

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****Event 1 Girls 11-12 400 LC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Stevens, Ruby	12	City of Cardiff	5:02.98	5:16.75
	36.08	1:15.68 (39.60)	1:56.98 (41.30)	2:37.11 (40.13)	
	3:17.36 (40.25)	3:57.70 (40.34)	4:37.65 (39.95)	5:16.75 (39.10)	
2	Griffiths-Cole, Carys S	12	Bridgend County Swim Squad	5:21.40	5:19.51
	34.16	1:13.43 (39.27)	1:54.33 (40.90)	2:35.90 (41.57)	
	3:18.06 (42.16)	3:59.76 (41.70)	4:41.12 (41.36)	5:19.51 (38.39)	
3	Iles, Georgia L	12	City of Cardiff	5:09.50	5:21.33
	36.28	1:16.12 (39.84)	1:57.22 (41.10)	2:38.35 (41.13)	
	3:19.75 (41.40)	4:01.15 (41.40)	4:41.50 (40.35)	5:21.33 (39.83)	
4	Knowles, Amy A	12	Pembrokeshire County Swimming	5:22.50	5:22.44
	36.47	4:02.76 (3:26.29)	1:58.43 ()	5:22.56 (3:24.13)	
	4:43.87 ()	5:22.44 (38.57)			
5	Greenslade, Holly J	12	Torfaen Dolphins	5:16.63	5:25.05
	35.39	1:14.97 (39.58)	1:56.83 (41.86)	2:38.45 (41.62)	
	3:20.70 (42.25)	4:02.95 (42.25)	4:45.14 (42.19)	5:25.05 (39.91)	
6	Manley, Olivia	12	City of Cardiff	5:23.30	5:27.67
	34.26	1:15.01 (40.75)	1:57.08 (42.07)	2:39.62 (42.54)	
	3:22.76 (43.14)	4:05.19 (42.43)	4:47.36 (42.17)	5:27.67 (40.31)	
7	Gronow, Mia	12	Bridgend County Swim Squad	5:23.20	5:28.87
	36.57	1:18.58 (42.01)	2:00.18 (41.60)	2:42.86 (42.68)	
	3:25.00 (42.14)	4:07.57 (42.57)	4:49.40 (41.83)	5:28.87 (39.47)	
8	Lewis, Caera	12	Pembrokeshire County Swimming	5:15.10	5:29.77
	35.19	1:15.39 (40.20)	3:22.68 (2:07.29)	2:39.66 ()	
	4:48.90 (2:09.24)	4:05.84 ()	5:29.77 (1:23.93)		
9	Adams, Jaimee	12	City of Cardiff	5:24.60	5:36.62
	38.18	2:49.68 (2:11.50)	2:05.22 ()	4:16.05 (2:10.83)	
	4:57.17 (41.12)	5:36.62 (39.45)			
10	Pritchard, Mia	12	City of Cardiff	5:29.80	5:43.58
	39.11	1:23.36 (44.25)	2:08.14 (44.78)	2:52.26 (44.12)	
	3:36.94 (44.68)	4:20.75 (43.81)	5:03.57 (42.82)	5:43.58 (40.01)	
11	Griffiths, Enfys	12	Pembrokeshire County Swimming	NT	5:50.34
	38.62	1:22.82 (44.20)	2:07.98 (45.16)	2:52.83 (44.85)	
	3:38.69 (45.86)	4:22.62 (43.93)	5:08.29 (45.67)	5:50.34 (42.05)	
12	Davies, Niamh	11	City of Cardiff	6:04.70	5:51.62
	39.83	1:23.47 (43.64)	2:08.99 (45.52)	2:55.97 (46.98)	
	3:42.10 (46.13)	4:27.84 (45.74)	5:12.91 (45.07)	5:51.62 (38.71)	
13	Hughes, Cari	11	Nexus Valley Swimming Club	5:53.59	5:51.71
	38.43	1:21.81 (43.38)	2:06.37 (44.56)	2:51.16 (44.79)	
	3:36.83 (45.67)	4:22.52 (45.69)	5:51.71 (1:29.19)		
14	Pengelly, Leia	12	Rhondda Cynon Taf Performance	6:11.51	5:54.62
	40.04	1:25.85 (45.81)	2:12.45 (46.60)	2:59.54 (47.09)	
	3:44.61 (45.07)	4:30.33 (45.72)	5:15.09 (44.76)	5:54.62 (39.53)	
15	Nesham, Anwen	12	Rhondda Cynon Taf Performance	6:23.63	5:55.50
	39.31	1:24.33 (45.02)	2:08.88 (44.55)	2:54.73 (45.85)	
	3:39.65 (44.92)	5:55.56 (2:15.91)	5:11.52 ()	5:55.50 (43.98)	
16	Thomas, Grace	11	Pembrokeshire County Swimming	NT	6:00.27
	39.64	1:24.15 (44.51)	2:10.27 (46.12)	2:55.94 (45.67)	
	3:44.38 (48.44)	4:30.51 (46.13)	5:16.87 (46.36)	6:00.27 (43.40)	
17	White, Eleanor R	12	Pembrokeshire County Swimming	6:24.50	6:02.84
	39.83	1:25.58 (45.75)	2:12.25 (46.67)	2:58.88 (46.63)	
	3:46.19 (47.31)	4:33.11 (46.92)	5:19.59 (46.48)	6:02.84 (43.25)	
18	Sturdy, Lauren	12	Rhondda Cynon Taf Performance	NT	6:08.60
	39.83	1:24.32 (44.49)	2:12.60 (48.28)	4:38.26 (2:25.66)	
	3:50.55 ()		5:26.42 ()	6:08.60 (42.18)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 1 Girls 11-12 400 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
19	Goddard, Evie E	12	Pembrokeshire County Swimming	6:15.60	6:18.04
	40.38	1:27.02 (46.64)	2:14.94 (47.92)	3:04.04 (49.10)	
	3:53.32 (49.28)	4:42.71 (49.39)	5:31.60 (48.89)	6:18.04 (46.44)	
20	Williams, Georgia	11	Nexus Valley Swimming Club	6:15.00	6:22.76
	41.37	1:31.64 (50.27)	2:22.14 (50.50)	3:10.83 (48.69)	
	3:59.80 (48.97)	4:50.33 (50.53)	5:37.40 (47.07)	6:22.76 (45.36)	
21	Edwards, Isobel A	11	City of Cardiff	7:01.30	6:30.52
	42.68	1:29.35 (46.67)	2:18.47 (49.12)	3:09.10 (50.63)	
	4:00.21 (51.11)	4:51.92 (51.71)	6:30.52 (1:38.60)		
22	Ball, Zara R	11	City of Cardiff	NT	6:36.14
	46.48	1:33.96 (47.48)	2:24.54 (50.58)	3:15.76 (51.22)	
	4:06.87 (51.11)	4:58.26 (51.39)	5:49.01 (50.75)	6:36.14 (47.13)	
23	Owens, Annie R	11	Nexus Valley Swimming Club	6:37.23	6:42.32
	42.83	1:31.52 (48.69)	2:22.73 (51.21)	3:15.17 (52.44)	
	4:07.86 (52.69)	5:00.46 (52.60)	5:51.17 (50.71)	6:42.32 (51.15)	
24	Thomas, Holly L	11	Bridgend County Swim Squad	6:19.50	6:45.60
	43.98		2:24.40 ()		
	4:08.85 ()	5:01.85 (53.00)	5:54.40 (52.55)	6:45.60 (51.20)	
25	Cole, Grace E	11	Bridgend County Swim Squad	7:03.10	6:52.43
	44.81	1:34.81 (50.00)	2:26.88 (52.07)	3:20.23 (53.35)	
	4:15.07 (54.84)	5:08.60 (53.53)	6:03.25 (54.65)	6:52.43 (49.18)	
26	Hoare, Jasmine G	11	Nexus Valley Swimming Club	7:45.47	6:56.04
	46.41	1:37.85 (51.44)	2:30.58 (52.73)	3:24.26 (53.68)	
	4:16.84 (52.58)	5:11.92 (55.08)	6:04.07 (52.15)	6:56.04 (51.97)	

Event 1 Girls 13-14 400 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Erasmus, Charlotte P	13	Torfaen Dolphins	4:48.20	4:54.66
	33.68	1:09.30 (35.62)	1:46.57 (37.27)	2:24.25 (37.68)	
	3:03.36 (39.11)	3:42.02 (38.66)	4:18.51 (36.49)	4:54.66 (36.15)	
2	Bond, Sasha	14	Rhondda Cynon Taf Performance	4:54.19	4:59.09
	34.71	1:12.71 (38.00)	3:07.53 (1:54.82)		
	4:23.20 ()	4:59.09 (35.89)			
3	Smith, Mia	14	Torfaen Dolphins	4:58.80	4:59.51
	34.41	1:11.73 (37.32)	1:49.74 (38.01)	2:27.73 (37.99)	
	3:06.30 (38.57)	3:44.65 (38.35)	4:22.77 (38.12)	4:59.51 (36.74)	
4	Parry, Jessica	13	Caernarfon SC	4:57.52	5:05.51
	34.86	1:12.72 (37.86)	1:51.09 (38.37)	2:30.00 (38.91)	
	3:08.75 (38.75)	3:48.00 (39.25)	4:27.26 (39.26)	5:05.51 (38.25)	
5	Baker, Alyssa R	14	Torfaen Dolphins	5:03.87	5:07.60
	34.42	1:12.47 (38.05)	1:51.33 (38.86)	2:30.59 (39.26)	
	3:09.82 (39.23)	3:49.77 (39.95)	4:29.09 (39.32)	5:07.60 (38.51)	
6	Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	5:04.18	5:08.18
	34.19	1:12.57 (38.38)	1:51.85 (39.28)	2:30.72 (38.87)	
	3:10.39 (39.67)	3:50.26 (39.87)	4:29.75 (39.49)	5:08.18 (38.43)	
7	Faulkner, Marie	13	City of Cardiff	4:59.30	5:09.44
	35.01	1:13.56 (38.55)	1:53.03 (39.47)	2:33.01 (39.98)	
	3:12.98 (39.97)	3:52.42 (39.44)	4:31.06 (38.64)	5:09.44 (38.38)	
8	Jones, Cerys	13	Rhondda Cynon Taf Performance	5:07.73	5:11.06
	34.20	1:12.76 (38.56)	1:53.08 (40.32)	2:33.29 (40.21)	
	3:13.31 (40.02)	3:53.47 (40.16)	4:32.64 (39.17)	5:11.06 (38.42)	
9	Hickman, Eve R	13	Bridgend County Swim Squad	5:01.20	5:11.38
	35.17	1:13.92 (38.75)	1:53.77 (39.85)	2:33.55 (39.78)	
	3:14.19 (40.64)	3:53.95 (39.76)	4:33.72 (39.77)	5:11.38 (37.66)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 1 Girls 13-14 400 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
10	Tarpey, Aoife F	14	Bridgend County Swim Squad	5:15.50	5:11.50
	36.78	1:16.09 (39.31)	1:55.37 (39.28)	2:35.38 (40.01)	
	3:15.09 (39.71)	3:55.38 (40.29)	4:33.84 (38.46)	5:11.50 (37.66)	
11	Clayton, Karys L	13	Torfaen Dolphins	5:22.60	5:13.53
	33.88	1:12.29 (38.41)	1:52.17 (39.88)	2:32.31 (40.14)	
	3:12.95 (40.64)	3:53.88 (40.93)	4:34.15 (40.27)	5:13.53 (39.38)	
12	Lewis, Rachael E	14	Pembrokeshire County Swimming	5:12.70	5:16.47
	34.66	1:13.83 (39.17)	1:55.11 (41.28)	2:35.96 (40.85)	
	3:17.08 (41.12)	3:58.04 (40.96)	4:37.58 (39.54)	5:16.47 (38.89)	
13	Griffiths, Seren	14	Pembrokeshire County Swimming	5:22.30	5:26.53
	36.97	1:17.93 (40.96)	2:00.23 (42.30)	2:42.96 (42.73)	
	3:25.30 (42.34)	5:26.68 (2:01.38)	4:49.80 ()	5:26.53 (36.73)	
14	Jones, Chloe J	13	Bridgend County Swim Squad	5:17.70	5:28.34
	37.10	1:18.20 (41.10)	2:00.17 (41.97)	2:42.57 (42.40)	
	3:24.43 (41.86)	4:06.76 (42.33)	4:47.68 (40.92)	5:28.34 (40.66)	
15	Jones, Isabelle	14	Torfaen Dolphins	NT	5:38.69
	37.80	1:18.66 (40.86)	2:00.27 (41.61)	2:44.04 (43.77)	
	3:26.87 (42.83)	4:11.06 (44.19)	4:54.99 (43.93)	5:38.69 (43.70)	
16	Clapham, Rhiannon m	13	Pembrokeshire County Swimming	5:24.90	5:39.87
	38.88	1:22.22 (43.34)	2:07.15 (44.93)	4:18.30 (2:11.15)	
	3:34.95 ()		5:01.40 ()	5:39.87 (38.47)	
17	Jones, Emilia A	13	Bridgend County Swim Squad	5:38.10	5:40.55
	36.71	1:18.53 (41.82)	2:01.48 (42.95)	2:45.80 (44.32)	
	3:29.62 (43.82)	4:14.18 (44.56)	4:57.37 (43.19)	5:40.55 (43.18)	
18	Lunn, Cerys	14	City of Cardiff	5:37.90	5:47.45
	38.95	1:21.65 (42.70)	2:06.65 (45.00)	2:50.97 (44.32)	
	3:36.48 (45.51)	4:21.12 (44.64)	5:05.27 (44.15)	5:47.45 (42.18)	
19	Thomas, Abigail	13	Neath Asc	5:41.08	5:47.78
	38.74	1:22.42 (43.68)	2:08.65 (46.23)	2:54.01 (45.36)	
	3:38.52 (44.51)	4:22.76 (44.24)	5:06.14 (43.38)	5:47.78 (41.64)	
20	Leconte, Seren	14	Rhondda Cynon Taf Performance	5:44.49	5:49.78
	37.18	1:19.88 (42.70)	2:04.66 (44.78)	2:49.93 (45.27)	
	3:36.07 (46.14)	4:21.97 (45.90)	5:07.12 (45.15)	5:49.78 (42.66)	
21	Robinson, Seren	13	City of Cardiff	5:58.27	5:53.00
	37.91	1:21.85 (43.94)	2:07.24 (45.39)	2:53.56 (46.32)	
	3:40.22 (46.66)	4:26.83 (46.61)	5:12.05 (45.22)	5:53.00 (40.95)	
22	George, Caitlin	13	City of Cardiff	5:45.40	5:53.62
	38.51	1:23.32 (44.81)	2:08.99 (45.67)	2:55.89 (46.90)	
	5:12.51 (2:16.62)	4:28.60 ()	5:53.62 (1:25.02)		
23	James, Nia	13	Pembrokeshire County Swimming	7:24.90	6:00.88
	39.15	1:23.58 (44.43)	2:09.45 (45.87)	2:56.00 (46.55)	
	3:42.99 (46.99)	4:29.65 (46.66)	5:16.18 (46.53)	6:00.88 (44.70)	
24	Dawkins, Freya	13	City of Cardiff	6:09.50	6:20.76
	41.00	1:29.74 (48.74)	2:18.44 (48.70)	3:06.75 (48.31)	
	3:55.53 (48.78)	4:45.38 (49.85)	5:34.89 (49.51)	6:20.76 (45.87)	

Event 1 Girls 15 & Over 400 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Cox, Emily V	15	Bridgend County Swim Squad	5:01.50	5:10.08
	35.51	1:14.23 (38.72)	1:53.71 (39.48)	2:34.08 (40.37)	
	3:13.91 (39.83)	3:53.71 (39.80)	4:32.72 (39.01)	5:10.08 (37.36)	
2	Omnet, Lauren	15	Pembrokeshire County Swimming	4:55.50	5:11.61
	34.18	1:12.29 (38.11)	1:52.33 (40.04)	2:32.54 (40.21)	
	3:13.45 (40.91)	3:53.32 (39.87)	4:32.76 (39.44)	5:11.61 (38.85)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 1 Girls 15 & Over 400 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
3	Addecott, Ffion H	16	Rhondda Cynon Taf Performance	5:22.33	5:28.56
	37.53	1:18.96 (41.43)	2:01.29 (42.33)	2:43.15 (41.86)	
	3:24.76 (41.61)	4:06.38 (41.62)	4:47.95 (41.57)	5:28.56 (40.61)	
4	Lewis, Becky	15	Rhondda Cynon Taf Performance	5:26.96	5:40.87
	37.21	1:19.74 (42.53)	2:03.16 (43.42)	2:47.06 (43.90)	
	3:31.38 (44.32)	4:15.54 (44.16)	4:58.19 (42.65)	5:40.87 (42.68)	
5	James, Ilenia	15	Nexus Valley Swimming Club	NT	6:34.51
	42.77	1:31.24 (48.47)	2:21.22 (49.98)	3:13.79 (52.57)	
	4:06.16 (52.37)	4:57.40 (51.24)	5:46.65 (49.25)	6:34.51 (47.86)	

Event 2 Boys 11-12 400 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Williams, Cai M	12	Bridgend County Swim Squad	6:02.40	6:04.21
	39.04	1:24.93 (45.89)	2:11.58 (46.65)	2:58.12 (46.54)	
	3:49.91 (51.79)	4:43.41 (53.50)	5:24.36 (40.95)	6:04.21 (39.85)	
2	West, Zac	12	Pembrokeshire County Swimming	6:15.20	6:15.41
	38.01	1:23.85 (45.84)	2:12.91 (49.06)	2:59.38 (46.47)	
	3:54.03 (54.65)	4:48.09 (54.06)	5:32.83 (44.74)	6:15.41 (42.58)	
3	Fletcher, Owen T	11	Pembrokeshire County Swimming	6:39.90	6:51.49
	43.04		2:36.81 ()		
	4:26.86 ()	5:22.18 (55.32)	6:09.63 (47.45)	6:51.49 (41.86)	
4	Bird, Charles M	11	Chirk Dragons	NT	7:29.87
	53.36	2:02.70 (1:09.34)	2:57.87 (55.17)		
	4:52.04 ()	5:53.09 (1:01.05)	6:42.74 (49.65)	7:29.87 (47.13)	
---	Morgan, Jack	11	Pembroke & District	7:42.87	DQ
	8.3 Movements of the legs not simultaneous or alternating movement of legs or feet - fly				
	45.32	1:50.31 (1:04.99)	2:45.55 (55.24)	3:37.68 (52.13)	
	4:45.73 (1:08.05)	5:54.17 (1:08.44)	6:38.05 (43.88)	DQ (45.96)	

Event 2 Boys 13-14 400 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	White, Henry	14	Pembrokeshire County Swimming	4:58.40	5:06.18
	32.32	1:10.83 (38.51)	1:49.85 (39.02)	3:53.37 (2:03.52)	
	3:10.01 ()	5:06.16 (1:56.15)	4:31.02 ()	5:06.18 (35.16)	
2	Andrews, Rory	14	Pembrokeshire County Swimming	5:09.20	5:14.12
	33.72	1:13.60 (39.88)	3:18.68 (2:05.08)	2:32.35 ()	
	4:38.73 (2:06.38)	4:04.67 ()	5:14.12 (1:09.45)		
3	Wisden, Dylan J	14	Bridgend County Swim Squad	5:32.20	5:15.19
	33.09	1:12.04 (38.95)	1:52.96 (40.92)	2:33.17 (40.21)	
	3:20.19 (47.02)	4:07.68 (47.49)	4:42.80 (35.12)	5:15.19 (32.39)	
4	Merriman, Ben W	13	Torfaen Dolphins	5:17.24	5:17.34
	32.74	1:10.96 (38.22)	1:50.50 (39.54)	2:30.79 (40.29)	
	3:18.58 (47.79)	4:07.55 (48.97)	4:43.12 (35.57)	5:17.34 (34.22)	
5	Elias, Hari	14	City of Cardiff	6:00.10	5:44.54
	35.47	1:20.86 (45.39)	2:04.81 (43.95)	2:49.73 (44.92)	
	3:37.99 (48.26)	4:28.07 (50.08)	5:07.35 (39.28)	5:44.54 (37.19)	

Event 2 Boys 15 & Over 400 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Selby, Morgan L	15	Rhondda Cynon Taf Performance	5:41.26	5:38.93
	33.66	1:14.17 (40.51)	1:58.55 (44.38)	2:42.30 (43.75)	
	3:32.69 (50.39)	4:23.40 (50.71)	5:01.52 (38.12)	5:38.93 (37.41)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****Event 3 Girls 9-10 200 LC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Taylor, Theodora A 43.96	9	Torfaen Dolphins 1:34.35 (50.39) 2:26.68 (52.33)	3:18.50 3:14.22 (47.54)	3:14.22
2	Worthington, Emma 51.87	10	Chirk Dragons 1:49.48 (57.61) 3:40.59 (1:51.11)	3:25.53	3:40.59
3	Parry, Emily 52.44	10	Caernarfon SC 1:55.35 (1:02.91) 2:55.13 (59.78)	3:47.86 3:55.46 (1:00.33)	3:55.46
4	Evans, Ella 53.36	10	City of Cardiff 2:57.66 ()	NT 3:59.07 (1:01.41)	3:59.07
5	Jacklin, Isabelle F 59.38	10	Nexus Valley Swimming Club 4:05.11 (3:05.73)	4:17.11	4:05.11
6	Dwyfor-Clarke, Efa 54.22	9	Caernarfon SC 1:59.78 (1:05.56) 3:04.85 (1:05.07)	4:22.28 4:08.63 (1:03.78)	4:08.63
7	Coombes, Cerys 1:00.02	10	Bridgend County Swim Squad 2:04.62 (1:04.60) 3:08.63 (1:04.01)	NT 4:14.05 (1:05.42)	4:14.05
8	Evans, Gwenllian 57.83	9	City of Cardiff 2:02.18 (1:04.35) 3:09.10 (1:06.92)	4:26.05 4:15.14 (1:06.04)	4:15.14
9	Moseley, Olivia G 1:00.69	10	Nexus Valley Swimming Club 2:11.04 (1:10.35) 3:20.18 (1:09.14)	NT 4:26.25 (1:06.07)	4:26.25
10	Thomas, Hannah L 1:04.70	9	Nexus Valley Swimming Club 2:14.16 (1:09.46) 3:25.28 (1:11.12)	NT 4:34.00 (1:08.72)	4:34.00
11	Barnfield, Daisy R 1:02.95	10	Bridgend County Swim Squad 3:30.43 ()	4:36.10 4:45.13 (1:14.70)	4:45.13
12	Higgs, Cerys 1:05.42	9	City of Cardiff 3:40.31 ()	4:38.80 4:58.72 (1:18.41)	4:58.72

Event 3 Girls 11-12 200 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Lewis, Caera 41.03	12	Pembrokeshire County Swimming 1:27.39 (46.36) 2:14.75 (47.36)	3:02.79 3:01.39 (46.64)	3:01.39
2	Dunglison, Kate L 40.98	12	Bridgend County Swim Squad 1:27.38 (46.40) 2:14.61 (47.23)	3:18.50 3:01.65 (47.04)	3:01.65
3	Iles, Georgia L 41.61	12	City of Cardiff 1:28.87 (47.26) 2:17.68 (48.81)	2:59.05 3:05.78 (48.10)	3:05.78
4	Gilligan, Gracie 42.56	11	Neath Asc 1:31.88 (49.32) 2:21.71 (49.83)	3:01.63 3:10.16 (48.45)	3:10.16
5	Callen, Holly-Jane 43.78	12	Pembroke & District 1:34.13 (50.35) 2:23.88 (49.75)	3:13.05 3:11.89 (48.01)	3:11.89
6	Davies, Sophie G 45.62	11	City of Cardiff 1:35.24 (49.62) 2:25.95 (50.71)	3:14.60 3:12.03 (46.08)	3:12.03
7	Evans, Caitlin 45.07	12	Neath Asc 1:36.07 (51.00) 2:26.05 (49.98)	3:05.50 3:17.23 (51.18)	3:17.23
8	Hamm, Elli May 45.80	12	Bridgend County Swim Squad 1:36.72 (50.92) 2:27.34 (50.62)	3:40.10 3:18.13 (50.79)	3:18.13
9	Merchant, Anna-Rose 44.49	11	Bridgend County Swim Squad 1:35.20 (50.71) 2:28.79 (53.59)	3:11.20 3:20.22 (51.43)	3:20.22
10	Hale, Chloe 46.26	12	Pembrokeshire County Swimming 1:38.38 (52.12) 2:31.48 (53.10)	3:23.90 3:23.32 (51.84)	3:23.32
11	Horne, Alexa 45.06	12	Pembrokeshire County Swimming 3:23.89 (2:38.83) 2:32.43 ()	3:17.70 3:23.66 (51.23)	3:23.66
12	John, Lucy 47.59	12	Pembrokeshire County Swimming 1:38.63 (51.04) 2:31.84 (53.21)	3:19.50 3:24.01 (52.17)	3:24.01
13	Greenslade, Holly J 46.34	12	Torfaen Dolphins 1:39.46 (53.12) 2:31.29 (51.83)	3:29.95 3:24.27 (52.98)	3:24.27

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 3 Girls 11-12 200 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
14	White, Seren	12	Rhondda Cynon Taf Performance	3:33.98	3:26.20
	47.23	1:41.40 (54.17)	2:34.23 (52.83)	3:26.20 (51.97)	
15	Salmon, Gwen	11	Rhondda Cynon Taf Performance	3:19.90	3:26.55
	47.60		2:35.54 ()	3:26.55 (51.01)	
16	Davies, Niamh	11	City of Cardiff	3:17.10	3:27.48
	47.45	3:27.56 (2:40.11)	2:32.73 ()	3:27.48 (54.75)	
17	Hughes, Cari	11	Nexus Valley Swimming Club	3:38.49	3:27.88
	48.02	1:42.02 (54.00)	2:35.43 (53.41)	3:27.88 (52.45)	
18	Worthington, Heather	12	Chirk Dragons	3:32.27	3:28.89
	50.25	1:44.35 (54.10)	2:38.66 (54.31)	3:28.89 (50.23)	
19	Pritchard, Mia	12	City of Cardiff	3:33.30	3:29.67
	48.47	1:44.14 (55.67)	2:39.28 (55.14)	3:29.67 (50.39)	
20	Owen, Elain M	12	Caernarfon SC	3:19.53	3:36.76
	47.17	1:41.91 (54.74)	2:40.65 (58.74)	3:36.76 (56.11)	
21	Martin, Abigail	12	City of Cardiff	3:45.78	3:47.39
	50.58	1:48.14 (57.56)	2:47.55 (59.41)	3:47.39 (59.84)	
22	Lloyd, Thea	11	Nexus Valley Swimming Club	3:54.64	3:50.97
	51.68	1:50.44 (58.76)	2:52.61 (1:02.17)	3:50.97 (58.36)	
23	Osborne, Daisy	11	Brecon Swimming Club	3:45.92	3:55.12
	54.49	1:54.13 (59.64)	2:56.73 (1:02.60)	3:55.12 (58.39)	
24	Sturdy, Lauren	12	Rhondda Cynon Taf Performance	3:47.46	3:55.43
	54.50	1:54.74 (1:00.24)	2:55.24 (1:00.50)	3:55.43 (1:00.19)	
25	Daly, Kirsten E	12	Bridgend County Swim Squad	4:07.50	4:00.99
	55.18	1:56.82 (1:01.64)	3:00.73 (1:03.91)	4:00.99 (1:00.26)	
26	Thomas, Madison A	12	Nexus Valley Swimming Club	4:06.20	4:05.28
	56.30	1:59.98 (1:03.68)	3:02.88 (1:02.90)	4:05.28 (1:02.40)	
27	Robinson, Carys E	11	City of Cardiff	4:12.30	4:06.02
	54.23	2:00.79 (1:06.56)	4:06.02 (2:05.23)		
28	Lawton, Skyla-Eve E	12	Torfaen Dolphins	NT	4:11.24
	58.29	2:03.16 (1:04.87)	4:11.24 (2:08.08)		
29	Owens, Annie R	11	Nexus Valley Swimming Club	NT	4:12.14
	54.51	1:59.88 (1:05.37)	3:05.09 (1:05.21)	4:12.14 (1:07.05)	
---	Watts, Abigail M	11	Chirk Dragons	3:55.85	DQ
	7.6 Did not touch at turn or finish with both hands, or touch not simultaneous or hands no				
	54.00	1:56.69 (1:02.69)	2:57.91 (1:01.22)	DQ (58.22)	
---	Ball, Zara R	11	City of Cardiff	3:49.80	DQ
	7.5 Executed alternating or downward butterfly kick (except after start or after turn, as				
	57.26	1:58.31 (1:01.05)	3:01.19 (1:02.88)	DQ (1:00.69)	

Event 3 Girls 13-14 200 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Lewis, Rachael E	14	Pembrokeshire County Swimming	2:52.50	2:52.83
	40.19	1:23.57 (43.38)	2:08.98 (45.41)	2:52.83 (43.85)	
2	Stride, Tamzin I	13	Torfaen Dolphins	3:03.90	3:00.32
	41.80	3:00.32 (2:18.52)			
3	Rowe, Rhiannon M	14	Torfaen Dolphins	2:59.18	3:09.23
	43.67	1:32.35 (48.68)	2:20.68 (48.33)	3:09.23 (48.55)	
4	Cook, Seren M	14	Bridgend County Swim Squad	3:13.90	3:11.43
	43.95	1:32.72 (48.77)	2:22.63 (49.91)	3:11.43 (48.80)	
5	Illman, Lili D	13	Torfaen Dolphins	3:02.10	3:11.96
		1:35.07 ()	3:11.96 (1:36.89)		
6	Jones, Emilia A	13	Bridgend County Swim Squad	3:12.90	3:14.42
	44.47		2:24.51 ()	3:14.42 (49.91)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 3 Girls 13-14 200 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
7	Hickman, Eve R	13	Bridgend County Swim Squad	3:12.10	3:20.59
	45.91	1:36.32 (50.41)	2:28.62 (52.30)	3:20.59 (51.97)	
8	Faulkner, Marie	13	City of Cardiff	3:10.30	3:21.37
	45.65	1:36.63 (50.98)	2:29.28 (52.65)	3:21.37 (52.09)	
9	Clapham, Rhiannon m	13	Pembrokeshire County Swimming	3:34.00	3:21.95
	47.58	1:39.37 (51.79)	2:32.65 (53.28)	3:21.95 (49.30)	
10	Nowell, Gabriella J	13	Torfaen Dolphins	3:44.00	3:22.86
	44.68	1:36.68 (52.00)	2:30.40 (53.72)	3:22.86 (52.46)	
11	George, Caitlin	13	City of Cardiff	3:25.60	3:25.21
	45.63	1:37.12 (51.49)	2:31.29 (54.17)	3:25.21 (53.92)	
12	Watts, Rebecca M	13	Chirk Dragons	3:32.19	3:33.74
	49.13	1:43.65 (54.52)	2:39.25 (55.60)	3:33.74 (54.49)	
13	Thomas, Abigail	13	Neath Asc	3:24.36	3:35.24
	48.96	1:44.47 (55.51)	2:40.26 (55.79)	3:35.24 (54.98)	
14	Jones, Neve	13	Neath Asc	3:34.44	3:35.91
	47.70	1:43.62 (55.92)	2:39.20 (55.58)	3:35.91 (56.71)	
15	Lunn, Cerys	14	City of Cardiff	3:35.61	3:43.22
	51.73	1:49.14 (57.41)	2:46.99 (57.85)	3:43.22 (56.23)	
16	Anthony, Gabrielle	13	Rhondda Cynon Taf Performance	4:01.77	4:00.93
	53.49	1:55.05 (1:01.56)	2:58.50 (1:03.45)	4:00.93 (1:02.43)	
17	Beech, Catrin B	13	Caernarfon SC	4:23.89	4:03.88
	54.14	1:56.14 (1:02.00)	3:01.48 (1:05.34)	4:03.88 (1:02.40)	
18	Howells-Aitken, Neve H	13	City of Cardiff	NT	4:07.21
	53.48	1:55.62 (1:02.14)	2:59.62 (1:04.00)	4:07.21 (1:07.59)	
19	Dawkins, Freya	13	City of Cardiff	4:09.90	4:09.85
	57.87	2:03.19 (1:05.32)	3:08.17 (1:04.98)	4:09.85 (1:01.68)	

Event 3 Girls 15 & Over 200 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Twigg, Louisa	17	Pembrokeshire County Swimming	2:46.78	2:55.97
	40.94	1:25.48 (44.54)	2:10.89 (45.41)	2:55.97 (45.08)	
2	McRae, Mair K	16	Torfaen Dolphins	2:42.67	3:00.20
	41.40	1:25.49 (44.09)	2:12.98 (47.49)	3:00.20 (47.22)	
3	Morgan, Sophie	17	Rhondda Cynon Taf Performance	2:52.18	3:00.93
	41.72	1:27.94 (46.22)	2:13.89 (45.95)	3:00.93 (47.04)	
4	Watson, Freya H	17	Torfaen Dolphins	2:55.25	3:01.50
	42.16	1:28.35 (46.19)	3:01.50 (1:33.15)		
5	Jones, Cerys	15	City of Cardiff	3:26.80	3:24.00
	44.98	1:37.82 (52.84)	2:32.47 (54.65)	3:24.00 (51.53)	

Event 4 Boys 9-10 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	McCarthy, Benedict	9	City of Cardiff	42.80	39.54
2	Cozma, Sam	9	City of Cardiff	44.80	40.52
3	West, Dexter	9	Fishguard Flyers SC	45.59	43.20
4	Parry, Guto E	10	Caernarfon SC	46.36	45.28
5	Jenkins, Theo N	10	City of Cardiff	59.90	49.55
6	Griffiths, George	10	Haverfordwest Swimming Club	52.75	50.39
7	Pritchard, Rhys	10	Caernarfon SC	52.24	50.48
8	Merchant, Lucas J	9	Bridgend County Swim Squad	59.40	51.25
9	Montague, Mason	10	Pembroke & District	NT	51.58
10	Morgan, Ben	9	Pembroke & District	57.84	59.87
11	Woodward, Cullen G	9	Bridgend County Swim Squad	NT	1:08.20

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 4 Boys 9-10 50 LC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time
12	Ongun, Derin	10	Nexus Valley Swimming Club	NT	1:08.61

Event 4 Boys 11-12 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Fowler, Joseph	12	Rhondda Cynon Taf Performance	33.52	34.08
2	Williams, Cai M	12	Bridgend County Swim Squad	38.20	35.01
3	Thomas, Dewi	11	Pembrokeshire County Swimming	36.30	35.66
4	Thomas, Jac	12	Neath Asc	37.30	36.84
5	Owen, Cai	12	Pembrokeshire County Swimming	39.60	38.04
6	Murphy-Kenny, Dylan	12	Rhondda Cynon Taf Performance	37.48	38.98
7	Evans, Emrys	12	City of Cardiff	38.67	39.05
8	Martin, Luc A	12	Bridgend County Swim Squad	40.90	39.25
9	Mutter, Ioan	12	Pembroke & District	42.89	40.11
10	Froley, Iwan C	11	Bridgend County Swim Squad	45.20	40.45
11	Hunter, Rauley L	11	City of Cardiff	39.20	40.76
12	Fletcher, Owen T	11	Pembrokeshire County Swimming	38.80	42.11
13	Bloomfield, William J	11	Bridgend County Swim Squad	46.40	44.48
14	Jones, Harrison L	11	Bridgend County Swim Squad	51.20	44.74
15	Morgan, Jack	11	Pembroke & District	47.65	46.31
16	Davies, Samuel	11	City of Cardiff	49.90	47.81
17	Hoare, Joshua R	11	Nexus Valley Swimming Club	1:01.90	48.22
18	Lewis, Riley	12	Brecon Swimming Club	48.96	48.78
19	Dwyfor-Clarke, Caleb	11	Caernarfon SC	51.39	50.71
20	Weaver, Samuel B	12	Bridgend County Swim Squad	NT	55.29

Event 4 Boys 13-14 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Sturley, Toby	14	Pembrokeshire County Swimming	30.42	30.57
2	Jones, Jacob	14	Rhondda Cynon Taf Performance	30.48	31.49
3	Pritchard, Tomos	13	Caernarfon SC	34.73	31.82
4	Fitzsimmons, Arron	14	Pembroke & District	33.17	32.82
5	Burns, Harry T	13	City of Cardiff	37.54	34.52
6	Newton, Oscar	13	Torfaen Dolphins	36.77	35.21
7	Price, Toby G	13	Pembrokeshire County Swimming	37.10	36.14
8	Stroud, Iwan	14	City of Cardiff	40.88	36.33
9	Goddard, Harrison J	14	Haverfordwest Swimming Club	39.44	38.10
10	Tasker, Gethin	13	Rhondda Cynon Taf Performance	37.12	38.57
11	Garland, Jay	13	Rhondda Cynon Taf Performance	45.12	43.45
12	John, Alexander	13	Rhondda Cynon Taf Performance	46.76	43.83
13	Thomas, Joe M	13	Nexus Valley Swimming Club	NT	49.20

Event 4 Boys 15 & Over 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Richards, Owen T	17	Torfaen Dolphins	26.56	27.02
2	Thomas, Daniel J	21	Pembroke & District	27.27	28.15
3	Garland, Kieran	16	Rhondda Cynon Taf Performance	28.25	28.23
4	Chim, Danny K	17	Bridgend County Swim Squad	28.51	28.59
5	Cook, Owain E	18	Bridgend County Swim Squad	28.30	28.62
6	Rosser, Alex W	22	Torfaen Dolphins	29.20	29.24
7	Hunt, Tobias J	17	Bridgend County Swim Squad	30.50	29.84
8	Wells, Lewis	15	Neath Asc	30.67	30.19
9	Wojcik, Szymon	16	Bridgend County Swim Squad	30.80	30.28

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 4 Boys 15 & Over 50 LC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time
10	Jenkins, Ellis	16	Rhondda Cynon Taf Performance	31.29	30.43
11	Selby, Morgan L	15	Rhondda Cynon Taf Performance	30.15	31.10
12	Collins, Tyler	15	Rhondda Cynon Taf Performance	30.37	31.65
13	Clegg, Sam W	17	Brecon Swimming Club	33.09	32.77

Event 5 Boys 9-10 100 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Rosser, Ellis R	10	Torfaen Dolphins	1:29.64	1:28.89
2	McCarthy, Benedict	9	City of Cardiff	1:28.50	1:28.94
3	Cozma, Sam	9	City of Cardiff	1:34.60	1:36.16
	46.24				1:36.16 (49.92)
4	Henschell, Logan	10	City of Cardiff	NT	1:36.17
	45.96				1:36.17 (50.21)
5	Pritchard, Rhys	10	Caernarfon SC	1:38.52	1:36.90
	47.23				1:36.90 (49.67)
6	George, Alexander D	10	Torfaen Dolphins	1:36.40	1:37.55
	47.64				1:37.55 (49.91)
7	Keane, Callum	9	Pembroke & District	1:57.54	1:38.22
	47.08				1:38.22 (51.14)
8	Robbins, Llyr O	10	City of Cardiff	1:47.10	1:40.94
9	Griffiths, George	10	Haverfordwest Swimming Club	NT	1:46.70
	51.18				1:46.70 (55.52)
10	Bryant, Tomos G	10	Bridgend County Swim Squad	NT	1:50.51
11	Finlay, Freddie	9	Gloucester City Swimming Club	1:56.68	1:51.04
	55.86				1:51.04 (55.18)
12	Ongun, Derin	10	Nexus Valley Swimming Club	2:02.37	2:01.35
	57.07				2:01.35 (1:04.28)
13	Woodward, Cullen G	9	Bridgend County Swim Squad	2:03.60	2:03.13
	1:01.91				2:03.13 (1:01.22)

Event 5 Boys 11-12 100 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Thomas, Dewi	11	Pembrokeshire County Swimming	1:15.50	1:16.74
	38.48				1:16.74 (38.26)
2	John, Finlay	12	Rhondda Cynon Taf Performance	1:15.90	1:18.65
	37.52				1:18.65 (41.13)
3	Price Davies, Owen	12	Brecon Swimming Club	1:26.09	1:19.96
4	Williams, Cai M	12	Bridgend County Swim Squad	1:24.70	1:23.69
	40.71				1:23.69 (42.98)
5	West, Zac	12	Pembrokeshire County Swimming	1:20.50	1:24.80
	40.68				1:24.80 (44.12)
6	Thomas, Travis	12	Nexus Valley Swimming Club	1:36.14	1:24.84
	41.44				1:24.84 (43.40)
7	Thomas, Jac	12	Neath Asc	1:23.18	1:24.93
	41.40				1:24.93 (43.53)
8	Clarke, Luke	12	City of Cardiff	1:35.55	1:28.78
9	Jones, Rhys M	12	Rhondda Cynon Taf Performance	1:30.12	1:29.61
10	Stevens, Henry A	11	City of Cardiff	1:35.59	1:29.69
11	Jones, Harrison L	11	Bridgend County Swim Squad	1:31.40	1:29.73
	44.93				1:29.73 (44.80)
12	Morgan, Lewis R	11	Bridgend County Swim Squad	1:32.50	1:30.57
	44.47				1:30.57 (46.10)

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 5 Boys 11-12 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
13	Leach, Evan	12	Rhondda Cynon Taf Performance	1:31.68	1:30.85
	43.76				1:30.85 (47.09)
14	Evans, Emrys	12	City of Cardiff	1:30.70	1:31.70
	44.33				1:31.70 (47.37)
15	Martin, Luc A	12	Bridgend County Swim Squad	1:32.30	1:32.56
	44.14				1:32.56 (48.42)
16	Finlay, Paddy	11	Gloucester City Swimming Club	1:27.85	1:34.26
	46.44				1:34.26 (47.82)
17	Froley, Iwan C	11	Bridgend County Swim Squad	1:38.60	1:35.79
18	Bloomfield, William J	11	Bridgend County Swim Squad	1:39.20	1:38.74
	49.86				1:38.74 (48.88)
19	Bird, Charles M	11	Chirk Dragons	1:41.92	1:39.48
20	Isaacs, Harri	11	Rhondda Cynon Taf Performance	1:52.99	1:41.01
	48.97				1:41.01 (52.04)
*21	Hunter, Rauley L	11	City of Cardiff	1:38.67	1:41.31
	47.99				1:41.31 (53.32)
*21	Vaughan, William J	11	Nexus Valley Swimming Club	NT	1:41.31
	48.43				1:41.31 (52.88)
23	Dwyfor-Clarke, Caleb	11	Caernarfon SC	1:40.20	1:47.94
	52.05				1:47.94 (55.89)
24	Johnson, Cai	11	Pembroke & District	2:09.01	1:53.54
	54.35				1:53.54 (59.19)

Event 5 Boys 13-14 100 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	White, Henry	14	Pembrokeshire County Swimming	1:08.74	1:06.38
	31.52				1:06.38 (34.86)
2	Wisden, Dylan J	14	Bridgend County Swim Squad	1:09.80	1:08.50
3	Sturley, Toby	14	Pembrokeshire County Swimming	1:08.22	1:08.54
	34.10				1:08.54 (34.44)
4	Merriman, Ben W	13	Torfaen Dolphins	1:06.80	1:10.39
	34.15				1:10.39 (36.24)
5	Fitzsimmons, Arron	14	Pembroke & District	1:09.97	1:11.66
	35.35				1:11.66 (36.31)
6	Andrews, Rory	14	Pembrokeshire County Swimming	1:11.00	1:13.01
	35.39				1:13.01 (37.62)
7	Isaacs, Tomos	13	Rhondda Cynon Taf Performance	1:17.35	1:16.41
	36.44				1:16.41 (39.97)
8	Coulson, Evan T	13	Torfaen Dolphins	1:13.50	1:16.80
	37.30				1:16.80 (39.50)
9	Price, Toby G	13	Pembrokeshire County Swimming	1:22.63	1:18.87
10	Burns, Harry T	13	City of Cardiff	1:26.29	1:20.52
	39.46				1:20.52 (41.06)
11	Griffith, Noa W	13	Rhondda Cynon Taf Performance	1:23.66	1:21.80
	39.86				1:21.80 (41.94)
12	Stroud, Iwan	14	City of Cardiff	1:34.04	1:23.41
	40.22				1:23.41 (43.19)
13	Roberts, Dafydd	14	Nexus Valley Swimming Club	NT	1:24.38
	39.88				1:24.38 (44.50)
14	Tasker, Gethin	13	Rhondda Cynon Taf Performance	1:28.08	1:24.94
	41.66				1:24.94 (43.28)
15	Ralph, Robbie	13	Haverfordwest Swimming Club	1:24.56	1:27.05
	42.20				1:27.05 (44.85)

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 5 Boys 13-14 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
16	Lloyd, Angus	13	City of Cardiff	1:40.59	1:30.62
	43.87				1:30.62 (46.75)
17	Durrant, Toben	13	City of Cardiff	NT	1:32.91
	42.68				1:32.91 (50.23)
18	Garland, Jay	13	Rhondda Cynon Taf Performance	1:32.11	1:36.35
	47.50				1:36.35 (48.85)
19	Fahey, Thomas J	13	Bridgend County Swim Squad	1:51.40	1:49.49
	53.19				1:49.49 (56.30)

Event 5 Boys 15 & Over 100 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Wells, Lewis	15	Neath Asc	1:08.12	1:08.00
	33.21				1:08.00 (34.79)
2	Hunt, Tobias J	17	Bridgend County Swim Squad	1:06.40	1:08.15
	32.93				1:08.15 (35.22)
3	Kettle, Rowan	18	Pembroke & District	1:07.51	1:08.33
	32.18				1:08.33 (36.15)
4	Thomas, Daniel J	21	Pembroke & District	1:03.89	1:08.79
	32.72				1:08.79 (36.07)
5	Jenkins, Ellis	16	Rhondda Cynon Taf Performance	1:09.63	1:12.67
	34.97				1:12.67 (37.70)
6	Collins, Tyler	15	Rhondda Cynon Taf Performance	1:07.56	1:13.39
	35.57				1:13.39 (37.82)
7	Lloyd, Rhys	16	Rhondda Cynon Taf Performance	1:15.64	1:16.67
	37.32				1:16.67 (39.35)
8	Clegg, Sam W	17	Brecon Swimming Club	NT	1:24.41

Event 6 Girls 9-10 50 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Watkins, Amelia M	10	Torfaen Dolphins	40.72	38.30
2	Taylor, Theodora A	9	Torfaen Dolphins	39.73	39.69
3	McDonagh, Emily M	10	Bridgend County Swim Squad	42.50	41.39
4	O'Mahoney, Kaitlin	10	Neath Asc	42.85	41.65
5	Haddrell, Eva Lily	10	Rhondda Cynon Taf Performance	43.57	42.79
6	Kay, Isabelle	10	Rhondda Cynon Taf Performance	42.61	42.88
7	Crawshay-Williams, Emily J	10	Torfaen Dolphins	45.64	43.06
8	Gardener, Hannah B	9	Bridgend County Swim Squad	43.70	44.69
9	Davies, Seren E	10	Bridgend County Swim Squad	43.40	44.87
10	Bick, Teagan E	10	Torfaen Dolphins	47.17	45.33
11	Evans, Gwenllian	9	City of Cardiff	48.40	46.26
12	Barrington-Williams, Ruby	10	Rhondda Cynon Taf Performance	46.94	46.65
13	Evans, Porscha	10	City of Cardiff	47.90	46.99
14	Dwyfor-Clarke, Efa	9	Caernarfon SC	47.87	47.69
15	Worthington, Emma	10	Chirk Dragons	46.72	47.74
16	Hughes, Erin	10	Rhondda Cynon Taf Performance	47.45	47.87
17	Jacklin, Isabelle F	10	Nexus Valley Swimming Club	52.43	48.36
18	Owen, Kessie E	10	Nexus Valley Swimming Club	54.74	48.71
19	Evans, Ella	10	City of Cardiff	46.40	48.80
20	James, Lilia	10	Nexus Valley Swimming Club	52.72	49.31
21	Tarpey, Niamh A	10	Bridgend County Swim Squad	54.20	49.82
22	Reilly, Manon	10	Rhondda Cynon Taf Performance	49.97	50.74
23	Phillips, Lucy	10	Rhondda Cynon Taf Performance	NT	53.39
*24	Higgs, Cerys	9	City of Cardiff	55.40	53.95

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 6 Girls 9-10 50 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
*24	Thomas, Caitlyn	9	Neath Asc	51.66	53.95
26	Williams, Olivia	9	Rhondda Cynon Taf Performance	NT	55.60
27	Townsend, Skye S	10	City of Cardiff	57.20	55.73
28	Williams, Begw	9	Rhondda Cynon Taf Performance	NT	56.50
29	Lee, Martha	10	Pembroke & District	56.24	56.60
30	Francombe, Juno	9	Bridgend County Swim Squad	NT	56.66
31	Moseley, Olivia G	10	Nexus Valley Swimming Club	NT	56.82
32	Brock, Ffion	9	Rhondda Cynon Taf Performance	53.76	57.34
33	Hickman, Isla L	9	Bridgend County Swim Squad	58.30	1:06.62

Event 6 Girls 11-12 50 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Davies, Cerys	12	Rhondda Cynon Taf Performance	34.87	36.30
2	Lewis, Lowri	12	Neath Asc	35.71	36.39
3	Griffiths-Cole, Carys S	12	Bridgend County Swim Squad	36.60	38.23
4	Francombe, Romy	12	Bridgend County Swim Squad	39.90	38.31
5	Stevens, Ruby	12	City of Cardiff	35.00	38.54
6	Merchant, Anna-Rose	11	Bridgend County Swim Squad	39.60	38.67
7	Horne, Alexa	12	Pembrokeshire County Swimming	37.80	38.72
8	Manley, Olivia	12	City of Cardiff	40.20	38.77
9	Davies, Sophie G	11	City of Cardiff	39.40	38.78
10	Salmon, Gwen	11	Rhondda Cynon Taf Performance	38.79	39.06
11	Thomas, Nansi	12	City of Cardiff	39.70	39.21
12	Pritchard, Mia	12	City of Cardiff	40.10	39.47
13	Roberts, Alysia	12	City of Cardiff	39.60	39.69
14	Staples-Vvind, Kaiyah-Jade	11	City of Cardiff	40.30	39.70
15	Jones, Lillie	11	City of Cardiff	40.64	39.82
16	Williams, Mali	12	Rhondda Cynon Taf Performance	39.28	40.17
17	Wright, Pippa	12	Rhondda Cynon Taf Performance	38.76	40.20
18	Beynon, Gracie L	11	Bridgend County Swim Squad	40.50	40.29
19	Johnson Jones, Alaw F	12	Caernarfon SC	39.84	40.41
20	Davies, Ffion	12	Rhondda Cynon Taf Performance	40.44	41.19
21	Webb, Alys	12	Pembrokeshire County Swimming	45.60	41.35
22	Worthington, Heather	12	Chirk Dragons	43.21	42.71
23	Rankin, Carys	11	City of Cardiff	41.40	42.77
24	John, Emilia V	11	City of Cardiff	45.40	43.05
25	Winter, Callie M	11	City of Cardiff	41.80	43.14
26	Hughes, Cari	11	Nexus Valley Swimming Club	44.84	43.15
27	Hampton, Poppi E	12	Bridgend County Swim Squad	43.00	43.61
28	Crawley, Jessica R	11	Bridgend County Swim Squad	46.20	43.65
29	Pengelly, Leia	12	Rhondda Cynon Taf Performance	41.30	43.71
30	Morgan, Alisha	12	Rhondda Cynon Taf Performance	44.51	43.72
31	Sturdy, Lauren	12	Rhondda Cynon Taf Performance	42.49	43.77
32	Picton, Annie	12	Rhondda Cynon Taf Performance	43.96	43.97
33	Cull, Millie M	11	Bridgend County Swim Squad	46.00	44.03
34	Thomas, Holly L	11	Bridgend County Swim Squad	43.80	44.27
35	Parsons, Zoe H	11	Bridgend County Swim Squad	NT	44.61
36	Moseley, Sophie	12	Pembroke & District	58.76	45.28
37	Morgan, Jessica M	11	Bridgend County Swim Squad	NT	45.36
38	Owens, Annie R	11	Nexus Valley Swimming Club	44.20	45.57
39	Thomas, Madison A	12	Nexus Valley Swimming Club	43.35	45.58
40	Cosby, Nia	11	Bridgend County Swim Squad	50.50	45.66

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 6 Girls 11-12 50 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
41	Thompson, Carys	11	Pembroke & District	49.49	47.34
42	Gruffydd, Mali P	11	City of Cardiff	46.60	47.76
43	Gardener, Louise R	12	Bridgend County Swim Squad	49.00	48.06
44	Carre, Jasmine M	11	Rhondda Cynon Taf Performance	48.50	48.10
45	Watts, Abigail M	11	Chirk Dragons	48.93	48.97
46	Chakraborty, Diya	11	City of Cardiff	53.20	49.63
47	Hoare, Jasmine G	11	Nexus Valley Swimming Club	49.10	49.67
48	Lawton, Skyla-Eve E	12	Torfaen Dolphins	NT	49.72
49	Williams, Georgia	11	Nexus Valley Swimming Club	47.03	49.90
50	Furlong, Amber P	11	Bridgend County Swim Squad	NT	51.64
51	Lord, Fleur	11	Pembroke & District	53.54	53.02
52	Davies, Ela W	11	Caernarfon SC	NT	58.71

Event 6 Girls 13-14 50 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Rosser, Cerys A	13	Torfaen Dolphins	32.51	33.01
2	Evans, Bethan	14	Neath Asc	33.43	33.83
3	Lovell, Madison R	14	Torfaen Dolphins	33.82	34.49
4	Baker, Alyssa R	14	Torfaen Dolphins	34.20	34.60
5	Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	33.51	34.90
6	Skene, Deryn	14	City of Cardiff	36.20	35.49
7	Bond, Sasha	14	Rhondda Cynon Taf Performance	35.16	35.56
8	Rowe, Rhiannon M	14	Torfaen Dolphins	37.85	35.71
9	Greenwood, Hannah	14	Pembroke & District	35.47	35.74
10	Clayton, Karys L	13	Torfaen Dolphins	33.90	35.79
11	Jones, Chloe J	13	Bridgend County Swim Squad	34.80	35.96
12	Tarpey, Aoife F	14	Bridgend County Swim Squad	34.60	36.18
13	Davies, Tegan M	14	Bridgend County Swim Squad	34.90	36.55
*14	Jones, Neve	13	Neath Asc	36.59	37.11
*14	Krol, Sophie	13	Pembrokeshire County Swimming	35.50	37.11
16	Morgan, Hannah	13	City of Cardiff	36.00	37.12
17	Illman, Lili D	13	Torfaen Dolphins	35.90	37.55
18	Davies, Lauren M	14	Bridgend County Swim Squad	35.20	37.67
19	Jones, Cerys	13	Rhondda Cynon Taf Performance	37.23	37.89
20	James, Ffion	13	Rhondda Cynon Taf Performance	38.11	38.05
21	Minas, Ella	14	Rhondda Cynon Taf Performance	38.33	38.81
22	Cook, Seren M	14	Bridgend County Swim Squad	48.25	39.13
23	Moodley, Bethan	13	Rhondda Cynon Taf Performance	38.78	39.26
24	Faulkner, Marie	13	City of Cardiff	37.97	39.41
25	George, Caitlin	13	City of Cardiff	40.30	39.49
*26	Lee, Georgia	14	Pembroke & District	39.22	39.52
*26	Brind, Jessica	13	City of Cardiff	40.20	39.52
28	Clapham, Rhiannon m	13	Pembrokeshire County Swimming	40.70	40.16
29	Thomas, Abigail	13	Neath Asc	39.13	40.33
30	Lunn, Cerys	14	City of Cardiff	39.20	40.39
31	James, Nia	13	Pembrokeshire County Swimming	38.70	41.67
32	Beech, Catrin B	13	Caernarfon SC	49.74	41.70
33	Watts, Rebecca M	13	Chirk Dragons	44.88	43.26
34	Dawkins, Freya	13	City of Cardiff	42.30	44.60
35	Anthony, Gabrielle	13	Rhondda Cynon Taf Performance	42.75	44.82
36	Donnithorne, Natasha E	14	Bridgend County Swim Squad	44.80	45.49
37	Howells-Aitken, Neve H	13	City of Cardiff	49.70	48.00

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 6 Girls 13-14 50 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
38 Saunders, Honey	13	Rhondda Cynon Taf Performance	55.77	51.82

Event 6 Girls 15 & Over 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Hunt, Imogen E	20	Bridgend County Swim Squad	30.30	32.38
2 Warrender, Meggan	17	Torfaen Dolphins	33.40	33.83
3 Randell, Niamh	17	Rhondda Cynon Taf Performance	32.33	34.15
4 Watson, Freya H	17	Torfaen Dolphins	32.87	34.52
5 Morgan, Sophie	17	Rhondda Cynon Taf Performance	33.21	34.88
6 Robinson, Francesca S	15	Pembrokeshire County Swimming	34.00	35.45
7 Addecott, Ffion H	16	Rhondda Cynon Taf Performance	35.12	36.14
8 Cox, Emily V	15	Bridgend County Swim Squad	35.00	37.02
9 Matthews, Jodie	15	Rhondda Cynon Taf Performance	36.28	37.20
10 Jones, Cerys	15	City of Cardiff	38.53	38.08
11 Omnet, Lauren	15	Pembrokeshire County Swimming	37.70	38.25
12 Davies, Cora	15	Rhondda Cynon Taf Performance	38.12	40.36

Event 7 Boys 9-10 200 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 McCarthy, Benedict	9	City of Cardiff	3:00.00	2:54.11
			1:24.11 ()	2:54.11 (1:30.00)
2 Rosser, Ellis R	10	Torfaen Dolphins	2:53.62	2:55.64
			38.28	1:23.84 (45.56)
				2:10.44 (46.60)
				2:55.64 (45.20)
3 George, Alexander D	10	Torfaen Dolphins	2:55.87	2:59.84
			42.38	1:30.18 (47.80)
				2:17.40 (47.22)
				2:59.84 (42.44)
4 Pritchard, Rhys	10	Caernarfon SC	3:08.98	3:05.03
				1:31.09 ()
				3:05.03 (1:33.94)
5 Cozma, Sam	9	City of Cardiff	3:07.60	3:06.37
			42.42	1:30.16 (47.74)
				2:19.79 (49.63)
				3:06.37 (46.58)
6 Keane, Callum	9	Pembroke & District	3:41.46	3:18.99
				1:36.10 ()
				3:18.99 (1:42.89)
7 Davies, Adam	10	Nexus Valley Swimming Club	3:19.07	3:25.15
			43.29	1:37.64 (54.35)
				2:34.14 (56.50)
				3:25.15 (51.01)
8 Robbins, Llyr O	10	City of Cardiff	3:27.68	3:25.29
			46.43	1:40.79 (54.36)
				2:35.49 (54.70)
				3:25.29 (49.80)
9 Morgan, Ben	9	Pembroke & District	3:42.10	3:31.82
			46.43	1:41.44 (55.01)
				3:31.82 (1:50.38)
10 Finlay, Freddie	9	Gloucester City Swimming Club	3:45.74	3:33.94
			49.37	1:46.22 (56.85)
				2:44.17 (57.95)
				3:33.94 (49.77)
11 Montague, Mason	10	Pembroke & District	3:46.25	3:34.80
				1:43.47 ()
				3:34.80 (1:51.33)

Event 7 Boys 11-12 200 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Williams, Cai M	12	Bridgend County Swim Squad	2:35.30	2:30.21
			35.63	1:13.10 (37.47)
				1:52.26 (39.16)
				2:30.21 (37.95)
2 Fowler, Joseph	12	Rhondda Cynon Taf Performance	2:26.38	2:31.29
			35.43	1:13.65 (38.22)
				1:53.27 (39.62)
				2:31.29 (38.02)
3 Thomas, Jac	12	Neath Asc	2:33.24	2:34.09
			33.82	1:12.96 (39.14)
				1:54.24 (41.28)
				2:34.09 (39.85)
4 Thomas, Dewi	11	Pembrokeshire County Swimming	2:31.50	2:34.30
				1:14.76 ()
				2:34.30 (1:19.54)
5 Morgan, Lewis R	11	Bridgend County Swim Squad	2:40.20	2:42.16
			36.90	2:42.33 (2:05.43)
				2:01.32 ()
				2:42.16 (40.84)

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 7 Boys 11-12 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
6	Rescigno, Alberto	11	City of Cardiff	2:54.89	2:46.03
	37.24	1:18.50 (41.26)	2:02.74 (44.24)	2:46.03 (43.29)	
7	Price Davies, Owen	12	Brecon Swimming Club	3:18.76	2:47.28
	2:05.89	1:20.79 ()	2:47.28 (1:26.49)		
8	Owen, Cai	12	Pembrokeshire County Swimming	2:47.40	2:47.76
		1:23.30 ()	2:47.76 (1:24.46)		
9	Fletcher, Owen T	11	Pembrokeshire County Swimming	2:52.80	2:47.91
	38.26	1:23.63 (45.37)	2:08.36 (44.73)	2:47.91 (39.55)	
10	West, Zac	12	Pembrokeshire County Swimming	2:41.70	2:48.09
	38.21	1:20.87 (42.66)	2:05.51 (44.64)	2:48.09 (42.58)	
11	Thomas, Travis	12	Nexus Valley Swimming Club	2:58.70	2:49.85
		1:20.62 ()	2:49.85 (1:29.23)		
12	Evans, Emrys	12	City of Cardiff	3:05.20	2:53.55
	40.53	1:26.09 (45.56)	2:12.13 (46.04)	2:53.55 (41.42)	
13	Martin, Luc A	12	Bridgend County Swim Squad	3:09.10	2:55.01
	38.37	1:25.83 (47.46)	2:11.49 (45.66)	2:55.01 (43.52)	
*14	Leach, Evan	12	Rhondda Cynon Taf Performance	2:58.51	2:57.92
		1:25.76 ()	2:57.92 (1:32.16)		
*14	Stevens, Henry A	11	City of Cardiff	3:07.90	2:57.92
	39.62	1:25.20 (45.58)	2:13.09 (47.89)	2:57.92 (44.83)	
16	Mutter, Ioan	12	Pembroke & District	3:17.46	3:00.29
	39.38	1:26.66 (47.28)	2:16.02 (49.36)	3:00.29 (44.27)	
17	Morgan, Jack	11	Pembroke & District	3:10.76	3:00.40
		1:29.24 ()	3:00.40 (1:31.16)		
18	Hunter, Rauley L	11	City of Cardiff	2:54.40	3:01.15
	41.11	1:28.38 (47.27)	2:17.33 (48.95)	3:01.15 (43.82)	
19	Clarke, Luke	12	City of Cardiff	3:06.20	3:03.69
	40.38	1:26.35 (45.97)	2:16.13 (49.78)	3:03.69 (47.56)	
20	Froley, Iwan C	11	Bridgend County Swim Squad	3:14.30	3:06.75
	42.15	1:30.36 (48.21)	2:20.14 (49.78)	3:06.75 (46.61)	
21	Vaughan, William J	11	Nexus Valley Swimming Club	3:21.64	3:07.46
	44.30	1:33.87 (49.57)	2:25.56 (51.69)	3:07.46 (41.90)	
22	Finlay, Paddy	11	Gloucester City Swimming Club	NT	3:08.20
	42.29	1:31.16 (48.87)	2:20.84 (49.68)	3:08.20 (47.36)	
23	Jones, Harrison L	11	Bridgend County Swim Squad	2:57.30	3:08.33
	39.25	1:27.53 (48.28)	2:18.38 (50.85)	3:08.33 (49.95)	
24	Bird, Charles M	11	Chirk Dragons	3:38.71	3:14.79
	45.70	1:38.25 (52.55)	2:27.47 (49.22)	3:14.79 (47.32)	
25	Aylen, James E	11	Bridgend County Swim Squad	3:36.80	3:26.29
	45.06	1:38.06 (53.00)	2:33.22 (55.16)	3:26.29 (53.07)	

Event 7 Boys 13-14 200 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Wisden, Dylan J	14	Bridgend County Swim Squad	2:06.70	2:09.20
	29.47	1:02.42 (32.95)	1:37.15 (34.73)	2:09.20 (32.05)	
2	Shiels, Charlie J	14	Pembroke & District	2:29.00	2:17.78
	30.20	1:04.99 (34.79)	1:42.00 (37.01)	2:17.78 (35.78)	
3	Rosser, Dewi J	13	Torfaen Dolphins	2:22.93	2:23.55
	31.37	1:07.87 (36.50)	1:46.05 (38.18)	2:23.55 (37.50)	
4	Fitzsimmons, Arron	14	Pembroke & District	2:21.72	2:23.75
	32.36	1:09.16 (36.80)	1:47.96 (38.80)	2:23.75 (35.79)	
5	Pritchard, Tomos	13	Caernarfon SC	2:22.90	2:24.32
	32.29	1:08.96 (36.67)	1:46.84 (37.88)	2:24.32 (37.48)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 7 Boys 13-14 200 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
6 Price, Toby G	13	Pembrokeshire County Swimming	2:24.90	2:26.53
33.55	1:11.23 (37.68)	1:50.06 (38.83)	2:26.53 (36.47)	
7 Jones, Jacob	14	Rhondda Cynon Taf Performance	3:10.88	2:27.05
30.91	1:07.92 (37.01)	1:48.51 (40.59)	2:27.05 (38.54)	
8 Roberts, Dafydd	14	Nexus Valley Swimming Club	2:32.69	2:32.16
32.83	1:11.03 (38.20)	1:51.11 (40.08)	2:32.16 (41.05)	
9 Newton, Oscar	13	Torfaen Dolphins	2:35.30	2:33.67
33.65	1:12.90 (39.25)	1:54.70 (41.80)	2:33.67 (38.97)	
10 Burns, Harry T	13	City of Cardiff	2:36.80	2:34.05
34.61	2:34.04 (1:59.43)	1:56.26 ()	2:34.05 (37.79)	
11 Eaton Sawford, Kier A	13	Chirk Dragons	3:09.80	2:37.97
34.68	1:15.15 (40.47)	1:57.24 (42.09)	2:37.97 (40.73)	
12 Griffith, Noa W	13	Rhondda Cynon Taf Performance	2:48.65	2:42.30
	1:17.78 ()	2:42.30 (1:24.52)		
13 Goddard, Harrison J	14	Haverfordwest Swimming Club	2:41.13	2:43.27
36.74	1:18.94 (42.20)	2:02.00 (43.06)	2:43.27 (41.27)	
14 Stroud, Iwan	14	City of Cardiff	3:04.80	2:48.14
36.30	1:20.16 (43.86)	2:05.61 (45.45)	2:48.14 (42.53)	
--- Durrant, Toben	13	City of Cardiff	2:57.60	DQ
4.4 Start before starting signal				
38.04	1:23.59 (45.55)	2:11.27 (47.68)	DQ (44.91)	
--- Thomas, Joe M	13	Nexus Valley Swimming Club	NT	DQ
10.2 A swimmer did not cover the whole distance - DNF				
40.24	1:27.30 (47.06)	2:23.77 (56.47)		

Event 7 Boys 15 & Over 200 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Richards, Owen T	17	Torfaen Dolphins	1:57.90	2:02.22
	59.84 ()	2:02.22 (1:02.38)		
2 Garland, Kieran	16	Rhondda Cynon Taf Performance	2:02.36	2:05.36
29.10	1:01.62 (32.52)	1:34.22 (32.60)	2:05.36 (31.14)	
3 Barrett, Sean A	16	Pembrokeshire County Swimming	2:02.10	2:07.49
29.67	1:02.19 (32.52)	1:35.28 (33.09)	2:07.49 (32.21)	
4 Price, Dafydd T	18	Torfaen Dolphins	2:05.70	2:09.63
29.75	1:03.25 (33.50)	1:36.98 (33.73)	2:09.63 (32.65)	
5 Baker, Luke A	17	Torfaen Dolphins	2:04.40	2:11.56
1:37.10	1:02.10 ()	2:11.56 (1:09.46)		
6 Wojcik, Szymon	16	Bridgend County Swim Squad	2:15.70	2:13.13
	1:04.65 ()	2:13.13 (1:08.48)		
7 Salmon, Carwyn	15	Rhondda Cynon Taf Performance	2:13.86	2:13.46
	1:03.72 ()	2:13.46 (1:09.74)		
8 Cook, Owain E	18	Bridgend County Swim Squad	2:09.70	2:19.02
32.13	1:06.59 (34.46)	1:43.12 (36.53)	2:19.02 (35.90)	
9 Thompson, Morgan	16	City of Cardiff	2:12.90	2:23.93
31.82	1:08.30 (36.48)	1:46.09 (37.79)	2:23.93 (37.84)	

Event 8 Girls 9-10 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Taylor, Theodora A	9	Torfaen Dolphins	2:56.80	2:52.60
38.24	1:25.84 (47.60)	2:17.19 (51.35)	2:52.60 (35.41)	
2 Watkins, Amelia M	10	Torfaen Dolphins	2:59.15	2:58.92
2:20.92	1:26.78 ()	2:58.92 (1:32.14)		
3 Schumm, Libby	9	Torfaen Dolphins	3:32.82	3:14.93
	1:31.94 ()	3:14.93 (1:42.99)		

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 8 Girls 9-10 200 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
4 O'Mahoney, Kaitlin	10	Neath Asc	3:21.58	3:15.65
2:33.42	3:15.65 (42.23)	3:15.65 ()		
5 McDonagh, Emily M	10	Bridgend County Swim Squad	3:27.40	3:19.48
43.59	1:33.75 (50.16)	2:37.02 (1:03.27)	3:19.48 (42.46)	
6 Gardener, Hannah B	9	Bridgend County Swim Squad	3:26.70	3:21.11
	1:36.31 ()	3:21.11 (1:44.80)		
7 Horne, Victoria	10	Pembrokeshire County Swimming	3:24.21	3:24.11
45.65	3:24.11 (2:38.46)	2:36.99 ()	3:24.11 (47.12)	
8 Crawshay-Williams, Emily J	10	Torfaen Dolphins	3:28.50	3:28.65
2:44.47	1:38.93 ()	3:28.65 (1:49.72)		
9 Haddrell, Eva Lily	10	Rhondda Cynon Taf Performance	3:22.97	3:29.80
49.77	1:39.58 (49.81)	2:42.92 (1:03.34)	3:29.80 (46.88)	
10 Evans, Ella	10	City of Cardiff	3:36.20	3:32.51
46.17	1:40.55 (54.38)	2:44.52 (1:03.97)	3:32.51 (47.99)	
11 Coombes, Cerys	10	Bridgend County Swim Squad	NT	3:34.66
48.90	1:42.34 (53.44)	2:48.98 (1:06.64)	3:34.66 (45.68)	
12 Parry, Emily	10	Caernarfon SC	3:31.66	3:34.89
51.61	1:47.51 (55.90)	2:50.38 (1:02.87)	3:34.89 (44.51)	
13 Davies, Seren E	10	Bridgend County Swim Squad	3:33.30	3:38.73
50.86	1:42.19 (51.33)	3:38.73 (1:56.54)		
14 Barrington-Williams, Ruby	10	Rhondda Cynon Taf Performance	4:14.83	3:39.05
47.70		2:46.57 ()	3:39.05 (52.48)	
15 Bick, Teagan E	10	Torfaen Dolphins	3:58.80	3:40.83
2:53.24	1:44.01 ()	3:40.83 (1:56.82)		
16 Owen, Kessie E	10	Nexus Valley Swimming Club	3:59.05	3:43.43
55.75	1:55.71 (59.96)	2:55.25 (59.54)	3:43.43 (48.18)	
17 Jacklin, Isabelle F	10	Nexus Valley Swimming Club	3:46.58	3:47.25
	1:53.44 ()	3:47.25 (1:53.81)		
18 Higgs, Cerys	9	City of Cardiff	4:19.30	4:22.77
57.51	2:00.43 (1:02.92)	3:20.94 (1:20.51)	4:22.77 (1:01.83)	
--- Hughes, Erin	10	Rhondda Cynon Taf Performance	4:06.72	DQ
	8.2 Arms not brought forward simultaneously or arms not brought forward over the water - f			
	3:13.23	2:00.27 ()	DQ (2:11.18)	
--- Evans, Porscha	10	City of Cardiff	NT	DQ
	8.2 Arms not brought forward simultaneously or arms not brought forward over the water - f			
	2:00.65 ()	DQ (2:13.16)		
--- James, Lilia	10	Nexus Valley Swimming Club	4:29.67	DQ
	9.4 Finish of each stroke not in accordance with rules for the particular stroke - IM			
	1:06.32	2:07.01 (1:00.69)	3:27.06 (1:20.05)	DQ (53.26)
--- Moseley, Olivia G	10	Nexus Valley Swimming Club	NT	DQ
	8.2 Arms not brought forward simultaneously or arms not brought forward over the water - f			
	59.89	2:03.27 (1:03.38)	3:11.81 (1:08.54)	DQ (56.24)
--- Thomas, Hannah L	9	Nexus Valley Swimming Club	NT	DQ
	9.4 Finish of each stroke not in accordance with rules for the particular stroke - IM			
	1:11.09	2:19.68 (1:08.59)	3:28.64 (1:08.96)	DQ (54.87)

Event 8 Girls 11-12 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Dunglison, Kate L	12	Bridgend County Swim Squad	2:41.10	2:41.15
33.11	1:15.68 (42.57)	2:04.64 (48.96)	2:41.15 (36.51)	
2 Broder, Libby R	12	Torfaen Dolphins	2:43.30	2:41.37
32.95	1:15.37 (42.42)	2:05.84 (50.47)	2:41.37 (35.53)	
3 Lewis, Caera	12	Pembrokeshire County Swimming	2:44.20	2:46.33
36.54	1:20.84 (44.30)	2:08.34 (47.50)	2:46.33 (37.99)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 8 Girls 11-12 200 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
4 Croke, Carys S	11	Torfaen Dolphins	2:42.60	2:46.70
34.96	1:19.86 (44.90)	2:10.51 (50.65)	2:46.70 (36.19)	
5 Knowles, Amy A	12	Pembrokeshire County Swimming	2:48.30	2:49.44
35.05	1:19.91 (44.86)	2:12.76 (52.85)	2:49.44 (36.68)	
6 Iles, Georgia L	12	City of Cardiff	2:42.40	2:50.27
36.15	1:22.42 (46.27)	2:10.67 (48.25)	2:50.27 (39.60)	
7 Stevens, Ruby	12	City of Cardiff	2:42.80	2:50.64
37.49	1:20.93 (43.44)	2:10.92 (49.99)	2:50.64 (39.72)	
8 Hamm, Elli May	12	Bridgend County Swim Squad	3:02.40	2:50.78
37.04	1:19.65 (42.61)	2:11.59 (51.94)	2:50.78 (39.19)	
9 Gilligan, Gracie	11	Neath Asc	2:44.83	2:52.81
39.38	1:22.66 (43.28)	2:12.89 (50.23)	2:52.81 (39.92)	
10 Gronow, Mia	12	Bridgend County Swim Squad	2:46.00	2:52.88
2:15.24	1:23.60 ()	2:52.88 (1:29.28)		
11 Greenslade, Holly J	12	Torfaen Dolphins	3:00.50	2:52.91
39.34	1:21.64 (42.30)	2:15.64 (54.00)	2:52.91 (37.27)	
12 Griffiths-Cole, Carys S	12	Bridgend County Swim Squad	2:55.00	2:53.45
38.47	1:21.79 (43.32)	2:15.59 (53.80)	2:53.45 (37.86)	
13 Blake, Ffion	12	City of Cardiff	2:55.00	2:54.51
37.79	2:54.51 (2:16.72)	2:15.83 ()	2:54.51 (38.68)	
14 Adams, Jaimee	12	City of Cardiff	2:54.50	2:57.42
37.09	1:23.94 (46.85)	2:16.92 (52.98)	2:57.42 (40.50)	
15 John, Lucy	12	Pembrokeshire County Swimming	2:59.01	2:59.55
41.48	1:25.58 (44.10)	2:18.17 (52.59)	2:59.55 (41.38)	
16 Merchant, Anna-Rose	11	Bridgend County Swim Squad	3:03.60	3:00.53
40.04	1:27.64 (47.60)	2:18.96 (51.32)	3:00.53 (41.57)	
17 Griffiths, Enfys	12	Pembrokeshire County Swimming	2:56.60	3:00.81
38.70	1:28.14 (49.44)	2:22.01 (53.87)	3:00.81 (38.80)	
18 Evans, Caitlin	12	Neath Asc	2:55.09	3:01.31
2:19.36	1:27.84 ()	3:01.31 (1:33.47)		
19 Callen, Holly-Jane	12	Pembroke & District	3:01.35	3:01.80
42.75	1:30.67 (47.92)	2:20.17 (49.50)	3:01.80 (41.63)	
20 White, Eleanor R	12	Pembrokeshire County Swimming	2:58.20	3:02.44
38.22	1:27.86 (49.64)	2:20.15 (52.29)	3:02.44 (42.29)	
21 Beynon, Gracie L	11	Bridgend County Swim Squad	3:10.80	3:03.42
39.78	1:24.71 (44.93)	2:22.68 (57.97)	3:03.42 (40.74)	
22 Hale, Chloe	12	Pembrokeshire County Swimming	3:02.40	3:04.62
42.64	1:29.87 (47.23)	2:22.99 (53.12)	3:04.62 (41.63)	
23 Webb, Alys	12	Pembrokeshire County Swimming	3:01.20	3:05.94
42.21	1:30.53 (48.32)	2:26.47 (55.94)	3:05.94 (39.47)	
24 Horne, Alexa	12	Pembrokeshire County Swimming	3:22.40	3:06.56
44.90	1:32.46 (47.56)	2:24.62 (52.16)	3:06.56 (41.94)	
25 Salmon, Gwen	11	Rhondda Cynon Taf Performance	3:00.07	3:06.60
44.27	1:30.10 (45.83)	2:23.35 (53.25)	3:06.60 (43.25)	
26 Jones, Jessica	12	Torfaen Dolphins	3:06.10	3:06.66
43.19	1:28.29 (45.10)	2:26.79 (58.50)	3:06.66 (39.87)	
27 Staples-Vvind, Kaiyah-Jade	11	City of Cardiff	3:14.50	3:06.78
44.05	1:31.82 (47.77)	2:26.04 (54.22)	3:06.78 (40.74)	
28 Davies, Sophie G	11	City of Cardiff	3:16.32	3:07.16
46.71	1:37.91 (51.20)	2:28.50 (50.59)	3:07.16 (38.66)	
29 Goddard, Evie E	12	Pembrokeshire County Swimming	3:07.30	3:07.29
41.54	1:30.74 (49.20)	2:24.94 (54.20)	3:07.29 (42.35)	
30 Hughes, Cari	11	Nexus Valley Swimming Club	3:11.89	3:08.25
44.28	1:34.87 (50.59)	2:27.62 (52.75)	3:08.25 (40.63)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 8 Girls 11-12 200 LC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time
31	Johnson Jones, Alaw F 39.70	12	Caernarfon SC	3:06.71 3:08.34 (39.98)	3:08.34
32	Thomas, Grace 42.27	11	Pembrokeshire County Swimming	3:04.80 3:10.31 (41.04)	3:10.31
33	Roberts, Alysia	12	City of Cardiff	3:06.00	3:10.88
			1:28.39 ()	3:10.88 (1:42.49)	
34	Owen, Elain M 41.11	12	Caernarfon SC	3:07.18 3:14.48 (42.51)	3:14.48
			1:32.20 (51.09)	2:31.97 (59.77)	
35	Thomas, Nansi 42.52	12	City of Cardiff	3:11.30 3:14.89 (43.12)	3:14.89
			1:31.16 (48.64)	2:31.77 (1:00.61)	
36	Sturley, Maggie M 42.36	12	Pembroke & District	3:13.11 3:15.13 (41.94)	3:15.13
			1:30.65 (48.29)	2:33.19 (1:02.54)	
37	Jones, Lillie 43.64	11	City of Cardiff	3:30.49 3:17.32 (43.69)	3:17.32
			1:30.80 (47.16)	2:33.63 (1:02.83)	
38	Winter, Callie M 44.56	11	City of Cardiff	3:25.80 3:19.45 (45.47)	3:19.45
			1:34.83 (50.27)	2:33.98 (59.15)	
39	Osborne, Daisy 47.71	11	Brecon Swimming Club	3:56.50 3:21.92 (47.86)	3:21.92
			1:37.15 (49.44)	2:34.06 (56.91)	
40	John, Emilia V 46.71	11	City of Cardiff	3:34.10 3:24.02 (43.50)	3:24.02
			1:38.92 (52.21)	2:40.52 (1:01.60)	
41	Sturdy, Lauren	12	Rhondda Cynon Taf Performance	3:21.24	3:26.33
			1:43.65 ()	3:26.33 (1:42.68)	
42	Martin, Abigail 48.96	12	City of Cardiff	3:34.45 3:26.98 (47.27)	3:26.98
			1:41.47 (52.51)	2:39.71 (58.24)	
43	Rankin, Carys 48.70	11	City of Cardiff	3:29.90 3:28.17 (47.68)	3:28.17
			1:39.77 (51.07)	2:40.49 (1:00.72)	
44	Thomas, Madison A 54.64	12	Nexus Valley Swimming Club	3:28.96 3:31.71 (41.57)	3:31.71
			1:45.51 (50.87)	2:50.14 (1:04.63)	
45	Thomas, Holly L 47.81	11	Bridgend County Swim Squad	3:27.10 3:33.63 (44.98)	3:33.63
			1:40.35 (52.54)	2:48.65 (1:08.30)	
46	Willis, Meghan R 49.38	11	Torfaen Dolphins	3:33.90 3:35.47 (46.71)	3:35.47
			1:45.45 (56.07)	2:48.76 (1:03.31)	
47	Lloyd, Thea 51.50	11	Nexus Valley Swimming Club	3:32.79 3:36.41 (48.42)	3:36.41
			1:45.12 (53.62)	2:47.99 (1:02.87)	
48	Gruffydd, Mali P 50.46	11	City of Cardiff	3:44.50 3:37.46 (48.53)	3:37.46
			1:46.88 (56.42)	2:48.93 (1:02.05)	
49	Ball, Zara R 51.86	11	City of Cardiff	3:23.00 3:38.56 (46.84)	3:38.56
			1:46.48 (54.62)	2:51.72 (1:05.24)	
50	Watts, Abigail M 2:54.77	11	Chirk Dragons	3:46.91	3:40.96
			1:54.87 ()	3:40.96 (1:46.09)	
51	Daly, Kirsten E 49.85	12	Bridgend County Swim Squad	3:49.70 3:42.72 (48.29)	3:42.72
			1:47.86 (58.01)	2:54.43 (1:06.57)	
52	Cole, Grace E 53.77	11	Bridgend County Swim Squad	3:39.70 3:47.68 (48.50)	3:47.68
			1:47.99 (54.22)	2:59.18 (1:11.19)	
53	Moseley, Sophie 2:58.68	12	Pembroke & District	3:55.27	3:48.81
			3:48.81 (50.13)	3:48.81 ()	
54	Lawton, Skyla-Eve E 1:00.54	12	Torfaen Dolphins	NT	3:56.10
			1:55.90 (55.36)	3:56.10 (2:00.20)	
55	Thompson, Carys 3:07.24	11	Pembroke & District	4:00.06	3:56.51
			2:01.80 ()	3:56.51 (1:54.71)	
---	Hoare, Jasmine G	11	Nexus Valley Swimming Club	4:06.45	DQ
	8.2 Arms not brought forward simultaneously or arms not brought forward over the water - f				
			1:51.78 ()	DQ (1:51.13)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 8 Girls 11-12 200 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
--- Edwards, Isobel A	11	City of Cardiff	3:54.44	DQ
4.4 Start before starting signal - misc				
51.53	1:41.66 (50.13)	2:42.48 (1:00.82)	DQ (46.55)	
--- Francombe, Romy	12	Bridgend County Swim Squad	3:10.80	DQ
9.1 Each stroke did not cover of race distance - IM				
37.08	3:04.79 (2:27.71)	2:24.12 ()	DQ (40.67)	
--- Davies, Niamh	11	City of Cardiff	3:08.40	DQ
10.2 A swimmer did not cover the whole distance - DNF - misc				
42.85				

Event 8 Girls 13-14 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Lovell, Madison R	14	Torfaen Dolphins	2:32.50	2:35.98
33.30	1:13.49 (40.19)	2:01.63 (48.14)	2:35.98 (34.35)	
2 Rosser, Cerys A	13	Torfaen Dolphins	2:33.71	2:39.45
33.87	1:13.32 (39.45)	2:04.05 (50.73)	2:39.45 (35.40)	
3 Stride, Tamzin I	13	Torfaen Dolphins	2:33.70	2:39.95
34.22	1:18.16 (43.94)	2:04.53 (46.37)	2:39.95 (35.42)	
4 Smith, Mia	14	Torfaen Dolphins	2:40.40	2:43.57
33.90	1:17.15 (43.25)	2:07.07 (49.92)	2:43.57 (36.50)	
5 Erasmus, Charlotte P	13	Torfaen Dolphins	2:45.24	2:43.75
37.01	1:17.12 (40.11)	2:09.28 (52.16)	2:43.75 (34.47)	
6 Lewis, Rachael E	14	Pembrokeshire County Swimming	2:41.80	2:43.90
35.38	1:20.44 (45.06)	2:06.80 (46.36)	2:43.90 (37.10)	
7 Parry, Jessica	13	Caernarfon SC	2:39.62	2:45.75
36.23	1:16.83 (40.60)	2:07.38 (50.55)	2:45.75 (38.37)	
8 Tarpey, Aoife F	14	Bridgend County Swim Squad	2:39.30	2:45.91
37.12	1:19.52 (42.40)	2:07.38 (47.86)	2:45.91 (38.53)	
9 Evans, Bethan	14	Neath Asc	2:41.90	2:46.74
37.13	1:19.90 (42.77)	2:09.63 (49.73)	2:46.74 (37.11)	
10 Morgan, Bethan E	14	Bridgend County Swim Squad	2:45.80	2:47.09
	1:19.91 ()	2:47.09 (1:27.18)		
11 Illman, Lili D	13	Torfaen Dolphins	2:38.40	2:47.18
37.69	1:23.10 (45.41)	2:12.36 (49.26)	2:47.18 (34.82)	
12 Hickman, Eve R	13	Bridgend County Swim Squad	2:41.60	2:48.31
37.23	1:21.37 (44.14)	2:10.46 (49.09)	2:48.31 (37.85)	
13 Morgan, Hannah	13	City of Cardiff	2:55.50	2:51.74
37.20	1:22.51 (45.31)	2:14.12 (51.61)	2:51.74 (37.62)	
14 Griffiths, Seren	14	Pembrokeshire County Swimming	2:50.70	2:52.07
	2:52.07 ()	2:52.07 ()		
*15 Davies, Tegan M	14	Bridgend County Swim Squad	2:50.10	2:52.29
38.08	1:20.41 (42.33)	2:14.28 (53.87)	2:52.29 (38.01)	
*15 Johnson Jones, Ceri M	14	Caernarfon SC	2:48.76	2:52.29
37.27	1:23.66 (46.39)	2:14.52 (50.86)	2:52.29 (37.77)	
17 Skene, Deryn	14	City of Cardiff	2:56.22	2:52.36
	1:21.24 ()	2:52.36 (1:31.12)		
18 Cook, Seren M	14	Bridgend County Swim Squad	2:57.30	2:52.37
38.06	1:23.58 (45.52)	2:13.70 (50.12)	2:52.37 (38.67)	
19 White, Amy V	13	Pembrokeshire County Swimming	2:47.90	2:53.58
39.63	1:21.95 (42.32)	2:13.19 (51.24)	2:53.58 (40.39)	
20 Nowell, Gabriella J	13	Torfaen Dolphins	2:50.41	2:53.73
39.87	1:23.27 (43.40)	2:15.37 (52.10)	2:53.73 (38.36)	
21 Faulkner, Marie	13	City of Cardiff	2:47.80	2:54.53
40.56	1:26.34 (45.78)	2:16.31 (49.97)	2:54.53 (38.22)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 8 Girls 13-14 200 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
22 Froley, Megan R	14	Bridgend County Swim Squad	2:49.80	2:54.55
36.86	1:22.83 (45.97)	2:15.40 (52.57)	2:54.55 (39.15)	
23 Davies, Lauren M	14	Bridgend County Swim Squad	3:00.50	2:58.93
	1:23.67 ()	2:58.93 (1:35.26)		
24 Jones, Emilia A	13	Bridgend County Swim Squad	2:55.50	2:59.04
39.95	1:27.77 (47.82)	2:18.93 (51.16)	2:59.04 (40.11)	
25 Jones, Chloe J	13	Bridgend County Swim Squad	2:50.80	3:00.50
39.78	1:24.69 (44.91)	2:21.39 (56.70)	3:00.50 (39.11)	
26 George, Caitlin	13	City of Cardiff	3:02.80	3:00.83
39.77	1:25.84 (46.07)	2:19.53 (53.69)	3:00.83 (41.30)	
27 Lee, Georgia	14	Pembroke & District	3:06.75	3:04.32
40.94	1:29.48 (48.54)	2:22.70 (53.22)	3:04.32 (41.62)	
28 James, Ffion	13	Rhondda Cynon Taf Performance	3:03.71	3:04.85
40.87	1:25.58 (44.71)	2:23.22 (57.64)	3:04.85 (41.63)	
29 Clapham, Rhiannon m	13	Pembrokeshire County Swimming	2:54.80	3:05.10
44.60	1:29.98 (45.38)	2:25.65 (55.67)	3:05.10 (39.45)	
30 Moodley, Bethan	13	Rhondda Cynon Taf Performance	3:09.82	3:07.83
44.48	1:31.35 (46.87)	3:07.83 (1:36.48)		
31 Jones, Isabelle	14	Torfaen Dolphins	3:04.10	3:07.98
46.73	1:30.77 (44.04)	2:26.77 (56.00)	3:07.98 (41.21)	
32 Lunn, Cerys	14	City of Cardiff	2:59.10	3:09.57
44.72	3:09.57 (2:24.85)	2:29.24 ()	3:09.57 (40.33)	
33 Thomas, Abigail	13	Neath Asc	3:15.73	3:13.89
44.80	1:36.62 (51.82)	2:33.50 (56.88)	3:13.89 (40.39)	
34 Thomas, Izzy	14	Bridgend County Swim Squad	3:10.20	3:14.05
	1:30.00 ()	3:14.05 (1:44.05)		
35 Watts, Rebecca M	13	Chirk Dragons	3:30.40	3:18.16
47.14	1:40.91 (53.77)	2:37.58 (56.67)	3:18.16 (40.58)	
36 Dawkins, Freya	13	City of Cardiff	3:25.70	3:26.36
45.17	1:37.48 (52.31)	2:41.38 (1:03.90)	3:26.36 (44.98)	
37 Howells-Aitken, Neve H	13	City of Cardiff	3:35.00	3:31.34
46.72	1:42.13 (55.41)	2:44.21 (1:02.08)	3:31.34 (47.13)	
38 Leconte, Seren	14	Rhondda Cynon Taf Performance	3:17.43	3:32.61
46.37	1:38.96 (52.59)	2:47.97 (1:09.01)	3:32.61 (44.64)	
39 Anthony, Gabrielle	13	Rhondda Cynon Taf Performance	3:21.72	3:33.17
46.10	1:38.29 (52.19)	2:43.95 (1:05.66)	3:33.17 (49.22)	
40 Donnithorne, Natasha E	14	Bridgend County Swim Squad	NT	3:38.90
47.52	1:44.71 (57.19)	2:50.54 (1:05.83)	3:38.90 (48.36)	
--- Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	2:44.14	DQ
35.23	2:45.91 (2:10.68)	2:08.49 ()	DQ (37.42)	

Event 8 Girls 15 & Over 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Watson, Freya H	17	Torfaen Dolphins	2:31.70	2:34.77
33.09	1:13.48 (40.39)	2:01.31 (47.83)	2:34.77 (33.46)	
2 Twigg, Louisa	17	Pembrokeshire County Swimming	2:27.74	2:37.41
34.50	1:16.14 (41.64)	2:02.54 (46.40)	2:37.41 (34.87)	
3 Hunt, Imogen E	20	Bridgend County Swim Squad	2:29.10	2:37.45
32.89	1:13.49 (40.60)	2:01.81 (48.32)	2:37.45 (35.64)	
4 Nicholas, Megan L	18	Bridgend County Swim Squad	2:34.20	2:38.24
32.25	1:15.21 (42.96)	2:01.65 (46.44)	2:38.24 (36.59)	
5 Jones, Ruby	15	Torfaen Dolphins	2:41.15	2:41.45
34.43	1:15.31 (40.88)	2:04.62 (49.31)	2:41.45 (36.83)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 8 Girls 15 & Over 200 LC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time
6	Omnet, Lauren	15	Pembrokeshire County Swimming	2:42.64	2:42.60
	37.45	1:19.82 (42.37)	2:04.71 (44.89)	2:42.60 (37.89)	
7	Cox, Emily V	15	Bridgend County Swim Squad	2:41.60	2:47.54
	36.64	1:20.13 (43.49)	2:10.01 (49.88)	2:47.54 (37.53)	
8	Robinson, Francesca S	15	Pembrokeshire County Swimming	2:42.10	2:49.80
		1:18.79 ()	2:49.80 (1:31.01)		
9	Nicholas, Catrin E	15	Bridgend County Swim Squad	2:51.80	2:52.13
	34.74	1:20.71 (45.97)	2:12.41 (51.70)	2:52.13 (39.72)	
10	Lewis, Becky	15	Rhondda Cynon Taf Performance	3:06.74	3:16.24
	38.44	1:26.89 (48.45)	2:34.27 (1:07.38)	3:16.24 (41.97)	
11	James, Ilenia	15	Nexus Valley Swimming Club	3:25.91	3:26.99
	2:43.17	3:26.99 (43.82)	3:26.99 ()		

Event 9 Boys 9-10 50 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Cozma, Sam	9	City of Cardiff	51.30	49.31
2	McCarthy, Benedict	9	City of Cardiff	51.90	50.04
3	Parry, Guto E	10	Caernarfon SC	51.95	50.61
4	Griffiths, George	10	Haverfordwest Swimming Club	52.45	54.39
5	Rosser, Ellis R	10	Torfaen Dolphins	54.80	55.03
6	Finlay, Freddie	9	Gloucester City Swimming Club	53.52	55.46
7	West, Dexter	9	Fishguard Flyers SC	53.01	56.12
8	Davies, Adam	10	Nexus Valley Swimming Club	56.45	57.85
9	Merchant, Lucas J	9	Bridgend County Swim Squad	58.90	57.93
10	Keane, Callum	9	Pembroke & District	57.63	58.21
11	Jenkins, Theo N	10	City of Cardiff	58.90	58.60
12	George, Alexander D	10	Torfaen Dolphins	55.50	58.95
13	Montague, Mason	10	Pembroke & District	1:01.76	1:01.20
14	Lyseight-Jones, Malachi	10	Pembroke & District	NT	1:01.29
15	Robbins, Llyr O	10	City of Cardiff	55.10	1:01.67
16	Ongun, Derin	10	Nexus Valley Swimming Club	NT	1:03.92
17	Lewis, Euan	9	Brecon Swimming Club	NT	1:04.17
18	Woodward, Cullen G	9	Bridgend County Swim Squad	1:05.70	1:09.16

Event 9 Boys 11-12 50 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	James, Ioan D	11	Bridgend County Swim Squad	42.40	41.05
2	Finlay, Paddy	11	Gloucester City Swimming Club	42.45	43.08
3	Leach, Evan	12	Rhondda Cynon Taf Performance	41.76	43.26
4	Winstone, Evan	12	City of Cardiff	43.30	44.60
5	Martin, Luc A	12	Bridgend County Swim Squad	44.80	45.34
6	Hunter, Rauley L	11	City of Cardiff	44.10	46.52
7	Fletcher, Owen T	11	Pembrokeshire County Swimming	45.70	47.74
8	John, Finlay	12	Rhondda Cynon Taf Performance	47.30	47.75
9	Rescigno, Alberto	11	City of Cardiff	45.04	48.05
10	Mutter, Ioan	12	Pembroke & District	48.82	49.36
11	Warman-Powell, Iolo R	11	Torfaen Dolphins	49.03	49.45
12	Murphy-Kenny, Dylan	12	Rhondda Cynon Taf Performance	47.49	49.49
13	Bird, Charles M	11	Chirk Dragons	48.71	49.75
14	Davies, Samuel	11	City of Cardiff	52.20	50.70
15	Stevens, Henry A	11	City of Cardiff	49.70	51.43
16	Owen, Cai	12	Pembrokeshire County Swimming	48.50	51.64
17	Jones, Rhys M	12	Rhondda Cynon Taf Performance	49.04	52.10

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 9 Boys 11-12 50 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
18	Evans, Emrys	12	City of Cardiff	52.00	53.55
19	Hoare, Joshua R	11	Nexus Valley Swimming Club	58.22	56.98
20	Dwyfor-Clarke, Caleb	11	Caernarfon SC	55.89	58.30
21	Weaver, Samuel B	12	Bridgend County Swim Squad	NT	1:03.89
---	Clarke, Luke	12	City of Cardiff	49.20	DQ

7.2 Arm movements not simultaneous or not in the same horizontal plane

Event 9 Boys 13-14 50 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Shiels, Charlie J	14	Pembroke & District	38.45	33.98
2	Clement, Logan	14	Rhondda Cynon Taf Performance	35.74	35.61
3	Fitzsimmons, Arron	14	Pembroke & District	36.77	36.66
4	Sturley, Toby	14	Pembrokeshire County Swimming	36.20	36.80
5	Rosser, Dewi J	13	Torfaen Dolphins	40.30	40.35
6	Keane, Jayden	13	Pembroke & District	41.02	40.37
7	Pritchard, Tomos	13	Caernarfon SC	41.15	40.58
8	Burns, Harry T	13	City of Cardiff	43.40	43.04
9	Roberts, Dafydd	14	Nexus Valley Swimming Club	NT	44.42
10	Lloyd, Angus	13	City of Cardiff	45.75	44.59
11	Eaton Sawford, Kier A	13	Chirk Dragons	42.80	45.29
12	Garland, Jay	13	Rhondda Cynon Taf Performance	51.79	45.54
13	Tasker, Gethin	13	Rhondda Cynon Taf Performance	44.86	46.72
14	John, Alexander	13	Rhondda Cynon Taf Performance	47.22	47.53
15	Ralph, Robbie	13	Haverfordwest Swimming Club	46.63	47.81
16	Newton, Oscar	13	Torfaen Dolphins	50.30	47.90
17	Fahey, Thomas J	13	Bridgend County Swim Squad	1:01.60	59.38

Event 9 Boys 15 & Over 50 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Thompson, Morgan	16	City of Cardiff	34.91	35.23
2	Baker, Luke A	17	Torfaen Dolphins	34.96	35.49
3	Cook, Owain E	18	Bridgend County Swim Squad	35.70	35.62
4	Salmon, Carwyn	15	Rhondda Cynon Taf Performance	35.83	35.92
5	Rosser, Alex W	22	Torfaen Dolphins	36.90	37.08
6	Wojcik, Szymon	16	Bridgend County Swim Squad	37.50	38.26
7	Clegg, Sam W	17	Brecon Swimming Club	38.32	39.49
8	Lloyd, Rhys	16	Rhondda Cynon Taf Performance	43.17	42.41

Event 10 Girls 9-10 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Schumm, Libby	9	Torfaen Dolphins	1:43.77	1:39.39
	44.14	1:39.39 (55.25)			
2	Kay, Isabelle	10	Rhondda Cynon Taf Performance	1:41.57	1:43.09
	45.92	1:43.09 (57.17)			
3	Dwyfor-Clarke, Efa	9	Caernarfon SC	1:54.62	1:54.95
	54.12	1:54.95 (1:00.83)			
4	Thomas, Caitlyn	9	Neath Asc	NT	2:06.09
	58.47	2:06.09 (1:07.62)			

Event 10 Girls 11-12 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Knowles, Amy A	12	Pembrokeshire County Swimming	1:18.40	1:15.04
	36.68	1:15.04 (38.36)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 10 Girls 11-12 100 LC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time
2	Adams, Jaimee	12	City of Cardiff	1:18.50	1:18.80
	37.77			1:18.80 (41.03)	
3	Lewis, Lowri	12	Neath Asc	1:17.42	1:20.41
	36.67			1:20.41 (43.74)	
4	Iles, Georgia L	12	City of Cardiff	1:20.10	1:20.71
	36.84			1:20.71 (43.87)	
5	Lewis, Caera	12	Pembrokeshire County Swimming	1:20.00	1:22.78
	39.04			1:22.78 (43.74)	
6	White, Eleanor R	12	Pembrokeshire County Swimming	1:20.70	1:23.86
	40.07			1:23.86 (43.79)	
7	Stevens, Ruby	12	City of Cardiff	1:12.99	1:24.35
	38.17			1:24.35 (46.18)	
8	Griffiths-Cole, Carys S	12	Bridgend County Swim Squad	1:32.30	1:25.22
	38.35			1:25.22 (46.87)	
9	Gronow, Mia	12	Bridgend County Swim Squad	1:20.90	1:26.37
	41.34			1:26.37 (45.03)	
10	Beynon, Gracie L	11	Bridgend County Swim Squad	NT	1:27.24
11	Gilligan, Gracie	11	Neath Asc	1:19.08	1:31.25
	41.99			1:31.25 (49.26)	
12	Roberts, Alysia	12	City of Cardiff	1:31.50	1:31.53
13	Jones, Jessica	12	Torfaen Dolphins	NT	1:32.77
	43.41			1:32.77 (49.36)	
14	White, Seren	12	Rhondda Cynon Taf Performance	1:56.51	1:33.06
	44.52			1:33.06 (48.54)	
15	Goddard, Evie E	12	Pembrokeshire County Swimming	1:41.80	1:34.79
	44.41			1:34.79 (50.38)	
16	Pritchard, Mia	12	City of Cardiff	1:42.98	1:35.15
	43.35			1:35.15 (51.80)	
17	Owen, Elain M	12	Caernarfon SC	1:33.73	1:35.67
	42.90			1:35.67 (52.77)	
18	Jones, Lillie	11	City of Cardiff	1:37.61	1:37.00
	43.84			1:37.00 (53.16)	
19	John, Emilia V	11	City of Cardiff	1:46.80	1:40.33
	46.47			1:40.33 (53.86)	
20	Thomas, Abigail G	12	Pembroke & District	1:35.32	1:40.35
	45.65			1:40.35 (54.70)	
21	Picton, Annie	12	Rhondda Cynon Taf Performance	NT	1:41.88
	48.93			1:41.88 (52.95)	
22	Thomas, Grace	11	Pembrokeshire County Swimming	1:32.00	1:42.49
	44.88			1:42.49 (57.61)	
23	Hale, Chloe	12	Pembrokeshire County Swimming	1:37.20	1:44.10
	43.89			1:44.10 (1:00.21)	
24	Winter, Callie M	11	City of Cardiff	1:42.40	1:47.08
	49.72			1:47.08 (57.36)	
25	Lloyd, Thea	11	Nexus Valley Swimming Club	1:50.96	1:50.72
26	Gruffydd, Mali P	11	City of Cardiff	1:55.40	1:54.51
	53.85			1:54.51 (1:00.66)	
27	Ball, Zara R	11	City of Cardiff	1:49.24	2:00.60
28	Carre, Jasmine M	11	Rhondda Cynon Taf Performance	2:00.48	2:03.76
	57.25			2:03.76 (1:06.51)	
---	Williams, Mali	12	Rhondda Cynon Taf Performance	1:32.52	DQ
	8.3 Movements of the legs not simultaneous or alternating movement of legs or feet				
	41.43			DQ (54.76)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 10 Girls 11-12 100 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
--- Griffiths, Enfys	12	Pembrokeshire County Swimming	1:33.80	DQ
10.2 A swimmer did not cover the whole distance - DNF				
	41.58			
--- Cull, Millie M	11	Bridgend County Swim Squad	NT	DQ
8.2 Arms not brought forward simultaneously or arms not brought forward over the water				
	46.65	DQ (1:03.77)		

Event 10 Girls 13-14 100 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Morgan, Bethan E	14	Bridgend County Swim Squad	1:11.40	1:14.59
	35.51	1:14.59 (39.08)		
2 Stride, Tamzin I	13	Torfaen Dolphins	1:10.76	1:14.74
	36.29	1:14.74 (38.45)		
3 Rosser, Cerys A	13	Torfaen Dolphins	1:12.45	1:14.89
	34.42	1:14.89 (40.47)		
4 Minas, Ella	14	Rhondda Cynon Taf Performance	1:13.23	1:14.91
	34.44	1:14.91 (40.47)		
5 Lewis, Rachael E	14	Pembrokeshire County Swimming	1:13.70	1:15.16
	35.11	1:15.16 (40.05)		
6 Bond, Sasha	14	Rhondda Cynon Taf Performance	1:15.69	1:18.48
	37.90	1:18.48 (40.58)		
7 Illman, Lili D	13	Torfaen Dolphins	1:13.50	1:18.93
	37.31	1:18.93 (41.62)		
8 Jones, Cerys	13	Rhondda Cynon Taf Performance	1:17.52	1:20.23
	36.63	1:20.23 (43.60)		
9 Johnson Jones, Ceri M	14	Caernarfon SC	1:18.29	1:20.31
	38.10	1:20.31 (42.21)		
10 Griffiths, Seren	14	Pembrokeshire County Swimming	1:17.90	1:20.32
	36.86	1:20.32 (43.46)		
11 Frole, Megan R	14	Bridgend County Swim Squad	1:31.06	1:22.79
	37.96	1:22.79 (44.83)		
12 Morgan, Hannah	13	City of Cardiff	1:19.79	1:23.64
	38.68	1:23.64 (44.96)		
13 Davies, Lauren M	14	Bridgend County Swim Squad	NT	1:24.37
	39.32	1:24.37 (45.05)		
14 Brind, Jessica	13	City of Cardiff	1:27.20	1:26.55
	39.76	1:26.55 (46.79)		
15 Faulkner, Marie	13	City of Cardiff	1:32.03	1:28.12
	40.41	1:28.12 (47.71)		
16 George, Caitlin	13	City of Cardiff	1:38.89	1:29.76
17 Thomas, Izzy	14	Bridgend County Swim Squad	1:28.80	1:35.38
	41.33	1:35.38 (54.05)		
18 James, Nia	13	Pembrokeshire County Swimming	1:40.80	1:37.26
	42.77	1:37.26 (54.49)		
19 Dawkins, Freya	13	City of Cardiff	1:43.70	1:44.08
	47.50	1:44.08 (56.58)		

Event 10 Girls 15 & Over 100 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Nicholas, Megan L	18	Bridgend County Swim Squad	1:09.30	1:07.94
	31.85	1:07.94 (36.09)		
2 Randell, Niamh	17	Rhondda Cynon Taf Performance	1:08.50	1:10.98
3 Nicholas, Catrin E	15	Bridgend County Swim Squad	1:14.20	1:15.79

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 10 Girls 15 & Over 100 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
4 Twigg, Louisa	17	Pembrokeshire County Swimming	1:10.40	1:15.83
35.28	1:15.83 (40.55)			
5 Matthews, Jodie	15	Rhondda Cynon Taf Performance	1:19.94	1:25.12
6 Lewis, Becky	15	Rhondda Cynon Taf Performance	1:22.62	1:27.41
40.05	1:27.41 (47.36)			

Event 11 Boys 9-10 200 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Morgan, Ben	9	Pembroke & District	NT	4:56.60
1:05.79	2:22.63 (1:16.84)	3:40.62 (1:17.99)	4:56.60 (1:15.98)	

Event 11 Boys 11-12 200 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Fowler, Joseph	12	Rhondda Cynon Taf Performance	2:56.92	3:04.45
40.31	1:26.64 (46.33)	2:17.63 (50.99)	3:04.45 (46.82)	
2 Fletcher, Owen T	11	Pembrokeshire County Swimming	3:17.90	3:32.80
	1:39.26 ()	3:32.80 (1:53.54)		
3 Thomas, Travis	12	Nexus Valley Swimming Club	3:43.48	3:43.29
46.30	1:44.04 (57.74)	2:44.35 (1:00.31)	3:43.29 (58.94)	
4 Morgan, Jack	11	Pembroke & District	4:06.35	4:10.62
49.67	4:10.62 (3:20.95)	3:04.75 ()	4:10.62 (1:05.87)	

Event 11 Boys 13-14 200 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Andrews, Rory	14	Pembrokeshire County Swimming	2:29.80	2:31.58
34.50	1:13.93 (39.43)	1:52.31 (38.38)	2:31.58 (39.27)	
2 Merriman, Ben W	13	Torfaen Dolphins	2:24.60	2:33.57
33.64	1:12.36 (38.72)	1:52.80 (40.44)	2:33.57 (40.77)	
3 White, Henry	14	Pembrokeshire County Swimming	2:27.30	2:38.60
34.58	1:14.80 (40.22)	1:57.14 (42.34)	2:38.60 (41.46)	
4 Isaacs, Tomos	13	Rhondda Cynon Taf Performance	2:54.79	2:51.86
39.22	1:22.80 (43.58)	2:07.65 (44.85)	2:51.86 (44.21)	
5 Price, Toby G	13	Pembrokeshire County Swimming	NT	3:21.35
2:29.63	1:35.64 ()	3:21.35 (1:45.71)		

Event 11 Boys 15 & Over 200 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Barrett, Sean A	16	Pembrokeshire County Swimming	2:16.70	2:22.42
33.01	1:08.43 (35.42)	1:46.41 (37.98)	2:22.42 (36.01)	
2 Garland, Kieran	16	Rhondda Cynon Taf Performance	2:18.77	2:24.23
32.05	1:09.38 (37.33)	1:47.43 (38.05)	2:24.23 (36.80)	
3 Thomas, Daniel J	21	Pembroke & District	2:15.77	2:27.36
	1:08.24 ()	2:27.36 (1:19.12)		
4 Chim, Danny K	17	Bridgend County Swim Squad	2:25.11	2:28.81
33.15	1:11.89 (38.74)	1:50.89 (39.00)	2:28.81 (37.92)	
5 Collins, Tyler	15	Rhondda Cynon Taf Performance	2:40.62	2:59.18
36.06	1:22.18 (46.12)	2:59.18 (1:37.00)		

Event 12 Girls 9-10 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 O'Mahoney, Kaitlin	10	Neath Asc	3:11.22	3:12.83
45.68	1:34.48 (48.80)	2:24.06 (49.58)	3:12.83 (48.77)	
2 Horne, Victoria	10	Pembrokeshire County Swimming	3:18.10	3:14.21
	1:36.06 ()	3:14.21 (1:38.15)		

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 12 Girls 9-10 200 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
3	Davies, Seren E	10	Bridgend County Swim Squad	3:14.20	3:22.60
	47.71	1:39.47 (51.76)	3:22.60 (1:43.13)		
4	Coombes, Cerys	10	Bridgend County Swim Squad	NT	3:32.34
	50.83	1:45.15 (54.32)	2:39.47 (54.32)	3:32.34 (52.87)	
5	Evans, Ella	10	City of Cardiff	NT	3:45.60
	52.31		2:51.77 ()	3:45.60 (53.83)	
6	Dwyfor-Clarke, Efa	9	Caernarfon SC	3:53.70	3:50.85
	51.94	1:49.40 (57.46)	2:52.63 (1:03.23)	3:50.85 (58.22)	
7	Reilly, Manon	10	Rhondda Cynon Taf Performance	4:19.62	3:51.45
	52.37	1:53.12 (1:00.75)	2:53.41 (1:00.29)	3:51.45 (58.04)	
8	Thomas, Caitlyn	9	Neath Asc	NT	4:06.63
	1:02.01	2:04.68 (1:02.67)	3:07.85 (1:03.17)	4:06.63 (58.78)	
---	James, Lilia	10	Nexus Valley Swimming Club	NT	DQ
	6.4 More than one single or double simultaneous arm pull used to initiate the turn or not				
	54.76	1:53.54 (58.78)	2:51.09 (57.55)	DQ (54.77)	

Event 12 Girls 11-12 200 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Davies, Cerys	12	Rhondda Cynon Taf Performance	2:37.74	2:43.07
	37.96	1:19.15 (41.19)	2:01.41 (42.26)	2:43.07 (41.66)	
2	Greenslade, Holly J	12	Torfaen Dolphins	2:47.42	2:48.18
	39.69	1:22.77 (43.08)	2:06.80 (44.03)	2:48.18 (41.38)	
3	Lewis, Lowri	12	Neath Asc	2:45.12	2:49.24
	39.37	1:22.46 (43.09)	2:06.26 (43.80)	2:49.24 (42.98)	
4	Knowles, Amy A	12	Pembrokeshire County Swimming	2:42.30	2:50.27
	39.61	1:23.92 (44.31)	2:08.83 (44.91)	2:50.27 (41.44)	
5	Dunglison, Kate L	12	Bridgend County Swim Squad	NT	2:51.19
		1:23.35 ()	2:51.19 (1:27.84)		
6	Stevens, Ruby	12	City of Cardiff	2:41.50	2:53.03
	40.99	1:25.14 (44.15)	2:09.75 (44.61)	2:53.03 (43.28)	
7	Gronow, Mia	12	Bridgend County Swim Squad	NT	2:55.15
	40.28	1:25.68 (45.40)	2:11.63 (45.95)	2:55.15 (43.52)	
8	Gilligan, Gracie	11	Neath Asc	2:39.88	2:55.43
	41.35	1:26.19 (44.84)	2:55.43 (1:29.24)		
9	Blake, Ffion	12	City of Cardiff	2:55.80	2:56.31
	43.14	1:28.90 (45.76)	2:13.76 (44.86)	2:56.31 (42.55)	
10	John, Lucy	12	Pembrokeshire County Swimming	3:08.36	2:57.63
	41.09	1:26.71 (45.62)	2:12.93 (46.22)	2:57.63 (44.70)	
11	Horne, Alexa	12	Pembrokeshire County Swimming	2:54.00	3:02.17
	42.82	1:29.98 (47.16)	2:17.90 (47.92)	3:02.17 (44.27)	
12	Jones, Jessica	12	Torfaen Dolphins	NT	3:02.95
	45.19	1:31.26 (46.07)	2:18.75 (47.49)	3:02.95 (44.20)	
13	Jones, Lillie	11	City of Cardiff	3:14.85	3:08.99
	46.65	1:35.27 (48.62)	2:23.66 (48.39)	3:08.99 (45.33)	
14	Wright, Pippa	12	Rhondda Cynon Taf Performance	NT	3:09.50
	42.80	1:30.53 (47.73)	2:21.38 (50.85)	3:09.50 (48.12)	
15	Staples-Vvind, Kaiyah-Jade	11	City of Cardiff	3:08.00	3:10.10
		1:33.04 ()	3:10.10 (1:37.06)		
16	Davies, Sophie G	11	City of Cardiff	3:05.00	3:10.77
	46.42	1:36.19 (49.77)	2:25.62 (49.43)	3:10.77 (45.15)	
17	Winter, Callie M	11	City of Cardiff	3:12.40	3:15.96
	47.76	1:38.68 (50.92)	2:29.18 (50.50)	3:15.96 (46.78)	
18	John, Emilia V	11	City of Cardiff	NT	3:18.13
	49.11	1:39.33 (50.22)	2:29.71 (50.38)	3:18.13 (48.42)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 12 Girls 11-12 200 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
19 Hampton, Poppi E	12	Bridgend County Swim Squad	3:08.10	3:18.85
47.68	1:40.14 (52.46)	2:30.83 (50.69)	3:18.85 (48.02)	
20 Thomas, Holly L	11	Bridgend County Swim Squad	3:10.80	3:21.12
49.03	3:21.17 (2:32.14)	2:32.21 ()	3:21.12 (48.91)	
21 Thomas, Grace	11	Pembrokeshire County Swimming	NT	3:22.11
49.34	1:42.04 (52.70)	2:33.27 (51.23)	3:22.11 (48.84)	
22 Rankin, Carys	11	City of Cardiff	3:13.90	3:23.19
48.37	1:40.17 (51.80)	2:33.46 (53.29)	3:23.19 (49.73)	
23 Ball, Zara R	11	City of Cardiff	NT	3:35.92
52.75	1:49.21 (56.46)	2:42.82 (53.61)	3:35.92 (53.10)	
24 Moseley, Sophie	12	Pembroke & District	3:39.35	3:38.19
50.27	1:47.58 (57.31)	2:44.08 (56.50)	3:38.19 (54.11)	
25 Cole, Grace E	11	Bridgend County Swim Squad	NT	3:44.35
53.46	1:50.17 (56.71)	2:48.40 (58.23)	3:44.35 (55.95)	
26 Gruffydd, Mali P	11	City of Cardiff	3:37.30	3:45.79
	1:52.15 ()	3:45.79 (1:53.64)		
27 Vamplew, Ffion	11	Brecon Swimming Club	NT	4:43.31
1:05.65	4:43.13 (3:37.48)	3:30.39 ()	4:43.31 (1:12.92)	
--- Francombe, Romy	12	Bridgend County Swim Squad	NT	DQ
6.4 Not on the back when leaving the wall				
	1:29.65 ()	DQ (1:33.68)		

Event 12 Girls 13-14 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Parry, Jessica	13	Caernarfon SC	2:30.46	2:37.55
37.39	1:17.60 (40.21)	1:57.92 (40.32)	2:37.55 (39.63)	
2 Lovell, Madison R	14	Torfaen Dolphins	2:35.08	2:37.57
38.02		1:58.71 ()	2:37.57 (38.86)	
3 Evans, Bethan	14	Neath Asc	2:30.97	2:37.59
36.84	1:18.61 (41.77)	1:59.56 (40.95)	2:37.59 (38.03)	
4 Davies, Tegan M	14	Bridgend County Swim Squad	2:36.50	2:43.30
	1:19.73 ()	2:43.30 (1:23.57)		
5 White, Amy V	13	Pembrokeshire County Swimming	2:39.20	2:44.37
38.40	1:20.16 (41.76)	2:03.40 (43.24)	2:44.37 (40.97)	
6 Tarpey, Aoife F	14	Bridgend County Swim Squad	2:35.40	2:45.35
39.28	1:21.56 (42.28)	2:03.91 (42.35)	2:45.35 (41.44)	
7 Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	2:35.51	2:45.39
38.14	1:19.77 (41.63)	2:02.74 (42.97)	2:45.39 (42.65)	
8 Greenwood, Hannah	14	Pembroke & District	2:39.92	2:47.88
39.11	1:22.41 (43.30)	2:06.30 (43.89)	2:47.88 (41.58)	
9 Jones, Chloe J	13	Bridgend County Swim Squad	2:42.00	2:49.43
40.16	1:23.64 (43.48)	2:07.29 (43.65)	2:49.43 (42.14)	
10 Hickman, Eve R	13	Bridgend County Swim Squad	2:39.20	2:49.47
39.95	1:23.19 (43.24)	2:06.91 (43.72)	2:49.47 (42.56)	
11 Faulkner, Marie	13	City of Cardiff	2:43.60	2:51.02
2:08.85	1:24.86 ()	2:51.02 (1:26.16)		
12 Skene, Deryn	14	City of Cardiff	2:45.30	2:51.83
39.97	1:24.31 (44.34)	2:09.61 (45.30)	2:51.83 (42.22)	
13 Krol, Sophie	13	Pembrokeshire County Swimming	2:45.80	2:52.07
40.11	1:24.44 (44.33)	2:08.97 (44.53)	2:52.07 (43.10)	
14 Morgan, Hannah	13	City of Cardiff	2:56.90	2:53.58
41.04	1:25.76 (44.72)	2:10.91 (45.15)	2:53.58 (42.67)	
15 James, Ffion	13	Rhondda Cynon Taf Performance	2:50.08	2:58.22
42.48	1:28.16 (45.68)	2:14.76 (46.60)	2:58.22 (43.46)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 12 Girls 13-14 200 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
16	Jones, Neve	13	Neath Asc	2:53.05	2:58.48
		1:26.83 ()	2:58.48 (1:31.65)		
17	Davies, Lauren M	14	Bridgend County Swim Squad	2:52.40	2:58.55
	42.34	1:28.51 (46.17)	2:14.77 (46.26)	2:58.55 (43.78)	
18	Lewis, Rachael E	14	Pembrokeshire County Swimming	3:04.99	3:00.26
	42.38	1:28.04 (45.66)	2:15.23 (47.19)	3:00.26 (45.03)	
19	Clapham, Rhiannon m	13	Pembrokeshire County Swimming	2:50.60	3:01.92
	43.10	1:29.29 (46.19)	2:17.17 (47.88)	3:01.92 (44.75)	
20	Froley, Megan R	14	Bridgend County Swim Squad	3:39.70	3:03.83
	42.96	1:29.33 (46.37)	2:17.01 (47.68)	3:03.83 (46.82)	
21	Brind, Jessica	13	City of Cardiff	3:04.10	3:04.43
	43.87	1:30.96 (47.09)	2:19.22 (48.26)	3:04.43 (45.21)	
22	James, Nia	13	Pembrokeshire County Swimming	2:55.80	3:13.34
	45.32	1:34.60 (49.28)	2:25.56 (50.96)	3:13.34 (47.78)	

Event 12 Girls 15 & Over 200 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Watson, Freya H	17	Torfaen Dolphins	2:32.28	2:37.87
	38.40	1:18.85 (40.45)	1:59.47 (40.62)	2:37.87 (38.40)	
2	Morgan, Sophie	17	Rhondda Cynon Taf Performance	2:36.16	2:42.96
	39.31	1:20.77 (41.46)	2:01.90 (41.13)	2:42.96 (41.06)	
3	Addecott, Ffion H	16	Rhondda Cynon Taf Performance	2:34.04	2:42.98
	38.35	1:19.78 (41.43)	2:01.76 (41.98)	2:42.98 (41.22)	
4	Omnet, Lauren	15	Pembrokeshire County Swimming	2:40.70	2:45.48
	39.76		2:04.03 ()	2:45.48 (41.45)	
5	Cox, Emily V	15	Bridgend County Swim Squad	2:43.00	2:47.01
		1:23.47 ()	2:47.01 (1:23.54)		

Event 13 Boys 9-10 100 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Parry, Guto E	10	Caernarfon SC	1:52.82	1:53.68
	53.95	1:53.68 (59.73)			
2	Finlay, Freddie	9	Gloucester City Swimming Club	NT	1:58.78
	56.50	1:58.78 (1:02.28)			
3	Griffiths, George	10	Haverfordwest Swimming Club	1:55.10	1:58.91
	55.22	1:58.91 (1:03.69)			
4	Henschell, Logan	10	City of Cardiff	NT	2:02.14
	58.48	2:02.14 (1:03.66)			
5	Keane, Callum	9	Pembroke & District	2:14.18	2:05.21
	59.95	2:05.21 (1:05.26)			
6	Davies, Adam	10	Nexus Valley Swimming Club	2:09.28	2:06.58
	59.95	2:06.58 (1:06.63)			
7	Merchant, Lucas J	9	Bridgend County Swim Squad	2:03.90	2:08.75
	1:01.91	2:08.75 (1:06.84)			
8	Lyseight-Jones, Malachi	10	Pembroke & District	NT	2:11.29
9	Robbins, Llyr O	10	City of Cardiff	2:04.70	2:12.61
	1:05.06	2:12.61 (1:07.55)			
10	Woodward, Cullen G	9	Bridgend County Swim Squad	2:27.90	2:21.69
	1:10.68	2:21.69 (1:11.01)			

Event 13 Boys 11-12 100 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	James, Ioan D	11	Bridgend County Swim Squad	1:27.00	1:27.95
	42.89	1:27.95 (45.06)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 13 Boys 11-12 100 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
2	Finlay, Paddy	11	Gloucester City Swimming Club	1:32.92	1:36.61
	47.02	1:36.61 (49.59)			
3	West, Zac	12	Pembrokeshire County Swimming	1:32.70	1:38.03
	46.87	1:38.03 (51.16)			
4	Winstone, Evan	12	City of Cardiff	1:35.40	1:38.10
5	Martin, Luc A	12	Bridgend County Swim Squad	1:44.40	1:38.26
	46.54	1:38.26 (51.72)			
6	Leach, Evan	12	Rhondda Cynon Taf Performance	1:38.49	1:39.32
	47.07	1:39.32 (52.25)			
7	Thomas, Dewi	11	Pembrokeshire County Swimming	1:33.00	1:41.30
	48.54	1:41.30 (52.76)			
8	Morgan, Lewis R	11	Bridgend County Swim Squad	1:39.60	1:43.34
	50.33	1:43.34 (53.01)			
9	Rescigno, Alberto	11	City of Cardiff	1:38.90	1:43.96
	48.99	1:43.96 (54.97)			
10	Fletcher, Owen T	11	Pembrokeshire County Swimming	1:37.70	1:44.01
11	Hunter, Rauley L	11	City of Cardiff	1:36.50	1:47.97
	52.14	1:47.97 (55.83)			
12	Warman-Powell, Iolo R	11	Torfaen Dolphins	1:46.30	1:48.30
	50.88	1:48.30 (57.42)			
13	Mutter, Ioan	12	Pembroke & District	1:51.50	1:48.39
	51.24	1:48.39 (57.15)			
14	Bird, Charles M	11	Chirk Dragons	1:44.19	1:48.82
15	Thomas, Travis	12	Nexus Valley Swimming Club	1:54.60	1:49.54
	52.08	1:49.54 (57.46)			
16	Owen, Cai	12	Pembrokeshire County Swimming	1:54.57	1:49.58
17	Davies, Samuel	11	City of Cardiff	1:52.20	1:49.78
	53.15	1:49.78 (56.63)			
18	Stevens, Henry A	11	City of Cardiff	1:49.80	1:49.79
	51.57	1:49.79 (58.22)			
19	Froley, Iwan C	11	Bridgend County Swim Squad	1:53.90	1:51.86
	53.68	1:51.86 (58.18)			
20	Jones, Harrison L	11	Bridgend County Swim Squad	NT	1:53.73
	53.99	1:53.73 (59.74)			
21	Evans, Emrys	12	City of Cardiff	2:04.45	1:54.30
	54.02	1:54.30 (1:00.28)			
22	Morgan, Jack	11	Pembroke & District	2:02.92	2:04.22
	1:01.24	2:04.22 (1:02.98)			
23	Aylen, James E	11	Bridgend County Swim Squad	2:13.90	2:04.88
24	Dwyfor-Clarke, Caleb	11	Caernarfon SC	2:02.44	2:08.55
	59.86	2:08.55 (1:08.69)			
25	Johnson, Cai	11	Pembroke & District	2:24.73	2:13.25
	1:01.72	2:13.25 (1:11.53)			

Event 13 Boys 13-14 100 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Shiels, Charlie J	14	Pembroke & District	1:20.45	1:16.85
	36.28	1:16.85 (40.57)			
2	Sturley, Toby	14	Pembrokeshire County Swimming	1:17.70	1:19.24
	37.70	1:19.24 (41.54)			
3	Clement, Logan	14	Rhondda Cynon Taf Performance	1:17.64	1:21.23
	37.48	1:21.23 (43.75)			
4	Fitzsimmons, Arron	14	Pembroke & District	1:21.43	1:26.23
	39.13	1:26.23 (47.10)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 13 Boys 13-14 100 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
5	Keane, Jayden	13	Pembroke & District	1:36.36	1:28.41
	41.12				1:28.41 (47.29)
6	Pritchard, Tomos	13	Caernarfon SC	1:30.05	1:29.29
	41.61				1:29.29 (47.68)
7	Rosser, Dewi J	13	Torfaen Dolphins	1:29.27	1:30.82
	42.95				1:30.82 (47.87)
8	Burns, Harry T	13	City of Cardiff	1:31.50	1:31.79
	42.92				1:31.79 (48.87)
9	Price, Toby G	13	Pembrokeshire County Swimming	1:41.80	1:36.50
	46.92				1:36.50 (49.58)
10	Lloyd, Angus	13	City of Cardiff	1:40.40	1:38.40
	46.94				1:38.40 (51.46)
11	Eaton Sawford, Kier A	13	Chirk Dragons	1:37.49	1:41.61
	47.48				1:41.61 (54.13)
12	Garland, Jay	13	Rhondda Cynon Taf Performance	1:46.19	1:41.63
	47.09				1:41.63 (54.54)
13	Fahey, Thomas J	13	Bridgend County Swim Squad	2:10.80	2:11.76

Event 13 Boys 15 & Over 100 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Barrett, Sean A	16	Pembrokeshire County Swimming	1:10.00	1:11.06
2	Kettle, Rowan	18	Pembroke & District	1:17.12	1:16.48
	35.06				1:16.48 (41.42)
3	Cook, Owain E	18	Bridgend County Swim Squad	1:16.20	1:18.41
	36.99				1:18.41 (41.42)
4	Salmon, Carwyn	15	Rhondda Cynon Taf Performance	1:16.57	1:19.35
	37.68				1:19.35 (41.67)
5	Thompson, Morgan	16	City of Cardiff	1:17.50	1:19.55
	36.83				1:19.55 (42.72)
6	Wojcik, Szymon	16	Bridgend County Swim Squad	1:24.30	1:24.21
7	Clegg, Sam W	17	Brecon Swimming Club	1:26.88	1:31.95
	44.12				1:31.95 (47.83)
8	Lloyd, Rhys	16	Rhondda Cynon Taf Performance	1:30.59	1:35.84
	44.26				1:35.84 (51.58)

Event 14 Girls 9-10 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Taylor, Theodora A	9	Torfaen Dolphins	1:13.75	1:12.12
	34.59				1:12.12 (37.53)
2	Watkins, Amelia M	10	Torfaen Dolphins	1:14.59	1:12.41
	36.12				1:12.41 (36.29)
3	Schumm, Libby	9	Torfaen Dolphins	1:20.88	1:18.56
	36.36				1:18.56 (42.20)
4	McDonagh, Emily M	10	Bridgend County Swim Squad	1:21.40	1:18.69
	36.70				1:18.69 (41.99)
5	Horne, Victoria	10	Pembrokeshire County Swimming	1:19.70	1:19.65
	37.37				1:19.65 (42.28)
6	O'Mahoney, Kaitlin	10	Neath Asc	1:18.12	1:20.57
	38.40				1:20.57 (42.17)
7	Kay, Isabelle	10	Rhondda Cynon Taf Performance	1:21.84	1:23.92
	39.01				1:23.92 (44.91)
8	Lima, Isabella-May F	10	Bridgend County Swim Squad	NT	1:25.15
	40.46				1:25.15 (44.69)

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 14 Girls 9-10 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
9	Evans, Ella	10	City of Cardiff	1:26.70	1:25.59
	40.23				1:25.59 (45.36)
10	Gardener, Hannah B	9	Bridgend County Swim Squad	1:26.80	1:25.64
	41.42				1:25.64 (44.22)
11	Barrington-Williams, Ruby	10	Rhondda Cynon Taf Performance	1:31.68	1:26.71
12	Parry, Emily	10	Caernarfon SC	1:22.65	1:27.04
	41.53				1:27.04 (45.51)
13	Haddrell, Eva Lily	10	Rhondda Cynon Taf Performance	1:26.30	1:27.21
	41.03				1:27.21 (46.18)
14	Worthington, Emma	10	Chirk Dragons	NT	1:27.72
	40.83				1:27.72 (46.89)
15	Owen, Kessie E	10	Nexus Valley Swimming Club	NT	1:28.86
	40.22				1:28.86 (48.64)
16	Davies, Seren E	10	Bridgend County Swim Squad	1:30.40	1:30.85
	42.78				1:30.85 (48.07)
17	Tarpey, Niamh A	10	Bridgend County Swim Squad	1:48.60	1:38.74
	46.27				1:38.74 (52.47)
18	James, Lilia	10	Nexus Valley Swimming Club	NT	1:39.29
	46.25				1:39.29 (53.04)
19	Thomas, Hannah L	9	Nexus Valley Swimming Club	1:42.94	1:40.67
	48.08				1:40.67 (52.59)
20	Townsend, Skye S	10	City of Cardiff	2:11.70	1:40.74
	47.55				1:40.74 (53.19)
21	Williams, Annabelle	9	Aberystwyth Swimming Club	NT	1:43.62
	48.44				1:43.62 (55.18)
22	Hughes, Erin	10	Rhondda Cynon Taf Performance	NT	1:43.93
23	Phillips, Lucy	10	Rhondda Cynon Taf Performance	NT	1:44.04
	46.50				1:44.04 (57.54)
24	Higgs, Cerys	9	City of Cardiff	1:45.90	1:44.43
	46.70				1:44.43 (57.73)
25	Reilly, Manon	10	Rhondda Cynon Taf Performance	1:45.24	1:45.50
	48.96				1:45.50 (56.54)
26	Evans, Porscha	10	City of Cardiff	1:41.10	1:46.27
	49.30				1:46.27 (56.97)
27	Moseley, Olivia G	10	Nexus Valley Swimming Club	NT	1:46.51
	50.16				1:46.51 (56.35)
28	Thomas, Caitlyn	9	Neath Asc	1:44.42	1:46.73
	50.08				1:46.73 (56.65)
29	Francombe, Juno	9	Bridgend County Swim Squad	NT	1:47.42
	48.63				1:47.42 (58.79)
30	Williams, Olivia	9	Rhondda Cynon Taf Performance	NT	1:54.73
	51.42				1:54.73 (1:03.31)
31	Williams, Begw	9	Rhondda Cynon Taf Performance	NT	1:56.23
	52.24				1:56.23 (1:03.99)
32	Lee, Martha	10	Pembroke & District	1:58.71	1:57.34
	52.34				1:57.34 (1:05.00)
33	Brock, Ffion	9	Rhondda Cynon Taf Performance	NT	2:03.84
	58.49				2:03.84 (1:05.35)
34	Hickman, Isla L	9	Bridgend County Swim Squad	2:09.80	2:09.19
	1:01.51				2:09.19 (1:07.68)

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****Event 14 Girls 11-12 100 LC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Chayka, Sofia	12	City of Cardiff	1:03.40	1:04.80
	30.30	1:04.80 (34.50)			
2	Broder, Libby R	12	Torfaen Dolphins	1:04.20	1:05.34
	31.56	1:05.34 (33.78)			
3	Dunglinson, Kate L	12	Bridgend County Swim Squad	1:05.20	1:05.70
	31.63	1:05.70 (34.07)			
4	Lewis, Caera	12	Pembrokeshire County Swimming	1:07.80	1:08.70
	32.76	1:08.70 (35.94)			
5	Lewis, Lowri	12	Neath Asc	1:06.39	1:08.81
	32.98	1:08.81 (35.83)			
6	Griffiths-Cole, Carys S	12	Bridgend County Swim Squad	1:05.60	1:08.91
	32.74	1:08.91 (36.17)			
7	Croke, Carys S	11	Torfaen Dolphins	1:06.70	1:09.04
8	Hamm, Elli May	12	Bridgend County Swim Squad	1:16.00	1:09.37
	33.58	1:09.37 (35.79)			
9	Francombe, Romy	12	Bridgend County Swim Squad	1:18.20	1:11.80
	35.04	1:11.80 (36.76)			
10	Greenslade, Holly J	12	Torfaen Dolphins	1:10.59	1:12.24
11	Blake, Ffion	12	City of Cardiff	1:10.10	1:12.46
	34.85	1:12.46 (37.61)			
12	Stevens, Ruby	12	City of Cardiff	1:05.41	1:12.77
	34.43	1:12.77 (38.34)			
13	Merchant, Anna-Rose	11	Bridgend County Swim Squad	1:13.80	1:13.76
	34.82	1:13.76 (38.94)			
14	Griffiths, Enfys	12	Pembrokeshire County Swimming	1:12.30	1:13.78
	36.18	1:13.78 (37.60)			
15	Davies, Niamh	11	City of Cardiff	1:18.00	1:13.98
	36.29	1:13.98 (37.69)			
16	Davies, Ffion	12	Rhondda Cynon Taf Performance	1:10.95	1:14.60
17	Thomas, Nansi	12	City of Cardiff	1:13.60	1:14.64
	35.82	1:14.64 (38.82)			
18	Knowles, Amy A	12	Pembrokeshire County Swimming	1:10.10	1:14.82
	35.68	1:14.82 (39.14)			
19	Gilligan, Gracie	11	Neath Asc	1:12.52	1:14.99
	35.91	1:14.99 (39.08)			
20	Jones, Jessica	12	Torfaen Dolphins	NT	1:15.00
	36.22	1:15.00 (38.78)			
21	Webb, Alys	12	Pembrokeshire County Swimming	1:15.00	1:15.31
	36.53	1:15.31 (38.78)			
22	Beynon, Gracie L	11	Bridgend County Swim Squad	1:21.80	1:15.63
	37.87	1:15.63 (37.76)			
23	Owen, Elain M	12	Caernarfon SC	1:17.58	1:16.05
	36.02	1:16.05 (40.03)			
24	Sturley, Maggie M	12	Pembroke & District	1:15.02	1:16.13
	36.03	1:16.13 (40.10)			
25	Davies, Sophie G	11	City of Cardiff	1:22.50	1:16.33
	36.65	1:16.33 (39.68)			
26	John, Lucy	12	Pembrokeshire County Swimming	1:13.40	1:16.47
	36.56	1:16.47 (39.91)			
27	Horne, Alexa	12	Pembrokeshire County Swimming	1:12.50	1:16.56
	36.82	1:16.56 (39.74)			
28	Pengelly, Leia	12	Rhondda Cynon Taf Performance	1:15.58	1:16.70
	37.67	1:16.70 (39.03)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 14 Girls 11-12 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
29	White, Seren	12	Rhondda Cynon Taf Performance	1:14.92	1:16.99
	37.00			1:16.99 (39.99)	
30	Thomas, Abigail G	12	Pembroke & District	1:20.77	1:17.56
	36.93			1:17.56 (40.63)	
31	Jones, Lillie	11	City of Cardiff	1:20.09	1:18.49
	38.63			1:18.49 (39.86)	
32	Davis, Freya	11	Rhondda Cynon Taf Performance	1:27.40	1:18.82
	36.90			1:18.82 (41.92)	
33	Staples-Vvind, Kaiyah-Jade	11	City of Cardiff	1:18.40	1:18.86
	36.53			1:18.86 (42.33)	
34	Hale, Chloe	12	Pembrokeshire County Swimming	1:17.70	1:18.99
35	Goddard, Evie E	12	Pembrokeshire County Swimming	1:20.00	1:19.09
	37.78			1:19.09 (41.31)	
36	Thomas, Madison A	12	Nexus Valley Swimming Club	1:17.07	1:19.36
	37.56			1:19.36 (41.80)	
37	Williams, Mali	12	Rhondda Cynon Taf Performance	1:17.17	1:19.58
	36.43			1:19.58 (43.15)	
38	Worthington, Heather	12	Chirk Dragons	1:22.56	1:21.09
	38.33			1:21.09 (42.76)	
39	John, Emilia V	11	City of Cardiff	1:26.30	1:21.63
	38.87			1:21.63 (42.76)	
40	Morgan, Alisha	12	Rhondda Cynon Taf Performance	1:22.54	1:22.06
	39.30			1:22.06 (42.76)	
41	Owens, Annie R	11	Nexus Valley Swimming Club	1:21.20	1:22.16
	38.90			1:22.16 (43.26)	
42	Martin, Abigail	12	City of Cardiff	1:21.40	1:22.26
	38.38			1:22.26 (43.88)	
43	Thomas, Grace	11	Pembrokeshire County Swimming	1:17.30	1:22.87
	39.13			1:22.87 (43.74)	
44	Cull, Millie M	11	Bridgend County Swim Squad	1:28.60	1:23.20
	39.50			1:23.20 (43.70)	
45	Crawley, Jessica R	11	Bridgend County Swim Squad	NT	1:23.32
46	Ball, Zara R	11	City of Cardiff	1:20.30	1:23.33
47	Hampton, Poppi E	12	Bridgend County Swim Squad	1:22.40	1:23.47
	39.79			1:23.47 (43.68)	
48	Wright, Pippa	12	Rhondda Cynon Taf Performance	1:42.66	1:23.50
	40.23			1:23.50 (43.27)	
49	Williams, Georgia	11	Nexus Valley Swimming Club	1:22.37	1:24.27
50	Rankin, Carys	11	City of Cardiff	1:23.20	1:24.68
	39.11			1:24.68 (45.57)	
51	Osborne, Daisy	11	Brecon Swimming Club	1:23.89	1:24.71
52	Cosby, Nia	11	Bridgend County Swim Squad	NT	1:25.12
	42.11			1:25.12 (43.01)	
53	Morgan, Jessica M	11	Bridgend County Swim Squad	NT	1:25.70
	38.87			1:25.70 (46.83)	
54	Willis, Meghan R	11	Torfaen Dolphins	1:26.00	1:25.74
	39.77			1:25.74 (45.97)	
55	Winter, Callie M	11	City of Cardiff	1:27.70	1:25.75
	41.26			1:25.75 (44.49)	
56	Thomas, Holly L	11	Bridgend County Swim Squad	1:20.40	1:26.36
	40.26			1:26.36 (46.10)	
57	Picton, Annie	12	Rhondda Cynon Taf Performance	1:23.40	1:27.28
	42.26			1:27.28 (45.02)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 14 Girls 11-12 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
58	Parsons, Zoe H	11	Bridgend County Swim Squad	NT	1:27.88
	41.24				1:27.88 (46.64)
59	Carre, Jasmine M	11	Rhondda Cynon Taf Performance	1:34.38	1:29.27
	42.29				1:29.27 (46.98)
60	Daly, Kirsten E	12	Bridgend County Swim Squad	1:32.70	1:31.45
	43.13				1:31.45 (48.32)
61	Gardener, Louise R	12	Bridgend County Swim Squad	1:35.00	1:32.00
	43.25				1:32.00 (48.75)
62	Watts, Abigail M	11	Chirk Dragons	1:28.20	1:33.17
63	Thompson, Carys	11	Pembroke & District	1:32.61	1:33.41
	44.08				1:33.41 (49.33)
64	Cole, Grace E	11	Bridgend County Swim Squad	1:33.40	1:33.56
	44.87				1:33.56 (48.69)
65	Furlong, Amber P	11	Bridgend County Swim Squad	NT	1:37.94
66	Lawton, Skyla-Eve E	12	Torfaen Dolphins	1:53.64	1:38.02
67	Gruffydd, Mali P	11	City of Cardiff	1:36.75	1:40.55
	47.20				1:40.55 (53.35)
68	Vamplew, Ffion	11	Brecon Swimming Club	NT	1:44.92
69	Marchant, Calgary R	11	Torfaen Dolphins	2:09.50	2:01.60
	55.58				2:01.60 (1:06.02)

Event 14 Girls 13-14 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Morgan, Bethan E	14	Bridgend County Swim Squad	1:02.40	1:02.81
2	Smith, Mia	14	Torfaen Dolphins	1:06.50	1:05.94
3	Bond, Sasha	14	Rhondda Cynon Taf Performance	1:05.73	1:06.45
	32.21				1:06.45 (34.24)
4	Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	1:03.94	1:06.53
	31.42				1:06.53 (35.11)
5	Erasmus, Charlotte P	13	Torfaen Dolphins	1:03.77	1:06.95
	32.39				1:06.95 (34.56)
6	Evans, Bethan	14	Neath Asc	1:05.09	1:07.73
	32.67				1:07.73 (35.06)
7	Skene, Deryn	14	City of Cardiff	1:09.50	1:07.76
	32.66				1:07.76 (35.10)
8	Clayton, Karys L	13	Torfaen Dolphins	1:06.66	1:07.83
	32.23				1:07.83 (35.60)
9	Lewis, Rachael E	14	Pembrokeshire County Swimming	1:09.34	1:07.97
	32.66				1:07.97 (35.31)
10	Morgan, Hannah	13	City of Cardiff	1:07.80	1:08.32
	32.67				1:08.32 (35.65)
11	Griffiths, Seren	14	Pembrokeshire County Swimming	1:08.40	1:08.61
	33.63				1:08.61 (34.98)
12	Rowe, Rhiannon M	14	Torfaen Dolphins	1:08.91	1:08.66
	33.48				1:08.66 (35.18)
13	Jones, Chloe J	13	Bridgend County Swim Squad	1:08.30	1:09.71
	32.98				1:09.71 (36.73)
14	Froley, Megan R	14	Bridgend County Swim Squad	1:08.80	1:09.75
	33.73				1:09.75 (36.02)
15	Faulkner, Marie	13	City of Cardiff	1:08.27	1:09.95
	33.63				1:09.95 (36.32)
16	Minas, Ella	14	Rhondda Cynon Taf Performance	1:08.09	1:10.45
	33.26				1:10.45 (37.19)

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 14 Girls 13-14 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
17	Greenwood, Hannah	14	Pembroke & District	1:08.05	1:10.50
18	Krol, Sophie	13	Pembrokeshire County Swimming	1:08.90	1:10.63
	33.98	1:10.63 (36.65)			
19	Davies, Lauren M	14	Bridgend County Swim Squad	1:09.60	1:11.43
20	Parry, Jessica	13	Caernarfon SC	1:06.28	1:11.90
	34.25	1:11.90 (37.65)			
21	Jones, Emilia A	13	Bridgend County Swim Squad	1:10.40	1:12.02
	34.47	1:12.02 (37.55)			
22	Lee, Georgia	14	Pembroke & District	1:17.45	1:12.27
	34.66	1:12.27 (37.61)			
23	White, Amy V	13	Pembrokeshire County Swimming	1:12.00	1:12.53
24	Moodley, Bethan	13	Rhondda Cynon Taf Performance	1:13.97	1:13.95
25	Brind, Jessica	13	City of Cardiff	1:14.60	1:14.67
	36.28	1:14.67 (38.39)			
26	Cook, Seren M	14	Bridgend County Swim Squad	1:14.20	1:14.94
	35.93	1:14.94 (39.01)			
27	Thomas, Izzy	14	Bridgend County Swim Squad	1:14.50	1:16.40
	36.22	1:16.40 (40.18)			
28	Leconte, Seren	14	Rhondda Cynon Taf Performance	1:15.77	1:17.06
	36.55	1:17.06 (40.51)			
29	Watts, Rebecca M	13	Chirk Dragons	1:21.25	1:18.17
	36.36	1:18.17 (41.81)			
30	Dawkins, Freya	13	City of Cardiff	1:19.70	1:18.45
	38.06	1:18.45 (40.39)			
31	Thomas, Abigail	13	Neath Asc	1:15.64	1:19.51
32	James, Nia	13	Pembrokeshire County Swimming	1:16.20	1:19.56
	37.90	1:19.56 (41.66)			
33	Anthony, Gabrielle	13	Rhondda Cynon Taf Performance	1:22.72	1:26.20
	42.17	1:26.20 (44.03)			
34	Howells-Aitken, Neve H	13	City of Cardiff	NT	1:26.57
	40.84	1:26.57 (45.73)			
35	Beech, Catrin B	13	Caernarfon SC	1:28.07	1:27.14
	39.22	1:27.14 (47.92)			
36	Donnithorne, Natasha E	14	Bridgend County Swim Squad	1:27.40	1:30.88
	43.20	1:30.88 (47.68)			
37	Saunders, Honey	13	Rhondda Cynon Taf Performance	NT	1:32.17
	43.19	1:32.17 (48.98)			

Event 14 Girls 15 & Over 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Jones, Ruby	15	Torfaen Dolphins	1:04.80	1:05.14
2	Hunt, Imogen E	20	Bridgend County Swim Squad	1:02.90	1:05.22
	31.72	1:05.22 (33.50)			
3	Morgan, Sophie	17	Rhondda Cynon Taf Performance	1:05.25	1:05.70
	31.60	1:05.70 (34.10)			
4	Nicholas, Megan L	18	Bridgend County Swim Squad	1:03.50	1:06.25
	32.42	1:06.25 (33.83)			
5	Chadwick, Bethan	17	Rhondda Cynon Taf Performance	1:06.67	1:06.43
	32.22	1:06.43 (34.21)			
6	Cox, Emily V	15	Bridgend County Swim Squad	1:04.10	1:06.70
	32.48	1:06.70 (34.22)			
7	Randell, Niamh	17	Rhondda Cynon Taf Performance	1:04.76	1:07.49
	32.92	1:07.49 (34.57)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 14 Girls 15 & Over 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
8	Short, Mollie	16	Neath Asc	1:06.76	1:08.10
	32.21	1:08.10 (35.89)			
9	Omnet, Lauren	15	Pembrokeshire County Swimming	1:10.40	1:08.81
	32.91	1:08.81 (35.90)			
10	Nicholas, Catrin E	15	Bridgend County Swim Squad	1:09.60	1:11.56
11	Addecott, Ffion H	16	Rhondda Cynon Taf Performance	1:10.11	1:14.32
	35.15	1:14.32 (39.17)			
12	Matthews, Jodie	15	Rhondda Cynon Taf Performance	1:13.81	1:15.62
	34.95	1:15.62 (40.67)			
13	Davies, Cora	15	Rhondda Cynon Taf Performance	1:14.16	1:16.95
	36.09	1:16.95 (40.86)			
14	Lewis, Becky	15	Rhondda Cynon Taf Performance	1:12.09	1:17.30
	36.60	1:17.30 (40.70)			
15	James, Ilenia	15	Nexus Valley Swimming Club	1:20.29	1:20.82
	39.49	1:20.82 (41.33)			

Event 15 Boys 9-10 50 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	McCarthy, Benedict	9	City of Cardiff	35.70	34.88
2	Rosser, Ellis R	10	Torfaen Dolphins	35.42	35.37
3	Parry, Guto E	10	Caernarfon SC	38.43	37.44
4	Pritchard, Rhys	10	Caernarfon SC	37.64	37.68
5	Jenkins, Theo N	10	City of Cardiff	44.40	38.62
6	West, Dexter	9	Fishguard Flyers SC	39.36	39.14
7	Montague, Mason	10	Pembroke & District	41.53	40.24
8	Bryant, Tomos G	10	Bridgend County Swim Squad	43.70	41.43
9	Griffiths, George	10	Haverfordwest Swimming Club	39.09	42.08
10	Lyseight-Jones, Malachi	10	Pembroke & District	NT	42.43
11	Merchant, Lucas J	9	Bridgend County Swim Squad	44.40	43.58
12	Morgan, Ben	9	Pembroke & District	45.14	44.29
13	Lewis, Euan	9	Brecon Swimming Club	NT	44.47
14	Finlay, Freddie	9	Gloucester City Swimming Club	45.43	45.37
15	Woodward, Cullen G	9	Bridgend County Swim Squad	49.90	51.06
16	Baker, Dan	9	Rhondda Cynon Taf Performance	1:32.46	55.64
---	Keane, Callum	9	Pembroke & District	40.04	DQ

4.4 Start before starting signal

Event 15 Boys 11-12 50 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Thomas, Jac	12	Neath Asc	30.68	30.80
2	James, Ioan D	11	Bridgend County Swim Squad	30.80	31.19
3	Fowler, Joseph	12	Rhondda Cynon Taf Performance	31.18	31.58
4	John, Finlay	12	Rhondda Cynon Taf Performance	32.94	33.30
5	West, Zac	12	Pembrokeshire County Swimming	34.99	33.47
6	Morgan, Lewis R	11	Bridgend County Swim Squad	34.00	33.48
7	Thomas, Dewi	11	Pembrokeshire County Swimming	33.80	33.60
8	Martin, Luc A	12	Bridgend County Swim Squad	33.80	34.41
9	Mutter, Ioan	12	Pembroke & District	36.04	34.53
10	Evans, Emrys	12	City of Cardiff	34.50	34.59
11	Winstone, Evan	12	City of Cardiff	34.60	34.63
12	Leach, Evan	12	Rhondda Cynon Taf Performance	33.84	34.69
13	Rescigno, Alberto	11	City of Cardiff	34.40	35.03
14	Murphy-Kenny, Dylan	12	Rhondda Cynon Taf Performance	33.63	35.32

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 15 Boys 11-12 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
15	Finlay, Paddy	11	Gloucester City Swimming Club	34.67	35.33
16	Hunter, Rauley L	11	City of Cardiff	34.09	35.35
17	Owen, Cai	12	Pembrokeshire County Swimming	34.87	35.44
18	Thomas, Travis	12	Nexus Valley Swimming Club	36.74	35.55
19	Stevens, Henry A	11	City of Cardiff	35.80	35.66
20	Jones, Harrison L	11	Bridgend County Swim Squad	39.30	36.39
21	Jones, Rhys M	12	Rhondda Cynon Taf Performance	36.96	37.25
22	Vaughan, William J	11	Nexus Valley Swimming Club	NT	37.81
23	Bloomfield, William J	11	Bridgend County Swim Squad	40.40	37.96
24	Hoare, Joshua R	11	Nexus Valley Swimming Club	39.52	37.97
25	Morgan, Jack	11	Pembroke & District	38.62	38.27
26	Davies, Samuel	11	City of Cardiff	39.56	39.40
27	Lewis, Riley	12	Brecon Swimming Club	40.32	39.98
28	Bird, Charles M	11	Chirk Dragons	39.08	41.11
29	Aylen, James E	11	Bridgend County Swim Squad	43.90	41.64
30	Isaacs, Harri	11	Rhondda Cynon Taf Performance	43.58	42.44

Event 15 Boys 13-14 50 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Wisden, Dylan J	14	Bridgend County Swim Squad	27.60	27.34
2	Shiels, Charlie J	14	Pembroke & District	29.52	27.86
3	Jones, Jacob	14	Rhondda Cynon Taf Performance	27.30	28.30
4	Andrews, Rory	14	Pembrokeshire County Swimming	29.03	28.48
5	Pritchard, Tomos	13	Caernarfon SC	30.04	29.94
6	Roberts, Dafydd	14	Nexus Valley Swimming Club	31.48	30.29
7	Tasker, Gethin	13	Rhondda Cynon Taf Performance	31.63	31.24
8	Price, Toby G	13	Pembrokeshire County Swimming	31.20	31.30
9	Stroud, Iwan	14	City of Cardiff	36.08	31.40
10	Burns, Harry T	13	City of Cardiff	32.00	31.84
11	Rosser, Dewi J	13	Torfaen Dolphins	30.57	31.87
12	Isaacs, Tomos	13	Rhondda Cynon Taf Performance	32.11	32.42
13	Eaton Sawford, Kier A	13	Chirk Dragons	31.98	32.62
14	Griffith, Noa W	13	Rhondda Cynon Taf Performance	35.58	33.54
15	Ralph, Robbie	13	Haverfordwest Swimming Club	32.63	33.64
16	Lloyd, Angus	13	City of Cardiff	36.90	34.55
17	Garland, Jay	13	Rhondda Cynon Taf Performance	36.99	36.24
18	Fahey, Thomas J	13	Bridgend County Swim Squad	44.30	43.21

Event 15 Boys 15 & Over 50 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Garland, Kieran	16	Rhondda Cynon Taf Performance	26.06	26.27
2	Richards, Owen T	17	Torfaen Dolphins	25.90	26.31
3	Rosser, Alex W	22	Torfaen Dolphins	27.00	26.58
4	Kettle, Rowan	18	Pembroke & District	27.37	26.69
5	Thompson, Morgan	16	City of Cardiff	27.04	26.87
6	Cook, Owain E	18	Bridgend County Swim Squad	27.30	27.57
7	Wells, Lewis	15	Neath Asc	27.49	27.61
8	Price, Dafydd T	18	Torfaen Dolphins	27.10	27.89
9	Wojcik, Szymon	16	Bridgend County Swim Squad	29.30	27.94
10	Chim, Danny K	17	Bridgend County Swim Squad	29.10	28.30
11	Jenkins, Ellis	16	Rhondda Cynon Taf Performance	28.57	29.36
12	Salmon, Carwyn	15	Rhondda Cynon Taf Performance	28.23	30.61

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 15 Boys 15 & Over 50 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
13 Clegg, Sam W	17	Brecon Swimming Club	30.60	30.78
14 Lloyd, Rhys	16	Rhondda Cynon Taf Performance	30.56	31.49

Event 16 Boys 11-12 400 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 James, Ioan D	11	Bridgend County Swim Squad	4:58.20	5:07.61
34.58	1:14.98 (40.40)	1:54.79 (39.81)	2:34.38 (39.59)	
3:13.49 (39.11)	3:52.84 (39.35)	4:31.12 (38.28)	5:07.61 (36.49)	
2 Edwards, Sam C	12	Nexus Valley Swimming Club	5:39.30	5:27.28
37.14	1:17.37 (40.23)	1:59.83 (42.46)	2:42.41 (42.58)	
3:24.54 (42.13)	4:06.37 (41.83)	4:47.26 (40.89)	5:27.28 (40.02)	
3 John, Finlay	12	Rhondda Cynon Taf Performance	5:37.74	5:31.77
35.42	1:16.86 (41.44)	1:59.26 (42.40)	2:42.41 (43.15)	
3:25.39 (42.98)	4:08.81 (43.42)	4:51.15 (42.34)	5:31.77 (40.62)	
4 Thomas, Jac	12	Neath Asc	5:23.15	5:33.64
34.20	1:14.23 (40.03)	1:55.93 (41.70)	2:38.50 (42.57)	
3:23.31 (44.81)	4:08.24 (44.93)	4:51.51 (43.27)	5:33.64 (42.13)	
5 Owen, Cai	12	Pembrokeshire County Swimming	5:48.50	5:46.25
1:21.68 ()			2:49.66 ()	
4:21.20 ()	5:46.25 (1:25.05)			
6 Rescigno, Alberto	11	City of Cardiff	NT	5:50.67
37.74	1:21.42 (43.68)	3:38.59 (2:17.17)	2:52.18 ()	
	4:23.68 ()	5:50.67 (1:26.99)		
7 Fletcher, Owen T	11	Pembrokeshire County Swimming	5:53.00	5:57.67
40.91	1:25.53 (44.62)	3:41.73 (2:16.20)	2:58.22 ()	
5:13.33 (2:15.11)	4:29.12 ()	5:57.67 (1:28.55)		
8 Newton, James L	11	Torfaen Dolphins	6:09.36	6:05.82
39.58	1:24.85 (45.27)	2:12.38 (47.53)	2:59.16 (46.78)	
3:46.93 (47.77)	4:34.93 (48.00)	5:22.28 (47.35)	6:05.82 (43.54)	
9 Thomas, Travis	12	Nexus Valley Swimming Club	6:28.56	6:10.44
38.01	1:22.63 (44.62)	2:09.58 (46.95)	2:57.13 (47.55)	
3:46.31 (49.18)	4:35.81 (49.50)	5:24.92 (49.11)	6:10.44 (45.52)	
10 Morgan, Jack	11	Pembroke & District	6:52.90	6:18.35
41.52	6:18.35 (5:36.83)	2:16.89 ()		
3:56.26 ()		5:33.61 ()	6:18.35 (44.74)	
11 Bird, Charles M	11	Chirk Dragons	6:36.22	6:36.16
44.07	1:34.20 (50.13)	2:25.18 (50.98)	3:16.91 (51.73)	
4:08.27 (51.36)	4:59.83 (51.56)	5:49.86 (50.03)	6:36.16 (46.30)	
12 Vaughan, William J	11	Nexus Valley Swimming Club	NT	6:40.98
42.07	1:32.19 (50.12)	2:24.66 (52.47)	3:16.59 (51.93)	
4:08.65 (52.06)	5:01.68 (53.03)	5:54.37 (52.69)	6:40.98 (46.61)	

Event 16 Boys 13-14 400 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Wisden, Dylan J	14	Bridgend County Swim Squad	4:30.20	4:36.18
30.63	1:05.57 (34.94)	1:40.63 (35.06)	2:16.40 (35.77)	
2:51.99 (35.59)	3:27.98 (35.99)	4:03.68 (35.70)	4:36.18 (32.50)	
2 Andrews, Rory	14	Pembrokeshire County Swimming	4:36.10	4:40.23
32.99	1:08.55 (35.56)	1:44.53 (35.98)	2:20.06 (35.53)	
2:55.18 (35.12)	3:30.72 (35.54)	4:05.92 (35.20)	4:40.23 (34.31)	
3 Price, Toby G	13	Pembrokeshire County Swimming	5:21.48	5:08.81
35.16	1:14.88 (39.72)	1:55.74 (40.86)	2:35.91 (40.17)	
3:15.87 (39.96)	3:55.35 (39.48)	4:34.05 (38.70)	5:08.81 (34.76)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 16 Boys 13-14 400 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
4	Rosser, Dewi J	13	Torfaen Dolphins	5:00.58	5:09.00
	34.13	1:12.60 (38.47)	1:53.09 (40.49)	2:32.63 (39.54)	
	4:31.84 (1:59.21)	3:52.56 ()	5:09.00 (1:16.44)		
5	Jones, Jacob	14	Rhondda Cynon Taf Performance	NT	5:10.28
	34.82	1:13.15 (38.33)	1:53.39 (40.24)	2:33.55 (40.16)	
	3:13.61 (40.06)	3:53.58 (39.97)	4:32.70 (39.12)	5:10.28 (37.58)	
6	Isaacs, Tomos	13	Rhondda Cynon Taf Performance	5:05.71	5:10.44
	35.36	1:15.41 (40.05)	1:55.61 (40.20)	2:35.51 (39.90)	
	3:14.95 (39.44)	3:54.42 (39.47)	4:33.28 (38.86)	5:10.44 (37.16)	
7	Pritchard, Tomos	13	Caernarfon SC	5:19.59	5:16.54
	34.08	1:12.99 (38.91)	1:53.63 (40.64)	2:34.91 (41.28)	
	3:16.32 (41.41)	3:57.47 (41.15)	4:38.33 (40.86)	5:16.54 (38.21)	
8	Newton, Oscar	13	Torfaen Dolphins	5:41.70	5:29.34
	34.99	1:15.25 (40.26)	1:57.07 (41.82)	2:40.92 (43.85)	
	3:23.43 (42.51)	4:08.08 (44.65)	4:49.19 (41.11)	5:29.34 (40.15)	
9	Roberts, Dafydd	14	Nexus Valley Swimming Club	NT	5:34.46
	35.78	1:16.38 (40.60)	1:59.03 (42.65)	2:42.90 (43.87)	
	3:26.86 (43.96)	4:11.14 (44.28)	4:54.86 (43.72)	5:34.46 (39.60)	
10	Eaton Sawford, Kier A	13	Chirk Dragons	6:00.55	5:40.63
	35.72	1:17.67 (41.95)	2:01.54 (43.87)	2:45.91 (44.37)	
	3:30.00 (44.09)	4:15.04 (45.04)	4:59.61 (44.57)	5:40.63 (41.02)	
11	Durrant, Toben	13	City of Cardiff	NT	6:13.99
	38.84	1:26.04 (47.20)	2:13.58 (47.54)	3:00.27 (46.69)	
	3:47.40 (47.13)	4:33.94 (46.54)	5:26.78 (52.84)	6:13.99 (47.21)	
12	Buckley, Samuel G	13	Bridgend County Swim Squad	NT	6:31.05
		1:28.40 ()		3:08.82 ()	
		4:51.54 ()	6:31.05 (1:39.51)		

Event 16 Boys 15 & Over 400 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Richards, Owen T	17	Torfaen Dolphins	4:18.63	4:24.75
		1:02.17 ()		2:09.25 ()	
		3:17.08 ()	4:24.75 (1:07.67)		
2	Price, Dafydd T	18	Torfaen Dolphins	4:24.57	4:32.76
	30.40	1:04.96 (34.56)	1:39.82 (34.86)	2:14.79 (34.97)	
	2:49.64 (34.85)	3:25.00 (35.36)	4:00.42 (35.42)	4:32.76 (32.34)	
3	Barrett, Sean A	16	Pembrokeshire County Swimming	4:26.80	4:32.85
	31.77	1:05.98 (34.21)	1:41.06 (35.08)	2:16.34 (35.28)	
	2:51.39 (35.05)	3:26.70 (35.31)	4:01.42 (34.72)	4:32.85 (31.43)	
4	Wojcik, Szymon	16	Bridgend County Swim Squad	4:42.10	4:41.04
	32.23	1:06.65 (34.42)	1:42.23 (35.58)	3:30.61 (1:48.38)	
	2:54.47 ()		4:06.32 ()	4:41.04 (34.72)	
5	Hunt, Tobias J	17	Bridgend County Swim Squad	4:41.40	4:53.59
	30.75	1:05.73 (34.98)	1:42.52 (36.79)	2:20.47 (37.95)	
	2:58.42 (37.95)	3:37.25 (38.83)	4:16.07 (38.82)	4:53.59 (37.52)	

Event 17 Girls 11-12 400 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Broder, Libby R	12	Torfaen Dolphins	6:13.56	5:47.73
	35.88	1:17.53 (41.65)	2:03.06 (45.53)	2:48.55 (45.49)	
	3:38.96 (50.41)	4:31.80 (52.84)	5:09.75 (37.95)	5:47.73 (37.98)	
2	Dunglison, Kate L	12	Bridgend County Swim Squad	5:42.90	5:52.26
	35.68	1:18.18 (42.50)	2:03.74 (45.56)	2:50.37 (46.63)	
	3:39.42 (49.05)	4:30.78 (51.36)	5:11.99 (41.21)	5:52.26 (40.27)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 17 Girls 11-12 400 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
3 Iles, Georgia L	12	City of Cardiff	5:47.40	5:53.98
36.74	1:22.61 (45.87)	2:10.46 (47.85)	2:56.31 (45.85)	
3:44.10 (47.79)	4:33.59 (49.49)	5:14.69 (41.10)	5:53.98 (39.29)	
4 Lewis, Caera	12	Pembrokeshire County Swimming	6:05.69	6:00.62
38.14	1:25.50 (47.36)	2:13.93 (48.43)	3:00.27 (46.34)	
3:49.43 (49.16)	4:39.12 (49.69)	5:21.19 (42.07)	6:00.62 (39.43)	
5 Griffiths-Cole, Carys S	12	Bridgend County Swim Squad	NT	6:01.79
37.07	1:25.64 (48.57)	2:11.25 (45.61)	2:56.77 (45.52)	
3:51.43 (54.66)	4:44.92 (53.49)	5:24.07 (39.15)	6:01.79 (37.72)	
6 Hamm, Elli May	12	Bridgend County Swim Squad	NT	6:01.91
37.97	1:22.46 (44.49)	2:09.33 (46.87)	2:55.77 (46.44)	
3:48.80 (53.03)	4:41.86 (53.06)	5:22.85 (40.99)	6:01.91 (39.06)	
7 Stevens, Ruby	12	City of Cardiff	5:40.40	6:02.75
37.03	1:22.18 (45.15)	2:10.39 (48.21)	2:57.18 (46.79)	
3:48.17 (50.99)	4:40.42 (52.25)	5:22.59 (42.17)	6:02.75 (40.16)	
8 Knowles, Amy A	12	Pembrokeshire County Swimming	5:59.30	6:06.07
36.94	1:19.71 (42.77)	2:07.67 (47.96)	2:54.79 (47.12)	
3:50.13 (55.34)	4:45.71 (55.58)	5:26.30 (40.59)	6:06.07 (39.77)	
9 Gronow, Mia	12	Bridgend County Swim Squad	NT	6:06.55
39.34	1:27.66 (48.32)	2:14.12 (46.46)	3:00.15 (46.03)	
3:53.42 (53.27)	4:46.94 (53.52)	5:26.26 (39.32)	6:06.55 (40.29)	
10 Gilligan, Gracie	11	Neath Asc	6:12.22	6:11.35
40.43	1:31.80 (51.37)	2:19.69 (47.89)	3:05.03 (45.34)	
3:57.32 (52.29)	4:47.22 (49.90)	6:11.35 (1:24.13)		
11 Manley, Olivia	12	City of Cardiff	NT	6:23.44
40.04	3:09.97 (2:29.93)	2:23.04 ()	5:01.59 (2:38.55)	
4:05.35 ()	6:23.59 (2:18.24)	5:43.86 ()	6:23.44 (39.58)	
12 White, Eleanor R	12	Pembrokeshire County Swimming	6:27.40	6:42.25
40.20	1:28.25 (48.05)	2:23.48 (55.23)	3:17.14 (53.66)	
4:12.41 (55.27)	5:10.91 (58.50)	5:57.94 (47.03)	6:42.25 (44.31)	
13 Elias, Anya	11	City of Cardiff	NT	6:47.31
44.13	1:40.22 (56.09)	2:30.23 (50.01)	6:47.42 (4:17.19)	
4:13.55 ()		6:00.05 ()	6:47.31 (47.26)	
14 Owen, Elain M	12	Caernarfon SC	6:44.87	6:56.01
	1:36.61 ()		3:23.59 ()	
	6:56.01 ()	6:56.01 ()		
15 Winter, Callie M	11	City of Cardiff	NT	7:10.32
48.35	1:47.97 (59.62)	2:39.42 (51.45)	3:29.90 (50.48)	
4:31.12 (1:01.22)	5:32.28 (1:01.16)	6:21.88 (49.60)	7:10.32 (48.44)	

Event 17 Girls 13-14 400 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Rowe, Rhiannon M	14	Torfaen Dolphins	5:22.78	5:32.41
33.99	1:13.03 (39.04)	1:56.57 (43.54)	2:38.66 (42.09)	
3:26.86 (48.20)	4:15.02 (48.16)	4:54.45 (39.43)	5:32.41 (37.96)	
2 Bond, Sasha	14	Rhondda Cynon Taf Performance	5:56.77	5:44.74
37.99	1:22.58 (44.59)	2:06.41 (43.83)	2:51.67 (45.26)	
3:43.03 (51.36)	4:32.18 (49.15)	5:08.51 (36.33)	5:44.74 (36.23)	
3 Lewis, Rachael E	14	Pembrokeshire County Swimming	5:41.00	5:48.46
35.75	1:17.75 (42.00)	2:06.44 (48.69)	2:54.31 (47.87)	
3:40.65 (46.34)	4:27.22 (46.57)	5:09.69 (42.47)	5:48.46 (38.77)	
4 Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	5:56.65	5:51.19
	1:22.25 ()		2:47.37 ()	
	4:30.97 ()	5:51.19 (1:20.22)		

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 17 Girls 13-14 400 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
5 Hickman, Eve R	13	Bridgend County Swim Squad	5:52.90	5:53.42
37.57	1:24.38 (46.81)	2:07.67 (43.29)	2:52.44 (44.77)	
3:43.77 (51.33)	4:36.21 (52.44)	5:15.33 (39.12)	5:53.42 (38.09)	
6 White, Amy V	13	Pembrokeshire County Swimming	5:49.30	6:06.01
39.49	1:28.50 (49.01)	2:13.70 (45.20)	2:56.64 (42.94)	
3:48.69 (52.05)	4:41.27 (52.58)	5:24.90 (43.63)	6:06.01 (41.11)	
7 Jones, Chloe J	13	Bridgend County Swim Squad	6:12.80	6:24.14
43.18	1:38.68 (55.50)	2:24.19 (45.51)	3:09.03 (44.84)	
4:07.17 (58.14)	5:02.55 (55.38)	5:44.20 (41.65)	6:24.14 (39.94)	
8 Clapham, Rhiannon m	13	Pembrokeshire County Swimming	6:18.70	6:36.48
42.98	1:36.48 (53.50)	2:26.16 (49.68)	3:13.60 (47.44)	
4:11.85 (58.25)	5:07.76 (55.91)	5:52.99 (45.23)	6:36.48 (43.49)	

Event 17 Girls 15 & Over 400 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Cox, Emily V	15	Bridgend County Swim Squad	5:47.00	5:53.75
38.21	1:24.39 (46.18)	2:09.15 (44.76)	2:54.29 (45.14)	
3:45.12 (50.83)	4:36.33 (51.21)	5:15.90 (39.57)	5:53.75 (37.85)	
2 Jones, Cerys	15	City of Cardiff	6:17.04	6:19.00
36.46	1:21.38 (44.92)	2:14.12 (52.74)	3:04.18 (50.06)	
3:59.41 (55.23)	4:53.76 (54.35)	5:37.21 (43.45)	6:19.00 (41.79)	

Event 18 Boys 9-10 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Griffiths, George	10	Haverfordwest Swimming Club	5:14.86	4:01.67
54.43	1:57.74 (1:03.31)	2:58.68 (1:00.94)	4:01.67 (1:02.99)	
2 Parry, Guto E	10	Caernarfon SC	3:57.74	4:04.82
	1:56.72 ()	4:04.82 (2:08.10)		
3 Keane, Callum	9	Pembroke & District	NT	4:12.13
58.90	2:03.67 (1:04.77)	3:09.42 (1:05.75)	4:12.13 (1:02.71)	
4 Robbins, Llyr O	10	City of Cardiff	NT	4:13.18
	2:05.03 ()	4:13.18 (2:08.15)		
5 Davies, Adam	10	Nexus Valley Swimming Club	4:47.97	4:33.57
59.62	2:12.16 (1:12.54)	3:24.53 (1:12.37)	4:33.57 (1:09.04)	
6 Morgan, Ben	9	Pembroke & District	NT	5:06.73
1:11.06	2:31.05 (1:19.99)	3:48.43 (1:17.38)	5:06.73 (1:18.30)	
--- Cozma, Sam	9	City of Cardiff	4:00.60	DQ
4.4 Start before starting signal				
53.94	1:53.57 (59.63)	2:55.31 (1:01.74)	DQ (58.47)	

Event 18 Boys 11-12 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 James, Ioan D	11	Bridgend County Swim Squad	3:11.50	3:13.06
45.21	1:35.32 (50.11)	2:24.95 (49.63)	3:13.06 (48.11)	
2 West, Zac	12	Pembrokeshire County Swimming	3:23.76	3:23.14
47.34	1:40.40 (53.06)	3:23.14 (1:42.74)		
3 Fowler, Joseph	12	Rhondda Cynon Taf Performance	3:25.62	3:27.46
	1:41.13 ()	3:27.46 (1:46.33)		
4 Fletcher, Owen T	11	Pembrokeshire County Swimming	3:27.10	3:31.28
47.83	1:44.09 (56.26)	2:37.11 (53.02)	3:31.28 (54.17)	
5 Winstone, Evan	12	City of Cardiff	3:28.30	3:31.54
46.29	1:42.54 (56.25)	2:37.81 (55.27)	3:31.54 (53.73)	
6 Bird, Charles M	11	Chirk Dragons	3:38.27	3:43.36
55.06	3:43.36 (2:48.30)	2:47.60 ()	3:43.36 (55.76)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 18 Boys 11-12 200 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
7	Warman-Powell, Iolo R	11	Torfaen Dolphins	3:52.27	3:46.51
	50.34	1:48.32 (57.98)	2:47.98 (59.66)	3:46.51 (58.53)	
8	Davies, Samuel	11	City of Cardiff	3:55.30	3:52.54
	52.94	1:51.97 (59.03)	2:53.43 (1:01.46)	3:52.54 (59.11)	
9	Stevens, Henry A	11	City of Cardiff	3:50.20	3:52.90
	53.69	1:52.56 (58.87)	2:53.70 (1:01.14)	3:52.90 (59.20)	
10	Dwyfor-Clarke, Caleb	11	Caernarfon SC	4:24.49	4:23.47
	58.21	2:06.31 (1:08.10)	3:16.23 (1:09.92)	4:23.47 (1:07.24)	
11	Johnson, Cai	11	Pembroke & District	NT	4:55.31
	1:03.98	2:19.60 (1:15.62)	3:38.63 (1:19.03)	4:55.31 (1:16.68)	

Event 18 Boys 13-14 200 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	White, Henry	14	Pembrokeshire County Swimming	2:38.70	2:42.99
	36.63	1:18.35 (41.72)	2:00.83 (42.48)	2:42.99 (42.16)	
2	Sturley, Toby	14	Pembrokeshire County Swimming	2:47.80	2:48.91
	38.21	1:21.44 (43.23)	2:05.34 (43.90)	2:48.91 (43.57)	
3	Shiels, Charlie J	14	Pembroke & District	2:58.91	2:49.63
	36.60	1:20.78 (44.18)	2:06.44 (45.66)	2:49.63 (43.19)	
4	Andrews, Rory	14	Pembrokeshire County Swimming	2:50.10	2:54.27
	40.77	1:24.90 (44.13)	2:09.66 (44.76)	2:54.27 (44.61)	
5	Clement, Logan	14	Rhondda Cynon Taf Performance	2:54.70	3:06.63
	39.50	1:25.30 (45.80)	2:16.36 (51.06)	3:06.63 (50.27)	
6	Keane, Jayden	13	Pembroke & District	3:43.81	3:13.38
	41.75	1:31.26 (49.51)	2:21.95 (50.69)	3:13.38 (51.43)	
7	Pritchard, Tomos	13	Caernarfon SC	3:16.21	3:24.20
	44.61	1:36.98 (52.37)	2:30.83 (53.85)	3:24.20 (53.37)	
8	Lloyd, Angus	13	City of Cardiff	3:29.80	3:30.85
	48.69	1:42.92 (54.23)	2:38.92 (56.00)	3:30.85 (51.93)	
9	Durrant, Toben	13	City of Cardiff	3:59.16	3:39.20
	48.57	1:44.90 (56.33)	3:39.20 (1:54.30)		
10	Buckley, Samuel G	13	Bridgend County Swim Squad	3:35.60	3:47.84
	53.51	1:51.53 (58.02)	2:49.91 (58.38)	3:47.84 (57.93)	

Event 18 Boys 15 & Over 200 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Barrett, Sean A	16	Pembrokeshire County Swimming	2:33.06	2:35.94
		1:15.29 ()	2:35.94 (1:20.65)		

Event 19 Girls 9-10 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Watkins, Amelia M	10	Torfaen Dolphins	39.63	36.11
2	Taylor, Theodora A	9	Torfaen Dolphins	38.50	36.40
3	McDonagh, Emily M	10	Bridgend County Swim Squad	42.10	39.11
4	Martin, Lara E	10	Bridgend County Swim Squad	40.20	39.91
5	Schumm, Libby	9	Torfaen Dolphins	41.70	40.16
6	Gardener, Hannah B	9	Bridgend County Swim Squad	43.90	40.46
7	Avraam, Neve E	10	Bridgend County Swim Squad	41.30	41.53
8	Horne, Victoria	10	Pembrokeshire County Swimming	45.50	43.21
9	Evans, Ella	10	City of Cardiff	42.64	44.07
10	Lima, Isabella-May F	10	Bridgend County Swim Squad	NT	47.81
11	Barrington-Williams, Ruby	10	Rhondda Cynon Taf Performance	46.09	47.93
12	Worthington, Emma	10	Chirk Dragons	52.80	49.96
13	Dwyfor-Clarke, Efa	9	Caernarfon SC	49.38	52.06

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 19 Girls 9-10 50 LC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time
14	Owen, Kessie E	10	Nexus Valley Swimming Club	54.20	52.75
15	Phillips, Lucy	10	Rhondda Cynon Taf Performance	NT	52.78
16	Higgs, Cerys	9	City of Cardiff	1:00.70	53.78
17	Francombe, Juno	9	Bridgend County Swim Squad	NT	54.69
18	Cull, Pollyanna	9	City of Cardiff	NT	58.36
19	Thomas, Caitlyn	9	Neath Asc	56.50	59.43
20	Hughes, Erin	10	Rhondda Cynon Taf Performance	1:08.69	1:00.04
21	Williams, Annabelle	9	Aberystwyth Swimming Club	NT	1:01.71
22	Brady, Grace	9	Rhondda Cynon Taf Performance	NT	1:05.14
23	Davies, Clemmie	10	Brecon Swimming Club	NT	1:05.68
24	Williams, Olivia	9	Rhondda Cynon Taf Performance	NT	1:06.68
25	Montague, Keira	9	Pembroke & District	NT	1:17.42

Event 19 Girls 11-12 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Croke, Carys S	11	Torfaen Dolphins	33.40	33.04
2	Lewis, Lowri	12	Neath Asc	34.68	33.64
3	Gronow, Mia	12	Bridgend County Swim Squad	33.60	34.47
4	Manley, Olivia	12	City of Cardiff	36.20	35.43
5	Beynon, Gracie L	11	Bridgend County Swim Squad	36.30	35.54
6	Iles, Georgia L	12	City of Cardiff	35.30	35.62
7	Williams, Mali	12	Rhondda Cynon Taf Performance	37.00	35.76
8	Hamm, Elli May	12	Bridgend County Swim Squad	38.00	35.83
9	Francombe, Romy	12	Bridgend County Swim Squad	39.60	36.25
10	Badman, Phoebe	12	Rhondda Cynon Taf Performance	36.72	36.57
11	Evans, Caitlin	12	Neath Asc	37.13	37.32
12	Webb, Alys	12	Pembrokeshire County Swimming	40.10	37.57
13	Johnson Jones, Alaw F	12	Caernarfon SC	38.98	37.82
14	Owen, Elain M	12	Caernarfon SC	38.14	38.21
15	Goddard, Evie E	12	Pembrokeshire County Swimming	41.91	38.79
16	Griffiths, Enfys	12	Pembrokeshire County Swimming	38.65	38.81
17	Stamp, Laylah	11	City of Cardiff	39.15	38.93
18	John, Lucy	12	Pembrokeshire County Swimming	38.10	39.07
19	Thomas, Abigail G	12	Pembroke & District	38.53	40.14
20	Thomas, Ffion	11	Neath Asc	36.99	40.37
21	Thomas, Nansi	12	City of Cardiff	39.50	40.63
22	Jones, Jessica	12	Torfaen Dolphins	43.90	40.86
23	Staples-Vvind, Kaiyah-Jade	11	City of Cardiff	41.96	40.92
24	Worthington, Heather	12	Chirk Dragons	42.55	41.16
25	John, Emilia V	11	City of Cardiff	43.50	41.29
26	Bridgewater, Mia	11	Torfaen Dolphins	55.70	41.82
27	Davies, Sophie G	11	City of Cardiff	47.20	41.93
28	Horne, Alexa	12	Pembrokeshire County Swimming	41.58	42.26
29	Cull, Millie M	11	Bridgend County Swim Squad	48.80	42.60
30	Anderson, Holly	12	City of Cardiff	43.00	42.63
31	Davis, Freya	11	Rhondda Cynon Taf Performance	46.75	43.13
32	Davies, Ffion	12	Rhondda Cynon Taf Performance	41.50	43.81
33	Coulson, Evie G	11	Torfaen Dolphins	43.66	43.82
34	Winter, Callie M	11	City of Cardiff	46.80	44.69
35	Picton, Annie	12	Rhondda Cynon Taf Performance	46.85	45.97
36	Watts, Abigail M	11	Chirk Dragons	47.60	49.56
37	Jones, Sinead	11	Brecon Swimming Club	53.53	49.96

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 19 Girls 11-12 50 LC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time
38	Hoare, Jasmine G	11	Nexus Valley Swimming Club	55.77	50.15
39	Carre, Jasmine M	11	Rhondda Cynon Taf Performance	50.39	50.17
40	Moseley, Sophie	12	Pembroke & District	1:11.98	50.19
41	Daly, Kirsten E	12	Bridgend County Swim Squad	49.90	51.36
42	Simcock, Charlotte	12	Rhondda Cynon Taf Performance	52.28	53.61
43	Thompson, Carys	11	Pembroke & District	1:02.19	54.28
44	Lord, Fleur	11	Pembroke & District	NT	55.43
45	Chakraborty, Diya	11	City of Cardiff	55.30	55.60

Event 19 Girls 13-14 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Rowe, Rhiannon M	14	Torfaen Dolphins	31.42	32.33
2	Griffiths, Seren	14	Pembrokeshire County Swimming	35.10	33.84
3	Minas, Ella	14	Rhondda Cynon Taf Performance	33.62	34.81
4	Froley, Megan R	14	Bridgend County Swim Squad	35.10	34.89
5	Skene, Deryn	14	City of Cardiff	35.40	35.15
6	Evans, Bethan	14	Neath Asc	34.14	35.17
7	Johnson Jones, Ceri M	14	Caernarfon SC	34.52	35.39
8	Edwards, Maddie	14	Nexus Valley Swimming Club	34.37	35.64
9	Hickman, Eve R	13	Bridgend County Swim Squad	34.20	36.34
10	Jones, Chloe J	13	Bridgend County Swim Squad	36.20	36.47
11	Cook, Seren M	14	Bridgend County Swim Squad	37.80	36.73
12	Thomas, Izzy	14	Bridgend County Swim Squad	36.70	37.00
13	Faulkner, Marie	13	City of Cardiff	38.00	37.34
14	Jones, Emilia A	13	Bridgend County Swim Squad	NT	37.52
15	Jones, Neve	13	Neath Asc	37.87	37.93
16	Krol, Sophie	13	Pembrokeshire County Swimming	41.30	38.14
17	Waite, Ellie May	13	City of Cardiff	36.30	38.26
18	James, Ffion	13	Rhondda Cynon Taf Performance	38.48	38.79
19	Brain, Georgina	13	City of Cardiff	40.82	39.92
20	Thomas, Abigail	13	Neath Asc	40.88	40.05
21	James, Nia	13	Pembrokeshire County Swimming	40.98	41.13
22	Jones, Isabelle	14	Torfaen Dolphins	NT	41.23
23	Howells-Aitken, Neve H	13	City of Cardiff	44.90	41.52
24	Moodley, Bethan	13	Rhondda Cynon Taf Performance	41.73	42.14
25	Watts, Rebecca M	13	Chirk Dragons	50.26	42.43
26	Donnithorne, Natasha E	14	Bridgend County Swim Squad	45.10	45.80
27	Saunders, Honey	13	Rhondda Cynon Taf Performance	58.90	56.50

Event 19 Girls 15 & Over 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Randell, Niamh	17	Rhondda Cynon Taf Performance	30.54	31.28
2	Warrender, Meggan	17	Torfaen Dolphins	30.97	31.31
3	Nicholas, Megan L	18	Bridgend County Swim Squad	31.98	31.42
4	Chadwick, Bethan	17	Rhondda Cynon Taf Performance	33.30	33.28
5	Short, Mollie	16	Neath Asc	33.15	33.40
6	Nicholas, Catrin E	15	Bridgend County Swim Squad	34.00	33.76
7	Cox, Emily V	15	Bridgend County Swim Squad	34.80	34.81
8	Matthews, Jodie	15	Rhondda Cynon Taf Performance	35.76	36.17
9	Devonald-Jones, Ffion	16	Rhondda Cynon Taf Performance	40.44	40.03
10	Davies, Cora	15	Rhondda Cynon Taf Performance	43.34	44.66

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****Event 20 Girls 9-10 100 LC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time
1	Watkins, Amelia M 41.12	10	Torfaen Dolphins	1:23.44	1:21.66
				1:21.66 (40.54)	
2	Taylor, Theodora A 41.44	9	Torfaen Dolphins	1:26.33	1:26.02
				1:26.02 (44.58)	
3	Horne, Victoria	10	Pembrokeshire County Swimming	1:31.26	1:29.93
4	O'Mahoney, Kaitlin 43.46	10	Neath Asc	1:30.49	1:30.00
				1:30.00 (46.54)	
5	McDonagh, Emily M 43.75	10	Bridgend County Swim Squad	1:36.40	1:31.66
				1:31.66 (47.91)	
6	Haddrell, Eva Lily 44.50	10	Rhondda Cynon Taf Performance	1:32.44	1:32.80
				1:32.80 (48.30)	
7	Dacey, Mollie M 44.86	10	City of Cardiff	NT	1:32.98
				1:32.98 (48.12)	
8	Gardener, Hannah B 47.71	9	Bridgend County Swim Squad	1:35.00	1:34.51
				1:34.51 (46.80)	
9	Schumm, Libby 44.97	9	Torfaen Dolphins	1:37.58	1:34.57
				1:34.57 (49.60)	
10	Martin, Lara E 46.22	10	Bridgend County Swim Squad	1:35.00	1:35.20
				1:35.20 (48.98)	
11	Davies, Seren E	10	Bridgend County Swim Squad	1:34.10	1:36.09
12	Bick, Teagan E 46.18	10	Torfaen Dolphins	1:33.80	1:36.41
				1:36.41 (50.23)	
13	Barrington-Williams, Ruby 48.68	10	Rhondda Cynon Taf Performance	1:45.49	1:38.12
				1:38.12 (49.44)	
14	Jacklin, Isabelle F 49.29	10	Nexus Valley Swimming Club	1:48.87	1:42.16
				1:42.16 (52.87)	
15	Reilly, Manon 49.64	10	Rhondda Cynon Taf Performance	1:50.01	1:45.95
				1:45.95 (56.31)	
16	Evans, Ella 51.17	10	City of Cardiff	1:48.46	1:45.98
				1:45.98 (54.81)	
17	Evans, Porscha 50.48	10	City of Cardiff	1:41.60	1:46.53
				1:46.53 (56.05)	
18	O'Connell, Cerys E 50.87	10	Nexus Valley Swimming Club	1:46.06	1:46.84
				1:46.84 (55.97)	
19	Hughes, Erin 50.29	10	Rhondda Cynon Taf Performance	NT	1:47.87
				1:47.87 (57.58)	
20	Jackson, Tess 52.96	9	Brecon Swimming Club	NT	1:48.85
				1:48.85 (55.89)	
21	Tarpey, Niamh A	10	Bridgend County Swim Squad	2:09.40	1:52.55
22	Townsend, Skye S 54.09	10	City of Cardiff	NT	1:54.55
				1:54.55 (1:00.46)	
23	Hancock, Ruby C	10	Nexus Valley Swimming Club	2:05.28	1:54.89
24	Brady, Grace 55.79	9	Rhondda Cynon Taf Performance	NT	1:55.95
				1:55.95 (1:00.16)	
25	Williams, Annabelle 54.61	9	Aberystwyth Swimming Club	NT	1:56.51
				1:56.51 (1:01.90)	
26	Thomas, Hannah L 58.42	9	Nexus Valley Swimming Club	1:59.24	1:57.20
				1:57.20 (58.78)	
27	Phillips, Lucy 58.93	10	Rhondda Cynon Taf Performance	NT	2:00.64
				2:00.64 (1:01.71)	
28	Williams, Begw	9	Rhondda Cynon Taf Performance	NT	2:00.78
29	Williams, Olivia	9	Rhondda Cynon Taf Performance	NT	2:04.32

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 20 Girls 9-10 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
30	Lewis, Charlotte	9	Brecon Swimming Club	NT	2:06.17
	59.88	2:06.17 (1:06.29)			
31	O'Connell, Megan N	9	Nexus Valley Swimming Club	2:23.79	2:08.68
	1:01.68	2:08.68 (1:07.00)			
32	Davies, Clemmie	10	Brecon Swimming Club	NT	2:10.30
	1:02.53	2:10.30 (1:07.77)			
33	Hickman, Isla L	9	Bridgend County Swim Squad	2:19.20	2:21.44
	1:14.17	2:21.44 (1:07.27)			

Event 20 Girls 11-12 100 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Davies, Cerys	12	Rhondda Cynon Taf Performance	1:13.64	1:16.99
	37.28	1:16.99 (39.71)			
2	Lewis, Lowri	12	Neath Asc	1:17.03	1:18.14
3	Knowles, Amy A	12	Pembrokeshire County Swimming	1:18.00	1:18.45
4	Croke, Carys S	11	Torfaen Dolphins	1:16.20	1:19.25
	38.75	1:19.25 (40.50)			
5	Lewis, Caera	12	Pembrokeshire County Swimming	1:16.00	1:19.80
	38.36	1:19.80 (41.44)			
6	Iles, Georgia L	12	City of Cardiff	1:22.20	1:19.98
7	Gilligan, Gracie	11	Neath Asc	1:15.62	1:20.27
	39.24	1:20.27 (41.03)			
8	Badman, Phoebe	12	Rhondda Cynon Taf Performance	1:22.71	1:21.02
	39.48	1:21.02 (41.54)			
9	Griffiths-Cole, Carys S	12	Bridgend County Swim Squad	1:24.90	1:21.71
	40.00	1:21.71 (41.71)			
10	Gronow, Mia	12	Bridgend County Swim Squad	1:24.60	1:21.99
11	Hamm, Elli May	12	Bridgend County Swim Squad	1:31.00	1:22.72
	40.87	1:22.72 (41.85)			
12	John, Lucy	12	Pembrokeshire County Swimming	1:23.50	1:22.79
	40.01	1:22.79 (42.78)			
13	Blake, Ffion	12	City of Cardiff	1:23.90	1:23.04
	40.19	1:23.04 (42.85)			
14	Manley, Olivia	12	City of Cardiff	1:30.23	1:23.57
	41.23	1:23.57 (42.34)			
15	Salmon, Gwen	11	Rhondda Cynon Taf Performance	1:21.64	1:23.91
	40.47	1:23.91 (43.44)			
16	Horne, Alexa	12	Pembrokeshire County Swimming	1:22.30	1:24.11
	40.26	1:24.11 (43.85)			
17	Stevens, Ruby	12	City of Cardiff	1:15.40	1:24.21
	39.87	1:24.21 (44.34)			
18	Roberts, Alysia	12	City of Cardiff	1:26.53	1:24.76
19	Davies, Niamh	11	City of Cardiff	1:28.50	1:25.43
	42.44	1:25.43 (42.99)			
20	Jenkins, Beca	11	City of Cardiff	1:25.60	1:25.60
	41.81	1:25.60 (43.79)			
21	Francombe, Romy	12	Bridgend County Swim Squad	1:28.50	1:26.01
22	Davies, Sophie G	11	City of Cardiff	1:24.50	1:26.23
	42.66	1:26.23 (43.57)			
23	Thomas, Nansi	12	City of Cardiff	1:26.70	1:26.31
	41.53	1:26.31 (44.78)			
24	Beynon, Gracie L	11	Bridgend County Swim Squad	NT	1:26.80
	42.10	1:26.80 (44.70)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 20 Girls 11-12 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
25	Webb, Alys	12	Pembrokeshire County Swimming	1:28.20	1:28.80
	43.45			1:28.80 (45.35)	
26	Wright, Pippa	12	Rhondda Cynon Taf Performance	1:25.90	1:29.14
	42.32			1:29.14 (46.82)	
27	Thomas, Ffion	11	Neath Asc	1:22.40	1:29.21
	42.12			1:29.21 (47.09)	
28	Williams, Mali	12	Rhondda Cynon Taf Performance	1:24.76	1:29.37
	42.73			1:29.37 (46.64)	
29	Woods, Kathryn	12	Brecon Swimming Club	NT	1:30.27
	43.25			1:30.27 (47.02)	
30	Thomas, Holly L	11	Bridgend County Swim Squad	1:33.30	1:30.88
	44.34			1:30.88 (46.54)	
31	Winter, Callie M	11	City of Cardiff	1:31.50	1:30.96
	44.14			1:30.96 (46.82)	
32	Hampton, Poppi E	12	Bridgend County Swim Squad	1:32.50	1:32.17
	45.58			1:32.17 (46.59)	
33	Thomas, Grace	11	Pembrokeshire County Swimming	1:26.10	1:32.43
	45.18			1:32.43 (47.25)	
34	John, Emilia V	11	City of Cardiff	NT	1:32.94
	45.21			1:32.94 (47.73)	
35	Loxton, Holly	12	City of Cardiff	1:34.22	1:32.99
	43.19			1:32.99 (49.80)	
36	Davies, Ffion	12	Rhondda Cynon Taf Performance	1:25.29	1:33.00
	44.62			1:33.00 (48.38)	
37	Coulson, Evie G	11	Torfaen Dolphins	1:33.64	1:33.18
	46.65			1:33.18 (46.53)	
38	Hughes, Cari	11	Nexus Valley Swimming Club	1:35.58	1:33.69
	45.51			1:33.69 (48.18)	
39	Rankin, Carys	11	City of Cardiff	1:28.10	1:34.61
	45.48			1:34.61 (49.13)	
40	Ball, Zara R	11	City of Cardiff	1:34.30	1:36.34
41	Sturdy, Lauren	12	Rhondda Cynon Taf Performance	1:33.89	1:36.40
42	Moseley, Sophie	12	Pembroke & District	1:41.38	1:36.99
	45.97			1:36.99 (51.02)	
43	Owens, Annie R	11	Nexus Valley Swimming Club	1:43.20	1:39.15
	48.15			1:39.15 (51.00)	
44	Willis, Meghan R	11	Torfaen Dolphins	1:39.90	1:39.99
	48.39			1:39.99 (51.60)	
45	Cosby, Nia	11	Bridgend County Swim Squad	NT	1:40.69
	48.14			1:40.69 (52.55)	
46	Anderson, Holly	12	City of Cardiff	1:38.80	1:41.28
	49.66			1:41.28 (51.62)	
47	Cull, Millie M	11	Bridgend County Swim Squad	NT	1:42.71
	50.28			1:42.71 (52.43)	
48	Watts, Abigail M	11	Chirk Dragons	1:50.02	1:43.09
49	Simcock, Charlotte	12	Rhondda Cynon Taf Performance	1:47.34	1:43.43
50	Cole, Grace E	11	Bridgend County Swim Squad	1:43.80	1:43.44
51	Gardener, Louise R	12	Bridgend County Swim Squad	1:55.80	1:43.78
52	Payne, AmÃ©lie M	11	Torfaen Dolphins	NT	1:44.27
	50.21			1:44.27 (54.06)	
53	Jones, Sinead	11	Brecon Swimming Club	NT	1:45.99
	50.40			1:45.99 (55.59)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 20 Girls 11-12 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
54	Thompson, Carys	11	Pembroke & District	2:28.77	1:47.53
	52.81		1:47.53 (54.72)		
55	Williams, Georgia	11	Nexus Valley Swimming Club	1:53.98	1:51.00
56	Vamplew, Ffion	11	Brecon Swimming Club	NT	2:10.31
57	Meshier, Paula	11	Brecon Swimming Club	NT	2:10.78

Event 20 Girls 13-14 100 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Evans, Bethan	14	Neath Asc	1:10.46	1:13.15
	35.58		1:13.15 (37.57)		
2	Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	1:12.49	1:15.23
3	White, Amy V	13	Pembrokeshire County Swimming	1:15.30	1:15.51
	36.68		1:15.51 (38.83)		
4	Rowe, Rhiannon M	14	Torfaen Dolphins	1:17.32	1:15.64
	36.98		1:15.64 (38.66)		
5	Tarpey, Aoife F	14	Bridgend County Swim Squad	1:13.60	1:16.21
	36.86		1:16.21 (39.35)		
6	Greenwood, Hannah	14	Pembroke & District	1:13.33	1:16.49
	36.46		1:16.49 (40.03)		
7	Nowell, Gabriella J	13	Torfaen Dolphins	1:17.30	1:17.41
	36.97		1:17.41 (40.44)		
8	Davies, Tegan M	14	Bridgend County Swim Squad	1:14.20	1:17.56
	37.41		1:17.56 (40.15)		
9	Krol, Sophie	13	Pembrokeshire County Swimming	1:16.30	1:18.11
10	Jones, Chloe J	13	Bridgend County Swim Squad	1:18.19	1:18.73
	37.70		1:18.73 (41.03)		
11	Jones, Neve	13	Neath Asc	1:20.14	1:19.70
12	Hickman, Eve R	13	Bridgend County Swim Squad	1:17.70	1:20.14
	38.81		1:20.14 (41.33)		
13	Faulkner, Marie	13	City of Cardiff	1:20.26	1:21.35
	39.31		1:21.35 (42.04)		
14	Jones, Cerys	13	Rhondda Cynon Taf Performance	1:17.92	1:21.39
	38.76		1:21.39 (42.63)		
15	Davies, Lauren M	14	Bridgend County Swim Squad	1:19.50	1:23.23
16	Moodley, Bethan	13	Rhondda Cynon Taf Performance	1:20.25	1:23.63
	40.98		1:23.63 (42.65)		
17	James, Ffion	13	Rhondda Cynon Taf Performance	1:20.78	1:23.96
18	Griffiths, Seren	14	Pembrokeshire County Swimming	1:20.50	1:25.10
	41.01		1:25.10 (44.09)		
19	Waite, Ellie May	13	City of Cardiff	1:24.97	1:25.19
	41.18		1:25.19 (44.01)		
20	Clapham, Rhiannon m	13	Pembrokeshire County Swimming	1:21.80	1:26.12
	42.66		1:26.12 (43.46)		
21	George, Caitlin	13	City of Cardiff	1:28.30	1:26.53
	42.29		1:26.53 (44.24)		
22	Robinson, Seren	13	City of Cardiff	1:37.30	1:26.70
23	James, Nia	13	Pembrokeshire County Swimming	1:24.00	1:27.84
	43.79		1:27.84 (44.05)		
24	Brain, Georgina	13	City of Cardiff	1:31.30	1:28.51
	42.89		1:28.51 (45.62)		
25	Beech, Catrin B	13	Caernarfon SC	1:35.31	1:31.73
	42.91		1:31.73 (48.82)		

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 20 Girls 13-14 100 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
26 Leconte, Seren	14	Rhondda Cynon Taf Performance	1:32.13	1:33.92
45.42	1:33.92 (48.50)			
27 Osmond, Frances	13	Brecon Swimming Club	1:35.65	1:33.96
45.93	1:33.96 (48.03)			
28 Davies, Nichole	13	Brecon Swimming Club	NT	2:04.48
58.04	2:04.48 (1:06.44)			

Event 20 Girls 15 & Over 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Hunt, Imogen E	20	Bridgend County Swim Squad	1:04.50	1:08.46
2 Randell, Niamh	17	Rhondda Cynon Taf Performance	1:09.24	1:13.97
36.15	1:13.97 (37.82)			
3 Morgan, Sophie	17	Rhondda Cynon Taf Performance	1:11.38	1:15.32
36.35	1:15.32 (38.97)			
4 Twigg, Louisa	17	Pembrokeshire County Swimming	1:14.20	1:15.41
37.07	1:15.41 (38.34)			
5 Addecott, Ffion H	16	Rhondda Cynon Taf Performance	1:15.13	1:16.98
37.25	1:16.98 (39.73)			
6 Cox, Emily V	15	Bridgend County Swim Squad	1:14.10	1:17.85
7 Omnet, Lauren	15	Pembrokeshire County Swimming	1:19.30	1:20.57
38.92	1:20.57 (41.65)			
8 Rowles, Freya A	17	Torfaen Dolphins	1:15.70	1:21.29
39.10	1:21.29 (42.19)			
9 Matthews, Jodie	15	Rhondda Cynon Taf Performance	1:19.04	1:22.64
39.48	1:22.64 (43.16)			
10 Jones, Cerys	15	City of Cardiff	1:26.20	1:24.96
40.33	1:24.96 (44.63)			
11 Davies, Cora	15	Rhondda Cynon Taf Performance	1:20.65	1:26.13
41.75	1:26.13 (44.38)			
12 Lewis, Becky	15	Rhondda Cynon Taf Performance	1:23.33	1:31.17

Event 21 Boys 9-10 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 McCarthy, Benedict	9	City of Cardiff	41.30	40.30
2 Rosser, Ellis R	10	Torfaen Dolphins	42.30	40.76
3 West, Dexter	9	Fishguard Flyers SC	44.60	43.18
4 Pritchard, Rhys	10	Caernarfon SC	48.10	44.78
5 Dossett, Samson	9	Rhondda Cynon Taf Performance	44.50	44.88
6 Keane, Callum	9	Pembroke & District	46.17	45.35
7 Robbins, Llyr O	10	City of Cardiff	47.30	48.80
8 Lewis, Euan	9	Brecon Swimming Club	NT	49.29
9 Griffiths, George	10	Haverfordwest Swimming Club	46.02	50.18
10 Bryant, Tomos G	10	Bridgend County Swim Squad	51.60	50.75
11 Woodward, Cullen G	9	Bridgend County Swim Squad	58.20	58.44
12 Baker, Dan	9	Rhondda Cynon Taf Performance	NT	58.48
13 Mesher, George	9	Brecon Swimming Club	1:04.95	58.98

Event 21 Boys 11-12 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Thomas, Dewi	11	Pembrokeshire County Swimming	35.80	35.99
2 John, Finlay	12	Rhondda Cynon Taf Performance	34.91	36.12
3 James, Ioan D	11	Bridgend County Swim Squad	37.60	37.27
4 Jones, Harrison L	11	Bridgend County Swim Squad	41.50	39.98

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 21 Boys 11-12 50 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
5	Martin, Luc A	12	Bridgend County Swim Squad	39.60	40.10
6	Winstone, Evan	12	City of Cardiff	39.00	40.16
7	Jones, Joseph T	12	Nexus Valley Swimming Club	40.86	40.28
8	Murphy-Kenny, Dylan	12	Rhondda Cynon Taf Performance	38.92	40.31
9	Stevens, Henry A	11	City of Cardiff	40.60	41.03
10	Jones, Rhys M	12	Rhondda Cynon Taf Performance	40.89	41.11
11	Brown, Jake	12	City of Cardiff	40.10	41.37
12	Clarke, Luke	12	City of Cardiff	43.90	42.23
13	Evans, Emrys	12	City of Cardiff	42.30	42.70
14	Newton, James L	11	Torfaen Dolphins	40.80	43.17
15	Aylen, James E	11	Bridgend County Swim Squad	46.40	43.74
16	Hoare, Joshua R	11	Nexus Valley Swimming Club	46.06	44.52
17	Bird, Charles M	11	Chirk Dragons	47.68	45.34
18	Lewis, Riley	12	Brecon Swimming Club	NT	46.00
19	Vaughan, William J	11	Nexus Valley Swimming Club	NT	46.41
20	Davies, Samuel	11	City of Cardiff	47.90	47.42
21	Dwyfor-Clarke, Caleb	11	Caernarfon SC	47.19	48.57
22	Isaacs, Harri	11	Rhondda Cynon Taf Performance	49.85	49.09
23	Thomas, Iwan	11	Bridgend County Swim Squad	NT	50.67
---	Bloomfield, William J	11	Bridgend County Swim Squad	47.80	DQ

4.4 Start before starting signal

Event 21 Boys 13-14 50 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Sturley, Toby	14	Pembrokeshire County Swimming	33.20	31.93
2	Shiels, Charlie J	14	Pembroke & District	34.57	31.95
3	Stroud, Iwan	14	City of Cardiff	41.76	35.90
4	Isaacs, Tomos	13	Rhondda Cynon Taf Performance	34.31	36.23
5	Tasker, Gethin	13	Rhondda Cynon Taf Performance	38.02	36.90
6	Keane, Jayden	13	Pembroke & District	38.11	37.28
7	Griffith, Noa W	13	Rhondda Cynon Taf Performance	38.01	37.83
8	Roberts, Dafydd	14	Nexus Valley Swimming Club	38.18	39.01
9	Newton, Oscar	13	Torfaen Dolphins	37.80	39.68
10	Ralph, Robbie	13	Haverfordwest Swimming Club	39.03	40.70
11	Eaton Sawford, Kier A	13	Chirk Dragons	42.75	41.40
12	Lloyd, Angus	13	City of Cardiff	45.70	43.00
13	Buckley, Samuel G	13	Bridgend County Swim Squad	44.90	44.98
14	Fahey, Thomas J	13	Bridgend County Swim Squad	49.10	51.20

Event 21 Boys 15 & Over 50 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Boladz, Tom A	19	Torfaen Dolphins	28.90	29.42
2	Garland, Kieran	16	Rhondda Cynon Taf Performance	31.31	30.79
*3	Kettle, Rowan	18	Pembroke & District	31.01	31.15
*3	Thomas, Daniel J	21	Pembroke & District	30.08	31.15
5	Wells, Lewis	15	Neath Asc	30.65	31.65
6	Jenkins, Ellis	16	Rhondda Cynon Taf Performance	31.74	32.35
7	Collins, Tyler	15	Rhondda Cynon Taf Performance	31.38	33.30
8	Rosser, Alex W	22	Torfaen Dolphins	32.10	33.40

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****Event 22 Girls 9-10 200 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 O'Mahoney, Kaitlin	10	Neath Asc	2:49.15	2:47.30
	1:20.77 ()	2:47.30 (1:26.53)		
2 McDonagh, Emily M	10	Bridgend County Swim Squad	3:01.90	2:50.69
39.22	1:22.08 (42.86)	2:50.69 (1:28.61)		
3 Horne, Victoria	10	Pembrokeshire County Swimming	2:55.99	2:55.38
38.53	1:24.60 (46.07)	2:12.51 (47.91)	2:55.38 (42.87)	
4 Evans, Ella	10	City of Cardiff	3:05.20	2:59.67
41.26	1:27.10 (45.84)	2:14.35 (47.25)	2:59.67 (45.32)	
5 Gardener, Hannah B	9	Bridgend County Swim Squad	3:08.20	3:00.44
41.45	1:28.58 (47.13)	3:00.44 (1:31.86)		
6 Martin, Lara E	10	Bridgend County Swim Squad	3:25.00	3:00.51
	1:28.07 ()	3:00.51 (1:32.44)		
7 Dacey, Mollie M	10	City of Cardiff	3:11.40	3:03.00
42.88	1:30.85 (47.97)	2:18.70 (47.85)	3:03.00 (44.30)	
8 Parry, Emily	10	Caernarfon SC	3:02.11	3:05.47
42.19	1:30.85 (48.66)	2:19.48 (48.63)	3:05.47 (45.99)	
9 Owen, Kessie E	10	Nexus Valley Swimming Club	3:33.21	3:07.75
41.73	1:32.56 (50.83)	2:21.53 (48.97)	3:07.75 (46.22)	
10 Bick, Teagan E	10	Torfaen Dolphins	3:06.90	3:09.21
40.54	1:28.25 (47.71)	2:19.01 (50.76)	3:09.21 (50.20)	
11 Avraam, Neve E	10	Bridgend County Swim Squad	3:15.30	3:09.66
43.86	1:33.70 (49.84)	2:23.89 (50.19)	3:09.66 (45.77)	
12 Coombes, Cerys	10	Bridgend County Swim Squad	3:10.80	3:09.85
42.34	1:31.70 (49.36)	2:22.37 (50.67)	3:09.85 (47.48)	
13 Davies, Seren E	10	Bridgend County Swim Squad	3:14.10	3:13.66
43.62	1:34.41 (50.79)	2:26.07 (51.66)	3:13.66 (47.59)	
14 Jacklin, Isabelle F	10	Nexus Valley Swimming Club	3:28.74	3:22.54
44.26	1:35.12 (50.86)	2:28.60 (53.48)	3:22.54 (53.94)	
15 Dwyfor-Clarke, Efa	9	Caernarfon SC	3:33.02	3:23.73
42.53	1:37.70 (55.17)	2:33.24 (55.54)	3:23.73 (50.49)	
16 Thomas, Hannah L	9	Nexus Valley Swimming Club	NT	3:40.21
47.92	1:44.73 (56.81)	2:46.51 (1:01.78)	3:40.21 (53.70)	
17 O'Connell, Cerys E	10	Nexus Valley Swimming Club	3:46.19	3:42.05
50.68	1:49.32 (58.64)	2:49.20 (59.88)	3:42.05 (52.85)	
18 Higgs, Cerys	9	City of Cardiff	3:43.40	3:42.20
	1:43.63 ()	3:42.20 (1:58.57)		
19 Thomas, Caitlyn	9	Neath Asc	3:36.92	3:52.94
51.05	1:52.48 (1:01.43)	2:53.89 (1:01.41)	3:52.94 (59.05)	
20 Williams, Annabelle	9	Aberystwyth Swimming Club	NT	3:53.10
52.01	1:53.51 (1:01.50)	2:56.03 (1:02.52)	3:53.10 (57.07)	
21 Francombe, Juno	9	Bridgend County Swim Squad	NT	3:54.22
50.73	1:50.83 (1:00.10)	2:52.18 (1:01.35)	3:54.22 (1:02.04)	
22 Hancock, Ruby C	10	Nexus Valley Swimming Club	4:03.89	4:00.20
	1:56.12 ()	4:00.20 (2:04.08)		
--- James, Lilia	10	Nexus Valley Swimming Club	3:46.11	DQ
4.4 Start before starting signal				

Event 22 Girls 11-12 200 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Chayka, Sofia	12	City of Cardiff	2:20.40	2:23.12
31.60	1:08.01 (36.41)	1:45.98 (37.97)	2:23.12 (37.14)	
2 Dunglison, Kate L	12	Bridgend County Swim Squad	2:39.90	2:29.04
33.98	1:12.52 (38.54)	1:51.91 (39.39)	2:29.04 (37.13)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 22 Girls 11-12 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
3	Griffiths-Cole, Carys S	12	Bridgend County Swim Squad	2:23.10	2:29.97
	33.90	1:12.12 (38.22)	1:51.83 (39.71)	2:29.97 (38.14)	
4	Manley, Olivia	12	City of Cardiff	2:34.90	2:32.30
	35.79	1:14.54 (38.75)	1:54.67 (40.13)	2:32.30 (37.63)	
5	Hamm, Elli May	12	Bridgend County Swim Squad	2:44.20	2:32.89
	36.40	1:15.29 (38.89)	1:56.24 (40.95)	2:32.89 (36.65)	
6	Blake, Ffion	12	City of Cardiff	2:37.90	2:35.35
	36.15	1:16.88 (40.73)	1:58.46 (41.58)	2:35.35 (36.89)	
7	Stevens, Ruby	12	City of Cardiff	2:24.50	2:35.83
		1:15.04 ()	2:35.83 (1:20.79)		
8	Knowles, Amy A	12	Pembrokeshire County Swimming	2:29.60	2:37.83
	36.54	1:17.40 (40.86)	1:58.58 (41.18)	2:37.83 (39.25)	
9	Gronow, Mia	12	Bridgend County Swim Squad	2:40.10	2:38.18
		1:16.52 ()	2:38.18 (1:21.66)		
10	Griffiths, Enfys	12	Pembrokeshire County Swimming	2:37.10	2:40.12
	36.55	1:18.20 (41.65)	2:00.56 (42.36)	2:40.12 (39.56)	
11	Davies, Sophie G	11	City of Cardiff	2:44.30	2:40.76
	37.44	1:19.18 (41.74)	2:00.95 (41.77)	2:40.76 (39.81)	
12	Francombe, Romy	12	Bridgend County Swim Squad	2:53.10	2:40.95
	36.97	1:18.78 (41.81)	2:02.50 (43.72)	2:40.95 (38.45)	
13	Johnson Jones, Alaw F	12	Caernarfon SC	2:39.42	2:41.04
	36.24	1:16.52 (40.28)	1:59.22 (42.70)	2:41.04 (41.82)	
14	Jenkins, Beca	11	City of Cardiff	2:42.55	2:41.21
	36.86	1:18.14 (41.28)	2:00.73 (42.59)	2:41.21 (40.48)	
15	Hughes, Cari	11	Nexus Valley Swimming Club	2:48.03	2:44.54
	37.46	1:19.73 (42.27)	2:03.26 (43.53)	2:44.54 (41.28)	
16	Owen, Elain M	12	Caernarfon SC	2:44.56	2:45.05
		1:19.38 ()	2:45.05 (1:25.67)		
17	Sturley, Maggie M	12	Pembroke & District	2:44.57	2:45.25
	37.55	1:19.25 (41.70)	2:02.96 (43.71)	2:45.25 (42.29)	
18	Roberts, Alysia	12	City of Cardiff	2:48.60	2:45.87
	38.61	1:21.65 (43.04)	2:05.21 (43.56)	2:45.87 (40.66)	
19	White, Eleanor R	12	Pembrokeshire County Swimming	2:38.40	2:48.12
	38.44	1:22.70 (44.26)	2:06.11 (43.41)	2:48.12 (42.01)	
20	Pengelly, Leia	12	Rhondda Cynon Taf Performance	2:51.38	2:48.16
	39.97	1:25.52 (45.55)	2:08.93 (43.41)	2:48.16 (39.23)	
21	John, Lucy	12	Pembrokeshire County Swimming	2:54.70	2:48.22
	37.32	1:19.74 (42.42)	2:04.81 (45.07)	2:48.22 (43.41)	
22	Thomas, Grace	11	Pembrokeshire County Swimming	2:50.90	2:48.64
	36.63	1:20.34 (43.71)	2:05.94 (45.60)	2:48.64 (42.70)	
23	Webb, Alys	12	Pembrokeshire County Swimming	2:42.60	2:48.75
	38.61	1:21.71 (43.10)	2:07.02 (45.31)	2:48.75 (41.73)	
24	Thomas, Abigail G	12	Pembroke & District	2:56.24	2:50.23
	36.94	1:21.26 (44.32)	2:07.35 (46.09)	2:50.23 (42.88)	
25	Davies, Ffion	12	Rhondda Cynon Taf Performance	2:39.13	2:50.40
		1:21.54 ()	2:50.40 (1:28.86)		
26	Stamp, Laylah	11	City of Cardiff	2:55.50	2:54.02
	38.34	1:22.38 (44.04)	2:09.22 (46.84)	2:54.02 (44.80)	
27	Woods, Kathryn	12	Brecon Swimming Club	NT	2:55.76
	40.08	1:25.43 (45.35)	2:13.71 (48.28)	2:55.76 (42.05)	
28	John, Emilia V	11	City of Cardiff	3:06.00	2:56.91
	41.12	1:27.18 (46.06)	2:13.57 (46.39)	2:56.91 (43.34)	
29	Hampton, Poppi E	12	Bridgend County Swim Squad	3:01.00	2:58.56
	39.74	1:25.83 (46.09)	2:14.81 (48.98)	2:58.56 (43.75)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 22 Girls 11-12 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
30	Williams, Georgia	11	Nexus Valley Swimming Club	2:55.96	2:58.67
	40.03	1:27.12 (47.09)	2:14.94 (47.82)	2:58.67 (43.73)	
31	Bridgewater, Mia	11	Torfaen Dolphins	3:57.89	2:59.37
	39.57	1:24.87 (45.30)	2:12.78 (47.91)	2:59.37 (46.59)	
32	Picton, Annie	12	Rhondda Cynon Taf Performance	3:18.89	2:59.65
	42.28	1:27.85 (45.57)	2:14.10 (46.25)	2:59.65 (45.55)	
33	Ball, Zara R	11	City of Cardiff	3:06.00	2:59.66
	41.94	1:27.94 (46.00)	2:15.21 (47.27)	2:59.66 (44.45)	
34	Goddard, Evie E	12	Pembrokeshire County Swimming	2:49.50	3:01.29
	40.26	1:26.86 (46.60)	2:15.08 (48.22)	3:01.29 (46.21)	
35	Martin, Abigail	12	City of Cardiff	3:14.60	3:01.50
	43.20	1:29.53 (46.33)	2:16.69 (47.16)	3:01.50 (44.81)	
36	Anderson, Holly	12	City of Cardiff	2:55.30	3:02.22
	42.23	1:28.59 (46.36)	2:17.14 (48.55)	3:02.22 (45.08)	
37	Coulson, Evie G	11	Torfaen Dolphins	2:54.60	3:02.38
	42.01	1:29.09 (47.08)	2:18.11 (49.02)	3:02.38 (44.27)	
38	Rankin, Carys	11	City of Cardiff	3:08.93	3:02.54
		1:30.29 ()	3:02.54 (1:32.25)		
39	Thomas, Holly L	11	Bridgend County Swim Squad	NT	3:03.44
	42.48	1:29.10 (46.62)	2:17.80 (48.70)	3:03.44 (45.64)	
40	Owens, Annie R	11	Nexus Valley Swimming Club	3:04.18	3:03.61
	41.41	1:28.74 (47.33)	2:17.49 (48.75)	3:03.61 (46.12)	
41	Loxton, Holly	12	City of Cardiff	3:01.50	3:04.47
		1:30.14 ()	3:04.47 (1:34.33)		
42	Cull, Millie M	11	Bridgend County Swim Squad	3:16.10	3:10.02
	43.70	1:32.78 (49.08)	2:24.23 (51.45)	3:10.02 (45.79)	
43	Carre, Jasmine M	11	Rhondda Cynon Taf Performance	3:29.87	3:17.78
	42.06	1:33.41 (51.35)	2:27.35 (53.94)	3:17.78 (50.43)	
44	Cole, Grace E	11	Bridgend County Swim Squad	3:26.10	3:17.98
	2:28.43	3:17.98 (49.55)	3:17.98 ()		
45	Moseley, Sophie	12	Pembroke & District	3:20.78	3:18.59
	45.19	1:36.59 (51.40)	2:30.22 (53.63)	3:18.59 (48.37)	
46	Thompson, Carys	11	Pembroke & District	3:53.26	3:19.28
	45.69	1:37.60 (51.91)	2:28.11 (50.51)	3:19.28 (51.17)	
47	Robinson, Carys E	11	City of Cardiff	3:27.80	3:28.94
	43.74	1:37.09 (53.35)	2:33.88 (56.79)	3:28.94 (55.06)	
48	Vamplew, Ffion	11	Brecon Swimming Club	NT	3:40.50
	51.36		2:44.10 ()	3:40.50 (56.40)	
49	Meshier, Harriet	11	Brecon Swimming Club	4:55.40	4:12.79
		1:59.30 ()	4:12.79 (2:13.49)		
---	Jones, Sinead	11	Brecon Swimming Club	NT	DQ
	4.4 Start before starting signal				
		1:33.25 ()	DQ (1:39.84)		
---	Hoare, Jasmine G	11	Nexus Valley Swimming Club	3:40.02	DQ
	4.4 Start before starting signal				

Event 22 Girls 13-14 200 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Rosser, Cerys A	13	Torfaen Dolphins	2:12.57	2:19.45
		1:07.32 ()	2:19.45 (1:12.13)		
2	Bond, Sasha	14	Rhondda Cynon Taf Performance	2:20.28	2:20.95
	33.00	1:09.04 (36.04)	1:45.50 (36.46)	2:20.95 (35.45)	
3	Morgan, Bethan E	14	Bridgend County Swim Squad	2:15.90	2:21.73
	32.44	1:08.70 (36.26)	2:21.73 (1:13.03)		

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 22 Girls 13-14 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
4	Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	2:22.70	2:21.83
	31.97	1:07.80 (35.83)	1:45.71 (37.91)	2:21.83 (36.12)	
5	Smith, Mia	14	Torfaen Dolphins	2:22.20	2:23.05
	32.74	1:08.47 (35.73)	1:45.84 (37.37)	2:23.05 (37.21)	
6	Faulkner, Marie	13	City of Cardiff	2:24.00	2:25.25
		1:11.20 ()	2:25.25 (1:14.05)		
7	Lewis, Rachael E	14	Pembrokeshire County Swimming	2:26.50	2:26.84
	33.92	1:11.90 (37.98)	1:50.75 (38.85)	2:26.84 (36.09)	
8	Clayton, Karys L	13	Torfaen Dolphins	2:25.00	2:27.52
	33.34	1:10.81 (37.47)	1:49.88 (39.07)	2:27.52 (37.64)	
9	Hickman, Eve R	13	Bridgend County Swim Squad	2:24.80	2:27.62
	34.59	1:12.30 (37.71)	1:50.61 (38.31)	2:27.62 (37.01)	
10	Tarpey, Aoife F	14	Bridgend County Swim Squad	2:26.20	2:27.64
	34.77	1:12.31 (37.54)	1:50.89 (38.58)	2:27.64 (36.75)	
11	Parry, Jessica	13	Caernarfon SC	2:23.75	2:27.68
	33.57	1:11.05 (37.48)	1:49.28 (38.23)	2:27.68 (38.40)	
12	Skene, Deryn	14	City of Cardiff	2:30.30	2:29.28
	34.74	1:13.45 (38.71)	1:52.88 (39.43)	2:29.28 (36.40)	
13	Froley, Megan R	14	Bridgend County Swim Squad	2:30.00	2:31.25
	35.39	1:13.71 (38.32)	1:52.53 (38.82)	2:31.25 (38.72)	
14	Jones, Chloe J	13	Bridgend County Swim Squad	2:27.30	2:31.43
	33.65	1:12.65 (39.00)	1:52.84 (40.19)	2:31.43 (38.59)	
15	Emes, Eleanor J	13	Torfaen Dolphins	2:28.60	2:32.45
	33.80	1:12.95 (39.15)	1:53.18 (40.23)	2:32.45 (39.27)	
16	Johnson Jones, Ceri M	14	Caernarfon SC	2:29.22	2:32.55
		1:15.95 ()	2:32.55 (1:16.60)		
17	James, Ffion	13	Rhondda Cynon Taf Performance	2:35.61	2:32.91
	35.82	1:15.02 (39.20)	1:54.88 (39.86)	2:32.91 (38.03)	
18	Edwards, Maddie	14	Nexus Valley Swimming Club	2:37.44	2:33.74
	35.50	1:13.98 (38.48)	1:54.73 (40.75)	2:33.74 (39.01)	
19	Griffiths, Seren	14	Pembrokeshire County Swimming	2:27.90	2:35.35
	35.30	1:14.85 (39.55)	1:56.30 (41.45)	2:35.35 (39.05)	
20	White, Amy V	13	Pembrokeshire County Swimming	2:39.88	2:35.94
	36.60	1:16.69 (40.09)	1:57.49 (40.80)	2:35.94 (38.45)	
21	Nowell, Gabriella J	13	Torfaen Dolphins	2:32.22	2:36.39
	35.05	1:15.60 (40.55)	1:57.02 (41.42)	2:36.39 (39.37)	
22	Davies, Lauren M	14	Bridgend County Swim Squad	2:37.30	2:36.43
	36.60	1:17.30 (40.70)	1:58.47 (41.17)	2:36.43 (37.96)	
23	Greenwood, Hannah	14	Pembroke & District	2:29.98	2:36.91
	36.07	1:16.03 (39.96)	1:57.78 (41.75)	2:36.91 (39.13)	
24	Jones, Emilia A	13	Bridgend County Swim Squad	2:35.60	2:37.79
	35.58	1:16.56 (40.98)	1:58.45 (41.89)	2:37.79 (39.34)	
25	Krol, Sophie	13	Pembrokeshire County Swimming	2:52.20	2:40.44
		1:15.88 ()	2:40.44 (1:24.56)		
26	George, Caitlin	13	City of Cardiff	2:42.50	2:40.56
	35.67	1:16.19 (40.52)	1:59.56 (43.37)	2:40.56 (41.00)	
27	Clapham, Rhiannon m	13	Pembrokeshire County Swimming	2:36.90	2:41.43
		1:19.40 ()	2:41.43 (1:22.03)		
28	Brain, Georgina	13	City of Cardiff	2:48.08	2:44.38
	38.28	1:20.45 (42.17)	2:03.75 (43.30)	2:44.38 (40.63)	
29	Robinson, Seren	13	City of Cardiff	2:47.30	2:45.13
	37.75	1:20.34 (42.59)	2:04.64 (44.30)	2:45.13 (40.49)	
30	Jones, Isabelle	14	Torfaen Dolphins	2:44.10	2:45.68
	36.11	1:17.42 (41.31)	2:01.97 (44.55)	2:45.68 (43.71)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 22 Girls 13-14 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
31	Thomas, Abigail	13	Neath Asc	2:43.82	2:45.81
	38.39	1:21.47 (43.08)	2:04.88 (43.41)	2:45.81 (40.93)	
32	Leconte, Seren	14	Rhondda Cynon Taf Performance	2:42.37	2:50.74
	37.93	1:20.87 (42.94)	2:50.74 (1:29.87)		
33	James, Nia	13	Pembrokeshire County Swimming	2:43.00	2:51.78
	38.63	1:22.41 (43.78)	2:08.54 (46.13)	2:51.78 (43.24)	
34	Donnithorne, Natasha E	14	Bridgend County Swim Squad	3:15.50	3:09.23
	43.25	1:31.95 (48.70)	2:23.24 (51.29)	3:09.23 (45.99)	

Event 22 Girls 15 & Over 200 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Cox, Emily V	15	Bridgend County Swim Squad	2:19.70	2:22.96
	33.16	1:08.96 (35.80)	1:46.69 (37.73)	2:22.96 (36.27)	
2	Jones, Ruby	15	Torfaen Dolphins	2:17.98	2:25.52
	32.35	1:08.68 (36.33)	1:47.05 (38.37)	2:25.52 (38.47)	
3	Omnet, Lauren	15	Pembrokeshire County Swimming	2:26.60	2:29.52
	33.50	1:10.87 (37.37)	1:50.16 (39.29)	2:29.52 (39.36)	
4	Nicholas, Catrin E	15	Bridgend County Swim Squad	2:32.80	2:34.84
	1:57.35	1:16.01 ()	2:34.84 (1:18.83)		
5	James, Ilenia	15	Nexus Valley Swimming Club	NT	3:00.85
	41.70	1:28.36 (46.66)	2:15.51 (47.15)	3:00.85 (45.34)	

Event 23 Boys 9-10 200 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Rosser, Ellis R	10	Torfaen Dolphins	NT	3:21.00
	46.87	1:35.39 (48.52)	3:21.00 (1:45.61)		
2	Pritchard, Rhys	10	Caernarfon SC	3:37.10	3:36.08
	51.02	1:43.09 (52.07)	2:52.13 (1:09.04)	3:36.08 (43.95)	
3	Parry, Guto E	10	Caernarfon SC	3:35.79	3:36.41
	50.87	1:45.10 (54.23)	2:49.45 (1:04.35)	3:36.41 (46.96)	
4	West, Dexter	9	Fishguard Flyers SC	3:51.31	3:38.85
	49.34	1:44.61 (55.27)	2:53.01 (1:08.40)	3:38.85 (45.84)	
5	Keane, Callum	9	Pembroke & District	3:54.26	3:40.53
	2:54.39	1:50.63 ()	3:40.53 (1:49.90)		
6	Dossett, Samson	9	Rhondda Cynon Taf Performance	3:46.14	3:40.59
		1:45.92 ()	3:40.59 (1:54.67)		
7	Griffiths, George	10	Haverfordwest Swimming Club	3:43.99	3:42.73
	2:51.98	1:49.97 ()	3:42.73 (1:52.76)		
8	Henschell, Logan	10	City of Cardiff	NT	3:47.65
	52.17	1:46.83 (54.66)	2:59.24 (1:12.41)	3:47.65 (48.41)	
9	Davies, Adam	10	Nexus Valley Swimming Club	3:56.34	3:47.86
	56.41	1:53.44 (57.03)	3:01.31 (1:07.87)	3:47.86 (46.55)	
10	Lewis, Euan	9	Brecon Swimming Club	NT	4:14.85
	1:05.36	2:03.07 (57.71)	3:19.78 (1:16.71)	4:14.85 (55.07)	
11	Morgan, Ben	9	Pembroke & District	NT	4:23.39
	3:34.08	2:13.11 ()	4:23.39 (2:10.28)		

Event 23 Boys 11-12 200 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	James, Ioan D	11	Bridgend County Swim Squad	2:41.40	2:42.20
	36.80	1:18.78 (41.98)	2:06.44 (47.66)	2:42.20 (35.76)	
2	Edwards, Sam C	12	Nexus Valley Swimming Club	2:52.99	2:51.50
	35.89	1:21.85 (45.96)	2:13.06 (51.21)	2:51.50 (38.44)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 23 Boys 11-12 200 LC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time
3	Thomas, Dewi	11	Pembrokeshire County Swimming	2:49.90	2:52.85
	38.63	1:20.74 (42.11)	2:14.27 (53.53)	2:52.85 (38.58)	
4	West, Zac	12	Pembrokeshire County Swimming	2:56.40	2:55.57
		1:24.10 ()	2:55.57 (1:31.47)		
5	Thomas, Jac	12	Neath Asc	2:58.10	2:56.10
	39.52	1:23.74 (44.22)	2:19.07 (55.33)	2:56.10 (37.03)	
6	Martin, Luc A	12	Bridgend County Swim Squad	3:10.70	3:02.63
		1:26.84 ()	3:02.63 (1:35.79)		
7	Rescigno, Alberto	11	City of Cardiff	3:16.41	3:06.68
	40.91	1:30.15 (49.24)	2:25.08 (54.93)	3:06.68 (41.60)	
8	Winstone, Evan	12	City of Cardiff	3:08.10	3:09.57
	45.74	1:33.18 (47.44)	2:27.64 (54.46)	3:09.57 (41.93)	
9	Owen, Cai	12	Pembrokeshire County Swimming	3:02.10	3:10.22
	41.54	1:30.65 (49.11)	2:30.26 (59.61)	3:10.22 (39.96)	
10	Jones, Joseph T	12	Nexus Valley Swimming Club	3:09.00	3:10.60
	2:32.00	1:31.73 ()	3:10.60 (1:38.87)		
11	Fletcher, Owen T	11	Pembrokeshire County Swimming	3:03.00	3:12.21
	43.28	1:34.78 (51.50)	2:30.12 (55.34)	3:12.21 (42.09)	
12	Warman-Powell, Iolo R	11	Torfaen Dolphins	3:45.00	3:15.04
	44.77	1:34.68 (49.91)	2:29.86 (55.18)	3:15.04 (45.18)	
13	Thomas, Travis	12	Nexus Valley Swimming Club	NT	3:15.10
		1:32.88 ()	3:15.10 (1:42.22)		
14	Clarke, Luke	12	City of Cardiff	3:32.60	3:18.87
	44.28	1:35.42 (51.14)	2:34.51 (59.09)	3:18.87 (44.36)	
15	Froley, Iwan C	11	Bridgend County Swim Squad	3:44.80	3:19.05
	44.96	1:36.48 (51.52)	2:34.98 (58.50)	3:19.05 (44.07)	
16	Stevens, Henry A	11	City of Cardiff	3:28.90	3:19.64
	47.31	1:34.31 (47.00)	3:19.64 (1:45.33)		
17	Evans, Emrys	12	City of Cardiff	3:20.00	3:23.48
	46.43	1:34.69 (48.26)	2:40.64 (1:05.95)	3:23.48 (42.84)	
18	Jones, Harrison L	11	Bridgend County Swim Squad	NT	3:23.65
	45.25	1:35.84 (50.59)	2:40.88 (1:05.04)	3:23.65 (42.77)	
19	Brown, Jake	12	City of Cardiff	3:23.60	3:29.12
	45.60	1:37.13 (51.53)	2:43.81 (1:06.68)	3:29.12 (45.31)	
20	Bird, Charles M	11	Chirk Dragons	3:25.55	3:29.72
	55.18	1:47.52 (52.34)	2:44.89 (57.37)	3:29.72 (44.83)	
21	Morgan, Jack	11	Pembroke & District	3:38.05	3:33.45
	2:49.40	1:44.97 ()	3:33.45 (1:48.48)		
22	Bloomfield, William J	11	Bridgend County Swim Squad	3:44.40	3:34.46
	2:48.65	1:42.01 ()	3:34.46 (1:52.45)		
23	Hoare, Joshua R	11	Nexus Valley Swimming Club	3:55.94	3:44.14
	2:55.90	1:47.61 ()	3:44.14 (1:56.53)		
24	Dwyfor-Clarke, Caleb	11	Caernarfon SC	3:47.16	3:47.80
	54.86	1:52.72 (57.86)	2:58.59 (1:05.87)	3:47.80 (49.21)	
25	Aylen, James E	11	Bridgend County Swim Squad	NT	3:50.91
	57.03		2:59.14 ()	3:50.91 (51.77)	
26	Vaughan, William J	11	Nexus Valley Swimming Club	NT	3:54.79
	58.61	1:55.42 (56.81)	3:05.62 (1:10.20)	3:54.79 (49.17)	
27	Lewis, Riley	12	Brecon Swimming Club	NT	4:04.04
	3:10.91	4:04.04 (53.13)	4:04.04 ()		

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****Event 23 Boys 13-14 200 LC Meter IM**

	Name	Age	Team	Seed Time	Finals Time
1	Wisden, Dylan J	14	Bridgend County Swim Squad	2:26.60	2:25.28
	31.08	1:08.73 (37.65)	1:53.47 (44.74)	2:25.28 (31.81)	
2	Sturley, Toby	14	Pembrokeshire County Swimming	2:27.30	2:25.99
	31.56	1:09.50 (37.94)	1:52.63 (43.13)	2:25.99 (33.36)	
3	Andrews, Rory	14	Pembrokeshire County Swimming	2:27.60	2:28.90
	33.25	1:10.91 (37.66)	1:56.50 (45.59)	2:28.90 (32.40)	
4	Shiels, Charlie J	14	Pembroke & District	2:44.15	2:32.15
	32.34	1:13.46 (41.12)	1:57.09 (43.63)	2:32.15 (35.06)	
5	Clement, Logan	14	Rhondda Cynon Taf Performance	2:38.83	2:40.78
	34.74	1:14.88 (40.14)	2:02.24 (47.36)	2:40.78 (38.54)	
6	Pritchard, Tomos	13	Caernarfon SC	2:48.49	2:45.13
	33.58	1:16.74 (43.16)	2:09.56 (52.82)	2:45.13 (35.57)	
7	Price, Toby G	13	Pembrokeshire County Swimming	2:57.89	2:49.10
	2:12.12	1:20.99 ()	2:49.10 (1:28.11)		
8	Rosser, Dewi J	13	Torfaen Dolphins	2:54.61	2:50.75
	38.81	1:23.31 (44.50)	2:13.41 (50.10)	2:50.75 (37.34)	
9	Coulson, Evan T	13	Torfaen Dolphins	2:50.10	2:51.97
	39.89	1:21.20 (41.31)	2:14.79 (53.59)	2:51.97 (37.18)	
10	Goddard, Harrison J	14	Haverfordwest Swimming Club	2:58.65	2:58.11
	40.27	1:26.87 (46.60)	2:17.78 (50.91)	2:58.11 (40.33)	
11	Griffith, Noa W	13	Rhondda Cynon Taf Performance	3:19.28	3:05.30
	42.90	1:26.67 (43.77)	2:26.69 (1:00.02)	3:05.30 (38.61)	
12	Lloyd, Angus	13	City of Cardiff	3:23.71	3:08.32
	43.33	1:32.98 (49.65)	2:27.68 (54.70)	3:08.32 (40.64)	
13	Tasker, Gethin	13	Rhondda Cynon Taf Performance	3:22.67	3:08.78
	44.75	1:30.92 (46.17)	2:30.41 (59.49)	3:08.78 (38.37)	
14	Garland, Jay	13	Rhondda Cynon Taf Performance	3:15.46	3:13.25
	42.98	1:34.23 (51.25)	2:29.95 (55.72)	3:13.25 (43.30)	
15	Newton, Oscar	13	Torfaen Dolphins	3:08.60	3:15.15
	41.30	1:30.39 (49.09)	2:35.37 (1:04.98)	3:15.15 (39.78)	
16	Durrant, Toben	13	City of Cardiff	3:21.70	3:15.42
	43.28	1:36.20 (52.92)	2:31.94 (55.74)	3:15.42 (43.48)	
17	Buckley, Samuel G	13	Bridgend County Swim Squad	3:25.80	3:18.59
		1:35.04 ()	3:18.59 (1:43.55)		
18	Thomas, Joe M	13	Nexus Valley Swimming Club	NT	3:42.47
	51.02	1:45.84 (54.82)	2:54.05 (1:08.21)	3:42.47 (48.42)	

Event 23 Boys 15 & Over 200 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Barrett, Sean A	16	Pembrokeshire County Swimming	2:18.50	2:20.30
		1:10.45 ()	2:20.30 (1:09.85)		
2	Salmon, Carwyn	15	Rhondda Cynon Taf Performance	2:26.83	2:28.28
	31.31	1:09.90 (38.59)	1:53.88 (43.98)	2:28.28 (34.40)	
3	Cook, Owain E	18	Bridgend County Swim Squad	2:25.70	2:29.60
	31.77	1:10.39 (38.62)	1:53.92 (43.53)	2:29.60 (35.68)	
4	Chim, Danny K	17	Bridgend County Swim Squad	2:29.60	2:31.20
	30.39	1:10.43 (40.04)	1:56.67 (46.24)	2:31.20 (34.53)	
5	Hunt, Tobias J	17	Bridgend County Swim Squad	2:32.89	2:31.91
	31.44	1:09.56 (38.12)	1:56.12 (46.56)	2:31.91 (35.79)	
6	Collins, Tyler	15	Rhondda Cynon Taf Performance	2:33.75	2:46.45
	33.37	1:15.39 (42.02)	2:46.45 (1:31.06)		

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****Event 24 Girls 9-10 50 LC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Taylor, Theodora A	9	Torfaen Dolphins	43.25	41.41
2	Worthington, Emma	10	Chirk Dragons	45.50	47.36
3	Watkins, Amelia M	10	Torfaen Dolphins	51.20	49.53
4	Owen, Kessie E	10	Nexus Valley Swimming Club	NT	50.78
5	Schumm, Libby	9	Torfaen Dolphins	51.86	51.78
6	Dacey, Mollie M	10	City of Cardiff	49.50	52.43
7	Gardener, Hannah B	9	Bridgend County Swim Squad	51.20	52.61
8	McDonagh, Emily M	10	Bridgend County Swim Squad	51.00	52.78
9	Dwyfor-Clarke, Efa	9	Caernarfon SC	53.52	53.14
10	Martin, Lara E	10	Bridgend County Swim Squad	49.00	53.90
11	Avraam, Neve E	10	Bridgend County Swim Squad	52.70	54.20
12	Haddrell, Eva Lily	10	Rhondda Cynon Taf Performance	51.34	54.76
13	Jacklin, Isabelle F	10	Nexus Valley Swimming Club	58.29	56.06
14	Barrington-Williams, Ruby	10	Rhondda Cynon Taf Performance	59.15	56.60
15	Cull, Pollyanna	9	City of Cardiff	59.90	57.34
16	Barnfield, Daisy R	10	Bridgend County Swim Squad	1:01.80	58.53
17	Townsend, Skye S	10	City of Cardiff	1:02.34	59.70
18	Everson-Baker, Amelia J	10	Torfaen Dolphins	1:07.30	1:00.84
19	Jackson, Tess	9	Brecon Swimming Club	NT	1:01.68
20	Davies, Seren E	10	Bridgend County Swim Squad	57.80	1:01.84
21	Hughes, Erin	10	Rhondda Cynon Taf Performance	59.35	1:03.00
22	O'Connell, Cerys E	10	Nexus Valley Swimming Club	1:04.20	1:03.12
23	Williams, Begw	9	Rhondda Cynon Taf Performance	1:04.84	1:03.19
24	Tarpey, Niamh A	10	Bridgend County Swim Squad	1:04.40	1:03.33
25	Davies, Clemmie	10	Brecon Swimming Club	NT	1:03.53
26	Reilly, Manon	10	Rhondda Cynon Taf Performance	1:05.20	1:04.18
27	Probert, Freya	9	Brecon Swimming Club	NT	1:04.51
28	Evans, Porscha	10	City of Cardiff	1:03.70	1:04.64
29	Thomas, Caitlyn	9	Neath Asc	1:01.06	1:04.73
30	Higgs, Cerys	9	City of Cardiff	1:01.10	1:04.92
31	Phillips, Lucy	10	Rhondda Cynon Taf Performance	NT	1:05.35
32	O'Connell, Megan N	9	Nexus Valley Swimming Club	NT	1:06.17
33	James, Lilia	10	Nexus Valley Swimming Club	1:12.92	1:08.53
34	Jacklin, Lily	9	Nexus Valley Swimming Club	NT	1:08.60
35	Brady, Grace	9	Rhondda Cynon Taf Performance	NT	1:09.51
36	Williams, Olivia	9	Rhondda Cynon Taf Performance	NT	1:11.05
37	Francombe, Juno	9	Bridgend County Swim Squad	NT	1:11.76
38	Hickman, Isla L	9	Bridgend County Swim Squad	1:16.90	1:15.78
39	Williams, Annabelle	9	Aberystwyth Swimming Club	NT	1:16.59
40	Mesher, Anwen	9	Brecon Swimming Club	NT	1:48.23
---	Lewis, Charlotte	9	Brecon Swimming Club	NT	DQ

7.1 After the start or after each turn single butterfly kick not performed before the 1st

Event 24 Girls 11-12 50 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Iles, Georgia L	12	City of Cardiff	38.26	38.32
2	Lewis, Caera	12	Pembrokeshire County Swimming	38.29	38.86
3	Dunglison, Kate L	12	Bridgend County Swim Squad	38.80	40.90
4	Callen, Holly-Jane	12	Pembroke & District	41.64	41.11
5	Croke, Carys S	11	Torfaen Dolphins	45.53	42.41
6	Gilligan, Gracie	11	Neath Asc	39.88	42.60

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 24 Girls 11-12 50 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
7	Broder, Libby R	12	Torfaen Dolphins	44.62	42.72
8	Davies, Sophie G	11	City of Cardiff	43.10	42.89
9	Horne, Alexa	12	Pembrokeshire County Swimming	42.10	43.35
10	Hughes, Cari	11	Nexus Valley Swimming Club	43.68	43.42
*11	Lewis, Lowri	12	Neath Asc	43.50	43.63
*11	Salmon, Gwen	11	Rhondda Cynon Taf Performance	42.68	43.63
13	Worthington, Heather	12	Chirk Dragons	45.40	43.73
14	Evans, Caitlin	12	Neath Asc	42.18	43.83
15	White, Seren	12	Rhondda Cynon Taf Performance	44.17	44.26
16	Davies, Niamh	11	City of Cardiff	45.40	44.63
17	Hamm, Elli May	12	Bridgend County Swim Squad	46.70	45.36
18	Griffiths, Enfys	12	Pembrokeshire County Swimming	45.30	45.96
19	Roberts, Alysia	12	City of Cardiff	43.80	46.04
20	Davies, Cerys	12	Rhondda Cynon Taf Performance	47.06	46.91
21	Beynon, Gracie L	11	Bridgend County Swim Squad	45.80	47.05
22	Owen, Elain M	12	Caernarfon SC	53.49	47.24
23	Martin, Abigail	12	City of Cardiff	48.55	48.53
24	Thomas, Ffion	11	Neath Asc	48.83	49.09
25	Sturdy, Lauren	12	Rhondda Cynon Taf Performance	45.46	49.27
26	Johnson Jones, Alaw F	12	Caernarfon SC	46.50	49.34
27	Rankin, Carys	11	City of Cardiff	48.60	49.42
28	Jenkins, Beca	11	City of Cardiff	47.00	49.58
29	Watts, Abigail M	11	Chirk Dragons	48.24	50.01
30	Thomas, Nansi	12	City of Cardiff	48.50	50.09
31	Loxton, Holly	12	City of Cardiff	51.20	50.28
32	Cull, Millie M	11	Bridgend County Swim Squad	51.00	50.40
33	Winter, Callie M	11	City of Cardiff	53.00	50.93
34	Stamp, Laylah	11	City of Cardiff	49.70	51.50
35	Bridgewater, Mia	11	Torfaen Dolphins	50.90	51.55
36	Goddard, Evie E	12	Pembrokeshire County Swimming	45.80	51.60
37	Hampton, Poppi E	12	Bridgend County Swim Squad	48.90	51.67
38	Daly, Kirsten E	12	Bridgend County Swim Squad	53.70	52.72
39	Hoare, Jasmine G	11	Nexus Valley Swimming Club	51.43	52.88
40	Robinson, Carys E	11	City of Cardiff	53.20	52.89
41	Simcock, Charlotte	12	Rhondda Cynon Taf Performance	51.46	52.90
42	Morgan, Alisha	12	Rhondda Cynon Taf Performance	53.14	53.39
43	Anderson, Holly	12	City of Cardiff	52.20	54.06
44	Wright, Pippa	12	Rhondda Cynon Taf Performance	52.58	54.20
45	John, Emilia V	11	City of Cardiff	54.80	54.22
46	Cosby, Nia	11	Bridgend County Swim Squad	54.60	54.61
47	Francombe, Romy	12	Bridgend County Swim Squad	50.30	55.65
48	Thompson, Carys	11	Pembroke & District	56.53	56.94
49	Jones, Sinead	11	Brecon Swimming Club	1:09.19	57.95
50	Furlong, Amber P	11	Bridgend County Swim Squad	NT	1:02.25
51	Gardener, Louise R	12	Bridgend County Swim Squad	58.40	1:03.81
52	Chakraborty, Diya	11	City of Cardiff	1:07.80	1:06.17
53	Marchant, Calgary R	11	Torfaen Dolphins	1:15.63	1:17.90
54	Meshier, Paula	11	Brecon Swimming Club	1:23.81	1:30.69

Event 24 Girls 13-14 50 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Cook, Seren M	14	Bridgend County Swim Squad	42.00	40.92

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 24 Girls 13-14 50 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
2	Minas, Ella	14	Rhondda Cynon Taf Performance	39.79	41.22
3	George, Caitlin	13	City of Cardiff	40.60	41.47
4	Johnson Jones, Ceri M	14	Caernarfon SC	43.67	43.06
5	Jones, Emilia A	13	Bridgend County Swim Squad	42.30	43.40
6	Jones, Cerys	13	Rhondda Cynon Taf Performance	43.53	43.71
7	Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	42.35	44.33
8	Watts, Rebecca M	13	Chirk Dragons	44.23	44.45
9	Waite, Ellie May	13	City of Cardiff	42.60	44.58
10	James, Ffion	13	Rhondda Cynon Taf Performance	42.12	44.70
11	Emes, Eleanor J	13	Torfaen Dolphins	42.10	45.18
12	Faulkner, Marie	13	City of Cardiff	42.00	45.35
13	Edwards, Maddie	14	Nexus Valley Swimming Club	44.78	45.49
14	Moodley, Bethan	13	Rhondda Cynon Taf Performance	45.78	45.71
15	Jones, Neve	13	Neath Asc	44.47	45.93
16	Thomas, Abigail	13	Neath Asc	44.00	45.99
17	Skene, Deryn	14	City of Cardiff	44.50	46.20
18	Brain, Georgina	13	City of Cardiff	45.80	46.23
19	Robinson, Seren	13	City of Cardiff	46.80	46.64
20	Davies, Lauren M	14	Bridgend County Swim Squad	49.24	50.07
21	Howells-Aitken, Neve H	13	City of Cardiff	52.00	50.15
22	Osmond, Frances	13	Brecon Swimming Club	50.23	50.35
23	Beech, Catrin B	13	Caernarfon SC	57.27	50.45
24	Donnithorne, Natasha E	14	Bridgend County Swim Squad	50.40	55.61
25	Saunders, Honey	13	Rhondda Cynon Taf Performance	59.04	59.48
26	Davies, Nichole	13	Brecon Swimming Club	NT	1:11.80

Event 24 Girls 15 & Over 50 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Nicholas, Megan L	18	Bridgend County Swim Squad	36.00	35.59
2	Chadwick, Bethan	17	Rhondda Cynon Taf Performance	36.81	36.99
3	Warrender, Meggan	17	Torfaen Dolphins	37.65	38.87
4	Morgan, Sophie	17	Rhondda Cynon Taf Performance	39.59	39.52
5	Jones, Ruby	15	Torfaen Dolphins	41.60	42.99
6	Cox, Emily V	15	Bridgend County Swim Squad	44.20	44.09
7	Davies, Cora	15	Rhondda Cynon Taf Performance	49.84	52.15
8	James, Ilenia	15	Nexus Valley Swimming Club	49.89	52.99

Event 25 Boys 9-10 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Henschell, Logan	10	City of Cardiff	NT	2:04.08
	53.97	2:04.08 (1:10.11)			

Event 25 Boys 11-12 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Fowler, Joseph	12	Rhondda Cynon Taf Performance	1:15.04	1:17.82
	36.04	1:17.82 (41.78)			
2	West, Zac	12	Pembrokeshire County Swimming	1:27.20	1:22.31
	38.10	1:22.31 (44.21)			
3	Edwards, Sam C	12	Nexus Valley Swimming Club	NT	1:25.98
	39.70	1:25.98 (46.28)			
4	Thomas, Dewi	11	Pembrokeshire County Swimming	1:28.60	1:31.43
	40.44	1:31.43 (50.99)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 25 Boys 11-12 100 LC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time
5	Rescigno, Alberto	11	City of Cardiff	1:35.00	1:31.51
	41.37	1:31.51 (50.14)			
6	Owen, Cai	12	Pembrokeshire County Swimming	1:30.80	1:32.55
7	Murphy-Kenny, Dylan	12	Rhondda Cynon Taf Performance	1:25.84	1:33.59
	40.57	1:33.59 (53.02)			
8	Fletcher, Owen T	11	Pembrokeshire County Swimming	1:32.20	1:35.95
	43.65	1:35.95 (52.30)			
9	Newton, James L	11	Torfaen Dolphins	1:35.12	1:38.88
10	Jones, Joseph T	12	Nexus Valley Swimming Club	NT	1:39.86
	46.65	1:39.86 (53.21)			
11	Clarke, Luke	12	City of Cardiff	1:49.50	1:46.14
	46.44	1:46.14 (59.70)			
12	Morgan, Jack	11	Pembroke & District	NT	1:56.58

Event 25 Boys 13-14 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	White, Henry	14	Pembrokeshire County Swimming	1:06.90	1:07.21
2	Wisden, Dylan J	14	Bridgend County Swim Squad	1:09.50	1:08.62
	32.23	1:08.62 (36.39)			
3	Andrews, Rory	14	Pembrokeshire County Swimming	1:09.90	1:09.54
	33.26	1:09.54 (36.28)			
4	Pritchard, Tomos	13	Caernarfon SC	1:16.91	1:16.24
	34.58	1:16.24 (41.66)			
5	Isaacs, Tomos	13	Rhondda Cynon Taf Performance	1:20.17	1:17.01
6	Price, Toby G	13	Pembrokeshire County Swimming	1:24.30	1:23.55
	38.97	1:23.55 (44.58)			
7	Stroud, Iwan	14	City of Cardiff	1:38.33	1:28.61
	39.29	1:28.61 (49.32)			
8	Coulson, Evan T	13	Torfaen Dolphins	1:31.95	1:30.82
	41.42	1:30.82 (49.40)			
9	Thomas, Joe M	13	Nexus Valley Swimming Club	NT	1:58.21

Event 25 Boys 15 & Over 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Richards, Owen T	17	Torfaen Dolphins	58.10	59.52
2	Barrett, Sean A	16	Pembrokeshire County Swimming	1:01.00	1:02.80
	30.33	1:02.80 (32.47)			
3	Thomas, Daniel J	21	Pembroke & District	1:01.07	1:03.15
	29.24	1:03.15 (33.91)			
4	Garland, Kieran	16	Rhondda Cynon Taf Performance	1:01.93	1:03.57
	29.92	1:03.57 (33.65)			
5	Cook, Owain E	18	Bridgend County Swim Squad	1:03.40	1:04.87
	29.77	1:04.87 (35.10)			
6	Chim, Danny K	17	Bridgend County Swim Squad	1:05.54	1:05.28
	30.61	1:05.28 (34.67)			
7	Rosser, Alex W	22	Torfaen Dolphins	1:04.00	1:06.13
	30.24	1:06.13 (35.89)			
8	Kettle, Rowan	18	Pembroke & District	1:04.61	1:09.59
	31.10	1:09.59 (38.49)			
9	Salmon, Carwyn	15	Rhondda Cynon Taf Performance	1:10.45	1:11.13
	32.94	1:11.13 (38.19)			
10	Collins, Tyler	15	Rhondda Cynon Taf Performance	1:10.33	1:12.77
	33.65	1:12.77 (39.12)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 25 Boys 15 & Over 100 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
11 Wells, Lewis	15	Neath Asc	1:08.49	1:12.81
			32.56	1:12.81 (40.25)
12 Jenkins, Ellis	16	Rhondda Cynon Taf Performance	1:09.42	1:13.66
			31.61	1:13.66 (42.05)
13 Wojcik, Szymon	16	Bridgend County Swim Squad	1:10.70	1:13.78
			33.95	1:13.78 (39.83)

Event 26 Girls 11-12 200 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Knowles, Amy A	12	Pembrokeshire County Swimming	NT	2:56.22
			38.58	1:25.27 (46.69) 2:10.96 (45.69) 2:56.22 (45.26)
2 Dunglison, Kate L	12	Bridgend County Swim Squad	NT	2:58.55
			36.52	1:21.87 (45.35) 2:09.62 (47.75) 2:58.55 (48.93)
3 Iles, Georgia L	12	City of Cardiff	3:02.70	3:02.98
			37.78	1:25.48 (47.70) 2:15.90 (50.42) 3:02.98 (47.08)
4 Badman, Phoebe	12	Rhondda Cynon Taf Performance	3:02.85	3:10.86
			38.71	1:24.50 (45.79) 2:17.02 (52.52) 3:10.86 (53.84)
5 White, Eleanor R	12	Pembrokeshire County Swimming	3:14.50	3:13.17
			40.63	1:27.96 (47.33) 2:21.17 (53.21) 3:13.17 (52.00)
6 Gronow, Mia	12	Bridgend County Swim Squad	3:22.20	3:24.18
			2:32.98	1:37.85 () 3:24.18 (1:46.33)
7 Jones, Jessica	12	Torfaen Dolphins	3:24.10	3:25.56
				1:35.78 () 3:25.56 (1:49.78)
8 Owen, Elain M	12	Caernarfon SC	3:38.60	3:38.53
			42.51	1:35.45 (52.94) 2:35.43 (59.98) 3:38.53 (1:03.10)
9 Thomas, Grace	11	Pembrokeshire County Swimming	NT	3:44.19
			44.88	1:42.13 (57.25) 2:43.34 (1:01.21) 3:44.19 (1:00.85)
10 Thomas, Abigail G	12	Pembroke & District	3:46.27	3:54.29
			45.79	1:47.87 (1:02.08) 2:53.29 (1:05.42) 3:54.29 (1:01.00)

Event 26 Girls 13-14 200 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Lewis, Rachael E	14	Pembrokeshire County Swimming	2:47.10	2:47.67
			37.22	1:18.86 (41.64) 2:47.67 (1:28.81)
2 Minas, Ella	14	Rhondda Cynon Taf Performance	2:50.89	2:51.36
			36.12	1:19.30 (43.18) 2:04.41 (45.11) 2:51.36 (46.95)
3 Bond, Sasha	14	Rhondda Cynon Taf Performance	2:48.21	2:52.72
			38.87	1:24.65 (45.78) 2:10.33 (45.68) 2:52.72 (42.39)
4 Griffiths, Seren	14	Pembrokeshire County Swimming	3:05.20	3:09.83
			38.60	1:25.07 (46.47) 3:09.83 (1:44.76)

Event 26 Girls 15 & Over 200 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Nicholas, Catrin E	15	Bridgend County Swim Squad	2:47.50	2:49.28
			35.58	1:17.08 (41.50) 2:03.11 (46.03) 2:49.28 (46.17)
2 Matthews, Jodie	15	Rhondda Cynon Taf Performance	3:29.36	3:12.37
			42.23	1:30.82 (48.59) 2:23.82 (53.00) 3:12.37 (48.55)
3 Lewis, Becky	15	Rhondda Cynon Taf Performance	3:15.14	3:13.91
			41.35	1:30.14 (48.79) 2:21.09 (50.95) 3:13.91 (52.82)

Event 27 Boys 9-10 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 McCarthy, Benedict	9	City of Cardiff	3:14.20	3:07.68
			45.15	1:33.41 (48.26) 2:22.04 (48.63) 3:07.68 (45.64)

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 27 Boys 9-10 200 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
2 Dossett, Samson	9	Rhondda Cynon Taf Performance	3:34.74	3:24.07
	1:42.89 ()	3:24.07 (1:41.18)		

Event 27 Boys 11-12 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Thomas, Dewi	11	Pembrokeshire County Swimming	2:45.30	2:47.35
40.05	1:23.33 (43.28)	2:47.35 (1:24.02)		
2 John, Finlay	12	Rhondda Cynon Taf Performance	2:41.13	2:48.75
38.74	1:21.72 (42.98)	2:05.78 (44.06)	2:48.75 (42.97)	
3 West, Zac	12	Pembrokeshire County Swimming	2:52.50	2:59.92
41.66	1:27.75 (46.09)	2:15.58 (47.83)	2:59.92 (44.34)	
4 Thomas, Travis	12	Nexus Valley Swimming Club	2:57.21	3:04.68
42.94	1:29.14 (46.20)	3:04.68 (1:35.54)		
5 Murphy-Kenny, Dylan	12	Rhondda Cynon Taf Performance	3:02.81	3:05.19
43.58	1:30.66 (47.08)	2:19.77 (49.11)	3:05.19 (45.42)	
6 Jones, Joseph T	12	Nexus Valley Swimming Club	3:20.00	3:06.49
44.14	1:32.51 (48.37)	2:20.88 (48.37)	3:06.49 (45.61)	
7 Stevens, Henry A	11	City of Cardiff	3:28.50	3:15.04
47.73	1:37.92 (50.19)	2:28.82 (50.90)	3:15.04 (46.22)	
8 Froley, Iwan C	11	Bridgend County Swim Squad	3:34.70	3:16.85
	3:16.85 ()	3:16.85 ()		
9 Clarke, Luke	12	City of Cardiff	3:17.30	3:17.50
46.26	1:38.34 (52.08)	2:29.83 (51.49)	3:17.50 (47.67)	
10 Brown, Jake	12	City of Cardiff	3:10.20	3:18.37
47.44	1:38.59 (51.15)	2:30.21 (51.62)	3:18.37 (48.16)	
11 Roberts, Ethan	12	City of Cardiff	3:22.00	3:22.42
	3:22.42 ()	3:22.42 ()		
12 Morgan, Jack	11	Pembroke & District	3:23.65	3:34.21
51.61	1:46.49 (54.88)	2:41.45 (54.96)	3:34.21 (52.76)	
--- Aylen, James E	11	Bridgend County Swim Squad	NT	DQ
6.4 More than one single or double simultaneous arm pull used to initiate the turn or not				
50.23	1:46.22 (55.99)	2:40.74 (54.52)	DQ (53.10)	
--- Jones, Rhys M	12	Rhondda Cynon Taf Performance	3:21.78	DQ
6.4 More than one single or double simultaneous arm pull used to initiate the turn or not				
2:22.15	1:33.77 ()	DQ (1:33.49)		

Event 27 Boys 13-14 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 White, Henry	14	Pembrokeshire County Swimming	2:25.37	2:25.68
33.55	1:10.57 (37.02)	1:48.60 (38.03)	2:25.68 (37.08)	
2 Sturley, Toby	14	Pembrokeshire County Swimming	2:22.90	2:30.87
1:53.08	1:13.31 ()	2:30.87 (1:17.56)		
3 Andrews, Rory	14	Pembrokeshire County Swimming	2:26.40	2:35.24
36.96	1:16.08 (39.12)	2:35.24 (1:19.16)		
4 Isaacs, Tomos	13	Rhondda Cynon Taf Performance	2:38.41	2:47.84
39.31	1:22.92 (43.61)	2:06.40 (43.48)	2:47.84 (41.44)	
5 Griffith, Noa W	13	Rhondda Cynon Taf Performance	2:53.32	2:58.81
41.70	1:26.46 (44.76)	2:12.91 (46.45)	2:58.81 (45.90)	
6 Tasker, Gethin	13	Rhondda Cynon Taf Performance	NT	3:07.90
44.31	1:33.42 (49.11)	2:23.83 (50.41)	3:07.90 (44.07)	
7 Buckley, Samuel G	13	Bridgend County Swim Squad	3:25.70	3:30.58
49.57	1:43.23 (53.66)	2:38.48 (55.25)	3:30.58 (52.10)	

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****Event 27 Boys 15 & Over 200 LC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time
1	Hunt, Tobias J	17	Bridgend County Swim Squad	2:24.20	2:29.26
	34.36	1:12.39 (38.03)	1:51.66 (39.27)	2:29.26 (37.60)	
2	Collins, Tyler	15	Rhondda Cynon Taf Performance	2:28.70	2:40.61
	2:02.13	2:40.61 (38.48)	2:40.61 ()		

Event 28 Girls 9-10 100 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Taylor, Theodora A	9	Torfaen Dolphins	1:32.58	1:32.91
	44.17	1:32.91 (48.74)			
2	Worthington, Emma	10	Chirk Dragons	1:40.02	1:41.10
	49.24	1:41.10 (51.86)			
3	Horne, Victoria	10	Pembrokeshire County Swimming	1:42.60	1:43.94
	49.28	1:43.94 (54.66)			
4	McDonagh, Emily M	10	Bridgend County Swim Squad	1:47.30	1:52.28
	54.21	1:52.28 (58.07)			
5	Dacey, Mollie M	10	City of Cardiff	1:51.90	1:52.73
	55.54	1:52.73 (57.19)			
6	Martin, Lara E	10	Bridgend County Swim Squad	1:49.20	1:53.37
	54.76	1:53.37 (58.61)			
7	Avraam, Neve E	10	Bridgend County Swim Squad	1:56.30	1:53.70
8	Gardener, Hannah B	9	Bridgend County Swim Squad	1:53.10	1:53.72
9	Parry, Emily	10	Caernarfon SC	1:47.39	1:54.26
	52.81	1:54.26 (1:01.45)			
10	Schumm, Libby	9	Torfaen Dolphins	2:01.53	1:54.81
	53.65	1:54.81 (1:01.16)			
11	Evans, Ella	10	City of Cardiff	1:55.70	1:55.92
	56.21	1:55.92 (59.71)			
12	Haddrell, Eva Lily	10	Rhondda Cynon Taf Performance	1:57.87	1:57.09
	57.37	1:57.09 (59.72)			
13	Jacklin, Isabelle F	10	Nexus Valley Swimming Club	1:53.89	1:57.79
	56.80	1:57.79 (1:00.99)			
14	Thomas, Hannah L	9	Nexus Valley Swimming Club	2:16.64	2:08.91
15	Townsend, Skye S	10	City of Cardiff	NT	2:12.38
	1:00.58	2:12.38 (1:11.80)			
16	Barnfield, Daisy R	10	Bridgend County Swim Squad	2:11.50	2:13.93
	1:01.60	2:13.93 (1:12.33)			
17	O'Connell, Cerys E	10	Nexus Valley Swimming Club	2:17.20	2:21.53
	1:05.59	2:21.53 (1:15.94)			
18	Higgs, Cerys	9	City of Cardiff	2:11.60	2:22.46
19	Reilly, Manon	10	Rhondda Cynon Taf Performance	2:52.51	2:23.61
20	O'Connell, Megan N	9	Nexus Valley Swimming Club	NT	2:30.94
	1:10.37	2:30.94 (1:20.57)			
21	Hancock, Ruby C	10	Nexus Valley Swimming Club	2:38.13	2:32.67
	1:13.46	2:32.67 (1:19.21)			
22	Hickman, Isla L	9	Bridgend County Swim Squad	2:56.00	2:40.93
	1:18.39	2:40.93 (1:22.54)			

Event 28 Girls 11-12 100 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Lewis, Caera	12	Pembrokeshire County Swimming	1:22.37	1:23.99
	40.94	1:23.99 (43.05)			
2	Iles, Georgia L	12	City of Cardiff	1:23.73	1:25.57
	40.57	1:25.57 (45.00)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 28 Girls 11-12 100 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
3	Croke, Carys S	11	Torfaen Dolphins	1:29.16	1:29.88
	43.16			1:29.88 (46.72)	
4	Callen, Holly-Jane	12	Pembroke & District	1:28.27	1:30.17
	43.14			1:30.17 (47.03)	
5	Gilligan, Gracie	11	Neath Asc	1:26.69	1:30.95
	43.61			1:30.95 (47.34)	
6	Dunglison, Kate L	12	Bridgend County Swim Squad	1:25.30	1:31.39
	43.30			1:31.39 (48.09)	
7	Broder, Libby R	12	Torfaen Dolphins	1:34.84	1:32.76
8	Davies, Sophie G	11	City of Cardiff	1:33.00	1:32.91
	45.19			1:32.91 (47.72)	
9	Stevens, Ruby	12	City of Cardiff	1:26.00	1:33.13
	44.03			1:33.13 (49.10)	
10	Evans, Caitlin	12	Neath Asc	1:28.89	1:33.89
	44.51			1:33.89 (49.38)	
11	Hamm, Elli May	12	Bridgend County Swim Squad	1:59.70	1:34.32
	44.69			1:34.32 (49.63)	
12	John, Lucy	12	Pembrokeshire County Swimming	1:34.60	1:34.86
	45.69			1:34.86 (49.17)	
13	Salmon, Gwen	11	Rhondda Cynon Taf Performance	1:33.45	1:35.58
	46.96			1:35.58 (48.62)	
14	White, Seren	12	Rhondda Cynon Taf Performance	1:34.16	1:35.85
15	Griffiths-Cole, Carys S	12	Bridgend County Swim Squad	1:37.00	1:37.00
	46.74			1:37.00 (50.26)	
16	Horne, Alexa	12	Pembrokeshire County Swimming	1:33.80	1:37.01
	45.80			1:37.01 (51.21)	
17	Griffiths, Enfys	12	Pembrokeshire County Swimming	1:36.10	1:38.43
	46.45			1:38.43 (51.98)	
18	Roberts, Alysia	12	City of Cardiff	1:37.30	1:38.75
19	Davies, Niamh	11	City of Cardiff	1:34.60	1:39.81
	49.60			1:39.81 (50.21)	
20	Goddard, Evie E	12	Pembrokeshire County Swimming	1:39.00	1:40.68
21	Jenkins, Beca	11	City of Cardiff	1:39.00	1:42.28
	49.71			1:42.28 (52.57)	
22	Beynon, Gracie L	11	Bridgend County Swim Squad	1:42.70	1:42.76
	51.03			1:42.76 (51.73)	
23	Webb, Alys	12	Pembrokeshire County Swimming	1:40.20	1:43.62
	49.35			1:43.62 (54.27)	
24	Martin, Abigail	12	City of Cardiff	1:44.83	1:45.59
	51.55			1:45.59 (54.04)	
25	Thomas, Grace	11	Pembrokeshire County Swimming	1:38.50	1:45.84
	50.32			1:45.84 (55.52)	
26	Sturdy, Lauren	12	Rhondda Cynon Taf Performance	1:40.29	1:46.34
	50.75			1:46.34 (55.59)	
27	Williams, Mali	12	Rhondda Cynon Taf Performance	1:55.90	1:46.88
	49.05			1:46.88 (57.83)	
28	Thomas, Nansi	12	City of Cardiff	1:44.20	1:47.54
	51.38			1:47.54 (56.16)	
29	Cull, Millie M	11	Bridgend County Swim Squad	NT	1:47.58
	51.49			1:47.58 (56.09)	
30	Winter, Callie M	11	City of Cardiff	1:49.30	1:48.56
	52.81			1:48.56 (55.75)	
31	Rankin, Carys	11	City of Cardiff	1:55.44	1:48.91

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 28 Girls 11-12 100 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
32	Watts, Abigail M	11	Chirk Dragons	1:51.54	1:49.34
	53.32				1:49.34 (56.02)
33	Ball, Zara R	11	City of Cardiff	1:45.70	1:51.36
	53.03				1:51.36 (58.33)
34	Woods, Kathryn	12	Brecon Swimming Club	NT	1:51.74
	52.00				1:51.74 (59.74)
35	Stamp, Laylah	11	City of Cardiff	1:49.50	1:51.91
	52.95				1:51.91 (58.96)
36	Simcock, Charlotte	12	Rhondda Cynon Taf Performance	1:51.20	1:53.67
	54.18				1:53.67 (59.49)
37	Daly, Kirsten E	12	Bridgend County Swim Squad	1:58.10	1:54.17
38	Moseley, Sophie	12	Pembroke & District	2:04.99	1:54.21
	54.26				1:54.21 (59.95)
39	Cosby, Nia	11	Bridgend County Swim Squad	NT	1:54.64
	55.79				1:54.64 (58.85)
40	Morgan, Alisha	12	Rhondda Cynon Taf Performance	1:53.06	1:55.35
	56.58				1:55.35 (58.77)
41	Pengelly, Leia	12	Rhondda Cynon Taf Performance	2:05.32	1:56.59
	56.02				1:56.59 (1:00.57)
42	Owens, Annie R	11	Nexus Valley Swimming Club	1:55.92	1:56.72
	53.30				1:56.72 (1:03.42)
43	Robinson, Carys E	11	City of Cardiff	1:59.90	1:57.81
	54.58				1:57.81 (1:03.23)
44	Thompson, Carys	11	Pembroke & District	2:05.99	2:04.57
	58.97				2:04.57 (1:05.60)
45	Carre, Jasmine M	11	Rhondda Cynon Taf Performance	2:09.97	2:10.30
46	Payne, AmÃ©lie M	11	Torfaen Dolphins	NT	2:10.66
	1:02.62				2:10.66 (1:08.04)

Event 28 Girls 13-14 100 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Cook, Seren M	14	Bridgend County Swim Squad	1:31.40	1:28.07
	42.29				1:28.07 (45.78)
2	Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	1:28.98	1:30.17
	42.89				1:30.17 (47.28)
3	Jones, Emilia A	13	Bridgend County Swim Squad	1:30.30	1:30.51
	43.32				1:30.51 (47.19)
4	Hickman, Eve R	13	Bridgend County Swim Squad	1:30.00	1:31.15
	42.78				1:31.15 (48.37)
5	Holley, Rebecca	13	City of Cardiff	1:32.50	1:31.86
	43.80				1:31.86 (48.06)
6	Rosser, Cerys A	13	Torfaen Dolphins	1:48.70	1:33.67
	44.49				1:33.67 (49.18)
7	Krol, Sophie	13	Pembrokeshire County Swimming	1:30.40	1:34.41
	44.91				1:34.41 (49.50)
8	Parry, Jessica	13	Caernarfon SC	1:26.36	1:34.65
	44.59				1:34.65 (50.06)
9	Faulkner, Marie	13	City of Cardiff	1:28.40	1:34.67
	44.89				1:34.67 (49.78)
10	Waite, Ellie May	13	City of Cardiff	1:37.75	1:36.02
	47.13				1:36.02 (48.89)
11	Clapham, Rhiannon m	13	Pembrokeshire County Swimming	1:34.30	1:36.06
	47.08				1:36.06 (48.98)

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 28 Girls 13-14 100 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
12	James, Ffion	13	Rhondda Cynon Taf Performance	1:36.15	1:39.14
	47.35	1:39.14 (51.79)			
13	Thomas, Abigail	13	Neath Asc	1:37.01	1:40.00
	47.41	1:40.00 (52.59)			
14	Robinson, Seren	13	City of Cardiff	1:42.70	1:40.29
	46.95	1:40.29 (53.34)			
15	Watts, Rebecca M	13	Chirk Dragons	1:38.75	1:40.31
	47.27	1:40.31 (53.04)			
16	Brain, Georgina	13	City of Cardiff	1:41.19	1:40.89
	48.78	1:40.89 (52.11)			
17	Jones, Isabelle	14	Torfaen Dolphins	1:35.00	1:45.63
	51.30	1:45.63 (54.33)			
18	Beech, Catrin B	13	Caernarfon SC	1:54.26	1:52.64
	52.89	1:52.64 (59.75)			
19	Howells-Aitken, Neve H	13	City of Cardiff	1:54.60	1:53.19
	52.83	1:53.19 (1:00.36)			
20	Leconte, Seren	14	Rhondda Cynon Taf Performance	NT	2:02.56
	55.17	2:02.56 (1:07.39)			
21	Saunders, Honey	13	Rhondda Cynon Taf Performance	NT	2:07.36
	1:00.56	2:07.36 (1:06.80)			

Event 28 Girls 15 & Over 100 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Nicholas, Megan L	18	Bridgend County Swim Squad	1:18.60	1:19.31
	37.85	1:19.31 (41.46)			
2	Chadwick, Bethan	17	Rhondda Cynon Taf Performance	1:21.73	1:21.88
	39.30	1:21.88 (42.58)			
3	Omnet, Lauren	15	Pembrokeshire County Swimming	1:22.10	1:24.10
	39.73	1:24.10 (44.37)			
4	Morgan, Sophie	17	Rhondda Cynon Taf Performance	1:24.03	1:24.28
	41.02	1:24.28 (43.26)			
5	Jones, Ruby	15	Torfaen Dolphins	1:26.50	1:29.69
	42.57	1:29.69 (47.12)			
6	Devonald-Jones, Ffion	16	Rhondda Cynon Taf Performance	1:46.37	1:48.21
7	James, Ilenia	15	Nexus Valley Swimming Club	1:49.96	1:53.33
	55.26	1:53.33 (58.07)			

Event 29 Boys 9-10 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	McCarthy, Benedict	9	City of Cardiff	1:22.90	1:22.41
	39.11	1:22.41 (43.30)			
2	Pritchard, Rhys	10	Caernarfon SC	1:26.77	1:23.27
	40.12	1:23.27 (43.15)			
3	Parry, Guto E	10	Caernarfon SC	1:27.91	1:24.05
	39.29	1:24.05 (44.76)			
4	Davies, Adam	10	Nexus Valley Swimming Club	1:30.21	1:28.69
	41.87	1:28.69 (46.82)			
5	Henschell, Logan	10	City of Cardiff	NT	1:29.26
6	Dossett, Samson	9	Rhondda Cynon Taf Performance	1:29.30	1:29.33
	42.27	1:29.33 (47.06)			
7	West, Dexter	9	Fishguard Flyers SC	1:32.27	1:29.43
	41.46	1:29.43 (47.97)			
8	Griffiths, George	10	Haverfordwest Swimming Club	1:30.61	1:35.07
	43.03	1:35.07 (52.04)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 29 Boys 9-10 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
9	Bryant, Tomos G	10	Bridgend County Swim Squad	NT	1:36.75
	45.94	1:36.75 (50.81)			
10	Morgan, Ben	9	Pembroke & District	1:52.09	1:41.15
	47.24	1:41.15 (53.91)			
11	Woodward, Cullen G	9	Bridgend County Swim Squad	1:54.70	1:55.73
	53.91	1:55.73 (1:01.82)			
12	Meshner, George	9	Brecon Swimming Club	NT	2:05.36
	54.68	2:05.36 (1:10.68)			

Event 29 Boys 11-12 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	James, Ioan D	11	Bridgend County Swim Squad	1:06.80	1:07.42
	32.10	1:07.42 (35.32)			
2	Fowler, Joseph	12	Rhondda Cynon Taf Performance	1:07.91	1:08.68
	33.28	1:08.68 (35.40)			
3	Thomas, Jac	12	Neath Asc	1:08.43	1:08.78
	32.52	1:08.78 (36.26)			
4	Edwards, Sam C	12	Nexus Valley Swimming Club	1:10.10	1:09.49
	32.74	1:09.49 (36.75)			
5	Thomas, Dewi	11	Pembrokeshire County Swimming	1:10.40	1:11.25
	34.83	1:11.25 (36.42)			
6	John, Finlay	12	Rhondda Cynon Taf Performance	1:10.88	1:12.71
	34.91	1:12.71 (37.80)			
7	Martin, Luc A	12	Bridgend County Swim Squad	1:15.60	1:16.26
	36.31	1:16.26 (39.95)			
8	West, Zac	12	Pembrokeshire County Swimming	1:13.10	1:16.35
	36.17	1:16.35 (40.18)			
9	Jones, Rhys M	12	Rhondda Cynon Taf Performance	1:21.93	1:19.15
10	Thomas, Travis	12	Nexus Valley Swimming Club	1:17.64	1:19.56
	37.85	1:19.56 (41.71)			
11	Fletcher, Owen T	11	Pembrokeshire County Swimming	1:17.40	1:22.70
12	Jones, Harrison L	11	Bridgend County Swim Squad	1:26.00	1:22.74
	38.76	1:22.74 (43.98)			
13	Brown, Jake	12	City of Cardiff	1:32.20	1:23.22
	38.63	1:23.22 (44.59)			
14	Froley, Iwan C	11	Bridgend County Swim Squad	1:29.70	1:23.71
	40.56	1:23.71 (43.15)			
15	Morgan, Jack	11	Pembroke & District	1:31.33	1:26.26
	40.76	1:26.26 (45.50)			
16	Bloomfield, William J	11	Bridgend County Swim Squad	1:32.20	1:27.10
	41.40	1:27.10 (45.70)			
17	Roberts, Ethan	12	City of Cardiff	NT	1:27.87
	40.75	1:27.87 (47.12)			
18	Vaughan, William J	11	Nexus Valley Swimming Club	NT	1:29.12
	44.22	1:29.12 (44.90)			
19	Clarke, Luke	12	City of Cardiff	1:28.20	1:29.29
	41.58	1:29.29 (47.71)			
20	Isaacs, Harri	11	Rhondda Cynon Taf Performance	1:39.35	1:35.93
	44.09	1:35.93 (51.84)			
21	Hoare, Joshua R	11	Nexus Valley Swimming Club	1:50.40	1:37.33
	44.71	1:37.33 (52.62)			
22	Johnson, Cai	11	Pembroke & District	1:54.63	1:51.50
	51.50	1:51.50 (1:00.00)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****Event 29 Boys 13-14 100 LC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Wisden, Dylan J	14	Bridgend County Swim Squad	1:01.10	58.79
2	Sturley, Toby	14	Pembrokeshire County Swimming	59.60	1:00.11
	29.26	1:00.11 (30.85)			
3	Andrews, Rory	14	Pembrokeshire County Swimming	1:01.87	1:00.46
	29.57	1:00.46 (30.89)			
4	Shiels, Charlie J	14	Pembroke & District	1:07.94	1:01.98
	29.78	1:01.98 (32.20)			
5	Pritchard, Tomos	13	Caernarfon SC	1:05.45	1:06.15
	31.72	1:06.15 (34.43)			
6	Clement, Logan	14	Rhondda Cynon Taf Performance	1:04.40	1:06.35
	31.39	1:06.35 (34.96)			
7	Roberts, Dafydd	14	Nexus Valley Swimming Club	NT	1:06.72
	30.97	1:06.72 (35.75)			
8	Price, Toby G	13	Pembrokeshire County Swimming	1:08.00	1:07.28
	32.52	1:07.28 (34.76)			
9	Eaton Sawford, Kier A	13	Chirk Dragons	1:13.60	1:10.95
10	Isaacs, Tomos	13	Rhondda Cynon Taf Performance	1:10.15	1:11.48
	34.28	1:11.48 (37.20)			
11	Stroud, Iwan	14	City of Cardiff	1:18.76	1:13.80
	35.83	1:13.80 (37.97)			
12	Tasker, Gethin	13	Rhondda Cynon Taf Performance	1:11.67	1:14.06
	36.31	1:14.06 (37.75)			
13	Griffith, Noa W	13	Rhondda Cynon Taf Performance	1:15.92	1:16.46
	36.19	1:16.46 (40.27)			
14	Garland, Jay	13	Rhondda Cynon Taf Performance	1:18.27	1:16.64
	36.06	1:16.64 (40.58)			
15	Lloyd, Angus	13	City of Cardiff	1:20.50	1:17.19
	36.39	1:17.19 (40.80)			
16	Thomas, Joe M	13	Nexus Valley Swimming Club	NT	1:25.36
	41.09	1:25.36 (44.27)			
17	Buckley, Samuel G	13	Bridgend County Swim Squad	1:25.50	1:27.30
	40.94	1:27.30 (46.36)			

Event 29 Boys 15 & Over 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Boladz, Tom A	19	Torfaen Dolphins	55.20	55.68
2	Garland, Kieran	16	Rhondda Cynon Taf Performance	56.33	56.28
	27.29	56.28 (28.99)			
3	Rosser, Alex W	22	Torfaen Dolphins	57.40	57.89
	27.56	57.89 (30.33)			
4	Kettle, Rowan	18	Pembroke & District	57.96	59.38
	27.80	59.38 (31.58)			
5	Salmon, Carwyn	15	Rhondda Cynon Taf Performance	1:00.11	1:00.45
	29.27	1:00.45 (31.18)			
6	Thompson, Morgan	16	City of Cardiff	1:00.80	1:00.47
	29.10	1:00.47 (31.37)			
7	Cook, Owain E	18	Bridgend County Swim Squad	58.40	1:00.98
	29.33	1:00.98 (31.65)			
8	Wells, Lewis	15	Neath Asc	59.96	1:00.99
	28.76	1:00.99 (32.23)			
9	Wojcik, Szymon	16	Bridgend County Swim Squad	1:02.10	1:01.11
	29.97	1:01.11 (31.14)			

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 29 Boys 15 & Over 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
10	Chim, Danny K	17	Bridgend County Swim Squad	1:01.20	1:01.53
	28.94	1:01.53 (32.59)			
11	Hunt, Tobias J	17	Bridgend County Swim Squad	59.50	1:02.45
	29.22	1:02.45 (33.23)			
12	Jenkins, Ellis	16	Rhondda Cynon Taf Performance	1:04.47	1:05.30
	30.39	1:05.30 (34.91)			
13	Collins, Tyler	15	Rhondda Cynon Taf Performance	1:01.66	1:06.52
	32.39	1:06.52 (34.13)			

Event 30 Girls 9-10 50 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Watkins, Amelia M	10	Torfaen Dolphins	35.33	33.80
2	Horne, Victoria	10	Pembrokeshire County Swimming	35.34	34.59
3	McDonagh, Emily M	10	Bridgend County Swim Squad	37.10	34.63
4	Schumm, Libby	9	Torfaen Dolphins	35.40	35.39
5	O'Mahoney, Kaitlin	10	Neath Asc	34.81	36.26
6	Martin, Lara E	10	Bridgend County Swim Squad	37.30	36.52
7	Gardener, Hannah B	9	Bridgend County Swim Squad	38.30	37.23
8	Owen, Kessie E	10	Nexus Valley Swimming Club	38.10	37.67
9	Avraam, Neve E	10	Bridgend County Swim Squad	37.70	38.22
10	Barrington-Williams, Ruby	10	Rhondda Cynon Taf Performance	38.96	38.37
11	Evans, Ella	10	City of Cardiff	39.90	38.38
12	Dacey, Mollie M	10	City of Cardiff	37.00	38.77
13	Coombes, Cerys	10	Bridgend County Swim Squad	40.40	39.53
14	Davies, Seren E	10	Bridgend County Swim Squad	40.70	40.26
*15	Haddrell, Eva Lily	10	Rhondda Cynon Taf Performance	40.27	40.42
*15	James, Lilia	10	Nexus Valley Swimming Club	43.90	40.42
17	Everson-Baker, Amelia J	10	Torfaen Dolphins	43.80	40.84
18	Tarpey, Niamh A	10	Bridgend County Swim Squad	46.90	43.78
19	O'Connell, Cerys E	10	Nexus Valley Swimming Club	48.77	43.95
20	Phillips, Lucy	10	Rhondda Cynon Taf Performance	NT	44.90
21	Brady, Grace	9	Rhondda Cynon Taf Performance	55.98	45.07
22	Higgs, Cerys	9	City of Cardiff	44.70	45.72
23	Townsend, Skye S	10	City of Cardiff	42.70	45.92
24	Hughes, Erin	10	Rhondda Cynon Taf Performance	42.09	46.24
25	Jackson, Tess	9	Brecon Swimming Club	NT	46.31
26	Hancock, Ruby C	10	Nexus Valley Swimming Club	NT	46.68
27	Reilly, Manon	10	Rhondda Cynon Taf Performance	44.06	46.69
28	Barnfield, Daisy R	10	Bridgend County Swim Squad	50.90	47.15
29	Cull, Pollyanna	9	City of Cardiff	48.10	47.51
30	Williams, Olivia	9	Rhondda Cynon Taf Performance	NT	47.87
31	Francombe, Juno	9	Bridgend County Swim Squad	NT	48.35
32	Williams, Begw	9	Rhondda Cynon Taf Performance	49.94	48.58
33	Thomas, Caitlyn	9	Neath Asc	46.50	48.67
34	Probert, Freya	9	Brecon Swimming Club	NT	49.05
35	O'Connell, Megan N	9	Nexus Valley Swimming Club	48.42	49.35
36	Davies, Clemmie	10	Brecon Swimming Club	51.76	51.39
37	Lewis, Charlotte	9	Brecon Swimming Club	NT	51.62
38	Brock, Ffion	9	Rhondda Cynon Taf Performance	53.58	53.39
39	Montague, Keira	9	Pembroke & District	1:03.10	54.42
40	Hickman, Isla L	9	Bridgend County Swim Squad	59.40	54.51
41	Mesher, Anwen	9	Brecon Swimming Club	1:13.31	1:14.20

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****Event 30 Girls 11-12 50 LC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Chayka, Sofia	12	City of Cardiff	30.00	29.47
2	Lewis, Lowri	12	Neath Asc	30.37	30.58
3	Broder, Libby R	12	Torfaen Dolphins	29.90	30.69
4	Griffiths-Cole, Carys S	12	Bridgend County Swim Squad	30.10	30.93
5	Lewis, Caera	12	Pembrokeshire County Swimming	31.40	31.44
6	Francombe, Romy	12	Bridgend County Swim Squad	35.30	31.86
7	Croke, Carys S	11	Torfaen Dolphins	31.27	32.14
8	Knowles, Amy A	12	Pembrokeshire County Swimming	32.00	32.46
9	Davies, Cerys	12	Rhondda Cynon Taf Performance	32.52	32.63
10	Jenkins, Beca	11	City of Cardiff	32.90	33.32
11	Davies, Sophie G	11	City of Cardiff	34.80	33.45
12	Davies, Ffion	12	Rhondda Cynon Taf Performance	31.64	33.83
13	Owen, Elain M	12	Caernarfon SC	33.16	33.90
14	Thomas, Nansi	12	City of Cardiff	33.85	33.97
15	Griffiths, Enfys	12	Pembrokeshire County Swimming	33.80	34.08
16	Sturdy, Lauren	12	Rhondda Cynon Taf Performance	34.86	34.17
17	Beynon, Gracie L	11	Bridgend County Swim Squad	35.30	34.19
18	Sturley, Maggie M	12	Pembroke & District	37.11	34.33
19	Thomas, Ffion	11	Neath Asc	34.60	34.43
20	Roberts, Alysia	12	City of Cardiff	34.50	34.60
21	Horne, Alexa	12	Pembrokeshire County Swimming	33.20	34.73
22	John, Lucy	12	Pembrokeshire County Swimming	34.10	34.75
23	Iles, Georgia L	12	City of Cardiff	31.60	34.80
24	Woods, Kathryn	12	Brecon Swimming Club	NT	34.85
25	Salmon, Gwen	11	Rhondda Cynon Taf Performance	33.94	34.88
26	Martin, Abigail	12	City of Cardiff	35.71	35.03
27	Badman, Phoebe	12	Rhondda Cynon Taf Performance	34.74	35.06
28	Pengelly, Leia	12	Rhondda Cynon Taf Performance	33.74	35.11
29	Webb, Alys	12	Pembrokeshire County Swimming	34.20	35.54
30	John, Emilia V	11	City of Cardiff	39.40	35.69
31	Davis, Freya	11	Rhondda Cynon Taf Performance	36.24	35.75
32	Williams, Mali	12	Rhondda Cynon Taf Performance	34.48	35.76
33	Hampton, Poppi E	12	Bridgend County Swim Squad	35.90	35.78
34	Worthington, Heather	12	Chirk Dragons	36.46	36.18
35	Goddard, Evie E	12	Pembrokeshire County Swimming	36.02	36.38
36	Cull, Millie M	11	Bridgend County Swim Squad	37.40	37.12
37	Stamp, Laylah	11	City of Cardiff	35.30	37.20
38	Wright, Pippa	12	Rhondda Cynon Taf Performance	37.36	37.26
39	Williams, Georgia	11	Nexus Valley Swimming Club	36.91	37.32
40	Winter, Callie M	11	City of Cardiff	37.20	37.64
41	Morgan, Alisha	12	Rhondda Cynon Taf Performance	37.04	37.67
42	Thomas, Holly L	11	Bridgend County Swim Squad	37.20	38.14
43	Willis, Meghan R	11	Torfaen Dolphins	39.98	38.17
44	Rankin, Carys	11	City of Cardiff	36.30	38.42
45	Cosby, Nia	11	Bridgend County Swim Squad	41.30	38.93
46	Simcock, Charlotte	12	Rhondda Cynon Taf Performance	39.93	40.36
47	Carre, Jasmine M	11	Rhondda Cynon Taf Performance	42.40	41.00
48	Gardener, Louise R	12	Bridgend County Swim Squad	41.00	41.21
49	Watts, Abigail M	11	Chirk Dragons	38.88	41.46
50	Furlong, Amber P	11	Bridgend County Swim Squad	NT	41.79
51	Payne, AmÃ©lie M	11	Torfaen Dolphins	NT	42.73

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 30 Girls 11-12 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
52	Thompson, Carys	11	Pembroke & District	46.10	43.03
53	Robinson, Carys E	11	City of Cardiff	41.40	44.21
54	Chakraborty, Diya	11	City of Cardiff	44.40	44.70
55	Meshar, Paula	11	Brecon Swimming Club	52.02	44.96
56	Marchant, Calgary R	11	Torfaen Dolphins	49.24	49.79
57	Meshar, Harriet	11	Brecon Swimming Club	51.83	50.98

Event 30 Girls 13-14 50 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Marchant, Rhiannon	14	Rhondda Cynon Taf Performance	29.46	29.19
2	Bond, Sasha	14	Rhondda Cynon Taf Performance	30.13	29.94
3	Emes, Eleanor J	13	Torfaen Dolphins	30.06	30.57
4	Rosser, Cerys A	13	Torfaen Dolphins	29.43	30.91
5	Clayton, Karys L	13	Torfaen Dolphins	30.20	30.92
6	Evans, Bethan	14	Neath Asc	29.89	30.93
7	Griffiths, Seren	14	Pembrokeshire County Swimming	31.57	31.44
8	Krol, Sophie	13	Pembrokeshire County Swimming	31.10	31.52
9	Edwards, Maddie	14	Nexus Valley Swimming Club	34.37	31.85
10	Smith, Mia	14	Torfaen Dolphins	30.64	31.90
11	Froley, Megan R	14	Bridgend County Swim Squad	32.00	32.09
12	Minas, Ella	14	Rhondda Cynon Taf Performance	31.53	32.23
13	Faulkner, Marie	13	City of Cardiff	31.78	32.29
14	Jones, Emilia A	13	Bridgend County Swim Squad	32.20	32.32
15	Holley, Rebecca	13	City of Cardiff	31.80	32.45
16	Waite, Ellie May	13	City of Cardiff	32.80	33.14
17	Thomas, Izzy	14	Bridgend County Swim Squad	33.60	33.84
18	Clapham, Rhiannon m	13	Pembrokeshire County Swimming	33.20	34.12
19	Watts, Rebecca M	13	Chirk Dragons	35.85	34.63
20	Cook, Seren M	14	Bridgend County Swim Squad	34.10	34.66
21	James, Nia	13	Pembrokeshire County Swimming	34.20	35.02
22	Moodley, Bethan	13	Rhondda Cynon Taf Performance	34.11	35.07
23	Brain, Georgina	13	City of Cardiff	34.40	35.16
24	Thomas, Abigail	13	Neath Asc	33.29	35.61
25	Robinson, Seren	13	City of Cardiff	35.10	35.88
26	Leconte, Seren	14	Rhondda Cynon Taf Performance	35.51	36.78
27	Beech, Catrin B	13	Caernarfon SC	37.48	37.79
28	Donnithorne, Natasha E	14	Bridgend County Swim Squad	38.20	38.43
29	Saunders, Honey	13	Rhondda Cynon Taf Performance	43.39	41.59

Event 30 Girls 15 & Over 50 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Randell, Niamh	17	Rhondda Cynon Taf Performance	29.55	29.71
2	Morgan, Sophie	17	Rhondda Cynon Taf Performance	30.01	29.87
3	Hunt, Imogen E	20	Bridgend County Swim Squad	30.10	30.11
4	Nicholas, Megan L	18	Bridgend County Swim Squad	29.90	30.31
5	Chadwick, Bethan	17	Rhondda Cynon Taf Performance	30.40	30.71
6	Short, Mollie	16	Neath Asc	29.93	30.88
7	Jones, Ruby	15	Torfaen Dolphins	29.91	30.95
8	Omnet, Lauren	15	Pembrokeshire County Swimming	32.64	32.17
9	Nicholas, Catrin E	15	Bridgend County Swim Squad	32.08	32.90
10	Addcott, Ffion H	16	Rhondda Cynon Taf Performance	32.65	33.72
11	Matthews, Jodie	15	Rhondda Cynon Taf Performance	33.78	34.22

RCT Level 3 New Year Open Meet - 05/01/2019 to 06/01/2019**Results****(Event 30 Girls 15 & Over 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
12	Davies, Cora	15	Rhondda Cynon Taf Performance	34.45	34.91
13	Devonald-Jones, Ffion	16	Rhondda Cynon Taf Performance	34.45	35.73
14	Lewis, Becky	15	Rhondda Cynon Taf Performance	33.34	35.90
15	James, Ilenia	15	Nexus Valley Swimming Club	36.20	36.15