

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

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Event 101 Mixed 9 & Over 400 SC Meter Freestyle

'Sign in' required for this event.

Signing desk will close at 8.30am

Name	Age	Team	Seed Time
1 Williams, Thomas	M14	Nofio S Gar	4:29.81
2 Bowen, Ifan	M18	Carmarthen	4:40.51
3 King, Marley	W16	Penyrheol	4:40.80
4 Griffiths, Sam	M16	Carmarthen	4:43.21
5 Chapman, Coby L	M15	Penyrheol	4:43.91
6 Elmes, Max	M13	Nofio S Gar	4:53.34
7 Upton-Boorman, Isabella	W14	Nofio S Gar	4:54.96
8 Davies, Isla	W11	Nofio S Gar	4:55.21
9 Berner, Iyla	W11	Nofio S Gar	4:56.45
10 Davies, Ellis V	M13	Llanelli	4:58.99
11 Cressey-Rodgers, Gwenllian	W14	Nofio S Gar	5:02.57
12 Carter, Ava	W16	Penyrheol	5:08.27
13 Williams, Paige T	W12	Swansea Aq	5:18.80
14 Smith, Declan	M13	Amman Valley	5:21.17
15 Jones, Dafydd	M12	Amman Valley	5:29.40
16 Heredia-Rowe, Rhiannon A	W18	Neath	5:35.62
17 Lewis, Evie	W11	Hsc	5:37.08
18 Collins-Falconer, Alesha G	W16	Nexus	5:41.40
19 Summerfield, Lucy	W12	Llanelli	5:46.72
20 Andreassen, Freya	W14	Amman Valley	5:49.07
21 Richards, Amber	W15	C Dolphins	5:52.92
22 Pinnock, Betsan R	W12	Swansea Aq	5:53.47
23 Fenemore, Emily G	W12	Carmarthen	5:58.15
24 Williams, Eirwen N	W12	Neath	5:58.53
25 Marques-Jones, Felix	M12	Amman Valley	6:00.20
26 Jones, Alaw R	W12	Carmarthen	6:02.19
27 Jones, Ashleigh R	W14	Carmarthen	6:06.92
28 Mason, Ezmee	W11	Hsc	6:08.74
29 Bowes, James F	M12	Carmarthen	6:10.90
30 Tucker, Lowri	W15	Llanelli	6:22.81
31 Bool, Iolo	M11	Hsc	6:24.16
32 Salmon, Amelia A	W11	Nexus	6:42.50
33 Lewis, Gethin R	M10	Swansea Aq	6:45.19
34 Couzens, Sibylla	W13	Fishguard	7:00.52
35 Snellgrove, Maddie	W10	Neath	7:29.43
36 %Philpott, Lowri S14	W13	Llanelli	7:29.57
37 Enoch, Erin L	W10	Carmarthen	NT
38 Wilde, Ayla-Belle	W12	Nexus	NT
39 Owen, Annabelle	W14	Penyrheol	NT
40 Dafydd, Mali	W14	Carmarthen	NT
41 Salah, Karim	M10	Carmarthen	NT
42 Dashfield, Olivia	W11	Tenby Dolphins	NT
43 Richardson, Beca	W14	Swansea Aq	NT
44 Antwhistle, Isaac J	M12	Swansea Aq	NT
45 Phillips, Lucas	M13	Hsc	NT
46 Francis, Mia	W11	Hsc	NT
47 Hawkins, Lottie	W11	Hsc	NT
48 Coates, Betsy	W11	Hsc	NT
49 Foldi, Kristina	W12	Hsc	NT
50 Harvey, Olivia	W10	PembrokeDist	NT
51 Hearne, Logan	M9	PembrokeDist	NT
52 Price, Riley	M10	PembrokeDist	NT
53 Weston, Zac	M10	PembrokeDist	NT
54 Thomas, Gabriel	M10	Llanelli	NT
55 Hall, Ethan	M15	Fishguard	NT
56 Fogarty, Oliver	M12	Fishguard	NT
57 Lerigo, Oli	M14	Aberystwyth	NT

58 Alexander, Seren	W14	Aberystwyth	NT
59 Arnold, Olivia	W11	Milford Havn	NT
60 Rossiter-Wargent, Mia	W11	Milford Havn	NT

Event 102 Mixed 9 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Finals				
1				
2	Jones, Gwenllian F	W9	Carmarthen	NT
3	Dalton, Daisy	W10	Hsc	NT
4	Gallagher, Thia C	W10	Swansea Aq	NT
5	Shepherd, Amelia H	W10	C Dolphins	NT
6	Evans, Alys E	W9	Carmarthen	NT
7				
8				
Heat 2 of 7 Finals				
1	Rees, Oscar	M11	Llanelli	NT
2	Rowland, Scarlett	W12	Neath	NT
3	Noble, Reuben	M12	Hsc	NT
4	Burns, Freya	W13	Nofio S Gar	NT
5	El Saghir, Mohamed S	M13	Carmarthen	NT
6	Hill, Lily Ann	W12	C Dolphins	NT
7	Gurung, Tiamind W	M12	Swansea Aq	NT
8	Jones, Osian	M11	Aberystwyth	NT
Heat 3 of 7 Finals				
1	Kazmiruk, Anastasiia	W13	Amman Valley	NT
2	Rogers, Mia	W10	PembrokeDist	4:50.03
3	Weston, Zac	M10	PembrokeDist	4:26.51
4	Mills, Flynn	M11	Milford Havn	4:18.52
5	Monan, Hazel	W9	Tenby Dolphins	4:20.77
6	Antwhistle, Esme W	W10	Swansea Aq	4:39.86
7	Conway, Erin J	W15	Swansea Aq	NT
8	Jones, Hunydd	W13	Carmarthen	NT
Heat 4 of 7 Finals				
1	Alexander, Fflur	W11	Aberystwyth	4:17.85
2	Evans, Gwenllian	W10	Fishguard	4:15.62
3	Rudder, Frankie	M12	Hsc	4:06.46
4	Davies, Betsi	W12	Fishguard	3:59.33
5	Couzens, Sibylla	W13	Fishguard	4:01.83
6	Mason, Ezmee	W11	Hsc	4:08.62
7	Selby, Chloe	W14	Neath	4:15.76
8	Dadswell, Harry	M11	Hsc	4:18.20
Heat 5 of 7 Finals				
1	Leane, Megan	W12	Hsc	3:56.66
2	Ellis, Eve	W12	C Dolphins	3:46.05
3	Lloyd- Roberts, Harry	M12	Milford Havn	3:39.36
4	Lewis, Henry	M12	Neath	3:33.78
5	Monan, Euan	M11	Tenby Dolphins	3:34.18
6	Finney, Elsa	W15	Aberystwyth	3:43.40
7	Koszalski, Soffia L	W12	Llanelli	3:51.26
8	Monan, Sofia	W14	Tenby Dolphins	3:58.14
Heat 6 of 7 Finals				
1	Crotty, Beau	M13	PembrokeDist	3:22.85
2	Edwards, Alice	W14	Carmarthen	3:21.57
3	Smith, Caelan	M14	Hsc	3:19.51
4	Dafydd, Iola	W15	Carmarthen	3:14.56
5	Batcup, Oliver J	M12	Swansea Aq	3:16.66
6	Hughes, Mollie	W13	C Dolphins	3:21.50
7	Santos, Liam	M15	Milford Havn	3:22.21
8	Gibbs, Jenson	M13	Amman Valley	3:32.40

Nofio Sir Gar Open Meet 2025 - 18/01/2025 to 19/01/2025**Meet Program - Session 1 (Warmup 8.00 - 8.50)****Heat 7 Finals (#102 Mixed 9 & Over 200 SC Meter Breaststroke)**

1	Parry, Abigail	W12	Carmarthen	3:06.62	___
2	Knight, Lily E	W14	Swansea Aq	2:56.71	___
3	Richardson, Osian	M16	Swansea Aq	2:35.98	___
4	Clarke, Henry	M17	Swansea Aq	2:30.63	___
5	Phillips, Finley	M14	Nofio S Gar	2:34.31	___
6	Stuart-Lavender, Jac	M14	Llanelli	2:49.04	___
7	Patterson, Hollie M	W13	Carmarthen	3:00.06	___
8	Thomas, Wilf	M12	Aberystwyth	3:06.96	___

28	Kurys, Emiliese J	W10	Carmarthen	12:21.57	___
29	Dyde, Pheobe	W12	PembrokeDist	12:32.69	___
30	Lummis, Oscar D	M12	Nexus	12:35.14	___
31	Henson, Jess	W11	Tenby Dolphins	12:40.37	___
32	Morgan, Iolah	W10	PembrokeDist	12:46.49	___
33	Powell, Nina	W12	Fishguard	12:50.36	___
34	Gardner-Rolfe, Mia G	W12	Swansea Aq	13:04.91	___
35	Kurys, Bonnie P	W11	Carmarthen	13:07.35	___
36	Hughes, Megan	W11	C Dolphins	13:10.46	___
37	Williams, Grace O	W13	Nexus	13:23.10	___
38	Williams, Fay P	W12	Neath	13:23.50	___
39	Thomas, Enlli M	W11	Nexus	13:48.79	___
40	Huws, Llleu I	M12	Nexus	14:17.16	___

Event 103 Mixed 9 & Over 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1					___
2					___
3	Taylor, Joshua M	M12	Nexus	NT	___
4	Kenny, Jemima	W13	Milford Havn	NT	___
5	Roberts Mylan, Sophie I	W12	Swansea Aq	NT	___
6	Bowes, James F	M12	Carmarthen	NT	___
7					___
8					___

Heat 2 of 2 Finals

1	Haslam, Tia	W14	Carmarthen	NT	___
2	Tucker, Holly	W16	Swansea Aq	NT	___
3	Gil Wood, Elena	W12	Swansea Aq	3:24.65	___
4	Mills, Thomas	M13	Llanelli	2:50.71	___
5	Roberts Mylan, Ffion C	W12	Swansea Aq	3:19.09	___
6	Bowen, Seren E	W14	Carmarthen	3:29.72	___
7	Williams, Marys E	W15	Swansea Aq	NT	___
8	Phillips, Finley	M14	Nofio S Gar	NT	___

Event 104 Mixed 9 & Over 800 SC Meter Freestyle**'Sign in' required for this event.****Signing desk will close at 8.30am**

	Name	Age	Team	Seed Time	
1	Spinks, Owen H	M16	Torfaen D	9:34.12	___
2	Galbraith, Elian	M15	Llanelli	9:42.36	___
3	Sherrard, Alex H	W12	Torfaen D	9:49.91	___
4	Howe, Inigo W	M15	Torfaen D	9:53.69	___
5	Philpott, Ffion	W15	Nofio S Gar	9:57.07	___
6	Prosser, Sofia I	W12	Torfaen D	10:01.76	___
7	Roberts-Truman, Harri	M14	Neath	10:04.70	___
8	Huws, Awen G	W16	Nexus	10:11.42	___
9	Hughes, Freddy J	M12	Nexus	10:29.92	___
10	Davies, Isabella	W13	Nofio S Gar	10:30.71	___
11	Morgan, Evelyn	W13	Nofio S Gar	10:31.15	___
12	Clifford, Bethany	W17	Neath	10:37.63	___
13	Flynn, Asten P	M14	Nexus	10:43.08	___
14	Cooper, Megan	W16	Neath	10:43.50	___
15	Sullivan, Ariana M	W14	Torfaen D	10:44.60	___
16	Davies, Ava-Rose	W12	Llanelli	10:55.34	___
17	Spinks, Rhys H	M14	Torfaen D	10:59.02	___
18	Short, Amelia L	W13	Nexus	11:04.84	___
19	Hopkins, Luc P	M13	Torfaen D	11:09.17	___
20	Hughes, Nancy J	W15	Nexus	11:10.93	___
21	Sekula, Mateusz J	M13	Nexus	11:28.74	___
22	Chapman, Olivia	W14	Swansea Aq	11:35.59	___
23	May, Gwen A	W12	Nexus	11:50.27	___
24	Jones, Hannah	W14	Swansea Aq	11:51.84	___
25	Sekula, Szymon A	M13	Nexus	11:53.61	___
26	Williams, April M	W10	Swansea Aq	12:10.07	___
27	Evans, Sam	M12	PembrokeDist	12:11.60	___