

Nofio Sir Gar Open Meet 2024 - 13/01/2024 to 14/01/2024

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Event 101 Mixed 9 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Finals

1				—
2				—
3	Mason, Ezmee	W10	Pembs Cty	NT
4	Henson, Jessica	W10	Pembs Cty	NT
5	Evans, Wolfgang	W10	Pembs Cty	NT
6				—
7				—
8				—

Heat 2 of 9 Finals

1	Monan, Euan	M10	Pembs Cty	NT
2	Davies, Betsi	W11	Pembs Cty	NT
3	Backen, Freddie	M11	Pembs Cty	NT
4	King, Ethan	M11	Penyrheol	NT
5	Bowes, James F	M11	Carmarthen	NT
6	Morris, Ffion H	W11	Pembs Cty	NT
7	Buckley, Ava	W11	Co Cardiff	NT
8				—

Heat 3 of 9 Finals

1	Percival, Bella	W11	C Dolphins	NT
2	El Saghir, Mohamed S	M12	Carmarthen	NT
3	Berner, Kiana	W12	Aberystwyth	NT
4	Williams, Summer	W12	C Dolphins	NT
5	Kaill-Franks, Nia	W12	Pembs Cty	NT
6	George, Kieran	M12	Pembs Cty	NT
7	Powell, Nina	W11	Pembs Cty	NT
8	Dyde, Phoebe	W11	Pembs Cty	NT

Heat 4 of 9 Finals

1	Lloyd-Taylor, Cali	W12	Pembs Cty	NT
2	Griffiths, Elizabeth	W12	Pembs Cty	NT
3	Couzens, Sibylla	W12	Pembs Cty	NT
4	Thomas, Tristan	W13	Pembs Cty	NT
5	Patterson, Ollie	M13	Pembs Cty	NT
6	Thomas, Carys	W12	Penyrheol	NT
7	Kazmiruk, Anastasiia	W12	Amman Valley	NT
8	Higgins, Finley J	M12	Swansea Aq	NT

Heat 5 of 9 Finals

1	Doncaster, Lily S	W13	Haverfordwes	NT
2	Haslam, Tia	W13	Carmarthen	7:22.31
3	Morgan, Iolah	W9	Pembs Cty	6:59.16
4	Tytler, Leo	M15	Haverfordwes	6:39.97
5	Williams, April M	W9	Swansea Aq	6:58.87
6	Gil Wood, Elena	W11	Swansea Aq	7:20.91
7	Smedley, Jack	M16	C Dolphins	NT
8	Jones, Hannah	W13	Swansea Aq	NT

Heat 6 of 9 Finals

1	Williams, Fay P	W11	Swansea Aq	6:33.59
2	Jenkins, Elli J	W12	Swansea Aq	6:19.22
3	Noden, Rory	M11	Pembs Cty	6:16.17
4	Evans, Annie	W12	Neath	6:08.23
5	Price, Seren -louise	W11	Carmarthen	6:08.90
6	Chapman, Henry	M12	Carmarthen	6:18.69
7	Evans, Katie	W13	C Dolphins	6:22.01
8	Lewis, Evie	W10	Pembs Cty	6:34.30

Heat 7 of 9 Finals

1	Scofield, Niamh	W12	Rct Squad	6:02.46
2	James, Maisie	W15	Neath	5:52.40
3	John, Annabel	W14	Pembs Cty	5:49.70
4	Davies, Ava-Rose	W11	Llanelli	5:41.15
5	Heredia-Rowe, Rhiannon A	W17	Neath	5:49.53
6	Patterson, Hollie M	W12	Carmarthen	5:51.51
7	Richards, Amber	W14	C Dolphins	5:53.84
8	Upton-Boorman, Isabella	W13	Carmarthen	6:04.83

Heat 8 of 9 Finals

1	Thomas, Caitlin	W15	Penyrheol	5:29.88
2	Berner, lyla	W10	Aberystwyth	5:24.66
3	Williams, Iestyn	M16	Neath	5:22.75
4	Clifford, Bethany	W16	Neath	5:16.16
5	Thomas, Nikita	W14	Llanelli	5:21.65
6	Morgan, Evelyn	W12	Llanelli	5:23.01
7	Davies, Ellis V	M12	Llanelli	5:29.24
8	Chapman, Olivia	W13	Swansea Aq	5:39.88

Heat 9 of 9 Finals

1	Hale, Libby R	W14	Swansea Aq	5:09.96
2	Sullivan, Katie	W16	Neath	5:01.78
3	Williams, Hollie	W16	Nofio S Gar	4:43.08
4	Upton-Boorman, Liam	M16	Nofio S Gar	4:22.71
5	Silverstone, Sol	M14	Pembs Cty	4:42.47
6	Humphreys, Holly	W15	Swansea Aq	4:52.74
7	Knight, Cari	W15	Penyrheol	5:06.00
8	Roberts-Truman, Harri	M13	Neath	5:12.89

Event 102 Mixed 9 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Finals

1	El Saghir, Karim S	M9	Carmarthen	NT
2	Smudzinska, Olivia M	W10	Swansea Aq	NT
3	Williams, Evie	W10	Milford Havn	NT
4	Leane, Megan	W11	Haverfordwes	NT
5	Humphreys, Mali G	W10	Swansea Aq	NT
6	Thain, Carter	M10	Co Cardiff	NT
7	Treinis, Lucian	M9	PembrokeDist	NT
8				—

Heat 2 of 10 Finals

1	Thomas, Wilf	M11	Aberystwyth	NT
2	Gardner-Rolfe, Mia G	W11	Swansea Aq	NT
3	Williams, Lois G	W11	Swansea Aq	NT
4	Heron, Edith	W11	Aberystwyth	NT
5	Griffiths, Scarlet	W11	Haverfordwes	NT
6	Koszalski, Soffia L	W11	Llanelli	NT
7	Rogers, Sadie	W11	Penyrheol	NT
8	Dennison, Evie	W11	Milford Havn	NT

Heat 3 of 10 Finals

1	El Saghir, Mohamed S	M12	Carmarthen	NT
2	David, Emily	W12	Haverfordwes	NT
3	Penfold, Freya	W13	Fishguard	NT
4	Thomas, Harry	M13	Haverfordwes	NT
5	Snellgrove, Chloe	W13	Amman Valley	NT
6	Smith, Declan	M12	Amman Valley	NT
7	Lewis, Martha F	W12	Carmarthen	NT
8	Philpott, Lowri	W12	Llanelli	NT

Nofio Sir Gar Open Meet 2024 - 13/01/2024 to 14/01/2024

Meet Program - Session 1 (Warmup 8.00 - 8.50)

Heat 4 Finals (#102 Mixed 9 & Over 200 SC Meter Breaststroke)

1	Penfold, Robyn	W13	Fishguard	NT	___
2	Rogers, Logan L	M17	Penyrheol	NT	___
3	Rasheed, Leah	W9	Swansea Aq	4:35.34	___
4	Navaratnam, Aron	M10	Co Cardiff	4:29.59	___
5	Holland, Owain Rhys	M10	Co Cardiff	4:35.16	___
6	Phillips, Lucas	M12	Haverfordwes	4:42.84	___
7	Burt, Teyan	M16	Llanelli	NT	___
8	Price, Harry	M13	Carmarthen	NT	___

Heat 5 of 10 Finals

1	Buckley, Ava	W11	Co Cardiff	4:24.99	___
2	Massey, Mia	W11	C Dolphins	4:18.60	___
3	Pinnock, Betsan R	W11	Swansea Aq	4:09.40	___
4	Jones, Dafydd	M11	Amman Valley	4:05.65	___
5	Ellis, Eve	W11	C Dolphins	4:08.35	___
6	Malough, Holly V	W12	Swansea Aq	4:13.50	___
7	Pitans, Caitlin R	W11	Swansea Aq	4:23.66	___
8	Morgan, Iolah	W9	Pembs Cty	4:28.16	___

Heat 6 of 10 Finals

1	Lewis, Callum	M14	Milford Havn	4:01.72	___
2	Lloyd, Vincent-Owen N	M10	Swansea Aq	3:59.83	___
3	Hughes, Megan	W10	C Dolphins	3:55.10	___
4	Crotty, Beau	M13	PembrokeDist	3:53.91	___
5	Rossiter Wargent, Mia	W10	Milford Havn	3:54.55	___
6	Kaill-Franks, Eira	W13	Fishguard	3:59.45	___
7	Clift, Meghan	W12	Swansea Aq	4:00.94	___
8	Morgan, Thomas W	M11	Swansea Aq	4:05.28	___

Heat 7 of 10 Finals

1	Noden, Rory	M11	Pembs Cty	3:48.70	___
2	Batcup, Oliver J	M11	Swansea Aq	3:45.55	___
3	Santos, Liam	M14	Milford Havn	3:44.56	___
4	Jenkins, Alexandra G	W14	Swansea Aq	3:41.30	___
5	Harris, Toby	M14	PembrokeDist	3:42.59	___
6	Thomas, Medi A	W15	Llanelli	3:45.09	___
7	Davis, Oliver J	M13	Carmarthen	3:47.52	___
8	Marques Jones, Felix	M11	Amman Valley	3:50.00	___

Heat 8 of 10 Finals

1	Davies, Cai J	M14	Swansea Aq	3:38.10	___
2	D'Cruz, Dylan	M12	Rct Squad	3:36.59	___
3	Francis, Emily-Rose	W13	Pembs Cty	3:34.34	___
4	Edwards, Alice R	W13	Carmarthen	3:31.55	___
5	Stuart-Lavender, Jac	M13	Llanelli	3:33.04	___
6	John, Annabel	W14	Pembs Cty	3:34.85	___
7	Evans, Cadi R	W11	Swansea Aq	3:37.94	___
8	Smudzinski, Max M	M11	Swansea Aq	3:38.96	___

Heat 9 of 10 Finals

1	Hughes, Mollie	W12	C Dolphins	3:28.86	___
2	Stewart, Finlay	M15	Llanelli	3:26.60	___
3	Parry, Abigail	W11	Carmarthen	3:18.72	___
4	Parton, Frankie F	M14	Carmarthen	3:16.21	___
5	Reilly, Manon	W15	Rct Squad	3:17.18	___
6	Jones, Aaron	M16	Aberystwyth	3:22.19	___
7	Coffey, Cora-leigh K	W13	Swansea Aq	3:27.59	___
8	Davies, Darcey	W14	Rct Squad	3:29.46	___

Heat 10 of 10 Finals

1	Taffetsauffer, Isabella	W12	Llanelli	3:09.89	___
2	Hughes, Tirion H	W13	Swansea Aq	3:09.30	___
3	Knight, Lily	W13	C Dolphins	3:01.22	___
4	Clarke, Henry	M16	Swansea Aq	2:31.26	___
5	James, Rhys	M14	Rct Squad	2:43.85	___
6	Williams, Marys E	W14	Swansea Aq	3:05.70	___
7	Davies, Isabella	W12	Llanelli	3:09.61	___
8	Galbraith, Elian	M14	Llanelli	3:14.75	___

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	Williams, Lili	W12	Rct Squad	NT	___
2	Bowen, Seren E	W13	Carmarthen	NT	___
3	Philpott, Ffion	W14	Nofio S Gar	NT	___
4	Gibbs, Harriet	W15	Nofio S Gar	NT	___
5	Smith, Lucy	W14	Rct Squad	NT	___
6	Burt, Caio	M13	Llanelli	NT	___
7	Williams, Thomas	M13	Nofio S Gar	NT	___
8	Jones, Jessica .	W11	Rct Squad	NT	___

Heat 2 of 2 Finals

1	Burt, Teyan	M16	Llanelli	NT	___
2	Gil Wood, Elena	W11	Swansea Aq	4:19.00	___
3	Lythgoe, Manon H	W14	Swansea Aq	2:51.16	___
4	Sanorjo, Angelo A	M18	Swansea Aq	2:28.23	___
5	Richardson, Osian	M15	Swansea Aq	2:41.70	___
6	Hatton-Ellis, Isabelle L	W15	Swansea Aq	2:53.57	___
7	Thomas, Rhys A	M18	Swansea Aq	NT	___
8	Gillett, Oliver	M16	Swansea Aq	NT	___

Event 104 Mixed 9 & Over 800 SC Meter Freestyle

'Sign in' required for this event.

Name	Age	Team	Seed Time		
1	Jay, Dafyd R	M22	Torfaen D	9:29.86	___
2	Bowen, Ifan	M17	Carmarthen	9:43.85	___
3	Froom, Tia C	W20	Torfaen D	9:50.00	___
4	Kay, Isabelle	W15	Rct Squad	9:50.32	___
5	King, Marley	W15	Penyrheol	9:52.24	___
6	Brock, Freddy	M14	Rct Squad	9:58.23	___
7	Jones, Lola H	W14	Torfaen D	10:06.21	___
8	Geach, Libbie	W14	Swansea Aq	10:08.86	___
9	Humphreys, Holly	W15	Swansea Aq	10:16.05	___
10	Griffiths, Sam	M15	Carmarthen	10:17.18	___
11	Galdes-Cutting, Daisy	W12	Pembs Cty	10:17.70	___
12	George, Ellie	W12	Rct Squad	10:20.99	___
13	Howe, Inigo W	M14	Torfaen D	10:25.26	___
14	James, Owain	M15	Rct Squad	10:32.48	___
15	Price, Evan	M14	Bridgend SC	10:39.30	___
16	Fowler, Maisie	W12	Rct Squad	10:46.80	___
17	Brady, Grace	W14	Rct Squad	10:49.76	___
18	Cressey-Rodgers, Gwenllian	W13	Nofio S Gar	11:04.41	___
19	Bray, Bethan	W17	C Dolphins	11:09.32	___
20	Jones, Madison	W13	Rct Squad	11:11.31	___
21	Fudge, Marcus	M15	Rct Squad	11:22.32	___
22	Frampton, Rhydian	M11	Rct Squad	11:28.15	___
23	Mulford, Ffion	W14	Rct Squad	11:32.66	___
24	Mcfarlane, Una	W12	Pembs Cty	11:47.24	___
25	Webb, Efa M	W13	Amman Valley	11:54.02	___
26	Thomas, Rhys	M13	Pembs Cty	11:56.08	___
27	Phillips, Ellie R	W16	Haverfordwes	11:57.99	___
28	Backen, Henry	M15	Fishguard	12:03.28	___

Nofio Sir Gar Open Meet 2024 - 13/01/2024 to 14/01/2024**Meet Program - Session 1 (Warmup 8.00 - 8.50)****Event 104 ... (Mixed 9 & Over 800 SC Meter Freestyle)**

	Name	Age	Team	Seed Time	
29	Harwood, Jack	M12	Pembs Cty	12:11.16	___
30	Smudzinski, Max M	M11	Swansea Aq	12:13.09	___
31	Davies, Elizabeth	W10	Pembs Cty	12:20.80	___
32	Summerfield, Lucy	W11	Llanelli	12:24.83	___
33	Parton, Frankie F	M14	Carmarthen	12:28.95	___
34	Gardner-Rolfe, Mia G	W11	Swansea Aq	13:49.23	___
35	Griffiths, Scarlet	W11	Haverfordwes	14:44.10	___