

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 2.15pm****Event 23 Boys 10 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Sami Prysor	10	Aberystwyth	2:53.09	2:42.48
36.88	1:18.20 (41.32)	2:01.03 (42.83)	2:42.48 (41.45)	
2 Oliver J Gillett	10	Swansea Aquatics	2:47.55	2:44.23
36.37	1:18.35 (41.98)	2:01.72 (43.37)	2:44.23 (42.51)	
3 Finlay Thapa	10	Aberystwyth	3:05.65	2:50.78
38.51	1:22.70 (44.19)	2:06.82 (44.12)	2:50.78 (43.96)	
4 Liam Weston	10	Llanelli Asc	3:04.37	3:02.98
40.68	1:29.77 (49.09)	2:17.45 (47.68)	3:02.98 (45.53)	
5 Alistair Phillips	10	Celtic Dolphins	3:19.96	3:06.33
43.98	1:33.09 (49.11)	2:21.61 (48.52)	3:06.33 (44.72)	
6 Benjamin Butcher	10	Haverfordwest Swimming Club	3:23.56	3:10.85
44.88	1:35.23 (50.35)	2:26.38 (51.15)	3:10.85 (44.47)	
7 Owen Fletcher	10	Haverfordwest Swimming Club	3:07.13	3:17.81
43.55	1:34.63 (51.08)	2:27.24 (52.61)	3:17.81 (50.57)	
8 Huw Cressey-Rodgers	10	Carmarthen	3:33.07	3:30.33
46.98	1:41.92 (54.94)	2:38.34 (56.42)	3:30.33 (51.99)	
9 Jack Morgan	10	Pembroke & District	3:47.23	3:33.27
46.54	1:43.45 (56.91)	2:38.04 (54.59)	3:33.27 (55.23)	

**Event 23 Boys 11 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Thomas W Greenaway	11	Swansea Aquatics	3:13.02	3:05.63
39.77	1:28.57 (48.80)	2:18.82 (50.25)	3:05.63 (46.81)	
2 Davie Griffin	11	Celtic Dolphins	3:16.80	3:06.55
43.00	1:32.97 (49.97)	2:22.41 (49.44)	3:06.55 (44.14)	

**Event 23 Boys 12 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Charlie Thomas	12	Celtic Dolphins	2:43.16	2:33.05
35.80	1:15.03 (39.23)	1:55.13 (40.10)	2:33.05 (37.92)	
2 Woody L Francis	12	Swansea Aquatics	2:43.27	2:38.47
36.13	1:16.78 (40.65)	1:58.59 (41.81)	2:38.47 (39.88)	
3 Robbie Ralph	12	Haverfordwest Swimming Club	2:42.15	2:38.59
36.30	1:16.79 (40.49)	1:58.72 (41.93)	2:38.59 (39.87)	
4 Morgan Williams	12	Pembroke & District	3:03.28	2:50.51
38.43	1:22.38 (43.95)	2:08.34 (45.96)	2:50.51 (42.17)	

**Event 24 Girls 10 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Mia Cleave	10	Celtic Dolphins	2:47.70	2:43.25
38.68	1:21.17 (42.49)	2:03.36 (42.19)	2:43.25 (39.89)	
2 Grace R Lewis	10	Swansea Aquatics	2:52.62	2:52.75
39.99	1:26.03 (46.04)	2:10.12 (44.09)	2:52.75 (42.63)	
3 Gemma N Hale	10	Swansea Aquatics	2:52.61	2:53.62
39.62	1:24.49 (44.87)	2:10.77 (46.28)	2:53.62 (42.85)	
4 Kiera Tyrrell	10	Celtic Dolphins	3:14.03	2:58.33
42.33	1:29.62 (47.29)	2:16.72 (47.10)	2:58.33 (41.61)	
5 Katie Sullivan	10	Celtic Dolphins	2:55.63	3:02.70
42.69	1:29.43 (46.74)	2:17.79 (48.36)	3:02.70 (44.91)	
6 Betsi H Thomas	10	Swansea Aquatics	3:16.40	3:05.45
43.43	1:31.61 (48.18)	2:20.73 (49.12)	3:05.45 (44.72)	
7 Lily-May Welsby	10	Aberystwyth	3:20.20	3:07.07
42.12	1:32.96 (50.84)	2:22.28 (49.32)	3:07.07 (44.79)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 2.15pm****(Event 24 Girls 10 Year Olds 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
8 Tirion Sherman Higgs	10	Aberystwyth	3:05.43	3:16.94
42.46	1:34.10 (51.64)	2:26.02 (51.92)	3:16.94 (50.92)	
9 Nicole C Farcas	10	Swansea Aquatics	3:42.47	3:18.50
46.54	1:37.52 (50.98)	2:30.66 (53.14)	3:18.50 (47.84)	
10 Erin McDonald	10	Haverfordwest Swimming Club	3:53.55	3:29.25
44.56	1:39.80 (55.24)	2:36.74 (56.94)	3:29.25 (52.51)	
11 Chloe Perry	10	Aberystwyth	3:53.57	3:30.40
49.62	2:40.26 (1:50.64)	3:30.40 (50.14)	3:30.40 ( )	
12 Niamh Devonald	10	Haverfordwest Swimming Club	3:55.02	3:33.37
49.65	1:44.61 (54.96)	2:40.69 (56.08)	3:33.37 (52.68)	
13 Caitlin Brown	10	Amman Valley Swimming Club	3:44.47	3:34.54
50.09	1:45.43 (55.34)	2:40.95 (55.52)	3:34.54 (53.59)	
14 Holly John	10	Haverfordwest Swimming Club	NT	3:44.58
49.37	1:49.73 (1:00.36)	2:51.91 (1:02.18)	3:44.58 (52.67)	
15 Carys Thompson	10	Pembroke & District	4:12.19	3:48.74
52.96	1:53.49 (1:00.53)	2:52.76 (59.27)	3:48.74 (55.98)	
16 Pippa Moore	10	Haverfordwest Swimming Club	NT	3:49.50
3:49.50	3:49.50 ( )			
17 Mollie Harding	10	Haverfordwest Swimming Club	4:07.86	4:07.40
55.34	2:00.04 (1:04.70)	3:06.25 (1:06.21)	4:07.40 (1:01.15)	

**Event 24 Girls 11 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Erin Phillips	11	Celtic Dolphins	2:46.33	2:38.43
35.49	1:16.41 (40.92)	1:58.74 (42.33)	2:38.43 (39.69)	
2 Nia Llewellyn	11	Haverfordwest Swimming Club	2:56.26	2:40.20
35.67	1:16.48 (40.81)	1:59.36 (42.88)	2:40.20 (40.84)	
3 Lili Morris	11	Celtic Dolphins	2:53.30	2:45.82
38.71	1:22.15 (43.44)	2:05.81 (43.66)	2:45.82 (40.01)	
4 Eleanor R White	11	Haverfordwest Swimming Club	2:52.62	2:46.39
38.76	1:21.94 (43.18)	2:05.81 (43.87)	2:46.39 (40.58)	
5 Jessica G Hewitt	11	Swansea Aquatics	2:50.25	2:48.57
39.27	1:22.89 (43.62)	2:07.06 (44.17)	2:48.57 (41.51)	
6 Cari Williams-Jones	11	Llanelli Asc	2:55.35	2:48.95
39.35	1:23.19 (43.84)	2:07.24 (44.05)	2:48.95 (41.71)	
7 Kayleigh Reed	11	Fishguard Flyers SC	2:54.12	2:50.92
40.69	1:26.14 (45.45)	2:10.57 (44.43)	2:50.92 (40.35)	
8 Caitlin Evans	11	Neath Asc	3:01.68	2:52.13
38.23	1:22.20 (43.97)	2:07.60 (45.40)	2:52.13 (44.53)	
9 Emily Roberts	11	Carmarthen	2:57.43	2:56.99
39.13	1:25.77 (46.64)	2:13.58 (47.81)	2:56.99 (43.41)	
10 Abigail G Thomas	11	Pembroke & District	3:04.97	2:57.38
40.07	1:26.31 (46.24)	2:14.05 (47.74)	2:57.38 (43.33)	
11 Leah Carroll	11	Pembroke & District	3:04.65	2:57.98
40.76	1:26.50 (45.74)	2:13.16 (46.66)	2:57.98 (44.82)	
12 Alys Webb	11	Haverfordwest Swimming Club	3:02.80	2:58.05
40.95	1:27.92 (46.97)	2:14.84 (46.92)	2:58.05 (43.21)	
13 Kara Pugh	11	Haverfordwest Swimming Club	3:40.40	3:00.34
40.89	1:27.91 (47.02)	2:15.51 (47.60)	3:00.34 (44.83)	
14 Maggie M Sturley	11	Pembroke & District	3:06.07	3:00.69
40.22	1:26.71 (46.49)	2:14.40 (47.69)	3:00.69 (46.29)	
15 Chloe Hale	11	Haverfordwest Swimming Club	2:52.67	3:00.85
41.16	1:27.97 (46.81)	2:15.88 (47.91)	3:00.85 (44.97)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 2.15pm****(Event 24 Girls 11 Year Olds 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
16 Holly-Jane Callen	11	Pembroke & District	3:19.43	3:03.39
1:30.80	2:18.72 (47.92)	3:03.39 (44.67)		
17 Nia James	11	Haverfordwest Swimming Club	3:04.87	3:03.57
42.73	1:29.81 (47.08)	2:18.45 (48.64)	3:03.57 (45.12)	
18 Evie E Goddard	11	Haverfordwest Swimming Club	3:06.32	3:06.98
41.28	1:30.28 (49.00)	2:20.62 (50.34)	3:06.98 (46.36)	
19 Ella Forster	11	Fishguard Flyers SC	3:22.73	3:09.02
41.56	1:30.21 (48.65)	2:20.15 (49.94)	3:09.02 (48.87)	
20 Jessica Powell	11	Haverfordwest Swimming Club	3:07.45	3:10.97
44.56	1:35.05 (50.49)	2:25.78 (50.73)	3:10.97 (45.19)	
21 Nia T Owen	11	Swansea Aquatics	3:09.82	3:15.11
44.75	1:35.37 (50.62)	2:26.43 (51.06)	3:15.11 (48.68)	
22 Carys W Cooke	11	Llanelli Asc	4:00.21	3:21.66
45.99	1:38.49 (52.50)	2:32.21 (53.72)	3:21.66 (49.45)	
23 Tegan R Johns	11	Swansea Aquatics	3:31.06	3:27.71
48.02	1:41.99 (53.97)	2:36.38 (54.39)	3:27.71 (51.33)	
24 Sophie Moseley	11	Pembroke & District	4:30.11	3:43.67
50.16	2:46.57 (1:56.41)	3:43.67 (57.10)	3:43.67 ( )	

**Event 24 Girls 12 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Nia V Bailey-Jones	12	Swansea Aquatics	2:26.91	2:26.55
33.42	1:11.30 (37.88)	1:49.53 (38.23)	2:26.55 (37.02)	
2 Freya M Thapa	12	Aberystwyth	2:32.39	2:31.85
34.39	1:12.78 (38.39)	2:31.85 (1:19.07)		
3 Non Watts	12	Celtic Dolphins	2:40.45	2:34.55
35.56	1:14.77 (39.21)	1:55.90 (41.13)	2:34.55 (38.65)	
4 Lila Evans	12	Aberystwyth	2:39.86	2:35.76
35.00	1:14.96 (39.96)	1:56.24 (41.28)	2:35.76 (39.52)	
5 Keira J Gillett	12	Swansea Aquatics	2:40.34	2:37.29
37.32	1:18.09 (40.77)	1:58.31 (40.22)	2:37.29 (38.98)	
6 Elen M Morgan	12	Aberystwyth	2:47.33	2:43.74
37.82	1:20.25 (42.43)	2:03.87 (43.62)	2:43.74 (39.87)	
7 Amy V White	12	Haverfordwest Swimming Club	2:48.60	2:44.56
39.00	1:22.56 (43.56)	2:06.04 (43.48)	2:44.56 (38.52)	
8 Ffion C Johns	12	Swansea Aquatics	2:42.40	2:45.35
37.95	1:20.39 (42.44)	2:03.81 (43.42)	2:45.35 (41.54)	
9 Jodie Jones	12	Carmarthen	3:04.96	2:48.45
37.84	1:20.34 (42.50)	2:04.37 (44.03)	2:48.45 (44.08)	
10 Lili M Davies	12	Aberystwyth	3:08.53	2:52.75
39.04	1:24.66 (45.62)	2:11.29 (46.63)	2:52.75 (41.46)	
11 Neve Jones	12	Neath Asc	3:07.89	2:56.59
39.55	1:25.76 (46.21)	2:13.46 (47.70)	2:56.59 (43.13)	
12 Eden Bevan	12	Swansea Aquatics	3:07.58	3:00.74
41.75	1:29.19 (47.44)	2:16.81 (47.62)	3:00.74 (43.93)	
13 Chloe Morris	12	Pembroke & District	3:03.51	3:02.91
42.17	3:02.91 (2:20.74)			
14 Thea Williams	12	Neath Asc	3:12.82	3:03.66
42.97	1:31.70 (48.73)	2:20.13 (48.43)	3:03.66 (43.53)	

**Event 25 Boys 13 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Henry White	13	Haverfordwest Swimming Club	2:33.50	2:27.79
34.54	1:12.26 (37.72)	1:51.14 (38.88)	2:27.79 (36.65)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 2.15pm****(Event 25 Boys 13 Year Olds 200 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
2 Jude R Coleridge	13	Aberystwyth	2:47.63	2:41.21
37.33	1:18.42 (41.09)	2:02.17 (43.75)	2:41.21 (39.04)	
3 Dylan R Lewis	13	Swansea Aquatics	2:48.05	2:49.57
40.80	1:24.47 (43.67)	2:08.30 (43.83)	2:49.57 (41.27)	
4 Liam Edwards	13	Carmarthen	3:05.97	2:54.25
41.14	1:25.56 (44.42)	2:10.76 (45.20)	2:54.25 (43.49)	

**Event 25 Boys 14 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Jack Southam	14	Llanelli Asc	2:36.87	2:33.64
36.47	1:16.13 (39.66)	1:54.76 (38.63)	2:33.64 (38.88)	
2 Morgan S Greenway	14	Swansea Aquatics	2:42.95	2:38.44
37.16	1:17.97 (40.81)	1:59.41 (41.44)	2:38.44 (39.03)	
3 Lewys Kettle	14	Pembroke & District	3:02.02	2:50.52
40.39	1:23.31 (42.92)	2:07.15 (43.84)	2:50.52 (43.37)	

**Event 25 Boys 15 & Over 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 James Payne	16	Aberystwyth	2:23.74	2:26.11
33.42	1:09.64 (36.22)	1:48.11 (38.47)	2:26.11 (38.00)	
2 Matthew Berry	15	Haverfordwest Swimming Club	2:32.22	2:36.06
1:17.36	2:36.06 (1:18.70)			
3 Luke Dunning	15	Llanelli Asc	2:38.54	2:37.30
37.10	1:17.73 (40.63)	1:57.69 (39.96)	2:37.30 (39.61)	

**Event 26 Girls 13 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Katie Glover	13	Neath Asc	3:01.89	3:01.05
44.18	1:29.73 (45.55)	2:15.75 (46.02)	3:01.05 (45.30)	
2 Seren Griffiths	13	Haverfordwest Swimming Club	3:07.97	3:05.68
43.87	1:31.53 (47.66)	2:19.85 (48.32)	3:05.68 (45.83)	
3 Tamzin Ord	13	Llanelli Asc	3:33.04	3:09.51
		2:23.94 ( )	3:09.51 (45.57)	

**Event 26 Girls 14 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Bethan Jones	14	Pembroke & District	2:39.98	2:31.57
35.01	1:13.48 (38.47)	1:53.30 (39.82)	2:31.57 (38.27)	
2 Nia Conlon	14	Carmarthen	2:37.65	2:33.89
36.19	1:14.94 (38.75)	1:54.70 (39.76)	2:33.89 (39.19)	
3 Leanna Williams	14	Aberystwyth	2:44.51	2:44.49
37.33	1:19.13 (41.80)	2:02.71 (43.58)	2:44.49 (41.78)	
4 Ffion Jones	14	Swansea Aquatics	2:48.32	2:46.45
39.99	1:23.20 (43.21)	2:06.62 (43.42)	2:46.45 (39.83)	
5 Danielle R Williams	14	Swansea Aquatics	2:48.98	2:48.20
40.66	1:23.31 (42.65)	2:06.34 (43.03)	2:48.20 (41.86)	
6 Katie Jones	14	Aberystwyth	3:00.08	2:50.60
39.73	1:23.00 (43.27)	2:07.19 (44.19)	2:50.60 (43.41)	
7 Molly R Cressey-Rodgers	14	Carmarthen	2:47.66	2:50.61
39.86	1:23.37 (43.51)	2:07.43 (44.06)	2:50.61 (43.18)	
8 Emma Jones	14	Aberystwyth	3:08.13	2:54.42
41.24	1:25.22 (43.98)	2:11.05 (45.83)	2:54.42 (43.37)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 2.15pm****Event 26 Girls 15 & Over 200 SC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Anya Roberts	15	Llanelli Asc	2:43.61	2:43.53
	39.48	1:21.11 (41.63)	2:02.83 (41.72)	2:43.53 (40.70)	
2	Alysia Glover	15	Neath Asc	2:43.46	2:44.78
	38.67	1:21.00 (42.33)	2:03.42 (42.42)	2:44.78 (41.36)	
3	Megan Tyler	15	Carmarthen	2:52.27	2:46.48
	39.52		2:04.94 ( )	2:46.48 (41.54)	
4	Emily Jones	16	Carmarthen	NT	3:05.21
	45.07	1:32.03 (46.96)	2:20.07 (48.04)	3:05.21 (45.14)	

**Event 27 Boys 10 Year Olds 50 SC Meter Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Sami Prysor	10	Aberystwyth	41.18	38.48
2	Oliver J Gillett	10	Swansea Aquatics	41.60	41.12
3	Alistair Phillips	10	Celtic Dolphins	47.62	44.08
4	Owen Fletcher	10	Haverfordwest Swimming Club	43.97	48.44
---	Finlay Thapa	10	Aberystwyth	50.61	DQ

**Event 27 Boys 11 Year Olds 50 SC Meter Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Benjamin Hillary	11	Pembroke & District	39.78	37.00
2	Cai Owen	11	Haverfordwest Swimming Club	43.09	42.63
3	Thomas W Greenaway	11	Swansea Aquatics	43.94	45.39
4	Charlie Jones Lewis	11	Aberystwyth	44.23	45.55
5	James Devonald	11	Haverfordwest Swimming Club	54.60	56.03

**Event 27 Boys 12 Year Olds 50 SC Meter Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Oliver North-Mullis	12	Carmarthen	34.68	33.63
2	Rhys a Thomas	12	Llanelli Asc	34.84	33.89
3	Rory Andrews	12	Haverfordwest Swimming Club	34.90	35.20
4	Aled L Conlon	12	Carmarthen	35.89	35.62
5	Thomas A Hedge	12	Swansea Aquatics	40.24	36.22
6	Jayden Keane	12	Pembroke & District	36.63	37.87
7	Robbie Ralph	12	Haverfordwest Swimming Club	39.73	40.83
8	Noah Thomas	12	Llanelli Asc	51.71	49.46
9	Steffan Bridger	12	Haverfordwest Swimming Club	NT	57.54
---	Morgan Williams	12	Pembroke & District	47.34	DQ

**Event 28 Girls 10 Year Olds 50 SC Meter Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Gracie Gilligan	10	Neath Asc	41.32	38.85
2	Charlotte E Smart	10	Swansea Aquatics	39.11	40.37
3	Ffion Thomas	10	Neath Asc	40.15	40.84
4	Izzy M Edwards	10	Swansea Aquatics	42.60	41.99
5	Mia Cleave	10	Celtic Dolphins	42.93	43.75
6	Tirion Sherman Higgs	10	Aberystwyth	45.03	45.28
7	Lily-May Welsby	10	Aberystwyth	57.05	49.31
8	Betsi H Thomas	10	Swansea Aquatics	52.96	53.53
9	Holly John	10	Haverfordwest Swimming Club	NT	54.12
10	Kiera Tyrrell	10	Celtic Dolphins	55.02	54.16
11	Nicole C Farcas	10	Swansea Aquatics	53.51	55.25
12	Niamh Devonald	10	Haverfordwest Swimming Club	51.89	58.55

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 2.15pm****(Event 28 Girls 10 Year Olds 50 SC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time
13	Mollie Harding	10	Haverfordwest Swimming Club	1:03.28	1:00.77
14	Charley Tegg	10	Llanelli Asc	1:07.70	1:02.60
15	Caitlin Brown	10	Amman Valley Swimming Club	1:02.02	1:04.47
---	Eve Walkley	10	Celtic Dolphins	NT	DQ

**Event 28 Girls 11 Year Olds 50 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time
1	Eleanor R White	11	Haverfordwest Swimming Club	38.42	37.43
2	Nia Llewellyn	11	Haverfordwest Swimming Club	41.03	38.59
3	Caitlin Evans	11	Neath Asc	41.03	39.65
4	Erin Phillips	11	Celtic Dolphins	42.92	40.00
5	Kayleigh Reed	11	Fishguard Flyers SC	38.82	40.13
6	Jessica Powell	11	Haverfordwest Swimming Club	41.89	40.53
7	Emily Roberts	11	Carmarthen	40.80	40.74
8	Cari Williams-Jones	11	Llanelli Asc	40.10	42.00
9	Abigail G Thomas	11	Pembroke & District	42.79	43.01
10	Lili Morris	11	Celtic Dolphins	43.69	43.27
11	Seren M Thomas	11	Swansea Aquatics	44.03	43.91
12	Ella Forster	11	Fishguard Flyers SC	43.52	45.65
13	Evie E Goddard	11	Haverfordwest Swimming Club	44.22	46.40
14	Kara Pugh	11	Haverfordwest Swimming Club	44.47	48.25
15	Leah Carroll	11	Pembroke & District	48.81	48.33
16	Nia James	11	Haverfordwest Swimming Club	45.20	49.04
17	Holly-Jane Callen	11	Pembroke & District	47.55	49.50
18	Nia T Owen	11	Swansea Aquatics	44.80	49.80
19	Maggie M Sturley	11	Pembroke & District	47.28	50.43
20	Tegan R Johns	11	Swansea Aquatics	54.88	53.63
21	Carys W Cooke	11	Llanelli Asc	1:04.46	1:00.94
22	Sophie Southam	11	Llanelli Asc	59.98	1:01.28
23	Sophie Moseley	11	Pembroke & District	1:23.07	1:11.91

**Event 28 Girls 12 Year Olds 50 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time
1	Holly-Ellice Jones	12	Carmarthen	36.56	35.71
2	Ffion M Moses	12	Haverfordwest Swimming Club	35.40	35.72
3	Hanna M Bowen	12	Carmarthen	37.03	35.82
4	Elen M Morgan	12	Aberystwyth	38.23	37.31
5	Lila Evans	12	Aberystwyth	42.08	37.35
6	Katie Wookey	12	Llanelli Asc	38.69	38.01
7	Freya M Thapa	12	Aberystwyth	40.48	39.96
8	Neve Jones	12	Neath Asc	39.38	41.21
9	Non Watts	12	Celtic Dolphins	44.82	42.72
10	Jodie Jones	12	Carmarthen	44.48	42.77
11	Lili M Davies	12	Aberystwyth	47.23	43.16
12	Ffion C Johns	12	Swansea Aquatics	46.10	43.95
13	Eden Bevan	12	Swansea Aquatics	46.95	48.54
14	Thea Williams	12	Neath Asc	1:00.56	59.13

**Event 29 Boys 13 Year Olds 100 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Henry White	13	Haverfordwest Swimming Club	1:22.16	1:21.30
	38.43		1:21.30 (42.87)		

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 2.15pm****(Event 29 Boys 13 Year Olds 100 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
2 Arron Fitzsimmons	13	Pembroke & District	1:22.25	1:22.13
38.81	1:22.13 (43.32)			
3 Jude R Coleridge	13	Aberystwyth	1:33.36	1:33.93
44.45	1:33.93 (49.48)			

**Event 29 Boys 14 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Harry E Jones	14	Celtic Dolphins	1:33.64	1:37.09
1:37.09	1:37.09 ( )			
2 Rafael Richards-Parssa Nyko	14	Swansea Aquatics	NT	1:39.54
47.82	1:39.54 (51.72)			
3 Aaron L Cobley	14	Swansea Aquatics	1:44.34	1:40.64
48.10	1:40.64 (52.54)			

**Event 29 Boys 15 & Over 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 William A Dwyer	15	Swansea Aquatics	1:14.72	1:15.33
35.33	1:15.33 (40.00)			
2 Jack D Montgomery	15	Swansea Aquatics	NT	1:24.96
40.48	1:24.96 (44.48)			
3 Matthew Berry	15	Haverfordwest Swimming Club	1:26.74	1:26.26
40.21	1:26.26 (46.05)			
4 Luke Dunning	15	Llanelli Asc	1:29.18	1:28.10
41.15	1:28.10 (46.95)			
5 Dean L Kelly	15	Haverfordwest Swimming Club	1:29.01	1:31.79
42.77	1:31.79 (49.02)			

**Event 30 Girls 13 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Megan E Thomson	13	Haverfordwest Swimming Club	1:31.31	1:29.61
43.49	1:29.61 (46.12)			
2 Briony Bennett	13	Haverfordwest Swimming Club	1:34.95	1:37.36
46.16	1:37.36 (51.20)			
3 Tamzin Ord	13	Llanelli Asc	1:40.74	1:41.07
48.19	1:41.07 (52.88)			
4 Gwenllian Howells	13	Carmarthen	1:44.23	1:44.51
45.83	1:44.51 (58.68)			
5 Isobel Vaughan	13	Haverfordwest Swimming Club	1:42.66	1:44.66
49.16	1:44.66 (55.50)			

**Event 30 Girls 14 Year Olds 100 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Cari L Davies	14	Aberystwyth	1:28.66	1:27.85
41.05	1:27.85 (46.80)			
2 Jess M Morris	14	Pembroke & District	1:29.64	1:29.37
42.73	1:29.37 (46.64)			
3 Leanna Williams	14	Aberystwyth	1:38.74	1:32.62
43.43	1:32.62 (49.19)			
4 Emma Jones	14	Aberystwyth	1:35.29	1:34.16
44.92	1:34.16 (49.24)			
5 Charlotte E Howells	14	Swansea Aquatics	1:46.24	1:44.61
47.94	1:44.61 (56.67)			

## West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017

## Results - Sub Regionals 2017 - Warmup 2.15pm

## Event 30 Girls 15 &amp; Over 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Niamh Jones	17	Swansea Aquatics	1:23.29	1:20.36
38.15	1:20.36 (42.21)			
2 Rachel Fice	15	Carmarthen	1:30.89	1:31.82
44.73	1:31.82 (47.09)			
3 Megan Tyler	15	Carmarthen	1:33.44	1:35.82
44.93	1:35.82 (50.89)			
4 Emily Jones	16	Carmarthen	1:36.87	1:36.43
46.50	1:36.43 (49.93)			
5 Tari-Starre Michael	15	Celtic Dolphins	2:00.79	1:57.34
55.34	1:57.34 (1:02.00)			

## Event 31 Boys 10 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Owen Fletcher	10	Haverfordwest Swimming Club	NT	7:32.20
51.20	1:51.99 (1:00.79)	2:53.30 (1:01.31)	3:54.93 (1:01.63)	
4:54.85 (59.92)	5:54.40 (59.55)	6:45.93 (51.53)	7:32.20 (46.27)	
--- Liam Weston	10	Llanelli Asc	NT	DQ
48.23	1:51.90 (1:03.67)	2:46.10 (54.20)	3:37.91 (51.81)	
4:42.19 (1:04.28)	5:49.46 (1:07.27)	6:36.40 (46.94)	DQ (44.37)	

## Event 31 Boys 11 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Charlie Jones Lewis	11	Aberystwyth	NT	7:32.08
48.44	1:49.26 (1:00.82)	2:47.09 (57.83)	3:42.67 (55.58)	
4:45.34 (1:02.67)	5:50.28 (1:04.94)	7:32.08 (1:41.80)	7:32.08 ( )	

## Event 31 Boys 12 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Woody L Francis	12	Swansea Aquatics	6:48.30	6:38.51
44.60	1:40.96 (56.36)	2:30.41 (49.45)	3:18.27 (47.86)	
4:15.04 (56.77)	5:12.31 (57.27)	5:56.17 (43.86)	6:38.51 (42.34)	

## Event 32 Girls 10 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Amy A Knowles	10	Haverfordwest Swimming Club	NT	7:01.45
47.22	1:49.06 (1:01.84)	2:42.30 (53.24)	3:34.37 (52.07)	
4:32.59 (58.22)	5:31.86 (59.27)	6:18.48 (46.62)	7:01.45 (42.97)	

## Event 32 Girls 11 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Holli K Jones	11	Swansea Aquatics	NT	6:21.67
42.98	1:32.39 (49.41)	2:19.94 (47.55)	3:07.71 (47.77)	
4:05.15 (57.44)	5:03.45 (58.30)	5:43.68 (40.23)	6:21.67 (37.99)	

## Event 32 Girls 12 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Amy V White	12	Haverfordwest Swimming Club	6:29.14	6:16.89
41.61	1:34.25 (52.64)	2:20.48 (46.23)	3:06.08 (45.60)	
3:58.17 (52.09)	4:50.26 (52.09)	5:37.00 (46.74)	6:16.89 (39.89)	
2 Holly-Ellice Jones	12	Carmarthen	NT	6:22.99
41.52	1:32.22 (50.70)	2:22.22 (50.00)	3:09.94 (47.72)	
4:03.85 (53.91)	4:58.04 (54.19)	5:40.81 (42.77)	6:22.99 (42.18)	



**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 2.15pm****(Event 32 Girls 12 Year Olds 400 SC Meter IM)**

<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
3 Mia George	12	Neath Asc	7:02.97	6:33.88
	47.04	1:40.96 (53.92)	2:29.38 (48.42)	3:16.83 (47.45)
	4:12.57 (55.74)	5:07.55 (54.98)	5:51.48 (43.93)	6:33.88 (42.40)