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**Individual Meet Results**
**West Wales Regionals 2016 29-Jan-16 to 07-Feb-16 [Ageup: 31/12/2016] SC Meters**
**Location: Haverfordwest Leisure Centre**
**Milford Haven Swim Squad [MILY]**

Time	F/P/S	Event	Place	Points	Improv
<b>Alfie Anderson (11) M</b>					
3:22.61S	F # 16A	Male 11-11 200 Back	4	---	-12.70
3:29.48S	F # 27A	Male 11-11 200 IM	11	---	-9.05
1:35.51S	P # 43A	Male 11-11 100 Back	11	---	-7.29
39.03S	P # 47A	Male 11-11 50 Free	13	---	-3.84
59.04S	P # 58A	Male 11-11 50 Breast	12	---	-1.36
<b>Sam Beegan (11) M</b>					
2:01.61S	F # 20A	Male 11-11 100 Breast	7	---	-1.18
2:04.74S	P # 20A	Male 11-11 100 Breast	9	---	1.95
51.40S	P # 24A	Male 11-11 50 Back	13	---	-0.22
53.81S	P # 58A	Male 11-11 50 Breast	10	---	-2.80
<b>Tom Beegan (15) M</b>					
3:03.01S	F # 13C	Male 15-16 200 Breast	3	---	3.70
1:24.28S	F # 26C	Male 15-16 100 Breast	4	---	-0.29
1:25.62S	P # 26C	Male 15-16 100 Breast	4	---	1.05
30.09S	P # 29C	Male 15-16 50 Free	9	---	-1.11
37.15S	F # 42C	Male 15-16 50 Breast	5	---	-1.92
37.33S	P # 42C	Male 15-16 50 Breast	5	---	-1.74
2:47.31S	F # 45C	Male 15-16 200 IM	9	---	-2.27
2:28.27S	F # 49C	Male 15-16 200 Free	16	---	-2.09
36.95S	P # 52C	Male 15-16 50 Back	10	---	-11.23
NS	P # 60C	Male 15-16 100 Free	---	---	---
<b>Freya Dimond (11) F</b>					
2:49.87S	F # 8A	Female 11-11 200 Free	6	---	-8.35
40.88S	P # 9A	Female 11-11 50 Fly	2	---	-1.22
42.13S	F # 9A	Female 11-11 50 Fly	3	---	0.03
6:43.48S	F # 12A	Female 11-11 400 IM	3	---	-14.73
1:44.20S	F # 15A	Female 11-11 100 Breast	6	---	1.46
1:45.39S	P # 15A	Female 11-11 100 Breast	5	---	2.65
36.45S	P # 19A	Female 11-11 50 Free	12	---	0.58
3:11.45S	F # 22A	Female 11-11 200 IM	3	---	-3.47
1:43.95S	P # 25A	Female 11-11 100 Fly	5	---	7.01
1:45.33S	F # 25A	Female 11-11 100 Fly	4	---	8.39
47.50S	P # 35A	Female 11-11 50 Breast	4	---	-0.86
48.04S	F # 35A	Female 11-11 50 Breast	6	---	-0.32
3:36.59S	F # 46A	Female 11-11 200 Breast	3	---	-12.67
1:30.31S	P # 48A	Female 11-11 100 Back	7	---	-6.15
1:35.55S	F # 48A	Female 11-11 100 Back	8	---	-0.91
1:17.09S	F # 57A	Female 11-11 100 Free	4	---	-7.08
1:18.41S	P # 57A	Female 11-11 100 Free	5	---	-5.76
42.71S	P # 59A	Female 11-11 50 Back	6	---	0.83
43.51S	F # 59A	Female 11-11 50 Back	8	---	1.63
3:33.92S	F # 64A	Female 11-11 200 Fly	2	---	-9.72

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Time	F/P/S	Event	Place	Points	Improv
<b>Katie Doughty (11) F</b>					
2:50.45S	F # 8A	Female 11-11 200 Free	7	---	-13.74
43.99S	P # 9A	Female 11-11 50 Fly	9	---	-0.97
6:57.25S	F # 12A	Female 11-11 400 IM	4	---	-22.58
1:42.80S	F # 15A	Female 11-11 100 Breast	3	---	-7.48
1:45.36S	P # 15A	Female 11-11 100 Breast	4	---	-4.92
36.35S	P # 19A	Female 11-11 50 Free	11	---	-1.31
3:14.52S	F # 22A	Female 11-11 200 IM	5	---	-9.65
49.05S	P # 35A	Female 11-11 50 Breast	9	---	-3.19
3:41.95S	F # 46A	Female 11-11 200 Breast	6	---	-16.97
1:31.75S	P # 48A	Female 11-11 100 Back	10	---	-5.57
1:19.87S	P # 57A	Female 11-11 100 Free	9	---	-3.91
44.16S	P # 59A	Female 11-11 50 Back	13	---	-0.41
<b>Hadyn Gough (12) M</b>					
3:16.58S	F # 16B	Male 12-12 200 Back	11	---	-3.48
1:48.11S	P # 20B	Male 12-12 100 Breast	12	---	-7.26
43.71S	P # 24B	Male 12-12 50 Back	13	---	-3.42
3:56.18S	F # 40B	Male 12-12 200 Breast	8	---	-6.67
38.26S	P # 47B	Male 12-12 50 Free	15	---	-1.05
51.96S	P # 58B	Male 12-12 50 Breast	13	---	-1.62
<b>Rachel Mayled (15) F</b>					
NS	P # 11C	Female 15-16 100 Fly	---	---	---
NS	F # 18C	Female 15-16 200 Free	---	---	---
NS	P # 41C	Female 15-16 50 Free	---	---	---
NS	F # 44C	Female 15-16 200 IM	---	---	---
<b>Jessica Sandy (11) F</b>					
43.25S	P # 9A	Female 11-11 50 Fly	5	---	-3.17
43.45S	F # 9A	Female 11-11 50 Fly	6	---	-2.97
1:49.87S	P # 15A	Female 11-11 100 Breast	11	---	-3.56
39.99S	P # 19A	Female 11-11 50 Free	24	---	-2.14
3:36.82S	F # 22A	Female 11-11 200 IM	15	---	-14.27
51.54S	P # 35A	Female 11-11 50 Breast	14	---	-2.17
1:28.26S	P # 57A	Female 11-11 100 Free	17	---	-7.98
<b>Bethan Wheeler (13) F</b>					
6:28.71S	F # 6A	Female 13-13 400 IM	6	---	-10.77
1:34.75S	P # 11A	Female 13-13 100 Fly	8	---	-4.80
1:36.34S	F # 11A	Female 13-13 100 Fly	8	---	-3.21
2:42.93S	F # 18A	Female 13-13 200 Free	13	---	-0.56
1:14.07S	P # 21A	Female 13-13 100 Free	13	---	-2.39
2:52.76S	F # 28A	Female 13-13 200 Back	11	---	-4.31
1:22.76S	P # 36A	Female 13-13 100 Back	13	---	-2.67
3:04.46S	F # 44A	Female 13-13 200 IM	12	---	-3.44

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Beau Yeomans (11) F</b>					
2:43.96S	F # 8A	Female 11-11 200 Free	4	---	-7.09
42.80S	F # 9A	Female 11-11 50 Fly	4	---	-4.21
43.77S	P # 9A	Female 11-11 50 Fly	7	---	-3.24
6:43.44S	F # 12A	Female 11-11 400 IM	2	---	-25.36
34.15S	F # 19A	Female 11-11 50 Free	2	---	-4.06
34.42S	P # 19A	Female 11-11 50 Free	2	---	-3.79
3:04.65S	F # 22A	Female 11-11 200 IM	2	---	-5.72
1:26.61S	P # 48A	Female 11-11 100 Back	2	---	-5.28
1:26.69S	F # 48A	Female 11-11 100 Back	3	---	-5.20