

Individual Meet Results

Welsh Capital Open Meet 2020 18-Jan-20 to 19-Jan-20 [Ageup: 19/01/2020] LC Meters

Location: Cardiff International Pool

| Time | F/P/S | Event | | Place | Points | Improv |
|------------------------------|-------------|---------------------------|------|-------|--------|--------|
| Megan Allison (17) F | | | | | | |
| NS | F # 302F | Female 17 & Over 400 Free | NWMY | --- | --- | --- |
| Eve Bowen (14) F | | | | | | |
| 2:25.26L | F # 405D | Female 13-14 200 Free | NWMY | 15 | 2 | -2.53 |
| 29.79L | F # 501A | Female 13-14 50 Free | NWMY | 8 | 11 | -0.50 |
| 1:05.28L | F # 605D | Female 13-14 100 Free | NWMY | 8 | 11 | -0.59 |
| Sophie Brown (16) F | | | | | | |
| NS | F # 202B | Female 15-16 50 Fly | NWMY | --- | --- | --- |
| NS | F # 501B | Female 15-16 50 Free | NWMY | --- | --- | --- |
| Evan Davies (13) M | | | | | | |
| 29.72L | F # 201A | Male 13-14 50 Free | NWMY | 24 | --- | -0.68 |
| 35.29L | F # 205A | Male 13-14 50 Back | NWMY | 17 | --- | -1.83 |
| 1:07.10L | F # 305D | Male 13-14 100 Free | NWMY | 26 | --- | -8.33 |
| 31.91L | F # 502A | Male 13-14 50 Fly | NWMY | 19 | --- | -2.52 |
| 42.66L | F # 506A | Male 13-14 50 Breast | NWMY | 18 | --- | -0.94 |
| 2:47.86L | F # 604D | Male 13-14 200 IM | NWMY | 18 | --- | -32.63 |
| Gianni Davies (14) M | | | | | | |
| 26.52L | F # 201A | Male 13-14 50 Free | NWMY | 4 | 15 | -0.10 |
| 1:18.37L | DQ F # 301D | Male 13-14 100 Fly | NWMY | --- | --- | --- |
| 1:02.21L | F # 305D | Male 13-14 100 Free | NWMY | 14 | 3 | 2.52 |
| 30.12L | F # 502A | Male 13-14 50 Fly | NWMY | 9 | 9 | 0.66 |
| 40.46L | F # 506A | Male 13-14 50 Breast | NWMY | 17 | --- | 1.12 |
| Lili Evans (12) F | | | | | | |
| 1:32.99L | F # 403C | Female 11-12 100 Breast | NWMY | 9 | 9 | -2.28 |
| 2:38.97L | F # 405C | Female 11-12 200 Free | NWMY | 13 | 4 | 1.81 |
| 43.43L | F # 503C | Female 11-12 50 Breast | NWMY | 12 | 5 | -0.79 |
| 35.42L | F # 507C | Female 11-12 50 Fly | NWMY | 12 | 5 | -1.30 |
| 1:12.18L | F # 605C | Female 11-12 100 Free | NWMY | 15 | 2 | -1.20 |
| Megan Evans (13) F | | | | | | |
| 1:35.36L | F # 403D | Female 13-14 100 Breast | NWMY | 13 | 4 | 0.07 |
| 2:44.96L | F # 405D | Female 13-14 200 Free | NWMY | 28 | --- | --- |
| 32.29L | F # 501A | Female 13-14 50 Free | NWMY | 39 | --- | -1.21 |
| 37.25L | F # 505A | Female 13-14 50 Back | NWMY | 21 | --- | -5.25 |
| NS | F # 605D | Female 13-14 100 Free | NWMY | --- | --- | --- |
| Edith Fletcher (12) F | | | | | | |
| 1:21.53L | F # 106C | Female 11-12 100 Back | NWMY | 10 | 7 | -2.00 |
| 37.72L | F # 204C | Female 11-12 50 Back | NWMY | 15 | 2 | 0.10 |
| 33.76L | F # 208C | Female 11-12 50 Free | NWMY | 24 | --- | 0.05 |
| 3:02.77L | F # 304C | Female 11-12 200 IM | NWMY | 20 | --- | 3.89 |
| 2:42.74L | F # 405C | Female 11-12 200 Free | NWMY | 17 | --- | -5.74 |
| 43.04L | F # 503C | Female 11-12 50 Breast | NWMY | 10 | 7 | -1.65 |
| 1:13.97L | F # 605C | Female 11-12 100 Free | NWMY | 17 | --- | -18.95 |

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|--------------------------------------|----------|-------------------------|-------|--------|--------|--------|
| Benjamin Fox-Wiltshire (14) M | | | | | | |
| 4:57.25L | F # 101A | Male 13-14 400 IM | NWMY | 2 | 17 | -41.88 |
| 26.18L | F # 201A | Male 13-14 50 Free | NWMY | 2 | 17 | -4.29 |
| 30.36L | F # 205A | Male 13-14 50 Back | NWMY | 1 | 20 | -1.04 |
| 2:21.87L | F # 303D | Male 13-14 200 Back | NWMY | 2 | 17 | 1.43 |
| 57.22L | F # 305D | Male 13-14 100 Free | NWMY | 2 | 17 | -9.38 |
| 1:04.97L | F # 406D | Male 13-14 100 Back | NWMY | 1 | 20 | -2.07 |
| 29.34L | F # 502A | Male 13-14 50 Fly | NWMY | 5 | 14 | -4.32 |
| 33.71L | F # 506A | Male 13-14 50 Breast | NWMY | 2 | 17 | -1.38 |
| 2:19.33L | F # 604D | Male 13-14 200 IM | NWMY | 2 | 17 | -5.32 |
| Tesni Francis-Parker (13) F | | | | | | |
| 33.50L | F # 202A | Female 13-14 50 Fly | NWMY | 15 | 2 | -3.33 |
| 5:23.35L | F # 302D | Female 13-14 400 Free | NWMY | 12 | 5 | -10.49 |
| 2:48.91L | F # 304D | Female 13-14 200 IM | NWMY | 20 | --- | -8.62 |
| 2:29.63L | F # 405D | Female 13-14 200 Free | NWMY | 19 | --- | -6.42 |
| 31.34L | F # 501A | Female 13-14 50 Free | NWMY | 23 | --- | -1.87 |
| 1:15.62L | F # 601D | Female 13-14 100 Fly | NWMY | 14 | 3 | -8.29 |
| 1:08.74L | F # 605D | Female 13-14 100 Free | NWMY | 21 | --- | -3.30 |
| Lucy Grant (12) F | | | | | | |
| 1:22.69L | F # 106C | Female 11-12 100 Back | NWMY | 13 | 4 | -1.81 |
| 38.17L | F # 204C | Female 11-12 50 Back | NWMY | 17 | --- | 0.27 |
| 32.49L | F # 208C | Female 11-12 50 Free | NWMY | 16 | 1 | -1.09 |
| 3:06.20L | F # 304C | Female 11-12 200 IM | NWMY | 23 | --- | -16.53 |
| Benjamin Hastings (15) M | | | | | | |
| 1:26.21L | F # 103E | Male 15-16 100 Breast | NWMY | 6 | 13 | 0.50 |
| 28.92L | F # 201B | Male 15-16 50 Free | NWMY | 15 | 2 | -0.73 |
| 34.85L | F # 205B | Male 15-16 50 Back | NWMY | 10 | 7 | -1.61 |
| 1:10.56L | F # 301E | Male 15-16 100 Fly | NWMY | 10 | 7 | -2.37 |
| 1:04.03L | F # 305E | Male 15-16 100 Free | NWMY | 10 | 7 | -0.18 |
| 1:16.32L | F # 406E | Male 15-16 100 Back | NWMY | 9 | 9 | -1.61 |
| 30.11L | F # 502B | Male 15-16 50 Fly | NWMY | 6 | 13 | -0.76 |
| 38.43L | F # 506B | Male 15-16 50 Breast | NWMY | 8 | 11 | -0.14 |
| Danny Jones (16) M | | | | | | |
| 4:55.97L | F # 602E | Male 15-16 400 Free | NWMY | 6 | 13 | --- |
| Emily Jones (14) F | | | | | | |
| 33.42L | F # 202A | Female 13-14 50 Fly | NWMY | 14 | 3 | 0.84 |
| 38.41L | F # 206A | Female 13-14 50 Breast | NWMY | 5 | 14 | 2.66 |
| 1:23.35L | F # 403D | Female 13-14 100 Breast | NWMY | 5 | 14 | 6.24 |
| Lucy Jones (13) F | | | | | | |
| 10:44.25L | F # 210A | Female 13-14 800 Free | NWMY | 8 | 11 | --- |
| NS | F # 405D | Female 13-14 200 Free | NWMY | --- | --- | --- |
| 30.20L | F # 501A | Female 13-14 50 Free | NWMY | 13 | 4 | -0.08 |
| 20:38.01L | F # 509A | Female 13-14 1500 Free | NWMY | 4 | 15 | --- |
| 1:17.34L | F # 601D | Female 13-14 100 Fly | NWMY | 16 | 1 | -15.92 |
| Charlotte Keepings (13) F | | | | | | |
| 30.19L | F # 501A | Female 13-14 50 Free | NWMY | 12 | 5 | -1.63 |
| 34.85L | F # 505A | Female 13-14 50 Back | NWMY | 6 | 13 | -2.49 |
| 1:06.80L | F # 605D | Female 13-14 100 Free | NWMY | 14 | 3 | -3.57 |

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|---------------------------------|----------|-------------------------|------|-------|--------|--------|
| Jack Knight (16) M | | | | | | |
| 28.40L | F # 205B | Male 15-16 50 Back | NWMY | 1 | 20 | -0.40 |
| 59.96L | F # 301E | Male 15-16 100 Fly | NWMY | 4 | 15 | -0.45 |
| 2:15.37L | F # 303E | Male 15-16 200 Back | NWMY | 1 | 20 | 2.80 |
| 2:14.41L | F # 402E | Male 15-16 200 Fly | NWMY | 2 | 17 | 3.44 |
| 1:01.22L | F # 406E | Male 15-16 100 Back | NWMY | 1 | 20 | 0.87 |
| 26.73L | F # 502B | Male 15-16 50 Fly | NWMY | 1 | 20 | -0.16 |
| Sophie Linton (16) F | | | | | | |
| 2:14.23L | F # 405E | Female 15-16 200 Free | NWMY | 3 | 16 | 3.62 |
| 27.60L | F # 501B | Female 15-16 50 Free | NWMY | 1 | 20 | 0.03 |
| 1:00.45L | F # 605E | Female 15-16 100 Free | NWMY | 1 | 20 | 0.73 |
| Scarlet Major (16) F | | | | | | |
| 1:18.26L | F # 403E | Female 15-16 100 Breast | NWMY | 1 | 20 | 2.91 |
| 2:11.68L | F # 405E | Female 15-16 200 Free | NWMY | 2 | 17 | 2.43 |
| 31.70L | F # 505B | Female 15-16 50 Back | NWMY | 1 | 20 | 1.17 |
| 2:24.87L | F # 603E | Female 15-16 200 Back | NWMY | 1 | 20 | --- |
| Sebastian Major (13) M | | | | | | |
| 2:11.92L | F # 105D | Male 13-14 200 Free | NWMY | 10 | 7 | -3.36 |
| 27.34L | F # 201A | Male 13-14 50 Free | NWMY | 8 | 11 | 0.26 |
| 32.84L | F # 205A | Male 13-14 50 Back | NWMY | 6 | 13 | 0.14 |
| 1:04.75L | F # 301D | Male 13-14 100 Fly | NWMY | 4 | 15 | 1.91 |
| 1:00.87L | F # 305D | Male 13-14 100 Free | NWMY | 11 | 6 | 1.29 |
| 29.28L | F # 502A | Male 13-14 50 Fly | NWMY | 4 | 15 | 0.38 |
| 4:37.78L | F # 602D | Male 13-14 400 Free | NWMY | 4 | 15 | -2.21 |
| Millie Mulligan (14) F | | | | | | |
| NS | F # 102D | Female 13-14 200 Fly | NWMY | --- | --- | --- |
| 10:11.30L | F # 210A | Female 13-14 800 Free | NWMY | 5 | 14 | -7.87 |
| 19:10.46L | F # 509A | Female 13-14 1500 Free | NWMY | 3 | 16 | --- |
| 1:11.89L | F # 601D | Female 13-14 100 Fly | NWMY | 6 | 13 | -0.61 |
| Poppy Offside (12) F | | | | | | |
| 37.42L | F # 204C | Female 11-12 50 Back | NWMY | 12 | 5 | -4.87 |
| 30.18L | F # 208C | Female 11-12 50 Free | NWMY | 4 | 15 | -0.55 |
| 2:53.56L | F # 304C | Female 11-12 200 IM | NWMY | 8 | 11 | -2.89 |
| 45.01L | F # 503C | Female 11-12 50 Breast | NWMY | 19 | --- | -9.51 |
| 34.19L | F # 507C | Female 11-12 50 Fly | NWMY | 7 | 12 | -2.68 |
| Elizabeth Parsons (13) F | | | | | | |
| 1:17.38L | F # 106D | Female 13-14 100 Back | NWMY | 8 | 11 | 0.90 |
| 36.92L | F # 202A | Female 13-14 50 Fly | NWMY | 30 | --- | -5.70 |
| 31.33L | F # 501A | Female 13-14 50 Free | NWMY | 22 | --- | --- |
| 34.48L | F # 505A | Female 13-14 50 Back | NWMY | 2 | 17 | 0.02 |
| 2:48.34L | F # 603D | Female 13-14 200 Back | NWMY | 7 | 12 | -24.99 |
| 1:11.73L | F # 605D | Female 13-14 100 Free | NWMY | 32 | --- | -15.25 |
| Jessica Part (16) F | | | | | | |
| NS | F # 102E | Female 15-16 200 Fly | NWMY | --- | --- | --- |
| NS | F # 202B | Female 15-16 50 Fly | NWMY | --- | --- | --- |
| NS | F # 304E | Female 15-16 200 IM | NWMY | --- | --- | --- |
| NS | F # 509C | Female 15-16 1500 Free | NWMY | --- | --- | --- |

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|-------------------------------|----------|-------------------------|-------|--------|--------|--------|
| Megan Peacock (14) F | | | | | | |
| 34.03L | F # 501A | Female 13-14 50 Free | NWMY | 46 | --- | 0.63 |
| 1:15.14L | F # 605D | Female 13-14 100 Free | NWMY | 36 | --- | 2.19 |
| Emma Porter (16) F | | | | | | |
| 1:17.53L | F # 106E | Female 15-16 100 Back | NWMY | 13 | 4 | 2.29 |
| 39.28L | F # 202B | Female 15-16 50 Fly | NWMY | 17 | --- | 3.58 |
| 32.90L | F # 501B | Female 15-16 50 Free | NWMY | 26 | --- | 1.07 |
| 35.99L | F # 505B | Female 15-16 50 Back | NWMY | 8 | 11 | 1.03 |
| 2:47.48L | F # 603E | Female 15-16 200 Back | NWMY | 8 | 11 | 7.07 |
| Connor Power (15) M | | | | | | |
| 30.95L | F # 502B | Male 15-16 50 Fly | NWMY | 8 | 11 | --- |
| 35.18L | F # 506B | Male 15-16 50 Breast | NWMY | 3 | 16 | --- |
| Toby Preece (13) M | | | | | | |
| 1:28.79L | F # 103D | Male 13-14 100 Breast | NWMY | 10 | 7 | -12.96 |
| 29.36L | F # 201A | Male 13-14 50 Free | NWMY | 20 | --- | -0.78 |
| 36.31L | F # 205A | Male 13-14 50 Back | NWMY | 20 | --- | 0.33 |
| NS | F # 305D | Male 13-14 100 Free | NWMY | --- | --- | --- |
| 1:16.56L | F # 406D | Male 13-14 100 Back | NWMY | 11 | 6 | -4.62 |
| 32.37L | F # 502A | Male 13-14 50 Fly | NWMY | 21 | --- | -7.09 |
| 39.53L | F # 506A | Male 13-14 50 Breast | NWMY | 14 | 3 | -9.23 |
| Freya Rose (14) F | | | | | | |
| 9:51.69L | F # 210A | Female 13-14 800 Free | NWMY | 3 | 16 | --- |
| 4:51.13L | F # 302D | Female 13-14 400 Free | NWMY | 3 | 16 | --- |
| 2:16.84L | F # 405D | Female 13-14 200 Free | NWMY | 3 | 16 | -6.62 |
| 18:47.21L | F # 509A | Female 13-14 1500 Free | NWMY | 1 | 20 | --- |
| Evan Sellick (14) M | | | | | | |
| 1:20.10L | F # 103D | Male 13-14 100 Breast | NWMY | 3 | 16 | 0.66 |
| 2:16.95L | F # 105D | Male 13-14 200 Free | NWMY | 13 | 4 | 9.82 |
| 36.90L | F # 506A | Male 13-14 50 Breast | NWMY | 6 | 13 | 2.69 |
| 2:33.04L | F # 604D | Male 13-14 200 IM | NWMY | 9 | 9 | 4.96 |
| Isobel Stevens (14) F | | | | | | |
| 30.28L | F # 202A | Female 13-14 50 Fly | NWMY | 1 | 20 | -0.13 |
| 9:36.67L | F # 210A | Female 13-14 800 Free | NWMY | 1 | 20 | -7.28 |
| 2:34.44L | F # 304D | Female 13-14 200 IM | NWMY | 5 | 14 | -5.97 |
| 29.19L | F # 501A | Female 13-14 50 Free | NWMY | 4 | 15 | 0.03 |
| 34.82L | F # 505A | Female 13-14 50 Back | NWMY | 5 | 14 | -2.81 |
| 1:06.35L | F # 601D | Female 13-14 100 Fly | NWMY | 1 | 20 | -0.68 |
| 1:02.68L | F # 605D | Female 13-14 100 Free | NWMY | 1 | 20 | -0.33 |
| Jessica Sweeney (14) F | | | | | | |
| 3:09.41L | F # 104D | Female 13-14 200 Breast | NWMY | 9 | 9 | -10.48 |
| 37.85L | F # 202A | Female 13-14 50 Fly | NWMY | 33 | --- | 0.78 |
| 40.75L | F # 206A | Female 13-14 50 Breast | NWMY | 15 | 2 | 0.47 |
| 1:28.45L | F # 403D | Female 13-14 100 Breast | NWMY | 10 | 7 | -1.86 |
| 34.78L | F # 501A | Female 13-14 50 Free | NWMY | 49 | --- | -0.04 |
| Grace Thomas (14) F | | | | | | |
| 35.14L | F # 202A | Female 13-14 50 Fly | NWMY | 24 | --- | -0.14 |

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|-------------------------------|----------|-------------------------|------|-------|--------|--------|
| Elur Urkola (15) M | | | | | | |
| 2:14.37L | F # 105E | Male 15-16 200 Free | NWMY | 9 | 9 | -1.13 |
| 10:03.43L | F # 209B | Male 15-16 800 Free | NWMY | 5 | 14 | --- |
| 1:00.52L | F # 305E | Male 15-16 100 Free | NWMY | 8 | 11 | -1.65 |
| 4:41.30L | F # 602E | Male 15-16 400 Free | NWMY | 5 | 14 | -10.39 |
| Ellie Ward (15) F | | | | | | |
| 3:02.83L | F # 104E | Female 15-16 200 Breast | NWMY | 7 | 12 | 12.15 |
| 31.71L | F # 202B | Female 15-16 50 Fly | NWMY | 5 | 14 | 0.12 |
| 39.30L | F # 206B | Female 15-16 50 Breast | NWMY | 8 | 11 | 1.44 |
| 2:36.88L | F # 304E | Female 15-16 200 IM | NWMY | 5 | 14 | 3.05 |
| 1:25.61L | F # 403E | Female 15-16 100 Breast | NWMY | 12 | 5 | 3.66 |
| 29.64L | F # 501B | Female 15-16 50 Free | NWMY | 12 | 5 | -0.46 |
| 34.12L | F # 505B | Female 15-16 50 Back | NWMY | 4 | 15 | -0.96 |
| 2:40.00L | F # 603E | Female 15-16 200 Back | NWMY | 7 | 12 | 4.55 |
| 1:05.77L | F # 605E | Female 15-16 100 Free | NWMY | 11 | 6 | 1.23 |
| James Watkins (15) M | | | | | | |
| 2:11.15L | F # 105E | Male 15-16 200 Free | NWMY | 8 | 11 | -2.26 |
| 27.86L | F # 201B | Male 15-16 50 Free | NWMY | 10 | 7 | 0.01 |
| 9:38.32L | F # 209B | Male 15-16 800 Free | NWMY | 2 | 17 | --- |
| 59.82L | F # 305E | Male 15-16 100 Free | NWMY | 5 | 14 | -1.24 |
| 30.96L | F # 502B | Male 15-16 50 Fly | NWMY | 9 | 9 | -0.84 |
| 37.32L | F # 506B | Male 15-16 50 Breast | NWMY | 6 | 13 | 0.82 |
| 4:37.99L | F # 602E | Male 15-16 400 Free | NWMY | 3 | 16 | -4.88 |
| William Watkins (14) M | | | | | | |
| 2:23.59L | F # 105D | Male 13-14 200 Free | NWMY | 20 | --- | -8.66 |
| 28.98L | F # 201A | Male 13-14 50 Free | NWMY | 18 | --- | -1.48 |
| 36.53L | F # 205A | Male 13-14 50 Back | NWMY | 22 | --- | -2.94 |
| 1:05.19L | F # 305D | Male 13-14 100 Free | NWMY | 21 | --- | -4.71 |
| 1:17.88L | F # 406D | Male 13-14 100 Back | NWMY | 12 | 5 | -4.39 |
| 34.55L | F # 502A | Male 13-14 50 Fly | NWMY | 23 | --- | --- |
| 40.11L | F # 506A | Male 13-14 50 Breast | NWMY | 16 | 1 | -5.96 |