

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

Meet Program - Session 5 (Warmup 12.05 - 1.05)

Event 501 Mixed 9 & Over 50 SC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 29 Finals

| | | | | |
|---|-------------------|----|--------------|----|
| 1 | Wickland, Jonah | M9 | PembrokeDist | NT |
| 2 | Lomas, Alfred | M9 | Hsc | NT |
| 3 | Cornelius, Emmie | W9 | Neath | NT |
| 4 | Moseley, Mair | W9 | PembrokeDist | NT |
| 5 | Jones, Gruffudd | M9 | Aberystwyth | NT |
| 6 | Raistrick, Evelyn | W9 | Amman Valley | NT |
| 7 | Holborow, Esmay | W9 | Amman Valley | NT |
| 8 | | | | |

Heat 2 of 29 Finals

| | | | | |
|---|----------------------|-----|----------------|----|
| 1 | Hope, Brooke | W10 | Tenby Dolphins | NT |
| 2 | Harding, Esmee | W10 | Neath | NT |
| 3 | Brown, Parker | M10 | Penyrheol | NT |
| 4 | Popham, Nyla C | W10 | Swansea Aq | NT |
| 5 | Howarth, Gwen L | W10 | Carmarthen | NT |
| 6 | Hayward, Adam | M10 | Milford Havn | NT |
| 7 | Marques-Jones, Idris | M10 | Amman Valley | NT |
| 8 | Jones, Gwennlian F | W9 | Carmarthen | NT |

Heat 3 of 29 Finals

| | | | | |
|---|------------------|-----|----------------|----|
| 1 | Harris, Aimee | W10 | C Dolphins | NT |
| 2 | Gregory, Grace | W10 | Amman Valley | NT |
| 3 | Price, Noah | M11 | Carmarthen | NT |
| 4 | Lewis, Gwen L | W11 | Carmarthen | NT |
| 5 | Davies, Emily | W11 | Penyrheol | NT |
| 6 | Salah, Karim | M10 | Carmarthen | NT |
| 7 | Fox, Frankie | W10 | Tenby Dolphins | NT |
| 8 | Butler, Florence | W10 | Amman Valley | NT |

Heat 4 of 29 Finals

| | | | | |
|---|---------------------------|-----|--------------|----|
| 1 | Lennon, Amelia | W11 | Carmarthen | NT |
| 2 | Bevan, Driw | M12 | Llanelli | NT |
| 3 | Besley, Freya | W12 | Penyrheol | NT |
| 4 | Collins-Williams, Jasmine | W12 | Fishguard | NT |
| 5 | Davies-Jones, Ayla | W12 | Llanelli | NT |
| 6 | Lomas, Alexander | M12 | Fishguard | NT |
| 7 | Williams, Eva M | W11 | Swansea Aq | NT |
| 8 | Hudson, Daisy-Lilly | W11 | Milford Havn | NT |

Heat 5 of 29 Finals

| | | | | |
|---|-------------------|-----|--------------|---------|
| 1 | Prevel, Sebastian | M13 | PembrokeDist | NT |
| 2 | Mekael, John | M15 | Neath | NT |
| 3 | Mekael, Beshoy | M15 | Neath | NT |
| 4 | Gallagher, Thia C | W10 | Swansea Aq | 1:07.35 |
| 5 | #Prosser, Harri | M13 | Llanelli | 1:09.91 |
| 6 | Jenkins, Lloyd | M15 | Milford Havn | NT |
| 7 | Howarth, Mali E | W14 | Carmarthen | NT |
| 8 | Thomas, Phoebe | W13 | Milford Havn | NT |

Heat 6 of 29 Finals

| | | | | |
|---|-------------------|-----|--------------|---------|
| 1 | #Prosser, Eleri | W16 | Llanelli | 1:04.58 |
| 2 | Rhys, Efan | M10 | Amman Valley | 1:02.29 |
| 3 | Jones, Osian | M11 | Aberystwyth | 1:01.76 |
| 4 | Cole, Jacob | M12 | Neath | 1:01.41 |
| 5 | Duncan, Miriam G | W9 | Carmarthen | 1:01.67 |
| 6 | Dulson, Ffion | W10 | Hsc | 1:01.85 |
| 7 | Dalton, Daisy | W10 | Hsc | 1:04.21 |
| 8 | Batcup, Charlie W | M9 | Swansea Aq | 1:06.07 |

Heat 7 of 29 Finals

| | | | | |
|---|---------------------|-----|--------------|---------|
| 1 | Percival, Kitty-Rae | W10 | C Dolphins | 1:00.21 |
| 2 | Fenn, William G | M9 | Swansea Aq | 58.93 |
| 3 | Jermin, Martha | W9 | Llanelli | 58.39 |
| 4 | Hughes, Dylan R | M11 | Swansea Aq | 57.34 |
| 5 | Evans, Lowri Carys | W10 | Carmarthen | 57.48 |
| 6 | Williams, Tom | M10 | Hsc | 58.73 |
| 7 | Williams, Lowri | W9 | Neath | 59.72 |
| 8 | Kummer, Seb | M9 | Milford Havn | 1:00.93 |

Heat 8 of 29 Finals

| | | | | |
|---|----------------------|-----|--------------|-------|
| 1 | Rogers, Mia | W10 | PembrokeDist | 57.11 |
| 2 | Rewbridge, Will | M11 | Llanelli | 56.98 |
| 3 | Price, Riley | M10 | PembrokeDist | 56.52 |
| 4 | Knight, Anna | W11 | C Dolphins | 55.88 |
| 5 | Carley-smith, Evelyn | W9 | Neath | 55.98 |
| 6 | Gil Wood, Sofia A | W9 | Swansea Aq | 56.83 |
| 7 | Llewellyn, Anwen | W10 | Hsc | 57.03 |
| 8 | Jones, Shaw | M10 | C Dolphins | 57.31 |

Heat 9 of 29 Finals

| | | | | |
|---|--------------------|-----|----------------|-------|
| 1 | Snelgrove, Tomi | M9 | Neath | 55.35 |
| 2 | Mills, Flynn | M11 | Milford Havn | 54.79 |
| 3 | Owen, Charlotte | W12 | Penyrheol | 54.33 |
| 4 | Munt, Oliver | M11 | Hsc | 54.16 |
| 5 | Francis, Mia | W11 | Hsc | 54.28 |
| 6 | Prosser, Mia S | W9 | Tenby Dolphins | 54.76 |
| 7 | Gibbons, Elsa-Rose | W11 | Milford Havn | 54.85 |
| 8 | Felton, Gwennan | W12 | C Dolphins | 55.72 |

Heat 10 of 29 Finals

| | | | | |
|---|---------------------|-----|--------------|-------|
| 1 | Nuttall, Isabelle | W10 | Milford Havn | 53.99 |
| 2 | Nash, Sylvia | W10 | Milford Havn | 53.50 |
| 3 | Kaill-Franks, Eira | W14 | Fishguard | 52.99 |
| 4 | Rabaiotti, Orla-Rae | W9 | Swansea Aq | 52.91 |
| 5 | Holness, Camille S | W10 | Swansea Aq | 52.99 |
| 6 | Taylor, Kingsley C | M10 | Swansea Aq | 53.23 |
| 7 | Williams, Alys L | W11 | Carmarthen | 53.93 |
| 8 | Bray, Gwilym | M12 | C Dolphins | 54.05 |

Heat 11 of 29 Finals

| | | | | |
|---|-----------------|-----|--------------|-------|
| 1 | Burt, Gwion | M11 | Llanelli | 52.64 |
| 2 | Filmer, Owen | M9 | Aberystwyth | 52.33 |
| 3 | Beynon, Eila | W11 | Penyrheol | 52.21 |
| 4 | Prevel, Vinnie | M10 | PembrokeDist | 52.07 |
| 5 | McFarlane, Mali | W10 | Milford Havn | 52.17 |
| 6 | Noble, Reuben | M12 | Hsc | 52.24 |
| 7 | Madge, Brianna | W10 | C Dolphins | 52.57 |
| 8 | Boyle, Toby M | M9 | Carmarthen | 52.77 |

Heat 12 of 29 Finals

| | | | | |
|---|------------------|-----|----------------|-------|
| 1 | Green, Freya | W11 | Hsc | 51.66 |
| 2 | Alexander, Fflur | W11 | Aberystwyth | 51.22 |
| 3 | Monan, Hazel | W9 | Tenby Dolphins | 51.20 |
| 4 | Evans, Alys E | W9 | Carmarthen | 50.81 |
| 5 | Husband, Alysia | W9 | Hsc | 51.13 |
| 6 | Oseng-Rees, Eira | W11 | Swansea Aq | 51.22 |
| 7 | Taylor, Jasper B | M12 | Swansea Aq | 51.41 |
| 8 | Coates, Betsy | W11 | Hsc | 51.70 |

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

Meet Program - Session 5 (Warmup 12.05 - 1.05)

Heat 13 Finals (#501 Mixed 9 & Over 50 SC Meter Backstroke)

| | | | | | |
|---|-------------------|-----|----------------|-------|-------|
| 1 | Crotty, Beau | M13 | PembrokeDist | 50.50 | _____ |
| 2 | Hoskins, James C | M13 | Nexus | 50.10 | _____ |
| 3 | Harvey, Olivia | W10 | PembrokeDist | 49.97 | _____ |
| 4 | Lewis, Martha F | W13 | Carmarthen | 49.81 | _____ |
| 5 | Selby, Chloe | W14 | Neath | 49.95 | _____ |
| 6 | Felton, Catrin | W9 | C Dolphins | 49.98 | _____ |
| 7 | Dashfield, Olivia | W11 | Tenby Dolphins | 50.38 | _____ |
| 8 | Mekael, Jolie M | W12 | Neath | 50.57 | _____ |

Heat 14 of 29 Finals

| | | | | | |
|---|---------------------|-----|--------------|-------|-------|
| 1 | Austin, Sophie Haf | W11 | C Dolphins | 48.98 | _____ |
| 2 | Boyle, Samantha J | W11 | Carmarthen | 48.84 | _____ |
| 3 | Roberts, Grace | W12 | C Dolphins | 48.24 | _____ |
| 4 | Fretwell, Logan | M10 | Milford Havn | 47.72 | _____ |
| 5 | Symmons, Bronwen D | W9 | Carmarthen | 48.10 | _____ |
| 6 | Lewis, Megan | W14 | Milford Havn | 48.56 | _____ |
| 7 | Jones, Bobby | M12 | Neath | 48.92 | _____ |
| 8 | Koszalski, Soffia L | W12 | Llanelli | 49.33 | _____ |

Heat 15 of 29 Finals

| | | | | | |
|---|---------------------|-----|----------------|-------|-------|
| 1 | Monan, Sofia | W14 | Tenby Dolphins | 47.21 | _____ |
| 2 | Davies, Gruffydd R | M10 | Carmarthen | 47.04 | _____ |
| 3 | Pirmohamed, Eshan A | M11 | Swansea Aq | 46.78 | _____ |
| 4 | Percival, Bella | W12 | C Dolphins | 46.59 | _____ |
| 5 | Duncan, Ava | W12 | Amman Valley | 46.61 | _____ |
| 6 | Abell, Ronan | M13 | Neath | 46.82 | _____ |
| 7 | Finney, Elsa | W15 | Aberystwyth | 47.17 | _____ |
| 8 | Antwhistle, Esme W | W10 | Swansea Aq | 47.45 | _____ |

Heat 16 of 29 Finals

| | | | | | |
|---|----------------------|-----|----------------|-------|-------|
| 1 | Simon, Meg | W13 | Tenby Dolphins | 46.25 | _____ |
| 2 | Pyzer, Cyrus A | M11 | Carmarthen | 45.81 | _____ |
| 3 | Williams, Efa L | W12 | Carmarthen | 45.75 | _____ |
| 4 | Nash, Oliver J | M11 | Carmarthen | 45.54 | _____ |
| 5 | Curtis, Carley | W12 | Milford Havn | 45.55 | _____ |
| 6 | Kurys, Bonnie P | W11 | Carmarthen | 45.76 | _____ |
| 7 | Rosster-Wargent, Mia | W11 | Milford Havn | 45.89 | _____ |
| 8 | Thomas, Angharad | W14 | Fishguard | 46.41 | _____ |

Heat 17 of 29 Finals

| | | | | | |
|---|-----------------------|-----|----------------|-------|-------|
| 1 | Thomas, Gabriel | M10 | Llanelli | 45.48 | _____ |
| 2 | Middleton, Caitlin | W14 | Aberystwyth | 45.13 | _____ |
| 3 | Hopkins, Darcy | W11 | Penyrheol | 45.04 | _____ |
| 4 | Treinis, Lucian | M10 | Tenby Dolphins | 44.87 | _____ |
| 5 | Arnold, Olivia | W11 | Milford Havn | 45.04 | _____ |
| 6 | Price, Harry | M14 | Carmarthen | 45.05 | _____ |
| 7 | Shelmerdine, Molly | W9 | Neath | 45.37 | _____ |
| 8 | Lloyd- Roberts, Harry | M12 | Milford Havn | 45.53 | _____ |

Heat 18 of 29 Finals

| | | | | | |
|---|----------------------|-----|--------------|-------|-------|
| 1 | Joseph, Ellie | W12 | C Dolphins | 44.62 | _____ |
| 2 | Snellgrove, Maddie | W10 | Neath | 44.50 | _____ |
| 3 | El Saghir, Mohamed S | M13 | Carmarthen | 44.21 | _____ |
| 4 | Phillips, Isabelle | W11 | Hsc | 43.51 | _____ |
| 5 | Baylis, Ellie | W12 | Penyrheol | 43.86 | _____ |
| 6 | Heron, Edith | W12 | Aberystwyth | 44.21 | _____ |
| 7 | Prevel, Tilly | W11 | PembrokeDist | 44.50 | _____ |
| 8 | Elmes, Samuel | M11 | Carmarthen | 44.68 | _____ |

Heat 19 of 29 Finals

| | | | | | |
|---|-------------------|-----|--------------|-------|-------|
| 1 | Davies, Lauren | W13 | Llanelli | 43.41 | _____ |
| 2 | Blue, Harri O | M13 | Carmarthen | 42.95 | _____ |
| 3 | Sekula, Mateusz J | M13 | Nexus | 42.49 | _____ |
| 4 | Titley, Lola | W12 | Milford Havn | 42.46 | _____ |
| 5 | Batcup, Oliver J | M12 | Swansea Aq | 42.47 | _____ |
| 6 | Smith, Caelan | M14 | Hsc | 42.52 | _____ |
| 7 | Sekula, Szymon A | M13 | Nexus | 42.99 | _____ |
| 8 | Lolla, Phoebe M | W11 | Swansea Aq | 43.41 | _____ |

Heat 20 of 29 Finals

| | | | | | |
|---|----------------------|-----|--------------|-------|-------|
| 1 | Phillips, Gethin | M13 | Hsc | 42.29 | _____ |
| 2 | Edwards, Ffion | W13 | Penyrheol | 42.20 | _____ |
| 3 | Kurys, Emiliese J | W10 | Carmarthen | 41.83 | _____ |
| 4 | James, Martha | W13 | Fishguard | 41.77 | _____ |
| 5 | Davies, Loti | W11 | C Dolphins | 41.79 | _____ |
| 6 | Jones, Alaw R | W12 | Carmarthen | 41.84 | _____ |
| 7 | Massey, Mia | W12 | C Dolphins | 42.24 | _____ |
| 8 | Marques-Jones, Felix | M12 | Amman Valley | 42.30 | _____ |

Heat 21 of 29 Finals

| | | | | | |
|---|-----------------------------|-----|------------|-------|-------|
| 1 | Mitrjaikina, Kerly-Annaly S | W12 | Swansea Aq | 41.62 | _____ |
| 2 | Thomas, Caitlyn | W15 | Neath | 41.43 | _____ |
| 3 | Lloyd, Vincent-Owen N | M11 | Swansea Aq | 41.34 | _____ |
| 4 | Morgan, Thomas | M12 | Neath | 41.10 | _____ |
| 5 | Hill, Lily Ann | W12 | C Dolphins | 41.21 | _____ |
| 6 | Thomas, Carys | W13 | Penyrheol | 41.34 | _____ |
| 7 | Murphy, Sienna | W14 | Llanelli | 41.55 | _____ |
| 8 | Griffiths, Elizabeth | W13 | Fishguard | 41.68 | _____ |

Heat 22 of 29 Finals

| | | | | | |
|---|-----------------|-----|----------------|-------|-------|
| 1 | Thomas, Eden | W11 | Neath | 41.05 | _____ |
| 2 | George, Kieran | M13 | Milford Havn | 40.75 | _____ |
| 3 | Davis, Olivia | W15 | Penyrheol | 40.67 | _____ |
| 4 | Wells, Iris | W13 | C Dolphins | 40.58 | _____ |
| 5 | Morris, Besi | W11 | Amman Valley | 40.60 | _____ |
| 6 | Hawkins, Lottie | W11 | Hsc | 40.73 | _____ |
| 7 | Griffiths, Isla | W11 | Tenby Dolphins | 40.88 | _____ |
| 8 | Jermin, Morgan | M11 | Llanelli | 41.07 | _____ |

Heat 23 of 29 Finals

| | | | | | |
|---|-------------------|-----|------------|-------|-------|
| 1 | Williams, April M | W10 | Swansea Aq | 40.09 | _____ |
| 2 | Bowen, Seren E | W14 | Carmarthen | 39.89 | _____ |
| 3 | Fry, Tilly | W12 | Llanelli | 39.69 | _____ |
| 4 | Davies, Cadi | W13 | C Dolphins | 39.48 | _____ |
| 5 | Williams, Lucas C | M10 | Swansea Aq | 39.68 | _____ |
| 6 | Conway, Erin J | W15 | Swansea Aq | 39.85 | _____ |
| 7 | Gil Wood, Elena | W12 | Swansea Aq | 40.00 | _____ |
| 8 | Harris, Chloe | W12 | C Dolphins | 40.23 | _____ |

Heat 24 of 29 Finals

| | | | | | |
|---|-------------------|-----|----------------|-------|-------|
| 1 | Davies, Erin | W13 | C Dolphins | 39.44 | _____ |
| 2 | Williams, Fay P | W12 | Neath | 39.03 | _____ |
| 3 | John, Annabel | W15 | PembrokeDist | 38.79 | _____ |
| 4 | Pinnock, Betsan R | W12 | Swansea Aq | 38.57 | _____ |
| 5 | Parry, Abigail | W12 | Carmarthen | 38.64 | _____ |
| 6 | Kenny, Jemima | W13 | Milford Havn | 38.98 | _____ |
| 7 | Monan, Euan | M11 | Tenby Dolphins | 39.27 | _____ |
| 8 | Layland, Seren | W13 | Penyrheol | 39.45 | _____ |

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

Meet Program - Session 5 (Warmup 12.05 - 1.05)

Heat 25 Finals (#501 Mixed 9 & Over 50 SC Meter Backstroke)

| | | | | | |
|---|--------------------|-----|--------------|-------|-----|
| 1 | Dafydd, Iola | W15 | Carmarthen | 38.41 | ___ |
| 2 | Mills, Thomas | M13 | Llanelli | 38.22 | ___ |
| 3 | Morgan, Evelyn | W13 | Nofio S Gar | 37.63 | ___ |
| 4 | Ostrowski, Julia | W16 | PembrokeDist | 37.50 | ___ |
| 5 | George, Eilir | W14 | Llanelli | 37.55 | ___ |
| 6 | O'Connell, Cerys E | W16 | Nexus | 37.82 | ___ |
| 7 | Morgan, Catrin | W17 | Amman Valley | 38.38 | ___ |
| 8 | Giles, Seren | W14 | Neath | 38.43 | ___ |

Heat 26 of 29 Finals

| | | | | | |
|---|---------------------|-----|----------------|-------|-----|
| 1 | Thomas, Nikita | W15 | Llanelli | 37.20 | ___ |
| 2 | Edwards, Isabel | W15 | Penyrheol | 36.90 | ___ |
| 3 | Griffiths, Ffion | W13 | Tenby Dolphins | 36.44 | ___ |
| 4 | Flynn, Asten P | M14 | Nexus | 36.40 | ___ |
| 5 | Davies, Ellis V | M13 | Llanelli | 36.44 | ___ |
| 6 | Knight, Cari | W16 | Penyrheol | 36.80 | ___ |
| 7 | Patterson, Hollie M | W13 | Carmarthen | 36.97 | ___ |
| 8 | Lewis, Megan | W13 | Neath | 37.38 | ___ |

Heat 27 of 29 Finals

| | | | | | |
|---|----------------------------|-----|-------------|-------|-----|
| 1 | Thomas, Caitlin | W16 | Penyrheol | 36.19 | ___ |
| 2 | Burt, Caio | M14 | Llanelli | 35.87 | ___ |
| 3 | Hale, Oliver S | M14 | Swansea Aq | 35.38 | ___ |
| 4 | Cressey-Rodgers, Gwenllian | W14 | Nofio S Gar | 35.27 | ___ |
| 5 | Hall, Ethan | M15 | Fishguard | 35.34 | ___ |
| 6 | Perrott, Niamh | W15 | Swansea Aq | 35.64 | ___ |
| 7 | Lerigo, Oli | M14 | Aberystwyth | 36.13 | ___ |
| 8 | Chapman, Olivia | W14 | Swansea Aq | 36.24 | ___ |

Heat 28 of 29 Finals

| | | | | | |
|---|-------------------------|-----|-------------|-------|-----|
| 1 | Jones, Hunydd | W13 | Carmarthen | 34.07 | ___ |
| 2 | Hetherington, Trystan | M15 | Neath | 33.71 | ___ |
| 3 | Taffetsauffer, Isabella | W13 | Nofio S Gar | 33.37 | ___ |
| 4 | Gibbs, Harriet | W16 | Nofio S Gar | 33.08 | ___ |
| 5 | Williams, Hollie | W17 | Nofio S Gar | 33.30 | ___ |
| 6 | Huang, Peidong | M14 | Swansea Aq | 33.49 | ___ |
| 7 | Upton-Boorman, Isabella | W14 | Nofio S Gar | 33.77 | ___ |
| 8 | Williams, Paige T | W12 | Swansea Aq | 34.93 | ___ |

Heat 29 of 29 Finals

| | | | | | |
|---|--------------------------|-----|-------------|-------|-----|
| 1 | King, Ethan | M12 | Penyrheol | 32.10 | ___ |
| 2 | Hatton-Ellis, Isabelle L | W16 | Swansea Aq | 31.42 | ___ |
| 3 | Elmes, Max | M13 | Nofio S Gar | 29.98 | ___ |
| 4 | Johnstone, Daniel | M17 | Nofio S Gar | 26.08 | ___ |
| 5 | Upton-Boorman, Liam | M17 | Nofio S Gar | 29.84 | ___ |
| 6 | Phillips, Finley | M14 | Nofio S Gar | 30.63 | ___ |
| 7 | Galbraith, Elian | M15 | Llanelli | 31.81 | ___ |
| 8 | Davies, Isla | W11 | Nofio S Gar | 32.26 | ___ |

Event 502 Mixed 9 & Over 100 SC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 9 Finals

| | | | | | |
|---|-------------------|-----|--------------|----|-----|
| 1 | | | | | ___ |
| 2 | | | | | ___ |
| 3 | Harvey, Olivia | W10 | PembrokeDist | NT | ___ |
| 4 | Dadswell, Harry | M11 | Hsc | NT | ___ |
| 5 | Jenkins, Olivia I | W11 | Swansea Aq | NT | ___ |
| 6 | Salah, Karim | M10 | Carmarthen | NT | ___ |
| 7 | | | | | ___ |
| 8 | | | | | ___ |

Heat 2 of 9 Finals

| | | | | | |
|---|----------------------|-----|--------------|---------|-----|
| 1 | Jones, Paige M | W13 | Carmarthen | NT | ___ |
| 2 | Foale, Jack | M14 | Aberystwyth | NT | ___ |
| 3 | #Prosser, Eleri | W16 | Llanelli | NT | ___ |
| 4 | Thomas, Enlli M | W11 | Nexus | 2:03.66 | ___ |
| 5 | El Saghir, Mohamed S | M13 | Carmarthen | 2:06.84 | ___ |
| 6 | Jenkins, Lloyd | M15 | Milford Havn | NT | ___ |
| 7 | Evans, Mari F | W13 | Carmarthen | NT | ___ |
| 8 | Dennison, Evie | W12 | Milford Havn | NT | ___ |

Heat 3 of 9 Finals

| | | | | | |
|---|-------------------|-----|--------------|---------|-----|
| 1 | Mason, Ezmee | W11 | Hsc | 2:00.80 | ___ |
| 2 | Kurys, Bonnie P | W11 | Carmarthen | 1:56.04 | ___ |
| 3 | Edmunds, Freya | W11 | Llanelli | 1:53.91 | ___ |
| 4 | Huws, Llew I | M12 | Nexus | 1:50.06 | ___ |
| 5 | Roberts, Grace | W12 | C Dolphins | 1:52.77 | ___ |
| 6 | Wilde, Ayla-Belle | W12 | Nexus | 1:55.73 | ___ |
| 7 | Evans, Alys E | W9 | Carmarthen | 1:58.69 | ___ |
| 8 | Weston, Ben | M13 | PembrokeDist | 2:03.44 | ___ |

Heat 4 of 9 Finals

| | | | | | |
|---|-------------------|-----|----------------|---------|-----|
| 1 | Morgan, Iolah | W10 | PembrokeDist | 1:46.37 | ___ |
| 2 | Kurys, Emiliese J | W10 | Carmarthen | 1:43.91 | ___ |
| 3 | Davies, Cadi | W13 | C Dolphins | 1:42.71 | ___ |
| 4 | Banner, Harry | M12 | Penyrheol | 1:38.86 | ___ |
| 5 | Phillips, Lucas | M13 | Hsc | 1:41.38 | ___ |
| 6 | Jenkins, Elli J | W13 | Swansea Aq | 1:43.83 | ___ |
| 7 | Jones, Dafydd | M12 | Amman Valley | 1:46.06 | ___ |
| 8 | Henson, Jess | W11 | Tenby Dolphins | 1:47.62 | ___ |

Heat 5 of 9 Finals

| | | | | | |
|---|-------------------|-----|--------------|---------|-----|
| 1 | Foldi, Kristina | W12 | Hsc | 1:36.97 | ___ |
| 2 | Kaill-Franks, Nia | W13 | Fishguard | 1:35.53 | ___ |
| 3 | Lewis, Evie | W11 | Hsc | 1:31.07 | ___ |
| 4 | Lewis, Callum | M15 | Milford Havn | 1:30.02 | ___ |
| 5 | Santos, Liam | M15 | Milford Havn | 1:30.03 | ___ |
| 6 | Jermin, Morgan | M11 | Llanelli | 1:33.06 | ___ |
| 7 | Salmon, Amelia A | W11 | Nexus | 1:36.08 | ___ |
| 8 | Jones, Alexa | W11 | Llanelli | 1:38.40 | ___ |

Heat 6 of 9 Finals

| | | | | | |
|---|----------------------|-----|--------------|---------|-----|
| 1 | Snellgrove, Chloe | W14 | Neath | 1:27.48 | ___ |
| 2 | Pitans, Caitlin R | W12 | Swansea Aq | 1:26.16 | ___ |
| 3 | George, Eilir | W14 | Llanelli | 1:23.27 | ___ |
| 4 | Hall, Ethan | M15 | Fishguard | 1:21.84 | ___ |
| 5 | Davies, Lowri | W16 | C Dolphins | 1:22.78 | ___ |
| 6 | Hughes, Nancy J | W15 | Nexus | 1:23.40 | ___ |
| 7 | Kazmiruk, Anastasiia | W13 | Amman Valley | 1:26.86 | ___ |
| 8 | Filmer, Gwennan | W12 | Aberystwyth | 1:27.56 | ___ |

Heat 7 of 9 Finals

| | | | | | |
|---|----------------------|-----|--------------|---------|-----|
| 1 | Summerfield, Lucy | W12 | Llanelli | 1:20.42 | ___ |
| 2 | Grugel, Sam | M14 | C Dolphins | 1:20.09 | ___ |
| 3 | Martin, Phoebe | W14 | Penyrheol | 1:19.52 | ___ |
| 4 | Jenkins, Alexandra G | W15 | Swansea Aq | 1:18.63 | ___ |
| 5 | Smith, Declan | M13 | Amman Valley | 1:18.80 | ___ |
| 6 | Bowen, Seren E | W14 | Carmarthen | 1:19.63 | ___ |
| 7 | Thomas, Medi A | W16 | Llanelli | 1:20.36 | ___ |
| 8 | Burt, Caio | M14 | Llanelli | 1:20.60 | ___ |

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

Meet Program - Session 5 (Warmup 12.05 - 1.05)

Heat 8 Finals (#502 Mixed 9 & Over 100 SC Meter Butterfly)

| | | | | | |
|---|-------------------------|-----|-------------|---------|-----|
| 1 | Short, Amelia L | W13 | Nexus | 1:17.26 | ___ |
| 2 | Morgan, Evelyn | W13 | Nofio S Gar | 1:15.58 | ___ |
| 3 | David, Isabelle | W17 | Swansea Aq | 1:14.65 | ___ |
| 4 | Taffetsauffer, Isabella | W13 | Nofio S Gar | 1:14.23 | ___ |
| 5 | Burns, Freya | W13 | Nofio S Gar | 1:14.51 | ___ |
| 6 | Mills, Thomas | M13 | Llanelli | 1:14.85 | ___ |
| 7 | Philpott, Ffion | W15 | Nofio S Gar | 1:16.52 | ___ |
| 8 | %Read, William S14 | M17 | Swansea Aq | 1:17.85 | ___ |

Heat 9 of 9 Finals

| | | | | | |
|---|-------------------|-----|-------------|---------|-----|
| 1 | Berner, Iyla | W11 | Nofio S Gar | 1:09.68 | ___ |
| 2 | Chapman, Coby L | M15 | Penyrheol | 1:06.80 | ___ |
| 3 | Williams, Thomas | M14 | Nofio S Gar | 1:05.50 | ___ |
| 4 | Johnstone, Daniel | M17 | Nofio S Gar | 59.08 | ___ |
| 5 | Sellick, Fenn | M16 | Swansea Aq | 1:03.41 | ___ |
| 6 | Hnoianyi, Andrii | M15 | Swansea Aq | 1:06.26 | ___ |
| 7 | Tucker, Holly | W16 | Swansea Aq | 1:07.49 | ___ |
| 8 | Huws, Awen G | W16 | Nexus | 1:13.54 | ___ |

Event 503 Mixed 9 & Over 50 SC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 36 Finals

| | | | | | |
|---|------------------------|----|--------------|----|-----|
| 1 | | | | | ___ |
| 2 | Demchyshyna, Viktoriia | W9 | Amman Valley | NT | ___ |
| 3 | Duncan, Miriam G | W9 | Carmarthen | NT | ___ |
| 4 | Morris, Cai | M9 | Llanelli | NT | ___ |
| 5 | Lomas, Alfred | M9 | Hsc | NT | ___ |
| 6 | Jones, Gruffudd | M9 | Aberystwyth | NT | ___ |
| 7 | Burley, Florence | W9 | Neath | NT | ___ |
| 8 | | | | | ___ |

Heat 2 of 36 Finals

| | | | | | |
|---|----------------------|-----|----------------|----|-----|
| 1 | Moseley, Mair | W9 | PembrokeDist | NT | ___ |
| 2 | Fox, Frankie | W10 | Tenby Dolphins | NT | ___ |
| 3 | Brown, Parker | M10 | Penyrheol | NT | ___ |
| 4 | Marques-Jones, Idris | M10 | Amman Valley | NT | ___ |
| 5 | Howarth, Gwen L | W10 | Carmarthen | NT | ___ |
| 6 | Butler, Florence | W10 | Amman Valley | NT | ___ |
| 7 | Raistrick, Evelyn | W9 | Amman Valley | NT | ___ |
| 8 | Edwards, Mali | W9 | Amman Valley | NT | ___ |

Heat 3 of 36 Finals

| | | | | | |
|---|---------------------|-----|--------------|----|-----|
| 1 | Hayward, Adam | M10 | Milford Havn | NT | ___ |
| 2 | Rhys, Efan | M10 | Amman Valley | NT | ___ |
| 3 | Davies, Emily | W11 | Penyrheol | NT | ___ |
| 4 | Hughes, Dylan R | M11 | Swansea Aq | NT | ___ |
| 5 | Williams, Eva M | W11 | Swansea Aq | NT | ___ |
| 6 | Hudson, Daisy-Lilly | W11 | Milford Havn | NT | ___ |
| 7 | Popham, Nyla C | W10 | Swansea Aq | NT | ___ |
| 8 | Gregory, Grace | W10 | Amman Valley | NT | ___ |

Heat 4 of 36 Finals

| | | | | | |
|---|-----------------------------|-----|--------------|----|-----|
| 1 | Collins-Williams, Jasmine | W12 | Fishguard | NT | ___ |
| 2 | Ryan, Isobel | W12 | C Dolphins | NT | ___ |
| 3 | Thomas, Phoebe | W13 | Milford Havn | NT | ___ |
| 4 | Ryan, Cora | W15 | C Dolphins | NT | ___ |
| 5 | Gibbs, Jenson | M13 | Amman Valley | NT | ___ |
| 6 | Mitrjaikina, Kerly-Annaly S | W12 | Swansea Aq | NT | ___ |
| 7 | Lomas, Alexander | M12 | Fishguard | NT | ___ |
| 8 | Bevan, Driw | M12 | Llanelli | NT | ___ |

Heat 5 of 36 Finals

| | | | | | |
|---|------------------|-----|--------------|---------|-----|
| 1 | Mekael, Beshoy | M15 | Neath | NT | ___ |
| 2 | Heatley, Dexter | M11 | Neath | 1:06.97 | ___ |
| 3 | Foale, Freddie | M12 | Aberystwyth | 1:03.55 | ___ |
| 4 | Kummer, Seb | M9 | Milford Havn | 1:01.83 | ___ |
| 5 | Houlding, Edward | M9 | Neath | 1:02.57 | ___ |
| 6 | Price, Noah | M11 | Carmarthen | 1:05.03 | ___ |
| 7 | Rowlands, Sion E | M15 | Carmarthen | NT | ___ |
| 8 | Mekael, John | M15 | Neath | NT | ___ |

Heat 6 of 36 Finals

| | | | | | |
|---|----------------------|-----|----------------|---------|-----|
| 1 | Dashfield, Charlotte | W9 | Tenby Dolphins | 1:00.57 | ___ |
| 2 | Dulson, Ffion | W10 | Hsc | 56.31 | ___ |
| 3 | Prevel, Vinnie | M10 | PembrokeDist | 55.96 | ___ |
| 4 | Williams, Lowri | W9 | Neath | 54.46 | ___ |
| 5 | Percival, Kitty-Rae | W10 | C Dolphins | 55.80 | ___ |
| 6 | Batcup, Charlie W | M9 | Swansea Aq | 56.07 | ___ |
| 7 | Gallagher, Thia C | W10 | Swansea Aq | 1:00.09 | ___ |
| 8 | #Prosser, Harri | M13 | Llanelli | 1:00.86 | ___ |

Heat 7 of 36 Finals

| | | | | | |
|---|---------------------|-----|----------------|-------|-----|
| 1 | Prosser, Mia S | W9 | Tenby Dolphins | 53.86 | ___ |
| 2 | Davies, Lily N | W10 | Swansea Aq | 53.10 | ___ |
| 3 | Taylor, Kingsley C | M10 | Swansea Aq | 52.43 | ___ |
| 4 | Caprilli, Valentino | M10 | Fishguard | 51.95 | ___ |
| 5 | #Prosser, Eleri | W16 | Llanelli | 52.39 | ___ |
| 6 | Gibbons, Elsa-Rose | W11 | Milford Havn | 53.03 | ___ |
| 7 | Llewellyn, Anwen | W10 | Hsc | 53.25 | ___ |
| 8 | Evans, Lowri Carys | W10 | Carmarthen | 54.42 | ___ |

Heat 8 of 36 Finals

| | | | | | |
|---|---------------------|-----|--------------|-------|-----|
| 1 | Nicklin, Parker | W9 | Amman Valley | 50.61 | ___ |
| 2 | Lewis, Gwen L | W11 | Carmarthen | 50.15 | ___ |
| 3 | Rabaiotti, Orla-Rae | W9 | Swansea Aq | 49.59 | ___ |
| 4 | Heatley, Darcey | W10 | Neath | 49.53 | ___ |
| 5 | Price, Riley | M10 | PembrokeDist | 49.58 | ___ |
| 6 | Dalton, Daisy | W10 | Hsc | 49.89 | ___ |
| 7 | Gil Wood, Sofia A | W9 | Swansea Aq | 50.27 | ___ |
| 8 | Williams, Tom | M10 | Hsc | 51.81 | ___ |

Heat 9 of 36 Finals

| | | | | | |
|---|-------------------|-----|--------------|-------|-----|
| 1 | Nuttall, Isabelle | W10 | Milford Havn | 49.22 | ___ |
| 2 | Jermin, Martha | W9 | Llanelli | 48.95 | ___ |
| 3 | Rewbridge, Will | M11 | Llanelli | 48.60 | ___ |
| 4 | Rogers, Mia | W10 | PembrokeDist | 47.88 | ___ |
| 5 | Fenn, William G | M9 | Swansea Aq | 48.34 | ___ |
| 6 | Boyle, Toby M | M9 | Carmarthen | 48.82 | ___ |
| 7 | Green, Freya | W11 | Hsc | 49.19 | ___ |
| 8 | Harrod, Percy | M10 | Hsc | 49.52 | ___ |

Heat 10 of 36 Finals

| | | | | | |
|---|----------------------|-----|--------------|-------|-----|
| 1 | Mills, Flynn | M11 | Milford Havn | 47.55 | ___ |
| 2 | Williams, Alys L | W11 | Carmarthen | 46.93 | ___ |
| 3 | Carley-smith, Evelyn | W9 | Neath | 46.90 | ___ |
| 4 | Taylor, Jasper B | M12 | Swansea Aq | 46.46 | ___ |
| 5 | Snelgrove, Tomi | M9 | Neath | 46.61 | ___ |
| 6 | Husband, Alysia | W9 | Hsc | 46.92 | ___ |
| 7 | Nash, Sylvia | W10 | Milford Havn | 47.27 | ___ |
| 8 | Holborow, Esmay | W9 | Amman Valley | 47.87 | ___ |

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

Meet Program - Session 5 (Warmup 12.05 - 1.05)

Heat 11 Finals (#503 Mixed 9 & Over 50 SC Meter Freestyle)

| | | | | | |
|---|--------------------|-----|-------------|-------|-----|
| 1 | Jones, Osian | M11 | Aberystwyth | 46.40 | ___ |
| 2 | Madge, Brianna | W10 | C Dolphins | 46.19 | ___ |
| 3 | Jones, Gwenllian F | W9 | Carmarthen | 45.76 | ___ |
| 4 | Antwhistle, Esme W | W10 | Swansea Aq | 45.33 | ___ |
| 5 | Taffetsauffer, Leo | M9 | Llanelli | 45.56 | ___ |
| 6 | Beynon, Eila | W11 | Penyrheol | 45.94 | ___ |
| 7 | Houlding, Holly | W12 | Neath | 46.33 | ___ |
| 8 | Felton, Gwennan | W12 | C Dolphins | 46.44 | ___ |

Heat 12 of 36 Finals

| | | | | | |
|---|--------------------|-----|----------------|-------|-----|
| 1 | Knight, Anna | W11 | C Dolphins | 45.19 | ___ |
| 2 | Owen, Molly | W10 | Penyrheol | 45.01 | ___ |
| 3 | Oseng-Rees, Eira | W11 | Swansea Aq | 44.24 | ___ |
| 4 | Phillips, Isabella | W12 | Hsc | 44.06 | ___ |
| 5 | Alexander, Fflur | W11 | Aberystwyth | 44.11 | ___ |
| 6 | Wickland, Jonah | M9 | PembrokeDist | 44.45 | ___ |
| 7 | Dashfield, Olivia | W11 | Tenby Dolphins | 45.04 | ___ |
| 8 | Burt, Gwion | M11 | Llanelli | 45.32 | ___ |

Heat 13 of 36 Finals

| | | | | | |
|---|-----------------|-----|----------------|-------|-----|
| 1 | Rudder, Frankie | M12 | Hsc | 43.69 | ___ |
| 2 | Owen, Charlotte | W12 | Penyrheol | 43.38 | ___ |
| 3 | Felton, Catrin | W9 | C Dolphins | 43.37 | ___ |
| 4 | Coates, Betsy | W11 | Hsc | 42.99 | ___ |
| 5 | Cole, Jacob | M12 | Neath | 43.10 | ___ |
| 6 | Hope, Brooke | W10 | Tenby Dolphins | 43.37 | ___ |
| 7 | Filmer, Owen | M9 | Aberystwyth | 43.62 | ___ |
| 8 | Myers, Megan | W13 | Penyrheol | 43.73 | ___ |

Heat 14 of 36 Finals

| | | | | | |
|---|----------------------|-----|--------------|-------|-----|
| 1 | Lennon, Amelia | W11 | Carmarthen | 42.91 | ___ |
| 2 | %Philpott, Lowri S14 | W13 | Llanelli | 42.62 | ___ |
| 3 | Weston, Zac | M10 | PembrokeDist | 42.48 | ___ |
| 4 | McFarlane, Mali | W10 | Milford Havn | 42.31 | ___ |
| 5 | Noble, Reuben | M12 | Hsc | 42.39 | ___ |
| 6 | Curtis, Carley | W12 | Milford Havn | 42.50 | ___ |
| 7 | Harding, Esmee | W10 | Neath | 42.77 | ___ |
| 8 | Evans, Mari F | W13 | Carmarthen | 42.94 | ___ |

Heat 15 of 36 Finals

| | | | | | |
|---|--------------------|-----|----------------|-------|-----|
| 1 | Monan, Hazel | W9 | Tenby Dolphins | 42.19 | ___ |
| 2 | Abell, Ronan | M13 | Neath | 42.03 | ___ |
| 3 | Selby, Chloe | W14 | Neath | 41.50 | ___ |
| 4 | Munt, Oliver | M11 | Hsc | 40.96 | ___ |
| 5 | Mekael, Jolie M | W12 | Neath | 41.02 | ___ |
| 6 | Symmons, Bronwen D | W9 | Carmarthen | 41.50 | ___ |
| 7 | Lewis, Megan | W14 | Milford Havn | 42.16 | ___ |
| 8 | Middleton, Caitlin | W14 | Aberystwyth | 42.20 | ___ |

Heat 16 of 36 Finals

| | | | | | |
|---|--------------------|-----|----------------|-------|-----|
| 1 | Holness, Camille S | W10 | Swansea Aq | 40.92 | ___ |
| 2 | Shepherd, Amelia H | W10 | C Dolphins | 40.52 | ___ |
| 3 | Hoskins, James C | M13 | Nexus | 40.44 | ___ |
| 4 | Monan, Sofia | W14 | Tenby Dolphins | 40.21 | ___ |
| 5 | Davies, Gruffydd R | M10 | Carmarthen | 40.30 | ___ |
| 6 | Owen, Annabelle | W14 | Penyrheol | 40.47 | ___ |
| 7 | Jones, Bobby | M12 | Neath | 40.84 | ___ |
| 8 | Pyzer, Cyrus A | M11 | Carmarthen | 40.94 | ___ |

Heat 17 of 36 Finals

| | | | | | |
|---|--------------------|-----|----------------|-------|-----|
| 1 | Simon, Meg | W13 | Tenby Dolphins | 39.97 | ___ |
| 2 | Boyle, Samantha J | W11 | Carmarthen | 39.77 | ___ |
| 3 | Davies, Lauren | W13 | Llanelli | 39.64 | ___ |
| 4 | Austin, Sophie Haf | W11 | C Dolphins | 39.01 | ___ |
| 5 | Nash, Oliver J | M11 | Carmarthen | 39.33 | ___ |
| 6 | Phillips, Isabelle | W11 | Hsc | 39.65 | ___ |
| 7 | Howarth, Mali E | W14 | Carmarthen | 39.80 | ___ |
| 8 | Snellgrove, Maddie | W10 | Neath | 40.13 | ___ |

Heat 18 of 36 Finals

| | | | | | |
|---|----------------------|-----|----------------|-------|-----|
| 1 | Treinis, Lucian | M10 | Tenby Dolphins | 38.83 | ___ |
| 2 | Crotty, Beau | M13 | PembrokeDist | 38.67 | ___ |
| 3 | Gardner-Rolfe, Mia G | W12 | Swansea Aq | 38.61 | ___ |
| 4 | Williams, Efa L | W12 | Carmarthen | 38.46 | ___ |
| 5 | Elmes, Samuel | M11 | Carmarthen | 38.59 | ___ |
| 6 | Edmunds, Freya | W11 | Llanelli | 38.64 | ___ |
| 7 | Duncan, Ava | W12 | Amman Valley | 38.74 | ___ |
| 8 | Goss, Lucia | W12 | C Dolphins | 38.85 | ___ |

Heat 19 of 36 Finals

| | | | | | |
|---|-----------------------|-----|--------------|-------|-----|
| 1 | Lewis, Gethin R | M10 | Swansea Aq | 38.41 | ___ |
| 2 | Phillips, Lucas | M13 | Hsc | 38.23 | ___ |
| 3 | Hooper, Olivia | W9 | Neath | 38.16 | ___ |
| 4 | Davies, Loti | W11 | C Dolphins | 38.08 | ___ |
| 5 | Lloyd- Roberts, Harry | M12 | Milford Havn | 38.11 | ___ |
| 6 | Hopkins, Darcy | W11 | Penyrheol | 38.18 | ___ |
| 7 | Fretwell, Logan | M10 | Milford Havn | 38.39 | ___ |
| 8 | Rossiter-Wargent, Mia | W11 | Milford Havn | 38.44 | ___ |

Heat 20 of 36 Finals

| | | | | | |
|---|---------------------|-----|------------|-------|-----|
| 1 | Thomas, Angharad | W14 | Fishguard | 37.88 | ___ |
| 2 | Rees, Oscar | M11 | Llanelli | 37.74 | ___ |
| 3 | Koszalski, Soffia L | W12 | Llanelli | 37.40 | ___ |
| 4 | Joseph, Ellie | W12 | C Dolphins | 37.33 | ___ |
| 5 | Lolla, Phoebe M | W11 | Swansea Aq | 37.36 | ___ |
| 6 | McAdie, Isaac | M12 | Swansea Aq | 37.54 | ___ |
| 7 | Lewis, Martha F | W13 | Carmarthen | 37.88 | ___ |
| 8 | Pirmohamed, Eshan A | M11 | Swansea Aq | 38.07 | ___ |

Heat 21 of 36 Finals

| | | | | | |
|---|-------------------|-----|--------------|-------|-----|
| 1 | Arnold, Olivia | W11 | Milford Havn | 37.19 | ___ |
| 2 | Batcup, Oliver J | M12 | Swansea Aq | 37.05 | ___ |
| 3 | Pitans, Caitlin R | W12 | Swansea Aq | 36.93 | ___ |
| 4 | Mason, Ezmee | W11 | Hsc | 36.74 | ___ |
| 5 | Sekula, Mateusz J | M13 | Nexus | 36.80 | ___ |
| 6 | Sekula, Szymon A | M13 | Nexus | 37.00 | ___ |
| 7 | Bool, Iolo | M11 | Hsc | 37.06 | ___ |
| 8 | Francis, Mia | W11 | Hsc | 37.25 | ___ |

Heat 22 of 36 Finals

| | | | | | |
|---|-----------------------|-----|------------|-------|-----|
| 1 | Baylis, Ellie | W12 | Penyrheol | 36.53 | ___ |
| 2 | Edwards, Ffion | W13 | Penyrheol | 36.30 | ___ |
| 3 | Collins-Williams, Zac | M16 | Fishguard | 36.01 | ___ |
| 4 | Hill, Lily Ann | W12 | C Dolphins | 35.84 | ___ |
| 5 | Massey, Mia | W12 | C Dolphins | 35.86 | ___ |
| 6 | Hawkins, Lottie | W11 | Hsc | 36.18 | ___ |
| 7 | May, Gwen A | W12 | Nexus | 36.50 | ___ |
| 8 | Jones, Paige M | W13 | Carmarthen | 36.69 | ___ |

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

Meet Program - Session 5 (Warmup 12.05 - 1.05)

Heat 23 Finals (#503 Mixed 9 & Over 50 SC Meter Freestyle)

| | | | | | |
|---|----------------------|-----|--------------|-------|-------|
| 1 | Rees-Davies, Saoirse | W13 | Llanelli | 35.76 | _____ |
| 2 | Shelmerdine, Molly | W9 | Neath | 35.65 | _____ |
| 3 | Tucker, Lowri | W15 | Llanelli | 35.47 | _____ |
| 4 | Parkes, Lucia | W13 | Fishguard | 35.42 | _____ |
| 5 | Pinnock, Betsan R | W12 | Swansea Aq | 35.43 | _____ |
| 6 | Thomas, Gabriel | M10 | Llanelli | 35.52 | _____ |
| 7 | George, Kieran | M13 | Milford Havn | 35.72 | _____ |
| 8 | Morris, Besi | W11 | Amman Valley | 35.80 | _____ |

Heat 24 of 36 Finals

| | | | | | |
|---|-----------------|-----|----------------|-------|-------|
| 1 | Griffiths, Isla | W11 | Tenby Dolphins | 35.23 | _____ |
| 2 | Thomas, Eden | W11 | Neath | 35.18 | _____ |
| 3 | Foale, Jack | M14 | Aberystwyth | 35.17 | _____ |
| 4 | Lewis, Henry | M12 | Neath | 35.09 | _____ |
| 5 | Monan, Euan | M11 | Tenby Dolphins | 35.16 | _____ |
| 6 | Wells, Iris | W13 | C Dolphins | 35.17 | _____ |
| 7 | Price, Harry | M14 | Carmarthen | 35.23 | _____ |
| 8 | Evans, Annie | W13 | Neath | 35.35 | _____ |

Heat 25 of 36 Finals

| | | | | | |
|---|-------------------|-----|----------------|-------|-------|
| 1 | Titley, Lola | W12 | Milford Havn | 35.05 | _____ |
| 2 | Murphy, Sienna | W14 | Llanelli | 35.00 | _____ |
| 3 | Alexander, Seren | W14 | Aberystwyth | 34.88 | _____ |
| 4 | Morgan, Thomas | M12 | Neath | 34.77 | _____ |
| 5 | Jones, Dion R | M13 | Carmarthen | 34.82 | _____ |
| 6 | Williams, April M | W10 | Swansea Aq | 34.89 | _____ |
| 7 | Henson, Jess | W11 | Tenby Dolphins | 35.04 | _____ |
| 8 | Jermin, Morgan | M11 | Llanelli | 35.09 | _____ |

Heat 26 of 36 Finals

| | | | | | |
|---|-----------------------|-----|--------------|-------|-------|
| 1 | Dafydd, Iola | W15 | Carmarthen | 34.69 | _____ |
| 2 | Richards, Amber | W15 | C Dolphins | 34.30 | _____ |
| 3 | Evans, Katie | W14 | C Dolphins | 34.02 | _____ |
| 4 | Lloyd, Vincent-Owen N | M11 | Swansea Aq | 34.00 | _____ |
| 5 | Morgan, Catrin | W17 | Amman Valley | 34.01 | _____ |
| 6 | Thomas, Caitlyn | W15 | Neath | 34.16 | _____ |
| 7 | Thomas, Carys | W13 | Penyrheol | 34.40 | _____ |
| 8 | McAdie, Imogen | W15 | Swansea Aq | 34.72 | _____ |

Heat 27 of 36 Finals

| | | | | | |
|---|----------------------|-----|--------------|-------|-------|
| 1 | Phillips, Gethin | M13 | Hsc | 33.96 | _____ |
| 2 | Jones, Alaw R | W12 | Carmarthen | 33.69 | _____ |
| 3 | Marques-Jones, Felix | M12 | Amman Valley | 33.36 | _____ |
| 4 | Davies, Alice | W16 | Fishguard | 33.16 | _____ |
| 5 | Grugel, Sam | M14 | C Dolphins | 33.32 | _____ |
| 6 | Williams, Lucas C | M10 | Swansea Aq | 33.61 | _____ |
| 7 | Finney, Elsa | W15 | Aberystwyth | 33.95 | _____ |
| 8 | Williams, Fay P | W12 | Neath | 33.96 | _____ |

Heat 28 of 36 Finals

| | | | | | |
|---|--------------------|-----|--------------|-------|-------|
| 1 | Smith, Caelan | M14 | Hsc | 33.07 | _____ |
| 2 | Griffiths, Harri | M14 | C Dolphins | 32.57 | _____ |
| 3 | James, Martha | W13 | Fishguard | 32.52 | _____ |
| 4 | Lewis, Megan | W13 | Neath | 32.40 | _____ |
| 5 | O'Connell, Cerys E | W16 | Nexus | 32.50 | _____ |
| 6 | Kenny, Jemima | W13 | Milford Havn | 32.54 | _____ |
| 7 | Parry, Abigail | W12 | Carmarthen | 33.02 | _____ |
| 8 | Harris, Chloe | W12 | C Dolphins | 33.13 | _____ |

Heat 29 of 36 Finals

| | | | | | |
|---|--------------------------|-----|------------|-------|-------|
| 1 | Knight, Lily E | W14 | Swansea Aq | 32.22 | _____ |
| 2 | Banner, Harry | M12 | Penyrheol | 32.02 | _____ |
| 3 | Dafydd, Mali | W14 | Carmarthen | 31.88 | _____ |
| 4 | Giles, Seren | W14 | Neath | 31.86 | _____ |
| 5 | Williams, Paige T | W12 | Swansea Aq | 31.87 | _____ |
| 6 | Lewis, Cian | M15 | Neath | 32.01 | _____ |
| 7 | Heredia-Rowe, Rhiannon A | W18 | Neath | 32.04 | _____ |
| 8 | Snellgrove, Chloe | W14 | Neath | 32.26 | _____ |

Heat 30 of 36 Finals

| | | | | | |
|---|----------------------|-----|-------------|-------|-------|
| 1 | Conway, Erin J | W15 | Swansea Aq | 31.83 | _____ |
| 2 | Davies, Isabella | W13 | Nofio S Gar | 31.75 | _____ |
| 3 | George, Eilir | W14 | Llanelli | 31.72 | _____ |
| 4 | Martin, Phoebe | W14 | Penyrheol | 31.55 | _____ |
| 5 | Hughes, Freddy J | M12 | Nexus | 31.70 | _____ |
| 6 | Lewis, Evie | W11 | Hsc | 31.73 | _____ |
| 7 | Bowen, Seren E | W14 | Carmarthen | 31.75 | _____ |
| 8 | Griffiths, Elizabeth | W13 | Fishguard | 31.84 | _____ |

Heat 31 of 36 Finals

| | | | | | |
|---|---------------------|-----|--------------|-------|-------|
| 1 | Davies, Ellis V | M13 | Llanelli | 31.40 | _____ |
| 2 | Morgan, Evelyn | W13 | Nofio S Gar | 31.30 | _____ |
| 3 | Hughes, Tirion H | W14 | Swansea Aq | 31.25 | _____ |
| 4 | Edwards, Isabel | W15 | Penyrheol | 31.20 | _____ |
| 5 | Davies, Erin | W13 | C Dolphins | 31.25 | _____ |
| 6 | John, Annabel | W15 | PembrokeDist | 31.28 | _____ |
| 7 | Patterson, Hollie M | W13 | Carmarthen | 31.39 | _____ |
| 8 | Flynn, Asten P | M14 | Nexus | 31.53 | _____ |

Heat 32 of 36 Finals

| | | | | | |
|---|------------------|-----|----------------|-------|-------|
| 1 | Jones, Hunydd | W13 | Carmarthen | 31.03 | _____ |
| 2 | Gray, Gruffudd I | M15 | Swansea Aq | 30.87 | _____ |
| 3 | Griffiths, Ffion | W13 | Tenby Dolphins | 30.83 | _____ |
| 4 | Thomas, Caitlin | W16 | Penyrheol | 30.50 | _____ |
| 5 | Smith, Declan | M13 | Amman Valley | 30.80 | _____ |
| 6 | Perrott, Niamh | W15 | Swansea Aq | 30.85 | _____ |
| 7 | Davis, Olivia | W15 | Penyrheol | 30.90 | _____ |
| 8 | Evans, Sam | M12 | PembrokeDist | 31.11 | _____ |

Heat 33 of 36 Finals

| | | | | | |
|---|----------------------------|-----|--------------|-------|-------|
| 1 | Thomas, Nikita | W15 | Llanelli | 30.42 | _____ |
| 2 | Ostrowski, Julia | W16 | PembrokeDist | 30.39 | _____ |
| 3 | Cressey-Rodgers, Gwenllian | W14 | Nofio S Gar | 30.28 | _____ |
| 4 | Upton-Boorman, Isabella | W14 | Nofio S Gar | 30.02 | _____ |
| 5 | Ley, Lucy | W16 | Swansea Aq | 30.25 | _____ |
| 6 | Stewart, Finlay | M16 | Llanelli | 30.36 | _____ |
| 7 | Layland, Seren | W13 | Penyrheol | 30.40 | _____ |
| 8 | Burt, Caio | M14 | Llanelli | 30.42 | _____ |

Heat 34 of 36 Finals

| | | | | | |
|---|-----------------|-----|-------------|-------|-------|
| 1 | Burns, Freya | W13 | Nofio S Gar | 29.81 | _____ |
| 2 | Knight, Cari | W16 | Penyrheol | 29.60 | _____ |
| 3 | Mills, Thomas | M13 | Llanelli | 29.38 | _____ |
| 4 | King, Ethan | M12 | Penyrheol | 28.86 | _____ |
| 5 | Huang, Peidong | M14 | Swansea Aq | 29.13 | _____ |
| 6 | Smith, Herbie C | M14 | Swansea Aq | 29.43 | _____ |
| 7 | Hale, Oliver S | M14 | Swansea Aq | 29.67 | _____ |
| 8 | Hall, Ethan | M15 | Fishguard | 29.98 | _____ |

Nofio Sir Gar Open Meet 2025 - 18/01/2025 to 19/01/2025**Meet Program - Session 5 (Warmup 12.05 - 1.05)****Heat 35 Finals (#503 Mixed 9 & Over 50 SC Meter Freestyle)**

| | | | | | |
|---|--------------------------|-----|-------------|-------|-----|
| 1 | Davies, Isla | W11 | Nofio S Gar | 28.78 | ___ |
| 2 | Gibbs, Harriet | W16 | Nofio S Gar | 28.56 | ___ |
| 3 | Berner, Iyla | W11 | Nofio S Gar | 28.50 | ___ |
| 4 | King, Marley | W16 | Penyrheol | 28.10 | ___ |
| 5 | Carter, Ava | W16 | Penyrheol | 28.22 | ___ |
| 6 | Hetherington, Trystan | M15 | Neath | 28.51 | ___ |
| 7 | Williams, Hollie | W17 | Nofio S Gar | 28.65 | ___ |
| 8 | Hatton-Ellis, Isabelle L | W16 | Swansea Aq | 28.84 | ___ |

Heat 36 of 36 Finals

| | | | | | |
|---|---------------------|-----|-------------|-------|-----|
| 1 | Elmes, Max | M13 | Nofio S Gar | 27.78 | ___ |
| 2 | Hnoianyi, Andrii | M15 | Swansea Aq | 27.43 | ___ |
| 3 | Galbraith, Elian | M15 | Llanelli | 27.28 | ___ |
| 4 | Upton-Boorman, Liam | M17 | Nofio S Gar | 25.43 | ___ |
| 5 | Sellick, Fenn | M16 | Swansea Aq | 26.44 | ___ |
| 6 | Phillips, Finley | M14 | Nofio S Gar | 27.42 | ___ |
| 7 | Price, George | M16 | Penyrheol | 27.68 | ___ |
| 8 | Williams, Thomas | M14 | Nofio S Gar | 27.80 | ___ |