

Nofio Sir Gar Invitational Meet 2023 – Overall Awards

Top Club: City of Swansea Aquatics

Top Overall Boy: Ioan Cressey-Rodgers (Nofio Sir Gar)

Top Overall Girl: Harriet Lewis (City of Cardiff)

Carmarthenshire County Champion Awards 2023

Following the Nofio Sir Gar Invitational Meet incorporating the Carmarthenshire County Championships 2023 the following are the County Champions in each of the age groups for 2023.

Boys	Girls
9 year old boy: Oscar Rees (Llanelli)	9 year old girl: Alexa Jones (Llanelli)
10 year old boy: Dafydd Jones (Amman Valley)	10 year old girl: Abigail Parry (Carmarthen)
11 year old boy: Max Elmes (Carmarthen)	11 year old girl (joint first place): Hunydd Jones (Carmarthen) Isabella Taffetsauffer (Llanelli)
12 year old boy: Finley Phillips (Carmarthen)	12 year old girl: Gwenllian Cressey-Rodgers (Nofio Sir Gar)
13 year old boy: Elian Galbraith (Llanelli)	13 year old girl: Ffion Philpott (Nofio Sir Gar)
14 year old boy: Bradley Davies (Llanelli)	14 year old girl: Harriet Gibbs (Nofio Sir Gar)
15 year old boy: Huw Cressey-Rodgers (Nofio SirGar)	15 year old girl: Hollie Williams (Nofio Sir Gar)
16 and over boy: Ioan Cressey-Rodgers (Nofio Sir Gar)	16 and over girl: Rhianna Phillips (Nofio Sir Gar)

Many congratulations to all of the above.