

## Individual Meet Results

**West Wales Regionals 2020 31-Jan-20 to 09-Feb-20 [Ageup: 31/12/2020] SC Meters**

**Sanction: 2WL200038/39 Location: Haverfordwest Leisure Centre**

**Pembroke & District [PEMY] Coach: Keith Thompson Thompson**

Time	F/P/S	Event	Place	Points	Improv
<b>Skye Bruce (11) F</b>					
3:12.03S	F # 8A	Female 11-11 200 Free	8	---	-2.56
47.15S	P # 9A	Female 11-11 50 Fly	8	---	0.20
47.25S DQ	F # 9A	Female 11-11 50 Fly	---	---	---
38.92S	P # 19A	Female 11-11 50 Free	10	---	-3.36
3:33.67S	F # 22A	Female 11-11 200 IM	8	---	-8.59
42.40S	F # 60A	Female 11-11 50 Back	6	---	-4.47
42.72S	P # 60A	Female 11-11 50 Back	5	---	-4.15
<b>Holly-Jane Callen (14) F</b>					
1:14.24S	P # 21B	Female 14-14 100 Free	22	---	1.21
40.21S	P # 30B	Female 14-14 50 Breast	9	---	-0.49
33.51S	P # 42B	Female 14-14 50 Free	22	---	0.28
1:28.27S	P # 62B	Female 14-14 100 Breast	9	---	1.73
<b>Leah Carroll (14) F</b>					
37.73S	P # 3B	Female 14-14 50 Back	10	---	-0.58
2:39.19S	F # 18B	Female 14-14 200 Free	19	---	-0.57
1:15.38S	P # 21B	Female 14-14 100 Free	24	---	1.82
2:53.85S	F # 28B	Female 14-14 200 Back	8	---	-1.46
1:22.19S	P # 38B	Female 14-14 100 Back	9	---	0.35
33.42S	P # 42B	Female 14-14 50 Free	21	---	-0.34
3:07.87S	F # 45B	Female 14-14 200 IM	16	---	-0.59
36.92S	F # 68	200 Medley Relay Lead Off	---	---	-1.39
<b>Arron Fitzsimmons (16) M</b>					
NS	F # 1E	Male 15-16 1500 Free	---	---	---
NS	P # 5C	Male 15-16 100 Back	---	---	---
31.58S	P # 14C	Male 15-16 50 Fly	9	---	0.18
NS	F # 17C	Male 15-16 400 Free	---	---	---
1:19.22S	F # 26C	Male 15-16 100 Breast	5	---	-0.61
1:20.80S	P # 26C	Male 15-16 100 Breast	6	---	0.97
28.07S	F # 29C	Male 15-16 50 Free	8	---	0.17
28.12S	P # 29C	Male 15-16 50 Free	9	---	0.22
34.91S	P # 43C	Male 15-16 50 Breast	4	---	-0.42
34.99S	F # 43C	Male 15-16 50 Breast	5	---	-0.34
2:33.34S	F # 46C	Male 15-16 200 IM	5	---	0.14
NS	F # 50C	Male 15-16 200 Free	---	---	---
31.70S	P # 53C	Male 15-16 50 Back	5	---	0.22
31.85S	F # 53C	Male 15-16 50 Back	5	---	0.37
1:01.67S	P # 61C	Male 15-16 100 Free	16	---	0.77
31.41S	F # 65	200 Medley Relay Lead Off	---	---	-0.07
<b>James Harris (12) M</b>					
37.18S	F # 48B	Male 12-12 50 Free	8	---	-2.95
37.20S	P # 48B	Male 12-12 50 Free	8	---	-2.93
DNF	P # 59B	Male 12-12 50 Breast	---	---	---
<b>Toby Harris (11) M</b>					
40.87S	P # 48A	Male 11-11 50 Free	13	---	-2.19
57.84S	P # 59A	Male 11-11 50 Breast	15	---	-1.41

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Time	F/P/S	Event	Place	Points	Improv
<b>Abigail Hillary (12) F</b>					
44.52S	P # 9B	Female 12-12 50 Fly	25	---	0.98
1:47.38S DQ	P # 15B	Female 12-12 100 Breast	---	---	---
32.53S	P # 19B	Female 12-12 50 Free	10	---	-1.16
3:15.00S	F # 22B	Female 12-12 200 IM	17	---	-17.36
45.06S	F # 37B	Female 12-12 50 Breast	6	---	-1.31
45.46S	P # 37B	Female 12-12 50 Breast	7	---	-0.91
40.30S	P # 60B	Female 12-12 50 Back	13	---	-1.60
33.74S	F # 80	200 Free Relay Lead Off	---	---	0.05
<b>Benjamin Hillary (14) M</b>					
1:11.61S	F # 5B	Male 14-14 100 Back	1	---	1.14
1:12.29S	P # 5B	Male 14-14 100 Back	1	---	1.82
31.54S	F # 14B	Male 14-14 50 Fly	3	---	-0.75
33.80S	P # 14B	Male 14-14 50 Fly	4	---	1.51
27.91S	F # 29B	Male 14-14 50 Free	1	---	-1.43
28.82S	P # 29B	Male 14-14 50 Free	1	---	-0.52
2:33.76S	F # 46B	Male 14-14 200 IM	2	---	-5.92
NS	F # 56B	Male 14-14 400 IM	---	---	---
59.81S	F # 61B	Male 14-14 100 Free	1	---	-2.08
1:03.01S	P # 61B	Male 14-14 100 Free	1	---	1.12
27.81S	F # 77	200 Free Relay Lead Off	---	---	-1.53
28.46S	F # 83	200 Free Relay Lead Off	---	---	-0.88
<b>Amelie Hounsell (11) F</b>					
NS	F # 8A	Female 11-11 200 Free	---	---	---
NS	P # 19A	Female 11-11 50 Free	---	---	---
NS	F # 22A	Female 11-11 200 IM	---	---	---
NS	P # 58A	Female 11-11 100 Free	---	---	---
<b>Georgia Lee (16) F</b>					
1:17.78S	P # 38C	Female 15-16 100 Back	15	---	-2.98
30.43S DQ	P # 42C	Female 15-16 50 Free	---	---	---
2:47.78S	F # 45C	Female 15-16 200 IM	13	---	-4.89
3:15.11S	F # 52C	Female 15-16 200 Breast	5	---	-0.96
1:29.97S	P # 62C	Female 15-16 100 Breast	14	---	1.43
30.48S	F # 76	200 Free Relay Lead Off	---	---	-0.54
<b>Fleur Lord (13) F</b>					
46.05S	P # 3A	Female 13-13 50 Back	21	---	-2.42
55.99S DQ	P # 30A	Female 13-13 50 Breast	---	---	---
<b>Keira Montague (11) F</b>					
56.23S	P # 9A	Female 11-11 50 Fly	14	---	1.90
44.68S	P # 19A	Female 11-11 50 Free	19	---	0.03
55.00S	P # 37A	Female 11-11 50 Breast	13	---	-2.30
47.42S	P # 60A	Female 11-11 50 Back	16	---	-3.50

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Time	F/P/S	Event	Place	Points	Improv
<b>Mason Montague (12) M</b>					
38.28S	P # 4B	Male 12-12 50 Fly	3	---	-2.02
39.37S	F # 4B	Male 12-12 50 Fly	3	---	-0.93
1:17.39S	P # 10B	Male 12-12 100 Free	3	---	-1.67
1:18.33S	F # 10B	Male 12-12 100 Free	5	---	-0.73
1:34.38S	P # 20B	Male 12-12 100 Breast	1	---	-1.41
1:36.47S	F # 20B	Male 12-12 100 Breast	2	---	0.68
41.93S	P # 24B	Male 12-12 50 Back	7	---	3.01
42.23S	F # 24B	Male 12-12 50 Back	6	---	3.31
3:08.77S	F # 27B	Male 12-12 200 IM	3	---	-7.72
2:54.10S	F # 31B	Male 12-12 200 Free	7	---	-4.99
3:31.33S	F # 41B	Male 12-12 200 Breast	1	---	-0.54
34.84S	P # 48B	Male 12-12 50 Free	4	---	0.80
34.99S	F # 48B	Male 12-12 50 Free	4	---	0.95
42.43S	P # 59B	Male 12-12 50 Breast	1	---	-1.49
42.68S	F # 59B	Male 12-12 50 Breast	2	---	-1.24
<b>Ben Morgan (11) M</b>					
43.89S	F # 4A	Male 11-11 50 Fly	4	---	-1.07
44.03S	P # 4A	Male 11-11 50 Fly	4	---	-0.93
2:03.20S	P # 20A	Male 11-11 100 Breast	11	---	0.33
47.60S	P # 24A	Male 11-11 50 Back	14	---	-1.19
3:33.06S	F # 27A	Male 11-11 200 IM	7	---	1.20
2:59.60S	F # 31A	Male 11-11 200 Free	7	---	-2.97
12:41.65S	F # 36A	Male 11-11 800 Free	2	---	---
4:19.17S	F # 41A	Male 11-11 200 Breast	4	---	-3.15
1:41.36S	F # 44A	Male 11-11 100 Back	6	---	-2.55
1:43.66S	P # 44A	Male 11-11 100 Back	6	---	-0.25
38.32S	F # 48A	Male 11-11 50 Free	7	---	-0.78
38.39S	P # 48A	Male 11-11 50 Free	8	---	-0.71
1:45.18S	P # 55A	Male 11-11 100 Fly	1	---	-0.35
1:47.52S	F # 55A	Male 11-11 100 Fly	1	---	1.99
57.07S	P # 59A	Male 11-11 50 Breast	13	---	-2.57
6:09.93S	F # 63A	Male 11-11 400 Free	1	---	-16.72

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**Pembroke & District [PEMY] Coach: Keith Thompson Thompson**

Time	F/P/S	Event	Place	Points	Improv
<b>Jack Morgan (13) M</b>					
21:55.96S	F # 1C	Male 13-13 1500 Free	2	---	-14.22
1:26.32S	F # 5A	Male 13-13 100 Back	6	---	-2.70
1:26.35S	P # 5A	Male 13-13 100 Back	7	---	-2.67
37.31S	F # 14A	Male 13-13 50 Fly	6	---	-1.02
38.96S	P # 14A	Male 13-13 50 Fly	6	---	0.63
5:35.74S	F # 17A	Male 13-13 400 Free	5	---	4.72
2:58.55S	F # 23A	Male 13-13 200 Back	4	---	1.48
33.65S	F # 29A	Male 13-13 50 Free	7	---	-1.16
34.04S	P # 29A	Male 13-13 50 Free	7	---	-0.77
3:22.84S	F # 32A	Male 13-13 200 Fly	2	---	8.11
11:20.68S	F # 36C	Male 13-13 800 Free	4	---	-70.15
1:25.13S	P # 39A	Male 13-13 100 Fly	5	---	-5.78
1:26.48S	F # 39A	Male 13-13 100 Fly	5	---	-4.43
48.60S	P # 43A	Male 13-13 50 Breast	12	---	-3.20
3:02.14S	F # 46A	Male 13-13 200 IM	8	---	-1.15
2:39.12S	F # 50A	Male 13-13 200 Free	7	---	2.66
40.33S	P # 53A	Male 13-13 50 Back	8	---	-2.25
40.97S	F # 53A	Male 13-13 50 Back	8	---	-1.61
6:22.85S	F # 56A	Male 13-13 400 IM	3	---	-9.42
1:10.25S	P # 61A	Male 13-13 100 Free	6	---	-2.76
1:11.44S	F # 61A	Male 13-13 100 Free	6	---	-1.57
<b>Sophie Moseley (14) F</b>					
41.52S	P # 3B	Female 14-14 50 Back	16	---	-0.80
NS	F # 28B	Female 14-14 200 Back	---	---	---
NS	P # 30B	Female 14-14 50 Breast	---	---	---
NS	F # 35D	Female 14-14 1500 Free	---	---	---
1:28.78S	P # 38B	Female 14-14 100 Back	15	---	0.05
37.56S	P # 42B	Female 14-14 50 Free	26	---	0.10
<b>Alice Oliver (12) F</b>					
36.90S	P # 19B	Female 12-12 50 Free	32	---	0.13
48.37S	P # 37B	Female 12-12 50 Breast	17	---	-0.97
44.13S	F # 72	200 Medley Relay Lead Off	---	---	-1.10
<b>Charlie Shiels (16) M</b>					
1:14.42S	F # 26C	Male 15-16 100 Breast	2	---	3.04
1:14.65S	P # 26C	Male 15-16 100 Breast	2	---	3.27
26.32S	P # 29C	Male 15-16 50 Free	2	---	0.15
1:08.51S	P # 39C	Male 15-16 100 Fly	4	---	3.60
31.92S	F # 43C	Male 15-16 50 Breast	1	---	-0.48
32.32S	P # 43C	Male 15-16 50 Breast	1	---	-0.08
57.68S	P # 61C	Male 15-16 100 Free	3	---	-0.32
57.83S	F # 61C	Male 15-16 100 Free	3	---	-0.17
26.31S	F # 82	200 Free Relay Lead Off	---	---	0.14

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Abigail Thomas (14) F</b>					
40.62S	P # 3B	Female 14-14 50 Back	13	---	-1.22
1:27.43S	P # 11B	Female 14-14 100 Fly	14	---	-0.07
2:42.72S	F # 18B	Female 14-14 200 Free	21	---	2.86
1:12.09S	P # 21B	Female 14-14 100 Free	21	---	---
33.19S	P # 42B	Female 14-14 50 Free	20	---	-0.25
3:16.76S	F # 45B	Female 14-14 200 IM	19	---	8.03
37.30S	P # 54B	Female 14-14 50 Fly	15	---	-0.13
<b>Daniel Thomas (23) M</b>					
1:06.28S	F # 5D	Male 17 & Over 100 Back	3	---	3.05
1:06.64S	P # 5D	Male 17 & Over 100 Back	4	---	3.41
26.97S	F # 14D	Male 17 & Over 50 Fly	2	---	-0.27
27.10S	P # 14D	Male 17 & Over 50 Fly	2	---	-0.14
2:18.05S	F # 32D	Male 17 & Over 200 Fly	1	---	4.90
59.84S	F # 39D	Male 17 & Over 100 Fly	2	---	-0.03
1:00.26S	P # 39D	Male 17 & Over 100 Fly	2	---	0.39
30.22S	F # 53D	Male 17 & Over 50 Back	4	---	0.73
31.07S	P # 53D	Male 17 & Over 50 Back	5	---	1.58
58.19S	F # 61D	Male 17 & Over 100 Free	6	---	0.46
58.30S	P # 61D	Male 17 & Over 100 Free	6	---	0.57
<b>Carys Thompson (13) F</b>					
42.11S	P # 3A	Female 13-13 50 Back	14	---	-4.07
1:23.94S	P # 21A	Female 13-13 100 Free	27	---	-3.85
50.51S	P # 30A	Female 13-13 50 Breast	20	---	0.02
38.37S	P # 42A	Female 13-13 50 Free	28	---	-1.50
3:25.35S	F # 45A	Female 13-13 200 IM	17	---	-2.37
47.75S	P # 54A	Female 13-13 50 Fly	22	---	2.03
1:48.30S	P # 62A	Female 13-13 100 Breast	14	---	1.12

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Time	F/P/S	Event	Place	Points	Improv
<b>Arno Turner (19) M</b>					
1:03.57S	F # 5D	Male 17 & Over 100 Back	1	---	-1.46
1:03.82S	P # 5D	Male 17 & Over 100 Back	1	---	-1.21
2:44.35S	F # 13D	Male 17 & Over 200 Breast	2	---	---
27.42S	P # 14D	Male 17 & Over 50 Fly	3	---	-0.11
27.55S	F # 14D	Male 17 & Over 50 Fly	3	---	0.02
NS	F # 17D	Male 17 & Over 400 Free	---	---	---
2:20.14S	F # 23D	Male 17 & Over 200 Back	1	---	---
1:15.22S	F # 26D	Male 17 & Over 100 Breast	4	---	---
1:18.09S	P # 26D	Male 17 & Over 100 Breast	4	---	---
25.65S	P # 29D	Male 17 & Over 50 Free	4	---	-0.71
25.70S	F # 29D	Male 17 & Over 50 Free	4	---	-0.66
1:01.82S	F # 39D	Male 17 & Over 100 Fly	3	---	0.14
1:01.90S	P # 39D	Male 17 & Over 100 Fly	3	---	0.22
34.00S	F # 43D	Male 17 & Over 50 Breast	3	---	---
34.58S	P # 43D	Male 17 & Over 50 Breast	2	---	---
2:21.65S	F # 46D	Male 17 & Over 200 IM	2	---	-0.42
2:10.95S	F # 50D	Male 17 & Over 200 Free	4	---	-1.18
29.58S	P # 53D	Male 17 & Over 50 Back	3	---	-0.81
29.66S	F # 53D	Male 17 & Over 50 Back	3	---	-0.73
NS	F # 56D	Male 17 & Over 400 IM	---	---	---
56.35S	P # 61D	Male 17 & Over 100 Free	2	---	-0.50
56.39S	F # 61D	Male 17 & Over 100 Free	2	---	-0.46
25.44S	F # 73	200 Free Relay Lead Off	---	---	-0.92
25.27S	F # 81	200 Free Relay Lead Off	---	---	-1.09
<b>Mylia Webb (12) F</b>					
47.41S	P # 9B	Female 12-12 50 Fly	30	---	0.59
NS	P # 15B	Female 12-12 100 Breast	---	---	---
50.01S	P # 37B	Female 12-12 50 Breast	20	---	-0.77
3:50.29S	F # 47B	Female 12-12 200 Breast	10	---	1.85
1:37.45S	P # 49B	Female 12-12 100 Back	20	---	-0.01
43.95S	P # 60B	Female 12-12 50 Back	21	---	-4.10
<b>Saskia Webb (13) F</b>					
37.29S	P # 3A	Female 13-13 50 Back	7	---	-1.64
37.49S	F # 3A	Female 13-13 50 Back	6	---	-1.44
2:43.59S	F # 18A	Female 13-13 200 Free	12	---	0.22
1:11.06S	P # 21A	Female 13-13 100 Free	12	---	-5.73
2:54.37S	F # 28A	Female 13-13 200 Back	6	---	-3.75
1:23.09S	P # 38A	Female 13-13 100 Back	11	---	0.81
33.70S	P # 42A	Female 13-13 50 Free	16	---	-0.67
35.00S	P # 54A	Female 13-13 50 Fly	5	---	-3.50
35.11S	F # 54A	Female 13-13 50 Fly	5	---	-3.39
38.31S	F # 70	200 Medley Relay Lead Off	---	---	-0.62
34.14S	F # 78	200 Free Relay Lead Off	---	---	-0.23