

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 8.00****Event 3 Boys 10 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Oliver J Gillett	10	Swansea Aquatics	33.81	33.43
2 Sami Prysor	10	Aberystwyth	35.44	34.85
3 Finlay Thapa	10	Aberystwyth	37.82	35.84
4 Liam Weston	10	Llanelli Asc	37.55	37.97
5 Alistair Phillips	10	Celtic Dolphins	39.99	39.96
6 Owen Fletcher	10	Haverfordwest Swimming Club	38.87	40.02
7 Harri Llewelyn	10	Carmarthen	46.32	42.24
8 Jack Morgan	10	Pembroke & District	50.65	43.55
9 Huw Cressey-Rodgers	10	Carmarthen	46.23	43.80
10 Jacob Thomson	10	Haverfordwest Swimming Club	45.70	46.98
11 Finley McMullan	10	Fishguard Flyers SC	NT	51.11

**Event 3 Boys 11 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Benjamin Hillary	11	Pembroke & District	35.13	33.41
2 Thomas W Greenaway	11	Swansea Aquatics	35.32	35.32
3 Cai Owen	11	Haverfordwest Swimming Club	37.49	36.71
4 Charlie Jones Lewis	11	Aberystwyth	40.01	39.58
5 James Devonald	11	Haverfordwest Swimming Club	39.36	40.59
--- Harry Sparks	11	Carmarthen	40.25	DQ

**Event 3 Boys 12 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Rhys a Thomas	12	Llanelli Asc	32.88	30.95
2 Thomas A Hedge	12	Swansea Aquatics	32.58	31.21
3 Oliver North-Mullis	12	Carmarthen	34.46	31.88
4 Jayden Keane	12	Pembroke & District	33.43	31.89
5 Robbie Ralph	12	Haverfordwest Swimming Club	33.43	32.59
6 Charlie Thomas	12	Celtic Dolphins	35.68	33.17
7 Woody L Francis	12	Swansea Aquatics	34.38	34.94
8 Noah Thomas	12	Llanelli Asc	38.57	39.29
9 Brychan w Lewis	12	Llanelli Asc	41.75	40.11
10 Steffan Bridger	12	Haverfordwest Swimming Club	46.62	43.36

**Event 4 Girls 10 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Gracie Gilligan	10	Neath Asc	35.47	35.23
2 Ffion Thomas	10	Neath Asc	35.87	35.53
3 Tirion Sherman Higgs	10	Aberystwyth	36.42	35.64
4 Mia Cleave	10	Celtic Dolphins	36.04	35.70
5 Izzy M Edwards	10	Swansea Aquatics	36.99	35.92
6 Gemma N Hale	10	Swansea Aquatics	35.74	36.02
7 Grace R Lewis	10	Swansea Aquatics	37.59	36.59
8 Rhian L Davies	10	Swansea Aquatics	39.05	37.23
9 Lily Busby	10	Pembroke & District	38.26	38.05
10 Katie Sullivan	10	Celtic Dolphins	38.03	38.20
11 Kiera Tyrrell	10	Celtic Dolphins	39.10	38.33
12 Isabelle J David	10	Swansea Aquatics	39.79	38.96
13 Betsi H Thomas	10	Swansea Aquatics	39.36	39.00
14 Lily-May Welsby	10	Aberystwyth	39.29	39.38
15 Nicole C Farcas	10	Swansea Aquatics	39.30	40.58
16 Heledd G Francis	10	Swansea Aquatics	43.68	41.01

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 8.00****(Event 4 Girls 10 Year Olds 50 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
17 Chloe Perry	10	Aberystwyth	45.19	43.60
18 Holly John	10	Haverfordwest Swimming Club	42.02	43.82
19 Caitlin Brown	10	Amman Valley Swimming Club	44.13	44.48
20 Carys Thompson	10	Pembroke & District	57.16	45.58
21 Charley Tegg	10	Llanelli Asc	51.50	46.68
22 Mollie Harding	10	Haverfordwest Swimming Club	47.07	47.36
23 Georgia E Cobley	10	Swansea Aquatics	48.88	48.57
24 Eve Walkley	10	Celtic Dolphins	NT	50.10
25 Ellie R Phillips	10	Haverfordwest Swimming Club	49.22	50.20
26 Chloe Beynon	10	Fishguard Flyers SC	NT	50.59

**Event 4 Girls 11 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Kayleigh Reed	11	Fishguard Flyers SC	34.81	34.22
2 Erin Phillips	11	Celtic Dolphins	34.15	34.28
3 Holli K Jones	11	Swansea Aquatics	34.37	34.77
4 Seren M Thomas	11	Swansea Aquatics	35.15	35.16
5 Lili Morris	11	Celtic Dolphins	35.90	35.41
6 Emily Roberts	11	Carmarthen	36.09	35.64
7 Alys Webb	11	Haverfordwest Swimming Club	38.30	35.79
8 Caitlin Evans	11	Neath Asc	36.22	35.83
9 Cari Williams-Jones	11	Llanelli Asc	35.51	35.97
10 Bethan Bray	11	Celtic Dolphins	36.55	36.12
11 Lucy John	11	Haverfordwest Swimming Club	37.06	36.15
12 Maggie M Sturley	11	Pembroke & District	38.09	36.61
13 Nia James	11	Haverfordwest Swimming Club	38.04	36.88
14 Holly-Jane Callen	11	Pembroke & District	40.48	37.53
15 Abigail G Thomas	11	Pembroke & District	38.20	37.77
*16 Leah Carroll	11	Pembroke & District	41.51	37.87
*16 Kara Pugh	11	Haverfordwest Swimming Club	36.34	37.87
18 Evie E Goddard	11	Haverfordwest Swimming Club	37.78	38.53
19 Nia T Owen	11	Swansea Aquatics	39.95	38.74
20 Sophie Southam	11	Llanelli Asc	43.73	41.01
21 Keira L Wiltshire	11	Swansea Aquatics	42.74	42.17
22 Sophie Moseley	11	Pembroke & District	51.45	42.49
23 Nieve McNally	11	Pembroke & District	43.53	42.63
24 Carys W Cooke	11	Llanelli Asc	46.84	44.41

**Event 4 Girls 12 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Nia V Bailey-Jones	12	Swansea Aquatics	31.25	31.43
2 Holly-Ellice Jones	12	Carmarthen	32.11	31.58
3 Ffion M Moses	12	Haverfordwest Swimming Club	32.10	31.93
4 Freya M Thapa	12	Aberystwyth	32.79	32.35
5 Elen M Morgan	12	Aberystwyth	36.04	32.97
6 Jodie Jones	12	Carmarthen	35.11	33.49
7 Ffion C Johns	12	Swansea Aquatics	33.79	33.54
8 Aimee L Rice	12	Carmarthen	36.73	33.83
9 Rhiannon m Clapham	12	Fishguard Flyers SC	36.89	34.35
10 Keira J Gillett	12	Swansea Aquatics	34.95	34.63
11 Lili M Davies	12	Aberystwyth	33.45	34.71
12 Rhianna Phillips	12	Llanelli Asc	36.44	34.75

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 8.00****(Event 4 Girls 12 Year Olds 50 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
13 Mia George	12	Neath Asc	35.82	35.55
14 Neve Jones	12	Neath Asc	36.04	36.71
15 Eden Bevan	12	Swansea Aquatics	37.76	37.20
16 Thea Williams	12	Neath Asc	39.71	38.97

**Event 5 Boys 13 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Toby Sturley	13	Pembroke & District	1:11.93	1:10.62
33.60	1:10.62 (37.02)			
2 Jude R Coleridge	13	Aberystwyth	1:15.42	1:14.28
35.07	1:14.28 (39.21)			
3 Dylan R Lewis	13	Swansea Aquatics	1:16.53	1:18.51
38.71	1:18.51 (39.80)			

**Event 5 Boys 14 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Jack Southam	14	Llanelli Asc	1:11.60	1:11.34
34.11	1:11.34 (37.23)			
2 Ben J MacDougall	14	Haverfordwest Swimming Club	1:19.09	1:21.08
38.91	1:21.08 (42.17)			
3 Lewys Kettle	14	Pembroke & District	1:25.70	1:21.13
39.59	1:21.13 (41.54)			
4 Jacob Massey	14	Aberystwyth	1:19.91	1:21.18
35.63	1:21.18 (45.55)			
5 Rafael Richards-Parssa Nyko	14	Swansea Aquatics	NT	1:30.22
41.96	1:30.22 (48.26)			
6 Aiden J Daniel	14	Neath Asc	1:53.93	1:45.20
49.10	1:45.20 (56.10)			

**Event 5 Boys 15 & Over 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Tomas D Webb	17	Haverfordwest Swimming Club	1:02.98	1:02.29
30.62	1:02.29 (31.67)			
2 Rowan Kettle	17	Pembroke & District	1:09.64	1:07.74
32.29	1:07.74 (35.45)			
3 Matthew Berry	15	Haverfordwest Swimming Club	1:10.07	1:10.01
34.07	1:10.01 (35.94)			
4 Luke Dunning	15	Llanelli Asc	1:13.82	1:13.60
35.45	1:13.60 (38.15)			
5 Dafydd W Jenkins	15	Llanelli Asc	1:40.04	1:14.47
34.66	1:14.47 (39.81)			
6 Jack D Montgomery	15	Swansea Aquatics	NT	1:15.48
36.68	1:15.48 (38.80)			
7 Patrick J Clapham	16	Fishguard Flyers SC	1:24.23	1:23.99
39.63	1:23.99 (44.36)			

**Event 6 Girls 13 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Lucy Clack	13	Carmarthen	1:20.44	1:16.22
37.92	1:16.22 (38.30)			
2 Hannah Greenwood	13	Pembroke & District	1:18.16	1:18.47
36.88	1:18.47 (41.59)			
3 Katie Glover	13	Neath Asc	1:29.12	1:27.69

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 8.00****(Event 6 Girls 13 Year Olds 100 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
4 Isobel Vaughan	13	Haverfordwest Swimming Club	1:28.14	1:28.35
42.68	1:28.35 (45.67)			
5 Tamzin Ord	13	Llanelli Asc	1:34.28	1:31.82
44.45	1:31.82 (47.37)			

**Event 6 Girls 14 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Nia Conlon	14	Carmarthen	1:13.76	1:12.14
35.28	1:12.14 (36.86)			
2 Leanna Williams	14	Aberystwyth	1:18.61	1:15.24
35.49	1:15.24 (39.75)			
3 Ffion Jones	14	Swansea Aquatics	1:16.84	1:15.48
37.11	1:15.48 (38.37)			
4 Danielle R Williams	14	Swansea Aquatics	1:19.93	1:18.93
38.83	1:18.93 (40.10)			
5 Tilly E Brooks-Thomas	14	Swansea Aquatics	1:20.45	1:20.87
38.99	1:20.87 (41.88)			
6 Alaw Davies	14	Aberystwyth	1:22.44	1:21.23
39.43	1:21.23 (41.80)			
7 Cari L Davies	14	Aberystwyth	1:25.72	1:21.81
39.86	1:21.81 (41.95)			

**Event 6 Girls 15 & Over 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Sioned Wallwork	16	Aberystwyth	1:13.48	1:13.24
35.36	1:13.24 (37.88)			
2 Lauren Hopkins	15	Celtic Dolphins	1:15.39	1:15.99
35.97	1:15.99 (40.02)			
3 Rachel Fice	15	Carmarthen	1:18.47	1:19.13
38.33	1:19.13 (40.80)			
4 Emily Jones	16	Carmarthen	1:26.65	1:24.61
41.72	1:24.61 (42.89)			
5 Tari-Starre Michael	15	Celtic Dolphins	1:42.76	1:39.21
47.70	1:39.21 (51.51)			

**Event 7 Boys 10 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Benjamin Butcher	10	Haverfordwest Swimming Club	1:39.43	1:40.65
46.43	1:40.65 (54.22)			
2 Owen Fletcher	10	Haverfordwest Swimming Club	1:49.15	1:51.13
54.06	1:51.13 (57.07)			
3 Alistair Phillips	10	Celtic Dolphins	1:44.94	1:52.17
53.70	1:52.17 (58.47)			
4 Finlay Thapa	10	Aberystwyth	1:55.66	1:53.97
53.88	1:53.97 (1:00.09)			
5 Rhys Caygill	10	Fishguard Flyers SC	2:08.27	2:01.51
57.86	2:01.51 (1:03.65)			
6 Harri Llewelyn	10	Carmarthen	2:13.94	2:17.96
1:06.08	2:17.96 (1:11.88)			
7 Jacob Thomson	10	Haverfordwest Swimming Club	2:08.30	2:19.28
1:05.41	2:19.28 (1:13.87)			
--- Gabriel Bingham	10	Fishguard Flyers SC	NT	DQ
59.14	DQ (1:10.83)			

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 8.00****Event 7 Boys 11 Year Olds 100 SC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Matthew Hill	11	Haverfordwest Swimming Club	1:54.06	1:49.62
	52.68	1:49.62 (56.94)			
2	Harry Sparks	11	Carmarthen	NT	1:51.28
	51.13	1:51.28 (1:00.15)			
3	Thomas W Greenaway	11	Swansea Aquatics	1:45.10	1:53.25
	52.23	1:53.25 (1:01.02)			
4	Davie Griffin	11	Celtic Dolphins	1:54.01	1:54.66
	55.01	1:54.66 (59.65)			
---	Benjamin Hillary	11	Pembroke & District	1:45.93	DQ
	48.90	DQ (53.38)			

**Event 7 Boys 12 Year Olds 100 SC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Rory Andrews	12	Haverfordwest Swimming Club	1:26.54	1:28.68
	42.94	1:28.68 (45.74)			
2	Oliver North-Mullis	12	Carmarthen	1:36.57	1:31.04
3	Jayden Keane	12	Pembroke & District	1:36.70	1:34.47
	44.23	1:34.47 (50.24)			
4	Woody L Francis	12	Swansea Aquatics	1:41.46	1:42.31
	49.32	1:42.31 (52.99)			
5	Thomas A Hedge	12	Swansea Aquatics	1:39.93	1:42.40
	48.94	1:42.40 (53.46)			
6	Steffan Bridger	12	Haverfordwest Swimming Club	1:56.81	1:53.54
	54.55	1:53.54 (58.99)			
7	Brychan w Lewis	12	Llanelli Asc	1:57.95	1:55.83
	56.91	1:55.83 (58.92)			
8	Noah Thomas	12	Llanelli Asc	2:07.31	2:05.39
	57.65	2:05.39 (1:07.74)			

**Event 8 Girls 10 Year Olds 100 SC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Rhian L Davies	10	Swansea Aquatics	1:39.70	1:45.05
	49.63	1:45.05 (55.42)			
2	Gemma N Hale	10	Swansea Aquatics	1:43.80	1:51.20
	52.85	1:51.20 (58.35)			
3	Lily-May Welsby	10	Aberystwyth	1:46.84	1:52.81
	52.55	1:52.81 (1:00.26)			
4	Holly John	10	Haverfordwest Swimming Club	NT	1:53.59
	55.14	1:53.59 (58.45)			
5	Pippa Moore	10	Haverfordwest Swimming Club	2:09.57	1:55.73
	55.29	1:55.73 (1:00.44)			
6	Isabelle J David	10	Swansea Aquatics	NT	2:00.57
7	Erin McDonald	10	Haverfordwest Swimming Club	NT	2:00.65
	54.99	2:00.65 (1:05.66)			
8	Heledd G Francis	10	Swansea Aquatics	1:58.91	2:01.90
	58.21	2:01.90 (1:03.69)			
9	Caitlin Brown	10	Amman Valley Swimming Club	2:09.66	2:05.28
	59.42	2:05.28 (1:05.86)			
10	Mollie Harding	10	Haverfordwest Swimming Club	2:07.74	2:07.30
	59.48	2:07.30 (1:07.82)			
11	Nicole C Farcas	10	Swansea Aquatics	NT	2:07.31
	1:00.45	2:07.31 (1:06.86)			
12	Charley Tegg	10	Llanelli Asc	2:12.54	2:12.65

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Name	Age	Team	Seed Time	Finals Time
13 Chloe Perry	10	Aberystwyth	2:33.16	2:17.61
1:05.25	2:17.61	(1:12.36)		
14 Georgia E Cobley	10	Swansea Aquatics	2:27.27	2:31.43
1:13.13	2:31.43	(1:18.30)		
--- Kiera Tyrrell	10	Celtic Dolphins	NT	DQ
53.91	DQ	(59.05)		

**Event 8 Girls 11 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Nia Llewellyn	11	Haverfordwest Swimming Club	1:34.81	1:35.86
45.29	1:35.86	(50.57)		
2 Seren M Thomas	11	Swansea Aquatics	1:38.20	1:37.74
1:37.74	1:37.74	( )		
3 Cari Williams-Jones	11	Llanelli Asc	1:40.75	1:39.41
47.53	1:39.41	(51.88)		
4 Emily Roberts	11	Carmarthen	1:36.48	1:39.42
48.92	1:39.42	(50.50)		
5 Holly-Jane Callen	11	Pembroke & District	1:42.08	1:39.43
48.19	1:39.43	(51.24)		
6 Caitlin Evans	11	Neath Asc	1:46.04	1:39.68
48.48	1:39.68	(51.20)		
7 Eleanor R White	11	Haverfordwest Swimming Club	1:42.00	1:40.78
48.05	1:40.78	(52.73)		
8 Erin Phillips	11	Celtic Dolphins	1:43.71	1:42.11
48.72	1:42.11	(53.39)		
9 Lucy John	11	Haverfordwest Swimming Club	1:40.47	1:43.28
49.81	1:43.28	(53.47)		
10 Chloe Hale	11	Haverfordwest Swimming Club	1:39.95	1:43.86
49.19	1:43.86	(54.67)		
11 Lili Morris	11	Celtic Dolphins	1:42.84	1:44.95
51.89	1:44.95	(53.06)		
12 Kara Pugh	11	Haverfordwest Swimming Club	1:42.69	1:47.71
51.38	1:47.71	(56.33)		
13 Evie E Goddard	11	Haverfordwest Swimming Club	1:46.06	1:48.86
51.21	1:48.86	(57.65)		
14 Molly Fitchett	11	Neath Asc	1:49.78	1:49.65
51.05	1:49.65	(58.60)		
15 Ella Forster	11	Fishguard Flyers SC	2:20.28	1:51.07
53.13	1:51.07	(57.94)		
16 Maggie M Sturley	11	Pembroke & District	1:55.12	1:54.29
55.22	1:54.29	(59.07)		
17 Nia T Owen	11	Swansea Aquatics	1:53.39	1:54.43
54.60	1:54.43	(59.83)		
18 Abigail G Thomas	11	Pembroke & District	1:52.75	1:54.83
54.20	1:54.83	(1:00.63)		
19 Keira L Wiltshire	11	Swansea Aquatics	2:02.25	1:55.32
56.36	1:55.32	(58.96)		
20 Carys W Cooke	11	Llanelli Asc	1:56.92	1:55.94
54.33	1:55.94	(1:01.61)		
21 Sophie Moseley	11	Pembroke & District	2:27.30	2:13.53
1:03.39	2:13.53	(1:10.14)		
22 Nieve McNally	11	Pembroke & District	NT	2:16.37
1:04.25	2:16.37	(1:12.12)		

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 8.00****Event 8 Girls 12 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Hanna M Bowen	12	Carmarthen	1:28.36	1:25.14
39.88	1:25.14 (45.26)			
2 Lila Evans	12	Aberystwyth	1:31.43	1:30.65
44.20	1:30.65 (46.45)			
3 Sophie Krol	12	Haverfordwest Swimming Club	1:35.29	1:32.97
43.98	1:32.97 (48.99)			
4 Lili M Davies	12	Aberystwyth	1:35.77	1:33.63
44.35	1:33.63 (49.28)			
5 Rhianna Phillips	12	Llanelli Asc	1:40.16	1:35.86
45.74	1:35.86 (50.12)			
6 Non Watts	12	Celtic Dolphins	1:36.03	1:36.39
46.14	1:36.39 (50.25)			
7 Amy V White	12	Haverfordwest Swimming Club	1:39.80	1:36.40
45.96	1:36.40 (50.44)			
8 Mia George	12	Neath Asc	1:38.95	1:39.60
48.45	1:39.60 (51.15)			
9 Elen M Morgan	12	Aberystwyth	1:50.26	1:42.73
49.44	1:42.73 (53.29)			
10 Eden Bevan	12	Swansea Aquatics	1:46.56	1:49.81
51.33	1:49.81 (58.48)			
11 Jodie Jones	12	Carmarthen	1:56.34	1:54.45
55.10	1:54.45 (59.35)			
--- Freya M Thapa	12	Aberystwyth	1:31.18	DQ

**Event 9 Boys 13 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Henry White	13	Haverfordwest Swimming Club	2:49.22	2:38.75
35.51	1:15.66 (40.15)	1:58.28 (42.62)	2:38.75 (40.47)	
2 Dylan R Lewis	13	Swansea Aquatics	2:42.23	2:41.97
37.32	1:18.96 (41.64)	2:00.94 (41.98)	2:41.97 (41.03)	
3 Toby Sturley	13	Pembroke & District	2:47.34	2:53.14
36.07	1:18.37 (42.30)	2:03.07 (44.70)	2:53.14 (50.07)	
4 Jude R Coleridge	13	Aberystwyth	3:58.62	3:09.61
36.94	1:22.82 (45.88)	2:15.60 (52.78)	3:09.61 (54.01)	

**Event 9 Boys 14 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Jack Southam	14	Llanelli Asc	2:56.59	2:40.19
34.92	1:16.70 (41.78)	1:58.84 (42.14)	2:40.19 (41.35)	
2 Jacob Massey	14	Aberystwyth	2:43.36	2:40.22
36.22	1:15.08 (38.86)	1:57.45 (42.37)	2:40.22 (42.77)	

**Event 10 Girls 13 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Nia Sullivan	13	Celtic Dolphins	2:46.22	2:36.66
35.09	1:14.16 (39.07)	1:56.31 (42.15)	2:36.66 (40.35)	
2 Megan E Thomson	13	Haverfordwest Swimming Club	3:24.23	2:52.99
37.68	1:21.66 (43.98)	2:08.25 (46.59)	2:52.99 (44.74)	
3 Rachael E Lewis	13	Fishguard Flyers SC	NT	3:04.03
40.95	1:28.73 (47.78)	2:18.96 (50.23)	3:04.03 (45.07)	
4 Tamzin Ord	13	Llanelli Asc	3:26.13	3:15.38
44.10	1:34.51 (50.41)	2:25.55 (51.04)	3:15.38 (49.83)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 8.00****(Event 10 Girls 13 Year Olds 200 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
5 Seren Griffiths	13	Haverfordwest Swimming Club	NT	3:24.49
				1:30.24 2:27.75 (57.51) 3:24.49 (56.74)
--- Briony Bennett	13	Haverfordwest Swimming Club	3:16.01	DQ
				42.25 1:32.16 (49.91) 2:32.00 (59.84) DQ (59.18)

**Event 10 Girls 14 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Danielle R Williams	14	Swansea Aquatics	4:10.12	3:09.02
				43.26 1:31.33 (48.07) 2:21.21 (49.88) 3:09.02 (47.81)

**Event 10 Girls 15 & Over 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Anya Roberts	15	Llanelli Asc	2:49.19	2:47.50
				36.65 1:19.47 (42.82) 2:47.50 (1:28.03) 2:47.50 ( )

**Event 11 Boys 10 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Finlay Thapa	10	Aberystwyth	NT	3:22.75
				48.59 1:39.63 (51.04) 2:31.58 (51.95) 3:22.75 (51.17)
2 Liam Weston	10	Llanelli Asc	3:19.70	3:24.68
				48.13 1:40.40 (52.27) 2:33.34 (52.94) 3:24.68 (51.34)
3 Jack Morgan	10	Pembroke & District	NT	3:58.21
				53.83 1:56.59 (1:02.76) 2:58.23 (1:01.64) 3:58.21 (59.98)
--- Huw Cressey-Rodgers	10	Carmarthen	3:54.92	DQ
				55.96 1:56.43 (1:00.47) 2:56.95 (1:00.52) DQ (56.68)

**Event 11 Boys 11 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Thomas W Greenaway	11	Swansea Aquatics	3:28.80	3:16.37
				45.88 1:36.40 (50.52) 2:28.99 (52.59) 3:16.37 (47.38)
2 Davie Griffin	11	Celtic Dolphins	NT	3:34.84
				50.49 1:45.14 (54.65) 2:40.44 (55.30) 3:34.84 (54.40)
3 Charlie Jones Lewis	11	Aberystwyth	NT	3:36.13
				51.76 1:46.62 (54.86) 2:41.82 (55.20) 3:36.13 (54.31)

**Event 11 Boys 12 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Rory Andrews	12	Haverfordwest Swimming Club	2:42.82	2:42.90
				39.19 1:20.02 (40.83) 2:01.84 (41.82) 2:42.90 (41.06)
2 Aled L Conlon	12	Carmarthen	2:52.56	2:44.45
				39.25 1:20.74 (41.49) 2:44.45 (1:23.71) 2:44.45 ( )
3 Robbie Ralph	12	Haverfordwest Swimming Club	2:59.08	3:02.60
				43.24 1:29.32 (46.08) 2:15.73 (46.41) 3:02.60 (46.87)
4 Brychan w Lewis	12	Llanelli Asc	3:19.08	3:16.05
				45.96 1:36.61 (50.65) 2:28.19 (51.58) 3:16.05 (47.86)

**Event 12 Girls 10 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Amy A Knowles	10	Haverfordwest Swimming Club	3:11.52	3:05.06
				42.82 1:31.55 (48.73) 2:19.93 (48.38) 3:05.06 (45.13)
2 Grace R Lewis	10	Swansea Aquatics	3:05.96	3:09.06
				1:34.01 ( ) 2:22.61 (48.60) 3:09.06 (46.45)
3 Kiera Tyrrell	10	Celtic Dolphins	3:30.46	3:15.82
				49.24 1:40.13 (50.89) 2:31.07 (50.94) 3:15.82 (44.75)



**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 8.00****(Event 12 Girls 10 Year Olds 200 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
4 Gemma N Hale	10	Swansea Aquatics	3:17.09	3:19.14
47.14	1:39.29 (52.15)	2:30.93 (51.64)	3:19.14 (48.21)	
5 Izzy M Edwards	10	Swansea Aquatics	3:18.74	3:20.00
48.07	1:40.21 (52.14)	2:31.97 (51.76)	3:20.00 (48.03)	
6 Tirion Sherman Higgs	10	Aberystwyth	3:19.89	3:37.46
48.18	1:45.86 (57.68)	2:41.55 (55.69)	3:37.46 (55.91)	
7 Niamh Devonald	10	Haverfordwest Swimming Club	NT	3:44.13
51.25	1:49.84 (58.59)	2:48.16 (58.32)	3:44.13 (55.97)	
8 Chloe Perry	10	Aberystwyth	NT	3:58.33
57.68	1:59.16 (1:01.48)	3:58.33 (1:59.17)		
9 Charley Tegg	10	Llanelli Asc	4:35.59	4:17.29
1:00.49	2:04.93 (1:04.44)	3:12.52 (1:07.59)	4:17.29 (1:04.77)	
--- Nicole C Farcas	10	Swansea Aquatics	NT	DQ
49.69	1:45.85 (56.16)	2:41.98 (56.13)	DQ (52.66)	

**Event 12 Girls 11 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Marissa Hill	11	Celtic Dolphins	3:14.62	3:03.09
43.06	1:29.10 (46.04)	2:16.75 (47.65)	3:03.09 (46.34)	
2 Caitlin Evans	11	Neath Asc	3:15.42	3:08.47
45.63	1:34.12 (48.49)	2:22.55 (48.43)	3:08.47 (45.92)	
3 Enfys Griffiths	11	Haverfordwest Swimming Club	3:59.65	3:09.81
44.05	1:31.83 (47.78)	2:21.89 (50.06)	3:09.81 (47.92)	
4 Chloe Hale	11	Haverfordwest Swimming Club	3:15.82	3:10.72
47.41	1:37.39 (49.98)	2:25.50 (48.11)	3:10.72 (45.22)	
5 Jessica G Hewitt	11	Swansea Aquatics	3:11.77	3:11.39
45.84	1:35.41 (49.57)	2:25.51 (50.10)	3:11.39 (45.88)	
6 Eleanor R White	11	Haverfordwest Swimming Club	3:13.84	3:14.35
46.03	1:36.95 (50.92)	2:26.58 (49.63)	3:14.35 (47.77)	
7 Leah Carroll	11	Pembroke & District	NT	3:15.59
46.15	1:36.73 (50.58)	2:26.60 (49.87)	3:15.59 (48.99)	
8 Bethan Bray	11	Celtic Dolphins	3:22.13	3:15.81
46.92	1:36.97 (50.05)	2:29.48 (52.51)	3:15.81 (46.33)	
9 Lucy John	11	Haverfordwest Swimming Club	NT	3:17.75
47.02	1:37.73 (50.71)	2:29.27 (51.54)	3:17.75 (48.48)	
10 Nia James	11	Haverfordwest Swimming Club	3:25.64	3:18.90
11 Nia T Owen	11	Swansea Aquatics	3:29.10	3:22.75
48.99	1:40.93 (51.94)	2:33.11 (52.18)	3:22.75 (49.64)	
12 Kara Pugh	11	Haverfordwest Swimming Club	NT	3:27.00
49.34	1:43.34 (54.00)	2:36.98 (53.64)	3:27.00 (50.02)	
13 Keira L Wiltshire	11	Swansea Aquatics	NT	3:39.80
52.11	1:48.06 (55.95)	2:45.38 (57.32)	3:39.80 (54.42)	
--- Sophie Moseley	11	Pembroke & District	4:30.69	DQ
56.10	2:00.22 (1:04.12)	3:09.04 (1:08.82)	DQ (1:07.45)	

**Event 12 Girls 12 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Ffion M Moses	12	Haverfordwest Swimming Club	2:44.26	2:39.27
37.52	1:17.88 (40.36)	1:59.26 (41.38)	2:39.27 (40.01)	
2 Nia V Bailey-Jones	12	Swansea Aquatics	2:46.77	2:46.88
38.35	2:04.98 (1:26.63)	2:46.88 (41.90)		
3 Hanna M Bowen	12	Carmarthen	2:55.13	2:48.89
38.67	1:21.88 (43.21)	2:06.35 (44.47)	2:48.89 (42.54)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 8.00****(Event 12 Girls 12 Year Olds 200 SC Meter Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
4	Katie Wookey	12	Llanelli Asc	2:58.75	2:49.38
	39.89	1:22.92 (43.03)	2:06.56 (43.64)	2:49.38 (42.82)	
5	Amy V White	12	Haverfordwest Swimming Club	2:54.20	2:49.70
	40.52	1:23.85 (43.33)	2:08.05 (44.20)	2:49.70 (41.65)	
6	Holly-Ellice Jones	12	Carmarthen	2:57.90	2:50.11
	39.57	1:22.56 (42.99)	2:07.38 (44.82)	2:50.11 (42.73)	
7	Lila Evans	12	Aberystwyth	2:50.61	2:50.41
	39.63	1:23.34 (43.71)	2:08.46 (45.12)	2:50.41 (41.95)	
8	Non Watts	12	Celtic Dolphins	2:58.88	2:52.45
	41.44	1:26.57 (45.13)	2:11.03 (44.46)	2:52.45 (41.42)	
9	Freya M Thapa	12	Aberystwyth	3:26.21	2:57.40
	42.41	1:28.56 (46.15)	2:13.70 (45.14)	2:57.40 (43.70)	
10	Rhiannon m Clapham	12	Fishguard Flyers SC	3:07.27	3:00.09
	41.42	1:26.85 (45.43)	2:14.20 (47.35)	3:00.09 (45.89)	
11	Elen M Morgan	12	Aberystwyth	3:51.59	3:00.93
	43.57	1:31.46 (47.89)	2:18.08 (46.62)	3:00.93 (42.85)	
12	Ffion C Johns	12	Swansea Aquatics	3:25.32	3:02.50
	43.70	1:31.23 (47.53)	2:17.79 (46.56)	3:02.50 (44.71)	
13	Sophie Krol	12	Haverfordwest Swimming Club	2:57.73	3:03.08
	43.17	1:29.63 (46.46)	2:17.55 (47.92)	3:03.08 (45.53)	
14	Aimee L Rice	12	Carmarthen	NT	3:03.65
	42.05	1:27.55 (45.50)	2:15.26 (47.71)	3:03.65 (48.39)	
15	Lili M Davies	12	Aberystwyth	3:12.48	3:06.46
	44.10	1:32.47 (48.37)	2:21.53 (49.06)	3:06.46 (44.93)	
16	Neve Jones	12	Neath Asc	3:17.19	3:06.92
	43.60	1:31.44 (47.84)	2:20.46 (49.02)	3:06.92 (46.46)	
17	Eden Bevan	12	Swansea Aquatics	NT	3:27.32
	48.29	1:42.49 (54.20)	2:36.53 (54.04)	3:27.32 (50.79)	