	F # 4B	Girls 11-11 50 Free	16	---	1.53

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Time	F/P/S	Event	Place	Points	Improv
1:47.71S	F # 8B	Girls 11-11 100 Breast	12	---	5.02
3:27.00S	F # 12B	Girls 11-11 200 Back	12	---	---
3:00.34S	F # 24B	Girls 11-11 200 Free	13	---	-40.06
48.25S	F # 28B	Girls 11-11 50 Fly	14	---	3.11
1:31.47S	F # 35B	Girls 11-11 100 Back	7	---	-1.26
3:41.96S	F # 39B	Girls 11-11 200 Breast	12	---	-26.65
47.65S	F # 44B	Girls 11-11 50 Breast	9	---	-1.08
43.51S	F # 48B	Girls 11-11 50 Back	9	---	2.57
3:26.45S	F # 52B	Girls 11-11 200 IM	11	---	0.98
1:25.20S	F # 59B	Girls 11-11 100 Free	10	---	2.32
Robbie Ralph (12) B					
32.59S	F # 3C	Boys 12-12 50 Free	5	---	-1.42
3:02.60S	F # 11C	Boys 12-12 200 Back	3	---	3.52
5:43.27S	F # 20C	Boys 12-12 400 Free	5	---	-4.84
2:38.59S	F # 23C	Boys 12-12 200 Free	3	---	-3.56
40.83S	F # 27C	Boys 12-12 50 Fly	7	---	-1.50
1:26.32S	F # 36C	Boys 12-12 100 Back	6	---	-0.77
48.67S	F # 43C	Boys 12-12 50 Breast	6	---	1.57
39.50S	F # 47C	Boys 12-12 50 Back	5	---	0.02
3:07.76S	F # 51C	Boys 12-12 200 IM	6	---	4.36
1:13.38S	F # 60C	Boys 12-12 100 Free	5	---	-1.31
Ellis Robinson (12) B					
1:50.92S	F # 16C	Boys 12-12 100 Fly	7	---	---
1:33.90S	DQ F # 36C	Boys 12-12 100 Back	---	---	---
Francesca Robinson (14) G					
NS	F # 2E	Girls 14-14 800 Free	---	---	---
33.85S	F # 17B	Girls 14-14 50 Back	1	---	-3.32
29.80S	F # 33B	Girls 14-14 50 Free	1	---	-2.66
Dewi Thomas (10) B					
NS	F # 3A	Boys 10-10 50 Free	---	---	---
NS	F # 7A	Boys 10-10 100 Breast	---	---	---
NS	F # 11A	Boys 10-10 200 Back	---	---	---
NS	F # 23A	Boys 10-10 200 Free	---	---	---
1:25.12S	F # 36A	Boys 10-10 100 Back	2	---	-3.46
38.80S	F # 47A	Boys 10-10 50 Back	2	---	-2.24
3:16.70S	F # 51A	Boys 10-10 200 IM	2	---	---
1:20.28S	F # 60A	Boys 10-10 100 Free	4	---	-4.30
Jacob Thomson (10) B					
46.98S	F # 3A	Boys 10-10 50 Free	10	---	1.28
2:19.28S	F # 7A	Boys 10-10 100 Breast	7	---	10.98
2:04.24S	F # 36A	Boys 10-10 100 Back	11	---	-3.02
1:02.58S	F # 43A	Boys 10-10 50 Breast	12	---	-2.49
57.32S	F # 47A	Boys 10-10 50 Back	10	---	0.56
1:53.89S	F # 60A	Boys 10-10 100 Free	12	---	5.87
Megan Thomson (13) G					
10:16.99S	F # 2D	Girls 13-13 800 Free	1	---	-62.67
2:52.99S	F # 10A	Girls 13-13 200 Fly	2	---	-31.24
35.75S	F # 17A	Girls 13-13 50 Back	2	---	-1.41
2:41.76S	F # 21A	Girls 13-13 200 IM	2	---	-3.70

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Time	F/P/S	Event	Place	Points	Improv
1:29.61S	F # 30A	Girls 13-13 100 Breast	1	---	-1.70
Isobel Vaughan (13) G					
1:28.35S	F # 6A	Girls 13-13 100 Back	4	---	0.21
3:18.20S	F # 21A	Girls 13-13 200 IM	9	---	-1.68
1:44.66S	F # 30A	Girls 13-13 100 Breast	5	---	2.00
42.51S	F # 37A	Girls 13-13 50 Fly	5	---	-9.83
1:18.50S	F # 61A	Girls 13-13 100 Free	6	---	-13.48
Alys Webb (11) G					
35.79S	F # 4B	Girls 11-11 50 Free	7	---	-2.83
2:58.05S	F # 24B	Girls 11-11 200 Free	12	---	-4.75
3:16.49S	F # 52B	Girls 11-11 200 IM	7	---	-6.95
Tomas Webb (17) B					
1:02.29S	F # 5C	Boys 15 & Over 100 Back	1	---	-0.69
27.93S	F # 38C	Boys 15 & Over 50 Fly	1	---	---
NS	F # 49C	Boys 15 & Over 400 Free	---	---	---
Amy White (12) G					
1:36.40S	F # 8C	Girls 12-12 100 Breast	7	---	-3.40
2:49.70S	F # 12C	Girls 12-12 200 Back	5	---	-4.50
5:47.27S	F # 19C	Girls 12-12 400 Free	8	---	-6.22
2:44.56S	F # 24C	Girls 12-12 200 Free	7	---	-4.04
6:16.89S	F # 32C	Girls 12-12 400 IM	1	---	-12.25
1:21.62S	F # 35C	Girls 12-12 100 Back	7	---	0.14
3:28.12S	F # 39C	Girls 12-12 200 Breast	8	---	-1.72
37.01S	F # 48C	Girls 12-12 50 Back	3	---	-2.78
2:59.24S	F # 52C	Girls 12-12 200 IM	6	---	-2.02
1:17.00S	F # 59C	Girls 12-12 100 Free	6	---	0.50
Eleanor White (11) G					
1:40.78S	F # 8B	Girls 11-11 100 Breast	7	---	-1.22
3:14.35S	F # 12B	Girls 11-11 200 Back	6	---	0.51
1:28.82S	F # 15B	Girls 11-11 100 Fly	2	---	-3.78
2:46.39S	F # 24B	Girls 11-11 200 Free	4	---	-6.23
37.43S	F # 28B	Girls 11-11 50 Fly	1	---	-1.54
3:34.90S	F # 39B	Girls 11-11 200 Breast	7	---	-8.65
46.93S	F # 44B	Girls 11-11 50 Breast	5	---	-0.73
3:07.50S	F # 52B	Girls 11-11 200 IM	4	---	-3.16
1:19.23S	F # 59B	Girls 11-11 100 Free	3	---	-2.42
Henry White (13) B					
18:49.77S	F # 1D	Boys 13-13 1500 Free	1	---	---
2:38.75S	F # 9A	Boys 13-13 200 Fly	1	---	-10.47
2:53.53S	F # 14A	Boys 13-13 200 Breast	1	---	-2.22
32.88S	F # 18A	Boys 13-13 50 Back	2	---	-3.75
2:27.79S	F # 25A	Boys 13-13 200 Back	1	---	-5.71
1:21.30S	F # 29A	Boys 13-13 100 Breast	1	---	-0.86
Ffion Williams (13) G					
NS	F # 2D	Girls 13-13 800 Free	---	---	---
NS	F # 6A	Girls 13-13 100 Back	---	---	---
NS	F # 21A	Girls 13-13 200 IM	---	---	---
NS	F # 26A	Girls 13-13 200 Back	---	---	---
NS	F # 30A	Girls 13-13 100 Breast	---	---	---

Individual Meet Results**West Wales Sub Regional Competition 2017 24-Nov-17 to 26-Nov-17 [Ageup: 31/12/2017] SC Meters****Sanction: 3WL170090 Location: Haverfordwest Leisure Centre****Haverfordwest Swimming Club [HAVY]**

Time	F/P/S	Event	Place	Points	Improv
NS	F # 46A	Girls 13-13 100 Fly	---	---	---
NS	F # 50A	Girls 13-13 400 Free	---	---	---
NS	F # 61A	Girls 13-13 100 Free	---	---	---