

## Individual Meet Results

**South East Wales Regional Championships 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Location: Newport International Pool**

Time	F/P/S	Event	Place	Points	Improv	
<b>Kasey Allen-Ridge (16) M</b>						
2:40.33S	F # 13B	Male 15-16 200 Breast	NWMY	3	---	-1.37
	36.08	1:16.24 1:57.99 2:40.33				
	(36.08)	(40.16) (41.75) (42.34)				
4:26.30S	F # 17B	Male 15-16 400 Free	NWMY	5	---	-8.55
	29.83	1:02.36 1:35.61 2:09.06 2:42.85 3:17.44 3:52.58 4:26.30				
	(29.83)	(32.53) (33.25) (33.45) (33.79) (34.59) (35.14) (33.72)				
1:12.66S	F # 26B	Male 15-16 100 Breast	NWMY	4	---	0.10
	34.35	1:12.66				
	(34.35)	(38.31)				
1:12.93S	P # 26B	Male 15-16 100 Breast	NWMY	3	---	0.37
	34.26	1:12.93				
	(34.26)	(38.67)				
25.67S	P # 29B	Male 15-16 50 Free	NWMY	1	---	-0.23
26.10S	F # 29B	Male 15-16 50 Free	NWMY	3	---	0.20
32.52S	F # 43B	Male 15-16 50 Breast	NWMY	1	---	-0.29
32.54S	P # 43B	Male 15-16 50 Breast	NWMY	1	---	-0.27
2:22.38S	F # 46B	Male 15-16 200 IM	NWMY	5	---	0.35
	30.94	1:08.59 1:48.95 2:22.38				
	(30.94)	(37.65) (40.36) (33.43)				
2:03.75S	F # 50B	Male 15-16 200 Free	NWMY	6	---	-1.43
	28.89	1:00.26 1:32.34 2:03.75				
	(28.89)	(31.37) (32.08) (31.41)				
56.67S	P # 61B	Male 15-16 100 Free	NWMY	7	---	-0.34
	27.09	56.67				
	(27.09)	(29.58)				
57.03S	F # 61B	Male 15-16 100 Free	NWMY	7	---	0.02
	27.57	57.03				
	(27.57)	(29.46)				
<b>Eve Bowen (15) F</b>						
2:18.47S	F # 18B	Female 15-16 200 Free	NWMY	19	---	-1.62
	30.64	1:05.53 1:42.14 2:18.47				
	(30.64)	(34.89) (36.61) (36.33)				
1:02.77S	P # 21B	Female 15-16 100 Free	NWMY	11	---	0.97
	29.60	1:02.77				
	(29.60)	(33.17)				
29.05S	F # 42B	Female 15-16 50 Free	NWMY	7	---	0.37
29.12S	P # 42B	Female 15-16 50 Free	NWMY	7	---	0.44
NS	F # 45B	Female 15-16 200 IM	NWMY	---	---	---
31.37S	F # 54B	Female 15-16 50 Fly	NWMY	7	---	0.20
31.70S	P # 54B	Female 15-16 50 Fly	NWMY	6	---	0.53
5:05.22S	F # 57B	Female 15-16 400 Free	NWMY	22	---	2.02
	32.17	1:09.23 1:47.79 2:27.39 3:07.42 3:47.09 4:27.09 5:05.22				
	(32.17)	(37.06) (38.56) (39.60) (40.03) (39.67) (40.00) (38.13)				
<b>Ciaran Butler (12) M</b>						
37.52S	P # 48B	Male 12-12 50 Free	NWMY	19	---	-0.44
49.10S	P # 59B	Male 12-12 50 Breast	NWMY	9	---	-0.83
<b>Harry Campbell (15) M</b>						
30.31S	P # 29B	Male 15-16 50 Free	NWMY	27	---	-0.49
37.28S	P # 53B	Male 15-16 50 Back	NWMY	16	---	0.68

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Time	F/P/S	Event	Place	Points	Improv	
<b>Erin Criddle (15) F</b>						
44.82S	P # 30B	Female 15-16 50 Breast	NWMY	25	---	0.76
<b>Evan Davies (14) M</b>						
1:13.52S	P # 5A	Male 14-14 100 Back	NWMY	6	---	-1.94
	35.14	1:13.52				
	(35.14)	(38.38)				
1:13.66S	F # 5A	Male 14-14 100 Back	NWMY	6	---	-1.80
	---	1:13.66				
	---	(1:13.66)				
32.34S	P # 14A	Male 14-14 50 Fly	NWMY	9	---	0.35
2:37.07S	F # 23A	Male 14-14 200 Back	NWMY	3	---	-11.22
	36.45	1:16.68 1:59.13 2:37.07				
	(36.45)	(40.23) (42.45) (37.94)				
28.50S	F # 29A	Male 14-14 50 Free	NWMY	6	---	-0.82
28.73S	P # 29A	Male 14-14 50 Free	NWMY	7	---	-0.59
1:14.47S	F # 39A	Male 14-14 100 Fly	NWMY	8	---	-5.43
	34.47	1:14.47				
	(34.47)	(40.00)				
1:15.05S	P # 39A	Male 14-14 100 Fly	NWMY	8	---	-4.85
	33.51	1:15.05				
	(33.51)	(41.54)				
41.73S	P # 43A	Male 14-14 50 Breast	NWMY	11	---	-0.31
2:48.08S	F # 46A	Male 14-14 200 IM	NWMY	12	---	-2.56
	36.21	1:20.31 2:13.43 2:48.08				
	(36.21)	(44.10) (53.12) (34.65)				
2:26.48S	F # 50A	Male 14-14 200 Free	NWMY	10	---	-10.33
	33.15	1:11.47 1:50.55 2:26.48				
	(33.15)	(38.32) (39.08) (35.93)				
33.76S	F # 53A	Male 14-14 50 Back	NWMY	4	---	-0.41
33.81S	P # 53A	Male 14-14 50 Back	NWMY	6	---	-0.36
1:05.42S DQ	P # 61A	Male 14-14 100 Free	NWMY	---	---	---
	30.72	1:05.42				
	(30.72)	(34.70)				

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>	
<b>Gavin Davies (13) M</b>						
1:31.36S	F # 20C	Male 13-13 100 Breast	NWMY	7	---	-4.45
	42.82	1:31.36				
	(42.82)	(48.54)				
1:32.01S	P # 20C	Male 13-13 100 Breast	NWMY	6	---	-3.80
	44.28	1:32.01				
	(44.28)	(47.73)				
40.14S	P # 24C	Male 13-13 50 Back	NWMY	14	---	-3.13
2:54.71S DQ	F # 27C	Male 13-13 200 IM	NWMY	---	---	---
	36.52	1:23.97 2:14.90 2:54.71				
	(36.52)	(47.45) (50.93) (39.81)				
2:43.54S	F # 31C	Male 13-13 200 Free	NWMY	10	---	-1.49
	37.55	1:19.25 2:01.45 2:43.54				
	(37.55)	(41.70) (42.20) (42.09)				
3:15.04S	F # 41C	Male 13-13 200 Breast	NWMY	3	---	-20.96
	43.71	1:33.39 2:25.46 3:15.04				
	(43.71)	(49.68) (52.07) (49.58)				
31.82S	P # 48C	Male 13-13 50 Free	NWMY	8	---	-0.26
33.37S	F # 48C	Male 13-13 50 Free	NWMY	8	---	1.29
41.31S DQ	P # 59C	Male 13-13 50 Breast	NWMY	---	---	---
<b>Gianni Davies (15) M</b>						
29.40S	P # 14B	Male 15-16 50 Fly	NWMY	6	---	-0.02
NS	F # 14B	Male 15-16 50 Fly	NWMY	---	---	---
26.56S	P # 29B	Male 15-16 50 Free	NWMY	6	---	0.15
26.66S	F # 29B	Male 15-16 50 Free	NWMY	5	---	0.25
1:14.61S	P # 39B	Male 15-16 100 Fly	NWMY	15	---	6.45
	32.44	1:14.61				
	(32.44)	(42.17)				
58.52S	P # 61B	Male 15-16 100 Free	NWMY	12	---	-0.07
	28.53	58.52				
	(28.53)	(29.99)				

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Time	F/P/S	Event	Place	Points	Improv	
<b>Lili Evans (13) F</b>						
2:28.83S	F # 8C	Female 13-13 200 Free	NWMY	10	---	-6.78
		33.96 1:12.29 1:51.27 2:28.83 (33.96) (38.33) (38.98) (37.56)				
33.73S	F # 9C	Female 13-13 50 Fly	NWMY	7	---	-0.45
34.08S	P # 9C	Female 13-13 50 Fly	NWMY	7	---	-0.10
1:29.48S	P # 15C	Female 13-13 100 Breast	NWMY	10	---	-0.95
		42.67 1:29.48 (42.67) (46.81)				
2:47.68S	F # 22C	Female 13-13 200 IM	NWMY	11	---	0.22
		36.52 1:19.21 2:10.37 2:47.68 (36.52) (42.69) (51.16) (37.31)				
1:18.18S	F # 25C	Female 13-13 100 Fly	NWMY	5	---	-2.82
		36.31 1:18.18 (36.31) (41.87)				
1:18.98S	P # 25C	Female 13-13 100 Fly	NWMY	4	---	-2.02
		38.05 1:18.98 (38.05) (40.93)				
5:14.98S	F # 40C	Female 13-13 400 Free	NWMY	10	---	-12.29
		34.70 1:13.63 1:54.50 2:34.97 3:15.73 3:56.78 4:37.20 5:14.98 (34.70) (38.93) (40.87) (40.47) (40.76) (41.05) (40.42) (37.78)				
3:09.31S	F # 47C	Female 13-13 200 Breast	NWMY	11	---	-0.45
		43.05 1:32.15 2:21.15 3:09.31 (43.05) (49.10) (49.00) (48.16)				
<b>Megan Evans (14) F</b>						
35.74S	P # 3A	Female 14-14 50 Back	NWMY	12	---	-0.35
1:10.16S	P # 21A	Female 14-14 100 Free	NWMY	21	---	0.12
		32.94 1:10.16 (32.94) (37.22)				
NS	P # 30A	Female 14-14 50 Breast	NWMY	---	---	---
NS	P # 38A	Female 14-14 100 Back	NWMY	---	---	---
NS	P # 42A	Female 14-14 50 Free	NWMY	---	---	---
NS	F # 45A	Female 14-14 200 IM	NWMY	---	---	---
NS	P # 54A	Female 14-14 50 Fly	NWMY	---	---	---
NS	P # 62A	Female 14-14 100 Breast	NWMY	---	---	---

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>	
<b>Edith Fletcher (13) F</b>						
2:35.00S	F # 8C	Female 13-13 200 Free	NWMY	15	---	-1.60
		33.19 1:11.91 1:54.40 2:35.00				
		(33.19) (38.72) (42.49) (40.60)				
37.05S	P # 9C	Female 13-13 50 Fly	NWMY	11	---	-1.26
1:31.13S	P # 15C	Female 13-13 100 Breast	NWMY	12	---	-4.90
		43.34 1:31.13				
		(43.34) (47.79)				
32.41S	P # 19C	Female 13-13 50 Free	NWMY	16	---	-0.28
2:55.38S	F # 22C	Female 13-13 200 IM	NWMY	18	---	-0.28
		39.68 1:19.68 2:15.67 2:55.38				
		(39.68) (40.00) (55.99) (39.71)				
2:44.55S	F # 34C	Female 13-13 200 Back	NWMY	5	---	-5.71
		37.27 1:19.33 2:02.97 2:44.55				
		(37.27) (42.06) (43.64) (41.58)				
43.39S	P # 37C	Female 13-13 50 Breast	NWMY	13	---	0.44
5:35.91S	F # 40C	Female 13-13 400 Free	NWMY	14	---	5.88
		36.05 1:17.88 2:01.26 2:44.91 3:27.89 4:12.09 4:55.37 5:35.91				
		(36.05) (41.83) (43.38) (43.65) (42.98) (44.20) (43.28) (40.54)				
1:18.03S	P # 49C	Female 13-13 100 Back	NWMY	8	---	-1.46
		37.75 1:18.03				
		(37.75) (40.28)				
1:18.43S	F # 49C	Female 13-13 100 Back	NWMY	8	---	-1.06
		38.39 1:18.43				
		(38.39) (40.04)				
NS	P # 58C	Female 13-13 100 Free	NWMY	---	---	---
36.42S	P # 60C	Female 13-13 50 Back	NWMY	9	---	0.80

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Time	F/P/S	Event	Place	Points	Improv			
<b>Benjamin Fox-Wiltshire (15) M</b>								
1:01.30S	F # 5B	Male 15-16 100 Back	NWMY	1	---	-1.96		
	35.14	1:01.30						
	(35.14)	(26.16)						
1:01.87S	P # 5B	Male 15-16 100 Back	NWMY	1	---	-1.39		
	---	1:01.87						
	---	(1:01.87)						
2:12.29S	F # 23B	Male 15-16 200 Back	NWMY	1	---	1.65		
	30.91	1:03.95	1:38.09	2:12.29				
	(30.91)	(33.04)	(34.14)	(34.20)				
1:09.35S	F # 26B	Male 15-16 100 Breast	NWMY	1	---	-0.30		
	32.89	1:09.35						
	(32.89)	(36.46)						
1:10.52S	P # 26B	Male 15-16 100 Breast	NWMY	1	---	0.87		
	33.16	1:10.52						
	(33.16)	(37.36)						
8:42.89S	F # 36E	Male 15-16 800 Free	NWMY	2	---	-23.06		
	28.76	1:00.72	1:33.21	2:06.11	2:39.18	3:12.62	3:45.84	4:19.32
	(28.76)	(31.96)	(32.49)	(32.90)	(33.07)	(33.44)	(33.22)	(33.48)
	4:52.14	5:26.07	5:59.51	6:32.90	7:05.55	7:38.85	8:11.30	8:42.89
	(32.82)	(33.93)	(33.44)	(33.39)	(32.65)	(33.30)	(32.45)	(31.59)
NS	P # 39B	Male 15-16 100 Fly	NWMY	---	---	---		
NS	F # 46B	Male 15-16 200 IM	NWMY	---	---	---		
4:47.59S	F # 56B	Male 15-16 400 IM	NWMY	1	---	4.97		
	30.84	1:06.75	1:43.69	2:20.52	3:00.75	3:42.41	4:16.20	4:47.59
	(30.84)	(35.91)	(36.94)	(36.83)	(40.23)	(41.66)	(33.79)	(31.39)
56.00S	F # 61B	Male 15-16 100 Free	NWMY	3	---	0.22		
	28.07	56.00						
	(28.07)	(27.93)						
56.48S	P # 61B	Male 15-16 100 Free	NWMY	4	---	0.70		
	27.47	56.48						
	(27.47)	(29.01)						

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<b>Tesni Francis-Parker (14) F</b>						
38.35S	P # 3A	Female 14-14 50 Back	NWMY	18	---	0.65
1:15.76S	P # 11A	Female 14-14 100 Fly	NWMY	9	---	0.70
	34.88	1:15.76				
	(34.88)	(40.88)				
2:27.69S	F # 18A	Female 14-14 200 Free	NWMY	12	---	-2.39
	33.31	1:10.18 1:48.86 2:27.69				
	(33.31)	(36.87) (38.68) (38.83)				
1:07.55S	P # 21A	Female 14-14 100 Free	NWMY	14	---	-1.23
	32.05	1:07.55				
	(32.05)	(35.50)				
41.80S	P # 30A	Female 14-14 50 Breast	NWMY	12	---	0.37
31.78S	P # 42A	Female 14-14 50 Free	NWMY	23	---	0.37
2:50.22S	F # 45A	Female 14-14 200 IM	NWMY	16	---	3.98
	36.24	1:20.26 2:10.89 2:50.22				
	(36.24)	(44.02) (50.63) (39.33)				
34.84S	P # 54A	Female 14-14 50 Fly	NWMY	12	---	0.40
5:22.11S	F # 57A	Female 14-14 400 Free	NWMY	13	---	5.56
	33.84	1:13.00 1:54.62 2:36.46 3:17.83 3:59.20 4:41.20 5:22.11				
	(33.84)	(39.16) (41.62) (41.84) (41.37) (41.37) (42.00) (40.91)				
1:29.89S	P # 62A	Female 14-14 100 Breast	NWMY	10	---	-4.05
	42.14	1:29.89				
	(42.14)	(47.75)				

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Time	F/P/S	Event	Place	Points	Improv	
<b>Lucy Grant (13) F</b>						
2:31.35S	F # 8C	Female 13-13 200 Free	NWMY	13	---	-4.95
	34.18	1:13.42 1:53.94 2:31.35				
	(34.18)	(39.24) (40.52) (37.41)				
34.49S	P # 9C	Female 13-13 50 Fly	NWMY	9	---	-0.75
31.24S	P # 19C	Female 13-13 50 Free	NWMY	11	---	-0.43
2:56.91S	F # 22C	Female 13-13 200 IM	NWMY	19	---	-4.21
	37.13	1:19.60 2:16.85 2:56.91				
	(37.13)	(42.47) (57.25) (40.06)				
1:20.20S	F # 25C	Female 13-13 100 Fly	NWMY	6	---	-4.96
	36.67	1:20.20				
	(36.67)	(43.53)				
1:21.38S	P # 25C	Female 13-13 100 Fly	NWMY	6	---	-3.78
	36.82	1:21.38				
	(36.82)	(44.56)				
2:48.32S	F # 34C	Female 13-13 200 Back	NWMY	10	---	-1.76
	39.37	1:22.04 2:05.97 2:48.32				
	(39.37)	(42.67) (43.93) (42.35)				
43.19S	P # 37C	Female 13-13 50 Breast	NWMY	12	---	-2.23
1:19.79S	P # 49C	Female 13-13 100 Back	NWMY	9	---	-0.97
	38.02	1:19.79				
	(38.02)	(41.77)				
1:07.31S	F # 58C	Female 13-13 100 Free	NWMY	8	---	-5.67
	32.37	1:07.31				
	(32.37)	(34.94)				
1:07.89S	P # 58C	Female 13-13 100 Free	NWMY	8	---	-5.09
	32.74	1:07.89				
	(32.74)	(35.15)				
36.13S	F # 60C	Female 13-13 50 Back	NWMY	6	---	0.71
36.37S	P # 60C	Female 13-13 50 Back	NWMY	8	---	0.95
<b>Bethan Holmes (14) F</b>						
34.53S	P # 3A	Female 14-14 50 Back	NWMY	6	---	1.03
NS	P # 42A	Female 14-14 50 Free	NWMY	---	---	---
<b>Danny Jones (17) M</b>						
18:50.76S	F # 1F	Male 17 & Over 1500 Free	NWMY	4	---	-8.60
	32.37	1:09.00 1:45.71 2:22.31 3:00.43 3:37.77 4:15.94 4:53.27				
	(32.37)	(36.63) (36.71) (36.60) (38.12) (37.34) (38.17) (37.33)				
	5:31.33	6:09.02 6:47.39 7:25.44 8:03.75 8:41.18 9:19.95 9:58.05				
	(38.06)	(37.69) (38.37) (38.05) (38.31) (37.43) (38.77) (38.10)				
	10:37.29	11:15.28 11:53.13 12:31.12 13:08.56 13:47.29 14:24.93 15:03.25				
	(39.24)	(37.99) (37.85) (37.99) (37.44) (38.73) (37.64) (38.32)				
	15:41.75	16:20.38 16:58.70 17:37.48 18:14.70 18:50.76				
	(38.50)	(38.63) (38.32) (38.78) (37.22) (36.06)				
4:42.20S	F # 17C	Male 17 & Over 400 Free	NWMY	6	---	-0.50
	29.81	1:03.34 1:39.41 2:15.74 2:52.37 3:29.51 4:06.41 4:42.20				
	(29.81)	(33.53) (36.07) (36.33) (36.63) (37.14) (36.90) (35.79)				
<b>Jessica Jones (12) F</b>						
DQ	P # 37B	Female 12-12 50 Breast	NWMY	---	---	---



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Time	F/P/S	Event	Place	Points	Improv	
<b>Lucy Jones (13) F</b>						
10:39.45S	F # 2C	Female 13-13 800 Free	NWMY	4	---	-14.51
	33.80	1:12.06 1:52.08 2:32.24	3:12.36 3:53.28	4:34.17 5:14.70		
	(33.80)	(38.26) (40.02) (40.16)	(40.12) (40.92)	(40.89) (40.53)		
	5:55.53	6:36.48 7:17.46 7:58.41	8:38.77 9:19.30	10:00.33 10:39.45		
	(40.83)	(40.95) (40.98) (40.95)	(40.36) (40.53)	(41.03) (39.12)		
2:24.95S	F # 8C	Female 13-13 200 Free	NWMY	5	---	-0.33
	32.86	1:09.70 1:48.14 2:24.95				
	(32.86)	(36.84) (38.44) (36.81)				
33.13S	P # 9C	Female 13-13 50 Fly	NWMY	5	---	-1.51
33.30S	F # 9C	Female 13-13 50 Fly	NWMY	5	---	-1.34
30.10S	P # 19C	Female 13-13 50 Free	NWMY	4	---	0.16
30.12S	F # 19C	Female 13-13 50 Free	NWMY	5	---	0.18
2:41.36S	F # 22C	Female 13-13 200 IM	NWMY	7	---	2.76
	34.62	1:17.04 2:03.51 2:41.36				
	(34.62)	(42.42) (46.47) (37.85)				
NS	P # 25C	Female 13-13 100 Fly	NWMY	---	---	---
19:53.14S	F # 35C	Female 13-13 1500 Free	NWMY	2	---	-8.98
	34.50	1:13.18 1:51.98 2:31.58	3:11.21 3:51.11	4:31.01 5:11.17		
	(34.50)	(38.68) (38.80) (39.60)	(39.63) (39.90)	(39.90) (40.16)		
	5:51.21	6:30.73 7:10.61 7:50.64	8:31.13 9:11.51	9:51.85 10:32.18		
	(40.04)	(39.52) (39.88) (40.03)	(40.49) (40.38)	(40.34) (40.33)		
	11:12.53	11:52.63 12:33.05 13:13.35	13:53.89 14:33.56	15:13.91 15:54.30		
	(40.35)	(40.10) (40.42) (40.30)	(40.54) (39.67)	(40.35) (40.39)		
	16:34.40	17:14.55 17:54.91 18:35.33	19:14.93 19:53.14			
	(40.10)	(40.15) (40.36) (40.42)	(39.60) (38.21)			
5:04.15S	F # 40C	Female 13-13 400 Free	NWMY	5	---	-11.34
	32.95	1:10.72 1:49.22 2:28.33	3:07.56 3:46.96	4:25.73 5:04.15		
	(32.95)	(37.77) (38.50) (39.11)	(39.23) (39.40)	(38.77) (38.42)		
1:05.35S	F # 58C	Female 13-13 100 Free	NWMY	5	---	-1.10
	31.41	1:05.35				
	(31.41)	(33.94)				
1:06.25S	P # 58C	Female 13-13 100 Free	NWMY	6	---	-0.20
	31.55	1:06.25				
	(31.55)	(34.70)				
<b>Charlotte Keepings (14) F</b>						
NS	P # 3A	Female 14-14 50 Back	NWMY	---	---	---
1:04.82S	P # 21A	Female 14-14 100 Free	NWMY	6	---	-3.78
	31.02	1:04.82				
	(31.02)	(33.80)				
1:05.64S	F # 21A	Female 14-14 100 Free	NWMY	6	---	-2.96
	31.22	1:05.64				
	(31.22)	(34.42)				
42.55S	P # 30A	Female 14-14 50 Breast	NWMY	15	---	-1.71
1:13.99S	F # 38A	Female 14-14 100 Back	NWMY	5	---	-7.70
	36.06	1:13.99				
	(36.06)	(37.93)				
1:14.48S	P # 38A	Female 14-14 100 Back	NWMY	6	---	-7.21
	36.16	1:14.48				
	(36.16)	(38.32)				
29.71S	P # 42A	Female 14-14 50 Free	NWMY	6	---	-0.66
29.72S	F # 42A	Female 14-14 50 Free	NWMY	6	---	-0.65
34.26S	P # 54A	Female 14-14 50 Fly	NWMY	11	---	-0.08

### Individual Meet Results

**South East Wales Regional Championships 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Location: Newport International Pool**

Time	F/P/S	Event	Place	Points	Improv	
<b>Sophie Linton (17) F</b>						
2:07.08S	F # 18C	Female 17 & Over 200 Free	NWMY	1	---	-0.28
		29.52 1:01.62 1:34.15 2:07.08 (29.52) (32.10) (32.53) (32.93)				
58.44S	P # 21C	Female 17 & Over 100 Free	NWMY	1	---	0.52
		28.06 58.44 (28.06) (30.38)				
58.45S	F # 21C	Female 17 & Over 100 Free	NWMY	1	---	0.53
		27.92 58.45 (27.92) (30.53)				
NS	P # 38C	Female 17 & Over 100 Back	NWMY	---	---	---
NS	P # 42C	Female 17 & Over 50 Free	NWMY	---	---	---
NS	F # 45C	Female 17 & Over 200 IM	NWMY	---	---	---
NS	P # 54C	Female 17 & Over 50 Fly	NWMY	---	---	---
<b>Polly Marshall (15) F</b>						
9:40.50S	F # 2E	Female 15-16 800 Free	NWMY	7	---	---
		31.81 1:06.89 1:43.43 2:20.59 2:57.13 3:34.00 4:10.73 4:47.83 (31.81) (35.08) (36.54) (37.16) (36.54) (36.87) (36.73) (37.10) 5:25.06 6:02.39 6:39.51 7:16.76 7:53.49 8:30.56 9:06.65 9:40.50 (37.23) (37.33) (37.12) (37.25) (36.73) (37.07) (36.09) (33.85)				
2:15.76S	F # 18B	Female 15-16 200 Free	NWMY	13	---	---
		30.98 1:05.43 1:41.14 2:15.76 (30.98) (34.45) (35.71) (34.62)				
1:03.42S	P # 21B	Female 15-16 100 Free	NWMY	15	---	---
		30.99 1:03.42 (30.99) (32.43)				
18:26.78S	F # 35E	Female 15-16 1500 Free	NWMY	3	---	---
		32.40 1:08.30 1:44.82 2:21.76 2:58.97 3:36.30 4:13.78 4:51.08 (32.40) (35.90) (36.52) (36.94) (37.21) (37.33) (37.48) (37.30) 5:28.07 6:05.20 6:42.82 7:20.24 7:57.37 8:34.85 9:12.15 9:49.36 (36.99) (37.13) (37.62) (37.42) (37.13) (37.48) (37.30) (37.21) 10:27.01 11:04.24 11:41.49 12:18.93 12:56.72 13:34.04 14:11.41 14:48.32 (37.65) (37.23) (37.25) (37.44) (37.79) (37.32) (37.37) (36.91) 15:25.70 16:02.30 16:39.65 17:16.33 17:52.51 18:26.78 (37.38) (36.60) (37.35) (36.68) (36.18) (34.27)				
29.63S	P # 42B	Female 15-16 50 Free	NWMY	13	---	---
2:35.68S	F # 45B	Female 15-16 200 IM	NWMY	13	---	---
		33.70 1:14.76 2:01.16 2:35.68 (33.70) (41.06) (46.40) (34.52)				
4:42.83S	F # 57B	Female 15-16 400 Free	NWMY	6	---	---
<b>Poppy Offside (13) F</b>						
33.21S	P # 9C	Female 13-13 50 Fly	NWMY	6	---	0.65
33.37S	F # 9C	Female 13-13 50 Fly	NWMY	6	---	0.81
30.17S	F # 19C	Female 13-13 50 Free	NWMY	6	---	0.59
30.31S	P # 19C	Female 13-13 50 Free	NWMY	7	---	0.73
NS	P # 25C	Female 13-13 100 Fly	NWMY	---	---	---
NS	P # 58C	Female 13-13 100 Free	NWMY	---	---	---

### Individual Meet Results

**South East Wales Regional Championships 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Location: Newport International Pool**

Time	F/P/S	Event	Place	Points	Improv			
<b>Elizabeth Parsons (14) F</b>								
33.58S	F # 3A	Female 14-14 50 Back	NWMY	4	---	0.02		
33.76S	P # 3A	Female 14-14 50 Back	NWMY	3	---	0.20		
1:08.14S	P # 21A	Female 14-14 100 Free	NWMY	15	---	-0.62		
	32.29	1:08.14						
	(32.29)	(35.85)						
30.87S	P # 42A	Female 14-14 50 Free	NWMY	16	---	0.10		
35.92S	P # 54A	Female 14-14 50 Fly	NWMY	16	---	0.61		
<b>Jessica Part (17) F</b>								
9:39.50S	F # 2F	Female 17 & Over 800 Free	NWMY	2	---	22.57		
	31.48	1:05.99	1:41.33	2:17.39	2:53.61	3:30.19	4:06.89	4:43.72
	(31.48)	(34.51)	(35.34)	(36.06)	(36.22)	(36.58)	(36.70)	(36.83)
	5:20.66	5:57.93	6:35.29	7:12.31	7:49.30	8:26.50	9:03.24	9:39.50
	(36.94)	(37.27)	(37.36)	(37.02)	(36.99)	(37.20)	(36.74)	(36.26)
1:07.18S	P # 11C	Female 17 & Over 100 Fly	NWMY	2	---	0.55		
	31.29	1:07.18						
	(31.29)	(35.89)						
1:08.42S	F # 11C	Female 17 & Over 100 Fly	NWMY	4	---	1.79		
	1:08.42							
	(1:08.42)							
2:14.44S	F # 18C	Female 17 & Over 200 Free	NWMY	4	---	2.11		
	31.16	1:05.14	1:40.20	2:14.44				
	(31.16)	(33.98)	(35.06)	(34.24)				
NS	P # 21C	Female 17 & Over 100 Free	NWMY	---	---	---		
2:31.65S	F # 33C	Female 17 & Over 200 Fly	NWMY	1	---	3.22		
	32.20	1:09.99	1:50.16	2:31.65				
	(32.20)	(37.79)	(40.17)	(41.49)				
18:16.57S	F # 35F	Female 17 & Over 1500 Free	NWMY	1	---	14.10		
	31.68	1:06.62	1:42.20	2:18.12	2:54.17	3:30.51	4:06.41	4:42.82
	(31.68)	(34.94)	(35.58)	(35.92)	(36.05)	(36.34)	(35.90)	(36.41)
	5:19.89	5:56.74	6:34.23	7:11.51	7:48.35	8:25.63	9:02.93	9:40.08
	(37.07)	(36.85)	(37.49)	(37.28)	(36.84)	(37.28)	(37.30)	(37.15)
	10:16.81	10:53.78	11:31.14	12:08.80	12:46.11	13:23.17	14:00.67	14:37.58
	(36.73)	(36.97)	(37.36)	(37.66)	(37.31)	(37.06)	(37.50)	(36.91)
	15:14.70	15:51.97	16:29.05	17:06.02	17:42.68	18:16.57		
	(37.12)	(37.27)	(37.08)	(36.97)	(36.66)	(33.89)		
NS	P # 42C	Female 17 & Over 50 Free	NWMY	---	---	---		
NS	F # 45C	Female 17 & Over 200 IM	NWMY	---	---	---		
NS	F # 52C	Female 17 & Over 200 Breast	NWMY	---	---	---		
31.16S	P # 54C	Female 17 & Over 50 Fly	NWMY	4	---	0.80		
31.93S	F # 54C	Female 17 & Over 50 Fly	NWMY	6	---	1.57		
4:46.40S	F # 57C	Female 17 & Over 400 Free	NWMY	2	---	9.67		
	31.67	1:06.63	1:42.60	2:18.93	2:55.53	3:32.57	4:10.09	4:46.40
	(31.67)	(34.96)	(35.97)	(36.33)	(36.60)	(37.04)	(37.52)	(36.31)
1:23.41S	P # 62C	Female 17 & Over 100 Breast	NWMY	6	---	4.18		
	39.45	1:23.41						
	(39.45)	(43.96)						
NS	F # 62C	Female 17 & Over 100 Breast	NWMY	---	---	---		
<b>Megan Peacock (15) F</b>								
NS	F # 35E	Female 15-16 1500 Free	NWMY	---	---	---		

### Individual Meet Results

**South East Wales Regional Championships 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Location: Newport International Pool**

Time	F/P/S	Event	Place	Points	Improv
<b>Neve Powell (16) F</b>					
6:44.51S	F # 6B	Female 15-16 400 IM	NWMY	---	---
	45.32	1:40.67 4:16.12 5:13.06	5:59.82 6:44.51	---	6:44.51
	(45.32)	(55.35) (2:35.45) (56.94)	(46.76) (44.69)	---	(6:44.51)
2:59.16S	F # 45B	Female 15-16 200 IM	NWMY	36	---
	39.78	1:24.53 2:17.10 2:59.16			
	(39.78)	(44.75) (52.57) (42.06)			
5:45.93S	F # 57B	Female 15-16 400 Free	NWMY	27	---
	37.25	1:17.72 2:00.09 2:44.75	3:29.69 4:15.39	5:02.05	5:45.93
	(37.25)	(40.47) (42.37) (44.66)	(44.94) (45.70)	(46.66)	(43.88)
<b>Connor Power (16) M</b>					
1:16.83S	P # 26B	Male 15-16 100 Breast	NWMY	9	---
	37.81	1:16.83			
	(37.81)	(39.02)			
1:17.37S	F # 26B	Male 15-16 100 Breast	NWMY	8	---
	36.65	1:17.37			
	(36.65)	(40.72)			
28.43S	P # 29B	Male 15-16 50 Free	NWMY	21	---
34.04S	F # 43B	Male 15-16 50 Breast	NWMY	4	---
35.59S	P # 43B	Male 15-16 50 Breast	NWMY	5	---
1:02.47S	P # 61B	Male 15-16 100 Free	NWMY	22	---
	29.47	1:02.47			
	(29.47)	(33.00)			
<b>Toby Preece (13) M</b>					
NS	P # 4C	Male 13-13 50 Fly	NWMY	---	---
NS	P # 10C	Male 13-13 100 Free	NWMY	---	---
NS	P # 20C	Male 13-13 100 Breast	NWMY	---	---
NS	P # 24C	Male 13-13 50 Back	NWMY	---	---
NS	P # 44C	Male 13-13 100 Back	NWMY	---	---
NS	P # 48C	Male 13-13 50 Free	NWMY	---	---
NS	P # 59C	Male 13-13 50 Breast	NWMY	---	---
<b>Noah Rixon (12) M</b>					
40.15S	P # 4B	Male 12-12 50 Fly	NWMY	4	---
NS	F # 4B	Male 12-12 50 Fly	NWMY	---	---
1:22.90S	P # 10B	Male 12-12 100 Free	NWMY	12	---
	38.66	1:22.90			
	(38.66)	(44.24)			
3:09.42S	F # 27B	Male 12-12 200 IM	NWMY	5	---
	41.77	1:30.36 2:26.30 3:09.42			
	(41.77)	(48.59) (55.94) (43.12)			
34.47S	P # 48B	Male 12-12 50 Free	NWMY	8	---
34.49S DQ	F # 48B	Male 12-12 50 Free	NWMY	---	---
45.26S	F # 59B	Male 12-12 50 Breast	NWMY	4	---
45.67S	P # 59B	Male 12-12 50 Breast	NWMY	4	---

### Individual Meet Results

**South East Wales Regional Championships 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Location: Newport International Pool**

Time	F/P/S	Event	Place	Points	Improv	
<b>Oliver Rixon (12) M</b>						
1:15.08S	F # 10B	Male 12-12 100 Free	NWMY	5	---	-1.03
	---	1:15.08				
	---	(1:15.08)				
1:15.97S	P # 10B	Male 12-12 100 Free	NWMY	7	---	-0.14
	37.41	1:15.97				
	(37.41)	(38.56)				
2:53.35S	F # 16B	Male 12-12 200 Back	NWMY	3	---	3.70
	40.93	1:25.90 2:10.22 2:53.35				
	(40.93)	(44.97) (44.32) (43.13)				
35.75S	F # 24B	Male 12-12 50 Back	NWMY	2	---	-0.52
36.66S	P # 24B	Male 12-12 50 Back	NWMY	2	---	0.39
1:18.97S	F # 44B	Male 12-12 100 Back	NWMY	2	---	-1.26
	38.16	1:18.97				
	(38.16)	(40.81)				
1:19.06S	P # 44B	Male 12-12 100 Back	NWMY	2	---	-1.17
	38.39	1:19.06				
	(38.39)	(40.67)				
32.29S	F # 48B	Male 12-12 50 Free	NWMY	5	---	-0.52
32.69S	P # 48B	Male 12-12 50 Free	NWMY	5	---	-0.12
<b>Freya Rose (15) F</b>						
9:39.99S	F # 2E	Female 15-16 800 Free	NWMY	6	---	1.32
	31.30	1:06.12 1:42.15 2:18.65 2:55.39 3:32.37 4:09.74 4:46.90				
	(31.30)	(34.82) (36.03) (36.50) (36.74) (36.98) (37.37) (37.16)				
	5:23.92	6:01.48 6:38.54 7:15.74 7:52.43 8:29.41 9:05.95 9:39.99				
	(37.02)	(37.56) (37.06) (37.20) (36.69) (36.98) (36.54) (34.04)				
35.67S	P # 3B	Female 15-16 50 Back	NWMY	16	---	-1.30
2:12.87S	F # 18B	Female 15-16 200 Free	NWMY	6	---	-1.10
	30.13	1:03.51 1:38.22 2:12.87				
	(30.13)	(33.38) (34.71) (34.65)				
1:02.87S	P # 21B	Female 15-16 100 Free	NWMY	12	---	-0.80
	30.12	1:02.87				
	(30.12)	(32.75)				
38.43S	P # 30B	Female 15-16 50 Breast	NWMY	9	---	-1.89
18:25.47S	F # 35E	Female 15-16 1500 Free	NWMY	2	---	-38.10
	32.63	1:08.15 1:44.22 2:21.07 2:57.90 3:34.58 4:11.49 4:48.94				
	(32.63)	(35.52) (36.07) (36.85) (36.83) (36.68) (36.91) (37.45)				
	5:26.01	6:03.25 6:40.98 7:18.75 7:56.58 8:33.42 9:10.90 9:48.40				
	(37.07)	(37.24) (37.73) (37.77) (37.83) (36.84) (37.48) (37.50)				
	10:26.08	11:03.26 11:40.54 12:17.68 12:55.30 13:32.60 14:10.24 14:47.28				
	(37.68)	(37.18) (37.28) (37.14) (37.62) (37.30) (37.64) (37.04)				
	15:24.42	16:01.08 16:38.30 17:14.60 17:50.98 18:25.47				
	(37.14)	(36.66) (37.22) (36.30) (36.38) (34.49)				
1:16.20S	P # 38B	Female 15-16 100 Back	NWMY	21	---	-0.22
	37.06	1:16.20				
	(37.06)	(39.14)				
29.29S	P # 42B	Female 15-16 50 Free	NWMY	11	---	-0.62
2:35.31S	F # 45B	Female 15-16 200 IM	NWMY	12	---	-3.70
	33.63	1:14.59 2:00.57 2:35.31				
	(33.63)	(40.96) (45.98) (34.74)				
33.14S	P # 54B	Female 15-16 50 Fly	NWMY	13	---	0.10
4:41.62S	F # 57B	Female 15-16 400 Free	NWMY	4	---	-3.36

## Individual Meet Results

**South East Wales Regional Championships 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Location: Newport International Pool**

Time	F/P/S	Event	Place	Points	Improv	
<b>Evan Sellick (15) M</b>						
2:50.85S	F # 13B	Male 15-16 200 Breast	NWMY	8	---	2.25
	38.01	1:21.64 2:07.17 2:50.85				
	(38.01)	(43.63) (45.53) (43.68)				
30.53S	P # 14B	Male 15-16 50 Fly	NWMY	15	---	0.64
1:19.16S	P # 26B	Male 15-16 100 Breast	NWMY	11	---	2.56
	37.15	1:19.16				
	(37.15)	(42.01)				
27.17S	P # 29B	Male 15-16 50 Free	NWMY	9	---	0.52
1:05.27S	F # 39B	Male 15-16 100 Fly	NWMY	5	---	-1.01
	30.21	1:05.27				
	(30.21)	(35.06)				
1:07.03S	P # 39B	Male 15-16 100 Fly	NWMY	8	---	0.75
	30.65	1:07.03				
	(30.65)	(36.38)				
36.20S	P # 43B	Male 15-16 50 Breast	NWMY	7	---	0.45
36.66S	F # 43B	Male 15-16 50 Breast	NWMY	7	---	0.91
2:28.86S	F # 46B	Male 15-16 200 IM	NWMY	9	---	0.78
	31.46	1:10.78 1:54.73 2:28.86				
	(31.46)	(39.32) (43.95) (34.13)				
2:09.56S	F # 50B	Male 15-16 200 Free	NWMY	8	---	1.04
	30.02	1:02.81 1:36.44 2:09.56				
	(30.02)	(32.79) (33.63) (33.12)				
59.69S	P # 61B	Male 15-16 100 Free	NWMY	14	---	1.06
	28.41	59.69				
	(28.41)	(31.28)				
<b>Darshan Selvakumaran (16) M</b>						
29.94S	P # 14B	Male 15-16 50 Fly	NWMY	9	---	-0.54
28.21S	P # 29B	Male 15-16 50 Free	NWMY	19	---	0.20
<b>Thillai Sivaramakrishnan (16) M</b>						
30.05S	P # 14B	Male 15-16 50 Fly	NWMY	10	---	-0.76
<b>Zahara Solosy (12) F</b>						
NS	P # 9B	Female 12-12 50 Fly	NWMY	---	---	---
NS	P # 15B	Female 12-12 100 Breast	NWMY	---	---	---
34.79S	P # 19B	Female 12-12 50 Free	NWMY	14	---	-0.59
3:13.88S	F # 22B	Female 12-12 200 IM	NWMY	12	---	-2.41
	42.42	1:32.87 2:29.72 3:13.88				
	(42.42)	(50.45) (56.85) (44.16)				
42.16S	P # 60B	Female 12-12 50 Back	NWMY	15	---	-0.32



### Individual Meet Results

**South East Wales Regional Championships 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Location: Newport International Pool**

Time	F/P/S	Event	Place	Points	Improv	
<b>Ryan Steven (18) M</b>						
18:55.98S	F # 1F	Male 17 & Over 1500 Free	NWMY	5	---	11.90
	32.78	1:09.05 1:45.40 2:21.88	2:58.89 3:36.21	---	4:51.31	
	(32.78)	(36.27) (36.35) (36.48)	(37.01) (37.32)	---	(4:51.31)	
	5:28.95	6:07.08 6:44.89 7:23.09	8:01.41 8:39.68	9:18.51	9:57.55	
	(37.64)	(38.13) (37.81) (38.20)	(38.32) (38.27)	(38.83)	(39.04)	
	10:36.38	11:14.78 11:53.38 12:32.12	13:10.68 13:49.78	14:28.64	15:07.46	
	(38.83)	(38.40) (38.60) (38.74)	(38.56) (39.10)	(38.86)	(38.82)	
	15:45.89	16:24.46 17:02.79 17:40.99	18:19.01 18:55.98			
	(38.43)	(38.57) (38.33) (38.20)	(38.02) (36.97)			
4:40.92S	F # 17C	Male 17 & Over 400 Free	NWMY	5	---	-1.32
	31.09	1:05.92 1:41.79 2:18.26	2:53.75 3:29.98	4:06.23	4:40.92	
	(31.09)	(34.83) (35.87) (36.47)	(35.49) (36.23)	(36.25)	(34.69)	
2:28.78S	F # 32C	Male 17 & Over 200 Fly	NWMY	1	---	-0.53
	32.33	1:09.71 1:48.57 2:28.78				
	(32.33)	(37.38) (38.86) (40.21)				
9:37.93S	F # 36F	Male 17 & Over 800 Free	NWMY	3	---	-12.75
	32.07	1:08.31 1:43.75 2:19.76	2:55.73 3:32.13	4:09.00	4:45.38	
	(32.07)	(36.24) (35.44) (36.01)	(35.97) (36.40)	(36.87)	(36.38)	
	5:21.83	5:58.43 6:35.12 7:12.23	7:48.82 8:25.97	9:02.62	9:37.93	
	(36.45)	(36.60) (36.69) (37.11)	(36.59) (37.15)	(36.65)	(35.31)	
1:06.99S	P # 39C	Male 17 & Over 100 Fly	NWMY	7	---	0.47
	30.88	1:06.99				
	(30.88)	(36.11)				
1:07.33S	F # 39C	Male 17 & Over 100 Fly	NWMY	6	---	0.81
	31.12	1:07.33				
	(31.12)	(36.21)				
5:26.33S	F # 56C	Male 17 & Over 400 IM	NWMY	1	---	6.40
	33.32	1:11.98 1:54.43 2:36.17	3:24.09 4:12.64	4:49.92	5:26.33	
	(33.32)	(38.66) (42.45) (41.74)	(47.92) (48.55)	(37.28)	(36.41)	



### Individual Meet Results

**South East Wales Regional Championships 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Location: Newport International Pool**

Time	F/P/S	Event	Place	Points	Improv	
<b>Isobel Stevens (15) F</b>						
9:14.45S	F # 2E	Female 15-16 800 Free	NWMY	2	---	-10.46
	30.82	1:04.51 1:38.81 2:47.73	4:32.71 5:07.72	5:43.10 6:18.59		
	(30.82)	(33.69) (34.30) (1:08.92)	(1:44.98) (35.01)	(35.38) (35.49)		
	6:53.95	7:29.14 8:04.70 8:40.64	9:14.45 ---	---	9:14.45	
	(35.36)	(35.19) (35.56) (35.94)	(33.81) ---	---	(9:14.45)	
1:05.71S	F # 11B	Female 15-16 100 Fly	NWMY	2	---	-0.26
	1:05.71					
	(1:05.71)					
1:06.15S	P # 11B	Female 15-16 100 Fly	NWMY	2	---	0.18
	30.97	1:06.15				
	(30.97)	(35.18)				
2:09.29S	F # 18B	Female 15-16 200 Free	NWMY	2	---	-2.86
	30.00	1:03.16 1:36.86 2:09.29				
	(30.00)	(33.16) (33.70) (32.43)				
1:00.26S	F # 21B	Female 15-16 100 Free	NWMY	6	---	-0.77
	29.00	1:00.26				
	(29.00)	(31.26)				
1:00.74S	P # 21B	Female 15-16 100 Free	NWMY	5	---	-0.29
	29.17	1:00.74				
	(29.17)	(31.57)				
2:27.38S	F # 28B	Female 15-16 200 Back	NWMY	5	---	-0.61
	34.49	1:11.76 1:49.84 2:27.38				
	(34.49)	(37.27) (38.08) (37.54)				
2:24.16S	F # 33B	Female 15-16 200 Fly	NWMY	1	---	-1.02
	32.75	1:09.43 1:47.14 2:24.16				
	(32.75)	(36.68) (37.71) (37.02)				
NS	P # 38B	Female 15-16 100 Back	NWMY	---	---	---
28.48S	P # 42B	Female 15-16 50 Free	NWMY	4	---	0.53
28.62S	F # 42B	Female 15-16 50 Free	NWMY	5	---	0.67
2:28.26S	F # 45B	Female 15-16 200 IM	NWMY	4	---	1.45
	32.43	1:10.45 1:55.83 2:28.26				
	(32.43)	(38.02) (45.38) (32.43)				
<b>Jessica Sweeney (15) F</b>						
11:06.56S	F # 2E	Female 15-16 800 Free	NWMY	23	---	14.94
	35.70	1:16.24 1:57.71 2:40.05	3:21.68 4:03.71	4:45.88 5:28.18		
	(35.70)	(40.54) (41.47) (42.34)	(41.63) (42.03)	(42.17) (42.30)		
	6:11.00	6:53.42 7:35.93 8:18.63	9:01.68 9:44.10	10:27.15 11:06.56		
	(42.82)	(42.42) (42.51) (42.70)	(43.05) (42.42)	(43.05) (39.41)		
6:09.89S	F # 6B	Female 15-16 400 IM	NWMY	14	---	-7.50
	39.24	1:29.04 2:16.73 3:04.15	3:53.50 4:45.08	5:28.91 6:09.89		
	(39.24)	(49.80) (47.69) (47.42)	(49.35) (51.58)	(43.83) (40.98)		
5:30.41S	F # 57B	Female 15-16 400 Free	NWMY	26	---	16.63
	35.13	1:15.17 1:56.93 2:39.96	3:23.13 4:06.80	4:49.58 5:30.41		
	(35.13)	(40.04) (41.76) (43.03)	(43.17) (43.67)	(42.78) (40.83)		
<b>Grace Thomas (15) F</b>						
NS	P # 21B	Female 15-16 100 Free	NWMY	---	---	---
2:56.30S	F # 45B	Female 15-16 200 IM	NWMY	35	---	-22.37
	36.01	1:20.96 2:15.01 2:56.30				
	(36.01)	(44.95) (54.05) (41.29)				
NS	P # 54B	Female 15-16 50 Fly	NWMY	---	---	---

### Individual Meet Results

**South East Wales Regional Championships 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Location: Newport International Pool**

Time	F/P/S	Event	Place	Points	Improv			
<b>Emily Trace (12) F</b>								
49.79S	P # 37B	Female 12-12 50 Breast	NWMY	17	---	1.40		
<b>Elur Urkola (16) M</b>								
18:35.28S	F # 1E	Male 15-16 1500 Free	NWMY	4	---	-3.44		
	31.91	1:07.58	1:43.14	2:19.23	2:55.84	3:31.97	---	4:45.75
	(31.91)	(35.67)	(35.56)	(36.09)	(36.61)	(36.13)	---	(4:45.75)
	5:23.16	6:00.52	6:37.20	7:14.43	7:51.70	8:28.92	9:06.07	9:43.74
	(37.41)	(37.36)	(36.68)	(37.23)	(37.27)	(37.22)	(37.15)	(37.67)
	10:21.17	10:58.80	11:36.52	12:14.21	12:51.89	13:29.71	14:08.05	14:48.01
	(37.43)	(37.63)	(37.72)	(37.69)	(37.68)	(37.82)	(38.34)	(39.96)
	15:27.31	16:06.14	16:43.93	17:21.55	17:59.46	18:35.28		
	(39.30)	(38.83)	(37.79)	(37.62)	(37.91)	(35.82)		
4:32.64S	F # 17B	Male 15-16 400 Free	NWMY	9	---	-6.01		
	30.80	1:04.39	1:38.89	2:13.59	2:48.68	3:23.73	3:58.41	4:32.64
	(30.80)	(33.59)	(34.50)	(34.70)	(35.09)	(35.05)	(34.68)	(34.23)
<b>Emily Vinh (14) F</b>								
39.57S	P # 3A	Female 14-14 50 Back	NWMY	19	---	-3.51		
<b>Emily Walker (13) F</b>								
1:32.39S	P # 15C	Female 13-13 100 Breast	NWMY	15	---	-4.44		
	44.72	1:32.39						
	(44.72)	(47.67)						
33.42S	P # 19C	Female 13-13 50 Free	NWMY	23	---	-2.12		
3:00.71S	F # 22C	Female 13-13 200 IM	NWMY	24	---	0.46		
	39.99	1:27.81	2:19.98	3:00.71				
	(39.99)	(47.82)	(52.17)	(40.73)				
<b>Ellie Ward (16) F</b>								
9:42.63S	F # 2E	Female 15-16 800 Free	NWMY	8	---	5.59		
	31.46	1:06.83	1:43.20	2:20.13	2:56.84	3:33.35	4:10.22	4:47.73
	(31.46)	(35.37)	(36.37)	(36.93)	(36.71)	(36.51)	(36.87)	(37.51)
	5:25.15	6:02.93	6:40.13	7:16.44	7:53.06	8:30.16	9:07.27	9:42.63
	(37.42)	(37.78)	(37.20)	(36.31)	(36.62)	(37.10)	(37.11)	(35.36)
32.76S	F # 3B	Female 15-16 50 Back	NWMY	5	---	0.23		
33.03S	P # 3B	Female 15-16 50 Back	NWMY	5	---	0.50		
5:20.43S	F # 6B	Female 15-16 400 IM	NWMY	3	---	-2.40		
	32.98	1:13.16	1:56.01	2:37.36	3:23.00	4:09.27	4:46.66	5:20.43
	(32.98)	(40.18)	(42.85)	(41.35)	(45.64)	(46.27)	(37.39)	(33.77)
2:17.04S	F # 18B	Female 15-16 200 Free	NWMY	16	---	0.91		
	31.21	1:05.80	1:41.65	2:17.04				
	(31.21)	(34.59)	(35.85)	(35.39)				
2:31.76S	F # 28B	Female 15-16 200 Back	NWMY	11	---	2.43		
	35.11	1:13.37	1:52.98	2:31.76				
	(35.11)	(38.26)	(39.61)	(38.78)				
36.62S	F # 30B	Female 15-16 50 Breast	NWMY	4	---	0.29		
36.99S	P # 30B	Female 15-16 50 Breast	NWMY	7	---	0.66		

### Individual Meet Results

**South East Wales Regional Championships 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Location: Newport International Pool**

Time	F/P/S	Event	Place	Points	Improv
<b>James Watkins (16) M</b>					
4:27.75S	F # 17B	Male 15-16 400 Free	NWMY	6	2.78
	30.38	1:02.52 1:36.46 2:10.91 2:45.58 3:20.56 3:55.14 4:27.75			
	(30.38)	(32.14) (33.94) (34.45) (34.67) (34.98) (34.58) (32.61)			
NS	P # 26B	Male 15-16 100 Breast	NWMY	---	---
26.75S	P # 29B	Male 15-16 50 Free	NWMY	7	0.02
26.78S	F # 29B	Male 15-16 50 Free	NWMY	7	0.05
9:10.33S	F # 36E	Male 15-16 800 Free	NWMY	5	-8.01
	30.18	1:03.25 1:37.50 2:12.30 2:47.47 3:22.55 3:57.52 4:32.49			
	(30.18)	(33.07) (34.25) (34.80) (35.17) (35.08) (34.97) (34.97)			
	5:07.59	5:42.67 6:17.72 6:52.99 7:27.86 8:02.50 8:34.63 9:10.33			
	(35.10)	(35.08) (35.05) (35.27) (34.87) (34.64) (32.13) (35.70)			
32.08S	P # 53B	Male 15-16 50 Back	NWMY	7	-2.09
32.14S	F # 53B	Male 15-16 50 Back	NWMY	8	-2.03
58.22S	P # 61B	Male 15-16 100 Free	NWMY	10	0.60
	28.14	58.22			
	(28.14)	(30.08)			
<b>Oscar Watkins (12) M</b>					
36.96S	P # 48B	Male 12-12 50 Free	NWMY	17	-1.72
<b>William Watkins (15) M</b>					
1:15.36S	P # 5B	Male 15-16 100 Back	NWMY	12	-0.93
	36.74	1:15.36			
	(36.74)	(38.62)			
34.27S	P # 14B	Male 15-16 50 Fly	NWMY	25	-0.48
27.85S	P # 29B	Male 15-16 50 Free	NWMY	14	-0.42
2:14.83S	F # 50B	Male 15-16 200 Free	NWMY	13	-5.46
	30.24	1:06.33 1:40.88 2:14.83			
	(30.24)	(36.09) (34.55) (33.95)			
1:01.02S	P # 61B	Male 15-16 100 Free	NWMY	19	-1.79
	29.44	1:01.02			
	(29.44)	(31.58)			
<b>Luke Williams (12) M</b>					
1:32.09S	F # 20B	Male 12-12 100 Breast	NWMY	3	-6.95
	43.58	1:32.09			
	(43.58)	(48.51)			
1:36.35S	P # 20B	Male 12-12 100 Breast	NWMY	3	-2.69
	46.04	1:36.35			
	(46.04)	(50.31)			
43.04S	P # 24B	Male 12-12 50 Back	NWMY	18	-0.97
3:24.29S DQ	F # 41B	Male 12-12 200 Breast	NWMY	---	---
	46.41	1:39.91 2:32.93 3:24.29			
	(46.41)	(53.50) (53.02) (51.36)			
35.49S	P # 48B	Male 12-12 50 Free	NWMY	13	-1.43
40.61S	F # 59B	Male 12-12 50 Breast	NWMY	1	-3.34
42.41S	P # 59B	Male 12-12 50 Breast	NWMY	2	-1.54