

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.15pm****Event 43 Boys 10 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Oliver J Gillett	10	Swansea Aquatics	51.10	50.17
2 Dafydd R Jones	10	Carmarthen	54.36	50.33
3 Alistair Phillips	10	Celtic Dolphins	47.76	50.56
4 Owen Fletcher	10	Haverfordwest Swimming Club	51.72	51.34
5 Liam Upton-Boorman	10	Carmarthen	NT	52.42
6 Finlay Thapa	10	Aberystwyth	50.08	53.03
7 Zachariah Owen	10	Fishguard Flyers SC	57.16	57.47
8 James Stark	10	Fishguard Flyers SC	1:03.63	58.06
9 Gabriel Bingham	10	Fishguard Flyers SC	1:07.05	58.67
10 Kieran Partridge	10	Llanelli Asc	58.21	59.68
11 Finley McMullan	10	Fishguard Flyers SC	NT	1:00.45
12 Jacob Thomson	10	Haverfordwest Swimming Club	1:05.07	1:02.58

**Event 43 Boys 11 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Benjamin Hillary	11	Pembroke & District	46.45	48.20
2 Christopher J Swinton	11	Swansea Aquatics	49.09	48.99
3 Harry Sparks	11	Carmarthen	51.26	49.99
4 Thomas W Greenaway	11	Swansea Aquatics	47.41	50.92
5 Rhys Waters	11	Llanelli Asc	1:01.95	57.24
6 James Devonald	11	Haverfordwest Swimming Club	1:03.55	1:01.75
--- Arun R Templeton	11	Swansea Aquatics	52.45	DQ

**Event 43 Boys 12 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Oliver North-Mullis	12	Carmarthen	44.12	40.76
2 Aled L Conlon	12	Carmarthen	44.62	43.99
3 Thomas A Hedge	12	Swansea Aquatics	46.33	45.23
4 Woody L Francis	12	Swansea Aquatics	45.69	45.89
5 Ioan Cressey-Rodgers	12	Carmarthen	50.82	46.00
6 Robbie Ralph	12	Haverfordwest Swimming Club	46.79	48.67
7 Steffan Bridger	12	Haverfordwest Swimming Club	53.89	50.35
8 Noah Thomas	12	Llanelli Asc	55.91	54.73

**Event 44 Girls 10 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Rhian L Davies	10	Swansea Aquatics	47.32	46.60
2 Lily-May Welsby	10	Aberystwyth	48.89	48.43
3 Lily Busby	10	Pembroke & District	51.99	48.60
4 Catrin S Edwards	10	Swansea Aquatics	49.36	49.51
5 Gemma N Hale	10	Swansea Aquatics	49.41	51.80
6 Charlotte E Smart	10	Swansea Aquatics	51.89	53.97
7 Tirion Sherman Higgs	10	Aberystwyth	52.40	54.10
8 Isabelle J David	10	Swansea Aquatics	57.05	54.78
9 Ellie Edwards	10	Celtic Dolphins	55.90	56.69
10 Heledd G Francis	10	Swansea Aquatics	55.75	56.87
11 Betsi H Thomas	10	Swansea Aquatics	56.47	56.89
12 Erin McDonald	10	Haverfordwest Swimming Club	56.86	57.44
13 Caitlin Brown	10	Amman Valley Swimming Club	1:00.49	58.90
14 Carys Thompson	10	Pembroke & District	1:11.77	1:00.61
15 Charley Tegg	10	Llanelli Asc	1:05.75	1:01.20
16 Georgia E Cobley	10	Swansea Aquatics	1:10.98	1:08.83

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.15pm****(Event 44 Girls 10 Year Olds 50 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
17 Eve Walkley	10	Celtic Dolphins	1:27.56	1:10.94
18 Chloe Beynon	10	Fishguard Flyers SC	NT	1:12.96

**Event 44 Girls 11 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Nia Llewellyn	11	Haverfordwest Swimming Club	43.56	43.94
2 Erin Phillips	11	Celtic Dolphins	49.10	44.00
3 Seren M Thomas	11	Swansea Aquatics	44.50	45.14
4 Lucy John	11	Haverfordwest Swimming Club	45.71	46.13
5 Eleanor R White	11	Haverfordwest Swimming Club	47.66	46.93
6 Holly-Jane Callen	11	Pembroke & District	52.53	47.02
7 Caitlin Evans	11	Neath Asc	49.44	47.25
8 Lili Morris	11	Celtic Dolphins	45.27	47.45
9 Kara Pugh	11	Haverfordwest Swimming Club	47.24	47.65
10 Ella Rush	11	Celtic Dolphins	NT	47.70
11 Molly Fitchett	11	Neath Asc	48.74	48.38
12 Evie E Goddard	11	Haverfordwest Swimming Club	49.94	49.19
13 Kayleigh Reed	11	Fishguard Flyers SC	50.67	49.58
14 Bethan Bray	11	Celtic Dolphins	53.61	49.67
15 Jessica Powell	11	Haverfordwest Swimming Club	1:01.13	50.02
16 Leah Carroll	11	Pembroke & District	53.18	51.07
17 Jessica G Hewitt	11	Swansea Aquatics	50.63	51.87
18 Nia James	11	Haverfordwest Swimming Club	51.17	52.06
19 Carys W Cooke	11	Llanelli Asc	53.11	52.34
20 Nia T Owen	11	Swansea Aquatics	54.14	54.13
21 Keira L Wiltshire	11	Swansea Aquatics	55.93	54.35
22 Maggie M Sturley	11	Pembroke & District	53.48	54.77
23 Lucy Phelps	11	Celtic Dolphins	58.56	58.85
24 Nyah Elliott	11	Pembroke & District	1:08.57	1:05.63
--- Ffion Owen	11	Fishguard Flyers SC	1:00.74	DQ

**Event 44 Girls 12 Year Olds 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Hanna M Bowen	12	Carmarthen	40.82	39.09
2 Holly-Ellice Jones	12	Carmarthen	40.82	39.53
3 Freya M Thapa	12	Aberystwyth	41.17	40.41
4 Lila Evans	12	Aberystwyth	43.61	41.48
5 Mirain I Francis	12	Swansea Aquatics	41.05	41.50
6 Lili M Davies	12	Aberystwyth	42.01	42.05
7 Sophie Krol	12	Haverfordwest Swimming Club	42.71	42.51
8 Nia V Bailey-Jones	12	Swansea Aquatics	44.66	44.67
9 Sofia Garcia de Leaniz	12	Swansea Aquatics	43.85	44.78
10 Rhianna Phillips	12	Llanelli Asc	47.10	44.93
11 Katie Wookey	12	Llanelli Asc	47.46	45.52
12 Mia George	12	Neath Asc	45.98	45.59
13 Rhiannon m Clapham	12	Fishguard Flyers SC	49.97	47.28
14 Molly Jones	12	Pembroke & District	50.29	47.44
15 Elen M Morgan	12	Aberystwyth	48.37	47.54
16 Keira J Gillett	12	Swansea Aquatics	48.45	47.87
17 Abigail Lewis	12	Neath Asc	49.55	49.43
18 Neve Jones	12	Neath Asc	49.90	49.66
19 Ffion C Johns	12	Swansea Aquatics	51.21	52.13

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.15pm****(Event 44 Girls 12 Year Olds 50 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
20 Eden Bevan	12	Swansea Aquatics	51.27	52.36
21 Jodie Jones	12	Carmarthen	53.75	53.21
22 Thea Williams	12	Neath Asc	1:02.83	1:02.64

**Event 45 Boys 13 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Harvey Wingrave-Rix	13	Swansea Aquatics	1:16.28	1:15.34
35.49	1:15.34 (39.85)			
2 Dylan R Lewis	13	Swansea Aquatics	1:14.76	1:15.87
36.65	1:15.87 (39.22)			
3 Arron Fitzsimmons	13	Pembroke & District	1:14.08	1:16.90
35.69	1:16.90 (41.21)			
4 Rhys Partridge	13	Llanelli Asc	1:21.17	1:18.00
35.96	1:18.00 (42.04)			
5 Jude R Coleridge	13	Aberystwyth	1:19.42	1:20.65
36.24	1:20.65 (44.41)			
6 Joseph Gorman	13	Aberystwyth	1:24.07	1:26.00
40.60	1:26.00 (45.40)			
7 Liam Edwards	13	Carmarthen	2:00.39	1:28.81
41.06	1:28.81 (47.75)			
8 Kaleb Owen	13	Fishguard Flyers SC	1:32.01	1:29.35
39.61	1:29.35 (49.74)			
9 Harrison J Goddard	13	Haverfordwest Swimming Club	1:37.35	1:34.39
43.11	1:34.39 (51.28)			

**Event 45 Boys 14 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Jack Southam	14	Llanelli Asc	1:13.09	1:11.98
33.15	1:11.98 (38.83)			
2 Jacob Massey	14	Aberystwyth	1:13.27	1:12.94
34.05	1:12.94 (38.89)			

**Event 45 Boys 15 & Over 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Cameron Phillips	17	Aberystwyth	1:02.03	1:02.58
29.04	1:02.58 (33.54)			
2 Joshua Jones	15	Carmarthen	1:16.17	1:08.83
31.83	1:08.83 (37.00)			
3 Dylan Skym	16	Aberystwyth	1:16.97	1:12.41
33.85	1:12.41 (38.56)			
4 Dean L Kelly	15	Haverfordwest Swimming Club	1:14.22	1:15.97
34.84	1:15.97 (41.13)			

**Event 46 Girls 13 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Ffion Dunning	13	Llanelli Asc	1:21.90	1:18.98
38.00	1:18.98 (40.98)			
2 Briony Bennett	13	Haverfordwest Swimming Club	1:29.59	1:31.33
41.78	1:31.33 (49.55)			
--- Molly Pearce	13	Llanelli Asc	1:21.82	DNF
37.03				

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.15pm****Event 46 Girls 14 Year Olds 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Nia Conlon	14	Carmarthen	1:15.78	1:14.26
35.78	1:14.26 (38.48)			
2 Leanna Williams	14	Aberystwyth	1:19.89	1:18.19
35.04	1:18.19 (43.15)			
3 Cari L Davies	14	Aberystwyth	1:21.61	1:19.88
37.22	1:19.88 (42.66)			
4 Katie Jones	14	Aberystwyth	1:23.78	1:20.28
36.68	1:20.28 (43.60)			
5 Danielle R Williams	14	Swansea Aquatics	1:23.57	1:26.53
41.37	1:26.53 (45.16)			

**Event 46 Girls 15 & Over 100 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Sioned Wallwork	16	Aberystwyth	1:19.00	1:17.69
35.99	1:17.69 (41.70)			
2 Morgan Thomas	17	Llanelli Asc	1:23.15	1:23.55
39.56	1:23.55 (43.99)			

**Event 47 Boys 10 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Sami Prysor	10	Aberystwyth	42.11	38.25
2 Dewi Thomas	10	Haverfordwest Swimming Club	41.04	38.80
3 Dafydd R Jones	10	Carmarthen	41.23	40.62
4 Liam Upton-Boorman	10	Carmarthen	44.01	42.89
5 Finlay Thapa	10	Aberystwyth	44.78	43.29
6 Oliver J Gillett	10	Swansea Aquatics	42.22	43.54
7 Liam Weston	10	Llanelli Asc	42.67	45.62
8 Kieran Partridge	10	Llanelli Asc	46.78	48.44
9 James Stark	10	Fishguard Flyers SC	53.58	54.50
10 Jacob Thomson	10	Haverfordwest Swimming Club	56.76	57.32
--- Zachariah Owen	10	Fishguard Flyers SC	44.04	DQ

**Event 47 Boys 11 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Benjamin Hillary	11	Pembroke & District	38.59	39.41
2 Arun R Templeton	11	Swansea Aquatics	40.43	40.03
3 Thomas W Greenaway	11	Swansea Aquatics	39.91	42.17
4 Ethan Williams	11	Llanelli Asc	46.25	45.24
5 Christopher J Swinton	11	Swansea Aquatics	44.49	45.83
6 Harry Sparks	11	Carmarthen	47.83	47.14
--- Rhys Waters	11	Llanelli Asc	51.55	DQ

**Event 47 Boys 12 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Dylan Gwynne-Jones	12	Carmarthen	36.07	34.42
2 Jayden Keane	12	Pembroke & District	54.28	37.36
3 Oliver North-Mullis	12	Carmarthen	46.26	38.35
4 Ioan Cressey-Rodgers	12	Carmarthen	39.84	38.36
5 Robbie Ralph	12	Haverfordwest Swimming Club	39.48	39.50
6 Woody L Francis	12	Swansea Aquatics	39.96	39.89
7 Thomas A Hedge	12	Swansea Aquatics	40.68	40.21

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.15pm****Event 48 Girls 10 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Ffion Thomas	10	Neath Asc	40.52	39.14
2 Lily Busby	10	Pembroke & District	43.43	41.23
3 Izzy M Edwards	10	Swansea Aquatics	41.80	41.60
4 Grace R Lewis	10	Swansea Aquatics	41.83	41.69
5 Gemma N Hale	10	Swansea Aquatics	42.16	43.55
6 Tirion Sherman Higgs	10	Aberystwyth	46.47	43.63
7 Lily-May Welsby	10	Aberystwyth	45.56	44.24
8 Betsi H Thomas	10	Swansea Aquatics	46.26	45.29
9 Isabelle J David	10	Swansea Aquatics	44.65	45.40
10 Heledd G Francis	10	Swansea Aquatics	48.16	46.30
11 Niamh Devonald	10	Haverfordwest Swimming Club	48.38	47.20
12 Erin McDonald	10	Haverfordwest Swimming Club	50.95	48.92
13 Ellie R Phillips	10	Haverfordwest Swimming Club	54.40	49.81
14 Betsy Owen	10	Haverfordwest Swimming Club	53.84	50.58
15 Charley Tegg	10	Llanelli Asc	56.20	57.31
16 Georgia E Cobley	10	Swansea Aquatics	1:01.04	1:02.11
--- Caitlin Brown	10	Amman Valley Swimming Club	53.63	DQ
--- Eve Walkley	10	Celtic Dolphins	1:04.27	DQ

**Event 48 Girls 11 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Kayleigh Reed	11	Fishguard Flyers SC	42.45	40.21
2 Lili Morris	11	Celtic Dolphins	42.35	40.62
3 Lucy John	11	Haverfordwest Swimming Club	43.63	41.84
4 Bethan Bray	11	Celtic Dolphins	42.50	41.89
5 Caitlin Evans	11	Neath Asc	44.30	42.04
6 Jessica G Hewitt	11	Swansea Aquatics	43.66	42.81
7 Seren M Thomas	11	Swansea Aquatics	43.13	42.91
8 Chloe Hale	11	Haverfordwest Swimming Club	43.48	43.29
9 Kara Pugh	11	Haverfordwest Swimming Club	40.94	43.51
10 Molly Fitchett	11	Neath Asc	48.63	43.82
11 Nia T Owen	11	Swansea Aquatics	43.89	45.32
12 Ffion Owen	11	Fishguard Flyers SC	45.75	45.62
13 Ella Rush	11	Celtic Dolphins	NT	47.93
14 Holly-Jane Callen	11	Pembroke & District	47.61	48.09
15 Tegan R Johns	11	Swansea Aquatics	51.01	48.93
16 Keira L Wiltshire	11	Swansea Aquatics	51.43	49.53
17 Carys W Cooke	11	Llanelli Asc	55.07	52.43
18 Nyah Elliott	11	Pembroke & District	1:02.50	1:03.66

**Event 48 Girls 12 Year Olds 50 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Nia V Bailey-Jones	12	Swansea Aquatics	36.36	35.56
2 Holly-Ellice Jones	12	Carmarthen	37.44	36.34
3 Amy V White	12	Haverfordwest Swimming Club	39.79	37.01
4 Lila Evans	12	Aberystwyth	36.88	37.09
5 Sofia Garcia de Leaniz	12	Swansea Aquatics	37.35	37.80
6 Katie Wookey	12	Llanelli Asc	40.79	37.83
7 Sophie Krol	12	Haverfordwest Swimming Club	38.30	38.29
8 Non Watts	12	Celtic Dolphins	40.49	38.40
9 Neve Jones	12	Neath Asc	38.40	38.88

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.15pm****(Event 48 Girls 12 Year Olds 50 SC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
10 Lili M Davies	12	Aberystwyth	39.83	39.06
11 Freya M Thapa	12	Aberystwyth	42.51	39.59
12 Elen M Morgan	12	Aberystwyth	40.26	39.73
13 Keira J Gillett	12	Swansea Aquatics	41.21	40.22
14 Aimee L Rice	12	Carmarthen	42.51	40.29
15 Ffion C Johns	12	Swansea Aquatics	41.71	40.46
16 Mia George	12	Neath Asc	42.40	41.33
17 Abigail Lewis	12	Neath Asc	42.43	42.43
18 Eden Bevan	12	Swansea Aquatics	43.86	43.61
19 Molly Jones	12	Pembroke & District	51.95	50.84
20 Thea Williams	12	Neath Asc	51.41	51.58

**Event 49 Boys 13 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Arron Fitzsimmons	13	Pembroke & District	5:03.43	4:57.90
32.61	1:09.37 (36.76)	1:47.16 (37.79)	2:25.54 (38.38)	
3:04.16 (38.62)	3:43.16 (39.00)	4:21.82 (38.66)	4:57.90 (36.08)	
2 Dylan R Lewis	13	Swansea Aquatics	5:03.08	5:02.13
35.35	1:13.83 (38.48)	1:52.95 (39.12)	2:31.87 (38.92)	
3:09.88 (38.01)	3:48.02 (38.14)	4:26.02 (38.00)	5:02.13 (36.11)	
3 Jude R Coleridge	13	Aberystwyth	5:14.36	5:10.89
33.58	1:11.23 (37.65)	1:51.26 (40.03)	2:32.35 (41.09)	
3:12.22 (39.87)	3:52.02 (39.80)	4:30.72 (38.70)	5:10.89 (40.17)	
4 Dominic Davies	13	Llanelli Asc	6:04.76	5:52.24
36.28	1:20.45 (44.17)	2:06.46 (46.01)	2:51.21 (44.75)	
4:23.42 (1:32.21)		5:08.85 ( )	5:52.24 (43.39)	
5 Alex Mote	13	Carmarthen	7:03.36	6:04.55
	1:21.97 ( )	2:08.09 (46.12)	3:42.59 (1:34.50)	
6:04.55 (2:21.96)				
6 Ioan Collier	13	Carmarthen	NT	6:12.97
38.59	1:22.95 (44.36)	2:10.83 (47.88)	2:58.87 (48.04)	
3:47.62 (48.75)	4:36.98 (49.36)	5:26.45 (49.47)	6:12.97 (46.52)	

**Event 49 Boys 14 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Jacob Massey	14	Aberystwyth	5:07.10	5:03.77
35.04	1:13.54 (38.50)	1:52.11 (38.57)	2:31.27 (39.16)	
3:10.21 (38.94)	3:48.50 (38.29)	4:26.97 (38.47)	5:03.77 (36.80)	

**Event 49 Boys 15 & Over 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Jason A Gibson	17	Swansea Aquatics	5:21.85	5:11.99
34.07	1:12.54 (38.47)	1:51.66 (39.12)	2:31.23 (39.57)	
3:10.81 (39.58)	3:50.95 (40.14)	4:31.35 (40.40)	5:11.99 (40.64)	

**Event 50 Girls 13 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Emily Rees	13	Llanelli Asc	4:58.74	5:02.64
33.44	1:10.76 (37.32)	1:48.34 (37.58)	2:27.06 (38.72)	
3:05.66 (38.60)	3:44.89 (39.23)	4:25.35 (40.46)	5:02.64 (37.29)	
2 Caitlin R Evans	13	Swansea Aquatics	5:26.79	5:13.19
34.54	1:13.21 (38.67)	1:53.09 (39.88)	2:33.00 (39.91)	
3:13.33 (40.33)	3:53.61 (40.28)	4:34.19 (40.58)	5:13.19 (39.00)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.15pm****(Event 50 Girls 13 Year Olds 400 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
3 Lucy Clack	13	Carmarthen	5:43.21	5:28.89
	37.26	1:19.42 (42.16)	2:01.86 (42.44)	2:43.37 (41.51)
	3:25.11 (41.74)	4:06.89 (41.78)	4:48.19 (41.30)	5:28.89 (40.70)

**Event 50 Girls 14 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Nia Conlon	14	Carmarthen	4:56.80	4:53.86
	34.10	1:48.45 (1:14.35)	2:25.80 (37.35)	
	3:02.78 ( )	3:40.43 (37.65)	4:17.51 (37.08)	4:53.86 (36.35)
2 Danielle R Williams	14	Swansea Aquatics	5:11.50	5:11.58
	34.99	1:13.36 (38.37)	1:53.16 (39.80)	2:33.43 (40.27)
	3:13.20 (39.77)	3:53.06 (39.86)	4:32.92 (39.86)	5:11.58 (38.66)
3 Alaw Davies	14	Aberystwyth	5:40.76	5:27.39
	36.55	1:17.45 (40.90)	1:58.72 (41.27)	2:39.98 (41.26)
	3:21.78 (41.80)	4:04.02 (42.24)	4:46.13 (42.11)	5:27.39 (41.26)
4 Emma Jones	14	Aberystwyth	5:28.07	5:40.13
	36.74		2:01.28 ( )	2:44.60 (43.32)
	3:28.01 (43.41)	4:12.58 (44.57)	4:57.34 (44.76)	5:40.13 (42.79)

**Event 50 Girls 15 & Over 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Rhiannon B Williams	16	Swansea Aquatics	4:51.75	4:51.14
	33.05	1:09.38 (36.33)	1:46.16 (36.78)	2:23.52 (37.36)
	3:00.92 (37.40)	3:38.13 (37.21)	4:15.50 (37.37)	4:51.14 (35.64)
2 Megan Tyler	15	Carmarthen	5:16.32	5:08.93
	35.91	1:14.95 (39.04)	1:54.78 (39.83)	2:34.47 (39.69)
	3:13.20 (38.73)	3:51.93 (38.73)	4:30.60 (38.67)	5:08.93 (38.33)
3 Jasmine Holdsworth	15	Celtic Dolphins	5:07.89	5:09.25
	34.60	1:12.42 (37.82)	1:51.34 (38.92)	2:30.48 (39.14)
	3:09.79 (39.31)	3:49.81 (40.02)	4:29.89 (40.08)	5:09.25 (39.36)
4 Niamh Jones	17	Swansea Aquatics	5:22.16	5:12.08
	34.43	1:13.90 (39.47)	1:53.56 (39.66)	2:33.26 (39.70)
	3:13.30 (40.04)	3:53.17 (39.87)	4:32.96 (39.79)	5:12.08 (39.12)
5 Morgan Thomas	17	Llanelli Asc	5:15.72	5:14.49
	34.99	1:13.38 (38.39)	1:52.85 (39.47)	2:32.83 (39.98)
	3:13.44 (40.61)	3:54.08 (40.64)	4:35.51 (41.43)	5:14.49 (38.98)
6 Eva Edwards	15	Carmarthen	NT	5:32.73
	36.99	1:18.05 (41.06)	2:00.03 (41.98)	2:42.82 (42.79)
	3:26.12 (43.30)	4:09.90 (43.78)	4:52.92 (43.02)	5:32.73 (39.81)
7 Emily Jones	16	Carmarthen	6:18.77	5:44.20
	38.14	1:21.11 (42.97)	2:05.52 (44.41)	2:50.26 (44.74)
	3:34.29 (44.03)	4:18.08 (43.79)	5:01.66 (43.58)	5:44.20 (42.54)

**Event 51 Boys 10 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Sami Prysor	10	Aberystwyth	3:16.12	3:05.47
	39.70	1:24.41 (44.71)	2:24.15 (59.74)	3:05.47 (41.32)
2 Dewi Thomas	10	Haverfordwest Swimming Club	3:43.11	3:16.70
	48.49	1:34.42 (45.93)	2:33.95 (59.53)	3:16.70 (42.75)
3 Alistair Phillips	10	Celtic Dolphins	3:24.82	3:21.91
	46.75	1:39.06 (52.31)	2:35.63 (56.57)	3:21.91 (46.28)
4 Benjamin Butcher	10	Haverfordwest Swimming Club	3:27.45	3:26.76
	49.77	1:45.24 (55.47)	2:40.89 (55.65)	3:26.76 (45.87)
5 Owen Fletcher	10	Haverfordwest Swimming Club	3:24.84	3:29.47
	47.69	1:44.50 (56.81)	2:43.26 (58.76)	3:29.47 (46.21)

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.15pm****(Event 51 Boys 10 Year Olds 200 SC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
6 Rhys Caygill	10	Fishguard Flyers SC	4:12.75	3:33.53
46.91	1:41.24 (54.33)	2:47.85 (1:06.61)	3:33.53 (45.68)	
7 Liam Weston	10	Llanelli Asc	3:46.45	3:36.22
51.82	1:43.51 (51.69)	2:52.95 (1:09.44)	3:36.22 (43.27)	
8 Huw Cressey-Rodgers	10	Carmarthen	NT	4:04.34
2:03.64		3:12.82 ( )	4:04.34 (51.52)	
--- Dafydd R Jones	10	Carmarthen	3:53.72	DQ
45.84	1:31.94 (46.10)	2:33.94 (1:02.00)	DQ (43.94)	

**Event 51 Boys 11 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Benjamin Hillary	11	Pembroke & District	3:32.54	3:03.51
41.94	1:27.68 (45.74)	2:24.17 (56.49)	3:03.51 (39.34)	
2 Cai Owen	11	Haverfordwest Swimming Club	3:21.94	3:13.30
43.33	1:32.70 (49.37)	2:31.49 (58.79)	3:13.30 (41.81)	
3 Arun R Templeton	11	Swansea Aquatics	3:28.46	3:18.71
48.15	1:32.93 (44.78)	2:37.81 (1:04.88)	3:18.71 (40.90)	
4 Matthew Hill	11	Haverfordwest Swimming Club	3:34.87	3:24.58
45.76	1:34.95 (49.19)	2:37.66 (1:02.71)	3:24.58 (46.92)	
5 James Devonald	11	Haverfordwest Swimming Club	4:00.63	4:08.79
1:02.91	1:59.26 (56.35)	3:12.90 (1:13.64)	4:08.79 (55.89)	
--- Ethan Williams	11	Llanelli Asc	NT	DQ
48.86	1:43.64 (54.78)	2:53.45 (1:09.81)	DQ (44.09)	
--- Harry Sparks	11	Carmarthen	NT	DQ
50.58	1:49.35 (58.77)	2:51.02 (1:01.67)	DQ (45.16)	
--- Christopher J Swinton	11	Swansea Aquatics	3:21.88	DQ
50.20	1:40.85 (50.65)	2:38.80 (57.95)	DQ (45.86)	

**Event 51 Boys 12 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Dylan Gwynne-Jones	12	Carmarthen	2:54.76	2:45.71
1:19.02	2:08.89 (49.87)	2:45.71 (36.82)		
2 Rhys a Thomas	12	Llanelli Asc	2:54.99	2:49.16
36.26	1:19.85 (43.59)	2:12.07 (52.22)	2:49.16 (37.09)	
3 Jayden Keane	12	Pembroke & District	2:53.73	2:50.91
38.12	1:22.29 (44.17)	2:13.41 (51.12)	2:50.91 (37.50)	
4 Oliver North-Mullis	12	Carmarthen	2:58.11	2:51.66
34.98	1:19.21 (44.23)	2:12.70 (53.49)	2:51.66 (38.96)	
5 Aled L Conlon	12	Carmarthen	2:58.62	2:53.81
38.52	1:21.34 (42.82)	2:15.70 (54.36)	2:53.81 (38.11)	
6 Robbie Ralph	12	Haverfordwest Swimming Club	3:03.40	3:07.76
42.13	1:32.39 (50.26)	2:26.61 (54.22)	3:07.76 (41.15)	
7 Noah Thomas	12	Llanelli Asc	3:50.45	3:36.33
50.40	1:48.11 (57.71)	2:51.02 (1:02.91)	3:36.33 (45.31)	

**Event 52 Girls 10 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Gracie Gilligan	10	Neath Asc	3:11.10	3:02.15
1:26.04	2:20.94 (54.90)	3:02.15 (41.21)		
2 Rhian L Davies	10	Swansea Aquatics	3:13.71	3:17.98
48.03	1:37.35 (49.32)	2:31.09 (53.74)	3:17.98 (46.89)	
3 Charlotte E Smart	10	Swansea Aquatics	3:09.30	3:18.41
41.57	1:28.45 (46.88)	2:34.79 (1:06.34)	3:18.41 (43.62)	



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Name	Age	Team	Seed Time	Finals Time
4 Catrin S Edwards	10	Swansea Aquatics	3:18.11	3:18.69
45.47	1:35.44 (49.97)	2:35.74 (1:00.30)	3:18.69 (42.95)	
5 Grace R Lewis	10	Swansea Aquatics	3:20.52	3:21.31
48.89	1:36.49 (47.60)	2:39.55 (1:03.06)	3:21.31 (41.76)	
6 Marilla Evans	10	Pembroke & District	3:25.99	3:21.90
44.69	1:37.53 (52.84)	2:35.44 (57.91)	3:21.90 (46.46)	
7 Gemma N Hale	10	Swansea Aquatics	3:18.88	3:25.20
50.64	1:41.28 (50.64)	2:40.68 (59.40)	3:25.20 (44.52)	
8 Izzy M Edwards	10	Swansea Aquatics	3:23.23	3:25.64
47.03	1:36.97 (49.94)	2:40.13 (1:03.16)	3:25.64 (45.51)	
9 Katie Sullivan	10	Celtic Dolphins	3:25.44	3:26.25
47.50	1:38.18 (50.68)	2:43.85 (1:05.67)	3:26.25 (42.40)	
10 Tirion Sherman Higgs	10	Aberystwyth	3:32.89	3:33.47
50.26	1:40.84 (50.58)	2:50.52 (1:09.68)	3:33.47 (42.95)	
11 Betsi H Thomas	10	Swansea Aquatics	3:39.01	3:43.58
58.37	1:49.96 (51.59)	2:58.72 (1:08.76)	3:43.58 (44.86)	
12 Ellie Edwards	10	Celtic Dolphins	3:56.40	3:43.65
58.81	1:50.62 (51.81)	2:56.34 (1:05.72)	3:43.65 (47.31)	
13 Heledd G Francis	10	Swansea Aquatics	3:55.24	3:46.42
57.18	1:51.42 (54.24)	2:58.25 (1:06.83)	3:46.42 (48.17)	
14 Betsy Owen	10	Haverfordwest Swimming Club	NT	3:51.11
1:00.75	2:01.26 (1:00.51)	3:00.80 (59.54)	3:51.11 (50.31)	
15 Isabelle J David	10	Swansea Aquatics	3:47.10	3:51.84
58.06	1:52.86 (54.80)	3:00.25 (1:07.39)	3:51.84 (51.59)	
16 Carys Thompson	10	Pembroke & District	4:24.56	4:19.34
	3:23.13 ( )	4:19.34 (56.21)		

**Event 52 Girls 11 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Erin Phillips	11	Celtic Dolphins	3:09.39	3:01.33
41.54	1:28.32 (46.78)	2:22.12 (53.80)	3:01.33 (39.21)	
2 Holli K Jones	11	Swansea Aquatics	3:05.44	3:03.53
40.59	1:27.34 (46.75)	2:25.33 (57.99)	3:03.53 (38.20)	
3 Caitlin Evans	11	Neath Asc	3:16.20	3:07.37
42.52	1:29.65 (47.13)	2:23.51 (53.86)	3:07.37 (43.86)	
4 Eleanor R White	11	Haverfordwest Swimming Club	3:07.37	3:07.50
39.09	1:28.95 (49.86)	2:23.43 (54.48)	3:07.50 (44.07)	
5 Lili Morris	11	Celtic Dolphins	3:14.43	3:08.39
44.04	1:31.55 (47.51)	3:08.39 (1:36.84)		
6 Lucy John	11	Haverfordwest Swimming Club	3:22.26	3:15.37
49.13	1:38.51 (49.38)	2:32.47 (53.96)	3:15.37 (42.90)	
7 Alys Webb	11	Haverfordwest Swimming Club	3:16.50	3:16.49
44.62	1:34.91 (50.29)	2:33.32 (58.41)	3:16.49 (43.17)	
8 Marissa Hill	11	Celtic Dolphins	3:19.78	3:16.73
48.29	1:34.96 (46.67)	2:31.78 (56.82)	3:16.73 (44.95)	
9 Leah Carroll	11	Pembroke & District	3:48.30	3:18.73
47.73	1:37.69 (49.96)	2:34.93 (57.24)	3:18.73 (43.80)	
10 Holly-Jane Callen	11	Pembroke & District	3:43.88	3:23.76
49.13	1:43.14 (54.01)	2:37.52 (54.38)	3:23.76 (46.24)	
11 Kara Pugh	11	Haverfordwest Swimming Club	3:25.47	3:26.45
47.59	1:42.06 (54.47)	2:41.84 (59.78)	3:26.45 (44.61)	
12 Nia James	11	Haverfordwest Swimming Club	3:34.20	3:26.64
48.98	1:39.12 (50.14)	2:41.11 (1:01.99)	3:26.64 (45.53)	

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Name	Age	Team	Seed Time	Finals Time
13 Jessica Powell	11	Haverfordwest Swimming Club	3:31.15	3:31.80
48.69	1:43.20 (54.51)	2:46.42 (1:03.22)	3:31.80 (45.38)	
14 Ellie M Gray	11	Swansea Aquatics	3:26.64	3:35.10
49.30	1:41.82 (52.52)	2:48.13 (1:06.31)	3:35.10 (46.97)	
15 Maggie M Sturley	11	Pembroke & District	3:42.97	3:37.40
51.60	1:45.64 (54.04)	2:53.40 (1:07.76)	3:37.40 (44.00)	
16 Keira L Wiltshire	11	Swansea Aquatics	3:49.50	3:44.10
53.95	1:49.10 (55.15)	2:53.75 (1:04.65)	3:44.10 (50.35)	
17 Lucy Phelps	11	Celtic Dolphins	4:02.16	3:47.74
59.09	1:52.95 (53.86)	2:59.11 (1:06.16)	3:47.74 (48.63)	
18 Carys W Cooke	11	Llanelli Asc	NT	3:52.44
1:00.75	2:01.94 (1:01.19)	3:01.39 (59.45)	3:52.44 (51.05)	
19 Tegan R Johns	11	Swansea Aquatics	3:57.16	3:55.29
55.32	1:54.12 (58.80)	3:04.99 (1:10.87)	3:55.29 (50.30)	
--- Molly Fitchett	11	Neath Asc	3:43.24	DQ
43.80	1:35.47 (51.67)	2:34.55 (59.08)	DQ (45.49)	
--- Chloe Hale	11	Haverfordwest Swimming Club	3:15.70	DQ
49.32	1:37.78 (48.46)	2:33.79 (56.01)	DQ (45.97)	
--- Nia T Owen	11	Swansea Aquatics	3:32.48	DQ
51.52	1:46.02 (54.50)	2:50.18 (1:04.16)	DQ (48.60)	
--- Sophie Moseley	11	Pembroke & District	4:59.23	DQ
1:06.83	2:05.05 (58.22)	3:21.18 (1:16.13)	DQ (53.56)	

**Event 52 Girls 12 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Hanna M Bowen	12	Carmarthen	2:51.88	2:47.21
37.17	1:20.83 (43.66)	2:08.56 (47.73)	2:47.21 (38.65)	
2 Nia V Bailey-Jones	12	Swansea Aquatics	2:47.72	2:48.05
36.32	1:18.78 (42.46)	2:12.27 (53.49)	2:48.05 (35.78)	
3 Sofia Garcia de Leaniz	12	Swansea Aquatics	2:54.14	2:51.73
37.22	1:20.50 (43.28)	2:13.63 (53.13)	2:51.73 (38.10)	
4 Katie Wookey	12	Llanelli Asc	2:56.83	2:54.84
38.61	1:23.74 (45.13)	2:15.71 (51.97)	2:54.84 (39.13)	
5 Freya M Thapa	12	Aberystwyth	2:54.68	2:57.04
42.90	1:27.52 (44.62)	2:19.12 (51.60)	2:57.04 (37.92)	
6 Amy V White	12	Haverfordwest Swimming Club	3:00.90	2:59.24
41.50	1:25.33 (43.83)	2:18.50 (53.17)	2:59.24 (40.74)	
7 Non Watts	12	Celtic Dolphins	3:09.45	2:59.61
42.42	1:27.11 (44.69)	2:21.68 (54.57)	2:59.61 (37.93)	
8 Lili M Davies	12	Aberystwyth	3:26.66	3:06.82
45.44	1:33.04 (47.60)	2:24.13 (51.09)	3:06.82 (42.69)	
9 Mirrain I Francis	12	Swansea Aquatics	3:07.77	3:07.73
42.20	1:29.93 (47.73)	2:23.37 (53.44)	3:07.73 (44.36)	
10 Elen M Morgan	12	Aberystwyth	3:05.82	3:10.46
	1:29.61 ( )	2:30.24 (1:00.63)	3:10.46 (40.22)	
11 Mia George	12	Neath Asc	3:10.85	3:12.87
45.83	1:34.69 (48.86)	2:27.87 (53.18)	3:12.87 (45.00)	
12 Rhiannon m Clapham	12	Fishguard Flyers SC	3:12.85	3:13.68
44.56	1:32.66 (48.10)	2:29.26 (56.60)	3:13.68 (44.42)	
13 Abigail Lewis	12	Neath Asc	3:18.52	3:18.33
1:38.08	2:35.16 (57.08)	3:18.33 (43.17)		
14 Eden Bevan	12	Swansea Aquatics	NT	3:23.11
48.90	1:40.11 (51.21)	2:38.31 (58.20)	3:23.11 (44.80)	

**West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017****Results - Sub Regionals 2017 - Warmup 11.15pm****(Event 52 Girls 12 Year Olds 200 SC Meter IM)**

<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
15 Molly Jones	12	Pembroke & District	4:12.58	3:58.20
59.81	1:59.18 (59.37)	3:01.03 (1:01.85)	3:58.20 (57.17)	
--- Jodie Jones	12	Carmarthen	3:28.45	DQ
44.36	1:34.64 (50.28)	2:35.69 (1:01.05)	DQ (40.07)	