

Nofio Sir Gar Open Meet 2025 - 18/01/2025 to 19/01/2025**Meet Program - Session 4 (Warmup 8.00 - 8.50)****Event 401 Mixed 9 & Over 200 SC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals

1				—
2				—
3	Prevel, Vinnie	M10	PembrokeDist	NT
4	Boyle, Samantha J	W11	Carmarthen	NT
5	Salah, Karim	M10	Carmarthen	NT
6	Evans, Lowri Carys	W10	Carmarthen	NT
7				—
8				—

Heat 2 of 8 Finals

1	Coates, Betsy	W11	Hsc	NT
2	Green, Freya	W11	Hsc	NT
3	Hill, Lily Ann	W12	C Dolphins	NT
4	Jones, Dafydd	M12	Amman Valley	NT
5	Rowland, Scarlett	W12	Neath	NT
6	Foldi, Kristina	W12	Hsc	NT
7	Pyzer, Cyrus A	M11	Carmarthen	NT
8	Davies, Isla	W11	Nofio S Gar	NT

Heat 3 of 8 Finals

1	Kaill-Franks, Nia	W13	Fishguard	NT
2	Dafydd, Mali	W14	Carmarthen	NT
3	Dafydd, Iola	W15	Carmarthen	NT
4	Evans, Alys E	W9	Carmarthen	3:59.58
5	Arnold, Olivia	W11	Milford Havn	4:04.95
6	Middleton, Caitlin	W14	Aberystwyth	NT
7	El Saghir, Mohamed S	M13	Carmarthen	NT
8	Dennison, Evie	W12	Milford Havn	NT

Heat 4 of 8 Finals

1	Huws, Lleu I	M12	Nexus	3:56.00
2	Jenkins, Olivia I	W11	Swansea Aq	3:24.57
3	Lewis, Gethin R	M10	Swansea Aq	3:20.28
4	Morris, Besi	W11	Amman Valley	3:15.24
5	Roberts Mylan, Sophie I	W12	Swansea Aq	3:16.72
6	Heron, Edith	W12	Aberystwyth	3:23.70
7	Curtis, Carley	W12	Milford Havn	3:39.80
8	Antwhistle, Esme W	W10	Swansea Aq	3:57.12

Heat 5 of 8 Finals

1	Edwards, Ffion	W13	Penyrheol	3:11.30
2	Lewis, Callum	M15	Milford Havn	3:10.15
3	Hawkins, Lottie	W11	Hsc	3:09.33
4	Monan, Euan	M11	Tenby Dolphins	3:08.56
5	Bool, Iolo	M11	Hsc	3:08.88
6	Dadswell, Harry	M11	Hsc	3:09.84
7	George, Kieran	M13	Milford Havn	3:10.16
8	Roberts Mylan, Ffion C	W12	Swansea Aq	3:12.32

Heat 6 of 8 Finals

1	Smith, Declan	M13	Amman Valley	2:57.79
2	Short, Amelia L	W13	Nexus	2:55.70
3	Thomas, Nikita	W15	Llanelli	2:53.40
4	Andreassen, Freya	W14	Amman Valley	2:52.28
5	Pinnock, Betsan R	W12	Swansea Aq	2:53.21
6	Edwards, Isabel	W15	Penyrheol	2:53.70
7	Santos, Liam	M15	Milford Havn	2:56.95
8	Flynn, Asten P	M14	Nexus	2:58.70

Heat 7 of 8 Finals

1	Kazmiruk, Anastasiia	W13	Amman Valley	2:51.19
2	Hall, Ethan	M15	Fishguard	2:43.62
3	Mills, Thomas	M13	Llanelli	2:42.98
4	Cressey-Rodgers, Gwenllian	W14	Nofio S Gar	2:36.11
5	Upton-Boorman, Isabella	W14	Nofio S Gar	2:36.47
6	Gray, Gruffudd I	M15	Swansea Aq	2:43.22
7	Hale, Oliver S	M14	Swansea Aq	2:45.83
8	Kenny, Jemima	W13	Milford Havn	2:51.72

Heat 8 of 8 Finals

1	Davies, Ellis V	M13	Llanelli	2:33.64
2	Galbraith, Elian	M15	Llanelli	2:28.61
3	Hatton-Ellis, Isabelle L	W16	Swansea Aq	2:25.04
4	Elmes, Max	M13	Nofio S Gar	2:19.31
5	Phillips, Finley	M14	Nofio S Gar	2:21.84
6	King, Ethan	M12	Penyrheol	2:28.10
7	Taffetsauffer, Isabella	W13	Nofio S Gar	2:29.17
8	Jones, Hunydd	W13	Carmarthen	2:35.98

Event 402 Mixed 9 & Over 400 SC Meter IM**'Sign in' required for this event.****Signing desk will close at 8.30am**

Name	Age	Team	Seed Time	
1	Upton-Boorman, Liam	M17	Nofio S Gar	5:01.99
2	Berner, Iyla	W11	Nofio S Gar	5:35.92
3	Price, George	M16	Penyrheol	5:44.16
4	Sekula, Mateusz J	M13	Nexus	6:09.97
5	Lewis, Evie	W11	Hsc	6:25.22
6	Dyde, Pheobe	W12	PembrokeDist	6:29.74
7	Jenkins, Elli J	W13	Swansea Aq	6:33.29
8	Snellgrove, Maddie	W10	Neath	8:36.48
9	Kurys, Bonnie P	W11	Carmarthen	NT
10	Wilde, Ayla-Belle	W12	Nexus	NT
11	Thomas, Enlli M	W11	Nexus	NT
12	Sekula, Szymon A	M13	Nexus	NT
13	Salmon, Amelia A	W11	Nexus	NT
14	Henson, Jess	W11	Tenby Dolphins	NT
15	Griffiths, Ffion	W13	Tenby Dolphins	NT
16	Evans, Cadi R	W12	Swansea Aq	NT
17	Chapman, Olivia	W14	Swansea Aq	NT
18	Richardson, Beca	W14	Swansea Aq	NT
19	Smith, Herbie C	M14	Swansea Aq	NT
20	Mitrjaikina, Kerly-Annaly S	W12	Swansea Aq	NT
21	McAdie, Isaac	M12	Swansea Aq	NT
22	Williams, Fay P	W12	Neath	NT
23	Hughes, Tirion H	W14	Swansea Aq	NT
24	Knight, Lily E	W14	Swansea Aq	NT
25	Evans, Sam	M12	PembrokeDist	NT
26	Davies, Isabella	W13	Nofio S Gar	NT
27	Lerigo, Oli	M14	Aberystwyth	NT

Event 403 Mixed 9 & Over 1500 SC Meter Freestyle**'Sign in' required for this event.****Signing desk will close at 8.30am**

Name	Age	Team	Seed Time	
1	Twigger, Owen P	M16	Swansea Aq	17:19.86
2	Howe, Albie S	M17	Torfaen D	18:21.87
3	Griffiths, Sam	M16	Carmarthen	18:24.91
4	Humphreys, Holly	W16	Swansea Aq	18:55.17
5	Bruce, Finley	M17	Tenby Dolphins	19:03.41
6	Davies, Macy L	W12	Torfaen D	19:34.52
7	Hale, Libby R	W15	Swansea Aq	19:45.44

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	Name	Age	Team	Seed Time	
8	Huws, Awen G	W16	Nexus	19:52.32	___
9	Filmer, Gwennan	W12	Aberystwyth	20:22.81	___
10	Patterson, Hollie M	W13	Carmarthen	20:23.63	___
11	Hughes, Freddy J	M12	Nexus	20:39.61	___
12	Davies, Ava-Rose	W12	Llanelli	20:58.60	___
13	Hughes, Nancy J	W15	Nexus	21:03.90	___
14	Price, Seren -louise	W12	Carmarthen	21:06.92	___
15	Parton, Frankie F	M15	Carmarthen	21:37.26	___
16	Chapman, Henry	M13	Carmarthen	21:54.18	___
17	Parry, Abigail	W12	Carmarthen	22:03.19	___
18	Heredia-Rowe, Rhiannon A	W18	Neath	22:10.92	___
19	Rood, Rowan	M15	Nexus	22:33.98	___
20	Williams, April M	W10	Swansea Aq	22:35.84	___
21	O'Connell, Cerys E	W16	Nexus	22:52.29	___
22	Morris, Ffion	W12	Tenby Dolphins	22:54.56	___
23	Richards, Amber	W15	C Dolphins	23:03.37	___
24	Gil Wood, Elena	W12	Swansea Aq	23:14.13	___
25	Williams, Eirwen N	W12	Neath	23:18.27	___
26	May, Gwen A	W12	Nexus	23:51.24	___
27	Bowes, James F	M12	Carmarthen	24:06.63	___
28	Gardner-Rolfe, Mia G	W12	Swansea Aq	25:11.27	___
29	Morgan, Iolah	W10	PembrokeDist	25:24.98	___
30	Prevel, Tilly	W11	PembrokeDist	25:37.03	___
31	Prevel, Sebastian	M13	PembrokeDist	25:56.96	___
32	Backen, Frederick	M12	Fishguard	27:55.13	___