

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### FRIDAY SESSION 1 Warm up 5.30 Start 6.00

#### Event 101 Girls 10 & Over 800 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

##### Heat 1 of 3 Finals

3 McQuaid, Maria	11	Co Cardiff	NT
4 Richards, Faith	12	Merthyr Tydf	NT
5 McNamara, Imogen	12	Co Cardiff	NT
6 Lewis, Harriet	10	Co Cardiff	NT

##### Heat 2 of 3 Finals

1 Edwards, Carys	12	Caerphilly	NT
2 Titchener, Megan L	14	Torfaen Dol	NT
3 Carre, Jasmine	15	Merthyr Tydf	NT
4 Ryan, Harriet F	11	Chepstow	15:41.75
5 Webber, Takara C	15	Chepstow	NT
6 Davies, Catrin	14	Co Cardiff	NT
7 Garrett, Millie	13	Co Cardiff	NT
8 Jones, Isabella S	12	Bridgend Cty	NT

##### Heat 3 of 3 Finals

1 Gardener, Louise R	16	Bridgend Cty	13:02.07
2 Lloyd, Ffion H	15	Co Newport	11:18.93
3 Crawshay-Williams, Em	14	Torfaen Dol	10:58.10
4 Crawley, Jessica R	15	Bridgend Cty	10:45.80
5 Lewis, Hollie	15	Bridgend Swim	10:47.10
6 Nutt, Kira	15	Caerphilly	11:06.07
7 Banning, Lilwen	15	Merthyr Tydf	12:20.36
8 Vaughan, Breanna	15	Monnow	14:54.81

#### Event 102 Boys 10 & Over 1500 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

##### Heat 1 of 1 Finals

1 Davies, Gavin	15	Co Newport	NT
2 Whittaker, Luke A	12	Bridgend Cty	24:28.97
3 Cumberland, Tristan	17	Heads Valleys	19:31.59
4 Whittaker, Daniel R	16	Bridgend Cty	18:41.58
5 Jones, Danny L	19	Co Newport	18:50.76
6 Michael, Christopher	34	Chepstow	21:23.95
7 Geysen-Holley, Max	17	Co Cardiff	NT
8 Banning, Arthen	12	Merthyr Tydf	NT

#### Event 103 Girls 10 & Over 1500 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

##### Heat 1 of 1 Finals

1 Hughes, Carys E	12	Co Newport	NT
2 Jones, Lucy K	15	Co Newport	NT
3 Morgan, Isabelle L	14	Co Newport	22:39.60
4 Coombes, Cerys	14	Bridgend Cty	21:28.28
5 Jones, Evie	14	Merthyr Tydf	21:32.18
6 Daly, Kirsten E	16	Bridgend Cty	NT
7 Cull, Millie M	15	Bridgend Cty	NT

#### Event 104 Boys 10 & Over 800 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

##### Heat 1 of 3 Finals

3 Watts, Macsen	12	Heads Valleys	NT
4 Crump, Joshua-James J	13	Bridgend Cty	NT
5 Ballantyne, Alex	13	Bridgend Swim	NT

##### Heat 2 of 3 Finals

2 Rosser, Ellis R	13	Torfaen Dol	NT
3 Nolan, Oliver	13	Co Cardiff	NT
4 Mills, Ioan R	13	Torfaen Dol	NT
5 Mansfield, Harry E	13	Bridgend Cty	NT
6 Howe, Inigo W	13	Torfaen Dol	NT
7 Edwards, Ross	13	Co Cardiff	NT

### Heat 3 of 3 Finals

1 Spinks, Owen H	14	Torfaen Dol	NT
2 Howe, Albie S	15	Torfaen Dol	NT
3 Roberts, Evyn	14	Bridgend Swim	12:58.09
4 Watts, Morgan	18	Heads Valleys	9:54.29
5 Chalk, William I	14	Co Newport	10:45.13
6 Jay, Dafyd R	21	Torfaen Dol	NT
7 Cresswell, Cameron R	15	Pontypridd	NT
8 Barry, Isaac T	13	Co Newport	NT

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### SATURDAY SESSION 2 Warm up 8.30 Start 9.35

#### Event 201 Girls 10 & Over 50 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

##### Heat 1 of 13 Finals

3 Jones, Zoey E	10	Co Newport	NT
4 Jasper, Lily	10	Co Cardiff	NT
5 Schutte, Alice	10	Bridgend Swim	NT
6 Pemberton, Ffion	10	Bridgend Swim	NT

##### Heat 2 of 13 Finals

1 Varley, Gracie	10	Co Cardiff	NT
2 Connor, Mollie	11	Caerphilly	NT
3 Heward, Lydia	11	Caerphilly	NT
4 Williams, Natasha	12	Co Newport	NT
5 Cann, Emily B	11	Co Newport	NT
6 Stephens-Hughes	11	Bridgend Swim	NT
7 Stubbs, Harriet D	11	Chepstow	NT
8 Asprey, Evelyn	10	Co Cardiff	NT

##### Heat 3 of 13 Finals

1 Thomas, Amelia	12	Merthyr Tydf	1:16.12
2 Yau, Evie M	10	Co Newport	1:05.31
3 Santoro, Bianca	10	Co Cardiff	1:01.30
4 Fowler, Maisie	11	Rct Squad	58.79
5 Moss, Gwenan	10	Caerphilly	1:00.41
6 Baulch, Aderyn L	10	Co Newport	1:02.11
7 Carre, Isabelle	10	Merthyr Tydf	1:05.51
8 Jenkins, Macy C	14	Caerphilly	NT

##### Heat 4 of 13 Finals

1 Davies, Darcey	13	Rct Squad	58.46
2 Paddington, Jessica K	11	Co Newport	56.70
3 Carter, Layla	11	Monnow	54.57
4 Williams, Taylor	13	Caerphilly	52.07
5 Lloyd, Kaitlyn	12	Cwmbran	53.92
6 Hawkey, Myah	10	Co Cardiff	54.65
7 Goss, Halle	10	Bridgend Swim	58.39
8 Lovell, Freya	11	Caerphilly	58.67

##### Heat 5 of 13 Finals

1 Benbow, Maya	11	Bridgend Swim	51.49
2 Price, Amie	11	Rct Squad	51.24
3 Edwards, Carys	12	Caerphilly	50.65
4 Morgan, Isabelle L	14	Co Newport	50.16
5 Sommerin, Elin	12	Co Cardiff	50.25
6 Molloy, Elizabeth	11	Co Cardiff	50.81
7 James, Izzy	10	Rhondda	51.25
8 Edwards, Nia	11	Caerphilly	51.97

##### Heat 6 of 13 Finals

1 Evans, Caitlin	11	Co Cardiff	49.60
2 Howson, Ellen M	13	Co Newport	48.36
3 Abbott, Glesni I	15	Chepstow	47.88
4 Cook, Bronwyn	11	Co Cardiff	47.60
5 Faulds, Emily G	11	Co Newport	47.87
6 Prusaka, Ksenija	12	Co Newport	48.29
7 Harford, Libby M	12	Caerphilly	48.41
8 Jones, Molly S	13	Bridgend Cty	49.81

##### Heat 7 of 13 Finals

1 Bastyan, Ava-Rose	13	Caerphilly	46.98
2 Zyniewicz, Anna	11	Co Newport	46.81
3 Jones, Jessica .	10	Rct Squad	46.39
4 Powell, Kirsten S	11	Torfaen Dol	46.06
5 Duggan, Grace	11	Merthyr Tydf	46.06
6 Reilly, Manon	14	Rct Squad	46.61
7 Gordon, Mabli	11	Co Cardiff	46.90
8 Ballinger, Scarlett	11	Rhondda	47.55

##### Heat 8 of 13 Finals

1 Jones, Ffion	11	Co Cardiff	45.40
2 Beecham, Grace E	11	Co Newport	44.05
3 Scofield, Niamh	11	Rct Squad	43.52
4 Oxenham, Kate M	15	Chepstow	43.32
5 Elliott, Grace	16	Cwmbran	43.51
6 Fletcher, Holly	16	Co Cardiff	44.00
7 Elliott, Phoebe	14	Cwmbran	44.24
8 Sheen, Isabelle R	12	Torfaen Dol	45.66

##### Heat 9 of 13 Finals

1 Ribeiro, Ariana	11	Co Cardiff	42.40
2 Duggan, Ella	11	Merthyr Tydf	41.73
3 Cull, Chloe L	13	Bridgend Cty	41.31
4 Sweet-Roberts, Rosie	14	Torfaen Dol	41.12
5 Evans, Sioned	13	Co Cardiff	41.20
6 FitzGerald, Mali J	12	Bridgend Cty	41.72
7 Davies, Shannon	13	Cwmbran	41.81
8 Reasons, Darcy	10	Abertillery	43.07

##### Heat 10 of 13 Finals

1 Cooper, Caitlin E	13	Co Newport	41.08
2 Powell, Josie	12	Bridgend Swim	40.75
3 Coles, Sophie E	12	Bridgend Cty	40.25
4 Lewis, Daisy	13	Bridgend Swim	39.31
5 Dutton, Jemima A	14	Bridgend Cty	39.73
6 Andrews, Bella R	12	Co Newport	40.28
7 Roberts, Isabel	12	Co Cardiff	40.90
8 Williams, Lili	11	Rct Squad	41.09

##### Heat 11 of 13 Finals

1 Wilson, Ellie	12	Co Cardiff	39.07
2 Kersley, Holly	12	Cwmbran	38.96
3 Davies-Jones, Hannah Z	13	Bridgend Cty	38.62
4 Hurn, Isabella	13	Cwmbran	37.82
5 Carter-Head, Lexi	13	Co Cardiff	38.30
6 Hughes-Rolls, Ava L	13	Torfaen Dol	38.92
7 Givvons, Imogen G	12	Co Newport	39.01
8 Macintyre-Jones, Arwen	13	Heads Valleys	39.25

##### Heat 12 of 13 Finals

1 Winterflood, Angelica M	14	Co Newport	37.51
2 Brady, Grace	13	Rct Squad	37.50
3 Kay, Isabelle	14	Rct Squad	36.86
4 Carre, Jasmine	15	Merthyr Tydf	36.83
5 Stacey, Martha E	15	Torfaen Dol	36.83
6 Smith, Summer	13	Rct Squad	37.46
7 Carter, Bella	13	Monnow	37.50
8 Peckham, Neave R	14	Chepstow	37.72

##### Heat 13 of 13 Finals

1 Banning, Lilwen	15	Merthyr Tydf	36.03
2 Blake, Emily	15	Co Cardiff	35.00
3 Cosby, Nia	15	Bridgend Cty	34.43
4 Sweeney, Jessica A	17	Co Newport	33.61
5 Marshall, Hannah	18	Merthyr Tydf	33.87
6 Reed, Shauna	17	Cwmbran	34.89
7 Cull, Millie M	15	Bridgend Cty	35.06
8 Bevan, Ellie	13	Bridgend Swim	36.64

#### Event 202 Boys 10 & Over 50 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

##### Heat 1 of 13 Finals

2 Banning, Macsen	10	Merthyr Tydf	NT
3 Watkins, Alfie	10	Chepstow	NT
4 George, Declan	11	Caerphilly	NT
5 Schofield, Lewis	10	Heads Valleys	NT
6 Jones, Henry	10	Chepstow	NT

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 2 of 13 Finals

1	Rees-Hughes, Gruff	11	Chepstow	NT
2	Wawrzyniak, Tymek	12	Co Cardiff	NT
3	Waythe, Austin	12	Caerphilly	NT
4	Spinks, Rhys H	12	Torfaen Dol	NT
5	Bartram, Solomon	12	Co Cardiff	NT
6	Tihiiev, Milan	12	Co Cardiff	NT
7	Harry, Caden	12	Caerphilly	NT
8	Butwell, Ollie	11	Co Cardiff	NT

### Heat 3 of 13 Finals

1	Price, Evan	13	Bridgend Swim	NT
2	Parkes, Isaac	13	Caerphilly	NT
3	Carre, Joshua	16	Merthyr Tydf	NT
4	Parkes, Luke	28	Bridgend Swim	NT
5	Hyett, Benjamin	16	Bridgend Swim	NT
6	Ma, Ko Kwan	13	Co Cardiff	NT
7	Chamberlain, Frederick	13	Co Cardiff	NT
8	Caldicott, Lewis W	12	Co Newport	NT

### Heat 4 of 13 Finals

1	Rowan, Dylan	11	Co Cardiff	59.94
2	Clarander, William	10	Co Cardiff	54.88
3	Billing, Ollie	10	Rct Squad	50.93
4	Kennah, Rueben	11	Heads Valleys	49.77
5	Woodward, Ethan H	10	Bridgend Cty	50.69
6	Prusaks, Rostislavs	14	Co Newport	53.08
7	Deering, James	10	Rct Squad	55.06
8	Ware, Noah	11	Co Cardiff	1:00.88

### Heat 5 of 13 Finals

1	Hale, Rhys	13	Heads Valleys	47.57
2	Knight, Harry	10	Co Cardiff	46.75
3	Williams, Tomos M	12	Chepstow	45.57
4	James, Ellis	13	Abertillery	43.95
5	Butterworth, Oscar	10	Co Cardiff	44.63
6	Nicholas, Luca	10	Bridgend Swim	45.63
7	Lee, Oliver	10	Monnow	47.40
8	Nemtsov, Andreas	11	Co Cardiff	47.78

### Heat 6 of 13 Finals

1	Batchelor, Josh	11	Bridgend Swim	43.37
2	Harris, Max	10	Bridgend Swim	42.85
3	Pound, Leon	11	Rct Squad	42.58
4	Pope, Dominic	12	Caerphilly	41.65
5	Trick-Eagles, Monty	11	Monnow	42.18
6	Lewis, Aiden	11	Monnow	42.76
7	Paddington, Ethan W	13	Co Newport	43.16
8	Frampton, Rhydian	10	Rct Squad	43.44

### Heat 7 of 13 Finals

1	Johnson, Cai	11	Cwmbran	41.44
2	Wadcyns, Ioan	10	Heads Valleys	40.83
3	Skovronek, Tai-La	12	Abertillery	40.24
4	Roberts, Evyn	14	Bridgend Swim	40.05
5	Palmer, Evan L	10	Torfaen Dol	40.09
6	Morgan, Josh A	10	Co Newport	40.73
7	Rendall, Nathaniel	13	Co Cardiff	41.19
8	Woodward, Cullen G	13	Bridgend Cty	41.61

### Heat 8 of 13 Finals

1	D'Cruz, Dylan	11	Pontypridd	39.21
2	Mamedov, Rashid	11	Co Cardiff	38.96
3	Hopkins, Luc P	11	Torfaen Dol	38.42
4	Castillo, Airam	11	Co Cardiff	38.02
5	Williams, Dylan R	18	Torfaen Dol	38.06
6	Altordai, Junnosuke	11	Co Cardiff	38.78
7	Elsharawi, Asser	11	Co Cardiff	39.00
8	Miles, Harry	12	Co Cardiff	39.70

### Heat 9 of 13 Finals

1	Britten, Levi P	15	Torfaen Dol	37.84
2	Harvey, Jack	12	Co Cardiff	37.43
3	Banning, Arthen	12	Merthyr Tydf	37.06
4	Stubbs, George J	15	Chepstow	36.43
5	Duffy, Isaac	12	Co Cardiff	36.85
6	Csoban, Benjamin	11	Co Newport	37.32
7	Timbrell, George H	11	Co Newport	37.48
8	Harvey, Hugo	11	Co Cardiff	37.97

### Heat 10 of 13 Finals

1	John, Will	12	Bridgend Swim	36.31
2	Barry, Isaac T	13	Co Newport	36.07
3	Fletcher, Miles	12	Co Cardiff	35.70
4	Giles, Brodie	12	Bridgend Swim	34.77
5	Crump, Joshua-James J	13	Bridgend Cty	35.53
6	Nolan, Oliver	13	Co Cardiff	35.99
7	Gilligan, Henry	12	Rct Squad	36.22
8	Jones, Noah B	11	Torfaen Dol	36.40

### Heat 11 of 13 Finals

1	Deacon, Cameron	12	Rhondda	34.45
2	Vong, Joshua J	12	Co Newport	34.31
3	Willis, Sam	13	Monnow	33.77
4	Long, Isaac D	14	Co Newport	33.50
5	Jenkins, James	13	Co Cardiff	33.50
6	Howe, Inigo W	13	Torfaen Dol	33.95
7	Arnold, David	13	Cwmbran	34.34
8	Song, Evan	12	Co Cardiff	34.72

### Heat 12 of 13 Finals

1	Price, Ellis	15	Rct Squad	33.16
2	Schofield, Thomas	13	Heads Valleys	33.01
3	Cresswell, Cameron R	15	Pontypridd	32.56
4	Yokwe, Pallo	14	Heads Valleys	30.60
5	Fudge, Marcus	14	Rct Squad	31.16
6	Benbow, Jonah	13	Bridgend Swim	32.92
7	Williams-Biddulph, Myl	13	Co Newport	33.02
8	Henley, Lewis	13	Heads Valleys	33.42

### Heat 13 of 13 Finals

1	Maclarg-Bateman, James	17	Cardiff Mast	30.39
2	Jones-Dekerf, Henri A	15	Chepstow	29.99
3	Rees-Jones, Jack	16	Merthyr Tydf	28.92
4	White, Alex	16	Rhondda	28.61
5	Cooksey, Regan	16	Rhondda	28.85
6	Cumberland, Tristan	17	Heads Valleys	29.92
7	Howe, Albie S	15	Torfaen Dol	30.34
8	Caldicott, Elliot F	14	Co Newport	30.52

### Event 203 Girls 10 & Over 400 SC Meter IM

Lane Name	Age	Team	Seed Time	
<b>Heat 1 of 2 Finals</b>				
3	McQuaid, Maria	11	Co Cardiff	NT
4	Jones, Maddie	12	Merthyr Tydf	NT
5	Sullivan, Ariana	12	Caerphilly	NT
6	Davies, Macy L	10	Torfaen Dol	NT
<b>Heat 2 of 2 Finals</b>				
1	Richards, Faith	12	Merthyr Tydf	NT
2	Goss, Eden	15	Bridgend Swim	NT
3	Jones, Lily-Rose	13	Co Cardiff	6:44.38
4	Carre, Jasmine	15	Merthyr Tydf	6:31.05
5	Banning, Lilwen	15	Merthyr Tydf	6:33.21
6	Jones, Ffion	11	Co Cardiff	7:31.14
7	Hopkin, Rebekah E	13	Bridgend Cty	NT
8	Bryant, Penelope	12	Co Cardiff	NT

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Event 204 Boys 10 & Over 400 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 5 Finals</b>			
3 Morgan, Josh A	10	Co Newport	NT
4 Harvey, Hugo	11	Co Cardiff	NT
5 Gregory, Jaiden	11	Rhondda	NT

### Heat 2 of 5 Finals

1 John, Will	12	Bridgend Swim	NT
2 Giles, Brodie	12	Bridgend Swim	NT
3 Vong, Joshua J	12	Co Newport	NT
4 Ma, Ko Kwan	13	Co Cardiff	NT
5 Jenkins, James	13	Co Cardiff	NT
6 Miles, Harry	12	Co Cardiff	NT
7 Davies, Brynley	12	Co Newport	NT
8 Williams, Tomos M	12	Chepstow	NT

### Heat 3 of 5 Finals

1 Chamberlain, Frederick	13	Co Cardiff	NT
2 Rosser, Ellis R	13	Torfaen Dol	NT
3 Caldicott, Elliot F	14	Co Newport	NT
4 Nemtsov, Alexandros	14	Co Cardiff	NT
5 Yokwe, Pallo	14	Heads Valleys	NT
6 Long, Isaac D	14	Co Newport	NT
7 Price, Evan	13	Bridgend Swim	NT
8 Henley, Lewis	13	Heads Valleys	NT

### Heat 4 of 5 Finals

1 Stubbs, George J	15	Chepstow	NT
2 Chalk, Alistair H	10	Co Newport	6:45.17
3 Roberts, Evyn	14	Bridgend Swim	6:12.22
4 Barry, Isaac T	13	Co Newport	6:05.64
5 Adams, Ronan	14	Bridgend Swim	6:10.68
6 Harvey, Jack	12	Co Cardiff	6:34.89
7 Banning, Arthen	12	Merthyr Tydf	6:50.89
8 Vaughan, William	15	Rct Squad	NT

### Heat 5 of 5 Finals

1 Ballantyne, Alex	13	Bridgend Swim	6:04.59
2 Whittaker, Luke A	12	Bridgend Cty	5:34.87
3 Rees-Jones, Jack	16	Merthyr Tydf	5:10.36
4 Cumberland, Tristan	17	Heads Valleys	4:46.77
5 Spinks, Owen H	14	Torfaen Dol	5:06.85
6 Howe, Albie S	15	Torfaen Dol	5:25.67
7 Howe, Inigo W	13	Torfaen Dol	6:00.84
8 Hewitt, Archie	12	Monnow	6:05.37

### Event 205 Girls 10 & Over 100 SC Meter Breaststroke

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 14 Finals</b>			
3 Varley, Gracie	10	Co Cardiff	NT
4 Hollinshead, Florence	10	Co Cardiff	NT
5 Price, Macy	10	Heads Valleys	NT
6 Jasper, Lily	10	Co Cardiff	NT

### Heat 2 of 14 Finals

1 Goss, Halle	10	Bridgend Swim	NT
2 Buckley, Ava	10	Co Cardiff	NT
3 Connor, Mollie	11	Caerphilly	NT
4 Adams, Tilly	11	Co Cardiff	NT
5 Lovell, Freya	11	Caerphilly	NT
6 Edwards, Nia	11	Caerphilly	NT
7 Cottrell, Ellie	10	Co Cardiff	NT
8 Baulch, Aderyn L	10	Co Newport	NT

### Heat 3 of 14 Finals

1 Allen, Isabel	11	Co Cardiff	NT
2 Pedler, Lucy J	11	Bridgend Cty	NT
3 Williams, Natasha	12	Co Newport	NT
4 Powell, Josie	12	Bridgend Swim	NT
5 Thompson, Olwen A	12	Chepstow	NT
6 Innocent-Woodman, Au	11	Co Cardiff	NT
7 Rogers, Emilia	11	Heads Valleys	NT
8 Faulds, Emily G	11	Co Newport	NT

### Heat 4 of 14 Finals

1 Coles, Sophie E	12	Bridgend Cty	NT
2 Evans, Sioned	13	Co Cardiff	NT
3 Ralph, Ffion E	13	Co Newport	NT
4 Jenkins, Macy C	14	Caerphilly	NT
5 Ames, Cicelie	14	Co Newport	NT
6 Price, Cerys	13	Brecon	NT
7 Jones, Molly S	13	Bridgend Cty	NT
8 Harris, Laila	12	Caerphilly	NT

### Heat 5 of 14 Finals

1 Crump, Lily-May R	10	Bridgend Cty	2:24.98
2 Carre, Isabelle	10	Merthyr Tydf	2:18.79
3 Smith, Cariad	10	Cwmbran	2:10.75
4 Harding, Chloe	11	Cwmbran	2:09.51
5 Asprey, Evelyn	10	Co Cardiff	2:10.30
6 Bastyan, Ava-Rose	13	Caerphilly	2:14.56
7 Paddington, Jessica K	11	Co Newport	2:21.57
8 Quan, Tayla-Rose	10	Rct Squad	2:46.38

### Heat 6 of 14 Finals

1 Jenkins, Francesca	11	Co Cardiff	2:04.99
2 Stubbs, Harriet D	11	Chepstow	2:01.74
3 Watts, Nia L	11	Bridgend Cty	2:00.90
4 Evans, Caitlin	11	Co Cardiff	1:58.40
5 Jones, Cadi	10	Co Cardiff	2:00.89
6 Sommerin, Elin	12	Co Cardiff	2:00.96
7 Carter, Layla	11	Monnow	2:02.87
8 Wrona, Laura	12	Heads Valleys	2:07.20

### Heat 7 of 14 Finals

1 Coleman, Ava	12	Co Cardiff	1:56.98
2 Duggan, Grace	11	Merthyr Tydf	1:56.40
3 Jones, Jessica .	10	Rct Squad	1:55.74
4 Garrett, Ruby	14	Merthyr Tydf	1:53.16
5 Crawshay-Williams, Em	14	Torfaen Dol	1:53.21
6 Davies, Indie B	10	Co Newport	1:56.14
7 Littlechild, Charlotte	12	Co Cardiff	1:56.63
8 Lee, Seol	10	Co Cardiff	1:58.06

### Heat 8 of 14 Finals

1 Bevan, Ellie	13	Bridgend Swim	1:53.00
2 Powell, Kirsten S	11	Torfaen Dol	1:51.67
3 Winterflood, Angelica M	14	Co Newport	1:51.05
4 Simpson, Elsee C	13	Bridgend Cty	1:50.59
5 Abbott, Glesni I	15	Chepstow	1:50.94
6 Prusaka, Ksenija	12	Co Newport	1:51.49
7 Williams, Lili	11	Rct Squad	1:52.72
8 Jones, Ffion	11	Co Cardiff	1:53.03

### Heat 9 of 14 Finals

1 Walters, Gwennan	11	Co Cardiff	1:50.10
2 Molloy, Elizabeth	11	Co Cardiff	1:48.60
3 Fowler, Maisie	11	Rct Squad	1:46.72
4 Boyd, Chloe	12	Co Cardiff	1:45.81
5 Steele, Sophie V	13	Chepstow	1:46.27
6 Edwards, Carys	12	Caerphilly	1:48.47
7 Hamm, Ava L	13	Bridgend Cty	1:49.76
8 Kersley, Holly	12	Cwmbran	1:50.26

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 10 of 14 Finals

1 Harmer, Gracy	14 Caerphilly	1:43.80
2 Roberts, Isabel	12 Co Cardiff	1:42.51
3 Cook, Bronwyn	11 Co Cardiff	1:42.14
4 Garrett, Millie	13 Co Cardiff	1:41.30
5 Carter, Bella	13 Monnow	1:41.99
6 Harford, Libby M	12 Caerphilly	1:42.51
7 Bendon, Ruby-Mai	12 Cwmbran	1:42.74
8 Bridle, Anaya	13 Co Cardiff	1:44.36

### Heat 11 of 14 Finals

1 George, Ellie	11 Rct Squad	1:41.12
2 Howson, Ellen M	13 Co Newport	1:40.91
3 Altordai, Yume	13 Co Cardiff	1:40.76
4 Carre, Jasmine	15 Merthyr Tydf	1:40.37
5 Davies, Darcey	13 Rct Squad	1:40.57
6 Thomas, Hannah	13 Rct Squad	1:40.86
7 Sheen, Seren L	11 Torfaen Dol	1:41.05
8 Lewis, Daisy	13 Bridgend Swim	1:41.25

### Heat 12 of 14 Finals

1 Reed, Bella	11 Rhondda	1:39.86
2 Oxenham, Kate M	15 Chepstow	1:38.87
3 Brady, Grace	13 Rct Squad	1:37.55
4 Peckham, Neave R	14 Chepstow	1:36.92
5 Carter-Head, Lexi	13 Co Cardiff	1:37.35
6 Morgan-Basini, Roca-Jay	12 Abertillery	1:37.64
7 Davies, Catrin	14 Co Cardiff	1:39.53
8 Cooper, Caitlin E	13 Co Newport	1:40.37

### Heat 13 of 14 Finals

1 Andrews, Bella R	12 Co Newport	1:36.24
2 Smith, Summer	13 Rct Squad	1:36.04
3 McNamara, Imogen	12 Co Cardiff	1:35.17
4 Solosy, Zahara E	14 Co Newport	1:31.07
5 Bradley, Evie	13 Cwmbran	1:35.05
6 Lewis, Hollie	15 Bridgend Swim	1:35.18
7 Wilson, Ellie	12 Co Cardiff	1:36.16
8 Hughes-Rolls, Ava L	13 Torfaen Dol	1:36.60

### Heat 14 of 14 Finals

1 Lloyd, Ffion H	15 Co Newport	1:30.56
2 Kay, Isabelle	14 Rct Squad	1:30.03
3 Haddrell, Eva Lily	14 Rct Squad	1:27.34
4 Marshall, Hannah	18 Merthyr Tydf	1:25.26
5 Lewis, Cara	15 Bridgend Swim	1:25.47
6 Bendon, Megan	14 Cwmbran	1:27.42
7 Russell, Fay G	15 Chepstow	1:30.31
8 Jones, Evie	14 Merthyr Tydf	1:30.96

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### SATURDAY SESSION 3 Warm up 12.00 Start 1.00

#### Event 301 Boys 10 & Over 50 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

##### Heat 1 of 11 Finals

2 Knight, Harry	10	Co Cardiff	NT
3 Butwell, Ollie	11	Co Cardiff	NT
4 George, Declan	11	Caerphilly	NT
5 Lewis, Aiden	11	Monnow	NT
6 Schofield, Lewis	10	Heads Valleys	NT
7 Banning, Macsen	10	Merthyr Tydf	NT

##### Heat 2 of 11 Finals

1 Rowan, Dylan	11	Co Cardiff	NT
2 Tihiev, Milan	12	Co Cardiff	NT
3 Spinks, Rhys H	12	Torfaen Dol	NT
4 Bartram, Solomon	12	Co Cardiff	NT
5 Caldicott, Lewis W	12	Co Newport	NT
6 Waythe, Austin	12	Caerphilly	NT
7 Harry, Caden	12	Caerphilly	NT
8 Rees-Hughes, Gruff	11	Chepstow	NT

##### Heat 3 of 11 Finals

1 Hale, Rhys	13	Heads Valleys	NT
2 Britten, Levi P	15	Torfaen Dol	NT
3 Deering, James	10	Rct Squad	1:09.77
4 Clarander, William	10	Co Cardiff	1:04.77
5 Ware, Noah	11	Co Cardiff	1:05.46
6 Billing, Ollie	10	Rct Squad	1:16.51
7 Parkes, Isaac	13	Caerphilly	NT
8 James, Tristan H	13	Bridgend Cty	NT

##### Heat 4 of 11 Finals

1 Nemtsov, Andreas	11	Co Cardiff	55.87
2 Nicholas, Luca	10	Bridgend Swim	54.89
3 Kennah, Rueben	11	Heads Valleys	53.80
4 Harris, Max	10	Bridgend Swim	52.44
5 Woodward, Ethan H	10	Bridgend Cty	52.49
6 Skovronek, Tai-La	12	Abertillery	54.39
7 Prusaks, Rostislavs	14	Co Newport	55.82
8 Butterworth, Oscar	10	Co Cardiff	56.22

##### Heat 5 of 11 Finals

1 Johnson, Cai	11	Cwmbran	52.08
2 Wawrzyniak, Tymek	12	Co Cardiff	51.78
3 Pope, Dominic	12	Caerphilly	50.62
4 Chalk, Alistair H	10	Co Newport	50.29
5 Paddington, Ethan W	13	Co Newport	50.32
6 Pound, Leon	11	Rct Squad	51.57
7 Batchelor, Josh	11	Bridgend Swim	51.89
8 Lee, Oliver	10	Monnow	52.20

##### Heat 6 of 11 Finals

1 Trick-Eagles, Monty	11	Monnow	49.40
2 Samuel, Jake	11	Abertillery	48.59
3 Mamedov, Rashid	11	Co Cardiff	47.00
4 Ban Jona, Krisztian	11	Co Newport	46.80
5 Williams, Dylan R	18	Torfaen Dol	46.84
6 Csoban, Benjamin	11	Co Newport	47.29
7 Castillo, Airam	11	Co Cardiff	48.96
8 Rendall, Nathaniel	13	Co Cardiff	49.52

##### Heat 7 of 11 Finals

1 Woodward, Cullen G	13	Bridgend Cty	46.24
2 Elsharawi, Asser	11	Co Cardiff	46.00
3 Chamberlain, Frederick	13	Co Cardiff	45.18
4 Warren, Ryan	15	Rct Squad	44.94
5 Temby, William	11	Co Cardiff	45.10
6 Stubbs, George J	15	Chepstow	45.75
7 Duffy, Isaac	12	Co Cardiff	46.15
8 Palmer, Evan L	10	Torfaen Dol	46.34

### Heat 8 of 11 Finals

1 Timbrell, George H	11	Co Newport	44.36
2 Harvey, Jack	12	Co Cardiff	44.30
3 Schofield, Thomas	13	Heads Valleys	43.93
4 Adams, Ronan	14	Bridgend Swim	43.65
5 Arnold, David	13	Cwmbran	43.78
6 Bick, Morgan T	10	Torfaen Dol	44.07
7 Irwin, Finn	12	Heads Valleys	44.33
8 Morgan, Josh A	10	Co Newport	44.51

### Heat 9 of 11 Finals

1 Bastyan, Tobias-Luke	11	Caerphilly	43.22
2 Vong, Joshua J	12	Co Newport	42.77
3 Willis, Sam	13	Monnow	42.44
4 Deacon, Cameron	12	Rhondda	41.66
5 Gilligan, Henry	12	Rct Squad	41.68
6 Prusaks, Konstantins	15	Co Newport	42.49
7 Williams, Tomos M	12	Chepstow	42.97
8 John, Will	12	Bridgend Swim	43.35

### Heat 10 of 11 Finals

1 Cresswell, Cameron R	15	Pontypridd	40.41
2 James, Rhys	13	Rct Squad	39.85
3 Herron, Noah A	12	Co Newport	39.31
4 Davies, Brynley	12	Co Newport	39.18
5 Jenkins, James	13	Co Cardiff	39.30
6 Fletcher, Miles	12	Co Cardiff	39.60
7 Williams-Biddulph, Myle	13	Co Newport	39.90
8 Crump, Joshua-James J	13	Bridgend Cty	41.08

### Heat 11 of 11 Finals

1 Cooksey, Regan	16	Rhondda	38.12
2 Fudge, Marcus	14	Rct Squad	36.26
3 Maclarg-Bateman, James	17	Cardiff Mast	35.53
4 Harrop-Griffiths, James	15	Chepstow	34.72
5 Warman-Powell, Iolo R	15	Torfaen Dol	34.78
6 Rees-Jones, Jack	16	Merthyr Tydf	35.88
7 Caldicott, Elliot F	14	Co Newport	37.66
8 Price, Ellis	15	Rct Squad	38.49

### Event 302 Girls 10 & Over 200 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

#### Heat 1 of 7 Finals

3 Morgan-Basini, Ruby-M	10	Abertillery	NT
4 Lee, Seol	10	Co Cardiff	NT
5 McShane, Anya	10	Co Cardiff	NT
6 Davies, Macy L	10	Torfaen Dol	NT

#### Heat 2 of 7 Finals

2 Reasons, Darcy	10	Abertillery	NT
3 Allen, Isabel	11	Co Cardiff	NT
4 Gordon, Mabli	11	Co Cardiff	NT
5 Paddington, Jessica K	11	Co Newport	NT
6 Faulds, Emily G	11	Co Newport	NT
7 Prosser, Sophia	10	Merthyr Tydf	NT

#### Heat 3 of 7 Finals

1 Reed, Bella	11	Rhondda	NT
2 Givvons, Imogen G	12	Co Newport	NT
3 Harford, Libby M	12	Caerphilly	NT
4 Fowler, Maisie	11	Rct Squad	4:11.94
5 Hughes-Rolls, Ava L	13	Torfaen Dol	NT
6 FitzGerald, Mali J	12	Bridgend Cty	NT
7 Bryant, Penelope	12	Co Cardiff	NT
8 Watkins, Ariana	11	Co Cardiff	NT

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 4 of 7 Finals

1	Webber, Takara C	15	Chepstow	3:59.58
2	Jones, Ffion	11	Co Cardiff	3:37.09
3	Littlechild, Charlotte	12	Co Cardiff	3:35.63
4	Powell, Kirsten S	11	Torfaen Dol	3:27.42
5	Sommerin, Elin	12	Co Cardiff	3:30.30
6	Evans, Caitlin	11	Co Cardiff	3:36.60
7	Nolan, Joanie	10	Co Cardiff	3:48.90
8	Jones, Maddie	12	Merthyr Tydf	3:59.75

### Heat 5 of 7 Finals

1	McNamara, Imogen	12	Co Cardiff	3:24.82
2	Boyd, Chloe	12	Co Cardiff	3:16.98
3	Roberts, Isabel	12	Co Cardiff	3:14.10
4	Edwards, Amber	12	Co Cardiff	3:10.24
5	Bridle, Anaya	13	Co Cardiff	3:13.50
6	Wilson, Ellie	12	Co Cardiff	3:15.70
7	Hilton, Nina B	11	Co Newport	3:24.01
8	Garrett, Millie	13	Co Cardiff	3:25.01

### Heat 6 of 7 Finals

1	Sullivan, Ariana	12	Caerphilly	3:09.54
2	Altordai, Yume	13	Co Cardiff	3:07.30
3	Howson, Ellen M	13	Co Newport	3:01.44
4	Bendon, Megan	14	Cwmbran	2:56.66
5	Carre, Jasmine	15	Merthyr Tydf	2:59.50
6	Kay, Isabelle	14	Rct Squad	3:04.72
7	Tejedo, Lola	11	Co Cardiff	3:07.50
8	Jones, Lily-Rose	13	Co Cardiff	3:09.90

### Heat 7 of 7 Finals

1	Smith, Summer	13	Rct Squad	2:51.56
2	Carey, Lucy J	14	Bridgend Cty	2:50.20
3	Irwin, Willow	16	Heads Valleys	2:47.24
4	Crawley, Jessica R	15	Bridgend Cty	2:45.41
5	Lloyd, Ffion H	15	Co Newport	2:47.15
6	Reilly, Manon	14	Rct Squad	2:48.41
7	Blake, Emily	15	Co Cardiff	2:51.35
8	Haddrell, Eva Lily	14	Rct Squad	2:52.61

### Event 303 Boys 10 & Over 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

#### Heat 1 of 8 Finals

3	Altordai, Junnosuke	11	Co Cardiff	NT
4	Rees-Hughes, Gruff	11	Chepstow	NT
5	Trick-Eagles, Monty	11	Monnow	NT
6	Elsharawi, Asser	11	Co Cardiff	NT

#### Heat 2 of 8 Finals

2	Hopkins, Luc P	11	Torfaen Dol	NT
3	Samuel, Jake	11	Abertillery	NT
4	Theron, Izak	12	Co Cardiff	NT
5	Irwin, Finn	12	Heads Valleys	NT
6	Harvey, Hugo	11	Co Cardiff	NT
7	Gregory, Jaiden	11	Rhondda	NT

#### Heat 3 of 8 Finals

1	Price, Evan	13	Bridgend Swim	NT
2	Prusaks, Konstantins	15	Co Newport	NT
3	D'Cruz, Dylan	11	Pontypridd	3:58.91
4	Sutton, Harry	11	Co Cardiff	3:53.04
5	Paddington, Ethan W	13	Co Newport	3:56.54
6	Arnold, David	13	Cwmbran	4:37.30
7	Henley, Lewis	13	Heads Valleys	NT
8	Williams, Tomos M	12	Chepstow	NT

### Heat 4 of 8 Finals

1	Mamedov, Rashid	11	Co Cardiff	3:43.79
2	Frampton, Rhydian	10	Rct Squad	3:41.29
3	Banning, Arthen	12	Merthyr Tydf	3:36.19
4	Rendall, Nathaniel	13	Co Cardiff	3:35.81
5	Bastyan, Tobias-Luke	11	Caerphilly	3:36.00
6	Temby, William	11	Co Cardiff	3:41.00
7	Gilligan, Henry	12	Rct Squad	3:43.18
8	Chamberlain, Frederick	13	Co Cardiff	3:43.83

### Heat 5 of 8 Finals

1	Chalk, Alistair H	10	Co Newport	3:32.56
2	Howe, Inigo W	13	Torfaen Dol	3:31.01
3	Jones, Noah B	11	Torfaen Dol	3:28.72
4	Deacon, Cameron	12	Rhondda	3:26.54
5	Williams, Luke T	14	Co Newport	3:27.97
6	Benbow, Jonah	13	Bridgend Swim	3:30.38
7	Miles, Harry	12	Co Cardiff	3:31.32
8	Spinks, Owen H	14	Torfaen Dol	3:35.52

### Heat 6 of 8 Finals

1	Harvey, Jack	12	Co Cardiff	3:21.50
2	Hewitt, Archie	12	Monnow	3:13.51
3	Schofield, Thomas	13	Heads Valleys	3:08.67
4	Vong, Joshua J	12	Co Newport	3:08.19
5	Jenkins, James	13	Co Cardiff	3:08.61
6	Nolan, Oliver	13	Co Cardiff	3:10.36
7	Song, Evan	12	Co Cardiff	3:17.88
8	Crump, Joshua-James J	13	Bridgend Cty	3:24.82

### Heat 7 of 8 Finals

1	Gruffydd, Ned	12	Co Cardiff	3:06.00
2	Warman-Powell, Ioan G	12	Torfaen Dol	3:03.58
3	Howe, Albie S	15	Torfaen Dol	2:57.81
4	Tucker, Ethan H	14	Chepstow	2:53.84
5	Nemtsov, Alexandros	14	Co Cardiff	2:54.07
6	Ballantyne, Alex	13	Bridgend Swim	3:00.58
7	Giles, Brodie	12	Bridgend Swim	3:05.69
8	Fletcher, Miles	12	Co Cardiff	3:06.30

### Heat 8 of 8 Finals

1	Caldicott, Elliot F	14	Co Newport	2:52.72
2	Warman-Powell, Iolo R	15	Torfaen Dol	2:45.92
3	Whittaker, Daniel R	16	Bridgend Cty	2:35.68
4	Southwood, Charlie M	15	Torfaen Dol	2:34.93
5	Vaughan, William	15	Rct Squad	2:35.38
6	Maclarg-Bateman, James	17	Cardiff Mast	2:37.72
7	Warren, Ryan	15	Rct Squad	2:46.62
8	Fudge, Marcus	14	Rct Squad	2:53.49

### Event 304 Girls 10 & Over 100 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

#### Heat 1 of 21 Finals

3	Schutte, Alice	10	Bridgend Swim	NT
4	Davies, Indie B	10	Co Newport	NT
5	Prosser, Sophia	10	Merthyr Tydf	NT
6	Hawkey, Myah	10	Co Cardiff	NT

#### Heat 2 of 21 Finals

1	Protheroe, Pollyanna	10	Heads Valleys	NT
2	Worthing, Miah	10	Heads Valleys	NT
3	Innocent-Woodman, Aur	11	Co Cardiff	NT
4	Connor, Mollie	11	Caerphilly	NT
5	Hilton, Nina B	11	Co Newport	NT
6	Fordham, Freya	10	Co Newport	NT
7	Roberts, Rosie A	10	Torfaen Dol	NT
8	Klak, Nina	10	Co Newport	NT

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 3 of 21 Finals

1	Tinca, Maya	11	Co Cardiff	NT
2	Cann, Emily B	11	Co Newport	NT
3	Aylen, Lauren	11	Bridgend Swim	NT
4	Molloy, Elizabeth	11	Co Cardiff	NT
5	Morgan, Freya	11	Bridgend Swim	NT
6	Wilcox, Ellie M	11	Co Newport	NT
7	Watkins, Ariana	11	Co Cardiff	NT
8	Rothwell, Emily	11	Co Cardiff	NT

### Heat 4 of 21 Finals

1	Jenkins, Emily	11	Co Cardiff	NT
2	Wrona, Laura	12	Heads Valleys	NT
3	Evans, Brooke	12	Caerphilly	NT
4	Clatworthy, Maddie	13	Bridgend Swim	NT
5	Powell, Josie	12	Bridgend Swim	NT
6	Thompson, Olwen A	12	Chepstow	NT
7	Beecham, Grace E	11	Co Newport	NT
8	Rowe, Bethan N	11	Bridgend Cty	NT

### Heat 5 of 21 Finals

1	Taylor, Violet	13	Caerphilly	NT
2	Fletcher, Holly	16	Co Cardiff	NT
3	Evans, Seren E	12	Co Newport	2:36.18
4	Foster, Macie	10	Rct Squad	2:15.61
5	Wray, Anaya G	11	Rct Squad	2:23.44
6	Blake, Ffion	16	Co Cardiff	NT
7	Ames, Cicelie	14	Co Newport	NT
8	Lewis, Daisy	13	Bridgend Swim	NT

### Heat 6 of 21 Finals

1	Heward, Lydia	11	Caerphilly	2:09.30
2	Harding, Chloe	11	Cwmbran	1:58.42
3	Paddington, Jessica K	11	Co Newport	1:54.63
4	Young, Caitlin	11	Cwmbran	1:49.53
5	Jasper, Lily	10	Co Cardiff	1:54.38
6	Crump, Lily-May R	10	Bridgend Cty	1:56.29
7	Teague, Asana	10	Rct Squad	2:08.36
8	Quan, Tayla-Rose	10	Rct Squad	2:13.42

### Heat 7 of 21 Finals

1	Greenough, Ella	11	Co Cardiff	1:48.62
2	Kaleta, Lena	11	Co Newport	1:45.79
3	Lloyd, Kaitlyn	12	Cwmbran	1:44.40
4	Webber, Takara C	15	Chepstow	1:44.24
5	Rogers, Emilia	11	Heads Valleys	1:44.38
6	Lovell, Freya	11	Caerphilly	1:45.17
7	Santorio, Bianca	10	Co Cardiff	1:46.04
8	Carre, Isabelle	10	Merthyr Tydf	1:48.88

### Heat 8 of 21 Finals

1	Adams, Tilly	11	Co Cardiff	1:41.23
2	James, Izzy	10	Rhondda	1:40.12
3	Jones, Cadi	10	Co Cardiff	1:39.27
4	Thomas, Amelia	12	Merthyr Tydf	1:37.99
5	Asprey, Evelyn	10	Co Cardiff	1:38.80
6	Soffe, Bronwyn E	10	Co Newport	1:39.55
7	Lee, Seol	10	Co Cardiff	1:40.65
8	Varley, Gracie	10	Co Cardiff	1:43.45

### Heat 9 of 21 Finals

1	McShane, Anya	10	Co Cardiff	1:36.99
2	Jones, Efa	11	Co Cardiff	1:36.46
3	Nolan, Joanie	10	Co Cardiff	1:34.93
4	Coleman, Ava	12	Co Cardiff	1:34.29
5	O'Neill, Seren	12	Co Cardiff	1:34.71
6	Ryan, Harriet F	11	Chepstow	1:36.25
7	Stubbs, Harriet D	11	Chepstow	1:36.91
8	Willis, Ffion L	10	Torfaen Dol	1:37.67

### Heat 10 of 21 Finals

1	Pedler, Lucy J	11	Bridgend Cty	1:32.35
2	Sommerin, Elin	12	Co Cardiff	1:32.10
3	Littlechild, Charlotte	12	Co Cardiff	1:30.87
4	Allen, Isabel	11	Co Cardiff	1:30.49
5	Harris, Laila	12	Caerphilly	1:30.82
6	Edwards, Nia	11	Caerphilly	1:31.11
7	Benbow, Maya	11	Bridgend Swim	1:32.15
8	Prusaka, Ksenija	12	Co Newport	1:33.77

### Heat 11 of 21 Finals

1	Oxenham, Kate M	15	Chepstow	1:29.37
2	Gordon, Mabli	11	Co Cardiff	1:28.48
3	Price, Macy	10	Heads Valleys	1:27.79
4	Jones, Ffion	11	Co Cardiff	1:27.50
5	Virgin, Eva	11	Co Cardiff	1:27.61
6	Evans, Caitlin	11	Co Cardiff	1:28.00
7	Elliott, Phoebe	14	Cwmbran	1:28.76
8	Carter, Layla	11	Monnow	1:29.83

### Heat 12 of 21 Finals

1	Jones, Jessica .	10	Rct Squad	1:27.06
2	Duggan, Grace	11	Merthyr Tydf	1:26.38
3	Faulds, Emily G	11	Co Newport	1:26.19
4	Roberts, Leah	12	Cwmbran	1:25.88
5	Cottrell, Ellie	10	Co Cardiff	1:26.00
6	Scofield, Niamh	11	Rct Squad	1:26.32
7	Bendon, Ruby-Mai	12	Cwmbran	1:26.38
8	Walters, Gwennan	11	Co Cardiff	1:27.20

### Heat 13 of 21 Finals

1	Price, Amie	11	Rct Squad	1:25.43
2	Williams, Natasha	12	Co Newport	1:24.73
3	Long, Sadie E	11	Bridgend Cty	1:24.46
4	Jones, Megan P	12	Torfaen Dol	1:23.98
5	Davies, Shannon	13	Cwmbran	1:24.01
6	Trace, Emily S	14	Chepstow	1:24.67
7	Bevan, Ellie	13	Bridgend Swim	1:24.90
8	Williams, Lili	11	Rct Squad	1:25.55

### Heat 14 of 21 Finals

1	Bridle, Anaya	13	Co Cardiff	1:23.00
2	Russell, Fay G	15	Chepstow	1:22.96
3	Sheen, Isabelle R	12	Torfaen Dol	1:22.25
4	Ralph, Ffion E	13	Co Newport	1:21.62
5	Evans, Sioned	13	Co Cardiff	1:22.10
6	Jones, Lily-Rose	13	Co Cardiff	1:22.80
7	Steele, Sophie V	13	Chepstow	1:22.98
8	Arlow, Grace E	13	Torfaen Dol	1:23.97

### Heat 15 of 21 Finals

1	Winterflood, Angelica M	14	Co Newport	1:21.20
2	Shephard, Kate	12	Rhondda	1:20.54
3	Garrett, Millie	13	Co Cardiff	1:19.49
4	Andrews, Bella R	12	Co Newport	1:19.27
5	Roberts, Isabel	12	Co Cardiff	1:19.38
6	Arnold, Jessica	15	Cwmbran	1:20.22
7	Williams, Taylor	13	Caerphilly	1:20.91
8	Richards, Faith	12	Merthyr Tydf	1:21.43

### Heat 16 of 21 Finals

1	Duggan, Ella	11	Merthyr Tydf	1:19.11
2	Cooksey-Owen, Ruby	11	Rhondda	1:18.84
3	Garrett, Ruby	14	Merthyr Tydf	1:18.58
4	Carter-Head, Lexi	13	Co Cardiff	1:18.23
5	Bastyan, Ava-Rose	13	Caerphilly	1:18.45
6	Altordai, Yume	13	Co Cardiff	1:18.60
7	Tejedo, Lola	11	Co Cardiff	1:18.90
8	Edwards, Amber	12	Co Cardiff	1:19.22



## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 17 of 21 Finals

1	McNamara, Imogen	12	Co Cardiff	1:18.00
2	Kersley, Holly	12	Cwmbran	1:17.77
3	Offers, Macy G	14	Abertillery	1:17.40
4	Harford, Libby M	12	Caerphilly	1:17.34
5	Davies, Catrin	14	Co Cardiff	1:17.40
6	Edwards, Carys	12	Caerphilly	1:17.52
7	Davies, Darcey	13	Rct Squad	1:17.91
8	Hamm, Ava L	13	Bridgend Cty	1:18.09

### Heat 18 of 21 Finals

1	Macintyre-Jones, Arwen	13	Heads Valleys	1:17.20
2	Harmer, Gracy	14	Caerphilly	1:16.46
3	Cooper, Caitlin E	13	Co Newport	1:16.25
4	Peckham, Neave R	14	Chepstow	1:15.71
5	Wilson, Ellie	12	Co Cardiff	1:15.92
6	Thomas, Hannah	13	Rct Squad	1:16.36
7	Coles, Mya E	12	Co Newport	1:16.65
8	Boyd, Chloe	12	Co Cardiff	1:17.30

### Heat 19 of 21 Finals

1	Carey, Amy R	13	Bridgend Cty	1:14.88
2	Howson, Ellen M	13	Co Newport	1:14.27
3	FitzGerald, Mali J	12	Bridgend Cty	1:13.75
4	Bendon, Megan	14	Cwmbran	1:13.05
5	Williams, Georgia	15	Rct Squad	1:13.35
6	Hopkin, Rebekah E	13	Bridgend Cty	1:14.04
7	Brady, Grace	13	Rct Squad	1:14.69
8	Haeffner, Mia L	16	Chepstow	1:15.65

### Heat 20 of 21 Finals

1	Dutton, Jemima A	14	Bridgend Cty	1:12.94
2	Davies-Jones, Hannah Z	13	Bridgend Cty	1:12.76
3	Stacey, Martha E	15	Torfaen Dol	1:12.50
4	Smith, Summer	13	Rct Squad	1:12.10
5	Irwin, Willow	16	Heads Valleys	1:12.31
6	Carter, Bella	13	Monnow	1:12.55
7	Hurn, Isabella	13	Cwmbran	1:12.79
8	Williams, Mali	16	Rct Squad	1:13.00

### Heat 21 of 21 Finals

1	Reilly, Manon	14	Rct Squad	1:11.37
2	Morgan, Isabelle L	14	Co Newport	1:10.39
3	Lewis, Imogen	14	Co Cardiff	1:09.70
4	Barr, Angharad	15	Caerphilly	1:08.44
5	Marshall, Hannah	18	Merthyr Tydf	1:09.39
6	Lloyd, Ffion H	15	Co Newport	1:09.72
7	Carre, Jasmine	15	Merthyr Tydf	1:10.95
8	Banning, Lilwen	15	Merthyr Tydf	1:11.55

### Event 305 Boys 10 & Over 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

#### Heat 1 of 1 Finals

2	Watts, Macsen	12	Heads Valleys	NT
3	Nemtsov, Alexandros	14	Co Cardiff	NT
4	Ingram, James	17	Heads Valleys	2:36.59
5	Miles, Harry	12	Co Cardiff	3:42.21
6	Williams, Tomos M	12	Chepstow	NT

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### SATURDAY SESSION 4 Warm up 3.35 Start 4.35

#### Event 401 Girls 10 & Over 100 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 5 Finals</b>			
2 McShane, Anya	10	Co Cardiff	NT
3 McNamara, Imogen	12	Co Cardiff	NT
4 Littlechild, Charlotte	12	Co Cardiff	NT
5 Bryant, Penelope	12	Co Cardiff	NT
6 Gordon, Mabli	11	Co Cardiff	NT
7 Hawkey, Myah	10	Co Cardiff	NT

#### Heat 2 of 5 Finals

1 Garrett, Millie	13	Co Cardiff	NT
2 Davies, Clemmie	14	Brecon	2:12.31
3 Nowell, Gabriella J	17	Torfaen Dol	1:57.59
4 Jones, Ffion	11	Co Cardiff	1:51.94
5 Jones, Jessica .	10	Rct Squad	1:53.53
6 Paddington, Jessica K	11	Co Newport	2:08.76
7 Bastyan, Ava-Rose	13	Caerphilly	2:19.42
8 Davies-Jones, Hannah Z	13	Bridgend Cty	NT

#### Heat 3 of 5 Finals

1 Beecham, Grace E	11	Co Newport	1:47.18
2 Boyd, Chloe	12	Co Cardiff	1:42.86
3 Ribeiro, Ariana	11	Co Cardiff	1:38.95
4 George, Ellie	11	Rct Squad	1:36.21
5 Fowler, Maisie	11	Rct Squad	1:38.70
6 Bevan, Ellie	13	Bridgend Swim	1:39.14
7 Lovering, Sophie	11	Co Cardiff	1:46.88
8 Edwards, Carys	12	Caerphilly	1:50.61

#### Heat 4 of 5 Finals

1 Sullivan, Ariana	12	Caerphilly	1:30.88
2 Cooksey-Owen, Ruby	11	Rhondda	1:28.75
3 Reed, Bella	11	Rhondda	1:27.79
4 Smith, Summer	13	Rct Squad	1:26.26
5 Brady, Grace	13	Rct Squad	1:26.67
6 Hopkin, Rebekah E	13	Bridgend Cty	1:28.01
7 Williams, Olivia	13	Rct Squad	1:29.40
8 Evans, Sioned	13	Co Cardiff	1:34.05

#### Heat 5 of 5 Finals

1 Goss, Eden	15	Bridgend Swim	1:24.28
2 Jones, Evie	14	Merthyr Tydf	1:22.26
3 Haddrell, Eva Lily	14	Rct Squad	1:19.26
4 Williams, Mali	16	Rct Squad	1:16.13
5 Barr, Angharad	15	Caerphilly	1:17.23
6 Hurn, Isabella	13	Cwmbran	1:21.22
7 Kay, Isabelle	14	Rct Squad	1:23.99
8 Hamm, Ava L	13	Bridgend Cty	1:25.39

#### Event 402 Boys 10 & Over 200 SC Meter Breaststroke

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>			
3 Altordai, Junnosuke	11	Co Cardiff	NT
4 Jenkins, Gethin R	13	Bridgend Cty	NT
5 Warman-Powell, Ioan G	12	Torfaen Dol	NT
6 Morgan, Josh A	10	Co Newport	NT

#### Heat 2 of 4 Finals

1 Freebury, William	13	Torfaen Dol	NT
2 Caldicott, Elliot F	14	Co Newport	NT
3 Prusaks, Konstantins	15	Co Newport	NT
4 Ingram, James	17	Heads Valleys	NT
5 Whittaker, Daniel R	16	Bridgend Cty	NT
6 Long, Isaac D	14	Co Newport	NT
7 James, Rhys	13	Rct Squad	NT
8 Schofield, Thomas	13	Heads Valleys	NT

#### Heat 3 of 4 Finals

1 Chalk, Alistair H	10	Co Newport	3:57.78
2 Chamberlain, Frederick	13	Co Cardiff	3:56.46
3 Jenkins, James	13	Co Cardiff	3:54.20
4 Rees-Jones, Jack	16	Merthyr Tydf	3:44.31
5 Harvey, Jack	12	Co Cardiff	3:44.43
6 D'Cruz, Dylan	11	Pontypridd	3:54.32
7 Miles, Harry	12	Co Cardiff	3:57.29
8 Mamedov, Rashid	11	Co Cardiff	4:06.10

#### Heat 4 of 4 Finals

1 Hewitt, Archie	12	Monnow	3:38.05
2 Adams, Ronan	14	Bridgend Swim	3:33.03
3 Henley, Lewis	13	Heads Valleys	3:24.51
4 Brock, Freddy	13	Rct Squad	3:14.31
5 Williams, Luke T	14	Co Newport	3:23.54
6 Crump, Joshua-James J	13	Bridgend Cty	3:26.18
7 Jones, Noah B	11	Torfaen Dol	3:37.33
8 Rendall, Nathaniel	13	Co Cardiff	3:41.69

#### Event 403 Girls 10 & Over 100 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 13 Finals</b>			
3 Varley, Gracie	10	Co Cardiff	NT
4 Prosser, Sophia	10	Merthyr Tydf	NT
5 Yau, Evie M	10	Co Newport	NT

#### Heat 2 of 13 Finals

2 Jasper, Lily	10	Co Cardiff	NT
3 Baulch, Aderyn L	10	Co Newport	NT
4 Edwards, Nia	11	Caerphilly	NT
5 Asprey, Evelyn	10	Co Cardiff	NT
6 Crump, Lily-May R	10	Bridgend Cty	NT
7 Hawkey, Myah	10	Co Cardiff	NT

#### Heat 3 of 13 Finals

1 Watkins, Ariana	11	Co Cardiff	NT
2 Beecham, Grace E	11	Co Newport	NT
3 Rothwell, Emily	11	Co Cardiff	NT
4 Jenkins, Francesca	11	Co Cardiff	NT
5 Molloy, Elizabeth	11	Co Cardiff	NT
6 Heward, Lydia	11	Caerphilly	NT
7 Rowe, Bethan N	11	Bridgend Cty	NT
8 Paddington, Jessica K	11	Co Newport	NT

#### Heat 4 of 13 Finals

1 Innocent-Woodman, Aur	11	Co Cardiff	NT
2 Prusaka, Ksenija	12	Co Newport	NT
3 Fletcher, Holly	16	Co Cardiff	NT
4 Thomas, Amelia	12	Merthyr Tydf	2:26.26
5 Wray, Anaya G	11	Rct Squad	2:32.47
6 Wrona, Laura	12	Heads Valleys	NT
7 Evans, Brooke	12	Caerphilly	NT
8 Connor, Mollie	11	Caerphilly	NT

#### Heat 5 of 13 Finals

1 Foster, Macie	10	Rct Squad	2:17.43
2 Evans, Seren E	12	Co Newport	1:59.54
3 Lee, Seol	10	Co Cardiff	1:53.09
4 Ryan, Harriet F	11	Chepstow	1:51.79
5 Santoro, Bianca	10	Co Cardiff	1:51.92
6 Soffe, Bronwyn E	10	Co Newport	1:58.02
7 Quan, Tayla-Rose	10	Rct Squad	2:06.82
8 Teague, Asana	10	Rct Squad	2:18.65

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 6 of 13 Finals

1 Williams, Isabella	10	Rct Squad	1:50.98
2 Price, Macy	10	Heads Valleys	1:48.39
3 Bendon, Ruby-Mai	12	Cwmbran	1:45.35
4 Cottrell, Ellie	10	Co Cardiff	1:44.50
5 Abbott, Glesni I	15	Chepstow	1:44.83
6 Jones, Efa	11	Co Cardiff	1:46.20
7 Gettins, Bethan G	10	Co Newport	1:48.98
8 Meenagh, Mai Van	10	Co Cardiff	1:51.23

### Heat 7 of 13 Finals

1 Sommerin, Elin	12	Co Cardiff	1:43.10
2 Bastyan, Ava-Rose	13	Caerphilly	1:42.86
3 Elliott, Grace	16	Cwmbran	1:42.18
4 Evans, Caitlin	11	Co Cardiff	1:41.90
5 Jones, Ffion	11	Co Cardiff	1:42.00
6 Allen, Isabel	11	Co Cardiff	1:42.30
7 Nolan, Joanie	10	Co Cardiff	1:43.10
8 Lloyd, Kaitlyn	12	Cwmbran	1:44.32

### Heat 8 of 13 Finals

1 Littlechild, Charlotte	12	Co Cardiff	1:41.20
2 McShane, Anya	10	Co Cardiff	1:40.36
3 Lovering, Sophie	11	Co Cardiff	1:39.12
4 Gordon, Mabli	11	Co Cardiff	1:36.30
5 Garrett, Ruby	14	Merthyr Tydf	1:36.73
6 Bradley, Evie	13	Cwmbran	1:39.57
7 Virgin, Eva	11	Co Cardiff	1:40.50
8 Powell, Kirsten S	11	Torfaen Dol	1:41.34

### Heat 9 of 13 Finals

1 Scofield, Niamh	11	Rct Squad	1:35.52
2 Williams, Taylor	13	Caerphilly	1:35.30
3 Hilton, Nina B	11	Co Newport	1:35.11
4 Arnold, Jessica	15	Cwmbran	1:33.88
5 Duggan, Ella	11	Merthyr Tydf	1:34.82
6 Ralph, Ffion E	13	Co Newport	1:35.12
7 Long, Sadie E	11	Bridgend Cty	1:35.40
8 Garrett, Millie	13	Co Cardiff	1:35.98

### Heat 10 of 13 Finals

1 Sheen, Isabelle R	12	Torfaen Dol	1:33.62
2 McNamara, Imogen	12	Co Cardiff	1:33.03
3 Williams, Lili	11	Rct Squad	1:32.37
4 Coles, Mya E	12	Co Newport	1:32.18
5 Harford, Libby M	12	Caerphilly	1:32.29
6 Price, Amie	11	Rct Squad	1:32.84
7 Boyd, Chloe	12	Co Cardiff	1:33.17
8 Jones, Maddie	12	Merthyr Tydf	1:33.86

### Heat 11 of 13 Finals

1 Edwards, Amber	12	Co Cardiff	1:32.05
2 Roberts, Leah	12	Cwmbran	1:31.81
3 Carter-Head, Lexi	13	Co Cardiff	1:29.19
4 FitzGerald, Mali J	12	Bridgend Cty	1:26.66
5 Wilson, Ellie	12	Co Cardiff	1:27.01
6 Bridle, Anaya	13	Co Cardiff	1:31.06
7 Richards, Faith	12	Merthyr Tydf	1:31.96
8 Jones, Lily-Rose	13	Co Cardiff	1:32.13

### Heat 12 of 13 Finals

1 Carey, Amy R	13	Bridgend Cty	1:25.55
2 Arlow, Grace E	13	Torfaen Dol	1:24.96
3 Davies, Darcey	13	Rct Squad	1:24.25
4 Williams, Olivia	13	Rct Squad	1:23.36
5 Blake, Emily	15	Co Cardiff	1:23.95
6 Givvons, Imogen G	12	Co Newport	1:24.45
7 Howson, Ellen M	13	Co Newport	1:25.20
8 Thomas, Hannah	13	Rct Squad	1:25.70

### Heat 13 of 13 Finals

1 Lewis, Imogen	14	Co Cardiff	1:19.18
2 Stacey, Martha E	15	Torfaen Dol	1:18.85
3 Carey, Lucy J	14	Bridgend Cty	1:18.56
4 Cosby, Nia	15	Bridgend Cty	1:15.60
5 Haddrell, Eva Lily	14	Rct Squad	1:17.47
6 Lloyd, Ffion H	15	Co Newport	1:18.60
7 Reilly, Manon	14	Rct Squad	1:18.94
8 Barr, Angharad	15	Caerphilly	1:20.13

### Event 404 Boys 10 & Over 200 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

#### Heat 1 of 8 Finals

3 Nicholas, Luca	10	Bridgend Swim	NT
4 Chalk, Alistair H	10	Co Newport	NT
5 Frampton, Rhydian	10	Rct Squad	NT

#### Heat 2 of 8 Finals

2 Hopkins, Luc P	11	Torfaen Dol	NT
3 Kennah, Rueben	11	Heads Valleys	NT
4 Altordai, Junnosuke	11	Co Cardiff	NT
5 Timbrell, George H	11	Co Newport	NT
6 Pound, Leon	11	Rct Squad	NT
7 Harris, Max	10	Bridgend Swim	NT

#### Heat 3 of 8 Finals

1 Harvey, Hugo	11	Co Cardiff	NT
2 Williams, Tomos M	12	Chepstow	NT
3 Davies, Tom M	12	Co Newport	NT
4 Harvey, Jack	12	Co Cardiff	NT
5 Giles, Brodie	12	Bridgend Swim	NT
6 Deacon, Cameron	12	Rhondda	NT
7 Butwell, Ollie	11	Co Cardiff	NT
8 Mamedov, Rashid	11	Co Cardiff	NT

#### Heat 4 of 8 Finals

1 Freebury, William	13	Torfaen Dol	NT
2 Howe, Inigo W	13	Torfaen Dol	NT
3 Henley, Lewis	13	Heads Valleys	NT
4 Prusaks, Rostislavs	14	Co Newport	NT
5 Yokwe, Pallo	14	Heads Valleys	NT
6 Paddington, Ethan W	13	Co Newport	NT
7 Chamberlain, Frederick	13	Co Cardiff	NT
8 Schofield, Thomas	13	Heads Valleys	NT

#### Heat 5 of 8 Finals

1 Howe, Albie S	15	Torfaen Dol	NT
2 Williams, Dylan R	18	Torfaen Dol	3:49.07
3 Sutton, Harry	11	Co Cardiff	3:21.43
4 Miles, Harry	12	Co Cardiff	3:16.58
5 Morgan, Josh A	10	Co Newport	3:19.77
6 Rendall, Nathaniel	13	Co Cardiff	3:21.64
7 Prusaks, Konstantins	15	Co Newport	NT
8 Caldicott, Elliot F	14	Co Newport	NT

#### Heat 6 of 8 Finals

1 Roberts, Evyn	14	Bridgend Swim	2:58.33
2 Arnold, David	13	Cwmbran	2:57.61
3 Fudge, Marcus	14	Rct Squad	2:52.30
4 Jenkins, James	13	Co Cardiff	2:50.54
5 Wratten, Joshua	14	Cwmbran	2:51.85
6 John, Will	12	Bridgend Swim	2:55.52
7 Adams, Ronan	14	Bridgend Swim	2:57.85
8 Duffy, Isaac	12	Co Cardiff	3:03.63

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 7 of 8 Finals

1	Hewitt, Archie	12	Monnow	2:48.12
2	Price, Evan	13	Bridgend Swim	2:45.68
3	Davies, Brynley	12	Co Newport	2:45.05
4	Ballantyne, Alex	13	Bridgend Swim	2:38.99
5	Vong, Joshua J	12	Co Newport	2:40.51
6	Gruffydd, Ned	12	Co Cardiff	2:45.15
7	Nolan, Oliver	13	Co Cardiff	2:47.72
8	Benbow, Jonah	13	Bridgend Swim	2:49.07

### Heat 8 of 8 Finals

1	Cumberland, Tristan	17	Heads Valleys	2:27.50
2	Rees-Jones, Jack	16	Merthyr Tydf	2:25.31
3	Davies, Gavin	15	Co Newport	2:23.38
4	Maclarg-Bateman, James	17	Cardiff Mast	2:16.15
5	Warman-Powell, Iolo R	15	Torfaen Dol	2:19.96
6	Warren, Ryan	15	Rct Squad	2:24.38
7	Spinks, Owen H	14	Torfaen Dol	2:26.88
8	Brock, Freddy	13	Rct Squad	2:32.15

### Event 405 Girls 10 & Over 50 SC Meter Breaststroke

#### Lane Name      Age      Team      Seed Time

#### Heat 1 of 18 Finals

2	Jasper, Lily	10	Co Cardiff	NT
3	Teague, Asana	10	Rct Squad	NT
4	Jenkins, Emily	11	Co Cardiff	NT
5	Schutte, Alice	10	Bridgend Swim	NT
6	Pemberton, Ffion	10	Bridgend Swim	NT

#### Heat 2 of 18 Finals

1	Tinca, Maya	11	Co Cardiff	NT
2	Cann, Emily B	11	Co Newport	NT
3	Edwards, Nia	11	Caerphilly	NT
4	Evans, Seren E	12	Co Newport	NT
5	Abramova, Agata	12	Caerphilly	NT
6	Adams, Tilly	11	Co Cardiff	NT
7	Rothwell, Emily	11	Co Cardiff	NT
8	Hilton, Nina B	11	Co Newport	NT

#### Heat 3 of 18 Finals

1	Simpson, Elsee C	13	Bridgend Cty	NT
2	Taylor, Violet	13	Caerphilly	NT
3	Sweet-Roberts, Rosie	14	Torfaen Dol	NT
4	Marshall, Hannah	18	Merthyr Tydf	NT
5	Janes-Evans, Megan	16	Torfaen Dol	NT
6	Ames, Cicelie	14	Co Newport	NT
7	Mitchell, Ivy	13	Caerphilly	NT
8	Thompson, Olwen A	12	Chepstow	NT

#### Heat 4 of 18 Finals

1	Quan, Tayla-Rose	10	Rct Squad	1:22.16
2	Lewis, Megan	11	Co Cardiff	1:20.29
3	Woodman, Bethan I	11	Co Newport	1:14.27
4	Fowler, Maisie	11	Rct Squad	1:11.28
5	Thomas, Amelia	12	Merthyr Tydf	1:14.12
6	Heward, Lydia	11	Caerphilly	1:16.79
7	Offers, Nancy	10	Abertillery	1:21.08
8	Buckley, Ava	10	Co Cardiff	1:28.92

#### Heat 5 of 18 Finals

1	Baulch, Aderyn L	10	Co Newport	1:09.76
2	Gettins, Bethan G	10	Co Newport	1:08.31
3	Paddington, Jessica K	11	Co Newport	1:07.40
4	Jones, Zoey E	10	Co Newport	1:06.82
5	Varley, Gracie	10	Co Cardiff	1:06.90
6	Price, Macy	10	Heads Valleys	1:08.00
7	Yau, Evie M	10	Co Newport	1:09.17
8	Hollinshead, Florence	10	Co Cardiff	1:10.33

### Heat 6 of 18 Finals

1	Rowe, Bethan N	11	Bridgend Cty	1:04.93
2	Connor, Mollie	11	Caerphilly	1:03.40
3	Jones, Efa	11	Co Cardiff	1:02.48
4	Sommerin, Elin	12	Co Cardiff	1:01.73
5	Jenkins, Macy C	14	Caerphilly	1:01.79
6	Goss, Halle	10	Bridgend Swim	1:03.22
7	Protheroe, Pollyanna	10	Heads Valleys	1:04.25
8	Crump, Lily-May R	10	Bridgend Cty	1:05.06

### Heat 7 of 18 Finals

1	Williams, Isabella	10	Rct Squad	1:01.37
2	Price, Amie	11	Rct Squad	1:00.38
3	Santoro, Bianca	10	Co Cardiff	59.95
4	Asprey, Evelyn	10	Co Cardiff	59.40
5	Ballinger, Scarlett	11	Rhondda	59.65
6	Jenkins, Francesca	11	Co Cardiff	1:00.23
7	Richards, Faith	12	Merthyr Tydf	1:00.38
8	Greenough, Ella	11	Co Cardiff	1:01.45

### Heat 8 of 18 Finals

1	Moss, Gwenan	10	Caerphilly	59.16
2	Wilcox, Ellie M	11	Co Newport	58.67
3	Jones, Cadi	10	Co Cardiff	58.40
4	Watts, Nia L	11	Bridgend Cty	57.97
5	O'Neill, Seren	12	Co Cardiff	58.20
6	Sheen, Isabelle R	12	Torfaen Dol	58.47
7	Kaleta, Lena	11	Co Newport	58.93
8	James, Izzy	10	Rhondda	59.34

### Heat 9 of 18 Finals

1	Morgan, Freya	11	Bridgend Swim	57.39
2	Tkaczynska, Roksana	11	Co Newport	56.34
3	Roberts, Rosie A	10	Torfaen Dol	55.94
4	Elliott, Phoebe	14	Cwmbran	55.65
5	Evans, Caitlin	11	Co Cardiff	55.79
6	Scofield, Niamh	11	Rct Squad	56.02
7	Young, Caitlin	11	Cwmbran	57.16
8	Wrona, Laura	12	Heads Valleys	57.83

### Heat 10 of 18 Finals

1	Coleman, Ava	12	Co Cardiff	55.51
2	Sherrard, Alex H	10	Torfaen Dol	55.36
3	Meenagh, Mai Van	10	Co Cardiff	55.15
4	Harris, Laila	12	Caerphilly	54.93
5	Offers, Macy G	14	Abertillery	55.00
6	Carter, Layla	11	Monnow	55.36
7	Sinkinson, Emma	12	Bridgend Swim	55.44
8	Morgan, Isabelle L	14	Co Newport	55.63

### Heat 11 of 18 Finals

1	Jones, Ffion	11	Co Cardiff	54.10
2	Walters, Gwennan	11	Co Cardiff	53.70
3	Rogers, Emilia	11	Heads Valleys	53.27
4	Smith, Cariad	10	Cwmbran	52.82
5	Howson, Ellen M	13	Co Newport	53.25
6	Price, Cerys	13	Brecon	53.36
7	Boyd, Chloe	12	Co Cardiff	54.10
8	Williams, Taylor	13	Caerphilly	54.87

### Heat 12 of 18 Finals

1	Jones, Megan P	12	Torfaen Dol	52.70
2	Hopkin, Rebekah E	13	Bridgend Cty	51.90
3	Edwards, Carys	12	Caerphilly	51.63
4	Davies, Indie B	10	Co Newport	51.07
5	Duggan, Grace	11	Merthyr Tydf	51.16
6	Garrett, Ruby	14	Merthyr Tydf	51.87
7	Powell, Kirsten S	11	Torfaen Dol	52.44
8	Williams, Olivia	13	Rct Squad	52.81

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 13 of 18 Finals

1	FitzGerald, Mali J	12	Bridgend Cty	50.53
2	Davies, Macy L	10	Torfaen Dol	50.27
3	Molloy, Elizabeth	11	Co Cardiff	50.18
4	Bevan, Ellie	13	Bridgend Swim	49.58
5	Williams, Lili	11	Rct Squad	49.63
6	Cooksey-Owen, Ruby	11	Rhondda	50.25
7	Davies, Shannon	13	Cwmbran	50.53
8	Duggan, Ella	11	Merthyr Tydf	51.04

### Heat 14 of 18 Finals

1	Bastyan, Ava-Rose	13	Caerphilly	49.56
2	Givvons, Imogen G	12	Co Newport	48.99
3	Harford, Libby M	12	Caerphilly	48.92
4	Abbott, Glesni I	15	Chepstow	48.33
5	Shephard, Kate	12	Rhondda	48.60
6	Zyniewicz, Anna	11	Co Newport	48.95
7	Williams, Georgia	15	Rct Squad	49.26
8	Cook, Bronwyn	11	Co Cardiff	49.57

### Heat 15 of 18 Finals

1	Powell, Josie	12	Bridgend Swim	48.08
2	Sheen, Seren L	11	Torfaen Dol	47.64
3	Jones, Elsie G	13	Co Newport	47.34
4	Roberts, Leah	12	Cwmbran	46.95
5	Harmer, Gracy	14	Caerphilly	47.26
6	Harding, Chloe	11	Cwmbran	47.59
7	Trace, Emily S	14	Chepstow	48.08
8	Steele, Sophie V	13	Chepstow	48.27

### Heat 16 of 18 Finals

1	Hughes-Rolls, Ava L	13	Torfaen Dol	46.45
2	Lloyd, Kaitlyn	12	Cwmbran	46.16
3	Davies, Darcey	13	Rct Squad	45.96
4	Cooper, Caitlin E	13	Co Newport	45.89
5	Andrews, Bella R	12	Co Newport	45.91
6	Carter, Bella	13	Monnow	45.97
7	Winterflood, Angelica M	14	Co Newport	46.27
8	Thomas, Hannah	13	Rct Squad	46.60

### Heat 17 of 18 Finals

1	Brady, Grace	13	Rct Squad	45.00
2	Parfitt, Kali L	12	Torfaen Dol	44.37
3	Lewis, Imogen	14	Co Cardiff	43.79
4	Reilly, Manon	14	Rct Squad	43.48
5	Smith, Summer	13	Rct Squad	43.78
6	Hurn, Isabella	13	Cwmbran	43.86
7	Davies, Clemmie	14	Brecon	44.79
8	Carter-Head, Lexi	13	Co Cardiff	45.71

### Heat 18 of 18 Finals

1	Oxenham, Kate M	15	Chepstow	43.17
2	Barr, Angharad	15	Caerphilly	42.46
3	Jones, Evie	14	Merthyr Tydf	41.65
4	Lloyd, Ffion H	15	Co Newport	40.37
5	Lewis, Hollie	15	Bridgend Swim	40.52
6	Haddrell, Eva Lily	14	Rct Squad	42.03
7	Bradley, Evie	13	Cwmbran	42.49
8	Lewis, Daisy	13	Bridgend Swim	43.25

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### SUNDAY SESSION 5 Warm up 8.30 Start 9.35

#### Event 501 Boys 10 & Over 50 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 8 Finals</b>			
3 Butterworth, Oscar	10	Co Cardiff	NT
4 Yeates-Mayo, Spencer T	11	Co Newport	NT
5 Nicholas, Luca	10	Bridgend Swim	NT

#### Heat 2 of 8 Finals

1 Tihiev, Milan	12	Co Cardiff	NT
2 Price, Evan	13	Bridgend Swim	NT
3 Ma, Ko Kwan	13	Co Cardiff	NT
4 Yokwe, Pallo	14	Heads Valleys	NT
5 Parkes, Isaac	13	Caerphilly	NT
6 Chamberlain, Frederick	13	Co Cardiff	NT
7 Schofield, Thomas	13	Heads Valleys	NT
8 Butwell, Ollie	11	Co Cardiff	NT

#### Heat 3 of 8 Finals

1 Nemtsov, Andreas	11	Co Cardiff	1:05.93
2 Skovronek, Tai-La	12	Abertillery	1:01.51
3 Johnson, Cai	11	Cwmbran	56.41
4 Chalk, Alistair H	10	Co Newport	52.59
5 Frampton, Rhydian	10	Rct Squad	55.10
6 Warren, Ryan	15	Rct Squad	57.22
7 Wawrzyniak, Tymek	12	Co Cardiff	1:03.90
8 Warman-Powell, Ioan G	12	Torfaen Dol	1:08.44

#### Heat 4 of 8 Finals

1 Duffy, Isaac	12	Co Cardiff	51.59
2 Rendall, Nathaniel	13	Co Cardiff	50.53
3 Palmer, Evan L	10	Torfaen Dol	48.18
4 Miles, Harry	12	Co Cardiff	47.26
5 Timbrell, George H	11	Co Newport	47.41
6 Temby, William	11	Co Cardiff	49.70
7 D'Cruz, Dylan	11	Pontypridd	50.89
8 Paddington, Ethan W	13	Co Newport	52.40

#### Heat 5 of 8 Finals

1 Trick-Eagles, Monty	11	Monnow	46.90
2 Csoban, Benjamin	11	Co Newport	46.05
3 Hopkins, Luc P	11	Torfaen Dol	44.62
4 Howe, Inigo W	13	Torfaen Dol	43.44
5 Harvey, Jack	12	Co Cardiff	43.60
6 Price, James D	12	Pontypridd	44.90
7 Morgan, Josh A	10	Co Newport	46.37
8 Mamedov, Rashid	11	Co Cardiff	47.22

#### Heat 6 of 8 Finals

1 Willingham, Rhys E	12	Chepstow	43.28
2 Cresswell, Cameron R	15	Pontypridd	42.03
3 Hiscox, Jac	13	Rct Squad	41.75
4 Vinh, Joshua	13	Co Newport	41.43
5 Deacon, Cameron	12	Rhondda	41.60
6 Williams, Dylan R	18	Torfaen Dol	41.87
7 Jones, Luke S	13	Co Newport	42.84
8 Elsharawi, Asser	11	Co Cardiff	43.30

#### Heat 7 of 8 Finals

1 Hewitt, Archie	12	Monnow	40.68
2 Caldicott, Elliot F	14	Co Newport	39.78
3 Chalk, William I	14	Co Newport	38.81
4 Gruffydd, Ned	12	Co Cardiff	37.96
5 Watts, Macsen	12	Heads Valleys	38.35
6 Price, Ellis	15	Rct Squad	39.07
7 Jones, Noah B	11	Torfaen Dol	40.55
8 Gregory, Jaiden	11	Rhondda	40.96

#### Heat 8 of 8 Finals

1 Jones-Dekerf, Henri A	15	Chepstow	35.85
2 Harrop-Griffiths, James E	15	Chepstow	33.41
3 Warman-Powell, Iolo R	15	Torfaen Dol	32.17
4 Cooksey, Regan	16	Rhondda	31.80
5 Nash, Charlie	16	Rhondda	32.16
6 Davies, William D	15	Co Newport	32.97
7 Fudge, Marcus	14	Rct Squad	35.70
8 Mansfield, Harry E	13	Bridgend Cty	37.36

#### Event 502 Girls 10 & Over 50 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

#### Heat 1 of 16 Finals

1 Worthing, Miah	10	Heads Valleys	NT
2 Rothwell, Emily	11	Co Cardiff	NT
3 Sanders, Heaven-Leigh	11	Bridgend Cty	NT
4 Wray, Anaya G	11	Rct Squad	NT
5 Williams, Ayla	11	Bridgend Swim	NT
6 Nicholls, Summer B	11	Co Newport	NT
7 Jones, Zoey E	10	Co Newport	NT

#### Heat 2 of 16 Finals

1 Turner, Miriam R	11	Chepstow	NT
2 Morgan, Elle	11	Co Cardiff	NT
3 Thomas, Megan	12	Co Cardiff	NT
4 Wallace, Grace	13	Chepstow	NT
5 Taylor, Violet	13	Caerphilly	NT
6 Abramova, Agata	12	Caerphilly	NT
7 Tinca, Maya	11	Co Cardiff	NT
8 Stephens-Hughes	11	Bridgend Swim	NT

#### Heat 3 of 16 Finals

1 Buckley, Ava	10	Co Cardiff	58.72
2 Quan, Tayla-Rose	10	Rct Squad	57.02
3 Teague, Asana	10	Rct Squad	54.88
4 Thompson, Olwen A	12	Chepstow	54.63
5 Foster, Macie	10	Rct Squad	54.66
6 Hollinshead, Florence	10	Co Cardiff	56.23
7 Woodman, Bethan I	11	Co Newport	57.20
8 Ames, Cicelie	14	Co Newport	NT

#### Heat 4 of 16 Finals

1 Aylen, Lauren	11	Bridgend Swim	53.81
2 Baulch, Aderyn L	10	Co Newport	53.69
3 Lewis, Megan	11	Co Cardiff	51.60
4 Meenagh, Mai Van	10	Co Cardiff	49.50
5 Moss, Gwenan	10	Caerphilly	49.68
6 Protheroe, Pollyanna	10	Heads Valleys	53.17
7 Bateman, Mercy	10	Rct Squad	53.74
8 Jenkins, Francesca	11	Co Cardiff	53.97

#### Heat 5 of 16 Finals

1 Jasper, Lily	10	Co Cardiff	49.01
2 Santoro, Bianca	10	Co Cardiff	48.40
3 Connor, Mollie	11	Caerphilly	47.41
4 Kaleta, Lena	11	Co Newport	47.13
5 Greenough, Ella	11	Co Cardiff	47.17
6 Smith, Cariad	10	Cwmbran	48.21
7 Pemberton, Ffion	10	Bridgend Swim	48.91
8 Jenkins, Emily	11	Co Cardiff	49.05

#### Heat 6 of 16 Finals

1 Adams, Tilly	11	Co Cardiff	46.19
2 Offers, Nancy	10	Abertillery	45.81
3 Carre, Isabelle	10	Merthyr Tydf	45.35
4 Asprey, Evelyn	10	Co Cardiff	44.70
5 Prickett, Chloe	10	Co Cardiff	45.23
6 Beecham, Grace E	11	Co Newport	45.68
7 Paddington, Jessica K	11	Co Newport	46.10
8 Rogers, Emilia	11	Heads Valleys	46.90

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 7 of 16 Finals

1	Hawkey, Myah	10	Co Cardiff	44.44
2	Jones, Cadi	10	Co Cardiff	43.22
3	Price, Macy	10	Heads Valleys	42.93
4	Sommerin, Elin	12	Co Cardiff	42.52
5	Picton, Emelia	11	Merthyr Tydf	42.82
6	Davies, Indie B	10	Co Newport	43.07
7	Pitt, Seren	10	Co Cardiff	43.95
8	Yau, Evie M	10	Co Newport	44.46

### Heat 8 of 16 Finals

1	Thomas, Amelia	12	Merthyr Tydf	42.48
2	Sinkinson, Emma	12	Bridgend Swim	42.26
3	Jones, Efa	11	Co Cardiff	42.05
4	Nolan, Joanie	10	Co Cardiff	42.00
5	Harris, Laila	12	Caerphilly	42.01
6	Evans, Brooke	12	Caerphilly	42.23
7	Coleman, Ava	12	Co Cardiff	42.28
8	Willis, Ffion	10	Torfaen Dol	42.50

### Heat 9 of 16 Finals

1	Evans, Amelie	11	Co Cardiff	41.30
2	Cann, Emily B	11	Co Newport	41.19
3	Bessant-Evans, Emily	11	Caerphilly	40.59
4	O'Neill, Seren	12	Co Cardiff	39.87
5	Moore, Summer-Marie	10	Bridgend Swim	40.29
6	Stubbs, Harriet D	11	Chepstow	41.07
7	Abbott, Glesni I	15	Chepstow	41.29
8	Fordham, Freya	10	Co Newport	41.63

### Heat 10 of 16 Finals

1	James, Izzy	10	Rhondda	39.68
2	Evans, Caitlin	11	Co Cardiff	39.62
3	Carter, Layla	11	Monnow	39.36
4	Walters, Gwennan	11	Co Cardiff	39.13
5	Virgin, Eva	11	Co Cardiff	39.36
6	Jones, Molly S	13	Bridgend Cty	39.43
7	Ballinger, Scarlett	11	Rhondda	39.64
8	Williams, Olivia	13	Rct Squad	39.86

### Heat 11 of 16 Finals

1	Vaughan, Breanna	15	Monnow	39.10
2	Benbow, Maya	11	Bridgend Swim	39.08
3	Donaldson, Evie M	10	Co Newport	38.68
4	Jones, Ffion	11	Co Cardiff	38.43
5	Bennett, Isla	11	Co Cardiff	38.50
6	Mustey, Elizabeth	11	Monnow	38.80
7	Harding, Chloe	11	Cwmbran	39.10
8	Young, Caitlin	11	Cwmbran	39.13

### Heat 12 of 16 Finals

1	Gordon, Mabli	11	Co Cardiff	38.10
2	Lloyd, Kaitlyn	12	Cwmbran	37.79
3	Price, Amie	11	Rct Squad	37.30
4	Sheen, Isabelle R	12	Torfaen Dol	37.12
5	Lawrence, Holly	16	Bridgend Swim	37.17
6	Scofield, Niamh	11	Rct Squad	37.66
7	Daly, Isabella B	12	Bridgend Cty	37.99
8	Williams, Taylor	13	Caerphilly	38.29

### Heat 13 of 16 Finals

1	Jones, Megan P	12	Torfaen Dol	36.69
2	Bevan, Ellie	13	Bridgend Swim	36.64
3	Winterflood, Angelica M	14	Co Newport	35.84
4	Picton, Annie	16	Rct Squad	35.61
5	Clayton, Jasmine I	12	Co Newport	35.66
6	Arnold, Jessica	15	Cwmbran	36.13
7	Long, Sadie E	11	Bridgend Cty	36.68
8	Zyniewicz, Anna	11	Co Newport	36.91

### Heat 14 of 16 Finals

1	Fletcher, Holly	16	Co Cardiff	35.40
2	Hamm, Ava L	13	Bridgend Cty	35.15
3	Richards, Faith	12	Merthyr Tydf	34.90
4	Haefner, Mia L	16	Chepstow	34.68
5	Davies, Shannon	13	Cwmbran	34.79
6	Offers, Macy G	14	Abertillery	35.01
7	Pritchard, Abbie	13	Cwmbran	35.15
8	Edwards, Carys	12	Caerphilly	35.58

### Heat 15 of 16 Finals

1	Hurn, Isabella	13	Cwmbran	34.49
2	Thomas, Hannah	13	Rct Squad	34.13
3	Garrett, Ruby	14	Merthyr Tydf	33.62
4	Davies-Jones, Hannah Z	13	Bridgend Cty	33.33
5	Davies, Darcey	13	Rct Squad	33.61
6	Dutton, Jemima A	14	Bridgend Cty	33.84
7	Macintyre-Jones, Arwen	13	Heads Valleys	34.49
8	Harmer, Gracy	14	Caerphilly	34.53

### Heat 16 of 16 Finals

1	Dubberley, Anwen	16	Rct Squad	33.04
2	Williams, Mali	16	Rct Squad	32.92
3	Haddrell, Eva Lily	14	Rct Squad	32.48
4	Blake, Emily	15	Co Cardiff	31.90
5	Stacey, Martha E	15	Torfaen Dol	31.98
6	Carre, Jasmine	15	Merthyr Tydf	32.70
7	Morgan, Isabelle L	14	Co Newport	32.93
8	Russell, Fay G	15	Chepstow	33.31

### Event 503 Boys 10 & Over 400 SC Meter IM

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
4 Ma, Ko Kwan	13	Co Cardiff	NT
5 Giles, Brodie	12	Bridgend Swim	NT

### Event 504 Girls 10 & Over 400 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 7 Finals</b>			
2 Davies, Macy L	10	Torfaen Dol	NT
3 Lee, Seol	10	Co Cardiff	NT
4 Turner, Miriam R	11	Chepstow	NT
5 Prosser, Sophia	10	Merthyr Tydf	NT
6 Cottrell, Ellie	10	Co Cardiff	NT
7 Price, Macy	10	Heads Valleys	NT
<b>Heat 2 of 7 Finals</b>			
1 Gordon, Mabli	11	Co Cardiff	NT
2 Evans, Caitlin	11	Co Cardiff	NT
3 Harford, Libby M	12	Caerphilly	NT
4 Sullivan, Ariana	12	Caerphilly	NT
5 Coles, Mya E	12	Co Newport	NT
6 Evans, Amelie	11	Co Cardiff	NT
7 Allen, Isabel	11	Co Cardiff	NT
8 Virgin, Eva	11	Co Cardiff	NT
<b>Heat 3 of 7 Finals</b>			
1 Thomas, Amelia	12	Merthyr Tydf	NT
2 Woolf, Livvi R	12	Heads Valleys	NT
3 Schumm, Libby	13	Torfaen Dol	NT
4 Goddard, Amy R	13	Rhondda	NT
5 Bevan, Ellie	13	Bridgend Swim	NT
6 Webber, Sienna M	12	Chepstow	NT
7 Thompson, Olwen A	12	Chepstow	NT
8 Jones, Maddie	12	Merthyr Tydf	NT

**SOUTH EAST WALES SUB REGIONAL MEET 2022**

**Heat 4 of 7 Finals**

1 Jones, Elsie G	13	Co Newport	NT
2 Powell, Ava L	13	Co Newport	NT
3 Dutton, Jemima A	14	Bridgend Cty	NT
4 Sweet-Roberts, Rosie	14	Torfaen Dol	NT
5 Merrett, Imogen	14	Bridgend Swim	NT
6 Hamm, Ava L	13	Bridgend Cty	NT
7 Davies-Jones, Hannah Z	13	Bridgend Cty	NT
8 Arlow, Grace E	13	Torfaen Dol	NT

**Heat 5 of 7 Finals**

1 Picton, Emelia	11	Merthyr Tydf	7:24.73
2 Walters, Gwennan	11	Co Cardiff	6:58.26
3 Pritchard, Abbie	13	Cwmbran	6:45.07
4 Donaldson, Arianwen H	11	Co Newport	6:38.53
5 Cook, Bronwyn	11	Co Cardiff	6:42.81
6 Jones, Ffion	11	Co Cardiff	6:49.67
7 Russell, Fay G	15	Chepstow	7:03.00
8 Ryan, Harriet F	11	Chepstow	7:30.43

**Heat 6 of 7 Finals**

1 Boyd, Chloe	12	Co Cardiff	6:13.25
2 George, Ellie	11	Rct Squad	6:02.57
3 Jones, Lily-Rose	13	Co Cardiff	5:54.32
4 Edwards, Carys	12	Caerphilly	5:52.96
5 Richards, Faith	12	Merthyr Tydf	5:53.69
6 Price, Bethan	14	Bridgend Swim	6:00.75
7 Garrett, Millie	13	Co Cardiff	6:04.81
8 Reed, Bella	11	Rhondda	6:23.63

**Heat 7 of 7 Finals**

1 Morgan, Isabelle L	14	Co Newport	5:37.01
2 Carre, Jasmine	15	Merthyr Tydf	5:29.49
3 Kay, Isabelle	14	Rct Squad	5:25.32
4 Lewis, Hollie	15	Bridgend Swim	5:10.69
5 Clatworthy, Maddie	13	Bridgend Swim	5:20.25
6 Coombes, Cerys	14	Bridgend Cty	5:26.69
7 Reed, Shauna	17	Cwmbran	5:35.98
8 Bendon, Megan	14	Cwmbran	5:40.02

**Event 505 Boys 10 & Over 100 SC Meter Breaststroke**

**Lane Name                      Age      Team                      Seed Time**

**Heat 1 of 8 Finals**

3 Cotton, Alfie	10	Monnow	NT
4 George, Declan	11	Caerphilly	NT
5 Harris, Max	10	Bridgend Swim	NT

**Heat 2 of 8 Finals**

2 Butwell, Ollie	11	Co Cardiff	NT
3 Everson, Sonny R	12	Co Newport	NT
4 Wawrzyniak, Tymek	12	Co Cardiff	NT
5 Pope, Dominic	12	Caerphilly	NT
6 Song, Evan	12	Co Cardiff	NT
7 Temby, William	11	Co Cardiff	NT

**Heat 3 of 8 Finals**

1 Ma, Ko Kwan	13	Co Cardiff	NT
2 Nolan, Oliver	13	Co Cardiff	NT
3 Yokwe, Pallo	14	Heads Valleys	NT
4 Clarander, William	10	Co Cardiff	2:14.22
5 Nemtsov, Andreas	11	Co Cardiff	2:14.78
6 Caldicott, Elliot F	14	Co Newport	NT
7 James, Ellis	13	Abertillery	NT
8 Chamberlain, Frederick	13	Co Cardiff	NT

**Heat 4 of 8 Finals**

1 Paddington, Ethan W	13	Co Newport	2:06.83
2 Woodward, Cullen G	13	Bridgend Cty	2:05.27
3 Jones, Luke S	13	Co Newport	2:02.97
4 Harvey, Hugo	11	Co Cardiff	2:00.31
5 Morgan, Josh A	10	Co Newport	2:00.54
6 Yeates-Mayo, Spencer T	11	Co Newport	2:05.12
7 Sutton, Harry	11	Co Cardiff	2:06.33
8 Yeo, Erik	12	Co Cardiff	2:07.50

**Heat 5 of 8 Finals**

1 Mamedov, Rashid	11	Co Cardiff	1:57.40
2 Altordai, Junnosuke	11	Co Cardiff	1:55.40
3 Miles, Harry	12	Co Cardiff	1:53.53
4 Bastyan, Tobias-Luke	11	Caerphilly	1:51.22
5 Duffly, Isaac	12	Co Cardiff	1:53.10
6 Maughan, Oliver S	13	Bridgend Cty	1:53.62
7 Price, James D	12	Pontypridd	1:56.40
8 Castillo, Airam	11	Co Cardiff	1:58.29

**Heat 6 of 8 Finals**

1 Chalk, Alistair H	10	Co Newport	1:50.73
2 Howe, Inigo W	13	Torfaen Dol	1:48.46
3 Rendall, Nathaniel	13	Co Cardiff	1:47.47
4 Giles, Brodie	12	Bridgend Swim	1:44.88
5 Stubbs, George J	15	Chepstow	1:45.93
6 Jenkins, Gethin R	13	Bridgend Cty	1:48.43
7 Frampton, Rhydian	10	Rct Squad	1:49.12
8 D'Cruz, Dylan	11	Pontypridd	1:51.01

**Heat 7 of 8 Finals**

1 Csoban, Benjamin	11	Co Newport	1:44.22
2 Jones, Noah B	11	Torfaen Dol	1:43.69
3 Willis, Sam	13	Monnow	1:40.20
4 Cooksey, Regan	16	Rhondda	1:36.88
5 Ingram, James	17	Heads Valleys	1:38.21
6 Howe, Albie S	15	Torfaen Dol	1:41.10
7 Harvey, Jack	12	Co Cardiff	1:44.22
8 Schofield, Thomas	13	Heads Valleys	1:44.30

**Heat 8 of 8 Finals**

1 Chalk, William I	14	Co Newport	1:32.26
2 Mills, Ioan R	13	Torfaen Dol	1:29.13
3 James, Rhys	13	Rct Squad	1:27.88
4 Davies, Gavin	15	Co Newport	1:19.56
5 Morgan, Lewis R	15	Bridgend Cty	1:19.97
6 Jones-Dekerf, Henri A	15	Chepstow	1:27.93
7 Nemtsov, Alexandros	14	Co Cardiff	1:29.87
8 Henley, Lewis	13	Heads Valleys	1:35.55



## SOUTH EAST WALES SUB REGIONAL MEET 2022

### SUNDAY SESSION 6 Warm up 11.50 Start 12.50

#### Event 601 Girls 10 & Over 50 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

##### Heat 1 of 15 Finals

1 Wray, Anaya G	11	Rct Squad	NT
2 Tinca, Maya	11	Co Cardiff	NT
3 Cann, Emily B	11	Co Newport	NT
4 Tkaczynska, Roksana	11	Co Newport	NT
5 Stephens-Hughes	11	Bridgend Swim	NT
6 Morgan, Elle	11	Co Cardiff	NT
7 Sanders, Heaven-Leigh	11	Bridgend Cty	NT
8 Worthing, Miah	10	Heads Valleys	NT

##### Heat 2 of 15 Finals

1 Wallace, Grace	13	Chepstow	NT
2 Croke, Carys S	15	Torfaen Dol	NT
3 Foster, Macie	10	Rct Squad	1:08.97
4 Bateman, Mercy	10	Rct Squad	1:05.51
5 Teague, Asana	10	Rct Squad	1:06.42
6 Buckley, Ava	10	Co Cardiff	1:13.06
7 Williams, Georgia	15	Rct Squad	NT
8 Lewis, Daisy	13	Bridgend Swim	NT

##### Heat 3 of 15 Finals

1 Jasper, Lily	10	Co Cardiff	1:03.39
2 Pemberton, Ffion	10	Bridgend Swim	1:00.09
3 Quan, Tayla-Rose	10	Rct Squad	59.75
4 Young, Caitlin	11	Cwmbran	58.93
5 Moss, Gwenan	10	Caerphilly	59.28
6 Offers, Nancy	10	Abertillery	1:00.09
7 Lewis, Megan	11	Co Cardiff	1:01.37
8 Thomas, Amelia	12	Merthyr Tydf	1:05.02

##### Heat 4 of 15 Finals

1 Protheroe, Pollyanna	10	Heads Valleys	58.09
2 Paddington, Jessica K	11	Co Newport	56.60
3 Baulch, Aderyn L	10	Co Newport	56.31
4 Jenkins, Francesca	11	Co Cardiff	55.35
5 Pitt, Seren	10	Co Cardiff	55.51
6 Jones, Zoey E	10	Co Newport	56.37
7 Connor, Mollie	11	Caerphilly	57.91
8 Hollinshead, Florence	10	Co Cardiff	58.63

##### Heat 5 of 15 Finals

1 Carre, Isabelle	10	Merthyr Tydf	54.47
2 Picton, Emelia	11	Merthyr Tydf	53.10
3 Yau, Evie M	10	Co Newport	52.84
4 Meenagh, Mai Van	10	Co Cardiff	50.40
5 Evans, Brooke	12	Caerphilly	50.48
6 Jones, Cadi	10	Co Cardiff	52.94
7 Hawkey, Myah	10	Co Cardiff	54.24
8 Prickett, Chloe	10	Co Cardiff	54.60

##### 6 of 15 Finals

1 Rothwell, Emily	11	Co Cardiff	49.83
2 Price, Macy	10	Heads Valleys	49.49
3 Willis, Ffion	10	Torfaen Dol	48.93
4 Beecham, Grace E	11	Co Newport	48.81
5 Jones, Efa	11	Co Cardiff	48.86
6 Santoro, Bianca	10	Co Cardiff	49.10
7 Harris, Laila	12	Caerphilly	49.83
8 Adams, Tilly	11	Co Cardiff	49.88

##### Heat 7 of 15 Finals

1 James, Izzy	10	Rhondda	48.56
2 Coleman, Ava	12	Co Cardiff	48.00
3 Jones, Molly S	13	Bridgend Cty	47.50
4 Asprey, Evelyn	10	Co Cardiff	46.80
5 Virgin, Eva	11	Co Cardiff	47.26
6 Harding, Chloe	11	Cwmbran	47.51
7 Evans, Caitlin	11	Co Cardiff	48.00
8 Davies, Indie B	10	Co Newport	48.76

##### Heat 8 of 15 Finals

1 Jones, Ffion	11	Co Cardiff	46.00
2 McShane, Anya	10	Co Cardiff	45.30
3 Mustey, Elizabeth	11	Monnow	45.10
4 Lovering, Sophie	11	Co Cardiff	45.00
5 Ballinger, Scarlett	11	Rhondda	45.02
6 Abbott, Glesni I	15	Chepstow	45.14
7 Williams, Taylor	13	Caerphilly	45.56
8 Sommerin, Elin	12	Co Cardiff	46.20

##### Heat 9 of 15 Finals

1 Jones, Jessica .	10	Rct Squad	44.78
2 Sheen, Isabelle R	12	Torfaen Dol	44.57
3 Williams, Lili	11	Rct Squad	44.40
4 Powell, Kirsten S	11	Torfaen Dol	44.24
5 Sinkinson, Emma	12	Bridgend Swim	44.27
6 Donaldson, Evie M	10	Co Newport	44.43
7 Jones, Megan P	12	Torfaen Dol	44.78
8 Benbow, Maya	11	Bridgend Swim	44.98

##### Heat 10 of 15 Finals

1 Garrett, Ruby	14	Merthyr Tydf	43.78
2 Gordon, Mabli	11	Co Cardiff	43.48
3 Lawrence, Holly	16	Bridgend Swim	43.45
4 Edwards, Carys	12	Caerphilly	43.36
5 Lloyd, Kaitlyn	12	Cwmbran	43.37
6 Bradley, Evie	13	Cwmbran	43.47
7 Morgan, Freya	11	Bridgend Swim	43.67
8 Price, Amie	11	Rct Squad	44.07

##### Heat 11 of 15 Finals

1 Offers, Macy G	14	Abertillery	42.92
2 Fletcher, Holly	16	Co Cardiff	42.70
3 Richards, Faith	12	Merthyr Tydf	42.55
4 Pritchard, Abbie	13	Cwmbran	42.40
5 Zyniewicz, Anna	11	Co Newport	42.50
6 Jones, Maddie	12	Merthyr Tydf	42.57
7 Arnold, Jessica	15	Cwmbran	42.84
8 Bennett, Isla	11	Co Cardiff	42.98

##### Heat 12 of 15 Finals

1 Morgan-Basini, Roca-Jay	12	Abertillery	42.26
2 Scofield, Niamh	11	Rct Squad	41.57
3 Harford, Libby M	12	Caerphilly	41.44
4 Dutton, Jemima A	14	Bridgend Cty	40.49
5 Thomas, Hannah	13	Rct Squad	41.04
6 Long, Sadie E	11	Bridgend Cty	41.52
7 Fowler, Maisie	11	Rct Squad	41.65
8 Bryant, Penelope	12	Co Cardiff	42.30

##### Heat 13 of 15 Finals

1 Picton, Annie	16	Rct Squad	40.40
2 Williams, Olivia	13	Rct Squad	39.97
3 FitzGerald, Mali J	12	Bridgend Cty	39.72
4 Solosy, Zahara E	14	Co Newport	39.45
5 Morgan, Isabelle L	14	Co Newport	39.54
6 Kay, Isabelle	14	Rct Squad	39.88
7 Hughes-Rolls, Ava L	13	Torfaen Dol	40.15
8 Elliott, Phoebe	14	Cwmbran	40.47

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 14 of 15 Finals

1	Davies-Jones, Hannah Z	13	Bridgend Cty	39.37
2	Howson, Ellen M	13	Co Newport	39.33
3	Hurn, Isabella	13	Cwmbran	38.76
4	Sweeney, Jessica A	17	Co Newport	37.91
5	Carre, Jasmine	15	Merthyr Tydf	38.30
6	Carey, Amy R	13	Bridgend Cty	38.98
7	Davies, Shannon	13	Cwmbran	39.35
8	Davies, Darcey	13	Rct Squad	39.41

### Heat 15 of 15 Finals

1	Blake, Emily	15	Co Cardiff	37.10
2	Lewis, Cara	15	Bridgend Swim	36.61
3	Williams, Mali	16	Rct Squad	36.41
4	Lloyd, Ffion H	15	Co Newport	36.10
5	Barr, Angharad	15	Caerphilly	36.33
6	Stacey, Martha E	15	Torfaen Dol	36.53
7	Reilly, Manon	14	Rct Squad	36.79
8	Dubberley, Anwen	16	Rct Squad	37.15

### Event 602 Boys 10 & Over 200 SC Meter Backstroke

**Lane Name                      Age      Team                      Seed Time**

#### Heat 1 of 4 Finals

3	James, Joshua	10	Co Cardiff	NT
4	Altordai, Junnosuke	11	Co Cardiff	NT
5	Chalk, Alistair H	10	Co Newport	NT

#### Heat 2 of 4 Finals

2	Theron, Izak	12	Co Cardiff	NT
3	Williams, Tomos M	12	Chepstow	NT
4	Ma, Ko Kwan	13	Co Cardiff	NT
5	Maughan, Oliver S	13	Bridgend Cty	NT
6	Major, Maximus J	12	Co Newport	NT
7	Gilligan, Henry	12	Rct Squad	NT

#### Heat 3 of 4 Finals

1	Hiscox, Jac	13	Rct Squad	NT
2	Sutton, Harry	11	Co Cardiff	3:44.65
3	Ban Jona, Krisztian	11	Co Newport	3:27.16
4	Davies, Brynley	12	Co Newport	3:09.20
5	Willingham, Rhys E	12	Chepstow	3:26.83
6	Arnold, David	13	Cwmbran	3:43.77
7	Vinh, Joshua	13	Co Newport	NT
8	Schofield, Thomas	13	Heads Valleys	NT

#### Heat 4 of 4 Finals

1	Chalk, William I	14	Co Newport	2:56.35
2	Nemtsov, Alexandros	14	Co Cardiff	2:53.15
3	Spinks, Owen H	14	Torfaen Dol	2:47.32
4	Morgan, Lewis R	15	Bridgend Cty	2:38.78
5	Brock, Freddy	13	Rct Squad	2:47.16
6	Fudge, Marcus	14	Rct Squad	2:51.16
7	Warman-Powell, Iolo R	15	Torfaen Dol	2:54.05
8	Wratten, Joshua	14	Cwmbran	3:03.04

### Event 603 Girls 10 & Over 200 SC Meter IM

**Lane Name                      Age      Team                      Seed Time**

#### Heat 1 of 13 Finals

2	Price, Macy	10	Heads Valleys	NT
3	Hawkey, Myah	10	Co Cardiff	NT
4	Cottrell, Ellie	10	Co Cardiff	NT
5	Yau, Evie M	10	Co Newport	NT
6	Davies, Macy L	10	Torfaen Dol	NT

### Heat 2 of 13 Finals

1	Carre, Isabelle	10	Merthyr Tydf	NT
2	Reasons, Darcy	10	Abertillery	NT
3	Jenkins, Emily	11	Co Cardiff	NT
4	Rothwell, Emily	11	Co Cardiff	NT
5	Morgan, Freya	11	Bridgend Swim	NT
6	Watkins, Ariana	11	Co Cardiff	NT
7	Asprey, Evelyn	10	Co Cardiff	NT
8	Sweet-Roberts, Pip	10	Torfaen Dol	NT

### Heat 3 of 13 Finals

1	Mustey, Elizabeth	11	Monnow	NT
2	Lewis, Daisy	13	Bridgend Swim	NT
3	Thomas, Amelia	12	Merthyr Tydf	4:36.70
4	Prickett, Chloe	10	Co Cardiff	4:09.09
5	Paddington, Jessica K	11	Co Newport	4:24.31
6	Abbott, Glesni I	15	Chepstow	NT
7	Hughes-Rolls, Ava L	13	Torfaen Dol	NT
8	Turner, Miriam R	11	Chepstow	NT

### Heat 4 of 13 Finals

1	Jones, Cadi	10	Co Cardiff	4:03.34
2	Lee, Seol	10	Co Cardiff	3:59.00
3	Benbow, Maya	11	Bridgend Swim	3:55.79
4	McShane, Anya	10	Co Cardiff	3:54.55
5	O'Neill, Seren	12	Co Cardiff	3:54.79
6	Meenagh, Mai Van	10	Co Cardiff	3:58.27
7	Jones, Efa	11	Co Cardiff	4:01.79
8	Coleman, Ava	12	Co Cardiff	4:05.93

### Heat 5 of 13 Finals

1	Picton, Emelia	11	Merthyr Tydf	3:51.86
2	Morgan, Isabelle L	14	Co Newport	3:50.57
3	James, Izzy	10	Rhondda	3:49.28
4	Allen, Isabel	11	Co Cardiff	3:47.95
5	Jones, Molly S	13	Bridgend Cty	3:48.79
6	Ballinger, Scarlett	11	Rhondda	3:49.63
7	Nolan, Joanie	10	Co Cardiff	3:51.49
8	Sommerin, Elin	12	Co Cardiff	3:53.62

### Heat 6 of 13 Finals

1	Littlechild, Charlotte	12	Co Cardiff	3:44.53
2	Davies, Shannon	13	Cwmbran	3:41.92
3	Jones, Ffion	11	Co Cardiff	3:39.70
4	Virgin, Eva	11	Co Cardiff	3:39.31
5	Walters, Gwennan	11	Co Cardiff	3:39.52
6	Bennett, Isla	11	Co Cardiff	3:40.37
7	Richards, Faith	12	Merthyr Tydf	3:43.45
8	Powell, Kirsten S	11	Torfaen Dol	3:46.42

### Heat 7 of 13 Finals

1	Faulds, Emily G	11	Co Newport	3:38.06
2	Bevan, Ellie	13	Bridgend Swim	3:37.32
3	Jones, Jessica .	10	Rct Squad	3:34.76
4	Scofield, Niamh	11	Rct Squad	3:32.65
5	Lovering, Sophie	11	Co Cardiff	3:33.80
6	Williams, Lili	11	Rct Squad	3:37.26
7	Price, Amie	11	Rct Squad	3:37.98
8	Evans, Caitlin	11	Co Cardiff	3:38.60

### Heat 8 of 13 Finals

1	Jones, Maddie	12	Merthyr Tydf	3:30.72
2	Daly, Isabella B	12	Bridgend Cty	3:29.24
3	Howson, Ellen M	13	Co Newport	3:28.03
4	Duggan, Grace	11	Merthyr Tydf	3:27.86
5	Lloyd, Kaitlyn	12	Cwmbran	3:27.91
6	Elliott, Grace	16	Cwmbran	3:28.91
7	FitzGerald, Mali J	12	Bridgend Cty	3:29.99
8	Cook, Bronwyn	11	Co Cardiff	3:32.09

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 9 of 13 Finals

1 Bendon, Megan	14 Cwmbran	3:25.47
2 Garrett, Millie	13 Co Cardiff	3:21.34
3 Harford, Libby M	12 Caerphilly	3:19.90
4 Jones, Lily-Rose	13 Co Cardiff	3:17.55
5 Macintyre-Jones, Arwen	13 Heads Valleys	3:17.69
6 Cooksey-Owen, Ruby	11 Rhondda	3:20.75
7 Duggan, Ella	11 Merthyr Tydf	3:24.15
8 Coles, Mya E	12 Co Newport	3:25.52

### Heat 10 of 13 Finals

1 Boyd, Chloe	12 Co Cardiff	3:17.13
2 Roberts, Isabel	12 Co Cardiff	3:15.60
3 Bryant, Penelope	12 Co Cardiff	3:14.80
4 Davies, Catrin	14 Co Cardiff	3:12.80
5 Williams, Georgia	15 Rct Squad	3:13.09
6 Pritchard, Abbie	13 Cwmbran	3:15.25
7 Parfitt, Kali L	12 Torfaen Dol	3:16.97
8 McNamara, Imogen	12 Co Cardiff	3:17.55

### Heat 11 of 13 Finals

1 Davies-Jones, Hannah Z	13 Bridgend Cty	3:12.43
2 Davies, Darcey	13 Rct Squad	3:09.46
3 Carter, Bella	13 Monnow	3:08.23
4 Wilson, Ellie	12 Co Cardiff	3:06.59
5 Harmer, Gracy	14 Caerphilly	3:07.50
6 Sullivan, Ariana	12 Caerphilly	3:08.66
7 Thomas, Hannah	13 Rct Squad	3:10.26
8 Fowler, Maisie	11 Rct Squad	3:12.76

### Heat 12 of 13 Finals

1 Goss, Eden	15 Bridgend Swim	3:04.88
2 Picton, Annie	16 Rct Squad	3:04.29
3 Blake, Emily	15 Co Cardiff	3:00.62
4 Price, Bethan	14 Bridgend Swim	2:58.56
5 Dubberley, Anwen	16 Rct Squad	2:59.21
6 Brady, Grace	13 Rct Squad	3:02.28
7 Clayton, Jasmine I	12 Co Newport	3:04.51
8 Williams, Olivia	13 Rct Squad	3:05.01

### Heat 13 of 13 Finals

1 Reilly, Manon	14 Rct Squad	2:56.59
2 Marshall, Hannah	18 Merthyr Tydf	2:55.25
3 Lewis, Cara	15 Bridgend Swim	2:50.08
4 Lloyd, Ffion H	15 Co Newport	2:48.78
5 Barr, Angharad	15 Caerphilly	2:49.40
6 Lewis, Hollie	15 Bridgend Swim	2:50.22
7 Smith, Summer	13 Rct Squad	2:55.63
8 Hurn, Isabella	13 Cwmbran	2:58.01

### Event 604 Boys 10 & Over 100 SC Meter Freestyle

#### Lane Name      Age      Team      Seed Time

#### Heat 1 of 11 Finals

2 Cotton, Alfie	10 Monnow	NT
3 Harris, Max	10 Bridgend Swim	NT
4 George, Declan	11 Caerphilly	NT
5 Clarander, William	10 Co Cardiff	NT
6 Nicholas, Luca	10 Bridgend Swim	NT
7 Palmer, Evan L	10 Torfaen Dol	NT

#### Heat 2 of 11 Finals

1 Batchelor, Josh	11 Bridgend Swim	NT
2 Saluk, Tymon C	11 Co Newport	NT
3 Yeo, Erik	12 Co Cardiff	NT
4 Wawrzyniak, Tymek	12 Co Cardiff	NT
5 Caldicott, Lewis W	12 Co Newport	NT
6 Yeates-Mayo, Spencer T	11 Co Newport	NT
7 Castillo, Airam	11 Co Cardiff	NT
8 Rees-Hughes, Gruff	11 Chepstow	NT

### Heat 3 of 11 Finals

1 Pope, Dominic	12 Caerphilly	NT
2 Deacon, Cameron	12 Rhondda	NT
3 Harry, Caden	12 Caerphilly	NT
4 Parkes, Isaac	13 Caerphilly	NT
5 Vinh, Joshua	13 Co Newport	NT
6 Song, Evan	12 Co Cardiff	NT
7 Fletcher, Miles	12 Co Cardiff	NT
8 Davies, Tom M	12 Co Newport	NT

### Heat 4 of 11 Finals

1 Deering, James	10 Rct Squad	2:11.81
2 Kennah, Rueben	11 Heads Valleys	1:56.76
3 Berrow, Harrison J	10 Co Newport	1:47.45
4 Pound, Leon	11 Rct Squad	1:39.30
5 Paddington, Ethan W	13 Co Newport	1:41.54
6 Everson, Sonny R	12 Co Newport	1:50.07
7 Billing, Ollie	10 Rct Squad	2:03.20
8 Hyett, Benjamin	16 Bridgend Swim	NT

### Heat 5 of 11 Finals

1 Woodward, Cullen G	13 Bridgend Cty	1:38.87
2 D'Cruz, Dylan	11 Pontypridd	1:36.05
3 Mamedov, Rashid	11 Co Cardiff	1:33.20
4 Sutton, Harry	11 Co Cardiff	1:31.65
5 Miles, Harry	12 Co Cardiff	1:31.91
6 Bick, Morgan T	10 Torfaen Dol	1:35.83
7 James, Joshua	10 Co Cardiff	1:36.83
8 Butwell, Ollie	11 Co Cardiff	1:39.20

### Heat 6 of 11 Finals

1 Price, James D	12 Pontypridd	1:30.50
2 Chalk, Alistair H	10 Co Newport	1:29.74
3 Frampton, Rhydian	10 Rct Squad	1:29.35
4 Skovronek, Tai-La	12 Abertillery	1:28.53
5 Williams, Dylan R	18 Torfaen Dol	1:28.55
6 Altordai, Junnosuke	11 Co Cardiff	1:29.70
7 Gilligan, Henry	12 Rct Squad	1:29.77
8 Temby, William	11 Co Cardiff	1:30.60

### Heat 7 of 11 Finals

1 Schofield, Thomas	13 Heads Valleys	1:26.96
2 Duffy, Isaac	12 Co Cardiff	1:26.35
3 Willingham, Rhys E	12 Chepstow	1:25.83
4 Morgan, Josh A	10 Co Newport	1:24.87
5 Harvey, Jack	12 Co Cardiff	1:25.54
6 Timbrell, George H	11 Co Newport	1:26.28
7 Williams, Tomos M	12 Chepstow	1:26.92
8 Chamberlain, Frederick	13 Co Cardiff	1:27.32

### Heat 8 of 11 Finals

1 Arnold, David	13 Cwmbran	1:22.11
2 Giles, Brodie	12 Bridgend Swim	1:20.27
3 Mansfield, Harry E	13 Bridgend Cty	1:18.53
4 Henley, Lewis	13 Heads Valleys	1:16.59
5 Nolan, Oliver	13 Co Cardiff	1:17.70
6 Willis, Sam	13 Monnow	1:19.05
7 Taylor, Nicholas A	11 Torfaen Dol	1:21.05
8 Britten, Levi P	15 Torfaen Dol	1:24.24

### Heat 9 of 11 Finals

1 Watkins, Will	14 Bridgend Swim	1:15.25
2 Wratten, Joshua	14 Cwmbran	1:14.46
3 Benbow, Jonah	13 Bridgend Swim	1:14.04
4 Jones-Dekerf, Henri A	15 Chepstow	1:13.40
5 Howe, Inigo W	13 Torfaen Dol	1:13.70
6 Herron, Noah A	12 Co Newport	1:14.37
7 Long, Isaac D	14 Co Newport	1:14.47
8 Cresswell, Cameron R	15 Pontypridd	1:16.53

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 10 of 11 Finals

1	Nemtsov, Alexandros	14	Co Cardiff	1:12.55
2	Yokwe, Pallo	14	Heads Valleys	1:10.27
3	Howe, Albie S	15	Torfaen Dol	1:09.19
4	Cooksey, Regan	16	Rhondda	1:08.40
5	James, Rhys	13	Rct Squad	1:08.95
6	Chalk, William I	14	Co Newport	1:09.99
7	Fudge, Marcus	14	Rct Squad	1:10.75
8	Hiscox, Jac	13	Rct Squad	1:12.88

### Heat 11 of 11 Finals

1	Harrop-Griffiths, James E	15	Chepstow	1:07.11
2	Davies, William D	15	Co Newport	1:06.29
3	Warren, Ryan	15	Rct Squad	1:04.27
4	Davies, Gavin	15	Co Newport	1:03.43
5	Maclarg-Bateman, James	17	Cardiff Mast	1:04.22
6	Nash, Charlie	16	Rhondda	1:05.32
7	White, Alex	16	Rhondda	1:06.98
8	Caldicott, Elliot F	14	Co Newport	1:07.47

### Event 605 Girls 10 & Over 200 SC Meter Butterfly

**Lane Name                      Age      Team                      Seed Time**

#### Heat 1 of 2 Finals

3	Lovering, Sophie	11	Co Cardiff	NT
4	Turner, Miriam R	11	Chepstow	NT
5	McQuaid, Maria	11	Co Cardiff	NT

#### Heat 2 of 2 Finals

1	Gardener, Louise R	16	Bridgend Cty	NT
2	Kay, Isabelle	14	Rct Squad	3:33.03
3	Tejedo, Lola	11	Co Cardiff	3:17.10
4	Nutt, Kira	15	Caerphilly	2:47.64
5	Coombes, Cerys	14	Bridgend Cty	2:52.94
6	Haddrell, Eva Lily	14	Rct Squad	3:32.40
7	Paddington, Jessica K	11	Co Newport	4:47.48
8	Webber, Sienna M	12	Chepstow	NT

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### SUNDAY SESSION 7 Warm up 3.20 Start 4.20

#### Event 701 Boys 10 & Over 100 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>			
3 Mamedov, Rashid	11	Co Cardiff	NT
4 Williams, Tomos M	12	Chepstow	NT
5 Butwell, Ollie	11	Co Cardiff	NT
6 Harvey, Hugo	11	Co Cardiff	NT

#### Heat 2 of 4 Finals

2 Wawrzyniak, Tymek	12	Co Cardiff	NT
3 Deacon, Cameron	12	Rhondda	NT
4 Ballantyne, Alex	13	Bridgend Swim	NT
5 Everson, Sonny R	12	Co Newport	NT
6 Giles, Brodie	12	Bridgend Swim	NT
7 Theron, Izak	12	Co Cardiff	NT

#### Heat 3 of 4 Finals

1 D'Cruz, Dylan	11	Pontypridd	1:56.43
2 Hopkins, Luc P	11	Torfaen Dol	1:43.59
3 Harvey, Jack	12	Co Cardiff	1:33.17
4 Nolan, Oliver	13	Co Cardiff	1:32.00
5 Watts, Macsen	12	Heads Valleys	1:32.19
6 Bastyan, Tobias-Luke	11	Caerphilly	1:33.23
7 Miles, Harry	12	Co Cardiff	1:55.11
8 Willingham, Rhys E	12	Chepstow	1:57.08

#### Heat 4 of 4 Finals

1 Brock, Freddy	13	Rct Squad	1:19.83
2 Davies, William D	15	Co Newport	1:17.77
3 James, Ioan D	15	Bridgend Cty	1:15.33
4 Vaughan, William	15	Rct Squad	1:09.06
5 Morgan, Lewis R	15	Bridgend Cty	1:12.41
6 Maclarg-Bateman, James	17	Cardiff Mast	1:17.39
7 Mansfield, Harry E	13	Bridgend Cty	1:19.26
8 James, Rhys	13	Rct Squad	1:20.33

#### Event 702 Girls 10 & Over 200 SC Meter Breaststroke

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 6 Finals</b>			
1 Davies, Indie B	10	Co Newport	NT
2 Reasons, Darcy	10	Abertillery	NT
3 Asprey, Evelyn	10	Co Cardiff	NT
4 Bennett, Isla	11	Co Cardiff	NT
5 Bessant-Evans, Emily	11	Caerphilly	NT
6 Morgan-Basini, Ruby-M	10	Abertillery	NT
7 Prickett, Chloe	10	Co Cardiff	NT

#### Heat 2 of 6 Finals

1 Innocent-Woodman, Aur	11	Co Cardiff	NT
2 Thompson, Olwen A	12	Chepstow	NT
3 Jones, Isabella S	12	Bridgend Cty	NT
4 Wallace, Grace	13	Chepstow	NT
5 Roberts, Isabel	12	Co Cardiff	NT
6 Webber, Sienna M	12	Chepstow	NT
7 Daly, Isabella B	12	Bridgend Cty	NT
8 Mustey, Elizabeth	11	Monnow	NT

#### Heat 3 of 6 Finals

1 Lawrence, Holly	16	Bridgend Swim	NT
2 Harding, Chloe	11	Cwmbran	4:21.32
3 Evans, Caitlin	11	Co Cardiff	4:11.50
4 Lee, Seol	10	Co Cardiff	4:05.03
5 Vaughan, Breanna	15	Monnow	4:10.92
6 Sommerin, Elin	12	Co Cardiff	4:20.03
7 Jenkins, Emily	11	Co Cardiff	4:27.40
8 Trace, Emily S	14	Chepstow	NT

#### Heat 4 of 6 Finals

1 Walters, Gwennan	11	Co Cardiff	4:02.43
2 Powell, Kirsten S	11	Torfaen Dol	4:02.15
3 Elliott, Grace	16	Cwmbran	3:58.89
4 Turner, Miriam R	11	Chepstow	3:55.43
5 Bridle, Anaya	13	Co Cardiff	3:58.20
6 Littlechild, Charlotte	12	Co Cardiff	4:00.73
7 Gardener, Louise R	16	Bridgend Cty	4:02.36
8 Jones, Ffion	11	Co Cardiff	4:03.58

#### Heat 5 of 6 Finals

1 Steele, Sophie V	13	Chepstow	3:48.72
2 Bryant, Penelope	12	Co Cardiff	3:46.20
3 Cook, Bronwyn	11	Co Cardiff	3:41.08
4 McNamara, Imogen	12	Co Cardiff	3:34.04
5 Garrett, Millie	13	Co Cardiff	3:35.45
6 Sheen, Seren L	11	Torfaen Dol	3:41.91
7 Bendon, Ruby-Mai	12	Cwmbran	3:48.46
8 Boyd, Chloe	12	Co Cardiff	3:50.68

#### Heat 6 of 6 Finals

1 Sullivan, Ariana	12	Caerphilly	3:32.02
2 Bradley, Evie	13	Cwmbran	3:31.49
3 Russell, Fay G	15	Chepstow	3:23.89
4 Jones, Evie	14	Merthyr Tydf	3:16.45
5 Haddrell, Eva Lily	14	Rct Squad	3:20.00
6 Davies, Catrin	14	Co Cardiff	3:31.48
7 Clayton, Jasmine I	12	Co Newport	3:31.89
8 Merrett, Imogen	14	Bridgend Swim	3:32.60

#### Event 703 Boys 10 & Over 100 SC Meter Backstroke

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 7 Finals</b>			
3 Butwell, Ollie	11	Co Cardiff	NT
4 Yeo, Erik	12	Co Cardiff	NT
5 Rowan, Dylan	11	Co Cardiff	NT

#### Heat 2 of 7 Finals

1 Harry, Caden	12	Caerphilly	NT
2 Chamberlain, Frederick	13	Co Cardiff	NT
3 Billing, Ollie	10	Rct Squad	2:29.26
4 Berrow, Harrison J	10	Co Newport	2:00.31
5 Nemtsov, Andreas	11	Co Cardiff	2:06.74
6 Deering, James	10	Rct Squad	2:31.09
7 Fletcher, Miles	12	Co Cardiff	NT
8 Deacon, Cameron	12	Rhondda	NT

#### Heat 3 of 7 Finals

1 Batchelor, Josh	11	Bridgend Swim	1:52.05
2 Morgan, Josh A	10	Co Newport	1:48.40
3 Samuel, Jake	11	Abertillery	1:47.80
4 Sutton, Harry	11	Co Cardiff	1:43.79
5 Altordai, Junnosuke	11	Co Cardiff	1:44.19
6 Maughan, Oliver S	13	Bridgend Cty	1:48.19
7 Frampton, Rhydian	10	Rct Squad	1:49.28
8 Pound, Leon	11	Rct Squad	1:53.12

#### Heat 4 of 7 Finals

1 Temby, William	11	Co Cardiff	1:41.36
2 Williams, Dylan R	18	Torfaen Dol	1:40.98
3 James, Joshua	10	Co Cardiff	1:40.07
4 Ban Jona, Krisztian	11	Co Newport	1:37.56
5 Price, James D	12	Pontypridd	1:39.73
6 Woodward, Cullen G	13	Bridgend Cty	1:40.80
7 Bick, Morgan T	10	Torfaen Dol	1:41.00
8 Mamedov, Rashid	11	Co Cardiff	1:42.30

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Heat 5 of 7 Finals

1	Chalk, Alistair H	10	Co Newport	1:36.30
2	Harvey, Hugo	11	Co Cardiff	1:33.73
3	Gregory, Jaiden	11	Rhondda	1:30.65
4	Gilligan, Henry	12	Rct Squad	1:27.90
5	Williams, Tomos M	12	Chepstow	1:30.03
6	Howe, Inigo W	13	Torfaen Dol	1:33.15
7	Willingham, Rhys E	12	Chepstow	1:35.03
8	Arnold, David	13	Cwmbran	1:37.30

### Heat 6 of 7 Finals

1	Herron, Noah A	12	Co Newport	1:26.37
2	Chalk, William I	14	Co Newport	1:26.03
3	Hiscox, Jac	13	Rct Squad	1:22.51
4	James, Rhys	13	Rct Squad	1:19.94
5	Watkins, Will	14	Bridgend Swim	1:20.30
6	Caldicott, Elliot F	14	Co Newport	1:24.17
7	Crump, Joshua-James J	13	Bridgend Cty	1:26.23
8	Schofield, Thomas	13	Heads Valleys	1:27.47

### Heat 7 of 7 Finals

1	Wratten, Joshua	14	Cwmbran	1:17.44
2	Fudge, Marcus	14	Rct Squad	1:14.48
3	Warman-Powell, Iolo R	15	Torfaen Dol	1:12.04
4	Davies, Gavin	15	Co Newport	1:10.48
5	James, Ioan D	15	Bridgend Cty	1:10.73
6	Nash, Charlie	16	Rhondda	1:13.98
7	Morgan, Lewis R	15	Bridgend Cty	1:14.63
8	Nemtsov, Alexandros	14	Co Cardiff	1:19.45

### Event 704 Girls 10 & Over 200 SC Meter Freestyle

#### Lane Name      Age      Team      Seed Time

#### Heat 1 of 11 Finals

3	Klak, Nina	10	Co Newport	NT
4	Sherrard, Alex H	10	Torfaen Dol	NT
5	Davies, Macy L	10	Torfaen Dol	NT
6	Quan, Tayla-Rose	10	Rct Squad	NT

#### Heat 2 of 11 Finals

2	Reasons, Darcy	10	Abertillery	NT
3	Prosser, Sophia	10	Merthyr Tydf	NT
4	Faulds, Emily G	11	Co Newport	NT
5	Cook, Bronwyn	11	Co Cardiff	NT
6	Jasper, Lily	10	Co Cardiff	NT
7	Price, Macy	10	Heads Valleys	NT

#### Heat 3 of 11 Finals

1	Wilson, Ellie	12	Co Cardiff	NT
2	Thompson, Olwen A	12	Chepstow	NT
3	Woolf, Livvi R	12	Heads Valleys	NT
4	Solosy, Zahara E	14	Co Newport	NT
5	Brady, Grace	13	Rct Squad	NT
6	Roberts, Isabel	12	Co Cardiff	NT
7	Morgan-Basini, Roca-Jay	12	Abertillery	NT
8	Bessant-Evans, Emily	11	Caerphilly	NT

#### Heat 4 of 11 Finals

1	Croke, Carys S	15	Torfaen Dol	NT
2	Reed, Bella	11	Rhondda	4:21.57
3	Paddington, Jessica K	11	Co Newport	4:01.57
4	Thomas, Amelia	12	Merthyr Tydf	3:43.56
5	Carre, Isabelle	10	Merthyr Tydf	4:00.72
6	Jones, Maddie	12	Merthyr Tydf	4:05.84
7	Fletcher, Holly	16	Co Cardiff	NT
8	Trace, Emily S	14	Chepstow	NT

### Heat 5 of 11 Finals

1	McShane, Anya	10	Co Cardiff	3:35.70
2	Steele, Sophie V	13	Chepstow	3:24.11
3	Elliott, Grace	16	Cwmbran	3:18.61
4	Littlechild, Charlotte	12	Co Cardiff	3:17.65
5	Evans, Caitlin	11	Co Cardiff	3:17.80
6	Nolan, Joanie	10	Co Cardiff	3:22.60
7	Lee, Seol	10	Co Cardiff	3:33.36
8	Mustey, Elizabeth	11	Monnow	3:37.49

### Heat 6 of 11 Finals

1	Jones, Jessica .	10	Rct Squad	3:17.39
2	Walters, Gwennan	11	Co Cardiff	3:11.46
3	Cottrell, Ellie	10	Co Cardiff	3:10.20
4	Donaldson, Arianwen H	11	Co Newport	3:08.71
5	Jones, Ffion	11	Co Cardiff	3:10.00
6	Scofield, Niamh	11	Rct Squad	3:10.29
7	Vaughan, Breanna	15	Monnow	3:15.42
8	Summerin, Elin	12	Co Cardiff	3:17.44

### Heat 7 of 11 Finals

1	Ralph, Ffion E	13	Co Newport	3:08.60
2	Williams, Lili	11	Rct Squad	3:03.58
3	Boyd, Chloe	12	Co Cardiff	2:57.61
4	McNamara, Imogen	12	Co Cardiff	2:54.99
5	Garrett, Millie	13	Co Cardiff	2:55.53
6	Williams, Taylor	13	Caerphilly	2:59.19
7	Russell, Fay G	15	Chepstow	3:07.85
8	Bridle, Anaya	13	Co Cardiff	3:08.70

### Heat 8 of 11 Finals

1	Carey, Amy R	13	Bridgend Cty	2:54.89
2	Edwards, Carys	12	Caerphilly	2:52.72
3	Fowler, Maisie	11	Rct Squad	2:51.75
4	Coles, Mya E	12	Co Newport	2:50.55
5	Richards, Faith	12	Merthyr Tydf	2:50.85
6	Jones, Lily-Rose	13	Co Cardiff	2:52.71
7	Price, Bethan	14	Bridgend Swim	2:53.91
8	Tejedo, Lola	11	Co Cardiff	2:54.90

### Heat 9 of 11 Finals

1	Garrett, Ruby	14	Merthyr Tydf	2:49.77
2	Davies, Catrin	14	Co Cardiff	2:47.26
3	Dubberley, Anwen	16	Rct Squad	2:45.89
4	Harford, Libby M	12	Caerphilly	2:44.42
5	Picton, Annie	16	Rct Squad	2:44.82
6	Thomas, Hannah	13	Rct Squad	2:46.72
7	Howson, Ellen M	13	Co Newport	2:49.70
8	Cooksey-Owen, Ruby	11	Rhondda	2:49.99

### Heat 10 of 11 Finals

1	Bick, Teagan E	14	Torfaen Dol	2:42.09
2	Smith, Summer	13	Rct Squad	2:40.40
3	Jones, Isabella S	12	Bridgend Cty	2:39.60
4	Jenkins, Bethany	16	Bridgend Swim	2:38.53
5	Williams, Georgia	15	Rct Squad	2:38.60
6	Harmer, Gracy	14	Caerphilly	2:40.28
7	Reilly, Manon	14	Rct Squad	2:40.89
8	Carter, Bella	13	Monnow	2:42.31

### Heat 11 of 11 Finals

1	Morgan, Isabelle L	14	Co Newport	2:36.37
2	Crawley, Jessica R	15	Bridgend Cty	2:30.97
3	Nutt, Kira	15	Caerphilly	2:30.58
4	Williams, Mali	16	Rct Squad	2:30.50
5	Haddrell, Eva Lily	14	Rct Squad	2:30.53
6	Blake, Emily	15	Co Cardiff	2:30.90
7	Carey, Lucy J	14	Bridgend Cty	2:32.50
8	Carre, Jasmine	15	Merthyr Tydf	2:38.34

## SOUTH EAST WALES SUB REGIONAL MEET 2022

### Event 705 Boys 10 & Over 50 SC Meter Breaststroke

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

#### Heat 1 of 10 Finals

3 Butterworth, Oscar	10	Co Cardiff	NT
4 Woodward, Ethan H	10	Bridgend Cty	NT
5 Nicholas, Luca	10	Bridgend Swim	NT
6 Rees-Hughes, Gruff	11	Chepstow	NT

#### Heat 2 of 10 Finals

2 Rowan, Dylan	11	Co Cardiff	NT
3 Bartram, Solomon	12	Co Cardiff	NT
4 Tihiev, Milan	12	Co Cardiff	NT
5 Wawrzyniak, Tymek	12	Co Cardiff	NT
6 Deacon, Cameron	12	Rhondda	NT
7 Butwell, Ollie	11	Co Cardiff	NT

#### Heat 3 of 10 Finals

1 Chamberlain, Frederick	13	Co Cardiff	NT
2 Ware, Noah	11	Co Cardiff	1:25.28
3 Batchelor, Josh	11	Bridgend Swim	1:04.23
4 Berrow, Harrison J	10	Co Newport	1:03.59
5 Johnson, Cai	11	Cwmbran	1:03.65
6 Kennah, Rueben	11	Heads Valleys	1:07.86
7 Jenkins, Gethin R	13	Bridgend Cty	NT
8 James, Tristan H	13	Bridgend Cty	NT

#### Heat 4 of 10 Finals

1 Clarander, William	10	Co Cardiff	1:02.07
2 Trick-Eagles, Monty	11	Monnow	1:01.70
3 Watcyns, Ioan	10	Heads Valleys	59.28
4 Castillo, Airam	11	Co Cardiff	57.85
5 Pound, Leon	11	Rct Squad	58.53
6 Paddington, Ethan W	13	Co Newport	1:01.39
7 Nemtsov, Andreas	11	Co Cardiff	1:02.05
8 Harris, Max	10	Bridgend Swim	1:03.49

#### Heat 5 of 10 Finals

1 James, Ellis	13	Abertillery	55.60
2 Maughan, Oliver S	13	Bridgend Cty	55.25
3 Timbrell, George H	11	Co Newport	54.36
4 Morgan, Josh A	10	Co Newport	53.10
5 Mamedov, Rashid	11	Co Cardiff	53.67
6 Woodward, Cullen G	13	Bridgend Cty	55.02
7 Pope, Dominic	12	Caerphilly	55.49
8 Ban Jona, Krisztian	11	Co Newport	57.32

#### Heat 6 of 10 Finals

1 Frampton, Rhydian	10	Rct Squad	52.02
2 Fletcher, Miles	12	Co Cardiff	51.90
3 Harvey, Hugo	11	Co Cardiff	51.45
4 Howe, Inigo W	13	Torfaen Dol	51.07
5 Chalk, Alistair H	10	Co Newport	51.12
6 Temby, William	11	Co Cardiff	51.83
7 Duffy, Isaac	12	Co Cardiff	51.93
8 Altordai, Junnosuke	11	Co Cardiff	52.31

#### Heat 7 of 10 Finals

1 Yeo, Erik	12	Co Cardiff	50.50
2 Elsharawi, Asser	11	Co Cardiff	50.40
3 Price, Evan	13	Bridgend Swim	48.76
4 Gregory, Jaiden	11	Rhondda	47.82
5 Hiscox, Jac	13	Rct Squad	48.57
6 Benbow, Jonah	13	Bridgend Swim	48.81
7 D'Cruz, Dylan	11	Pontypridd	50.40
8 Price, James D	12	Pontypridd	50.93

### Heat 8 of 10 Finals

1 Csoban, Benjamin	11	Co Newport	47.35
2 Taylor, Nicholas A	11	Torfaen Dol	46.84
3 Maclarg-Bateman, James	17	Cardiff Mast	46.48
4 Spinks, Owen H	14	Torfaen Dol	45.94
5 Herron, Noah A	12	Co Newport	45.96
6 Britten, Levi P	15	Torfaen Dol	46.52
7 Jones, Noah B	11	Torfaen Dol	46.93
8 Harvey, Jack	12	Co Cardiff	47.40

### Heat 9 of 10 Finals

1 Yokwe, Pallo	14	Heads Valleys	44.75
2 Song, Evan	12	Co Cardiff	44.62
3 Caldicott, Elliot F	14	Co Newport	43.47
4 Henley, Lewis	13	Heads Valleys	42.98
5 Fudge, Marcus	14	Rct Squad	43.22
6 Crump, Joshua-James J	13	Bridgend Cty	44.60
7 Willis, Sam	13	Monnow	44.68
8 Giles, Brodie	12	Bridgend Swim	44.89

### Heat 10 of 10 Finals

1 Schofield, Thomas	13	Heads Valleys	41.71
2 Vaughan, William	15	Rct Squad	38.68
3 Warman-Powell, Iolo R	15	Torfaen Dol	38.44
4 Cooksey, Regan	16	Rhondda	38.23
5 Jones-Dekerf, Henri A	15	Chepstow	38.40
6 James, Ioan D	15	Bridgend Cty	38.51
7 Harrop-Griffiths, James E	15	Chepstow	39.33
8 Chalk, William I	14	Co Newport	41.81