

Individual Meet Results

RCT Level 3 New Year Open Meet 05-Jan-19 to 06-Jan-19 [Ageup: 06/01/2019] LC Meters

Location: Cardiff International Pool

Neath ASC [NEAY] Coach: Neill Golding

Time	F/P/S	Event	Place	Points	Improv
Bethan Evans (14) F					
33.83L	F # 6C	Female 13-14 50 Back	2	9	0.40
2:46.74L	F # 8C	Female 13-14 200 IM	9	2	3.67
2:37.59L	F # 12C	Female 13-14 200 Back	3	8	6.62
1:07.73L	F # 14C	Female 13-14 100 Free	6	5	2.64
35.17L	F # 19C	Female 13-14 50 Fly	6	5	1.02
1:13.15L	F # 20C	Female 13-14 100 Back	1	10	1.07
30.93L	F # 30C	Female 13-14 50 Free	6	5	0.44
Caitlin Evans (12) F					
3:17.23L	F # 3B	Female 11-12 200 Breast	7	4	8.23
3:01.31L	F # 8B	Female 11-12 200 IM	18	---	3.00
37.32L	F # 19B	Female 11-12 50 Fly	11	---	-0.24
43.83L	F # 24B	Female 11-12 50 Breast	14	---	0.59
1:33.89L	F # 28B	Female 11-12 100 Breast	10	1	3.01
Gracie Gilligan (11) F					
3:10.16L	F # 3B	Female 11-12 200 Breast	4	7	-1.26
2:52.81L	F # 8B	Female 11-12 200 IM	9	2	2.56
1:31.25L	F # 10B	Female 11-12 100 Fly	11	---	7.27
2:55.43L	F # 12B	Female 11-12 200 Back	8	3	4.00
1:14.99L	F # 14B	Female 11-12 100 Free	19	---	2.47
6:11.35L	F # 17A	Female 11-12 400 IM	10	1	-0.87
1:20.27L	F # 20B	Female 11-12 100 Back	7	4	-0.20
42.60L	F # 24B	Female 11-12 50 Breast	6	5	-0.34
1:30.95L	F # 28B	Female 11-12 100 Breast	5	6	-0.91
Neve Jones (13) F					
3:35.91L	F # 3C	Female 13-14 200 Breast	14	---	---
37.11L	F # 6C	Female 13-14 50 Back	14	---	0.52
2:58.48L	F # 12C	Female 13-14 200 Back	16	---	3.36
37.93L	F # 19C	Female 13-14 50 Fly	15	---	-0.63
1:19.70L	F # 20C	Female 13-14 100 Back	11	---	-0.44
45.93L	F # 24C	Female 13-14 50 Breast	15	---	1.46
Lowri Lewis (12) F					
36.39L	F # 6B	Female 11-12 50 Back	2	9	0.68
1:20.41L	F # 10B	Female 11-12 100 Fly	3	8	-0.98
2:49.24L	F # 12B	Female 11-12 200 Back	3	8	---
1:08.81L	F # 14B	Female 11-12 100 Free	5	6	0.52
33.64L	F # 19B	Female 11-12 50 Fly	2	9	-1.04
1:18.14L	F # 20B	Female 11-12 100 Back	2	9	-1.01
43.63L	F # 24B	Female 11-12 50 Breast	11	---	0.13
30.58L	F # 30B	Female 11-12 50 Free	2	9	-0.17
Kaitlin O'mahoney (10) F					
41.65L	F # 6A	Female 9-10 50 Back	4	7	-1.91
3:15.65L	F # 8A	Female 9-10 200 IM	4	7	-5.93
3:12.83L	F # 12A	Female 9-10 200 Back	1	10	---
1:20.57L	F # 14A	Female 9-10 100 Free	6	5	2.45
1:30.00L	F # 20A	Female 9-10 100 Back	4	7	-1.50
2:47.30L	F # 22A	Female 9-10 200 Free	1	10	-2.52
36.26L	F # 30A	Female 9-10 50 Free	5	6	0.10

Individual Meet Results

RCT Level 3 New Year Open Meet 05-Jan-19 to 06-Jan-19 [Ageup: 06/01/2019] LC Meters

Location: Cardiff International Pool

Neath ASC [NEAY] Coach: Neill Golding

Time	F/P/S	Event	Place	Points	Improv
Mollie Short (16) F					
1:08.10L	F # 14D	Female 15 & Over 100 Free	8	3	1.34
33.40L	F # 19D	Female 15 & Over 50 Fly	5	6	0.25
30.88L	F # 30D	Female 15 & Over 50 Free	6	5	0.41
Abigail Thomas (13) F					
5:47.78L	F # 1B	Female 13-14 400 Free	19	---	-11.88
3:35.24L	F # 3C	Female 13-14 200 Breast	13	---	-6.83
40.33L	F # 6C	Female 13-14 50 Back	29	---	-1.43
3:13.89L	F # 8C	Female 13-14 200 IM	33	---	-1.84
1:19.51L	F # 14C	Female 13-14 100 Free	31	---	3.87
40.05L	F # 19C	Female 13-14 50 Fly	20	---	-1.45
2:45.81L	F # 22C	Female 13-14 200 Free	31	---	1.81
45.99L	F # 24C	Female 13-14 50 Breast	16	---	0.88
1:40.00L	F # 28C	Female 13-14 100 Breast	13	---	-0.09
35.61L	F # 30C	Female 13-14 50 Free	24	---	1.86
Caitlyn Thomas (9) F					
53.95L	F # 6A	Female 9-10 50 Back	24	---	0.62
2:06.09L	F # 10A	Female 9-10 100 Fly	4	7	---
4:06.63L	F # 12A	Female 9-10 200 Back	8	3	---
1:46.73L	F # 14A	Female 9-10 100 Free	28	---	-3.05
59.43L	F # 19A	Female 9-10 50 Fly	19	---	2.93
3:52.94L	F # 22A	Female 9-10 200 Free	19	---	---
1:04.73L	F # 24A	Female 9-10 50 Breast	29	---	1.26
48.67L	F # 30A	Female 9-10 50 Free	33	---	0.65
Ffion Thomas (11) F					
NS	F # 6B	Female 11-12 50 Back	---	---	---
NS	F # 8B	Female 11-12 200 IM	---	---	---
NS	F # 14B	Female 11-12 100 Free	---	---	---
40.37L	F # 19B	Female 11-12 50 Fly	20	---	3.38
1:29.21L	F # 20B	Female 11-12 100 Back	27	---	6.81
49.09L	F # 24B	Female 11-12 50 Breast	24	---	-0.91
34.43L	F # 30B	Female 11-12 50 Free	19	---	-0.17
Jac Thomas (12) M					
36.84L	F # 4B	Male 11-12 50 Fly	4	7	-0.70
1:24.93L	F # 5B	Male 11-12 100 Back	7	4	-0.33
2:34.09L	F # 7B	Male 11-12 200 Free	3	8	-2.16
30.80L	F # 15B	Male 11-12 50 Free	1	10	-0.70
5:33.64L	F # 16A	Male 11-12 400 Free	4	7	4.66
2:56.10L	F # 23B	Male 11-12 200 IM	5	6	-2.00
NS	F # 25B	Male 11-12 100 Fly	---	---	---
1:08.78L	F # 29B	Male 11-12 100 Free	3	8	-1.61

Individual Meet Results**RCT Level 3 New Year Open Meet 05-Jan-19 to 06-Jan-19 [Ageup: 06/01/2019] LC Meters****Location: Cardiff International Pool****Neath ASC [NEAY] Coach: Neill Golding**

Time	F/P/S	Event	Place	Points	Improv
Lewis Wells (15) M					
30.19L	F # 4D	Male 15 & Over 50 Fly	8	3	-0.77
1:08.00L	F # 5D	Male 15 & Over 100 Back	1	10	-2.58
27.61L	F # 15D	Male 15 & Over 50 Free	7	4	0.12
31.65L	F # 21D	Male 15 & Over 50 Back	5	6	0.09
1:12.81L	F # 25D	Male 15 & Over 100 Fly	11	---	4.32
1:00.99L	F # 29D	Male 15 & Over 100 Free	8	3	1.03