$Pembrokes hire\ County\ Championships\ 2022\ \ 22-0ct-22\ to\ 23-0ct-22\ [Ageup:\ 23/10/2022]\ SC\ Meters$

Sanction: 3WL221066 Location: Haverfordwest Leisure Centre

| Time | F/P/S | Event | Place | Points | Improv |
|-----------------|------------|-------------------------------|-------|--------|--------|
| Noah Adams (1 | 12) M | | | | |
| 1:46.97S DO | Q F # 2 | 5B Male 11-12 100 IM | | | |
| 1:35.28S | F # 3 | 1B Male 11-12 100 Back | 3 | 6 | -17.51 |
| 55.02S | F #3 | 3B Male 11-12 50 Breast | 8 | 1 | -8.70 |
| 44.02S | F # 3 | 7 200 Medley Relay Lead Off | | | -7.10 |
| 40.55S | F # 4 | 3 200 Free Relay Lead Off | | | -5.46 |
| Frederick Back | en (10) M | | | | |
| NS | F # 2 | 0A Male 10 & Under 50 Free | | | |
| Henry Backen | (14) M | | | | |
| 40.94S | F # 4 | C Male 13-14 50 Fly | 5 | 4 | |
| 1:39.138 | F # 6 | - | 3 | 6 | -7.31 |
| 33.92S | F # 2 | | 5 | 4 | |
| 1:27.93S | F # 2 | | 2 | 7 | -9.54 |
| 1:18.02S | F # 2 | | 6 | 3 | |
| 43.80S | F # 3 | | 2 | 7 | -2.96 |
| Aaron Beynon | | | | | |
| 1:54.76S DO | | B Male 11-12 100 Breast | | | |
| 44.25S | F # 1 | | 4 | 5 | -1.72 |
| 36.83S | F # 2 | | 4 | 5 | -5.17 |
| NS | F # 2 | | | | -5.17 |
| NS | F # 3 | | | | |
| | | ob Maic 11-12 30 bleast | | | |
| Chloe Beynon (| | D | 4.0 | | 2.40 |
| 37.01S | F # 3 | - | 13 | | -2.18 |
| 1:37.10S | F # 5 | | 6 | 3 | -2.20 |
| 5:47.17S | F # 7 | | 8 | 1 | -10.27 |
| 3:02.27\$ | F # 9 | | 9 | | -2.00 |
| 1:29.06S | F # 1 | • | 7 | 2 | -4.63 |
| 32.24\$ | F # 1 | | 10 | | 0.02 |
| 1:26.32S | F # 2 | | 9 | | 1.96 |
| 1:14.76S | F # 2 | | 10 | | 1.98 |
| 45.50S | F # 3 | | 9 | | 0.48 |
| NS | F # 3 | 6C Female 15 & Over 400 IM | | | |
| Cai Bowen (10) |) M | | | | |
| 54.69S | F # 2 | 0A Male 10 & Under 50 Free | 6 | 3 | |
| 1:08.61S DO | Q F # 3 | 3A Male 10 & Under 50 Breast | | | |
| Rhiannon Clapl | ham (17) F | | | | |
| 33.12S | F # 3 | D Female 15 & Over 50 Fly | 5 | 4 | 1.00 |
| 2:42.92\$ | F # 9 | D Female 15 & Over 200 IM | 5 | 4 | 0.96 |
| 1:22.15S | F # 1 | 3D Female 15 & Over 100 Fly | 6 | 3 | 8.19 |
| 29.05S | F # 1 | 9D Female 15 & Over 50 Free | 2 | 7 | 0.14 |
| 1:15.76S | F # 2 | 6D Female 15 & Over 100 IM | 2 | 7 | -0.83 |
| 1:03.73S | F # 2 | 8D Female 15 & Over 100 Free | 2 | 7 | -0.41 |
| NS | F # 3 | 2D Female 15 & Over 100 Back | | | |
| 41.77S | F # 3 | 4D Female 15 & Over 50 Breast | 6 | 3 | 1.24 |
| Louie Clegg (13 | 3) M | | | | |
| 1:39.45\$ | F # 6 | C Male 13-14 100 Breast | 4 | 5 | -10.20 |
| 43.91S | F # 1 | | 7 | 2 | |
| 3:30.16S | F # 1 | | 3 | 6 | -17.56 |
| | - " - | | - | - | |

Pembrokeshire County Championships 2022 22-Oct-22 to 23-Oct-22 [Ageup: 23/10/2022] SC Meters Sanction: 3WL221066 Location: Haverfordwest Leisure Centre

| Time | F/P/S | Event | Place | Points | Improv |
|-----------------|--------|---------------------------------|-------|--------|--------|
| Daisy Cooper (| 11) F | | | | |
| 42.96S | F # 3 | B Female 11-12 50 Fly | 6 | 3 | |
| 43.87S | F # 11 | LB Female 11-12 50 Back | 8 | 1 | -14.97 |
| 39.38S | F # 19 | PB Female 11-12 50 Free | 17 | | -0.90 |
| 1:37.68S | F # 26 | 5B Female 11-12 100 IM | 10 | | |
| 1:39.84\$ | F # 32 | PB Female 11-12 100 Back | 8 | 1 | -7.01 |
| 40.25S | F # 44 | 200 Free Relay Lead Off | | | -0.03 |
| 46.87S | F # 50 | 200 Medley Relay Lead Off | | | -11.97 |
| Sibylla Couzens | (11) F | | | | |
| 54.93S | F # 11 | IB Female 11-12 50 Back | 25 | | |
| 48.97S | F # 19 | PB Female 11-12 50 Free | 32 | | |
| Tabitha Curtis | (10) F | | | | |
| 50.31S | F # 3. | A Female 10 & Under 50 Fly | 2 | 7 | |
| 1:40.60S | F # 5. | A Female 10 & Under 100 Breast | 1 | 8 | -7.54 |
| 42.88S | F # 11 | IA Female 10 & Under 50 Back | 1 | 8 | -2.70 |
| 3:40.67S | F # 17 | 7A Female 10 & Under 200 Breast | 1 | 8 | -17.74 |
| 37.89S | F # 19 | PA Female 10 & Under 50 Free | 4 | 5 | -1.11 |
| 1:36.11S | F # 26 | Female 10 & Under 100 IM | 2 | 7 | -1.28 |
| 1:22.80S | F # 28 | SA Female 10 & Under 100 Free | 2 | 7 | -4.62 |
| 46.89S | F # 34 | Female 10 & Under 50 Breast | 1 | 8 | -1.56 |
| Iola Dafydd (13 | B) F | | | | |
| NS | F # 5 | C Female 13-14 100 Breast | | | |
| NS | F # 11 | IC Female 13-14 50 Back | | | |
| NS | F # 17 | 7C Female 13-14 200 Breast | | | |
| NS | F # 19 | OC Female 13-14 50 Free | | | |
| NS | F # 28 | SC Female 13-14 100 Free | | | |
| 45.90S | F # 34 | Female 13-14 50 Breast | 7 | 2 | |
| Mali Dafydd (1 | 2) F | | | | |
| NS | F # 3 | B Female 11-12 50 Fly | | | |
| NS | F # 11 | IB Female 11-12 50 Back | | | |
| NS | F # 19 | PB Female 11-12 50 Free | | | |
| 1:30.24S | F # 26 | 5B Female 11-12 100 IM | 4 | 5 | |
| 1:17.14S | F # 28 | BB Female 11-12 100 Free | 6 | 3 | |
| 46.86S | F # 34 | Female 11-12 50 Breast | 3 | 6 | |
| Betsi Davies (1 | 0) F | | | | |
| 52.37S | F # 19 | PA Female 10 & Under 50 Free | 19 | | |
| 1:11.85S | F # 34 | AA Female 10 & Under 50 Breast | 14 | | |
| Freya Elcock (1 | 2) F | | | | |
| 1:41.69S | F # 26 | 5B Female 11-12 100 IM | 14 | | |
| 1:27.45S | F # 28 | BB Female 11-12 100 Free | 14 | | |
| 1:44.50S | F # 32 | 2B Female 11-12 100 Back | 10 | | |
| 57.84S | F # 34 | B Female 11-12 50 Breast | 17 | | 1.49 |
| | | | | | |

 $Pembrokeshire\ County\ Championships\ 2022\ \ 22-Oct-22\ to\ 23-Oct-22\ [Ageup:\ 23/10/2022]\ SC\ Meters$

Sanction: 3WL221066 Location: Haverfordwest Leisure Centre

| Time | F/P/S | Event | Place | Points | Improv |
|------------------|-------------|-------------------------------|-------|--------|--------|
| Amelia Griffith | s (11) F | | | | |
| 47.57S | F # 3F | Female 11-12 50 Fly | 11 | | |
| 1:52.43S | F # 51 | Female 11-12 100 Breast | 7 | 2 | -10.76 |
| 41.23S | F # 11 | B Female 11-12 50 Back | 5 | 4 | -3.91 |
| 34.33S | F # 19 | B Female 11-12 50 Free | 5 | 4 | -6.21 |
| 1:33.83S | F # 26 | B Female 11-12 100 IM | 7 | 2 | -16.87 |
| 1:23.14S | F # 28 | B Female 11-12 100 Free | 11 | | |
| 1:33.09S | F # 32 | B Female 11-12 100 Back | 5 | 4 | -19.84 |
| 49.43S | F # 34 | B Female 11-12 50 Breast | 6 | 3 | -6.88 |
| 35.44S | F # 44 | 200 Free Relay Lead Off | | | -5.10 |
| 43.52S | F # 49 | 200 Medley Relay Lead Off | | | -1.62 |
| Elizabeth Griffi | iths (10) F | | | | |
| 53.698 | F # 11 | A Female 10 & Under 50 Back | 10 | | |
| 47.85S | F # 19 | A Female 10 & Under 50 Free | 14 | | |
| 1:01.41S | F # 34 | A Female 10 & Under 50 Breast | 9 | | |
| 53.71S | F # 38 | 200 Medley Relay Lead Off | | | |
| Lilia-Rose Griff | fiths (9) F | | | | |
| 1:03.93\$ | F # 11 | A Female 10 & Under 50 Back | 17 | | |
| 1:03.81S | F # 19 | A Female 10 & Under 50 Free | 27 | | |
| Ellena Hall (11 |) F | | | | |
| 3:38.05\$ | F # 1H | Female 11-12 200 Back | 9 | | |
| 49.55S | F # 3F | Female 11-12 50 Fly | 12 | | -1.41 |
| 3:39.09\$ | F # 91 | | 10 | | |
| 48.56S | F # 11 | B Female 11-12 50 Back | 15 | | -1.54 |
| 4:00.87\$ | F # 17 | B Female 11-12 200 Breast | 7 | 2 | |
| 37.91S | F # 19 | B Female 11-12 50 Free | 13 | | -2.69 |
| 1:36.36\$ | F # 26 | B Female 11-12 100 IM | 8 | 1 | -11.25 |
| 1:22.63\$ | F # 28 | B Female 11-12 100 Free | 10 | | -9.25 |
| 3:00.05S | F # 30 | B Female 11-12 200 Free | 7 | 2 | -20.15 |
| 51.43S | F # 34 | B Female 11-12 50 Breast | 9 | | -4.53 |
| Ethan Hall (12 |) M | | | | |
| 40.338 | F # 4F | Male 11-12 50 Fly | 4 | 5 | -8.15 |
| 1:38.75\$ | F # 6F | Male 11-12 100 Breast | 2 | 7 | -6.30 |
| 3:22.44S | F # 10 | B Male 11-12 200 IM | 3 | 6 | -16.11 |
| 3:42.48\$ | F # 18 | B Male 11-12 200 Breast | 3 | 6 | -0.36 |
| 1:33.00S | F # 25 | B Male 11-12 100 IM | 2 | 7 | -7.73 |
| 42.61S | F # 33 | B Male 11-12 50 Breast | 1 | 8 | -3.62 |
| Isabelle Hall (1 | 11) F | | | | |
| 3:26.05\$ | F # 1F | Female 11-12 200 Back | 8 | 1 | |
| 1:44.16S | F # 51 | Female 11-12 100 Breast | 4 | 5 | -5.11 |
| 44.11S | F # 11 | B Female 11-12 50 Back | 9 | | -2.98 |
| 3:41.83\$ | F # 17 | B Female 11-12 200 Breast | 4 | 5 | -26.49 |
| 38.03S | F # 19 | | 14 | | -2.95 |
| 1:33.07S | F # 26 | | 6 | 3 | -7.55 |
| 3:07.29\$ | F # 30 | | 9 | | |
| 48.07S | F # 34 | | 4 | 5 | -2.51 |
| | | | | | |

Pembrokeshire County Championships 2022 22-Oct-22 to 23-Oct-22 [Ageup: 23/10/2022] SC Meters Sanction: 3WL221066 Location: Haverfordwest Leisure Centre

| Time | F/P/S | Event | Place | Points | Improv |
|------------------|-----------|-----------------------------|-------|--------|--------|
| Emyr Harris (10 | O) M | | | | |
| NS | F # 20A | Male 10 & Under 50 Free | | | |
| 1:08.88S | F # 33A | Male 10 & Under 50 Breast | 5 | 4 | |
| Osian Harris (1 | 3) M | | | | |
| NS | F # 2C | Male 13-14 200 Back | | | |
| NS | F # 8B | Male 13-14 400 Free | | | |
| NS | F # 10C | Male 13-14 200 IM | | | |
| NS | F # 12C | Male 13-14 50 Back | | | |
| NS | F # 14C | Male 13-14 100 Fly | | | |
| NS | F # 20C | Male 13-14 50 Free | | | |
| NS | F # 25C | Male 13-14 100 IM | | | |
| NS | F # 27C | Male 13-14 100 Free | | | |
| NS | F # 29C | Male 13-14 200 Free | | | |
| NS | F # 31C | Male 13-14 100 Back | | | |
| NS | F # 33C | Male 13-14 50 Breast | | | |
| 41.64S | F # 39 | 200 Medley Relay Lead Off | | | 2.54 |
| 39.46S | F # 50 | 200 Medley Relay Lead Off | | | 0.36 |
| Molly Hickin (1 | 3) F | | | | |
| 54.61S | F # 11C | Female 13-14 50 Back | 21 | | |
| 1:03.79S | F # 34C | Female 13-14 50 Breast | 15 | | |
| Eira Kaill-Frank | s (12) F | | | | |
| 45.52S | F # 19B | Female 11-12 50 Free | 28 | | |
| 52.48\$ | F # 34B | Female 11-12 50 Breast | 10 | | |
| 47.83S | F # 44 | 200 Free Relay Lead Off | | | |
| Nia Kaill-Franks | s (10) F | | | | |
| 46.36S | F # 19A | Female 10 & Under 50 Free | 13 | | |
| 57.53S | F # 34A | Female 10 & Under 50 Breast | 4 | 5 | |
| Georgie Kovach | ev (15) F | | | | |
| 32.73S | F # 3D | Female 15 & Over 50 Fly | 4 | 5 | -1.21 |
| 5:07.75S | F # 7C | Female 15 & Over 400 Free | 4 | 5 | -15.70 |
| 2:49.22\$ | F # 9D | Female 15 & Over 200 IM | 7 | 2 | -9.17 |
| 1:16.72S | F # 13D | Female 15 & Over 100 Fly | 4 | 5 | -0.45 |
| 31.44S | F # 19D | Female 15 & Over 50 Free | 9 | | -0.12 |
| 2:56.46S | F # 24D | Female 15 & Over 200 Fly | 4 | 5 | |
| 1:07.20S | F # 28D | Female 15 & Over 100 Free | 8 | 1 | -2.55 |
| 2:24.48S | F # 30D | Female 15 & Over 200 Free | 4 | 5 | -5.65 |
| 1:18.40S | F # 32D | Female 15 & Over 100 Back | 3 | 6 | -1.96 |
| 6:03.79S | F # 36C | Female 15 & Over 400 IM | 2 | 7 | -11.95 |

Pembrokeshire County Championships 2022 22-Oct-22 to 23-Oct-22 [Ageup: 23/10/2022] SC Meters Sanction: 3WL221066 Location: Haverfordwest Leisure Centre

| Improv | Points | Place | Event | F/P/S | Time |
|--------|--------|--------------------------|--|---|---|
| | | | | F | Rachael Lewis (17) |
| -0.08 | 8 | 1 | Female 15 & Over 50 Fly | F # 3D | 30.82S |
| -6.37 | 6 | 3 | Female 15 & Over 400 Free | F # 7C | 5:01.00S |
| -0.67 | 7 | 2 | Female 15 & Over 200 IM | F # 9D | 2:35.25S |
| 1.03 | 8 | 1 | Female 15 & Over 100 Fly | F # 13D | 1:09.77S |
| 7.86 | 8 | 1 | Female 15 & Over 200 Breast | F # 17D | 2:50.88S |
| 0.98 | 5 | 4 | Female 15 & Over 50 Free | F # 19D | 29.20S |
| 8.01 | 8 | 1 | Female 15 & Over 200 Fly | F # 24D | 2:40.63\$ |
| 0.20 | 8 | 1 | Female 15 & Over 100 Free | F # 28D | 1:03.32S |
| 1.35 | 8 | 1 | Female 15 & Over 200 Free | F # 30D | 2:20.61S |
| 1.72 | 8 | 1 | Female 15 & Over 50 Breast | F # 34D | 36.67S |
| 0.77 | | | 200 Free Relay Lead Off | F # 48 | 28.99S |
| | | | | M | Gethin Miles (12) |
| -31.65 | 1 | 8 | Male 11-12 100 Breast | F # 6B | 2:03.30S |
| -2.52 | | 11 | Male 11-12 50 Back | F # 12B | 51.78S |
| -13.09 | | 14 | Male 11-12 50 Free | F # 20B | 47.67S |
| -14.80 | | 13 | Male 11-12 50 Breast | F # 33B | 57.73S |
| | | | | F | Megan Miles (14) I |
| -1.03 | 7 | 2 | Female 13-14 200 Back | F # 1C | 2:54.76S |
| -1.18 | 3 | 6 | Female 13-14 50 Fly | F # 3C | 38.47S |
| -1.02 | 7 | 2 | Female 13-14 100 Breast | F # 5C | 1:32.78\$ |
| -3.14 | 3 | 6 | Female 13-14 200 IM | F # 9C | 3:05.59S |
| | | | Female 13-14 200 Breast | F # 17C | 3:25.03S DQ |
| -0.39 | 1 | 8 | Female 13-14 50 Free | F # 19C | 32.56S |
| -14.76 | 5 | 4 | Female 13-14 100 IM | F # 26C | 1:23.13S |
| -2.49 | | 9 | Female 13-14 100 Free | F # 28C | 1:16.83S |
| -2.11 | 3 | 6 | Female 13-14 100 Back | F # 32C | 1:21.56S |
| -1.74 | 8 | 1 | Female 13-14 50 Breast | F # 34C | 41.75S |
| -0.27 | | | 200 Medley Relay Lead Off | F # 42 | 37.29S |
| 1.40 | | | 200 Medley Relay Lead Off | F # 51 | 38.96S |
| 1.10 | | | 200 Modely Rolly 2000 On | | |
| 16.41 | | 12 | Female 11-12 50 Back | јг F # 11B | Alessia Morley (11) 46.97S |
| -16.41 | | 13 24 | | | 42.98S |
| -6.71 | | 24 | Female 11-12 50 Free | F # 19B | |
| | | | | | Freya Penfold (11) |
| | | 23 | Female 11-12 50 Back | F # 11B | 52.37S |
| | | 33 | Female 11-12 50 Free | F # 19B | 49.99S |
| | | 12 | Female 11-12 50 Breast | F # 34B | 54.04S |
| | | | 200 Medley Relay Lead Off | F # 38 | 54.51S |
| | | | |) F | Robyn Penfold (11) |
| | | 22 | Female 11-12 50 Back | F # 11B | 51.57S |
| | | 31 | Female 11-12 50 Free | F # 19B | 46.84S |
| | | 15 | Female 11-12 50 Breast | | |
| | | | 200 Medley Relay Lead Off | F # 38 | 57.57S |
| | | | | 1) F | Julia Piotrowska (1 |
| | | 21 | Female 11-12 50 Breast | F # 34B | 1:08.38S |
| | | | | (13) M | Bartosz Piotrowski |
| | | 11 | Male 13-14 100 Free | F # 27C | 1:27.35\$ |
| -9.91 | 2 | 7 | Male 13-14 50 Breast | F # 33C | 54.77S |
| | | 31 15 21 11 | Female 11-12 50 Free Female 11-12 50 Breast 200 Medley Relay Lead Off Female 11-12 50 Breast Male 13-14 100 Free | F # 19B F # 34B F # 38 11) F F # 34B (13) M F # 27C | 46.84S 57.13S 57.57S Julia Piotrowska (1 1:08.38S Bartosz Piotrowski 1:27.35S |

Pembrokeshire County Championships 2022 22-Oct-22 to 23-Oct-22 [Ageup: 23/10/2022] SC Meters Sanction: 3WL221066 Location: Haverfordwest Leisure Centre

| Time | F/P/S | | Event | Place | Points | Improv |
|-----------------|------------|-------|-----------------------------|-------|--------|--------|
| Oshan Robinso | n (11) M | | | | | |
| 52.19S | F i | # 12B | Male 11-12 50 Back | 13 | | |
| 42.07S | F i | # 20B | Male 11-12 50 Free | 11 | | |
| Hans Schmidt (| (17) M | | | | | |
| 31.86S | F | # 33D | Male 15 & Over 50 Breast | 1 | 8 | 0.85 |
| Andrew Scott (| 16) M | | | | | |
| 2:57.38S | - | # 2D | Male 15 & Over 200 Back | 1 | 8 | -53.55 |
| 6:06.92S | F i | # 8C | Male 15 & Over 400 Free | 4 | 5 | |
| 2:57.28S | F i | # 10D | Male 15 & Over 200 IM | 6 | 3 | -70.76 |
| 30.08S | F : | # 20D | Male 15 & Over 50 Free | 7 | 2 | -13.46 |
| 1:11.72S | F : | # 27D | Male 15 & Over 100 Free | 10 | | -31.76 |
| 2:42.64\$ | F i | # 29D | Male 15 & Over 200 Free | 4 | 5 | -59.09 |
| Georgia Scott (| 10) F | | | | | |
| 1:11.06S | - | # 11A | Female 10 & Under 50 Back | 21 | | |
| 1:01.15S | F i | # 19A | Female 10 & Under 50 Free | 25 | | |
| 1:15.55S DC | Q F | # 34A | Female 10 & Under 50 Breast | | | |
| Tala Stark (12) | F | | | | | |
| 3:06.89S | | # 1B | Female 11-12 200 Back | 5 | 4 | -16.33 |
| 1:33.84S | F i | # 5B | Female 11-12 100 Breast | 3 | 6 | -21.54 |
| 5:56.798 | F i | # 7A | Female 10-12 400 Free | 5 | 4 | |
| 3:02.46S | F i | # 9B | Female 11-12 200 IM | 4 | 5 | -31.24 |
| 40.74S | F i | # 11B | Female 11-12 50 Back | 3 | 6 | -11.36 |
| 3:20.03S | F i | # 17B | Female 11-12 200 Breast | 2 | 7 | -19.37 |
| 34.70S | F : | # 19B | Female 11-12 50 Free | 6 | 3 | -1.07 |
| 1:14.92S | F i | # 28B | Female 11-12 100 Free | 4 | 5 | -27.38 |
| 2:47.56S | F : | # 30B | Female 11-12 200 Free | 4 | 5 | -25.18 |
| 43.51S | F i | # 34B | Female 11-12 50 Breast | 2 | 7 | -3.10 |
| Max Stewart (9 |) M | | | | | |
| NS | - | # 20A | Male 10 & Under 50 Free | | | |
| Angharad Thon | nas (12) F | | | | | |
| 50.77S | | # 11B | Female 11-12 50 Back | 20 | | -5.32 |
| 40.52S | F i | # 19B | Female 11-12 50 Free | 18 | | -5.04 |
| 1:49.33S | | # 32B | Female 11-12 100 Back | 13 | | -15.89 |
| 1:01.22S | | # 34B | Female 11-12 50 Breast | 19 | | -2.52 |
| Dexter West (1 | 3) M | | | | | |
| 30.06S | - | # 4C | Male 13-14 50 Fly | 2 | 7 | -2.50 |
| 5:02.25S | | # 8B | Male 13-14 400 Free | 4 | 5 | -4.79 |
| 2:36.07S | | # 10C | Male 13-14 200 IM | 4 | 5 | -6.83 |
| 1:12.65S | | # 14C | Male 13-14 100 Fly | 2 | 7 | -5.98 |
| 2:59.54\$ | | # 18C | Male 13-14 200 Breast | 2 | 7 | -24.33 |
| 1:03.29S | | # 27C | Male 13-14 100 Free | 4 | 5 | -4.34 |
| 1:09.598 | | # 31C | Male 13-14 100 Back | 3 | 6 | -3.74 |
| 5:27.85S | | # 35B | Male 13-14 400 IM | 4 | 5 | |
| 31.14S | | # 45 | 200 Free Relay Lead Off | | | 1.35 |

 $Pembrokeshire\ County\ Championships\ 2022\ \ 22-Oct-22\ to\ 23-Oct-22\ [Ageup:\ 23/10/2022]\ SC\ Meters$

Sanction: 3WL221066 Location: Haverfordwest Leisure Centre

| Time | F/P/S | Event | Place | Points | Improv |
|-----------------|---------|---------------------------|-------|--------|--------|
| Zac West (16) M | | | | | |
| 28.68S | F # 4D | Male 15 & Over 50 Fly | 2 | 7 | -0.82 |
| 1:16.11S | F # 6D | Male 15 & Over 100 Breast | 3 | 6 | 1.24 |
| 2:41.85S | F # 10D | Male 15 & Over 200 IM | 2 | 7 | 14.10 |
| 28.44S | F # 12D | Male 15 & Over 50 Back | 1 | 8 | -0.60 |
| 27.11S | F # 20D | Male 15 & Over 50 Free | 3 | 6 | |
| 59.21S | F # 27D | Male 15 & Over 100 Free | 3 | 6 | -0.62 |
| 1:04.29S | F # 31D | Male 15 & Over 100 Back | 1 | 8 | -0.87 |
| 35.49S | F # 33D | Male 15 & Over 50 Breast | 4 | 5 | 1.51 |
| 34.09S | F # 41 | 200 Medley Relay Lead Off | | | 5.05 |
| 28.69S | F # 51 | 200 Medley Relay Lead Off | | | -0.35 |