

**Pembrokeshire County Championships 2022 - 22/10/2022 to 23/10/2022**

Sanction #: 3WL221066

**Results - session 5 - Warmup 10.55 - 11.40****Event 29 Boys 10 & Under 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Smith, Jacob	10	Haverfordwest	3:28.50	3:08.26	8
2 Noden, Rory	10	Milford Haven	NT	3:31.68	7
--- Lewis, Iestyn	10	Haverfordwest	3:35.10	DQ	

**Event 29 Boys 11-12 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Silverstone, Sol	12	Haverfordwest	2:39.80	2:24.07	8
2 Smith, Benjamin	12	Haverfordwest	3:04.80	2:58.37	7
3 Harris, Toby	12	Pembroke & District Asc	2:57.47	2:59.18	6
4 Thomas, Rhys	11	Haverfordwest	3:16.30	3:11.63	5
5 Harwood, Jack	11	Haverfordwest	NT	3:13.83	4
6 Shelmerdine, Cory	12	Pembroke & District Asc	3:19.65	3:23.08	3
7 Davies, Tyler	11	Milford Haven	NT	3:31.41	2
8 Patterson, Ollie	12	Milford Haven	NT	3:37.53	1

**Event 29 Boys 13-14 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Prysor, Sami	14	Haverfordwest	2:01.10	2:00.06	8
2 Montgomery, Sammy	14	Haverfordwest	2:14.86	2:11.71	7
3 Davies, Gethin	13	Milford Haven	NT	2:59.28	6
4 Tytler, Leo	14	Milford Haven	NT	3:13.03	5
5 Lewis, Callum	13	Milford Haven	NT	3:43.76	4

**Event 29 Boys 15 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Fletcher, Owen	15	Haverfordwest	2:11.00	2:09.03	8
2 Thomson, Jacob	15	Haverfordwest	2:56.40	2:33.10	7
3 Belanger, Jayden	15	Milford Haven	2:43.25	2:36.22	6
4 Scott, Andrew	16	Fishguard Flyers	3:41.73	2:42.64	5

**Event 30 Girls 10 & Under 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Dash, Amelie	10	Milford Haven	2:37.40	2:33.58	8
2 Graham, Fallon	10	Tenby	NT	3:24.08	7
3 Morgan, Iolah	8	Pembroke & District Asc	4:14.37	3:58.67	6

**Event 30 Girls 11-12 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Nichols, Grace	12	Haverfordwest	2:19.60	2:21.28	8
2 Griffiths, Cerys	12	Haverfordwest	2:33.20	2:27.95	7
3 Galdes Cutting, Daisy	11	Haverfordwest	2:35.89	2:28.41	6
4 Stark, Tala	12	Fishguard Flyers	2:51.86	2:47.56	5
5 Thompson, Freya	12	Haverfordwest	2:56.63	2:49.08	4
6 Montague, Keira	12	Haverfordwest	3:56.48	2:51.78	3
7 Hall, Ellena	11	Fishguard Flyers	3:07.64	3:00.05	2
8 Bruce, Keira	12	Pembroke & District Asc	3:00.87	3:03.02	1
9 Hall, Isabelle	11	Fishguard Flyers	NT	3:07.29	
10 Mason, Phoebe	12	Haverfordwest	NT	3:15.66	
11 Griffiths, Ffion	11	Tenby	NT	3:17.34	
12 Williams, Ffion	12	Milford Haven	NT	3:34.57	
13 McFarlane, Una	11	Milford Haven	NT	3:37.43	

**Event 30 Girls 13-14 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Arnold, Lily	14	Milford Haven	2:22.95	2:20.30	8
2 Gilderdale, Celyn	14	Haverfordwest	2:23.10	2:24.34	7

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**Results - session 5 - Warmup 10.55 - 11.40****(Event 30 Girls 13-14 200 SC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	Points
3 Koo, Kathryn	13	Tenby	2:37.13	2:36.91	6
4 Cissold, Bronwyn	14	Tenby	2:58.40	2:37.10	5
5 Bruce, Skye	13	Pembroke & District Asc	2:43.77	2:44.30	4
6 Peach, Eliza M	14	Haverfordwest	2:46.30	2:45.36	3
7 Harwood, Amelia	14	Haverfordwest	3:02.06	2:52.97	2
8 Hanna, Shelby	13	Haverfordwest	3:09.06	2:57.12	1
9 Knight, Cerys	13	Haverfordwest	3:15.00	3:00.52	
10 Murphy, Alys	13	Haverfordwest	3:09.30	3:07.77	

**Event 30 Girls 15 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lewis, Rachael E	17	Fishguard Flyers	2:19.26	2:20.61	8
2 Webb, Saskia	15	Haverfordwest	2:25.80	2:20.82	7
3 Clissold, Elizabeth	16	Tenby	2:27.10	2:21.84	6
4 Kovachev, Georgie	15	Fishguard Flyers	2:28.18	2:24.48	5
5 John, Holly	15	Haverfordwest	2:45.78	2:33.83	4

**Event 31 Boys 10 & Under 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lewis, Iestyn	10	Haverfordwest	1:53.70	1:43.97	8

**Event 31 Boys 11-12 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Silverstone, Sol	12	Haverfordwest	1:24.06	1:17.81	8
2 Smith, Benjamin	12	Haverfordwest	1:34.10	1:30.68	7
3 Adams, Noah	12	Fishguard Flyers	1:52.79	1:35.28	6
4 Thomas, Rhys	11	Haverfordwest	1:38.20	1:38.68	5
5 Harris, Toby	12	Pembroke & District Asc	1:39.75	1:41.91	4
6 Harwood, Jack	11	Haverfordwest	NT	1:42.65	3
7 Knight, Tom	11	Haverfordwest	NT	1:52.91	2
8 George, Kieran	11	Pembroke & District Asc	NT	2:08.24	1
9 Weston, Ben	11	Pembroke & District Asc	NT	2:26.93	
--- Phillips, Lucas	11	Haverfordwest	NT	DQ	
--- Crotty, Beau	11	Pembroke & District Asc	NT	DQ	

**Event 31 Boys 13-14 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Montgomery, Sammy	14	Haverfordwest	1:04.55	1:01.83	8
2 Montague, Mason	14	Haverfordwest	1:09.60	1:06.57	7
3 West, Dexter	13	Fishguard Flyers	1:09.20	1:09.59	6
4 Tytler, Leo	14	Milford Haven	NT	1:37.73	5

**Event 31 Boys 15 & Over 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 West, Zac	16	Fishguard Flyers	1:05.16	1:04.29	8
2 Andrews, Rory	17	Haverfordwest	1:08.61	1:10.54	7
3 Fletcher, Owen	15	Haverfordwest	1:12.31	1:12.17	6

**Event 32 Girls 10 & Under 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Dash, Amelie	10	Milford Haven	1:21.91	1:21.06	8
2 Graham, Fallon	10	Tenby	NT	1:42.91	7
3 Lyseight-Jones, Indya	10	Pembroke & District Asc	NT	1:43.08	6
4 Dyde, Pheobe	10	Pembroke & District Asc	NT	1:59.03	5

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**Results - session 5 - Warmup 10.55 - 11.40****Event 32 Girls 11-12 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Nichols, Grace	12	Haverfordwest	1:07.60	1:07.59	8
2 Galdes Cutting, Daisy	11	Haverfordwest	1:30.30	1:22.60	7
3 Bruce, Keira	12	Pembroke & District Asc	NT	1:30.63	6
4 Morgan, Lily	11	Tenby	2:13.58	1:31.75	5
5 Griffiths, Amelia	11	Fishguard Flyers	1:47.78	1:33.09	4
6 Blyth, Isobelle	12	Haverfordwest	1:35.09	1:36.15	3
7 Cambell, Autumn R	12	Haverfordwest	NT	1:36.91	2
8 Cooper, Daisy	11	Fishguard Flyers	1:38.31	1:39.84	1
9 Thomas, Leah	11	Haverfordwest	NT	1:44.26	
10 Elcock, Freya	12	Fishguard Flyers	NT	1:44.50	
11 Doncaster, Lily S	12	Haverfordwest	2:04.92	1:46.66	
12 Williams, Ffion	12	Milford Haven	NT	1:47.75	
13 Thomas, Angharad	12	Fishguard Flyers	2:05.22	1:49.33	
14 Kenny, Jemima	11	Milford Haven	NT	1:52.22	
15 Francis, Emily-Rose	12	Haverfordwest	NT	2:00.89	
16 David, Emily	11	Haverfordwest	NT	2:02.14	
17 John, Rebekah	11	Pembroke & District Asc	NT	2:03.00	
--- Mason, Phoebe	12	Haverfordwest	NT	DQ	

**Event 32 Girls 13-14 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Thomas, Rhian	14	Haverfordwest	1:15.14	1:14.71	8
2 Arnold, Lily	14	Milford Haven	1:17.89	1:17.85	7
3 Gilderdale, Celyn	14	Haverfordwest	1:17.50	1:18.28	6
4 Hanna, Jazmine	14	Haverfordwest	1:17.24	1:19.38	5
5 Koo, Kathryn	13	Tenby	1:24.16	1:20.97	4
6 Miles, Megan	14	Fishguard Flyers	1:21.58	1:21.56	3
7 Bruce, Skye	13	Pembroke & District Asc	1:21.52	1:23.16	2
8 Cissold, Bronwyn	14	Tenby	1:30.34	1:23.76	1
9 Harwood, Amelia	14	Haverfordwest	NT	1:27.56	
10 Peach, Eliza M	14	Haverfordwest	1:42.57	1:29.72	
11 Hanna, Shelby	13	Haverfordwest	1:30.85	1:32.19	
12 Green, Ellie	14	Haverfordwest	1:36.60	1:34.77	
13 Knight, Cerys	13	Haverfordwest	1:42.20	1:40.28	
14 Murphy, Alys	13	Haverfordwest	1:42.69	1:41.85	
15 Gobbi, Roma	13	Haverfordwest	NT	1:42.47	
16 Armstrong, Holly	14	Milford Haven	1:37.89	1:44.20	

**Event 32 Girls 15 & Over 100 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lewis, Caera	16	Haverfordwest	1:09.72	1:11.27	8
2 Webb, Saskia	15	Haverfordwest	1:18.90	1:16.09	7
3 Kovachev, Georgie	15	Fishguard Flyers	1:20.36	1:18.40	6
4 Clissold, Elizabeth	16	Tenby	1:19.61	1:18.63	5
5 Thomas, Grace	15	Milford Haven	1:17.13	1:18.86	4
6 Rice, Lily	18	Pembroke & District Asc	1:22.32	1:23.65	3
7 Moseley, Sophie	15	Pembroke & District Asc	1:26.31	1:26.41	2
8 Lord, Fleur	15	Pembroke & District Asc	1:42.21	1:36.18	1

**Event 33 Boys 10 & Under 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Smith, Jacob	10	Haverfordwest	52.99	50.84	8
2 Noden, Rory	10	Milford Haven	1:00.58	57.31	7
3 Lewis, Iestyn	10	Haverfordwest	1:00.60	57.68	6
4 Lloyd Roberts, Harry	9	Milford Haven	NT	1:00.90	5

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**Results - session 5 - Warmup 10.55 - 11.40****(Event 33 Boys 10 & Under 50 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
5 Harris, Emyr	10	Fishguard Flyers	NT	1:08.88	4
6 Evans, Wolfgang	8	Pembroke & District Asc	NT	1:18.80	3
--- Monan, Euan	9	Tenby	NT	DQ	
--- Bowen, Cai	10	Fishguard Flyers	NT	DQ	

**Event 33 Boys 11-12 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Hall, Ethan	12	Fishguard Flyers	45.96	42.61	8
2 Morgan, Ben	12	Pembroke & District Asc	47.74	45.49	7
3 Smith, Benjamin	12	Haverfordwest	48.70	46.83	6
4 Peach, Olly	12	Haverfordwest	48.70	47.90	5
5 Thomas, Rhys	11	Haverfordwest	51.30	47.98	4
6 Harris, Toby	12	Pembroke & District Asc	51.92	50.77	3
7 Patterson, Ollie	12	Milford Haven	1:20.25	54.15	2
8 Adams, Noah	12	Fishguard Flyers	1:03.72	55.02	1
9 Shelmerdine, Cory	12	Pembroke & District Asc	57.72	55.17	
10 Davies, Tyler	11	Milford Haven	1:02.64	55.87	
11 Harwood, Jack	11	Haverfordwest	1:01.09	57.10	
12 Knight, Tom	11	Haverfordwest	1:01.50	57.15	
13 Miles, Gethin	12	Fishguard Flyers	1:12.53	57.73	
14 Thomas, Harry	11	Haverfordwest	NT	58.01	
15 Petrie, Jaden	11	Haverfordwest	NT	1:01.30	
16 Crotty, Beau	11	Pembroke & District Asc	NT	1:03.63	
17 George, Kieran	11	Pembroke & District Asc	NT	1:17.07	
--- Peach, Henry	12	Haverfordwest	48.30	DQ	
--- Phillips, Lucas	11	Haverfordwest	1:02.78	DQ	

**Event 33 Boys 13-14 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Prysor, Sami	14	Haverfordwest	NT	33.10	8
2 Backen, Henry	14	Fishguard Flyers	46.76	43.80	7
3 Davies, Gethin	13	Milford Haven	46.51	45.45	6
4 John, Thomas	13	Haverfordwest	47.30	45.77	5
5 Gottwaltz, Euan	13	Tenby	52.67	47.86	4
6 Santos, Liam	13	Milford Haven	NT	49.23	3
7 Piotrowski, Bartosz	13	Fishguard Flyers	1:04.68	54.77	2
8 Griffiths, Evan	13	Haverfordwest	NT	55.79	1
9 Griffiths, Lloyd	13	Haverfordwest	NT	56.66	
10 Lewis, Callum	13	Milford Haven	1:05.32	1:00.37	

**Event 33 Boys 15 & Over 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Schmidt, Hans	17	Fishguard Flyers	31.01	31.86	8
2 Lewis, Matthew D	37	Haverfordwest	30.34	32.88	7
3 Arden, James	15	Tenby	33.34	34.17	6
4 West, Zac	16	Fishguard Flyers	33.98	35.49	5
5 Rowland-Higgins, Issac	19	Haverfordwest	37.36	36.22	4
6 Belanger, Jayden	15	Milford Haven	39.18	38.94	3

**Event 34 Girls 10 & Under 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Curtis, Tabitha	10	Fishguard Flyers	47.93	46.89	8
2 Dash, Amelie	10	Milford Haven	46.93	49.31	7
3 Lyseight-Jones, Indya	10	Pembroke & District Asc	NT	53.82	6
4 Kaill-Franks, Nia	10	Fishguard Flyers	NT	57.53	5
5 Lewis, Evie	9	Haverfordwest	1:24.84	58.76	4

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**Results - session 5 - Warmup 10.55 - 11.40****(Event 34 Girls 10 & Under 50 SC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	Points
6 Montgomery, Sofia	10	Haverfordwest	NT	58.99	3
7 Rossiter Wargent, Mia	9	Milford Haven	NT	59.79	2
8 Lewis, Roisin	10	Haverfordwest	NT	1:00.55	1
9 Griffiths, Elizabeth	10	Fishguard Flyers	NT	1:01.41	
10 Stanley, Amelia	10	Tenby	NT	1:01.73	
11 Morgan, Iolah	8	Pembroke & District Asc	1:20.29	1:07.32	
12 Titley, Lola	10	Milford Haven	NT	1:07.66	
13 Hounsell, Isla	10	Pembroke & District Asc	1:18.53	1:08.50	
14 Davies, Betsi	10	Fishguard Flyers	NT	1:11.85	
15 Mason, Ezmee	9	Haverfordwest	NT	1:13.55	
16 Phillips, Isabelle	9	Haverfordwest	NT	1:16.44	
--- Morgan, Seren	10	Haverfordwest	NT	DQ	
--- Griffiths, Scarlet	10	Haverfordwest	NT	DQ	
--- Parker, Calleigh	10	Pembroke & District Asc	NT	DQ	
--- Shelmerdine, Holly	8	Pembroke & District Asc	NT	DQ	
--- Arnold, Olivia	8	Milford Haven	NT	DQ	
--- Dyde, Pheobe	10	Pembroke & District Asc	1:11.69	DQ	
--- Scott, Georgia	10	Fishguard Flyers	NT	DQ	

**Event 34 Girls 11-12 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Montague, Keira	12	Haverfordwest	41.60	42.22	8
2 Stark, Tala	12	Fishguard Flyers	45.13	43.51	7
3 Dafydd, Mali	12	Fishguard Flyers	52.64	46.86	6
4 Hall, Isabelle	11	Fishguard Flyers	49.97	48.07	5
5 Blyth, Isobelle	12	Haverfordwest	49.40	48.52	4
6 Griffiths, Amelia	11	Fishguard Flyers	56.31	49.43	3
7 Puglia-Walburg, Penelope	11	Haverfordwest	51.08	49.59	2
8 Thompson, Freya	12	Haverfordwest	54.24	50.65	1
9 Hall, Ellena	11	Fishguard Flyers	54.69	51.43	
10 Kaill-Franks, Eira	12	Fishguard Flyers	NT	52.48	
11 Cambell, Autumn R	12	Haverfordwest	NT	53.74	
12 Penfold, Freya	11	Fishguard Flyers	NT	54.04	
13 Monan, Sofia	11	Tenby	57.45	54.42	
14 Howell, Sophie	11	Haverfordwest	1:01.27	56.31	
15 Penfold, Robyn	11	Fishguard Flyers	NT	57.13	
16 McFarlane, Una	11	Milford Haven	1:06.33	57.82	
17 Elcock, Freya	12	Fishguard Flyers	56.35	57.84	
18 David, Emily	11	Haverfordwest	1:00.77	1:00.46	
19 Thomas, Angharad	12	Fishguard Flyers	1:03.74	1:01.22	
20 Kenny, Jemima	11	Milford Haven	NT	1:03.40	
21 Piotrowska, Julia	11	Fishguard Flyers	NT	1:08.38	
--- John, Rebekah	11	Pembroke & District Asc	NT	DQ	
--- Doncaster, Lily S	12	Haverfordwest	57.40	DQ	

**Event 34 Girls 13-14 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Miles, Megan	14	Fishguard Flyers	40.99	41.75	8
2 Ostrowski, Julia	13	Pembroke & District Asc	42.40	41.84	7
3 Hanna, Jazmine	14	Haverfordwest	44.51	42.07	6
*4 Koo, Kathryn	13	Tenby	44.00	42.65	4.50
*4 Marsh, Nina	14	Milford Haven	42.07	42.65	4.50
6 Peach, Eliza M	14	Haverfordwest	43.54	45.56	3
7 Dafydd, Iola	13	Fishguard Flyers	NT	45.90	2
8 Fyfe, Nell	13	Haverfordwest	50.95	46.81	1

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Name	Age	Team	Seed Time	Finals Time	Points
9 Murphy, Alys	13	Haverfordwest	48.80	47.12	
10 Bruce, Skye	13	Pembroke & District Asc	49.10	48.36	
11 Gobbi, Roma	13	Haverfordwest	1:02.75	51.08	
12 Knight, Cerys	13	Haverfordwest	52.90	51.55	
13 James, Sara	13	Haverfordwest	1:04.02	53.44	
14 Iddon, Steph	14	Tenby	57.95	57.26	
15 Hickin, Molly	13	Fishguard Flyers	NT	1:03.79	

**Event 34 Girls 15 & Over 50 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lewis, Rachael E	17	Fishguard Flyers	34.62	36.67	8
2 White, Eleanor R	16	Haverfordwest	37.10	36.85	7
3 John, Holly	15	Haverfordwest	37.03	37.78	6
4 Lee, Georgia	17	Pembroke & District Asc	40.76	41.56	5
5 Hale, Chloe	16	Haverfordwest	38.49	41.61	4
6 Clapham, Rhiannon m	17	Fishguard Flyers	40.53	41.77	3
7 Clissold, Elizabeth	16	Tenby	NT	43.28	2
8 Evans, Marilla	15	Pembroke & District Asc	48.87	45.28	1
9 Beynon, Chloe	15	Fishguard Flyers	44.48	45.50	
10 Phillips, Ellie R	15	Haverfordwest	50.69	46.61	
11 Rice, Lily	18	Pembroke & District Asc	51.54	49.43	
12 Lord, Fleur	15	Pembroke & District Asc	55.10	53.02	

**Event 35 Boys 11-12 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Morgan, Ben	12	Pembroke & District Asc	6:55.64	6:32.73	8

**Event 35 Boys 13-14 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Prysor, Sami	14	Haverfordwest	5:03.00	5:01.60	8
2 Montague, Mason	14	Haverfordwest	5:24.10	5:08.42	7
3 Montgomery, Sammy	14	Haverfordwest	NT	5:25.40	6
4 West, Dexter	13	Fishguard Flyers	NT	5:27.85	5

**Event 35 Boys 15 & Over 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Fletcher, Owen	15	Haverfordwest	5:16.35	5:20.10	8
2 Morgan, Jack	15	Pembroke & District Asc	5:49.12	6:02.19	7

**Event 36 Girls 11-12 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Nichols, Grace	12	Haverfordwest	6:00.70	5:35.27	8
2 Griffiths, Cerys	12	Haverfordwest	NT	6:01.44	7

**Event 36 Girls 13-14 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Gilderdale, Celyn	14	Haverfordwest	6:05.15	6:07.86	8
2 Hanna, Jazmine	14	Haverfordwest	8:01.67	6:21.89	7

**Event 36 Girls 15 & Over 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Thomas, Grace	15	Milford Haven	5:43.56	5:46.63	8
2 Kovachev, Georgie	15	Fishguard Flyers	6:15.74	6:03.79	7