

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Connor Acland (20) M					
24.82S	P # 1B	Male 17 & Over 50 Free	21	---	0.42
26.91S	P # 7B	Male 17 & Over 50 Fly	8	---	0.66
NS	F # 7B	Male 17 & Over 50 Fly	---	---	---
53.47S	P # 45B	Male 17 & Over 100 Free	17	---	1.01
25.69	53.47				
(25.69)	(27.78)				
NS	P # 51B	Male 17 & Over 100 Fly	---	---	---
Megan Allison (14) F					
4:27.94S	F # 24B	Female 13-14 400 Free	1	---	0.20
31.13	1:04.73	1:38.64 2:12.88	2:46.41	3:20.57	3:54.83
(31.13)	(33.60)	(33.91) (34.24)	(33.53)	(34.16)	(34.26) (33.11)
2:06.01S	F # 36B	Female 13-14 200 Free	2	---	-1.81
29.88	1:02.33	1:34.91 2:06.01			
(29.88)	(32.45)	(32.58) (31.10)			
2:06.31S	P # 36B	Female 13-14 200 Free	3	---	-1.51
29.80	1:02.08	1:34.44 2:06.31			
(29.80)	(32.28)	(32.36) (31.87)			
NS	P # 40B	Female 13-14 100 Back	---	---	---
2:17.26S	F # 42B	Female 13-14 200 Fly	1	---	-0.82
31.45	1:05.92	1:41.45 2:17.26			
(31.45)	(34.47)	(35.53) (35.81)			
2:17.32S	P # 42B	Female 13-14 200 Fly	1	---	-0.76
31.18	1:05.93	1:41.39 2:17.32			
(31.18)	(34.75)	(35.46) (35.93)			
59.22S	P # 56B	Female 13-14 100 Free	3	---	-0.24
28.89	59.22				
(28.89)	(30.33)				
59.32S	F # 56B	Female 13-14 100 Free	3	---	-0.14
29.22	59.32				
(29.22)	(30.10)				
1:03.30S	F # 62B	Female 13-14 100 Fly	1	---	-0.04
30.11	1:03.30				
(30.11)	(33.19)				
1:04.10S	P # 62B	Female 13-14 100 Fly	1	---	0.76
30.43	1:04.10				
(30.43)	(33.67)				
Sophie Blake (15) F					
28.42S	P # 2A	Female 15-16 50 Free	13	---	-0.63
30.64S	P # 8A	Female 15-16 50 Fly	7	---	-0.64
1:07.88S	P # 30A	Female 15-16 100 Back	10	---	-0.57
32.53	1:07.88				
(32.53)	(35.35)				

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Cameron Brown (20) M (9)					
23.86S	P # 1B	Male 17 & Over 50 Free	12	---	0.50
1:49.08S	F # 25B	Male 17 & Over 200 Free	1	---	0.52
	25.37	53.23 1:21.75 1:49.08			
	(25.37)	(27.86) (28.52) (27.33)			
1:50.31S	P # 25B	Male 17 & Over 200 Free	1	---	1.75
	25.66	53.34 1:22.10 1:50.31			
	(25.66)	(27.68) (28.76) (28.21)			
50.69S	F # 45B	Male 17 & Over 100 Free	3	---	0.85
	24.49	50.69			
	(24.49)	(26.20)			
51.11S	P # 45B	Male 17 & Over 100 Free	4	---	1.27
	24.62	51.11			
	(24.62)	(26.49)			
Aidan Bryce (16) M					
4:16.39S	F # 11A	Male 15-16 400 Free	5	---	-2.01
	29.22	1:01.12 1:33.49 2:06.25 2:39.01 3:12.14 3:44.79 4:16.39			
	(29.22)	(31.90) (32.37) (32.76) (32.76) (33.13) (32.65) (31.60)			
2:01.57S	P # 25A	Male 15-16 200 Free	9	---	-1.34
	27.55	58.26 1:30.08 2:01.57			
	(27.55)	(30.71) (31.82) (31.49)			
17:17.11S	F # 53A	Male 15-16 1500 Free	3	---	33.24
	29.66	1:03.29 1:36.88 2:10.37 2:44.41 3:18.06 3:52.03 4:26.10			
	(29.66)	(33.63) (33.59) (33.49) (34.04) (33.65) (33.97) (34.07)			
	5:00.45	5:34.98 6:09.36 6:44.11 7:18.92 7:54.10 8:29.16 9:04.16			
	(34.35)	(34.53) (34.38) (34.75) (34.81) (35.18) (35.06) (35.00)			
	9:39.72	10:14.83 10:50.64 11:26.24 12:01.54 12:36.84 13:12.75 13:48.42			
	(35.56)	(35.11) (35.81) (35.60) (35.30) (35.30) (35.91) (35.67)			
	14:23.69	14:59.55 15:34.35 16:09.20 16:43.61 17:17.11			
	(35.27)	(35.86) (34.80) (34.85) (34.41) (33.50)			

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Kameron Clarke (14) M					
24.83S	P # 13B	Male 13-14 50 Free	1	---	-0.52
25.13S	F # 13B	Male 13-14 50 Free	1	---	-0.22
27.85S	F # 19B	Male 13-14 50 Fly	3	---	-1.06
27.94S	P # 19B	Male 13-14 50 Fly	3	---	-0.97
4:19.47S	F # 23B	Male 13-14 400 Free	2	---	-3.41
	29.09	1:01.36 1:35.53 2:09.26 2:43.25 3:15.87 3:49.15 4:19.47			
	(29.09)	(32.27) (34.17) (33.73) (33.99) (32.62) (33.28) (30.32)			
1:59.96S	P # 35B	Male 13-14 200 Free	2	---	-0.20
	26.70	57.03 1:29.06 1:59.96			
	(26.70)	(30.33) (32.03) (30.90)			
2:03.11S	F # 35B	Male 13-14 200 Free	3	---	2.95
	27.66	58.66 1:31.07 2:03.11			
	(27.66)	(31.00) (32.41) (32.04)			
54.11S	P # 55B	Male 13-14 100 Free	1	---	-1.08
	26.19	54.11			
	(26.19)	(27.92)			
54.16S	F # 55B	Male 13-14 100 Free	2	---	-1.03
	26.32	54.16			
	(26.32)	(27.84)			
1:01.32S	F # 61B	Male 13-14 100 Fly	3	---	-2.72
	28.66	1:01.32			
	(28.66)	(32.66)			
1:02.33S	P # 61B	Male 13-14 100 Fly	3	---	-1.71
	29.16	1:02.33			
	(29.16)	(33.17)			
Cerys Coley (17) F					
32.04S	F # 4B	Female 17 & Over 50 Breast	2	---	-0.81
32.26S	P # 4B	Female 17 & Over 50 Breast	2	---	-0.59
2:22.30S	P # 10B	Female 17 & Over 200 IM	2	---	-1.37
	31.38	1:10.33 1:46.79 2:22.30			
	(31.38)	(38.95) (36.46) (35.51)			
1:09.34S	P # 28B	Female 17 & Over 100 Breast	2	---	-1.53
	32.81	1:09.34			
	(32.81)	(36.53)			
1:09.76S	F # 28B	Female 17 & Over 100 Breast	2	---	-1.11
	32.65	1:09.76			
	(32.65)	(37.11)			
2:26.03S	F # 48B	Female 17 & Over 200 Breast	2	---	-6.42
	33.03	1:09.41 1:46.99 2:26.03			
	(33.03)	(36.38) (37.58) (39.04)			
2:28.91S	P # 48B	Female 17 & Over 200 Breast	1	---	-3.54
	33.74	1:11.35 1:49.59 2:28.91			
	(33.74)	(37.61) (38.24) (39.32)			

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Sioned Collingbourne (16) F					
29.36S	P # 2A	Female 15-16 50 Free	27	---	-0.10
31.40S	P # 8A	Female 15-16 50 Fly	12	---	0.27
4:41.28S	F # 12A	Female 15-16 400 Free	13	---	-2.02
31.79	1:06.88	1:42.47	2:18.17	2:53.71	3:29.69
(31.79)	(35.09)	(35.59)	(35.70)	(35.54)	(35.98)
4:06.13	4:41.28				
(36.44)	(35.15)				
2:13.70S	P # 26A	Female 15-16 200 Free	17	---	-0.42
31.22	1:05.02	1:39.72	2:13.70		
(31.22)	(33.80)	(34.70)	(33.98)		
5:17.04S	F # 34A	Female 15-16 400 IM	7	---	-1.01
33.19	1:12.14	1:52.68	2:32.75	3:19.29	4:06.17
(33.19)	(38.95)	(40.54)	(40.07)	(46.54)	(46.88)
4:42.12	5:17.04				
(35.95)	(34.92)				
1:08.20S	P # 52A	Female 15-16 100 Fly	10	---	-1.17
31.08	1:08.20				
(31.08)	(37.12)				
9:34.16S	F # 54A	Female 15-16 800 Free	8	---	0.84
32.27	1:07.16	1:42.78	2:18.75	2:55.00	3:31.44
(32.27)	(34.89)	(35.62)	(35.97)	(36.25)	(36.44)
4:07.71	4:43.76				
(36.27)	(36.05)				
5:19.89	5:56.39	6:33.05	7:09.89	7:46.47	8:23.20
(36.13)	(36.50)	(36.66)	(36.84)	(36.58)	(36.73)
8:59.74	9:34.16				
(36.54)	(34.42)				
Harrison Coppen (11) M					
44.14S	P # 15A	Male 11-12 50 Breast	11	---	1.65
1:34.88S	P # 37A	Male 11-12 100 Breast	10	---	1.03
43.91	1:34.88				
(43.91)	(50.97)				
3:23.17S	F # 57A	Male 11-12 200 Breast	8	---	6.22
45.17	1:37.76	2:32.31	3:23.17		
(45.17)	(52.59)	(54.55)	(50.86)		
3:26.56S	P # 57A	Male 11-12 200 Breast	8	---	9.61
45.66	1:39.62	2:32.57	3:26.56		
(45.66)	(53.96)	(52.95)	(53.99)		
Jensen Coppen (13) M					
33.94S	P # 15B	Male 13-14 50 Breast	5	---	-0.77
34.23S	F # 15B	Male 13-14 50 Breast	8	---	-0.48
1:12.56S	F # 37B	Male 13-14 100 Breast	4	---	-0.12
34.12	1:12.56				
(34.12)	(38.44)				
1:13.72S	P # 37B	Male 13-14 100 Breast	5	---	1.04
34.37	1:13.72				
(34.37)	(39.35)				
2:40.42S	P # 57B	Male 13-14 200 Breast	5	---	-0.59
34.71	1:15.11	1:58.43	2:40.42		
(34.71)	(40.40)	(43.32)	(41.99)		
2:41.12S	F # 57B	Male 13-14 200 Breast	6	---	0.11
34.85	1:15.74	1:58.89	2:41.12		
(34.85)	(40.89)	(43.15)	(42.23)		

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Anna Davies (14) F					
29.81S	P # 14B	Female 13-14 50 Free	39	---	0.40
2:35.32S	P # 18B	Female 13-14 200 Back	18	---	3.89
	36.23	1:15.76 1:56.08 2:35.32			
	(36.23)	(39.53) (40.32) (39.24)			
33.65S	P # 20B	Female 13-14 50 Fly	34	---	0.86
2:41.85S	P # 22B	Female 13-14 200 IM	41	---	-0.63
	35.05	1:15.03 2:04.71 2:41.85			
	(35.05)	(39.98) (49.68) (37.14)			
Logan Davies (16) M					
4:10.45S	F # 11A	Male 15-16 400 Free	2	---	4.84
	28.51	59.52 1:30.58 2:02.08 2:33.69 3:05.95 3:38.37 4:10.45			
	(28.51)	(31.01) (31.06) (31.50) (31.61) (32.26) (32.42) (32.08)			
1:59.13S	F # 25A	Male 15-16 200 Free	6	---	1.57
	27.84	58.22 1:29.08 1:59.13			
	(27.84)	(30.38) (30.86) (30.05)			
2:01.04S	P # 25A	Male 15-16 200 Free	6	---	3.48
	28.19	58.82 1:29.97 2:01.04			
	(28.19)	(30.63) (31.15) (31.07)			
2:10.28S	F # 31A	Male 15-16 200 Fly	2	---	1.12
	29.48	1:02.14 1:35.77 2:10.28			
	(29.48)	(32.66) (33.63) (34.51)			
2:14.60S	P # 31A	Male 15-16 200 Fly	3	---	5.44
	30.10	1:03.98 1:39.51 2:14.60			
	(30.10)	(33.88) (35.53) (35.09)			
57.47S	P # 45A	Male 15-16 100 Free	21	---	1.97
	27.88	57.47			
	(27.88)	(29.59)			
1:02.33S	P # 51A	Male 15-16 100 Fly	10	---	2.34
	29.53	1:02.33			
	(29.53)	(32.80)			
Katie English (15) F					
1:01.14S	P # 46A	Female 15-16 100 Free	14	---	0.83
	29.43	1:01.14			
	(29.43)	(31.71)			
32.42S	P # 50A	Female 15-16 50 Back	14	---	0.17
Jonathan Fairless (17) M					
2:14.39S	F # 5B	Male 17 & Over 200 Back	5	---	-2.17
	31.29	1:04.50 1:39.05 2:14.39			
	(31.29)	(33.21) (34.55) (35.34)			
2:14.75S	P # 5B	Male 17 & Over 200 Back	4	---	-1.81
	31.29	1:05.04 1:39.89 2:14.75			
	(31.29)	(33.75) (34.85) (34.86)			
2:15.49S	P # 9B	Male 17 & Over 200 IM	10	---	-7.51
	28.89	1:03.83 1:43.74 2:15.49			
	(28.89)	(34.94) (39.91) (31.75)			
2:02.18S	P # 25B	Male 17 & Over 200 Free	15	---	2.54
	27.77	58.22 1:29.98 2:02.18			
	(27.77)	(30.45) (31.76) (32.20)			
1:00.92S	P # 29B	Male 17 & Over 100 Back	8	---	-1.02

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Alex Griffiths (13) M					
25.84S	P # 13B	Male 13-14 50 Free	5	---	-0.39
25.99S	F # 13B	Male 13-14 50 Free	5	---	-0.24
29.33S	P # 19B	Male 13-14 50 Fly	6	---	-0.47
30.01S	F # 19B	Male 13-14 50 Fly	8	---	0.21
4:38.96S DQ	F # 23B	Male 13-14 400 Free	---	---	---
	29.43	1:03.79 1:39.56 2:15.33 2:51.26 3:27.79 4:04.10 4:38.96			
	(29.43)	(34.36) (35.77) (35.77) (35.93) (36.53) (36.31) (34.86)			
2:05.98S	P # 35B	Male 13-14 200 Free	8	---	-1.61
	27.71	59.62 1:32.94 2:05.98			
	(27.71)	(31.91) (33.32) (33.04)			
2:15.29S	F # 35B	Male 13-14 200 Free	7	---	7.70
	30.42	1:04.82 1:39.95 2:15.29			
	(30.42)	(34.40) (35.13) (35.34)			
1:03.81S	P # 39B	Male 13-14 100 Back	3	---	-5.04
	29.96	1:03.81			
	(29.96)	(33.85)			
1:03.92S	F # 39B	Male 13-14 100 Back	3	---	-4.93
	29.94	1:03.92			
	(29.94)	(33.98)			
56.93S	P # 55B	Male 13-14 100 Free	6	---	-0.06
	26.91	56.93			
	(26.91)	(30.02)			
57.73S	F # 55B	Male 13-14 100 Free	7	---	0.74
	27.47	57.73			
	(27.47)	(30.26)			
29.09S	P # 59B	Male 13-14 50 Back	3	---	-0.85
29.60S	F # 59B	Male 13-14 50 Back	3	---	-0.34
1:07.64S	P # 61B	Male 13-14 100 Fly	12	---	-0.35
	30.64	1:07.64			
	(30.64)	(37.00)			

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Max Harris (14) M					
33.87S	F # 15B	Male 13-14 50 Breast	5	---	0.47
34.57S	P # 15B	Male 13-14 50 Breast	6	---	1.17
2:19.23S	F # 17B	Male 13-14 200 Back	5	---	-2.08
	33.16	1:08.26 1:43.92 2:19.23			
	(33.16)	(35.10) (35.66) (35.31)			
2:19.40S	P # 17B	Male 13-14 200 Back	5	---	-1.91
	33.69	1:09.22 1:45.08 2:19.40			
	(33.69)	(35.53) (35.86) (34.32)			
2:22.48S	P # 21B	Male 13-14 200 IM	7	---	-3.08
	32.07	1:07.98 1:49.63 2:22.48			
	(32.07)	(35.91) (41.65) (32.85)			
1:13.18S	F # 37B	Male 13-14 100 Breast	5	---	-0.21
	35.06	1:13.18			
	(35.06)	(38.12)			
1:13.43S	P # 37B	Male 13-14 100 Breast	4	---	0.04
	34.91	1:13.43			
	(34.91)	(38.52)			
1:06.20S	P # 39B	Male 13-14 100 Back	9	---	-1.22
	32.69	1:06.20			
	(32.69)	(33.51)			
2:36.78S	F # 57B	Male 13-14 200 Breast	3	---	-3.47
	35.82	1:15.82 1:56.77 2:36.78			
	(35.82)	(40.00) (40.95) (40.01)			
2:40.20S	P # 57B	Male 13-14 200 Breast	4	---	-0.05
	36.67	1:17.72 1:59.52 2:40.20			
	(36.67)	(41.05) (41.80) (40.68)			

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Ellana Horton (14) F					
NS	P # 14B	Female 13-14 50 Free	---	---	---
35.63S	F # 16B	Female 13-14 50 Breast	6	---	-0.23
35.65S	P # 16B	Female 13-14 50 Breast	6	---	-0.21
2:26.37S	F # 18B	Female 13-14 200 Back	4	---	-2.62
	35.54	1:12.10 1:49.36 2:26.37			
	(35.54)	(36.56) (37.26) (37.01)			
2:28.06S	P # 18B	Female 13-14 200 Back	6	---	-0.93
	35.81	1:13.62 1:51.35 2:28.06			
	(35.81)	(37.81) (37.73) (36.71)			
1:16.58S	F # 38B	Female 13-14 100 Breast	6	---	-0.19
	36.35	1:16.58			
	(36.35)	(40.23)			
1:16.89S	P # 38B	Female 13-14 100 Breast	4	---	0.12
	36.33	1:16.89			
	(36.33)	(40.56)			
1:10.67S	P # 40B	Female 13-14 100 Back	17	---	0.67
	34.14	1:10.67			
	(34.14)	(36.53)			
2:41.51S	F # 58B	Female 13-14 200 Breast	3	---	-0.54
	37.06	1:17.58 1:59.27 2:41.51			
	(37.06)	(40.52) (41.69) (42.24)			
2:43.48S	P # 58B	Female 13-14 200 Breast	1	---	1.43
	36.69	1:17.74 2:00.19 2:43.48			
	(36.69)	(41.05) (42.45) (43.29)			
33.22S	P # 60B	Female 13-14 50 Back	20	---	0.29
Emily Jones (11) F					
37.25S	P # 16A	Female 11-12 50 Breast	4	---	-0.32
37.55S	F # 16A	Female 11-12 50 Breast	5	---	-0.02
2:41.69S	P # 22A	Female 11-12 200 IM	16	---	2.92
	36.32	1:18.59 2:04.81 2:41.69			
	(36.32)	(42.27) (46.22) (36.88)			
1:21.02S	P # 38A	Female 11-12 100 Breast	4	---	-1.26
	38.99	1:21.02			
	(38.99)	(42.03)			
1:22.63S	F # 38A	Female 11-12 100 Breast	7	---	0.35
	39.45	1:22.63			
	(39.45)	(43.18)			
1:17.19S	P # 40A	Female 11-12 100 Back	20	---	2.63
	38.05	1:17.19			
	(38.05)	(39.14)			
2:55.66S	P # 58A	Female 11-12 200 Breast	7	---	-0.17
	39.81	1:25.18 2:11.25 2:55.66			
	(39.81)	(45.37) (46.07) (44.41)			
2:57.23S	F # 58A	Female 11-12 200 Breast	7	---	1.40
	40.55	1:25.45 2:12.05 2:57.23			
	(40.55)	(44.90) (46.60) (45.18)			
1:17.30S	P # 62A	Female 11-12 100 Fly	19	---	1.17
	36.04	1:17.30			
	(36.04)	(41.26)			

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Hannah Jones (16) F					
28.56S	P # 2A	Female 15-16 50 Free	15	---	0.14
2:16.08S	P # 26A	Female 15-16 200 Free	21	---	1.06
	30.51	1:04.76 1:40.34 2:16.08			
	(30.51)	(34.25) (35.58) (35.74)			
NS	P # 46A	Female 15-16 100 Free	---	---	---
Iwan Jones (14) M					
27.01S	P # 13B	Male 13-14 50 Free	16	---	-0.22
30.45S	P # 19B	Male 13-14 50 Fly	10	---	-0.47
4:38.91S	F # 23B	Male 13-14 400 Free	10	---	1.09
	29.20	1:02.76 1:37.70 2:12.77 2:49.00 3:25.58 4:02.48 4:38.91			
	(29.20)	(33.56) (34.94) (35.07) (36.23) (36.58) (36.90) (36.43)			
59.63S	P # 55B	Male 13-14 100 Free	21	---	---
	28.13	59.63			
	(28.13)	(31.50)			
DNF	F # 63B	Male 13-14 1500 Free	---	---	---
Jack Knight (13) M					
1:09.44S	P # 39B	Male 13-14 100 Back	18	---	-2.17
	33.80	1:09.44			
	(33.80)	(35.64)			
2:35.47S	P # 41B	Male 13-14 200 Fly	12	---	---
	34.81	1:14.64 1:55.83 2:35.47			
	(34.81)	(39.83) (41.19) (39.64)			
Ben Langdon (13) M					
26.70S	P # 13B	Male 13-14 50 Free	12	---	-0.35
29.91S	P # 19B	Male 13-14 50 Fly	9	---	-1.16
2:08.19S	P # 35B	Male 13-14 200 Free	12	---	-7.38
	30.18	1:03.10 1:36.41 2:08.19			
	(30.18)	(32.92) (33.31) (31.78)			
1:12.10S	P # 39B	Male 13-14 100 Back	27	---	1.04
	34.63	1:12.10			
	(34.63)	(37.47)			
58.29S	P # 55B	Male 13-14 100 Free	10	---	-2.30
	28.13	58.29			
	(28.13)	(30.16)			
1:08.64S	P # 61B	Male 13-14 100 Fly	13	---	-2.47
	32.30	1:08.64			
	(32.30)	(36.34)			

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Ciara Lawlor (14) F					
29.95S	P # 14B	Female 13-14 50 Free	42	---	0.38
2:26.61S	F # 18B	Female 13-14 200 Back	5	---	-1.61
	34.78	1:11.97 1:49.50 2:26.61			
	(34.78)	(37.19) (37.53) (37.11)			
2:28.59S	P # 18B	Female 13-14 200 Back	7	---	0.37
	35.03	1:12.83 1:51.07 2:28.59			
	(35.03)	(37.80) (38.24) (37.52)			
1:09.04S	P # 40B	Female 13-14 100 Back	9	---	-0.36
	33.29	1:09.04			
	(33.29)	(35.75)			
32.00S	F # 60B	Female 13-14 50 Back	8	---	-0.94
32.15S	P # 60B	Female 13-14 50 Back	7	---	-0.79
Sophie Linton (13) F					
29.04S	P # 14B	Female 13-14 50 Free	18	---	-0.28
2:39.04S	P # 22B	Female 13-14 200 IM	29	---	1.59
	34.09	1:15.20 2:03.00 2:39.04			
	(34.09)	(41.11) (47.80) (36.04)			
2:21.48S	P # 36B	Female 13-14 200 Free	44	---	-0.22
	31.90	1:07.99 1:45.60 2:21.48			
	(31.90)	(36.09) (37.61) (35.88)			
1:13.67S	P # 40B	Female 13-14 100 Back	33	---	0.68
	35.32	1:13.67			
	(35.32)	(38.35)			
1:04.12S	P # 56B	Female 13-14 100 Free	40	---	-0.47
	30.83	1:04.12			
	(30.83)	(33.29)			

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Scarlet Major (13) F					
34.79S	F # 16B	Female 13-14 50 Breast	3	---	-0.38
35.10S	P # 16B	Female 13-14 50 Breast	2	---	-0.07
2:22.49S	F # 22B	Female 13-14 200 IM	2	---	-1.08
	31.64	1:08.25 1:50.33 2:22.49			
	(31.64)	(36.61) (42.08) (32.16)			
2:24.11S	P # 22B	Female 13-14 200 IM	2	---	0.54
	31.34	1:08.16 1:50.57 2:24.11			
	(31.34)	(36.82) (42.41) (33.54)			
2:08.24S	P # 36B	Female 13-14 200 Free	4	---	-7.23
	29.61	1:02.41 1:36.04 2:08.24			
	(29.61)	(32.80) (33.63) (32.20)			
2:09.70S	F # 36B	Female 13-14 200 Free	4	---	-5.77
	30.22	1:03.13 1:37.29 2:09.70			
	(30.22)	(32.91) (34.16) (32.41)			
1:15.70S	F # 38B	Female 13-14 100 Breast	1	---	-0.23
	36.78	1:15.70			
	(36.78)	(38.92)			
1:15.87S	P # 38B	Female 13-14 100 Breast	1	---	-0.06
	36.71	1:15.87			
	(36.71)	(39.16)			
1:06.70S	P # 40B	Female 13-14 100 Back	3	---	-0.18
	32.67	1:06.70			
	(32.67)	(34.03)			
NS	F # 40B	Female 13-14 100 Back	---	---	---
59.45S	F # 56B	Female 13-14 100 Free	4	---	1.10
	28.75	59.45			
	(28.75)	(30.70)			
59.51S	P # 56B	Female 13-14 100 Free	4	---	1.16
	28.71	59.51			
	(28.71)	(30.80)			
2:41.34S	F # 58B	Female 13-14 200 Breast	2	---	-2.19
	37.37	1:18.84 2:00.91 2:41.34			
	(37.37)	(41.47) (42.07) (40.43)			
2:44.18S	P # 58B	Female 13-14 200 Breast	2	---	0.65
	38.03	1:20.09 2:03.03 2:44.18			
	(38.03)	(42.06) (42.94) (41.15)			
Alice Manship (15) F					
29.65S	P # 2A	Female 15-16 50 Free	33	---	0.26
34.94S	F # 4A	Female 15-16 50 Breast	6	---	-0.64
35.57S	P # 4A	Female 15-16 50 Breast	7	---	-0.01
1:17.40S	P # 28A	Female 15-16 100 Breast	10	---	0.99
	37.80	1:17.40			
	(37.80)	(39.60)			

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Millie Mulligan (11) F					
35.43S	P # 20A	Female 11-12 50 Fly	21	---	-1.08
2:52.74S DQ	P # 22A	Female 11-12 200 IM	---	---	---
	38.27	1:22.17 2:14.49 2:52.74			
	(38.27)	(43.90) (52.32) (38.25)			
2:48.26S	F # 42A	Female 11-12 200 Fly	6	---	-6.74
	38.18	1:21.04 2:05.83 2:48.26			
	(38.18)	(42.86) (44.79) (42.43)			
2:49.64S	P # 42A	Female 11-12 200 Fly	6	---	-5.36
	38.44	1:20.85 2:06.26 2:49.64			
	(38.44)	(42.41) (45.41) (43.38)			
1:16.69S	P # 62A	Female 11-12 100 Fly	16	---	-3.57
	36.48	1:16.69			
	(36.48)	(40.21)			
Ewan Osmond (12) M					
31.47S	P # 13A	Male 11-12 50 Free	23	---	-1.13
2:47.26S DQ	P # 17A	Male 11-12 200 Back	---	---	---
	40.35	1:22.02 2:05.03 2:47.26			
	(40.35)	(41.67) (43.01) (42.23)			
NS	P # 35A	Male 11-12 200 Free	---	---	---
NS	P # 39A	Male 11-12 100 Back	---	---	---
1:08.53S	P # 55A	Male 11-12 100 Free	19	---	-0.69
	33.12	1:08.53			
	(33.12)	(35.41)			
Amy Richards (17) F					
2:25.02S	P # 10B	Female 17 & Over 200 IM	4	---	5.27
	31.36	1:09.06 1:51.73 2:25.02			
	(31.36)	(37.70) (42.67) (33.29)			
4:30.79S	F # 12B	Female 17 & Over 400 Free	4	---	6.16
	30.70	1:04.56 1:38.79 2:12.87 2:47.02 3:21.31 3:56.24 4:30.79			
	(30.70)	(33.86) (34.23) (34.08) (34.15) (34.29) (34.93) (34.55)			
2:14.14S	P # 26B	Female 17 & Over 200 Free	9	---	7.97
	30.37	1:03.93 1:38.75 2:14.14			
	(30.37)	(33.56) (34.82) (35.39)			
NS	P # 32B	Female 17 & Over 200 Fly	---	---	---
NS	F # 34B	Female 17 & Over 400 IM	---	---	---
NS	P # 52B	Female 17 & Over 100 Fly	---	---	---
William Ryley (18) M (7)					
1:54.11S	F # 25B	Male 17 & Over 200 Free	6	---	-1.05
	26.89	55.76 1:25.36 1:54.11			
	(26.89)	(28.87) (29.60) (28.75)			
1:54.30S	P # 25B	Male 17 & Over 200 Free	7	---	-0.86
	27.09	56.10 1:25.73 1:54.30			
	(27.09)	(29.01) (29.63) (28.57)			
59.50S	P # 29B	Male 17 & Over 100 Back	3	---	0.11
	29.62	59.50			
	(29.62)	(29.88)			
59.91S	F # 29B	Male 17 & Over 100 Back	6	---	0.52
	29.42	59.91			
	(29.42)	(30.49)			

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Brython Sansom (17) M					
26.03S	P # 1B	Male 17 & Over 50 Free	31	---	-0.63
30.59S	F # 3B	Male 17 & Over 50 Breast	4	---	-0.98
30.78S	P # 3B	Male 17 & Over 50 Breast	5	---	-0.79
1:09.00S	P # 27B	Male 17 & Over 100 Breast	10	---	-0.45
31.92	1:09.00				
(31.92)	(37.08)				
2:28.64S	P # 47B	Male 17 & Over 200 Breast	7	---	-4.11
33.30	1:10.88	1:50.01	2:28.64		
(33.30)	(37.58)	(39.13)	(38.63)		
Beth Simmons (11) F					
1:28.10S	P # 38A	Female 11-12 100 Breast	27	---	-0.95
42.34	1:28.10				
(42.34)	(45.76)				
3:08.82S	P # 58A	Female 11-12 200 Breast	21	---	-1.13
42.23	1:29.71	2:19.39	3:08.82		
(42.23)	(47.48)	(49.68)	(49.43)		
Paige Simmons (14) F					
36.38S	P # 16B	Female 13-14 50 Breast	11	---	-0.46
1:19.50S	P # 38B	Female 13-14 100 Breast	10	---	1.25
37.16	1:19.50				
(37.16)	(42.34)				
2:53.07S	P # 58B	Female 13-14 200 Breast	10	---	5.82
38.58	1:22.01	2:07.14	2:53.07		
(38.58)	(43.43)	(45.13)	(45.93)		
Isobel Stevens (11) F					
33.33S	P # 14A	Female 11-12 50 Free	58	---	-1.12
2:55.95S	P # 22A	Female 11-12 200 IM	35	---	-4.77
40.76	1:26.36	2:17.19	2:55.95		
(40.76)	(45.60)	(50.83)	(38.76)		
NS	P # 56A	Female 11-12 100 Free	---	---	---
Anya Thomas (14) F					
2:40.96S	P # 18B	Female 13-14 200 Back	26	---	-10.10
38.60	1:19.46	2:00.76	2:40.96		
(38.60)	(40.86)	(41.30)	(40.20)		
2:43.28S	P # 22B	Female 13-14 200 IM	45	---	-0.17
34.48	1:16.18	2:07.14	2:43.28		
(34.48)	(41.70)	(50.96)	(36.14)		
1:07.13S	P # 56B	Female 13-14 100 Free	65	---	-0.27
32.19	1:07.13				
(32.19)	(34.94)				
10:16.95S	F # 64B	Female 13-14 800 Free	14	---	1.36
34.78	1:12.14	1:50.64	2:29.24	3:07.41	3:45.85
(34.78)	(37.36)	(38.50)	(38.60)	(38.17)	(38.44)
5:43.41	6:23.02	7:02.29	7:41.46	8:21.53	9:01.33
(39.27)	(39.61)	(39.27)	(39.17)	(40.07)	(39.80)
					(38.41)
					(37.21)
					5:04.14
					(39.07)
					10:16.95

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Emme Thomas (16) F					
2:21.28S	F # 6A	Female 15-16 200 Back	4	---	-3.22
	33.16	1:08.56 1:45.21 2:21.28			
	(33.16)	(35.40) (36.65) (36.07)			
2:22.89S	P # 6A	Female 15-16 200 Back	4	---	-1.61
	33.58	1:09.38 1:46.08 2:22.89			
	(33.58)	(35.80) (36.70) (36.81)			
4:39.49S	F # 12A	Female 15-16 400 Free	11	---	0.12
	31.32	1:06.29 1:41.99 2:17.64 2:53.19 3:28.84 4:04.72 4:39.49			
	(31.32)	(34.97) (35.70) (35.65) (35.55) (35.65) (35.88) (34.77)			
2:12.64S	P # 26A	Female 15-16 200 Free	14	---	-1.29
	30.58	1:04.36 1:38.69 2:12.64			
	(30.58)	(33.78) (34.33) (33.95)			
1:06.77S	P # 30A	Female 15-16 100 Back	5	---	-0.84
	32.63	1:06.77			
	(32.63)	(34.14)			
1:07.07S	F # 30A	Female 15-16 100 Back	7	---	-0.54
	32.73	1:07.07			
	(32.73)	(34.34)			
32.08S	P # 50A	Female 15-16 50 Back	11	---	-3.56
Niamh Thomas (15) F					
2:29.63S	P # 6A	Female 15-16 200 Back	11	---	1.66
	34.85	1:12.34 1:50.97 2:29.63			
	(34.85)	(37.49) (38.63) (38.66)			
2:36.83S	P # 10A	Female 15-16 200 IM	18	---	4.11
	35.06	1:14.48 2:00.20 2:36.83			
	(35.06)	(39.42) (45.72) (36.63)			
NS	P # 26A	Female 15-16 200 Free	---	---	---
1:11.14S	P # 30A	Female 15-16 100 Back	19	---	0.63
	34.48	1:11.14			
	(34.48)	(36.66)			
Eleanor Walker (11) F					
41.48S	P # 16A	Female 11-12 50 Breast	25	---	-1.59
38.03S	P # 20A	Female 11-12 50 Fly	32	---	-0.34
1:31.95S	P # 38A	Female 11-12 100 Breast	30	---	-2.88
	43.41	1:31.95			
	(43.41)	(48.54)			
3:21.09S	P # 58A	Female 11-12 200 Breast	27	---	4.05
	46.71	1:38.61 2:31.36 3:21.09			
	(46.71)	(51.90) (52.75) (49.73)			

Individual Meet Results

Swim Wales Short Course Championships 2016 02-Dec-16 to 04-Dec-16 [Ageup: 31/12/2016] SC Meters

Location: Wales National Pool, Swansea

City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Ellie Ward (12) F					
31.39S	P # 14A	Female 11-12 50 Free	27	---	-0.75
40.05S	P # 16A	Female 11-12 50 Breast	19	---	-1.23
2:43.96S	P # 22A	Female 11-12 200 IM	22	---	-3.94
		36.02 1:18.77 2:06.57 2:43.96			
		(36.02) (42.75) (47.80) (37.39)			
1:24.59S	P # 38A	Female 11-12 100 Breast	13	---	-2.61
		39.94 1:24.59			
		(39.94) (44.65)			
2:58.94S	P # 58A	Female 11-12 200 Breast	11	---	-3.93
		41.70 1:28.31 2:14.20 2:58.94			
		(41.70) (46.61) (45.89) (44.74)			
36.30S	P # 60A	Female 11-12 50 Back	21	---	-0.97
10:28.25S	F # 64A	Female 11-12 800 Free	14	---	-25.92
		34.24 1:13.69 1:53.90 2:34.37 3:14.68 3:54.51 4:35.16 5:14.42			
		(34.24) (39.45) (40.21) (40.47) (40.31) (39.83) (40.65) (39.26)			
		5:54.68 6:34.15 7:14.10 7:54.25 8:33.69 9:13.16 9:51.77 10:28.25			
		(40.26) (39.47) (39.95) (40.15) (39.44) (39.47) (38.61) (36.48)			
Lewis Waters (17) M					
NS	P # 3B	Male 17 & Over 50 Breast	---	---	---
NS	P # 9B	Male 17 & Over 200 IM	---	---	---
NS	P # 27B	Male 17 & Over 100 Breast	---	---	---
NS	P # 47B	Male 17 & Over 200 Breast	---	---	---
Lauren Williams (19) F					
27.16S	F # 2B	Female 17 & Over 50 Free	4	---	-1.08
27.25S	P # 2B	Female 17 & Over 50 Free	5	---	-0.99
59.99S	F # 46B	Female 17 & Over 100 Free	3	---	-2.50
		28.87 59.99			
		(28.87) (31.12)			
1:00.39S	P # 46B	Female 17 & Over 100 Free	5	---	-2.10
		29.04 1:00.39			
		(29.04) (31.35)			
Matthew Williams (17) M					
24.27S	P # 1B	Male 17 & Over 50 Free	16	---	0.42
29.59S	F # 3B	Male 17 & Over 50 Breast	2	---	-0.08
30.01S	P # 3B	Male 17 & Over 50 Breast	3	---	0.34
1:04.66S	F # 27B	Male 17 & Over 100 Breast	3	---	-0.72
		29.86 1:04.66			
		(29.86) (34.80)			
1:04.66S	P # 27B	Male 17 & Over 100 Breast	3	---	-0.72
		30.16 1:04.66			
		(30.16) (34.50)			
1:02.68S	P # 29B	Male 17 & Over 100 Back	9	---	2.10
		30.85 1:02.68			
		(30.85) (31.83)			
NS	F # 29B	Male 17 & Over 100 Back	---	---	---
53.57S	P # 45B	Male 17 & Over 100 Free	19	---	1.24
		25.78 53.57			
		(25.78) (27.79)			