



### Swim Wales Long Course Easter Championships – April 2015

Name	Event	Entry Time	Heat Time	Final Time	PB	Position
Marteg Dafydd	50 Free	31.00	31.30	30.36	PB	3 <sup>rd</sup>
	50 Back	34.07	36.17	35.51		4 <sup>th</sup>
	50 Fly	34.40	35.12	33.17	PB	3 <sup>rd</sup>
	100 Free	1:06.90	1:10.49	1:08.31		6 <sup>th</sup>
	100 Back	1:16.00	1:18.92	1:17.10		3 <sup>rd</sup>
	200 Back	2:39.10	2:45.71	2:44.76		4 <sup>th</sup>
	200 IM	2:45.10	2:51.60	2:52.15		8 <sup>th</sup>
Medi Harris	50 Free	29.50	29.67	29.00	PB	1 <sup>st</sup>
	50 Back	32.60	32.92	32.59	PB	1 <sup>st</sup>
	50 Fly	32.00	32.10	31.20	PB	1 <sup>st</sup>
	100 Free	1:03.80	1:04.21	1:02.95	PB	1 <sup>st</sup>
	100 Back	1:09.40	1:10.15	1:08.25	PB	1 <sup>st</sup>
	100 Fly	1:11.50	1:11.47	1:09.57	PB	2 <sup>nd</sup>
	200 Free	2:17.30	2:18.38	2:14.76	PB	1 <sup>st</sup>
	200 Back	2:28.00	2:27.44	2:26.83	PB	1 <sup>st</sup>
	400 Free	4:55.70		4:47.98	PB	1 <sup>st</sup>
	200 IM	2:36.80	2:34.19	2:31.85	PB	1 <sup>st</sup>
Cerian Harries	50 Breast	37.70	37.80	36.68	PB	2 <sup>nd</sup>
	100 Breast	1:20.90	1:19.90	1:18.74	PB	1 <sup>st</sup>
	200 Free	2:19.80	2:19.59	2:20.14	PB	4 <sup>th</sup>
	200 Breast	2:53.40	2:57.05	2:54.86		1 <sup>st</sup>
	400 Free	4:56.00		4:54.72	PB	5 <sup>th</sup>
	200 IM	2:35.40	2:33.49	2:32.05	PB	2 <sup>nd</sup>
Cara Hughes	50 Free	30.90	30.78	30.26	PB	7 <sup>th</sup>
	50 Breast	42.10	42.31			
	50 Fly	33.90	33.86		PB	2 <sup>nd</sup> res
	100 Free	1:06.30	1:08.76			
	100 Back	1:16.10	1:18.69			
Lauren Jones	50 Breast	41.40	39.81		PB	1 <sup>st</sup> res.
Martyna Ruskowska	50 Fly	29.20	29.78	29.43		1 <sup>st</sup>
	100 Free	1:01.00	1:00.60	1:00.65	PB	2 <sup>nd</sup>
	100 Fly	1:06.50	1:05.46	1:05.11	PB	1 <sup>st</sup>
	100 Breast	1:19.70	1:23.65	1:23.29		5 <sup>th</sup>
	200 Free	2:13.00	2:11.05	2:11.47	PB	1 <sup>st</sup>
	200 Back	2:26.90	2:26.52	2:26.49	PB	1 <sup>st</sup>
	400 Free	4:39.60		4:39.73		3 <sup>rd</sup>
	200 IM	2:26.10	2:26.57	2:27.31		2 <sup>nd</sup>
400 IM	5:14.50		5:09.60	PB	2 <sup>nd</sup>	
Eve Goddard-Smith	50 Free	30.90	30.43		PB	
	50 Back	34.80	34.81	PF		
	100 Fly	1:10.20	1:08.94	1:07.67	PB	2 <sup>nd</sup>

Name	Event	Entry Time	Heat Time	Final Time	PB	Position
Heledd Davies	50 Free	30.20	30.24			
	50 Breast	40.40	41.33			
	100 Breast	1:25.90	1:29.85			
Siwan Williams	50 Back	33.30	33.97	33.27	PB	2 <sup>nd</sup>
	100 Back	1:11.20	1:13.64	1:13.95		5 <sup>th</sup>
	200 Back	2:36.30	2:41.39	PF		
Esmé Crowe	50 Breast	38.70	37.38	38.12	PB	5 <sup>th</sup>
	100 Breast	1:21.00	1:21.07	1:20.83	PB	3 <sup>rd</sup>
	200 Breast	2:50.90	2:51.74	2:51.50		3 <sup>rd</sup>
Olivia Povey	50 Breast	41.20	41.09		PB	
	200 Breast	3:08.60	3:12.20			
Sian Roberts	50 Back	35.00	34.81		PB	
Sian Moore	100 Breast	1:24.81	1:24.46	1:25.42	PB	7 <sup>th</sup>
Lora Lukacs	50 Free	29.10	29.38			
	100 Free	1:02.10	1:02.54			
	200 Free	2:12.60	2:15.85			
	400 Free	4:41.70		4:40.75	PB	
	800 Free	9:33.40		9:41.63		5 <sup>th</sup>
Mali D'Arcy	50 Free	27.10	28.50	28.09		2 <sup>nd</sup>
	50 Fly	29.90	31.15	30.41		2 <sup>nd</sup>
	100 Free	1:00.40	1:02.08	1:02.08		3 <sup>rd</sup>
	100 Back	1:08.00	1:10.52	1:10.59		4 <sup>th</sup>
	200 Free	2:13.70	2:13.48	2:19.52		8 <sup>th</sup>
Mari Davies	50 Free	26.51	27.43	26.90		1 <sup>st</sup>
	100 Free	56.68	58.07	57.66		1 <sup>st</sup>
	200 Free	2:02.40	2:06.57	2:04.25		1 <sup>st</sup>
	400 Free	4:22.06		4:24.78		2 <sup>nd</sup>
Georgia Povey	50 Breast	39.80	39.50	39.15	PB	7 <sup>th</sup>
	200 Breast	2:57.20	2:58.44			