

## South East Wales Sub Regional Competition - 30/11/2013 to 01/12/2013

## Results

**Event 1 Boys 15 Year Olds 50 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Ethan Brown	15 Llantrisant	28.13
2 Jonathan Farmer	15 Blaenavon	28.96
3 Garin Scammell	15 Blaenavon	29.06
4 Alex Elliott	15 Blaenavon	29.63

**Event 1 Boys 16 & Over 50 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Rory Talbot	17 Chepstow	28.88
2 Dylan Bridges	16 Llantrisant	29.96
3 Twm Draper	16 Rhondda	30.06

**Event 2 Girls 14 Year Olds 50 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Sophia Morgan	14 Merthyr	33.29
2 Branwen Draper	14 Rhondda	34.63
3 Chloe Allford	14 Cwmbran	36.11
4 Harriet Millard	14 Rhondda	37.94

**Event 2 Girls 15 & Over 50 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Emily M Farley	15 Caerphilly	33.80
2 Chloe Thomas	15 Rhondda	34.99
3 Emily Smith	15 Caerphilly	36.64

**Event 3 Boys 9-11 400 SC Meter IM**

Name	Age Team	Finals Time
1 Carwyn Salmon	10 Llantrisant	6:40.96
2 Morgan Baos	10 CoCardiff	7:08.03

**Event 3 Boys 12-13 400 SC Meter IM**

Name	Age Team	Finals Time
1 Joshua Mullins	13 Merthyr	6:15.18
2 Owain Cook	13 Bridgend	6:32.90
--- Jack Cox	12 CoCardiff	DQ
6.1 Both hands not holding starting grips - back		

**Event 3 Boys 14-15 400 SC Meter IM**

Name	Age Team	Finals Time
1 Huw Brown	15 CoCardiff	5:05.13
2 Liam Saunders	14 Heads/Valleys	5:37.80
3 Matthew Brooksbank	14 CoCardiff	6:11.65
4 Jonathan Farmer	15 Blaenavon	6:25.03
5 Alex Elliott	15 Blaenavon	6:33.92
--- Daniel Hughes	14 Caerphilly	DQ
8.3 Alternating movement of legs or feet - fly		

**Event 3 Boys 16 & Over 400 SC Meter IM**

Name	Age Team	Finals Time
1 David G Flanigan	16 CoCardiff	5:10.27
2 Harry Lehaj-Hodder	16 Merthyr	5:36.61

**Event 4 Girls 9-10 400 SC Meter IM**

Name	Age Team	Finals Time
1 Georgina M Withers-Boalch	10 CoCardiff	6:21.21
2 Eilir Teagle	9 Merthyr	7:34.76

**Event 4 Girls 11-12 400 SC Meter IM**

Name	Age Team	Finals Time
1 Mia James	12 Heads/Valleys	6:02.78

2 Niamh Randell	12 Llantrisant	6:06.75
3 Lowri Powell	12 Torfaen Dlophins	6:15.98
4 Kate Jenkins	12 Heads/Valleys	6:25.97
5 Ffion McCulloch	11 CoCardiff	6:33.55
6 Catrina Higgins	11 Heads/Valleys	6:34.67
7 Helen Lewis	11 Merthyr	6:35.90
8 Molly Palin	12 Heads/Valleys	6:44.81
9 Mia Russell	11 Chepstow	6:57.32
10 Caitlin Foley	12 Merthyr	6:58.95
11 Caitlin Walker	11 CoCardiff	7:10.50
--- Aisha M Walters	11 Merthyr	DQ
7.2 Body not on breast during swim or when leaving wall after a turn (ex wh		
--- Megan Harries	12 Merthyr	DQ
7.5 Feet not turned out during the propulsive part of the kick - breast		

**Event 4 Girls 13-14 400 SC Meter IM**

Name	Age Team	Finals Time
1 Molly Street	14 Llantrisant	5:56.01
2 Olivia Murray	14 CoCardiff	5:56.79
3 Celyn L Beard	13 Torfaen Dlophins	5:58.51
4 Chloe Groves	14 Blaenavon	6:02.42
5 Amy A Huntley	13 CoCardiff	6:12.57
6 Molly Jones	14 Llantrisant	6:21.91

**Event 4 Girls 15 & Over 400 SC Meter IM**

Name	Age Team	Finals Time
1 Lara Gordon	16 Chepstow	6:07.16

**Event 5 Boys 9-11 100 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Kameron Clarke	11 Cwmbran	1:32.92
2 Jacob Cousins	11 Llantrisant	1:34.69
3 Joe Davies	11 Torfaen Dlophins	1:36.46
4 Tomos Savage- Taylor	11 Heads/Valleys	1:40.74
5 Owen Leach	10 Bridgend	1:41.15
6 Osian Phinnemore	9 Bridgend	1:41.33
7 Mark Szentpeteri	9 CoCardiff	1:41.80
8 Lloyd O Jones	10 Merthyr	1:44.05
9 Benjamin Chooyin	11 Pontypridd	1:46.02
10 Jack Cubitt	11 Cwmbran	1:46.80
11 Jac Fernandez-John	11 Caerphilly	1:53.12
12 Tyler Harris	10 Torfaen Dlophins	1:55.45
13 Mason Parfitt	10 Heads/Valleys	1:57.85
14 Daniel J Hall	11 Chepstow	1:59.89
15 Ben Langdon	10 Newport	2:05.02
16 Tom Parry	10 Llantrisant	2:15.89
17 Charlie Harries	10 Merthyr	2:23.27
--- Kyran Jones	11 Caerphilly	DQ
8.3 Alternating movement of legs or feet		
--- Harry White	10 Chepstow	DQ
8.2 Arms not brought forward over the water		
--- Rhyddian Cook-Jones	11 CoCardiff	DQ
8.2 Arms not brought forward over the water		
--- Kian O Connell	11 Heads/Valleys	DQ
8.2 Arms not brought forward over the water		
--- Ben Roberts	10 Caerphilly	DQ
8.2 Arms not brought forward simultaneously		

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## Event 5 Boys 12-13 100 SC Meter Butterfly

Name	Age Team	Finals Time
1 Ben S Holloway	13 Newport	1:17.10
2 Dafydd T Price	13 Torfaen Dlophins	1:17.27
3 Luke Baker	12 Torfaen Dlophins	1:18.84
4 Ben G Dickson-Jardine	13 Bridgend	1:21.92
5 Will J Miles	13 Chepstow	1:23.06
6 Harry Townsend	13 Torfaen Dlophins	1:23.91
7 Rhodri Jenkins	12 Merthyr	1:29.59
8 Jai B Tandon	12 Newport	1:30.98
9 Matthew Hughes	13 Newport	1:32.28
10 Conor Crispie	13 CoCardiff	1:34.60
11 Samuel Taylor	12 Caerphilly	1:35.15
12 Tobias Hunt	12 Bridgend	1:37.36
13 Kai Bradbury	12 Blaenavon	1:38.89
14 Joel Gilbert	12 Abertillery	1:38.90
15 Jack Bennett	12 Torfaen Dlophins	1:38.94
16 Elliot J Cooper	12 CoCardiff	1:40.47
17 Elliot Williams	12 Pontypridd	1:41.15
18 Rhys Morgans	13 Caerphilly	1:44.32
19 Dylan Broom	12 Torfaen Dlophins	1:53.37
20 Dominic J Rees	13 Rhondda	1:57.77
--- Ollie Davies	13 Chepstow	DQ

8.3 Breaststroke kick used (legal in Masters Competitions)

## Event 6 Girls 9-10 100 SC Meter Butterfly

Name	Age Team	Finals Time
1 Emily J Morris	10 Bridgend	1:30.78
2 Caitlin Coss	9 Bridgend	1:35.52
3 Bethan Beynon	10 CoCardiff	1:40.53
4 Eden Brookes	10 Abertillery	1:41.51
5 Grace E Miles	10 Chepstow	1:42.66
6 Lara Davies	10 Abertillery	1:47.84
7 Hannah Nicholls	9 Caerphilly	1:49.09
8 Alana Date	9 CoCardiff	1:50.33
9 Ellie G Ward	9 Chepstow	1:53.69
10 Jessica m Cowley	10 Torfaen Dlophins	1:54.57
11 Grace Girling	9 CoCardiff	1:58.55
12 Cerys Jones	10 CoCardiff	1:59.52
13 Lauren Whittaker	10 CoCardiff	2:00.48
14 Lois Davies	10 Caerphilly	2:00.69
15 Eilir Teagle	9 Merthyr	2:01.57
16 Elena Sadler	10 Cwmbran	2:06.00
17 Immie B Thorne	10 Chepstow	2:06.10
18 Mali McGregor	10 Caerphilly	2:06.73
--- Caitlin Jenkins	10 Caerphilly	DQ
8.2 Arms not brought forward over the water		
--- McKenzie L Johnston	10 Newport	DQ
8.4 Did not touch at turn		
--- Rose Griffiths	9 CoCardiff	DQ
8.2 Arms not brought forward over the water		
--- Libby K Newell	10 Newport	DNF
10.2 A swimmer did not cover the whole distance – DNF		

## Event 6 Girls 11-12 100 SC Meter Butterfly

Name	Age Team	Finals Time
1 Niamh Randell	12 Llantrisant	1:20.06
2 Meg Warrender	12 Torfaen Dlophins	1:20.81

3 Megan Harries	12 Merthyr	1:22.69
4 Emily Jenkins	12 Bridgend	1:27.63
5 Darcie Childs	12 Newport	1:28.64
6 Ellie Horton	11 Chepstow	1:28.68
7 Holly Evans	11 Bridgend	1:29.75
8 Millie Bryce	11 Bridgend	1:30.07
9 Lara Robotham	11 Bridgend	1:30.70
10 Mia Board	11 Newport	1:31.77
11 Evie Wilkins	12 Heads/Valleys	1:32.28
12 Lucy Street	11 Llantrisant	1:34.57
13 Lowri Powell	12 Torfaen Dlophins	1:36.02
14 Mya Scrivens	12 Caerphilly	1:36.49
15 Kate Jenkins	12 Heads/Valleys	1:37.22
16 Catrina Higgins	11 Heads/Valleys	1:37.47
17 Abbie Legg	11 Caerphilly	1:40.00
18 Lucy Brown	11 Heads/Valleys	1:40.08
19 Alicia Geen	11 Cwmbran	1:40.31
20 Charlie-Ann Johnson	11 Cwmbran	1:43.92
21 Mya Maiden	12 Merthyr	1:44.17
22 Alicia D Jones	11 Merthyr	1:45.61
23 Jordan Noyes	12 Cwmbran	1:46.26
24 Loren Fox	11 Caerphilly	1:48.94
25 Ruby Kelly	11 Newport	1:49.62
26 Cerys Howard-Cook	12 CoCardiff	1:53.50
27 Jessica Goold	11 Heads/Valleys	1:54.43
28 Caitlin Morgans	11 Caerphilly	1:56.14
29 Holly Flood	11 Llantrisant	1:56.47
30 Arwen Teagle	12 Merthyr	2:05.58
31 Sophie Snow	11 CoCardiff	2:07.44
32 Jessica Lewis	12 Llantrisant	2:09.94
--- Isabel Bigham	12 Torfaen Dlophins	DQ
8.4 Did not touch at turn		
--- Seren R Jones	11 Newport	DQ
8.4 Did not touch at turn		

## Event 7 Boys 14-15 200 SC Meter Backstroke

Name	Age Team	Finals Time
1 Adam Musgrove	15 Llantrisant	2:31.40
2 Morgan Sutton	15 Bridgend	2:32.22
3 Liam Saunders	14 Heads/Valleys	2:37.25
4 Tomas A Boladz	14 Torfaen Dlophins	2:37.39
5 Luke Jones	14 Rhondda	2:48.01
6 Jonathan Farmer	15 Blaenavon	2:53.09
7 Cameron Jenkins	14 Llantrisant	2:54.51
8 Daniel Roberts	14 Caerphilly	3:13.63
9 Taqi Ali	14 CoCardiff	3:15.05
10 Daniel Hughes	14 Caerphilly	3:20.84

## Event 7 Boys 16 &amp; Over 200 SC Meter Backstroke

Name	Age Team	Finals Time
1 Harry Lehaj-Hodder	16 Merthyr	2:31.97
2 Dylan Bridges	16 Llantrisant	2:41.54
--- Twm Draper	16 Rhondda	DQ
6.4 More than one single or double simultaneous arm pull used to initiate turn		

## Event 8 Girls 13-14 200 SC Meter Backstroke

Name	Age Team	Finals Time
1 Georgia Jones	14 Chepstow	2:43.27
2 Eleanor Wixcey	14 Chepstow	2:47.34

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**(Event 8 Girls 13-14 200 SC Meter Backstroke)**

Name	Age Team	Finals Time
3 Amelia Edmonds	14 Llantrisant	2:48.45
4 Hannah Jenkins	13 Bridgend	2:51.82
5 Rebecca Meredith	13 Llantrisant	2:53.37
6 Olivia Murray	14 CoCardiff	2:54.92
7 Grace Davies	14 Caerphilly	2:55.16
8 Hannah Prothero	13 Torfaen Dlophins	2:56.02
9 Amy A Huntley	13 CoCardiff	2:57.27
10 Faye Warren	14 Llantrisant	2:57.44
11 Seren E Evans	13 CoCardiff	2:57.83
12 Sarah Jenkins	13 Bridgend	3:00.32
13 Naomi Hills	13 CoCardiff	3:01.68
14 Lauren Terrell	13 Chepstow	3:13.41
15 Leah Jones	13 Torfaen Dlophins	3:15.02
16 Lily Swain	13 CoCardiff	3:16.50
17 Molly Shenstone	13 CoCardiff	3:30.84

**Event 8 Girls 15 & Over 200 SC Meter Backstroke**

Name	Age Team	Finals Time
1 Louisa L Thomas	15 Bridgend	2:46.25
2 Lauren Tilley	16 CoCardiff	2:51.78
3 Paige Horsnell	20 Caerphilly	2:59.92
4 Emily Smith	15 Caerphilly	3:11.96

**Event 9 Boys 9-11 200 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Iwan Jones	11 Blaenavon	2:52.23
2 Owen Leach	10 Bridgend	2:53.52
3 Osian Phinnemore	9 Bridgend	2:57.20
4 Jac Fernandez-John	11 Caerphilly	2:58.82
5 Lloyd O Jones	10 Merthyr	2:59.84
6 Sam Sadler	11 Cwmbran	3:00.39
7 Kyran Jones	11 Caerphilly	3:01.73
8 Will Couston	11 CoCardiff	3:03.37
9 William Colmsee	11 CoCardiff	3:04.27
10 Ellis J Jenkins	9 Merthyr	3:09.02
11 Cai Wardhaugh	9 CoCardiff	3:09.53
12 Mason Parfitt	10 Heads/Valleys	3:12.32
13 Daniel J Hall	11 Chepstow	3:12.87
14 David Lewis	10 Merthyr	3:16.74
15 Tomas J Ramsey	10 Heads/Valleys	3:19.83
16 Bobby Jones	11 Chepstow	3:22.51
17 Griff Davies	9 Torfaen Dlophins	3:23.28
18 Ben Langdon	10 Newport	3:27.31
19 Tom Parry	10 Llantrisant	3:33.41
20 Ellis Jenkins	11 Llantrisant	3:35.67
21 Rhys Nixon	10 CoCardiff	3:37.41
22 Tyler Collins	10 Llantrisant	3:41.67
23 Ewan W Sayce	9 CoCardiff	3:43.91
24 Charlie Harries	10 Merthyr	3:44.66
25 Rhys Lloyd	11 Llantrisant	3:50.84
26 Harry White	10 Chepstow	3:51.22
27 Dalis Fox	9 Caerphilly	4:12.31
--- Ellis Smith	11 Heads/Valleys	DNF

10.2 A swimmer did not cover the whole distance – DNF

**Event 9 Boys 12-13 200 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Nathan Musgrove	13 Llantrisant	2:41.93
2 Joshua Thomas	12 Merthyr	2:42.50
3 Rhys Morgans	13 Caerphilly	2:43.55
4 Jake Sadler	13 Cwmbran	2:48.57
5 Jai B Tandon	12 Newport	2:49.85
6 Elliot J Cooper	12 CoCardiff	2:49.91
7 Dylan Broom	12 Torfaen Dlophins	2:50.60
8 Elliot Williams	12 Pontypridd	2:51.60
9 Kai Bradbury	12 Blaenavon	2:51.66
10 Nick Vaughan	13 Blaenavon	2:54.69
11 Tobias Hunt	12 Bridgend	2:59.44
12 Jarred Pain	13 Pontypridd	2:59.70
13 Jack Cox	12 CoCardiff	3:03.99
14 Dominic J Rees	13 Rhondda	3:12.33
15 Ollie Davies	13 Chepstow	3:21.62
--- Connor Norris	13 Caerphilly	DQ

4.4 Start before starting signal

**Event 10 Girls 9-10 200 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Tamzin Jones	10 Llantrisant	2:54.91
2 Amelia Prosser-Davies	10 Chepstow	3:00.04
3 Cerys A Rosser	9 Torfaen Dlophins	3:03.54
4 Penny Evans	10 Llantrisant	3:04.52
5 Caitlin Jenkins	10 Caerphilly	3:05.54
6 Niamh Warrender	9 Torfaen Dlophins	3:08.86
7 Alyssa Norris	10 Caerphilly	3:09.37
8 Eden Brookes	10 Abertillery	3:10.25
9 Eilir Teagle	9 Merthyr	3:11.71
10 Aoife Tarpey	9 Bridgend	3:12.90
11 Chloe Protheroe	10 Bridgend	3:13.36
12 Caitlyn S Crisp	10 CoCardiff	3:15.26
13 Ella M Phillips	10 CoCardiff	3:17.78
14 Hattie Leaf	10 Chepstow	3:18.60
15 Immie B Thorne	10 Chepstow	3:21.54
16 Lois Davies	10 Caerphilly	3:21.58
17 Beca Evans	10 CoCardiff	3:22.79
18 Maisy Palin	9 Heads/Valleys	3:23.41
19 Ffion Rees	10 CoCardiff	3:24.34
20 Alyssa Baker	9 Torfaen Dlophins	3:25.25
21 Emma L Porter	10 Torfaen Dlophins	3:26.96
22 Lottie Jones	9 Chepstow	3:28.57
23 Lauren A French	10 Heads/Valleys	3:30.88
24 Lauren Whittaker	10 CoCardiff	3:34.23
25 Ellie G Ward	9 Chepstow	3:36.49
26 Joanna Foley	10 Merthyr	3:37.73
27 Cerys Jones	10 CoCardiff	3:40.25
28 Sofia Fernandez-John	9 Caerphilly	3:40.47
29 Rose A O'Keefe	9 CoCardiff	3:41.44
30 Mali McGregor	10 Caerphilly	3:42.43
31 Mari-Lois Jones	10 CoCardiff	3:44.15
32 Ashleigh C Shepherdson	9 Torfaen Dlophins	3:47.13
33 McKenzie L Johnston	10 Newport	3:52.51
34 Imogen De Lange	10 CoCardiff	4:05.41

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## Event 10 Girls 11-12 200 SC Meter Freestyle

Name	Age Team	Finals Time
1 Angharad Nash	12 Torfaen Dlophins	2:38.30
2 Darcie Childs	12 Newport	2:42.16
3 Kate Jenkins	12 Heads/Valleys	2:42.99
4 Georgia Withey	12 Abertillery	2:43.06
5 Anya Thomas	11 Newport	2:44.78
6 Isobel Brown	11 CoCardiff	2:46.87
7 Mya Maiden	12 Merthyr	2:48.37
8 Alicia D Jones	11 Merthyr	2:51.89
9 Lowri Powell	12 Torfaen Dlophins	2:52.33
10 Elle Harris-Thomas	11 Chepstow	2:52.34
11 Ceri Miles	12 Abertillery	2:53.52
12 Sophie Morgan	12 Llantrisant	2:55.79
13 Mia Russell	11 Chepstow	2:56.97
14 Isabelle Evren	12 Torfaen Dlophins	2:57.77
15 Eve Davies	12 Bridgend	2:58.48
16 Lucy Street	11 Llantrisant	2:59.66
17 Jordan Noyes	12 Cwmbran	3:01.69
18 Sophie Marsh	11 Merthyr	3:02.97
19 Charlie-Ann Johnson	11 Cwmbran	3:04.28
20 Freya Durban	11 Abertillery	3:05.38
21 Arwen Teagle	12 Merthyr	3:05.84
22 Megan Davies	11 Bridgend	3:07.14
23 Charlie Baldwin	11 Torfaen Dlophins	3:07.43
24 Sophie Holloran	11 CoCardiff	3:09.23
25 Amy Rowlands	12 CoCardiff	3:09.94
26 Holly Flood	11 Llantrisant	3:11.27
27 Jessica Tuck	11 Bridgend	3:14.15
28 Cerys Howard-Cook	12 CoCardiff	3:14.30
29 Jessica Goold	11 Heads/Valleys	3:14.90
30 Caitlin Morgans	11 Caerphilly	3:15.19
31 Sophie Snow	11 CoCardiff	3:16.82
32 Loren Fox	11 Caerphilly	3:18.66
33 Francesca Weir	12 CoCardiff	3:20.22
34 Mair E Brace	12 CoCardiff	3:23.72
35 Grace Morgan	12 CoCardiff	3:24.27
36 Jessica Lewis	12 Llantrisant	3:25.79
37 Martha Stallard	11 CoCardiff	3:26.08
38 Hannah Meredith	12 Pontypridd	3:28.46
39 Ruby E Richardson	11 CoCardiff	3:28.67
40 Megan Griffiths	11 CoCardiff	3:35.68
41 Ffion H Richards	11 CoCardiff	3:37.72
42 Hannah Lenthall	11 Chepstow	3:49.50
--- Imogen Harray	11 Heads/Valleys	DQ

4.4 Start before starting signal

## Event 11 Boys 14-15 100 SC Meter Breaststroke

Name	Age Team	Finals Time
1 Morgan Sutton	15 Bridgend	1:21.77
2 James Hunt-cosh	14 Heads/Valleys	1:23.05
3 Siôn L Bevan	14 CoCardiff	1:26.05
4 Liam Saunders	14 Heads/Valleys	1:27.72
5 Joshua Taylor	14 Caerphilly	1:27.78
6 Luke Jones	14 Rhondda	1:28.80
7 Taqi Ali	14 CoCardiff	1:34.22
8 Joshua Ivins	15 Cwmbran	1:34.40

9 Joel Hill	14 Bridgend	1:39.69
10 Gianluca Joseph	14 Heads/Valleys	1:40.69
11 Daniel Roberts	14 Caerphilly	1:42.28
12 Michael Bastyan	14 Caerphilly	1:56.54
--- Alex Elliott	15 Blaenavon	DQ

7.2 Stroke cycle not one arm stroke to one leg kick excluding last single arm

## Event 11 Boys 16 &amp; Over 100 SC Meter Breaststroke

Name	Age Team	Finals Time
1 Thomas Williams	16 CoCardiff	1:18.36
2 Dewi Matthews	16 Rhondda	1:21.02
3 Rory Talbot	17 Chepstow	1:26.12
4 Dylan Bridges	16 Llantrisant	1:33.59

## Event 12 Girls 13-14 100 SC Meter Breaststroke

Name	Age Team	Finals Time
1 Alicia Groves	13 Cwmbran	1:31.45
2 Molly Street	14 Llantrisant	1:31.46
*3 Sophia Morgan	14 Merthyr	1:32.51
*3 Josephine Harris	13 CoCardiff	1:32.51
5 Molly Jones	14 Llantrisant	1:32.90
6 Celyn L Beard	13 Torfaen Dlophins	1:34.33
7 Georgia Jones	14 Chepstow	1:35.12
8 Hannah Jenkins	13 Bridgend	1:35.68
9 Penelope Weir	14 CoCardiff	1:37.67
10 Eleanor Wixcey	14 Chepstow	1:38.14
11 Ceri A Jones	13 Newport	1:38.40
12 Grace Davies	14 Caerphilly	1:39.69
13 Naomi Hills	13 CoCardiff	1:39.90
14 Bethany J Wiffen	13 Newport	1:40.70
15 Amelia Edmonds	14 Llantrisant	1:40.93
16 Abigail Wallbank	13 Caerphilly	1:41.12
17 Taylor Winter	13 Newport	1:41.77
18 Lily Swain	13 CoCardiff	1:41.89
19 Aithne Harray	14 Heads/Valleys	1:42.71
20 Harriet Millard	14 Rhondda	1:43.04
21 Amy Hughes	13 Newport	1:44.08
22 Ffion Jones	14 Bridgend	1:44.18
23 Hannah R Jones	13 Newport	1:46.19
24 Molly Shenstone	13 CoCardiff	1:47.58
25 Leah Jones	13 Torfaen Dlophins	1:49.02
26 Chloe Allford	14 Cwmbran	1:50.37
27 Jessica Barnes	13 Merthyr	1:55.86
28 Emily Atkinson	13 Caerphilly	2:00.01
29 Abbie Thomas	13 Rhondda	2:24.77
--- Sarah Jenkins	13 Bridgend	DQ

7.5 Executed alternating or downward dolphin kicks (except after start or turn)

--- Faye Warren 14 Llantrisant DQ

4.4 Start before starting signal

--- Lauren Terrell 13 Chepstow DQ

4.4 Start before starting signal

## Event 12 Girls 15 &amp; Over 100 SC Meter Breaststroke

Name	Age Team	Finals Time
1 Hannah Thomas	15 Merthyr	1:26.16
2 Carys Oliver	15 Llantrisant	1:28.26
3 Isobel Mogg	15 Heads/Valleys	1:30.46
4 Lauren Tilley	16 CoCardiff	1:30.82
5 Cerys Dewar	15 Cwmbran	1:34.73

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**(Event 12 Girls 15 & Over 100 SC Meter Breaststroke)**

Name	Age Team	Finals Time
6 Melissa Edmonds	16 Llantrisant	1:39.48
7 Emily R Morgan	15 Torfaen Dlophins	1:40.22
8 Alyssia Talbot	16 Chepstow	1:40.57
9 Chloe Thomas	15 Rhondda	1:43.19
10 Emily M Farley	15 Caerphilly	1:45.45
11 Emily Smith	15 Caerphilly	1:49.50

**Event 13 Boys 9-11 400 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Tomos Savage- Taylor	11 Heads/Valleys	5:45.31
2 Jacob Cousins	11 Llantrisant	5:59.41
3 Jack Cubitt	11 Cwmbran	6:06.22
4 James Morey	11 Llantrisant	6:11.87
5 Ellis Smith	11 Heads/Valleys	6:25.66
6 Tyler Harris	10 Torfaen Dlophins	6:31.57
7 Daniel J Hall	11 Chepstow	7:05.29
8 Dafydd R John	10 Llantrisant	7:23.75
9 Rhys Lloyd	11 Llantrisant	7:50.20
10 Harry White	10 Chepstow	7:51.95

**Event 13 Boys 12-13 400 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Dafydd T Price	13 Torfaen Dlophins	5:13.91
2 Ben G Dickson-Jardine	13 Bridgend	5:21.43
3 Joshua Mullins	13 Merthyr	5:29.66
4 Rhodri Jenkins	12 Merthyr	5:30.01
5 Elliot J Cooper	12 CoCardiff	5:51.42
6 Joshua Thomas	12 Merthyr	5:54.16
7 Callum M Shepherdson	12 Torfaen Dlophins	6:11.13
--- Alfred Payne	13 CoCardiff	DQ

4.4 Start before starting signal

**Event 13 Boys 14-15 400 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Ethan Brown	15 Llantrisant	4:41.38
2 Owain Powell	15 Torfaen Dlophins	4:49.37
3 Siôn L Bevan	14 CoCardiff	4:57.93
4 Morgan James	14 Llantrisant	5:01.66
5 Liam Saunders	14 Heads/Valleys	5:01.93
6 Gianluca Joseph	14 Heads/Valleys	5:09.32
7 Matthew Brooksbank	14 CoCardiff	5:13.69
8 Luke Jones	14 Rhondda	5:22.89
9 Daniel Roberts	14 Caerphilly	5:38.87
10 Joel Hill	14 Bridgend	5:50.61
11 Sasha Sharpe	15 Chepstow	6:37.06

**Event 13 Boys 16 & Over 400 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Thomas Williams	16 CoCardiff	4:38.19
2 Twm Draper	16 Rhondda	5:30.32

**Event 14 Girls 9-10 100 SC Meter Backstroke**

Name	Age Team	Finals Time
1 Becci De Torres	9 CoCardiff	1:34.58
2 Bethan Beynon	10 CoCardiff	1:34.72
3 Grace E Miles	10 Chepstow	1:36.10
4 Niamh Warrender	9 Torfaen Dlophins	1:36.79
5 Emma Rees	10 Chepstow	1:38.04

6 Eilir Teagle	9 Merthyr	1:38.85
7 Ruby Davies	10 Bridgend	1:39.71
8 Ffion Rees	10 CoCardiff	1:41.81
9 Alyssa Norris	10 Caerphilly	1:42.25
10 Eden Brookes	10 Abertillery	1:42.50
11 Lottie Jones	9 Chepstow	1:42.59
12 Alyssa Baker	9 Torfaen Dlophins	1:42.70
13 Alana Date	9 CoCardiff	1:42.73
14 Aoife Tarpey	9 Bridgend	1:42.77
15 Catrin Nicholas	10 Bridgend	1:42.88
16 Emma L Porter	10 Torfaen Dlophins	1:42.91
17 Ella M Phillips	10 CoCardiff	1:43.86
18 Ruby Coles	10 CoCardiff	1:44.40
19 Lauren A French	10 Heads/Valleys	1:45.47
20 Lois Davies	10 Caerphilly	1:45.58
21 Zoe X Thomas	9 Bridgend	1:45.79
22 Hattie Leaf	10 Chepstow	1:46.17
23 Libby K Newell	10 Newport	1:46.20
24 Caitlyn S Crisp	10 CoCardiff	1:46.73
25 Jasmine Ellis	9 Cwmbran	1:47.05
26 Ellie G Ward	9 Chepstow	1:47.49
27 Lara Davies	10 Abertillery	1:47.57
28 Beca Evans	10 CoCardiff	1:48.09
29 Jennifer O'Callaghan	9 CoCardiff	1:49.73
30 Rose Griffiths	9 CoCardiff	1:49.74
31 Sofia Fernandez-John	9 Caerphilly	1:50.60
32 Connie A Mason	10 Newport	1:51.09
33 Lauren Whittaker	10 CoCardiff	1:51.56
34 Hannah Nicholls	9 Caerphilly	1:52.23
35 Ellie Rees	10 Caerphilly	1:54.32
36 Poppy Goggin-Jones	9 Merthyr	1:55.86
37 Eleri Phillips	10 Newport	1:56.68
38 Rose A O'Keefe	9 CoCardiff	1:56.83
39 Mia Goddard	10 CoCardiff	1:57.38
40 Sophie Wixcey	10 Chepstow	1:57.39
41 Isabel Morgan	9 CoCardiff	1:57.82
42 Seren Cook	9 Bridgend	1:58.48
43 Caitlin Legg	9 Caerphilly	2:00.70
44 Grace Girling	9 CoCardiff	2:00.94
45 Carys Nash	9 Torfaen Dlophins	2:01.07
46 Cerys Jones	10 CoCardiff	2:01.64
47 Bella R Loughlin	10 Chepstow	2:03.29
48 Orla Davies	9 CoCardiff	2:06.27
49 Niamh Stork	9 CoCardiff	2:07.39
50 Libby Shaddick	9 Caerphilly	2:08.31
51 Caitlin Jenkins	10 Caerphilly	2:11.98
52 Mali McGregor	10 Caerphilly	2:12.91
53 Imogen De Lange	10 CoCardiff	2:19.33
--- Penny Evans	10 Llantrisant	DQ
6.4 More than one single or double simultaneous arm pull used to initiate turn		
--- Cerys A Rosser	9 Torfaen Dlophins	DQ
6.4 More than one single or double simultaneous arm pull used to initiate turn		
--- Lucy E Beynon	10 Chepstow	DQ
6.4 More than one single or double simultaneous arm pull used to initiate turn		
--- Florence I Worgan	9 Chepstow	DQ
6.3 Totally submerged, (except for first 15m following the start or turn)		
--- Joanna Foley	10 Merthyr	DQ
6.4 More than one single or double simultaneous arm pull used to initiate turn		

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**(Event 14 Girls 9-10 100 SC Meter Backstroke)**

Name	Age Team	Finals Time
--- Chloe Mahoney	10 Merthyr	DQ
6.2 Left position on the back (other than to initiate a turn)		
--- Caitlin McCallum	9 CoCardiff	DQ
6.4 Not on back when leaving the wall		
--- Aimee Potter	9 Newport	DQ
10.5 Walks during freestyle events or during the freestyle portion of the med		
--- Laura Kwiatkowska	10 Chepstow	DQ
6.3 Totally submerged, (except for first 15m following the start or turn)		
--- Mari-Lois Jones	10 CoCardiff	DQ
6.4 More than one single or double simultaneous arm pull used to initiate tur		

**Event 14 Girls 11-12 100 SC Meter Backstroke**

Name	Age Team	Finals Time
1 Catrina Higgins	11 Heads/Valleys	1:26.56
2 Anya Thomas	11 Newport	1:27.00
3 Abbie Melhuish	12 Newport	1:27.66
4 Laura Paterson	12 Chepstow	1:27.82
5 Lucy Brown	11 Heads/Valleys	1:28.80
6 Lucy James	11 Torfaen Dlophins	1:29.44
7 Alicia Geen	11 Cwmbran	1:29.56
8 Aimee Freegard	11 Pontypridd	1:30.33
9 Lowri Powell	12 Torfaen Dlophins	1:30.44
10 Imogen Roberts	12 Caerphilly	1:30.77
11 Abbie Legg	11 Caerphilly	1:31.35
12 Jamie Clemett	12 Newport	1:32.08
13 Georgia Withey	12 Abertillery	1:32.87
14 Ceri Miles	12 Abertillery	1:33.05
15 Evie Wilkins	12 Heads/Valleys	1:33.47
16 Lara Robotham	11 Bridgend	1:34.65
17 Amy Rowlands	12 CoCardiff	1:35.65
18 Sophie Snow	11 CoCardiff	1:36.66
19 Amber Todd	12 CoCardiff	1:36.90
20 Megan Davies	11 Bridgend	1:37.27
21 Arwen Teagle	12 Merthyr	1:37.32
22 Ruby Kelly	11 Newport	1:37.42
23 Jordan Noyes	12 Cwmbran	1:37.55
24 Holly Flood	11 Llantrisant	1:37.58
25 Awel Pike	11 Pontypridd	1:37.64
26 Sophie Marsh	11 Merthyr	1:37.81
27 Isabelle Evren	12 Torfaen Dlophins	1:38.87
28 Harriet Kehl	11 Llantrisant	1:40.18
29 Lily-May Hutchinson	11 CoCardiff	1:40.70
30 Jessica Tuck	11 Bridgend	1:40.91
31 Cerys Davies	11 Cwmbran	1:41.07
32 Caitlin Morgans	11 Caerphilly	1:41.37
33 Sophie Holloran	11 CoCardiff	1:41.45
34 Jessica Goold	11 Heads/Valleys	1:41.46
35 Isabel Bigham	12 Torfaen Dlophins	1:41.73
36 Lowri Horscroft-Preest	11 Llantrisant	1:41.81
37 Charlie Baldwin	11 Torfaen Dlophins	1:41.90
38 Freya Durban	11 Abertillery	1:42.72
39 Charlie-Ann Johnson	11 Cwmbran	1:43.80
40 Grace Morgan	12 CoCardiff	1:43.94
41 Mair E Brace	12 CoCardiff	1:44.84
42 Ruby E Richardson	11 CoCardiff	1:48.75
43 Loren Fox	11 Caerphilly	1:49.19

44 Martha Stallard	11 CoCardiff	1:56.52
45 Hannah Meredith	12 Pontypridd	2:01.00
46 Molly E Lessimore	11 Torfaen Dlophins	2:27.75
--- Elle Harris-Thomas	11 Chepstow	DQ
6.4 More than one single or double simultaneous arm pull used to initiate tur		
--- Megan Griffiths	11 CoCardiff	DQ
6.4 More than one single or double simultaneous arm pull used to initiate tur		
--- Mya Scrivens	12 Caerphilly	DQ
6.4 More than one single or double simultaneous arm pull used to initiate tur		
--- Ffion H Richards	11 CoCardiff	DQ
6.3 Totally submerged, (except for first 15m following the start or turn)		
--- Cerys Howard-Cook	12 CoCardiff	DQ
6.1 Both hands not holding starting grips		

**Event 15 Boys 9-11 100 SC Meter Backstroke**

Name	Age Team	Finals Time
1 Kameron Clarke	11 Cwmbran	1:22.66
2 James Morey	11 Llantrisant	1:28.05
3 Joe Davies	11 Torfaen Dlophins	1:29.62
4 Iwan Jones	11 Blaenavon	1:30.68
5 Owen Leach	10 Bridgend	1:31.08
6 Jacob Cousins	11 Llantrisant	1:33.07
7 Cai Wardhaugh	9 CoCardiff	1:35.77
8 Kaden Edwards	9 CoCardiff	1:36.10
9 Harrison Hayes	11 Newport	1:36.24
10 Osian Phinnemore	9 Bridgend	1:36.58
11 William Colmsee	11 CoCardiff	1:37.57
12 Tyler Harris	10 Torfaen Dlophins	1:37.62
13 Ellis J Jenkins	9 Merthyr	1:37.67
14 Will Couston	11 CoCardiff	1:38.41
15 Daniel J Hall	11 Chepstow	1:38.44
16 Lloyd O Jones	10 Merthyr	1:38.49
17 Jack Cubitt	11 Cwmbran	1:41.63
18 Jac Fernandez-John	11 Caerphilly	1:41.69
19 Michael O'Hanlon	11 CoCardiff	1:41.96
20 Mason Parfitt	10 Heads/Valleys	1:42.26
21 Ellis Jenkins	11 Llantrisant	1:42.86
22 Ben Langdon	10 Newport	1:44.72
23 Afshin Salehi-Reyhani	10 Cwmbran	1:45.83
24 Tomas J Ramsey	10 Heads/Valleys	1:46.12
25 David Lewis	10 Merthyr	1:47.38
26 Charlie Harries	10 Merthyr	1:49.20
27 Ben Roberts	10 Caerphilly	1:50.62
28 Tyler Collins	10 Llantrisant	1:50.65
29 Ewan W Sayce	9 CoCardiff	1:50.96
30 Griff Davies	9 Torfaen Dlophins	1:51.48
31 Tom Parry	10 Llantrisant	1:51.89
32 Jonathan Kerl	11 Newport	1:52.57
33 Sam Thackray	9 Blaenavon	1:52.75
34 Rhys Nixon	10 CoCardiff	1:55.37
35 Harry White	10 Chepstow	1:59.17
36 Dalis Fox	9 Caerphilly	2:14.15
37 Aveneesh Shah	9 CoCardiff	2:25.54
--- Bobby Jones	11 Chepstow	DQ
6.1 Both hands not holding starting grips		
--- Finnley Johnson	10 Newport	DQ
6.4 More than one single or double simultaneous arm pull used to initiate tur		

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**(Event 15 Boys 9-11 100 SC Meter Backstroke)**

Name	Age Team	Finals Time
--- Rhys Lloyd	11 Llantrisant	DQ
6.1 Both hands not holding starting grips		

**Event 15 Boys 12-13 100 SC Meter Backstroke**

Name	Age Team	Finals Time
1 Samuel Taylor	12 Caerphilly	1:24.67
2 Evan Cooper	12 Abertillery	1:25.22
3 Jake Sadler	13 Cwmbran	1:28.20
4 Rhodri Jenkins	12 Merthyr	1:28.33
5 Elliot Williams	12 Pontypridd	1:28.51
6 Tobias Hunt	12 Bridgend	1:29.27
7 Owain Cook	13 Bridgend	1:30.76
8 Dylan Broom	12 Torfaen Dlophins	1:31.01
9 Kai Bradbury	12 Blaenavon	1:32.76
10 Jack Bennett	12 Torfaen Dlophins	1:33.33
11 Connor Norris	13 Caerphilly	1:36.02
12 Elliot J Cooper	12 CoCardiff	1:40.68
13 Jarred Pain	13 Pontypridd	1:40.82
14 Rhys Morgans	13 Caerphilly	1:40.97
15 Callum M Shepherdson	12 Torfaen Dlophins	1:41.86
16 Dominic J Rees	13 Rhondda	1:46.47
17 Luc Jones	12 Torfaen Dlophins	1:48.44

**Event 16 Girls 13-14 200 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Molly Street	14 Llantrisant	2:47.48
2 Bethan Horscroft-Preest	13 Llantrisant	3:06.53
3 Rebecca Meredith	13 Llantrisant	3:21.03

**Event 16 Girls 15 & Over 200 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Emma Sutton	15 Llantrisant	2:34.37
2 Emma Williams	16 Llantrisant	2:34.63
3 Carys Oliver	15 Llantrisant	2:47.07
4 Isobel Mogg	15 Heads/Valleys	2:50.62
--- Chloe Thomas	15 Rhondda	DQ
8.3 Movements of the legs not simultaneous		

**Event 17 Boys 14-15 200 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Joshua Taylor	14 Caerphilly	2:41.23
2 Liam Saunders	14 Heads/Valleys	2:44.41
3 Cameron Jenkins	14 Llantrisant	3:22.00

**Event 17 Boys 16 & Over 200 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Thomas Williams	16 CoCardiff	2:25.98

**Event 18 Girls 9-10 200 SC Meter Breaststroke**

Name	Age Team	Finals Time
1 Ella M Phillips	10 CoCardiff	3:46.73
2 Penny Evans	10 Llantrisant	3:47.43
3 Niamh Warrender	9 Torfaen Dlophins	3:49.74
4 Jennifer O'Callaghan	9 CoCardiff	3:51.02
5 Caitlin Jenkins	10 Caerphilly	3:57.63
6 Emma Rees	10 Chepstow	3:58.18
7 Ruby Coles	10 CoCardiff	3:59.70
8 Maisy Palin	9 Heads/Valleys	3:59.77

9 Lois Davies	10 Caerphilly	4:02.96
10 Immie B Thorne	10 Chepstow	4:03.47
11 Eilir Teagle	9 Merthyr	4:09.82
12 Catrin Nicholas	10 Bridgend	4:11.33
13 Mia Goddard	10 CoCardiff	4:15.13
14 Alyssa Norris	10 Caerphilly	4:18.16
15 Hattie Leaf	10 Chepstow	4:20.09
16 Aoife Tarpey	9 Bridgend	4:22.89
17 Orla Davies	9 CoCardiff	4:26.09
18 Becci De Torres	9 CoCardiff	4:28.81
19 Mali McGregor	10 Caerphilly	4:30.20
20 Connie A Mason	10 Newport	4:32.02
21 Ashleigh C Shepherdson	9 Torfaen Dlophins	4:34.06
22 Mari-Lois Jones	10 CoCardiff	4:52.69
23 Seren Cook	9 Bridgend	4:55.09
--- Ellie G Ward	9 Chepstow	DQ
7.4 Leg movements not simultaneous (alternating leg movement)		
--- Niamh Stork	9 CoCardiff	DQ
7.3 Hands brought back beyond hip line (except after 1st stroke following start)		
--- Joanna Foley	10 Merthyr	DQ
7.4 Leg movements not on the same plane		

**Event 18 Girls 11-12 200 SC Meter Breaststroke**

Name	Age Team	Finals Time
1 Shannon Harris	12 Blaenavon	3:32.00
2 Imogen Roberts	12 Caerphilly	3:36.72
3 Lily-May Hutchinson	11 CoCardiff	3:36.87
4 Jamie Clemett	12 Newport	3:37.50
5 Aisha M Walters	11 Merthyr	3:37.75
6 Emily C Chirighin	11 CoCardiff	3:37.77
7 Sophie Marsh	11 Merthyr	3:42.37
8 Grace Morgan	12 CoCardiff	3:43.25
9 Megan Dewar	11 Cwmbran	3:43.63
10 Mya Maiden	12 Merthyr	3:45.39
11 Megan Davies	11 Bridgend	3:46.07
12 Caitlin Walker	11 CoCardiff	3:46.32
13 Lucy Jenkins	11 Bridgend	3:46.85
14 Cerys Howard-Cook	12 CoCardiff	3:48.22
15 Arwen Teagle	12 Merthyr	3:52.42
16 Imogen Harrhy	11 Heads/Valleys	3:52.48
17 Jordan Noyes	12 Cwmbran	3:53.56
18 Caitlin Foley	12 Merthyr	3:56.31
19 Caitlin Morgans	11 Caerphilly	3:57.28
20 Elle Harris-Thomas	11 Chepstow	3:59.50
21 Harriet Kehl	11 Llantrisant	4:00.34
22 Sophie Snow	11 CoCardiff	4:04.88
23 Hannah Meredith	12 Pontypridd	4:13.59
24 Hannah Lenthall	11 Chepstow	4:22.22
--- Lucy Street	11 Llantrisant	DQ
7.4 Leg movements not on the same plane		
--- Seren R Jones	11 Newport	DQ
7.1 At turn or finish, more than one single arm stroke not followed by a breaststroke		
--- Awel Pike	11 Pontypridd	DQ
7.5 Executed alternating or downward dolphin kicks (except after start or turn)		
--- Rebecca Underwood	12 Cwmbran	DQ
7.3 Hands not brought back on or under surface of the water		
--- Amy Rowlands	12 CoCardiff	2:46.97
10.2 A swimmer did not cover the whole distance - DNF		

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## Event 19 Boys 9-11 200 SC Meter Breaststroke

Name	Age Team	Finals Time
1 Joe Davies	11 Torfaen Dlophins	3:35.79
2 James Morey	11 Llantrisant	3:43.51
3 Mark Szentpeteri	9 CoCardiff	3:43.75
4 Bobby Jones	11 Chepstow	3:51.57
5 Kyran Jones	11 Caerphilly	3:51.64
6 Jack Cubitt	11 Cwmbran	3:53.10
7 Michael O'Hanlon	11 CoCardiff	3:53.88
8 Jac Fernandez-John	11 Caerphilly	3:54.97
9 Lloyd O Jones	10 Merthyr	3:58.14
10 Griff Davies	9 Torfaen Dlophins	3:58.25
11 Daniel J Hall	11 Chepstow	4:04.96
12 Harry White	10 Chepstow	4:19.38
13 Ewan W Sayce	9 CoCardiff	4:36.66
14 Dafydd R John	10 Llantrisant	4:56.33
15 Ben Bastyan	11 Caerphilly	4:58.45

## Event 19 Boys 12-13 200 SC Meter Breaststroke

Name	Age Team	Finals Time
1 Luke Baker	12 Torfaen Dlophins	3:17.30
2 Jai B Tandon	12 Newport	3:22.79
3 Ben A Rees	12 Chepstow	3:26.91
4 Nathan Musgrove	13 Llantrisant	3:30.55
5 Ben G Dickson-Jardine	13 Bridgend	3:31.29
6 Jake Sadler	13 Cwmbran	3:32.04
7 Samuel Taylor	12 Caerphilly	3:32.94
8 Joshua Mullins	13 Merthyr	3:36.45
9 Kai Bradbury	12 Blaenavon	3:39.07
10 Nick Vaughan	13 Blaenavon	3:40.07
11 Connor Norris	13 Caerphilly	3:42.65
12 Elliot Williams	12 Pontypridd	3:57.16
13 Callum M Shepherdson	12 Torfaen Dlophins	4:00.24
--- Owain Cook	13 Bridgend	DQ

7.5 Executed alternating or downward dolphin kicks (except after start or turn)

## Event 20 Girls 13-14 100 SC Meter Freestyle

Name	Age Team	Finals Time
1 Grace Davies	14 Caerphilly	1:09.64
2 Hannah R Jones	13 Newport	1:10.03
3 Faye Warren	14 Llantrisant	1:10.09
4 Hannah Jenkins	13 Bridgend	1:10.72
5 Amy A Huntley	13 CoCardiff	1:12.65
6 Alicia Groves	13 Cwmbran	1:13.05
7 Rebecca Meredith	13 Llantrisant	1:13.52
8 Seren E Evans	13 CoCardiff	1:13.96
9 Sophia Morgan	14 Merthyr	1:14.41
10 Hannah Prothero	13 Torfaen Dlophins	1:15.09
11 Josephine Harris	13 CoCardiff	1:15.38
12 Ffion Jones	14 Bridgend	1:16.07
13 Jamimah Cook	13 Bridgend	1:16.65
14 Penelope Weir	14 CoCardiff	1:16.68
15 Branwen Draper	14 Rhondda	1:16.95
16 Lily Swain	13 CoCardiff	1:18.03
17 Ceri A Jones	13 Newport	1:18.20
18 Abigail Wallbank	13 Caerphilly	1:18.64
19 Lauren Terrell	13 Chepstow	1:20.05
20 Amy Hughes	13 Newport	1:20.14

21 Rhiannon Watkins	13 Blaenavon	1:20.39
22 Chloe Allford	14 Cwmbran	1:20.87
23 Leah Jones	13 Torfaen Dlophins	1:21.13
24 Sarah Jenkins	13 Bridgend	1:21.21
25 Harriet Millard	14 Rhondda	1:23.06
26 Bethany J Wiffen	13 Newport	1:26.61
27 Taylor Winter	13 Newport	1:27.60
28 Jessica Barnes	13 Merthyr	1:27.88
29 Emily Atkinson	13 Caerphilly	1:28.47
30 Abbie Thomas	13 Rhondda	1:37.52
--- Naomi Hills	13 CoCardiff	DQ

4.4 Start before starting signal

## Event 20 Girls 15 &amp; Over 100 SC Meter Freestyle

Name	Age Team	Finals Time
1 Cerys Dewar	15 Cwmbran	1:11.50
2 Phoebe Pennell	15 Bridgend	1:11.99
3 Lauren Tilley	16 CoCardiff	1:13.24
4 Emily M Farley	15 Caerphilly	1:13.66
5 Jayne Brown	21 Cwmbran	1:13.80
6 Emily R Morgan	15 Torfaen Dlophins	1:15.40
7 Chloe Thomas	15 Rhondda	1:17.97

## Event 21 Boys 14-15 100 SC Meter Freestyle

Name	Age Team	Finals Time
1 Garin Scammell	15 Blaenavon	1:04.08
2 Alex Elliott	15 Blaenavon	1:04.83
3 Luke Jones	14 Rhondda	1:06.63
4 Morgan James	14 Llantrisant	1:06.76
5 James Hunt-cosh	14 Heads/Valleys	1:07.01
6 Joshua Ivins	15 Cwmbran	1:10.40
7 Jamie Greenslade	14 Torfaen Dlophins	1:10.81
8 Gianluca Joseph	14 Heads/Valleys	1:11.14
9 Daniel Roberts	14 Caerphilly	1:12.93
10 Taqi Ali	14 CoCardiff	1:13.08
11 Joel Hill	14 Bridgend	1:13.96
12 Daniel Hughes	14 Caerphilly	1:14.60
13 Cameron Jenkins	14 Llantrisant	1:16.98
14 Michael Bastyan	14 Caerphilly	1:42.33

## Event 21 Boys 16 &amp; Over 100 SC Meter Freestyle

Name	Age Team	Finals Time
1 Twm Draper	16 Rhondda	1:08.65
2 Dylan Bridges	16 Llantrisant	1:08.74

## Event 22 Girls 9-10 800 SC Meter Freestyle

Name	Age Team	Finals Time
1 Morgana Moretti	10 CoCardiff	11:27.93
2 Bethan Witchell	10 CoCardiff	12:26.93
3 Eilir Teagle	9 Merthyr	13:06.74

## Event 22 Girls 11-12 800 SC Meter Freestyle

Name	Age Team	Finals Time
1 Cati Davies	12 Bridgend	11:09.17
2 Brooke Richards	11 Llantrisant	11:24.54
3 Lucy James	11 Torfaen Dlophins	11:28.29
4 Ocean Poultney-Maddy	11 Bridgend	11:37.86
5 Catrina Higgins	11 Heads/Valleys	11:40.74
6 Teoni Mason	11 Blaenavon	11:44.77
7 Laura Childs	11 CoCardiff	11:46.89



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**(Event 22 Girls 11-12 800 SC Meter Freestyle)**

Name	Age Team	Finals Time
8 Molly Palin	12 Heads/Valleys	12:18.43
9 Caitlin Walker	11 CoCardiff	12:27.58
10 Sophie Morgan	12 Llantrisant	12:37.52
*11 Arwen Teagle	12 Merthyr	13:43.21
*11 Harriet Kehl	11 Llantrisant	13:43.21

**Event 22 Girls 13-14 800 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Chloe Groves	14 Blaenavon	11:05.61
2 Seren E Evans	13 CoCardiff	11:05.99
3 Rebecca J Andrews	13 CoCardiff	11:23.63
4 Amy A Huntley	13 CoCardiff	11:47.04
5 Abigail Wallbank	13 Caerphilly	12:00.04
6 Penelope Weir	14 CoCardiff	12:24.67

**Event 22 Girls 15 & Over 800 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Millicent Payne	15 CoCardiff	10:50.43
2 Lucy Blyth	15 CoCardiff	11:37.41
3 Laura Crispie	15 CoCardiff	11:48.14

**Event 23 Boys 9-11 1500 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Tomos Savage- Taylor	11 Heads/Valleys	21:41.77
2 Joe Davies	11 Torfaen Dlophins	21:47.06

**Event 23 Boys 12-13 1500 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Shaye Parfitt	12 Heads/Valleys	19:43.20
2 Joshua Wakefield	13 Abertillery	19:59.06
3 Dafydd T Price	13 Torfaen Dlophins	20:57.74
4 Rhodri Jenkins	12 Merthyr	21:47.21
5 Joshua Thomas	12 Merthyr	23:53.49
6 Callum M Shepherdson	12 Torfaen Dlophins	24:43.33

**Event 23 Boys 14-15 1500 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Daniel O Jones	15 CoCardiff	18:31.36
2 Siôn L Bevan	14 CoCardiff	19:03.06
3 Brython Sansom	14 Newport	19:54.20

**Event 23 Boys 16 & Over 1500 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Stephen Waite	16 Newport	18:44.81
2 Daniel Thomas	16 Cwmbran	19:30.21

**Event 24 Girls 13-14 100 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Chloe Wilshire	13 Bridgend	1:17.86
2 Bethan Horscroft-Preest	13 Llantrisant	1:19.89
3 Anna K Meese	13 Newport	1:21.22
4 Rebecca Nelson	14 CoCardiff	1:24.48
5 Amelia Edmonds	14 Llantrisant	1:24.96
6 Grace Davies	14 Caerphilly	1:25.10
7 Eleanor Wixcey	14 Chepstow	1:29.83
8 Ffion Jones	14 Bridgend	1:30.36
9 Naomi Hills	13 CoCardiff	1:31.70
10 Alicia Groves	13 Cwmbran	1:32.26

11 Jamimah Cook	13 Bridgend	1:33.86
12 Penelope Weir	14 CoCardiff	1:34.70
13 Rhiannon Watkins	13 Blaenavon	1:36.65
14 Amy Hughes	13 Newport	1:38.87
15 Bethany J Wiffen	13 Newport	1:42.34
16 Chloe Allford	14 Cwmbran	1:42.69
17 Abbie Thomas	13 Rhondda	2:03.29
18 Jessica Barnes	13 Merthyr	2:12.40

**Event 24 Girls 15 & Over 100 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Cerys Dewar	15 Cwmbran	1:19.99
2 Melissa Edmonds	16 Llantrisant	1:23.42
3 Isobelle Shorte	17 CoCardiff	1:23.63
4 Paige Horsnell	20 Caerphilly	1:24.09
5 Ellie Brasher	15 Chepstow	1:26.95
6 Emily R Morgan	15 Torfaen Dlophins	1:27.76
7 Chloe Thomas	15 Rhondda	1:33.37
8 Emily M Farley	15 Caerphilly	1:36.08
9 Emily Smith	15 Caerphilly	1:38.56

**Event 25 Boys 14-15 100 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Morgan Sutton	15 Bridgend	1:11.00
2 Luke Robins	15 Llantrisant	1:11.52
3 Joshua Taylor	14 Caerphilly	1:11.59
4 Liam Saunders	14 Heads/Valleys	1:12.38
5 Evan Rayner	14 Llantrisant	1:13.70
6 Ethan Brown	15 Llantrisant	1:14.50
7 Gianluca Joseph	14 Heads/Valleys	1:23.59
8 Iestyn Francis	14 Llantrisant	1:26.14
9 Cameron Jenkins	14 Llantrisant	1:29.14
10 Daniel Roberts	14 Caerphilly	1:38.46
11 Michael Bastyan	14 Caerphilly	2:05.34
--- Danial Havard	15 Llantrisant	DQ

8.4 Finished or touched with both hands not simultaneous and separated

**Event 25 Boys 16 & Over 100 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Twm Draper	16 Rhondda	1:19.22
2 Daniel Thomas	16 Cwmbran	1:20.02
3 Dylan Bridges	16 Llantrisant	1:27.51

**Event 26 Girls 9-10 200 SC Meter Backstroke**

Name	Age Team	Finals Time
1 Eilir Teagle	9 Merthyr	3:18.80
2 Cerys A Rosser	9 Torfaen Dlophins	3:24.84
3 Emma Rees	10 Chepstow	3:25.72
4 Grace E Miles	10 Chepstow	3:27.41
5 Aoife Tarpey	9 Bridgend	3:31.24
6 Joanna Foley	10 Merthyr	3:36.06
7 Lottie Jones	9 Chepstow	3:36.93
8 Emma L Porter	10 Torfaen Dlophins	3:41.28
9 Hattie Leaf	10 Chepstow	3:43.99
10 Connie A Mason	10 Newport	3:53.06
11 Mia Goddard	10 CoCardiff	4:09.65
12 Mari-Lois Jones	10 CoCardiff	4:26.33
--- Lauren Whittaker	10 CoCardiff	DQ

6.2 Left position on the back (other than to initiate a turn)

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## Event 26 Girls 11-12 200 SC Meter Backstroke

Name	Age Team	Finals Time
1 Megan R Allison	11 Newport	2:48.55
2 Holly Evans	11 Bridgend	2:51.72
3 Angharad Nash	12 Torfaen Dlophins	2:53.27
4 Cati Davies	12 Bridgend	2:58.56
5 Sophie Morgan	12 Llantrisant	2:58.68
6 Mya Maiden	12 Merthyr	3:01.28
7 Alicia D Jones	11 Merthyr	3:03.66
8 Millie Bryce	11 Bridgend	3:04.84
9 Darcie Childs	12 Newport	3:04.88
10 Megan Harries	12 Merthyr	3:05.67
11 Aisha M Walters	11 Merthyr	3:07.82
12 Laura Paterson	12 Chepstow	3:07.92
13 Catrina Higgins	11 Heads/Valleys	3:08.36
14 Imogen Roberts	12 Caerphilly	3:09.04
15 Caitlin Foley	12 Merthyr	3:11.30
16 Heather C Smith	11 Heads/Valleys	3:16.57
17 Caitlin Walker	11 CoCardiff	3:17.73
18 Mia Russell	11 Chepstow	3:18.69
19 Arwen Teagle	12 Merthyr	3:25.01
20 Jessica Lewis	12 Llantrisant	3:26.73
21 Sophie Snow	11 CoCardiff	3:26.96
22 Megan Davies	11 Bridgend	3:27.16
23 Jessica Goold	11 Heads/Valleys	3:27.62
24 Emily C Chirighin	11 CoCardiff	3:28.28
25 Sophie Marsh	11 Merthyr	3:28.79
26 Catrin Grattidge	11 Llantrisant	3:32.98
27 Caitlin Morgans	11 Caerphilly	3:34.35
28 Harriet Kehl	11 Llantrisant	3:35.60
29 Ruth Oliver	11 CoCardiff	3:38.29
30 Rebecca Underwood	12 Cwmbran	3:47.27
--- Isobel Brown	11 CoCardiff	DQ
6.4 Not on back when leaving the wall		

## Event 27 Boys 9-11 200 SC Meter Backstroke

Name	Age Team	Finals Time
1 Benjamin Chooyin	11 Pontypridd	3:01.77
2 Joe Davies	11 Torfaen Dlophins	3:04.17
3 Jacob Cousins	11 Llantrisant	3:08.96
4 Lewis Griffiths	10 Bridgend	3:13.34
5 Cai Wardhaugh	9 CoCardiff	3:20.79
6 Jac Fernandez-John	11 Caerphilly	3:28.77
7 Jensen Coppen	11 Chepstow	3:31.67
8 Dafydd R John	10 Llantrisant	3:50.28
9 Rhys Lloyd	11 Llantrisant	3:50.58
10 Ben Roberts	10 Caerphilly	3:54.32
--- Tom Parry	10 Llantrisant	DQ
6.4 More than one single or double simultaneous arm pull used to initiate turn		
--- Ellis Jenkins	11 Llantrisant	DQ
6.2 Left position on the back (other than to initiate a turn)		
--- Tyler Collins	10 Llantrisant	DQ
4.4 Start before starting signal		

## Event 27 Boys 12-13 200 SC Meter Backstroke

Name	Age Team	Finals Time
1 Owen T Richards	13 Torfaen Dlophins	2:43.27
2 Ben G Dickson-Jardine	13 Bridgend	2:48.15

3 Samuel Taylor	12 Caerphilly	2:58.50
4 Rhodri Jenkins	12 Merthyr	2:59.41
5 Bradley Newman	12 CoCardiff	3:01.70
6 Conor Crispie	13 CoCardiff	3:01.76
7 Tobias Hunt	12 Bridgend	3:05.30
8 Nick Vaughan	13 Blaenavon	3:20.05
9 Lloyd Watkins	12 Cwmbran	3:37.62
--- Kai Bradbury	12 Blaenavon	DQ
6.4 More than one single or double simultaneous arm pull used to initiate turn		
--- Jack Cox	12 CoCardiff	DQ
6.2 Left position on the back (other than to initiate a turn)		

## Event 28 Girls 13-14 200 SC Meter Freestyle

Name	Age Team	Finals Time
1 Anna K Meese	13 Newport	2:27.84
2 Grace Davies	14 Caerphilly	2:34.68
3 Amy A Huntley	13 CoCardiff	2:35.21
4 Caitlyn Jones	14 Llantrisant	2:41.63
5 Hannah Prothero	13 Torfaen Dlophins	2:42.54
6 Naomi Hills	13 CoCardiff	2:47.04
7 Amy Hughes	13 Newport	2:47.07
8 Jamimah Cook	13 Bridgend	2:48.18
9 Abigail Wallbank	13 Caerphilly	2:48.72
10 Lily Swain	13 CoCardiff	2:49.71
11 Nia Brace	14 CoCardiff	2:54.02
12 Leah Jones	13 Torfaen Dlophins	2:54.14
13 Lauren Terrell	13 Chepstow	3:01.41
14 Jessica Barnes	13 Merthyr	3:08.42
15 Molly Shenstone	13 CoCardiff	3:09.58
16 Abbie Thomas	13 Rhondda	3:32.25

## Event 28 Girls 15 &amp; Over 200 SC Meter Freestyle

Name	Age Team	Finals Time
1 Neve Pennell	15 Bridgend	2:40.37
2 Emily M Farley	15 Caerphilly	2:43.05
3 Emily R Morgan	15 Torfaen Dlophins	2:43.31
4 Paige Horsnell	20 Caerphilly	2:44.90
5 Chloe Thomas	15 Rhondda	2:51.68
6 Emily Smith	15 Caerphilly	2:53.20

## Event 29 Boys 14-15 200 SC Meter Freestyle

Name	Age Team	Finals Time
1 Joshua Taylor	14 Caerphilly	2:17.01
2 Liam Saunders	14 Heads/Valleys	2:25.55
3 James Hunt-cosh	14 Heads/Valleys	2:27.01
4 Danial Havad	15 Llantrisant	2:28.10
5 Gianluca Joseph	14 Heads/Valleys	2:28.12
6 Iestyn Francis	14 Llantrisant	2:31.09
7 Jamie Greenslade	14 Torfaen Dlophins	2:36.18
8 Daniel Roberts	14 Caerphilly	2:37.14
9 Joel Hill	14 Bridgend	2:40.05
10 Daniel Hughes	14 Caerphilly	2:44.00
11 Taqi Ali	14 CoCardiff	2:52.99
12 Sasha Sharpe	15 Chepstow	3:03.91

## Event 29 Boys 16 &amp; Over 200 SC Meter Freestyle

Name	Age Team	Finals Time
1 Daniel Thomas	16 Cwmbran	2:15.61
2 Twm Draper	16 Rhondda	2:34.83

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**(Event 29 Boys 16 & Over 200 SC Meter Freestyle)**

Name	Age Team	Finals Time
3 Dylan Bridges	16 Llantrisant	2:36.03

**Event 30 Girls 9-10 100 SC Meter Breaststroke**

Name	Age Team	Finals Time
1 Niamh Warrender	9 Torfaen Dlophins	1:47.88
2 Bethan Beynon	10 CoCardiff	1:50.81
3 Jennifer O'Callaghan	9 CoCardiff	1:51.62
4 Jessica m Cowley	10 Torfaen Dlophins	1:52.07
5 Jasmine Ellis	9 Cwmbran	1:52.16
6 Rebecca Saunders	10 Heads/Valleys	1:52.53
7 Rose Griffiths	9 CoCardiff	1:52.69
8 Maisy Palin	9 Heads/Valleys	1:53.19
9 Ffion Rees	10 CoCardiff	1:53.68
10 Immie B Thorne	10 Chepstow	1:56.11
11 Alana Date	9 CoCardiff	1:56.62
12 Mia Goddard	10 CoCardiff	1:57.01
13 Arwen Stephens	9 CoCardiff	1:57.05
14 Ruby Davies	10 Bridgend	1:58.87
15 Alyssa Norris	10 Caerphilly	1:58.89
16 Eilir Teagle	9 Merthyr	2:00.85
17 Eden Brookes	10 Abertillery	2:00.95
18 Sofia Pritchard	9 Caerphilly	2:01.00
19 Chloe Protheroe	10 Bridgend	2:01.67
20 Elena Sadler	10 Cwmbran	2:02.54
21 Jessica Powell	9 Caerphilly	2:02.95
22 Isabel M Hallett	10 Chepstow	2:03.17
23 Mali McGregor	10 Caerphilly	2:04.18
24 Lowri S Skyrme	10 CoCardiff	2:04.40
25 Isabel Morgan	9 CoCardiff	2:04.70
26 Bella R Loughlin	10 Chepstow	2:05.90
27 Alyssa Baker	9 Torfaen Dlophins	2:05.93
28 Lauren Whittaker	10 CoCardiff	2:05.96
29 Isabelle E Tuck	9 Chepstow	2:06.07
30 Hattie Leaf	10 Chepstow	2:06.71
31 Megan Cheadle	9 CoCardiff	2:06.89
32 Beca Evans	10 CoCardiff	2:06.98
33 Orla Davies	9 CoCardiff	2:07.53
34 Becci De Torres	9 CoCardiff	2:07.87
35 Megan Farfarakis	10 Torfaen Dlophins	2:08.01
36 Zoe X Thomas	9 Bridgend	2:08.16
37 Mia Linehan	9 CoCardiff	2:08.44
38 Aoife Tarpey	9 Bridgend	2:09.09
39 Eleri Phillips	10 Newport	2:11.09
40 Grace Girling	9 CoCardiff	2:11.81
41 Carys Nash	9 Torfaen Dlophins	2:13.17
42 Amelia F Dark	10 Chepstow	2:13.65
43 Connie A Mason	10 Newport	2:14.51
44 Sofia Fernandez-John	9 Caerphilly	2:14.70
45 Ella-Mai Groves	10 Blaenavon	2:15.15
46 Mari-Lois Jones	10 CoCardiff	2:17.33
47 Ellie Rees	10 Caerphilly	2:18.39
48 Niamh Stork	9 CoCardiff	2:18.88
49 Melissa Downham	9 Chepstow	2:19.09
50 Chloe Mahoney	10 Merthyr	2:19.67
51 Caitlin McCallum	9 CoCardiff	2:21.93
52 Poppy Goggin-Jones	9 Merthyr	2:21.95

53 Caitlin Legg	9 Caerphilly	2:23.03
54 Imogen De Lange	10 CoCardiff	2:23.99
55 Zoe J Foster	9 Chepstow	2:24.47
56 Mali Whitty	9 CoCardiff	2:27.55
57 Libby Shaddick	9 Caerphilly	2:31.75
--- Ashleigh C Shepherdson	9 Torfaen Dlophins	DQ
7.4 Head not breaking surface during stroke cycle (except after start or turn)		
--- Ellie G Ward	9 Chepstow	DQ
7.2 Arm movements not simultaneous or not in the same horizontal plane		
--- Aimee Potter	9 Newport	DQ
7.2 Arm movements not simultaneous or not in the same horizontal plane		
--- Laura Kwiatkowska	10 Chepstow	DQ
7.3 Hands brought back beyond hip line (except after 1st stroke following start)		
--- Caitlyn S Crisp	10 CoCardiff	DQ
7.6 Touch not simultaneous and/or hands not separated		
--- Katherine George	9 CoCardiff	DQ
4.4 Start before starting signal		
--- Isobel R Dallyn	9 Chepstow	DQ
7.6 Did not touch at turn or finish with both hands		
--- Seren Cook	9 Bridgend	DQ
7.4 Leg movements not simultaneous (alternating leg movement)		

**Event 30 Girls 11-12 100 SC Meter Breaststroke**

Name	Age Team	Finals Time
1 Amber Todd	12 CoCardiff	1:36.63
2 Molly Palin	12 Heads/Valleys	1:37.24
3 Catrina Higgins	11 Heads/Valleys	1:37.66
4 Shannon Harris	12 Blaenavon	1:38.95
5 Rebecca Klappholz	12 Heads/Valleys	1:39.53
6 Alicia Geen	11 Cwmbran	1:40.21
7 Jamie Clemett	12 Newport	1:40.24
8 Addie Parr	11 Newport	1:40.41
9 Lily-May Hutchinson	11 CoCardiff	1:42.36
10 Lucy Street	11 Llantrisant	1:43.19
11 Imogen Roberts	12 Caerphilly	1:43.47
12 Brooke Richards	11 Llantrisant	1:44.23
13 Rebecca Thorne	11 Cwmbran	1:44.76
14 Megan Harries	12 Merthyr	1:44.85
15 Evie Wilkins	12 Heads/Valleys	1:45.10
16 Sophie Marsh	11 Merthyr	1:45.14
17 Cerys Davies	11 Cwmbran	1:45.69
18 Holly Evans	11 Bridgend	1:45.71
19 Jodie Powell	12 Torfaen Dlophins	1:46.27
20 Aimee Freegard	11 Pontypridd	1:46.55
21 Emily C Chirighin	11 CoCardiff	1:46.66
22 Manon Elliott	12 Llantrisant	1:46.81
23 Jordan Noyes	12 Cwmbran	1:46.88
24 Lucy Jenkins	11 Bridgend	1:46.92
25 Megan Davies	11 Bridgend	1:47.06
26 Amy Rowlands	12 CoCardiff	1:47.17
27 Francesca Weir	12 CoCardiff	1:47.29
28 Lara Robotham	11 Bridgend	1:47.33
29 Amy Thomas	11 Bridgend	1:47.49
30 Caitlin Morgans	11 Caerphilly	1:47.61
31 Cerys Howard-Cook	12 CoCardiff	1:47.62
32 Megan Dewar	11 Cwmbran	1:47.64
33 Alicia D Jones	11 Merthyr	1:47.72
34 Mya Maiden	12 Merthyr	1:48.91

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**(Event 30 Girls 11-12 100 SC Meter Breaststroke)**

Name	Age Team	Finals Time
35 Lauren P Evans	12 Bridgend	1:49.29
*36 Laura Paterson	12 Chepstow	1:49.53
*36 Mair McRae	11 Blaenavon	1:49.53
38 Sophie Morgan	12 Llantrisant	1:50.30
39 Sophie Holloran	11 CoCardiff	1:51.34
40 Elle Harris-Thomas	11 Chepstow	1:51.57
41 Imogen Harrhy	11 Heads/Valleys	1:51.97
42 Lucy Brown	11 Heads/Valleys	1:52.46
43 Heather C Smith	11 Heads/Valleys	1:52.55
44 Isabel Bigham	12 Torfaen Dlophins	1:52.60
45 Martha Stallard	11 CoCardiff	1:53.44
46 Loren Fox	11 Caerphilly	1:53.60
47 Harriet Kehl	11 Llantrisant	1:53.92
48 Arwen Teagle	12 Merthyr	1:53.99
49 Mair E Brace	12 CoCardiff	1:54.30
50 Ruby Kelly	11 Newport	1:55.07
51 Isobel Brown	11 CoCardiff	1:56.28
52 Isabelle Evren	12 Torfaen Dlophins	1:56.41
53 Sophie Snow	11 CoCardiff	1:57.11
54 Ffion H Richards	11 CoCardiff	1:59.29
55 Ruth Oliver	11 CoCardiff	2:00.06
56 Jessica Goold	11 Heads/Valleys	2:02.19
57 Freya Durban	11 Abertillery	2:03.15
58 Lowri Horscroft-Preest	11 Llantrisant	2:04.18
59 Hannah Lenthall	11 Chepstow	2:04.40
60 Seren R Jones	11 Newport	2:04.47
61 Ffion Reilly	12 Llantrisant	2:05.23
62 Catrin Grattidge	11 Llantrisant	2:08.53
--- Abbie Legg	11 Caerphilly	DQ
4.4 Start before starting signal		
--- Libby Annetts	11 Torfaen Dlophins	DQ
7.6 Did not touch at turn or finish with both hands		

**Event 31 Boys 9-11 100 SC Meter Breaststroke**

Name	Age Team	Finals Time
1 Euan J Harvey	11 Newport	1:40.22
2 Benjamin Chooyin	11 Pontypridd	1:42.60
3 Joe Davies	11 Torfaen Dlophins	1:43.01
4 Michael O'Hanlon	11 CoCardiff	1:45.58
5 Jensen Coppen	11 Chepstow	1:45.62
6 William Colmsee	11 CoCardiff	1:48.73
7 Sam Sadler	11 Cwmbran	1:48.86
8 Jack Cubitt	11 Cwmbran	1:49.34
9 Bobby Jones	11 Chepstow	1:50.08
10 Tomos Savage- Taylor	11 Heads/Valleys	1:50.39
11 Griff Davies	9 Torfaen Dlophins	1:50.65
12 Will Couston	11 CoCardiff	1:50.84
13 Jac Fernandez-John	11 Caerphilly	1:51.80
14 Jacob Cousins	11 Llantrisant	1:53.28
15 Afshin Salehi-Reyhani	10 Cwmbran	1:54.97
16 Jonathan Kerl	11 Newport	1:58.66
17 Ellis Smith	11 Heads/Valleys	1:59.32
18 Kian O Connell	11 Heads/Valleys	2:02.17
19 Kaden Edwards	9 CoCardiff	2:07.34
20 Finnley Johnson	10 Newport	2:08.01
21 Charlie Harries	10 Merthyr	2:08.80

22 Ewan W Sayce	9 CoCardiff	2:09.01
23 Tom Parry	10 Llantrisant	2:11.19
24 Lewys Beacham	9 Blaenavon	2:11.33
25 Thomas Melvin	9 CoCardiff	2:15.91
26 Ben Bastyan	11 Caerphilly	2:17.96
27 Ben Roberts	10 Caerphilly	2:22.11
28 Dafydd R John	10 Llantrisant	2:26.70
29 Rhys Jones	9 Caerphilly	2:26.90
30 Rhys Lloyd	11 Llantrisant	2:44.33
31 Joseph Barnes	9 Merthyr	2:50.42
--- Rhys Nixon	10 CoCardiff	DQ
7.6 Did not touch at turn or finish with both hands		
--- Mason Parfitt	10 Heads/Valleys	DQ
7.3 Hands not brought back on or under surface of the water		
--- David Lewis	10 Merthyr	DQ
4.4 Start before starting signal		
--- Mark Szentpeteri	9 CoCardiff	DQ
7.6 Touch not simultaneous and/or hands not separated		
--- Aveneesh Shah	9 CoCardiff	DQ
7.2 Stroke cycle not one arm stroke to one leg kick excluding last single arm		
--- Rhydian Cook-Jones	11 CoCardiff	DQ
4.4 Start before starting signal		

**Event 31 Boys 12-13 100 SC Meter Breaststroke**

Name	Age Team	Finals Time
1 Rhys Morgans	13 Caerphilly	1:30.34
2 Matthew Hughes	13 Newport	1:31.96
3 Ioan Evans	12 Bridgend	1:32.03
4 Danny Chim	12 Bridgend	1:34.13
5 Jamie Parkinson	13 Torfaen Dlophins	1:36.19
6 Owain Cook	13 Bridgend	1:36.41
7 Ben A Rees	12 Chepstow	1:36.58
8 Nathan Musgrove	13 Llantrisant	1:36.63
9 Evan Cooper	12 Abertillery	1:37.46
10 Samuel Taylor	12 Caerphilly	1:39.39
11 Harry Townsend	13 Torfaen Dlophins	1:41.20
12 Kai Bradbury	12 Blaenavon	1:41.64
13 Ben G Dickson-Jardine	13 Bridgend	1:42.16
14 Conor Crispie	13 CoCardiff	1:43.03
15 Connor Norris	13 Caerphilly	1:43.67
16 Josh Greenslade	13 Torfaen Dlophins	1:43.92
17 Jack Cox	12 CoCardiff	1:44.47
18 Joshua Thomas	12 Merthyr	1:46.40
19 Thomas Buttle	12 CoCardiff	1:47.54
20 Elliot Williams	12 Pontypridd	1:48.00
21 Joel Gilbert	12 Abertillery	1:49.65
22 Ollie Davies	13 Chepstow	1:52.44
23 Lloyd Watkins	12 Cwmbran	1:53.36
24 Ieuan t Davies	12 Pontypridd	1:54.85
25 Luc Jones	12 Torfaen Dlophins	1:59.47
26 Jacob Back	13 Caerphilly	2:13.17

**Event 32 Girls 9-10 400 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Caitlin Coss	9 Bridgend	5:49.86
2 Jessica m Cowley	10 Torfaen Dlophins	6:01.44
3 Bethan Beynon	10 CoCardiff	6:21.78
4 Tamzin Jones	10 Llantrisant	6:24.91

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**(Event 32 Girls 9-10 400 SC Meter Freestyle)**

Name	Age Team	Finals Time
5 Eilir Teagle	9 Merthyr	6:25.62
6 Penny Evans	10 Llantrisant	6:28.59
7 Eden Brookes	10 Abertillery	6:44.14
8 Ella M Phillips	10 CoCardiff	6:52.55

**Event 32 Girls 11-12 400 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Freya Watson	12 Heads/Valleys	5:15.50
2 Jessica Rutter	11 CoCardiff	5:27.30
3 Lucy James	11 Torfaen Dlophins	5:44.71
4 Helen Lewis	11 Merthyr	5:48.89
5 Mya Maiden	12 Merthyr	5:50.90
6 Darcie Childs	12 Newport	5:55.32
7 Caitlin Walker	11 CoCardiff	5:55.38
8 Georgia Withey	12 Abertillery	5:58.22
9 Caitlin Foley	12 Merthyr	6:07.76
10 Sophie Morgan	12 Llantrisant	6:10.85
11 Angharad Oliver	12 Llantrisant	6:18.88
12 Charlie Baldwin	11 Torfaen Dlophins	6:24.57
13 Lucy Street	11 Llantrisant	6:25.30
14 Sophie Holloran	11 CoCardiff	6:27.06
15 Cerys Howard-Cook	12 CoCardiff	6:32.49
16 Arwen Teagle	12 Merthyr	6:33.25
17 Sophie Snow	11 CoCardiff	6:45.04
18 Madeleine Payne	11 CoCardiff	6:54.92
19 Loren Fox	11 Caerphilly	7:01.30
20 Harriet Kehl	11 Llantrisant	7:02.73
21 Ruth Oliver	11 CoCardiff	7:51.35

**Event 32 Girls 13-14 400 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Katie Melvin	13 CoCardiff	5:22.64
2 Seren Matthews	14 Blaenavon	5:25.48
3 Molly Jones	14 Llantrisant	5:36.08
4 Abigail Wallbank	13 Caerphilly	5:48.25
5 Josephine Harris	13 CoCardiff	5:49.45
6 Branwen Draper	14 Rhondda	5:53.11
7 Penelope Weir	14 CoCardiff	6:01.15
8 Nia Brace	14 CoCardiff	6:08.26
9 Leah Jones	13 Torfaen Dlophins	6:21.62
10 Molly Shenstone	13 CoCardiff	6:22.70

**Event 32 Girls 15 & Over 400 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Lauren Tilley	16 CoCardiff	5:28.75

**Event 33 Boys 14-15 100 SC Meter Backstroke**

Name	Age Team	Finals Time
1 Owain Powell	15 Torfaen Dlophins	1:10.81
2 Ethan Brown	15 Llantrisant	1:12.72
3 Liam Saunders	14 Heads/Valleys	1:14.22
4 Adam Musgrove	15 Llantrisant	1:14.26
5 Danial Havard	15 Llantrisant	1:15.86
6 Matthew Brooksbank	14 CoCardiff	1:16.08
7 Evan Rayner	14 Llantrisant	1:16.36
8 Joshua Taylor	14 Caerphilly	1:18.66
9 Jamie Greenslade	14 Torfaen Dlophins	1:20.80

10 Iestyn Francis	14 Llantrisant	1:22.68
11 Cameron Jenkins	14 Llantrisant	1:23.35
12 Gianluca Joseph	14 Heads/Valleys	1:26.61
13 Daniel Hughes	14 Caerphilly	1:30.28
14 Daniel Roberts	14 Caerphilly	1:31.40
15 Michael Bastyan	14 Caerphilly	1:58.87
--- Morgan Sutton	15 Bridgend	DQ

6.3 Totally submerged, (except for first 15m following the start or turn)

**Event 33 Boys 16 & Over 100 SC Meter Backstroke**

Name	Age Team	Finals Time
1 Lewis J Clare	16 Llantrisant	1:09.95
2 Twm Draper	16 Rhondda	1:22.96

**Event 34 Girls 13-14 100 SC Meter Backstroke**

Name	Age Team	Finals Time
1 Amelia Edmonds	14 Llantrisant	1:19.00
2 Eleri X Davies	13 Bridgend	1:19.09
3 Chloe Wilshire	13 Bridgend	1:19.33
4 Molly Jones	14 Llantrisant	1:21.04
5 Olivia Murray	14 CoCardiff	1:22.11
6 Faye Warren	14 Llantrisant	1:22.29
7 Jamimah Cook	13 Bridgend	1:23.06
8 Grace Davies	14 Caerphilly	1:23.37
9 Hannah Prothero	13 Torfaen Dlophins	1:24.22
10 Caitlyn Jones	14 Llantrisant	1:24.65
11 Seren E Evans	13 CoCardiff	1:25.10
12 Hannah R Jones	13 Newport	1:25.30
13 Ceri A Jones	13 Newport	1:27.52
14 Lauren Terrell	13 Chepstow	1:28.07
15 Seren Matthews	14 Blaenavon	1:28.27
16 Ffion Jones	14 Bridgend	1:28.70
17 Branwen Draper	14 Rhondda	1:30.62
18 Chloe Allford	14 Cwmbran	1:31.00
19 Rhiannon Watkins	13 Blaenavon	1:31.09
20 Taylor Winter	13 Newport	1:32.97
21 Abigail Wallbank	13 Caerphilly	1:33.55
22 Amy Hughes	13 Newport	1:34.27
23 Jessica Barnes	13 Merthyr	1:38.53
--- Josephine Harris	13 CoCardiff	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		
--- Bethany J Wiffen	13 Newport	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		
--- Leah Jones	13 Torfaen Dlophins	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		
--- Abbie Thomas	13 Rhondda	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		

**Event 34 Girls 15 & Over 100 SC Meter Backstroke**

Name	Age Team	Finals Time
1 Jasmine Newman	15 CoCardiff	1:19.13
2 Ellie Brasher	15 Chepstow	1:23.41
3 Paige Horsnell	20 Caerphilly	1:25.52
4 Emily M Farley	15 Caerphilly	1:26.07
5 Emily R Morgan	15 Torfaen Dlophins	1:29.20
6 Emily Smith	15 Caerphilly	1:34.14
--- Chloe Thomas	15 Rhondda	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		

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**(Event 34 Girls 15 & Over 100 SC Meter Backstroke)**

Name	Age Team	Finals Time
--- Neve Pennell	15 Bridgend	DQ
6.4 More than one single or double simultaneous arm pull used to initiate tur		

**Event 35 Boys 12-13 200 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Ben S Holloway	13 Newport	2:48.00
2 Dafydd T Price	13 Torfaen Dlophins	2:51.10
3 Harry Townsend	13 Torfaen Dlophins	3:03.56

**Event 36 Girls 9-10 200 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Eilir Teagle	9 Merthyr	4:14.84
2 Immie B Thorne	10 Chepstow	4:29.06

**Event 36 Girls 11-12 200 SC Meter Butterfly**

Name	Age Team	Finals Time
1 Megan R Allison	11 Newport	2:52.02
2 Niamh Randell	12 Llantrisant	3:00.95
3 Meg Warrender	12 Torfaen Dlophins	3:01.05
4 Megan Harries	12 Merthyr	3:07.82
5 Emily Jenkins	12 Bridgend	3:15.90

**Event 37 Boys 14-15 200 SC Meter Breaststroke**

Name	Age Team	Finals Time
1 Morgan Sutton	15 Bridgend	2:52.68
2 James Hunt-cosh	14 Heads/Valleys	2:59.78
3 Siôn L Bevan	14 CoCardiff	3:02.39
4 Liam Saunders	14 Heads/Valleys	3:07.09
5 Jamie Greenslade	14 Torfaen Dlophins	3:21.45
6 Joel Hill	14 Bridgend	3:29.76
7 Michael Bastyan	14 Caerphilly	4:14.78

**Event 37 Boys 16 & Over 200 SC Meter Breaststroke**

Name	Age Team	Finals Time
1 Rory Talbot	17 Chepstow	3:08.37

**Event 38 Girls 13-14 200 SC Meter Breaststroke**

Name	Age Team	Finals Time
1 Chloe Wilshire	13 Bridgend	3:08.85
2 Alicia Groves	13 Cwmbran	3:10.50
3 Olivia Murray	14 CoCardiff	3:12.69
4 Sophia Morgan	14 Merthyr	3:17.89
5 Celyn L Beard	13 Torfaen Dlophins	3:18.90
6 Chloe Groves	14 Blaenavon	3:19.29
7 Amy A Huntley	13 CoCardiff	3:20.70
8 Molly Jones	14 Llantrisant	3:21.70
9 Caitlyn Jones	14 Llantrisant	3:27.69
10 Lily Swain	13 CoCardiff	3:28.08
11 Seren E Evans	13 CoCardiff	3:29.15
12 Seren Matthews	14 Blaenavon	3:30.88
13 Taylor Winter	13 Newport	3:34.82
14 Amelia Edmonds	14 Llantrisant	3:34.99
15 Amy Hughes	13 Newport	3:35.46
16 Abigail Wallbank	13 Caerphilly	3:39.12
17 Molly Shenstone	13 CoCardiff	3:46.68

**Event 38 Girls 15 & Over 200 SC Meter Breaststroke**

Name	Age Team	Finals Time
1 Hannah Thomas	15 Merthyr	3:06.53
2 Louisa L Thomas	15 Bridgend	3:15.18
3 Phoebe Pennell	15 Bridgend	3:19.74
4 Emily Smith	15 Caerphilly	4:01.96

**Event 39 Boys 9-11 100 SC Meter Freestyle**

Name	Age Team	Finals Time
1 Iwan Jones	11 Blaenavon	1:15.24
2 Tomos Savage- Taylor	11 Heads/Valleys	1:15.81
3 Osian Phinnemore	9 Bridgend	1:17.11
4 Lewis Griffiths	10 Bridgend	1:18.33
5 Owen Leach	10 Bridgend	1:18.48
6 Jacob Cousins	11 Llantrisant	1:18.94
7 Will Couston	11 CoCardiff	1:20.66
8 Jack Cubitt	11 Cwmbran	1:22.08
9 William Colmsee	11 CoCardiff	1:23.40
10 Harrison Hayes	11 Newport	1:24.20
11 Jac Fernandez-John	11 Caerphilly	1:25.19
12 Sam Sadler	11 Cwmbran	1:25.79
13 Ellis Smith	11 Heads/Valleys	1:27.12
14 Jensen Coppen	11 Chepstow	1:27.24
15 Lloyd O Jones	10 Merthyr	1:27.45
16 Tyler Harris	10 Torfaen Dlophins	1:27.61
17 Mason Parfitt	10 Heads/Valleys	1:28.67
18 Michael O'Hanlon	11 CoCardiff	1:29.57
19 Eddie Watkins	11 Blaenavon	1:29.79
20 Sam Thackray	9 Blaenavon	1:30.24
21 Euan J Harvey	11 Newport	1:31.07
22 Cai Wardhaugh	9 CoCardiff	1:31.23
23 Griff Davies	9 Torfaen Dlophins	1:33.36
24 Ben Langdon	10 Newport	1:33.62
25 Ellis Jenkins	11 Llantrisant	1:34.54
26 Kian O Connell	11 Heads/Valleys	1:34.75
27 David Lewis	10 Merthyr	1:35.47
28 Ben Roberts	10 Caerphilly	1:35.69
29 Rhys Jones	9 Caerphilly	1:35.84
30 Bobby Jones	11 Chepstow	1:36.69
31 Rhydian Cook-Jones	11 CoCardiff	1:37.52
32 Finnley Johnson	10 Newport	1:37.99
33 Afshin Salehi-Reyhani	10 Cwmbran	1:38.63
34 Tyler Collins	10 Llantrisant	1:39.49
35 Rhys Lloyd	11 Llantrisant	1:39.87
36 Ewan W Sayce	9 CoCardiff	1:40.34
37 Dafydd R John	10 Llantrisant	1:41.98
38 Rhys Nixon	10 CoCardiff	1:43.02
39 Lewys Beacham	9 Blaenavon	1:43.10
40 Jonathan Kerl	11 Newport	1:43.14
41 Thomas-Lyndon Evans	10 CoCardiff	1:46.69
42 Aveneesh Shah	9 CoCardiff	1:49.53
43 Thomas Melvin	9 CoCardiff	1:52.82
44 Joseph Barnes	9 Merthyr	2:03.14
--- Kaden Edwards	9 CoCardiff	DQ
4.4 Start before starting signal		
--- Ben Bastyan	11 Caerphilly	DNF
10.2 A swimmer did not cover the whole distance – DNF		

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## Event 39 Boys 12-13 100 SC Meter Freestyle

Name	Age Team	Finals Time
1 Evan Cooper	12 Abertillery	1:11.16
2 Conor Crispie	13 CoCardiff	1:12.69
3 Rhys Morgans	13 Caerphilly	1:13.43
4 Nathan Musgrove	13 Llantrisant	1:15.90
5 Owain Cook	13 Bridgend	1:15.97
6 Dylan Broom	12 Torfaen Dlophins	1:15.99
7 Samuel Taylor	12 Caerphilly	1:16.20
8 Nick Vaughan	13 Blaenavon	1:17.72
9 Connor Norris	13 Caerphilly	1:18.54
10 Joshua Thomas	12 Merthyr	1:18.70
11 Joel Gilbert	12 Abertillery	1:19.36
12 Julian Roland	12 Chepstow	1:20.36
13 Jack Cox	12 CoCardiff	1:22.85
14 Jack Bennett	12 Torfaen Dlophins	1:22.99
15 Ieuan t Davies	12 Pontypridd	1:25.37
16 Thomas Buttle	12 CoCardiff	1:25.94
17 Alex Matthews	12 Blaenavon	1:26.72
18 Ollie Davies	13 Chepstow	1:30.83
19 Jacob Back	13 Caerphilly	1:32.84
20 Luc Jones	12 Torfaen Dlophins	1:33.15
--- Lloyd Watkins	12 Cwmbran	DQ
5.2 Did not touch the wall at the turn or finish		

## Event 40 Girls 9-10 100 SC Meter Freestyle

Name	Age Team	Finals Time
1 Becci De Torres	9 CoCardiff	1:23.58
2 Eden Brookes	10 Abertillery	1:27.05
3 Alyssa Norris	10 Caerphilly	1:27.56
4 Cerys A Rosser	9 Torfaen Dlophins	1:27.95
5 Ella M Phillips	10 CoCardiff	1:27.98
6 Niamh Warrender	9 Torfaen Dlophins	1:28.07
7 Jasmine Ellis	9 Cwmbran	1:28.14
8 Hannah Nicholls	9 Caerphilly	1:29.05
9 Aoife Tarpey	9 Bridgend	1:30.09
10 Ruby Davies	10 Bridgend	1:30.61
11 Hattie Leaf	10 Chepstow	1:31.09
12 Mia Goddard	10 CoCardiff	1:31.60
13 Alana Date	9 CoCardiff	1:31.92
14 Lauren Whittaker	10 CoCardiff	1:32.08
15 Jessica Powell	9 Caerphilly	1:32.31
16 Alyssa Baker	9 Torfaen Dlophins	1:32.43
17 Emma L Porter	10 Torfaen Dlophins	1:33.64
18 Beca Evans	10 CoCardiff	1:33.80
19 Caitlyn S Crisp	10 CoCardiff	1:34.19
20 Lowri S Skyrme	10 CoCardiff	1:34.42
21 Immie B Thorne	10 Chepstow	1:35.22
22 Maisy Palin	9 Heads/Valleys	1:35.28
23 Rebecca Saunders	10 Heads/Valleys	1:35.57
24 Ruby Coles	10 CoCardiff	1:35.99
25 Jennifer O'Callaghan	9 CoCardiff	1:36.10
26 Arwen Stephens	9 CoCardiff	1:36.45
27 Isabel Morgan	9 CoCardiff	1:36.70
28 Ffion Rees	10 CoCardiff	1:37.18
29 Lauren A French	10 Heads/Valleys	1:37.30
30 Rose Griffiths	9 CoCardiff	1:37.71

31 Libby K Newell	10 Newport	1:38.18
32 Eleri Phillips	10 Newport	1:38.50
33 Isabel M Hallett	10 Chepstow	1:38.90
34 Megan Farfarakis	10 Torfaen Dlophins	1:39.05
35 Zoe X Thomas	9 Bridgend	1:39.06
36 Katherine George	9 CoCardiff	1:39.16
37 Elena Sadler	10 Cwmbran	1:39.65
38 Ellie Rees	10 Caerphilly	1:39.90
39 Joanna Foley	10 Merthyr	1:39.99
40 Mali McGregor	10 Caerphilly	1:41.65
41 Ashleigh C Shepherdson	9 Torfaen Dlophins	1:42.06
42 Amelia F Dark	10 Chepstow	1:42.31
43 Ella-Mai Groves	10 Blaenavon	1:42.49
44 Sofia Fernandez-John	9 Caerphilly	1:43.29
45 Lottie Jones	9 Chepstow	1:43.30
46 Sofia Pritchard	9 Caerphilly	1:43.32
47 Mari-Lois Jones	10 CoCardiff	1:44.55
48 Caitlin McCallum	9 CoCardiff	1:46.24
49 Isobel R Dallyn	9 Chepstow	1:47.04
50 McKenzie L Johnston	10 Newport	1:47.34
51 Chloe Mahoney	10 Merthyr	1:47.44
52 Lucy E Beynon	10 Chepstow	1:47.81
53 Orla Davies	9 CoCardiff	1:47.93
54 Megan Cheadle	9 CoCardiff	1:49.41
55 Grace Girling	9 CoCardiff	1:49.76
56 Bella R Loughlin	10 Chepstow	1:50.04
57 Caitlin Legg	9 Caerphilly	1:50.73
58 Imogen De Lange	10 CoCardiff	1:51.70
59 Melissa Downham	9 Chepstow	1:52.10
60 Poppy Goggin-Jones	9 Merthyr	1:52.24
61 Mali Whitty	9 CoCardiff	1:52.56
62 Libby Shaddick	9 Caerphilly	1:55.02
63 Seren Cook	9 Bridgend	1:57.38
64 Niamh Stork	9 CoCardiff	1:57.47
65 Zoe J Foster	9 Chepstow	1:58.17
66 Carys Nash	9 Torfaen Dlophins	1:58.21
67 Mia Linehan	9 CoCardiff	2:01.67
68 Florence I Worgan	9 Chepstow	2:06.05
69 Aimee Potter	9 Newport	2:17.49
--- Laura Kwiatkowska	10 Chepstow	DQ
4.4 Start before starting signal		
--- Isabelle E Tuck	9 Chepstow	DQ
4.4 Start before starting signal		
--- Katie Muller	10 Caerphilly	DQ
5.2 Did not touch the wall at the turn or finish		

## Event 40 Girls 11-12 100 SC Meter Freestyle

Name	Age Team	Finals Time
*1 Lowri Powell	12 Torfaen Dlophins	1:14.89
*1 Millie Bryce	11 Bridgend	1:14.89
3 Isobel Brown	11 CoCardiff	1:15.57
4 Abbie Melhuish	12 Newport	1:15.64
5 Evie Wilkins	12 Heads/Valleys	1:16.25
6 Mya Maiden	12 Merthyr	1:16.53
7 Fizz L Harper	12 Chepstow	1:16.98
8 Angharad Nash	12 Torfaen Dlophins	1:17.17
9 Abbie Legg	11 Caerphilly	1:17.79
10 Jamie Clemett	12 Newport	1:18.02

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**(Event 40 Girls 11-12 100 SC Meter Freestyle)**

Name	Age Team	Finals Time
11 Rebecca Klappholz	12 Heads/Valleys	1:18.78
12 Amy Rowlands	12 CoCardiff	1:19.26
13 Lauren Harry	11 Bridgend	1:19.41
14 Angharad Oliver	12 Llantrisant	1:19.52
15 Ruby Kelly	11 Newport	1:20.00
16 Charlie Baldwin	11 Torfaen Dlophins	1:20.09
17 Lucy Brown	11 Heads/Valleys	1:20.18
18 Elle Harris-Thomas	11 Chepstow	1:20.35
19 Eve Davies	12 Bridgend	1:20.81
20 Emily C Chirighin	11 CoCardiff	1:20.99
21 Charlie-Ann Johnson	11 Cwmbran	1:21.13
22 Isabelle Evren	12 Torfaen Dlophins	1:21.72
23 Rebecca Thorne	11 Cwmbran	1:22.02
24 Aimee Freegard	11 Pontypridd	1:22.12
25 Jodie Powell	12 Torfaen Dlophins	1:22.72
26 Sophie Marsh	11 Merthyr	1:22.77
27 Jordan Noyes	12 Cwmbran	1:23.09
28 Alicia Geen	11 Cwmbran	1:23.59
29 Lauren P Evans	12 Bridgend	1:24.02
30 Mia Russell	11 Chepstow	1:24.19
31 Laura Paterson	12 Chepstow	1:24.47
32 Cerys Howard-Cook	12 CoCardiff	1:25.15
33 Arwen Teagle	12 Merthyr	1:25.49
34 Megan Davies	11 Bridgend	1:25.72
35 Amber Todd	12 CoCardiff	1:25.81
36 Lily-May Hutchinson	11 CoCardiff	1:26.00
37 Megan Dewar	11 Cwmbran	1:26.41
38 Sophie Holloran	11 CoCardiff	1:26.85
39 Freya Durban	11 Abertillery	1:26.98
40 Heather C Smith	11 Heads/Valleys	1:27.22
41 Holly Flood	11 Llantrisant	1:27.25
42 Lowri Horscroft-Preest	11 Llantrisant	1:27.68
43 Grace Morgan	12 CoCardiff	1:27.80
44 Jessica Goold	11 Heads/Valleys	1:28.24
45 Sophie Snow	11 CoCardiff	1:30.04
46 Caitlin Morgans	11 Caerphilly	1:30.36
47 Cerys Davies	11 Cwmbran	1:30.41
48 Harriet Kehl	11 Llantrisant	1:31.46
49 Francesca Weir	12 CoCardiff	1:31.99
50 Mair E Brace	12 CoCardiff	1:32.69
51 Mair McRae	11 Blaenavon	1:32.72
52 Loren Fox	11 Caerphilly	1:32.73
53 Isabel Bigham	12 Torfaen Dlophins	1:33.75
54 Rebecca Underwood	12 Cwmbran	1:33.76
55 Martha Stallard	11 CoCardiff	1:35.71
56 Ffion H Richards	11 CoCardiff	1:38.26
57 Hannah Lenthall	11 Chepstow	1:39.12
58 Seren R Jones	11 Newport	1:42.10
59 Libby Annetts	11 Torfaen Dlophins	1:43.19
60 Ruth Oliver	11 CoCardiff	1:44.41
61 Molly E Lessimore	11 Torfaen Dlophins	2:05.45
--- Addie Parr	11 Newport	DQ
4.4 Start before starting signal		

**Event 41 Boys 9-11 200 SC Meter IM**

Name	Age Team	Finals Time
1 Joe Davies	11 Torfaen Dlophins	3:03.24
2 Benjamin Chooyin	11 Pontypridd	3:10.99
3 Tomos Savage- Taylor	11 Heads/Valleys	3:13.07
4 Jacob Cousins	11 Llantrisant	3:15.68
5 Lewis Griffiths	10 Bridgend	3:18.21
6 William Colmsee	11 CoCardiff	3:21.59
7 Osian Phinnemore	9 Bridgend	3:21.77
8 Harrison Hayes	11 Newport	3:22.92
9 Jack Cubitt	11 Cwmbran	3:24.49
10 Jac Fernandez-John	11 Caerphilly	3:29.21
11 Jensen Coppen	11 Chepstow	3:29.78
12 Tyler Harris	10 Torfaen Dlophins	3:33.43
13 Cai Wardhaugh	9 CoCardiff	3:36.71
14 Eddie Watkins	11 Blaenavon	3:36.80
15 Kaden Edwards	9 CoCardiff	3:41.77
16 Afshin Salehi-Reyhani	10 Cwmbran	3:50.09
17 Kian O Connell	11 Heads/Valleys	4:01.95
18 David Lewis	10 Merthyr	4:03.29
19 Jonathan Kerl	11 Newport	4:08.17
20 Dafydd R John	10 Llantrisant	4:16.52
--- Mason Parfitt	10 Heads/Valleys	DQ
8.1 Body not on breast during swim or when leaving wall after turn (ex wher		
--- Euan J Harvey	11 Newport	DQ
8.3 Breaststroke kick used (legal in Masters Competitions) - fly		
--- Will Couston	11 CoCardiff	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performe		
--- Ben Langdon	10 Newport	DQ
9.3 Finish of each stroke not in accordance with rules for the particular strok		
--- Ewan W Sayce	9 CoCardiff	DQ
7.6 Touch not simultaneous and/or hands not separated - breast		
--- Michael O'Hanlon	11 CoCardiff	DQ
9.3 Finish of each stroke not in accordance with rules for the particular strok		

**Event 41 Boys 12-13 200 SC Meter IM**

Name	Age Team	Finals Time
1 Ben S Holloway	13 Newport	2:51.64
2 Samuel Taylor	12 Caerphilly	3:06.42
3 Conor Crispie	13 CoCardiff	3:09.18
4 Owain Cook	13 Bridgend	3:13.05
5 Jake Sadler	13 Cwmbran	3:14.93
6 Rhys Morgans	13 Caerphilly	3:15.32
7 Connor Norris	13 Caerphilly	3:22.05
8 Jack Cox	12 CoCardiff	3:22.11
9 Thomas Buttle	12 CoCardiff	3:34.30
10 Callum M Shepherdson	12 Torfaen Dlophins	3:38.96
11 Lloyd Watkins	12 Cwmbran	3:40.24
--- Alex Matthews	12 Blaenavon	DQ
8.2 Arms not brought forward simultaneously - fly		
--- Joel Gilbert	12 Abertillery	DQ
8.3 Movements of the legs not simultaneous - fly		
--- Elliot Williams	12 Pontypridd	DQ
8.3 Alternating movement of legs or feet - fly		
--- Jacob Back	13 Caerphilly	DQ
8.2 Arms not brought forward simultaneously - fly		



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**(Event 41 Boys 12-13 200 SC Meter IM)**

Name	Age Team	Finals Time
--- Julian Roland	12 Chepstow	DQ
9.3 Finish of each stroke not in accordance with rules for the particular stroke		

**Event 41 Boys 14-15 200 SC Meter IM**

Name	Age Team	Finals Time
1 Joshua Taylor	14 Caerphilly	2:38.31
2 Iestyn Francis	14 Llantrisant	2:54.40
3 Matthew Brooksbank	14 CoCardiff	2:56.64
4 Gianluca Joseph	14 Heads/Valleys	3:03.41
5 Michael Bastyan	14 Caerphilly	3:49.67
--- Taqi Ali	14 CoCardiff	DQ
7.6 Touch not simultaneous and/or hands not separated - breast		
--- Daniel Roberts	14 Caerphilly	DQ
8.1 Body not on breast during swim or when leaving wall after turn (ex wher		

**Event 41 Boys 16 & Over 200 SC Meter IM**

Name	Age Team	Finals Time
1 Daniel Thomas	16 Cwmbran	2:45.38

**Event 42 Girls 9-10 200 SC Meter IM**

Name	Age Team	Finals Time
1 Penny Evans	10 Llantrisant	3:28.49
2 Caitlin Jenkins	10 Caerphilly	3:28.97
3 Niamh Warrender	9 Torfaen Dlophins	3:29.01
4 Tamzin Jones	10 Llantrisant	3:29.76
5 Cerys R Vaisey	10 Abertillery	3:30.81
6 Eden Brookes	10 Abertillery	3:32.02
7 Eilir Teagle	9 Merthyr	3:33.54
8 Alana Date	9 CoCardiff	3:33.70
9 Lara Davies	10 Abertillery	3:35.12
10 Cerys A Rosser	9 Torfaen Dlophins	3:41.39
11 Chloe Protheroe	10 Bridgend	3:42.23
12 Becci De Torres	9 CoCardiff	3:43.77
13 Maisy Palin	9 Heads/Valleys	3:47.80
14 Caitlyn S Crisp	10 CoCardiff	3:49.30
15 Lauren Whittaker	10 CoCardiff	3:49.83
16 Jennifer O'Callaghan	9 CoCardiff	3:49.89
17 Hattie Leaf	10 Chepstow	3:51.96
18 Ruby Davies	10 Bridgend	3:52.48
19 Jessica Powell	9 Caerphilly	3:54.26
20 Cerys Jones	10 CoCardiff	3:56.88
21 Elena Sadler	10 Cwmbran	3:57.65
22 Lowri S Skyrme	10 CoCardiff	4:00.13
23 Beca Evans	10 CoCardiff	4:05.83
24 Arwen Stephens	9 CoCardiff	4:05.94
25 Ellie Rees	10 Caerphilly	4:07.90
26 Katherine George	9 CoCardiff	4:08.94
27 Joanna Foley	10 Merthyr	4:14.43
28 Sofia Pritchard	9 Caerphilly	4:18.10
29 Caitlin Legg	9 Caerphilly	4:21.71
30 Orla Davies	9 CoCardiff	4:22.82
--- Caitlin Coss	9 Bridgend	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		
--- Ffion Rees	10 CoCardiff	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		
--- Immie B Thorne	10 Chepstow	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		

**Event 42 Girls 11-12 200 SC Meter IM**

Name	Age Team	Finals Time
1 Niamh R Thomas	12 Newport	2:58.80
2 Amy Thomas	11 Bridgend	3:04.96
3 Cati Davies	12 Bridgend	3:06.27
4 Darcie Childs	12 Newport	3:08.49
5 Molly Palin	12 Heads/Valleys	3:09.84
6 Mya Scrivens	12 Caerphilly	3:10.79
7 Helen Lewis	11 Merthyr	3:11.56
8 Evie Wilkins	12 Heads/Valleys	3:12.83
9 Angharad Nash	12 Torfaen Dlophins	3:14.27
10 Mya Maiden	12 Merthyr	3:14.71
11 Alicia Geen	11 Cwmbran	3:16.15
12 Teoni Mason	11 Blaenavon	3:16.31
13 Caitlin Foley	12 Merthyr	3:16.39
14 Mia Russell	11 Chepstow	3:17.35
15 Aisha M Walters	11 Merthyr	3:18.05
16 Lauren Harry	11 Bridgend	3:18.34
17 Fizz L Harper	12 Chepstow	3:19.96
18 Ellie Thomas	12 Blaenavon	3:23.08
19 Isobel Brown	11 CoCardiff	3:23.21
20 Emily C Chirighin	11 CoCardiff	3:23.60
21 Jordan Noyes	12 Cwmbran	3:25.35
22 Ceri Miles	12 Abertillery	3:25.79
23 Elle Harris-Thomas	11 Chepstow	3:26.18
24 Ruby Kelly	11 Newport	3:26.42
25 Aimee Freegard	11 Pontypridd	3:27.03
26 Charlie-Ann Johnson	11 Cwmbran	3:27.21
27 Sophie Marsh	11 Merthyr	3:28.40
28 Laura Paterson	12 Chepstow	3:29.65
29 Angharad Oliver	12 Llantrisant	3:29.83
30 Amy Rowlands	12 CoCardiff	3:30.34
31 Caitlin Morgans	11 Caerphilly	3:32.89
32 Megan Dewar	11 Cwmbran	3:32.95
33 Jessica Goold	11 Heads/Valleys	3:33.82
34 Megan Davies	11 Bridgend	3:34.84
35 Grace Morgan	12 CoCardiff	3:35.60
36 Holly Flood	11 Llantrisant	3:37.93
37 Sophie Holloran	11 CoCardiff	3:38.17
38 Isabel Bigham	12 Torfaen Dlophins	3:38.92
39 Freya Durban	11 Abertillery	3:39.55
40 Sophie Snow	11 CoCardiff	3:44.51
41 Rebecca Underwood	12 Cwmbran	3:50.78
42 Jessica Lewis	12 Llantrisant	3:51.04
43 Ffion H Richards	11 CoCardiff	3:51.64
44 Ruth Oliver	11 CoCardiff	4:03.26
45 Seren R Jones	11 Newport	4:04.12
--- Martha Stallard	11 CoCardiff	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		
--- Amber Todd	12 CoCardiff	DQ
8.3 Breaststroke kick used (legal in Masters Competitions) - fly		
--- Abbie Legg	11 Caerphilly	DQ
6.4 Did not touch the wall during the turn - back		
--- Arwen Teagle	12 Merthyr	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		
--- Heather C Smith	11 Heads/Valleys	DQ
7.2 Arm movements not simultaneous or not in the same horizontal plane - b		

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## Results

**(Event 42 Girls 11-12 200 SC Meter IM)**

Name	Age Team	Finals Time
--- Cerys Howard-Cook	12 CoCardiff	DQ
6.4 Single or double simultaneous arm pull used to initiate turn not performed		
--- Caitlin Walker	11 CoCardiff	DQ
7.6 Touch not simultaneous and/or hands not separated - breast		
--- Addie Parr	11 Newport	DQ
8.2 Arms not brought forward over the water - fly		
--- Millie Bryce	11 Bridgend	DQ
7.6 Touch not simultaneous and/or hands not separated - breast		
--- Hannah Lenthall	11 Chepstow	DQ
6.4 Did not touch the wall during the turn - back		
--- Eve Davies	12 Bridgend	DQ
7.6 Touch not simultaneous and/or hands not separated - breast		

**Event 42 Girls 13-14 200 SC Meter IM**

Name	Age Team	Finals Time
1 Chloe Wilshire	13 Bridgend	2:46.70
2 Olivia Murray	14 CoCardiff	2:53.01
3 Alicia Groves	13 Cwmbran	2:58.79
4 Seren Matthews	14 Blaenavon	2:59.76
5 Amy A Huntley	13 CoCardiff	2:59.78
6 Naomi Hills	13 CoCardiff	3:03.82
7 Ceri A Jones	13 Newport	3:07.49
8 Ffion Jones	14 Bridgend	3:09.89
9 Amy Hughes	13 Newport	3:12.14
10 Lily Swain	13 CoCardiff	3:15.23
11 Lauren Terrell	13 Chepstow	3:17.19
12 Joanna M Johnson	13 Chepstow	3:17.77
13 Bethany J Wiffen	13 Newport	3:18.00
14 Taylor Winter	13 Newport	3:18.66
15 Leah Jones	13 Torfaen Dlophins	3:21.86
16 Molly Shenstone	13 CoCardiff	3:22.53
17 Chloe Allford	14 Cwmbran	3:24.70
18 Abbie Thomas	13 Rhondda	4:17.26
--- Jessica Barnes	13 Merthyr	DQ
8.4 Finished or touched with both hands not simultaneous and separated - fly		
--- Nia Brace	14 CoCardiff	DQ
7.6 Did not touch at turn or finish with both hands - breast		
--- Hannah R Jones	13 Newport	DNF
10.2 A swimmer did not cover the whole distance - DNF - misc		

**Event 42 Girls 15 & Over 200 SC Meter IM**

Name	Age Team	Finals Time
1 Lauren Tilley	16 CoCardiff	2:53.19
2 Cerys Dewar	15 Cwmbran	2:55.14
3 Paige Horsnell	20 Caerphilly	3:01.99
4 Emily R Morgan	15 Torfaen Dlophins	3:02.95
5 Emily Smith	15 Caerphilly	3:17.30
6 Chloe Thomas	15 Rhondda	3:19.39

**Event 43 Boys 9-11 4x50 SC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Blaenavon	A	2:37.65
1) Lewis Thackray 11		
2) Lewys Beacham 9		
3) Sam Thackray 9		
4) Iwan Jones 11		
--- CoCardiff	B	x3:10.20
1) Rhys Nixon 10		
2) Aveneesh Shah 9		
3) Thomas Melvin 9		
4) Ewan W Sayce 9		

--- CoCardiff	A	DQ
10.13 Team event swum in incorrect order to that previously nominated		
1) Cai Wardhaugh 9		
2) Will Couston 11		
3) Kaden Edwards 9		
4) Mark Szentpeteri 9		
--- Caerphilly	A	DQ
10.1 Stroke Infraction swimmer #2		
1) Jac Fernandez-John 11		
2) Elijah Greenhalgh 9		
3) Rhys Jones 9		
4) Kyran Jones 11		

**Event 44 Girls 9-10 4x50 SC Meter Freestyle Relay**

Team	Relay	Finals Time
1 CoCardiff	A	2:33.66
1) Alana Date 9		
2) Ella M Phillips 10		
3) Arwen Stephens 9		
4) Becci De Torres 9		
2 Chepstow	A	2:37.19
1) Grace E Miles 10		
2) Immie B Thorne 10		
3) Hattie Leaf 10		
4) Amelia Prosser-Davies 10		
3 Caerphilly	A	2:39.47
1) Carlin Morgans 10		
2) Hannah Nicholls 9		
3) Jessica Powell 9		
4) Lois Davies 10		
4 CoCardiff	B	2:41.49
1) Lauren Whittaker 10		
2) Lowri S Skyrme 10		
3) Caitlyn S Crisp 10		
4) Ruby Coles 10		
5 Chepstow	B	3:04.91
1) Sophie Wixcey 10		
2) Isobel R Dallyn 9		
3) Amelia F Dark 10		
4) Lottie Jones 9		
6 Chepstow	C	3:19.83
1) Isabel M Hallett 10		
2) Zoe J Foster 9		
3) Isabelle E Tuck 9		
4) Bella R Loughlin 10		
7 Chepstow	D	3:37.88
1) Melissa Downham 9		
2) Laura Kwiatkowska 10		
3) Lucy E Beynon 10		
4) Florence I Worgan 9		

**Event 45 Boys 13 & Under 4x50 SC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Blaenavon	A	2:25.66
1) Nick Vaughan 13		
2) Alex Matthews 12		
3) Eddie Watkins 11		
4) Iwan Jones 11		
2 CoCardiff	A	2:26.88
1) Will Couston 11		
2) Thomas Buttle 12		
3) Cai Wardhaugh 9		
4) Alfred Payne 13		

**Event 46 Girls 12 & Under 4x50 SC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Chepstow	A	2:17.35
1) Evie A Haeffner 12		
2) Fizz L Harper 12		
3) Rosalyn J Goodfellow 12		
4) Elle Harris-Thomas 11		
2 Caerphilly	A	2:23.25
1) Mya Scrivens 12		
2) Imogen Roberts 12		
3) Alyssa Norris 10		
4) Abbie Legg 11		
3 CoCardiff	A	2:26.61
1) Cerys Howard-Cook 12		
2) Amy Rowlands 12		
3) Grace Morgan 12		
4) Emily C Chirighin 11		
4 CoCardiff	B	2:30.38
1) Caitlin Walker 11		
2) Mair E Brace 12		
3) Bethan Beynon 10		
4) Lily-May Hutchinson 11		
5 Blaenavon	A	2:35.90
1) Ella-Mai Groves 10		
2) Mair macrae 11		
3) Teoni Mason 11		
4) Shannon Harris 12		

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**(Event 46 Girls 12 & Under 4x50 SC Meter Freestyle Relay)**

Team	Relay	Finals Time
6 Chepstow	B	2:37.97
1) Laura Paterson 12	2) Amelia Prosser-Davies 10	
3) Mia Russell 11	4) Hannah Lenthall 11	

**Event 47 Boys 15 & Under 4x50 SC Meter Freestyle Relay**

Team	Relay	Finals Time
1 CoCardiff	A	2:05.84
1) Matthew Brooksbank 14	2) Conor Crispie 13	
3) Taqi Ali 14	4) Siôn L Bevan 14	

**Event 48 Girls 14 & Under 4x50 SC Meter Freestyle Relay**

Team	Relay	Finals Time
1 CoCardiff	A	2:08.11
1) Seren E Evans 13	2) Amy A Huntley 13	
3) Olivia Murray 14	4) Rebecca Nelson 14	
2 Blaenavon	A	2:12.44
1) Chloe Groves 14	2) Rhiannon Watkins 13	
3) Ellie Thomas 12	4) Seren Matthews 14	
3 CoCardiff	B	2:15.78
1) Naomi Hills 13	2) Lily Swain 13	
3) Penelope Weir 14	4) Nia Brace 14	
4 Caerphilly	A	2:18.62
1) Mya Scrivens 12	2) Imogen Roberts 12	
3) Abigail Wallbank 13	4) Grace Davies 14	
5 Chepstow	A	2:18.94
1) Georgia Jones 14	2) Lauren Terrell 13	
3) Joanna M Johnson 13	4) Ellie G Woodhead 13	

**Event 49 Boys 9 & Over 4x50 SC Meter Freestyle Relay**

Team	Relay	Finals Time
1 CoCardiff	A	1:54.89
1) Thomas Williams 16	2) Siôn L Bevan 14	
3) Matthew Brooksbank 14	4) David Cocks 23	
2 Blaenavon	A	2:00.18
1) Alex Elliott 15	2) Nick Vaughan 13	
3) Garin Scammell 15	4) Jonathan Farmer 15	

**Event 50 Girls 9 & Over 4x50 SC Meter Freestyle Relay**

Team	Relay	Finals Time
1 Chepstow	A	2:02.68
1) Lara Gordon 16	2) Ellie Brasher 15	
3) Eleanor Wixcey 14	4) Alyssia Talbot 16	
2 CoCardiff	A	2:06.53
1) Millicent Payne 15	2) Laura Crispie 15	
3) Rebecca Nelson 14	4) Lauren Tilley 16	

**Event 51 Boys 9-11 4x50 SC Meter Medley Relay**

Team	Relay	Finals Time
1 Caerphilly	A	3:12.67
1) Ben Roberts 10	2) Jac Fernandez-John 11	
3) Kyran Jones 11	4) Elijah Greenhalgh 9	
--- CoCardiff	A	DQ
10.1 Stroke Infraction swimmer #1		
1) Cai Wardhaugh 9	2) Mark Szentpeteri 9	
3) Will Couston 11	4) Rhys Nixon 10	
--- CoCardiff	B	DQ
10.13 Team event swum in incorrect order to that previously nominated		
1) Kaden Edwards 9	2) Iwan Bleasdale 11	
3) Thomas Melvin 9	4) Ewan W Sayce 9	

--- Blaenavon	A	DQ
10.1 Stroke Infraction swimmer #3		
1) Iwan Jones 11	2) Lewis Thackray 11	
3) Sam Thackray 9	4) Lewys Beacham 9	

**Event 52 Girls 9-10 4x50 SC Meter Medley Relay**

Team	Relay	Finals Time
1 Chepstow	A	3:01.84
1) Amelia Prosser-Davies 10	2) Immie B Thorne 10	
3) Grace E Miles 10	4) Hattie Leaf 10	
2 Caerphilly	A	3:09.45
1) Lois Davies 10	2) Carlin Morgans 10	
3) Hannah Nicholls 9	4) Jessica Powell 9	
3 CoCardiff	B	3:19.21
1) Caitlyn S Crisp 10	2) Mia Goddard 10	
3) Lowri S Skyrme 10	4) Lauren Whittaker 10	
4 Chepstow	C	3:19.27
1) Zoe J Foster 9	2) Bella R Loughlin 10	
3) Isabel M Hallett 10	4) Isabelle E Tuck 9	
5 Chepstow	B	3:32.05
1) Amelia F Dark 10	2) Isobel R Dallyn 9	
3) Lottie Jones 9	4) Sophie Wixcey 10	
6 Chepstow	D	4:27.30
1) Florence I Worgan 9	2) Lucy E Beynon 10	
3) Melissa Downham 9	4) Laura Kwiatkowska 10	
--- CoCardiff	A	DQ
10.1 Stroke Infraction swimmer #1		
1) Arwen Stephens 9	2) Ella M Phillips 10	
3) Alana Date 9	4) Becci De Torres 9	

**Event 53 Boys 13 & Under 4x50 SC Meter Medley Relay**

Team	Relay	Finals Time
1 Blaenavon	A	2:56.85
1) Nick Vaughan 13	2) Eddie Watkins 11	
3) Iwan Jones 11	4) Alex Matthews 12	
--- CoCardiff	A	DQ
10.1 Stroke Infraction swimmer #3: 7.6 Touch not simultaneous and/or hand:		
1) Conor Crispie 13	2) Thomas Buttle 12	
3) Mark Szentpeteri 9	4) Alfred Payne 13	

**Event 54 Girls 12 & Under 4x50 SC Meter Medley Relay**

Team	Relay	Finals Time
1 Chepstow	A	2:41.90
1) Fizz L Harper 12	2) Evie A Haeffner 12	
3) Rosalyn J Goodfellow 12	4) Elle Harris-Thomas 11	
2 CoCardiff	A	2:51.44
1) Lily-May Hutchinson 11	2) Amber Todd 12	
3) Amy Rowlands 12	4) Emily C Chirighin 11	
3 Caerphilly	A	2:57.23
1) Abbie Legg 11	2) Imogen Roberts 12	
3) Loren Fox 11	4) Mya Scrivens 12	
4 Chepstow	B	2:59.82
1) Laura Paterson 12	2) Mia Russell 11	
3) Grace E Miles 10	4) Hannah Lenthall 11	
5 Blaenavon	A	3:11.15
1) Shannon Harris 12	2) Mair macrae 11	
3) Teoni Mason 11	4) Ella-Mai Groves 10	

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**(Event 54 Girls 12 & Under 4x50 SC Meter Medley Relay)**

Team	Relay	Finals Time
--- CoCardiff	B	DQ
10.1 Stroke Infraction swimmer #1: 6.4 Single or double simultaneous arm p		
1) Grace Morgan 12	2) Caitlin Walker 11	
3) Bethan Beynon 10	4) Mair E Brace 12	

**Event 55 Boys 15 & Under 4x50 SC Meter Medley Relay**

Team	Relay	Finals Time
--- CoCardiff	A	DQ
1) Matthew Brooksbank 14	2) Alfred Payne 13	
3) Taqi Ali 14	4) Siôn L Bevan 14	

**Event 56 Girls 14 & Under 4x50 SC Meter Medley Relay**

Team	Relay	Finals Time
1 CoCardiff	B	2:35.79
1) Naomi Hills 13	2) Lily Swain 13	
3) Penelope Weir 14	4) Nia Brace 14	
2 Blaenavon	A	2:41.48
1) Ellie Thomas 12	2) Chloe Groves 14	
3) Rhiannon Watkins 13	4) Seren Matthews 14	
3 Chepstow	A	2:43.47
1) Georgia Jones 14	2) Lauren Terrell 13	
3) Ellie G Woodhead 13	4) Joanna M Johnson 13	
--- CoCardiff	A	DQ
10.11 Swimmer #3 feet lost touch with starting place before preceding team-		
1) Rebecca Nelson 14	2) Olivia Murray 14	
3) Amy A Huntley 13	4) Seren E Evans 13	

**Event 57 Boys 9 & Over 4x50 SC Meter Medley Relay**

Team	Relay	Finals Time
1 CoCardiff	A	2:04.89
1) Matthew Brooksbank 14	2) David Cocks 23	
3) Thomas Williams 16	4) Siôn L Bevan 14	
2 Blaenavon	A	2:27.58
1) Jonathan Farmer 15	2) Nick Vaughan 13	
3) Garin Scammell 15	4) Alex Elliott 15	

**Event 58 Girls 9 & Over 4x50 SC Meter Medley Relay**

Team	Relay	Finals Time
1 Chepstow	A	2:23.11
1) Alyssia Talbot 16	2) Ellie Brasher 15	
3) Lara Gordon 16	4) Eleanor Wixcey 14	
2 CoCardiff	A	2:25.79
1) Rebecca Nelson 14	2) Olivia Murray 14	
3) Lauren Tilley 16	4) Millicent Payne 15	