

**West Wales Regionals 2017 - 03/02/2017 to 12/02/2017****Results - Session 1 - Warmup 5.30pm****Event 1 Boys 12 Year Olds 1500 SC Meter Freestyle (HDW)**

Name	Age	Team	Seed Time	Finals Time	Points
1 Francis, Woody L	12	Swansea Aquatics	23:11.67	23:28.80	
38.34	1:23.23 (44.89)	2:09.86 (46.63)	2:56.04 (46.18)		
3:43.19 (47.15)	4:30.28 (47.09)	5:17.44 (47.16)	6:04.20 (46.76)		
6:52.42 (48.22)	7:39.61 (47.19)	8:27.88 (48.27)	9:15.87 (47.99)		
10:03.38 (47.51)	10:51.68 (48.30)	11:38.79 (47.11)	12:26.36 (47.57)		
13:13.72 (47.36)	14:02.55 (48.83)	14:49.78 (47.23)	15:36.41 (46.63)		
16:24.30 (47.89)	17:11.37 (47.07)	17:59.58 (48.21)	18:47.35 (47.77)		
19:35.42 (48.07)	20:22.12 (46.70)	21:08.90 (46.78)	21:56.62 (47.72)		
22:43.35 (46.73)	23:28.80 (45.45)				
2 Jones, Adam D	12	Swansea Aquatics	23:08.84	24:00.48	
40.15	1:26.96 (46.81)	2:13.96 (47.00)	3:00.68 (46.72)		
3:48.81 (48.13)	4:36.64 (47.83)	5:24.06 (47.42)	6:12.94 (48.88)		
7:00.31 (47.37)	7:48.26 (47.95)	8:36.67 (48.41)	9:25.41 (48.74)		
10:13.48 (48.07)	11:02.42 (48.94)	11:50.53 (48.11)	12:39.73 (49.20)		
13:28.32 (48.59)	14:16.17 (47.85)	15:04.80 (48.63)	15:53.01 (48.21)		
16:42.89 (49.88)	17:31.22 (48.33)	18:18.97 (47.75)	19:07.17 (48.20)		
19:55.11 (47.94)	20:44.70 (49.59)	21:34.75 (50.05)	22:25.37 (50.62)		
23:14.25 (48.88)	24:00.48 (46.23)				

**Event 1 Boys 13 Year Olds 1500 SC Meter Freestyle (HDW)**

Name	Age	Team	Seed Time	Finals Time	Points
1 Seppman, Neo	13	Swansea Aquatics	19:51.09	20:08.43	
35.09	1:14.27 (39.18)	1:54.35 (40.08)	2:35.03 (40.68)		
3:15.55 (40.52)	3:56.71 (41.16)	4:37.17 (40.46)	5:17.74 (40.57)		
5:58.54 (40.80)	6:39.84 (41.30)	7:20.06 (40.22)	7:59.70 (39.64)		
8:40.66 (40.96)	9:21.34 (40.68)	10:01.92 (40.58)	10:42.95 (41.03)		
11:23.90 (40.95)	12:04.42 (40.52)	12:45.12 (40.70)	13:25.66 (40.54)		
14:06.52 (40.86)	14:47.12 (40.60)	15:28.06 (40.94)	16:08.65 (40.59)		
16:49.09 (40.44)	17:28.56 (39.47)	18:08.74 (40.18)	18:49.45 (40.71)		
19:29.55 (40.10)	20:08.43 (38.88)				
2 Wingrave-Rix, Harvey	13	Swansea Aquatics	20:25.23	20:34.44	
34.86	1:15.67 (40.81)	1:56.96 (41.29)	2:37.68 (40.72)		
3:19.04 (41.36)	4:00.02 (40.98)	4:41.75 (41.73)	5:22.38 (40.63)		
6:03.70 (41.32)	6:45.72 (42.02)	7:27.70 (41.98)	8:09.06 (41.36)		
8:51.42 (42.36)	9:33.24 (41.82)	10:14.47 (41.23)	10:56.26 (41.79)		
11:37.08 (40.82)	12:18.68 (41.60)	13:00.94 (42.26)	13:42.60 (41.66)		
14:24.83 (42.23)	15:06.05 (41.22)	15:48.10 (42.05)	16:28.83 (40.73)		
17:09.66 (40.83)	17:50.97 (41.31)	18:32.40 (41.43)	19:13.44 (41.04)		
19:54.75 (41.31)	20:34.44 (39.69)				

**Event 1 Boys 14 Year Olds 1500 SC Meter Freestyle (HDW)**

Name	Age	Team	Seed Time	Finals Time	Points
1 Smart, Connor	14	Swansea Aquatics	17:53.02	18:10.38	
31.28	1:05.81 (34.53)	1:41.27 (35.46)	2:17.03 (35.76)		
2:53.33 (36.30)	3:29.50 (36.17)	4:05.54 (36.04)	4:42.11 (36.57)		
5:18.83 (36.72)	5:55.57 (36.74)	6:32.41 (36.84)	7:08.90 (36.49)		
7:45.70 (36.80)	8:22.87 (37.17)	8:59.69 (36.82)	9:36.33 (36.64)		
10:13.51 (37.18)	10:50.84 (37.33)	11:28.57 (37.73)	12:05.17 (36.60)		
12:42.02 (36.85)	13:18.79 (36.77)	13:55.73 (36.94)	14:32.80 (37.07)		
15:09.39 (36.59)	15:46.06 (36.67)	16:22.61 (36.55)	16:59.04 (36.43)		
17:35.62 (36.58)	18:10.38 (34.76)				

**West Wales Regionals 2017 - 03/02/2017 to 12/02/2017****Results - Session 1 - Warmup 5.30pm****(Event 1 Boys 14 Year Olds 1500 SC Meter Freestyle (HDW))**

Name	Age	Team	Seed Time	Finals Time	Points
2 Preece, Alex J	14	Neath Asc	19:09.73	18:39.29	
32.61	1:08.40 (35.79)	1:44.63 (36.23)	2:21.45 (36.82)		
2:58.59 (37.14)	3:35.32 (36.73)	4:12.72 (37.40)	4:50.38 (37.66)		
5:27.50 (37.12)	6:05.56 (38.06)	6:43.34 (37.78)	7:21.02 (37.68)		
7:58.27 (37.25)	8:36.50 (38.23)	9:14.92 (38.42)	9:53.20 (38.28)		
10:31.18 (37.98)	11:09.38 (38.20)	11:46.96 (37.58)	12:25.15 (38.19)		
13:03.61 (38.46)	13:41.40 (37.79)	14:20.04 (38.64)	14:58.27 (38.23)		
15:36.44 (38.17)	16:14.20 (37.76)	16:51.49 (37.29)	17:28.11 (36.62)		
18:05.44 (37.33)	18:39.29 (33.85)				
3 Hancock, Carwyn	14	Carmarthen	19:25.95	19:02.81	
31.10	1:06.36 (35.26)	1:44.22 (37.86)	2:22.34 (38.12)		
2:58.34 (36.00)	3:37.63 (39.29)	4:15.95 (38.32)	4:53.63 (37.68)		
5:33.29 (39.66)	6:12.39 (39.10)	6:52.21 (39.82)	7:31.84 (39.63)		
8:11.60 (39.76)	8:50.34 (38.74)	9:29.34 (39.00)	10:10.35 (41.01)		
10:46.63 (36.28)	11:25.82 (39.19)	12:05.90 (40.08)	12:44.59 (38.69)		
13:23.20 (38.61)	14:01.23 (38.03)	14:40.25 (39.02)	15:19.01 (38.76)		
15:57.59 (38.58)	16:34.65 (37.06)	17:13.00 (38.35)	17:50.91 (37.91)		
18:27.50 (36.59)	19:02.81 (35.31)				

**Event 1 Boys 17 & Over 1500 SC Meter Freestyle (HDW)**

Name	Age	Team	Seed Time	Finals Time	Points
1 Jervis, Daniel O	21	Swansea Aquatics	14:32.44	14:51.55	
27.36	56.80 (29.44)	1:26.51 (29.71)	1:56.72 (30.21)		
2:26.34 (29.62)	2:56.25 (29.91)	3:25.88 (29.63)	3:55.59 (29.71)		
4:25.09 (29.50)	4:55.08 (29.99)	5:24.66 (29.58)	5:54.44 (29.78)		
6:24.56 (30.12)	6:54.44 (29.88)	7:24.84 (30.40)	7:54.79 (29.95)		
8:25.09 (30.30)	8:55.35 (30.26)	9:25.79 (30.44)	9:55.64 (29.85)		
10:25.64 (30.00)	10:55.69 (30.05)	11:25.81 (30.12)	11:56.32 (30.51)		
12:25.95 (29.63)	12:55.61 (29.66)	13:25.16 (29.55)	13:54.86 (29.70)		
14:24.00 (29.14)	14:51.55 (27.55)				
2 Croot, Cameron	18	Swansea Aquatics	15:56.30	16:03.85	
28.44	59.12 (30.68)	1:30.09 (30.97)	2:01.28 (31.19)		
2:33.07 (31.79)	3:04.95 (31.88)	3:36.79 (31.84)	4:09.13 (32.34)		
4:41.23 (32.10)	5:13.27 (32.04)	5:45.53 (32.26)	6:17.93 (32.40)		
6:50.33 (32.40)	7:22.70 (32.37)	7:55.05 (32.35)	8:27.42 (32.37)		
9:00.20 (32.78)	9:32.92 (32.72)	10:05.52 (32.60)	10:38.08 (32.56)		
11:10.55 (32.47)	11:43.25 (32.70)	12:16.13 (32.88)	12:49.01 (32.88)		
13:21.77 (32.76)	13:54.49 (32.72)	14:26.96 (32.47)	14:59.62 (32.66)		
15:32.33 (32.71)	16:03.85 (31.52)				
3 Pemberton, Morgan	18	Neath Asc	16:52.10	18:03.89	
31.76	1:06.92 (35.16)	1:42.62 (35.70)	2:18.93 (36.31)		
2:55.43 (36.50)	3:31.74 (36.31)	4:08.09 (36.35)	4:45.19 (37.10)		
5:22.31 (37.12)	5:59.39 (37.08)	6:36.86 (37.47)	7:13.69 (36.83)		
7:50.88 (37.19)	8:28.18 (37.30)	9:03.99 (35.81)	9:40.57 (36.58)		
10:17.45 (36.88)	10:53.98 (36.53)	11:30.78 (36.80)	12:07.23 (36.45)		
12:43.97 (36.74)	13:20.58 (36.61)	13:57.22 (36.64)	14:33.45 (36.23)		
15:10.00 (36.55)	15:46.94 (36.94)	16:20.93 (33.99)	16:56.15 (35.22)		
17:31.52 (35.37)	18:03.89 (32.37)				

**West Wales Regionals 2017 - 03/02/2017 to 12/02/2017****Results - Session 1 - Warmup 5.30pm****Event 2 Girls 11 Year Olds 800 SC Meter Freestyle (HDW)**

Name	Age	Team	Seed Time	Finals Time
1 Patterson, Millie	11	Carmarthen	11:38.91	11:20.04
37.71	1:20.69 (42.98)	2:02.80 (42.11)	2:45.68 (42.88)	
3:28.77 (43.09)	4:12.18 (43.41)	4:56.14 (43.96)	5:39.05 (42.91)	
6:21.82 (42.77)	7:04.90 (43.08)	7:48.22 (43.32)	8:32.68 (44.46)	
9:15.77 (43.09)	9:58.47 (42.70)	10:40.35 (41.88)	11:20.04 (39.69)	
2 Thomas, Seren	11	Swansea Aquatics	12:25.00	12:50.72
41.65	1:26.70 (45.05)	2:15.02 (48.32)	3:02.41 (47.39)	
3:51.97 (49.56)	4:41.04 (49.07)	5:30.69 (49.65)	6:19.43 (48.74)	
7:08.65 (49.22)	7:57.73 (49.08)	8:47.05 (49.32)	9:36.92 (49.87)	
10:26.80 (49.88)	11:17.41 (50.61)	12:05.22 (47.81)	12:50.72 (45.50)	
3 Hewitt, Jessica	11	Swansea Aquatics	13:12.78	13:10.38
42.89	1:30.23 (47.34)	2:19.09 (48.86)	3:08.04 (48.95)	
3:57.80 (49.76)	4:47.77 (49.97)	5:38.18 (50.41)	6:28.87 (50.69)	
7:19.25 (50.38)	8:09.87 (50.62)	8:59.96 (50.09)	9:50.76 (50.80)	
10:41.93 (51.17)	11:32.81 (50.88)	12:22.58 (49.77)	13:10.38 (47.80)	

**Event 2 Girls 12 Year Olds 800 SC Meter Freestyle (HDW)**

Name	Age	Team	Seed Time	Finals Time
1 Lloyd, Ruby	12	Swansea Aquatics	11:09.93	10:48.50
36.94	1:16.11 (39.17)	1:56.54 (40.43)	2:37.62 (41.08)	
3:18.57 (40.95)	3:59.99 (41.42)	4:41.17 (41.18)	5:22.80 (41.63)	
6:04.14 (41.34)	6:45.55 (41.41)	7:27.49 (41.94)	8:08.73 (41.24)	
8:49.21 (40.48)	9:30.73 (41.52)	10:10.55 (39.82)	10:48.50 (37.95)	
2 Curtis-Jones, Llian M	12	Celtic Dolphins	10:48.86	10:50.36
36.62	1:16.20 (39.58)	1:57.17 (40.97)	2:38.40 (41.23)	
3:20.30 (41.90)	4:01.60 (41.30)	4:43.25 (41.65)	5:24.10 (40.85)	
6:05.25 (41.15)	6:46.00 (40.75)	7:27.42 (41.42)	8:07.92 (40.50)	
8:48.90 (40.98)	9:30.24 (41.34)	10:11.47 (41.23)	10:50.36 (38.89)	
3 Fox, Eve	12	Swansea Aquatics	11:08.20	10:52.60
34.78	1:14.14 (39.36)	1:54.71 (40.57)	2:35.65 (40.94)	
3:16.46 (40.81)	3:58.27 (41.81)	4:39.87 (41.60)	5:21.37 (41.50)	
6:03.10 (41.73)	6:45.21 (42.11)	7:26.71 (41.50)	8:07.56 (40.85)	
8:49.23 (41.67)	9:31.27 (42.04)	10:12.77 (41.50)	10:52.60 (39.83)	
4 Tucker, Natalie E	12	Swansea Aquatics	11:06.24	10:53.22
36.33	1:15.46 (39.13)	1:56.13 (40.67)	2:37.38 (41.25)	
3:18.53 (41.15)	3:59.63 (41.10)	4:41.07 (41.44)	5:22.61 (41.54)	
6:04.10 (41.49)	6:45.64 (41.54)	7:27.39 (41.75)	8:09.55 (42.16)	
8:50.83 (41.28)	9:32.33 (41.50)	10:13.64 (41.31)	10:53.22 (39.58)	
5 Evans, Bethan	12	Neath Asc	11:52.49	10:57.73
35.57	1:15.78 (40.21)	1:57.31 (41.53)	2:39.71 (42.40)	
3:22.09 (42.38)	4:04.64 (42.55)	4:47.26 (42.62)	5:29.93 (42.67)	
6:12.26 (42.33)	6:53.69 (41.43)	7:35.50 (41.81)	8:17.49 (41.99)	
8:58.67 (41.18)	9:39.86 (41.19)	10:19.94 (40.08)	10:57.73 (37.79)	
6 Bailey-Jones, Nia	12	Swansea Aquatics	11:20.00	11:15.42
36.64	1:17.78 (41.14)	2:00.16 (42.38)	2:43.36 (43.20)	
3:26.47 (43.11)	4:09.72 (43.25)	4:53.44 (43.72)	5:37.35 (43.91)	
6:19.36 (42.01)	7:01.89 (42.53)	7:45.06 (43.17)	8:28.55 (43.49)	
9:10.64 (42.09)	9:54.59 (43.95)	10:36.08 (41.49)	11:15.42 (39.34)	
7 Bowen, Hanna M	12	Carmarthen	11:45.07	11:34.80
36.49	1:19.19 (42.70)	2:02.03 (42.84)	2:46.02 (43.99)	
3:29.94 (43.92)	4:13.69 (43.75)	4:58.59 (44.90)	5:42.77 (44.18)	
6:26.38 (43.61)	7:10.74 (44.36)	7:55.74 (45.00)	8:40.40 (44.66)	
9:25.55 (45.15)	10:10.10 (44.55)	10:53.43 (43.33)	11:34.80 (41.37)	

**West Wales Regionals 2017 - 03/02/2017 to 12/02/2017****Results - Session 1 - Warmup 5.30pm****(Event 2 Girls 12 Year Olds 800 SC Meter Freestyle (HDW))**

Name	Age	Team	Seed Time	Finals Time
8 Thapa, Freya M	12	Aberystwyth sc	11:53.21	11:43.06
37.58	1:20.22 (42.64)	2:04.49 (44.27)	2:48.91 (44.42)	
3:33.49 (44.58)	4:18.87 (45.38)	5:04.65 (45.78)	5:49.42 (44.77)	
6:35.43 (46.01)	7:20.70 (45.27)	8:05.38 (44.68)	8:50.69 (45.31)	
9:35.34 (44.65)	10:20.38 (45.04)	11:03.29 (42.91)	11:43.06 (39.77)	
9 George, Mia	12	Neath Asc	13:36.94	12:10.52
39.95	1:25.23 (45.28)	2:11.71 (46.48)	2:57.55 (45.84)	
3:44.13 (46.58)	4:31.28 (47.15)	5:18.31 (47.03)	6:04.71 (46.40)	
6:51.30 (46.59)	7:38.11 (46.81)	8:25.25 (47.14)	9:12.34 (47.09)	
9:57.95 (45.61)	10:43.92 (45.97)	11:29.52 (45.60)	12:10.52 (41.00)	

**Event 2 Girls 13 Year Olds 800 SC Meter Freestyle (HDW)**

Name	Age	Team	Seed Time	Finals Time
1 Stokes, Aimee	13	Swansea Aquatics	9:48.45	9:44.29
32.74	1:07.99 (35.25)	1:44.86 (36.87)	2:20.98 (36.12)	
2:58.32 (37.34)	3:35.66 (37.34)	4:12.54 (36.88)	4:49.48 (36.94)	
5:26.42 (36.94)	6:03.54 (37.12)	6:40.85 (37.31)	7:18.01 (37.16)	
7:55.19 (37.18)	8:32.04 (36.85)	9:08.23 (36.19)	9:44.29 (36.06)	
2 Sullivan, Nia	13	Celtic Dolphins	10:57.58	10:37.51
35.00	1:13.75 (38.75)	1:53.85 (40.10)	2:33.92 (40.07)	
3:14.76 (40.84)	3:55.84 (41.08)	4:35.99 (40.15)	5:16.86 (40.87)	
5:56.97 (40.11)	6:37.80 (40.83)	7:18.54 (40.74)	7:59.11 (40.57)	
8:39.39 (40.28)	9:19.32 (39.93)	9:59.23 (39.91)	10:37.51 (38.28)	
3 Williams, Ffion	13	Haverfordwest Swimming Club	12:32.29	12:23.41
40.61	1:26.34 (45.73)	2:13.03 (46.69)	3:00.05 (47.02)	
3:47.85 (47.80)	4:35.47 (47.62)	5:22.45 (46.98)	6:09.59 (47.14)	
6:57.83 (48.24)	7:44.93 (47.10)	8:32.04 (47.11)	9:19.53 (47.49)	
10:05.62 (46.09)	10:53.09 (47.47)	11:39.08 (45.99)	12:23.41 (44.33)	

**Event 2 Girls 14 Year Olds 800 SC Meter Freestyle (HDW)**

Name	Age	Team	Seed Time	Finals Time
1 Davies, Katie	14	Neath Asc	10:35.40	10:17.42
33.30	1:10.13 (36.83)	1:48.08 (37.95)	2:26.40 (38.32)	
3:05.40 (39.00)	3:44.06 (38.66)	4:23.58 (39.52)	5:03.14 (39.56)	
5:43.16 (40.02)	6:22.52 (39.36)	7:02.03 (39.51)	7:41.79 (39.76)	
8:21.16 (39.37)	9:00.58 (39.42)	9:39.59 (39.01)	10:17.42 (37.83)	
2 Roberts, Alice	14	Carmarthen	10:25.33	10:18.93
33.69	1:11.67 (37.98)	1:50.61 (38.94)	2:29.82 (39.21)	
3:09.06 (39.24)	3:48.10 (39.04)	4:27.54 (39.44)	5:07.36 (39.82)	
5:46.76 (39.40)	6:26.40 (39.64)	7:05.71 (39.31)	7:45.36 (39.65)	
8:24.67 (39.31)	9:03.46 (38.79)	9:42.64 (39.18)	10:18.93 (36.29)	
3 Conlon, Nia Haf	14	Carmarthen	10:21.16	10:28.08
34.02	1:12.14 (38.12)	1:51.27 (39.13)	2:30.69 (39.42)	
3:10.31 (39.62)	3:50.16 (39.85)	4:30.37 (40.21)	5:10.13 (39.76)	
5:50.15 (40.02)	6:29.96 (39.81)	7:10.23 (40.27)	7:49.77 (39.54)	
8:29.85 (40.08)	9:10.21 (40.36)	9:50.30 (40.09)	10:28.08 (37.78)	
4 Warlow, Grace E	14	Neath Asc	10:41.53	10:33.59
33.95	1:11.98 (38.03)	1:51.72 (39.74)	2:31.76 (40.04)	
3:13.35 (41.59)	3:53.47 (40.12)	4:34.14 (40.67)	5:14.88 (40.74)	
5:55.57 (40.69)	6:35.80 (40.23)	7:15.86 (40.06)	7:56.43 (40.57)	
8:37.13 (40.70)	9:17.52 (40.39)	9:57.28 (39.76)	10:33.59 (36.31)	

**West Wales Regionals 2017 - 03/02/2017 to 12/02/2017****Results - Session 1 - Warmup 5.30pm****(Event 2 Girls 14 Year Olds 800 SC Meter Freestyle (HDW))**

Name	Age	Team	Seed Time	Finals Time
5 Cressey-Rodgers, Deryn H	14	Carmarthen	10:53.03	10:34.69
34.64	1:13.46 (38.82)	1:53.83 (40.37)	2:34.88 (41.05)	
3:15.23 (40.35)	3:56.13 (40.90)	4:36.74 (40.61)	5:17.41 (40.67)	
5:57.27 (39.86)	6:37.40 (40.13)	7:18.21 (40.81)	7:58.77 (40.56)	
8:39.22 (40.45)	9:18.78 (39.56)	9:57.88 (39.10)	10:34.69 (36.81)	
6 Williams, Danielle	14	Swansea Aquatics	11:19.05	11:04.81
36.74	1:17.89 (41.15)	1:59.45 (41.56)	2:42.16 (42.71)	
3:24.62 (42.46)	4:07.48 (42.86)	4:50.60 (43.12)	5:33.79 (43.19)	
6:15.16 (41.37)	6:57.80 (42.64)	7:39.67 (41.87)	8:22.50 (42.83)	
9:03.75 (41.25)	9:46.03 (42.28)	10:27.34 (41.31)	11:04.81 (37.47)	

**Event 2 Girls 15-16 800 SC Meter Freestyle (HDW)**

Name	Age	Team	Seed Time	Finals Time
1 Twigg, Louisa E	16	Haverfordwest Swimming Club	9:08.58	9:17.40
31.59	1:06.00 (34.41)	1:40.51 (34.51)	2:15.31 (34.80)	
2:49.98 (34.67)	3:24.61 (34.63)	3:59.23 (34.62)	4:33.96 (34.73)	
5:09.13 (35.17)	5:44.33 (35.20)	6:19.96 (35.63)	6:55.57 (35.61)	
7:31.64 (36.07)	8:07.99 (36.35)	8:43.47 (35.48)	9:17.40 (33.93)	
2 Jones, Mali	16	Aberystwyth sc	9:37.10	9:36.96
31.69	1:06.28 (34.59)	1:42.01 (35.73)	2:17.91 (35.90)	
2:54.68 (36.77)	3:30.93 (36.25)	4:07.62 (36.69)	4:44.55 (36.93)	
5:21.39 (36.84)	5:57.97 (36.58)	6:34.83 (36.86)	7:11.63 (36.80)	
7:48.79 (37.16)	8:25.50 (36.71)	9:01.92 (36.42)	9:36.96 (35.04)	
3 Willis, Ashleigh	15	Swansea Aquatics	9:56.51	9:53.51
32.41	1:08.49 (36.08)	1:45.46 (36.97)	2:22.38 (36.92)	
2:59.96 (37.58)	3:38.26 (38.30)	4:16.17 (37.91)	4:53.86 (37.69)	
5:31.54 (37.68)	6:09.36 (37.82)	6:47.13 (37.77)	7:24.95 (37.82)	
8:02.78 (37.83)	8:40.70 (37.92)	9:17.75 (37.05)	9:53.51 (35.76)	
4 Short, Mollie	15	Neath Asc	10:21.95	10:30.88
33.15	1:09.80 (36.65)	1:47.87 (38.07)	2:26.33 (38.46)	
3:05.67 (39.34)	3:45.59 (39.92)	4:26.72 (41.13)	5:07.19 (40.47)	
5:48.09 (40.90)	6:29.10 (41.01)	7:10.75 (41.65)	7:52.56 (41.81)	
8:34.02 (41.46)	9:15.00 (40.98)	9:54.32 (39.32)	10:30.88 (36.56)	
5 Holdsworth, Jasmine	15	Celtic Dolphins	10:38.09	10:45.81
35.03	1:14.47 (39.44)	1:54.44 (39.97)	2:34.40 (39.96)	
3:14.37 (39.97)	3:54.93 (40.56)	4:35.29 (40.36)	5:16.02 (40.73)	
5:57.29 (41.27)	6:38.82 (41.53)	7:20.24 (41.42)	8:01.83 (41.59)	
8:43.03 (41.20)	9:24.52 (41.49)	10:05.39 (40.87)	10:45.81 (40.42)	
6 Fletcher, Chloe	15	Haverfordwest Swimming Club	10:57.57	10:55.45
34.00	1:12.76 (38.76)	1:53.43 (40.67)	2:34.91 (41.48)	
3:16.29 (41.38)	3:58.43 (42.14)	4:40.45 (42.02)	5:22.73 (42.28)	
6:04.65 (41.92)	6:46.46 (41.81)	7:28.47 (42.01)	8:10.44 (41.97)	
8:52.53 (42.09)	9:34.22 (41.69)	10:15.58 (41.36)	10:55.45 (39.87)	
7 Laugharne, Zoe	16	Celtic Dolphins	11:16.11	10:59.69
35.54	1:15.40 (39.86)	1:56.37 (40.97)	2:37.00 (40.63)	
3:18.97 (41.97)	4:00.71 (41.74)	4:43.43 (42.72)	5:26.48 (43.05)	
6:08.62 (42.14)	6:50.64 (42.02)	7:33.24 (42.60)	8:15.17 (41.93)	
8:58.24 (43.07)	9:40.22 (41.98)	10:22.04 (41.82)	10:59.69 (37.65)	

**West Wales Regionals 2017 - 03/02/2017 to 12/02/2017****Results - Session 1 - Warmup 5.30pm****Event 2 Girls 17 & Over 800 SC Meter Freestyle (HDW)**

<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1 Thomas, Carys A	19	Fishguard Flyers SC	9:03.18	9:11.13
31.05	1:05.16 (34.11)	1:39.92 (34.76)	2:14.63 (34.71)	
2:49.38 (34.75)	3:23.83 (34.45)	3:58.62 (34.79)	4:33.59 (34.97)	
5:08.28 (34.69)	5:42.81 (34.53)	6:17.76 (34.95)	6:52.40 (34.64)	
7:27.17 (34.77)	8:02.05 (34.88)	8:36.81 (34.76)	9:11.13 (34.32)	