

**Welsh Capital Open Meet 2016 - 04/11/2016 to 06/11/2016**  
**Cardiff International Pool, Sanction #: 2WL161198**  
**SHORT COURSE**

**Meet Record - Records**

101	Women 12-13 800 Free	9:13.44	06/11/2015	Olivia Butler - Severnside
101	Women 14-15 800 Free	9:02.15	04/11/2016	Claudia Murray - City Of Cardiff
101	Women 16&O 800 Free	9:00.99	04/11/2016	Katie Rees - City Of Cardiff
102	Men 12 1500 Free	18:52.59	04/11/2016	Samual Nicholls - Chesterfield
102	Men 13-14 1500 Free	16:33.13	06/11/2015	Ioan Evans - Bridgend
102	Men 15-16 1500 Free	17:38.48	06/11/2015	Steffan Rhys Herdman - ADASC
102	Men 17&O 1500 Free	16:38.86	04/11/2016	Craig Thomas - Bridgend
201	Men 12 400 IM	5:27.32	05/11/2016	Dylan Morgan - Carmarthen
201	Men 13-14 400 IM	5:00.15	07/11/2015	Theo Savva - City Of Cardiff
201	Men 15-16 400 IM	4:44.69	07/11/2015	Christopher Wood - OXFS
201	Men 17&O 400 IM	4:11.51	07/11/2015	Joe Litchfield - DARTES
202	Women 9-11 50 Breast	38.39	05/11/2016	Arwen Stephens - City Of Cardiff
202	Women 12-13 50 Breast	35.74	05/11/2016	Evie McLean - Oxford
202	Women 14-15 50 Breast	34.40	05/11/2016	Bethan Edwards - Carmarthen
202	Women 16&O 50 Breast	32.37	05/11/2016	Bethan Sloan - City Of Cardiff
203	Men 9-10 50 Fly	31.59	07/11/2015	Zak Baker - Newtown SC
203	Men 11-12 50 Fly	27.95	07/11/2015	Andrew J Smith - Tigersharks
203	Men 13-14 50 Fly	25.52	07/11/2015	Jay Coombes - R.C.T.Swim Squad
203	Men 15-16 50 Fly	24.52	07/11/2015	Matthew Williams - Newport
203	Men 17&O 50 Fly	23.39	07/11/2015	Bradley Price - City Of Cardiff
204	Women 9-11 200 Fly	2:48.65	05/11/2016	Amber Downham - Chesterfield
204	Women 12-13 200 Fly	2:22.46	07/11/2015	Megan R Allison - Newport
204	Women 14-15 200 Fly	2:18.48	07/11/2015	Finn Dukes - DARTES
204	Women 16&O 200 Fly	2:15.07	07/11/2015	Harriet Jones - City Of Cardiff
205	Men 9-10 200 Back	2:52.88	07/11/2015	Zak Baker - Newtown SC
205	Men 11-12 200 Back	2:27.60	07/11/2015	Nicholas Skelton - OXFS
205	Men 13-14 200 Back	2:03.07	05/11/2016	Ioan Evans - Bridgend
205	Men 15-16 200 Back	2:07.57	05/11/2016	Rhys M James - City Of Cardiff
205	Men 17&O 200 Back	1:56.86	07/11/2015	Xavier Mohammed - City Of Cardiff
206	Women 9-11 100 Free	1:04.04	05/11/2016	Bethan Morgan - Bridgend
206	Women 12-13 100 Free	1:00.29	05/11/2016	Delphine Little - Oxford
206	Women 14-15 100 Free	58.08	07/11/2015	Annaliese A Beynon - City Of Cardiff
206	Women 16&O 100 Free	56.11	07/11/2015	Chloe Tutton - City Of Cardiff
301	Men 9-10 50 Free	29.47	05/11/2016	Tristyn James - Bridgend
301	Men 11-12 50 Free	28.57	05/11/2016	Sebastian Rawes - AbingdonVale
301	Men 13-14 50 Free	26.72	05/11/2016	Gabriel Agostini - Oxford
301	Men 15-16 50 Free	24.62	05/11/2016	Adam Pinfold - Oxford
301	Men 17&O 50 Free	23.81	05/11/2016	Thomas Greenfield - City Of Cardiff
302	Women 9-11 50 Back	34.27	07/11/2015	Megan Smit - OXFS
302	Women 12-13 50 Back	31.13	05/11/2016	Mimi Morley Iszatt - Oxford
302	Women 14-15 50 Back	30.26	05/11/2016	Emily R Ford - Oxford
302	Women 16&O 50 Back	29.56	07/11/2015	Shannon Motha - OXFS
303	Men 9-10 200 Free	2:25.06	05/11/2016	Tristyn James - Bridgend
303	Men 11-12 200 Free	2:20.16	05/11/2016	Samual Nicholls - Chesterfield
303	Men 13-14 200 Free	2:06.57	05/11/2016	Billy Wotton - Oxford
303	Men 15-16 200 Free	1:58.24	05/11/2016	Daniel Jenkins - Oxford
303	Men 17&O 200 Free	1:56.11	05/11/2016	Rhys Rickard-Frost - City Of Cardiff
304	Women 9-11 400 Free	4:51.85	05/11/2016	Amber Downham - Chesterfield
304	Women 12-13 400 Free	4:30.33	07/11/2015	Megan R Allison - Newport
304	Women 14-15 400 Free	4:28.64	07/11/2015	Morgan E Harvey - City Of Cardiff
304	Women 16&O 400 Free	4:16.29	07/11/2015	Emilia Stevenson - Bridgend
305	Men 9-10 100 Fly	1:18.87	05/11/2016	Tristyn James - Bridgend
305	Men 11-12 100 Fly	1:07.80	07/11/2015	Andrew J Smith - Tigersharks
305	Men 13-14 100 Fly	1:01.83	07/11/2015	Simon Kliment - DARTES
305	Men 15-16 100 Fly	59.55	07/11/2015	Rhys Rickard-Frost - City Of Cardiff
305	Men 17&O 100 Fly	54.46	07/11/2015	Joe Litchfield - DARTES
401	Women 9-11 200 IM	2:37.16	05/11/2016	Amber Downham - Chesterfield
401	Women 12-13 200 IM	2:27.22	05/11/2016	Delphine Little - Oxford
401	Women 14-15 200 IM	2:22.76	07/11/2015	Annaliese A Beynon - City Of Cardiff
401	Women 16&O 200 IM	2:17.69	07/11/2015	Chloe Tutton - City Of Cardiff

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402	Men 9-10 200 Breast	1:20.35	07/11/2015	Zak Baker - Newtown SC
402	Men 11-12 200 Breast	1:08.66	07/11/2015	Nicholas Skelton - OXFS
402	Men 13-14 200 Breast	1:02.51	07/11/2015	Jay Coombes - R.C.T.Swim Squad
402	Men 15-16 200 Breast	1:00.90	07/11/2015	Matthew Williams - Newport
402	Men 17&O 200 Breast	54.88	07/11/2015	Joe Litchfield - DARTES
403	Women 9-11 100 Breast	1:22.64	05/11/2016	Arwen Stephens - City Of Cardiff
403	Women 12-13 100 Breast	1:16.37	07/11/2015	Catrin John - City Of Cardiff
403	Women 14-15 100 Breast	1:14.45	05/11/2016	Bethan Edwards - Carmarthen
403	Women 16&O 100 Breast	1:09.15	05/11/2016	Bethan Sloan - City Of Cardiff
404	Men 9-10 100 Back	1:21.05	05/11/2016	Tristyn James - Bridgend
404	Men 11-12 100 Back	1:11.15	05/11/2016	Jamie A Brew - Mount Kelly
404	Men 13-14 100 Back	58.65	05/11/2016	Ioan Evans - Bridgend
404	Men 15-16 100 Back	59.61	05/11/2016	Rhys M James - City Of Cardiff
404	Men 17&O 100 Back	1:01.94	05/11/2016	Jonathan L Fairless - Newport
501	Women 12-13 400 IM	5:17.39	08/11/2015	Lily McAllister-Sutton - City Of Cardiff
501	Women 14-15 400 IM	5:03.70	08/11/2015	Finn Dukes - DARTES
501	Women 16&O 400 IM	4:54.36	08/11/2015	Katie Rees - Bridgend
502	Men 9-10 50 Breast	40.51	06/11/2016	Tristyn James - Bridgend
502	Men 11-12 50 Breast	33.10	06/11/2016	Sandor Apponyi - Mount Kelly
502	Men 13-14 50 Breast	32.46	06/11/2016	Billy Wotton - Oxford
502	Men 15-16 50 Breast	30.12	08/11/2015	Callum Smart - OXFS
502	Men 17&O 50 Breast	30.03	08/11/2015	James A Lewis - City Of Cardiff
503	Women 9-11 50 Fly	30.24	08/11/2015	Megan Smit - OXFS
503	Women 12-13 50 Fly	28.64	08/11/2015	Lily McAllister-Sutton - City Of Cardiff
503	Women 14-15 50 Fly	26.60	08/11/2015	Annaliese A Beynon - City Of Cardiff
503	Women 16&O 50 Fly	26.16	08/11/2015	Chloe Tutton - City Of Cardiff
504	Men 11-12 200 Fly	2:28.51	08/11/2015	Andrew J Smith - Tigersharks
504	Men 13-14 200 Fly	2:12.49	08/11/2015	Simon Kliment - DARTES
504	Men 15-16 200 Fly	2:09.20	08/11/2015	Joshua Reasbeck - DARTES
504	Men 17&O 200 Fly	1:58.78	08/11/2015	Joe Litchfield - DARTES
505	Women 9-11 200 Back	2:36.50	06/11/2016	Amber Downham - Chesterfield
505	Women 12-13 200 Back	2:20.78	08/11/2015	Tilly Arrand - DARTES
505	Women 14-15 200 Back	2:14.24	06/11/2016	Rebecca Sutton - Bridgend
505	Women 16&O 200 Back	2:18.36	06/11/2016	Laura K Ashton - Bridgend
506	Men 9-10 100 Free	1:05.08	06/11/2016	Tristyn James - Bridgend
506	Men 11-12 100 Free	1:00.73	08/11/2015	Andrew J Smith - Tigersharks
506	Men 13-14 100 Free	55.20	08/11/2015	Jay Coombes - R.C.T.Swim Squad
506	Men 15-16 100 Free	53.45	08/11/2015	Ewan Springett - OXFS
506	Men 17&O 100 Free	49.86	06/11/2016	Xavier Mohammed - City Of Cardiff
601	Women 9-11 50 Free	30.74	06/11/2016	Bethan Morgan - Bridgend
601	Women 12-13 50 Free	27.59	06/11/2016	Scarlet L Major - Newport
601	Women 14-15 50 Free	27.73	06/11/2016	Megan R Allison - Newport
601	Women 16&O 50 Free	27.28	06/11/2016	Megan Tinsdale - City Of Cardiff
602	Men 9-10 50 Back	34.87	06/11/2016	Tristyn James - Bridgend
602	Men 11-12 50 Back	31.64	08/11/2015	Nicholas Skelton - OXFS
602	Men 13-14 50 Back	29.42	08/11/2015	Jay Coombes - R.C.T.Swim Squad
602	Men 15-16 50 Back	28.89	06/11/2016	Jay Coombes - City Of Cardiff
602	Men 17&O 50 Back	25.17	08/11/2015	Joe Litchfield - DARTES
603	Women 9-11 200 Free	2:19.45	06/11/2016	Amber Downham - Chesterfield
603	Women 12-13 200 Free	2:14.13	06/11/2016	Morgana Moretti - City Of Cardiff
603	Women 14-15 200 Free	2:03.88	06/11/2016	Rebecca Sutton - Bridgend
603	Women 16&O 200 Free	2:09.08	06/11/2016	Catrin Fry - Nofio Sir Gar
604	Men 9-10 400 Free	5:05.90	06/11/2016	Tristyn James - Bridgend
604	Men 11-12 400 Free	4:37.10	08/11/2015	Andrew J Smith - Tigersharks
604	Men 13-14 400 Free	4:12.62	08/11/2015	Ioan Evans - Bridgend
604	Men 15-16 400 Free	4:06.39	08/11/2015	Rhys Rickard-Frost - City Of Cardiff
604	Men 17&O 400 Free	3:45.28	08/11/2015	Ieuan D Lloyd - City Of Cardiff
605	Women 9-11 100 Fly	1:14.01	08/11/2015	Megan Smit - OXFS
605	Women 12-13 100 Fly	1:06.11	08/11/2015	Megan R Allison - Newport
605	Women 14-15 100 Fly	1:03.34	06/11/2016	Megan R Allison - Newport

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605	Women 16&O 100 Fly	1:00.58	08/11/2015	Harriet Jones - City Of Cardiff
701	Men 9-10 200 IM	2:40.48	06/11/2016	Tristyn James - Bridgend
701	Men 11-12 200 IM	2:27.13	08/11/2015	Billy Wotton - OXFS
701	Men 13-14 200 IM	2:10.71	06/11/2016	Theo Savva - City Of Cardiff
701	Men 15-16 200 IM	2:09.47	06/11/2016	Kyle Booth - City Of Cardiff
701	Men 17&O 200 IM	2:03.63	06/11/2016	Xavier Mohammed - City Of Cardiff
702	Women 9-11 200 Breast	1:14.38	08/11/2015	Megan Smit - OXFS
702	Women 12-13 200 Breast	1:09.40	08/11/2015	Gaby C Doughty - Tigersharks
702	Women 14-15 200 Breast	1:04.85	08/11/2015	Annaliese A Beynon - City Of Cardiff
702	Women 16&O 200 Breast	1:04.17	08/11/2015	Keely (Keeley) Empson - City Of Cardiff
703	Men 9-10 100 Breast	1:30.41	06/11/2016	Tristyn James - Bridgend
703	Men 11-12 100 Breast	1:13.78	06/11/2016	Sandor Apponyi - Mount Kelly
703	Men 13-14 100 Breast	1:10.30	08/11/2015	Bradley Newman - City Of Cardiff
703	Men 15-16 100 Breast	1:04.89	08/11/2015	Callum Smart - OXFS
703	Men 17&O 100 Breast	1:01.76	08/11/2015	Xavier Mohammed - City Of Cardiff
704	Women 9-11 100 Back	1:18.22	06/11/2016	Katie Bamborough - City Of Cardiff
704	Women 12-13 100 Back	1:06.81	06/11/2016	Delphine Little - Oxford
704	Women 14-15 100 Back	1:04.57	06/11/2016	Emily R Ford - Oxford
704	Women 16&O 100 Back	1:04.94	06/11/2016	Emma Sutton - R.C.T.Swim Squad