

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 5.30pm****Event 1 Boys 10 Year Olds 1500 SC Meter Freestyle**

Name	Team	Seed Time	Finals Time
1 Sami Prysor	Aberystwyth	NT	23:05.12
39.96	1:24.26 (44.30)	2:09.56 (45.30)	2:55.56 (46.00)
3:41.03 (45.47)	4:27.53 (46.50)	5:14.81 (47.28)	6:01.19 (46.38)
6:47.75 (46.56)	7:34.41 (46.66)	8:21.35 (46.94)	9:07.54 (46.19)
9:54.51 (46.97)	10:41.49 (46.98)	11:27.66 (46.17)	12:14.66 (47.00)
13:01.83 (47.17)	13:48.97 (47.14)	14:36.37 (47.40)	15:24.25 (47.88)
16:10.62 (46.37)	16:57.20 (46.58)	17:45.12 (47.92)	18:32.38 (47.26)
19:19.85 (47.47)	20:06.62 (46.77)	20:53.19 (46.57)	21:39.04 (45.85)
22:24.19 (45.15)	23:05.12 (40.93)		
2 Finlay Thapa	Aberystwyth	NT	25:04.23
42.43	1:30.20 (47.77)	2:20.24 (50.04)	3:11.72 (51.48)
4:02.68 (50.96)	4:54.28 (51.60)	5:46.05 (51.77)	6:38.03 (51.98)
7:31.33 (53.30)	8:22.98 (51.65)	9:12.79 (49.81)	10:05.33 (52.54)
10:59.28 (53.95)	11:48.08 (48.80)	12:39.36 (51.28)	13:29.95 (50.59)
14:22.48 (52.53)	15:17.69 (55.21)	16:10.05 (52.36)	16:55.32 (45.27)
17:46.99 (51.67)	18:35.37 (48.38)	19:29.34 (53.97)	20:16.45 (47.11)
21:05.44 (48.99)	21:57.72 (52.28)	22:46.10 (48.38)	23:33.28 (47.18)
24:19.14 (45.86)	25:04.23 (45.09)		
3 Liam Weston	Llanelli ASC	NT	26:38.72
43.56	1:33.48 (49.92)	2:25.22 (51.74)	3:18.48 (53.26)
4:12.93 (54.45)	5:06.94 (54.01)	6:01.37 (54.43)	6:58.48 (57.11)
7:53.65 (55.17)	8:48.45 (54.80)	9:41.32 (52.87)	10:34.96 (53.64)
11:28.62 (53.66)	12:21.07 (52.45)	13:15.71 (54.64)	14:10.74 (55.03)
15:01.76 (51.02)	15:54.52 (52.76)	16:48.75 (54.23)	17:40.77 (52.02)
18:35.04 (54.27)	19:31.74 (56.70)	20:26.59 (54.85)	21:22.86 (56.27)
22:17.28 (54.42)	23:11.30 (54.02)	24:01.80 (50.50)	24:53.83 (52.03)
25:47.44 (53.61)	26:38.72 (51.28)		
4 Jack Morgan	Pembroke & District	NT	31:42.02
47.77	1:43.91 (56.14)	2:41.37 (57.46)	3:38.00 (56.63)
4:37.80 (59.80)	5:39.27 (1:01.47)	6:41.36 (1:02.09)	7:41.59 (1:00.23)
8:43.17 (1:01.58)	9:41.69 (58.52)	10:43.33 (1:01.64)	
	25:00.32 ( )	26:07.49 (1:07.17)	27:15.03 (1:07.54)
28:22.38 (1:07.35)			29:30.39 ( )
30:36.44 (1:06.05)	31:42.02 (1:05.58)		

**Event 1 Boys 11 Year Olds 1500 SC Meter Freestyle**

Name	Team	Seed Time	Finals Time
1 Oliver Wells	Celtic Dolphins	NT	20:03.51
36.05	1:15.46 (39.41)	1:55.54 (40.08)	2:35.88 (40.34)
3:16.17 (40.29)	3:56.37 (40.20)	4:36.85 (40.48)	5:17.55 (40.70)
5:57.72 (40.17)	6:38.41 (40.69)	7:19.07 (40.66)	7:59.95 (40.88)
8:40.34 (40.39)	9:21.08 (40.74)	10:02.06 (40.98)	10:42.55 (40.49)
11:23.72 (41.17)	12:04.78 (41.06)	12:45.49 (40.71)	13:26.00 (40.51)
14:06.48 (40.48)	14:47.44 (40.96)	15:27.89 (40.45)	16:07.99 (40.10)
16:48.24 (40.25)	17:27.90 (39.66)	18:07.68 (39.78)	18:47.34 (39.66)
19:26.71 (39.37)	20:03.51 (36.80)		

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Name	Team	Seed Time	Finals Time
2 Zac West	Fishguard Flyers SC	NT	22:32.77
37.96	1:21.44 (43.48)	2:05.80 (44.36)	2:50.86 (45.06)
3:36.15 (45.29)	4:21.54 (45.39)	5:07.09 (45.55)	5:52.53 (45.44)
6:37.68 (45.15)	7:23.18 (45.50)	8:08.57 (45.39)	8:54.05 (45.48)
9:40.12 (46.07)	10:26.33 (46.21)	11:12.31 (45.98)	11:57.74 (45.43)
12:44.47 (46.73)	13:30.35 (45.88)	14:16.28 (45.93)	15:02.22 (45.94)
15:48.66 (46.44)	16:35.07 (46.41)	17:21.45 (46.38)	18:05.36 (43.91)
18:50.98 (45.62)	19:36.97 (45.99)	20:21.76 (44.79)	21:06.95 (45.19)
21:51.16 (44.21)	22:32.77 (41.61)		

**Event 1 Boys 12 Year Olds 1500 SC Meter Freestyle**

Name	Team	Seed Time	Finals Time
1 Rhys Thomas	Llanelli ASC	NT	19:47.78
35.37	1:15.01 (39.64)	1:55.03 (40.02)	2:35.27 (40.24)
3:15.43 (40.16)	3:56.18 (40.75)	4:35.85 (39.67)	5:16.98 (41.13)
5:56.97 (39.99)	6:37.22 (40.25)	7:17.78 (40.56)	7:58.64 (40.86)
8:38.27 (39.63)	9:18.23 (39.96)	9:58.47 (40.24)	10:39.03 (40.56)
11:19.03 (40.00)	11:59.18 (40.15)	12:39.20 (40.02)	13:18.74 (39.54)
13:58.80 (40.06)	14:38.60 (39.80)	15:18.35 (39.75)	15:58.18 (39.83)
16:37.68 (39.50)	17:17.10 (39.42)	17:55.26 (38.16)	18:33.62 (38.36)
19:12.13 (38.51)	19:47.78 (35.65)		
2 Finlay Catling	Celtic Dolphins	NT	19:48.17
36.36	1:15.80 (39.44)	1:56.24 (40.44)	2:36.68 (40.44)
3:16.89 (40.21)	3:57.60 (40.71)	4:37.66 (40.06)	5:17.81 (40.15)
5:58.06 (40.25)	6:38.92 (40.86)	7:19.32 (40.40)	7:59.67 (40.35)
8:39.29 (39.62)	9:19.24 (39.95)	9:59.13 (39.89)	10:39.47 (40.34)
11:19.54 (40.07)	11:59.36 (39.82)	12:38.79 (39.43)	13:18.66 (39.87)
13:59.07 (40.41)	14:38.31 (39.24)	15:18.64 (40.33)	15:57.77 (39.13)
16:37.42 (39.65)	17:17.38 (39.96)	17:55.74 (38.36)	18:34.14 (38.40)
19:12.77 (38.63)	19:48.17 (35.40)		
3 Jayden KEANE	Pembroke & District	21:51.20	20:17.33
33.85	1:11.88 (38.03)	1:51.35 (39.47)	2:30.67 (39.32)
3:10.23 (39.56)	3:51.58 (41.35)	4:32.40 (40.82)	5:13.29 (40.89)
5:54.58 (41.29)	6:35.72 (41.14)	7:17.02 (41.30)	7:58.93 (41.91)
8:40.15 (41.22)	9:21.85 (41.70)	10:03.07 (41.22)	10:43.99 (40.92)
11:25.11 (41.12)	12:06.57 (41.46)	12:48.00 (41.43)	13:30.11 (42.11)
14:11.34 (41.23)	14:52.93 (41.59)	15:34.90 (41.97)	16:16.11 (41.21)
16:56.78 (40.67)	17:38.50 (41.72)	18:19.07 (40.57)	18:59.76 (40.69)
19:39.80 (40.04)	20:17.33 (37.53)		
4 Aled Conlon	Carmarthen	NT	20:49.83
36.56	1:17.55 (40.99)	2:00.23 (42.68)	2:42.65 (42.42)
3:25.37 (42.72)	4:08.31 (42.94)	4:50.88 (42.57)	5:34.20 (43.32)
6:15.64 (41.44)	6:57.89 (42.25)	7:40.12 (42.23)	8:22.15 (42.03)
9:03.93 (41.78)	9:45.86 (41.93)	10:27.88 (42.02)	11:09.86 (41.98)
11:52.07 (42.21)	12:34.11 (42.04)	13:15.89 (41.78)	13:57.54 (41.65)
14:39.62 (42.08)	15:21.89 (42.27)	16:03.42 (41.53)	16:45.36 (41.94)
17:26.97 (41.61)	18:08.77 (41.80)	18:49.85 (41.08)	19:30.82 (40.97)
20:11.47 (40.65)	20:49.83 (38.36)		

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Name	Team	Seed Time	Finals Time
5 Ioan Cressey-Rodgers	Carmarthen	NT	20:54.54
36.76	1:19.62 (42.86) 2:01.11 (41.49)	2:43.90 (42.79)	
3:27.64 (43.74)	4:10.15 (42.51) 4:52.98 (42.83)	5:35.30 (42.32)	
6:17.50 (42.20)	6:59.93 (42.43) 7:41.76 (41.83)	8:24.23 (42.47)	
9:07.15 (42.92)	9:49.06 (41.91) 10:31.74 (42.68)	11:14.57 (42.83)	
11:55.49 (40.92)	12:38.11 (42.62) 13:19.82 (41.71)	14:01.89 (42.07)	
14:44.09 (42.20)	15:25.46 (41.37) 16:08.28 (42.82)	16:50.14 (41.86)	
17:31.53 (41.39)	18:14.15 (42.62) 18:56.15 (42.00)	19:36.67 (40.52)	
20:17.28 (40.61)	20:54.54 (37.26)		
6 Hans Schmidt	Fishguard Flyers SC	NT	22:17.19
37.42	1:19.49 (42.07) 2:03.43 (43.94)	2:48.77 (45.34)	
3:33.60 (44.83)	4:18.45 (44.85) 5:03.34 (44.89)	5:47.91 (44.57)	
6:32.64 (44.73)	7:17.51 (44.87) 8:02.72 (45.21)	8:47.70 (44.98)	
9:32.84 (45.14)	10:18.12 (45.28) 11:03.28 (45.16)	11:48.40 (45.12)	
12:34.04 (45.64)	13:19.16 (45.12) 14:04.37 (45.21)	14:49.60 (45.23)	
15:35.08 (45.48)	16:20.24 (45.16) 17:05.07 (44.83)	17:50.58 (45.51)	
18:35.68 (45.10)	19:20.31 (44.63) 20:05.25 (44.94)	20:50.03 (44.78)	
21:34.81 (44.78)	22:17.19 (42.38)		
7 Woody Francis	Swansea Aquatics	23:11.67	22:49.98
22:09.12	22:49.98 (40.86)		
8 Brychan Lewis	Llanelli ASC	NT	25:38.73
42.91	1:32.88 (49.97) 2:24.72 (51.84)	3:16.51 (51.79)	
4:07.65 (51.14)	4:58.00 (50.35) 5:49.95 (51.95)	6:40.61 (50.66)	
7:31.95 (51.34)	8:23.81 (51.86) 9:15.65 (51.84)	10:07.90 (52.25)	
11:00.53 (52.63)	11:52.71 (52.18) 12:44.63 (51.92)	13:36.07 (51.44)	
14:27.03 (50.96)	15:18.94 (51.91) 16:11.73 (52.79)	17:04.02 (52.29)	
17:54.67 (50.65)	18:46.59 (51.92) 19:39.21 (52.62)	20:30.69 (51.48)	
21:22.48 (51.79)	22:14.32 (51.84) 23:05.62 (51.30)	23:57.76 (52.14)	
24:49.98 (52.22)	25:38.73 (48.75)		

**Event 1 Boys 13 Year Olds 1500 SC Meter Freestyle**

Name	Team	Seed Time	Finals Time
1 Henry White	Haverfordwest Swimming Club	NT	18:49.77
34.57	1:12.87 (38.30) 1:51.74 (38.87)	2:30.07 (38.33)	
3:08.00 (37.93)	3:46.05 (38.05) 4:24.68 (38.63)	5:03.23 (38.55)	
5:42.46 (39.23)	6:20.81 (38.35) 6:59.41 (38.60)	7:37.77 (38.36)	
8:15.72 (37.95)	8:54.32 (38.60) 9:33.09 (38.77)	10:11.24 (38.15)	
10:49.73 (38.49)	11:28.11 (38.38) 12:06.19 (38.08)	12:44.46 (38.27)	
13:22.77 (38.31)	14:00.56 (37.79) 14:38.63 (38.07)	15:16.23 (37.60)	
15:53.24 (37.01)	16:30.13 (36.89) 17:07.00 (36.87)	17:43.02 (36.02)	
18:17.80 (34.78)	18:49.77 (31.97)		
2 TOBY STURLEY	Pembroke & District	NT	19:08.54
34.03	1:12.47 (38.44) 1:50.52 (38.05)	2:27.30 (36.78)	
3:06.44 (39.14)	3:44.19 (37.75) 4:23.96 (39.77)	5:02.42 (38.46)	
5:41.05 (38.63)	6:21.40 (40.35) 6:58.92 (37.52)	7:37.76 (38.84)	
8:15.12 (37.36)	8:53.83 (38.71) 9:32.15 (38.32)	10:10.84 (38.69)	
10:49.26 (38.42)	11:29.54 (40.28) 12:06.93 (37.39)	12:46.94 (40.01)	
13:26.06 (39.12)	14:04.18 (38.12) 14:44.51 (40.33)	15:21.85 (37.34)	
16:01.38 (39.53)	16:40.36 (38.98) 17:18.71 (38.35)	17:56.82 (38.11)	
18:35.47 (38.65)	19:08.54 (33.07)		

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 5.30pm****(Event 1 Boys 13 Year Olds 1500 SC Meter Freestyle)**

Name	Team	Seed Time	Finals Time
3 Harvey Wingrave-Rix	Swansea Aquatics	20:25.23	19:09.55
33.28	1:11.13 (37.85)	1:49.55 (38.42)	2:28.44 (38.89)
3:07.08 (38.64)	3:44.94 (37.86)	4:23.38 (38.44)	5:02.60 (39.22)
5:41.17 (38.57)	6:20.10 (38.93)	6:58.98 (38.88)	7:38.72 (39.74)
8:17.02 (38.30)	8:56.08 (39.06)	9:34.57 (38.49)	10:12.99 (38.42)
10:51.61 (38.62)	11:30.69 (39.08)	12:07.57 (36.88)	12:46.45 (38.88)
13:25.33 (38.88)	14:03.03 (37.70)	14:41.27 (38.24)	15:20.50 (39.23)
15:59.08 (38.58)	16:37.11 (38.03)	17:16.10 (38.99)	17:55.04 (38.94)
18:32.39 (37.35)	19:09.55 (37.16)		
4 Neo Seppman	Swansea Aquatics	19:51.09	19:14.78
33.09	1:09.82 (36.73)	1:47.67 (37.85)	2:26.13 (38.46)
3:04.68 (38.55)	3:43.34 (38.66)	4:21.71 (38.37)	5:00.85 (39.14)
5:39.68 (38.83)	6:18.45 (38.77)	6:56.27 (37.82)	7:35.14 (38.87)
8:14.39 (39.25)	8:53.50 (39.11)	9:32.81 (39.31)	10:11.91 (39.10)
10:50.51 (38.60)	11:29.65 (39.14)	12:09.01 (39.36)	12:46.96 (37.95)
13:25.37 (38.41)	14:04.67 (39.30)	14:42.93 (38.26)	15:22.18 (39.25)
16:01.77 (39.59)	16:40.08 (38.31)	17:18.11 (38.03)	17:57.87 (39.76)
18:36.61 (38.74)	19:14.78 (38.17)		
5 Arron Fitzsimmons	Pembroke & District	20:53.17	19:36.17
33.34	1:10.63 (37.29)	1:49.24 (38.61)	2:28.00 (38.76)
3:07.38 (39.38)	3:47.05 (39.67)	4:26.10 (39.05)	5:05.69 (39.59)
5:45.04 (39.35)	6:24.77 (39.73)	7:04.48 (39.71)	7:44.59 (40.11)
8:24.64 (40.05)	9:05.11 (40.47)	9:44.79 (39.68)	10:25.05 (40.26)
11:05.25 (40.20)	11:44.50 (39.25)	12:25.09 (40.59)	13:04.87 (39.78)
13:44.13 (39.26)	14:24.42 (40.29)	15:03.95 (39.53)	15:44.39 (40.44)
16:24.46 (40.07)	17:03.70 (39.24)	17:43.79 (40.09)	18:23.93 (40.14)
19:01.91 (37.98)	19:36.17 (34.26)		
6 Jude Coleridge	Aberystwyth	NT	20:58.15
34.58	1:13.29 (38.71)	1:53.45 (40.16)	2:33.97 (40.52)
3:16.28 (42.31)	3:59.17 (42.89)	4:41.41 (42.24)	5:24.97 (43.56)
6:05.30 (40.33)	6:48.67 (43.37)	7:32.15 (43.48)	8:15.56 (43.41)
8:57.83 (42.27)	9:40.84 (43.01)	10:23.87 (43.03)	11:06.80 (42.93)
11:50.53 (43.73)	12:33.66 (43.13)	13:16.80 (43.14)	13:57.44 (40.64)
14:41.61 (44.17)	15:25.98 (44.37)	16:09.07 (43.09)	16:53.16 (44.09)
17:35.64 (42.48)	18:16.81 (41.17)	18:59.81 (43.00)	19:38.62 (38.81)
20:19.99 (41.37)	20:58.15 (38.16)		
7 Joseph Gorman	Aberystwyth	21:37.24	21:20.25
35.50	1:16.24 (40.74)	1:59.86 (43.62)	2:42.40 (42.54)
3:25.00 (42.60)	4:08.59 (43.59)	4:51.98 (43.39)	5:35.24 (43.26)
6:19.22 (43.98)	7:02.50 (43.28)	7:44.55 (42.05)	8:28.56 (44.01)
9:12.13 (43.57)	9:55.93 (43.80)	10:40.16 (44.23)	11:23.20 (43.04)
12:06.74 (43.54)	12:50.01 (43.27)	13:33.11 (43.10)	14:16.94 (43.83)
15:00.80 (43.86)	15:43.36 (42.56)	16:26.41 (43.05)	17:09.13 (42.72)
17:52.91 (43.78)	18:35.57 (42.66)	19:18.65 (43.08)	20:01.44 (42.79)
20:42.80 (41.36)	21:20.25 (37.45)		
8 Dominic Davies	Llanelli ASC	NT	22:50.30
36.69	1:17.77 (41.08)	2:03.18 (45.41)	2:48.37 (45.19)
3:33.84 (45.47)	4:19.22 (45.38)	5:02.24 (43.02)	5:48.54 (46.30)
6:34.78 (46.24)	7:22.14 (47.36)	8:08.73 (46.59)	8:54.65 (45.92)
9:42.24 (47.59)	10:30.44 (48.20)	11:17.00 (46.56)	12:03.65 (46.65)
12:51.50 (47.85)	13:39.69 (48.19)	14:27.05 (47.36)	15:14.84 (47.79)
16:02.34 (47.50)	16:49.34 (47.00)	17:34.81 (45.47)	18:20.45 (45.64)
19:07.63 (47.18)	19:53.36 (45.73)	20:39.47 (46.11)	21:25.46 (45.99)
22:10.44 (44.98)	22:50.30 (39.86)		

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 5.30pm****Event 1 Boys 14 Year Olds 1500 SC Meter Freestyle**

<b>Name</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1 JACK SOUTHAM	Llanelli ASC	NT	18:51.08
32.14	1:09.22 (37.08)	1:47.04 (37.82)	2:24.61 (37.57)
3:02.11 (37.50)	3:40.07 (37.96)	4:17.77 (37.70)	4:55.80 (38.03)
5:34.07 (38.27)	6:13.99 (39.92)	6:50.70 (36.71)	7:29.44 (38.74)
8:07.68 (38.24)	8:45.82 (38.14)	9:24.44 (38.62)	10:03.54 (39.10)
10:41.43 (37.89)	11:20.26 (38.83)	11:57.76 (37.50)	12:36.85 (39.09)
13:14.83 (37.98)	13:53.06 (38.23)	14:31.67 (38.61)	15:09.65 (37.98)
15:47.51 (37.86)	16:26.53 (39.02)	17:03.81 (37.28)	17:40.85 (37.04)
18:16.72 (35.87)	18:51.08 (34.36)		
2 Jacob Massey	Aberystwyth	21:01.11	19:47.59
34.54	1:13.35 (38.81)	1:52.27 (38.92)	2:30.78 (38.51)
3:09.88 (39.10)	3:48.55 (38.67)	4:27.78 (39.23)	5:07.64 (39.86)
5:46.55 (38.91)	6:26.07 (39.52)	7:05.93 (39.86)	7:44.59 (38.66)
8:24.46 (39.87)	9:04.52 (40.06)	9:44.10 (39.58)	10:23.93 (39.83)
11:04.41 (40.48)	11:43.88 (39.47)	12:24.39 (40.51)	13:04.66 (40.27)
13:45.50 (40.84)	14:26.41 (40.91)	15:07.76 (41.35)	15:48.82 (41.06)
16:28.94 (40.12)	17:09.55 (40.61)	17:51.67 (42.12)	18:32.11 (40.44)
19:10.60 (38.49)	19:47.59 (36.99)		
3 Lewys Kettle	Pembroke & District	22:41.06	21:18.88
35.17	1:15.00 (39.83)	1:56.15 (41.15)	2:38.27 (42.12)
3:20.39 (42.12)	4:02.50 (42.11)	4:45.44 (42.94)	5:28.51 (43.07)
6:11.53 (43.02)	6:53.74 (42.21)	7:37.32 (43.58)	8:20.57 (43.25)
9:04.21 (43.64)	9:47.77 (43.56)	10:31.51 (43.74)	11:15.27 (43.76)
11:58.34 (43.07)	12:42.14 (43.80)	13:25.97 (43.83)	14:09.85 (43.88)
14:53.06 (43.21)	15:36.10 (43.04)	16:19.22 (43.12)	17:02.92 (43.70)
17:46.64 (43.72)	18:30.20 (43.56)	19:13.16 (42.96)	19:57.00 (43.84)
20:38.57 (41.57)	21:18.88 (40.31)		

**Event 1 Boys 15 & Over 1500 SC Meter Freestyle**

<b>Name</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1 Rhys Davies	Fishguard Flyers SC	17:42.13	17:42.84
29.72	1:03.40 (33.68)	1:37.42 (34.02)	2:12.25 (34.83)
2:46.86 (34.61)	3:21.21 (34.35)	3:55.75 (34.54)	4:31.06 (35.31)
5:06.74 (35.68)	5:42.77 (36.03)	6:17.94 (35.17)	6:53.22 (35.28)
7:29.17 (35.95)	8:06.32 (37.15)	8:42.30 (35.98)	9:17.22 (34.92)
9:52.74 (35.52)	10:28.97 (36.23)	11:05.23 (36.26)	11:41.67 (36.44)
12:17.54 (35.87)	12:54.10 (36.56)	13:30.41 (36.31)	14:07.25 (36.84)
14:43.34 (36.09)	15:19.94 (36.60)	15:56.11 (36.17)	16:32.27 (36.16)
17:08.58 (36.31)	17:42.84 (34.26)		
2 Rowan Kettle	Pembroke & District	18:49.14	18:57.25
30.76	1:06.22 (35.46)	1:42.54 (36.32)	2:19.63 (37.09)
2:57.31 (37.68)	3:34.85 (37.54)	4:13.32 (38.47)	4:51.03 (37.71)
5:29.90 (38.87)	6:08.71 (38.81)	6:46.90 (38.19)	7:25.83 (38.93)
8:04.26 (38.43)	8:43.43 (39.17)	9:21.52 (38.09)	10:00.39 (38.87)
10:38.86 (38.47)	11:17.82 (38.96)	11:57.15 (39.33)	12:35.90 (38.75)
13:14.52 (38.62)	13:52.43 (37.91)	14:30.16 (37.73)	15:07.88 (37.72)
15:46.08 (38.20)	16:24.57 (38.49)	17:02.36 (37.79)	17:41.11 (38.75)
18:19.53 (38.42)	18:57.25 (37.72)		

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 5.30pm****(Event 1 Boys 15 & Over 1500 SC Meter Freestyle)**

Name	Team	Seed Time	Finals Time
3 Jason Gibson	Swansea Aquatics	NT	20:20.80
34.46	1:12.41 (37.95)	1:51.17 (38.76)	2:30.43 (39.26)
3:10.44 (40.01)	3:50.20 (39.76)	4:30.04 (39.84)	5:10.19 (40.15)
5:50.23 (40.04)	6:30.81 (40.58)	7:11.35 (40.54)	7:52.06 (40.71)
8:33.22 (41.16)	9:14.38 (41.16)	9:55.25 (40.87)	10:36.57 (41.32)
11:18.04 (41.47)	11:59.52 (41.48)	12:40.84 (41.32)	13:22.60 (41.76)
14:04.13 (41.53)	14:45.72 (41.59)	15:28.04 (42.32)	16:09.82 (41.78)
16:52.14 (42.32)	17:34.10 (41.96)	18:16.22 (42.12)	18:58.53 (42.31)
19:39.67 (41.14)	20:20.80 (41.13)		

**Event 2 Girls 10 Year Olds 800 SC Meter Freestyle**

Name	Team	Seed Time	Finals Time
1 Charlotte Smart	Swansea Aquatics	NT	11:39.58
38.65	1:20.69 (42.04)	2:03.28 (42.59)	2:46.18 (42.90)
3:29.22 (43.04)	4:13.33 (44.11)	4:57.98 (44.65)	5:42.21 (44.23)
6:27.33 (45.12)	7:12.21 (44.88)	7:56.61 (44.40)	8:42.31 (45.70)
9:27.80 (45.49)	10:12.96 (45.16)	10:57.19 (44.23)	11:39.58 (42.39)
2 Cari Hughes	Neath ASC	NT	11:43.98
39.83	1:23.42 (43.59)	2:07.40 (43.98)	2:51.88 (44.48)
3:36.16 (44.28)	4:20.77 (44.61)	5:04.91 (44.14)	5:49.80 (44.89)
6:34.43 (44.63)	7:19.54 (45.11)	8:04.68 (45.14)	8:49.39 (44.71)
9:33.78 (44.39)	10:18.20 (44.42)	11:02.22 (44.02)	11:43.98 (41.76)
3 Erin McDonald	Haverfordwest Swimming Club	NT	15:03.63
45.38	1:37.96 (52.58)	2:33.48 (55.52)	3:30.12 (56.64)
4:28.31 (58.19)	5:26.85 (58.54)	6:25.10 (58.25)	7:23.22 (58.12)
8:22.07 (58.85)	9:20.09 (58.02)	10:19.71 (59.62)	12:13.41 (1:53.70)
13:10.07 (56.66)	14:08.02 (57.95)	15:05.40 (57.38)	15:03.63 ( )

**Event 2 Girls 11 Year Olds 800 SC Meter Freestyle**

Name	Team	Seed Time	Finals Time
1 Kara Pritchard	Swansea Aquatics	NT	10:52.40
35.03	1:15.07 (40.04)	1:56.40 (41.33)	2:38.10 (41.70)
3:19.99 (41.89)	4:00.93 (40.94)	4:42.13 (41.20)	5:23.55 (41.42)
6:04.99 (41.44)	6:46.08 (41.09)	7:27.67 (41.59)	8:09.25 (41.58)
8:50.42 (41.17)	9:32.31 (41.89)	10:12.66 (40.35)	10:52.40 (39.74)
2 Holli Jones	Swansea Aquatics	NT	11:05.41
39.20	1:20.49 (41.29)	2:02.96 (42.47)	2:45.07 (42.11)
3:27.54 (42.47)	4:10.01 (42.47)	4:52.50 (42.49)	5:33.45 (40.95)
6:16.07 (42.62)	6:58.70 (42.63)	7:39.83 (41.13)	8:22.12 (42.29)
9:04.25 (42.13)	9:46.59 (42.34)	10:26.57 (39.98)	11:05.41 (38.84)
3 Caera Lewis	Pembroke & District	NT	11:24.84
38.06	1:20.57 (42.51)	2:03.48 (42.91)	2:46.41 (42.93)
3:29.67 (43.26)	4:12.81 (43.14)	4:55.78 (42.97)	5:39.74 (43.96)
6:23.50 (43.76)	7:07.28 (43.78)	7:51.66 (44.38)	8:35.32 (43.66)
9:18.83 (43.51)	10:01.86 (43.03)	10:44.17 (42.31)	11:24.84 (40.67)
4 Seren Thomas	Swansea Aquatics	12:25.00	11:57.27
37.73	1:20.55 (42.82)	2:04.96 (44.41)	2:49.97 (45.01)
3:34.87 (44.90)	4:21.05 (46.18)	5:07.23 (46.18)	5:54.20 (46.97)
6:40.33 (46.13)	7:27.25 (46.92)	8:13.47 (46.22)	8:58.86 (45.39)
9:45.54 (46.68)	10:30.79 (45.25)	11:15.80 (45.01)	11:57.27 (41.47)
5 Jessica Hewitt	Swansea Aquatics	12:34.16	12:05.86
39.57	1:24.51 (44.94)	2:10.41 (45.90)	2:56.20 (45.79)
3:42.46 (46.26)	4:29.11 (46.65)	5:15.79 (46.68)	6:02.14 (46.35)
6:48.64 (46.50)	7:34.49 (45.85)	8:20.61 (46.12)	9:06.52 (45.91)
9:52.09 (45.57)	10:37.82 (45.73)	11:23.19 (45.37)	12:05.86 (42.67)

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 5.30pm****(Event 2 Girls 11 Year Olds 800 SC Meter Freestyle)**

Name	Team	Seed Time	Finals Time
6 Bethan Bray	Celtic Dolphins	NT	12:18.11
39.61	1:24.16 (44.55)	2:10.42 (46.26)	2:57.69 (47.27)
3:44.63 (46.94)	4:31.96 (47.33)	5:19.00 (47.04)	6:06.10 (47.10)
6:53.49 (47.39)	7:41.22 (47.73)	8:28.50 (47.28)	9:15.57 (47.07)
10:03.16 (47.59)	10:49.38 (46.22)	11:34.74 (45.36)	12:18.11 (43.37)
7 Arabella Thomas	Amman Valley Swimming Club	NT	12:57.36
37.51	1:23.72 (46.21)	2:10.46 (46.74)	2:59.82 (49.36)
3:49.21 (49.39)	4:39.25 (50.04)	5:29.79 (50.54)	6:19.74 (49.95)
7:09.69 (49.95)	8:00.15 (50.46)	8:50.66 (50.51)	9:40.53 (49.87)
10:31.11 (50.58)	11:20.62 (49.51)	12:10.28 (49.66)	12:57.36 (47.08)

**Event 2 Girls 12 Year Olds 800 SC Meter Freestyle**

Name	Team	Seed Time	Finals Time
1 Nia Bailey-Jones	Swansea Aquatics	11:08.82	10:50.40
34.61	1:14.07 (39.46)	1:54.50 (40.43)	2:35.15 (40.65)
3:16.61 (41.46)	3:58.00 (41.39)	4:39.11 (41.11)	5:19.90 (40.79)
6:02.10 (42.20)	6:45.09 (42.99)	7:26.75 (41.66)	8:08.15 (41.40)
8:50.01 (41.86)	9:31.29 (41.28)	10:11.52 (40.23)	10:50.40 (38.88)
2 Freya Thapa	Aberystwyth	11:43.06	10:54.63
35.10	1:14.51 (39.41)	1:55.22 (40.71)	2:36.27 (41.05)
3:17.45 (41.18)	3:59.80 (42.35)	4:42.30 (42.50)	5:25.56 (43.26)
6:08.08 (42.52)	6:50.35 (42.27)	7:32.34 (41.99)	8:14.21 (41.87)
8:56.08 (41.87)	9:36.47 (40.39)	10:17.12 (40.65)	10:54.63 (37.51)
3 Non Watts	Celtic Dolphins	NT	10:56.23
35.10	1:14.59 (39.49)	1:55.13 (40.54)	2:35.93 (40.80)
3:18.18 (42.25)	4:00.12 (41.94)	4:41.67 (41.55)	5:23.56 (41.89)
6:06.02 (42.46)	6:48.44 (42.42)	7:29.99 (41.55)	8:11.95 (41.96)
8:54.43 (42.48)	9:36.32 (41.89)	10:17.92 (41.60)	10:56.23 (38.31)
4 Katie Wookey	Llanelli ASC	NT	11:03.18
37.43	1:18.08 (40.65)	1:59.29 (41.21)	2:40.69 (41.40)
3:22.48 (41.79)	4:04.67 (42.19)	4:46.72 (42.05)	5:29.42 (42.70)
6:11.81 (42.39)	6:53.85 (42.04)	7:35.98 (42.13)	8:18.77 (42.79)
9:01.01 (42.24)	9:42.76 (41.75)	10:23.63 (40.87)	11:03.18 (39.55)
5 Lila Evans	Aberystwyth	12:48.29	11:24.94
36.51	1:18.23 (41.72)	2:00.45 (42.22)	2:43.13 (42.68)
3:26.87 (43.74)	4:10.68 (43.81)	4:53.45 (42.77)	5:37.02 (43.57)
6:21.48 (44.46)	7:05.23 (43.75)	7:49.36 (44.13)	8:33.24 (43.88)
9:17.18 (43.94)	10:01.17 (43.99)	10:45.18 (44.01)	11:24.94 (39.76)
6 Mia George	Neath ASC	12:10.52	11:42.46
38.47	1:21.33 (42.86)	2:05.76 (44.43)	2:50.00 (44.24)
3:34.19 (44.19)	4:18.41 (44.22)	5:03.01 (44.60)	5:46.73 (43.72)
6:31.64 (44.91)	7:16.45 (44.81)	8:01.22 (44.77)	8:46.32 (45.10)
9:30.87 (44.55)	10:16.04 (45.17)	11:00.11 (44.07)	11:42.46 (42.35)
7 Elen Morgan	Aberystwyth	NT	11:56.19
37.92	1:21.32 (43.40)	2:06.96 (45.64)	2:51.75 (44.79)
3:37.00 (45.25)	4:22.91 (45.91)	5:10.41 (47.50)	5:57.04 (46.63)
6:43.06 (46.02)	7:29.40 (46.34)	8:15.33 (45.93)	9:02.21 (46.88)
9:47.56 (45.35)	10:32.89 (45.33)	11:17.09 (44.20)	11:56.19 (39.10)
8 Rhianna Phillips	Llanelli ASC	NT	12:12.13
39.31	1:23.73 (44.42)	2:10.83 (47.10)	2:57.74 (46.91)
3:44.42 (46.68)	4:30.43 (46.01)	5:17.89 (47.46)	6:04.37 (46.48)
6:51.80 (47.43)	7:39.17 (47.37)	8:26.21 (47.04)	9:13.52 (47.31)
10:00.21 (46.69)	10:46.03 (45.82)	11:30.75 (44.72)	12:12.13 (41.38)

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 5.30pm****Event 2 Girls 13 Year Olds 800 SC Meter Freestyle**

Name	Team	Seed Time	Finals Time
1 Megan Thomson	Haverfordwest Swimming Club	11:19.66	10:16.99
34.04	1:11.14 (37.10)	1:48.90 (37.76)	2:27.39 (38.49)
3:06.56 (39.17)	3:45.73 (39.17)	4:25.56 (39.83)	5:05.09 (39.53)
5:44.22 (39.13)	6:23.90 (39.68)	7:04.30 (40.40)	7:44.09 (39.79)
8:23.77 (39.68)	9:02.22 (38.45)	9:41.32 (39.10)	10:16.99 (35.67)
2 EMILY REES	Llanelli ASC	10:18.57	10:24.92
33.51	1:11.10 (37.59)	1:49.95 (38.85)	2:29.09 (39.14)
3:07.88 (38.79)	3:46.83 (38.95)	4:26.33 (39.50)	5:06.06 (39.73)
5:45.59 (39.53)	6:25.55 (39.96)	7:05.40 (39.85)	7:46.35 (40.95)
8:26.44 (40.09)	9:06.92 (40.48)	9:46.64 (39.72)	10:24.92 (38.28)
3 Ellie Davies	Swansea Aquatics	11:06.61	10:40.22
33.69	1:11.45 (37.76)	1:50.63 (39.18)	2:30.44 (39.81)
3:10.17 (39.73)	3:50.90 (40.73)	4:32.04 (41.14)	5:12.91 (40.87)
5:54.00 (41.09)	6:35.24 (41.24)	7:16.32 (41.08)	7:57.21 (40.89)
8:38.72 (41.51)	9:20.01 (41.29)	10:00.91 (40.90)	10:40.22 (39.31)
4 Caitlin Evans	Swansea Aquatics	NT	10:57.94
35.37	1:16.49 (41.12)	1:58.78 (42.29)	2:39.83 (41.05)
3:21.61 (41.78)	4:03.48 (41.87)	4:45.26 (41.78)	5:27.00 (41.74)
6:09.58 (42.58)	6:51.49 (41.91)	7:33.74 (42.25)	8:14.95 (41.21)
8:56.93 (41.98)	9:38.51 (41.58)	10:19.67 (41.16)	10:57.94 (38.27)
5 Lucy Clack	Carmarthen	NT	11:18.43
37.47	1:18.30 (40.83)	2:00.84 (42.54)	2:43.25 (42.41)
3:27.18 (43.93)	4:11.00 (43.82)	4:55.00 (44.00)	5:38.85 (43.85)
6:20.89 (42.04)	7:04.12 (43.23)	7:46.43 (42.31)	8:28.84 (42.41)
9:12.59 (43.75)	9:55.70 (43.11)	10:38.27 (42.57)	11:18.43 (40.16)
6 Hannah Greenwood	Pembroke & District	NT	11:20.41
36.82	1:18.02 (41.20)	2:00.37 (42.35)	2:43.38 (43.01)
3:26.65 (43.27)	4:10.44 (43.79)	4:54.76 (44.32)	5:38.49 (43.73)
6:22.28 (43.79)	7:05.81 (43.53)	7:49.63 (43.82)	8:32.78 (43.15)
9:16.37 (43.59)	9:59.47 (43.10)	10:42.06 (42.59)	11:20.41 (38.35)
7 Ffion Barnikel	Tenby Dolphins	12:18.16	11:41.07
36.02	1:17.53 (41.51)	2:00.23 (42.70)	2:44.82 (44.59)
3:29.24 (44.42)	4:13.93 (44.69)	4:59.47 (45.54)	5:44.39 (44.92)
6:30.87 (46.48)	7:16.01 (45.14)	8:00.59 (44.58)	8:46.30 (45.71)
9:31.82 (45.52)	10:15.71 (43.89)	11:00.29 (44.58)	11:41.07 (40.78)
8 Tamzin Ord	Llanelli ASC	NT	11:49.14
37.85	1:21.22 (43.37)	2:05.45 (44.23)	2:50.73 (45.28)
3:35.06 (44.33)	4:19.98 (44.92)	5:04.99 (45.01)	5:50.33 (45.34)
6:35.99 (45.66)	7:21.14 (45.15)	8:06.96 (45.82)	8:53.41 (46.45)
9:38.93 (45.52)	10:23.28 (44.35)	11:05.74 (42.46)	11:49.14 (43.40)

**Event 2 Girls 14 Year Olds 800 SC Meter Freestyle**

Name	Team	Seed Time	Finals Time
1 Bethan Jones	Pembroke & District	10:14.23	9:46.99
32.81	1:09.35 (36.54)	1:47.22 (37.87)	2:24.70 (37.48)
3:01.50 (36.80)	3:38.72 (37.22)	4:16.08 (37.36)	4:53.74 (37.66)
5:30.56 (36.82)	6:08.03 (37.47)	6:46.45 (38.42)	7:22.97 (36.52)
7:59.57 (36.60)	8:35.91 (36.34)	9:11.73 (35.82)	9:46.99 (35.26)
2 Danielle Williams	Swansea Aquatics	11:04.81	10:39.26
35.53	1:13.63 (38.10)	1:53.01 (39.38)	2:32.64 (39.63)
3:12.78 (40.14)	3:53.21 (40.43)	4:34.09 (40.88)	5:14.75 (40.66)
5:55.25 (40.50)	6:35.98 (40.73)	7:17.37 (41.39)	7:58.22 (40.85)
8:38.91 (40.69)	9:20.49 (41.58)	10:00.91 (40.42)	10:39.26 (38.35)



**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 5.30pm****(Event 2 Girls 14 Year Olds 800 SC Meter Freestyle)**

Name	Team	Seed Time	Finals Time
3 Ffion Jones	Swansea Aquatics	NT	10:50.43
37.59	1:18.61 (41.02)	1:59.87 (41.26)	2:41.01 (41.14)
3:21.84 (40.83)	4:02.95 (41.11)	4:43.93 (40.98)	5:24.91 (40.98)
6:06.44 (41.53)	6:47.85 (41.41)	7:29.13 (41.28)	8:10.70 (41.57)
8:52.01 (41.31)	9:33.24 (41.23)	10:14.18 (40.94)	10:50.43 (36.25)
4 Emma Jones	Aberystwyth	14:11.78	11:51.20
35.90	1:17.15 (41.25)	2:00.45 (43.30)	2:44.19 (43.74)
3:28.63 (44.44)	4:14.02 (45.39)	4:59.33 (45.31)	5:44.93 (45.60)
6:30.30 (45.37)	7:16.92 (46.62)	8:02.59 (45.67)	8:48.79 (46.20)
9:34.99 (46.20)	10:21.59 (46.60)	11:08.78 (47.19)	11:51.20 (42.42)

**Event 2 Girls 15 & Over 800 SC Meter Freestyle**

Name	Team	Seed Time	Finals Time
1 Rhiannon Williams	Swansea Aquatics	10:03.26	10:09.94
32.61	1:09.20 (36.59)	1:46.99 (37.79)	2:24.58 (37.59)
3:03.16 (38.58)	3:41.76 (38.60)	4:20.28 (38.52)	4:59.98 (39.70)
5:38.99 (39.01)	6:17.79 (38.80)	6:57.22 (39.43)	7:36.41 (39.19)
8:15.66 (39.25)	8:54.95 (39.29)	9:33.13 (38.18)	10:09.94 (36.81)
2 ANYA ROBERTS	Llanelli ASC	10:43.49	10:35.94
34.71	1:12.87 (38.16)	1:52.39 (39.52)	2:32.64 (40.25)
3:12.82 (40.18)	3:53.32 (40.50)	4:34.11 (40.79)	5:14.68 (40.57)
5:55.06 (40.38)	6:35.44 (40.38)	7:15.74 (40.30)	7:56.42 (40.68)
8:37.54 (41.12)	9:17.53 (39.99)	9:57.37 (39.84)	10:35.94 (38.57)
3 MORGAN THOMAS	Llanelli ASC	10:39.15	10:45.19
34.50	1:12.93 (38.43)	1:52.01 (39.08)	2:32.77 (40.76)
3:13.04 (40.27)	3:53.99 (40.95)	4:34.71 (40.72)	5:15.48 (40.77)
5:56.85 (41.37)	6:38.32 (41.47)	7:19.87 (41.55)	8:01.27 (41.40)
8:43.31 (42.04)	9:25.55 (42.24)	10:06.38 (40.83)	10:45.19 (38.81)