

Individual Meet Results

Welsh Summer Nationals 2015 23-Jul-15 to 29-Jul-15 [Ageup: 31/12/2015] LC Meters

Location: Wales National Pool

Nofio Clwyd [NCPY] Coach: Aled Davies

Time	F/P/S	Event	Place	Points	Improv
Niamh Andrews (15) W					
2:27.91L	P # 15A	Women 15-16 200 IM	2	---	-2.77
	31.58	36.88 45.50 33.95			
2:28.80L	F # 15A	Women 15-16 200 IM	4	---	-1.88
	31.87	38.09 45.58 33.26			
5:14.48L	F # 22A	Women 15-16 400 IM	2	---	49.51
	32.13	36.87 39.98 39.09 47.22 47.30 36.40 35.49			
2:29.01L	P # 31A	Women 15-16 200 Fly	3	---	1.14
	32.78	37.76 37.94 40.53			
2:29.31L	F # 31A	Women 15-16 200 Fly	5	---	1.44
	32.44	37.64 39.82 39.41			
Adam Cartwright (16) M					
17:38.13L	F # 9A	Men 15-16 1500 Free	5	---	-48.23
	31.12	33.59 34.85 34.93 35.20 35.21 35.03 35.57			
	35.19	35.98 35.05 35.27 35.51 35.55 35.57 35.79			
	35.30	35.90 35.70 35.87 35.69 36.02 35.68 35.99			
	35.68	36.00 35.79 35.62 35.51 33.97			
2:28.00L	P # 14A	Men 15-16 200 IM	18	---	-4.33
	31.43	39.55 45.49 31.53			
5:10.20L	F # 21A	Men 15-16 400 IM	6	---	-4.58
	33.52	38.44 39.86 40.08 46.10 45.61 34.60 31.99			
Lauren Cook (13) W					
1:17.36L	P # 4B	Women 13-13 100 Fly	12	---	3.02
	35.11	42.25			
31.78L	P # 8B	Women 13-13 50 Free	24	---	0.51
33.31L	P # 18B	Women 13-13 50 Fly	14	---	-0.11
1:09.14L	P # 43B	Women 13-13 100 Free	24	---	0.15
	32.83	36.31			
2:53.22L	P # 75B	Women 13-13 200 Fly	7	---	2.02
	36.99	44.78 46.72 44.73			
2:55.49L	F # 75B	Women 13-13 200 Fly	8	---	4.29
	37.60	45.92 46.20 45.77			

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Time	F/P/S	Event	Place	Points	Improv
Laura Sharp (13) W					
2:57.92L	P # 13B	Women 13-13 200 Breast	5	---	-1.52
	41.35	46.23 45.66 44.68			
2:58.26L	F # 13B	Women 13-13 200 Breast	6	---	-1.18
	41.43	45.02 46.64 45.17			
38.98L	P # 33B	Women 13-13 50 Breast	10	---	-0.64
9:46.92L	F # 39A	Women 13-13 800 Free	1	---	-10.58
	32.61	35.75 36.35 36.76 37.12 37.35 37.45 37.59			
	37.49	36.87 37.28 37.07 37.47 36.99 37.07 35.70			
2:37.34L	F # 47B	Women 13-13 200 IM	3	---	-1.64
	35.71	41.91 44.35 35.37			
2:39.29L	P # 47B	Women 13-13 200 IM	5	---	0.31
	36.48	43.05 45.06 34.70			
5:29.82L	F # 53B	Women 13-13 400 IM	2	---	-5.35
	37.25	42.96 43.60 41.75 45.15 45.67 37.58 35.86			
4:46.83L	F # 66B	Women 13-13 400 Free	1	---	-6.76
	32.12	35.44 36.61 36.54 36.54 37.11 36.76 35.71			
2:15.80L	F # 69B	Women 13-13 200 Free	1	---	-5.60
	31.69	34.65 35.78 33.68			
2:19.29L	P # 69B	Women 13-13 200 Free	3	---	-2.11
	32.34	35.80 36.03 35.12			
2:48.60L	P # 75B	Women 13-13 200 Fly	4	---	-2.66
	36.29	42.91 46.08 43.32			
2:54.60L	F # 75B	Women 13-13 200 Fly	7	---	3.34
	36.81	46.13 46.89 44.77			
1:25.48L	P # 80B	Women 13-13 100 Breast	9	---	0.69
	40.87	44.61			
Samuel Wild (17) M					
27.71L	P # 19B	Men 17 & Over 50 Fly	11	---	0.82
1:05.43L	P # 44B	Men 17 & Over 100 Fly	25	---	3.97
	28.66	36.77			
25.69L	P # 48B	Men 17 & Over 50 Free	12	---	0.28
57.14L	P # 57B	Men 17 & Over 100 Free	23	---	1.01
	27.46	29.68			
30.37L	P # 61B	Men 17 & Over 50 Back	12	---	0.10