

## Individual Meet Results

**Swim Wales Long Course Championships 2018 30-Mar-18 to 02-Apr-18 [Ageup: 31/12/2018] LC Meters**

**Location: Wales National Pool**

**City Of Newport Swimming Club [NWMY] Coach: James Goodwin**

Time	F/P/S	Event	Place	Points	Improv
<b>Connor Acland (22) M</b>					
NS	P # 5B	Male 17 & Over 100 Fly	---	---	---
NS	P # 33B	Male 17 & Over 100 Free	---	---	---
NS	P # 39B	Male 17 & Over 200 IM	---	---	---
NS	P # 51B	Male 17 & Over 50 Free	---	---	---
NS	P # 55B	Male 17 & Over 50 Fly	---	---	---
<b>Megan Allison (16) F</b>					
1:02.85L	F # 6A	Female 15-16 100 Fly	3	---	-0.13
1:03.35L	P # 6A	Female 15-16 100 Fly	1	---	0.37
4:35.09L	F # 8A	Female 15-16 400 Free	2	---	2.00
2:06.35L	F # 18A	Female 15-16 200 Free	3	---	-2.42
2:08.05L	P # 18A	Female 15-16 200 Free	2	---	-0.72
58.03L	F # 34A	Female 15-16 100 Free	1	---	-0.61
59.17L	P # 34A	Female 15-16 100 Free	3	---	0.53
2:19.88L	F # 36A	Female 15-16 200 Fly	1	---	2.19
2:21.72L	P # 36A	Female 15-16 200 Fly	1	---	4.03
26.77L	F # 52A	Female 15-16 50 Free	1	---	-0.28
26.98L	P # 52A	Female 15-16 50 Free	1	---	-0.07
58.59L	F # 80	400 Free Relay Lead Off	---	---	-0.05
<b>Sophie Blake (17) F</b>					
1:10.83L	P # 22B	Female 17 & Over 100 Back	9	---	1.62
32.93L	P # 38B	Female 17 & Over 50 Back	10	---	1.18
29.48L	P # 52B	Female 17 & Over 50 Free	16	---	0.41
31.33L	P # 56B	Female 17 & Over 50 Fly	15	---	0.28
<b>Cerys Coley (19) F</b>					
33.80L	P # 2B	Female 17 & Over 50 Breast	3	---	1.03
33.84L	F # 2B	Female 17 & Over 50 Breast	3	---	1.07
1:13.22L	P # 20B	Female 17 & Over 100 Breast	1	---	2.04
NS	P # 54B	Female 17 & Over 200 Breast	---	---	---
<b>Jensen Coppen (15) M</b>					
NS	P # 1A	Male 15-16 50 Breast	---	---	---
NS	P # 19A	Male 15-16 100 Breast	---	---	---
NS	P # 37A	Male 15-16 50 Back	---	---	---
NS	P # 39A	Male 15-16 200 IM	---	---	---
NS	P # 53A	Male 15-16 200 Breast	---	---	---
<b>Gianni Davies (13) M</b>					
1:02.76L	P # 42B	Male 13-14 100 Free	12	---	-1.07
36.06L	P # 46B	Male 13-14 50 Back	23	---	0.40
28.27L	P # 58B	Male 13-14 50 Free	11	---	-0.12
31.47L	P # 62B	Male 13-14 50 Fly	13	---	-0.96
<b>Lewis Davies (12) M</b>					
1:10.70L	F # 71	400 Free Relay Lead Off	---	---	-4.27
<b>Katie English (17) F</b>					
1:02.98L	P # 34B	Female 17 & Over 100 Free	11	---	1.91
33.91L	P # 38B	Female 17 & Over 50 Back	16	---	0.67
29.64L	P # 52B	Female 17 & Over 50 Free	19	---	0.88
32.04L	P # 56B	Female 17 & Over 50 Fly	22	---	-0.16

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Time	F/P/S	Event	Place	Points	Improv
<b>Benjamin Fox-Wiltshire (13) M</b>					
37.46L	P # 9B	Male 13-14 50 Breast	15	---	-0.44
2:43.65L	P # 11B	Male 13-14 200 Back	17	---	2.85
1:23.21L	P # 27B	Male 13-14 100 Breast	11	---	-2.35
1:15.63L	P # 29B	Male 13-14 100 Back	16	---	0.78
34.47L	P # 46B	Male 13-14 50 Back	11	---	-1.84
2:42.74L	P # 48B	Male 13-14 200 IM	14	---	-3.87
3:05.18L	P # 60B	Male 13-14 200 Breast	17	---	1.43
33.91L	P # 62B	Male 13-14 50 Fly	28	---	-0.77
<b>Alex Griffiths (15) M</b>					
2:04.19L	F # 17A	Male 15-16 200 Free	8	---	-0.65
2:04.25L	P # 17A	Male 15-16 200 Free	7	---	-0.59
1:05.72L	P # 21A	Male 15-16 100 Back	6	---	0.15
55.15L	F # 33A	Male 15-16 100 Free	5	---	-0.69
55.60L	P # 33A	Male 15-16 100 Free	5	---	-0.24
29.59L	P # 37A	Male 15-16 50 Back	2	---	-0.02
30.17L	F # 37A	Male 15-16 50 Back	3	---	0.56
25.39L	F # 51A	Male 15-16 50 Free	4	---	-0.16
25.56L	P # 51A	Male 15-16 50 Free	5	---	0.01
27.94L	F # 55A	Male 15-16 50 Fly	7	---	-0.29
28.39L	P # 55A	Male 15-16 50 Fly	7	---	0.16
55.74L	F # 79	400 Free Relay Lead Off	---	---	-0.10
<b>Max Harris (16) M</b>					
34.08L DQ	P # 1A	Male 15-16 50 Breast	---	---	---
1:15.07L	F # 19A	Male 15-16 100 Breast	5	---	-0.04
1:15.56L	P # 19A	Male 15-16 100 Breast	4	---	0.45
2:41.39L	F # 53A	Male 15-16 200 Breast	5	---	-1.62
2:43.02L	P # 53A	Male 15-16 200 Breast	5	---	0.01
<b>Benjamin Hastings (14) M</b>					
32.64L	P # 62B	Male 13-14 50 Fly	21	---	0.42
<b>Ellana Horton (16) F</b>					
37.31L	P # 2A	Female 15-16 50 Breast	17	---	2.02
1:22.01L	P # 20A	Female 15-16 100 Breast	13	---	3.75
NS	P # 54A	Female 15-16 200 Breast	---	---	---
<b>Emily Jones (13) F</b>					
NS	P # 10B	Female 13-14 50 Breast	---	---	---
NS	F # 16B	Female 13-14 400 Free	---	---	---
NS	P # 28B	Female 13-14 100 Breast	---	---	---
NS	P # 30B	Female 13-14 100 Back	---	---	---
NS	P # 61B	Female 13-14 200 Breast	---	---	---
NS	P # 63B	Female 13-14 50 Fly	---	---	---
<b>Iwan Jones (16) M</b>					
27.30L	P # 51A	Male 15-16 50 Free	17	---	0.03
30.13L	P # 55A	Male 15-16 50 Fly	24	---	0.09

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Time	F/P/S	Event	Place	Points	Improv
<b>Lucy Jones (11) F</b>					
1:37.70L	P # 28A	Female 11-12 100 Breast	10	---	-7.04
1:11.98L	P # 43A	Female 11-12 100 Free	13	---	-1.93
39.78L	P # 47A	Female 11-12 50 Back	22	---	-0.31
32.78L	P # 59A	Female 11-12 50 Free	13	---	-0.22
38.79L	P # 63A	Female 11-12 50 Fly	19	---	0.19
<b>Jack Knight (15) M</b>					
2:19.16L	P # 3A	Male 15-16 200 Back	3	---	-2.60
2:20.10L	F # 3A	Male 15-16 200 Back	4	---	-1.66
1:03.87L	P # 5A	Male 15-16 100 Fly	9	---	-0.67
1:04.04L	F # 5A	Male 15-16 100 Fly	8	---	-0.50
2:07.55L	P # 17A	Male 15-16 200 Free	14	---	-5.30
1:04.88L	F # 21A	Male 15-16 100 Back	6	---	-1.99
1:05.92L	P # 21A	Male 15-16 100 Back	8	---	-0.95
58.45L	P # 33A	Male 15-16 100 Free	12	---	-0.74
2:20.65L DQ	P # 35A	Male 15-16 200 Fly	---	---	---
1:05.41L	F # 73	400 Medley Relay Lead Off	---	---	-1.46
<b>Sophie Linton (15) F</b>					
2:16.64L	P # 18A	Female 15-16 200 Free	12	---	-2.82
1:02.66L	P # 34A	Female 15-16 100 Free	17	---	-0.06
2:36.48L	P # 40A	Female 15-16 200 IM	14	---	-1.38
28.67L	P # 52A	Female 15-16 50 Free	11	---	-0.18
31.04L	P # 56A	Female 15-16 50 Fly	10	---	-0.09
<b>Scarlet Major (15) F</b>					
35.28L	F # 2A	Female 15-16 50 Breast	6	---	0.26
35.57L	P # 2A	Female 15-16 50 Breast	7	---	0.55
1:07.14L	F # 6A	Female 15-16 100 Fly	6	---	1.90
1:07.42L	P # 6A	Female 15-16 100 Fly	6	---	2.18
1:16.54L	P # 20A	Female 15-16 100 Breast	4	---	0.33
1:16.78L	F # 20A	Female 15-16 100 Breast	3	---	0.57
1:06.69L	P # 22A	Female 15-16 100 Back	2	---	-0.91
1:06.93L	F # 22A	Female 15-16 100 Back	2	---	-0.67
59.82L	P # 34A	Female 15-16 100 Free	5	---	0.06
1:00.00L	F # 34A	Female 15-16 100 Free	7	---	0.24
2:23.15L	F # 40A	Female 15-16 200 IM	1	---	0.25
2:24.28L	P # 40A	Female 15-16 200 IM	1	---	1.38
27.41L	F # 52A	Female 15-16 50 Free	4	---	0.09
27.78L	P # 52A	Female 15-16 50 Free	4	---	0.46
29.82L	F # 56A	Female 15-16 50 Fly	4	---	-0.34
30.41L	P # 56A	Female 15-16 50 Fly	5	---	0.25
1:07.39L	F # 74	400 Medley Relay Lead Off	---	---	-0.21

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Time	F/P/S	Event	Place	Points	Improv
<b>Sebastian Major (12) M</b>					
1:14.94L	P # 13A	Male 11-12 100 Fly	1	---	-7.08
1:15.06L	F # 13A	Male 11-12 100 Fly	1	---	-6.96
5:19.97L	F # 15A	Male 11-12 400 Free	3	---	---
1:07.89L	F # 42A	Male 11-12 100 Free	4	---	-2.48
1:08.66L	P # 42A	Male 11-12 100 Free	4	---	-1.71
2:55.26L DQ	P # 48A	Male 11-12 200 IM	---	---	---
30.66L	F # 58A	Male 11-12 50 Free	4	---	-1.32
31.60L	P # 58A	Male 11-12 50 Free	6	---	-0.38
<b>Alice Manship (17) F</b>					
36.72L	P # 2B	Female 17 & Over 50 Breast	11	---	1.37
1:19.11L	F # 20B	Female 17 & Over 100 Breast	7	---	1.88
1:19.63L	P # 20B	Female 17 & Over 100 Breast	8	---	2.40
<b>Millie Mulligan (13) F</b>					
1:12.95L	P # 14B	Female 13-14 100 Fly	12	---	0.45
5:35.92L	F # 32B	Female 13-14 400 IM	6	---	-9.54
2:41.49L	P # 45B	Female 13-14 200 Fly	2	---	1.91
34.07L	P # 63B	Female 13-14 50 Fly	30	---	0.30
<b>Joshua Phillips (14) M</b>					
31.64L	F # 46B	Male 13-14 50 Back	5	---	-1.27
32.12L	P # 46B	Male 13-14 50 Back	5	---	-0.79
28.80L	P # 58B	Male 13-14 50 Free	15	---	-0.85
NS	P # 62B	Male 13-14 50 Fly	---	---	---
<b>Evan Sellick (13) M</b>					
38.70L	P # 9B	Male 13-14 50 Breast	20	---	-4.56
1:17.16L	P # 13B	Male 13-14 100 Fly	14	---	-1.36
1:28.44L	P # 27B	Male 13-14 100 Breast	15	---	-2.08
<b>Beth Simmons (13) F</b>					
1:26.85L	P # 28B	Female 13-14 100 Breast	25	---	-0.12
2:46.55L	P # 49B	Female 13-14 200 IM	34	---	-1.97
3:03.56L	P # 61B	Female 13-14 200 Breast	16	---	-0.02
<b>Adam Steven (12) M</b>					
5:15.35L	F # 15A	Male 11-12 400 Free	2	---	-32.72
2:24.11L	F # 25A	Male 11-12 200 Free	2	---	-16.98
2:29.84L	P # 25A	Male 11-12 200 Free	3	---	-11.25
1:26.36L	F # 27A	Male 11-12 100 Breast	1	---	-14.98
1:28.76L	P # 27A	Male 11-12 100 Breast	1	---	-12.58
30.17L	F # 58A	Male 11-12 50 Free	2	---	-2.21
30.66L	P # 58A	Male 11-12 50 Free	2	---	-1.72
3:08.09L	F # 60A	Male 11-12 200 Breast	2	---	-22.11
3:12.51L	P # 60A	Male 11-12 200 Breast	1	---	-17.69

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Time	F/P/S	Event	Place	Points	Improv
<b>Isobel Stevens (13) F</b>					
2:43.25L	P # 12B	Female 13-14 200 Back	25	---	-6.87
1:14.70L	P # 14B	Female 13-14 100 Fly	17	---	-0.05
2:21.84L	P # 26B	Female 13-14 200 Free	18	---	-4.99
5:37.97L	F # 32B	Female 13-14 400 IM	7	---	---
1:06.24L	P # 43B	Female 13-14 100 Free	35	---	-1.52
2:49.57L	P # 45B	Female 13-14 200 Fly	5	---	2.28
37.63L	P # 47B	Female 13-14 50 Back	50	---	-0.25
30.76L	P # 59B	Female 13-14 50 Free	39	---	-0.22
34.59L	P # 63B	Female 13-14 50 Fly	41	---	0.45
1:06.11L	F # 72	400 Free Relay Lead Off	---	---	-1.65
<b>Niamh Thomas (17) F</b>					
2:38.64L	P # 4B	Female 17 & Over 200 Back	8	---	7.42
NS	F # 4B	Female 17 & Over 200 Back	---	---	---
1:20.86L	P # 20B	Female 17 & Over 100 Breast	10	---	-0.24
NS	F # 20B	Female 17 & Over 100 Breast	---	---	---
2:37.89L	P # 40B	Female 17 & Over 200 IM	11	---	4.91
<b>Eleanor Walker (13) F</b>					
39.37L	P # 10B	Female 13-14 50 Breast	23	---	0.24
1:26.28L	P # 28B	Female 13-14 100 Breast	19	---	-4.15
37.15L	P # 47B	Female 13-14 50 Back	46	---	-1.65
3:08.68L	P # 61B	Female 13-14 200 Breast	24	---	-0.70
35.51L	P # 63B	Female 13-14 50 Fly	54	---	-0.30
1:20.70L	F # 66	400 Medley Relay Lead Off	---	---	-3.54
<b>Ellie Ward (14) F</b>					
38.20L	P # 10B	Female 13-14 50 Breast	13	---	0.19
2:42.48L	P # 12B	Female 13-14 200 Back	23	---	-3.63
1:22.91L	P # 28B	Female 13-14 100 Breast	8	---	0.95
1:23.05L	F # 28B	Female 13-14 100 Breast	7	---	1.09
1:16.73L	P # 30B	Female 13-14 100 Back	33	---	-0.17
5:34.59L	F # 32B	Female 13-14 400 IM	5	---	-8.79
1:06.16L	P # 43B	Female 13-14 100 Free	34	---	-3.20
35.17L	P # 47B	Female 13-14 50 Back	21	---	0.01
2:41.45L	P # 49B	Female 13-14 200 IM	14	---	0.53
30.20L	P # 59B	Female 13-14 50 Free	24	---	-0.65
2:52.24L	F # 61B	Female 13-14 200 Breast	4	---	-1.07
2:53.86L	P # 61B	Female 13-14 200 Breast	4	---	0.55
33.17L	P # 63B	Female 13-14 50 Fly	16	---	-0.30
<b>Lewis Waters (19) M</b>					
30.05L	P # 1B	Male 17 & Over 50 Breast	3	---	-0.33
30.05L	F # 1B	Male 17 & Over 50 Breast	2	---	-0.33
1:06.61L	F # 19B	Male 17 & Over 100 Breast	5	---	0.69
1:07.23L	P # 19B	Male 17 & Over 100 Breast	5	---	1.31
<b>Matthew Williams (19) M</b>					
29.79L	P # 1B	Male 17 & Over 50 Breast	2	---	-0.61
30.09L	F # 1B	Male 17 & Over 50 Breast	3	---	-0.31