

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 8.00am****Event 33 Girls 13 Year Olds 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Molly Pearce	13	Llanelli Asc	31.42	31.24
2 Caitlin R Evans	13	Swansea Aquatics	31.81	31.73
3 Rachael E Lewis	13	Fishguard Flyers SC	32.82	32.06
4 Hannah Greenwood	13	Pembroke & District	33.85	32.82
5 Georgia Lee	13	Pembroke & District	33.59	33.32
6 Ffion Dunning	13	Llanelli Asc	33.49	33.62
7 Katie Glover	13	Neath Asc	34.59	34.67
8 Gwenllian Howells	13	Carmarthen	37.40	37.38

Event 33 Girls 14 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Francesca S Robinson	14	Haverfordwest Swimming Club	30.40	29.80
2 Cari L Davies	14	Aberystwyth	30.50	30.35
3 Alaw Davies	14	Aberystwyth	31.62	30.96
4 Leanna Williams	14	Aberystwyth	31.82	31.30
5 Danielle R Williams	14	Swansea Aquatics	31.75	31.42
6 Ffion Jones	14	Swansea Aquatics	32.03	31.85
7 Katie Jones	14	Aberystwyth	33.36	32.15
8 Tilly E Brooks-Thomas	14	Swansea Aquatics	32.58	33.30
9 Molly R Cressey-Rodgers	14	Carmarthen	33.64	33.64
10 Charlotte E Howells	14	Swansea Aquatics	34.82	33.83

Event 33 Girls 15 & Over 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Niamh Jones	17	Swansea Aquatics	30.18	30.42
2 Sioned Wallwork	16	Aberystwyth	31.63	30.58
3 Megan Tyler	15	Carmarthen	32.02	31.26
4 Lauren Hopkins	15	Celtic Dolphins	30.69	31.35
5 Jasmine Holdsworth	15	Celtic Dolphins	31.24	31.45
6 Alysia Glover	15	Neath Asc	31.88	32.29
7 Eva Edwards	15	Carmarthen	33.75	33.21
8 Emily Jones	16	Carmarthen	34.43	34.19
--- Tari-Starre Michael	15	Celtic Dolphins	NT	DQ

Event 34 Boys 13 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Jude R Coleridge	13	Aberystwyth	31.40	29.17
2 Joseph Gorman	13	Aberystwyth	30.33	30.08
3 Dylan R Lewis	13	Swansea Aquatics	31.79	30.80
4 Harvey Wingrave-Rix	13	Swansea Aquatics	32.07	30.85
5 Rhys Partridge	13	Llanelli Asc	31.99	32.46
6 Dominic Davies	13	Llanelli Asc	34.75	32.53
7 Kaleb Owen	13	Fishguard Flyers SC	45.95	32.83
8 Ioan Collier	13	Carmarthen	38.46	33.70
9 Alex Mote	13	Carmarthen	36.63	34.74

Event 34 Boys 14 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Morgan S Greenway	14	Swansea Aquatics	29.44	28.57
2 Jacob Massey	14	Aberystwyth	31.78	31.37
3 Cameron Osbourne	14	Celtic Dolphins	NT	31.99
4 Rafael Richards-Parssa Nyko	14	Swansea Aquatics	NT	33.60

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Name	Age	Team	Seed Time	Finals Time
5 Aaron L Cobby	14	Swansea Aquatics	36.09	35.48
6 Aiden J Daniel	14	Neath Asc	38.78	38.76

Event 34 Boys 15 & Over 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Sean A Barrett	15	Haverfordwest Swimming Club	27.64	26.52
2 Matthew D Lewis	32	Haverfordwest Swimming Club	26.55	27.04
3 Cameron Phillips	17	Aberystwyth	27.03	27.19
4 Matthew Berry	15	Haverfordwest Swimming Club	30.05	28.66
5 Jack D Montgomery	15	Swansea Aquatics	NT	28.94
6 Dylan Skym	16	Aberystwyth	30.35	29.02
7 Dean L Kelly	15	Haverfordwest Swimming Club	29.38	29.32
8 Morgan Evans	16	Aberystwyth	28.92	29.82
9 Luke Dunning	15	Llanelli Asc	31.31	30.65

Event 35 Girls 10 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
*1 Catrin S Edwards	10	Swansea Aquatics	1:30.91	1:26.01
41.97	1:26.01 (44.04)			
*1 Ffion Thomas	10	Neath Asc	1:28.21	1:26.01
41.90	1:26.01 (44.11)			
3 Lily Busby	10	Pembroke & District	1:34.26	1:27.67
42.30	1:27.67 (45.37)			
4 Grace R Lewis	10	Swansea Aquatics	1:28.90	1:28.25
43.90	1:28.25 (44.35)			
5 Gemma N Hale	10	Swansea Aquatics	1:32.38	1:32.30
45.66	1:32.30 (46.64)			
6 Lily-May Welsby	10	Aberystwyth	1:38.74	1:32.77
45.52	1:32.77 (47.25)			
7 Izzy M Edwards	10	Swansea Aquatics	1:33.56	1:33.00
43.74	1:33.00 (49.26)			
8 Rhian L Davies	10	Swansea Aquatics	1:33.44	1:33.22
45.01	1:33.22 (48.21)			
9 Tirion Sherman Higgs	10	Aberystwyth	1:38.44	1:33.31
46.83	1:33.31 (46.48)			
10 Katie Sullivan	10	Celtic Dolphins	1:33.92	1:33.64
46.08	1:33.64 (47.56)			
11 Ellie Edwards	10	Celtic Dolphins	NT	1:40.01
48.97	1:40.01 (51.04)			
12 Erin Allen	10	Haverfordwest Swimming Club	1:38.90	1:40.83
50.15	1:40.83 (50.68)			
13 Holly John	10	Haverfordwest Swimming Club	1:46.91	1:44.98
14 Charley Tegg	10	Llanelli Asc	2:09.25	1:57.68
56.26	1:57.68 (1:01.42)			
15 Eve Walkley	10	Celtic Dolphins	NT	2:00.40
59.30	2:00.40 (1:01.10)			
16 Georgia E Cobby	10	Swansea Aquatics	NT	2:11.65
1:04.04	2:11.65 (1:07.61)			
--- Carys Thompson	10	Pembroke & District	2:25.85	DQ
--- Caitlin Brown	10	Amman Valley Swimming Club	2:11.13	DQ
50.66	DQ (53.89)			
--- Betsy Owen	10	Haverfordwest Swimming Club	NT	DQ
51.73	DQ (56.80)			

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 8.00am****Event 35 Girls 11 Year Olds 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Kayleigh Reed	11	Fishguard Flyers SC	1:25.06	1:25.45
43.41	1:25.45 (42.04)			
2 Lili Morris	11	Celtic Dolphins	1:35.62	1:27.74
43.22	1:27.74 (44.52)			
3 Bethan Bray	11	Celtic Dolphins	1:33.36	1:28.76
43.52	1:28.76 (45.24)			
4 Leah Carroll	11	Pembroke & District	1:38.75	1:29.62
43.76	1:29.62 (45.86)			
5 Caitlin Evans	11	Neath Asc	1:31.71	1:29.65
43.62	1:29.65 (46.03)			
6 Lucy John	11	Haverfordwest Swimming Club	1:35.90	1:30.71
44.35	1:30.71 (46.36)			
7 Kara Pugh	11	Haverfordwest Swimming Club	1:32.73	1:31.47
44.71	1:31.47 (46.76)			
8 Nia T Owen	11	Swansea Aquatics	1:37.30	1:32.46
45.13	1:32.46 (47.33)			
9 Nia James	11	Haverfordwest Swimming Club	1:36.11	1:32.68
45.56	1:32.68 (47.12)			
10 Chloe Hale	11	Haverfordwest Swimming Club	1:32.43	1:33.32
46.75	1:33.32 (46.57)			
11 Evie E Goddard	11	Haverfordwest Swimming Club	1:34.14	1:36.40
47.14	1:36.40 (49.26)			
12 Abigail G Thomas	11	Pembroke & District	1:47.41	1:39.76
47.27	1:39.76 (52.49)			
13 Holly-Jane Callen	11	Pembroke & District	1:45.13	1:40.23
50.06	1:40.23 (50.17)			
14 Lucy Phelps	11	Celtic Dolphins	NT	1:42.00
49.61	1:42.00 (52.39)			
15 Sophie Southam	11	Llanelli Asc	1:58.17	1:49.96
51.57	1:49.96 (58.39)			
16 Carys W Cooke	11	Llanelli Asc	1:52.93	1:50.95
54.33	1:50.95 (56.62)			
17 Sophie Moseley	11	Pembroke & District	2:03.81	1:53.16
53.47	1:53.16 (59.69)			

Event 35 Girls 12 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Nia V Bailey-Jones	12	Swansea Aquatics	1:17.48	1:15.93
36.57	1:15.93 (39.36)			
2 Sofia Garcia de Leaniz	12	Swansea Aquatics	1:16.72	1:16.88
37.17	1:16.88 (39.71)			
3 Holly-Ellice Jones	12	Carmarthen	1:20.51	1:18.26
37.34	1:18.26 (40.92)			
4 Lila Evans	12	Aberystwyth	1:19.46	1:18.38
38.63	1:18.38 (39.75)			
5 Katie Wookey	12	Llanelli Asc	1:23.49	1:18.79
38.31	1:18.79 (40.48)			
6 Hanna M Bowen	12	Carmarthen	1:23.03	1:19.69
38.16	1:19.69 (41.53)			
7 Amy V White	12	Haverfordwest Swimming Club	1:21.48	1:21.62
39.41	1:21.62 (42.21)			
8 Sophie Krol	12	Haverfordwest Swimming Club	1:23.82	1:22.95
40.47	1:22.95 (42.48)			

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Name	Age	Team	Seed Time	Finals Time
9 Freya M Thapa	12	Aberystwyth	1:23.86	1:23.39
40.76	1:23.39 (42.63)			
10 Elen M Morgan	12	Aberystwyth	1:28.54	1:24.53
41.85	1:24.53 (42.68)			
11 Neve Jones	12	Neath Asc	1:24.97	1:24.98
40.51	1:24.98 (44.47)			
12 Keira J Gillett	12	Swansea Aquatics	1:26.17	1:25.04
42.16	1:25.04 (42.88)			
13 Ffion C Johns	12	Swansea Aquatics	1:27.13	1:26.43
42.82	1:26.43 (43.61)			
14 Lili M Davies	12	Aberystwyth	1:25.61	1:26.51
42.80	1:26.51 (43.71)			
15 Aimee L Rice	12	Carmarthen	NT	1:27.05
42.39	1:27.05 (44.66)			
16 Abigail Lewis	12	Neath Asc	1:35.70	1:28.82
43.13	1:28.82 (45.69)			
17 Mia George	12	Neath Asc	1:31.77	1:29.95
43.04	1:29.95 (46.91)			
18 Eden Bevan	12	Swansea Aquatics	1:34.70	1:36.03
46.49	1:36.03 (49.54)			

Event 36 Boys 10 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Sami Prysor	10	Aberystwyth	1:27.73	1:23.52
41.01	1:23.52 (42.51)			
2 Dewi Thomas	10	Haverfordwest Swimming Club	1:28.58	1:25.12
41.14	1:25.12 (43.98)			
3 Oliver J Gillett	10	Swansea Aquatics	1:32.70	1:30.83
44.00	1:30.83 (46.83)			
4 Liam Upton-Boorman	10	Carmarthen	1:45.54	1:32.59
1:32.59	1:32.59 ()			
5 Liam Weston	10	Llanelli Asc	1:30.85	1:33.74
46.58	1:33.74 (47.16)			
6 Zachariah Owen	10	Fishguard Flyers SC	NT	1:34.95
45.32	1:34.95 (49.63)			
7 Finlay Thapa	10	Aberystwyth	1:36.20	1:35.93
46.37	1:35.93 (49.56)			
8 Owen Fletcher	10	Haverfordwest Swimming Club	1:38.06	1:39.96
48.32	1:39.96 (51.64)			
9 Gabriel Bingham	10	Fishguard Flyers SC	NT	1:44.02
48.87	1:44.02 (55.15)			
10 Kieran Partridge	10	Llanelli Asc	1:40.05	1:44.74
51.66	1:44.74 (53.08)			
11 Jacob Thomson	10	Haverfordwest Swimming Club	2:07.26	2:04.24

Huw Cressey-Rodgers	10	Carmarthen	1:55.54	DQ
57.05	DQ (58.79)			

Event 36 Boys 11 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Benjamin Hillary	11	Pembroke & District	1:22.40	1:23.29
40.56	1:23.29 (42.73)			
2 Arun R Templeton	11	Swansea Aquatics	1:26.01	1:26.11
41.91	1:26.11 (44.20)			

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Name	Age	Team	Seed Time	Finals Time
3 Matthew Hill	11	Haverfordwest Swimming Club	1:43.25	1:30.22
43.21	1:30.22 (47.01)			
4 Christopher J Swinton	11	Swansea Aquatics	1:36.85	1:31.99
44.97	1:31.99 (47.02)			
5 Thomas W Greenaway	11	Swansea Aquatics	1:32.63	1:32.41
44.84	1:32.41 (47.57)			
6 Ethan Williams	11	Llanelli Asc	1:35.04	1:37.53
47.80	1:37.53 (49.73)			
7 James Devonald	11	Haverfordwest Swimming Club	1:43.07	1:41.55
47.96	1:41.55 (53.59)			

Event 36 Boys 12 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Dylan Gwynne-Jones	12	Carmarthen	1:16.96	1:13.20
35.52	1:13.20 (37.68)			
2 Rhys a Thomas	12	Llanelli Asc	1:17.17	1:14.84
3 Aled L Conlon	12	Carmarthen	1:18.59	1:15.98
36.98	1:15.98 (39.00)			
4 Ioan Cressey-Rodgers	12	Carmarthen	1:24.59	1:20.10
38.81	1:20.10 (41.29)			
5 Jayden Keane	12	Pembroke & District	1:22.53	1:20.76
38.73	1:20.76 (42.03)			
6 Robbie Ralph	12	Haverfordwest Swimming Club	1:27.09	1:26.32
41.04	1:26.32 (45.28)			
--- Ellis Robinson	12	Haverfordwest Swimming Club	1:36.32	DQ
46.12	DQ (47.78)			

Event 37 Girls 13 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Lucy Clack	13	Carmarthen	35.85	35.38
2 Molly Pearce	13	Llanelli Asc	35.01	35.51
3 Ffion Dunning	13	Llanelli Asc	36.74	35.80
4 Briony Bennett	13	Haverfordwest Swimming Club	39.43	40.73
5 Isobel Vaughan	13	Haverfordwest Swimming Club	52.34	42.51
6 Gwenllian Howells	13	Carmarthen	46.81	46.86
--- Nia Sullivan	13	Celtic Dolphins	34.34	DQ

Event 37 Girls 14 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Katie Jones	14	Aberystwyth	35.25	34.20
2 Leanna Williams	14	Aberystwyth	36.73	34.42
3 Cari L Davies	14	Aberystwyth	35.25	34.61
4 Emma Jones	14	Aberystwyth	37.55	37.28
5 Danielle R Williams	14	Swansea Aquatics	37.66	37.69
6 Tilly E Brooks-Thomas	14	Swansea Aquatics	36.76	38.39
7 Alaw Davies	14	Aberystwyth	38.29	39.49
8 Charlotte E Howells	14	Swansea Aquatics	46.19	41.52

Event 37 Girls 15 & Over 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Sioned Wallwork	16	Aberystwyth	35.24	33.89
2 Jasmine Holdsworth	15	Celtic Dolphins	36.13	36.30
3 Alysia Glover	15	Neath Asc	36.69	36.86
4 Tari-Starre Michael	15	Celtic Dolphins	43.65	45.01

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 8.00am****Event 38 Boys 13 Year Olds 50 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Jude R Coleridge	13	Aberystwyth	35.12	33.26
2 Harvey Wingrave-Rix	13	Swansea Aquatics	33.73	33.63
3 Arron Fitzsimmons	13	Pembroke & District	33.04	34.21
4 Rhys Partridge	13	Llanelli Asc	34.91	34.61
5 Dylan R Lewis	13	Swansea Aquatics	35.01	35.35
6 Joseph Gorman	13	Aberystwyth	34.09	35.72
7 Kaleb Owen	13	Fishguard Flyers SC	40.32	37.07
8 Ioan Collier	13	Carmarthen	43.05	39.93

Event 38 Boys 14 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Morgan S Greenway	14	Swansea Aquatics	33.11	32.04
2 Jacob Massey	14	Aberystwyth	34.38	33.44
3 Cameron Osbourne	14	Celtic Dolphins	NT	35.49
4 Ben J MacDougall	14	Haverfordwest Swimming Club	48.19	35.58
5 Rafael Richards-Parssa Nyko	14	Swansea Aquatics	NT	37.90

Event 38 Boys 15 & Over 50 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Tomas D Webb	17	Haverfordwest Swimming Club	NT	27.93
2 Sean A Barrett	15	Haverfordwest Swimming Club	33.16	28.98
3 Joshua Jones	15	Carmarthen	30.34	29.51
4 Matthew D Lewis	32	Haverfordwest Swimming Club	37.03	31.89
5 Dylan Skym	16	Aberystwyth	35.16	33.22
6 Dean L Kelly	15	Haverfordwest Swimming Club	49.61	33.25
7 Luke Dunning	15	Llanelli Asc	35.36	35.40
8 Patrick J Clapham	16	Fishguard Flyers SC	35.68	35.49
9 Jack D Montgomery	15	Swansea Aquatics	NT	37.03

Event 39 Girls 10 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Marilla Evans	10	Pembroke & District	4:08.18	3:38.15
51.87	1:47.59 (55.72)	2:43.52 (55.93)	3:38.15 (54.63)	
2 Gemma N Hale	10	Swansea Aquatics	3:50.08	3:54.31
54.22	1:54.04 (59.82)	2:55.57 (1:01.53)	3:54.31 (58.74)	
3 Lily-May Welsby	10	Aberystwyth	NT	3:55.41
50.85	1:54.30 (1:03.45)	2:55.33 (1:01.03)	3:55.41 (1:00.08)	
4 Tirion Sherman Higgs	10	Aberystwyth	4:02.56	4:01.27
53.65	1:56.90 (1:03.25)	2:59.03 (1:02.13)	4:01.27 (1:02.24)	
5 Betsy Owen	10	Haverfordwest Swimming Club	NT	4:02.74
53.73	1:54.51 (1:00.78)	2:58.46 (1:03.95)	4:02.74 (1:04.28)	
6 Holly John	10	Haverfordwest Swimming Club	4:16.28	4:03.02
57.80	2:01.22 (1:03.42)	3:04.20 (1:02.98)	4:03.02 (58.82)	
7 Erin Allen	10	Haverfordwest Swimming Club	NT	4:10.22
1:00.06	2:05.19 (1:05.13)	3:09.06 (1:03.87)	4:10.22 (1:01.16)	
8 Heledd G Francis	10	Swansea Aquatics	4:10.15	4:10.98
57.42	2:01.62 (1:04.20)	3:06.86 (1:05.24)	4:10.98 (1:04.12)	
9 Ellie Edwards	10	Celtic Dolphins	NT	4:11.53
57.73	2:02.58 (1:04.85)	3:07.98 (1:05.40)	4:11.53 (1:03.55)	
10 Pippa Moore	10	Haverfordwest Swimming Club	NT	4:21.73
57.57	2:03.67 (1:06.10)	3:12.59 (1:08.92)	4:21.73 (1:09.14)	
11 Charley Tegg	10	Llanelli Asc	NT	4:40.26
1:04.70	2:16.42 (1:11.72)	3:29.28 (1:12.86)	4:40.26 (1:10.98)	

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Name	Age	Team	Seed Time	Finals Time
1 Caitlin Evans	11	Neath Asc	3:41.33	3:27.47
48.30	1:41.16 (52.86)	2:34.11 (52.95)	3:27.47 (53.36)	
2 Nia Llewellyn	11	Haverfordwest Swimming Club	3:28.25	3:29.01
47.07	1:40.88 (53.81)	2:36.18 (55.30)	3:29.01 (52.83)	
3 Ella Rush	11	Celtic Dolphins	NT	3:30.09
48.64	1:42.08 (53.44)	2:37.28 (55.20)	3:30.09 (52.81)	
4 Holly-Jane Callen	11	Pembroke & District	3:42.36	3:33.10
50.07	1:44.96 (54.89)	2:40.08 (55.12)	3:33.10 (53.02)	
5 Lucy John	11	Haverfordwest Swimming Club	3:33.88	3:33.34
50.12	1:43.59 (53.47)	2:39.99 (56.40)	3:33.34 (53.35)	
6 Alexa Horne	11	Fishguard Flyers SC	3:40.41	3:34.53
48.50	1:44.10 (55.60)	2:41.30 (57.20)	3:34.53 (53.23)	
7 Eleanor R White	11	Haverfordwest Swimming Club	3:38.77	3:34.90
49.33	1:44.77 (55.44)	2:40.80 (56.03)	3:34.90 (54.10)	
8 Chloe Hale	11	Haverfordwest Swimming Club	3:38.01	3:35.99
49.11	1:45.68 (56.57)	2:41.07 (55.39)	3:35.99 (54.92)	
9 Enfys Griffiths	11	Haverfordwest Swimming Club	4:37.14	3:36.16
47.18	1:42.23 (55.05)	2:39.17 (56.94)	3:36.16 (56.99)	
10 Erin Phillips	11	Celtic Dolphins	NT	3:36.85
50.38	1:47.44 (57.06)	2:44.40 (56.96)	3:36.85 (52.45)	
11 Marissa Hill	11	Celtic Dolphins	4:01.90	3:38.65
50.25	1:45.23 (54.98)	2:43.92 (58.69)	3:38.65 (54.73)	
12 Kara Pugh	11	Haverfordwest Swimming Club	4:08.61	3:41.96
51.04	1:48.12 (57.08)	2:46.97 (58.85)	3:41.96 (54.99)	
13 Lili Morris	11	Celtic Dolphins	NT	3:42.21
52.48	1:50.48 (58.00)	2:48.98 (58.50)	3:42.21 (53.23)	
14 Jessica G Hewitt	11	Swansea Aquatics	3:43.96	3:47.14
52.89	1:52.29 (59.40)	2:50.93 (58.64)	3:47.14 (56.21)	
15 Evie E Goddard	11	Haverfordwest Swimming Club	3:39.35	3:49.53
52.91	1:52.22 (59.31)	2:52.03 (59.81)	3:49.53 (57.50)	
16 Keira L Wiltshire	11	Swansea Aquatics	NT	4:01.77
55.12	1:56.61 (1:01.49)	2:59.89 (1:03.28)	4:01.77 (1:01.88)	
17 Ellie M Gray	11	Swansea Aquatics	3:58.39	4:01.93
	1:58.71 ()	3:02.02 (1:03.31)	4:01.93 (59.91)	
18 Carys W Cooke	11	Llanelli Asc	4:12.80	4:04.22
56.27	1:59.56 (1:03.29)	3:03.45 (1:03.89)	4:04.22 (1:00.77)	
19 Nia T Owen	11	Swansea Aquatics	4:02.96	4:05.63
57.24	2:01.71 (1:04.47)	3:03.57 (1:01.86)	4:05.63 (1:02.06)	
20 Sophie Southam	11	Llanelli Asc	NT	4:33.15
1:01.13	2:13.49 (1:12.36)	3:24.76 (1:11.27)	4:33.15 (1:08.39)	
21 Sophie Moseley	11	Pembroke & District	4:51.56	4:35.01
1:02.09	2:13.20 (1:11.11)	3:23.84 (1:10.64)	4:35.01 (1:11.17)	

Event 39 Girls 12 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Holly-Ellice Jones	12	Carmarthen	3:11.58	3:11.26
43.12	1:31.95 (48.83)	2:22.04 (50.09)	3:11.26 (49.22)	
2 Lila Evans	12	Aberystwyth	3:19.88	3:16.62
44.59	1:35.10 (50.51)	2:26.90 (51.80)	3:16.62 (49.72)	
3 Mirain I Francis	12	Swansea Aquatics	3:15.59	3:17.28
43.47	1:32.36 (48.89)	2:23.71 (51.35)	3:17.28 (53.57)	
4 Lili M Davies	12	Aberystwyth	3:31.15	3:21.91
45.63	1:38.47 (52.84)	2:32.13 (53.66)	3:21.91 (49.78)	

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 8.00am****(Event 39 Girls 12 Year Olds 200 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
5 Sophie Krol	12	Haverfordwest Swimming Club	3:26.06	3:22.68
45.45	1:36.27 (50.82)	2:30.09 (53.82)	3:22.68 (52.59)	
6 Rhianna Phillips	12	Llanelli Asc	3:30.28	3:26.57
49.11	1:42.96 (53.85)	2:36.97 (54.01)	3:26.57 (49.60)	
7 Non Watts	12	Celtic Dolphins	3:27.26	3:27.27
46.51	1:39.25 (52.74)	2:34.10 (54.85)	3:27.27 (53.17)	
8 Amy V White	12	Haverfordwest Swimming Club	3:29.84	3:28.12
47.16	1:41.06 (53.90)	2:36.18 (55.12)	3:28.12 (51.94)	
9 Mia George	12	Neath Asc	3:44.29	3:29.32
48.87	1:42.50 (53.63)	2:36.40 (53.90)	3:29.32 (52.92)	
10 Abigail Lewis	12	Neath Asc	3:46.30	3:41.26
51.25	1:47.34 (56.09)	2:44.84 (57.50)	3:41.26 (56.42)	
11 Chloe Morris	12	Pembroke & District	4:45.91	3:41.92
51.27	1:48.70 (57.43)	2:46.28 (57.58)	3:41.92 (55.64)	
12 Neve Jones	12	Neath Asc	NT	3:43.04
51.23	1:49.39 (58.16)	2:48.93 (59.54)	3:43.04 (54.11)	
13 Elen M Morgan	12	Aberystwyth	4:09.75	3:44.76
51.75	1:50.41 (58.66)	2:49.86 (59.45)	3:44.76 (54.90)	
14 Eden Bevan	12	Swansea Aquatics	3:44.92	3:47.93
52.31	1:51.02 (58.71)	2:49.76 (58.74)	3:47.93 (58.17)	
--- Freya M Thapa	12	Aberystwyth	3:25.98	DQ
44.39	1:32.39 (48.00)	2:22.97 (50.58)	DQ (48.52)	

Event 40 Boys 10 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Benjamin Butcher	10	Haverfordwest Swimming Club	3:34.14	3:33.38
47.43	1:43.30 (55.87)	2:39.38 (56.08)	3:33.38 (54.00)	
2 Alistair Phillips	10	Celtic Dolphins	3:46.58	3:45.25
51.92	1:50.59 (58.67)	2:49.09 (58.50)	3:45.25 (56.16)	
3 Owen Fletcher	10	Haverfordwest Swimming Club	3:55.62	3:46.49
53.16	1:52.63 (59.47)	2:51.11 (58.48)	3:46.49 (55.38)	
4 Huw Cressey-Rodgers	10	Carmarthen	4:47.30	4:46.59
1:05.96	2:21.39 (1:15.43)	3:35.22 (1:13.83)	4:46.59 (1:11.37)	

Event 40 Boys 11 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Christopher J Swinton	11	Swansea Aquatics	3:52.28	3:50.36
53.32	1:54.19 (1:00.87)	2:54.64 (1:00.45)	3:50.36 (55.72)	
2 Harry Sparks	11	Carmarthen	NT	3:56.02
51.23	1:51.75 (1:00.52)	2:56.38 (1:04.63)	3:56.02 (59.64)	
3 James Townsend	11	Pembroke & District	4:18.51	4:13.05
56.01	2:02.02 (1:06.01)	3:08.33 (1:06.31)	4:13.05 (1:04.72)	

Event 40 Boys 12 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Dylan Gwynne-Jones	12	Carmarthen	3:35.50	3:17.87
43.53	1:35.47 (51.94)	2:27.30 (51.83)	3:17.87 (50.57)	
2 Ioan Cressey-Rodgers	12	Carmarthen	3:43.59	3:22.71
47.62	1:39.12 (51.50)	2:31.82 (52.70)	3:22.71 (50.89)	
3 Steffan Bridger	12	Haverfordwest Swimming Club	NT	4:09.80
55.33	1:59.02 (1:03.69)	3:05.24 (1:06.22)	4:09.80 (1:04.56)	

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 8.00am****Event 41 Girls 13 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Caitlin R Evans	13	Swansea Aquatics	2:31.30	2:27.98
34.11	1:11.62 (37.51)	1:50.45 (38.83)	2:27.98 (37.53)	
2 Rachael E Lewis	13	Fishguard Flyers SC	2:46.28	2:32.84
35.37	1:13.59 (38.22)	1:54.00 (40.41)	2:32.84 (38.84)	
3 Ffion Dunning	13	Llanelli Asc	2:44.49	2:34.36
35.78	1:15.13 (39.35)	1:55.02 (39.89)	2:34.36 (39.34)	
4 Hannah Greenwood	13	Pembroke & District	2:39.16	2:36.98
35.40	1:15.39 (39.99)	1:57.32 (41.93)	2:36.98 (39.66)	
5 Katie Glover	13	Neath Asc	2:42.14	2:41.65
36.13	1:17.43 (41.30)	2:00.39 (42.96)	2:41.65 (41.26)	
6 Georgia Lee	13	Pembroke & District	2:49.13	2:44.01
37.20	1:18.12 (40.92)	2:01.50 (43.38)	2:44.01 (42.51)	
7 Gwenllian Howells	13	Carmarthen	3:18.50	2:58.98
1:26.12	2:13.72 (47.60)	2:58.98 (45.26)		

Event 41 Girls 14 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Deryn H Cressey-Rodgers	14	Carmarthen	2:25.16	2:21.50
33.18	1:09.59 (36.41)	1:46.19 (36.60)	2:21.50 (35.31)	
2 Danielle R Williams	14	Swansea Aquatics	2:32.99	2:28.79
34.20	1:11.99 (37.79)	1:50.79 (38.80)	2:28.79 (38.00)	
3 Leanna Williams	14	Aberystwyth	3:24.61	2:30.17
32.35	1:11.12 (38.77)	1:51.67 (40.55)	2:30.17 (38.50)	
4 Ffion Jones	14	Swansea Aquatics	2:36.52	2:30.26
35.13	1:13.60 (38.47)	1:53.30 (39.70)	2:30.26 (36.96)	
5 Cari L Davies	14	Aberystwyth	2:31.22	2:31.20
34.16	1:12.03 (37.87)	1:51.54 (39.51)	2:31.20 (39.66)	
6 Katie Jones	14	Aberystwyth	2:34.80	2:31.71
33.14	1:11.43 (38.29)	1:51.76 (40.33)	2:31.71 (39.95)	
7 Molly R Cressey-Rodgers	14	Carmarthen	2:32.50	2:35.89
35.38	1:15.09 (39.71)	1:55.65 (40.56)	2:35.89 (40.24)	
8 Jess M Morris	14	Pembroke & District	2:49.57	2:47.29
36.48	1:19.42 (42.94)	2:05.09 (45.67)	2:47.29 (42.20)	
9 Charlotte E Howells	14	Swansea Aquatics	3:07.79	2:57.95
38.82	1:24.85 (46.03)	2:14.51 (49.66)	2:57.95 (43.44)	

Event 41 Girls 15 & Over 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Niamh Jones	17	Swansea Aquatics	2:23.46	2:21.82
33.03	1:09.41 (36.38)	1:46.21 (36.80)	2:21.82 (35.61)	
2 Megan Tyler	15	Carmarthen	2:29.03	2:28.65
34.31	1:12.19 (37.88)	1:51.14 (38.95)	2:28.65 (37.51)	
3 Alysia Glover	15	Neath Asc	2:28.62	2:34.05
34.82	1:14.10 (39.28)	1:54.26 (40.16)	2:34.05 (39.79)	
4 Eva Edwards	15	Carmarthen	2:46.52	2:38.30
35.88	1:16.36 (40.48)	1:58.60 (42.24)	2:38.30 (39.70)	
5 Ella Townsend	15	Pembroke & District	2:41.71	2:42.34
35.74	1:16.81 (41.07)	2:00.20 (43.39)	2:42.34 (42.14)	

Event 42 Boys 13 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Jude R Coleridge	13	Aberystwyth	2:24.60	2:22.41
31.69	1:07.33 (35.64)	1:44.99 (37.66)	2:22.41 (37.42)	

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 8.00am****(Event 42 Boys 13 Year Olds 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
2 Arron Fitzsimmons	13	Pembroke & District	2:25.28	2:24.27
32.64	1:09.31 (36.67)	1:47.69 (38.38)	2:24.27 (36.58)	
3 Rhys Partridge	13	Llanelli Asc	2:28.28	2:26.47
34.02	1:11.41 (37.39)	1:50.00 (38.59)	2:26.47 (36.47)	
4 Dylan R Lewis	13	Swansea Aquatics	2:25.73	2:26.59
33.88	1:11.75 (37.87)	1:50.07 (38.32)	2:26.59 (36.52)	
5 Liam Edwards	13	Carmarthen	2:51.53	2:29.72
34.11	1:11.85 (37.74)	1:51.21 (39.36)	2:29.72 (38.51)	
6 Dominic Davies	13	Llanelli Asc	2:54.89	2:43.46
35.86	1:16.30 (40.44)	2:00.37 (44.07)	2:43.46 (43.09)	
7 Harrison J Goddard	13	Haverfordwest Swimming Club	2:53.61	2:47.80
38.15	1:20.38 (42.23)	2:04.60 (44.22)	2:47.80 (43.20)	

Event 42 Boys 14 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Jack Southam	14	Llanelli Asc	2:18.45	2:16.11
30.85	1:04.99 (34.14)	1:40.55 (35.56)	2:16.11 (35.56)	
2 Morgan S Greenway	14	Swansea Aquatics	2:28.15	2:20.87
31.77	1:08.88 (37.11)	1:46.46 (37.58)	2:20.87 (34.41)	
3 Jacob Massey	14	Aberystwyth	2:24.87	2:22.76
33.02	1:09.43 (36.41)	1:46.78 (37.35)	2:22.76 (35.98)	
4 Ben J MacDougall	14	Haverfordwest Swimming Club	2:48.35	2:30.99
32.40	1:10.47 (38.07)	1:51.69 (41.22)	2:30.99 (39.30)	

Event 42 Boys 15 & Over 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Joshua Jones	15	Carmarthen	2:07.81	2:09.88
30.11	1:03.85 (33.74)	1:36.80 (32.95)	2:09.88 (33.08)	
2 Cameron Phillips	17	Aberystwyth	2:09.95	2:13.42
30.61	1:04.78 (34.17)	2:13.42 (1:08.64)	2:13.42 ()	
3 Matthew Berry	15	Haverfordwest Swimming Club	2:20.65	2:17.94
30.88	1:06.03 (35.15)	1:42.43 (36.40)	2:17.94 (35.51)	
4 Luke Dunning	15	Llanelli Asc	2:28.76	2:24.37
31.91	1:08.37 (36.46)	1:46.72 (38.35)	2:24.37 (37.65)	
5 Jack D Montgomery	15	Swansea Aquatics	NT	2:25.14
32.98	1:09.57 (36.59)	1:47.19 (37.62)	2:25.14 (37.95)	
6 Jason A Gibson	17	Swansea Aquatics	2:29.85	2:26.58
33.75	1:10.94 (37.19)	1:49.09 (38.15)	2:26.58 (37.49)	