

Nofio Sir Gar Open Meet 2026 - 17/01/2026 to 18/01/2026

Results - Session 1 (Warmup 7.45 - 8.35)

Event 101 Girls 9-10 400 SC Meter Freestyle					2	Patterson, Hollie M		14	Carmarthen		4:59.16		
Name		AgeTeam		Finals Time		34.15	37.53		37.75	38.24			
1	Butcher, Freya S	46.12	10 Swansea Aq	45:55.23		37.91	38.17		38.43	36.98			
					40.72	45.79	45.72						
					44.51	45.61	40.77						
2	Hooper, Olivia	48.27	10 Neath	6:18.04				14	Pembs Cty		5:05.39		
					42.03	48.09	48.84		37.96	39.09			
					49.86	49.47	44.13		39.58	37.82			
3	Husband, Alysia	51.30	10 Hsc	6:37.83				14	Nofio S Gar		5:14.69		
					42.85	52.64	51.57		34.26	38.50	39.47	40.38	
					51.96	51.30	46.93		39.66	40.54	41.13	40.75	
4	Symmons, Bronwen D	55.89	10 Carmarthen	7:09.72				13	Pembs Cty		5:21.28		
					47.16	56.70	56.07		36.02	39.39	39.89	41.40	
					55.97	51.49	50.55		41.01	41.12	42.16	40.29	
Event 101 Girls 11-12 400 SC Meter Freestyle					6	Kenny, Jemima		14	Pembs Cty		5:30.30		
Name		AgeTeam		Finals Time		36.47	40.15		41.35	42.17			
1	Morris, Besi	41.12	12 Amman Valley	5:27.90		41.75	42.50		43.69	42.22			
					35.16	42.88	42.51						
					42.19	42.83	39.06						
2	Hawkins, Lottie	43.54	12 Pembs Cty	5:30.11				13	Pembs Cty		5:36.94		
					35.36	41.53	42.28		37.79	40.82	42.03	42.49	
					42.42	43.93	42.41		43.55	43.30	43.62	43.34	
3	Mason, Ezmee	46.22	12 Pembs Cty	5:45.95				13	Amman Valley		5:40.69		
					37.49	42.65	43.71		36.44	42.08	43.46	43.84	
					44.87	45.42	44.21		43.63	44.61	44.29	42.34	
4	Francis, Mia	45.50	12 Pembs Cty	5:49.24				13	Swansea Aq		5:50.46		
					39.43	44.69	44.94		36.89	42.85	44.40	45.01	
					45.00	44.57	41.37		45.38	45.52	46.18	44.23	
5	Henson, Jessica	46.30	12 Pembs Cty	5:56.74				13	Penyrheol		5:50.49		
					39.11	46.07	45.43		36.61	41.76	45.15	46.11	
					46.03	46.47	43.49		45.49	46.33	45.67	43.37	
6	Morgan, Iolah	46.98	11 Pembs Cty	6:05.42				13	Pembs Cty		5:53.77		
					39.19	47.21	47.12		38.09	43.25	45.74	45.88	
					47.03	47.80	44.75		46.06	46.12	45.96	42.67	
7	Davies, Evie	48.61	12 Bridgend SC	6:08.64				14	Pembs Cty		5:59.72		
					38.84	47.27	47.02		39.06	43.86	45.24	46.36	
					47.71	49.39	43.51		46.39	47.12	46.65	45.04	
8	Humphreys, Mali G	48.84	12 Swansea Aq	6:19.81				13	C Dolphins		6:00.89		
					40.95	47.96	49.71		39.20	44.72	46.17	47.45	
					48.84	48.71	48.72		46.87	47.00	46.06	43.42	
9	Emam, Lina	48.79	12 Swansea Aq	6:20.34				13	Milford Havn		6:08.74		
					41.48	49.32	49.43		42.23	48.35	49.12	47.55	
					49.60	49.23	46.14		47.57	47.50	46.37	40.05	
10	McFarlane, Mali	48.35	11 Milford Havn	6:30.52				13	Tenby Dolphins		6:09.64		
									39.24	44.42	46.63	47.63	
									47.54	47.65	48.32	48.21	
11	Boyle, Samantha J	50.72	12 Carmarthen	6:32.25				13	Pembs Cty		6:16.48		
									41.13	45.78	48.84	2:25.87	
									50.41	44.45			
12	Major, Esmee	59.28	11 Hsc	7:34.85	Event 101 Women 15 & Over 400 SC Meter Freestyle								
					Name		AgeTeam		Finals Time				
13	Hunt, Hanna	1:12.39	11 Co Cardiff	9:25.83	1	Philpott, Ffion	16	Nofio S Gar		4:50.87			
						32.33	35.24	36.78	37.32				
						37.46	37.31	37.53	36.90				
					2	Clissold, Bronwyn	17	Pembs Cty		4:55.31			
						32.28	36.77	37.15	38.01				
						37.83	38.31	38.12	36.84				
					3	Thompson, Freya	15	Pembs Cty		4:56.36			
						33.19	36.51	37.64	37.97				
						37.77	38.26	38.04	36.98				
Event 101 Girls 13-14 400 SC Meter Freestyle													
Name		AgeTeam		Finals Time									
1	Burns, Freya	34.63	14 Nofio S Gar	4:40.92									
	31.07	34.93	36.65										
	35.61	36.81	35.27										

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(Event 101 Women 15 & Over 400 SC Meter Freestyle)					10	Leahy, Herbie		11	Pembs Cty	5:57.81
NameAgeTeamFinals Time						40.29	45.58		45.36	46.76
4 Clifford, Bethany18 Neath5:02.12						47.07	46.30		44.89	41.56
33.9737.4137.9138.76					11	Nash, Oliver J		12	Carmarthen	6:03.64
38.7338.9438.6637.74						39.45	44.38		46.16	47.58
5 Mason, Phoebe15 Pembs Cty5:19.12						48.41	47.27		48.17	42.22
34.3938.2138.9840.71					12	Pirmohamed, Eshan A		12	Swansea Aq	6:08.92
40.9641.9642.1041.81						39.56	46.52		47.25	48.19
6 Dickinson, Lexie16 Bridgend SC5:28.46						48.38	48.21		46.64	44.17
33.8738.8040.7642.36					13	Fretwell, Logan		11	Milford Havn	6:27.39
42.9043.0340.9945.75						41.17	49.14		49.37	50.33
7 Ostrowski, Julia17 Pembs Cty5:38.50						49.92	51.49		48.53	47.44
37.1942.2542.6043.81					14	May-John, Dylan		11	Aberystwyth	6:36.30
43.2043.4043.5742.48						41.90	49.30		51.79	52.46
8 Andreassen, Freya15 Amman Valley5:49.88						51.31	51.24		50.64	47.66
37.0441.1044.0045.30					15	Mills, Flynn		12	Milford Havn	6:38.63
46.7446.0545.9243.73						43.73	51.25		51.68	51.85
9 Tucker, Lowri16 Llanelli6:00.31						52.18	51.70		50.25	45.99
40.0343.6946.0445.72					Event 101 Boys 13-14 400 SC Meter Freestyle					
47.3946.4647.1243.86					NameAgeTeamFinals Time					
10 Ryan, Cora16 C Dolphins6:13.79					1	Moore, Hari		13	Pembs Cty	5:33.52
40.3545.9848.6648.41						36.95	41.54		42.63	42.70
48.5148.2747.8145.80						43.50	42.54		42.43	41.23
11 Lewis, Megan15 Milford Havn6:49.47					2	Jones, Dion R		14	Carmarthen	5:37.94
43.3252.2552.3253.20						36.98	42.17		43.25	42.58
53.5553.6853.9847.17						43.94	43.01		42.08	43.93
Event 101 Boys 9-10 400 SC Meter Freestyle					3	Green, William		13	Aberystwyth	5:59.16
NameAgeTeamFinals Time						38.67	43.00		46.86	47.38
1 Boyle, Toby M10 Carmarthen6:52.87						47.98	46.51		43.73	45.03
42.8250.7653.1853.20					Event 101 Men 15 & Over 400 SC Meter Freestyle					
53.8454.9853.1750.92					NameAgeTeamFinals Time					
Event 101 Boys 11-12 400 SC Meter Freestyle					1	Burt, Caio		15	Llanelli	4:55.02
NameAgeTeamFinals Time						30.80	34.66		37.30	39.02
1 Jones, Owain A12 Torfaen D5:18.90						37.85	38.80		38.49	38.10
34.9640.4341.3341.16					2	Thomas, Tristan		15	Pembs Cty	5:10.95
41.2240.6441.2537.91						34.04	38.82		39.01	39.93
2 Jermin, Morgan12 Llanelli5:31.78						40.22	40.54		40.86	37.53
35.3739.4541.7742.85					3	Rowlands, Sion E		16	Carmarthen	5:13.40
43.1443.6643.3842.16						32.47	36.59		39.00	40.40
3 Edwards, Owen W11 Torfaen D5:38.82						42.12	42.21		41.74	38.87
37.7342.3743.4043.34					4	Lewis, Callum		16	Milford Havn	5:45.90
43.9244.0442.5441.48						33.61	40.01		45.05	45.00
4 Dadswell, Harry12 Pembs Cty5:40.61						45.82	46.17		45.89	44.35
37.4941.4843.7643.68					5	Smith, Caelan		15	Hsc	5:49.25
44.7143.3843.7842.33						36.24	40.86		44.12	2:19.69
5 Lewis, Gethin11 Neath5:41.47						1:28.34				
36.3241.7242.1044.55					Event 102 Girls 9-10 200 SC Meter Breaststroke					
45.4945.6544.1441.50					NameAgeTeamFinals Time					
6 Pyzer, Cyrus A12 Carmarthen5:41.48					1	Holborow, Esmay		10	Amman Valley	3:31.58
38.7942.9843.3744.85						46.77	54.92		55.48	54.41
45.0743.2243.3839.82					2	Hope, Madi		9	Tenby Dolphins	3:49.29
7 Evans, Wolfgang12 Pembs Cty5:50.11						52.81	1:00.00		1:00.70	55.78
38.3144.0145.1544.78					3	Jones, Gwenllian F		10	Carmarthen	3:54.23
45.9345.6344.9041.40						53.41	1:01.01		1:02.83	56.98
8 Monan, Euan12 Pembs Cty5:50.24					4	Hawksworth Garcia, Frida		9	Swansea Aq	3:57.89
36.5843.2545.0247.01						55.51	1:01.85		1:01.43	59.10
47.2947.3945.3138.39					5	Holland, Ffion		10	Bridgend SC	4:08.16
9 Munt, Oliver12 Hsc5:56.56						59.10	1:03.82		1:06.60	58.64
37.2342.2545.6746.10					6	Felton, Catrin		10	C Dolphins	4:10.94
47.8846.8846.6143.94						2:01.16	1:06.34		1:03.44	

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(Event 102 Girls 9-10 200 SC Meter Breaststroke)					10	Felton, Gwennan	13	C Dolphins	4:00.24
NameAgeTeamFinals Time					54.83	1:03.48	1:03.31	58.62	
7	Griffiths, Matilda	9	Llanelli	4:12.25					
	57.02	1:04.49	1:08.48	1:02.26					
8	Nemtsov, Anastasia	10	Co Cardiff	4:25.03					
	56.57	1:09.23	1:11.68	1:07.55					
9	Dashfield, Lottie	10	Tenby Dolphins	4:28.71					
	1:05.12	1:06.18	1:08.48	1:08.93					
10	Jermin, Martha	10	Llanelli	4:35.85					
	1:03.56	1:13.07	1:11.89	1:07.33					
11	Backen, Matilda	9	Fishguard	4:58.65					
	1:06.96	1:17.13	1:19.46	1:15.10					
---	Nicklin, Parker	10	Amman Valley	DQ					
	50.34	57.05	56.54	54.62					
Event 102 Girls 11-12 200 SC Meter Breaststroke									
NameAgeTeamFinals Time									
1	Berner, Iyla	12	Nofio S Gar	2:48.37					
	38.91	42.09	43.45	43.92					
2	Lewis, Evie	12	Pembs Cty	3:10.34					
	42.51	48.03	50.58	49.22					
3	Dashfield, Olivia	12	Pembs Cty	3:26.48					
	46.27	52.35	54.34	53.52					
4	Lennon, Amelia-Rose	12	Carmarthen	3:29.84					
	48.85	54.68	54.46	51.85					
5	Henson, Jessica	12	Pembs Cty	3:34.22					
	48.47	54.91	57.00	53.84					
6	Roberts, Holly	12	Bridgend SC	3:43.45					
	49.20	57.12	58.77	58.36					
7	Oseng-Rees, Eira	12	Swansea Aq	3:45.20					
	51.24	56.65	58.15	59.16					
8	Gallagher, Thia C	11	Swansea Aq	4:07.44					
	57.31	1:03.38	1:03.83	1:02.92					
9	Nel, Summer	11	Hsc	4:10.30					
	54.54	1:06.58	1:06.77	1:02.41					
10	Hyett, Antonina	11	C Dolphins	4:14.31					
	55.60	1:05.37	1:07.73	1:05.61					
11	Beecham, Emelia-May	11	Fishguard	4:24.82					
	1:03.97	1:07.67	1:07.31	1:05.87					
12	Dalton, Daisy	11	Hsc	4:39.92					
	1:05.65	1:10.63	1:14.06	1:09.58					
Event 102 Girls 13-14 200 SC Meter Breaststroke									
NameAgeTeamFinals Time									
1	Davies, Isabella	14	Nofio S Gar	2:48.16					
	38.50	42.42	43.71	43.53					
2	Parry, Abigail	13	Carmarthen	2:48.31					
	37.91	44.46	42.94	43.00					
3	Jones, Hunydd	14	Nofio S Gar	2:59.81					
	40.83	45.89	46.91	46.18					
4	Hall, Isabelle	14	Pembs Cty	3:07.19					
	42.30	46.78	48.73	49.38					
5	Jenkins, Elli J	14	Swansea Aq	3:11.46					
	44.19	48.62	49.66	48.99					
6	Rowland, Scarlett	13	Neath	3:13.35					
	43.40	48.90	50.32	50.73					
7	Gil Wood, Elena	13	Swansea Aq	3:19.10					
	44.35	51.70	53.38	49.67					
8	Massey, Mia	13	C Dolphins	3:43.25					
	49.88	58.21	57.91	57.25					
9	Besley, Freya	13	Penyrheol	3:50.26					
	51.78	59.86	1:01.47	57.15					
Event 102 Women 15 & Over 200 SC Meter Breaststroke									
NameAgeTeamFinals Time									
1	Powell, Josie	15	Bridgend SC	2:55.77					
	38.53	43.98	46.04	47.22					
2	David, Isabelle	18	Swansea Aq	2:58.00					
	39.80	2:19.08							
3	Jenkins, Alexandra G	16	Swansea Aq	3:22.66					
	44.56	51.94	53.02	53.14					
Event 102 Boys 9-10 200 SC Meter Breaststroke									
NameAgeTeamFinals Time									
1	Filmer, Owen	10	Aberystwyth	3:49.05					
	52.65	59.81	1:01.53	55.06					
2	Marshall, Theo	9	Co Cardiff	3:49.51					
	51.12	59.02	59.72	59.65					
3	Taffetsauffer, Leo	10	Llanelli	4:08.78					
4	Hughes, Isaac W	9	Swansea Aq	4:30.20					
	1:00.77	1:10.72	1:08.80	1:09.91					
Event 102 Boys 11-12 200 SC Meter Breaststroke									
NameAgeTeamFinals Time									
1	Lloyd, Vincent-Owen	12	Llanelli	3:17.46					
	44.92	51.10	52.22	49.22					
2	Rees, Oscar	12	Llanelli	3:24.38					
	47.19	53.14	51.76	52.29					
3	Marques-Jones, Idris	11	Carmarthen	3:33.31					
	49.10	55.66	55.03	53.52					
4	Edmunds, Rhys T	11	Swansea Aq	3:51.87					
	50.91	1:02.55	58.76	59.65					
5	Couzens, Sebastian	12	Fishguard	3:52.69					
	49.63	1:00.08	1:04.52	58.46					
6	Caprilli, Valentino	11	Fishguard	4:05.98					
	55.67	1:03.38	1:04.64	1:02.29					
7	Burt, Gwion	12	Llanelli	4:42.37					
	1:06.99	1:13.66	1:13.78	1:07.94					
Event 102 Boys 13-14 200 SC Meter Breaststroke									
NameAgeTeamFinals Time									
1	Fogarty, Oliver	13	Pembs Cty	2:57.91					
	39.58	47.10	47.45	43.78					
2	Jones, Dafydd	13	Carmarthen	2:58.35					
	39.88	46.31	47.41	44.75					
3	Smith, Declan	14	Neath	3:11.12					
	42.63	48.38	49.53	50.58					
4	Higgins, Finley J	14	Swansea Aq	3:25.34					
	45.43	52.54	55.45	51.92					
5	Batchelor, Joshua	14	Bridgend SC	3:25.94					
	42.69	51.22	56.37	55.66					
Event 102 Men 15 & Over 200 SC Meter Breaststroke									
NameAgeTeamFinals Time									
1	Stuart Lavender, Jac	15	Nofio S Gar	2:28.82					
	34.01	38.22	38.76	37.83					
2	Upton-Boorman, Liam	18	Nofio S Gar	2:29.82					
	32.49	37.30	38.89	41.14					
3	Phillips, Finley	15	Nofio S Gar	2:35.33					
	34.21	38.18	41.21	41.73					
4	Thomas, Rhys	15	Pembs Cty	2:48.95					
	37.88	42.76	44.64	43.67					
5	Lerigo, Oli	15	Aberystwyth	2:58.55					
	38.36	47.81	47.00	45.38					

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(Event 102 Men 15 & Over 200 SC Meter Breaststroke)					2	Prosser, Mia S	10	Tenby Dolphins	15:20.39
NameAgeTeamFinals Time						45.1155.9258.4759.07			
6 Smith, Caelan15 Hsc2:58.97						1:00.3958.7459.5459.19			
39.3746.1647.0446.40						59.521:00.0257.4858.92			
						58.1658.4358.0953.34			
Event 103 Girls 11-12 200 SC Meter Butterfly					Event 104 Girls 11-12 800 SC Meter Freestyle				
NameAgeTeamFinals Time					NameAgeTeamFinals Time				
1 Edmunds, Freya12 Llanelli3:36.55					1 Beasley, Evaleigh D12 Swansea Aq10:37.78				
42.9058.6459.4755.54					37.0040.0140.2240.58				
					40.1740.2041.2241.02				
					40.5640.2640.6439.81				
					40.1539.6339.7236.59				
Event 103 Girls 13-14 200 SC Meter Butterfly					2 Davies, Elizabeth12 Pembs Cty10:45.57				
NameAgeTeamFinals Time					35.6939.2040.4040.45				
1 Morgan, Evelyn14 Nofio S Gar2:41.75					40.8740.8941.2141.05				
35.6841.4742.6941.91					41.0940.7441.1240.90				
2 Bissicks, Cari14 Neath2:51.06					40.5441.3740.9739.08				
35.6241.1545.6048.69					3 Wood, Lilly12 Neath11:46.80				
3 Mcfarlane, Una14 Pembs Cty2:55.64					38.1942.9543.5944.82				
35.4746.0847.6646.43					44.4545.8645.7542.70				
4 #Roberts Mylan, Ffion C13 Swansea Aq2:59.79					46.3246.4645.4446.36				
38.2746.2048.4946.83					45.7846.4545.0836.60				
5 Gil Wood, Elena13 Swansea Aq3:03.41					4 Mason, Ezmee12 Pembs Cty12:10.29				
40.7249.5647.8445.29					37.6944.1346.3248.94				
6 Dyde, Pheobe13 Pembs Cty3:04.43					45.8546.2347.6547.20				
38.3346.8849.8549.37					46.8947.8946.6546.53				
					45.4744.6845.5942.58				
Event 103 Women 15 & Over 200 SC Meter Butterfly					5 Williams, April11 Swansea Aq12:31.29				
NameAgeTeamFinals Time					37.6642.6246.2046.56				
1 Geach, Libbie16 Nofio S Gar2:30.73					47.8048.4049.4247.82				
32.8237.1539.5141.25					48.9948.1248.9549.28				
2 Lythgoe, Manon H16 Swansea Aq2:43.34					48.9348.0147.7544.78				
33.2040.2045.0444.90					6 Oseng-Rees, Eira12 Swansea Aq12:46.45				
					43.2346.7248.1848.53				
Event 103 Boys 11-12 200 SC Meter Butterfly					48.9749.3549.6750.82				
NameAgeTeamFinals Time					49.1449.3648.0146.96				
1 Dadswell, Harry12 Pembs Cty3:02.52					48.4148.6447.0443.42				
39.1145.0949.3948.93					Event 104 Girls 13-14 800 SC Meter Freestyle				
					NameAgeTeamFinals Time				
Event 103 Boys 13-14 200 SC Meter Butterfly					1 Davies, Ava13 Llanelli10:23.03				
NameAgeTeamFinals Time					35.2738.8639.4639.40				
1 D'Cruz, Dylan14 Pontypridd2:44.27					39.2839.0339.7539.09				
36.1041.4644.8241.89					38.4939.1739.3539.34				
2 Bowes, James F13 Carmarthen2:52.32					39.8739.3240.0937.26				
35.8642.9945.1748.30					2 Hall, Ellena14 Pembs Cty10:32.26				
3 Mills, Thomas14 Llanelli2:59.73					34.3137.9438.8439.49				
34.4743.1350.6551.48					39.8939.8140.5840.39				
4 Morgan, Thomas13 Neath3:10.94					40.3240.7640.3440.58				
36.8742.9151.6959.47					40.5840.4239.6138.40				
					3 Powell, Nina L13 Carmarthen10:39.87				
Event 103 Men 15 & Over 200 SC Meter Butterfly					34.8939.3640.1640.18				
NameAgeTeamFinals Time					40.4240.6940.3040.95				
1 Foale, Jack15 Aberystwyth3:34.39					40.5240.7840.9240.45				
37.5048.541:01.441:06.91					40.3041.0140.0138.93				
					4 Filmer, Gwennan13 Aberystwyth10:54.24				
Event 104 Girls 9-10 800 SC Meter Freestyle					31.9736.5638.7839.12				
NameAgeTeamFinals Time					39.6640.5140.5442.94				
1 Gil Wood, Sofia A10 Swansea Aq13:51.66					42.6843.8343.6343.73				
46.0052.3455.0351.33					43.7043.3943.1540.05				
52.5853.5652.7052.89									
51.9652.9752.0053.19									
51.8153.1251.5248.66									

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(Event 104 Girls 13-14 800 SC Meter Freestyle)					Event 104 Boys 11-12 800 SC Meter Freestyle				
Name		Age	Team	Finals Time	Name		Age	Team	Finals Time
5	Summerfield, Lucy	13	Llanelli	11:37.40	1	Cook, Noah	12	Torfaen D	9:45.44
	35.74	40.50	42.94	43.19		31.57	36.32	36.97	36.80
	43.59	43.97	44.81	44.01		37.69	37.17	37.40	37.41
	46.47	45.25	45.93	46.14		37.01	37.68	37.13	37.38
	44.97	44.37	44.00	41.52		36.70	37.05	36.84	34.32
6	Roberts-Truman, Betsan H	13	Neath	11:41.62	2	Bool, Iolo	12	Pembs Cty	11:33.11
	36.95	42.66	44.49	44.12		37.76	41.27	42.38	44.87
	44.57	44.30	45.83	44.63		43.64	43.72	44.17	44.76
	45.38	45.28	45.34	46.16		44.60	45.65	44.43	45.07
	44.86	44.23	42.94	39.88		44.20	44.08	42.77	39.74
7	Griffiths, Ffion	14	Pembs Cty	11:45.24	3	El Saghir, Karim S	11	Carmarthen	14:31.77
	37.75	42.80	42.01	42.83		44.91	51.89	53.99	55.59
	44.17	44.64	45.88	44.56		58.23	56.17	58.78	57.44
	45.94	44.81	45.41	46.17		56.60	57.40	55.65	55.11
	45.39	45.58	44.65	42.65		54.08	52.46	53.55	49.92
8	Kaill-Franks, Nia	14	Pembs Cty	12:00.04	Event 104 Boys 13-14 800 SC Meter Freestyle				
	36.99	41.49	42.61	43.35	Name		AgeTeam		Finals Time
	43.85	45.30	46.60	46.08	1	Evans, Sam	13	Pembs Cty	9:56.16
	46.46	46.96	47.04	47.47		32.16	35.92	36.67	37.34
	47.85	47.27	46.59	44.13		36.67	37.71	38.09	38.45
9	Williams, Fay	13	Swansea Aq	12:16.48		37.83	38.74	38.80	39.28
	39.11	43.17	44.38	45.93		38.20	37.88	37.45	34.97
	46.00	46.88	47.30	46.39	2	Hopkins, Luc P	14	Torfaen D	10:07.67
	46.83	47.76	47.64	47.66		32.65	36.94	37.78	37.75
	47.44	47.95	47.49	44.55		38.11	38.10	38.57	39.05
Event 104 Women 15 & Over 800 SC Meter Freestyle						39.27	38.29	39.51	39.39
Name		Age	Team	Finals Time		38.83	38.73	38.35	36.35
1	Williams, Hollie	18	Nofio S Gar	9:50.83	3	Marques-Jones, Felix	13	Carmarthen	10:26.50
	31.61	35.26	36.50	37.43		33.07	38.50	39.20	39.05
	37.51	37.84	37.79	37.79		39.80	39.80	39.72	40.38
	37.83	37.37	37.34	37.65		40.51	39.89	40.00	40.44
	37.73	37.76	37.28	36.14		40.33	39.67	39.43	36.71
2	Clissold, Elizabeth	19	Pembs Cty	10:08.23	4	Higgins, Finley J	14	Swansea Aq	10:43.00
	33.55	36.73	37.53	37.99		34.73	39.59	39.70	41.35
	38.48	38.42	38.34	38.80		39.90	40.60	41.74	40.51
	39.18	38.85	38.79	38.73		40.89	41.66	40.98	42.33
	38.61	38.86	38.47	36.90		40.98	40.62	40.36	37.06
3	Bruce, Skye	16	Pembs Cty	10:38.63	5	Backen, Freddie	13	Pembs Cty	11:16.43
	33.37	37.15	38.67	39.61		37.90	41.49	41.71	42.32
	40.21	40.51	40.48	40.68		41.90	42.67	43.46	43.41
	40.65	40.82	41.11	41.63		42.92	43.35	43.23	42.71
	41.09	41.76	41.54	39.35		43.08	43.54	43.42	39.32
4	Coles, Sophie	15	Bridgend SC	11:13.57	6	Jones, Tomi	13	Neath	12:04.38
	38.49	41.45	41.52	42.14		38.43	42.58	45.25	45.80
	42.07	42.96	42.86	44.02		45.27	45.61	47.85	47.36
	43.35	43.45	43.04	42.22		47.18	47.68	47.02	45.96
	42.83	42.98	42.21	37.98		45.80	44.64	45.68	42.27
5	Evans, Katie	15	Penyrheol	11:43.96	Event 104 Men 15 & Over 800 SC Meter Freestyle				
	37.55	42.61	44.16	44.42	Name		AgeTeam		Finals Time
	44.13	44.65	44.81	45.82	1	Spinks, Owen H	17	Torfaen D	9:03.26
	44.45	44.92	44.66	45.08		29.07	33.13	33.49	33.95
	44.26	44.41	44.12	43.91		34.34	34.27	34.81	34.76
						35.00	35.07	35.07	34.98
						35.31	35.27	34.13	30.61

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(Event 104 Men 15 & Over 800 SC Meter Freestyle)

Name		Age	Team	Finals Time
2	Williams, Thomas	15	Nofio S Gar	9:04.12
	29.66	32.12	33.34	33.73
	34.30	34.54	34.68	34.90
	34.79	35.42	35.78	35.58
	34.27	34.70	34.26	32.05
3	Watts, Macsen	15	Torfaen D	9:32.00
	31.26	34.45	35.96	36.18
	36.43	36.49	36.46	36.63
	36.47	36.62	36.21	36.30
	36.33	35.71	35.92	34.58
4	Morgan, Ben	16	Pembs Cty	9:47.69
	31.70	35.07	35.78	36.29
	36.86	36.78	37.34	37.58
	37.36	37.67	38.28	37.69
	37.56	38.24	37.48	36.01
5	Ballantyne, Alex	16	Bridgend SC	10:08.14
	31.14	35.19	36.15	37.81
	38.50	38.28	39.10	39.90
	39.65	39.81	39.78	39.62
	39.85	39.56	37.31	36.49
6	Griffiths, Sam	17	Carmarthen	10:13.02
	33.16	36.32	37.19	37.91
	38.26	38.91	39.05	39.08
	39.53	39.39	39.41	39.86
	39.32	39.30	39.47	36.86