

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 3 - Warmup 10.55 - 11.55am****Event 301 Boys 11 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Douglas, Lucas	11	Carmarthen	41.73	39.36
2 Hale, Oliver S	11	City of Swansea Aquatics Club	46.46	43.17
3 Davies, Tyler	11	Milford Haven	50.56	51.25

**Event 301 Boys 12 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Thomas, Iolo	12	Neath SC	37.81	36.82
2 Phillips, Finley	12	Carmarthen	41.29	40.41
3 Williams, Thomas	12	Llanelli	47.04	42.01
4 Cleave, Ben	12	Celtic Dolphins	46.65	44.86
5 Cundy, Zach	12	City of Swansea Aquatics Club	48.90	44.87
6 Thomas, Rhys	12	Haverfordwest	48.99	45.23
7 Jones, Finn	12	Neath SC	48.13	45.47
--- Beynon, Aaron	12	Fishguard Flyers	48.32	DQ

**Event 301 Boys 13 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 West, Dexter	13	Fishguard Flyers	35.22	33.88
2 Twigger, Owen	13	City of Swansea Aquatics Club	38.10	36.38
3 Thomas, Sion	13	Haverfordwest	36.63	36.57
4 Silverstone, Sol	13	Haverfordwest	40.42	37.85
5 Bennett, Finley	13	Haverfordwest	40.17	38.22
6 Harris, Osian	13	Fishguard Flyers	39.59	39.10
7 Chapman, Coby L	13	Penyrheol	39.78	39.32
8 Marsh, Zac	13	Llanelli	43.45	39.86
9 Hetherington, Trystan	13	Neath SC	40.86	39.93
10 John, Thomas	13	Haverfordwest	41.58	40.17
11 Catley, Lewys	13	Penyrheol	40.56	41.36

**Event 301 Boys 14 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Montgomery, Sammy	14	Haverfordwest	31.19	30.23
2 Arnold, Jack I	14	City of Swansea Aquatics Club	32.60	31.64
3 Sellick, Fenn	14	City of Swansea Aquatics Club	33.60	32.16
4 Montague, Mason	14	Pembroke & District Asc	38.92	32.77
5 Richardson, Osian	14	City of Swansea Aquatics Club	37.10	33.30
6 Price, George	14	City of Swansea Aquatics Club	36.05	35.71
7 Diouf, Kaden S	14	City of Swansea Aquatics Club	36.93	35.74
8 Hedge, William	14	City of Swansea Aquatics Club	39.20	38.74

**Event 301 Boys 15 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Johnstone, Daniel	15	Carmarthen	29.59	29.99
2 Gillett, Oliver	15	City of Swansea Aquatics Club	32.70	32.01
3 Ardern, James	15	Tenby	33.06	32.04
4 Upton-Boorman, Liam	15	Carmarthen	31.50	32.14
5 Clarke, Henry	15	Penyrheol	34.37	34.24
6 Richards, Aled	15	Celtic Dolphins	36.45	35.93
7 Griffiths, Harry	15	Haverfordwest	39.36	38.31

**Event 301 Boys 16 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 West, Zac	16	Fishguard Flyers	29.58	29.04
2 Carver, Wil	16	City of Swansea Aquatics Club	31.55	31.65
3 Gubb, Harvey	16	Neath SC	31.83	32.06
--- Jones, Joseph	16	Neath SC	33.92	DQ

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 3 - Warmup 10.55 - 11.55am****Event 301 Boys 17 & Over 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Rodriguez, Antonio	18	City of Swansea Aquatics Club	27.64	27.07
2 White, Henry	18	Haverfordwest	28.01	28.13
3 Morris, Alexander	23	City of Swansea Aquatics Club	29.72	28.90
4 Burkett, Maximus	17	City of Swansea Aquatics Club	30.21	29.47
5 Thomas, Rhys A	17	City of Swansea Aquatics Club	29.70	29.67
6 Cole, Toby R	17	City of Swansea Aquatics Club	31.72	30.99
7 Fitzsimmons, Arron	18	Pembroke & District Asc	31.41	31.20
8 Schmidt, Hans	17	Fishguard Flyers	31.02	31.34
9 Francis, Woody	17	City of Swansea Aquatics Club	31.60	31.90
10 Jones, Garyn	17	Neath SC	34.03	33.85
11 David, Tom	17	Haverfordwest	35.53	34.68

**Event 302 Girls 11 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Dash, Amelie	11	Milford Haven	3:03.51	2:58.96
	42.64	1:27.94 (45.30) 2:14.53 (46.59)	2:58.96 (44.43)	
2 Galdes Cutting, Daisy	11	Haverfordwest	3:21.96	3:06.85
	45.15	1:33.16 (48.01) 2:22.94 (49.78)	3:06.85 (43.91)	

**Event 302 Girls 12 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Nichols, Grace	12	Haverfordwest	2:37.73	2:37.03
	37.21	1:16.46 (39.25) 1:56.87 (40.41)	2:37.03 (40.16)	
2 Arnold, Jessica R	12	City of Swansea Aquatics Club	3:06.73	2:56.09
	39.95	1:26.72 (46.77) 2:13.61 (46.89)	2:56.09 (42.48)	
3 Richardson, Beca	12	City of Swansea Aquatics Club	3:23.83	3:17.48
	47.02	1:38.57 (51.55) 2:30.72 (52.15)	3:17.48 (46.76)	
4 Stark, Tala	12	Fishguard Flyers	3:27.47	3:23.22
	46.17	1:37.60 (51.43) 3:23.30 (1:45.70)	3:23.22 ( )	

**Event 302 Girls 13 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Bruce, Skye	13	Pembroke & District Asc	3:00.69	2:58.13
	43.46	1:29.90 (46.44) 2:15.98 (46.08)	2:58.13 (42.15)	
2 Bowen, Elin	13	Carmarthen	3:03.77	3:03.64
	42.17	1:28.11 (45.94) 2:16.63 (48.52)	3:03.64 (47.01)	

**Event 302 Girls 14 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Evans, Sophie	14	Carmarthen	3:05.53	2:34.20
	35.83	1:16.05 (40.22) 1:55.46 (39.41)	2:34.20 (38.74)	
2 Thomas, Rhian	14	Haverfordwest	2:37.57	2:35.38
	36.99	1:16.73 (39.74) 1:57.38 (40.65)	2:35.38 (38.00)	
3 O'Mahoney, Kaitlin	14	Neath SC	2:42.82	2:39.89
	36.96	1:16.92 (39.96) 1:58.53 (41.61)	2:39.89 (41.36)	
4 Woodward, Angharad	14	Neath SC	2:46.21	2:40.66
	37.67	1:17.84 (40.17) 2:00.16 (42.32)	2:40.66 (40.50)	
5 Knight, Cari	14	City of Swansea Aquatics Club	2:48.09	2:41.50
	39.09	1:20.48 (41.39) 2:02.53 (42.05)	2:41.50 (38.97)	
6 Baker, Seren	14	City of Swansea Aquatics Club	2:51.00	2:42.44
	39.32	1:20.29 (40.97) 2:02.53 (42.24)	2:42.44 (39.91)	
7 Hanna, Jazmine	14	Haverfordwest	2:48.47	2:42.90
	37.59	1:19.13 (41.54) 2:01.63 (42.50)	2:42.90 (41.27)	
8 Ley, Lucy	14	City of Swansea Aquatics Club	3:03.80	2:48.93
	39.24	1:22.06 (42.82) 2:06.34 (44.28)	2:48.93 (42.59)	
9 Miles, Megan	14	Fishguard Flyers	3:03.18	2:55.79

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 3 - Warmup 10.55 - 11.55am****(Event 302 Girls 14 Year Olds 200 SC Meter Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
10	Lawler, Sadie	14	Neath SC	2:56.11	2:56.66
	41.43	1:26.08 (44.65)	2:11.75 (45.67)	2:56.66 (44.91)	
11	Thomas, Caitlin	14	City of Swansea Aquatics Club	2:57.32	2:58.35
	41.97	1:27.55 (45.58)	2:13.13 (45.58)	2:58.35 (45.22)	
12	Llewellyn, Isabella	14	Haverfordwest	3:05.72	2:58.78
	41.19	1:26.43 (45.24)	2:13.10 (46.67)	2:58.78 (45.68)	
13	Douglas, Fabiana	14	Carmarthen	3:06.67	3:01.68
	42.74	1:28.73 (45.99)	2:15.26 (46.53)	3:01.68 (46.42)	
14	Page, Ann	14	Carmarthen	3:13.55	3:21.02
	46.78	1:37.99 (51.21)	2:30.29 (52.30)	3:21.02 (50.73)	

**Event 302 Girls 15 Year Olds 200 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Smart, Charlotte	15	City of Swansea Aquatics Club	2:29.90	2:29.72
	34.65	1:11.67 (37.02)	1:50.81 (39.14)	2:29.72 (38.91)	
2	Cleave, Mia	15	Celtic Dolphins	2:39.19	2:30.82
	35.08	1:13.24 (38.16)	1:52.43 (39.19)	2:30.82 (38.39)	
3	Bissicks, Ella	15	City of Swansea Aquatics Club	2:35.66	2:32.32
	36.51	1:14.85 (38.34)	1:54.30 (39.45)	2:32.32 (38.02)	
4	Evans, Mali R	15	City of Swansea Aquatics Club	2:41.70	2:33.89
	36.00	1:14.95 (38.95)	1:54.99 (40.04)	2:33.89 (38.90)	
5	Knowles, Amy A	15	Haverfordwest	2:37.06	2:35.18
			1:54.85 ( )	2:35.18 (40.33)	
6	Peter, Sophie	15	City of Swansea Aquatics Club	2:43.26	2:39.92
			2:00.70 ( )	2:39.92 (39.22)	
7	Thomas, Ffion	15	Neath SC	2:39.30	2:40.00
	37.23	1:18.65 (41.42)	2:00.31 (41.66)	2:40.00 (39.69)	
8	Thomas, Grace	15	Milford Haven	2:57.35	2:41.58
	37.64	1:19.09 (41.45)	2:01.59 (42.50)	2:41.58 (39.99)	
9	Devonald, Niamh	15	Haverfordwest	2:57.30	2:46.37
	37.72	1:18.04 (40.32)	2:01.58 (43.54)	2:46.37 (44.79)	

**Event 302 Girls 16 Year Olds 200 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Patterson, Millie E	16	City of Swansea Aquatics Club	2:21.50	2:20.89
	33.31	1:08.81 (35.50)	1:45.32 (36.51)	2:20.89 (35.57)	
2	Lewis, Caera	16	Haverfordwest	2:31.00	2:29.37
	34.43	1:13.09 (38.66)	1:51.91 (38.82)	2:29.37 (37.46)	
3	John, Lucy	16	Haverfordwest	2:45.85	2:54.67
	39.29	1:22.77 (43.48)	2:08.84 (46.07)	2:54.67 (45.83)	
4	Cundy, Erin	16	City of Swansea Aquatics Club	3:01.75	2:54.72
	39.33	1:23.20 (43.87)	2:09.87 (46.67)	2:54.72 (44.85)	
5	Moseley, Sophie	16	Pembroke & District Asc	3:08.96	3:06.07
	43.84	1:31.13 (47.29)	2:20.09 (48.96)	3:06.07 (45.98)	

**Event 302 Girls 17 & Over 200 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Evans, Bethan	17	Neath SC	2:21.28	2:24.75
	33.74	1:10.55 (36.81)	1:48.26 (37.71)	2:24.75 (36.49)	
2	White, Amy V	17	Haverfordwest	2:31.66	2:31.80
	36.35	1:14.57 (38.22)	1:53.84 (39.27)	2:31.80 (37.96)	
3	Jones, Neve	17	Neath SC	2:30.53	2:32.19
	34.96	1:13.16 (38.20)	1:53.35 (40.19)	2:32.19 (38.84)	
4	Clapham, Rhiannon m	17	Fishguard Flyers	2:42.37	2:41.50
	37.05	1:18.05 (41.00)	2:00.28 (42.23)	2:41.50 (41.22)	

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 3 - Warmup 10.55 - 11.55am****Event 303 Boys 11 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Hale, Oliver S	11	City of Swansea Aquatics Club	3:36.55	3:25.15
48.54	1:37.22 (48.68)	2:39.04 (1:01.82)	3:25.15 (46.11)	

**Event 303 Boys 12 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Williams, Thomas	12	Llanelli	3:05.29	3:09.62
40.88	1:29.52 (48.64)	2:26.62 (57.10)	3:09.62 (43.00)	

**Event 303 Boys 13 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 West, Dexter	13	Fishguard Flyers	2:43.25	2:42.90
34.89	1:16.26 (41.37)	2:05.29 (49.03)	2:42.90 (37.61)	
2 Twigger, Owen	13	City of Swansea Aquatics Club	2:50.00	2:46.75
3 Thomas, Sion	13	Haverfordwest	2:56.55	2:50.78
36.48	1:19.37 (42.89)	2:12.40 (53.03)	2:50.78 (38.38)	
4 Bennett, Finley	13	Haverfordwest	2:54.50	2:52.80
38.42	1:23.09 (44.67)	2:14.53 (51.44)	2:52.80 (38.27)	
5 Silverstone, Sol	13	Haverfordwest	3:05.59	3:06.79
40.89	1:28.59 (47.70)	2:24.08 (55.49)	3:06.79 (42.71)	

**Event 303 Boys 14 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Sellick, Fenn	14	City of Swansea Aquatics Club	2:34.70	2:29.65
33.30	1:12.73 (39.43)	1:56.40 (43.67)	2:29.65 (33.25)	
2 Montague, Mason	14	Pembroke & District Asc	2:31.01	2:35.45
33.27	1:12.69 (39.42)	2:00.30 (47.61)	2:35.45 (35.15)	
3 Montgomery, Sammy	14	Haverfordwest	2:38.35	2:35.94
32.50	1:11.32 (38.82)	2:00.75 (49.43)	2:35.94 (35.19)	
4 Richardson, Osian	14	City of Swansea Aquatics Club	2:45.89	2:37.52
35.14	1:15.87 (40.73)	2:01.65 (45.78)	2:37.52 (35.87)	
5 Price, George	14	City of Swansea Aquatics Club	2:52.62	2:45.99
36.73	1:20.15 (43.42)	2:09.99 (49.84)	2:45.99 (36.00)	
6 Davies, Matthew	14	City of Swansea Aquatics Club	2:57.76	2:48.60
39.27	1:24.14 (44.87)	2:11.01 (46.87)	2:48.60 (37.59)	
7 Diouf, Kaden S	14	City of Swansea Aquatics Club	3:01.64	2:51.31
38.39	2:51.31 (2:12.92)			

**Event 303 Boys 15 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Prysor, Sami	15	Haverfordwest	2:19.48	2:17.82
29.90	1:06.27 (36.37)	1:47.69 (41.42)	2:17.82 (30.13)	
2 Johnstone, Daniel	15	Carmarthen	2:33.29	2:28.06
25.11		2:11.56 ( )	2:28.06 (16.50)	
3 Fletcher, Owen	15	Haverfordwest	2:31.80	2:28.63
32.34	1:11.84 (39.50)	1:55.82 (43.98)	2:28.63 (32.81)	
4 Gillett, Oliver	15	City of Swansea Aquatics Club	2:30.90	2:28.66
32.28	1:10.21 (37.93)	1:57.13 (46.92)	2:28.66 (31.53)	
5 Upton-Boorman, Liam	15	Carmarthen	2:39.14	2:33.34
34.37	1:13.45 (39.08)	1:59.05 (45.60)	2:33.34 (34.29)	

**Event 303 Boys 16 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Gubb, Harvey	16	Neath SC	2:27.61	2:26.86
32.01	1:08.92 (36.91)	1:54.10 (45.18)	2:26.86 (32.76)	
2 West, Zac	16	Fishguard Flyers	2:27.75	2:28.53
31.96	2:28.53 (1:56.57)			
3 Edwards, Sam	16	Neath SC	2:32.03	2:30.11
30.62	1:10.62 (40.00)	1:55.10 (44.48)	2:30.11 (35.01)	

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 3 - Warmup 10.55 - 11.55am****(Event 303 Boys 16 Year Olds 200 SC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
4 Jones, Joseph	16	Neath SC	2:38.21	2:33.69
32.83	1:12.35 (39.52)	1:58.60 (46.25)	2:33.69 (35.09)	
5 Williams, Corey B	16	City of Swansea Aquatics Club	2:44.41	2:38.58
31.80	1:12.73 (40.93)	2:00.16 (47.43)	2:38.58 (38.42)	

**Event 303 Boys 17 & Over 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 White, Henry	18	Haverfordwest	2:11.35	2:15.56
28.41	1:02.17 (33.76)	1:43.23 (41.06)	2:15.56 (32.33)	
2 Burkett, Maximus	17	City of Swansea Aquatics Club	2:23.28	2:18.99
29.35	1:04.58 (35.23)	1:45.26 (40.68)	2:18.99 (33.73)	
3 Cole, Toby R	17	City of Swansea Aquatics Club	2:20.01	2:23.05
30.57	1:07.58 (37.01)	1:48.47 (40.89)	2:23.05 (34.58)	
4 Francis, Woody	17	City of Swansea Aquatics Club	2:33.01	2:40.11
32.78	1:13.58 (40.80)	2:01.98 (48.40)	2:40.11 (38.13)	

**Event 304 Girls 11 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Dash, Amelie	11	Milford Haven	1:17.06	1:14.84
37.08	1:14.84 (37.76)			
2 Burns, Freya	11	City of Swansea Aquatics Club	1:17.48	1:16.51
35.64	1:16.51 (40.87)			
3 Galdes Cutting, Daisy	11	Haverfordwest	1:17.61	1:16.92
37.95	1:16.92 (38.97)			
4 Collyer, Tirion B	11	City of Swansea Aquatics Club	1:22.63	1:20.31
38.58	1:20.31 (41.73)			
5 Hughes, Mollie	11	Celtic Dolphins	1:34.11	1:24.73
40.33	1:24.73 (44.40)			
6 Bissicks, Cari H	11	City of Swansea Aquatics Club	1:32.49	1:25.32
39.06	1:25.32 (46.26)			
7 Curtis, Tabitha	11	Fishguard Flyers	1:36.27	1:27.42
41.23	1:27.42 (46.19)			
8 Davies, Erin L	11	Celtic Dolphins	1:32.11	1:30.77
44.91	1:30.77 (45.86)			

**Event 304 Girls 12 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Nichols, Grace	12	Haverfordwest	1:07.75	1:06.81
32.57	1:06.81 (34.24)			
2 Coffey, Cora - Leigh K	12	City of Swansea Aquatics Club	1:13.60	1:11.48
33.20	1:11.48 (38.28)			
3 Hurley, Sienna	12	Neath SC	1:16.80	1:13.10
34.89	1:13.10 (38.21)			
4 Griffiths, Cerys	12	Pembroke & District Asc	1:20.38	1:15.63
37.07	1:15.63 (38.56)			
5 Sellick, Tiah G	12	City of Swansea Aquatics Club	1:18.67	1:17.93
39.66	1:21.51 (41.85)			
6 Bruce, Keira	12	Pembroke & District Asc	1:24.29	1:21.51
39.83	1:22.00 (42.17)			
7 Thompson, Freya	12	Pembroke & District Asc	1:23.94	1:22.00
39.32	1:24.25 (44.93)			
8 Cressey-Rodgers, Gwenllian H	12	City of Swansea Aquatics Club	1:31.75	1:24.25
41.48	1:25.58 (44.10)			
9 Knight, Lily	12	Celtic Dolphins	1:25.45	1:25.58
41.48	1:25.58 (44.10)			

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 3 - Warmup 10.55 - 11.55am****Event 304 Girls 13 Year Olds 100 SC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Geach, Libbie	13	City of Swansea Aquatics Club	1:02.80	1:02.09
	29.90	1:02.09 (32.19)			
2	Jones, Eryn	13	Celtic Dolphins	1:09.47	1:09.20
	33.19	1:09.20 (36.01)			
3	Koo, Kathryn	13	Tenby	1:13.80	1:09.75
4	Williams, Marys E	13	City of Swansea Aquatics Club	1:10.10	1:10.26
	33.93	1:10.26 (36.33)			
5	Thomas, Chloe	13	Fishguard Flyers	1:18.55	1:10.35
	33.92	1:10.35 (36.43)			
6	Bruce, Skye	13	Pembroke & District Asc	1:16.19	1:16.19
	36.89	1:16.19 (39.30)			
7	Thomas, Caitlyn	13	Neath SC	1:23.91	1:20.61
	38.94	1:20.61 (41.67)			
---	Richards, Amber	13	Celtic Dolphins	1:26.52	DNF
	59.73				

**Event 304 Girls 14 Year Olds 100 SC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Jones, Eyllt H	14	Carmarthen	1:01.35	1:01.54
	29.41	1:01.54 (32.13)			
2	Collyer, Mabli	14	City of Swansea Aquatics Club	1:02.12	1:01.72
	29.74	1:01.72 (31.98)			
3	Owen, Gracie	14	Neath SC	1:02.19	1:02.69
	30.27	1:02.69 (32.42)			
4	Evans, Sophie	14	Carmarthen	1:04.84	1:04.13
	30.27	1:04.13 (33.86)			
5	King, Marley	14	Penyrheol	1:06.67	1:04.42
6	O'Mahoney, Kaitlin	14	Neath SC	1:04.11	1:04.79
	31.23	1:04.79 (33.56)			
7	Tucker, Holly	14	City of Swansea Aquatics Club	1:05.40	1:05.25
	31.12	1:05.25 (34.13)			
8	Woodward, Angharad	14	Neath SC	1:08.51	1:06.86
	32.28	1:06.86 (34.58)			
9	Gilderdale, Celyn	14	Haverfordwest	1:07.99	1:07.41
	32.11	1:07.41 (35.30)			
10	Hanna, Jazmine	14	Haverfordwest	1:12.11	1:08.06
	32.61	1:08.06 (35.45)			
11	Thomas, Caitlin	14	City of Swansea Aquatics Club	1:10.53	1:10.37
	33.90	1:10.37 (36.47)			
12	Thomas, Rhian	14	Haverfordwest	1:08.10	1:10.40
	33.63	1:10.40 (36.77)			
13	Marsh, Nina	14	Milford Haven	1:12.33	1:10.53
	33.67	1:10.53 (36.86)			
14	Thomas, Medi A	14	City of Swansea Aquatics Club	1:15.84	1:12.57
	35.72	1:12.57 (36.85)			
15	Baker, Seren	14	City of Swansea Aquatics Club	1:12.00	1:13.24
	34.81	1:13.24 (38.43)			
16	Banner, Aimee	14	Penyrheol	1:13.27	1:13.57
	34.74	1:13.57 (38.83)			
17	Cooper, Megan	14	Neath SC	1:16.34	1:14.41
	36.12	1:14.41 (38.29)			
18	Llewellyn, Isabella	14	Haverfordwest	1:16.91	1:15.56
	35.47	1:15.56 (40.09)			
19	James-Evans, Lowri	14	Carmarthen	1:21.38	1:17.58
	36.43	1:17.58 (41.15)			
20	Jenkins, Siriol	14	Llanelli	1:20.92	1:20.16
	37.96	1:20.16 (42.20)			

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 3 - Warmup 10.55 - 11.55am****(Event 304 Girls 14 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
21 Peach, Eliza M	14	Haverfordwest	1:18.18	1:20.55
35.78	1:20.55 (44.77)			
--- Ley, Lucy	14	City of Swansea Aquatics Club	1:09.20	DQ
33.01	DQ (36.19)			

**Event 304 Girls 15 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Evans, Mali R	15	City of Swansea Aquatics Club	1:05.29	1:02.77
30.53	1:02.77 (32.24)			
2 Bissicks, Ella	15	City of Swansea Aquatics Club	1:05.50	1:05.86
31.67	1:05.86 (34.19)			
3 Cleave, Mia	15	Celtic Dolphins	1:07.41	1:06.43
31.90	1:06.43 (34.53)			
4 Webb, Saskia	15	Haverfordwest	1:09.07	1:06.97
32.45	1:06.97 (34.52)			
5 David, Isabelle	15	City of Swansea Aquatics Club	1:07.26	1:07.00
31.70	1:07.00 (35.30)			
6 Thomas, Ffion	15	Neath SC	1:06.70	1:07.37
32.09	1:07.37 (35.28)			
*7 Thomas, Grace	15	Milford Haven	1:04.73	1:07.46
32.00	1:07.46 (35.46)			
*7 Knowles, Amy A	15	Haverfordwest	1:04.25	1:07.46
31.93	1:07.46 (35.53)			
9 Brown, Caitlin	15	Amman Valley	1:07.39	1:07.47
32.62	1:07.47 (34.85)			
10 Hale, Gemma N	15	City of Swansea Aquatics Club	1:06.70	1:07.56
32.05	1:07.56 (35.51)			
11 Davies, Rhian	15	City of Swansea Aquatics Club	1:10.59	1:07.90
32.12	1:07.90 (35.78)			
12 Williams, Hollie	15	Llanelli	1:06.75	1:08.24
32.74	1:08.24 (35.50)			
13 Thomas, Nyla	15	Neath SC	1:09.19	1:08.64
33.51	1:08.64 (35.13)			
14 Owens, Annie R	15	Celtic Dolphins	1:09.05	1:08.72
32.64	1:08.72 (36.08)			
15 Kovachev, Georgie	15	Fishguard Flyers	1:10.01	1:09.75
16 John, Holly	15	Haverfordwest	1:14.99	1:09.76
32.93	1:09.76 (36.83)			
17 Devonald, Niamh	15	Haverfordwest	1:15.10	1:11.47
33.97	1:11.47 (37.50)			
18 Beynon, Chloe	15	Fishguard Flyers	1:13.39	1:12.78
35.04	1:12.78 (37.74)			
19 Edwards, Izzy M	15	City of Swansea Aquatics Club	1:12.50	1:13.38
34.56	1:13.38 (38.82)			
20 Phillips, Ellie R	15	Haverfordwest	1:16.59	1:16.29
37.04	1:16.29 (39.25)			

**Event 304 Girls 16 Year Olds 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Patterson, Millie E	16	City of Swansea Aquatics Club	1:00.50	59.95
29.55	59.95 (30.40)			
2 Lewis, Lowri	16	Neath SC	1:01.59	1:02.12
30.15	1:02.12 (31.97)			
3 Lewis, Caera	16	Haverfordwest	1:01.96	1:04.64
30.20	1:04.64 (34.44)			
4 Clissold, Elizabeth	16	Tenby	1:06.16	1:05.40
31.28	1:05.40 (34.12)			

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 3 - Warmup 10.55 - 11.55am****(Event 304 Girls 16 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
5 Goddard, Evie E	16	Haverfordwest	1:06.71	1:06.19
31.92	1:06.19 (34.27)			
6 Evans, Caitlin	16	Neath SC	1:07.08	1:07.16
32.19	1:07.16 (34.97)			
7 Thomas, Seren	16	City of Swansea Aquatics Club	1:07.69	1:09.65
33.14	1:09.65 (36.51)			
8 Thomas, Abigail G	16	Pembroke & District Asc	1:12.09	1:09.96
33.67	1:09.96 (36.29)			
9 Bray, Bethan	16	Celtic Dolphins	1:10.69	1:10.41
34.26	1:10.41 (36.15)			
10 Phelps, Lucy	16	Neath SC	1:12.66	1:11.29
34.37	1:11.29 (36.92)			
11 Selby, Cerys	16	Neath SC	1:12.81	1:12.40
34.28	1:12.40 (38.12)			
12 John, Lucy	16	Haverfordwest	1:07.47	1:12.43
34.37	1:12.43 (38.06)			

**Event 304 Girls 17 & Over 100 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Stokes, Aimee L	18	City of Swansea Aquatics Club	57.80	58.31
28.24	58.31 (30.07)			
2 Lloyd, Ruby	17	City of Swansea Aquatics Club	1:00.74	1:01.53
30.11	1:01.53 (31.42)			
3 Evans, Caitlin R	18	City of Swansea Aquatics Club	1:02.70	1:02.38
30.08	1:02.38 (32.30)			
4 Davies-Amos, Angelica R	17	City of Swansea Aquatics Club	1:00.51	1:02.62
29.67	1:02.62 (32.95)			
5 Lewis, Rachael E	18	Fishguard Flyers	1:04.54	1:03.12
30.20	1:03.12 (32.92)			
6 Knight, Ffion L	17	Penyrheol	1:05.53	1:04.27
31.08	1:04.27 (33.19)			
7 Clapham, Rhiannon m	17	Fishguard Flyers	1:04.14	1:04.95
30.68	1:04.95 (34.27)			
8 Phillips, Rhianna	17	Carmarthen	1:07.49	1:04.99
31.64	1:04.99 (33.35)			
9 Lewis, Abigail	17	Neath SC	1:05.75	1:05.14
31.41	1:05.14 (33.73)			
10 Grigg-Williams, Chloe	19	Penyrheol	1:05.53	1:05.31
31.90	1:05.31 (33.41)			
11 Johns, Ffion	17	City of Swansea Aquatics Club	1:07.03	1:05.75
31.99	1:05.75 (33.76)			
12 Hetherington, Verity	17	Neath SC	1:04.45	1:06.04
13 White, Amy V	17	Haverfordwest	1:05.44	1:06.82
31.55	1:06.82 (35.27)			
14 Fox, Eve	17	City of Swansea Aquatics Club	1:04.70	1:10.89
32.70	1:10.89 (38.19)			
15 Thomas, Abigail	17	Neath SC	1:13.36	1:12.12
34.09	1:12.12 (38.03)			

**Event 305 Boys 15 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Prysor, Sami	15	Haverfordwest	2:20.34	2:19.68
31.17	1:06.78 (35.61)	1:43.18 (36.40)	2:19.68 (36.50)	
2 Cressey-Rodgers, Huw	15	Carmarthen	2:31.21	2:34.39
33.76	1:12.69 (38.93)	1:53.53 (40.84)	2:34.39 (40.86)	
3 Fletcher, Owen	15	Haverfordwest	2:42.39	2:39.88
1:14.73		1:58.27 ( )	2:39.88 (41.61)	



**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 3 - Warmup 10.55 - 11.55am****Event 305 Boys 16 Year Olds 200 SC Meter Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Wells, Oliver S	16	Celtic Dolphins	2:24.17	2:19.53
	30.94	1:06.32 (35.38)	1:42.98 (36.66)	2:19.53 (36.55)	

**Event 305 Boys 17 & Over 200 SC Meter Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Cressey-Rodgers, Ioan	17	Carmarthen	2:13.55	2:13.83
	29.41	1:03.30 (33.89)	1:37.54 (34.24)	2:13.83 (36.29)	
2	Andrews, Rory	17	Haverfordwest	2:22.03	2:23.78
	30.36	1:05.26 (34.90)	1:42.95 (37.69)	2:23.78 (40.83)	
3	Hedge, Thomas	17	City of Swansea Aquatics Club	2:32.68	2:27.46
	30.64	1:07.07 (36.43)	1:46.68 (39.61)	2:27.46 (40.78)	