

**West Wales Regionals 2018 - 02/02/2018 to 11/02/2018****Results - Session 5 - Warmup 08.00am****Event 19 Girls 11 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Prelim Time	Finals Time	Points
<b>Finals</b>					
1 Demery, Porsche E	11	Swansea Aquatics	32.64	32.82	
2 Peter, Sophie C	11	Swansea Aquatics	33.90	33.51	
3 Knowles, Amy A	11	Haverfordwest Swimming Club	33.67	33.65	
4 Smart, Charlotte E	11	Swansea Aquatics	34.03	34.07	
5 Thomas, Ffion	11	Neath Asc	34.36	34.21	
6 Gilligan, Gracie	11	Neath Asc	34.81	34.60	
7 Sherman Higgs, Tirion	11	Aberystwyth sc	34.97	34.99	
8 Edwards, Izzy M	11	Swansea Aquatics	35.10	36.23	

**Event 19 Girls 11 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Demery, Porsche E	11	Swansea Aquatics	33.35	32.64	q
2 Knowles, Amy A	11	Haverfordwest Swimming Club	35.23	33.67	q
3 Peter, Sophie C	11	Swansea Aquatics	35.38	33.90	q
4 Smart, Charlotte E	11	Swansea Aquatics	33.98	34.03	q
5 Thomas, Ffion	11	Neath Asc	33.80	34.36	q
6 Gilligan, Gracie	11	Neath Asc	33.87	34.81	q
7 Sherman Higgs, Tirion	11	Aberystwyth sc	35.64	34.97	q
8 Edwards, Izzy M	11	Swansea Aquatics	35.92	35.10	q
9 Thomas, Grace	11	Milford Haven Swim Squad	37.19	35.66	
10 Sullivan, Katie	11	Celtic Dolphins	38.03	36.71	
11 Busby, Lily	11	Pembroke & District	38.05	37.04	
12 Williams, Ellie	11	Tenby & District	38.71	37.13	
13 Tyrrell, Kiera	11	Celtic Dolphins	38.15	37.37	
14 Puglia-Walburg, Alessia	11	Milford Haven Swim Squad	39.13	37.80	
15 Thomas, Betsi H	11	Swansea Aquatics	38.04	38.57	
16 McDonald, Erin	11	Haverfordwest Swimming Club	43.27	38.88	
17 Francis, Heledd G	11	Swansea Aquatics	41.01	39.39	
18 Allen, Erin	11	Haverfordwest Swimming Club	40.03	39.75	
19 Williams, Hollie	11	Llanelli Asc	41.48	41.22	
20 Devonald, Niamh	11	Haverfordwest Swimming Club	42.20	42.21	
21 Brown, Caitlin	11	Amman Valley Swimming Club	43.60	42.51	
22 Thompson, Carys	11	Pembroke & District	45.58	45.20	
23 Banks, Eva	11	Fishguard Flyers SC	44.48	45.32	

**Event 19 Girls 12 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Prelim Time	Finals Time	Points
<b>Finals</b>					
1 Lewis, Lowri	12	Neath Asc	31.22	30.76	
2 Patterson, Millie	12	Carmarthen	31.38	31.07	
3 Llewellyn, Nia	12	Haverfordwest Swimming Club	32.55	32.81	
4 Phillips, Erin	12	Celtic Dolphins	33.25	33.10	
5 Reed, Kayleigh	12	Fishguard Flyers SC	33.46	33.51	
6 Morris, Lili	12	Celtic Dolphins	34.10	34.35	
7 Jones, Holli K	12	Swansea Aquatics	34.17	34.55	
8 Thomas, Seren M	12	Swansea Aquatics	35.16	35.08	

**Event 19 Girls 12 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Lewis, Lowri	12	Neath Asc	31.35	31.22	q
2 Patterson, Millie	12	Carmarthen	30.94	31.38	q
3 Llewellyn, Nia	12	Haverfordwest Swimming Club	32.86	32.55	q

**West Wales Regionals 2018 - 02/02/2018 to 11/02/2018****Results - Session 5 - Warmup 08.00am****Preliminaries ... (Event 19 Girls 12 Year Olds 50 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Prelim Time	
4 Phillips, Erin	12	Celtic Dolphins	34.28	33.25	q
5 Reed, Kayleigh	12	Fishguard Flyers SC	34.22	33.46	q
6 Morris, Lili	12	Celtic Dolphins	33.98	34.10	q
7 Jones, Holli K	12	Swansea Aquatics	34.37	34.17	q
8 Thomas, Seren M	12	Swansea Aquatics	34.31	35.16	q
9 Bray, Bethan	12	Celtic Dolphins	36.12	J35.16	
10 Roberts, Emily	12	Carmarthen	35.42	35.68	
11 Haley, Roxy H	12	Tenby & District	39.96	35.78	
12 Webb, Alys	12	Haverfordwest Swimming Club	35.79	36.04	
13 James, Nia	12	Haverfordwest Swimming Club	36.88	36.21	
14 Sturley, Maggie M	12	Pembroke & District	36.61	36.38	
15 Pugh, Kara	12	Haverfordwest Swimming Club	36.19	36.44	
16 Evans, Caitlin	12	Neath Asc	35.28	36.48	
17 Callen, Holly-Jane	12	Pembroke & District	37.53	36.52	
18 Thomas, Abigail G	12	Pembroke & District	37.62	36.62	
19 Powell, Jessica	12	Haverfordwest Swimming Club	37.13	36.92	
20 Hale, Chloe	12	Haverfordwest Swimming Club	36.65	37.34	
21 Carroll, Leah	12	Pembroke & District	37.87	37.92	
22 Corbett, Freyja	12	Tenby & District	44.19	38.33	
23 Owen, Nia T	12	Swansea Aquatics	38.74	38.58	
24 Owen, Ffion	12	Fishguard Flyers SC	42.28	39.44	
25 Rowland, Cleo	12	Milford Haven Swim Squad	41.15	39.57	
26 Collier, Mari	12	Carmarthen	41.04	40.12	
27 Southam, Sophie	12	Llanelli Asc	41.01	41.63	

**Event 20 Boys 11 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Prelim Time	Finals Time	Points
<b>Finals</b>					
1 Ardern, James	11	Tenby & District	1:33.85	1:35.37	
44.15		1:35.37 (51.22)			
2 Thomas, Dewi	11	Haverfordwest Swimming Club	1:42.50	1:40.63	
48.34		1:40.63 (52.29)			
3 Phillips, Alistair	11	Celtic Dolphins	1:43.41	1:41.03	
47.89		1:41.03 (53.14)			
4 Butcher, Benjamin	11	Haverfordwest Swimming Club	1:40.68	1:41.21	
5 Thomas, Iestyn	11	Neath Asc	1:43.07	1:43.15	
49.03		1:43.15 (54.12)			
6 Fletcher, Owen	11	Haverfordwest Swimming Club	1:48.69	1:46.01	
50.81		1:46.01 (55.20)			
7 Upton-Boorman, Liam	11	Carmarthen	1:50.25	1:51.04	
52.20		1:51.04 (58.84)			
8 Richards, Aled	11	Celtic Dolphins	1:52.73	1:53.13	
55.60		1:53.13 (57.53)			

**Event 20 Boys 11 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Ardern, James	11	Tenby & District	1:37.96	1:33.85	q
44.42		1:33.85 (49.43)			
2 Butcher, Benjamin	11	Haverfordwest Swimming Club	1:38.50	1:40.68	q
3 Thomas, Dewi	11	Haverfordwest Swimming Club	1:49.97	1:42.50	q
48.52		1:42.50 (53.98)			
4 Thomas, Iestyn	11	Neath Asc	1:46.89	1:43.07	q
50.17		1:43.07 (52.90)			
5 Phillips, Alistair	11	Celtic Dolphins	1:44.37	1:43.41	q
48.39		1:43.41 (55.02)			

**West Wales Regionals 2018 - 02/02/2018 to 11/02/2018****Results - Session 5 - Warmup 08.00am****Preliminaries ... (Event 20 Boys 11 Year Olds 100 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Prelim Time	
6 Fletcher, Owen	11	Haverfordwest Swimming Club	1:49.15	1:48.69	q
50.42	1:48.69 (58.27)				
7 Upton-Boorman, Liam	11	Carmarthen	1:53.04	1:50.25	q
50.91	1:50.25 (59.34)				
8 Richards, Aled	11	Celtic Dolphins	1:53.03	1:52.73	q
54.02	1:52.73 (58.71)				
9 Thomas, Evan	11	Celtic Dolphins	1:54.67	1:52.88	
53.18	1:52.88 (59.70)				

**Event 20 Boys 12 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Prelim Time	Finals Time	Points
<b>Finals</b>					
1 Marsh, Gabe	12	Milford Haven Swim Squad	1:32.91	1:33.38	
45.80	1:33.38 (47.58)				
2 Willis, Morgan J	12	Swansea Aquatics	1:35.08	1:35.14	
44.97	1:35.14 (50.17)				
3 Thomas, Jac	12	Neath Asc	1:36.77	1:35.41	
45.03	1:35.41 (50.38)				
4 Griffin, Davie	12	Celtic Dolphins	1:44.93	1:43.71	
50.51	1:43.71 (53.20)				
5 Hillary, Benjamin	12	Pembroke & District	1:42.36	1:44.04	
48.45	1:44.04 (55.59)				
6 Swinton, Christopher J	12	Swansea Aquatics	1:45.58	1:46.59	
49.56	1:46.59 (57.03)				
7 Greenaway, Thomas W	12	Swansea Aquatics	1:48.90	1:47.70	
50.58	1:47.70 (57.12)				
8 Sparks, Harry	12	Carmarthen	1:51.36	1:52.01	
51.14	1:52.01 (1:00.87)				

**Event 20 Boys 12 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Marsh, Gabe	12	Milford Haven Swim Squad	1:36.15	1:32.91	q
44.86	1:32.91 (48.05)				
2 Willis, Morgan J	12	Swansea Aquatics	1:37.70	1:35.08	q
44.86	1:35.08 (50.22)				
3 Thomas, Jac	12	Neath Asc	1:43.49	1:36.77	q
45.92	1:36.77 (50.85)				
4 Hillary, Benjamin	12	Pembroke & District	1:45.93	1:42.36	q
48.71	1:42.36 (53.65)				
5 Griffin, Davie	12	Celtic Dolphins	1:54.01	1:44.93	q
49.96	1:44.93 (54.97)				
6 Swinton, Christopher J	12	Swansea Aquatics	1:46.22	1:45.58	q
49.02	1:45.58 (56.56)				
7 Greenaway, Thomas W	12	Swansea Aquatics	1:45.10	1:48.90	q
51.61	1:48.90 (57.29)				
8 Sparks, Harry	12	Carmarthen	1:51.28	1:51.36	q
51.44	1:51.36 (59.92)				
9 Lister, Edward	12	Pembroke & District	1:54.99	1:56.16	
54.40	1:56.16 (1:01.76)				

**Event 21 Girls 13 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Prelim Time	Finals Time	Points
<b>Finals</b>					
1 Evans, Bethan	13	Neath Asc	1:05.28	1:03.89	
31.26	1:03.89 (32.63)				

**West Wales Regionals 2018 - 02/02/2018 to 11/02/2018****Results - Session 5 - Warmup 08.00am****Finals ... (Event 21 Girls 13 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Prelim Time	Finals Time	Points
2 Lloyd, Ruby C	13	Swansea Aquatics	1:05.81	1:04.69	
32.10	1:04.69 (32.59)				
3 Fox, Eve L	13	Swansea Aquatics	1:06.93	1:05.96	
32.04	1:05.96 (33.92)				
4 Sandy, Jess	13	Milford Haven Swim Squad	1:08.58	1:08.19	
33.08	1:08.19 (35.11)				
5 Burgess, Sienna	13	Neath Asc	1:07.58	1:08.40	
32.91	1:08.40 (35.49)				
6 Jones, Holly-Ellice	13	Carmarthen	1:09.56	1:09.73	
32.96	1:09.73 (36.77)				
7 Tucker, Natalie E	13	Swansea Aquatics	1:09.48	1:09.94	
33.78	1:09.94 (36.16)				
8 Garcia de Leaniz, Sofia	13	Swansea Aquatics	1:09.99	1:10.66	
33.95	1:10.66 (36.71)				

**Event 21 Girls 13 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Evans, Bethan	13	Neath Asc	1:05.84	1:05.28	q
31.40	1:05.28 (33.88)				
2 Lloyd, Ruby C	13	Swansea Aquatics	1:05.93	1:05.81	q
32.31	1:05.81 (33.50)				
3 Fox, Eve L	13	Swansea Aquatics	1:05.46	1:06.93	q
32.44	1:06.93 (34.49)				
4 Burgess, Sienna	13	Neath Asc	1:05.85	1:07.58	q
32.19	1:07.58 (35.39)				
5 Sandy, Jess	13	Milford Haven Swim Squad	1:09.01	1:08.58	q
33.37	1:08.58 (35.21)				
6 Tucker, Natalie E	13	Swansea Aquatics	1:08.40	1:09.48	q
33.71	1:09.48 (35.77)				
7 Jones, Holly-Ellice	13	Carmarthen	1:10.64	1:09.56	q
32.89	1:09.56 (36.67)				
8 Garcia de Leaniz, Sofia	13	Swansea Aquatics	1:09.40	1:09.99	q
33.65	1:09.99 (36.34)				
9 Scott, Summer	13	Swansea Aquatics	1:09.83	1:11.19	
33.56	1:11.19 (37.63)				
10 Crocker, Jasmyn	13	Llanelli Asc	1:11.82	1:11.96	
33.34	1:11.96 (38.62)				
11 Wilkins, Maia M	13	Swansea Aquatics	1:10.24	1:12.06	
35.01	1:12.06 (37.05)				
12 Jones, Jodie	13	Carmarthen	1:15.78	1:12.43	
33.54	1:12.43 (38.89)				
13 Johns, Ffion C	13	Swansea Aquatics	1:13.94	1:12.45	
34.97	1:12.45 (37.48)				
14 Watts, Non	13	Celtic Dolphins	1:11.79	1:12.74	
35.06	1:12.74 (37.68)				
15 Gillett, Keira J	13	Swansea Aquatics	1:14.18	1:13.75	
35.66	1:13.75 (38.09)				
16 Curtis-Jones, Llian M	13	Celtic Dolphins	1:09.78	1:13.82	
35.23	1:13.82 (38.59)				
17 Rice, Aimee L	13	Carmarthen	1:15.33	1:14.03	
35.35	1:14.03 (38.68)				
18 Spiller, Toni E	13	Tenby & District	1:22.93	1:14.18	
34.96	1:14.18 (39.22)				
19 Francis, Mirain I	13	Swansea Aquatics	1:16.79	1:15.62	
34.47	1:15.62 (41.15)				

**West Wales Regionals 2018 - 02/02/2018 to 11/02/2018****Results - Session 5 - Warmup 08.00am****Preliminaries ... (Event 21 Girls 13 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Prelim Time
20 White, Amy V	13	Haverfordwest Swimming Club	1:16.50	1:19.24
36.68				1:19.24 (42.56)
21 Jones, Neve	13	Neath Asc	1:23.33	1:19.37
37.30				1:19.37 (42.07)
--- Moses, Ffion M	13	Haverfordwest Swimming Club	1:09.28	DQ
33.07				DQ (35.66)

**Event 21 Girls 14 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Prelim Time	Finals Time	Points
<b>Finals</b>					
1 Whalley, Charlotte	14	Pembroke & District	1:01.00	1:00.55	
29.36				1:00.55 (31.19)	
2 Powell, Megan B	14	Swansea Aquatics	1:05.80	1:05.77	
31.82				1:05.77 (33.95)	
3 Rees, Emily	14	Llanelli Asc	1:06.04	1:05.98	
31.59				1:05.98 (34.39)	
4 Pearce, Molly	14	Llanelli Asc	1:07.63	1:08.20	
33.08				1:08.20 (35.12)	
5 Evans, Caitlin R	14	Swansea Aquatics	1:08.72	1:08.82	
33.43				1:08.82 (35.39)	
6 Greenwood, Hannah	14	Pembroke & District	1:08.54	1:09.06	
32.37				1:09.06 (36.69)	
7 Clack, Lucy	14	Carmarthen	1:10.11	1:09.17	
33.48				1:09.17 (35.69)	
8 Dunning, Ffion	14	Llanelli Asc	1:12.19	1:13.18	
35.06				1:13.18 (38.12)	

**Event 21 Girls 14 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Whalley, Charlotte	14	Pembroke & District	1:00.20	1:01.00	a
29.34				1:01.00 (31.66)	
2 Powell, Megan B	14	Swansea Aquatics	1:05.29	1:05.80	a
31.51				1:05.80 (34.29)	
3 Rees, Emily	14	Llanelli Asc	1:05.10	1:06.04	a
31.79				1:06.04 (34.25)	
4 Pearce, Molly	14	Llanelli Asc	1:07.56	1:07.63	a
33.06				1:07.63 (34.57)	
5 Greenwood, Hannah	14	Pembroke & District	1:13.83	1:08.54	a
32.41				1:08.54 (36.13)	
6 Evans, Caitlin R	14	Swansea Aquatics	1:08.52	1:08.72	a
33.25				1:08.72 (35.47)	
7 Clack, Lucy	14	Carmarthen	1:09.62	1:10.11	a
34.11				1:10.11 (36.00)	
8 Dunning, Ffion	14	Llanelli Asc	1:10.31	1:12.19	a
35.07				1:12.19 (37.12)	
9 Griffiths, Seren	14	Haverfordwest Swimming Club	1:11.45	1:12.44	
35.53				1:12.44 (36.91)	
10 Glover, Katie	14	Neath Asc	1:15.33	1:15.03	
36.07				1:15.03 (38.96)	
11 Williams, Ffion	14	Haverfordwest Swimming Club	1:15.65	1:16.46	
36.05				1:16.46 (40.41)	
12 Hughes, Harriet	14	Haverfordwest Swimming Club	1:17.54	1:20.88	
37.51				1:20.88 (43.37)	

**West Wales Regionals 2018 - 02/02/2018 to 11/02/2018****Results - Session 5 - Warmup 08.00am****Event 21 Girls 15-16 100 SC Meter Freestyle**

Name	Age	Team	Prelim Time	Finals Time	Points
<b>Finals</b>					
1 Ezard, Emily	16	Neath Asc	1:02.35	1:01.95	
29.76	1:01.95 (32.19)				
2 Willis, Ashleigh J	16	Swansea Aquatics	1:04.02	1:03.77	
30.71	1:03.77 (33.06)				
3 Roberts, Alice	15	Carmarthen	1:03.70	1:03.85	
31.15	1:03.85 (32.70)				
4 Jones, Bethan	15	Pembroke & District	1:04.65	1:04.20	
31.29	1:04.20 (32.91)				
5 Conlon, Nia	15	Carmarthen	1:05.73	1:04.21	
31.64	1:04.21 (32.57)				
6 Llewellyn, Rosie	16	Pembroke & District	1:04.71	1:04.35	
31.27	1:04.35 (33.08)				
7 Robinson, Francesca S	15	Haverfordwest Swimming Club	1:06.13	1:05.72	
31.45	1:05.72 (34.27)				
8 Cressey-Rodgers, Deryn H	15	Carmarthen	1:06.39	1:08.35	
33.15	1:08.35 (35.20)				

**Event 21 Girls 15-16 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Ezard, Emily	16	Neath Asc	1:01.44	1:02.35	a
29.81	1:02.35 (32.54)				
2 Roberts, Alice	15	Carmarthen	1:04.05	1:03.70	a
30.95	1:03.70 (32.75)				
3 Willis, Ashleigh J	16	Swansea Aquatics	1:03.99	1:04.02	a
30.47	1:04.02 (33.55)				
4 Jones, Bethan	15	Pembroke & District	1:02.63	1:04.65	a
30.38	1:04.65 (34.27)				
5 Llewellyn, Rosie	16	Pembroke & District	1:05.07	1:04.71	a
31.22	1:04.71 (33.49)				
6 Conlon, Nia	15	Carmarthen	1:06.23	1:05.73	a
31.92	1:05.73 (33.81)				
7 Robinson, Francesca S	15	Haverfordwest Swimming Club	1:05.48	1:06.13	a
31.94	1:06.13 (34.19)				
8 Cressey-Rodgers, Deryn H	15	Carmarthen	1:06.16	1:06.39	a
32.38	1:06.39 (34.01)				
9 Davies, Cari L	15	Aberystwyth sc	1:07.43	1:06.45	
32.85	1:06.45 (33.60)				
10 Davies, Charlotte	15	Neath Asc	1:04.91	1:06.53	
31.75	1:06.53 (34.78)				
11 Short, Mollie	16	Neath Asc	1:05.16	1:06.89	
31.85	1:06.89 (35.04)				
12 Jones, Ffion	15	Swansea Aquatics	1:08.35	1:07.17	
32.66	1:07.17 (34.51)				
13 Holdsworth, Jasmine	16	Celtic Dolphins	1:07.67	1:08.15	
32.84	1:08.15 (35.31)				
14 Warlow, Grace E	15	Neath Asc	1:09.27	1:08.45	
33.21	1:08.45 (35.24)				
15 Williams, Danielle R	15	Swansea Aquatics	1:08.82	1:08.48	
33.40	1:08.48 (35.08)				
16 Grigg-Williams, Chloe	15	Penyrheol	1:11.30	1:09.96	
34.23	1:09.96 (35.73)				
17 Glover, Alysia	16	Neath Asc	1:09.12	1:10.00	
33.29	1:10.00 (36.71)				

**West Wales Regionals 2018 - 02/02/2018 to 11/02/2018****Results - Session 5 - Warmup 08.00am****Preliminaries ... (Event 21 Girls 15-16 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Prelim Time
18 Brooks-Thomas, Tilly E 33.94	15	Swansea Aquatics	1:11.47	1:11.05
19 Fice, Rachel 34.46	16	Carmarthen	1:11.13	1:11.52
20 Martin-Evans, Lillie L 35.89	15	Neath Asc	1:11.27	1:14.29
21 Howells, Charlotte E 35.93	15	Swansea Aquatics	1:18.46	1:17.28
--- Shiels, Georgia 33.50	15	Pembroke & District	1:17.08	DQ

**Event 21 Girls 17 & Over 100 SC Meter Freestyle**

Name	Age	Team	Prelim Time	Finals Time	Points
<b>Finals</b>					
1 Davies, Cerys 29.02	20	Carmarthen	59.51	59.80	
2 Morgan, Rebeca 29.34	17	Carmarthen	1:02.67	1:01.77	
3 Davies, Cara J 31.10	17	Swansea Aquatics	1:04.07	1:03.77	
4 Harding, Lucy 30.78	17	Haverfordwest Swimming Club	1:02.18	1:03.79	
5 Jones, Niamh 31.24	18	Swansea Aquatics	1:04.62	1:04.17	
6 Williams, Rhiannon B 31.68	17	Swansea Aquatics	1:06.26	1:05.22	
7 Nicholls, Jasmine F 32.06	17	Swansea Aquatics	1:05.62	1:05.59	

**Event 21 Girls 17 & Over 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Davies, Cerys 28.66	20	Carmarthen	1:00.21	59.51	a
2 Harding, Lucy 30.11	17	Haverfordwest Swimming Club	1:00.48	1:02.18	a
3 Morgan, Rebeca 29.60	17	Carmarthen	1:01.45	1:02.67	a
4 Davies, Cara J 30.97	17	Swansea Aquatics	1:01.73	1:04.07	a
5 Jones, Niamh 31.37	18	Swansea Aquatics	1:05.72	1:04.62	a
6 Nicholls, Jasmine F 31.71	17	Swansea Aquatics	1:04.70	1:05.62	a
7 Williams, Rhiannon B 31.96	17	Swansea Aquatics	1:07.57	1:06.26	a

**Event 22 Girls 11 Year Olds 200 SC Meter IM (HDW)**

Name	Age	Team	Seed Time	Finals Time	Points
1 Demery, Porsche E 38.72	11	Swansea Aquatics	2:58.39	2:56.19	
2 Knowles, Amy A 37.85	11	Haverfordwest Swimming Club	3:03.37	2:58.72	
3 Thomas, Ffion 40.52	11	Neath Asc	3:11.47	3:05.84	
4 Edwards, Izzy M 44.65	11	Swansea Aquatics	3:23.23	3:16.13	

**West Wales Regionals 2018 - 02/02/2018 to 11/02/2018****Results - Session 5 - Warmup 08.00am****(Event 22 Girls 11 Year Olds 200 SC Meter IM (HDW))**

Name	Age	Team	Seed Time	Finals Time	Points
5 Thomas, Betsi H	11	Swansea Aquatics	3:39.01	3:38.26	
1:46.25		2:52.82 ( )	3:38.26 (45.44)		
6 Allen, Erin	11	Haverfordwest Swimming Club	3:36.83	3:39.15	
57.02	1:49.11 (52.09)	2:52.48 (1:03.37)	3:39.15 (46.67)		
7 Francis, Heledd G	11	Swansea Aquatics	3:46.42	3:45.90	
56.13	1:50.60 (54.47)	2:55.26 (1:04.66)	3:45.90 (50.64)		
--- Sullivan, Katie	11	Celtic Dolphins	3:22.74	DQ	
49.04	1:37.28 (48.24)	2:41.34 (1:04.06)	DQ (41.05)		
--- Sherman Higgs, Tirion	11	Aberystwyth sc	3:29.70	DQ	
46.64	1:34.79 (48.15)	2:39.18 (1:04.39)	DQ (41.33)		
--- Thomas, Grace	11	Milford Haven Swim Squad	3:12.75	DQ	
41.61	1:32.11 (50.50)	2:30.73 (58.62)	DQ (40.32)		
--- Tyrrell, Kiera	11	Celtic Dolphins	3:21.44	DQ	
51.41	1:42.67 (51.26)	2:42.87 (1:00.20)	DQ (43.09)		

**Event 22 Girls 12 Year Olds 200 SC Meter IM (HDW)**

Name	Age	Team	Seed Time	Finals Time	Points
1 Patterson, Millie	12	Carmarthen	2:46.76	2:46.54	
37.00	1:18.83 (41.83)	2:08.74 (49.91)	2:46.54 (37.80)		
2 Lewis, Lowri	12	Neath Asc	3:01.35	2:56.66	
38.88	1:24.15 (45.27)	2:18.64 (54.49)	2:56.66 (38.02)		
3 Phillips, Erin	12	Celtic Dolphins	3:01.33	2:57.42	
40.36	1:25.98 (45.62)	2:17.78 (51.80)	2:57.42 (39.64)		
4 Thomas, Seren M	12	Swansea Aquatics	3:14.41	3:05.41	
43.63	1:33.60 (49.97)	2:24.65 (51.05)	3:05.41 (40.76)		
5 Evans, Caitlin	12	Neath Asc	3:07.37	3:05.52	
41.52	1:30.55 (49.03)	2:24.10 (53.55)	3:05.52 (41.42)		
6 Jones, Holli K	12	Swansea Aquatics	3:03.53	3:06.62	
43.15	1:32.04 (48.89)	2:28.30 (56.26)	3:06.62 (38.32)		
7 White, Eleanor R	12	Haverfordwest Swimming Club	3:07.37	3:06.71	
38.38	1:29.86 (51.48)	2:23.98 (54.12)	3:06.71 (42.73)		
8 Morris, Lili	12	Celtic Dolphins	3:07.10	3:06.92	
41.76	1:29.21 (47.45)	2:25.83 (56.62)	3:06.92 (41.09)		
9 Williams, Freya	12	Milford Haven Swim Squad	3:03.60	3:08.57	
41.81	1:25.84 (44.03)	2:24.18 (58.34)	3:08.57 (44.39)		
10 Callen, Holly-Jane	12	Pembroke & District	3:23.76	3:13.31	
48.95	1:40.24 (51.29)	2:30.80 (50.56)	3:13.31 (42.51)		
11 Webb, Alys	12	Haverfordwest Swimming Club	3:16.49	3:14.10	
43.24	1:33.98 (50.74)	2:30.24 (56.26)	3:14.10 (43.86)		
12 Goddard, Evie E	12	Haverfordwest Swimming Club	3:22.18	3:14.51	
44.68	1:35.20 (50.52)	2:30.43 (55.23)	3:14.51 (44.08)		
13 Hale, Chloe	12	Haverfordwest Swimming Club	3:15.70	3:17.87	
46.67	1:36.49 (49.82)	2:33.51 (57.02)	3:17.87 (44.36)		
14 James, Nia	12	Haverfordwest Swimming Club	3:26.64	3:18.95	
46.75	1:33.76 (47.01)	2:34.19 (1:00.43)	3:18.95 (44.76)		
15 Thomas, Abigail G	12	Pembroke & District	3:19.68	3:19.90	
46.49	1:38.90 (52.41)	2:38.71 (59.81)	3:19.90 (41.19)		
16 Roberts, Emily	12	Carmarthen	3:09.55	3:20.32	
43.03	1:36.76 (53.73)	2:33.41 (56.65)	3:20.32 (46.91)		
17 Pugh, Kara	12	Haverfordwest Swimming Club	3:25.47	3:22.14	
46.72	1:38.80 (52.08)	2:38.30 (59.50)	3:22.14 (43.84)		
18 Sturley, Maggie M	12	Pembroke & District	3:37.40	3:27.52	
44.34	1:37.59 (53.25)	2:42.03 (1:04.44)	3:27.52 (45.49)		
19 Owen, Nia T	12	Swansea Aquatics	3:32.48	3:37.28	
53.55	1:44.06 (50.51)	2:49.82 (1:05.76)	3:37.28 (47.46)		
--- Carroll, Leah	12	Pembroke & District	3:18.73	DQ	
48.49	1:39.64 (51.15)	2:38.52 (58.88)	DQ (47.54)		



**West Wales Regionals 2018 - 02/02/2018 to 11/02/2018****Results - Session 5 - Warmup 08.00am****Event 23 Boys 13 Year Olds 200 SC Meter Backstroke (HDW)**

Name	Age	Team	Seed Time	Finals Time	Points
1 Gwynne-Jones, Dylan	13	Carmarthen	2:49.28	2:38.72	
36.28	1:17.49 (41.21)	1:58.95 (41.46)	2:38.72 (39.77)		
2 Cressey-Rodgers, Ioan	13	Carmarthen	2:48.24	2:45.81	
39.08	1:20.99 (41.91)	2:04.65 (43.66)	2:45.81 (41.16)		
3 Conlon, Aled L	13	Carmarthen	2:44.45	2:47.36	
38.28	1:20.91 (42.63)	2:04.29 (43.38)	2:47.36 (43.07)		
4 Schmidt, Hans	13	Fishguard Flyers SC	2:59.05	2:50.49	
39.46	1:23.54 (44.08)	2:08.32 (44.78)	2:50.49 (42.17)		
5 Ralph, Robbie	13	Haverfordwest Swimming Club	2:59.08	3:01.70	
42.96	1:29.35 (46.39)	2:17.22 (47.87)	3:01.70 (44.48)		

**Event 23 Boys 14 Year Olds 200 SC Meter Backstroke (HDW)**

Name	Age	Team	Seed Time	Finals Time	Points
1 Sturley, Toby	14	Pembroke & District	2:28.91	2:27.29	
35.73	1:12.78 (37.05)	1:51.25 (38.47)	2:27.29 (36.04)		
2 Fitzsimmons, Arron	14	Pembroke & District	2:29.84	2:30.67	
34.88	1:13.32 (38.44)	1:53.05 (39.73)	2:30.67 (37.62)		
--- Morgan, Dylan	14	Carmarthen	2:26.82	DQ	
31.79	1:07.10 (35.31)	1:43.22 (36.12)	DQ (35.96)		

**Event 23 Boys 15-16 200 SC Meter Backstroke (HDW)**

Name	Age	Team	Seed Time	Finals Time	Points
1 Govier, Jack	15	Neath Asc	2:15.79	2:12.96	
31.57	1:05.21 (33.64)	1:39.43 (34.22)	2:12.96 (33.53)		
2 Morgan, Deian S	16	Carmarthen	2:14.83	2:13.81	
30.72	1:04.39 (33.67)	1:39.47 (35.08)	2:13.81 (34.34)		
3 Wells, Lewis	15	Neath Asc	2:29.80	2:26.03	
33.99	1:11.06 (37.07)	1:50.13 (39.07)	2:26.03 (35.90)		
4 Williams, Osian C	15	Swansea Aquatics	2:29.41	2:27.38	
35.01	1:12.82 (37.81)	1:50.76 (37.94)	2:27.38 (36.62)		
5 Dunning, Luke	16	Llanelli Asc	2:37.30	2:31.68	
35.59	1:14.24 (38.65)	1:52.82 (38.58)	2:31.68 (38.86)		
6 Berry, Matthew	16	Haverfordwest Swimming Club	2:32.22	2:32.93	
35.54	1:14.88 (39.34)	1:55.76 (40.88)	2:32.93 (37.17)		
7 Greenway, Morgan S	15	Swansea Aquatics	2:38.44	2:35.43	
34.73	1:14.69 (39.96)	1:56.14 (41.45)	2:35.43 (39.29)		
8 Kelly, Dean L	16	Haverfordwest Swimming Club	2:44.02	2:46.34	
37.68	1:20.05 (42.37)	2:04.00 (43.95)	2:46.34 (42.34)		

**Event 23 Boys 17 & Over 200 SC Meter Backstroke (HDW)**

Name	Age	Team	Seed Time	Finals Time	Points
1 Davies, Rhys	17	Fishguard Flyers SC	2:12.89	2:13.99	
30.99	1:03.94 (32.95)	1:39.39 (35.45)	2:13.99 (34.60)		
2 Thomas, Daniel J	21	Swansea Aquatics	2:13.81	2:20.96	
32.70	1:08.23 (35.53)	1:44.89 (36.66)	2:20.96 (36.07)		

**Event 219 Girls 11-12 50 SC Meter Freestyle Swim-off**

Name	Age	Team	Seed Time	Finals Time	Points
<b>- Swim-off</b>					
1 Thomas, Seren M	12	Swansea Aquatics	NT	33.65	
2 Bray, Bethan	12	Celtic Dolphins	NT	34.25	