

West Wales Regionals 2017 - 03/02/2017 to 12/02/2017**Results - Session 13 - Warmup 2.45pm****Event 65 Boys 200 SC Meter Medley (HDW) Relay**

Team	Relay			Finals Time
1 Swansea Aquatics	A			1:53.90
1) Jervis, Daniel O 21	2) Budd-Thomas, Brandon 17	3) Thomas, Daniel J 20	4) Croot, Cameron 18	
26.59	1:00.24 (33.65)	1:27.72 (27.48)	1:53.90 (26.18)	
2 Carmarthen	A			1:54.10
1) Morgan, Deian S 15	2) Herdman, Steffan 18	3) Williams, Rhys R 18	4) Francis, Meurig 18	
29.41	1:01.95 (32.54)	1:30.24 (28.29)	1:54.10 (23.86)	
3 Neath Asc	A			2:00.77
1) Evans, Luke 18	2) Short, Simon 20	3) Lee Davies, Sam 17	4) Stephens, Thomas 18	
30.21	1:05.14 (34.93)	1:33.81 (28.67)	2:00.77 (26.96)	

Event 66 Girls 200 SC Meter Medley (HDW) Relay

Team	Relay			Finals Time
1 Carmarthen	A			2:06.83
1) Morgan, Rebeca 16	2) Edwards, Bethan 16	3) Dyfri, Annell 16	4) Fry, Catrin 17	
32.71	1:05.94 (33.23)	1:39.50 (33.56)	2:06.83 (27.33)	
2 Haverfordwest Swimming Club	A			2:12.16
1) Harding, Lucy 16	2) Twigg, Louisa E 16	3) Fletcher, Chloe 15	4) Fletcher, Megan 17	
33.55	1:08.77 (35.22)	1:42.44 (33.67)	2:12.16 (29.72)	
3 Neath Asc	A			2:16.56
1) Golding, Francesca M 25	2) Short, Mollie 15	3) Lewis, Awen 18	4) Andrews, Ffion 17	
34.81	1:15.47 (40.66)	1:47.41 (31.94)	2:16.56 (29.15)	

Event 67 Boys 16 & Under 200 SC Meter Medley (HDW) Relay

Team	Relay			Finals Time
1 Carmarthen	A			2:02.38
1) Morgan, Deian S 15	2) Spragg, James 16	3) Payne, James 16	4) Jones, Joshua 15	
29.70	1:05.44 (35.74)	1:35.24 (29.80)	2:02.38 (27.14)	
2 Haverfordwest Swimming Club	A			2:10.53
1) Berry, Matthew 15	2) Elliott, Morgan 16	3) Webb, Jac D 15	4) Kelly, Dean L 15	
34.27	1:09.07 (34.80)	1:40.62 (31.55)	2:10.53 (29.91)	
3 Neath Asc	A			2:14.94
1) Hawker, Ben 16	2) Nowell, Isaac 15	3) Preece, Alex J 14	4) Henderson, Tom 15	
	1:13.04 ()	1:45.36 (32.32)	2:14.94 (29.58)	

Event 68 Girls 16 & Under 200 SC Meter Medley (HDW) Relay

Team	Relay			Finals Time
1 Pembroke & District	A			2:13.51
1) Omnet, Lauren 14	2) Llewellyn, Rosie 15	3) Jones, Bethan 14	4) Williams, Abigayle 15	
37.13	1:13.90 (36.77)	1:44.70 (30.80)	2:13.51 (28.81)	
2 Swansea Aquatics	A			2:13.97
1) Willis, Ashleigh 15	2) Tucker, Amelia 14	3) Peter, Hannah 14	4) Nicholls, Jasmine 16	
35.18	1:12.08 (36.90)	1:44.43 (32.35)	2:13.97 (29.54)	
3 Carmarthen	A			2:14.48
1) Morgan, Rebeca 16	2) Tyler, Megan 15	3) Edwards, Bethan 16	4) Dyfri, Annell 16	
32.34	1:14.15 (41.81)	1:43.60 (29.45)	2:14.48 (30.88)	
4 Neath Asc	A			2:21.17
1) Glover, Alysia 15	2) Short, Mollie 15	3) Millan, Fiona 15	4) Cole, Cerys 16	
36.64	1:17.28 (40.64)	1:51.05 (33.77)	2:21.17 (30.12)	
5 Celtic Dolphins	A			2:23.91
1) Hopkins, Lauren 15	2) Holdsworth, Jasmine 15	3) Harvey, Rhiannon 16	4) Laugharne, Zoe 16	
35.92	1:17.47 (41.55)	1:50.78 (33.31)	2:23.91 (33.13)	

Event 69 Boys 14 & Under 200 SC Meter Medley (HDW) Relay

Team	Relay			Finals Time
1 Swansea Aquatics	A			2:08.05
1) Rodriguez, Ab B 13	2) Davies, Aneurin 13	3) Smart, Connor 14	4) Williams, Osian C 14	
32.90	1:08.50 (35.60)	1:38.92 (30.42)	2:08.05 (29.13)	

West Wales Regionals 2017 - 03/02/2017 to 12/02/2017**Results - Session 13 - Warmup 2.45pm****(Event 69 Boys 14 & Under 200 SC Meter Medley (HDW) Relay)**

Team	Relay			Finals Time
2 Neath Asc	A			2:13.47
1) Wells, Lewis 14	2) Preece, Alex J 14	3) Govier, Jack 14	4) Cooper, Joshua 13	
32.54	1:10.82 (38.28)	1:41.02 (30.20)	2:13.47 (32.45)	
3 Carmarthen	A			2:17.38
1) Hancock, Carwyn 14	2) Morgan, Tomos I 13	3) Morgan, Dylan 13	4) Barnwell, Charlie 13	
32.83	1:14.06 (41.23)	1:44.34 (30.28)	2:17.38 (33.04)	
4 Pembroke & District	A			2:22.40
1) Shiels, Charlie J 13	2) Kettle, Lewys 14	3) Fitzsimmons, Arron 13	4) Sturley, Toby 13	
34.24		1:51.61 ()	2:22.40 (30.79)	
5 Haverfordwest Swimming Club	A			2:24.73
1) Elliott, Jack 14	2) White, Henry 13	3) Powell, Jake 13	4) MacDougall, Ben J 14	
37.78	1:18.73 (40.95)	1:53.81 (35.08)	2:24.73 (30.92)	
6 Swansea Aquatics	B			2:25.72
1) Elkin, Max 13	2) Seppman, Neo 13	3) Wingrave-Rix, Harvey 13	4) Cole, Toby 12	
	1:17.85 ()	1:53.66 (35.81)	2:25.72 (32.06)	
7 Llanelli Asc	A			2:29.65
1) Thomas, Rhys a 12	2) Partridge, Rhys 13	3) Southam, Jack 14	4) Budd-Thomas, Dylan 12	
37.64	1:20.46 (42.82)	1:53.82 (33.36)	2:29.65 (35.83)	

Event 70 Girls 14 & Under 200 SC Meter Medley (HDW) Relay

Team	Relay			Finals Time
1 Swansea Aquatics	A			2:17.95
1) Powell, Megan B 13	2) Stokes, Aimee 13	3) Peter, Hannah 14	4) Davies, Ellie 13	
33.35	1:13.90 (40.55)	1:46.26 (32.36)	2:17.95 (31.69)	
2 Carmarthen	A			2:21.15
1) Conlon, Nia Haf 14	2) Cressey-Rodgers, Molly R 14	3) Roberts, Alice 14	4) Cressey-Rodgers, Deryn H 14	
35.29	1:20.81 (45.52)	1:50.78 (29.97)	2:21.15 (30.37)	
3 Haverfordwest Swimming Club	A			2:23.60
1) Whalley, Charlotte C 13	2) Bennett, Briony 13	3) Robinson, Francesca S 14	4) Thomson, Megan E 13	
32.19	1:17.18 (44.99)	1:52.10 (34.92)	2:23.60 (31.50)	
4 Llanelli Asc	A			2:26.38
1) Pearce, Molly 13	2) Wheel, Charlotte 14	3) Rees, Emily 13	4) Dunning, Ffion 13	
37.14	1:19.14 (42.00)	1:51.21 (32.07)	2:26.38 (35.17)	
5 Neath Asc	A			2:26.96
1) Davies, Katie 14	2) Martin-Evans, Lillie L 14	3) Warlow, Grace E 14	4) Scott, Summer 12	
34.55	1:17.90 (43.35)	1:52.89 (34.99)	2:26.96 (34.07)	
6 Celtic Dolphins	A			2:31.48
1) Watts, Non 12	2) Davies, Emily 14	3) Sullivan, Nia 13	4) Curtis-Jones, Llian M 12	
41.50	1:20.06 (38.56)	1:57.20 (37.14)	2:31.48 (34.28)	
7 Haverfordwest Swimming Club	B			2:40.73
1) Williams, Ffion 13	2) Griffiths, Seren 13	3) Mottram, Abbie 13	4) Barber, Sydney P 13	
40.51	1:26.74 (46.23)	2:40.73 (1:13.99)		
--- Swansea Aquatics	B			DQ
1) Pritchard, Kara 11	2) Williams, Danielle 14	3) Brooks-Thomas, Tilly 14	4) Tucker, Natalie E 12	
39.19	1:24.12 (44.93)	2:00.37 (36.25)	DQ (32.86)	
--- Milford Haven Swim Squad	A			DQ
1) Wheeler, Bethan 14	2) Doughty, Katie 12	3) Shepherd, Charlotte 13	4) Yeomans, Beau 12	
35.45	1:17.53 (42.08)	1:56.76 (39.23)	DQ (33.16)	

Event 71 Boys 11-12 200 SC Meter Medley (HDW) Relay

Team	Relay			Finals Time
1 Swansea Aquatics	A			2:35.02
1) Willis, Morgan J 11	2) Cole, Toby 12	3) Hewitt, Harry 12	4) Logan, Jordan L 11	
42.35	1:24.79 (42.44)	2:35.02 (1:10.23)		
2 Carmarthen	A			2:39.15
1) Conlon, Aled L 12	2) Cressey-Rodgers, Ioan 12	3) North-Mullis, Oliver 12	4) Gwynne-Jones, Dylan 12	
39.93	1:28.70 (48.77)	2:05.44 (36.74)	2:39.15 (33.71)	

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Team	Relay			Finals Time
3 Swansea Aquatics	B			2:44.00
1) Carver, William 11	2) Francis, Woody L 12	3) Jones, Adam D 12	4) Sanorjo, Angelo 12	
39.65	1:28.09 (48.44)	2:08.15 (40.06)	2:44.00 (35.85)	
4 Haverfordwest Swimming Club	A			2:51.91
1) David, Tom 12	2) Owen, Cai 11	3) Andrews, Rory 12	4) Ralph, Robbie 12	
45.67	1:40.91 (55.24)	2:18.17 (37.26)	2:51.91 (33.74)	
5 Fishguard Flyers SC	A			2:53.22
1) Schmidt, Hans 12	2) Woodhouse, Seth 11	3) West, Zac 11	4) Curtis, Evan 12	
43.26	1:34.66 (51.40)	2:53.22 (1:18.56)		
6 Neath Asc	A			2:54.57
1) Thomas, Jac 11	2) Thornton, Douglass 12	3) Gwyn, Osian 11	4) Jones, Joshua 11	
44.69	1:34.16 (49.47)	2:18.60 (44.44)	2:54.57 (35.97)	

Event 72 Girls 11-12 200 SC Meter Medley (HDW) Relay

Team	Relay			Finals Time
1 Swansea Aquatics	A			2:26.49
1) Bailey-Jones, Nia 12	2) Francis, Mirain 12	3) Fox, Eve 12	4) Lloyd, Ruby 12	
37.73	1:18.87 (41.14)	1:53.85 (34.98)	2:26.49 (32.64)	
2 Neath Asc	A			2:31.65
1) Evans, Bethan 12	2) Burgess, Sienna 12	3) Lewis, Lowri 11	4) George, Mia 12	
36.50	1:17.20 (40.70)	1:55.55 (38.35)	2:31.65 (36.10)	
3 Milford Haven Swim Squad	A			2:35.28
1) Williams, Freya 11	2) Doughty, Katie 12	3) Sandy, Jess 12	4) Yeomans, Beau 12	
40.91	1:24.49 (43.58)	2:02.32 (37.83)	2:35.28 (32.96)	
4 Celtic Dolphins	A			2:40.70
1) Watts, Non 12	2) Davies, Katie 12	3) Curtis-Jones, Llian M 12	4) Harvey, Carys 11	
41.56		2:08.26 ()	2:40.70 (32.44)	
5 Carmarthen	A			2:42.16
1) Roberts, Emily 11	2) Bowen, Hanna M 12	3) Patterson, Millie 11	4) Dyfri, Briall 12	
42.02	1:25.14 (43.12)	2:05.06 (39.92)	2:42.16 (37.10)	
6 Pembroke & District	A			2:44.59
1) Cole, Megan 12	2) Rogers, Gracie 11	3) Lewis, Caera 11	4) Cumine, Fern D 12	
43.82	1:29.19 (45.37)	2:08.20 (39.01)	2:44.59 (36.39)	
7 Haverfordwest Swimming Club	A			2:47.41
1) Pugh, Kara 11	2) Llewellyn, Nia 11	3) White, Eleanor R 11	4) Krol, Sophie 12	
45.07	1:31.67 (46.60)	2:10.57 (38.90)	2:47.41 (36.84)	
8 Fishguard Flyers SC	A			2:51.63
1) Fischer, Kayleigh 12	2) Horne, Alexa 11	3) Reed, Kayleigh 11	4) Clapham, Rhiannon m 12	
41.46	1:31.62 (50.16)	2:15.09 (43.47)	2:51.63 (36.54)	
9 Haverfordwest Swimming Club	B			2:55.19
1) James, Nia 11	2) John, Lucy 11	3) Webb, Alys 11	4) Goddard, Evie E 11	
46.00	1:35.59 (49.59)	2:17.40 (41.81)	2:55.19 (37.79)	
--- Swansea Aquatics	B			DQ
1) Pritchard, Kara 11	2) Wilkins, Maia 12	3) Jones, Holli 11	4) Garcia De Leaniz, Sofia 12	
39.98	1:22.28 (42.30)	2:04.58 (42.30)	DQ (32.60)	

Event 73 Boys 200 SC Meter Freestyle (HDW) Relay

Team	Relay			Finals Time
1 Carmarthen	A			1:41.80
1) Francis, Meurig 18	2) Williams, Rhys R 18	3) Herdman, Steffan 18	4) Payne, James 16	
24.21	49.93 (25.72)	1:15.60 (25.67)	1:41.80 (26.20)	
2 Swansea Aquatics	A			1:42.58
1) Jervis, Daniel O 21	2) Budd-Thomas, Brandon 17	3) Thomas, Daniel J 20	4) Croot, Cameron 18	
24.35	49.86 (25.51)	1:16.38 (26.52)	1:42.58 (26.20)	
3 Neath Asc	A			1:46.84
1) Lee Davies, Sam 17	2) Evans, Luke 18	3) Green, Kai A 20	4) Stephens, Thomas 18	
26.34	52.68 (26.34)	1:20.06 (27.38)	1:46.84 (26.78)	

West Wales Regionals 2017 - 03/02/2017 to 12/02/2017**Results - Session 13 - Warmup 2.45pm****Event 74 Girls 200 SC Meter Freestyle (HDW) Relay**

Team	Relay			Finals Time
1 Carmarthen	A			1:55.38
1) Edwards, Bethan 16	2) Morgan, Rebeca 16	3) Dyfri, Annell 16	4) Fry, Catrin 17	
28.26	56.46 (28.20)	1:27.87 (31.41)	1:55.38 (27.51)	
2 Neath Asc	A			1:57.46
1) Lewis, Awen 18	2) Andrews, Ffion 17	3) Cole, Cerys 16	4) Golding, Francesca M 25	
29.28	58.14 (28.86)	1:27.81 (29.67)	1:57.46 (29.65)	
3 Haverfordwest Swimming Club	A			2:00.12
1) Twigg, Louisa E 16	2) Fletcher, Chloe 15	3) Fletcher, Megan 17	4) Harding, Lucy 16	
30.05	1:00.87 (30.82)	1:31.53 (30.66)	2:00.12 (28.59)	

Event 75 Boys 16 & Under 200 SC Meter Freestyle (HDW) Relay

Team	Relay			Finals Time
1 Carmarthen	A			1:49.68
1) Payne, James 16	2) Jones, Joshua 15	3) Morgan, Deian S 15		
27.13	55.15 (28.02)	1:22.46 (27.31)	1:49.68 (27.22)	
2 Haverfordwest Swimming Club	A			1:55.69
1) Webb, Jac D 15	2) Kelly, Dean L 15	3) Berry, Matthew 15	4) Elliott, Morgan 16	
28.09	58.10 (30.01)	1:27.92 (29.82)	1:55.69 (27.77)	
3 Neath Asc	A			1:58.08
1) Hawker, Ben 16	2) Govier, Jack 14	3) Wells, Lewis 14	4) Henderson, Tom 15	
31.99	59.54 (27.55)	1:29.13 (29.59)	1:58.08 (28.95)	

Event 76 Girls 16 & Under 200 SC Meter Freestyle (HDW) Relay

Team	Relay			Finals Time
1 Carmarthen	A			2:00.29
1) Edwards, Bethan 16	2) Fice, Rachel 15	3) Dyfri, Annell 16	4) Morgan, Rebeca 16	
28.36	59.77 (31.41)	1:32.05 (32.28)	2:00.29 (28.24)	
2 Swansea Aquatics	A			2:00.82
1) Nicholls, Jasmine 16	2) Willis, Ashleigh 15	3) Peter, Hannah 14	4) Tucker, Amelia 14	
30.46	1:01.17 (30.71)	1:31.76 (30.59)	2:00.82 (29.06)	
3 Pembroke & District	A			2:01.38
1) Omnet, Lauren 14	2) Llewellyn, Rosie 15	3) Jones, Bethan 14	4) Williams, Abigayle 15	
32.17	1:02.26 (30.09)	1:32.45 (30.19)	2:01.38 (28.93)	
4 Neath Asc	A			2:02.45
1) Glover, Alysia 15	2) Short, Mollie 15	3) Millan, Fiona 15	4) Cole, Cerys 16	
32.35	1:02.67 (30.32)	1:32.13 (29.46)	2:02.45 (30.32)	
5 Celtic Dolphins	A			2:10.50
1) Harvey, Rhiannon 16	2) Hopkins, Lauren 15	3) Laugharne, Zoe 16	4) Holdsworth, Jasmine 15	
31.34	1:04.09 (32.75)	1:37.55 (33.46)	2:10.50 (32.95)	

Event 77 Boys 14 & Under 200 SC Meter Freestyle (HDW) Relay

Team	Relay			Finals Time
1 Swansea Aquatics	A			1:57.01
1) Rodriguez, Ab B 13	2) Williams, Osian C 14	3) Smart, Connor 14	4) Davies, Aneurin 13	
29.21	58.69 (29.48)	1:26.74 (28.05)	1:57.01 (30.27)	
2 Neath Asc	A			1:59.18
1) Cooper, Joshua 13	2) Preece, Alex J 14	3) Wells, Lewis 14	4) Govier, Jack 14	
33.57	1:03.12 (29.55)	1:31.58 (28.46)	1:59.18 (27.60)	
3 Carmarthen	A			2:02.44
1) Hancock, Carwyn 14	2) Barnwell, Charlie 13	3) Morgan, Dylan 13	4) Morgan, Tomos I 13	
28.67	1:02.50 (33.83)	1:30.19 (27.69)	2:02.44 (32.25)	
4 Pembroke & District	A			2:05.27
1) Shiels, Charlie J 13	2) Kettle, Lewys 14	3) Fitzsimmons, Arron 13	4) Sturley, Toby 13	
30.17	1:04.63 (34.46)	1:35.44 (30.81)	2:05.27 (29.83)	
5 Swansea Aquatics	B			2:06.85
1) Elkin, Max 13	2) Seppman, Neo 13	3) Wingrave-Rix, Harvey 13	4) Hewitt, Harry 12	
29.49	1:02.45 (32.96)	1:35.85 (33.40)	2:06.85 (31.00)	

West Wales Regionals 2017 - 03/02/2017 to 12/02/2017**Results - Session 13 - Warmup 2.45pm****(Event 77 Boys 14 & Under 200 SC Meter Freestyle (HDW) Relay)**

Team	Relay			Finals Time
6 Haverfordwest Swimming Club	A			2:11.70
1) Powell, Jake 13	2) White, Henry 13	3) Goddard, Harrison J 13	4) MacDougall, Ben J 14	
32.05	1:04.38 (32.33)	1:40.29 (35.91)	2:11.70 (31.41)	
7 Llanelli Asc	A			2:14.82
1) Partridge, Rhys 13	2) Budd-Thomas, Dylan 12	3) Thomas, Rhys a 12	4) Southam, Jack 14	
33.12	1:09.82 (36.70)	1:43.79 (33.97)	2:14.82 (31.03)	

Event 78 Girls 14 & Under 200 SC Meter Freestyle (HDW) Relay

Team	Relay			Finals Time
1 Swansea Aquatics	A			2:04.31
1) Peter, Hannah 14	2) Stokes, Aimee 13	3) Powell, Megan B 13	4) Davies, Ellie 13	
30.98	1:01.56 (30.58)	1:32.33 (30.77)	2:04.31 (31.98)	
2 Carmarthen	A			2:06.20
1) Conlon, Nia Haf 14	2) Cressey-Rodgers, Deryn H 14	3) Clack, Lucy 13	4) Roberts, Alice 14	
32.09	1:03.07 (30.98)	1:36.61 (33.54)	2:06.20 (29.59)	
3 Haverfordwest Swimming Club	A			2:08.03
1) Thomson, Megan E 13	2) Robinson, Francesca S 14	3) Barber, Sydney P 13	4) Whalley, Charlotte C 13	
32.38	1:05.10 (32.72)	2:08.03 (1:02.93)		
4 Llanelli Asc	A			2:09.48
1) Pearce, Molly 13	2) Dunning, Ffion 13	3) Wheel, Charlotte 14	4) Rees, Emily 13	
32.59	1:08.03 (35.44)	1:39.67 (31.64)	2:09.48 (29.81)	
5 Milford Haven Swim Squad	A			2:12.36
1) Yeomans, Beau 12	2) Doughty, Katie 12	3) Sandy, Jess 12	4) Wheeler, Bethan 14	
33.08	1:06.72 (33.64)	1:40.77 (34.05)	2:12.36 (31.59)	
6 Swansea Aquatics	B			2:14.82
1) Williams, Danielle 14	2) Brooks-Thomas, Tilly 14	3) Johns, Ffion 12	4) Francis, Mirain 12	
31.94	1:05.19 (33.25)	1:40.23 (35.04)	2:14.82 (34.59)	
7 Celtic Dolphins	A			2:20.33
1) Davies, Emily 14	2) Curtis-Jones, Llian M 12	3) Davies, Katie 12	4) Sullivan, Nia 13	
33.92	1:08.34 (34.42)	1:46.68 (38.34)	2:20.33 (33.65)	
8 Haverfordwest Swimming Club	B			2:24.85
1) Bennett, Briony 13	2) Mottram, Abbie 13	3) Griffiths, Seren 13	4) Williams, Ffion 13	
36.74	1:12.40 (35.66)	1:49.55 (37.15)	2:24.85 (35.30)	
--- Neath Asc	A			DQ
1) Evans, Bethan 12	2) Warlow, Grace E 14	3) Martin-Evans, Lillie L 14	4) Davies, Katie 14	
32.12	1:05.23 (33.11)	1:38.42 (33.19)	DQ (31.13)	

Event 79 Boys 11-12 200 SC Meter Freestyle (HDW) Relay

Team	Relay			Finals Time
1 Swansea Aquatics	A			2:12.82
1) Hewitt, Harry 12	2) Cole, Toby 12	3) Logan, Jordan L 11	4) Willis, Morgan J 11	
31.33	1:04.01 (32.68)	1:38.74 (34.73)	2:12.82 (34.08)	
2 Carmarthen	A			2:18.97
1) Conlon, Aled L 12	2) Cressey-Rodgers, Ioan 12	3) North-Mullis, Oliver 12	4) Gwynne-Jones, Dylan 12	
	1:09.94 ()	1:45.50 (35.56)	2:18.97 (33.47)	
3 Haverfordwest Swimming Club	A			2:24.00
1) Ralph, Robbie 12	2) David, Tom 12	3) Owen, Cai 11	4) Andrews, Rory 12	
34.37	1:13.62 (39.25)	1:52.74 (39.12)	2:24.00 (31.26)	
4 Neath Asc	A			2:24.86
1) Thornton, Douglass 12	2) Jones, Joshua 11	3) Gwyn, Osian 11	4) Thomas, Jac 11	
37.19	1:14.71 (37.52)	1:51.09 (36.38)	2:24.86 (33.77)	
5 Swansea Aquatics	B			2:25.77
1) Francis, Woody L 12	2) Jones, Adam D 12	3) Carver, William 11	4) Sanorjo, Angelo 12	
36.49	1:12.62 (36.13)	1:50.31 (37.69)	2:25.77 (35.46)	
--- Fishguard Flyers SC	A			DQ
1) West, Zac 11	2) Schmidt, Hans 12	3) Woodhouse, Seth 11	4) Curtis, Evan 12	
37.86	1:17.54 (39.68)	2:03.15 (45.61)	DQ (35.44)	

West Wales Regionals 2017 - 03/02/2017 to 12/02/2017**Results - Session 13 - Warmup 2.45pm****Event 80 Girls 11-12 200 SC Meter Freestyle (HDW) Relay**

Team	Relay			Finals Time
1 Swansea Aquatics	A			2:11.19
1) Fox, Eve 12	2) Lloyd, Ruby 12	3) Tucker, Natalie E 12	4) Bailey-Jones, Nia 12	
32.74	1:05.66 (32.92)	1:38.49 (32.83)	2:11.19 (32.70)	
2 Neath Asc	A			2:14.36
1) Scott, Summer 12	2) Lewis, Lowri 11	3) Burgess, Sienna 12	4) Evans, Bethan 12	
34.51	1:09.02 (34.51)	1:41.80 (32.78)	2:14.36 (32.56)	
3 Milford Haven Swim Squad	A			2:17.98
1) Doughty, Katie 12	2) Williams, Freya 11	3) Sandy, Jess 12	4) Yeomans, Beau 12	
34.69	1:09.80 (35.11)	1:44.15 (34.35)	2:17.98 (33.83)	
4 Celtic Dolphins	A			2:19.24
1) Curtis-Jones, Llian M 12	2) Watts, Non 12	3) Davies, Katie 12	4) Harvey, Carys 11	
33.45	1:09.35 (35.90)	1:46.96 (37.61)	2:19.24 (32.28)	
5 Swansea Aquatics	B			2:21.56
1) Jones, Holli 11	2) Garcia De Leaniz, Sofia 12	3) Wilkins, Maia 12	4) Johns, Ffion 12	
35.21	1:09.51 (34.30)	1:44.51 (35.00)	2:21.56 (37.05)	
6 Carmarthen	A			2:25.25
1) Patterson, Millie 11	2) Roberts, Emily 11	3) Dyfri, Briall 12	4) Bowen, Hanna M 12	
33.47	1:12.62 (39.15)	1:51.35 (38.73)	2:25.25 (33.90)	
7 Pembroke & District	A			2:28.58
1) Cole, Megan 12	2) Rogers, Gracie 11	3) Cumine, Fern D 12	4) Lewis, Caera 11	
37.86	1:15.10 (37.24)	1:52.33 (37.23)	2:28.58 (36.25)	
8 Fishguard Flyers SC	A			2:32.31
1) Reed, Kayleigh 11	2) Fischer, Kayleigh 12	3) Horne, Alexa 11	4) Clapham, Rhiannon m 12	
36.88	1:13.52 (36.64)	1:55.21 (41.69)	2:32.31 (37.10)	
9 Haverfordwest Swimming Club	B			2:43.89
1) Pugh, Kara 11	2) James, Nia 11	3) John, Lucy 11	4) Webb, Alys 11	
40.77	1:22.77 (42.00)	2:04.22 (41.45)	2:43.89 (39.67)	
--- Haverfordwest Swimming Club	A			DQ
1) Krol, Sophie 12	2) Goddard, Evie E 11	3) White, Eleanor R 11	4) Llewellyn, Nia 11	
38.06	1:17.13 (39.07)	1:54.86 (37.73)	DQ (37.78)	

Event 81 Mixed 200 SC Meter Freestyle (HDW) Relay

Team	Relay			Finals Time
1 Carmarthen	A			1:45.86
1) Edwards, Bethan W16	2) Williams, Rhys R M18	3) Fry, Catrin W17	4) Francis, Meurig M18	
27.94	54.12 (26.18)	1:22.06 (27.94)	1:45.86 (23.80)	
2 Haverfordwest Swimming Club	A			1:50.50
1) Mottram, Ben M17	2) Twigg, Louisa E W16	3) Harding, Lucy W16	4) Webb, Tomas D M17	
26.21	56.07 (29.86)	1:25.17 (29.10)	1:50.50 (25.33)	
3 Swansea Aquatics	A			1:50.75
1) Jervis, Daniel O M21	2) Croot, Cameron M18	3) Willis, Ashleigh W15	4) Nicholls, Jasmine W16	
24.26	50.89 (26.63)	1:50.75 (59.86)		
4 Neath Asc	A			1:51.65
1) Lee Davies, Sam M17	2) Lewis, Awen W18	3) Andrews, Ffion W17	4) Stephens, Thomas M18	
26.33	56.07 (29.74)	1:25.10 (29.03)	1:51.65 (26.55)	

Event 82 Mixed 16 & Under 200 SC Meter Freestyle (HDW) Relay

Team	Relay			Finals Time
1 Carmarthen	A			1:50.74
1) Payne, James M16	2) Morgan, Rebeca W16	3) Morgan, Deian S M15	4) Edwards, Bethan W16	
26.81	55.48 (28.67)	1:22.61 (27.13)	1:50.74 (28.13)	
2 Swansea Aquatics	A			1:53.07
1) Edwards, Rhys L M15	2) Davies, Llewelyn W M16	3) Willis, Ashleigh W15	4) Nicholls, Jasmine W16	
26.54	52.08 (25.54)	1:22.69 (30.61)	1:53.07 (30.38)	
3 Haverfordwest Swimming Club	A			1:53.83
1) Webb, Jac D M15	2) Elliott, Morgan M16	3) Twigg, Louisa E W16	4) Harding, Lucy W16	
28.40	55.49 (27.09)	1:25.33 (29.84)	1:53.83 (28.50)	

West Wales Regionals 2017 - 03/02/2017 to 12/02/2017**Results - Session 13 - Warmup 2.45pm****(Event 82 Mixed 16 & Under 200 SC Meter Freestyle (HDW) Relay)**

Team	Relay			Finals Time
4 Carmarthen	B			2:00.05
1) Spragg, James M16	2) Tyler, Megan W15	3) Jones, Joshua M15	4) Dyfri, Annell W16	
28.44	1:00.39 (31.95)	1:28.33 (27.94)	2:00.05 (31.72)	
5 Neath Asc	A			2:00.23
1) Preece, Alex J M14	2) Hawker, Ben M16	3) Short, Mollie W15	4) Millan, Fiona W15	
30.25	1:00.53 (30.28)	1:30.97 (30.44)	2:00.23 (29.26)	
6 Pembroke & District	A			2:01.69
1) Jones, Bethan W14	2) Fitzsimmons, Arron M13	3) Williams, Abigayle W15	4) Sturley, Toby M13	
29.43	1:00.15 (30.72)	1:30.25 (30.10)	2:01.69 (31.44)	

Event 83 Mixed 14 & Under 200 SC Meter Freestyle (HDW) Relay

Team	Relay			Finals Time
1 Carmarthen	A			1:56.73
1) Morgan, Dylan M13	2) Hancock, Carwyn M14	3) Cressey-Rodgers, Deryn H W14	4) Roberts, Alice W14	
27.87	56.74 (28.87)	1:27.27 (30.53)	1:56.73 (29.46)	
2 Swansea Aquatics	A			1:57.09
1) Williams, Osian C M14	2) Tucker, Amelia W14	3) Rodriguez, Ab B M13	4) Peter, Hannah W14	
29.05	58.54 (29.49)	1:26.48 (27.94)	1:57.09 (30.61)	
3 Swansea Aquatics	B			1:57.23
1) Elkin, Max M13	2) Stokes, Aimee W13	3) Smart, Connor M14	4) Powell, Megan B W13	
29.15	58.96 (29.81)	1:26.61 (27.65)	1:57.23 (30.62)	
4 Neath Asc	A			1:59.14
1) Wells, Lewis M14	2) Martin-Evans, Lillie L W14	3) Davies, Katie W14	4) Govier, Jack M14	
28.43	1:01.06 (32.63)	1:32.11 (31.05)	1:59.14 (27.03)	
5 Haverfordwest Swimming Club	A			2:04.60
1) Thomson, Megan E W13	2) MacDougall, Ben J M14	3) Powell, Jake M13	4) Whalley, Charlotte C W13	
32.23	1:03.77 (31.54)	1:35.40 (31.63)	2:04.60 (29.20)	
6 Pembroke & District	A			2:09.04
1) Wilson, Tayla W14	2) Kettle, Lewys M14	3) Omnet, Lauren W14	4) Shiels, Charlie J M13	
31.74	1:05.98 (34.24)	1:38.50 (32.52)	2:09.04 (30.54)	
7 Haverfordwest Swimming Club	B			2:11.76
1) White, Henry M13	2) Barber, Sydney P W13	3) Elliott, Jack M14	4) Robinson, Francesca S W14	
31.95	1:06.35 (34.40)	1:39.11 (32.76)	2:11.76 (32.65)	
8 Carmarthen	B			2:12.39
1) Barnwell, Charlie M13	2) Cressey-Rodgers, Molly R W14	3) Morgan, Tomos I M13	4) Conlon, Nia Haf W14	
1:07.01	1:40.82 (33.81)	2:12.39 (31.57)	2:12.39 ()	
9 Celtic Dolphins	A			2:13.91
1) Sullivan, Nia W13	2) Greenway, Morgan M14	3) Davies, Emily W14	4) Catling, Finlay M12	
34.49	1:05.39 (30.90)	1:39.50 (34.11)	2:13.91 (34.41)	
10 Milford Haven Swim Squad	A			2:28.05
1) Gough, Hadyn M13	2) Cole, Matthew M13	3) Shepherd, Charlotte W13	4) Huddy, Kate W13	

Event 84 Mixed 11-12 200 SC Meter Freestyle (HDW) Relay

Team	Relay			Finals Time
1 Swansea Aquatics	A			2:09.54
1) Hewitt, Harry M12	2) Fox, Eve W12	3) Cole, Toby M12	4) Lloyd, Ruby W12	
31.58	1:04.11 (32.53)	1:20.07 (15.96)	2:09.54 (49.47)	
2 Celtic Dolphins	A			2:14.46
1) Wells, Oliver S M11	2) Harvey, Carys W11	3) Catling, Finlay M12	4) Curtis-Jones, Llian M W12	
34.32	1:07.15 (32.83)	1:40.75 (33.60)	2:14.46 (33.71)	
3 Carmarthen	A			2:15.63
1) Patterson, Millie W11	2) Conlon, Aled L M12	3) Bowen, Hanna M W12	4) Gwynne-Jones, Dylan M12	
33.83	1:08.13 (34.30)	1:41.74 (33.61)	2:15.63 (33.89)	
4 Swansea Aquatics	B			2:16.11
1) Logan, Jordan L M11	2) Tucker, Natalie E W12	3) Willis, Morgan J M11	4) Bailey-Jones, Nia W12	
34.96	1:08.30 (33.34)	1:43.35 (35.05)	2:16.11 (32.76)	
5 Neath Asc	A			2:16.78
1) Evans, Bethan W12	2) Gwyn, Osian M11	3) Thomas, Jac M11	4) Burgess, Sienna W12	
32.95	1:08.69 (35.74)	1:44.54 (35.85)	2:16.78 (32.24)	

West Wales Regionals 2017 - 03/02/2017 to 12/02/2017**Results - Session 13 - Warmup 2.45pm****(Event 84 Mixed 11-12 200 SC Meter Freestyle (HDW) Relay)**

Team	Relay			Finals Time
6 Haverfordwest Swimming Club	A			2:21.52
1) Llewellyn, Nia W11	2) Ralph, Robbie M12	3) Krol, Sophie W12	4) Andrews, Rory M12	
36.48	1:11.78 (35.30)	1:49.50 (37.72)	2:21.52 (32.02)	
7 Fishguard Flyers SC	A			2:26.60
1) Reed, Kayleigh W11	2) West, Zac M11	3) Curtis, Evan M12	4) Clapham, Rhiannon m W12	
36.30	1:13.77 (37.47)	1:50.27 (36.50)	2:26.60 (36.33)	
8 Carmarthen	B			2:26.71
1) North-Mullis, Oliver M12	2) Dyfri, Briall W12	3) Roberts, Emily W11	4) Cressey-Rodgers, Ioan M12	
35.38	1:14.42 (39.04)	1:52.57 (38.15)	2:26.71 (34.14)	
9 Haverfordwest Swimming Club	B			2:39.35
1) David, Tom M12	2) Goddard, Evie E W11	3) Owen, Cai M11	4) White, Eleanor R W11	
41.14	2:39.35 (1:58.21)			