

West Wales Regionals 2022 - 11/02/2022 to 13/02/2022**Results - Session 5 - Warmup 08.00 - 9.00 am****Event 501 Boys 11 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Douglas, Lucas	11	Carmarthen	41.74	35.66

Event 501 Boys 12 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Williams, Thomas	12	Llanelli	38.77	38.65
2 Thomas, Iolo	12	Neath SC	40.34	39.82

Event 501 Boys 13 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 West, Dexter	13	Fishguard Flyers	33.96	32.56
2 Twigger, Owen	13	City of Swansea Aquatics Club	36.28	34.01
3 Thomas, Sion	13	Haverfordwest	36.56	36.07
4 Chapman, Coby L	13	Penyrheol	39.76	37.76

Event 501 Boys 14 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Montgomery, Sammy	14	Haverfordwest	30.50	30.30
2 Montague, Mason	14	Pembroke & District Asc	38.28	31.30
3 Sellick, Fenn	14	City of Swansea Aquatics Club	31.20	31.73
4 Richardson, Osian	14	City of Swansea Aquatics Club	34.31	33.46
5 Price, George	14	City of Swansea Aquatics Club	36.60	34.47
6 Hedge, William	14	City of Swansea Aquatics Club	38.34	36.48
7 Davies, Matthew	14	City of Swansea Aquatics Club	38.50	37.00
8 Diouf, Kaden S	14	City of Swansea Aquatics Club	39.80	37.49

Event 501 Boys 15 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Prysor, Sami	15	Haverfordwest	29.02	28.09
2 Ardern, James	15	Tenby	28.40	28.49
3 Johnstone, Daniel	15	Carmarthen	29.62	29.02
4 Gillett, Oliver	15	City of Swansea Aquatics Club	31.00	31.13
5 Fletcher, Owen	15	Haverfordwest	31.78	31.25
6 Morgan, Jack	15	Pembroke & District Asc	37.31	31.38
7 Cressey-Rodgers, Huw	15	Carmarthen	31.47	31.48
8 Ferguson, Flynn	15	Neath SC	33.87	32.96
9 Richards, Aled	15	Celtic Dolphins	34.83	34.61
10 Belanger, Jayden	15	Milford Haven	38.61	35.81

Event 501 Boys 16 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Hillary, Benjamin	16	Pembroke & District Asc	28.05	27.83
2 Wells, Oliver S	16	Celtic Dolphins	27.73	28.16
3 West, Zac	16	Fishguard Flyers	31.37	29.50
4 Gubb, Harvey	16	Neath SC	29.50	29.80
5 Williams, Corey B	16	City of Swansea Aquatics Club	32.27	31.70

Event 501 Boys 17 & Over 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Rodriguez, Antonio	18	City of Swansea Aquatics Club	25.00	25.48
2 White, Henry	18	Haverfordwest	26.36	26.09
3 Morris, Alexander	23	City of Swansea Aquatics Club	25.10	26.19
4 Greenway, Morgan	19	City of Swansea Aquatics Club	26.50	27.28
5 Burkett, Maximus	17	City of Swansea Aquatics Club	28.10	27.87
6 Hedge, Thomas	17	City of Swansea Aquatics Club	28.40	29.13
7 Andrews, Rory	17	Haverfordwest	29.00	29.43
8 Cole, Toby R	17	City of Swansea Aquatics Club	28.60	29.49
9 Fitzsimmons, Arron	18	Pembroke & District Asc	30.21	30.28

West Wales Regionals 2022 - 11/02/2022 to 13/02/2022**Results - Session 5 - Warmup 08.00 - 9.00 am****(Event 501 Boys 17 & Over 50 SC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time
10	Jones, Garyn	17	Neath SC	31.48	30.52
11	Davies, Dominic	18	Llanelli	32.20	31.61
12	O'Brien, Tomos J	17	City of Swansea Aquatics Club	32.30	31.67
13	Williams, Tyler J	17	City of Swansea Aquatics Club	33.10	31.73

Event 502 Girls 11 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Galdes Cutting, Daisy	11	Haverfordwest	36.67	34.55
2	Dash, Amelie	11	Milford Haven	35.64	34.57
3	Davies, Erin L	11	Celtic Dolphins	39.06	37.63
4	Bissicks, Cari H	11	City of Swansea Aquatics Club	41.70	38.08
5	Hughes, Mollie	11	Celtic Dolphins	38.51	38.87
6	Hughes, Tirion H	11	City of Swansea Aquatics Club	43.52	38.91
7	Hall, Ellena	11	Fishguard Flyers	43.99	40.60
8	Hall, Isabelle	11	Fishguard Flyers	43.76	40.98
9	Wells, Iris	11	Celtic Dolphins	42.95	43.72

Event 502 Girls 12 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Nichols, Grace	12	Haverfordwest	31.21	30.89
2	Coffey, Cora - Leigh K	12	City of Swansea Aquatics Club	32.20	32.25
3	Hurley, Sienna	12	Neath SC	34.17	33.68
4	Griffiths, Cerys	12	Pembroke & District Asc	43.03	34.43
5	Sellick, Tiah G	12	City of Swansea Aquatics Club	34.93	34.66
6	Stark, Tala	12	Fishguard Flyers	38.42	35.77
7	Lewis, Nia	12	Tenby	37.32	36.33
8	Richardson, Beca	12	City of Swansea Aquatics Club	38.20	36.66
9	Thompson, Freya	12	Pembroke & District Asc	37.92	36.72
10	Martin, Phoebe O	12	City of Swansea Aquatics Club	35.40	37.33
11	Upton-Boorman, Isabella	12	Carmarthen	40.56	37.78
12	Cressey-Rodgers, Gwenllian H	12	City of Swansea Aquatics Club	43.82	38.15
13	Knight, Lily	12	Celtic Dolphins	39.86	38.29
14	Griffiths, Gwenan M	12	City of Swansea Aquatics Club	38.23	38.73
15	Cooper, Daisy	12	Fishguard Flyers	40.28	40.70

Event 502 Girls 13 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Geach, Libbie	13	City of Swansea Aquatics Club	28.80	28.63
2	Koo, Kathryn	13	Tenby	30.20	30.53
3	Jones, Eryn	13	Celtic Dolphins	34.32	30.82
4	Hale, Libby R	13	City of Swansea Aquatics Club	30.40	30.91
5	Williams, Marys E	13	City of Swansea Aquatics Club	31.40	31.23
6	Thomas, Chloe	13	Fishguard Flyers	32.24	31.65
7	Ostrowski, Julia	13	Pembroke & District Asc	32.19	32.12
8	Bowen, Elin	13	Carmarthen	36.74	32.57
9	Black, Hollie M	13	City of Swansea Aquatics Club	33.10	32.59
10	Lythgoe, Manon H	13	City of Swansea Aquatics Club	33.00	33.07
11	Blue, Macy	13	Carmarthen	40.97	34.58
12	Bruce, Skye	13	Pembroke & District Asc	38.92	34.67
13	Thomas, Caitlyn	13	Neath SC	37.53	36.55
14	Fyfe, Nell	13	Haverfordwest	40.00	36.87
15	Richards, Amber	13	Celtic Dolphins	37.61	37.21
16	Hanna, Shelby	13	Haverfordwest	39.92	38.86
17	Knight, Cerys	13	Haverfordwest	40.51	41.30

West Wales Regionals 2022 - 11/02/2022 to 13/02/2022**Results - Session 5 - Warmup 08.00 - 9.00 am****Event 502 Girls 14 Year Olds 50 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Jones, ESYLLT H	14	Carmarthen	28.03	28.05
2	Collyer, Mabli	14	City of Swansea Aquatics Club	28.76	28.41
3	Owen, Gracie	14	Neath SC	29.26	28.84
4	O'Mahoney, Kaitlin	14	Neath SC	29.67	29.78
5	King, Marley	14	Penyrheol	30.61	29.79
6	Tucker, Holly	14	City of Swansea Aquatics Club	29.60	29.93
7	Gilderdale, Celyn	14	Haverfordwest	31.06	30.29
8	Woodward, Angharad	14	Neath SC	31.33	30.67
9	Hanna, Jazmine	14	Haverfordwest	32.34	30.73
10	Knight, Cari	14	City of Swansea Aquatics Club	30.60	31.04
11	Ley, Lucy	14	City of Swansea Aquatics Club	33.25	31.29
12	Carter, Ava	14	Celtic Dolphins	31.36	31.41
13	Marsh, Nina	14	Milford Haven	33.49	31.53
14	Pickersgill, Aoife	14	Carmarthen	34.81	31.68
15	Thomas, Caitlin	14	City of Swansea Aquatics Club	31.80	31.77
16	Thomas, Medi A	14	City of Swansea Aquatics Club	33.42	32.36
17	Banner, Aimee	14	Penyrheol	33.12	32.41
18	Llewellyn, Isabella	14	Haverfordwest	33.91	32.46
19	Miles, Megan	14	Fishguard Flyers	33.51	32.95
20	Peach, Eliza M	14	Haverfordwest	36.35	34.73
21	Jenkins, Siriol	14	Llanelli	35.32	36.00
22	Hinton, Scarlett	14	Fishguard Flyers	36.09	36.48
23	Green, Ellie	14	Haverfordwest	36.60	38.02
24	Davies, Lowri	14	Celtic Dolphins	37.63	38.64

Event 502 Girls 15 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	John, Holly	15	Haverfordwest	30.80	29.54
2	Bissicks, Ella	15	City of Swansea Aquatics Club	29.91	29.86
3	David, Isabelle	15	City of Swansea Aquatics Club	30.10	30.14
4	Smart, Charlotte	15	City of Swansea Aquatics Club	29.94	30.20
5	Thomas, Ffion	15	Neath SC	30.07	30.50
6	Peter, Sophie	15	City of Swansea Aquatics Club	30.90	30.63
7	Webb, Saskia	15	Haverfordwest	32.79	30.82
8	Cleave, Mia	15	Celtic Dolphins	31.97	31.01
9	Brown, Caitlin	15	Amman Valley	31.54	31.08
10	Owens, Annie R	15	Celtic Dolphins	31.43	31.11
11	Thomas, Grace	15	Milford Haven	30.53	31.20
12	Williams, Hollie	15	Llanelli	30.40	31.23
13	Thomas, Nyla	15	Neath SC	30.89	31.44
14	Davies, Rhian	15	City of Swansea Aquatics Club	31.70	31.46
15	Devonald, Niamh	15	Haverfordwest	32.87	31.57
16	Kovachev, Georgie	15	Fishguard Flyers	31.56	31.68
17	Beynon, Chloe	15	Fishguard Flyers	32.79	32.22
18	Edwards, Izzy M	15	City of Swansea Aquatics Club	32.60	32.86
19	Clifford, Bethany	15	Neath SC	34.22	33.46
20	Cousins, Molli-Ellen	15	Neath SC	36.11	38.09

Event 502 Girls 16 Year Olds 50 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Lewis, Lowri	16	Neath SC	28.18	28.37
2	Clissold, Elizabeth	16	Tenby	29.67	29.69
3	Goddard, Evie E	16	Haverfordwest	30.12	29.94
4	Davies, Helena	16	Neath SC	31.03	30.58
5	John, Lucy	16	Haverfordwest	30.38	31.49

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

Results - Session 5 - Warmup 08.00 - 9.00 am

(Event 502 Girls 16 Year Olds 50 SC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
6 Thomas, Abigail G	16	Pembroke & District Asc	33.14	31.61
7 Selby, Cerys	16	Neath SC	32.65	33.49
8 Phelps, Lucy	16	Neath SC	33.68	33.90

Event 502 Girls 17 & Over 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Stokes, Aimee L	18	City of Swansea Aquatics Club	27.20	27.84
2 Lewis, Rachael E	18	Fishguard Flyers	29.30	28.22
3 Lloyd, Ruby	17	City of Swansea Aquatics Club	28.62	28.64
4 Clapham, Rhiannon m	17	Fishguard Flyers	29.49	28.91
5 Evans, Caitlin R	18	City of Swansea Aquatics Club	29.40	29.01
6 Knight, Ffion L	17	Penyrheol	30.02	29.84
7 White, Amy V	17	Haverfordwest	30.07	29.85
8 Hetherington, Verity	17	Neath SC	29.46	29.96
9 Grigg-Williams, Chloe	19	Penyrheol	30.40	30.23
10 Johns, Ffion	17	City of Swansea Aquatics Club	31.12	30.57
11 Lewis, Abigail	17	Neath SC	30.49	30.79
12 Gillett, Keira	17	City of Swansea Aquatics Club	30.96	30.99
13 Lee, Georgia	18	Pembroke & District Asc	30.48	31.08
14 Fox, Eve	17	City of Swansea Aquatics Club	30.20	31.81
15 Thomas, Abigail	17	Neath SC	30.59	31.92

Event 503 Boys 13 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Bennett, Finley	13	Haverfordwest	6:11.18	6:02.08
			39.15	1:27.42 (48.27)
			2:12.46 (45.04)	2:57.54 (45.08)
			3:49.92 (52.38)	4:43.06 (53.14)
			5:22.67 (39.61)	6:02.08 (39.41)

Event 503 Boys 14 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Price, George	14	City of Swansea Aquatics Club	6:03.18	5:54.16
			37.63	1:22.88 (45.25)
			2:08.95 (46.07)	2:52.50 (43.55)
			3:44.43 (51.93)	4:37.85 (53.42)
			5:17.45 (39.60)	5:54.16 (36.71)

Event 503 Boys 15 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Morgan, Jack	15	Pembroke & District Asc	6:22.85	5:49.12
			33.58	1:16.55 (42.97)
			2:01.47 (44.92)	2:46.46 (44.99)
			3:38.04 (51.58)	4:31.17 (53.13)
			5:10.50 (39.33)	5:49.12 (38.62)

Event 504 Girls 12 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Nichols, Grace	12	Haverfordwest	5:21.15	5:20.19
			36.89	1:16.92 (40.03)
			1:57.60 (40.68)	2:37.99 (40.39)
			3:18.99 (41.00)	4:00.05 (41.06)
			4:41.21 (41.16)	5:20.19 (38.98)
2 Hurley, Sienna	12	Neath SC	6:04.66	5:45.15
			38.61	1:21.83 (43.22)
			2:05.74 (43.91)	2:49.70 (43.96)
			3:34.08 (44.38)	4:18.02 (43.94)
			5:03.36 (45.34)	5:45.15 (41.79)
3 Bruce, Keira	12	Pembroke & District Asc	6:32.71	6:21.48
			40.65	1:27.03 (46.38)
			2:16.21 (49.18)	3:07.10 (50.89)
			3:56.20 (49.10)	4:46.90 (50.70)
			5:37.22 (50.32)	6:21.48 (44.26)

Event 504 Girls 13 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Geach, Libbie	13	City of Swansea Aquatics Club	4:56.73	4:57.37
			33.02	1:09.79 (36.77)
			1:47.32 (37.53)	2:25.80 (38.48)
			3:04.16 (38.36)	3:42.39 (38.23)
			4:21.12 (38.73)	4:57.37 (36.25)

West Wales Regionals 2022 - 11/02/2022 to 13/02/2022**Results - Session 5 - Warmup 08.00 - 9.00 am****(Event 504 Girls 13 Year Olds 400 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
2 Hale, Libby R	13	City of Swansea Aquatics Club	5:12.13	5:09.96
			33.67 1:10.98 (37.31) 1:50.19 (39.21) 2:30.19 (40.00)	
			3:10.38 (40.19) 3:50.64 (40.26) 4:31.78 (41.14) 5:09.96 (38.18)	

Event 504 Girls 14 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Owen, Gracie	14	Neath SC	4:42.97	4:41.33
			31.37 1:06.52 (35.15) 1:42.29 (35.77) 2:18.75 (36.46)	
			2:55.22 (36.47) 3:31.85 (36.63) 4:07.48 (35.63) 4:41.33 (33.85)	
2 O'Mahoney, Kaitlin	14	Neath SC	4:53.56	4:55.01
			32.17 1:08.15 (35.98) 1:45.40 (37.25) 2:23.72 (38.32)	
			3:02.31 (38.59) 3:40.48 (38.17) 4:19.03 (38.55) 4:55.01 (35.98)	
3 King, Marley	14	Penyrheol	5:05.62	4:57.52
			33.63 1:11.74 (38.11) 1:50.41 (38.67) 2:28.96 (38.55)	
			3:07.45 (38.49) 3:45.66 (38.21) 4:23.12 (37.46) 4:57.52 (34.40)	
4 Woodward, Angharad	14	Neath SC	5:18.37	5:02.90
			33.60 1:12.15 (38.55) 1:51.28 (39.13) 2:30.45 (39.17)	
			3:08.50 (38.05) 3:47.99 (39.49) 4:26.76 (38.77) 5:02.90 (36.14)	
5 Tucker, Holly	14	City of Swansea Aquatics Club	5:04.10	5:08.43
			1:12.28 2:30.60 (1:18.32) 3:10.22 (39.62) 3:49.79 (39.57)	
			4:29.39 (39.60) 5:08.43 (39.04)	
6 Catling, Freya	14	Celtic Dolphins	5:19.72	5:15.64
			35.65 1:15.18 (39.53) 1:55.44 (40.26) 2:35.92 (40.48)	
			3:16.09 (40.17) 3:56.50 (40.41) 4:36.59 (40.09) 5:15.64 (39.05)	
7 Gilderdale, Celyn	14	Haverfordwest	5:15.50	5:16.22
			33.75 1:11.62 (37.87) 1:51.60 (39.98) 2:32.23 (40.63)	
			3:13.85 (41.62) 3:55.23 (41.38) 4:36.41 (41.18) 5:16.22 (39.81)	
8 Ley, Lucy	14	City of Swansea Aquatics Club	5:15.71	5:16.57
			33.90 1:12.57 (38.67) 1:52.45 (39.88) 2:33.52 (41.07)	
			3:14.65 (41.13) 3:55.80 (41.15) 4:36.93 (41.13) 5:16.57 (39.64)	
9 Cooper, Megan	14	Neath SC	5:35.84	5:37.26
			36.99 1:18.67 (41.68) 2:01.70 (43.03) 2:44.07 (42.37)	
			3:27.87 (43.80) 4:11.25 (43.38) 4:54.99 (43.74) 5:37.26 (42.27)	
10 Page, Ann	14	Carmarthen	6:07.78	6:21.34
			42.14 1:33.19 (51.05) 2:20.10 (46.91) 3:08.28 (48.18)	
			3:57.01 (48.73) 4:47.54 (50.53) 5:36.90 (49.36) 6:21.34 (44.44)	

Event 504 Girls 15 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Evans, Mali R	15	City of Swansea Aquatics Club	4:57.30	4:52.75
			32.43 1:08.70 (36.27) 1:45.85 (37.15) 2:23.77 (37.92)	
			3:02.04 (38.27) 3:39.88 (37.84) 4:17.76 (37.88) 4:52.75 (34.99)	
2 Bissicks, Ella	15	City of Swansea Aquatics Club	5:00.41	4:57.64
			33.45 1:10.23 (36.78) 1:47.97 (37.74) 2:26.17 (38.20)	
			3:04.66 (38.49) 3:43.44 (38.78) 4:21.09 (37.65) 4:57.64 (36.55)	
3 Hale, Gemma N	15	City of Swansea Aquatics Club	4:58.50	5:01.65
			33.60 1:10.93 (37.33) 1:48.84 (37.91) 2:27.11 (38.27)	
			3:05.69 (38.58) 3:44.32 (38.63) 4:22.93 (38.61) 5:01.65 (38.72)	
4 Davies, Rhian	15	City of Swansea Aquatics Club	5:15.20	5:03.87
			1:10.14 5:03.87 (3:53.73)	
5 Williams, Hollie	15	Llanelli	5:09.40	5:05.68
			34.42 1:12.18 (37.76) 1:51.27 (39.09) 2:30.55 (39.28)	
			3:09.69 (39.14) 3:48.64 (38.95) 4:27.98 (39.34) 5:05.68 (37.70)	
6 Knowles, Amy A	15	Haverfordwest	5:06.36	5:09.66
			32.85 1:10.60 (37.75) 1:49.25 (38.65) 2:29.60 (40.35)	
			3:10.42 (40.82) 3:50.89 (40.47) 4:31.89 (41.00) 5:09.66 (37.77)	
7 Webb, Saskia	15	Haverfordwest	5:28.25	5:13.03
			36.25 1:15.99 (39.74) 1:55.78 (39.79) 2:35.96 (40.18)	
			3:15.64 (39.68) 3:55.05 (39.41) 4:34.10 (39.05) 5:13.03 (38.93)	

West Wales Regionals 2022 - 11/02/2022 to 13/02/2022**Results - Session 5 - Warmup 08.00 - 9.00 am****(Event 504 Girls 15 Year Olds 400 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
8 Thomas, Grace	15	Milford Haven	5:09.10	5:13.56
35.04	1:13.75 (38.71)	1:53.87 (40.12)	2:33.97 (40.10)	
3:13.88 (39.91)	3:54.18 (40.30)	4:34.56 (40.38)	5:13.56 (39.00)	
9 Thomas, Nyla	15	Neath SC	5:30.36	5:20.97
36.06	1:15.09 (39.03)	1:55.95 (40.86)	2:37.46 (41.51)	
3:18.89 (41.43)	4:00.63 (41.74)	4:42.07 (41.44)	5:20.97 (38.90)	
10 Edwards, Izzy M	15	City of Swansea Aquatics Club	5:24.77	5:23.44
36.61	1:17.22 (40.61)	1:58.55 (41.33)	2:40.19 (41.64)	
3:21.48 (41.29)	4:02.68 (41.20)	4:43.96 (41.28)	5:23.44 (39.48)	
11 Kovachev, Georgie	15	Fishguard Flyers	5:26.16	5:23.45
36.47	1:18.01 (41.54)	1:59.59 (41.58)	2:40.82 (41.23)	
3:21.39 (40.57)	4:02.56 (41.17)	4:43.71 (41.15)	5:23.45 (39.74)	
12 Clifford, Bethany	15	Neath SC	5:35.90	5:28.93
35.78	1:15.29 (39.51)	1:56.35 (41.06)	2:38.71 (42.36)	
3:21.26 (42.55)	4:04.44 (43.18)	4:47.46 (43.02)	5:28.93 (41.47)	

Event 504 Girls 16 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Lewis, Lowri	16	Neath SC	4:50.90	4:46.90
1:08.73	1:45.61 (36.88)	2:22.51 (36.90)	2:59.19 (36.68)	
3:36.30 (37.11)	4:12.85 (36.55)	4:46.90 (34.05)		
2 Clissold, Elizabeth	16	Tenby	5:14.36	5:09.70
35.02	1:13.39 (38.37)	1:53.05 (39.66)	2:33.34 (40.29)	
3:12.49 (39.15)	3:51.51 (39.02)	4:31.19 (39.68)	5:09.70 (38.51)	
3 White, Eleanor R	16	Haverfordwest	5:58.90	5:10.07
32.76	1:10.13 (37.37)	1:47.98 (37.85)	2:27.61 (39.63)	
3:07.66 (40.05)	3:48.65 (40.99)	4:29.99 (41.34)	5:10.07 (40.08)	
4 Bray, Bethan	16	Celtic Dolphins	5:24.50	5:29.43
37.45	1:17.79 (40.34)	1:58.86 (41.07)	2:40.07 (41.21)	
4:05.79 (1:25.72)	4:48.74 (42.95)	5:29.43 (40.69)		
5 Selby, Cerys	16	Neath SC	5:24.46	5:45.71
38.10	1:19.92 (41.82)	2:04.12 (44.20)	2:49.02 (44.90)	
3:33.74 (44.72)	4:18.10 (44.36)	5:02.89 (44.79)	5:45.71 (42.82)	

Event 504 Girls 17 & Over 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Lloyd, Ruby	17	City of Swansea Aquatics Club	4:30.41	4:35.24
30.73	1:04.37 (33.64)	1:39.35 (34.98)	2:14.75 (35.40)	
2:50.13 (35.38)	3:26.14 (36.01)	4:01.84 (35.70)	4:35.24 (33.40)	
2 Evans, Bethan	17	Neath SC	4:43.07	4:46.25
32.17	1:08.24 (36.07)	1:45.31 (37.07)	2:22.26 (36.95)	
2:58.62 (36.36)	3:34.93 (36.31)	4:10.96 (36.03)	4:46.25 (35.29)	
3 Gillett, Keira	17	City of Swansea Aquatics Club	4:48.50	4:47.41
32.79	1:08.52 (35.73)	1:45.19 (36.67)	2:21.82 (36.63)	
2:58.52 (36.70)	3:35.38 (36.86)	4:12.08 (36.70)	4:47.41 (35.33)	
4 Phillips, Rhianna	17	Carmarthen	5:05.29	4:56.45
33.17	1:10.13 (36.96)	1:48.06 (37.93)	2:26.49 (38.43)	
3:04.20 (37.71)	3:42.31 (38.11)	4:20.35 (38.04)	4:56.45 (36.10)	
5 Evans, Caitlin R	18	City of Swansea Aquatics Club	4:50.56	4:56.95
32.76	1:09.16 (36.40)	1:45.87 (36.71)	2:23.29 (37.42)	
3:00.96 (37.67)	3:39.66 (38.70)	4:18.37 (38.71)	4:56.95 (38.58)	

Event 505 Boys 11 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Hale, Oliver S	11	City of Swansea Aquatics Club	1:56.32	1:56.08
55.29	1:56.08 (1:00.79)			

West Wales Regionals 2022 - 11/02/2022 to 13/02/2022**Results - Session 5 - Warmup 08.00 - 9.00 am****Event 505 Boys 12 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Chan, Carlton	12	City of Swansea Aquatics Club	1:50.90	1:38.61
45.84	1:38.61 (52.77)			
2 Lobo, Sam	12	Neath SC	1:54.25	1:50.17
1:50.17	1:50.17 ()			
--- Phillips, Finley	12	Carmarthen	1:38.96	DQ
47.19	DQ (49.59)			

Event 505 Boys 13 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 West, Dexter	13	Fishguard Flyers	1:28.76	1:24.82
40.89	1:24.82 (43.93)			
2 Twigger, Owen	13	City of Swansea Aquatics Club	1:33.65	1:27.63
42.04	1:27.63 (45.59)			
3 Silverstone, Sol	13	Haverfordwest	1:37.18	1:33.18
42.72	1:33.18 (50.46)			
4 Bennett, Finley	13	Haverfordwest	1:28.91	1:34.18
43.78	1:34.18 (50.40)			
5 Song, Guangping	13	City of Swansea Aquatics Club	1:39.02	1:34.57
44.33	1:34.57 (50.24)			
6 Cleave, Joshua	13	Celtic Dolphins	1:38.46	1:37.51
46.34	1:37.51 (51.17)			
7 Hetherington, Trystan	13	Neath SC	1:45.52	1:40.68
46.89	1:40.68 (53.79)			
8 John, Thomas	13	Haverfordwest	1:46.24	1:41.92
47.40	1:41.92 (54.52)			
9 Lewis, Cian	13	Neath SC	1:44.76	1:44.38
47.82	1:44.38 (56.56)			
10 Harris, Osian	13	Fishguard Flyers	1:44.12	1:44.88
50.69	1:44.88 (54.19)			
11 Smith, Benjamin	13	Haverfordwest	1:50.19	1:52.87

Event 505 Boys 14 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Montague, Mason	14	Pembroke & District Asc	1:17.56	1:20.54
38.33	1:20.54 (42.21)			
2 Davies, Matthew	14	City of Swansea Aquatics Club	1:20.30	1:21.45
3 Richardson, Osian	14	City of Swansea Aquatics Club	1:27.40	1:21.46
38.12	1:21.46 (43.34)			

Event 505 Boys 15 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Fletcher, Owen	15	Haverfordwest	1:21.65	1:20.78
37.95	1:20.78 (42.83)			
2 Clarke, Henry	15	Penyrheol	1:22.60	1:20.94
37.88	1:20.94 (43.06)			
3 Cressey-Rodgers, Huw	15	Carmarthen	1:38.52	1:20.95
38.63	1:20.95 (42.32)			
4 Richards, Aled	15	Celtic Dolphins	1:29.11	1:26.85
41.13	1:26.85 (45.72)			
5 Thomson, Jacob	15	Haverfordwest	1:30.00	1:33.92

Event 505 Boys 16 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 West, Zac	16	Fishguard Flyers	1:15.18	1:14.87
34.90	1:14.87 (39.97)			
2 Swinton, Christopher	16	City of Swansea Aquatics Club	1:17.77	1:15.28
34.35	1:15.28 (40.93)			

West Wales Regionals 2022 - 11/02/2022 to 13/02/2022**Results - Session 5 - Warmup 08.00 - 9.00 am****(Event 505 Boys 16 Year Olds 100 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
3 Jones, Joseph	16	Neath SC	1:23.19	1:21.22
	37.86	1:21.22 (43.36)		

Event 505 Boys 17 & Over 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 White, Henry	18	Haverfordwest	1:06.57	1:09.50
	32.46	1:09.50 (37.04)		
2 Edwards, Liam	18	Carmarthen	1:10.94	1:10.89
	33.70	1:10.89 (37.19)		
3 Cole, Toby R	17	City of Swansea Aquatics Club	1:10.60	1:11.31
	33.77	1:11.31 (37.54)		
4 Lewis, Matthew D	37	Haverfordwest	1:10.85	1:13.66
	33.86	1:13.66 (39.80)		
5 Burkett, Maximus	17	City of Swansea Aquatics Club	1:14.75	1:13.90
	34.00	1:13.90 (39.90)		
6 Partridge, Rhys	18	Llanelli	1:16.91	1:14.23
	34.97	1:14.23 (39.26)		
7 Andrews, Rory	17	Haverfordwest	1:16.90	1:18.27
	36.37	1:18.27 (41.90)		
8 Ferguson, Lucas	18	Neath SC	1:19.12	1:18.84
	35.55	1:18.84 (43.29)		
9 Williams, Tyler J	17	City of Swansea Aquatics Club	1:20.08	1:21.71
	37.19	1:21.71 (44.52)		