$South\ East\ Wales\ Sub\ Regional\ Competition\ \ 27-Nov-15\ to\ 29-Nov-15\ [Ageup:\ 31/12/2015]\ SC\ Meters\ Location:\ South\ East\ Wales\ Regional\ Pool,\ Newport\ ISV$ 

City Of Newport [NWMY]	Coach: James Goodwin
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Time	F/P/S	Event			P	lace	Points	Improv
Megan Allison (13)	F							
NS	F # 14A	Female 13-13 100 Breast						
Owain Baulch (15)	M							
1:36.58S DQ	F # 150	Male 15 & Over 100 Breast						
	41.84	1:36.58						
	(41.84)	(54.74)						
37.83S	F # 19F					3		0.06
1:07.29S	F # 23C 32.75	Male 15 & Over 100 Free 1:07.29				6		0.70
	(32.75)	(34.54)						
V Cll (1		( )						
Kameron Clarke (1, 2:31.20S	3) M F # 27 <i>A</i>	Male 13-13 200 Fly				1		-20.20
2.31.203	31.44	1:10.27 1:51.27 2:31.20				1	<del></del>	-20.20
	(31.44)	(38.83) (41.00) (39.93)						
Harrison Coppen (1	10) M							
44.82S	F # 11 <i>A</i>	Male 10-10 50 Back				3		-0.30
1:28.15S	F # 17A					4		
	42.06	1:28.15						
	(42.06)	(46.09)						
47.07S	F # 21A	Male 10-10 50 Fly				3		1.87
1:38.27S	F # 25A					4		-1.32
	48.23	1:38.27						
2.00.020	(48.23)	(50.04)				5		5.00
3:08.02S	F # 45 <i>A</i>	Male 10-10 200 Free 1:30.20 2:19.93 3:08.02				5		5.00
	(42.35)	(47.85) (49.73) (48.09)						
3:20.37S	F # 47A					1		-4.95
	49.28	1:41.55 2:35.94 3:20.37						
	(49.28)	(52.27) (54.39) (44.43)						
Jensen Coppen (12)	M							
6:04.30S	F # 5C	Male 12-12 400 IM				1		
	39.90	1:27.64 2:14.08 3:00.76	3:46.19	4:37.71	5:22.53	6:04.30		
	(39.90)	(47.74) (46.44) (46.68)	(45.43)	(51.52)	(44.82)	(41.77)		
1:10.12S	F # 170					2		
	33.71	1:10.12						
36.74S	(33.71) F # 210	(36.41)				1		
1:23.088	F # 210	•				1 5		-0.57
1.23.003	38.82	1:23.08				J		-0.57
	(38.82)	(44.26)						
2:33.54S	F # 450	Male 12-12 200 Free				1		-2.02
	34.38	1:14.65 1:55.58 2:33.54						
	(34.38)	(40.27) (40.93) (37.96)						
Lucy Creasey (13)	F							
2:51.63S	F # 10A					3		-9.73
	41.16	1:25.26 2:09.55 2:51.63						
1.05 <00	(41.16)	(44.10) (44.29) (42.08)				_		
1:25.60S	F # 30A					7		3.24
	38.50 (38.50)	1:25.60 (47.10)						
	(38.30)	(77.10)						

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City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event	Place	Points	Improv
Anna Davies (13)	F				
1:31.77S	F # 14	A Female 13-13 100 Breast	2		-5.00
	43.32	1:31.77			
	(43.32)	(48.45)			
42.19S	F # 18	Female 13-13 50 Breast	1		-3.38
3:13.35S	F # 44		3		-26.82
	43.00	1:32.87 2:24.62 3:13.35			
	(43.00)	(49.87) (51.75) (48.73)			
Sophie Harris (10	)) F				
1:22.46S	F # 46	Female 10-10 100 Free	3		-2.87
	38.95	1:22.46			
	(38.95)	(43.51)			
3:28.74S	F # 48	A Female 10-10 200 IM	5		-2.64
	49.70	1:39.03 2:44.17 3:28.74			
	(49.70)	(49.33) (1:05.14) (44.57)			
Benjamin Hasting	gs (11) M				
38.44S	F # 3	B Male 11-11 50 Free	4		-0.30
1:44.65S	F # 7	B Male 11-11 100 Fly	2		-6.75
	46.32	1:44.65			
	(46.32)	(58.33)			
43.83S	F # 11	B Male 11-11 50 Back	3		0.02
52.27S	F # 19	B Male 11-11 50 Breast	8		0.68
1:35.31S	F # 25	B Male 11-11 100 Back	3		-2.56
	46.00	1:35.31			
	(46.00)	(49.31)			
3:54.95S	F # 29	B Male 11-11 200 Breast	1		0.14
	52.94	1:52.75 2:54.81 3:54.95			
	(52.94)	(59.81) (1:02.06) (1:00.14)			
3:22.26S	F # 33	B Male 11-11 200 Back	2		-51.15
	46.07	1:39.04 2:31.19 3:22.26			
	(46.07)	(52.97) (52.15) (51.07)			
1:51.25S DQ	F # 37				
	53.18	1:51.25			
	(53.18)	(58.07)			
3:13.03S	F # 45		5		
	41.54	1:32.36 2:23.96 3:13.03			
	(41.54)	(50.82) (51.60) (49.07)			
3:27.07S	F # 47		2		-5.82
	46.35	1:40.30 2:40.68 3:27.07			
	(46.35)	(53.95) (1:00.38) (46.39)			
Ellana Horton (13	3) F				
1:16.47S	F # 30	-	1		-4.80
	35.42	1:16.47			
	(35.42)	(41.05)			

South East Wales Sub Regional Competition 27-Nov-15 to 29-Nov-15 [Ageup: 31/12/2015] SC Meters Location: South East Wales Regional Pool, Newport ISV City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event				P	lace	Points	Improv
Finnley Johnson	(12) M								
1:22.58S	F # 25	5C Male 12-12 100 B	ack				4		-11.73
	39.88	1:22.58							
	(39.88)	(42.70)							
2:35.218	F # 45						4		-16.17
	35.37	1:15.35 1:55.31	2:35.21						
	(35.37)	(39.98) (39.96)	(39.90)						
McKenzie Johns									
1:32.96S	F # 24		Back				12		-6.62
	46.43 (46.43)	1:32.96 (46.53)							
2.51 900			Drongt				9		
3:51.80S	F # 28 53.35	8C Female 12-12 200 1:53.31 2:53.76	3:51.80				9		
	(53.35)	(59.96) (1:00.45)	(58.04)						
C: I (15)		, , , , ,	,						
Ceri Jones (15) 1:12.21S	F # 22	2C Female 15 & Over	100 Free				2		1.30
1.12.213	34.66	1:12.21	100 1166				2		1.30
	(34.66)	(37.55)							
2:37.00S	F # 34		200 Free				4		2.66
	35.64	1:14.43 1:56.60	2:37.00						
	(35.64)	(38.79) (42.17)	(40.40)						
Hannah Jones (1	15) F								
35.87S	F # 12	2F Female 15 & Over	50 Back				1		-10.74
1:15.69S	F # 40	OC Female 15 & Over	100 Back				2		-3.35
	37.28	1:15.69							
	(37.28)	(38.41)							
Seren Jones (13)	F								
11:19.76S	F # 2	ED Female 13-13 800	Free				4		-18.83
	37.46	1:18.84 2:00.90	2:43.84	3:26.83	4:10.80	4:53.82	5:37.94		
	(37.46)	(41.38) (42.06)	(42.94)	(42.99)	(43.97)	(43.02)	(44.12)		
	6:21.08	7:04.99 7:48.52	8:31.72	9:14.83	9:57.67	10:39.76	11:19.76		
22	(43.14)	(43.91) (43.53)	(43.20)	(43.11)	(42.84)	(42.09)	(40.00)		
33.77S	F # 4						1		0.36
NS	F # 18								
2:35.67S	F # 34 36.15	4A Female 13-13 200 1:15.29 1:55.84					7		0.94
	(36.15)	(39.14) (40.55)	2:35.67 (39.83)						
5:27.08S	F # 38						7		-2.44
3.27.005	36.99	1:17.95 1:59.87	2:41.57	3:23.59	4:05.41	4:46.70	5:27.08		-2.44
	(36.99)	(40.96) (41.92)	(41.70)	(42.02)	(41.82)	(41.29)	(40.38)		
Elizabeth Newell	(12) F								
NS	F # 20	0C Female 12-12 50	Flv						
NS	F # 24								
1:42.94S	F # 30						6		-21.58
1.12.918	47.54	1:42.94	Broast				Ü		21.50
	(47.54)	(55.40)							
1:16.83S	F # 40	6C Female 12-12 100	Free				6		-1.95
	35.61	1:16.83							
	(35.61)	(41.22)							

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Time	F/P/S	Event	Place	Points	Improv
Ewan Osmond (1	1) M				
1:32.86S	F # 7B	Male 11-11 100 Fly	1		-7.24
	42.11	1:32.86			
	(42.11)	(50.75)			
Emma Price (12)	F				
2:55.41S	F # 320	Female 12-12 200 Back	2		
	40.78	1:25.82 2:12.29 2:55.41			
	(40.78)	(45.04) (46.47) (43.12)			
Jonathan Ryley (	20) M (9)				
32.29S	F # 191	Male 15 & Over 50 Breast	1		
2:31.18S	F # 430	Male 15 & Over 200 Breast	1		-9.22
	32.41	1:09.71 1:49.61 2:31.18			
	(32.41)	(37.30) (39.90) (41.57)			
Darshan Selvakur	naran (11) M				
38.90S	F # 3B	Male 11-11 50 Free	5		-5.26
48.23S	F # 11E	Male 11-11 50 Back	9		-0.71
1:34.55S	F # 17F	B Male 11-11 100 Free	12		-2.66
	45.47	1:34.55			
	(45.47)	(49.08)			
52.67S	F # 191	Male 11-11 50 Breast	11		-2.84
Beth Simmons (1	0) F				
1:30.53S	F # 24	A Female 10-10 100 Back	1		-16.67
	44.70	1:30.53			
	(44.70)	(45.83)			
3:09.02S DQ	F # 32				
	45.60	1:33.37 2:22.68 3:09.02			
	(45.60)	(47.77) (49.31) (46.34)			
1:41.45S	F # 36A		1		-9.77
	49.33	1:41.45			
1.27.200	(49.33) F # 46A	(52.12)			4.42
1:27.298	Г # 46 <i>1</i> 41.27	A Female 10-10 100 Free 1:27.29	6		-4.43
	(41.27)	(46.02)			
		(10.02)			
Ovyaa Sridhar (1		D F 1 11 11 100 F	24		1.04
1:34.33S	F # 46F 43.59		24		1.04
	(43.59)	1:34.33 (50.74)			
		(50.7.1)			
Isobel Stevens (10	•	F 1 10 10 100 F			
1:32.32S	F # 8A	-	1		-5.33
	43.35	1:32.32			
E1 EE0	(43.35)	(48.97)	4		1.07
51.55S	F # 18A		4		-1.97
3:13.45S	F # 48A 44.56		2		-16.99
	44.56 (44.56)	1:32.41 2:30.42 3:13.45 (47.85) (58.01) (43.03)			
	(44.30)	(43.03)			

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City Of Newport [NWMY] Coach: James Goodwin

Time	F/P	/S		Eve	nt				P	lace	Points	Improv
Jessica Sween	ey (10) F											
51.52S		F # 4	4A F	emale	10-10 50 Fr	ree				27		0.11
56.95S		F # 1	2A F	emale	10-10 50 B	ack				27		-2.14
DNF		F # 1	8A F	emale	10-10 50 B	reast						
1:05.09S	DQ	F # 2	0A F	emale	10-10 50 F	y						
4:19.43S		F # 2	8A F	emale	10-10 200 1	Breast				10		-11.76
		1:00.25	2:06.	.61	3:14.12	4:19.43						
	(1	:00.25)	(1:06.3	36)	(1:07.51)	(1:05.31)						
2:00.73S		F # 3	6A F	emale	10-10 100 1	Breast				9		
		59.44	2:00.	.73								
		(59.44)	(1:01.2	29)								
Kacie Tamplii	n (11) F											
39.15S	- () -	F # 4	4B F	emale	11-11 50 Fr	ee				7		-7.51
45.49S	DO	F # 1			11-11 50 Ba							
1:00.55S		F # 1			11-11 50 Bi					21		-0.87
50.59S		F # 2			11-11 50 Fl					19		-7.54
		Ι π Δ	.ов т	Ciliaic	11-11 50 11	y				1)		-7.54
Niamh Thoma	as (14) F	_										
33.34S		F # 2	0E F	emale	14-14 50 F	y				1		-14.84
Eleanor Walk	er (10) F											
45.92S		F # 2	0A F	emale	10-10 50 F	y				4		-0.64
3:42.07S		F # 2	8A F	emale	10-10 200 1	Breast				1		-13.53
		51.35	1:48.	.50	2:46.69	3:42.07						
		(51.35)	(57.1	15)	(58.19)	(55.38)						
3:09.70S		F # 3	2A F	emale	10-10 200 1	Back				2		
		45.19	1:33.	.99	2:23.14	3:09.70						
		(45.19)	(48.8	30)	(49.15)	(46.56)						
1:47.57S		F # 3	6A F	emale	10-10 100 1	Breast				3		-6.91
		51.77	1:47.	.57								
		(51.77)	(55.8	80)								
1:28.92S		F # 4	6A F	emale	10-10 100 1	Free				10		-6.65
		42.24	1:28.	.92								
		(42.24)	(46.6	58)								
3:24.45S		F # 4	8A F	emale	10-10 200 1	M				4		-13.32
		50.12	1:37.	.64	2:37.55	3:24.45						
		(50.12)	(47.5	52)	(59.91)	(46.90)						
Ellie Ward (1	1) F											
1:29.598	-, -	F # 8	8B F	emale	11-11 100 I	Flv				3		-1.17
		41.64	1:29.			-)						
		(41.64)	(47.9	95)								
2:40.94S		F # 1	6B F	emale	11-11 200 I	ree				2		-33.77
		35.70	1:18.		2:00.30	2:40.94						
		(35.70)	(42.3	37)	(42.23)	(40.64)						
5:31.76S		F # 3			11-11 400 I	ree				2		-21.73
		36.73	1:19.	.13	2:02.30	2:45.47	3:28.10	4:10.58	4:52.62	5:31.76		
		(36.73)	(42.4		(43.17)	(43.17)	(42.63)	(42.48)	(42.04)	(39.14)		
1:16.04S		F # 4			11-11 100 I					1		-0.87
		36.25	1:16.									
		(36.25)	(39.7									
		,										

South East Wales Sub Regional Competition 27-Nov-15 to 29-Nov-15 [Ageup: 31/12/2015] SC Meters

Location: South East Wales Regional Pool, Newport ISV City Of Newport [NWMY] Coach: James Goodwin

Time	F/P/S	Event		Place	Points	Improv
William Watkin	s (10) M					
2:19.02S	F # 7A	Male 10-10 100 Fl	y	8		7.02
	1:04.15	2:19.02				
	(1:04.15)	(1:14.87)				
1:38.65S	F # 17A	Male 10-10 100 Fr	ee	16		1.07
	47.75	1:38.65				
	(47.75)	(50.90)				
1:52.50S	F # 25A	Male 10-10 100 Ba	ack	13		
	56.31	1:52.50				
	(56.31)	(56.19)				
2:16.22S	F # 37A	Male 10-10 100 Br	reast	9		6.82
	1:03.86	2:16.22				
	(1:03.86)	(1:12.36)				
3:33.65S	F # 45A	A Male 10-10 200 Fr	ree	12		
	49.30	1:47.21 2:43.52	3:33.65			
	(49.30)	(57.91) (56.31)	(50.13)			
4:07.61S	F # 47A	A Male 10-10 200 IM	Л	11		1.78
	1:04.53	2:03.74 3:16.25	4:07.61			
	(1:04.53)	(59.21) (1:12.51)	(51.36)			