

Nofio Sir Gar Development Meet 2025 - 11/05/2025

Results - Session 3 (Warmup 2.55 - 3.55)

Event 301 Girls 8 Year Olds 50 SC Meter Breaststroke				3	Jones, Alexa	12	Llanelli	46.90																																																																																																																																																																																																																
<table><tr><th>Name</th><th>Age</th><th>Team</th><th>Finals Time</th></tr><tr><td>1 Griffiths, Matilda</td><td>8</td><td>Llanelli</td><td>58.76</td></tr><tr><td>2 Hawksworth Garcia, Frida</td><td>8</td><td>Swansea Aq</td><td>1:04.79</td></tr><tr><td>3 Monan, Frances</td><td>8</td><td>Tenby</td><td>1:05.61</td></tr><tr><td>4 Dedman, Ivy</td><td>8</td><td>Tenby</td><td>1:06.36</td></tr><tr><td>5 Jones, Zara</td><td>8</td><td>Llanelli</td><td>1:06.47</td></tr><tr><td>6 Thomas, Gracie</td><td>8</td><td>Llanelli</td><td>1:08.16</td></tr><tr><td>7 Johnson, Molly</td><td>8</td><td>Afan Valley</td><td>1:11.09</td></tr><tr><td>8 Koszalski, Penelope</td><td>8</td><td>Llanelli</td><td>1:12.18</td></tr><tr><td>9 Bullock, Roseanna E</td><td>8</td><td>Carmarthen</td><td>1:13.31</td></tr><tr><td>10 Owen-Rees, Phoebe</td><td>8</td><td>Aberavon</td><td>1:16.04</td></tr><tr><td>11 Shaw, Penny</td><td>8</td><td>Tenby</td><td>1:18.88</td></tr><tr><td>--- Popham, Mari G</td><td>8</td><td>Swansea Aq</td><td>DQ</td></tr><tr><td>--- Williams, Emily</td><td>8</td><td>Llanelli</td><td>DQ</td></tr></table>				Name	Age	Team	Finals Time	1 Griffiths, Matilda	8	Llanelli	58.76	2 Hawksworth Garcia, Frida	8	Swansea Aq	1:04.79	3 Monan, Frances	8	Tenby	1:05.61	4 Dedman, Ivy	8	Tenby	1:06.36	5 Jones, Zara	8	Llanelli	1:06.47	6 Thomas, Gracie	8	Llanelli	1:08.16	7 Johnson, Molly	8	Afan Valley	1:11.09	8 Koszalski, Penelope	8	Llanelli	1:12.18	9 Bullock, Roseanna E	8	Carmarthen	1:13.31	10 Owen-Rees, Phoebe	8	Aberavon	1:16.04	11 Shaw, Penny	8	Tenby	1:18.88	--- Popham, Mari G	8	Swansea Aq	DQ	--- Williams, Emily	8	Llanelli	DQ	4	Warrender, Isla	12	Aberystwyth	47.70																																																																																																																																																								
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				8	Hawkins, Lottie	12	Haverfordwes	50.08																																																																																																																																																																																																																
				9	Lennon, Amelia-Rose	11	Carmarthen	50.29																																																																																																																																																																																																																
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				12	Roberts, Arwyn	12	Afan Valley	52.09																																																																																																																																																																																																																
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				25	Hope, Brooke	11	Tenby	57.33																																																																																																																																																																																																																
				26	Watkins, Eleanor R	11	Afan Valley	57.44																																																																																																																																																																																																																
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Valley</td><td>59.93</td></tr><tr><td>13 Symmons, Bronwen D</td><td>9</td><td>Carmarthen</td><td>1:00.50</td></tr><tr><td>14 Edwards, Mali</td><td>9</td><td>Amman Valley</td><td>1:01.25</td></tr><tr><td>15 Roberts, Xyla</td><td>10</td><td>Afan Valley</td><td>1:01.97</td></tr><tr><td>16 Phillips, Grace I</td><td>10</td><td>Swansea Aq</td><td>1:03.74</td></tr><tr><td>17 Potts, Ella</td><td>9</td><td>Bridgend SC</td><td>1:03.87</td></tr><tr><td>18 Dashfield, Lottie</td><td>10</td><td>Tenby</td><td>1:05.90</td></tr><tr><td>19 Williams, Sunnie</td><td>9</td><td>Afan Valley</td><td>1:06.33</td></tr><tr><td>20 Popham, Nyla C</td><td>10</td><td>Swansea Aq</td><td>1:07.02</td></tr><tr><td>21 Evans, Anwen H</td><td>9</td><td>NexusValleys</td><td>1:07.72</td></tr><tr><td>22 Prosser, Mia S</td><td>9</td><td>Tenby</td><td>1:08.97</td></tr><tr><td>23 Price, Olivia-Lois</td><td>9</td><td>Afan Valley</td><td>1:09.06</td></tr><tr><td>24 Milsom, Scarlet</td><td>9</td><td>Afan Valley</td><td>1:09.71</td></tr><tr><td>25 Middleton, Sophia</td><td>9</td><td>Aberystwyth</td><td>1:10.94</td></tr><tr><td>26 Treharne, Rachel</td><td>9</td><td>Afan Valley</td><td>1:11.71</td></tr><tr><td>27 Wozny, Maxine</td><td>10</td><td>Llanelli</td><td>1:16.32</td></tr><tr><td>28 Sinfield, Alis</td><td>10</td><td>Llanelli</td><td>1:16.93</td></tr><tr><td>29 Rines, Lili</td><td>10</td><td>Bridgend SC</td><td>1:19.87</td></tr><tr><td>30 Holloway, Amelie</td><td>10</td><td>Afan Valley</td><td>1:26.04</td></tr><tr><td>--- Hall, Ava</td><td>9</td><td>Llanelli</td><td>DQ</td></tr><tr><td>--- Kiss, mia</td><td>9</td><td>Afan Valley</td><td>DQ</td></tr><tr><td>--- Roberts, Freya</td><td>10</td><td>Afan Valley</td><td>DQ</td></tr><tr><td>--- Raistrick, Evelyn</td><td>9</td><td>Amman Valley</td><td>DQ</td></tr><tr><td>--- Adams, Ellie</td><td>9</td><td>Milford Havn</td><td>DQ</td></tr><tr><td>--- Shearan, Lottie</td><td>9</td><td>Afan Valley</td><td>DQ</td></tr><tr><td>--- Yardley, 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C	10	Swansea Aq	1:07.02	21 Evans, Anwen H	9	NexusValleys	1:07.72	22 Prosser, Mia S	9	Tenby	1:08.97	23 Price, Olivia-Lois	9	Afan Valley	1:09.06	24 Milsom, Scarlet	9	Afan Valley	1:09.71	25 Middleton, Sophia	9	Aberystwyth	1:10.94	26 Treharne, Rachel	9	Afan Valley	1:11.71	27 Wozny, Maxine	10	Llanelli	1:16.32	28 Sinfield, Alis	10	Llanelli	1:16.93	29 Rines, Lili	10	Bridgend SC	1:19.87	30 Holloway, Amelie	10	Afan Valley	1:26.04	--- Hall, Ava	9	Llanelli	DQ	--- Kiss, mia	9	Afan Valley	DQ	--- Roberts, Freya	10	Afan Valley	DQ	--- Raistrick, Evelyn	9	Amman Valley	DQ	--- Adams, Ellie	9	Milford Havn	DQ	--- Shearan, Lottie	9	Afan Valley	DQ	--- Yardley, Nia	10	Bridgend SC	DQ	--- Rabaiotti, Orla-Rae	10	Swansea Aq	DQ	--- Duckett, Matilda	9	Tenby	DQ	<table><tr><th>Name</th><th>Age</th><th>Team</th><th>Finals Time</th></tr><tr><td>1 Upton-Boorman, Isabella</td><td>14</td><td>Nofio S Gar</td><td>40.93</td></tr><tr><td>2 Rees-Davies, Saoirse</td><td>13</td><td>Llanelli</td><td>44.17</td></tr><tr><td>3 Fry, Tilly</td><td>13</td><td>Llanelli</td><td>44.20</td></tr><tr><td>4 Watkins, Carys</td><td>13</td><td>Bridgend SC</td><td>44.92</td></tr><tr><td>5 Davies, Eva</td><td>13</td><td>Afan Valley</td><td>46.09</td></tr><tr><td>6 Dennison, Evie</td><td>13</td><td>Milford Havn</td><td>46.32</td></tr><tr><td>7 Jewitt, Sophia</td><td>13</td><td>Llanelli</td><td>47.82</td></tr><tr><td>8 Gale, Jasmine</td><td>14</td><td>Afan Valley</td><td>48.49</td></tr><tr><td>9 Kent, Florence</td><td>13</td><td>Aberystwyth</td><td>55.12</td></tr><tr><td>10 Deganello, Isabella S</td><td>13</td><td>Swansea Aq</td><td>56.41</td></tr><tr><td>11 Squires, Megan</td><td>13</td><td>Aberystwyth</td><td>59.22</td></tr></table>					Name	Age	Team	Finals Time	1 Upton-Boorman, Isabella	14	Nofio S Gar	40.93	2 Rees-Davies, Saoirse	13	Llanelli	44.17	3 Fry, Tilly	13	Llanelli	44.20	4 Watkins, Carys	13	Bridgend SC	44.92	5 Davies, Eva	13	Afan Valley	46.09	6 Dennison, Evie	13	Milford Havn	46.32	7 Jewitt, Sophia	13	Llanelli	47.82	8 Gale, Jasmine	14	Afan Valley	48.49	9 Kent, Florence	13	Aberystwyth	55.12	10 Deganello, Isabella S	13	Swansea Aq	56.41	11 Squires, Megan	13	Aberystwyth	59.22
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10 Deganello, Isabella S	13	Swansea Aq	56.41																																																																																																																																																																																																																					
11 Squires, Megan	13	Aberystwyth	59.22																																																																																																																																																																																																																					
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Nofio Sir Gar Development Meet 2025 - 11/05/2025

Results - Session 3 (Warmup 2.55 - 3.55)

(Event 301 Boys 9-10 50 SC Meter Breaststroke)				2	Middleton, Caitlin	15	Aberystwyth	3:19.26
				Event 302 Boys 9-10 200 SC Meter Backstroke				

Nofio Sir Gar Development Meet 2025 - 11/05/2025

Results - Session 3 (Warmup 2.55 - 3.55)

(Event 303 Girls 11-12 100 SC Meter Freestyle)				
Name	Age	Team	Finals Time	
18	Hearne, Leila	11	Bridgend SC	1:31.62
19	Davies, Evie	11	Bridgend SC	1:32.08
20	Lennon, Amelia-Rose	11	Carmarthen	1:33.35
21	Evans, Cora E	11	Carmarthen	1:34.12
22	McFarlane, Mali	11	Milford Havn	1:36.32
23	Powell, Poppy	11	Llanelli	1:36.96
24	Macy, Ceri	12	Aberystwyth	1:37.18
25	Malone, Aibhlin M	11	Aberystwyth	1:38.89
26	Jones, Autumn	11	Afan Valley	1:45.09
27	Bullock, Georgia M	11	Carmarthen	1:45.39
Event 303 Girls 13-14 100 SC Meter Freestyle				
Name	Age	Team	Finals Time	
1	Alexander, Seren	14	Aberystwyth	1:13.34
2	Hawkins, Betsy-May	13	Llanelli	1:13.65
3	Kenny, Jemima	14	Milford Havn	1:14.33
4	Pearce, Ava	13	Afan Valley	1:14.72
5	Gale, Jasmine	14	Afan Valley	1:15.14
6	Jewitt, Anya	13	Llanelli	1:17.57
7	Rees-Davies, Saoirse	13	Llanelli	1:19.00
8	Millard, Effi-Mai	13	Llanelli	1:20.06
9	Jewitt, Sophia	13	Llanelli	1:22.90
10	Deganello, Isabella S	13	Swansea Aq	1:23.36
11	Kent, Florence	13	Aberystwyth	1:39.33
12	Squires, Megan	13	Aberystwyth	1:43.35
Event 303 Women 15 & Over 100 SC Meter Freestyle				
Name	Age	Team	Finals Time	
1	Holloway, Olivia	16	Afan Valley	1:11.30
2	Collins-Falconer, Alesha G	16	NexusValleys	1:12.73
3	Thomas, Cara	15	Llanelli	1:34.88
Event 303 Boys 9-10 100 SC Meter Freestyle				
Name	Age	Team	Finals Time	
1	Thomas, Gabriel	10	Llanelli	1:17.29
2	May-John, Dylan	10	Aberystwyth	1:29.56
3	Fretwell, Logan	10	Milford Havn	1:35.91
4	Bowen, Oscar	9	Llanelli	1:40.28
5	Taffetsauffer, Leo	9	Llanelli	1:41.13
6	Ballantyne, Nikki	9	Bridgend SC	1:44.23
7	Hopkins, Casey	9	Afan Valley	1:45.22
8	Kiss, Jonathan	10	Afan Valley	1:45.39
9	Taylor, Kingsley C	10	Swansea Aq	1:50.95
Event 303 Boys 11-12 100 SC Meter Freestyle				
Name	Age	Team	Finals Time	
1	Jones, Indi	12	Bridgend SC	1:07.50
2	Green, William	12	Aberystwyth	1:16.41
3	McFadyen, Hamish	12	Aberystwyth	1:17.94
4	Jones, Carter A	11	Swansea Aq	1:23.63
5	Hart, Ruairaidh E	12	NexusValleys	1:25.56
6	Pyzer, Cyrus A	11	Carmarthen	1:26.43
7	Gorvett, Blu	11	Aberavon	1:30.07
8	Lewis, Ollie	11	Afan Valley	1:31.40
9	Mills, Flynn	11	Milford Havn	1:34.90
10	Taylor, Jasper B	12	Swansea Aq	1:39.39
11	Jones, Oscar	11	Llanelli	1:51.55
Event 303 Boys 13-14 100 SC Meter Freestyle				
Name	Age	Team	Finals Time	
1	Poole, Tomos	14	Afan Valley	1:07.96
2	Rines, Harri	14	Bridgend SC	1:10.24
3	Phillips, Gethin	14	Haverfordwes	1:14.70
4	Higgins, Finley J	13	Swansea Aq	1:15.46
5	Downie, William M	14	Swansea Aq	1:31.14
Event 303 Men 15 & Over 100 SC Meter Freestyle				
Name	Age	Team	Finals Time	
1	Burton, Finnley	15	Bridgend SC	1:05.78
2	Lerigo, Oli	15	Aberystwyth	1:11.85
Event 304 Girls 8 Year Olds 50 SC Meter Butterfly				
Name	Age	Team	Finals Time	
1	Jones, Zara	8	Llanelli	49.25
2	Griffiths, Matilda	8	Llanelli	49.35
3	Thomas, Gracie	8	Llanelli	50.86
4	Hawksworth Garcia, Frida	8	Swansea Aq	1:00.67
5	Shaw, Penny	8	Tenby	1:19.44
6	Johnson, Molly	8	Afan Valley	1:22.21
---	Monan, Frances	8	Tenby	DQ
Event 304 Girls 9-10 50 SC Meter Butterfly				
Name	Age	Team	Finals Time	
1	Butcher, Freya S	10	Swansea Aq	49.72
2	Symmons, Bronwen D	9	Carmarthen	50.32
3	Holland, Ffion	9	Bridgend SC	50.92
4	Hope, Madi	9	Tenby	55.00
5	Kiss, mia	9	Afan Valley	59.12
6	Roberts, Xyla	10	Afan Valley	59.16
7	Price, Olivia-Lois	9	Afan Valley	1:05.82
8	Wilkins, Ameila	9	Afan Valley	1:14.53
9	Roberts, Freya	10	Afan Valley	1:17.42
10	Adams, Ellie	9	Milford Havn	1:20.59
---	Treharne, Rachel	9	Afan Valley	DQ
---	Evans, Sylvie	9	Llanelli	DQ
Event 304 Girls 11-12 50 SC Meter Butterfly				
Name	Age	Team	Finals Time	
1	Morris, Besi	12	Amman Valley	39.16
2	Clement, Darcey	12	Afan Valley	41.41
3	Mason, Ezmee	12	Haverfordwes	42.23
4	Williams, Evie	12	Milford Havn	42.95
5	Davies-Jones, Ayla	12	Llanelli	43.32
6	Vanstone, Holly M	12	Swansea Aq	43.35
7	Jenkins, Olivia I	12	Swansea Aq	43.58
8	Duncan, Ava	12	Amman Valley	43.74
9	Iturbe, Carys	11	Afan Valley	44.32
10	Edmunds, Freya	11	Llanelli	46.83
11	Wolverson, Mela	11	Tenby	48.61
12	Bates, Rosa	11	Aberystwyth	48.87
13	Roberts, Arwyn	12	Afan Valley	48.99
14	Davies, Evie	11	Bridgend SC	50.04
15	Evans, Cora E	11	Carmarthen	53.79
16	Bullock, Georgia M	11	Carmarthen	54.51
17	Evans, Lowri Carys	11	Carmarthen	57.62
18	Watkins, Eleanor R	11	Afan Valley	59.35
19	Wozny, Harriette	11	Llanelli	1:02.41
20	Jones, Autumn	11	Afan Valley	1:05.84
Event 304 Girls 13-14 50 SC Meter Butterfly				
Name	Age	Team	Finals Time	
1	Alexander, Seren	14	Aberystwyth	37.73
2	Hawkins, Betsy-May	13	Llanelli	38.74
3	Jewitt, Anya	13	Llanelli	41.07
4	Gale, Jasmine	14	Afan Valley	41.59
5	Deganello, Isabella S	13	Swansea Aq	46.63

Nofio Sir Gar Development Meet 2025 - 11/05/2025

Results - Session 3 (Warmup 2.55 - 3.55)

Event 304 Women 15 & Over 50 SC Meter Butterfly

	Name	AgeTeam	Finals Time
1	Holloway, Olivia	16 Afan Valley	40.38
2	Thomas, Cara	15 Llanelli	47.91

Event 304 Boys 9-10 50 SC Meter Butterfly

	Name	AgeTeam	Finals Time
1	Thomas, Gabriel	10 Llanelli	46.34
2	May-John, Dylan	10 Aberystwyth	54.73
3	Malone, Cian	10 Aberystwyth	1:03.97
4	Kiss, Jonathan	10 Afan Valley	1:09.98
5	Hopkins, Casey	9 Afan Valley	1:10.05
---	Hayward, Adam	10 Milford Havn	DQ

Event 304 Boys 11-12 50 SC Meter Butterfly

	Name	AgeTeam	Finals Time
1	Monan, Euan	12 Tenby	42.03
2	Pirmohamed, Eshan A	11 Swansea Aq	42.67
3	Rees, Oscar	12 Llanelli	43.82
4	Burt, Gwion	11 Llanelli	51.16
5	Lewis, Ollie	11 Afan Valley	53.55

Event 304 Boys 13-14 50 SC Meter Butterfly

	Name	AgeTeam	Finals Time
1	Rines, Harri	14 Bridgend SC	39.46
2	Batchelor, Joshua	13 Bridgend SC	40.01
3	Phillips, Gethin	14 Haverfordwes	43.08

Event 304 Men 15 & Over 50 SC Meter Butterfly

	Name	AgeTeam	Finals Time
1	Lerigo, Oli	15 Aberystwyth	36.56

Event 305 Girls 9-10 200 SC Meter Breaststroke

	Name	AgeTeam	Finals Time
1	Holborow, Esmay	9 Amman Valley	3:56.09
2	Davies, Lily N	10 Swansea Aq	4:22.98
3	Evans, Alys E	10 Carmarthen	4:38.35
4	Dashfield, Lottie	10 Tenby	4:53.08

Event 305 Girls 11-12 200 SC Meter Breaststroke

	Name	AgeTeam	Finals Time
1	Davies, Ava-Rose	12 Llanelli	3:26.01
2	Pinnock, Betsan R	12 Swansea Aq	3:32.62
3	Pitans, Caitlin R	12 Swansea Aq	3:39.10
4	Koszalski, Soffia L	12 Llanelli	3:40.28
5	Hawkins, Lottie	12 Haverfordwes	3:43.92
6	Warrender, Isla	12 Aberystwyth	3:47.46
7	Mason, Ezmee	12 Haverfordwes	3:56.90
8	Gardner-Rolfe, Mia G	12 Swansea Aq	3:58.83
9	Lennon, Amelia-Rose	11 Carmarthen	4:02.96
10	Kellaway, Evie Rosa	12 Aberystwyth	4:08.06
11	Evans, Cora E	11 Carmarthen	4:13.62
12	Bowen, Ella	11 Llanelli	4:14.23

Event 305 Girls 13-14 200 SC Meter Breaststroke

	Name	AgeTeam	Finals Time
1	Upton-Boorman, Isabella	14 Nofio S Gar	3:09.81
2	Mason, Phoebe	14 Haverfordwes	3:10.23
3	Davies, Eva	13 Afan Valley	3:22.24
4	Dennison, Evie	13 Milford Havn	3:36.93
5	Squires, Megan	13 Aberystwyth	4:27.46

Event 305 Women 15 & Over 200 SC Meter Breaststroke

	Name	AgeTeam	Finals Time
1	Holloway, Olivia	16 Afan Valley	3:22.45

Event 305 Boys 9-10 200 SC Meter Breaststroke

	Name	AgeTeam	Finals Time
1	Filmer, Owen	9 Aberystwyth	4:21.89

Event 305 Boys 11-12 200 SC Meter Breaststroke

	Name	AgeTeam	Finals Time
1	Lloyd- Roberts, Harry	12 Milford Havn	3:38.87
2	Pirmohamed, Eshan A	11 Swansea Aq	3:49.42
3	Whatmore, Finley	11 Milford Havn	4:04.69
---	Lloyd, Vincent-Owen N	11 Swansea Aq	DQ

Event 305 Men 15 & Over 200 SC Meter Breaststroke

	Name	AgeTeam	Finals Time
1	Rood, Rowan	15 NexusValleys	3:15.87