

West Wales Regionals 2019 - 01/02/2019 to 10/02/2019

Results - Session 5 - Warmup 08.00am

Event 19 Girls 11 Year Olds 50 SC Meter Freestyle

Name	AgeTeam	Prelim Time
Preliminaries		
1 Gwynne-Jones, Kaitlyn	11 Carmarthen	31.65
2 Jones, Esyllt H	11 Carmarthen	32.16
3 Tucker, Holly O	11 Swansea Aq	33.43
4 O'Mahoney, Kaitlin	11 Neath	34.32
5 Horne, Victoria	11 Fishguard	34.49
6 Woodward, Angharad	11 Neath	35.07
7 Catling, Freya	11 C Dolphins	35.77
8 Thomas, Medi A	11 Swansea Aq	35.98
9 Arnold, Lily	11 Milford Havn	36.53
10 Hillary, Abigail	11 PembrokeDist	36.78
11 Baker, Seren K	11 Swansea Aq	36.90
12 Page, Ann	11 Amman Valley	37.83
13 Holdsworth, Sienna	11 C Dolphins	37.91
14 Ley, Lucy	11 Swansea Aq	39.06
15 Thomas, Caitlin E	11 Swansea Aq	39.32
16 Place, Seren	11 Amman Valley	39.48
17 Parkin, Grace	11 C Dolphins	39.76
18 Gilderdale, Celyn	11 Haverfordwes	40.31
19 Semaani, Sabrina	11 Haverfordwes	41.45
20 Jenkins, Siriol H	11 Swansea Aq	41.52
21 Green, Ellie	11 Haverfordwes	42.36
22 John, Angharad	11 Fishguard	46.74
--- Peach, Eliza M	11 Haverfordwes	DQ

Event 19 Girls 12 Year Olds 50 SC Meter Freestyle

Name	AgeTeam	Prelim Time
Preliminaries		
1 Knowles, Amy A	12 Haverfordwes	30.65
2 Demery, Porsche E	12 Swansea Aq	31.23
3 Gilligan, Gracie	12 Neath	31.35
4 Sivak, Maddy	12 Swansea Aq	31.36
5 Cleave, Mia	12 C Dolphins	31.97
6 Edwards, Catrin S	12 Swansea Aq	32.22
7 Smart, Charlotte E	12 Swansea Aq	32.55
8 Peter, Sophie C	12 Swansea Aq	32.76
9 Thomas, Grace	12 Milford Havn	33.53
10 Edwards, Izzy M	12 Swansea Aq	33.61
11 David, Isabelle J	12 Swansea Aq	33.90
12 Thomas, Ffion	12 Neath	34.10
*13 Bissicks, Ella H	12 C Dolphins	34.12
*13 McDonald, Erin	12 Haverfordwes	34.12
15 Farcas, Nicole C	12 Swansea Aq	34.70
16 Williams, Hollie	12 Llanelli	35.59
17 Thomas, Nyla	12 Neath	36.25
18 Brown, Caitlin	12 Amman Valley	36.34
19 Williams, Georgia	12 NexusValleys	36.78
20 Devonald, Niamh	12 Haverfordwes	36.86
21 Owen, Betsy	12 Haverfordwes	37.23
22 Scully, Freya A	12 Swansea Aq	37.84
23 Thomas, Betsi H	12 Swansea Aq	37.95
24 Webb, Saskia	12 PembrokeDist	38.17
25 Phillips, Ellie R	12 Haverfordwes	39.49
26 Thompson, Carys	12 PembrokeDist	39.87
27 Nichols, Piper	12 Llanelli	40.61
28 Owen, Mari	12 Milford Havn	41.29

Event 20 Boys 11 Year Olds 100 SC Meter Breaststroke

Name	AgeTeam	Prelim Time
Preliminaries		
1 Sparks, Sebastian	11 Carmarthen	1:50.75
52.60	58.15	
2 Griffiths, George	11 Haverfordwes	1:51.43
52.75	58.68	
Event 20 Boys 12 Year Olds 100 SC Meter Breaststroke		
Name	AgeTeam	Prelim Time
Preliminaries		
1 Ardern, James	12 Tenby	1:26.89
41.39	45.50	
2 Thomas, Iestyn	12 Neath	1:34.61
44.61	50.00	
3 Fletcher, Owen	12 Haverfordwes	1:37.15
46.34	50.81	
4 Upton-Boorman, Liam	12 Carmarthen	1:41.31
47.91	53.40	
5 Phillips, Alistair	12 C Dolphins	1:41.86
48.32	53.54	
6 Mohammed, Yassin	12 Swansea Aq	1:46.78
50.55	56.23	
7 Richards, Aled	12 C Dolphins	1:47.21
50.92	56.29	
8 Cressey-Rodgers, Huw	12 Carmarthen	1:47.89
51.51	56.38	
9 Johnstone, Daniel	12 Carmarthen	1:49.55
52.09	57.46	

Event 21 Girls 13 Year Olds 100 SC Meter Freestyle

Name	AgeTeam	Prelim Time
Preliminaries		
1 Patterson, Millie	13 Carmarthen	1:04.27
31.12	33.15	
2 Lewis, Lowri	13 Neath	1:05.47
31.27	34.20	
3 Lewis, Caera	13 PembrokeDist	1:06.33
31.89	34.44	
4 Griffiths, Enfys	13 Haverfordwes	1:09.92
33.93	35.99	
5 Thomas, Seren M	13 Swansea Aq	1:10.34
33.34	37.00	
6 Bray, Bethan	13 C Dolphins	1:10.84
34.31	36.53	
7 Evans, Caitlin	13 Neath	1:11.29
34.12	37.17	
8 Goddard, Evie E	13 Haverfordwes	1:11.44
34.72	36.72	
9 Horne, Alexa	13 Fishguard	1:11.76
34.33	37.43	
10 Phillips, Erin	13 C Dolphins	1:11.87
34.50	37.37	
11 Webb, Alys	13 Haverfordwes	1:12.58
35.42	37.16	
12 Callen, Holly-Jane	13 PembrokeDist	1:13.03
35.89	37.14	
13 Williams-Jones, Cari	13 Llanelli	1:13.05
35.85	37.20	

West Wales Regionals 2019 - 01/02/2019 to 10/02/2019

Results - Session 5 - Warmup 08.00am

Preliminaries ... (Event 21 Girls 13 Year Olds 100 SC Meter Freestyle)

Name	Age	Team	Prelim Time
14 Hill, Marissa C	13	Swansea Aq	1:13.32
35.21	38.11		
15 White, Eleanor R	13	Haverfordwes	1:13.34
35.20	38.14		
16 John, Lucy	13	Haverfordwes	1:14.19
35.81	38.38		
17 James, Nia	13	Haverfordwes	1:14.86
35.81	39.05		
18 Cundy, Erin G	13	Swansea Aq	1:15.33
36.86	38.47		
19 Fitchett, Molly	13	Neath	1:15.92
35.90	40.02		
*20 Thomas, Abigail G	13	PembrokeDist	1:16.03
36.69	39.34		
*20 Hale, Chloe	13	Haverfordwes	1:16.03
36.17	39.86		
22 Collier, Mari	13	Carmarthen	1:21.80
38.98	42.82		
23 Southam, Sophie	13	Llanelli	1:22.99
38.64	44.35		
24 Selby, Cerys	13	C Dolphins	1:24.22
40.32	43.90		

Event 21 Girls 14 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Prelim Time
Preliminaries			
1 Evans, Bethan	14	Neath	1:03.17
30.32	32.85		
2 Scott, Summer	14	Swansea Aq	1:07.09
31.81	35.28		
3 Wilkins, Maia M	14	Swansea Aq	1:07.79
33.15	34.64		
4 Johnson, Rachel	14	Neath	1:07.81
32.82	34.99		
5 Jones, Holly-Ellice	14	Carmarthen	1:07.90
32.49	35.41		
6 Crocker, Jasmyrn	14	Llanelli	1:07.93
32.35	35.58		
7 Gillett, Keira J	14	Swansea Aq	1:07.94
32.86	35.08		
8 Sandy, Jess	14	Milford Havn	1:07.95
32.81	35.14		
9 Krol, Sophie	14	Haverfordwes	1:07.95
32.38	35.57		
10 Bowen, Hanna M	14	Carmarthen	1:08.50
32.44	36.06		
11 Clapham, Rhiannon m	14	Fishguard	1:09.21
33.45	35.76		
12 Johns, Ffion C	14	Swansea Aq	1:09.22
33.17	36.05		
13 Jones, Jodie	14	Carmarthen	1:09.27
33.29	35.98		
14 Watts, Non	14	C Dolphins	1:09.33
33.32	36.01		
15 White, Amy V	14	Haverfordwes	1:09.68
33.14	36.54		
16 Phillips, Rhianna	14	Llanelli	1:10.45
33.83	36.62		

17 Lewis, Abigail	14	Neath	1:11.22
33.73	37.49		
18 Fischer, Kayleigh	14	Fishguard	1:12.29
35.02	37.27		
19 Jones, Neve	14	Neath	1:12.30
34.92	37.38		
20 Curtis-Jones, Llian M	14	C Dolphins	1:16.60
36.83	39.77		
21 Cole, Megan	14	PembrokeDist	1:16.94
34.77	42.17		

Event 21 Girls 15-16 100 SC Meter Freestyle

Name	Age	Team	Prelim Time
Preliminaries			
1 Roberts, Alice	16	Carmarthen	1:02.19
30.06	32.13		
2 Davies, Katie	16	Neath	1:04.32
30.60	33.72		
3 Cressey-Rodgers, Deryn H	16	Carmarthen	1:04.96
31.38	33.58		
4 Robinson, Francesca S	16	Haverfordwes	1:05.26
31.10	34.16		
5 Griffiths, Seren	15	Haverfordwes	1:05.72
31.62	34.10		
6 Conlon, Nia	16	Carmarthen	1:06.58
31.92	34.66		
7 Pearce, Molly	15	Llanelli	1:07.58
32.59	34.99		
8 Warlow, Grace	16	C Dolphins	1:07.73
32.58	35.15		
9 Greenwood, Hannah	15	PembrokeDist	1:08.23
32.76	35.47		
10 Clack, Lucy	15	Carmarthen	1:09.26
33.31	35.95		
11 Howells, Charlotte E	16	Swansea Aq	1:10.48
33.29	37.19		
12 Davies, Kirsty	16	Amman Valley	1:13.26
35.88	37.38		
13 Jones, Sophie	15	Amman Valley	1:14.39
35.24	39.15		
14 Ord, Tamzin L	15	Amman Valley	1:14.48
35.98	38.50		
15 Huddy, Kate	15	Milford Havn	1:18.20
37.06	41.14		

Event 21 Girls 17 & Over 100 SC Meter Freestyle

Name	Age	Team	Prelim Time
Preliminaries			
1 Jones, Mali	18	Aberystwyth	1:04.04
30.82	33.22		
2 Holdsworth, Jasmine	17	C Dolphins	1:07.95
32.66	35.29		
3 Jones, Emily	18	Carmarthen	1:12.60
34.98	37.62		
4 Michael, Tari-Starre	17	Llanelli	1:15.40
36.01	39.39		

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

Name	Age	Team	Finals Time
1 Collyer, Mabli	11	Carmarthen	2:49.97
38.08	43.61	49.63	38.65

West Wales Regionals 2019 - 01/02/2019 to 10/02/2019

Results - Session 5 - Warmup 08.00am

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

Name	Age	Team	Finals Time
2 Gwynne-Jones, Kaitlyn	11	Carmarthen	2:52.68
38.17	42.15	54.52	37.84
3 Tucker, Holly O	11	Swansea Aq	2:55.25
38.91	46.46	51.70	38.18
4 Evans, Sophie	11	Carmarthen	3:03.66
39.77	50.26	52.19	41.44
5 O'Mahoney, Kaitlin	11	Neath	3:06.62
42.33	46.25	57.40	40.64
6 Horne, Victoria	11	Fishguard	3:12.65
44.73	45.76	58.87	43.29
7 Catling, Freya	11	C Dolphins	3:12.76
44.20	48.30	1:00.16	40.10
8 Woodward, Angharad	11	Neath	3:16.38
45.04	48.38	59.34	43.62
9 Lawler, Sadie	11	Neath	3:25.00
46.68	51.65	1:00.93	45.74
10 Holdsworth, Sienna	11	C Dolphins	3:26.33
50.55	52.85	57.74	45.19
11 Marsh, Nina	11	Milford Havn	3:29.06
47.95	52.98	1:00.34	47.79
12 Arnold, Lily	11	Milford Havn	3:40.11
46.74	53.67	1:09.85	49.85
13 Parkin, Grace	11	C Dolphins	3:45.29
52.11	58.80	1:06.69	47.69
--- Ley, Lucy	11	Swansea Aq	DQ
46.22	49.01	1:03.41	47.17

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

Name	Age	Team	Finals Time
1 Gilligan, Gracie	12	Neath	2:42.43
35.73	41.06	46.81	38.83
2 Knowles, Amy A	12	Haverfordwes	2:47.38
34.84	40.96	53.28	38.30
3 Thomas, Grace	12	Milford Havn	2:57.82
38.62	46.73	52.60	39.87
4 Smart, Charlotte E	12	Swansea Aq	2:58.28
38.30	43.96	58.78	37.24
5 Edwards, Catrin S	12	Swansea Aq	2:58.47
38.77	44.62	55.90	39.18
6 Thomas, Ffion	12	Neath	3:03.03
39.54	44.26	56.01	43.22
7 Bissicks, Ella H	12	C Dolphins	3:04.92
45.00	46.64	52.04	41.24
8 David, Isabelle J	12	Swansea Aq	3:17.58
44.70	50.30	1:00.18	42.40
9 Farcas, Nicole C	12	Swansea Aq	3:19.38
50.55	48.88	1:00.20	41.88
10 McDonald, Erin	12	Haverfordwes	3:21.51
48.88	50.55	1:00.20	41.88
11 Williams, Hollie	12	Llanelli	3:23.46
48.06	53.29	1:01.75	40.36
12 Scully, Freya A	12	Swansea Aq	3:35.20
50.52	56.08	1:48.60	
--- Edwards, Izzy M	12	Swansea Aq	DQ
40.38	44.95	58.95	40.42
--- Brown, Caitlin	12	Amman Valley	DQ
			42.50
--- Nichols, Piper	12	Llanelli	DQ
50.87	52.66	1:05.50	50.05

Event 23 Boys 13 Year Olds 200 SC Meter Backstroke (HDW)

Name	Age	Team	Finals Time
1 Carver, Wil J	13	Swansea Aq	2:46.17
39.67	42.26	42.94	41.30
2 West, Zac	13	Fishguard	2:50.22
39.16	43.21	44.59	43.26
3 Rogers, Logan A	13	Neath	2:53.41
40.51	44.75	45.28	42.87

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

Name	Age	Team	Finals Time
1 Andrews, Rory	14	Haverfordwes	2:25.73
34.40	36.53	37.75	37.05
2 Gwynne-Jones, Dylan	14	Carmarthen	2:28.13
33.76	38.06	38.68	37.63
3 Schmidt, Hans	14	Fishguard	2:31.14
35.64	38.48	39.02	38.00
4 Thomas, Rhys A	14	Swansea Aq	2:38.13
37.28	40.23	41.26	39.36
5 Cressey-Rodgers, Ioan	14	Carmarthen	2:43.83
38.82	41.78	42.03	41.20

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

Name	Age	Team	Finals Time
1 Morgan, Dylan	15	Carmarthen	2:17.03
30.81	34.73	35.98	35.51
2 White, Henry	15	Haverfordwes	2:18.96
32.95	35.74	35.26	35.01
3 Sturley, Toby	15	PembrokeDist	2:20.89
33.81	36.27	36.49	34.32
4 Southam, Jack	16	Llanelli	2:21.99
32.43	36.47	36.70	36.39
5 Fitzsimmons, Arron	15	PembrokeDist	2:31.41
35.18	38.78	38.97	38.48

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

Name	Age	Team	Finals Time
1 Davies, Rhys	18	PembrokeDist	2:09.11
30.86	32.49	32.67	33.09

Event 19 Girls 11 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Finals Time
Finals			
1 Gwynne-Jones, Kaitlyn	11	Carmarthen	31.82
2 Jones, Esyllt H	11	Carmarthen	32.07
3 Tucker, Holly O	11	Swansea Aq	33.42
4 Horne, Victoria	11	Fishguard	33.62
5 O'Mahoney, Kaitlin	11	Neath	34.82
6 Woodward, Angharad	11	Neath	35.01
7 Catling, Freya	11	C Dolphins	35.84
8 Thomas, Medi A	11	Swansea Aq	36.89

Event 19 Girls 12 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Finals Time
Finals			
1 Knowles, Amy A	12	Haverfordwes	30.96
2 Sivak, Maddy	12	Swansea Aq	31.35
3 Demery, Porsche E	12	Swansea Aq	31.50
4 Gilligan, Gracie	12	Neath	31.52
5 Cleave, Mia	12	C Dolphins	32.14
6 Edwards, Catrin S	12	Swansea Aq	32.81
7 Smart, Charlotte E	12	Swansea Aq	32.91
8 Peter, Sophie C	12	Swansea Aq	33.85

West Wales Regionals 2019 - 01/02/2019 to 10/02/2019

Results - Session 5 - Warmup 08.00am

Event 20 Boys 11 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
Finals			
1 Griffiths, George	11	Haverfordwes	1:46.84
	51.33	55.51	
2 Sparks, Sebastian	11	Carmarthen	1:47.48
	52.85	54.63	

Event 20 Boys 12 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Finals Time
Finals			
1 Ardern, James	12	Tenby	1:26.97
	41.41	45.56	
2 Thomas, Iestyn	12	Neath	1:34.16
	44.32	49.84	
3 Fletcher, Owen	12	Haverfordwes	1:35.80
	45.45	50.35	
4 Phillips, Alistair	12	C Dolphins	1:41.30
	46.96	54.34	
5 Upton-Boorman, Liam	12	Carmarthen	1:42.47
	47.74	54.73	
6 Richards, Aled	12	C Dolphins	1:46.24
	50.30	55.94	
7 Cressey-Rodgers, Huw	12	Carmarthen	1:47.37
	2:03.27		
8 Mohammed, Yassin	12	Swansea Aq	1:47.46
	50.97	56.49	

Event 21 Girls 13 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Finals Time
Finals			
1 Patterson, Millie	13	Carmarthen	1:03.36
	30.47	32.89	
2 Lewis, Caera	13	PembrokeDist	1:04.37
	31.30	33.07	
3 Lewis, Lowri	13	Neath	1:04.59
	30.87	33.72	
4 Griffiths, Enfys	13	Haverfordwes	1:09.36
	33.74	35.62	
5 Thomas, Seren M	13	Swansea Aq	1:10.39
	33.22	37.17	
6 Evans, Caitlin	13	Neath	1:10.89
	33.99	36.90	
7 Bray, Bethan	13	C Dolphins	1:12.04
	34.91	37.13	
8 Goddard, Evie E	13	Haverfordwes	1:12.89
	42.70	30.19	

Event 21 Girls 14 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Finals Time
Finals			
1 Evans, Bethan	14	Neath	1:03.79
	30.23	33.56	
2 Sandy, Jess	14	Milford Havn	1:06.76
3 Scott, Summer	14	Swansea Aq	1:07.27
	32.55	34.72	
4 Wilkins, Maia M	14	Swansea Aq	1:07.32
	32.78	34.54	
5 Jones, Holly-Ellice	14	Carmarthen	1:07.65
	33.02	34.63	

6 Johnson, Rachel	14	Neath	1:07.80
	33.24	34.56	
7 Crocker, Jasmyn	14	Llanelli	1:07.98
	32.92	35.06	
8 Gillett, Keira J	14	Swansea Aq	1:08.01
	32.66	35.35	

Event 21 Girls 15-16 100 SC Meter Freestyle

Name	Age	Team	Finals Time
Finals			
1 Roberts, Alice	16	Carmarthen	1:02.46
	30.07	32.39	
2 Davies, Katie	16	Neath	1:04.21
	30.53	33.68	
3 Robinson, Francesca S	16	Haverfordwes	1:04.40
	31.14	33.26	
4 Cressey-Rodgers, Deryn H	16	Carmarthen	1:05.09
	31.45	33.64	
5 Griffiths, Seren	15	Haverfordwes	1:05.33
	31.63	33.70	
6 Conlon, Nia	16	Carmarthen	1:06.14
	31.74	34.40	
7 Pearce, Molly	15	Llanelli	1:07.81
	32.48	35.33	
8 Warlow, Grace	16	C Dolphins	1:08.67
	33.10	35.57	

Event 21 Girls 17 & Over 100 SC Meter Freestyle

Name	Age	Team	Finals Time
Finals			
1 Jones, Mali	18	Aberystwyth	1:03.87
	30.74	33.13	
2 Holdsworth, Jasmine	17	C Dolphins	1:07.27
	32.10	35.17	
3 Jones, Emily	18	Carmarthen	1:12.91
	34.86	38.05	
4 Michael, Tari-Starre	17	Llanelli	1:13.96
	35.97	37.99	

Event 121 Girls 13 & Over 100 SC Meter Freestyle Swim-off

Name	Age	Team	Finals Time
- Swim-off			
1 Sandy, Jess	14	Milford Havn	1:06.52
	32.25	34.27	
2 Krol, Sophie	14	Haverfordwes	1:07.63
	32.26	35.37	