

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 4 - Warmup 2.00 - 3.00pm****Event 401 Girls 11 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Dash, Amelie	11	Milford Haven	1:32.12	1:33.04
	41.36	1:33.04 (51.68)		

**Event 401 Girls 12 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Coffey, Cora - Leigh K	12	City of Swansea Aquatics Club	1:23.18	1:20.57
	37.00	1:20.57 (43.57)		

**Event 401 Girls 13 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Geach, Libbie	13	City of Swansea Aquatics Club	1:10.80	1:09.80
	32.66	1:09.80 (37.14)		

**Event 401 Girls 14 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Collyer, Mabli	14	City of Swansea Aquatics Club	1:05.92	1:06.63
	31.39	1:06.63 (35.24)		
2 Jones, Eyllt H	14	Carmarthen	1:06.90	1:08.02
	31.48	1:08.02 (36.54)		
3 Owen, Gracie	14	Neath SC	1:09.64	1:08.82
4 Tucker, Holly	14	City of Swansea Aquatics Club	1:09.40	1:10.42
	32.77	1:10.42 (37.65)		
5 Evans, Sophie	14	Carmarthen	1:34.92	1:12.44
	32.77	1:12.44 (39.67)		
6 Hanna, Jazmine	14	Haverfordwest	1:21.90	1:18.17
	35.47	1:18.17 (42.70)		
7 Catling, Freya	14	Celtic Dolphins	1:19.61	1:18.35
	36.01	1:18.35 (42.34)		
8 Knight, Cari	14	City of Swansea Aquatics Club	1:22.15	1:18.70
	36.78	1:18.70 (41.92)		
9 Gilderdale, Celyn	14	Haverfordwest	1:28.09	1:21.72
	36.73	1:21.72 (44.99)		
10 Marsh, Nina	14	Milford Haven	1:22.18	1:21.80
	38.60	1:21.80 (43.20)		
11 Thomas, Caitlin	14	City of Swansea Aquatics Club	1:22.86	1:24.01
12 Llewellyn, Isabella	14	Haverfordwest	1:24.66	1:26.26
	38.71	1:26.26 (47.55)		

**Event 401 Girls 15 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Evans, Mali R	15	City of Swansea Aquatics Club	1:25.18	1:12.91
	34.73	1:12.91 (38.18)		
2 Peter, Sophie	15	City of Swansea Aquatics Club	1:14.44	1:13.28
	34.27	1:13.28 (39.01)		
3 David, Isabelle	15	City of Swansea Aquatics Club	1:19.01	1:13.49
	33.64	1:13.49 (39.85)		
4 Knowles, Amy A	15	Haverfordwest	1:09.36	1:14.60
	34.86	1:14.60 (39.74)		
5 Hale, Gemma N	15	City of Swansea Aquatics Club	1:14.19	1:15.12
	35.26	1:15.12 (39.86)		
6 Webb, Saskia	15	Haverfordwest	1:24.50	1:16.42
	34.68	1:16.42 (41.74)		
7 Thomas, Grace	15	Milford Haven	1:14.62	1:17.37
	35.48	1:17.37 (41.89)		
8 Kovachev, Georgie	15	Fishguard Flyers	1:17.17	1:21.96
	37.20	1:21.96 (44.76)		
9 Devonald, Niamh	15	Haverfordwest	1:25.30	1:24.08
	37.22	1:24.08 (46.86)		

## West Wales Regionals 2022 - 11/02/2022 to 13/02/2022

## Results - Session 4 - Warmup 2.00 - 3.00pm

**(Event 401 Girls 15 Year Olds 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
10 Thomas, Nyla	15	Neath SC	1:25.26	1:27.55
	37.92	1:27.55 (49.63)		
11 Phillips, Ellie R	15	Haverfordwest	1:31.31	1:30.17
	40.39	1:30.17 (49.78)		

**Event 401 Girls 16 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Lewis, Lowri	16	Neath SC	1:05.85	1:08.14
	31.65	1:08.14 (36.49)		
2 Selby, Cerys	16	Neath SC	1:21.87	1:22.08
	37.49	1:22.08 (44.59)		
3 Thomas, Abigail G	16	Pembroke & District Asc	1:27.43	1:23.66

**Event 401 Girls 17 & Over 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Lloyd, Ruby	17	City of Swansea Aquatics Club	1:06.42	1:07.56
	31.33	1:07.56 (36.23)		
2 Lewis, Rachael E	18	Fishguard Flyers	1:09.54	1:08.74
	32.54	1:08.74 (36.20)		
3 Davies-Amos, Angelica R	17	City of Swansea Aquatics Club	1:11.99	1:09.17
	32.37	1:09.17 (36.80)		
4 Stokes, Aimee L	18	City of Swansea Aquatics Club	1:11.00	1:10.31
	31.86	1:10.31 (38.45)		
5 Clapham, Rhiannon m	17	Fishguard Flyers	1:13.96	1:17.54
	34.90	1:17.54 (42.64)		

**Event 402 Boys 12 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Chan, Carlton	12	City of Swansea Aquatics Club	3:46.98	3:26.83
	46.08	1:39.38 (53.30) 2:34.12 (54.74)	3:26.83 (52.71)	
2 Phillips, Finley	12	Carmarthen	3:27.41	3:30.18
	48.38	1:42.35 (53.97) 2:36.92 (54.57)	3:30.18 (53.26)	
3 Thomas, Rhys	12	Haverfordwest	4:07.11	4:02.55
	55.22	1:58.25 (1:03.03) 3:00.33 (1:02.08)	4:02.55 (1:02.22)	

**Event 402 Boys 13 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Twigger, Owen	13	City of Swansea Aquatics Club	3:30.70	3:12.61
	44.60	1:34.27 (49.67) 2:23.66 (49.39)	3:12.61 (48.95)	
2 Silverstone, Sol	13	Haverfordwest	3:25.48	3:23.37
	44.71	1:37.71 (53.00) 2:31.53 (53.82)	3:23.37 (51.84)	
3 Bennett, Finley	13	Haverfordwest	3:16.80	3:25.06
4 Lewis, Cian	13	Neath SC	3:42.12	3:44.26
	50.56	1:48.70 (58.14) 2:46.91 (58.21)	3:44.26 (57.35)	
5 Harris, Osian	13	Fishguard Flyers	3:37.75	3:54.85
	51.48	1:50.26 (58.78) 2:53.13 (1:02.87)	3:54.85 (1:01.72)	

**Event 402 Boys 14 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Montague, Mason	14	Pembroke & District Asc	2:55.15	2:53.41
	39.24	1:24.48 (45.24) 2:10.09 (45.61)	2:53.41 (43.32)	
2 Davies, Matthew	14	City of Swansea Aquatics Club	3:04.15	2:59.21
	42.58	1:26.80 (44.22) 2:14.64 (47.84)	2:59.21 (44.57)	

**Event 402 Boys 15 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Clarke, Henry	15	Penyrheol	3:02.45	2:56.55
	39.11	1:25.36 (46.25) 2:10.79 (45.43)	2:56.55 (45.76)	

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 4 - Warmup 2.00 - 3.00pm****Event 402 Boys 16 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 West, Zac	16	Fishguard Flyers	2:43.06	2:42.82
	35.99	1:18.15 (42.16)	2:00.99 (42.84)	2:42.82 (41.83)

**Event 402 Boys 17 & Over 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Edwards, Liam	18	Carmarthen	2:34.36	2:33.86
	35.46	1:14.94 (39.48)	1:54.78 (39.84)	2:33.86 (39.08)
2 Andrews, Rory	17	Haverfordwest	2:41.37	2:48.50
	37.48	1:19.81 (42.33)	2:03.98 (44.17)	2:48.50 (44.52)

**Event 403 Girls 11 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Burns, Freya	11	City of Swansea Aquatics Club	1:25.55	1:27.40
	42.22	1:27.40 (45.18)		
2 Dash, Amelie	11	Milford Haven	1:28.86	1:27.73
	44.20	1:27.73 (43.53)		
3 Galdes Cutting, Daisy	11	Haverfordwest	1:36.32	1:30.30
	45.19	1:30.30 (45.11)		
4 Hughes, Tirion H	11	City of Swansea Aquatics Club	1:45.79	1:35.66
	44.65	1:35.66 (51.01)		

**Event 403 Girls 12 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Nichols, Grace	12	Haverfordwest	1:14.02	1:14.00
	36.42	1:14.00 (37.58)		
2 Arnold, Jessica R	12	City of Swansea Aquatics Club	1:26.70	1:24.78
	40.62	1:24.78 (44.16)		
3 Griffiths, Cerys	12	Pembroke & District Asc	1:31.53	1:28.32
	43.07	1:28.32 (45.25)		
4 Thompson, Freya	12	Pembroke & District Asc	1:34.39	1:30.44
	43.79	1:30.44 (46.65)		
5 Richardson, Beca	12	City of Swansea Aquatics Club	1:34.05	1:32.14
6 Stark, Tala	12	Fishguard Flyers	1:36.25	1:35.30
	44.91	1:35.30 (50.39)		
7 Knight, Lily	12	Celtic Dolphins	1:42.27	1:35.51
	46.64	1:35.51 (48.87)		
8 Ellicott, Keira	12	City of Swansea Aquatics Club	1:37.79	1:36.52
	46.25	1:36.52 (50.27)		
9 Blyth, Isobelle	12	Haverfordwest	1:35.09	1:37.07
	46.40	1:37.07 (50.67)		
--- Cressey-Rodgers, Gwenllian H	12	City of Swansea Aquatics Club	1:41.82	DQ
	47.75	DQ (53.09)		
--- Hurley, Sienna	12	Neath SC	1:27.51	DQ
	42.34	DQ (45.21)		
--- Martin, Phoebe O	12	City of Swansea Aquatics Club	1:31.80	DQ
	43.19	DQ (44.75)		

**Event 403 Girls 13 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Bowen, Elin	13	Carmarthen	1:29.20	1:23.13
	39.19	1:23.13 (43.94)		
2 Thomas, Chloe	13	Fishguard Flyers	1:22.08	1:24.10
	40.52	1:24.10 (43.58)		
3 Koo, Kathryn	13	Tenby	1:32.00	1:24.16
	39.86	1:24.16 (44.30)		

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 4 - Warmup 2.00 - 3.00pm****Event 403 Girls 14 Year Olds 100 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Knight, Cari	14	City of Swansea Aquatics Club	1:16.42	1:15.01
	37.02	1:15.01 (37.99)			
2	Thomas, Rhian	14	Haverfordwest	1:15.80	1:15.14
	36.54	1:15.14 (38.60)			
3	Woodward, Angharad	14	Neath SC	1:16.71	1:15.64
	37.06	1:15.64 (38.58)			
4	O'Mahoney, Kaitlin	14	Neath SC	1:18.47	1:16.10
	37.18	1:16.10 (38.92)			
5	Hanna, Jazmine	14	Haverfordwest	1:17.71	1:17.30
6	Gilderdale, Celyn	14	Haverfordwest	1:21.63	1:17.64
	37.84	1:17.64 (39.80)			
7	Baker, Seren	14	City of Swansea Aquatics Club	1:20.60	1:18.87
	38.20	1:18.87 (40.67)			
8	King, Marley	14	Penyrheol	1:20.61	1:19.24
	38.82	1:19.24 (40.42)			
9	Lawler, Sadie	14	Neath SC	1:23.40	1:20.91
	39.27	1:20.91 (41.64)			
10	Ley, Lucy	14	City of Swansea Aquatics Club	1:22.10	1:21.10
	40.00	1:21.10 (41.10)			
11	Miles, Megan	14	Fishguard Flyers	1:24.69	1:23.67
	40.90	1:23.67 (42.77)			
12	Thomas, Caitlin	14	City of Swansea Aquatics Club	1:23.81	1:24.61
	41.17	1:24.61 (43.44)			
13	Douglas, Fabiana	14	Carmarthen	1:26.66	1:24.63
14	Thomas, Medi A	14	City of Swansea Aquatics Club	1:30.65	1:24.94
	42.43	1:24.94 (42.51)			
15	Llewellyn, Isabella	14	Haverfordwest	1:25.04	1:25.40
	40.72	1:25.40 (44.68)			
16	Jenkins, Siriol	14	Llanelli	1:29.30	1:31.94

**Event 403 Girls 15 Year Olds 100 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	1:11.50	1:09.98
	33.92	1:09.98 (36.06)			
2	Cleave, Mia	15	Celtic Dolphins	1:15.10	1:11.40
	35.21	1:11.40 (36.19)			
3	Evans, Mali R	15	City of Swansea Aquatics Club	1:13.20	1:11.55
	35.33	1:11.55 (36.22)			
4	Bissicks, Ella	15	City of Swansea Aquatics Club	1:12.25	1:11.94
	35.42	1:11.94 (36.52)			
5	Knowles, Amy A	15	Haverfordwest	1:12.72	1:12.54
	35.46	1:12.54 (37.08)			
6	Thomas, Ffion	15	Neath SC	1:11.64	1:13.71
	35.86	1:13.71 (37.85)			
7	Peter, Sophie	15	City of Swansea Aquatics Club	1:14.70	1:15.95
8	Webb, Saskia	15	Haverfordwest	1:22.18	1:18.90
	38.89	1:18.90 (40.01)			
9	Kovachev, Georgie	15	Fishguard Flyers	1:22.44	1:20.36
	38.46	1:20.36 (41.90)			
10	Owens, Annie R	15	Celtic Dolphins	1:23.15	1:22.81
11	John, Holly	15	Haverfordwest	1:24.69	1:22.86
	39.38	1:22.86 (43.48)			
12	Edwards, Izzy M	15	City of Swansea Aquatics Club	1:21.32	1:23.00
13	Beynon, Chloe	15	Fishguard Flyers	1:28.15	1:23.26
	40.78	1:23.26 (42.48)			
14	Thomas, Nyla	15	Neath SC	1:20.89	1:25.53
	42.09	1:25.53 (43.44)			

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 4 - Warmup 2.00 - 3.00pm****Event 403 Girls 16 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Patterson, Millie E	16	City of Swansea Aquatics Club	1:05.10	1:05.16
31.73	1:05.16 (33.43)			
2 Lewis, Caera	16	Haverfordwest	1:13.23	1:09.72
33.59	1:09.72 (36.13)			
3 Clissold, Elizabeth	16	Tenby	1:21.47	1:19.61
38.76	1:19.61 (40.85)			
4 John, Lucy	16	Haverfordwest	1:17.15	1:22.05
39.40	1:22.05 (42.65)			
5 Bray, Bethan	16	Celtic Dolphins	1:22.20	1:22.26
40.82	1:22.26 (41.44)			
6 Phelps, Lucy	16	Neath SC	1:25.08	1:24.80
41.61	1:24.80 (43.19)			
7 Moseley, Sophie	16	Pembroke & District Asc	1:28.73	1:26.61
41.16	1:26.61 (45.45)			

**Event 403 Girls 17 & Over 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Evans, Bethan	17	Neath SC	1:05.51	1:07.57
32.72	1:07.57 (34.85)			
2 Lloyd, Ruby	17	City of Swansea Aquatics Club	1:10.24	1:09.77
34.15	1:09.77 (35.62)			
3 Grigg-Williams, Chloe	19	Penyrheol	1:10.66	1:10.04
4 Evans, Caitlin R	18	City of Swansea Aquatics Club	1:10.63	1:10.34
34.02	1:10.34 (36.32)			
5 Jones, Neve	17	Neath SC	1:08.25	1:10.88
34.61	1:10.88 (36.27)			
6 White, Amy V	17	Haverfordwest	1:10.09	1:11.76
34.14	1:11.76 (37.62)			
7 Knight, Ffion L	17	Penyrheol	1:17.10	1:13.06
35.78	1:13.06 (37.28)			
8 Thomas, Abigail	17	Neath SC	1:18.51	1:24.86
39.87	1:24.86 (44.99)			

**Event 404 Boys 11 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Douglas, Lucas	11	Carmarthen	3:07.41	2:54.83
37.26	1:22.36 (45.10)	2:09.51 (47.15)	2:54.83 (45.32)	
2 Hale, Oliver S	11	City of Swansea Aquatics Club	3:12.20	3:00.48
40.30	1:28.45 (48.15)	2:15.86 (47.41)	3:00.48 (44.62)	

**Event 404 Boys 12 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Thomas, Iolo	12	Neath SC	2:49.06	2:42.89
36.85		2:01.44 ( )	2:42.89 (41.45)	
2 Phillips, Finley	12	Carmarthen	2:57.02	2:47.95
37.76	1:20.84 (43.08)	2:05.94 (45.10)	2:47.95 (42.01)	
3 Cleave, Ben	12	Celtic Dolphins	3:06.12	2:56.94
39.95	1:25.82 (45.87)	2:11.79 (45.97)	2:56.94 (45.15)	

**Event 404 Boys 13 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Twigger, Owen	13	City of Swansea Aquatics Club	2:29.16	2:26.49
32.26	2:26.49 (1:54.23)			
2 West, Dexter	13	Fishguard Flyers	2:30.69	2:28.18
33.14	1:10.59 (37.45)	1:49.42 (38.83)	2:28.18 (38.76)	
3 Thomas, Sion	13	Haverfordwest	2:35.71	2:35.73
34.94	1:14.91 (39.97)	1:55.95 (41.04)	2:35.73 (39.78)	

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 4 - Warmup 2.00 - 3.00pm****(Event 404 Boys 13 Year Olds 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
4 Chapman, Coby L	13	Penyrheol	2:42.81	2:36.92
36.58	1:17.40 (40.82)	1:59.16 (41.76)	2:36.92 (37.76)	
5 Hetherington, Trystan	13	Neath SC	2:49.43	2:39.31
35.88	1:16.93 (41.05)	1:58.29 (41.36)	2:39.31 (41.02)	
6 Morgan, Ben	13	Pembroke & District Asc	2:48.31	2:45.41
36.69	1:19.03 (42.34)	2:03.24 (44.21)	2:45.41 (42.17)	
7 John, Thomas	13	Haverfordwest	2:55.47	2:48.03
36.33	1:18.77 (42.44)	2:03.84 (45.07)	2:48.03 (44.19)	

**Event 404 Boys 14 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Montgomery, Sammy	14	Haverfordwest	2:19.55	2:14.86
30.21	1:04.71 (34.50)	1:40.09 (35.38)	2:14.86 (34.77)	
2 Richardson, Osian	14	City of Swansea Aquatics Club	2:26.90	2:17.97
31.55	1:06.35 (34.80)	1:42.36 (36.01)	2:17.97 (35.61)	
3 Price, George	14	City of Swansea Aquatics Club	2:40.78	2:21.62
33.80	1:10.78 (36.98)	1:47.44 (36.66)	2:21.62 (34.18)	
4 Hedge, William	14	City of Swansea Aquatics Club	2:50.00	2:34.81
36.20	1:15.96 (39.76)	1:56.23 (40.27)	2:34.81 (38.58)	
5 Davies, Matthew	14	City of Swansea Aquatics Club	2:48.66	2:37.07
35.96	1:16.38 (40.42)	1:58.68 (42.30)	2:37.07 (38.39)	

**Event 404 Boys 15 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Prysor, Sami	15	Haverfordwest	2:05.59	2:03.23
29.15	1:01.01 (31.86)	1:32.68 (31.67)	2:03.23 (30.55)	
2 Gillett, Oliver	15	City of Swansea Aquatics Club	2:07.00	2:05.50
28.86	1:01.92 (33.06)	1:34.19 (32.27)	2:05.50 (31.31)	
3 Fletcher, Owen	15	Haverfordwest	2:12.61	2:13.98
29.36	1:03.31 (33.95)	1:38.86 (35.55)	2:13.98 (35.12)	
4 Cressey-Rodgers, Huw	15	Carmarthen	2:19.55	2:15.19
32.04	1:06.51 (34.47)	1:41.25 (34.74)	2:15.19 (33.94)	
5 Morgan, Jack	15	Pembroke & District Asc	2:24.65	2:20.82
31.00	1:06.57 (35.57)	1:43.74 (37.17)	2:20.82 (37.08)	

**Event 404 Boys 16 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Edwards, Sam	16	Neath SC	2:08.06	2:11.05
29.24	1:01.48 (32.24)	1:35.73 (34.25)	2:11.05 (35.32)	

**Event 404 Boys 17 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Beamer, Thomas M	20	City of Swansea Aquatics Club	1:52.43	1:53.36
26.65	55.72 (29.07)	1:24.78 (29.06)	1:53.36 (28.58)	
2 Cressey-Rodgers, Ioan	17	Carmarthen	2:02.21	2:00.59
28.34	59.44 (31.10)	1:30.42 (30.98)	2:00.59 (30.17)	
3 Southam, Jack	19	Llanelli	2:03.79	2:01.89
27.45	57.81 (30.36)	1:29.81 (32.00)	2:01.89 (32.08)	
4 Edwards, Liam	18	Carmarthen	2:07.23	2:05.66
29.88	1:01.93 (32.05)	1:34.35 (32.42)	2:05.66 (31.31)	
5 Greenway, Morgan	19	City of Swansea Aquatics Club	2:14.39	2:05.97
27.71	1:00.00 (32.29)	1:33.86 (33.86)	2:05.97 (32.11)	
6 Catling, Finlay	17	Celtic Dolphins	2:08.61	2:07.15
29.54	1:01.77 (32.23)	1:35.28 (33.51)	2:07.15 (31.87)	
7 Burkett, Maximus	17	City of Swansea Aquatics Club	2:09.29	2:08.97
28.88	1:01.57 (32.69)	1:36.03 (34.46)	2:08.97 (32.94)	
8 Hedge, Thomas	17	City of Swansea Aquatics Club	2:09.74	2:09.02
29.65	1:02.47 (32.82)	1:36.42 (33.95)	2:09.02 (32.60)	

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 4 - Warmup 2.00 - 3.00pm****(Event 404 Boys 17 & Over 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
9 Jones, Garyn	17	Neath SC	2:28.89	2:36.29
	31.64	1:09.88 (38.24)	1:52.59 (42.71)	2:36.29 (43.70)

**Event 405 Girls 11 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Collyer, Tirion B	11	City of Swansea Aquatics Club	48.10	47.78
2 Dash, Amelie	11	Milford Haven	50.81	48.95
3 Galdes Cutting, Daisy	11	Haverfordwest	51.81	50.32
4 Bissicks, Cari H	11	City of Swansea Aquatics Club	55.97	52.05
5 Hughes, Tirion H	11	City of Swansea Aquatics Club	52.98	53.53
6 Hall, Isabelle	11	Fishguard Flyers	55.07	54.91
7 Hall, Ellena	11	Fishguard Flyers	1:02.04	56.79
8 Wells, Iris	11	Celtic Dolphins	1:01.80	1:00.31
--- Holloway, Imogen	11	Haverfordwest	1:01.24	DQ
--- Curtis, Tabitha	11	Fishguard Flyers	50.80	DQ
--- Hughes, Mollie	11	Celtic Dolphins	56.44	DQ

**Event 405 Girls 12 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Stark, Tala	12	Fishguard Flyers	50.90	46.61
2 Hurley, Sienna	12	Neath SC	46.92	46.99
3 Knight, Lily	12	Celtic Dolphins	50.10	48.24
4 Griffiths, Cerys	12	Pembroke & District Asc	45.25	49.27
5 Blyth, Isobelle	12	Haverfordwest	59.92	49.40
6 Upton-Boorman, Isabella	12	Carmarthen	52.94	49.69
7 Ellicott, Keira	12	City of Swansea Aquatics Club	59.03	49.78
8 Richardson, Beca	12	City of Swansea Aquatics Club	52.00	50.67
9 Martin, Phoebe O	12	City of Swansea Aquatics Club	51.76	50.76
10 Thompson, Freya	12	Pembroke & District Asc	56.68	54.24

**Event 405 Girls 13 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Jones, Eryn	13	Celtic Dolphins	39.08	38.93
2 Williams, Marys E	13	City of Swansea Aquatics Club	41.96	41.37
3 Bowen, Elin	13	Carmarthen	45.26	42.78
4 Ostrowski, Julia	13	Pembroke & District Asc	44.58	43.34
5 Thomas, Chloe	13	Fishguard Flyers	43.63	43.52
6 Montague, Keira	13	Pembroke & District Asc	44.67	43.84
7 Koo, Kathryn	13	Tenby	45.77	44.00
8 Blue, Macy	13	Carmarthen	49.48	44.46
9 Thomas, Caitlyn	13	Neath SC	50.02	49.93
10 Fyfe, Nell	13	Haverfordwest	53.58	50.95
11 Knight, Cerys	13	Haverfordwest	55.59	56.76

**Event 405 Girls 14 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Evans, Sophie	14	Carmarthen	35.42	36.21
2 Tucker, Holly	14	City of Swansea Aquatics Club	41.00	39.80
3 Phillips, Emily	14	Neath SC	41.78	39.91
4 Marsh, Nina	14	Milford Haven	43.30	42.21
5 Ley, Lucy	14	City of Swansea Aquatics Club	45.60	43.29
6 Peach, Eliza M	14	Haverfordwest	49.12	43.54
7 Miles, Megan	14	Fishguard Flyers	43.49	43.55
8 Banner, Aimee	14	Penyrheol	52.70	45.74
9 Llewellyn, Isabella	14	Haverfordwest	47.81	47.12
10 James-Evans, Lowri	14	Carmarthen	47.96	47.68
11 Armstrong, Holly	14	Milford Haven	57.81	57.88

**West Wales Regionals 2022 - 11/02/2022 to 13/02/2022****Results - Session 4 - Warmup 2.00 - 3.00pm****Event 405 Girls 15 Year Olds 50 SC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Bissicks, Ella	15	City of Swansea Aquatics Club	34.60	34.95
2	John, Holly	15	Haverfordwest	37.03	37.75
3	Evans, Mali R	15	City of Swansea Aquatics Club	37.60	38.52
4	David, Isabelle	15	City of Swansea Aquatics Club	39.90	38.66
5	Hale, Gemma N	15	City of Swansea Aquatics Club	38.90	38.96
6	Davies, Rhian	15	City of Swansea Aquatics Club	42.30	39.94
7	Williams, Hollie	15	Llanelli	43.39	40.83
8	Brown, Caitlin	15	Amman Valley	44.17	42.85
9	Beynon, Chloe	15	Fishguard Flyers	45.49	45.02
10	Owens, Annie R	15	Celtic Dolphins	45.84	46.52
11	Harwood, Amelia	15	Haverfordwest	52.42	47.24
12	Thompson, Carys	15	Pembroke & District Asc	50.49	48.63
13	Cousins, Molli-Ellen	15	Neath SC	52.20	51.36

**Event 405 Girls 16 Year Olds 50 SC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Lewis, Caera	16	Haverfordwest	34.22	35.01
2	Patterson, Millie E	16	City of Swansea Aquatics Club	37.62	36.65
3	Thomas, Seren	16	City of Swansea Aquatics Club	38.37	38.08
4	Evans, Caitlin	16	Neath SC	38.65	38.45
5	Callen, Holly-Jane	16	Pembroke & District Asc	40.21	40.04
6	Selby, Cerys	16	Neath SC	45.52	44.89
7	Bray, Bethan	16	Celtic Dolphins	46.81	45.88
8	Southam, Sophie	16	Llanelli	49.71	48.45

**Event 405 Girls 17 & Over 50 SC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Phillips, Rhianna	17	Carmarthen	37.74	36.68
2	Lewis, Abigail	17	Neath SC	37.85	38.35
3	Lloyd, Ruby	17	City of Swansea Aquatics Club	39.12	38.43
4	Thomas, Abigail	17	Neath SC	40.47	41.20
5	Lee, Georgia	18	Pembroke & District Asc	40.76	41.52
6	Hetherington, Verity	17	Neath SC	43.83	41.96