

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

Meet Program - Session 3 (Warmup 3.25 - 4.25)

Event 301 Mixed 9 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 16 Finals

1				—
2	Powell, Leila	W9	Fishguard	NT
3	Bellis, Martha A	W9	Carmarthen	NT
4	Powell, Fred	M9	Fishguard	NT
5	Dashfield, Charlotte	W9	Tenby Dolphins	NT
6	Lory, Penny	W9	Hsc	NT
7	Prosser, Mia S	W9	Tenby Dolphins	NT
8				—

Heat 2 of 16 Finals

1	Madge, Brianna	W10	C Dolphins	NT
2	Salah, Karim	M10	Carmarthen	NT
3	Marques-Jones, Idris	M10	Amman Valley	NT
4	Couzens, Sebastian	M11	Fishguard	NT
5	Gallagher, Thia C	W10	Swansea Aq	NT
6	Llewellyn, Anwen	W10	Hsc	NT
7	Noakes, Mila	W10	C Dolphins	NT
8	Williams, Lowri	W9	Neath	NT

Heat 3 of 16 Finals

1	Wilde, Ayla-Belle	W12	Nexus	NT
2	Hill, Lily Ann	W12	C Dolphins	NT
3	Davies-Jones, Ayla	W12	Llanelli	NT
4	James, Martha	W13	Fishguard	NT
5	Owen, Charlotte	W12	Penyrheol	NT
6	Richards, Chloe-Elin	W12	C Dolphins	NT
7	Beall, Isabelle	W12	Penyrheol	NT
8	Duncan, Ava	W12	Amman Valley	NT

Heat 4 of 16 Finals

1	Thomas, Phoebe	W13	Milford Havn	NT
2	#Prosser, Eleri	W16	Llanelli	2:22.43
3	Williams, Tom	M10	Hsc	2:09.35
4	Williams, Alys L	W11	Carmarthen	2:07.47
5	Evans, Lowri Carys	W10	Carmarthen	2:07.74
6	Shearan, Imogen	W9	Neath	2:14.62
7	#Prosser, Harri	M13	Llanelli	2:45.45
8	Abell, Ronan	M13	Neath	NT

Heat 5 of 16 Finals

1	Price, Riley	M10	PembrokeDist	2:05.07
2	Conings, Charlie	M10	Hsc	2:02.48
3	Green, Freya	W11	Hsc	1:57.30
4	Munt, Oliver	M11	Hsc	1:55.72
5	Husband, Alysia	W9	Hsc	1:56.81
6	Symmons, Bronwen D	W9	Carmarthen	1:58.80
7	Fenn, William G	M9	Swansea Aq	2:02.74
8	Nuttall, Isabelle	W10	Milford Havn	2:05.24

Heat 6 of 16 Finals

1	Crotty, Beau	M13	PembrokeDist	1:54.48
2	Burt, Gwion	M11	Llanelli	1:53.87
3	Evans, Alys E	W9	Carmarthen	1:50.97
4	Davies, Gruffydd R	M10	Carmarthen	1:48.51
5	Mills, Flynn	M11	Milford Havn	1:49.32
6	Dadswell, Harry	M11	Hsc	1:52.80
7	Soul, Anna F	W10	Swansea Aq	1:53.95
8	Coates, Betsy	W11	Hsc	1:55.65

Heat 7 of 16 Finals

1	Fretwell, Logan	M10	Milford Havn	1:47.84
2	Lloyd- Roberts, Harry	M12	Milford Havn	1:44.07
3	Clay, Emelia S	W10	Swansea Aq	1:41.60
4	Williams, Eve	W12	Penyrheol	1:41.00
5	Elmes, Samuel	M11	Carmarthen	1:41.06
6	Simon, Meg	W13	Tenby Dolphins	1:41.96
7	Antwhistle, Esme W	W10	Swansea Aq	1:45.39
8	Hoskins, James C	M13	Nexus	1:48.47

Heat 8 of 16 Finals

1	Curtis, Carley	W12	Milford Havn	1:40.74
2	Polverino, Tilly	W11	Neath	1:40.13
3	Nicholas, Luca G	M12	Swansea Aq	1:38.86
4	Dennison, Evie	W12	Milford Havn	1:37.94
5	Thomas, Enlli M	W11	Nexus	1:38.69
6	Pyzer, Cyrus A	M11	Carmarthen	1:39.89
7	Rossiter-Wargent, Mia	W11	Milford Havn	1:40.69
8	Fry, Tilly	W12	Llanelli	1:40.98

Heat 9 of 16 Finals

1	Smith, Caelan	M14	Hsc	1:36.84
2	Couzens, Sibylla	W13	Fishguard	1:34.87
3	John, Annabel	W15	PembrokeDist	1:33.53
4	Morgan, Iolah	W10	PembrokeDist	1:33.15
5	Conway, Erin J	W15	Swansea Aq	1:33.49
6	Henson, Jess	W11	Tenby Dolphins	1:33.62
7	Phillips, Isabelle	W11	Hsc	1:35.75
8	Treinis, Lucian	M10	Tenby Dolphins	1:36.85

Heat 10 of 16 Finals

1	Bool, Iolo	M11	Hsc	1:32.86
2	Lloyd, Vincent-Owen N	M11	Swansea Aq	1:31.96
3	Alexander, Seren	W14	Aberystwyth	1:30.63
4	Bowes, James F	M12	Carmarthen	1:29.32
5	George, Kieran	M13	Milford Havn	1:29.37
6	Davies, Lauren	W13	Llanelli	1:31.89
7	Titely, Lola	W12	Milford Havn	1:32.51
8	Nash, Oliver J	M11	Carmarthen	1:33.00

Heat 11 of 16 Finals

1	Hawkins, Lottie	W11	Hsc	1:28.80
2	Griffiths, Isla	W11	Tenby Dolphins	1:27.22
3	Berner, Kiana H	W13	Carmarthen	1:26.28
4	Wells, Iris	W13	C Dolphins	1:25.87
5	Lewis, Callum	M15	Milford Havn	1:26.04
6	Rowland, Scarlett	W12	Neath	1:27.20
7	Monan, Euan	M11	Tenby Dolphins	1:27.37
8	Murphy, Sienna	W14	Llanelli	1:28.99

Heat 12 of 16 Finals

1	Morris, Blair	W11	Neath	1:25.28
2	Jones, Alexa	W11	Llanelli	1:24.24
3	Dafydd, Iola	W15	Carmarthen	1:23.27
4	Powell, Nina	W12	Fishguard	1:22.20
5	Short, Amelia L	W13	Nexus	1:23.00
6	Antwhistle, Isaac J	M12	Swansea Aq	1:23.57
7	Collins-Falconer, Alesha G	W16	Nexus	1:24.83
8	Chapman, Henry	M13	Carmarthen	1:25.41

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

Meet Program - Session 3 (Warmup 3.25 - 4.25)

Heat 13 Finals (#301 Mixed 9 & Over 100 SC Meter Backstroke)

1	Santos, Liam	M15	Milford Havn	1:21.53	___
2	Parry, Abigail	W12	Carmarthen	1:20.93	___
3	Hughes, Nancy J	W15	Nexus	1:19.70	___
4	Kenny, Jemima	W13	Milford Havn	1:18.96	___
5	Thomas, Nikita	W15	Llanelli	1:19.47	___
6	Layland, Seren	W13	Penyrheol	1:19.95	___
7	Lerigo, Oli	M14	Aberystwyth	1:21.19	___
8	Dafydd, Mali	W14	Carmarthen	1:21.60	___

Heat 14 of 16 Finals

1	Thomas, Medi A	W16	Llanelli	1:18.83	___
2	Mills, Thomas	M13	Llanelli	1:18.21	___
3	Chapman, Olivia	W14	Swansea Aq	1:17.66	___
4	Hall, Ethan	M15	Fishguard	1:17.25	___
5	Burt, Caio	M14	Llanelli	1:17.52	___
6	Richardson, Beca	W14	Swansea Aq	1:18.04	___
7	Giles, Seren	W14	Neath	1:18.57	___
8	Griffiths, Ffion	W13	Tenby Dolphins	1:18.89	___

Heat 15 of 16 Finals

1	Williams, Marys E	W15	Swansea Aq	1:15.68	___
2	Philpott, Ffion	W15	Nofio S Gar	1:13.65	___
3	Williams, Hollie	W17	Nofio S Gar	1:12.42	___
4	%Read, William S14	M17	Swansea Aq	1:11.68	___
5	Jones, Hunydd	W13	Carmarthen	1:12.15	___
6	King, Marley	W16	Penyrheol	1:13.54	___
7	Perrott, Niamh	W15	Swansea Aq	1:15.56	___
8	Hetherington, Trystan	M15	Neath	1:16.75	___

Heat 16 of 16 Finals

1	Huws, Awen G	W16	Nexus	1:10.30	___
2	Richardson, Osian	M16	Swansea Aq	1:09.63	___
3	Galbraith, Elian	M15	Llanelli	1:08.57	___
4	Elmes, Max	M13	Nofio S Gar	1:04.02	___
5	Hatton-Ellis, Isabelle L	W16	Swansea Aq	1:06.50	___
6	King, Ethan	M12	Penyrheol	1:09.09	___
7	Taffetsauffer, Isabella	W13	Nofio S Gar	1:09.89	___
8	Davies, Isla	W11	Nofio S Gar	1:10.50	___

Event 302 Mixed 9 & Over 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 17 Finals

1					___
2	Wickland, Jonah	M9	PembrokeDist	NT	___
3	Soul, Anna F	W10	Swansea Aq	NT	___
4	Munt, Oliver	M11	Hsc	NT	___
5	Shepherd, Amelia H	W10	C Dolphins	NT	___
6	Owen, Molly	W10	Penyrheol	NT	___
7	Husband, Alysia	W9	Hsc	NT	___
8					___

Heat 2 of 17 Finals

1	Beall, Isabelle	W12	Penyrheol	NT	___
2	Phillips, Isabella	W12	Hsc	NT	___
3	Bray, Gwilym	M12	C Dolphins	NT	___
4	Thomas, Wilf	M12	Aberystwyth	NT	___
5	Mitrjaikina, Kerly-Annaly S	W12	Swansea Aq	NT	___
6	Jenkins, Alys	W12	Amman Valley	NT	___
7	Koszalski, Soffia L	W12	Llanelli	NT	___
8	Harvey-Flinn, Ruby E	W11	Swansea Aq	NT	___

Heat 3 of 17 Finals

1	Monan, Sofia	W14	Tenby Dolphins	NT	___
2	Jenkins, Lloyd	M15	Milford Havn	NT	___
3	Harvey, Olivia	W10	PembrokeDist	4:42.89	___
4	Green, Freya	W11	Hsc	4:34.92	___
5	Price, Riley	M10	PembrokeDist	4:40.87	___
6	Finney, Elsa	W15	Aberystwyth	NT	___
7	Owen, Annabelle	W14	Penyrheol	NT	___
8	Phillips, Gethin	M13	Hsc	NT	___

Heat 4 of 17 Finals

1	Rogers, Mia	W10	PembrokeDist	4:13.54	___
2	Nash, Sylvia	W10	Milford Havn	4:12.71	___
3	Evans, Alys E	W9	Carmarthen	4:10.74	___
4	Coates, Betsy	W11	Hsc	4:06.54	___
5	Filmer, Owen	M9	Aberystwyth	4:07.52	___
6	Williams, Eve	W12	Penyrheol	4:11.63	___
7	Burt, Gwion	M11	Llanelli	4:13.53	___
8	Shearan, Imogen	W9	Neath	4:21.23	___

Heat 5 of 17 Finals

1	Clay, Emelia S	W10	Swansea Aq	4:01.01	___
2	Weston, Zac	M10	PembrokeDist	3:59.94	___
3	Arnold, Olivia	W11	Milford Havn	3:57.15	___
4	Dashfield, Olivia	W11	Tenby Dolphins	3:49.78	___
5	Selby, Chloe	W14	Neath	3:50.52	___
6	Huws, Llleu I	M12	Nexus	3:59.77	___
7	McFarlane, Mali	W10	Milford Havn	4:00.83	___
8	Phillips, Isabelle	W11	Hsc	4:05.67	___

Heat 6 of 17 Finals

1	El Saghir, Mohamed S	M13	Carmarthen	3:46.10	___
2	Couzens, Sibylla	W13	Fishguard	3:42.88	___
3	Phillips, Lucas	M13	Hsc	3:38.85	___
4	Shelmerdine, Molly	W9	Neath	3:37.43	___
5	Treinis, Lucian	M10	Tenby Dolphins	3:37.53	___
6	Snellgrove, Maddie	W10	Neath	3:40.12	___
7	Monan, Hazel	W9	Tenby Dolphins	3:44.27	___
8	Jenkins, Olivia I	W11	Swansea Aq	3:47.79	___

Heat 7 of 17 Finals

1	Polverino, Tilly	W11	Neath	3:36.56	___
2	Mason, Ezmee	W11	Hsc	3:35.41	___
3	Massey, Mia	W12	C Dolphins	3:33.82	___
4	Morris, Blair	W11	Neath	3:32.92	___
5	Dadswell, Harry	M11	Hsc	3:32.93	___
6	Hearne, Logan	M9	PembrokeDist	3:34.78	___
7	Wilde, Ayla-Belle	W12	Nexus	3:36.29	___
8	Bool, Iolo	M11	Hsc	3:36.76	___

Heat 8 of 17 Finals

1	Crotty, Beau	M13	PembrokeDist	3:32.79	___
2	Hopkins, Darcy	W11	Penyrheol	3:31.41	___
3	Foldi, Kristina	W12	Hsc	3:30.52	___
4	Davies, Betsi	W12	Fishguard	3:28.16	___
5	Morris, Besi	W11	Amman Valley	3:29.68	___
6	Lewis, Gethin R	M10	Swansea Aq	3:31.01	___
7	Nicholas, Luca G	M12	Swansea Aq	3:32.71	___
8	Baylis, Ellie	W12	Penyrheol	3:32.81	___

Nofio Sir Gar Open Meet 2025 - 18/01/2025 to 19/01/2025**Meet Program - Session 3 (Warmup 3.25 - 4.25)****Heat 9 Finals (#302 Mixed 9 & Over 200 SC Meter IM)**

1	Morgan, Iolah	W10	PembrokeDist	3:26.63	___
2	Salmon, Amelia A	W11	Nexus	3:21.30	___
3	Roberts Mylan, Sophie I	W12	Swansea Aq	3:20.54	___
4	Thomas, Carys	W13	Penyrheol	3:19.81	___
5	Fry, Tilly	W12	Llanelli	3:20.21	___
6	Williams, Lucas C	M10	Swansea Aq	3:21.12	___
7	Thomas, Gabriel	M10	Llanelli	3:23.84	___
8	Foale, Jack	M14	Aberystwyth	3:26.91	___

Heat 10 of 17 Finals

1	Taylor, Joshua M	M12	Nexus	3:18.40	___
2	Edwards, Ffion	W13	Penyrheol	3:16.08	___
3	Jermin, Morgan	M11	Llanelli	3:15.87	___
4	Jones, Dion R	M13	Carmarthen	3:15.04	___
5	George, Kieran	M13	Milford Havn	3:15.28	___
6	Smith, Caelan	M14	Hsc	3:15.98	___
7	Monan, Euan	M11	Tenby Dolphins	3:16.11	___
8	May, Gwen A	W12	Nexus	3:18.80	___

Heat 11 of 17 Finals

1	Lloyd, Vincent-Owen N	M11	Swansea Aq	3:14.93	___
2	Roberts Mylan, Ffion C	W12	Swansea Aq	3:13.35	___
3	Edwards, Alice	W14	Carmarthen	3:11.73	___
4	Weston, Ben	M13	PembrokeDist	3:10.55	___
5	Perrott, Hannah	W14	C Dolphins	3:10.64	___
6	Lewis, Evie	W11	Hsc	3:12.05	___
7	Rees-Davies, Saoirse	W13	Llanelli	3:13.90	___
8	Jones, Dafydd	M12	Amman Valley	3:15.01	___

Heat 12 of 17 Finals

1	Pitans, Caitlin R	W12	Swansea Aq	3:09.20	___
2	Snellgrove, Chloe	W14	Neath	3:05.96	___
3	Evans, Sam	M12	PembrokeDist	3:05.88	___
4	Abraham, A-Jay	M13	Neath	3:04.85	___
5	Chapman, Henry	M13	Carmarthen	3:05.15	___
6	Gil Wood, Elena	W12	Swansea Aq	3:05.94	___
7	Conway, Erin J	W15	Swansea Aq	3:07.10	___
8	Bowes, James F	M12	Carmarthen	3:10.37	___

Heat 13 of 17 Finals

1	Sekula, Szymon A	M13	Nexus	3:01.51	___
2	Marques-Jones, Felix	M12	Amman Valley	3:01.39	___
3	Lewis, Cian	M15	Neath	2:59.18	___
4	Antwhistle, Isaac J	M12	Swansea Aq	2:56.21	___
5	Jenkins, Elli J	W13	Swansea Aq	2:58.88	___
6	Griffiths, Ffion	W13	Tenby Dolphins	2:59.53	___
7	Dyde, Pheobe	W12	PembrokeDist	3:01.50	___
8	Parry, Abigail	W12	Carmarthen	3:04.85	___

Heat 14 of 17 Finals

1	Martin, Phoebe	W14	Penyrheol	2:54.63	___
2	Edwards, Isabel	W15	Penyrheol	2:53.52	___
3	Jenkins, Alexandra G	W15	Swansea Aq	2:51.69	___
4	Filmer, Gwennan	W12	Aberystwyth	2:51.12	___
5	Jones, Hunydd	W13	Carmarthen	2:51.18	___
6	Morgan, Evelyn	W13	Nofio S Gar	2:52.81	___
7	Hughes, Freddy J	M12	Nexus	2:54.00	___
8	Sekula, Mateusz J	M13	Nexus	2:55.43	___

Heat 15 of 17 Finals

1	Williams, Paige T	W12	Swansea Aq	2:47.12	___
2	Flynn, Asten P	M14	Nexus	2:46.38	___
3	Cressey-Rodgers, Gwenllian	W14	Nofio S Gar	2:45.67	___
4	Upton-Boorman, Isabella	W14	Nofio S Gar	2:45.26	___
5	Smith, Herbie C	M14	Swansea Aq	2:45.32	___
6	Knight, Lily E	W14	Swansea Aq	2:45.87	___
7	Davies, Ellis V	M13	Llanelli	2:46.50	___
8	Patterson, Hollie M	W13	Carmarthen	2:50.05	___

Heat 16 of 17 Finals

1	Smith, Declan	M13	Amman Valley	2:44.81	___
2	Morgan, Cole	M13	C Dolphins	2:41.34	___
3	%Read, William SM14	M17	Swansea Aq	2:38.54	___
4	Burns, Freya	W13	Nofio S Gar	2:36.79	___
5	Taffetsauffer, Isabella	W13	Nofio S Gar	2:36.92	___
6	Stuart-Lavender, Jac	M14	Llanelli	2:39.12	___
7	Burt, Caio	M14	Llanelli	2:42.91	___
8	Ley, Lucy	W16	Swansea Aq	2:45.19	___

Heat 17 of 17 Finals

1	Richards, Aled	M17	C Dolphins	2:36.63	___
2	Galbraith, Elian	M15	Llanelli	2:30.48	___
3	Phillips, Finley	M14	Nofio S Gar	2:19.88	___
4	Upton-Boorman, Liam	M17	Nofio S Gar	2:13.48	___
5	Johnstone, Daniel	M17	Nofio S Gar	2:14.31	___
6	Williams, Thomas	M14	Nofio S Gar	2:29.15	___
7	Gibbs, Harriet	W16	Nofio S Gar	2:32.95	___
8	Berner, Iyla	W11	Nofio S Gar	2:36.77	___