

---

**Individual Meet Results**
**Welsh Capital Open Meet 2015 06-Nov-15 to 08-Nov-15 [Ageup: 08/11/2015] SC Meters**
**Location: Cardiff International Pool**
**City Of Newport [NWMY] Coach: James Goodwin**

Time	F/P/S	Event	Place	Points	Improv
<b>Connor Acland (19) M</b>					
25.40S	F # 203E	Male 17 & Over 50 Free	3	16	0.57
27.94S	F # 301E	Male 17 & Over 50 Fly	6	13	0.69
1:02.12S	F # 305E	Male 17 & Over 100 Fly	5	14	2.28
	28.19	1:02.12			
	(28.19)	(33.93)			
NS	F # 506E	Male 17 & Over 100 Free	---	---	---
<b>Megan Allison (13) F</b>					
2:22.46S	F # 204B	Female 12-13 200 Fly	1	20	-6.55
	31.88	1:07.52	1:44.41	2:22.46	
	(31.88)	(35.64)	(36.89)	(38.05)	
NS	F # 206B	Female 12-13 100 Free	---	---	---
4:30.33S	F # 304B	Female 12-13 400 Free	1	20	-10.64
	31.53	1:05.71	1:40.18	2:14.84	2:48.90
	(31.53)	(34.18)	(34.47)	(34.66)	(34.06)
					(34.26)
					(33.86)
					(33.31)
1:06.11S	F # 605B	Female 12-13 100 Fly	1	20	-0.80
	31.31	1:06.11			
	(31.31)	(34.80)			
2:10.24S	F # 704B	Female 12-13 200 Free	2	17	-2.35
	30.50	1:03.67	1:37.31	2:10.24	
	(30.50)	(33.17)	(33.64)	(32.93)	
<b>Eva Barry (13) F</b>					
NS	F # 401B	Female 12-13 200 IM	---	---	---
NS	F # 403B	Female 12-13 100 Breast	---	---	---
35.32S	F # 601B	Female 12-13 50 Fly	20	---	-0.45
3:11.59S	F # 603B	Female 12-13 200 Breast	17	---	5.15
	43.13	1:30.93	2:20.96	3:11.59	
	(43.13)	(47.80)	(50.03)	(50.63)	
NS	F # 605B	Female 12-13 100 Fly	---	---	---
<b>Mia Board (13) F</b>					
36.45S	F # 202B	Female 12-13 50 Breast	3	16	-0.02
NS	F # 302B	Female 12-13 50 Back	---	---	---
1:19.55S	F # 403B	Female 12-13 100 Breast	3	16	2.36
	37.95	1:19.55			
	(37.95)	(41.60)			
2:49.68S	F # 603B	Female 12-13 200 Breast	2	17	-7.67
	38.55	1:21.76	2:05.90	2:49.68	
	(38.55)	(43.21)	(44.14)	(43.78)	
1:18.09S	F # 702B	Female 12-13 100 Back	28	---	-0.30
	37.35	1:18.09			
	(37.35)	(40.74)			

---

**Individual Meet Results**
**Welsh Capital Open Meet 2015 06-Nov-15 to 08-Nov-15 [Ageup: 08/11/2015] SC Meters**
**Location: Cardiff International Pool**
**City Of Newport [NWMY] Coach: James Goodwin**

Time	F/P/S	Event	Place	Points	Improv
<b>Cameron Brown (19) M (9)</b>					
23.97S	F # 203E	Male 17 & Over 50 Free	2	17	0.23
1:16.06S DQ	F # 305E	Male 17 & Over 100 Fly	---	---	---
	27.25	1:16.06			
	(27.25)	(48.81)			
1:52.81S	F # 404E	Male 17 & Over 200 Free	3	16	4.25
	26.36	55.06 1:24.14 1:52.81			
	(26.36)	(28.70) (29.08) (28.67)			
50.62S	F # 506E	Male 17 & Over 100 Free	2	17	0.01
	24.69	50.62			
	(24.69)	(25.93)			
1:09.49S	F # 703E	Male 17 & Over 100 Breast	4	15	2.07
	32.06	1:09.49			
	(32.06)	(37.43)			
<b>Kameron Clarke (13) M</b>					
36.17S	F # 502C	Male 13-14 50 Breast	7	12	-1.96
58.75S	F # 506C	Male 13-14 100 Free	5	14	-0.82
	28.81	58.75			
	(28.81)	(29.94)			
32.35S	F # 602C	Male 13-14 50 Back	5	14	-1.35
2:24.02S	F # 701C	Male 13-14 200 IM	4	15	-8.58
	31.40	1:07.87 1:51.50 2:24.02			
	(31.40)	(36.47) (43.63) (32.52)			
1:19.45S	F # 703C	Male 13-14 100 Breast	6	13	-6.74
	37.80	1:19.45			
	(37.80)	(41.65)			
<b>Cerys Coley (16) F</b>					
33.63S	F # 202D	Female 16 & Over 50 Breast	2	17	0.03
2:25.93S	F # 401D	Female 16 & Over 200 IM	5	14	-2.68
	32.76	1:11.21 1:50.90 2:25.93			
	(32.76)	(38.45) (39.69) (35.03)			
1:12.84S DQ	F # 403D	Female 16 & Over 100 Breast	---	---	---
	34.59	1:12.84			
	(34.59)	(38.25)			
31.80S	F # 601D	Female 16 & Over 50 Fly	13	4	---
2:38.76S	F # 603D	Female 16 & Over 200 Breast	2	17	5.73
	35.36	1:15.00 1:56.43 2:38.76			
	(35.36)	(39.64) (41.43) (42.33)			
<b>Sioned Collingbourne (15) F</b>					
9:33.32S	F # 101C	Female 14-15 800 Free	5	14	-10.54
NS	F # 204C	Female 14-15 200 Fly	---	---	---
4:44.55S	F # 304C	Female 14-15 400 Free	8	11	0.01
	31.88	1:06.78 1:42.97 2:19.60 2:56.21 3:32.88 4:09.11 4:44.55			
	(31.88)	(34.90) (36.19) (36.63) (36.61) (36.67) (36.23) (35.44)			
31.81S	F # 601C	Female 14-15 50 Fly	10	7	0.16
1:11.03S	F # 605C	Female 14-15 100 Fly	9	9	1.66
	33.29	1:11.03			
	(33.29)	(37.74)			

---

**Individual Meet Results**
**Welsh Capital Open Meet 2015 06-Nov-15 to 08-Nov-15 [Ageup: 08/11/2015] SC Meters**
**Location: Cardiff International Pool**
**City Of Newport [NWMY] Coach: James Goodwin**

Time	F/P/S	Event	Place	Points	Improv
<b>Harrison Coppen (10) M</b>					
37.26S	F # 203A	Male 9-10 50 Free	4	15	0.31
3:25.38S	F # 701A	Male 9-10 200 IM	2	17	0.06
	47.97	1:41.81	2:37.85	3:25.38	
	(47.97)	(53.84)	(56.04)	(47.53)	
1:42.42S	F # 703A	Male 9-10 100 Breast	2	17	4.22
	50.50	1:42.42			
	(50.50)	(51.92)			
<b>Jensen Coppen (12) M</b>					
NS	F # 203B	Male 11-12 50 Free	---	---	---
NS	F # 701B	Male 11-12 200 IM	---	---	---
NS	F # 703B	Male 11-12 100 Breast	---	---	---
<b>Lucy Creasey (13) F</b>					
1:08.96S	F # 206B	Female 12-13 100 Free	33	---	0.99
	33.84	1:08.96			
	(33.84)	(35.12)			
36.87S	F # 302B	Female 12-13 50 Back	28	---	0.51
NS	F # 503B	Female 12-13 50 Free	---	---	---
NS	F # 702B	Female 12-13 100 Back	---	---	---
NS	F # 704B	Female 12-13 200 Free	---	---	---
<b>Tristan Cuer (18) M</b>					
32.64S	F # 502E	Male 17 & Over 50 Breast	3	16	0.80
1:12.07S	F # 703E	Male 17 & Over 100 Breast	6	13	2.91
	32.94	1:12.07			
	(32.94)	(39.13)			
<b>Anna Davies (13) F</b>					
29.41S	F # 503B	Female 12-13 50 Free	7	12	-2.25
2:35.58S	F # 505B	Female 12-13 200 Back	11	6	-3.29
	36.13	1:15.44	1:56.46	2:35.58	
	(36.13)	(39.31)	(41.02)	(39.12)	
33.62S	F # 601B	Female 12-13 50 Fly	12	4.5	-1.09
1:13.45S	F # 702B	Female 12-13 100 Back	13	4	-0.32
	35.59	1:13.45			
	(35.59)	(37.86)			
<b>Logan Davies (15) M</b>					
4:51.72S	F # 201C	Male 15-16 400 IM	4	15	2.23
	30.14	1:05.38	1:43.79	2:21.44	3:04.79
					3:47.48
					4:20.66
					4:51.72
	(30.14)	(35.24)	(38.41)	(37.65)	(43.35)
					(42.69)
					(33.18)
					(31.06)
1:00.03S	F # 305D	Male 15-16 100 Fly	2	17	-1.87
	28.55	1:00.03			
	(28.55)	(31.48)			
2:18.16S	F # 504D	Male 15-16 200 Fly	2	17	0.40
	30.62	1:05.72	1:41.89	2:18.16	
	(30.62)	(35.10)	(36.17)	(36.27)	
4:09.06S	F # 604D	Male 15-16 400 Free	2	17	-6.63
	28.90	1:00.03	1:31.71	2:03.38	2:34.80
					3:06.57
					3:38.12
					4:09.06
	(28.90)	(31.13)	(31.68)	(31.67)	(31.42)
					(31.77)
					(31.55)
					(30.94)
<b>Ella Deakin (12) F</b>					
NS	F # 503B	Female 12-13 50 Free	---	---	---

**Individual Meet Results**

**Welsh Capital Open Meet 2015 06-Nov-15 to 08-Nov-15 [Ageup: 08/11/2015] SC Meters**

**Location: Cardiff International Pool**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Jonathan Eke (19) M</b>					
27.66S	F # 203E	Male 17 & Over 50 Free	8	11	1.44
57.93S	F # 506E	Male 17 & Over 100 Free	11	6	1.42
	27.65	57.93			
	(27.65)	(30.28)			
4:21.98S	F # 604E	Male 17 & Over 400 Free	3	16	1.78
	30.00	1:03.35	1:36.95	2:10.10	2:43.21
	3:16.35	3:49.74	4:21.98		
	(30.00)	(33.35)	(33.60)	(33.15)	(33.11)
				(33.14)	(33.39)
					(32.24)
<b>Katie English (14) F</b>					
36.22S	F # 202C	Female 14-15 50 Breast	2	17	-0.73
1:01.77S	F # 206C	Female 14-15 100 Free	8	11	0.80
33.55S	F # 302C	Female 14-15 50 Back	9	9	0.71
NS	F # 401C	Female 14-15 200 IM	---	---	---
1:20.07S DQ	F # 403C	Female 14-15 100 Breast	---	---	---
	37.40	1:20.07			
	(37.40)	(42.67)			
28.26S	F # 503C	Female 14-15 50 Free	7	12	0.02
32.16S	F # 601C	Female 14-15 50 Fly	12	5	0.01
1:10.25S	F # 702C	Female 14-15 100 Back	2	17	-1.03
	34.22	1:10.25			
	(34.22)	(36.03)			
<b>Jonathan Fairless (16) M</b>					
2:17.69S	F # 205D	Male 15-16 200 Back	3	16	-2.80
	32.00	1:06.19	1:42.12	2:17.69	
	(32.00)	(34.19)	(35.93)	(35.57)	
2:03.91S	F # 404D	Male 15-16 200 Free	6	13	-3.73
	28.62	1:00.17	1:32.61	2:03.91	
	(28.62)	(31.55)	(32.44)	(31.30)	
2:25.70S	F # 504D	Male 15-16 200 Fly	4	15	---
	30.97	1:07.01	1:46.40	2:25.70	
	(30.97)	(36.04)	(39.39)	(39.30)	
4:22.22S	F # 604D	Male 15-16 400 Free	5	14	-5.60
	29.29	1:01.18	1:34.20	2:07.53	2:40.88
	3:14.66	3:48.95	4:22.22		
	(29.29)	(31.89)	(33.02)	(33.33)	(33.35)
				(33.78)	(34.29)
					(33.27)
<b>Max Harris (13) M</b>					
2:45.54S	F # 303C	Male 13-14 200 Breast	5	13.5	0.23
	37.85	1:21.02	2:04.26	2:45.54	
	(37.85)	(43.17)	(43.24)	(41.28)	
2:15.30S	F # 404C	Male 13-14 200 Free	9	9	-1.18
	32.22	1:06.94	1:41.57	2:15.30	
	(32.22)	(34.72)	(34.63)	(33.73)	
35.58S	F # 502C	Male 13-14 50 Breast	4	15	-0.14
2:26.93S	F # 701C	Male 13-14 200 IM	5	14	-0.71
	32.74	1:10.24	1:52.94	2:26.93	
	(32.74)	(37.50)	(42.70)	(33.99)	
1:17.71S	F # 703C	Male 13-14 100 Breast	5	14	1.31
	36.75	1:17.71			
	(36.75)	(40.96)			

---

**Individual Meet Results**
**Welsh Capital Open Meet 2015 06-Nov-15 to 08-Nov-15 [Ageup: 08/11/2015] SC Meters**
**Location: Cardiff International Pool**
**City Of Newport [NWMY] Coach: James Goodwin**

Time	F/P/S	Event	Place	Points	Improv
<b>Ellana Horton (13) F</b>					
1:05.20S	F # 206B	Female 12-13 100 Free	14	3	-3.71
	31.26	1:05.20			
	(31.26)	(33.94)			
33.35S	F # 302B	Female 12-13 50 Back	5	14	-0.17
2:32.87S	F # 401B	Female 12-13 200 IM	5	14	-3.06
	34.76	1:12.95 1:56.53 2:32.87			
	(34.76)	(38.19) (43.58) (36.34)			
1:18.14S	F # 403B	Female 12-13 100 Breast	2	17	-1.88
	37.55	1:18.14			
	(37.55)	(40.59)			
NS	F # 501B	Female 12-13 400 IM	---	---	---
2:33.22S	F # 505B	Female 12-13 200 Back	8	11	-0.67
	35.76	1:14.42 1:54.04 2:33.22			
	(35.76)	(38.66) (39.62) (39.18)			
2:45.05S	F # 603B	Female 12-13 200 Breast	1	20	-1.56
	38.64	1:20.44 2:02.74 2:45.05			
	(38.64)	(41.80) (42.30) (42.31)			
1:11.88S	F # 702B	Female 12-13 100 Back	6	13	-0.15
	35.03	1:11.88			
	(35.03)	(36.85)			
<b>Emily Jones (10) F</b>					
43.74S	F # 202A	Female 9-11 50 Breast	7	12	0.43
1:19.34S	F # 206A	Female 9-11 100 Free	28	---	-0.63
	38.26	1:19.34			
	(38.26)	(41.08)			
40.74S	F # 302A	Female 9-11 50 Back	20	---	-0.21
<b>Hannah Jones (15) F</b>					
10:05.34S	F # 101C	Female 14-15 800 Free	9	9	10.71
1:03.90S	F # 206C	Female 14-15 100 Free	14	3	-0.01
	31.37	1:03.90			
	(31.37)	(32.53)			
NS	F # 304C	Female 14-15 400 Free	---	---	---
29.54S	F # 503C	Female 14-15 50 Free	17	---	-0.28
2:16.97S	F # 704C	Female 14-15 200 Free	5	13.5	1.51
	31.96	1:06.91 1:42.40 2:16.97			
	(31.96)	(34.95) (35.49) (34.57)			
<b>Seren Jones (13) F</b>					
1:11.99S	F # 206B	Female 12-13 100 Free	45	---	0.71
	34.54	1:11.99			
	(34.54)	(37.45)			
33.72S	F # 503B	Female 12-13 50 Free	44	---	0.31

---

**Individual Meet Results**
**Welsh Capital Open Meet 2015 06-Nov-15 to 08-Nov-15 [Ageup: 08/11/2015] SC Meters**
**Location: Cardiff International Pool**
**City Of Newport [NWMY] Coach: James Goodwin**

Time	F/P/S	Event	Place	Points	Improv
<b>Ciara Lawlor (13) F</b>					
1:05.78S	F # 206B	Female 12-13 100 Free	15	2	0.34
	31.69	1:05.78			
	(31.69)	(34.09)			
34.60S	F # 302B	Female 12-13 50 Back	12	5	-2.09
NS	F # 304B	Female 12-13 400 Free	---	---	---
30.02S	F # 503B	Female 12-13 50 Free	14	3	-1.44
2:36.82S	F # 505B	Female 12-13 200 Back	13	4	1.50
	36.75	1:16.06	1:56.77	2:36.82	
	(36.75)	(39.31)	(40.71)	(40.05)	
NS	F # 702B	Female 12-13 100 Back	---	---	---
NS	F # 704B	Female 12-13 200 Free	---	---	---
<b>Sophie Linton (11) F</b>					
37.13S	F # 302A	Female 9-11 50 Back	5	14	-1.46
<b>Scarlet Major (12) F</b>					
9:34.85S	F # 101B	Female 12-13 800 Free	4	15	-10.54
4:42.03S	F # 304B	Female 12-13 400 Free	8	11	-3.01
	31.56	1:07.15	1:43.25	2:19.85	2:56.32
	(31.56)	(35.59)	(36.10)	(36.60)	(36.47)
					3:32.58
					(36.26)
					4:08.32
					(35.74)
					4:42.03
					(33.71)
5:17.61S	F # 501B	Female 12-13 400 IM	2	17	-12.54
	34.51	1:13.83	1:54.60	2:34.63	3:20.49
	(34.51)	(39.32)	(40.77)	(40.03)	(45.86)
					4:07.27
					(46.78)
					4:43.78
					(36.51)
					(33.83)
<b>Alice Manship (14) F</b>					
36.29S	F # 202C	Female 14-15 50 Breast	3	16	0.40
1:17.13S	F # 403C	Female 14-15 100 Breast	1	20	---
	36.35	1:17.13			
	(36.35)	(40.78)			
<b>Anna Meese (15) F</b>					
2:47.44S	F # 603C	Female 14-15 200 Breast	2	17	-4.09
	37.94	1:19.06	2:01.78	2:47.44	
	(37.94)	(41.12)	(42.72)	(45.66)	
1:12.16S	F # 702C	Female 14-15 100 Back	9	9	0.39
	34.86	1:12.16			
	(34.86)	(37.30)			
2:18.91S	F # 704C	Female 14-15 200 Free	7	12	-4.05
	31.21	1:05.95	1:42.51	2:18.91	
	(31.21)	(34.74)	(36.56)	(36.40)	
<b>Millie Mulligan (10) F</b>					
3:09.36S	F # 401A	Female 9-11 200 IM	19	---	-3.82
	43.57	1:31.91	2:28.46	3:09.36	
	(43.57)	(48.34)	(56.55)	(40.90)	
39.57S	F # 601A	Female 9-11 50 Fly	14	3	0.10
3:41.27S DQ	F # 603A	Female 9-11 200 Breast	---	---	---
	51.53	1:47.30	2:44.80	3:41.27	
	(51.53)	(55.77)	(57.50)	(56.47)	
1:27.66S	F # 605A	Female 9-11 100 Fly	10	7	-2.14
	42.08	1:27.66			
	(42.08)	(45.58)			

**Individual Meet Results**

**Welsh Capital Open Meet 2015 06-Nov-15 to 08-Nov-15 [Ageup: 08/11/2015] SC Meters**

**Location: Cardiff International Pool**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Emma Price (11) F</b>					
38.52S	F # 302A	Female 9-11 50 Back	13	4	-0.49
2:59.69S	F # 401A	Female 9-11 200 IM	8	11	-4.13
	37.28	1:23.61 2:19.82 2:59.69			
	(37.28)	(46.33) (56.21) (39.87)			
34.09S	F # 503A	Female 9-11 50 Free	17	---	-0.06
36.30S	F # 601A	Female 9-11 50 Fly	6	13	-1.54
1:22.27S	F # 702A	Female 9-11 100 Back	10	7	-0.67
	40.27	1:22.27			
	(40.27)	(42.00)			
<b>Shea Richards (12) F</b>					
33.63S	F # 302B	Female 12-13 50 Back	7	12	-5.58
1:12.52S	F # 702B	Female 12-13 100 Back	10	7	-1.27
	35.85	1:12.52			
	(35.85)	(36.67)			
<b>William Ryley (17) M (7)</b>					
1:57.78S	F # 404E	Male 17 & Over 200 Free	5	14	0.30
	26.87	56.48 1:27.45 1:57.78			
	(26.87)	(29.61) (30.97) (30.33)			
2:12.72S	F # 701E	Male 17 & Over 200 IM	2	17	-5.44
	29.62	1:02.62 1:42.68 2:12.72			
	(29.62)	(33.00) (40.06) (30.04)			
<b>Brython Sansom (15) M</b>					
18:06.10S	F # 102C	Male 15-16 1500 Free	2	17	-4.68
	30.73	1:04.66 1:40.12 2:16.07 2:52.08 3:28.28 4:04.69 4:40.60			
	(30.73)	(33.93) (35.46) (35.95) (36.01) (36.20) (36.41) (35.91)			
	5:16.95	5:53.44 6:29.91 7:06.54 7:43.34 8:19.87 8:57.09 9:33.76			
	(36.35)	(36.49) (36.47) (36.63) (36.80) (36.53) (37.22) (36.67)			
	10:10.54	10:47.15 11:23.65 12:00.86 12:37.34 13:13.90 13:50.64 14:27.55			
	(36.78)	(36.61) (36.50) (37.21) (36.48) (36.56) (36.74) (36.91)			
	15:04.64	15:40.99 16:17.98 16:54.53 17:31.29 18:06.10			
	(37.09)	(36.35) (36.99) (36.55) (36.76) (34.81)			
32.35S	F # 502D	Male 15-16 50 Breast	5	14	-0.98
1:10.35S	F # 703D	Male 15-16 100 Breast	4	15	-0.59
	33.12	1:10.35			
	(33.12)	(37.23)			
<b>Ryan Steven (13) M</b>					
19:42.69S	F # 102B	Male 13-14 1500 Free	8	11	-70.33
	35.32	1:13.12 1:51.48 2:30.36 3:09.13 3:48.18 4:27.83 5:07.77			
	(35.32)	(37.80) (38.36) (38.88) (38.77) (39.05) (39.65) (39.94)			
	5:47.91	6:28.02 7:08.05 7:48.16 8:28.39 9:08.31 9:47.85 10:27.65			
	(40.14)	(40.11) (40.03) (40.11) (40.23) (39.92) (39.54) (39.80)			
	11:07.82	11:47.91 12:28.24 13:08.91 13:49.70 14:30.50 15:10.86 15:51.81			
	(40.17)	(40.09) (40.33) (40.67) (40.79) (40.80) (40.36) (40.95)			
	16:32.41	17:11.39 17:50.21 18:28.59 19:06.65 19:42.69			
	(40.60)	(38.98) (38.82) (38.38) (38.06) (36.04)			

---

**Individual Meet Results**
**Welsh Capital Open Meet 2015 06-Nov-15 to 08-Nov-15 [Ageup: 08/11/2015] SC Meters**
**Location: Cardiff International Pool**
**City Of Newport [NWMY] Coach: James Goodwin**

Time	F/P/S	Event	Place	Points	Improv
<b>Anya Thomas (13) F</b>					
2:54.46S	F # 401B	Female 12-13 200 IM	41	---	4.04
	36.99	1:20.18 2:13.55 2:54.46			
	(36.99)	(43.19) (53.37) (40.91)			
NS	F # 501B	Female 12-13 400 IM	---	---	---
1:19.33S	F # 605B	Female 12-13 100 Fly	15	2	0.85
	36.90	1:19.33			
	(36.90)	(42.43)			
<b>Emme Thomas (15) F</b>					
4:50.79S	F # 304C	Female 14-15 400 Free	12	5	11.42
	31.99	1:07.54 1:44.45 2:22.01 2:59.30 3:36.80 4:14.58 4:50.79			
	(31.99)	(35.55) (36.91) (37.56) (37.29) (37.50) (37.78) (36.21)			
2:30.33S	F # 505C	Female 14-15 200 Back	5	14	2.19
	35.28	1:13.11 1:52.09 2:30.33			
	(35.28)	(37.83) (38.98) (38.24)			
1:11.81S	F # 702C	Female 14-15 100 Back	7	12	1.27
	35.07	1:11.81			
	(35.07)	(36.74)			
<b>Niamh Thomas (14) F</b>					
9:48.32S	F # 101C	Female 14-15 800 Free	7	12	-16.14
4:45.81S	F # 304C	Female 14-15 400 Free	9	9	-1.17
	32.55	1:07.57 1:43.53 2:19.95 2:56.39 3:32.94 4:09.87 4:45.81			
	(32.55)	(35.02) (35.96) (36.42) (36.44) (36.55) (36.93) (35.94)			
2:36.33S	F # 401C	Female 14-15 200 IM	13	4	1.48
	34.78	1:14.47 2:00.37 2:36.33			
	(34.78)	(39.69) (45.90) (35.96)			
<b>Ellie Ward (11) F</b>					
45.44S	F # 202A	Female 9-11 50 Breast	12	5	0.42
37.87S	F # 302A	Female 9-11 50 Back	10	7	-2.25
1:34.38S	F # 403A	Female 9-11 100 Breast	7	12	-2.21
	45.05	1:34.38			
	(45.05)	(49.33)			
34.47S	F # 503A	Female 9-11 50 Free	21	---	-2.69
39.32S	F # 601A	Female 9-11 50 Fly	13	4	1.00



**Individual Meet Results**

**Welsh Capital Open Meet 2015 06-Nov-15 to 08-Nov-15 [Ageup: 08/11/2015] SC Meters**

**Location: Cardiff International Pool**

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

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Matthew Williams (16) M</b>					
24.52S	F # 203D	Male 15-16 50 Free	1	20	---
1:00.90S	F # 402D	Male 15-16 100 Back	1	20	---
	29.98	1:00.90			
	(29.98)	(30.92)			
1:59.24S	F # 404D	Male 15-16 200 Free	2	17	---
	26.22	56.59	1:28.31	1:59.24	
	(26.22)	(30.37)	(31.72)	(30.93)	
30.31S	F # 502D	Male 15-16 50 Breast	2	17	---
53.84S	F # 506D	Male 15-16 100 Free	2	17	---
	25.96	53.84			
	(25.96)	(27.88)			
29.48S	F # 602D	Male 15-16 50 Back	3	16	---
2:12.93S DQ	F # 701D	Male 15-16 200 IM	---	---	---
	30.33	1:04.39	1:43.00	2:12.93	
	(30.33)	(34.06)	(38.61)	(29.93)	
1:06.20S	F # 703D	Male 15-16 100 Breast	2	17	---
	31.42	1:06.20			
	(31.42)	(34.78)			