

## Nofio Sir Gar Open Meet 2025 - 18/01/2025 to 19/01/2025

## Results - Session 4 (Warmup 8.00 - 8.50)

## Event 401 Girls 9-10 200 SC Meter Backstroke

Name	Age	Team	Finals Time	
1 Evans, Alys E	9	Carmarthen	3:54.66	
			52.80	1:01.52
			1:01.22	59.12
2 Evans, Lowri Carys	10	Carmarthen	4:06.97	
			56.02	1:03.22
			1:04.83	1:02.90
--- Antwhistle, Esme W	10	Swansea Aq	DQ	
			54.89	59.35
			57.14	52.56

## Event 401 Girls 11-12 200 SC Meter Backstroke

Name	Age	Team	Finals Time	
1 Davies, Isla	11	Nofio S Gar	2:30.62	
			33.79	38.29
			39.95	38.59
2 Pinnock, Betsan R	12	Swansea Aq	2:50.79	
			39.53	43.52
			44.39	43.35
3 Roberts Mylan, Ffion C	12	Swansea Aq	2:58.14	
			41.99	44.90
			46.59	44.66
4 Rowland, Scarlett	12	Neath	2:59.71	
			41.51	45.64
			46.42	46.14
5 Morris, Besi	11	Amman Valley	3:10.21	
			42.53	46.81
			46.11	54.76
6 Hill, Lily Ann	12	C Dolphins	3:15.18	
			45.68	50.71
			50.95	47.84
7 Foldi, Kristina	12	Hsc	3:20.83	
			48.36	50.78
			51.96	49.73
8 Dennison, Evie	12	Milford Havn	3:25.07	
			48.65	53.48
			54.96	47.98
9 Heron, Edith	12	Aberystwyth	3:32.70	
			51.62	54.56
			55.67	50.85
10 Arnold, Olivia	11	Milford Havn	3:36.31	
			54.14	56.12
			54.81	51.24
11 Jenkins, Olivia I	11	Swansea Aq	3:38.86	
			56.10	57.47
			55.33	49.96
12 Curtis, Carley	12	Milford Havn	3:41.18	
			52.52	56.27
			56.97	55.42
--- Hawkins, Lottie	11	Hsc	DQ	
			42.37	46.80
			47.88	45.50

## Event 401 Girls 13-14 200 SC Meter Backstroke

Name	Age	Team	Finals Time	
1 Upton-Boorman, Isabella	14	Nofio S Gar	2:35.39	
			35.67	38.57
			40.54	40.61
2 Taffetsauffer, Isabella	13	Nofio S Gar	2:36.15	
			36.32	39.62
			40.18	40.03
3 Cressey-Rodgers, Gwenllian F	14	Nofio S Gar	2:37.39	
			36.03	39.14
			41.14	41.08
4 Kazmiruk, Anastasiia	13	Amman Valley	2:39.62	
			36.25	40.55
			41.95	40.87
5 Andreassen, Freya	14	Amman Valley	2:56.25	
			40.04	43.92
			46.82	45.47
6 Short, Amelia L	13	Nexus	2:57.06	
			40.73	45.31
			46.79	44.23
7 Dafydd, Mali	14	Carmarthen	3:02.26	
			40.56	46.33
			48.17	47.20
8 Kaill-Franks, Nia	13	Fishguard	3:03.72	
			42.17	46.62
			48.15	46.78
9 Edwards, Ffion	13	Penyrheol	3:05.26	
			43.25	48.07
			49.16	44.78
10 Middleton, Caitlin	14	Aberystwyth	3:11.93	
			44.44	49.36
			50.04	48.09

## Event 401 Women 15 &amp; Over 200 SC Meter Backstroke

Name	Age	Team	Finals Time	
1 Hatton-Ellis, Isabelle L	16	Swansea Aq	2:25.42	
			33.31	36.03
			37.40	38.68
2 Edwards, Isabel	15	Penyrheol	2:47.34	
			37.77	42.29
			44.89	42.39
3 Thomas, Nikita	15	Llanelli	2:48.63	
			39.85	42.62
			43.72	42.44
--- Dafydd, Iola	15	Carmarthen	DQ	
			41.74	46.87
			48.77	45.04

## Event 401 Boys 9-10 200 SC Meter Backstroke

Name	Age	Team	Finals Time	
1 Lewis, Gethin R	10	Swansea Aq	3:14.67	
			47.66	49.53
			50.17	47.31
2 Salah, Karim	10	Carmarthen	3:27.22	
			48.99	52.91
			53.13	52.19
3 Prevel, Vinnie	10	PembrokeDist	3:34.47	
			51.81	56.16
			55.85	50.65

## Event 401 Boys 11-12 200 SC Meter Backstroke

Name	Age	Team	Finals Time	
1 King, Ethan	12	Penyrheol	2:26.33	
			33.23	36.14
			38.18	38.78
2 Bool, Iolo	11	Hsc	3:10.49	
			44.68	47.76
			49.77	48.28
3 Dadswell, Harry	11	Hsc	3:10.50	
			44.66	48.53
			49.86	47.45
4 Pyzer, Cyrus A	11	Carmarthen	3:33.59	
			52.63	56.04
			54.78	50.14
--- Jones, Dafydd	12	Amman Valley	DQ	
			39.57	40.78
			41.94	40.54

## Event 401 Boys 13-14 200 SC Meter Backstroke

Name	Age	Team	Finals Time	
1 Elmes, Max	13	Nofio S Gar	2:19.10	
			31.98	34.53
			36.61	35.98
2 Phillips, Finley	14	Nofio S Gar	2:20.75	
			32.90	35.37
			36.37	36.11
3 Davies, Ellis V	13	Llanelli	2:37.32	
			36.77	39.31
			40.72	40.52
4 Hale, Oliver S	14	Swansea Aq	2:43.86	
			37.43	41.89
			42.99	41.55
5 Flynn, Asten P	14	Nexus	2:44.36	
			37.36	41.80
			43.94	41.26
6 Smith, Declan	13	Amman Valley	2:52.16	
			39.66	42.95
			44.74	44.81
7 George, Kieran	13	Milford Havn	3:04.67	
			44.83	46.87
			47.01	45.96
8 El Saghir, Mohamed S	13	Carmarthen	3:20.85	
			47.11	52.28
			53.06	48.40

## Event 401 Men 15 &amp; Over 200 SC Meter Backstroke

Name	Age	Team	Finals Time	
1 Galbraith, Elian	15	Llanelli	2:30.31	
			33.73	38.36
			40.01	38.21
2 Gray, Gruffudd I	15	Swansea Aq	2:38.46	
			36.89	40.75
			40.47	40.35
3 Santos, Liam	15	Milford Havn	2:48.83	
			39.02	43.25
			44.73	41.83
4 Hall, Ethan	15	Fishguard	2:49.48	
			39.38	43.53
			43.81	42.76

## Nofio Sir Gar Open Meet 2025 - 18/01/2025 to 19/01/2025

## Results - Session 4 (Warmup 8.00 - 8.50)

## Event 402 Girls 9-10 400 SC Meter IM

Name	Age	Team	Finals Time	
1 Snellgrove, Maddie	10	Neath	7:38.37	
	45.50	1:00.50	55.34	56.08
	1:07.84	1:09.94	51.32	51.85

## Event 402 Girls 11-12 400 SC Meter IM

Name	Age	Team	Finals Time	
1 Berner, Iyla	11	Nofio S Gar	5:26.10	
	33.91	38.33	43.48	41.80
	46.97	49.61	36.67	35.33
2 Evans, Cadi R	12	Swansea Aq	6:05.95	
	41.85	51.66	48.35	46.30
	49.22	48.70	43.68	36.19
3 Lewis, Evie	11	Hsc	6:13.36	
	42.27	52.24	45.93	46.70
	52.18	51.48	42.45	40.11
4 Mitrjaikina, Kerly-Annaly S	12	Swansea Aq	6:20.50	
	41.58	52.67	47.93	47.34
	52.93	54.29	43.40	40.36
5 Salmon, Amelia A	11	Nexus	6:41.04	
	43.14	52.85	50.33	49.17
	59.05	1:01.04	44.17	41.29
6 Henson, Jess	11	Tenby Dolphins	6:47.74	
	46.86	59.35	49.84	50.60
	57.09	56.85	45.26	41.89
7 Dyde, Pheobe	12	PembrokeDist	6:51.34	
	45.49	58.76	52.30	50.62
	56.80	57.86	46.62	42.89
8 Williams, Fay P	12	Neath	6:51.46	
	45.98	59.62	50.37	48.50
	59.93	59.92	44.74	42.40
9 Wilde, Ayla-Belle	12	Nexus	7:19.99	
	46.86	58.97	55.08	54.30
	58.58	1:00.23	52.10	53.87
10 Thomas, Enlli M	11	Nexus	7:35.91	
	50.82	1:06.32	53.71	53.71
	1:02.71	1:06.19	54.56	47.89

## Event 402 Girls 13-14 400 SC Meter IM

Name	Age	Team	Finals Time	
1 Davies, Isabella	13	Nofio S Gar	5:45.29	
	40.23	46.08	44.66	45.61
	45.87	44.55	40.17	38.12
2 Knight, Lily E	14	Swansea Aq	5:45.71	
	38.55	44.52	46.17	44.43
	45.97	46.92	40.59	38.56
3 Jenkins, Elli J	13	Swansea Aq	6:08.89	
	40.63	50.57	44.85	44.14
	54.46	54.05	41.20	38.99
4 Richardson, Beca	14	Swansea Aq	6:29.66	
	43.07	50.14	46.50	45.77
	57.83	59.97	43.87	42.51
5 Chapman, Olivia	14	Swansea Aq	6:30.03	
	42.67	51.96	45.53	45.77
	59.29	59.19	44.59	41.03

## Event 402 Boys 11-12 400 SC Meter IM

Name	Age	Team	Finals Time	
1 Evans, Sam	12	PembrokeDist	6:30.34	
	38.04	50.64	53.21	50.20
	58.20	59.60	42.33	38.12

2 McAdie, Isaac	12	Swansea Aq	7:17.65	
	50.38	1:01.78	50.18	49.61
	1:03.28	1:03.79	50.61	48.02

## Event 402 Boys 13-14 400 SC Meter IM

Name	Age	Team	Finals Time	
1 Sekula, Mateusz J	13	Nexus	5:49.66	
	37.31	46.92	47.05	46.77
	44.14	47.50	40.67	39.30
2 Lerigo, Oli	14	Aberystwyth	6:06.02	
	37.25	48.34	47.18	46.32
	51.27	54.46	43.27	37.93
3 Sekula, Szymon A	13	Nexus	6:07.90	
	43.78	51.29	49.05	47.11
	46.26	48.95	42.55	38.91

## Event 402 Men 15 &amp; Over 400 SC Meter IM

Name	Age	Team	Finals Time	
1 Upton-Boorman, Liam	17	Nofio S Gar	4:56.32	
	30.65	36.66	38.21	37.85
	42.34	42.80	34.58	33.23

## Event 403 Girls 9-10 1500 SC Meter Freestyle

Name	Age	Team	Finals Time	
1 Williams, April M	10	Neath	23:23.56	
	39.43	43.53	44.59	45.82
	46.23	46.89	47.44	46.25
	47.68	47.08	47.38	48.81
	48.11	48.72	48.11	48.51
	48.16	49.06	49.20	46.20
	49.96	46.94	46.89	49.71
	47.61	47.31	47.28	47.10
	41.56	42.00		
2 Morgan, Iolah	10	PembrokeDist	24:56.61	
	42.32	49.59	49.65	50.15
	50.92	50.40	51.00	51.62
	51.63	51.06	52.03	50.55
	51.31	50.17	51.68	49.80
	51.60	50.13	50.31	50.12
	51.09	49.53	49.66	48.97
	48.93	48.93	49.70	49.36
	47.54	46.86		

## Event 403 Girls 11-12 1500 SC Meter Freestyle

Name	Age	Team	Finals Time	
1 Filmer, Gwennan	12	Aberystwyth	20:39.58	
	33.26	38.03	39.99	41.34
	41.12	40.71	41.04	41.14
	41.67	41.74	42.60	41.46
	42.20	43.29	42.43	42.35
	42.25	41.78	42.23	41.93
	41.83	42.16	41.61	41.94
	42.73	42.22	41.64	42.20
	41.27	39.42		
2 Davies, Ava-Rose	12	Llanelli	20:56.08	
	37.41	40.69	41.87	41.54
	40.86	41.49	41.82	41.63
	42.45	42.00	42.71	41.82
	41.91	41.59	42.64	42.50
	42.61	42.14	42.09	42.39
	42.62	42.07	42.76	42.18
	43.65	43.74	42.35	42.31
	41.11	39.13		

## Nofio Sir Gar Open Meet 2025 - 18/01/2025 to 19/01/2025

## Results - Session 4 (Warmup 8.00 - 8.50)

<b>(Event 403 Girls 11-12 1500 SC Meter Freestyle)</b>				
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	
3 Price, Seren -louise	12	Carmarthen	22:05.51	
39.25	42.80	43.29	43.73	
44.00	44.03	43.98	44.20	
44.46	44.80	44.81	45.31	
45.28	44.68	45.31	44.85	
45.10	44.87	44.86	44.96	
45.37	45.41	45.62	45.74	
44.77	44.72	44.51	44.26	
43.03	37.51			
4 Parry, Abigail	12	Carmarthen	22:19.09	
38.38	44.22	43.90	44.75	
44.86	45.74	45.14	45.77	
45.49	45.83	45.82	45.22	
45.29	45.29	45.68	45.34	
45.67	45.66	45.90	45.60	
45.44	45.02	45.05	45.14	
44.63	44.57	44.28	44.46	
42.84	38.11			
5 Williams, Eirwen N	12	Neath	22:34.00	
37.59	43.50	44.46	45.04	
44.84	44.86	45.34	45.73	
45.04	45.30	45.15	44.98	
45.11	45.77	44.48	45.87	
46.81	45.24	47.22	45.31	
46.05	47.06	45.31	46.70	
46.53	46.90	45.35	45.94	
45.06	41.46			
6 May, Gwen A	12	Nexus	22:39.69	
41.31	44.18	43.84	45.06	
44.16	44.69	45.77	46.11	
45.39	45.85	46.61	46.58	
45.48	46.24	45.77	46.03	
45.72	46.40	46.67	46.00	
45.55	45.86	45.33	46.58	
46.11	46.46	45.11	45.05	
45.12	40.66			
7 Gil Wood, Elena	12	Swansea Aq	22:43.84	
38.80	45.07	46.24	45.42	
45.90	46.57	46.01	46.25	
46.52	46.32	45.76	46.33	
47.53	46.14	46.06	45.87	
45.92	45.73	46.21	45.93	
46.01	46.94	46.41	46.08	
45.76	47.18	44.32	44.12	
43.53	38.91			
8 Morris, Ffion	12	Tenby Dolphins	22:59.07	
39.79	44.19	45.28	45.63	
45.85	47.71	44.95	46.44	
46.82	46.16	45.59	45.43	
47.08	46.77	46.50	46.35	
46.08	45.91	46.10	46.56	
45.87	46.70	46.75	47.51	
46.38	47.36	47.20	47.77	
45.94	42.40			
9 Prevel, Tilly	11	PembrokeDist	24:22.55	
41.04	45.65	47.45	47.87	
48.24	49.68	49.50	49.10	
50.52	49.92	49.59	50.35	
48.62	50.26	48.39	49.53	
50.14	48.95	49.72	50.08	
49.88	50.69	48.48	50.00	
49.08	50.28	49.38	49.67	
47.80	42.69			
10 Gardner-Rolfe, Mia G	12	Swansea Aq	25:12.38	
41.18	46.77	48.12	48.82	
49.53	50.47	50.79	51.44	
50.52	50.33	50.38	52.16	
51.82	52.66	53.31	51.18	
51.93	50.80	51.69	51.05	
51.38	52.10	52.40	52.59	
54.01	50.29	50.84	50.09	
49.13	44.60			
<b>Event 403 Girls 13-14 1500 SC Meter Freestyle</b>				
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	
1 Patterson, Hollie M	13	Carmarthen	20:43.99	
36.73	40.60	40.74	41.42	
41.99	40.46	41.09	41.43	
40.90	41.53	41.19	41.21	
41.92	41.75	41.93	41.52	
41.84	41.72	41.37	41.91	
41.57	42.33	42.09	42.38	
42.20	42.12	42.36	42.50	
42.15	41.04			
<b>Event 403 Women 15 &amp; Over 1500 SC Meter Freestyle</b>				
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	
1 Huws, Awen G	16	Nexus	19:55.24	
33.13	36.51	37.85	38.40	
40.02	39.58	40.05	40.35	
40.24	40.62	40.67	40.14	
40.35	41.19	40.06	40.35	
40.06	40.26	41.14	40.63	
41.53	41.24	40.61	41.50	
41.26	41.30	41.22	40.61	
39.72	34.65			
2 Heredia-Rowe, Rhiannon A	18	Neath	22:34.06	
37.86	42.57	44.31	44.67	
44.58	45.12	45.32	45.62	
45.60	45.82	46.19	46.05	
45.35	45.38	45.79	46.15	
45.63	45.91	45.69	45.98	
45.64	45.90	46.20	45.78	
45.76	45.46	46.47	46.12	
45.06	42.08			
3 O'Connell, Cerys E	16	Nexus	24:01.19	
41.38	46.56	48.61	48.95	
49.38	49.08	49.88	50.04	
50.16	49.00	48.70	49.04	
49.35	48.59	47.15	48.25	
48.86	49.11	48.72	48.44	
48.87	48.20	47.65	47.76	
48.57	47.70	48.06	47.21	
46.03	41.89			

## Nofio Sir Gar Open Meet 2025 - 18/01/2025 to 19/01/2025

## Results - Session 4 (Warmup 8.00 - 8.50)

Event 403 Boys 11-12 1500 SC Meter Freestyle					2 Bruce, Finley					17 Tenby Dolphins					18:51.10					
Name	Age	Team	Finals Time																	
1 Hughes, Freddy J	12	Nexus	20:27.14																	
	35.88	39.08	39.42	39.49																
	40.25	40.96	41.31	40.31																
	41.01	41.12	40.75	42.26																
	41.73	42.32	41.89	41.56																
	43.22	42.50	41.94	42.22																
	42.16	41.63	41.34	42.03																
	42.09	41.67	41.33	40.57																
	39.95	35.15																		
2 Bowes, James F	12	Carmarthen	22:01.68																	
	39.87	43.81	44.42	44.64																
	44.98	45.13	45.55	45.09																
	44.72	44.53	45.30	44.83																
	44.74	45.33	44.54	44.22																
	43.83	43.75	44.05	44.55																
	44.28	44.88	44.76	43.94																
	44.16	42.99	42.61	43.06																
	43.50	39.62																		
3 Backen, Frederick	12	Fishguard	24:21.89																	
	43.64	47.32	48.21	48.83																
	49.08	48.44	49.21	48.70																
	49.11	49.07	49.09	49.63																
	49.48	48.94	49.25	48.39																
	49.23	49.00	50.01	50.11																
	50.06	49.48	49.62	50.07																
	49.24	50.07	49.14	48.96																
	47.13	43.38																		

## Event 403 Boys 13-14 1500 SC Meter Freestyle

Name	Age	Team	Finals Time	
1 Chapman, Henry	13	Carmarthen	22:19.07	
	39.66	42.45	44.11	44.25
	44.71	44.83	45.65	45.23
	45.47	45.36	44.78	45.47
	45.49	45.10	46.18	45.95
	46.04	45.74	45.17	45.40
	44.98	46.30	44.92	45.66
	45.24	44.09	44.05	44.93
	42.09	39.77		
2 Prevel, Sebastian	13	PembrokeDist	24:18.49	
	40.51	45.91	47.23	49.09
	47.75	49.67	50.04	49.28
	50.18	50.56	50.21	49.62
	50.54	49.34	47.87	48.31
	48.69	47.97	48.99	49.77
	50.25	49.42	48.83	49.08
	49.45	49.36	48.61	48.85
	47.51	45.60		

## Event 403 Men 15 &amp; Over 1500 SC Meter Freestyle

Name	Age	Team	Finals Time	
1 Twigger, Owen P	16	Swansea Aq	16:51.49	
	30.07	33.49	33.44	33.13
	33.30	33.46	33.58	33.85
	34.01	33.83	33.88	34.08
	34.22	34.06	34.16	34.17
	33.96	34.09	34.11	34.05
	33.96	33.90	33.83	34.12
	33.99	33.97	34.23	34.00
	34.05	32.50		