

**West Wales Regionals 2019 - 01/02/2019 to 10/02/2019****Results - Session 14 - Warmup 2.30pm****Event 65 Boys 200 SC Meter Medley (HDW) Relay**

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	1:51.92	1:48.43
1) Jervis, Daniel O 23	2) Davies, Aneurin L 15	3) Morris, Alexander T 20	4) Hutchens, Wil 21
27.16 31.44 25.96	23.87		
2 Haverfordwest	A	1:52.30	1:53.95
1) White, Henry 15	2) Lewis, Matthew D 34	3) Barrett, Sean A 17	4) Webb, Tomas D 19
29.09 31.86 27.52	25.48		
3 Pembroke & District Asc	A	1:54.01	1:56.21
1) Davies, Rhys 18	2) Shiels, Charlie J 15	3) Thomas, Daniel J 22	4) Kettle, Rowan 19
30.24 32.37 27.28	26.32		
4 Carmarthen	A	1:57.39	1:58.53
1) Morgan, Dylan 15	2) Edwards, Liam 15	3) Hancock, Carwyn 16	4) Jones, Joshua 17
28.63 35.26 28.96	25.68		

**Event 66 Girls 200 SC Meter Medley (HDW) Relay**

Team	Relay	Seed Time	Finals Time
1 Carmarthen	A	2:05.94	2:07.45
1) Conlon, Nia 16	2) Bowen, Hanna M 14	3) Roberts, Alice 16	4) Morgan, Rebeca 18
33.36 36.90 29.22	27.97		
2 City of Swansea Aquatics Club	A	2:16.00	2:09.11
1) Maiden, Mya E 18	2) Jones, Niamh 19	3) Peter, Hannah C 16	4) Tucker, Amelia H 16
34.65 35.86 30.33	28.27		
3 Celtic Dolphins	A	2:09.01	2:12.14
1) Owen, Leah 17	2) Davies, Emily 16	3) Sullivan, Nia 15	4) Holdsworth, Jasmine 17
34.18 36.48 31.06	30.42		
4 Haverfordwest	A	2:08.63	2:13.50
1) Thomson, Megan E 15	2) Griffiths, Seren 15	3) Robinson, Francesca S 16	4) Harding, Lucy 18
32.96 39.49 31.85	29.20		

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

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	2:06.37	1:53.61
1) Elkin, Max 15	2) Davies, Aneurin L 15	3) Smart, Connor 16	4) Rodriguez, Antonio B 15
29.67 30.43 28.12	25.39		
2 Pembroke & District Asc	A	2:07.29	2:05.12
1) Fitzsimmons, Arron 15	2) Shiels, Charlie J 15	3) Sturley, Toby 15	4) Kettle, Lewys 16
31.48 32.80 30.12	30.72		
3 City of Swansea Aquatics Club	B	NT	2:08.54
1) Williams, Osian C 16	2) Seppman, Neo T 15	3) Greenway, Morgan S 16	4) Preece, Alexander J 16
31.85 40.34 30.34	26.01		
--- Carmarthen	A	1:58.04	DQ
1) Morgan, Dylan 15	2) Edwards, Liam 15	3) Hancock, Carwyn 16	4) Gwynne-Jones, Dylan 14
28.55 35.38 29.04	27.67		

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

Team	Relay	Seed Time	Finals Time
1 Carmarthen	A	2:07.24	2:08.79
1) Conlon, Nia 16	2) Bowen, Hanna M 14	3) Roberts, Alice 16	4) Patterson, Millie 13
32.86 36.45 29.90	29.58		
2 City of Swansea Aquatics Club	A	2:07.73	2:10.14
1) Evans, Caitlin R 15	2) Browne, Megan K 16	3) Peter, Hannah C 16	4) Stokes, Aimee L 15
34.16 36.70 30.91	28.37		
3 City of Swansea Aquatics Club	B	NT	2:13.60
1) Demery, Porsche E 12	2) Tucker, Amelia H 16	3) Protheroe, Chloe B 16	4) Williams, Danielle R 16
36.56 34.59 31.29	31.16		
4 Celtic Dolphins	A	2:13.17	2:19.75
1) Watts, Non 14	2) Davies, Emily 16	3) Sullivan, Nia 15	4) Curtis-Jones, Llian M 14
36.71 36.97 31.77	34.30		

**West Wales Regionals 2019 - 01/02/2019 to 10/02/2019****Results - Session 14 - Warmup 2.30pm****Event 69 Boys 14 & Under 200 SC Meter Medley (HDW) Relay**

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	2:08.05	2:10.77
1) Burkett, Maximus C 14	2) Cole, Toby R 14	3) Hewitt, Harry C 14	4) Thomas, Rhys A 14
32.26 36.18 32.54	29.79		
2 Carmarthen	A	2:09.61	2:13.66
1) Conlon, Aled L 14	2) Gwynne-Jones, Dylan 14	3) North-Mullis, Oliver 14	4) Jones, Dafydd R 12
34.78 37.84 31.50	29.54		
3 Haverfordwest	A	2:13.36	2:18.21
1) Owen, Cai 13	2) McDowell, Josh 14	3) Andrews, Rory 14	4) Ralph, Robbie 14
39.99 33.34 31.77	33.11		
4 Celtic Dolphins	A	2:21.78	2:29.72
1) Thomas, Charlie 14	2) Griffin, Davie 13	3) Wells, Oliver S 13	4) Thomas, Evan 12
36.08 1:19.80 33.84			
5 Pembroke & District Asc	A	2:14.09	2:31.25
1) Lee, Aneurin 12	2) Keane, Jayden 14	3) Hillary, Benjamin 13	4) Morgan, Jack 12
40.24 39.35 36.52	35.14		

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

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	2:17.50	2:10.25
1) Davies-Amos, Angelica R 14	2) Wilkins, Maia M 14	3) Davies, Abigail H 14	4) Dickinson, Jessica A 14
33.62 38.21 44.58	13.84		
2 Carmarthen	A	2:16.30	2:15.52
1) Patterson, Millie 13	2) Bowen, Hanna M 14	3) Roberts, Emily 13	4) Jones, Jodie 14
33.06 36.49 34.95	31.02		
3 Haverfordwest	A	2:13.19	2:21.27
1) White, Amy V 14	2) Krol, Sophie 14	3) White, Eleanor R 13	4) Webb, Alys 13
33.68 41.13 1:06.46			
4 Pembroke & District Asc	A	2:12.40	2:22.47
1) Lewis, Caera 13	2) Callen, Holly-Jane 13	3) Cole, Megan 14	4) Thomas, Abigail G 13
34.62 39.88 34.81	33.16		
5 City of Swansea Aquatics Club	B	NT	2:22.82
1) Fox, Eve L 14	2) Scott, Summer 14	3) Lloyd, Ruby C 14	4) Garcia de Leaniz, Sofia 14
35.15 43.90 32.66	31.11		
6 Celtic Dolphins	A	2:23.54	2:24.73
1) Cleave, Mia 12	2) Phillips, Erin 13	3) Curtis-Jones, Llian M 14	4) Watts, Non 14
35.41 38.74 37.88	32.70		
7 Fishguard Flyers	A	2:27.62	2:28.91
1) Clapham, Rhiannon m 14	2) Horne, Alexa 13	3) Fischer, Kayleigh 14	4) Forster, Ella 13
37.60 42.17 34.93	34.21		
8 Haverfordwest	B	NT	2:29.71
1) James, Nia 13	2) John, Lucy 13	3) Hale, Chloe 13	4) Griffiths, Enfys 13
40.33 40.10 36.42	32.86		
9 Celtic Dolphins	B	2:34.28	2:36.86
1) Bray, Bethan 13	2) Bissicks, Ella H 12	3) Sullivan, Katie 12	4) Selby, Cerys 13
38.28 41.28 40.02	37.28		

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

Team	Relay	Seed Time	Finals Time
1 Haverfordwest	A	2:47.22	2:43.35
1) Thomson, Jacob 12	2) Butcher, Benjamin 12	3) Fletcher, Owen 12	4) Griffiths, George 11
43.87 42.22 42.20	35.06		
2 Celtic Dolphins	A	2:45.78	2:49.01
1) Richards, Aled 12	2) Phillips, Alistair 12	3) Thomas, Evan 12	4) Griffin, Daniel 11
43.97 44.00 43.95	37.09		
--- Carmarthen	A	2:42.34	DQ
1) Upton-Boorman, Liam 12	2) Cressey-Rodgers, Huw 12	3) Jones, Dafydd R 12	4) Sparks, Sebastian 11
37.57 47.58 33.72	34.55		

**West Wales Regionals 2019 - 01/02/2019 to 10/02/2019****Results - Session 14 - Warmup 2.30pm****Event 72 Girls 11-12 200 SC Meter Medley (HDW) Relay**

Team	Relay	Seed Time	Finals Time
1 Carmarthen	A	2:30.37	2:26.64
1) Collyer, Mabli 11	2) Evans, Sophie 11	3) Jones, Elyllt H 11	4) Gwynne-Jones, Kaitlyn 11
36.06 43.35 36.04	31.19		
2 City of Swansea Aquatics Club	A	2:26.49	2:27.37
1) Farcas, Nicole C 12	2) Hale, Gemma N 12	3) Peter, Sophie C 12	4) Demery, Porsche E 12
41.27 40.86 34.34	30.90		
3 City of Swansea Aquatics Club	B	NT	2:30.44
1) Smart, Charlotte E 12	2) Davies, Rhian L 12	3) Tucker, Holly O 11	4) Edwards, Izzy M 12
37.84 43.13 35.92	33.55		
4 Celtic Dolphins	A	2:31.66	2:30.93
1) Cleave, Mia 12	2) Bissicks, Ella H 12	3) Sullivan, Katie 12	4) Tyrrell, Kiera 12
36.42 41.61 39.25	33.65		
5 Haverfordwest	A	2:36.51	2:41.83
1) Devonald, Niamh 12	2) Owen, Betsy 12	3) Knowles, Amy A 12	4) Hanna, Jazmine 11
42.57 47.01 33.37	38.88		
6 Celtic Dolphins	B	NT	3:00.07
1) Edwards, Ellie 12	2) Holdsworth, Sienna 11	3) Catling, Freya 11	4) Parkin, Grace 11
1:37.04 42.18 40.85			
7 Pembroke & District Asc	A	2:44.59	3:07.38
1) Webb, Saskia 12	2) Webb, Mylia 11	3) Hillary, Abigail 11	4) Thompson, Carys 12
1:37.27 16.23 35.28	38.60		
--- Haverfordwest	B	NT	DQ
1) Green, Ellie 11	2) Peach, Eliza M 11	3) Semaani, Sabrina 11	4) Phillips, Ellie R 12
51.27 1:06.40 39.42	37.99		

**Event 73 Boys 200 SC Meter Freestyle (HDW) Relay**

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	1:40.76	1:39.20
1) Hutchens, Wil 21	2) Jervis, Daniel O 23	3) Rodriguez, Antonio B 15	4) Morris, Alexander T 20
24.62 24.34 25.45	24.79		
2 Haverfordwest	A	1:43.92	1:43.16
1) Barrett, Sean A 17	2) White, Henry 15	3) Lewis, Matthew D 34	4) Webb, Tomas D 19
25.66 25.91 25.92	25.67		
3 Carmarthen	A	1:43.77	1:44.30
1) Jones, Joshua 17	2) Gwynne-Jones, Dylan 14	3) Hancock, Carwyn 16	4) Morgan, Dylan 15
26.11 27.36 26.39	24.44		
4 Pembroke & District Asc	A	1:43.83	1:46.35
1) Davies, Rhys 18	2) Sturley, Toby 15	3) Thomas, Daniel J 22	4) Kettle, Rowan 19
26.54 27.24 26.42	26.15		

**Event 74 Girls 200 SC Meter Freestyle (HDW) Relay**

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	2:00.86	1:57.70
1) Maiden, Mya E 18	2) Browne, Megan K 16	3) Jones, Niamh 19	4) Stokes, Aimee L 15
31.32 28.51 28.99	28.88		
2 Haverfordwest	A	1:57.86	1:59.43
1) Robinson, Francesca S 16	2) Griffiths, Seren 15	3) Thomson, Megan E 15	4) Harding, Lucy 18
29.72 30.07 29.43	30.21		
3 Carmarthen	A	1:55.74	2:01.78
1) Patterson, Millie 13	2) Conlon, Nia 16	3) Roberts, Alice 16	4) Clack, Lucy 15
30.72 30.66 29.19	31.21		
4 Celtic Dolphins	A	2:01.90	2:04.41
1) Owen, Leah 17	2) Davies, Emily 16	3) Sullivan, Nia 15	4) Holdsworth, Jasmine 17
29.70 32.01 31.30	31.40		

**West Wales Regionals 2019 - 01/02/2019 to 10/02/2019****Results - Session 14 - Warmup 2.30pm****Event 75 Boys 16 & Under 200 SC Meter Freestyle (HDW) Relay**

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	1:52.70	1:45.09
1) Elkin, Max 15	2) Davies, Aneurin L 15	3) Smart, Connor 16	4) Rodriguez, Antonio B 15
26.02 26.98 26.44	25.65		
2 Carmarthen	A	1:46.94	1:49.03
1) Gwynne-Jones, Dylan 14	2) Jones, Dafydd R 12	3) Hancock, Carwyn 16	4) Morgan, Dylan 15
28.01 29.41 26.50	25.11		
3 City of Swansea Aquatics Club	B	NT	1:50.07
1) Williams, Osian C 16	2) Greenway, Morgan S 16	3) Preece, Alexander J 16	4) Seppman, Neo T 15
27.12 27.16 26.07	29.72		
4 Pembroke & District Asc	A	NT	1:50.49
1) Shiels, Charlie J 15	2) Fitzsimmons, Arron 15	3) Kettle, Lewys 16	4) Sturley, Toby 15
26.28 26.97 30.88	26.36		

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

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	2:00.82	1:55.06
1) Stokes, Aimee L 15	2) Tucker, Amelia H 16	3) Browne, Megan K 16	4) Peter, Hannah C 16
29.21 28.70 57.15			
2 Carmarthen	A	1:58.82	1:58.71
1) Roberts, Alice 16	2) Cressey-Rodgers, Deryn H 16	3) Conlon, Nia 16	4) Patterson, Millie 13
29.06 29.33 30.13	30.19		
3 City of Swansea Aquatics Club	B	NT	2:01.46
1) Protheroe, Chloe B 16	2) Williams, Danielle R 16	3) Evans, Caitlin R 15	4) Jones, Ffion 16
29.57 31.19 30.65	30.05		
4 Celtic Dolphins	A	2:07.29	2:12.68
1) Watts, Non 14	2) Davies, Emily 16	3) Sullivan, Nia 15	4) Curtis-Jones, Llian M 14
32.61 33.78 31.83	34.46		

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

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	1:57.01	2:01.23
1) Hewitt, Harry C 14	2) Cole, Toby R 14	3) Williams, Tyler J 14	4) Thomas, Rhys A 14
29.76 30.33 31.10	30.04		
2 Haverfordwest	A	2:04.55	2:04.45
1) McDowell, Josh 14	2) Ralph, Robbie 14	3) Owen, Cai 13	4) Andrews, Rory 14
28.41 33.89 33.97	28.18		
3 Celtic Dolphins	A	2:21.02	2:11.26
1) Wells, Oliver S 13	2) Thomas, Evan 12	3) Griffin, Davie 13	4) Thomas, Charlie 14
31.09 35.65 34.07	30.45		
4 Pembroke & District Asc	A	1:59.10	2:14.30
1) Hillary, Benjamin 13	2) Keane, Jayden 14	3) Lee, Aneurin 12	4) Morgan, Jack 12
30.92 29.95 37.29	36.14		
--- Carmarthen	A	1:55.11	DQ
1) Jones, Dafydd R 12	2) Conlon, Aled L 14	3) North-Mullis, Oliver 14	4) Gwynne-Jones, Dylan 14
29.75 30.70 29.67	30.51		

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

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	1:58.98	1:56.69
1) Davies-Amos, Angelica R 14	2) Fox, Eve L 14	3) Davies, Abigail H 14	4) Dickinson, Jessica A 14
29.61 29.77 29.23	28.08		
2 City of Swansea Aquatics Club	B	NT	2:02.87
1) Lloyd, Ruby C 14	2) Wilkins, Maia M 14	3) Scott, Summer 14	4) Garcia de Leaniz, Sofia 14
30.22 31.26 30.61	30.78		
3 Carmarthen	A	2:04.37	2:04.97
1) Jones, Jodie 14	2) Bowen, Hanna M 14	3) Gwynne-Jones, Kaitlyn 11	4) Patterson, Millie 13
31.62 30.88 31.92	30.55		

**West Wales Regionals 2019 - 01/02/2019 to 10/02/2019****Results - Session 14 - Warmup 2.30pm****(Event 78 Girls 14 & Under 200 SC Meter Freestyle (HDW) Relay)**

Team	Relay	Seed Time	Finals Time
4 Haverfordwest	A	2:06.63	2:06.77
1) White, Eleanor R 13 33.27 32.38 31.25	2) John, Lucy 13 29.87	3) White, Amy V 14	4) Krol, Sophie 14
5 Fishguard Flyers	A	2:08.07	2:09.37
1) Fischer, Kayleigh 14 31.81 34.23 32.45	2) Forster, Ella 13 30.88	3) Horne, Alexa 13	4) Clapham, Rhiannon m 14
6 Pembroke & District Asc	A	2:01.54	2:09.81
1) Lewis, Caera 13 29.86 33.84 33.81	2) Callen, Holly-Jane 13 32.30	3) Thomas, Abigail G 13	4) Cole, Megan 14
7 Celtic Dolphins	A	2:06.38	2:12.85
1) Watts, Non 14 32.42 34.42 33.23	2) Curtis-Jones, Llian M 14 32.78	3) Phillips, Erin 13	4) Cleave, Mia 12
8 Haverfordwest	B	2:14.39	2:15.63
1) Griffiths, Enfys 13 33.41 34.76 34.45	2) Hale, Chloe 13 33.01	3) James, Nia 13	4) Webb, Alys 13
9 Celtic Dolphins	B	NT	2:23.68
1) Sullivan, Katie 12 36.00 33.75 35.42	2) Bray, Bethan 13 38.51	3) Bissicks, Ella H 12	4) Selby, Cerys 13

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

Team	Relay	Seed Time	Finals Time
1 Celtic Dolphins	A	2:32.62	2:29.36
1) Phillips, Alistair 12 36.43 39.58 37.98	2) Richards, Aled 12 35.37	3) Griffin, Daniel 11	4) Thomas, Evan 12
--- Carmarthen	A	2:20.58	DQ
1) Cressey-Rodgers, Huw 12 1:12.50	2) Sparks, Sebastian 11 31.01	3) Johnstone, Daniel 12	4) Jones, Dafydd R 12
--- Haverfordwest	A	2:24.00	DQ
1) Butcher, Benjamin 12 35.12 39.28 39.97	2) Griffiths, George 11 33.59	3) Thomson, Jacob 12	4) Fletcher, Owen 12

**Event 80 Girls 11-12 200 SC Meter Freestyle (HDW) Relay**

Team	Relay	Seed Time	Finals Time
1 Carmarthen	A	2:12.66	2:09.26
1) Jones, Esyllt H 11 32.74 32.62 32.04	2) Evans, Sophie 11 31.86	3) Collyer, Mabli 11	4) Gwynne-Jones, Kaitlyn 11
2 City of Swansea Aquatics Club	A	2:11.19	2:10.99
1) Peter, Sophie C 12 32.66 33.02 33.52	2) Smart, Charlotte E 12 31.79	3) David, Isabelle J 12	4) Demery, Porsche E 12
3 City of Swansea Aquatics Club	B	NT	2:14.87
1) Edwards, Izzy M 12 34.97 32.54 35.69	2) Tucker, Holly O 11 31.67	3) Farcas, Nicole C 12	4) Hale, Gemma N 12
4 Celtic Dolphins	A	2:18.46	2:19.29
1) Sullivan, Katie 12 34.98 35.80 35.66	2) Catling, Freya 11 32.85	3) Tyrrell, Kiera 12	4) Cleave, Mia 12
5 Haverfordwest	A	2:16.37	2:26.51
1) Hanna, Jazmine 11 38.85 39.10 36.87	2) Owen, Betsy 12 31.69	3) Devonald, Niamh 12	4) Knowles, Amy A 12
6 Celtic Dolphins	B	2:40.89	2:36.72
1) Holdsworth, Sienna 11 40.36	2) Parkin, Grace 11 35.60	3) Edwards, Ellie 12	4) Bissicks, Ella H 12
7 Pembroke & District Asc	A	2:26.05	2:42.75
1) Webb, Saskia 12 39.35 43.80 42.11	2) Webb, Mylia 11 37.49	3) Thompson, Carys 12	4) Hillary, Abigail 11
8 Haverfordwest	B	NT	2:53.31
1) Green, Ellie 11 45.62 45.65 42.39	2) Peach, Eliza M 11 39.65	3) Semaani, Sabrina 11	4) Phillips, Ellie R 12

**West Wales Regionals 2019 - 01/02/2019 to 10/02/2019****Results - Session 14 - Warmup 2.30pm****Event 81 Mixed 200 SC Meter Freestyle (HDW) Relay**

Team	Relay	Seed Time	Finals Time
1 Carmarthen	A	1:47.67	1:47.03
1) Jones, Joshua M17	2) Roberts, Alice W16	3) Morgan, Rebeca W18	4) Morgan, Dylan M15
26.48 28.67 27.39	24.49		
2 City of Swansea Aquatics Club	A	1:49.60	1:48.55
1) Hutchens, Wil M21	2) Jervis, Daniel O M23	3) Peter, Hannah C W16	4) Maiden, Mya E W18
24.64 24.45 28.56	30.90		
3 Haverfordwest	A	1:50.50	1:52.46
1) Lewis, Matthew D M34	2) Griffiths, Seren W15	3) Harding, Lucy W18	4) Webb, Tomas D M19
26.41 30.01 30.55	25.49		
4 Pembroke & District Asc	A	2:00.84	1:53.23
1) Thomas, Daniel J M22	2) Greenwood, Hannah W15	3) Lee, Georgia W15	4) Kettle, Rowan M19
27.09 30.54 29.88	25.72		

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

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	1:53.07	1:49.16
1) Elkin, Max M15	2) Stokes, Aimee L W15	3) Tucker, Amelia H W16	4) Rodriguez, Antonio B M15
26.00 29.16 28.37	25.63		
2 City of Swansea Aquatics Club	B	NT	1:51.93
1) Preece, Alexander J M16	2) Peter, Hannah C W16	3) Protheroe, Chloe B W16	4) Smart, Connor M16
26.73 58.75 26.45			
3 Carmarthen	A	1:49.33	1:53.09
1) Hancock, Carwyn M16	2) Conlon, Nia W16	3) Patterson, Millie W13	4) Morgan, Dylan M15
26.46 30.33 30.94	25.36		
4 Pembroke & District Asc	A	1:52.94	1:55.50
1) Sturley, Toby M15	2) Lewis, Caera W13	3) Cole, Megan W14	4) Shiels, Charlie J M15
27.26 29.38 32.40	26.46		
5 Haverfordwest	A	1:54.45	1:56.57
1) Robinson, Francesca S W16	2) Goddard, Harrison J M15	3) Thomson, Megan E W15	4) White, Henry M15
29.54 34.41 26.88	25.74		

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

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	1:53.54	1:54.78
1) Davies-Amos, Angelica R W14	2) Burkett, Maximus C M14	3) Hewitt, Harry C M14	4) Dickinson, Jessica A W14
29.32 28.49 29.10	27.87		
2 Haverfordwest	A	2:02.13	1:57.24
1) McDowell, Josh M14	2) White, Amy V W14	3) Krol, Sophie W14	4) Andrews, Rory M14
28.46 30.98 30.09	27.71		
3 Carmarthen	A	1:55.97	1:59.73
1) Jones, Dafydd R M12	2) Jones, Jodie W14	3) Patterson, Millie W13	4) Gwynne-Jones, Dylan M14
30.45 31.64 30.55	27.09		
4 City of Swansea Aquatics Club	B	NT	2:00.30
1) Thomas, Rhys A M14	2) Cole, Toby R M14	3) Lloyd, Ruby C W14	4) Davies, Abigail H W14
30.52 1:00.28 29.50			
5 Carmarthen	B	2:03.51	2:02.08
1) Conlon, Aled L M14	2) Bowen, Hanna M W14	3) Gwynne-Jones, Kaitlyn W11	4) North-Mullis, Oliver M14
30.87 31.04 31.01	29.16		
6 Fishguard Flyers	A	2:08.48	2:02.74
1) Schmidt, Hans M14	2) West, Zac M13	3) Fischer, Kayleigh W14	4) Clapham, Rhiannon m W14
29.31 31.68 31.18	30.57		
7 Celtic Dolphins	A	2:13.91	2:09.81
1) Watts, Non W14	2) Thomas, Charlie M14	3) Phillips, Erin W13	4) Wells, Oliver S M13
33.28 31.85 33.67	31.01		
8 Pembroke & District Asc	A	2:09.04	2:11.48
1) Keane, Jayden M14	2) Thomas, Abigail G W13	3) Callen, Holly-Jane W13	4) Hillary, Benjamin M13
30.99 35.11 33.73	31.65		

**West Wales Regionals 2019 - 01/02/2019 to 10/02/2019****Results - Session 14 - Warmup 2.30pm****(Event 83 Mixed 14 & Under 200 SC Meter Freestyle (HDW) Relay)**

Team	Relay	Seed Time	Finals Time
9 Haverfordwest	B	NT	2:14.77
1) Owen, Cai M13	2) Griffiths, Enfys W13	3) Webb, Alys W13	4) Ralph, Robbie M14
34.88 33.55 33.63	32.71		

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

Team	Relay	Seed Time	Finals Time
1 City of Swansea Aquatics Club	A	2:09.54	2:08.51
1) Peter, Sophie C W12	2) Arnold, Jack I M11	3) Gillett, Oliver J M12	4) Demery, Porsche E W12
33.21 33.60 30.11	31.59		
2 Carmarthen	A	2:10.60	2:09.97
1) Upton-Boorman, Liam M12	2) Jones, Esyllt H W11	3) Gwynne-Jones, Kaitlyn W11	4) Jones, Dafydd R M12
34.59 32.67 32.65	30.06		
3 Carmarthen	B	2:22.64	2:16.79
1) Evans, Sophie W11	2) Sparks, Sebastian M11	3) Johnstone, Daniel M12	4) Collyer, Mabli W11
32.66 35.06 1:09.07			
4 Haverfordwest	A	2:09.01	2:21.32
1) Butcher, Benjamin M12	2) Hanna, Jazmine W11	3) Knowles, Amy A W12	4) Fletcher, Owen M12
34.54 39.38 31.81	35.59		
5 Celtic Dolphins	A	2:14.46	2:24.43
1) Thomas, Evan M12	2) Cleave, Mia W12	3) Richards, Aled M12	4) Sullivan, Katie W12
1:09.10 40.36 34.97			
6 Celtic Dolphins	B	NT	2:26.31
1) Phillips, Alistair M12	2) Catling, Freya W11	3) Griffin, Daniel M11	4) Tyrrell, Kiera W12
37.02 37.19 38.32	33.78		
7 Haverfordwest	B	NT	2:31.64
1) Thomson, Jacob M12	2) Owen, Betsy W12	3) Devonald, Niamh W12	4) Griffiths, George M11
39.45 41.72 33.89	36.58		
--- Pembroke & District Asc	A	2:22.61	DQ
1) Lee, Aneurin M12	2) Hillary, Abigail W11	3) Webb, Saskia W12	4) Morgan, Jack M12
37.59 1:16.87 36.77			