

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters
Location: Newport International Pool

Time	F/P/S	Event	Place	Points	Improv	
Kasey Allen-Ridge (15) M						
2:47.98S	F # 13B	Male 15-16 200 Breast	NWMY	4	---	-6.01
	36.97	1:19.00 2:03.00 2:47.98				
	(36.97)	(42.03) (44.00) (44.98)				
30.85S	P # 14B	Male 15-16 50 Fly	NWMY	9	---	-2.09
4:34.85S	F # 17B	Male 15-16 400 Free	NWMY	3	---	-12.32
	31.46	1:05.25 1:39.46 2:13.98 2:48.76 3:23.97 4:00.00 4:34.85				
	(31.46)	(33.79) (34.21) (34.52) (34.78) (35.21) (36.03) (34.85)				
1:13.01S	F # 26B	Male 15-16 100 Breast	NWMY	3	---	-3.57
	34.16	1:13.01				
	(34.16)	(38.85)				
1:13.63S	P # 26B	Male 15-16 100 Breast	NWMY	3	---	-2.95
	34.68	1:13.63				
	(34.68)	(38.95)				
26.97S	P # 29B	Male 15-16 50 Free	NWMY	3	---	-1.59
27.14S	F # 29B	Male 15-16 50 Free	NWMY	3	---	-1.42
33.80S	F # 43B	Male 15-16 50 Breast	NWMY	2	---	-1.63
34.19S	P # 43B	Male 15-16 50 Breast	NWMY	3	---	-1.24
2:26.81S	F # 46B	Male 15-16 200 IM	NWMY	6	---	-8.57
	31.34	1:10.28 1:52.68 2:26.81				
	(31.34)	(38.94) (42.40) (34.13)				
2:08.44S	F # 50B	Male 15-16 200 Free	NWMY	4	---	---
	30.33	1:03.10 1:36.18 2:08.44				
	(30.33)	(32.77) (33.08) (32.26)				
58.48S	F # 61B	Male 15-16 100 Free	NWMY	4	---	-2.96
	28.29	58.48				
	(28.29)	(30.19)				
58.53S	P # 61B	Male 15-16 100 Free	NWMY	3	---	-2.91
	28.32	58.53				
	(28.32)	(30.21)				
26.88S	F # 79	200 Free Relay Lead Off	NWMY	---	---	-1.68
Eve Bowen (14) F						
1:15.82S	P # 11A	Female 14-14 100 Fly	NWMY	10	---	0.51
	34.53	1:15.82				
	(34.53)	(41.29)				
2:25.21S	F # 18A	Female 14-14 200 Free	NWMY	14	---	-2.34
	33.62	1:10.45 1:48.99 2:25.21				
	(33.62)	(36.83) (38.54) (36.22)				
1:06.38S	P # 21A	Female 14-14 100 Free	NWMY	17	---	-0.66
	31.52	1:06.38				
	(31.52)	(34.86)				
30.82S	P # 42A	Female 14-14 50 Free	NWMY	18	---	0.07
33.17S	P # 54A	Female 14-14 50 Fly	NWMY	6	---	-0.86
33.32S	F # 54A	Female 14-14 50 Fly	NWMY	8	---	-0.71
1:30.90S	P # 62A	Female 14-14 100 Breast	NWMY	16	---	-1.31
	42.50	1:30.90				
	(42.50)	(48.40)				

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Jensen Copen (16) M						
1:07.34S	F # 5B	Male 15-16 100 Back	NWMY	2	---	-3.70
	32.59	1:07.34				
	(32.59)	(34.75)				
1:07.64S	P # 5B	Male 15-16 100 Back	NWMY	2	---	-3.40
	32.40	1:07.64				
	(32.40)	(35.24)				
2:37.83S	F # 13B	Male 15-16 200 Breast	NWMY	1	---	2.92
	33.89	1:13.45 1:54.39 2:37.83				
	(33.89)	(39.56) (40.94) (43.44)				
30.39S	P # 14B	Male 15-16 50 Fly	NWMY	6	---	-0.18
30.56S	F # 14B	Male 15-16 50 Fly	NWMY	7	---	-0.01
1:10.95S	P # 26B	Male 15-16 100 Breast	NWMY	1	---	0.94
	32.68	1:10.95				
	(32.68)	(38.27)				
1:11.01S	F # 26B	Male 15-16 100 Breast	NWMY	1	---	1.00
	32.79	1:11.01				
	(32.79)	(38.22)				
NS	P # 29B	Male 15-16 50 Free	NWMY	---	---	---
1:09.39S	F # 39B	Male 15-16 100 Fly	NWMY	6	---	0.21
	32.39	1:09.39				
	(32.39)	(37.00)				
1:11.05S	P # 39B	Male 15-16 100 Fly	NWMY	7	---	1.87
	31.64	1:11.05				
	(31.64)	(39.41)				
32.30S	P # 43B	Male 15-16 50 Breast	NWMY	1	---	0.34
32.42S	F # 43B	Male 15-16 50 Breast	NWMY	1	---	0.46
2:26.76S	F # 46B	Male 15-16 200 IM	NWMY	5	---	-2.45
	33.36	1:10.97 1:51.72 2:26.76				
	(33.36)	(37.61) (40.75) (35.04)				
NS	F # 50B	Male 15-16 200 Free	NWMY	---	---	---
31.11S	F # 53B	Male 15-16 50 Back	NWMY	3	---	0.45
31.90S	P # 53B	Male 15-16 50 Back	NWMY	5	---	1.24
NS	F # 56B	Male 15-16 400 IM	NWMY	---	---	---
1:02.32S	P # 61B	Male 15-16 100 Free	NWMY	16	---	-0.11
	29.71	1:02.32				
	(29.71)	(32.61)				
Erin Criddle (14) F						
1:18.16S	P # 21A	Female 14-14 100 Free	NWMY	36	---	-1.06
	36.84	1:18.16				
	(36.84)	(41.32)				
46.05S	P # 30A	Female 14-14 50 Breast	NWMY	23	---	1.63
NS	P # 42A	Female 14-14 50 Free	NWMY	---	---	---

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Location: Newport International Pool

Time	F/P/S	Event	Place	Points	Improv	
Anna Darwish (16) F						
37.40S	P # 3B	Female 15-16 50 Back	NWMY	29	---	0.32
1:21.48S	P # 38B	Female 15-16 100 Back	NWMY	33	---	-1.13
	39.22	1:21.48				
	(39.22)	(42.26)				
33.17S	P # 42B	Female 15-16 50 Free	NWMY	49	---	-0.55
3:01.43S	F # 45B	Female 15-16 200 IM	NWMY	37	---	-9.19
	36.87	1:20.92 2:18.97 3:01.43				
	(36.87)	(44.05) (58.05) (42.46)				
36.87S	P # 54B	Female 15-16 50 Fly	NWMY	35	---	0.60
Ella Deakin (17) F						
DQ	F # 2F	Female 17 & Over 800 Free	NWMY	---	---	---
35.45S	P # 3C	Female 17 & Over 50 Back	NWMY	11	---	0.32
2:30.05S	F # 18C	Female 17 & Over 200 Free	NWMY	15	---	-0.61
	34.76	1:13.04 1:52.30 2:30.05				
	(34.76)	(38.28) (39.26) (37.75)				
1:11.76S	P # 21C	Female 17 & Over 100 Free	NWMY	24	---	0.78
	34.16	1:11.76				
	(34.16)	(37.60)				
2:40.81S	F # 28C	Female 17 & Over 200 Back	NWMY	7	---	0.75
	38.09	1:18.74 2:00.21 2:40.81				
	(38.09)	(40.65) (41.47) (40.60)				
41.82S	P # 30C	Female 17 & Over 50 Breast	NWMY	13	---	-0.02
20:56.09S	F # 35F	Female 17 & Over 1500 Free	NWMY	3	---	---
	37.17	1:17.48 1:58.30 2:38.83 3:19.54 4:01.25 4:42.41 5:24.07				
	(37.17)	(40.31) (40.82) (40.53) (40.71) (41.71) (41.16) (41.66)				
	6:06.11	6:48.15 7:30.55 8:12.85 8:55.27 9:37.52 10:20.06 11:02.21				
	(42.04)	(42.04) (42.40) (42.30) (42.42) (42.25) (42.54) (42.15)				
	11:44.72	12:26.88 13:09.14 13:51.73 14:34.61 15:17.43 16:00.25 16:43.62				
	(42.51)	(42.16) (42.26) (42.59) (42.88) (42.82) (42.82) (43.37)				
	17:26.50	18:09.57 18:52.43 19:35.30 20:17.00 20:56.09				
	(42.88)	(43.07) (42.86) (42.87) (41.70) (39.09)				
1:16.33S	P # 38C	Female 17 & Over 100 Back	NWMY	11	---	0.79
	36.67	1:16.33				
	(36.67)	(39.66)				
32.24S	P # 42C	Female 17 & Over 50 Free	NWMY	21	---	0.20
35.90S	P # 54C	Female 17 & Over 50 Fly	NWMY	19	---	-0.64
1:31.23S	P # 62C	Female 17 & Over 100 Breast	NWMY	15	---	-0.69
	43.24	1:31.23				
	(43.24)	(47.99)				
31.92S	F # 70	200 Free Relay Lead Off	NWMY	---	---	-0.12
36.05S	F # 76	200 Medley Relay Lead Off	NWMY	---	---	0.92

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Location: Newport International Pool

Time	F/P/S	Event		Place	Points	Improv
Lili Evans (12) F						
2:37.52S	F # 8B	Female 12-12 200 Free	NWMY	8	---	-17.38
	36.03	1:16.47 1:57.43 2:37.52				
	(36.03)	(40.44) (40.96) (40.09)				
36.98S	P # 9B	Female 12-12 50 Fly	NWMY	5	---	-0.92
37.17S	F # 9B	Female 12-12 50 Fly	NWMY	4	---	-0.73
1:36.10S	P # 15B	Female 12-12 100 Breast	NWMY	12	---	-8.50
	45.24	1:36.10				
	(45.24)	(50.86)				
33.04S	P # 19B	Female 12-12 50 Free	NWMY	13	---	-1.38
3:01.66S	F # 22B	Female 12-12 200 IM	NWMY	12	---	-1.18
	39.17	1:25.26 2:20.87 3:01.66				
	(39.17)	(46.09) (55.61) (40.79)				
Megan Evans (13) F						
37.12S	P # 9C	Female 13-13 50 Fly	NWMY	13	---	-0.04
1:31.13S	P # 15C	Female 13-13 100 Breast	NWMY	11	---	-5.77
	42.11	1:31.13				
	(42.11)	(49.02)				
30.42S	F # 19C	Female 13-13 50 Free	NWMY	8	---	-3.38
30.54S	P # 19C	Female 13-13 50 Free	NWMY	7	---	-3.26

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Location: Newport International Pool

Time	F/P/S	Event				Place			Points	Improv
Benjamin Fox-Wiltshire (14) M										
1:05.21S	F # 5A	Male	14-14	100 Back	NWMY	2	---		-1.80	
	32.04	1:05.21								
	(32.04)	(33.17)								
1:06.30S	P # 5A	Male	14-14	100 Back	NWMY	3	---		-0.71	
	32.54	1:06.30								
	(32.54)	(33.76)								
31.40S	P # 14A	Male	14-14	50 Fly	NWMY	9	---		-0.15	
2:25.88S	F # 23A	Male	14-14	200 Back	NWMY	5	---		1.03	
	34.20	1:12.09	1:49.62	2:25.88						
	(34.20)	(37.89)	(37.53)	(36.26)						
1:15.08S	F # 26A	Male	14-14	100 Breast	NWMY	3	---		-0.64	
	35.62	1:15.08								
	(35.62)	(39.46)								
1:16.69S	P # 26A	Male	14-14	100 Breast	NWMY	4	---		0.97	
	35.80	1:16.69								
	(35.80)	(40.89)								
9:23.86S	F # 36D	Male	14-14	800 Free	NWMY	5	---		---	
	31.62	1:07.17	1:42.50	2:18.09	2:53.56	3:29.41	4:05.83	4:41.64		
	(31.62)	(35.55)	(35.33)	(35.59)	(35.47)	(35.85)	(36.42)	(35.81)		
	5:17.49	5:53.16	6:28.57	7:03.92	7:39.10	8:14.25	8:49.76	9:23.86		
	(35.85)	(35.67)	(35.41)	(35.35)	(35.18)	(35.15)	(35.51)	(34.10)		
34.37S	F # 43A	Male	14-14	50 Breast	NWMY	2	---		-0.95	
34.89S	P # 43A	Male	14-14	50 Breast	NWMY	2	---		-0.43	
2:25.07S	F # 46A	Male	14-14	200 IM	NWMY	3	---		-2.11	
	32.89	1:09.54	1:51.73	2:25.07						
	(32.89)	(36.65)	(42.19)	(33.34)						
30.84S	F # 53A	Male	14-14	50 Back	NWMY	2	---		-1.27	
30.99S	P # 53A	Male	14-14	50 Back	NWMY	1	---		-1.12	
1:02.18S	P # 61A	Male	14-14	100 Free	NWMY	9	---		-1.14	
	29.65	1:02.18								
	(29.65)	(32.53)								
27.82S	F # 67	200 Free Relay Lead Off			NWMY	---	---		-0.56	
31.42S	F # 73	200 Medley Relay Lead Off			NWMY	---	---		-0.69	
Tesni Francis-Parker (13) F										
2:43.77S	F # 8C	Female	13-13	200 Free	NWMY	20	---		-11.05	
	36.15	1:17.37	2:02.11	2:43.77						
	(36.15)	(41.22)	(44.74)	(41.66)						
39.42S	P # 9C	Female	13-13	50 Fly	NWMY	18	---		-1.75	
35.18S	P # 19C	Female	13-13	50 Free	NWMY	34	---		-0.55	
3:06.39S	F # 22C	Female	13-13	200 IM	NWMY	29	---		-5.54	
	40.69	1:28.64	2:24.24	3:06.39						
	(40.69)	(47.95)	(55.60)	(42.15)						
45.10S	P # 37C	Female	13-13	50 Breast	NWMY	21	---		-2.92	

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Location: Newport International Pool

Time	F/P/S	Event	Place	Points	Improv				
Cerys Geen (16) F									
39.48S	P # 3B	Female 15-16 50 Back	NWMY	35	---	-0.35			
6:16.54S	F # 6B	Female 15-16 400 IM	NWMY	13	---	---			
	37.03	1:21.26	2:09.09	2:55.11	3:53.47	4:52.47	5:35.66	6:16.54	
	(37.03)	(44.23)	(47.83)	(46.02)	(58.36)	(59.00)	(43.19)	(40.88)	
1:15.57S	P # 21B	Female 15-16 100 Free	NWMY	48	---	2.58			
	35.49	1:15.57							
	(35.49)	(40.08)							
2:59.94S	F # 28B	Female 15-16 200 Back	NWMY	27	---	1.52			
	41.76	1:26.42	2:13.58	2:59.94					
	(41.76)	(44.66)	(47.16)	(46.36)					
3:01.41S	F # 33B	Female 15-16 200 Fly	NWMY	7	---	17.29			
	38.52	1:24.47	2:12.94	3:01.41					
	(38.52)	(45.95)	(48.47)	(48.47)					
NS	F # 45B	Female 15-16 200 IM	NWMY	---	---	---			
Arwyn Grant (15) M									
33.89S	P # 14B	Male 15-16 50 Fly	NWMY	18	---	1.52			
29.22S	P # 29B	Male 15-16 50 Free	NWMY	21	---	0.43			
1:05.29S	P # 61B	Male 15-16 100 Free	NWMY	23	---	-0.30			
	30.88	1:05.29							
	(30.88)	(34.41)							
Lucy Grant (12) F									
39.68S	P # 9B	Female 12-12 50 Fly	NWMY	14	---	0.90			
34.33S	P # 19B	Female 12-12 50 Free	NWMY	22	---	-0.05			
3:09.22S DQ	F # 22B	Female 12-12 200 IM	NWMY	---	---	---			
	40.14	1:25.84	2:26.14	3:09.22					
	(40.14)	(45.70)	(1:00.30)	(43.08)					
46.53S	P # 37B	Female 12-12 50 Breast	NWMY	11	---	-2.17			
NS	P # 49B	Female 12-12 100 Back	NWMY	---	---	---			
1:15.92S	P # 58B	Female 12-12 100 Free	NWMY	15	---	-4.98			
	35.84	1:15.92							
	(35.84)	(40.08)							
38.13S	P # 60B	Female 12-12 50 Back	NWMY	10	---	-1.10			
Max Harris (17) M									
NS	F # 13C	Male 17 & Over 200 Breast	NWMY	---	---	---			
NS	P # 26C	Male 17 & Over 100 Breast	NWMY	---	---	---			
NS	P # 29C	Male 17 & Over 50 Free	NWMY	---	---	---			
NS	P # 43C	Male 17 & Over 50 Breast	NWMY	---	---	---			
NS	F # 46C	Male 17 & Over 200 IM	NWMY	---	---	---			
NS	P # 61C	Male 17 & Over 100 Free	NWMY	---	---	---			

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Time	F/P/S	Event	Place	Points	Improv	
Sophie Harris (14) F						
1:07.39S	P # 21A	Female 14-14 100 Free	NWMY	21	---	-1.56
	32.06	1:07.39				
	(32.06)	(35.33)				
38.24S	P # 30A	Female 14-14 50 Breast	NWMY	6	---	-0.47
38.27S	F # 30A	Female 14-14 50 Breast	NWMY	7	---	-0.44
1:14.98S	P # 38A	Female 14-14 100 Back	NWMY	11	---	-1.78
	35.81	1:14.98				
	(35.81)	(39.17)				
30.87S	P # 42A	Female 14-14 50 Free	NWMY	19	---	-0.02
2:45.97S	F # 45A	Female 14-14 200 IM	NWMY	20	---	-0.44
	35.21	1:15.98 2:05.64 2:45.97				
	(35.21)	(40.77) (49.66) (40.33)				
1:26.23S	P # 62A	Female 14-14 100 Breast	NWMY	10	---	-0.23
	39.75	1:26.23				
	(39.75)	(46.48)				
31.03S	F # 68	200 Free Relay Lead Off	NWMY	---	---	0.14
34.94S	F # 74	200 Medley Relay Lead Off	NWMY	---	---	-0.36
Benjamin Hastings (15) M						
20:21.81S	F # 1E	Male 15-16 1500 Free	NWMY	7	---	-19.78
	32.24	1:09.91 1:48.77 2:28.89 3:09.06 3:49.85 4:30.49 5:11.91				
	(32.24)	(37.67) (38.86) (40.12) (40.17) (40.79) (40.64) (41.42)				
	5:52.77	6:33.97 7:15.57 7:57.07 8:38.16 9:19.40 10:00.92 10:42.17				
	(40.86)	(41.20) (41.60) (41.50) (41.09) (41.24) (41.52) (41.25)				
	11:23.64	12:05.17 12:46.85 13:29.03 14:10.60 14:52.64 15:34.09 16:16.49				
	(41.47)	(41.53) (41.68) (42.18) (41.57) (42.04) (41.45) (42.40)				
	16:58.33	17:40.55 18:22.77 19:03.18 19:44.74 20:21.81				
	(41.84)	(42.22) (42.22) (40.41) (41.56) (37.07)				
2:57.02S	F # 13B	Male 15-16 200 Breast	NWMY	8	---	-5.14
	38.88	1:23.90 2:10.35 2:57.02				
	(38.88)	(45.02) (46.45) (46.67)				
2:38.39S	F # 23B	Male 15-16 200 Back	NWMY	8	---	-0.87
	36.07	1:16.36 1:58.01 2:38.39				
	(36.07)	(40.29) (41.65) (40.38)				
1:21.05S	P # 26B	Male 15-16 100 Breast	NWMY	9	---	-6.28
	38.08	1:21.05				
	(38.08)	(42.97)				
2:48.21S	F # 32B	Male 15-16 200 Fly	NWMY	6	---	6.43
	34.32	1:18.06 2:03.01 2:48.21				
	(34.32)	(43.74) (44.95) (45.20)				
1:11.20S	P # 39B	Male 15-16 100 Fly	NWMY	9	---	-1.98
	32.83	1:11.20				
	(32.83)	(38.37)				
1:11.35S	F # 39B	Male 15-16 100 Fly	NWMY	8	---	-1.83
	32.19	1:11.35				
	(32.19)	(39.16)				
38.02S	P # 43B	Male 15-16 50 Breast	NWMY	9	---	-0.11
2:36.13S	F # 46B	Male 15-16 200 IM	NWMY	11	---	-1.24
	33.26	1:14.22 2:00.93 2:36.13				
	(33.26)	(40.96) (46.71) (35.20)				
2:21.46S	F # 50B	Male 15-16 200 Free	NWMY	16	---	-5.52
	32.48	1:08.89 1:45.82 2:21.46				
	(32.48)	(36.41) (36.93) (35.64)				

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Time	F/P/S	Event		Place	Points	Improv
Bethan Holmes (13) F						
31.10S	P # 19C	Female 13-13 50 Free	NWMY	9	---	-0.04
2:53.34S	F # 22C	Female 13-13 200 IM	NWMY	19	---	-1.52
	38.23	1:19.65 2:13.58 2:53.34				
	(38.23)	(41.42) (53.93) (39.76)				
2:42.92S	F # 34C	Female 13-13 200 Back	NWMY	7	---	-8.94
	37.48	1:19.63 2:01.21 2:42.92				
	(37.48)	(42.15) (41.58) (41.71)				
1:16.83S	P # 49C	Female 13-13 100 Back	NWMY	9	---	-2.18
	36.91	1:16.83				
	(36.91)	(39.92)				
1:08.53S	P # 58C	Female 13-13 100 Free	NWMY	12	---	-6.74
	32.02	1:08.53				
	(32.02)	(36.51)				
34.79S	F # 60C	Female 13-13 50 Back	NWMY	7	---	-0.46
35.24S	P # 60C	Female 13-13 50 Back	NWMY	8	---	-0.01
35.68S	F # 81	200 Medley Relay Lead Off	NWMY	---	---	0.43
Charlotte Holmes (11) F						
35.05S	P # 19A	Female 11-11 50 Free	NWMY	7	---	-1.92
35.24S	F # 19A	Female 11-11 50 Free	NWMY	8	---	-1.73
3:17.47S	F # 22A	Female 11-11 200 IM	NWMY	10	---	-4.70
	45.07	1:33.09 2:35.08 3:17.47				
	(45.07)	(48.02) (1:01.99) (42.39)				
1:30.66S	P # 49A	Female 11-11 100 Back	NWMY	11	---	1.00
	45.58	1:30.66				
	(45.58)	(45.08)				
1:16.67S	P # 58A	Female 11-11 100 Free	NWMY	6	---	-6.89
	36.59	1:16.67				
	(36.59)	(40.08)				
1:17.04S	F # 58A	Female 11-11 100 Free	NWMY	7	---	-6.52
	37.06	1:17.04				
	(37.06)	(39.98)				
42.40S DQ	P # 60A	Female 11-11 50 Back	NWMY	---	---	---
Ellana Horton (17) F						
34.83S	F # 30C	Female 17 & Over 50 Breast	NWMY	2	---	-0.09
34.83S	P # 30C	Female 17 & Over 50 Breast	NWMY	2	---	-0.09
NS	P # 38C	Female 17 & Over 100 Back	NWMY	---	---	---
2:46.72S	F # 52C	Female 17 & Over 200 Breast	NWMY	5	---	5.21
	37.26	1:19.07 2:02.38 2:46.72				
	(37.26)	(41.81) (43.31) (44.34)				
1:16.07S	P # 62C	Female 17 & Over 100 Breast	NWMY	7	---	0.22
	35.92	1:16.07				
	(35.92)	(40.15)				
1:16.30S	F # 62C	Female 17 & Over 100 Breast	NWMY	6	---	0.45
	35.81	1:16.30				
	(35.81)	(40.49)				

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event	Place	Points	Improv	
McKenzie Johnston (16) F						
2:33.09S	F # 18B	Female 15-16 200 Free	NWMY	31	---	-2.96
	35.22	1:13.53 1:53.38 2:33.09				
	(35.22)	(38.31) (39.85) (39.71)				
2:44.05S	F # 28B	Female 15-16 200 Back	NWMY	22	---	-0.87
	39.92	1:21.26 2:03.00 2:44.05				
	(39.92)	(41.34) (41.74) (41.05)				
1:18.28S	P # 38B	Female 15-16 100 Back	NWMY	28	---	-0.89
	38.55	1:18.28				
	(38.55)	(39.73)				
36.72S	P # 54B	Female 15-16 50 Fly	NWMY	34	---	0.50
Danny Jones (16) M						
NS	F # 1E	Male 15-16 1500 Free	NWMY	---	---	---
1:10.36S	P # 5B	Male 15-16 100 Back	NWMY	5	---	-0.34
	34.15	1:10.36				
	(34.15)	(36.21)				
1:11.81S	F # 5B	Male 15-16 100 Back	NWMY	7	---	1.11
	34.71	1:11.81				
	(34.71)	(37.10)				
31.26S	P # 14B	Male 15-16 50 Fly	NWMY	12	---	0.71
2:32.26S	F # 23B	Male 15-16 200 Back	NWMY	6	---	-2.61
	35.69	1:13.84 1:54.10 2:32.26				
	(35.69)	(38.15) (40.26) (38.16)				
28.41S	P # 29B	Male 15-16 50 Free	NWMY	15	---	0.27
2:16.01S	F # 50B	Male 15-16 200 Free	NWMY	12	---	-1.31
	30.36	1:04.65 1:40.79 2:16.01				
	(30.36)	(34.29) (36.14) (35.22)				
1:01.84S	P # 61B	Male 15-16 100 Free	NWMY	15	---	-0.17
	29.45	1:01.84				
	(29.45)	(32.39)				
32.43S	F # 75	200 Medley Relay Lead Off	NWMY	---	---	0.34
Emily Jones (14) F						
1:07.46S	P # 11A	Female 14-14 100 Fly	NWMY	3	---	-2.04
	31.80	1:07.46				
	(31.80)	(35.66)				
1:08.25S	F # 11A	Female 14-14 100 Fly	NWMY	3	---	-1.25
	32.36	1:08.25				
	(32.36)	(35.89)				
33.88S	F # 30A	Female 14-14 50 Breast	NWMY	1	---	-0.91
34.35S	P # 30A	Female 14-14 50 Breast	NWMY	1	---	-0.44
2:42.51S	F # 52A	Female 14-14 200 Breast	NWMY	1	---	1.41
	38.02	1:19.78 2:01.68 2:42.51				
	(38.02)	(41.76) (41.90) (40.83)				
NS	P # 54A	Female 14-14 50 Fly	NWMY	---	---	---
NS	F # 57A	Female 14-14 400 Free	NWMY	---	---	---
1:13.99S	F # 62A	Female 14-14 100 Breast	NWMY	1	---	-0.28
	35.09	1:13.99				
	(35.09)	(38.90)				
1:14.03S	P # 62A	Female 14-14 100 Breast	NWMY	1	---	-0.24
	34.67	1:14.03				
	(34.67)	(39.36)				

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters
Location: Newport International Pool

Time	F/P/S	Event		Place	Points	Improv
Lucy Jones (12) F						
NS	F # 2B	Female 12-12 800 Free	NWMY	---	---	---
2:35.67S	F # 8B	Female 12-12 200 Free	NWMY	6	---	-2.80
	35.13	1:14.44 1:55.42 2:35.67				
	(35.13)	(39.31) (40.98) (40.25)				
31.63S	P # 19B	Female 12-12 50 Free	NWMY	3	---	-0.34
31.66S	F # 19B	Female 12-12 50 Free	NWMY	4	---	-0.31
2:53.81S	F # 22B	Female 12-12 200 IM	NWMY	5	---	1.73
	37.11	1:21.83 2:13.58 2:53.81				
	(37.11)	(44.72) (51.75) (40.23)				
41.33S	F # 37B	Female 12-12 50 Breast	NWMY	6	---	-2.21
41.86S	P # 37B	Female 12-12 50 Breast	NWMY	6	---	-1.68
1:08.95S	P # 58B	Female 12-12 100 Free	NWMY	4	---	0.88
	32.93	1:08.95				
	(32.93)	(36.02)				
1:09.24S	F # 58B	Female 12-12 100 Free	NWMY	4	---	1.17
	33.22	1:09.24				
	(33.22)	(36.02)				
36.91S	F # 60B	Female 12-12 50 Back	NWMY	6	---	-0.95
37.67S	P # 60B	Female 12-12 50 Back	NWMY	8	---	-0.19
32.58S	F # 66	200 Free Relay Lead Off	NWMY	---	---	0.61
36.99S	F # 72	200 Medley Relay Lead Off	NWMY	---	---	-0.87
32.59S	F # 77	200 Free Relay Lead Off	NWMY	---	---	0.62
37.20S	F # 80	200 Medley Relay Lead Off	NWMY	---	---	-0.66
Brandon Keenan (14) M						
1:08.68S	P # 5A	Male 14-14 100 Back	NWMY	5	---	-0.88
	33.60	1:08.68				
	(33.60)	(35.08)				
1:08.99S	F # 5A	Male 14-14 100 Back	NWMY	6	---	-0.57
	33.70	1:08.99				
	(33.70)	(35.29)				
30.67S	F # 14A	Male 14-14 50 Fly	NWMY	7	---	-0.81
30.83S	P # 14A	Male 14-14 50 Fly	NWMY	6	---	-0.65
2:28.16S	F # 23A	Male 14-14 200 Back	NWMY	6	---	-0.41
	34.79	1:12.09 1:50.82 2:28.16				
	(34.79)	(37.30) (38.73) (37.34)				
1:18.16S	F # 26A	Male 14-14 100 Breast	NWMY	5	---	-3.46
	36.90	1:18.16				
	(36.90)	(41.26)				
1:18.23S	P # 26A	Male 14-14 100 Breast	NWMY	5	---	-3.39
	36.65	1:18.23				
	(36.65)	(41.58)				
32.19S	F # 53A	Male 14-14 50 Back	NWMY	6	---	-0.83
32.56S	P # 53A	Male 14-14 50 Back	NWMY	7	---	-0.46
32.89S	F # 81	200 Medley Relay Lead Off	NWMY	---	---	-0.13

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event				Place	Points	Improv
Sophie Linton (16) F								
2:07.36S	F # 18B	Female	15-16	200 Free	NWMY	2	---	-1.19
	29.32	1:01.59	1:34.64	2:07.36				
	(29.32)	(32.27)	(33.05)	(32.72)				
58.38S	P # 21B	Female	15-16	100 Free	NWMY	1	---	-0.32
	28.46	58.38						
	(28.46)	(29.92)						
58.42S	F # 21B	Female	15-16	100 Free	NWMY	1	---	-0.28
	28.35	58.42						
	(28.35)	(30.07)						
27.05S	P # 42B	Female	15-16	50 Free	NWMY	1	---	0.29
27.24S	F # 42B	Female	15-16	50 Free	NWMY	1	---	0.48
NS	F # 45B	Female	15-16	200 IM	NWMY	---	---	---
27.19S	F # 70	200 Free Relay Lead Off			NWMY	---	---	0.43
31.31S	F # 82	200 Medley Relay Lead Off			NWMY	---	---	-0.30
Millie Mulligan (14) F								
NS	F # 2D	Female	14-14	800 Free	NWMY	---	---	---
NS	P # 11A	Female	14-14	100 Fly	NWMY	---	---	---
NS	F # 18A	Female	14-14	200 Free	NWMY	---	---	---
NS	P # 21A	Female	14-14	100 Free	NWMY	---	---	---
NS	F # 33A	Female	14-14	200 Fly	NWMY	---	---	---
NS	F # 35D	Female	14-14	1500 Free	NWMY	---	---	---
NS	P # 42A	Female	14-14	50 Free	NWMY	---	---	---
NS	F # 45A	Female	14-14	200 IM	NWMY	---	---	---
NS	F # 57A	Female	14-14	400 Free	NWMY	---	---	---
Poppy Offside (12) F								
37.32S	P # 9B	Female	12-12	50 Fly	NWMY	6	---	-0.80
37.69S	F # 9B	Female	12-12	50 Fly	NWMY	7	---	-0.43
32.67S	P # 19B	Female	12-12	50 Free	NWMY	9	---	0.38
3:07.78S	F # 22B	Female	12-12	200 IM	NWMY	20	---	5.53
	41.07	1:30.51	2:26.87	3:07.78				
	(41.07)	(49.44)	(56.36)	(40.91)				
NS	F # 47B	Female	12-12	200 Breast	NWMY	---	---	---

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event		Place	Points	Improv
Emma Porter (16) F						
33.85S	P # 3B	Female 15-16 50 Back	NWMY	11	---	-0.40
2:29.64S	F # 18B	Female 15-16 200 Free	NWMY	29	---	0.43
	34.62	1:12.69 1:52.04 2:29.64				
	(34.62)	(38.07) (39.35) (37.60)				
1:08.00S	P # 21B	Female 15-16 100 Free	NWMY	32	---	-0.04
	32.43	1:08.00				
	(32.43)	(35.57)				
2:38.54S	F # 28B	Female 15-16 200 Back	NWMY	19	---	0.34
	37.17	1:16.52 1:58.21 2:38.54				
	(37.17)	(39.35) (41.69) (40.33)				
43.34S	P # 30B	Female 15-16 50 Breast	NWMY	29	---	1.90
1:13.52S	P # 38B	Female 15-16 100 Back	NWMY	17	---	0.90
	35.80	1:13.52				
	(35.80)	(37.72)				
31.18S	P # 42B	Female 15-16 50 Free	NWMY	35	---	0.59
2:51.82S	F # 45B	Female 15-16 200 IM	NWMY	31	---	-6.82
	36.88	1:18.58 2:11.94 2:51.82				
	(36.88)	(41.70) (53.36) (39.88)				
35.83S	P # 54B	Female 15-16 50 Fly	NWMY	30	---	-0.05
1:32.39S	P # 62B	Female 15-16 100 Breast	NWMY	26	---	-3.84
	43.38	1:32.39				
	(43.38)	(49.01)				
34.22S	F # 76	200 Medley Relay Lead Off	NWMY	---	---	-0.03
Neve Powell (15) F						
2:41.65S	F # 18B	Female 15-16 200 Free	NWMY	40	---	-2.63
	36.82	1:16.54 1:58.80 2:41.65				
	(36.82)	(39.72) (42.26) (42.85)				
1:14.08S	P # 21B	Female 15-16 100 Free	NWMY	46	---	-0.48
	35.67	1:14.08				
	(35.67)	(38.41)				
3:01.64S	F # 45B	Female 15-16 200 IM	NWMY	38	---	0.94
	40.15	1:26.12 2:19.26 3:01.64				
	(40.15)	(45.97) (53.14) (42.38)				
3:27.88S	F # 52B	Female 15-16 200 Breast	NWMY	17	---	7.04
	46.48	1:38.41 2:32.38 3:27.88				
	(46.48)	(51.93) (53.97) (55.50)				

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event		Place	Points	Improv
Toby Preece (12) M						
36.68S	F # 4B	Male 12-12 50 Fly	NWMY	3	---	-1.17
38.32S	P # 4B	Male 12-12 50 Fly	NWMY	4	---	0.47
1:10.99S	F # 10B	Male 12-12 100 Free	NWMY	3	---	-2.45
34.94	1:10.99					
(34.94)	(36.05)					
1:11.07S	P # 10B	Male 12-12 100 Free	NWMY	5	---	-2.37
34.56	1:11.07					
(34.56)	(36.51)					
NS	P # 20B	Male 12-12 100 Breast	NWMY	---	---	---
36.75S	P # 24B	Male 12-12 50 Back	NWMY	5	---	-0.04
36.86S	F # 24B	Male 12-12 50 Back	NWMY	5	---	0.07
1:21.14S	F # 44B	Male 12-12 100 Back	NWMY	5	---	-3.02
39.76	1:21.14					
(39.76)	(41.38)					
1:21.49S	P # 44B	Male 12-12 100 Back	NWMY	5	---	-2.67
39.22	1:21.49					
(39.22)	(42.27)					
31.67S	F # 48B	Male 12-12 50 Free	NWMY	3	---	0.91
31.97S	P # 48B	Male 12-12 50 Free	NWMY	3	---	1.21
NS	P # 59B	Male 12-12 50 Breast	NWMY	---	---	---
31.04S	F # 67	200 Free Relay Lead Off	NWMY	---	---	0.28
36.96S	F # 73	200 Medley Relay Lead Off	NWMY	---	---	0.17
31.65S	F # 78	200 Free Relay Lead Off	NWMY	---	---	0.89
Oliver Rixon (11) M						
40.72S	F # 4A	Male 11-11 50 Fly	NWMY	3	---	-1.56
41.68S	P # 4A	Male 11-11 50 Fly	NWMY	3	---	-0.60
38.58S	P # 24A	Male 11-11 50 Back	NWMY	2	---	-1.44
38.60S	F # 24A	Male 11-11 50 Back	NWMY	2	---	-1.42
3:18.47S	F # 27A	Male 11-11 200 IM	NWMY	4	---	-4.35
45.87	1:34.39	2:36.03	3:18.47			
(45.87)	(48.52)	(1:01.64)	(42.44)			
1:24.70S	F # 44A	Male 11-11 100 Back	NWMY	2	---	-4.20
41.28	1:24.70					
(41.28)	(43.42)					
1:26.27S	P # 44A	Male 11-11 100 Back	NWMY	2	---	-2.63
43.18	1:26.27					
(43.18)	(43.09)					
34.99S	F # 48A	Male 11-11 50 Free	NWMY	5	---	-0.94
35.42S	P # 48A	Male 11-11 50 Free	NWMY	5	---	-0.51

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters
Location: Newport International Pool

Time	F/P/S	Event		Place	Points	Improv
Evan Sellick (14) M						
2:50.05S	F # 13A	Male 14-14 200 Breast	NWMY	4	---	-10.83
	38.03	1:22.33 2:06.59 2:50.05				
	(38.03)	(44.30) (44.26) (43.46)				
1:18.52S	P # 26A	Male 14-14 100 Breast	NWMY	6	---	-0.04
	36.51	1:18.52				
	(36.51)	(42.01)				
1:18.94S	F # 26A	Male 14-14 100 Breast	NWMY	7	---	0.38
	37.13	1:18.94				
	(37.13)	(41.81)				
1:08.46S	F # 39A	Male 14-14 100 Fly	NWMY	7	---	-2.18
	32.10	1:08.46				
	(32.10)	(36.36)				
1:09.58S	P # 39A	Male 14-14 100 Fly	NWMY	8	---	-1.06
	32.56	1:09.58				
	(32.56)	(37.02)				
36.06S	F # 43A	Male 14-14 50 Breast	NWMY	4	---	0.01
36.88S	P # 43A	Male 14-14 50 Breast	NWMY	4	---	0.83
2:18.92S	F # 50A	Male 14-14 200 Free	NWMY	11	---	-4.15
	31.88	1:07.83 1:44.78 2:18.92				
	(31.88)	(35.95) (36.95) (34.14)				
28.38S	F # 78	200 Free Relay Lead Off	NWMY	---	---	0.54
Beth Simmons (14) F						
2:25.26S	F # 18A	Female 14-14 200 Free	NWMY	15	---	-2.95
	34.10	1:10.07 1:48.18 2:25.26				
	(34.10)	(35.97) (38.11) (37.08)				
1:08.84S	P # 21A	Female 14-14 100 Free	NWMY	24	---	-0.98
	33.23	1:08.84				
	(33.23)	(35.61)				
2:39.45S	F # 28A	Female 14-14 200 Back	NWMY	8	---	-2.58
	37.67	1:17.79 1:59.02 2:39.45				
	(37.67)	(40.12) (41.23) (40.43)				
1:16.41S	P # 38A	Female 14-14 100 Back	NWMY	16	---	-1.07
	1:16.41	1:16.41				
	(1:16.41)	(0.00)				
2:41.18S	F # 45A	Female 14-14 200 IM	NWMY	13	---	0.22
	35.94	1:16.82 2:02.54 2:41.18				
	(35.94)	(40.88) (45.72) (38.64)				
2:55.78S	F # 52A	Female 14-14 200 Breast	NWMY	4	---	-0.05
	40.30	1:25.26 2:10.21 2:55.78				
	(40.30)	(44.96) (44.95) (45.57)				
1:22.79S	F # 62A	Female 14-14 100 Breast	NWMY	7	---	0.14
	39.00	1:22.79				
	(39.00)	(43.79)				
1:23.52S	P # 62A	Female 14-14 100 Breast	NWMY	8	---	0.87
	39.67	1:23.52				
	(39.67)	(43.85)				
Thillai Sivaramakrishnan (15) M						
31.12S	P # 14B	Male 15-16 50 Fly	NWMY	11	---	0.27
30.81S	P # 29B	Male 15-16 50 Free	NWMY	29	---	0.02

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event	Place	Points	Improv	
Krysta Southwood (16) F						
38.51S	P # 3B	Female 15-16 50 Back	NWMY	32	---	0.44
2:52.83S	F # 28B	Female 15-16 200 Back	NWMY	25	---	-1.98
	40.89	1:24.43 2:09.35 2:52.83				
	(40.89)	(43.54) (44.92) (43.48)				
43.92S	P # 30B	Female 15-16 50 Breast	NWMY	30	---	0.49
1:22.79S	P # 38B	Female 15-16 100 Back	NWMY	36	---	1.00
	40.22	1:22.79				
	(40.22)	(42.57)				
33.12S	P # 42B	Female 15-16 50 Free	NWMY	48	---	0.73
2:59.15S	F # 45B	Female 15-16 200 IM	NWMY	34	---	0.41
	41.66	1:25.72 2:18.62 2:59.15				
	(41.66)	(44.06) (52.90) (40.53)				
3:25.22S	F # 52B	Female 15-16 200 Breast	NWMY	16	---	2.16
	47.68	1:39.75 2:32.80 3:25.22				
	(47.68)	(52.07) (53.05) (52.42)				
5:25.27S	F # 57B	Female 15-16 400 Free	NWMY	22	---	-5.33
	35.29	1:14.60 1:56.25 2:37.83 3:19.19 4:01.80 4:43.43 5:25.27				
	(35.29)	(39.31) (41.65) (41.58) (41.36) (42.61) (41.63) (41.84)				
1:36.27S	P # 62B	Female 15-16 100 Breast	NWMY	27	---	2.79
	45.42	1:36.27				
	(45.42)	(50.85)				
Lottie Steel (13) F						
35.62S	P # 19C	Female 13-13 50 Free	NWMY	37	---	-2.02

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event	Place	Points	Improv	
Adam Steven (13) M						
19:45.19S	F # 1C	Male 13-13 1500 Free	NWMY	1	---	-6.32
1:02.27S	P # 10C	Male 13-13 100 Free	NWMY	2	---	-1.05
	29.09	1:02.27				
	(29.09)	(33.18)				
1:03.26S	F # 10C	Male 13-13 100 Free	NWMY	2	---	-0.06
	30.94	1:03.26				
	(30.94)	(32.32)				
1:21.38S	F # 20C	Male 13-13 100 Breast	NWMY	4	---	1.19
	37.66	1:21.38				
	(37.66)	(43.72)				
1:23.23S	P # 20C	Male 13-13 100 Breast	NWMY	3	---	3.04
	39.14	1:23.23				
	(39.14)	(44.09)				
2:37.78S	F # 27C	Male 13-13 200 IM	NWMY	3	---	-2.70
	33.67	1:15.99	2:02.29	2:37.78		
	(33.67)	(42.32)	(46.30)	(35.49)		
2:19.26S	F # 31C	Male 13-13 200 Free	NWMY	3	---	-0.10
	31.57	1:07.57	1:44.58	2:19.26		
	(31.57)	(36.00)	(37.01)	(34.68)		
10:07.51S	F # 36C	Male 13-13 800 Free	NWMY	1	---	---
	33.50	1:11.12	1:48.76	2:26.51	3:04.78	3:43.23
	(33.50)	(37.62)	(37.64)	(37.75)	(38.27)	(38.45)
	5:39.80	6:18.26	6:56.74	7:35.36	8:14.07	8:53.17
	(38.89)	(38.46)	(38.48)	(38.62)	(38.71)	(39.10)
					(37.98)	(36.36)
2:56.79S	F # 41C	Male 13-13 200 Breast	NWMY	3	---	0.25
	39.96	1:24.67	2:10.89	2:56.79		
	(39.96)	(44.71)	(46.22)	(45.90)		
28.12S	P # 48C	Male 13-13 50 Free	NWMY	3	---	-0.02
28.34S	F # 48C	Male 13-13 50 Free	NWMY	3	---	0.20
1:11.50S	F # 55C	Male 13-13 100 Fly	NWMY	3	---	-5.91
	32.64	1:11.50				
	(32.64)	(38.86)				
1:14.57S	P # 55C	Male 13-13 100 Fly	NWMY	5	---	-2.84
	33.93	1:14.57				
	(33.93)	(40.64)				
35.53S	P # 59C	Male 13-13 50 Breast	NWMY	3	---	-0.18
35.91S	F # 59C	Male 13-13 50 Breast	NWMY	3	---	0.20
4:51.47S	F # 63C	Male 13-13 400 Free	NWMY	1	---	-2.11
	1:10.39	1:48.11	2:25.71	3:39.60	4:15.89	4:51.47
	(1:10.39)	(37.72)	(37.60)	(1:13.89)	(36.29)	(35.58)
					---	(4:51.47)

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event	Place	Points	Improv
Ryan Steven (17) M					
19:12.42S	F # 1F	Male 17 & Over 1500 Free	NWMY 6	---	8.16
	32.18	1:08.50 1:44.83 2:21.40	2:58.18 3:35.12 4:12.29 4:49.63		
	(32.18)	(36.32) (36.33) (36.57)	(36.78) (36.94) (37.17) (37.34)		
	5:27.28	6:05.22 6:43.96 7:22.74	8:02.00 8:41.10 9:20.42 10:00.27		
	(37.65)	(37.94) (38.74) (38.78)	(39.26) (39.10) (39.32) (39.85)		
	10:39.79	11:19.10 11:58.95 12:38.68	13:18.34 13:58.35 14:38.16 15:17.92		
	(39.52)	(39.31) (39.85) (39.73)	(39.66) (40.01) (39.81) (39.76)		
	15:57.91	16:37.45 17:16.65 17:55.81	18:34.65 19:12.42		
	(39.99)	(39.54) (39.20) (39.16)	(38.84) (37.77)		
31.56S	P # 14C	Male 17 & Over 50 Fly	NWMY 18	---	0.39
4:50.79S	F # 17C	Male 17 & Over 400 Free	NWMY 11	---	3.63
	31.52	1:07.97 1:44.64 2:21.99	2:59.39 3:37.05 4:14.49 4:50.79		
	(31.52)	(36.45) (36.67) (37.35)	(37.40) (37.66) (37.44) (36.30)		
28.02S	P # 29C	Male 17 & Over 50 Free	NWMY 23	---	0.10
2:35.42S	F # 32C	Male 17 & Over 200 Fly	NWMY 6	---	-3.21
	33.77	1:13.25 1:54.40 2:35.42			
	(33.77)	(39.48) (41.15) (41.02)			
9:50.68S	F # 36F	Male 17 & Over 800 Free	NWMY 4	---	---
	32.82	1:10.10 1:47.15 2:24.40	3:01.53 3:38.91 4:16.44 4:53.71		
	(32.82)	(37.28) (37.05) (37.25)	(37.13) (37.38) (37.53) (37.27)		
	5:30.95	6:08.44 6:45.69 7:23.10	8:00.23 8:37.93 9:15.09 9:50.68		
	(37.24)	(37.49) (37.25) (37.41)	(37.13) (37.70) (37.16) (35.59)		
1:08.82S	P # 39C	Male 17 & Over 100 Fly	NWMY 16	---	-0.63
	31.78	1:08.82			
	(31.78)	(37.04)			
2:35.68S	F # 46C	Male 17 & Over 200 IM	NWMY 16	---	-1.24
	32.61	1:14.28 2:03.16 2:35.68			
	(32.61)	(41.67) (48.88) (32.52)			
2:13.77S	F # 50C	Male 17 & Over 200 Free	NWMY 15	---	-0.77
	30.79	1:05.09 1:39.53 2:13.77			
	(30.79)	(34.30) (34.44) (34.24)			
5:25.23S	F # 56C	Male 17 & Over 400 IM	NWMY 1	---	-3.79
	33.39	1:12.60 1:56.02 2:38.46	3:26.15 4:14.85 4:50.21 5:25.23		
	(33.39)	(39.21) (43.42) (42.44)	(47.69) (48.70) (35.36) (35.02)		
1:01.25S	P # 61C	Male 17 & Over 100 Free	NWMY 14	---	0.42
	29.84	1:01.25			
	(29.84)	(31.41)			
28.56S	F # 69	200 Free Relay Lead Off	NWMY ---	---	0.64

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event	Place	Points	Improv	
Isobel Stevens (14) F						
9:29.41S	F # 2D	Female 14-14 800 Free	NWMY	1	---	-10.11
	32.19	1:07.06 1:42.15 2:17.70	2:53.45 3:29.34	4:05.31 4:40.99		
	(32.19)	(34.87) (35.09) (35.55)	(35.75) (35.89)	(35.97) (35.68)		
	5:16.95	5:53.40 6:29.82 7:06.34	7:42.43 8:18.53	8:54.73 9:29.41		
	(35.96)	(36.45) (36.42) (36.52)	(36.09) (36.10)	(36.20) (34.68)		
32.68S	F # 3A	Female 14-14 50 Back	NWMY	1	---	-1.95
33.15S	P # 3A	Female 14-14 50 Back	NWMY	2	---	-1.48
1:06.76S	F # 11A	Female 14-14 100 Fly	NWMY	2	---	-4.92
	31.29	1:06.76				
	(31.29)	(35.47)				
1:06.81S	P # 11A	Female 14-14 100 Fly	NWMY	2	---	-4.87
	31.61	1:06.81				
	(31.61)	(35.20)				
2:12.15S	F # 18A	Female 14-14 200 Free	NWMY	3	---	-1.96
	30.47	1:04.11 1:38.59 2:12.15				
	(30.47)	(33.64) (34.48) (33.56)				
1:01.34S	F # 21A	Female 14-14 100 Free	NWMY	2	---	-1.40
	29.75	1:01.34				
	(29.75)	(31.59)				
1:01.60S	P # 21A	Female 14-14 100 Free	NWMY	3	---	-1.14
	29.57	1:01.60				
	(29.57)	(32.03)				
38.79S	F # 30A	Female 14-14 50 Breast	NWMY	8	---	-0.54
38.94S	P # 30A	Female 14-14 50 Breast	NWMY	8	---	-0.39
1:10.88S	F # 38A	Female 14-14 100 Back	NWMY	4	---	-3.10
	34.51	1:10.88				
	(34.51)	(36.37)				
1:11.15S	P # 38A	Female 14-14 100 Back	NWMY	4	---	-2.83
	34.64	1:11.15				
	(34.64)	(36.51)				
28.22S	P # 42A	Female 14-14 50 Free	NWMY	2	---	-0.57
28.37S	F # 42A	Female 14-14 50 Free	NWMY	4	---	-0.42
2:32.21S	F # 45A	Female 14-14 200 IM	NWMY	5	---	-0.86
	32.82	1:11.90 1:58.51 2:32.21				
	(32.82)	(39.08) (46.61) (33.70)				
30.89S	P # 54A	Female 14-14 50 Fly	NWMY	4	---	-1.03
31.17S	F # 54A	Female 14-14 50 Fly	NWMY	4	---	-0.75
4:39.46S	F # 57A	Female 14-14 400 Free	NWMY	2	---	-5.14
	31.70	1:06.62 1:42.40 2:17.96	2:53.72 3:29.27	4:05.03 4:39.46		
	(31.70)	(34.92) (35.78) (35.56)	(35.76) (35.55)	(35.76) (34.43)		
28.29S	F # 68	200 Free Relay Lead Off	NWMY	---	---	-0.50
33.64S	F # 74	200 Medley Relay Lead Off	NWMY	---	---	-0.99
Jessica Sweeney (14) F						
11:29.72S	F # 2D	Female 14-14 800 Free	NWMY	13	---	-43.99
	36.87	1:17.78 2:00.74 2:44.37	3:27.79 4:12.05	4:56.41 5:40.68		
	(36.87)	(40.91) (42.96) (43.63)	(43.42) (44.26)	(44.36) (44.27)		
	6:24.39	7:09.24 7:53.49 8:37.78	9:21.43 10:05.20	10:48.96 11:29.72		
	(43.71)	(44.85) (44.25) (44.29)	(43.65) (43.77)	(43.76) (40.76)		
39.41S	P # 30A	Female 14-14 50 Breast	NWMY	9	---	-1.75

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event		Place	Points	Improv
Grace Thomas (14) F						
44.06S	P # 30A	Female 14-14 50 Breast	NWMY	22	---	-1.21
NS	P # 42A	Female 14-14 50 Free	NWMY	---	---	---
36.72S	P # 54A	Female 14-14 50 Fly	NWMY	22	---	-0.46
Lowri Trenchard (13) F						
NS	P # 37C	Female 13-13 50 Breast	NWMY	---	---	---
Aratz Urkola (13) F						
39.71S	P # 9C	Female 13-13 50 Fly	NWMY	21	---	-1.40
Elur Urkola (15) M						
1:12.70S	P # 5B	Male 15-16 100 Back	NWMY	9	---	-0.40
	35.94	1:12.70				
	(35.94)	(36.76)				
28.96S	P # 29B	Male 15-16 50 Free	NWMY	17	---	-0.06
1:07.85S	F # 39B	Male 15-16 100 Fly	NWMY	4	---	-2.58
	31.95	1:07.85				
	(31.95)	(35.90)				
1:07.86S	P # 39B	Male 15-16 100 Fly	NWMY	5	---	-2.57
	32.61	1:07.86				
	(32.61)	(35.25)				
33.12S	P # 53B	Male 15-16 50 Back	NWMY	8	---	-0.02
33.12S	F # 53B	Male 15-16 50 Back	NWMY	8	---	-0.02
1:01.70S	P # 61B	Male 15-16 100 Free	NWMY	14	---	-1.69
	30.33	1:01.70				
	(30.33)	(31.37)				
Izaro Urkola (11) F						
39.36S	P # 9A	Female 11-11 50 Fly	NWMY	6	---	-2.60
39.65S	F # 9A	Female 11-11 50 Fly	NWMY	6	---	-2.31

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event		Place	Points	Improv
Eleanor Walker (14) F						
35.26S	P # 3A	Female 14-14 50 Back	NWMY	10	---	-0.30
NS	F # 6A	Female 14-14 400 IM	NWMY	---	---	---
1:13.23S	F # 11A	Female 14-14 100 Fly	NWMY	6	---	-4.08
33.76	1:13.23					
(33.76)	(39.47)					
1:13.26S	P # 11A	Female 14-14 100 Fly	NWMY	6	---	-4.05
34.32	1:13.26					
(34.32)	(38.94)					
2:42.48S	F # 28A	Female 14-14 200 Back	NWMY	10	---	1.33
36.84	1:18.24	2:00.90	2:42.48			
(36.84)	(41.40)	(42.66)	(41.58)			
37.52S	F # 30A	Female 14-14 50 Breast	NWMY	4	---	0.10
37.71S	P # 30A	Female 14-14 50 Breast	NWMY	3	---	0.29
1:16.27S	P # 38A	Female 14-14 100 Back	NWMY	15	---	-0.83
37.03	1:16.27					
(37.03)	(39.24)					
2:43.47S	F # 45A	Female 14-14 200 IM	NWMY	14	---	-0.79
34.53	1:14.88	2:03.52	2:43.47			
(34.53)	(40.35)	(48.64)	(39.95)			
2:59.40S	F # 52A	Female 14-14 200 Breast	NWMY	7	---	4.83
40.59	1:26.07	2:13.48	2:59.40			
(40.59)	(45.48)	(47.41)	(45.92)			
32.24S	F # 54A	Female 14-14 50 Fly	NWMY	6	---	-1.29
33.40S	P # 54A	Female 14-14 50 Fly	NWMY	8	---	-0.13
1:21.36S	F # 62A	Female 14-14 100 Breast	NWMY	4	---	0.15
38.58	1:21.36					
(38.58)	(42.78)					
1:22.01S	P # 62A	Female 14-14 100 Breast	NWMY	5	---	0.80
39.02	1:22.01					
(39.02)	(42.99)					

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters
Location: Newport International Pool

Time	F/P/S	Event				Place		Points	Improv
Ellie Ward (15) F									
9:42.76S	F # 2E	Female	15-16 800 Free		NWMY		3	---	1.66
	32.37	1:08.09	1:44.55	2:21.19	2:57.69	3:34.43	4:11.12	4:47.91	
	(32.37)	(35.72)	(36.46)	(36.64)	(36.50)	(36.74)	(36.69)	(36.79)	
	5:24.88	6:01.73	6:38.65	7:15.58	7:52.57	8:29.66	9:07.14	9:42.76	
	(36.97)	(36.85)	(36.92)	(36.93)	(36.99)	(37.09)	(37.48)	(35.62)	
34.68S	P # 3B	Female	15-16 50 Back		NWMY		18	---	0.98
5:26.57S	F # 6B	Female	15-16 400 IM		NWMY		4	---	1.20
	35.49	1:18.13	1:59.95	2:42.90	3:28.95	4:15.05	4:51.65	5:26.57	
	(35.49)	(42.64)	(41.82)	(42.95)	(46.05)	(46.10)	(36.60)	(34.92)	
2:16.13S	F # 18B	Female	15-16 200 Free		NWMY		10	---	-2.55
	31.05	1:05.47	1:41.24	2:16.13					
	(31.05)	(34.42)	(35.77)	(34.89)					
1:04.57S	P # 21B	Female	15-16 100 Free		NWMY		17	---	1.65
	30.62	1:04.57							
	(30.62)	(33.95)							
2:34.84S	F # 28B	Female	15-16 200 Back		NWMY		10	---	1.18
	35.58	1:15.20	1:55.34	2:34.84					
	(35.58)	(39.62)	(40.14)	(39.50)					
37.36S	P # 30B	Female	15-16 50 Breast		NWMY		9	---	0.11
18:15.32S	F # 35E	Female	15-16 1500 Free		NWMY		2	---	---
	8:29.47	9:05.66	9:42.63	10:18.89	10:56.16	11:32.91	12:09.15	12:46.40	
	(8:29.47)	(36.19)	(36.97)	(36.26)	(37.27)	(36.75)	(36.24)	(37.25)	
	13:23.64	14:00.72	14:37.41	15:14.15	15:51.36	16:27.47	17:04.55	17:40.19	
	(37.24)	(37.08)	(36.69)	(36.74)	(37.21)	(36.11)	(37.08)	(35.64)	
	18:15.32	---	---	---	---	---	---	---	
	(35.13)	---	---	---	---	---	---	---	
	---	---	---	---	---	18:15.32			
	---	---	---	---	---	(18:15.32)			
29.74S	P # 42B	Female	15-16 50 Free		NWMY		18	---	0.40
2:35.78S	F # 45B	Female	15-16 200 IM		NWMY		10	---	2.72
	33.46	1:14.62	2:00.53	2:35.78					
	(33.46)	(41.16)	(45.91)	(35.25)					
2:51.31S	F # 52B	Female	15-16 200 Breast		NWMY		6	---	4.62
	38.68	1:22.08	2:06.94	2:51.31					
	(38.68)	(43.40)	(44.86)	(44.37)					
32.06S	P # 54B	Female	15-16 50 Fly		NWMY		9	---	0.33
4:51.75S	F # 57B	Female	15-16 400 Free		NWMY		9	---	8.96
	32.53	1:08.41	1:45.51	2:22.68	3:00.53	3:38.34	4:15.32	4:51.75	
	(32.53)	(35.88)	(37.10)	(37.17)	(37.85)	(37.81)	(36.98)	(36.43)	
1:17.21S	F # 62B	Female	15-16 100 Breast		NWMY		5	---	-2.50
	36.28	1:17.21							
	(36.28)	(40.93)							
1:18.24S	P # 62B	Female	15-16 100 Breast		NWMY		5	---	-1.47
	37.06	1:18.24							
	(37.06)	(41.18)							

Individual Meet Results

South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters

Location: Newport International Pool

Time	F/P/S	Event	Place	Points	Improv					
James Watkins (15) M										
31.72S	P # 14B	Male 15-16 50 Fly	NWMY	14	---	0.14				
4:43.92S	F # 17B	Male 15-16 400 Free	NWMY	6	---	-13.06				
	31.69	1:06.90	1:43.26	2:19.71	2:56.30	3:33.08	4:09.40	4:43.92		
	(31.69)	(35.21)	(36.36)	(36.45)	(36.59)	(36.78)	(36.32)	(34.52)		
1:20.08S	F # 26B	Male 15-16 100 Breast	NWMY	8	---	-0.41				
	37.45	1:20.08								
	(37.45)	(42.63)								
1:21.01S	P # 26B	Male 15-16 100 Breast	NWMY	8	---	0.52				
	38.08	1:21.01								
	(38.08)	(42.93)								
28.37S	P # 29B	Male 15-16 50 Free	NWMY	14	---	-0.16				
1:10.75S	F # 39B	Male 15-16 100 Fly	NWMY	7	---	-1.50				
	33.00	1:10.75								
	(33.00)	(37.75)								
1:10.76S	P # 39B	Male 15-16 100 Fly	NWMY	6	---	-1.49				
	32.89	1:10.76								
	(32.89)	(37.87)								
36.88S	F # 43B	Male 15-16 50 Breast	NWMY	8	---	0.23				
37.21S	P # 43B	Male 15-16 50 Breast	NWMY	8	---	0.56				
2:31.84S	F # 46B	Male 15-16 200 IM	NWMY	9	---	0.09				
	33.51	1:13.15	1:58.24	2:31.84						
	(33.51)	(39.64)	(45.09)	(33.60)						
2:10.80S	F # 50B	Male 15-16 200 Free	NWMY	6	---	-4.92				
	30.21	1:03.05	1:37.46	2:10.80						
	(30.21)	(32.84)	(34.41)	(33.34)						
34.17S	P # 53B	Male 15-16 50 Back	NWMY	12	---	-0.10				
1:00.02S	P # 61B	Male 15-16 100 Free	NWMY	7	---	-2.16				
	28.83	1:00.02								
	(28.83)	(31.19)								
1:00.05S	F # 61B	Male 15-16 100 Free	NWMY	6	---	-2.13				
	29.13	1:00.05								
	(29.13)	(30.92)								
William Watkins (14) M										
31.34S	P # 29A	Male 14-14 50 Free	NWMY	19	---	-0.33				
2:32.52S	F # 50A	Male 14-14 200 Free	NWMY	19	---	-2.24				
	34.20	1:13.51	1:54.21	2:32.52						
	(34.20)	(39.31)	(40.70)	(38.31)						
36.80S	P # 53A	Male 14-14 50 Back	NWMY	18	---	-2.50				
1:08.01S	P # 61A	Male 14-14 100 Free	NWMY	18	---	-3.78				
	33.04	1:08.01								
	(33.04)	(34.97)								

Individual Meet Results
South East Wales Regional Championships 01-Feb-19 to 10-Feb-19 [Ageup: 31/12/2019] SC Meters**Location: Newport International Pool**

Time	F/P/S	Event		Place	Points	Improv
Luke Williams (11) M						
1:40.90S	F # 20A	Male 11-11 100 Breast	NWMY	2	---	-3.85
	48.71	1:40.90				
	(48.71)	(52.19)				
1:44.97S	P # 20A	Male 11-11 100 Breast	NWMY	3	---	0.22
	50.28	1:44.97				
	(50.28)	(54.69)				
45.60S	P # 24A	Male 11-11 50 Back	NWMY	13	---	-0.93
3:28.66S	F # 27A	Male 11-11 200 IM	NWMY	7	---	0.69
	52.79	1:46.73 2:42.21 3:28.66				
	(52.79)	(53.94) (55.48) (46.45)				
3:42.35S	F # 41A	Male 11-11 200 Breast	NWMY	2	---	-4.72
	50.35	1:46.69 2:44.85 3:42.35				
	(50.35)	(56.34) (58.16) (57.50)				
38.60S	P # 48A	Male 11-11 50 Free	NWMY	9	---	-0.76