

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.00pm****Event 13 Girls 13 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Megan Dwyer	13	Swansea Aquatics	3:05.95	2:58.27
40.92	1:26.32 (45.40)	2:12.87 (46.55)	2:58.27 (45.40)	
2 Rachael E Lewis	13	Fishguard Flyers SC	3:04.63	3:01.76
40.98	1:26.46 (45.48)	2:14.95 (48.49)	3:01.76 (46.81)	
3 Lena Hughes	13	Pembroke & District	3:25.83	3:27.70
45.45	1:39.23 (53.78)	2:35.03 (55.80)	3:27.70 (52.67)	
4 Briony Bennett	13	Haverfordwest Swimming Club	3:27.30	3:30.83
46.55	1:39.95 (53.40)	2:35.34 (55.39)	3:30.83 (55.49)	
5 Tamzin Ord	13	Llanelli Asc	3:48.19	3:32.84
49.95	1:43.92 (53.97)	2:40.03 (56.11)	3:32.84 (52.81)	
6 Seren Griffiths	13	Haverfordwest Swimming Club	3:36.42	3:34.16
47.95	1:42.69 (54.74)	2:38.20 (55.51)	3:34.16 (55.96)	
7 Gwenllian Howells	13	Carmarthen	3:45.51	3:45.23
47.83	1:45.08 (57.25)	2:45.87 (1:00.79)	3:45.23 (59.36)	
8 Faith Harries-Thomas	13	Celtic Dolphins	NT	4:11.24
56.62	2:01.57 (1:04.95)	3:06.73 (1:05.16)	4:11.24 (1:04.51)	

**Event 13 Girls 14 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Cari L Davies	14	Aberystwyth	3:10.85	3:02.49
41.55	1:27.61 (46.06)	2:14.60 (46.99)	3:02.49 (47.89)	
2 Jess M Morris	14	Pembroke & District	3:29.62	3:13.80
42.40	1:31.55 (49.15)	2:23.52 (51.97)	3:13.80 (50.28)	
3 Charlotte E Howells	14	Swansea Aquatics	3:59.96	3:51.79
48.80	1:48.68 (59.88)	2:49.80 (1:01.12)	3:51.79 (1:01.99)	

**Event 13 Girls 15 & Over 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Rachel Fice	15	Carmarthen	3:12.46	3:16.75
43.84	1:32.98 (49.14)	2:24.30 (51.32)	3:16.75 (52.45)	
2 Emily Jones	16	Carmarthen	3:36.45	3:23.03
46.09	1:37.52 (51.43)	2:30.36 (52.84)	3:23.03 (52.67)	

**Event 14 Boys 13 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Henry White	13	Haverfordwest Swimming Club	2:55.75	2:53.53
38.52	1:22.89 (44.37)	2:08.54 (45.65)	2:53.53 (44.99)	
2 Arron Fitzsimmons	13	Pembroke & District	3:03.72	3:00.91
39.84	1:26.62 (46.78)	2:15.31 (48.69)	3:00.91 (45.60)	
3 Jude R Coleridge	13	Aberystwyth	3:31.27	3:22.83
43.42	1:35.40 (51.98)	2:28.42 (53.02)	3:22.83 (54.41)	

**Event 14 Boys 14 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Jack Southam	14	Llanelli Asc	4:08.36	3:04.96
42.75	1:30.43 (47.68)	2:18.54 (48.11)	3:04.96 (46.42)	
2 Rafael Richards-Parssa Nyko	14	Swansea Aquatics	NT	3:29.10
45.99	1:38.66 (52.67)	2:34.24 (55.58)	3:29.10 (54.86)	
3 Harry E Jones	14	Celtic Dolphins	3:25.64	3:30.49
47.17	1:41.39 (54.22)	2:37.27 (55.88)	3:30.49 (53.22)	
4 Aaron L Cobley	14	Swansea Aquatics	3:45.74	3:40.46
50.03	1:47.04 (57.01)	2:44.84 (57.80)	3:40.46 (55.62)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.00pm****Event 14 Boys 15 & Over 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Rhys Davies	16	Fishguard Flyers SC	2:53.74	2:40.64
36.63	1:17.28 (40.65)	1:58.90 (41.62)	2:40.64 (41.74)	
2 Matthew D Lewis	32	Haverfordwest Swimming Club	2:41.26	2:41.71
34.42	1:16.57 (42.15)	1:59.98 (43.41)	2:41.71 (41.73)	
3 William A Dwyer	15	Swansea Aquatics	2:41.40	2:42.32
35.73	1:17.64 (41.91)	2:00.13 (42.49)	2:42.32 (42.19)	
4 Jack D Montgomery	15	Swansea Aquatics	NT	3:01.75
42.14	1:27.61 (45.47)	2:15.18 (47.57)	3:01.75 (46.57)	

**Event 15 Girls 10 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Ffion Thomas	10	Neath Asc	1:37.66	1:34.61
41.26	1:34.61 (53.35)			
2 Grace R Lewis	10	Swansea Aquatics	1:44.39	1:43.74
48.31	1:43.74 (55.43)			
3 Katie Sullivan	10	Celtic Dolphins	NT	1:49.37
52.66	1:49.37 (56.71)			
4 Betsi H Thomas	10	Swansea Aquatics	1:56.72	2:02.09
54.74	2:02.09 (1:07.35)			
5 Carys Thompson	10	Pembroke & District	NT	2:11.68
1:02.97	2:11.68 (1:08.71)			
--- Nicole C Farcas	10	Swansea Aquatics	NT	DQ
55.17	DQ (1:12.70)			
--- Mollie Harding	10	Haverfordwest Swimming Club	2:18.02	DQ
1:09.92	DQ (1:19.26)			
--- Pippa Moore	10	Haverfordwest Swimming Club	NT	DQ
52.55	DQ (1:10.09)			

**Event 15 Girls 11 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Holli K Jones	11	Swansea Aquatics	1:27.78	1:27.58
40.56	1:27.58 (47.02)			
2 Eleanor R White	11	Haverfordwest Swimming Club	1:27.52	1:28.82
42.74	1:28.82 (46.08)			
3 Kayleigh Reed	11	Fishguard Flyers SC	1:38.23	1:30.10
41.38	1:30.10 (48.72)			
4 Jessica Powell	11	Haverfordwest Swimming Club	1:46.21	1:38.59
46.14	1:38.59 (52.45)			
5 Ellie M Gray	11	Swansea Aquatics	1:46.38	1:43.79
49.17	1:43.79 (54.62)			
6 Holly-Jane Callen	11	Pembroke & District	NT	1:44.04
49.23	1:44.04 (54.81)			
7 Molly Fitchett	11	Neath Asc	1:49.64	1:44.43
46.17	1:44.43 (58.26)			
8 Keira L Wiltshire	11	Swansea Aquatics	NT	1:52.47
54.52	1:52.47 (57.95)			

**Event 15 Girls 12 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Nia V Bailey-Jones	12	Swansea Aquatics	1:20.00	1:20.14
37.35	1:20.14 (42.79)			
2 Elen M Morgan	12	Aberystwyth	1:33.85	1:26.39
39.47	1:26.39 (46.92)			

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.00pm****(Event 15 Girls 12 Year Olds 100 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
3 Lila Evans	12	Aberystwyth	1:54.03	1:33.33
42.63			1:33.33 (50.70)	
4 Non Watts	12	Celtic Dolphins	1:39.41	1:37.25
44.53			1:37.25 (52.72)	

**Event 16 Boys 10 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Sami Prysor	10	Aberystwyth	1:28.70	1:25.77
39.56			1:25.77 (46.21)	
2 Rhys Caygill	10	Fishguard Flyers SC	NT	1:43.11
47.16			1:43.11 (55.95)	
3 Owen Fletcher	10	Haverfordwest Swimming Club	1:47.14	1:50.00
49.26			1:50.00 (1:00.74)	
4 Benjamin Butcher	10	Haverfordwest Swimming Club	1:51.04	1:51.21
48.94			1:51.21 (1:02.27)	

**Event 16 Boys 11 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Zac West	11	Fishguard Flyers SC	1:36.05	1:31.09
41.78			1:31.09 (49.31)	
--- Matthew Hill	11	Haverfordwest Swimming Club	1:50.00	DQ
45.58			DQ (53.16)	

**Event 16 Boys 12 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Harry C Hewitt	12	Swansea Aquatics	1:15.24	1:13.44
34.31			1:13.44 (39.13)	
2 Oliver North-Mullis	12	Carmarthen	1:19.37	1:15.92
34.85			1:15.92 (41.07)	
3 Rhys a Thomas	12	Llanelli Asc	1:21.16	1:16.86
36.98			1:16.86 (39.88)	
4 Rory Andrews	12	Haverfordwest Swimming Club	1:17.13	1:17.48
36.15			1:17.48 (41.33)	
5 Jayden Keane	12	Pembroke & District	1:28.13	1:26.53
38.14			1:26.53 (48.39)	
6 Hans Schmidt	12	Fishguard Flyers SC	2:27.72	1:32.00
41.24			1:32.00 (50.76)	
7 Ellis Robinson	12	Haverfordwest Swimming Club	NT	1:50.92
51.66			1:50.92 (59.26)	

**Event 17 Girls 13 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Hannah Greenwood	13	Pembroke & District	36.54	35.68
2 Megan E Thomson	13	Haverfordwest Swimming Club	36.59	35.75
3 Caitlin R Evans	13	Swansea Aquatics	35.65	36.06
4 Lucy Clack	13	Carmarthen	36.91	36.51
5 Lena Hughes	13	Pembroke & District	39.25	37.03
6 Rachael E Lewis	13	Fishguard Flyers SC	38.61	38.97
7 Ffion R Barnikel	13	Tenby Dolphins	44.07	39.89
8 Katie Glover	13	Neath Asc	41.34	42.73
9 Tamzin Ord	13	Llanelli Asc	43.92	42.99
10 Gwenllian Howells	13	Carmarthen	44.68	44.32
11 Faith Harries-Thomas	13	Celtic Dolphins	NT	53.45

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.00pm****Event 17 Girls 14 Year Olds 50 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Francesca S Robinson	14	Haverfordwest Swimming Club	36.01	33.85
2	Nia Conlon	14	Carmarthen	34.85	34.21
3	Leanna Williams	14	Aberystwyth	36.44	35.71
4	Ffion Jones	14	Swansea Aquatics	35.58	36.12
5	Tilly E Brooks-Thomas	14	Swansea Aquatics	37.70	36.95
6	Danielle R Williams	14	Swansea Aquatics	37.46	37.16
7	Alaw Davies	14	Aberystwyth	38.84	37.35
8	Katie Jones	14	Aberystwyth	38.58	38.23
9	Emma Jones	14	Aberystwyth	39.13	39.20
10	Cari L Davies	14	Aberystwyth	39.03	39.45
11	Charlotte E Howells	14	Swansea Aquatics	45.89	44.77

**Event 17 Girls 15 & Over 50 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Lauren Hopkins	15	Celtic Dolphins	33.54	34.19
2	Sioned Wallwork	16	Aberystwyth	34.14	34.23
3	Rachel Fice	15	Carmarthen	38.03	37.95
4	Emily Jones	16	Carmarthen	41.26	40.45
5	Tari-Starre Michael	15	Celtic Dolphins	46.19	42.57

**Event 18 Boys 13 Year Olds 50 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Toby Sturley	13	Pembroke & District	34.24	32.63
2	Henry White	13	Haverfordwest Swimming Club	35.30	32.88
3	Jude R Coleridge	13	Aberystwyth	35.28	34.46
4	Liam Edwards	13	Carmarthen	39.66	37.85
5	Dylan R Lewis	13	Swansea Aquatics	38.81	37.94
6	Kaleb Owen	13	Fishguard Flyers SC	52.70	40.16

**Event 18 Boys 14 Year Olds 50 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Morgan S Greenway	14	Swansea Aquatics	33.35	33.41
2	Ben J MacDougall	14	Haverfordwest Swimming Club	38.79	36.68
3	Jacob Massey	14	Aberystwyth	38.71	38.41
4	Rafael Richards-Parssa Nyko	14	Swansea Aquatics	NT	39.73
5	Aiden J Daniel	14	Neath Asc	48.92	48.26
---	Aaron L Cobby	14	Swansea Aquatics	43.48	DQ

**Event 18 Boys 15 & Over 50 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Rowan Kettle	17	Pembroke & District	34.40	30.84
2	Matthew D Lewis	32	Haverfordwest Swimming Club	31.53	31.56
3	Matthew Berry	15	Haverfordwest Swimming Club	33.43	32.46
4	Dafydd W Jenkins	15	Llanelli Asc	38.69	32.83
5	Jack D Montgomery	15	Swansea Aquatics	NT	33.18
6	Luke Dunning	15	Llanelli Asc	35.02	34.72
7	Patrick J Clapham	16	Fishguard Flyers SC	38.96	36.92

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.00pm****Event 19 Girls 10 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Charlotte E Smart	10	Swansea Aquatics	5:34.81	5:44.19
37.37	1:19.64 (42.27)	2:03.15 (43.51)	2:47.28 (44.13)	
3:30.99 (43.71)	4:15.71 (44.72)	5:00.80 (45.09)	5:44.19 (43.39)	
2 Mia Cleave	10	Celtic Dolphins	5:53.61	5:44.84
39.96	1:21.65 (41.69)	2:05.32 (43.67)	2:49.69 (44.37)	
3:34.57 (44.88)	4:19.25 (44.68)	5:04.09 (44.84)	5:44.84 (40.75)	
3 Grace R Lewis	10	Swansea Aquatics	6:12.63	5:55.27
40.75	1:26.18 (45.43)	2:11.06 (44.88)	2:56.70 (45.64)	
3:42.40 (45.70)	4:27.46 (45.06)	5:13.47 (46.01)	5:55.27 (41.80)	
4 Gemma N Hale	10	Swansea Aquatics	6:10.33	6:02.68
40.64	1:25.63 (44.99)	2:11.54 (45.91)	2:58.22 (46.68)	
3:44.20 (45.98)	4:30.90 (46.70)	5:17.98 (47.08)	6:02.68 (44.70)	
5 Izzy M Edwards	10	Swansea Aquatics	6:18.34	6:11.65
42.09	1:28.33 (46.24)	2:15.85 (47.52)	3:03.18 (47.33)	
3:50.03 (46.85)	4:38.74 (48.71)	5:26.49 (47.75)	6:11.65 (45.16)	
6 Kiera Tyrrell	10	Celtic Dolphins	NT	6:23.70
47.49	1:38.67 (51.18)	2:27.07 (48.40)	3:15.10 (48.03)	
4:02.93 (47.83)	4:50.50 (47.57)	5:39.80 (49.30)	6:23.70 (43.90)	
7 Nicole C Farcas	10	Swansea Aquatics	NT	7:05.16
49.53	1:39.15 (49.62)	2:36.21 (57.06)	3:29.50 (53.29)	
4:24.01 (54.51)	5:18.36 (54.35)	6:12.27 (53.91)	7:05.16 (52.89)	
8 Erin Allen	10	Haverfordwest Swimming Club	NT	7:10.75
45.17	1:37.81 (52.64)	2:33.43 (55.62)	3:29.08 (55.65)	
4:26.45 (57.37)	5:23.63 (57.18)	6:20.19 (56.56)	7:10.75 (50.56)	
9 Erin McDonald	10	Haverfordwest Swimming Club	NT	7:24.72
45.58	1:40.46 (54.88)	2:38.19 (57.73)	3:35.98 (57.79)	
4:34.80 (58.82)	5:33.64 (58.84)	6:31.96 (58.32)	7:24.72 (52.76)	
10 Charley Tegg	10	Llanelli Asc	8:22.57	7:58.27
52.18	1:54.69 (1:02.51)	2:55.90 (1:01.21)	3:58.62 (1:02.72)	
5:01.33 (1:02.71)	6:02.47 (1:01.14)	7:03.07 (1:00.60)	7:58.27 (55.20)	
--- Tirion Sherman Higgs	10	Aberystwyth	6:38.52	DNF
41.18	1:28.69 (47.51)	2:16.76 (48.07)	3:06.13 (49.37)	
3:57.00 (50.87)	4:48.64 (51.64)	5:38.61 (49.97)		

**Event 19 Girls 11 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Jessica G Hewitt	11	Swansea Aquatics	6:12.42	5:48.73
39.93	1:24.31 (44.38)	2:09.16 (44.85)	2:53.92 (44.76)	
3:39.22 (45.30)	4:23.47 (44.25)	5:07.87 (44.40)	5:48.73 (40.86)	
2 Seren M Thomas	11	Swansea Aquatics	5:59.87	5:51.93
39.08	1:22.92 (43.84)	2:07.67 (44.75)	2:52.95 (45.28)	
3:38.75 (45.80)	4:23.31 (44.56)	5:08.21 (44.90)	5:51.93 (43.72)	
3 Marissa Hill	11	Celtic Dolphins	6:12.61	5:56.18
38.99	1:23.05 (44.06)	2:09.16 (46.11)	2:54.08 (44.92)	
3:40.27 (46.19)	4:25.88 (45.61)	5:12.16 (46.28)	5:56.18 (44.02)	
4 Bethan Bray	11	Celtic Dolphins	6:12.78	6:01.39
41.00	1:26.48 (45.48)	2:13.16 (46.68)	2:59.96 (46.80)	
3:46.25 (46.29)	4:32.89 (46.64)	5:18.42 (45.53)	6:01.39 (42.97)	
5 Emily Roberts	11	Carmarthen	NT	6:04.00
41.47	1:29.11 (47.64)	2:15.81 (46.70)	3:02.66 (46.85)	
3:48.81 (46.15)	4:36.77 (47.96)	5:23.03 (46.26)	6:04.00 (40.97)	
6 Leah Carroll	11	Pembroke & District	6:39.18	6:15.17
42.54	1:29.44 (46.90)	2:17.39 (47.95)	3:05.33 (47.94)	
3:54.54 (49.21)	4:42.54 (48.00)	5:30.98 (48.44)	6:15.17 (44.19)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.00pm****(Event 19 Girls 11 Year Olds 400 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
7 Ellie M Gray	11	Swansea Aquatics	NT	6:23.82
46.29	1:35.65 (49.36)	2:25.49 (49.84)	3:15.04 (49.55)	
4:00.81 (45.77)	4:50.17 (49.36)	5:39.35 (49.18)	6:23.82 (44.47)	
8 Maggie M Sturley	11	Pembroke & District	6:43.02	6:23.83
41.86	1:29.19 (47.33)	2:18.58 (49.39)	3:08.95 (50.37)	
3:59.12 (50.17)	4:50.37 (51.25)	5:39.74 (49.37)	6:23.83 (44.09)	
9 Ella Forster	11	Fishguard Flyers SC	6:24.07	6:26.84
41.34	1:29.74 (48.40)	2:19.13 (49.39)	3:08.19 (49.06)	
3:58.20 (50.01)	4:48.54 (50.34)	5:38.88 (50.34)	6:26.84 (47.96)	
10 Nia T Owen	11	Swansea Aquatics	6:49.05	7:00.50
45.95	1:38.09 (52.14)	2:32.47 (54.38)	3:24.55 (52.08)	
4:19.46 (54.91)	5:12.86 (53.40)	6:07.38 (54.52)	7:00.50 (53.12)	

**Event 19 Girls 12 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Nia V Bailey-Jones	12	Swansea Aquatics	5:06.06	5:09.76
34.67	1:14.32 (39.65)	1:53.76 (39.44)	2:33.11 (39.35)	
3:13.04 (39.93)	3:54.11 (41.07)	4:33.52 (39.41)	5:09.76 (36.24)	
2 Ffion M Moses	12	Haverfordwest Swimming Club	5:30.82	5:17.07
35.22	1:14.97 (39.75)	1:55.64 (40.67)	2:36.16 (40.52)	
3:17.56 (41.40)	3:59.57 (42.01)	4:40.52 (40.95)	5:17.07 (36.55)	
3 Freya M Thapa	12	Aberystwyth	5:28.67	5:17.91
35.14	1:15.45 (40.31)	1:56.78 (41.33)	2:37.81 (41.03)	
3:18.91 (41.10)	3:59.56 (40.65)	4:40.00 (40.44)	5:17.91 (37.91)	
4 Non Watts	12	Celtic Dolphins	5:33.92	5:22.58
36.61	1:16.63 (40.02)	1:58.08 (41.45)	2:40.10 (42.02)	
3:21.91 (41.81)	4:04.23 (42.32)	4:44.82 (40.59)	5:22.58 (37.76)	
5 Katie Wookey	12	Llanelli Asc	5:45.17	5:27.73
38.31	1:19.48 (41.17)	2:01.83 (42.35)	2:43.64 (41.81)	
3:25.52 (41.88)	4:07.18 (41.66)	4:48.25 (41.07)	5:27.73 (39.48)	
6 Holly-Ellice Jones	12	Carmarthen	6:11.75	5:31.87
35.77	1:16.04 (40.27)	1:58.05 (42.01)	2:41.53 (43.48)	
3:24.53 (43.00)	4:08.57 (44.04)	4:51.28 (42.71)	5:31.87 (40.59)	
7 Aimee L Rice	12	Carmarthen	6:00.62	5:35.08
38.07	1:19.85 (41.78)	2:02.43 (42.58)	2:45.87 (43.44)	
3:29.67 (43.80)	4:12.31 (42.64)	4:53.75 (41.44)	5:35.08 (41.33)	
8 Amy V White	12	Haverfordwest Swimming Club	5:53.49	5:47.27
39.11	1:24.20 (45.09)	2:09.40 (45.20)	2:54.76 (45.36)	
3:39.53 (44.77)	4:24.06 (44.53)	5:08.16 (44.10)	5:47.27 (39.11)	
9 Rhiannon m Clapham	12	Fishguard Flyers SC	6:04.82	5:47.42
38.60	1:21.69 (43.09)	2:07.14 (45.45)	2:52.00 (44.86)	
3:36.96 (44.96)	4:21.57 (44.61)	5:05.81 (44.24)	5:47.42 (41.61)	
10 Chloe Morris	12	Pembroke & District	6:58.59	6:15.71
42.34	1:30.00 (47.66)	2:18.71 (48.71)	3:07.52 (48.81)	
3:55.85 (48.33)	4:45.08 (49.23)	5:32.92 (47.84)	6:15.71 (42.79)	

**Event 20 Boys 10 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Finlay Thapa	10	Aberystwyth	7:13.19	6:13.85
40.22	1:28.51 (48.29)	2:16.39 (47.88)	3:03.59 (47.20)	
3:50.47 (46.88)	4:41.17 (50.70)	5:28.80 (47.63)	6:13.85 (45.05)	
2 Liam Weston	10	Llanelli Asc	6:15.58	6:30.54
43.11	1:33.10 (49.99)	2:22.99 (49.89)	3:14.50 (51.51)	
4:03.66 (49.16)	4:53.79 (50.13)	5:44.24 (50.45)	6:30.54 (46.30)	

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Name	Age	Team	Seed Time	Finals Time
3 Owen Fletcher	10	Haverfordwest Swimming Club	6:55.12	6:53.65
44.89	1:36.55 (51.66)	2:29.69 (53.14)	3:22.74 (53.05)	
4:16.02 (53.28)	5:10.40 (54.38)	6:03.55 (53.15)	6:53.65 (50.10)	
4 Jack Morgan	10	Pembroke & District	8:18.95	8:01.57
50.69	1:52.06 (1:01.37)	2:55.08 (1:03.02)	3:58.04 (1:02.96)	
5:01.19 (1:03.15)	6:04.44 (1:03.25)	7:03.43 (58.99)	8:01.57 (58.14)	

**Event 20 Boys 11 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Zac West	11	Fishguard Flyers SC	NT	5:50.47
38.15	1:21.42 (43.27)	2:05.79 (44.37)	2:51.06 (45.27)	
3:36.25 (45.19)	4:22.61 (46.36)	5:07.21 (44.60)	5:50.47 (43.26)	
2 Cai Owen	11	Haverfordwest Swimming Club	6:33.68	6:17.12
41.60	1:29.43 (47.83)	2:17.35 (47.92)	3:06.32 (48.97)	
3:55.75 (49.43)	4:45.19 (49.44)	5:34.93 (49.74)	6:17.12 (42.19)	
3 Davie Griffin	11	Celtic Dolphins	NT	6:28.30
43.48	1:32.92 (49.44)	2:23.14 (50.22)	3:13.30 (50.16)	
4:03.00 (49.70)	4:52.82 (49.82)	5:41.56 (48.74)	6:28.30 (46.74)	
4 Charlie Jones Lewis	11	Aberystwyth	7:17.11	6:50.29
43.70	1:35.03 (51.33)	2:26.18 (51.15)	3:18.45 (52.27)	
4:13.05 (54.60)	5:05.26 (52.21)	5:59.30 (54.04)	6:50.29 (50.99)	

**Event 20 Boys 12 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Aled L Conlon	12	Carmarthen	5:36.72	5:25.41
36.06	1:17.01 (40.95)	1:58.66 (41.65)	2:41.05 (42.39)	
3:23.33 (42.28)	4:05.06 (41.73)	4:46.89 (41.83)	5:25.41 (38.52)	
2 Charlie Thomas	12	Celtic Dolphins	NT	5:30.69
36.53	1:17.39 (40.86)	2:00.06 (42.67)	2:43.42 (43.36)	
3:26.76 (43.34)	4:09.75 (42.99)	4:51.85 (42.10)	5:30.69 (38.84)	
3 Woody L Francis	12	Swansea Aquatics	5:45.38	5:32.43
2:01.02	2:43.57 (42.55)	3:26.72 (43.15)	4:09.17 (42.45)	
4:51.91 (42.74)	5:32.43 (40.52)	5:32.43 ( )		
4 Hans Schmidt	12	Fishguard Flyers SC	NT	5:41.83
37.57	1:19.69 (42.12)	2:03.17 (43.48)	2:47.34 (44.17)	
3:31.18 (43.84)	4:15.41 (44.23)	4:59.83 (44.42)	5:41.83 (42.00)	
5 Robbie Ralph	12	Haverfordwest Swimming Club	5:48.11	5:43.27
38.48	1:20.79 (42.31)	2:04.60 (43.81)	2:49.08 (44.48)	
3:34.10 (45.02)	4:18.79 (44.69)	5:03.21 (44.42)	5:43.27 (40.06)	
6 Brychan w Lewis	12	Llanelli Asc	6:41.07	6:33.29
44.33	1:35.07 (50.74)	2:24.65 (49.58)	3:15.24 (50.59)	
4:05.14 (49.90)	4:55.34 (50.20)	5:47.13 (51.79)	6:33.29 (46.16)	

**Event 21 Girls 13 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Nia Sullivan	13	Celtic Dolphins	2:45.44	2:41.41
34.35	1:15.90 (41.55)	2:04.48 (48.58)	2:41.41 (36.93)	
2 Megan E Thomson	13	Haverfordwest Swimming Club	2:43.79	2:41.76
36.63	2:06.46 (1:29.83)	2:41.76 (35.30)	2:41.76 ( )	
3 Megan Dwyer	13	Swansea Aquatics	2:49.58	2:45.75
36.70	1:20.50 (43.80)	2:06.97 (46.47)	2:45.75 (38.78)	
4 Caitlin R Evans	13	Swansea Aquatics	2:47.17	2:49.49
37.29	1:20.23 (42.94)	2:11.25 (51.02)	2:49.49 (38.24)	
5 Lucy Clack	13	Carmarthen	3:05.84	3:01.34
40.64	1:22.23 (41.59)	2:20.76 (58.53)	3:01.34 (40.58)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.00pm****(Event 21 Girls 13 Year Olds 200 SC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
6 Tamzin Ord	13	Llanelli Asc	3:14.34	3:02.74
40.14	1:27.66 (47.52)	2:22.24 (54.58)	3:02.74 (40.50)	
7 Katie Glover	13	Neath Asc	3:12.26	3:09.29
44.40	1:30.81 (46.41)	2:28.72 (57.91)	3:09.29 (40.57)	
8 Ffion R Barnikel	13	Tenby Dolphins	3:07.28	3:10.73
43.73	1:32.89 (49.16)	2:29.86 (56.97)	3:10.73 (40.87)	
9 Isobel Vaughan	13	Haverfordwest Swimming Club	3:19.88	3:18.20
44.22	1:34.80 (50.58)	2:31.97 (57.17)	3:18.20 (46.23)	
10 Gwenllian Howells	13	Carmarthen	3:42.03	3:21.53
48.16	1:37.73 (49.57)	2:36.66 (58.93)	3:21.53 (44.87)	
--- Lena Hughes	13	Pembroke & District	3:07.82	DQ
43.42	1:30.56 (47.14)	2:26.02 (55.46)	DQ (44.34)	
--- Briony Bennett	13	Haverfordwest Swimming Club	3:09.52	DQ
42.96	1:31.61 (48.65)	2:26.45 (54.84)	DQ (43.24)	

**Event 21 Girls 14 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Nia Conlon	14	Carmarthen	2:40.01	2:38.09
35.62	1:14.57 (38.95)	2:01.41 (46.84)	2:38.09 (36.68)	
2 Cari L Davies	14	Aberystwyth	2:47.27	2:46.38
35.81	1:19.68 (43.87)	2:08.04 (48.36)	2:46.38 (38.34)	
3 Leanna Williams	14	Aberystwyth	2:53.53	2:50.80
35.98	1:18.43 (42.45)	2:11.27 (52.84)	2:50.80 (39.53)	
4 Katie Jones	14	Aberystwyth	2:58.69	2:52.04
35.68	1:19.53 (43.85)	2:12.87 (53.34)	2:52.04 (39.17)	
5 Ffion Jones	14	Swansea Aquatics	3:04.96	2:52.49
40.74	1:23.94 (43.20)	2:14.70 (50.76)	2:52.49 (37.79)	
6 Emma Jones	14	Aberystwyth	2:59.79	2:59.30
38.27	1:23.42 (45.15)	2:16.00 (52.58)	2:59.30 (43.30)	
7 Jess M Morris	14	Pembroke & District	2:56.48	3:00.46
39.90	1:29.72 (49.82)	2:19.60 (49.88)	3:00.46 (40.86)	
8 Alaw Davies	14	Aberystwyth	2:55.92	3:12.70
44.75	1:31.84 (47.09)	2:30.80 (58.96)	3:12.70 (41.90)	
9 Charlotte E Howells	14	Swansea Aquatics	3:36.17	3:31.67
47.07	1:42.99 (55.92)	2:47.10 (1:04.11)	3:31.67 (44.57)	

**Event 21 Girls 15 & Over 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Sioned Wallwork	16	Aberystwyth	2:45.90	2:47.86
35.37	1:16.20 (40.83)	2:08.87 (52.67)	2:47.86 (38.99)	
2 Anya Roberts	15	Llanelli Asc	2:48.18	2:48.31
35.89	1:16.44 (40.55)	2:09.27 (52.83)	2:48.31 (39.04)	
3 Megan Tyler	15	Carmarthen	2:56.26	2:51.86
40.39	1:24.74 (44.35)	2:14.94 (50.20)	2:51.86 (36.92)	
4 Emily Jones	16	Carmarthen	3:09.09	3:02.33
42.12	1:27.57 (45.45)	2:20.89 (53.32)	3:02.33 (41.44)	
--- Tari-Starre Michael	15	Celtic Dolphins	3:39.88	DQ
46.60	1:41.51 (54.91)	2:47.48 (1:05.97)	DQ (46.77)	

**Event 22 Boys 13 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Arron Fitzsimmons	13	Pembroke & District	2:39.11	2:40.44
35.35	1:16.83 (41.48)	2:02.37 (45.54)	2:40.44 (38.07)	



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Name	Age	Team	Seed Time	Finals Time
2 Jude R Coleridge	13	Aberystwyth	2:46.71	2:47.70
36.94	1:19.52 (42.58)	2:11.65 (52.13)	2:47.70 (36.05)	
3 Liam Edwards	13	Carmarthen	3:07.96	2:51.07
38.99	1:25.30 (46.31)	2:12.22 (46.92)	2:51.07 (38.85)	
4 Kaleb Owen	13	Fishguard Flyers SC	NT	3:06.50
38.84	1:26.36 (47.52)	2:23.18 (56.82)	3:06.50 (43.32)	

**Event 22 Boys 14 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Jacob Massey	14	Aberystwyth	2:47.26	2:47.60
35.75	1:19.90 (44.15)	2:10.55 (50.65)	2:47.60 (37.05)	
2 Ben J MacDougall	14	Haverfordwest Swimming Club	2:47.55	2:50.06
37.35	1:21.13 (43.78)	2:12.08 (50.95)	2:50.06 (37.98)	
3 Lewys Kettle	14	Pembroke & District	2:53.96	2:52.41
40.56	1:24.40 (43.84)	2:52.41 (1:28.01)		

**Event 22 Boys 15 & Over 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Rowan Kettle	17	Pembroke & District	2:32.00	2:26.27
30.15		1:51.61 ( )	2:26.27 (34.66)	
2 William A Dwyer	15	Swansea Aquatics	2:28.62	2:31.81
31.22	1:11.37 (40.15)	1:54.99 (43.62)	2:31.81 (36.82)	
3 Matthew Berry	15	Haverfordwest Swimming Club	2:37.24	2:36.97
33.26	1:12.63 (39.37)	2:00.83 (48.20)	2:36.97 (36.14)	
4 Dean L Kelly	15	Haverfordwest Swimming Club	2:40.28	2:43.03
33.87	1:15.59 (41.72)	2:05.56 (49.97)	2:43.03 (37.47)	
5 Luke Dunning	15	Llanelli Asc	2:48.54	2:45.12
36.01	1:16.75 (40.74)	2:05.88 (49.13)	2:45.12 (39.24)	
6 Dafydd W Jenkins	15	Llanelli Asc	3:22.72	2:48.56
33.47	1:16.34 (42.87)	2:10.31 (53.97)	2:48.56 (38.25)	