

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

Results - Sub Regionals 2017 - Warmup 2.45pm

Event 53 Girls 13 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Nia Sullivan	13	Celtic Dolphins	5:41.55	5:38.91
	35.33	1:16.35 (41.02)	2:00.33 (43.98)	2:43.49 (43.16)
	3:33.84 (50.35)	4:23.61 (49.77)	5:02.30 (38.69)	5:38.91 (36.61)
--- Emily Rees	13	Llanelli Asc	5:38.46	DQ
	36.73	1:19.07 (42.34)	2:01.69 (42.62)	2:43.51 (41.82)
	3:33.24 (49.73)	4:23.02 (49.78)	5:01.45 (38.43)	DQ (36.18)

Event 53 Girls 14 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Katie Jones	14	Aberystwyth	NT	6:13.97
	38.10	1:24.94 (46.84)	2:14.49 (49.55)	3:02.31 (47.82)
	3:56.66 (54.35)	4:53.13 (56.47)	5:33.14 (40.01)	6:13.97 (40.83)
2 Alaw Davies	14	Aberystwyth	NT	6:25.01
	42.15	1:33.81 (51.66)	2:21.91 (48.10)	3:08.53 (46.62)
	4:04.30 (55.77)	4:59.21 (54.91)	5:40.98 (41.77)	6:25.01 (44.03)

Event 54 Boys 13 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Arron Fitzsimmons	13	Pembroke & District	5:45.16	5:44.57
	36.55	1:21.72 (45.17)	2:04.77 (43.05)	2:48.59 (43.82)
	3:37.57 (48.98)	5:44.57 (2:07.00)	5:44.57 ()	
2 Jude R Coleridge	13	Aberystwyth	NT	5:59.65
	37.15	1:24.65 (47.50)	2:07.32 (42.67)	2:50.90 (43.58)
	3:42.91 (52.01)	4:36.13 (53.22)	5:18.39 (42.26)	5:59.65 (41.26)
3 Joseph Gorman	13	Aberystwyth	6:02.00	6:06.40
	39.76	1:27.54 (47.78)	2:14.78 (47.24)	3:00.16 (45.38)
	3:54.08 (53.92)	4:46.22 (52.14)	5:28.75 (42.53)	6:06.40 (37.65)
4 Liam Edwards	13	Carmarthen	NT	6:08.24
	41.68	1:33.97 (52.29)	2:23.10 (49.13)	3:11.04 (47.94)
	3:57.85 (46.81)	4:48.40 (50.55)	5:30.05 (41.65)	6:08.24 (38.19)

Event 54 Boys 14 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Jack Southam	14	Llanelli Asc	5:55.19	5:28.19
	34.53	1:14.15 (39.62)	1:56.01 (41.86)	2:37.63 (41.62)
	3:26.59 (48.96)	4:15.89 (49.30)	4:53.05 (37.16)	5:28.19 (35.14)

Event 54 Boys 15 & Over 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Matthew Berry	15	Haverfordwest Swimming Club	6:26.14	5:36.66
	35.00	1:18.59 (43.59)	2:01.37 (42.78)	2:43.63 (42.26)
	3:32.49 (48.86)	4:24.42 (51.93)	5:01.26 (36.84)	5:36.66 (35.40)

Event 55 Girls 10 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Ffion Thomas	10	Neath Asc	3:41.27	3:52.85
	43.81	1:45.73 (1:01.92)	2:51.17 (1:05.44)	3:52.85 (1:01.68)

Event 55 Girls 11 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Kara E Pritchard	11	Swansea Aquatics	3:05.75	3:00.08
	39.06	1:25.10 (46.04)	2:12.30 (47.20)	3:00.08 (47.78)
2 Holli K Jones	11	Swansea Aquatics	NT	3:19.27
	43.29	1:35.88 (52.59)	2:28.42 (52.54)	3:19.27 (50.85)

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 2.45pm****(Event 55 Girls 11 Year Olds 200 SC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
3 Abigail G Thomas	11	Pembroke & District	NT	3:52.95
	47.71	1:49.72 (1:02.01)	2:54.81 (1:05.09)	3:52.95 (58.14)

Event 55 Girls 12 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Nia V Bailey-Jones	12	Swansea Aquatics	3:13.36	3:02.73
	38.81	1:26.32 (47.51)	2:16.59 (50.27)	3:02.73 (46.14)

Event 56 Boys 10 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Owen Fletcher	10	Haverfordwest Swimming Club	4:09.30	3:56.68
	49.75	1:53.55 (1:03.80)	2:59.20 (1:05.65)	3:56.68 (57.48)

Event 57 Girls 13 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Lena Hughes	13	Pembroke & District	45.45	42.88
2 Ffion R Barnikel	13	Tenby Dolphins	47.08	43.37
3 Briony Bennett	13	Haverfordwest Swimming Club	43.70	44.26
4 Ffion Dunning	13	Llanelli Asc	46.97	46.57

Event 57 Girls 14 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Cari L Davies	14	Aberystwyth	41.34	40.03
2 Leanna Williams	14	Aberystwyth	44.10	43.68
3 Alaw Davies	14	Aberystwyth	44.05	44.28
4 Charlotte E Howells	14	Swansea Aquatics	49.12	46.50

Event 57 Girls 15 & Over 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Niamh Jones	17	Swansea Aquatics	37.58	37.37
*2 Aliesha Job	16	Penyrheol Swimming Club	39.63	40.95
*2 Sioned Wallwork	16	Aberystwyth	39.77	40.95
4 Emily Jones	16	Carmarthen	44.51	44.07
5 Tari-Starre Michael	15	Celtic Dolphins	54.32	52.78

Event 58 Boys 13 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Rhys Partridge	13	Llanelli Asc	41.47	40.24
2 Joseph Gorman	13	Aberystwyth	43.37	40.31
3 Jude R Coleridge	13	Aberystwyth	42.24	41.78
4 Ioan Collier	13	Carmarthen	45.19	42.53
5 Alex Mote	13	Carmarthen	51.47	48.63
6 Kaleb Owen	13	Fishguard Flyers SC	1:05.46	49.87

Event 58 Boys 14 Year Olds 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Ben J MacDougall	14	Haverfordwest Swimming Club	42.45	40.41
2 Rafael Richards-Parssa Nyko	14	Swansea Aquatics	NT	42.06
3 Aaron L Cobley	14	Swansea Aquatics	48.55	46.84
4 Aiden J Daniel	14	Neath Asc	1:13.04	1:07.65

Event 58 Boys 15 & Over 50 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Kyle Job	19	Penyrheol Swimming Club	33.98	34.18

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 2.45pm****(Event 58 Boys 15 & Over 50 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
2 Cameron Phillips	17	Aberystwyth	33.85	35.65
3 Morgan Evans	16	Aberystwyth	36.42	35.86
4 Jack D Montgomery	15	Swansea Aquatics	NT	38.19
5 Joshua Jones	15	Carmarthen	37.59	38.41
6 Luke Dunning	15	Llanelli Asc	39.56	38.63
7 Dylan Skym	16	Aberystwyth	49.65	40.82

Event 59 Girls 10 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Gracie Gilligan	10	Neath Asc	1:18.89	1:16.42
36.49	1:16.42 (39.93)			
2 Ffion Thomas	10	Neath Asc	1:17.88	1:17.33
37.26	1:17.33 (40.07)			
3 Gemma N Hale	10	Swansea Aquatics	1:20.55	1:21.04
39.00	1:21.04 (42.04)			
4 Grace R Lewis	10	Swansea Aquatics	1:20.15	1:21.27
39.31	1:21.27 (41.96)			
5 Katie Sullivan	10	Celtic Dolphins	1:21.66	1:24.23
40.42	1:24.23 (43.81)			
6 Rhian L Davies	10	Swansea Aquatics	1:22.13	1:25.79
40.83	1:25.79 (44.96)			
7 Betsi H Thomas	10	Swansea Aquatics	1:27.26	1:31.72
44.07	1:31.72 (47.65)			
8 Lily-May Welsby	10	Aberystwyth	1:28.28	1:32.69
44.26	1:32.69 (48.43)			
9 Erin McDonald	10	Haverfordwest Swimming Club	1:39.44	1:35.04
44.37	1:35.04 (50.67)			
10 Betsy Owen	10	Haverfordwest Swimming Club	NT	1:35.80
44.31	1:35.80 (51.49)			
11 Niamh Devonald	10	Haverfordwest Swimming Club	1:41.68	1:36.27
45.51	1:36.27 (50.76)			
12 Caitlin Brown	10	Amman Valley Swimming Club	1:39.65	1:37.11
47.32	1:37.11 (49.79)			
13 Ellie Edwards	10	Celtic Dolphins	NT	1:38.30
45.25	1:38.30 (53.05)			
14 Charley Tegg	10	Llanelli Asc	1:56.98	1:44.88
49.91	1:44.88 (54.97)			
15 Ellie R Phillips	10	Haverfordwest Swimming Club	NT	1:50.10
50.55	1:50.10 (59.55)			
16 Carys Thompson	10	Pembroke & District	1:48.06	1:59.49
57.56	1:59.49 (1:01.93)			

Event 59 Girls 11 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Nia Llewellyn	11	Haverfordwest Swimming Club	1:12.70	1:12.86
34.48	1:12.86 (38.38)			
2 Lili Morris	11	Celtic Dolphins	1:22.34	1:16.89
37.68	1:16.89 (39.21)			
3 Eleanor R White	11	Haverfordwest Swimming Club	1:21.65	1:19.23
37.86	1:19.23 (41.37)			
4 Seren M Thomas	11	Swansea Aquatics	1:15.74	1:20.26
37.79	1:20.26 (42.47)			
5 Caitlin Evans	11	Neath Asc	1:21.30	1:20.60
38.21	1:20.60 (42.39)			

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 2.45pm****(Event 59 Girls 11 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
6 Bethan Bray	11	Celtic Dolphins	1:26.98	1:20.90
39.70				1:20.90 (41.20)
7 Jessica G Hewitt	11	Swansea Aquatics	1:22.15	1:21.23
39.51				1:21.23 (41.72)
8 Ella Rush	11	Celtic Dolphins	NT	1:22.02
39.61				1:22.02 (42.41)
9 Chloe Hale	11	Haverfordwest Swimming Club	1:20.14	1:22.18
39.49				1:22.18 (42.69)
10 Kara Pugh	11	Haverfordwest Swimming Club	1:22.88	1:25.20
39.05				1:25.20 (46.15)
11 Holly-Jane Callen	11	Pembroke & District	1:30.08	1:26.06
42.14				1:26.06 (43.92)
12 Nia James	11	Haverfordwest Swimming Club	1:23.91	1:27.96
42.11				1:27.96 (45.85)
13 Lucy Phelps	11	Celtic Dolphins	NT	1:32.99
45.49				1:32.99 (47.50)
14 Sophie Southam	11	Llanelli Asc	1:41.09	1:35.00
44.47				1:35.00 (50.53)
15 Tegan R Johns	11	Swansea Aquatics	1:37.05	1:37.12
46.56				1:37.12 (50.56)
16 Carys W Cooke	11	Llanelli Asc	1:54.69	1:39.30
49.59				1:39.30 (49.71)
17 Sophie Moseley	11	Pembroke & District	2:04.28	1:43.60
49.16				1:43.60 (54.44)

Event 59 Girls 12 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Nia V Bailey-Jones	12	Swansea Aquatics	1:06.79	1:08.00
33.21				1:08.00 (34.79)
2 Holly-Ellice Jones	12	Carmarthen	1:12.93	1:10.64
33.80				1:10.64 (36.84)
3 Keira J Gillett	12	Swansea Aquatics	1:15.60	1:14.18
36.27				1:14.18 (37.91)
4 Aimee L Rice	12	Carmarthen	1:18.90	1:15.44
36.49				1:15.44 (38.95)
5 Lili M Davies	12	Aberystwyth	1:17.68	1:15.97
36.90				1:15.97 (39.07)
6 Amy V White	12	Haverfordwest Swimming Club	1:16.50	1:17.00
36.89				1:17.00 (40.11)
7 Jodie Jones	12	Carmarthen	1:22.99	1:17.53
36.15				1:17.53 (41.38)
8 Rhiannon m Clapham	12	Fishguard Flyers SC	1:19.33	1:19.49
37.15				1:19.49 (42.34)
9 Molly Jones	12	Pembroke & District	2:07.92	1:38.46
45.67				1:38.46 (52.79)

Event 60 Boys 10 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Sami Prysor	10	Aberystwyth	1:16.70	1:14.48
35.94				1:14.48 (38.54)
2 Dafydd R Jones	10	Carmarthen	1:19.81	1:15.81
36.41				1:15.81 (39.40)
3 Oliver J Gillett	10	Swansea Aquatics	1:16.32	1:16.91
36.90				1:16.91 (40.01)

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 2.45pm****(Event 60 Boys 10 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
4 Dewi Thomas	10	Haverfordwest Swimming Club	1:24.58	1:20.28
38.38	1:20.28 (41.90)			
5 Rhys Caygill	10	Fishguard Flyers SC	1:40.13	1:27.29
41.60	1:27.29 (45.69)			
6 Liam Weston	10	Llanelli Asc	1:24.11	1:27.31
41.14	1:27.31 (46.17)			
7 Liam Upton-Boorman	10	Carmarthen	1:41.99	1:29.25
41.95	1:29.25 (47.30)			
8 Owen Fletcher	10	Haverfordwest Swimming Club	1:27.16	1:31.54
43.52	1:31.54 (48.02)			
9 Gabriel Bingham	10	Fishguard Flyers SC	2:08.38	1:39.17
45.22	1:39.17 (53.95)			
10 Zachariah Owen	10	Fishguard Flyers SC	NT	1:39.53
46.02	1:39.53 (53.51)			
11 Huw Cressey-Rodgers	10	Carmarthen	1:38.17	1:49.62
50.19	1:49.62 (59.43)			
12 Jacob Thomson	10	Haverfordwest Swimming Club	1:48.02	1:53.89
53.28	1:53.89 (1:00.61)			

Event 60 Boys 11 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Benjamin Hillary	11	Pembroke & District	1:13.84	1:16.85
37.28	1:16.85 (39.57)			
2 Arun R Templeton	11	Swansea Aquatics	1:18.04	1:20.96
38.42	1:20.96 (42.54)			
3 Ethan Williams	11	Llanelli Asc	1:24.08	1:22.14
38.42	1:22.14 (43.72)			
4 Cai Owen	11	Haverfordwest Swimming Club	1:23.65	1:23.07
39.86	1:23.07 (43.21)			
5 Thomas W Greenaway	11	Swansea Aquatics	1:28.00	1:26.52
40.08	1:26.52 (46.44)			
6 Rhys Waters	11	Llanelli Asc	1:39.83	1:28.19
41.58	1:28.19 (46.61)			

Event 60 Boys 12 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Rhys a Thomas	12	Llanelli Asc	1:09.36	1:07.21
32.69	1:07.21 (34.52)			
2 Aled L Conlon	12	Carmarthen	1:13.16	1:09.44
33.71	1:09.44 (35.73)			
3 Thomas A Hedge	12	Swansea Aquatics	1:15.71	1:09.59
33.50	1:09.59 (36.09)			
4 Ioan Cressey-Rodgers	12	Carmarthen	1:12.44	1:11.10
34.87	1:11.10 (36.23)			
5 Robbie Ralph	12	Haverfordwest Swimming Club	1:13.57	1:13.38
34.82	1:13.38 (38.56)			
6 Noah Thomas	12	Llanelli Asc	NT	1:29.28
41.12	1:29.28 (48.16)			

Event 61 Girls 13 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Molly Pearce	13	Llanelli Asc	1:09.22	1:08.75
33.37	1:08.75 (35.38)			

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 2.45pm****(Event 61 Girls 13 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
2 Ffion R Barnikel	13	Tenby Dolphins	1:16.60	1:12.64
35.23	1:12.64 (37.41)			
3 Ffion Dunning	13	Llanelli Asc	1:10.31	1:13.24
35.15	1:13.24 (38.09)			
4 Lena Hughes	13	Pembroke & District	1:23.15	1:15.26
35.65	1:15.26 (39.61)			
5 Katie Glover	13	Neath Asc	1:15.33	1:15.50
36.26	1:15.50 (39.24)			
6 Isobel Vaughan	13	Haverfordwest Swimming Club	1:31.98	1:18.50
37.98	1:18.50 (40.52)			
7 Briony Bennett	13	Haverfordwest Swimming Club	1:17.98	1:20.09
38.22	1:20.09 (41.87)			

Event 61 Girls 14 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Nia Conlon	14	Carmarthen	1:07.67	1:06.23
32.28	1:06.23 (33.95)			
2 Deryn H Cressey-Rodgers	14	Carmarthen	1:06.16	1:06.92
32.58	1:06.92 (34.34)			
3 Cari L Davies	14	Aberystwyth	1:07.43	1:07.69
32.90	1:07.69 (34.79)			
4 Alaw Davies	14	Aberystwyth	1:11.45	1:08.84
32.66	1:08.84 (36.18)			
5 Leanna Williams	14	Aberystwyth	1:10.08	1:09.29
32.75	1:09.29 (36.54)			
6 Danielle R Williams	14	Swansea Aquatics	1:09.25	1:09.35
33.68	1:09.35 (35.67)			
7 Katie Jones	14	Aberystwyth	1:11.44	1:09.41
33.14	1:09.41 (36.27)			
8 Ffion Jones	14	Swansea Aquatics	1:08.72	1:09.56
33.44	1:09.56 (36.12)			
9 Emma Jones	14	Aberystwyth	1:14.86	1:15.21
35.90	1:15.21 (39.31)			
10 Charlotte E Howells	14	Swansea Aquatics	1:24.12	1:18.46
37.59	1:18.46 (40.87)			

Event 61 Girls 15 & Over 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Niamh Jones	17	Swansea Aquatics	1:06.12	1:05.72
32.21	1:05.72 (33.51)			
2 Jasmine Holdsworth	15	Celtic Dolphins	1:08.58	1:08.69
33.09	1:08.69 (35.60)			
3 Alysia Glover	15	Neath Asc	1:09.29	1:09.12
33.26	1:09.12 (35.86)			
4 Emily Jones	16	Carmarthen	1:17.05	1:13.16
35.25	1:13.16 (37.91)			
5 Tari-Starre Michael	15	Celtic Dolphins	1:30.05	1:23.52
40.08	1:23.52 (43.44)			

Event 62 Boys 13 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Jude R Coleridge	13	Aberystwyth	1:04.28	1:04.06
30.30	1:04.06 (33.76)			

West Wales Sub Regional Competition 2017 - 24/11/2017 to 26/11/2017**Results - Sub Regionals 2017 - Warmup 2.45pm****(Event 62 Boys 13 Year Olds 100 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
2 Arron Fitzsimmons 31.32	13	Pembroke & District	1:04.94	1:06.16
				1:06.16 (34.84)
3 Dylan R Lewis 33.11	13	Swansea Aquatics	1:08.28	1:07.80
				1:07.80 (34.69)
4 Joseph Gorman 34.07	13	Aberystwyth	1:07.02	1:10.19
				1:10.19 (36.12)
5 Dominic Davies 35.17	13	Llanelli Asc	1:18.46	1:13.75
				1:13.75 (38.58)
6 Kaleb Owen 36.50	13	Fishguard Flyers SC	1:18.88	1:18.29
				1:18.29 (41.79)

Event 62 Boys 14 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Ben J MacDougall 31.62	14	Haverfordwest Swimming Club	1:06.31	1:07.56
				1:07.56 (35.94)
2 Jacob Massey 32.28	14	Aberystwyth	1:06.21	1:07.95
				1:07.95 (35.67)
3 Rafael Richards-Parssa Nyko 37.81	14	Swansea Aquatics	NT	1:19.66
				1:19.66 (41.85)
4 Aiden J Daniel 42.71	14	Neath Asc	1:30.13	1:30.78
				1:30.78 (48.07)
--- Aaron L Cobley 36.11	14	Swansea Aquatics	1:22.89	DQ
				DQ (42.37)

Event 62 Boys 15 & Over 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Rowan Kettle 27.72	17	Pembroke & District	58.24	58.32
				58.32 (30.60)
2 Cameron Phillips 28.52	17	Aberystwyth	58.72	59.23
				59.23 (30.71)
3 Kyle Job 28.42	19	Penyrheol Swimming Club	59.99	59.54
				59.54 (31.12)
4 Dylan Skym 30.26	16	Aberystwyth	1:05.25	1:03.05
				1:03.05 (32.79)
5 Jack D Montgomery 30.65	15	Swansea Aquatics	NT	1:04.24
				1:04.24 (33.59)
6 Luke Dunning 31.02	15	Llanelli Asc	1:06.62	1:06.08
				1:06.08 (35.06)