

## Individual Meet Results

**South East Wales Sub Regional Competition 25-Nov-16 to 27-Nov-16 [Ageup: 31/12/2016] SC Meters**

**Location: South East Wales Regional Pool, Newport ISV**

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

| Time                                 | F/P/S   | Event                   | Place   | Points  | Improv |
|--------------------------------------|---------|-------------------------|---------|---------|--------|
| <b>Harrison Coppen (11) M</b>        |         |                         |         |         |        |
| 40.54S                               | F # 13B | Male 11-11 50 Back      | 2       | ---     | -1.74  |
| 1:19.11S                             | F # 19B | Male 11-11 100 Free     | 4       | ---     | -4.27  |
|                                      | 37.90   | 1:19.11                 |         |         |        |
|                                      | (37.90) | (41.21)                 |         |         |        |
| 44.83S                               | F # 21B | Male 11-11 50 Fly       | 7       | ---     | 2.78   |
| 1:29.16S                             | F # 25B | Male 11-11 100 Back     | 2       | ---     | 0.38   |
|                                      | 44.36   | 1:29.16                 |         |         |        |
|                                      | (44.36) | (44.80)                 |         |         |        |
| 2:50.05S                             | F # 45B | Male 11-11 200 Free     | 4       | ---     | -10.38 |
|                                      | 37.70   | 1:21.63                 | 2:06.73 | 2:50.05 |        |
|                                      | (37.70) | (43.93)                 | (45.10) | (43.32) |        |
| <b>Jensen Coppen (13) M</b>          |         |                         |         |         |        |
| 33.41S                               | F # 21D | Male 13-13 50 Fly       | 1       | ---     | -2.12  |
| 2:25.10S                             | F # 35A | Male 13-13 200 Free     | 2       | ---     | -8.44  |
|                                      | 32.52   | 1:10.24                 | 1:48.92 | 2:25.10 |        |
|                                      | (32.52) | (37.72)                 | (38.68) | (36.18) |        |
| <b>Ella Deakin (14) F</b>            |         |                         |         |         |        |
| 11:09.19S                            | F # 2E  | Female 14-14 800 Free   | 3       | ---     | ---    |
| 2:55.00S                             | F # 10B | Female 14-14 200 Back   | 5       | ---     | 1.86   |
|                                      | 40.79   | 1:25.13                 | 2:11.31 | 2:55.00 |        |
|                                      | (40.79) | (44.34)                 | (46.18) | (43.69) |        |
| 43.87S                               | F # 12E | Female 14-14 50 Breast  | 6       | ---     | 0.22   |
| 39.11S                               | F # 14E | Female 14-14 50 Back    | 5       | ---     | 0.92   |
| 1:38.07S                             | F # 16B | Female 14-14 100 Breast | 8       | ---     | -8.09  |
|                                      | 45.75   | 1:38.07                 |         |         |        |
|                                      | (45.75) | (52.32)                 |         |         |        |
| 39.34S                               | F # 20E | Female 14-14 50 Fly     | 6       | ---     | -0.24  |
| 1:14.36S                             | F # 22B | Female 14-14 100 Free   | 6       | ---     | -8.64  |
|                                      | 36.11   | 1:14.36                 |         |         |        |
|                                      | (36.11) | (38.25)                 |         |         |        |
| 2:34.31S                             | F # 34B | Female 14-14 200 Free   | 3       | ---     | -4.95  |
|                                      | 34.97   | 1:14.22                 | 1:54.62 | 2:34.31 |        |
|                                      | (34.97) | (39.25)                 | (40.40) | (39.69) |        |
| 1:22.43S                             | F # 40B | Female 14-14 100 Back   | 4       | ---     | 0.53   |
|                                      | 40.05   | 1:22.43                 |         |         |        |
|                                      | (40.05) | (42.38)                 |         |         |        |
| 3:00.73S DQ                          | F # 48E | Female 14-14 200 IM     | ---     | ---     | ---    |
|                                      | 40.78   | 1:25.78                 | 2:20.27 | 3:00.73 |        |
|                                      | (40.78) | (45.00)                 | (54.49) | (40.46) |        |
| <b>Benjamin Fox-Wiltshire (11) M</b> |         |                         |         |         |        |
| NS                                   | F # 7B  | Male 11-11 100 Fly      | ---     | ---     | ---    |
| NS                                   | F # 11B | Male 11-11 50 Breast    | ---     | ---     | ---    |
| 2:54.68S                             | F # 33B | Male 11-11 200 Back     | 1       | ---     | ---    |
|                                      | 41.26   | 1:26.50                 | 2:12.33 | 2:54.68 |        |
|                                      | (41.26) | (45.24)                 | (45.83) | (42.35) |        |
| 2:34.22S                             | F # 45B | Male 11-11 200 Free     | 1       | ---     | -15.35 |
|                                      | 35.41   | 1:14.63                 | 1:55.05 | 2:34.22 |        |
|                                      | (35.41) | (39.22)                 | (40.42) | (39.17) |        |

## Individual Meet Results

**South East Wales Sub Regional Competition 25-Nov-16 to 27-Nov-16 [Ageup: 31/12/2016] SC Meters**

**Location: South East Wales Regional Pool, Newport ISV**

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

| Time                               | F/P/S      | Event   | Place | Points | Improv |
|------------------------------------|------------|---|-------|--------|--------|
| <b>Tesni Francis Parker (10) F</b> |            |   |       |        |        |
| 45.49S                             | F # 4A     | Female 10-10 50 Free  | 22    | ---    | -2.44  |
| 1:03.72S                           | DQ F # 12A | Female 10-10 50 Breast  | ---   | ---    | ---    |
| <b>Benjamin Hastings (12) M</b>    |            |   |       |        |        |
| 22:20.54S                          | F # 1C     | Male 12-12 1500 Free  | 4     | ---    | -74.86 |
| 6:22.99S                           | F # 5C     | Male 12-12 400 IM   | 2     | ---    | -22.28 |
|                                    |            | 40.25 1:30.49 2:19.07 3:05.69 4:01.60 4:58.34 5:42.28 6:22.99   |       |        |        |
|                                    |            | (40.25) (50.24) (48.58) (46.62) (55.91) (56.74) (43.94) (40.71) |       |        |        |
| 5:45.44S                           | F # 15C    | Male 12-12 400 Free   | 2     | ---    | ---    |
|                                    |            | 37.92 1:21.75 2:05.84 2:51.24 3:36.20 4:20.82 5:05.23 5:45.44   |       |        |        |
|                                    |            | (37.92) (43.83) (44.09) (45.40) (44.96) (44.62) (44.41) (40.21) |       |        |        |
| 3:21.21S                           | F # 41C    | Male 12-12 200 Fly  | 2     | ---    | -10.15 |
|                                    |            | 41.88 1:32.31 2:29.24 3:21.21                                   |       |        |        |
|                                    |            | (41.88) (50.43) (56.93) (51.97)                                 |       |        |        |
| 2:48.83S                           | F # 45C    | Male 12-12 200 Free   | 2     | ---    | -24.20 |
|                                    |            | 37.75 1:21.22 2:06.96 2:48.83                                   |       |        |        |
|                                    |            | (37.75) (43.47) (45.74) (41.87)                                 |       |        |        |
| <b>Ellana Horton (14) F</b>        |            |   |       |        |        |
| 2:23.10S                           | F # 34B    | Female 14-14 200 Free   | 1     | ---    | -6.43  |
|                                    |            | 32.53 1:09.06 1:46.70 2:23.10                                   |       |        |        |
|                                    |            | (32.53) (36.53) (37.64) (36.40)                                 |       |        |        |
| <b>Finnley Johnson (13) M</b>      |            |   |       |        |        |
| 35.19S                             | F # 21D    | Male 13-13 50 Fly   | 4     | ---    | 0.45   |
| NS                                 | F # 31A    | Male 13-13 100 Fly  | ---   | ---    | ---    |
| 2:28.75S                           | F # 35A    | Male 13-13 200 Free   | 4     | ---    | 1.24   |
|                                    |            | 34.02 1:12.80 1:51.35 2:28.75                                   |       |        |        |
|                                    |            | (34.02) (38.78) (38.55) (37.40)                                 |       |        |        |
| 1:19.31S                           | F # 39A    | Male 13-13 100 Back   | 5     | ---    | -0.32  |
|                                    |            | 38.09 1:19.31   |       |        |        |
|                                    |            | (38.09) (41.22)   |       |        |        |
| 3:10.49S                           | F # 43A    | Male 13-13 200 Breast   | 1     | ---    | 0.34   |
| <b>McKenzie Johnston (13) F</b>    |            |   |       |        |        |
| 2:58.54S                           | DQ F # 10A | Female 13-13 200 Back   | ---   | ---    | ---    |
|                                    |            | 42.14 1:27.66 2:13.76 2:58.54                                   |       |        |        |
|                                    |            | (42.14) (45.52) (46.10) (44.78)                                 |       |        |        |
| <b>Danny Jones (13) M</b>          |            |   |       |        |        |
| 33.88S                             | F # 3D     | Male 13-13 50 Free  | 3     | ---    | ---    |
| 44.82S                             | F # 11D    | Male 13-13 50 Breast  | 4     | ---    | ---    |
| 39.64S                             | F # 13D    | Male 13-13 50 Back  | 7     | ---    | ---    |
| 1:16.31S                           | F # 23A    | Male 13-13 100 Free   | 8     | ---    | ---    |
|                                    |            | 35.99 1:16.31   |       |        |        |
|                                    |            | (35.99) (40.32)   |       |        |        |
| <b>Elliot Jones (13) M</b>         |            |   |       |        |        |
| 1:14.97S                           | F # 23A    | Male 13-13 100 Free   | 7     | ---    | -3.83  |
|                                    |            | 36.00 1:14.97   |       |        |        |
|                                    |            | (36.00) (38.97)   |       |        |        |
| 1:35.08S                           | F # 31A    | Male 13-13 100 Fly  | 7     | ---    | -4.68  |
|                                    |            | 43.67 1:35.08   |       |        |        |
|                                    |            | (43.67) (51.41)   |       |        |        |

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| Time                          | F/P/S   | Event   | Place | Points | Improv |
|-------------------------------|---------|---|-------|--------|--------|
| <b>Seren Jones (14) F</b>     |         |   |       |        |        |
| NS                            | F # 2E  | Female 14-14 800 Free   | ---   | ---    | ---    |
| <b>Tia Maggs (12) F</b>       |         |   |       |        |        |
| 37.97S                        | F # 4C  | Female 12-12 50 Free  | 7     | ---    | 0.67   |
| 50.33S                        | F # 12C | Female 12-12 50 Breast  | 9     | ---    | 1.45   |
| 45.13S                        | F # 14C | Female 12-12 50 Back  | 8     | ---    | 0.06   |
| 45.01S                        | F # 20C | Female 12-12 50 Fly   | 14    | ---    | -0.55  |
| <b>Ewan Osmond (12) M</b>     |         |   |       |        |        |
| 6:03.57S                      | DQ      | F # 5C Male 12-12 400 IM  | ---   | ---    | ---    |
|                               |         | 38.25 1:24.50 2:10.48 2:56.18 3:48.70 4:42.66 5:23.94 6:03.57   |       |        |        |
|                               |         | (38.25) (46.25) (45.98) (45.70) (52.52) (53.96) (41.28) (39.63) |       |        |        |
| 37.66S                        | F # 13C | Male 12-12 50 Back  | 1     | ---    | -0.70  |
| 35.39S                        | F # 21C | Male 12-12 50 Fly   | 2     | ---    | -3.32  |
| 1:19.75S                      | F # 25C | Male 12-12 100 Back   | 2     | ---    | 0.95   |
|                               |         | 39.24 1:19.75   |       |        |        |
|                               |         | (39.24) (40.51)   |       |        |        |
| <b>Megan Peacock (11) F</b>   |         |   |       |        |        |
| 50.20S                        | F # 12B | Female 11-11 50 Breast  | 8     | ---    | 0.24   |
| 43.10S                        | F # 20B | Female 11-11 50 Fly   | 7     | ---    | 1.10   |
| 3:40.51S                      | F # 28B | Female 11-11 200 Breast   | 9     | ---    | -5.33  |
|                               |         | 50.93 1:47.07 2:44.03 3:40.51                                   |       |        |        |
|                               |         | (50.93) (56.14) (56.96) (56.48)                                 |       |        |        |
| 1:44.27S                      | F # 36B | Female 11-11 100 Breast   | 6     | ---    | -3.78  |
|                               |         | 49.77 1:44.27   |       |        |        |
|                               |         | (49.77) (54.50)   |       |        |        |
| 1:24.58S                      | F # 46B | Female 11-11 100 Free   | 10    | ---    | -2.28  |
|                               |         | 40.24 1:24.58   |       |        |        |
|                               |         | (40.24) (44.34)   |       |        |        |
| 3:23.84S                      | F # 48B | Female 11-11 200 IM   | 5     | ---    | -1.37  |
|                               |         | 47.21 1:40.08 2:37.73 3:23.84                                   |       |        |        |
|                               |         | (47.21) (52.87) (57.65) (46.11)                                 |       |        |        |
| <b>Joshua Phillips (12) M</b> |         |   |       |        |        |
| 32.52S                        | F # 3C  | Male 12-12 50 Free  | 1     | ---    | -0.15  |
| 1:27.70S                      | F # 7C  | Male 12-12 100 Fly  | 3     | ---    | -18.75 |
|                               |         | 39.39 1:27.70   |       |        |        |
|                               |         | (39.39) (48.31)   |       |        |        |
| 3:12.67S                      | F # 47C | Male 12-12 200 IM   | 3     | ---    | -23.50 |
|                               |         | 38.04 1:28.32 2:29.35 3:12.67                                   |       |        |        |
|                               |         | (38.04) (50.28) (1:01.03) (43.32)                               |       |        |        |
| <b>Katie Preece (11) F</b>    |         |   |       |        |        |
| NS                            | F # 12B | Female 11-11 50 Breast  | ---   | ---    | ---    |
| 42.62S                        | F # 20B | Female 11-11 50 Fly   | 4     | ---    | -1.05  |
| 1:26.17S                      | F # 24B | Female 11-11 100 Back   | 2     | ---    | -1.23  |
|                               |         | 41.88 1:26.17   |       |        |        |
|                               |         | (41.88) (44.29)   |       |        |        |
| <b>Macy Richards (12) F</b>   |         |   |       |        |        |
| NS                            | F # 46C | Female 12-12 100 Free   | ---   | ---    | ---    |

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

| Time                                   | F/P/S   | Event                   | Place | Points                  | Improv  |
|--|---------|-------------------------|-------|-------------------------|---------|
| <b>Shea Richards (13) F</b>            |         |                         |       |                         |         |
| NS                                     | F # 44A | Female 13-13 200 Breast | ---   | ---                     | ---     |
| NS                                     | F # 48D | Female 13-13 200 IM     | ---   | ---                     | ---     |
| <b>Brython Sansom (17) M</b>           |         |                         |       |                         |         |
| 5:02.02S                               | F # 5F  | Male 15 & Over 400 IM   | 1     | ---                     | -19.28  |
|  | 30.43   | 1:05.94 1:46.46 2:26.46 |       | 3:07.71 3:49.77 4:26.54 | 5:02.02 |
|  | (30.43) | (35.51) (40.52) (40.00) |       | (41.25) (42.06) (36.77) | (35.48) |
| 2:24.98S                               | F # 9C  | Male 15 & Over 200 Back | 1     | ---                     | -1.09   |
|  | 33.80   | 1:10.97 1:49.54 2:24.98 |       |                         |         |
|  | (33.80) | (37.17) (38.57) (35.44) |       |                         |         |
| <b>Thillai Sivaramakrishnan (12) M</b> |         |                         |       |                         |         |
| 40.21S                                 | F # 3C  | Male 12-12 50 Free      | 12    | ---                     | -0.83   |
| <b>Adam Steven (10) M</b>              |         |                         |       |                         |         |
| 24:10.11S                              | F # 1A  | Male 10-10 1500 Free    | 1     | ---                     | ---     |
| 45.65S                                 | F # 11A | Male 10-10 50 Breast    | 1     | ---                     | -1.97   |
| 5:56.61S                               | F # 15A | Male 10-10 400 Free     | 1     | ---                     | ---     |
|  | 38.31   | 1:23.13 2:08.22 2:54.35 |       | 3:40.62 4:26.60 5:12.34 | 5:56.61 |
|  | (38.31) | (44.82) (45.09) (46.13) |       | (46.27) (45.98) (45.74) | (44.27) |
| 1:18.12S                               | F # 19A | Male 10-10 100 Free     | 1     | ---                     | -7.08   |
|  | 36.58   | 1:18.12                 |       |                         |         |
|  | (36.58) | (41.54)                 |       |                         |         |
| 42.81S                                 | F # 21A | Male 10-10 50 Fly       | 1     | ---                     | -3.24   |
| 2:45.42S                               | F # 45A | Male 10-10 200 Free     | 1     | ---                     | -25.13  |
|  | 37.07   | 1:19.33 2:03.75 2:45.42 |       |                         |         |
|  | (37.07) | (42.26) (44.42) (41.67) |       |                         |         |
| 3:09.73S                               | F # 47A | Male 10-10 200 IM       | 1     | ---                     | -12.01  |
|  | 43.42   | 1:33.60 2:28.33 3:09.73 |       |                         |         |
|  | (43.42) | (50.18) (54.73) (41.40) |       |                         |         |

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**Location: South East Wales Regional Pool, Newport ISV**

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

| Time                          | F/P/S   | Event                     | Place   | Points                  | Improv  |
|-------------------------------|---------|---------------------------|---------|-------------------------|---------|
| <b>Ryan Steven (14) M</b>     |         |                           |         |                         |         |
| 5:54.72S                      | F # 5E  | Male 14-14 400 IM         | 1       | ---                     | -14.92  |
|                               | 35.06   | 1:16.90 2:02.76 2:47.85   |         | 3:41.41 4:36.61 5:16.59 | 5:54.72 |
|                               | (35.06) | (41.84) (45.86) (45.09)   |         | (53.56) (55.20) (39.98) | (38.13) |
| 2:49.10S                      | F # 9B  | Male 14-14 200 Back       | 2       | ---                     | -6.53   |
|                               | 41.27   | 1:24.33 2:07.73 2:49.10   |         |                         |         |
|                               | (41.27) | (43.06) (43.40) (41.37)   |         |                         |         |
| 43.62S                        | F # 11E | Male 14-14 50 Breast      | 6       | ---                     | -10.88  |
| 38.27S                        | F # 13E | Male 14-14 50 Back        | 5       | ---                     | -8.41   |
| 1:33.69S DQ                   | F # 17B | Male 14-14 100 Breast     | ---     | ---                     | ---     |
|                               | 45.23   | 1:33.69                   |         |                         |         |
|                               | (45.23) | (48.46)                   |         |                         |         |
| 33.55S                        | F # 21E | Male 14-14 50 Fly         | 2       | ---                     | 0.08    |
| 2:51.60S                      | F # 27B | Male 14-14 200 Fly        | 1       | ---                     | 1.86    |
|                               | 36.88   | 1:20.64 2:06.17 2:51.60   |         |                         |         |
|                               | (36.88) | (43.76) (45.53) (45.43)   |         |                         |         |
| 1:14.82S                      | F # 31B | Male 14-14 100 Fly        | 1       | ---                     | -3.03   |
|                               | 34.58   | 1:14.82                   |         |                         |         |
|                               | (34.58) | (40.24)                   |         |                         |         |
| 1:20.24S                      | F # 39B | Male 14-14 100 Back       | 7       | ---                     | -0.90   |
|                               | 40.06   | 1:20.24                   |         |                         |         |
|                               | (40.06) | (40.18)                   |         |                         |         |
| 3:23.29S                      | F # 43B | Male 14-14 200 Breast     | 6       | ---                     | -8.74   |
| 2:46.63S                      | F # 47E | Male 14-14 200 IM         | 2       | ---                     | -2.44   |
|                               | 34.11   | 1:17.98 2:11.15 2:46.63   |         |                         |         |
|                               | (34.11) | (43.87) (53.17) (35.48)   |         |                         |         |
| <b>Isobel Stevens (11) F</b>  |         |                           |         |                         |         |
| 11:05.12S                     | F # 2B  | Female 11-11 800 Free     | 1       | ---                     | ---     |
| 3:24.92S                      | F # 28B | Female 11-11 200 Breast   | 2       | ---                     | ---     |
|                               | 46.37   | 1:38.85 2:32.49 3:24.92   |         |                         |         |
|                               | (46.37) | (52.48) (53.64) (52.43)   |         |                         |         |
| 2:57.83S                      | F # 32B | Female 11-11 200 Back     | 1       | ---                     | ---     |
|                               | 42.03   | 1:27.85 2:14.04 2:57.83   |         |                         |         |
|                               | (42.03) | (45.82) (46.19) (43.79)   |         |                         |         |
| 5:31.75S                      | F # 38B | Female 11-11 400 Free     | 1       | ---                     | ---     |
|                               | 38.38   | 1:20.60 2:02.99 2:45.08   | 3:27.84 | 4:09.63                 | 4:52.15 |
|                               | (38.38) | (42.22) (42.39) (42.09)   | (42.76) | (41.79)                 | (42.52) |
|                               |         |                           |         |                         | (39.60) |
| <b>Jessica Sweeney (11) F</b> |         |                           |         |                         |         |
| 3:36.98S                      | F # 48B | Female 11-11 200 IM       | 8       | ---                     | ---     |
|                               | 48.84   | 1:45.25 2:45.51 3:36.98   |         |                         |         |
|                               | (48.84) | (56.41) (1:00.26) (51.47) |         |                         |         |
| <b>Eleri Thomas (13) F</b>    |         |                           |         |                         |         |
| 1:17.23S                      | F # 22A | Female 13-13 100 Free     | 12      | ---                     | -3.16   |
|                               | 37.35   | 1:17.23                   |         |                         |         |
|                               | (37.35) | (39.88)                   |         |                         |         |
| 5:55.23S                      | F # 38D | Female 13-13 400 Free     | 6       | ---                     | ---     |
|                               | 39.32   | 1:22.59 2:07.46 2:53.61   | 3:39.00 | 4:24.96                 | 5:11.86 |
|                               | (39.32) | (43.27) (44.87) (46.15)   | (45.39) | (45.96)                 | (46.90) |
|                               |         |                           |         |                         | (43.37) |

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

| Time                            | F/P/S   | Event                   | Place   | Points  | Improv |
|---------------------------------|---------|-------------------------|---------|---------|--------|
| <b>Emyr Thomas (15) M</b>       |         |                         |         |         |        |
| NS                              | F # 9C  | Male 15 & Over 200 Back | ---     | ---     | ---    |
| NS                              | F # 35C | Male 15 & Over 200 Free | ---     | ---     | ---    |
| NS                              | F # 47F | Male 15 & Over 200 IM   | ---     | ---     | ---    |
| <b>Sophia Urgosikova (12) F</b> |         |                         |         |         |        |
| 46.07S                          | F # 12C | Female 12-12 50 Breast  | 5       | ---     | -4.38  |
| 43.85S                          | F # 14C | Female 12-12 50 Back    | 6       | ---     | -1.05  |
| 3:41.59S                        | F # 28C | Female 12-12 200 Breast | 13      | ---     | -2.66  |
|                                 | 49.73   | 1:47.39                 | 2:44.46 | 3:41.59 |        |
|                                 | (49.73) | (57.66)                 | (57.07) | (57.13) |        |
| <b>Eleanor Walker (11) F</b>    |         |                         |         |         |        |
| 1:34.88S                        | F # 8B  | Female 11-11 100 Fly    | 2       | ---     | 0.85   |
|                                 | 41.66   | 1:34.88                 |         |         |        |
|                                 | (41.66) | (53.22)                 |         |         |        |
| 1:28.64S                        | F # 24B | Female 11-11 100 Back   | 5       | ---     | -0.41  |
|                                 | 42.91   | 1:28.64                 |         |         |        |
|                                 | (42.91) | (45.73)                 |         |         |        |
| 3:06.47S                        | F # 32B | Female 11-11 200 Back   | 3       | ---     | 0.01   |
|                                 | 43.32   | 1:32.14                 | 2:21.02 | 3:06.47 |        |
|                                 | (43.32) | (48.82)                 | (48.88) | (45.45) |        |
| <b>Ellie Ward (12) F</b>        |         |                         |         |         |        |
| 1:22.67S                        | F # 8C  | Female 12-12 100 Fly    | 2       | ---     | -6.92  |
|                                 | 36.89   | 1:22.67                 |         |         |        |
|                                 | (36.89) | (45.78)                 |         |         |        |
| 34.23S                          | F # 20C | Female 12-12 50 Fly     | 1       | ---     | -4.09  |
| <b>James Watkins (12) M</b>     |         |                         |         |         |        |
| 36.52S                          | F # 3C  | Male 12-12 50 Free      | 6       | ---     | -0.02  |
| 48.95S                          | F # 11C | Male 12-12 50 Breast    | 5       | ---     | -1.02  |
| 47.38S                          | F # 13C | Male 12-12 50 Back      | 9       | ---     | 1.00   |
| 43.20S                          | F # 21C | Male 12-12 50 Fly       | 8       | ---     | -2.08  |
| 1:44.95S                        | F # 37C | Male 12-12 100 Breast   | 1       | ---     | -7.82  |
|                                 | 49.02   | 1:44.95                 |         |         |        |
|                                 | (49.02) | (55.93)                 |         |         |        |
| 3:01.43S                        | F # 45C | Male 12-12 200 Free     | 8       | ---     | ---    |
|                                 | 39.96   | 1:25.70                 | 2:13.52 | 3:01.43 |        |
|                                 | (39.96) | (45.74)                 | (47.82) | (47.91) |        |
| 3:20.38S                        | F # 47C | Male 12-12 200 IM       | 5       | ---     | -3.14  |
|                                 | 46.12   | 1:37.25                 | 2:35.99 | 3:20.38 |        |
|                                 | (46.12) | (51.13)                 | (58.74) | (44.39) |        |

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**Individual Meet Results**
**South East Wales Sub Regional Competition 25-Nov-16 to 27-Nov-16 [Ageup: 31/12/2016] SC Meters**
**Location: South East Wales Regional Pool, Newport ISV**
**City Of Newport [NWMY] Coach: James Goodwin**

| Time                          | F/P/S     | Event                 | Place   | Points    | Improv  |
|-------------------------------|-----------|-----------------------|---------|-----------|---------|
| <b>William Watkins (11) M</b> |           |                       |         |           |         |
| 31:20.29S                     | F # 1B    | Male 11-11 1500 Free  | 3       | ---       | 67.63   |
| 37.21S                        | F # 3B    | Male 11-11 50 Free    | 3       | ---       | -1.51   |
| 1:58.95S                      | F # 7B    | Male 11-11 100 Fly    | 3       | ---       | -13.05  |
|                               | 53.75     | 1:58.95               |         |           |         |
|                               | (53.75)   | (1:05.20)             |         |           |         |
| 7:04.47S                      | F # 15B   | Male 11-11 400 Free   | 6       | ---       | -20.16  |
|                               | 44.76     | 1:38.62               | 2:36.27 | 3:32.82   | 4:28.95 |
|                               | 5:24.70   | 6:17.74               | 7:04.47 |           |         |
|                               | (44.76)   | (53.86)               | (57.65) | (56.55)   | (56.13) |
|                               |           |                       | (55.75) | (53.04)   | (46.73) |
| 1:29.23S                      | F # 19B   | Male 11-11 100 Free   | 14      | ---       | -0.96   |
|                               | 41.61     | 1:29.23               |         |           |         |
|                               | (41.61)   | (47.62)               |         |           |         |
| 1:42.37S                      | F # 25B   | Male 11-11 100 Back   | 12      | ---       | -10.13  |
|                               | 51.28     | 1:42.37               |         |           |         |
|                               | (51.28)   | (51.09)               |         |           |         |
| 3:39.65S                      | F # 33B   | Male 11-11 200 Back   | 5       | ---       | ---     |
|                               | 2:47.80   | 3:39.65               | ---     | 3:39.65   |         |
|                               | (2:47.80) | (51.85)               | ---     | (3:39.65) |         |
| 2:04.96S                      | F # 37B   | Male 11-11 100 Breast | 10      | ---       | -4.44   |
|                               | 58.04     | 2:04.96               |         |           |         |
|                               | (58.04)   | (1:06.92)             |         |           |         |
| 3:07.12S                      | F # 45B   | Male 11-11 200 Free   | 8       | ---       | -26.53  |
|                               | 41.52     | 1:30.91               | 2:20.69 | 3:07.12   |         |
|                               | (41.52)   | (49.39)               | (49.78) | (46.43)   |         |
| <b>Thomas Wood (14) M</b>     |           |                       |         |           |         |
| 1:28.30S                      | F # 17B   | Male 14-14 100 Breast | 2       | ---       | -0.89   |
|                               | 40.59     | 1:28.30               |         |           |         |
|                               | (40.59)   | (47.71)               |         |           |         |
| 1:11.78S                      | F # 23B   | Male 14-14 100 Free   | 9       | ---       | -0.67   |
|                               | 35.09     | 1:11.78               |         |           |         |
|                               | (35.09)   | (36.69)               |         |           |         |
| 1:28.60S                      | F # 31B   | Male 14-14 100 Fly    | 6       | ---       | -1.62   |
|                               | 39.91     | 1:28.60               |         |           |         |
|                               | (39.91)   | (48.69)               |         |           |         |
| 1:21.32S                      | F # 39B   | Male 14-14 100 Back   | 8       | ---       | 1.85    |
|                               | 39.83     | 1:21.32               |         |           |         |
|                               | (39.83)   | (41.49)               |         |           |         |
| 2:50.79S DQ                   | F # 47E   | Male 14-14 200 IM     | ---     | ---       | ---     |
|                               | 37.98     | 1:23.03               | 2:13.00 | 2:50.79   |         |
|                               | (37.98)   | (45.05)               | (49.97) | (37.79)   |         |